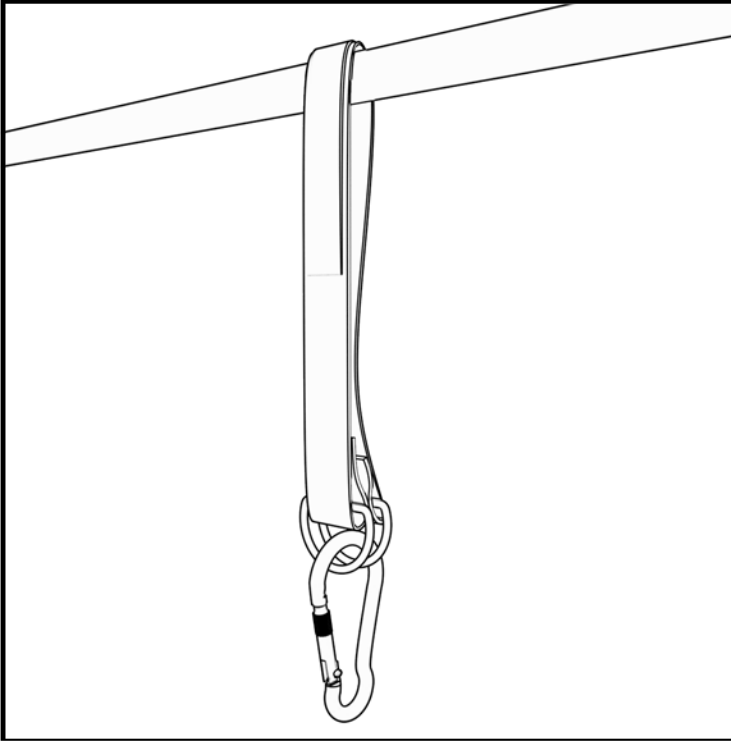
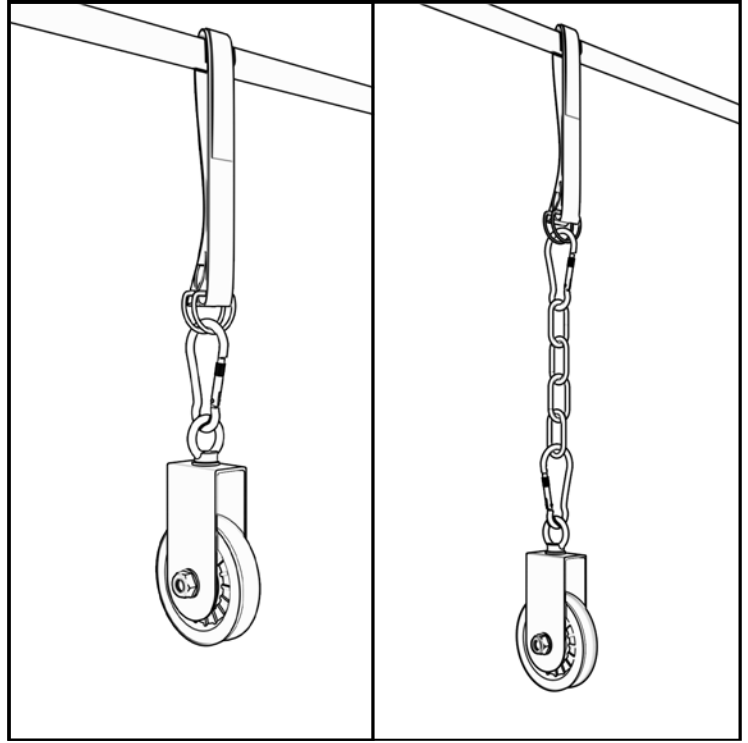


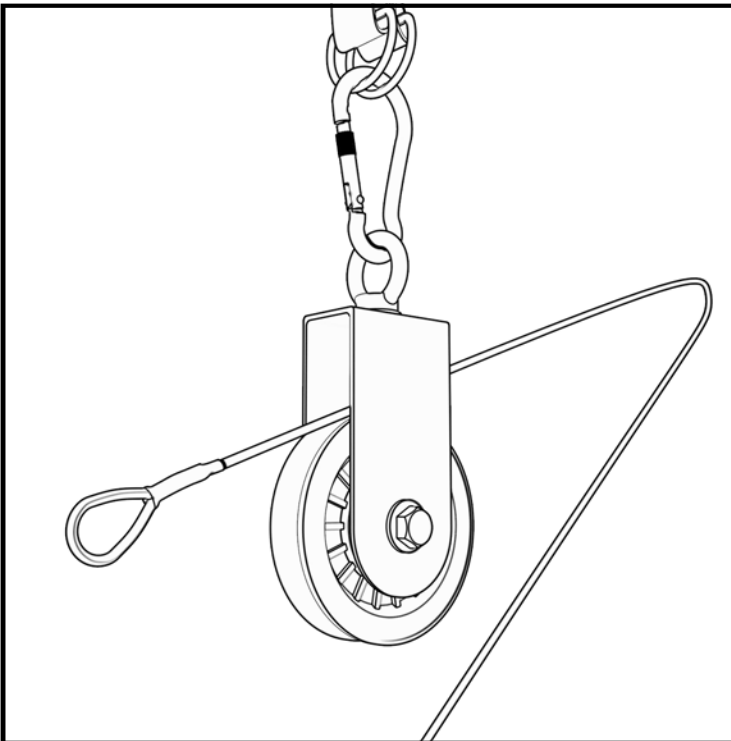
SYNERGEE Pulley System



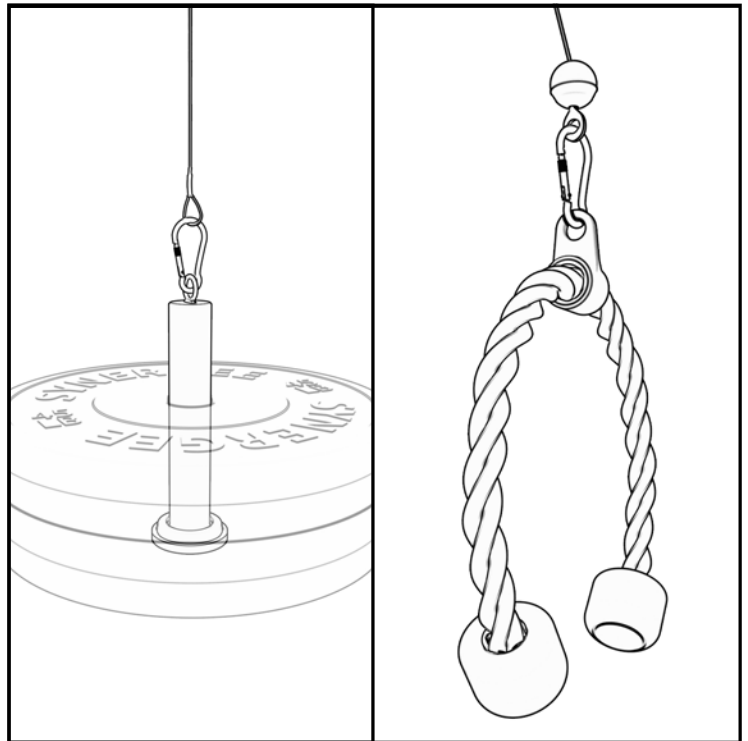
Step 1: Attach the hanging strap to a secure raised mounting beam.



Step 2: Attach the pulley to the hanging strap. If the mounting beam is high up, the chain extender is provided to set the pulley at a manageable height: attach the chain to the hanging strap and the pulley to the opposite end of the chain.



Step 3: Feed the cable through the pulley.



Step 4: Attach the plate stacker to one end of the cable and attach the tricep rope to the other end of the cable.