

# BAILEY

## Assembly Instructions Model 609 Overhead Pulley Weight System

- Step (1)** Attach bottom wall mounting bracket "D" (with plunger lock "L" toward the bottom and with plastic insert UP) to wall, so top of wooden board is level and 34" from floor (hardware NOT provided; see NOTE: below).
- Step (2)** Slide stop collar "B" over bottom of pulley bar "C" and tighten in position shown, 44" from bottom end of bar, using 3/16" Allen Wrench (provided).
- Step (3)** Slide top wall mounting bracket "A" (without plunger, and with plastic insert UP) over bottom of pulley bar "C" until resting against stop collar "B".
- Step (4)** Hold or tape top mounting bracket "A" in place. Pull plunger lock "L" back, and slide pulley bar "C" down through bottom wall mounting bracket, until plunger lock "L" fully engages TOP hole. Bottom of pulley bar "C" should be approximately 11" from the floor.
- Step (5)** Attach top wall mounting bracket "A" to the wall (hardware NOT provided; see NOTE: below). Ensure that the pulley bar "C" moves freely, does not bind in the brackets, and that the plunger lock "L" *FULLY* engages *ALL* holes *before* tightening top bracket "A". Top of upper board should be approximately 53" from the floor. See *layout diagram on last page*.
- Step (6)** Slide two pulley clamps "F" over the horizontal section of the pulley bar "C" and tighten in position, approximately 12 inches apart and 1 inch from the end. One swivel pulley "G" is attached to each pulley clamp "F" using one spring link "E".
- Step (7)** Pull length of rope "J" through pulleys "G", and tie to handgrip "H" as shown. Restrict excess rope at handgrip to 2 inches or less; trim end as necessary. *Ensure knot is secure before proceeding with next step.*
- Step (8)** In order to place weights on the weight holder "K", disconnect the spring link "E" from weight holder, place desired weights on the holder (maximum TEN pounds), and reconnect link.

### NOTE:

Hardware to attach unit to the wall is NOT provided. Ensure that the Overhead Pulley Weight System is properly secured to the wall, and that all attachment and assembly fasteners are tight before using.

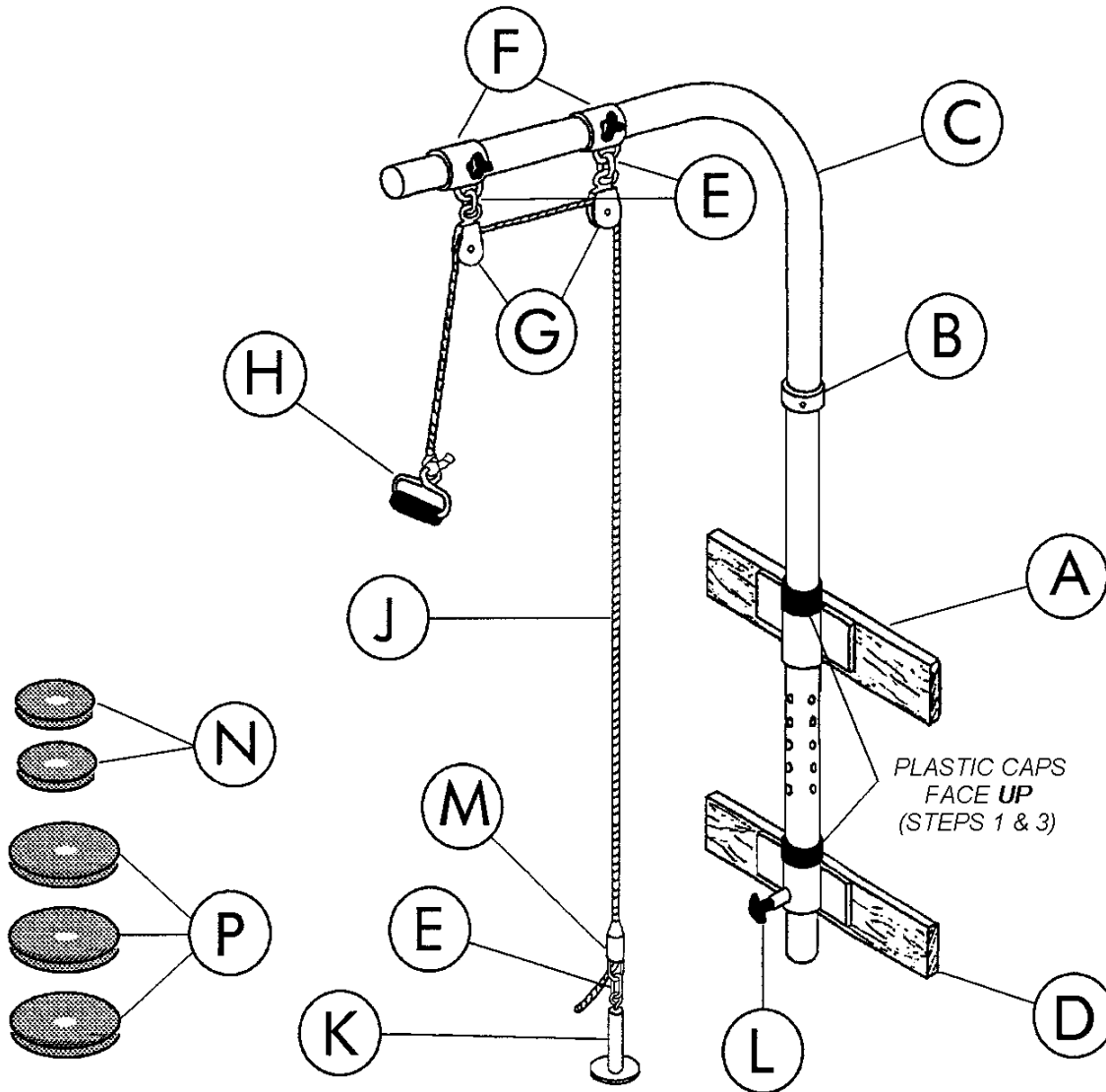
### OPERATION:

The Model 609 Overhead Pulley Weight System is height adjustable from 74" minimum height to 90" maximum height, in 2" increments using the convenient plunger lock. The length of the rope may be adjusted using the Rope Adjuster "M".

When not in use, the entire unit may be stored flat against the wall by releasing the plunger lock, rotating the pulley bar 90 degrees to the left, and engaging the plunger lock. To prevent damage to the wall while rotating unit, place weights and holder on the floor before rotating.

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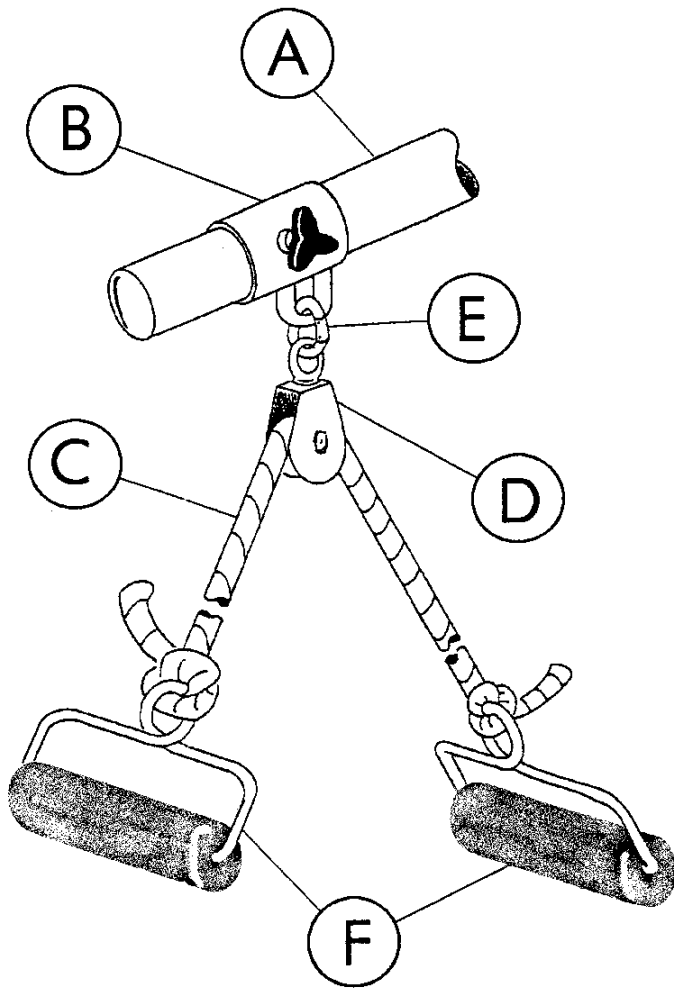


PARTS LIST			PARTS LIST		
ITEM	Q	DESCRIPTION	ITEM	Q	DESCRIPTION
A	1 EA.	Top Wall Mount Brkt. Assy.	H	1 EA.	Handgrip
B	1 EA.	Stop Collar	J	10 FT.	Nylon Rope
C	1 EA.	Pulley Bar	K	1 EA.	Weight Holder Assy.
D	1 EA.	Bottom Wall Mount Brkt. Assy.	L	1 EA.	Plunger Lock
E	3 EA.	Spring Link	M	1 EA.	Rope Adjuster
F	2 EA.	Pulley Clamp Assy.	N	2 EA.	1 1/4 LB. Weight
G	2 EA.	Swivel Pulley	P	3 EA.	2 1/2 LB. Weight
				1 EA.	3/16" Allen Wrench

## Assembly Instructions Model 1615 Accessory Pulley

**NOTE:**

Before installing your Model 1615 Accessory Pulley, ensure that you have received all the components listed below in the Parts List. Items "B", "D" and "E" are preassembled as the Pulley Clamp Assembly.



**Step (1)** Remove or move any existing pulley clamps already on pulley bar "A" (NOT included), to a location which will not interfere with operation of Accessory Pulley.

**Step (2)** Place Pulley Clamp Assembly, items "B", "D" and "E", onto pulley bar "A" by sliding pulley clamp "B" over pulley bar "A". Locate clamp approximately 1 inch from the end of the bar and tighten in position as shown.

**Step (3)** Place nylon rope "C" through swivel pulley "D" and tie each end to one handgrip "F". Do not leave excess rope which could interfere with handgrips or pulley operation. Ensure pulley clamp "B" and knots are secure before operating unit.

Your Accessory Pulley is now ready for use.

PARTS LIST			
ITEM	Q	DESCRIPTION	
B	1 EA.	Pulley Clamp	
C	56 IN.	Nylon Rope	
D	1 EA.	Swivel Pulley	
E	1 EA.	Spring Link	
F	2 EA.	Handgrip	

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## Model 609 Wall Pulley System Operation & Wall Layout

