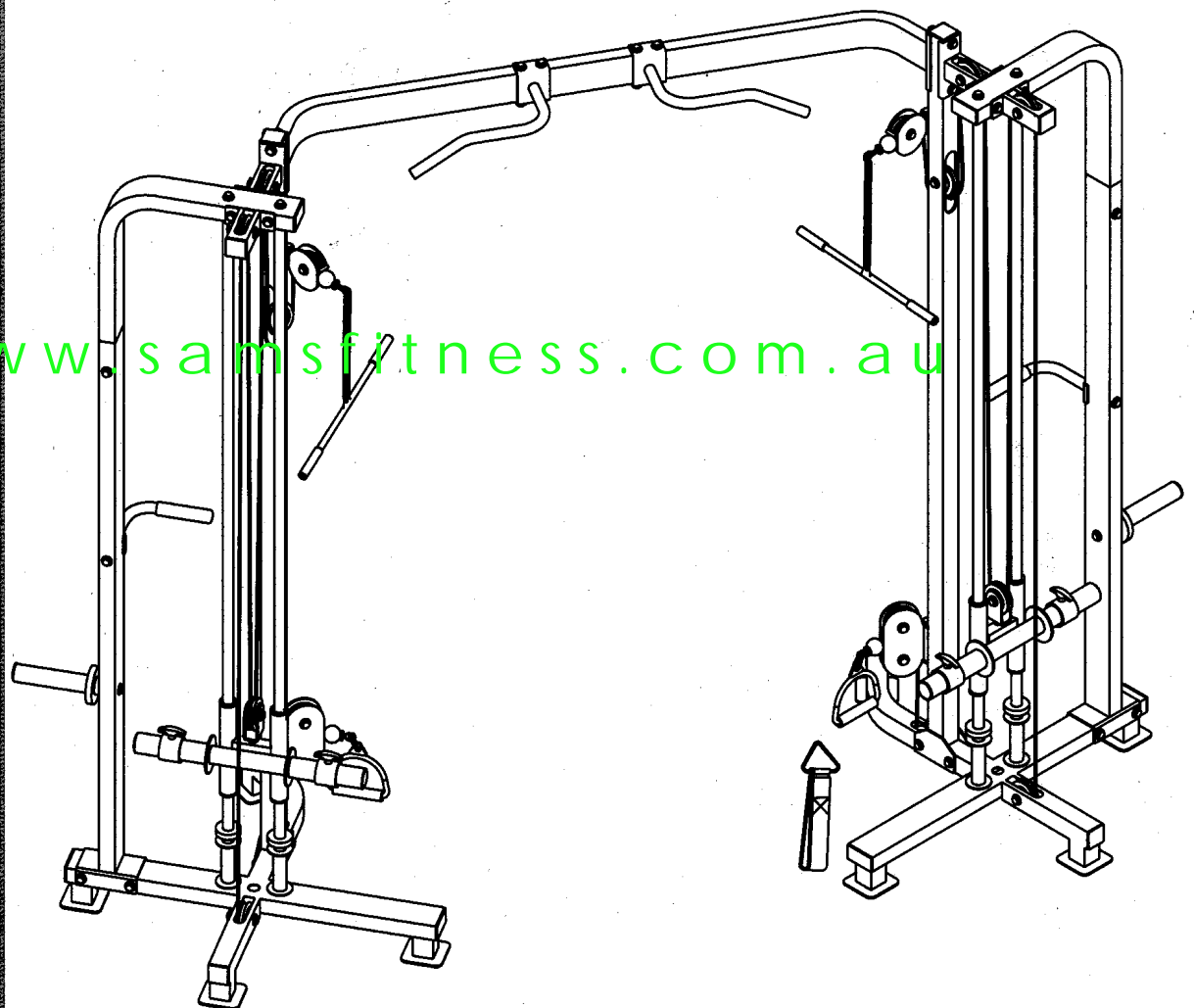


POWERTEC

STRENGTH

P-SS-N1

Manual

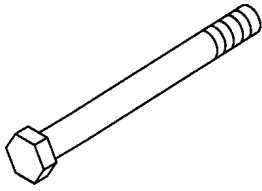


SHAPE SYSTEM

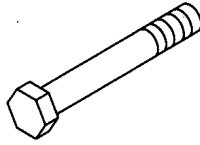
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HARDWARE LIST

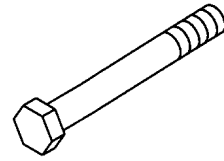
POWERTEC



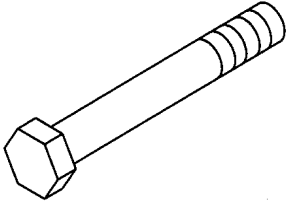
25 3/8"X3-3/4" (Qty:2)



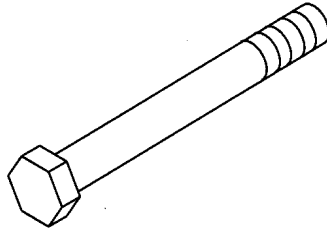
27 3/8"X2-5/8" (Qty:8)



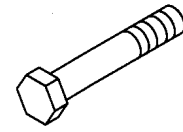
28 3/8"X3" (Qty:2)



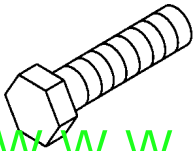
29 1/2"X3-1/4"(Qty:6)



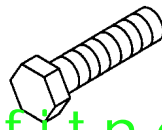
30 1/2"X4-1/8"(Qty:12)



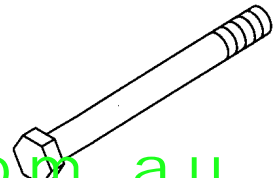
31 3/8"X2" (Qty:8)



32 1/2"X1" (Qty:6)

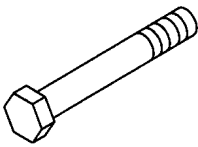


33 3/8"X1" (Qty:10)

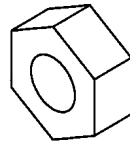


41 1/2"X4-1/4" (Qty:2)

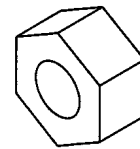
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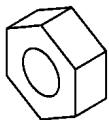
57 1/2"X2-3/4" (Qty:2)



26 1/2"x11t (Qty:2)



34 1/2"x16t (Qty:22)



35 3/8"x11t (Qty:18)



36 $\phi 14 \times \phi 28 \times 2t$ (Qty:50)



37 $\phi 10 \times \phi 25 \times 2t$ (Qty:52)

P-SS-N1

SHAPE SYSTEM

PART LIST

Part Description	QTY	Part Description	QTY
1 Mainframe	2	30 1/2"X4-1/8" Half Thread Hex Bolt	12
2 Low Support	2	31 3/8"X2" Half Thread Hex Bolt	8
3 Slide Rod	4	32 1/2"X1" Hex Bolt	6
4 Weight Horn Tube	2	33 3/8"X1" Hex Bolt	10
5 Low Pulley Bracket	2	34 1/2"X16t Nylon Nut	22
6 Upper Pulley Bracket	2	35 3/8"X11t Nylon Nut	18
7 Shared Pulley Plate	2	36 Washer	50
8 Bumper Support	4	37 Washer	52
9 Upper Cross Tube	1	38 Cable Washer	4
10 "D" Handle Bar	2	39 Bushing	8
11 Olympic Adapter	2	40 Plastic Washer	8
12 Upper Support	2	41 1/2"X4-1/4" Half Thread Hex Bolt	2
13 Chin Up Bar	2	42 PVC Sleeve	2
14 Slide Bracket	2	43 Round Inner Plug	6
15 Upright	2	44 3/8"X3/4" Hex Bolt	4
16 Upper Pulley Bracket	2	45 PVC Sleeve	4
17 Hand Bar	2	46 PVC Sleeve	4
18 Low Row Bar	1	47 PVC Sleeve	2
19 Hight Lat Bar	1	48 PVC Sleeve	2
20 Rect. Inner Plug	6	49 PVC Sleeve	4
21 Square inner plug	8	50 Rubber Ball	4
22 Cable	2	51 Pulley	18
23 Rubber Bumper	4	52 Cable Joint	4
24 M3X5 Pocket Screw	8	53 Ellipse Hook	3
25 3/8"X3-5/8" Half Thread Hex Bolt	2	54 Bumper	2
26 1/2"X11t Hex Nut	2	55 Foot Strap	1
27 3/8"X2-5/8" Half Thread Hex Bolt	8	56 Chain	1
28 3/8"X3" Half Thread Hex Bolt	2	57 1/2"X2-3/4" Half Thread Hex Bolt	2
29 1/2"X3-1/4" Half Thread Hex Bolt	6	58 Collar	4

P-SS-N1

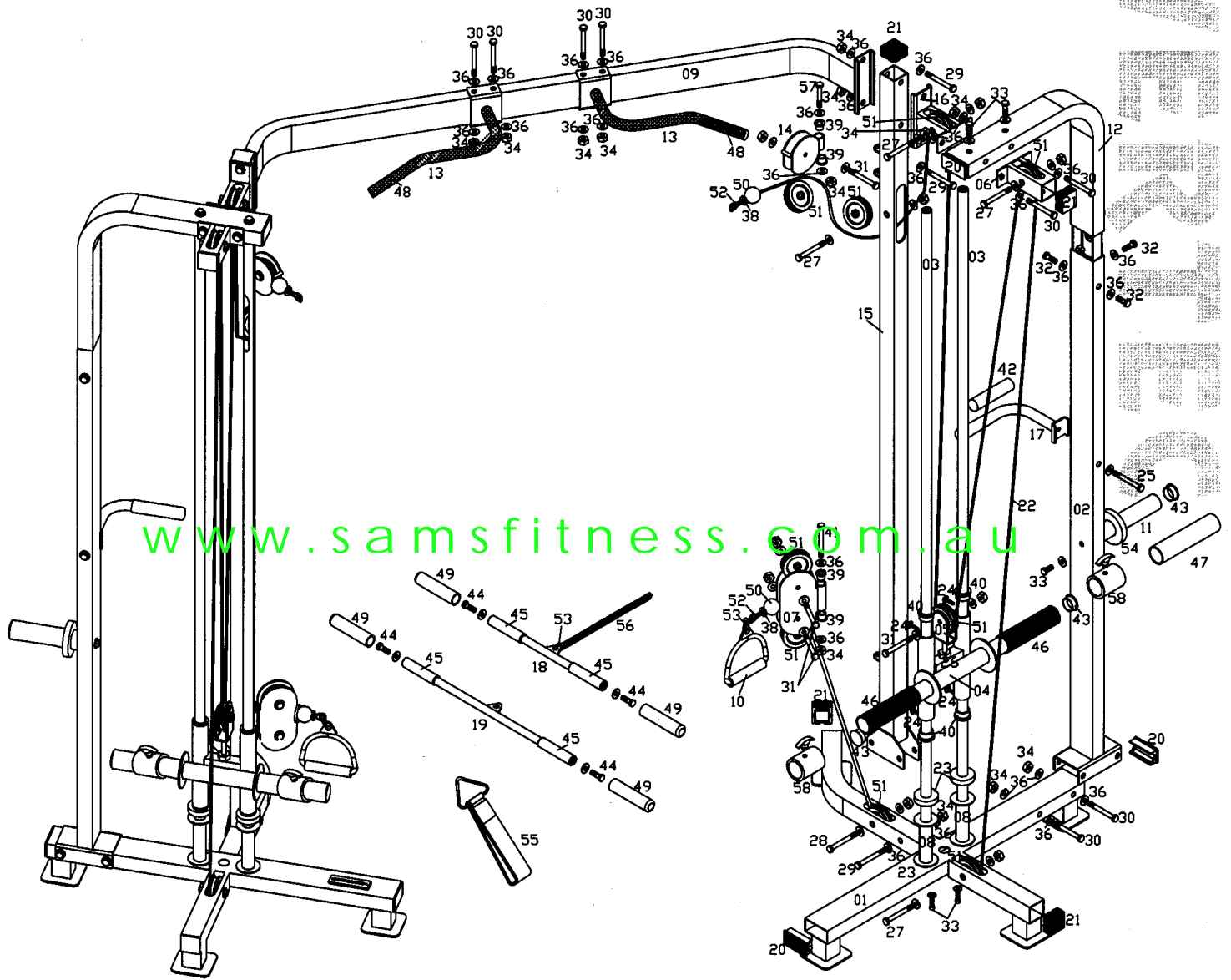
SHAPE SYSTEM



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EXPLODED DIAGRAM

POWER
REK
E



Remarks: All unmarked Washers are (37) and all unmarked Nylon Nuts are (35).

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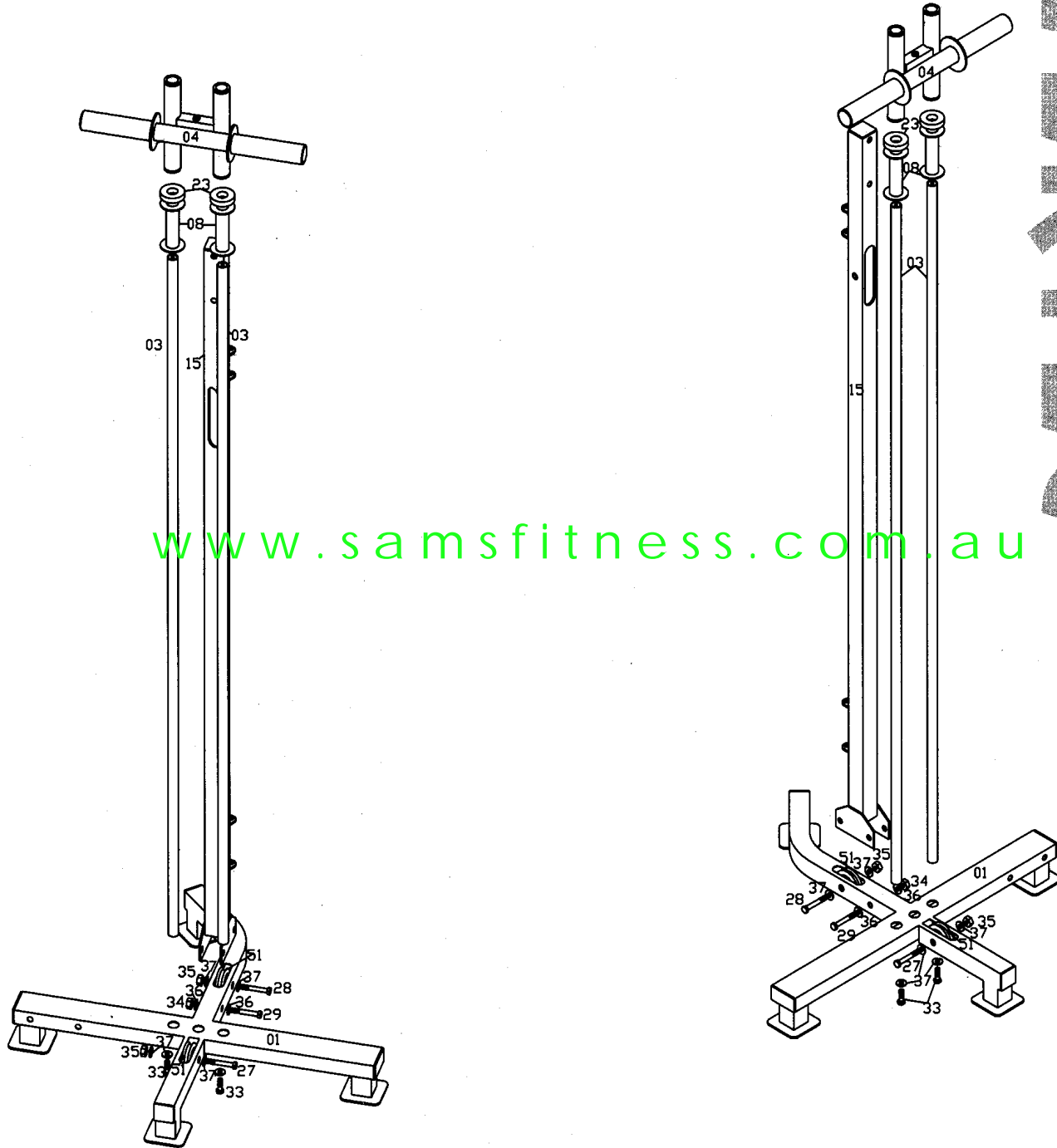
SHAPE SYSTEM

ASSEMBLY ONE

Note before beginning assembly:

Always insert all bolts through holes prior to tightening due to precision fit

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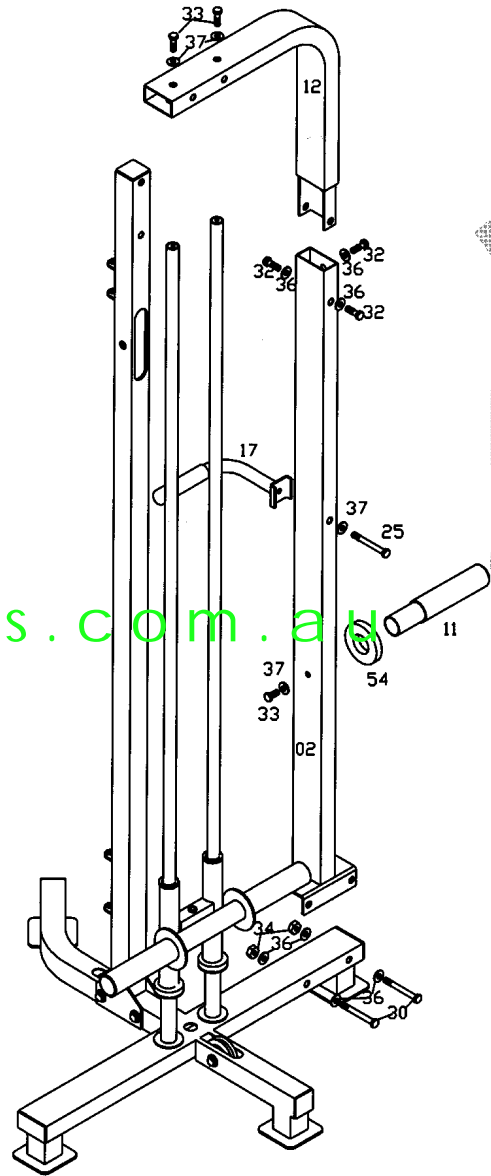
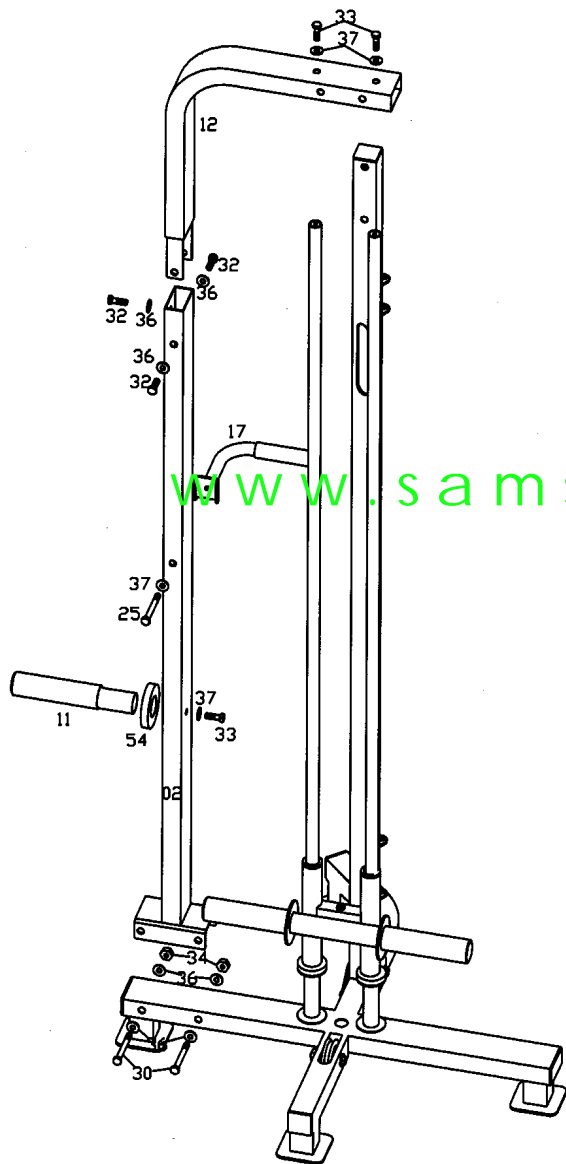
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SHAPE SYSTEM

ASSEMBLY TWO

POWERFIT

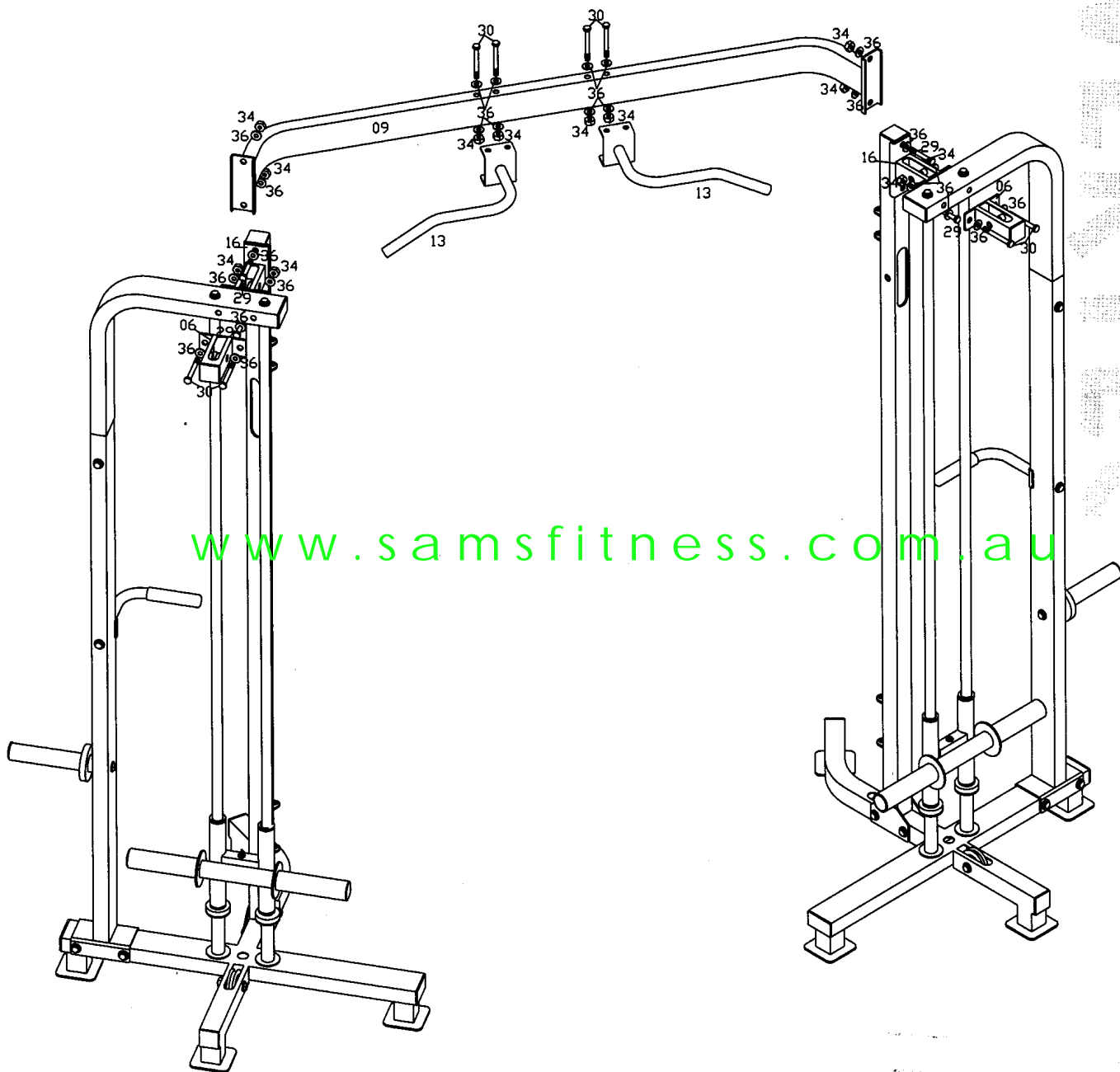


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SHAPE SYSTEM

ASSEMBLY THREE

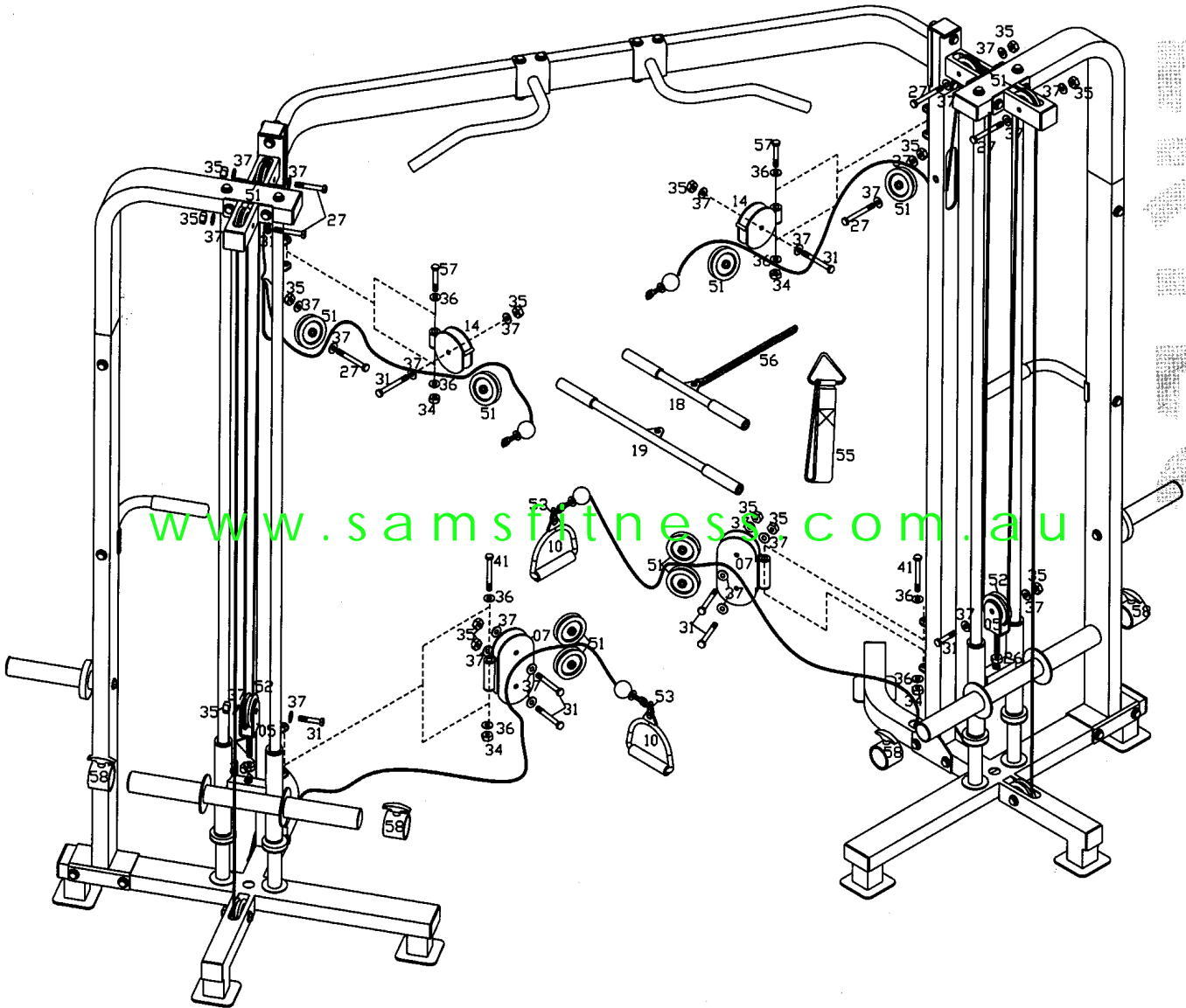


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SHAPE SYSTEM

ASSEMBLY FOUR

POWER
FITNESS

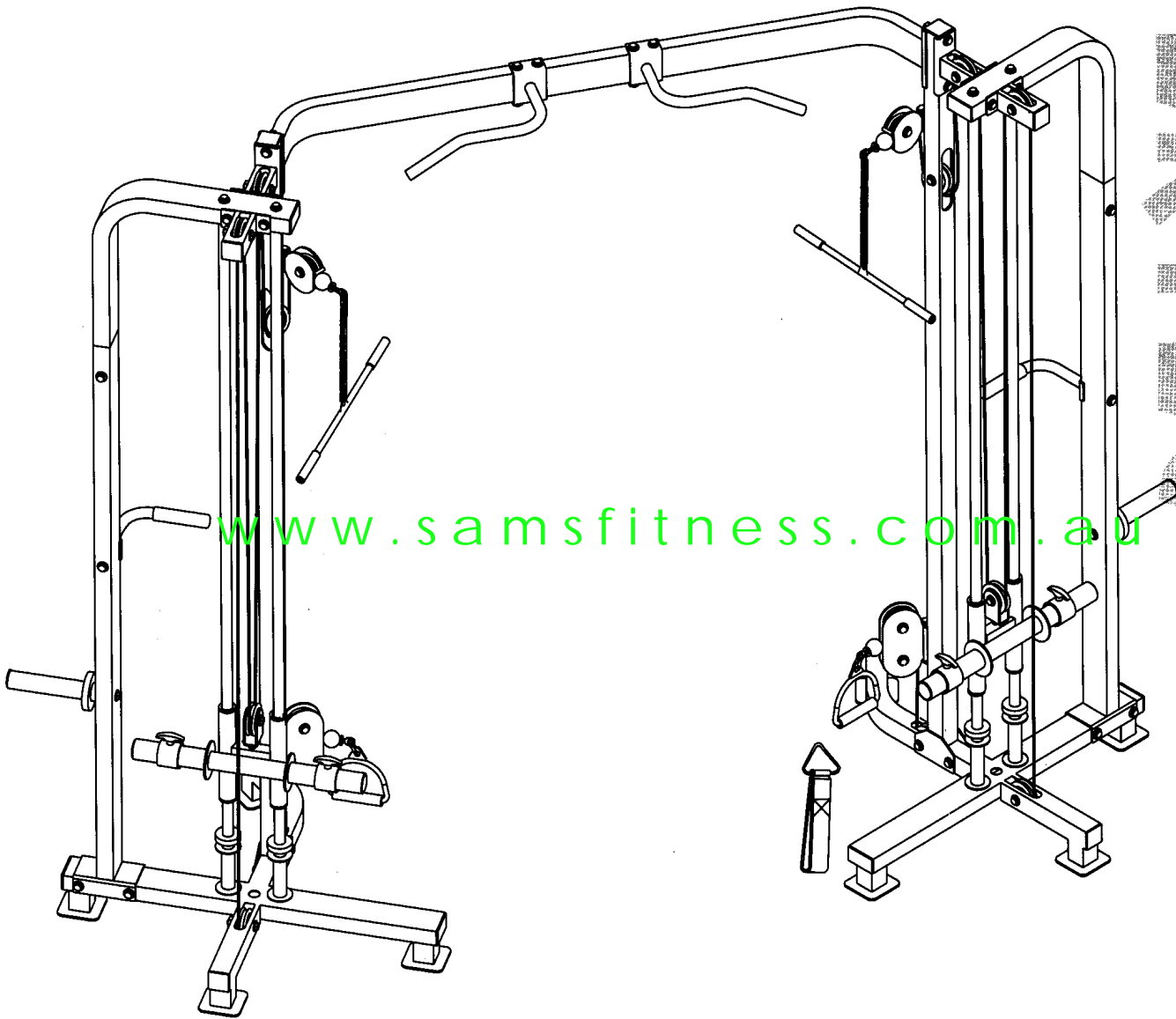


P-SS-N1

SHAPE SYSTEM

ASSEMBLY FIVE

POWERFIT



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STRENGTH

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