Installation Instructions

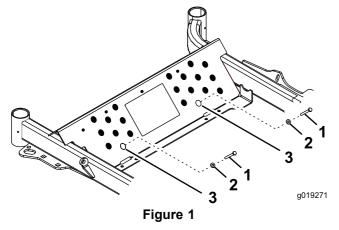
Loose Parts

Use the chart below to verify that all parts have been shipped.

Description	Qty.	Use
Bolt (1/4 x 1-5/8 inches) for 3 weights	2	
Bolt (1/4 x 2-1/4 inches) for 5 weights	2	
Flat washer	2	Install the weight
Weight	3	
Nut	2	

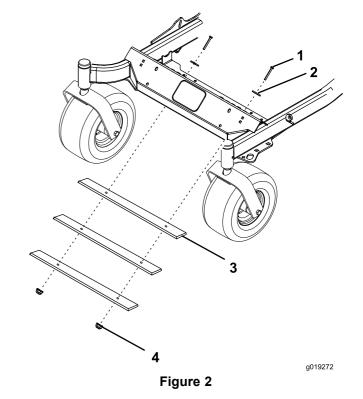
Installing the Weight

- 1. Lift up on the floor pan and remove it from the machine.
- 2. Insert a flat washer and the appropriate bolt into the footrest as follows: (Figure 1).
 - If installing 3 weights, use the 1-5/8 inch bolts.
 - If installing 5 weights, use the 2-1/4 inch bolts.



1. Bolt

- 3. Use this hole when securing the weights
- 2. Flat washer
- 3. Slide each weight, one at a time onto the bolts and secure them using 2 nuts (Figure 1 and Figure 2).



- 1. Bolt
- 2. Flat washer
- 3. Weight (3 shown)
- 4. Nut
- 4. Install and lower the floor pan.

Notes: