Assembly Instructions

COMPACT SINGLE STACK GYM

MDM-1CSSM
STEP 1:
Main frame assembly
Note: Note that MOST of the nuts, bolts and washers are already in place. Be sure to bolt the guide rods to the underside of the U-shaped base frame BEFORE loading the weight plates onto the guide rods. The drift pin (19) attaches the top selector plate to the selector stem. Attach Shroud supports (18) to U-Frame (15).
STEP 2:
Leg Extension Assembly

Note that there is a pneumatic gas piston in the chrome seat post that assists the user adjusting the height of the seat pad. Make sure to follow the order of assembly for the nuts, bolts, and washers when replacing them into the respective holes.
STEP 3:

Lat Plate Assembly

Most of the bolts, washers, and nuts are already in place. Tighten these on the Lat Pulldown Plate snugly and pay attention to the order of assembly.
STEP 4:
Pressing/Rowing Arm and Pulley Plate Assembly
The most important part of this step is the securing of the axles on both sides of the pressing arm. Pay attention to the order of hardware assembly!
STEP 5:
Rotating Arms/Lat Pad rollers/Leg Extension Rollers/Sat Pads Assembly

The trickiest part is securing the axles on the end of the rotating arms and the attachment of the rotating arms to the brackets on the mainframe. Do this FIRST before the other steps so you will have room to work. Both require snap rings on the ends of the axles. Pads are attached with bolts into the sockets already embedded in the backs of the pads. There is a bolt & nut that attaches the back pad to the bracket mounted on the Upright support oval tubing.
STEP 6:
Main Cable Threading

There are 4 cables...the one below is mainly for the Lat Pull/Rowing mechanism. Match the Letters on the cable(A–K) to the pulleys. This cable has a rounded black ball on one end and a threaded bolt on the other (goes into the selector stem. Note that some pulleys may have to be removed in order to thread the cables through the cable housings.
STEP 7:
Leg Extension/Ab Crunch Cable Threading

There is a rounded black ball on one end that goes over pulley "A". The other end has an eyelet that is bolted to the Leg Extension arm. Start at the Ab Crunch ("A") end of the cable as you may not have to remove any of the pulleys. Match the Letters on the cable (A-E) to the pulleys.

![Diagram of Leg Extension/Ab Crunch Cable Threading](image-url)
STEP 8:
Suspended Double Pulley housing Cable Threading
There is a Threaded bolt on one end that attaches to the pulley housing (81) on the one end. The other end has carabiner clip that attaches to an eyelet on the bottom of the frame between the 2 pulleys. Start at the base of the frame (80) end of the cable so that you may not have to remove any of the pulleys. Thread the cable through the holes in the metal flat strap (77) as one end screws the cable into the round barrel on top of the flat strap.
STEP 9:
Adjustable Crossover Pulley Arms Cable Threading
This cable is long so pay attention to match the cable pathway to the pulleys (A–J). See the inset picture on the bottom left below as it shows how to take off the rounded black ball on one end of the cable (67, 68) so that you can thread it through most of the pulley housings... so that you do not have to remove the pulleys from most housings.
STEP 10:
Attaching Weight Shrouds & Accessory Handles
Attach metal weight stack shrouds (83, 84) around the weight stack using the connector metal flat strap (85) to secure the 2 halves. Clip the Lat Pulldown Bar (87, 90), Ab Crunch Harness (86, 89) and 2 stirrup handles (80, 88) to the respective ends of cables.

CONGRATULATIONS AND LUBRICATE THE GUIDE RODS WITH SILICONE OR TEFILON SPRAY and CLEAN THE RODS WITH ALCOHOL EVERY FEW WEEKS.