

IPLC3 and IPLE3 Cable Routing

Applies to: IPLC3 + IPLE3

Enhanced Images: Pictures can be zoomed in to any level for detail. Use the standard zoom tools for your platform to zoom in.

Required Tools:

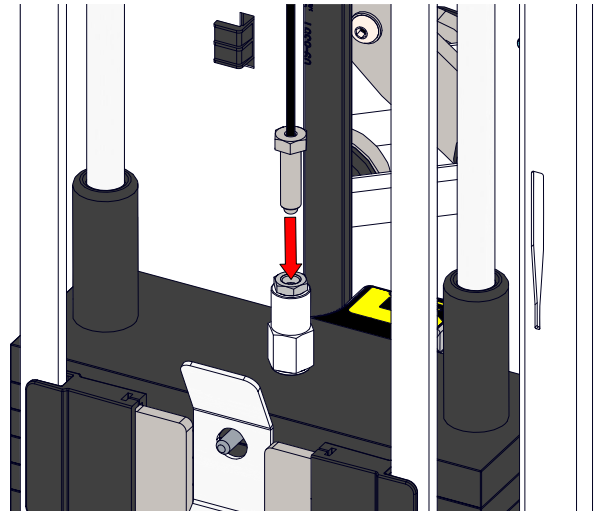
- 13mm Open-Ended Wrench
- 18mm Open-Ended Wrench

Required Parts:

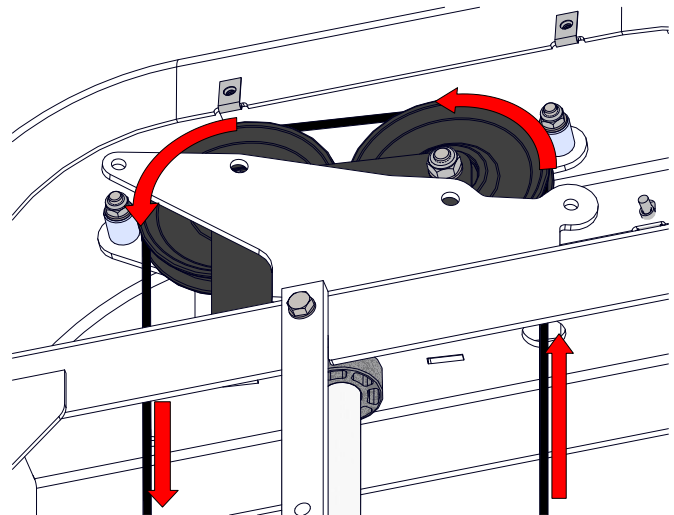
- N06-8041 "CABLE ASSEMBLY IPLC3/IPLE3"

Please note that in order to pass the cable between the pulley and the cable keeper(s), the cable keeper(s) may need to be removed.

1. Thread the weight stack end of the cable into the weight stack, then use a 18mm wrench to secure it using the lock nut.

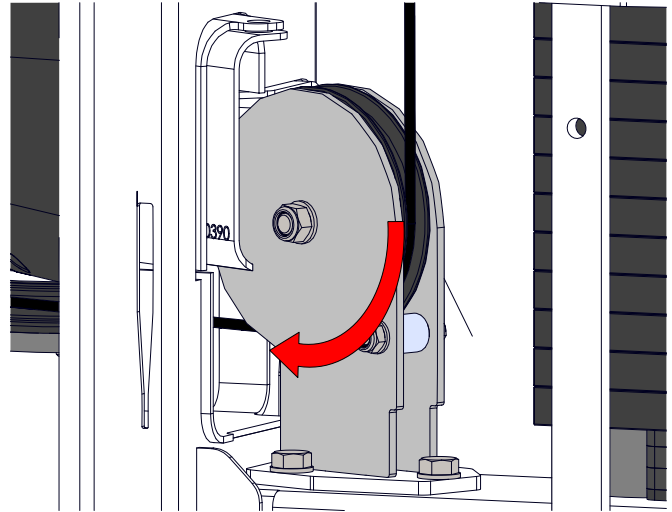


2. Pass the cam end of the cable up and through the hole in the frame then up and over the first pulley - ensure that the cable is passing between the pulley and the cable keeper.
3. Pass the cable across to the second pulley then down and through the 2nd hole in the frame - ensure that the cable is passing between the pulley and the cable keeper.

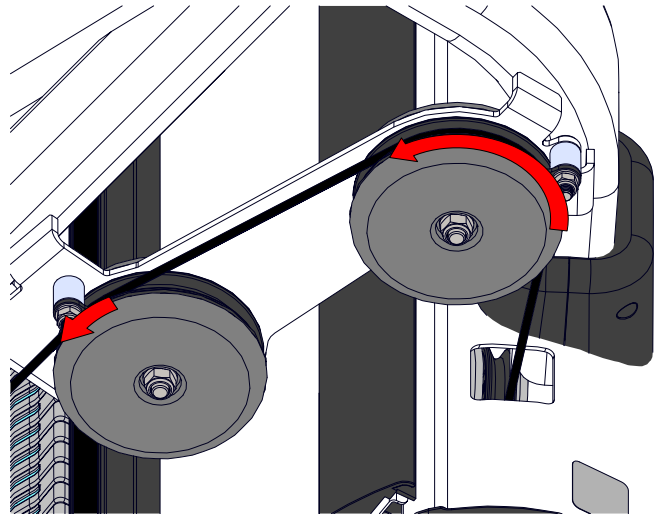


TECHNICAL PROCEDURE

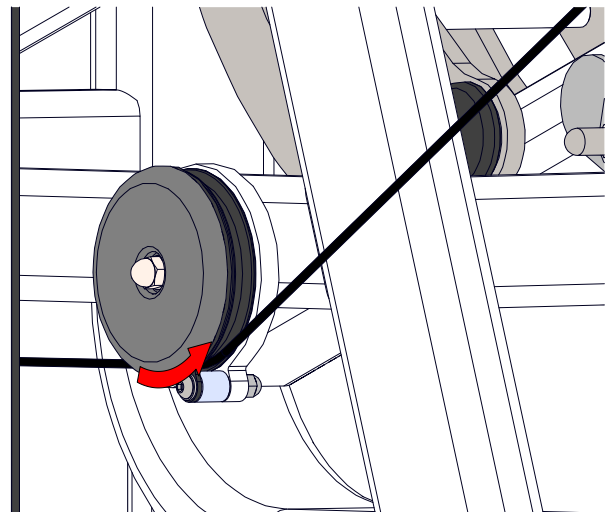
4. Pass the cable down and under the 3rd pulley - ensure that the cable is passing between the pulley and the cable keeper.



5. Route the cable out of the weight stack frame and around the outside of the 4th pulley - ensure that the cable is passing between the pulley and the cable keeper.
6. Pass the cable across to the 5th pulley - ensure that the cable is passing between the pulley and the cable keeper.



7. Finally, route the cable under the 6th pulley and up to the cam - ensure that the cable is passing between the pulley and the cable keeper.



TECHNICAL PROCEDURE

8. Connect the cam end of the cable to the cam, then lock into the place using a 13mm open-ended wrench.

