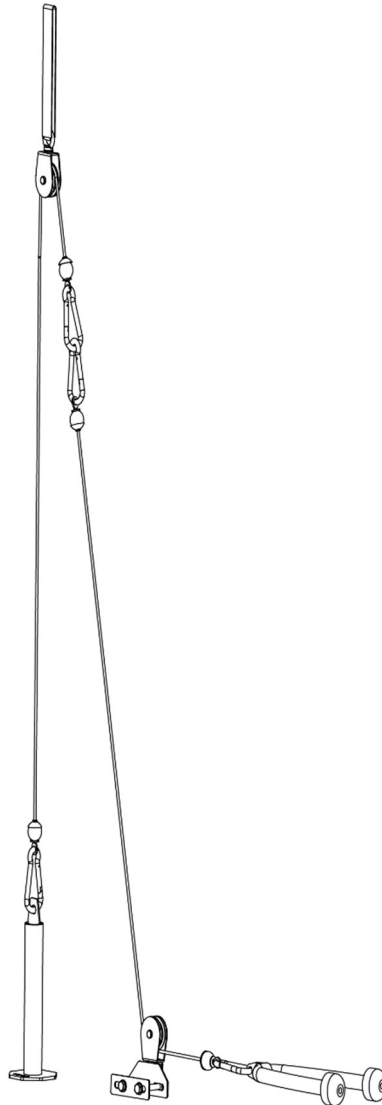


ETHE327

ETHOS PULLEY KIT OWNER'S MANUAL



DICK'S Sporting Goods 345 Court Street Coraopolis, PA 15108

ETHOS



TABLE OF CONTENTS

SECTION	PAGE
BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICE	2
IMPORTANT CARE AND MAINTENANCE	3
IMPORTANT OPERATIONAL INSTRUCTIONS	4
WARNING LABEL PLACEMENT	5
PARTS LIST	6
EXPLODED DIAGRAM	8
LIMITED WARRANTY	9

BEFORE YOU BEGIN

Thank you for selecting the ETHOS PULLEY KIT. For your safety and benefit, read this manual carefully before using the exercise equipment. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

Toll-Free Customer Service Number
1-877-846-9997
Mon. – Fri. 9 a.m. – 5 p.m. EST

RETAIN THESE INSTRUCTIONS FOR FUTURE USE



IMPORTANT SAFETY NOTICE

For your safety and benefit, read the following instructions carefully prior to assembly or use. Failure to follow all instructions and safety precautions can result in **serious injury or death or damage to equipment.**

Weight Capacity: 400 lbs.

WARNING

1. CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.
2. If you feel pain or dizziness at any time while exercising, STOP immediately and consult your physician. Excessive or incorrect use may cause pain or injury.
3. This exercise equipment is **NOT FOR USE BY CHILDREN UNDER AGE 14**. Keep children and pets away from equipment at all times. DO NOT leave children unattended in the same room with the exercise equipment.
4. ADULTS ONLY should assemble, disassemble, adjust, or move the exercise equipment.

WARNING

Important Instructions For Safe Use

1. **Pinch Hazard:** Keep hands and fingers clear of all moving areas.
2. **NEVER** release your grip on the pulley system handle during exercise. Doing so will drop the weight plates and could cause product damage or injury.
3. **ALWAYS** ensure there is a handle attached to the cable for lifting activities. NEVER attempt to use the product without a handle attached to the cable.
4. **ALWAYS** ensure secure attachment to the power rack prior to product use.
5. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
6. Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
7. Use this product ONLY with the ETHOS Power Rack.
8. Do not place any sharp object around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.



IMPORTANT! CARE AND MAINTENANCE

1. Inspect for signs of wear or failure before using the exercise equipment. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
2. If the product is making any abnormal sounds that may indicate structural fatigue e.g. cracking, then stop use immediately.
3. Lubricate moving parts with WD-40 or light oil periodically.
4. Inspect and tighten all parts before using the equipment.
5. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
6. **Failure to examine regularly may affect the safety level of the equipment.**
7. **Maximum weight capacity: 400 lbs.**



IMPORTANT! OPERATIONAL INSTRUCTIONS

This product is intended for use with ETHOS Power Rack only.

This exercise equipment is intended for commercial and residential use.

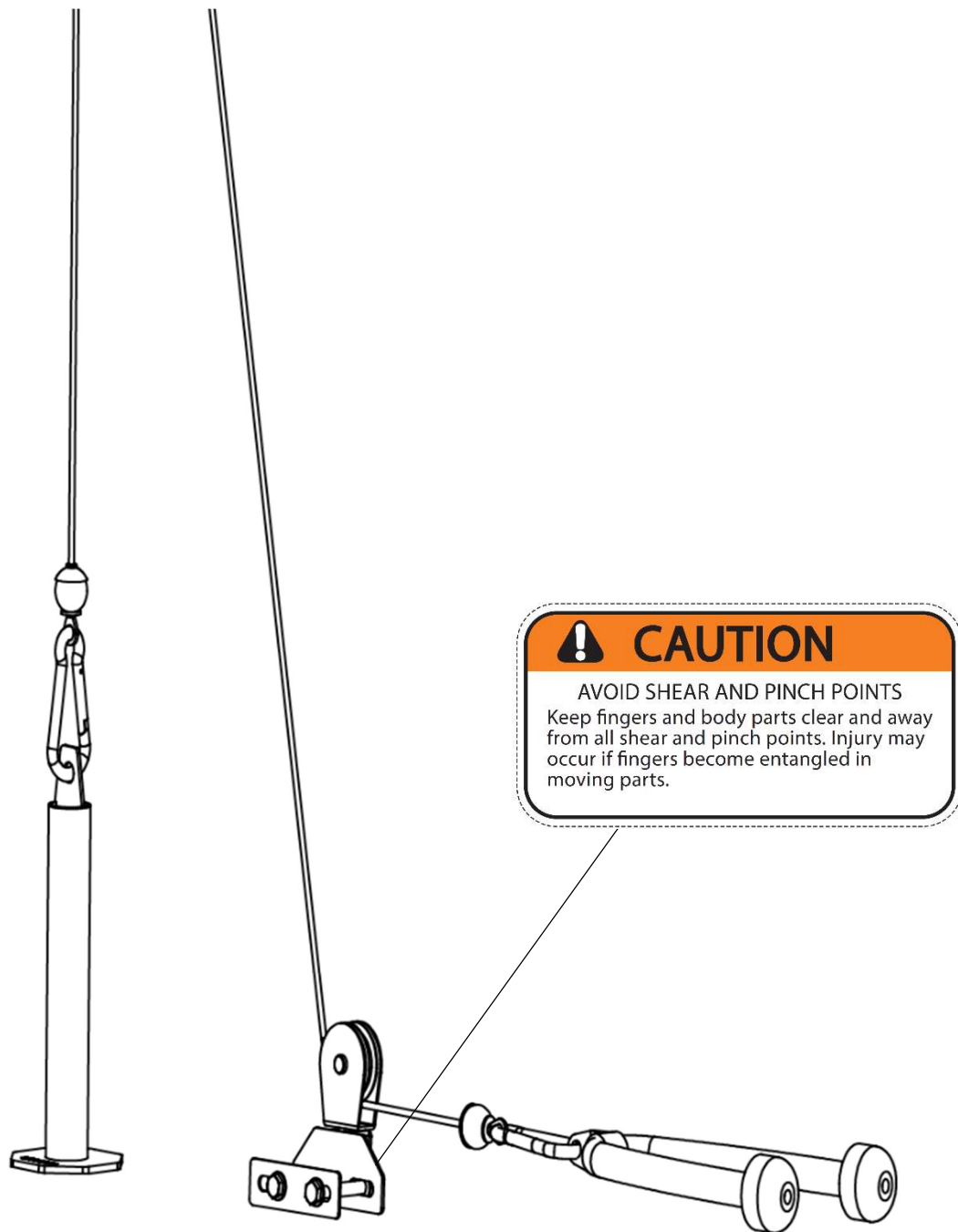
This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.

WARNING

Consult with your doctor before beginning any exercise program. Read all instructions before using any fitness equipment. Not for use by children under age 14. Inspect for damage before each use.

Save these instructions.

WARNING LABEL PLACEMENT



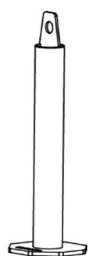
The warning label shown here has been placed on the Pulley bracket. If the label is missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

ETHOS PULLEY KIT PARTS LIST

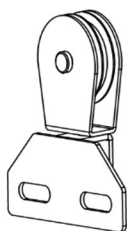
Part #	Description	Qty
1	Weight Post	1
2	Pulley Bracket	2
3	Lower Pulley Bracket Mount	1
4	Lower Pulley Bracket Mount Backing	1
5	Pulley Locking Pin	2
6	Pulley Locking Pin Spring	2
7	Cable (68")	2
8	Pulley	2
9	Pulley Strap	1
10	Carabiner Clip	4
11	Tricep Rope	1
12	Plastic Washer	3
13	Hex Bolt M10 x 1"	1
14	Hex Bolt M12 x 4"	2
15	Washer	4
16	Washer	4
17	Aircraft Nut M10	2
18	Aircraft Nut M12	2

WARNING

Pulley system must be assembled by an adult. Keep all parts and components out of reach of children.



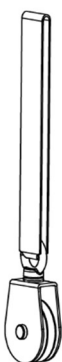
① x1



③ x1



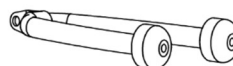
④ x1



⑨ x1



⑩ x4



⑪ x1



⑬ x2



⑮ x4

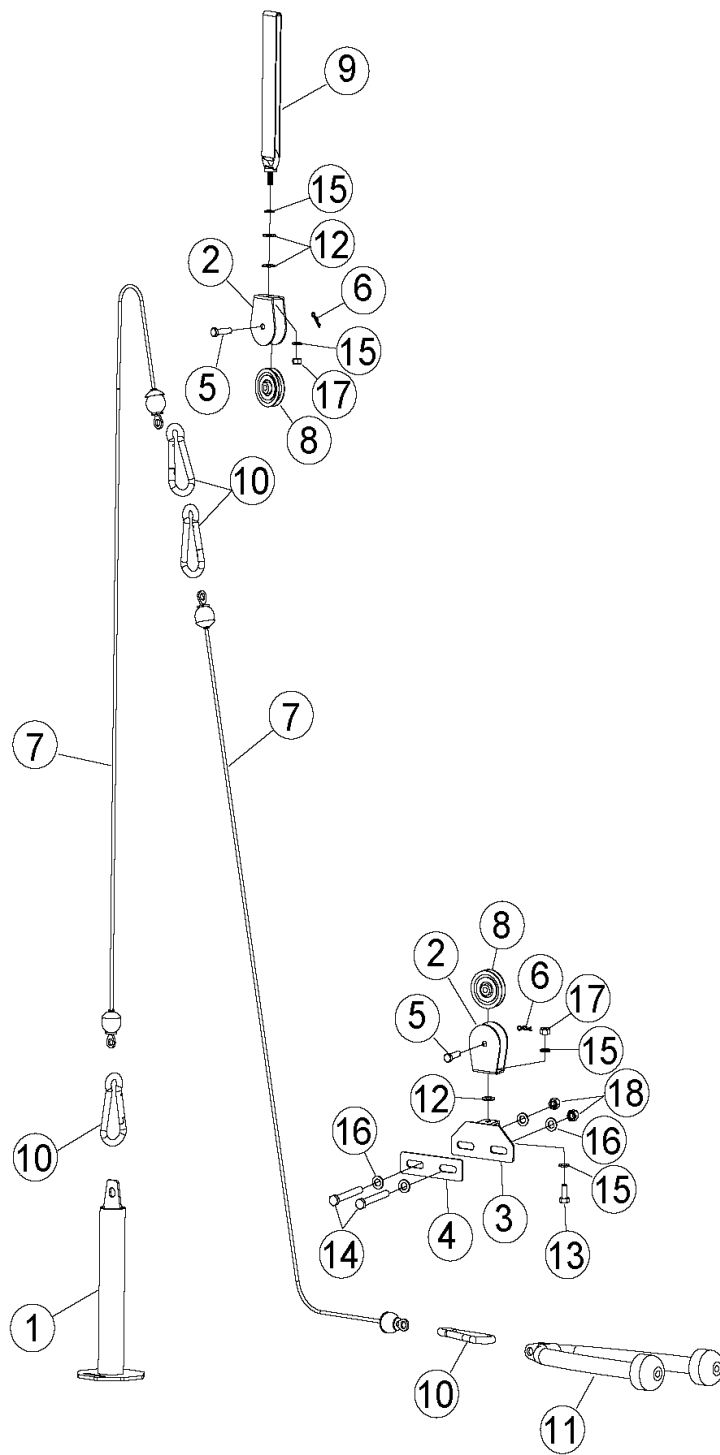


⑰ x2



⑦ x2

EXPLODED DIAGRAM



LIMITED WARRANTY

Who is Covered?

This Limited Warranty covers only the original purchaser of the product. This Limited Warranty is not transferable to anyone else.

What the Warranty Covers

DICK'S Sporting Goods Inc. ("The Company") warrants to the original purchaser of this product that the product shall be free from defects in workmanship and materials for the period designated for the specific product (listed in Exhibit A) when the product is used under normal uses and conditions.

What the Warranty Does Not Cover

This Limited Warranty does not cover :

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature or accident including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in rental applications.
- Products that have been modified or repaired by anyone not authorized by the Company.
- Please see Exhibit A for additional product-specific limitations.

The Limited Warranty does not cover any consequential or incidental damages of any kind, including, but not limited to transportation, loss of time, loss of use, etc., unless otherwise dictated by the laws of your state.

What the Period of Coverage Is

Please see Exhibit A for product-specific coverage terms.

Any implied warranty arising under state law is limited to the same duration provided for the specific product listed in Exhibit A, unless the laws of your state dictate otherwise.

What the Company Will Do to Correct Problems

The Company will furnish a replacement part at no charge to you.

How You Can Get Service



Please direct all warranty service inquiries as follows:

If by telephone, call: **1-877-846-9997**

If in writing, mail to:

Dick's Sporting Goods Inc.
345 Court St.
Coraopolis, PA 15108
Attn: Customer Service

LIMITED WARRANTY
EXHIBIT A

		
Product Category	Warranty Term	Limitations
Gym Units	Frames / Welds- Limited lifetime.	Warranted for indoor use only
Weight Plates	Limited Lifetime.	Warranted for indoor use only. 10 and 15 pound plates should not be used on bar alone when dropping bumper plates and barbell to the ground. Covers defects in structural integrity only. Coatings not Covered.
Weight Bars	Limited Lifetime.	Warranted for indoor use only
Kettle bells	Limited Lifetime.	NA
Weight Storage	Frames/ Welds- Limited lifetime.	Warranted for indoor use only
Weight Benches	Frame- lifetime Upholstery 3 years.	Warranted for indoor use only
Accessories Sandbag, Pull Up Assist, Rig Accessories, Collars, Foam Rollers and Recovery, Plyo-Box, Battle Ropes	3 Year Limited Warranty.	Warranted for indoor use only
Slam Balls	3 Year Limited Warranty.	Warranted for indoor use only
Wall Ball	3 Year Limited Warranty.	Warranted for indoor use only
Rings / Suspended Straps	3 Year Limited Warranty.	Warranted for indoor use only
Gloves / Grips	90 day Limited Warranty.	NA
Jump Ropes	3 Year Limited Warranty.	NA
Super Bands	3 Year Limited Warranty.	NA
Weighted Vest	3 Year Limited Warranty.	NA
AB Mat	3 Year Limited Warranty.	NA