

5 LB and 7.5 LB HALF WEIGHT

Kit No. 13000K004
Kit No. 13000K005

Installation Instructions

NOTE: This instruction sheet describes how to install the 5 lb and 7.5 lb half weight options for the VR1 series machines.

Tools Required

- 7/32" Allen wrench
- 9/16" Socket or wrench
- Punch
- Hammer

NOTE: Two people will be required to perform this procedure.

1. Read and understand all instructions thoroughly before installing this kit.

2. Verify kit contents. See Figure 1. **NOTE:** Kit will contain either A or B.

- A. 5 lb half weight assembly (1)
- B. 7.5 lb half weight assembly (1)
- C. Latch (1), 13000-208
- D. BHSCS .375-16 x 1.75 (2), JC700424
- E. Locknut .375-16 nylon, (2), HN704901
- F. Roll pin 1.88 x 1.12 (1) HP286819

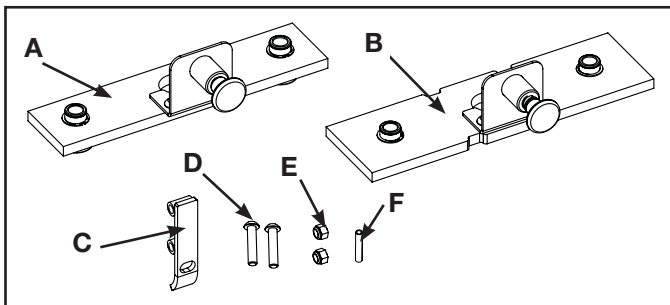


Figure 1

3. Remove panel.

- A. Using a 7/32" Allen wrench, remove the two Button Head Socket Cap Screws (BHSCS) and top cap and set aside. See Figure 2.

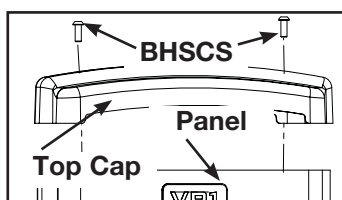


Figure 2

B. Carefully lift panel up and out of machine.

C. Slide spring loaded guide rod cap down guide rod until cap is clear of frame. **NOTE:** Guide rod cap is spring loaded. See Figure 3.

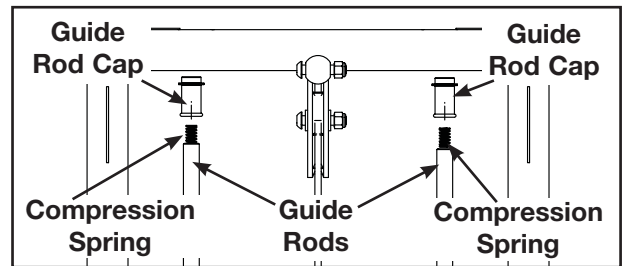


Figure 3

D. Slowly release grasp of guide rod cap. See Figure 3. **NOTE:** Guide rod cap contains a compression spring that will fly if grasp is not released slowly.

F. Remove guide rod caps and set aside.

4. Install latch.

A. Locate latch (C), two BHSCS (D) and two locknuts (E) from kit.

B. Using a 7/32" Allen wrench and 9/16" wrench or socket, install latch (C) as shown in Figure 4.

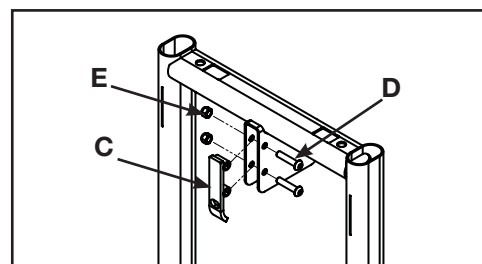


Figure 4

4. Remove cable.

- A. Using a punch carefully remove roll pin from top weight connector. See Figure 5.

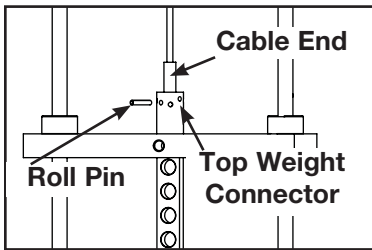


Figure 5

- B. Carefully disconnect cable end from top weight connector. See Figure 5.

5. Installing half weight.

- A. Wipe guide rods clean over entire length. Lubricate with light coating of medium weight automotive engine oil.
- B. Have an assistant hold guide rods vertically.
- C. Carefully align half weight (A or B) over guide rods.
NOTE: Feed cable (disconnected in step 4B) through opening in half weight. See Figure 6.

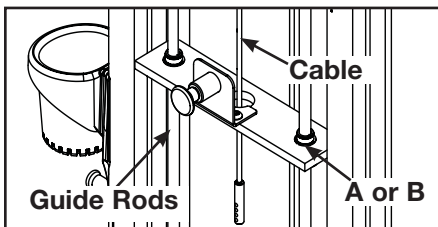


Figure 6

- D. Slowly lower half weight (A or B) down guide rods and rest on weight plate. See Figure 7.

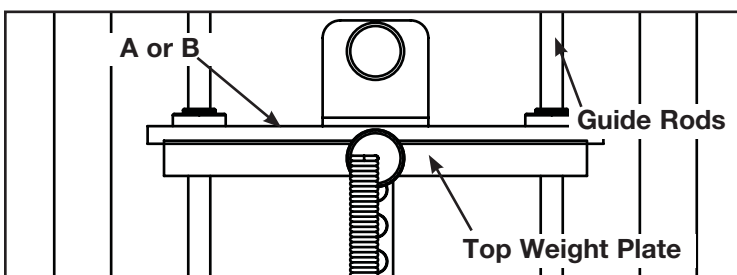


Figure 7

- E. Place spring and guide rod caps on guide rods (removed in step 3F).

- F. Compress guide rod caps and align guide rod caps with weight frame holes and secure in place.
NOTE: Guide rod caps must snap or lock into weight frame holes.

- G. Pull cable tight and secure in place with roll pin (F) included in kit. See Figure 8.

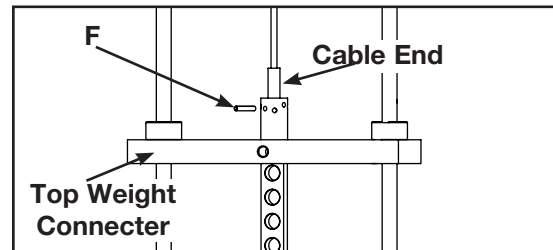


Figure 8

- H. Without selecting resistance, lift top weight and half weight up and down (simulating normal operation).

- I. Have an assistant verify the cable is moving smoothly and is routed straight from the pulley bracket to the top of the weight plate connector.

6. Install front panel.

- A. Carefully place panel in place.
- B. Attach top cap removed in step 3A.
- C. Secure top cap in place with the two BHSCS removed in step 3A.

7. Check for proper operation.