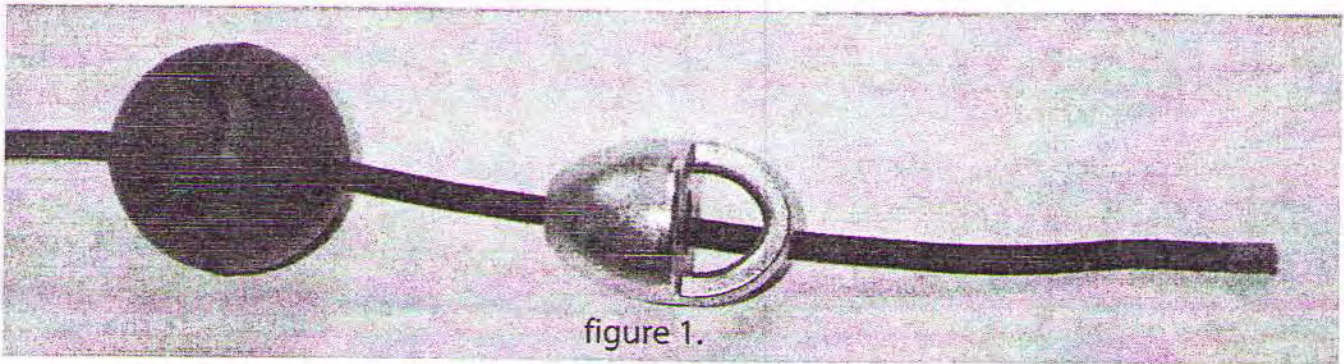


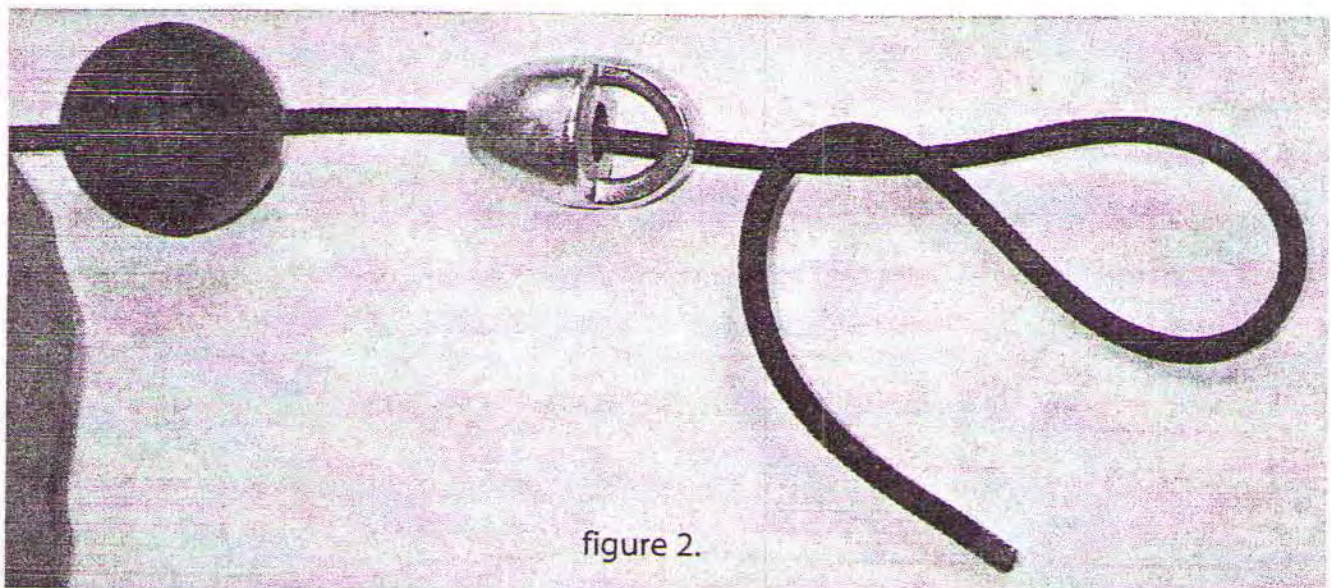
Proper procedure for attaching rubber ball and stainless steel swivel to Titan round belt (cord)

NOTE: FOR ALL MT FUNCTIONAL LOW ROW AND FUNCTIONAL LAT PULLDOWN MACHINES, USE ONLY 5.5 mm TITAN BELT (round cord) FROM BODYMASTERS. ATTACHMENT MUST BE MADE USING ONLY THE METHOD DESCRIBED BELOW!

- Step 1. Tape end of cord with one tight wrap of Scotch tape or equivalent.
- Step 2. Cut through tape and cord with razor or sharp knife.
- Step 3. Pass taped end of cord through hole in rubber ball and holes in stainless steel swivel as shown in figure 1.



Step 4. Tie a "figure-8" knot in end of cord as shown in figures 2 and 3.



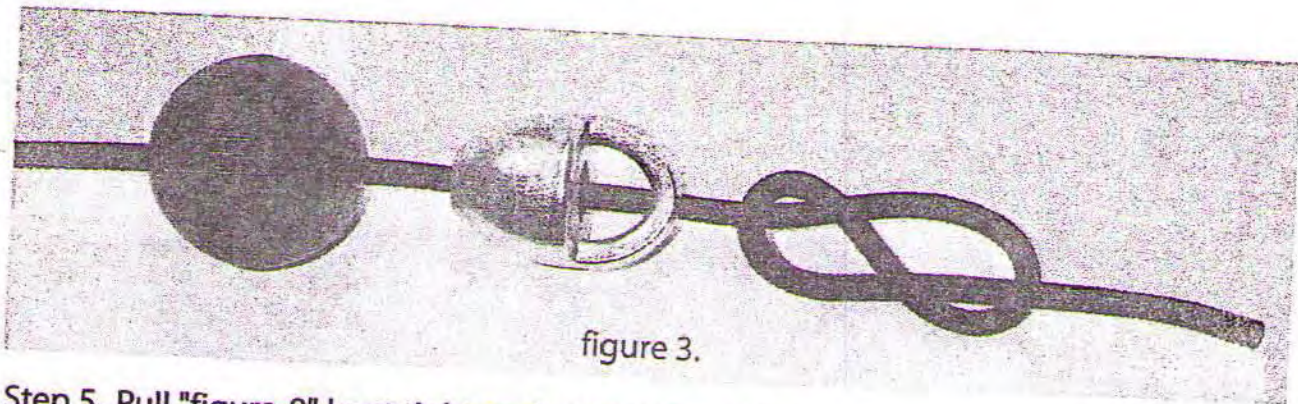


figure 3.

Step 5. Pull "figure-8" knot tight as shown in figure 4.

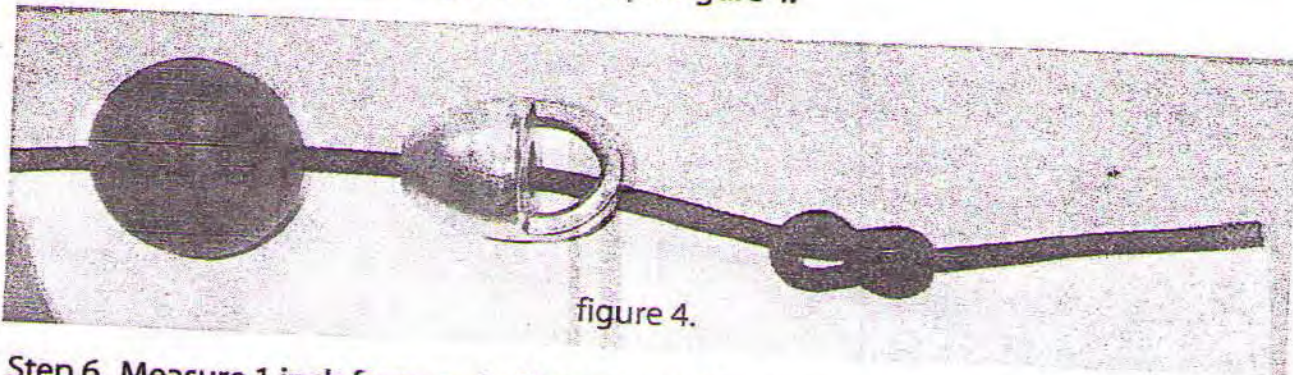


figure 4.

Step 6. Measure 1 inch from end of knot on cord as shown in figure 5.

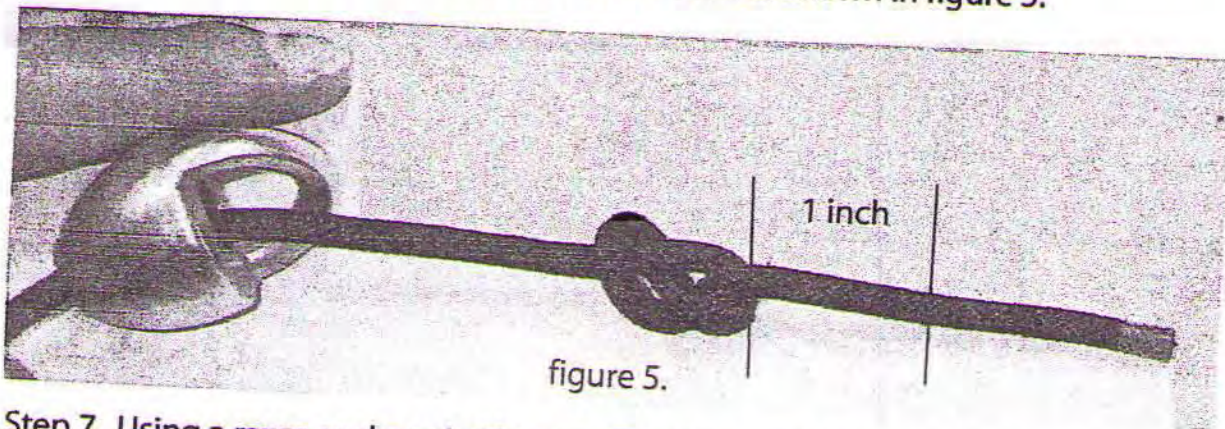


figure 5.

Step 7. Using a razor or sharp knife, cut off excess cord leaving at least 1 inch of cord extending beyond knot as shown in figure 6.

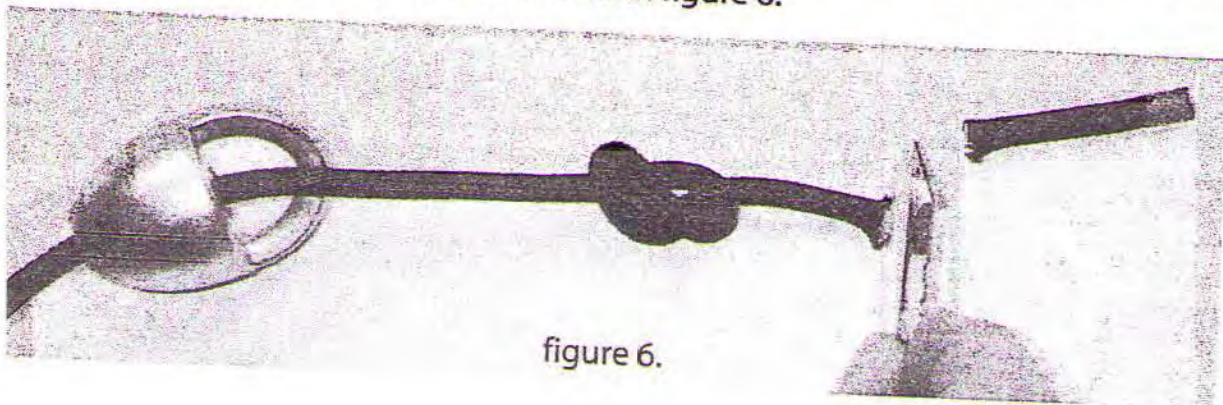
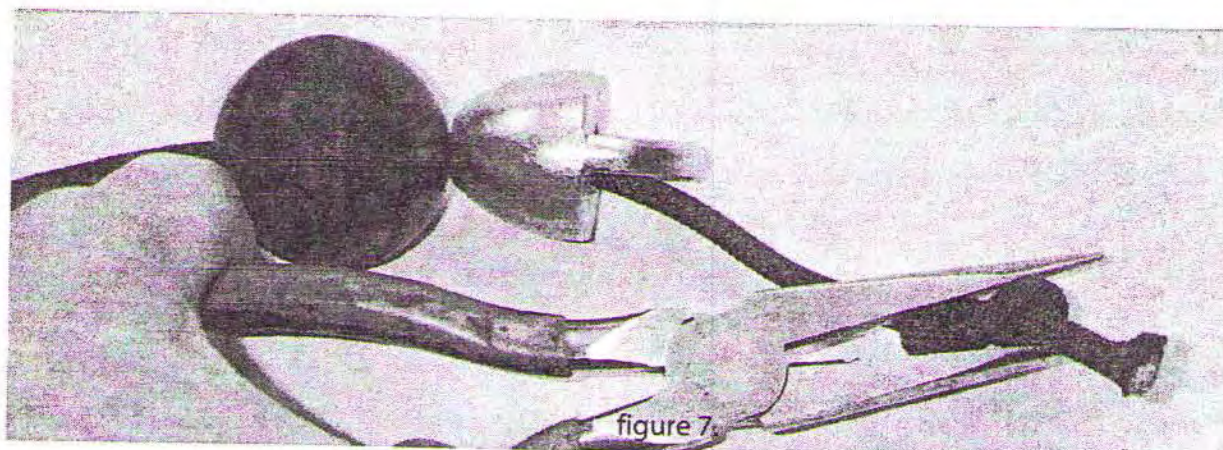
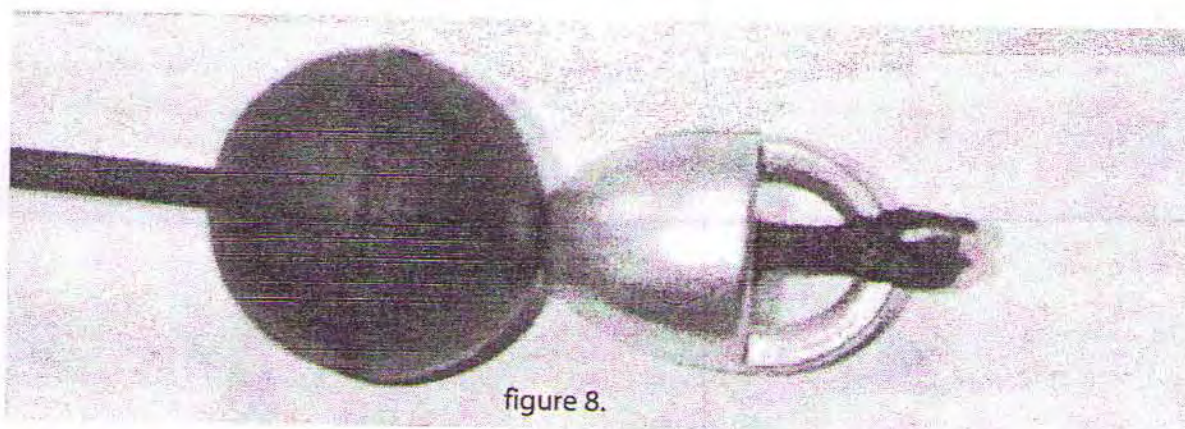


figure 6.

Step 8. Compress knot tightly using a needle nose pliers with smooth jaws as shown in figure 7. Be careful not to damage cord.



Step 9. Insert "figure-8" knot through hole in forward end of the stainless steel swivel until it is fully inside of swivel as shown in figure 8.



Step 10. If desired, the end of the cord can be pushed inside of the stainless steel swivel in order to give a more finished appearance to the assembly. UNDER NO CIRCUMSTANCES SHOULD THE END OF THE CORD BE CUT OFF SHORTER THAN THE 1 INCH PRESCRIBED.

If you need help with this procedure, call Body Masters customer service department
Hotline: 1-800-325-8964 for assistance.

! WARNING

Failure to use the above prescribed attachment method could result in failure of attachment during exercise! Use NO other method of attachment other than that described above!

Failure to observe could result in serious injury or even death!