

CT-CCO CABLE CROSS

CCO ASSEMBLY INSTRUCTIONS

IMPORTANT NOTICES

Read all warning labels, the instruction placard and this manual before attempting to use this machine. Always consult your physician and an exercise professional before beginning any exercise program/regimen.

Before any test or use check for proper assembly of the machine including (but not limited to): bolts and other hardware fastened properly, cables in pulley grooves and routed correctly. For safety use the top weight only for the first machine movement.

Maintain your machine in good working order by following the maintenance schedule provided on the equipment.

It is strongly recommended that a qualified dealer assemble this Cable Cross machine

Should there be any question during assembly contact your authorized Inflight Fitness dealer or call direct to 714 821 4177.

Before beginning assembly read this instruction manual thoroughly. Unpack and verify all parts and hardware quantities against the parts and hardware lists.

Follow the assembly steps in sequence. Failure to follow the order of assembly will result in disassembly later and possible damage to the machine components.

The 3/8" nuts provided with this machine are "centerlocking". They provide a more secure assembly than nylon locking nuts. Please note they do require more force to tighten than nylon locking nuts.

CCO PARTS AND HARDWARE

HARDWARE

DESCRIPTION	QUANTITY
Bolts	
3/8" x 8 1/2"	8
3/8" x 5"	4
3/8" x 4 3/4"	12
3/8" x 4 1/4"	2
3/8" x 4"	2
3/8" x 2 3/4"	6
3/8" x 2 1/2"	6
3/8" x 2 1/4"	4
3/8" x 2"	2
3/8" x 1 3/4"	12
3/8" x 1 1/2"	2
Washers and Nuts	
3/8" Curved Washers	28
3/8" Flat Washers	80
3/8" Nuts – Center-locking	52

CCO PARTS AND HARDWARE

PARTS

WHITE / PLATINUM FRAME PARTS

Loop Upright (2)

Bottom Bracket (2)

Base Tube (2)

BLACK FRAME PARTS

Top Beam (2)

Pulley Carriage (2)

Upper Pulley Bracket (2)

Handle (4)

Round Cable Retainers (4)

Stabilizer (2)

Center Tube

Connector Tubes (2)

CABLES AND PULLEYS

CLM Cable

4 ½" Pulleys (11)

MISCELLANEOUS

Guide Rods (4)

Lube

Weight Stack Cushions (4)

Slider Tube (2)

Exercise Handles (2)

Instruction Placard

Weight Labels

Manual

Top Weights (2)

10-5# Weight Plates

20-10# Weight Plates

10-15# Weight Plates

Weight Selector Stem (2)

Weight Pins with Lanyard (2)

Cables (2)

CCO ASSEMBLY INSTRUCTIONS

PRE - ASSEMBLY ONLY

- A.** Assemble the two Connector Tubes to the Center Tube with 4 – 3/8" x 2 1/4" bolts, 8 – 3/8" flat washers, and 4 – nuts. Do not fully tighten at this time.
- B.** Slide a Pulley Carriage onto each chrome Slider Tube. Orient the pulley Carriage with the pop pin nearer the welded U-Bracket.
- C.** Attach a rubber stop (four total) to each side of the chrome Slider tube at the second cross-drilled hole from the bottom using 1 – 3/8" x 2 1/4" bolts, 2 – 3/8" flat washers and 1 – 3/8" nuts. Tighten these bolts.
- D.** Attach the Bottom Brackets to the Base Tubes using 2 – 3/8" x 5" bolts and 4 – 3/8" flat washers and 2 – 3/8" nuts. Do not tighten completely.
- E.** Attach the Chin-up bar to the Center Tube Ass'y from **Step A.** using 2 – 4" bolts, 2 – 2 1/2" Bolts, 4 – curved washers, 4 – washers, and 4 – nuts. Tighten these bolts.

Note:

Exercise extreme caution when assembling the Center Tube and Top Beams. A ladder or sturdy, stable chair is advised when assembling high parts.

Step L. is a two person task.

Remember to lift the assemblies when maneuvering to fit. This will protect the rubber feet.

A

- 1 - Center Tube
- 2 - Connector Tubes
- 4 - 2 1/4" Bolts
- 8 - Flat Washers
- 4 - Nuts

E

- 1 - Chin-up Bar
- 2 - 4" Bolts
- 2 - 2 1/2" Bolts
- 4 - Curved Washers
- 4 - Washers
- 4 - Nuts

B

- 2 - Chrome Tubes
- 2 - Pulley Carriages

C

- 4 - Rubber Stops
- 2 - 2 3/4" Bolts
- 4 - Flat Washers
- 2 - Nuts

D

- 2 - Base Tubes
- 2 - Bottom Brackets
- 4 - 5" bolts
- 8 - Flat Washers
- 4 - Nuts

CCO ASSEMBLY INSTRUCTIONS

MAIN STRUCTURE ASSEMBLY

BUILD TWO OF THE ASSEMBLIES DETAILED IN STEPS F- I

- F. Attach the Rear Stabilizer and Base Ass'y (from **Step D.**) to the Loop Upright using 4 – 3/8" x 8 1/2" bolts, 8 – 3/8" flat washers and 4 – 3/8" nuts.
- G. Place the bottom of the chrome Slider Tube Ass'y (from **Steps B.** and **C.**) within the Bottom Bracket. Bolt the bottom of the Slider Tube to the Bottom Bracket using 1 – 3/8" x 2 1/2" bolt, 2 – 3/8" flat washers and 1 – 3/8" nut. Tighten this bolt.
- H. Place a Top Beam within the "U"- bracket at the top of the chrome Slider Tube Ass'y. Fasten the Top Beam to the Loop Upright using 2 – 3/8" x 4 3/4" bolts, 4 – 3/8" curved washers and 2 – 3/8" nuts. Do not tighten completely. Also install 2 – 2 3/4" bolts and 2 – washers through the top holes of the Top Beam bracket and Loop Upright to ensure alignment.
- I. Then fasten the other end of the Top Beam to the chrome Slide Tube Ass'y using 1 – 2 1/2" bolt and 1 – washer in the holes closest to the end of the Top beam. Insert 1 – 4 1/4" bolt and 1 – washer in the other holes. Do not install a washer and nut on the other side of these bolts. They will be fastened at Steps K. and L.

Tighten the bolts installed at **Steps D.** and **F.**

Remove the black end cap in the end of the Top Beam

Note:

Before continuing, place one of the assemblies exactly where it is to remain. After further assembly it will be unmovable.

Place the other assembly approximately 14 feet away as measured from the back of one Rear Stabilizer to the other. The finished Cable Cross will measure 13 feet 3 inches long by 4 feet wide.

H (x 2)

- 1 - Top Beam
- 2 - 4 3/4" Bolts
- 2 - 2 3/4" Bolts
- 4 - Curved Washers
- 2 - Washers
- 2 - Nuts

I (x 2)

- 1 - 2 1/2" Bolt
- 1 - 4 1/4" Bolt
- 2 - Washers

REMOVE BLACK END CAP

F (x 2)

- 1 - Loop Upright
- 1 - Stabilizer Ass'y
- 1 - Base Ass'y
- 4 - 8 1/2" Bolt
- 8 - Washers
- 4 - Nuts

G (x 2)

- Slider Ass'y
- 1 - 2 1/2" Bolt
- 2 - Washers
- 1 - Nut

**BUILD TWO FRAME ASSEMBLIES
AND POSITION FACING EACH OTHER AT
APPROXIMATELY 14 FEET OVERALL LENGTH**

CCO ASSEMBLY INSTRUCTIONS

WEIGHT STACK ASSEMBLY AND FRAME COMPLETION

- J. Now install the weights only to the assembly that was placed in its final position. The weights will be installed to the other assembly at **Step M**.

Insert Guide Rods into the base of the Loop Upright. Allow Guide Rods to lean back towards stabilizer.

Place one weight stack cushion on each Guide Rod and slide down to the base. Apply lubricant to the Guide Rods from the weight stack cushions to the tops of the Guide Rods.

Making sure that the recess for the weight labels is facing towards the chrome Slider Tube and that the three pads are facing down slide onto the Guide Rods: 5 – 15lb. Weights, 10 – 10lb. Weights and 5 – 5lb. Weights.

Place Top Weight Assembly on the Guide Rods with the socket head cap screw facing the chrome Slider Tube and slide down to the stack.

The majority of the cable should now be facing the chrome Slider Tube. The middle of the cable is at the back of the weight stack.

Install Upper Pulley Bracket by placing the pins into the tops of the Guide Rods. Stand weight stack up right and fasten Upper Pulley Bracket to the Loop Upright and Top Beam using the 2 – 3/8" x 2 3/4" bolts and 2 – 3/8" flat washers installed at **Step I**.

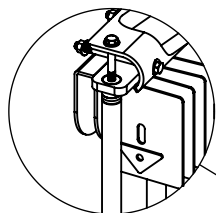
- K. Install the Center Beam Ass'y (from **Step A**. and **E**.) into the Top Beam of the assembly with the weight stack. Remove the 2 1/2" bolt and re-install with 2 – washers and 1 – nut. Remove the 4 1/4" bolt and save for Step T.

CAUTION: Do not pull down on the other end of the Center Beam - Tipping Danger

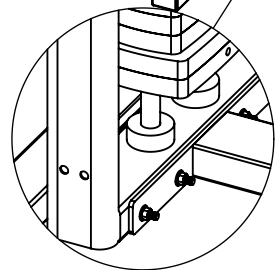
- L. Align the other assembly with the Center Beam Ass'y. Support the Center Beam Ass'y. Carefully lift and maneuver the assembly onto the Center Beam. Remove the two bolts installed through the chrome "U"-bracket as you go. Re-install the 2 1/2" bolt with 2 – washers and 1 - nut. Save the 4 1/4" bolt for **Step T**.

- M. Repeat **Step J**. with the assembly just attached.

- N. Tighten all the bolts in the entire machine.



Detail of
Upper Pulley
Bracket



Detail of weight
cushions

J & M

- 1 - Upper Pulley Bracket
- 2 - Guide Rods
- 2 - Weight Cushions
- 1 - Top Weight Ass'y
- 5 - 5lb. Plates
- 10 - 10lb. Plates
- 5 - 15lb. Plates

K

- 1 - Center Beam Ass'y
- 1 - 2 1/2" Bolt
(remove and re-install)
- 2 - Washers
- 1 - Nut

L

- 1 - 2 1/2" Bolt
(remove and re-install)
- 2 - Washers
- 1 - Nut

Notes for Step L:

Support the Center Beam and
never pull down.

Slightly lift the Frame Ass'y as
you slide it onto the Center Beam.

This is a two person task.

CCO ASSEMBLY INSTRUCTIONS

CABLE AND PULLEY INSTALLATION

- O.** Uncoil the cables that are pre-assembled to the top weight. At the rear of the top weight is the middle of the cable. Make sure the cable is sitting in the grooves of the two pulleys in the top weight bracket. Lift the middle of the cable up to the Upper Pulley Bracket at the top of the Guide Rods. Place a pulley beneath the cable and insert the cable and pulley into the rear “U”-bracket. Attach with 1 – 3/8” x 1 3/4” bolt and 1 – 3/8” washer. Tighten the bolt.
- P.** Facing the machine pick up the length of the cable on the left side. Place the cable over 1 – 4 1/2” Pulley and fasten pulley inside the left side “U”- Bracket at the top of the Guide Rods using 1 – 3/8 x 2” bolt, 1 – Cam Washer 2 - 3/8” flat washers, and 1 – 3/8” nut. Do not fully tighten now. When the machine is complete rotate the Cam Washer against the triangular stop to adjust the tension on the cables and then tighten.
- Q.** Route this cable end down to the Bottom Bracket. Place 1 - 4 1/2” Pulley over the cable and bolt the pulley to the Bottom Bracket using 1 – 3/8” x 1 1/2” bolt and 1 – 3/8” nut and 1 – Round Cable Retainer. Locate the tab of the Cable Retainer at the 8 o’clock position. There is a post for a cable retainer welded at approximately 5 o’clock. Make sure the cable is within the retainers and in the pulley groove. Tighten the bolt.
- R.** Install 1 – 4 1/2” Pulley between the left hand plates of the Pulley Carriage at the upper position of the two holes using 1 – 3/8” x 1 3/4” bolt, 2 – 3/8” washers and 1 – 3/8” nut. Place the cable end over 1 – 4 1/2” Pulley and install between the plates at the lower position using 1 – 3/8” x 1 3/4” bolt, 2 – 3/8” washers and 1 – 3/8” nut. Tighten the bolts.
- S.** Take the other cable end of the cable and place it over 1 – 4 1/2” Pulley and install it in the Upper Pulley Bracket using 1 – 3/8” x 1 3/4” bolt, 2 – 3/8” washers, and 1 – 3/8” nut. Tighten the bolt.
- T.** Route the cable to the empty hole of the chrome saddle at the top of the slider tube. Place the cable over 1 – 4 1/2” Pulley and install here using 1 – Round Cable Retainer, 1 – Spacer, 1 – 4 1/4” bolt, 2 – 3/8” washers, and 1 – 3/8” nut. The retainer’s tab should be at 12 o’clock. Tighten this bolt and the bolts installed at **Steps D.** and **F.**
- U.** Install 1 – 4 1/2” Pulley between the right hand plates of the Pulley Carriage at the lower position of the two holes using 1 – 3/8” x 1 3/4” bolt, 2 – 3/8” washers, and 1 – 3/8” nut. Place the cable end under 1 – 4 1/2” Pulley and install between the plates at the upper position using 1 – 3/8” x 1 3/4” bolt, 2 – 3/8” washers, and 1 – 3/8” nut. Tighten the bolts.

O (x 2)

- 1 - Pulley
- 1 - 1 3/4" Bolt
- 1 - Washer

S (x 2)

- 1 - Pulley
- 1 - 1 3/4" Bolt
- 2 - Washers
- 1 - Nut

T (x 2)

- 1 - Pulley
- 1 - Cable Retainer
- 1 - Spacer
- 1 - 4 1/4" Bolt
- 2 - Washers
- 1 - Nut

P (x 2)

- 1 - Pulley
- 1 - 2" Bolt
- 1 - Cam Washer
- 2 - Washers
- 1 - Nut

NOTE:
Rest of machine omitted
for clarity

U (x 2)

- 2 - Pulleys
- 2 - 1 3/4" Bolts
- 4 - Washers
- 2 - Nuts

Q (x 2)

- 1 - Pulley
- 1 - Cable Retainer
- 1 - 1 1/2" Bolt
- 1 - Washer

R (x 2)

- 2 - Pulleys
- 2 - 1 3/4" Bolts
- 4 - Washers
- 2 - Nuts

CCO ASSEMBLY INSTRUCTIONS

BALLET HANDLES

- V. Attach two ballet handles to each Loop Upright using 8 – 4 ¾” bolts, 16 – washers, 8 – nuts.

SHROUD HOLES AND SHROUD OPTION

- W. If no Optional Shroud Kit was purchased install plastic caps in all 24 shroud holes. If installing Shrouds fasten to Loop Upright using 12 – 3/8 x 2 ½” bolts, 20 – 3/8” flat washers and 8 – 3/8” nuts (hardware found in Shroud box). The lower two bolts on each side of the Front Shroud fasten into threaded fasteners pre-installed into the Front Shroud.

ACCESSORIES AND LABELS

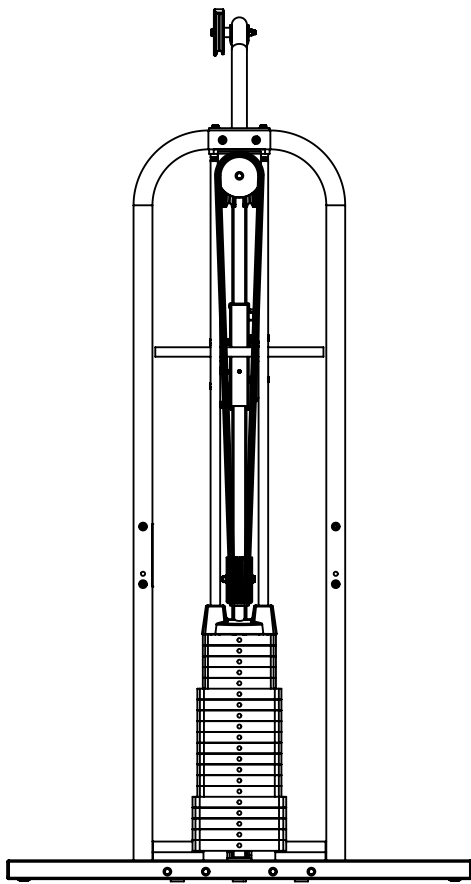
- X. Attach Weight Labels in recess provided on front of Weight Plates. All the recesses should be aligned and to the right as you face the weight stack.
- Y. Attach the exercise handles to the cable ends using the quick links.

Notes:

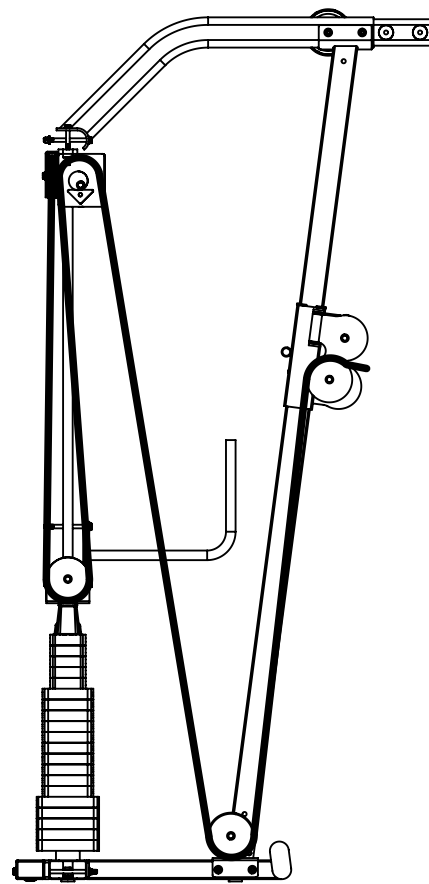
At this time check that all the bolts are tight.

At the end of each rear stabilizer there is an access hole. Use the hex key supplied to adjust the rubber feet to stabilize the cable cross.

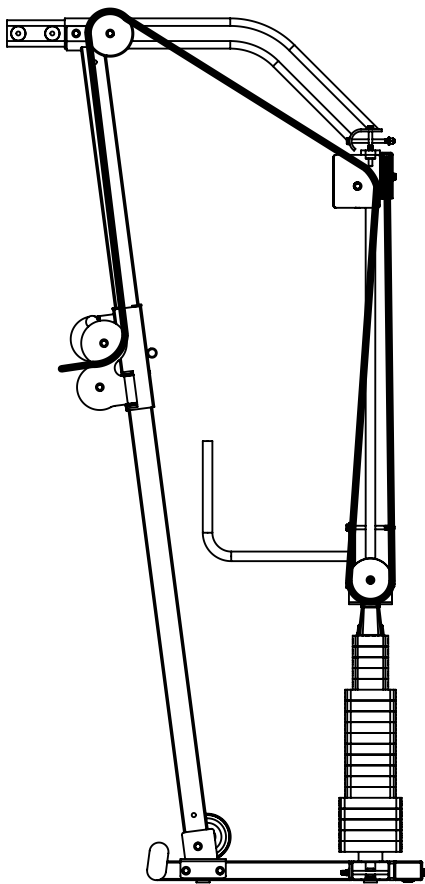
Pin each weight starting from the top plate down and lift each plate by pulling the exercise handle(s). This will set the weights in line for easier pinning.



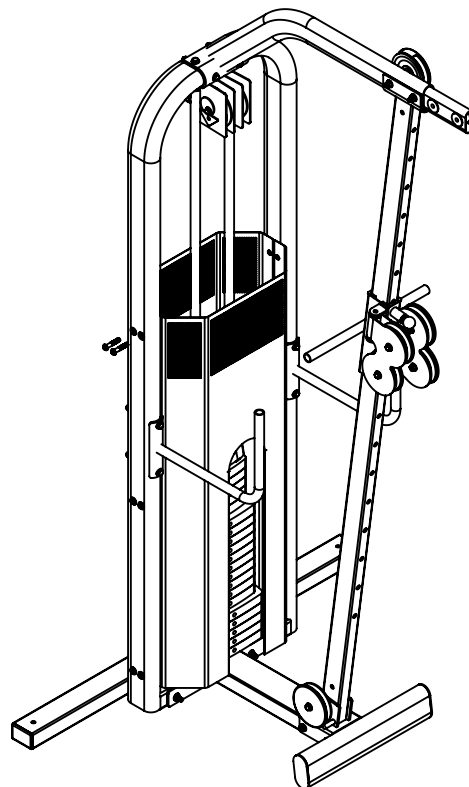
Cable View: Step **O**



Cable View: Steps **P, Q, R**



Cable View: Steps **S, T, U**



Handle and Optional Shroud Installation