

## REPLACING A DAMAGED CABLE ON THE GLUTE COASTER

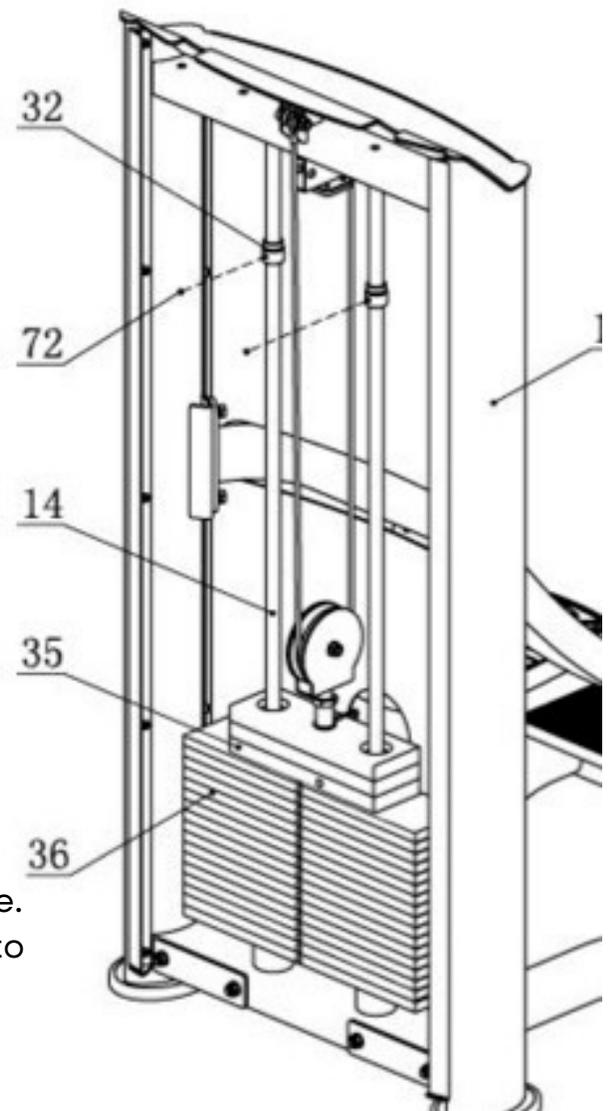
The process for changing out the Glute Coaster Cable is relatively straight forward. You will need access to the back section of the unit and a M10 Allen Wrench and adjustable crescent wrench or M10 socket for the nuts.

1) Begin by decoupling one end of the broken cable from the front of the carriage. Set the hardware and plastic spacers aside for now and discard that end of the cable.

2) With the back shroud off the unit, detach the internal anchor point nut and bolt and then you can discard the second half of the broken cable. The new cable is reversible so it will not matter which end you re-attach to this anchor point.

3) The eyelet of the new cable will not pass through the three pulleys so they will need to be removed in series. Start with the Weight Stack pulley and simply remove the bolt to lift the pulley up far enough to slide the cable through. Re-secure the pulley being sure not to over tighten it.

4) Next release the two anchor bolts from the top front pulley which will allow you to slide the mount out the front of the unit and access the pulley there. Once you have removed the mount bolts it is best to thread the cable up and through the hole in the front of the frame to continue working on it.



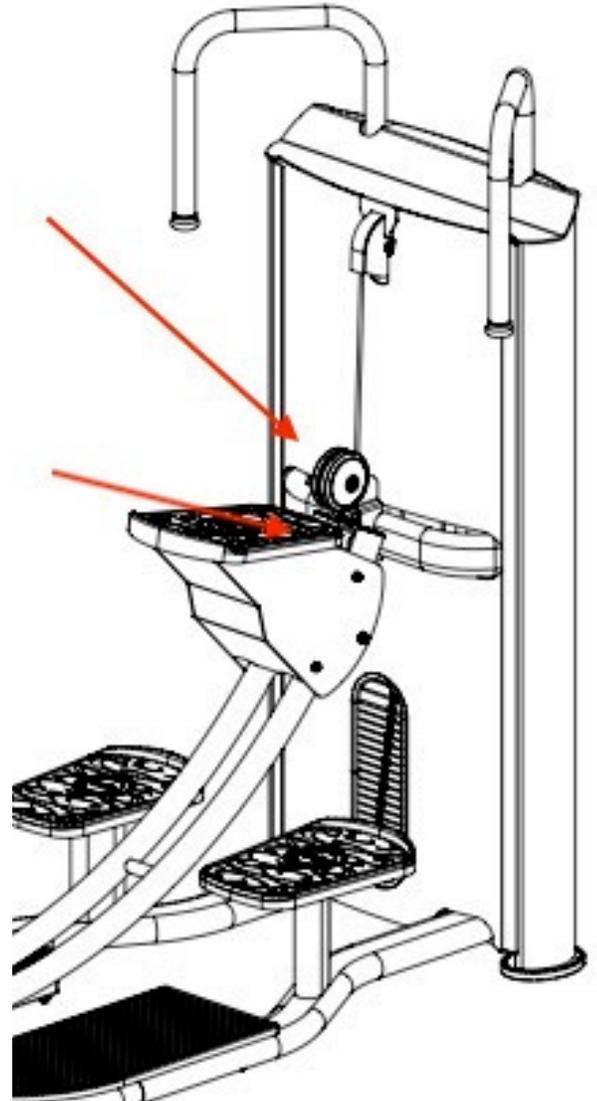


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5) After securing the Upper Pulley Assembly back in the frame and ensuring that the cable is threaded correctly and not rubbing on any part of the frame, we can remove the last pulley from it's mount point to thread the cable through the gap and then re-secure it to the frame.

6) Finally, brace the carriage at the top of the rails and re-connect the eyelet to the carriage mount point with the hardware that was set aside in step 1. Make sure the cable eyelet is not overly tightened and can move freely between the plastic spacers to adjust it's angle as the carriage moves. Test the motion of the Glute Coaster to ensure the cable is not rubbing on any part of the unit and the job is complete. Re-install the rear shroud.

If there are questions during an install for a tech, PLEASE do not hesitate to call us and discuss! We are happy to assist and make sure that every install goes smoothly. We are happy to hop on FaceTime or Zoom and video chat to make sure things are set up correctly. Just call 866-219-5335 Option 5 and we can set up a video conference.



Call for details: **1-866-219-5335** • Outside the US: **1-908-879-2713**

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