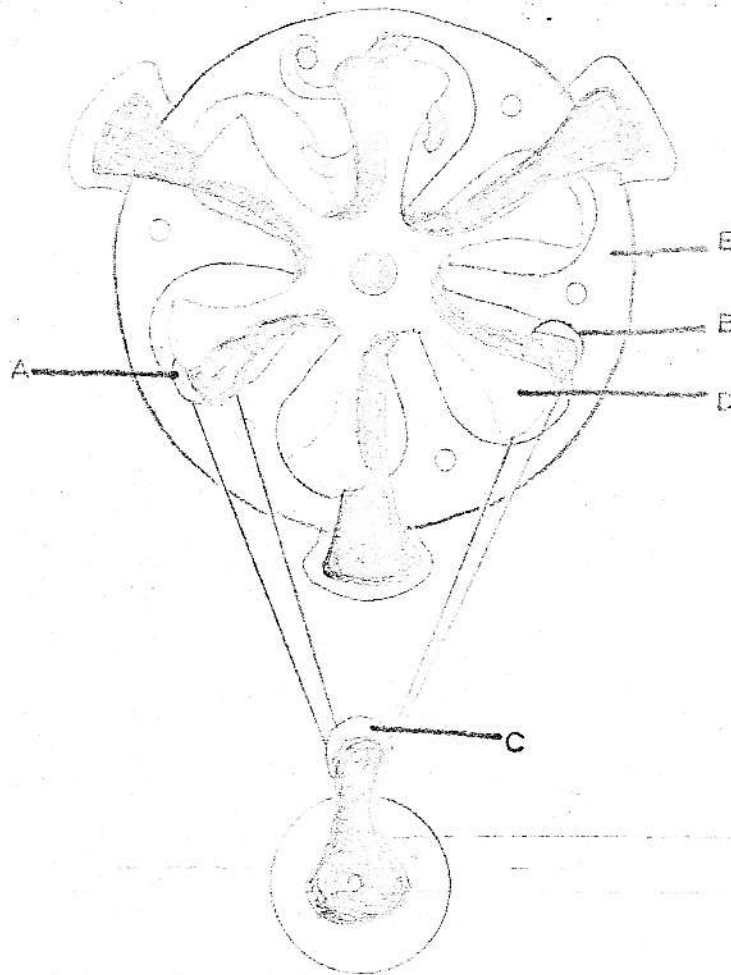


Tri-Star



Directions:

To mount on wall: Hold machine against wall to mark location of screw holes. If wall is plaster or sheet rock, use plastic anchors.

To attach weight:

The string used to suspend the weight is wound around the frame.

1. Unhook string from frame arm. (Do NOT remove from pulley (B)).
2. Unwind string from frame.
3. You want to bring the strings down from pulley (B) (they are attached there), thread them through the pulleys (C) on the weight and bring them up to loop over pulley A. While doing this be careful not to twist the strings.

To wind: Turn the front piece (D) counter clockwise.

To start: Gently push the wheel (E) counter-clockwise. Note: Occasionally the "spider gear" will loop around two pegs. Unhook it from one of the pegs and then push the wheel to start.