



---

## BD-11L Assembly Instructions

Note: The following step by step is a guide to walk you through what may be the best way to proceed. The Assembly Instructions will guide you through the critical parts to assemble in sequence but may also leave out some items that can be assembled by visual. Some parts may be already attached to main frame parts. If you have any questions during the process, please call **727-895-9525** or e-mail [info@ValorFitness.com](mailto:info@ValorFitness.com)

**Before you begin:** Both Cables will be the same length. Unwrap the cables and lay them straight to stretch out any kinks in the cable. This will allow the cables to relax after being tightly twisted while in their package. While threading the cables, be careful not to pinch or twist the cables. During the process the cables will naturally want to un-twist. Let them do this.

### Step #1: Main Frame

1. Attach **part #21 Lower Beam** to the **Lower Cross Beam of the BD-11** using part **#M10 x 85 Bolts, Washers and Nuts**. Make sure you use part #26 Face Plate on the top of the BD-11 Lower Cross Beam as shown in the diagram.
2. Attach **part #19 Lat Pull Shaft** to **part #21 Lower Beam** and secure with **part #3 M10 x 65 Bolt, Washers and Nut**.
3. **Slide part #22 Plate Carriage** onto **part #19 Lat Pull Shaft**. You may need to work this over the shaft as you try and move past the plastic insert sleeves that are inside the Plate Carriage. Make sure you face the carriage so the plate storage pegs are facing the rear of the unit.

**Note:** At this point, go ahead and lower the carriage all the way to the bottom until it is time to thread the cable.

4. Attach **part #20 Upper Beam** to both the **Lat Pull Shaft #19** and the **Top Cross Beam** currently in place on the **BD-11**. You will be asked to use two different size bolts for this assembly. Use **part #3 M10 x 65 for the Lat Pull Shaft** attachment and **use part #1 M10 x 85 for the Upper Cross Beam** attachment. When attaching the Upper Beam to the existing Top Cross Beam on the BD-11 be sure to use **part #26 Face Plate** on the underneath part of the **Cross Beam**.

### Step #2: Pulleys and Cables

Pay attention to parts #7 & #8 the pulley sleeves during this step. These are very small pieces of plastic that help keep the pulleys in line while in use. They should be pre-assembled with the correct bolts. Also, the cables can be attached to the unit "after" all of the pulley's are in place so go ahead and take care of the pulley placements and the cable directions will be next.

1. There are **6 pulley's being used in this step. 4 will use the plastic sleeves.** The easiest way to attach the pulley's is to take off the nut, washer and plastic sleeve on one end of the bolt. Place the pulley in desired slot and insert bolt from exterior. The plastic sleeve will also be inserted from the outside. As the bolt sticks out on the other side, insert the plastic sleeve onto the bolt and push it inside the frame. Slide washer on bolt and then tighten the nut. Tighten nut enough to keep pulley from moving back and forth but not to tight where it prevents the pulley from rotating freely.
2. **Locate pulley brace.** This part may be two pieces of flat metal with holes drilled in it. You will create your own pulley brace by using the remaining **2 pulley's along with bolts #M10 x 45.** Again, tighten the nuts firmly but not too tight where it prevents the pulley from freely spinning.
3. Take the **eyelet end of one of the cables** and insert at the mouth of the **Top Beam** where the lat pull bar will go. **Follow the arrow path of the cable.** At the end, attach the cable to the **Plate Carriage using buckle #17**
4. Take **the other cable** and start at **the bottom section** where the low row station starts. Insert the eyelet and follow the arrow path. At the end of the path, attach the **eyelet to Lower Beam half loop by using part #17 buckle.**

From this point forward, if there are any plastic parts that were not attached at the factory, then locate the part on the diagram and where it will be placed on the unit. **Please call 727-895-9525** if you have any questions or if you come across a difficult section during the assembly process. If you would like to rate our Assembly Instructions once you are finished, the please send your comments to myself at [Info@ValorFitness.com](mailto:Info@ValorFitness.com).

#### Rating

A = Very well done.

B = Pretty Good.

C = Fair.

D = Seriously.

F = Find Another Occupation.

Thanks,



Jim Vanderbleek  
President, Valor Fitness