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> [SALTER SH-02/3 Adjustable Pulley Kit for SH-02 Multifunction Machine User Manual](#)

### SALTER SH-02/3

# SALTER SH-02/3 Adjustable Pulley Kit for SH-02 Multifunction Machine User Manual

Model: SH-02/3

## 1. INTRODUCTION

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Thank you for choosing the SALTER SH-02/3 Adjustable Pulley Kit. This kit is an optional accessory designed to enhance the functionality and expand the exercise possibilities of your SALTER SH-02 Multifunction Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your new pulley kit. Please read this manual thoroughly before installation and use, and retain it for future reference.





Figure 1.1: The SALTER SH-02 Multifunction Machine with the SH-02/3 Adjustable Pulley Kit fully installed, viewed from the front-left. This image provides an overview of the complete setup, showcasing the integrated pulley system.





Figure 1.2: A direct front view of the SALTER SH-02 Multifunction Machine with the SH-02/3 Adjustable Pulley Kit. This perspective highlights the central components and the overall compact design of the integrated system.

## 2. SAFETY INFORMATION

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Before using the SALTER SH-02/3 Adjustable Pulley Kit, please observe the following safety precautions:

- Consult a physician before starting any exercise program.
- Ensure all components are correctly assembled and securely fastened before each use.
- Keep children and pets away from the equipment during operation.
- Inspect cables, pulleys, and attachments for wear or damage before each workout. Do not use if any damage is present.
- Use the equipment on a stable, level surface.
- Do not exceed the maximum weight capacity of the SH-02 multifunction machine.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

### 3. WHAT'S IN THE BOX

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The SALTER SH-02/3 Adjustable Pulley Kit includes the following components:

- Adjustable Pulley System components
- Necessary hardware for assembly
- User Manual

Please verify that all parts are present and undamaged before proceeding with assembly. If any parts are missing or damaged, contact SALTER customer support.

### 4. SETUP AND ASSEMBLY

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The SALTER SH-02/3 Adjustable Pulley Kit is designed for easy assembly. Follow these general steps for installation onto your SH-02 Multifunction Machine. Refer to the detailed assembly diagrams provided with your kit for specific instructions.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Check against the 'What's in the Box' list.
2. **Identify Main Frame Connection Points:** Locate the designated attachment points on your SH-02 Multifunction Machine for the pulley kit.
3. **Assemble Structural Elements:** Connect the main structural elements of the pulley kit using the provided hardware. Ensure all bolts are finger-tight at this stage.
4. **Install Pulleys and Cables:** Route the cables through the pulley wheels as indicated in the assembly diagrams. Ensure cables run smoothly without kinks or obstructions.



Figure 4.1: A close-up view of a metal frame component, possibly indicating a part number or an assembly sequence marker '05'. This detail is crucial for correct component identification during assembly.

5. **Secure Adjustment Mechanisms:** Attach any adjustment pins or knobs that allow for height or resistance changes.

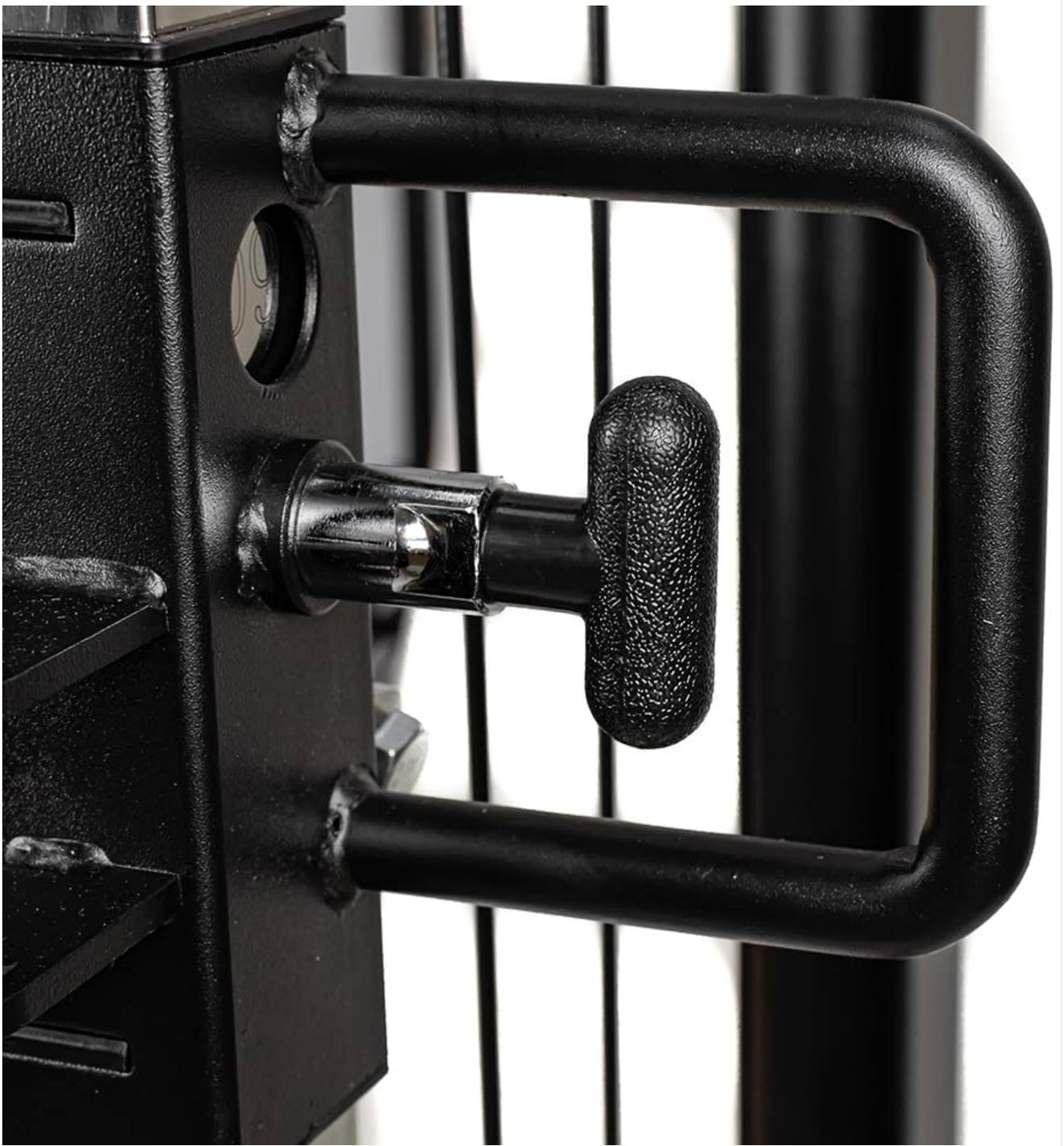


Figure 4.2: Detail of an adjustment knob mechanism. This component is used to secure or modify the position of various parts of the pulley system, ensuring stability and versatility during workouts.

6. **Tighten All Fasteners:** Once all components are in place, systematically tighten all bolts and nuts using appropriate tools. Do not overtighten.
7. **Perform a Functionality Check:** Before first use, gently pull on the cables to ensure smooth operation of the pulleys and verify that all connections are secure.



Figure 4.3: A detailed view of a pulley wheel assembly, illustrating the correct routing of the cable. Proper cable alignment is essential for smooth operation and longevity of the system.

## 5. OPERATING INSTRUCTIONS

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The SALTER SH-02/3 Adjustable Pulley Kit allows for a wide range of exercises by providing variable resistance and multiple attachment points. Always ensure proper form and controlled movements during your workout.

- **Selecting Weight:** Adjust the weight stack on your SH-02 Multifunction Machine to your desired resistance level.
- **Attaching Accessories:** Use the carabiner clips to attach various handles, ropes, or bars to the pulley cables.



Figure 5.1: A close-up of a D-handle attachment securely connected to the pulley cable via a carabiner. This demonstrates how various accessories can be quickly interchanged for different exercises.

- **Adjusting Pulley Height:** If your kit includes adjustable pulley positions, use the adjustment pin (refer to Figure 4.2) to set the pulley to the desired height for your exercise. Ensure the pin is fully engaged before starting.
- **Performing Exercises:** Begin your exercise with controlled movements. Avoid sudden jerks or dropping weights. Maintain a steady pace and focus on muscle engagement.

## 6. MAINTENANCE

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Regular maintenance will ensure the longevity and safe operation of your SALTER SH-02/3 Adjustable Pulley Kit.

- **Cleaning:** Wipe down the frame and components with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all cables, pulleys, and connection points for signs of wear, fraying, or damage. Pay close attention to the condition of the cables and the smooth rotation of the pulley wheels.
- **Lubrication:** Apply a silicone-based lubricant to the guide rods of the weight stack and any moving parts as recommended by the SH-02 Multifunction Machine manual.
- **Tighten Fasteners:** Routinely check and tighten all bolts and nuts to ensure they remain secure.

## 7. TROUBLESHOOTING

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If you encounter any issues with your SALTER SH-02/3 Adjustable Pulley Kit, refer to the following common troubleshooting steps:

- **Cables not moving smoothly:** Check for any kinks in the cables or obstructions in the pulley path. Ensure pulleys are clean and lubricated. Verify that the weight stack pin is fully inserted.
- **Loose components:** Inspect all bolts and nuts and tighten them as necessary. Do not overtighten.
- **Unusual noises:** This may indicate loose parts or a need for lubrication. Stop use immediately and inspect the equipment thoroughly.

If the problem persists after attempting these steps, please contact SALTER customer support.

## 8. SPECIFICATIONS

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**Model:**

SH-02/3 Adjustable Pulley Kit

**Compatibility:**

SALTER SH-02 Multifunction Machine

**Manufacturer:**

SALTER

**Department:**

Unisex Adult

**Country of Origin:**

Spain

**ASIN:**

B0FDWVWVJF

**Product Availability (Amazon.es):**

June 20, 2025

## 9. WARRANTY AND SUPPORT

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SALTER products are manufactured to high-quality standards. This product is covered by a manufacturer's warranty against defects in materials and workmanship. Please refer to the warranty card included with your original SH-02 Multifunction Machine or contact SALTER customer service for specific warranty terms and conditions.

For technical assistance, spare parts, or any questions regarding your SALTER SH-02/3 Adjustable Pulley Kit, please contact SALTER customer support through their official website or the contact information provided with your purchase documentation.

