

# Athletic Vision

## Dynamic Dual Adjustable Pulley (DAP)



## Installation Manual

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### 1. Product Overview

The **Athletic Vision Dynamic Dual Adjustable Pulley (DAP)** is a commercial-grade functional trainer designed for smooth, consistent resistance and versatile training. Ideal for strength training, functional movement, and rehabilitation, this unit is built for durability, ease of adjustment, and daily commercial use in gyms, training facilities, and high-end home gyms.

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### 2. Item Specifications

- **Product Type:** Dual Adjustable Pulley (DAP) Functional Trainer
- **Frame Construction:** Heavy-duty steel frame
- **Assembled Dimensions:** Approx. 66" L x 28" W x 89" H
- **Pulley Ratio:** 2:1 (smooth, consistent resistance)
  - A 100 lb weight stack feels like **50 lbs** at the handle

- Cable travels **twice the distance** of the weight stack
  - Ideal for functional training, isolation exercises, and athletic movements
  - **Weight Stacks:** Dual selectorized stacks
  - **Plates:** 25 plates per side (50 total plates) Totaling 275lbs
    - Top plate attached to T-post with 24 adjustment holes
  - **Adjustment Columns:** Multi-position height settings (1-16 positions)
  - **Finish:** Commercial powder-coated finish
  - **Use:** Commercial & residential
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### 3. Shipping Dimensions & Weight

- **Crated Dimensions:** Approx. 88" L x 32" W x 21" H
- **Crated Weight:** Approx. 871 lbs
- **Shipping Method:** Freight delivery on pallet

#### **FOB Origin (Shipping Point):**

Ownership and responsibility transfer to the buyer once the equipment leaves the seller's facility. The buyer assumes freight costs and risk of loss or damage during transit.

**Important:** Inspect the crate for damage before signing the delivery receipt.

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### 4. Parts List (Included)

- Left Upright Frame Assembly
- Right Upright Frame Assembly
- Top Crossmember / Multi-Grip Pull-Up Bar
- 2x Rear Accessory Support Bars
- Dual Weight Stacks with (4) Guide Rods (Two on each side)
- 50 Total Weight Plates (24 plates each side) Top T-post plate (25th plate).
- (4) Rubber Bumpers (under weight stacks)
- (4) Stack Risers
- Adjustable Pulley Carriages (2)
- Cables (2)
- 2x Cable Ball Stops with Tension Screws
- Hardware Kit (bolts, washers, lock nuts)
- Weight Stack Selector Pins (2)
- Accessories (2 x handles included. Colorado Cardio include a multi 7 attachment box – varies by package)
- Safety labels (pre-installed)

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## 5. Tools Required (Not Included)

- Socket wrench set (metric)
- Allen wrenches (metric)
- Open-end/box wrenches (metric)
- Screwdriver
- Rubber mallet
- Level
- Step ladder
- Utility knife (unpacking)

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## 6. Installation Instructions (Step-by-Step)

### Step 1: Unpacking

- Remove outer packaging and protective wrap.
- Verify all components against the parts list.
- Organize hardware by size.
- Separate left-side and right-side components.

**Pictures:** Equipment fully crated (Before Installation)

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### Step 2: Frame Positioning

- Stand the left and right upright frames in their final installation location.
- Ensure **3–4 feet of clearance** around the unit.

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### Step 3: Install Top Crossmembers & Rear Accessory Bars

1. Install the **Multi-Grip Pull-Up Bar** across the top of the uprights.
2. Install the **instructional plate bracket** between uprights.
3. Install the **accessory storage racks** to the rear frame.
  - Insert bolts loosely during alignment.
  - Once all frame components are installed, use a level.
  - Tighten bolts using a cross-tightening method.
  - **Firmly tighten all bolts.**

**Pictures:** Crossmembers attached to uprights

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#### **Step 4: Install Silver Multi-Position Posts, Weight Stacks & Guide Rods**

- With assistance, insert guide rods one side at a time.
- Install risers at the base of each guide rod.
- Place rubber bumpers and washers on risers.
- Stack weight plates carefully one at a time (24 plates).
- Install the top T-post plate (25th plate).
- Secure guide rods to the top frame using the metal holding brackets.
- Confirm smooth movement; apply silicone lubricant if needed.
- Apply weight stack stickers.

**Pictures:** Guide rods and weight stacks installed

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#### **Step 5: Pulley & Cable Routing**

- Verify cables are routed correctly through all pulleys.
- Ensure pulleys rotate freely and cables sit properly in grooves.
- Adjust tension and apply silicone lubricant as needed.

**Pictures:** Pulley and cable routing

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#### **Step 6: Final Tightening & Leveling**

- Level the unit front-to-back and side-to-side.
- Fully tighten all hardware.
- Recheck bolts after tightening.

**Pictures:** Fully assembled unit (After Installation)

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#### **Step 7: Function Test**

- Select a light weight on each stack.
  - Pull handles through full range of motion.
  - Confirm smooth, quiet operation. Apply silicone as needed.
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## 7. YouTube Installation Video

 Installation Video: YOUTUBE  
[Dynamic DAP Dual Adjustable Pulley functional trainer](#)

Video can also be found at [www.ColoradoCardio.com](http://www.ColoradoCardio.com) under the product listing.

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## 8. Frequently Asked Questions (FAQ)

**Q: Does the unit need to be bolted to the floor?**

A: Floor anchoring is recommended for commercial environments but not required on a level surface.

**Q: How many people are needed for installation?**

A: Two people are strongly recommended.

**Q: How long does installation take?**

A: Approximately 2–3 hours.

**Q: Is lubrication required during installation?**

A: Not required during assembly. Silicone lubrication may be applied after installation and during routine maintenance.

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## 9. Maintenance Schedule

### Monthly Maintenance

- Wipe down frame and handles
  - Inspect cables for wear or fraying
  - Check pulley movement; apply silicone lightly
  - Verify selector pins function properly
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### Quarterly Maintenance

- Inspect and tighten all hardware
- Clean guide rods and lightly apply silicone-based lubricant
- Check pulley alignment
- Inspect weight stack movement

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## Annual Maintenance

- Full cable inspection (replace if worn)
- Deep clean pulleys and guide rods
- Inspect frame welds and structural components
- Professional preventive maintenance recommended

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## 10. Safety Notes

- Installation should be performed by trained personnel.
- Do not use damaged cables or pulleys.
- Return weight stacks gently.
- Keep hands clear of moving parts.

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## 11. Support & Service

For installation assistance, replacement parts, or service:

### **Colorado Cardio Fitness & Gym Equipment**

High Quality Affordable Gym Equipment Installed. Satisfaction Guaranteed.



Phone: 970-939-9736



Email: [Nathan@ColoradoCardio.com](mailto:Nathan@ColoradoCardio.com)



Website: [www.ColoradoCardio.com](http://www.ColoradoCardio.com)



Crate:



Guide Rods:



Cable Link:



Bottom Pulley:



Handle Cable link:



Bumpers:



Top Pulley:



Top Guide Rods Bolts



Top Post:



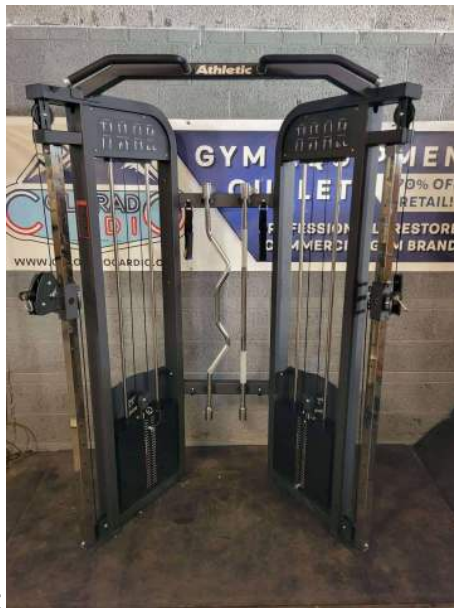
Weight Stack:



Back Brace Frame Bars:



Pullup Bar:



Final assembled DAP: