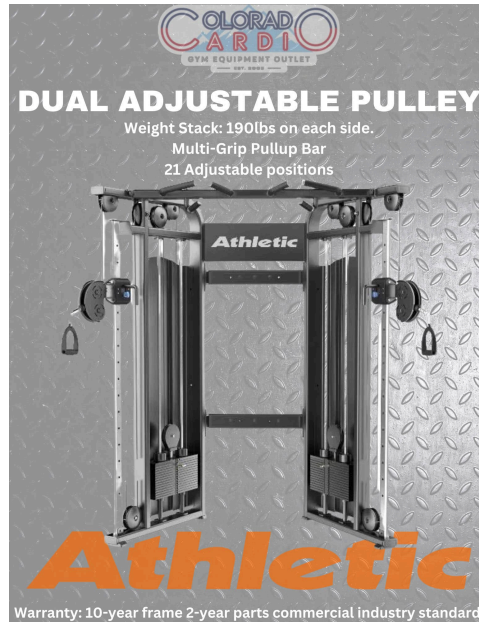


Athletic Vision Performance DAP Functional Trainer



Installation Manual

1. Product Overview

The **Athletic Vision Performance DAP Functional Trainer** is a commercial-grade, dual adjustable pulley system designed for strength training, functional movement, and rehabilitation. Built for smooth performance, durability, and ease of adjustment, it is ideal for commercial gyms, training studios, and high-end home gyms.

2. Item Specifications

- **Product Type:** Dual Adjustable Pulley (DAP) Functional Trainer
- **Frame Construction:** Heavy-duty steel frame
- **Pulley Ratio:** 2:1 (smooth, consistent resistance)

- A 100 lb weight stack feels like **50 lbs of resistance** at the handle.
 - The cable travels **twice the distance** of the weight stack.
 - Functional trainers, Isolation exercises (biceps curls, triceps extensions), Explosive and athletic movements, Smoother feel with longer range of motion.
 - **Weight Stacks:** Dual stacks (selectorized)
 - 19 weight plates on each side (Top plate will be attached to the “T Post” with 18 holes in the post.
 - **Adjustment Columns:** Multiple height positions from 1 to 21 (Position #1 - 6’6”High/ Position #21 - 1’4” Low)
 - **Finish:** Commercial powder-coated finish
 - **Use:** Commercial & residential
-

3. Shipping Dimensions & Weight

- **Crated Dimensions:** Approx. 89" L x 43" W x 18.5" H
 - **Crated Weight:** Approx. 921lbs (varies by configuration)
 - **Shipping Method:** Freight delivery on pallet
 - **FOB Origin:** Ownership and responsibility for the equipment transfer to the buyer **once the product leaves the seller’s facility.**
 - Freight costs
 - Risk of loss or damage during transit
 - The seller’s responsibility ends when the equipment is released to the carrier.
 - **Important:** Inspect the crate for damage before signing the delivery receipt.
-

4. Parts List (Included)

- Left Upright Frame Assembly
- Right Upright Frame Assembly
- Top Crossmember **Multi Grip Pullup Bar**
- Dual Weight Stacks with 4x Guide Rods
 - 19 weight plates on each side (Top plate will be attached to the “T Post” with 18 holes in the post.
 - 36 Total Plate Weights
- 4 x Rubber bumpers that sit underneath plates.
- 4 x Risers, that lift up weights off ground.
- 4x Cable ball stop with cable fastener/tension screws to link attachments
- 2x Adjustable Pulley Carriages (2) (These are attached to the multi position bars.)
- 2 x Cables
- 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)
 - Installation instructions (Which is only an overview picture and a basic simple how to) Not a detailed instruction manual.
 - Safety Labels are already placed on equipment
-

5. Tools Required (Not Included)

- Socket wrench set (metric)
 - Allen Wrenches (metric)
 - Screw Driver
 - Open-end/box wrenches (metric)
 - Rubber mallet
 - Level
 - Step ladder (recommended)
 - Utility knife (for unpacking)
-

6. Installation Instructions (Step-by-Step)

Step 1: Unpacking

- Carefully remove outer packaging and plastic wrap.
- Verify all parts against the parts list.
- Keep hardware organized by size.
- Set aside left side from right side

See Pictures: Equipment fully crated (Before Installation)

Step 2: Frame Positioning

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

Step 3: Install Top Crossmembers & Back Accessory bars/racks with holders

1) Multi Grip Pullup Bar

- With assistance, lift the top crossmember and align it with both uprights.
- Insert bolts loosely on both sides.
- Do not fully tighten yet.

2) Instructional workouts plate (Top in between the left and right uprights) Connect this to the left and right side

3) 2x Accessories Rack with hooks for accessories

- Connect both of these bars to the left and right side loosely

Once you have these frame parts bolted to the frame, you can now use your level and start to tighten up the bolts using the cross method so the machine sits flat on the floor. **FIRMLY TIGHTEN ALL BOLTS.**

See Pictures: Crossmember attached to uprights

Step 4: Install Silver multi-position posts, Weight Stacks & Guide Rods

- Insert guide rods one side at a time with the help of a partner
- 2 x Risers one on each guide rod, that lift up weights off ground.
- 2 x Rubber bumpers that sit underneath plates and on top of the risers and the thick metal washer in between the riser and the bumper.
- Placing one weight plate at a time place the weights on from the top until all 18 plates are stacked carefully holding in place.
- Finalize by placing the top (T-post with weight plate that is already attached to the post)
- Take the small 2"x2: metal holding bracket, attach the guide rods to the top of the frame and tighten in place. Secure guide rods to the top frame
- Confirm stacks move freely. Use silicone lube as needed for this step
- Place weight stack stickers

See Pictures: Silver Post & Weight Stacks with Guide Rods

Step 5: Pulley & Cable Routing

- Verify cables are routed correctly through pulleys. (See pictures/videos)

- Ensure pulleys spin freely and cables are seated in grooves.
- Make adjustments if needed. Add silicone as needed

See Pictures: Pulley/Cable Route

Step 6: Final Tightening & Leveling

- Use a level to ensure the unit is square and plumb.
- Fully tighten all hardware.
- Recheck bolts after tightening.

See Pictures: Fully assembled unit (After Installation)

Step 7: Function Test

- Select a light weight on both stacks.
 - Slowly pull handles through full range of motion. Add silicone as needed
 - Confirm smooth, quiet operation. Add silicone as needed
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8. YouTube Installation Video

 **Installation Video:**

<https://youtu.be/fsXSeoMvUXU?si=ECRJsD-G8aVhwgNZ>

Watching the video before installation is highly recommended.

Video can also be found at

www.ColoradoCardio.com

under product listing.

8. Frequently Asked Questions (FAQ)

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

A: Floor anchoring is recommended for commercial settings but not required if installed 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: No lubrication is required during install. Once finished you can add silicone to all move parts and components. Maintenance lubrication is covered below.

9. Maintenance Schedule

Monthly Maintenance

- Wipe down frame and all moving parts
 - Inspect cables for fraying
 - Check pulley movement add silicone lightly
 - Verify selector pins function properly
-

Quarterly Maintenance

- Inspect and tighten all hardware
 - Clean guide rods and lightly apply silicone-based lubricant
 - Check pulley alignment
 - Inspect weight stacks for smooth travel. Add silicone lightly
-

Annual Maintenance

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

10. Safety Notes

- Only trained personnel should install this equipment.
 - Do not use damaged cables or pulleys.
 - Always return weight stacks gently.
 - Keep hands clear of moving parts.
-

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

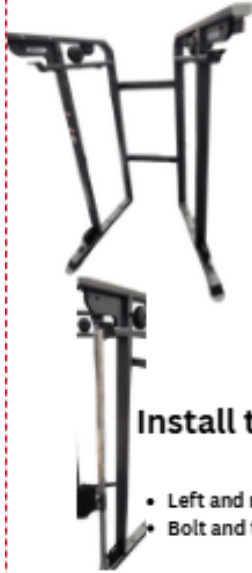


Website: www.ColoradoCardio.com

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Athletic VISION

DUAL ADJUSTABLE PULLEY (DAP)



Frame up left & right side

- 2 x accessories bars (top & bottom)
- Pullup bar
 - Keep bolts hand tight until the accessory bars and pullup bar are both in place before tightening



Install the left & right adjustable pulley bars

- Left and right specific with numbers facing inward
- Bolt and tighten at top and bottom



Athletic VISION

DUAL ADJUSTABLE PULLEY (DAP)



Installation of weight stacks

- 2x guide rods placed into bottom mounts
 - 1st - Place 1 spacer/riser
 - 2nd - Place 1 metal washer
 - 3rd - Place 1 Rubber bumper
- Once these are in place on both guide rods you can begin to place 10 plate weights (with the help)
- Place top weight with pulley for a total of 10 weight plates
- Attach the guide rod fasteners at the top using 4 bolts on each bar.

REPEAT FOR OTHER SIDE



String cable through machine

- Starting at the adjustable pulley thread the bolt keeping it loose until the end to bring tension on the cable
- First pulley will be the one on the base of the machine
- Pull up to the top middle two pulleys
- Down to the weight stack
- Back up to the top back pulley
- Inside the tubing (you can remove the front cover to access the cable easier)
- Down from the top front pulley
- Finishing at the user handle/adjustable pulley



Athletic VISION

DUAL ADJUSTABLE PULLEY (DAP)



Fasten cable carabiner

- 1st - Place protective ball on cable
 - 2nd - Place rubber cover
 - 3rd - Attach metal fastener with 3 tension screws
 - 4th - Once cable is completely in place fasten the tension screws and place protective rubber in place
 - Attach carabiner and accessories as desired
- REPEAT FOR OTHER SIDE



Finishing touches

- Mount user guide to rear of machine 4 screws
- Mount back covers with 6 screws each side
- Attach pin weight selector
- Place stickers on each plate



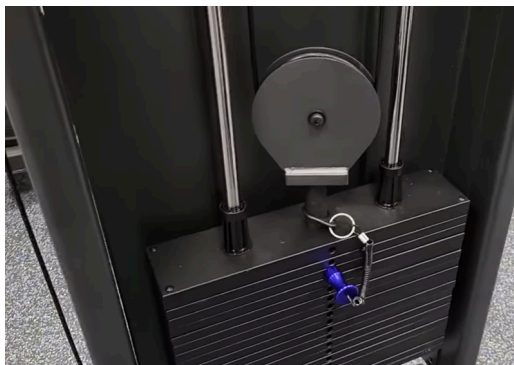
Crated DAP:



Pullup Bar & Cross Members:



Sliver Post with pulley/ Weight stack w/ pin:

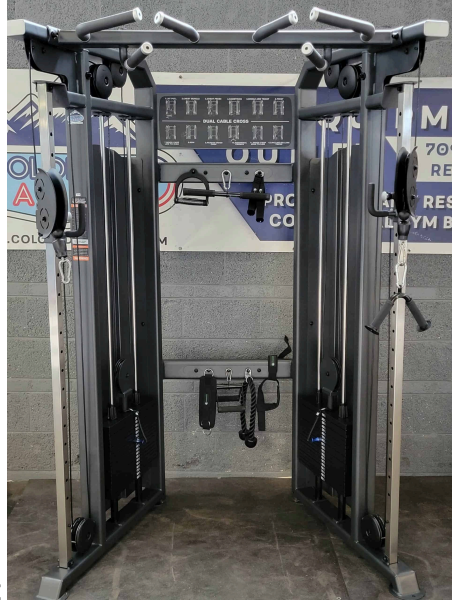




Cable Routing & Ball Shank with attachment:



End of cable attachment coming up from the bottom



Completed Athletic Vision DAP: