



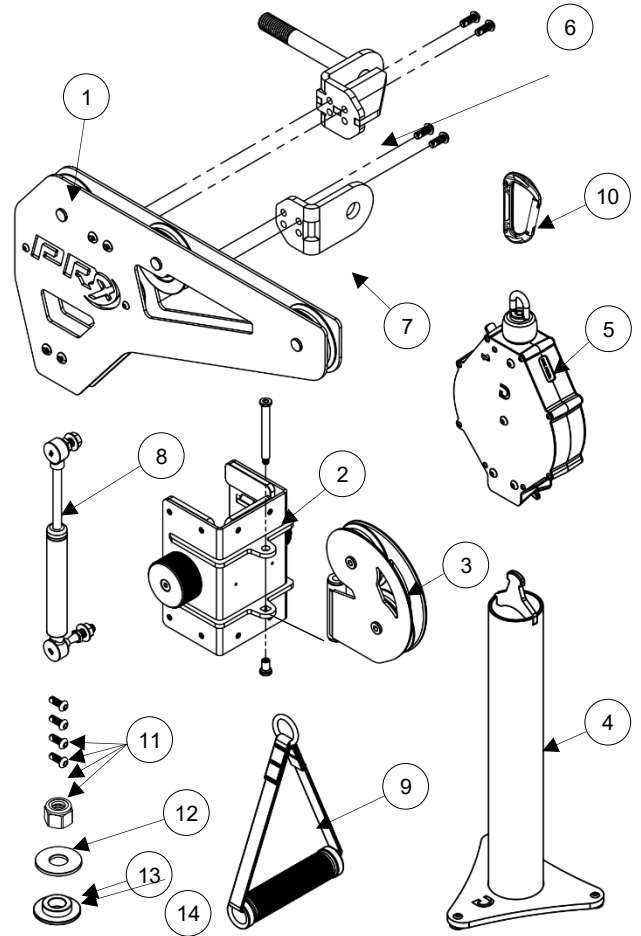
Profile® PRO Functional Trainer Attachment

Installation Instructions

Tool List

- 15/16" Open End Wrench or Socket Wrench (x2)
- 1/2" Open End Wrench (x2)
- 7/16" Open End Wrench
- 5mm L-Key (included)
- 4mm L-Key (included)
- T10 Torx L-Key (included)

Item #	Description	Qty.
1	Upper Arm Assembly	1
2	Trolley Assembly	1
3	Pulley Block Assembly	1
4	Load Pin	1
5	Cable Retractor	1
6	Upper L Bracket	1
7	Lower L Bracket	1
8	Gas Shock	1
9	D-Handle	1
10	Carabiner	1
11	M6-1x16 Button Head Screw	4
12	5/8" Locknut (For Kipping Bar)	1
13	5/8" Flat Washer (For Kipping Bar)	1
14	Metal Bushing	1



⚠ WARNING

- Read all assembly, installation and use instructions in this manual prior to using this equipment.
- Keep body and clothing free from and clear of all moving parts
- Inspect equipment prior to use. DO NOT use if it appears damaged or inoperable
- Use equipment only for the intended use DO NOT modify the machine
- DO NOT attempt to fix broken equipment. Call or email PRx Performance for assistance.

Save this manual for future reference.

All questions, feedback, and return information should be sent to: support@prxperformance.com or call us at 1-701-566-0452



WARNING: SERIOUS INJURY OR DEATH COULD OCCUR IF SAFETY PRECAUTIONS ARE NOT TAKEN. 082125_Rev. 1

Getting Started

1. Gather all tools listed on page 1 and clear your workspace.
2. Recruit a work partner to assist with lifting and holding the rack.

Note: The following instructions are for the installation of the Functional Trainer Attachment on the right side of an already installed Profile Pro Rack. If you are installing two sides, we recommend following the instructions below, and once the first side is complete, mirroring the steps for the second side.

If you have any questions about the install, please email us at support@prxperformance.com.

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Installation Instructions

Disconnect Gas Shock

1. Fold your rack up so that it is fully stored against the wall.
2. Use the bent hitch pin, that was included with your rack, to lock the rack in the up position (**Figure 1A**).
3. For the upper linkage arm, use a 7/16" open-ended wrench to hold the top stud in place while loosening the flange nut with a 1/2" wrench. Then, use a 1/2" open-ended wrench to hold the bottom stud while loosening its flange nut with a second 1/2" wrench. (**Figure 1B**).
4. Remove the stud of the gas shock from the hole in the upper wall bracket and the hole in the upper linkage arm as shown below (**Figure 1B**).

Note: You do not need to remove the gas shock from the lower linkage arm.

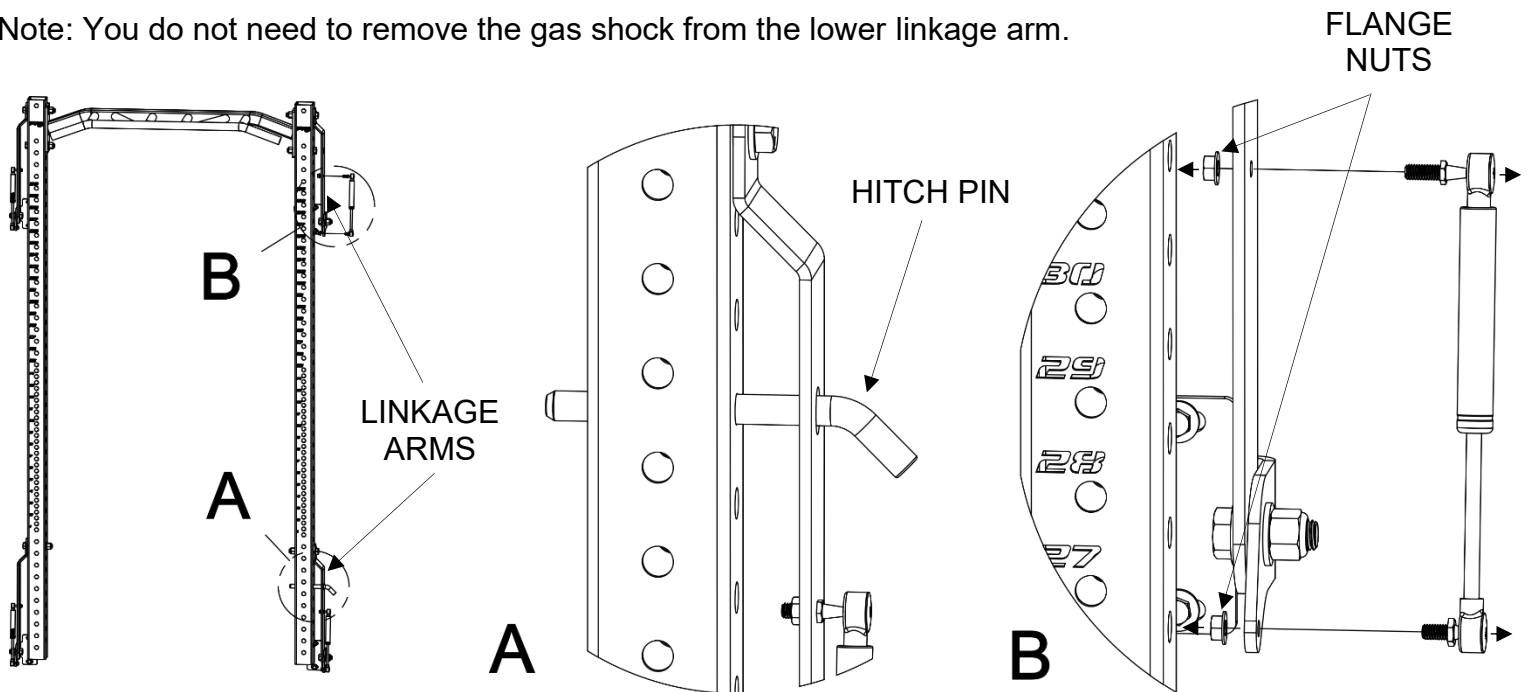


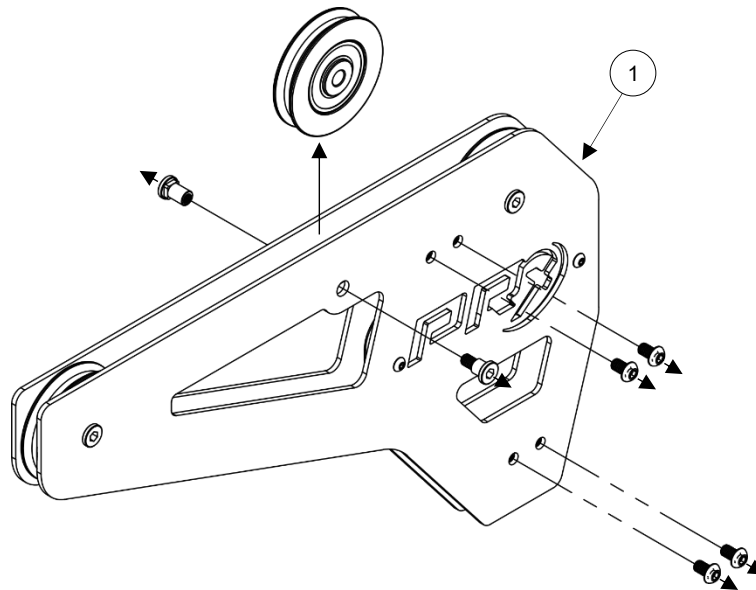
Figure 1: A) Locking rack into folded position, B) Removing the Gas Shock

5. With another person, carefully remove the hitch pin, unfold the rack to the down position.

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Prepare Upper Arm

1. If you have bought and are installing two Functional Trainer Attachments, determine which side of your rack you would like to perform lat pulldowns on.
2. Remove the middle pulley from the Upper Arm Assembly (1) that will be used on the side where lat pulldowns WILL be performed, by loosening the pulley sex bolt using the provided 5mm L-Key (**Figure 2**). Set the middle pulley aside for later use. For the Upper Arm that will be used on the side where lat pulldowns will NOT be performed, skip this step.

**Figure 2:** Removing pulley and screws

2. Remove the four 10mm long M6 screws from the Upper Arm Assembly using the provided 4mm L-Key. Set the 10mm long M6 screws aside. (**Figure 2**).
3. Install the Upper L Bracket (6) and the Lower L Bracket (7) using the four 16mm Long M6 Screws (11) that are provided in a bag (**Figure 3**).

Note: Whether to install the L Brackets using the upper or lower-hole sets will be based on the position of the top hole on the side of your rack's post. If the center of the top hole is 2" from the top edge of the post, use the upper hole sets of the L Brackets for installation. If the center of the top hole is 1.5" from the top edge of the post, use the lower hole sets of the L Brackets for installation.

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Installation Instructions

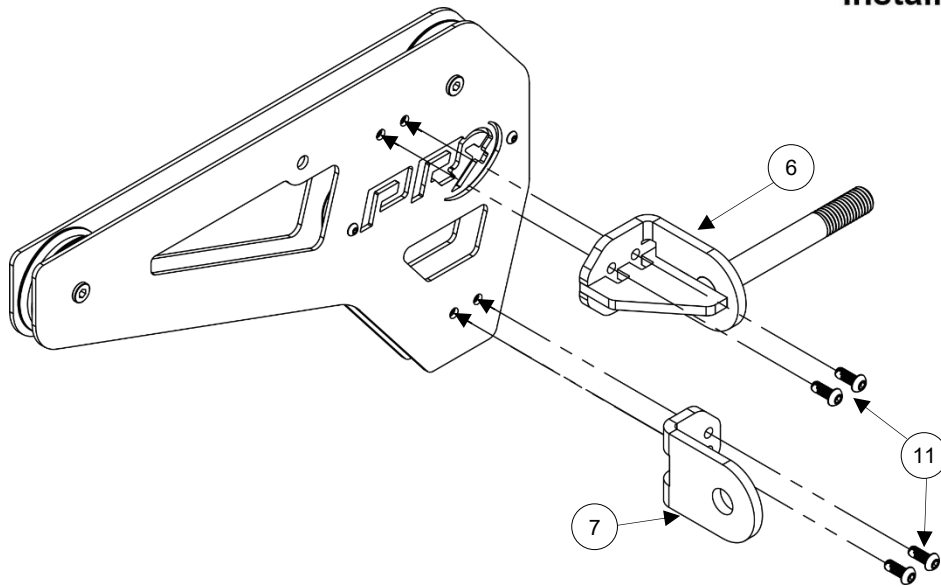


Figure 3: Installing L Brackets (using upper hole sets)

Install Upper Arm

1. Using the 15/16" Open Ended Wrench, remove the topmost 5/8" bolt, 5/8" washers, and 5/8" locknut from the rack while supporting the rack upper linkage arm (**Figure 4**).

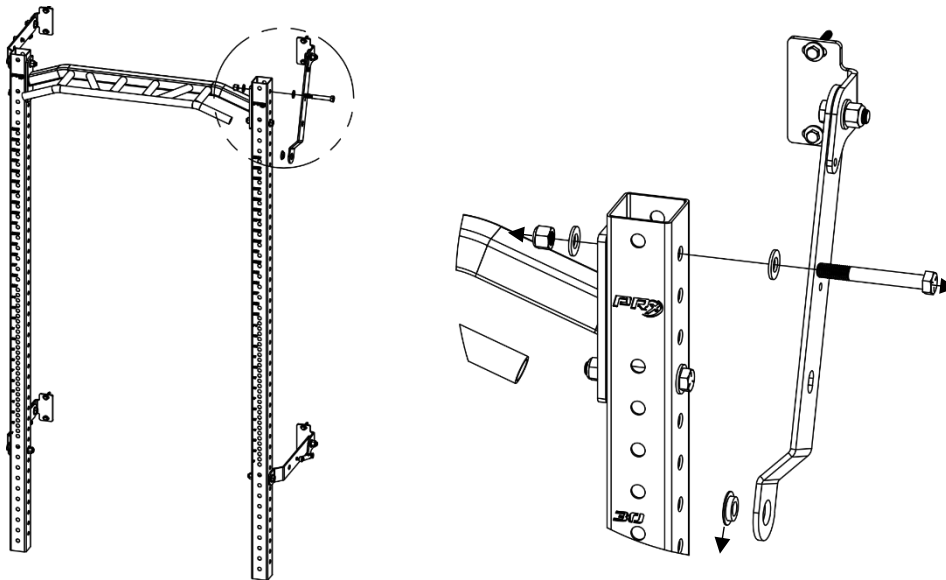


Figure 4: Removing upper 5/8" hardware

2. Gently lower the linkage arm.
3. Remove Plastic Bushing and replace with Metal Bushing (14) on linkage arm (**Figure 5A**).

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Installation Instructions

4. Install the Upper Arm Assembly with the upper hardware stack (Figure 5b).

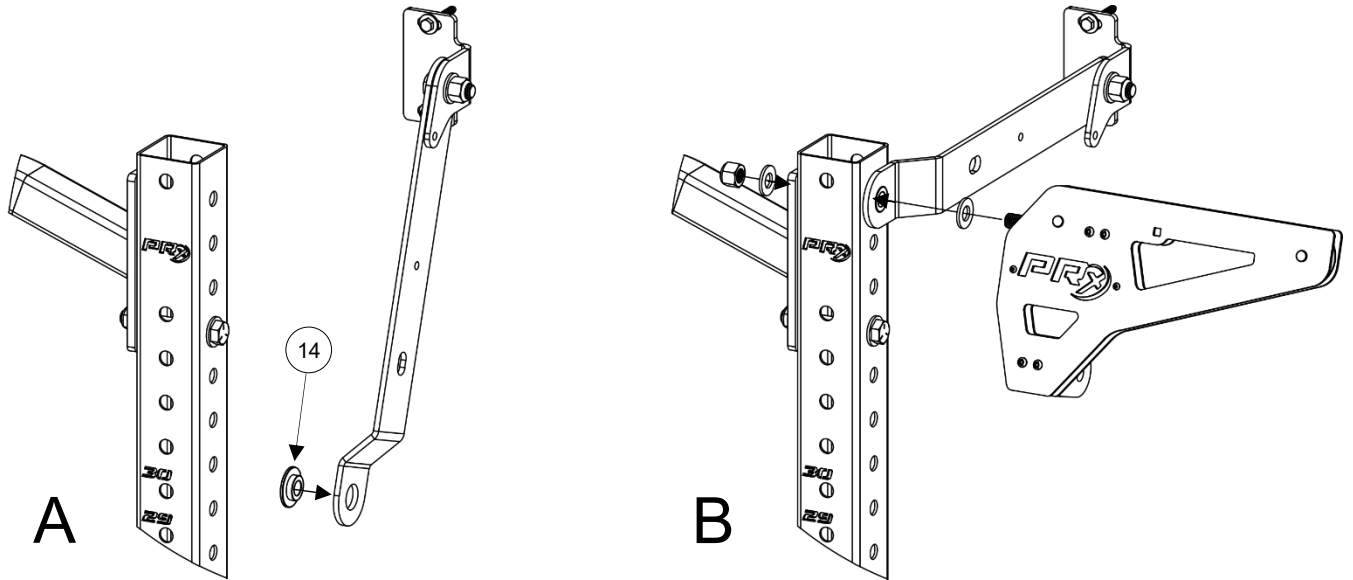


Figure 5: A) Bushing installation, B) Upper Arm installation

5. Using the 15/16" Open Ended Wrench, remove the lower 5/8" bolt, 5/8" washers, and 5/8" locknut from the rack as shown (Figure 6A). For racks with a Kipping Bar, skip this step and proceed to step 6.

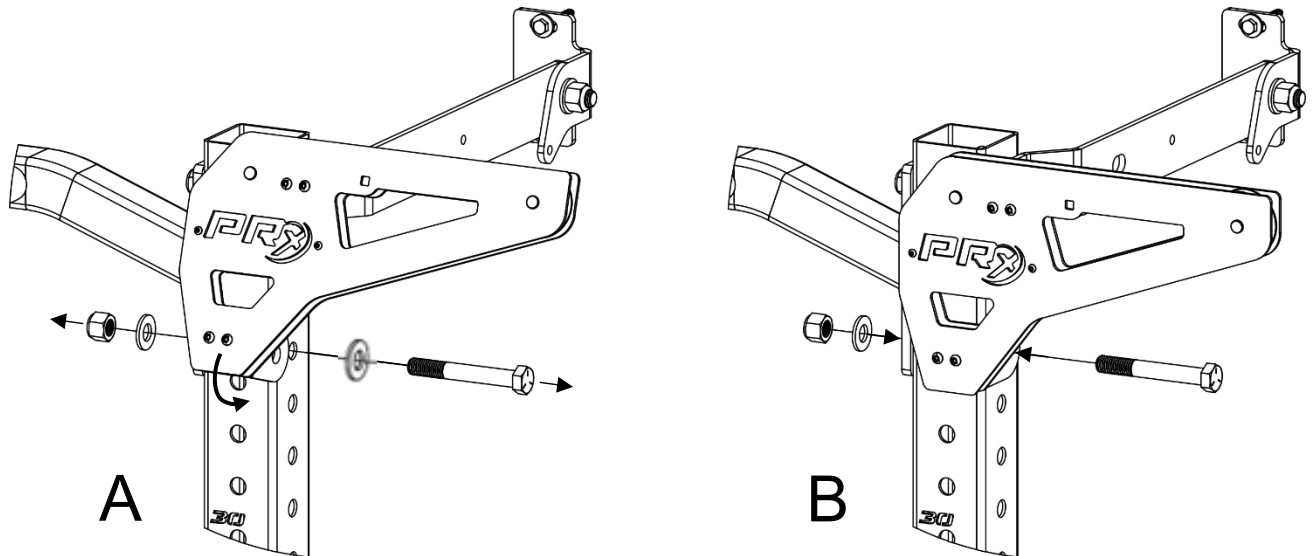


Figure 6: A) Removing lower 5/8" hardware, B) Tilting Upper Arm into position

6. Tilt the Upper Arm down to align the Lower L Bracket with the hole in the upright. Install the 5/8" bolt, one of the 5/8" washers, and 5/8" locknut that were removed in step 5 (Figure 6B).

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Installation Instructions

For racks with a kipping bar, secure the Lower L Bracket to the rack by installing the 5/8" bolt removed in step 1, with the provided 5/8" Flat Washer (12), and 5/8" Lock Nut (13) (**Figure 7**).

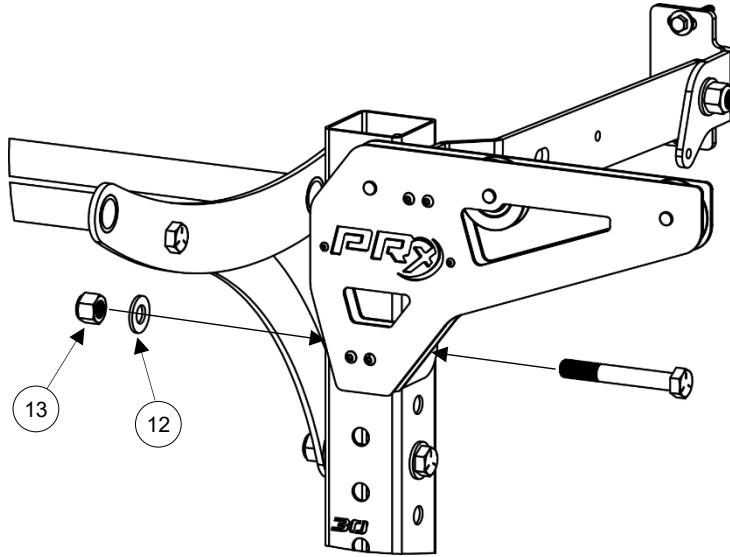


Figure 7: Installation of 5/8" hardware for racks with kipping bar

7. Tighten the upper and lower 5/8" nuts and bolt.

Install Trolley

1. Simultaneously pull the knurled pop pins out and place the Trolley Assembly (2) on the upright (**Figure 8**). Release the pop pins and slide the Trolley up or down the post until the pins sit into a hole.

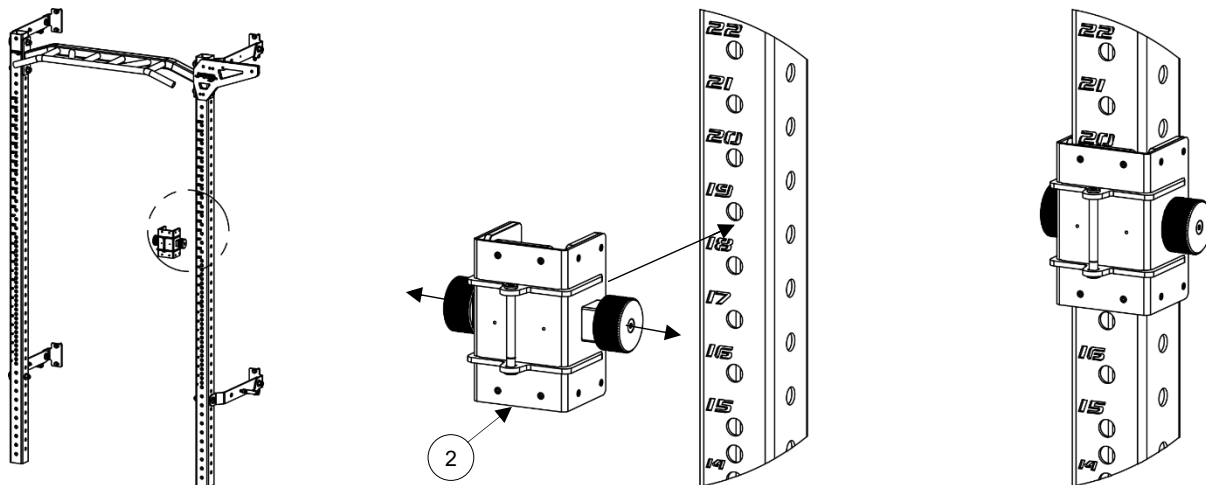


Figure 8: Installing Trolley Assembly

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Installation Instructions

2. Verify that the pop pins are fully engaged with the holes on both sides of the upright:
 - **For uprights with 5/8" holes**, firmly pull on the sex bolts (**Figure 9A**). If the pins are not fully engaged, the Trolley will pull off the rack with just a few pounds of applied force.
 - **For uprights with 1" holes**, measure the gap between the knurled pop pin knob and the face of the Trolley (**Figure 9B**). If the gap is greater than 1/16", the pop pins are not fully engaged.

If both pop pins are engaging securely into the holes, skip step 3-4.

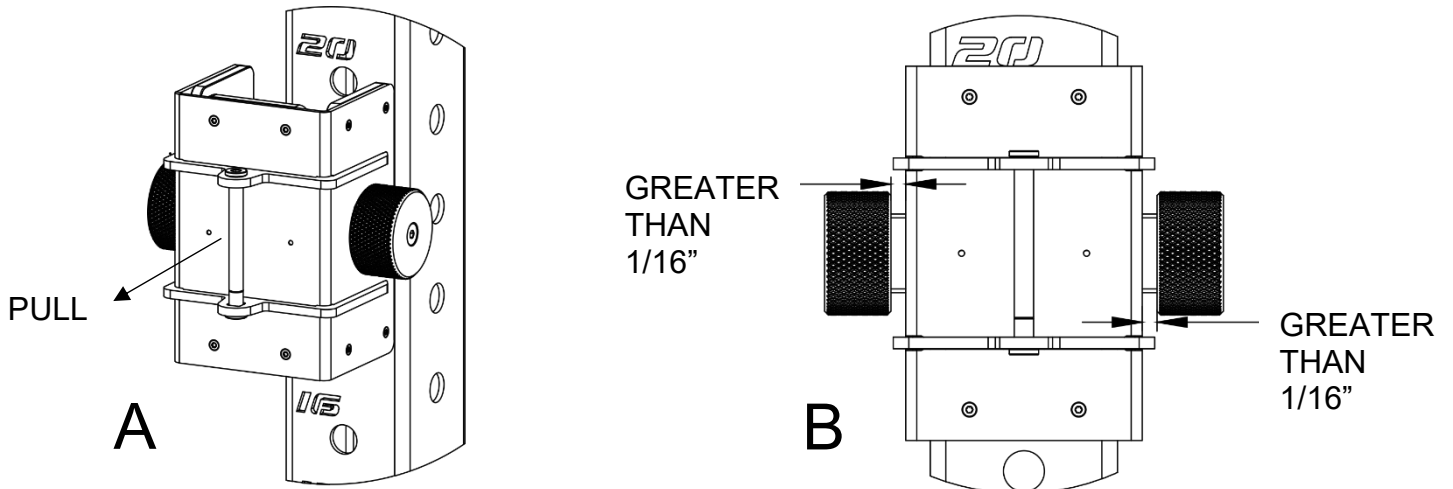


Figure 9: A) 5/8" pop pins **NOT** engaging fully, B) 1" pop pins **NOT** engaging fully

3. If the pop pins are not sitting fully into the holes of your upright, you will need to remove the two preinstalled shims. Unscrew the four M3 flathead screws which attach the plastic inserts to the Trolley, using the provided T10 Torx L-Key. Remove the two stainless steel shims (**Figure 10A**).

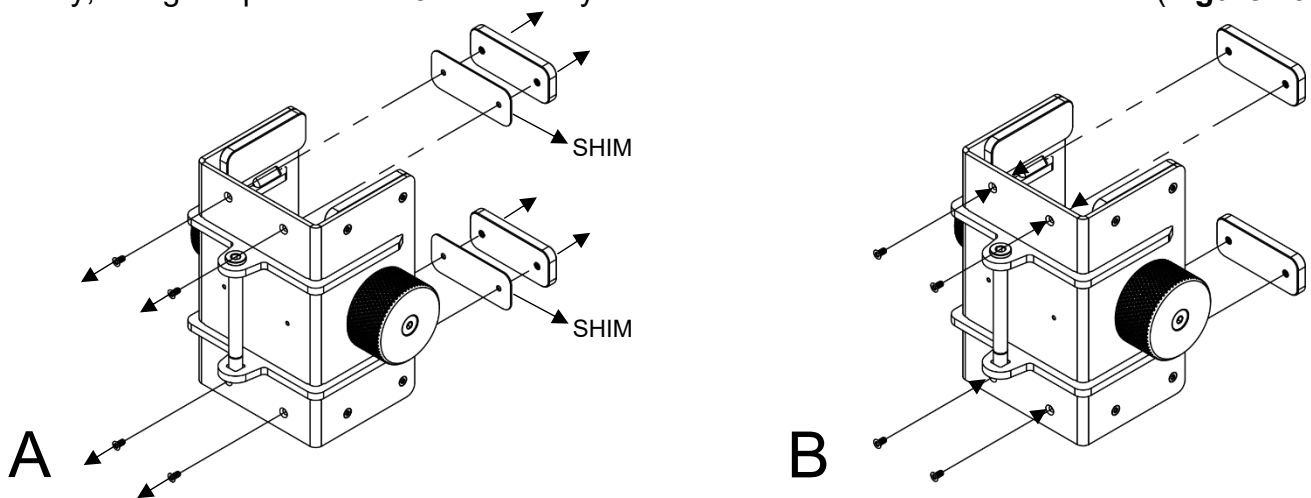


Figure 10: A) Trolley assembly, B) Trolley assembly without stainless steel shims

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Installation Instructions

4. Reinstall the two plastic inserts, tightening the screws with the T10 Torx L-Key (**Figure 10B**).
5. Using the provided 5mm L-Key, remove the top pulley sex bolts and pulley from the Pulley Block Assembly (3) (**Figure 11**). Set top pulley aside for later use.

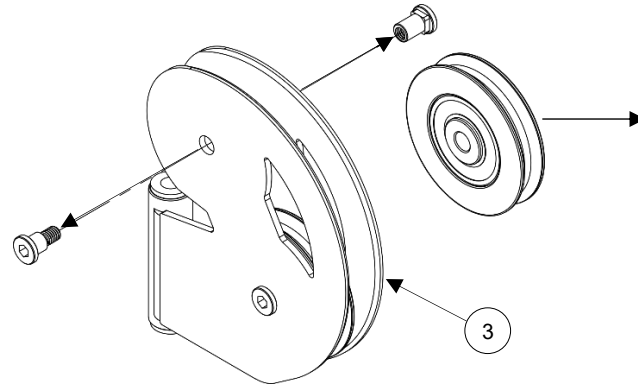


Figure 11: Removing the top pulley

6. Remove the sex bolt from the Trolley Assembly (2) (**Figure 12A**)

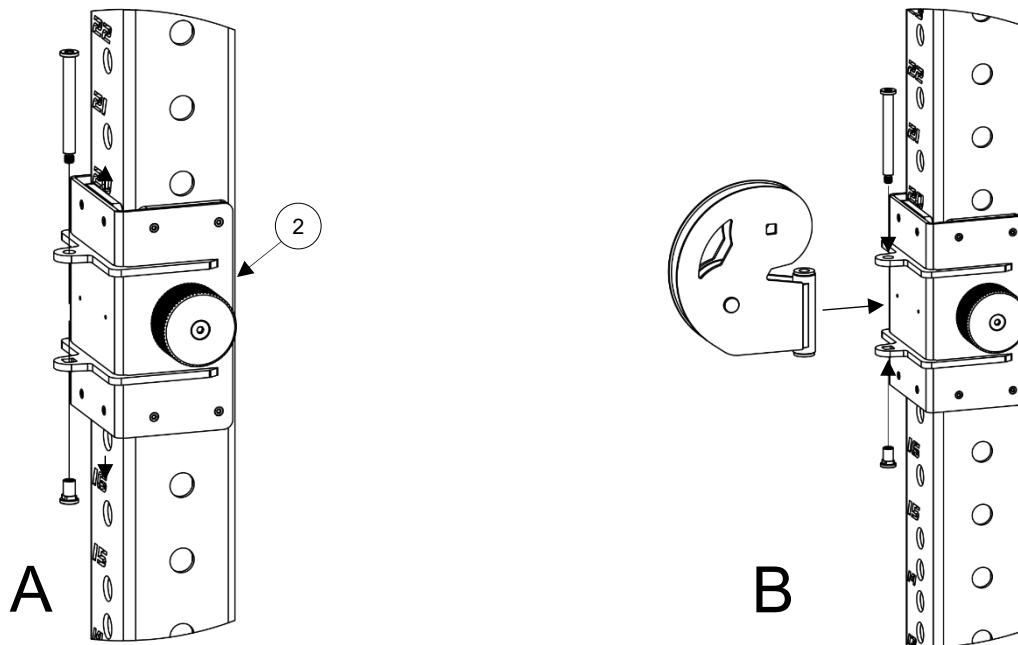


Figure 12: A) Removing sex bolt, B) Installing Pulley Block

7. Install the Pulley Block and reinstall the sex bolt. Tighten with the 5mm L-Key (**Figure 12B**).

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Run Cable

1. Place the Load Pin (4) directly under the end of the Upper Arm (1) and clip the Cable Retractor (5) into the top of the Load Pin (**Figure 13A**).
2. Unlock the Cable Retractor and run the cable around the top of the Upper Arm (**Figure 13B**).

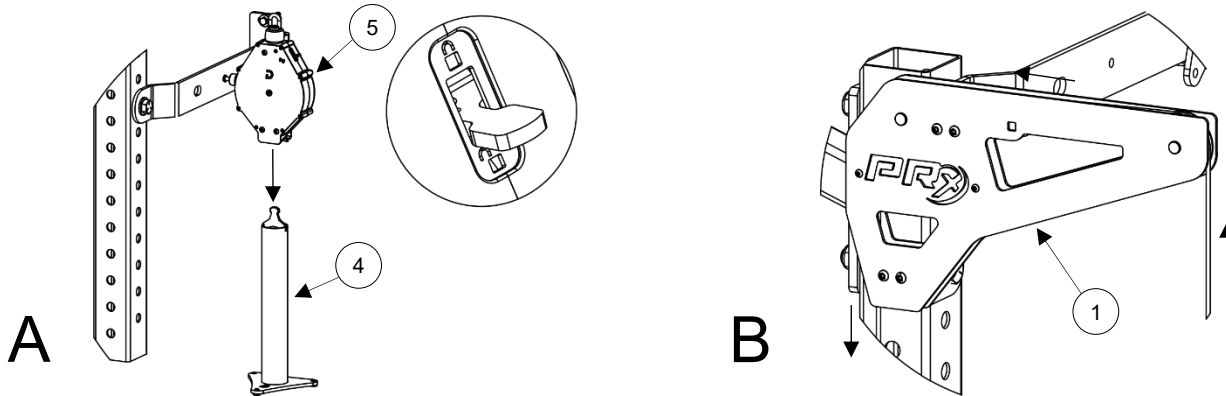


Figure 13: A) Load Pin under unlocked Cable Retractor, B) Cable running through Upper Arm

3. With the cable inside of the Pulley Block, reinstall the top pulley. Tighten the sex bolt using the 5mm L-Key (**Figure 14**).

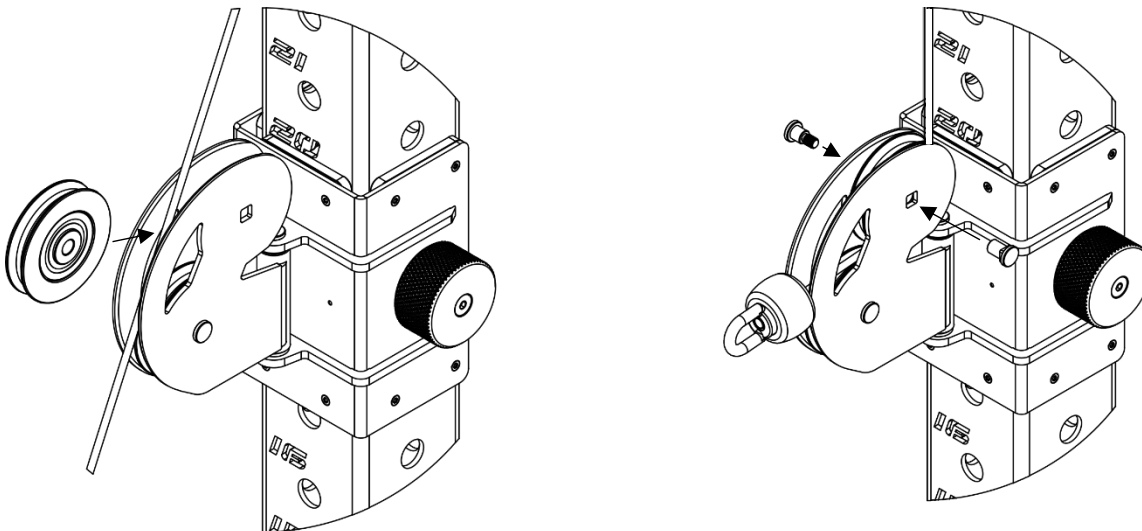


Figure 14: Reinstalling top pulley on Pulley Block Assembly

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4. If you have bought and are installing two Functional Trainer Attachments, for the side where lat pulldowns WILL be performed, place the Upper Arm middle pulley on top of the cable as shown. Push the pulley into place and install the sex bolt using the 5mm L-Key (**Figure 15**). For the side where lat pulldowns will NOT be performed, skip this step.

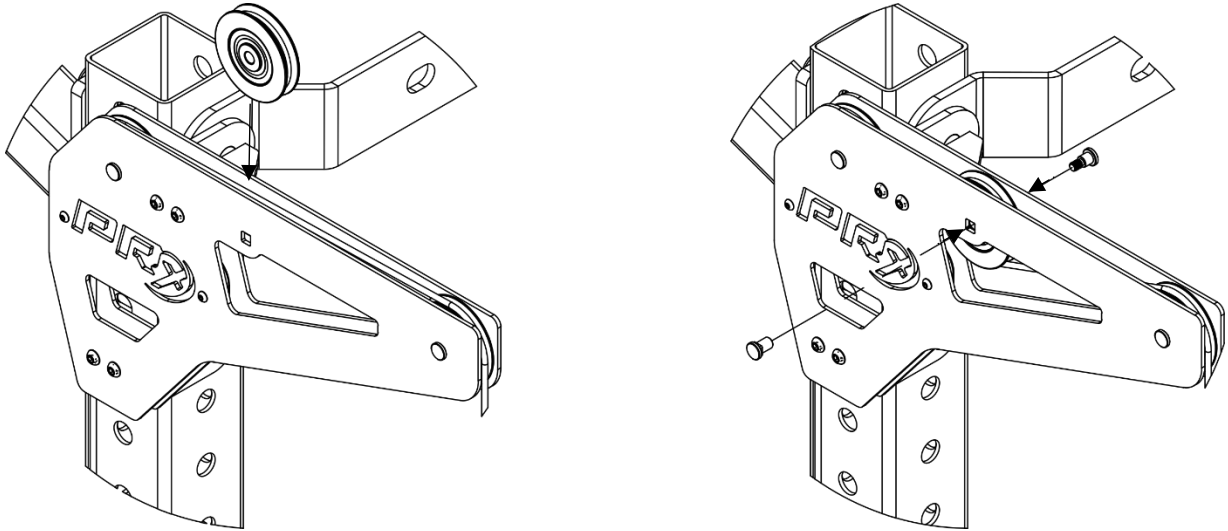


Figure 15: Reinstalling middle pulley on the Upper Arm on lat pulldown side

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Install New Gas Shock

1. With another person, lift the rack to fold it into the up position.
2. Use the included bent hitch pin to lock the rack in the up position (**Figure 16A**).
3. Insert the stud of the new gas shock (8) through the hole in the wall bracket as shown below (**Figure 16B**).
4. Using a 1/2" open-ended wrench to keep the stud from spinning, use a second 1/2" wrench to install the flange nut and tighten (**Figure 16B**).

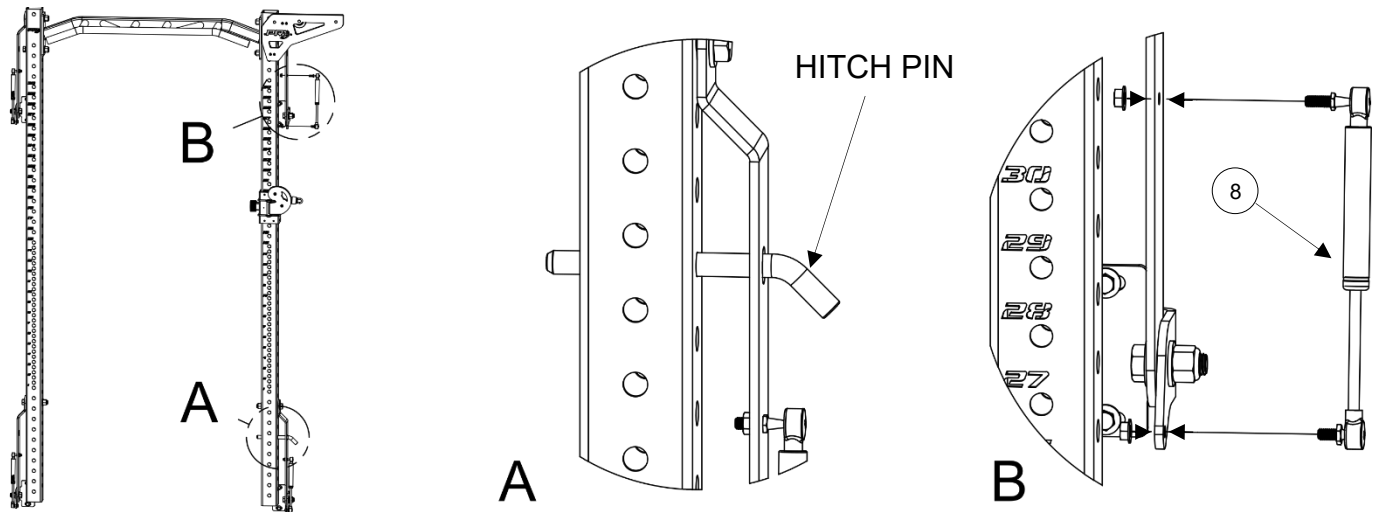


Figure 16: A) Locking rack into folded position, B) Installing the new Gas Shock

For installing a second system on the left side of the rack, mirror these instructions, with the exception of section “Prepare Upper Arm” Step 1 and section “Run Cable” Step 4. Follow specific directions on those sections based on what side of your rack you plan to perform lat pulldowns on.

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Set Up for Lat Pulldown Exercise

1. On the side where the Lat Pull Down will NOT be performed (left side of **Figure 17**), remove the Load Pin from the Cable Retractor. Unlock the Cable Retractor and pull it up and over the Upper Arm and rest it on the Pulley Block on the Trolley (**Figure 17A**). Lock the Cable Retractor.
 Note: When you want to reset your Functional Trainer Attachment on this side of your rack, make sure that the cable is properly riding on the top pulley in the Pulley Block. If the cable is not riding on the top pulley, move the cable back onto the pulley, otherwise the cable can be irreversibly damaged.
2. On the side where the Lat Pull Down WILL be performed (right side of **Figure 17**), remove the Load Pin from the Cable Retractor. Unlock the Cable Retractor and pull it up and over the Upper Arm and over to the Upper Arm on the other side of your rack (**Figure 17B**).
3. Place the Load Pin directly under the end of the Upper Arm and clip the Cable Retractor into the top of the Load Pin.
4. On the side where the Lat Pull Down WILL be performed (right side of **Figure 17**), move the Trolley up on the rack until it is right underneath the Upper Arm. Lock the Cable Retractor. The system is now set up for Lat Pull Downs (**Figure 17A**).

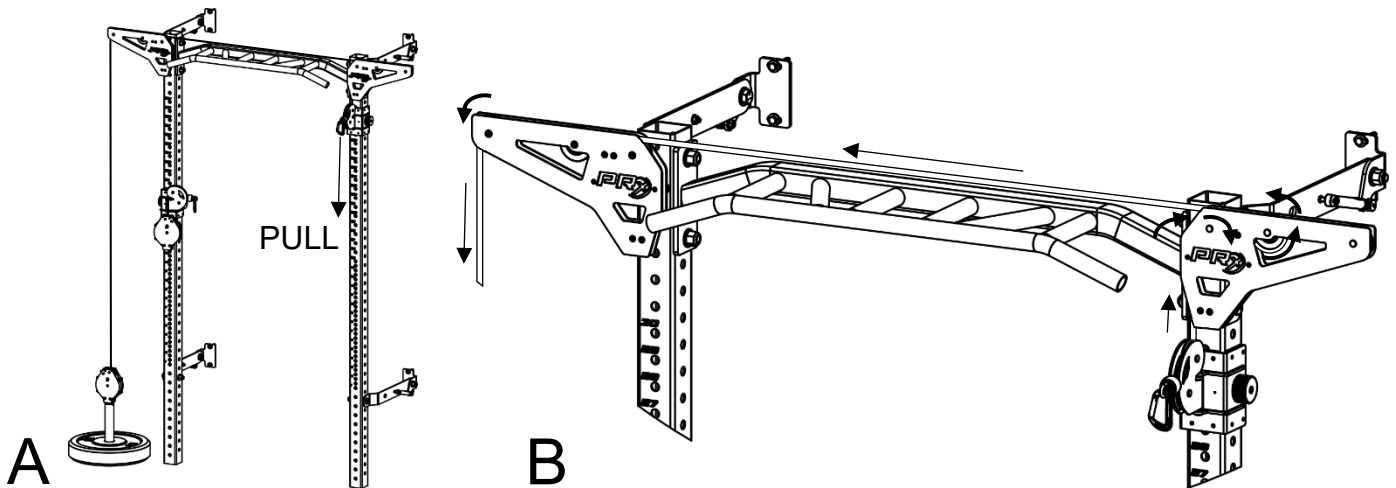


Figure 17: A) System configured for lat pulldowns on right side of rack, B) Cable run for lat pulldowns

Storage

1. When folding up the rack:
 - Trolley must be positioned within the box shown to avoid collision with the linkage arms (**Figure 18**).
 - Disconnect Load Pin and position the Cable Retractor at the top, just underneath the Upper Arm.

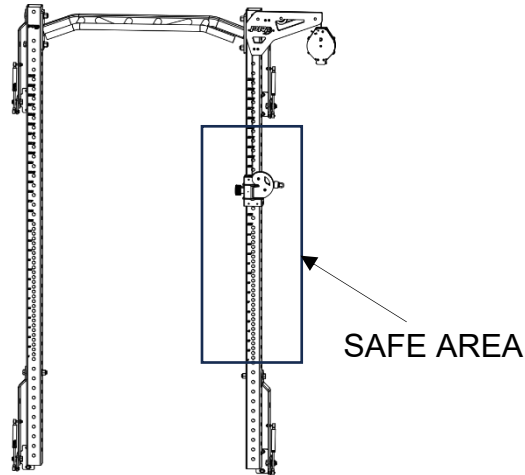


Figure 18: Trolley safe area for storage

2. For further assistance, email support@prxperformance.com

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