

# **Fitness** *Technology*

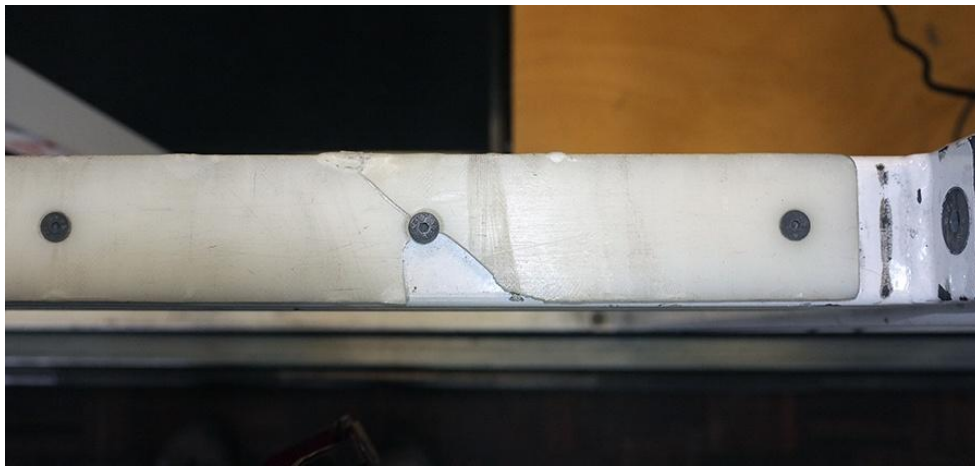
## Replacing Damaged or Missing Polystone Strips in the FT700 Power Cage

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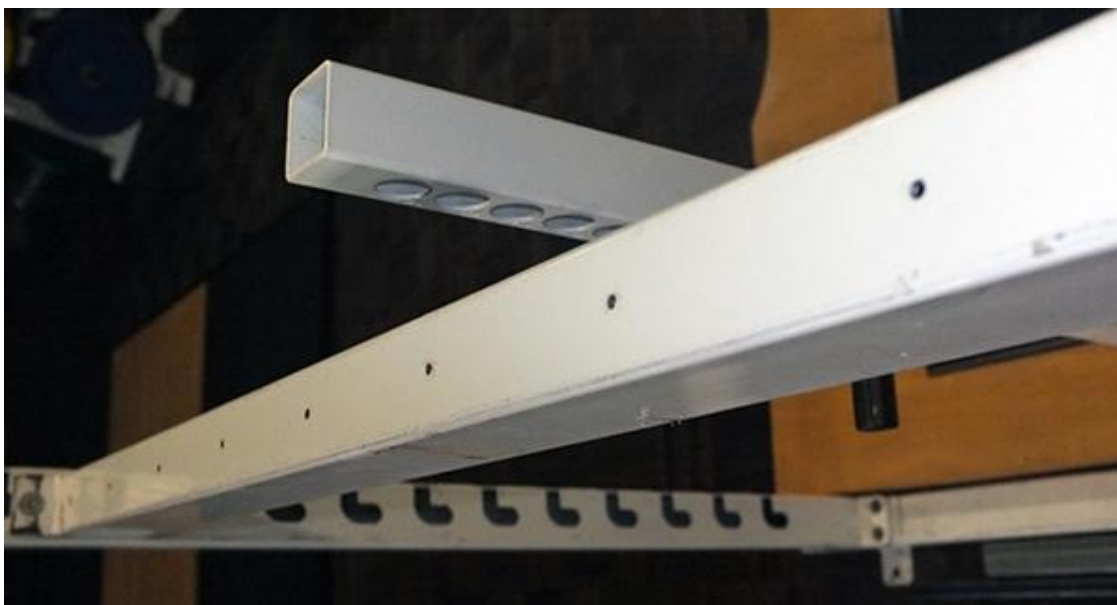
The following information will guide you through the process of replacing damaged or missing Polystone protective strips in the FT700 power cage.

### Replacing damaged Polystone strips

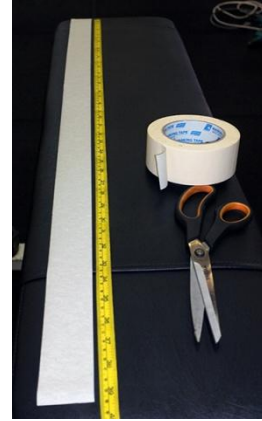
#### Bottom range of movement safety bars.



To replace the Polystone strips on the bottom range of movement safety bars remove all damaged Polystone and screws from the bars using a 3mm Allen key.



You will need to cut a 1 metre length of 2 inch wide masking tape.



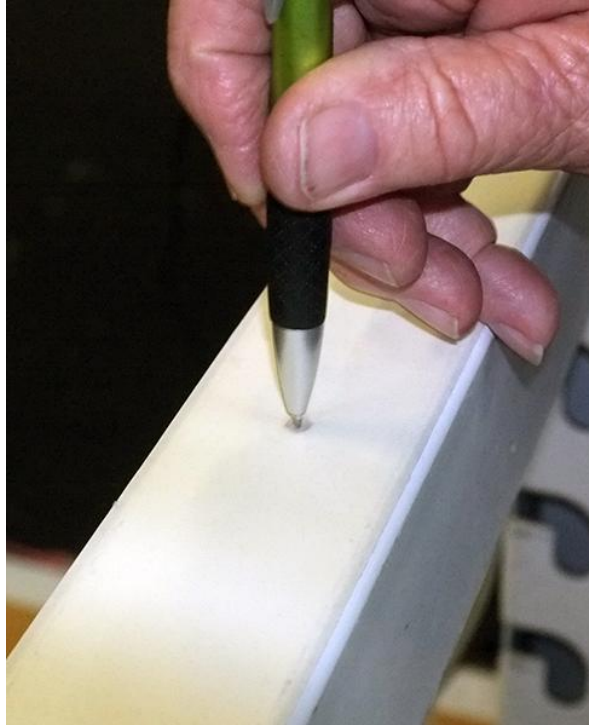
Then secure the masking tape to the safety bars. Make sure that there is an even space at both end of the safety bars..



Mark one end of the tape and the safety bar to help orientate the replacement Polystyrene strip to the safety bar once it has been drilled.



Mark the mounting holes in the safety bar onto the masking tape by making a hole with a pen.



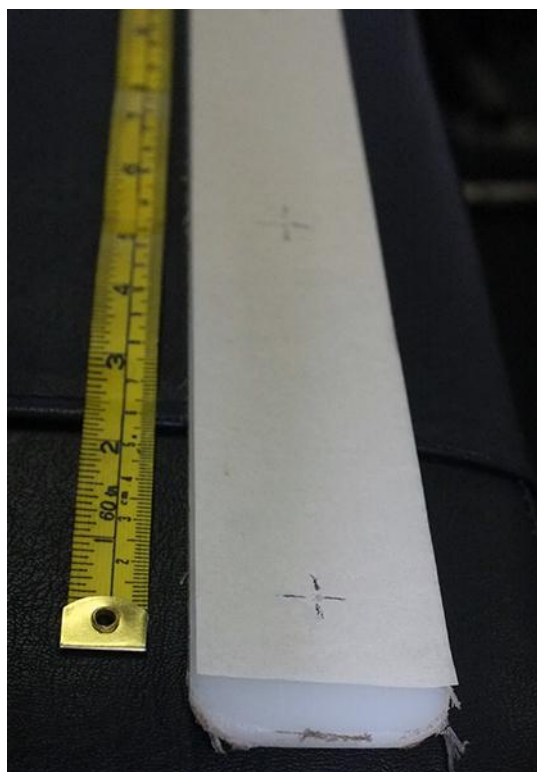
Then mark each hole with a cross to assist when drilling the Polystone.



When all hole are marked carefully remove the masking tape from the safety bar making sure not to rip the tape.



Place the marked tape onto the new Polystone strip. Once again make sure it is evenly spaced from both ends.



When the tape is applied you can start drilling out the holes. First use a 3mm drill bit as a pilot hole.



Then drill out each pilot hole using a 6mm drill bit.

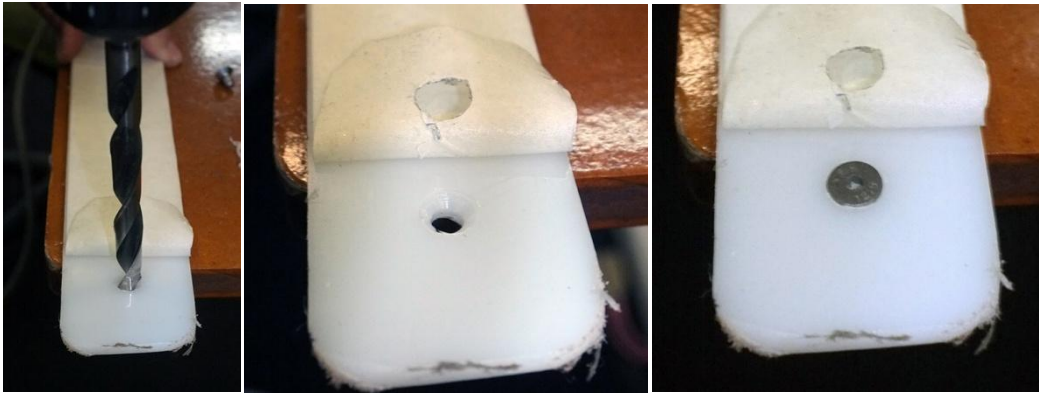


Once all holes are drilled to 6mm diameter you take the Polystone back to the power cage and check hole centres. it is also at this stage that you will want to mark the Polystone to align it with the safety bar. you will need to do this before you remove the masking tape from the Polystone.



Once the Polystone is marked you can start countersinking the holes in the Polystone. You can do this using a countersink bit, if you have access to one, or by using a 10mm drill bit. **If you are using a 10mm drill bit it is recommended that you have something metal under the Polystone to help prevent accidentally drilling all the way through the Polystone with the 10mm drill bit.**





Do this for every hole in the Polystyrene strip.

Once drilled you can take the strip back to the power cage and attach it using the 3mm Allen key and screwing it in place. Make sure you match up the locating mark on the Polystyrene strip with the mark on the safety bar.



Repeat the process for the second safety bar Polystyrene strip.

## Internal Weight bar hook

To replace the Polystone on the weight bar hook start by removing the old Polystone.



Then cut a 7.5cm length of 2 inch wide masking tape.



Place the masking tape on the weight hook so it evenly covers the two screw holes and mark out the centre of the holes using a pen.



Mark the hole centres with a cross and then carefully remove the tape from the weight hook ensuring that it doesn't rip.



Place the tape on the replacement Polystone strip.



Drill a pilot hole in the Polystone using a 3mm drill bit then drill each hole to full size using a 6mm drill bit. you will need to use a clamp or vice to ensure that the Polystone does not spin with the drill.



Once both holes are drilled you will need to countersink the holes using either a countersink bit or a 10mm drill bit. If you are using a 10mm drill make sure you have something metal under the Polystone to help prevent drilling all the way through.



Once both holes are countersunk the Polystone can be attached to the weight hook using the screws and the 3mm Allen key.

