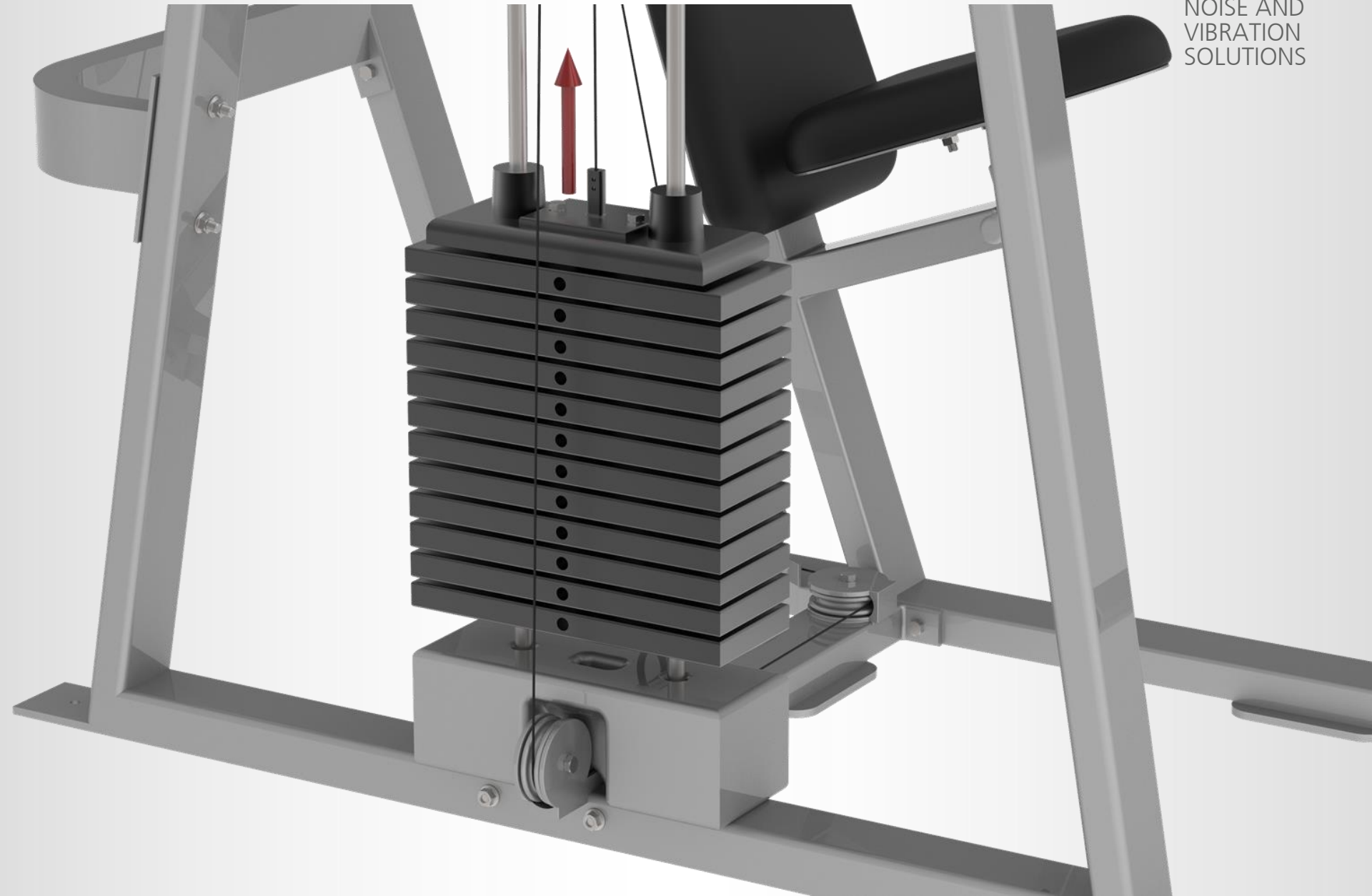


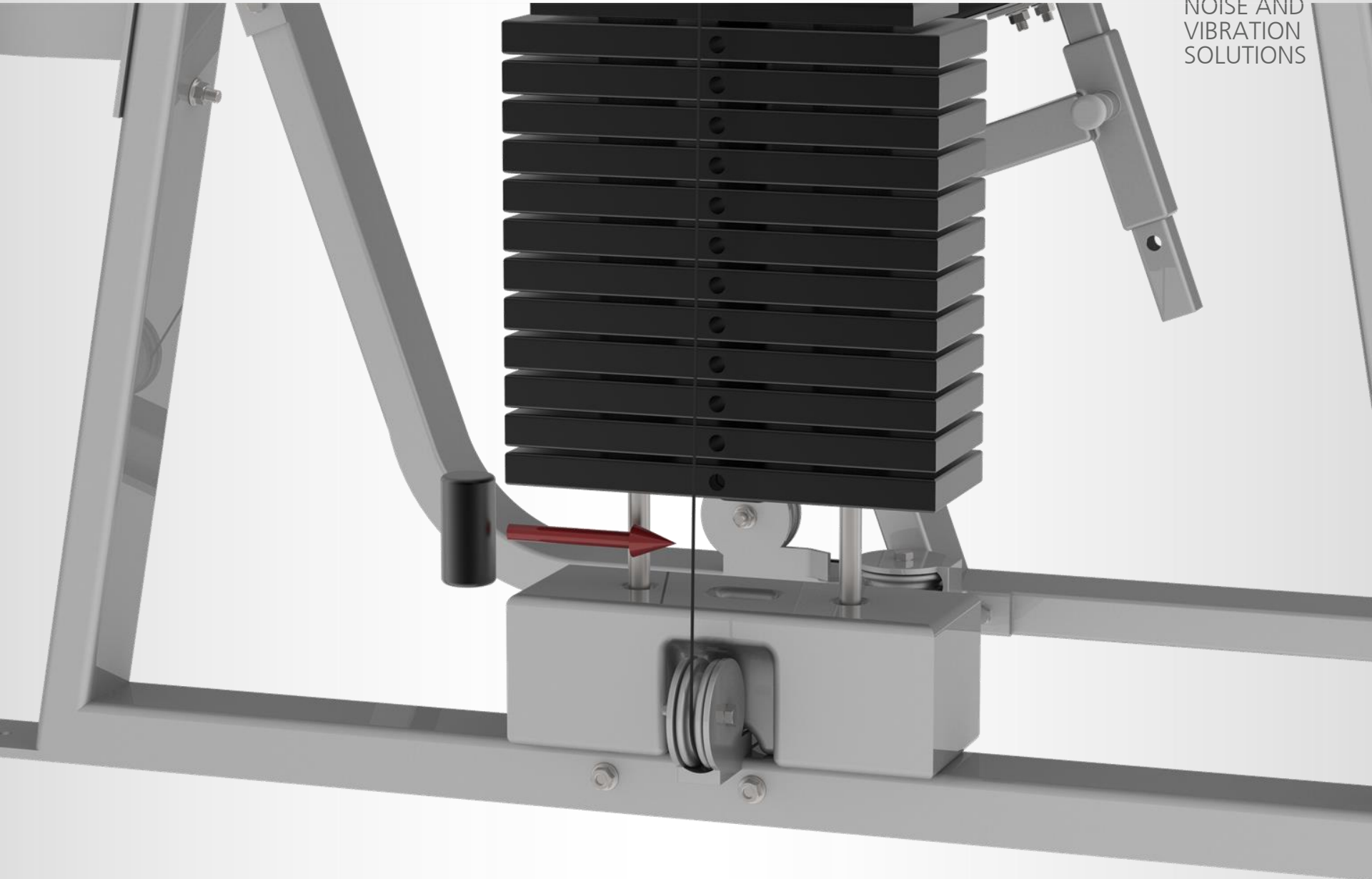
The background of the image is a close-up photograph of a cable machine. A thick black cable is visible, running vertically through a series of pulleys. A red cylindrical stopper is mounted on a metal rod, positioned above a green cylindrical stopper. The machine's frame is grey and metallic. The image is overlaid with large blue geometric shapes: a triangle in the top right and a larger shape in the bottom left.

# CABLE MACHINE STOPPERS INSTALLATION

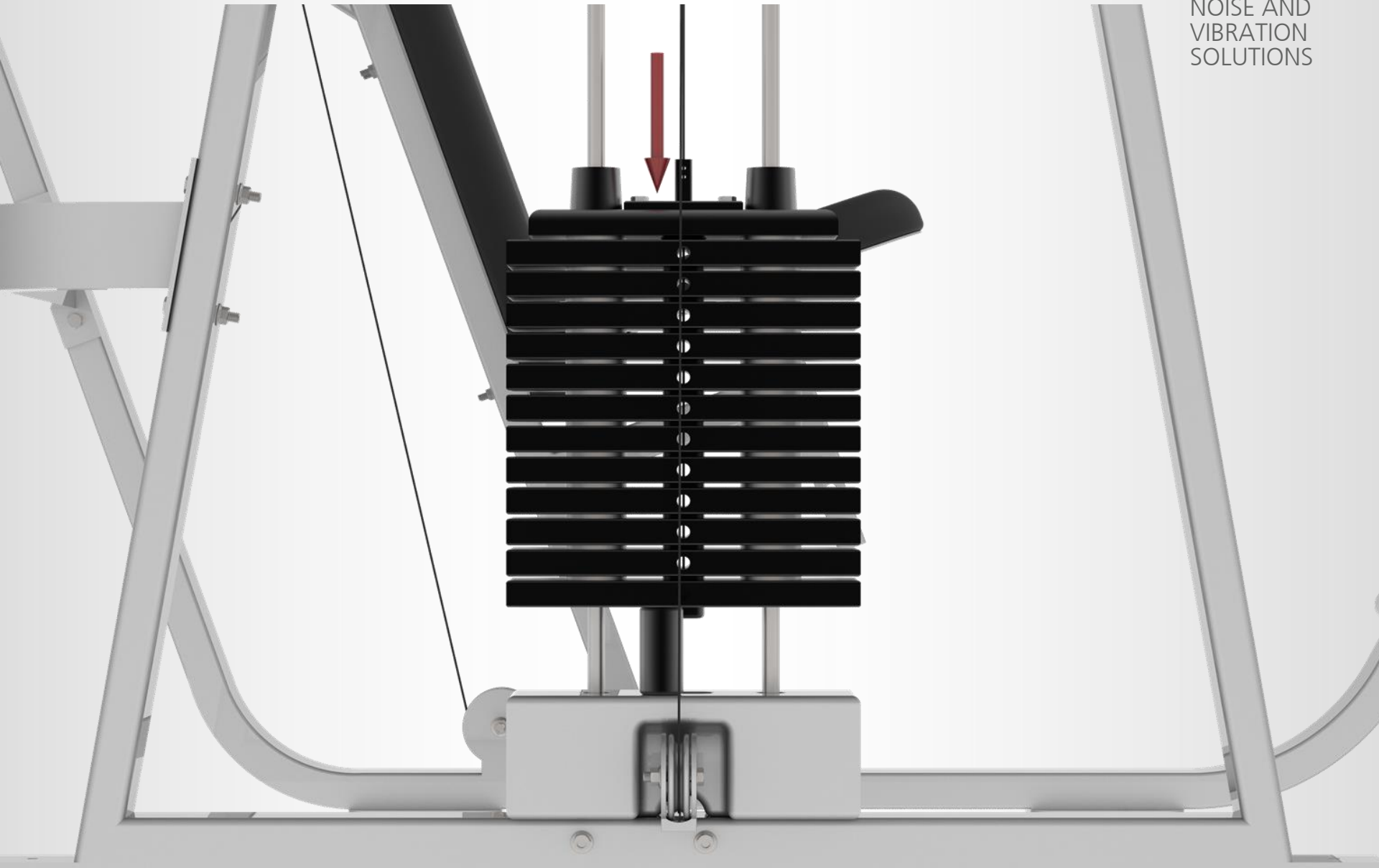
# 1. LIFT UP THE WEIGHT STACK



## 2. PLACE A SAFETY BUFFER



### 3. REST THE WEIGHT ON THE BUFFER



# 4. SELECT THE CORRECT STOPPERS

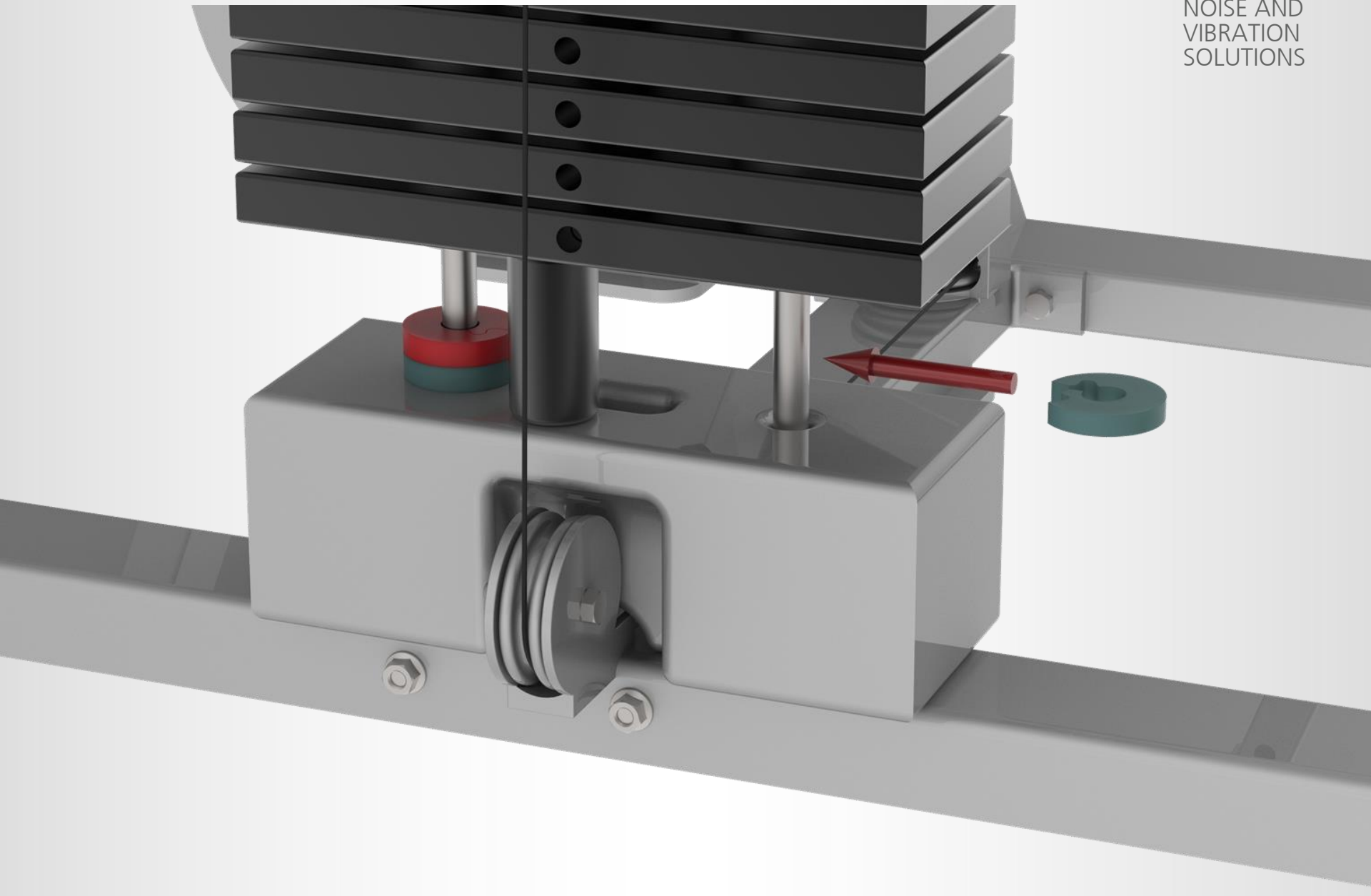


0kg – 75kg	75kg – 130kg	130kg – 220kg
BROWN	RED	GREY
+	+	+
RED	GREY	GREY

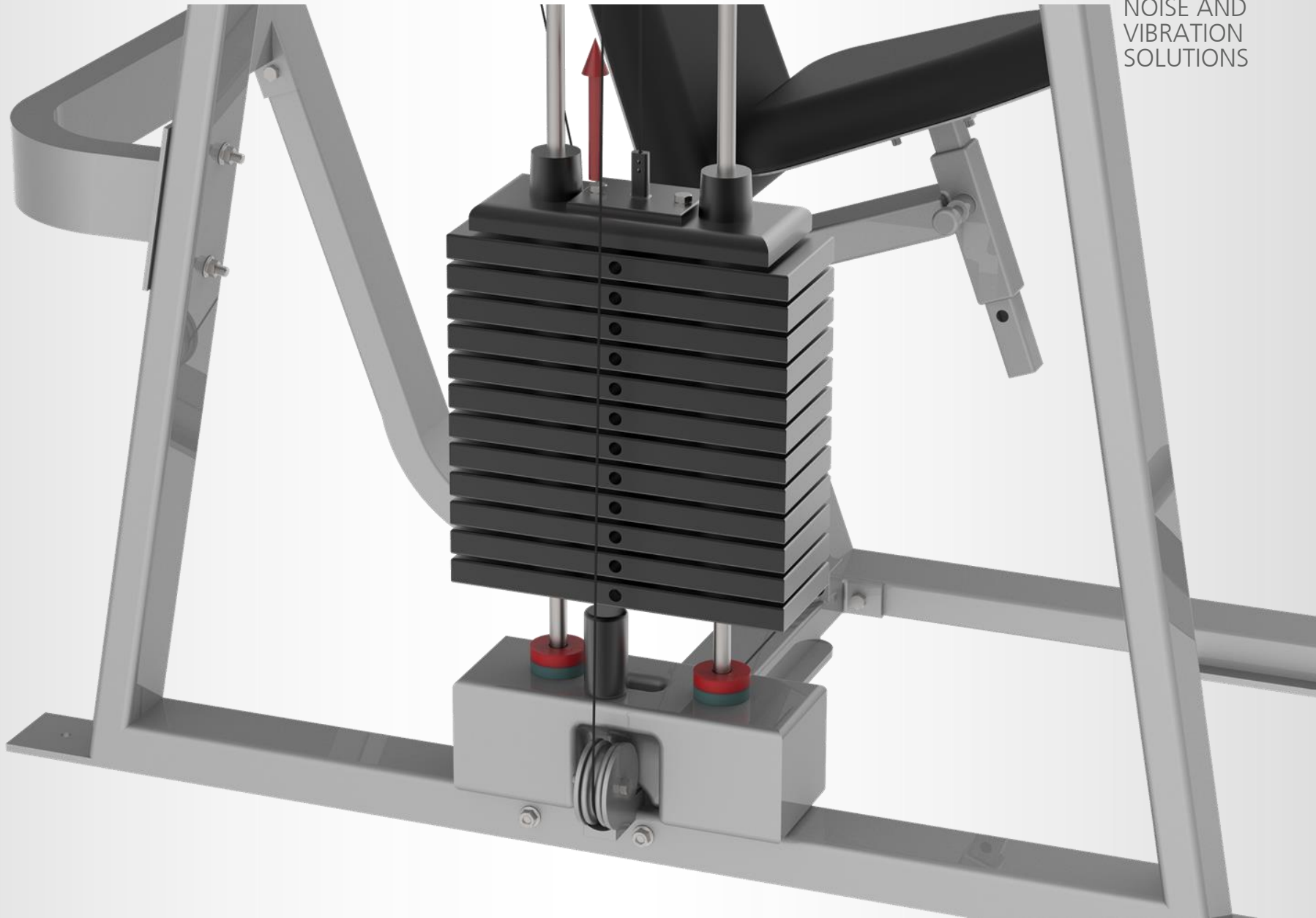
# 5. INSTALL CABLE MACHINE STOPPERS



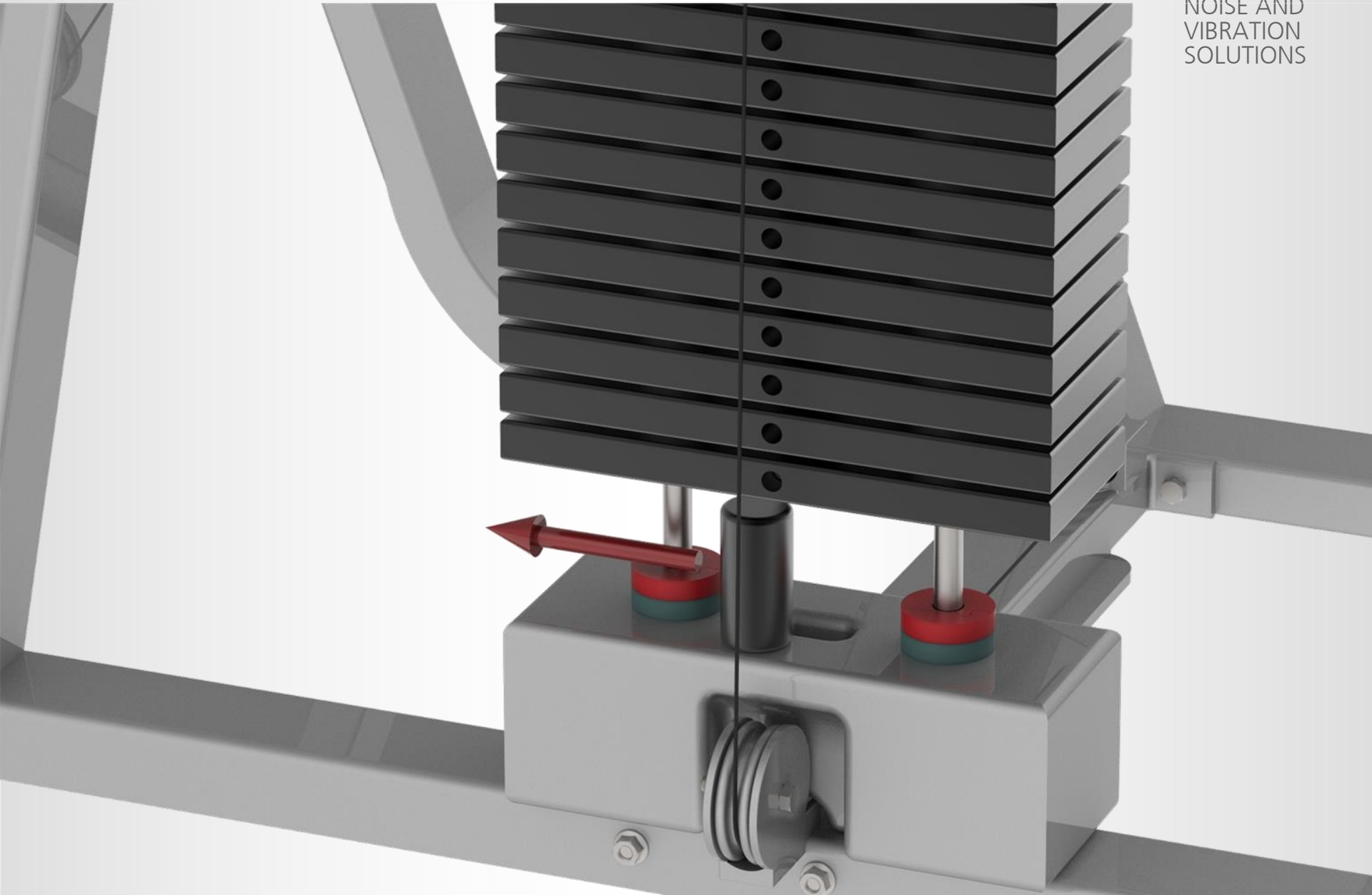
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## 6. LIFT UP THE WEIGHT STACK



## 7. REMOVE THE SAFETY BUFFER





# 8. REST THE WEIGHT ON STOPPERS



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VIBRATION  
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