

CABLE CROSSOVER

5311, 5648, 5649 AND 5650

ASSEMBLY & PARTS

Assembly Notes (5311, 5648, 5649 and 5650)

1. Install unit in area where it will be used. Keep all shipping packages near area of installation. Standard items include:

Shipping Package Model Configuration -	5311	5648	5649	5650
Cable Crossover Half Assembly - 5649	2	x	1	x
Tandem w/o Crossbar Assembly - 5648	x	1	x	x
Tandem with Crossbar Assembly - 5650	x	x	x	1
Crossover Tube Package - 5649-003	1	x	x	x
Base Package - 5649-50	2	x	1	x
Top Weight Package - 4700-012 (black)	2	1	1	1
Weight Pack 1 - 4700S042 (black)	2	1	1	1

NOTE: For tandem and quad (modular) configurations, follow assembly guidelines listed on either the 5600 Modular Center Post Assembly & Parts instruction sheet or the 5629 Tandem Center Post Assembly & Parts instruction sheet. Also refer to all steps listed below.

2. Read and understand instructions thoroughly before assembling the Cable Crossover. Refer to the exploded-view diagram and parts list when assembling the Cable Crossover.

3. Remove column from carton. For units with a back cover (5311 and 5649), remove the cover before removing column from carton. To remove cover, remove bolt securing cover at the top end, then slide cover toward top end and lift out.

4. Install column to base (item #47). **NOTE:** 5648 and 5650 configurations do not have a base.

NOTE: For installing tandem and quad configurations, use hardware items #58, #71 and #84.

5. For tandem configurations only (5648 and 5650), install detent tube lower mount (item #78).

6. Install double pulley bracket (item #31).

7. Install weight stack.

8. Install crossbar mount (item #30) for 5311, 5649 and 5650. **NOTE:** Do not tighten screws at this time. Crossbar must be loose when installing crossover tube.

NOTE: For 5648 configuration, install detent tube upper mount (item #79) in place of the crossbar mount. Install plastic cap (item #80) into item #79.

9. Install right handle (item #34) and left handle (item #33).

10. Install adjusting handle (item #37) to detent tube.

11. Install (chrome) detent tube (item #49).

12. Install adjusting bracket (item #45). **NOTE:** Do not overtighten. Be sure pulley bracket swivels freely.

13. Install adjusting shield (item #50) and upper pulley(#7) to handle assembly on the detent (chrome) tube. See letter A in the Cable Routing Detail diagram.

14. Route cable as shown in the Cable Routing Detail diagram, starting with pulley B and continuing in alphabetical order.

15. Adjust cable for one inch of free play.

16. Install crossover tube.

17. Tighten all hardware.

18. Install rear cover where applicable.

NOTE: This machine shipped with an Owner’s Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

5311, 5648, 5649 and 5650 - Cable Crossover

ITEM	QTY	PART NO.	DESCRIPTION
1	4	4605-550	Small Plug .25-20
2	4	HF449063	Connector Insert .75 x .25-20
3	2	01143	Pulley Mount
4	4	01141	Weight Spacer 5.00
5	4	01755	Guide Rod Collet-Long
6	2	02106	Half Weight Peg
7	14	08014	Pulley Assembly
8	2	08172	Knob
9	2	BS070201	Spring
10	2	08229	Detent Pin
11	28	4005C062	Weight Stack 4.00 x 12.00
12	2	HC700430	BHSCS .375-16 x 2.50
13	2	C-ZA00200	Half Weight
14	2	4605-512	Insert Plastic 7.94
15	2	5649-314	Detent Tube Decal
16	4	PP080202	Insert Plastic 1.19 Dia. x 11 G
17	2	4700-218	Top Weight Assembly
18	4	4700-019	Brg Flg .62 x .92 x 1.50 L
19	6	4800-700	Foam Grip
• 20	2	5310C029	Back Cover
21	4	5310M035	Weight Rod .625 . x 85.31
22	2	3900-378	Cybex Decal 11.37 Vert. Wht/Plm
22	2	3900-391	Cybex Decal 11.37 Vert. Blk/Plm
22	2	3900-419	Cybex Decal 11.37 Vert. Wht/Wht
23	2	5649-200	Column
24	2	5649-598	Placard Decal
25	2	4800-381	Warning Decal
26	2	3900-426	Vortex Decal
27	2	02521	Caution Decal
28	4	4000Y316	Caution Decal
29	2	5649-329	Caution Decal Maximum Load
• 30	2	5649-203	Crossbar Mount
31	2	5649-208	Double Pulley Bracket
32	4	4113M064	Bumper
33	2	5649-205	Left Handle
34	2	5649-206	Right Handle
35	2	4800-515	Weight Plate Decal
36	2	5649-002	Cable Subassembly
37	2	5649-207	Adjusting Handle
38	2	HN704000	Hex Nut .375-16
39	4	5315-343	Attaching Tab
40	2	8500-025	Caution Decal
• 41	1	5649-201	Cross Bar
42 A	2	4605-501	Grip
42 B	2	4605-518	Grip
43	2	PU060200	Bumper
44	2	5310P044	Weight Selector Pin
45	2	5649-330	Adjusting Bracket
46	8	PR069400	Recess Bumper
• 47	2	5649-209	Base Support
48	2	01142	Pulley Mount Cap
49	2	5649-303	Detent Tube
50	2	5649-331	Adjusting Shield
51	4	BR030206	Retaining Ring
52	4	HB-60011	Flange Bearing .375 ID x 1.00 OD
53	4	HC620428	BHSCS .25-20 x 2.25
54	8	HC700417	BHSCS .375-16 x 1.00
55	2	HN704400	Nut, Jam .375-16
56	4	HN624100	Hex Nut .25-20
57	30	HN704901	Nylon Locknut .375-16
58	16	HN784000	Hex Nut .50-13
59	4	HN784900	Nylon Locknut .50-13
60	2	HP286819	Spiral Pin .188 x 1.125
61	2	HS308300	Split Lockwasher .25
62	8	HS760106	Flat Washer 1.75 x .688 x .140 T
63	8	HT582210	Tap Screw 10-32 x .375 Phil
64	2	JC620415	BHSCS .25-20 x .75
65	14	JC700424	BHSCS .375-16 x 1.75

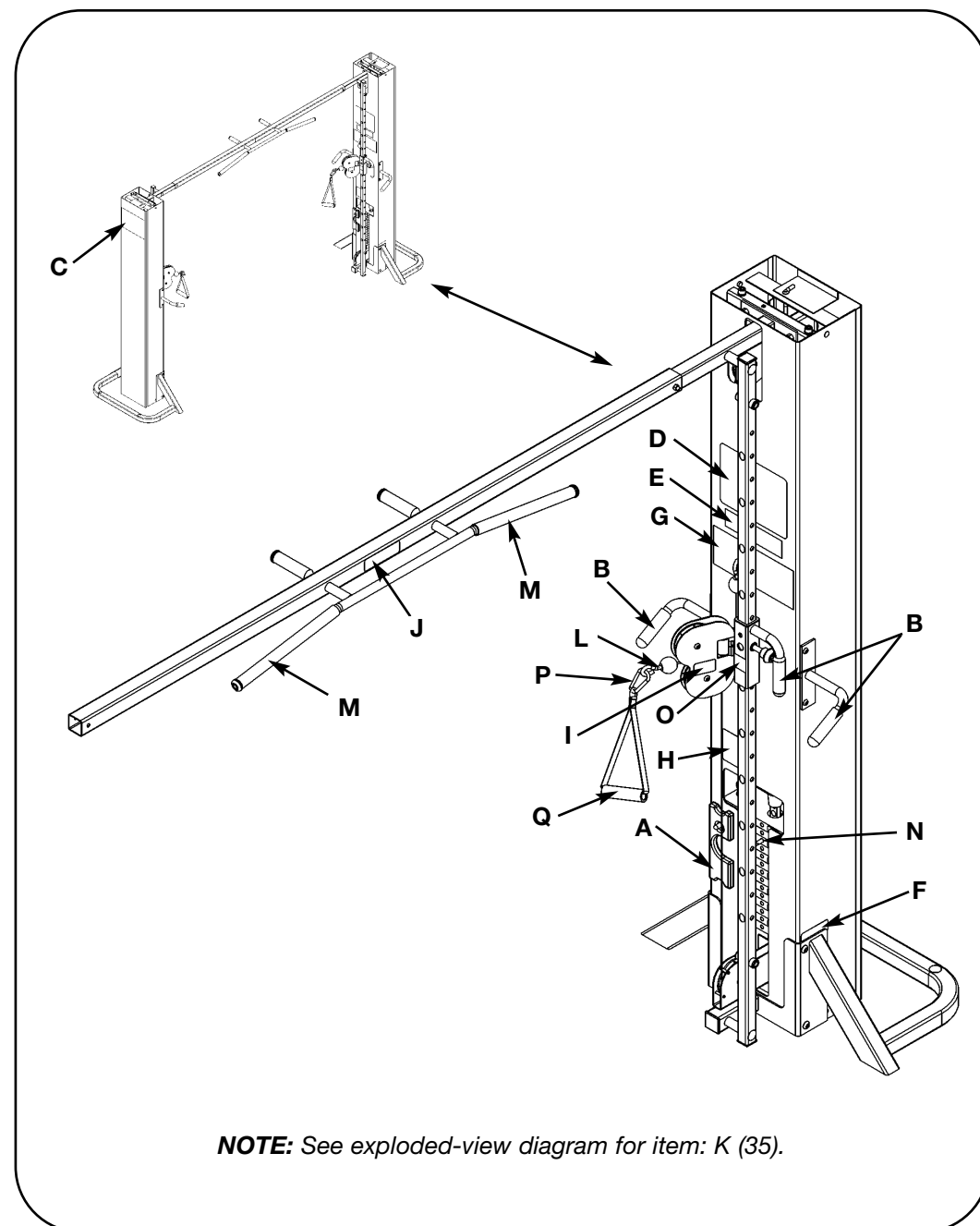
ITEM	QTY	PART NO.	DESCRIPTION
66	6	JC700434	BHSCS .375-16 x 3.00
67	4	PR060005	Weight Bumper
68	2	HC700426	BHSCS .375-16 x 2.00
69	8	JC780420	BHSCS .50-13 x 1.25
70	12	JC782830	SHCS .50-13 x 2.50
71	16	JS388300	Split Lockwasher .50
72	8	PN660200	Plastic Insert 1.00 Dia. x 11 G
73	4	PN660201	Hole Plug
74	4	PP080204	Plastic Cap .625 ID x .68 OD
75	2	PP090210	Plastic Cap 2.00 Sq
76	4	PP090211	Plastic Insert 1.50 Sq x 11 G
77	4	JC780417	BHSCS .50-13 x 1.00
• 78	1	5648-201	Detent Tube Lower Mount
• 79	1	5648-202	Detent Tube Upper Mount
• 80	1	PP090200	Plastic Insert 1.75 Sq
81	1	GQ000206	Snap Link
82	1	5310S040	Handle Subassembly
83	1	01193	Finned Fastener
• 84	4	JC782817	SHCS .50-13 x 1.00

- Not used in all configuration. Quantities will vary depending upon type of configuration.

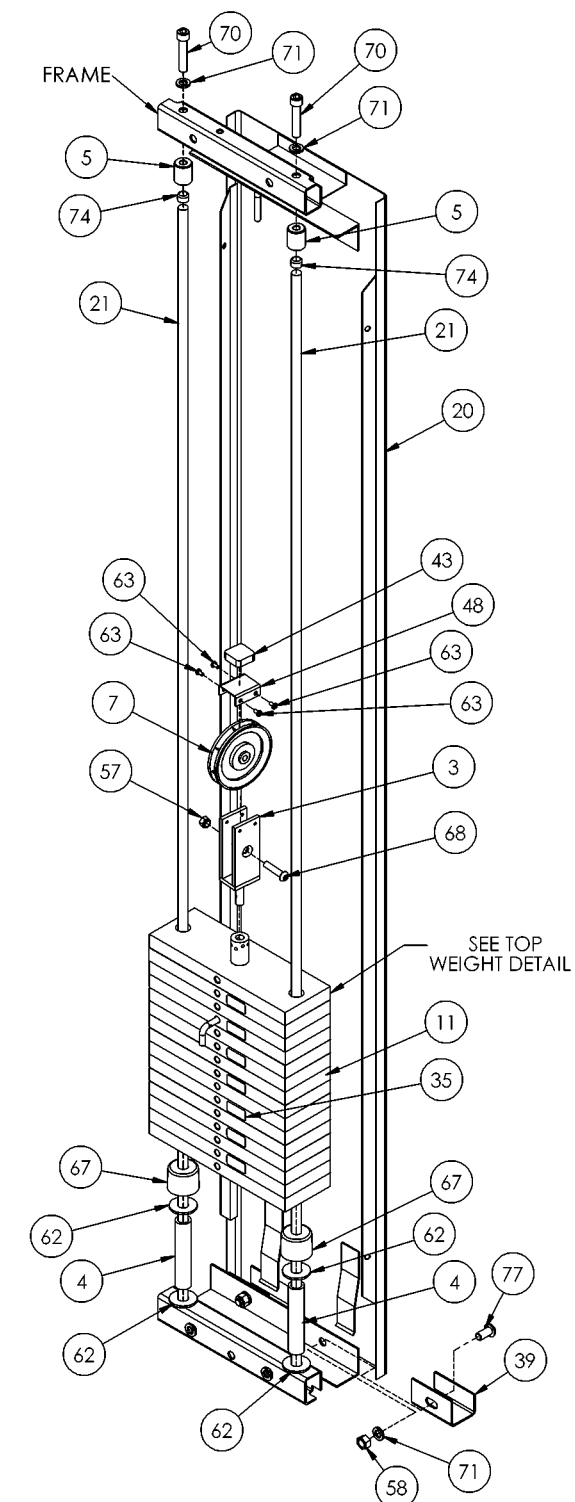
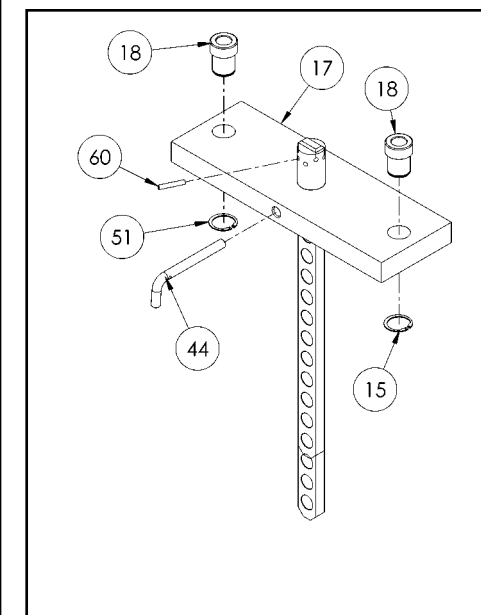
CABLE CROSSOVER

5311, 5648, 5649 AND 5650

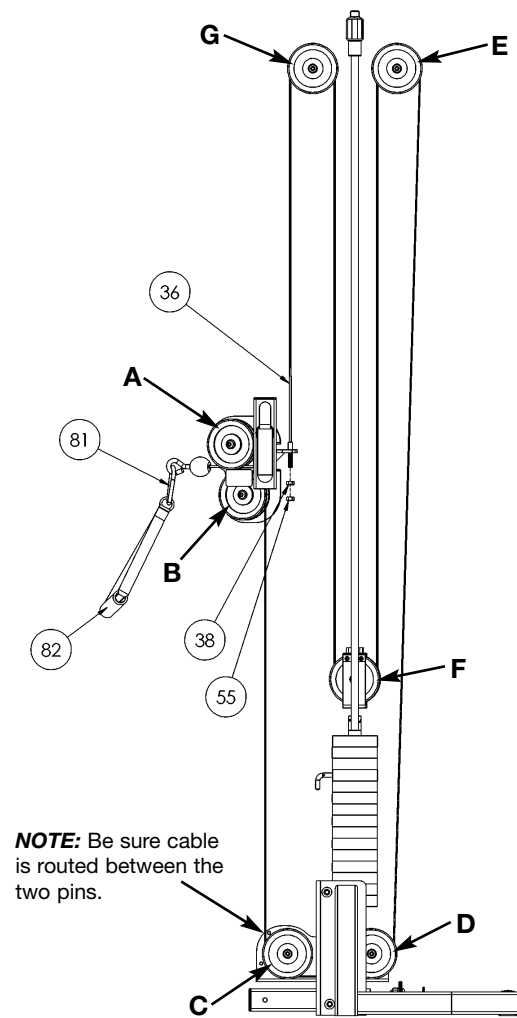
ASSEMBLY & PARTS



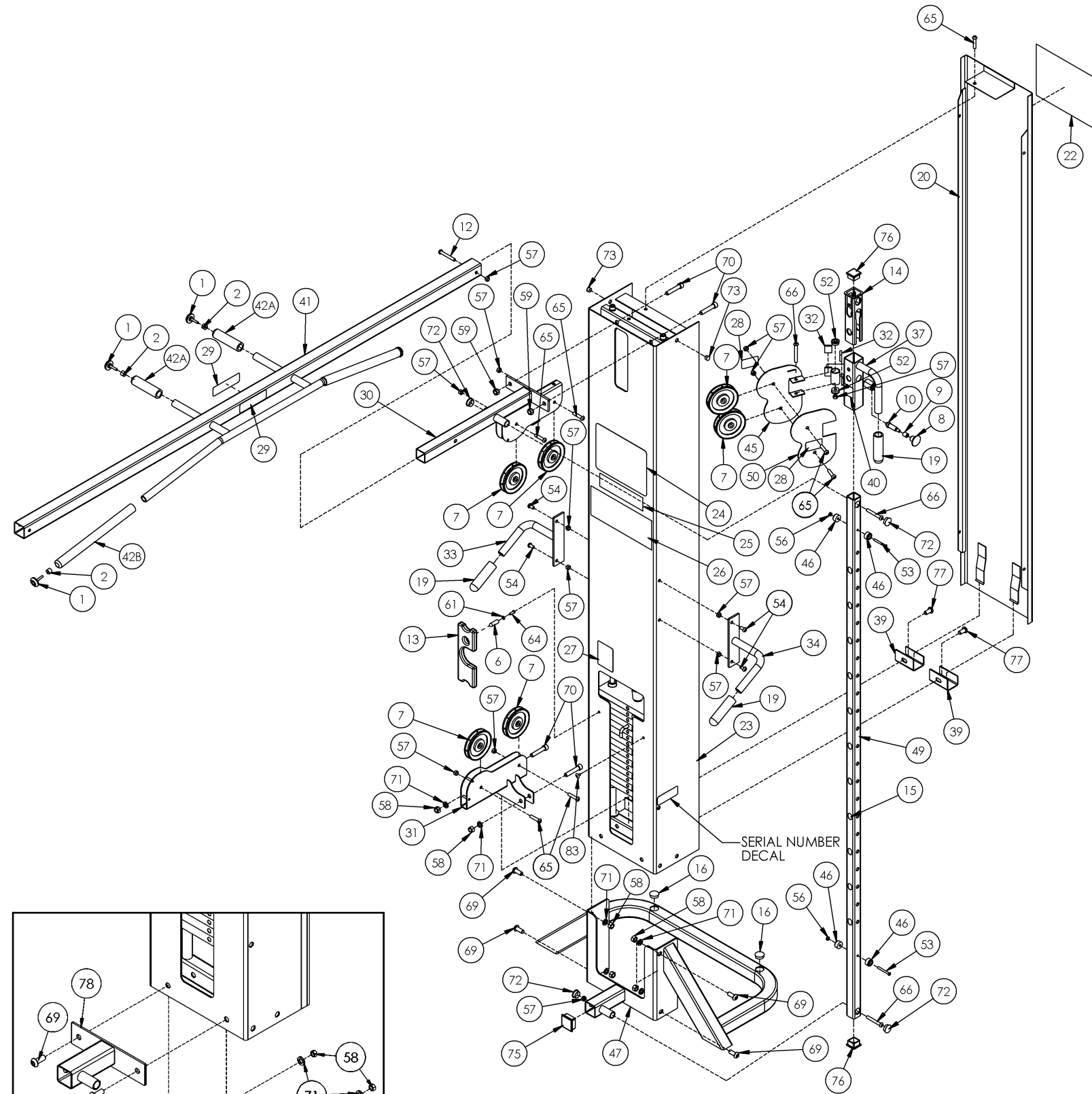
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Half Weight	C-ZA00200	I. Caution Decal	4000Y316
B. Foam Grip	4800-700	J. Caution Decal	
C. Cybex Decal Wht/Plm	3900-378	Maximum Load	5649-329
C. Cybex Decal Blk/Plm	3900-391	K. Weight Plate Decal	4800-515
C. Cybex Decal Wht/Wht	3900-419	L. Cable Subassembly	5649-002
D. Placard Decal	5649-598	M. Grip	PR400202
E. Warning Decal	4800-381	N. Weight Selector Pin	5310P044
F. Serial Number Decal		O. Caution Decal	8500-025
G. Vortex Decal	3900-426	P. Snap Link	GQ000206
H. Caution Decal	02521	Q. Handle Subassembly	5310S040



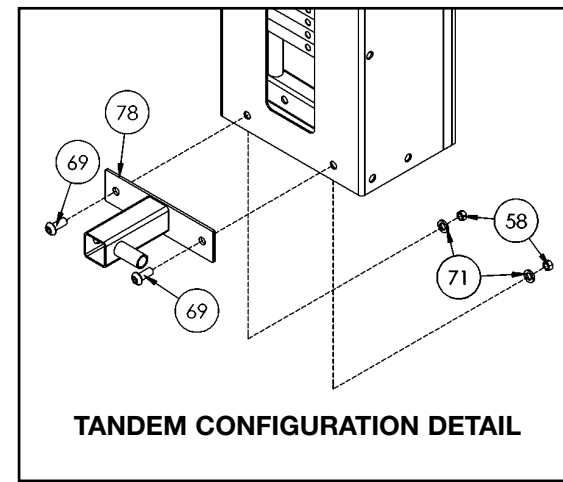
CYBEX[®] International
Defining Fitness



CABLE ROUTING DETAIL



5311 CONFIGURATION



TANDEM CONFIGURATION DETAIL