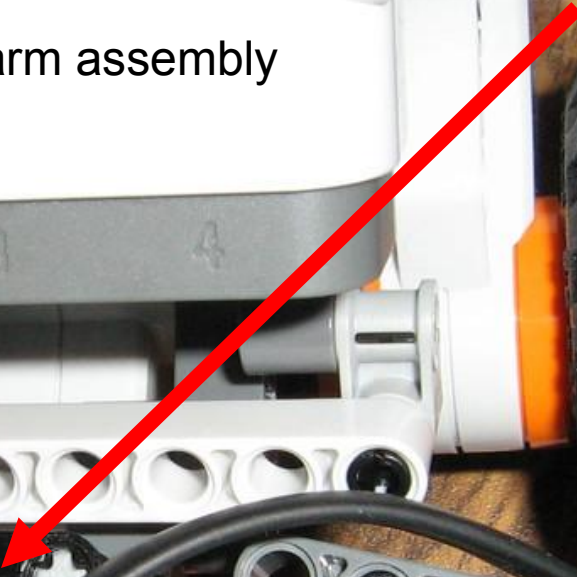
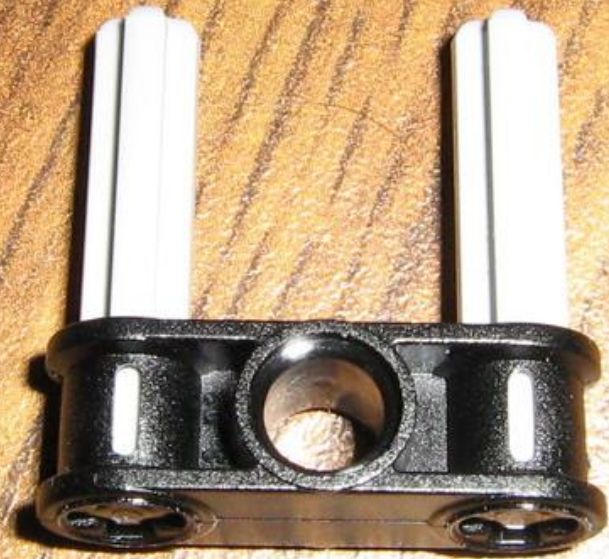


**Winch**

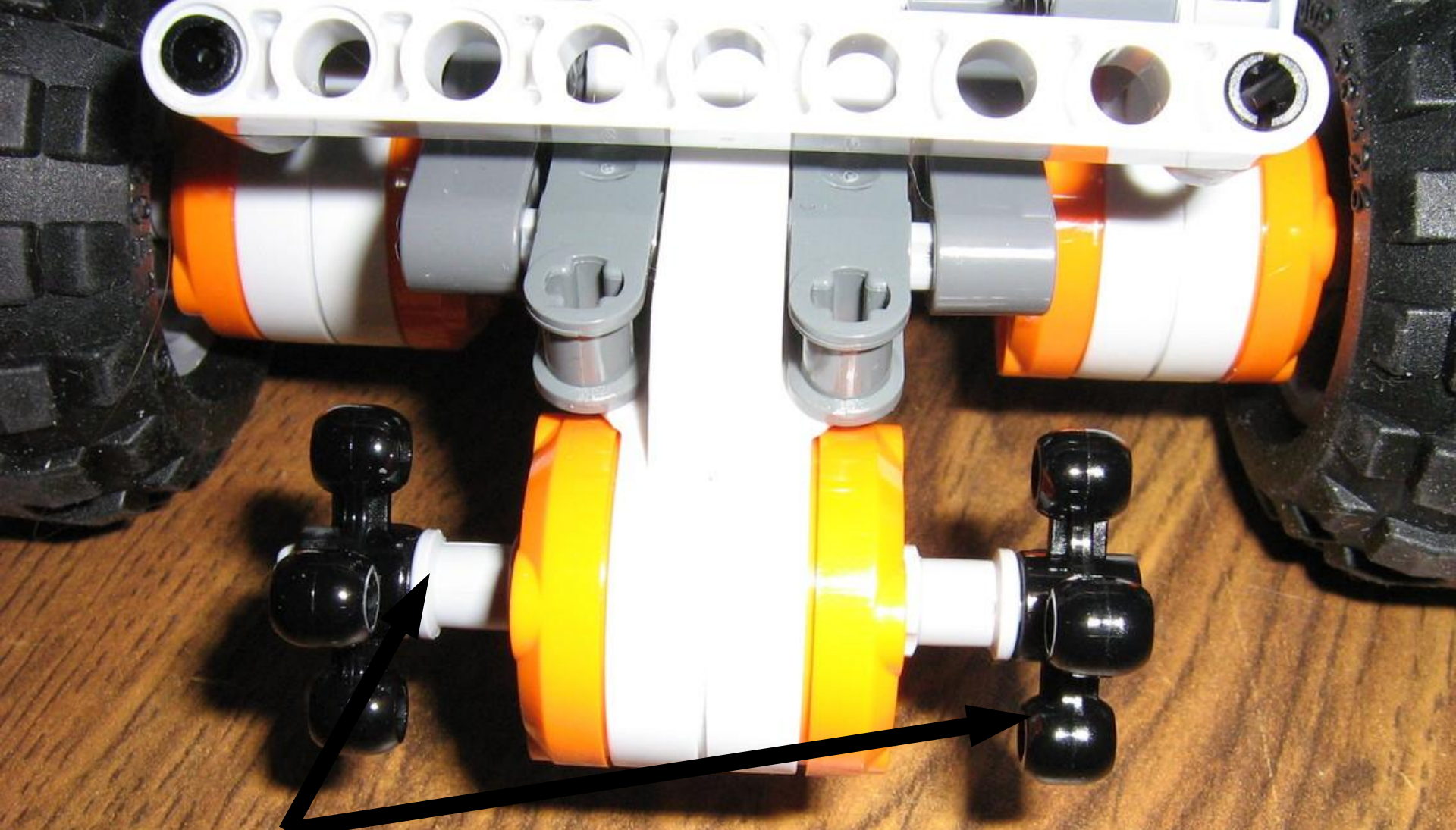
Take off the arm assembly  
of the Tribot





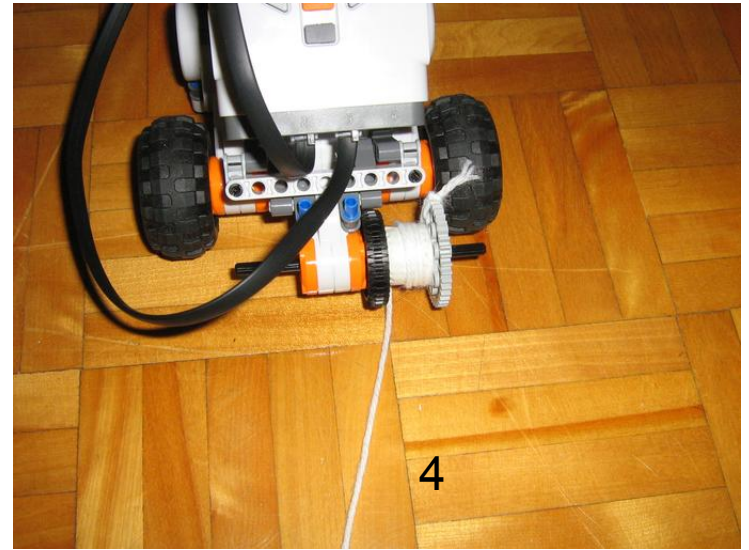
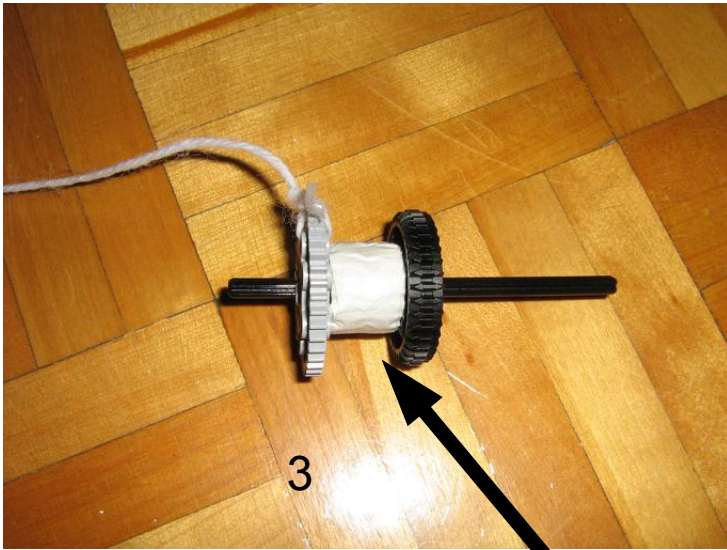
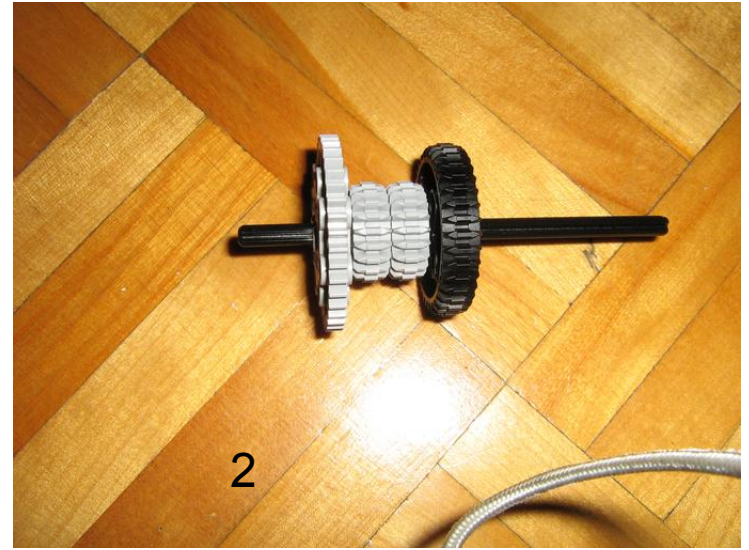
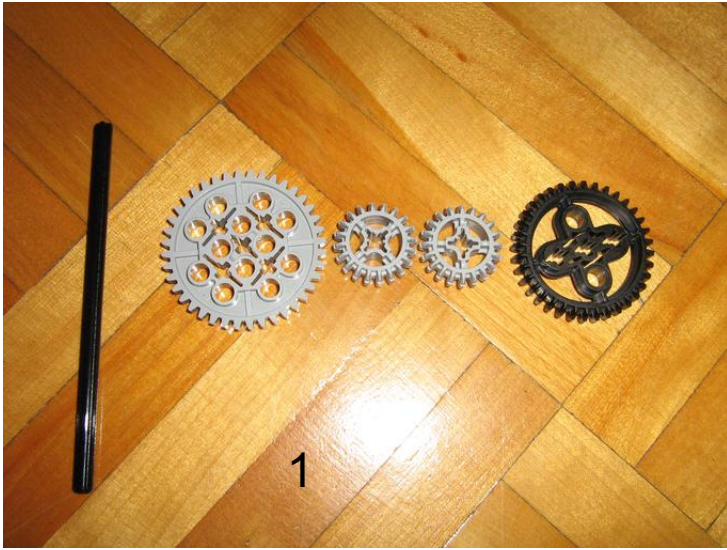






Finally, take these out too





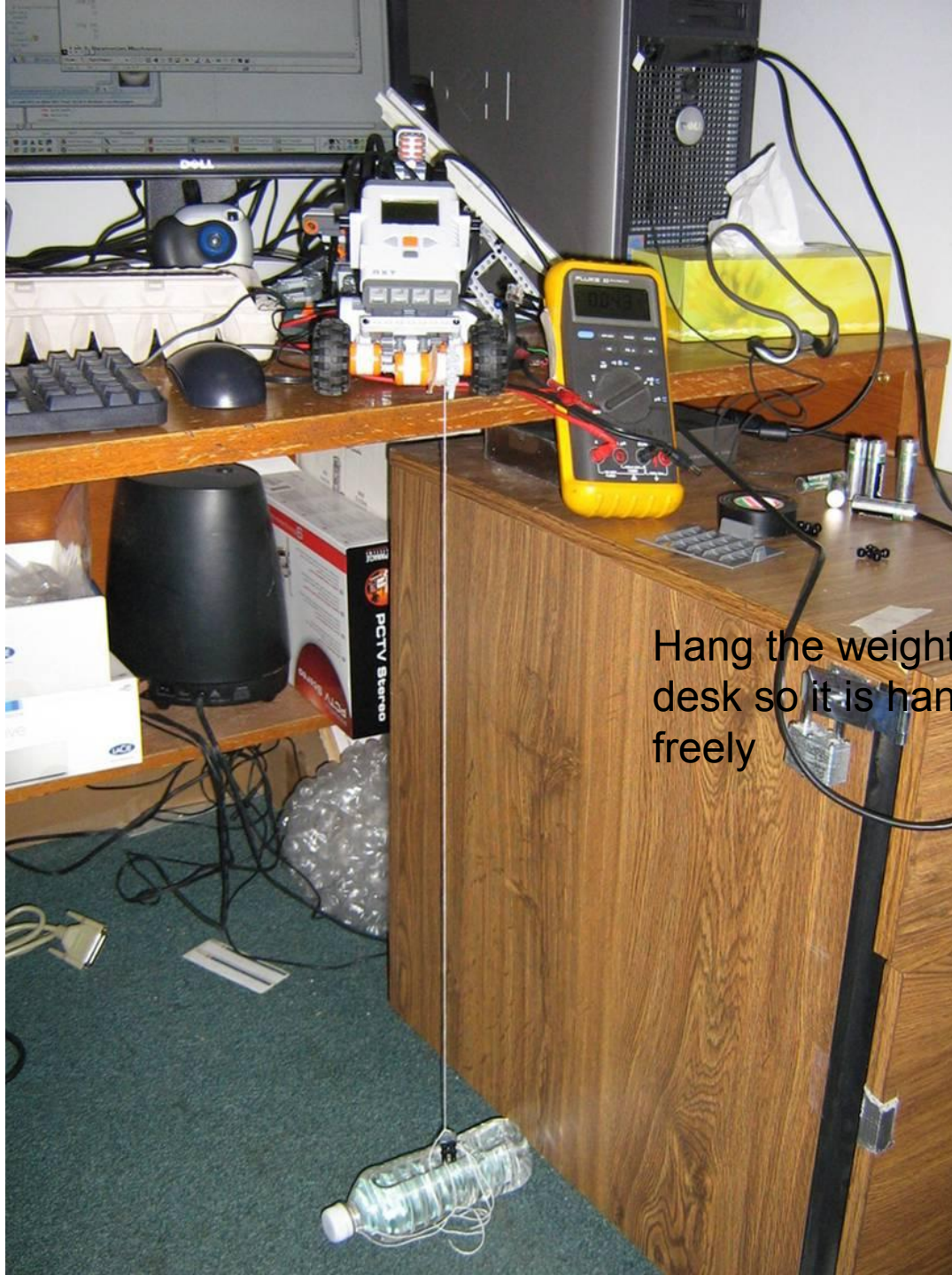
Use masking tape so the string does not slip down in



Making a little clip like this will make it easy to detach the water bottle to adjust the weight







Hang the weight off the desk so it is hanging freely