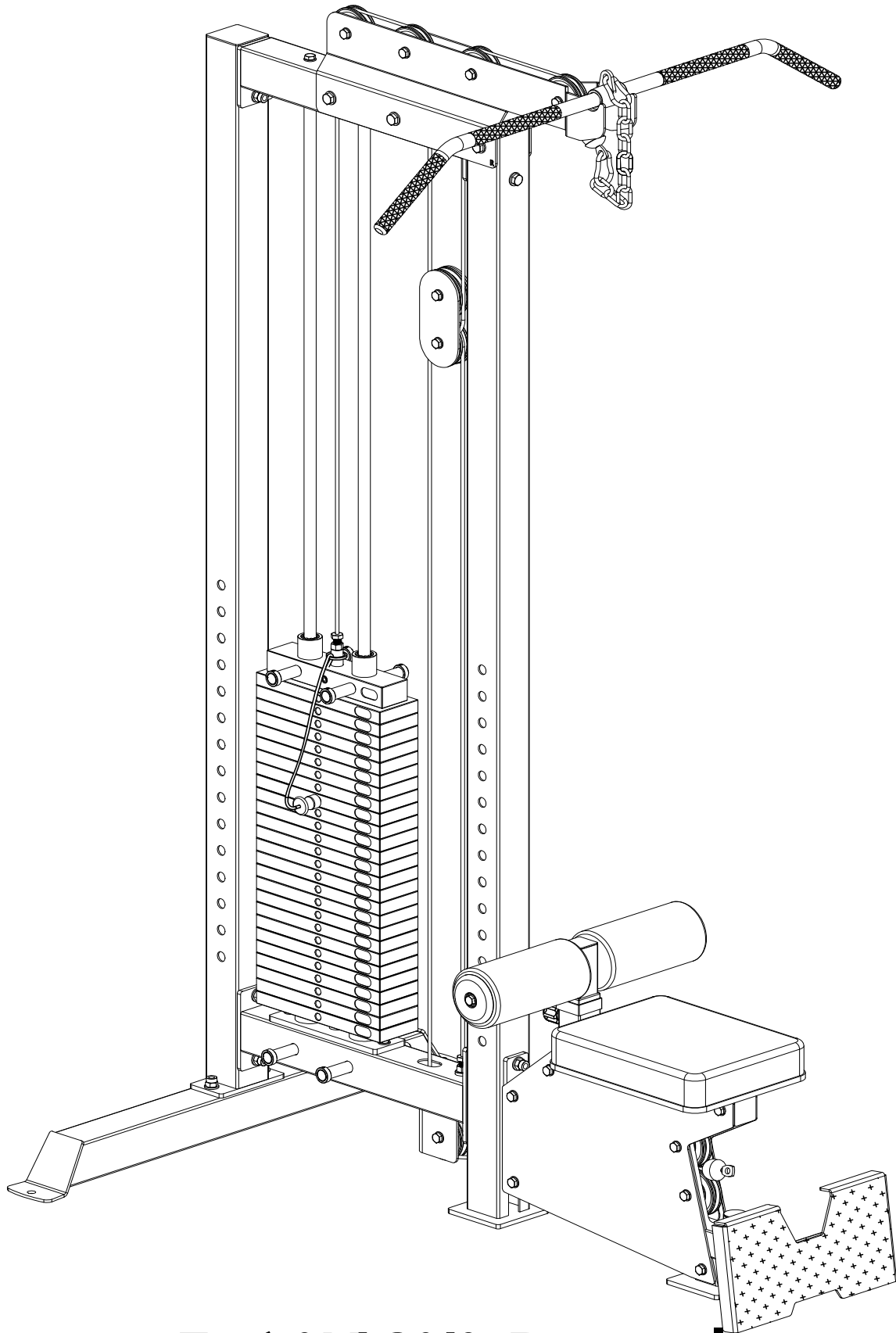


Lat Pull Down/Low Row Machine



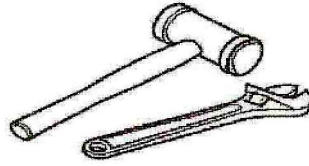
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WARNING

Before you start

Tools required (not included).

Spanner (17mm,19mm)



Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

Work with a friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy .

Open the Carton

Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our customer service team.

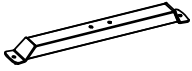
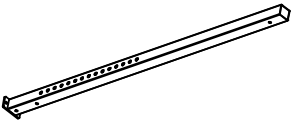
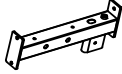
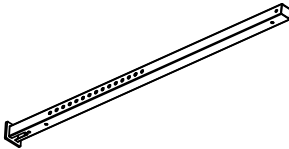
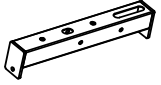
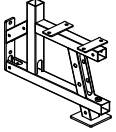

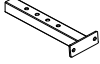
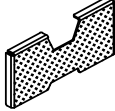
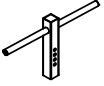
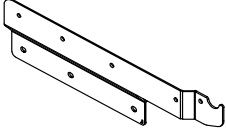
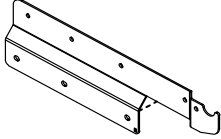
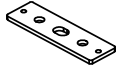
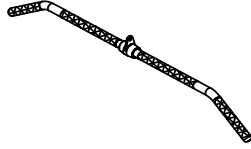

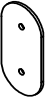

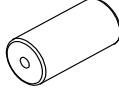
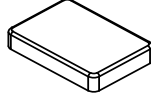
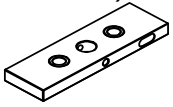
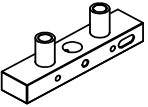
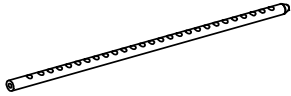


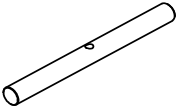


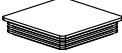





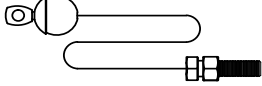
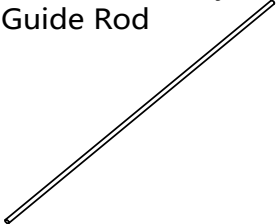
In any event, please do not return the product to your retailer before contacting us first.

Warning: Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain this manual for future use.

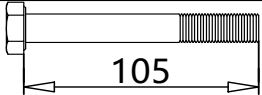
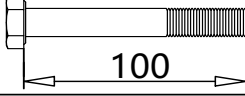
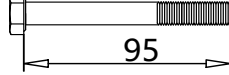
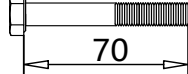
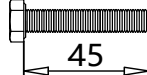
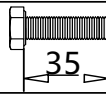









PARTS DIAGRAM / EXPLODED VIEW

DIAGRAM NO.	DESCRIPTION	QTY
1	Rear Base	1
2	Rear Upight	1
3	Bottom Cross Base	1
4	Front Upight	1
5	Top Cross Beam	1
6	Pad Support Frame	1
7	Big Plate	2
8	Adjustable Tube	1
9	Foot Plate	1
10	Adjustable Foam Frame	1
11	Wheel Fixed Board(L)	1
12	Wheel Fixed Board(R)	1
13	Guide Rod Fixed Plate	1
14	Lat Bar	1
15	Wheel	9
16	Wheel bracket	2
17	Plug(100)	2
18	Foam Roller	2
19	Pad	1
20	Weight Plate(No.2-NO.27)	26
21	Top Weight Plate(No.1)	1
22	Weight Selector	1
23	Pin	1
24	Screw Rod	4
25	Rod(20CM)	2
26	Limit Ring	8
27	Metal Sleeve(16)	4
28	Plug(3')	2
29	Sleeve(2')	2
30	Nylon Shaft(70mm)	1
31	Safe Knot	3
32	Chain	1
33	Rubber Bumper	2
34	Cable(3250mm)	2
35	Guide Rod	2

PARTS DIAGRAM / EXPLODED VIEW

Item 1. Rear Base 	Qty 1	Item 2. Rear Upright 	Qty 1	Item 3. Bottom Cross Base 	Qty 1	Item 4. Front Upright 	Qty 1	Item 5. Top Cross Beam 	Qty1
Item 6. Pad Support Frame 	Qty 1	Item 7. Big Plate 	Qty 2	Item 8. Adjustable Tube 	Qty1	Item 9. Foot Plate 	Qty 1	Item 10. Adjustable Foam Frame 	Qty 1
Item 11 Wheel Fixed Board(L) 	Qty 1	Item 12. Wheel Fixed Board(R) 	Qty 1	Item 13. Guide Rod Fixed Plate 	Qty 1	Item 14. Lat Bar 	Qty 1	Item 15. Wheel 	Qty 9
Item 16. Wheel bracket 	Qty 2	Item 17. Plug(100) 	Qty 2	Item 18. Foam roller 	Qty 2	Item 19. Pad 	Qty 1	Item 20. Weight Plate (No.2-NO.27) 	Qty 26
Item 21. Top Weight Plate (No.1) 	Qty 1	Item 22. Weight Selector 	Qty 1	Item 23. Pin 	Qty 1	Item 24. Screw Rod 	Qty 4	Item 25. Rod (20CM) 	Qty 2
Item 26. Limit Ring 	Qty 8	Item 27. Metal Sleeve(16) 	Qty 4	Item 28. Plug (3") 	Qty 2	Item 29. Sleeve(2") 	Qty 2	Item 30. Nylon Shaft(70mm) 	Qty 1
Item 31. Safe knot 	Qty 3	Item 32. Chain 	Qty 1	Item 33. Rubber Bumper 	Qty 2	Item 34. Cable(3250mm) 	Qty 2	Item 35. Guide Rod 	Qty 2

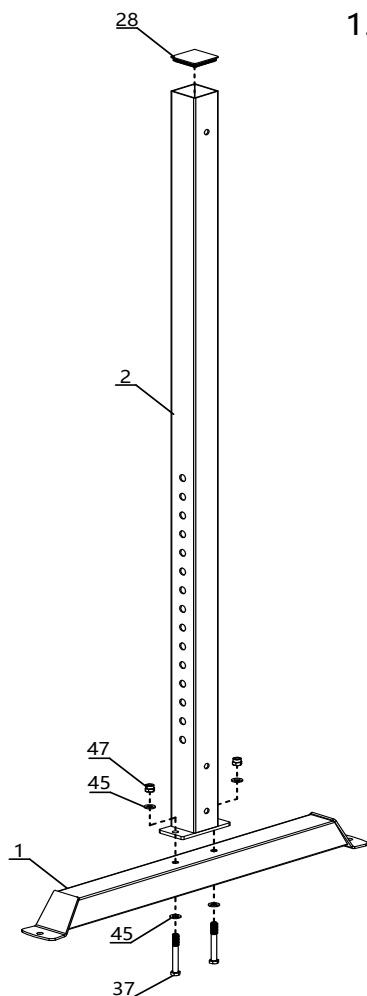
PARTS DIAGRAM / EXPLODED VIEW

Item	Description	Qty	Drawing
36	M12*105mm bolt	2	
37	M12*100mm bolt	9	
38	M10*95mm bolt	3	
39	M10*70mm bolt	8	
40	M10*45mm bolt	9	
41	M10*35mm bolt	2	
42	M10*25mm bolt	2	
43	M10*16mm bolt	6	
44	M6 screw	8	
Washers			
45	M12 washer	22	
46	M10 washer	44	
Nuts			
47	M12 Nylon locknut	11	
48	M10 Nylon locknut	18	
Knob			
49	M16 knob	2	
50	M10 Magnetic pin	1	

ASSEMBLY INSTRUCTIONS

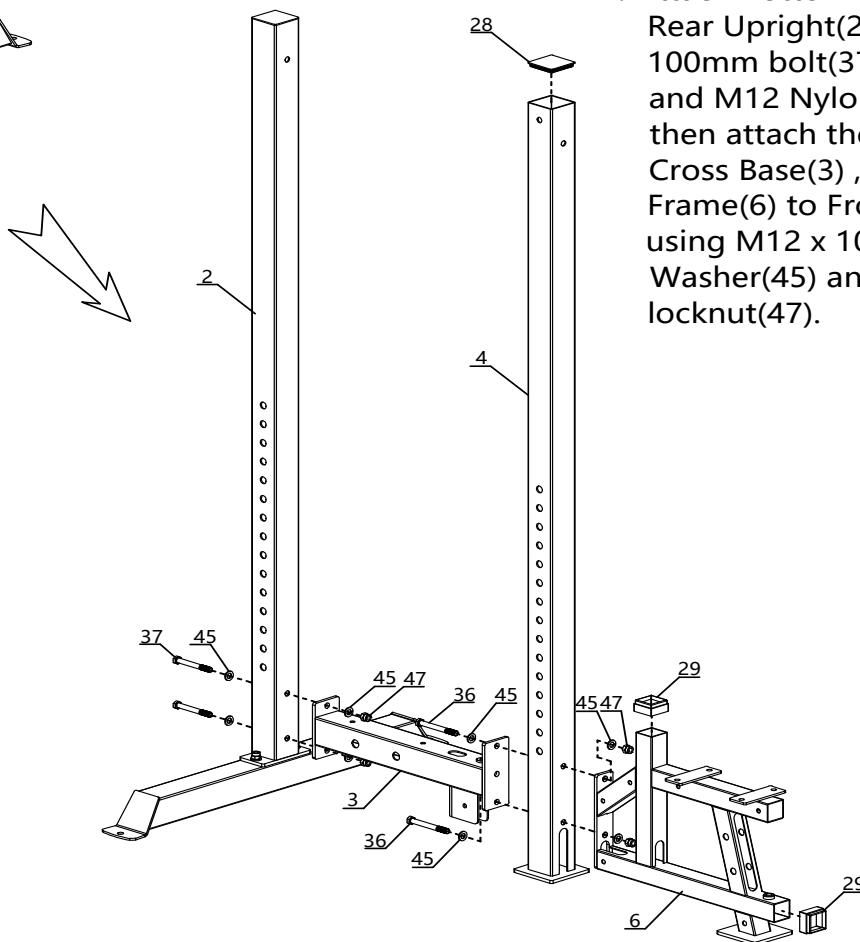
Step 1.

1. Attach Rear Upright(2) to Rear Base(1) using M12 x 100mm bolt(37) , M12 Washer(45) and M12 Nylon locknut(47).



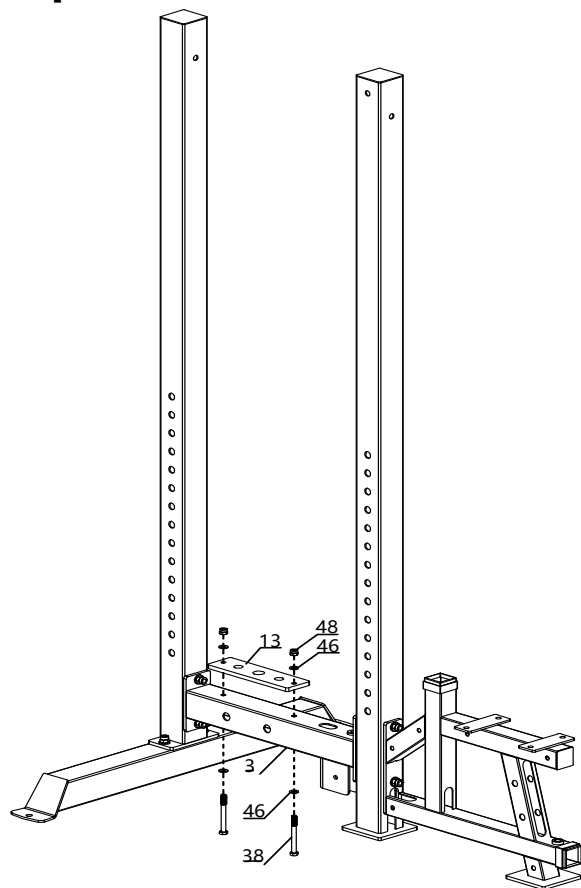
Step 2.

2. Attach Bottom Cross Base(3) to Rear Upright(2) using M12 x 100mm bolt(37) ,M12Washer(45) and M12 Nylon locknut(47) and then attach the other end of the Cross Base(3) , the Pad Support Frame(6) to Front Upright(4) using M12 x 105mm bolt(36),M12 Washer(45) and M12 Nylon locknut(47).



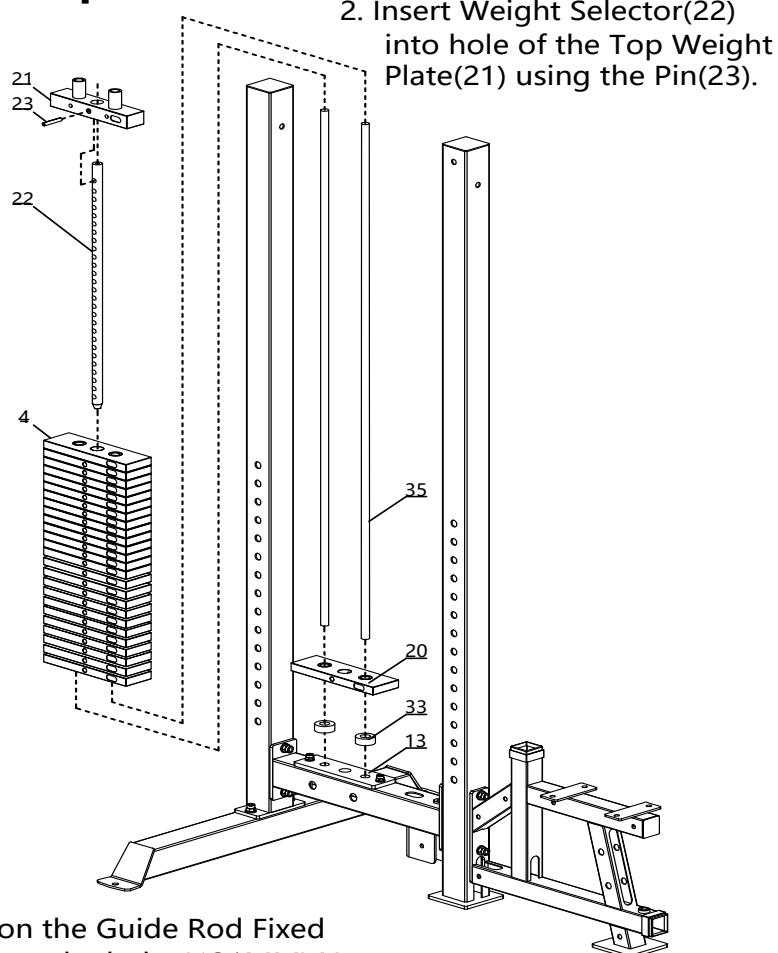
ASSEMBLY INSTRUCTIONS

Step 3.



1. Attach Guide Rod Fixed Plate(13) to Bottom Cross Base(3) using M10 x 95mm bolt(38) ,M10 Washer(46) and M10 Nylon locknut(48).

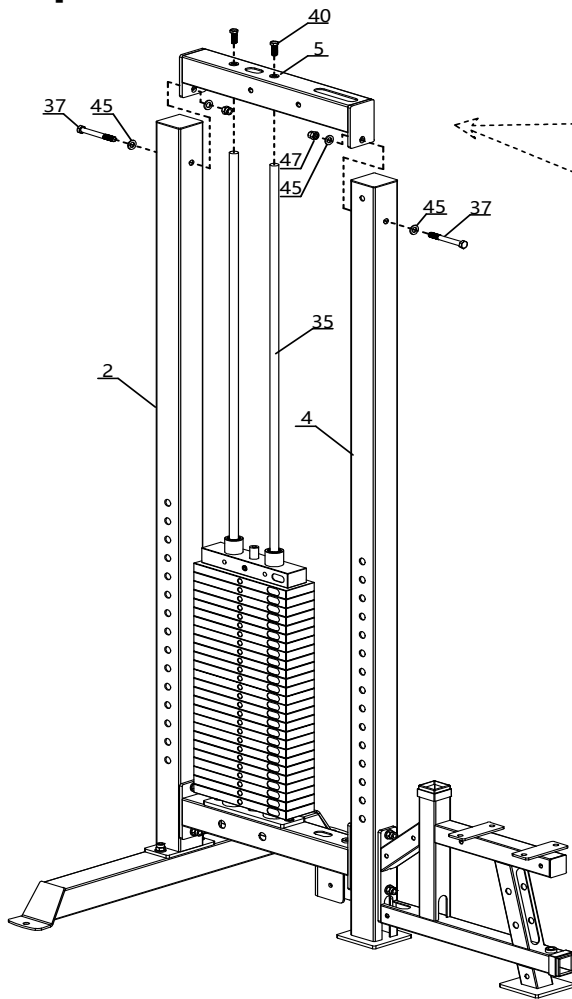
Step 4.



3. Put the Rubber Bumper (33), Weight(20)(No.27) on the Guide Rod Fixed Plate(13) and insert one end of Guide Rod(35) into the holes(ϕ 21MM).Next, slide the weight plates(20) down the Guide Rods (35) in this order -26pcs Weight Plates (20)(No.27-2) and the Top Weight Plate (21)(No.1).

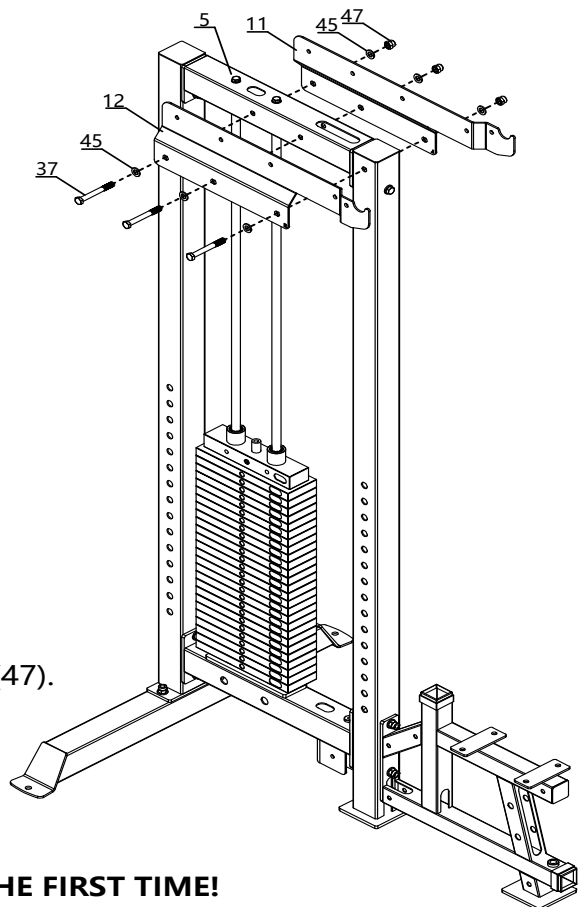
ASSEMBLY INSTRUCTIONS

Step 5.



1. Insert the other end of the Guide Rod(35) through the hole of Top Cross Beam(5)
2. Attach the Top Cross Beam(5) to the Rear Upright(2) and Front Upright(4) using M12 x 100mm bolt(37) ,M12 Washer(45) and M12 Nylon locknut(47).
3. Screw the Guide Rod(35) using M10*45 bolt(40).

Step 6.

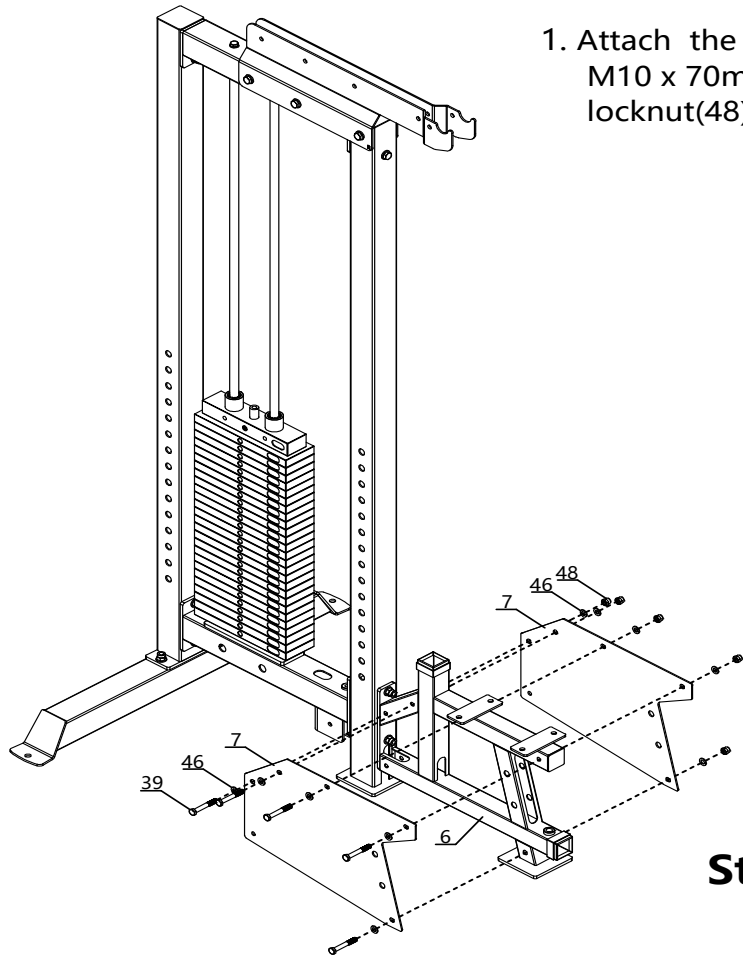


4. Attach the Wheel Fixed Board(11,12) to the Top Cross Beam(5) using M12 x 100mm bolt(37), M12 Washer(45) and M12 Nylon locknut(47).

THEN TIGHTEN ALL BOLTS AND LOCKNUTS FOR THE FIRST TIME!

ASSEMBLY INSTRUCTIONS

Step 7.

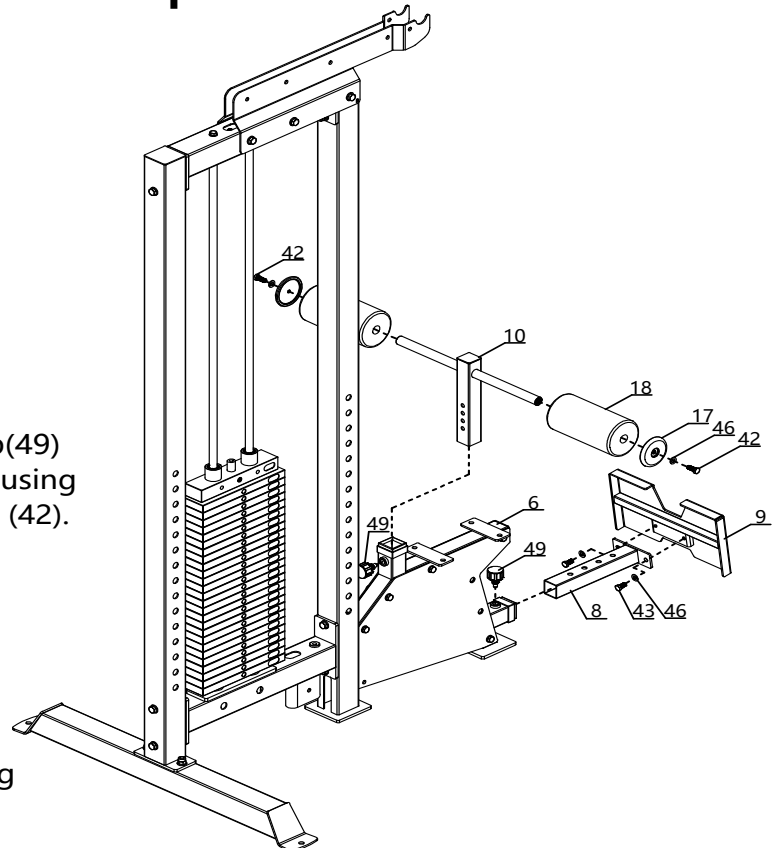


1. Attach the Big Plate(7) to Pad Support Frame(6) using M10 x 70mm bolt(39), M10 Washer(46) and M10 Nylon locknut(48).

Step 8.

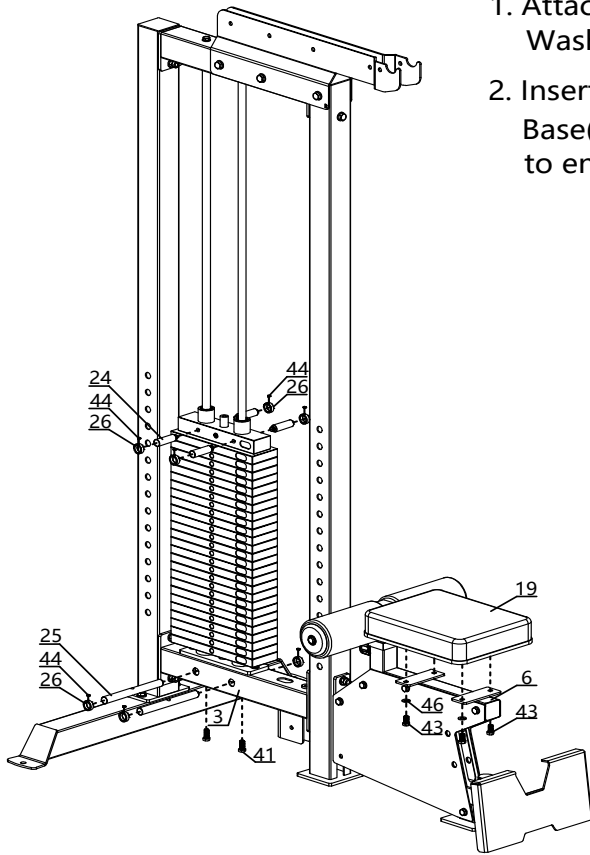
2. Insert the Adjustable Foam Frame(10) into the Pad Support Frame(6) using M16 Knob(49) then push the Foam roller(18) on the ends using End Cover(17), Washer(46) and M10*25 bolt (42).

3. Attach the Foot Plate(9) to Adjustable Tube(8) using M10 x 16mm bolt(43) and M10 Washer(46) then insert the Adjustable Tube(8) into the Pad Support Frame(6) using M16 Knob(49).



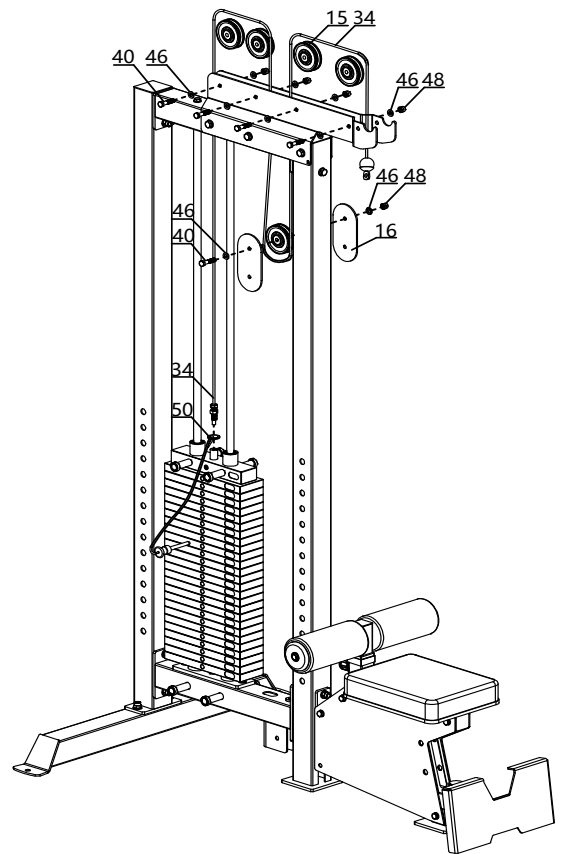
ASSEMBLY INSTRUCTIONS

Step 9.

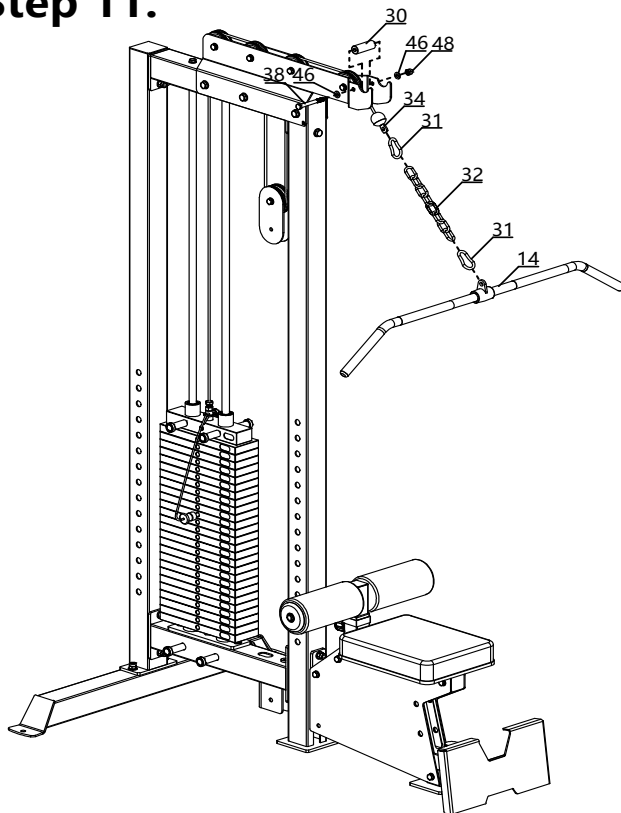


1. Attach the Pad(19) to the Pad Support Frame(6) using M10 Washer(46), M10 x 16mm bolt(43).
2. Insert the Rod (21CM)(25) through hole of the Bottom Cross Base(3) using M10 x 35mm bolt(41) then attach Limit Ring(26) to ends of the Rod (21CM)(25) using M6 Screw(44).

Step 10.

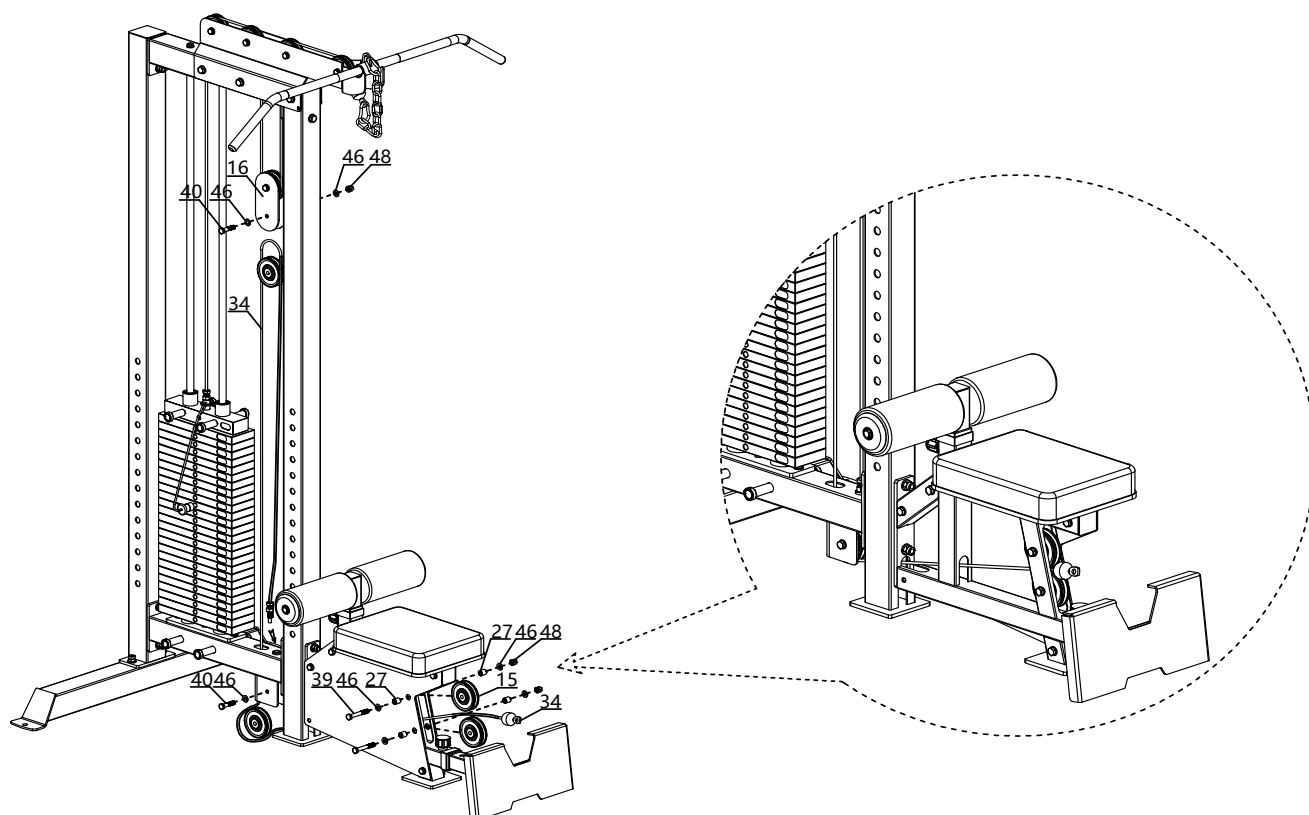


Step 11.

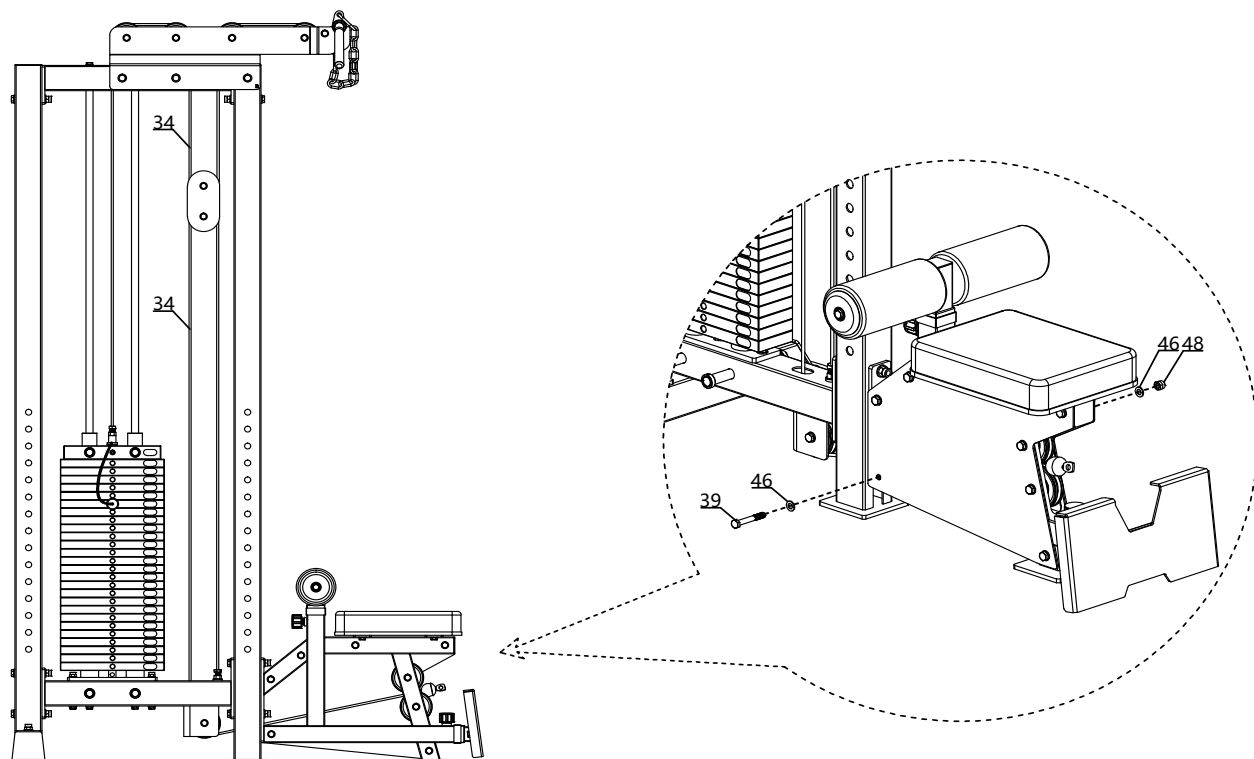


ASSEMBLY INSTRUCTIONS

Step 12.



Step 13.



THEN TIGHTEN ALL BOLTS AND LOCKNUTS FOR THE SECOND TIME!