



HUDSON STEEL

H-LATM

LAT MACHINE

Owner's Manual

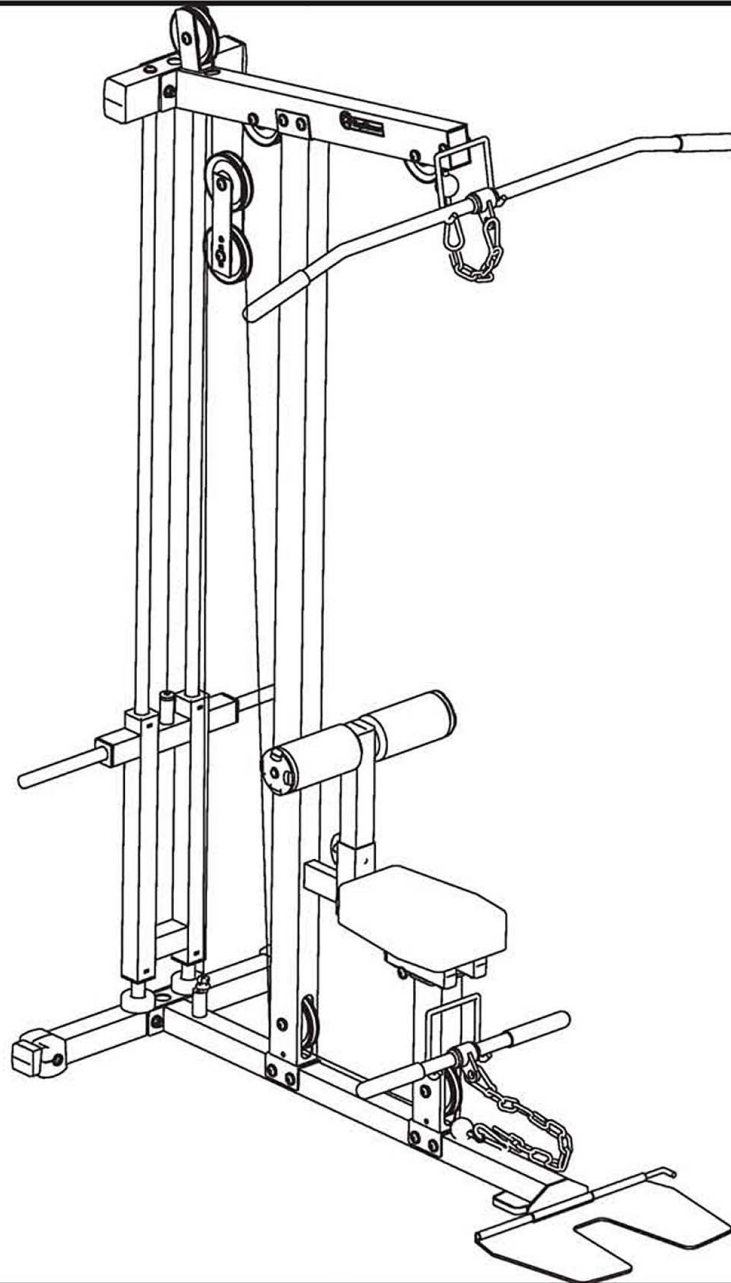




Table of Contents

Before You Start	3
Important Safety Information	4
Assembly	5-9
Parts List	10
Exploded View	11



Important Safety Information



This manual will guide you through the assembly process.



NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

SAFETY INFORMATION WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems.

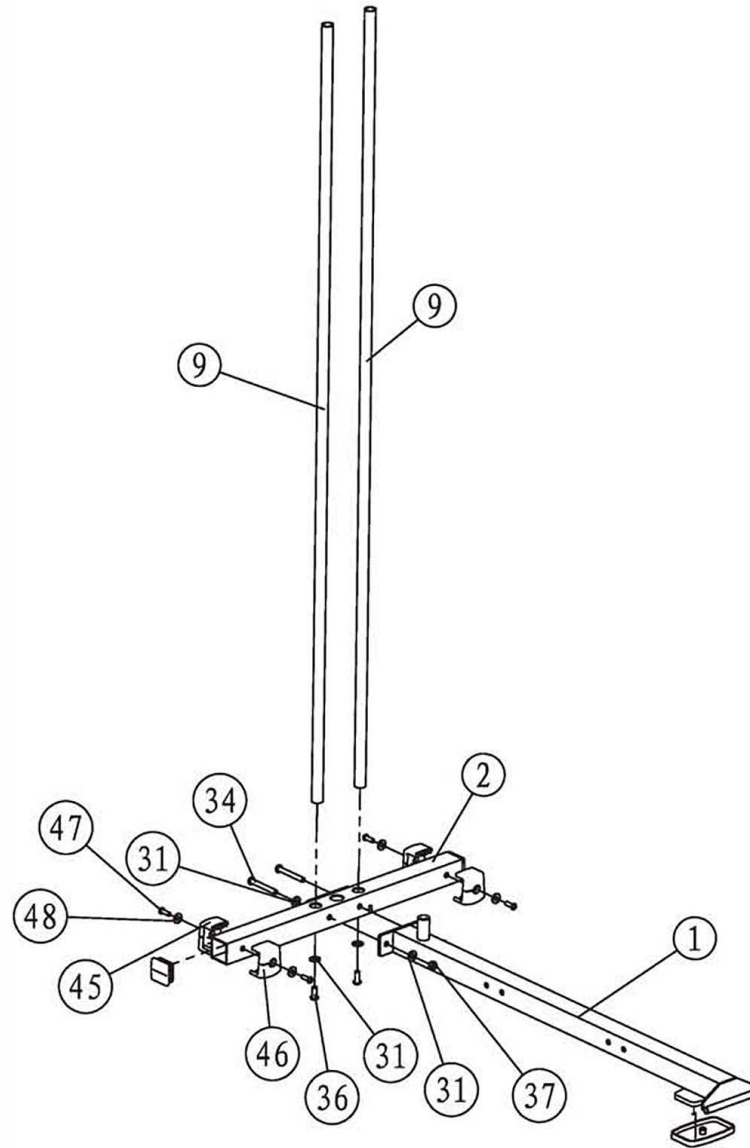
It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative.

Assembly

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 1

Connect Left and Right Foot Caps (45 and 46) to the Rear Base (12) using:

- 2 x (47) Screw
- 2 x (48) Washer

Connect Main Base (1) to Rear Base (2) using:

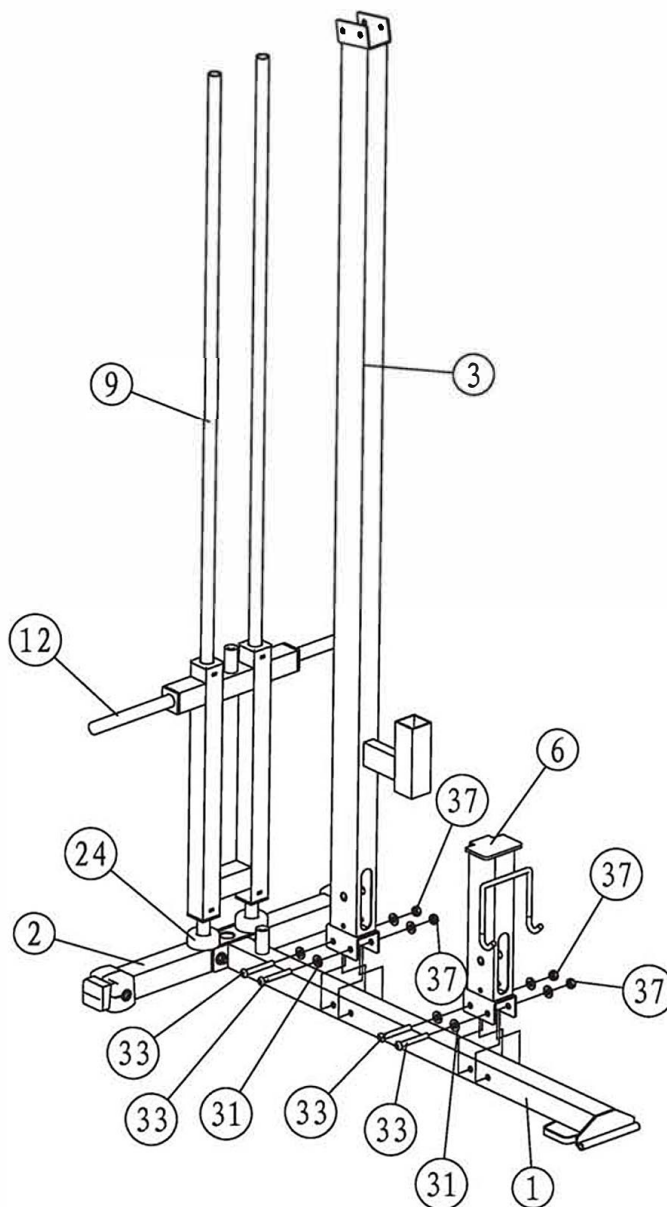
- 2 x (34) Bolt
- 4 x (31) Washer
- 2 x (37) Nylon Lock Nut

Slide Guide Rods (9) down into Rear Base (2) and secure using:

- 2 x (36) Bolt
- 2 x (31) Washer

Assembly

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STEP 2

Slide Weight Stack Bumpers (24) and Weight Holder Slide (12) onto guide rods as shown.

Connect Upright (3) to Main Base (1) using:

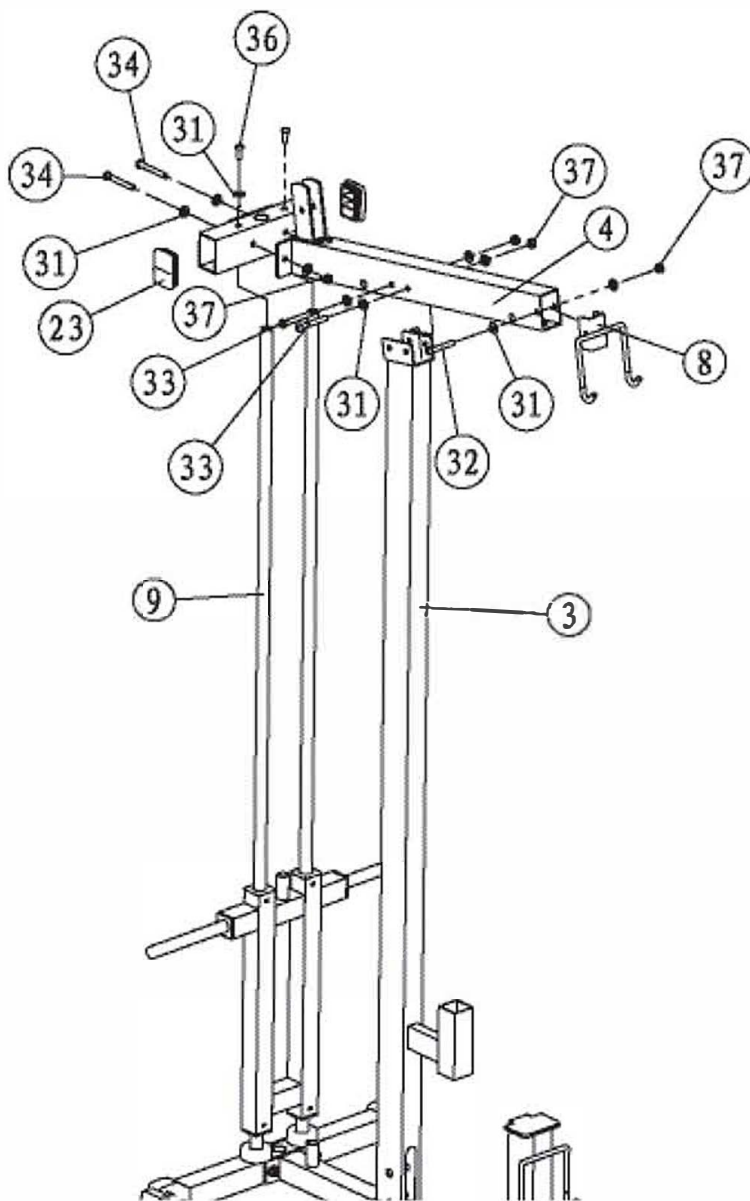
2 x (33) Bolt 4 x (31) Washer
2 x (37) Nylon Lock Nut

Attach Seat Support (6) to Main Base (1) using:

2 x (33) Bolt 4 x (31) Washer
2 x (37) Nylon Lock Nut

Assembly

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STEP 3

Slide Top Cross Frame (5) on top of Guide Rods and secure using:

2 x (36) Bolt 2 x (31) Washer

Attach Top Frame (4) to Upright (3) and Top Cross Frame (5) using:

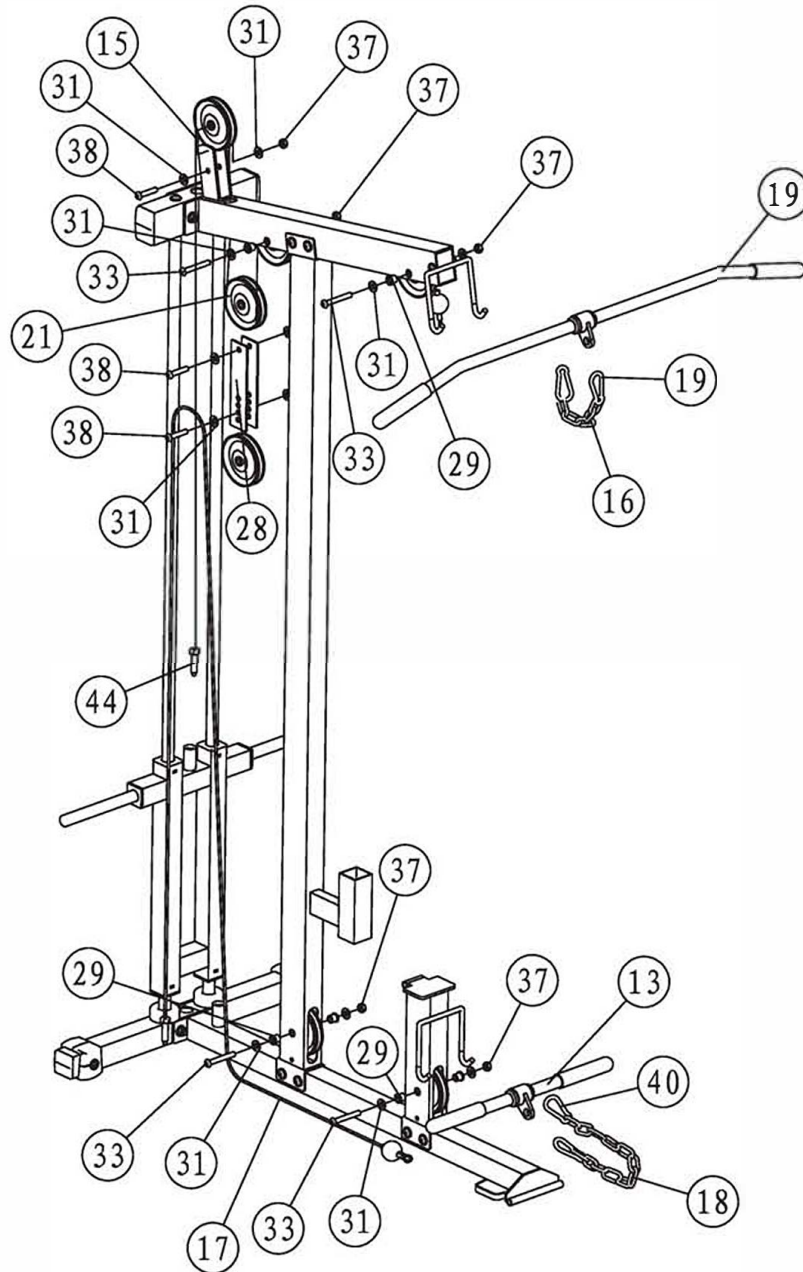
2 x (33) Bolt 2 x (34) Bolt
8 x (31) Washer 4 x (37) Nylon Lock Nut

Attach Bar Holder (8) to Top Frame (4) using:

1 x (32) Bolt 2 x (31) Washer
1 x (37) Nylon Lock Nut

Assembly

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 4

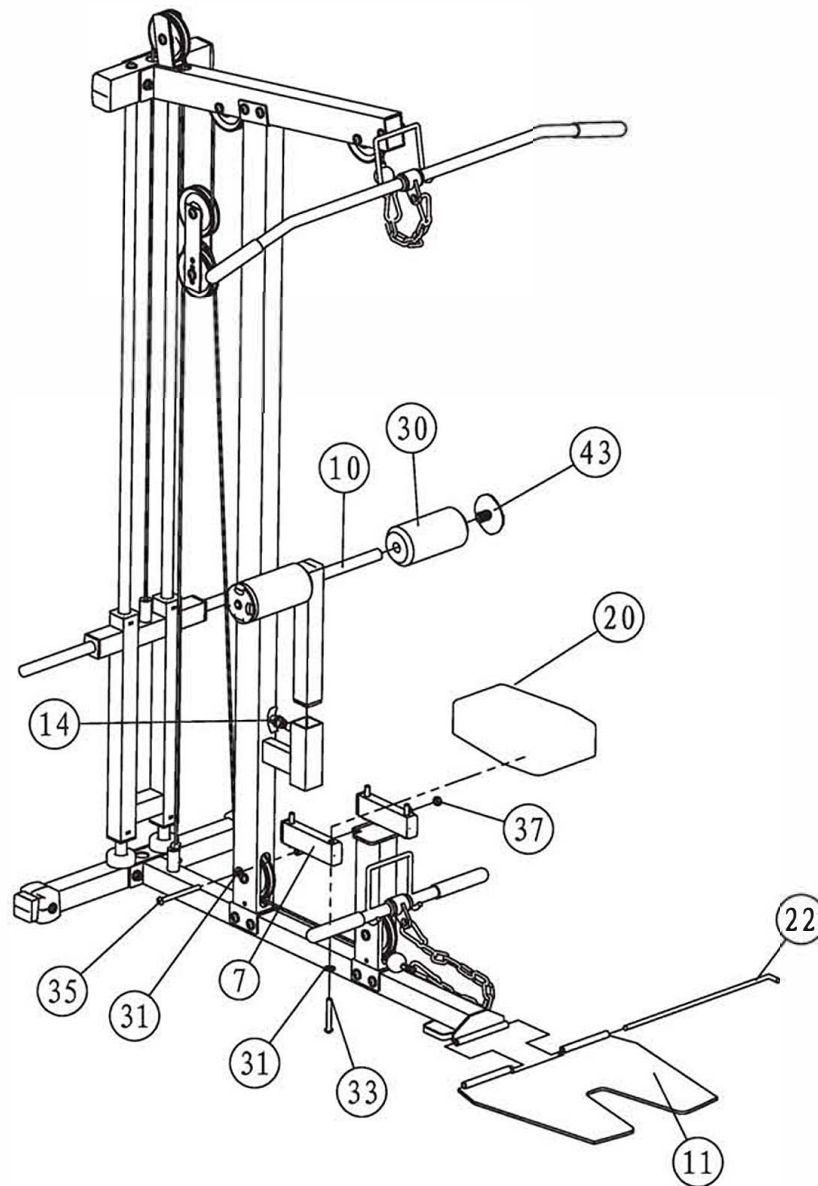
Complete Cable (15,17) assembly using:

- | | |
|-------------------------|------------------------|
| 7 x (21) Pulley | 4 x (33) Bolt |
| 14 x (31) Washer | 8 x (29) Pulley Spacer |
| 7 x (37) Nylon Lock Nut | 3 x (38) Bolt |
| 2 x (28) Pulley Plate | |

Attach Long Bar (19) and Short Bar (13) as shown.

Assembly

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 5

Complete leg hold down assembly using:

- | | |
|---------------------------|------------------|
| 1 x (10) Roller Pad Frame | 2 x (30) Foam |
| 2 x (43) Big Plug | 1 x (14) Pop Pin |

Note: If needed, it is recommended that a rubber mallet be used to secure Big Plug (43).

Complete Seat Pad (20) assembly using:

- | | |
|-----------------------|---------------|
| 2 x (7) Seat Pad Tube | 1 x (35) Bolt |
| 5 x (31) Washer | 4 x (33) Bolt |

Slide L Pin (22) through holes in Foot Plate (11) and Main Base (1).

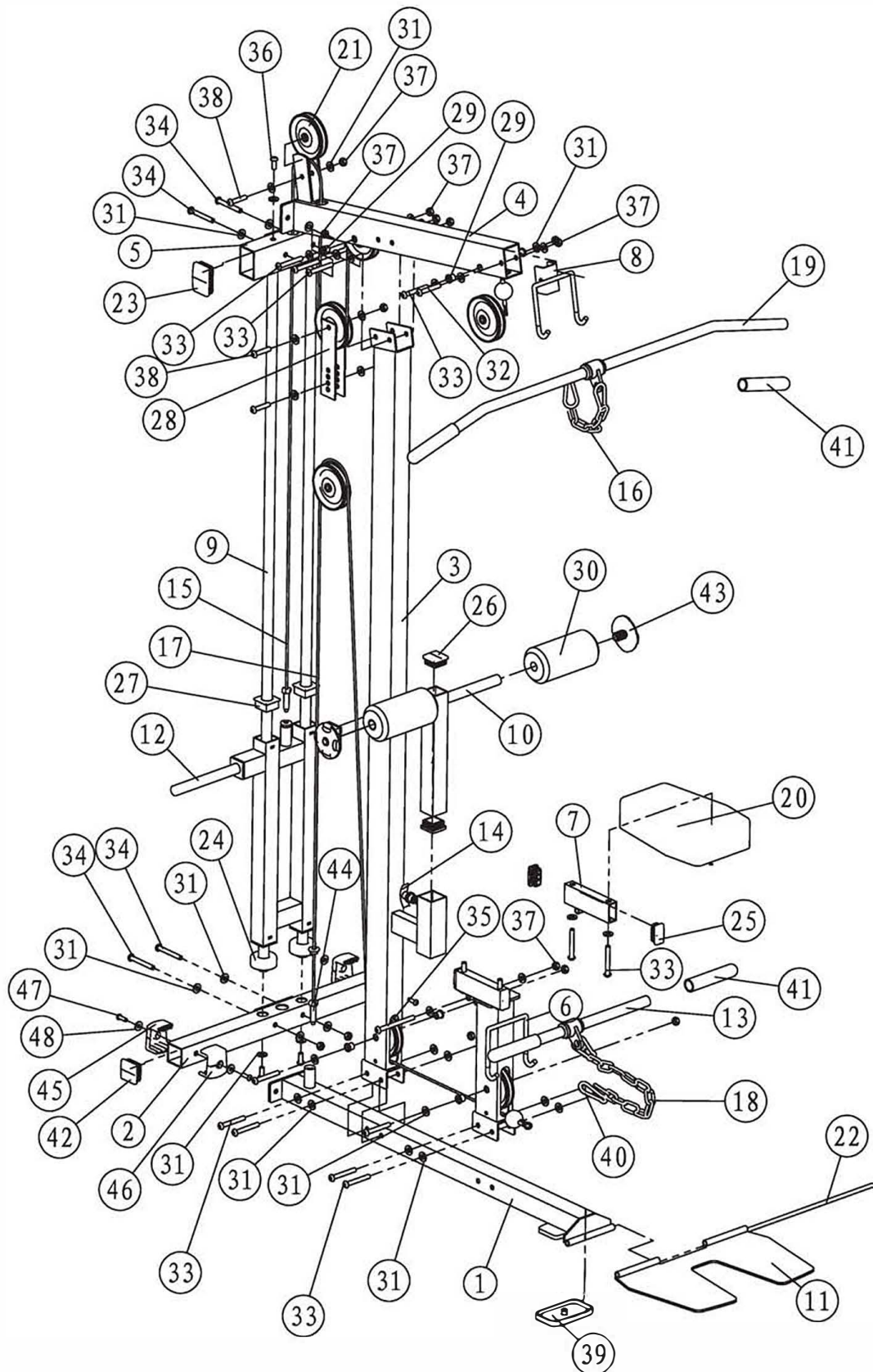


Parts List

KF-LATM Parts List Rev A

Ref #	Part #	Description	Qty
1	223-00979	MAIN BASE, H-LATM	1
2	223-00980	REAR BASE, H-LATM	1
3	223-00981	UPRIGHT, H-LATM	1
4	223-00982	TOP FRAME, H-LATM	1
5	223-00983	FRAME, TOP CROSS H-LATM	1
6	219-00588	SUPPORT, SEAT H-LATM	1
7	219-00589	SEAT PAD TUBE, H-LATM	2
8	219-00249	LAT BAR HOOK H GYM	1
9	223-00689	GUIDE ROD, H-LATM	2
10	223-00984	FRAME, ROLLER PAD H-LATM	1
11	223-00690	FOOT PLATE, H-LATM	1
12	223-00055	SLIDE WEIGHT SUPPORT	1
13	223-00099	SHORT BAR	1
14	210-00021	POP PIN	1
15	229-00015	HIGH PULLEY CABLE H-LATM P15	1
16	229-00037	SHORT CHAIN	1
17	229-00016	LOW PULLEY CABLE H-LATM P17	1
18	229-00038	LONG CHAIN 12	1
19	223-00092	LAT BAR KPS-GYM, 223-00574	1
20	228-00225	PAD, SEAT H-LATM	1
21	223-00228	BIG PULLEY 4.5"	7
22	210-00013	"L" PIN H-LATM	1
23	206-00001	PLUG 50.8*76.2	2
24	206-00026	WEIGHT BUMPER	2
25	206-00008	PLUG 25*50	4
26	206-00020	PLUG 44.5	2
27	206-00188	PLASTIC SLEEVE, 44.5X25	4
28	219-00011	PULLEY PLATE, H-LATM	2
29	202-00036	PULLEY SPACER	8
30	206-00395	FOAM PADDING, 100X22X180 H-SERIES	2
31	202-00093	WASHER, 10	46
32	202-00665	SCREW, BUTTON HEAD SOCKET CAP M10X65	1
33	202-00647	BUTTON HEAD SOCKET CAP SCREW M10X75	14
34	202-00634	SCREW, M10X80 BUTTON HEAD SOCKET CAP	4
35	202-00692	SCREW, BUTTON HD SOCKET CAP, M10X115	1
36	202-00662	SCREW, BUTTON HEAD SOCKET CAP M10X25	4
37	202-00091	NYLON NUT, M10	19
38	202-00664	SCREW, BUTTON HEAD SOCKET CAP M10X50	3
39	206-00468	BASE PAD, H-LATM	1
40	210-00008	GEAR HOOK, H, 210-00008	4
41	206-00103	LAT BAR GRIP - H	4
42	206-00274	END CAP, 50.8	2
43	206-00390	PLUG, ROLLER PAD TUBE CAP, H-SERIES	2
44	202-00048	JAM NUT 1/2"	2
44	202-00048	JAM NUT 1/2"	2
45	206-00469	SLEEVE, EZ GLIDE 1 50.8 H-LATM	2
46	206-00470	SLEEVE, EZ GLIDE 2 50.8 H-LATM	2
47	202-00659	SCREW, BUTTON HEAD SOCKET CAP M8X25	4
48	202-00094	WASHER 8, 9*28*2	4
49	202-00216	ALLEN WRENCH S6	1
50	202-00217	Allen Wrench S4	1

Exploded View





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