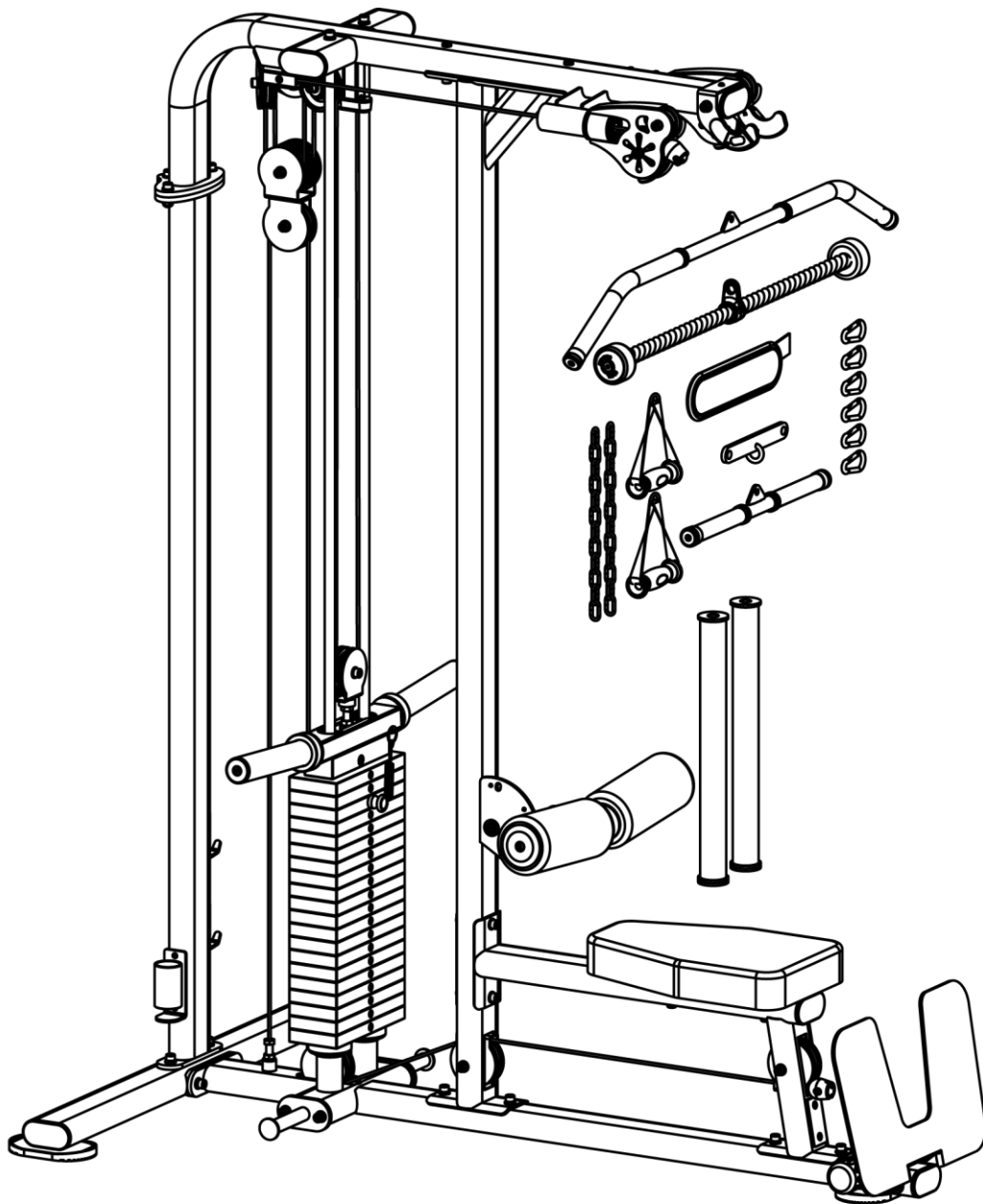
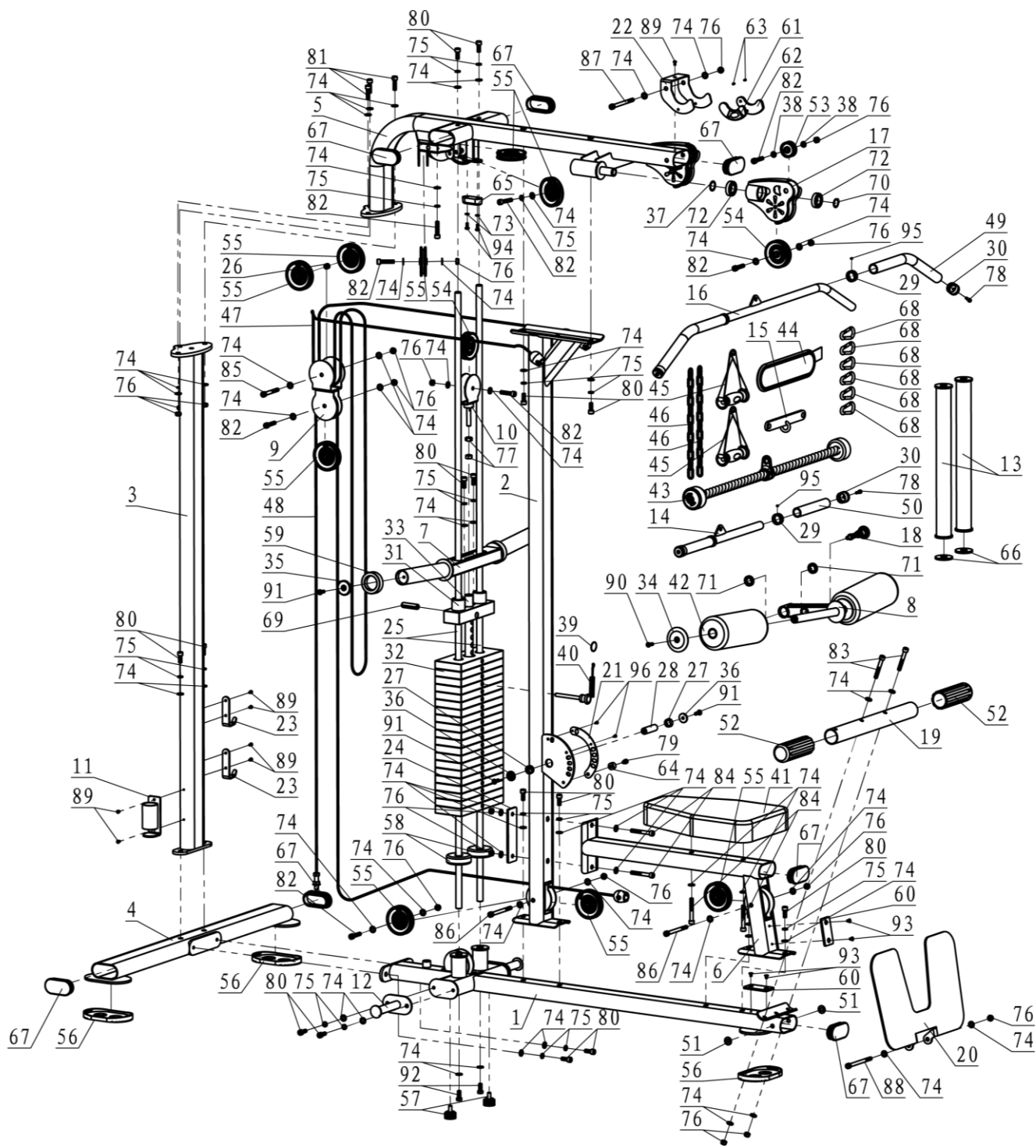


OWNER'S MANUAL

DEFINITION LAT PULL/ROW



EXPLODED VIEW



PARTS LIST

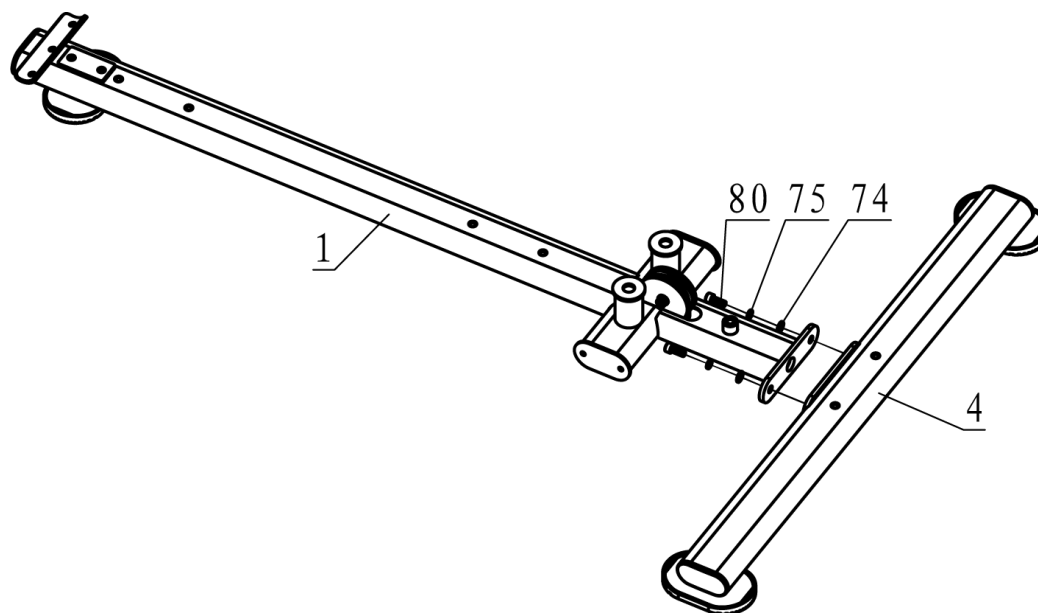
Item No.	Description	Specification	Qty
1	Front Base Tube		1
2	Front Upright Frame		1
3	Back Upright Frame		1
4	Bottom Base Tube		1
5	Upper Support Frame		1
6	Seat Cushion Tube		1
7	Barbell Stand		1
8	Foam Roller		1
9	Pulley Bracket		1
10	Pulley Frame		1
11	Side Storage Rack		1
12	Bands peg		2
13	Long Support Frame		2
14	Handle Frame		1
15	Lat Pull down Frame		1
16	Handle Bracket		1
17	Rotating Pulley Frame		2
18	Pin		1
19	Pedal Tube	Φ50*2.5*480	1
20	Pedal Plate	492.6*342.5*52*5	1
21	Adjustment Guard	173.5*75.2*2	1
22	Handle Hanger	127.3*107*104*3	1
23	Hook	25*99*59*4	2
24	50178 Fixing Board with two holes	178*50*5	1
25	Guide-rod	Φ19*2055*M10	2
26	Pulley Sleeve	Φ16*Φ10.5*10.5	1
27	Conical Sleeve	Φ26.4*Φ20.2*10.5	2
28	Foam Shaft	Φ20*67*M8	1
29	Φ25 Handle Ring	Φ34.5*14*M6	4
30	Φ25 Circle Terminal	Φ34.5*Φ6.5*25	4
31	8LBS Top Plate	210*60*75	1
32	10LBS Weight Stack	252*101.6*25.4	20
33	20+1 Selector Shaft	Φ25.4*595	1
34	FOAM Cover	Φ80*Φ17*Φ10.2*6	2
35	Φ47.5 Shaft Cap	Φ47.5*Φ8.5*10	2
36	Φ30 Shaft Cap	Φ30*Φ8.2*6	2

37	Bearing Washer	Φ32*Φ25.5*1	2
38	Powder metallurgy sleeve	Φ18*Φ14*Φ10*6	4
39	Small Ring	Φ1.5*31	1
40	Magnetic Pin	Φ10*100	1
41	Seat Cushion	450*280*70	1
42	Leg Curl Foam Roller	Φ110*Φ26*250	2
43	Rope	Φ28.5*915	1
44	Ankle-cap	340*90*10	1
45	Handle	Φ44*132*182	2
46	12 Link	Φ5*21*370	2
47	Upper Cable	Φ5*5655	1
48	Lower Cable	Φ5*4500	1
49	Upper Handle foam	Φ24*3*394(HDR)	2
50	175 Handle foam	Φ24*3*175(HDR)	2
51	Nylon Washer	Φ25*Φ11*3	2
52	Φ50 Rubber Sleeve	Φ50*Φ61*153	2
53	Φ50 Pulley	Φ50*24	2
54	Φ89 Pulley	Φ89*26.20	3
55	Φ95 Pulley	Φ95*24	12
56	Base Rubber	169*109*16	3
57	Adujustment footing	Φ36*M10*20	2
58	Bumper	Φ80*25	2
59	Barbell Buffer pad	Φ70*Φ47.5*20	2
60	Barbell Guard Plate	90*48*5	2
61	Left Shim	95*10	1
62	Right Shim	95*10	1
63	Plastic nail	Φ6*9.5	2
64	Plastic Sleeve	Φ21*Φ13*13	1
65	Limit Washer	30*70*20	1
66	Buffer pad	Φ56*Φ20.5*5	2
67	Stopper	PT50*100*3	7
68	Safety Hook	Φ8*80	6
69	Pin	Φ16*60	1
70	External Circlip	Φ25	2
71	Bearing	61804ZZ	2
72	Bearing	6005ZZ	4
73	Flat Washer	Φ6.6*Φ12*1.6	2
74	Flat Washer	Φ11*Φ20*2	64
75	Spring Washer	Φ10	22
76	Nut	M10	21

77	Flat Nut	1/2"-13UNC	2
78	Hex Socket-head Bolt	M6*20	4
79	Hex Socket-head Bolt	M8*10	1
80	Hex Socket-head Bolt	M10*25	18
81	Hex Socket-head Bolt	M10*35	3
82	Hex Socket-head Bolt	M10*45	13
83	Hex Socket-head Bolt	M10*70	2
84	Hex Socket-head Bolt	M10*75	4
85	Hex Socket-head Bolt	M10*80	1
86	Hex Socket-head Bolt	M10*115	2
87	Hex Socket-head Bolt	M10*120	1
88	Hex Socket-head Bolt	M10*130	1
89	Hex Bolt	M5*10	7
90	Hex Bolt	M8*25	2
91	Hex Counter-sunk Screw	M8*25	4
92	Hex Screw	M10*25	2
93	Hex Counter-sunk Screw	M6*10	4
94	Phillips Screw	M6*15	2
95	Hex Flat-head Screw	M6*4	4
96	Core-pulling Rivet	Φ4*8	2

ASSEMBLY STEPS

Step 1.



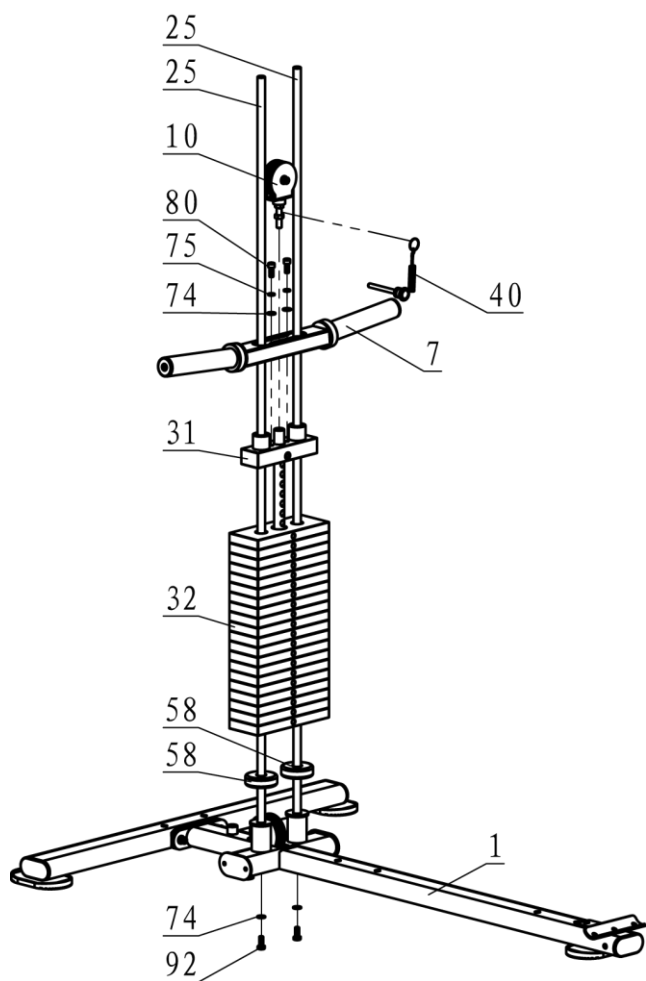
NO.	NAME	SPECIFICATION	QUANTITY
1	Front Base Tube		1
4	Bottom Base Tube		1
74	Flat Washer	$\Phi 11 * \Phi 20 * 2$	2
75	Spring Washer	$\Phi 10$	2
80	Hex Socket-head Bolt	M10*251	2

Attach #1 to #4 using:

- #74
- #75
- #80

Then tighten all the bolts;

Step 2.



Attach #25 to #1 using:

- #74
- #92

Then tighten all the bolts;

Install #58, #32, #31, #7 on #25 one by one.

Attach #7 to #31 using:

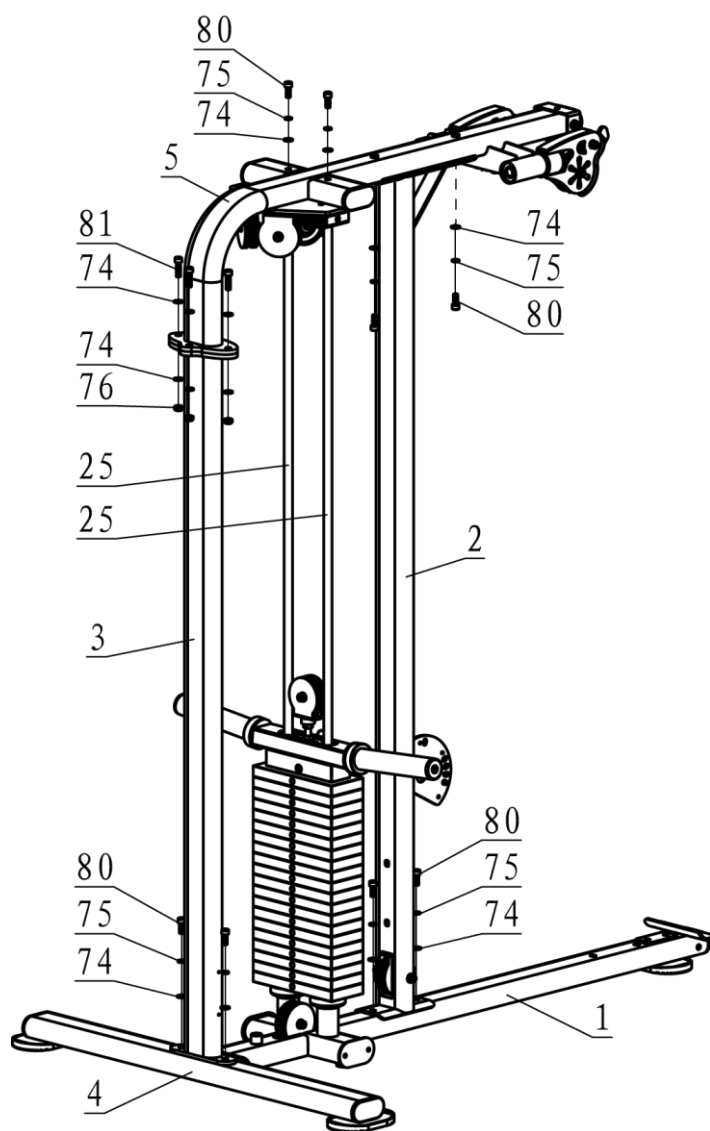
- #74
- #75
- #80

Then tighten all the bolts;

Install #40 on #10, then screw #10 onto selector shaft on (31).

NO.	NAME	SPECIFICATION	QUANTITY
1	Front Base Tube		1
7	Barbell Stand		1
10	Pulley Frame		1
25	Guide-rod	Φ19*2055*M10	2
31	8LBS Top Plate	210*60*75	1
32	10LBS Weight Stack	252*101.6*25.4	20
40	Magnetic Pin	Φ10*100	1
58	Bumper	Φ80*25	2
74	Flat Washer	Φ11*Φ20*2	4
75	Spring Washer	M10	2
80	Hex Socket-head Bolt	M10*25	2
92	Hex Screw	M10*25	2

Step 3.



Attach #1, #2, #3 to #4 using:

- #74
- #75
- #80

Then tighten all the bolts;

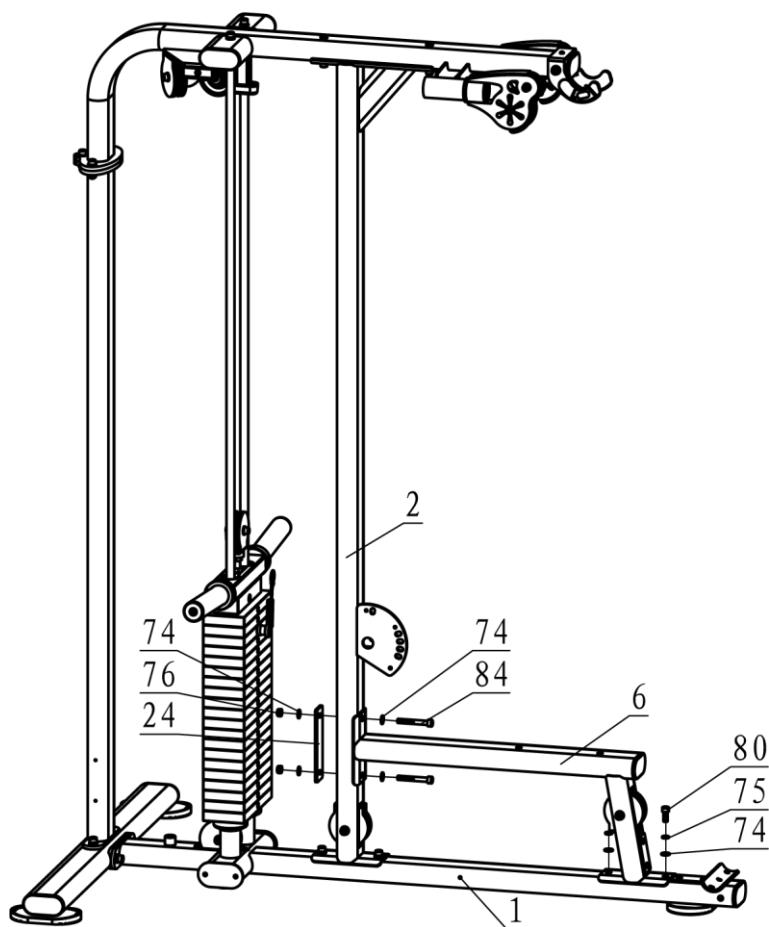
Attach #25, #2, #3 to #5 using:

- #74
- #75
- #76
- #80
- #81 **M12*40**

Then tighten all the bolts;

NO.	NAME	SPECIFICATION	QUANTITY
1	Front Base Tube		1
2	Front Upright Frame		1
3	Back Upright Frame		1
4	Bottom Base Tube		1
5	Upper Support Frame		1
25	Guide-rod	Φ19*2055*M10	2
74	Flat Washer	Φ11*Φ20*2	14
75	Spring Washer	Φ10	8
76	Nut	M10	3
80	Hex Socket-head Bolt	M10*25	8
81	Hex Socket-head Bolt	M12*40	3

Step 4.



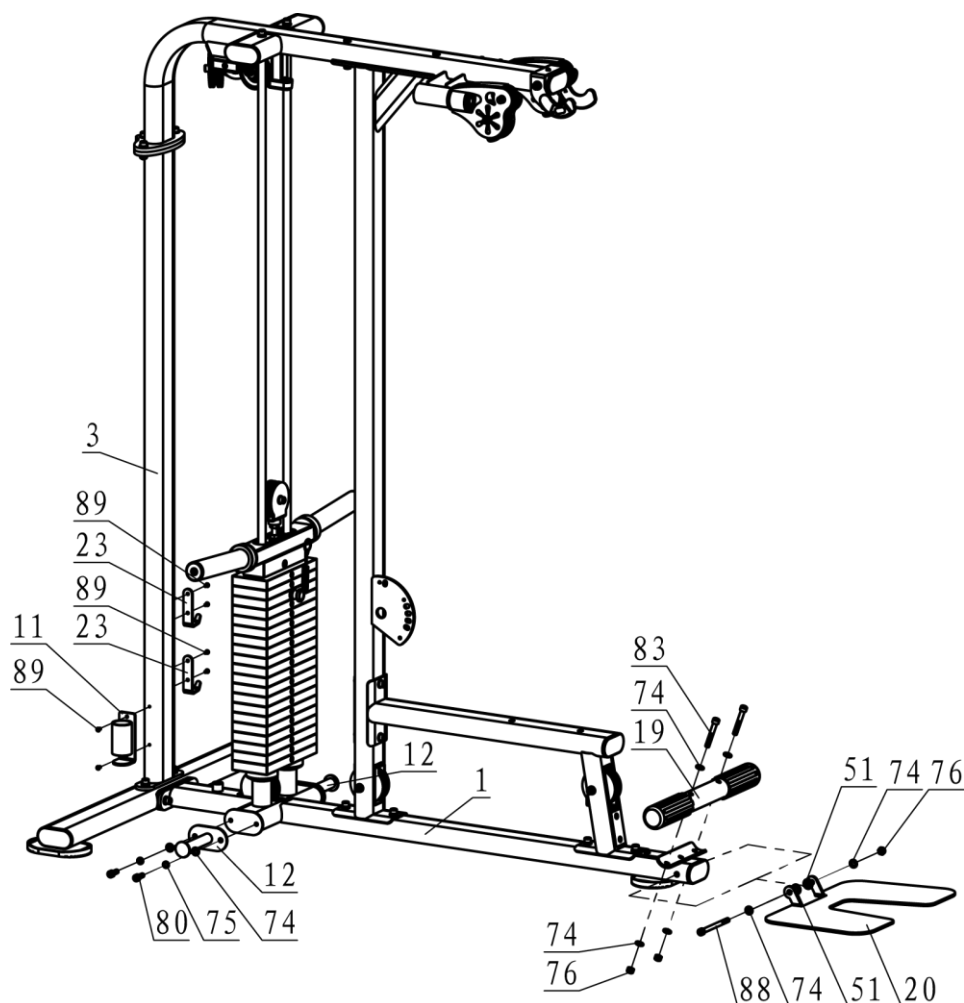
NO.	NAME	SPECIFICATION	QUANTITY
1	Front Base Tube		1
2	Front Upright Frame		1
6	Seat Cushion Tube		1
24	50178 Fixing Board with two holes	178*50*5	1
74	Flat Washer	Φ11*Φ20*2	6
75	Spring Washer	Φ10	2
76	Nut	M10	2
80	Hex Socket-head Bolt	M10*25	2
84	Hex Socket-head Bolt	M10*75	2

Attach #2, #6, #24 to #1 using:

- #74
- #75
- #76
- #80
- #84

Then tighten all the bolts;

Step 5.



Attach #12 to #1 using:

- #74
- #75
- #80

Then tighten all the bolts;

Attach #19 to #1 using:

- #74
- #76
- #83

Then tighten all the bolts;

Attach #20 to #1 using:

- #51
- #74
- #76

Then tighten all the bolts;

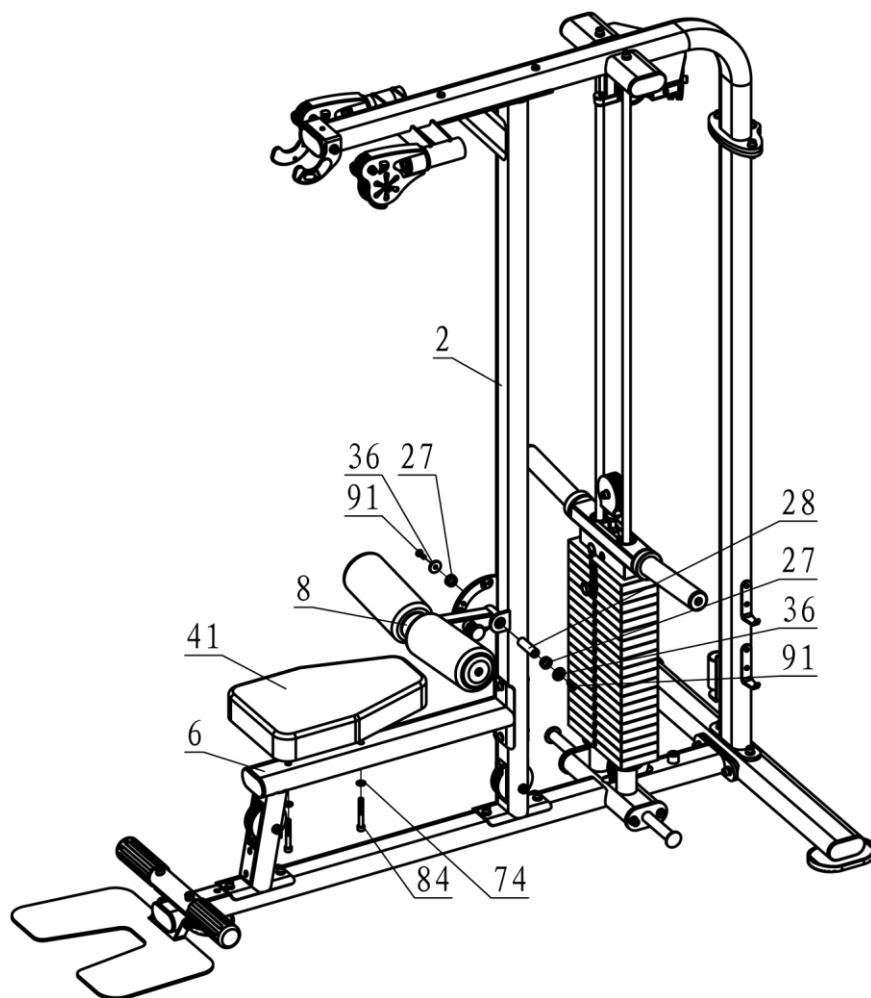
Attach #11 and #23 to #3 using:

- #89

Then tighten all the bolts;

NO.	NAME	SPECIFICATION	QUANTITY
1	Front Base Tube		1
3	Back Upright Frame		1
11	Side Storage Rack		1
12	Bands peg		2
19	Pedal Tube	Φ50*2.5*480	1
20	Pedal Plate	492.6*342.5*52*5	1
23	Hook	25*99*59*4	2
51	Nylon Washer	Φ25*Φ11*3	2
74	Flat Washer	Φ11*Φ20*2	10
75	Spring Washer	Φ10	4
76	Nut	M10	3
80	Hex Socket-head Bolt	M10*25	4
83	Hex Socket-head Bolt	M10*70	2
88	Hex Socket-head Bolt	M10*130	1
89	Hex Bolt	M5*10	6

Step 6.



Attach #8 to #2 using:

- #27
- #28
- #36
- #91

Make sure #27 with narrow edge facing inward, Then tighten all the bolts;

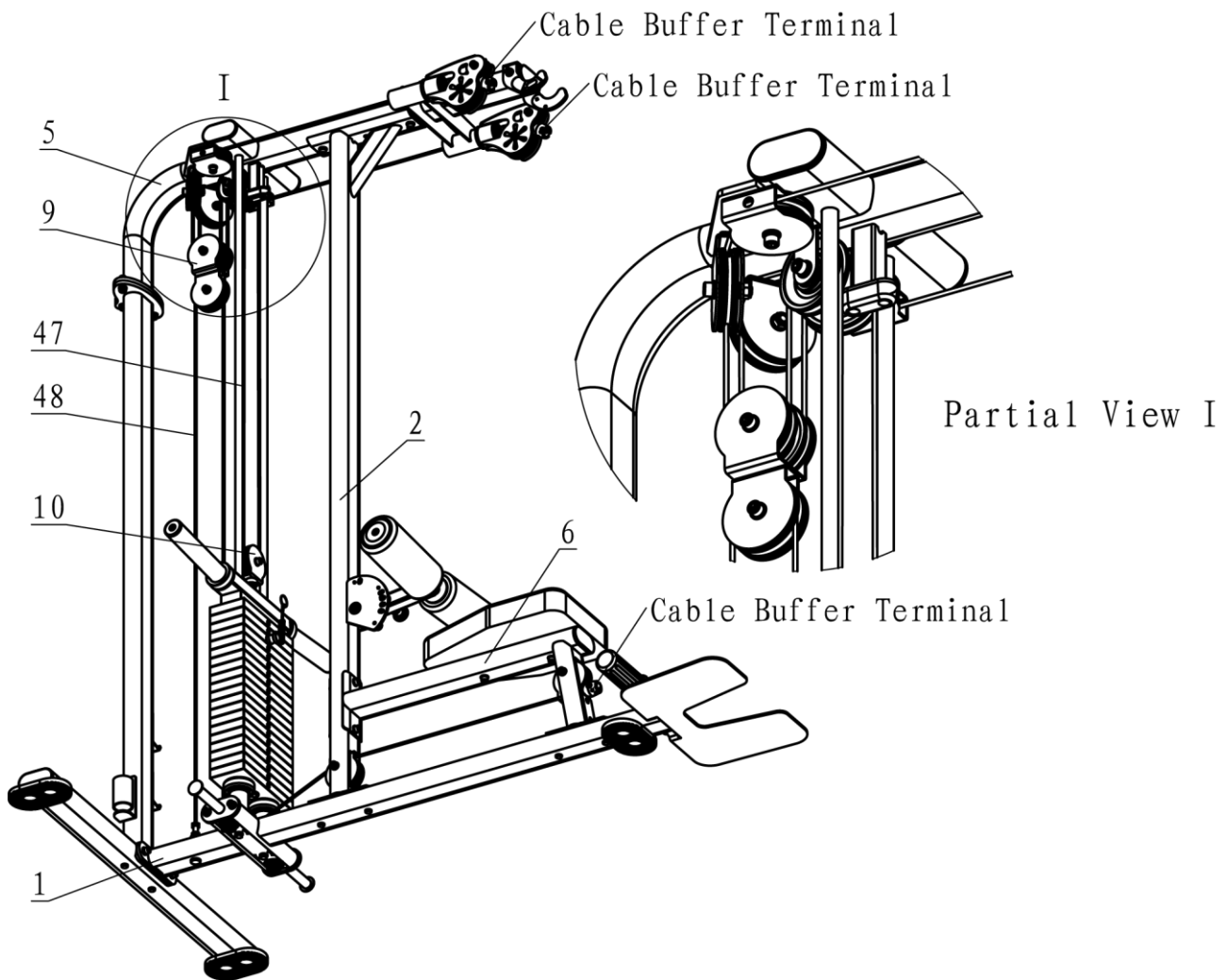
Attach #41 to #6 using:

- #74
- #84

Then tighten all the bolts;

NO.	NAME	SPECIFICATION	QUANTITY
2	Front Upright Frame		1
6	Seat Cushion Tube		1
8	Foam Roller		1
27	Conical Sleeve	Φ26.4*Φ20.2*10.5	2
28	Foam Shaft	Φ20*67*M8	1
36	Φ30 Shaft Cap	Φ30*Φ8.2*6	2
74	Flat Washer	Φ11*Φ20*2	2
84	Hex Socket-head Bolt	M10*75	2
91	Hex Bolt	M8*25	2

Step 7.

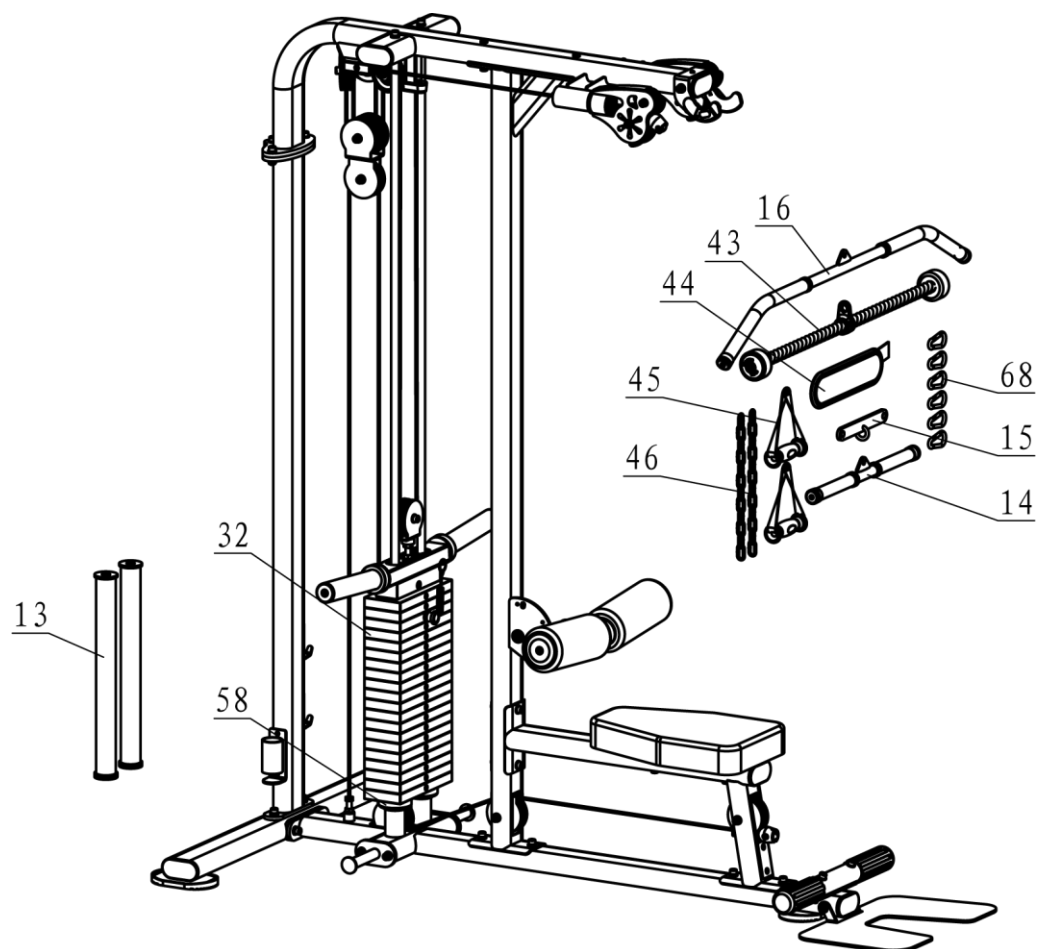


NO.	NAME	SPECIFICATION	QUANTITY
1	Front Base Tube		1
2	Front Upright Frame		1
5	Upper Support Frame		1
6	Seat Cushion Tube		1
9	Pulley Bracket		1
10	Pulley Frame		1
47	Upper Cable	Φ5*5655	1
48	Lower Cable	Φ5*4500	1

Remove the cable buffer terminal from one end of #47, and then connect #5, #9 and #10 as shown in the diagram, and finally reinstall the cable buffer terminal back to #47.

Remove the cable buffer terminal from one end of #48, and then connect #1, #2, #6 and #9 as shown in the diagram, Screw the end of the M12 Hollow Hex Bolt to #1, and finally reinstall the cable buffer terminal back to #48.

Step 8.



NO.	NAME	SPECIFICATION	QUANTITY
13	Long Support Frame		2
14	Handle Frame		1
15	Lat Pull down Frame		1
16	Handle Bracket		1
32	10LBS Weight Stack	252*101.6*25.4	20
43	Rope	Φ28.5*915	1
44	Ankle-cap	340*90*10	1
45	Handle	Φ44*132*182	2
46	12 Link	Φ5*21*370	2
58	Bumper	Φ80*25	2
68	Safety Hook	Φ8*80	6

Install #14, #15, #16, #43, #44, #45, #46, #68 and other accessories on the machine according to the needs of the exercise;

2 pieces #13 can replace 20 pieces #32, Make sure #13 with EVA edge facing downward, then place 2 pieces #58 on top of #13.

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

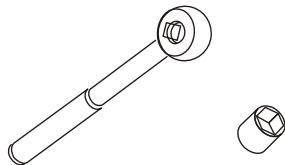
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

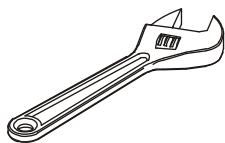
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

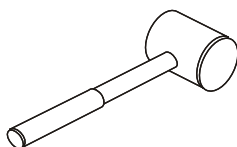
Tools Required



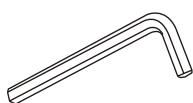
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based Lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.