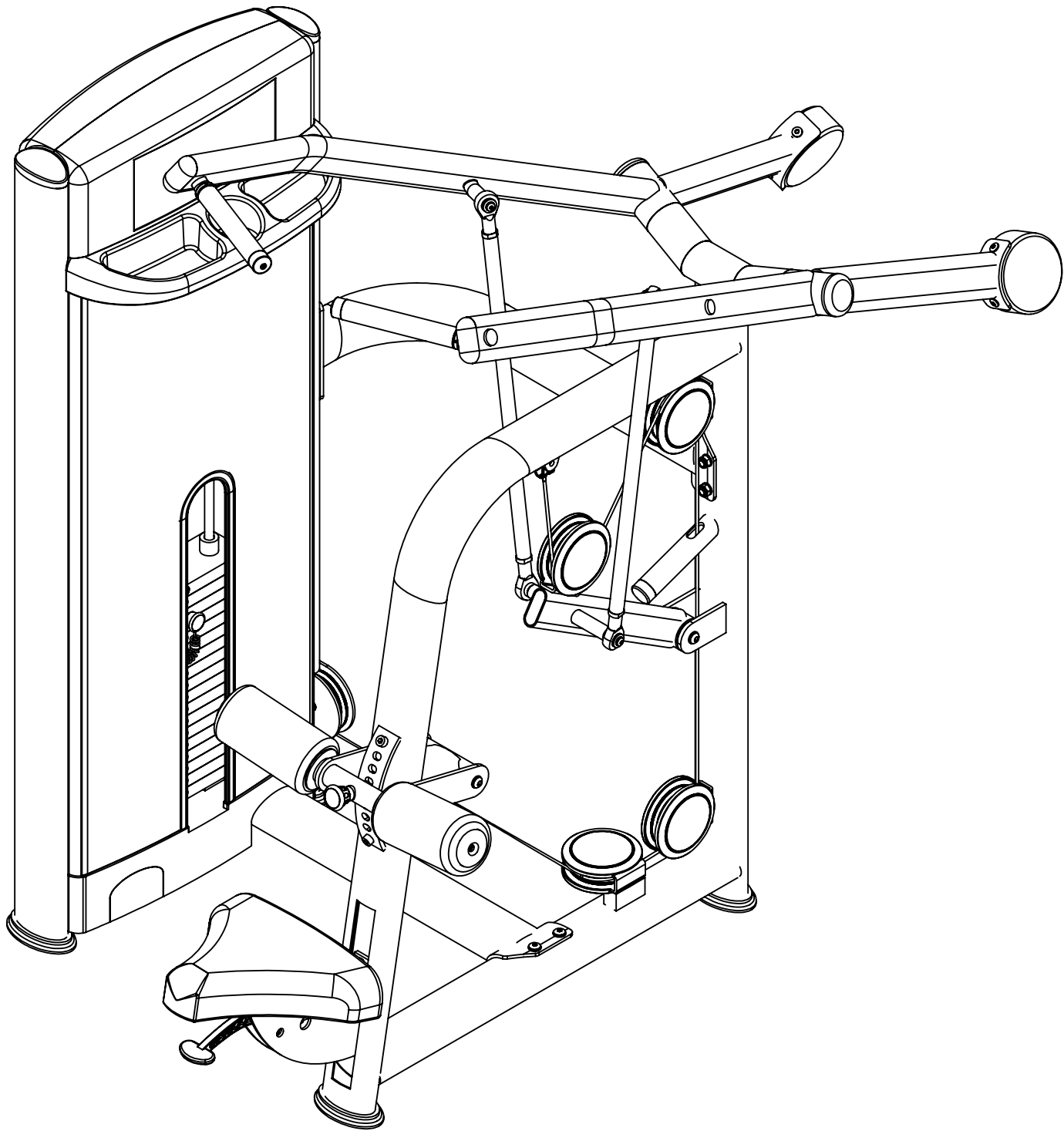


ASSEMBLY INSTRUCTION



Lat pull Down

Page 1

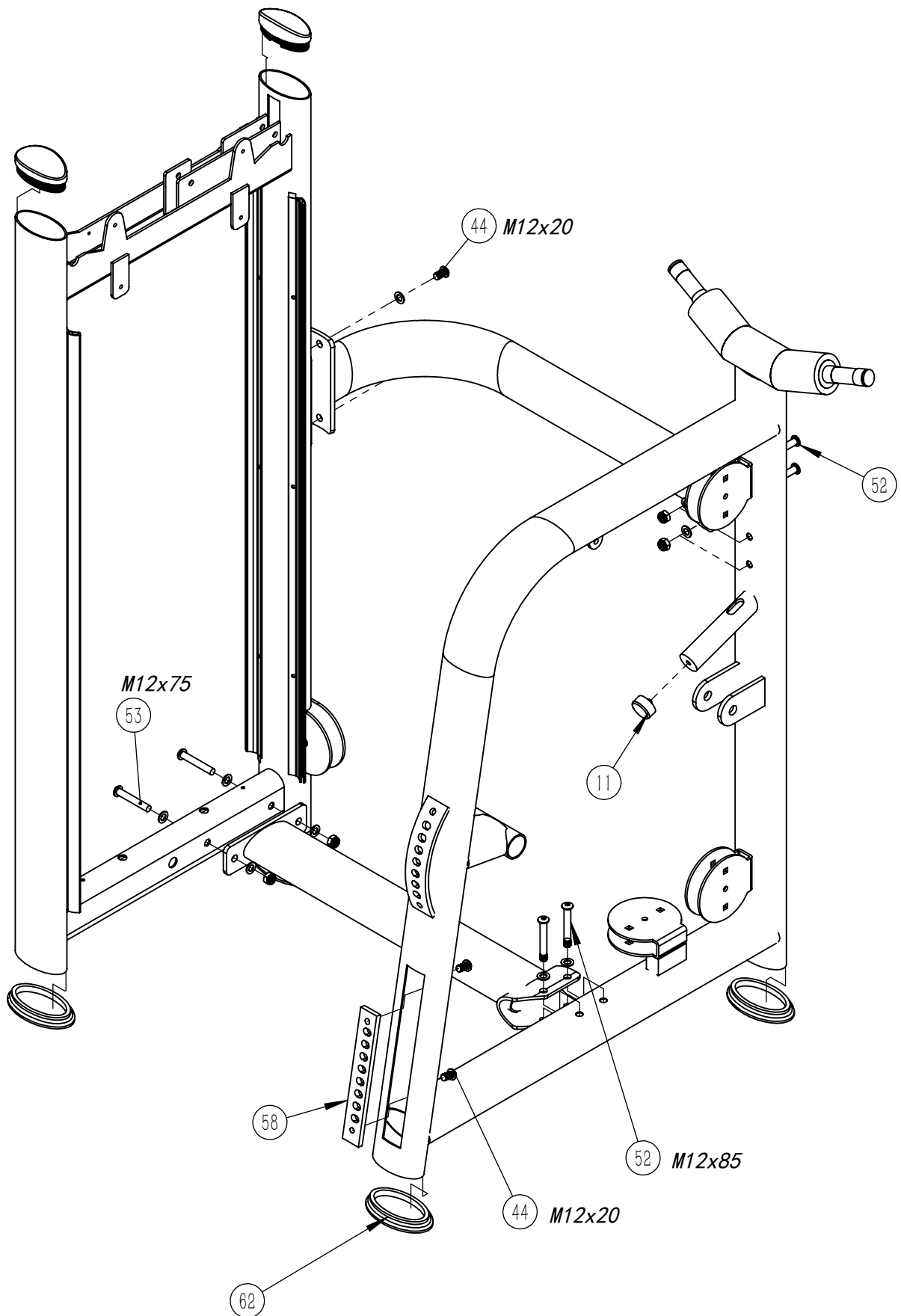
CONTENTS

<i>Parts list</i>	<i>Page 3</i>
<i>The main frame & The sub frame assembly</i>	<i>Page 4</i>
<i>The sub frame & The arm group assembly</i>	<i>Page 5</i>
<i>The lever arm assembly</i>	<i>Page 6</i>
<i>Seate assembly</i>	<i>Page 7</i>
<i>Regulating roller assembly</i>	<i>Page 8</i>
<i>Manual adjusting device assembly</i>	<i>Page 9</i>
<i>The wire rope & wire wheel assembly</i>	<i>Page 10</i>
<i>The cushion & the roller assembly</i>	<i>Page 11</i>
<i>The main frame assembly</i>	<i>Page 12</i>
<i>The plastic assembly</i>	<i>Page 13</i>
<i>The main frame & The weight stack assembly</i>	<i>Page 14</i>
<i>The weight stack assembly</i>	<i>Page 15</i>
<i>The plastic assembly</i>	<i>Page (16-23)</i>

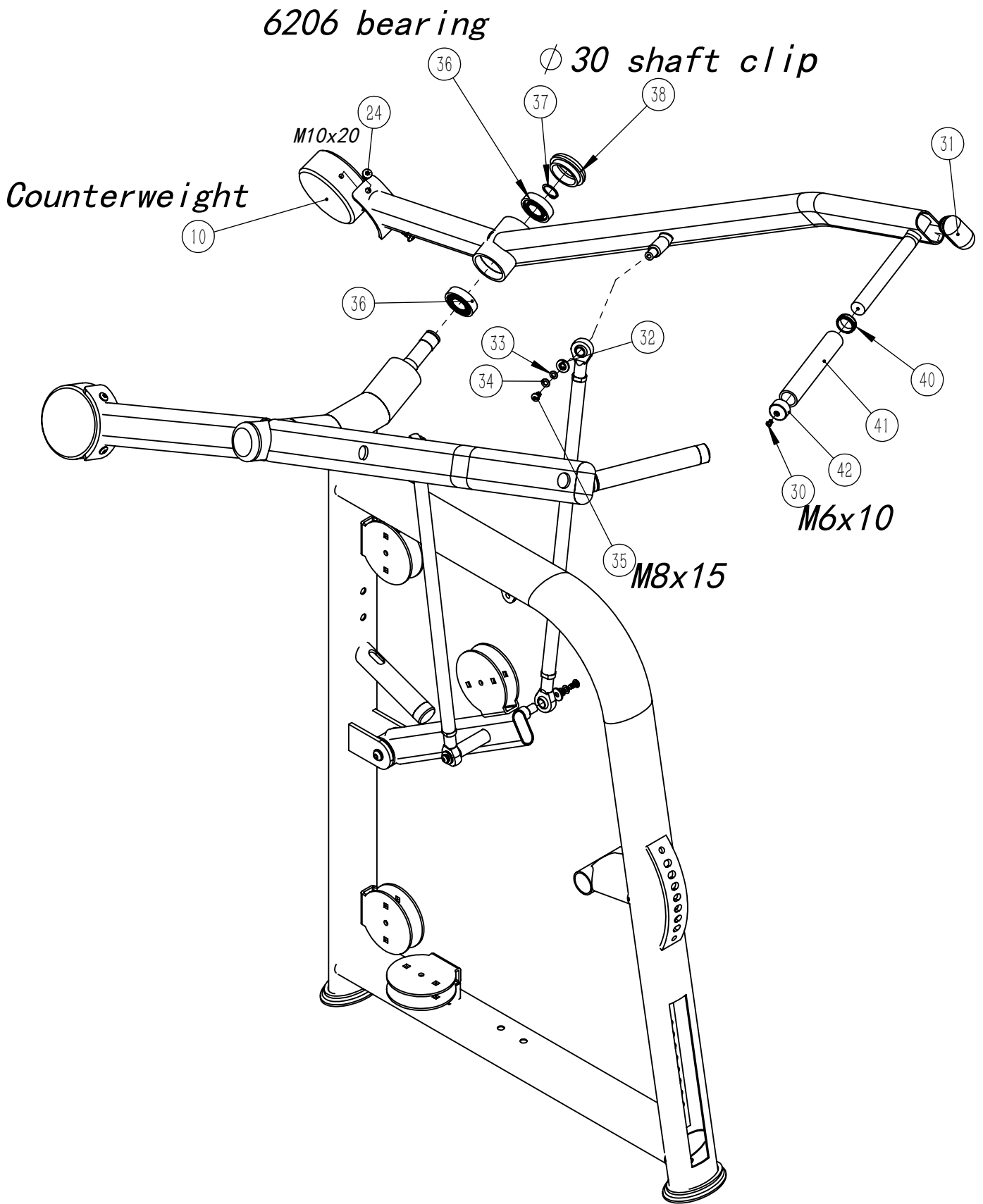
Parts list

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	The main frame assembly	1	34	M8平面垫圈	Washer, M8	7
2	副架	The sub frame	1	35	半圆头M8X15	Screw M8*15	4
3	弯撑1	The bend group	1	36	11-6206-2rs1	Bearing 6206	4
4	直撑1	Support group	1	37	30卡簧	φ 30 Shaft Clip	2
5	杠杆臂	The lever arm	1	38	62堵头	φ 62 Cover	2
6	力臂右	The right arm	1	39	48X42X18X5衬套	Bushing 48x42x18x5	2
7	640拉杆	Pull rod 640	2	40	手把圈	Grip Ring	2
8	16杆端螺丝活	Rod end screw diameter 16	4	41	210手把套	Grip 210L	2
9	16杆端螺丝内	Rod end screw 16	4	42	手把盖	Grip Cap	2
10	圆配重	counterweight	2	43	M12平垫圈	Washer, M12	20
11	支位球	Rubber Support	1	44	半圆头M12X20	Screw, M12x20	8
12	镜向力臂右	fromparent+	1	45	145穿心轴	Axle 175L	1
13	调辊子	The roller shaft	1	46	11-6205	Bearing 6205	2
14	大线轮	φ 114MM Pulley	7	47	28X25X18X4衬套	Bushing 28*25*18*4	2
15	半圆头M8X30	Screw, M8x30	5	48	70穿心轴	wear a spindle 70	1
16	M7导杆套圈	gasket of barbell sleeve	2	49	大线轮扣盖	Cover, Pulley Bolted Partial	8
17	M7导杆套	guide rod sleeve M7	2	50	M7高拉辊子110x200	φ 100*175 Leather Wheel	2
18	方配重垫	counter weight cushion	2	51	M12防松帽	Nut, M12	6
19	18片配重组	Assy, Weight Plate	1	52	半圆头M12X85	Button Head Cap Screw, M12*85	4
20	1.39米导杆	guide rod 1.39m	2	53	半圆头M12X75	Screw, M12X75	2
21	半圆头M10X50	Screw, M10X50	7	54	40小弹簧(压缩后)	Spring, 40MM	1
22	M10防松帽	Nut, M10	5	55	85调节销	adjusting pin 85L	1
23	M10螺母	Nut, M10	2	56	插销2	Adjustable Handle	1
24	半圆头M10X20	screw M10*20	4	57	坐架总装	the assembly seat frame	1
25	沉头内六方M12x20	Bolt M12x20	2	58	调板	Adjusting plate	1
26	隔套	Shaft sleeve	2	59	M7新坐垫	Seat cushion	1
27	压板	Leather Wheel Baffle	4	60	M12	Nut, M12	1
28	25卡簧	φ 25 Shaft Clip	2	61	配重螺丝中空M12X60	Turnbuckle Screw, M12x60	1
29	M5, M7皮辊挡盖	Leather Wheel Cover	2	62	鞋	Shoes	4
30	半圆头M6X10	Screw, M6*10	4	63	大压线U卡	Big "U" fastener	1
31	M4小管堵	Elliptic tube plug 40*80	2	64	5MM端子	terminl 5mm	1
32	关节垫圈	joint washer	4	65	钢丝绳带线轮	Wire rope	1
33	M8弹垫	the elastic washer M8	4				

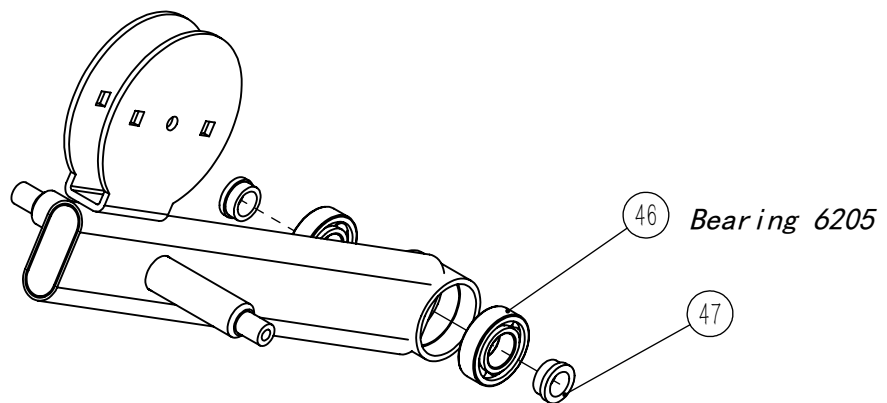
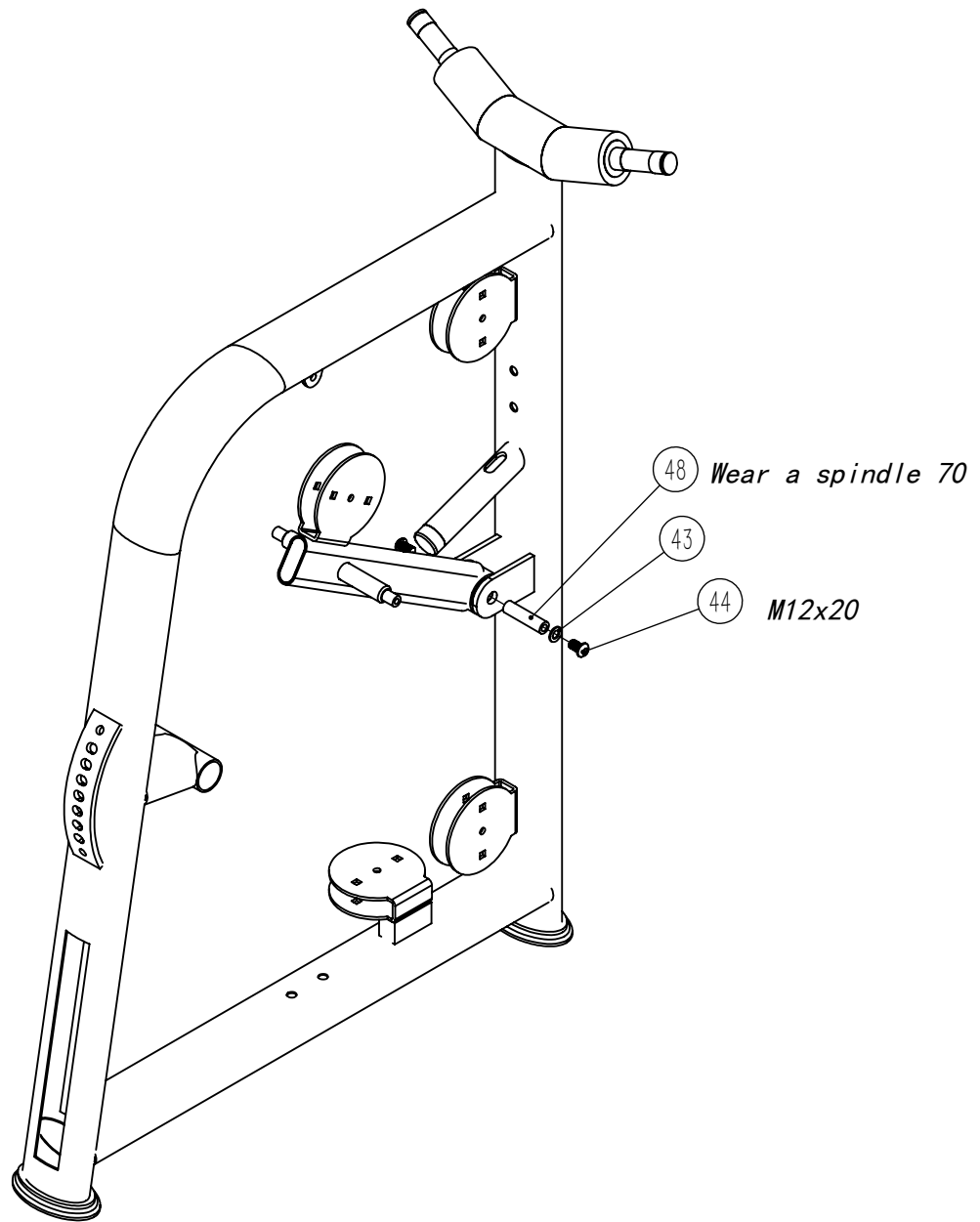
The main frame & The sub frame assembly



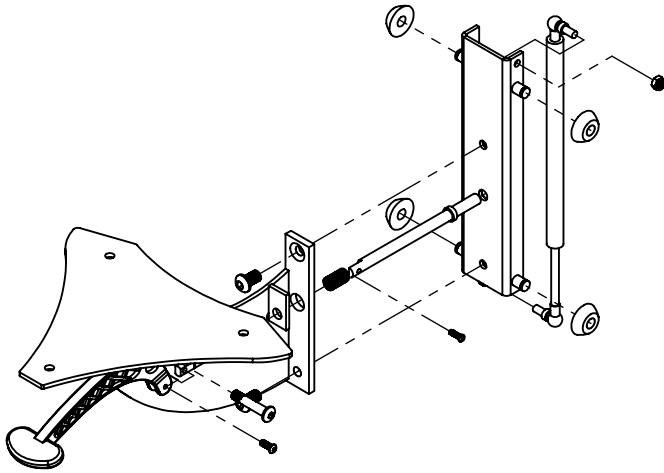
The sub frame & The arm group assembly



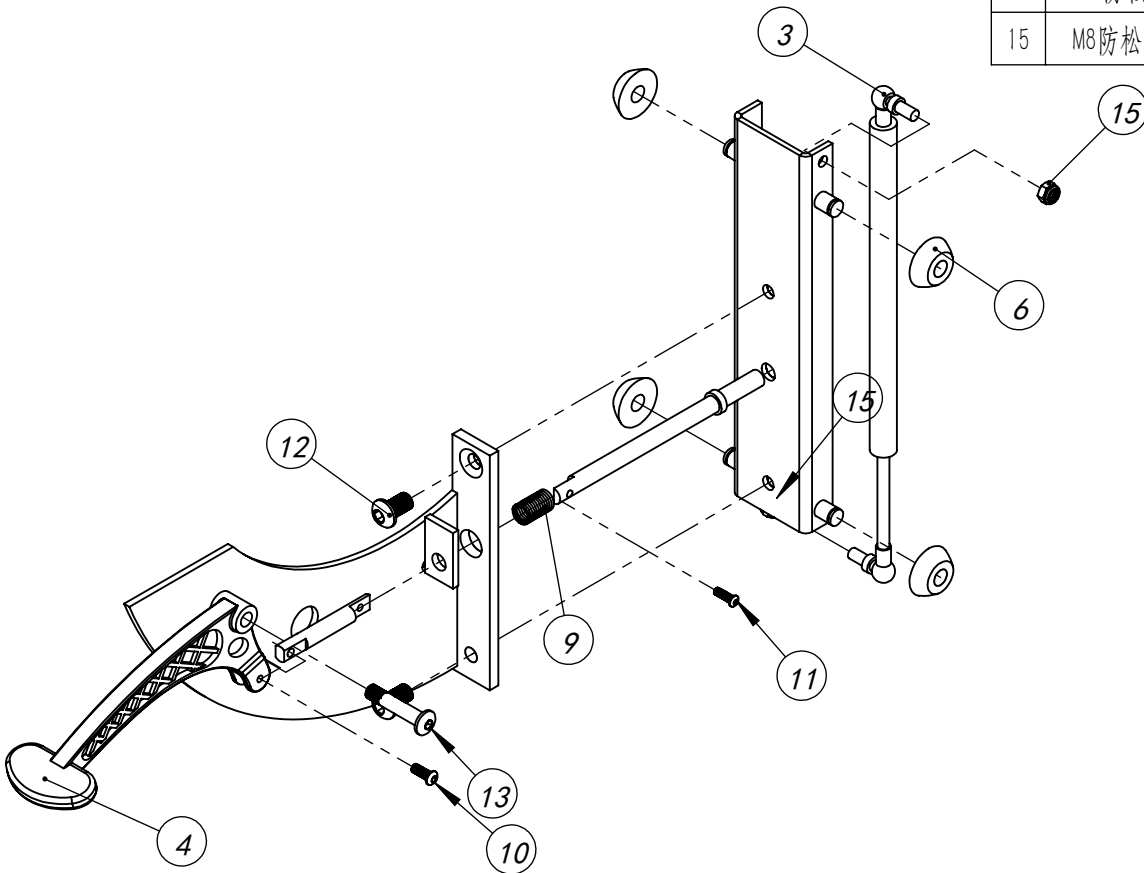
The lever arm assembly



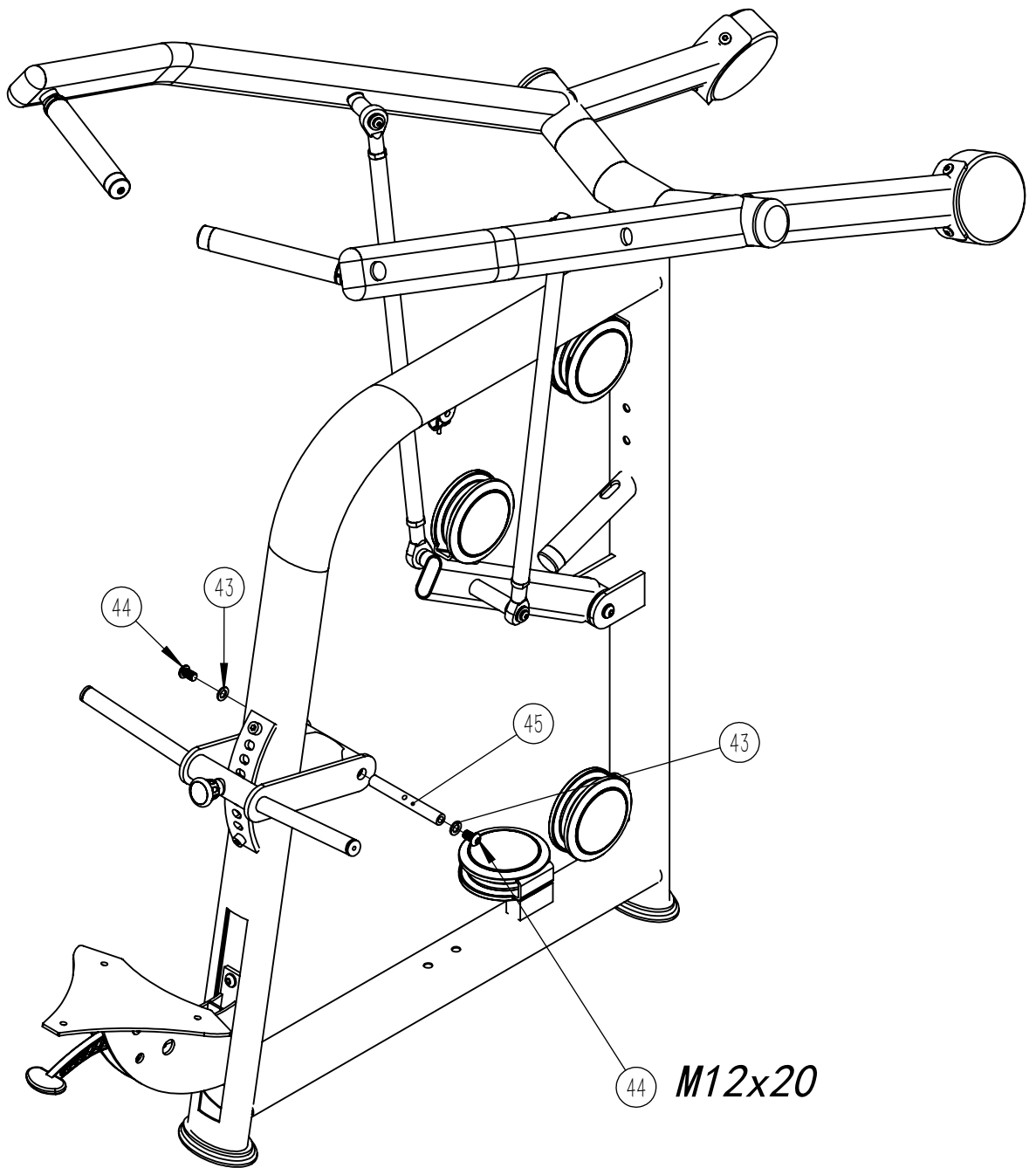
Seate assembly



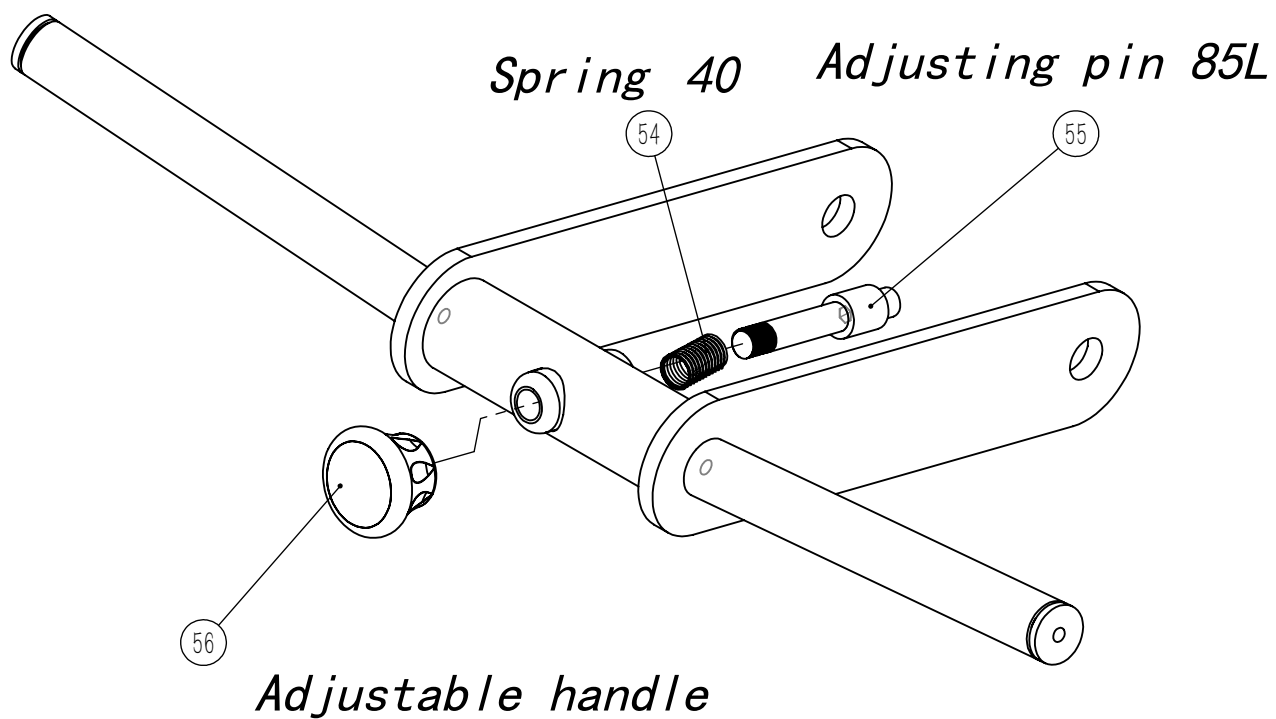
NO.	名称	Description	QTY
1	滑板焊接		1
2	座架		1
3	气簧	Gas Spring	1
4	长手把	long bar	1
6	轮子		4
7	销子1		1
8	销子2		1
9	40小弹簧 (压缩后)	Spring, 40MM	1
10	半圆头M6X16	Screw M6*16	1
11	半圆头M5X16		1
12	半圆头M12X20	Screw, M12x20	2
13	半圆头M10X50	Screw, M10X50	1
14	M10防松帽	Nut, M10	1
15	M8防松帽	nut M8	2



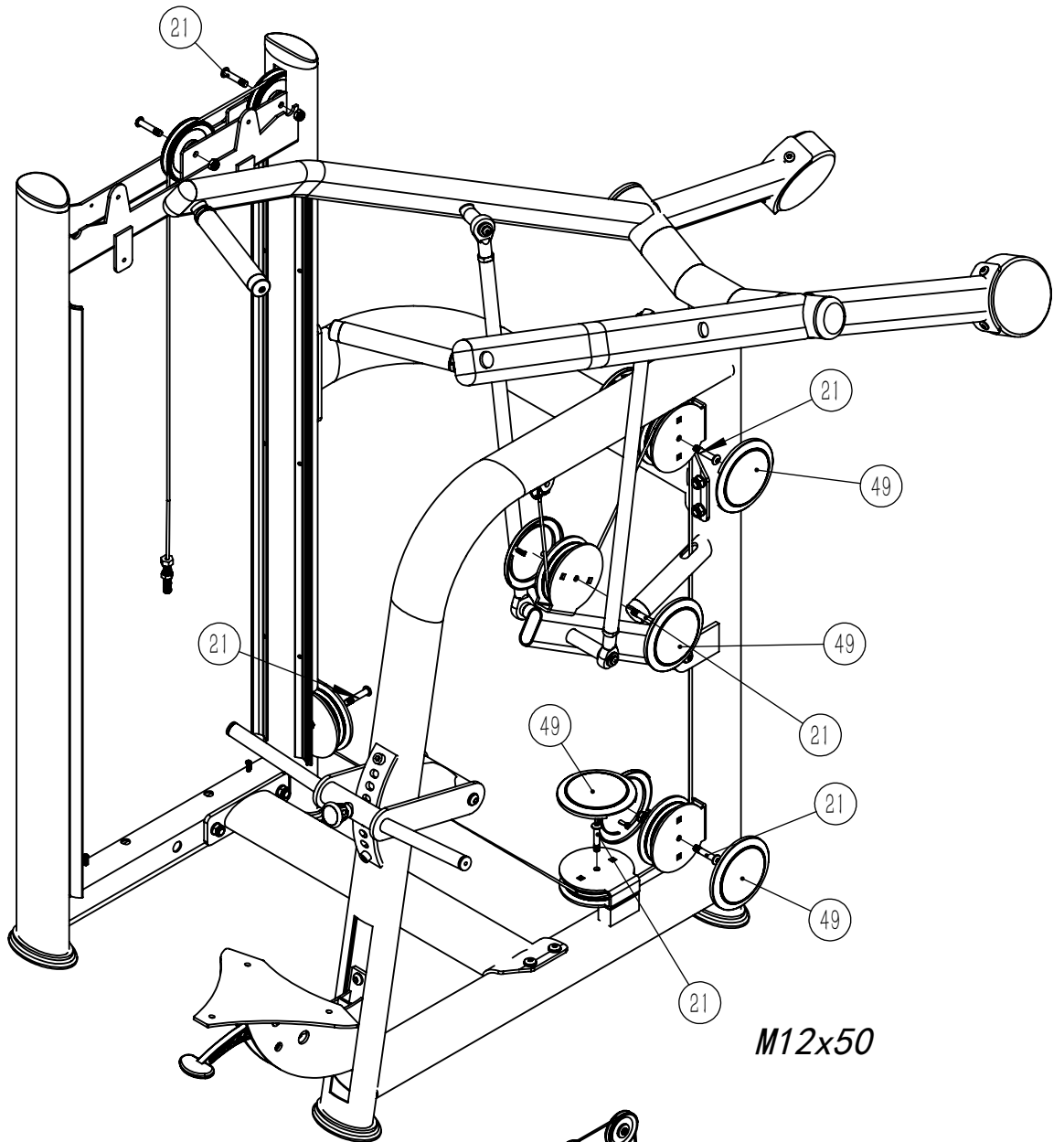
Regulating roller assembly



Manual adjusting device assembly



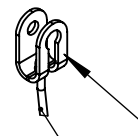
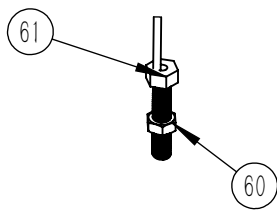
The wire rope & The wire weel assembly



M12x50

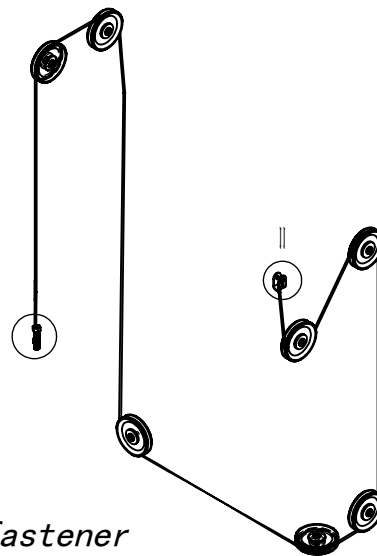
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$\frac{II}{1:5}$

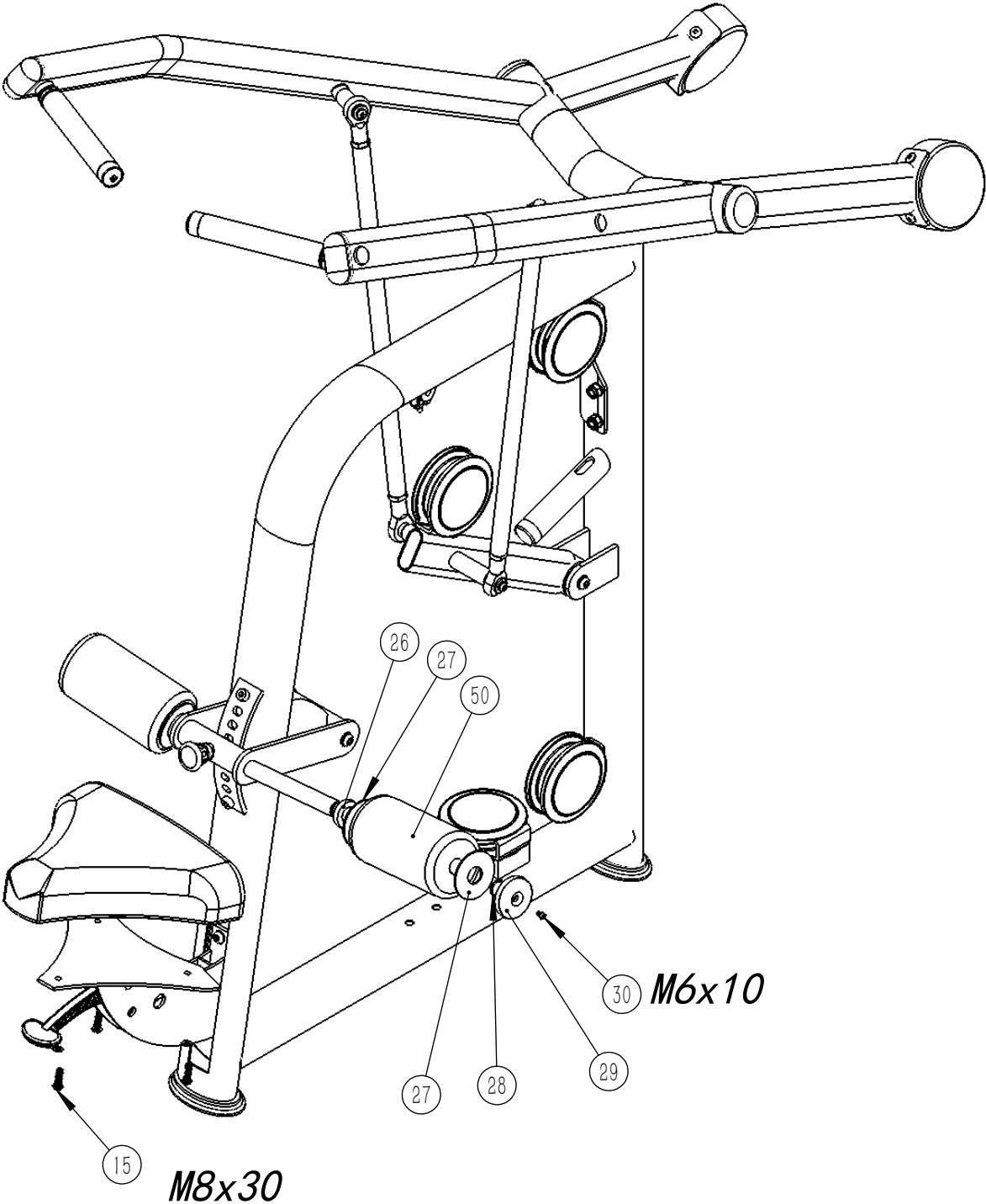


63 Big U fastener

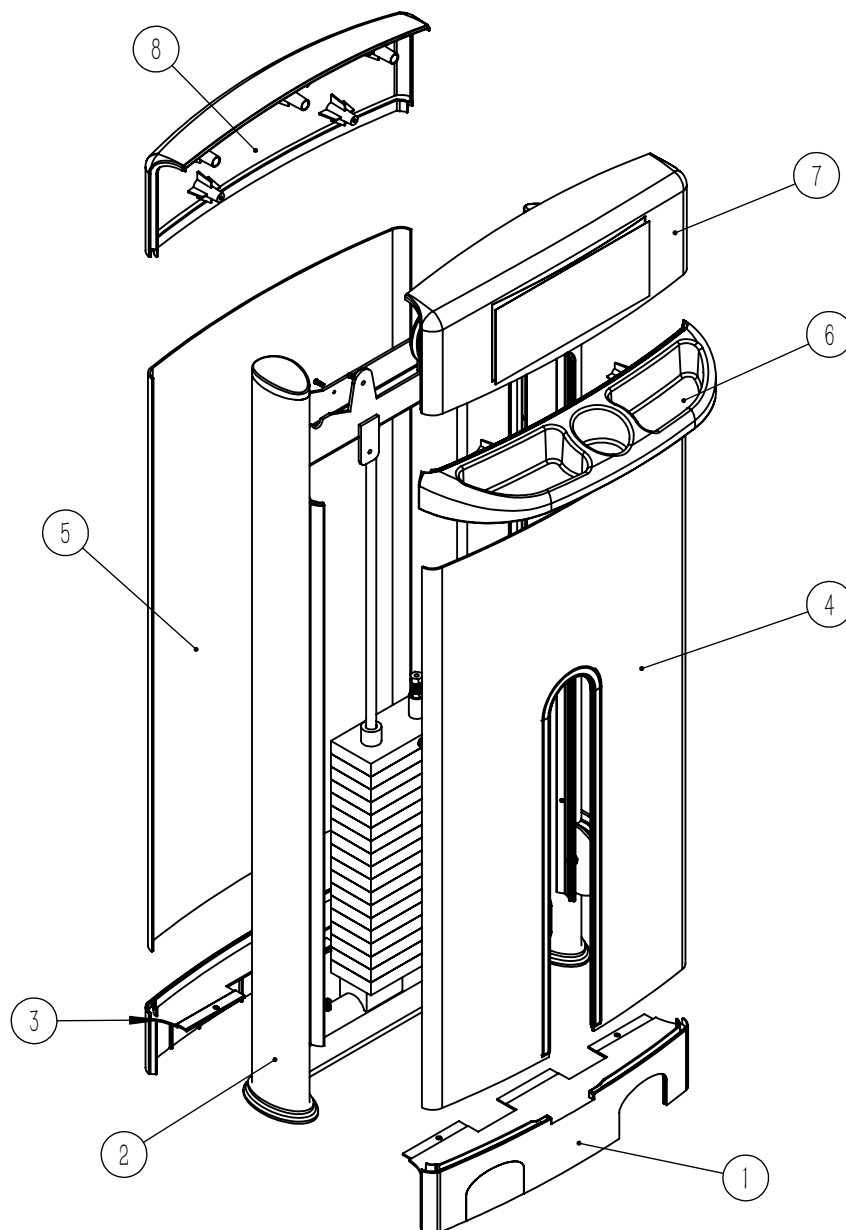
1 Terminal 5mm



The cushion & the roller assembly

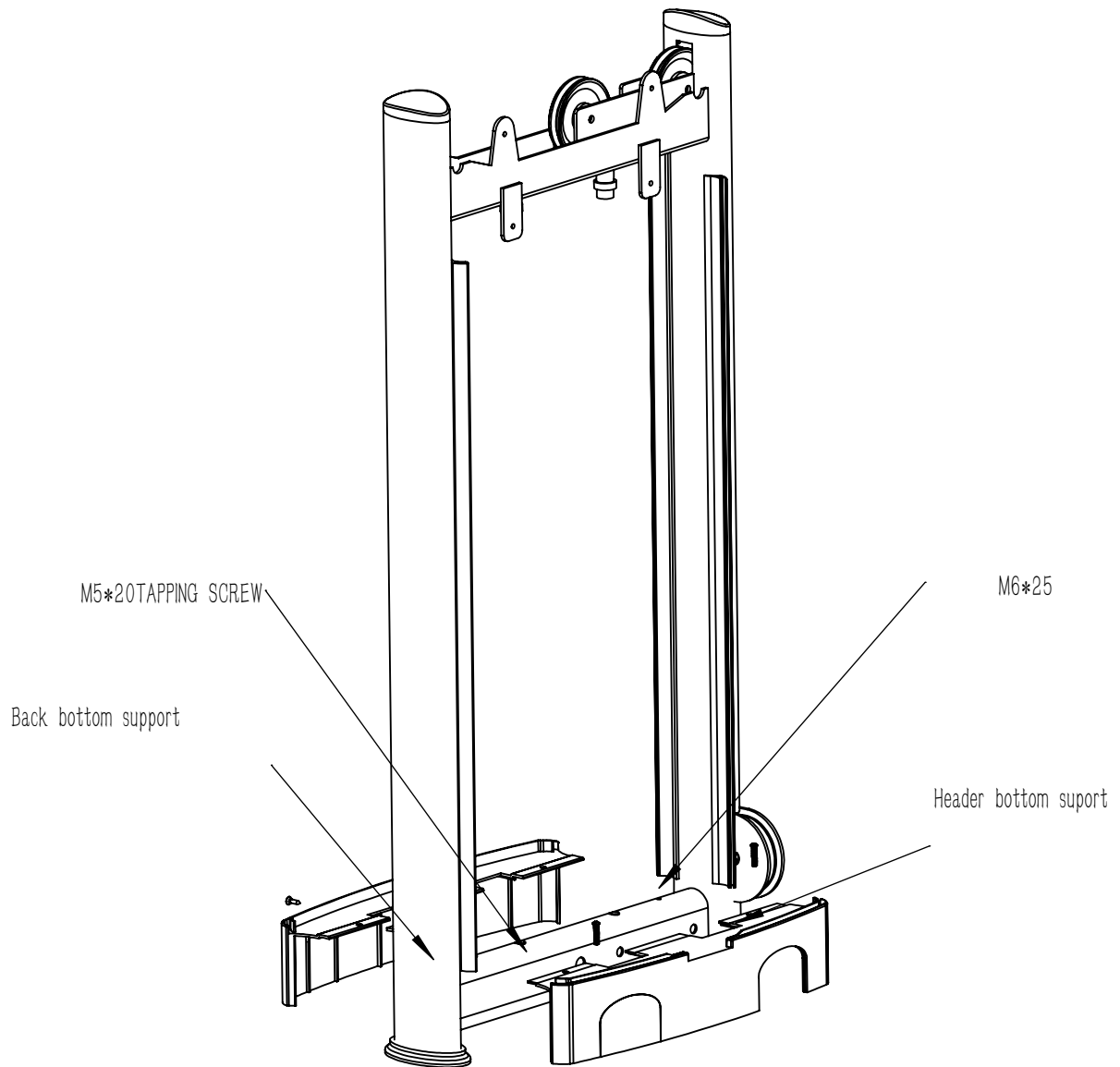


The main frame assembly

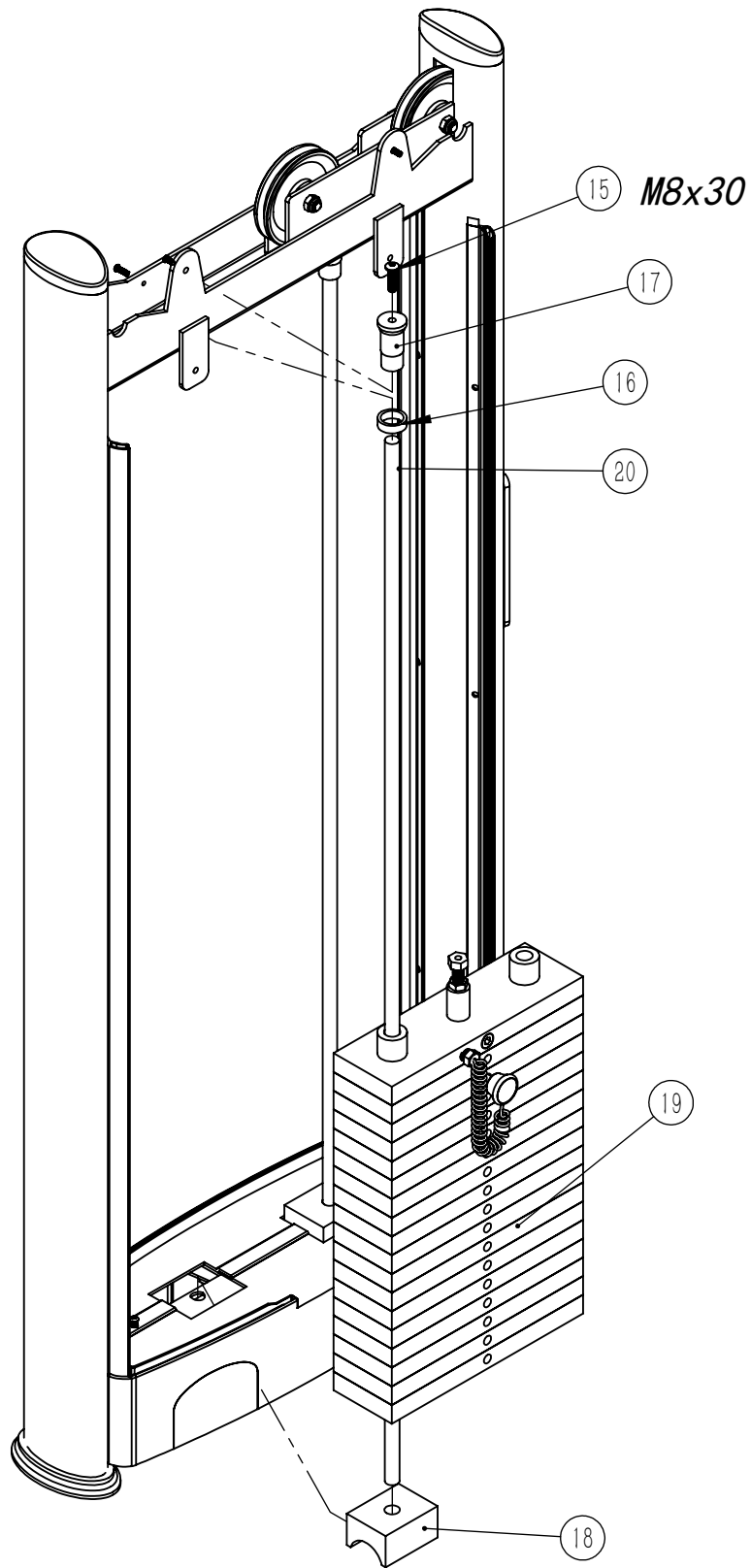


- 1、 Head bottom support*
- 2、 Main frame*
- 3、 Back bottom support*
- 4、 Header board*
- 5、 Back board*
- 6、 Support*
- 7、 Header gusset plate*
- 8、 Back gusset plate*

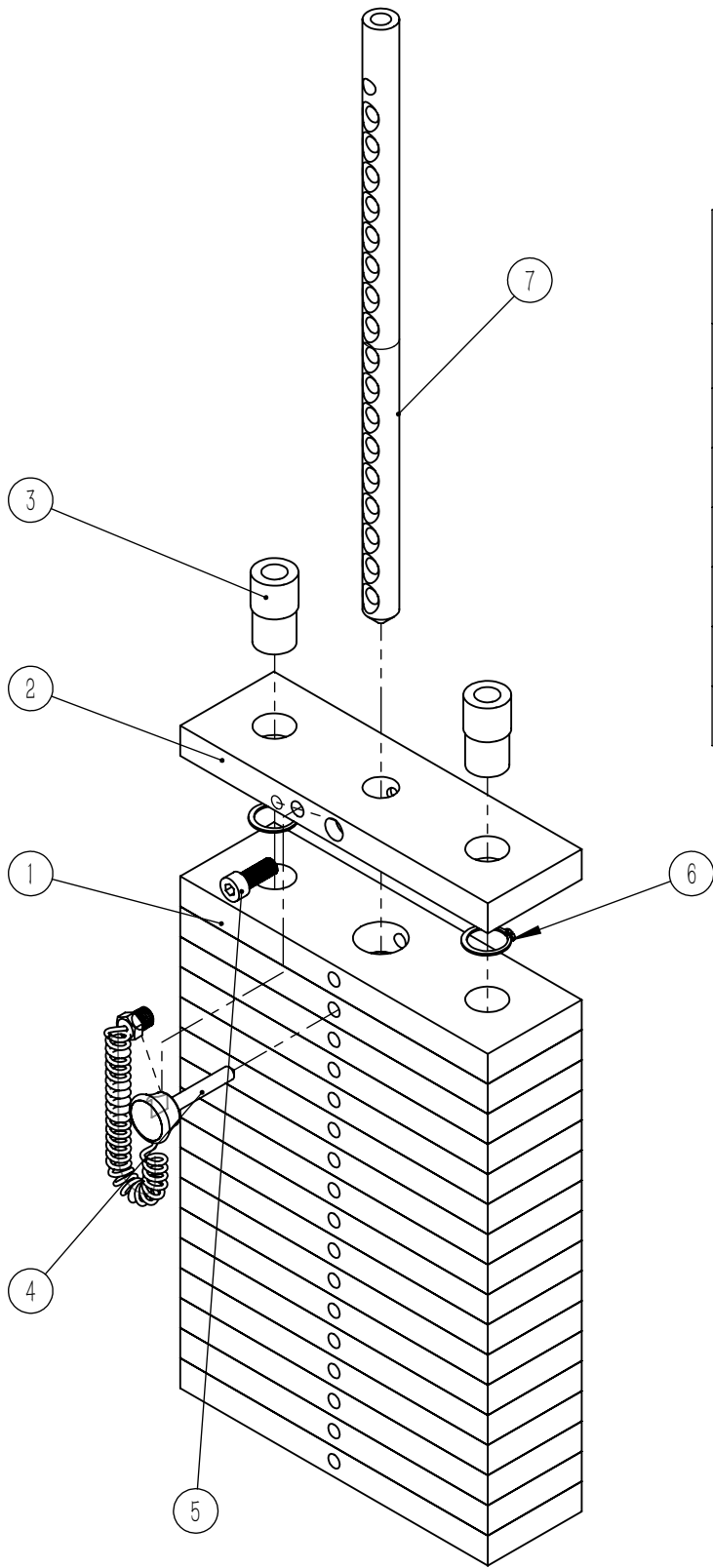
Install bottom supports to the main frame with 2 screws for M6 series and one tapping screw.



The main frame & The sub frame assembly

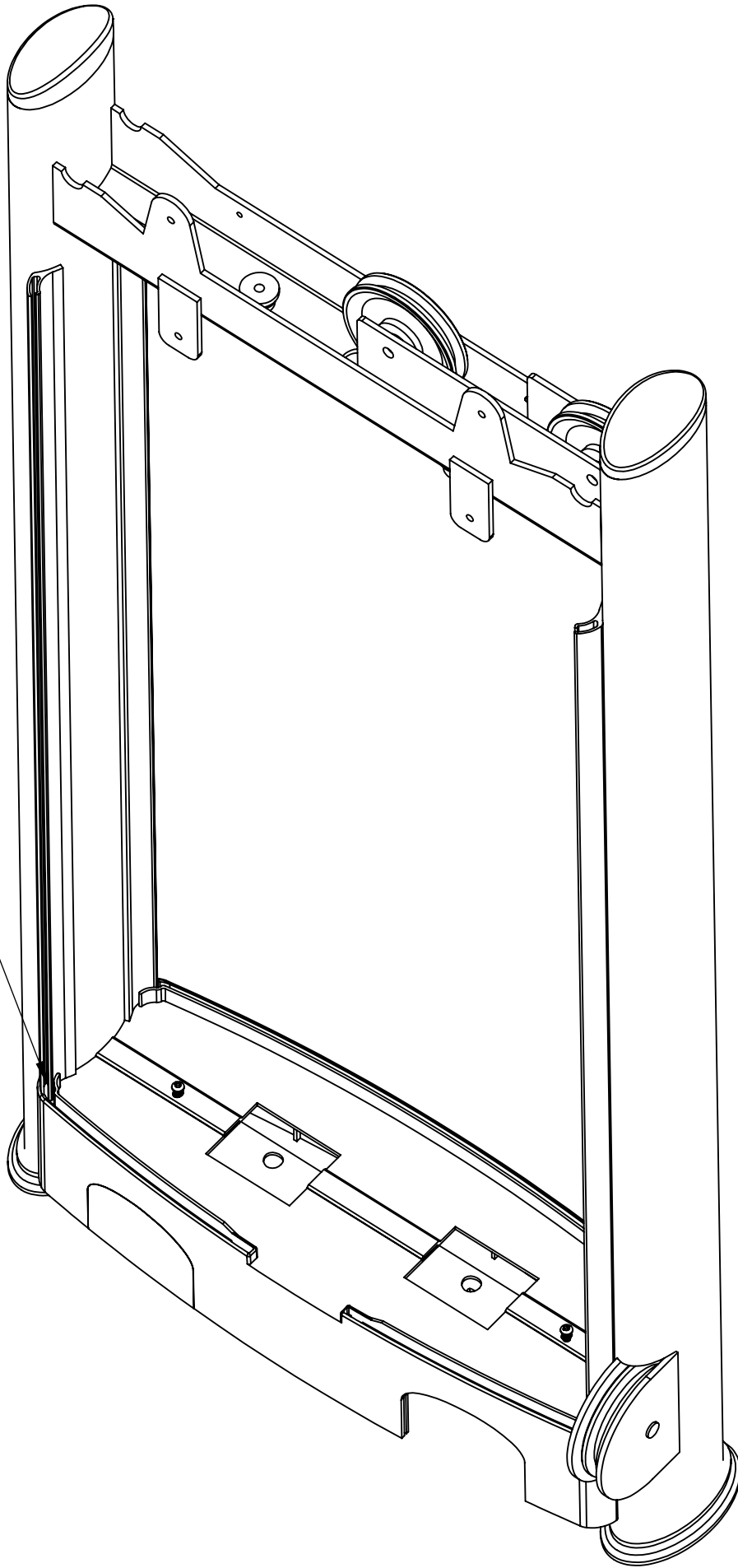


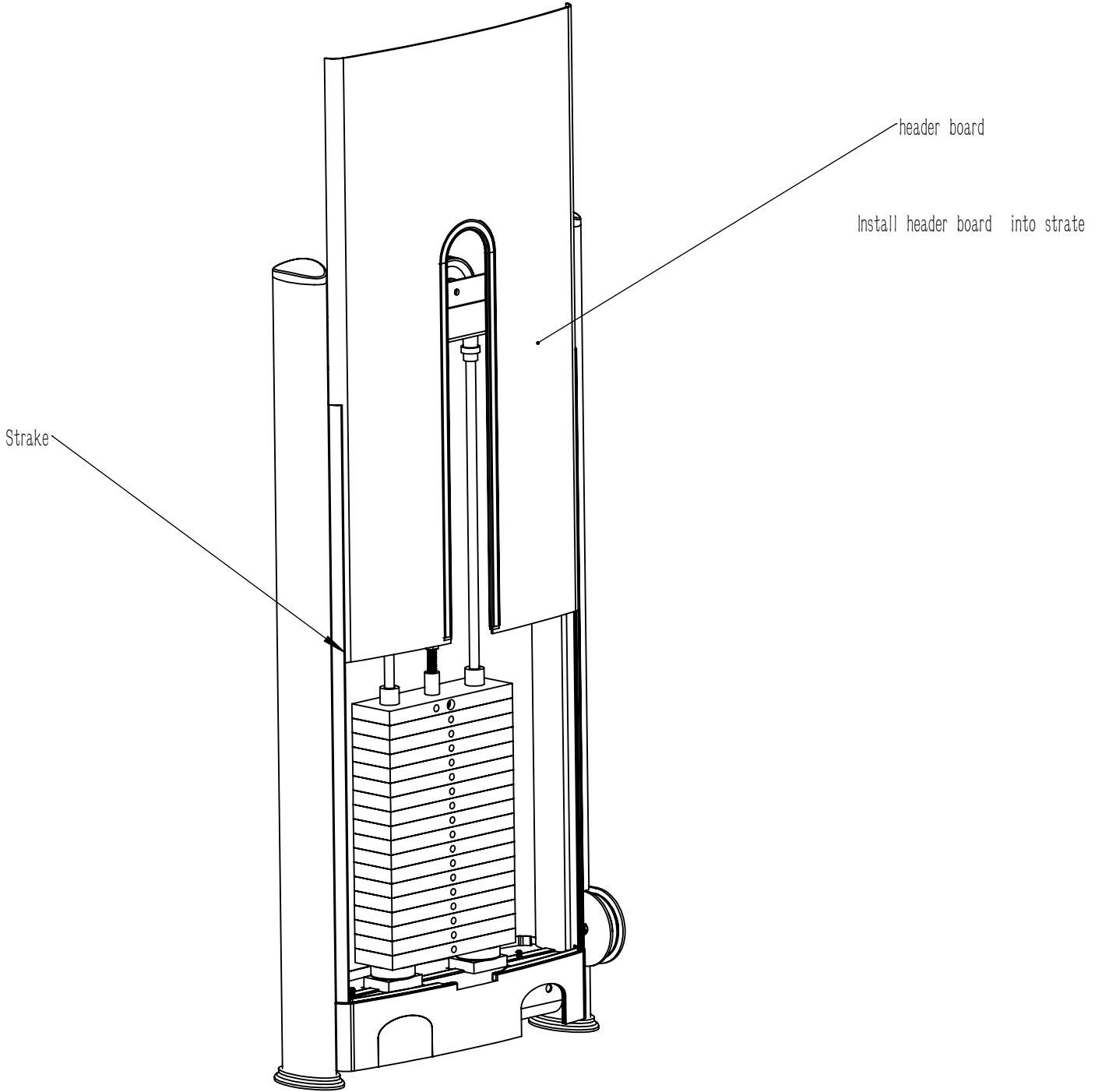
The weight stack assembly

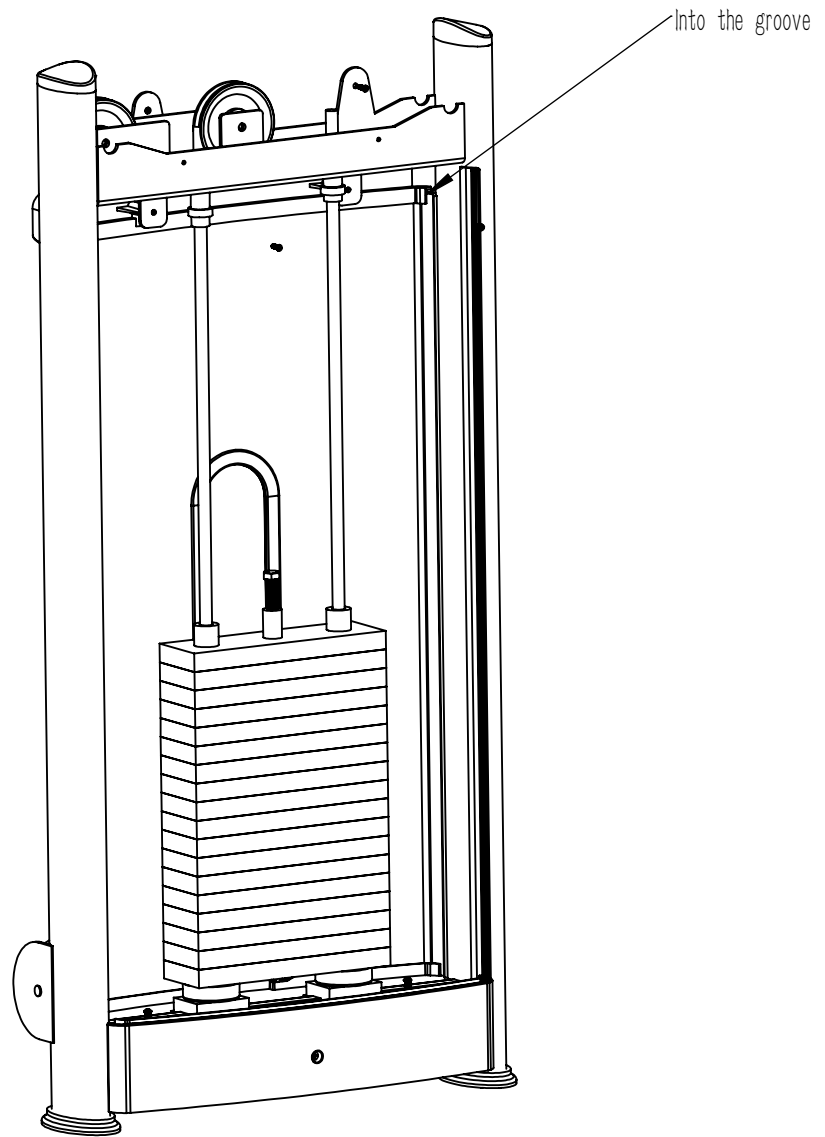


NO.	名称	Description	QTY
1	配重片	Underside Weight Plate	17
2	上片	Top Weight Plate	1
3	导杆套1	Guide Rod Sleeve	2
4	配重插销	Adjustable Bolt	1
5	上片螺丝	Bolt M12x30	1
6	30卡簧	φ 30 Shaft Clip	2
7	18孔插杆		1

FYA
In the groove.

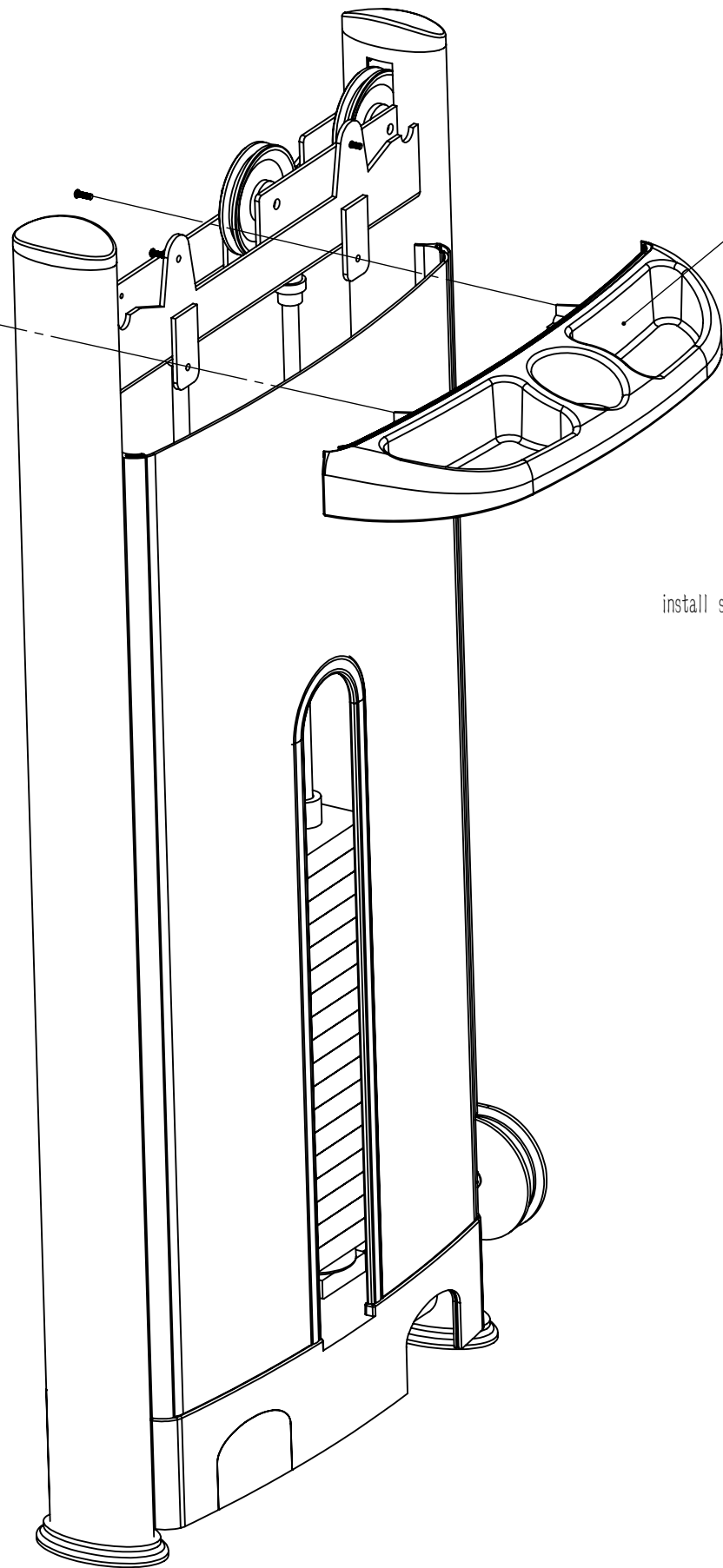






M5*16

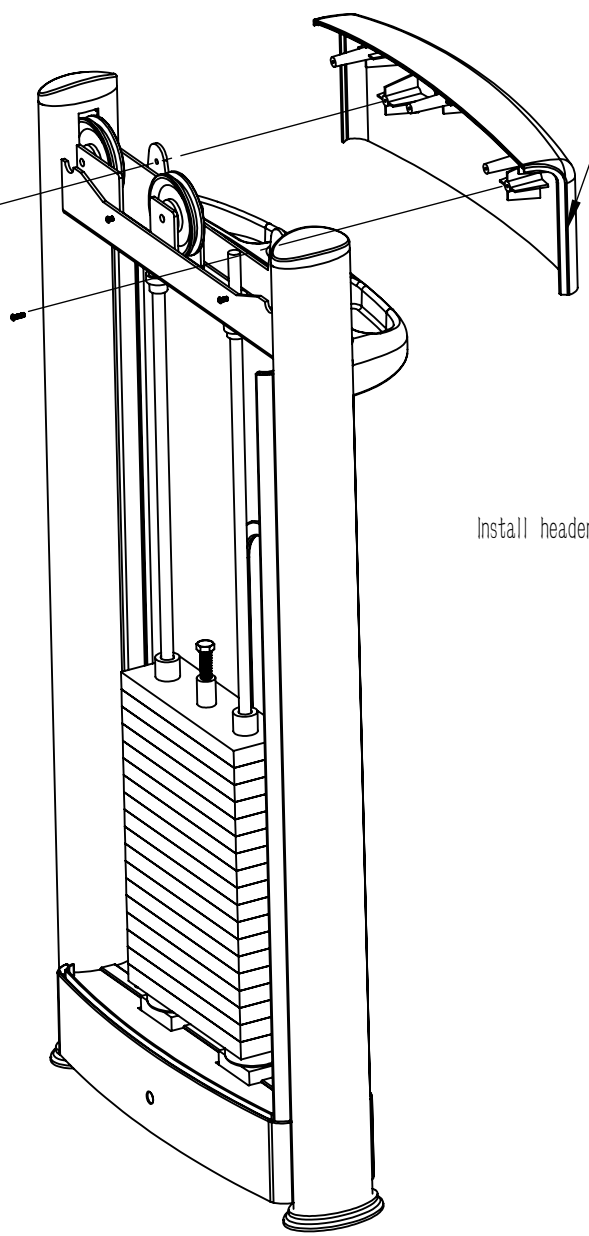
support



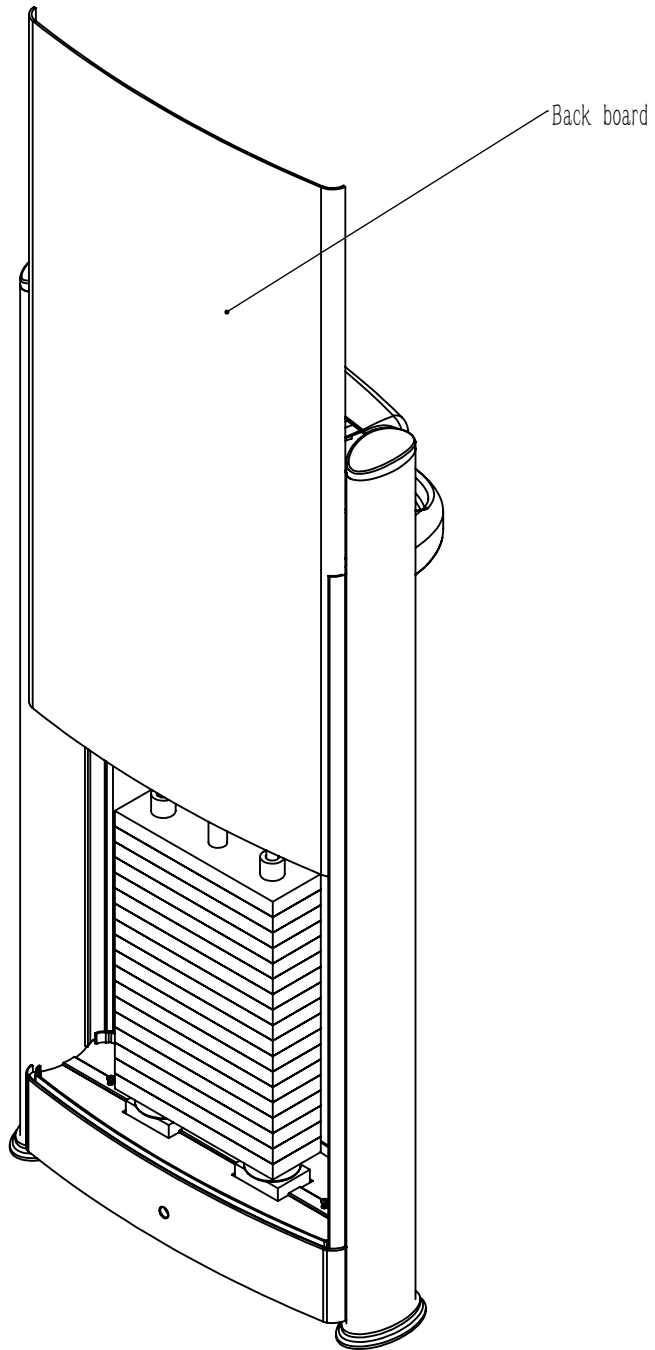
install support with M5*16

M5*16

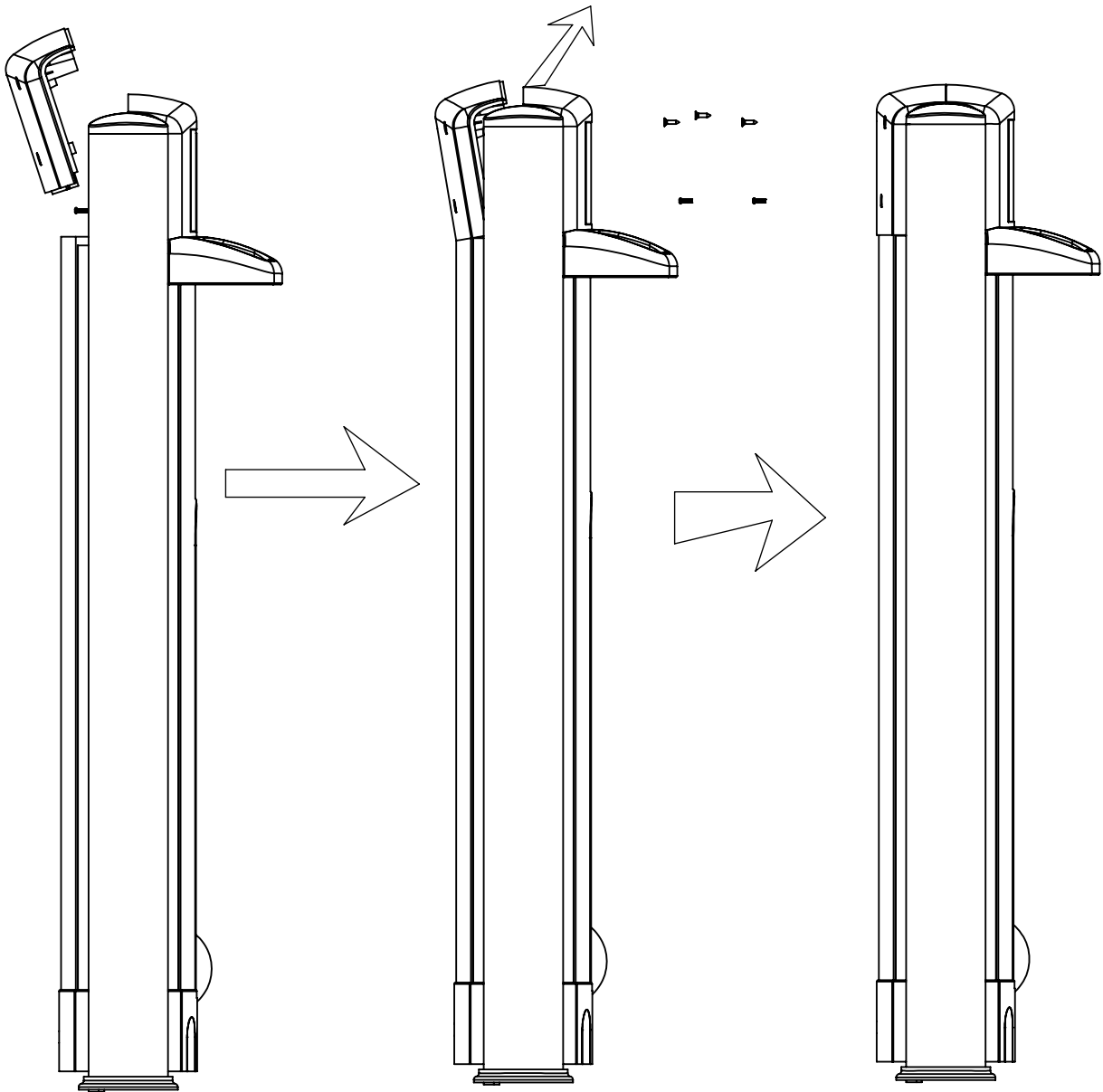
header bottom suport



Insta.l header bottom suport witrn M5*16



Install back board



M5*20 Tapping screw

M5*16

M5*16

