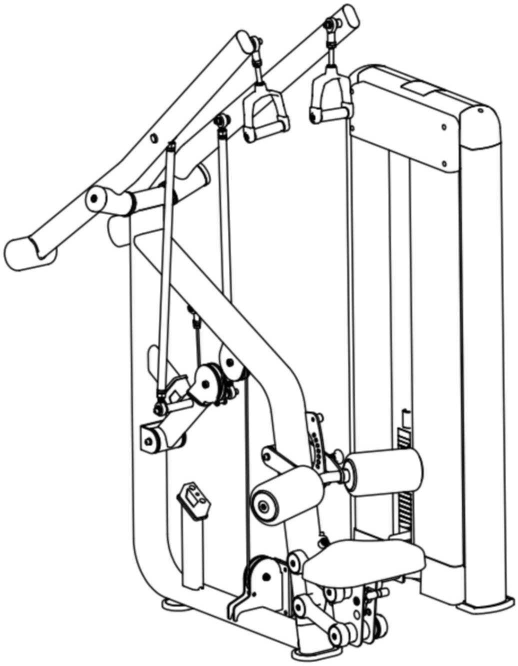
61A15A Installation Guide

Lat Pull Down Diverging



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Introduction

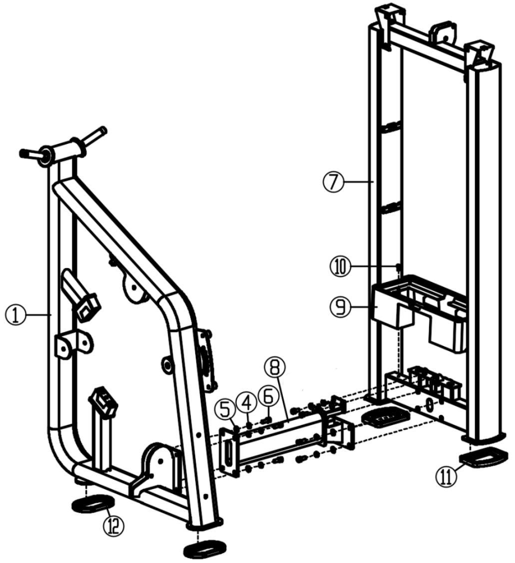
Please take the time to read this instruction carefully before installation. Please refer to the various lists in the manual to confirm the integrity and quantity of all parts (if there are parts missing or damaged during transportation, please call our after-sales service immediately for instructions). Please install the equipment correctly according to the relevant instructions. This equipment is designed to provide the smoothest and most effective exercise. After installation, you need to understand all functions to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. Please refer to the relevant instructions in time to inquire about the cause. If you cannot solve it, please call our after-sales service. After reading all the instructions carefully, please continue

Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Assembly

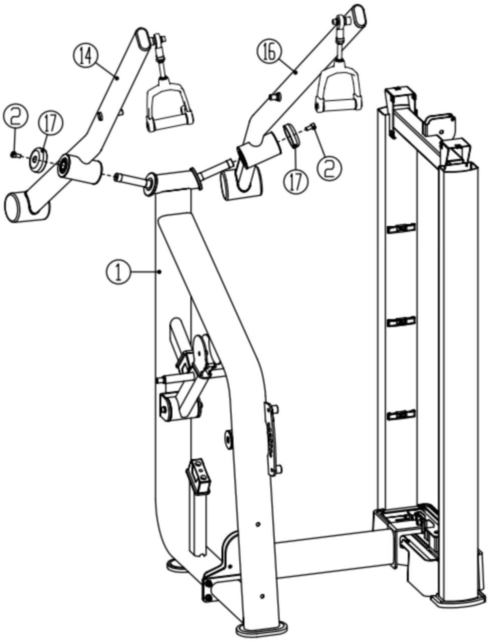
Step 1: Connect the High Pull Connection Frame (#8) to the Counterweight Frame (#7) and High Pull Side Frame (#1) using the following method:
·10xHexagon socket head screw (#6)
·10x Spring washer (#4)
• 10 x Flat Washers (#5)
Step 2: Connect the counterweight lower guard (#9) to the counterweight frame (#7) using the following method:
·2xHexagon socket head screw (#10)

Step 3: Install the two weight rack feet (#11) onto the weight rack (#7)
Install the two flat oval feet (#12) to the high pull side frame (#1)



Assembly

Step 4: Connect the left and right high pull arm (#14) and high pull arm (#16) to the high pull side frame (#1) using the following method:
·2xHexagon socket head screw (#2)
·2xSpring washer (#4)
·2x76 Aluminum Cap (#17)
Tighten the bolts with a wrench before proceeding to the next step

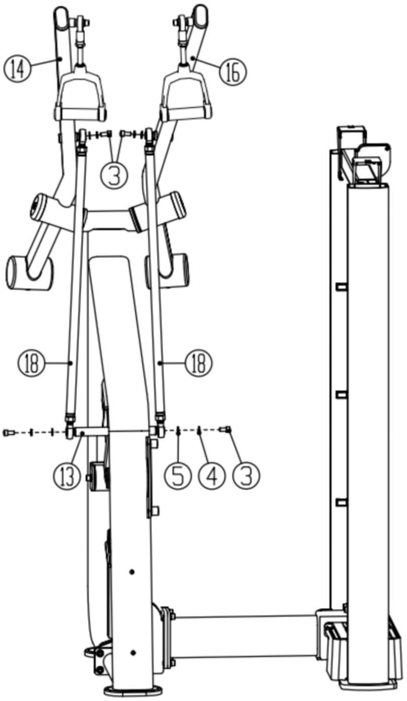


Assembly

Step 5: Connect the two high-pull tie rods (#18) to the left/right lever arms (#14/#16) and the high-pull linkage (#13) using the following method:
·2xHexagon socket head screw (#3)

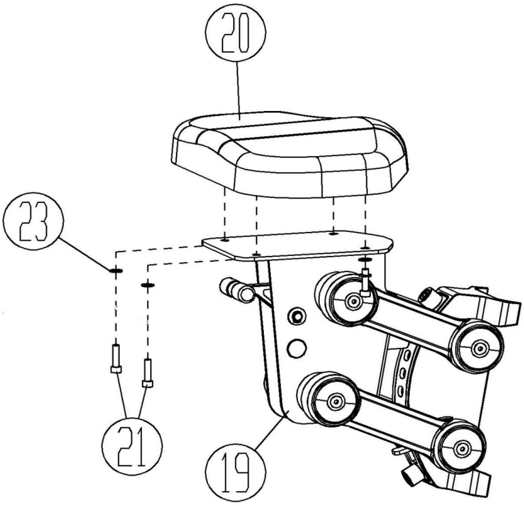
- 2xSpring washer (#4)
- 2xFlat washer (#5)

Tighten the bolts with a wrench before proceeding to the next step



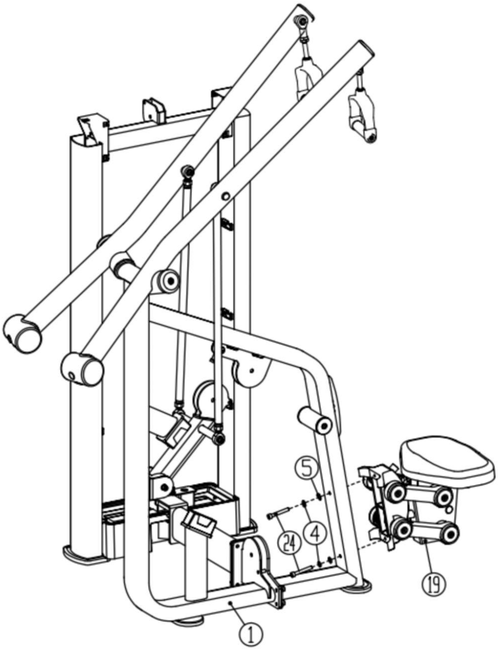
Step 6: Connect the cushion (#20) to the seat (#19) using the following method:
- 4xHexagon socket head screw (#21)
- 4xFlat washer (#23)

Tighten the bolts with a wrench before proceeding to the next step



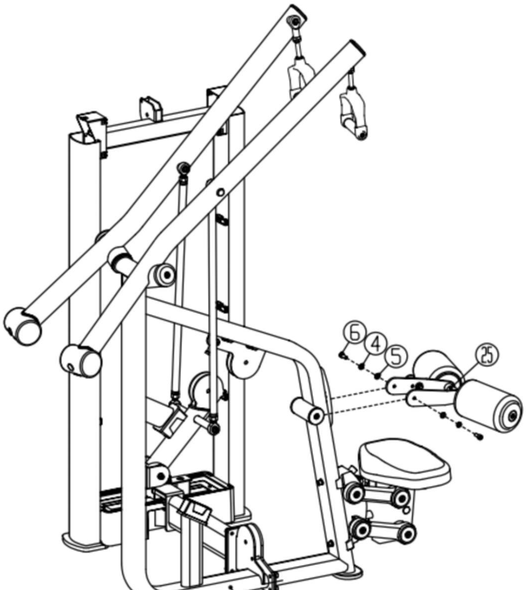
Assembly

Step 7: Connect the seat (#19) to the high pull side frame (#1) using the following method:
·2xHexagon socket head screw (#24)
·2xSpring washer (#4)
·2xFlat washer (#5)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 8: Connect the High Pull Leg Press Stand (#25) to the High Pull Side Stand (#1) using the following method:
·2xHexagon socket head screw (#6)
·2xSpring washer (#4)
·2xFlat washer (#5)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 9: Install the 18 counterweights (#30) onto the guide rods (#26) with the spacers facing up.

Install the guide block assembly (#31) onto the guide rod (#26).

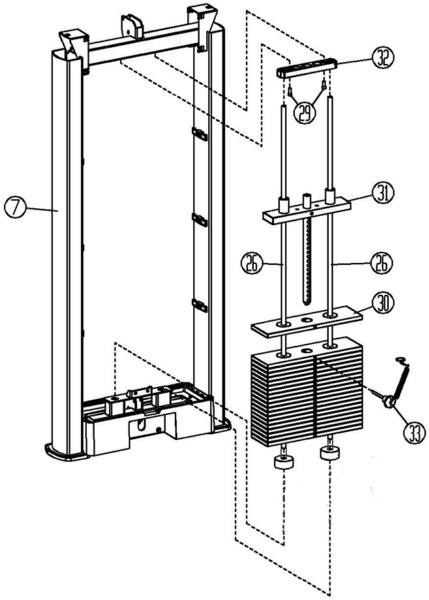
Insert the counterweight pin (#33) into the counterweight (#30).

Slide the guide bar retaining plate (#32) onto the guide bar (#26).

Install the guide rod retaining plate (#32) to the counterweight frame (#7) as follows:

·2xHexagon socket head screw (#29)

Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 10: Attach the two 95 wire reels (#35) to the counterweight frame (#7) using the following method:

• 2x Reel (#36) • 2x Hexagon self-locking nut (#38)
• 2x Flat washer (#37) • 2xFlat washer (#5)

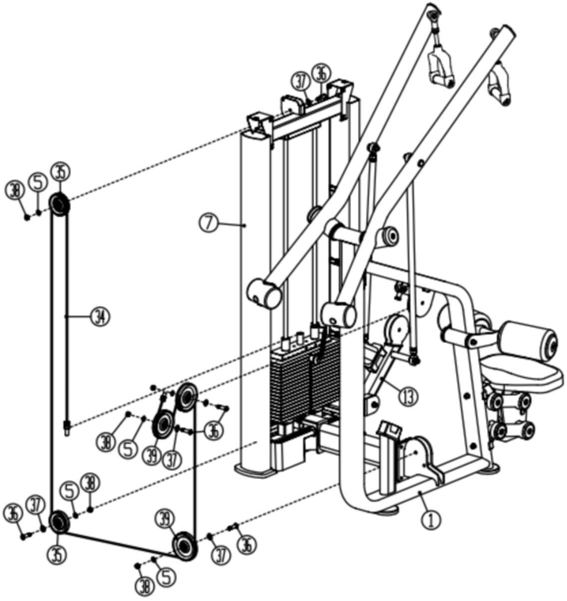
Attach the three 120 wire wheels (#39) to the high pull side frame (#1) and the high pull linkage (#13) using the following method:

·3x Reel (#36)·3x Hexagon self-locking nut (#38)
·3x Flat washer (#37)·3 xFlat washer (#5)

Note that these reels are installed synchronously with the wire rope (#34).

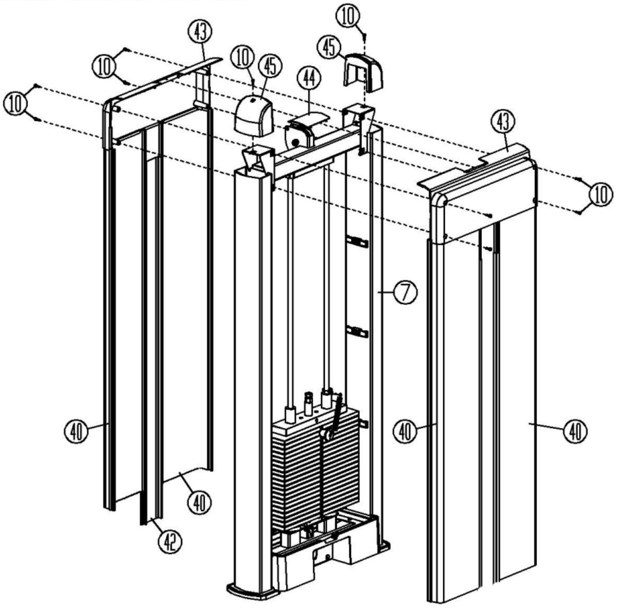
Step 11: Attach the M14 bolt end of the wire rope (#34) to the counterweight frame (#7).

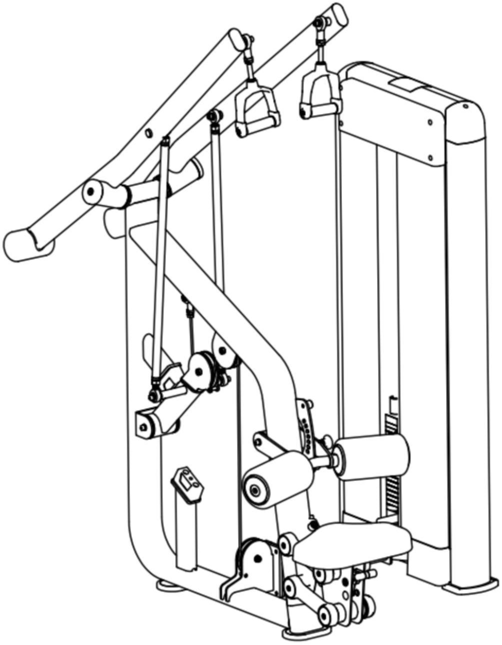
Attach the M12 bolt end of the wire rope (#34) to the high-pull linkage (#13).



Step 12: Attach the two baffles (#40) to the counterweight frame (#7) using the baffle clamps.
Slide the trim plate (#42) into the two baffles (#40) and attach to the counterweight frame (#7) using the baffle hold-down plates.
Attach the two upper shields (#43) to the counterweight frame (#7) as follows:
·8xHexagon socket head screw (#10)
Connect the upper shield cover (#44) to the two upper shields (#43).

Attach the two counterweight riser plugs (#45) to the counterweight frame (#7) using the following method:
·2xHexagon socket head screw (#10)





Important Tips

Now that the Dual Axis Lat Pullback is assembled, you need to take a moment to make sure your unit is level and plumb. Use a level to check that the guide rods are plumb in both directions. If they are not plumb, you may have to loosen some of the frame hardware and reassemble and tighten the bolts.

Accessories List

Serial number	Name and specifications	quantity
1	High pull side frame	1
2	Hexagon socket countersunk screw (M10*20)	3
3	Hexagon socket head screw (M10*20)	5
4	Spring washer (10)	20
5	Flat washer (10)	20
6	Hexagon socket head screw (M10*25)	13
7	Counterweight rack	1
8	High pull connection frame	1
9	Counterweight lower guard	1
10	Hexagon socket head screw (M5*16)	15
11	Weight rack foot pads	2
12	Flat oval foot pad	2
13	High pull linkage	1
14	High pull left moment arm	1
16	High pull right arm	1
17	76 aluminum cover	2
18	High pull rod	2
19	Seats	1
20	cushion	1
21	Hexagon socket head screw (M8*30)	6
23	Flat washers (8)	8

Accessories List

Serial number	Name and specifications	quantity
24	Hexagon socket head screw (M10*70)	2
25	High pull leg press	1
26	Universal weight guide rod	2
29	Hexagon socket head screw (M8*20)	4
30	Counterweight	18
31	Guide block set	1
32	Guide rod fixing plate	1
33	Counterweight latch	1
34	High Tension Wire Rope	1
35	95 reel	2
36	Reel-32	5
37	Flat washers (12)	7
38	Hexagonal self-locking nut (M10)	5
39	120 reel	3
40	Bezel	4
42	Counterweight source decorative plate	1
43	Counterweight upper guard	2
44	Upper guard cover	1
45	Counterweight riser plug cover	2

Note: Pre-assembled parts are not listed in this table.