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- Installation
- 4x Hexagonal locknuts M10 (#60)
 - 2x Hexagon socket cheese head screws M10*25 (#52)
 - 2x spring washer M10 (#59)
 - 2x flat washer M10-D20 (#57)

Step 6:Connect #8, #9, #14, and #Semi-Finish 3 with the following;

- 4 x Hexagon socket cheese head screws M10*20 (#53)
- 4 x spring washer M10 (#59)
- 4 x flat washer M10-D30 (#56)

Important Tips

Now that the Plate loaded Iso-Lsteral Front Lat Pulldown is assembled, you need to take some time to make sure your unit is horizontal and vertical.

Brief

Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing the equipment, please follow the instructions for proper installation.

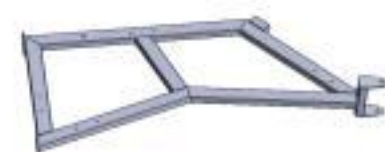





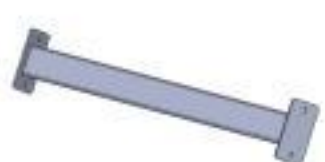







This equipment is designed to provide the most fluid and effective exercise training. After installation, you need to understand all the functions in order to use correctly, the use of the process found in the problem should immediately stop using to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve please call the company after-sales. After carefully reading all the instructions, please continue

Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench

Note: When assembling, it is recommended that two or more people operate

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Accessories List

NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	#1		1	9	#9		1
2	#2		1	10	#10		1
3	#3		1	11	#11		1
4	#4		1	12	#12		1
5	#5		1	13	#13		2
6	#6		1	14	#14		2
7	#7		1				
8	#8		1				
NO.	Name	QTY	NO.	Name	QTY		
50	Rectangular Foot Pad	5	56	flat washer M10-D30	4		
51	Hexagon socket cheese head screws M10*60	16	57	flat washer M10-D20	20		
52	Hexagon socket cheese head screws M10*25	4	58	flat washer M8-D16	2		
53	Hexagon socket cheese head screws M10*20	4	59	Spring washer M10	8		
54	Hexagon socket cheese head screws M8*25	2	60	Hexagonal self-locking nuts M10	16		
55	large washer M10-D50	16					

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

Installation

Step 1:Join # 1, # 2, # 3, # 4, # 5, # 13 to form # semi-finished product 1 by.

- 6x Hexagon socket cheese head screws M10*60 (#51)
- 6x large washer M10-D50 (#55)
- 6x flat washer M10-D20 (#57)
- 6xHexagonal locknuts M10 (#60)

Step 2: Attach 4 Rectangular Feet (#50) to #Semi-Finished 1

Step 3:Join # 6, # 7, # 10, # 11, and # 12 to form # semi-finished product 2 using the following method:

- 2xHexagon socket cheese head screws M8*25 (#54)
- 2x flat washer M8*D16 (#58)
- 2xHexagon socket cheese head screws M10*25 (#52)
- 2x spring washer M10 (#59)
- 2x flat washer M10-D20 (#57)

Step 4: Attach 1 Rectangular Foot (#50) to # Semi-finished 2

Step 5: Join # Semi 1 and # Semi 2 to form # Semi 3 by.

- 4x Hexagon socket cheese head screws M10*60 (#51)
- 4x large washer M10-D50 (#55)
- 4x flat washer M10-D20 (#57)

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