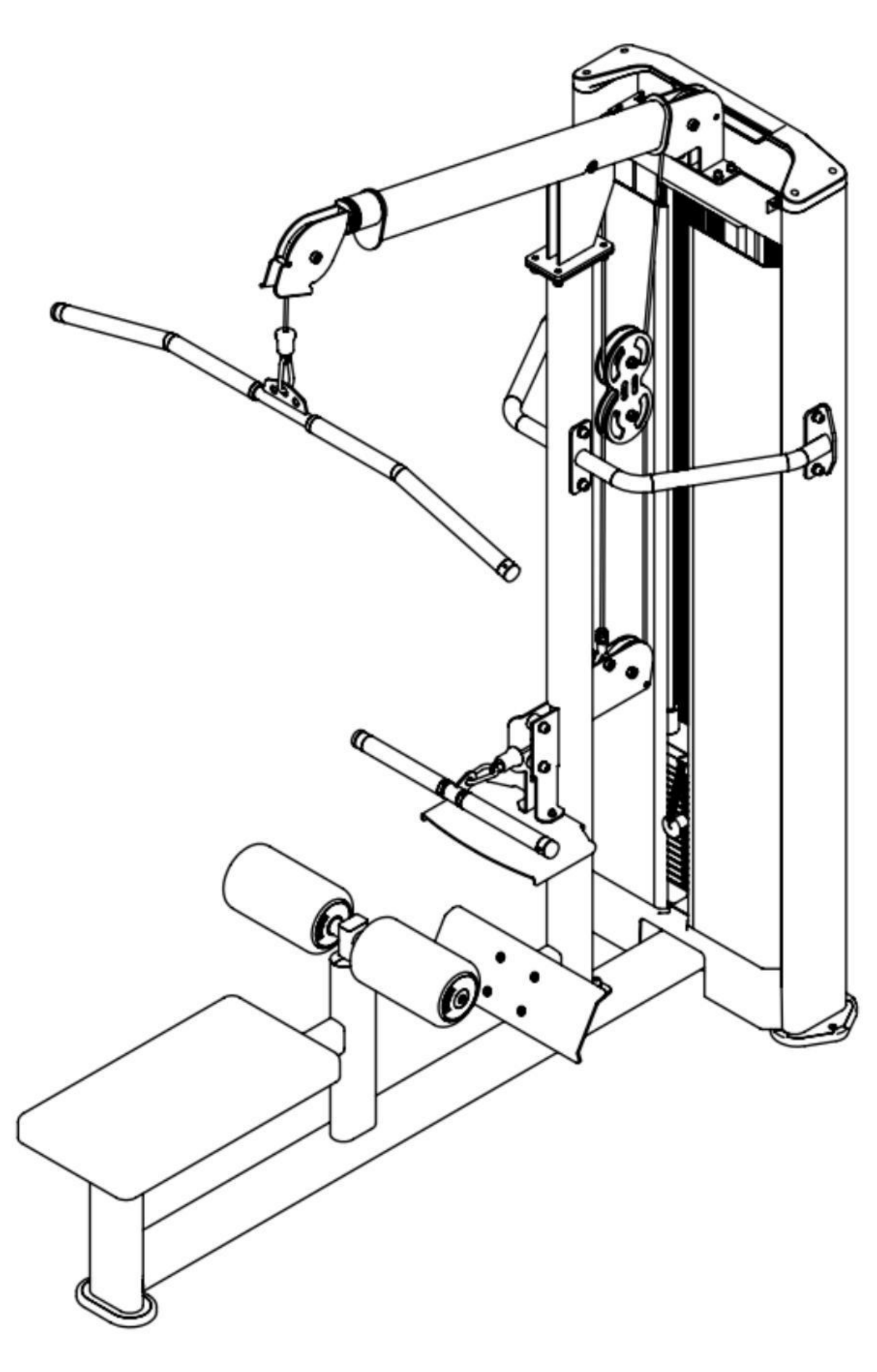
C4D06 Installation Guide

Lat Pull Down / Low Row



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brief 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

Tool	rubber mallet
	level ruler
	hexagon wrench
	spring clamp
	adjustable wrench
Note: When assembling, two or more persons are recommended to operate	

assemble

Step 1: Attach the Counterweight Lower Shroud (#2) to the Counterweight Frame (#1) by.

- 2 x Hexagon socket cheese head screws M5*16 (#3)

Step 2:Attach the Bottom Frame Assembly (#4) to the Counterweight Frame (#1) using the following method:

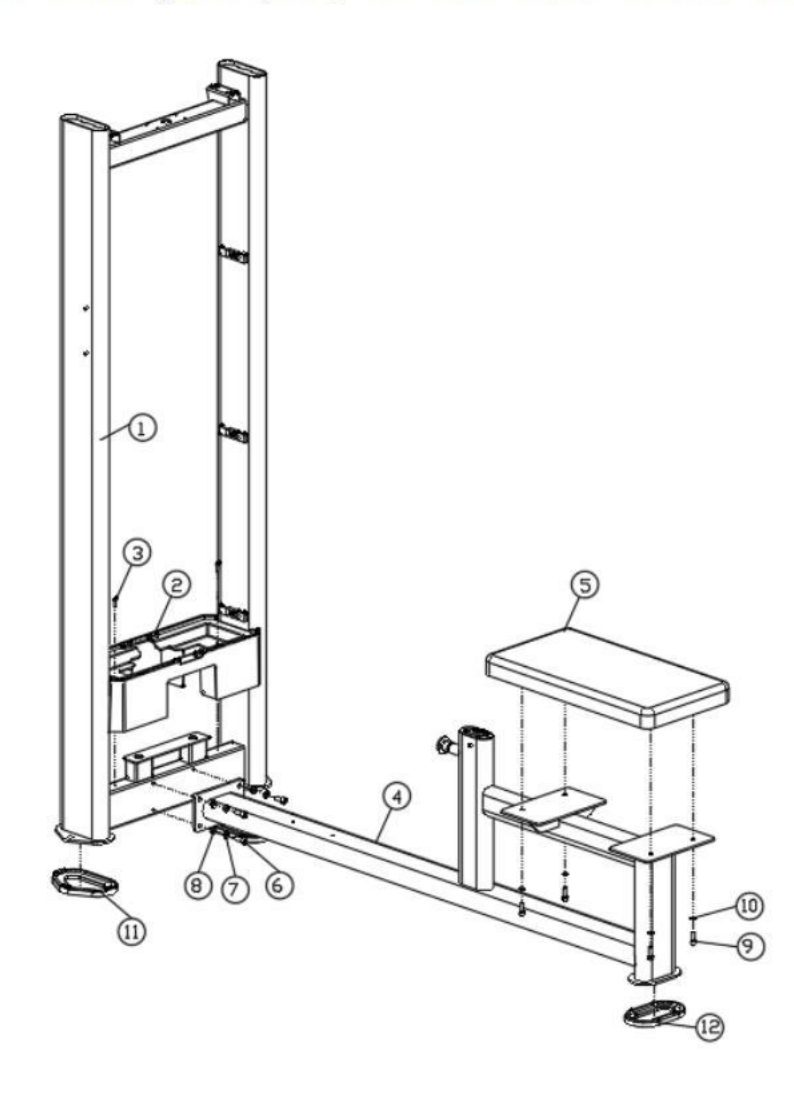
- 4 x Hexagon socket cheese head screws M10*25 (#6)
- 4 x spring washer M10 (#7)
- 4 x flat washer M10-D20 (#8)

Step 3:Attach the Cushion (#5) to the Base Assembly (#4) using the following method:

- 4 x Hexagon socket cheese head screws M8*25 (#9)
- 4 x flat washer M8-D16 (#10)

Step 4:Attach the 2 Counterweight Rack Feet (#11) to the Counterweight Rack (#1);

Install 1 flat elliptical foot pad (#12) to the base frame assembly(#4);



assemble

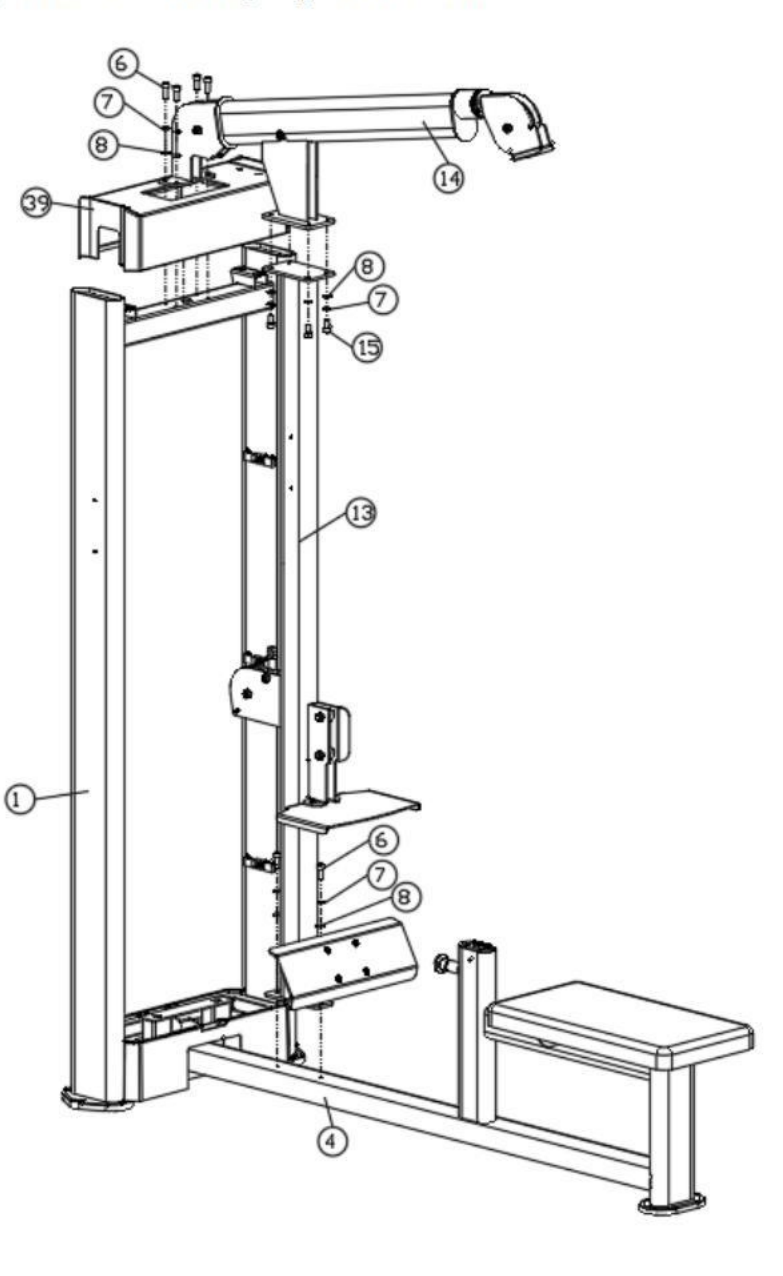
Step 5:Attach the Riser Assembly (#13) to the Base Assembly (#4) using the following method;

- 2 x Hexagon socket cheese head screws M10*25 (#6)
- 2 x spring washer M10 (#7)
- 2 x flat washer M10-D20 (#8)

Step 6: Attach the Riser Assembly (#13) to the Counterweight Frame (#1) with the Upper Pivot Arm Assembly (#14);

- 4 x Hexagon socket cheese head screws M10*25 (#6)
- 8 x spring washer M10 (#7)
- 8 x flat washer M10-D20 (#8)
- 4 x Hexagon socket cheese head screws M10*20 (#15)

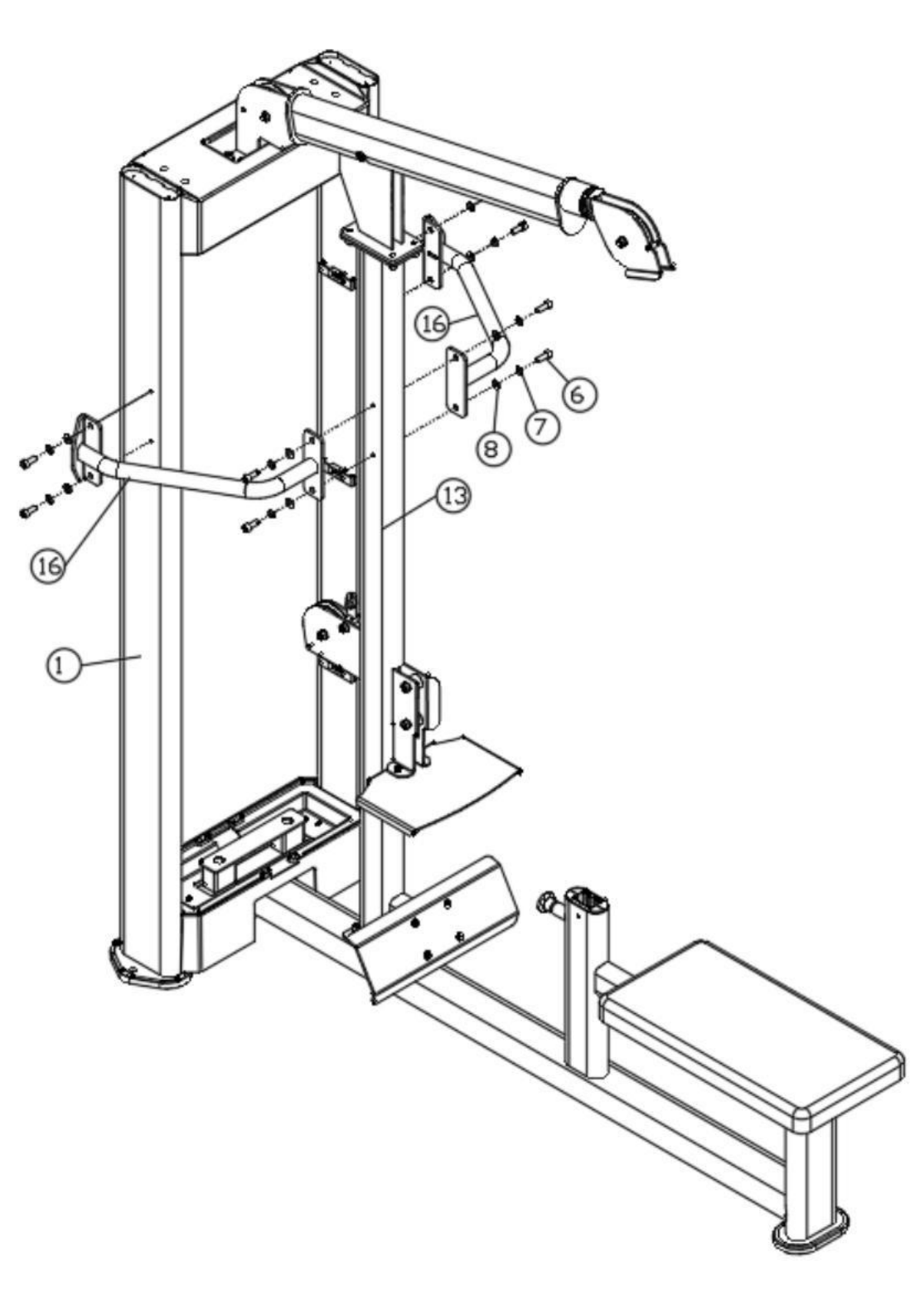
NOTE: The Upper Shroud (#39) needs to be slipped onto the Upper Strut Arm Assembly (#14) first before performing the locking operation.



assemble

Step 7: Attach the Riser Assembly (#13) to the Counterweight Frame (#1) with 2 Connecting Brackets (#16).

- 8xHexagon socket cheese head screws M10*25 (#6)
- 8xspring washer M10 (#7)
- 8xflat washer M10-D20 (#8)

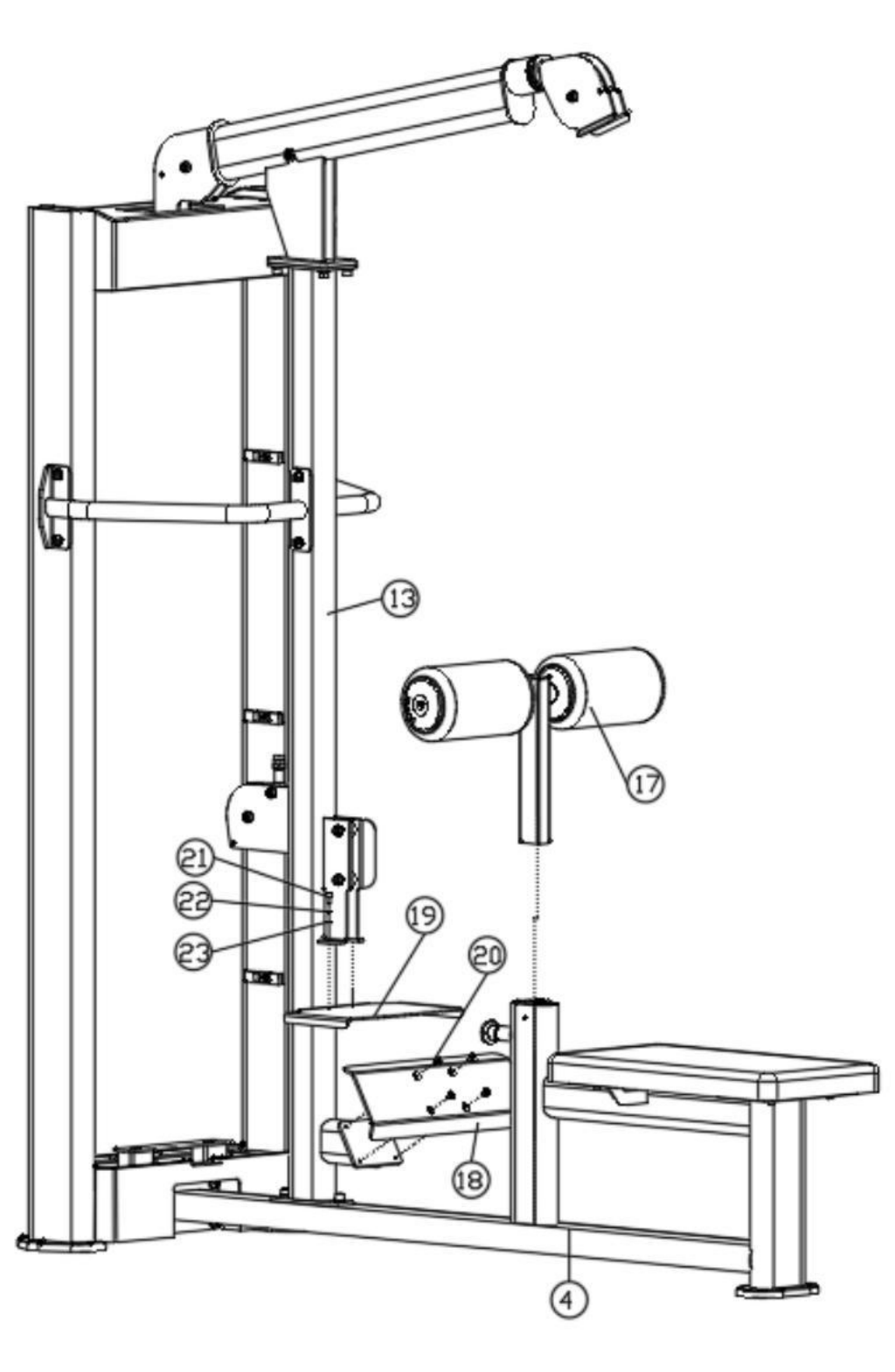


assemble

Step 8: Attach the Adjustment Skin Cylinder Assembly (#17) to the Base Frame Assembly (#4) using the following method;

Step 9:Attach the High/Low Pull Pedal (#18), High/Low Pull Bracket (#19) to the Riser Assembly (#13) using the following method;

- 4 x Hexagon socket countersunk head screws M8*12 (#20)
- 2 x Hexagon socket cheese head screws M6*12 (#21)
- 2 x Spring washers M6 (#22)
- 2 x Flat washers M6-D12 (#23)



assemble

Step 10:Slide the two Counterweight Block Rubber Pads (#25) onto the two Guide Bars (#24).

Connect the two counterweight bases (#26) to the two guide rods (#24) and place them in the counterweight rack (#1) as follows.

- 2 x Hexagon socket cheese head screws M8*20 (#27)

- 2 x spring washer M8 (#28)
- 2 x flat washer M8-D16 (#10)

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

Step 11: Attach the 16 Counterweight Blocks (#30) to the Guide Rods (#24) with the isolation tabs facing up.

The guide block set (#29) mounts to the guide bar (#24).

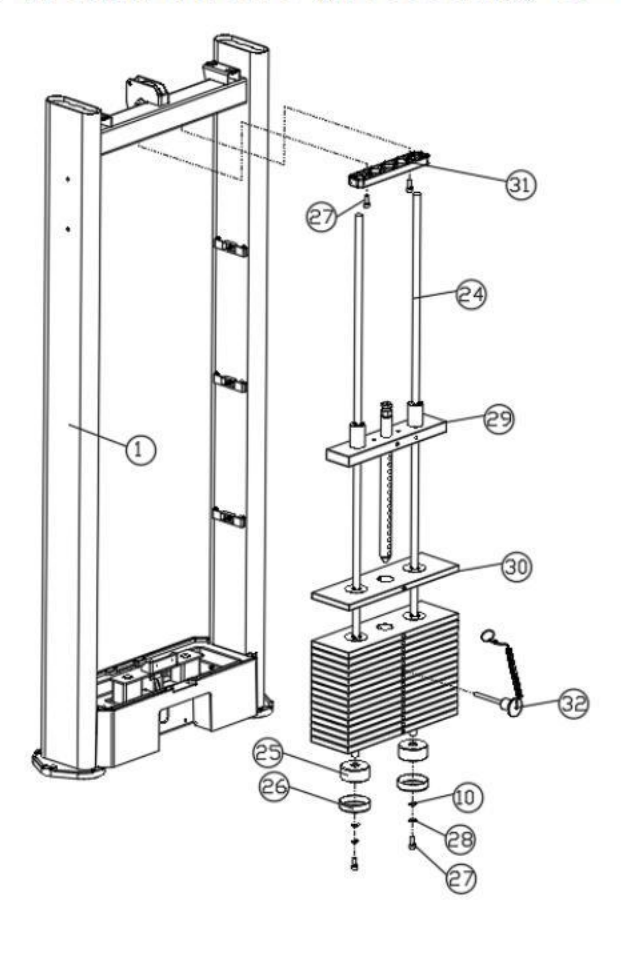
Insert the counterweight block pin (#32) into the counterweight block (#30).

Slide the guide bar retainer plate (#31) onto the guide bar (#24).

Attach the guide bar mounting plate (#31) to the counterweight frame (#1) by.

- 2 x Hexagon socket cheese head screws M8*20 (#27)

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

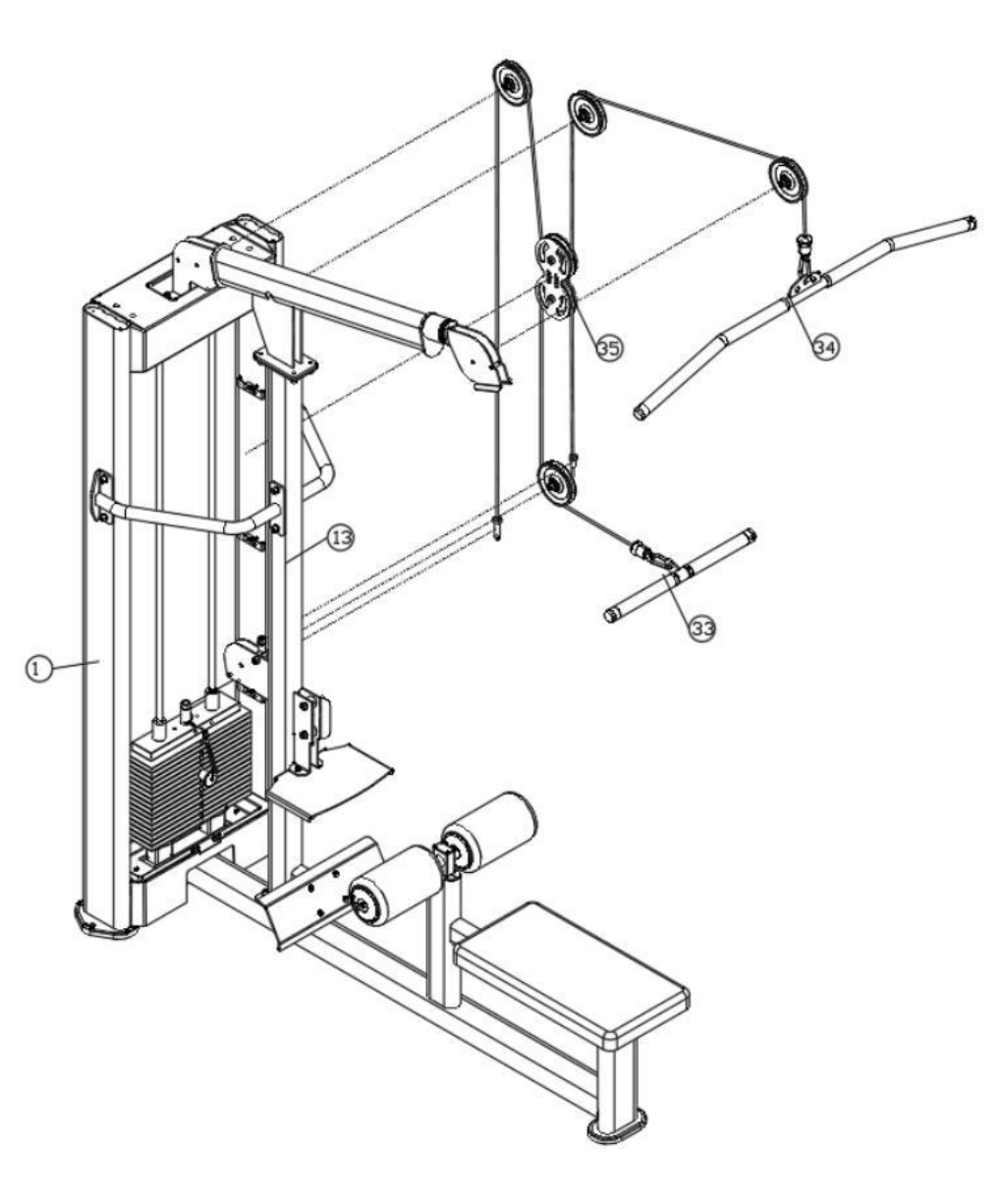


assemble

Step 12: Thread in the low pull wire rope set (#33) and high pull wire rope set (#34) as shown in the figure, the pre-installed sheaves need to be disassembled and then re-installed, pay attention to these sheaves and the low pull wire rope set (#33) and the high pull wire rope set (#34) synchronization installation.

Step 13: Attach one end of the Low Pull Rope Set (#33) to the Riser Assembly (#13) and pull the other end out.
Connect one end of the high pull rope set (#34) to the counterweight bracket (#1) of the stand assembly and pull out the other end.

Step 14: Connect the low pull rope set (#33) to the high pull rope set (#34) with the 120 sheave assembly (#35).



assemble

Step 15:Slide the two Trim Strips (#37) into the two Baffles (#36) and use the Baffle Platen to attach to the Counterweight Rack (#1).

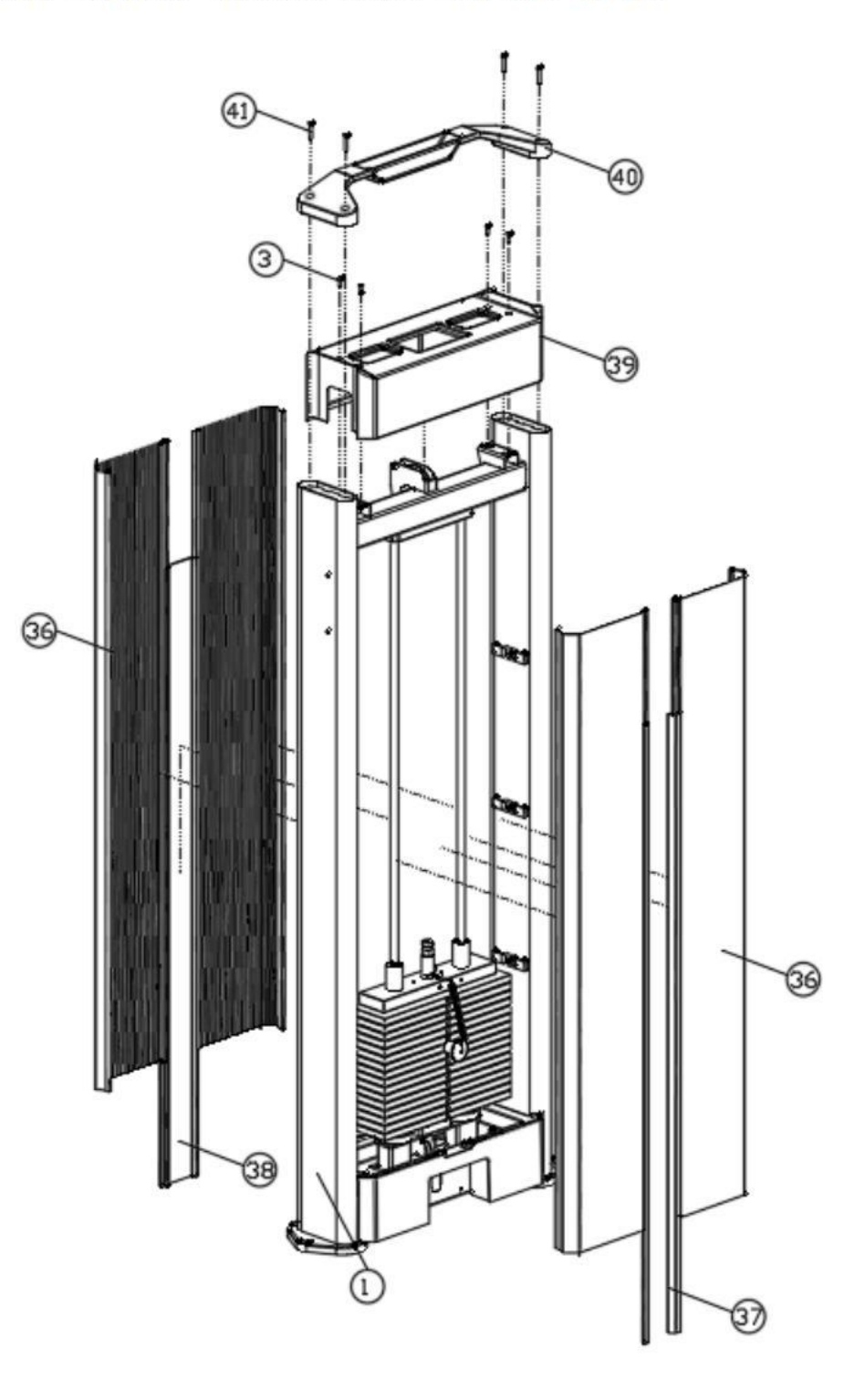
Slide the Trim Plate (#38) into the two Baffles (#36) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Attach the upper shroud (#39) to the counterweight frame (#1) by.

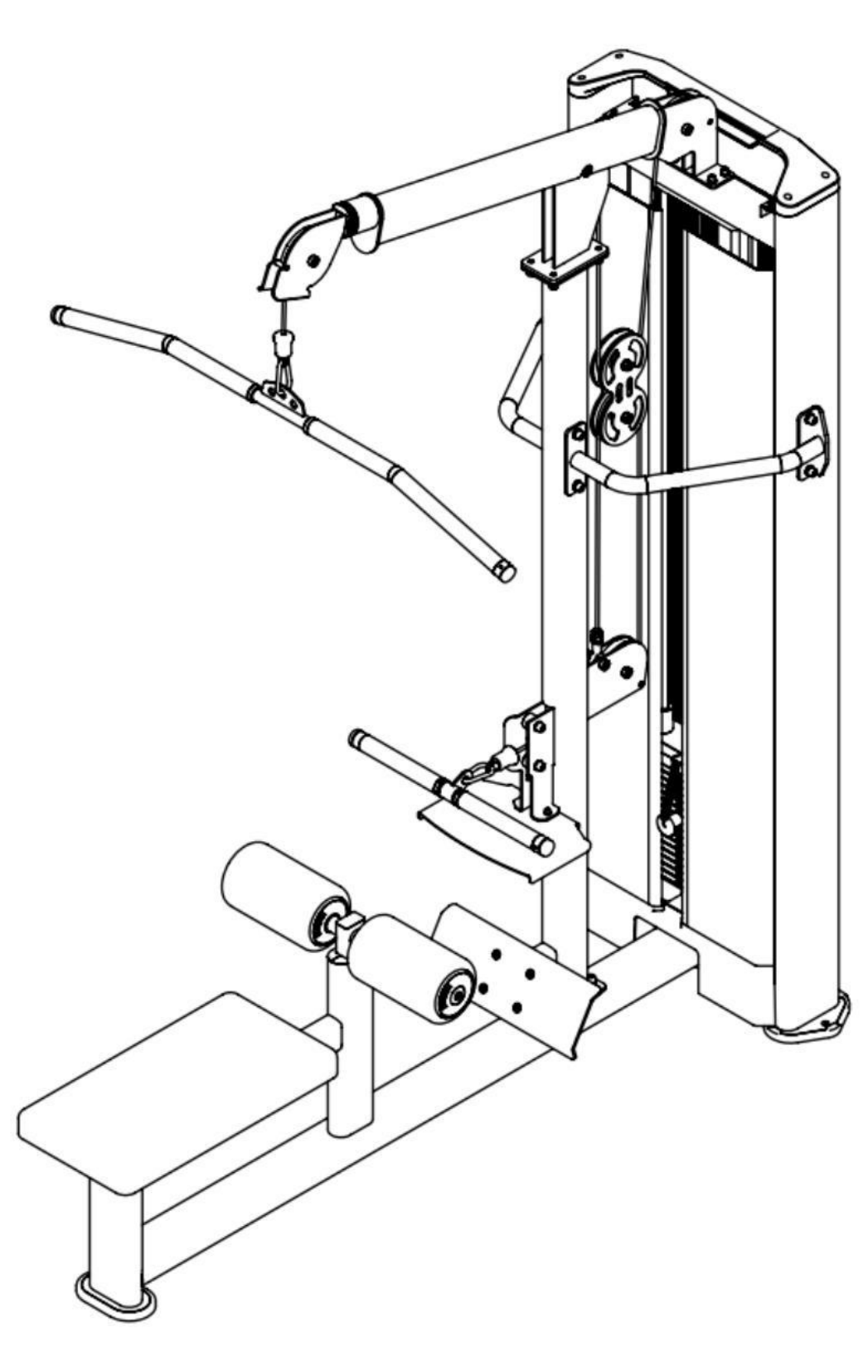
- 4 x M5*15 hexagon socket cheese head screws (#2)

Step 16: Attach the Top Cover Trim (#40) to the Counterweight Rack (#1) by

- 4×M6*30Hexagon socket cheese head screws (#41)



assemble



Important Notes

Now that the lat pull down&low row 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 vertical in both directions. If it is not vertical you must loosen some of the frame hardware to reassemble and tighten the bolts.

Accessory list

NO	Name and specification	QTY
1	Counterweight frame	1
2	counterweight lower shield	1
3	Hexagon socket cheese head screws (M5*16)	6
4	Chassis components	1
5	cushions	1
6	Hexagon socket cheese head screws (M10*25)	18
7	spring washer (M10)	22
8	flat washer (M10-D20)	22
9	Hexagon socket cheese head screws (M8*25)	4
10	flat washer (M8-D16)	6
11	counterweight footrest	2
12	Flat ellipse foot mats	1
13	Riser components	1
14	Upper arm assembly	1
15	Hexagon socket cheese head screws (M10*20)	4
16	connection frame	2
17	Adjustment Cylinder Assembly	1
18	High and low pulling pedals	1
19	High and low pull-out pallets	1
20	Hexagon socket countersunk head screws (M8*12)	4
21	Hexagon socket cheese head screws (M6*12)	2

Accessory list

no	Name and specification	QTY
22	spring washer (M6)	2
23	flat washer (M6-D12)	2
24	guide bar	2
25	Counterweight rubber pads	2
26	counterweight base	2
27	Hexagon socket cheese head screws (M8*20)	4
28	spring washer (M8)	2
29	Guide block set	1
30	counterweights	16
31	Guide bar mounting plate	1
32	Counterweight block pins	1
33	Low-pull wire rope sets	1
34	High-pull wire rope sets	1
35	120Cable Sheave Assemblies	4
36	baffle	2
37	decorative strip	1
38	decorative plate	1
39	upper shield	1
40	Upper shroud trim	1
41	Hexagon socket cheese head screws (M6*30)	4

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