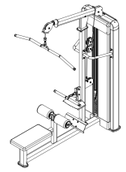
55A06 · Lat Pull Down / Low Row

INSTALLATION MANUAL



Before Installation

Before You Start

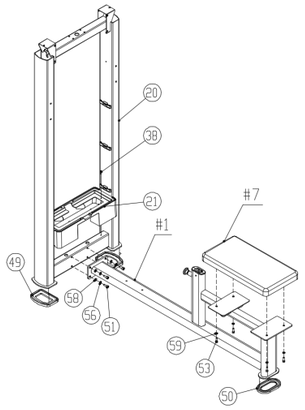
01 Read this manual before installation. Check all parts and quantities against the parts list. If any part is missing or damaged in transit, contact after-sales service before assembly.

02 Assemble the equipment according to these instructions. After installation, learn all functions before use. Stop using the machine immediately if a problem occurs to prevent injury or equipment damage. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly



STEP 1, 2 & 3

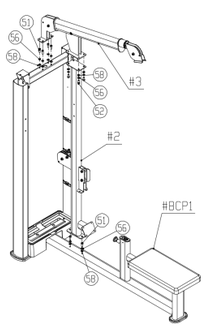
STEP 1
Connect parts #1 and #7, the weight stack frame (#20), and the lower weight stack shroud (#21) to form BCP1.

HARDWARE

Hex Socket Head Cap Screw M10×25 (#51)	× 4
Spring Washer M10 (#56)	× 4
Flat Washer M10-D20 (#58)	× 4
Hex Socket Head Cap Screw M8×25 (#53)	× 4
Flat Washer M8-D16 (#59)	× 4

STEP 2
Install two weight stack foot pads (#49) on BCP1.

STEP 3
Install one flat oval foot pad (#50) on BCP1.

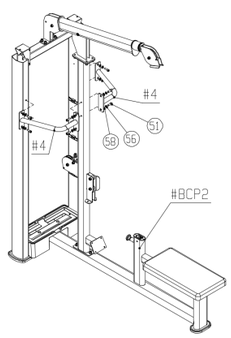


STEP 4

ACTION
Connect parts #2 and #3 to BCP1 to form BCP2.

HARDWARE

Hex Socket Head Cap Screw M10×25 (#51)	× 6
Hex Socket Head Cap Screw M10×20 (#52)	× 4
Spring Washer M10 (#56)	× 10
Flat Washer M10-D20 (#58)	× 10

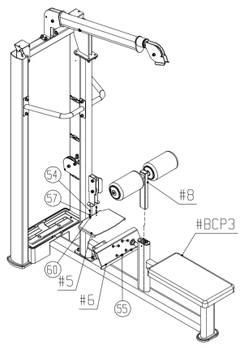


STEP 5

ACTION
Connect part #4 to BCP2 to form BCP3.

HARDWARE

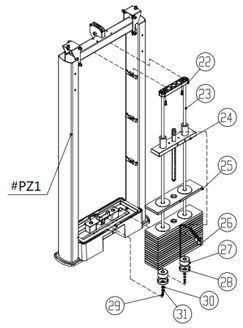
Hex Socket Head Cap Screw M10×25 (#51)	× 8
Spring Washer M10 (#56)	× 8
Flat Washer M10-D20 (#58)	× 8



STEP 6

ACTION
Connect parts #5, #6, and #8 to BCP3 to form BCP4.

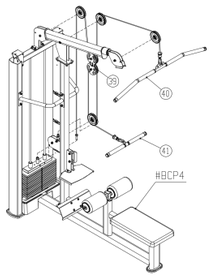
HARDWARE
- Hex Socket Head Cap Screw M6×12 (#54) × 2
- Spring Washer M6 (#57) × 2
- Flat Washer M6-D12 (#60) × 2
- Hex Socket Countersunk Head Screw M8×12 (#55) × 4



STEP 7

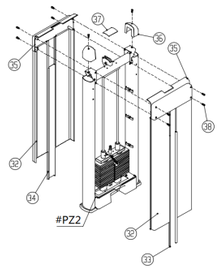
ACTION
Connect parts #22-#28 to PZ1 to form PZ2.

HARDWARE
- Hex Socket Head Cap Screw M8×20 (#29) × 4
- Spring Washer M8 (#30) × 2
- Flat Washer M8-D16 (#31) × 2



STEP 8

ACTION
Connect the hanging pulley assembly (#39), lat pulldown handle assembly (#40), and low-row handle assembly (#41) to BCP4.



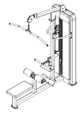
STEP 9

ACTION
Connect PZ2 with parts #32-#37.

HARDWARE
- Hex Socket Head Cap Screw M5×20 (#38) × 10

FINAL CHECK

01 After assembly, check that the machine is level and plumb.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY
1	Part 1	1
5	Part 5	1
2	Part 2	1
6	Part 6	1
3	Part 3	1
7	Part 7	1
4	Part 4	2
8	Part 8	1
20	Weight Stack Frame	1
49	Weight Stack Foot Pad	2
21	Lower Weight Stack Shroud	1
50	Flat Oval Foot Pad	1
22	Guide Rod Retaining Plate	1
51	Hex Socket Head Cap Screw M10×25	18
23	Guide Rod	2
52	Hex Socket Head Cap Screw M10×20	4
24	Guide Block Assembly	1
53	Hex Socket Head Cap Screw M8×25	4
25	Weight Plate	16
54	Hex Socket Head Cap Screw M6×12	2
26	Weight Stack Selector Pin	1
55	Hex Socket Countersunk Head Screw M8×12	4
27	Weight Stack Rubber Pad	2
56	Spring Washer M10	22
28	Weight Stack Base	2
57	Spring Washer M6	2
29	Hex Socket Head Cap Screw M8×20	4
58	Flat Washer M10-D20	22
30	Spring Washer M8	2
59	Flat Washer M8-D16	4
31	Flat Washer M8	2
60	Flat Washer M6-D12	2
32	Shroud Panel	4
33	Decorative Strip	2
34	Decorative Panel	1
35	Upper Shroud	2
36	Weight Stack Upright End Cap	2
37	Upper Shroud End Cap	1
38	Hex Socket Head Cap Screw M5×20	10
39	Hanging Pulley Assembly	1
40	Lat Pulldown Handle Assembly	1
41	Low-Row Handle Assembly	1