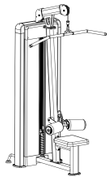
61A15 · Lat Pull Down

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read the instructions before assembly. Check that all parts are present and the quantities are correct. Report any missing or transit-damaged parts before installation.

02 Assemble the equipment correctly and follow all specified installation instructions.

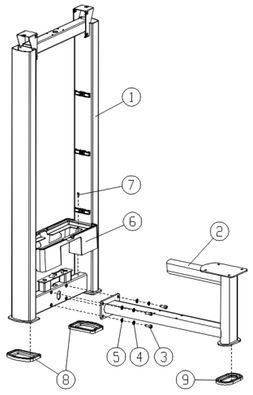
Tools Required

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

Assembly Notes

After assembly, understand all functions before use. Stop using the equipment immediately if a problem occurs to prevent injury or equipment damage. Resolve the problem before continuing and contact after-sales service if necessary.

Assembly



STEP 1, 2 & 3

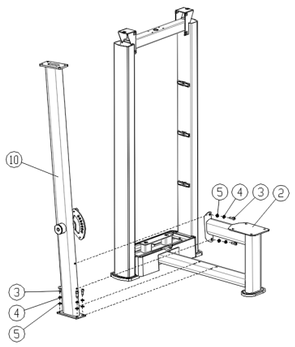
STEP 1
Attach the lat pull down base frame (#2) to the weight stack frame (#1).

HARDWARE
- Socket Head Cap Screw (M10×25) (#3) × 4
- Spring Washer (10) (#4) × 4
- Flat Washer (10) (#5) × 4

STEP 2
Attach the lower weight stack shroud (#6) to the weight stack frame (#1).

HARDWARE
- Socket Head Cap Screw (M5×16) (#7) × 2

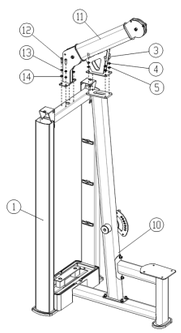
STEP 3
Install two weight stack frame foot pads (#8) on the weight stack frame (#1). Install the flat oval foot pad (#9) on the lat pull down base frame (#2).



STEP 4

ACTION
Attach the lat pull down upright frame (#10) to the base frame (#2).

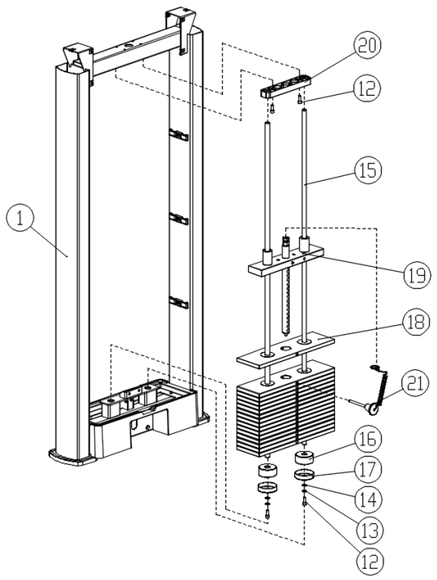
HARDWARE
- Socket Head Cap Screw (M10×25) (#3) × 6
- Spring Washer (10) (#4) × 6
- Flat Washer (10) (#5) × 6



STEP 5

ACTION
Attach the lat pull down upper frame (#11) to the weight stack frame (#1) and upright frame (#10) using the specified hardware.

HARDWARE
- Socket Head Cap Screw (M10×25) (#3) × 4
- Spring Washer (10) (#4) × 4
- Flat Washer (10) (#5) × 4
- Socket Head Cap Screw (M8×20) (#12) × 4
- Spring Washer (8) (#13) × 4
- Flat Washer (8) (#14) × 4



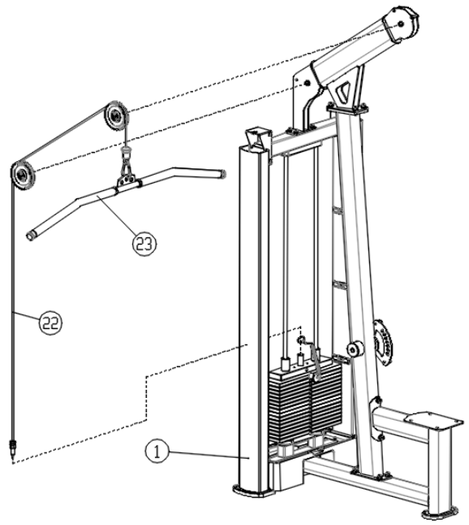
STEP 6 & 7

STEP 6
Slide two weight stack rubber cushions (#16) onto the two guide rods (#15). Attach two weight stack bases (#17) to the guide rods, then place them into the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#12) × 2
- Spring Washer (8) (#13) × 2
- Flat Washer (8) (#14) × 2

STEP 7
Install 18 weight plates (#18) on the guide rods (#15) with the spacer side facing up. Install the guide block assembly (#19), insert the weight stack selector pin (#21) into the weight plates, and slide the guide rod fixing plate (#20) onto the guide rods. Attach the fixing plate (#20) to the weight stack frame (#1). Fully tighten the bolts before continuing.

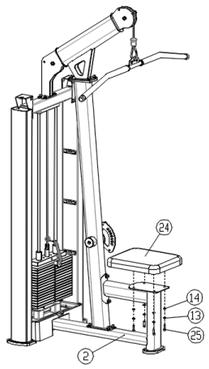
HARDWARE
- Socket Head Cap Screw (M8×20) (#12) × 2



STEP 8 & 9

STEP 8
Remove the pre-installed 120 pulleys. Route the cable (#22) through the pulleys as shown, then reinstall the 120 pulleys. Install the pulleys together with the cable.

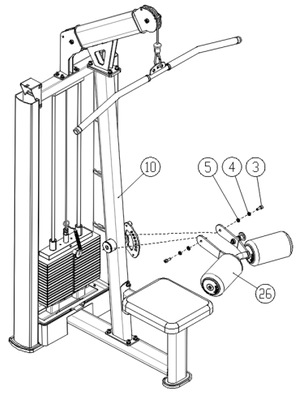
STEP 9
Connect one end of the cable (#22) inside the weight stack frame (#1), then connect the other end to the lat pull down handle (#23).



STEP 10

ACTION
Attach the lat pull down seat pad (#24) to the base frame (#2) in the direction shown.

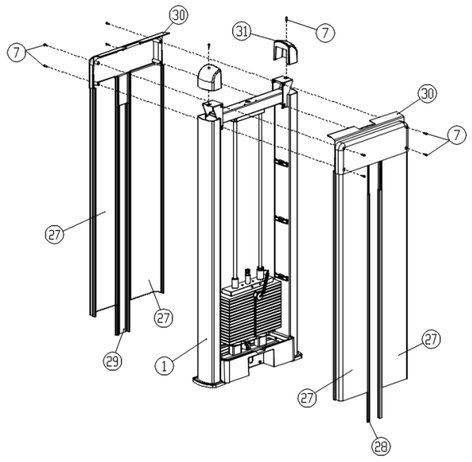
HARDWARE
- Socket Head Cap Screw (M8×25) (#25) × 4
- Spring Washer (8) (#13) × 4
- Flat Washer (8) (#14) × 4



STEP 11

ACTION
Attach the thigh hold-down frame (#26) to the lat pull down upright frame (#10).

HARDWARE
- Socket Head Cap Screw (M10×25) (#3) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2



STEP 12 & 13

STEP 12
Slide two decorative strips (#28) into two shroud panels (#27) and secure them to the weight stack frame (#1) with the shroud retaining plates. Slide the decorative panel (#29) into the shroud panels and secure it to the weight stack frame. Attach two upper weight stack shrouds (#30) to the weight stack frame.

HARDWARE
- Socket Head Cap Screw (M5×16) (#7) × 8

STEP 13
Attach two weight stack upright end caps (#31) to the weight stack frame (#1).

HARDWARE
- Socket Head Cap Screw (M5×16) (#7) × 2

FINAL CHECK

01 Important Note: After assembly, make sure the machine is level and vertical. Use a spirit level to check that the guide rods are vertical in both directions. If they are not vertical, loosen the necessary frame hardware, realign the frame, and retighten the bolts.



Parts List

Pre-assembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Lat Pull Down Base Frame	1
3	Socket Head Cap Screw (M10×25)	16
4	Spring Washer (10)	16
5	Flat Washer (10)	16
6	Lower Weight Stack Shroud	1
7	Socket Head Cap Screw (M5×16)	12
8	Weight Stack Frame Foot Pad	2
9	Flat Oval Foot Pad	1
10	Lat Pull Down Upright Frame	1
11	Lat Pull Down Upper Frame	1

NO.	PART / SPECIFICATION	QTY
12	Socket Head Cap Screw (M8×20)	8
13	Spring Washer (8)	14
14	Flat Washer (8)	14
15	Universal Weight Stack Guide Rod	2
16	Weight Stack Rubber Cushion	2
17	Weight Stack Base	2
18	Weight Plate	18
19	Guide Block Assembly	1
20	Guide Rod Fixing Plate	1
21	Weight Stack Selector Pin	1
22	Cable	1

NO.	PART / SPECIFICATION	QTY
23	Lat Pull Down Handle	1
24	Lat Pull Down Seat Pad	1
25	Socket Head Cap Screw (M8×25)	8
26	Lat Pull Down Thigh Hold-Down Frame	1
27	Shroud Panel	4
28	Weight Stack Decorative Strip	2
29	Weight Stack Decorative Panel	1
30	Upper Weight Stack Shroud	2
31	Weight Stack Upright End Cap	2
32	Lat Pull Down Weight Stack Support Leg	2