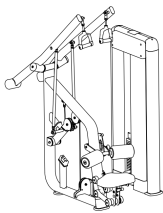


61A15A · Lat Pull Down Diverging

INSTALLATION MANUAL



Before Installation

Before You Start

- 01
- Read these instructions carefully before installation. Check the parts list to confirm that all parts and quantities are complete. If any part is missing or damaged in transit, contact after-sales service immediately. Assemble the equipment according to these instructions.
- 02
- After assembly, learn all functions before use. Stop using the equipment immediately if any problem occurs to avoid injury or equipment damage. Check these instructions for the cause; if the problem cannot be resolved, contact after-sales service.

Tools Required

- Rubber Mallet

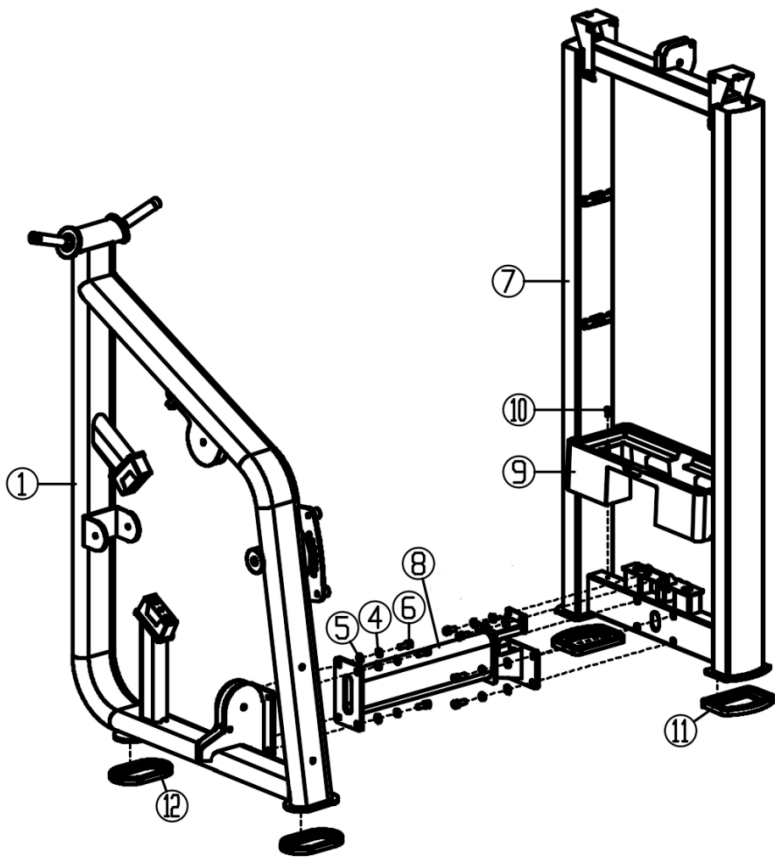
• Spirit Level

• Hex Keys
- Snap-Ring Pliers

• Adjustable Wrench

• 2 People

Assembly



STEP 1, 2 & 3

STEP 1
Connect the lat pulldown connecting frame (#8) to the weight stack frame (#7) and lat pulldown side frame (#1) with ten M10×25 socket head cap screws (#6), ten spring washers 10 (#4), and ten flat washers 10 (#5).

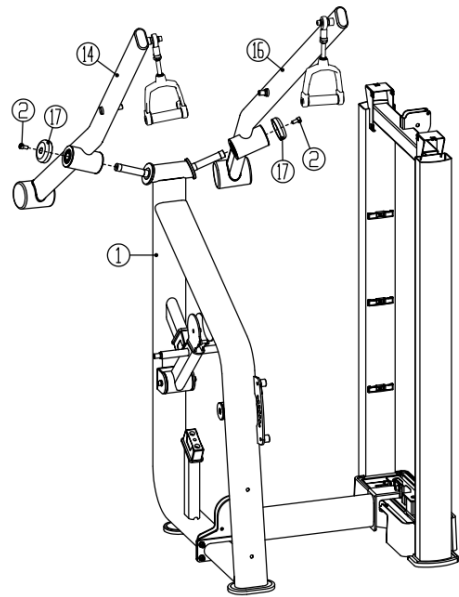
HARDWARE	
• Lat pulldown connecting frame (#8)	× 1
• Weight stack frame (#7)	× 1
• Lat pulldown side frame (#1)	× 1
• Socket head cap screw M10×25 (#6)	× 10
• Spring washer 10 (#4)	× 10
• Flat washer 10 (#5)	× 10

STEP 2
Connect the lower weight stack shroud (#9) to the weight stack frame (#7) with two M5×16 socket head cap screws (#10).

HARDWARE	
• Lower weight stack shroud (#9)	× 1
• Weight stack frame (#7)	× 1
• Socket head cap screw M5×16 (#10)	× 2

STEP 3
Install two weight stack frame foot pads (#11) on the weight stack frame (#7) and two flat oval foot pads (#12) on the lat pulldown side frame (#1).

HARDWARE	
• Weight stack frame foot pad (#11)	× 2
• Weight stack frame (#7)	× 1
• Flat oval foot pad (#12)	× 2
• Lat pulldown side frame (#1)	× 1



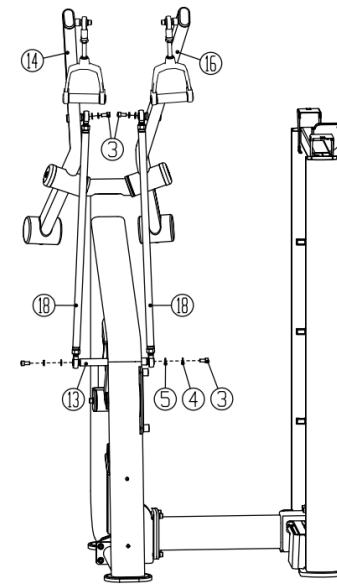
STEP 4

ACTION

Connect the left movement arm (#14) and right movement arm (#16) to the lat pulldown side frame (#1) with two socket head cap screws (#2), two spring washers 10 (#4), and two aluminum caps 76 (#17). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Left lat pulldown movement arm (#14) × 1
- Right lat pulldown movement arm (#16) × 1
- Lat pulldown side frame (#1) × 1
- Socket head cap screw (#2) × 2
- Spring washer 10 (#4) × 2
- Aluminum cap 76 (#17) × 2



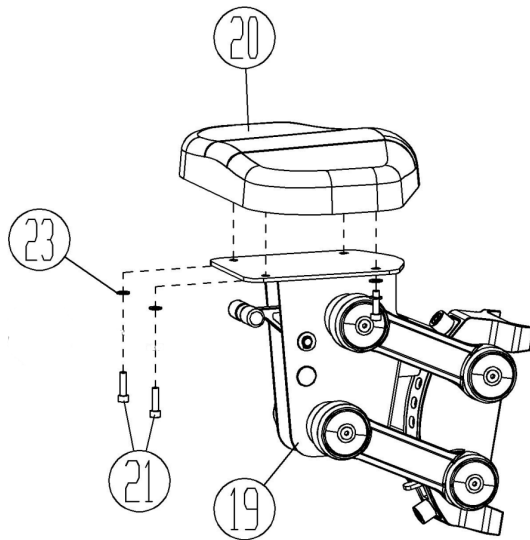
STEP 5

ACTION

Connect the two lat pulldown linkage rods (#18) to the left and right movement arms (#14/#16) and lat pulldown linkage (#13) with two M10×20 socket head cap screws (#3), two spring washers 10 (#4), and two flat washers 10 (#5). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Lat pulldown linkage rod (#18) × 2
- Left lat pulldown movement arm (#14) × 1
- Right lat pulldown movement arm (#16) × 1
- Lat pulldown linkage (#13) × 1
- Socket head cap screw M10×20 (#3) × 2
- Spring washer 10 (#4) × 2
- Flat washer 10 (#5) × 2



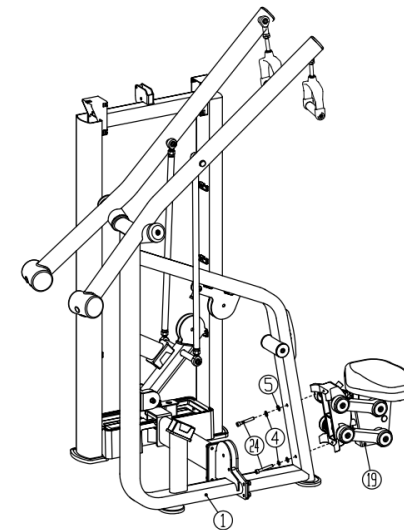
STEP 6

ACTION

Attach the seat pad (#20) to the seat frame (#19) with four M8×30 socket head cap screws (#21) and four flat washers 8 (#23). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Seat pad (#20) × 1
- Seat frame (#19) × 1
- Socket head cap screw M8×30 (#21) × 4
- Flat washer 8 (#23) × 4



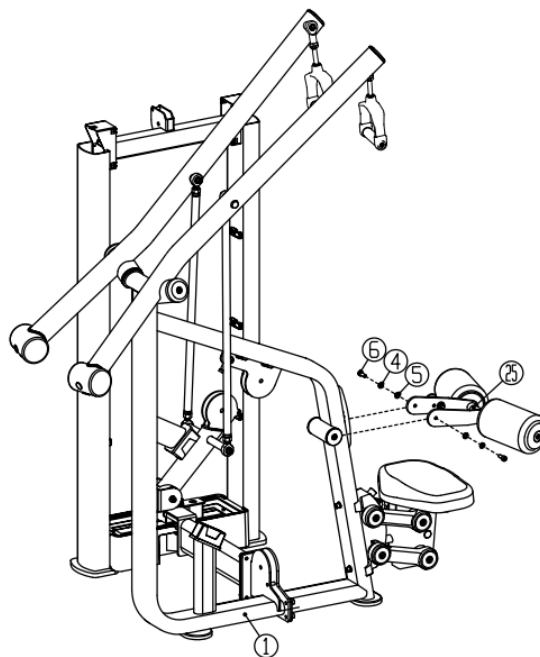
STEP 7

ACTION

Connect the seat frame (#19) to the lat pulldown side frame (#1) with two M10×70 socket head cap screws (#24), two spring washers 10 (#4), and two flat washers 10 (#5). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Seat frame (#19) × 1
- Lat pulldown side frame (#1) × 1
- Socket head cap screw M10×70 (#24) × 2
- Spring washer 10 (#4) × 2
- Flat washer 10 (#5) × 2



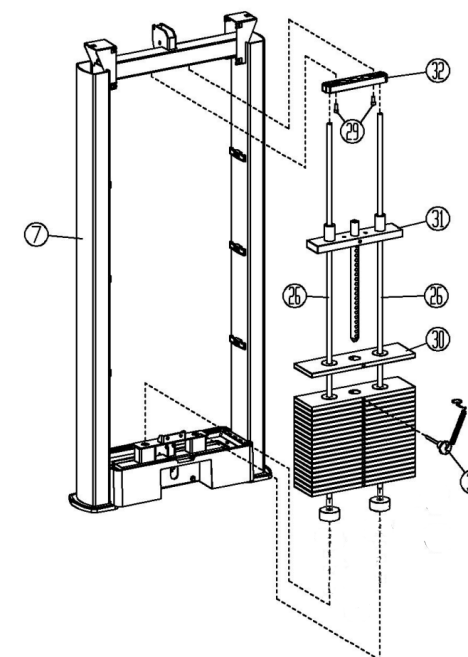
STEP 8

ACTION

Connect the thigh restraint frame (#25) to the lat pulldown side frame (#1) with two M10×25 socket head cap screws (#6), two spring washers 10 (#4), and two flat washers 10 (#5). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Thigh restraint frame (#25) × 1
- Lat pulldown side frame (#1) × 1
- Socket head cap screw M10×25 (#6) × 2
- Spring washer 10 (#4) × 2
- Flat washer 10 (#5) × 2



STEP 9

ACTION

Install 18 weight plates (#30) on the two guide rods (#26) with the spacers facing up. Install the guide block assembly (#31), insert the weight stack selector pin (#33), and slide the guide rod mounting plate (#32) onto the guide rods. Secure the mounting plate to the weight stack frame (#7) with two M8×20 socket head cap screws (#29). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Weight plate (#30) × 18
- Universal weight stack guide rod (#26) × 2
- Guide block assembly (#31) × 1
- Weight stack selector pin (#33) × 1
- Guide rod mounting plate (#32) × 1
- Weight stack frame (#7) × 1
- Socket head cap screw M8×20 (#29) × 2

STEP 10

Install two 95 pulleys (#35) on the weight stack frame (#7) and three 120 pulleys (#39) on the lat pulldown side frame (#1) and linkage (#13). Use five pulley axles 32 (#36), five M10 hex lock nuts (#38), five flat washers 12 (#37), and five flat washers 10 (#5). Install the pulleys together with the cable (#34).



- ## STEP 11

HARDWARE

- ## ACTION

HARDWARE

- 03 / 03