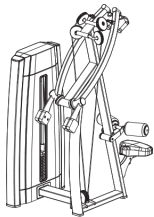


7315 • Lat Pull Down

INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read this manual carefully before installation.
- 02 Check that all components are present and undamaged. Contact customer service immediately if any part is missing or damaged.
- 03 Follow these installation instructions during assembly.
- 04 Use at least three people for installation.

Tools Required

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

Assembly Notes

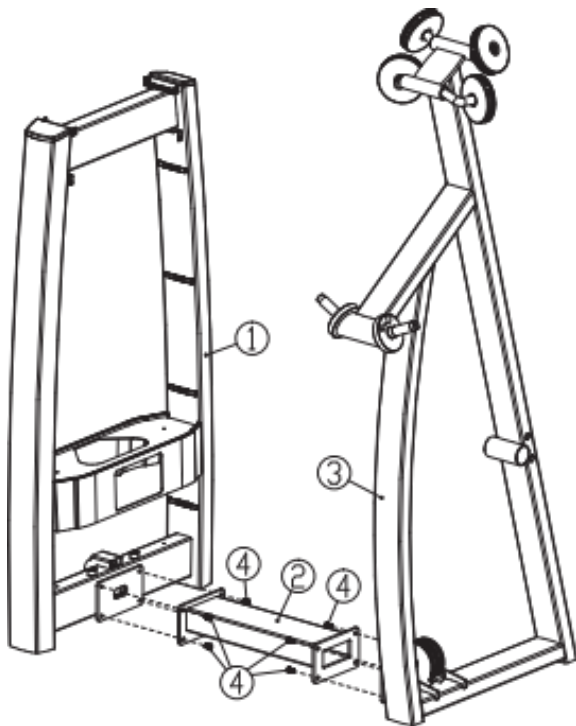
After assembly, understand all machine functions before use. If a problem occurs, recheck the installation steps. If it remains unresolved, contact an authorized distributor and have the product code and manual ready.

Assembly

STEP 1

ACTION
Place the lower cover inside the weight stack frame (#1) before installing the connecting frame (#2). Connect the weight stack frame (#1), connecting frame (#2), and body frame (#3) with the M10×16 screws (#4). Tighten all hardware with a wrench.

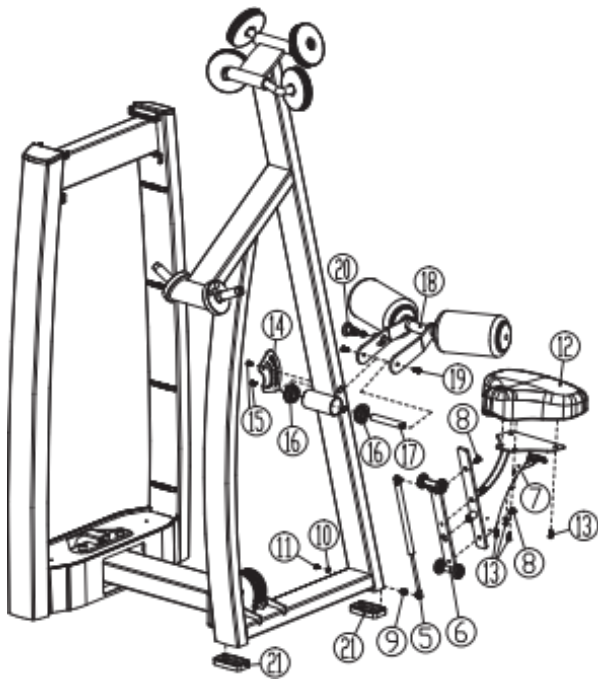
- HARDWARE**
- | | |
|--|-----|
| • Weight Stack Frame (#1) | × 1 |
| • Connecting Frame (#2) | × 1 |
| • Body Frame (#3) | × 1 |
| • Hex Socket Button Head Screw (M10×16) (#4) | × 6 |

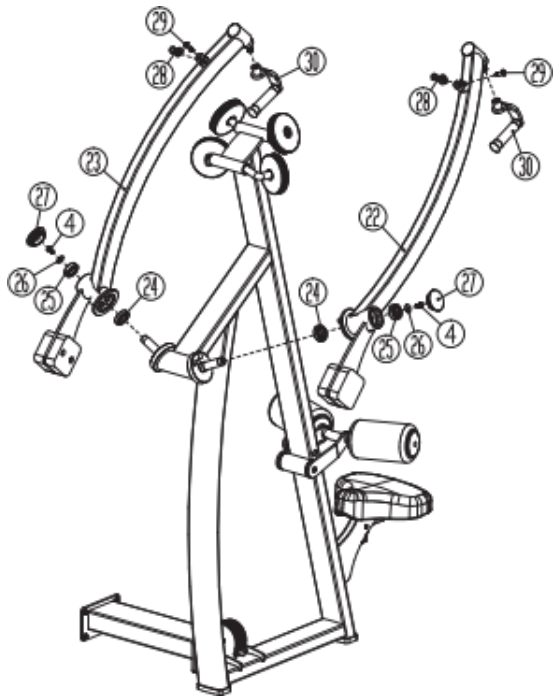


STEP 2

ACTION
Install the gas spring (#5), seat height adjustment pulley (#6), seat frame (#7), seat cushion (#12), adjustment plate (#14), leg hold-down frame (#18), adjustment pull pin (#20), and foot pads (#21) as shown. Install the related hardware (#8-#11, #13, #15-#17, and #19). Tighten all hardware with a wrench.

- HARDWARE**
- | | |
|---|-----|
| • Gas Spring-220 (#5) | × 1 |
| • Seat Height Adjustment Pulley (#6) | × 1 |
| • Seat Frame (#7) | × 1 |
| • Hex Socket Countersunk Head Screw (M10×20) (#8) | × 3 |
| • Gas Spring End Nut (#9) | × 1 |
| • M8 Flat Washer (#10) | × 1 |
| • Hex Socket Button Head Screw (M8×10) (#11) | × 1 |
| • Seat Cushion (#12) | × 1 |
| • Hex Socket Button Head Screw (M8×20) (#13) | × 4 |
| • Adjustment Plate (#14) | × 1 |
| • Hex Socket Countersunk Head Screw (M8×16) (#15) | × 2 |
| • Deep Groove Ball Bearing (YR6004-2RS) (#16) | × 2 |
| • Main Shaft (Ø02×132) (#17) | × 1 |
| • Leg Hold-Down Frame (#18) | × 1 |
| • Hex Socket Button Head Screw (M10×20) (#19) | × 2 |
| • Adjustment Pull Pin (#20) | × 1 |
| • 58×10 1 Foot Pad (#21) | × 2 |





STEP 3

ACTION
Install the left and right movement arms (#22, #23), bearings (#24, #25), large washers (#26), shaft cover plates (#27), rod end bearings (#28), pulley shafts (#29), and handlebars (#30) as shown. Secure the assemblies with the M10×16 screws (#4). Some preassembled parts are omitted from the illustration for clarity.

- HARDWARE**
- Hex Socket Button Head Screw (M10×16) (#4)
 - Left Movement Arm (#22)
 - Right Movement Arm (#23)
 - Deep Groove Ball Bearing 6006 (#24)
 - Deep Groove Ball Bearing 6205 (#25)
 - M10 Large Washer (#26)
 - 76 Shaft Cover Plate (#27)
 - Rod End Bearing (M12) (#28)
 - Pulley Shaft-22 (#29)
 - Handlebar (#30)

× 4

× 1

× 1

× 2

× 2

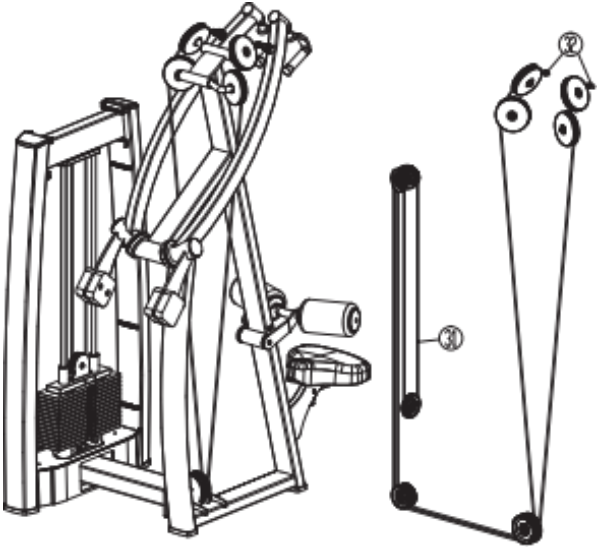
× 2

× 2

× 2

× 2

× 2



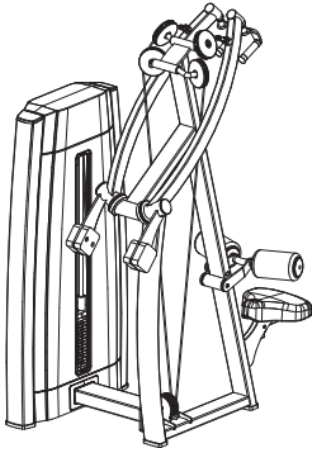
STEP 4

ACTION
Route the cable (#31) as shown and secure it with the cable fixing bolts (#32). Loosen the locknut and adjust the threaded bolt until the cable has proper tension. Refer to the 7300-1 Installation Instruction for installation of the weight stack frame and required accessories.

- HARDWARE**
- Cable (#31)
 - Cable Fixing Bolt (M12×20) (#32)

× 1

× 2



STEP 5

ACTION
Install the covers as shown to complete assembly.

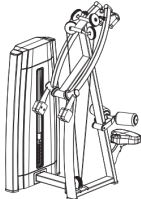
FINAL CHECK

- 01

Confirm that the machine is square and vertical.
- 02

Use a spirit level to check that the guide rods are vertical in both directions.
- 03

If the guide rods are not vertical, loosen the vertical-frame hardware, realign the frame, and tighten the bolts again.



Parts List

Some preassembled spare parts are not included in this list.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	9	Gas Spring End Nut	1	17	Main Shaft (Ø02×132)	1	25	Deep Groove Ball Bearing 6205	2
2	Connecting Frame	1	10	M8 Flat Washer	1	18	Leg Hold-Down Frame	1	26	M10 Large Washer	2
3	Body Frame	1	11	Hex Socket Button Head Screw (M8×10)	1	19	Hex Socket Button Head Screw (M10×20)	2	27	76 Shaft Cover Plate	2
4	Hex Socket Button Head Screw (M10×16)	10	12	Seat Cushion	1	20	Adjustment Pull Pin	1	28	Rod End Bearing (M12)	2
5	Gas Spring-220	1	13	Hex Socket Button Head Screw (M8×20)	4	21	58×10 1 Foot Pad	2	29	Pulley Shaft-22	2
6	Seat Height Adjustment Pulley	1	14	Adjustment Plate	1	22	Left Movement Arm	1	30	Handlebar	2
7	Seat Frame	1	15	Hex Socket Countersunk Head Screw (M8×16)	2	23	Right Movement Arm	1	31	Cable	1
8	Hex Socket Countersunk Head Screw (M10×20)	3	16	Deep Groove Ball Bearing (YR6004-2RS)	2	24	Deep Groove Ball Bearing 6006	2	32	Cable Fixing Bolt (M12×20)	2