



# ISO Lateral Row

## ASSEMBLY INSTRUCTIONS



**Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at [info@gymbrofitness.com](mailto:info@gymbrofitness.com).**

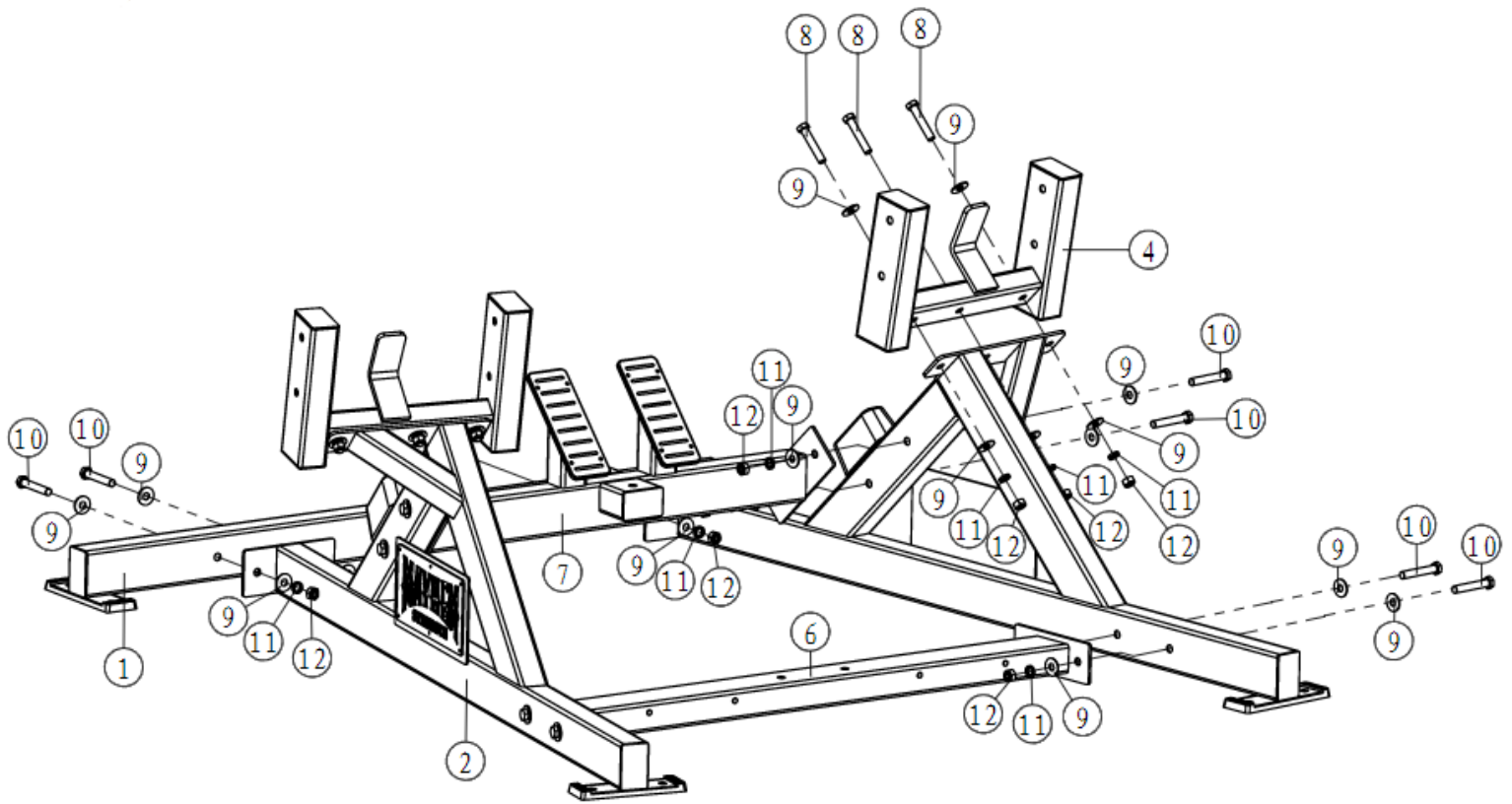
**Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.**

<b>Tools Required for Installation:</b>
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

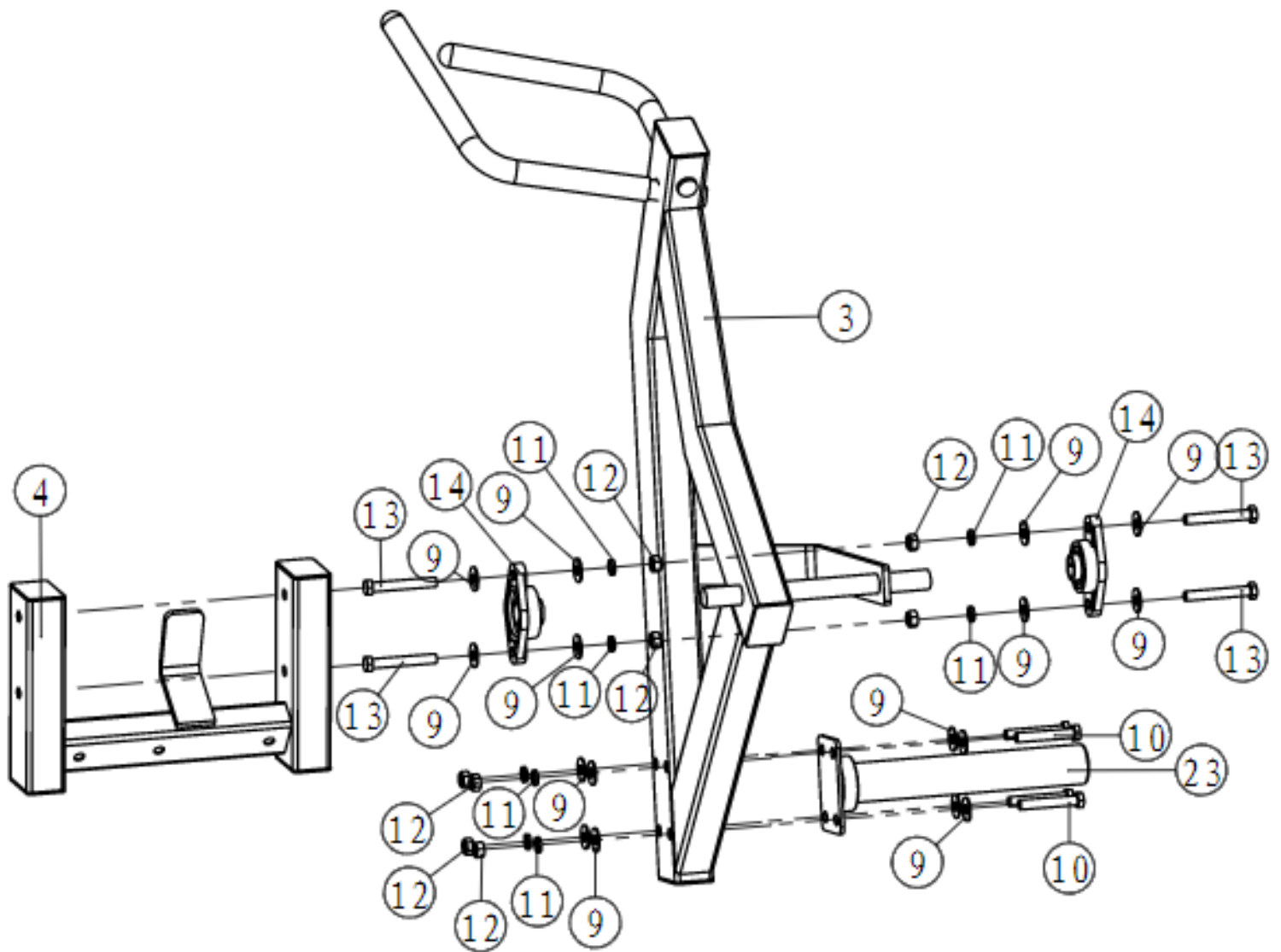
# PARTS/HARDWARE LIST

<b>Number of Parts</b>	<b>Part Description</b>	<b>Quantity</b>
1	Cross Assembly	1
2	Support Assembly	1
3	Arm Assembly	1
4	Support	1
5	Pivotal Pad Mount	1
6	Front Cross Assembly	1
7	Cross Assembly	1
8	Hexagon Head Bolts M12x65	6
9	Plain Washers	76
10	Hexagon Head Bolts M12x75	24
11	Spring Lock Washers	38
12	Hexagon Nuts M12	38
13	Hexagon Head Bolts M12x85	8
14	Bearing	4
15	Hexagon Head Bolts M10x70	4
16	Plain Washers	8
17	Hexagon Socket Button Head Screws M10x25	2
18	Plastic Washer	2
19	Adjusting Bolt	1
20	Seat Support	1
21	Chest Pad Assembly	1
22	Seat Pad Assembly	1

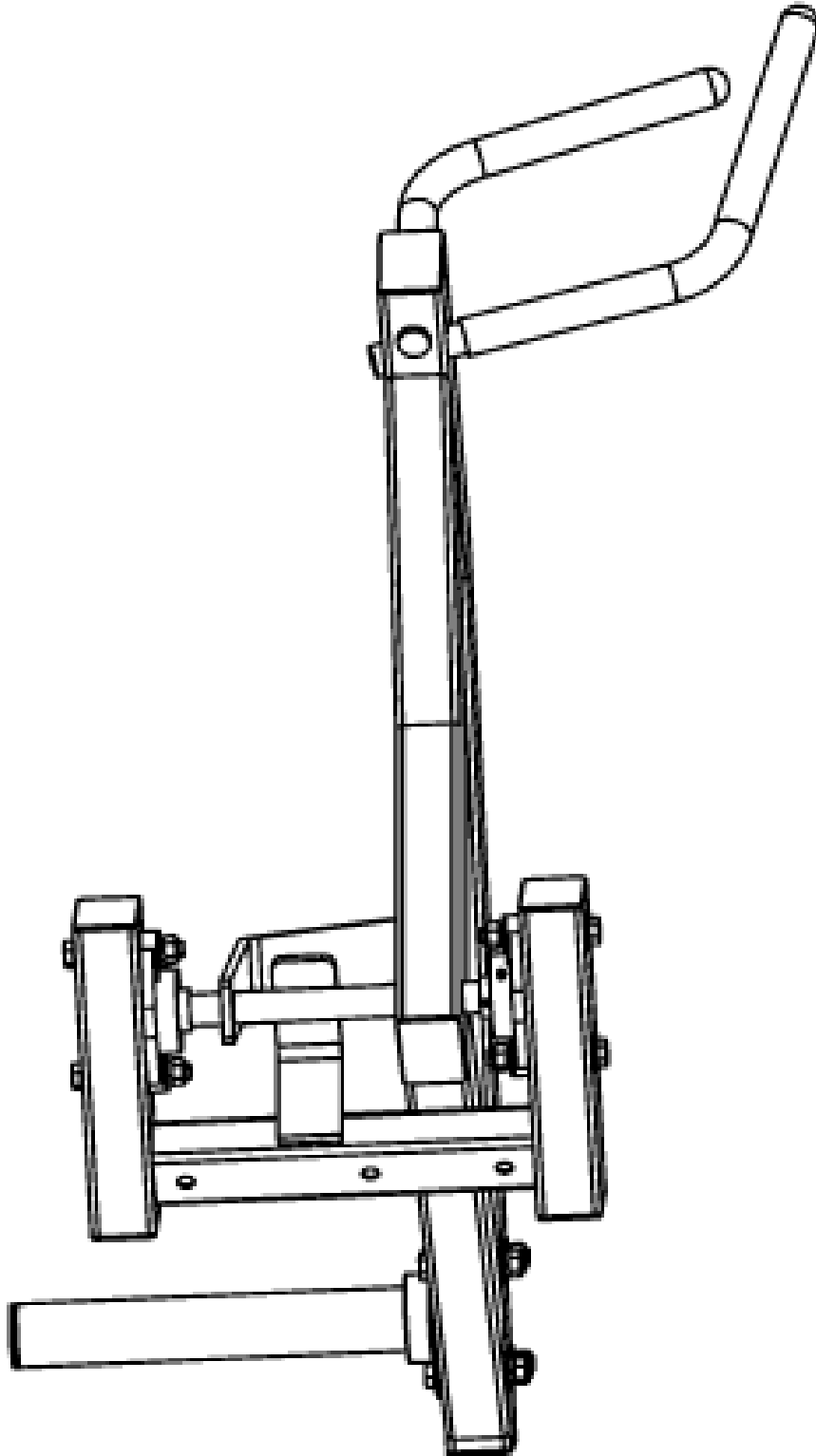
# Frame Assembly



# Force Arm Assembly



## Force Arm Completed



# Cushion and Frame Installation



**Have a question about assembly?**



**Please contact a Gym Bro Fitness Team Member!**

**Hours of Operation:**

**Monday-Friday 9:00am - 5:00pm (PST)**

**Saturday 9:00am - 3:00pm (PST)**

**Sunday CLOSED**

**Phone: (662)GYM-BROS**

**Email: [info@gymbrofitness.com](mailto:info@gymbrofitness.com)**

**Visit Our Website: [www.gymbrofitness.com](http://www.gymbrofitness.com)**