



# Lat Pulldown 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).**

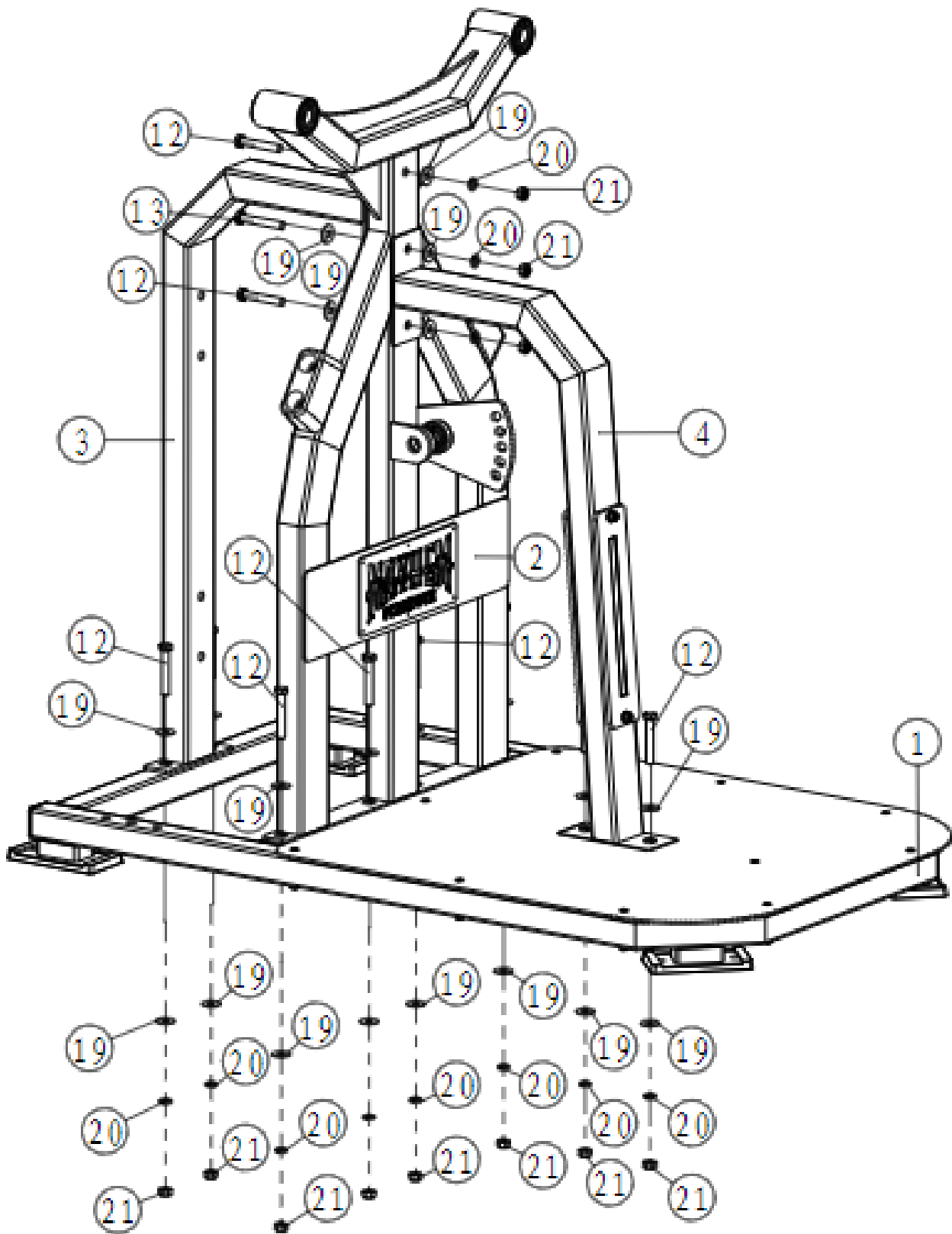
**Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned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

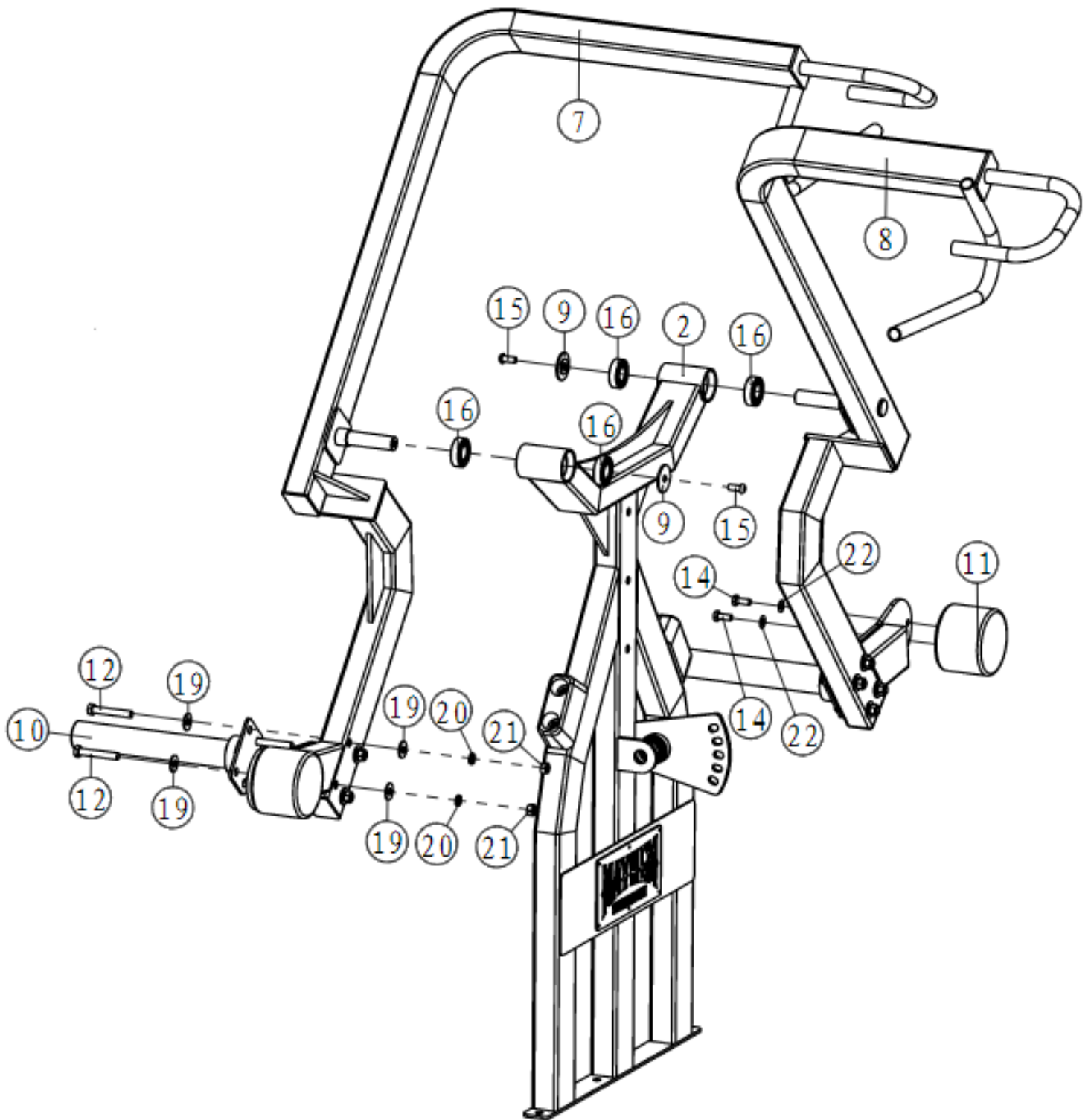
# PARTS/HARDWARE LIST

Number of Parts	Part Description	Quantity
1	Cross Assembly	1
2	Support	1
3	Support	1
4	Seat Support	1
5	Upper Arm Assembly	1
6	Seat Support	1
7	Arm Frame	1
8	Arm Frame	1
9	Bearing Washer	4
10	Weight Holder	2
11	Counterweight	2
12	Hexagon Head Bolts M12x75	26
13	Hexagon Head Bolts M12x80	1
14	Hexagon Head Bolts M10x25	4
15	Hexagon Socket Button Head Screws M10x25	6
16	Bearing	6
17	Hexagon Head Bolts M10x70	2
18	Hexagon Socket Head Cap Screws M12x30	2
19	Plain Washers	54
20	Spring Lock Washers	46
21	Hexagon Nuts M12	27
22	Plain Washers	10
23	Plastic Washers1	2
24	Plastic Washers 2	2
25	Plastic Washers 3	2
26	Roller Pad	2
27	Weight Holder	4
28	Seat Pad Assembly	1

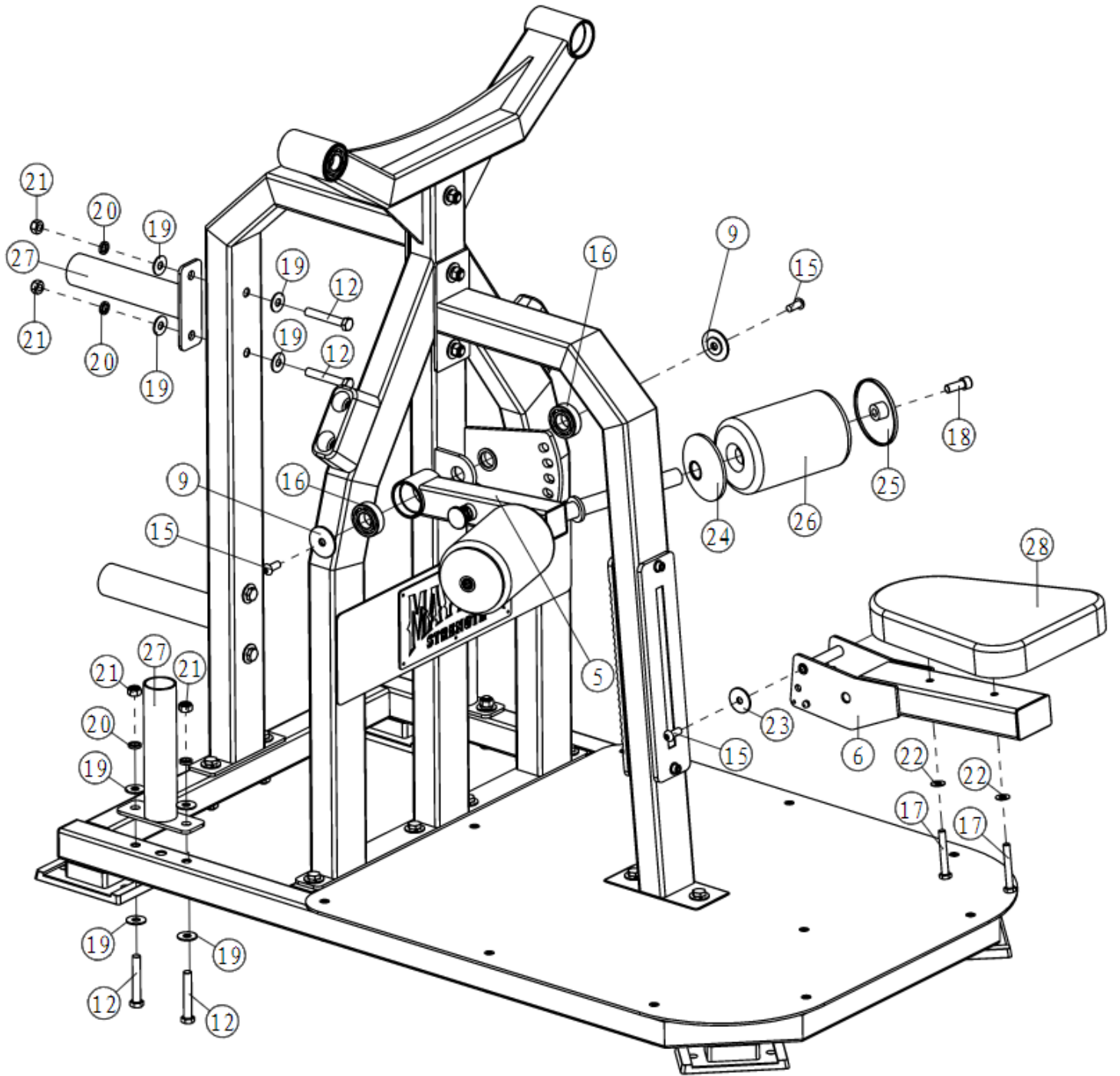
# Frame Assembly



# Force Arm Assembly



# Cushion 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)**