



Lateral Pullover

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.

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.

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

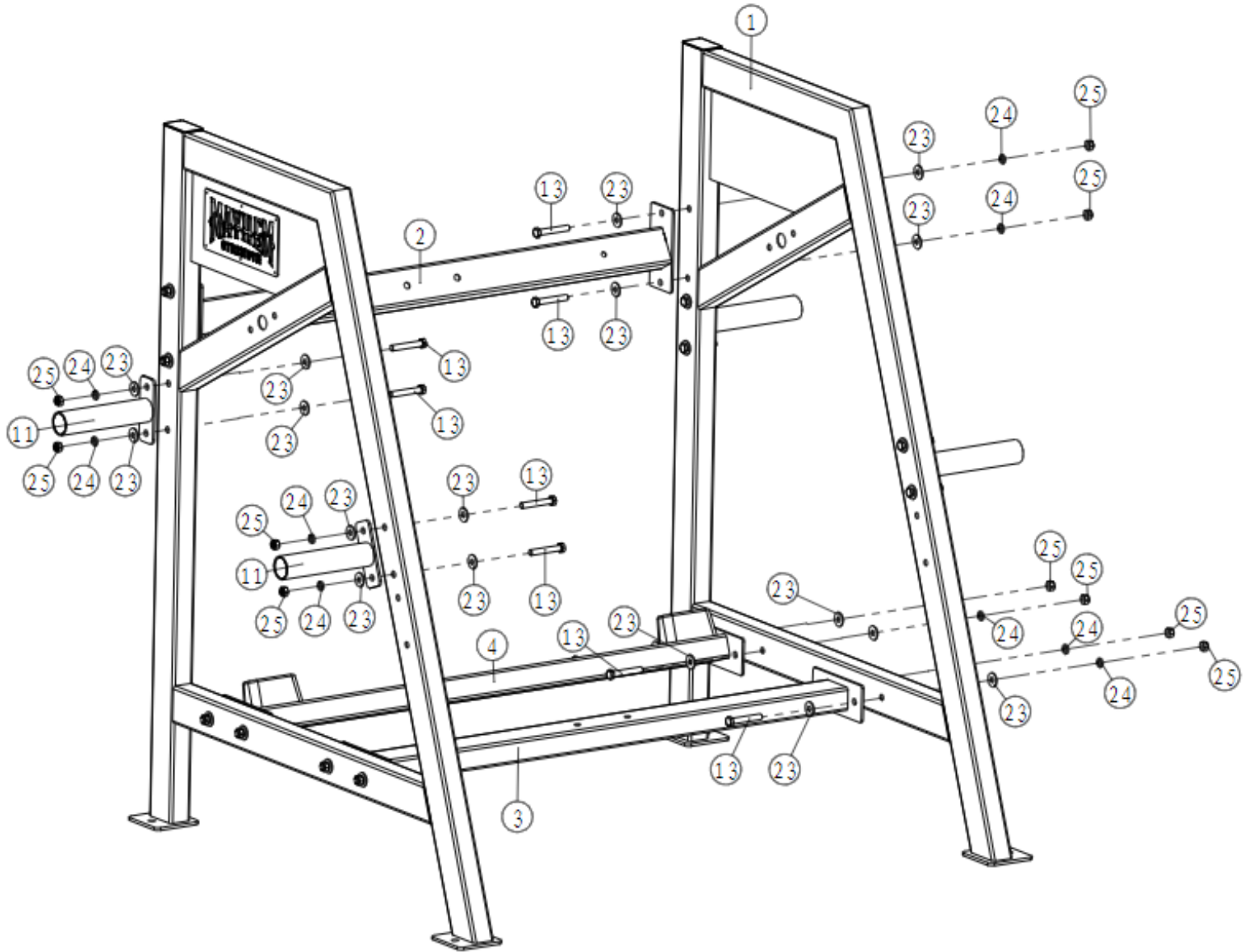
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
1	Support Upright	1
2	Rear Cross Assembly	1
3	Front Cross Assembly	1
4	Bottom Cross Assembly	1
5	Support	1
6	Bar	1
7	Arm Support	1
8	Pivotal Pad Mount	1
9	Seat Support	1
10	Weight Holder (1)	2
11	Weight Holder (2)	4
12	Bearing	6
13	Hexagon Head Bolts M12x75	32
14	Hexagon Head Bolts M12x105	4
15	Hexagon Head Bolts M12x85	4
16	Hexagon Head Bolts M12x95	4
17	Hexagon Head Bolts M12x55	2
18	Hexagon Head Bolts M12x25	2
19	Hexagon Head Bolts M12x60	2
20	Hexagon Head Bolts M12x35	2

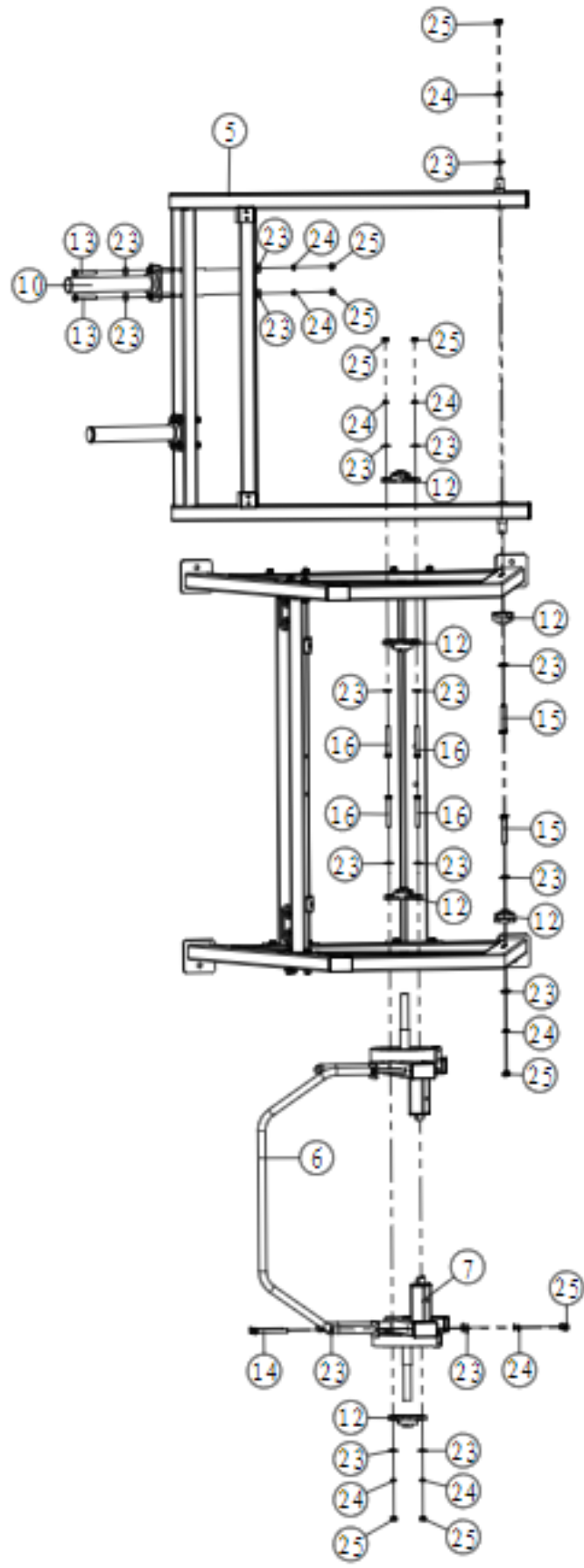
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	Hexagon Socket Button Head Screws M10x25	2
22	Hexagon Head Bolts M10x70	2
23	Plain Washers	88
24	Spring Lock Washers	72
25	Hexagon Nuts M12	44
26	Plain Washers	6
27	Adjusting Bolt	1
28	Plastic Washer	2
29	Plain Washers	8
30	Head Pad Assembly	1
31	Arm Pad Assembly	1
32	Back Pad Assembly	1
33	Seat Pad Assembly	1

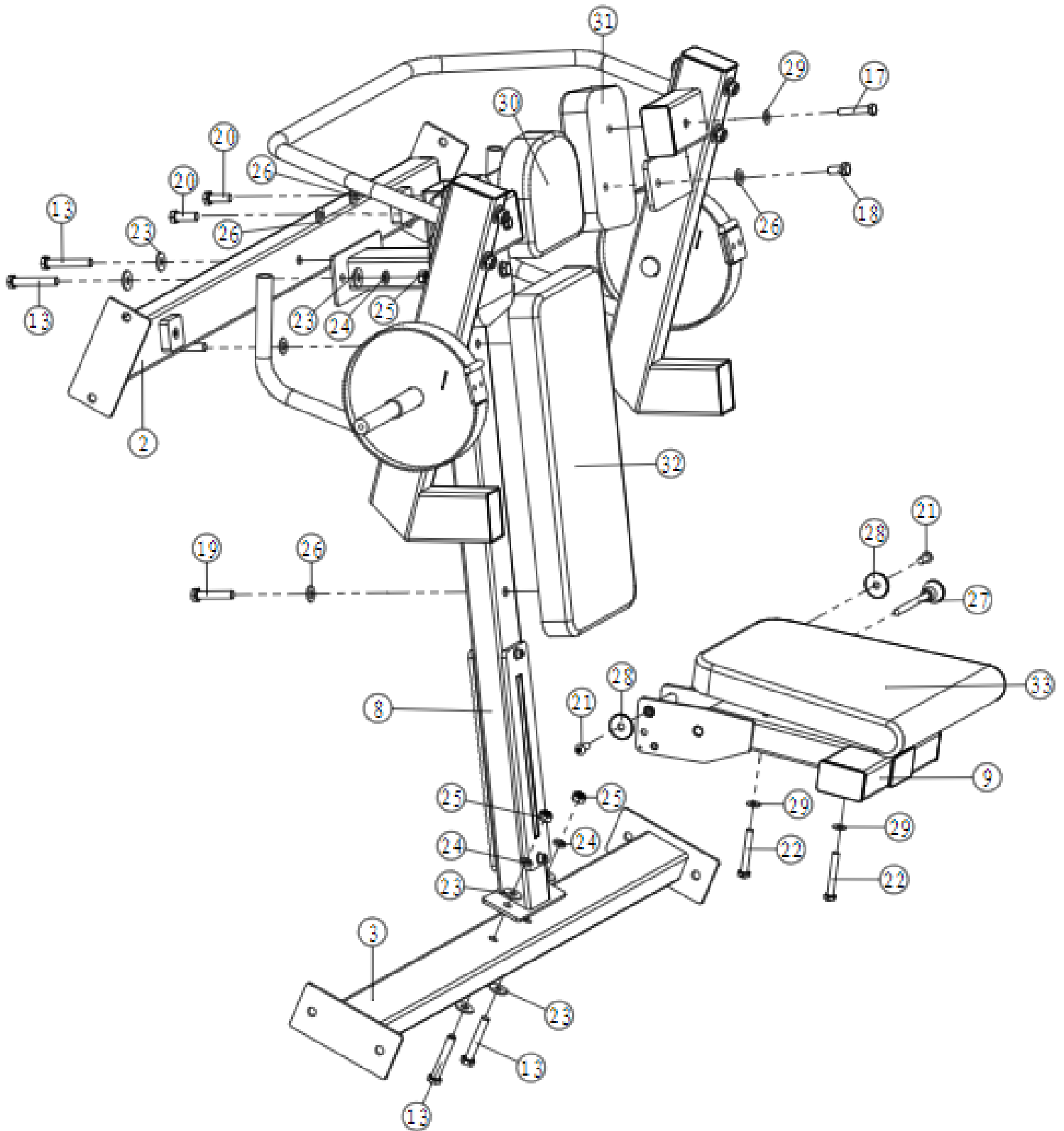
Frame Assembly



Force Arm Assembly



Cushion and Force Arm 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

Visit Our Website: www.gymbrofitness.com