



# Low Lat Pulldown Plate Loaded 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.**

<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>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
A1	Main Frame	1
A2	Connection Frame (1)	1
A3	Connection Frame (2)	1
A4	Side Frame	1 pair
A5	Arm Support Frame	1
A6	Arm	1 pair
A7	Cushion Frame	1
A8	Linkage Frame (1)	1
A9	Linkage Frame (2)	1
A10	Leg Press Frame	1
1	Footpads	5
2	Hexagon Socket Flat Head Screws M12x70	14
3	Flat Pad	14
4	Flat Pad	16
5	Self Locking Nut M12	14
6	Square End Cap	4
7	Sleeve Pad	2
8	Sleeve End Cap	2
9	Sleeve Tube	2
10	Sleeve End Cap	4

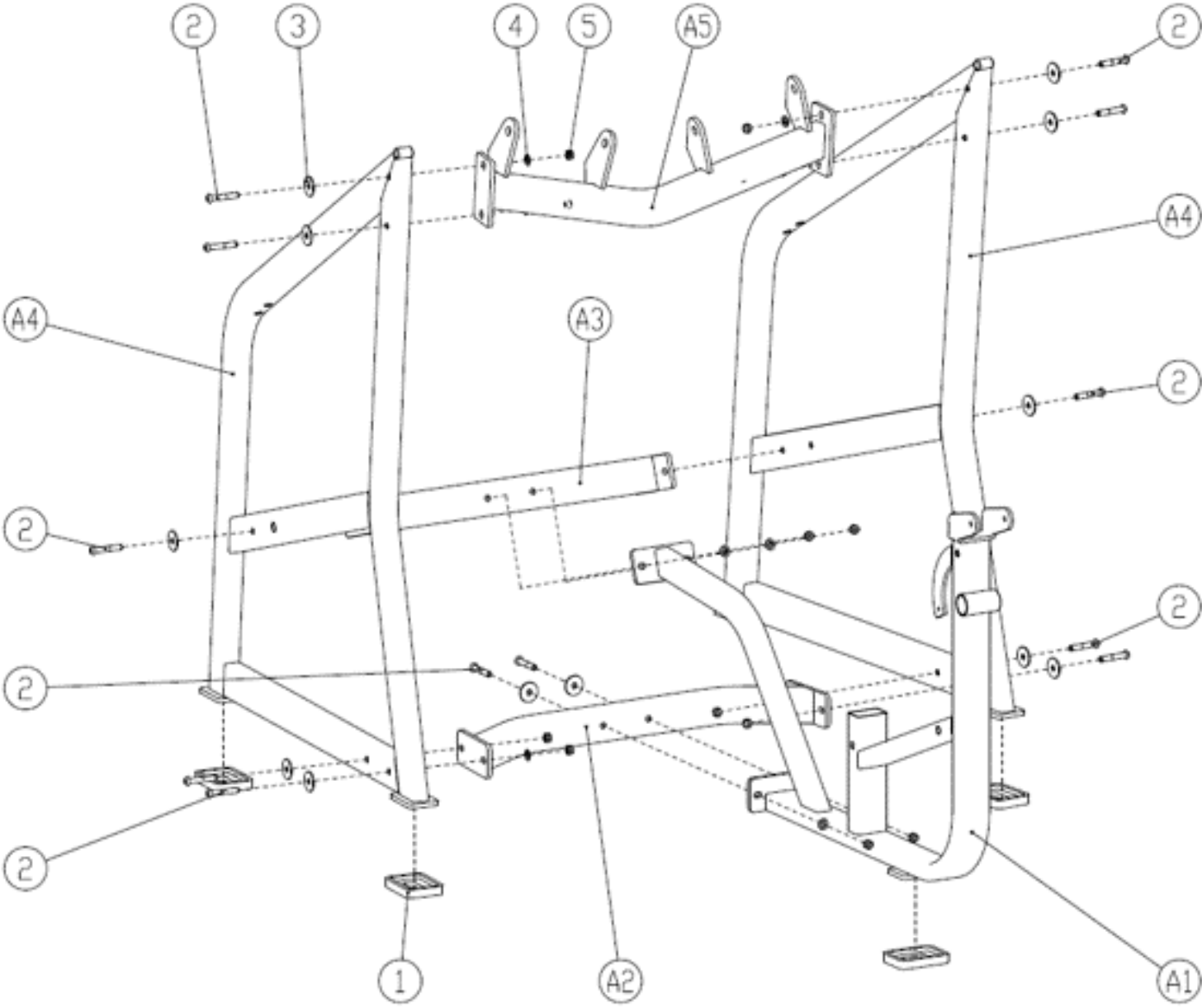
## PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
11	Hexagon Socket Head Screws M10x15	8
12	Deep Groove Ball Bearings	4
13	Handle End Cap	2
14	Handle Cover	2
15	Handle Limit Ring	2
16	Flat Pad	4
17	Arm Axis	2
18	Hexagon Socket Head Screws M10x35	4
19	Dampening Piece	2
20	Hexagon Socket Head Screws M1220	2
21	Sleeve End Cap	2
22	Sleeve Rod	2
23	Sleeve Tube	2
24	Cushion Group	1
25	Flat Pad	9
26	Hexagon Socket Head Screws M8x30	9
27	Middle Pass Cover	1
28	Cushion Pin	2
29	Hexagon Socket Countersunk Head Screws M10x20	2
30	Adjustment Plate	1

## PARTS/HARDWARE LIST Continued

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
31	Half Round Stop Ball M10	2
32	Bushing	4
33	Linkage Axis	1
34	Chest Pad Group	1
35	Leg Pad Group	1
36	Flat Pad	8
37	Hexagon Socket Head Cap Screws M10x20	8
38	Universal Bushing	4
39	Adjuster Axis	2
40	Linkage Axis	1
41	Air Rod	1

# Frame Assembly

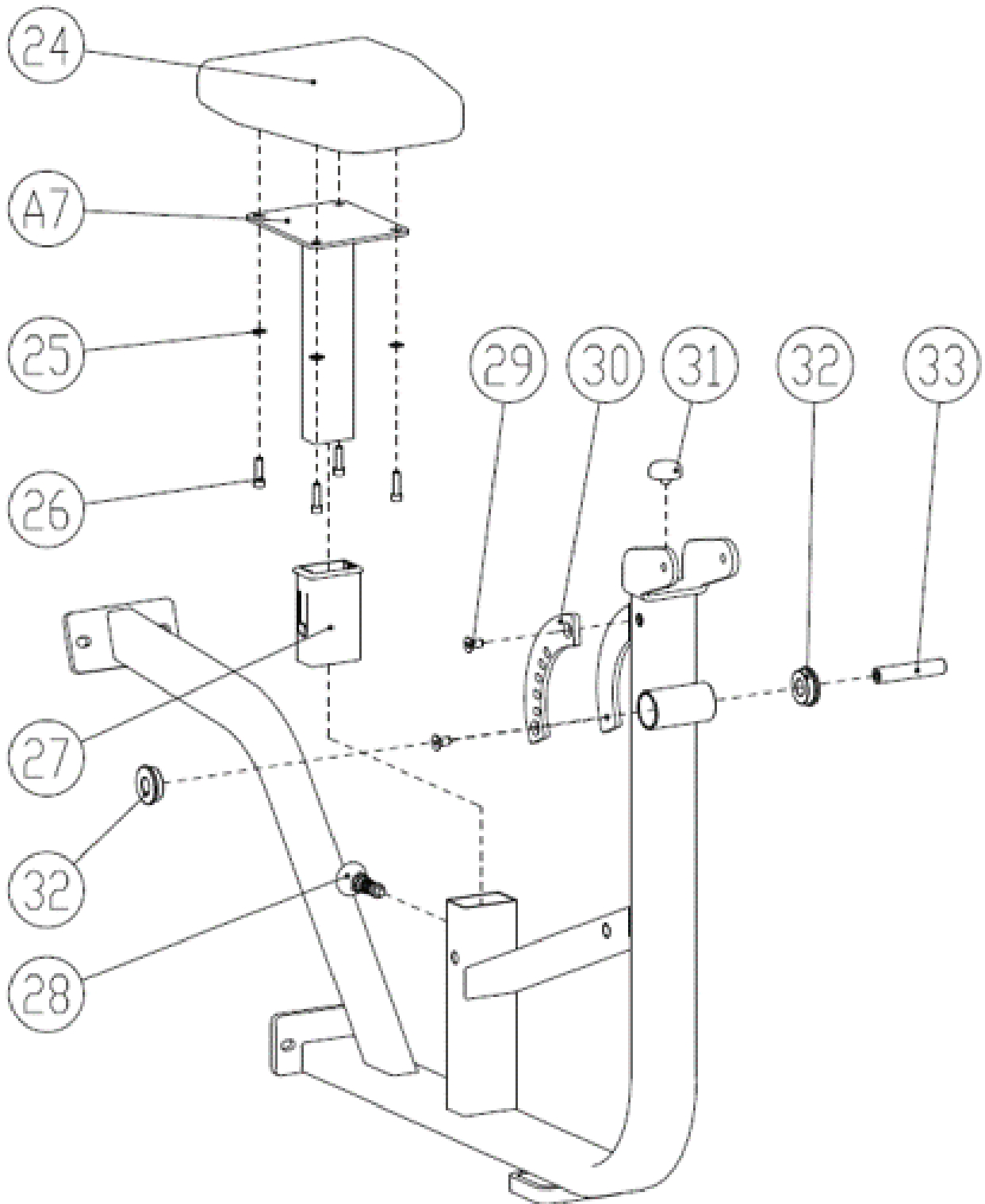




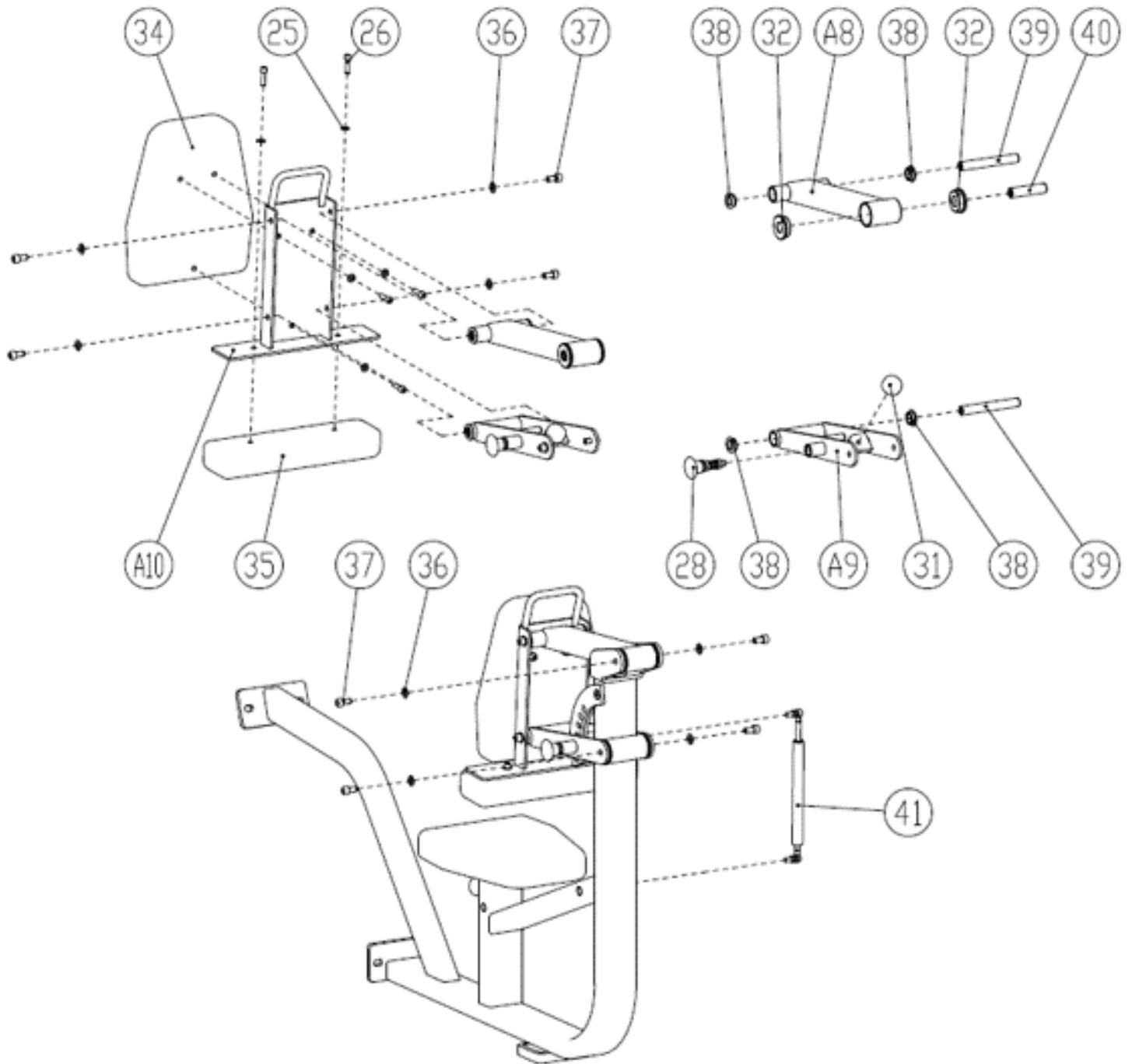




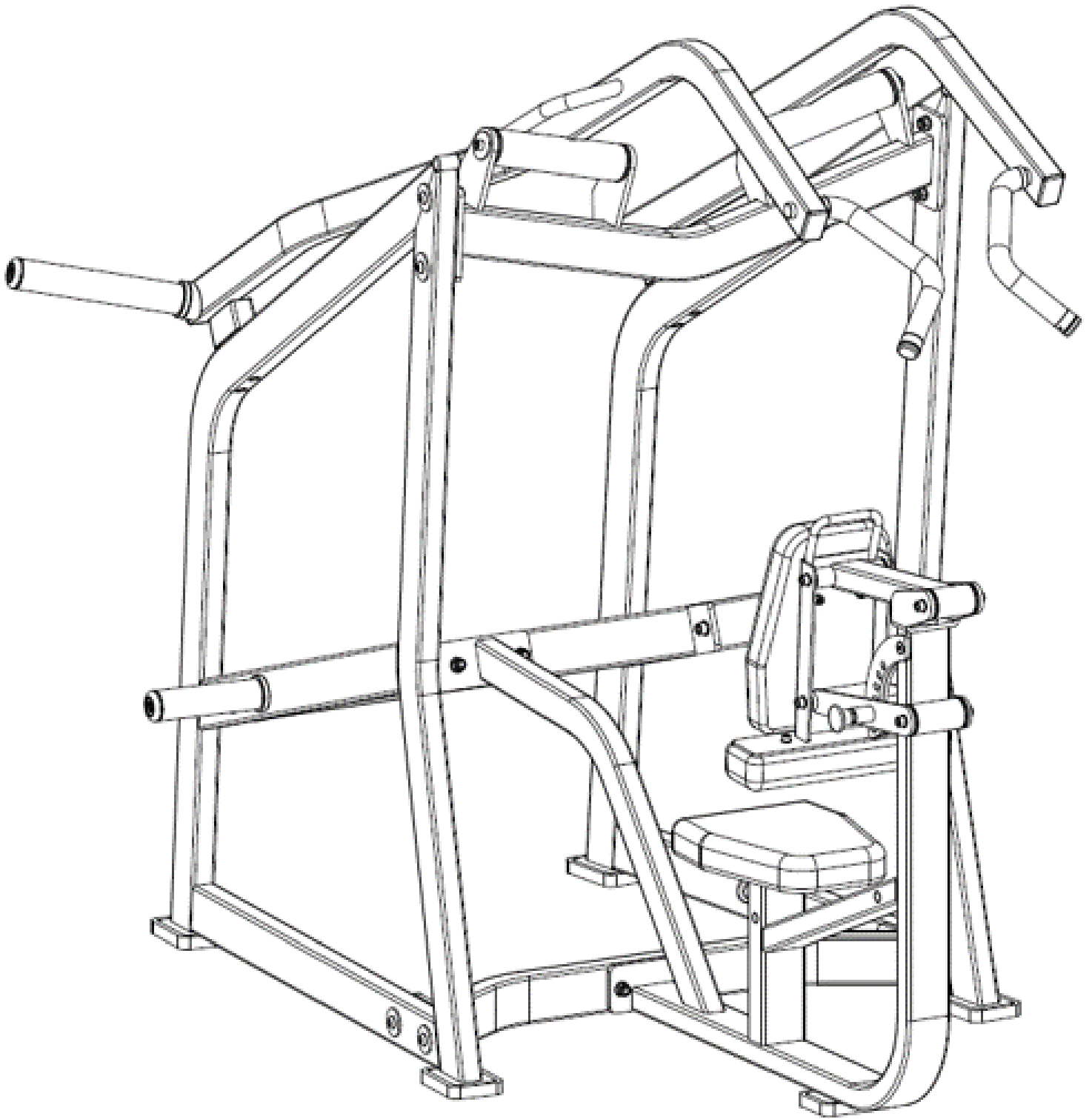
## Seat Assembly Installation



# Leg Pressing Rack



## Final Product



**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**

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