



Wide 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.

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

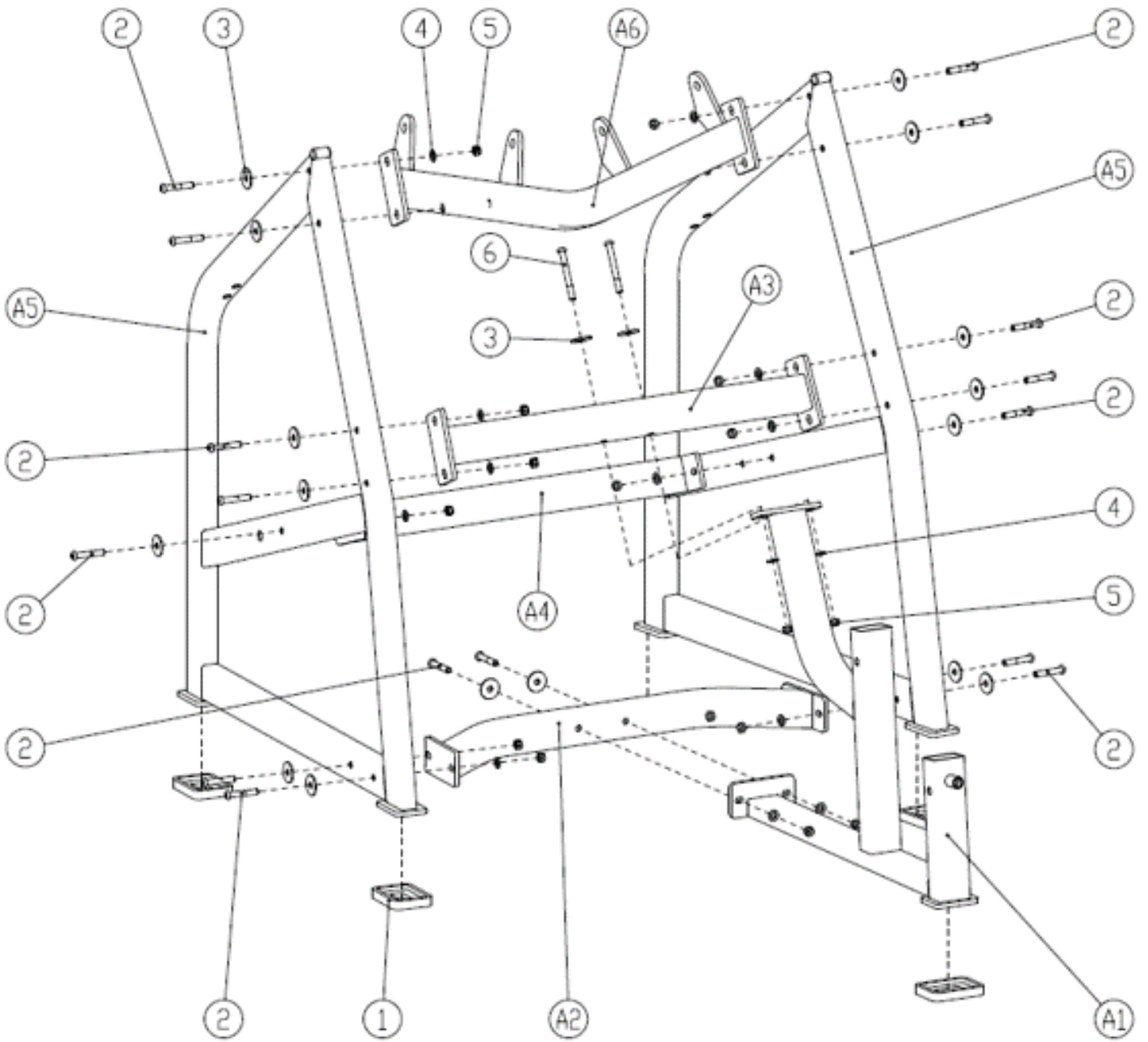
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
A1	Main Frame	1
A2	Conectioon Frame (1)	1
A3	Connection Frame (2)	1
A4	Connection Frame (3)	1
A5	Side Frame	1 pair
A6	Arm Support Frame	1
A7	Arm	1 pair
A8	Cushion Frame	1
A9	Leg Press Frame	1
1	Footpads	5
2	Hexagon Socket Flat Head Screws M12x70	16
3	Flat Pad	18
4	Flat Pad	20
5	Self Locking Nut M12	18
6	Hexagon Socket Flat Head Screws M12x110	2
7	Square End Cap	6
8	Sleeve Pad	2
9	Sleeve End Cap	2
10	Sleeve Tube	2
11	Sleeve End Cap	4

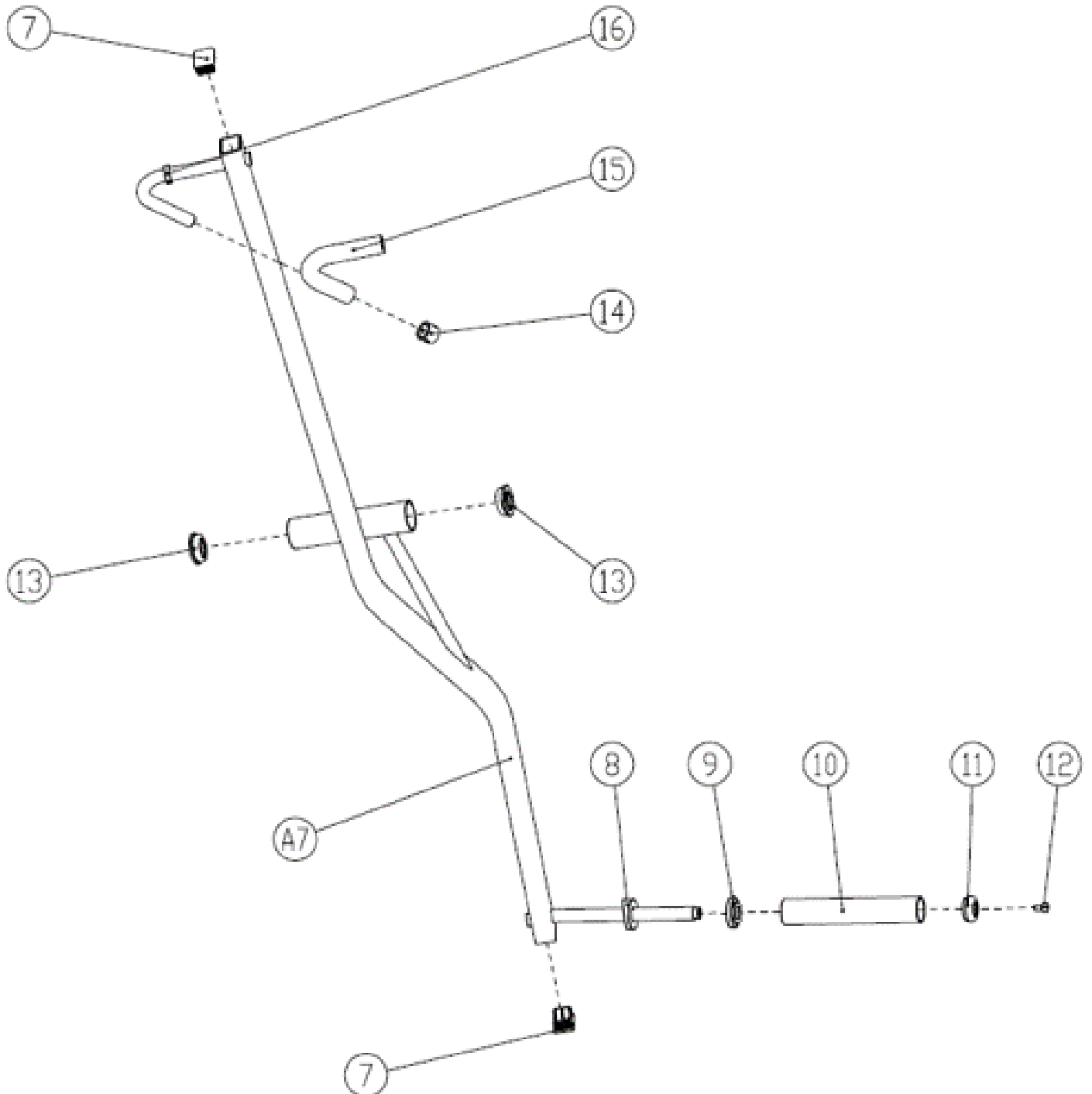
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
12	Hexagon Socket Head Screws M10x15	8
13	Deep Groove Ball Bearings	4
14	Handle End Cap	2
15	Handle Cover	2
16	Handle Limit Ring	2
17	Flat Pad	4
18	Arm Axis	2
19	Hexagon Socket Head Screws M10x35	4
20	Dampening Piece	2
21	Hexagon Socket Head Screws M12x20	2
22	Sleeve End Cap	2
23	Sleeve Rod	2
24	Sleeve Tube	2
25	Cushion Group	1
26	Flat Pad	4
27	Hexagon Socket Head Screws M8x30	8
28	Middle Pass Cover	2
29	Cushion Pin	2
30	Leg Pads	2
31	Bolt	4

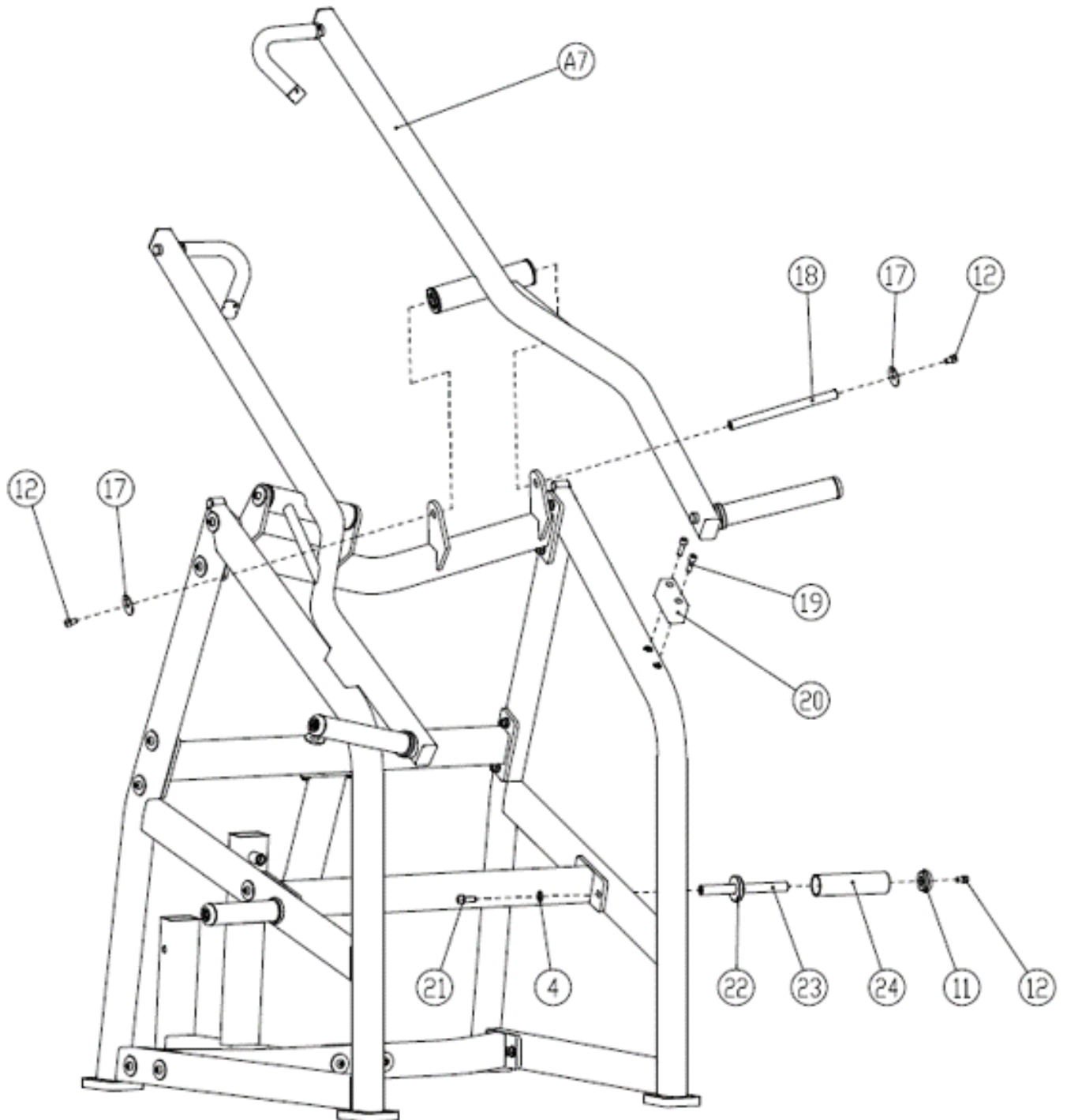
Frame Assembly



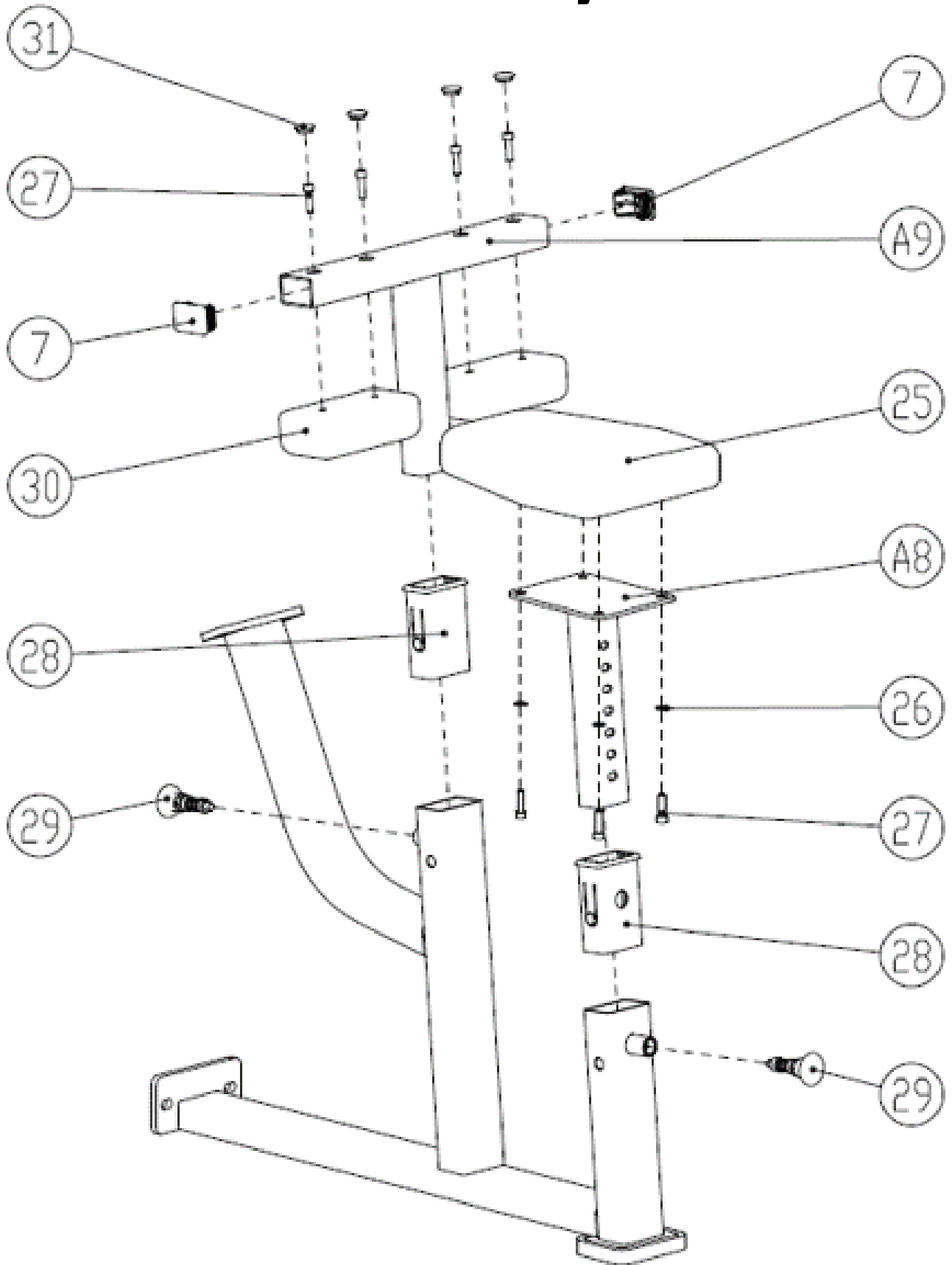
Left Force Arm Installation



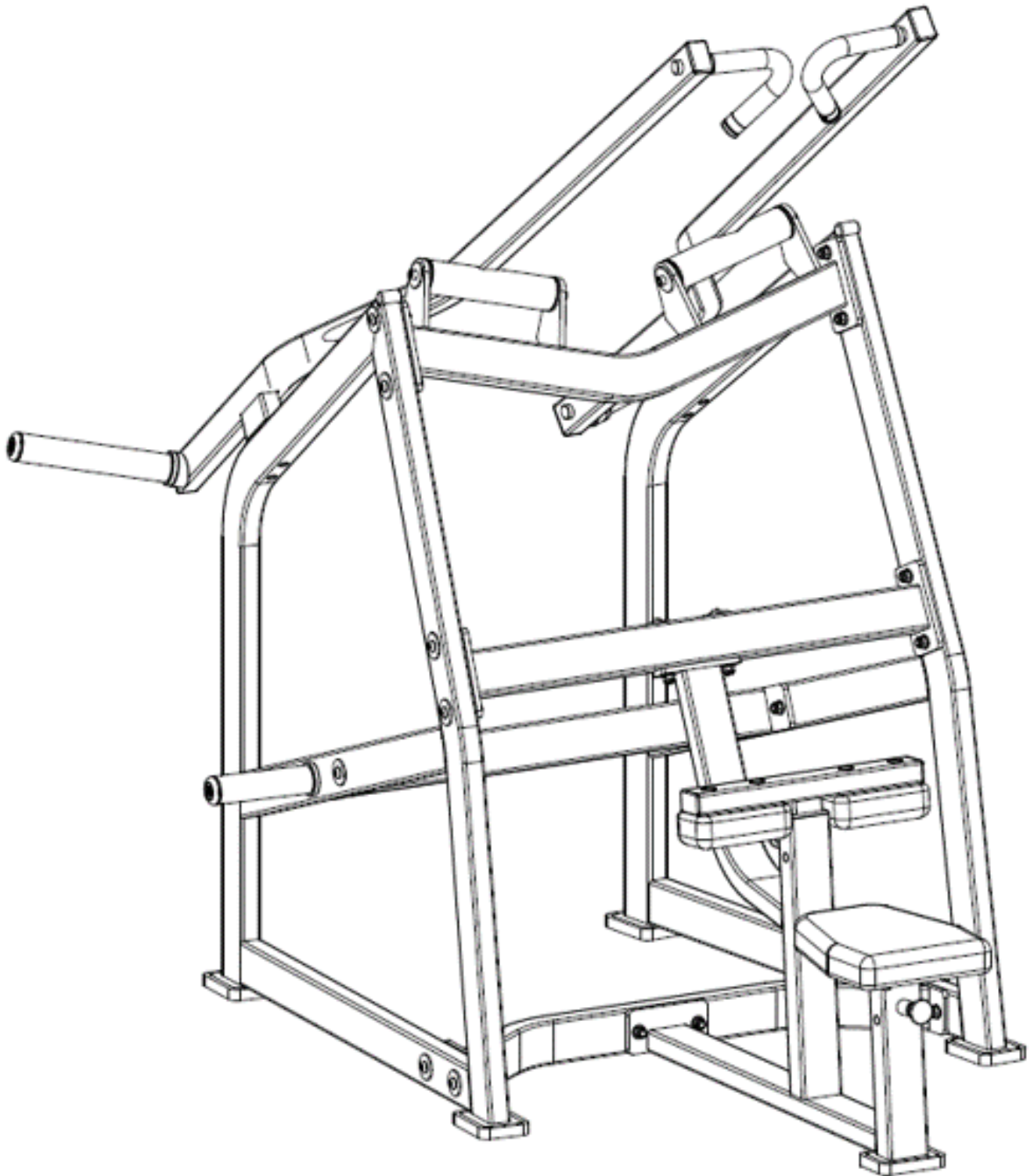
Left Side Rack Installation



Seat Assembly



Final Product



PARTS/HARDWARE LIST

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

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Visit Our Website: www.gymbrofitness.com