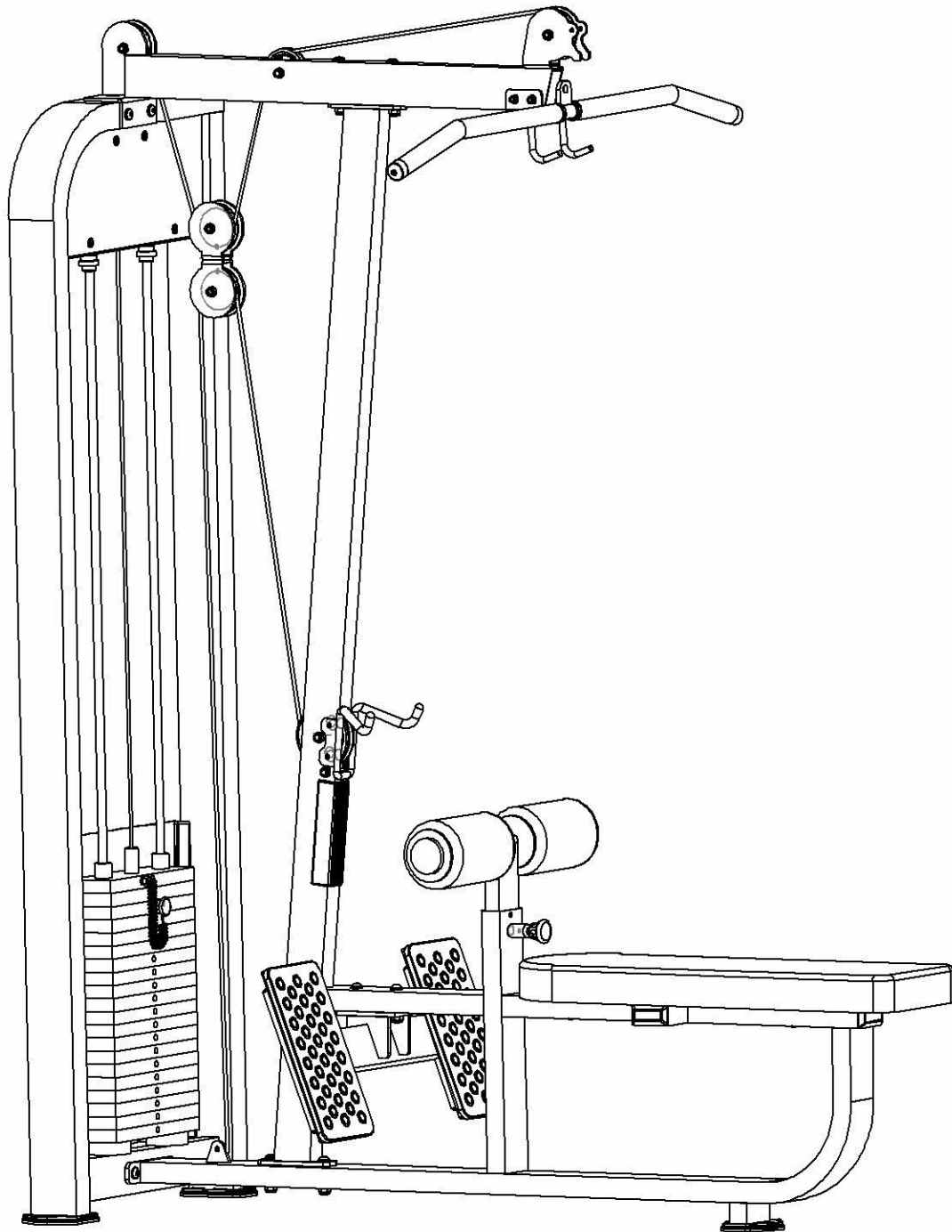


ASSEMBLY INSTRUCTION



PF-1004
Lat Pull down / Seated Row

Contents

PARTS LIST

Page3

Main and side frame Assembly

Page4

Side Frame Assembly

Page5

Main Frame Assembly

Page6

Weight Stack Assembly

Page7

Photo

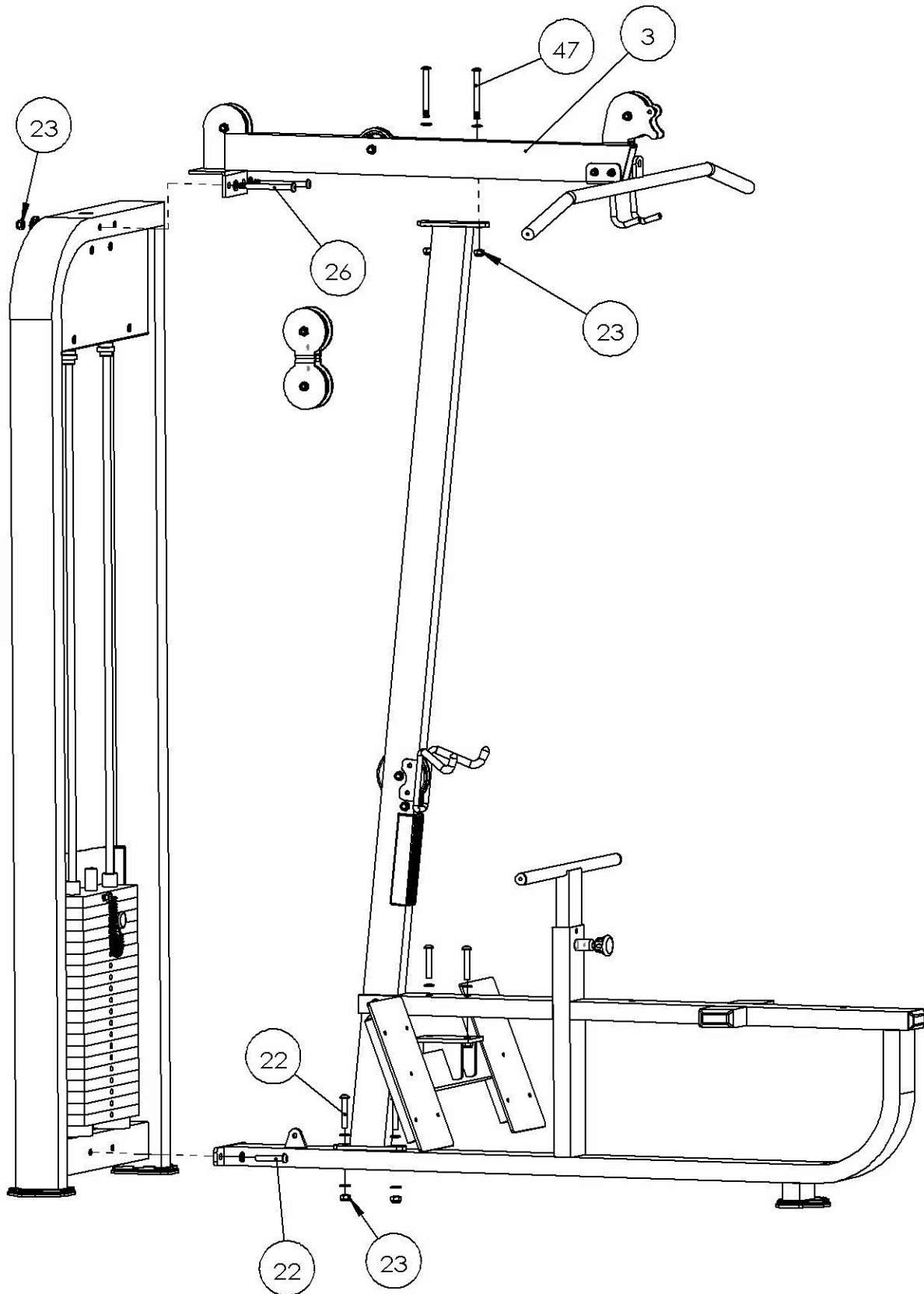
Page8

PARTS LIST

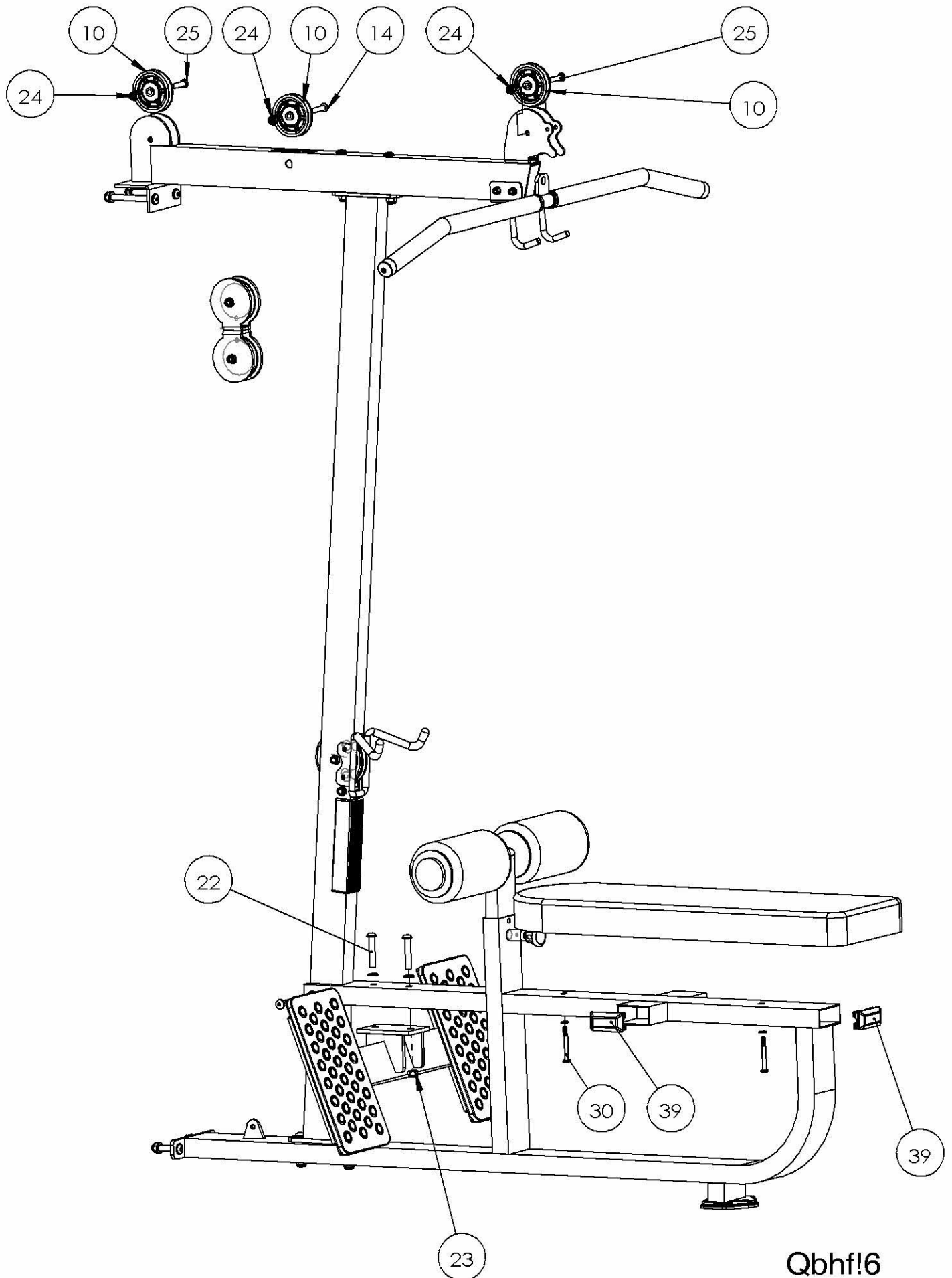
ITEM NO.	Description	QTY
1	Main Frame	1
2	Side Frame	1
3	Cross Pipe	1
5	Pedal	1
6	Plating	1
7	Seat pads	1
8	bar	1
10	φ89MM Pulley	5
11	φ114MM Pulley	1
12	Crane Pulley	1
13	Wire Rope	1
14	Screw, M10X50	3
15	Hook Grip	2
17	Cap 40*80	1
18	Wire Rope	1
19	Assy, Hook	1
20	Under Hook	1
21	Washer, M12	22
22	Screw M12*65	6
23	Nut, M12	11
24	Nut, M10	7
25	Screw, M10*45	4
26	Button Head Cap Screw M12X125	2
27	Washer, M8	6
28	Screw M8*60	2
29	Nut, M10	2
30	Screw, M8x70	2
31	Button Head Cap Screw, M12*85	1
32	Plastic Pedal	2
33	Roller	2

ITEM NO.	Description	QTY
36	Adjustable Bolt, 65L	1
37	Handle	1
38	Handle Cap	1
39	Rectangle Cap 40*80	6
40	Rectangle Shoe, 40x80	2
41	Rectangle Shoe, 50x100	1
42	Rectangle Rubber Shoe, 40x80	1
43	Rectangle Rubber Shoe, 50x100	2
44	Bar Grip	2
45	Grip Cap	2
46	Grip Ring	2
47	Button Head Cap Screw M12*115	2

Nbjo!Gsbnf!Boe!Tjef!Gsbnf!!Bttfncmz

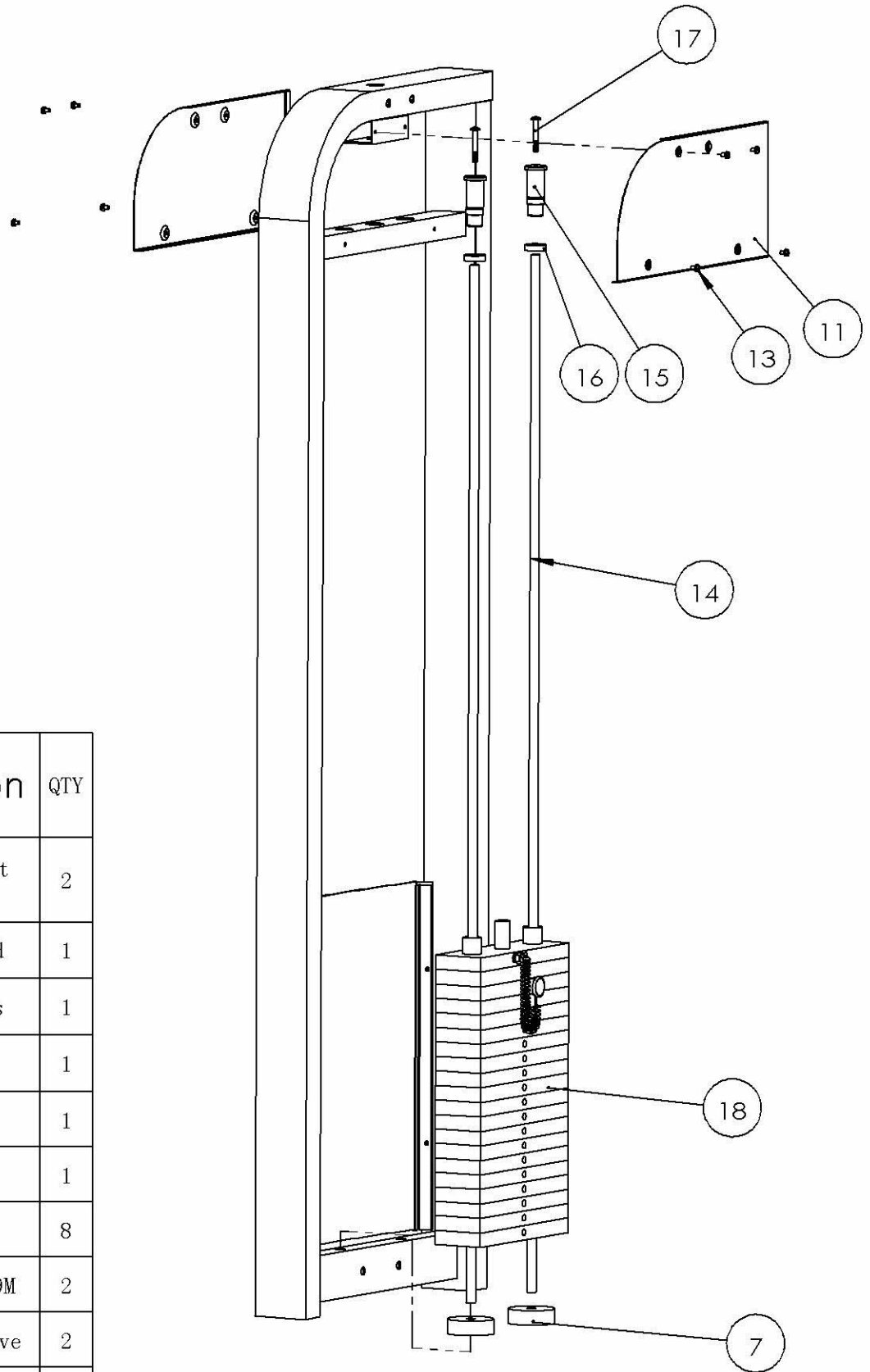


Side Frame Assembly



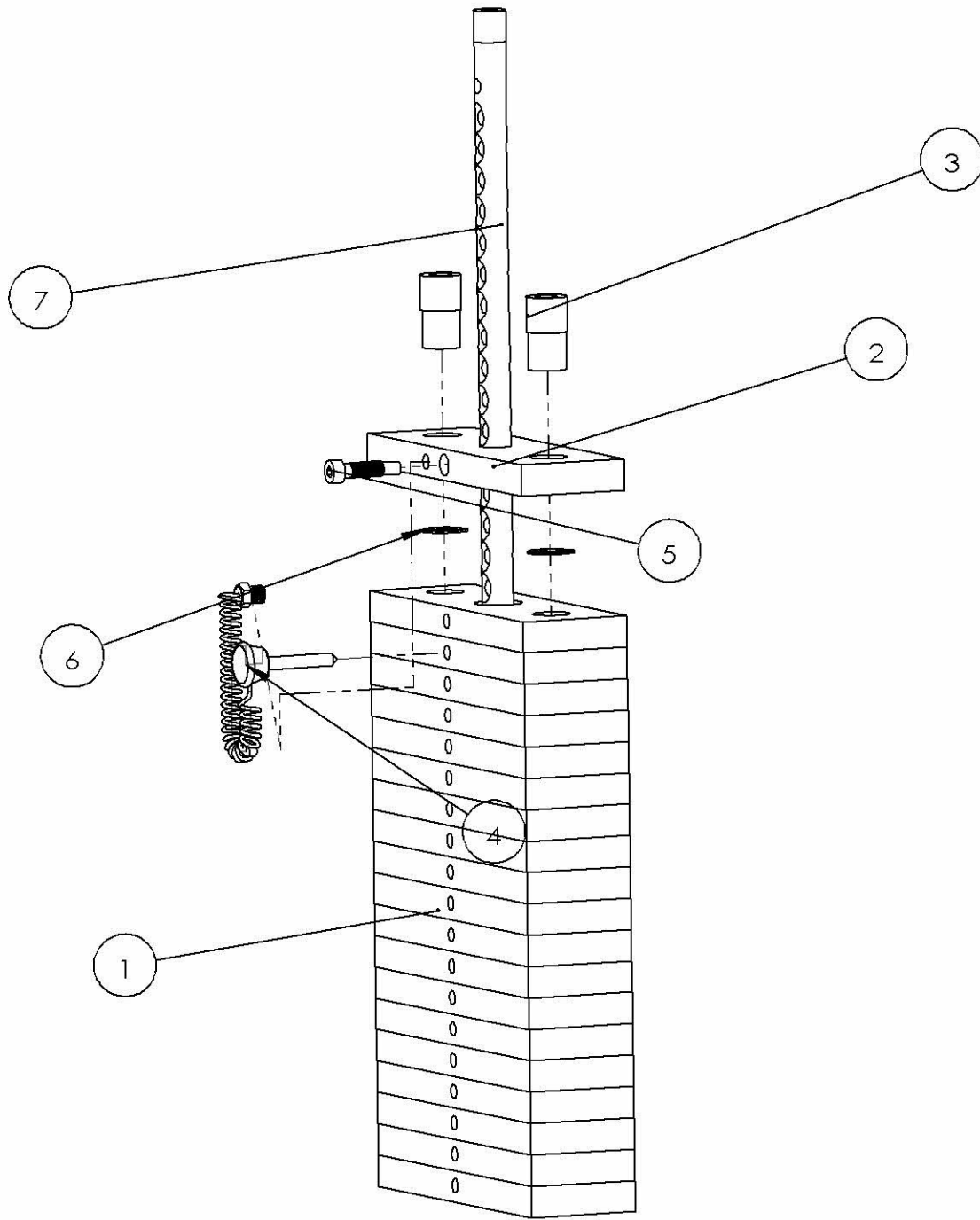
Qbhf!6

Main Frame Assembly



ITEM NO.	Description	QTY
7	Counter Weight Cushion	2
8	Acrylic Board	1
9	Right Edgings	1
10	Left Edgings	1
11	Placard	1
12	Placard	1
13	Screw, M6X10	8
14	Guide Rod, 1.79M	2
15	Guide Rod Sleeve	2
16	Guide Rod Sleeve Nut	2
17	Screw, M8X55	2
18	Assy, Weight Plate	1

Weight Stack Assembly



ITEM NO.	Description	QTY
1	Underside Weight Plate	19
2	Top Weight Plate	1
3	Guide Rod Sleeve	2
4	Adjustable Bolt	1
5	Standing Bolt for The Top Weight Plate	1
6	φ 30 Shaft Clip	2
7	20 Holes Pole	1