



# STANDALONE LAT/LOW ROW ASSEMBLY

GIANT LIFTING

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# Important Information

**Lat Tower**

|                                |                                     |                                     |                                     |
|--------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| ① M10 × 25 bolt, washer<br>× 4 | ② M10 × 75 bolt, nut, washer<br>× 3 | ③ M10 × 25 bolt, nut, washer<br>× 4 | ④ M10 × 45 bolt, nut, washer<br>× 3 |
|                                |                                     |                                     | ⑤ M10 × 90 bolt, nut, washer<br>× 2 |
|                                |                                     |                                     | ⑥ M10 × 95 bolt, nut, washer<br>× 4 |
|                                |                                     |                                     | ⑦ M10 × 70 bolt, nut, washer<br>× 2 |
|                                |                                     |                                     | ⑧ M8 × 65 bolt, nut, washer<br>× 2  |
|                                |                                     |                                     | ⑨ M10 × 70 bolt, nut, washer<br>× 4 |

\*These are already attached to the ends of the guide rails and not included in box of hardware\*

\* The correct number of bolts for #6 is 4x. These are the bolts that will connect the Main post and the seat bracket to the base of the machine. \*

Labels in diagram: cable(3.7m), cable(3.0m), handle bar

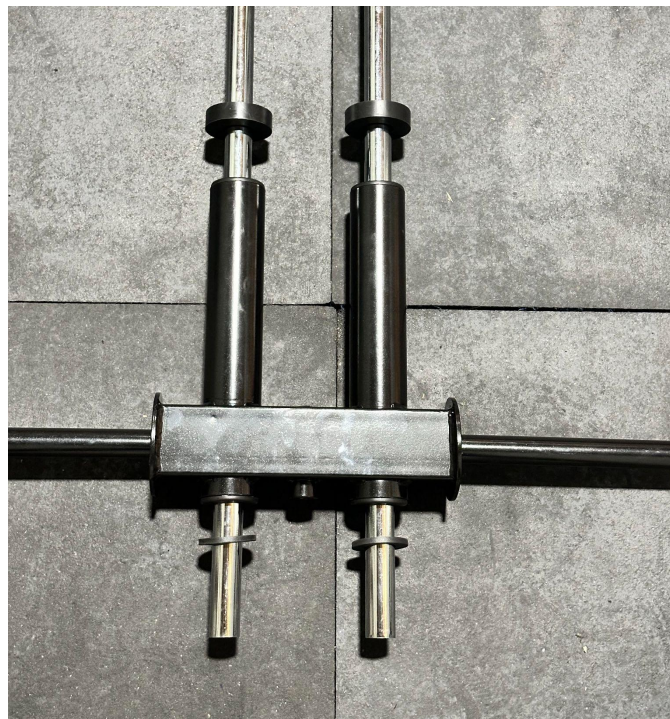
### Step 1:

Remove bolt #1, which comes pre-screwed into the guide rails, then insert the guide rails into the back of the lat/row rear base stabilizer and secure with bolt #1.



### Step 2:

Add the plate loaded pegs to the guide rails. The longer side of the pegs will face down toward the base. Place the large bumper washers at the base and the smaller washers at the top. (Please refer to the photo in Step 3, for reference.)



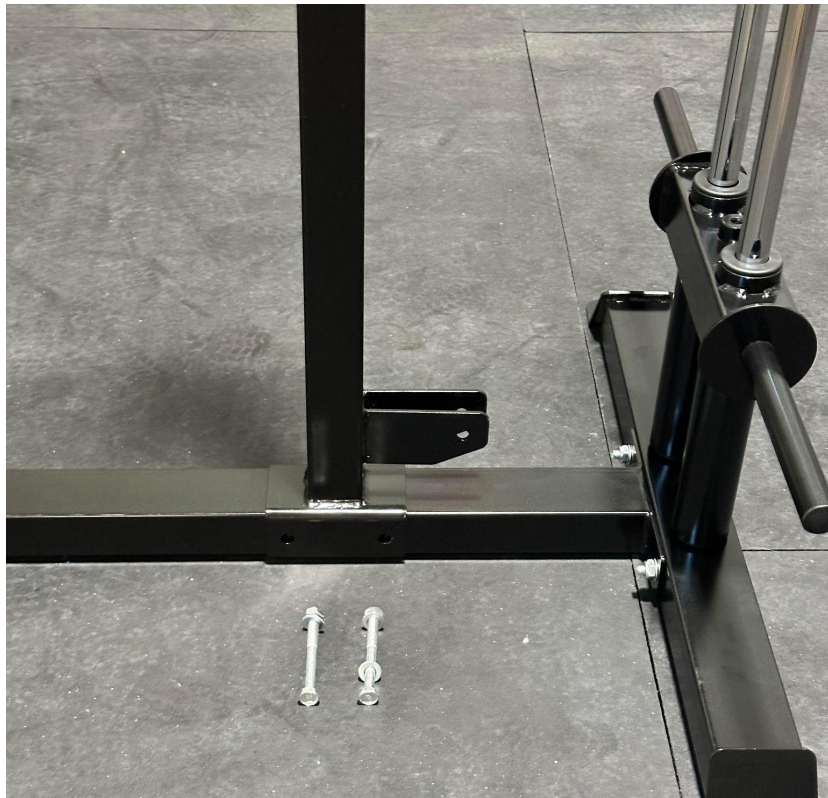
### Step 3:

Secure the long base stabilizing piece to the rear base stabilizer using Bolt #5.



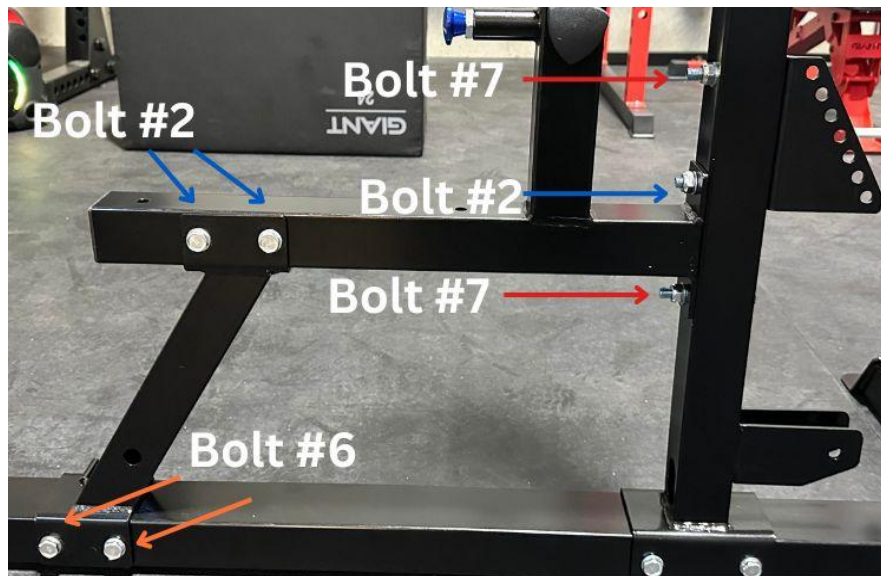
### Step 4:

Secure the vertical post of the lat/row to the long base stabilizer with Bolt #6. Make sure the flat square plate is facing up.



## Step 5:

Connect the seat frame to the vertical post and attach the clip height adjuster to the rear of the post. Then connect the angled seat stabilizer to the long base stabilizer at the bottom. (Use the bolts shown below).



## Step 6:

Attach the seat pad using Bolt #8. Then attach the leg pads through the top of the height selector.



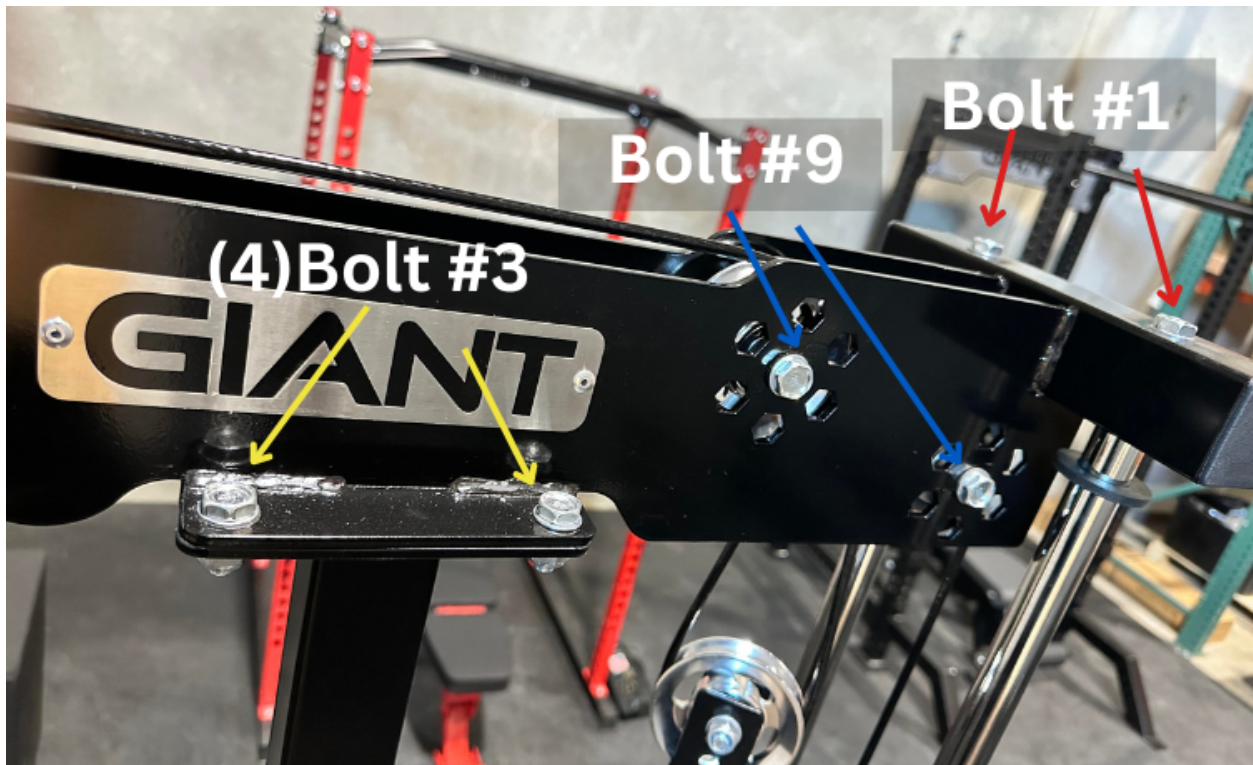
## Step 7:

Attach the pulleys to the pulley system using Bolt #9. Make sure the long black washers go through the center hole from the outside of the pulley system. (Pictured below).



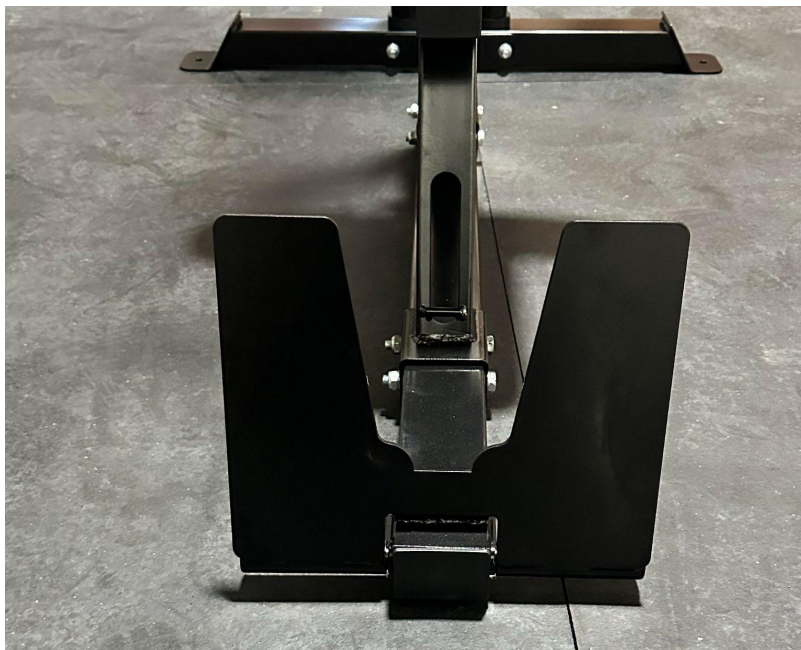
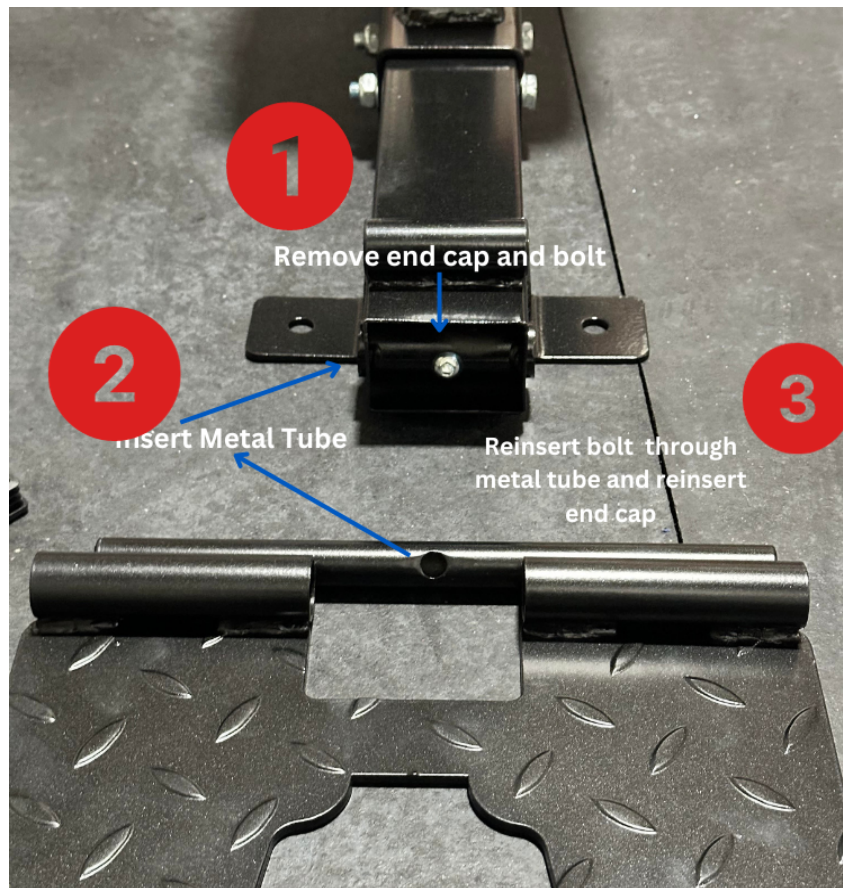
## Step 8:

Attach the pulley system to the top of the vertical post and the guide rails using the bolts referenced in the photo.



## Step 9:

Remove the end cap and bolt from the long stabilizing base piece (hardware to remove bolt, not included.) Place the metal tube through the front of the long stabilizing base piece. Reinsert bolt and end cap.





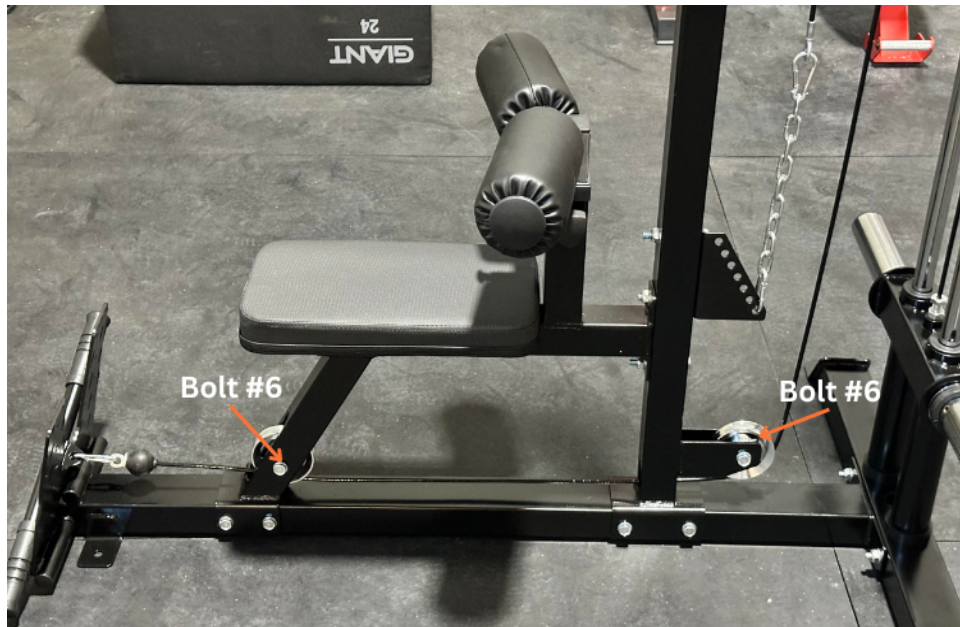
## Step 10:

Attach the (shorter) top cable. The cable has two sides, the one with the ball goes at the front of the lat/row system and feeds above the pulleys. It then feeds to the floating pulleys and back up through the last pulley on the pulley system and back down to the plate loaded pegs. (Please see images below).



## Step 11:

Attach the (longer) bottom cable. The cable has two sides, the one with the ball goes at the front of the lat/row system and feeds below the pulleys. It then feeds to the up floating pulleys and back down through the bottom pulley on the floating pulley system and back down to the chain that connects to the clip height selector. Please see the images below.



## Step 12:

You're all done!

