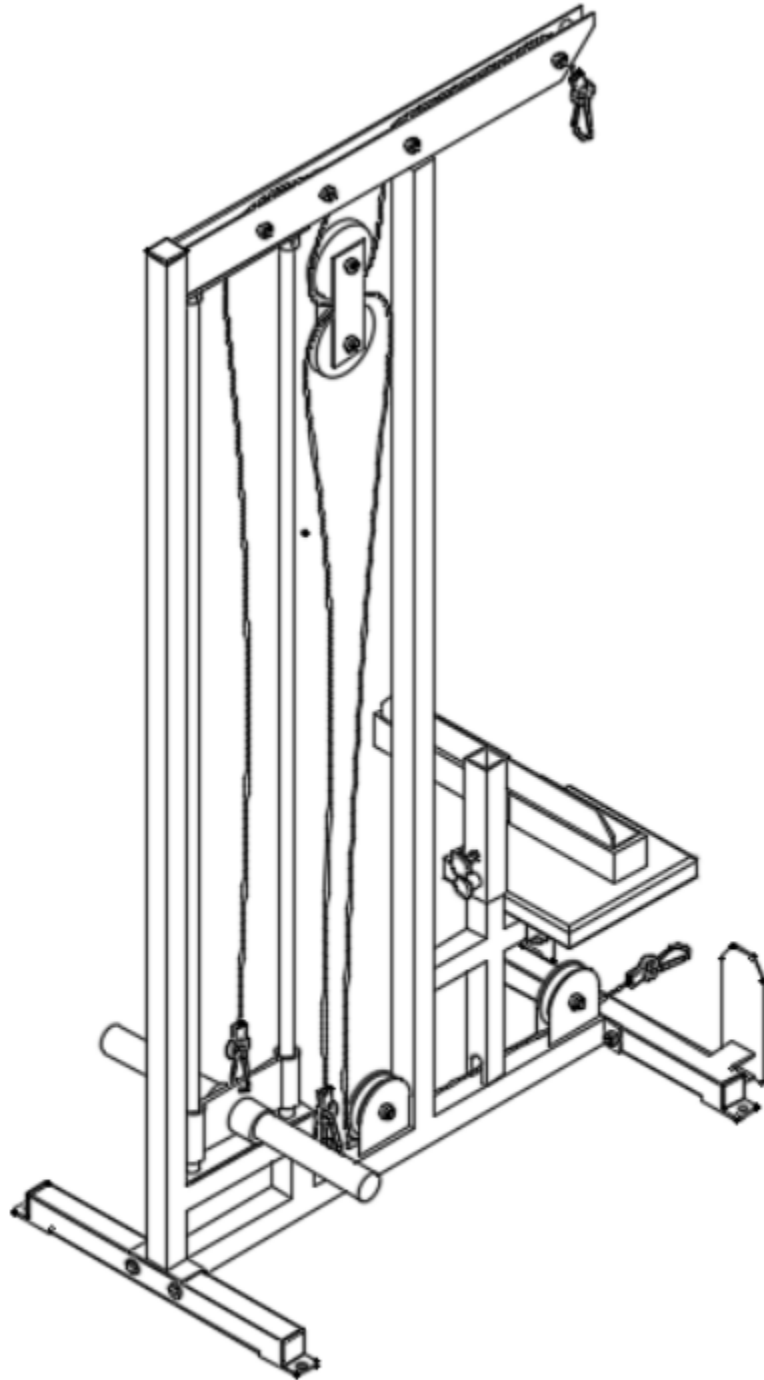


Lat Pull/Low Row



⚠ WARNING

Read all safety warnings, instructions and illustrations provided for this piece of strength equipment. Failure to follow all instructions listed below may result in serious injury or death. User assumes all potential risks of assembly or use of this product. **The assembly of this piece of equipment requires 2 people.**

PERSONAL SAFETY

- Stay alert, watch what you are doing when assembling and operating the strength equipment. Do not use the strength equipment while you are tired or under the influence of drugs, alcohol or medication. A moment of inattention while operating or assembling the strength equipment may result in serious or fatal injury.

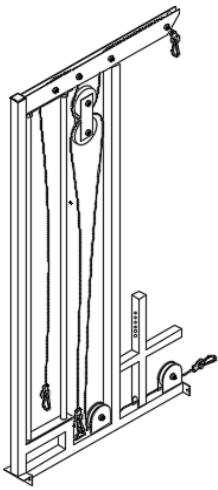
EQUIPMENT USE AND CARE

- Visually inspect all components in order to identify potential deformation or damage. If damages are observed, discontinue assembly and contact the manufacturer at shipping@texasstrengthsystems.com, wesz@texasstrengthsystems.com.
- Multiple components involved with assembly of this piece of strength equipment are above 50 lbs and it is recommended that you have an additional person to assist in the positioning of these items.
- Ensure that all components are securely fastened before use.

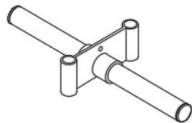
Required Tools

- Crescent Wrench
- 9/16" Socket and Wrench
- 5/32 Allen Key

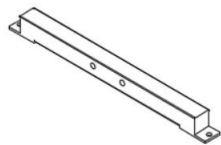
Parts



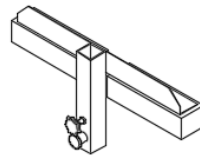
LPD-001 | (x1) | Part A



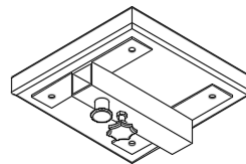
LPD-002 | (x1) | Part B



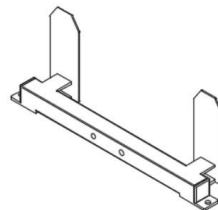
LPD-003 | (x1) | Part C



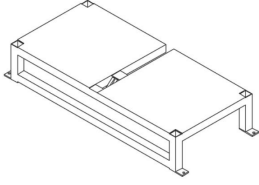
LPD-004 | (x1) | Part D



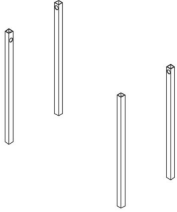
LPD-005 | (x1) | Part E



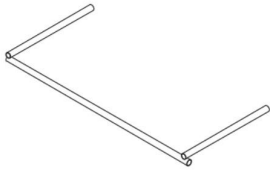
LPD-006 | (x1) | Part F



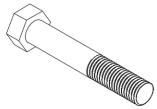
LPD-007 | (x1) | Part G
(Upgrade)



LPD-008 | (x4) | Part H
(Upgrade)



LPD-009 | (x3) | Part I
(Upgrade)



$\frac{3}{8}$ " x 3" Bolt | (x4) | Part J



$\frac{3}{8}$ " Flat Washer | (x4) | Part K



$\frac{3}{8}$ " Lock Nut | (x4) | Part L



Set Screw Collar | (x2) | Part M



LPD-010 | (x2) | Part N

Assembly

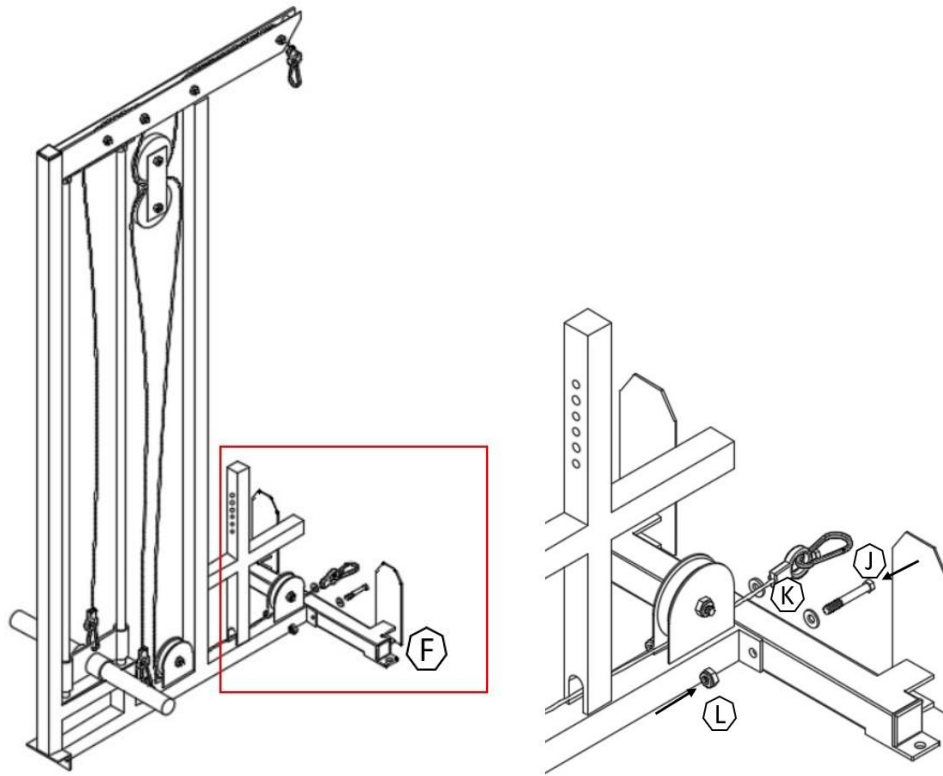


Image 1

Part F is placed as seen above in image 1 and attached with Parts J-L using a 9/16 socket and wrench.

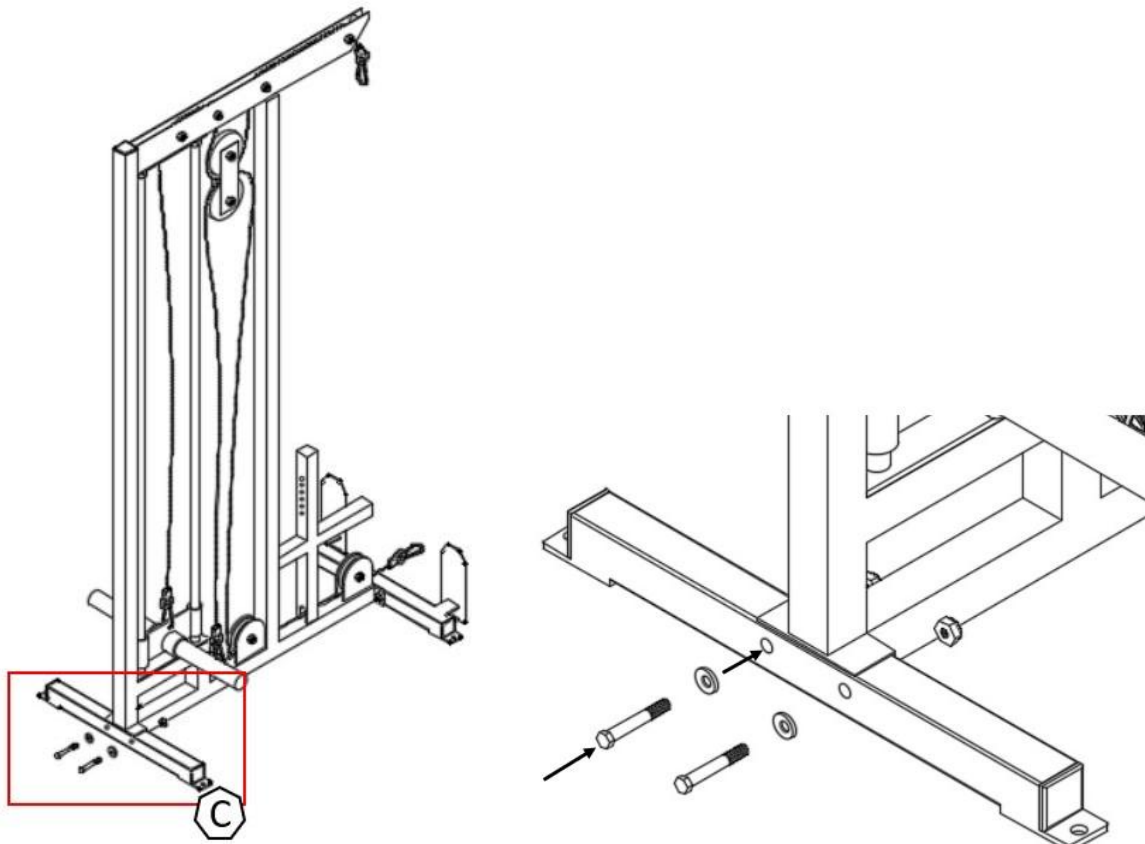


Image 2

Part C is placed as seen above in image 2 and attached with parts J-L with a 9/16 socket and wrench.

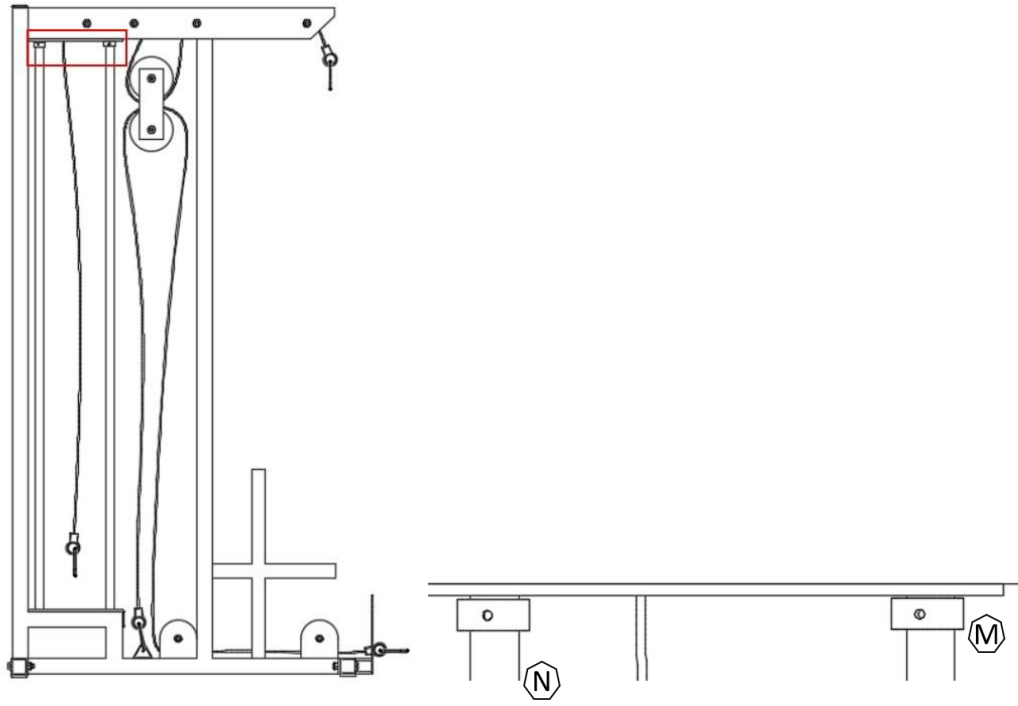


Image 3

Lat pull down cables will come pre-assembled as seen above in image 3.
Unscrew part M using a 5/32 allen key and remove part N.

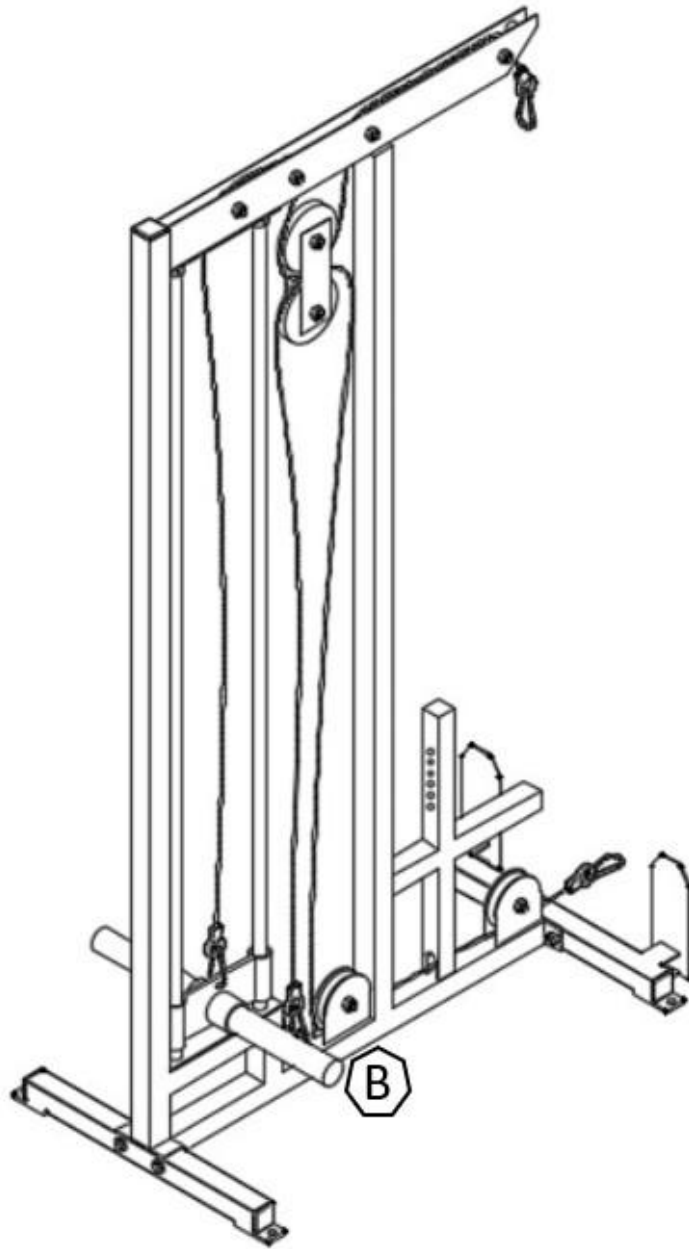


Image 4

Place part B over Part N as seen in image 2 above and place part N back into the slots where they were previously held. Then tighten part M towards the top of part N with a 5/32 allen key.

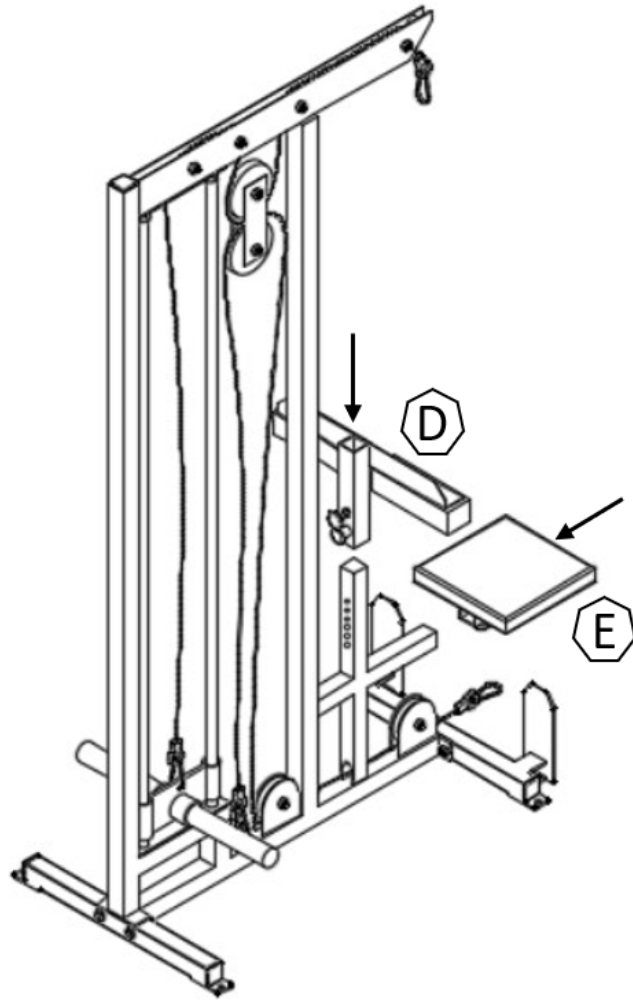
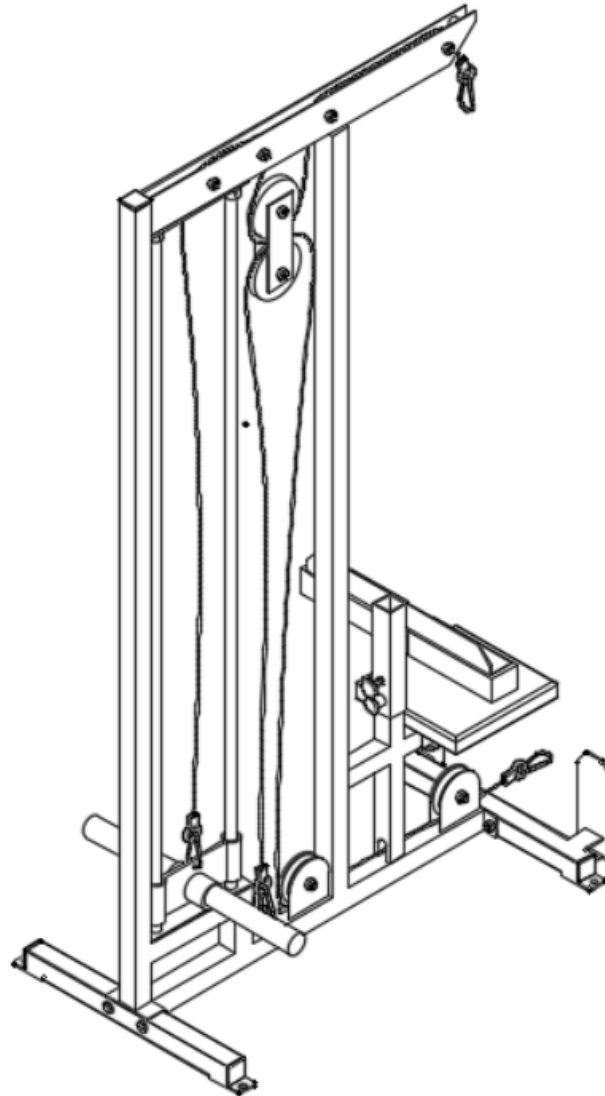


Image 5

Place parts D and E in the desired position as seen above in image 5.



You have now completed assembling your very own Lat Pull/Low Row!
Thank you for choosing Texas Strength Systems for your fitness needs. If you have any questions, comments, or concerns please don't hesitate to contact our staff.

Contact Information

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Phone: (210) 233-6110, (210)-920-4877