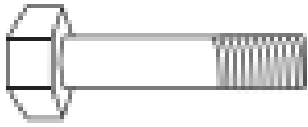
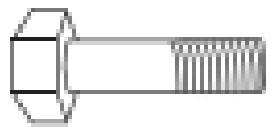
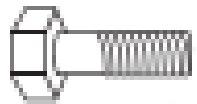
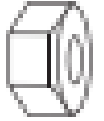



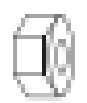


PARTS INCLUDED:

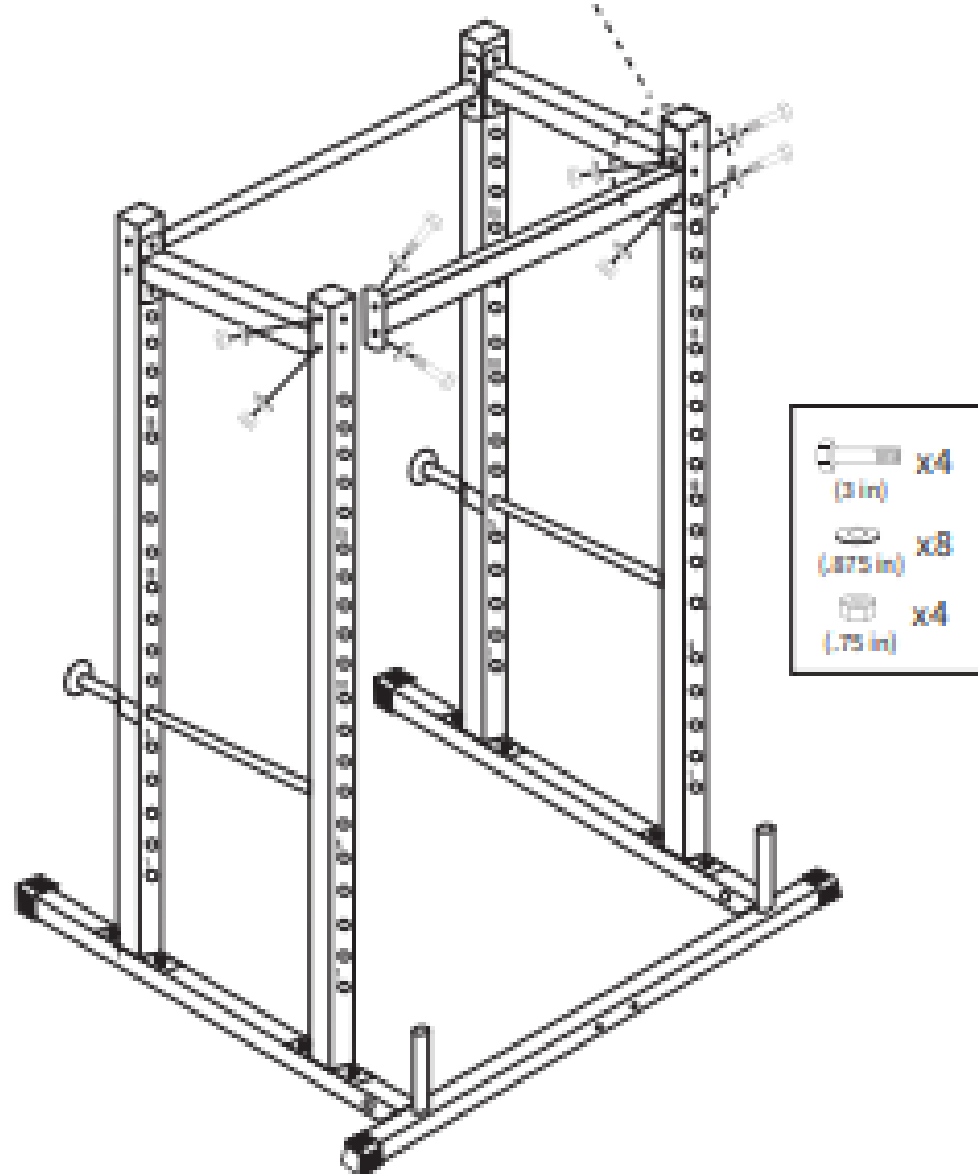
1 Horizontal Brace	Straight Bar Attachment
Top Pulley Brace	Lat Pull-Down Attachment
Bottom Pulley Brace	6 Pulleys
Metal Upright	2 Plates for Pulleys
Weight Carriage	2 Pole Tubes
Weight Peg Crossbrace	6 Carabiners
2 Spring Clips	2 Cables
	Rubber Foot

HARDWARE INCLUDED:

3 In Bolt x 9 	2 In Bolt x 3 	1.125 In Bolt x 2 	.75 In Nut x 12 
Black Spacer x 6 	.875 In Washer x 24 	.75 In Washer x 4 	.5 In Nut x 2 

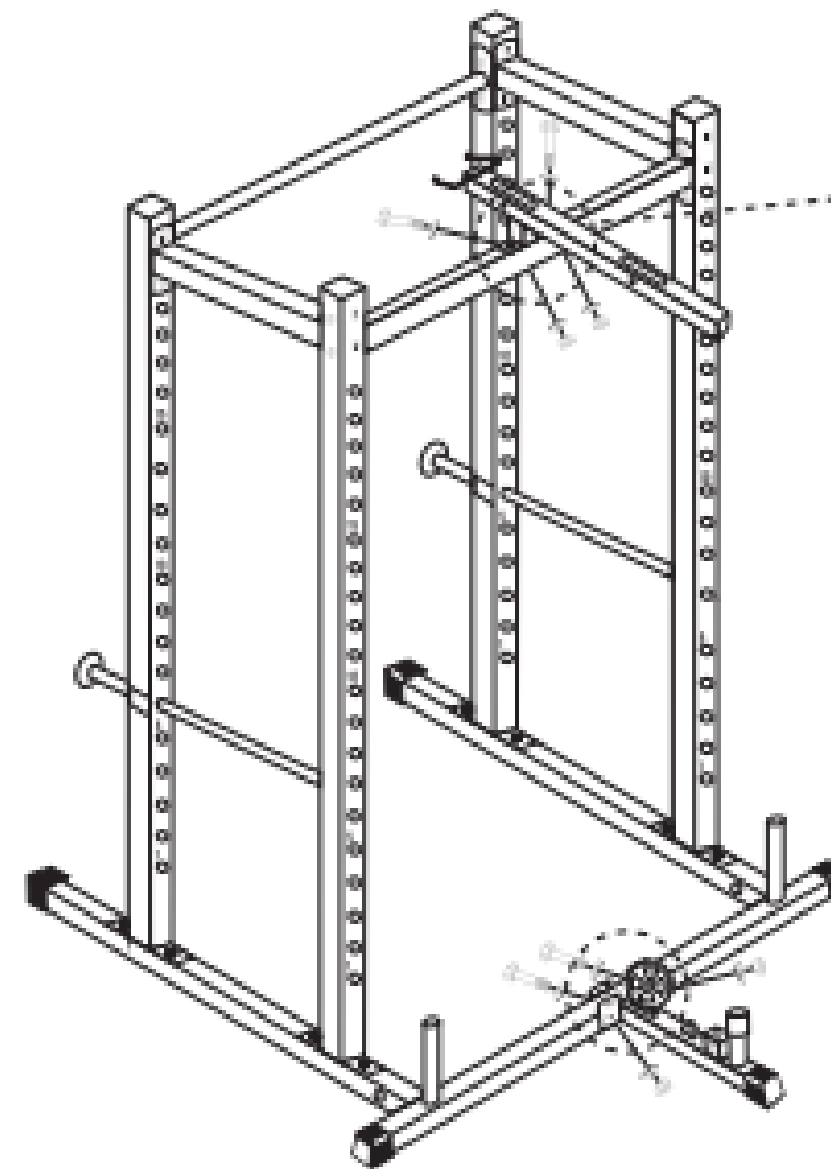
1.

Replace back pullup bar with horizontal brace.



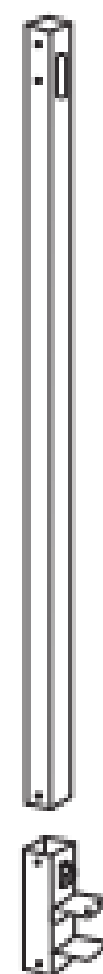
2.

Secure top and bottom pulley brace of lat pull down to crossbars of the rack.



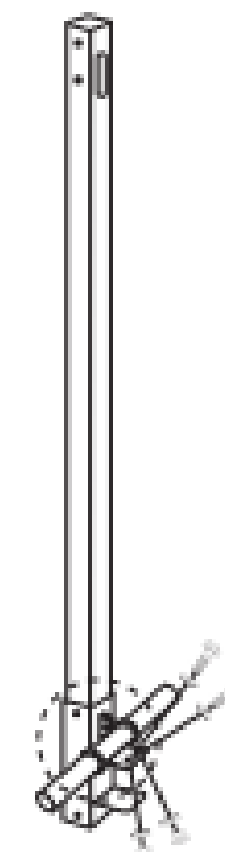
3.

Slide weight carriage onto metal upright.



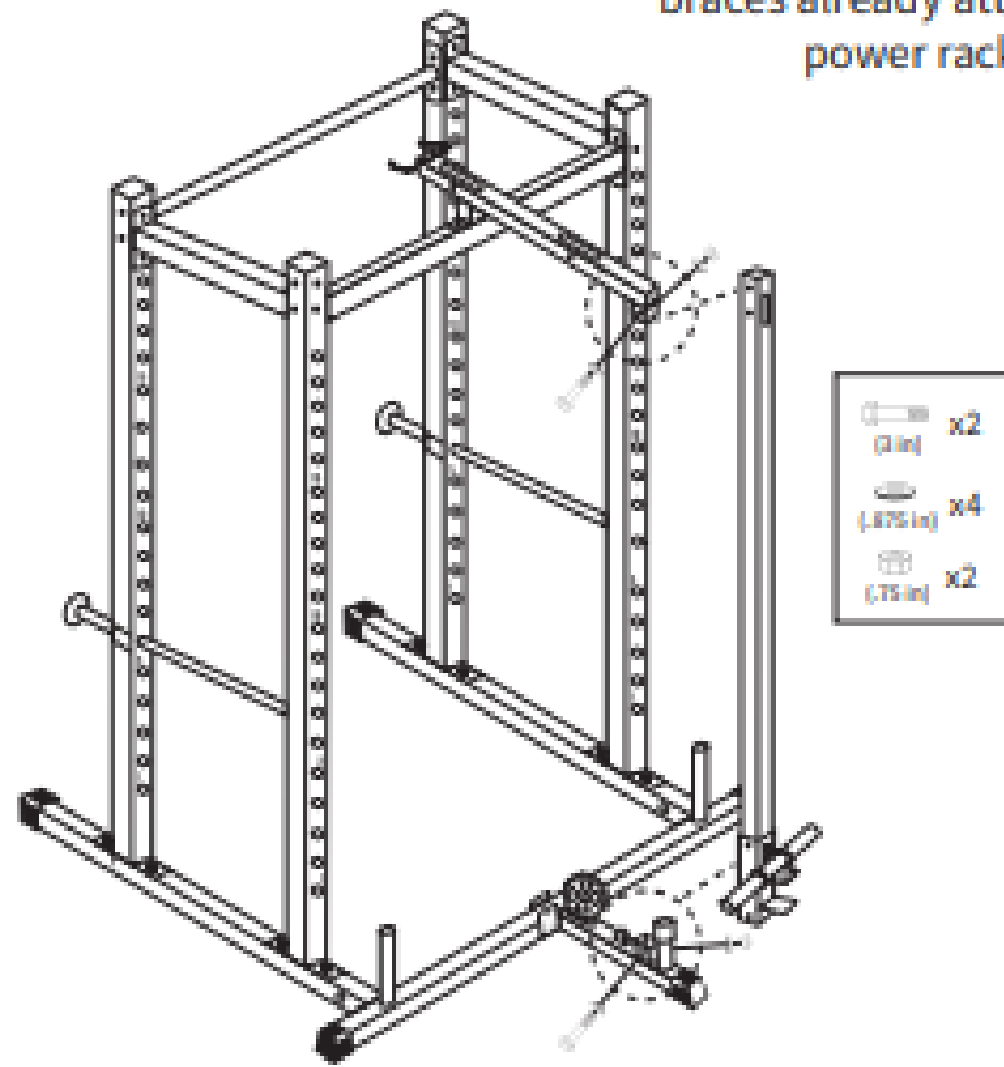
4.

Attach weight horns to the weight carriage.



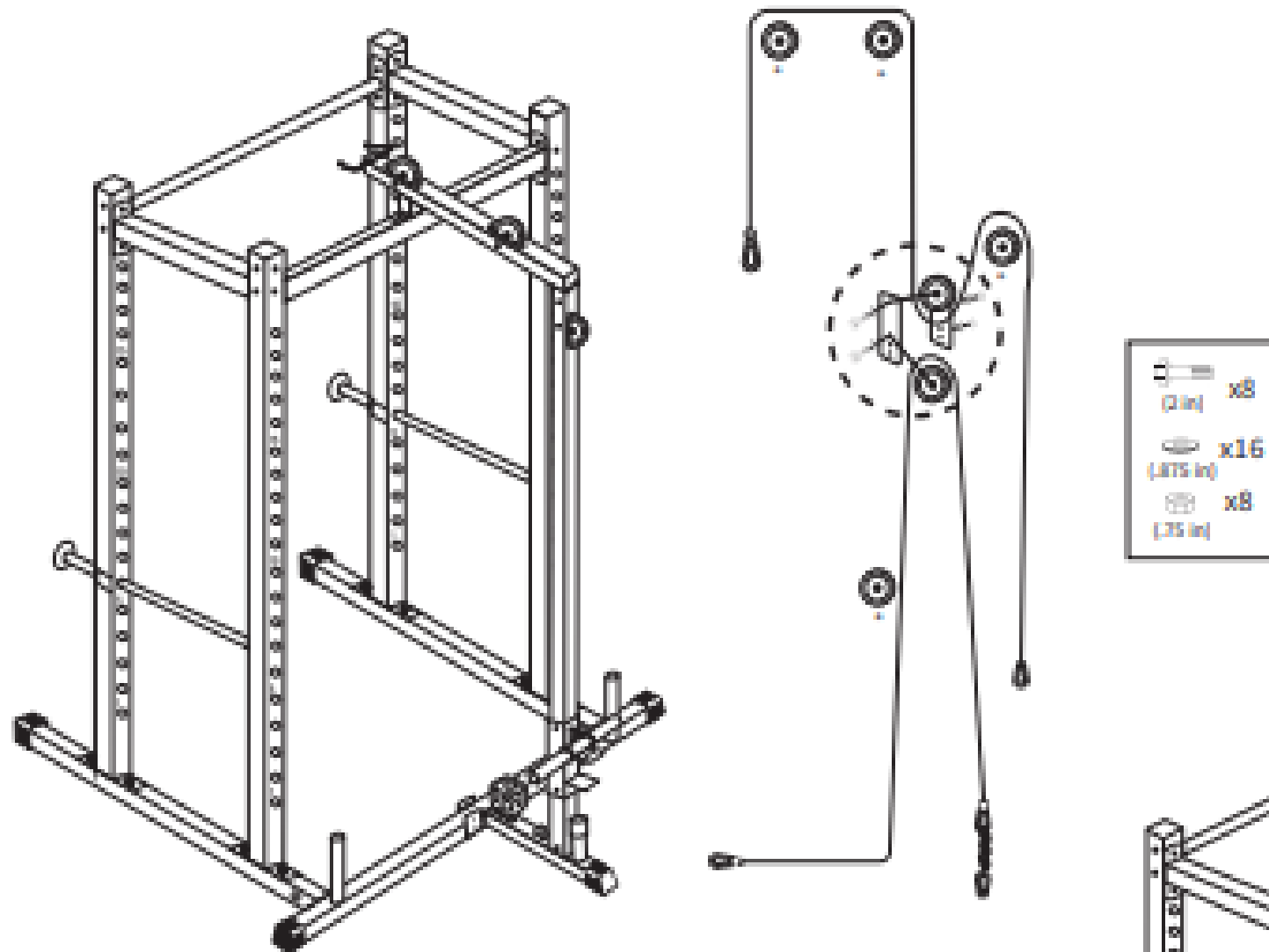
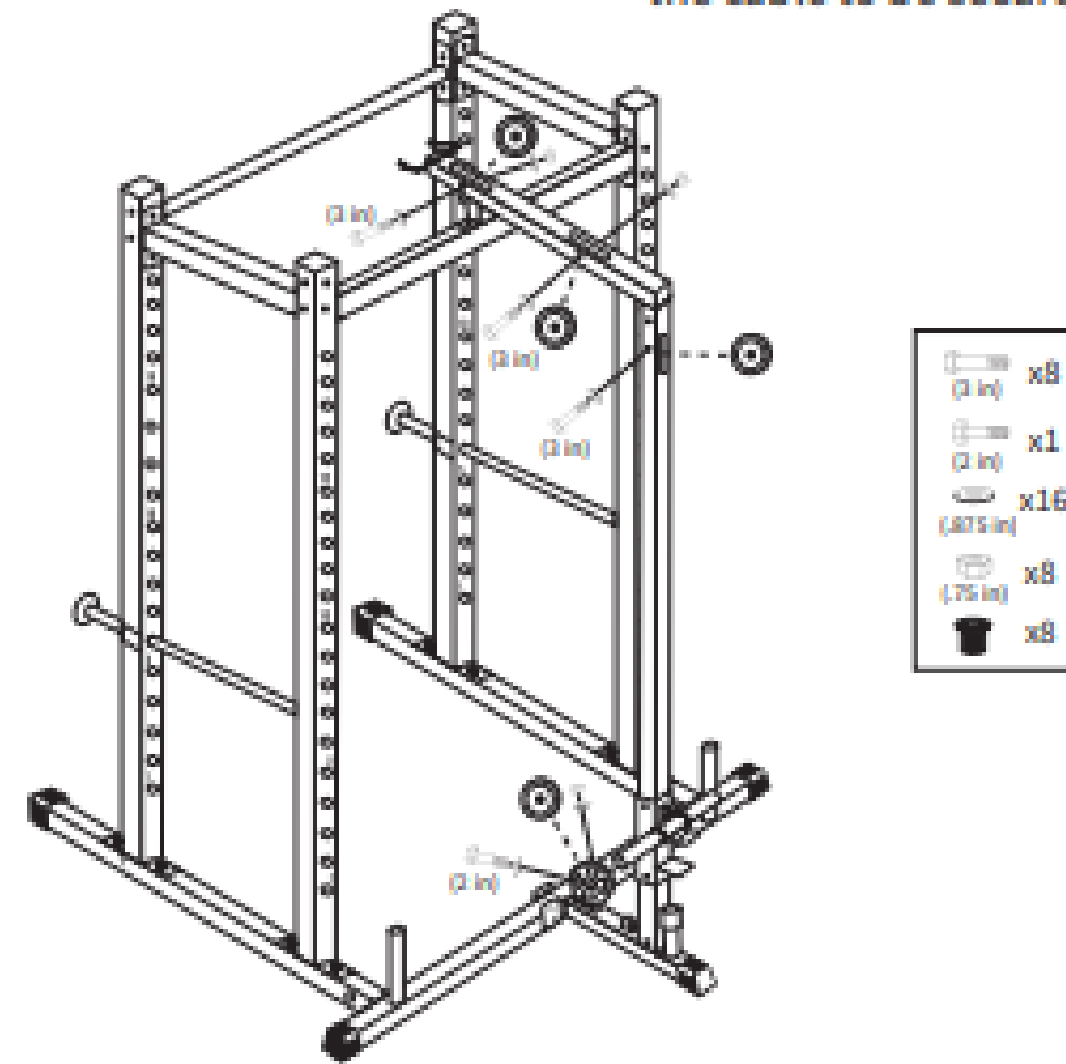
5.

Secure metal upright to pulley braces already attached to power rack.



6.

Attach pulleys to their designated spots (there should be two that are not being attached yet as they need the cable to be secured).



7.

Feed cables through pulleys and secure the last two pulleys in their designated location. One end of each cable will attach to the base of the lat pull down to create a line of tension and the other will have a carabiner to attach pull-down accessories.

8.

Clip your pull-down accessories to the carabiners.

