

ASSEMBLY INSTRUCTIONS

4 FT (1.2 M) LAT PULLDOWN WALL MOUNT

| ITEM | PART NUMBER | DESCRIPTION | QTY |
|------|-------------|--|-----|
| 1 | 5645301 | WLDMT, LAT BASE | 1 |
| 2 | 56468PA | PTD ASSY, LAT FRONT UPRIGHT | 1 |
| 3 | 2005815 | BOLT, 1/2-13 X 4" (102mm) SOCKET HEAD | 2 |
| 4 | 2001401 | NUT, 1/2-13 LK ST ZN | 3 |
| 5 | 5513601 | CUSHION, WEIGHT STACK | 2 |
| 6 | 5643201 | GUIDE ROD, 19 DIA X 1912 | 2 |
| 7 | 56351PA | PTD ASSY, 20 LB WEIGHT PLATE | 5 |
| 8 | 56350PA | PTD ASSY, 15 LB WEIGHT PLATE | 10 |
| 9 | 56345PA | PTD ASSY, HEAD PLATE | 1 |
| 10 | 5095301 | SHAFT COLLAR, GUIDE ROD | 2 |
| 11 | 5667301 | BUSHING, GUIDE ROD RETAINER | 2 |
| 12 | 55181PA | PTD ASSY, WEIGHT SELECTOR STORAGE PLATE | 1 |
| 13 | 5664401 | WLDMT, UPPER WALL MOUNT | 1 |
| 14 | 56459PA | PTD ASSY, LAT TOP BOOM | 1 |
| 15 | 5675301 | LABEL, WEIGHT STACK 15-265 LB (6.8-120.2 KG) | 1 |
| 16 | 56475PA | PTD ASSY, KNEE HOLD DOWN | 1 |
| 17 | 2005821 | BOLT, 1/2-13 X 5-1/2" (140mm) SOCKET HEAD | 1 |
| 18 | 5454901 | PAD, TAPERED SEAT | 1 |
| 19 | 2009404 | BOLT, 3/8-16 X 1-1/4" (32mm) ST HT SOCKET HEAD W/NP | 2 |
| 20 | 5662501 | WLDMT, LEFT SHROUD BASE | 1 |
| 21 | 5662901 | WLDMT, RIGHT SHROUD BASE | 1 |
| 22 | 5645101 | SHROUD, XCREATE CABLE STATION | 2 |
| 23 | 5664701 | SHROUD, TOP CAP | 1 |
| 24 | 2002101 | WASHER, FLAT 1/4 SAE ST ZN | 8 |
| 25 | 2006502 | BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP | 6 |
| 26 | 5676201 | PLACARD, XCREATE-LPD-101 | 1 |
| 27 | 5581301 | COVER, FRONT BASE | 1 |
| 28 | 2005509 | BOLT, 1/4-20 X 3/8" (9mm) SOCKET HEAD | 2 |
| 29 | 5674701 | ASSY, ALUMINUM LAT BAR | 1 |
| 30 | 5091801 | SNAP HOOK, 8MM DIA X 80MM | 1 |
| 31 | 56641PA | PTD ASSY, LOWER WALL MOUNT | 1 |
| 32 | 2001301 | WASHER, FLAT 1/2 SAE ST ZN | 12 |
| 33 | 2006803 | BOLT, 1/2-13 X 1" (25mm) SOCKET HEAD W/NP | 6 |
| 34 | 2001101 | WASHER, FLAT 3/8 SAE ST ZN | 8 |
| 35 | 2009418 | BOLT, 3/8-16 X 4-3/4" (121mm) ST HT SOCKET HEAD W/NP | 2 |
| 36 | 2009402 | BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP | 6 |
| 37 | 5647901 | CABLE ASSY, XCREATE LAT PULL DOWN | 1 |

NOTE:

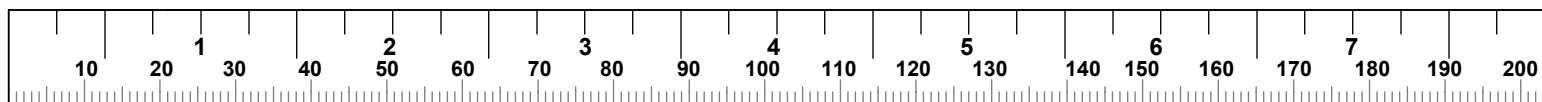
Anchoring hardware is dictated by the wall construction that the station is being attached to. See pages 4 and 13 for the requirements.

If multiple stations are going to be attached to the same wall, a minimum of 4' (2.4 M) center to center is recommended between stations.

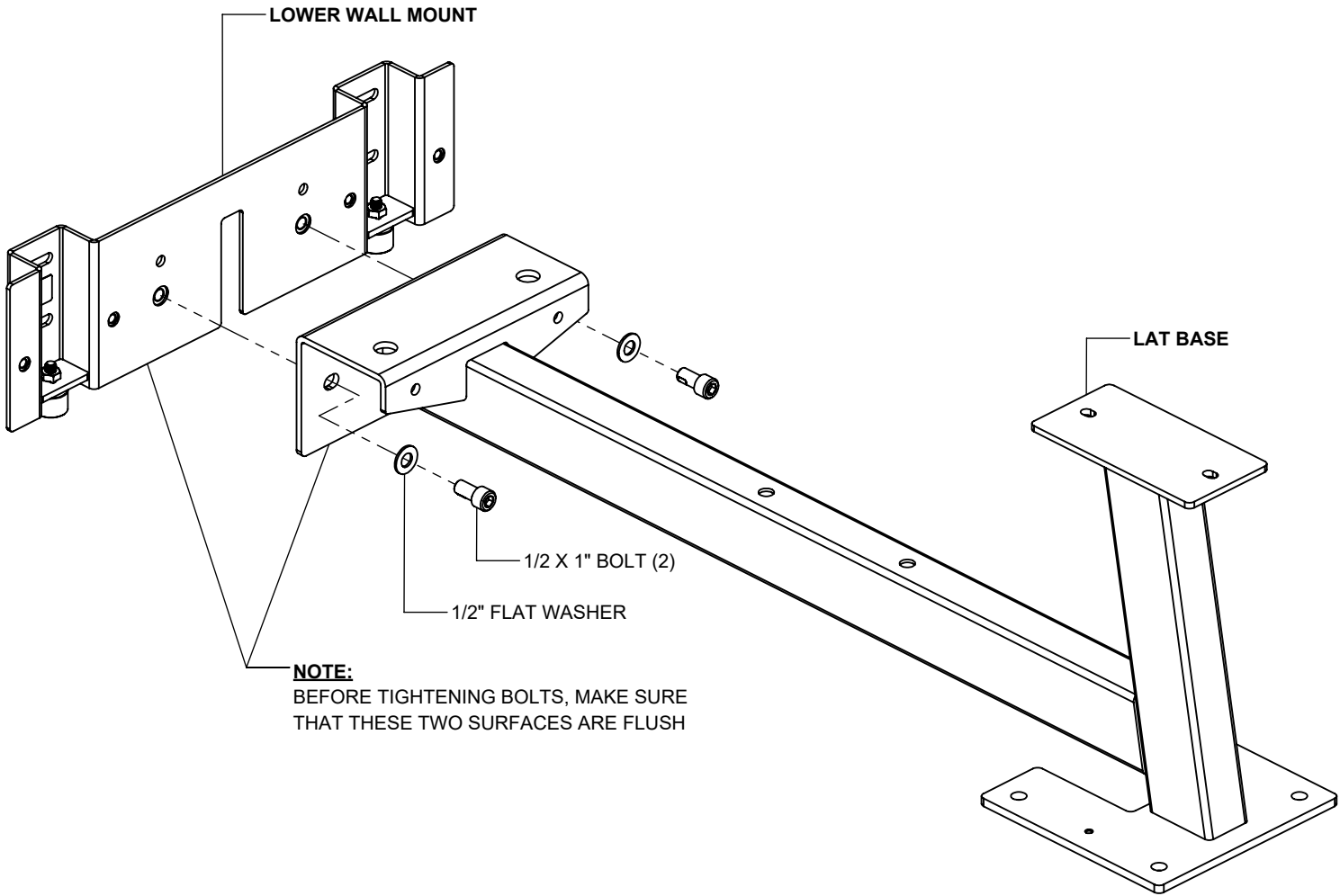
For assistance, contact www.sales@torquefitness.com or call (763) 754-7533; Toll free in USA (877) 867-7854.

TOOLS FOR ASSEMBLY:

- 3/8" ALLEN WRENCH
- 5/16" ALLEN WRENCH
- 3/16" ALLEN WRENCH
- 3/4" WRENCH OR SOCKET
- 9/16" WRENCH OR SOCKET
- 1/2" WRENCH OR SOCKET
- RUBBER Mallet

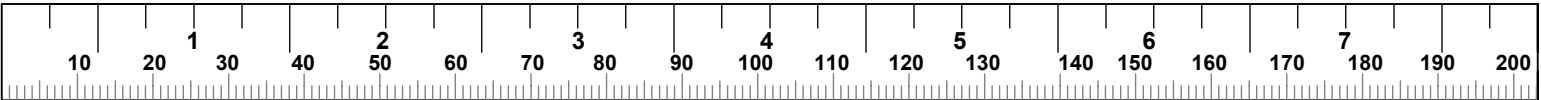


STEP 1

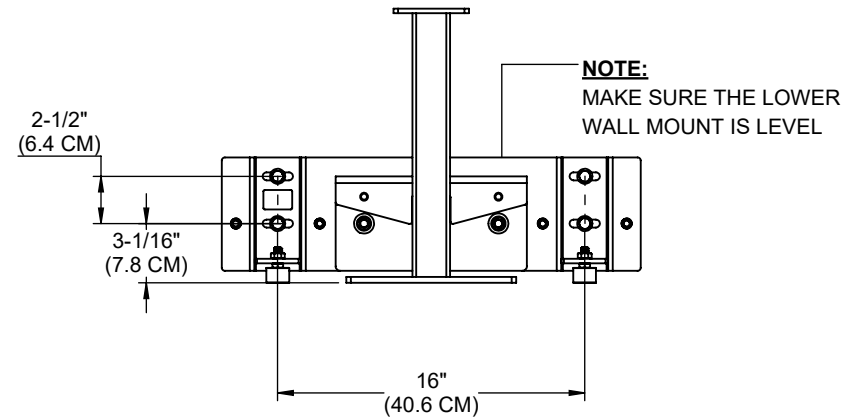
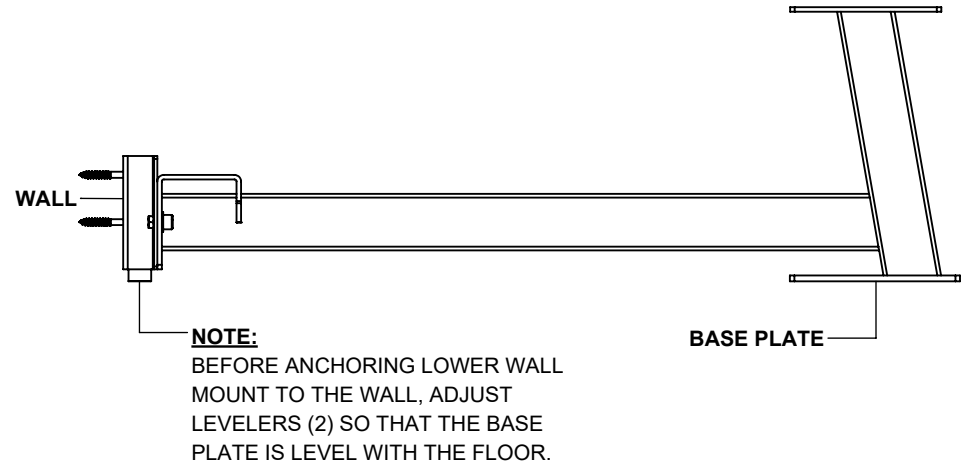
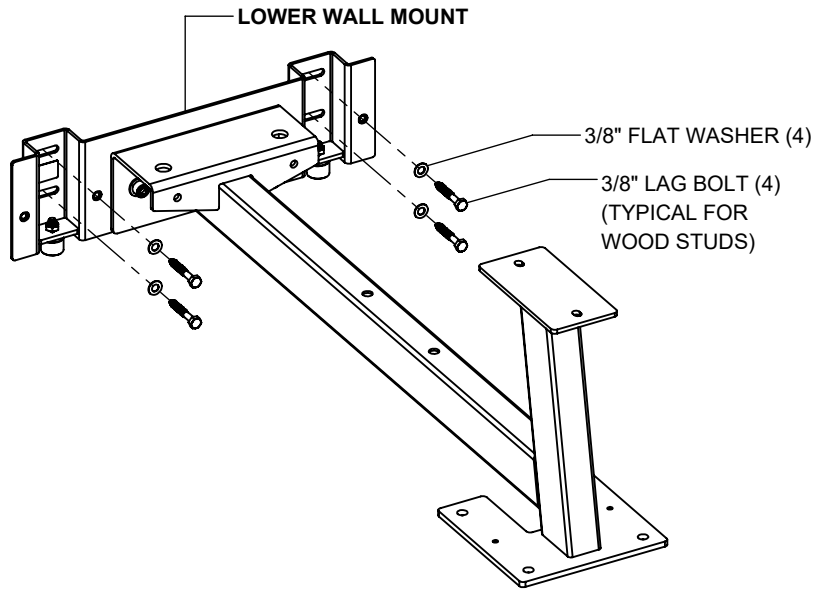


NOTES:

SECURELY tighten bolt connections in this step.



STEP 2



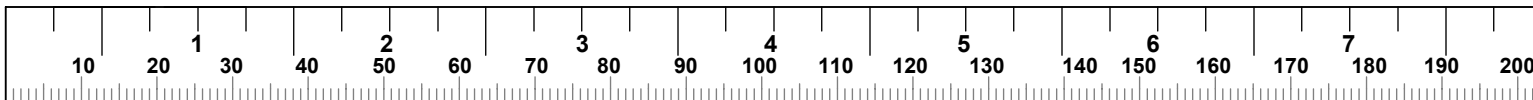
NOTES:

The images shown above is the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater than or equal to 200lbs. (91kg)

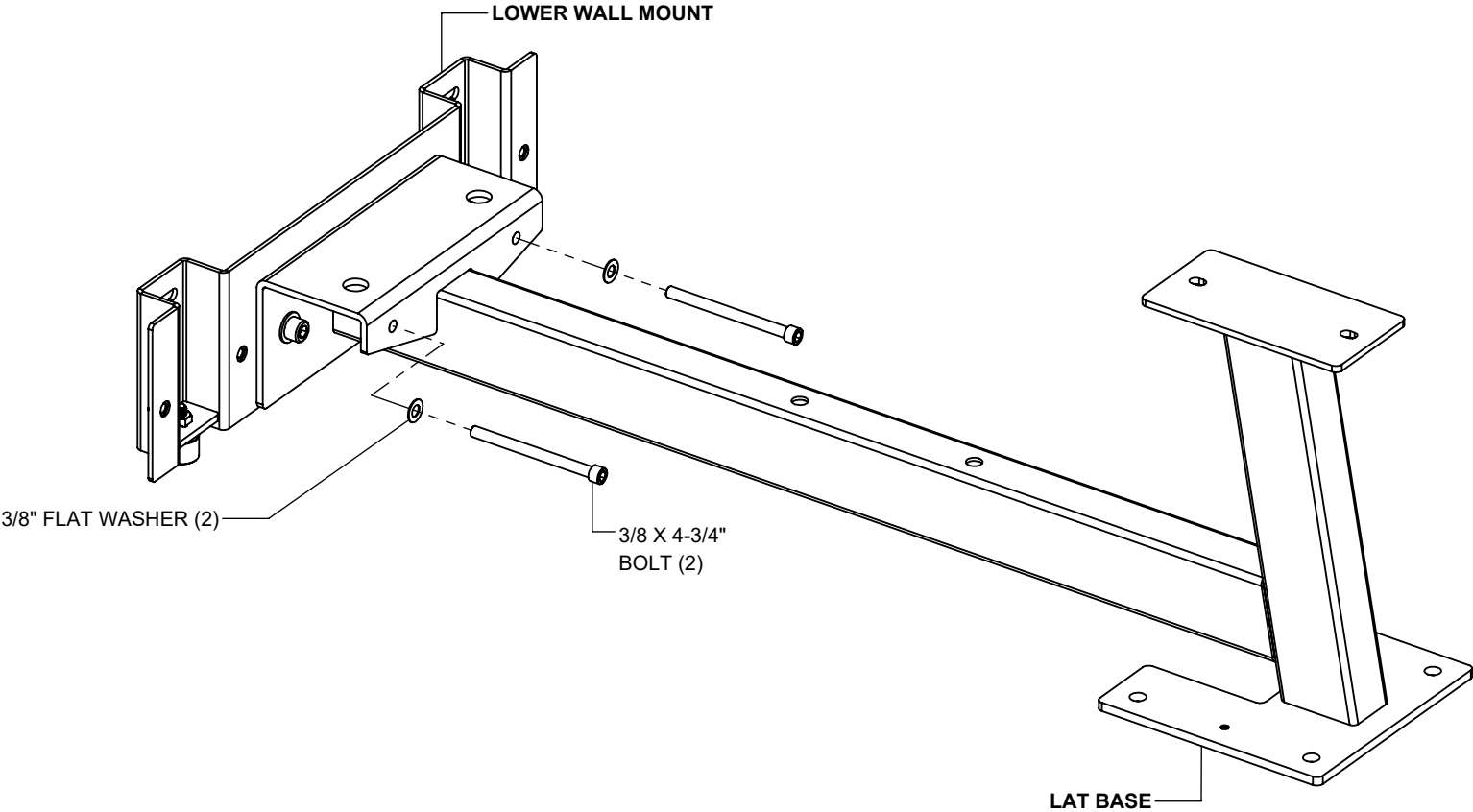
SECURELY tighten bolt connections in this step.

WARNING:

THE LOWER WALL MOUNT **MUST** BE ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.

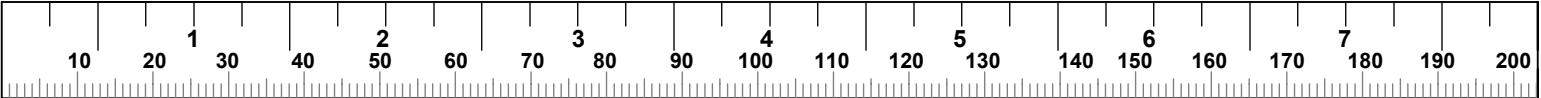


STEP 3

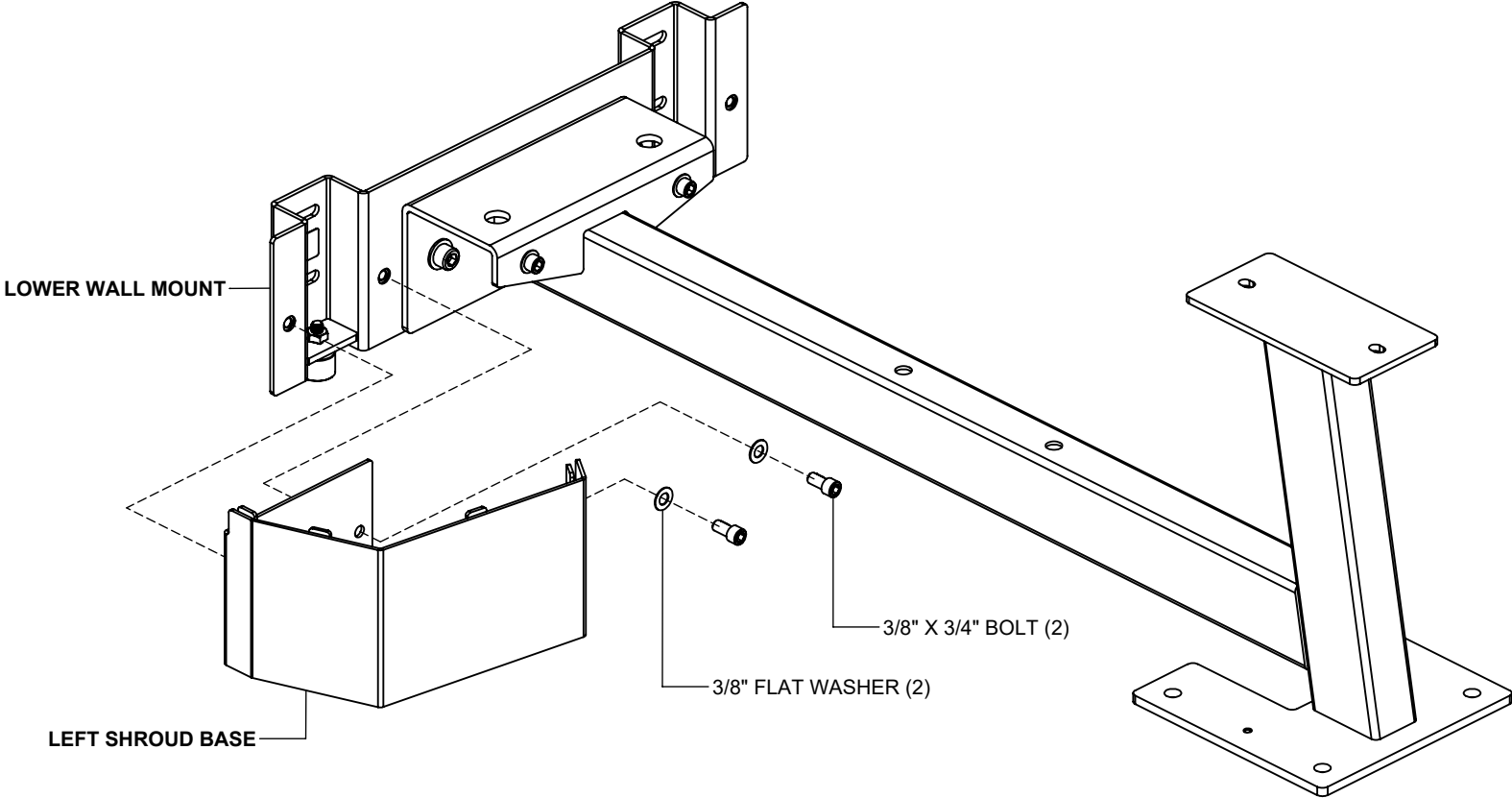


NOTES:

SECURELY tighten bolt connections in this step.

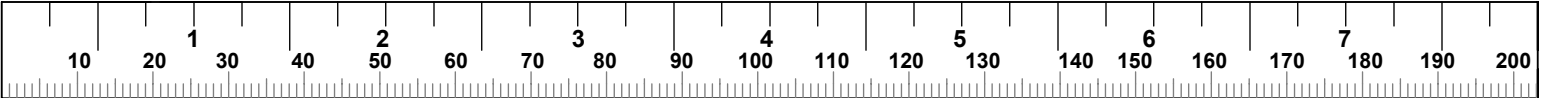


STEP 4

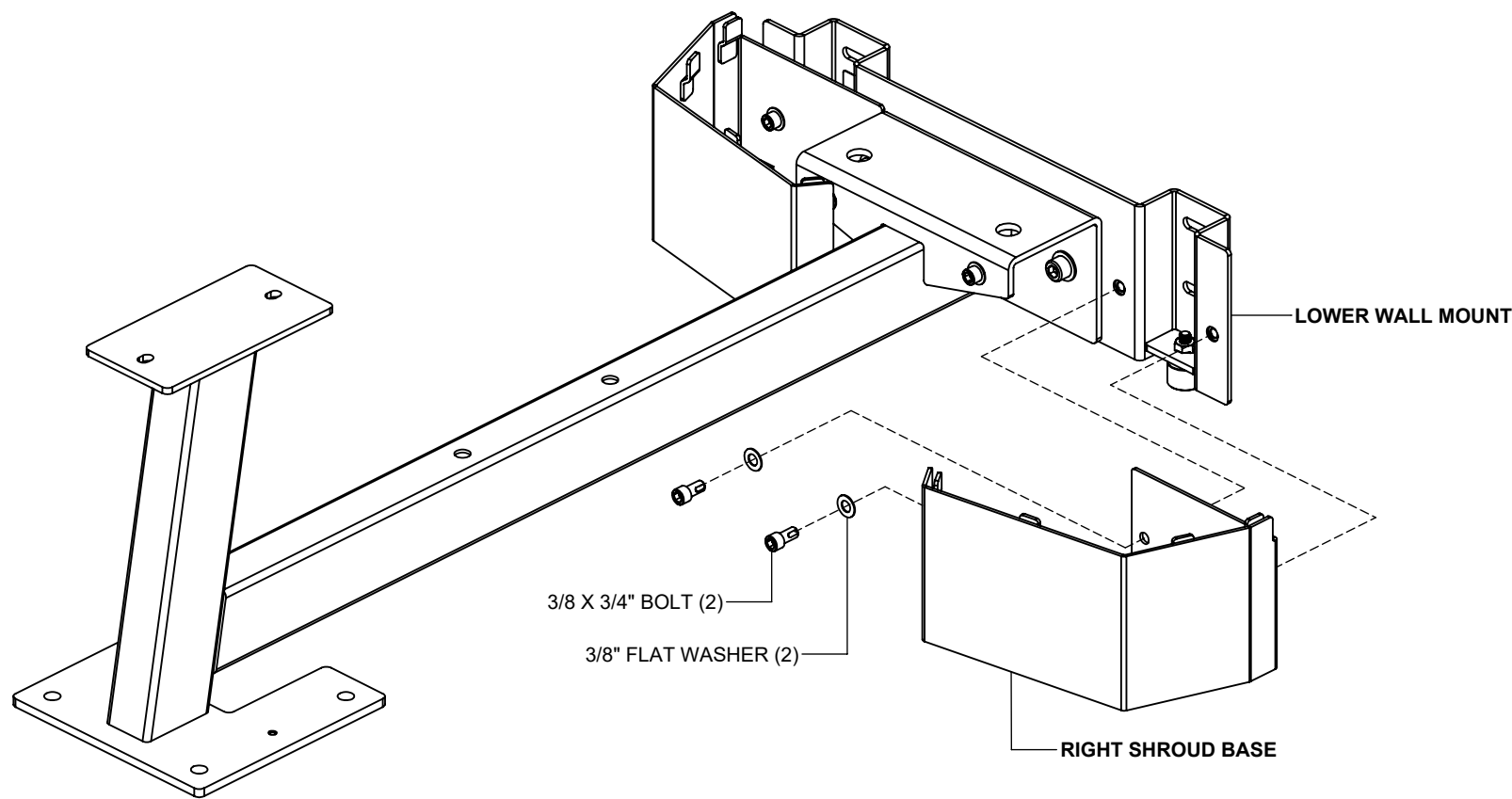


NOTES:

SECURELY tighten bolt connections in this step.

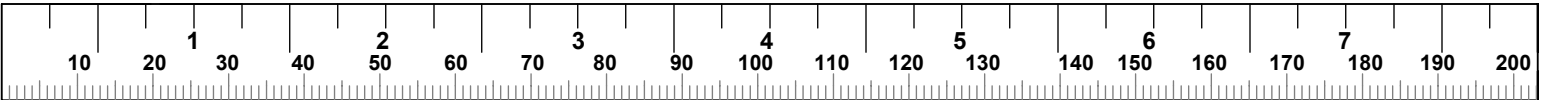


STEP 5

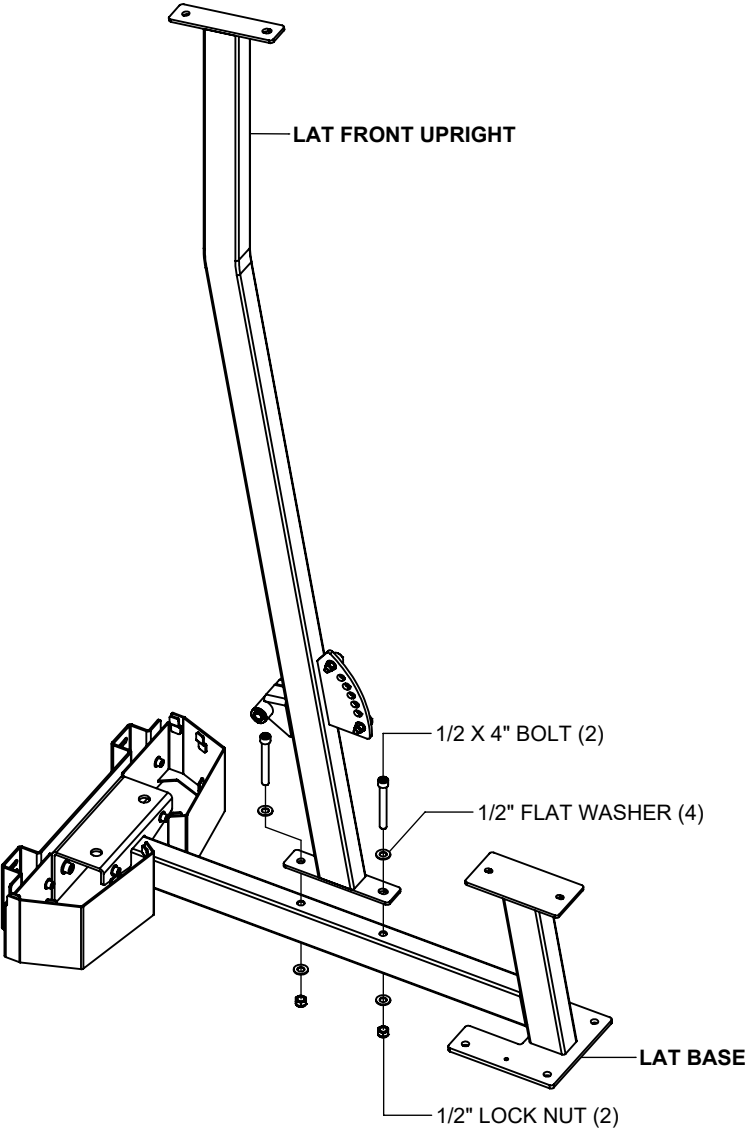


NOTES:

SECURELY tighten bolt connections in this step.

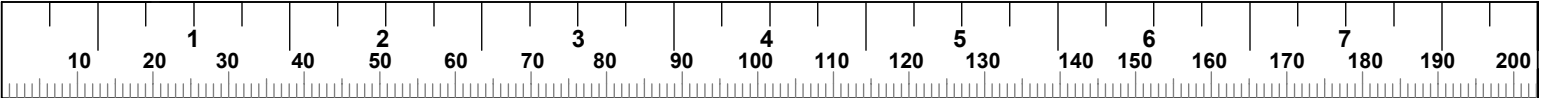


STEP 6

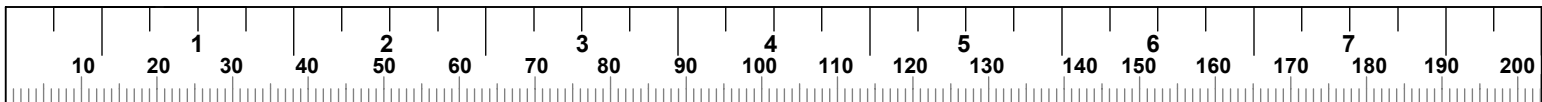
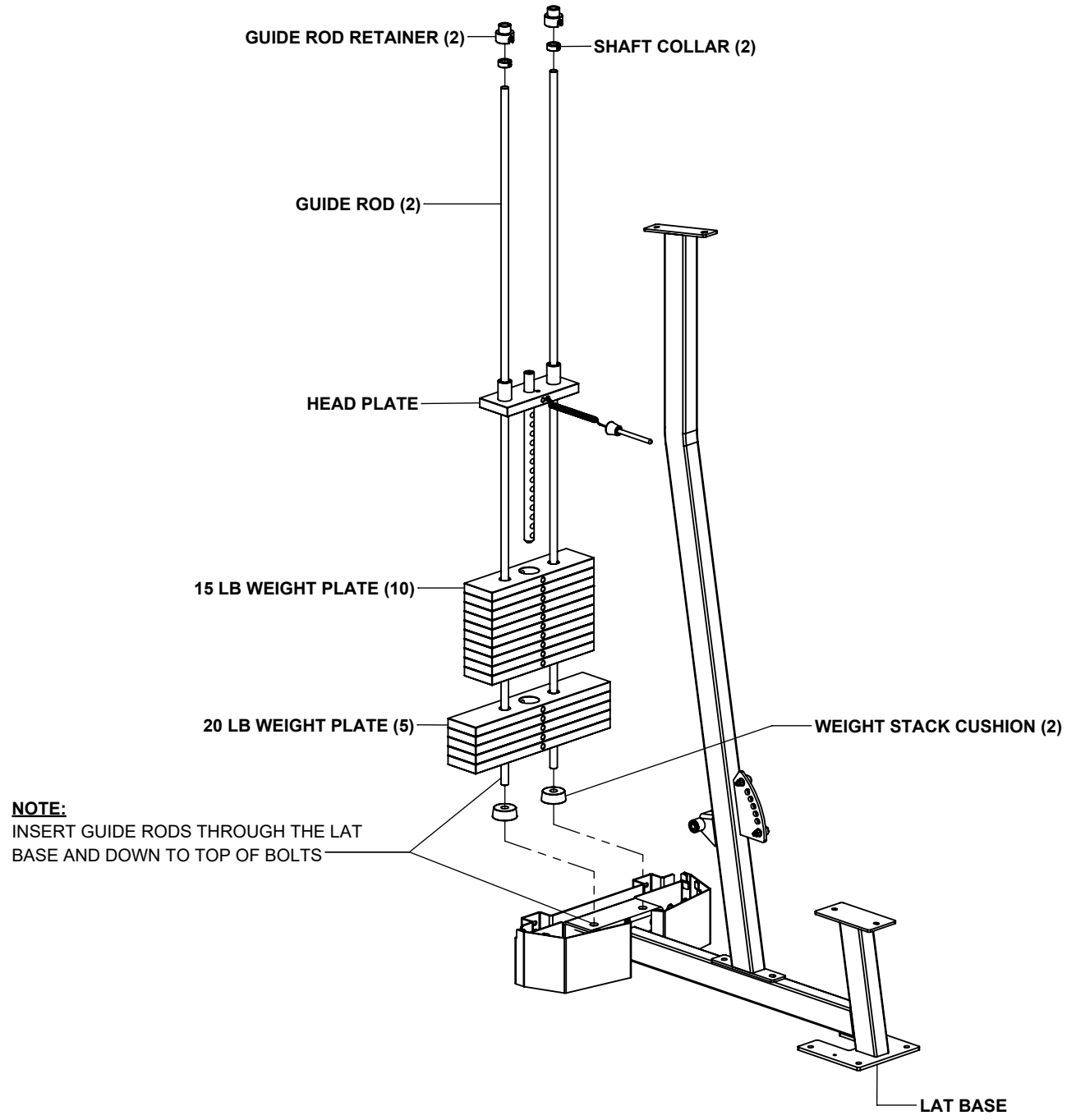


NOTES:

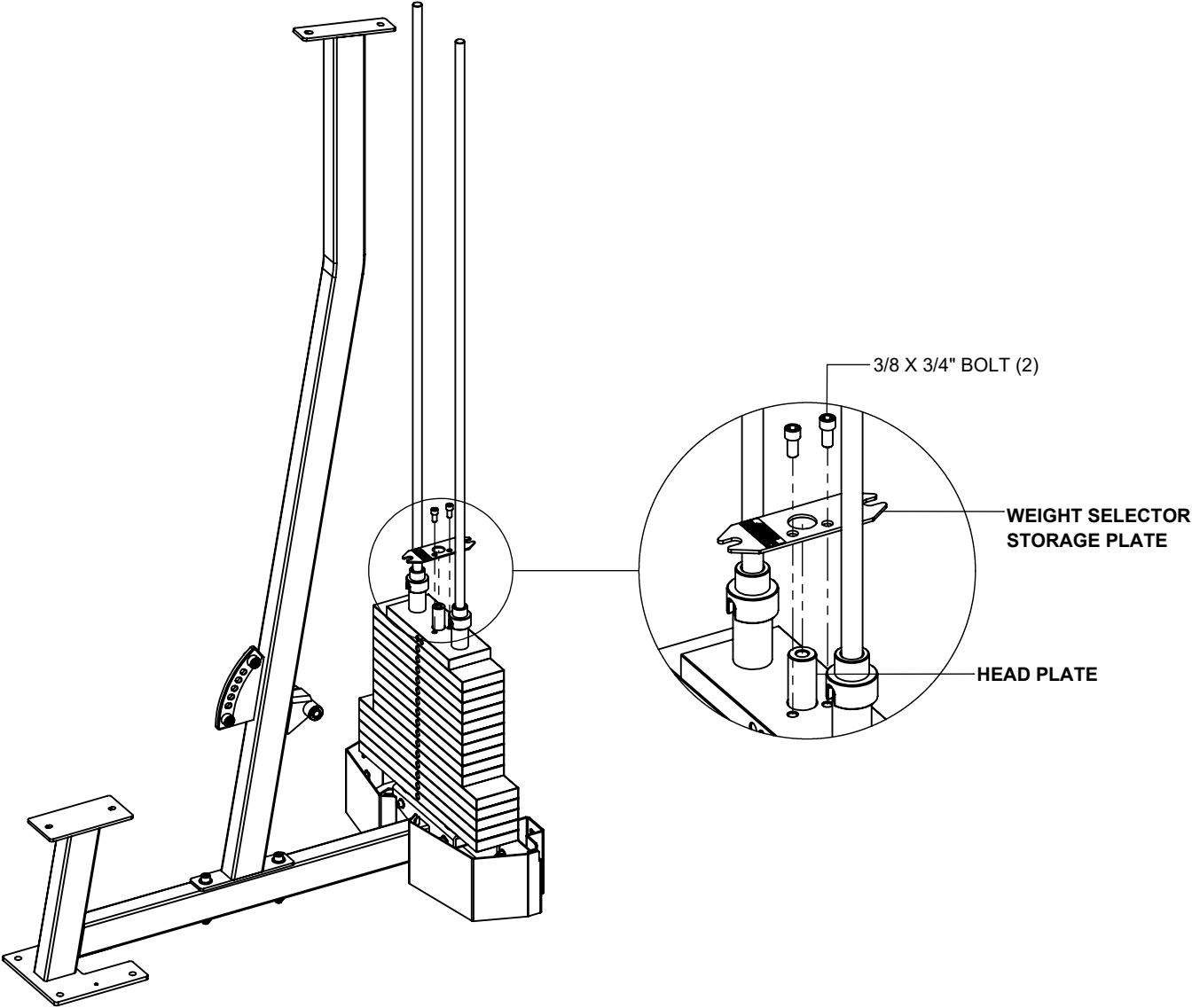
LOOSELY tighten bolt connections in this step.



STEP 7

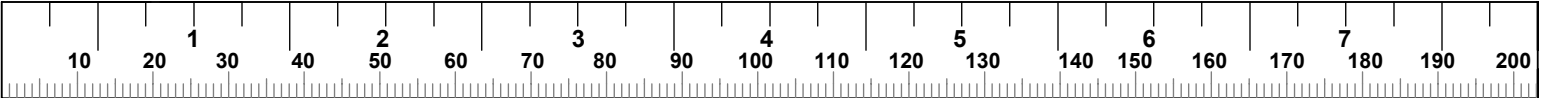


STEP 8

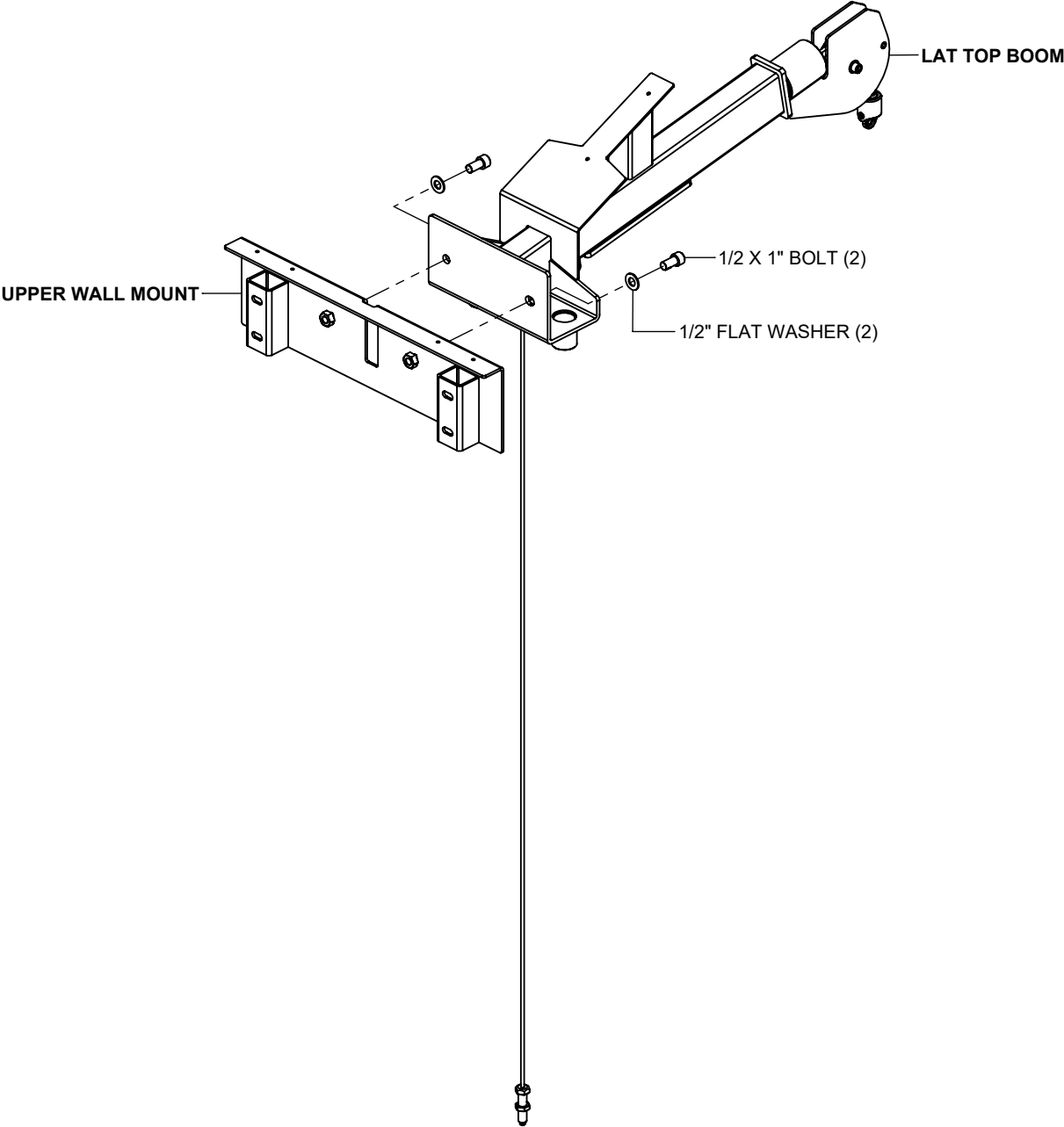


NOTES:

SECURELY tighten bolt connections in this step.

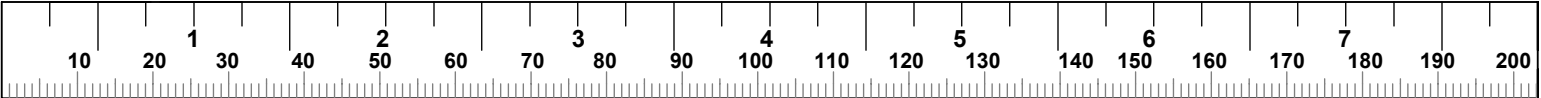


STEP 9

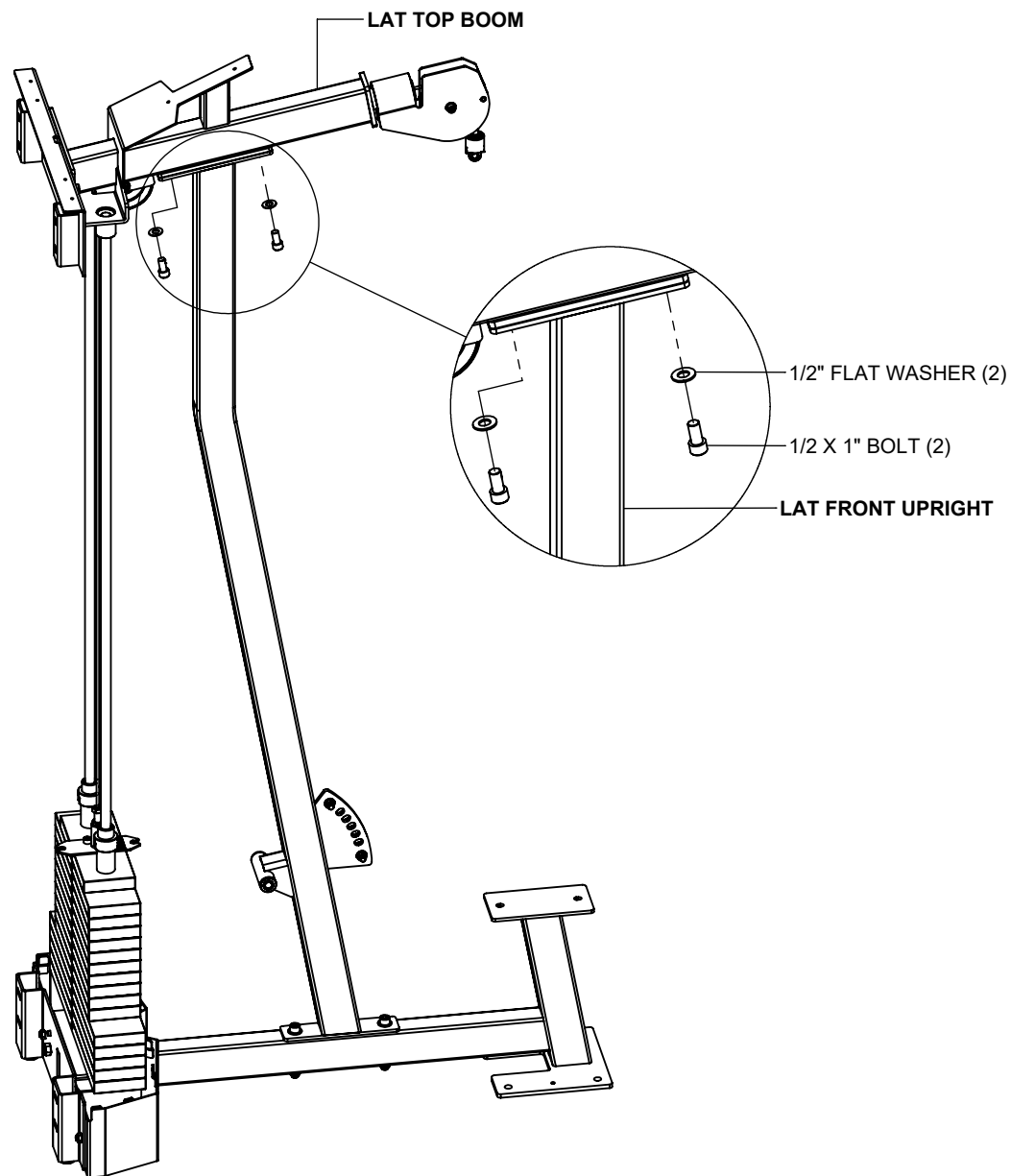


NOTES:

SECURELY tighten bolt connections in this step.

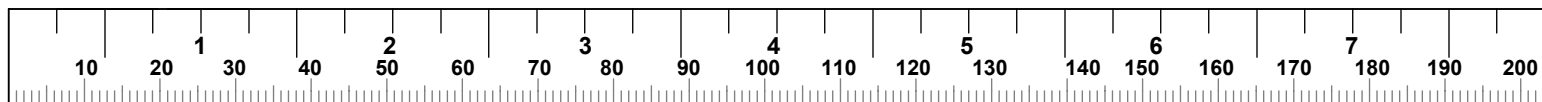


STEP 10

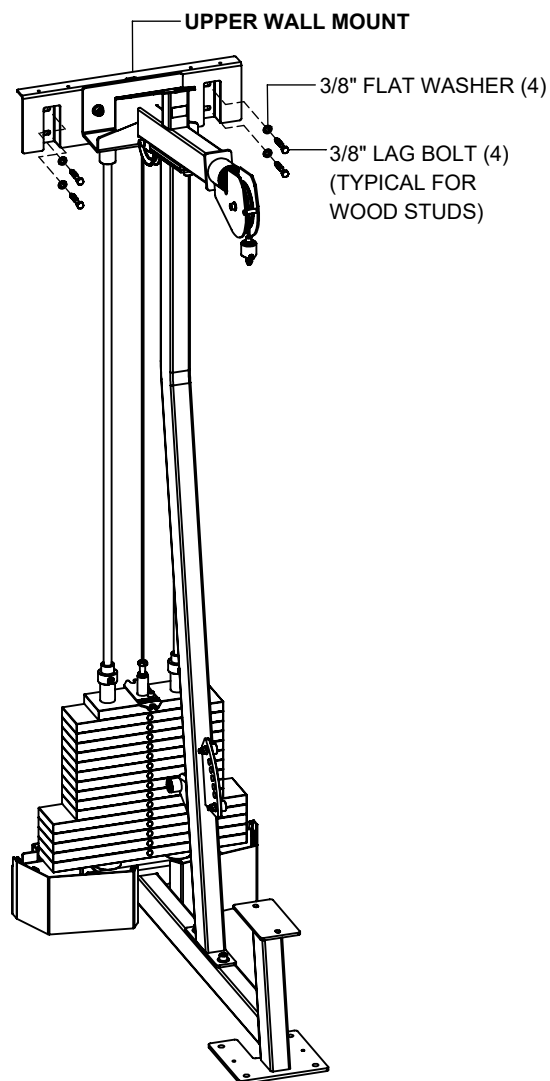


NOTES:

LOOSELY tighten bolt connections in this step.



STEP 11

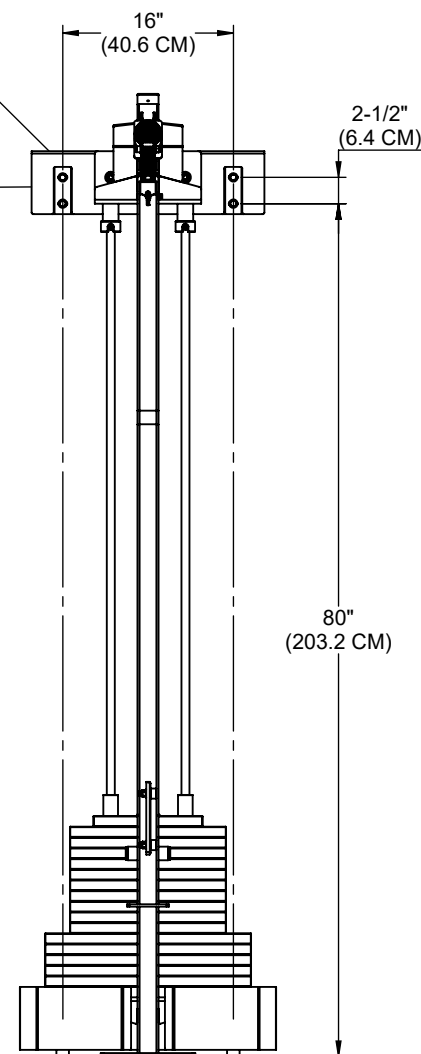


NOTE:

MAKE SURE THE UPPER WALL MOUNT IS LEVEL

WARNING:

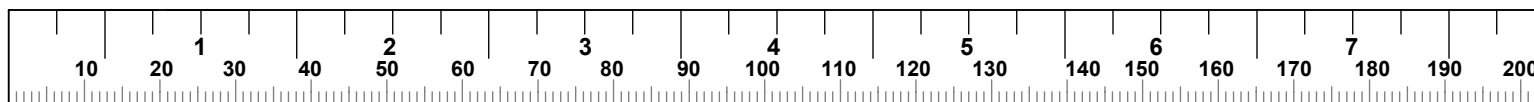
THE UPPER WALL MOUNT **MUST** BE ANCHORED TO THE WALL USING FOUR WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION



NOTES:

The images shown above is the anchoring hardware used for attaching to typical walls with wood studs spaced 16" on center. The anchors used will depend on the wall construction. In all cases, all four anchoring locations must be used. The pull-out strength of the anchoring bolts used must be greater than or equal to 200lbs. (91kg)

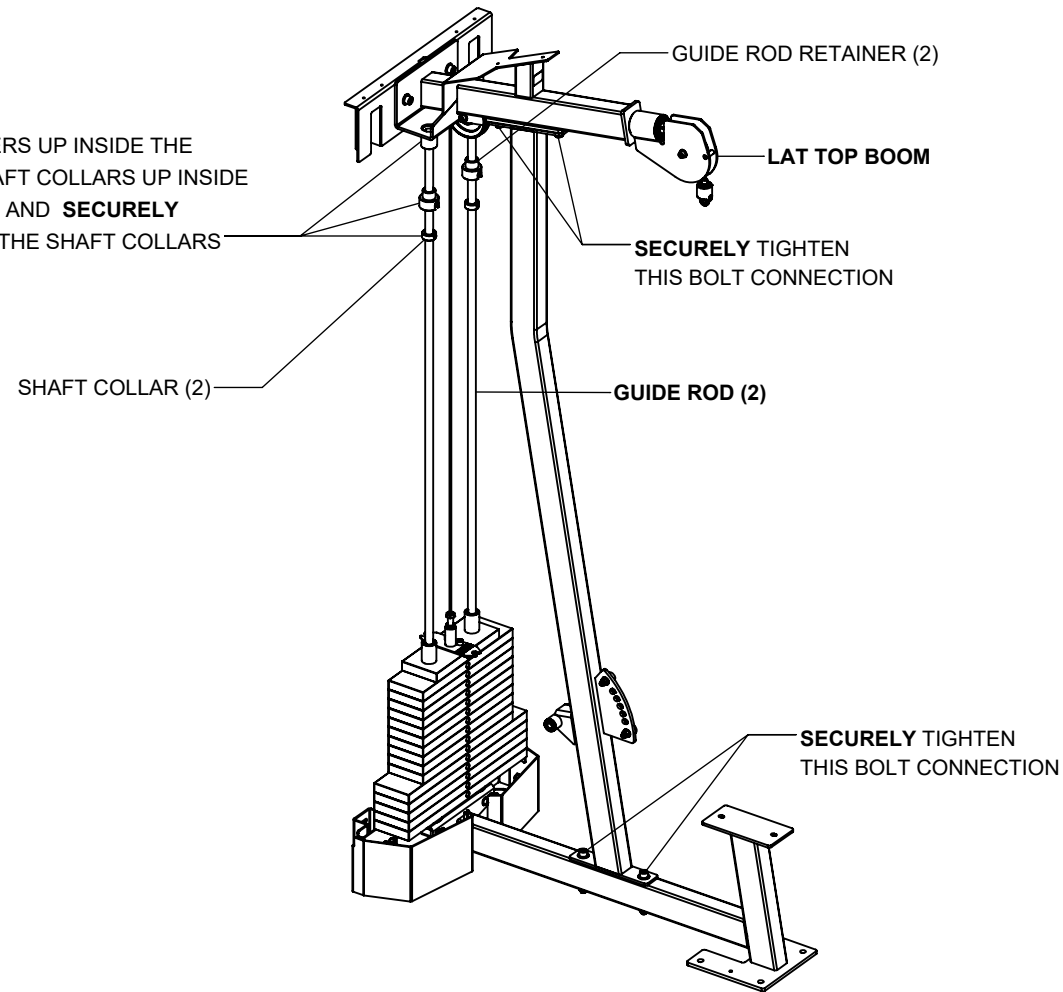
SECURELY tighten bolt connections in this step.



STEP 12

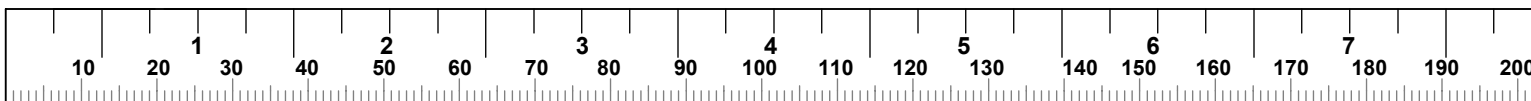
NOTE:

SLIDE THE GUIDE ROD RETAINERS UP INSIDE THE LAT TOP BOOM. SLIDE THE SHAFT COLLARS UP INSIDE OF THE GUIDE ROD RETAINERS AND **SECURELY** TIGHTEN THE SET SCREWS OF THE SHAFT COLLARS

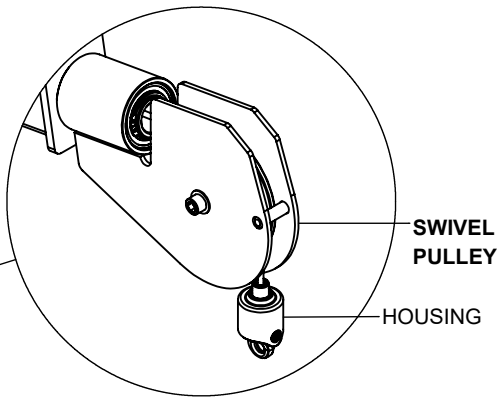
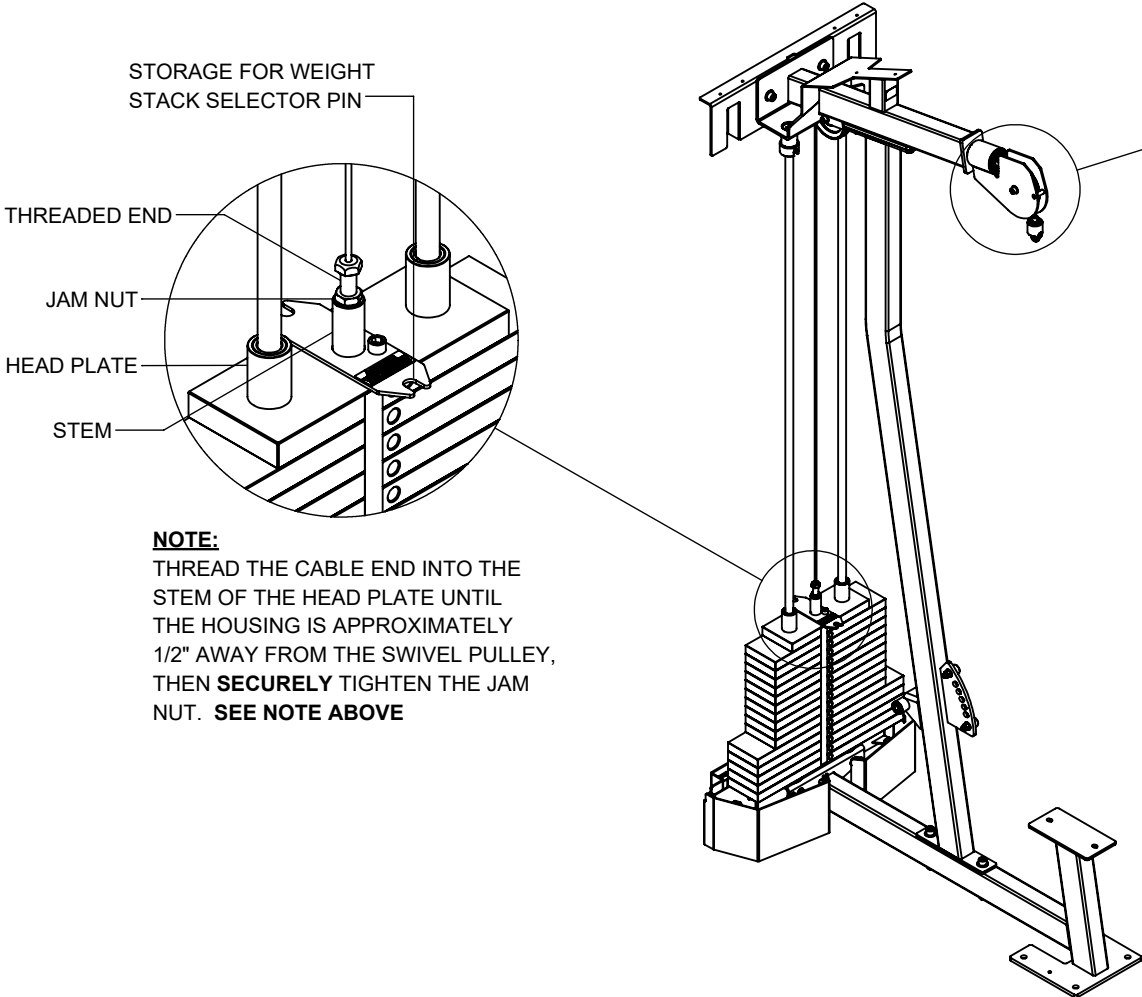


NOTES:

SECURELY tighten bolt connections in this step.

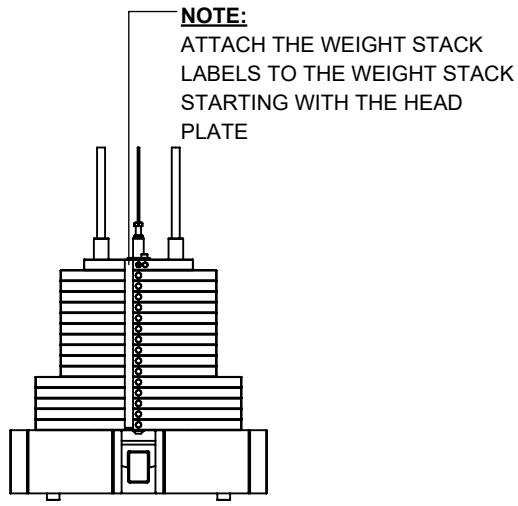


STEP 13

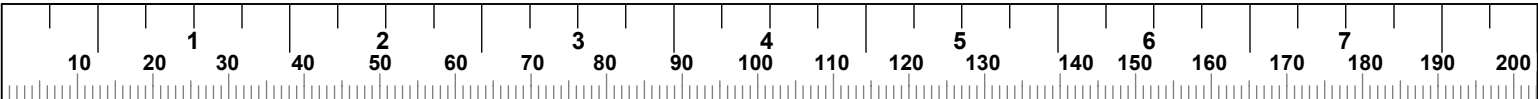


NOTE:
THE HOUSING ON THE CABLE SHOULD BE AT LEAST 1/2" AWAY FROM THE SWIVEL PULLEY. IF THE HOUSING IS TOUCHING THE SWIVEL PULLEY, THEN THE CABLE NEEDS TO BE ADJUSTED. LOOSEN JAM NUT AND TURN THE THREADED END OF THE CABLE COUNTER CLOCKWISE UNTIL THE HOUSING IS 1/2" AWAY FROM THE SWIVEL PULLEY. **SECURELY** TIGHTEN JAM NUT.

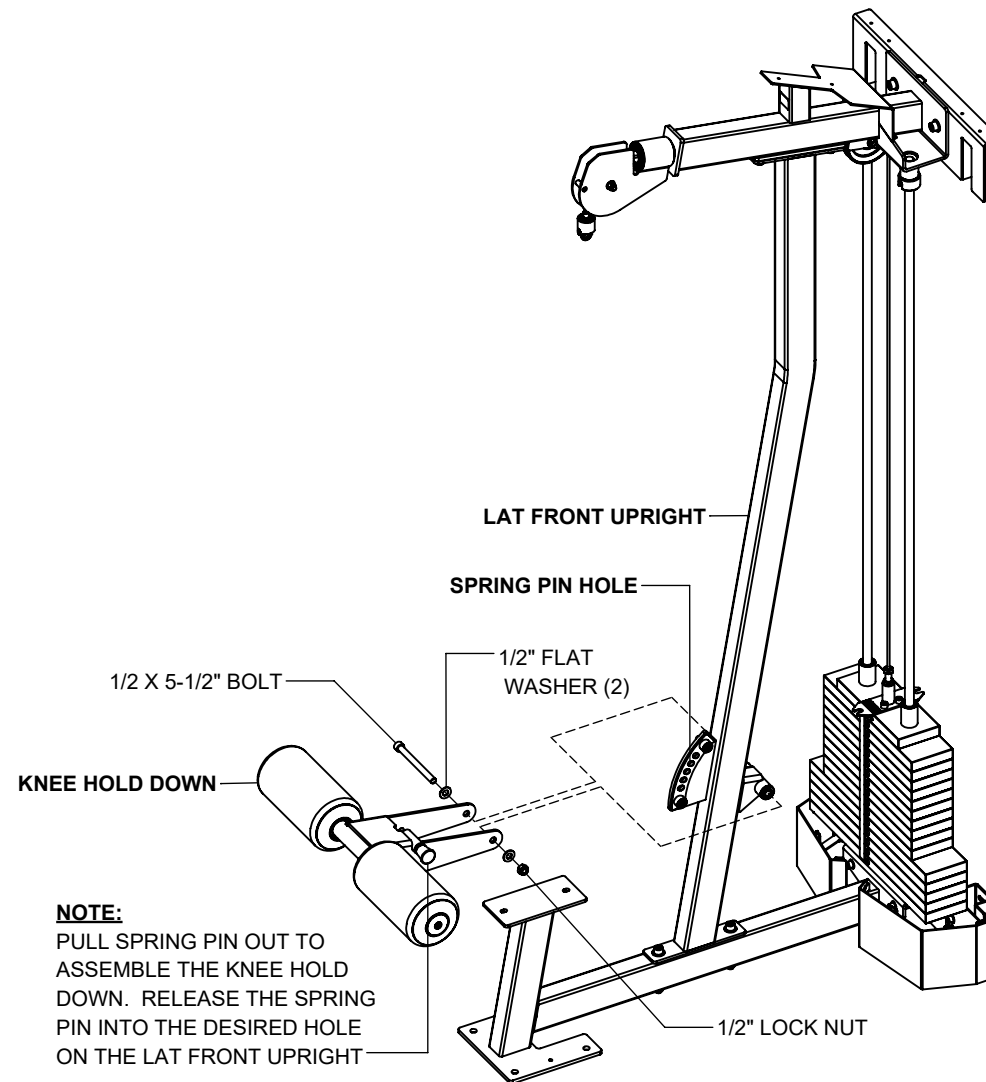
NOTE:
THREAD THE CABLE END INTO THE STEM OF THE HEAD PLATE UNTIL THE HOUSING IS APPROXIMATELY 1/2" AWAY FROM THE SWIVEL PULLEY, THEN **SECURELY** TIGHTEN THE JAM NUT. **SEE NOTE ABOVE**



NOTES:
SECURELY tighten connections in this step.

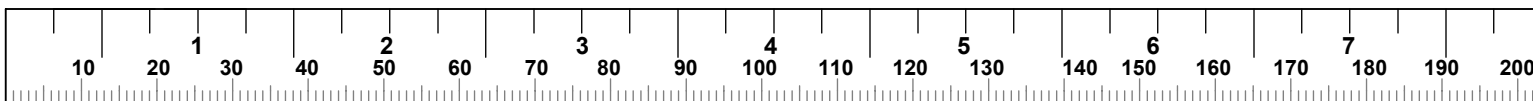


STEP 14

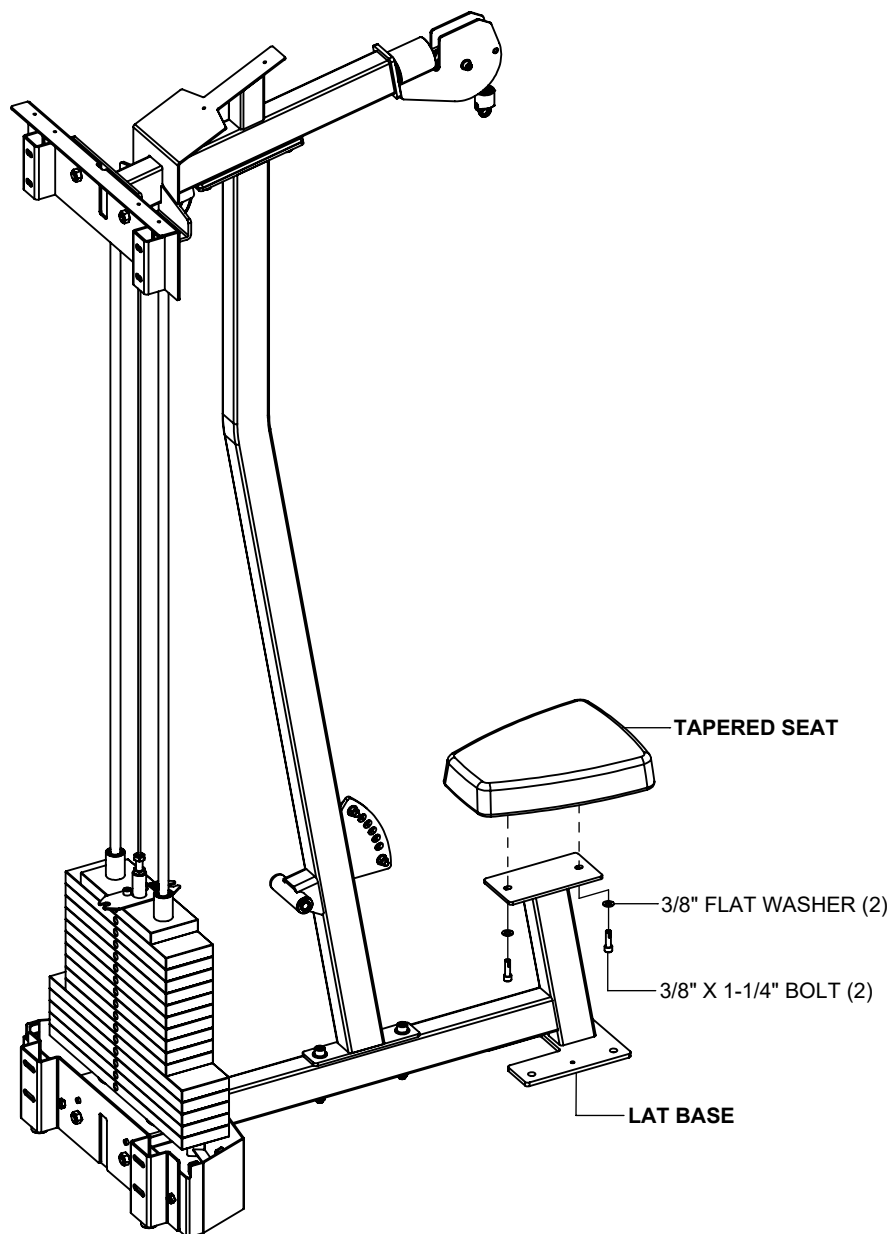


NOTES:

SECURELY tighten bolt connections in this step.

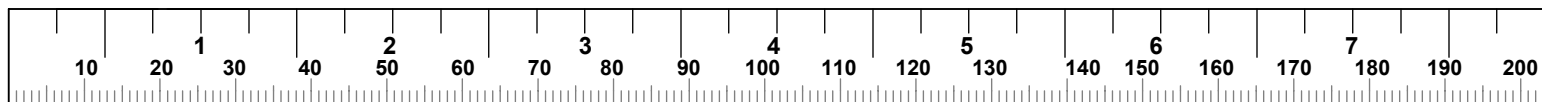


STEP 15

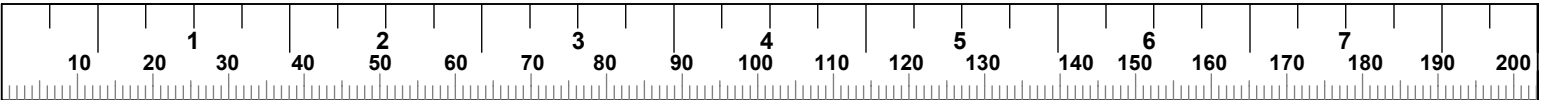
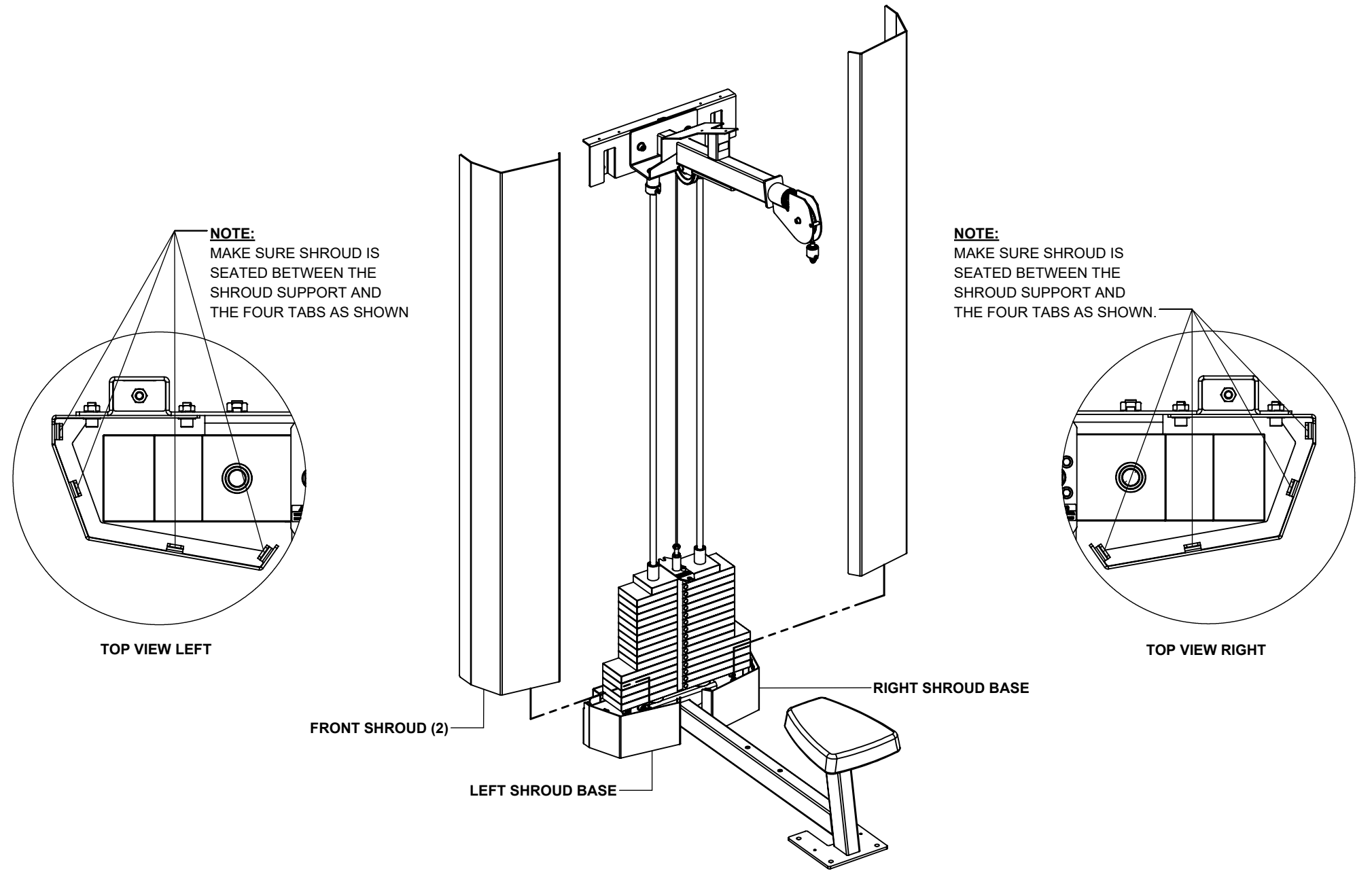


NOTES:

SECURELY tighten bolt connections in this step.



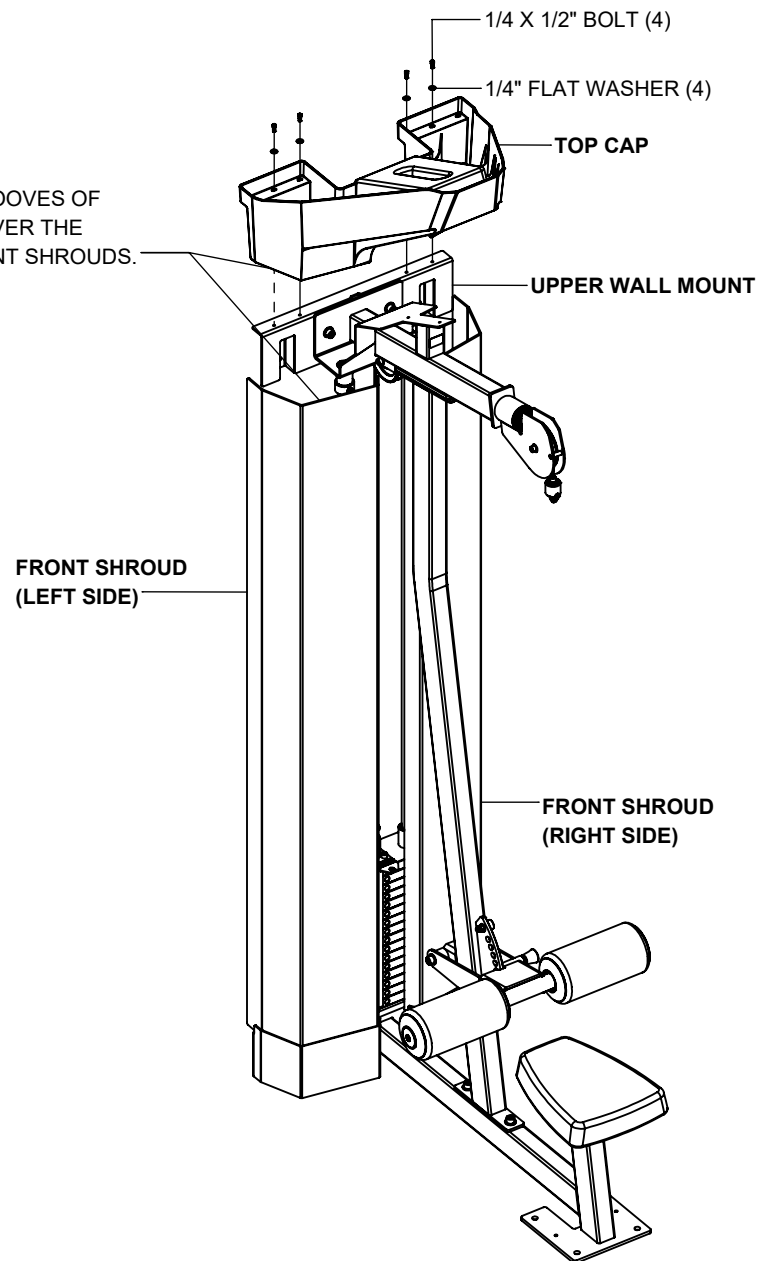
STEP 16



STEP 17a

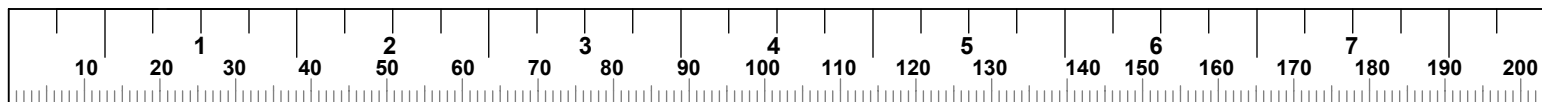
NOTE:

MAKE SURE INTERNAL GROOVES OF THE TOP CAP FIT DOWN OVER THE TOP EDGES OF BOTH FRONT SHROUDS.

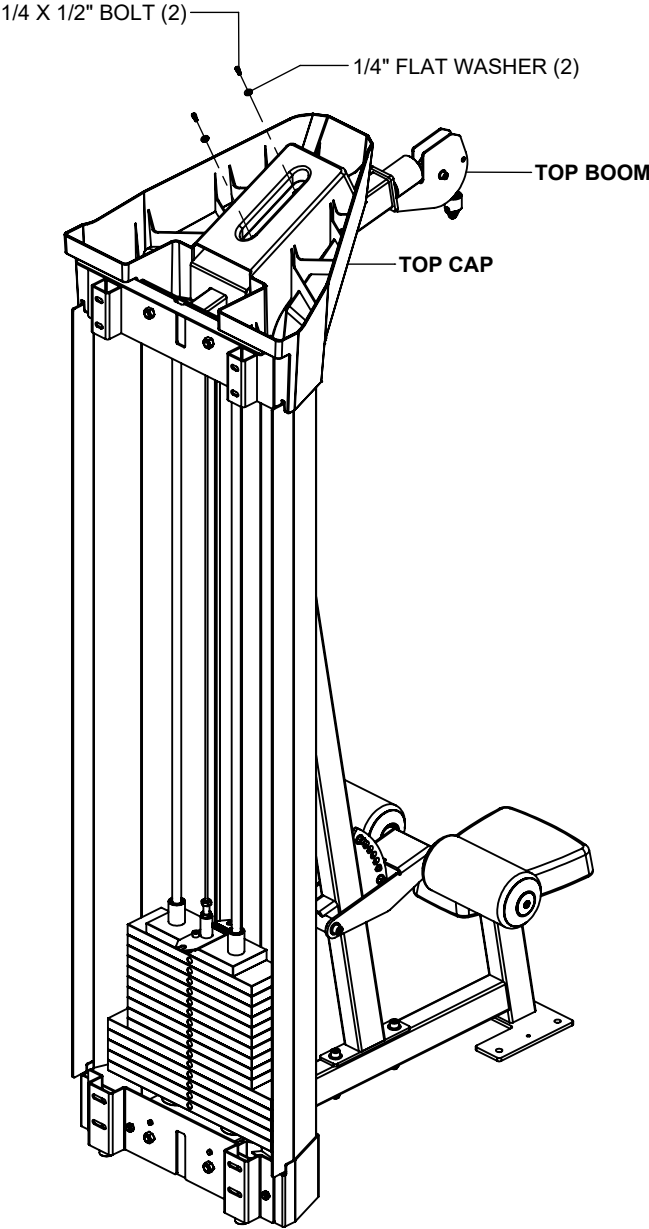


NOTES:

LOOSELY tighten bolt connections in this step.

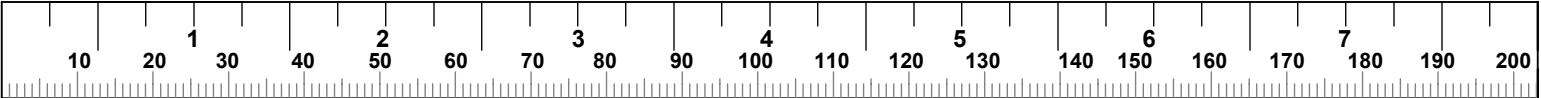


STEP 17b

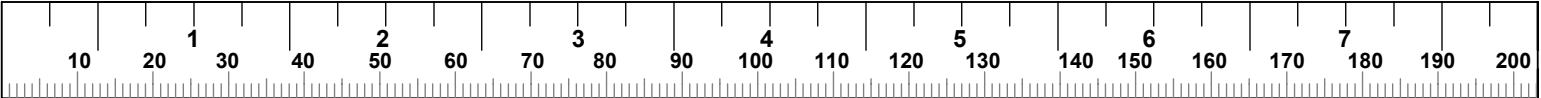
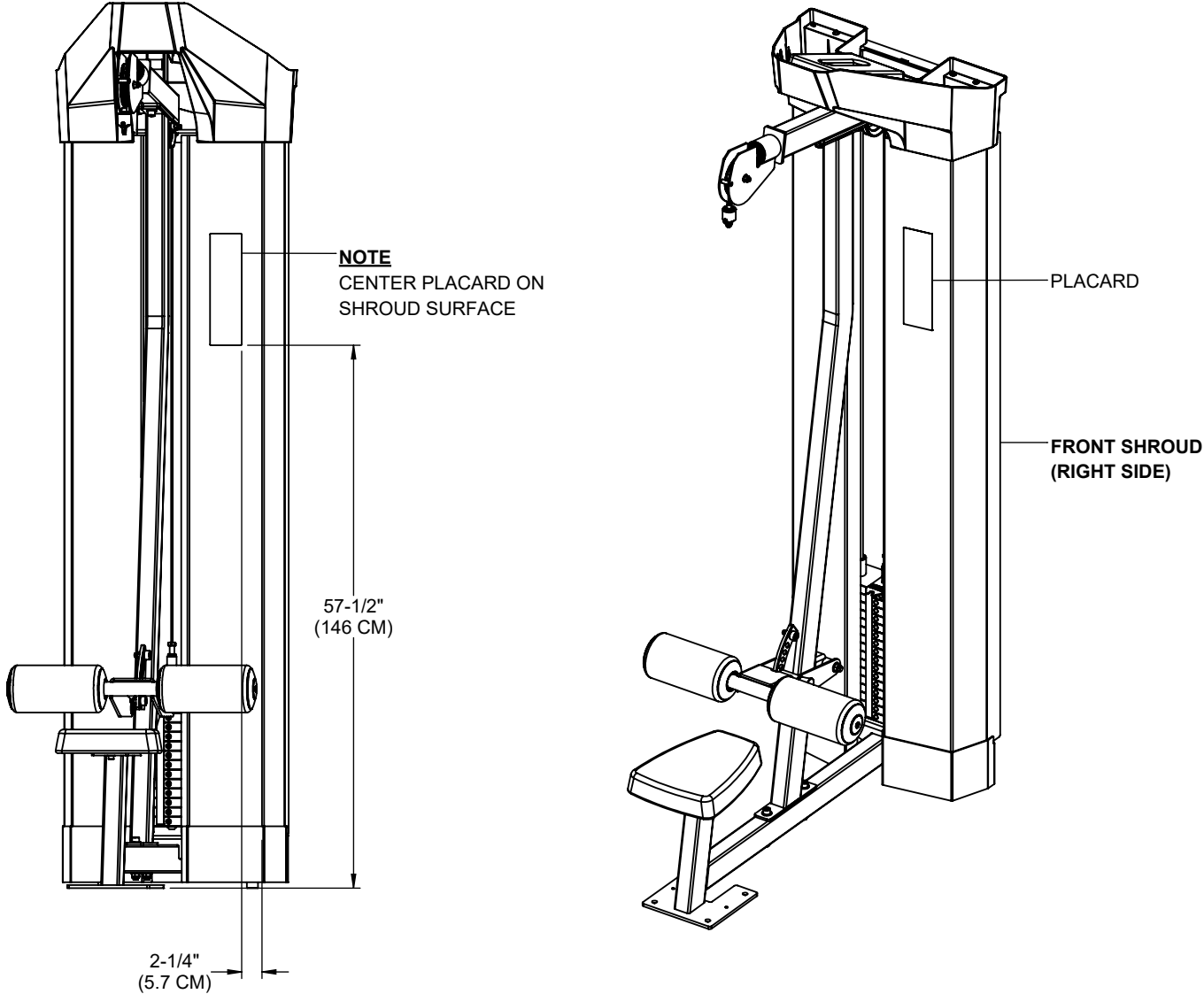


NOTES:

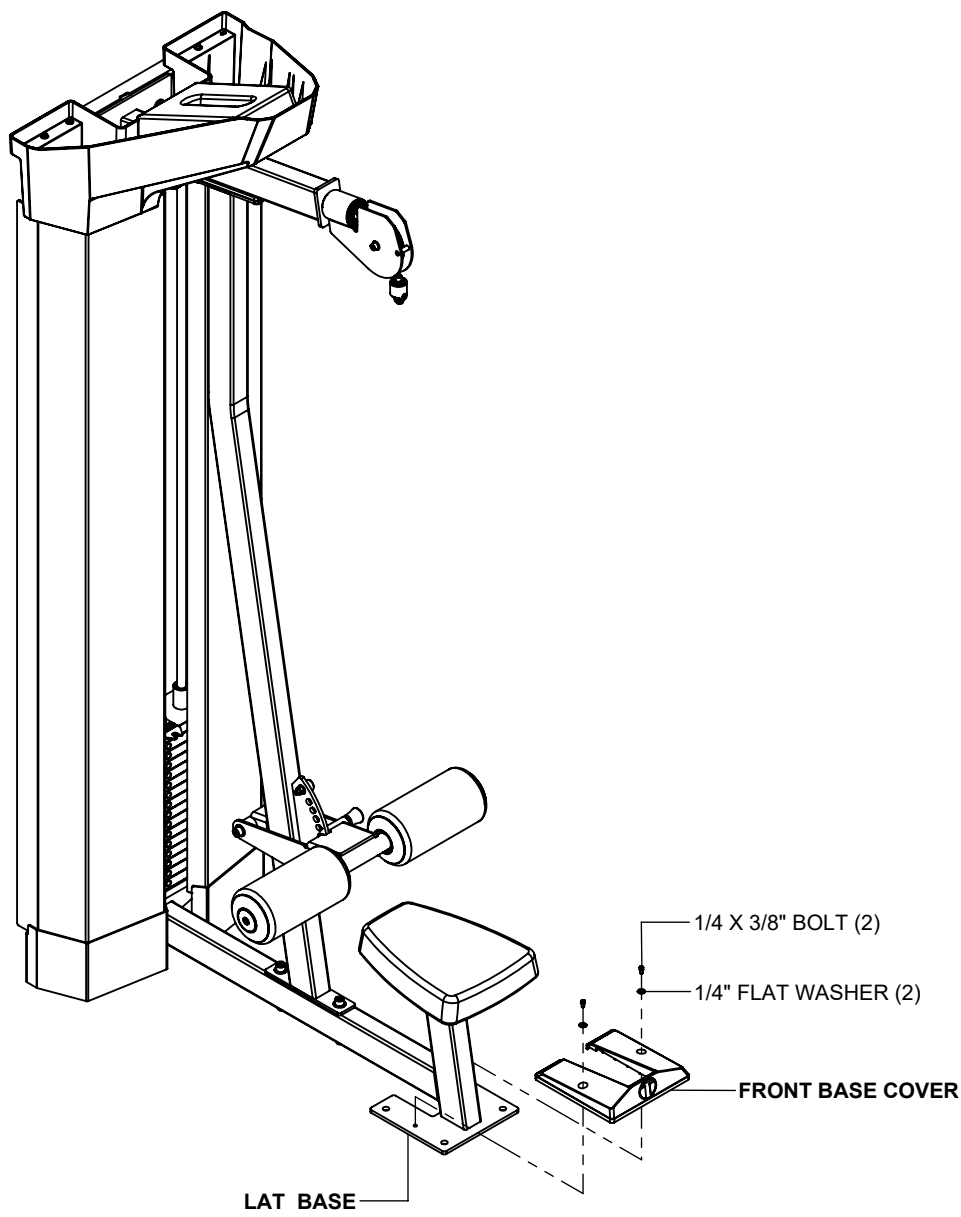
SECURELY tighten bolt connections in this step, and previous step.



STEP 18

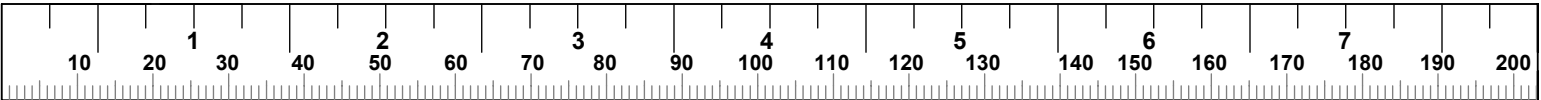


STEP 19

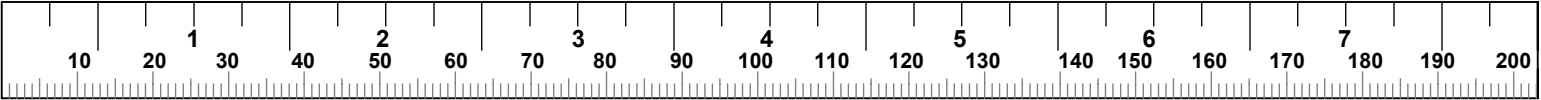
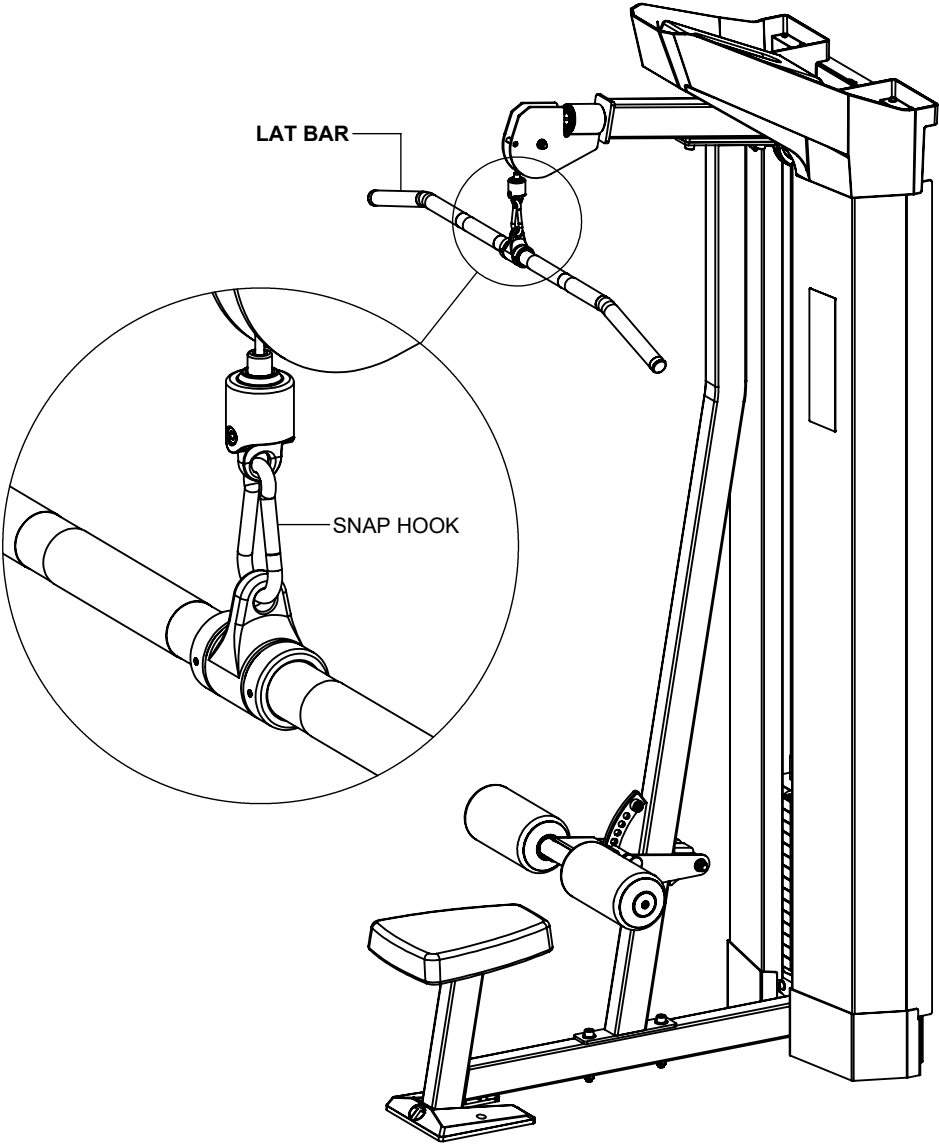


NOTES:

SECURELY tighten bolt connections in this step.



STEP 20



MAINTENANCE

GUIDE RODS: Clean and lubricate with a silicone or teflon based lubricant

INSPECTION: Once a month, check for loose bolts. Tighten if necessary.

CABLES: Check tension, end fitting and cable coating. Replace if damage or worn. (NOTE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 11c, PAGE 17 TO ADJUST CABLE TENSION)

SPRING PINS: Check that the SPRING PINS fully engage when release. Tighten SPIRING PIN NUTS as needed.

FRAME: Clean with a damp cloth.

