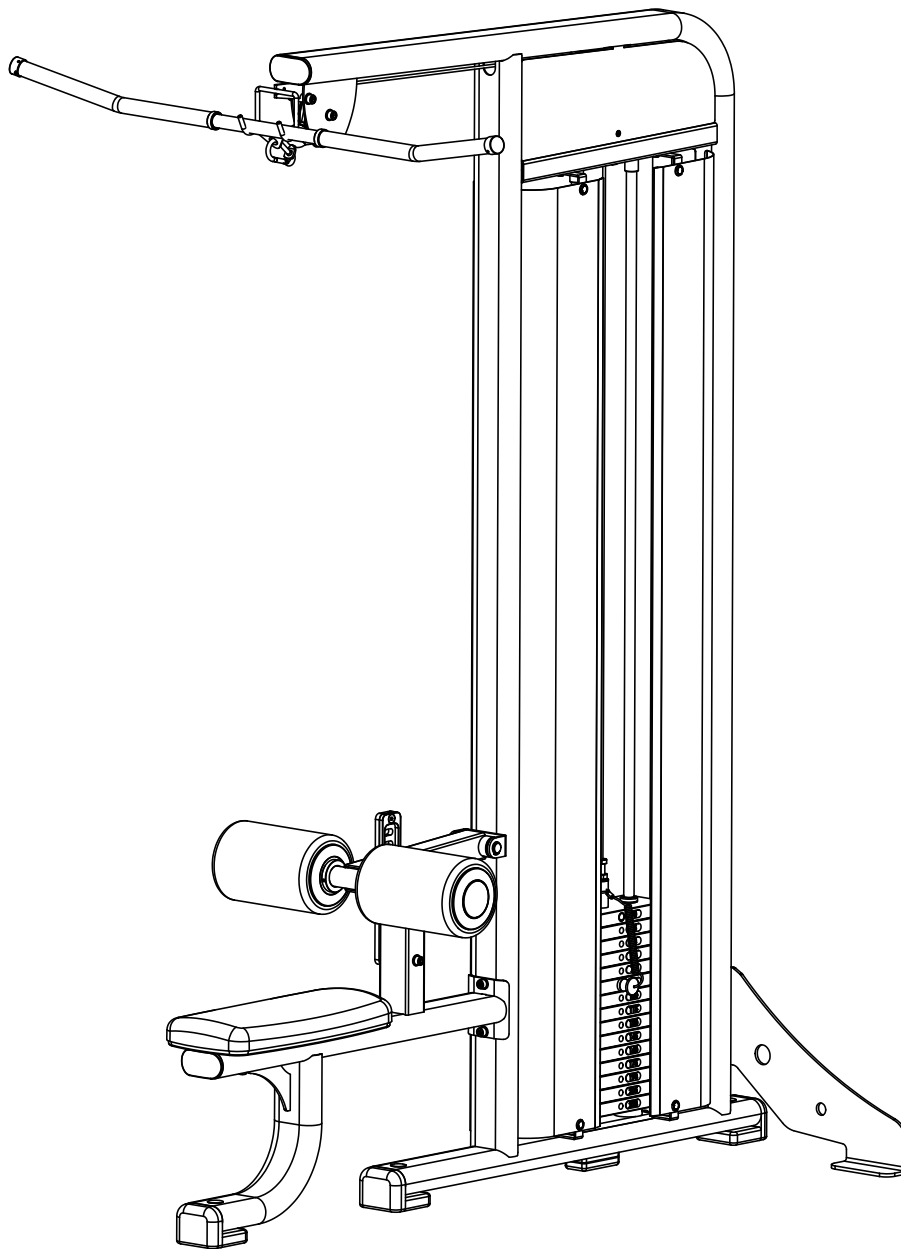

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

LAT PULLDOWN PIN LOADED MACHINE

SKU: CPL-LPD-6008



CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.

COMPOUND
FITNESS EQUIPMENT

CONTENTS

02 General warnings and maintenance advice

03-08 Assembly Instructions

Explained as a series of steps, with each step containing:

- Pictures, descriptions and quantities of the parts required
- Notes
- Diagram showing how the parts fit together

09 Part List

Assembly Instructions

Before Your Begin

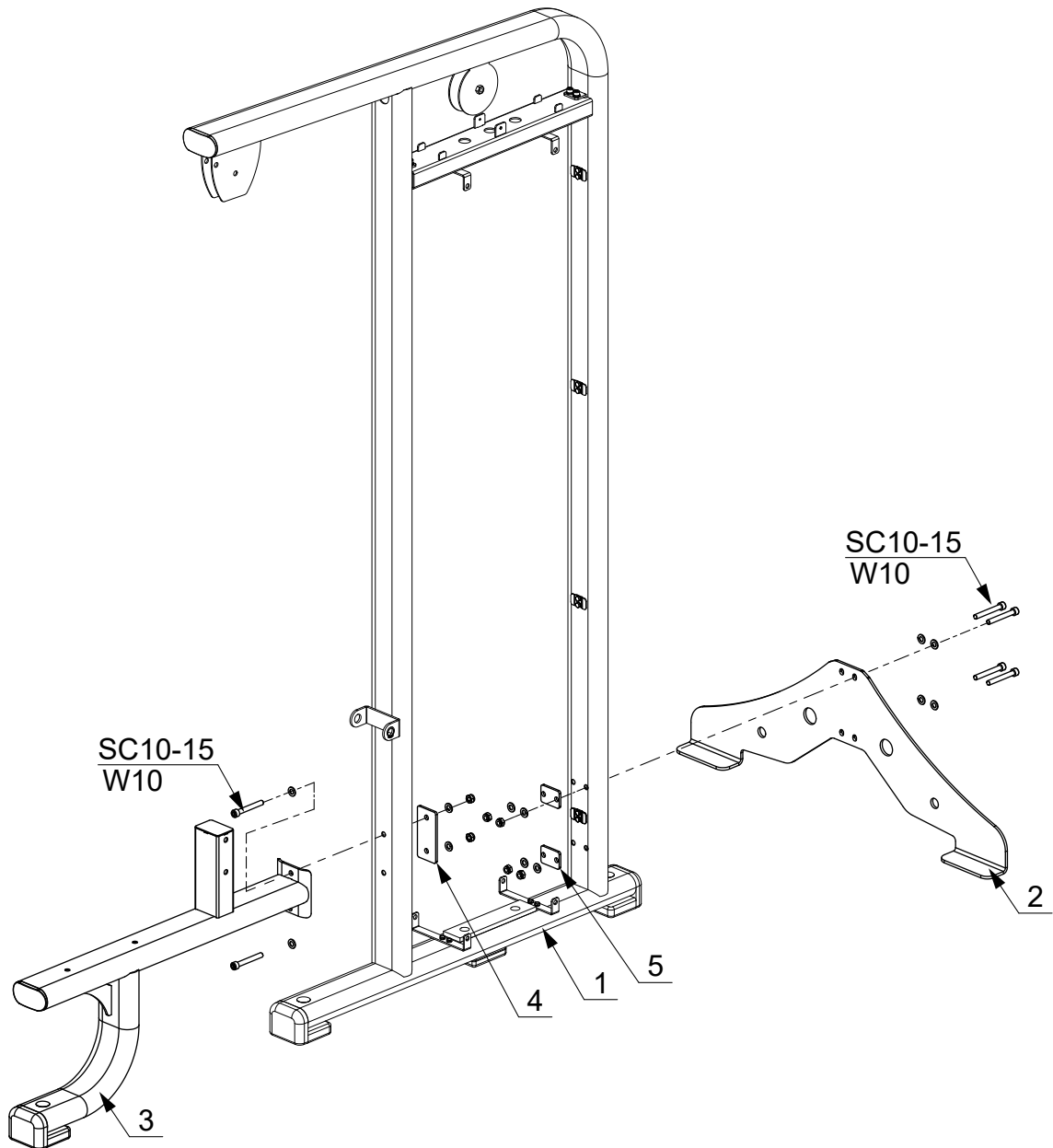
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

STEP 1

NOTE:

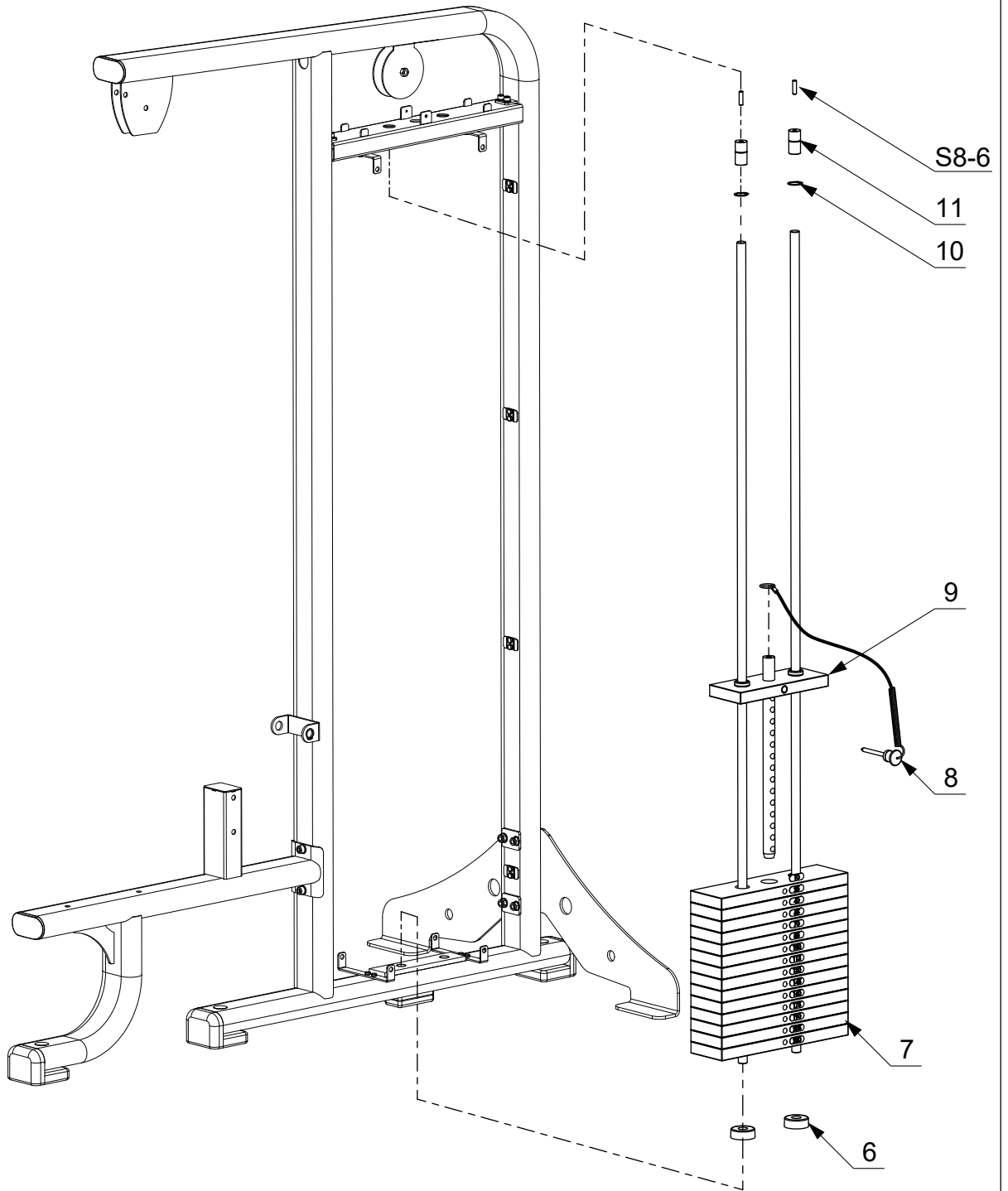
- In this Step, all the washers and nuts which are not marked are W10 and N10.



50%



STEP 2

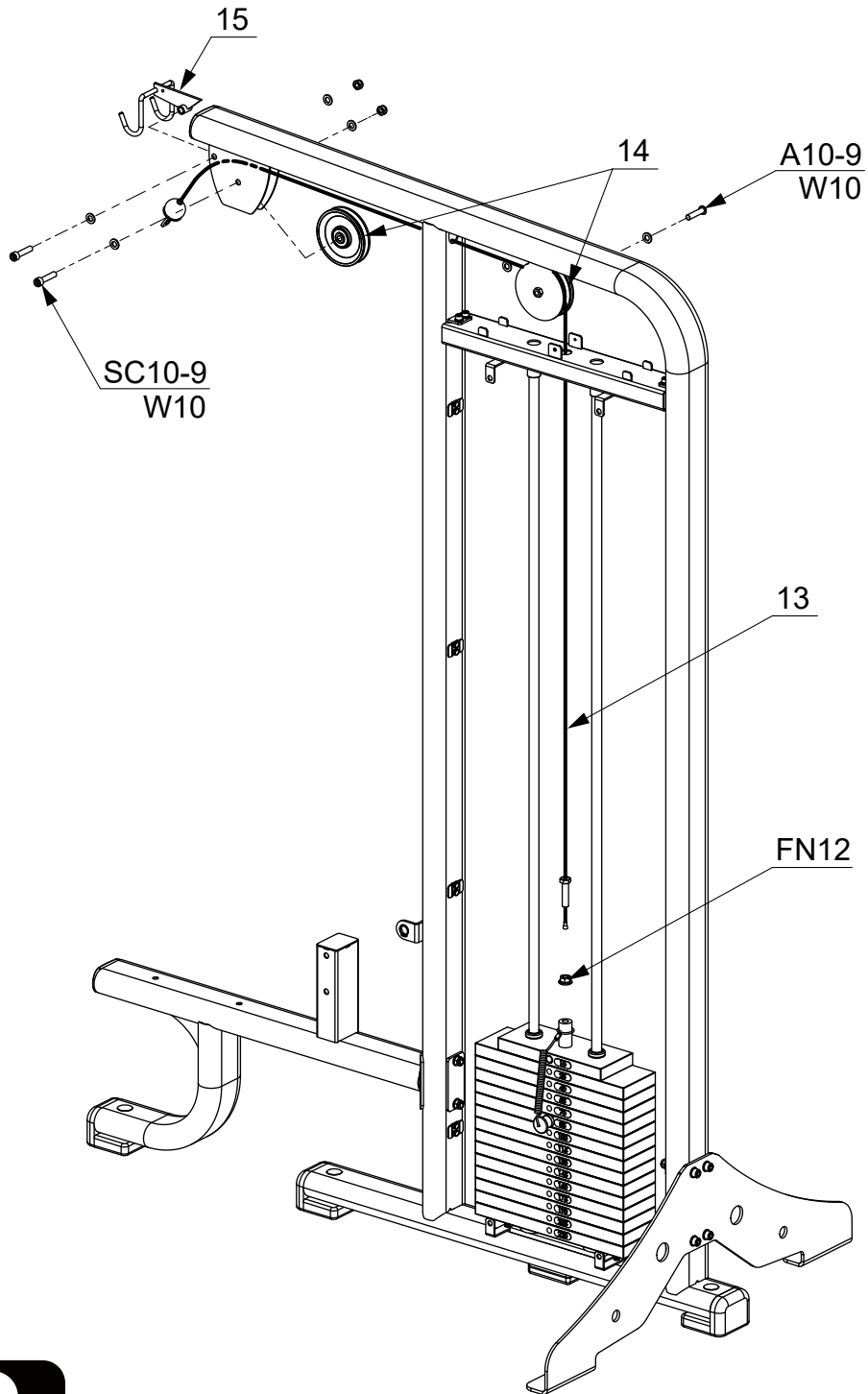


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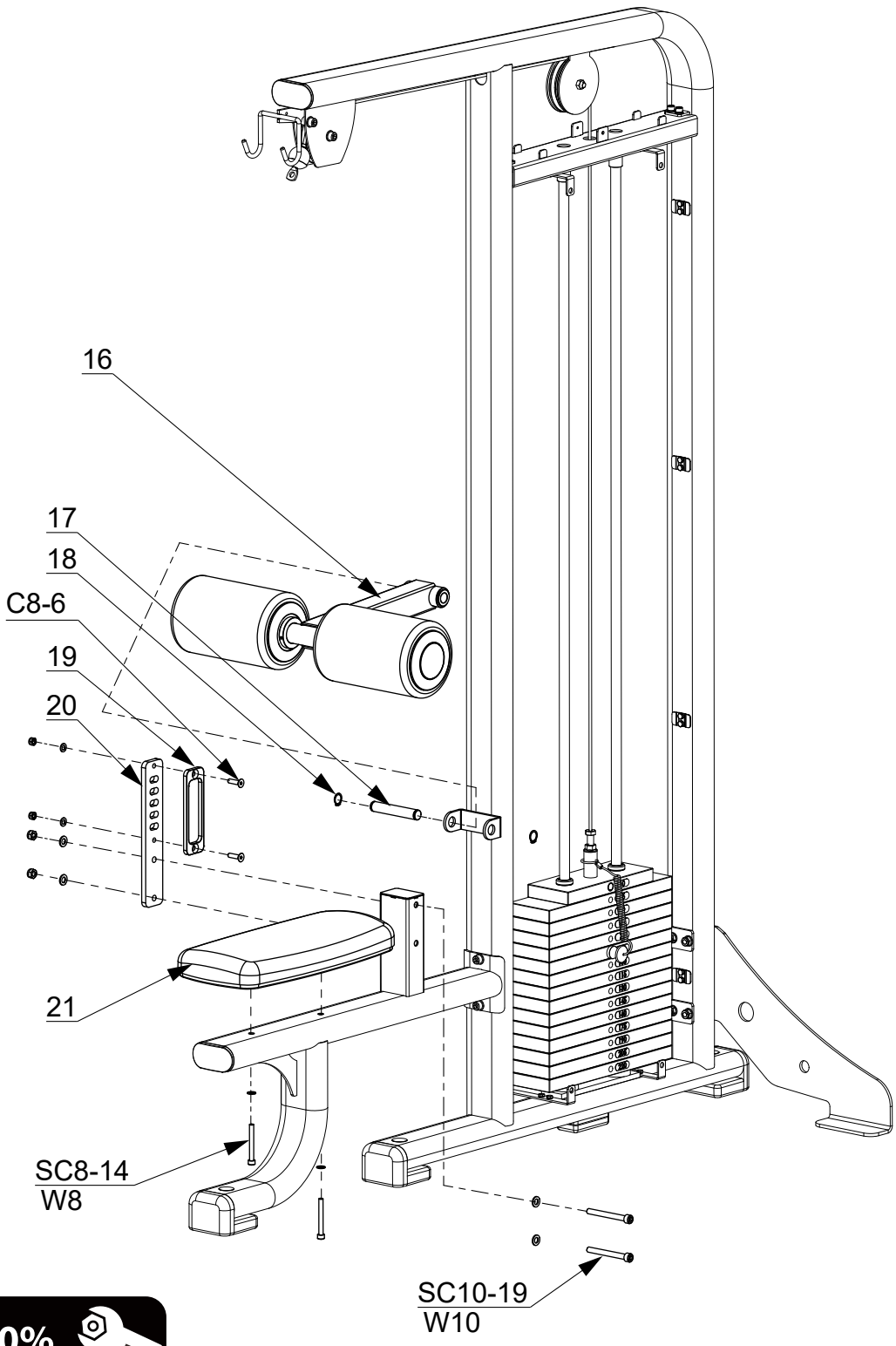
NOTE:

- In this Step, all the washers and nuts which are not marked are W10 and N10.

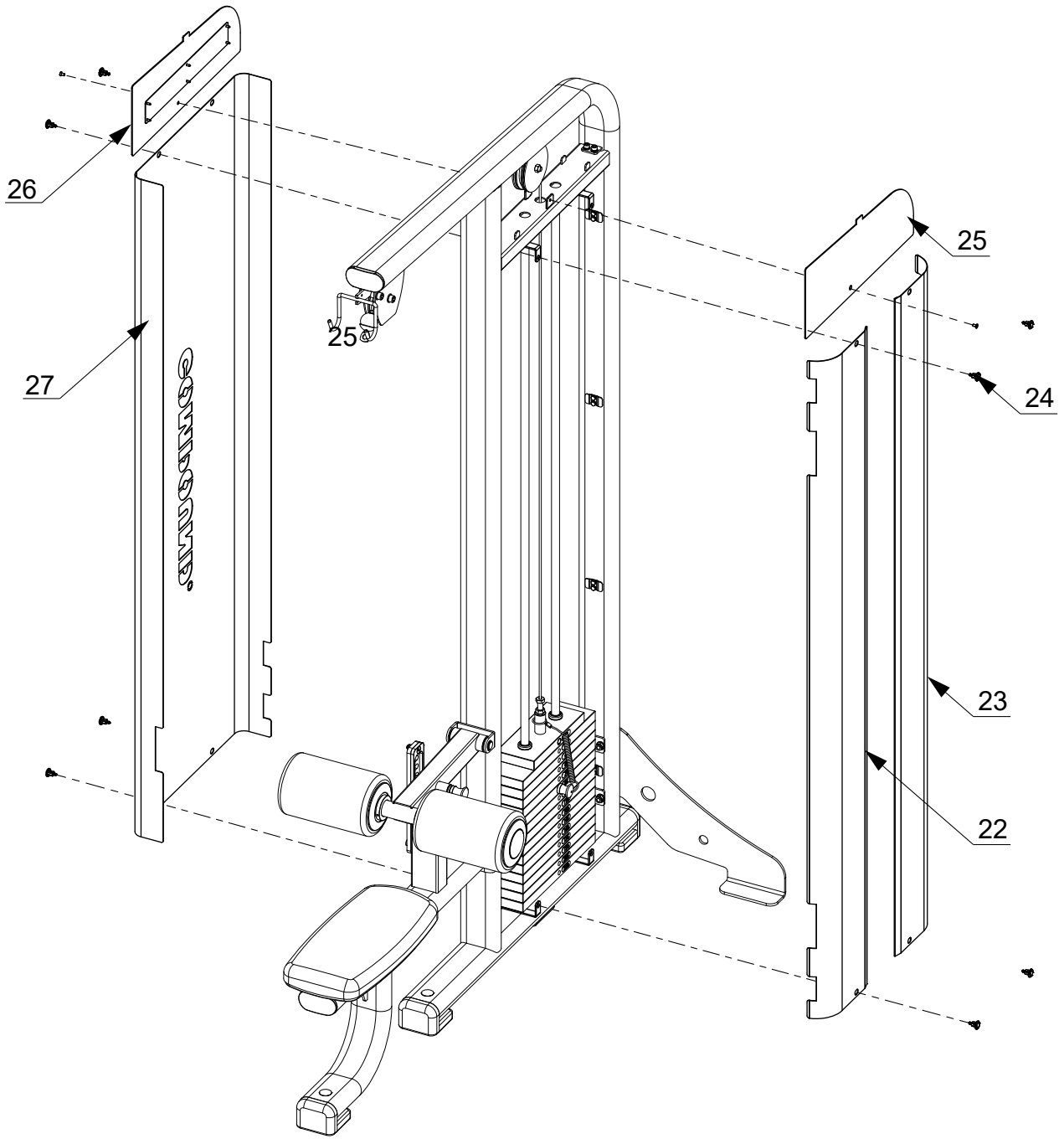
STEP 3



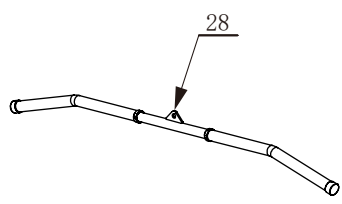
STEP 4



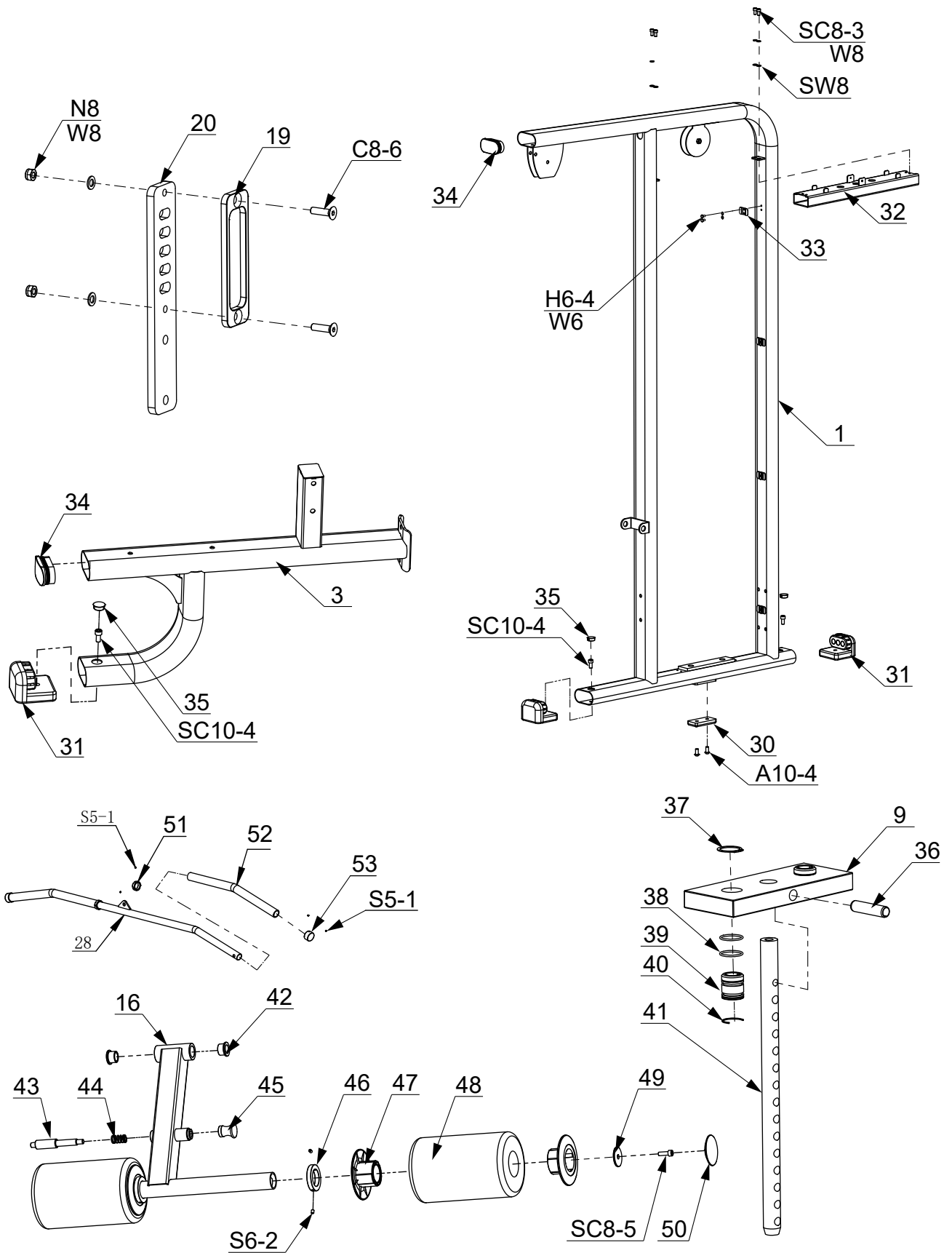
STEP 5



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PREASSEMBLED STEP



PARTS LIST

PART	DESCRIPTION	QTY
1	Main Frame	1
2	Bent Support Plate	1
3	Seat Supporting Frame	1
4	Back Plate	1
5	Back Plate	1
6	Back Plate 2	1
7	15LBS Weight Plate	14
8	Weight Pin	1
9	Top Weight Plate 10 LBS	1
10	Retainer Ring OD32	2
11	Guide Rod Retainer	2
*		
13	Cable Group	1
14	Pulley 114	2
15	Holding Hook	1
16	Lap Pressing Frame	1
17	Shaft	1
18	Retainer D19	2
19	Plastic Slot Plate	1
20	Perfomed Plate	1
21	Seat Pad	1
22	Front Shield	1
23	Front Shield 2	1
24	Panel Clip	8
25	Front Upper Shield	1
26	Back Upper Shield	1
27	Back Shield	1
28	Lat Bar	1
29	Carabiner	1
30	Rubber Pad	1
31	Rubber Foot	3
32	Transverse Tube Assy	1
33	Clamp Plate	8
34	FO Cap	2
35	Hole Cap	3
36	Elastic Pin	1
37	Retainer Ring D32	2
38	Rubber Ring	4
39	Bushing	2
40	Retainer Ring	2
41	Selector Rod	1
42	Bushing	2
43	Pull Pin	1
44	Spring	1
45	Knob	1
46	Foam Limit Ring	2
47	Foam Bushing	2

PART	DESCRIPTION	QTY
48	Foam Roller	2
49	Big Washer OD 45	2
50	Foam Cap	2
51	Inner Ring D25	2
52	Hand Grip	2
53	Outer Ring D25	2
W6	Washer Φ 6	25
W8	Washer Φ 8	8
SW8	Spring Washer 8	4
W10	Washer Φ 10	20
N8	Nut M8	2
N10	Nut M10	10
S5-1	Socket Set Screw M5X4	12
S6-3	Socket Set Screw M6X8	4
S8-6	Socket Set Screw M8X30	2
C5-4	Countersunk Head Screw M5X10	2
C8-6	Countersunk Head Screw M8X30	2
A10-4	Allen Bolt M10X20	2
A10-9	Allen Bolt M10X45	1
SC8-3	Socket Cap Screw M8X15	4
SC8-5	Socket Cap Screw M8X25	2
SC10-14	Socket Cap Screw M10X70	2
SC10-4	Socket Cap Screw M10X20	3
SC10-9	Socket Cap Screw M10X45	2
SC10-15	Socket Cap Screw M10X75	6
SC10-19	Socket Cap Screw M10X95	2
H6-4	Hex Head Bolt M6X10	24