

SB-LPLRC200S

SB Fitness Equipment

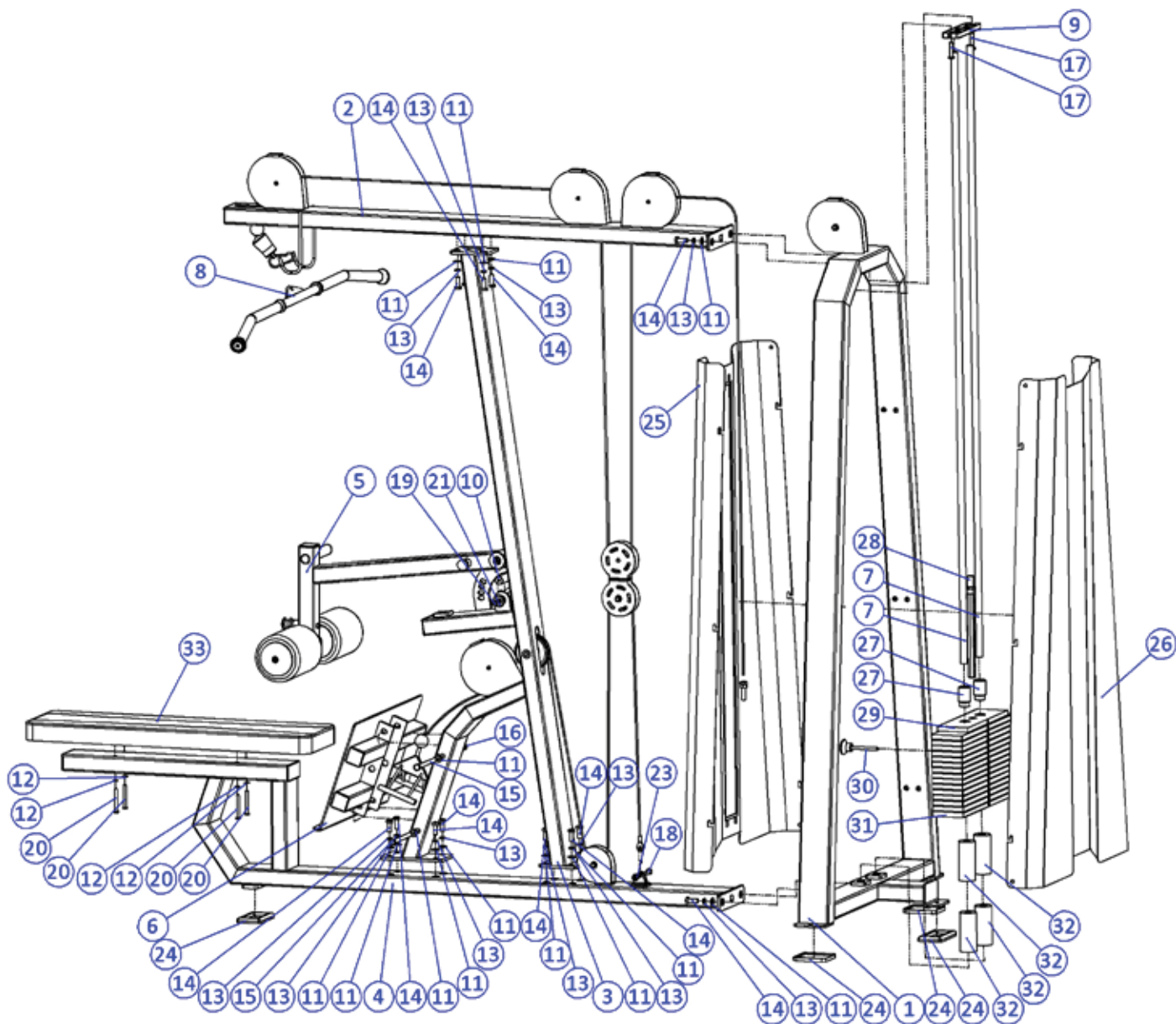
LAT PULLDOWN / LOW ROW COMBO MACHINE



SB

Owners Manual
and Assembly Guide

PARTS DIAGRAM EXPLODED VIEW



PARTS LIST AND PART NUMBERS

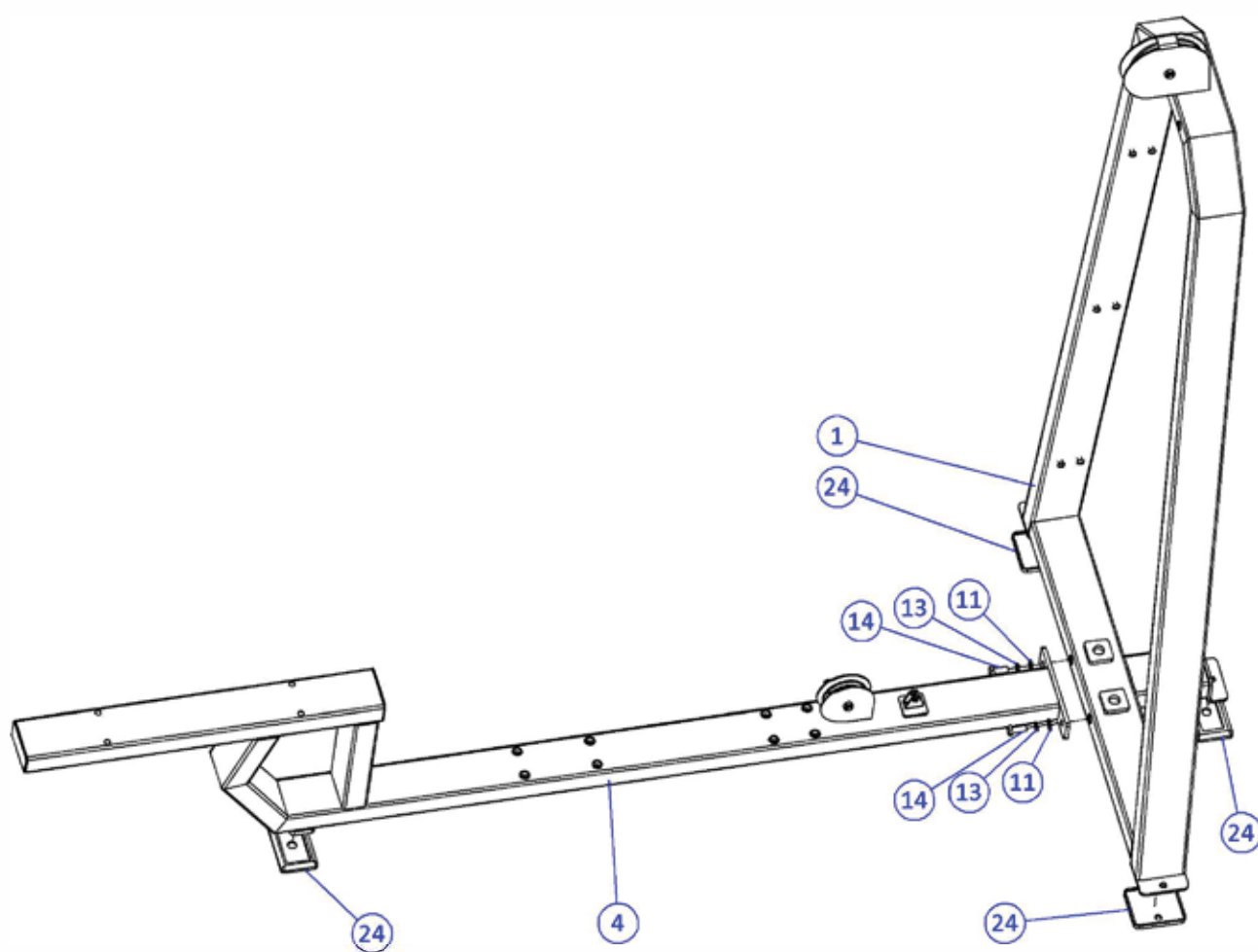
SERIAL NUMBER	PART NUMBER	SPAR PART NAME	STANDARD SIZES	AMOUNT (PIECE)
1	SPLICE 0100.	DOOR FRAME COMBINATION		1
2	SPLICE 0200.	UPPER CONNECTING PIPE ASSEMBLY		1
3	SPLICE 0300.	COMBINATION OF SUPPORT PIPES		1
4	SPLICE 0400.	UNDERFRAME COMBINATION		1
5	500	LEG SUPPORT ASSEMBLY		1
6	600	PEDAL COMBINATION		1
7	G7007	HIGH AND LOW TENSION GUIDE ROD		2
8	1752-0900	HANDLE COMBINATION		1
9	W7005	GUIDE ROD FIXING PLATE		1
10	1752-0800	SHAFT (ASSEMBLY PARTS)	Φ25*76	1
11	S5301	FLAT GASKET	T1.5*D13*D24	20
12	S5304	FLAT GASKET	T1*D8*D16	4
13	S5702	SPRING WASHER	D12.5*D18*T2.5	16
14	S5108-04	OUTER HEXAGON SCREW.	M12*30	16
15	S5108-07	OUTER HEXAGON SCREW.	M12*140	2
16	S5203	LOCKNUT	M12	2
17	S5103-06	HEXAGON SOCKET HEAD SCREW.	M10*45	2
18	S5103-02	HEXAGON SOCKET HEAD SCREW.	M10*30	1
19	S5102-03	HEXAGON SOCKET COUNTERSUNK HEAD SCREW	M8*16	2
20	S5110-07	HEXAGON SOCKET HEAD SCREW.	M8*70	4
21	W5009	BUSHING	-----	2
22	S5107-03	OUTER HEXAGON SCREW.	M10*45	3
23	S5202	LOCKNUT	M10	4
24	W7010	BOTTOM FOOT PAD		4
25	B7009	HIGH AND LOW TENSION INNER GUARD.		1
26	B7010	HIGH AND LOW TENSION OUTER GUARD PLATE.		1
27	W7031	TOP SHEET BUFFER COLUMN ON COUNTERWEIGHT SHEET.		2
28	C7009	ADJUSTING SHAFT OF COUNTERWEIGHT PLATE.		1
29	W7025	TOP SHEET ON COUNTERWEIGHT SHEET.	ASSEMBLE ACCESSORIES-20 STAINLESS STEEL PIPE LENGTH ASSEMBLY FITTINGS- 20 STAINLESS STEEL PIPE LENGTH 1331 .	1
30	W7026	ADJUSTING BOLT OF COUNTERWEIGHT PLATE.	ASSEMBLY PARTS -13 HOLES.	1
31	W7023	COUNTERWEIGHT SHEET	-----	14
32	W7027	COUNTERWEIGHT SUPPORT PIPE	T15 HOLE SPACING 127.	4
33		1752 HIGH AND LOW PULL BACK CUSHION.	Φ8*115	1

D21*D51*120

90*320*T24

INSTALLATION DETAILS

STEP 1: INSTALL THE WEIGHT STACK FRAME ASSEMBLY(1) TO THE UNDER FRAME ASSEMBLY(4). INSTALL RUBBER FOOT PADS(24) NOW (OPTIONAL).

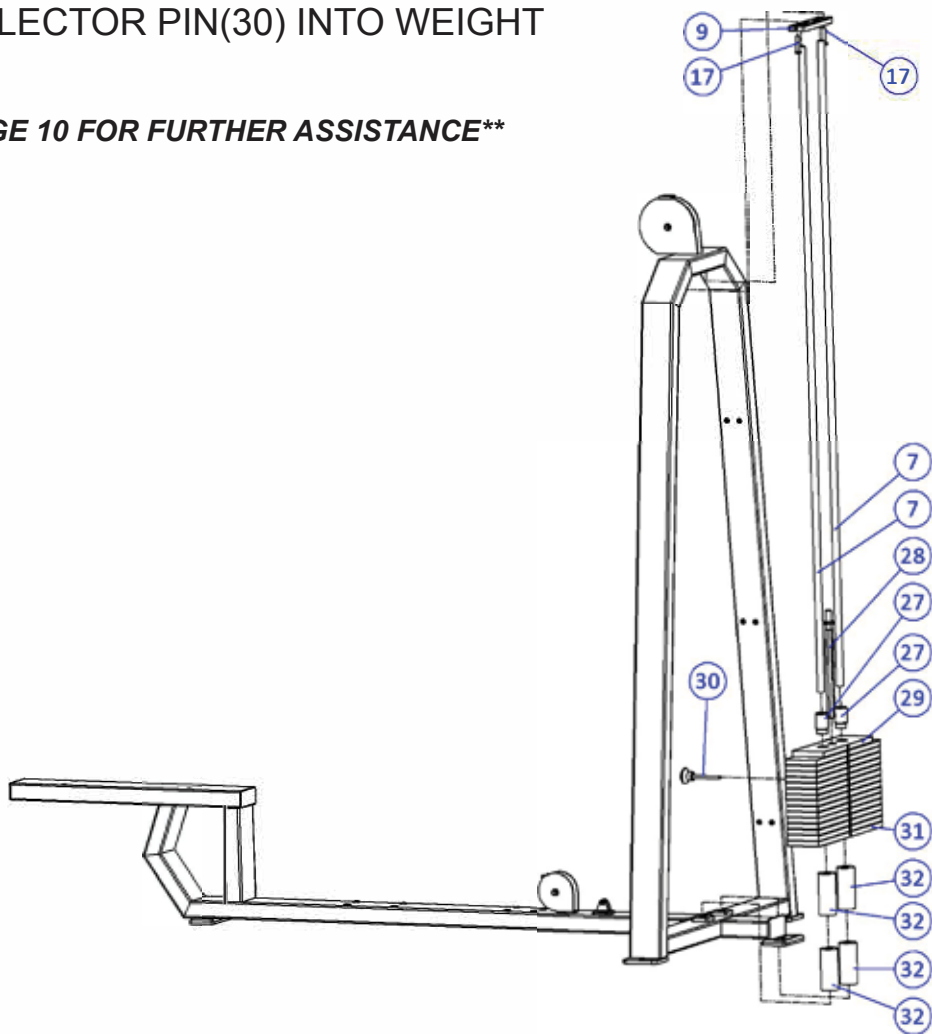


INSTALLATION DETAILS

STEP 2:

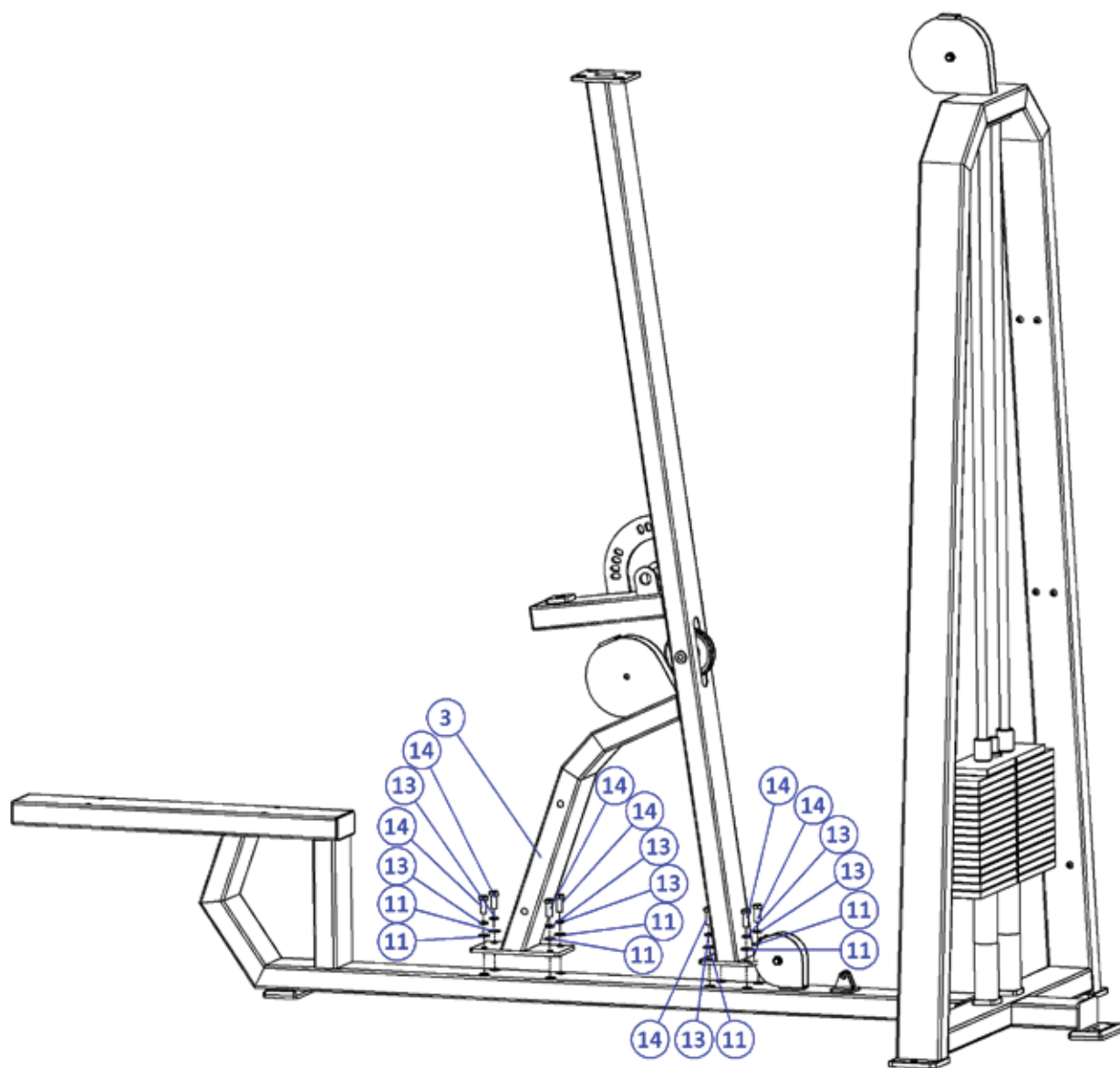
- 1.) INSTALL GUIDERODS(7) INTO HOLES LOCATED INSIDE BOTTOM OF WEIGHT STACK FRAME.
- 2.) SLIDE #32 SPACERS ON FROM TOP OF GUIDE RODS TO HAVE 2 ON EACH GUIDE ROD AT THE BOTTOM.
- 3.) INSTALL WEIGHT PLATES(29). SMALLEST WEIGHT PLATE IS LAST AS THIS IS THE TOP PLATE.
- 4.) INSTALL #27 ON TO GUIDE ROD AND INTO TOP PLATE.
- 5.) INSTALL SELECTOR ROD(28) INTO WEIGHT STACK CENTER HOLE.
- 6.) SECURE TOP OF GUIDE RODS TO WEIGHT STACK FRAME USING #9 PLATE AND #17 BOLTS.
- 7.) PLACE SELECTOR PIN(30) INTO WEIGHT STACK.

**** REFER TO PAGE 10 FOR FURTHER ASSISTANCE****



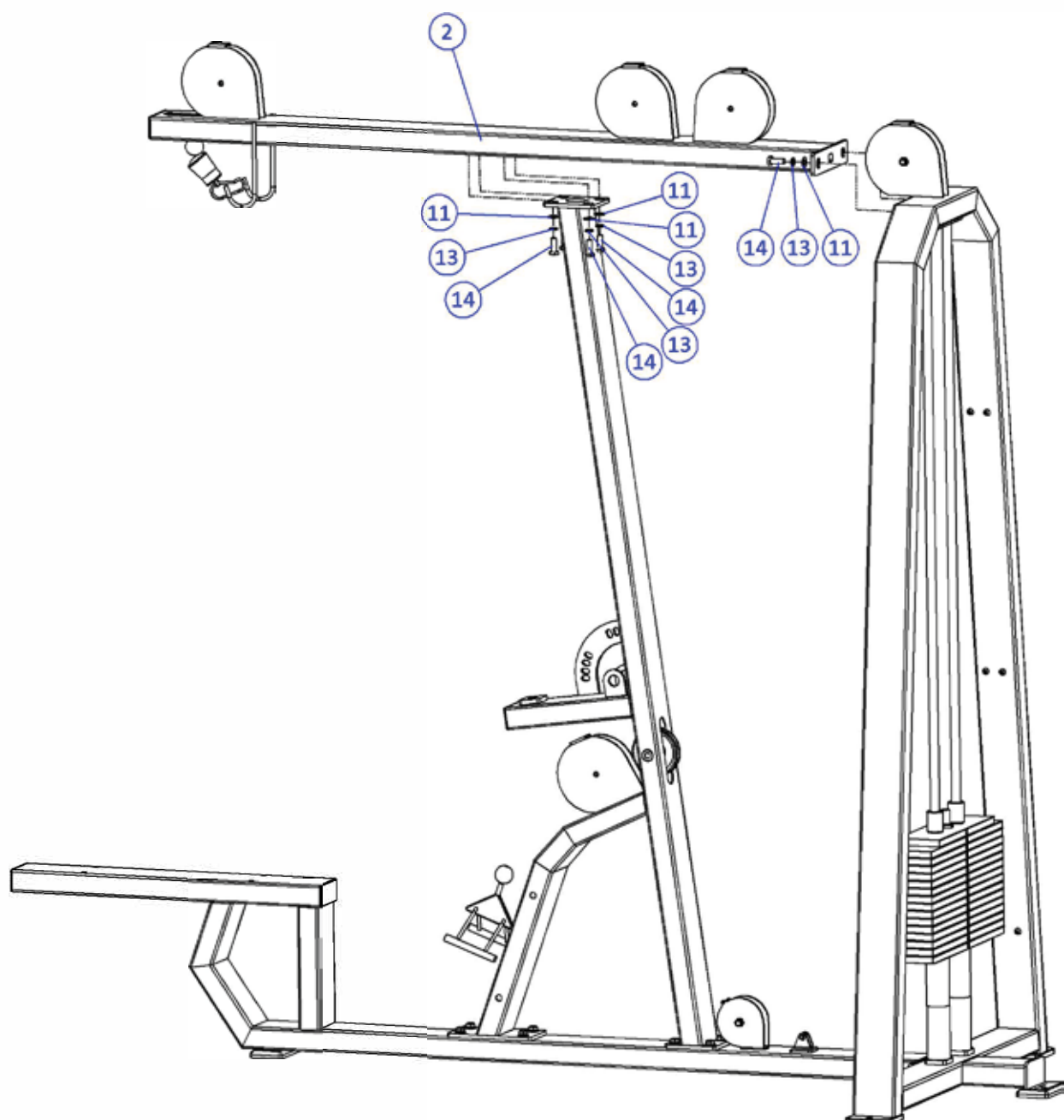
INSTALLATION DETAILS

STEP 3: INSTALL THE SUPPORT UPRIGHT ASSEMBLY TO THE UNDER FRAME ASSEMBLY(4).



INSTALLATION DETAILS

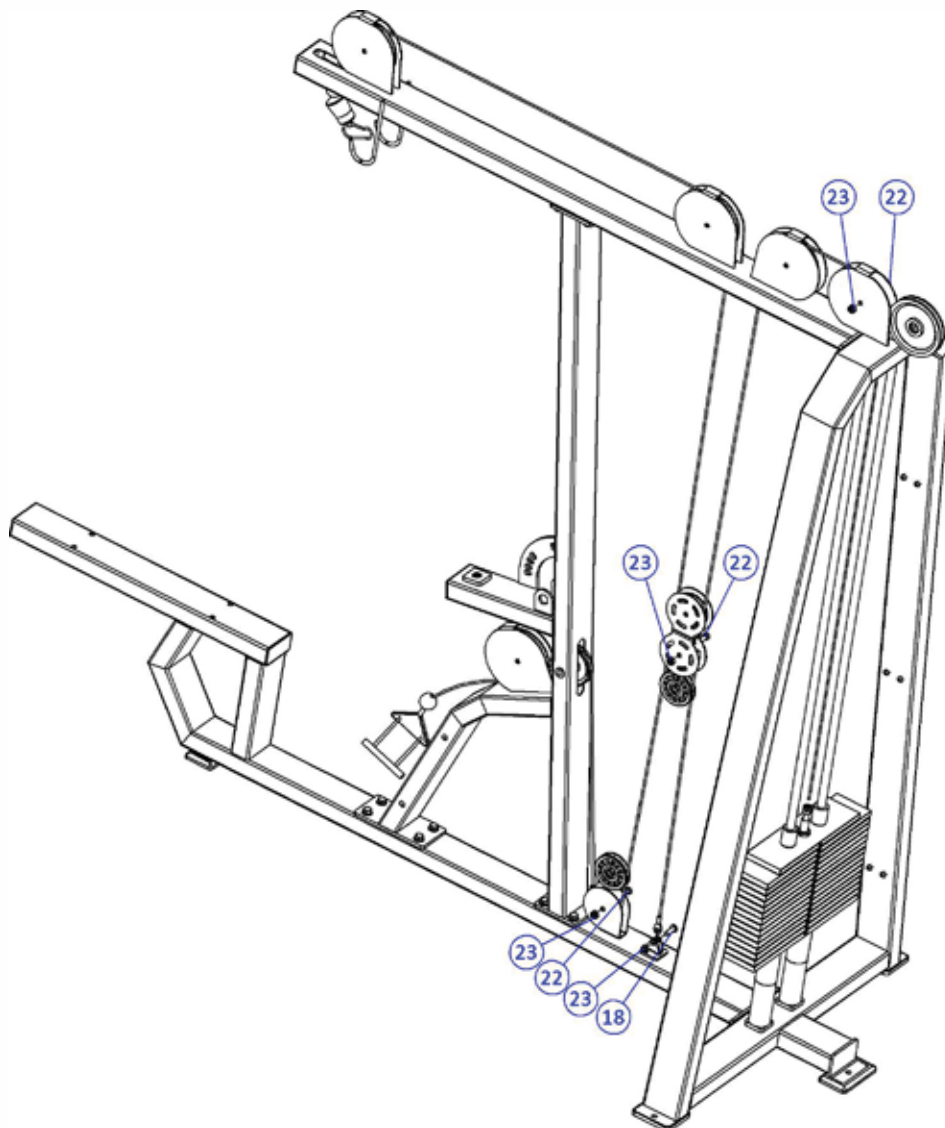
STEP 4: INSTALL THE UPPER CONNECTING CROSS BEAM TO THE WEIGHT STACK FRAME AND THE SUPPORT UPRIGHT ASSEMBLY.



INSTALLATION DETAILS

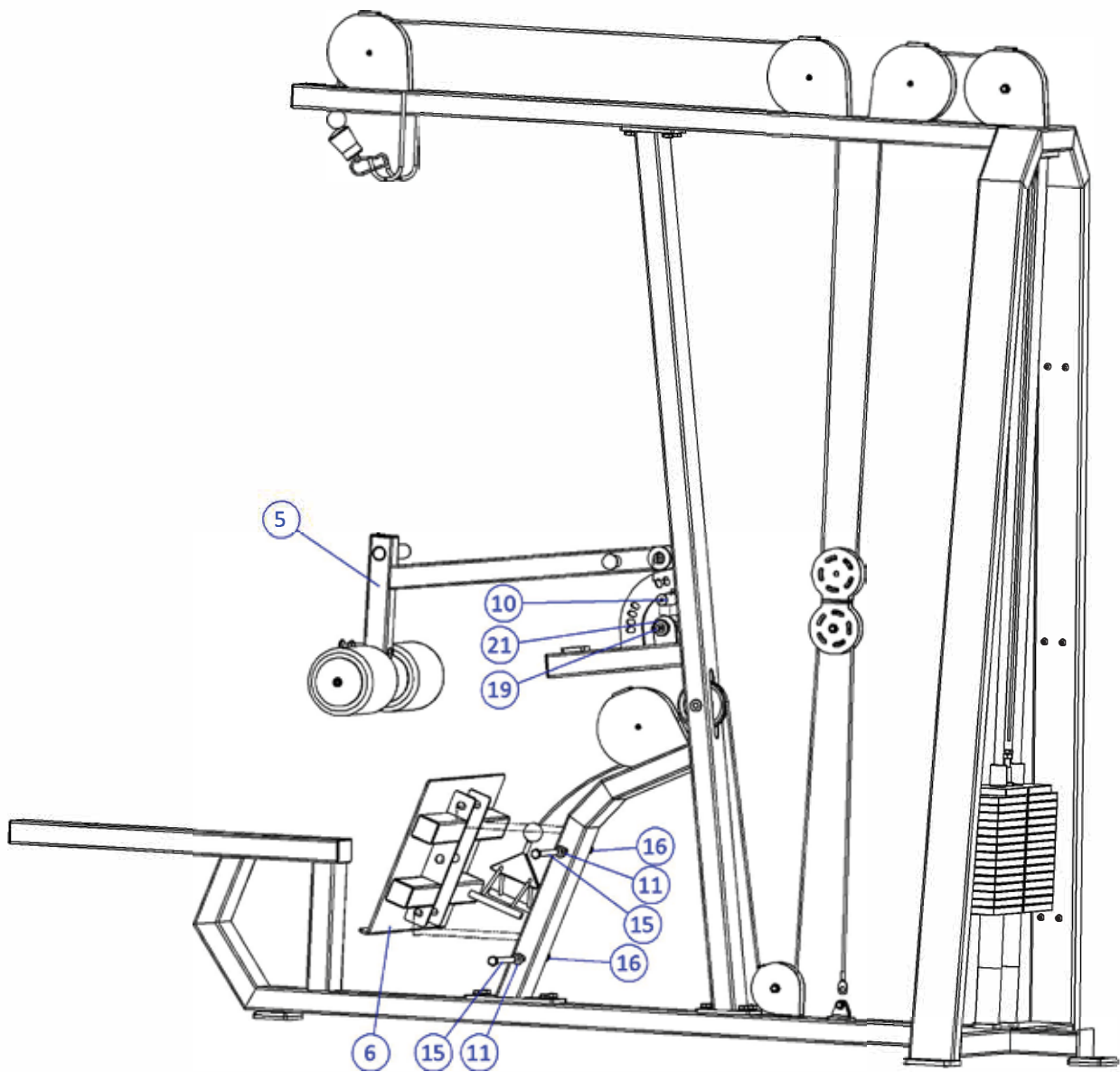
STEP 5:

- 1.) INSERT THE CABLE END OF THE LONG CABLE FROM THE BOTTOM SIDE OF THE UPPER CONNECTING CROSS BEAM AND FOLLOW DIAGRAM TO THE TOP PLATE SELECTOR ROD, THEN INSERT AND TIGHTEN SET SCREWS AFTER STEP 2.
- 2.) INSTALL SHORT CABLE AS SHOWN IN DIAGRAM BY GOING UNDER LARGER LOW-ROW PULLEY AND OVER SMALLER PULLEY. ATTACH PULLEYS AS YOU INSTALL THE CABLE.



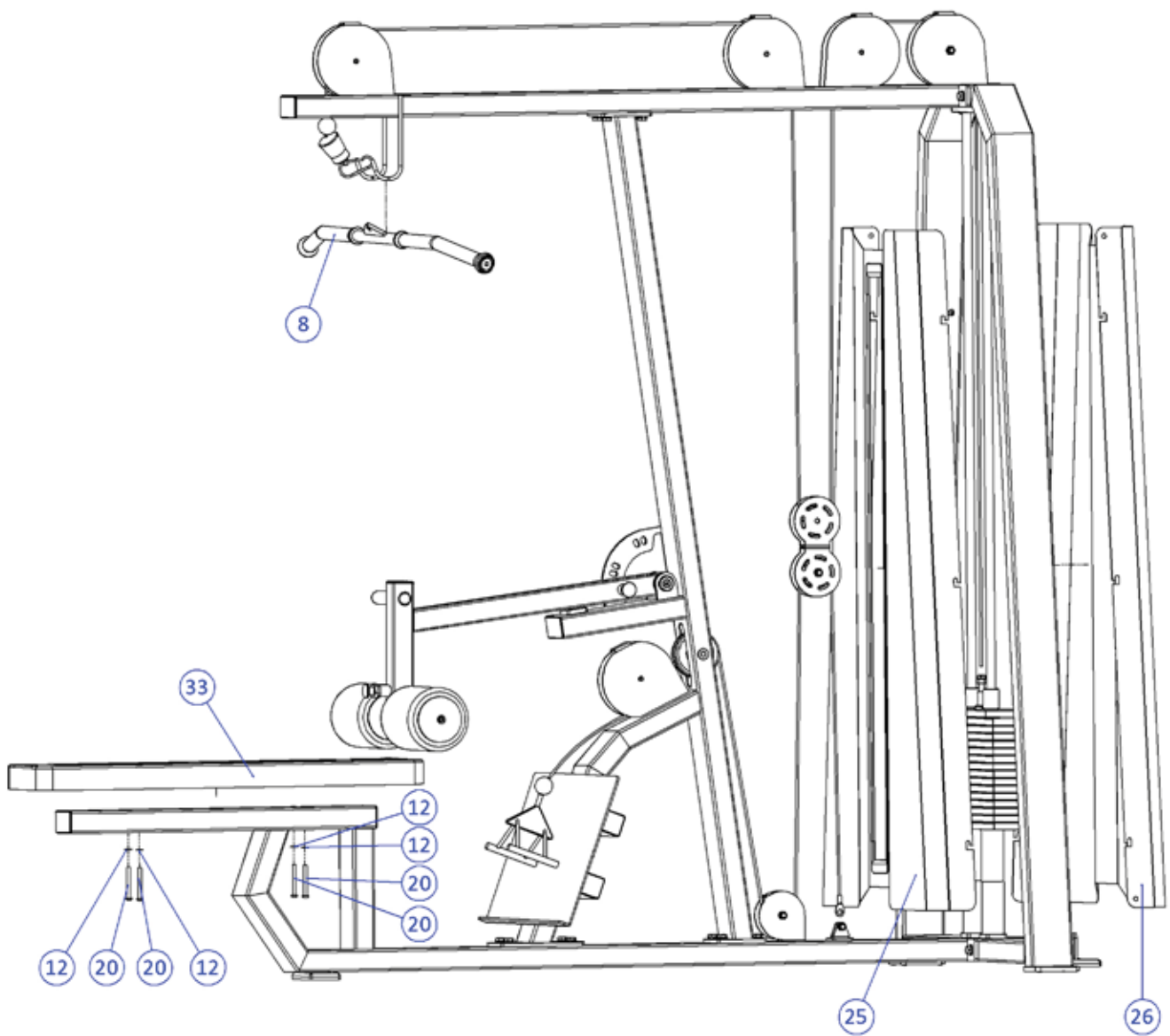
INSTALLATION DETAILS

STEP 6: INSTALL THE ADJUSTABLE LEG PAD SUPPORT(5) TO THE SUPPORT UPRIGHT ASSEMBLY. INSERT DROP PIN INTO SELECTOR HOLES FIRST TO HELP LINE UP #5, #10, #19, AND #21 (PIVOT POINT). THEN ATTACH THE LOW ROW PLATFORM FOOT SUPPORT(6) TO THE BASE OF THE SUPPORT UPRIGHT ASSEMBLY, THEN INSERT #11 BOLT THROUGH ALL HOLES TO SECURE PLATFORM TO THE BASE SUPPORT.



INSTALLATION DETAILS

STEP 7: INSTALL THE SEAT PAD(33), LAT PULLDOWN BAR, AND FRONT AND REAR WEIGHT PLATE GUARDS(25 & 26).



APPENDIX 1: ORIENTATION DISTINGUISHING METHOD OF COUNTERWEIGHT SHEET

THE SIDE WITH RUBBER COLLAR IS UPWARD



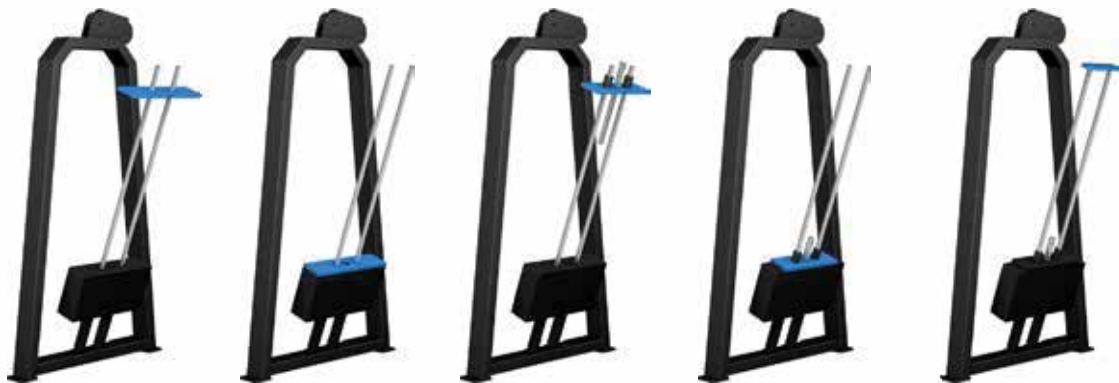
THE SIDE WITH THE ADJUSTING JACK FACES THE TRAINER

APPENDIX 1: INSTALLATION SEQUENCE OF COUNTERWEIGHT



1. INSERT THE FIRST COUNTERWEIGHT PIECE FROM TOP TO BOTTOM.

2. EACH OF THE NEXT STEPS IS THE SAME AS THE FIRST.



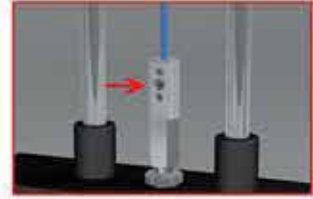
3. THE NUMBER OF INSTRUMENTS WITH SINGLE PIECE WEIGHT OF 10LB AND COUNTERWEIGHT OF 200LB IS $19 + 1$ (HEAD PIECE).

4. AFTER INSTALLING THE HEAD PIECE, PUT ON THE PLASTIC FIXING PLATE.



5. FIRST MOVE THE PLASTIC FIXING PLATE TO THE POSITION SHOWN IN THE FIGURE, AND THEN TIGHTEN IT WITH SCREWS TO COMPLETE THE WHOLE INSTALLATION PROCESS OF COUNTERWEIGHT PIECE.

INSTALL WEIGHT STACK CABLE



WARNING: THE SCREWS AT EACH JOINT OF THE WEIGHT STACK CABLE MUST BE FULLY TIGHTENED



PRODUCT DESCRIPTION, SPECS, & FEATURES



SB FITNESS EQUIPMENT / SB-LPLRC200S

PRODUCT NAME: LAT PULLDOWN/LOW ROW COMBO MACHINE

WEIGHT STACK: 200LB

PRODUCT FEATURES: LAT PULLDOWN AND LOW ROW

PRODUCT DIMENSIONS: 86" H X 48" W X 101.5" L

MUSCLES WORKED: LATISSIMUS DORSI, TRAPEZIUM, BICEPS, REAR DELTS

FOR YOUR SAFETY

- ◆ 1. CONSULT YOUR PHYSICIAN OR HEALTH CARE PROVIDER BEFORE USING YOUR MACHINE AND/OR EXERCISE EQUIPMENT.
- ◆ 2. IF YOU HAVE A PHYSICAL DISABILITY OR AN ATHLETIC DISABILITY, IT IS REQUIRED THAT YOU CONSULT YOUR PHYSICIAN OR HEALTH CARE PROVIDER BEFORE PROCEEDING WITH ANY EXERCISE PROGRAM.
- ◆ 3. BEFORE USING THIS PRODUCT, PLEASE READ THIS MANUAL CAREFULLY. SB FITNESS EQUIPMENT IS NOT RESPONSIBLE FOR ANY PERSONAL INJURY OR DAMAGE CAUSED BY USING THIS PRODUCT UNDER ANY CIRCUMSTANCES OR NEGLIGENCE CAUSED BY THE USER.

ASSEMBLY INSTRUCTIONS AND PROCEDURES

- ◆ 1. THE PURPOSE OF THIS SECTION OF THE USER MANUAL IS TO ENSURE THAT THE MACHINE CAN BE INSTALLED EASILY AND CORRECTLY. PLEASE FOLLOW INSTRUCTIONS CAREFULLY AND ENTIRELY.
- ◆ 2. BECAUSE OF ITS LARGE SIZE AND WEIGHT, THE MACHINE SHOULD BE ASSEMBLED NEAR THE LOCATION WHERE IT WILL BE USED.
- ◆ 3. PLACE ALL PARTS OF THE MACHINE IN THE ASSEMBLY AREA AND REMOVE ALL PACKING MATERIAL. DO NOT DISCARD THE PACKAGING MATERIAL UNTIL THE ASSEMBLY IS COMPLETE.
- ◆ 4. ALL BOLTS MUST BE TIGHTENED DURING ASSEMBLY UNLESS OTHERWISE SPECIFIED, AND ALL BOLTS MUST BE TIGHTENED AFTER ASSEMBLY, IN ORDER FOR ASSEMBLY TO BE COMPLETE.
- ◆ 5. WHEN ASSEMBLING THE SB-LPLRC200S, MAKE SURE THAT ALL PARTS ARE ASSEMBLED ACCORDING TO THE ASSEMBLY DIAGRAM.

WARRANTY INFORMATION

◆ WHAT IS COVERED SB

SB FITNESS WARRANTS TO THE ORIGINAL PURCHASER OF THIS MACHINE THAT THE FRAME OF THE PRODUCT SHALL BE FREE FROM DEFECT IN MATERIALS AND WORKMANSHIP AND UNDER WARRANTY FOR A PERIOD OF TWO YEARS FROM THE DATE OF PURCHASE. ALL OTHER PARTS AND COMPONENTS OF THE PRODUCT SHALL BE FREE FROM DEFECT IN MATERIAL AND WORKMANSHIP AND UNDER WARRANTY FOR A PERIOD OF ONE YEAR FROM THE DATE OF PURCHASE WHEN THE PRODUCT IS USED AS RECOMMENDED BY SB FITNESS UNDER NORMAL USES AND CONDITIONS. DURING THE WARRANTY PERIOD SB FITNESS WILL AT NO ADDITIONAL CHARGE TO YOU, REPAIR OR REPLACE (AT SB FITNESS' OPTION) THE FRAME OR ANY PART OF THE PRODUCT IF IT BECOMES DEFECTIVE, MALFUNCTIONS, OR OTHERWISE FAILS TO CONFORM WITH THIS LIMITED WARRANTY. ALL LABOR SHALL BE THE RESPONSIBILITY OF THE OWNER.

WARRANTY INFORMATION

◆ WHAT IS NOT COVERED

THIS LIMITED WARRANTY APPLIES ONLY FOR PRODUCT SOLD IN THE UNITED STATES UNDER THE SB FITNESS BRAND NAME. THIS WARRANTY DOES NOT COVER NORMAL WEAR AND TEAR ON ITEMS SUCH AS, BUT NOT LIMITED TO, TRANSPORTATION WHEELS, FOOT PEDALS, RUBBER GRIPS. PLASTIC END CAPS. SCRATCHED PARTS, BROKEN COVERS, COSMETIC DAMAGE, AND EXCLUDES PAINT & FINISH. WEAR ITEMS PERTAIN TO COMPONENTS THAT MIGHT NEED TO BE REPLACED DUE TO WEAR AND TEAR RESULTING FROM NORMAL USAGE. THIS WARRANTY IS VOID IF THE PRODUCT IS IMPROPERLY STORED, ASSEMBLED. ALTERED AND/OR MODIFIED IN ANY WAY. MISUSED. ABUSED, IS SUBJECT TO ACCIDENT, IS IMPROPERLY MAINTAINED, AND THIS WARRANTY DOES NOT COVER REPAIR FOR ANY NOISES SUCH AS: SQUEAKS. CLUNKS, THUMPS RESULTING FROM POOR OR LACK OF PREVENTIVE MAINTENANCE. THIS LIMITED WARRANTY DOES NOT EXTEND TO ANY PRODUCT THAT IS DAMAGED OR RENDERED DEFECTIVE; (A) AS A RESULT OF ACCIDENT, MISUSE. OR ABUSE; (B) USE WITH THE PRODUCT OF ANY PART NOT MANUFACTURED OR SOLD BY SB FITNESS; (C) BY MODIFICATION OF THE PRODUCT; (D) BY NORMAL WEAR AND TEAR; (E) OPERATION USING INCORRECT POWER SUPPLIES; OR (F) AS A RESULT OF SERVICE BY ANYONE OTHER THAN SB FITNESS. OR AN AUTHORIZED SB FITNESS SERVICE PROVIDER.

ASSUMPTION OF RISK



THIS PRODUCT HAS BEEN MANUFACTURED WITH SAFETY IN MIND. WARRANTY APPLIES ONLY WHEN USED AS INSTRUCTED. FAILURE TO COMPLY WITH THE WARNINGS AND PRECAUTIONS DESCRIBED IN THIS DOCUMENT MAY CAUSE PERSONAL INJURY AND RESULT IN WARRANTY BEING VOIDED. PLEASE NOTE THAT SB FITNESS ASSUMES NO RESPONSIBILITY FOR ANY ACCIDENTS RESULTING FROM USE.

CALIFORNIA PROPOSITION



WARNING: THIS PRODUCT CAN EXPOSE YOU TO CHEMICALS INCLUDING ARSENIC, WHICH IS KNOWN TO THE STATE OF CALIFORNIA TO CAUSE CANCER. FOR MORE INFORMATION, GO TO WWW.P65WARNINGS.CA.GOV.XN--IVG