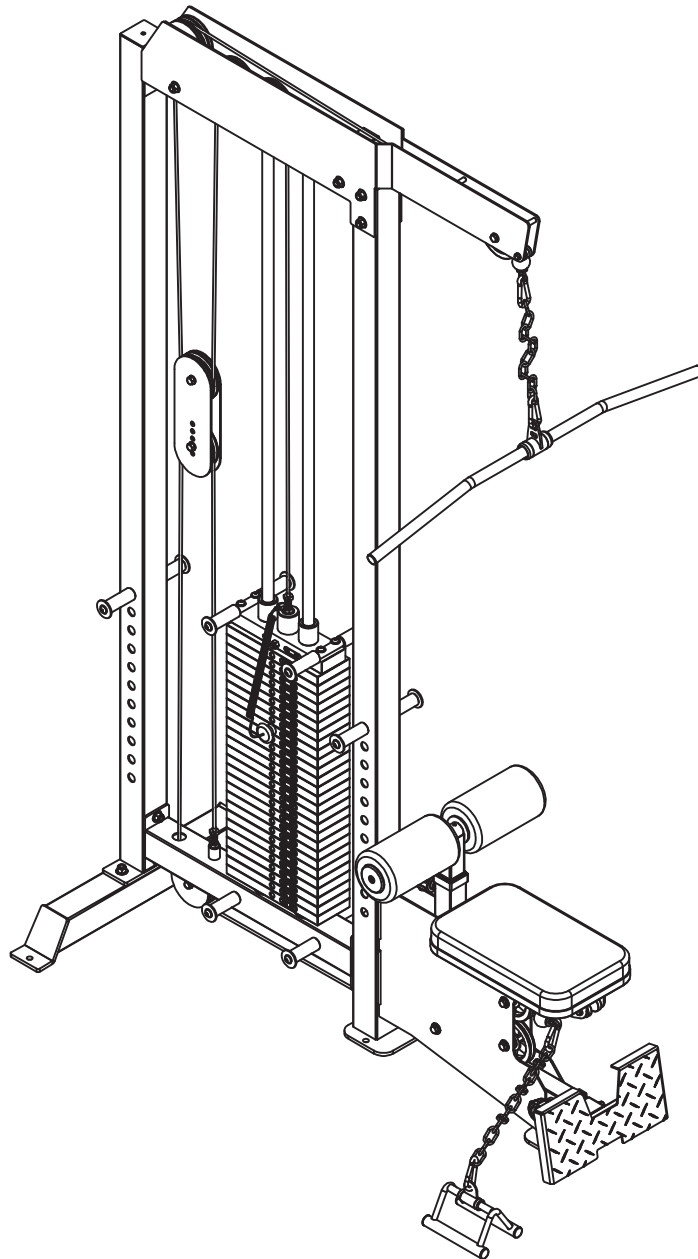


Powercore®

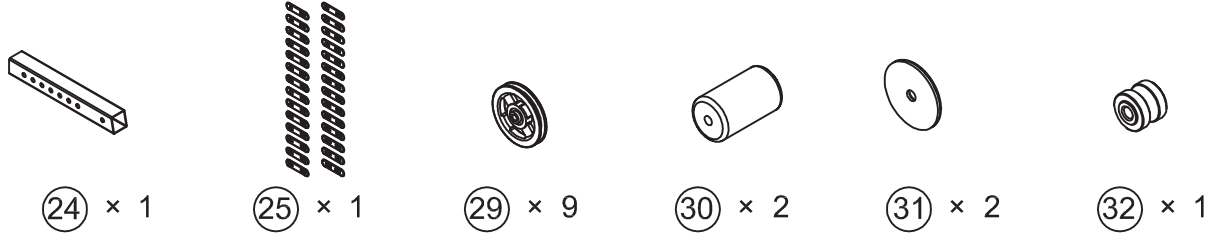
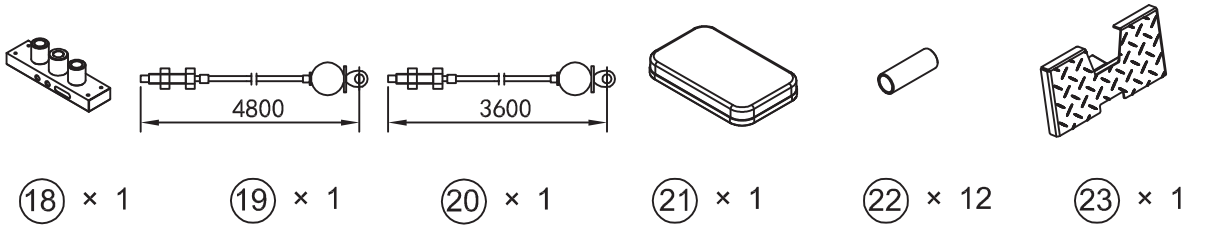
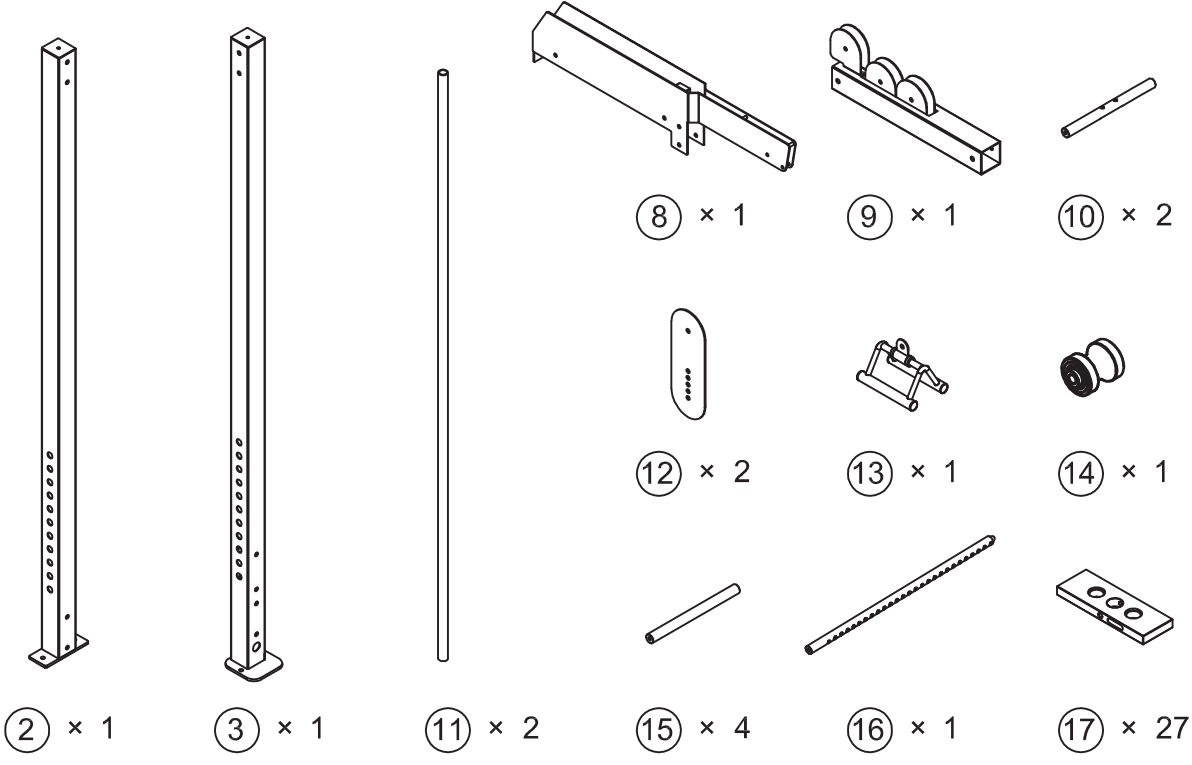
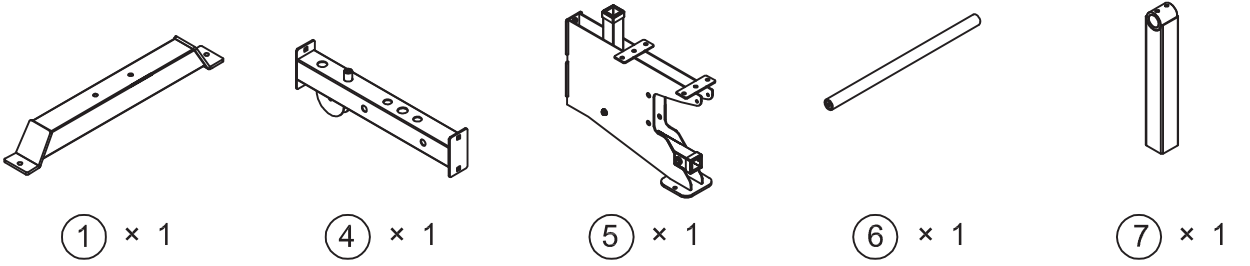
Multi Function Lat Pulldown IMLAT

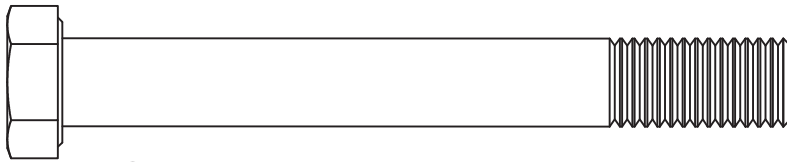


CAUTION!

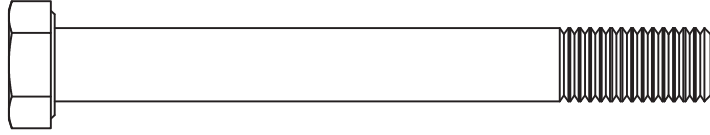
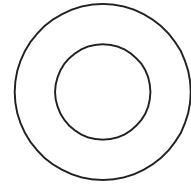
Read all precautions and instructions in this manual before using this equipment.

20200916-V1.0



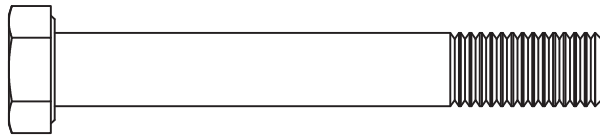


③⑨ × 14

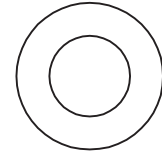


④⑩ × 1

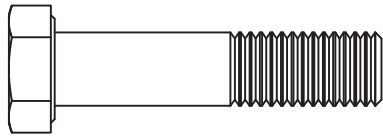
⑤⑩ × 24



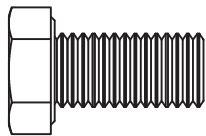
④① × 2



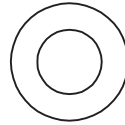
⑤① × 24



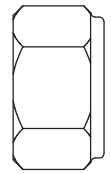
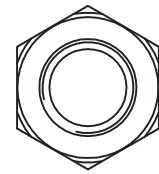
④② × 7



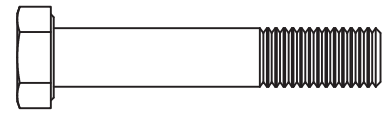
④③ × 2



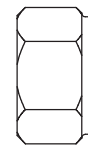
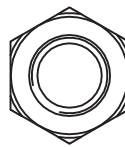
⑤② × 12



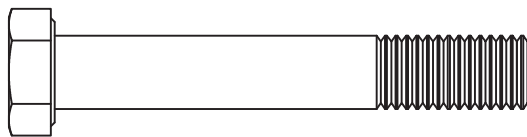
⑤③ × 10



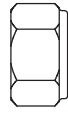
④④ × 1



⑤④ × 11

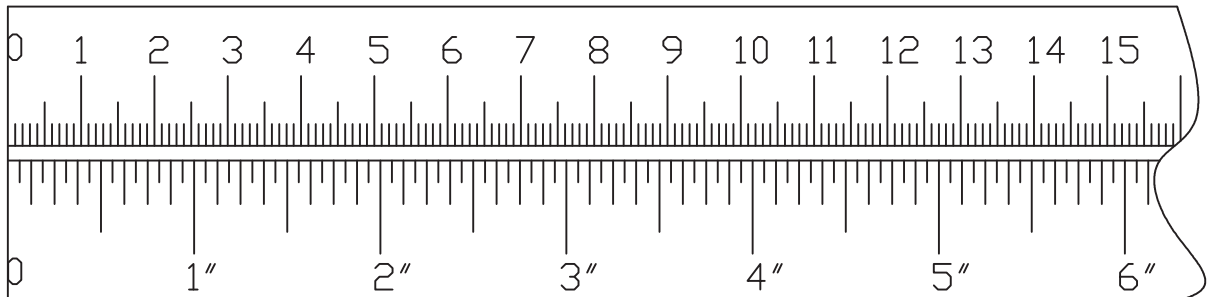


④⑨ × 1



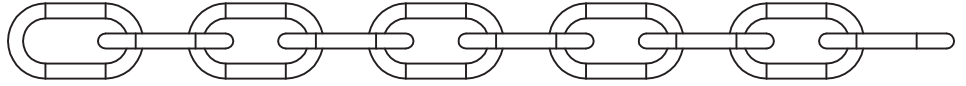
⑤⑤ × 2

mm

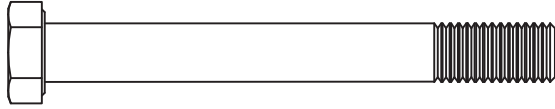




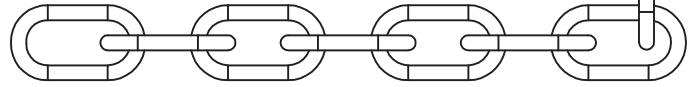
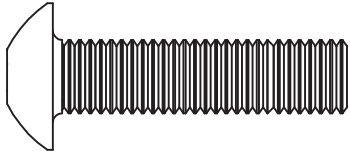
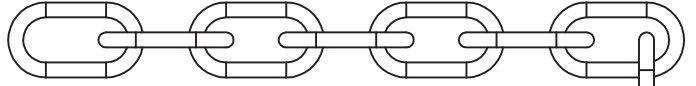
③⑥ × 4



②⑥ × 1

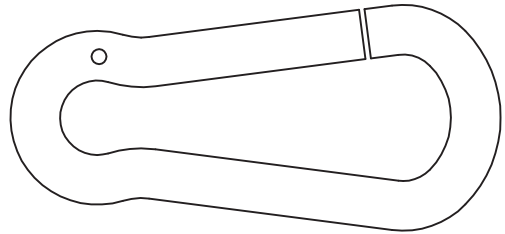
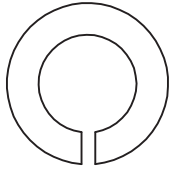
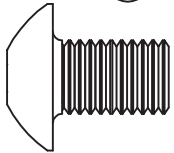


③⑦ × 1



②⑦ × 1

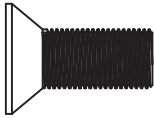
④⑤ × 2



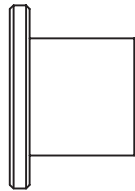
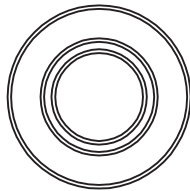
④⑥ × 12

③⑧ × 4

②⑧ × 4



④⑦ × 2



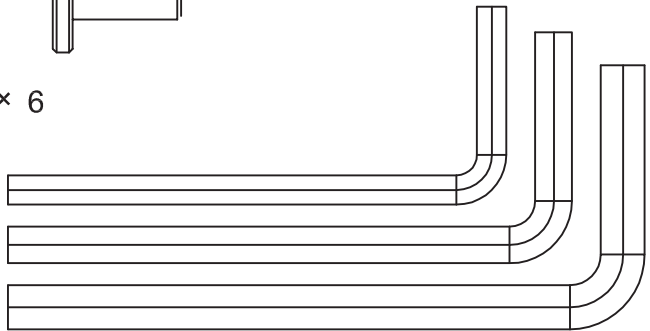
④⑧ × 8

⑥① × 6

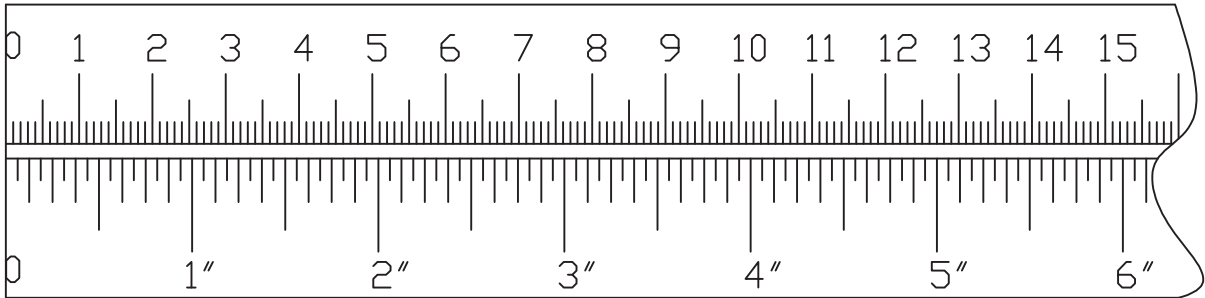
4#×1

5#×1

6#×1



mm



38



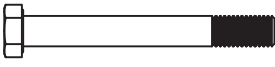
× 4 Φ12

50



× 12 Φ12

39

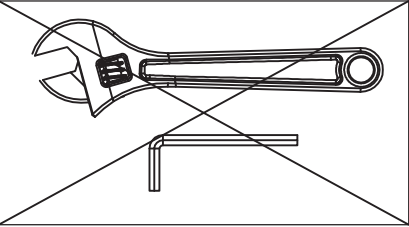


× 8 M12×100

53



× 4 M12



2

3

53

50

39

50

50

53

4

39

38

50

1

50

39

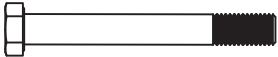









38

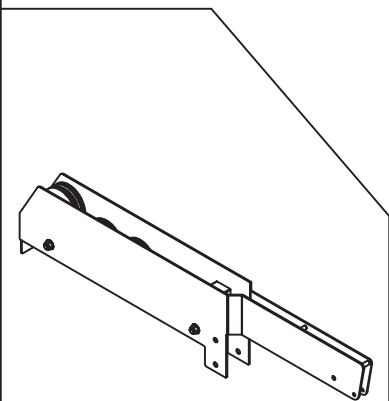
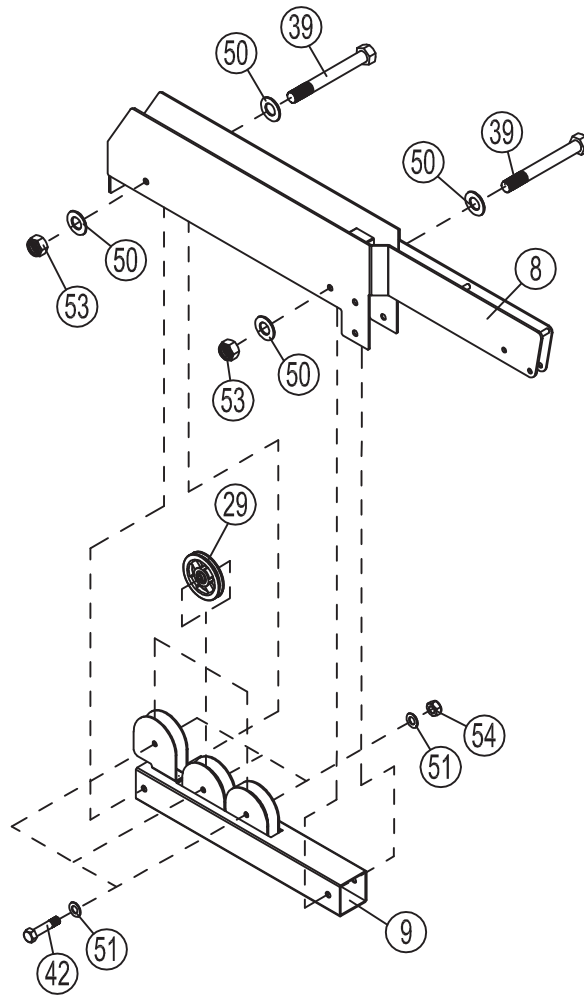
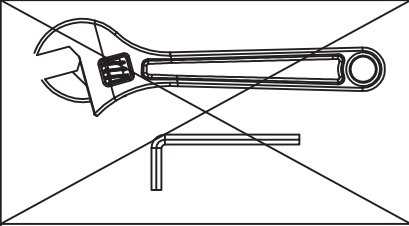
50

39

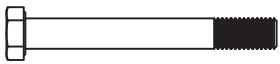

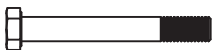





5

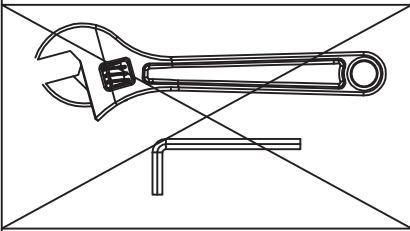
1

- | | | | | | | | | | |
|----|---|---|---------|-----|---|---|---|-----|-----|
| ③⑨ |  | × 2 | M12×100 | ⑤① |  |  | × 4 | Φ12 | |
| ④② |  | × 3 | M10×45 | ⑤① |  |  | × 6 | Φ10 | |
| ⑤③ |  |  | × 2 | M12 | ⑤④ |  |  | × 3 | M10 |

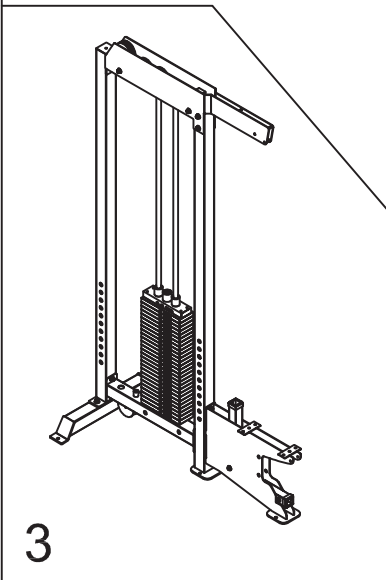
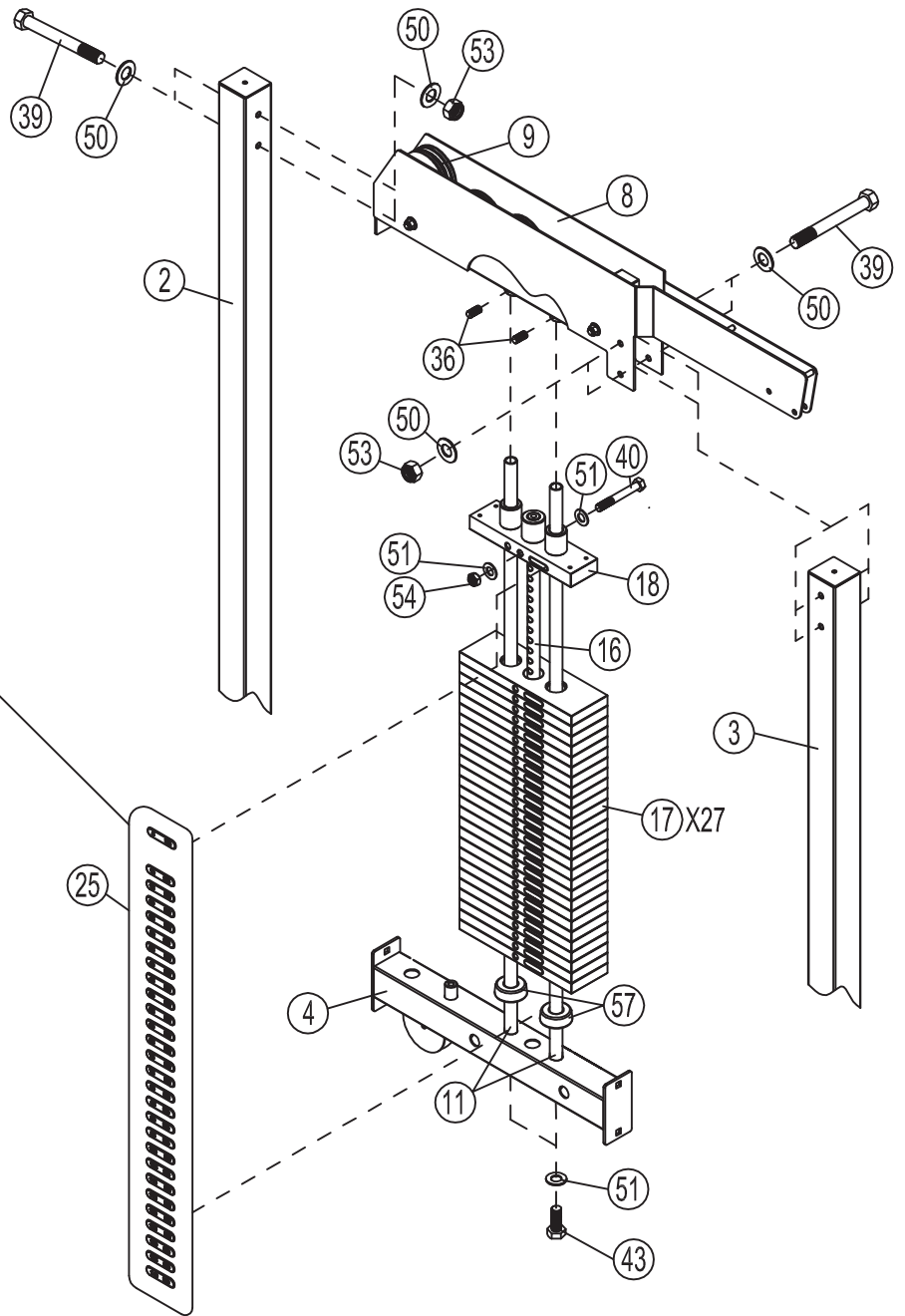


2

- | | | | | | | | |
|----|---|-----|---------|----|---|-----|--------|
| ③⑨ |  | × 4 | M12×100 | ③⑥ |  | × 2 | M8×10 |
| ④⑩ |  | × 1 | M10×90 | ④③ |  | × 2 | M10×20 |
| ⑤① |  | × 8 | Φ12 | ⑤① |  | × 4 | Φ10 |
| ⑤③ |  | × 4 | M12 | ⑤④ |  | × 1 | M10 |



- 5KG/11LB
- 10KG/22LB
- 15KG/33LB
- 20KG/44LB
- 25KG/55LB
- ...
- 125KG/276LB
- 130KG/287LB
- 135KG/298LB
- 140KG/309LB



④②  × 2 M10×45

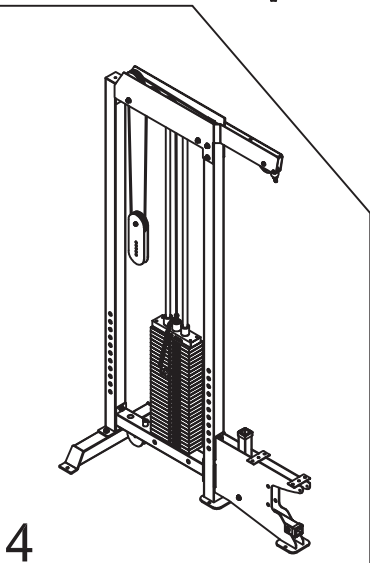
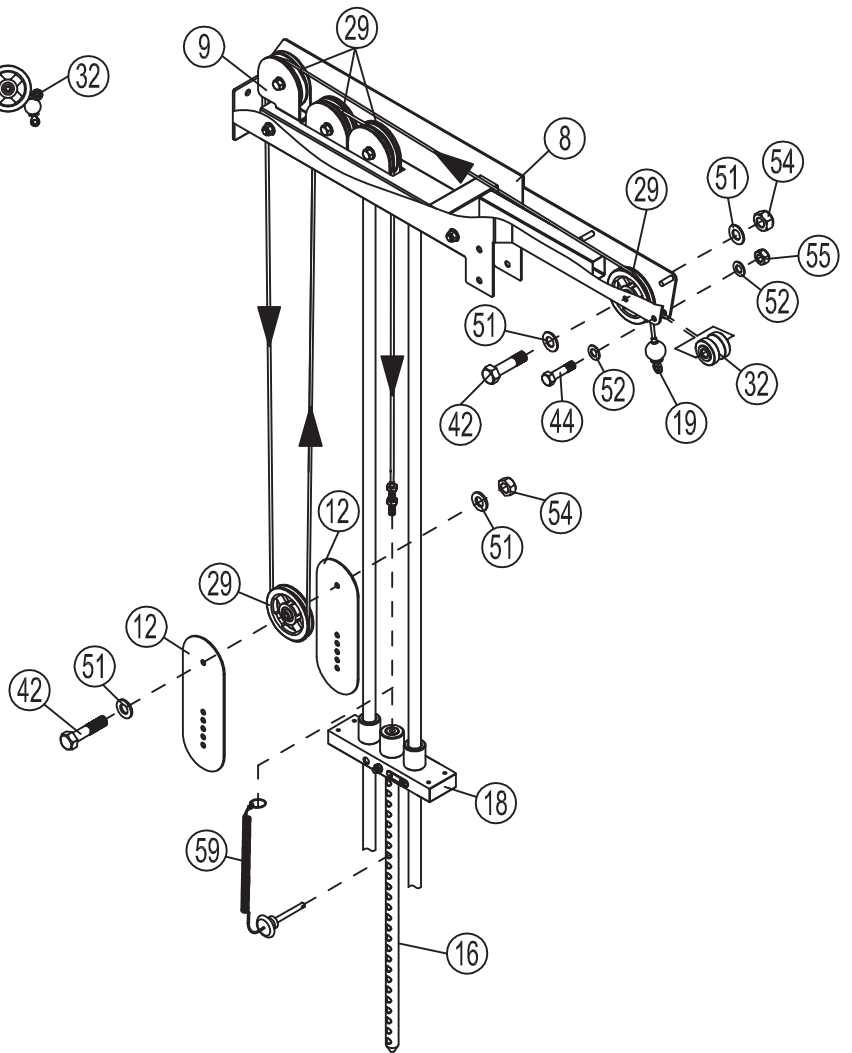
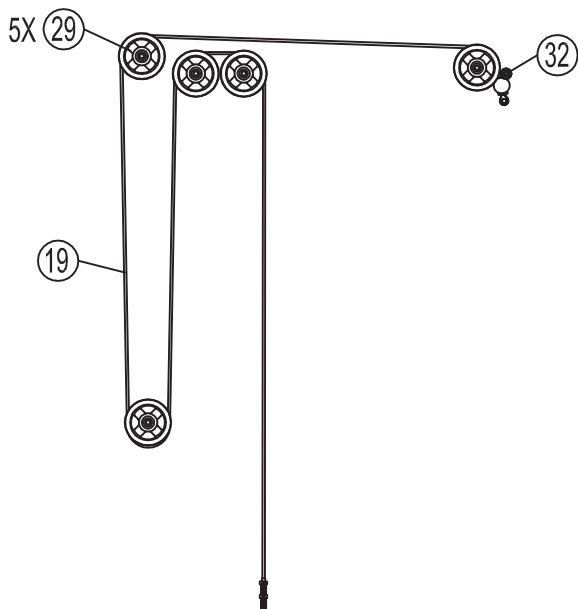
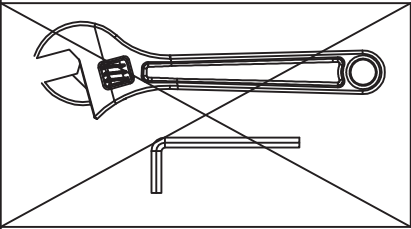
④④  × 1 M8×45

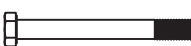
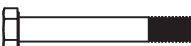









⑤①  | × 4 Φ10

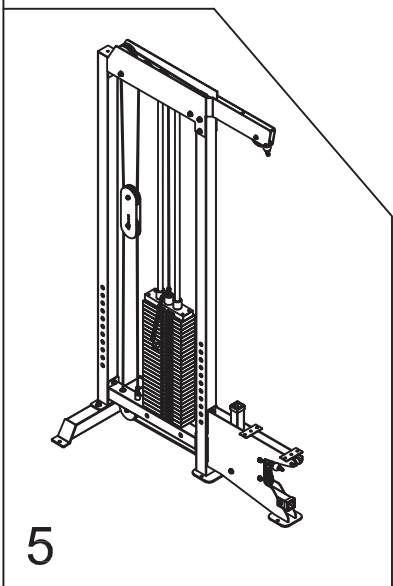
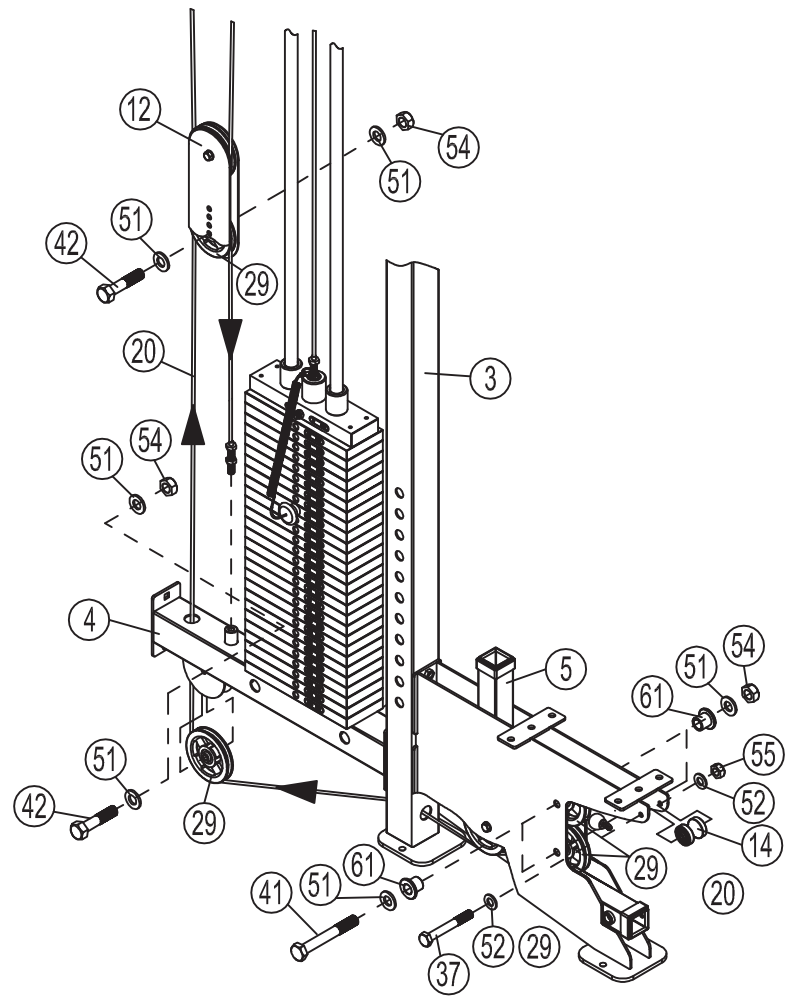
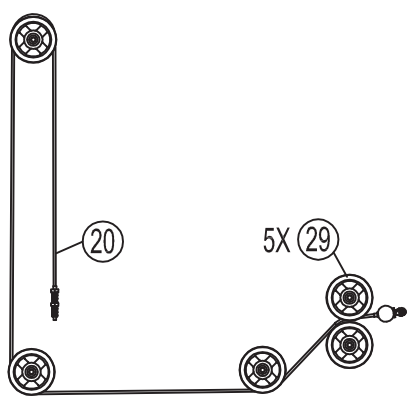
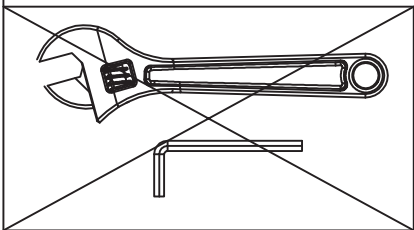
⑤②  | × 2 Φ8







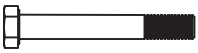
⑤④  × 2 M10

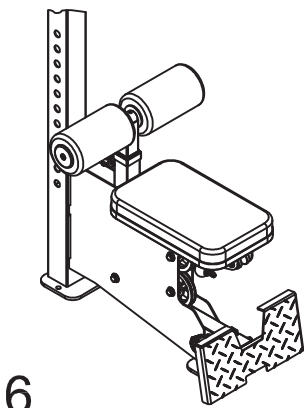
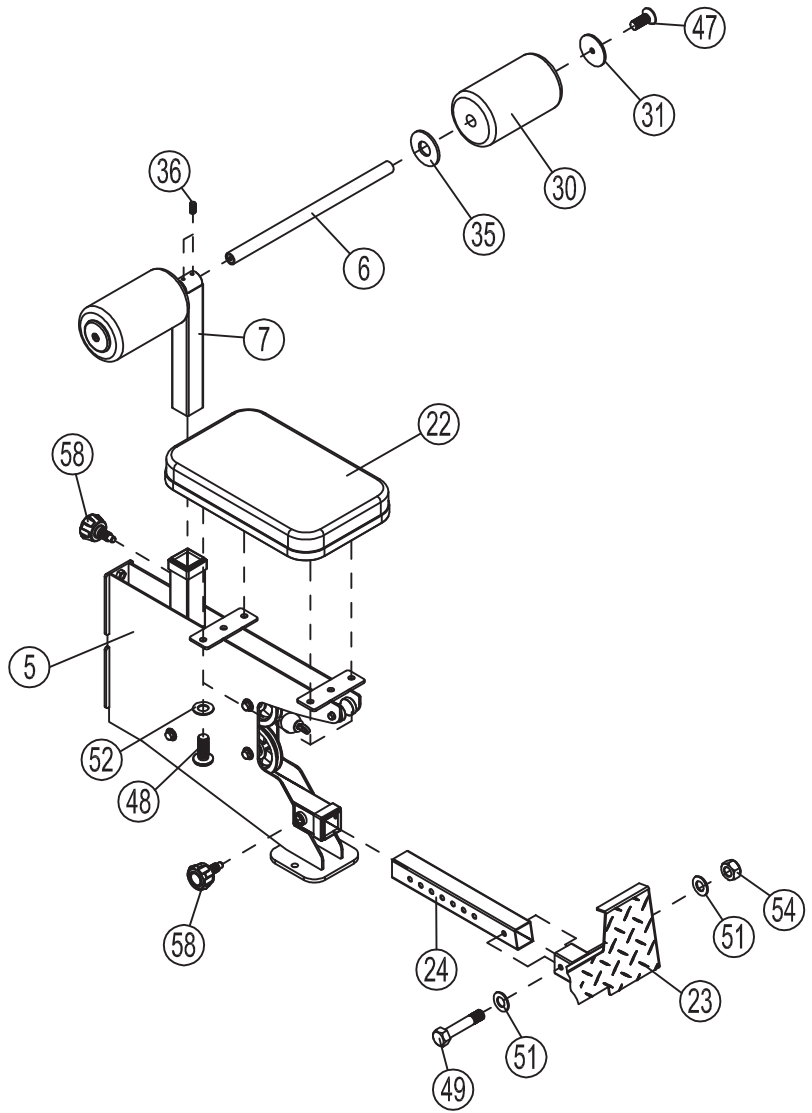
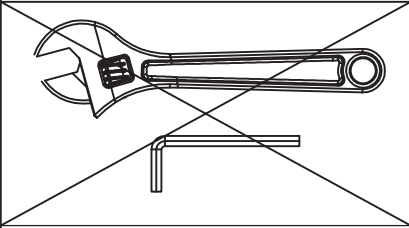
⑤⑤  × 1 M8



- ③⑦  × 1 M8×70 ④①  × 2 M10×75
- ④②  × 2 M10×45 ⑤①  |  × 8 Φ10
- ⑤②  |  × 2 Φ8 ⑤④   × 4 M10
- ⑤⑤   × 1 M8



- | | | | | | | | |
|----|---|-----|--------|----|--|-----|-------|
| ③⑥ |  | × 2 | M8×10 | ④⑦ |  | × 2 | M8×20 |
| ④⑧ |  | × 4 | M8×30 | ⑤① |  | × 2 | Φ10 |
| ⑤② |  | × 4 | Φ8 | ⑤④ |  | × 1 | M10 |
| ④⑨ |  | × 1 | M10×65 | | | | |



6

45



× 2 M10×40

46



× 12 M10×16

48

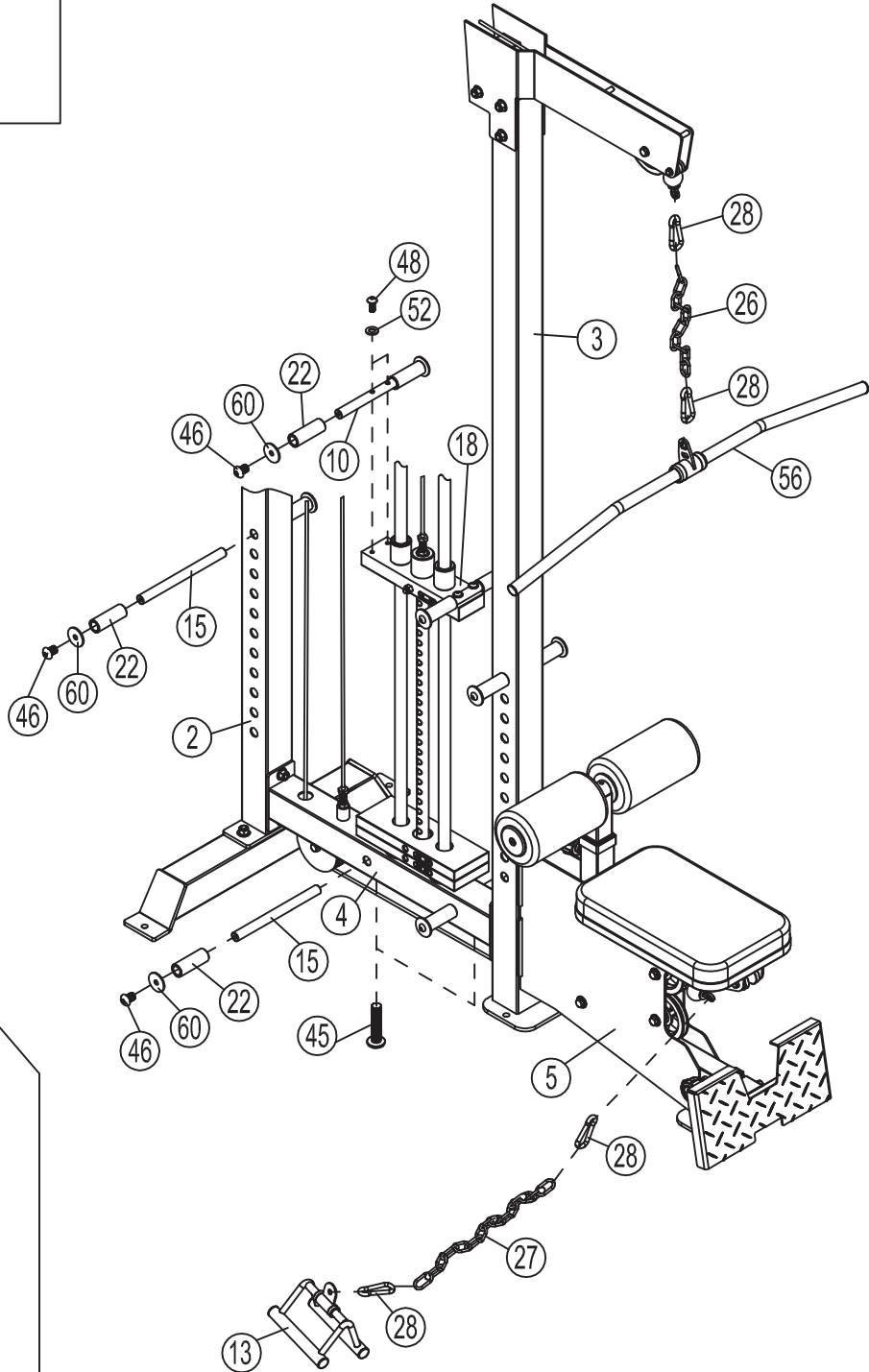
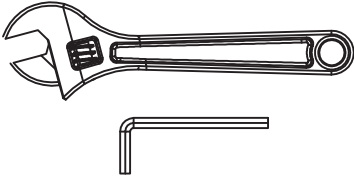


× 4 M8×30

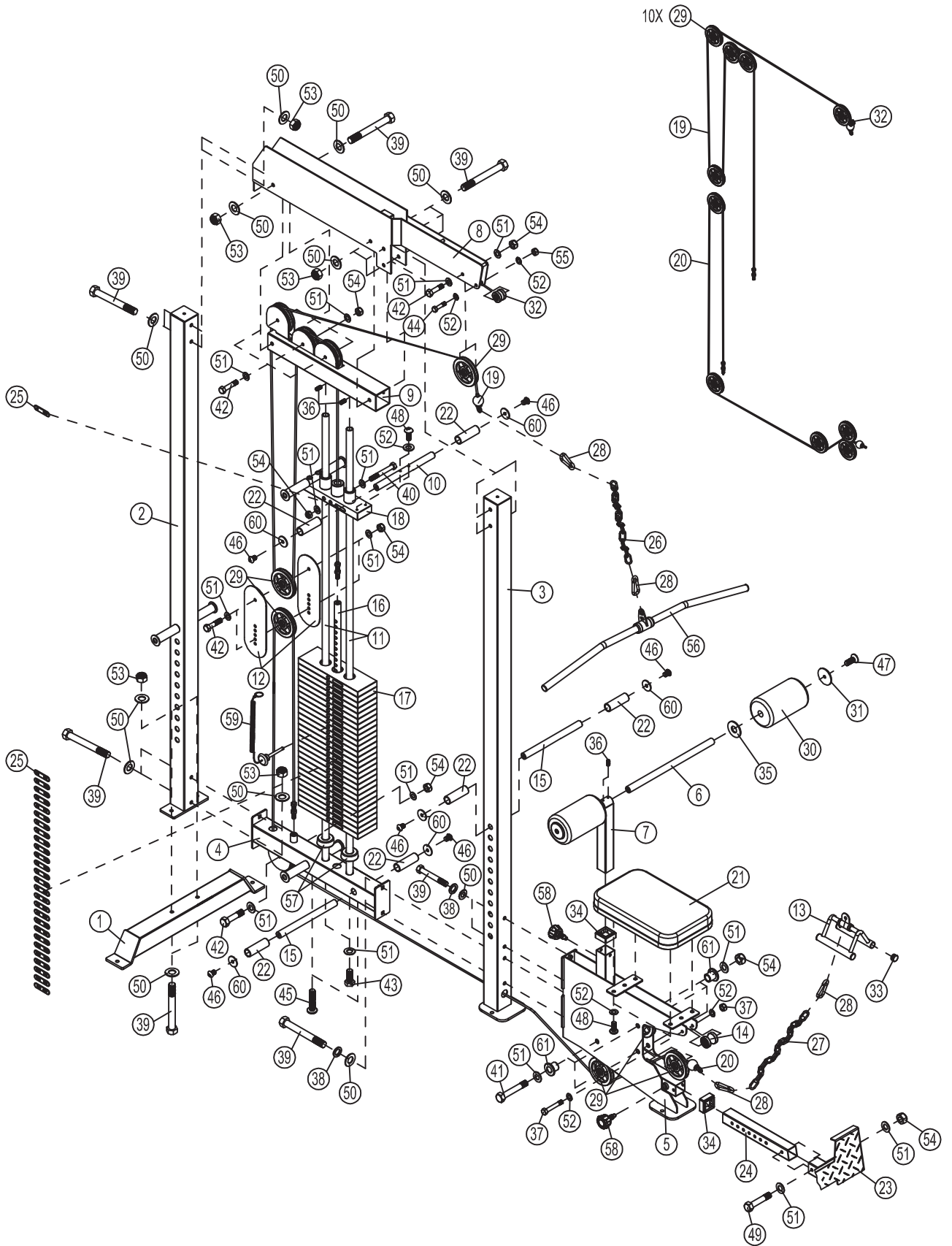
52



× 4 Φ8



7



PARTS LIST			
KEY NO.	PART DESCRIPTION	SPEC	Q'TY
1	Rear Stabilizer		1
2	After Vertical Frame		1
3	Front Vertical Frame		1
4	Lower Cross Frame		1
5	Seat Bracket		1
6	FOAM Tube		1
7	FOAM Frame		1
8	On The Beam		1
9	Connecting Beam		1
10	Hanging Axis	φ20×242 (2-φ9)	2
11	Guide Rod	φ25×2106	2
12	Double Floating Pulley Bracket	314×114×3	2
13	V-type Handle		1
14	Wheel Set	φ36×50	1
15	Hanging Axis	φ20×242	4
16	Selector Rod	Φ25×775 (27+1)	1
17	Selector Stem		27
18	Weight Plate		1
19	Higher Cable	L=φ6×4800	1
20	Lower Cable	L=φ6×3600	1
21	Seat Pad	420×260×60	1
22	Bushing	φ29×φ20×81	12
23	Foot Stand		1
24	Foot Regulating Tube		1
25	Weight Plate Sticker	52×13 (5kg...140KG)	1
26	Chain	φ5×10	1
27	Chain	φ5×15	1
28	Hook	φ8	4
29	Pulley With Bearings	φ114×φ10	10
30	FOAM	φ125×φ22×215	2
31	Foam Baffle	φ68×5.7	2
32	Cable Roller	φ27×24	1
33	Rectangular End Cap	φ25	4
34	The Sliding Sleeve	□50×□45	2
35	Outer Disc	φ65×φ27×4	2
36	Allen Screw	M8×10	4
37	Hex Bolt	M8×70	1
38	Spring Washer	12	4
39	Hex Bolt	M12×100	14
40	Hex Bolt	M10×90	1
41	Hex Bolt	M10×75	3
42	Hex Bolt	M10×45	7

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	Q'TY
43	Hex Bolt	M10×20	2
44	Hex Bolt	M8×45	1
45	Allen Bolt	M10×40	2
46	Allen Bolt	M10×16	12
47	Sunk Screw	M8×20	2
48	Allen Bolt	M8×30	8
49	Hex Bolt	M10×65	1
50	Washer	12	24
51	Washer	10	26
52	Washer	8	10
53	Aircraft Nut	M12	10
54	Aircraft Nut	M10	12
55	Aircraft Nut	M8	2
56	Long Handle		1
57	Rubber Stopper	φ62×φ24.5×25	2
58	Pumping pin kit	M18×φ10	2
59	Weight Selection Pin		1
60	Large Washe	φ43×φ11×3	12
61	Spacer	φ25×φ10.2×17.5	6
62	End Cap	Φ32	2
	Allen Wrench	#6	1
	Allen Wrench	#5	1
	Allen Wrench	#4	1