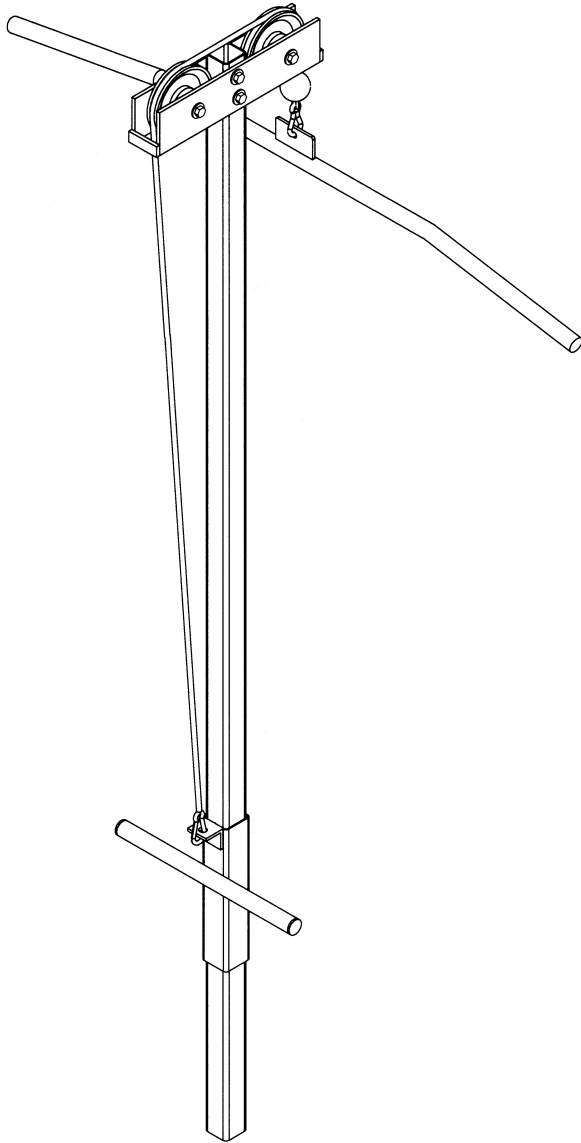


# DF1200

## LAT ATTACHMENT

### Assembly Manual



#### Assembly Video Available

Simply scan the QR code below  
on your phone's camera to access  
the video

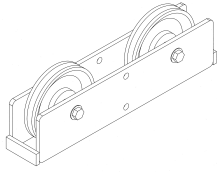


**(888) 258-0533**

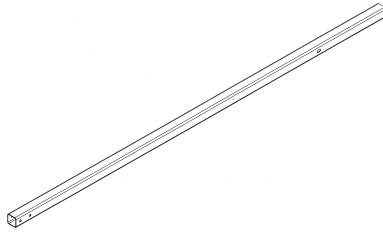
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

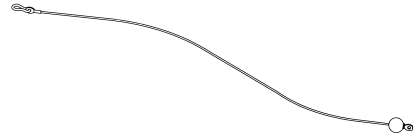
# ***BOX CONTENTS***



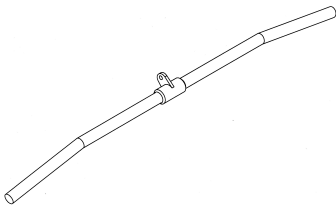
**A**  
**PULLEY ASSEMBLY**  
QTY 1



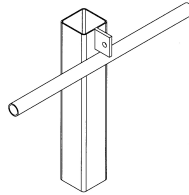
**B**  
**FRAME TUBE**  
QTY 1



**C**  
**CABLE**  
QTY 1



**D**  
**LAT BAR**  
QTY 1



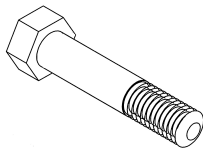
**E**  
**WEIGHT CARRIAGE**  
QTY 1



**F**  
**ROUND CAP**  
QTY 2



**G**  
**SNAP HOOK**  
QTY 2



**H**  
**M12 x 75MM BOLT**  
QTY 2



**I**  
**M12 WASHER**  
QTY 4

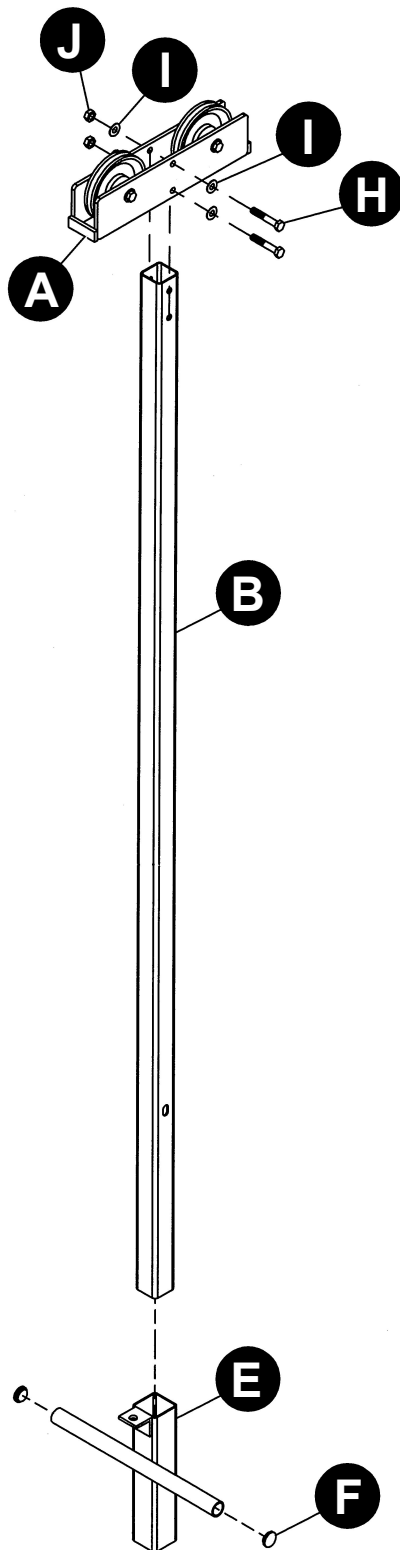


**J**  
**M12 NUT**  
QTY 2

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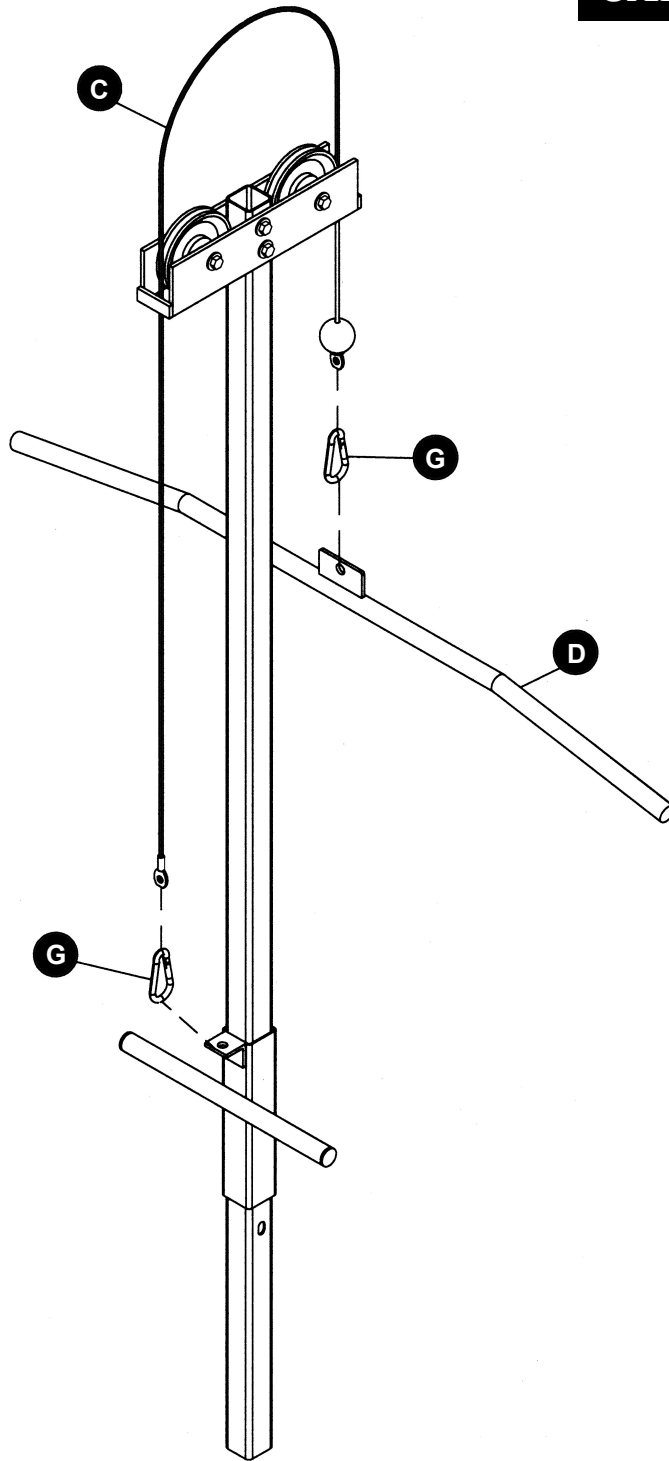
## WEIGHT CARRIAGE INSTALLATION



INSTALL PULLEY ASSEMBLY (A) TO THE FRAME TUBE (B) USING M12 x 75MM BOLTS (H), M12 WASHERS (I), AND M12 NUTS (J).

NEXT SLIDE THE WEIGHT CARRIAGE (E) ONTO THE FRAME TUBE (B). INSTALL ROUND CAPS (F) INTO WEIGHT TUBE ON WEIGHT CARRIAGE (E).

## ***CABLE INSTALLATION***



INSTALL THE CABLE (C) STARTING WITH THE END WITHOUT THE BALL-STOP THROUGH THE TOP OF THE BODY ASSEMBLY MAKING SURE TO INSERT THE CABLE BETWEEN THE PULLEY AND STOP BRACKET. RUN THE CABLE OVER BOTH PULLEYS AND DOWN TO WEIGHT CARRIAGE ASSEMBLY.

INSTALL SNAP HOOKS (G) TO EACH END OF THE CABLE AND CONNECT TO LAT BAR (D) AND WEIGHT CARRIAGE.

***MAKE SURE ALL THE BOLTS ARE TIGHT BEFORE USE. REMEMBER TO CHECK THEM PERIODICALLY TO MAKE***