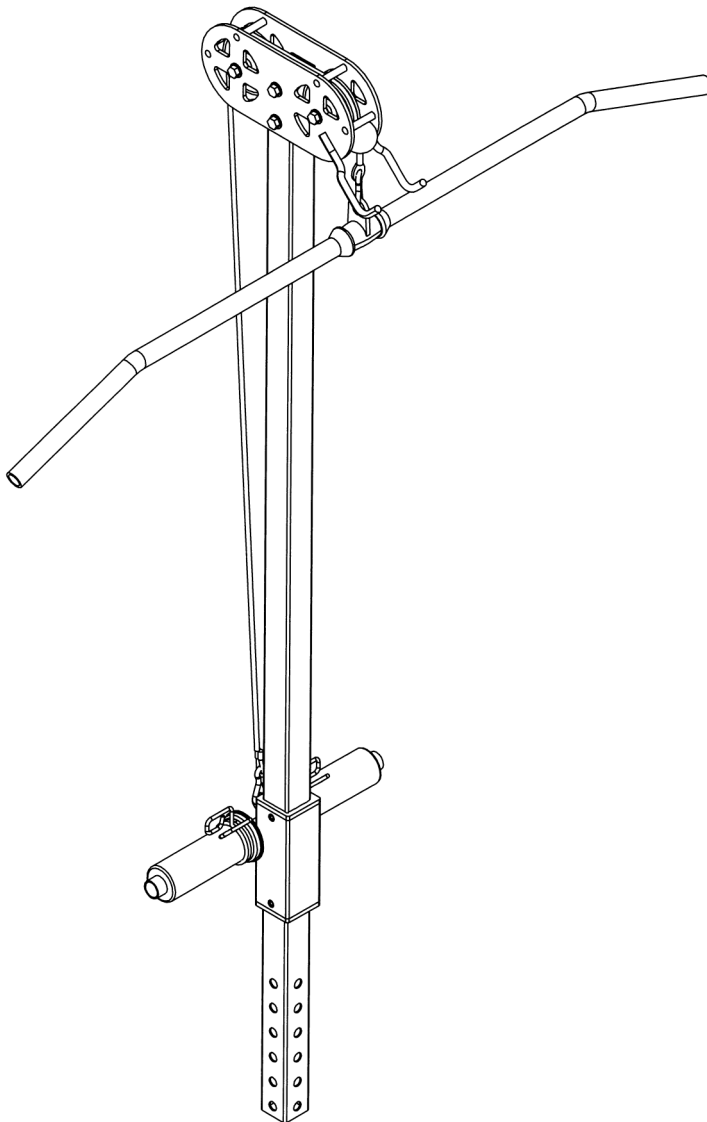


DF1200

LAT ATTACHMENT

Assembly Manual

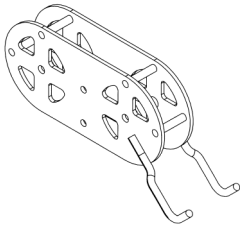


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FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

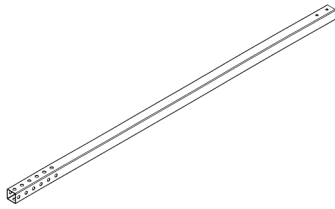
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



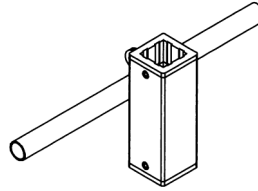
A

**PULLEY FRAME
QTY 1**



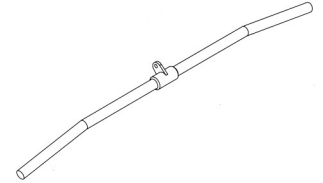
B

**FRAME TUBE
QTY 1**



C

**WEIGHT CARRIAGE
QTY 1**



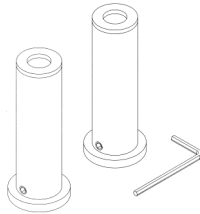
D

**LAT BAR
QTY 1**



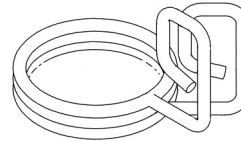
E

**CABLE
QTY 1**



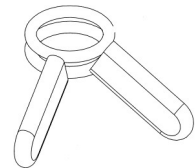
F

**OLYMPIC ADAPTER
QTY 2**



G

**OLYMPIC COLLAR
QTY 2**



H

**STANDARD COLLAR
QTY 2**



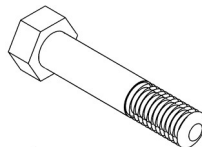
I

**PULLEY
QTY 2**



J

**SNAP HOOK
QTY 2**



K

**M10 x 75MM BOLT
QTY 4**



L

**M10 WASHER
QTY 8**



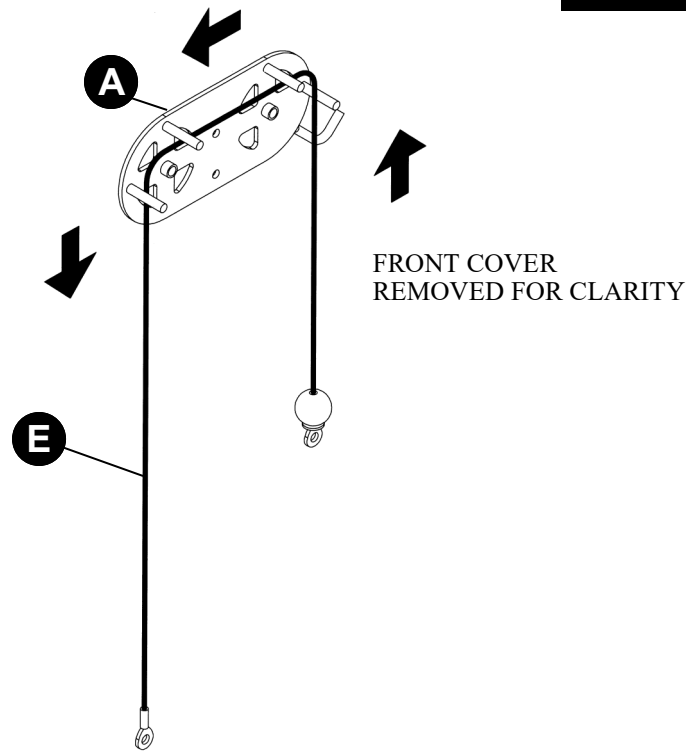
M

**M10 LOCK NUT
QTY 4**

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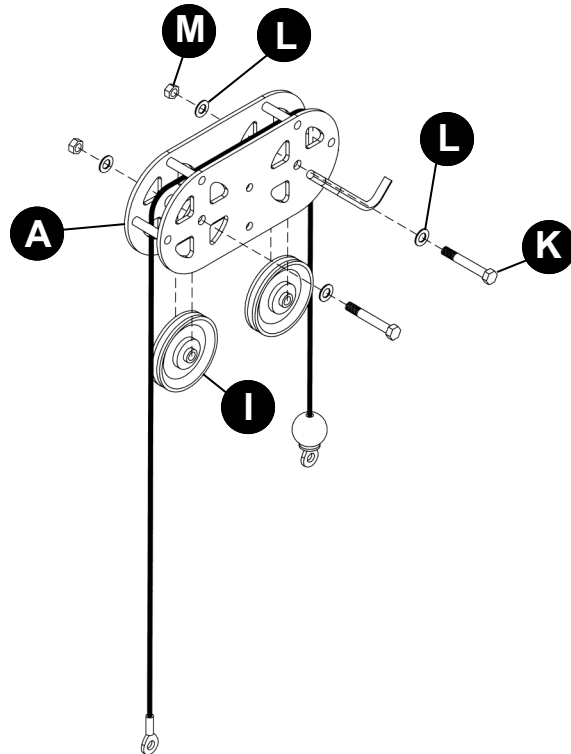
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

CABLE INSTALLATION



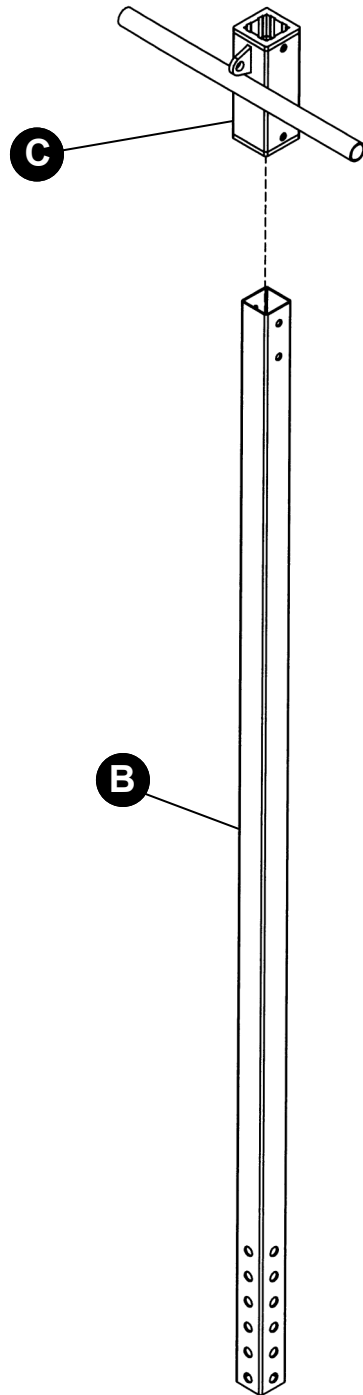
LAY CABLE (E) INSIDE PULLEY FRAME, MAKING SURE THAT THE BALL-STOP END IS FACING TOWARDS THE FRONT WHERE THE BAR HOOKS ARE LOCATED.

PULLEY INSTALLATION



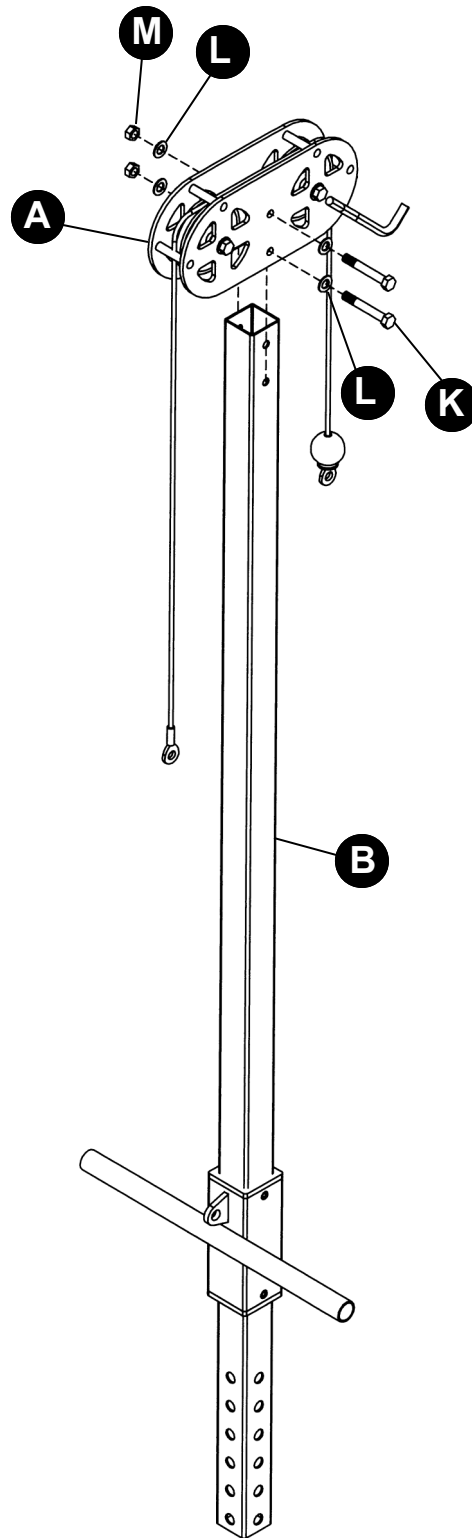
INSTALL PULLEYS (I) FROM THE BOTTOM USING M10x75MM BOLTS (K), M10 WASHERS (L), AND M10 LOCK NUTS (M). MAKE SURE THAT THE CABLE IS IN THE GROOVE OF BOTH PULLEYS.

WEIGHT CARRIAGE INSTALLATION



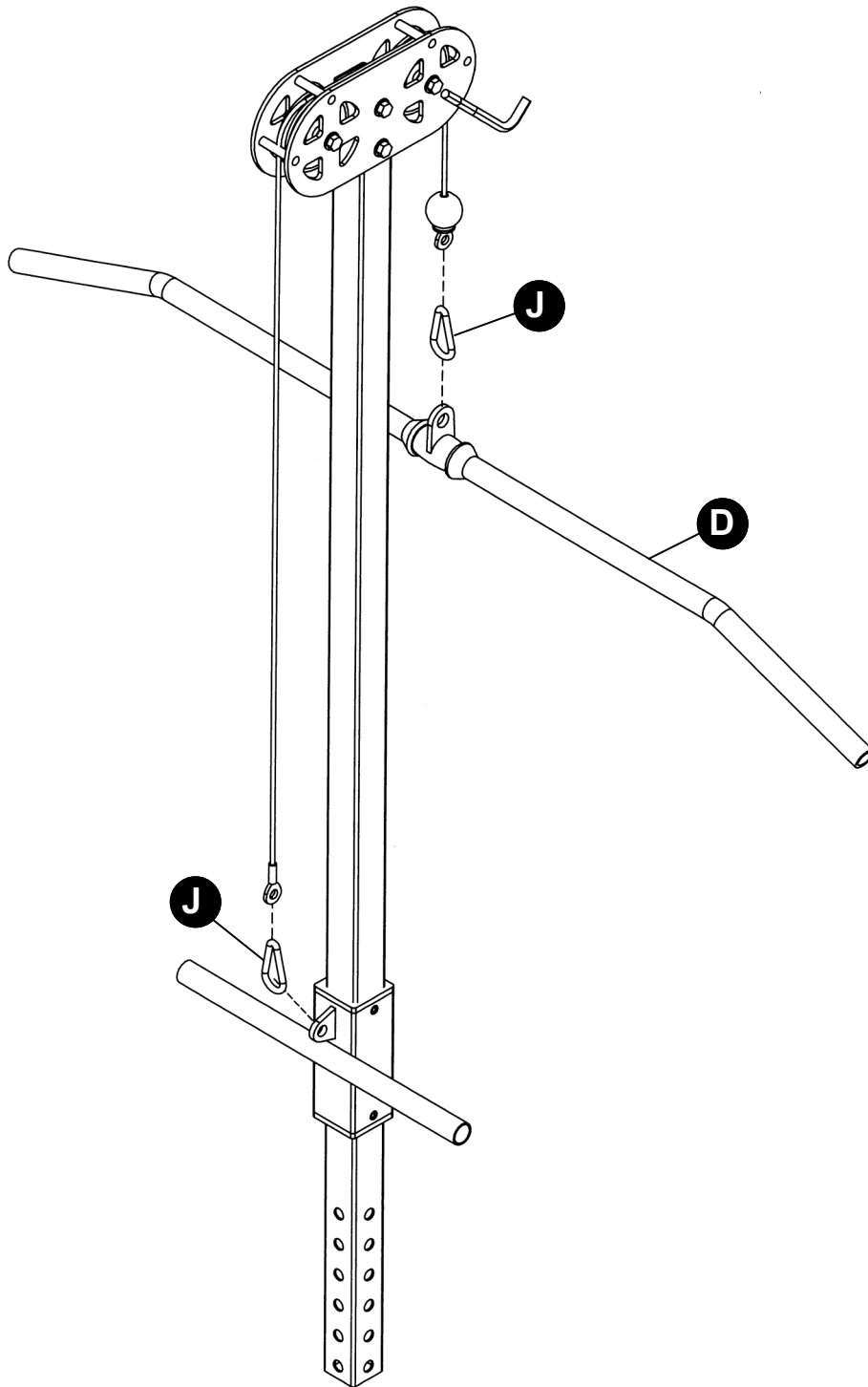
AT THIS POINT IT IS EASIER TO COMPLETE ASSEMBLY IF YOU INSTALL THE FRAME TUBE (B) INTO THE BENCH YOU ARE USING IT ON. INSTALL THE WEIGHT CARRIAGE (C) ONTO THE FRAME TUBE (B) AND LET IT SLIDE ALL THE WAY DOWN.

PULLEY ASSEMBLY INSTALLATION



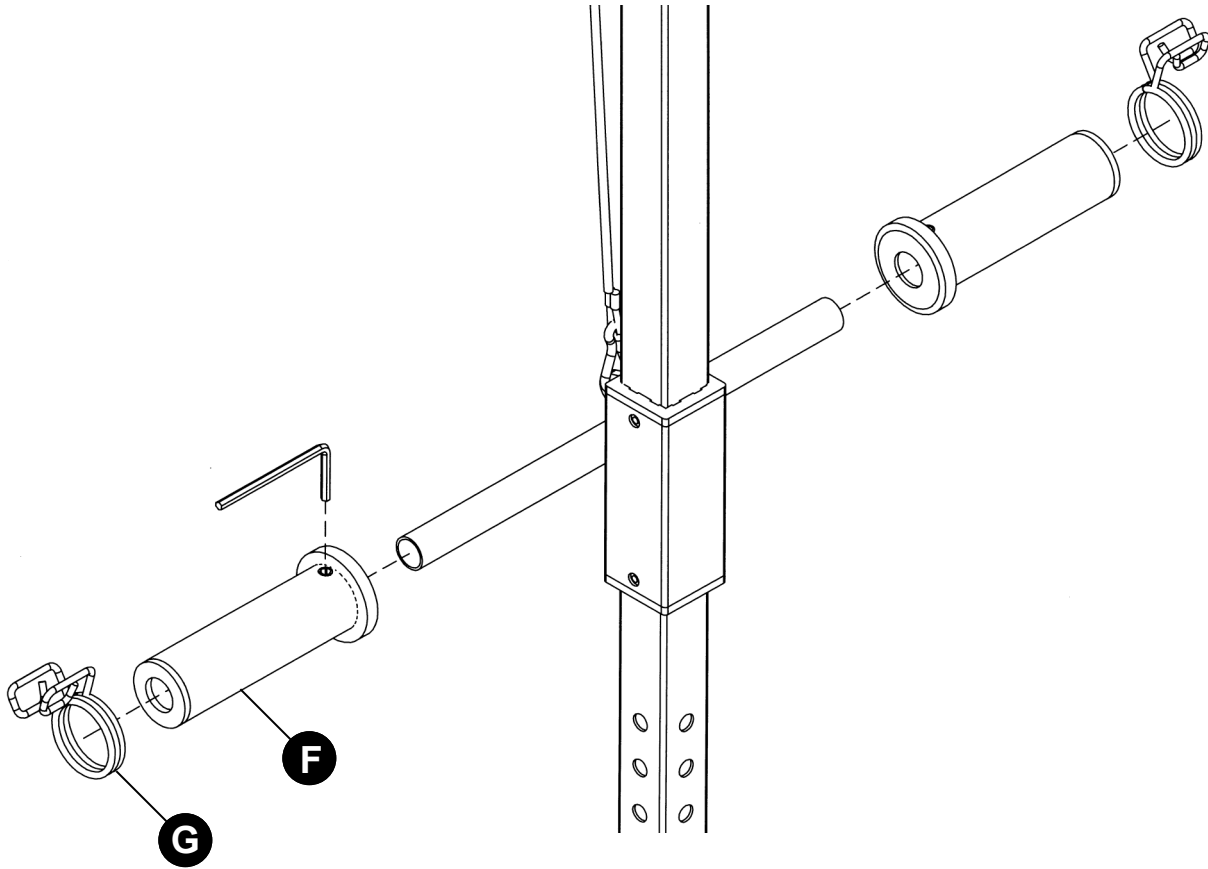
INSTALL THE PULLEY ASSEMBLY (A) ONTO THE FRAME TUBE (B) USING M10x75MM BOLTS (K), M10 WASHERS (L), AND M10 LOCK NUTS (M).

PULLEY ASSEMBLY INSTALLATION



CONNECT THE CABLE TO THE WEIGHT CARRIAGE AND LAT BAR (D) USING SNAP HOOKS (J).

OLYMPIC ADAPTERS



WHEN USING WITH OLYMPIC PLATES, INSTALL OLYMPIC ADAPTERS (F) AND SECURE IN PLACE WITH HEX WRENCH. USE OLYMPIC SPRING COLLARS (G) TO HOLD PLATES IN PLACE.

MAKE SURE ALL THE BOLTS ARE TIGHT BEFORE USE. REMEMBER TO CHECK THEM PERIODICALLY TO MAKE SURE THEY ALWAYS STAY TIGHT.

ADJUSTMENT

RAISE AND LOWER THE BENCH BY TURNING THE PULL PIN AND PULLING IT OUT TO ADJUST UP OR DOWN. WHEN ADJUSTED MAKE SURE THE PULL PIN IS SECURE IN ADJUSTMENT HOLE THEN TURN TO TIGHTEN. (NOTE: YOU MUST LOOSEN THE PULL PIN OR THE BENCH WILL NOT ADJUST)

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE RISK OF INJURY CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM. PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT, DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY. DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT. ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OR WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ACCESSORIES ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.