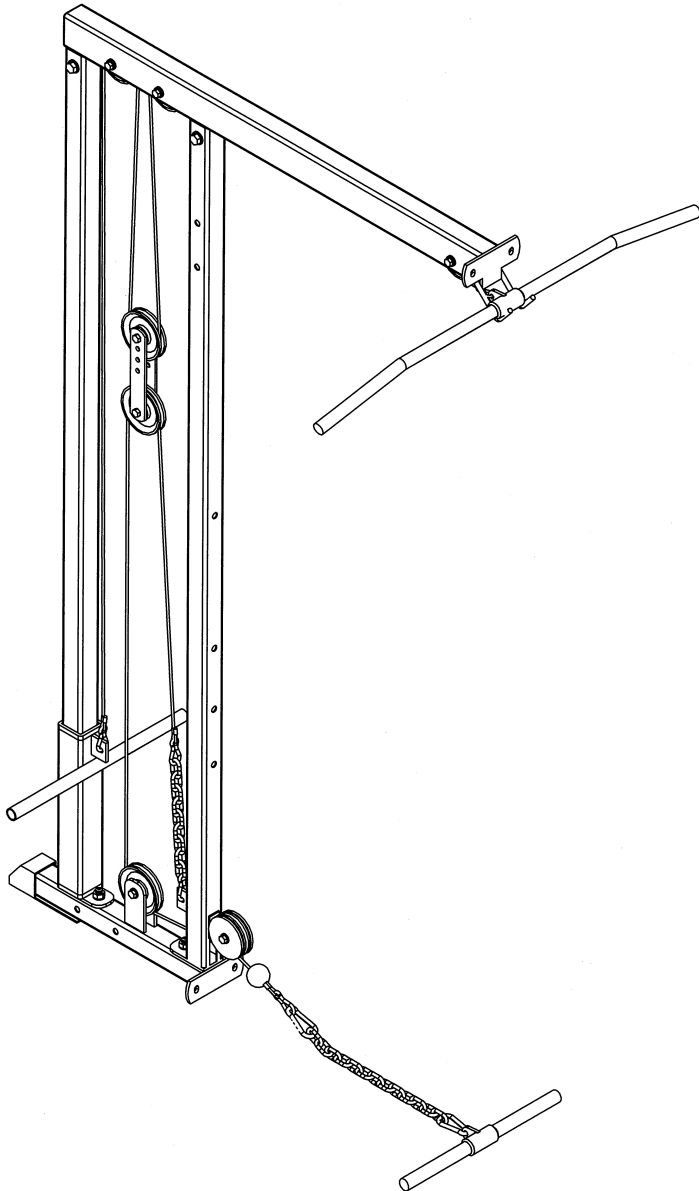


DF830

LAT ATTACHMENT

Assembly Manual



Assembly Video Available

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

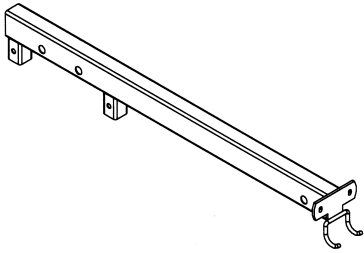


(888) 258-0533

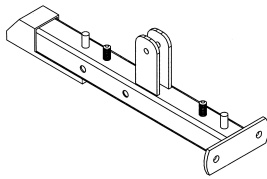
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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

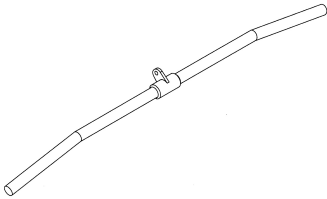
BOX CONTENTS



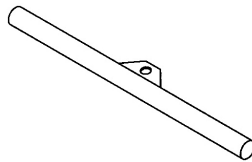
A
TOP FRAME
QTY 1



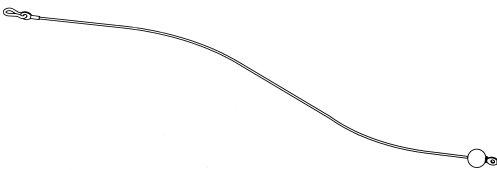
B
BOTTOM SUPPORT
QTY 1



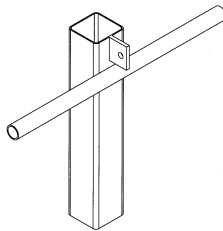
C
LAT BAR
QTY 1



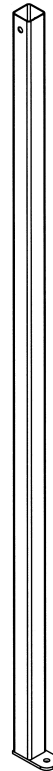
D
LOW BAR
QTY 1



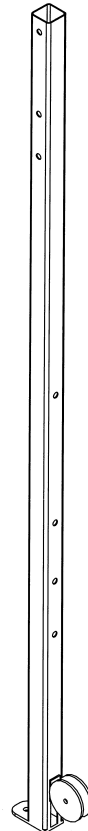
E
CABLE
QTY 2



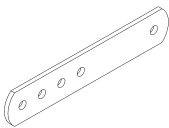
F
WEIGHT CARRIAGE
QTY 1



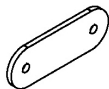
G
REAR SUPPORT
TUBE
QTY 1



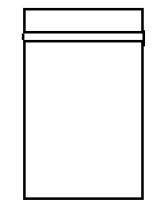
H
FRONT SUPPORT
TUBE
QTY 1



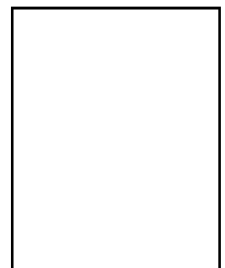
I
PULLEY FLANGE
QTY 2



J
4" FLANGE
QTY 2



DF830
HARDWARE
QTY 1



DF830
INSTRUCTIONS

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

HARDWARE



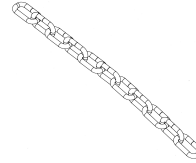
L

**3-1/2" PULLEY
QTY 4**



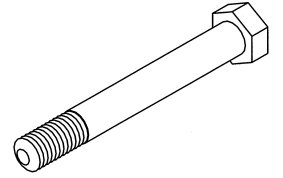
M

**PULLEY BUSHING
QTY 6**



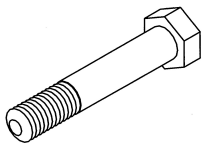
N

**10" CHAIN
QTY 2**



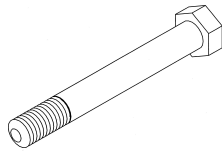
O

**M12 x 75MM BOLT
QTY 4**



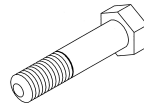
P

**M12 x 65MM BOLT
QTY 2**



Q

**M10 x 70MM
BOLT
QTY 3**



R

**M10 x 45MM BOLT
QTY 4**



S

**M12 LOCKNUT
QTY 8**



T

**M10 LOCKNUT
QTY 7**



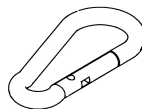
U

**M12 WASHER
QTY 14**



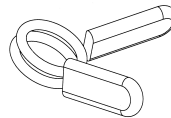
V

**M10 WASHER
QTY 8**



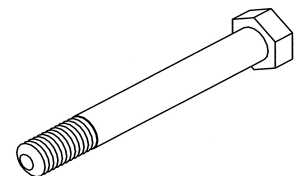
W

**SNAP HOOK
QTY 6**



X

**QUICK CLIP
QTY 2**

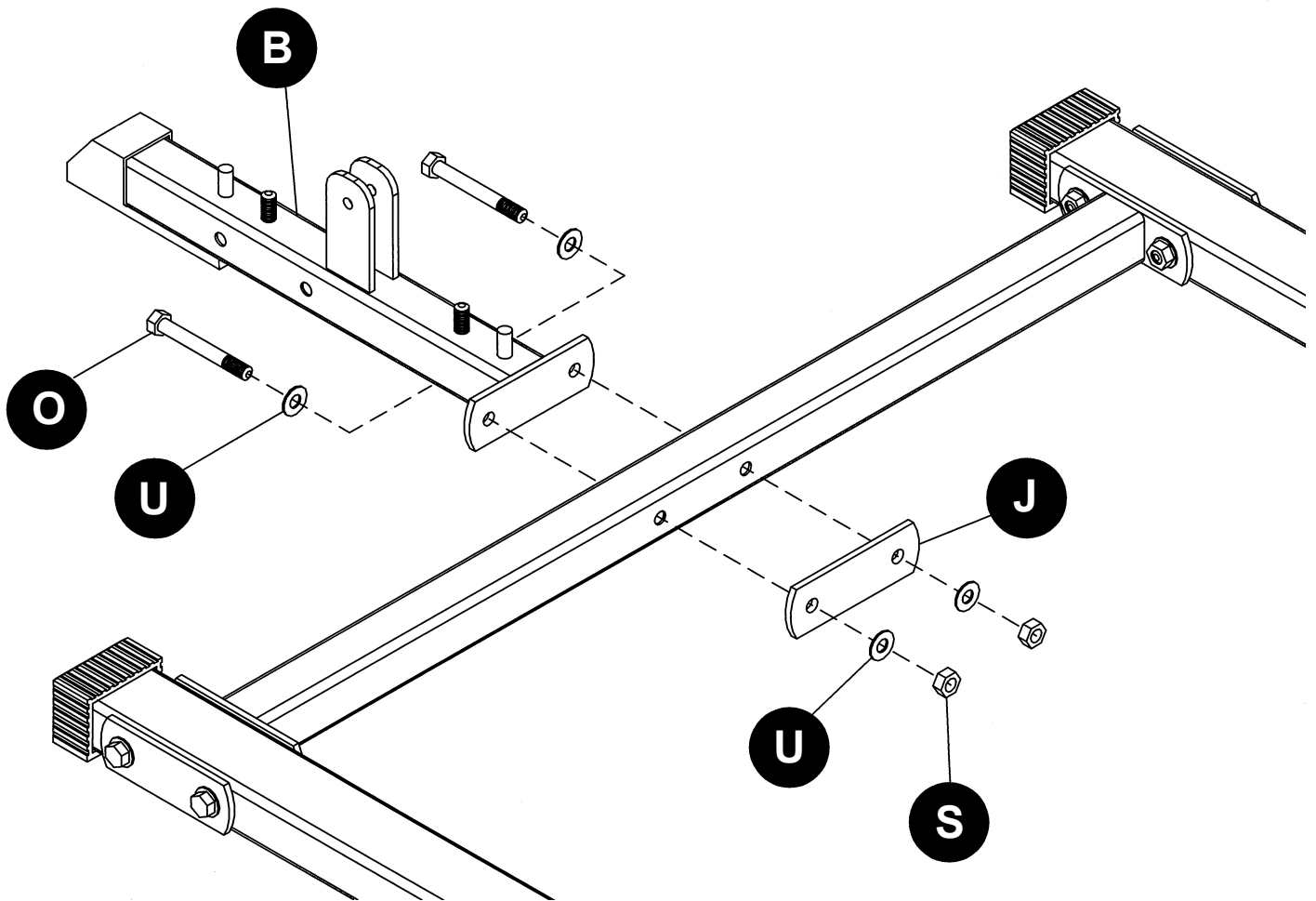


Y

**M12 x 105MM BOLT
QTY 2**

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

FRAME ASSEMBLY



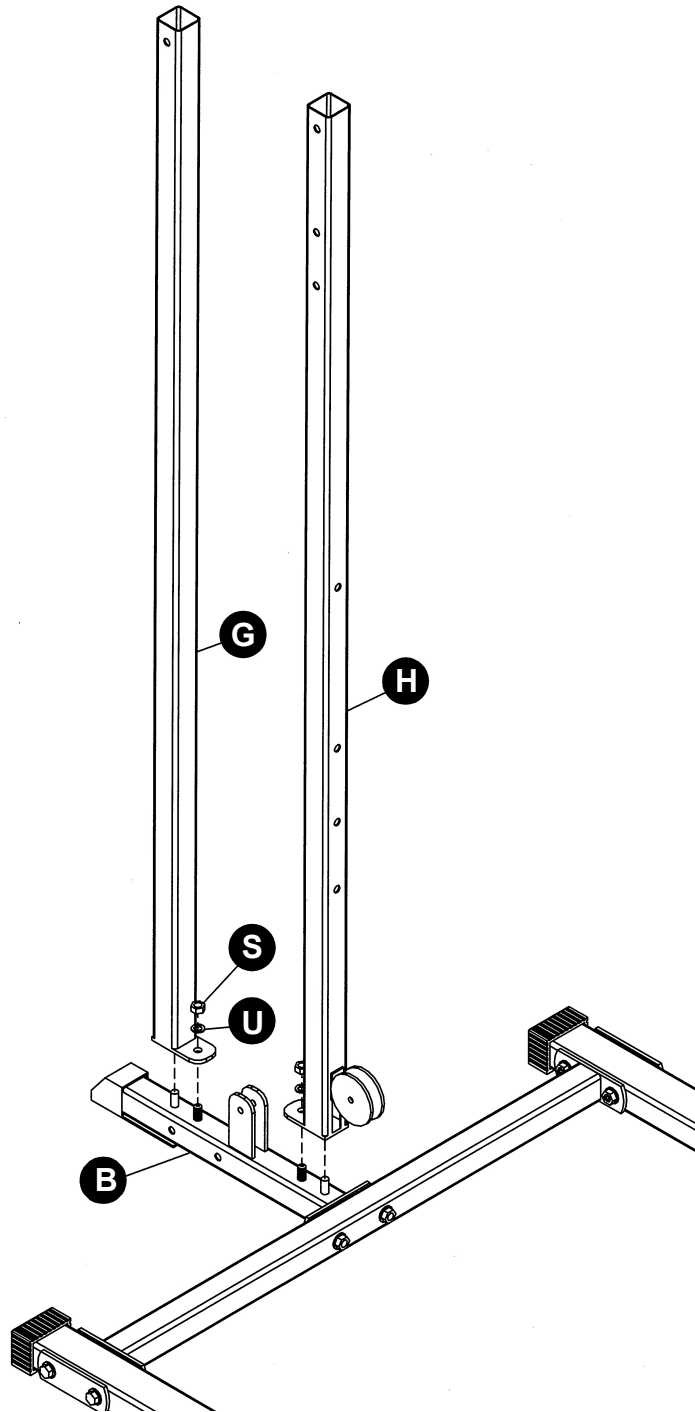
(NOTE: THE NUTS USED ON THIS ARE LOCKNUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT.)

TOOLS REQUIRED:

METRIC WRENCHES OR SOCKET SET

ATTACH THE BOTTOM SUPPORT (B) TO THE BOTTOM CROSSMEMBER OF THE POWER RACK OR SMITH MACHINE YOU ARE INSTALLING TO USING M12 x 75MM BOLTS (O), 4" FLANGE PLATES (J), M12 WASHERS (U) AND M12 LOCKNUTS (S). TIGHTEN SECURELY.

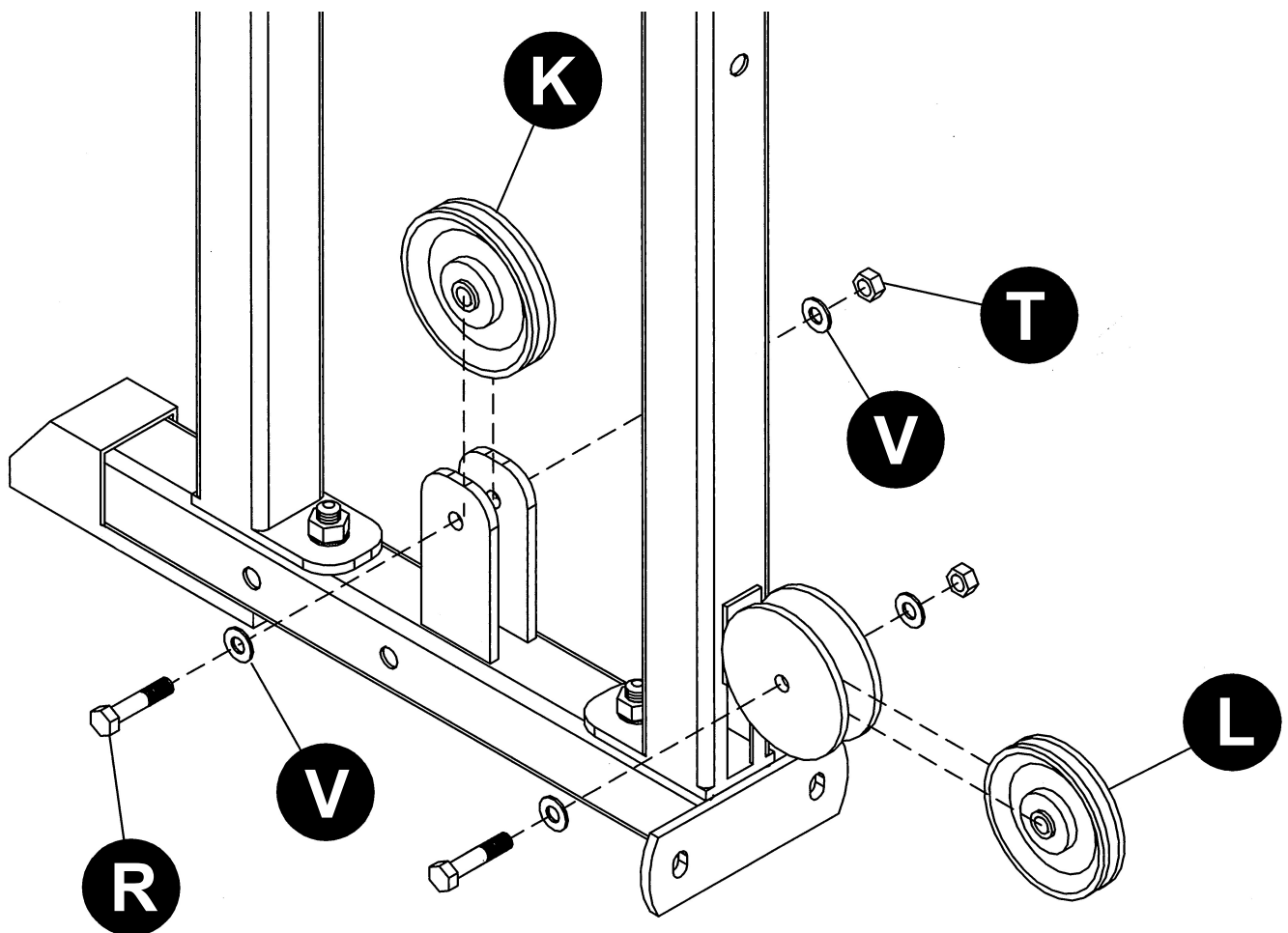
FRAME ASSEMBLY



INSTALL THE REAR SUPPORT TUBE (**G**) TO THE BOTTOM SUPPORT (**B**) ALIGNING HOLES IN FLANGE WITH PIN AND THREADED STUD. INSTALL 12MM WASHER (**U**) AND 12MM NUT (**S**) AND TIGHTEN.

INSTALL THE FRONT SUPPORT TUBE (**H**) TO THE BOTTOM SUPPORT (**B**) ALIGNING HOLES IN FLANGE WITH PIN AND THREADED STUD. INSTALL 12MM WASHER (**U**) AND 12MM NUT (**S**) AND TIGHTEN.

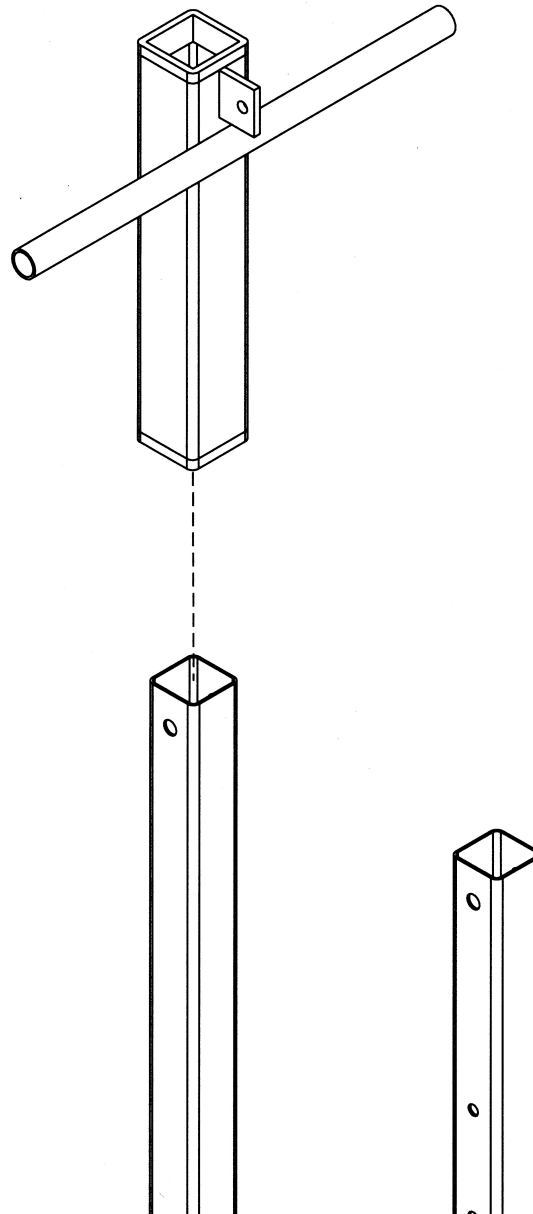
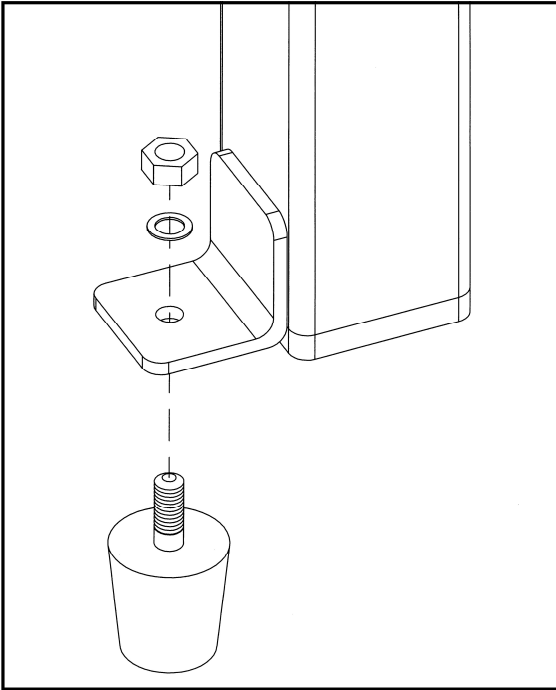
LOWER PULLEY ASSEMBLY



INSTALL THE 4-1/2" PULLEY (K) INTO THE CENTER FLANGES OF THE BOTTOM SUPPORT USING THE M10 x 45MM BOLT (R), 10MM WASHERS (V), AND M10 LOCK-NUT (T).

INSTALL THE 3-1/2" PULLEY (L) INTO THE FRONT FLANGES OF THE BOTTOM SUPPORT USING THE M10 x 45MM BOLT (R), 10MM WASHERS (V), AND M10 LOCK-NUT (T).

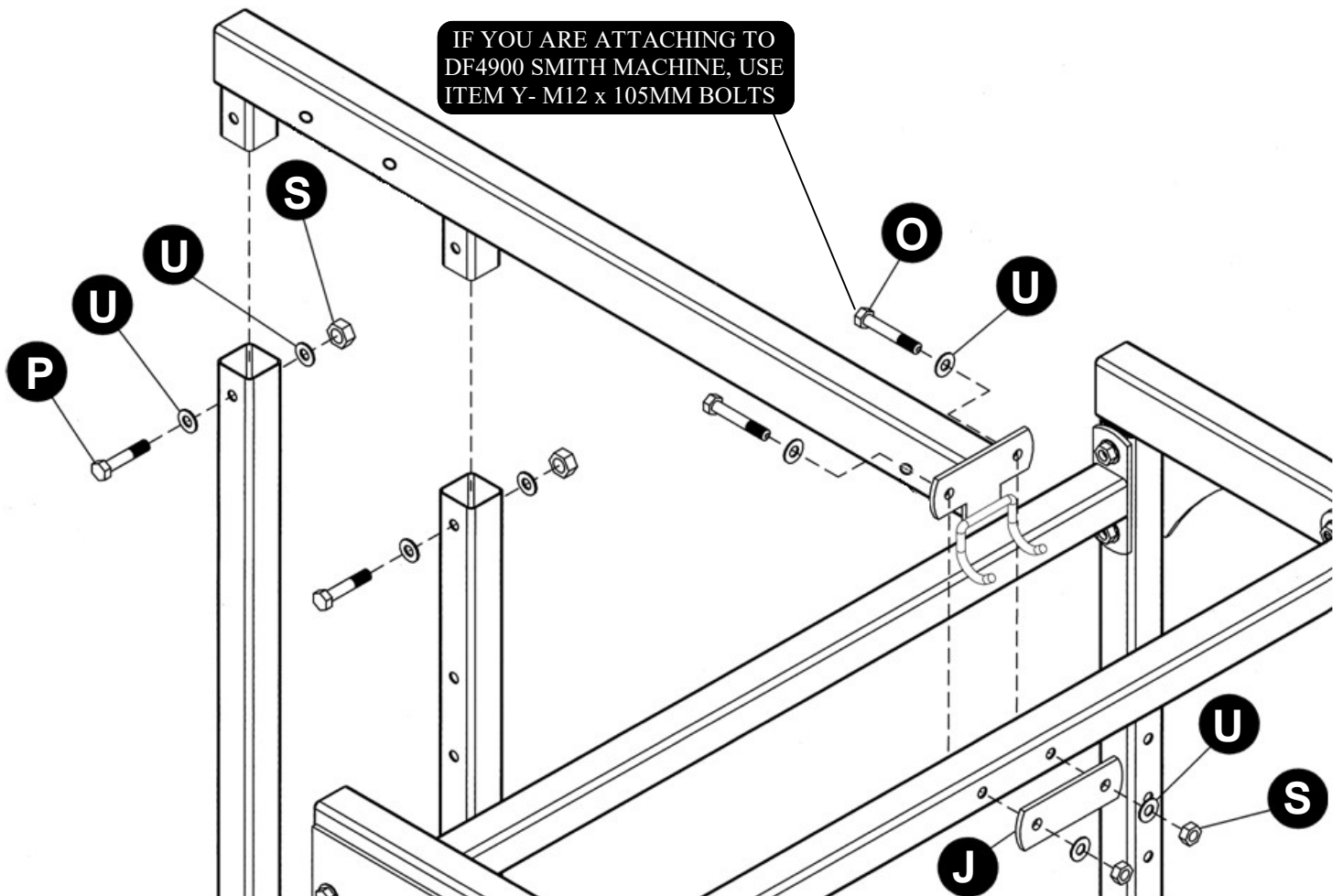
FRAME ASSEMBLY



INSTALL THE RUBBER BUMPER ON TO WEIGHT CARRIAGE ASSEMBLY WITH WASHER AND NUT.

INSTALL THE WEIGHT CARRIAGE ASSEMBLY ONTO THE REAR FRAME WITH THE WEIGHT BAR FACING FORWARD. SLIDE DOWN UNTIL IT RESTS ON THE RUBBER BUMPER.

FRAME ASSEMBLY

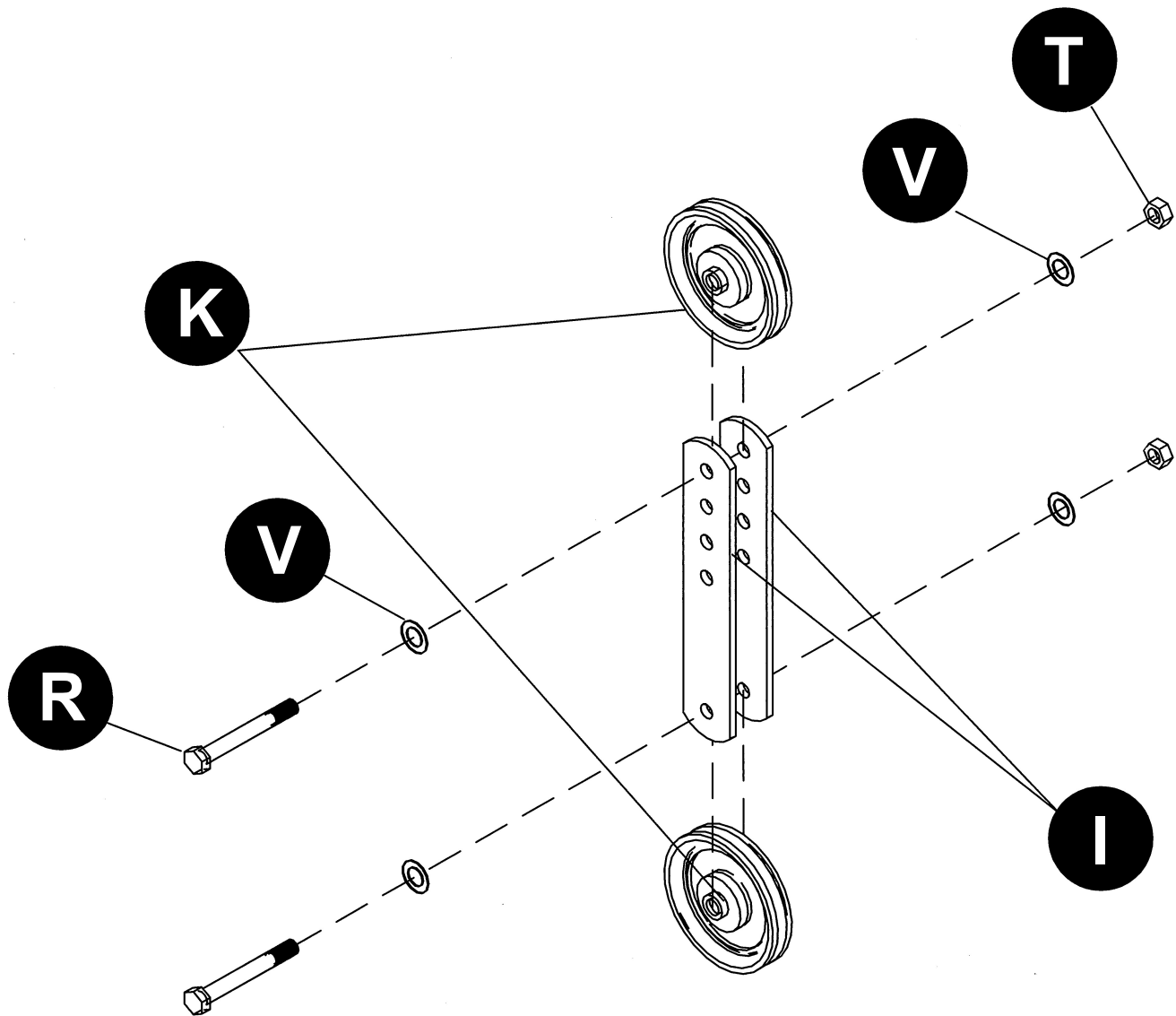


ATTACH THE FRONT OF THE TOP FRAME ASSEMBLY TO THE POWER RACK WITH M12 x 75MM BOLTS (O), M12 WASHERS (U), 4" FLANGE (J), AND LOCKNUTS (S). (IF YOU ARE ATTACHING TO DF4900 SMITH MACHINE USE M12 x 105MM BOLTS INSTEAD)

ATTACH THE BACK OF THE TOP FRAME ASSEMBLY TO THE FRAME SUPPORT TUBES WITH M12 x 65MM BOLTS (P), M12 WASHERS (U), AND LOCKNUTS (S). SECURELY TIGHTEN ALL BOLTS.

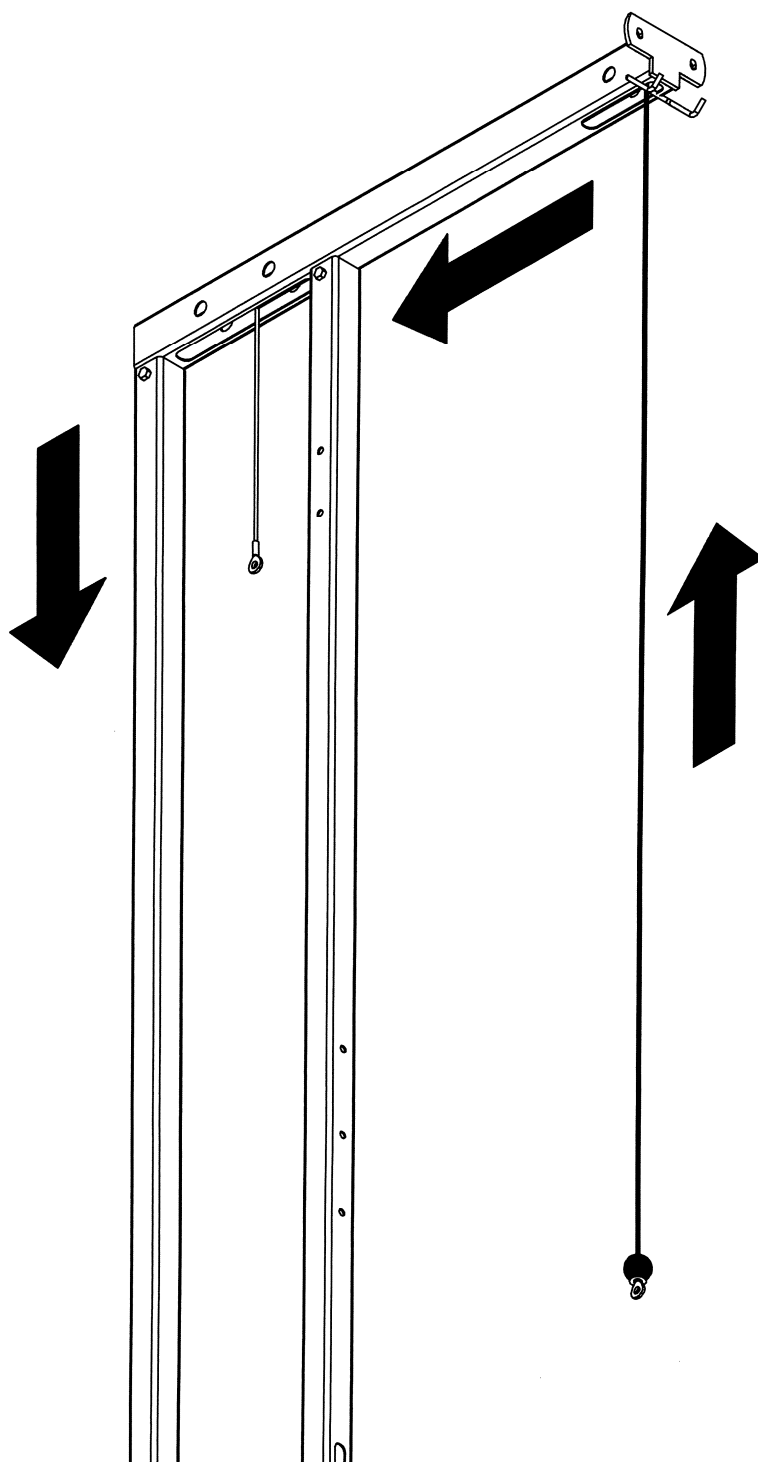
FLOATING PULLEY ASSEMBLY

(NOTE: THE NUTS USED ON THIS BENCH ARE LOCK NUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT.)



ASSEMBLE THE FLOATING PULLEY ASSEMBLY USING THE 4-1/2" PULLEYS (K), THE PULLEY FLANGES (I), THE M10 x 45MM BOLTS (R), THE 10MM FLAT WASHERS (V), AND THE 10MM LOCKNUTS (T).

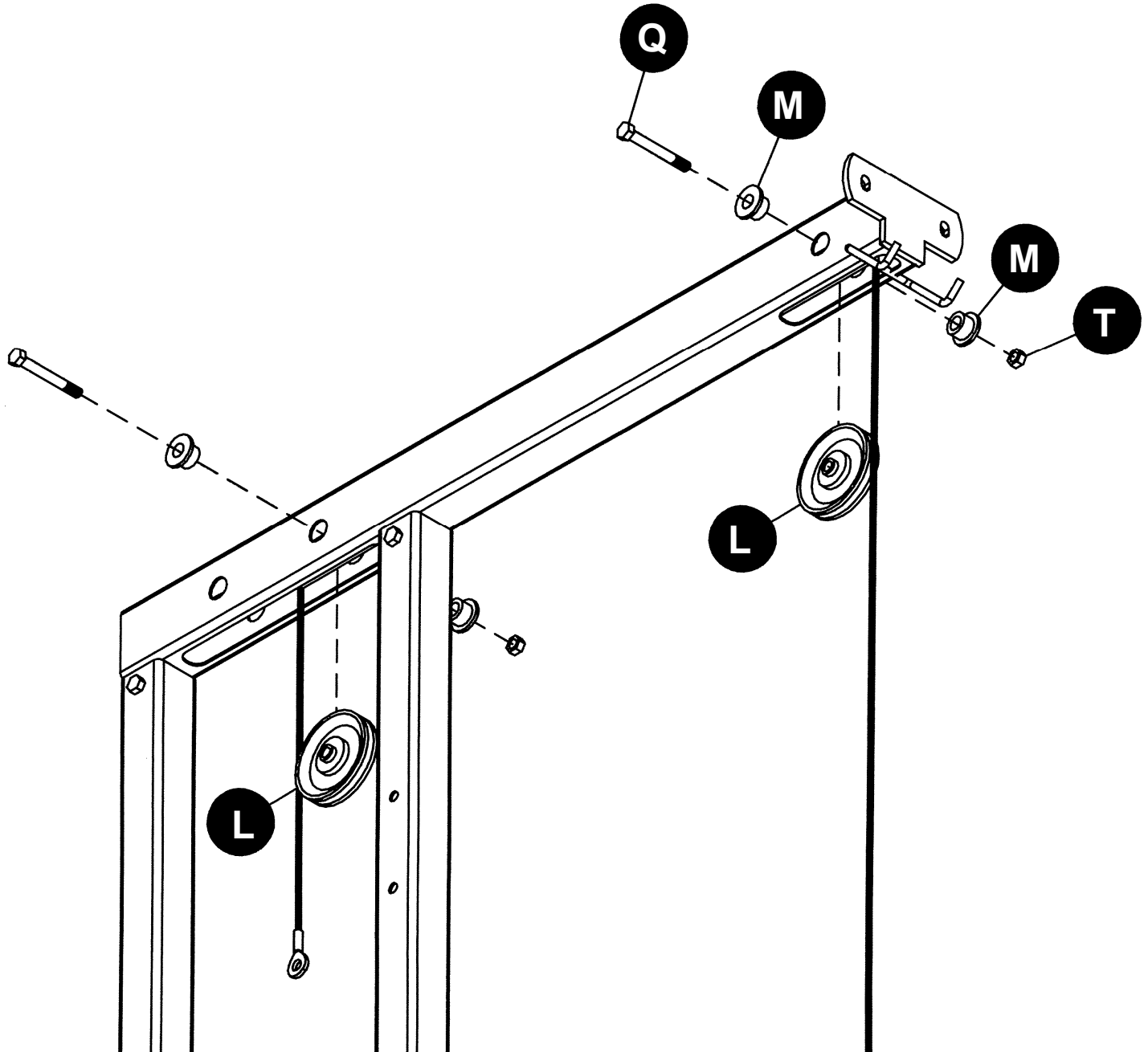
UPPER CABLE INSTALLATION



THE UPPER AND LOWER CABLES ARE THE SAME.

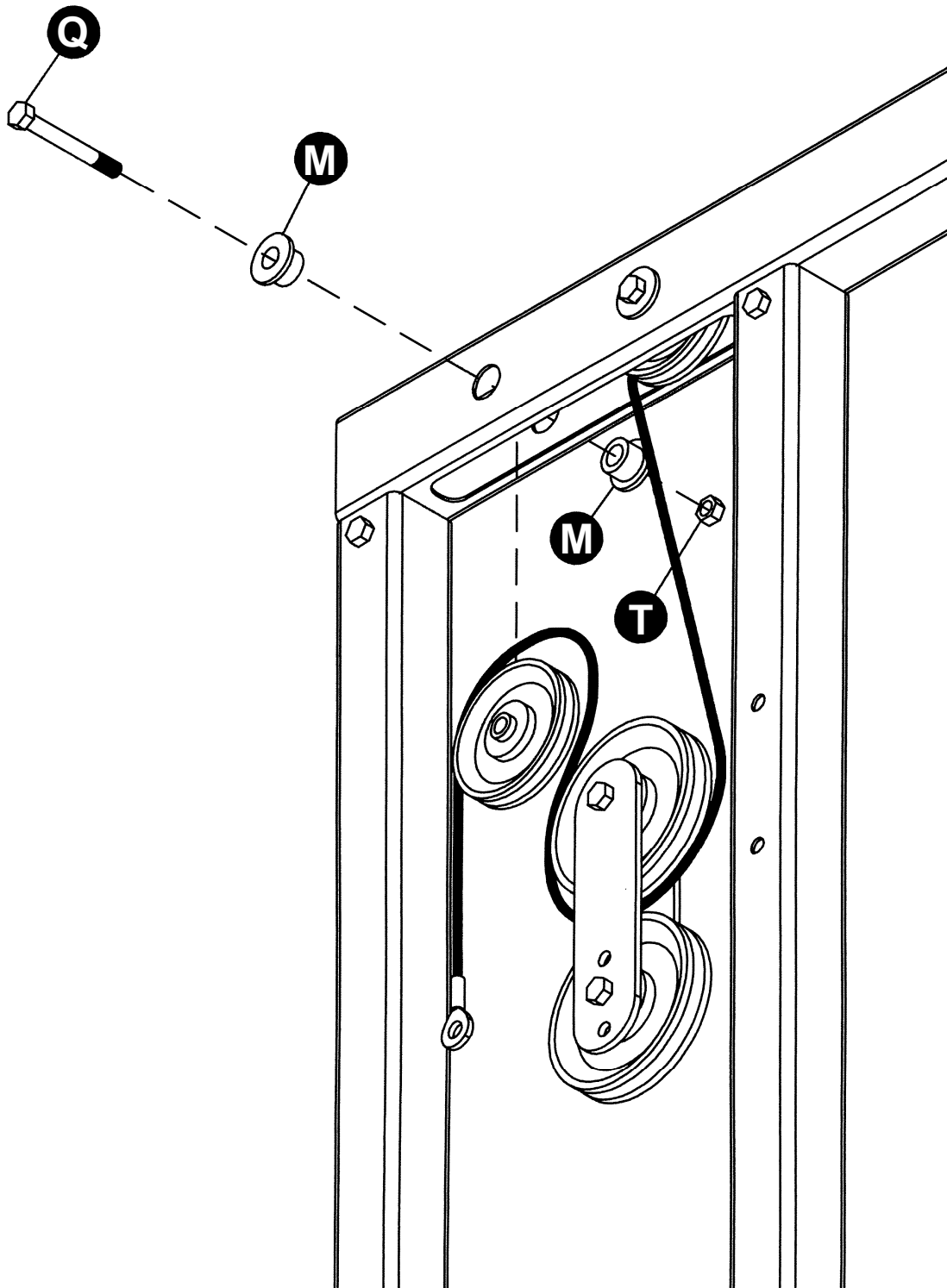
STARTING WITH THE CABLE END WITHOUT THE BALL, INSERT CABLE INTO FRONT OPENING OF THE UPPER PULLEY FRAME AND FEED IT TOWARDS THE BACK. PULL CABLE END OUT THROUGH REAR OPENING.

UPPER CABLE INSTALLATION



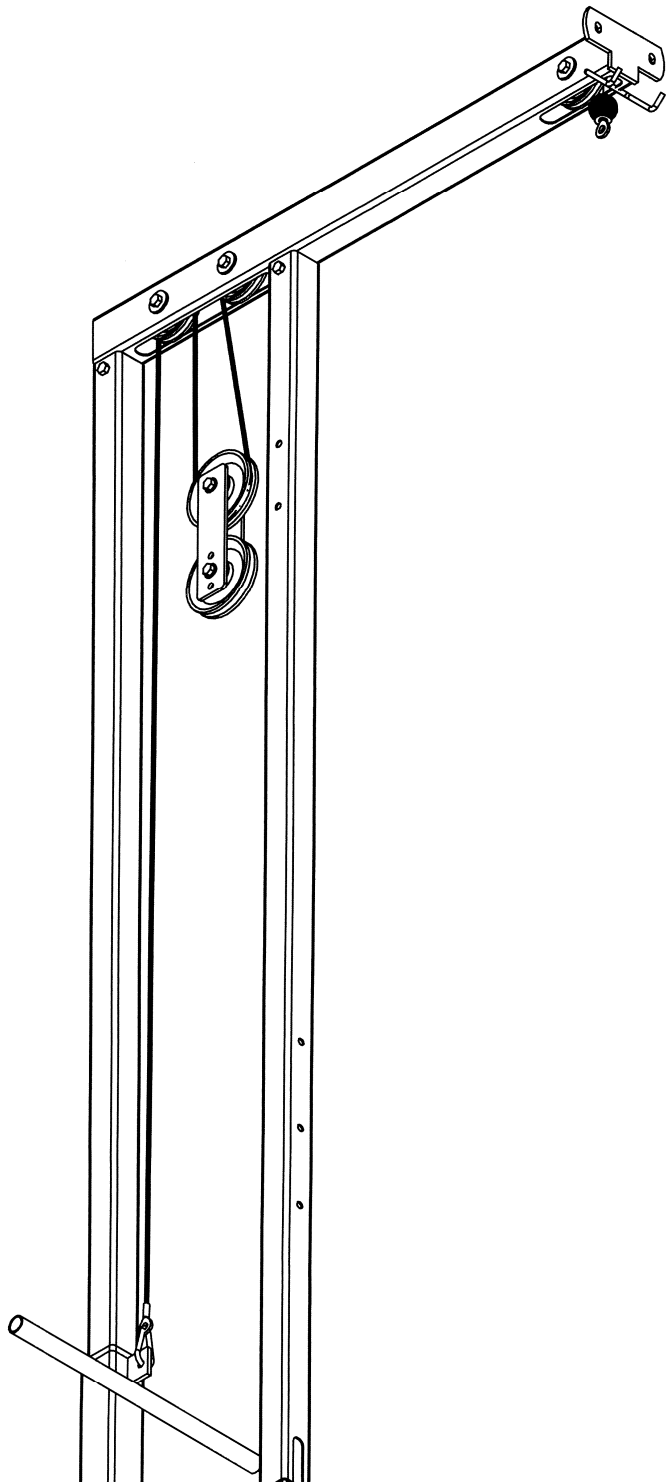
INSERT 3-1/2" PULLEY (L) INTO FRONT OPENING OF UPPER PULLEY FRAME AND INSTALL USING THE M10 x 70MM BOLT (Q), PULLEY BUSHINGS (M), AND M10 LOCKNUT (T). REPEAT FOR MIDDLE PULLEY.

UPPER CABLE INSTALLATION



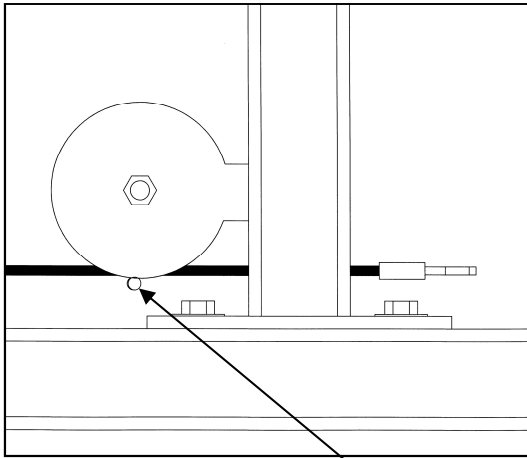
FEED CABLE END AROUND TOP PULLEY OF FLOATING PULLEY ASSEMBLY AND THEN OVER 3-1/2" PULLEY. INSTALL 3-1/2" PULLEY IN UPPER PULLEY FRAME USING THE M10 x 70MM BOLT (Q), PULLEY BUSHINGS (M), AND M10 LOCKNUT (T).

UPPER CABLE INSTALLATION

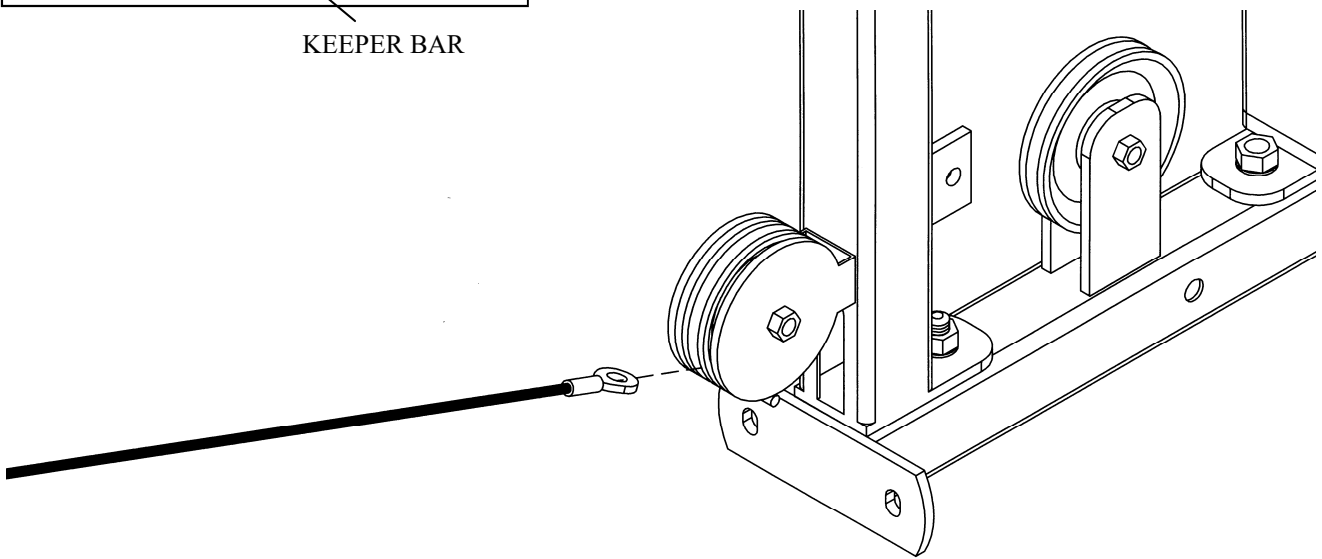


ATTACH SNAP END OF CABLE AND ATTACH TO FLANGE ON WEIGHT SLIDE.

LOWER CABLE INSTALLATION

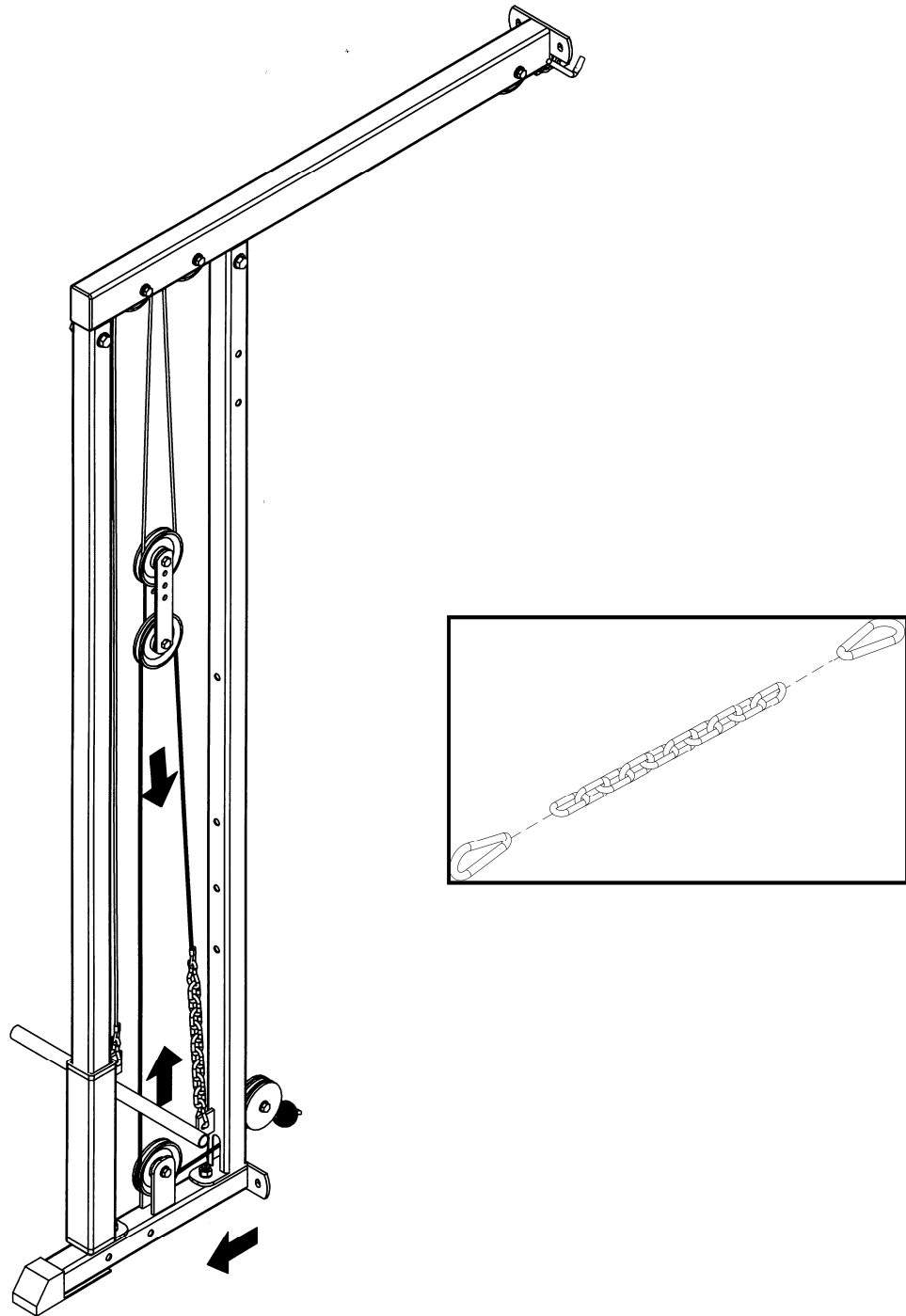


KEEPER BAR



STARTING WITH THE CABLE END WITHOUT THE BALL, INSERT CABLE UNDER 3-1/2" PULLEY ON FRONT SUPPORT TUBE. MAKE SURE THAT CABLE IS BELOW PULLEY AND ABOVE KEEPER BAR ON BOTTOM OF PULLEY FRAME (SEE INSET PICTURE)

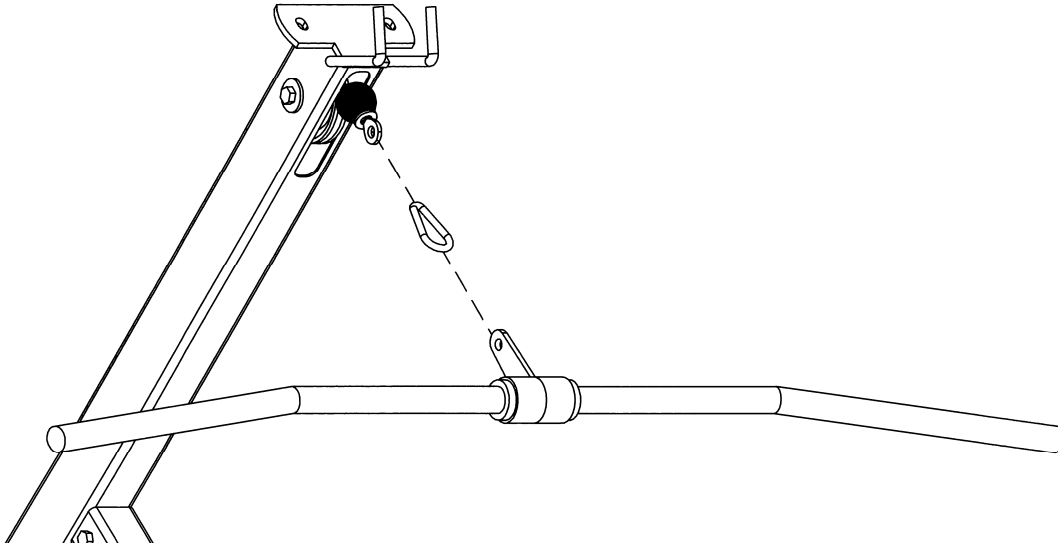
LOWER CABLE INSTALLATION



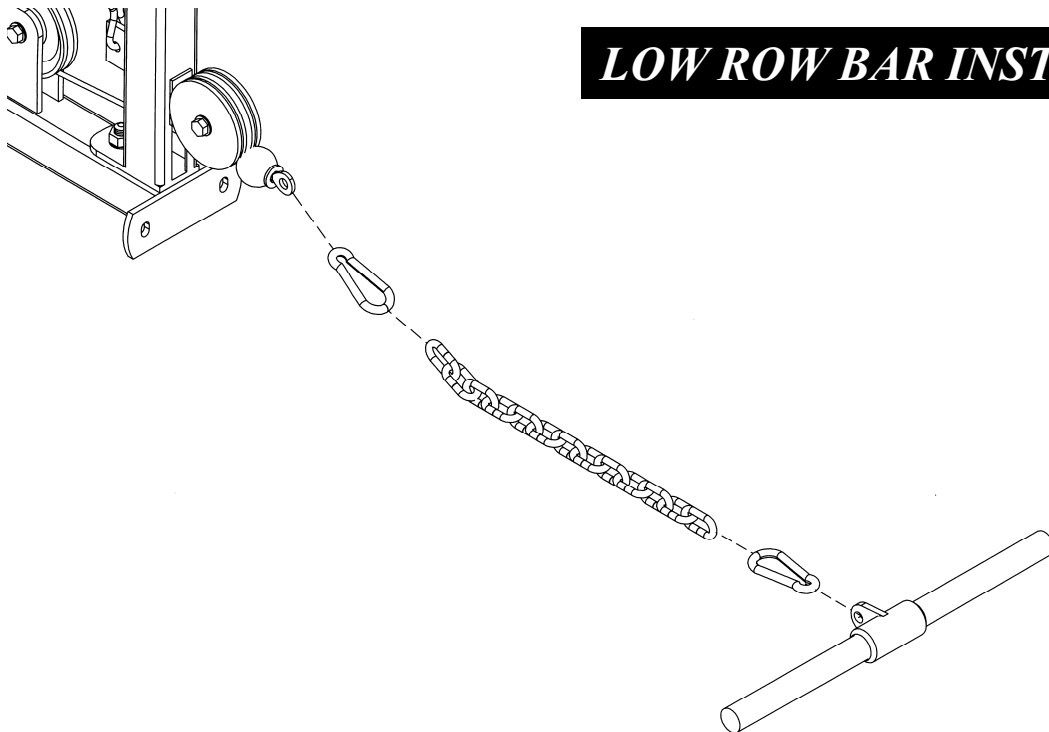
FEEED CABLE THROUGH OPENING IN FRONT SUPPORT TUBE. INSTALL CABLE AROUND 4-1/2" LOWER PULLEY, UP AND AROUND BOTTOM PULLEY OF FLOATING PULLEY ASSEMBLY.

ATTACH SNAP HOOKS TO BOTH ENDS OF CHAIN. ATTACH ONE END TO CABLE AND THE OTHER END TO MOUNTING FLANGE ON FRONT SUPPORT TUBE.

LAT BAR INSTALLATION



ATTACH LAT BAR TO UPPER CABLE WITH SNAP HOOK. MOVE TO CRADLE WHEN NOT IN USE.



LOW ROW BAR INSTALLATION

ATTACH LOW ROW BAR TO LOWER CABLE WITH 2 SNAP HOOKS AND CHAIN. YOU CAN ALSO USE THIS CHAIN ON THE HIGH PULLEY TO DO TRICEP EXERCISES.

1. CABLE WILL NOT MOVE OR RUBS

CHECK TO MAKE SURE ALL CABLES ARE IN THE V GROOVE OF THE PULLEYS.

CHECK ALL PULLEYS TO MAKE SURE THEY ROTATE FREELY.

2. SEAT OR LEG HOLD-DOWN WON'T ADJUST

MAKE SURE THE TIGHTEN DOWN KNOB IS LOOSENEED BEFORE MAKING ADJUSTMENTS.

3. MACHINE NOT OPERATING SMOOTHLY

MAKE SURE BOTH PLASTIC GUIDES ON WEIGHT SLIDE ASSEMBLY ARE FULLY SEATED AND HAVE NOT WORKED LOOSE.

USE SILICONE SPRAY OR SIMILAR LUBRICANT ON REAR SUPPORT TUBE AND PLASTIC GUIDES ON WEIGHT SLIDE ASSEMBLY.

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK 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, 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 REPLACE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.