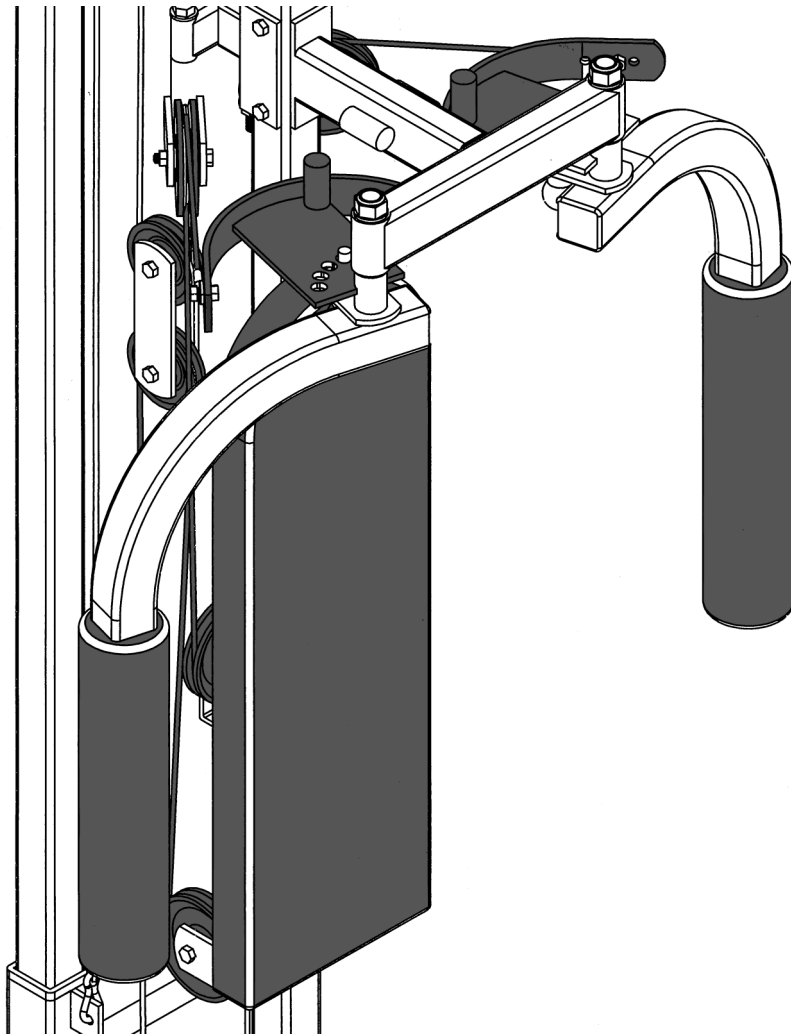


DF832

PEC ATTACHMENT

Assembly Manual



ASSEMBLY VIDEOS AVAILABLE

Click on the QR Code below for your model to access the assembly video

DF910– Lat Machine



DF908– Stack Loaded
Lat Machine

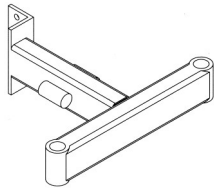


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FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

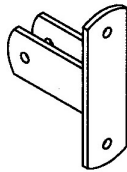
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



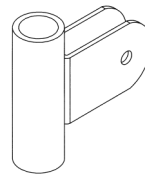
A

**ARM MOUNT
QTY 1**



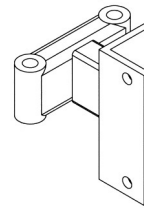
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**FIXED PULLEY
BRACKET
QTY 1**



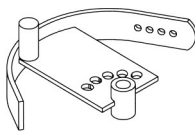
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**SWIVEL PULLEY
BRACKET
QTY 2**



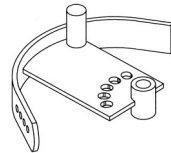
D

**SWIVEL PULLEY
MOUNT BRACKET
QTY 1**



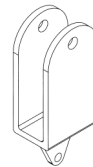
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**RIGHT HAND CAM
QTY 1**



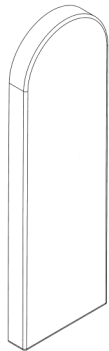
F

**LEFT HAND CAM
QTY 1**



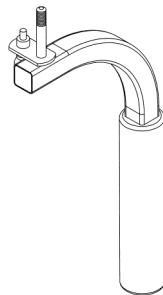
G

**FLOATING PULLEY
BRACKET
QTY 1**



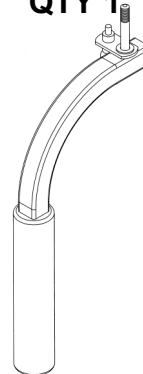
I

**BACKREST PAD
QTY 1**



J

**RIGHT HAND ARM
QTY 1**



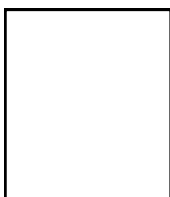
K

**LEFT HAND ARM
QTY 1**

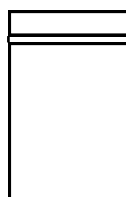


L

**CABLE
QTY 1**

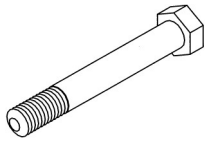


**DF832
INSTRUCTIONS
QTY 1**



**DF832
HARDWARE
QTY 1**

HARDWARE



M

**M12 x 75MM BOLT
QTY 2**



N

**LARGE BUSHING
QTY 8**



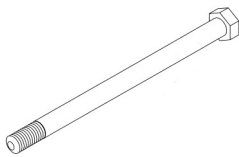
O

**SMALL BUSHING
QTY 8**



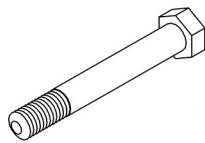
P

**3-1/2" PULLEY
QTY 7**



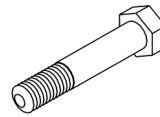
Q

**M12 x 170MM
BOLT
QTY 2**



R

**M10 x 70MM BOLT
QTY 4**



S

**M10 x 45MM BOLT
QTY 4**



U

**M10 x 25MM BOLT
QTY 2**



V

**M12 WASHERS
QTY 8**



W

**M10 WASHERS
QTY 18**



Y

**M16 LOCK NUT
QTY 2**



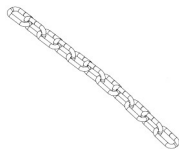
Z

**M12 LOCK NUT
QTY 4**



AA

**M10 LOCK NUT
QTY 8**



BB

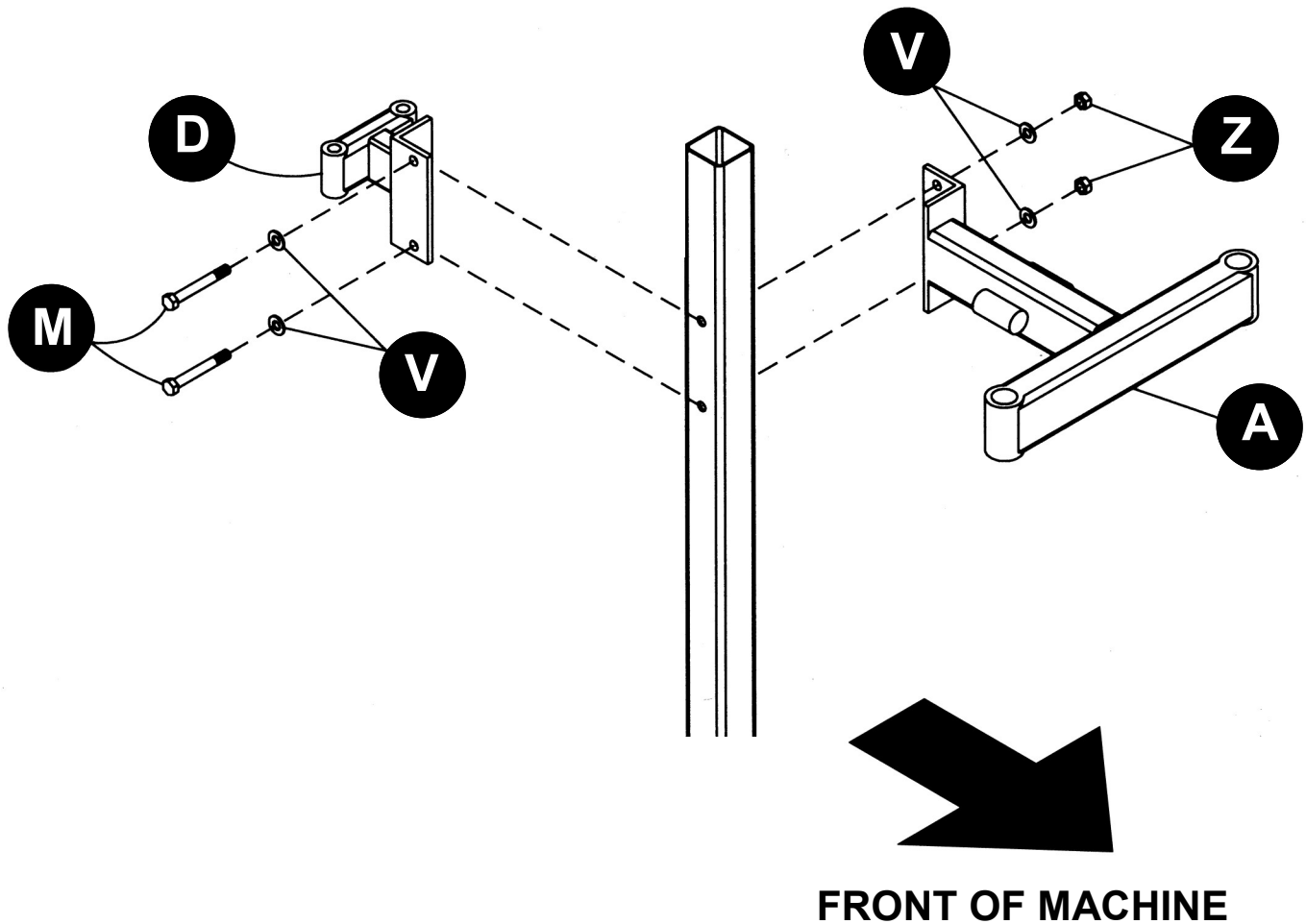
**CHAIN
QTY 1**

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ARM & PULLEY MOUNT INSTALLATION

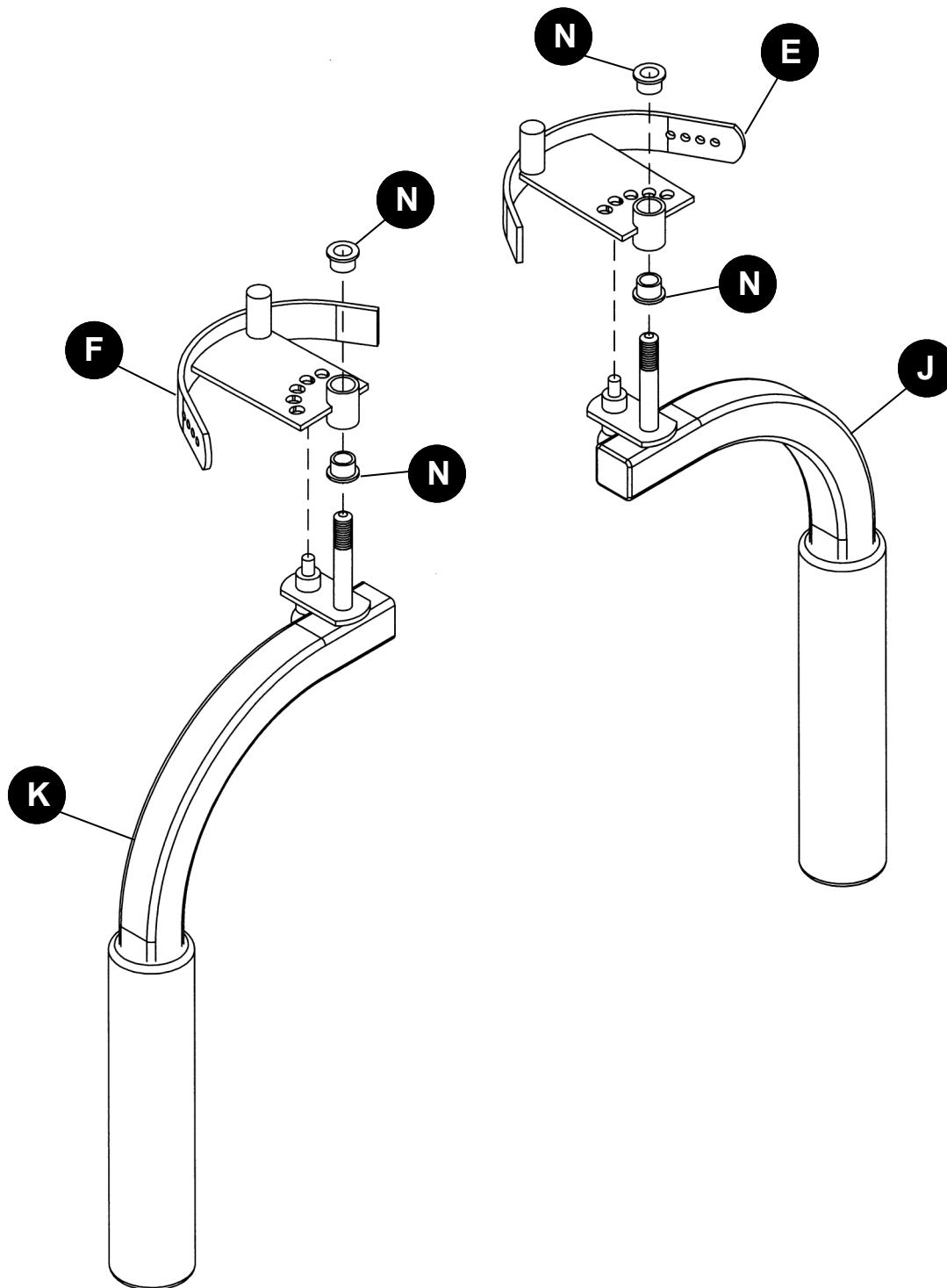


TOOLS REQUIRED:
WRENCHES OR METRIC SOCKET SET

ASSEMBLE THE ARM MOUNT (A) AND THE SWIVEL PULLEY MOUNT BRACKET (D) TO THE FRONT SUPPORT OF THE LAT MACHINE USING THE M12 x 75MM BOLTS (M), M12 FLAT WASHERS (V) AND M12 LOCK NUTS (Z)

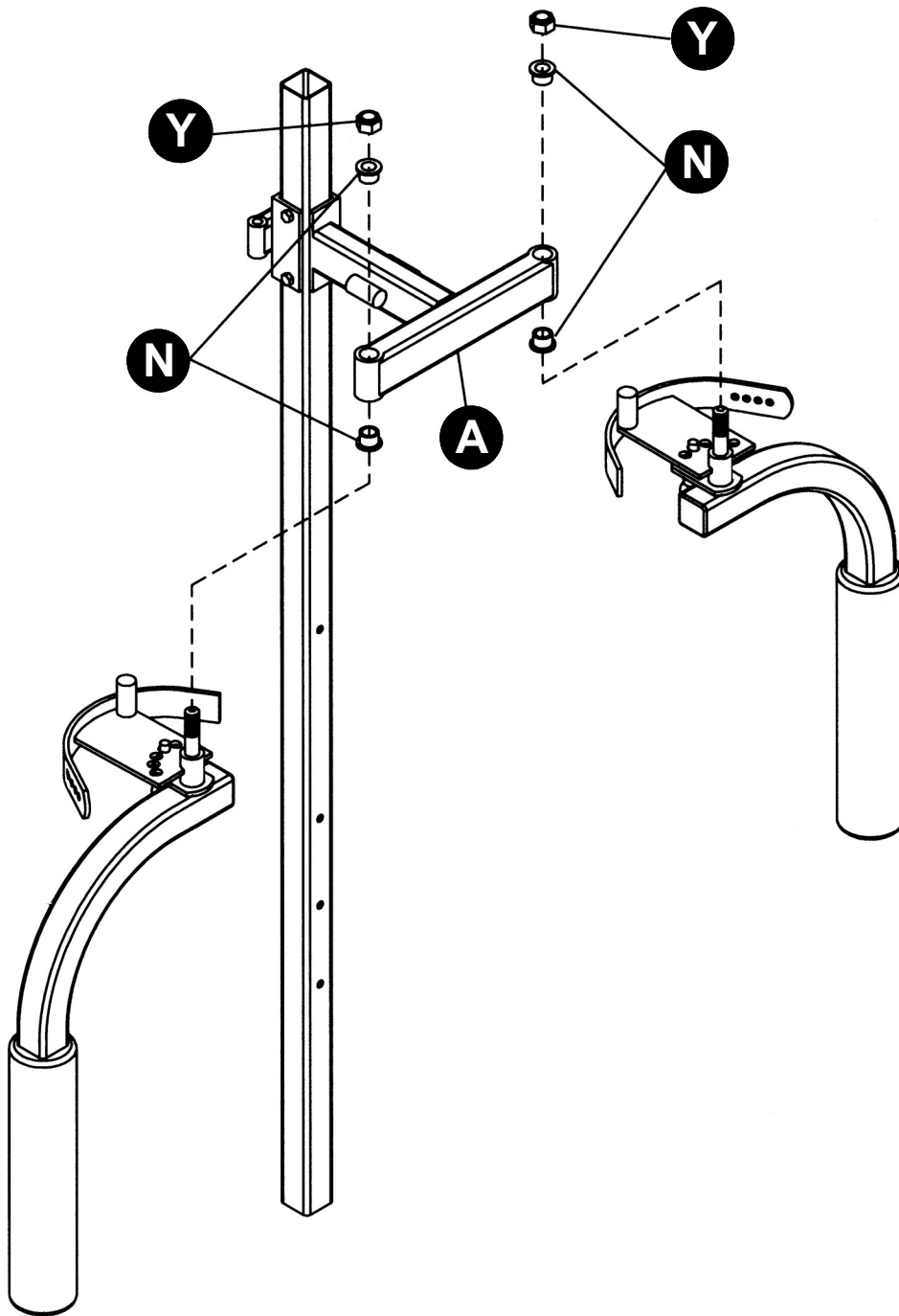
NOTE: THE NUTS USED ON THIS PRODUCT ARE LOCK NUTS SO YOU MUST USE A WRENCH TO TIGHTEN THE BOLT. THE BOLT MUST GO THRU THE PLASTIC INSERT IN THE NUT.

CAM & ARM PAD ASSEMBLY



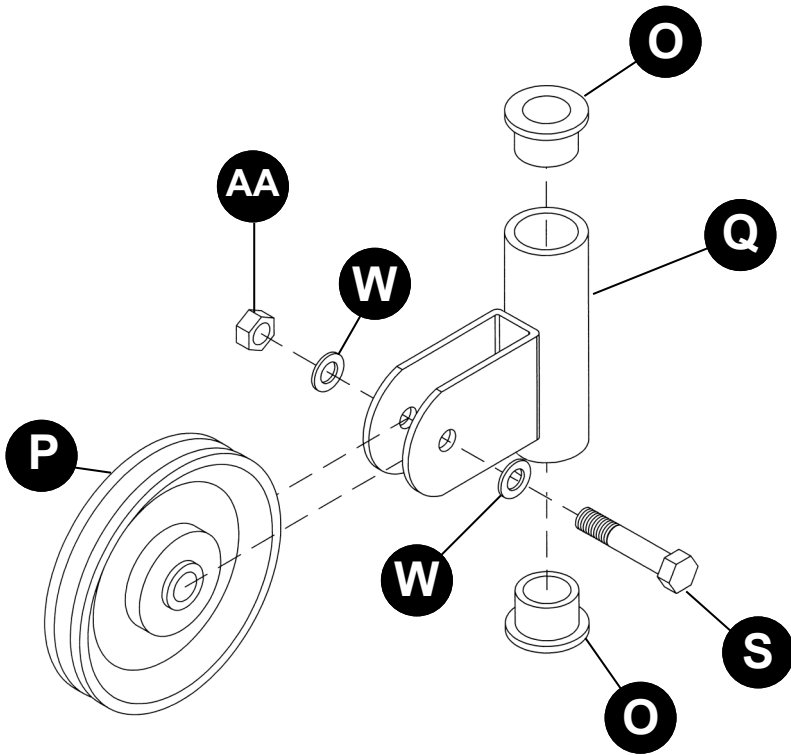
INSTALL THE CAMS (**E,F**) ON THE ARMS (**J,K**), INSERTING LARGE BUSHINGS (**N**) ON EACH END OF THE TUBE. THERE IS A LEFT HAND AND A RIGHT HAND SIDE SO YOU WILL NEED TO LOOK AT THE DIAGRAM TO ENSURE CORRECT INSTALLATION

ARM INSTALLATION



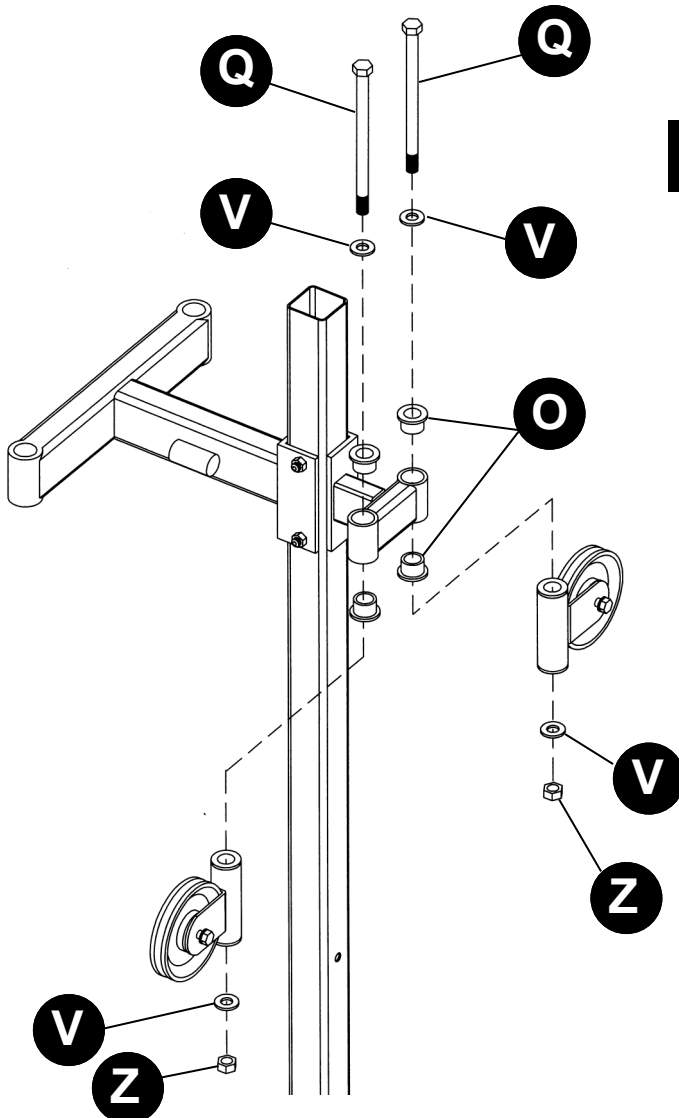
INSERT LARGE BUSHINGS (N) INTO THE ARM MOUNT (A). NOW ASSEMBLE THE WEIGHT ARMS TO THE ARM MOUNT (A) USING THE M19 LOCKNUTS (Y)

SWIVEL PULLEY ASSEMBLY



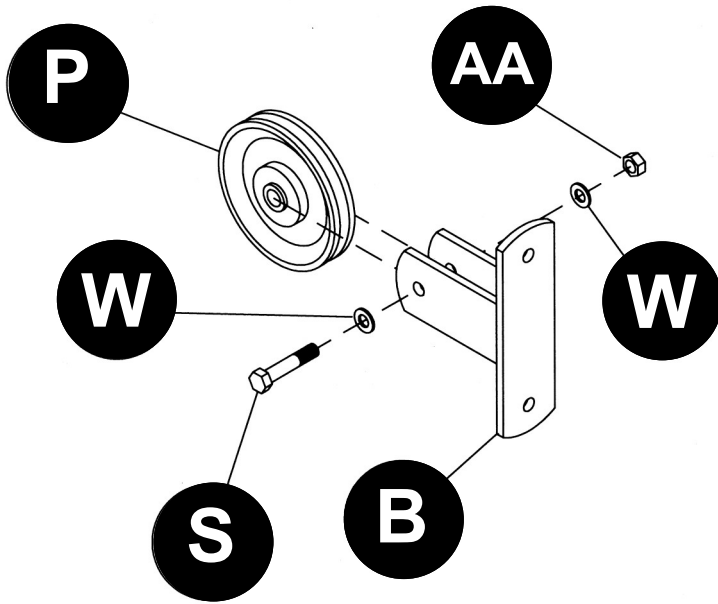
ASSEMBLE THE 3 ½" PULLEY (P) INTO THE SWIVEL PULLEY BRACKET (C) USING THE M10 x 45MM BOLT (S), M10 WASHERS (W), AND M10 LOCKNUT (AA). REPEAT FOR OTHER SWIVEL PULLEY ASSEMBLY. INSTALL SMALL BUSHINGS (O) INTO EACH END OF TUBE.

SWIVEL PULLEY INSTALLATION



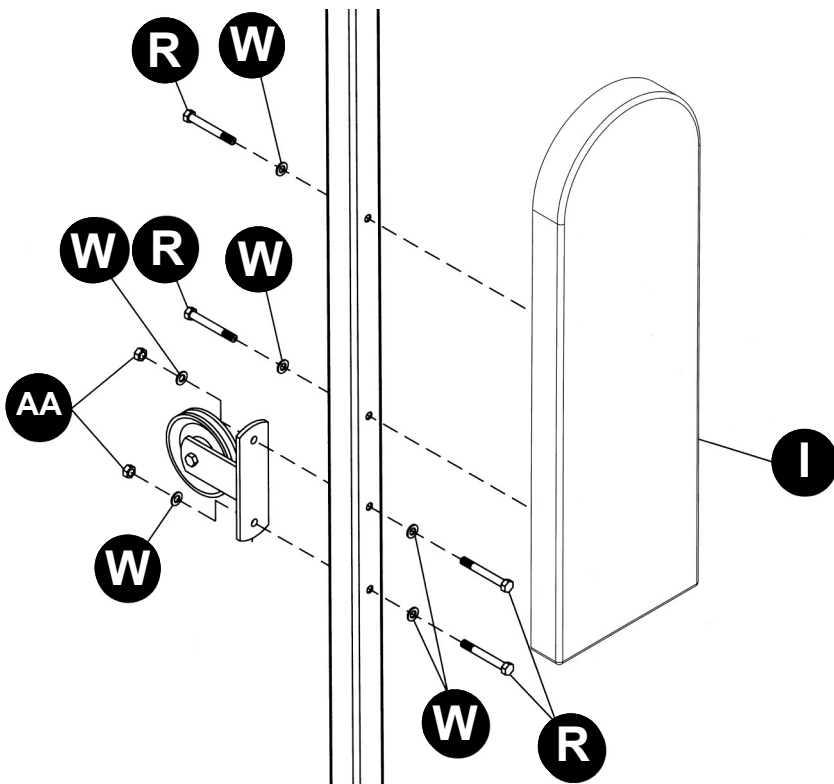
INSTALL THE SWIVEL PULLEY ASSEMBLIES TO THE MOUNT BRACKET USING THE M12 x 170MM BOLTS (Q), M12 WASHERS (V), SMALL BUSHINGS (O), AND M12 LOCKNUTS (Z).

FIXED PULLEY ASSEMBLY



INSTALL THE 3 1/2" PULLEY (P) INTO THE FIXED PULLEY BRACKET (B) USING THE M10 x 45MM BOLT (S) M10 WASHERS (W), AND M10 LOCK NUT (AA).

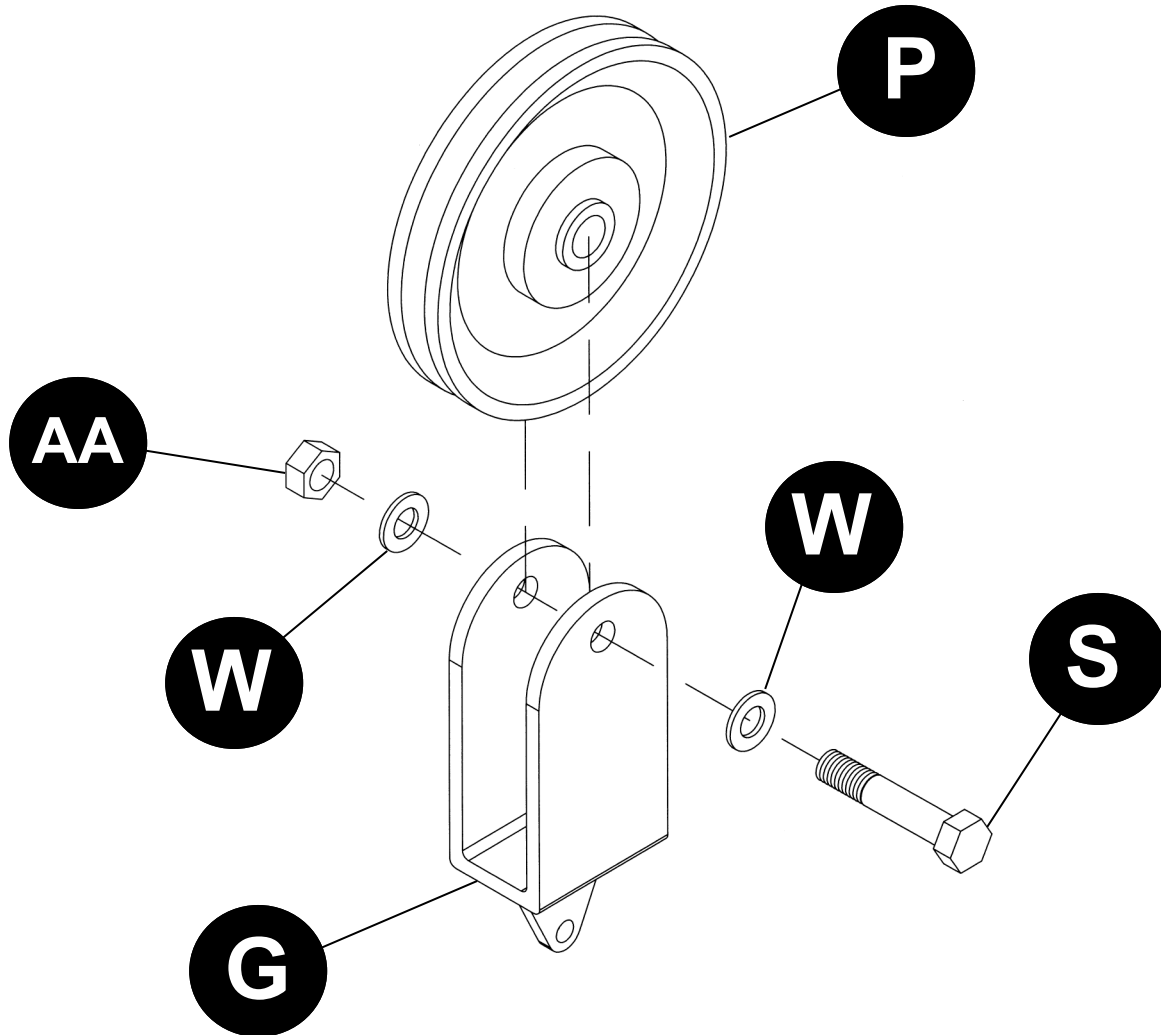
FIXED PULLEY & BACKREST INSTALLATION



ASSEMBLE THE BACKREST PAD (I) TO THE FRONT SUPPORT OF THE LAT MACHINE USING THE M10 x 70 BOLTS (R) AND THE M10 FLAT WASHERS (W). (THE BOLTS SCREW INTO THREADED INSERTS PRE-INSTALLED IN THE BACK PAD)

NEXT INSTALL THE FIXED PULLEY ASSEMBLY USING THE M10 x 70MM BOLTS (R) M10 FLAT WASHERS (W), AND M10 LOCKNUTS (AA).

FLOATING PULLEY ASSEMBLY



ASSEMBLE THE 3 ½" PULLEY (P) TO THE FLOATING PULLEY BRACKET (G) USING THE M10 x 45MM BOLT (S), M10 WASHERS (W) AND M10 NUT (AA).

PEC ATTACHMENT CABLE INSTALLATION

SWIVEL PULLEY ASSEMBLIES

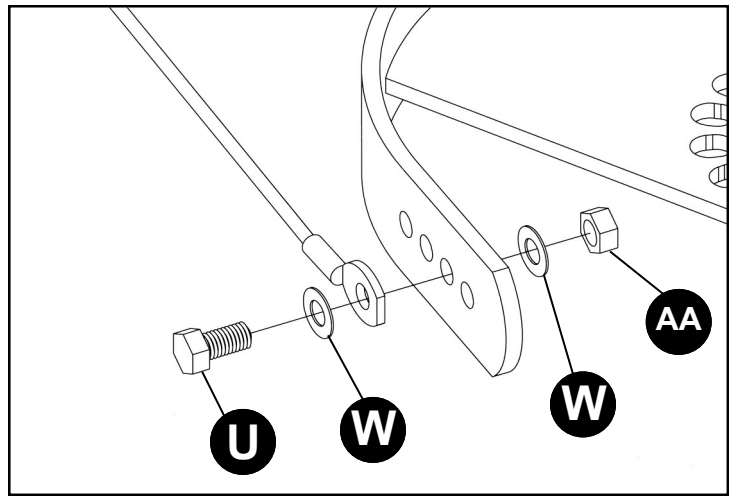
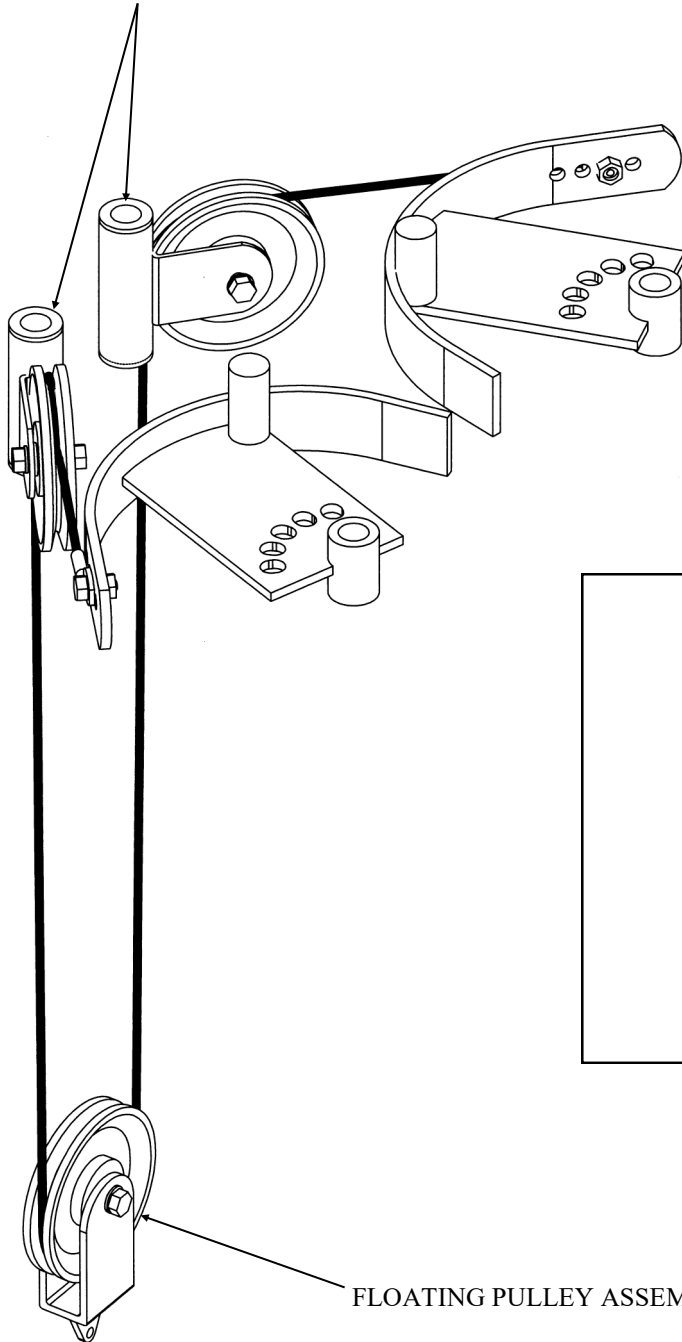


FIGURE A

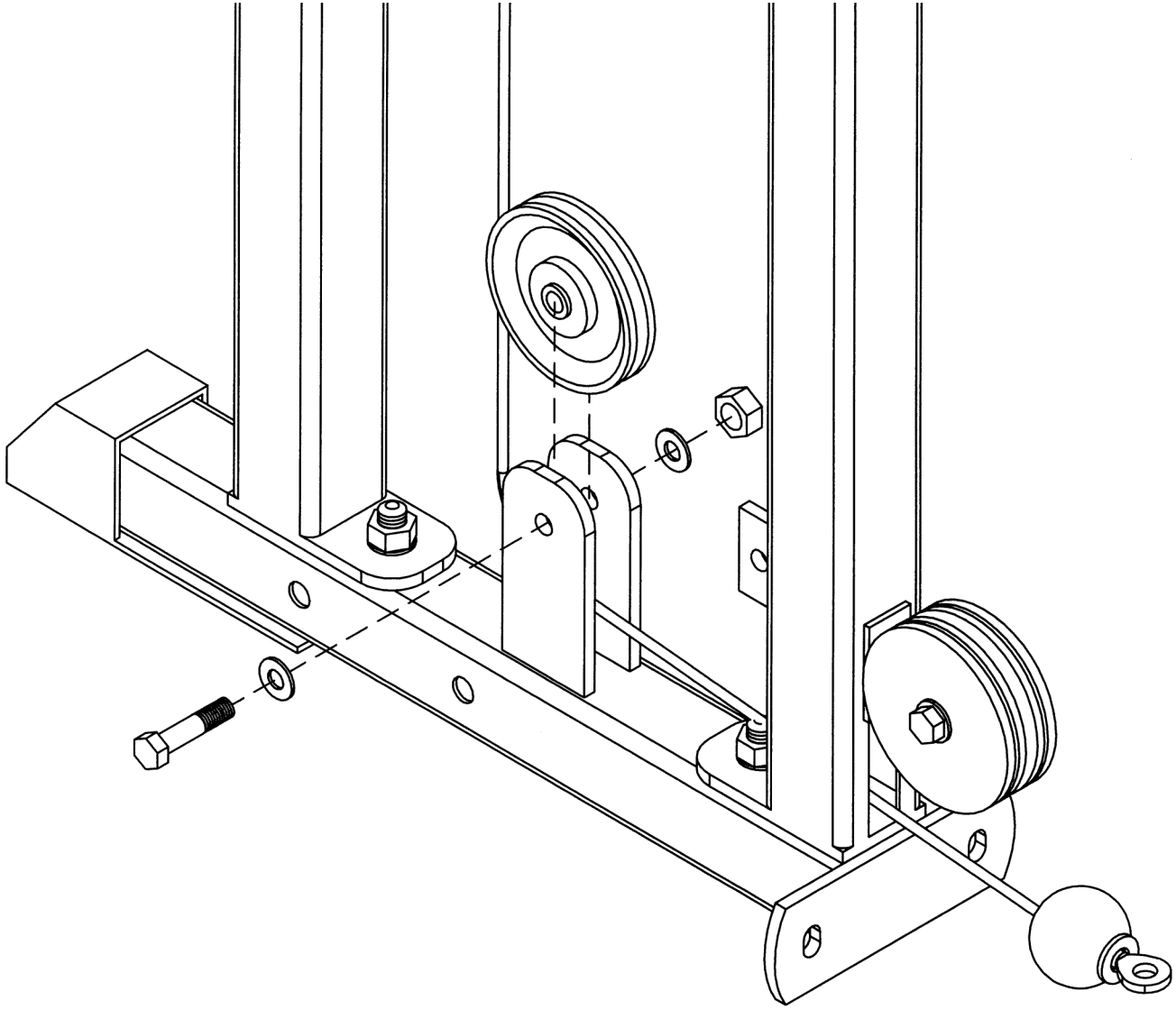
ATTACH THE PEC CABLE TO THE CAM ON THE LEFT SIDE USING THE M10 x 25MM BOLT (W), M10 WASHERS (W), AND M10 LOCKNUT (AA). (SEE FIGURE A)

NOTE: THERE ARE ADJUSTMENT HOLES ON EACH CAM TO COMPENSATE FOR CABLE STRETCH AFTER THE MACHINE IS USED FOR A WHILE.

RUN THE CABLE THROUGH THE LEFT SIDE SWIVEL PULLEY, DOWN THROUGH THE FLOATING PULLEY, UP THROUGH THE RIGHT SIDE SWIVEL PULLEY AND ATTACH TO RIGHT CAM.

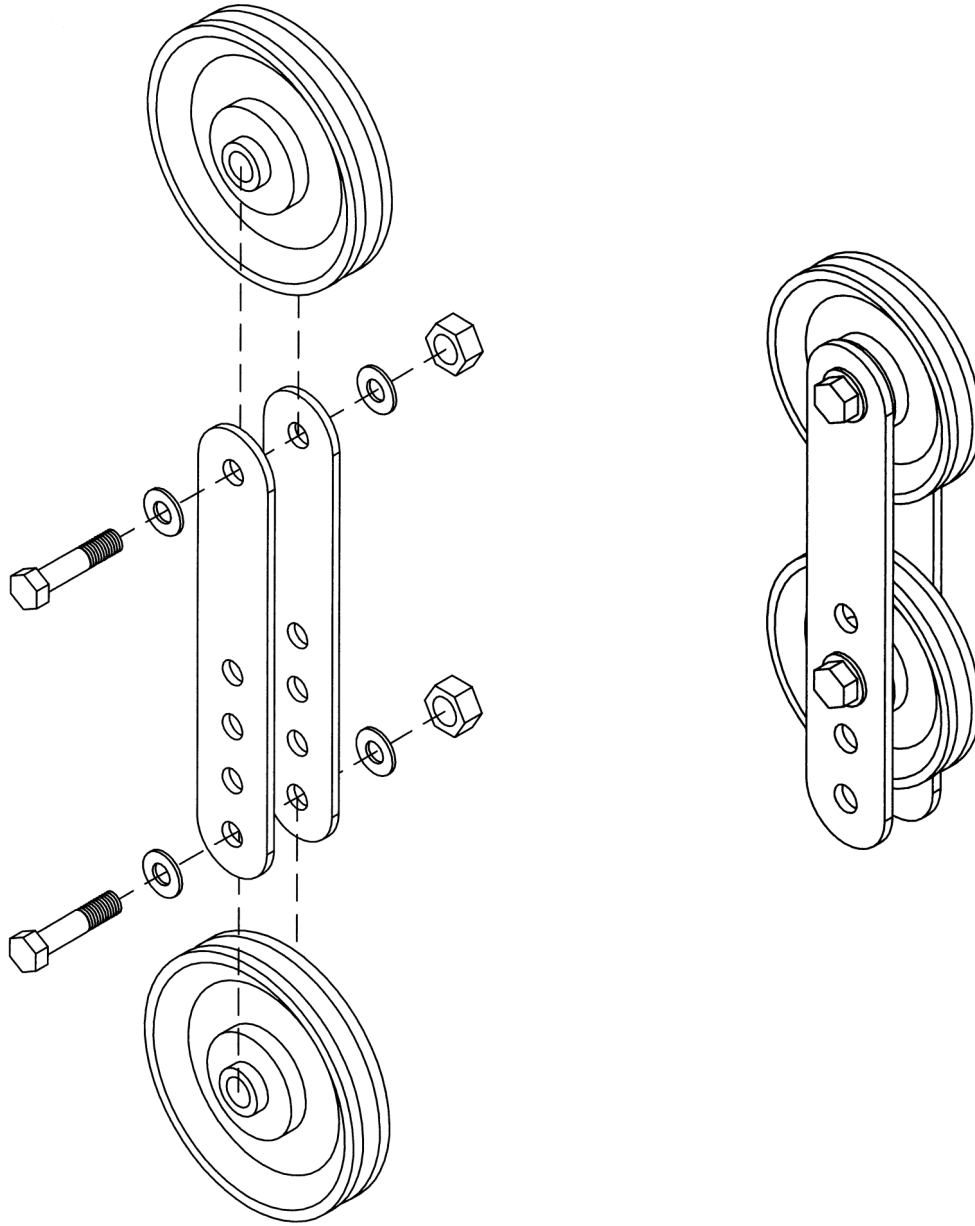
TIGHTEN THE BOLTS ON THE SWIVEL PULLEYS.

**INSTRUCTIONS FOR INSTALLING ON
DF838- STACK LOADED LAT ATTACHMENT**



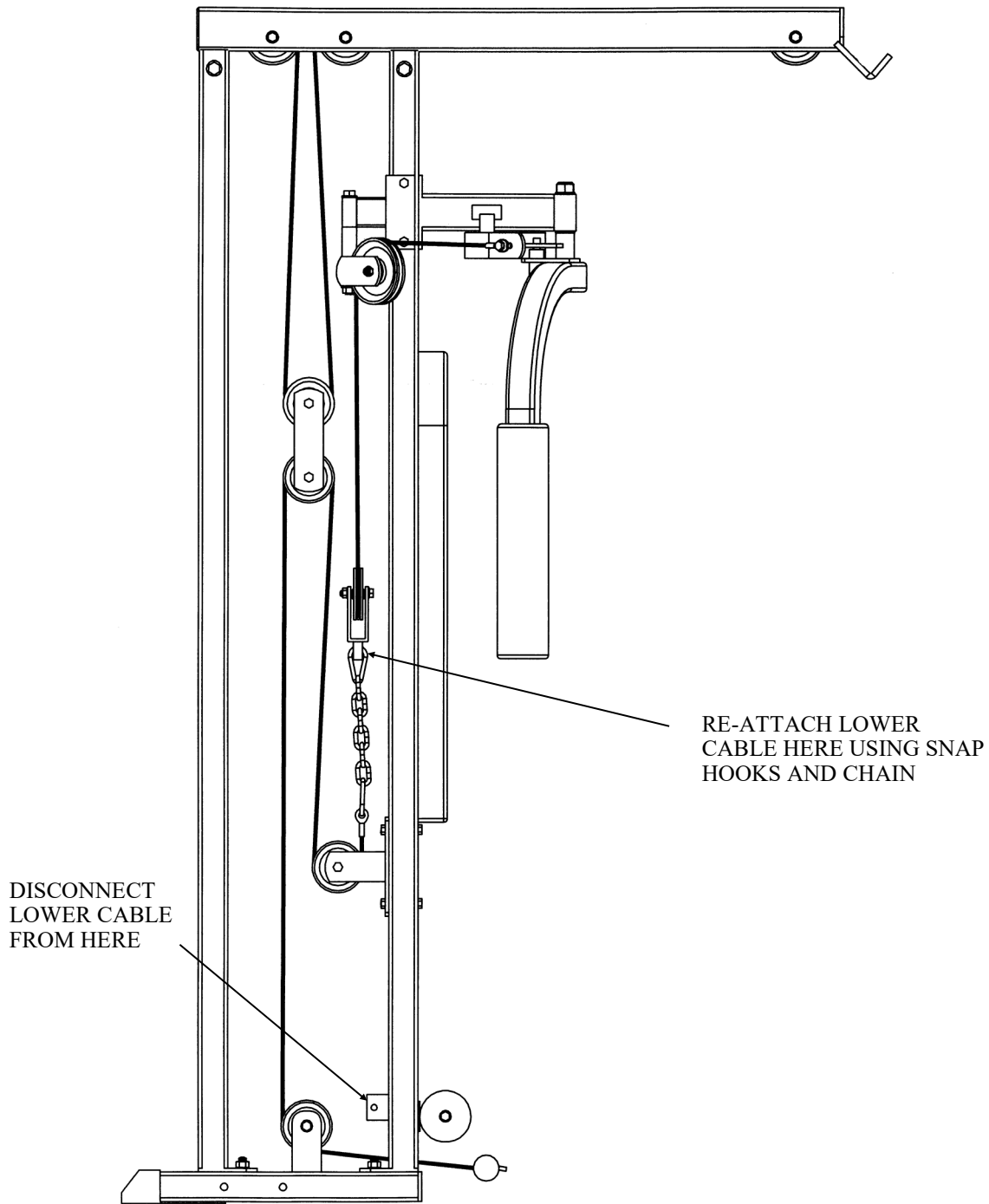
REMOVE THE THE 4-1/2" PULLEY FROM THE CENTER FLANGES OF THE BOTTOM SUPPORT AND REPLACE WITH 3-1/2" PULLEY.

DF838 FLOATING PULLEY ASSEMBLY



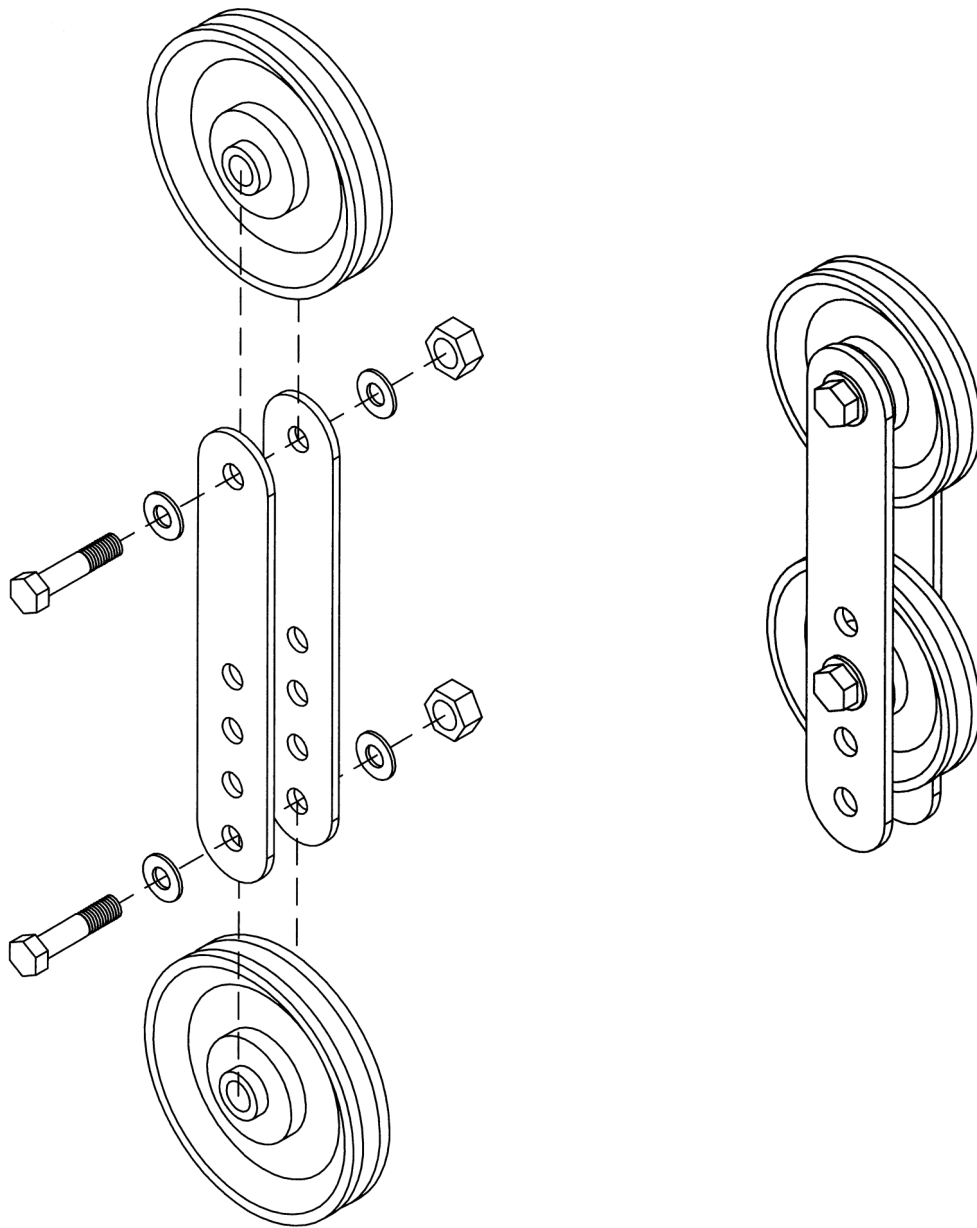
REMOVE THE 4-1/2" PULLEYS FROM THE FLOATING PULLEY ASSEMBLY AND REPLACE WITH 3-1/2" PULLEYS, MAKING SURE TO INSTALL THE LOWER BOLT IN THE HOLE SPECIFIED IN THE DIAGRAM ABOVE.

DF838 LOWER CABLE INSTALLATION



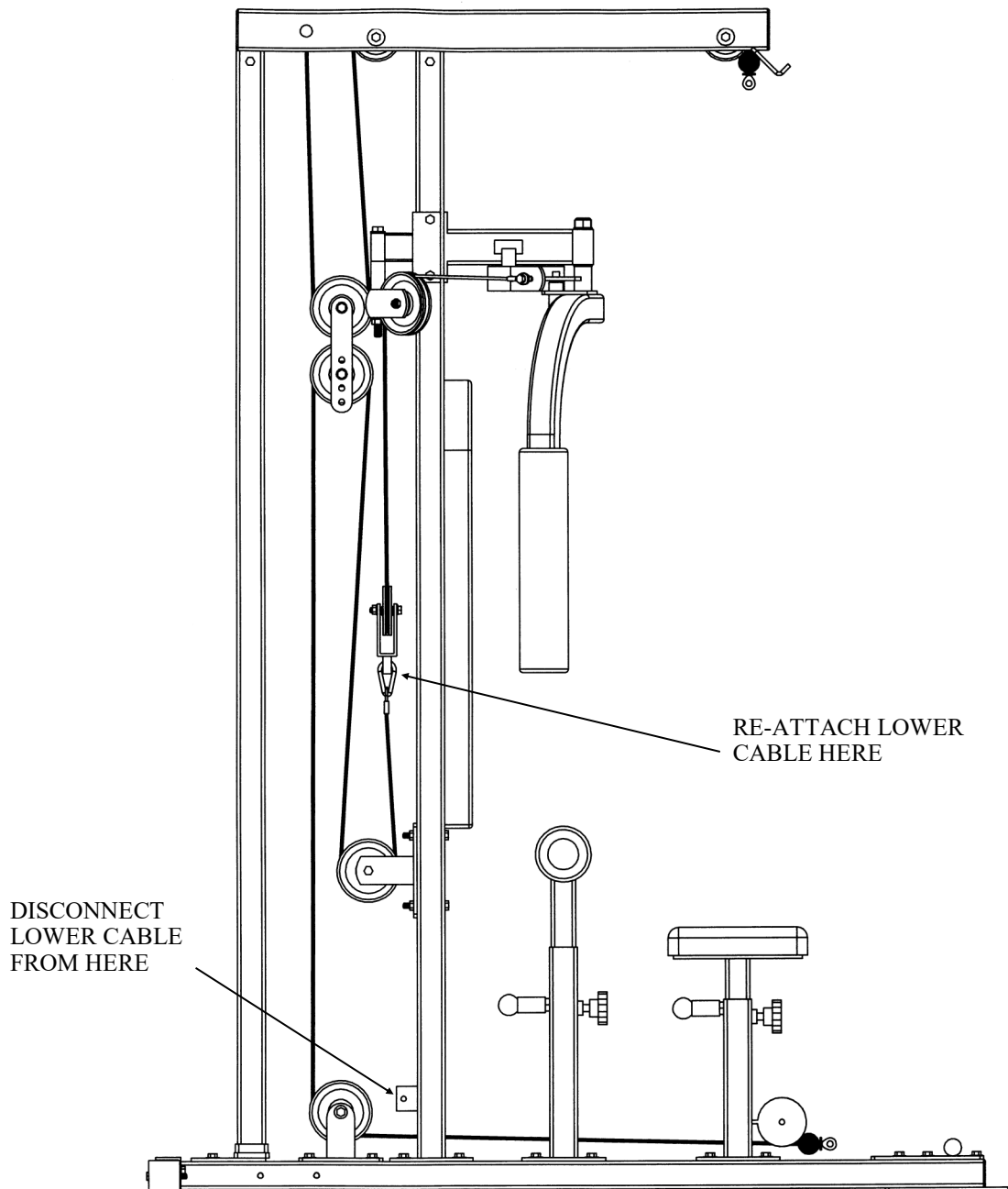
DISCONNECT THE END OF THE LOWER CABLE FROM THE FLANGE ON THE FRONT SUPPORT. RECONNECT IT TO THE FLOATING PULLEY ASSEMBLY ON THE PEC DEC USING THE CHAIN AND SPRING CLIPS PROVIDED.

DF908 FLOATING PULLEY ASSEMBLY



REMOVE THE 4-1/2" PULLEYS FROM THE FLOATING PULLEY ASSEMBLY AND REPLACE WITH 3-1/2" PULLEYS, MAKING SURE TO INSTALL THE LOWER BOLT IN THE HOLE SPECIFIED IN THE DIAGRAM ABOVE.

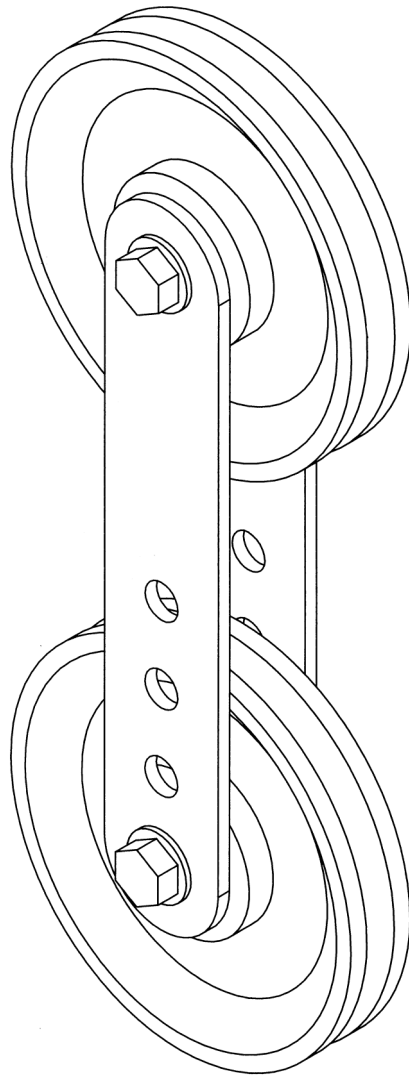
DF908 LOWER CABLE INSTALLATION



DISCONNECT THE END OF THE LOWER CABLE FROM THE FLANGE ON THE FRONT SUPPORT. RECONNECT IT TO THE FLOATING PULLEY ASSEMBLY ON THE PEC DEC WITH SPRING CLIP.

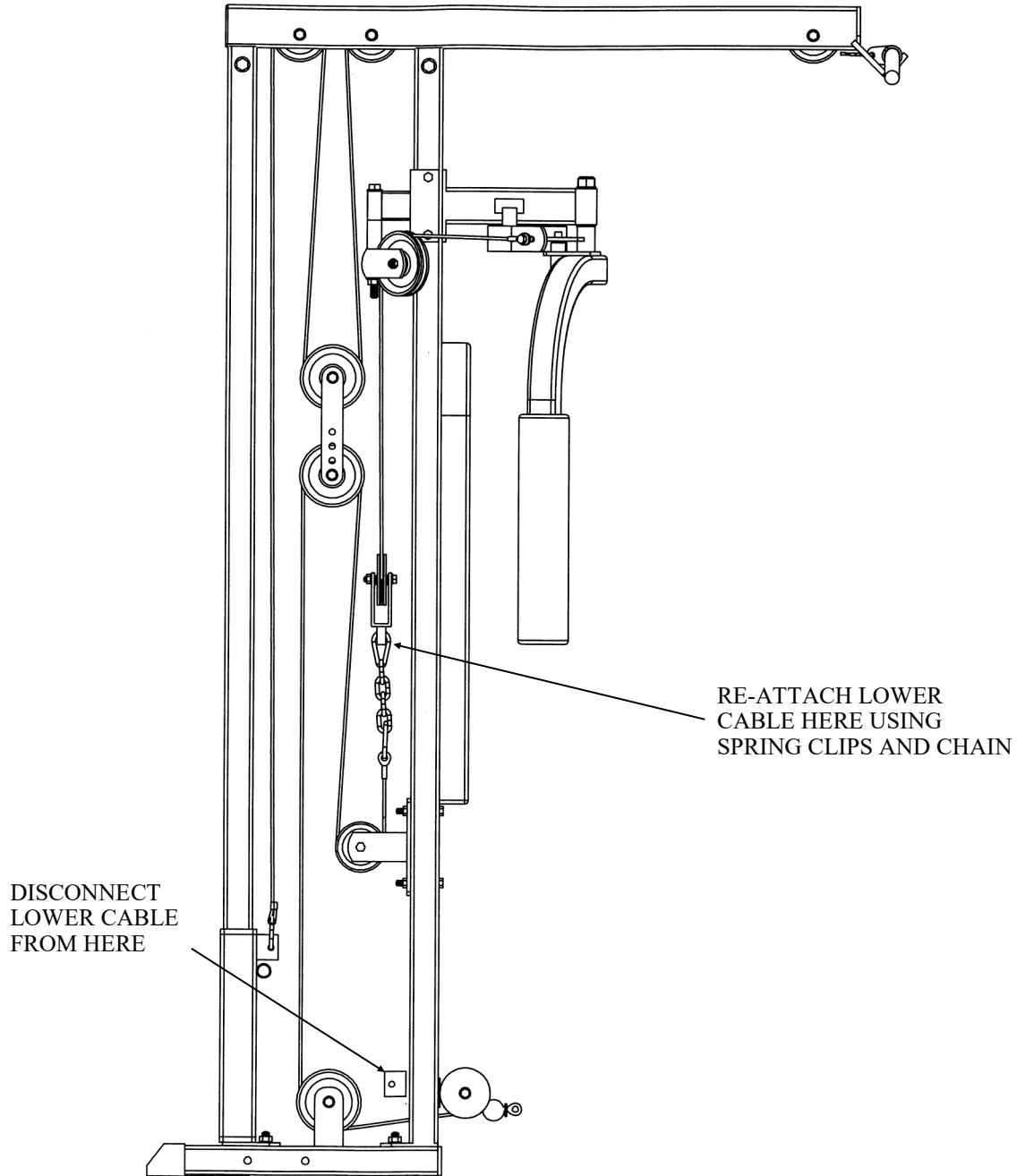
DF830 FLOATING PULLEY ASSEMBLY

INSTRUCTIONS FOR INSTALLING ON DF830– LAT ATTACHMENT



MAKE SURE BOTTOM PULLEY IS MOUNTED AS SHOWN IN DIAGRAM ABOVE.

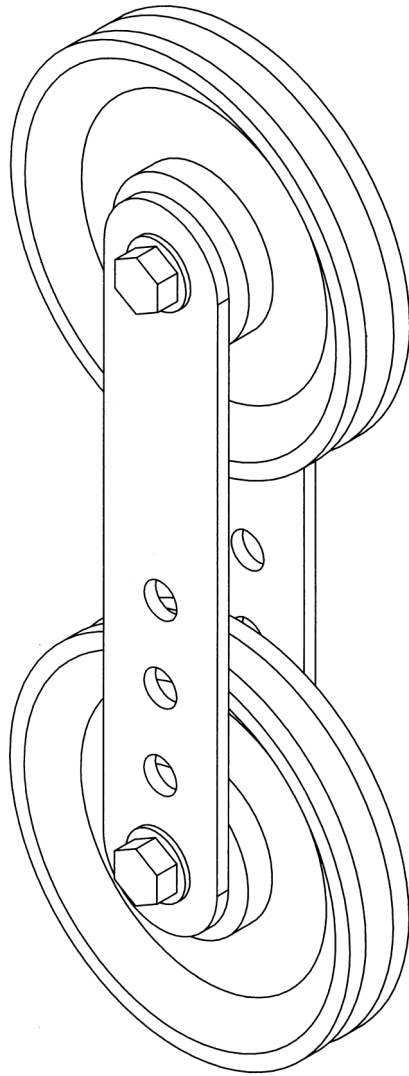
DF830 LOWER CABLE INSTALLATION



DISCONNECT THE END OF THE LOWER CABLE FROM THE FLANGE ON THE FRONT SUPPORT. RECONNECT IT TO THE FLOATING PULLEY ASSEMBLY ON THE PEC DEC USING THE CHAIN AND SPRING CLIPS PROVIDED.

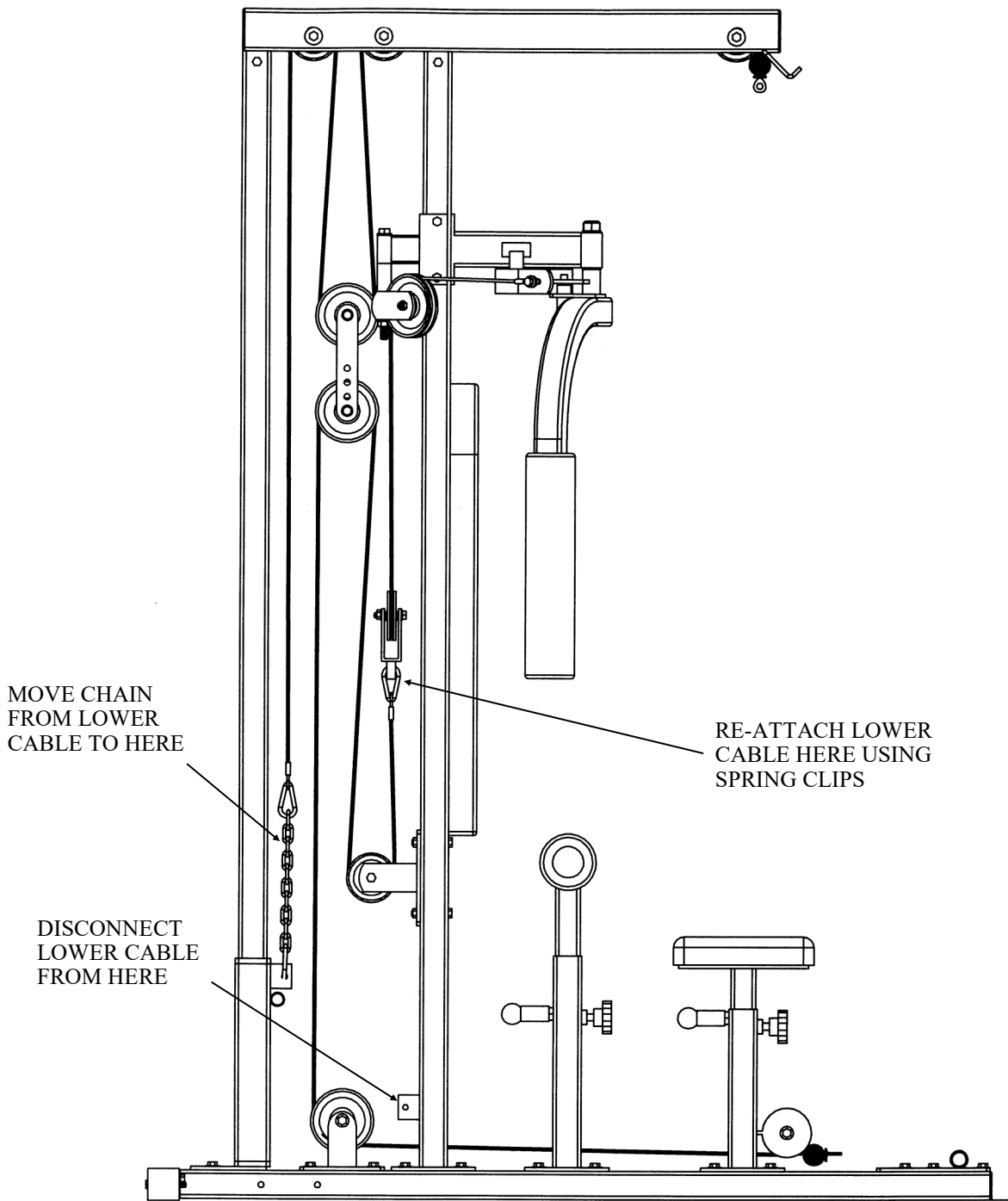
DF910 FLOATING PULLEY ASSEMBLY

INSTRUCTIONS FOR INSTALLING ON DF910- LAT MACHINE



MAKE SURE BOTTOM PULLEY IS MOUNTED AS SHOWN IN DIAGRAM ABOVE.

DF910 LOWER CABLE INSTALLATION



DISCONNECT THE END OF THE LOWER CABLE FROM THE FLANGE ON THE FRONT SUPPORT AND REMOVE CHAIN. RECONNECT IT TO THE FLOATING PULLEY ASSEMBLY ON THE PEC DEC USING SPRING CLIP. MOVE CHAIN TO UPPER CABLE AND CONNECT TO WEIGHT CARRIAGE.

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 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 OF WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.