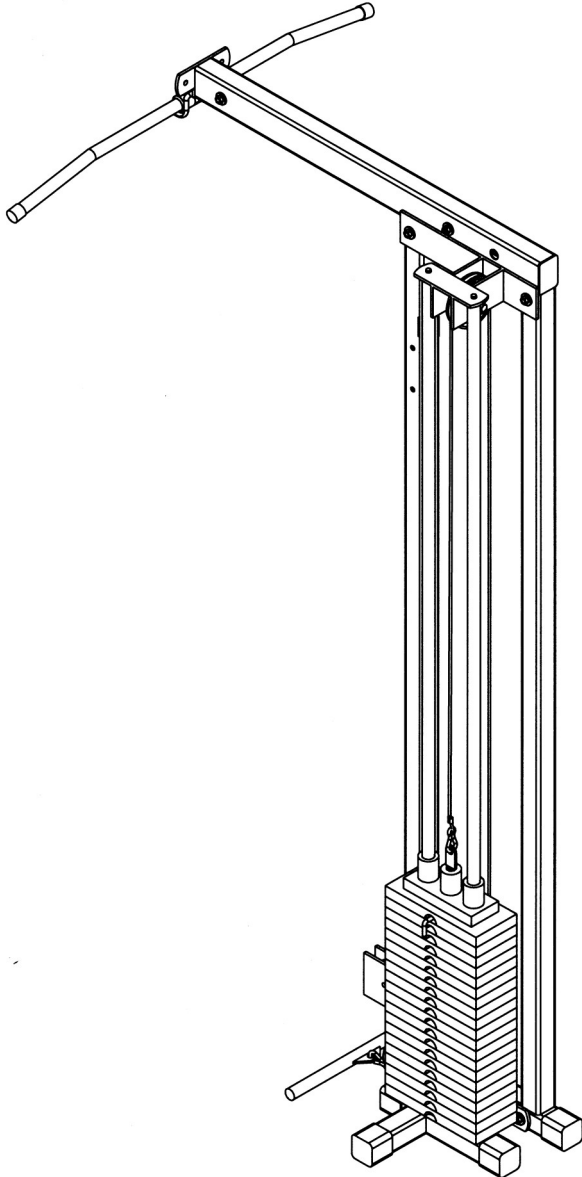


DF838

STACK LOADED LAT ATTACHMENT

Assembly Manual



Assembly Video Available

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

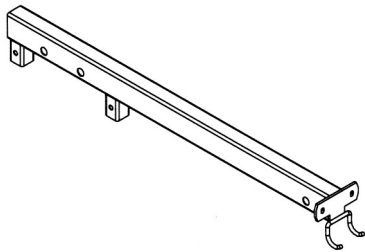


(888) 258-0533

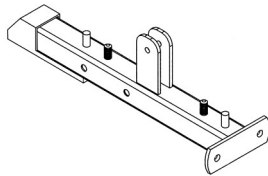
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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

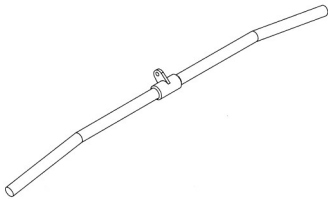
COMPONENTS



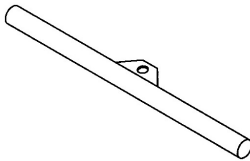
A
TOP FRAME
QTY 1



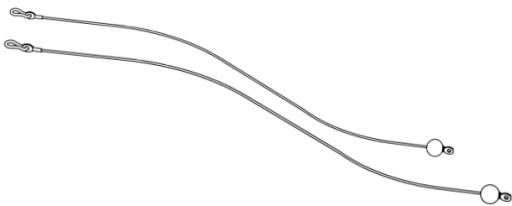
B
BOTTOM SUPPORT
QTY 1



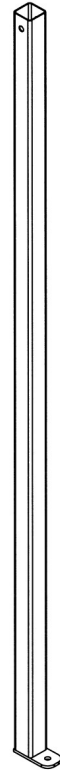
C
LAT BAR
QTY 1



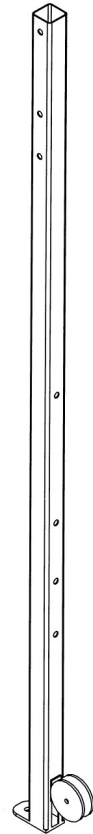
D
LOW BAR
QTY 1



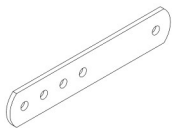
E
CABLE SET
(UPPER CABLE
IS SHORTER)



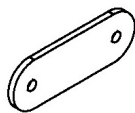
F
REAR SUPPORT
QTY 1



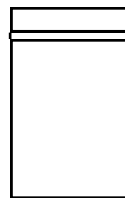
G
FRONT SUPPORT
QTY 1



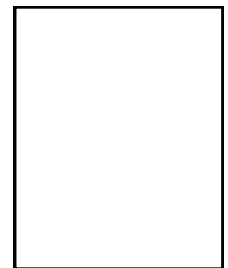
H
FLOATING PULLEY
ASSEMBLY FLANGE
QTY 2



I
4" FLANGE
QTY 2



DF830
HARDWARE
QTY 1



DF830
INSTRUCTIONS
QTY 1

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

HARDWARE

THIS ATTACHMENT FITS SEVERAL PIECES OF EQUIPMENT, SO YOU WILL HAVE EXTRA HARDWARE



J

4-1/2" PULLEY
QTY 3



K

2" x 3" CAP
QTY 1
(may be factory
installed)



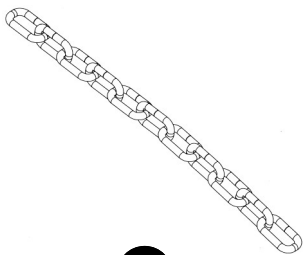
L

3-1/2" PULLEY
QTY 4



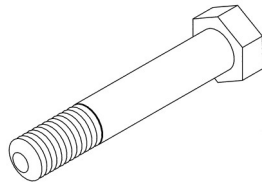
M

PULLEY BUSHING
QTY 6



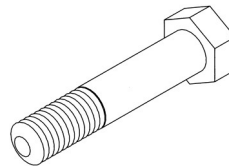
N

10" CHAIN
QTY 2



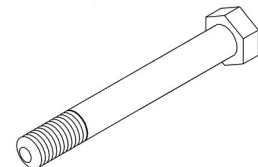
O

M12 x 79MM BOLT
QTY 4



P

M12 x 69MM BOLT
QTY 2



Q

M10 x 75MM BOLT
QTY 7



S

M12 LOCKNUT
QTY 10



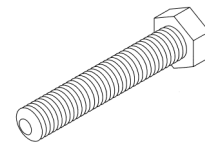
T

M12 WASHER
QTY 18



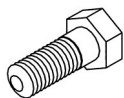
U

SNAP HOOK
QTY 6



V

M10 x 54MM BOLT
QTY 4



W

M10 x 25MM
BOLT
QTY 2



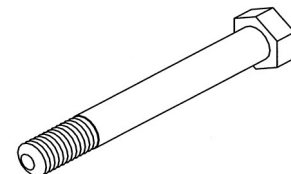
X

M10 WASHER
QTY 24



Y

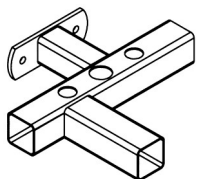
M10 LOCKNUT
QTY 11



Z

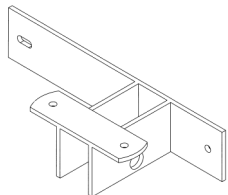
M12 x 105MM BOLT
QTY 2

WEIGHT STACK COMPONENTS



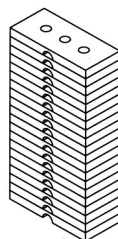
AA

BOTTOM FRAME
QTY 1



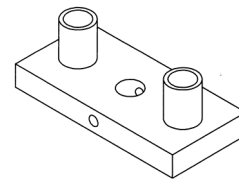
BB

**UPPER PULLEY
FRAME**
QTY 1



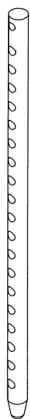
CC

WEIGHT STACK PLATES
QTY 19



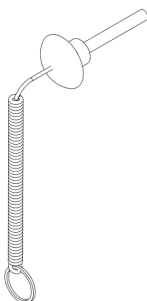
DD

TOP WEIGHT PLATE
QTY 1



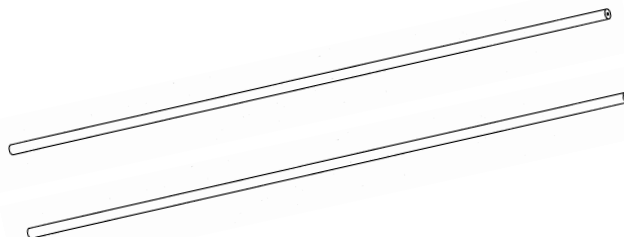
EE

SELECTOR ROD
QTY 1



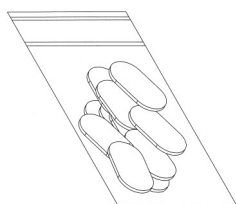
FF

WEIGHT STACK PIN
QTY 1



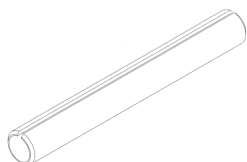
GG

WEIGHT STACK RODS
QTY 2



II

**WEIGHT STACK
STICKERS**
QTY 1



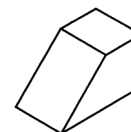
JJ

SPRING PIN
QTY 1



KK

RUBBER DOUGHNUTS
QTY 2

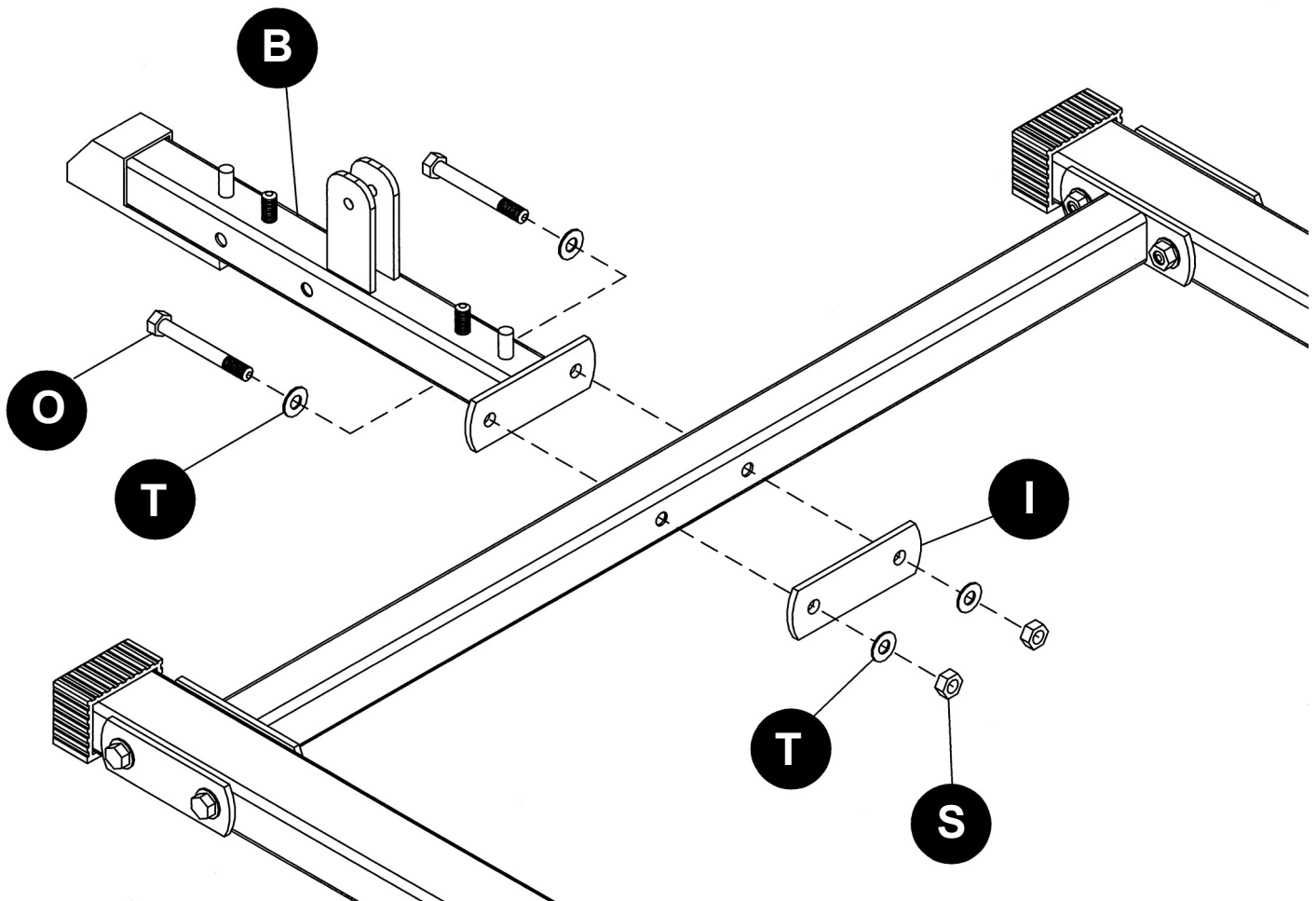


LL

RUBBER SHOE
QTY 3

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

FRAME ASSEMBLY



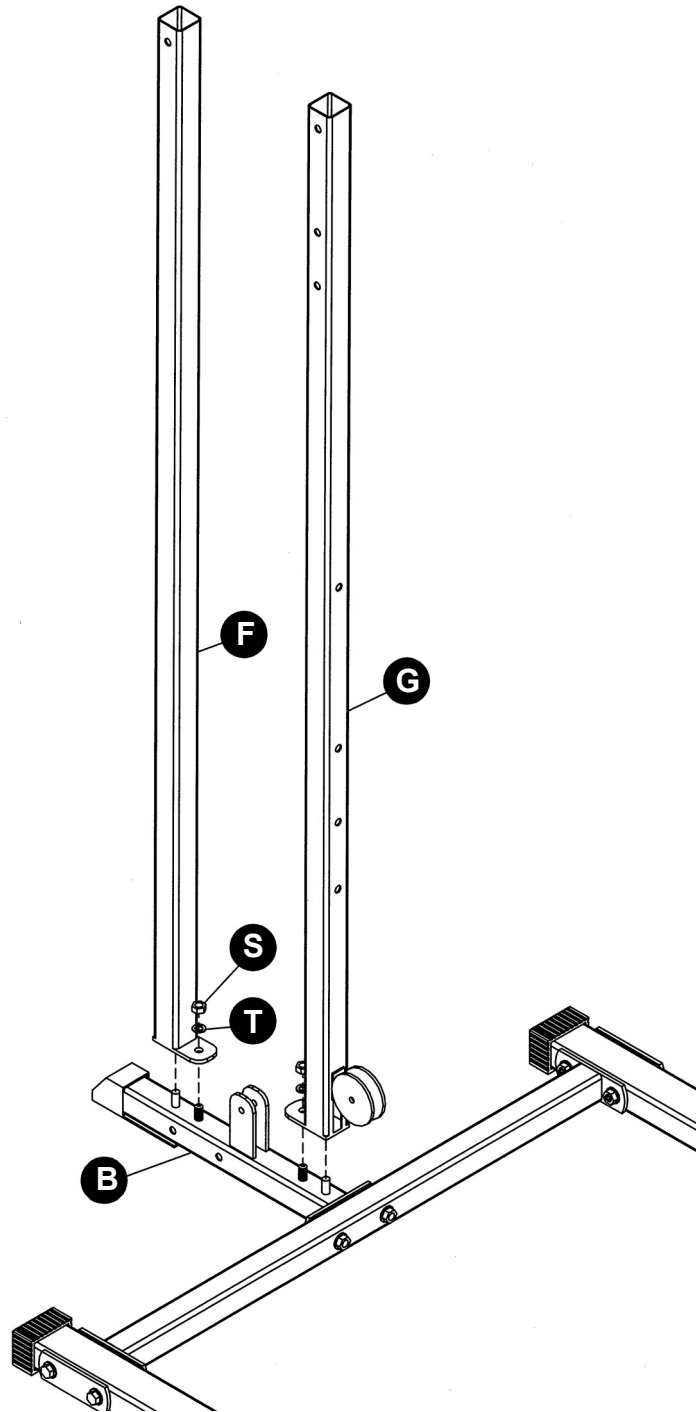
(NOTE: THE NUTS USED ON THIS ARE LOCKNUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT.)

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 79MM BOLTS (O), 4" FLANGE PLATES (I), M12 WASHERS (T) AND M12 LOCKNUTS (S). TIGHTEN SECURELY.

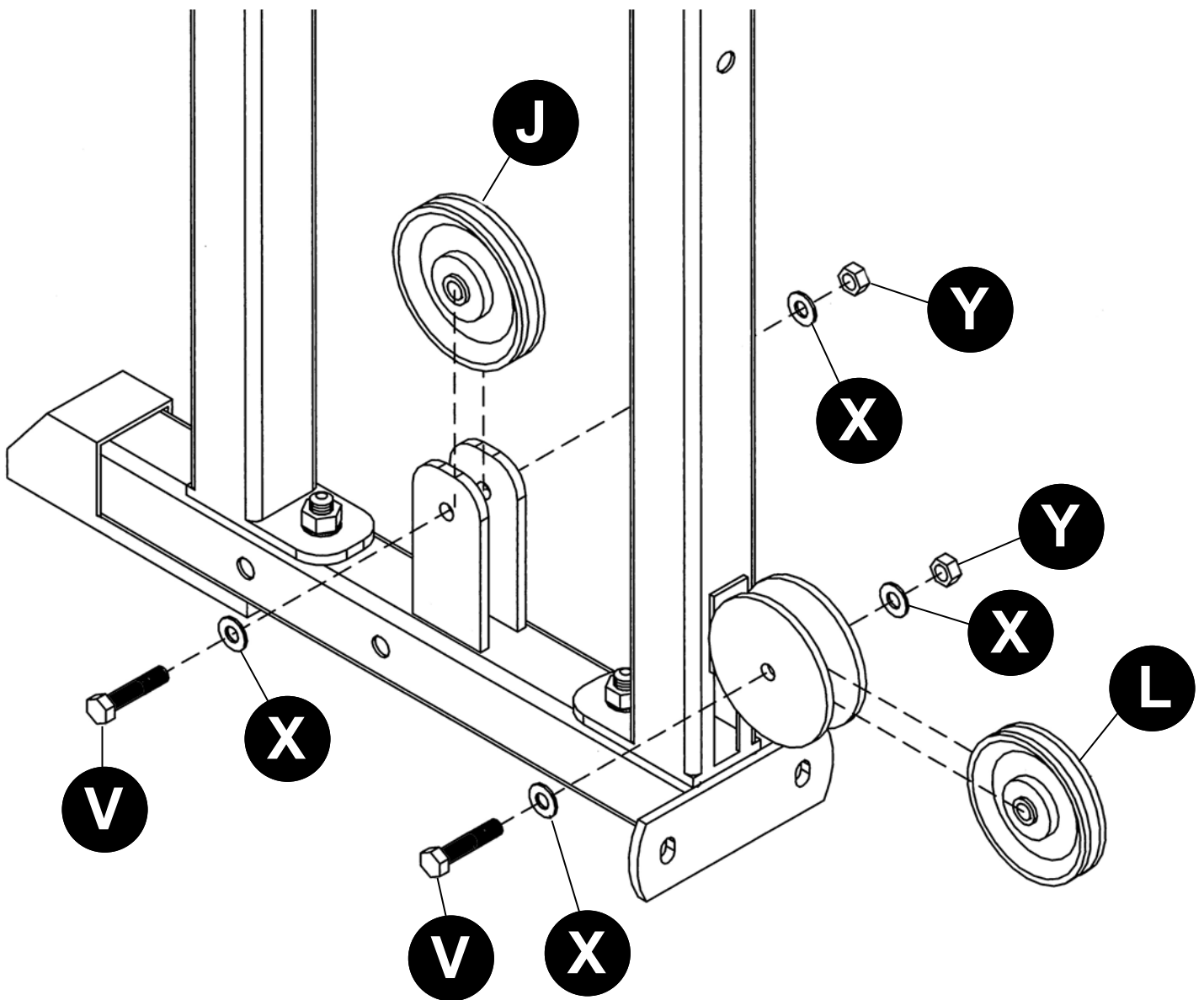
FRAME ASSEMBLY



INSTALL THE REAR SUPPORT TUBE (F) TO THE BOTTOM SUPPORT (B) ALIGNING HOLES IN FLANGE WITH PIN AND THREADED STUD. INSTALL M12 WASHER (T) AND M12 NUT (S) AND TIGHTEN.

INSTALL THE FRONT SUPPORT TUBE (G) TO THE BOTTOM SUPPORT (B) ALIGNING HOLES IN FLANGE WITH PIN AND THREADED STUD. INSTALL M12 WASHER (T) AND 12MM NUT (S) AND TIGHTEN.

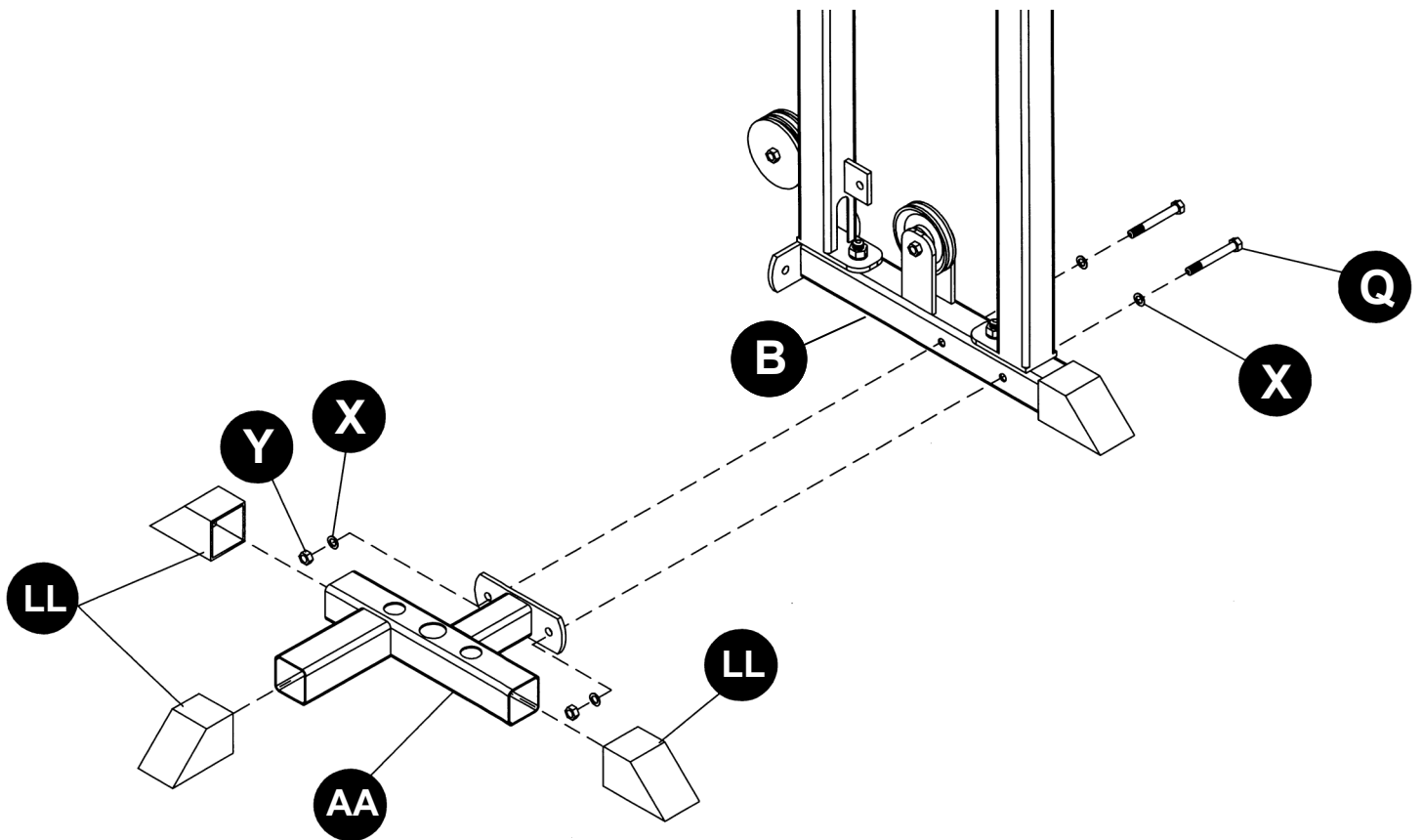
LOWER PULLEY ASSEMBLY



INSTALL THE 4-1/2" PULLEY (J) INTO THE CENTER FLANGES OF THE BOTTOM SUPPORT USING THE M10 x 54MM BOLT (V), M10 WASHERS (X), AND M10 LOCK-NUT (Y).

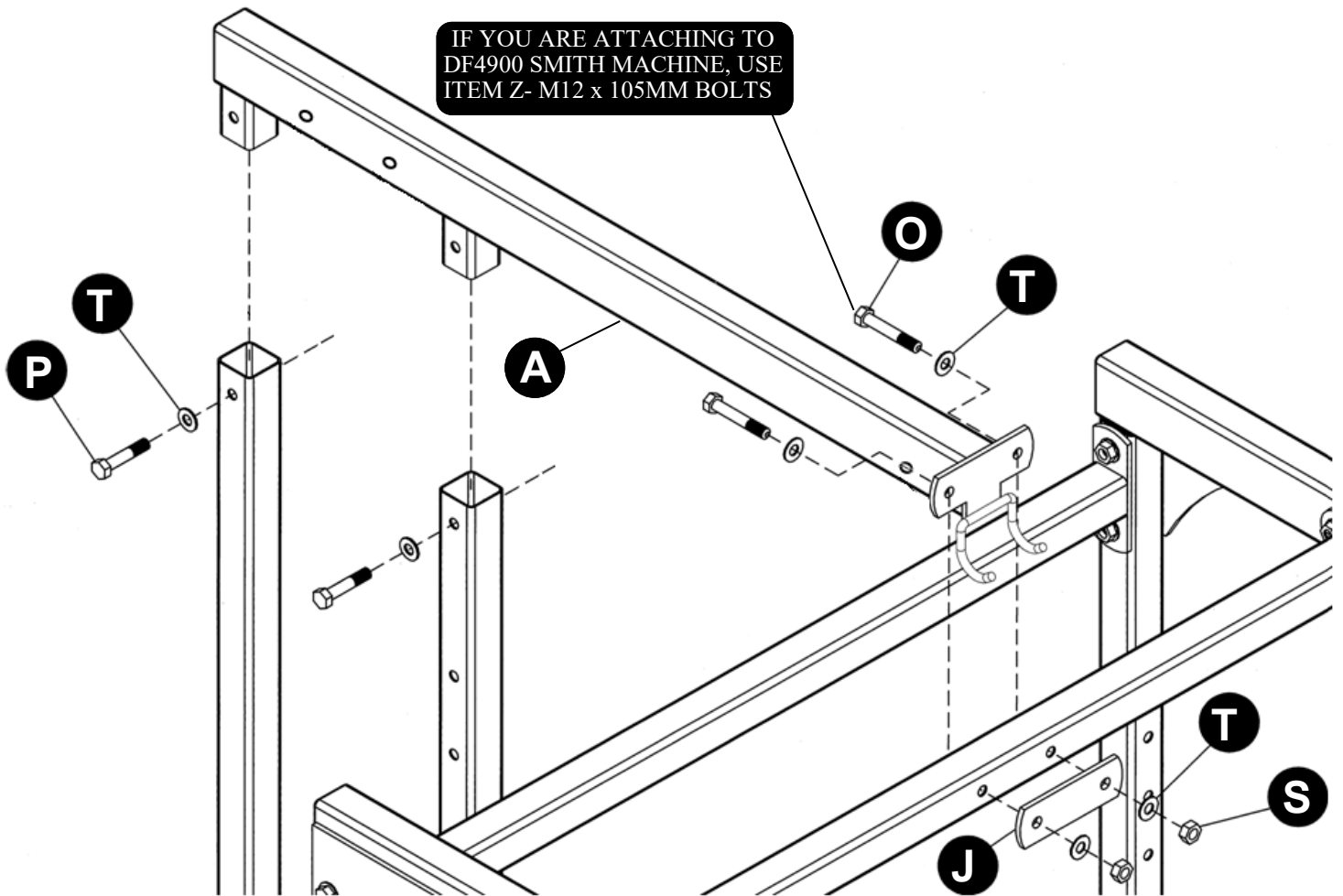
INSTALL THE 3-1/2" PULLEY (L) INTO THE FRONT FLANGES OF THE BOTTOM SUPPORT USING THE M10 x 54MM BOLT (V), M10 WASHERS (X), AND M10 LOCK-NUT (Y).

WEIGHT STACK FRAME ASSEMBLY



INSTALL THE RUBBER SHOES (LL) ON TO THE BOTTOM FRAME(AA). ATTACH THE BOTTOM FRAME (AA) TO THE BOTTOM SUPPORT (B) USING THE M10 x 75MM BOLTS (Q) M10 FLAT WASHERS (X) AND THE M10 LOCK NUTS (Y).

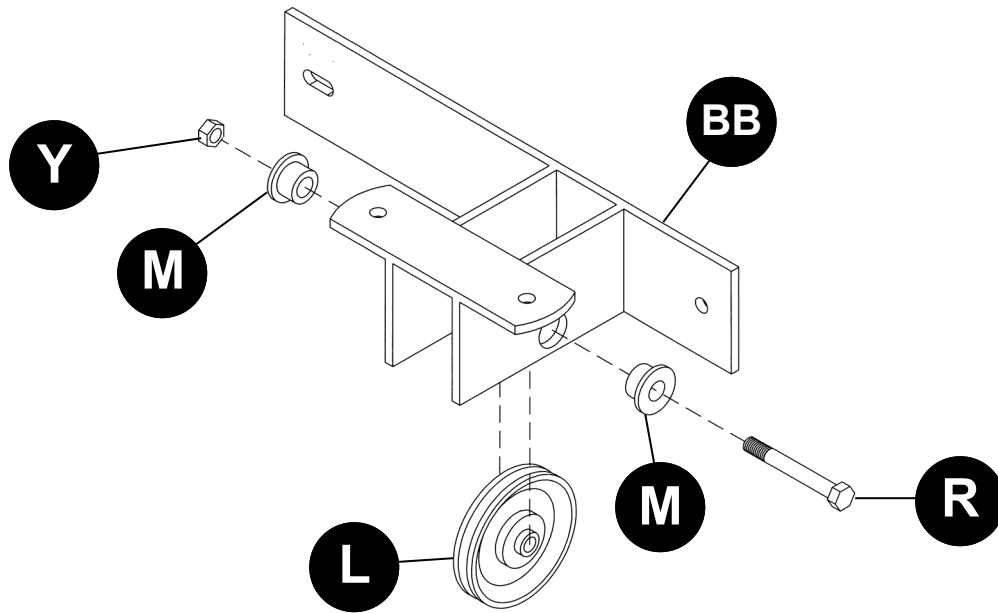
TOP FRAME ASSEMBLY



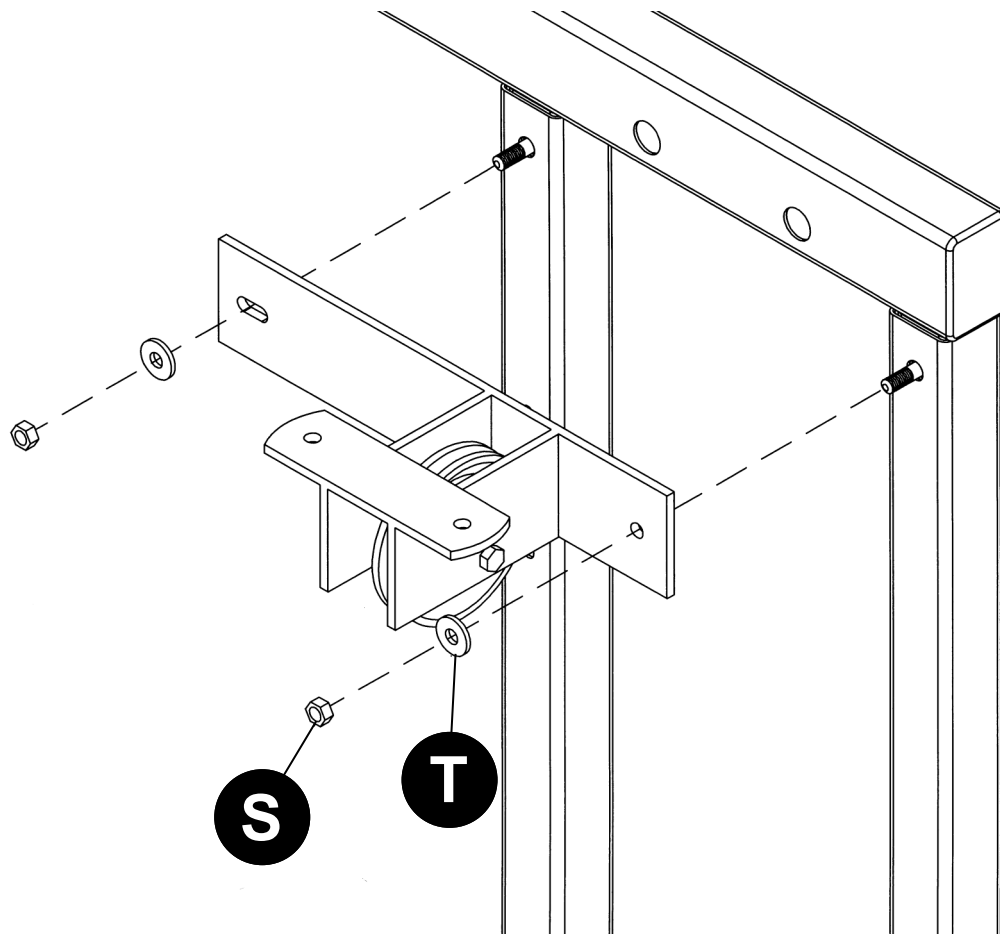
ATTACH THE FRONT OF THE TOP FRAME (A) TO THE POWER RACK WITH M12 x 79MM BOLTS (O), M12 WASHERS (T), 4" FLANGE (I), AND LOCKNUTS (S). (IF YOU ARE ATTACHING TO DF4900 SMITH MACHINE USE (Z) M12 x 105MM BOLTS INSTEAD)

ATTACH THE BACK OF THE TOP FRAME ASSEMBLY TO THE FRAME SUPPORT TUBES WITH M12 x 69MM BOLTS (P), AND M12 WASHERS (T). DO NOT INSTALL WASHERS AND LOCKNUTS ON BOLTS AT THIS TIME.

UPPER PULLEY ASSEMBLY INSTALLATION

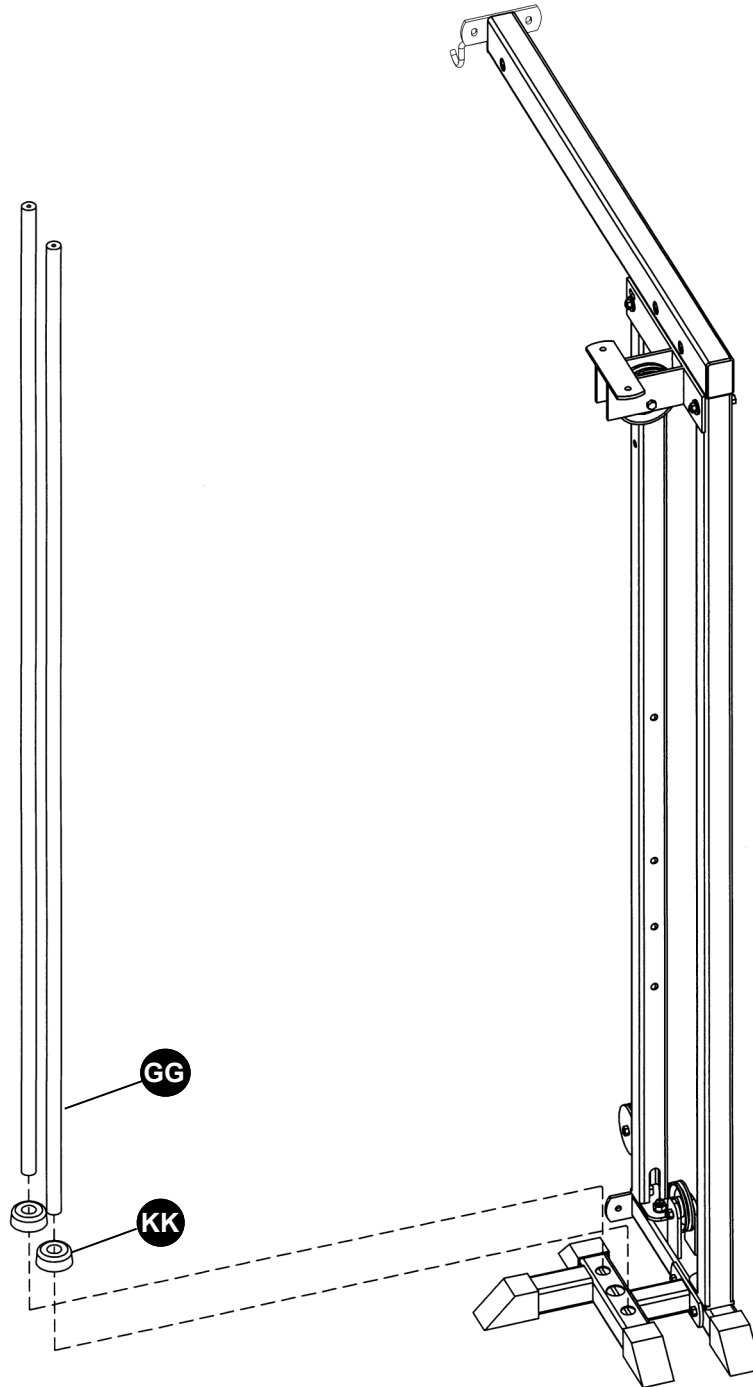


INSTALL THE 3-1/2" PULLEY (L) TO THE PULLEY FRAME (BB) USING M10 x 70MM BOLT (R), PULLEY BUSHINGS (M), AND M10 LOCKNUT (Y). DO NOT OVERTIGHTEN NUT.



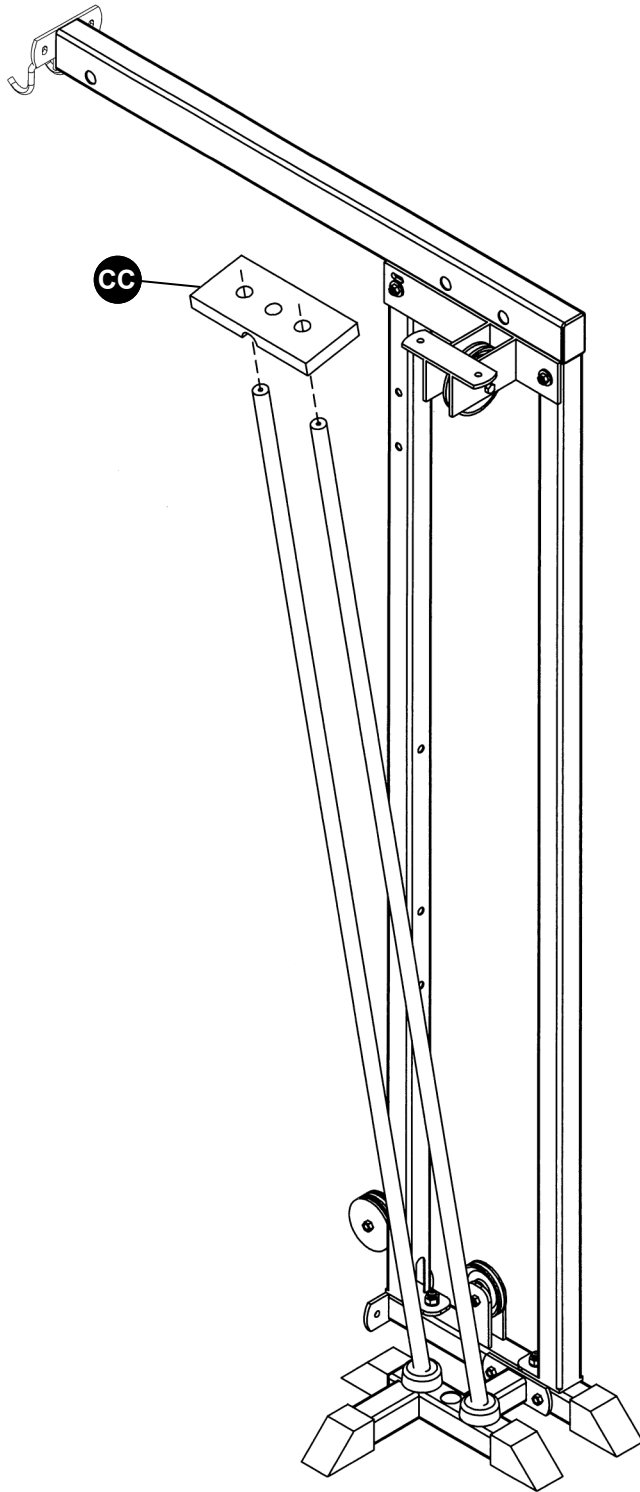
INSTALL THE UPPER PULLEY ASSEMBLY TO THE FRONT AND REAR SUPPORT USING M12 WASHERS (T), AND M12 LOCKNUTS (S).

WEIGHT STACK ASSEMBLY



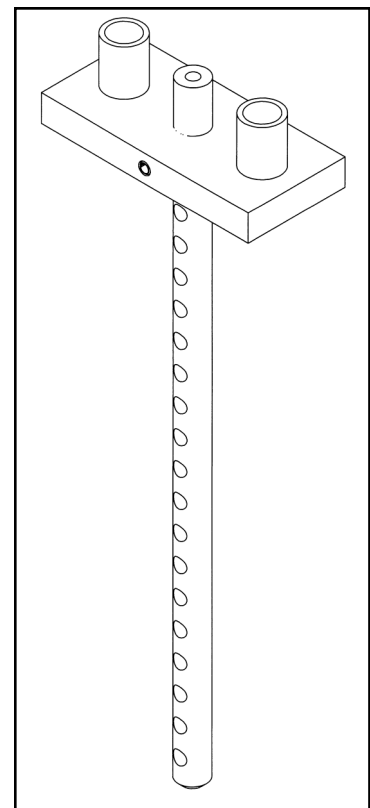
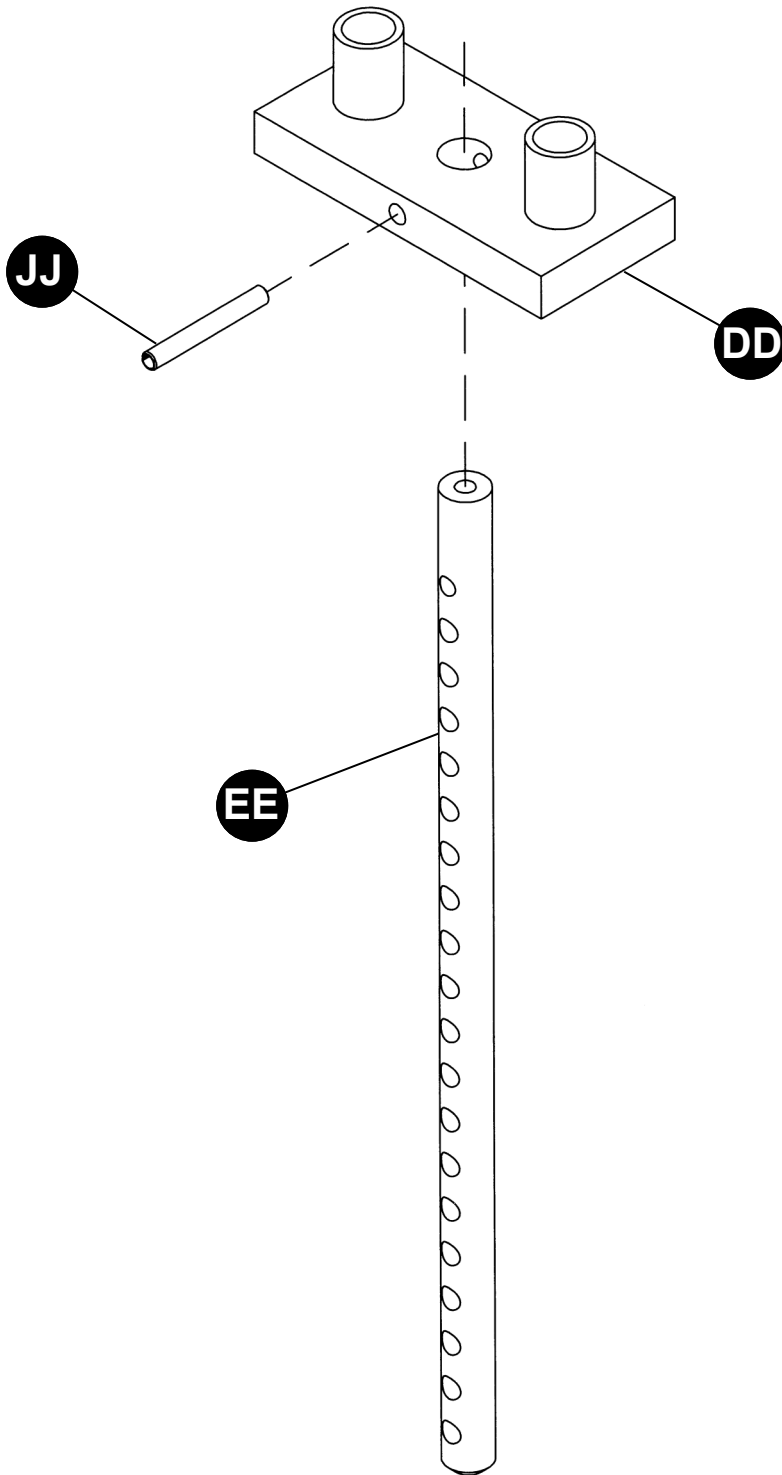
INSTALL THE RUBBER DOUGHNUTS (**KK**) ONTO THE BOTTOM OF THE WEIGHT STACK RODS (**GG**), LEAVING APPROXIMATELY 2" PROTRUDING. INSERT THE WEIGHT STACK RODS INTO THE TWO OUTER HOLES IN THE BOTTOM FRAME.

WEIGHT STACK ASSEMBLY



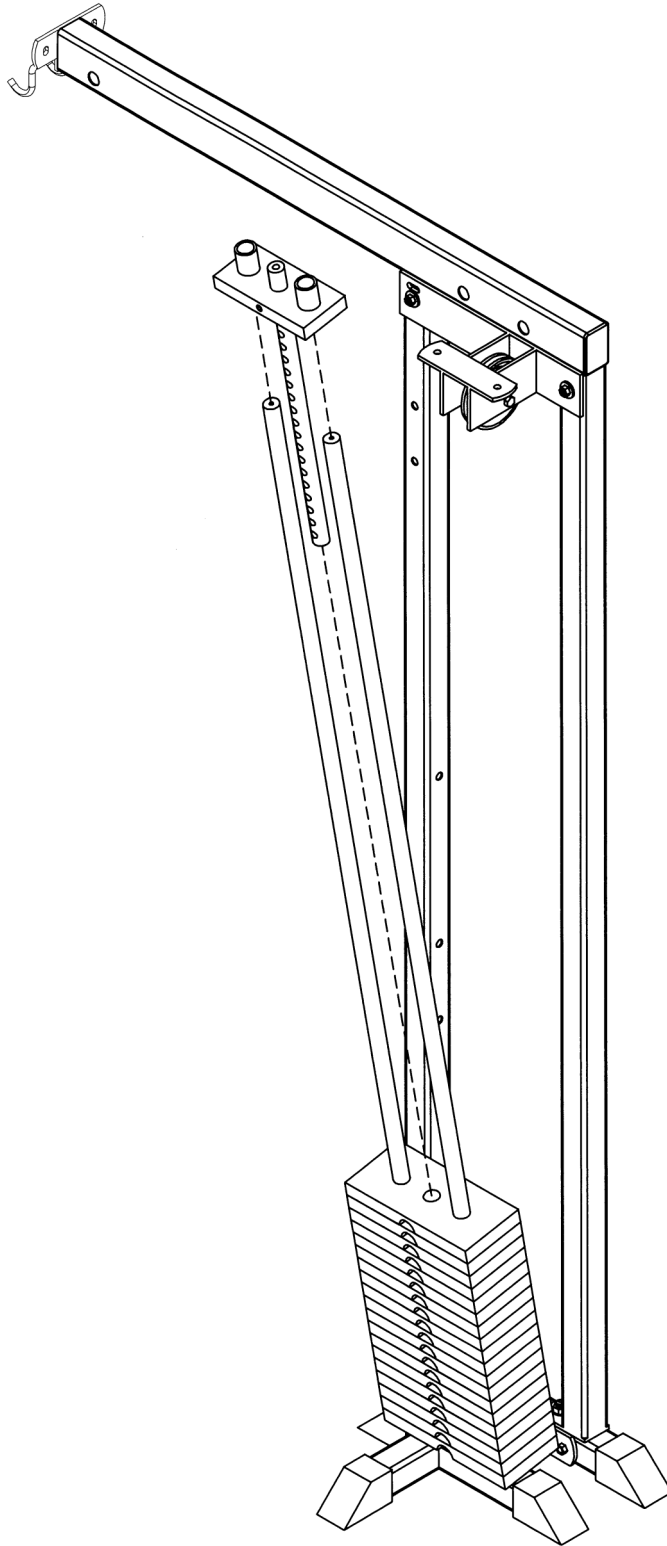
LEAN WEIGHT STACK RODS OUT SLIGHTLY AND BEGIN INSTALLING WEIGHT STACK PLATES (CC), USING TWO OUTER HOLES ON EACH WEIGHT STACK PLATE. SLIDE EACH WEIGHT STACK DOWN BEFORE INSTALLING THE NEXT. THERE ARE 19 WEIGHT STACK PLATES.

TOP WEIGHT PLATE ASSEMBLY



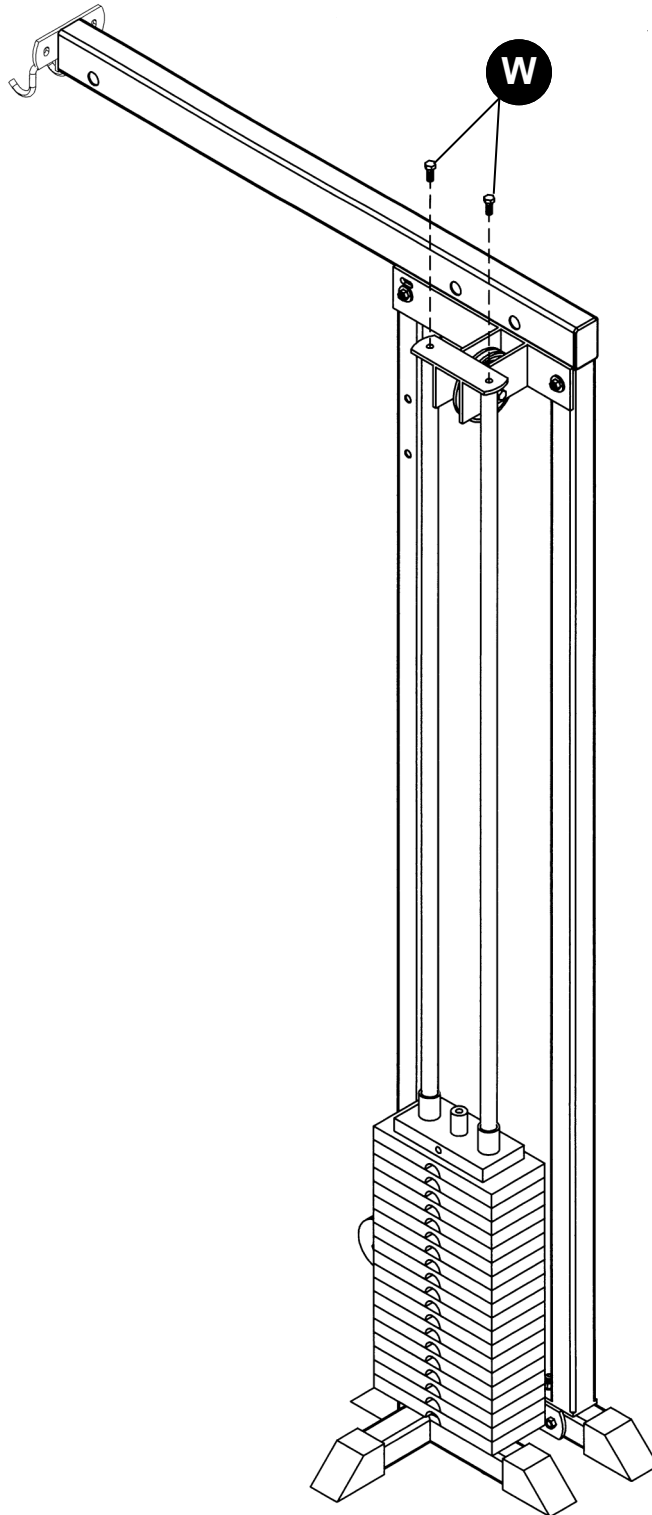
INSERT SELECTOR ROD (EE) INTO CENTER HOLE OF TOP PLATE (DD) ALIGNING TOP HOLE OF SELECTOR ROD WITH SPRING PIN HOLE. INSERT SPRING PIN (JJ) AND TAP WITH HAMMER UNTIL FLUSH WITH SURFACE.

WEIGHT STACK ASSEMBLY



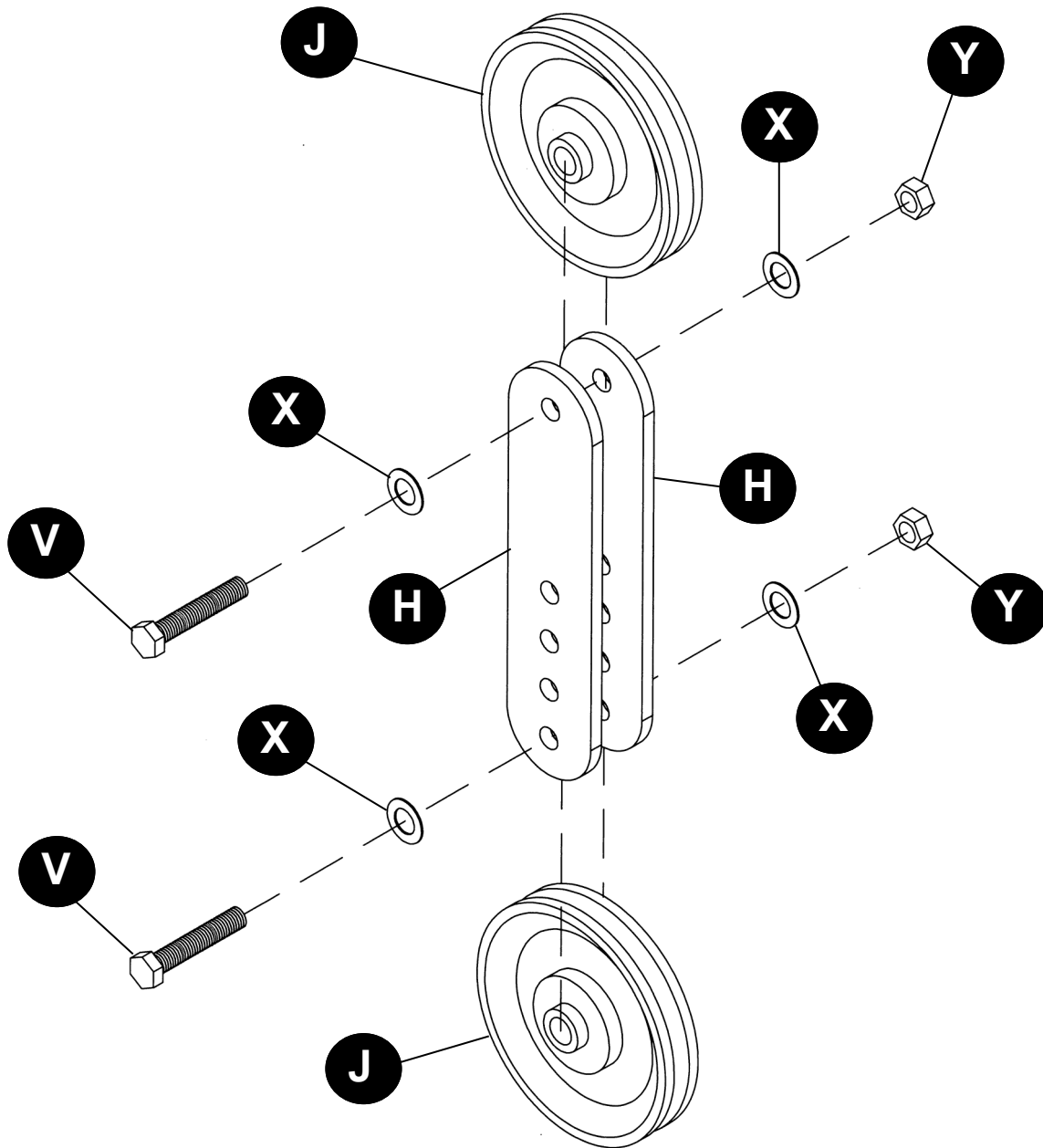
INSTALL TOP WEIGHT PLATE ASSEMBLY USING TWO OUTER HOLES OVER WEIGHT STACK RODS. SLIDE DOWN AND INSERT SELECTOR ROD INTO WEIGHT PLATE STACK.

WEIGHT STACK ASSEMBLY



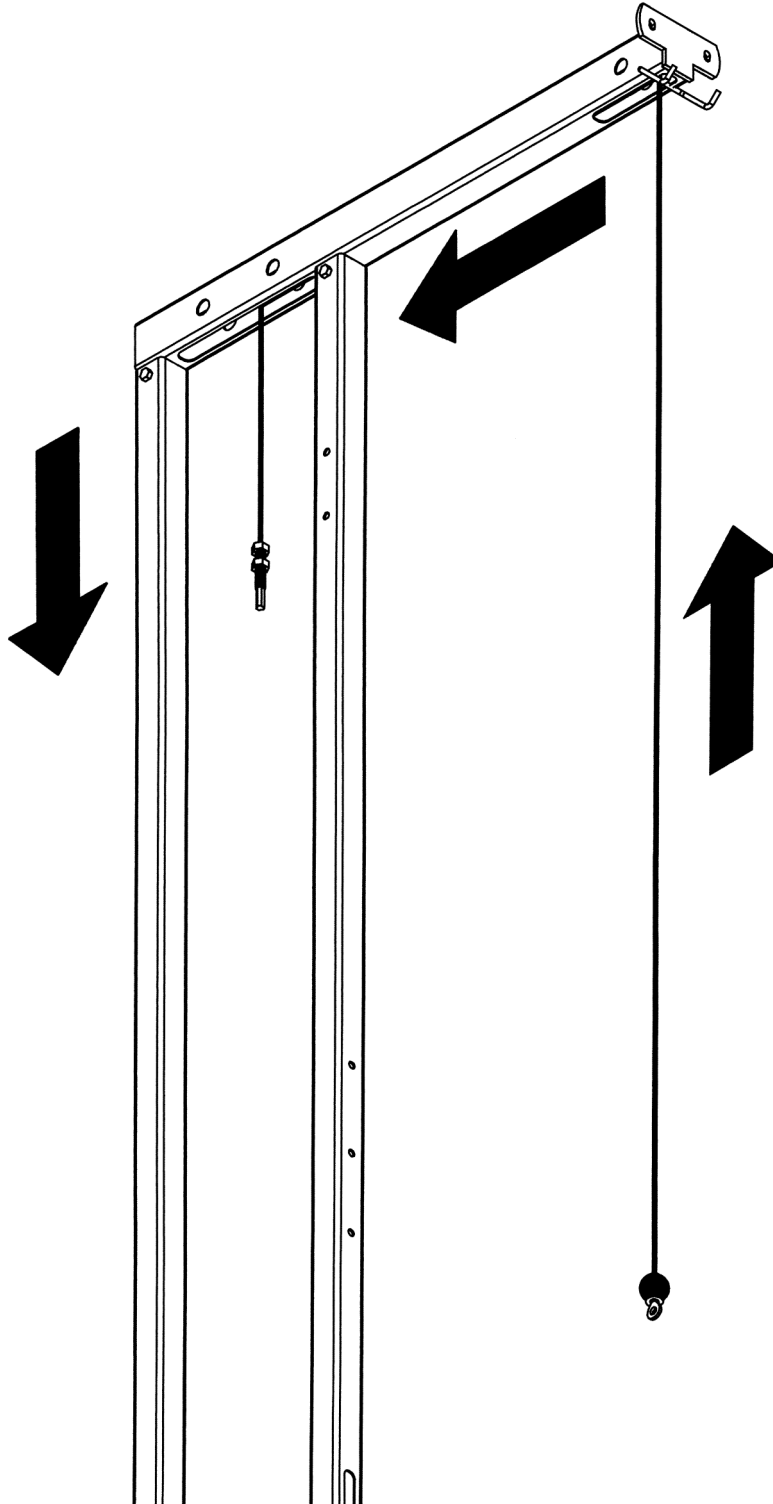
ROTATE WEIGHT STACK RODS UP TOWARDS THE UPPER PULLEY ASSEMBLY. INSTALL M10 x 25MM BOLTS (W) INTO TOP OF WEIGHT STACK RODS.

FLOATING PULLEY ASSEMBLY



ASSEMBLE THE FLOATING PULLEY ASSEMBLY USING THE 4-1/2" PULLEYS (J), THE PULLEY FLANGES (H), THE M10 x 54MM BOLTS (V), THE M10 FLAT WASHERS (X), AND THE M10 LOCKNUTS (Y).

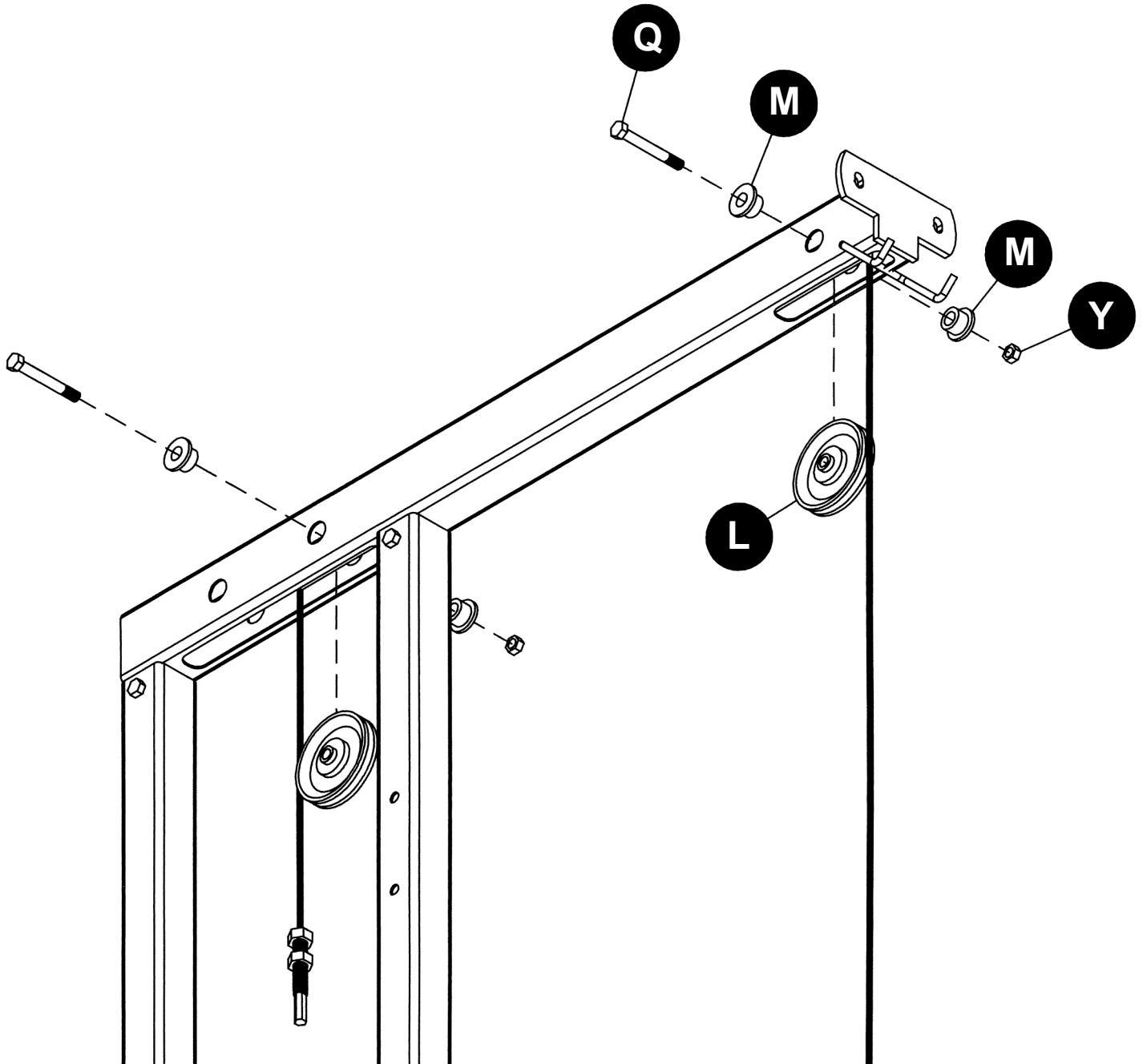
UPPER CABLE INSTALLATION



THE UPPER CABLE IS SHORTER.

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.

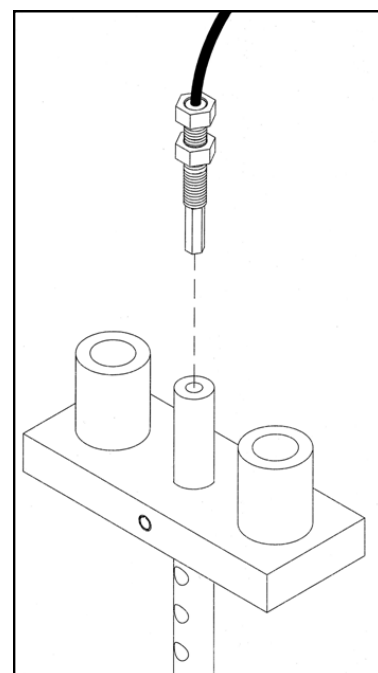
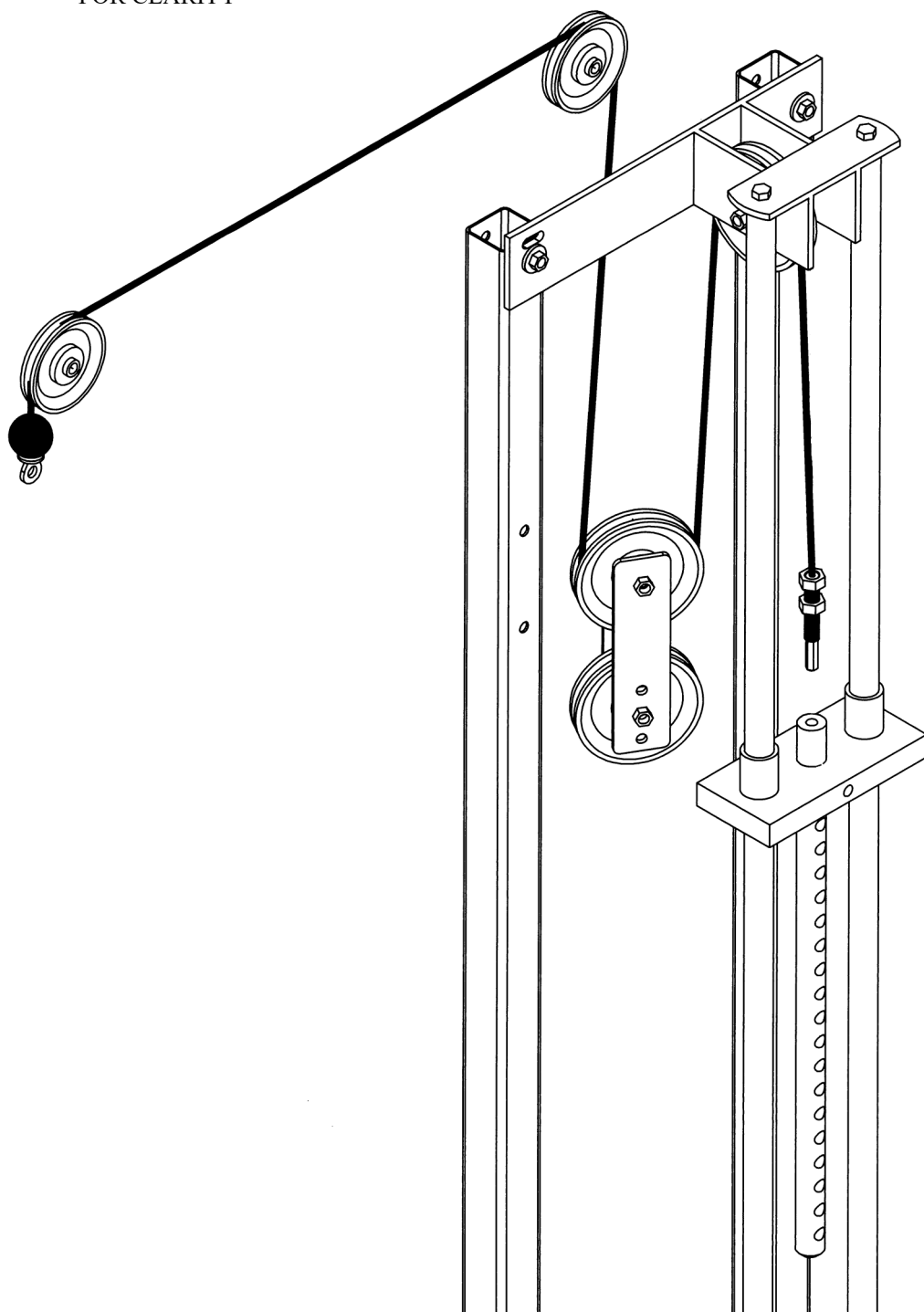
UPPER CABLE INSTALLATION



INSERT 3-1/2" PULLEY (L) INTO FRONT OPENING OF UPPER PULLEY FRAME AND INSTALL USING THE M10 x 75MM BOLT (Q), PULLEY BUSHINGS (M), AND M10 LOCKNUTS (Y). REPEAT FOR REAR PULLEY.

UPPER CABLE INSTALLATION

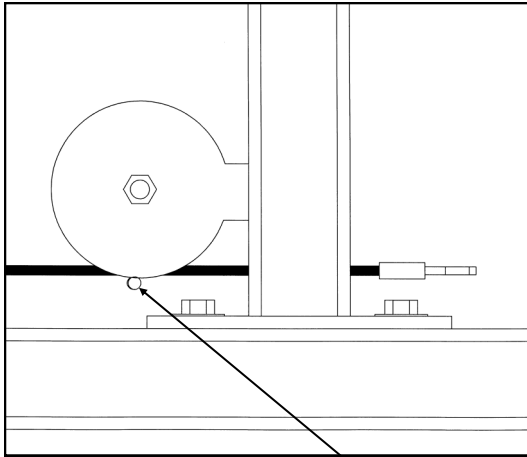
UPPER PULLEY FRAME REMOVED
FOR CLARITY



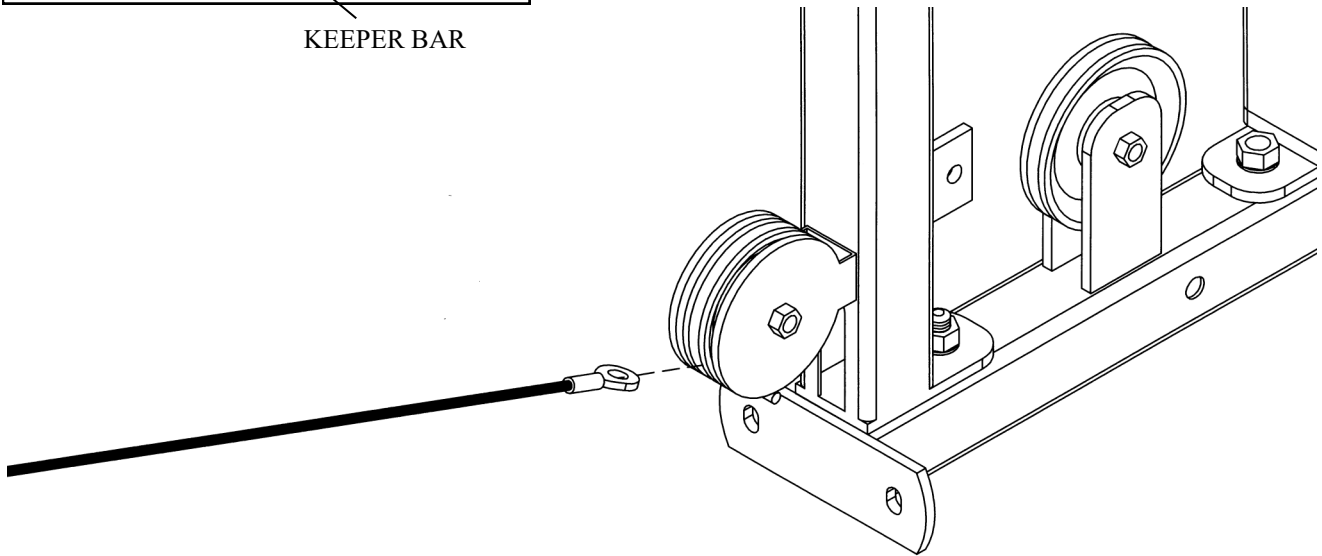
INSTALL UPPER CABLE AROUND TOP PULLEY OF FLOATING PULLEY ASSEMBLY AND THEN OVER PULLEY ON WEIGHT STACK. SCREW CABLE END INTO TOP PLATE OF WEIGHT STACK.

CABLE LENGTH CAN BE ADJUSTED BY TIGHTENING OR LOOSENING CONNECTOR. AFTER ADJUSTING TO DESIRED SETTING, TIGHTEN NUT TO SECURE CABLE.

LOWER CABLE INSTALLATION

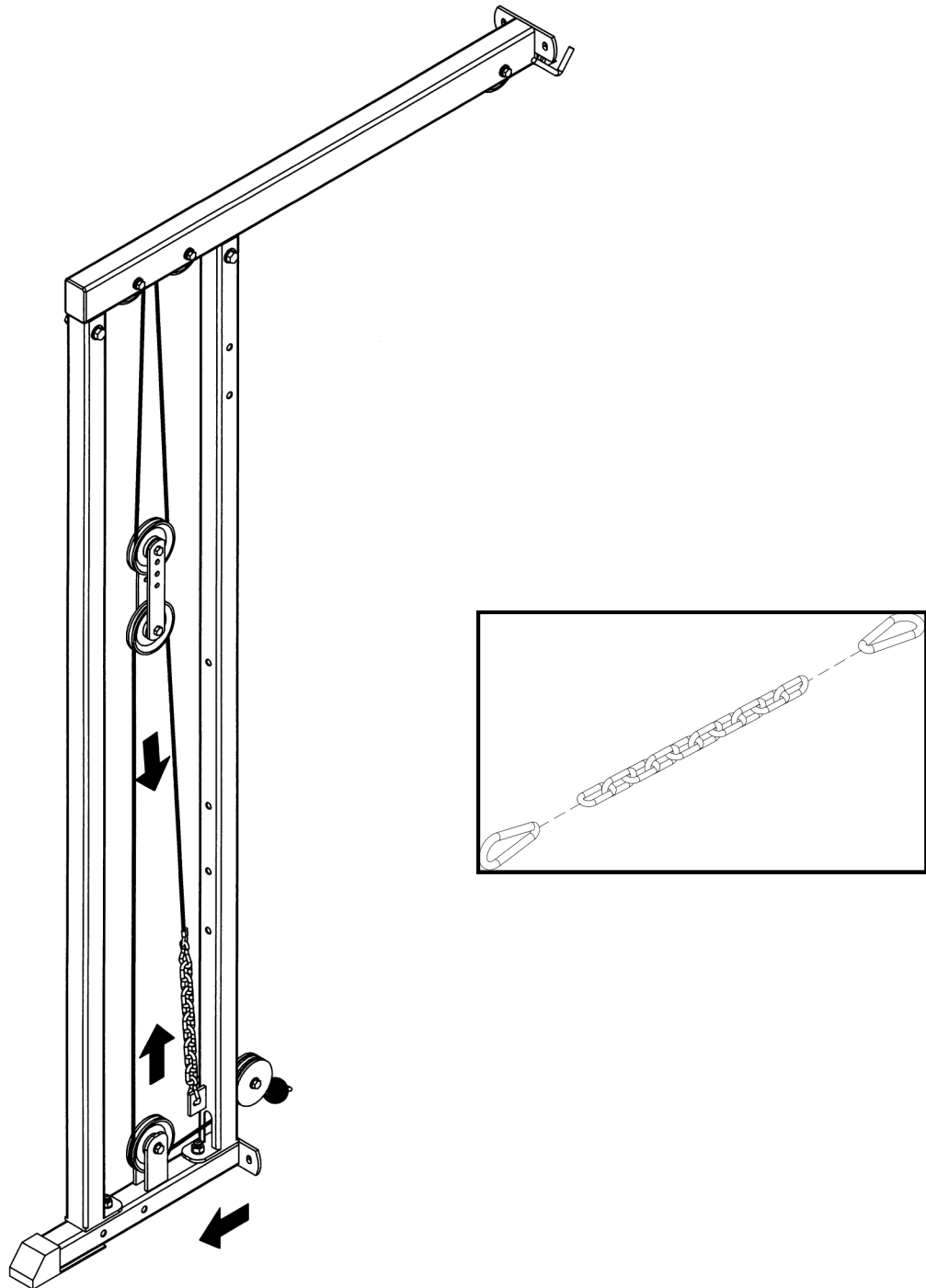


KEEPER BAR



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)

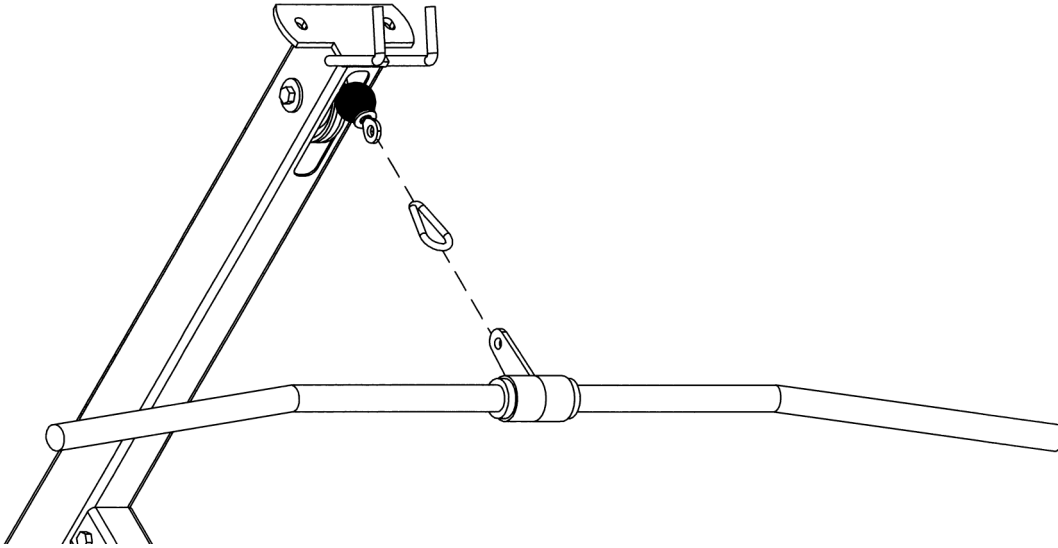
LOWER CABLE INSTALLATION



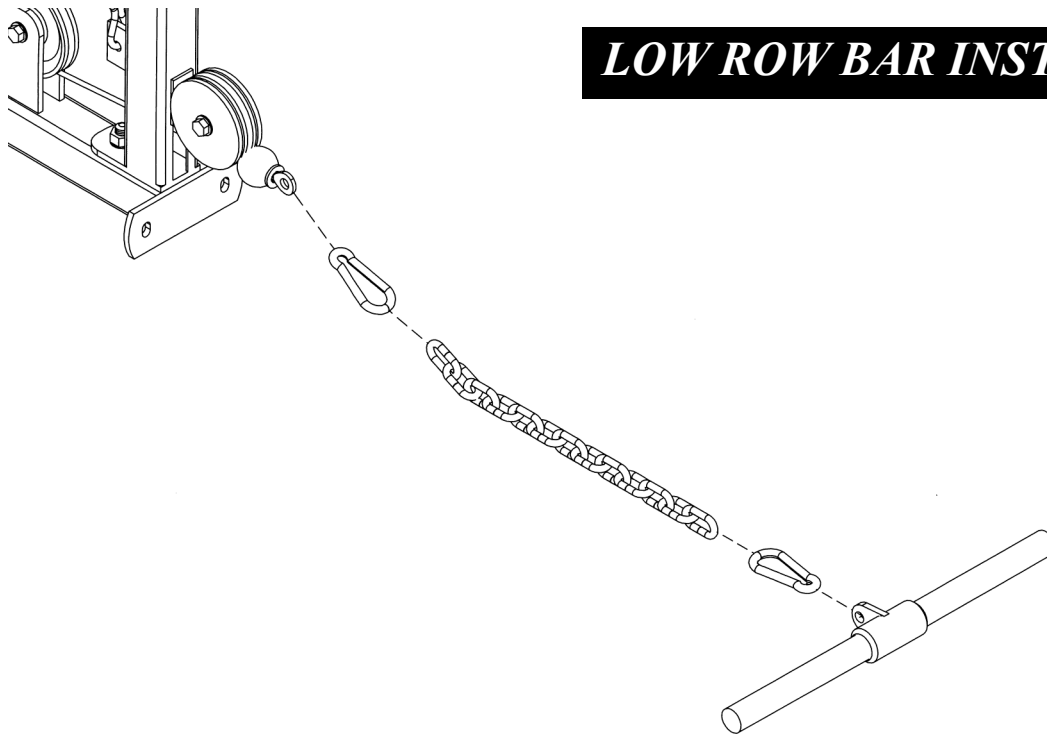
FEED CABLE THROUGH OPENING IN FRONT SUPPORT TUBE. INSTALL CABLE AROUND 4-1/2" LOWER PULLEY, UP AND AROUND BOTTOM PULLEY OF FLOATING PULLEY ASSEMBLY.

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



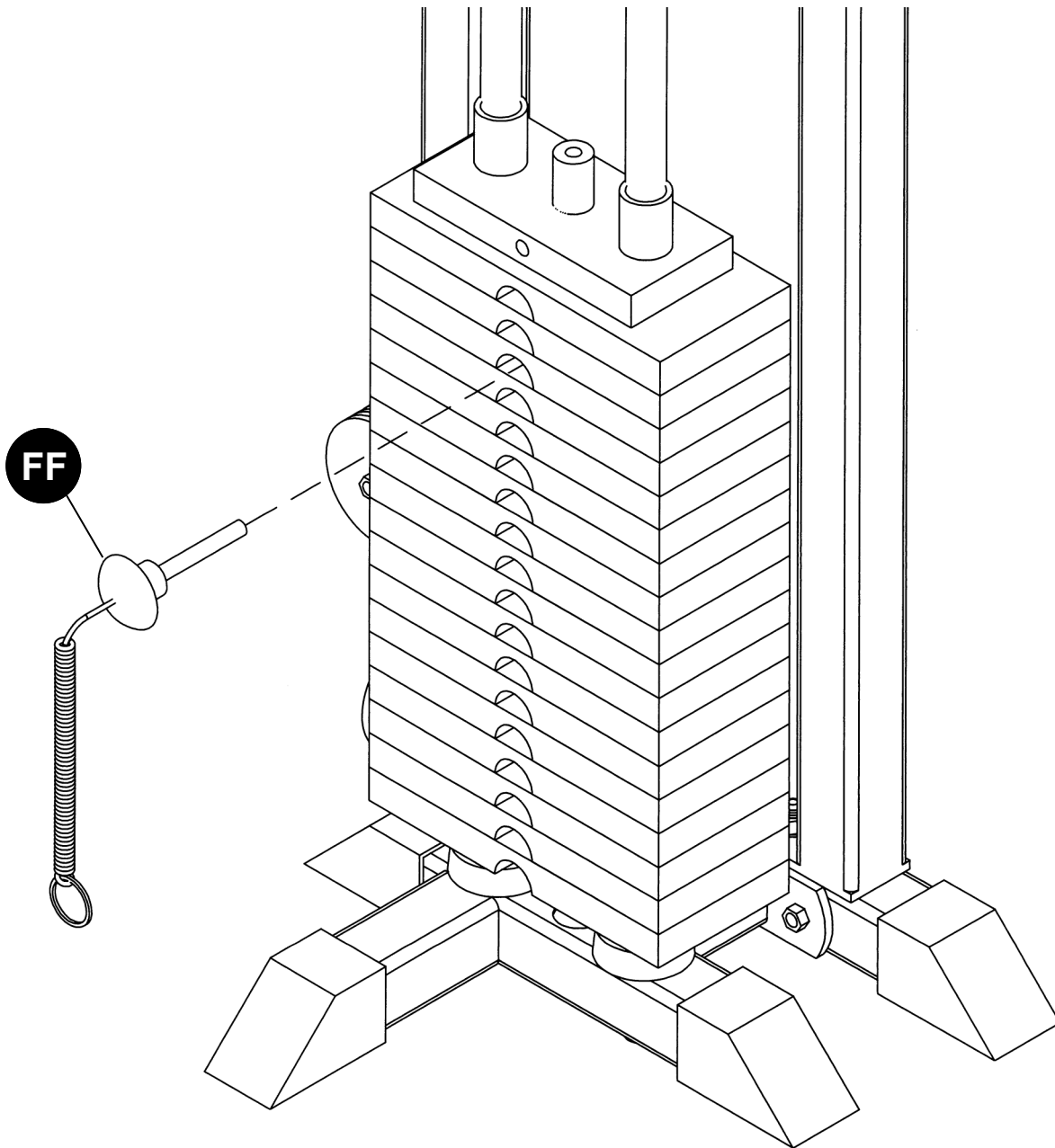
ATTACH LAT BAR TO UPPER CABLE WITH SNAP HOOK. MOVE TO CRADLE WHEN NOT IN USE.



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.

WEIGHT STACK PIN INSTALLATION



INSERT WEIGHT STACK PIN (FF) INTO DESIRED SETTING ON WEIGHT STACK.

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.

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