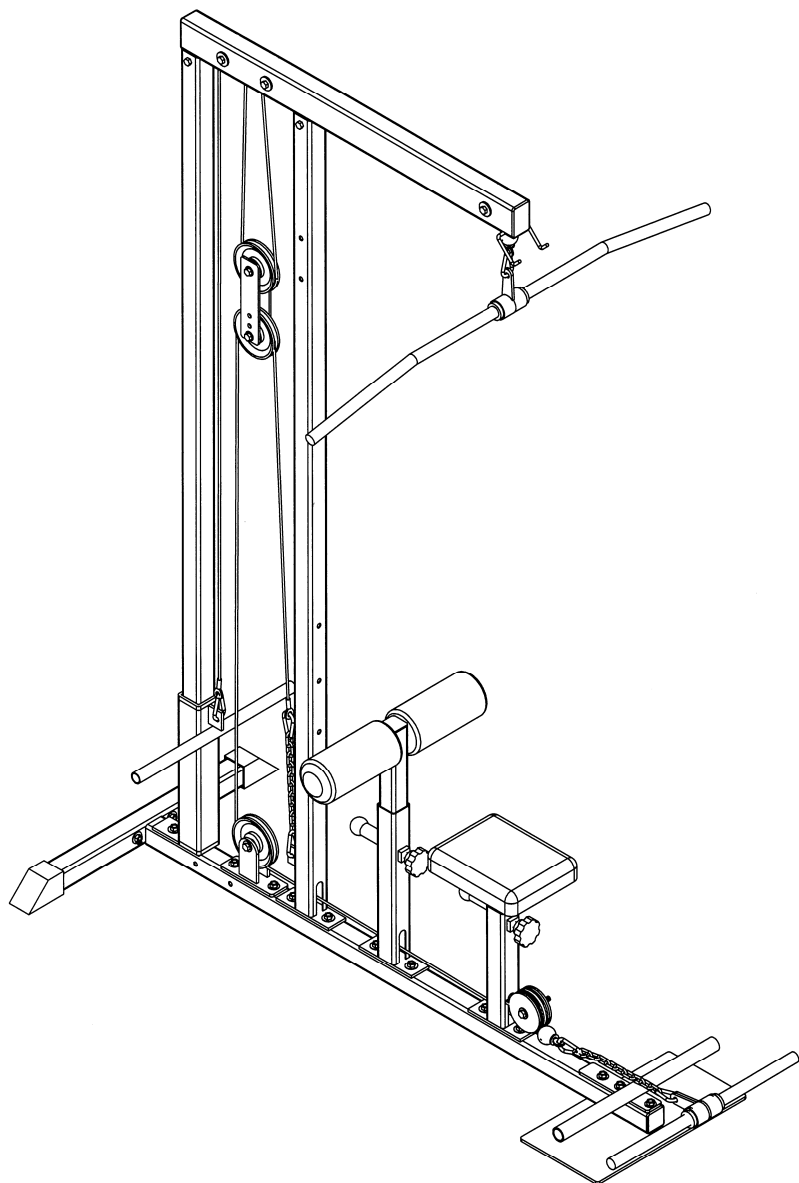


LAT PULLDOWN MACHINE

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

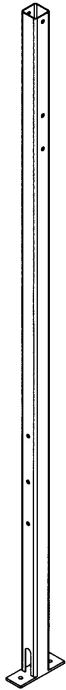
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

BOX CONTENTS



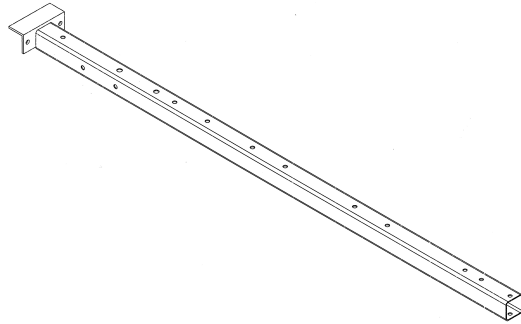
A

**REAR SUPPORT
QTY 1**



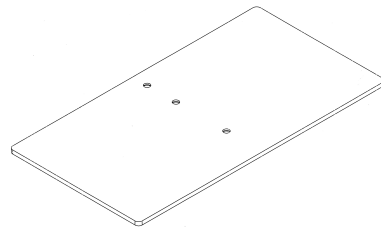
B

**FRONT SUPPORT
QTY 1**



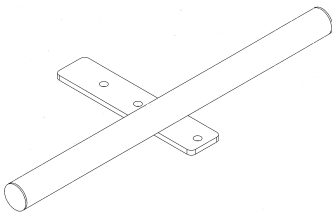
C

**BOTTOM FRAME
QTY 1**



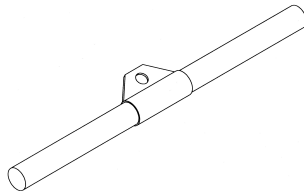
C1

**FOOT PLATE
QTY 1**



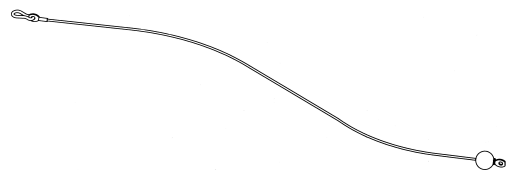
C2

**FOOT REST
QTY 1**



D

**REVOLVING CHROME
ROW BAR
QTY 1**

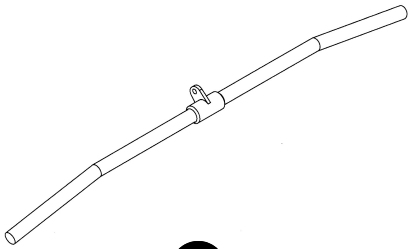


E

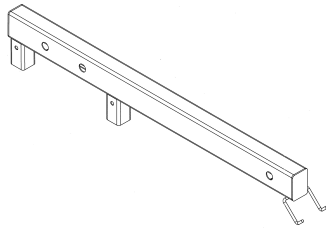
**LAT CABLE
QTY 2**

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

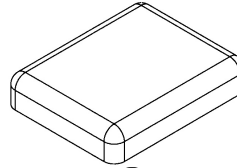
BOX CONTENTS



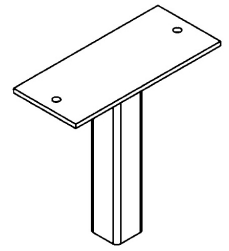
F
LAT BAR
QTY 1



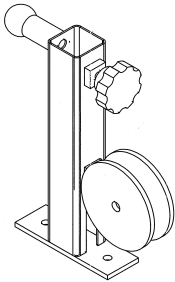
G
UPPER PULLEY
FRAME
QTY 1



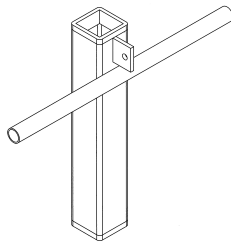
H
SEAT PAD
QTY 1



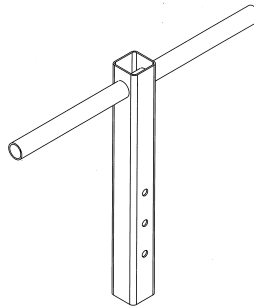
I
SEAT BRACKET
QTY 1



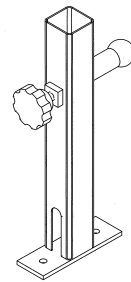
J
SEAT SUPPORT
QTY 1



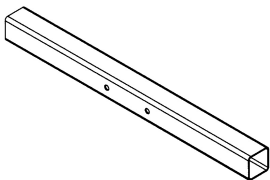
K
WEIGHT SLIDE
QTY 1



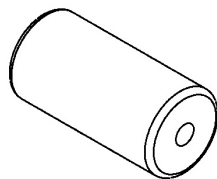
L
HOLD-DOWN
TUBE



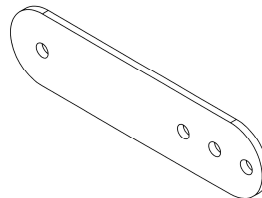
M
HOLD-DOWN SUPPORT
QTY 1



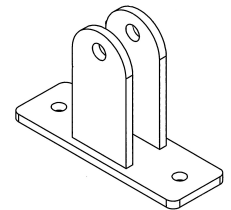
N
REAR CROSSMEMBER
QTY 1



P
ROLLER PAD
QTY 2

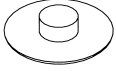


Q
FLANGE
QTY 2



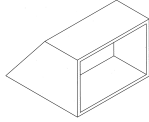
R
BOTTOM PULLEY
FRAME
QTY 1

HARDWARE



S

**MUSHROOM CAP
QTY 2**



T

**RUBBER SHOE
QTY 2**



U

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



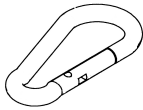
V

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



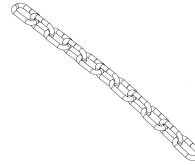
W

**PULLEY BUSHING
QTY 6**



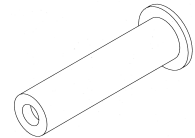
X

**SNAP HOOK
QTY 6**



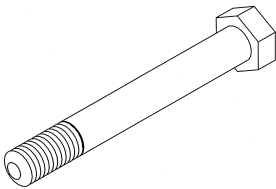
Y

**CHAIN
QTY 2**



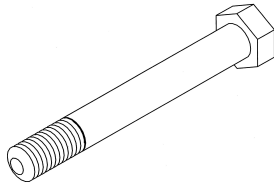
Z

**OLYMPIC ADAPTER
QTY 2**



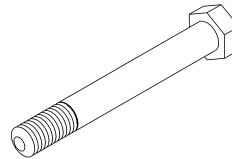
AA

**M12 x 70MM BOLT
QTY 2**



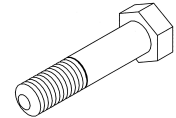
BB

**M12 x 65MM BOLT
QTY 2**



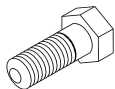
CC

**M10 x 70MM BOLT
QTY 3**



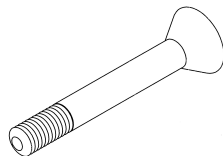
DD

**M10 x 45MM BOLT
QTY 4**



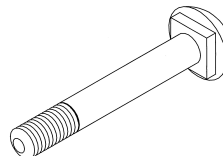
EE

**M10 x 20MM BOLT
QTY 2**



FF

**M10 x 70MM
FLAT HEAD BOLT
QTY 3**



GG

**M10 x 65MM
CARRIAGE BOLT
QTY 9**

(888) 258-0533

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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HARDWARE



HH

**M12 WASHER
QTY 8**



II

**M10 WASHER
QTY 20**



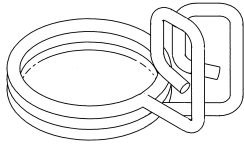
JJ

**M12 LOCKNUT
QTY 4**



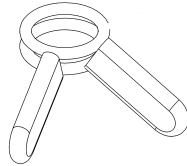
KK

**M10 LOCKNUT
QTY 19**



LL

**OLYMPIC COLLAR
QTY 2**



MM

**STANDARD COLLAR
QTY 2**

TOOLS REQUIRED:

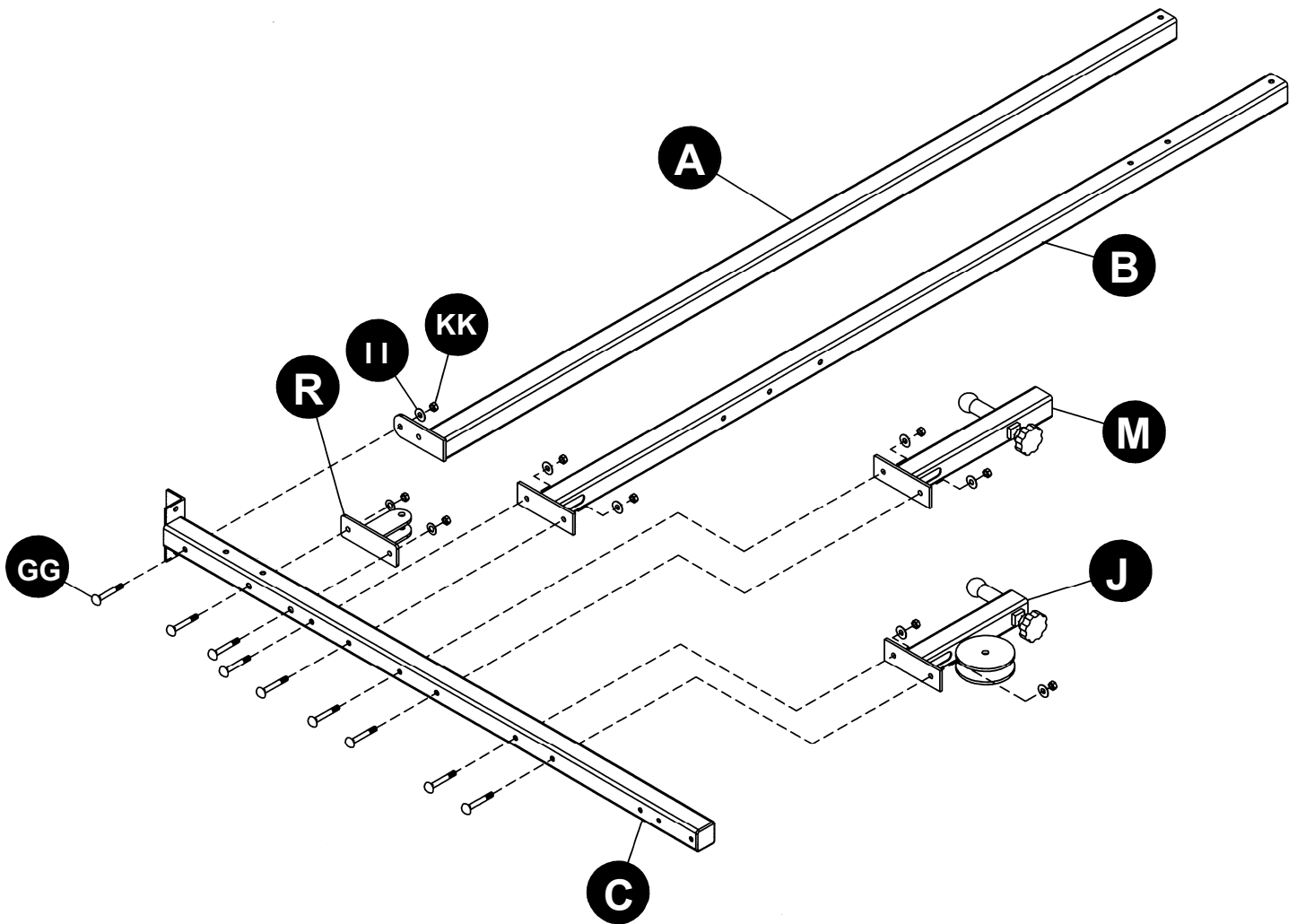
METRIC WRENCHES

PHILLIPS SCREWDRIVER

RUBBER Mallet

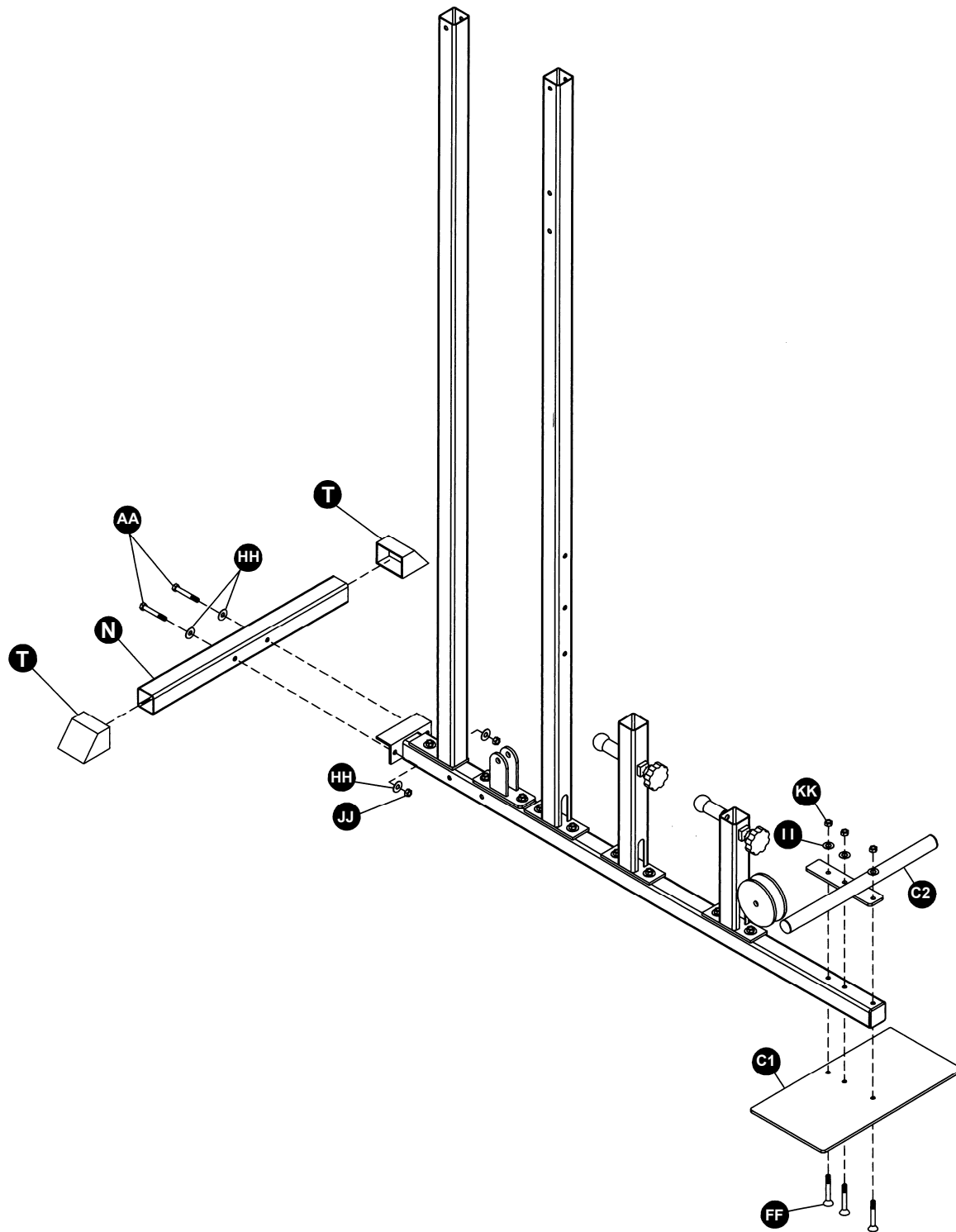
Some components may be pre-installed
from the factory

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



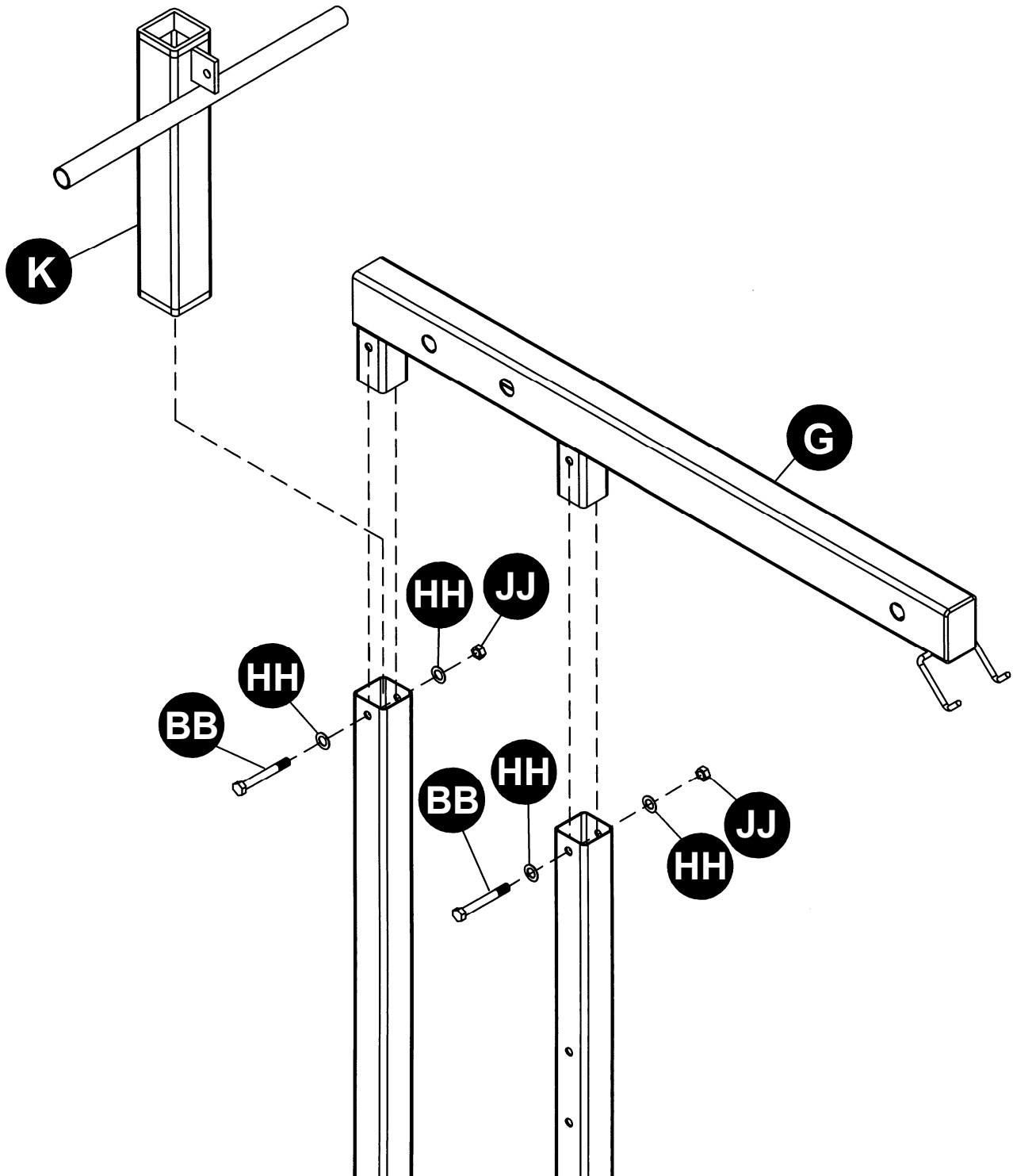
LAY BOTTOM FRAME (C) ON ITS SIDE ON LEVEL FLOOR. INSTALL FRONT & REAR SUPPORTS (A), (B) TO BOTTOM FRAME (C) USING THE M10 x 65MM CARRIAGE BOLTS (GG), M10 WASHERS (II), AND M10 LOCKNUTS (KK).

INSTALL BOTTOM PULLEY FRAME (R), HOLD-DOWN SUPPORT (M), AND SEAT SUPPORT (J) TO BOTTOM FRAME (C) USING THE M10 x 65MM CARRIAGE BOLTS (GG), M10 WASHERS (II), AND M10 LOCKNUTS (KK).



ROTATE THE ASSEMBLY TO THE UPRIGHT POSITION AND SLIDE THE REAR CROSSMEMBER (N) INTO PLACE AND INSTALL TO THE BOTTOM FRAME USING THE M12 x 70MM BOLTS (AA), M12 WASHERS (HH), AND M12 LOCKNUTS (JJ). INSTALL THE RUBBER BOOTS (T) OVER THE ENDS OF THE CROSSMEMBER. IF RUBBER BOOTS ARE DIFFICULT TO INSTALL USE SOAPY WATER.

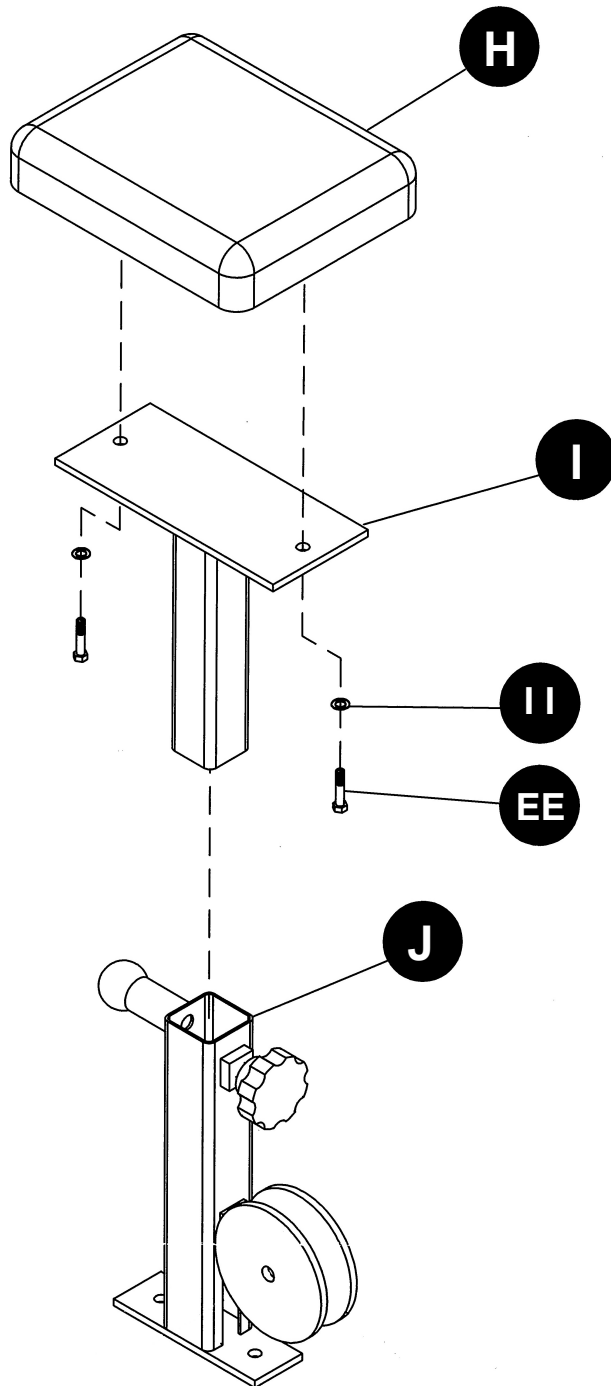
ATTACH THE FOOT PLATE (C2) AND FOOT REST (C1) TO THE BOTTOM FRAME USING M10 x 70 MM FLAT HEAD BOLTS (FF), M10 WASHERS (II), AND M10 LOCKNUTS (KK).



INSTALL THE WEIGHT SLIDE ASSEMBLY (**K**) ONTO THE REAR SUPPORT.

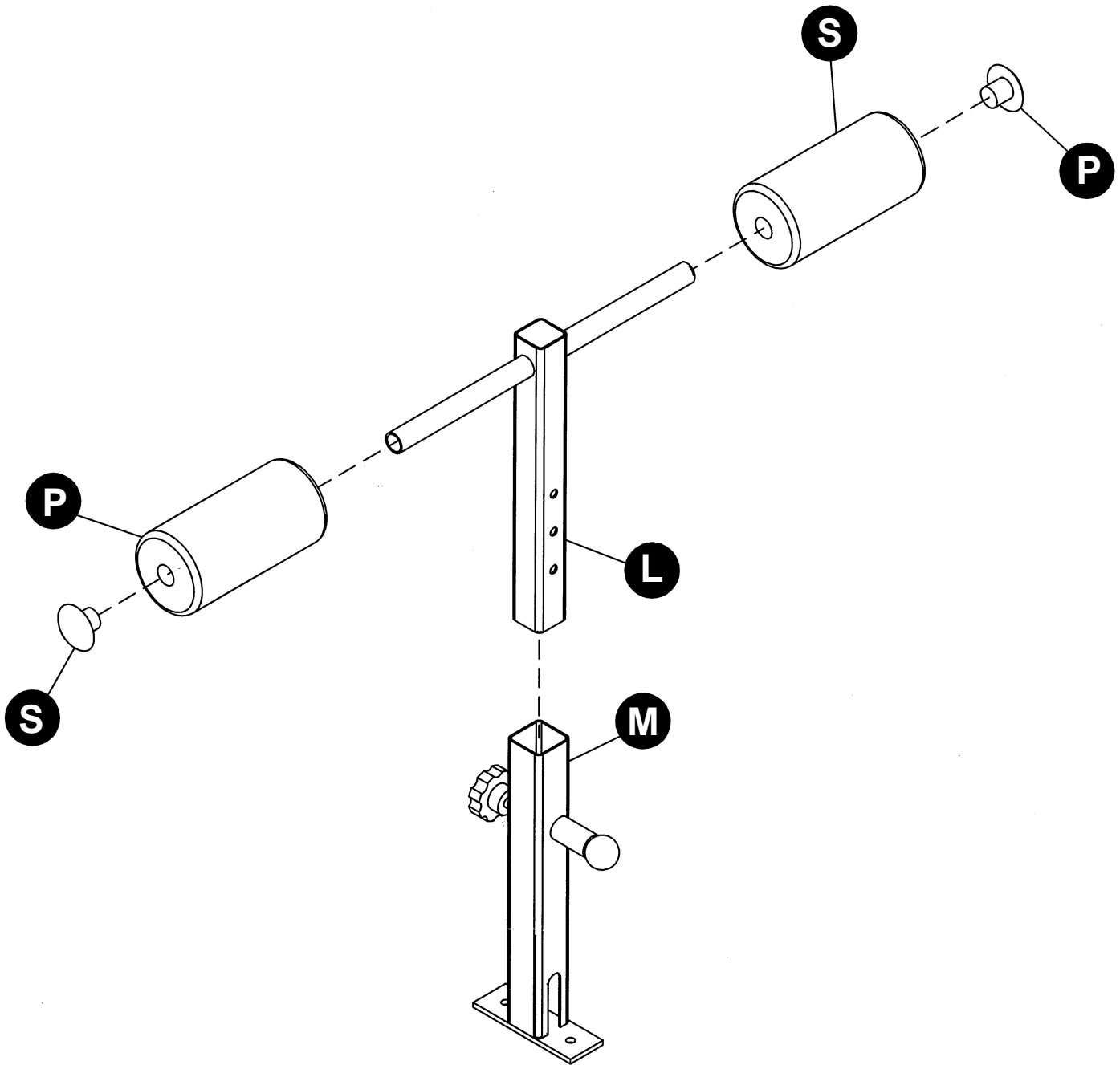
ASSEMBLE THE UPPER PULLEY FRAME ONTO THE FRONT AND REAR SUPPORTS USING THE M12 x 65MM BOLTS(**BB**), M12 WASHERS (**HH**), AND M12 LOCKNUTS (**JJ**).

SEAT FRAME ASSEMBLY



ATTACH THE SEAT PAD (**H**) TO THE SEAT BRACKET (**I**) USING THE M10 x 20MM BOLTS (**EE**) AND M10 FLAT WASHERS (**II**). THEN SLIDE THE SEAT BRACKET (**I**) INTO THE SEAT SUPPORT (**J**).

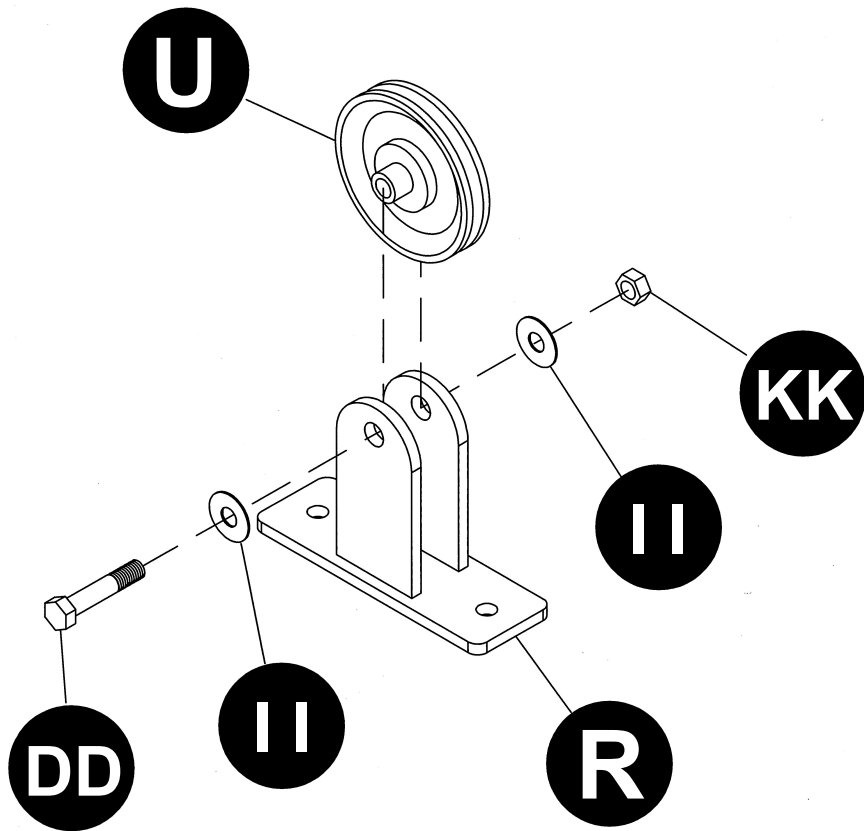
LEG HOLD DOWN ASSEMBLY



SLIDE THE HOLD-DOWN TUBE (L) INTO THE HOLD-DOWN SUPPORT (M) . LOCK INTO PLACE WITH PULL-PIN.

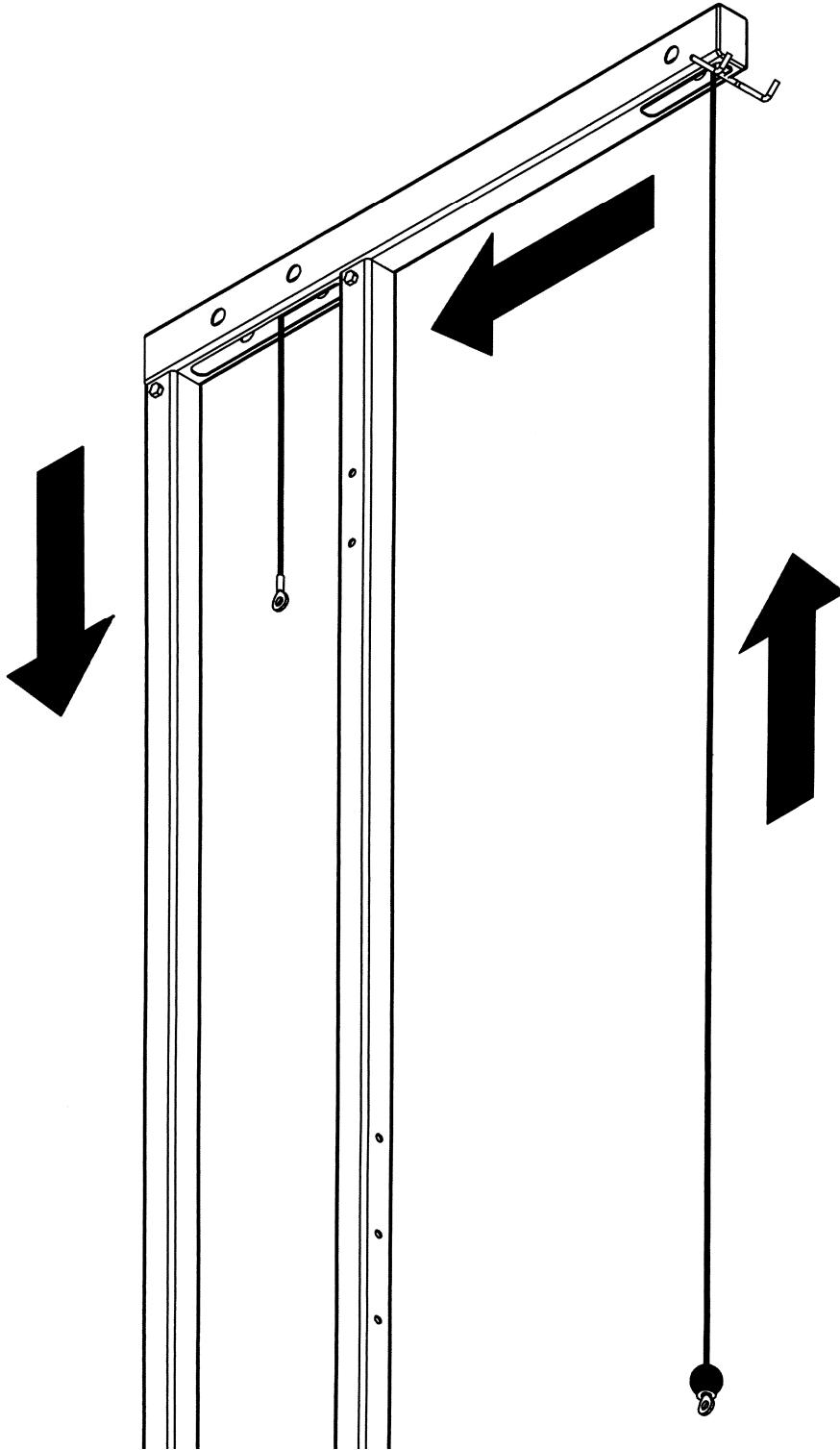
SLIDE THE ROLLER PADS (P) OVER THE LEG PAD TUBE AND INSERT THE MUSH-ROOM CAPS (S) . TAP INTO PLACE WITH A RUBBER Mallet.

BOTTOM PULLEY FRAME ASSEMBLY



ASSEMBLE THE 4 ½" PULLEY (U) INTO THE BOTTOM PULLEY FRAME (R) USING THE M10 x 45MM BOLT (DD), M10 WASHERS (II), AND M10 LOCKNUT (KK).

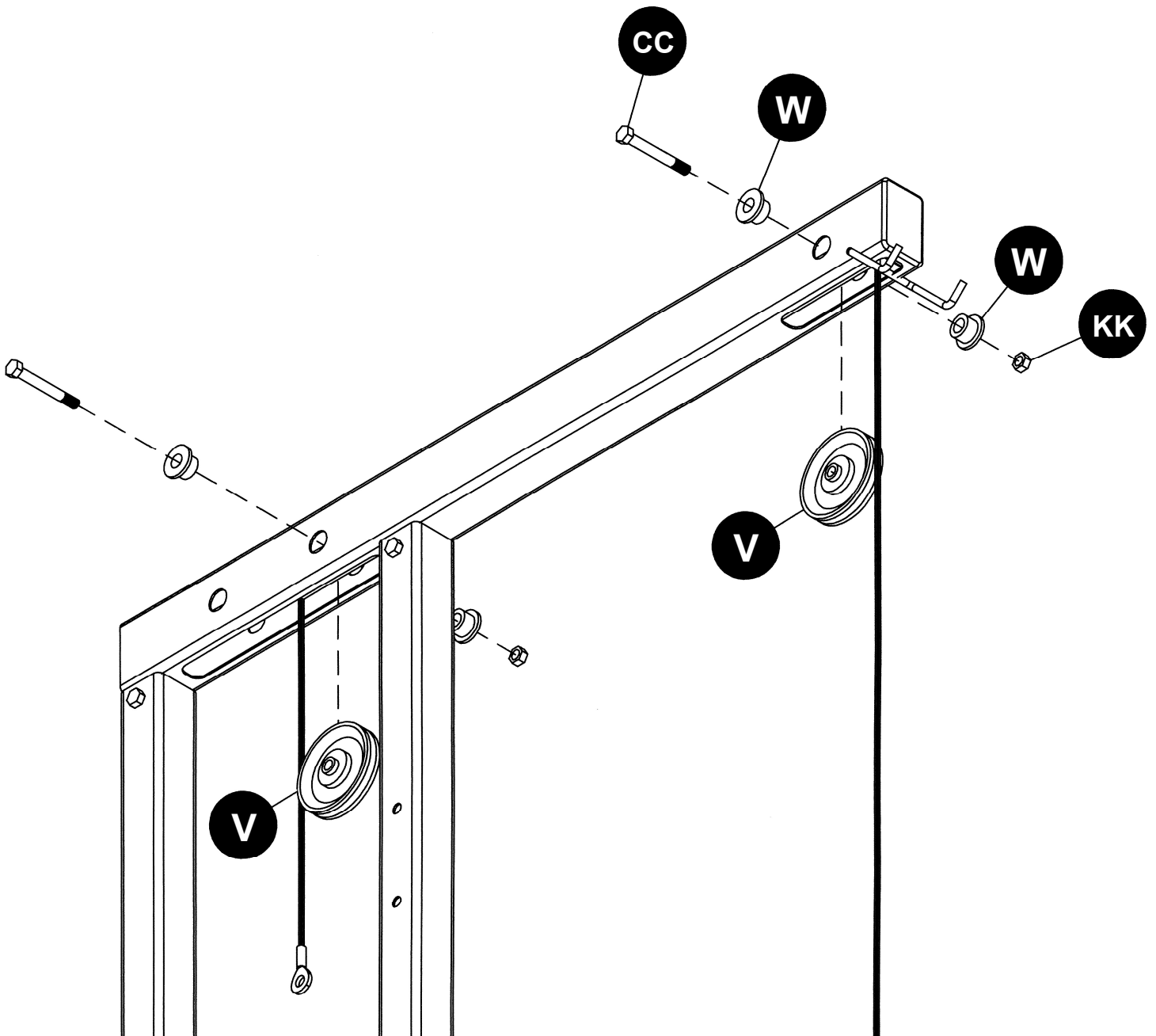
UPPER CABLE INSTALLATION



THE UPPER AND LOWER CABLES ARE THE SAME.

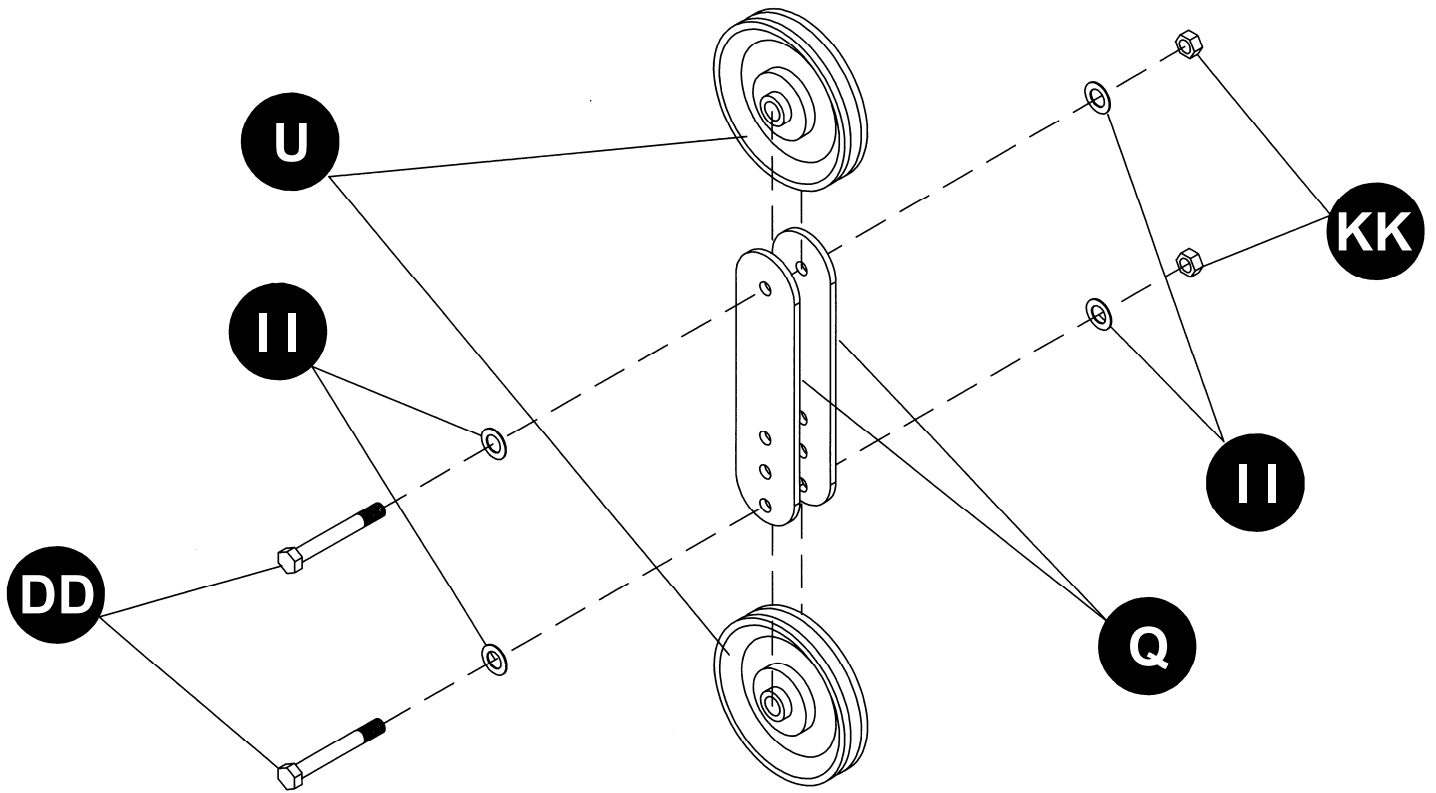
STARTING WITH THE CABLE END WITHOUT THE BALL, INSERT CABLE INTO FRONT OPENING OF THE UPPER PULLEY FRAME AND FEED IT TOWARDS THE BACK. PULL CABLE END OUT THROUGH REAR OPENING.

UPPER CABLE INSTALLATION



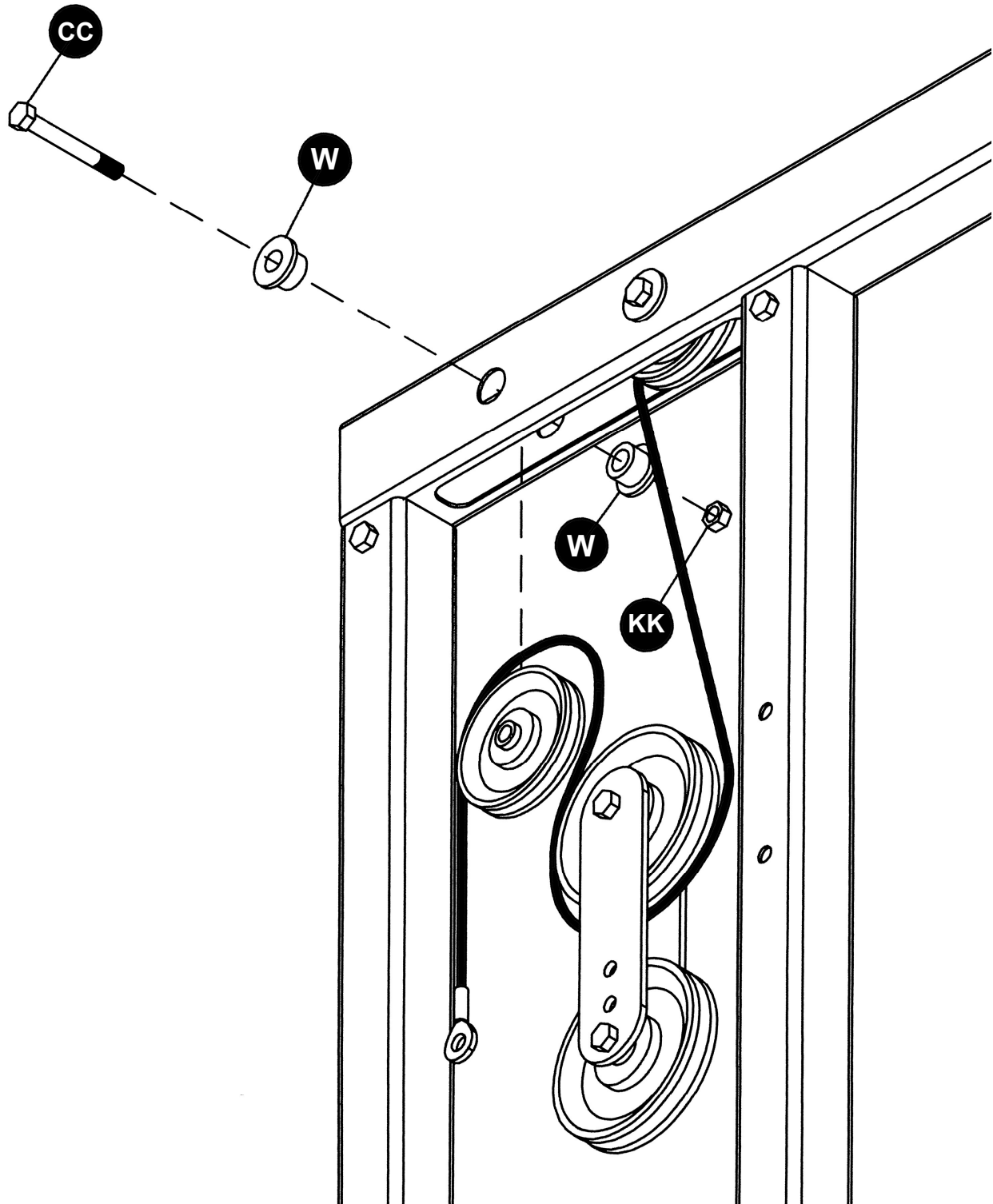
INSERT 3-1/2" PULLEY (V) INTO FRONT OPENING OF UPPER PULLEY FRAME AND INSTALL USING THE M10 x 70MM BOLT (CC), PULLEY BUSHINGS (W), AND M10 LOCKNUT (KK). REPEAT FOR MIDDLE PULLEY.

FLOATING PULLEY ASSEMBLY



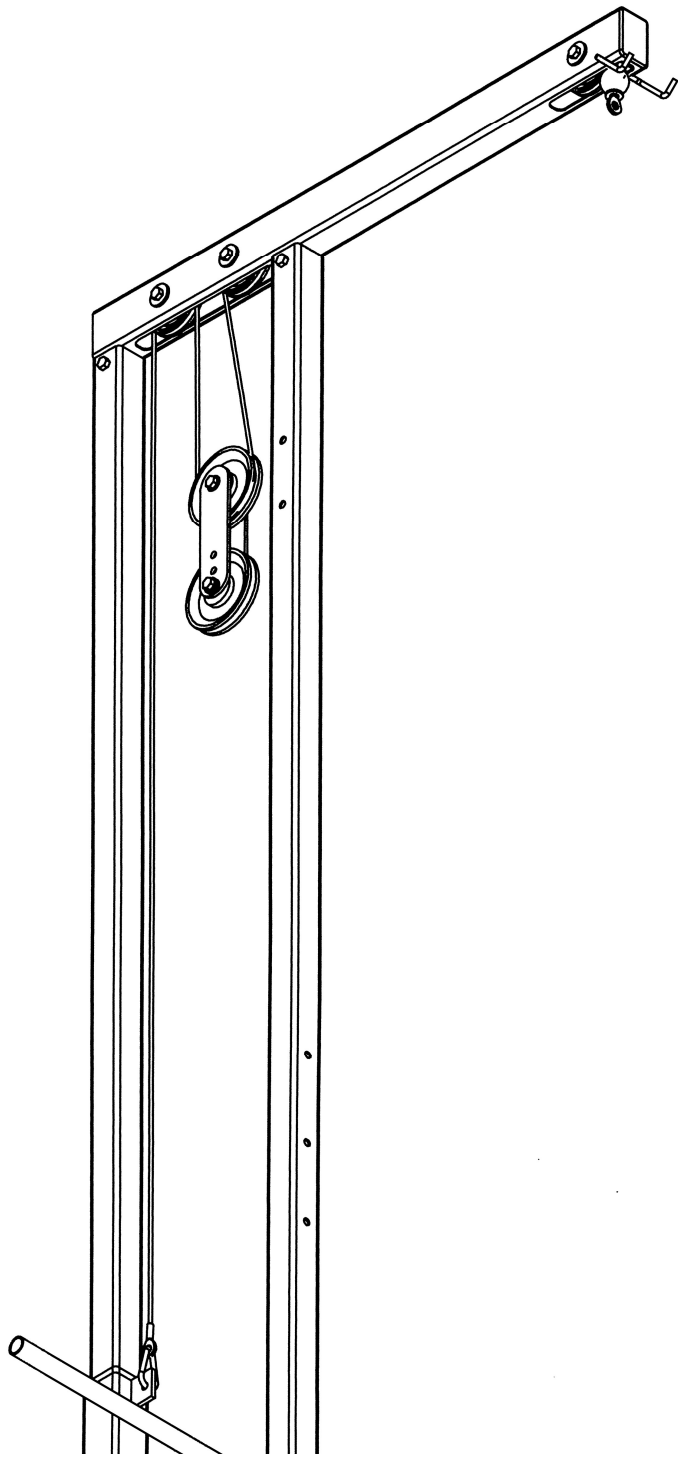
ASSEMBLE THE FLOATING PULLEY ASSEMBLY BY USING 4-1/2" PULLEYS (U), FLANGES (Q), M10 x 45MM BOLTS (DD), M10 WASHERS (II), AND M10 LOCKNUTS (KK). MAKE SURE THAT BOTTOM PULLEY IS ALIGNED WITH LOWEST HOLE IN FLANGES.

UPPER CABLE INSTALLATION



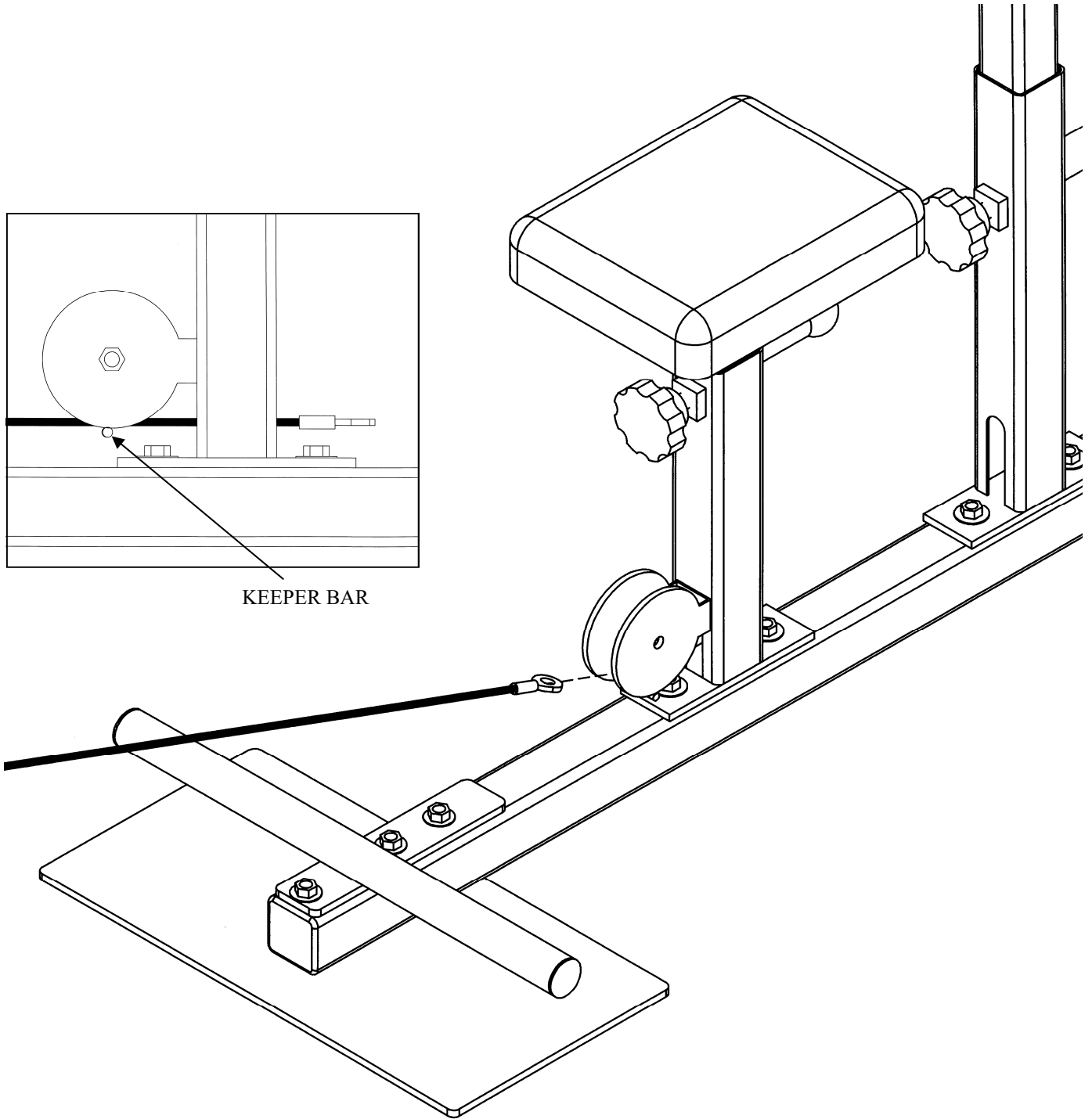
FEED CABLE END AROUND TOP PULLEY OF FLOATING PULLEY ASSEMBLY AND THEN OVER 3-1/2" PULLEY. INSTALL 3-1/2" PULLEY IN UPPER PULLEY FRAME USING THE M10 x 70MM BOLT (CC), PULLEY BUSHINGS (W), AND M10 LOCKNUT (KK).

UPPER CABLE INSTALLATION



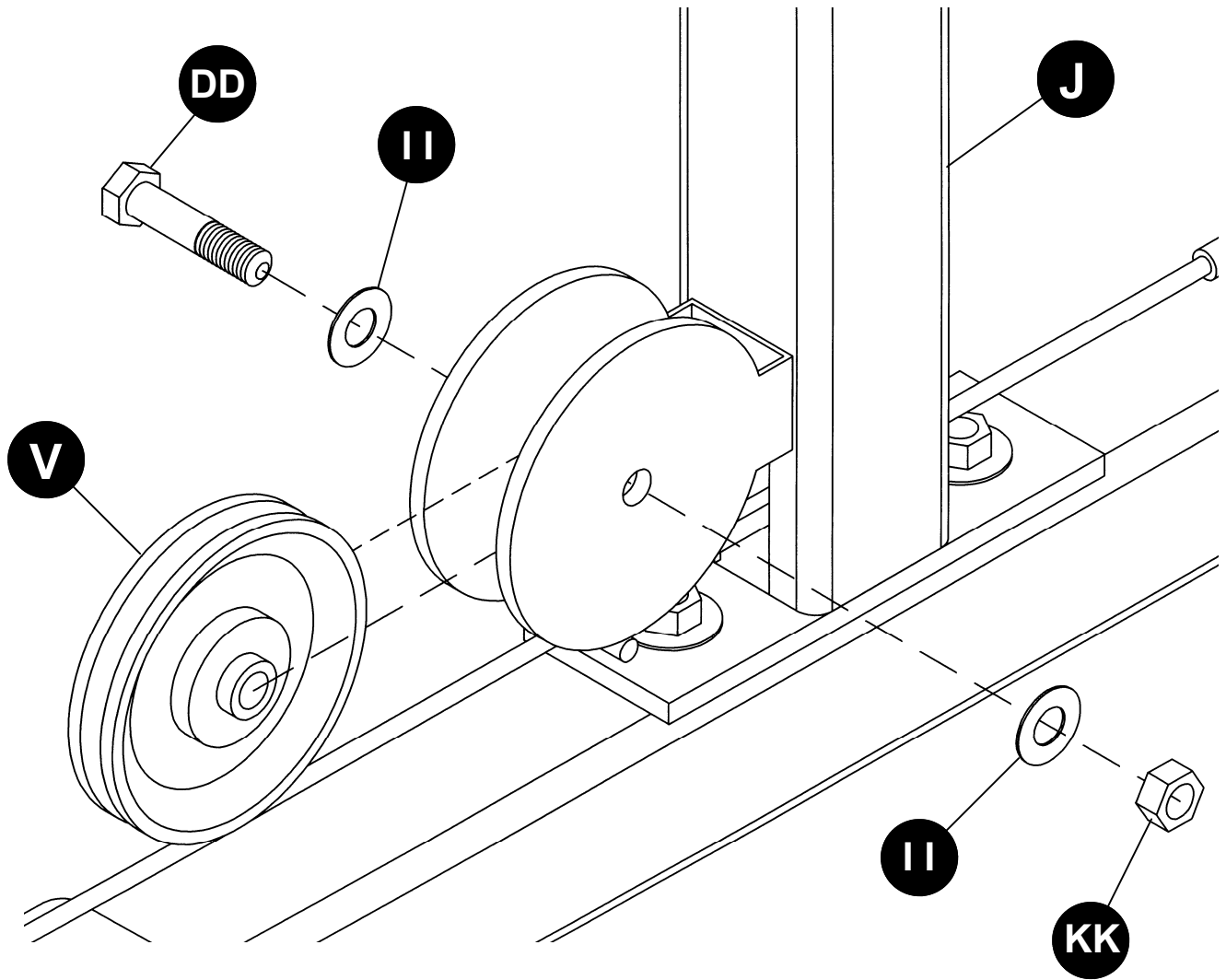
ATTACH SNAP HOOK TO CABLE END AND THEN TO MOUNTING FLANGE ON WEIGHT SLIDE.

LOWER CABLE INSTALLATION



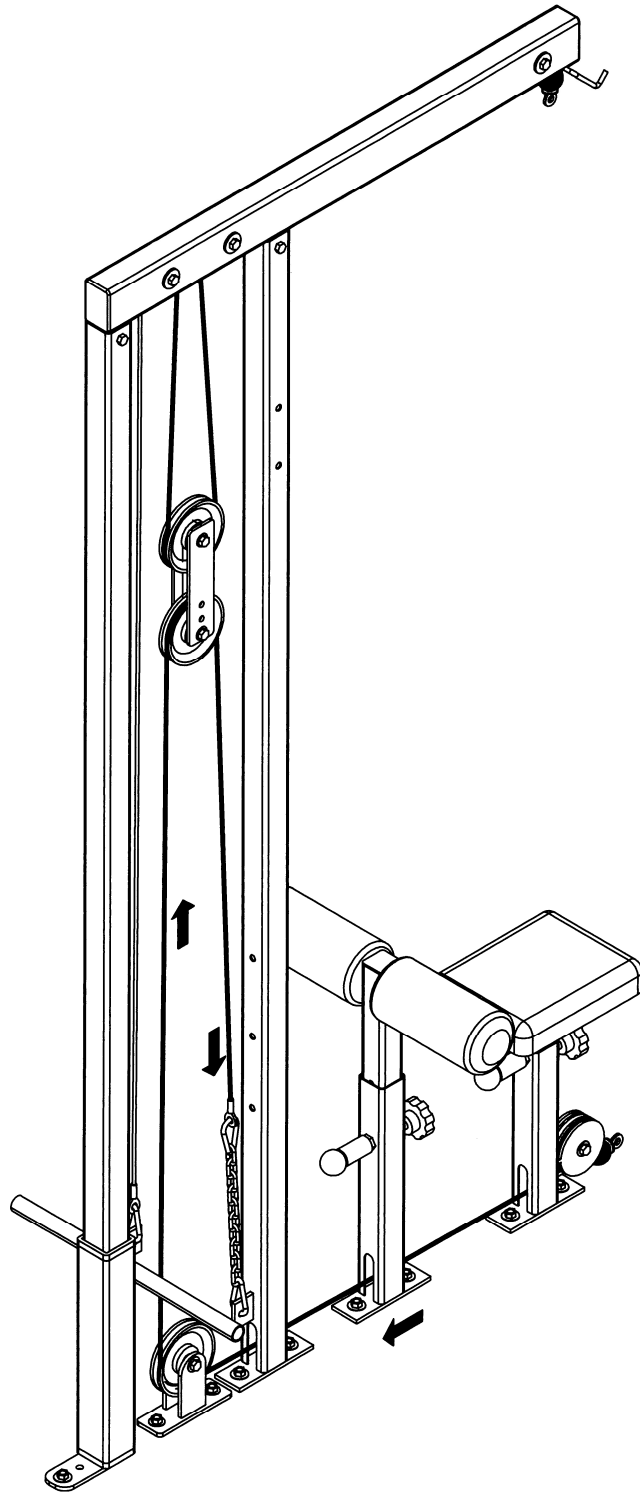
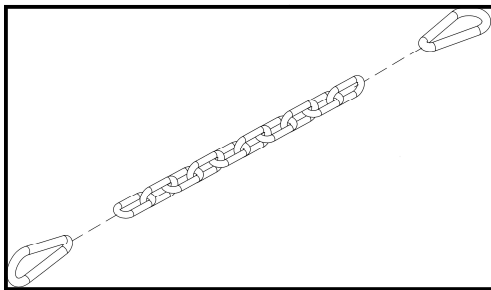
STARTING WITH THE CABLE END WITHOUT THE BALL, INSERT CABLE UNDER 3-1/2" PULLEY ON SEAT FRAME. MAKE SURE THAT CABLE IS ABOVE KEEPER BAR ON BOTTOM OF PULLEY FRAME (SEE INSET PICTURE)

LOWER CABLE INSTALLATION



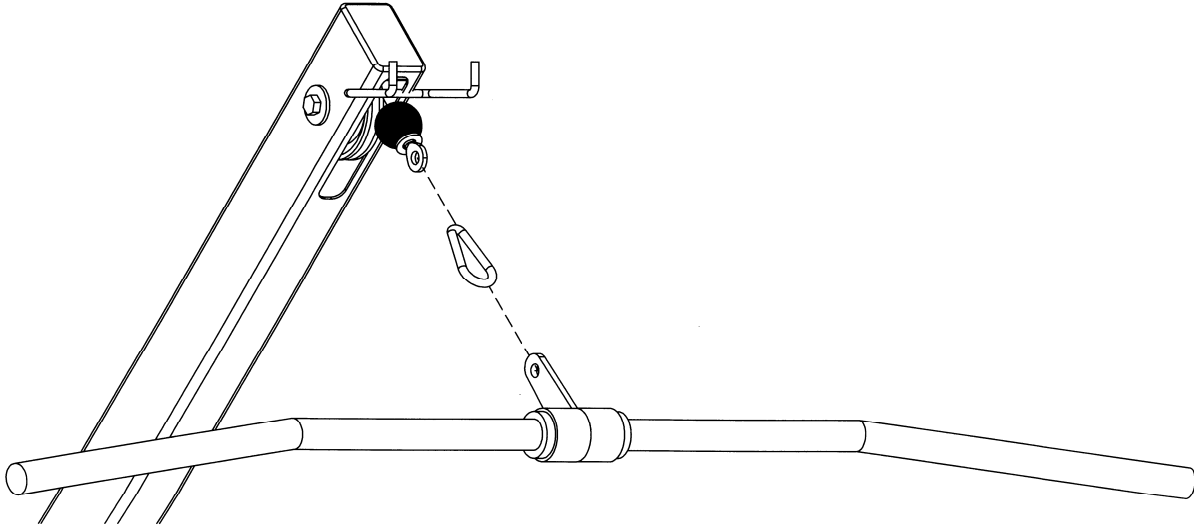
INSTALL THE 3-1/2" PULLEY (V) INTO THE PULLEY FLANGES ON THE SEAT SUPPORT TUBE (J) USING THE M10 x 45MM BOLT (DD), M10 WASHERS (II), AND M10 LOCK NUT (KK).

LOWER CABLE INSTALLATION

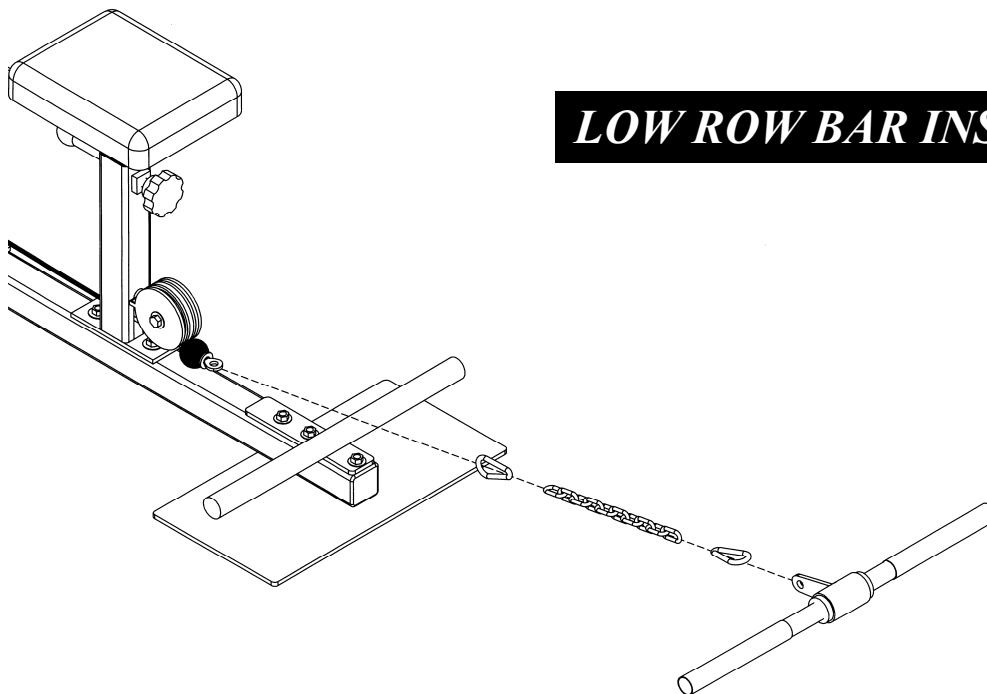


FEED CABLE THROUGH OPENINGS IN SEAT SUPPORT, HOLD-DOWN SUPPORT, AND FRONT SUPPORT. INSTALL CABLE AROUND 4-1/2" LOWER PULLEY, UP AND AROUND BOTTOM PULLEY OF FLOATING PULLEY ASSEMBLY. ATTACH SNAP HOOKS TO BOTH ENDS OF CHAIN (SEE INSET PICTURE). ATTACH CABLE END TO ONE SNAP HOOK AND ATTACH OTHER END OF CHAIN TO FLANGE ON FRONT SUPPORT.

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 LOOSENER 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.

Note: Cables and pulleys are wear items and will need to be replaced periodically.
You can obtain replacement parts at www.deltechfitness.com.

Exercise Chart for the DF910

Lat Pull		Low Row		Curl	
					
Start	Finish	Start	Finish	Start	Finish
Rev Curl		Row		Tri Pull	
					
Start	Finish	Start	Finish	Start	Finish
Squat		Shrug		Side Row	
					
Start	Finish	Start	Finish	Start	Finish

NOT ALL EXERCISES ARE RECOMMENDED FOR EVERYONE PLEASE CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM

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.