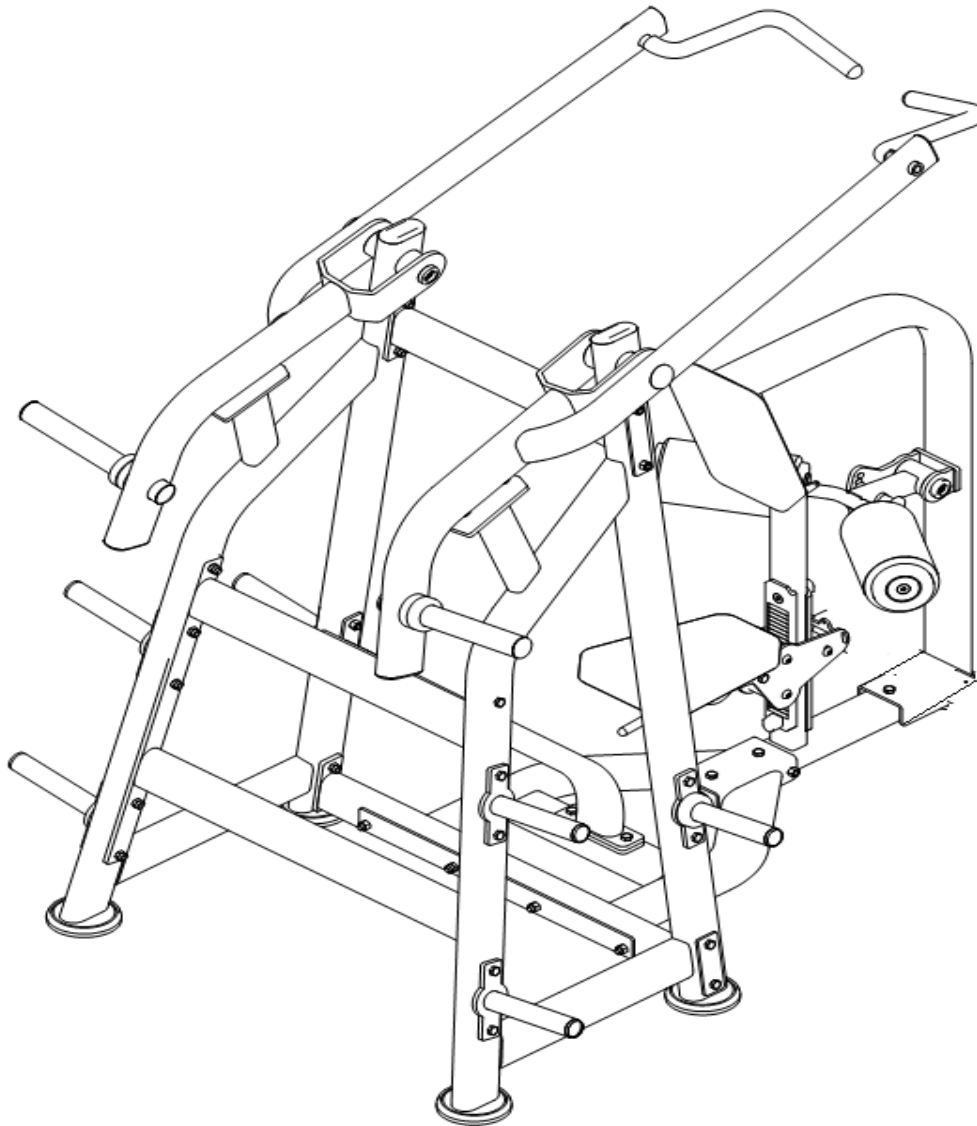


Pro Strength Front Lat Pulldown

PL-PS-FLP



Installation Manual

V2018051

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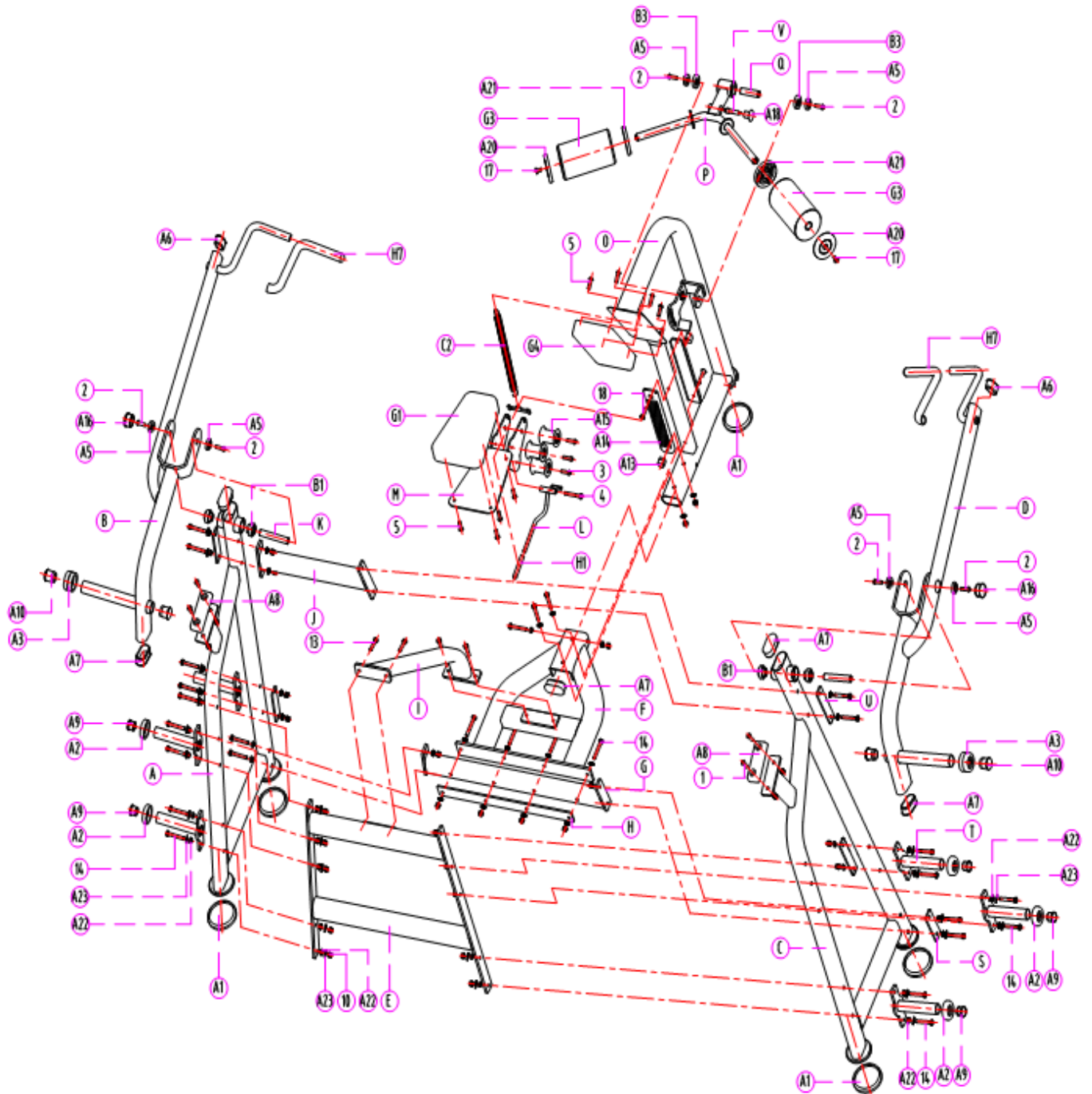
01/ Safety Instructions:

Welcome to choose our product. It is a guarantee to your safety and convenience if you use our product properly. Please read the followings carefully before using our product:

1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, and be sure you have enough space.
4. Users are obliged for the good maintenance of the equipment. Before using, or install the equipment, check all the parts are fixed. Check all the parts regularly.
5. If the equipment broken, please contact the distributors or after-sales department. Do not use it before it repaired.
6. Before using the equipment, please wear properly and bundle up the hair for ladies
7. Please do warm up exercise before using the equipment.
8. If you feel dizzy, pain or some other abnormal symptom, please stop your exercise, and go to see doctors.
9. Children should use the equipment under adult's guardianship.
10. Warning! Keep hands and feet away from moving parts.
11. Warning! Do not do over adjustments.
12. Warning! Children or pets away from the equipment during your workout.
13. Warning! Any adjustable parts should be properly adjusted.
14. Warning! Please use this equipment correctly to avoid any injury.
15. We suggest you should use this equipment in supervision area.

02/ Installation chart & list

1) Step 1



List for this step			
Model	Name	Spec	Qty
A	Left frame component	Weld assembly	1
B	Left movable arm component	Weld assembly	1
C	Right frame component	Weld assembly	1
D	Right movable arm component	Weld assembly	1
E	Back connection component	Weld assembly	1
F	Bottom frame component	Weld assembly	1
G	Bottom connection through component	Weld assembly	1
I	Bend connection component	Weld assembly	1
H	Long base plate	Component	1
J	Top connection component	Weld assembly	1
K	Spindle	Component	2
L	Handrail adjustment component	Weld assembly	1
M	Cushion fixed component	Weld assembly	1
O	Back supporting frame component	Weld assembly	1
P	Leg press component	Weld assembly	1
Q	Adjustment spindle	Component	1
S	Bottom connection pad	Component	2
T	Barbell plate hanger rod component	Weld assembly	6
U	Top connection pad	Component	8
V	Pin	Component	1
A2	Round cushion	Φ75*Φ42.5*20	6
A3	Round cushion	Φ75*Φ48.5*20	4
A10	Round pipe close	Φ48*50	4
A6	Oval pipe close	40*80*35	2
A7	Oval pipe close	50*100*35	5
A5	Shaft end washer	Φ43.5*14.5	6
B1	Insert bearing	UR205	4
A1	Floor foot pad	Φ136.5*20	5
H7	The seal won't tear	Φ32*Φ28*515	2
2	Hex cup head bolt	M12*25	6
A8	Cushion	166*58*30	2
1	Hex cup head bolt	M12*40	8
A16	Spout plug	Φ55*30	2
10	Hex locknut	M12	28
14	Outer hex bolt	M12*85	19
A12	Screw cap	M12	40
22	Fixed plate	Φ12	44

23	Flat gasket	Φ12	44
A18	Mushroom head bolt cap	Φ42*34*M8	1
B2	Deep groove ball bearing	6203	6
B3	Deep groove ball bearing	6205	2
C3	Compressed spring	Φ17*31	1
A9	Flat pipe close	Φ40*30	6
17	Hex flat head bolt	M12*30	2
18	Hex flat head bolt	M12*70	2
A20	Foam front end cover	Φ140*14	2
A21	Foam back end cover	Φ140*14	2
G3	Foam	Φ140*250	2
A14	Adjustment plate	70*382*13	2
A13	Limited block	26*39*25.5	2
A15	Idler wheel	Φ70*78	3
3	Hex cup head bolt	M10*25	6
H1	The seal won't tear	Φ18*Φ14*150	1
C2	Tension spring	Φ25*183*Φ4	1
4	Hex cup head bolt	M10*110	1
G1	Cushion	348*248*60	1
G4	Chest pad	360*190*60	1

03/ Product description

This equipment is for indoor use, in order to improve your cardio and muscles. It train your chest muscles and others. You can choose the stack weight in order to get the weights or resistance you need. You can read the placards in order to use the equipment properly. The equipment is designed and produced according to human engineering, which can assure safety and durability. The equipment is made of steel and of powder coating process, which assure the safety and durability.

04/Product specification

Name	Front Lat Pulldown	SKU	PL-PS-FLP
Dimension	65" x 49" x 78"		
Weight	323 lb		

05/Maintenance

1. Please check all the screws regularly.
2. Keep the equipment clean. Do not use strong solvent. If weighted spare parts abrasion or broken, please change it at once.