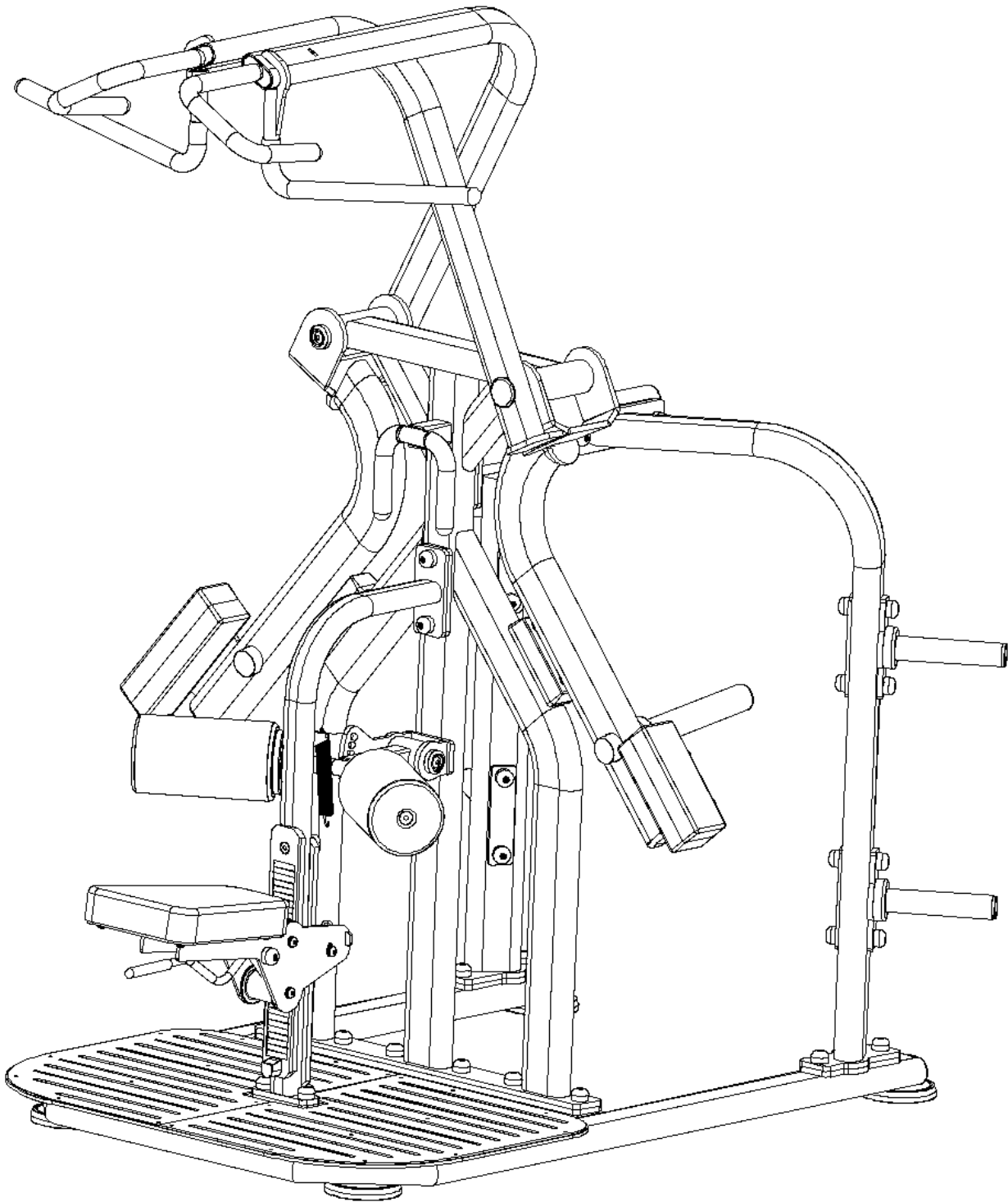


Pro Strength Rotary Lat Pulldown



SWB08 ASSEMBLY INSTRUCTION WIDE PULLDOWN

CONTENTS

01/IMPORTANT NOTICE

02/ ASSEMBLY PROCEDURE AND BILL OF MATERIALS

03/PRODUCT DESCRIPTION

04/PRODUCT PARAMETER

05/MAINTENANCE GUIDELINE

01/IMPORTANT NOTICE

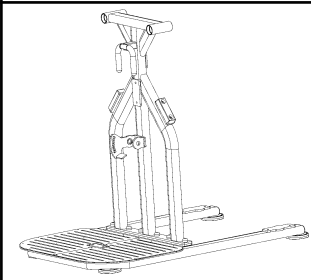
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. WARNING: Keep hands and feet away from moving parts.
11. WARNING: DO NOT beyond adjustable setting range.
12. WARNING: Keep children or pets away from the machine when operating it.
13. WARNING: Keep all control apparatus in proper position.
14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

02/ASSEMBLY PROCEDURE

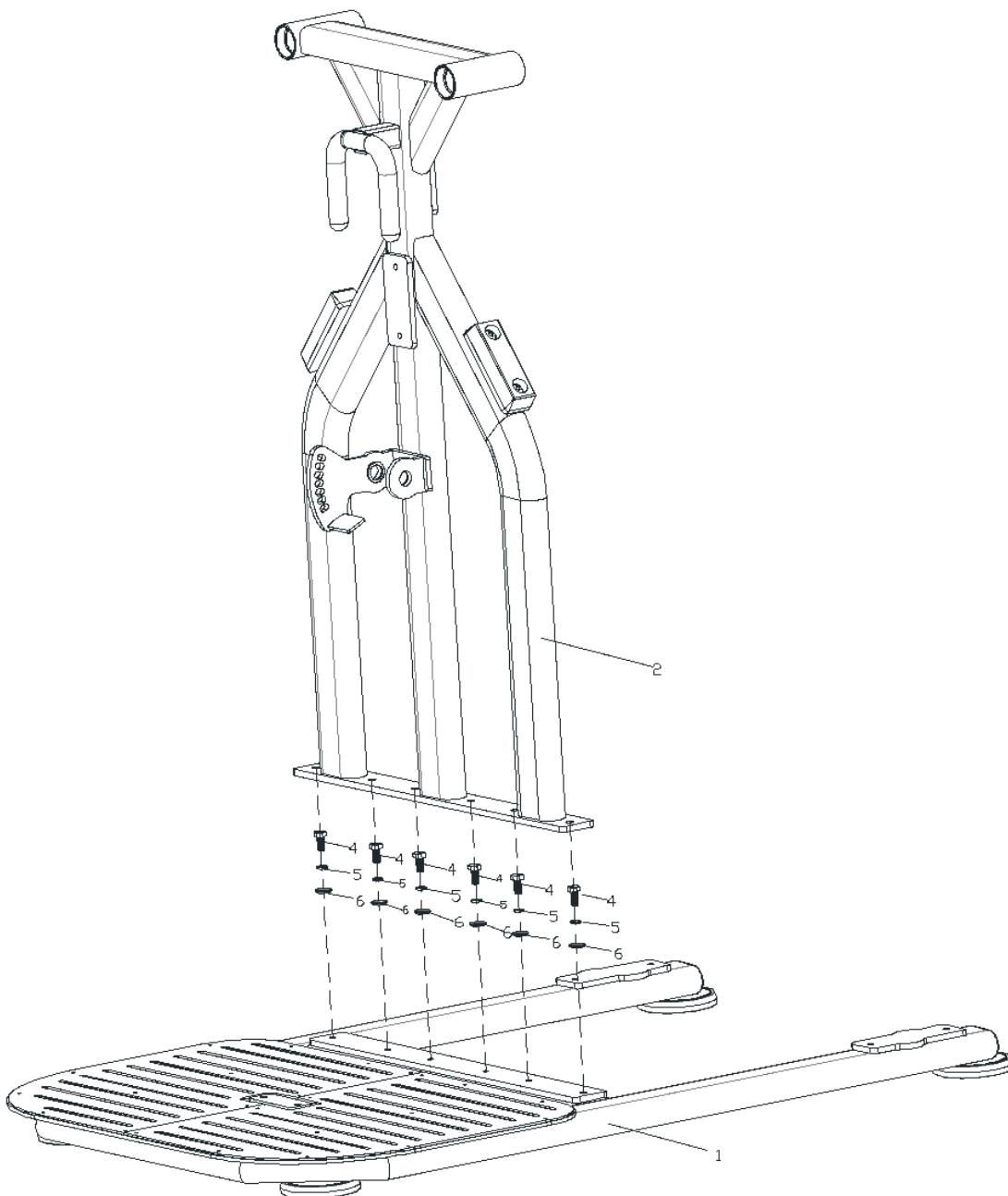
Step 1

Finished diagram



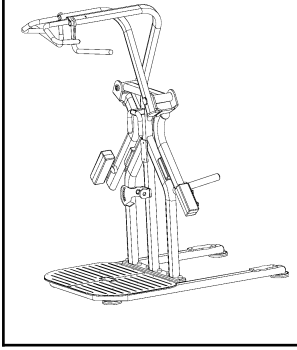
Bill of materials

No.	Name	Spec	Qty
1	Base assembly		1
2	Frame		1
4	Hexagon bolt	M12*25	6
5	Spring washer	Φ 12	6
6	Flat washer	Φ12	6

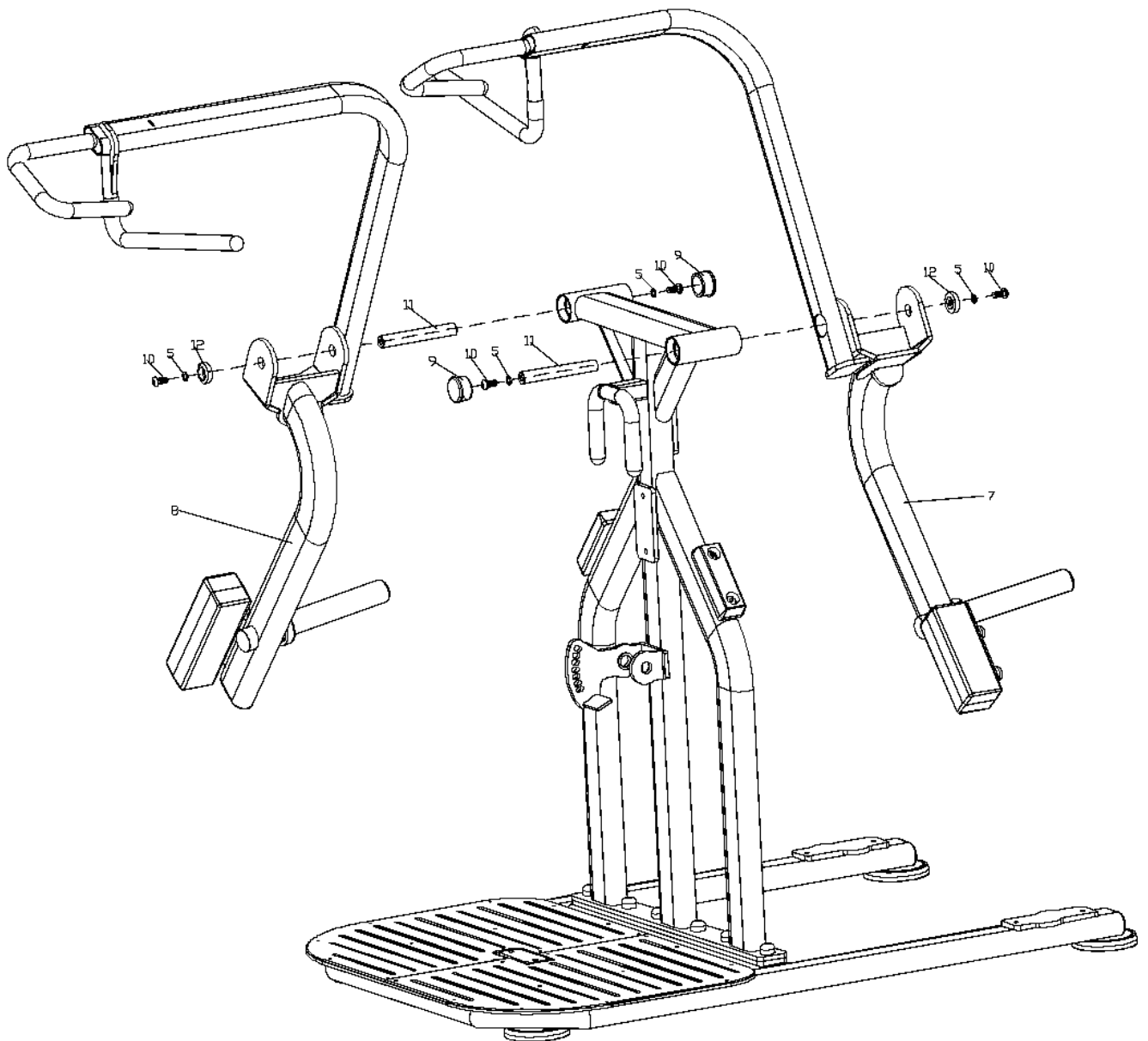


Step 2

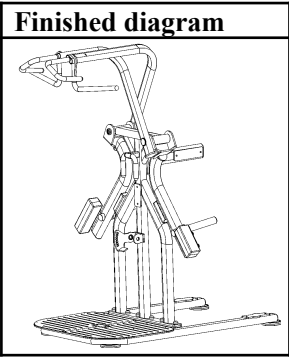
Finished diagram



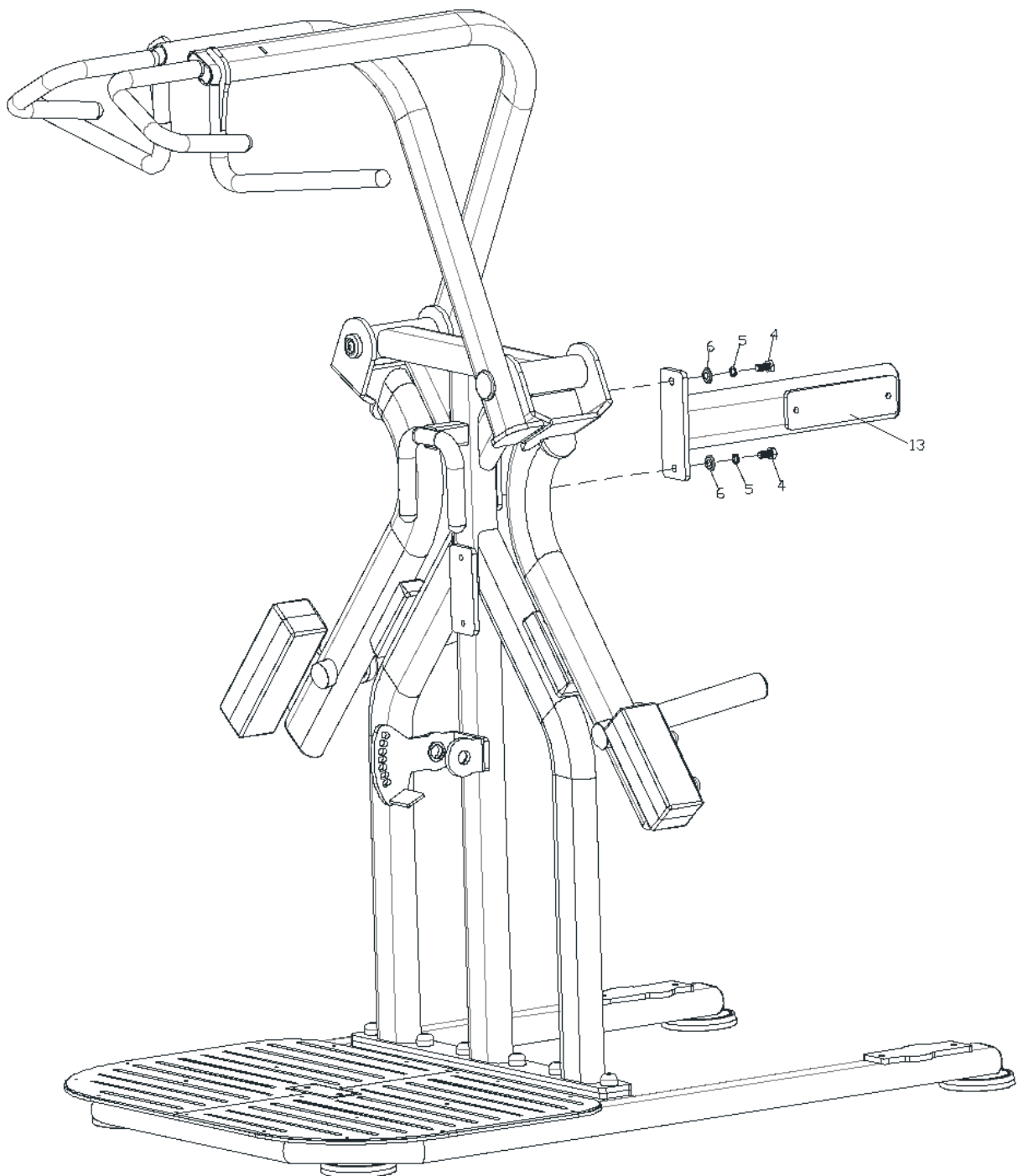
Bill of materials			
No.	Name	Spec	Qty
5	Spring washer	φ 12	4
7	Left swing frame		1
8	Ring arm		1
9	Tube plug	Φ55*30	2
10	Hexagon socket flat head bolt	M12*25	4
11	Swing arm rotation axis	Φ25*178	2
12	End cover	Φ43.5*14.5	2



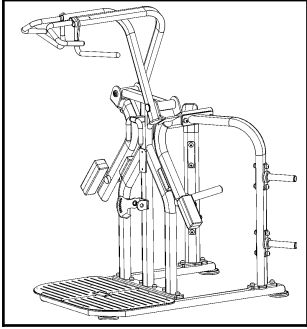
Step 3



Bill of materials			
No.	Name	Spec	Qty
4	Hexagon bolt	M12*25	2
5	Spring washer	φ 12	2
6	Flat washer	Φ12	2
13	Rear connecting assembly		1

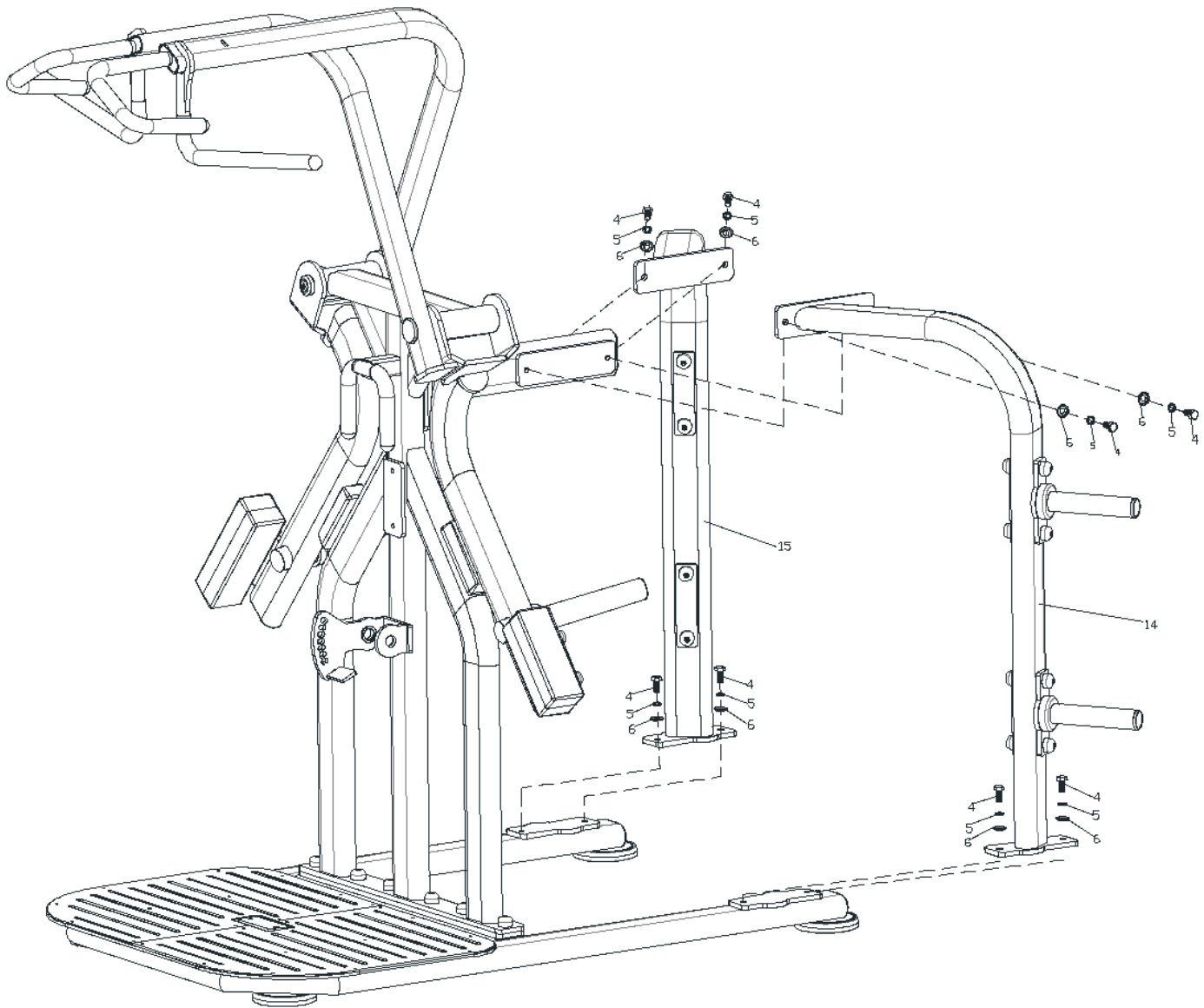


Finished diagram



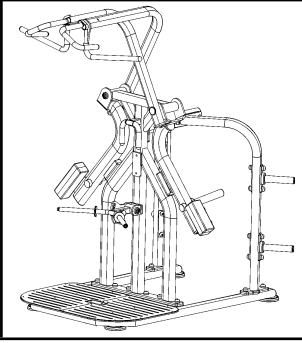
Bill of materials			
No.	Name	Spec	Qty
4	Hexagon bolt	M12*25	8
5	Spring washer	φ 12	8
6	Flat washer	Φ12	8
14	Left supporting frame		1
15	Right supporting frame		1

Step

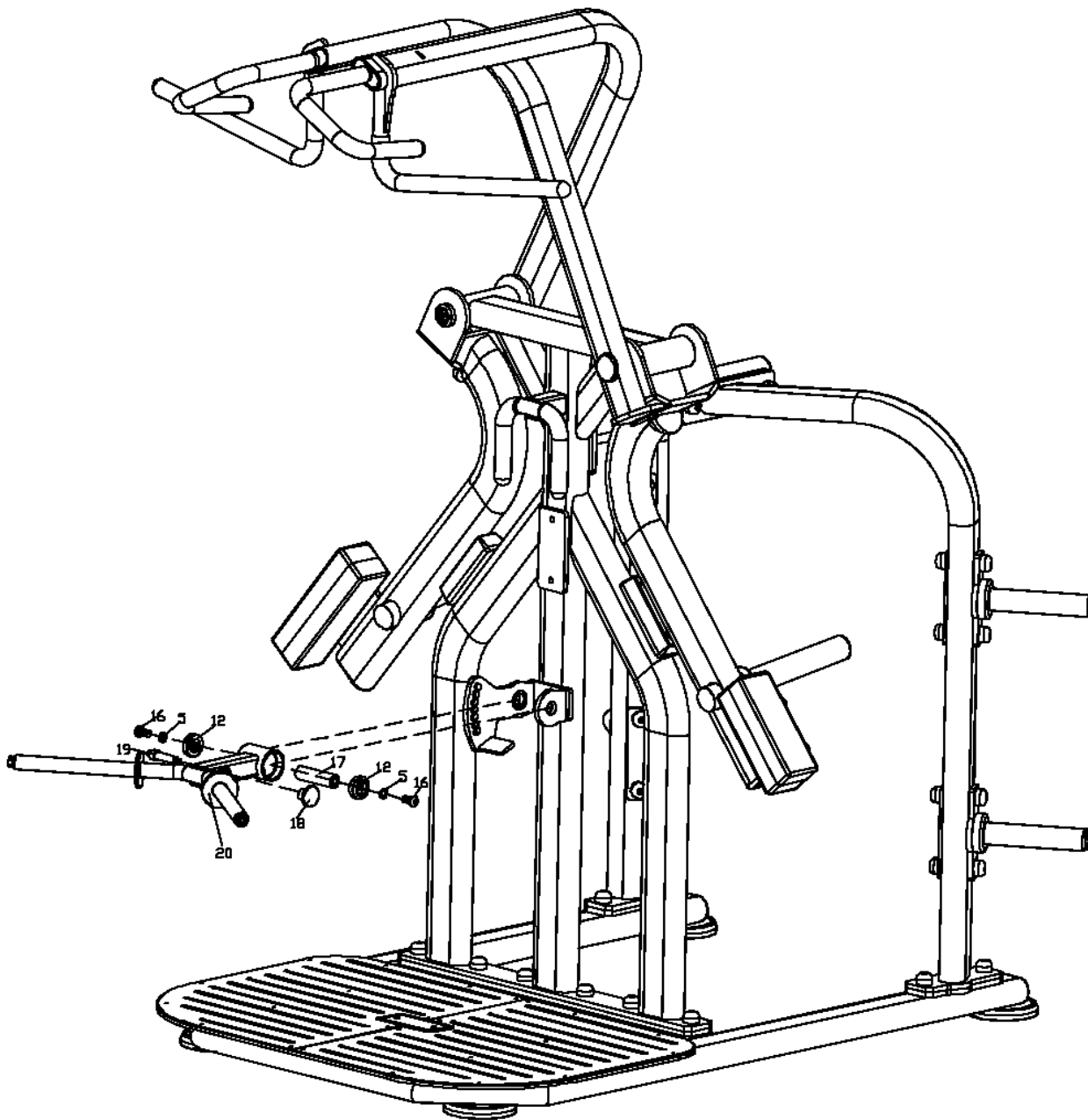


Step 5

Finished diagram

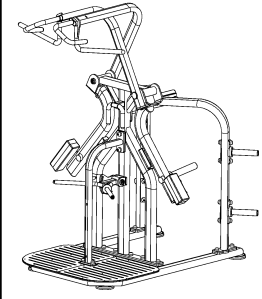


Bill of materials			
No.	Name	Spec	Qty
5	Spring washer	Φ 12	2
12	End cover	Φ43.5*14.5	2
16	Hexagon socket flat head bolt	M12*25	2
17	Handle rotation axis	Φ25*95	1
18	Pin head	Φ43*34*M8	1
19	Pin	Φ19*85	1
20	Leg pressing assembly		1

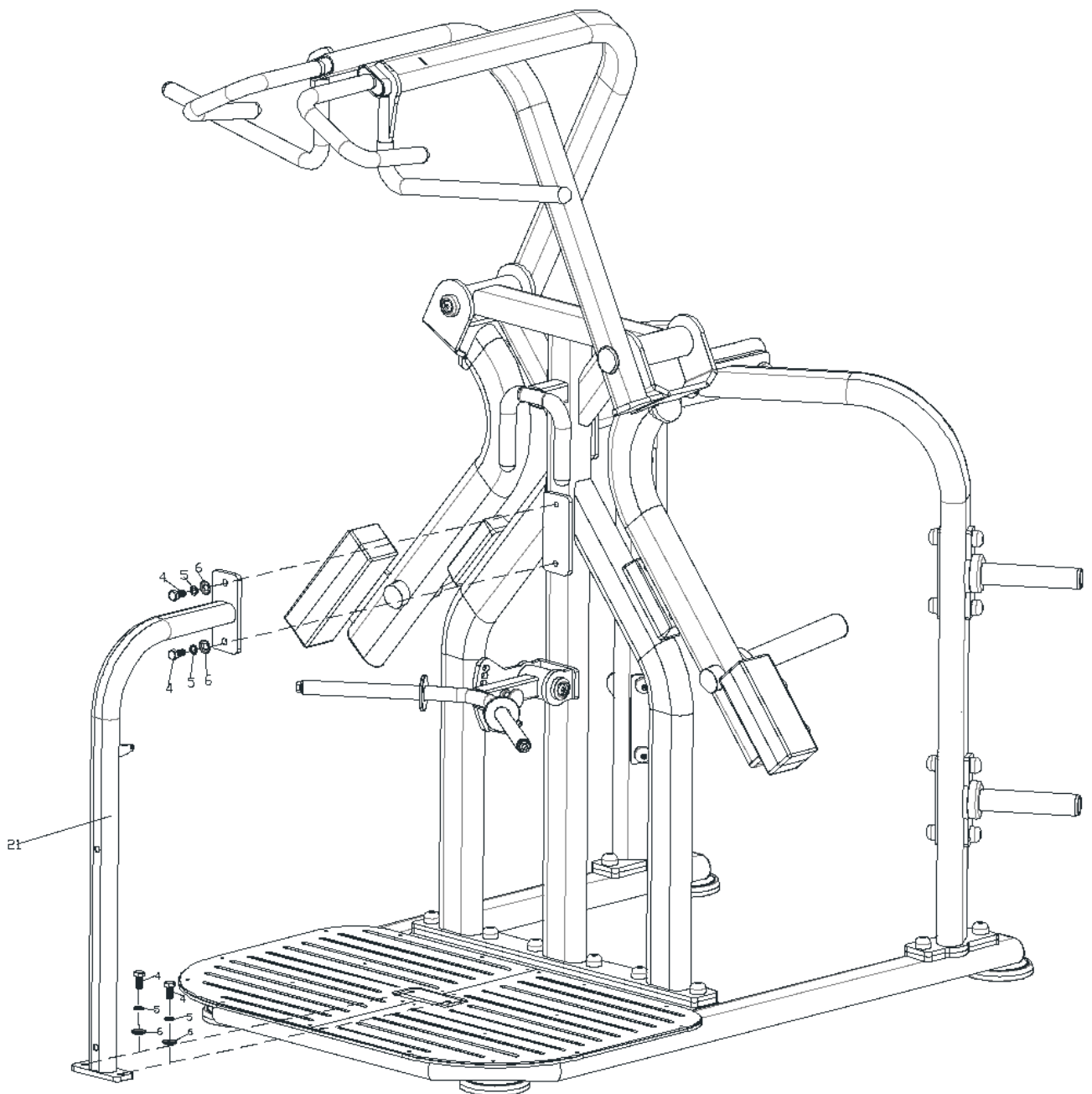


Step 6

Finished diagram

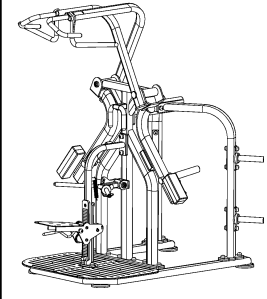


Bill of materials			
No.	Name	Spec	Qty
4	Hexagon bolt	M12*25	4
5	Spring washer	ϕ 12	4
6	Flat washer	Φ12	4
21	Seat supporting assembly		1

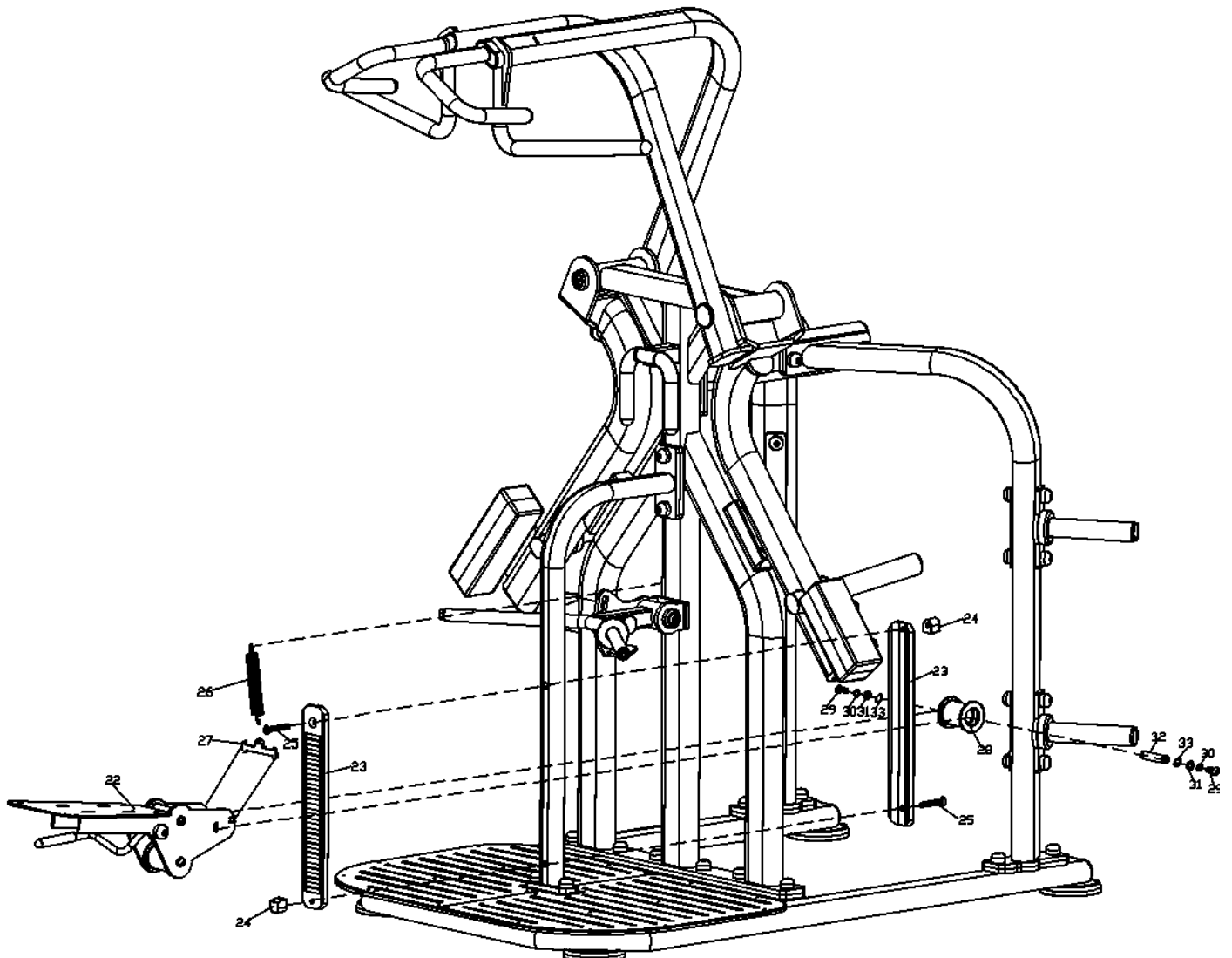


Step 7

Finished diagram

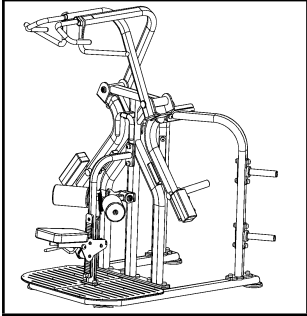


Bill of materials			
No.	Name	Spec	Qty
22	Seat assembly		1
23	Adjusting plate	70*455*15	2
24	Stop block	26*39*25.5	2
25	Hexagon socket countersunk bolt	M10*65	2
26	Tension spring	Φ25*183*Φ2.2	1
27	Spring hanger	113*36*T6	1
28	Idler wheel	Φ70*78	1
29	Hexagon socket flat head bolt	M10*25	2
30	Spring washer	φ 10	2
31	Flat washer	Φ10	2
32	Idler wheel axis	Φ17*80	1
33	Elastic collar	Φ17-GB/T894.1-1986	2

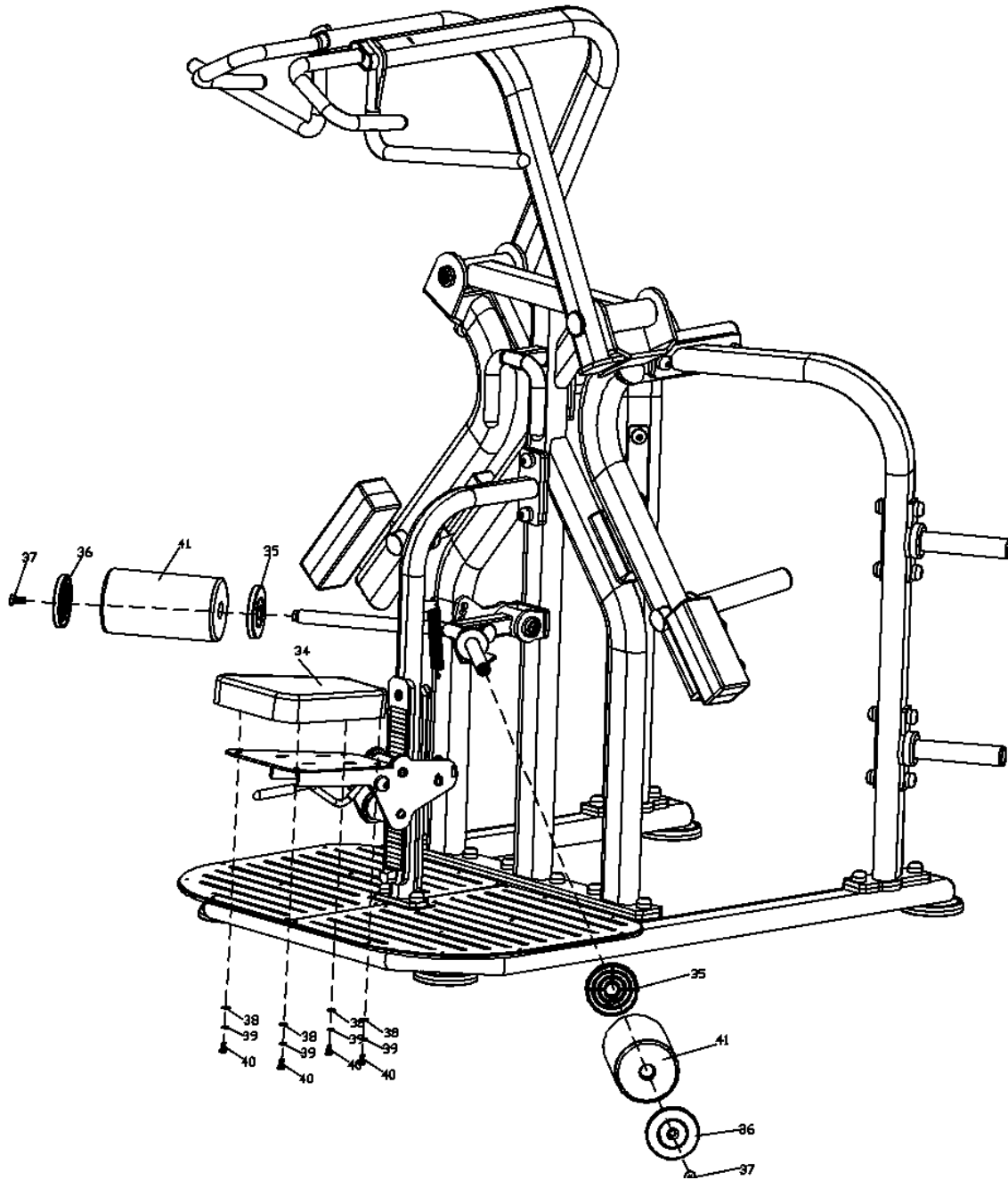


Step 8

Finished diagram



Bill of materials			
No.	Name	Spec	Qty
34	Seat cushion	348*248*60	1
35	Foam end cover	Φ114*12	2
36	Foam end cover	Φ114*12	2
37	Hexagon socket countersunk bolt	M12*30	2
38	Flat washer	Φ8	4
39	Spring washer	φ 8	4
40	Hexagon socket flat head bolt	M8*25	4
41	Foam	Φ140*230	2



03/ PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn.

User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

The design and manufacture of the machine meets the human motion curve, and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

04/ PRODUCT PARAMETER

Name	Rotary Lat Pulldown	SKU	PL-PS-RLP
Dimensions	63" x 52" x 78"		
Weight	570 lb		

05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened, rotating parts should be flexible without abnormal sound.

2. The machine should be keep clean. Please DO NOT clean the machine with strong cleaning solvent.

3. Any worn or damaged stress parts should be repaired or changed immediately.