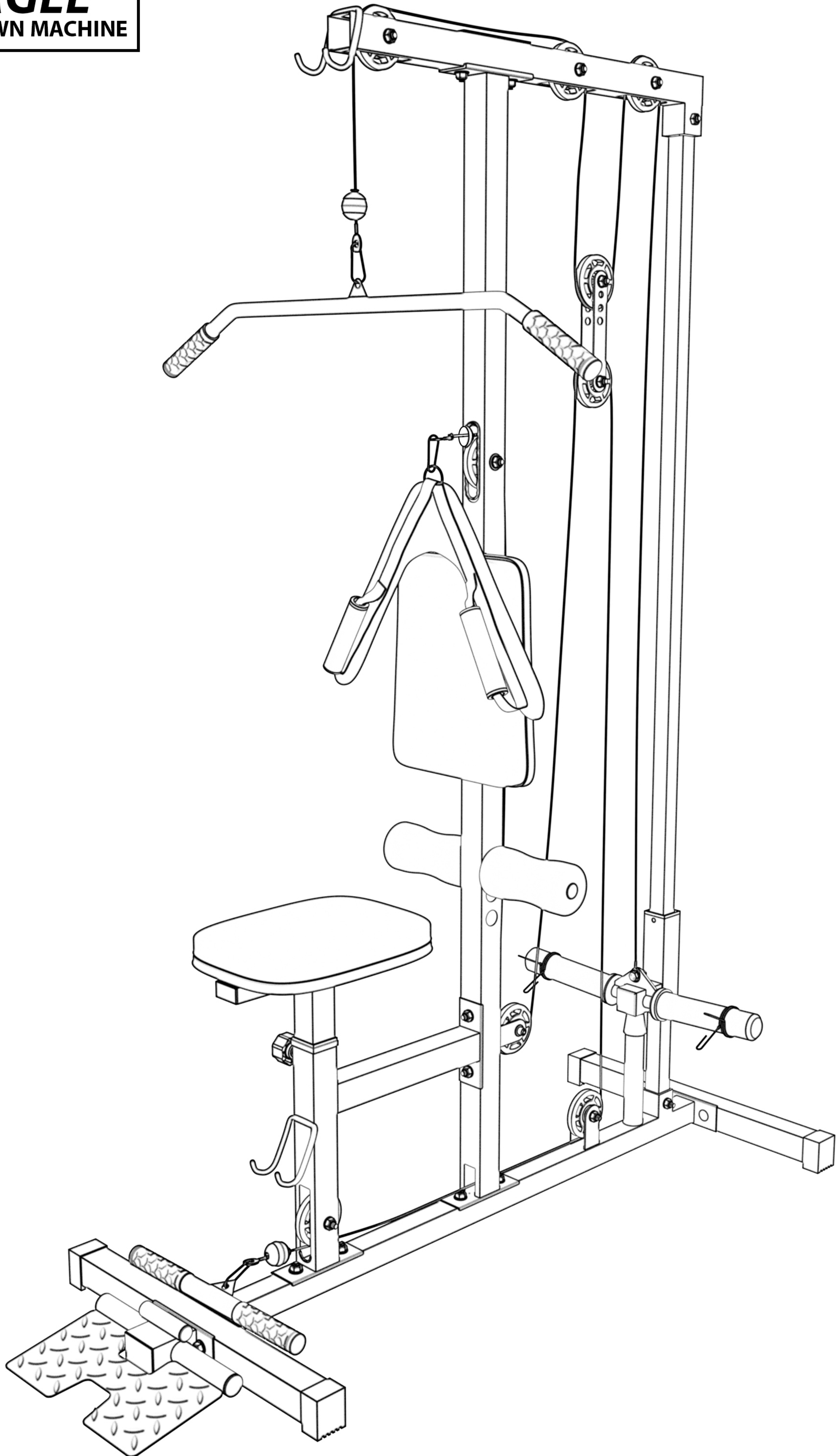
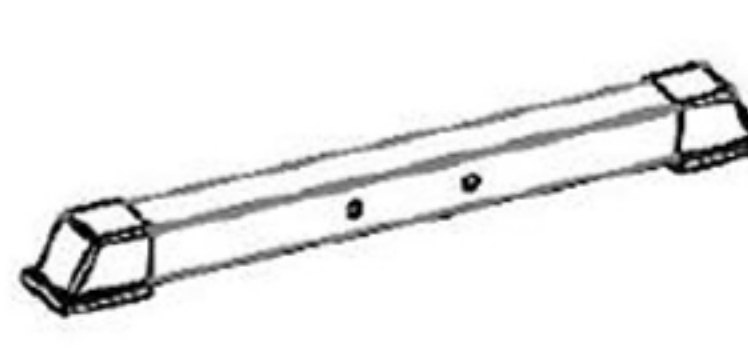

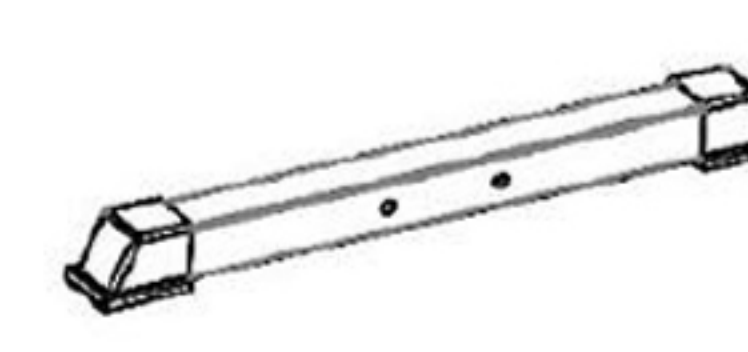



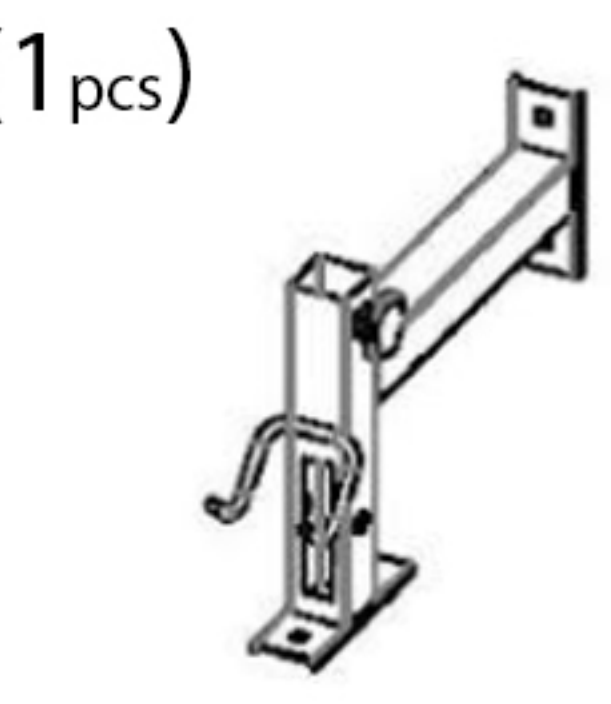
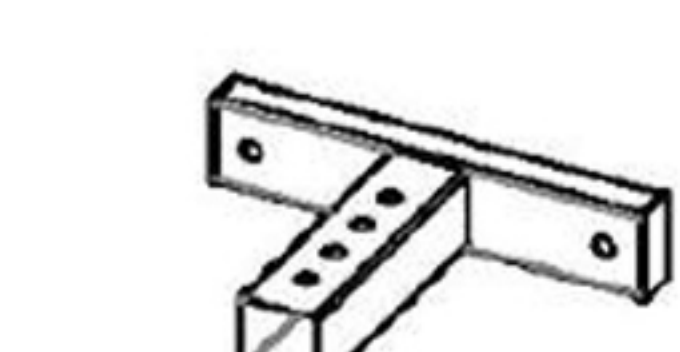
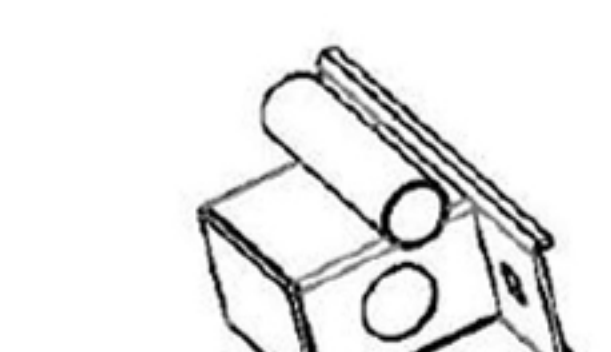
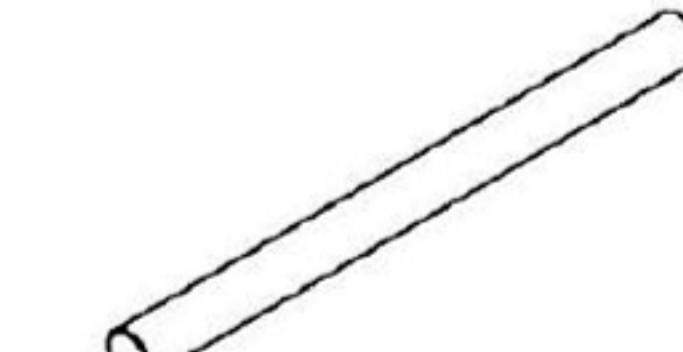
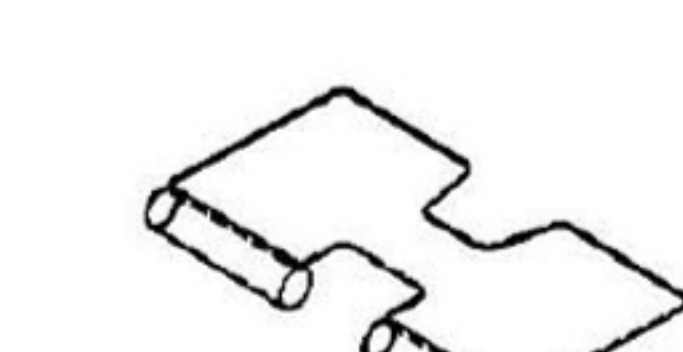
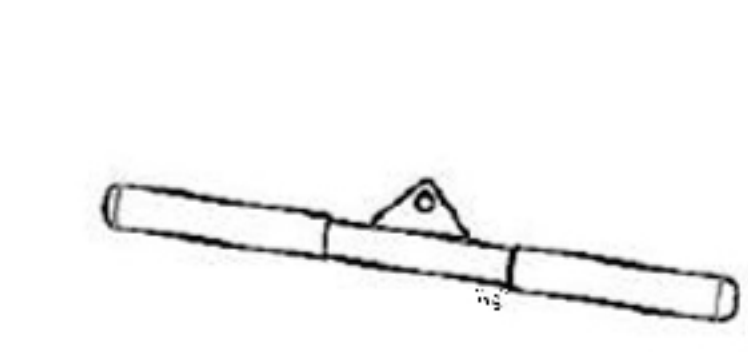

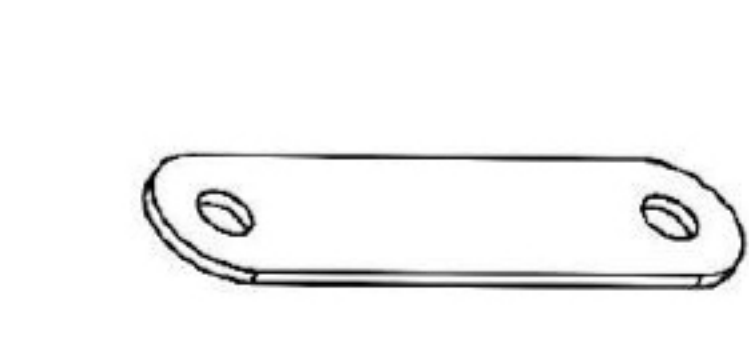
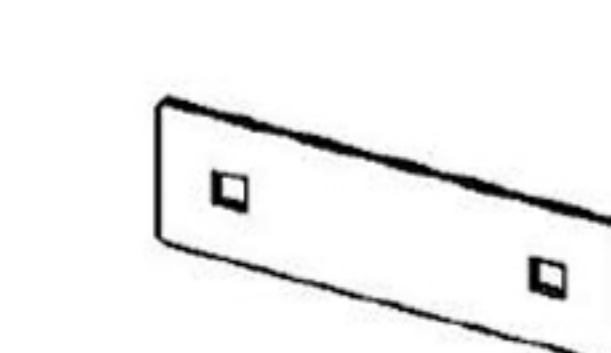
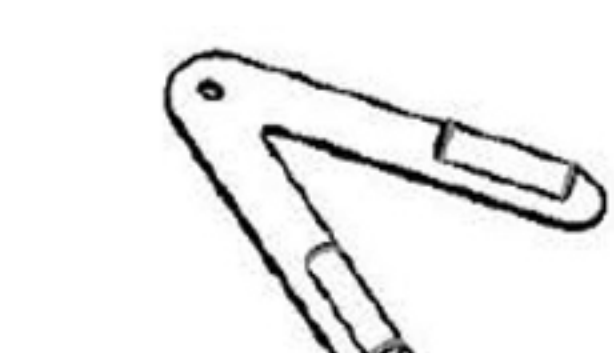
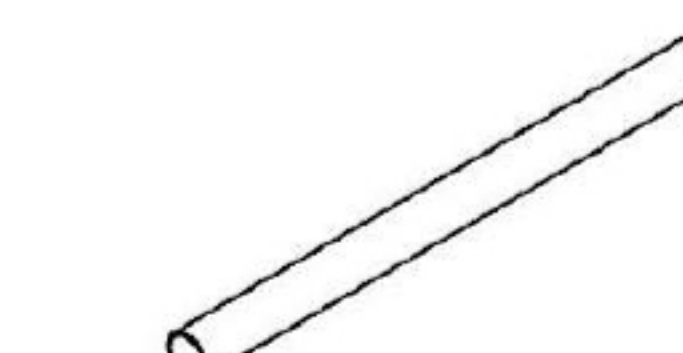

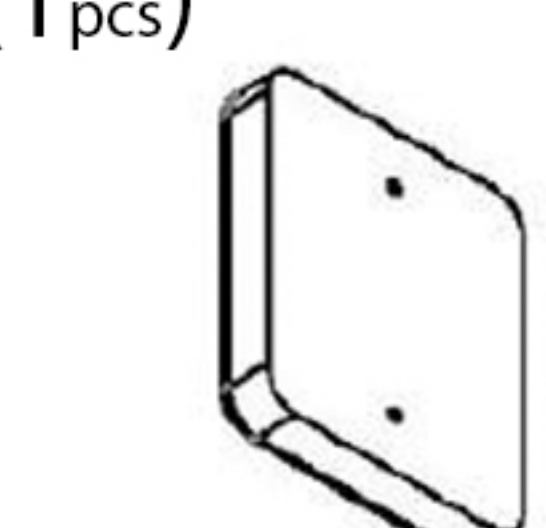

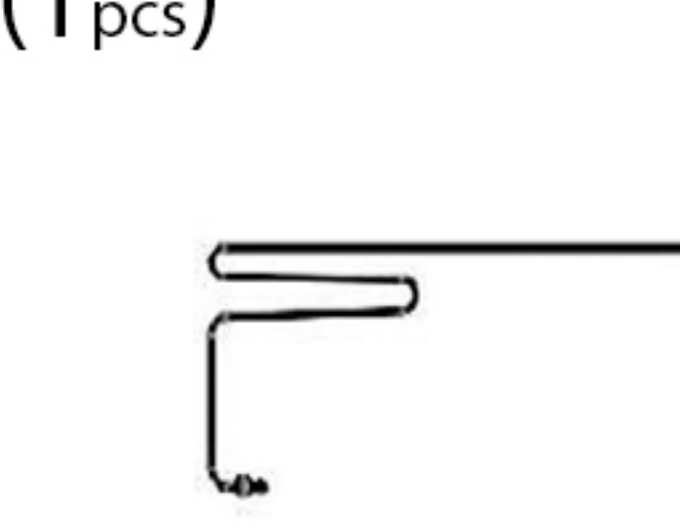
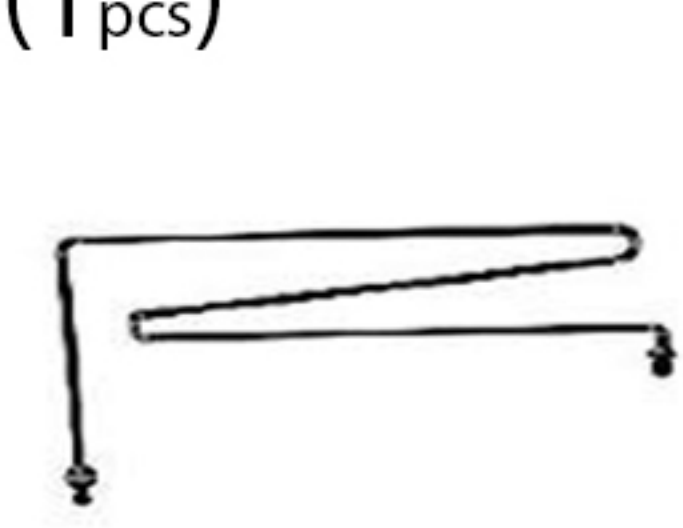
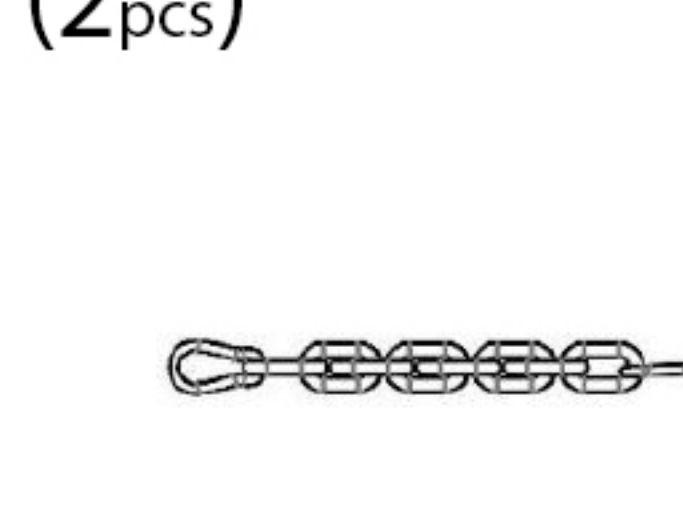
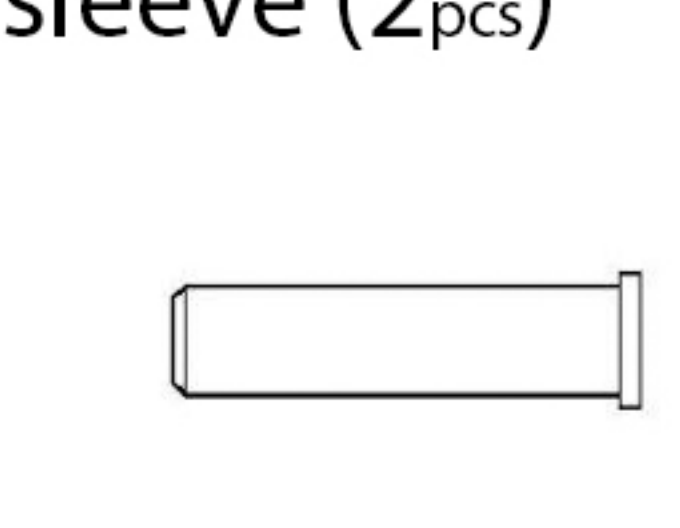

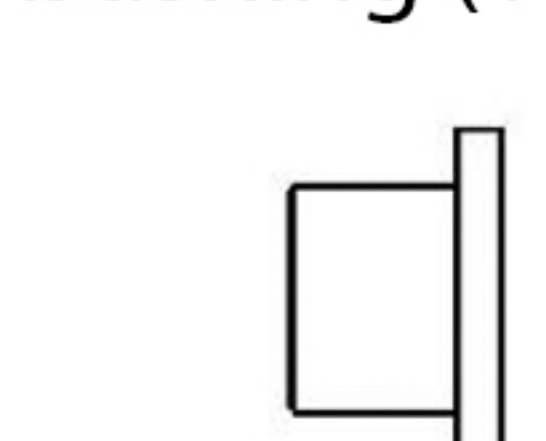
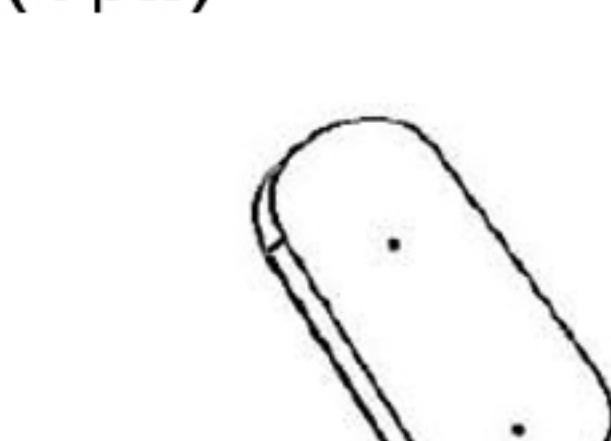

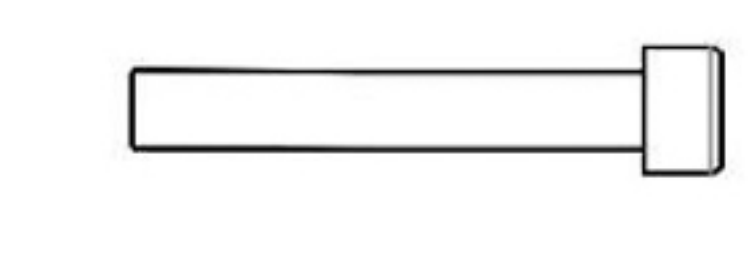
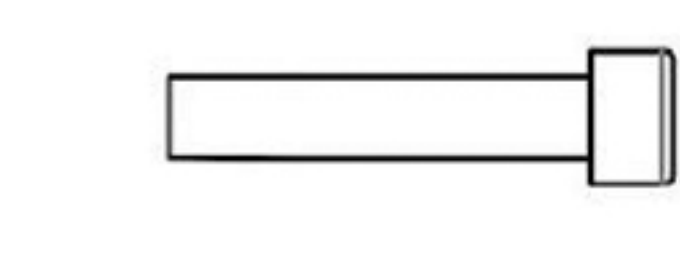


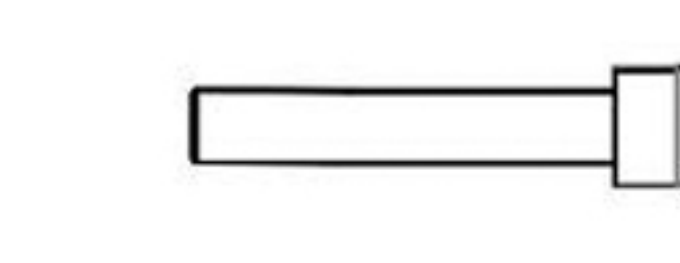





SYNERGEE
LAT PULLDOWN MACHINE

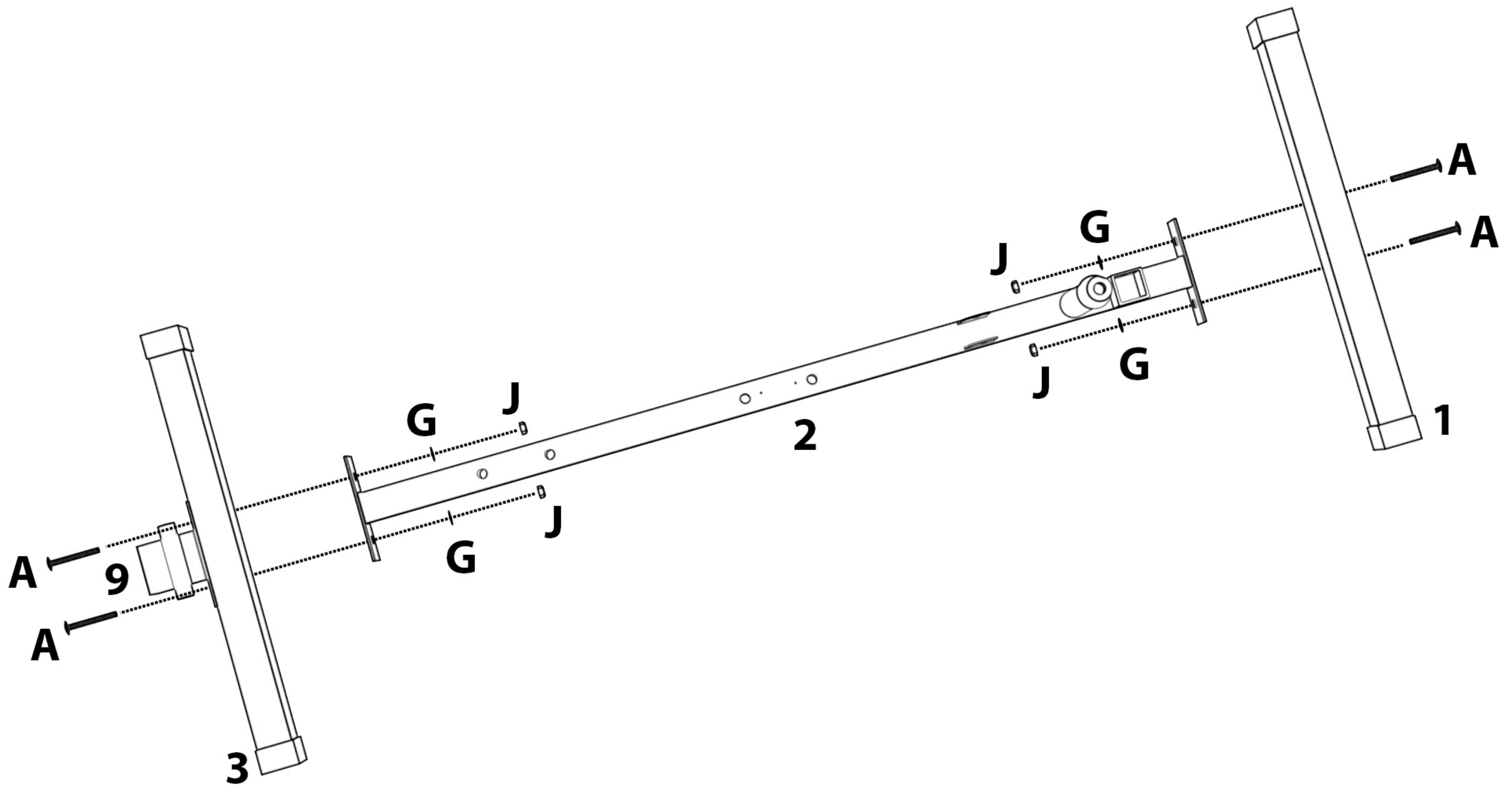


| | | | | | |
|---|--|---|---|---|--|
| 1. Rear stabilizer (1 pcs)  | 2. Main stabilizer (1 pcs)  | 3. Front stabilizer (1 pcs)  | 4. Slider upright (1 pcs)  | 5. Upper frame (1 pcs)  | 6. Main Upright (1 pcs)  |
| 7. Seat Frame (1 pcs)  | 8. Upper Seat Frame (1 pcs)  | 9. Foot rest frame (1 pcs)  | 10. Foot rest pin (1 pcs)  | 11. Foot rest (1 pcs)  | 12. Straight Bar (1 pcs)  |
| 13. Pull down bar (1 pcs)  | 14. Pulley plates (2 pcs)  | 15. Metal Plates (4 pcs)  | 16. Abdominal attachment (1 pcs)  | 17. Roller bar (1 pcs)  | 18. Loadable frame (1 pcs)  |
| 19. Seat cushion (1 pcs)  | 20. Pulley (9 pcs)  | 21. Upper cable (1 pcs)  | 22. Lower cable (1 pcs)  | 23. Chain (2 pcs)  | 24. Loadable sleeve (2 pcs)  |
| 25. Foam pad (2 pcs)  | 26. Pulley bushing (10 pcs)  | 27. Back cushion (1 pcs)  | | | |

| | | | | | |
|---|---|---|--|---|---|
| A. M10x65 (12 pcs)  | B. M10x70 (7 pcs)  | C. M10x45 (4 pcs)  | D. M10x25 (1 pcs)  | E. M8x40 (2 pcs)  | F. M8x70 (2 pcs)  |
| G. Washer Ø10 (36 pcs)  | H. Washer Ø8 (4 pcs)  | J. M10 Nuts (24 pcs)  | | | |

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HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136**

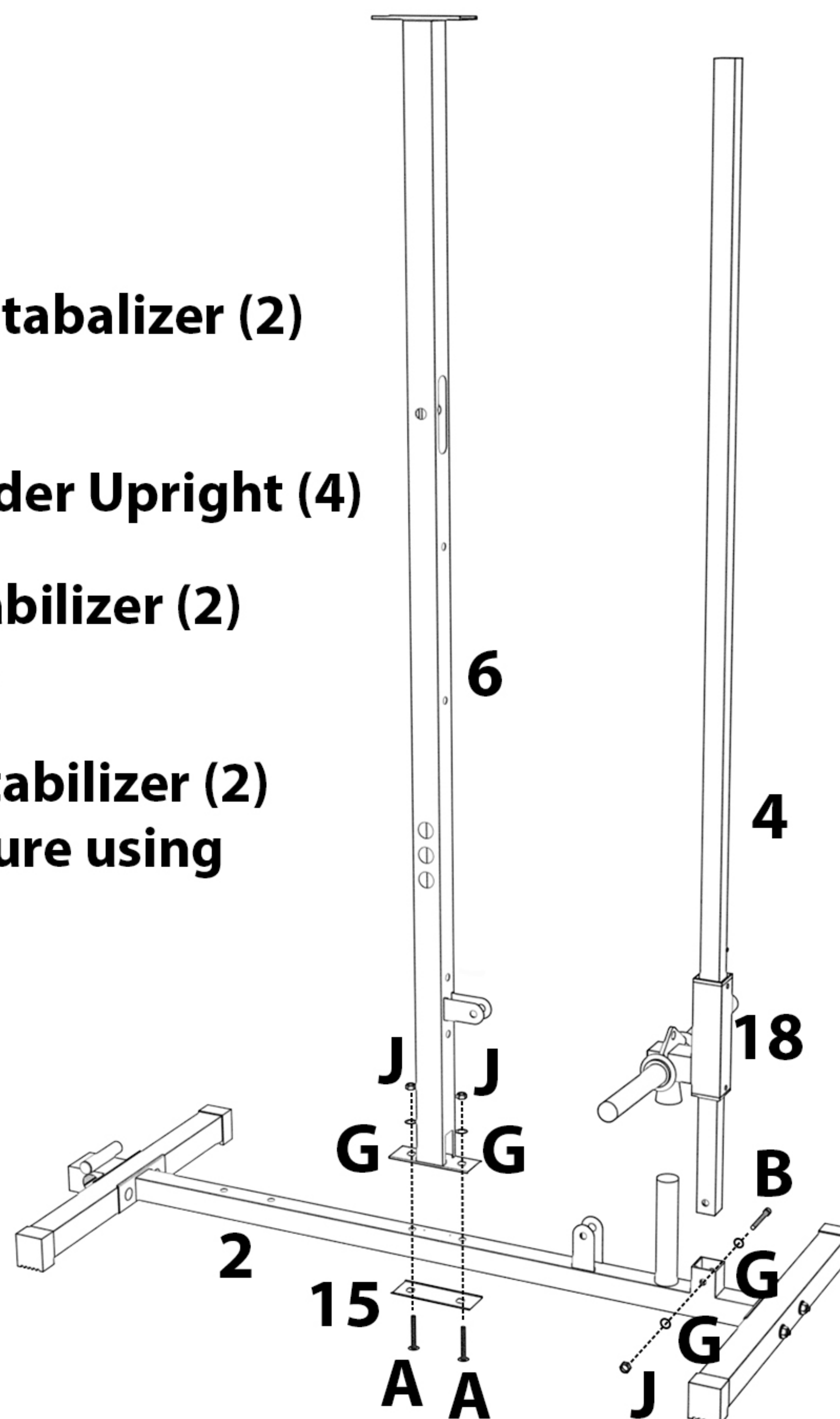
1.



**Align Stabilizer (1&3) to the main Stabilizer (2) and secure with provided hardware and tools (both sides)
Before starting step 2 please read over all sub steps and proceed assembling with caution**

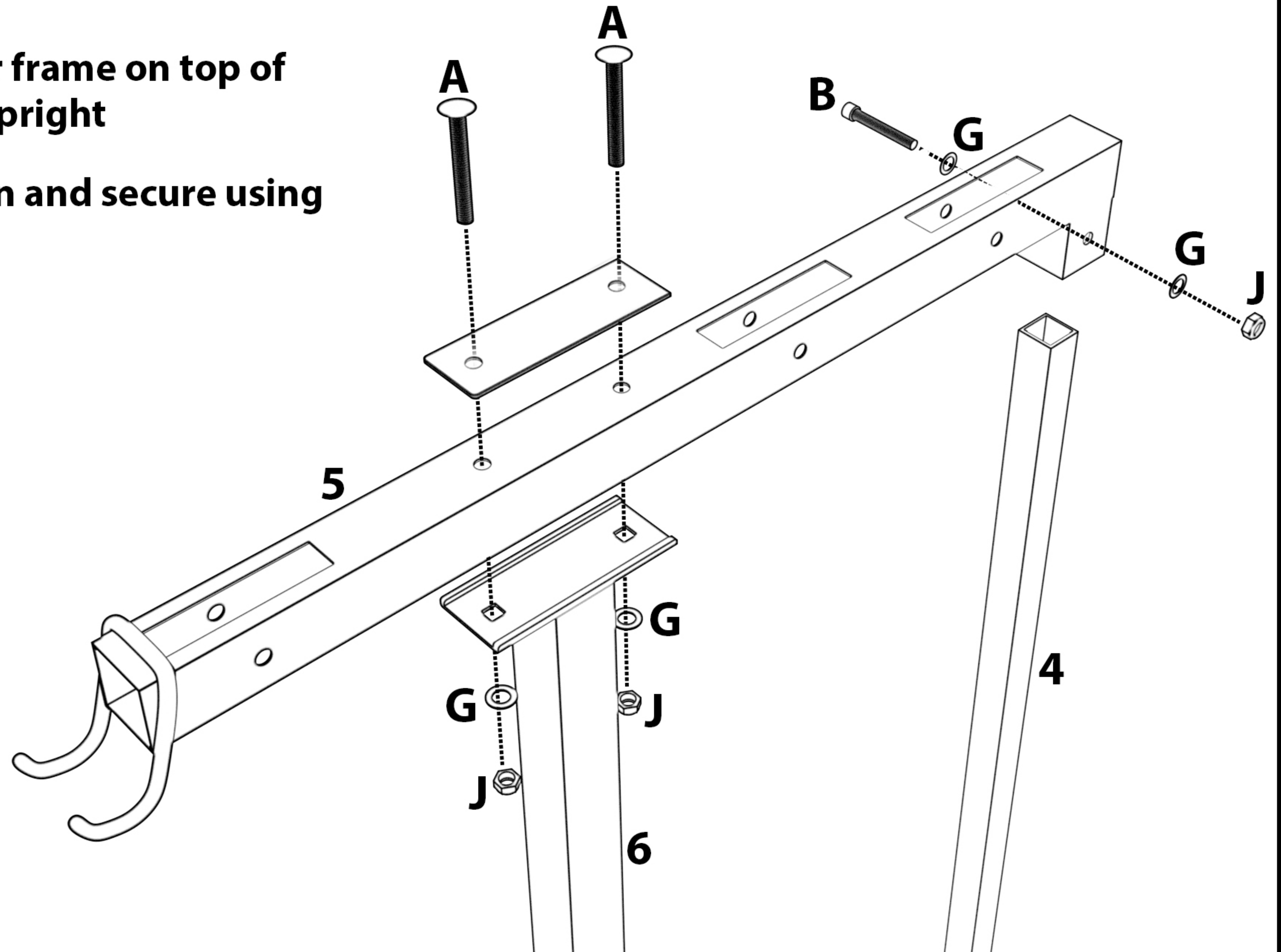
2.1

- 1. Insert the Slider Upright (4) to the Main Stabilizer (2)
Secure with provided hardware**
- 2. Slide the loadable frame (18) onto the slider Upright (4)**
- 3. Place Metal Plate (15) below the Main Stabilizer (2)
Pass M10x65 (A) through pieces 15 and 6**
- 4. Insert the Main Upright (6) to the Main Stabilizer (2)
Align with screw from sub step 3 and secure using
provided hardware**

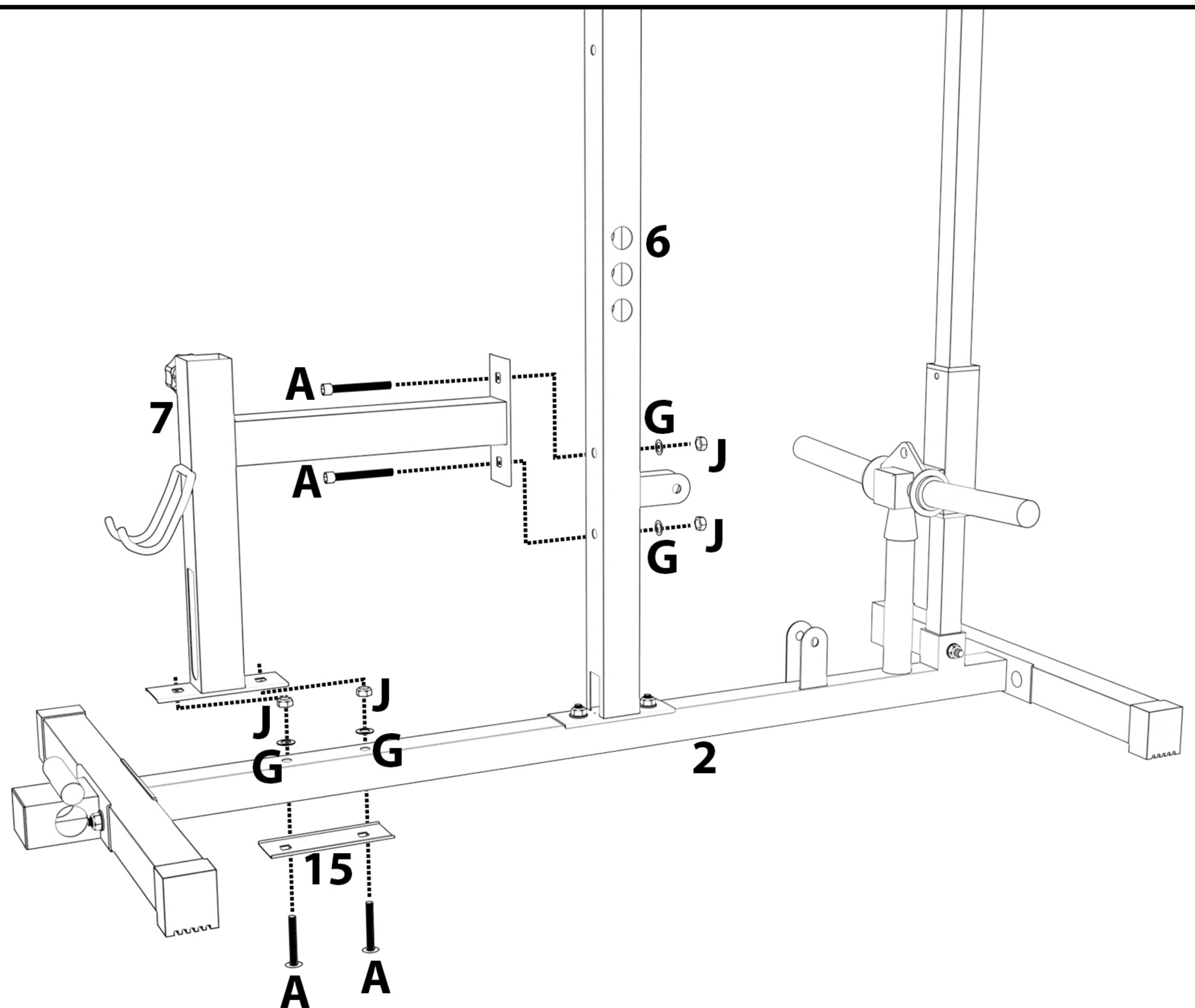


2.2

1. Align and place upper frame on top of the Main and Slider Upright
2. Insert screws as shown and secure using provided hardware

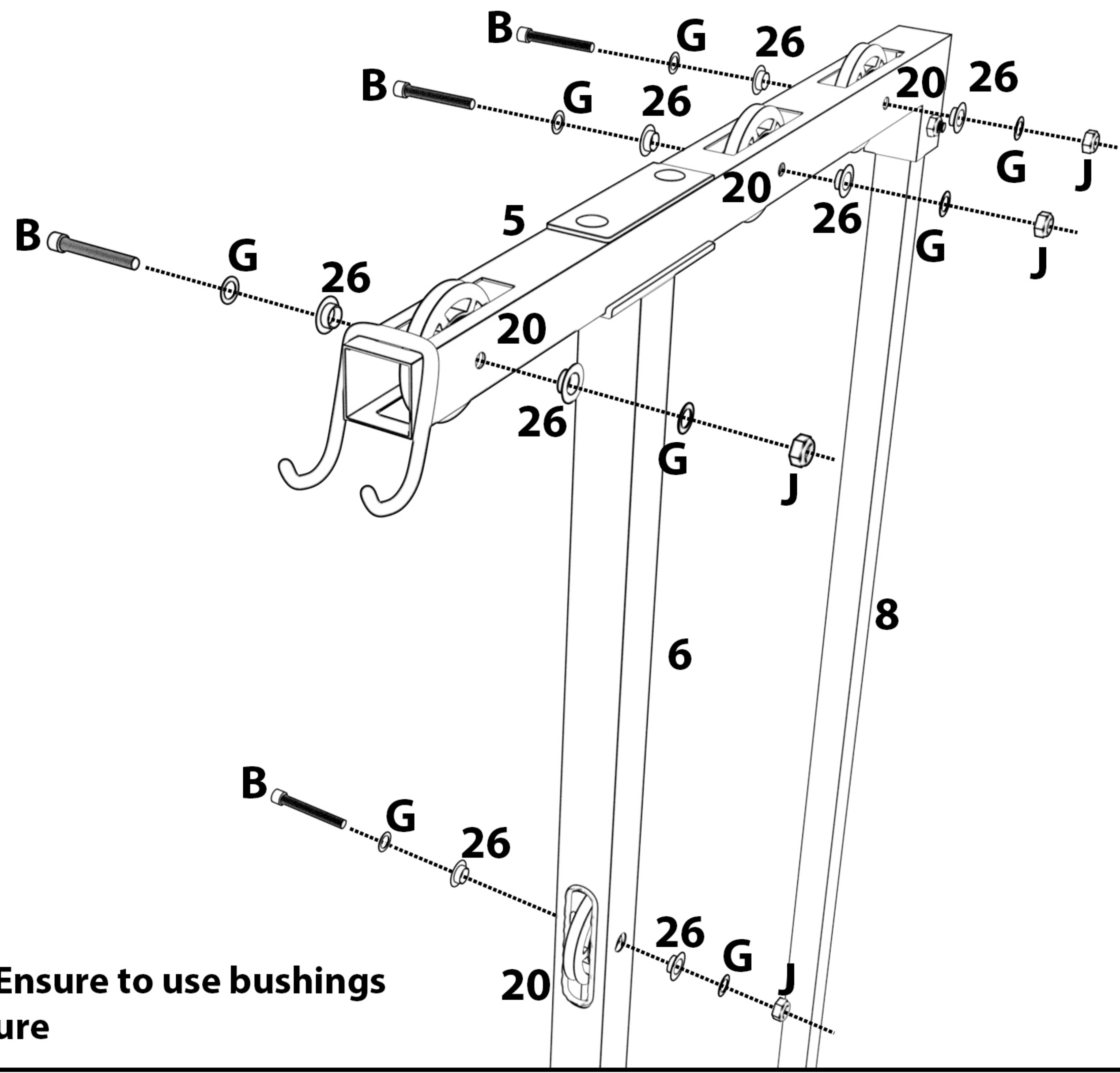


2.3



- Align Seat Frame (7) to the holes in the main Stabilizer (2) and Upright (6).
Once aligned secure with provided hardware

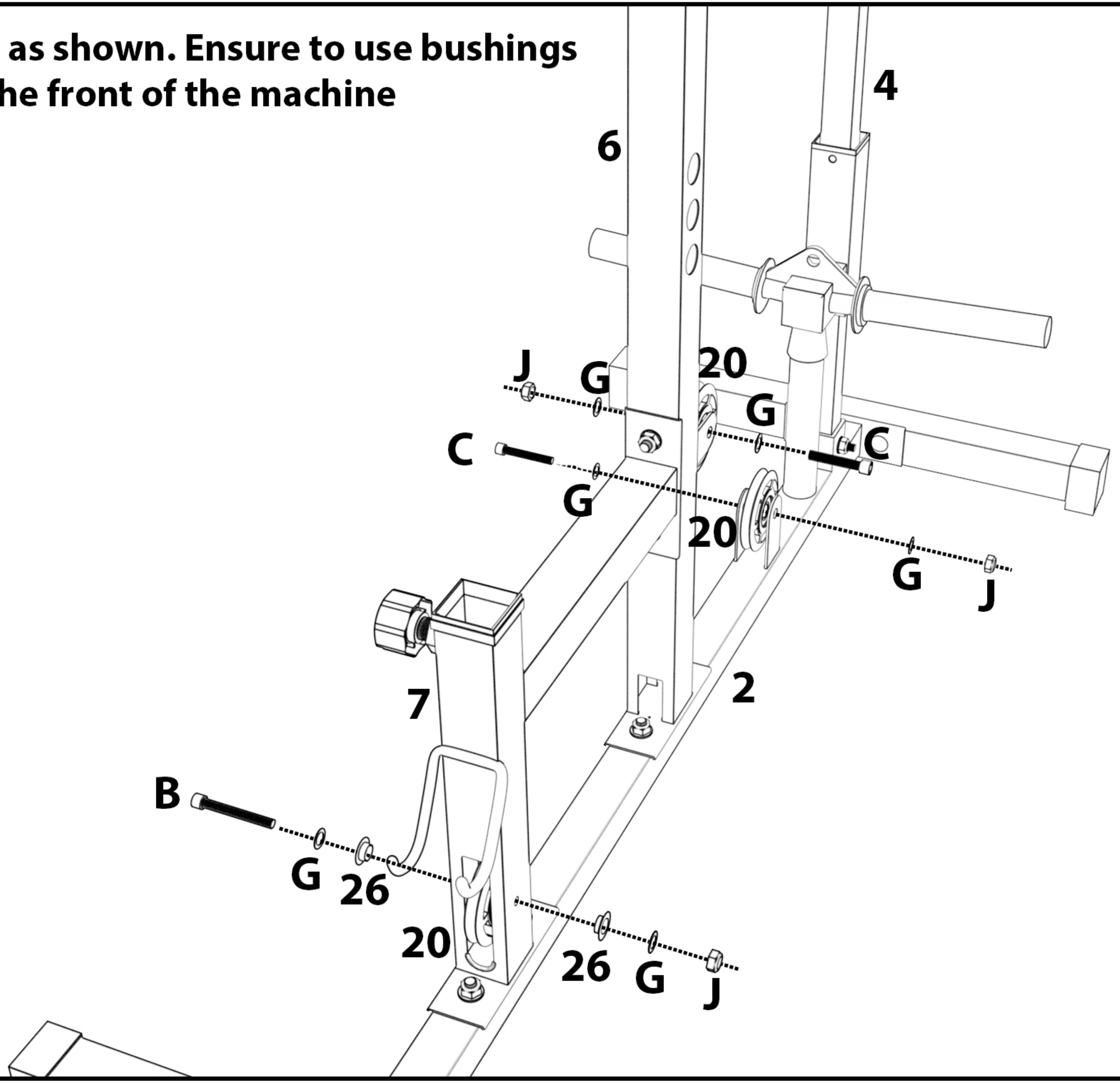
3.1



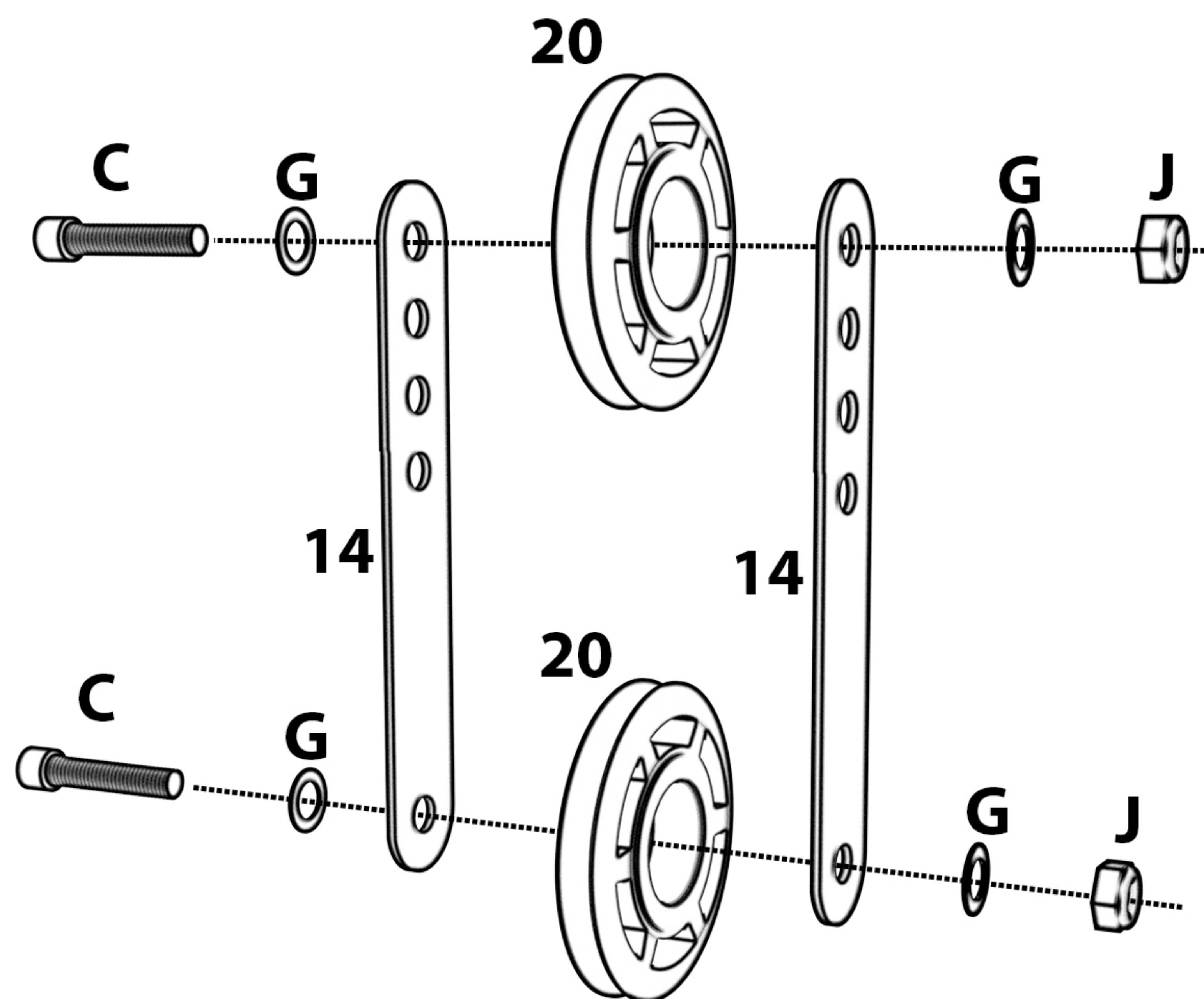
Assemble pulleys as shown. Ensure to use bushings for all the pulleys in this picture

3.2

Assemble pulleys as shown. Ensure to use bushings for the pulley at the front of the machine

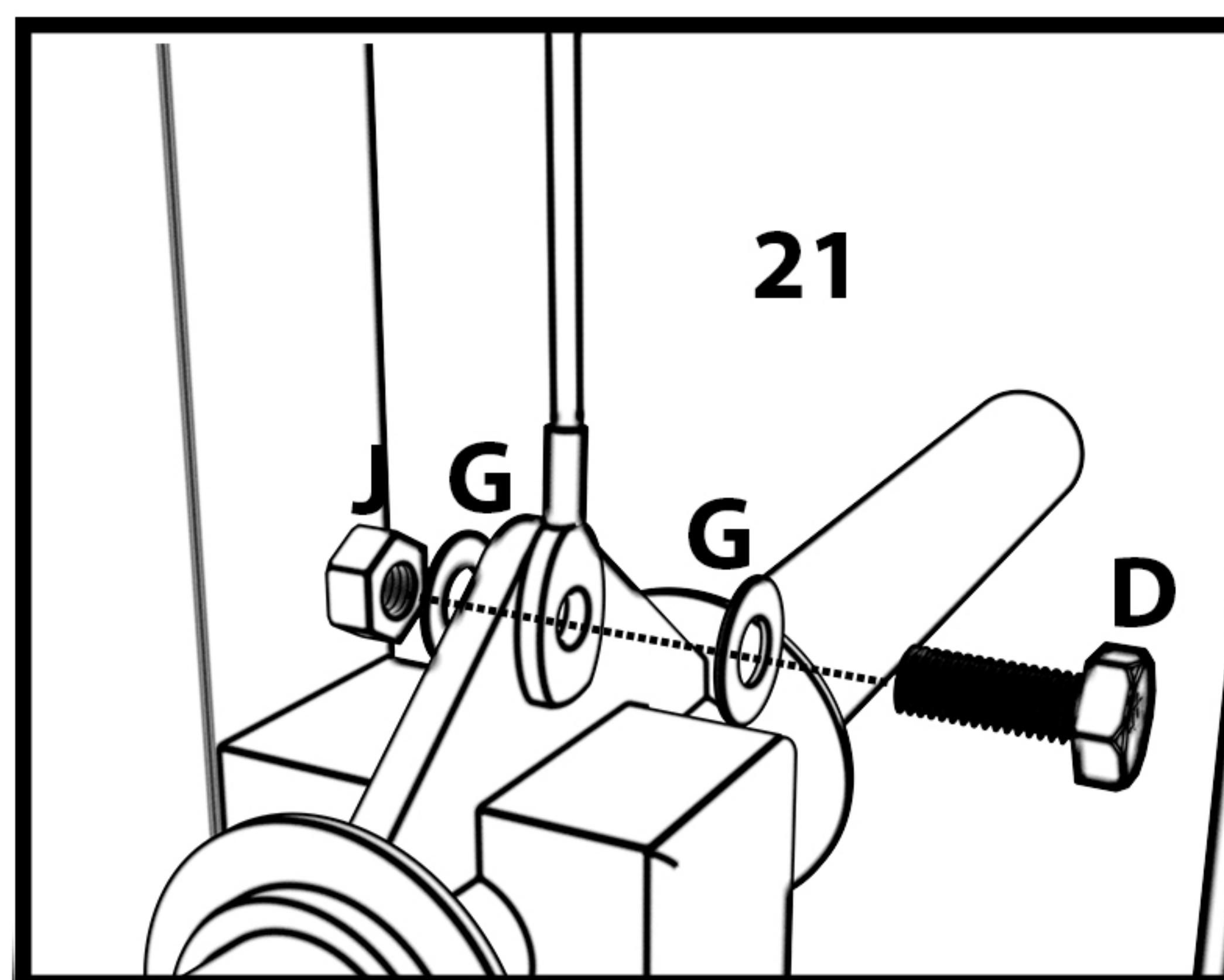
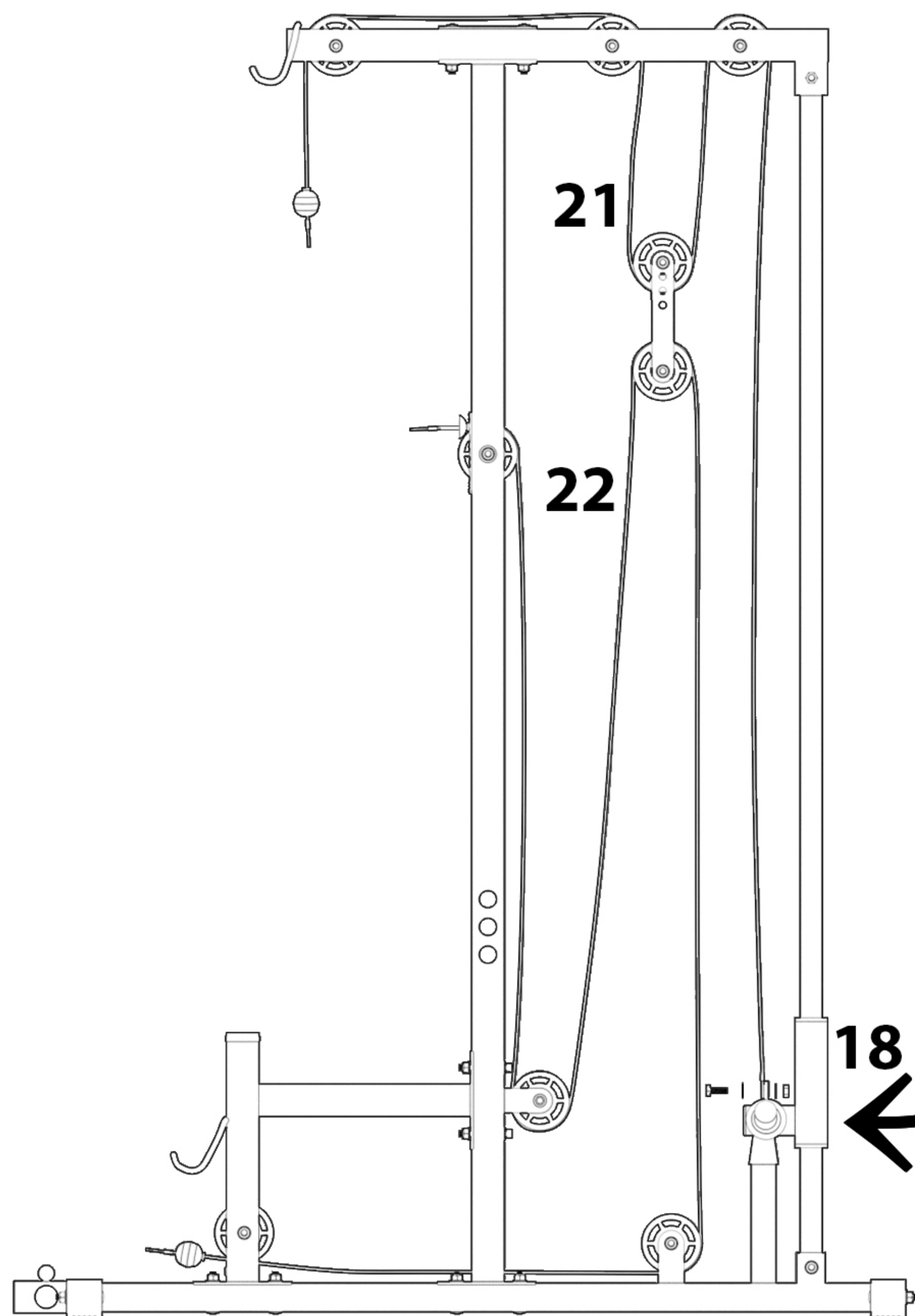


3.3



Assemble the connector pulley as pictured in the diagram above and place between the cables in the next step

3.4

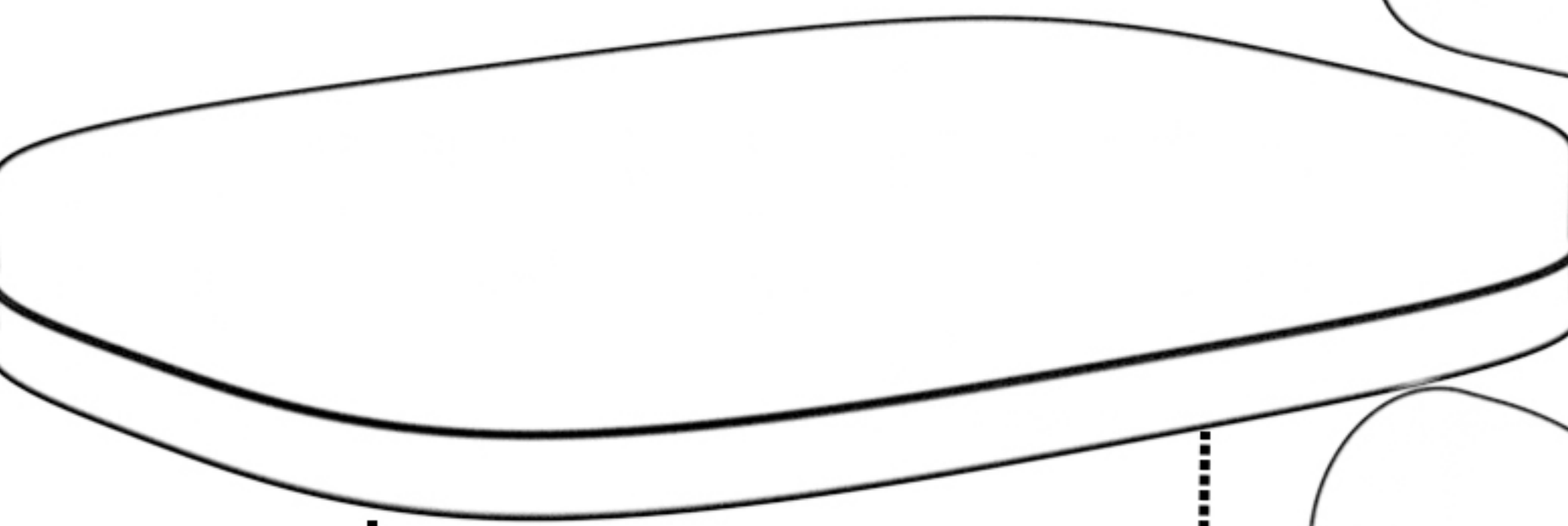


Align holes from Upper Cable (21) and Loadable Frame (18) and secure as shown above

Feed the Upper and Lower Cable (21 & 22) through the frame and secure with the pulley built in the previous step

4.

19



8



7

Place the Seat Cushion (19) aligned with the Upper Seat Frame (8) and slide into Seat Frame (7) as shown. Secure seat with provided hardware as shown

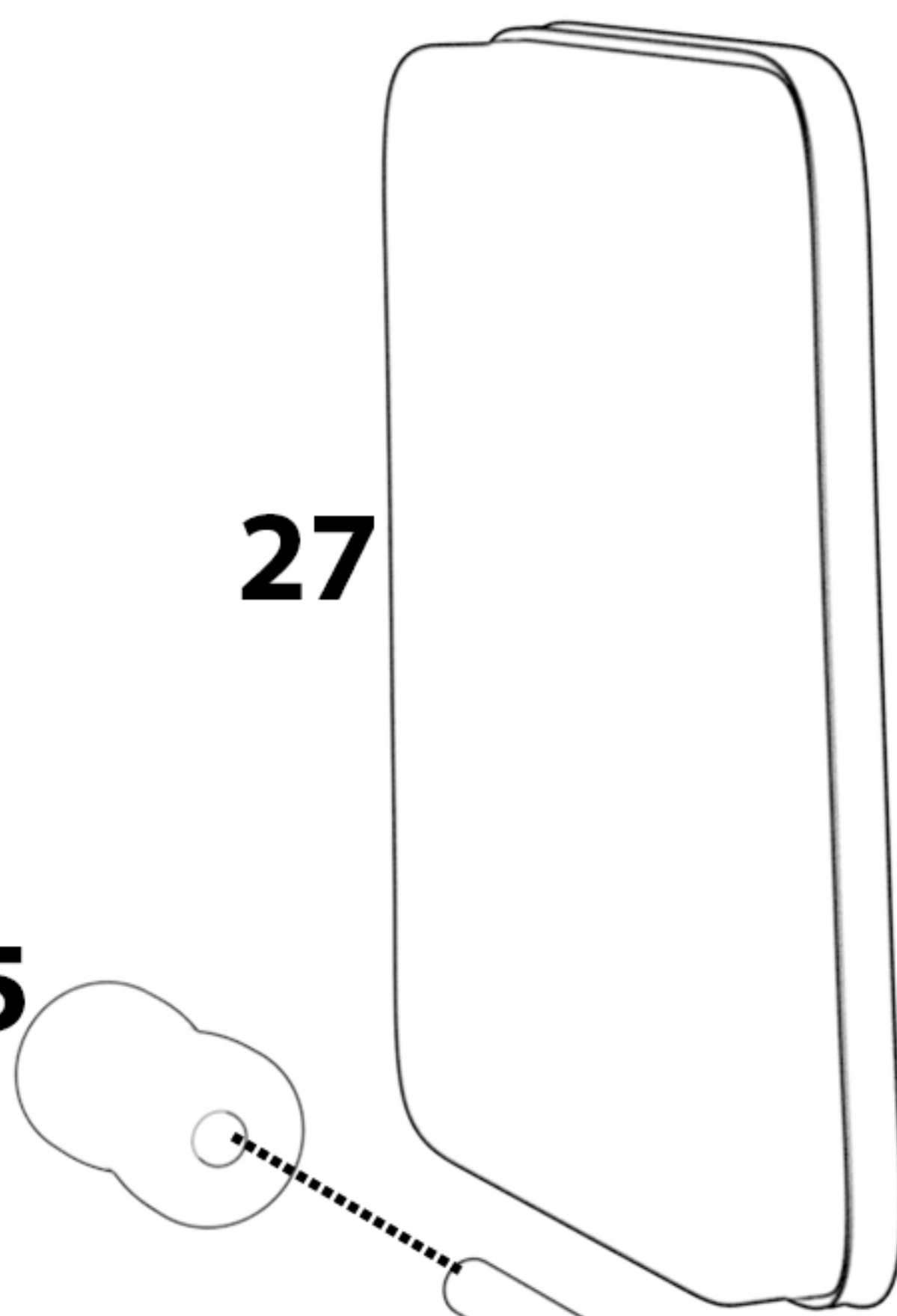
5.

1. Place the Back Cushion (27) aligned with the holes on the aa (6) and secure with provided hardware as shown

27

2. To assemble foam roller slide (17) through a corresponding hole on (6). Adjust where necessary when using machine. Once in the middle slide Foam Pads (25) on both sides of (17) until secure

25

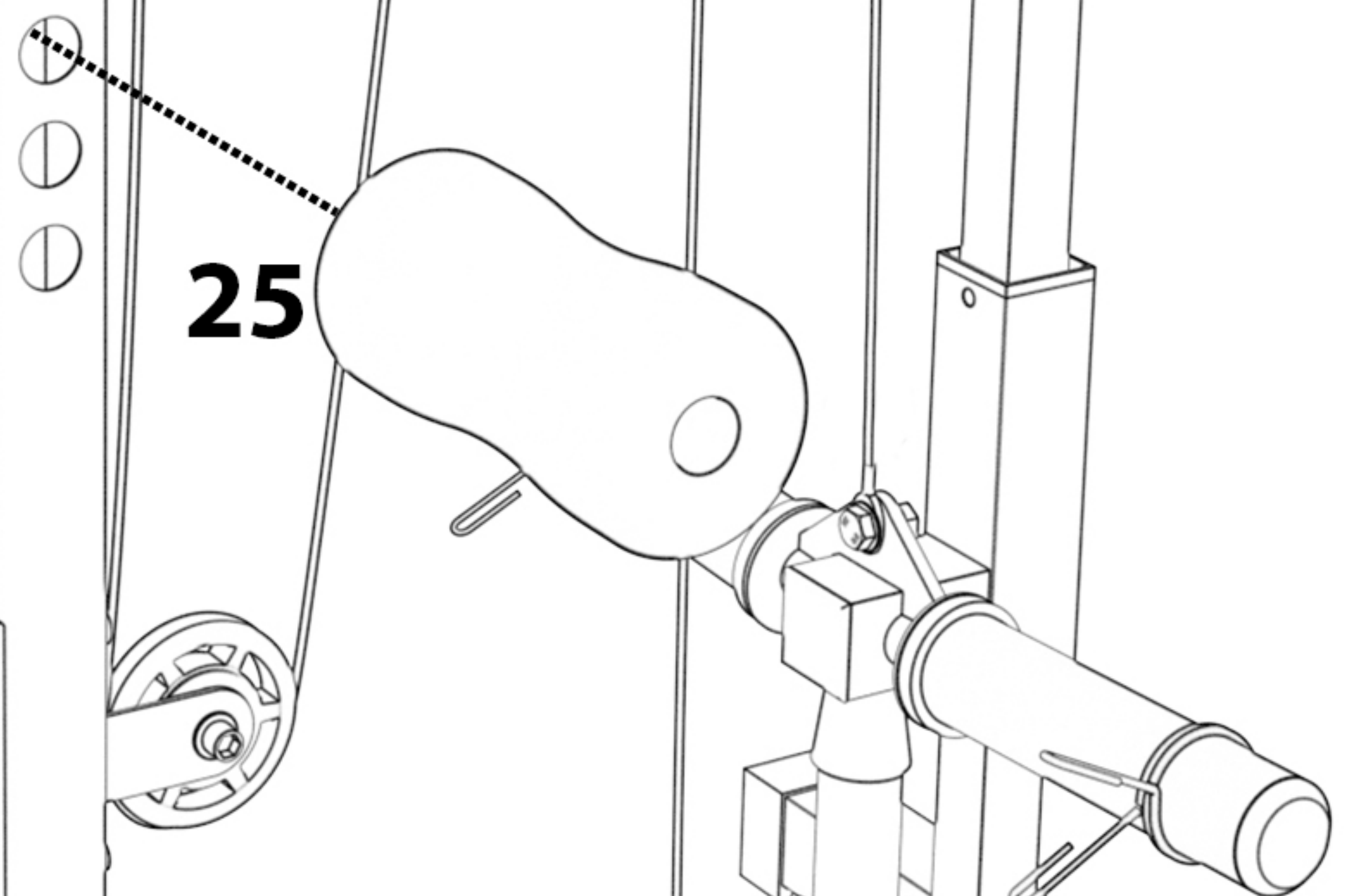
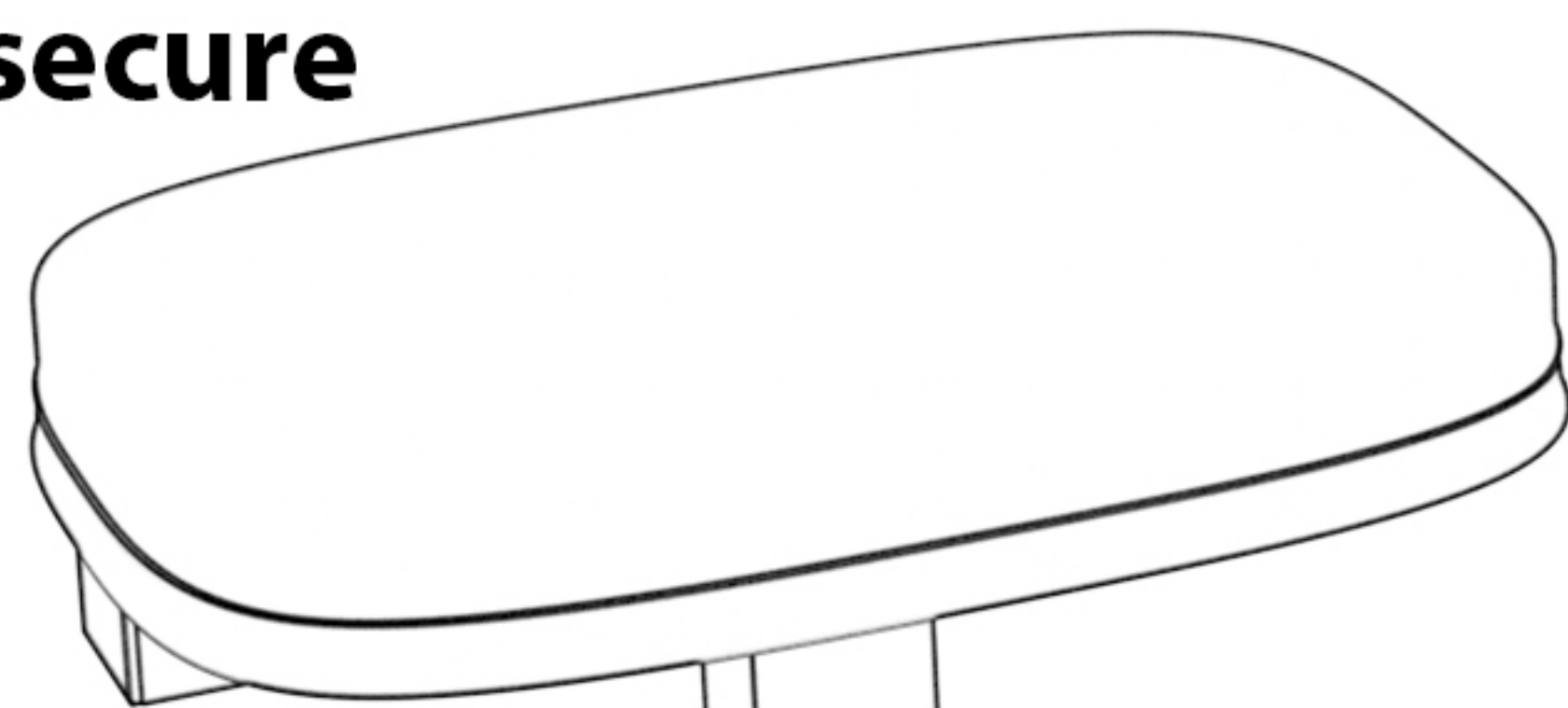


17



25

6



6.

16

Attach the Abdominal Attachment (16) to the carriage as shown

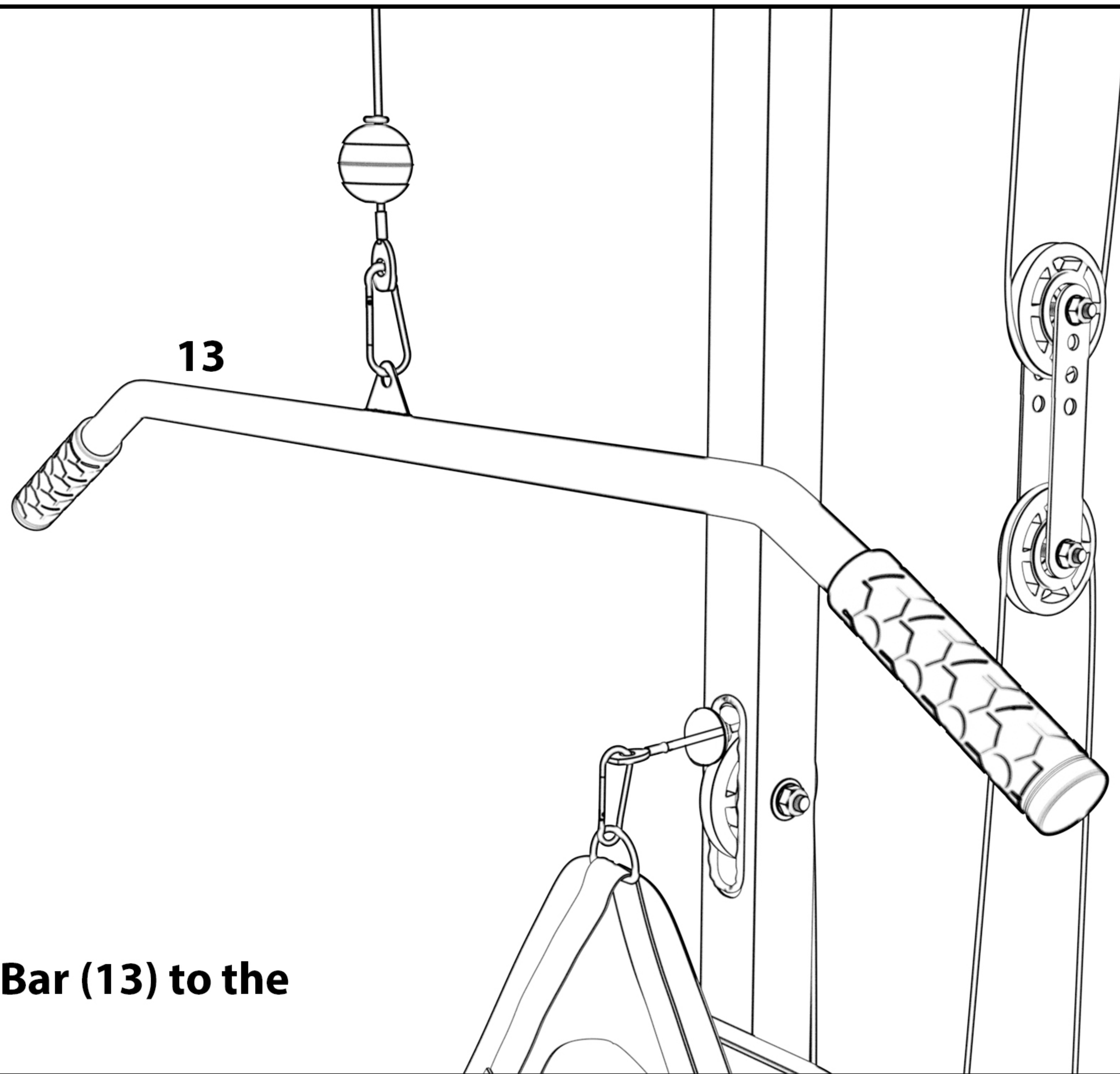
7.

10

11

**Slide the Foot Rest Pin (10) through the foot rest plate (11)
Attach the Straight Bar (12) to the carriage as shown**

8.



Attach the Pull down Bar (13) to the carriage as shown

If needed the machine comes with 2" plate adapters (23) that the user can fit onto the 1" plate holder

The machines also comes with chains (24) the user can attach to the pulley attachments to extend the length of them

WARNING

WARNING: SERIOUS INJURY OR DEATH CAN OCCUR IF CAUTION IS NOT USED.

As with any workout equipment that involves heavy weights, there is a risk of injury when using the Synergee Pulley Machine. The best way to reduce the risk of serious injury is to exercise caution. Follow the instructions in this manual and familiarize yourself with all warnings on your product before using it.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health issues.

Follow these precautions to ensure you use your Synergee Pulley Machine safely:

- 1.** Read all instructions in this manual and all warnings on the product before using it. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all the safety precautions.
- 2.** Use this product only as described in this manual and keep this manual handy for future reference.
- 3.** Always keep children and pets away from this product. Keep hands and feet away from moving parts.
- 4.** This product is intended for consumer use only in an indoor environment. Do not use it in a commercial, rental, or institutional setting. Keep this product indoors, away from moisture and dust.
- 5.** Place the product on a level surface, with at least 3 feet of clearance around it. To protect the floor or carpet from damage, place a mat under it.
- 6.** Install the Pulley System properly and according to instructions. Properly tighten all parts and check their tightness regularly. If any worn or damaged parts are found, stop usage immediately. Refrain from use until the machine has been repaired.
- 7.** Make sure all locking mechanisms are properly secured before using the unit. Ensure adjustment pins function properly and they are fully engaged before placing any weight.
- 8.** Wear appropriate clothes while exercising. Do not wear loose clothes that can get caught and always wear athletic shoes while exercising.
- 9.** Do not install any fitness product near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components, which is not covered under any warranty.
- 10.** Do not use this rack to exhaustion: stop exercising and step away from the rack if you feel faint, dizzy, or in pain.
- 11.** To avoid damaging parts, do not use power tools for assembly. Use hand tools and the hardware provided.

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