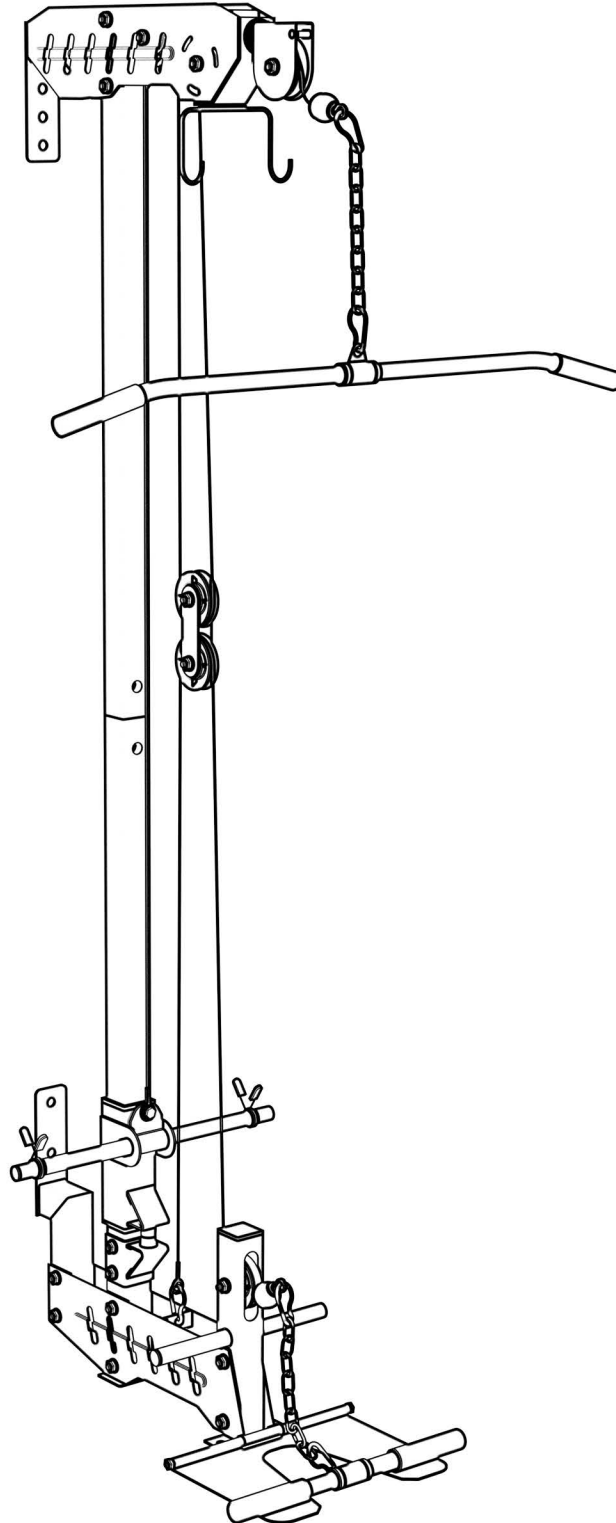


 **SYNERGEE®**

LAT PULL-DOWN MACHINE

WALL MOUNTED

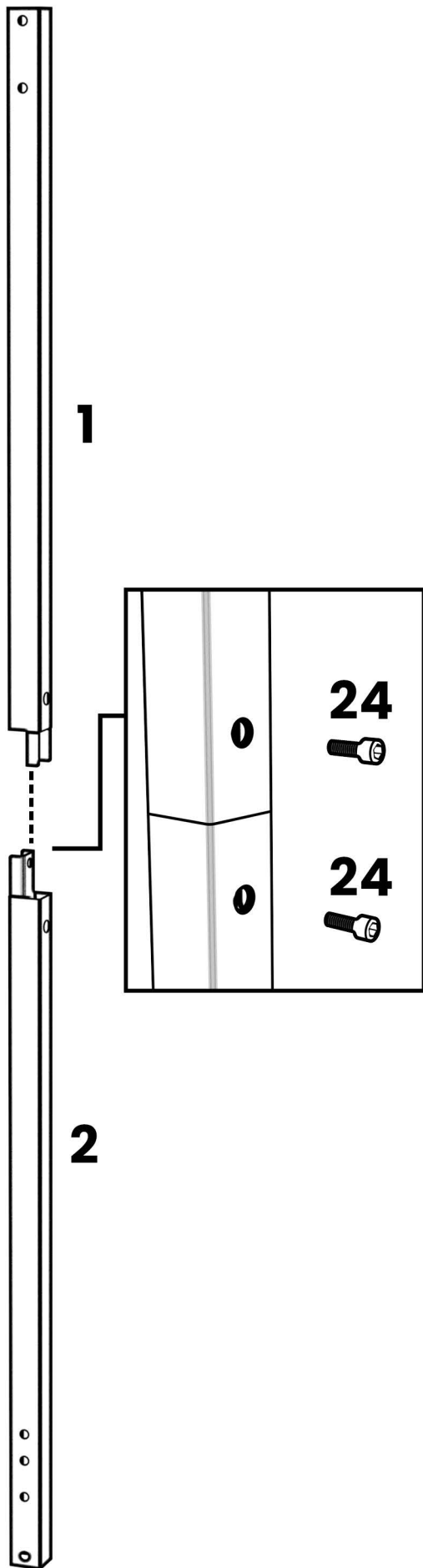


PARTS LIST

KEY	PART	QTY
1.	TOP UPRIGHT	1
2.	BOTTOM UPRIGHT	1
3.	UPPER FRAME	1
4.	LOWER FRAME	1
5.	WALL STABILIZER	1
6.	FRONT PULLEY FRAME	1
7.	LOADABLE PLATE HOLDER	1
8.	LOADABLE FRAME STABILIZER	1
9.	FOOT PLATE	1
10.	FOOT PLATE PIN	1
11.	HOOK	1
12.	PULL DOWN BAR	1
13.	STRAIGHT BAR	1
14.	PULLEY WHEEL	1
15.	PULLEY CABLE (229cm)	2
16.	CARABINER	3
17.	CHAIN	2
18.	M7X20mm (Fully Threaded)	2
19.	M7 WASHER	2
20.	M9X20mm (Fully Threaded)	1
21.	2" PLATE HOLDER SLEEVE	2
22.	1" SPRING COLLAR	2
23.	2" SPRING COLLAR	2
24.	M8X15MM BOLT (5.5 Hex Socket)	2
25.	M9X65mm (Partially Threaded)	8
26.	M9X40mm (Fully Threaded)	1
27.	BOLT (PLATE SLEEVE ADAPTER)	2
28.	M9 WASHER	19
29.	M9 NUT	17
30.	DUAL PULLEY WHEEL	1

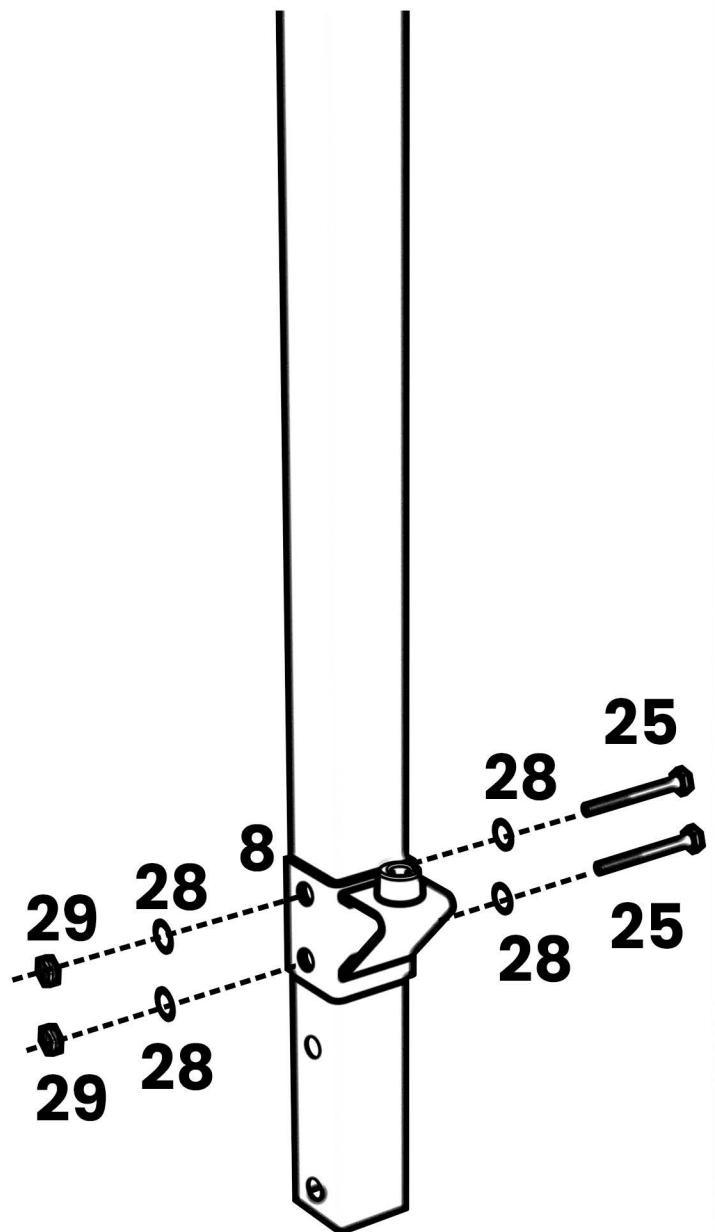
**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136**

1.



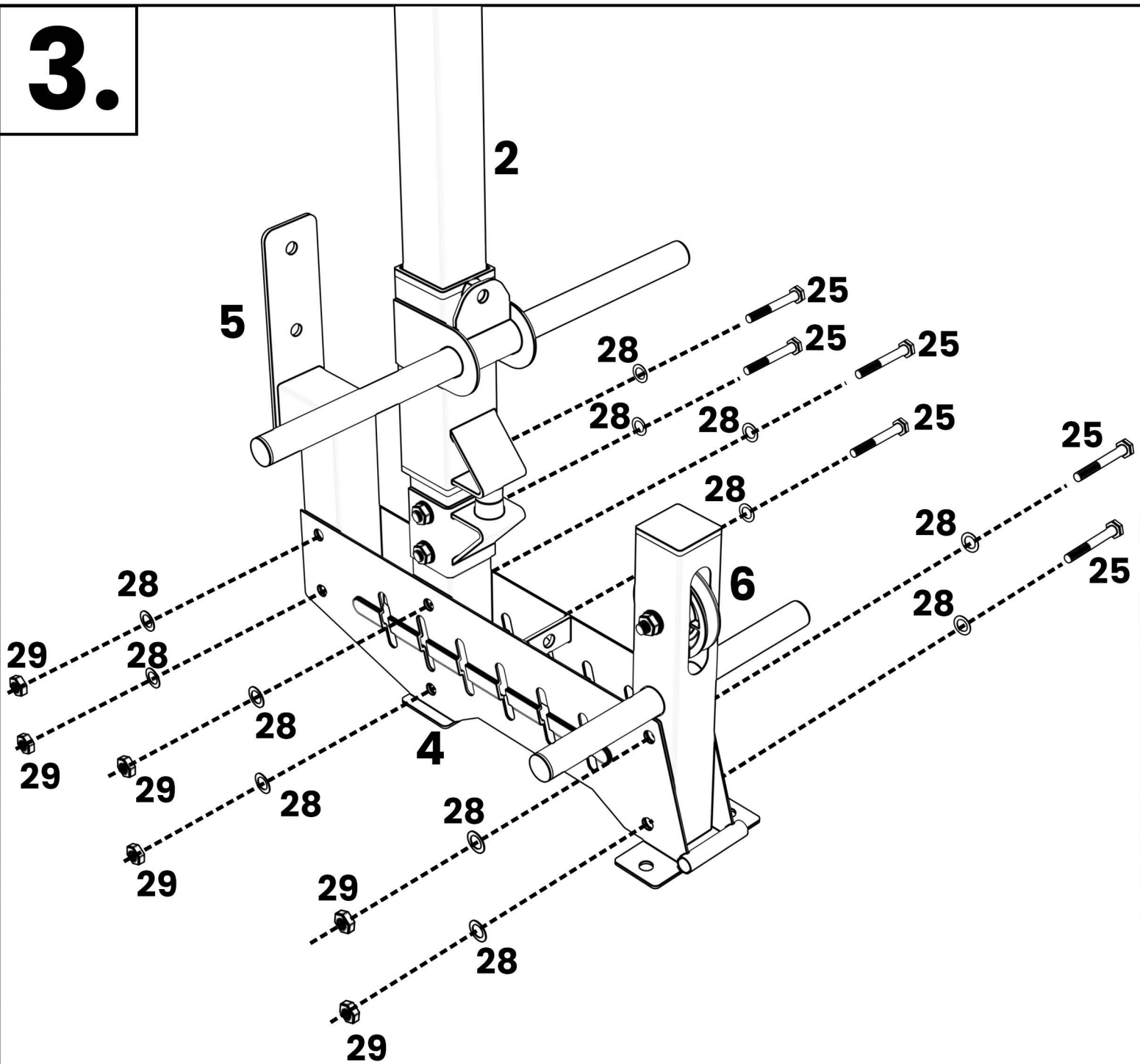
Attach the uprights together and secure as shown.

2.



Attach and the loadable plate stabilizer to the bottom of the upright as shown.

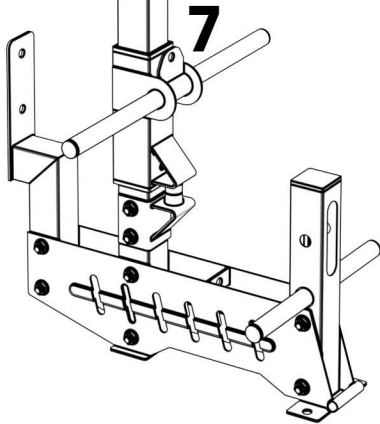
3.



Attach the upright, wall stabilizer, and the front pulley frame onto the lower frame. Secure as shown.

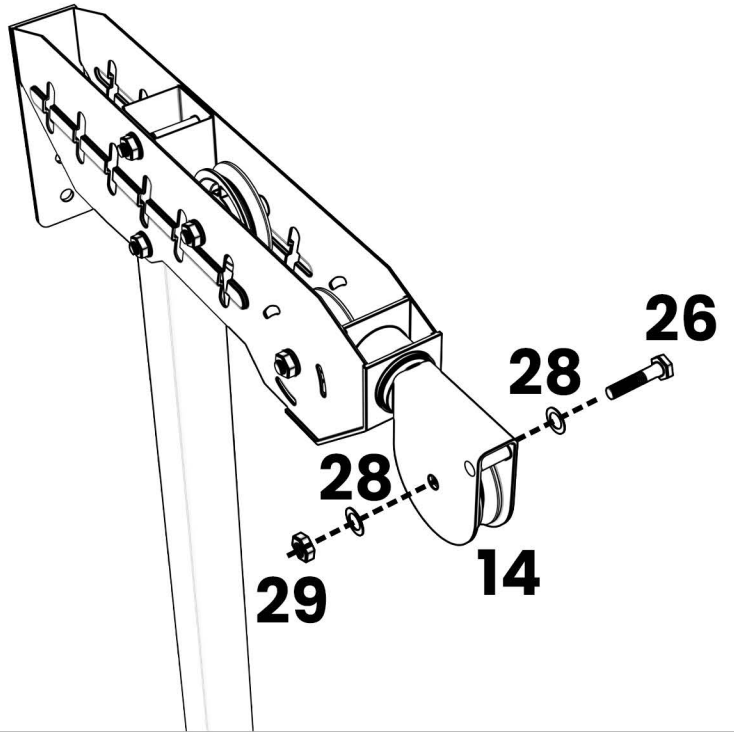
4.

Slide the loadable plate stabilizer onto the upright.



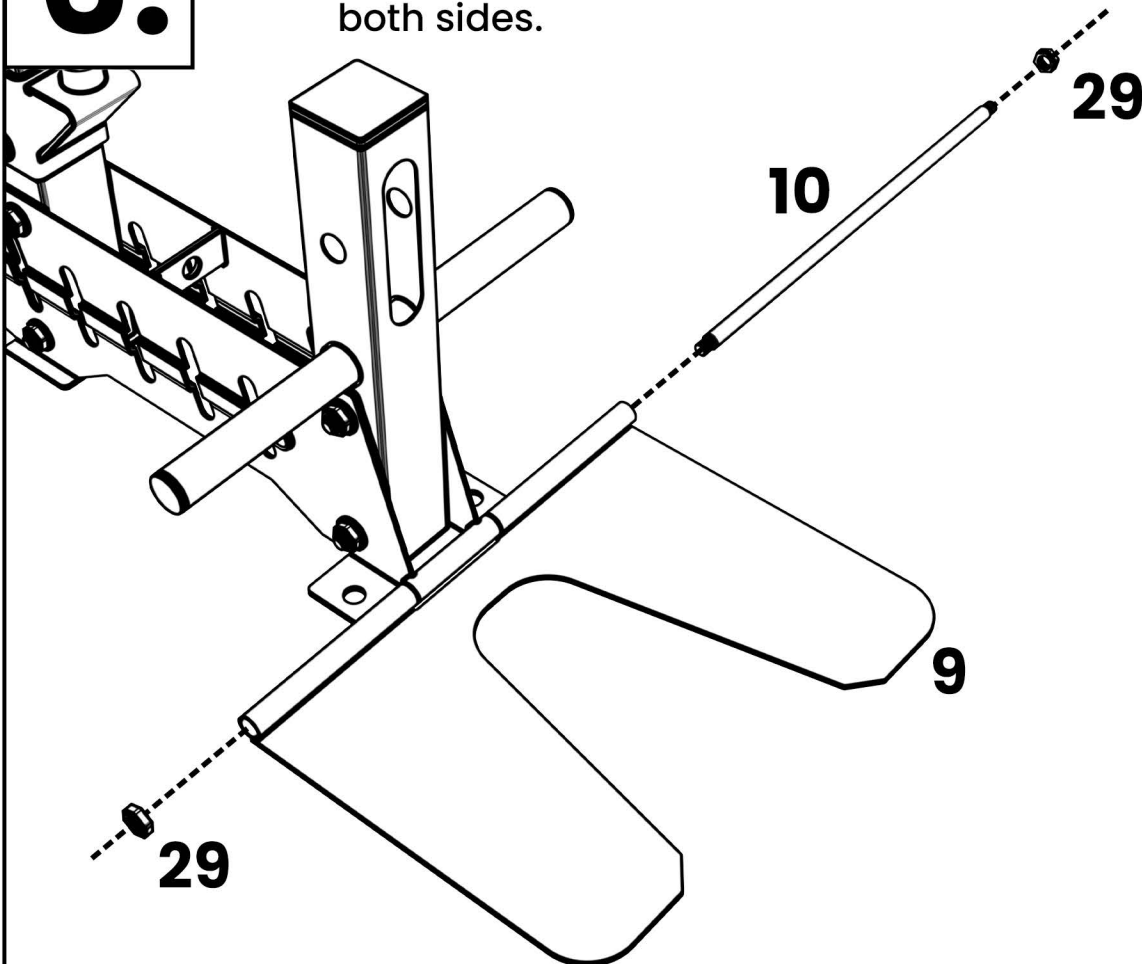
5.

Attach pulley wheels to top frame and secure as shown.

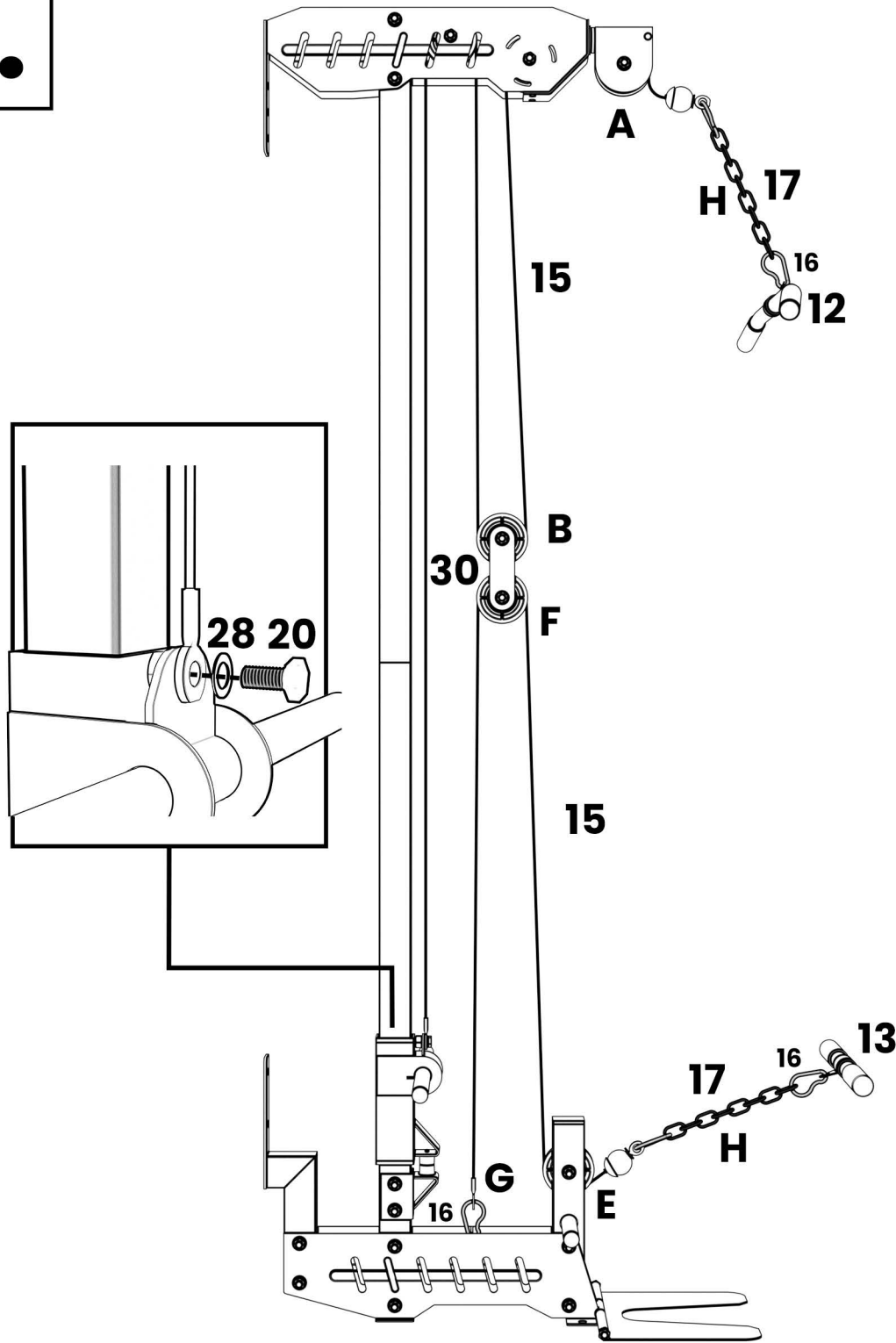


6.

Insert the foot plate and line it up with the front pulley frame. Once aligned, insert the the plate in and secure it with nuts on both sides.



7.



Follow the steps below to the corresponding letter to attach the cable to the pulley systems.

A: Feed the upper cable through point A and let the stopper hang at the front.

B: Feed the cable downwards and loop through point B at the top of the pulley.

C: Feed the cable upwards to C, then downwards to the point D.

D: Attach to loadable frame with bolt and washer.

E: Feed the lower cable through point E from the front of the machine.

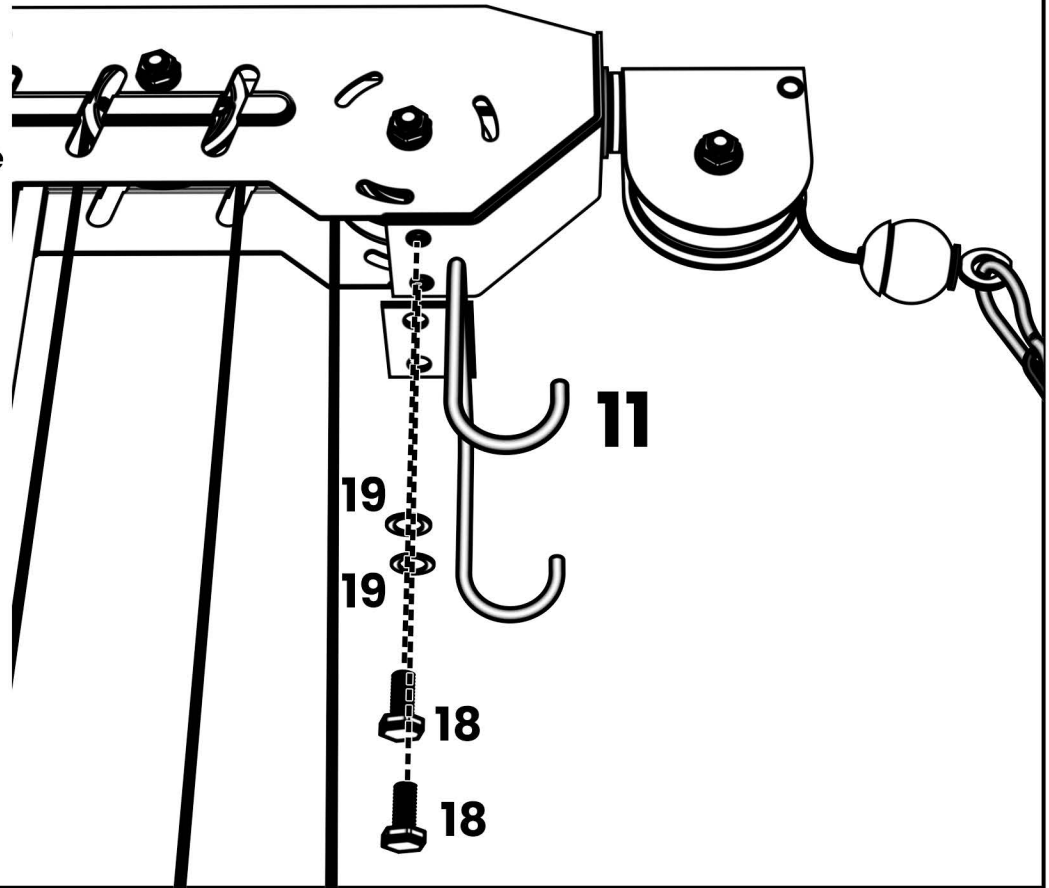
F: Feed the cable up and loop through the double pulley wheel and feed it back down.

G: Attach at point E to the weight holder with as shown above.

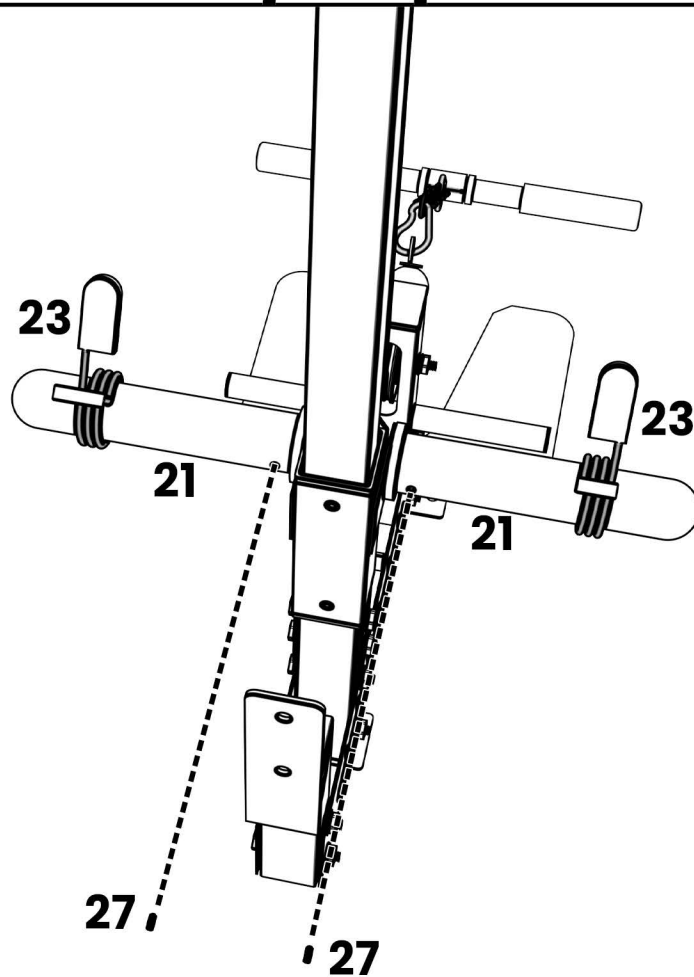
H: Attach the chain to the stoppers with the carabiners and attach the lat and straight bar.

8.

Attach the lat bar holder to the bottom of the top frame and secure as shown.



9.



OPTIONAL: Add included two inch plate adapters and secure them in place with adapter pins as shown.