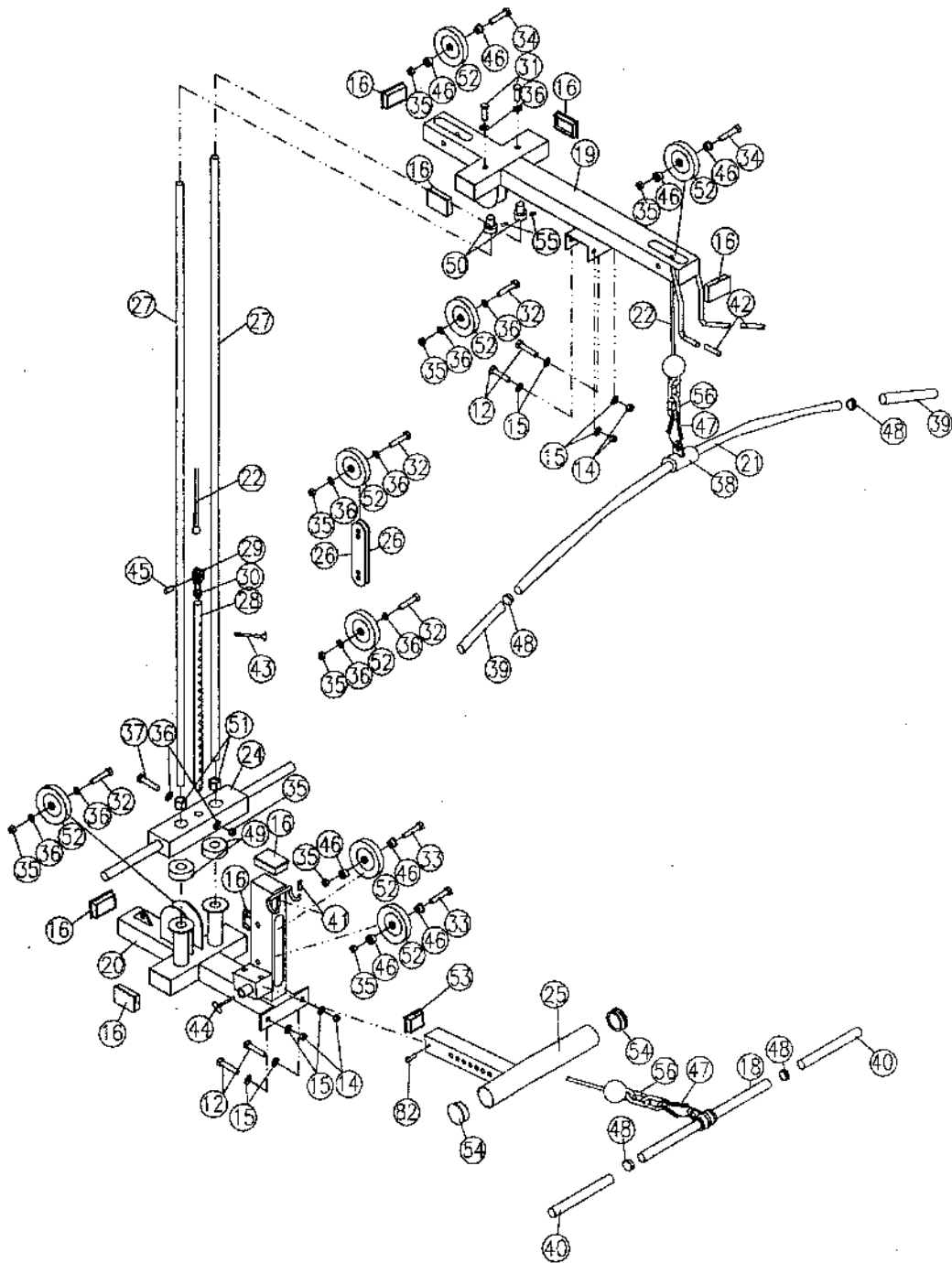


USER'S MANUAL

GLA378

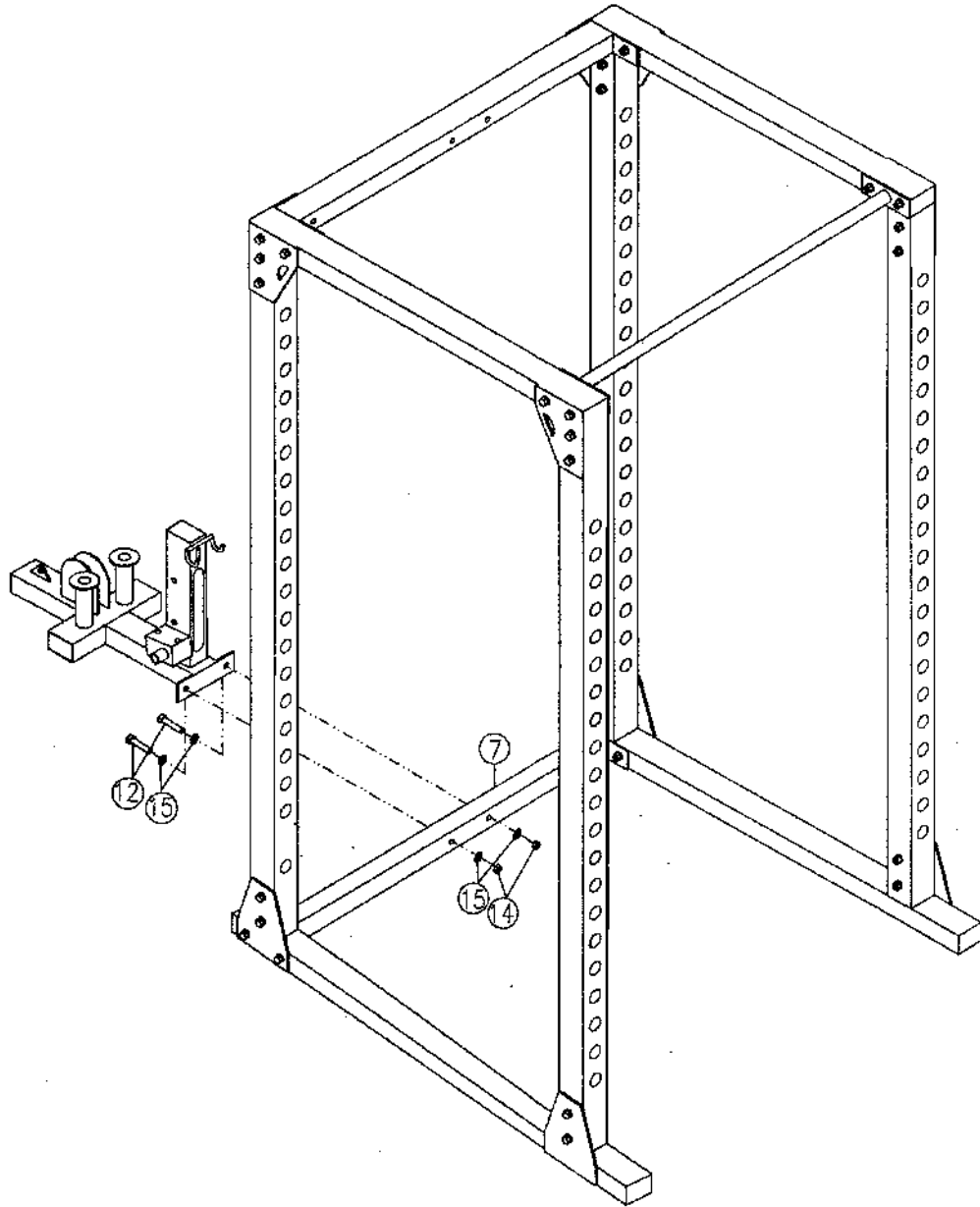
GLA378 EXPLODED DIAGRAM



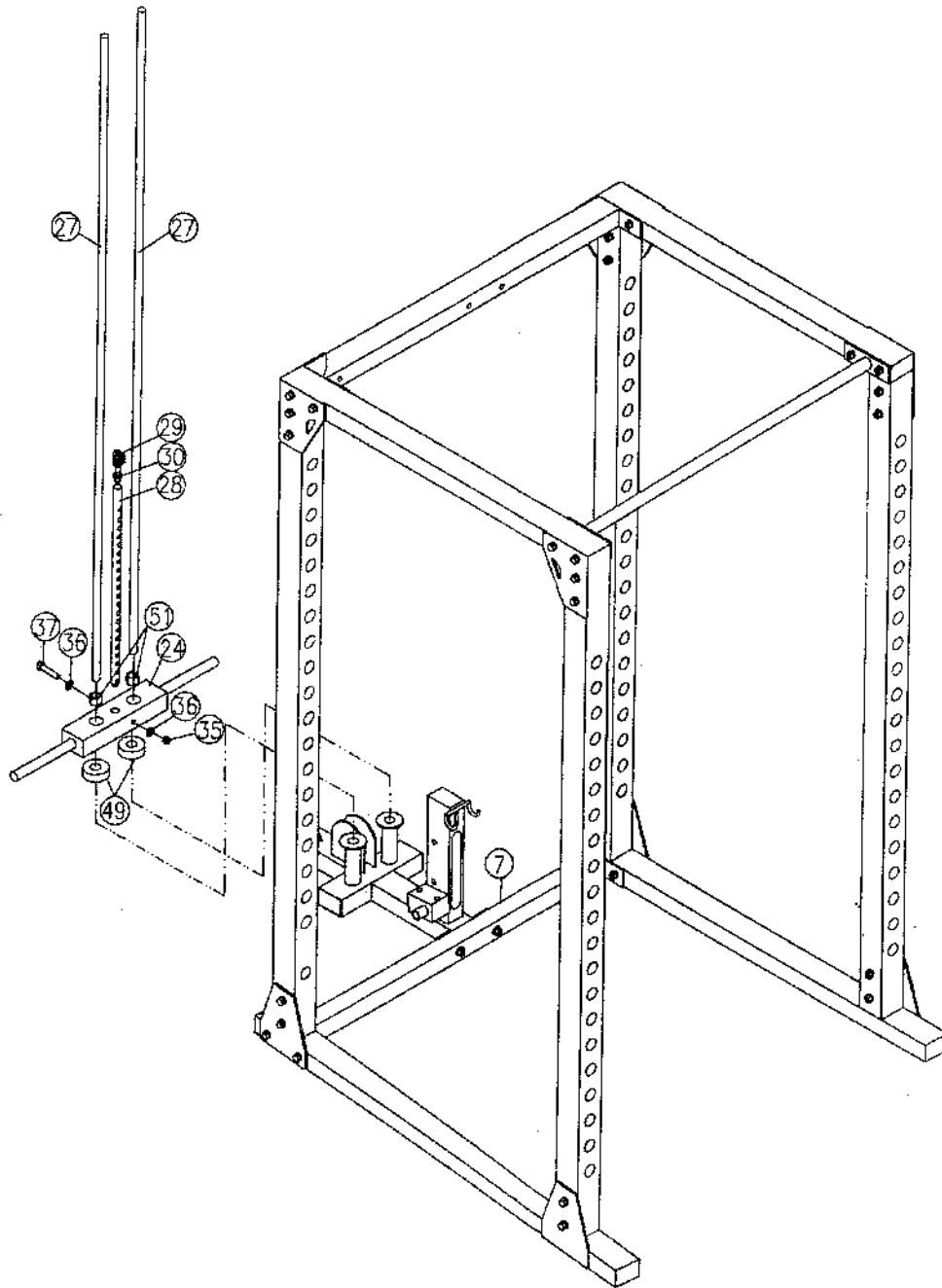
GLA378 PART LIST

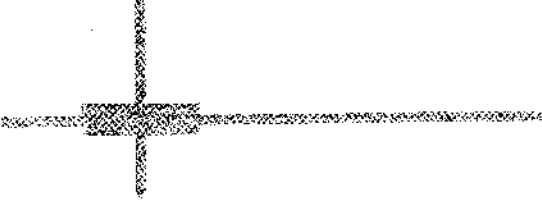
NO.	NAMES	QTY.
12	HEX HEAD BOLT 1/2" x 4" PARTIAL THREAD	4
15	1/2" WASHER	8
16	END CAP 2" x 3"	6
18	LOW ROW BAR	2
19	TOP FRAME	1
20	BOTTOM FRAME	1
21	LAT PULLDOWN BAR	1
22	CABLE 117"	1
23	CABLE 142"	1
24	TOP PLATE WITH WEIGHT HORNS	1
25	FOOT BRACE	1
26	PULLEY PLATE	2
27	GUIDE ROD	2
28	SELECTOR ROD	1
29	SELECTOR ROD TOP BOLT 1/2"x 2"	1
30	1/2" JAM NUT	1
31	HEX HEAD BOLT 3/8" x 3/4" FULL THREAD	2
32	HEX HEAD BOLT 3/8" x 2" FULL THREAD	4
33	HEX HEAD BOLT 3/8" x 3" FULL THREAD	2
34	HEX HEAD BOLT 3/8" x 3 3/4" FULL THREAD	2
35	3/8" NYLON LOCK NUT	9
36	3/8" WASHER	12
37	HEX HEAD BOLT 3/8" x 3 1/2" PART. THREAD	1
38	LAT BAR PAD	1
39	RUBBER GRIP	2
40	RUBBER GRIP	2
41	RUBBER COVER	2
42	RUBBER COVER	2
43	WEIGHT STACK PIN	1
44	T-SHAPPED POP PIN	1
45	CABLE END SHAFT	1
46	3/8" PULLEY SPACER	8
47	SNAP LINK	3
48	ROUND END CAP	4
49	RUBBER DONUT	2
50	SHAFT COLLAR	4
51	TOP PLATE INSERT	2
52	PULLEY	8
53	END CAP 2" x 2"	1
54	ROUND END CAP	2
55	ALLEN SCREW 5/16" x 5/16"	2
56	CHAIN	1

STEP 1



STEP 2





STEP 3

