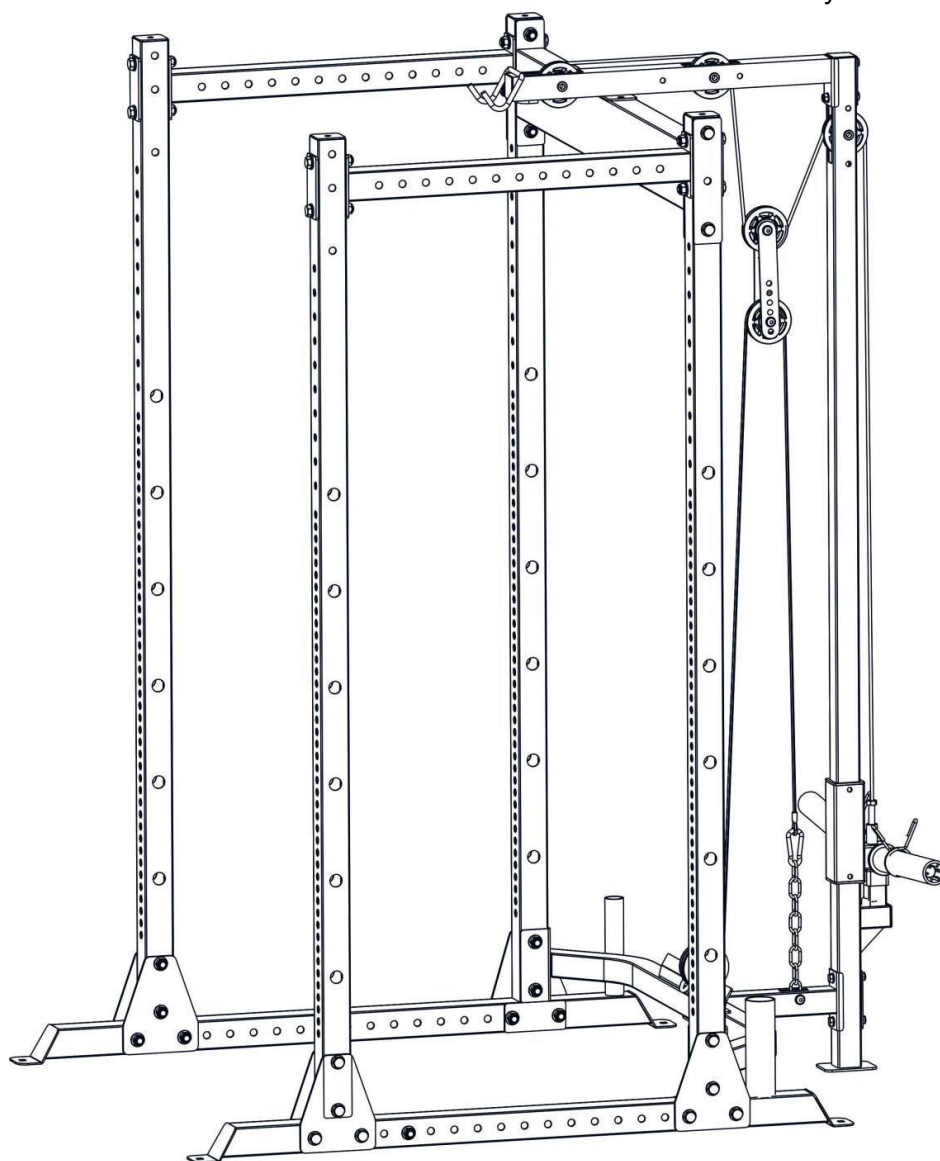


FORCE^{USA}

THE TRUSTED NAME IN STRENGTH EQUIPMENT

OWNER'S MANUAL **F-MR-LAT**

MyRack Lat Pulldown Attachment



CAUTION!

Read all precautions and instructions in this manual before using this equipment.



ASSEMBLY MANUAL

FORCE USA MyRack Lat Pulldown Attachment

BEFORE YOU START

Remove all parts from the packaging then separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

Highly recommended for two or more people to assemble the equipment to avoid injury.

Assemble the equipment on a flat level surface.

Consider placing a mat under the equipment to protect your floor.

Wear appropriate footwear and clothing during assembly and use.

Only tighten nuts and bolts by hand until the whole equipment is assembled.

Ensure you correctly orientate each piece before attaching.

Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.

Ensure all parts are in full working order before use.

Only one person should use the machine at any one time.

Do not use the equipment outdoors or around water.

Keep hair, fingers or clothing away from moving parts.

Only use attachments recommended by the manufacturer.

Never operate if any parts are not functioning correctly.

Always correctly stretch and warm up before using the equipment.

Stop immediately if you experience any pain, dizziness or nausea. See a doctor at once.

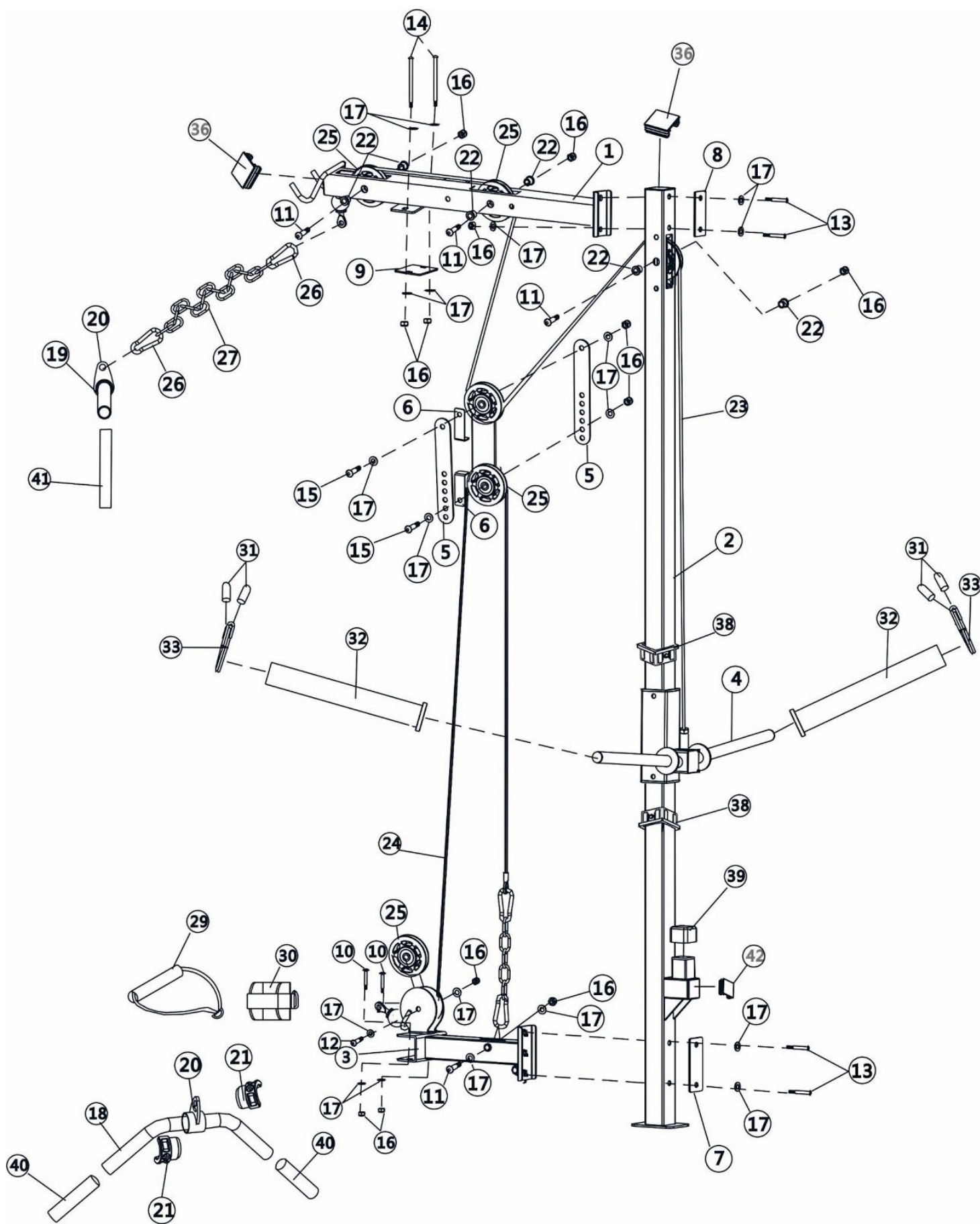
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

EXPLODED DIAGRAM



Parts list

Key No.	Description of part	Quantity
1#	Upper frame	1
2#	Vertical frame	1
3#	rear connection frame	1
4#	Weight holder	1
5#	Double floating pulley bracket	2
6#	L shape retainer	2
7#	100*45*70 bracket	1
8#	120*50*90 Bracket	1
9#	130*60*100 bracket	2
10#	M10*75 Carriage Bolt	2
11#	M10*65 Allen bolt	4
12#	M10*45 Allen bolt	1
13#	M10*70 Allen bolt	4
14#	M10*160 Allen bolt	2
15#	M10*50 Allen bolt	2
16#	M10 Aircraft nut	14
17#	φ10 washer	21
18#	Short bar	1
19#	Lat bar	1
20#	Rotate Ring	2
21#	Plastic Ring	8
22#	L=15 bushing	6

23#	Upper cable	1
24#	Lower cable	1
25#	pulley	6
26#	7# gourd hook	4
27#	15 joint Chain	1
28#	6 Joint Chain	1
29#	Ankle strap	1
30#	Single strap	1
31#	Spring collar plastic	4
32#	Olympic sleeve	2
33#	Spring collar	2
34#	Φ25*1.5 End cap	2
35#	Φ25*2 End cap	2
36#	End cap	2
37#	Φ25*2.5 End cap	2
38#	Sleeve	1
39#	□38 sleeve	1
40#	Φ25XΦ34*130 Handle grip	2
41#	Φ30XΦ24.5*420 Handle grip	2
42#	□45*2 End cap	1



Do not fully tighten the bolt and nut.



Fully tighten the bolt and nut.

HARDWARE IDENTIFIER

Note: The following parts are not drawn to scale, Please use your own ruler to measure the size.



10# M10*75 Carriage Bolt X2PCS



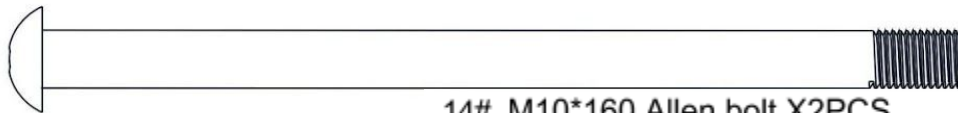
11# M10*65 Allen bolt X4PCS



12# M10*45 Allen bolt X1PC



13# M10*70 Allen bolt X4PCS



14# M10*160 Allen bolt X2PCS



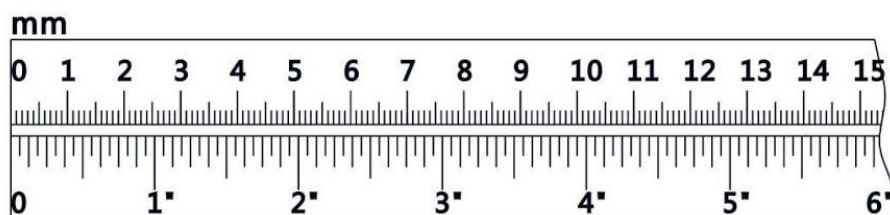
15# M10*50 Allen bolt X2PCS



16# M10 Aircraft nutX14 PCS



17# $\phi 10$ washer X21 PCS



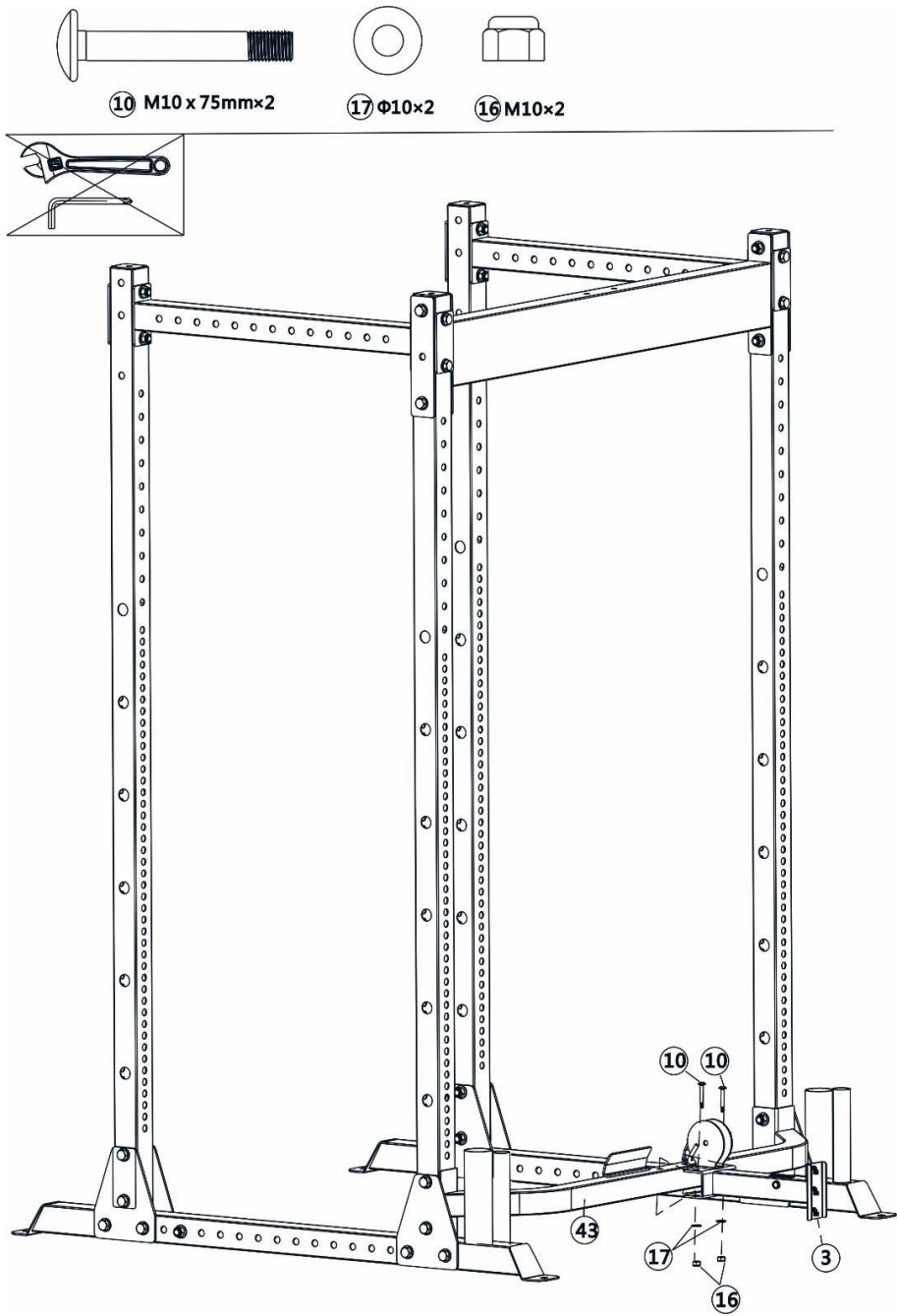
ASSEMBLY INSTRUCTION

Tools required assembling the machine: Adjustable Wrench and Allen Wrench.

NOTE: It is strongly recommended two or more people assemble this machine to avoid possible injury. Only hand tighten all nuts and bolts and the entire machine is assembled.

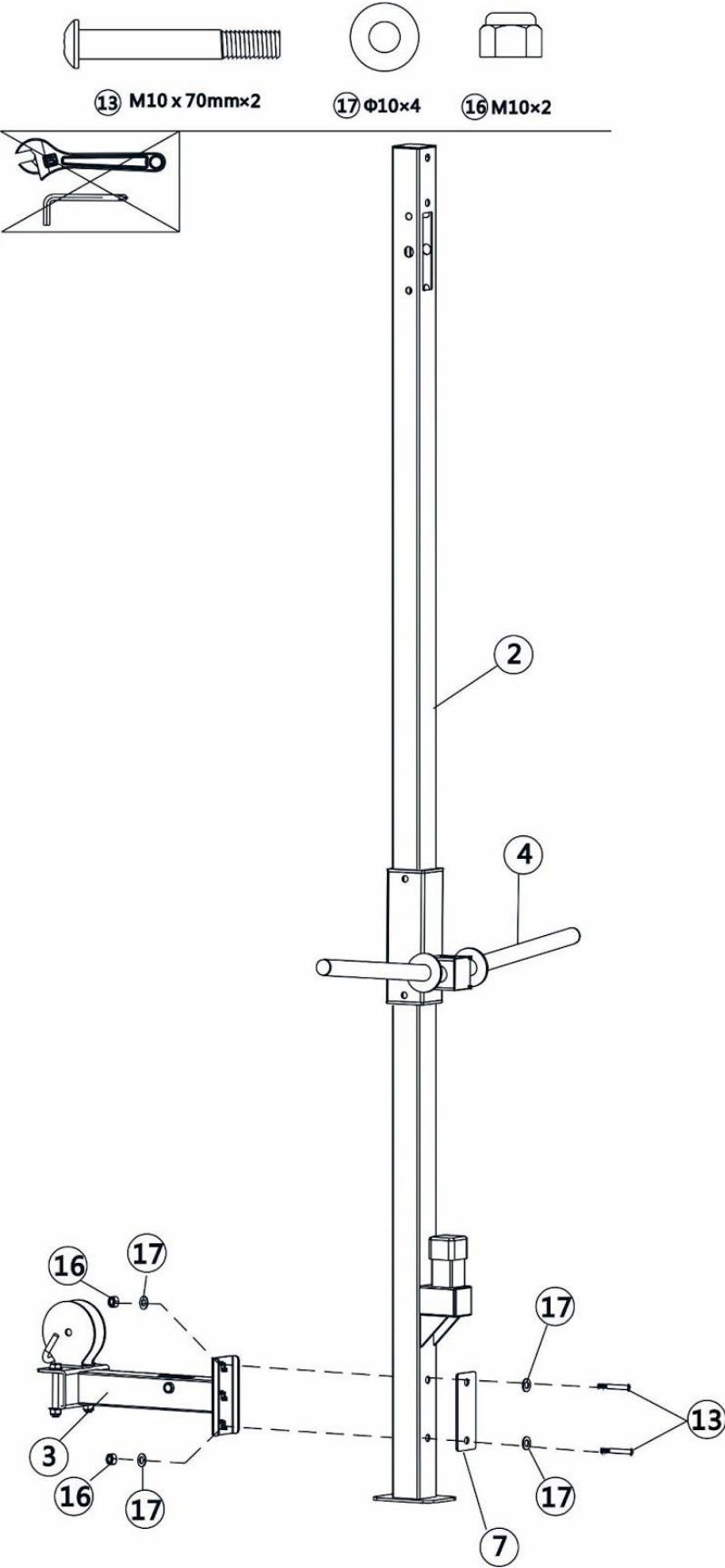
STEP 1 (See Diagram 1)

Attach the rear connection frame(3#) to the rear cross beam(43#), Carefully align the holes and secure them with 2pcs M10*75 Carriage Bolt (10#) ,2pcs ϕ 10 washer(17#) and 2pcs M10 Aircraft nut (16#).



STEP 2 (See Diagram 2)

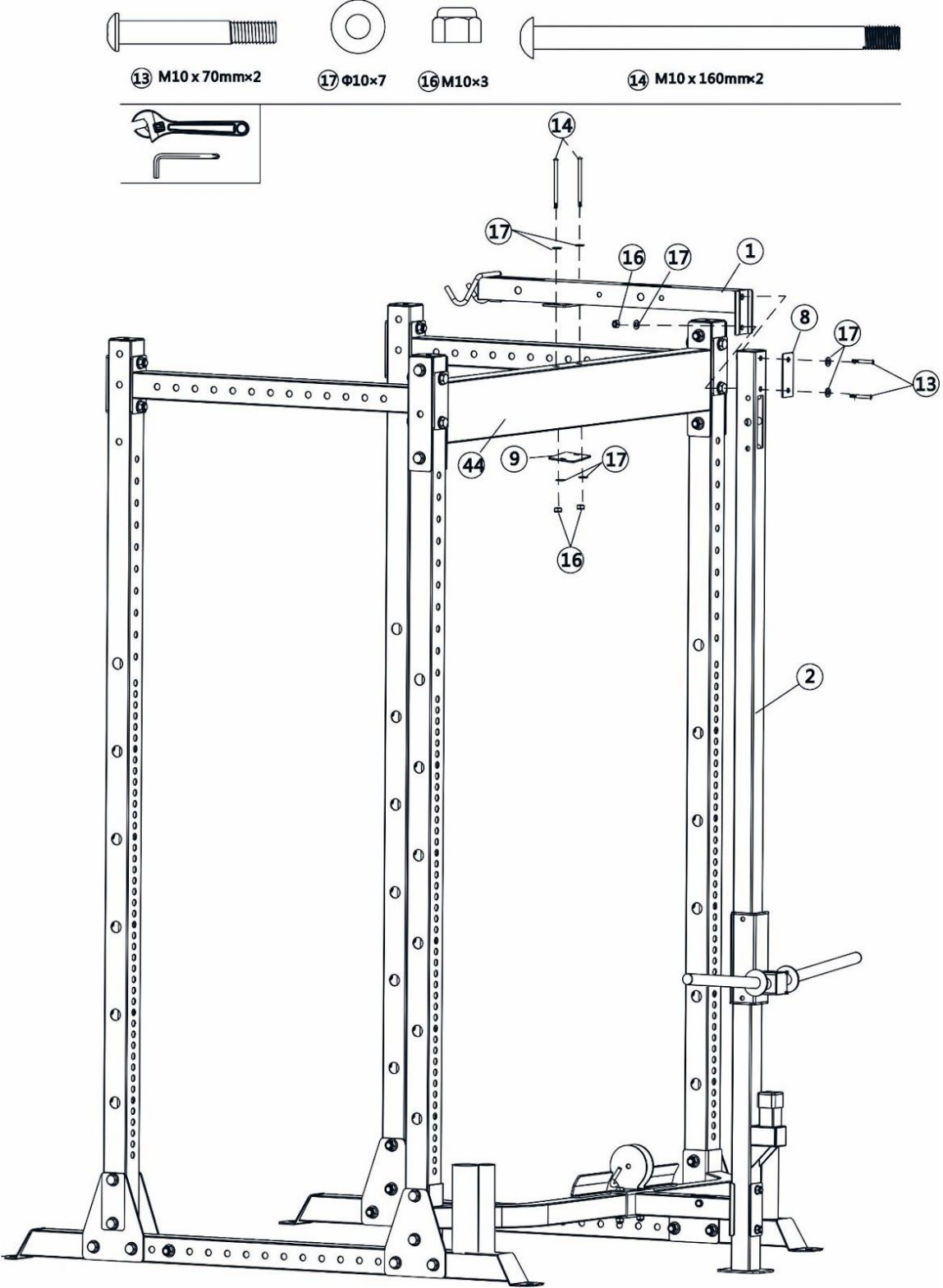
Attach the vertical frame(2#) to the rear connection frame(3#) , Carefully align the holes and secure them with 2pcs M10*70 Allen bolt (13#),4pcs $\phi 10$ washer (17#),one pc bracket(7#) and 2pcs M10 Aircraft nut(16#).



STEP 3 (See Diagram 3)

Attach the end of upper frame(1#) to the vertical frame(2#),Secure them with 2pcs M10*70 Allen bolt (13#),4pcs $\phi 10$ washer(17#) , one pc bracket(8#) and 2pcs M10 Aircraft nut(16#).

Attach the upper frame onto the upper cross beam(44#) ,Secure them with 2pcs M10*160 Allen bolt(14#),4pcs $\phi 10$ washer(17#),1 pc bracket(9#) and 2pcs M10 Aircraft nut(16#).



STEP 4 (See Diagram 4)

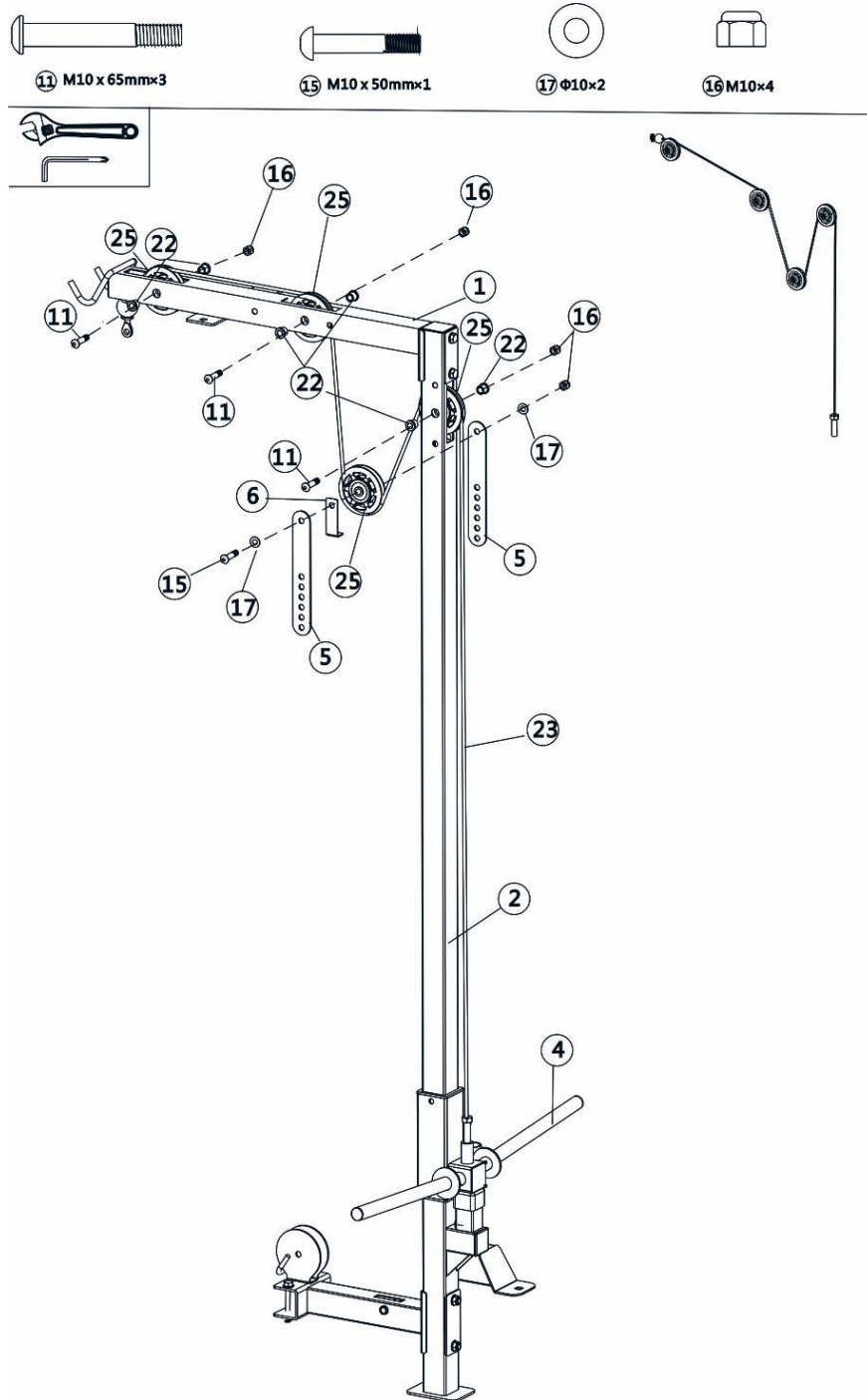
A Attach the upper cable(23#) through the first opening , make sure the ball stopper should be underneath the frame,Secure 1 pc pulley with one pc M10*65 Allen bolt(11#) , 2pcs bushing(22#) and 1 pc M10 aircraft nut(16#).

B Draw the cable around the pulley and backwards and reach the second opening, Secure 1 pc pulley with the same way in A. Draw the cable around the pulley and downwards.

C Place 1 pc pulley onto the cable and secure it with 1 pc M10*50 Allen bolt(15#), 2 pcs $\phi 10$ washer(17#) ,2 pcs double floating pulley bracket(5#) , 1 pc L shape Cable retainer(6#) and one pc M10 aircraft nut (16#).

D Draw the cable around the pulley and go through the opening of the vertical frame. Secure 1 pc pulley with the same way in A.

E Draw the cable around the pulley and downwards,Thread the end of the upper cable to the weight holder(4#).



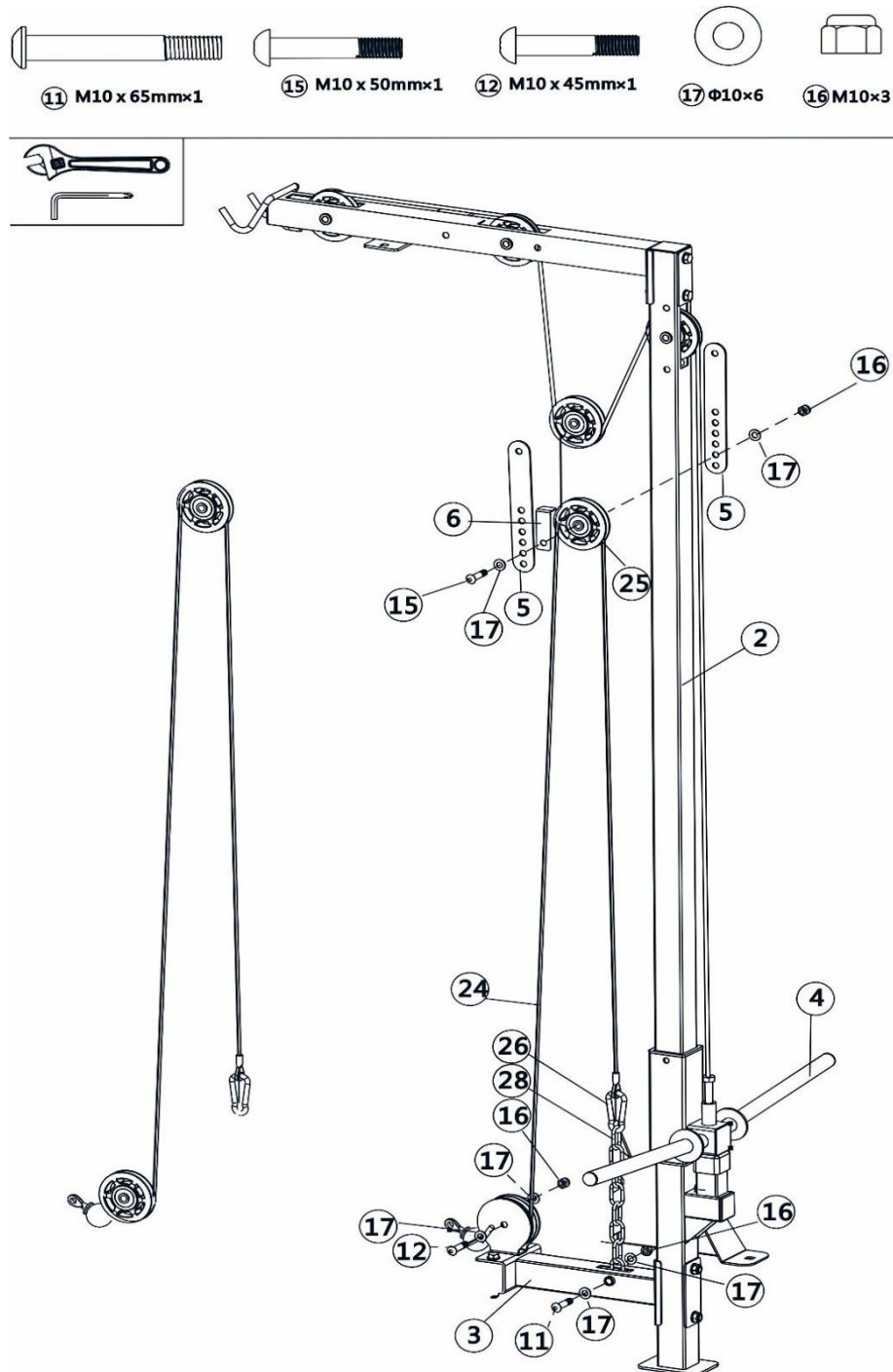
STEP 5 (See Diagram 5)

A Place 1 pc pulley onto the lower cable and secure the pulley with 1 pc M10*45 Allen bolt(12#), 2 pcs $\phi 10$ washer(17#),

And 1 pc M10 aircraft nut(16#).

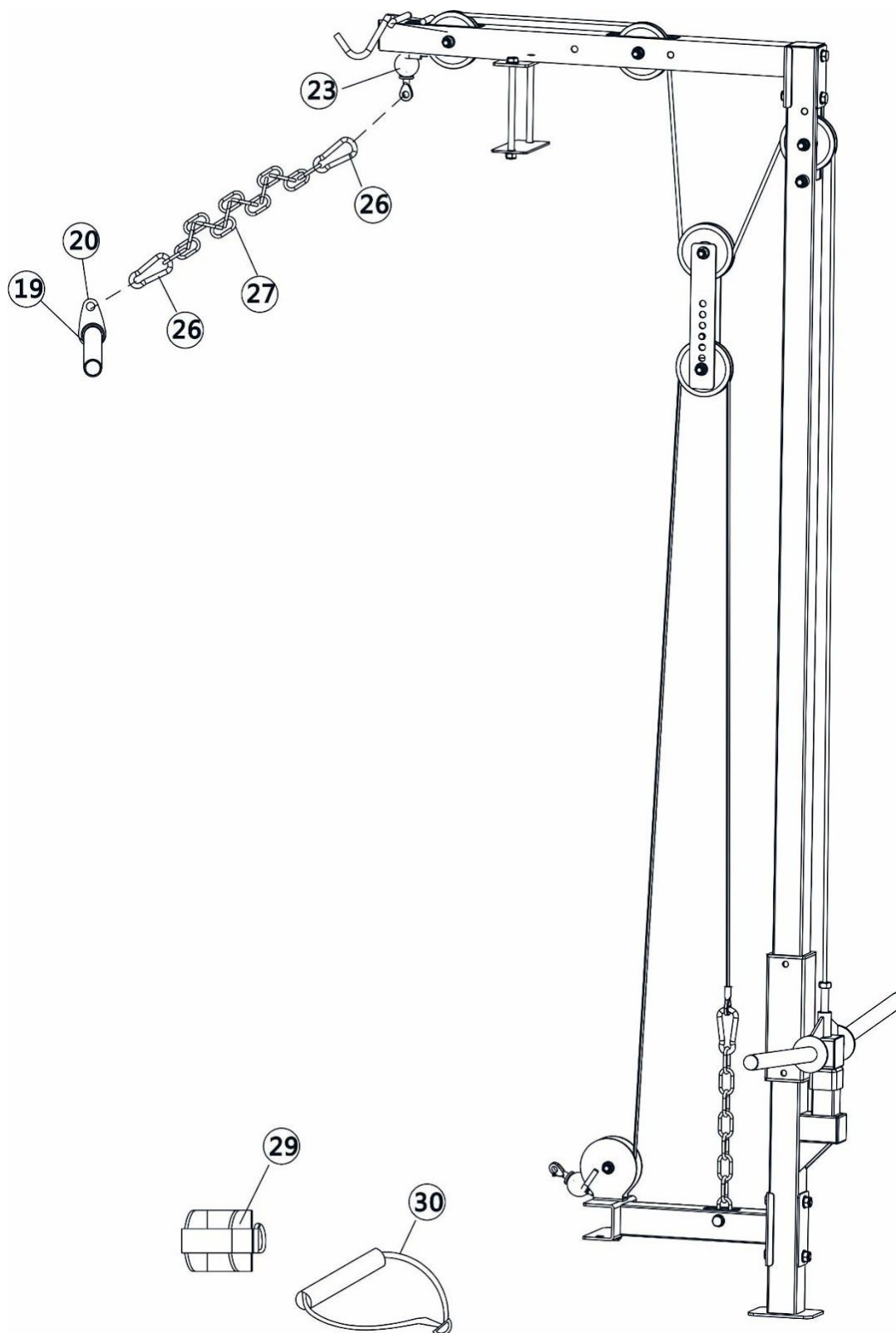
B Draw the lower cable around the pulley and upwards, Place 1 pc pulley below the cable and secure it with the same way in C of Step 4.

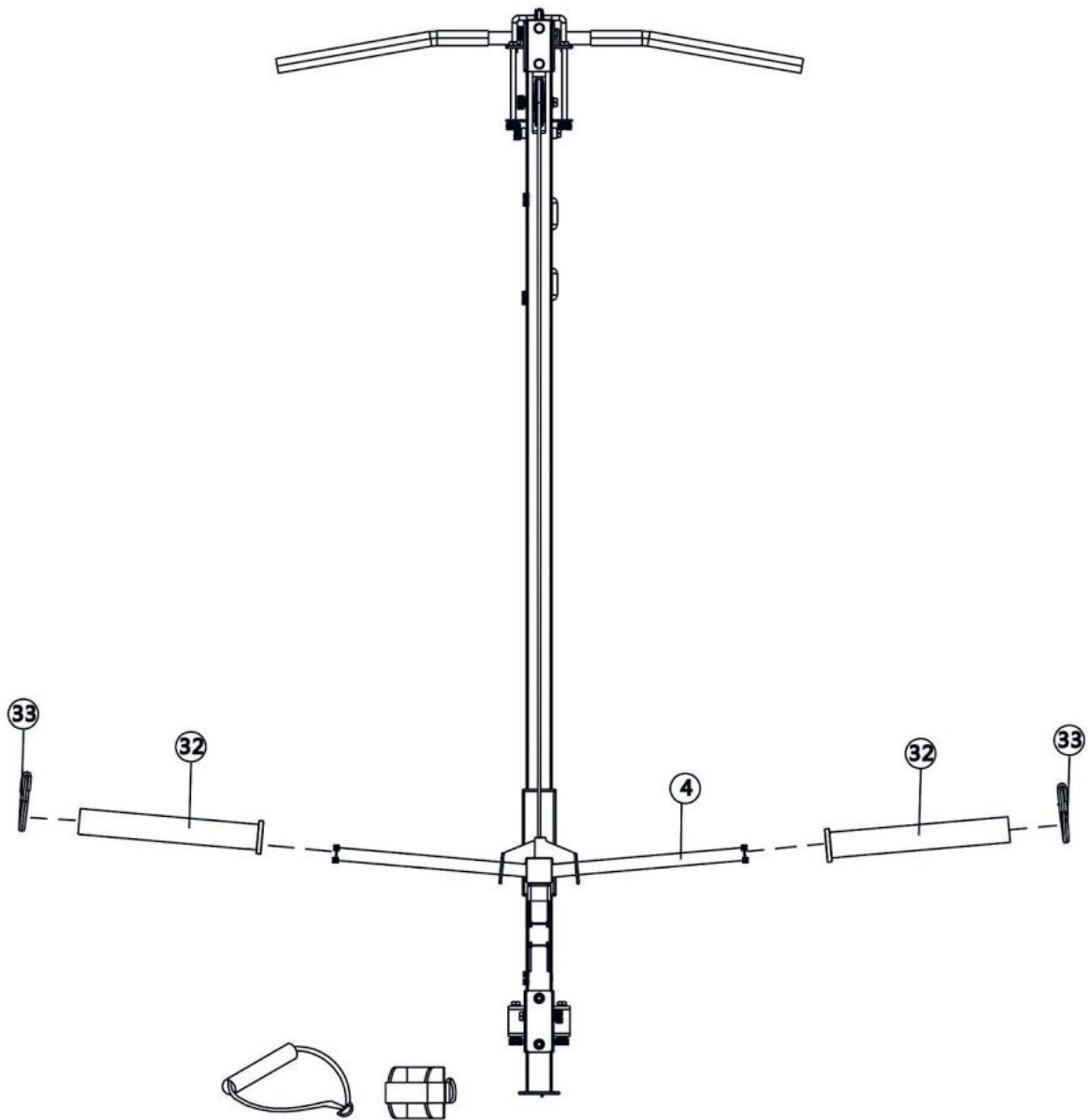
C Draw the cable around the pulley and downwards, Fix the end of the lower cable with one pc 7# gourd hook(26#), 6 joint chain(28#) and 1 pc M10*65 Allen bolt(11#), 2 pcs $\phi 10$ washer(17#), 1 pc M10 aircraft nut (16#).



STEP 6 (See Diagram 6)

- A** Attach the lat bar(19#) to the end of upper cable with 2 pcs gourd hook(26#) and 15 joint Chain(27#).
- B** Attach the 2 pcs olympic sleeve (32#)and 2 pcs spring collar(33#) to the weight holder as the diagram shows.





Tighten all nuts and bolts securely and your equipment will now be completely assembled.

LIFETIME WARRANTY ON FRAME

2 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)

Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 2 years cover on all cables and pulleys. This warranty applies to first owners and does not cover second hand equipment or re-sold equipment. This Force USA warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in studio commercial applications. The replacement or repair provided for under the Force USA warranty is the responsibility of the user and the customer will be responsible for any freight charges applicable. Force USA will not be liable for any consequential damages or for breach of any implied warranty on the range of Force USA strength equipment. Force USA reserves the right to provide reconditioned parts and/or to request a return and repair existing defective parts on the Force USA product.

VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.

Please visit our website for full warranty information.



www.forcefitnesssequipment.com