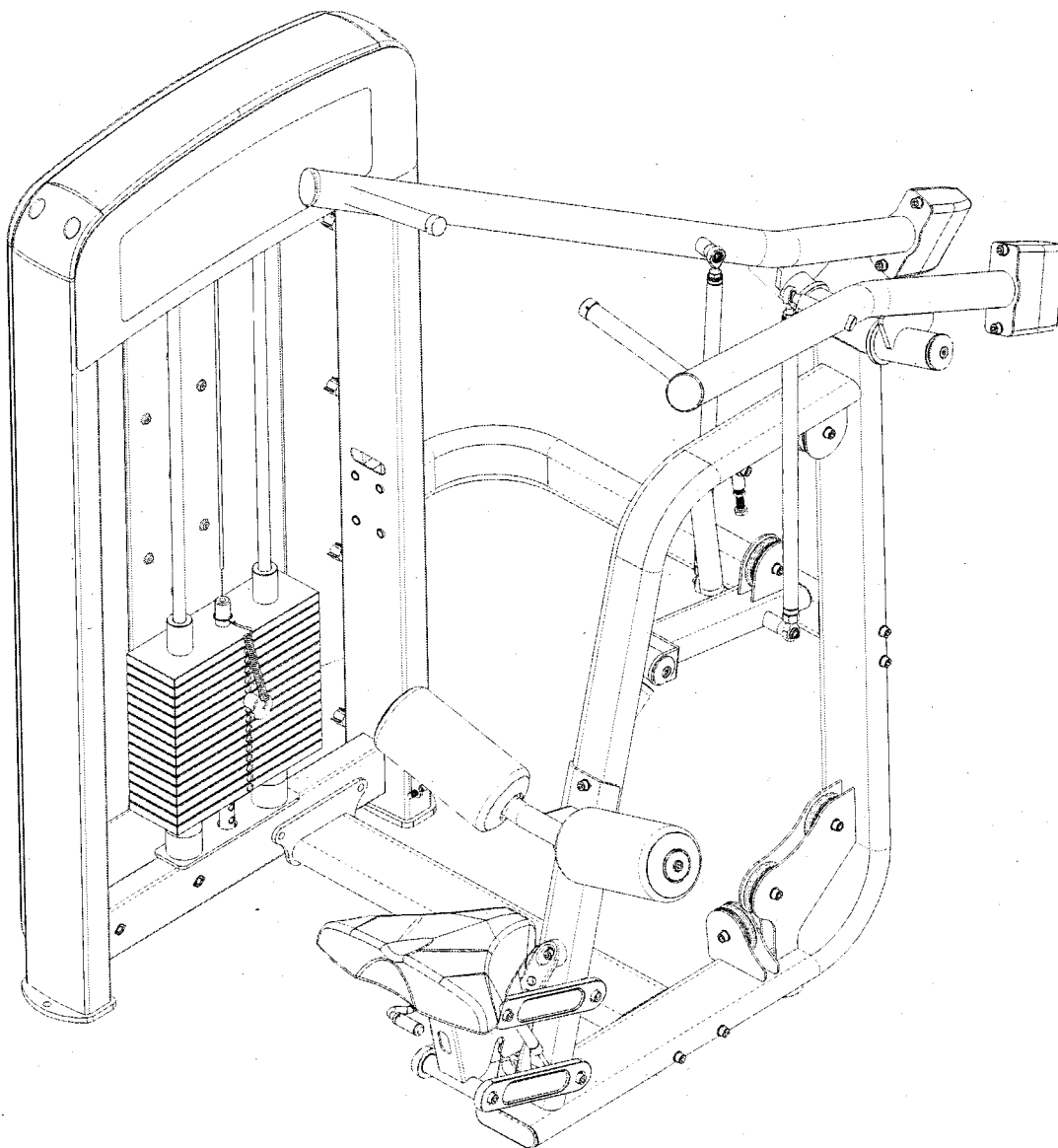


Lat Pull Down



MDE-03 Lat Pull Down

User Manual

Contents

- 01/ Safety
- 02/ Installation chart & list
- 03/ Product description
- 04/ Product specification
- 05/ Maintenance
- 06/ Troubleshooting guides
- 07/ Warranty

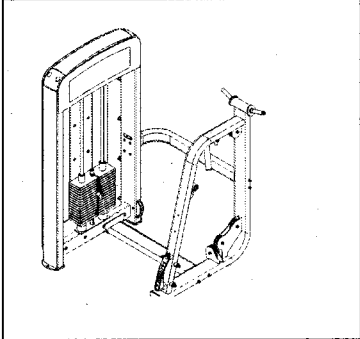
Welcome to choose our product. It is a guarantee to your safety and convenience if you use our product properly. Please read the followings carefully before using our product:

1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, and be sure you have enough space.
4. Users are obliged for the good maintenance of the equipment. Before using, or install the equipment, check all the parts are fixed. Check all the parts regularly.
5. If the equipment broken, please contact the distributors or after-sales department. Do not use it before it repaired.
6. Before using the equipment, please wear properly and bundle up the hair for ladies
7. Please do warm up exercise before using the equipment.
8. If you feel dizzy, pain or some other abnormal symptom, please stop your exercise, and go to see doctors.
9. Children should use the equipment under adult' s guardianship.
10. Warning! Keep hands and feet away from moving parts.
11. Warning! Do not do over adjustments.
12. Warning! Children or pets away from the equipment during your workout.
13. Warning! Any adjustable parts should be properly adjusted.
14. Warning! Please use this equipment correctly to avoid any injury.
15. We suggest you should use this equipment in supervision area.

02/ Installation chart & list

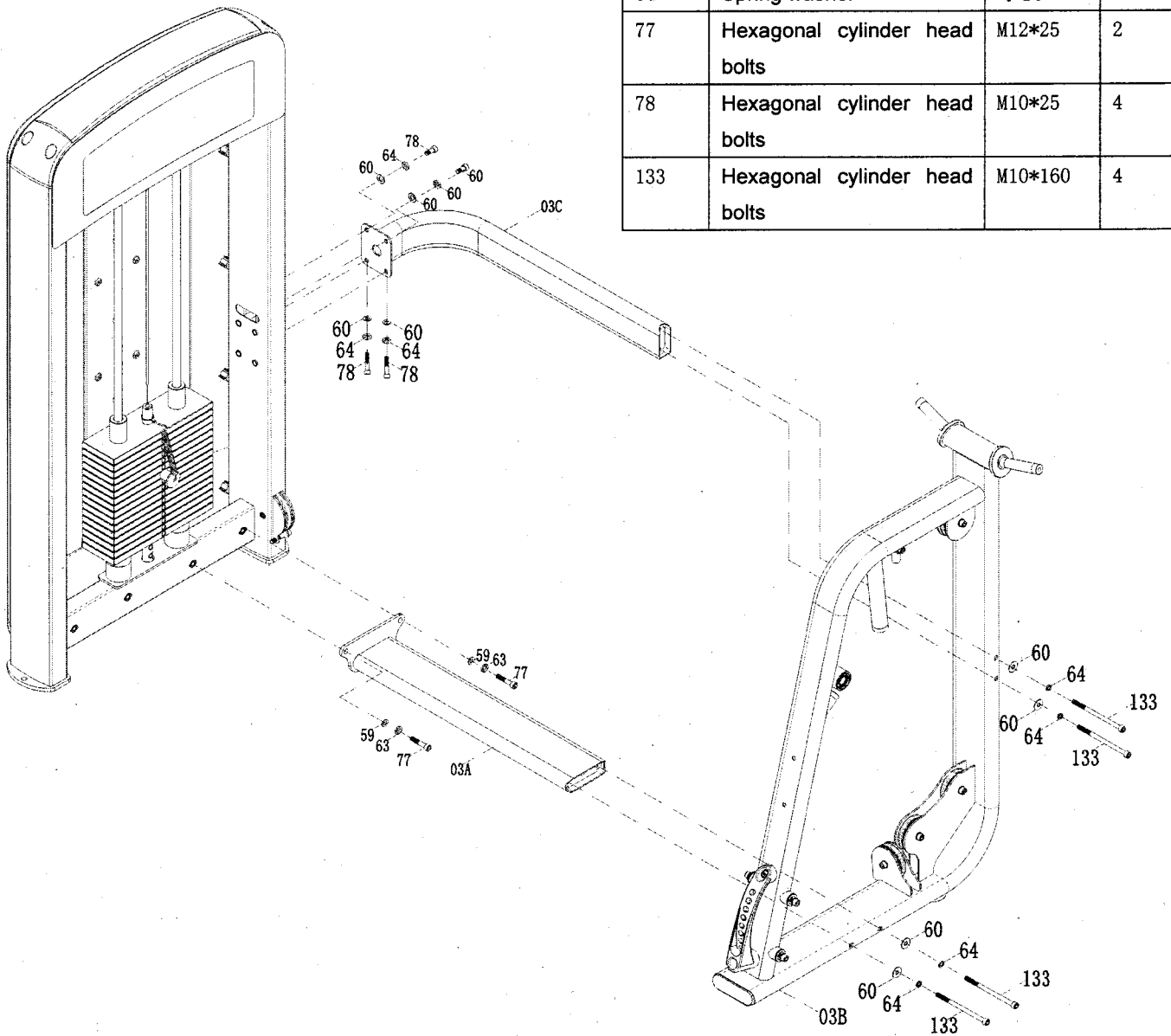
1) Step 1

Installation completion diagram



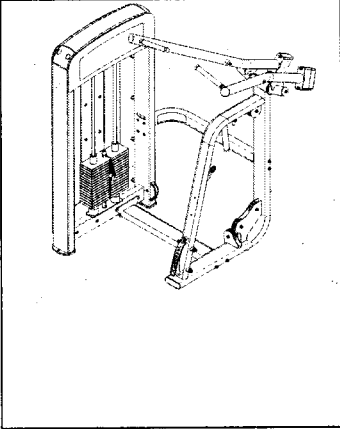
List in this step

Model	Name	Spec.	Quantity
03A	Under Connecting pipe		1
03B	Frame tube group		1
03C	Upper connect tube set		1
59	Flat washer	φ 12	2
60	Flat washer	φ 10	8
63	Spring washer	φ 12	2
64	Spring washer	φ 10	8
77	Hexagonal cylinder head bolts	M12*25	2
78	Hexagonal cylinder head bolts	M10*25	4
133	Hexagonal cylinder head bolts	M10*160	4



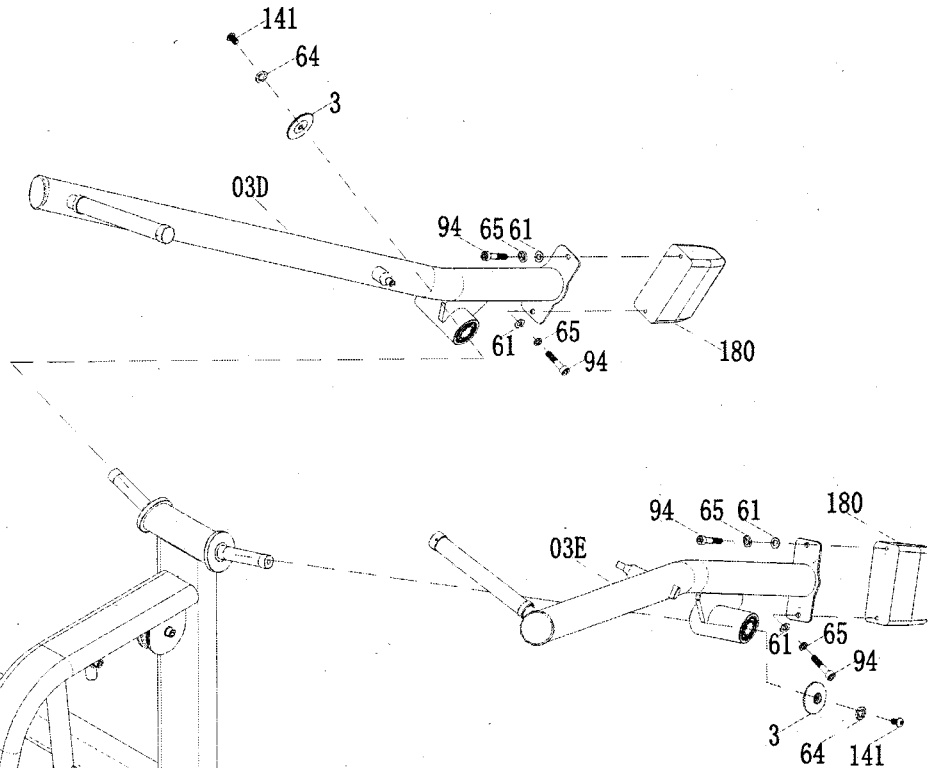
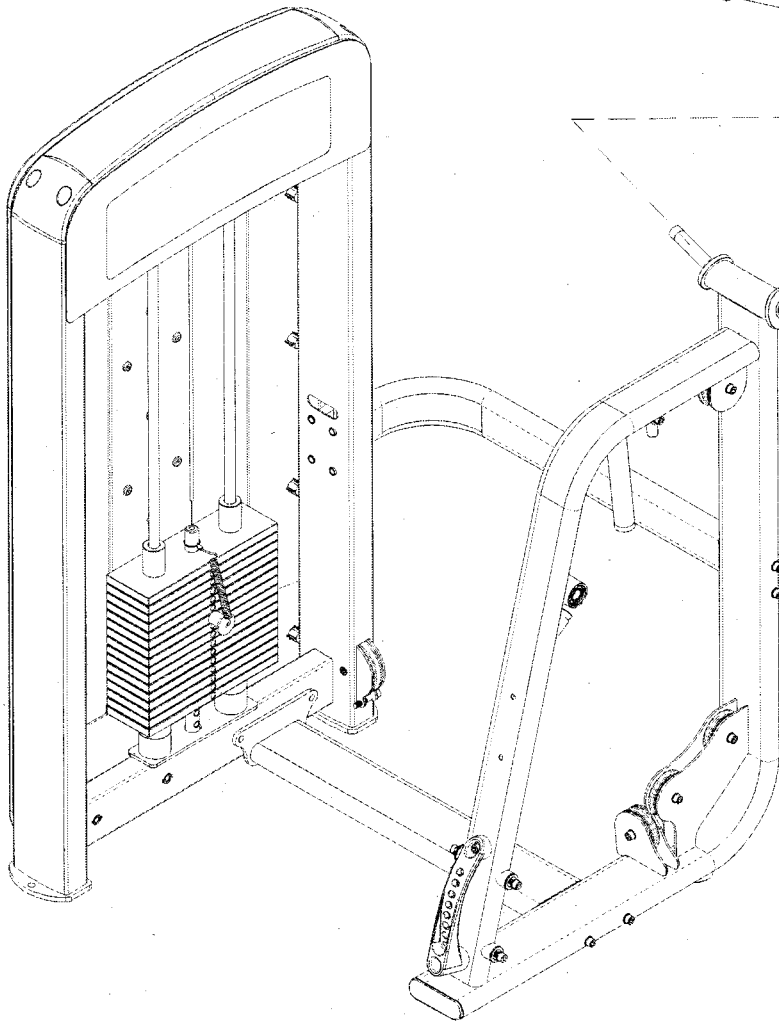
2) Step 2

Installation completion diagram



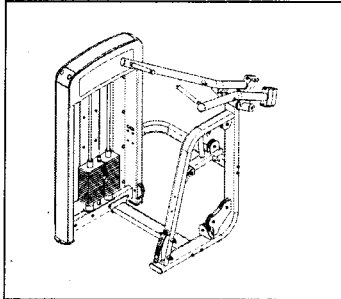
List in this step

Model	Name	Spec.	Qty
03D	High pull arm(left)		1
03E	High pull arm (right)		1
3	Aluminum cover	Φ 60*Φ 10.5*8.84	2
61	Flat washer	Φ 10	1
64	Spring washer	Φ 10	2
65	Spring washer	Φ 8	4
94	Weight stack crash pad	M8*30	4
141	Weight stack crash pad	M10*25	2
180	Weight Stack set	120*142*60	2



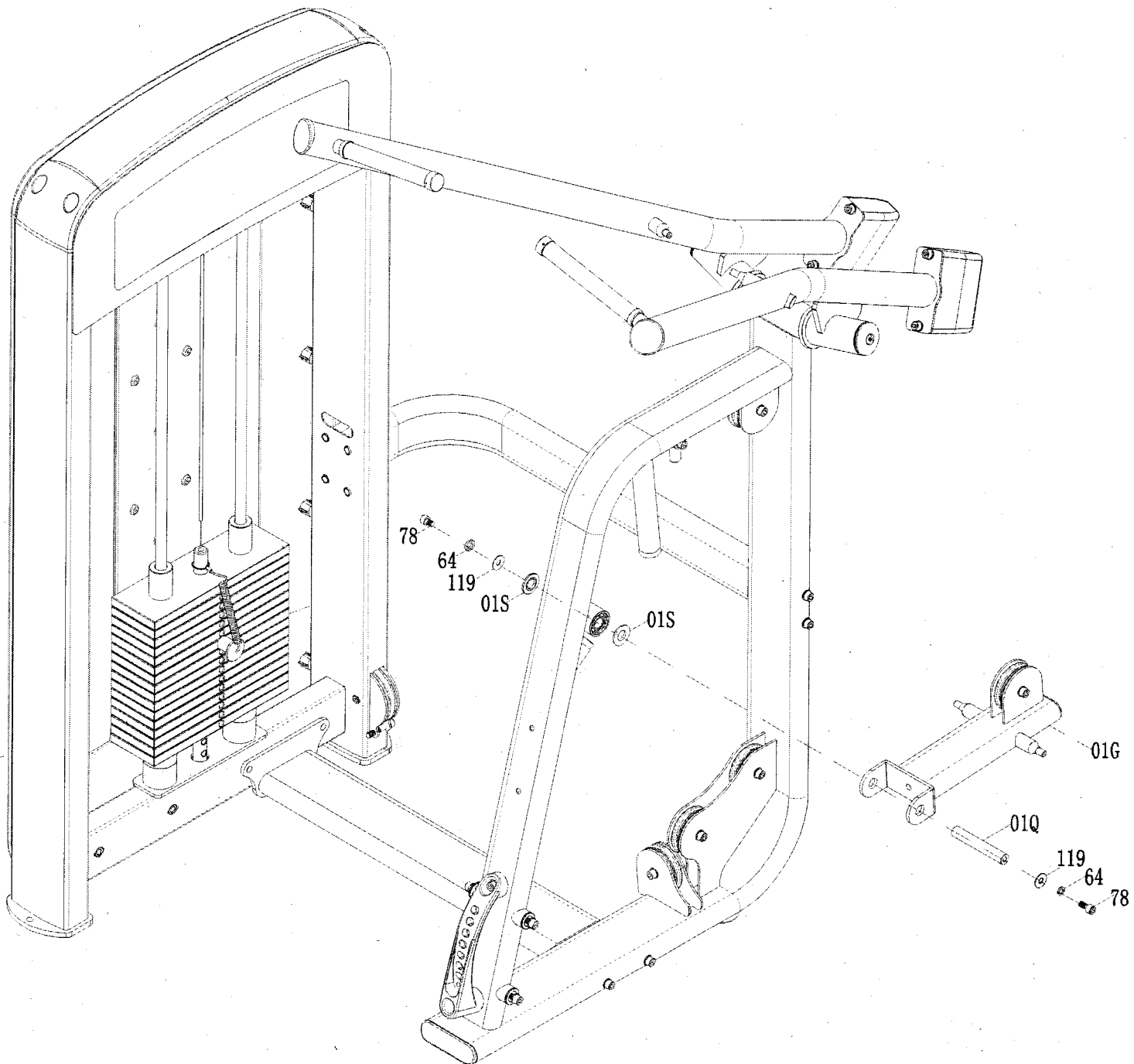
3) Step 3

Installation completion diagram



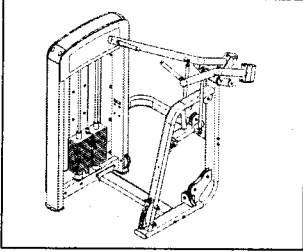
List in this step

Model	Name	Spec.	Qty
01G	bogey		1
01Q	axis of rotation	$\phi 20 \times 123.5$	1
01S	Interval cover	$\phi 20.5 \times \phi 40 \times 4$	2
64	Spring washer	$\phi 10$	2
78	Hexagonal cylinder head bolts	M10*25	2



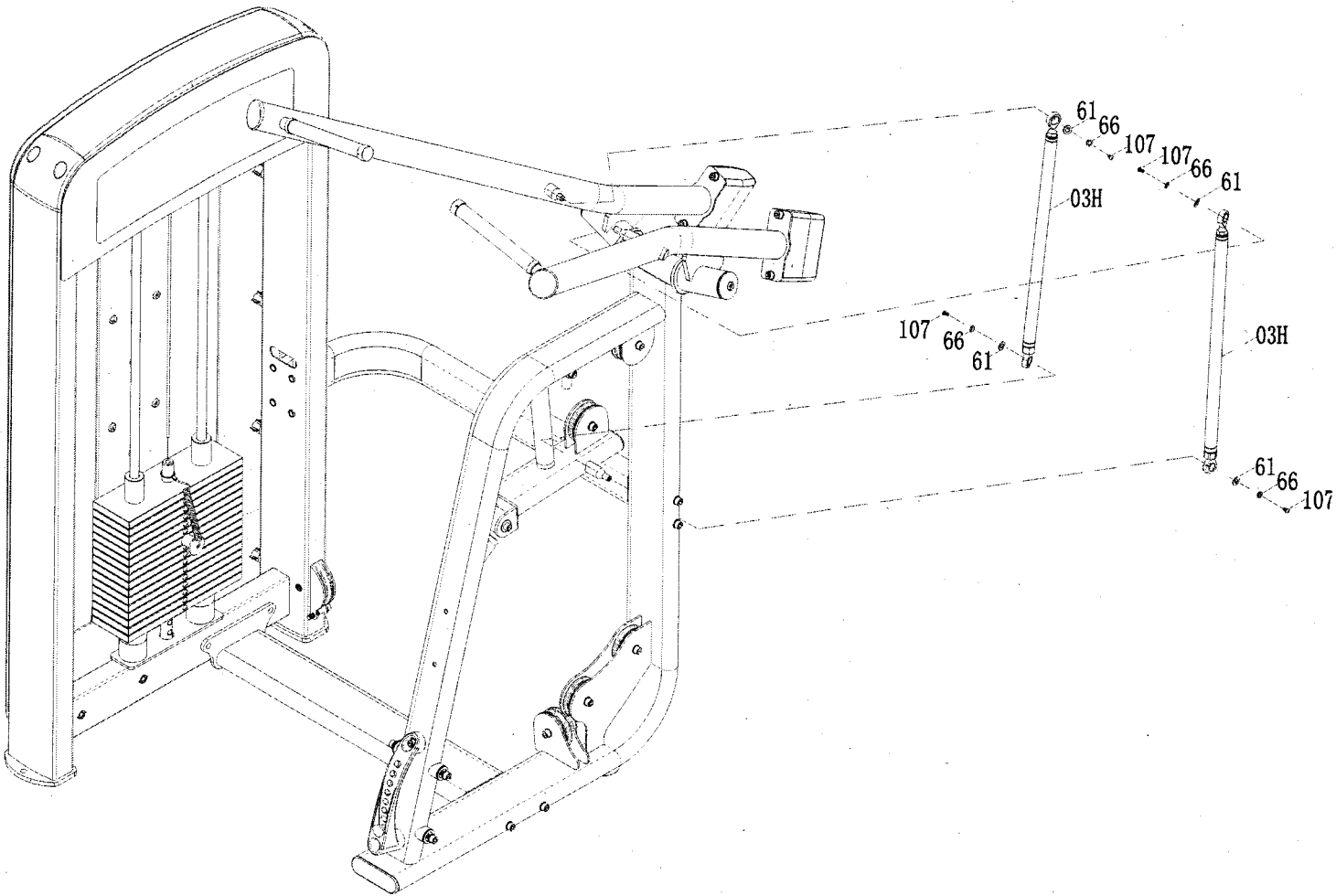
4) step 4

Installation completion diagram



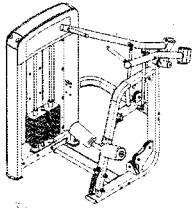
List in this step

Model	Name	Spec.	Qty
03H	pull tube		2
61	Flat washer	Φ8	4
66	Spring washer	Φ6	4
107	Cross grooved head bolts	M10*15	4

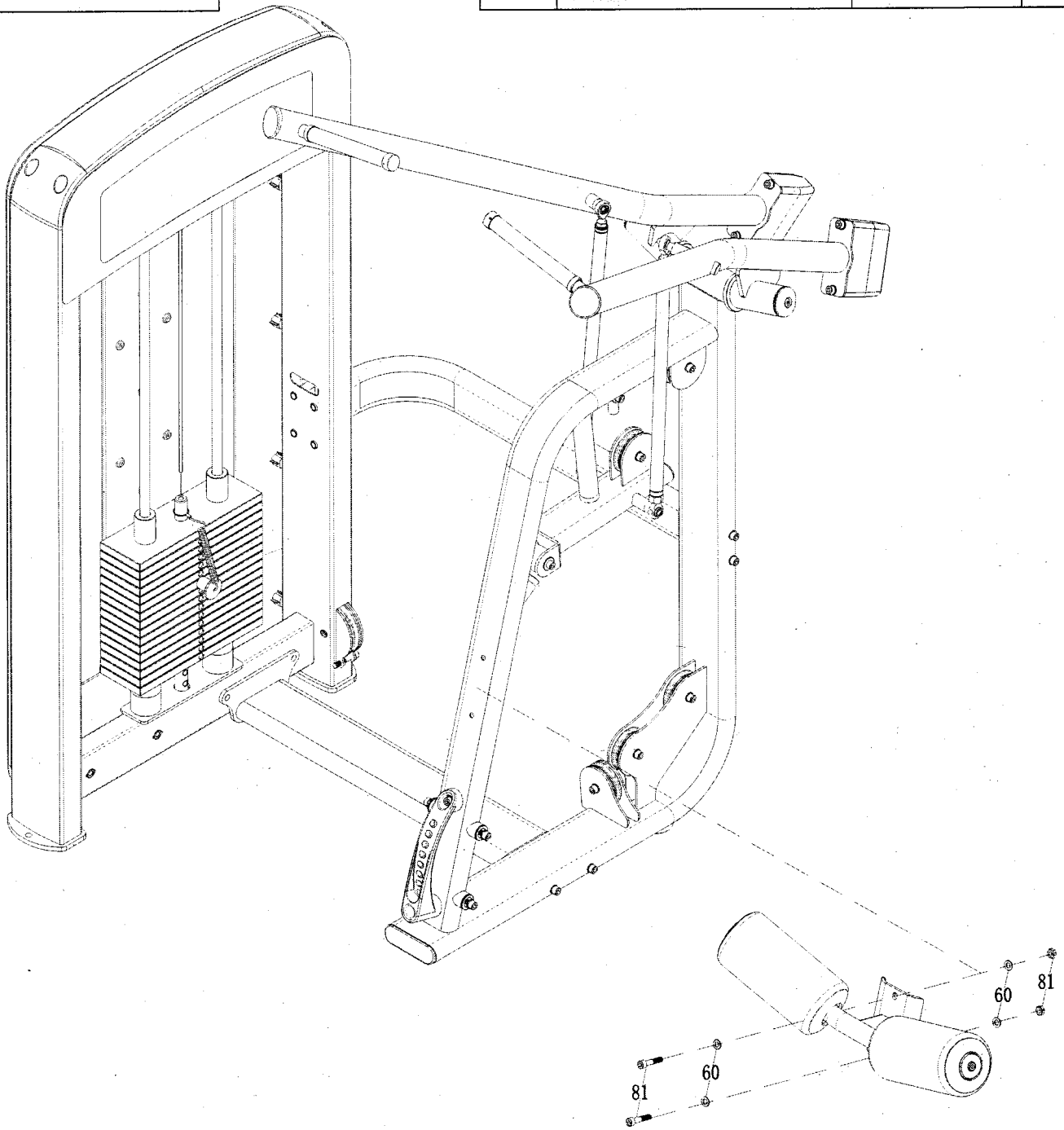


5) Step 5

Installation completion diagram

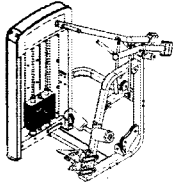


List in this step			
Model	Name	Spec.	Qty
03F	Foam tube group		1
52	Lock nut	M10	2
60	Flat washer	Φ 10	4
81	Hexagon socket head screw	M10*65 全牙	2



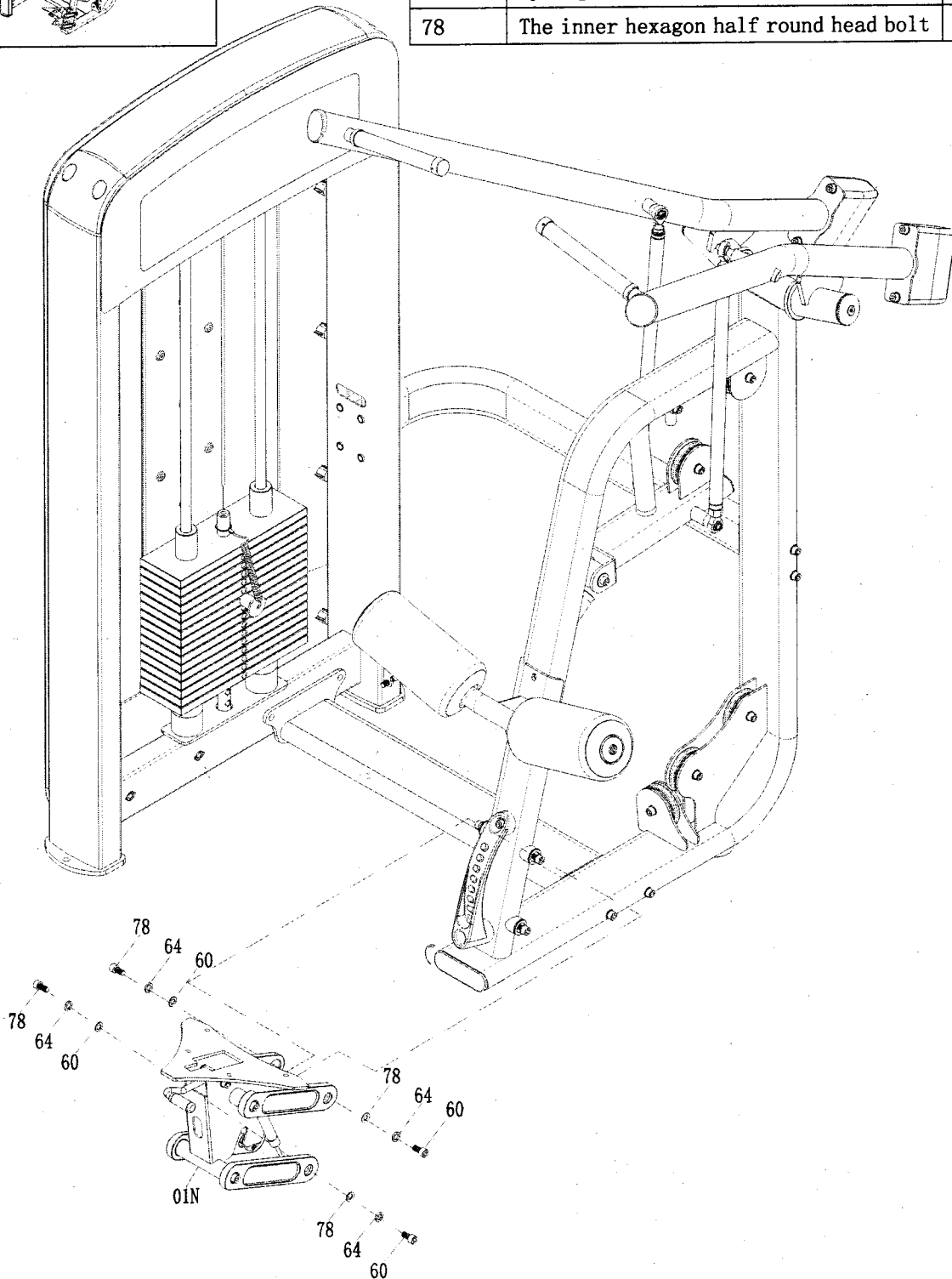
6) Step 6

Installation completion diagram



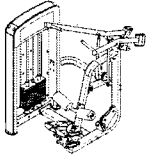
List in this step

Model	Name	Spec.	Qty
01N	Cushion set		
60	Flat washer	Φ 10	4
64	Spring washer	Φ 10	4
78	The inner hexagon half round head bolt	M10*25	4



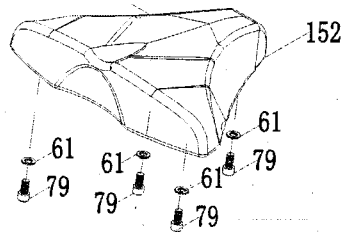
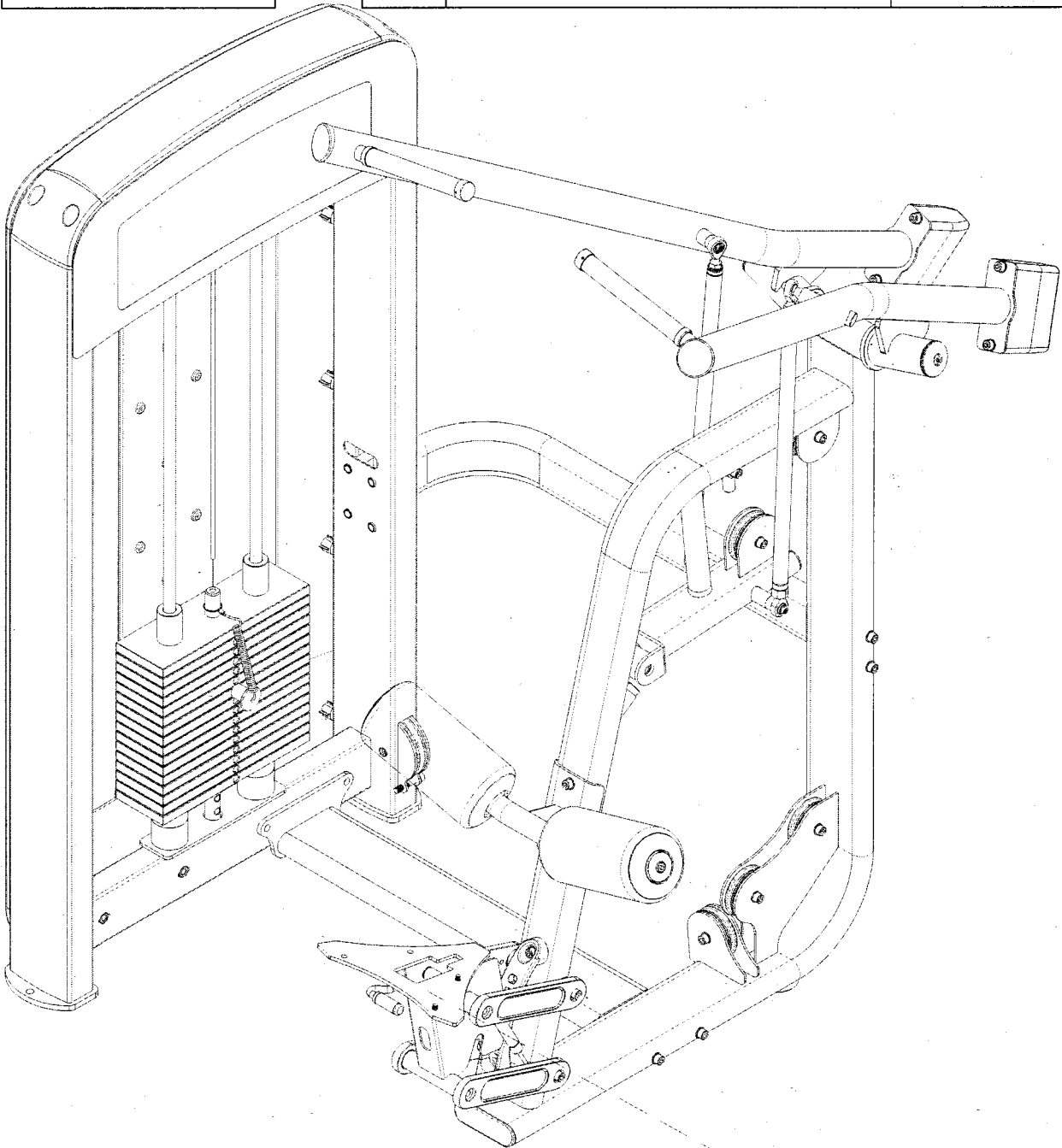
7) Step 7

Installation completion diagram



List in this step

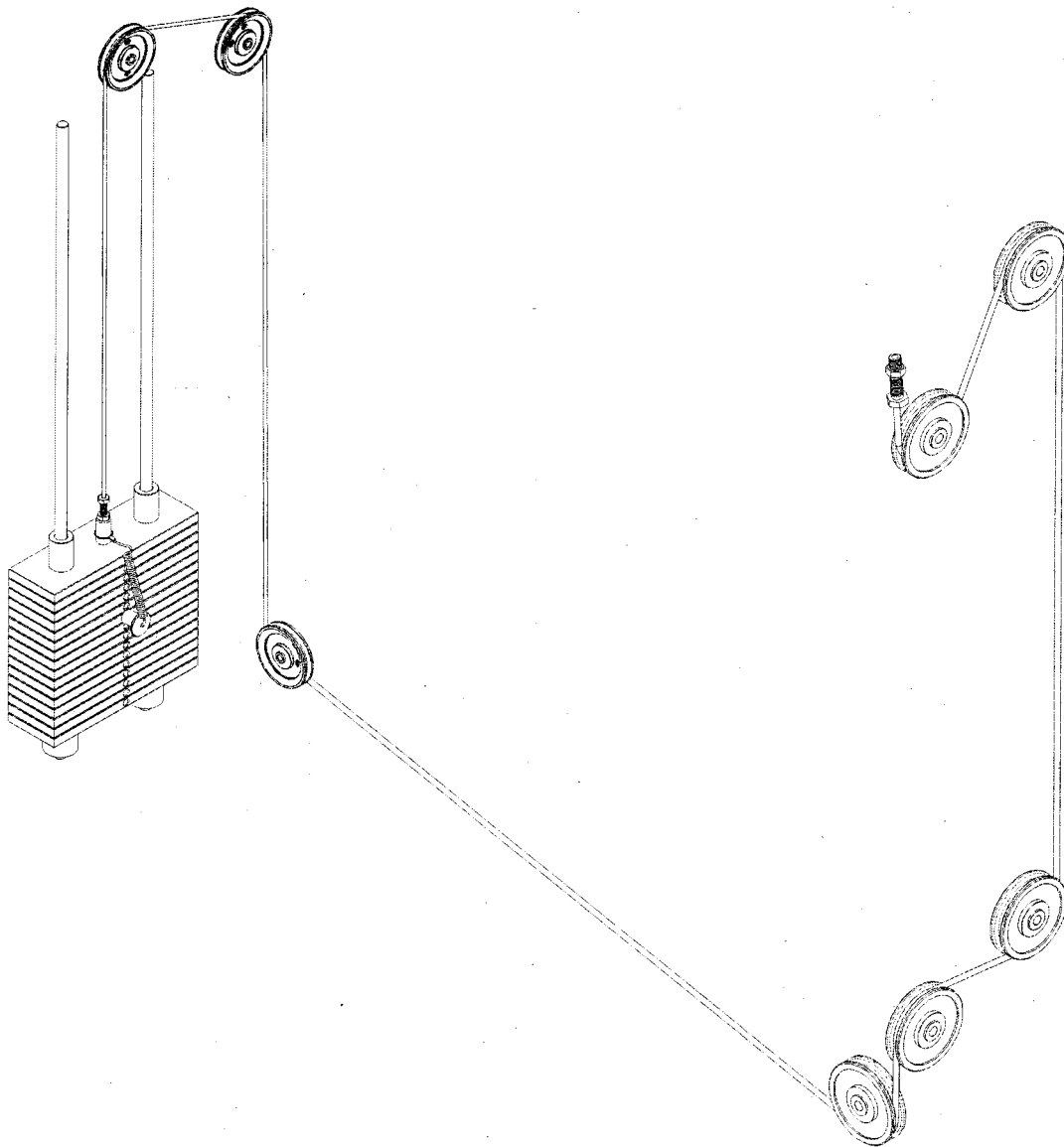
Model	Name	Spec.	Qty
61	Flat washer	Φ8	8
79	The inner hexagon half round head bolt	M8*25	2
152	Cushion	383. 4*324. 1*83. 5	1



11) Step 11

Wiring diagram of wire rope:

:



03/ Product description

This equipment is for indoor use, in order to improve your cardio and muscles. It trains your chest muscles and others.

You can choose the stack weight in order to get the weights or resistance you need.

You can read the placards in order to use the equipment properly.

The equipment is designed and produced according to human engineering, which can assure the safety and durability.

The equipment is designed and produced according to human engineering, strictly under GB17498.1-2008 GB17498.2-2008 standard.

The equipment is made of steel and of powder coating process, which assure the safety and durability

04/ Product specification

Name	Lat pull down	Model	MDE-03
Assembly size	1424*1502*1827	Weight stack	200 pounds
Net weight	Kg	Grade	S
Use category: S; Specialize/Commercial use H; home use			

5/Maintenance

1. Please check all the screws regularly.
 2. Keep the equipment clean. Do not use strong solvent.
- If weighted spare parts abrasion or broken, please change it at once.

06/Troubleshooting guides

07/Warranty

1. Warranty scope
It adopts to the situation that users use the equipment properly. Non-negotiable.
2. Warranty 1 year starts from the equipment leaving our factory
The followings are inapplicable for the warranty
 - (1) Misuse the equipment, accidents or modify without notification
 - (2) Breakdown of those who improperly adjust the weight stack pin.
 - (3) Breakdown of those who improperly maintain.
 - (4) Breakdown of other improper operations.