

Lat Pull - Low Row Machine

ASSEMBLY INSTRUCTIONS

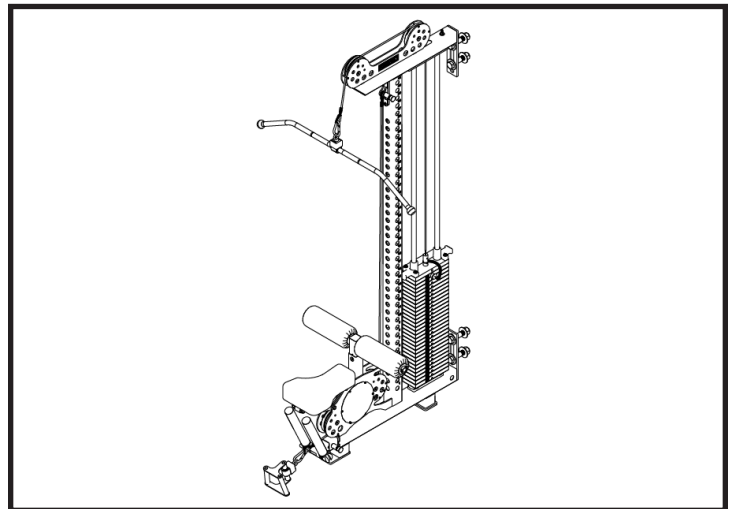
Tools needed:

- 1/2" WRENCHS
- 3/4" WRENCHS

DISCLAIMER:

RESISTANCE TRAINING, GYMNASTICS TRAINING, AND ACTIVITIES AT HEIGHT ARE POTENTIALLY DANGEROUS AND MAY LEAD TO SEVERE INJURY OR EVEN DEATH. THIS EQUIPMENT MUST BE USED BY COMPETENT AND RESPONSIBLE PERSONS OR UNDER THE GUIDANCE AND SUPERVISION OF COMPETENT PERSONS. BE SURE YOU ARE VERSED IN PROPER TECHNIQUE AND METHODS BEFORE USING ANY EQUIPMENT. THE USER ASSUMES ALL RISKS AND RESPONSIBILITIES FOR ALL DAMAGE, INJURY OR DEATH WHICH MAY OCCUR DURING INCORRECT USE OF THIS EQUIPMENT. SORINEX BEARS NO LIABILITY ABOVE REPLACEMENT VALUE OF THE EQUIPMENT IN QUESTION.

ITEM NO.	PartNo	DESCRIPTION	QTY.
1	004252	Lat Pull - Low Row - Bolt On Seat	1
2	000966	Lat Pull - Low Row - Adjustable Foot Post	1
3	000963	Lat Pull - Low Row - Adjustable Thigh Post	1
4	002295	UMax 3D Rotational; 48" Lat Pull Bar	1
5	000513	1/2-13 x 1" Gr5 Hex CS, Zinc	1
6	000918	1/2-13 Nylon Insert Jam Nut, Zinc	1
7	002294	UMax 3D Rotational Low Row Handle	1
8	000113	1/2" USS FW, Zinc	1



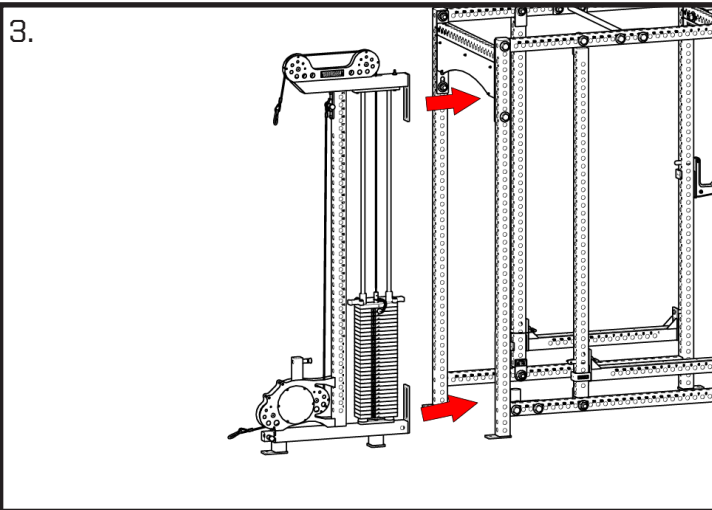
1.

START BY REMOVING PACKAGING MATERIAL AND BOXES FROM PALLET.

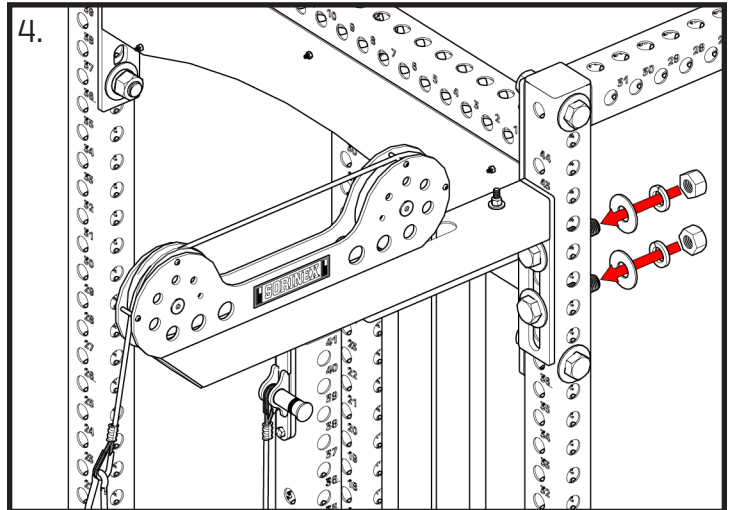
2.

TEAM LIFT LAT PULL TO STANDING POSITION.

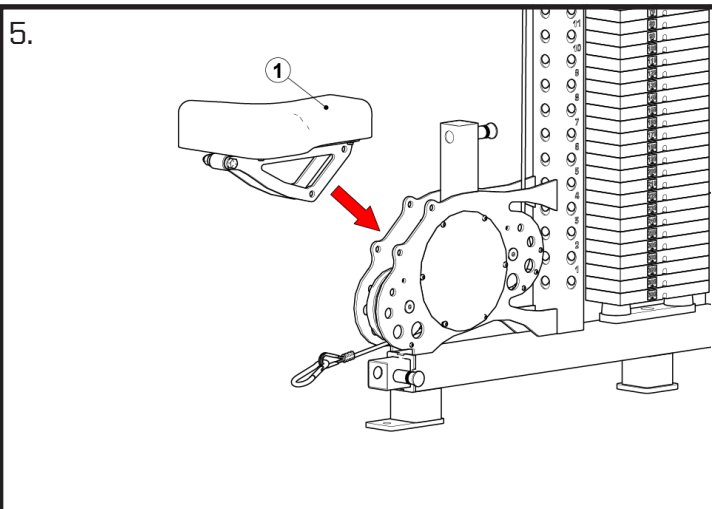
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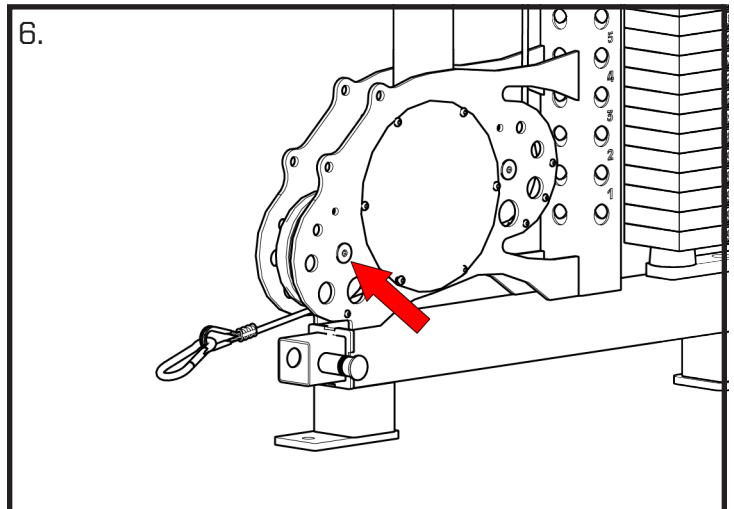
ALIGN LAT PULL TO RACK.



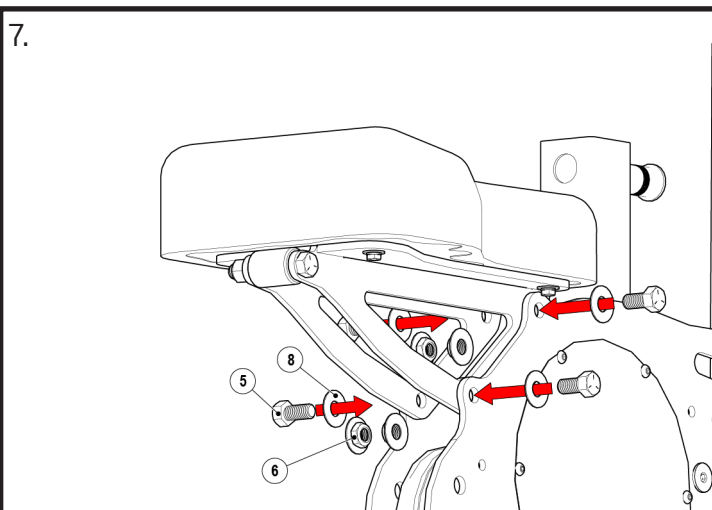
SECURE TOP AND BOTTOM FLANGE WITH TWO EACH 1" HARDWARE.



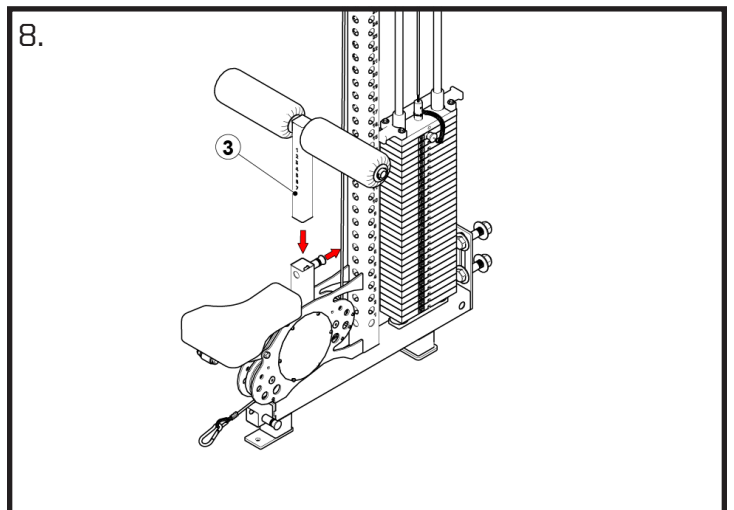
ALIGN LAT PULL SEAT TO BASE. (AS SHOWN)



LOOSEN PULLEY BOLT IF NECESSARY. (TIGHTEN AFTER SEAT INSTALLATION)



USING TWO 3/4" WRENCHES SECURE SEAT WITH HARWARE. (AS SHOWN)



PULL POP PIN, THEN INSERT THIGH PAD POST. (AS SHOWN)

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