

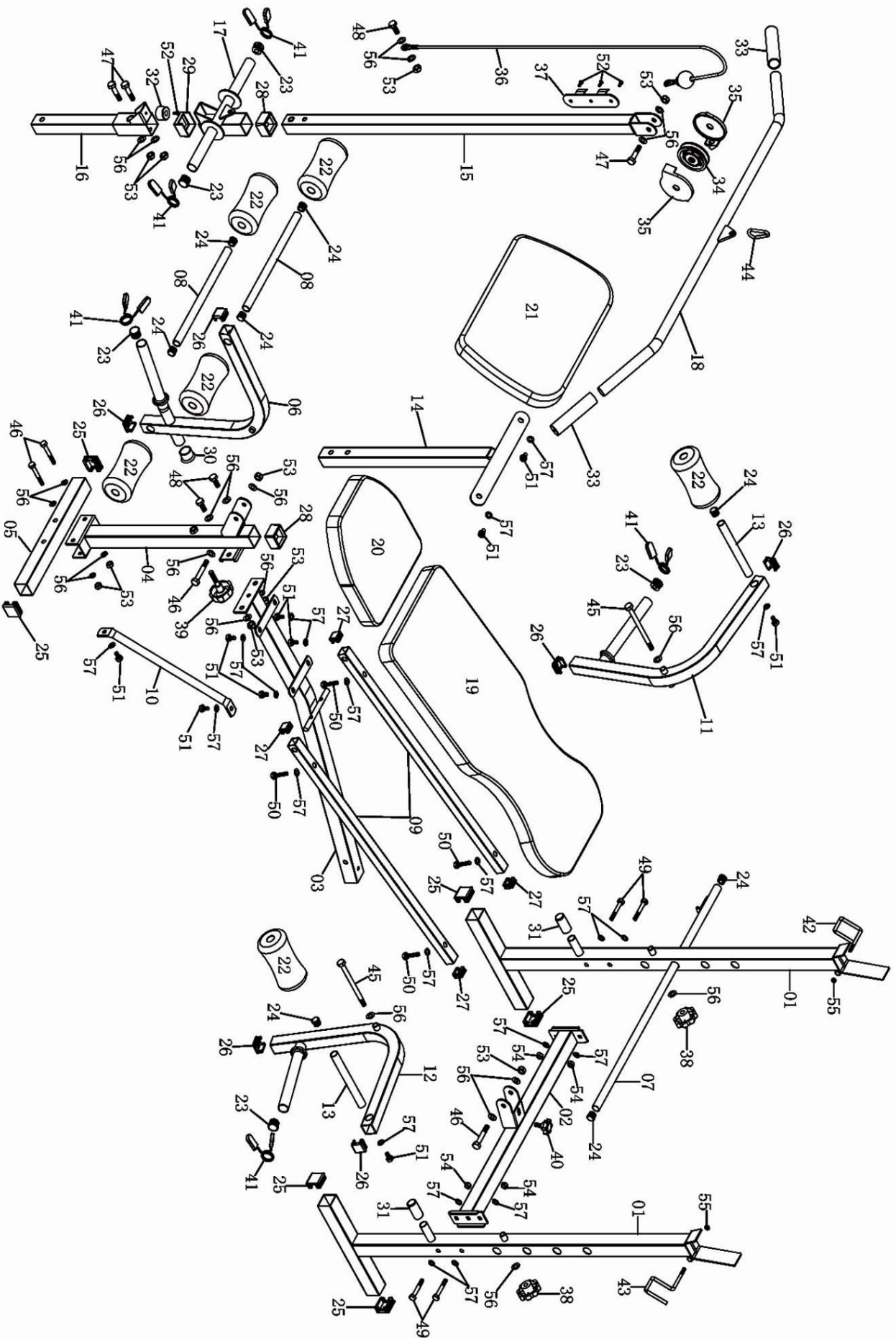


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PARTS LISTING

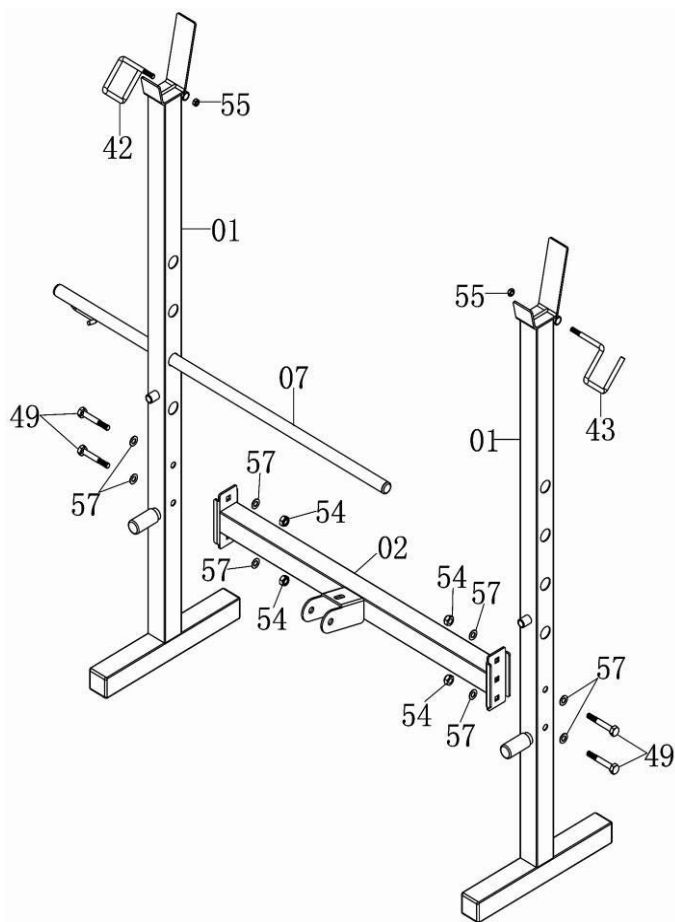
NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Upright post	2	30	End Cap (Φ25)	1
2	Cross bar	1	31	End Cap	2
3	Main Frame	1	32	Bumper	1
4	Leg Extension Upright post	1	33	Handle Grip	2
5	Front Stabilizer	1	34	Pulley	1
6	Leg Extension	1	35	Pulley Cover	2
7	Adjustment Rod	1	36	Lat Tower Cable	1
8	Foam Roller Tube	2	37	Lat Tower Bracket	1
9	Backrest Supports tube	2	38	Knob (M10)	2
10	Stabilizer Bracket	1	39	Locking Knob (M10*45)	1
11	Left Butterfly Arm	1	40	Locking Knob (M8*20)	1
12	Right Butterfly Arm	1	41	Spring Collar (Φ25)	5
13	Small foam Roller Tube	2	42	Right Safety Hook	1
14	Arm Curl Post	1	43	Left Safety Hook	1
15	Lat Tower Post Upper	1	44	Hook	1
16	Lat Tower Post Lower	1	45	Hex Bolt (M10*135)	2
17	Glide Carriage	1	46	Hex Bolt (M10*60)	4
18	Lat Tower Handle Bar	1	47	Hex Bolt (M10*45)	3
19	Backrest	1	48	Hex Bolt (M10*25)	3
20	Seat	1	49	Hex Bolt (M8*55)	4
21	Arm Curl	1	50	Hex Bolt (M8*40)	4
22	Foam Roller	6	51	Hex Bolt (M8*15)	10
23	Round End Cap(Φ25)	5	52	Bolt (M5*10)	4
24	Round End Cap (Φ19)	8	53	Nylon Lock Nut (M10)	10
25	Square End Cap (□38)	6	54	Nylon Lock Nut (M8)	4
26	Square End Cap (□30)	6	55	Nylon Lock Nut (M6)	2
27	Square End Cap (□25)	4	56	Flat Washer (M10)	22
28	Sleeve (□38V□33.4)	2	57	Flat Washer (M8)	22
29	Sleeve (□38V□33.4)	1			



STEP1

Attach both Uprights (01) to the Cross Bar (02) using 4pcs Hex Bolts (49), fitted from the outside as per illustration, 8pcs Flat Washers (57) and 4pcs Nylon Lock Nuts (54).

Attach the Safety Hook (43L & 42R) to the both Uprights (01). Using 2pcs Nylon Lock Nuts (55). Insert Backrest Adjustment Rod (07) to assembled Upright (01).



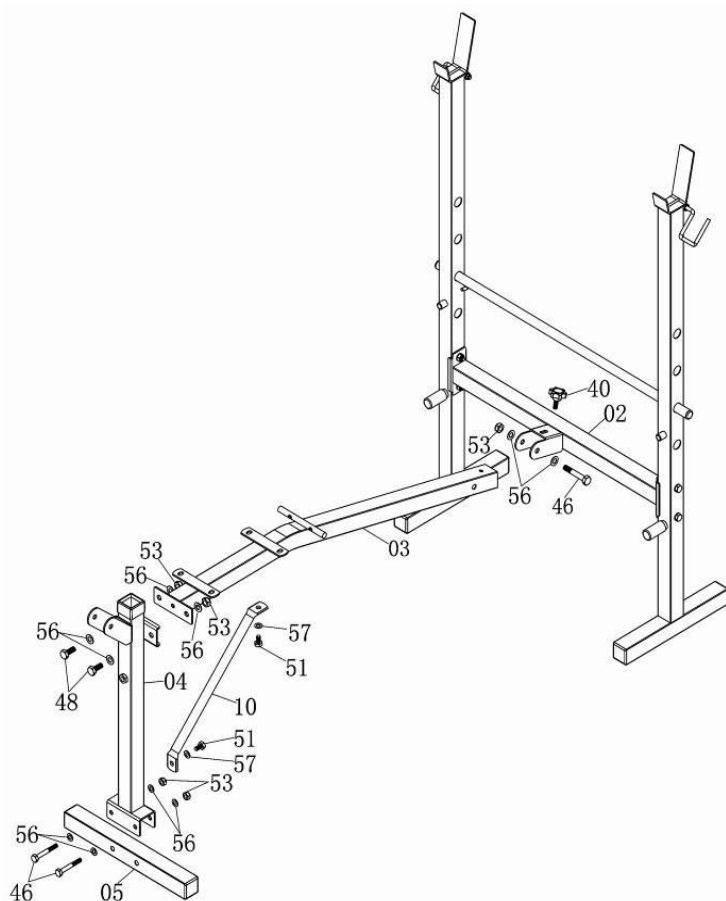
STEP 2

Attach the Leg Extension Upright (04) to the Front Stabilizer (05) using two Hex Bolts (46), four Flat Washers (56) and two Nylon Lock Nuts (53).

Attach the Leg Extension Upright (04) to the Main Frame (03) using two Hex Bolts (48), four Flat Washers (56), and two Nylon Lock Nut (53).

Attach the Main Frame (03) to the Cross bar (02) using one Hex Bolts (46), two Flat Washers (56) and one Nylon Lock Nut (53) and tighten the Locking Knob (40)

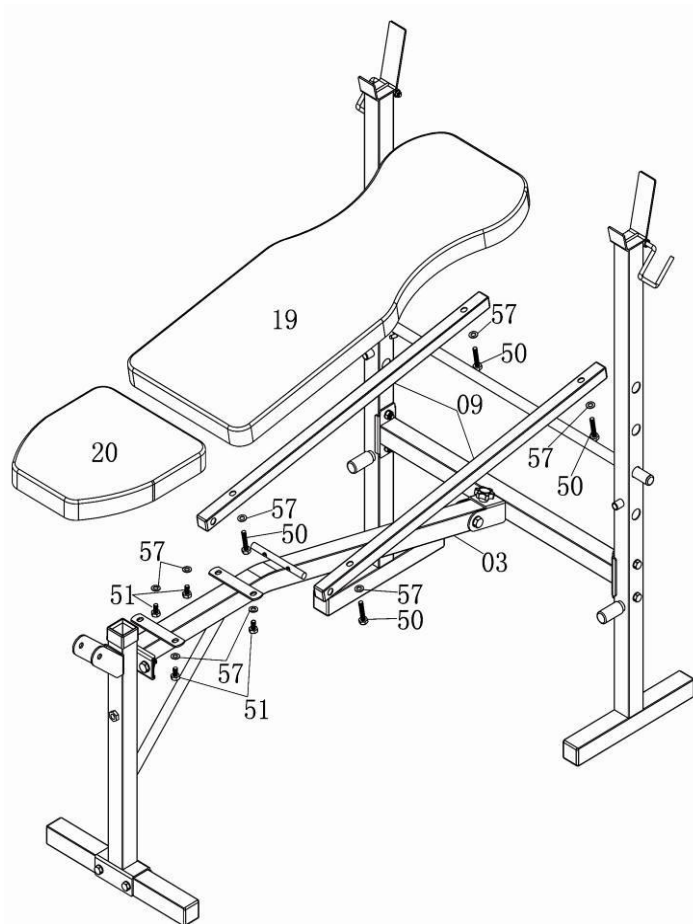
Attach the Stabilizer Bracket (10) to the Main Frame (03) and Leg Extension Upright (04) using two Flat Washers (57) and two Hex Bolt (51).



STEP 3

Take holes on the Backrest Supports (09) to the bracket on the Main Frame (03) as shown. Fit the Backrest Supports (09) to the Backrest (19) using four Hex Bolts (50) and four Flat Washers (57).

Fit the Seat (20) to the Main Frame (03) using four Flat Washers (57) and four Hex Bolts (51)

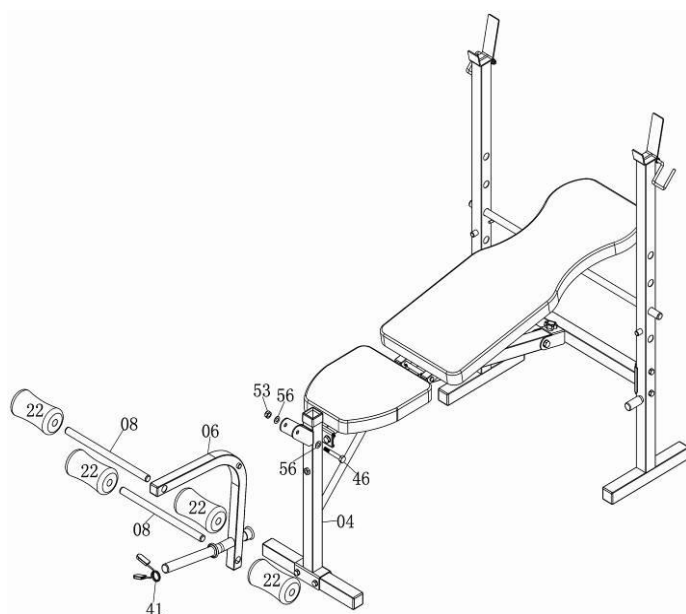


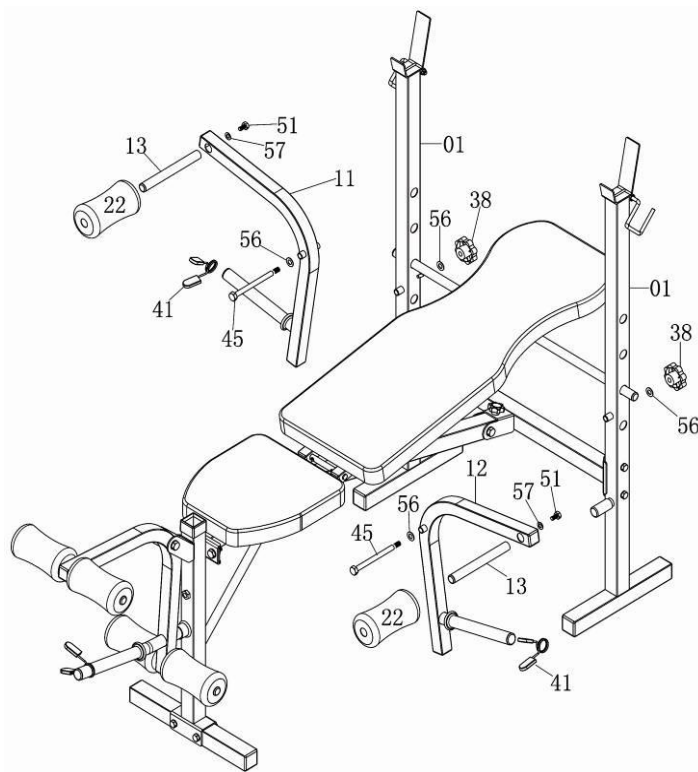
STEP 4

Attach the Leg Extension (06) to the Leg Extension Upright (04) using an Hex Bolt (46), two Flat Washers (56) and an Nylon Lock Nut (53).

Slide a Foam Roller (22) onto one end of a Foam Roller Post (08) and fit into position on the Leg Extension (06). Slide the remaining Foam Roller (22) onto the Foam Roller Post (08).

Put the Spring Collar (41) to the Leg Extension (06)





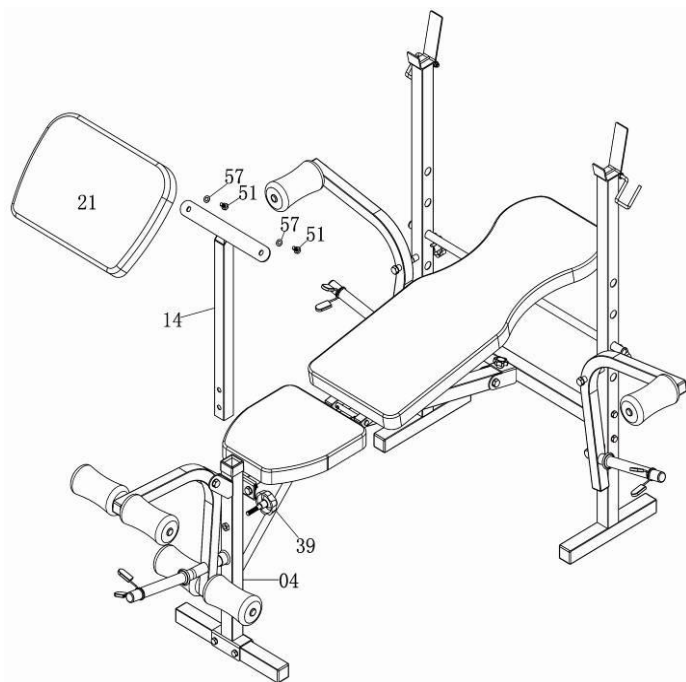
STEP 5

Attach the each Butterfly Arm (11 &12) to Upright (01) ,using Hex Bolt (45) two Flat Washers (56) and Knob (38).

Slide a Small foam Roller Post (13) into each Butterfly Arm (11 &12) using a Flat Washer (57) and a Hex Bolt (51)

Slide Foam Roller (22) onto each Small Foam Roller post (13).

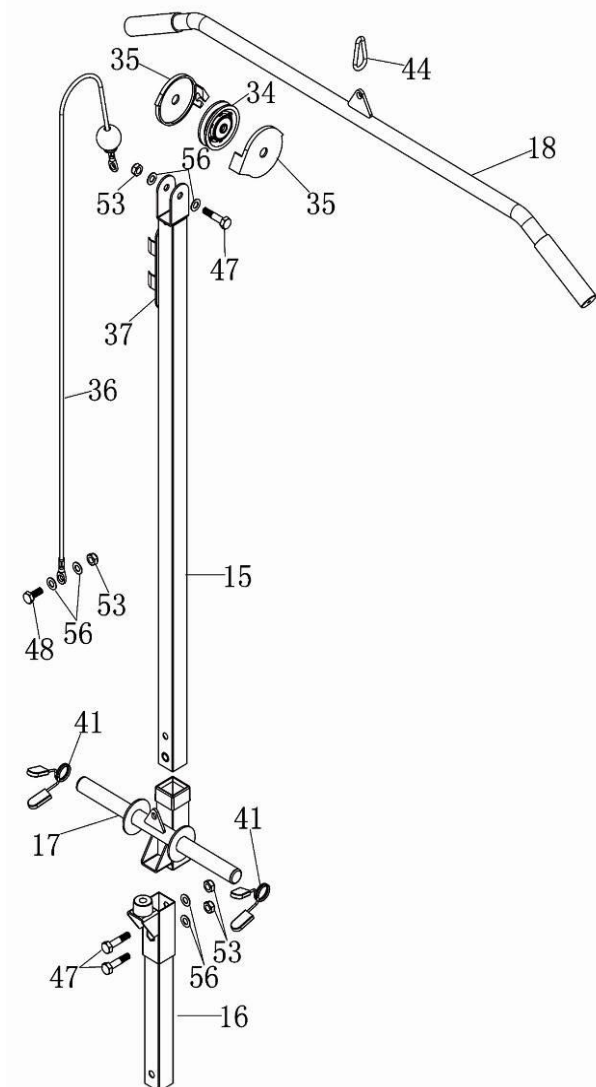
Slide the Spring Collar(41) onto the each weight post of Butterfly Arm (11)



STEP 6

Attach Arm Curl (21) to the Arm Curl Post (14) using two Flat Washers (57) and two Hex Bolts (51) .

Insert Arm Curl Post (14) into the Leg Extension Upright (04) and tighten the Locking Knob (39) for you needed



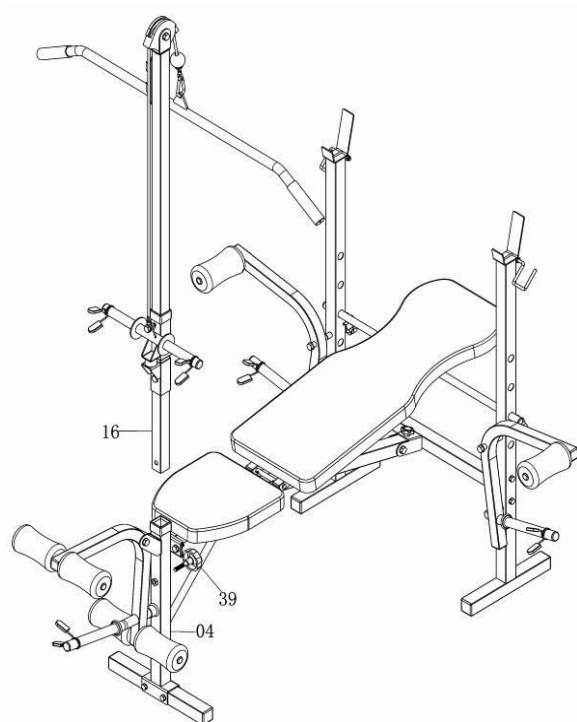
STEP 7

With Lat Tower Cable (36) in groove of Pulley(34).thread the Lat Tower Cable (36) through Lat Tower Post Upper(15) bracket. Attach the Pulley (34) and Pulley Covers (35) to Lat Tower Post Upper (15) bracket using one Hex Bolt (47), two Flat Washers (56) and one Nylon Lock Nut (53).

Slide the Glide Carriage (17) onto the Lat Tower Post Upper (15) as illustration.

Attach the Lat Tower Post Upper assembly to the Lat Tower Post Lower (16) using two Hex Bolts (47) , two Flat Washers (56) and two Nylon Lock Nut (53).

Attach Lat Tower Handle Bar (18) to one end of Lat Tower Cable (36) using a Hook (44). Fix the other end of Lat Tower Cable (26) to Glide Carriage (17) with a Hex Bolt, two Flat Washers (56) and one Nylon Lock Nut (53)
Put the Spring Collar (41) to the Glide Carriage (17)



STEP 8

Insert the Lat Tower assembly into the Leg Extension Upright (04) using Locking Knob (39) for you needed.



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