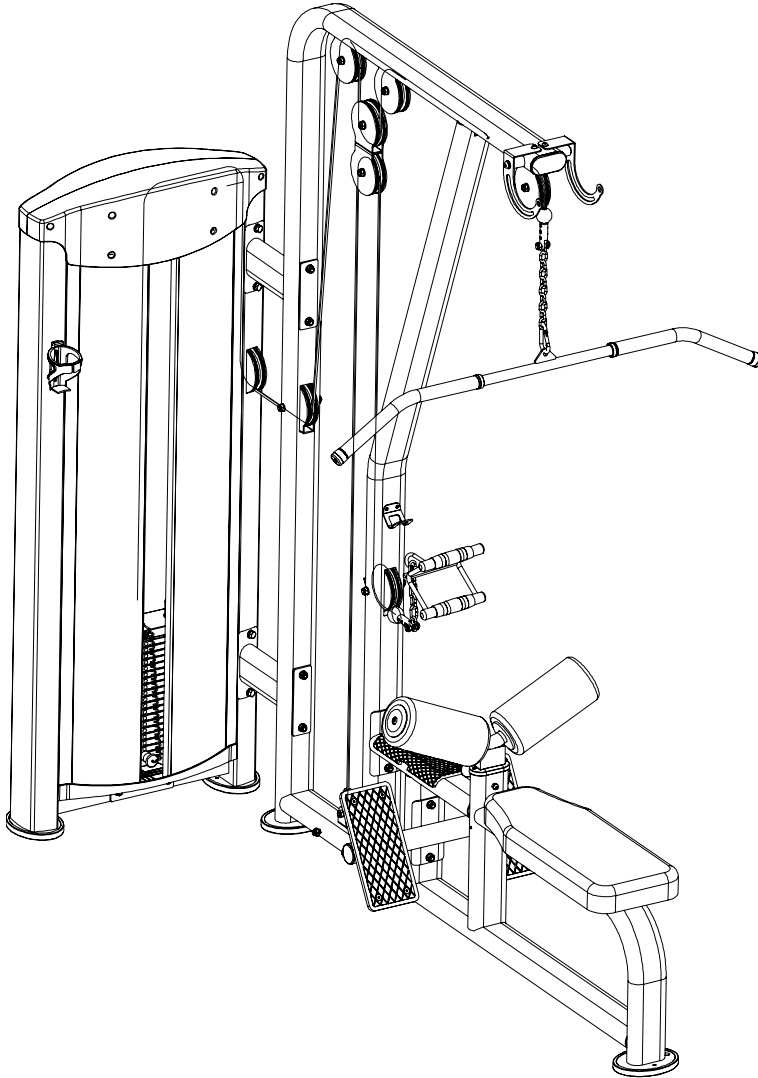


5406-G2 Dual Lat Pulldown and Low Row

Assembly Manual



SAFETY INFORMATION

Before using the equipment, carefully read all the safety labels and warnings related to the equipment as well as all the instructions contained in this Guide or the Equipment Installation Guide and retain them in a safe place for future reference. It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions and use. The misuse of this equipment could result in health hazards. The manufacturer assumes no responsibility for personal injury or property damage incurred by the improper use of this equipment.

PRODUCT

Two or more people will be required to assemble this equipment. Make sure that the floor is flat and there is sufficient space to mount, dismount, and use the equipment. Remove the equipment from the packaging. Do not discard the packaging until the installation is complete. Proceed with the assembly and make sure that the equipment is firmly installed and that all parts are tightened correctly. The equipment must be retained in the original configurations of the project. Do not carry out any modification that alters the equipment, which could result in the loss of the product warranty.

- Replace damaged parts with original parts and regularly carry out preventive maintenance;
- Replace defective parts immediately and/or take the equipment out of use until it is repaired;

- Replace damaged labels;

- For equipment with a weight stack, never use a system of weights if the top adapter plate is attached in a higher position relative to the others;

- Adjust the required force so that exercises are smooth and uniform;

- Inspect the equipment before use, especially cables, pulleys, fittings, canvas, attachment of the seat/saddle, pedal and shoe, moving or adjustable parts when applicable. Make sure that all the pieces and parts are securely fastened;

- Never release the anklet, handles or bar while the weights are raised: the weights will fall with a lot of force and this can damage the equipment;

- The training equipment shall only be used in areas where access and control is specifically regulated by the owner.

- The training equipment shall only be used in supervised area.

PERSONAL

Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, the elderly, people with heart problems and those with a disability or pre-existing health problems.

Keep children and pets, away from the equipment especially during use. Children should be watched so they do not to play with the equipment, whether or not it is in use.

The equipment is not intended to be used by children or people with some reduction in their physical, sensory or mental capacity, lack of experience and knowledge, unless they have been given the necessary instructions for the use of the equipment and be under the care of a person who is responsible for their safety.

When the machine is in motion never put your hands on the column weights covers (if applicable) or any moving parts. Do not insert any object in the openings. Never carry out any adjustments, cleaning or maintenance when the equipment is in motion.

- Keep your body, clothes and hair away from any moving parts so that you do not suffer an accident or serious injury.

- Do not allow more than one person use the equipment at the same time, except in those stations that are designed for this purpose.

- Use the settings provided by the equipment and place yourself in a comfortable and adequate position on the equipment.

- Stop any exercise if you feel any dizziness, chills, shortness of breath, tachycardia, headache or chest pain, weakness or breathing difficulty.

- Wear appropriate athletic attire. Do not wear loose clothing that could eventually become caught in the equipment. Always wear athletic shoes for exercising.

- Do not perform any exercises 1 hour before or 2 hours after meals. Hydrate yourself during the exercises.

Before you start the exercise it is recommended that you warm up for 5-10 minutes, doing rhythmic exercises that will move every muscle so you not damage the muscle during the exercises. Stretch before and after your session. Inhale and exhale while exercising to relax and coordinate breathing with the movement. Once a muscle has been exercised rest it for 48 hours before exercising it again. The exercises are efficient and you can get the most out of the equipment if you are supervised by a professional.

The person exercising should face the equipment at all times during the exercise. The weight stacks should remain within the field of vision of the user throughout exercise to prevent danger to the third party.

Note: For your convenience and quick access, basic safety information, also available in sticker fixed on tower

Parts List

Bubble No.	Part No.	Description	Qty
1	5406-001-G1	TOWER FRAME	1
2	5406-002-G1	MAIN FRAME	1
3	5406-003-G1	HANDLEBAR	1
4	5406-004-G1	CONNECTING TUBE	2
5	5406-005-G1	CONNECTING TUBE	1
6	5406-006-G1	SEAT FRAME	1
7	5406-007-G1	CUSHION SUPPORT	1
8	5406-008-G1	PEDAL SUPPORT	1
9	5406-009-G1	SIDE FACE	4
10	5406-010-G1	FRONT COVER	2
11	5406-011-G1	BACK COVER	1
12	5406-012-G1	CABLE	2
13	5406-013-G1	GUIDE-ROD	2
14	5406-014-G1	10 SECTION CHIN	1
15	5406-015-G1	NYLON BALL	2
17	5406-017-G1	FIXING PLATE	5
18	5406-018-G1	FIXING PLATE	1
19	5406-019-G1	TOP WEIGHT STACK	1
21	5406-021-G1	SELECTOR SHAFT	1
22	5406-022-G1	WEIGHT STACK	15
29	5406-029-G1	TOP COVER	1
30	5406-030-G1	BASE COVER	2
31	5406-031-G1	BOTTLE HOLDER	1
33	5406-033-G1	DECORATIVE CAP	2
34		FLAT WASHER	16
35	5406-035-G1	PULLEY SUPPORT	2
36	5406-036-G1	CABLE	1
39	5406-039-G1	SEAT CUSHION	1
47	5406-047-G1	HANDLE BAR SUPPORT	1
48	5406-048-G1	RIGHT HOOK	1
49	5406-049-G1	LEFT HOOK	1
50	5406-050-G1	HANDLEBAR	1
51	5406-051-G1	6 SECTION CHIN	1
52		LOCK NUT HEX M10	14
59		PAN HEAD PHILLIPS BOLT M5x15	2
60		PAN HEAD PHILLIPS BOLT M6x15	34
63		PAN HEAD ALLEN BOLT M10x25	4
68		HEX HEAD BOLT	8

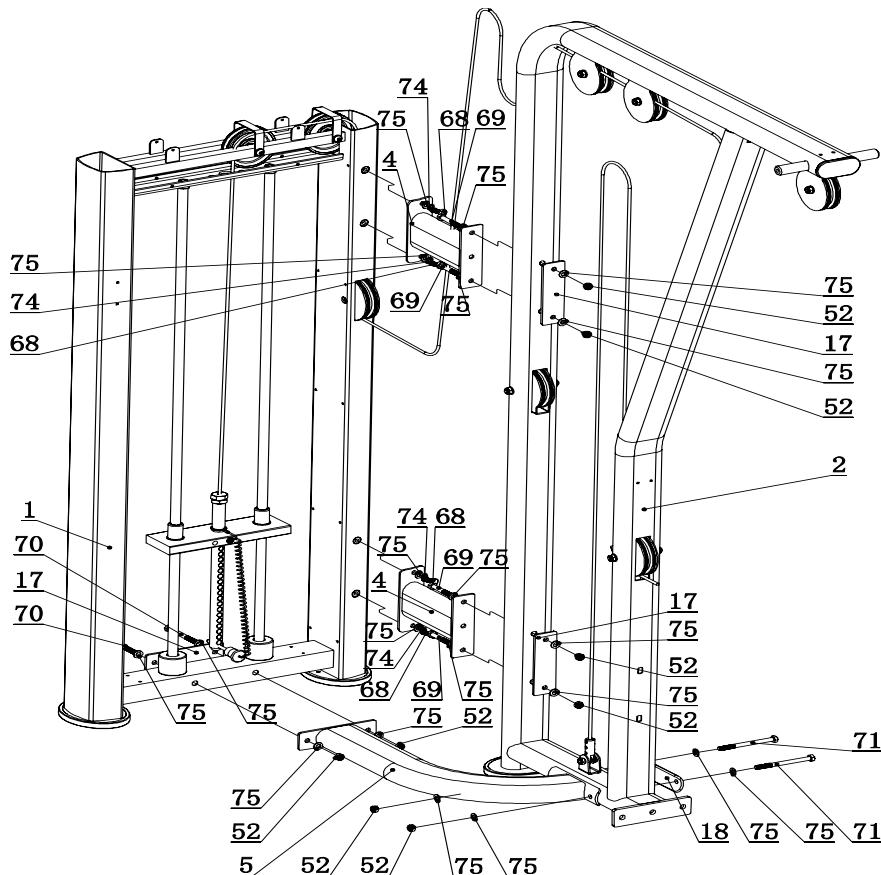
		M10x25	
69		HEX HEAD BOLT M10x75	8
70		HEX HEAD BOLT M10x100	2
71		HEX HEAD BOLT M10x125	2
73		FLAT HEAD ALLEN BOLT M8x8	10
74		SPRING WASHER	10
75		FLAT WASHER	36
76		HEX HEAD BOLT M10x30	2
80		PAN HEAD ALLEN BOLT M8x12	2
81		PAN HEAD ALLEN BOLT M8x12	2
82		PAN HEAD ALLEN BOLT M6x10	2

Step 1

Assemble the tower frame (1) to the main frame (2) using 2 connecting tubes (4) and one connecting tube (5). Fix with hex head bolts M10x125 (71), M10x100 (70), M10x25 (68), and M10x75 (69), flat washers (75), spring washers (74), and lock nuts hex M10 (52). Use fixing plates (17) and (18). Adjust the position of the equipment and tighten properly.

Parts Used in This Step

Bubble No.	Part No.	Description	Qty
1	5406-001-G1	TOWER FRAME	1
2	5406-002-G1	MAIN FRAME	1
4	5406-004-G1	CONNECTING TUBE	2
5	5406-005-G1	CONNECTING TUBE	1
17	5406-017-G1	FIXING PLATE	3
18	5406-018-G1	FIXING PLATE	1
52		LOCK NUT HEX M10	8
68		HEX HEAD BOLT M10x25	4
69		HEX HEAD BOLT M10x75	4
70		HEX HEAD BOLT M10x100	2
71		HEX HEAD BOLT M10x125	2
74		SPRING WASHER	4
75		FLAT WASHER	20

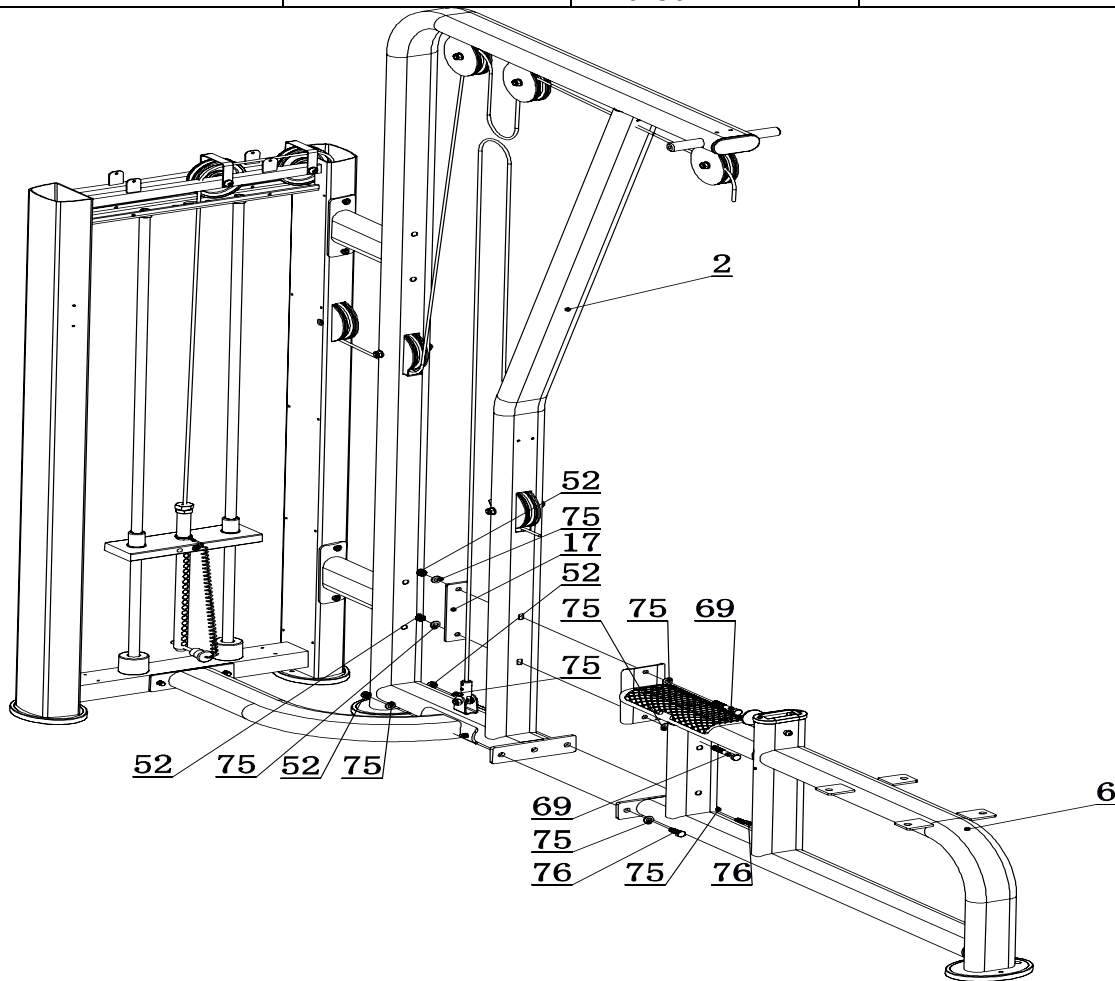


Step 2

Connect the seat frame (6) to the main frame (2), using hex head bolts M10x70 (69), flat washers (75), and lock nut hex M10 (52). Assemble connecting frame (3) to the tower frame (1) and connecting frame (4). Tighten bolts from steps 1 and 2.

Parts Used in This Step

Bubble No.	Part No.	Description	Qty
2	5406-002-G1	MAIN FRAME	1
6	5406-006-G1	SEAT FRAME	1
17	5406-017-G1	FIXING PLATE	1
52		LOCK NUT HEX M10	4
69		HEX HEAD BOLT M10x75	2
75		FLAT WASHER	8
76		HEX HEAD BOLT M10x30	2

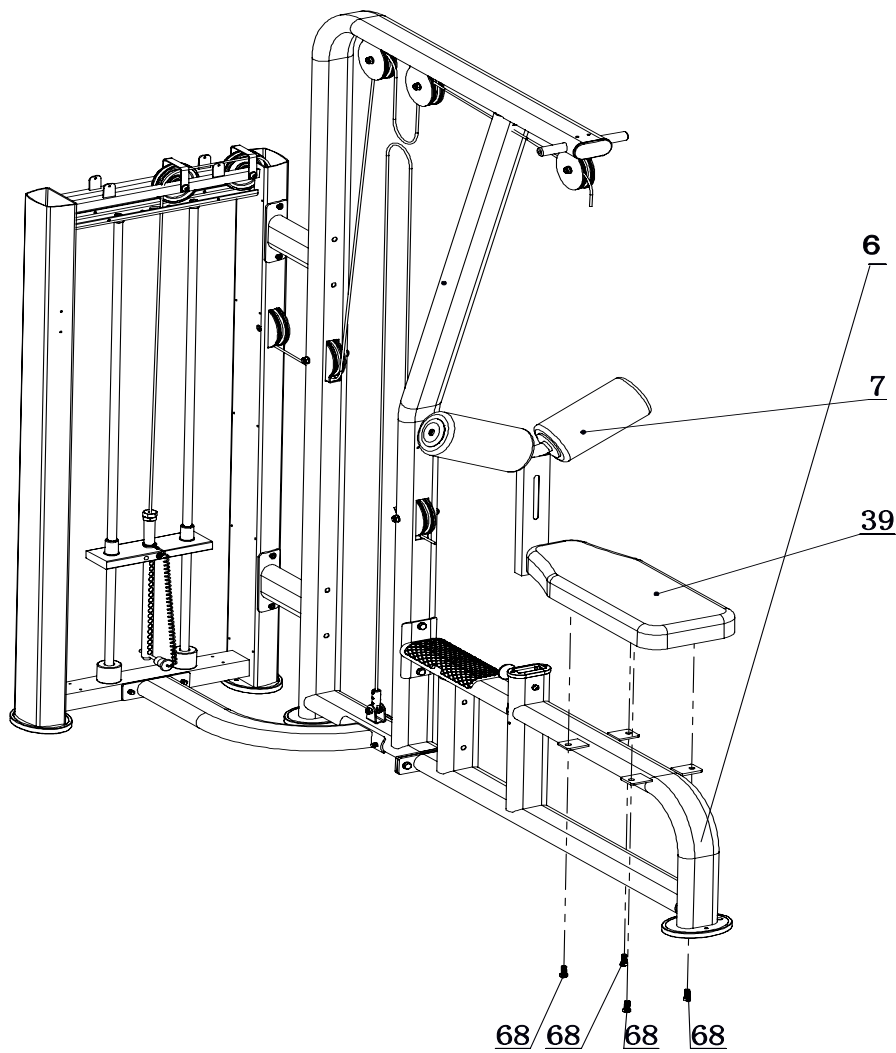


Step 3

Fix the seat cushion (39) in the seat frame (6) using hex head bolts M10x25 (68). Fix the cushion support (7) in the seat frame (6).

Parts Used in This Step

Bubble No.	Part No.	Description	Qty
6	5406-006-G1	SEAT FRAME	1
7	5406-007-G1	CUSHION SUPPORT	1
39	5406-039-G1	SEAT CUSHION	1
68		HEX HEAD BOLT M10x25	4

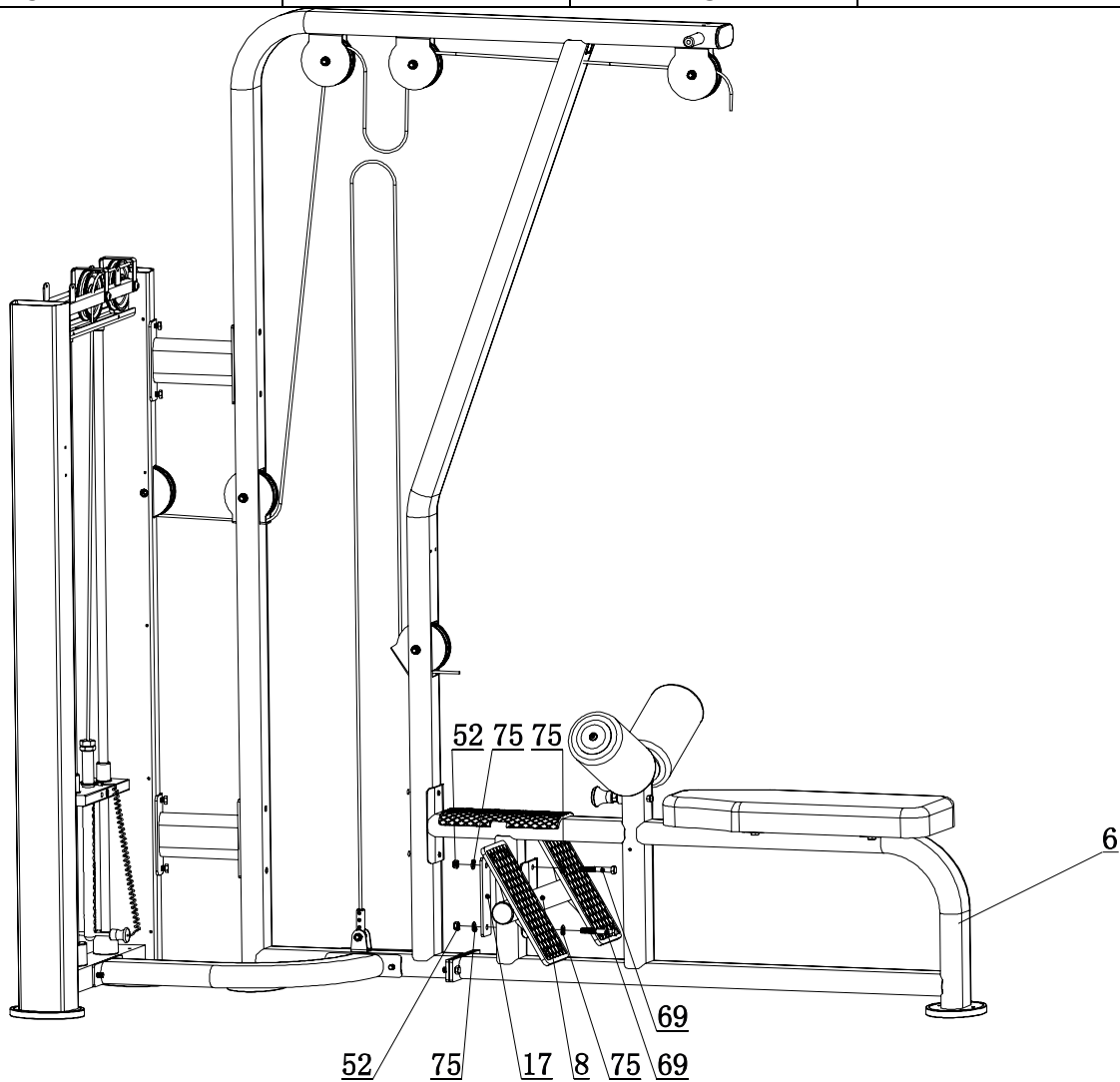


Step 4

Assemble the pedal support (8) to the seat frame (6) using hex head bolts M10x75 (69), flat washers (75), lock nut hex M10 (52), and fixing plate (17).

Parts Used in This Step

Bubble No.	Part No.	Description	Qty
6	5406-006-G1	SEAT FRAME	1
8	5406-008-G1	PEDAL SUPPORT	1
17	5406-017-G1	FIXING PLATE	1
52		LOCK NUT HEX M10	2
69		HEX HEAD BOLT M10x75	2
75		FLAT WASHER	4

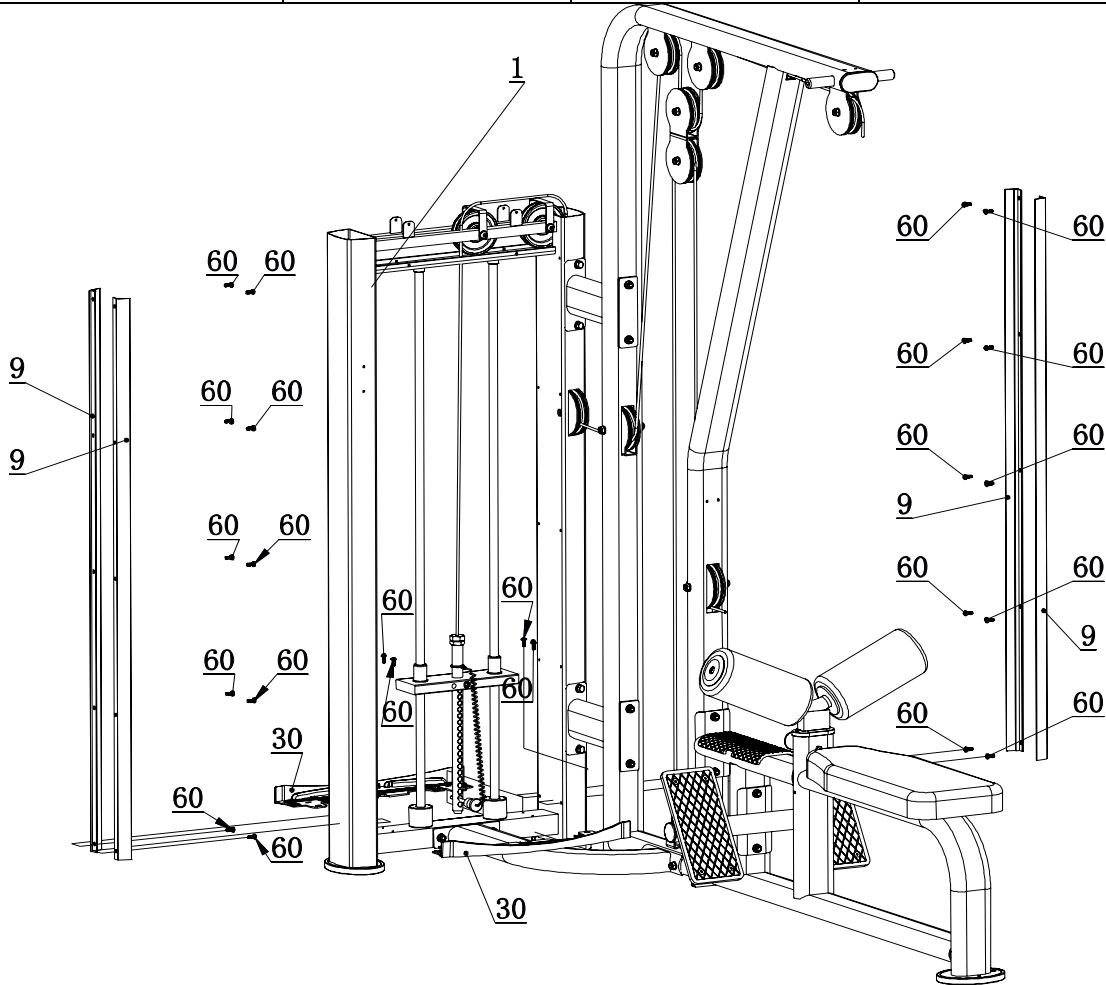


Step 5

Fix base covers (30) to the tower frame (1) using pan head Phillips bolts M6x15 (60). Fix side faces (9) in the tower frame (1) using bolts.

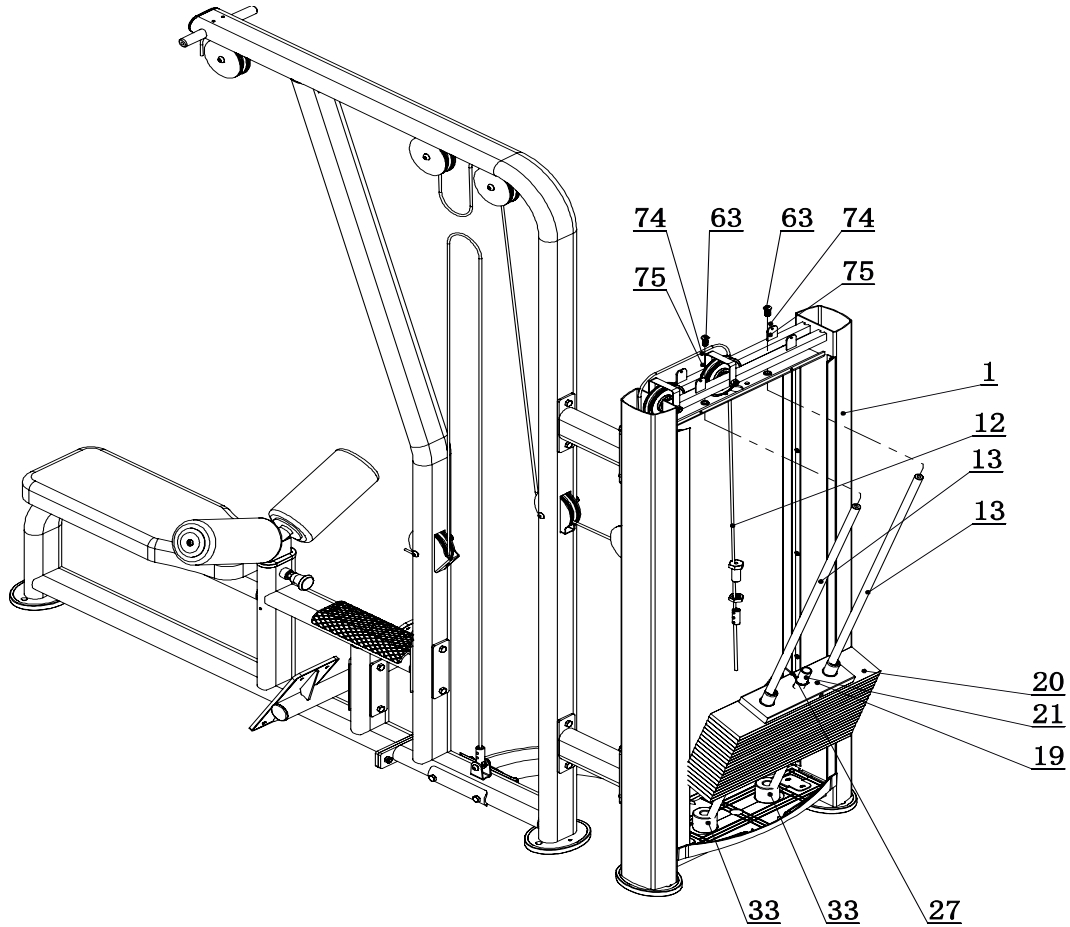
Parts Used in This Step

Bubble No.	Part No.	Description	Qty
1	5406-001-G1	TOWER FRAME	1
9	5406-009-G1	SIDE FACE	4
30	5406-030-G1	BASE COVER	2
60		PAN HEAD PHILLIPS BOLT M6x15	24



Step 6

Remove the cable (12) from selector shaft (21), bolts (63), washers (74, 75). Tilt guide-rods (13), remove top weight stack (19), add 15 weights (22), reinstall top and selector. Reattach bolts and cable.

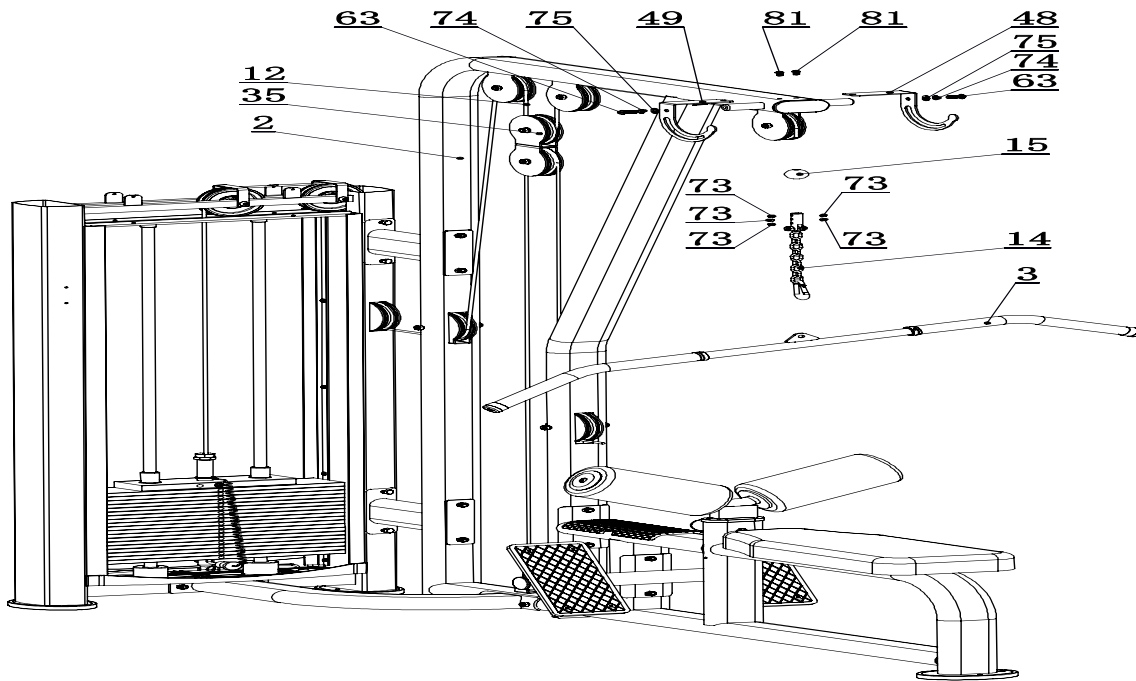


Parts Used in This Step

Bubble No.	Part No.	Description	Qty
1	5406-001-G1	TOWER FRAME	1
12	5406-012-G1	CABLE	1
13	5406-013-G1	GUIDE-ROD	2
19	5406-019-G1	TOP WEIGHT STACK	1
21	5406-021-G1	SELECTOR SHAFT	1
22	5406-022-G1	WEIGHT STACK	15
63		PAN HEAD ALLEN BOLT M10x25	2
74		SPRING WASHER	2
75		FLAT WASHER	2

Step 7

Route cable (12) to main frame (2) and pulley support (35), through nylon ball (15), 10 section chin (14), and fix with bolts. Add handlebar (3). Fix hooks (48, 49) using bolts (63, 80), washers (74, 75).



Parts Used in This Step

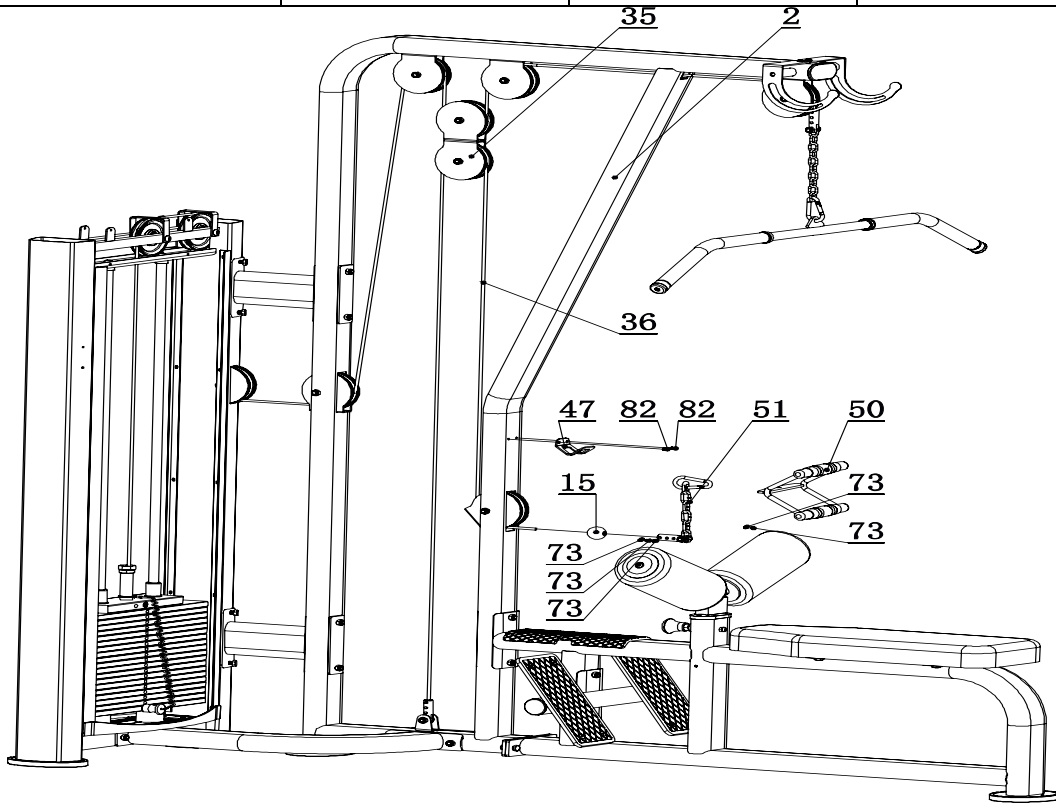
Bubble No.	Part No.	Description	Qty
2	5406-002-G1	MAIN FRAME	1
3	5406-003-G1	HANDLEBAR	1
12	5406-012-G1	CABLE	1
14	5406-014-G1	10 SECTION CHIN	1
15	5406-015-G1	NYLON BALL	1
35	5406-035-G1	PULLEY SUPPORT	1
48	5406-048-G1	RIGHT HOOK	1
49	5406-049-G1	LEFT HOOK	1
63		PAN HEAD ALLEN BOLT M10x25	2
73		FLAT HEAD ALLEN BOLT M8x8	5
74		SPRING WASHER	2
75		FLAT WASHER	2
80		PAN HEAD ALLEN BOLT M8x12	2

Step 8

Fix handle bar support (47) to the main frame (2) using bolts (82). Route cable (12) to pulley support (35), through nylon ball (15), and 6 section chin (51). Fix with bolts. Add handlebar (50).

Parts Used in This Step

Bubble No.	Part No.	Description	Qty
2	5406-002-G1	MAIN FRAME	1
15	5406-015-G1	NYLON BALL	1
35	5406-035-G1	PULLEY SUPPORT	1
36	5406-036-G1	CABLE	1
47	5406-047-G1	HANDLE BAR SUPPORT	1
50	5406-050-G1	HANDLEBAR	1
51	5406-051-G1	6 SECTION CHIN	1
73		FLAT HEAD ALLEN BOLT M8x8	5
82		PAN HEAD ALLEN BOLT M6x10	2

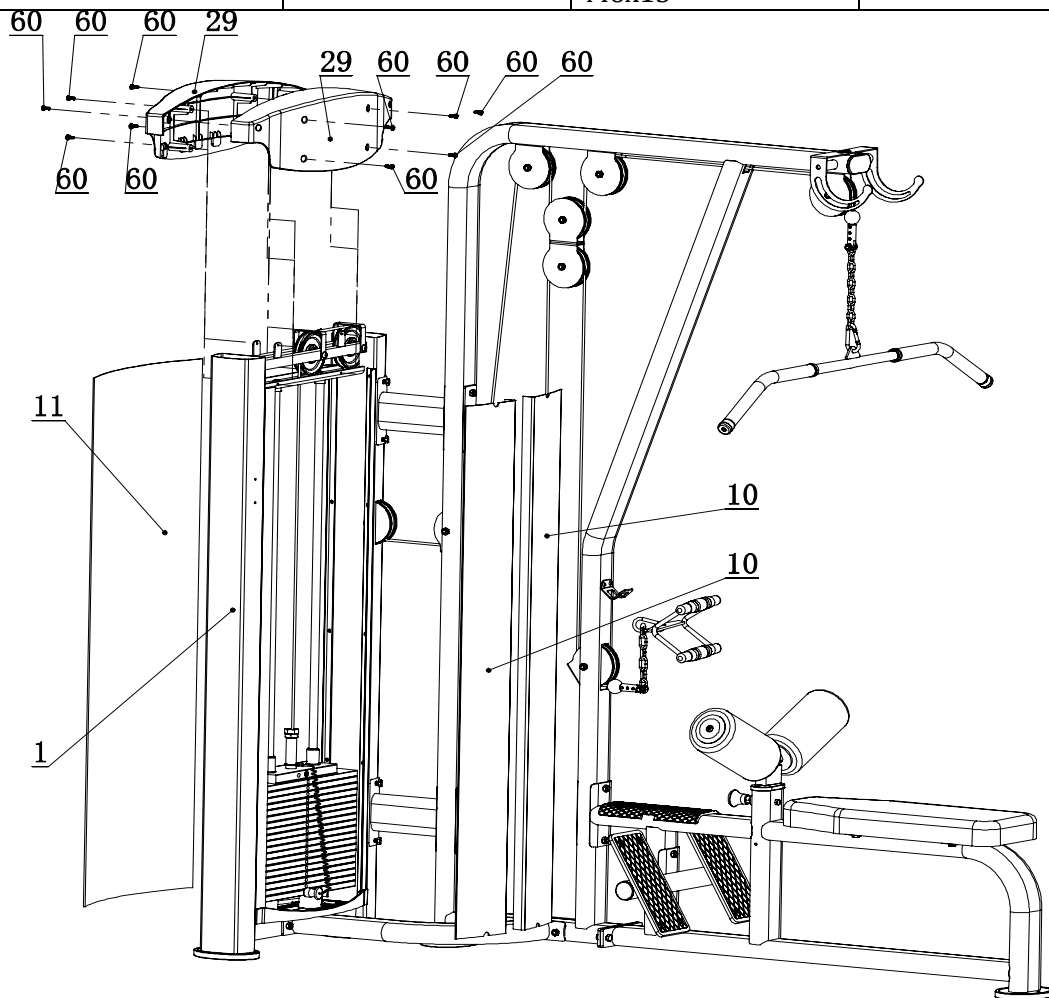


Step 9

Insert front covers (10) and back cover (11) in the tower frame (1). Fix top cover (29) using pan head Phillips bolts M6x15 (60).

Parts Used in This Step

Bubble No.	Part No.	Description	Qty
1	5406-001-G1	TOWER FRAME	1
10	5406-010-G1	FRONT COVER	2
11	5406-011-G1	BACK COVER	1
29	5406-029-G1	TOP COVER	1
60		PAN HEAD PHILLIPS BOLT M6x15	10



Step 10

Fix bottle holder (31) to the tower frame (1) using pan head Phillips bolts M5x15 (59).

Parts Used in This Step

Bubble No.	Part No.	Description	Qty
1	5406-001-G1	TOWER FRAME	1
31	5406-031-G1	BOTTLE HOLDER	1
59		PAN HEAD PHILLIPS BOLT M5x15	2

