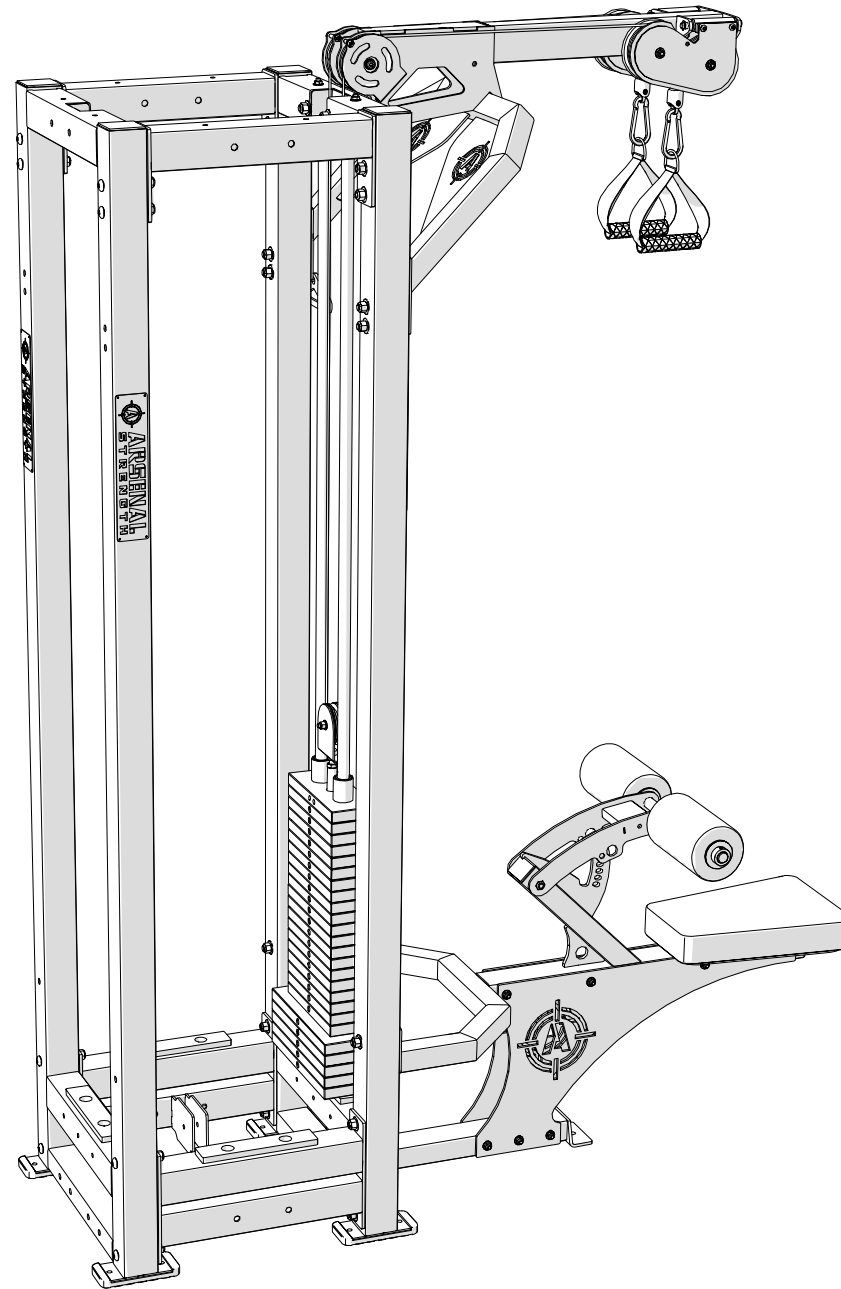
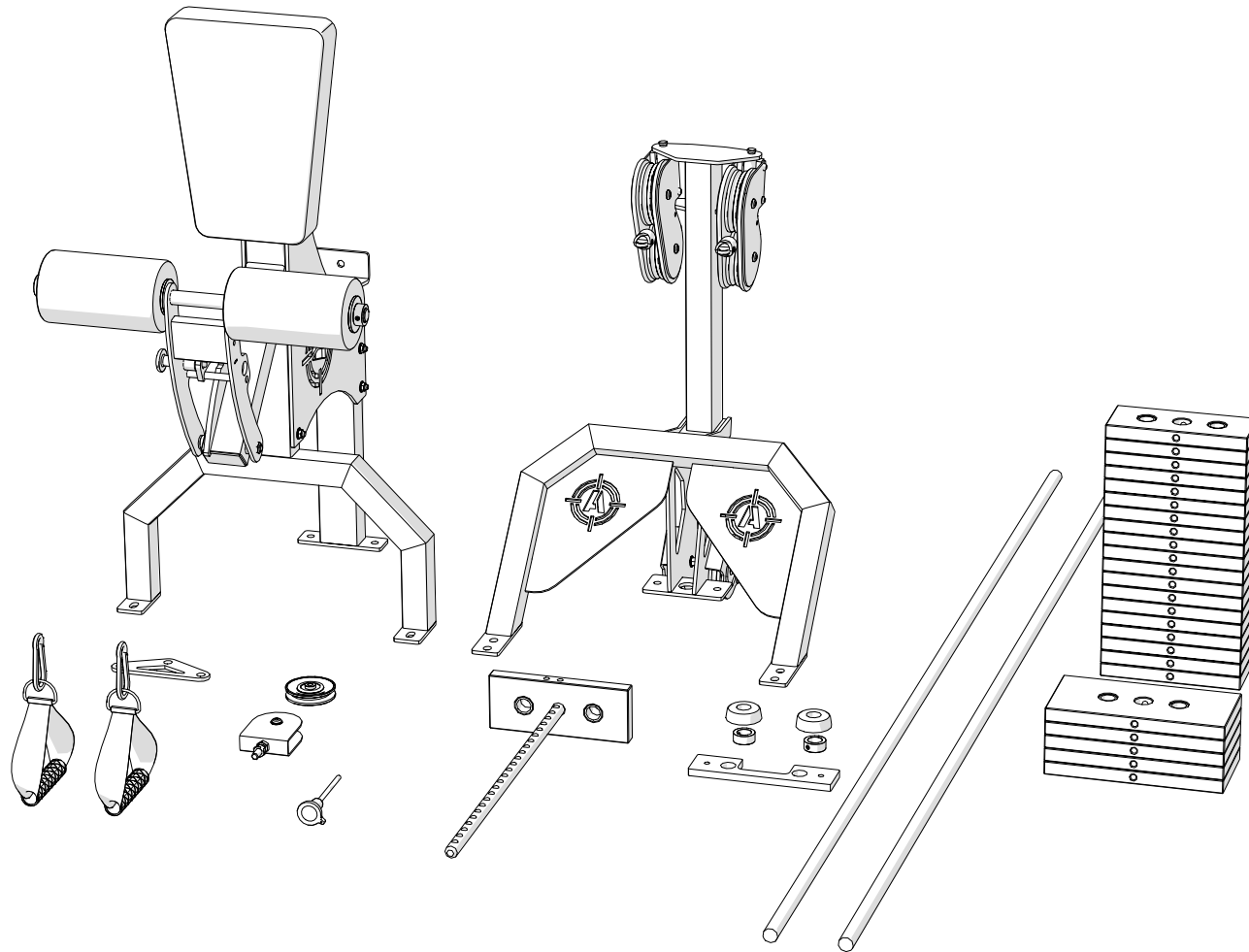


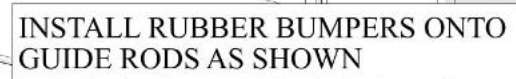
9207 DUAL PULLEY LAT PULLDOWN

FINAL ASSEMBLY GUIDE



9207 DUAL PULLEY LAT PULLDOWN COMES
PARTIALLY ASSEMBLED. THIS GUIDE WILL ILLUSTRATE
FINAL ASSEMBLY AND SETUP





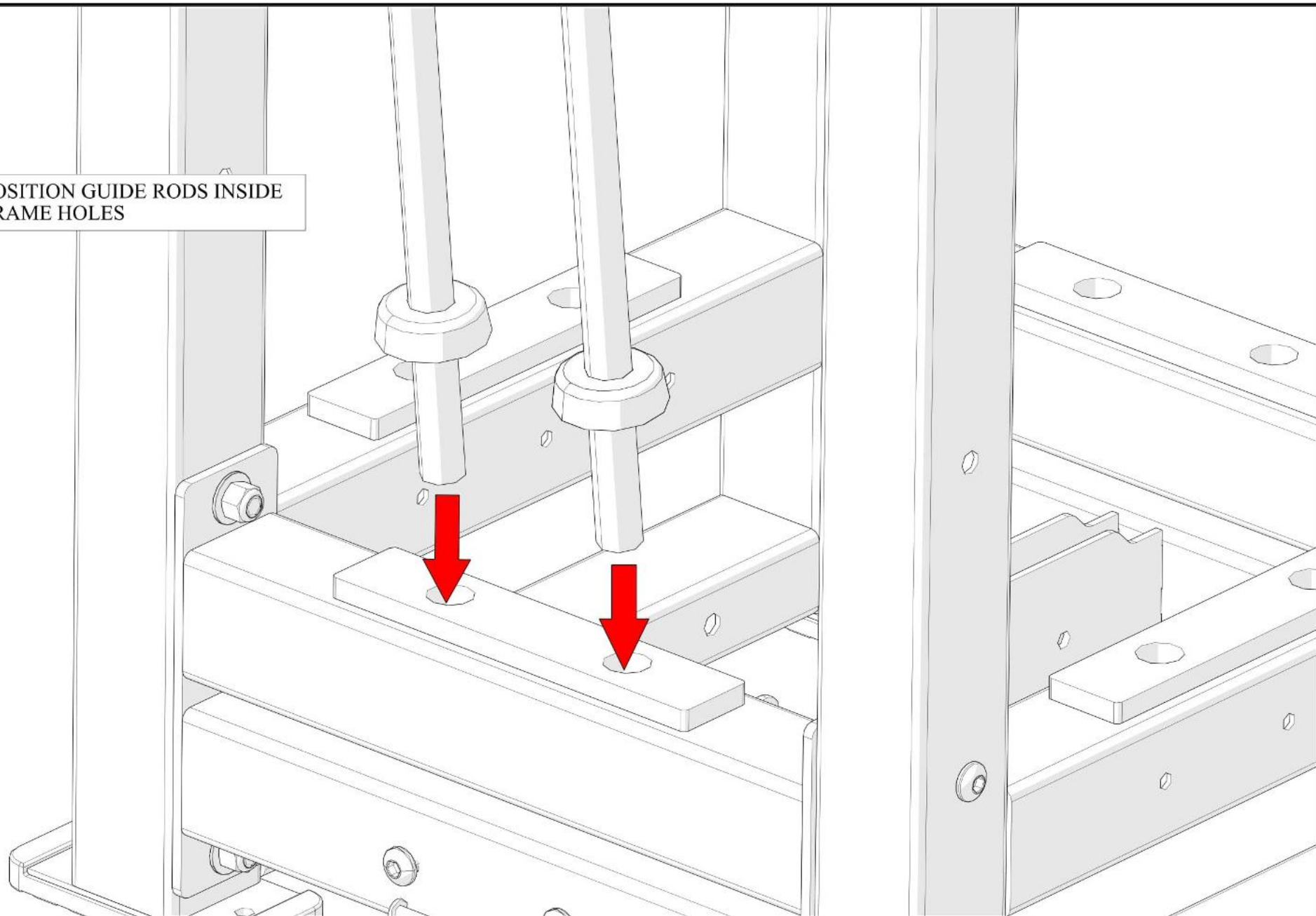
INSTALL RUBBER BUMPERS ONTO
GUIDE RODS AS SHOWN

1.00 X 84.00 CHROME ROD

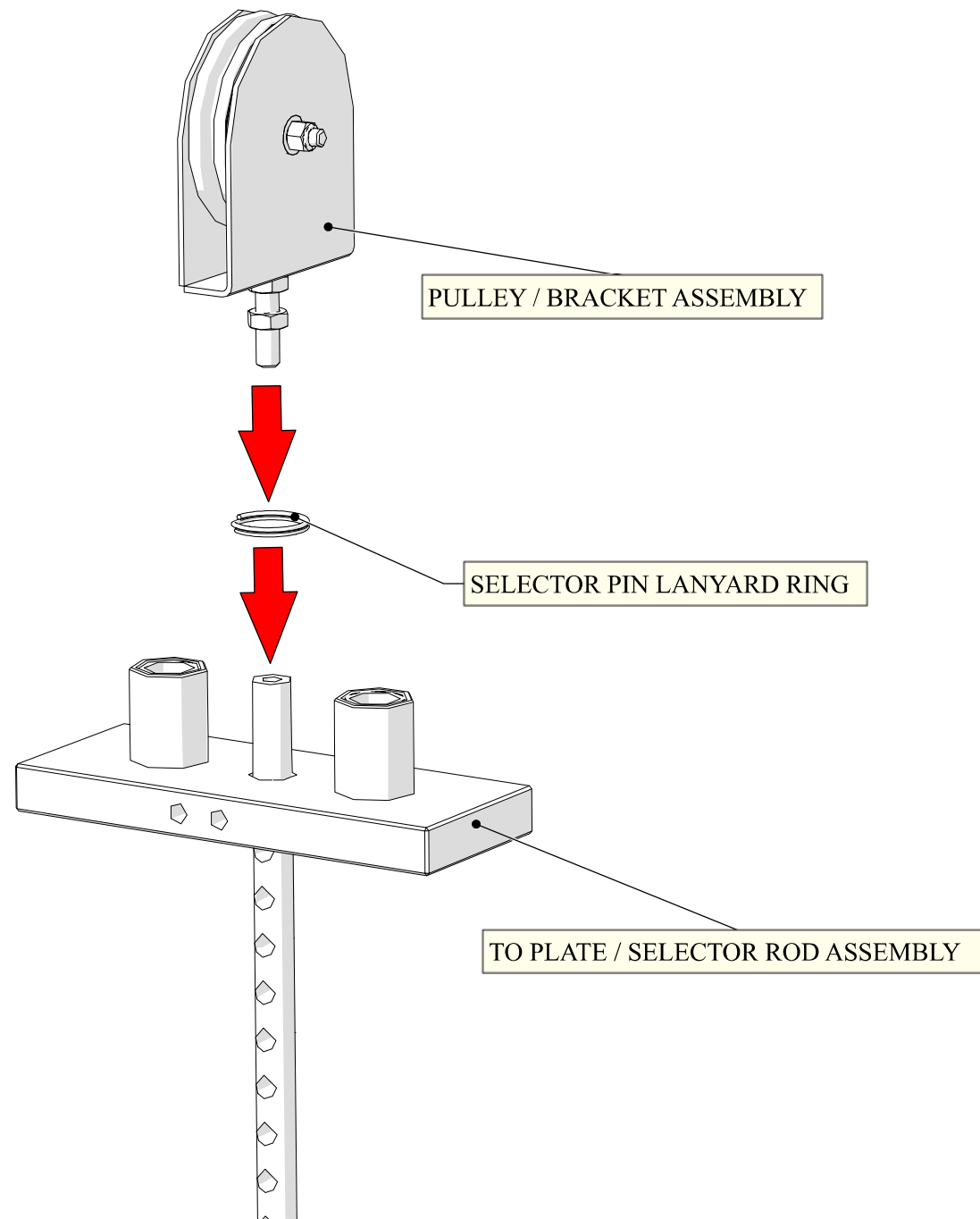


BUMPER 1" ID X 2.5" OD

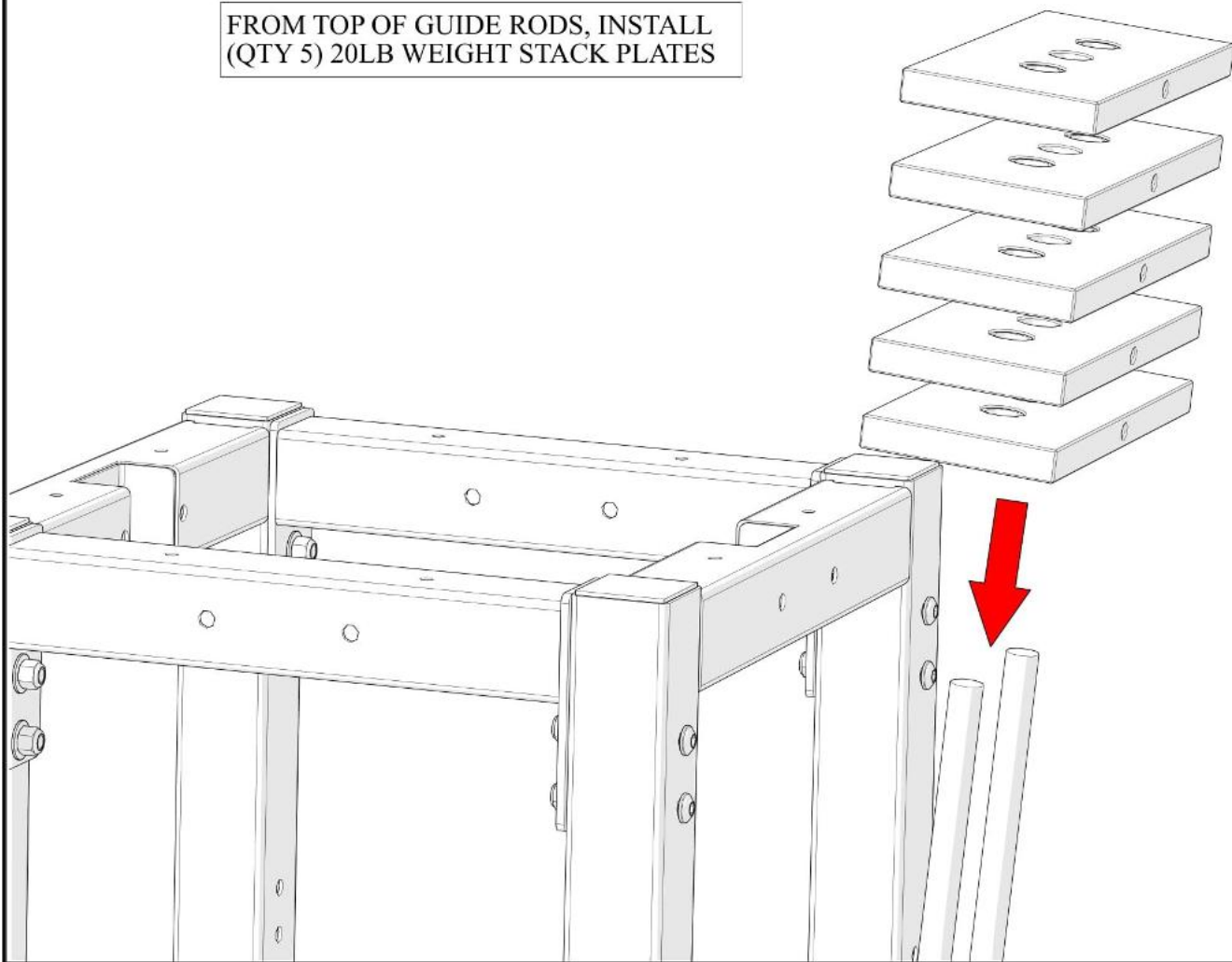
POSITION GUIDE RODS INSIDE
FRAME HOLES



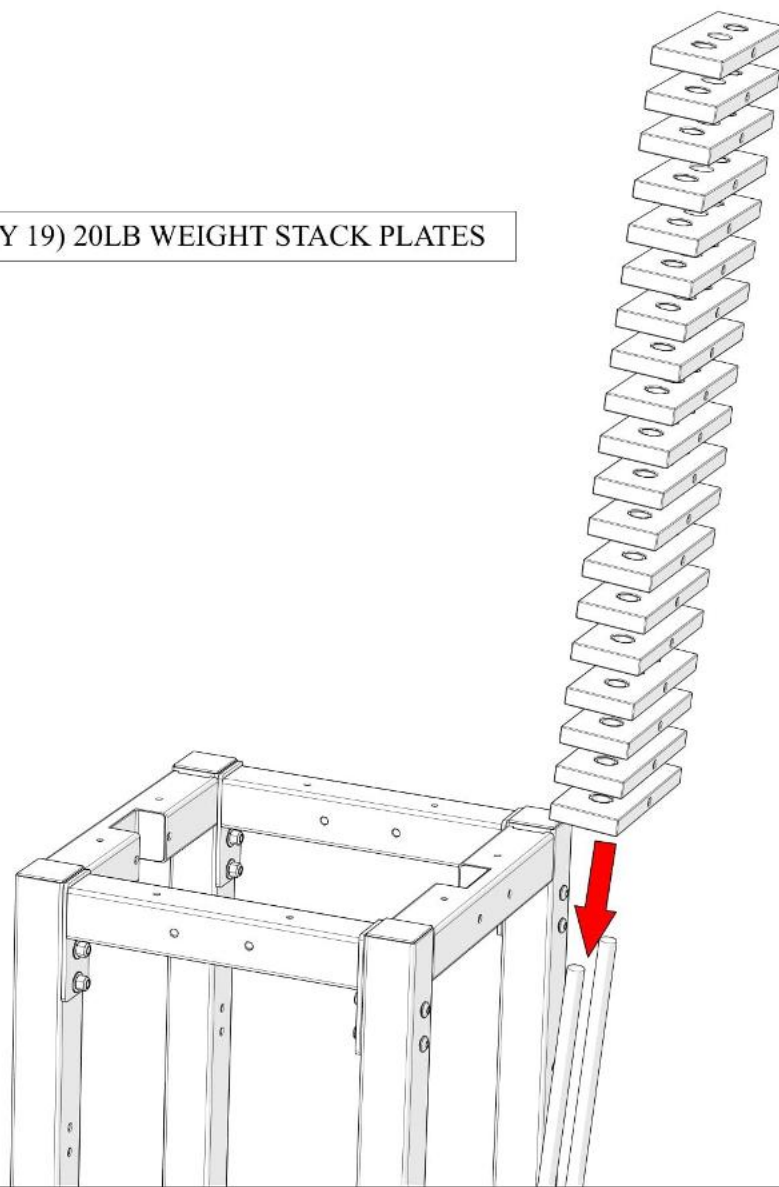
INSTALL PULLEY BRACKET ASSEMBLY
AND LANYARD RING AS SHOWN



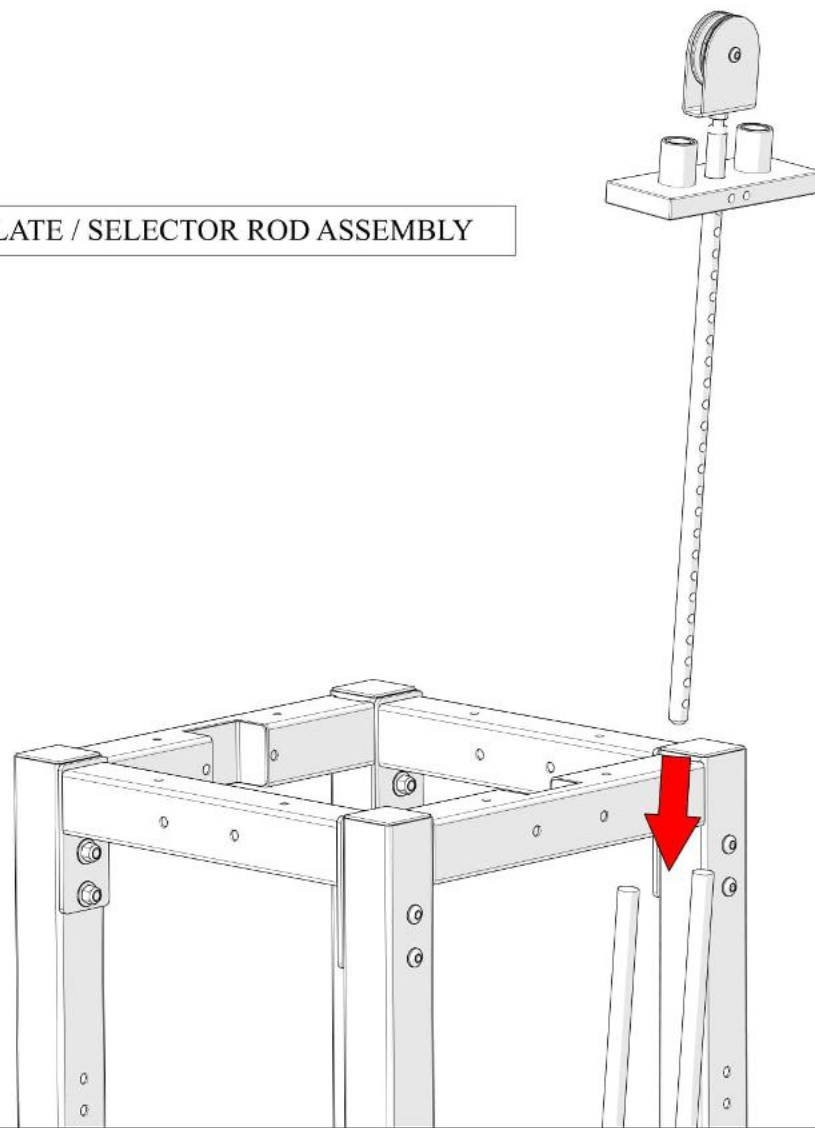
FROM TOP OF GUIDE RODS, INSTALL
(QTY 5) 20LB WEIGHT STACK PLATES



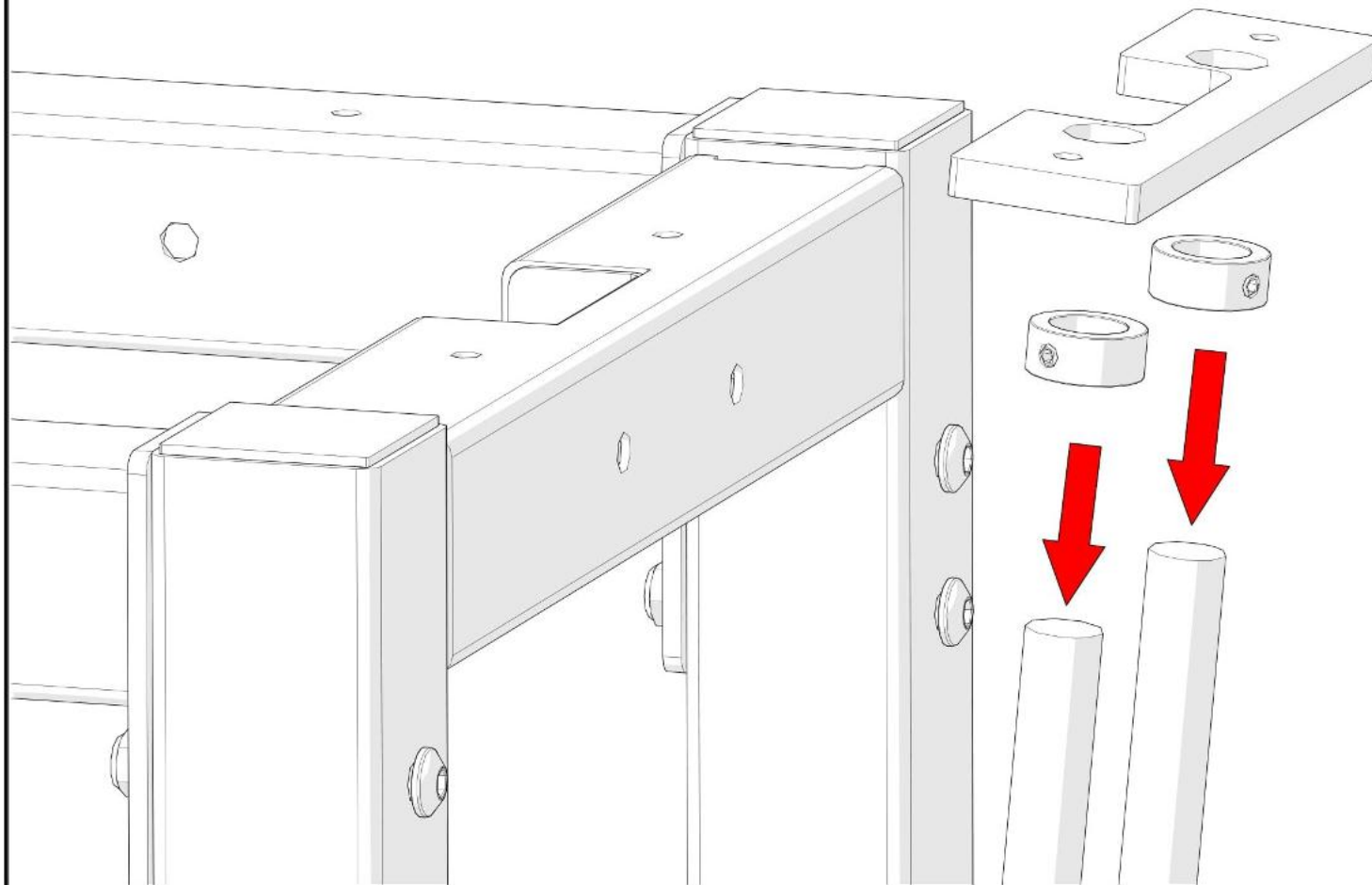
INSTALL (QTY 19) 20LB WEIGHT STACK PLATES



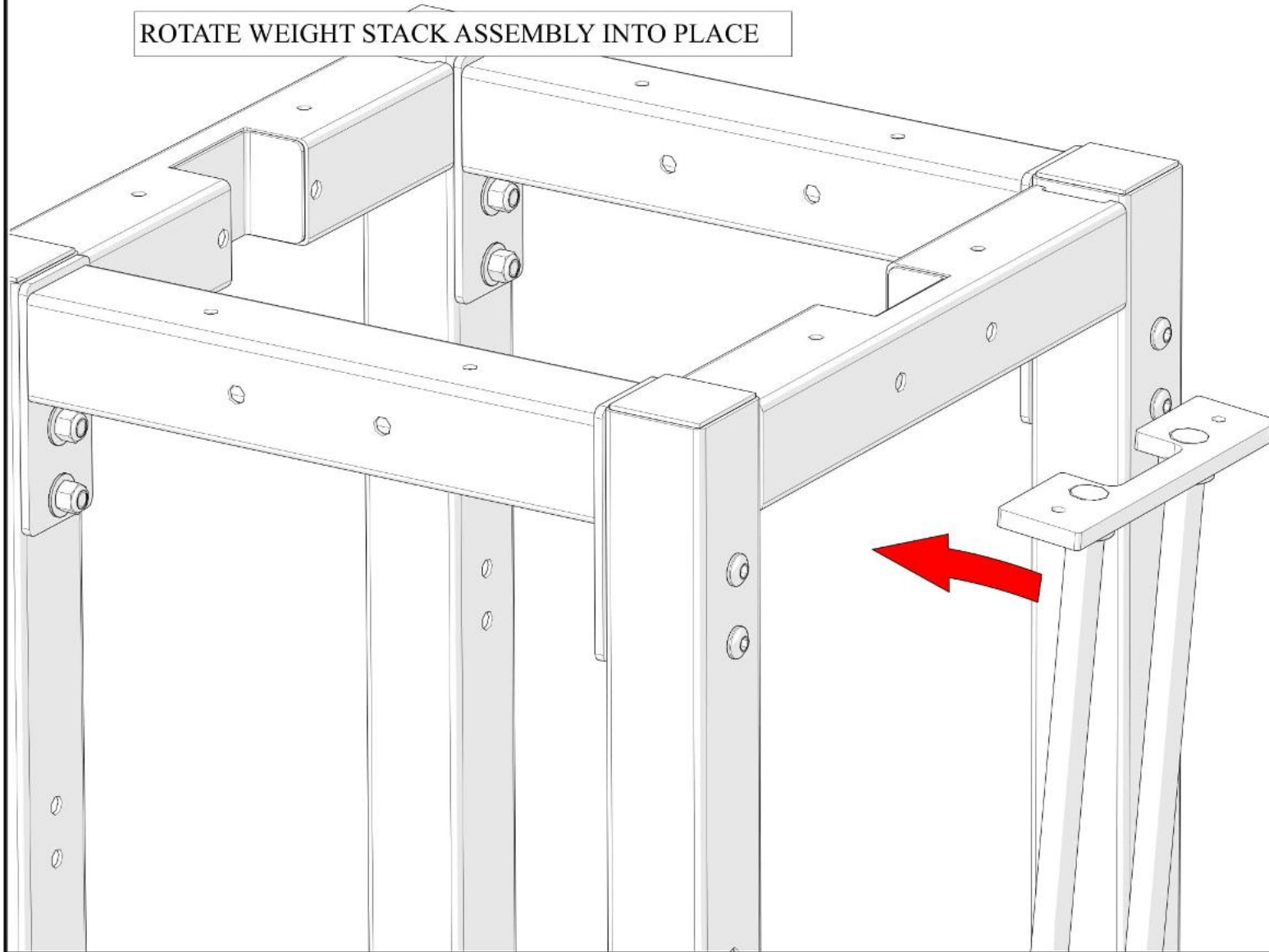
INSTALL TOP PLATE / SELECTOR ROD ASSEMBLY



INSTALL RETENTION COLLARS AND
UPPER GUIDE ROD MOUNT PLATE



ROTATE WEIGHT STACK ASSEMBLY INTO PLACE

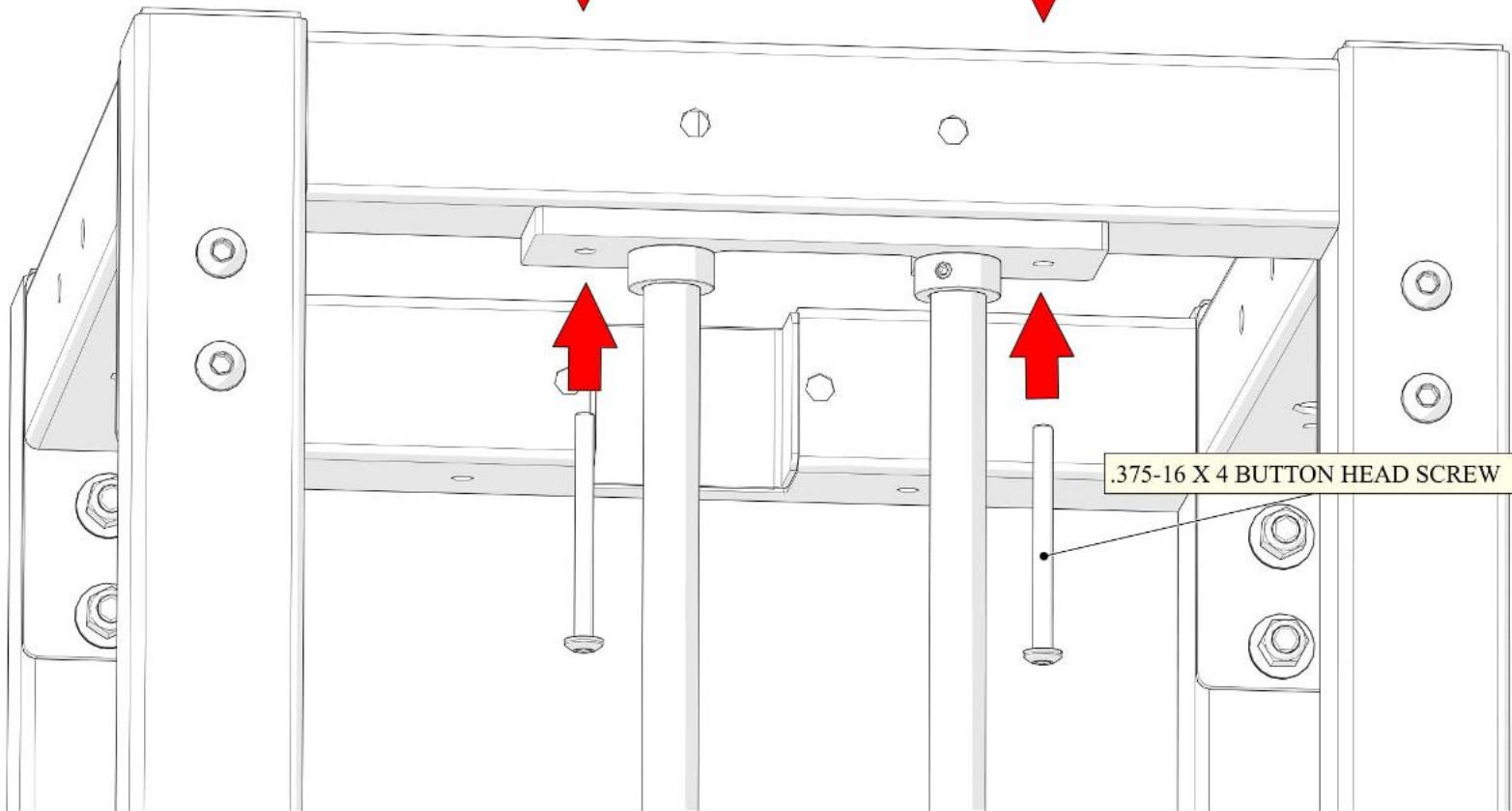


SECURE UPPER MOUNT PLATE WITH
(QTY 2) 3/16"-16 X 4"L BUTTON HEAD
SCREWS, WASHERS, AND NUTS



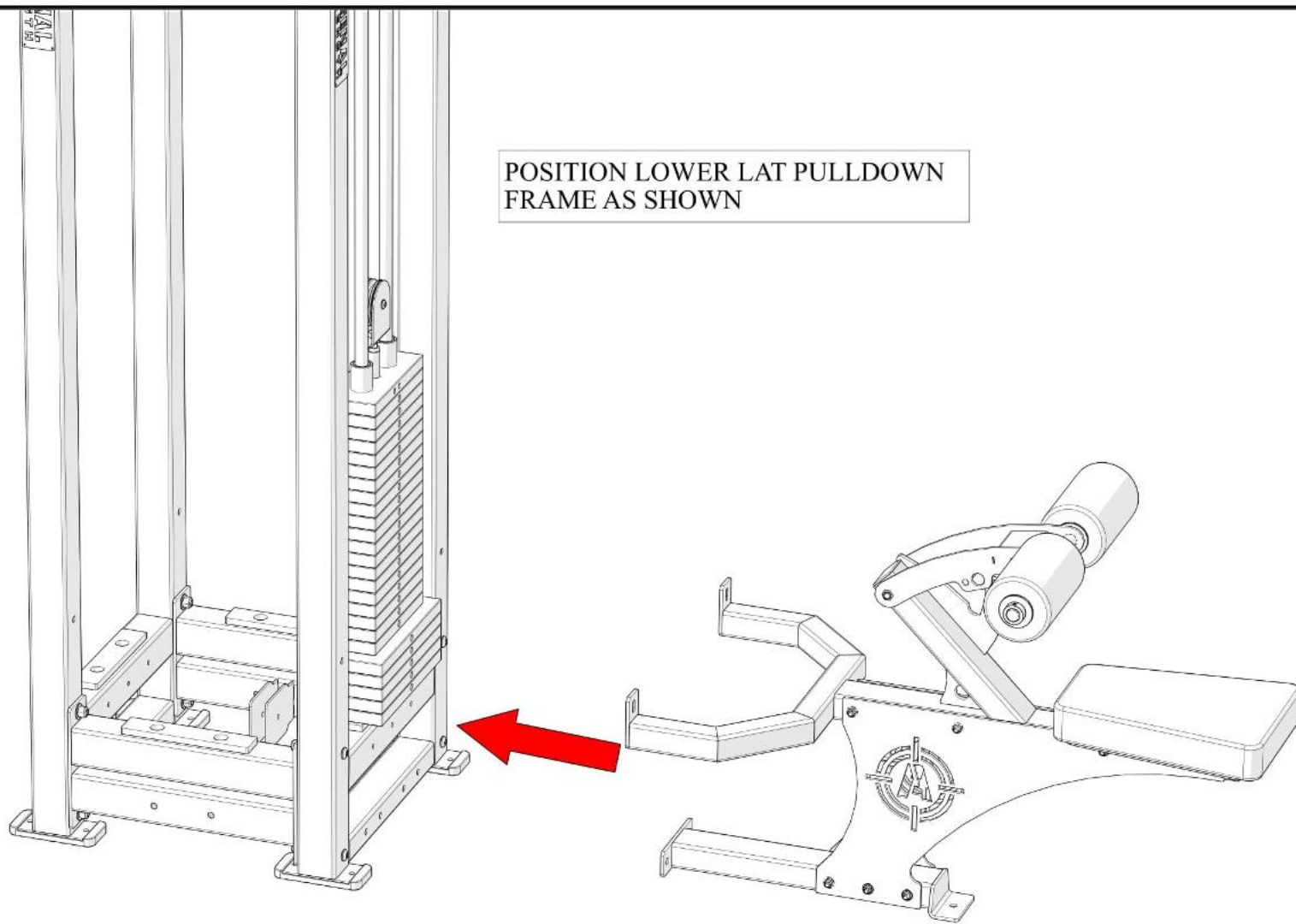
.375-16 X THIN NYLOCK NUT

.375 SAE WASHER



.375-16 X 4 BUTTON HEAD SCREW

POSITION LOWER LAT PULLDOWN
FRAME AS SHOWN



SECURE UPPER FRAME WITH (QTY 2)
1/2"-13 X 4"L BUTTON HEAD SCREWS,
WASHERS, AND NUTS



.50-13 NYLOCK NUT

.50 SAE WASHER



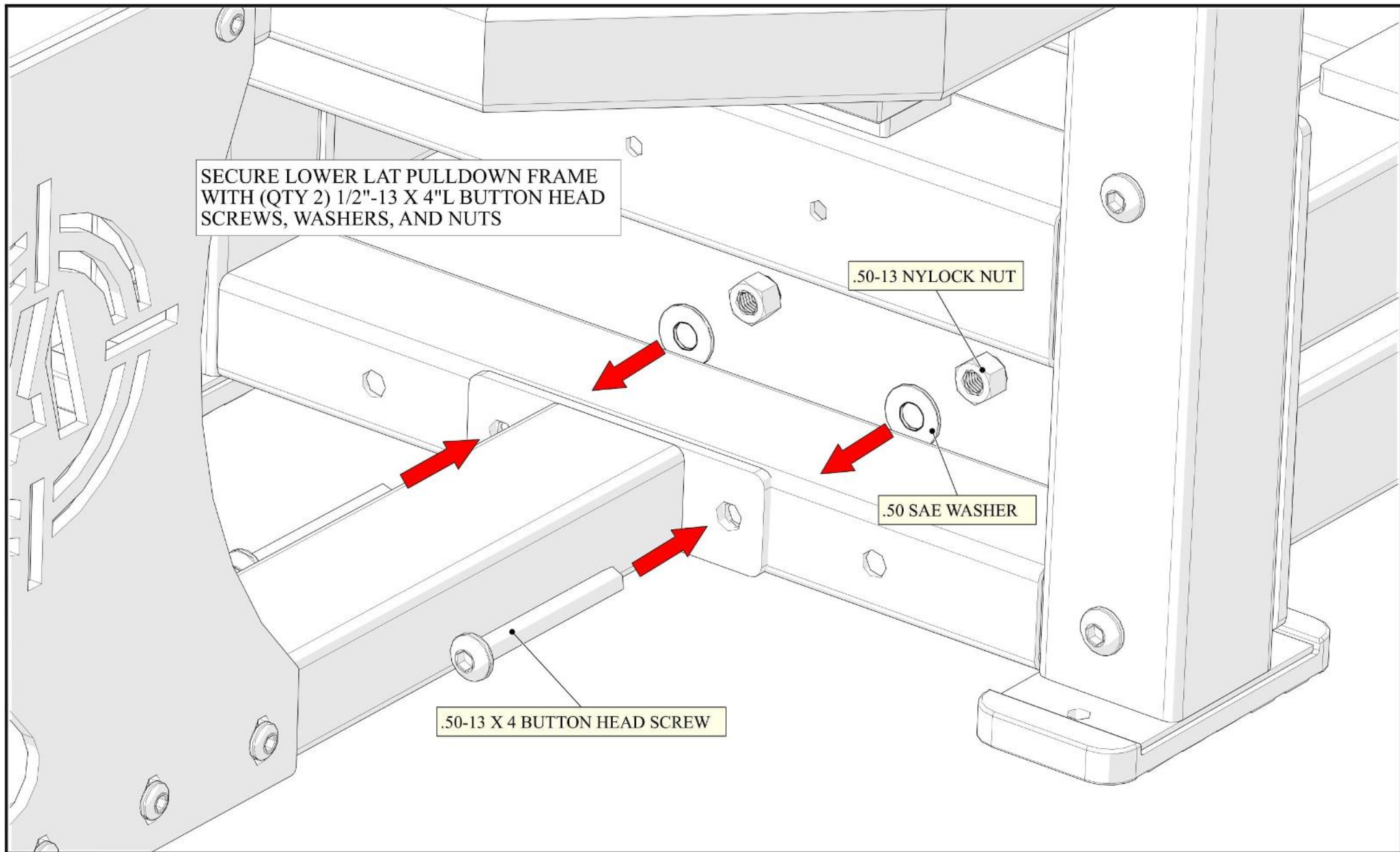
.50-13 X 4 BUTTON HEAD

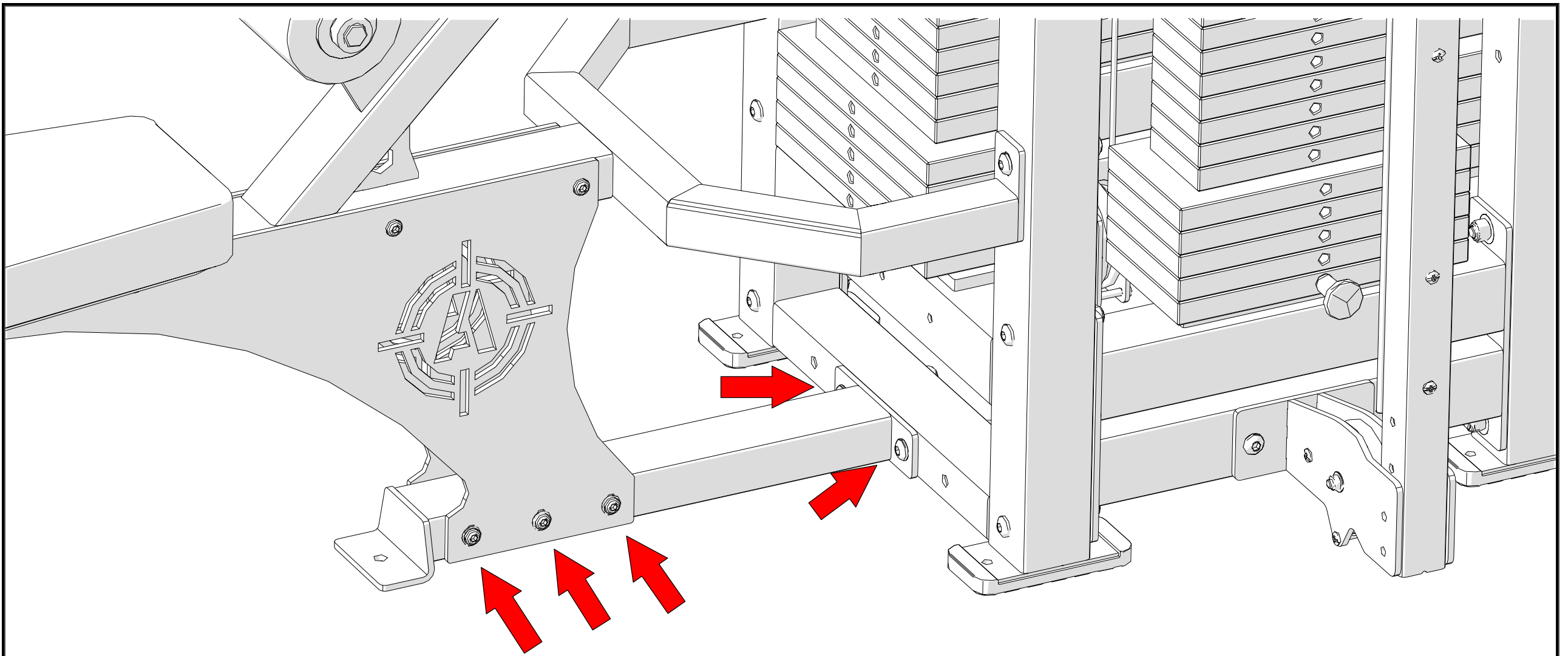
SECURE LOWER LAT PULLDOWN FRAME
WITH (QTY 2) 1/2"-13 X 4"L BUTTON HEAD
SCREWS, WASHERS, AND NUTS

.50-13 NYLOCK NUT

.50 SAE WASHER

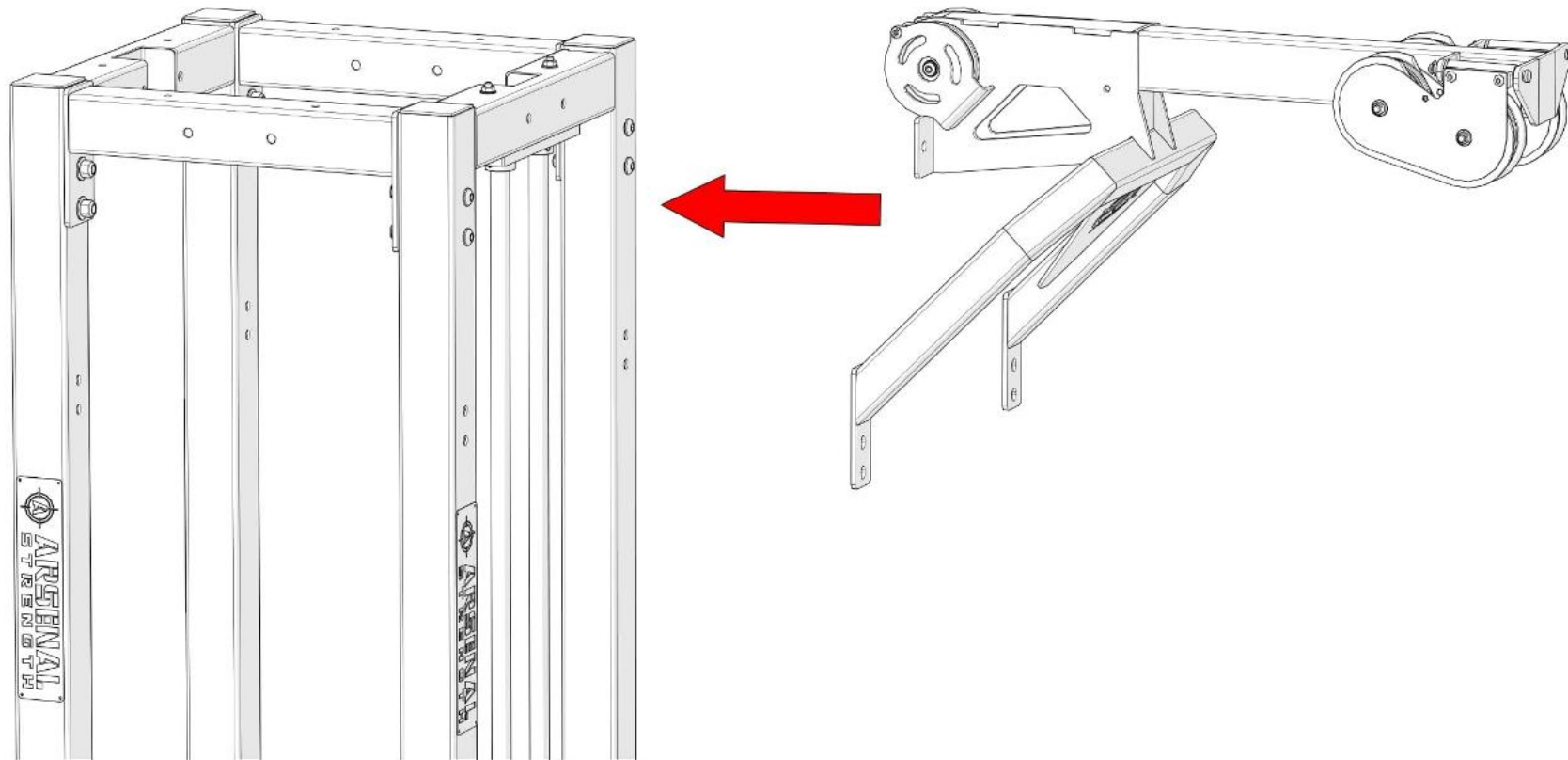
.50-13 X 4 BUTTON HEAD SCREW



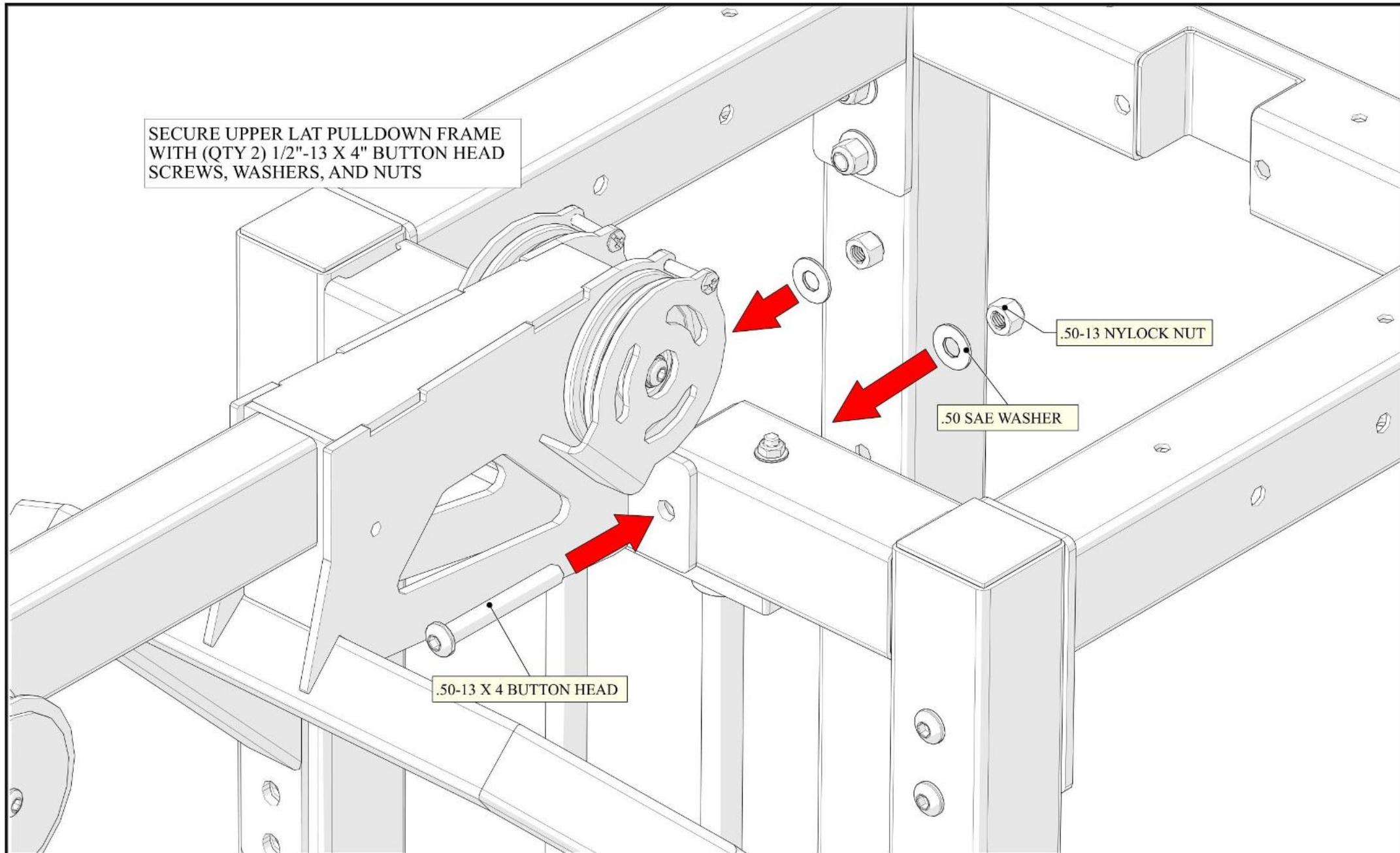


IF ASSEMBLY DOES NOT SIT FLAT ON FLOOR, LOOSEN
INDICATED BOLTS TO ALLOW PARTS TO SETTLE.
RE-TIGHTEN BOLTS ONCE IN DESIRED POSITION.

POSITION UPPER LAT PULLDOWN ASSEMBLY
AS SHOWN



SECURE UPPER LAT PULLDOWN FRAME
WITH (QTY 2) 1/2"-13 X 4" BUTTON HEAD
SCREWS, WASHERS, AND NUTS

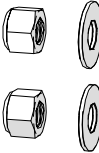


.50-13 NYLOCK NUT

.50 SAE WASHER

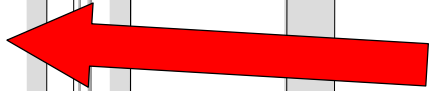
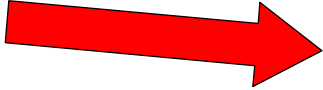
.50-13 X 4 BUTTON HEAD

SECURE LOWER FRAME LEGS AND
STORAGE HOOK USING (QTY 4)
1/2"-13 X 4" BUTTON HEAD
SCREWS, WASHERS, AND NUTS

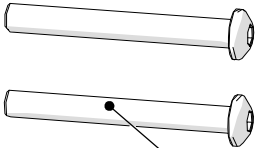
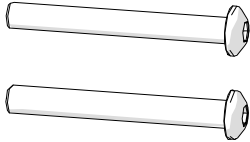
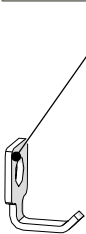


.50 SAE WASHER

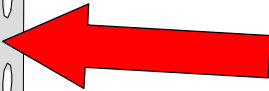
.50-13 NYLOCK NUT

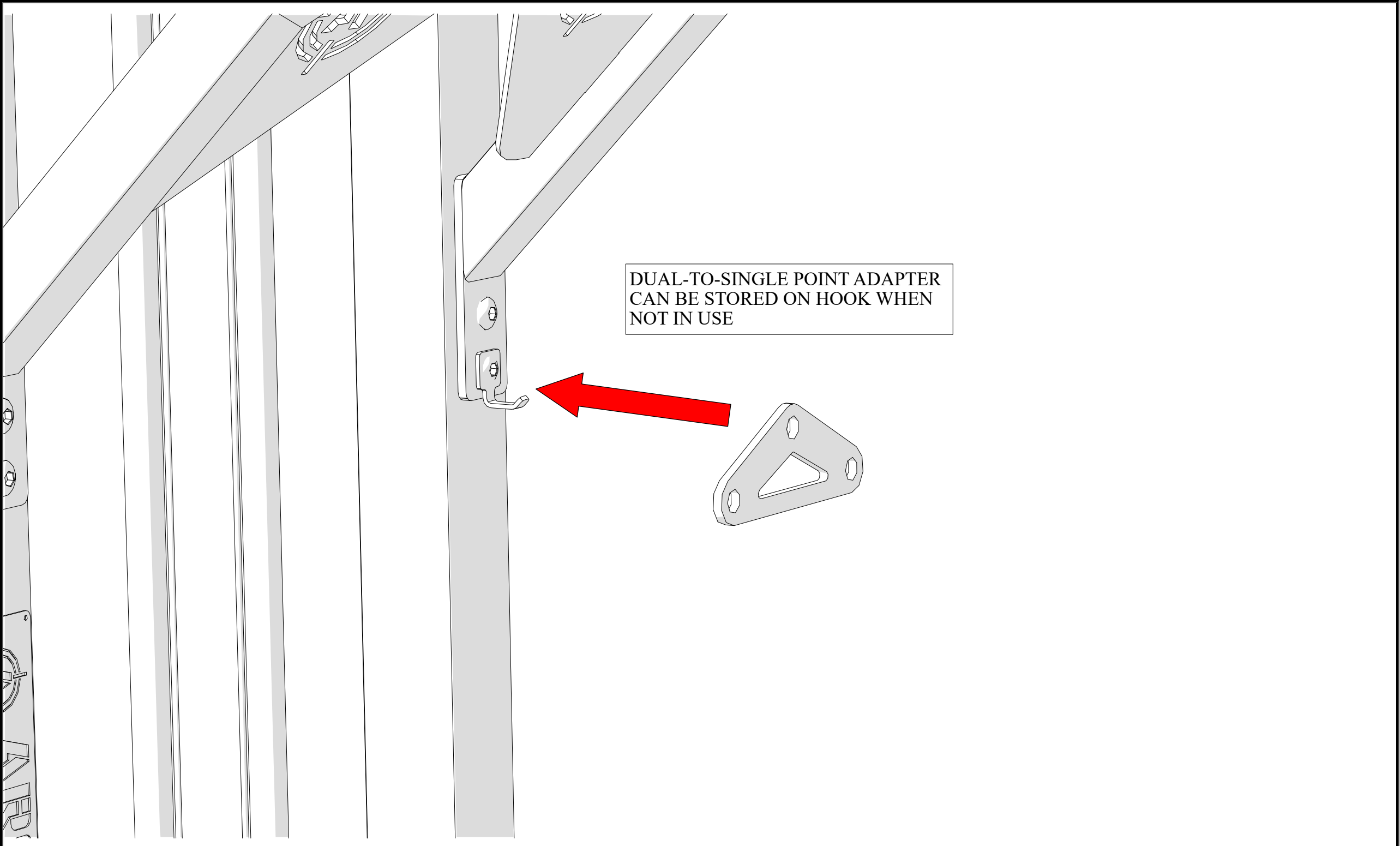


STORAGE HOOK



.50-13 X 4 BUTTON HEAD SCREW

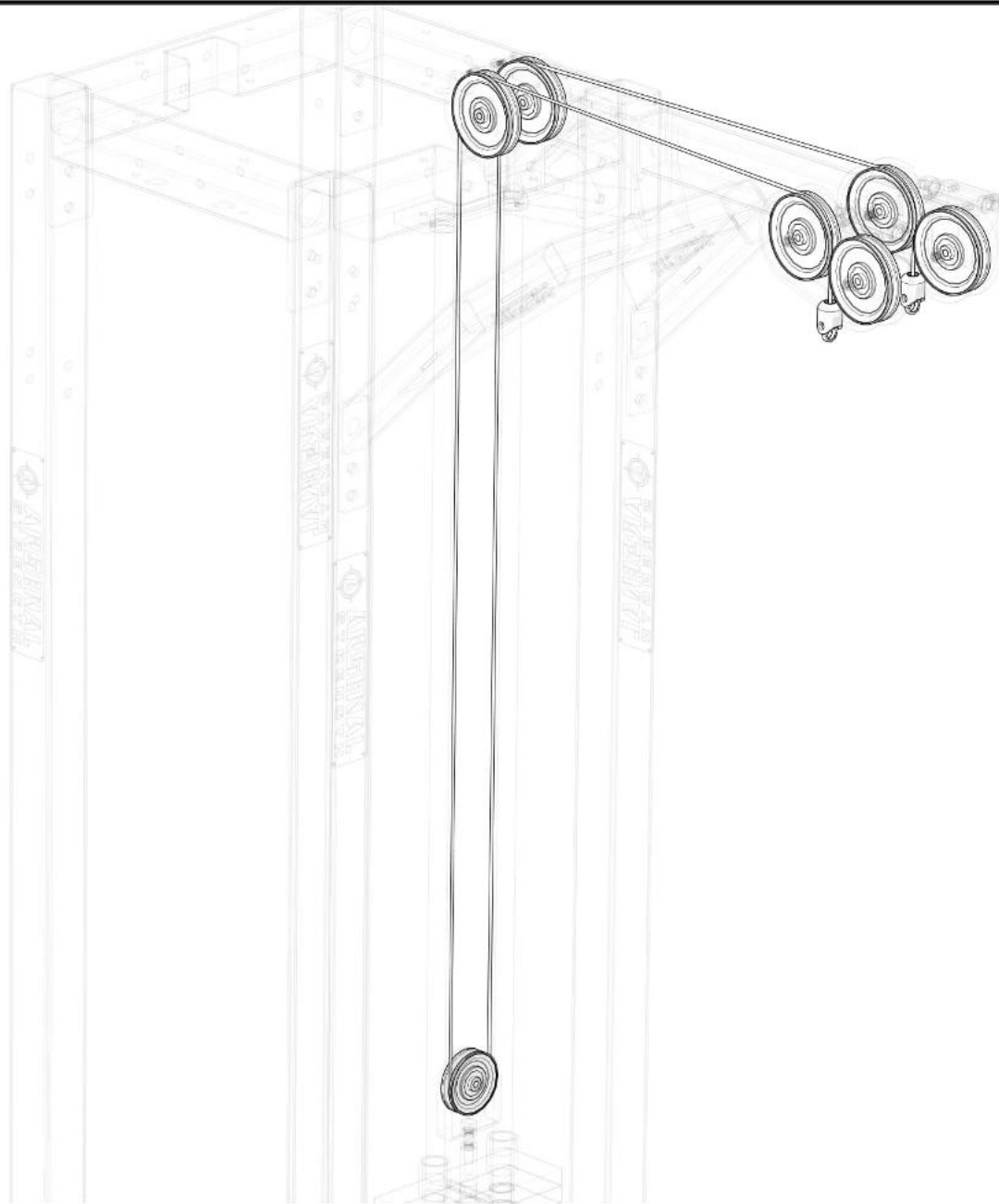




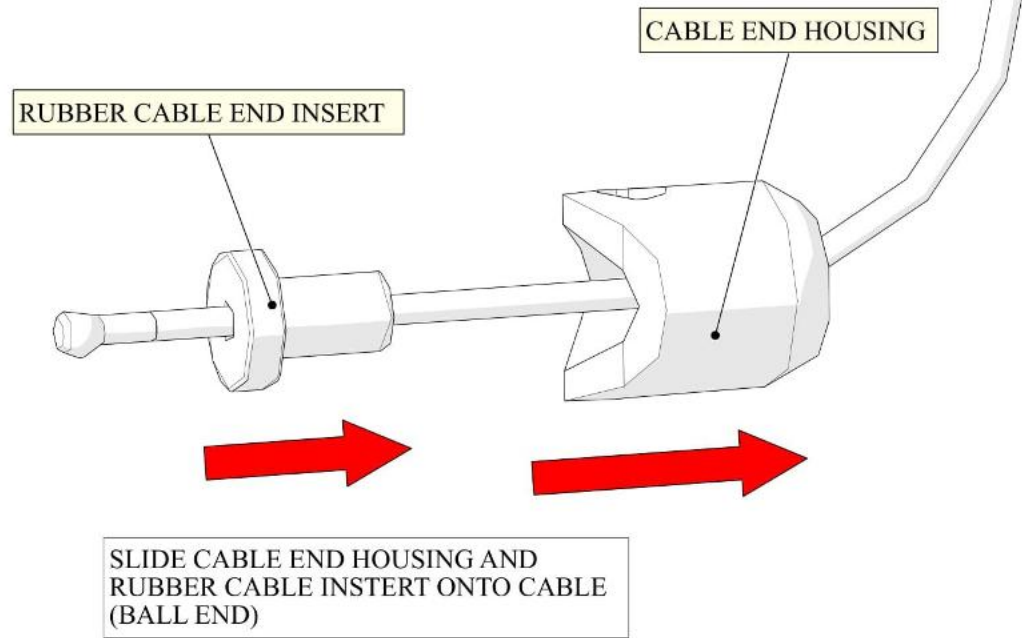
DUAL-TO-SINGLE POINT ADAPTER
CAN BE STORED ON HOOK WHEN
NOT IN USE

ROUTE CABLE AS SHOWN

CABLE END STOPPER INSTRUCTIONS
ON FOLLOWING PAGES

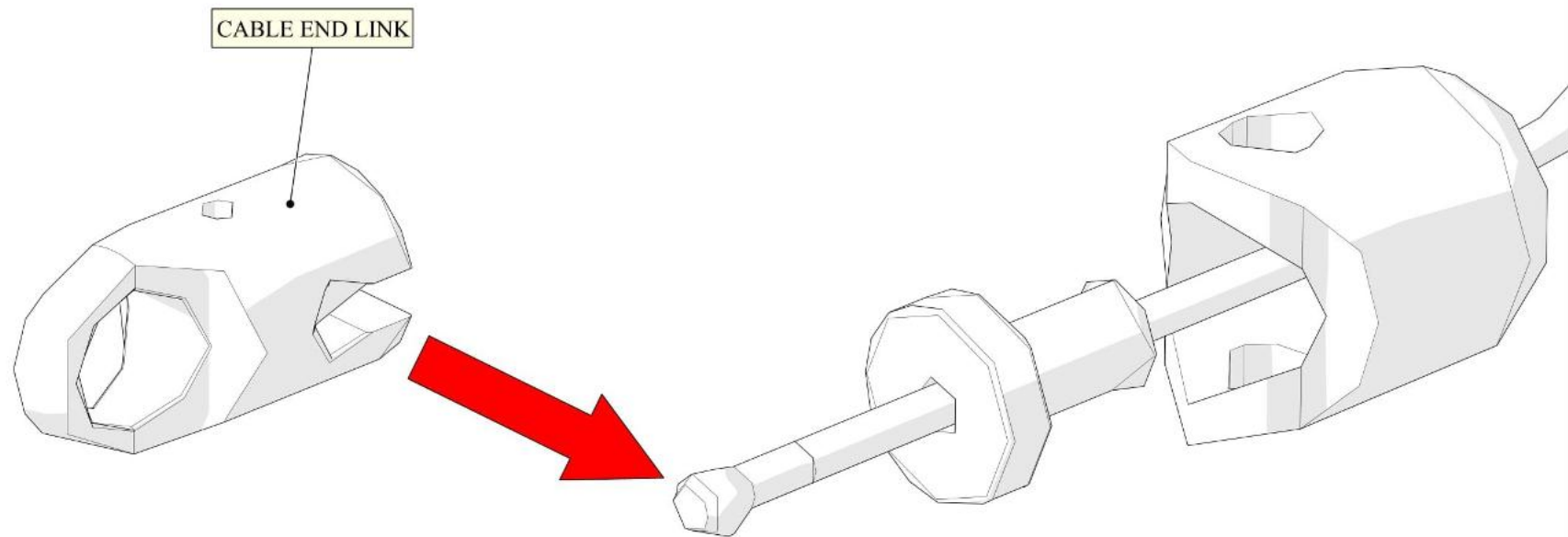


CABLE STOPPER INSTALLATION



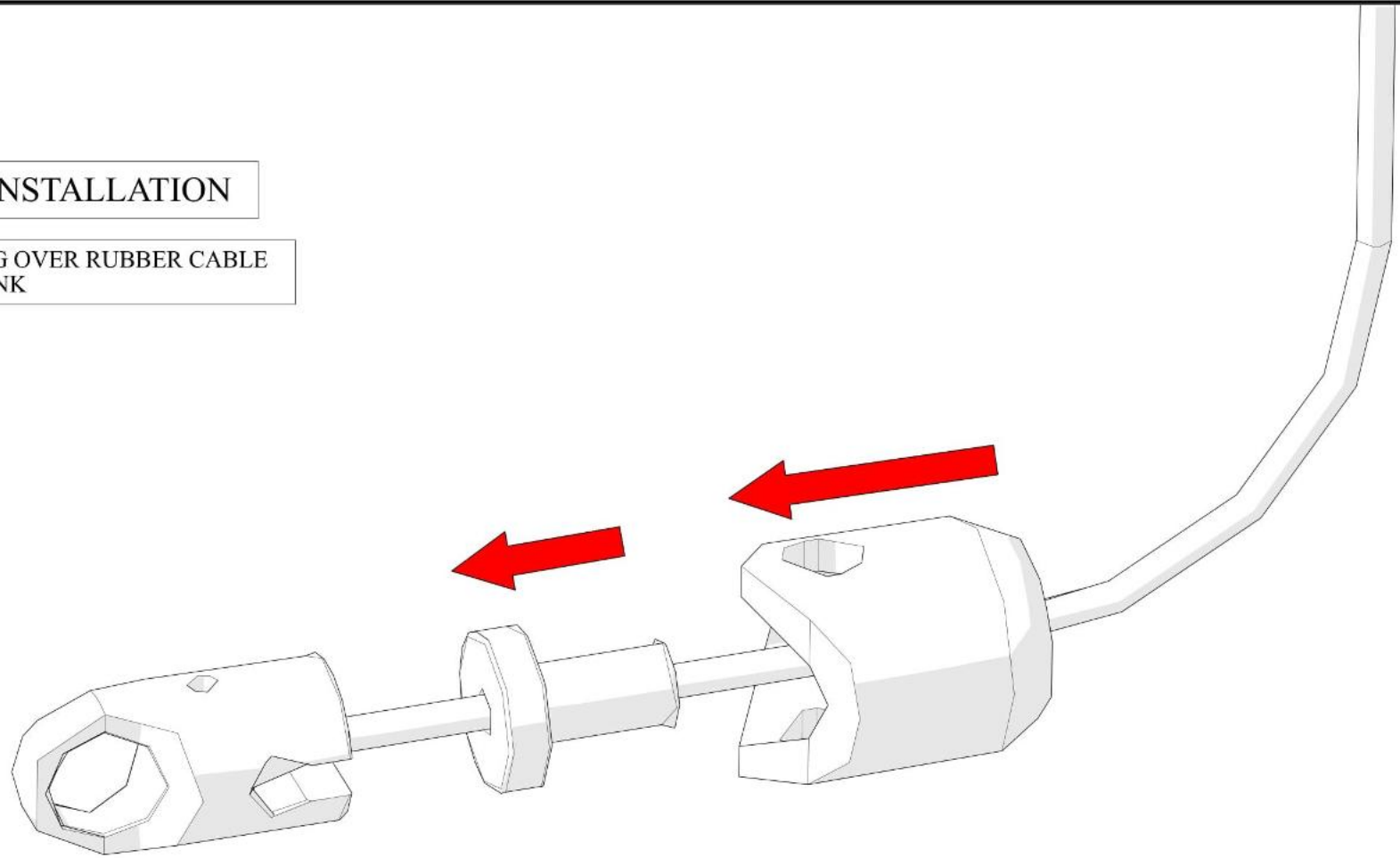
CABLE STOPPER INSTALLATION

PUSH CABLE END LINK ONTO CABLE BALL END



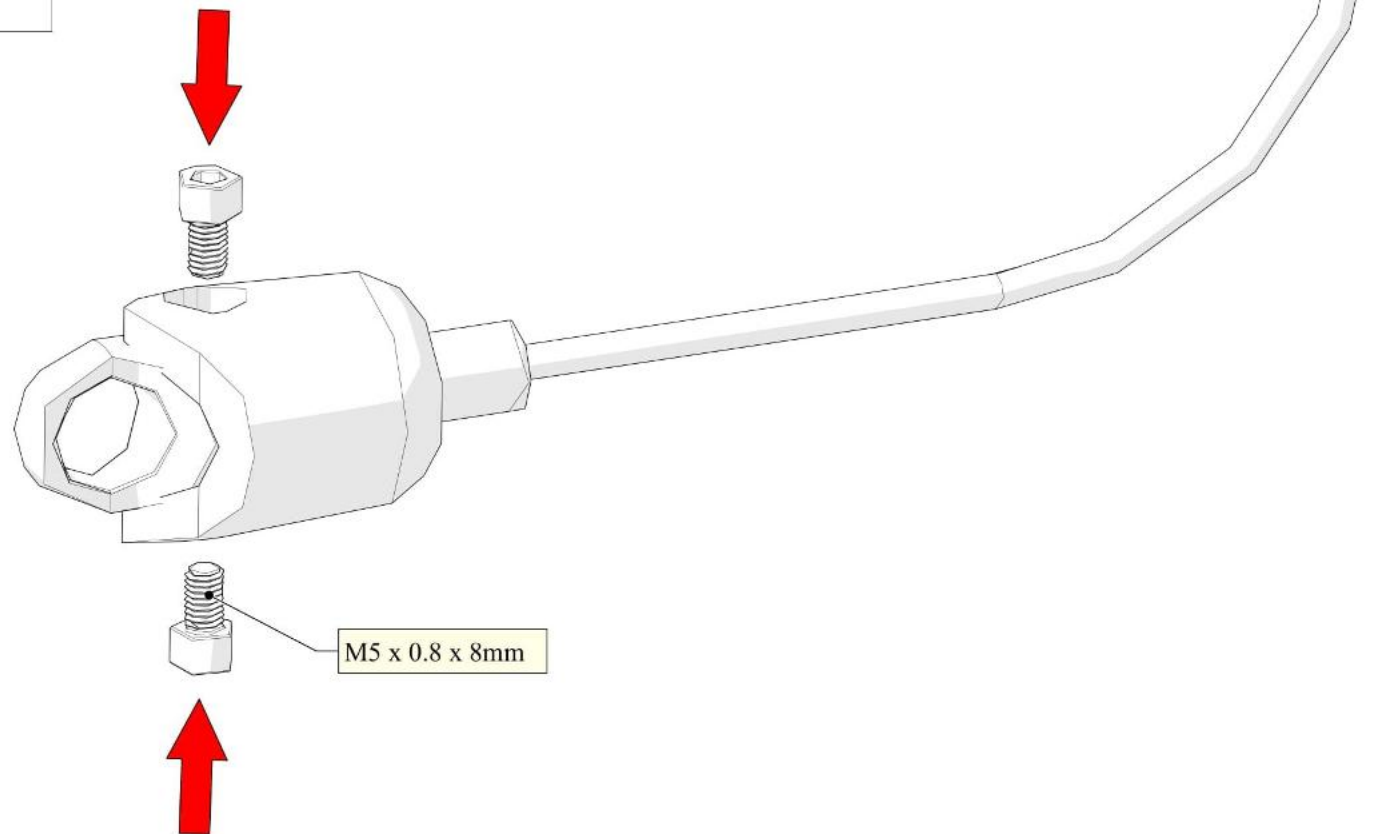
CABLE STOPPER INSTALLATION

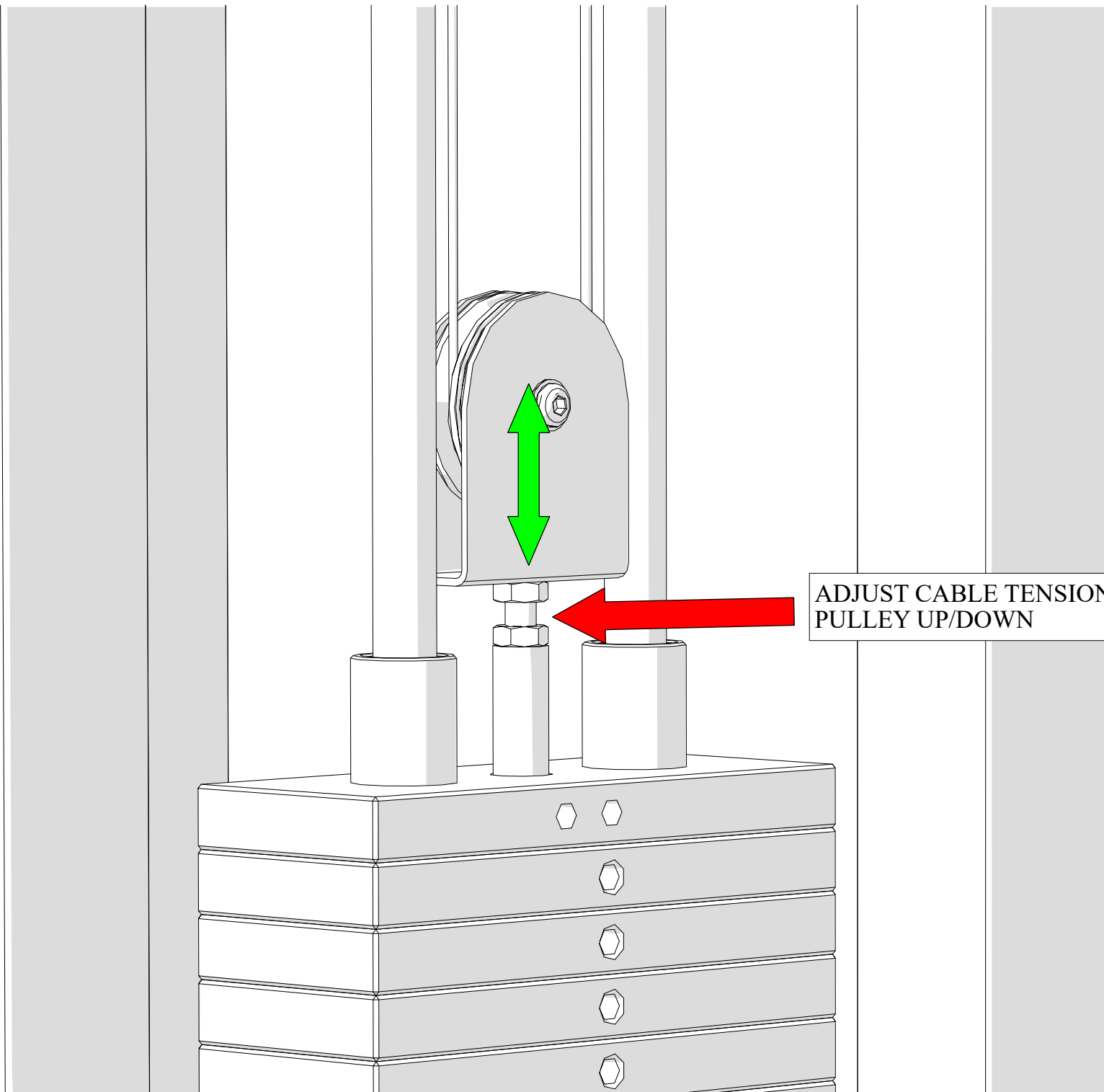
SLIDE CABLE END HOUSING OVER RUBBER CABLE
INSERT AND CABLE END LINK



CABLE STOPPER INSTALLATION

SECURE CABLE END LINK AND HOUSING WITH
(QTY 2) 5MM X 8MM L SOCKET HEAD
CAP SCREWS





ADJUST CABLE TENSION BY MOVING
PULLEY UP/DOWN

MAKE SURE ALL HARDWARE IS TIGHT AND
TEST ALL FUNCTIONS BEFORE OPERATING
EQUIPMENT

