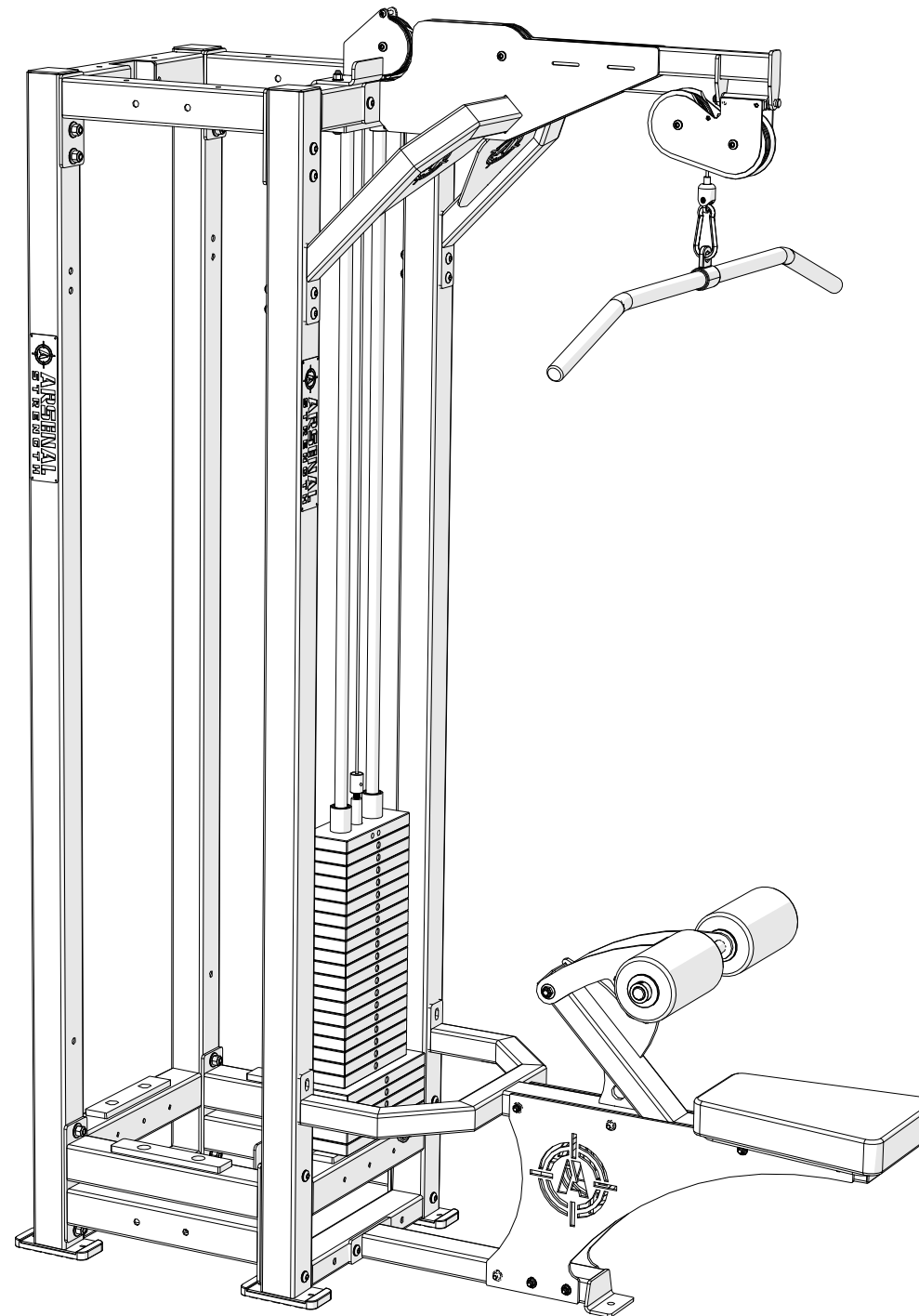
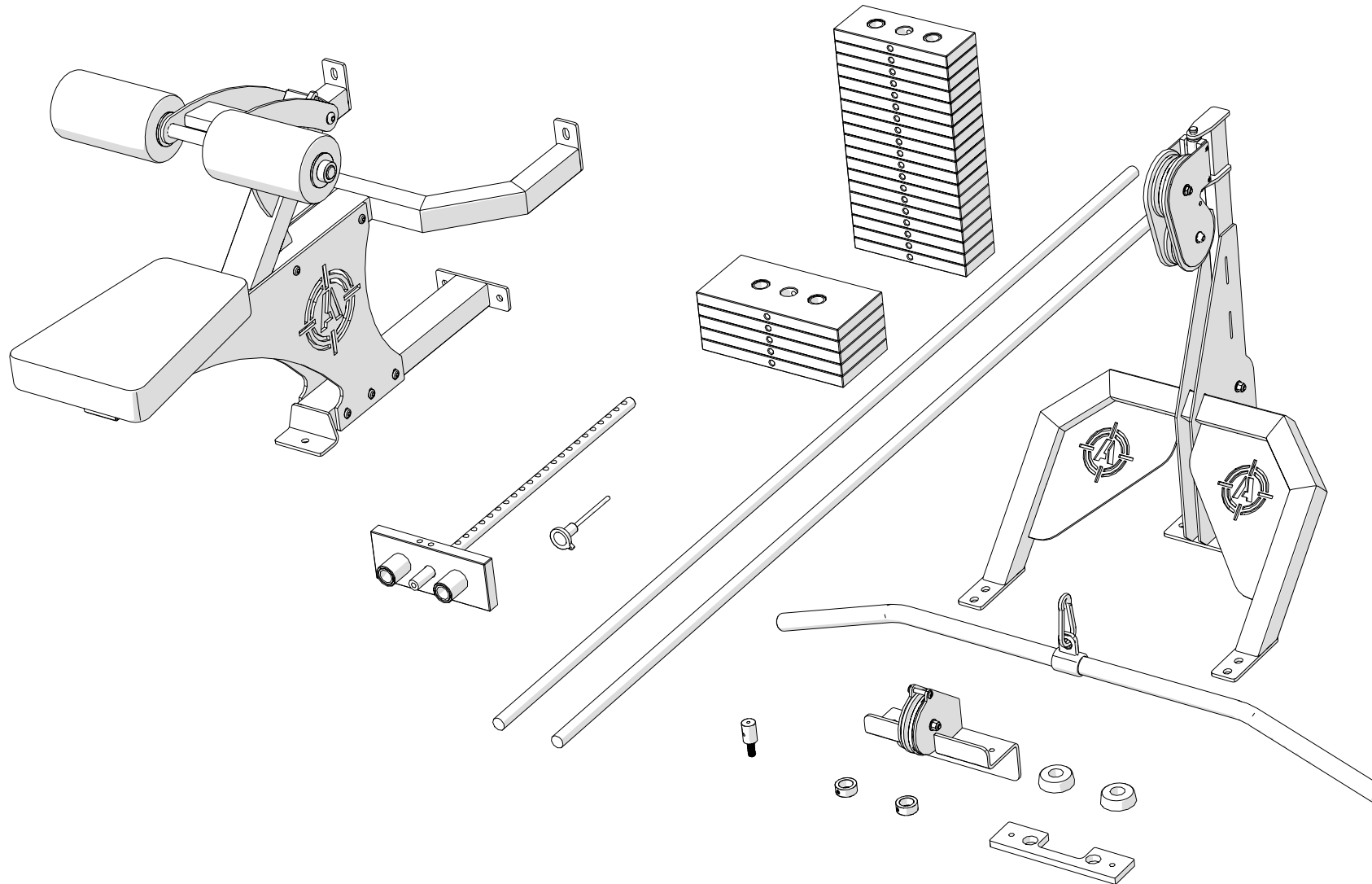


9206 LAT PULLDOWN

FINAL ASSEMBLY GUIDE



9206 LAT PULLDOWN SHIPS PARTIALLY DISASSEMBLED.
THIS GUIDE WILL ILLUSTRATE FINAL ASSEMBLY / INSTALLATION



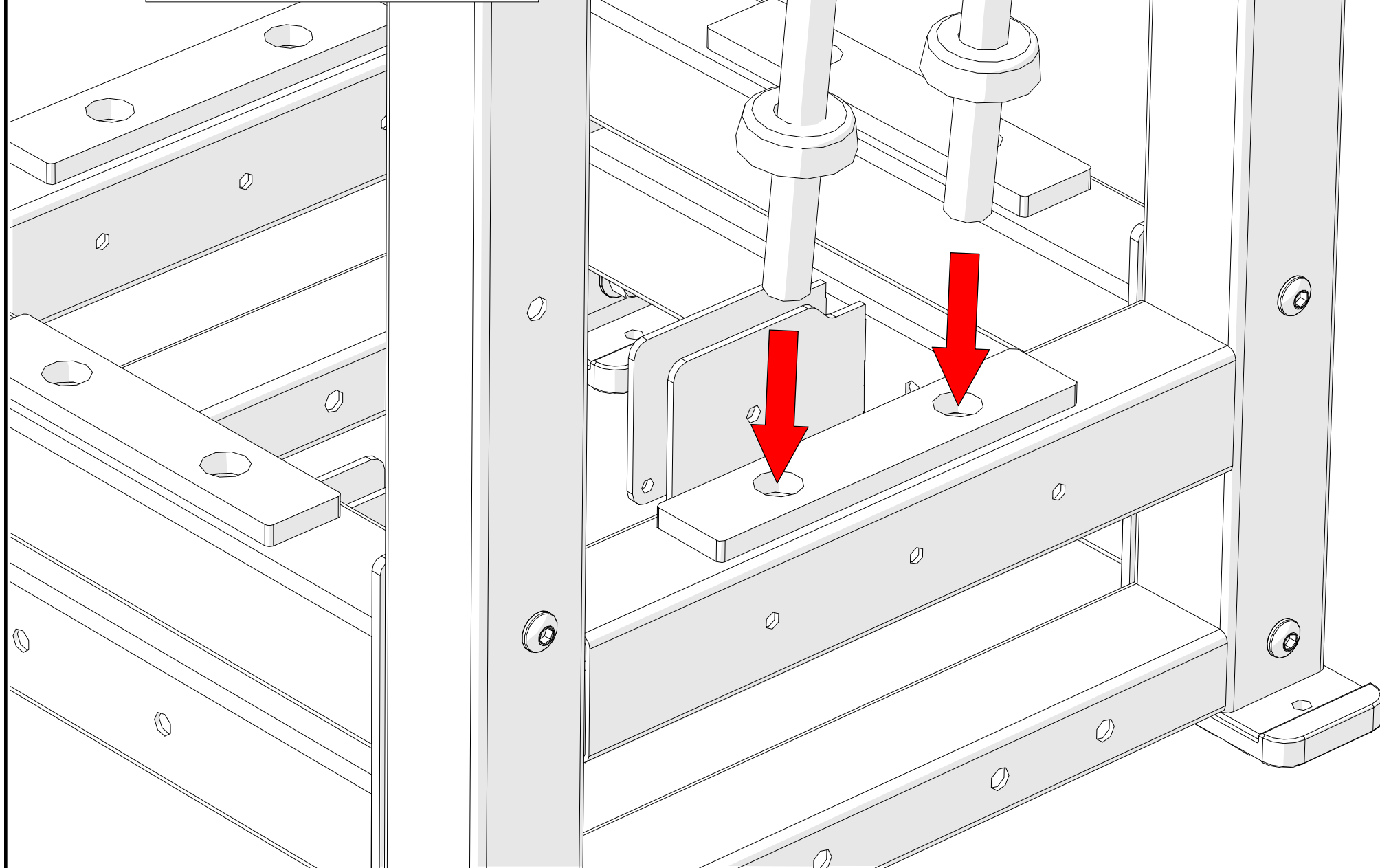
INSTALL RUBBER BUMPERS ONTO
GUIDE RODS AS SHOWN

1.00 X 84.00 CHROME ROD

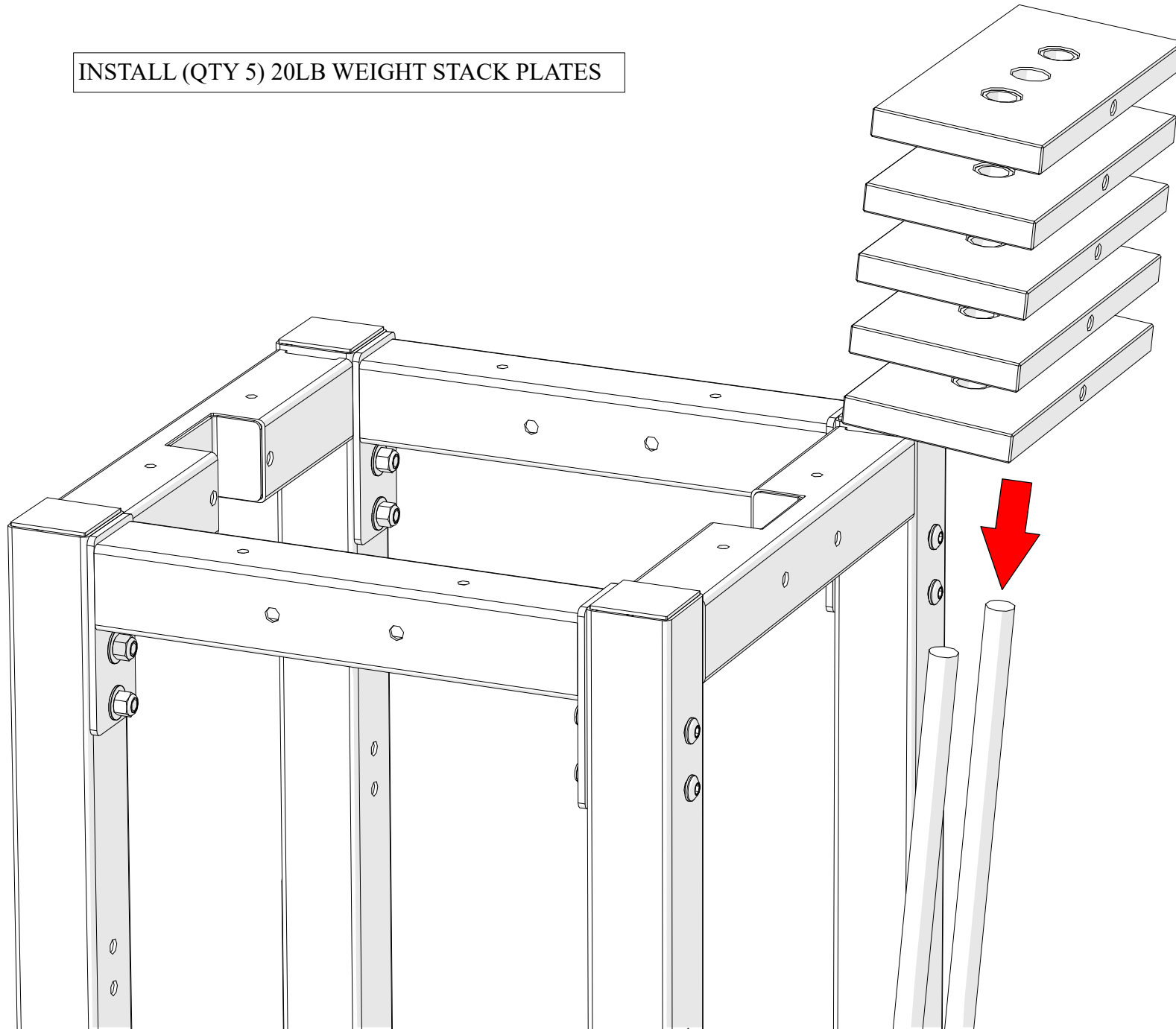
BUMPER 1.00ID X 2.50OD



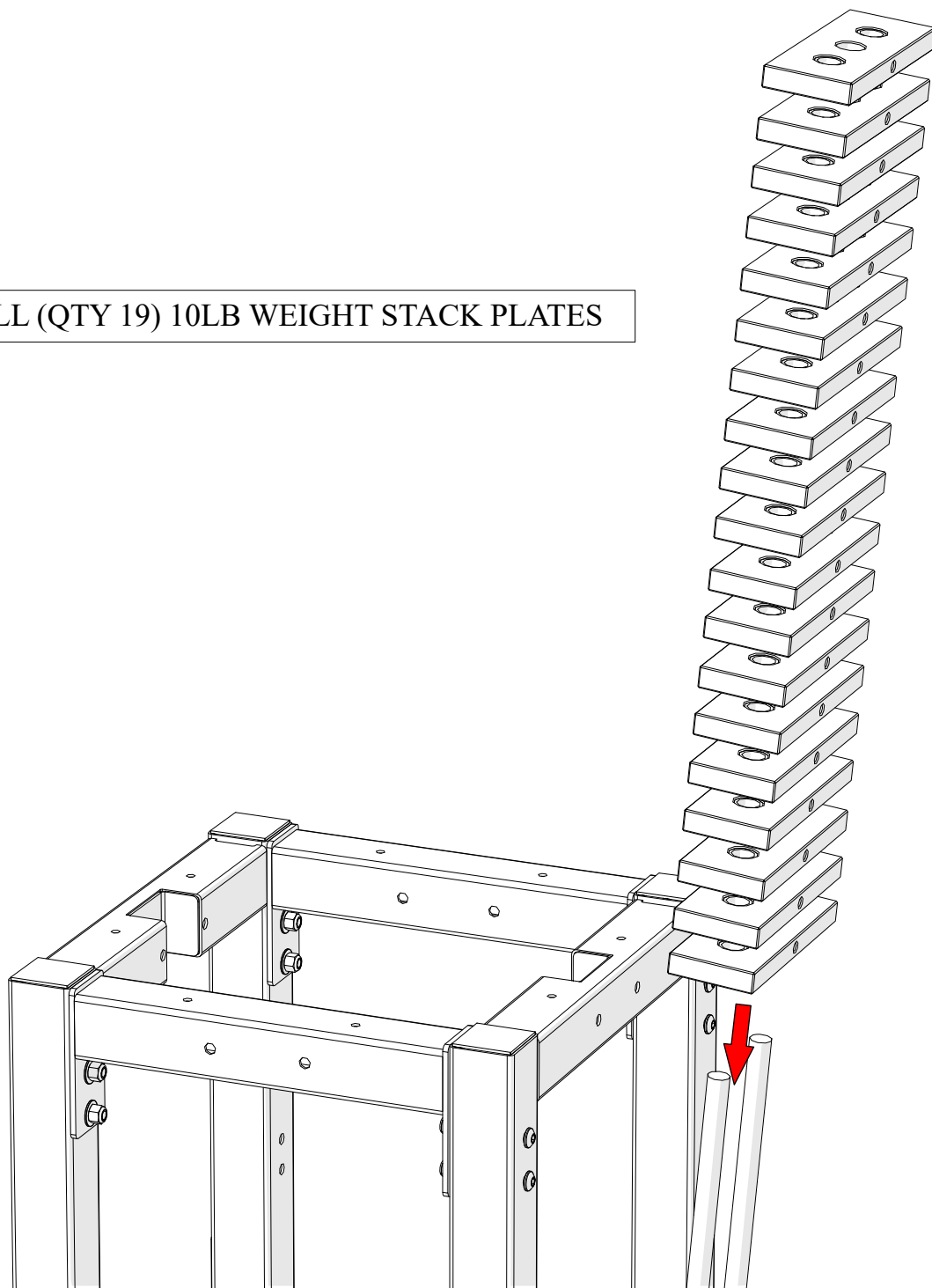
POSITION GUIDE RODS INSIDE
FRAME HOLES



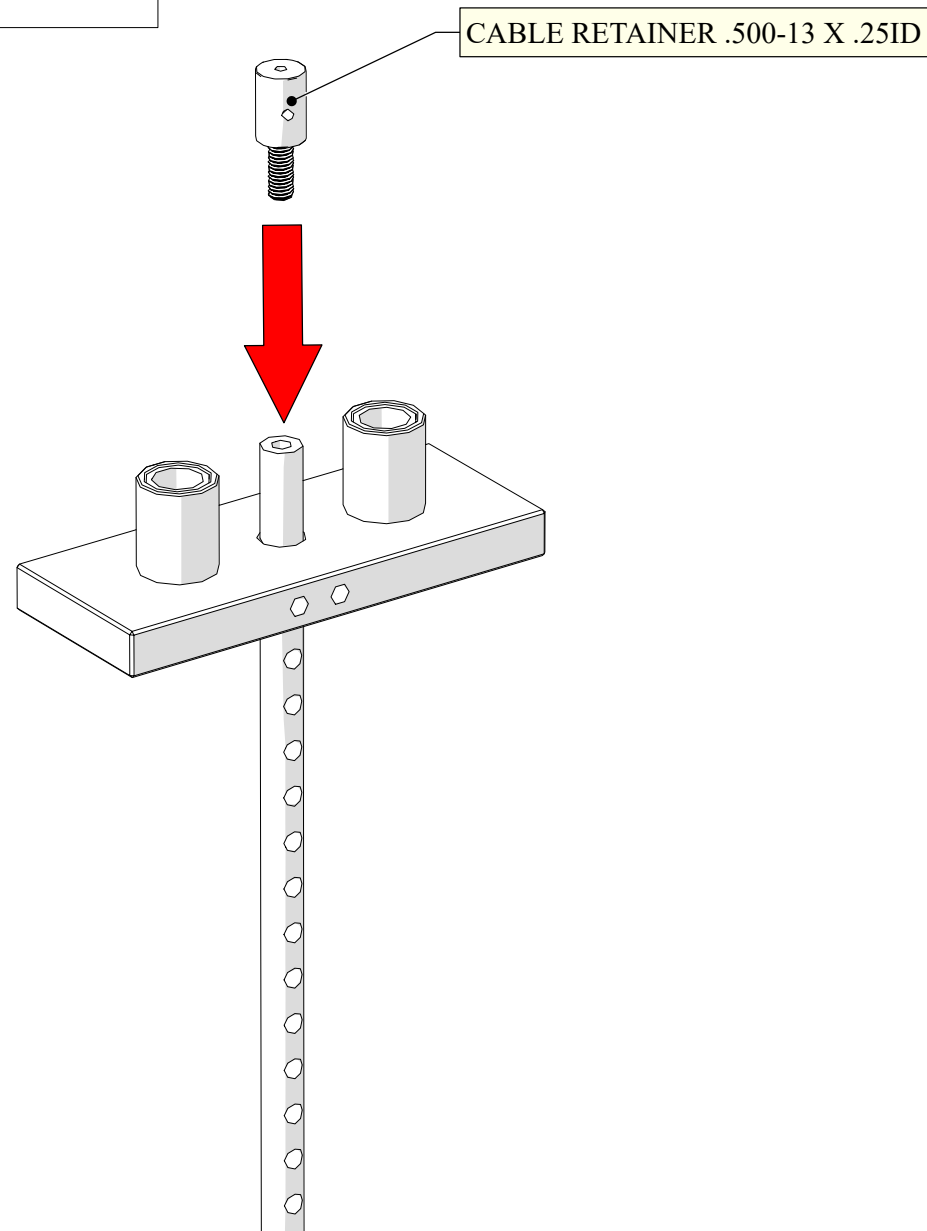
INSTALL (QTY 5) 20LB WEIGHT STACK PLATES



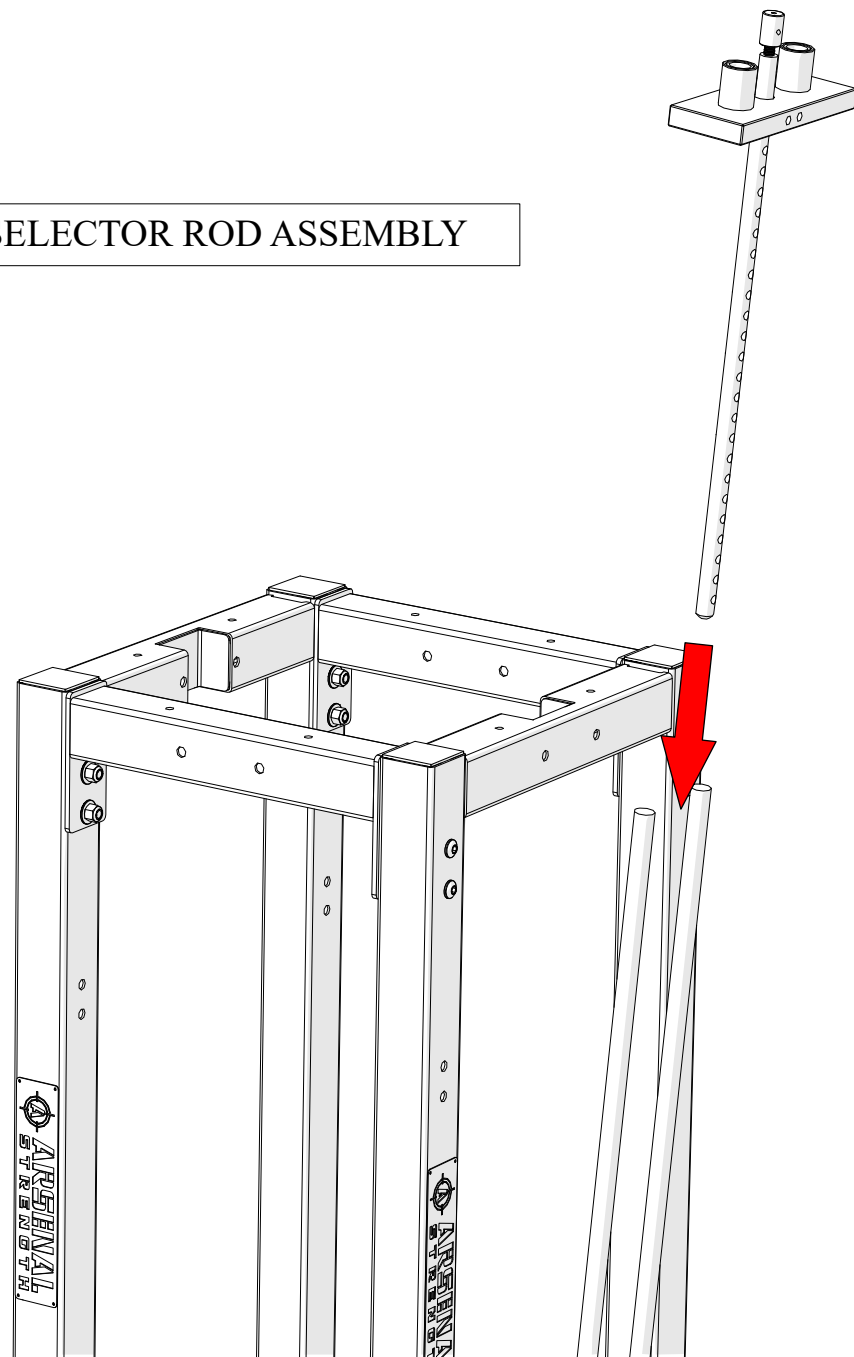
INSTALL (QTY 19) 10LB WEIGHT STACK PLATES



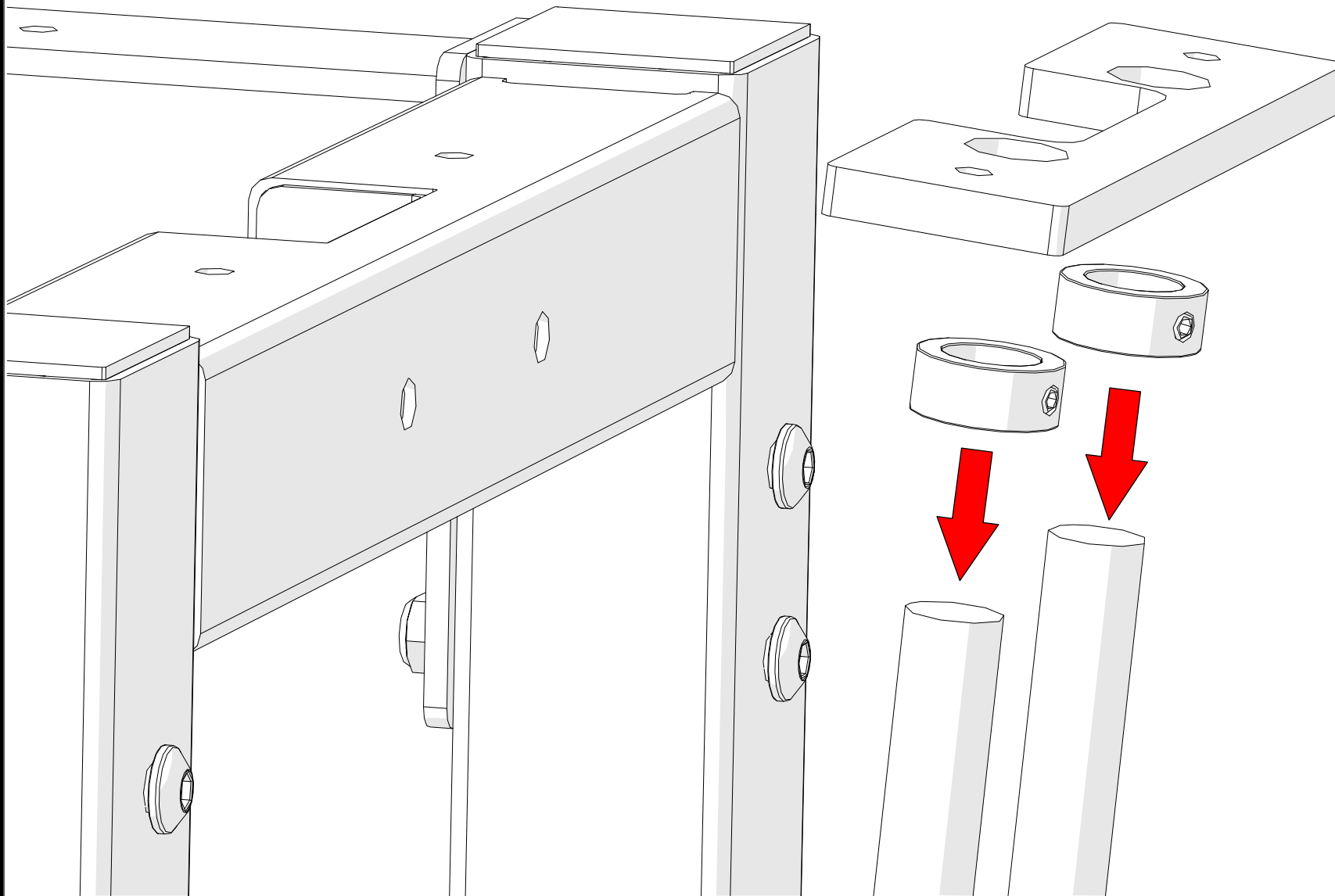
INSTALL CABLE RETAINER ONTO SELECTOR ROD /
TOP WEIGHT PLATE ASSEMBLY. IT IS NOT
NECESSARY TO TIGHTEN COMPLETELY



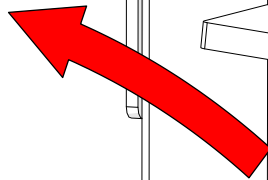
INSTALL TOP PLATE / SELECTOR ROD ASSEMBLY



INSTALL RETENTION COLLARS AND
UPPER GUIDE ROD MOUNT PLATE



ROTATE WEIGHT STACK ASSEMBLY INTO PLACE

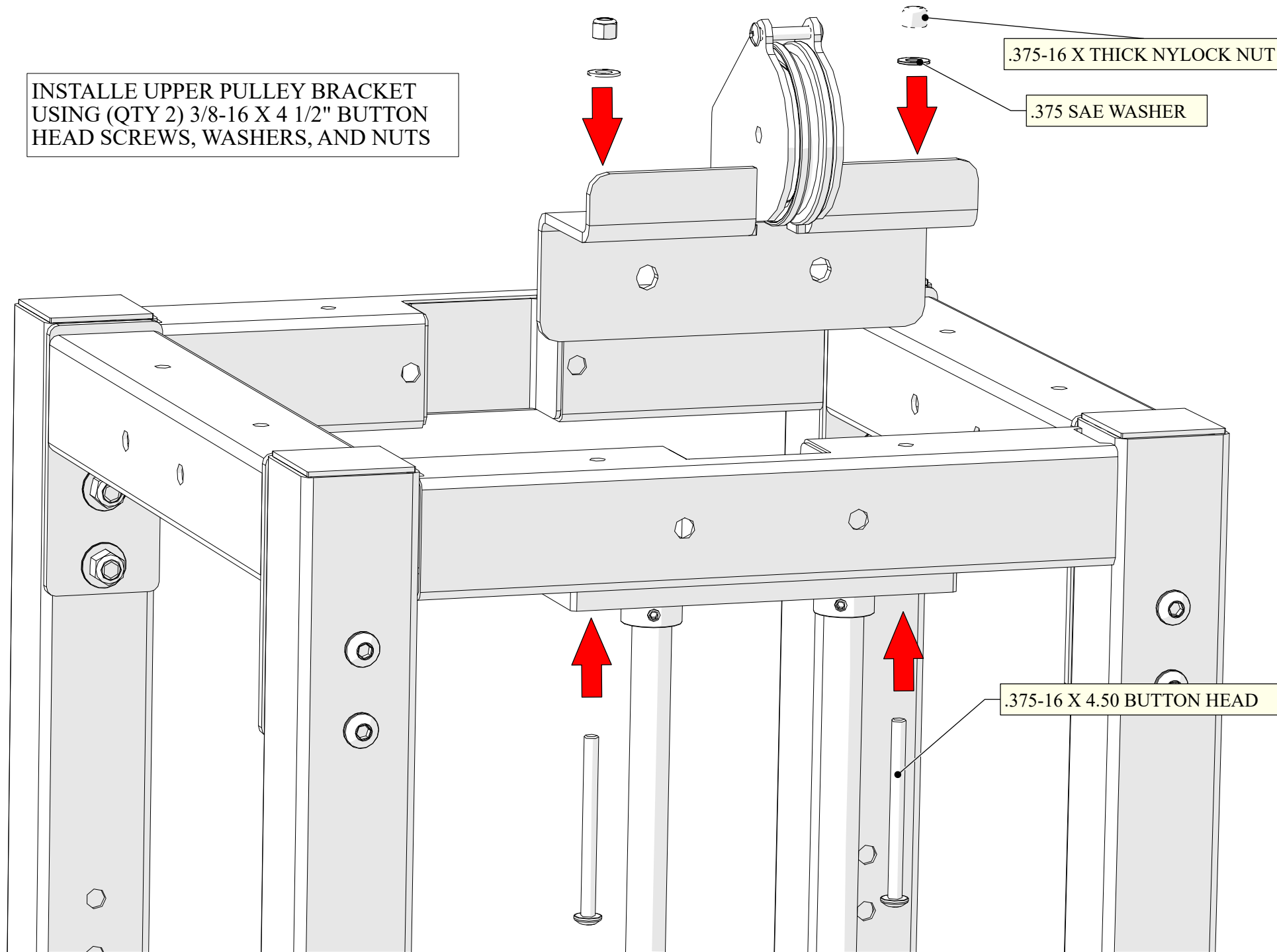


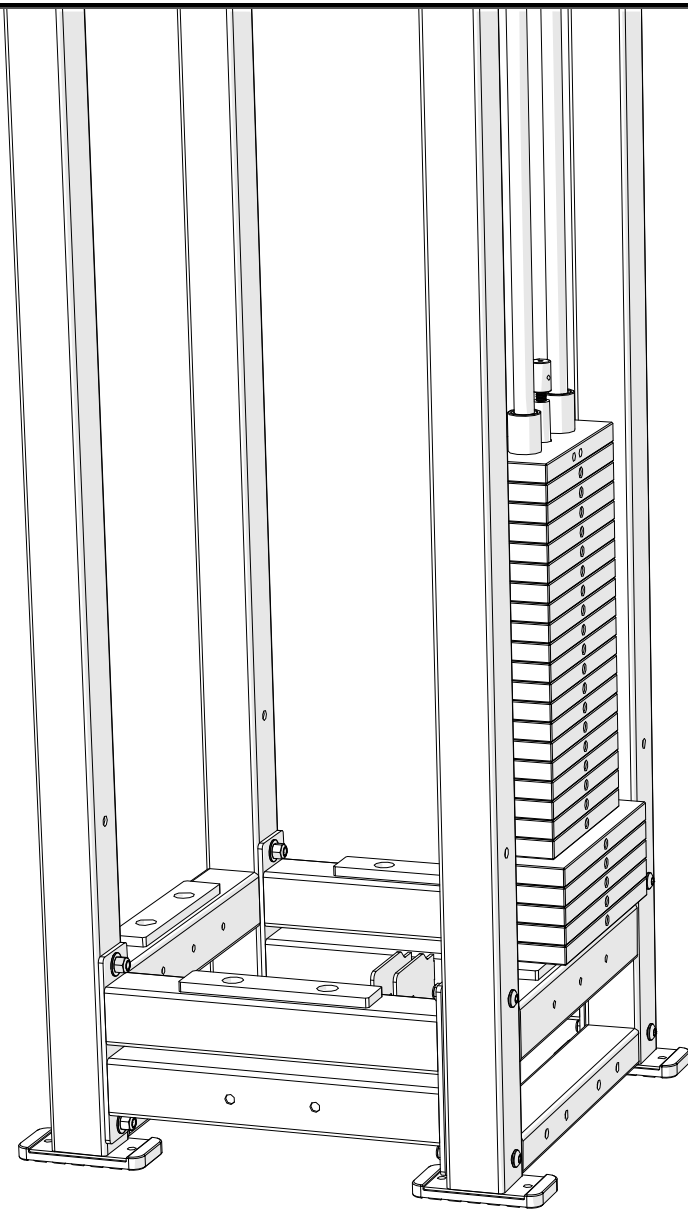
INSTALL UPPER PULLEY BRACKET
USING (QTY 2) 3/8-16 X 4 1/2" BUTTON
HEAD SCREWS, WASHERS, AND NUTS

.375-16 X THICK NYLOCK NUT

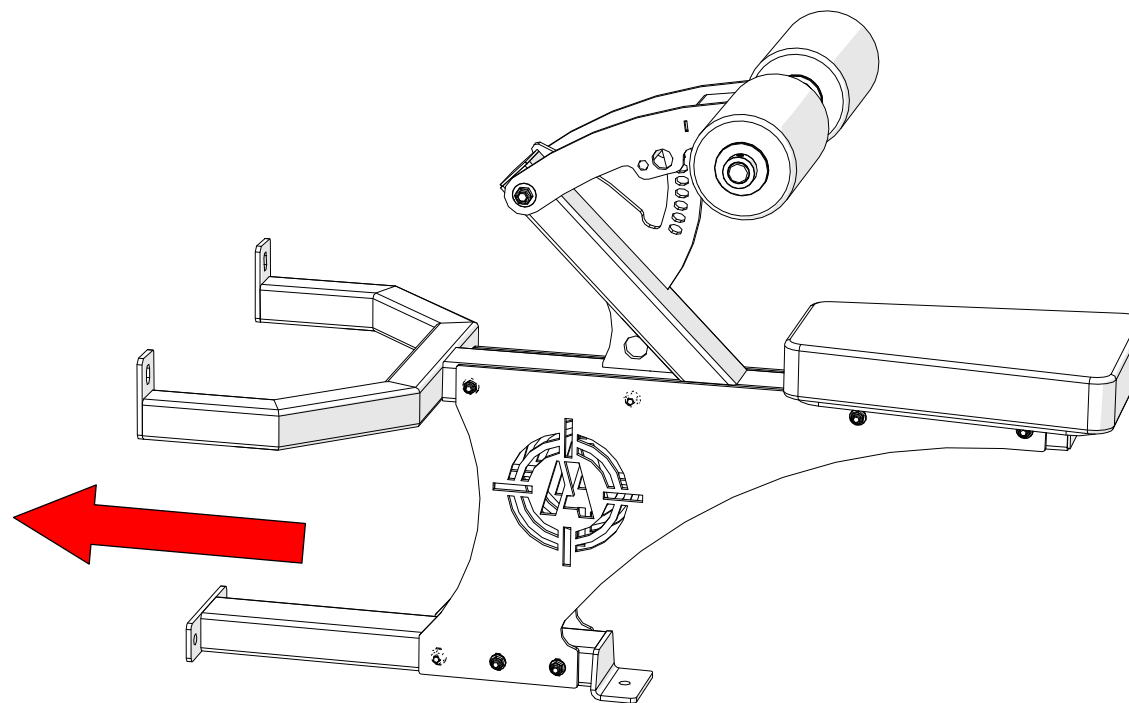
.375 SAE WASHER

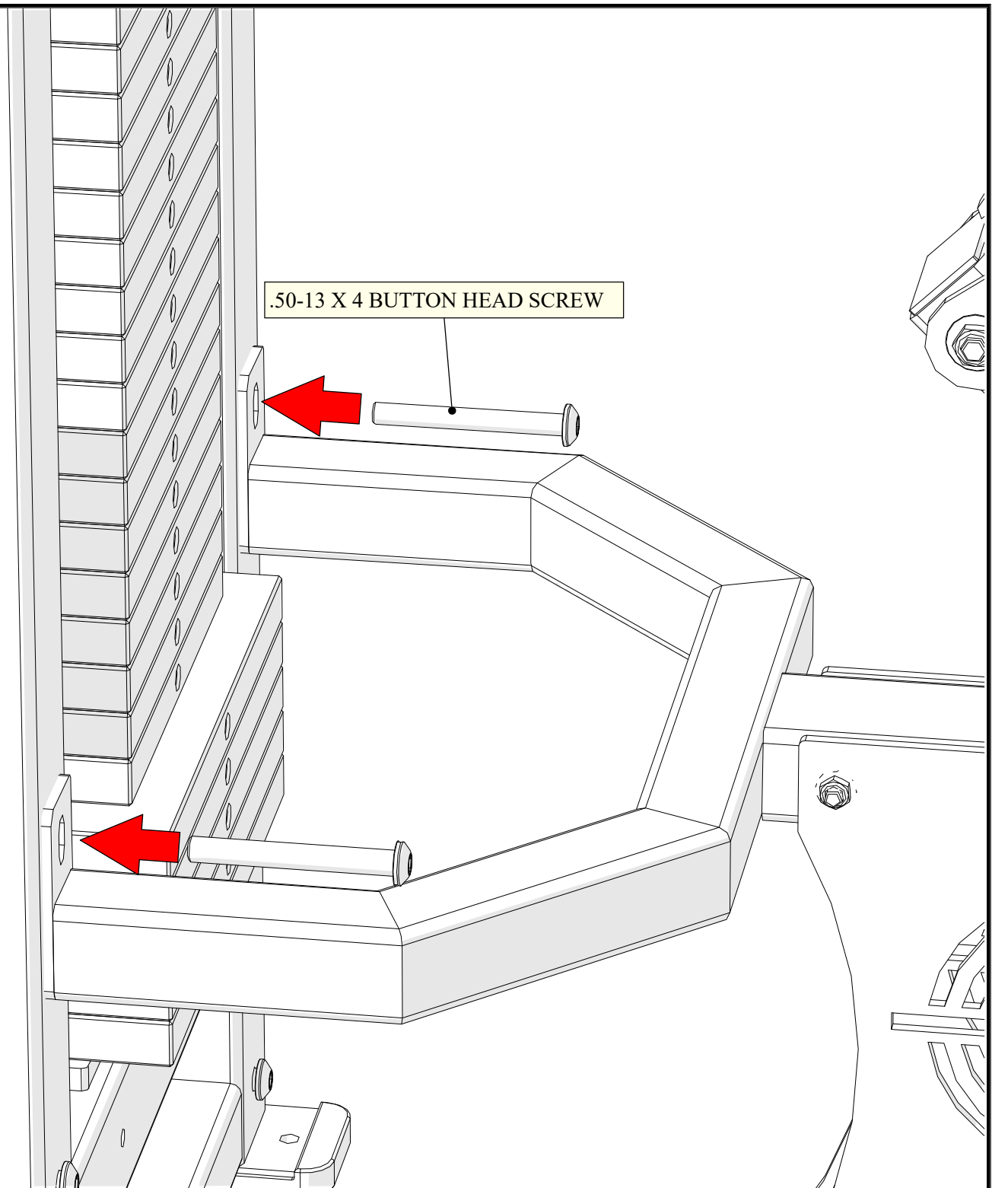
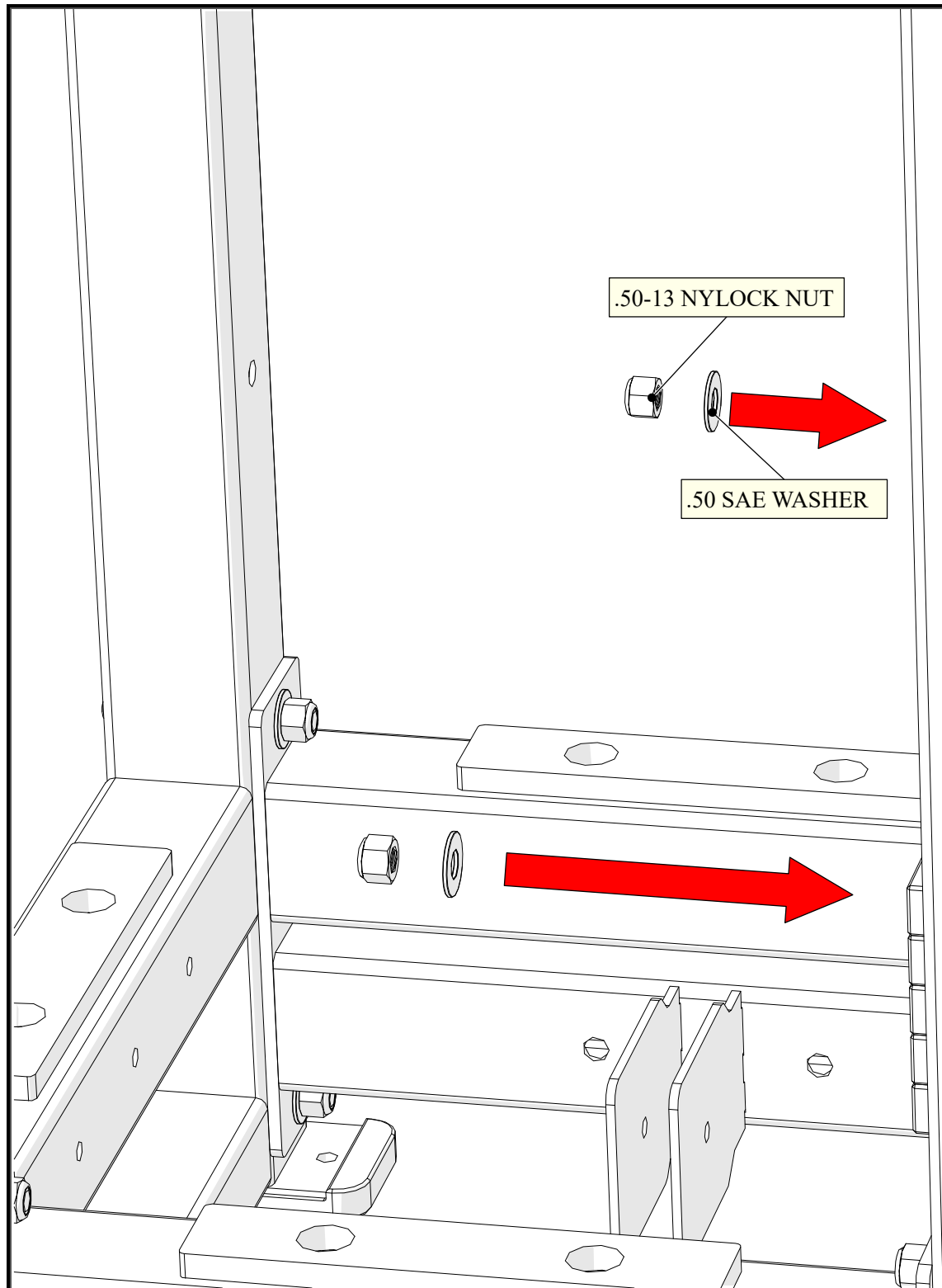
.375-16 X 4.50 BUTTON HEAD





POSITION LOWER PULLDOWN ASSEMBLY AS SHOWN



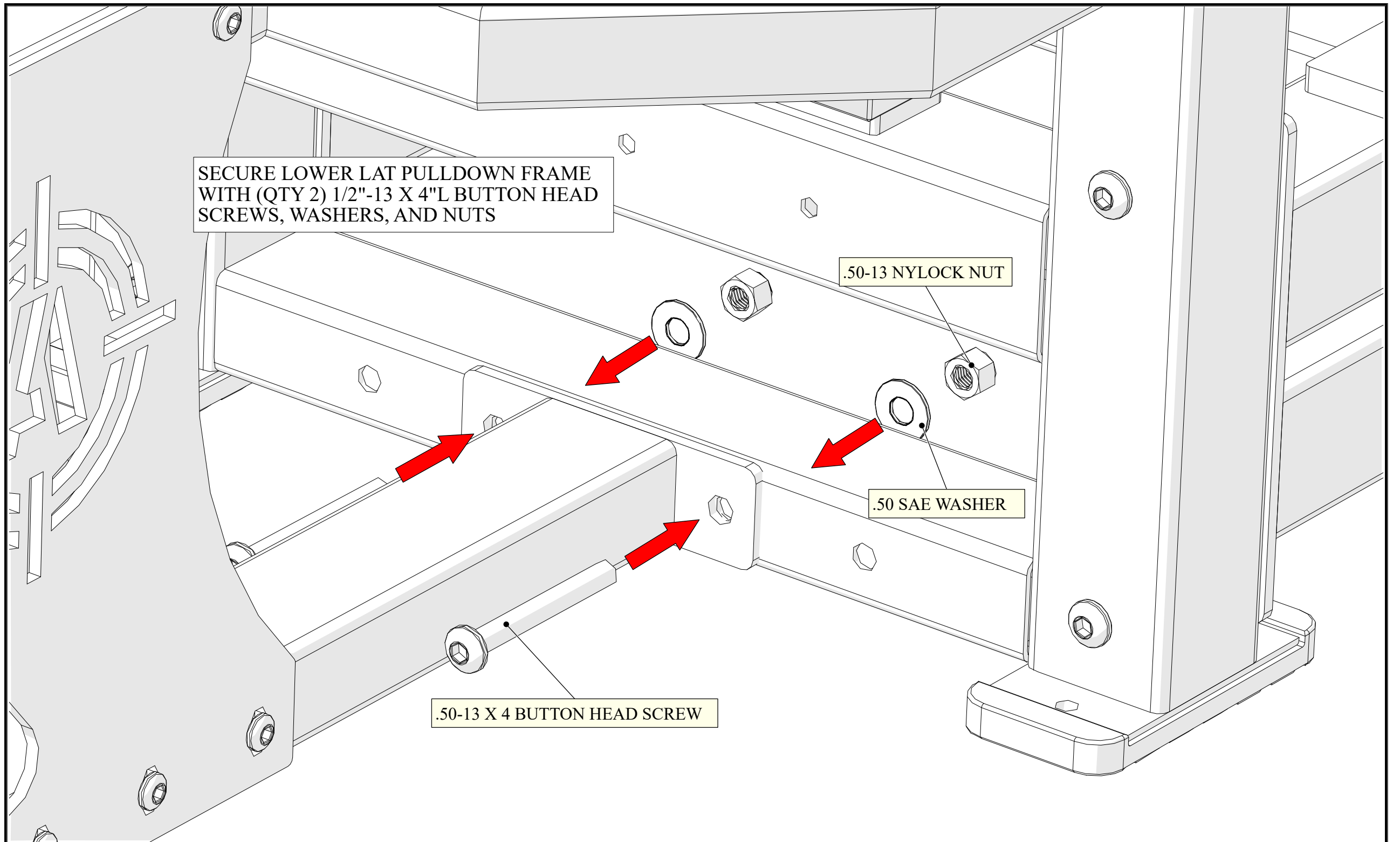


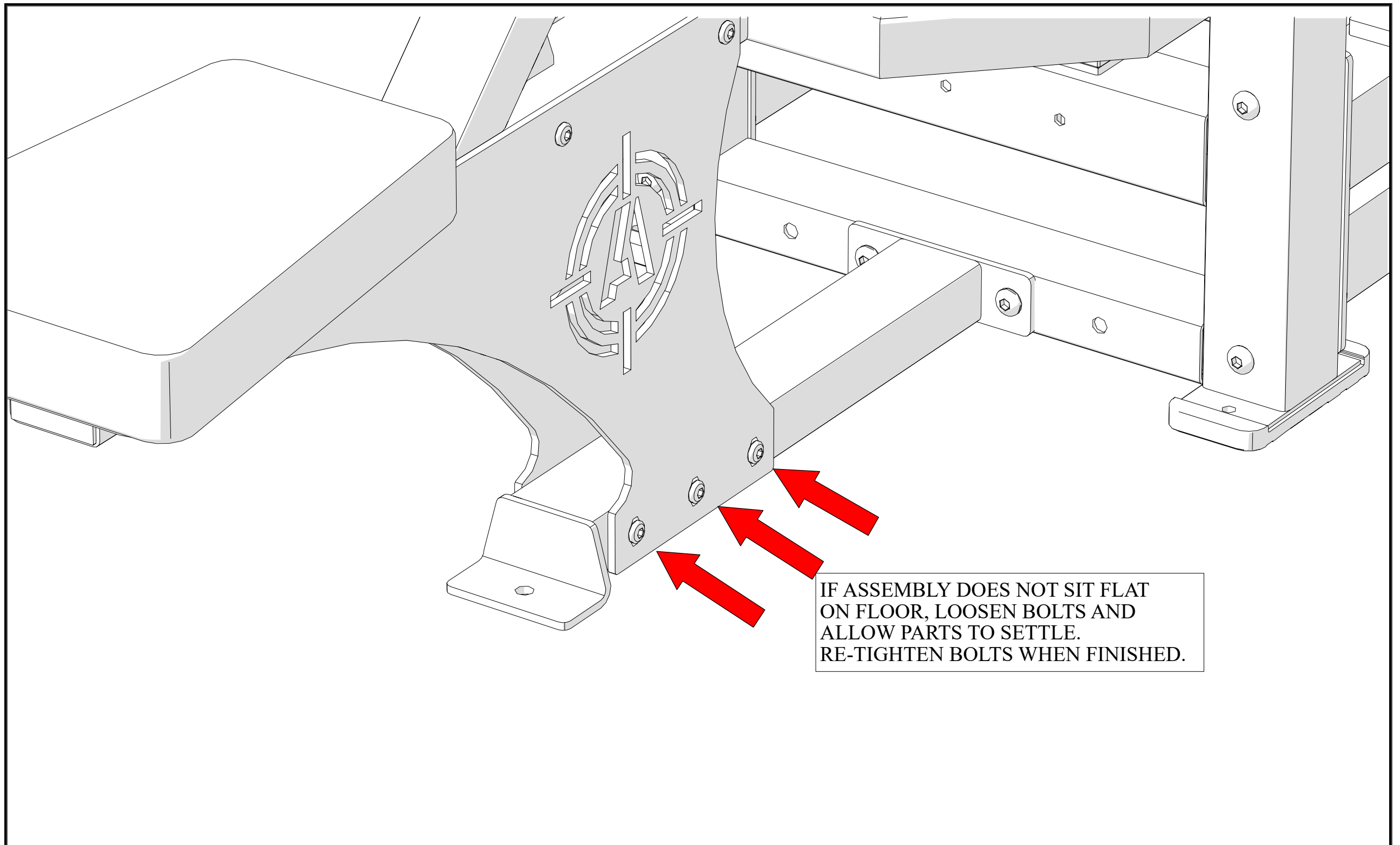
SECURE LOWER LAT PULLDOWN FRAME
WITH (QTY 2) 1/2"-13 X 4"L BUTTON HEAD
SCREWS, WASHERS, AND NUTS

.50-13 NYLOCK NUT

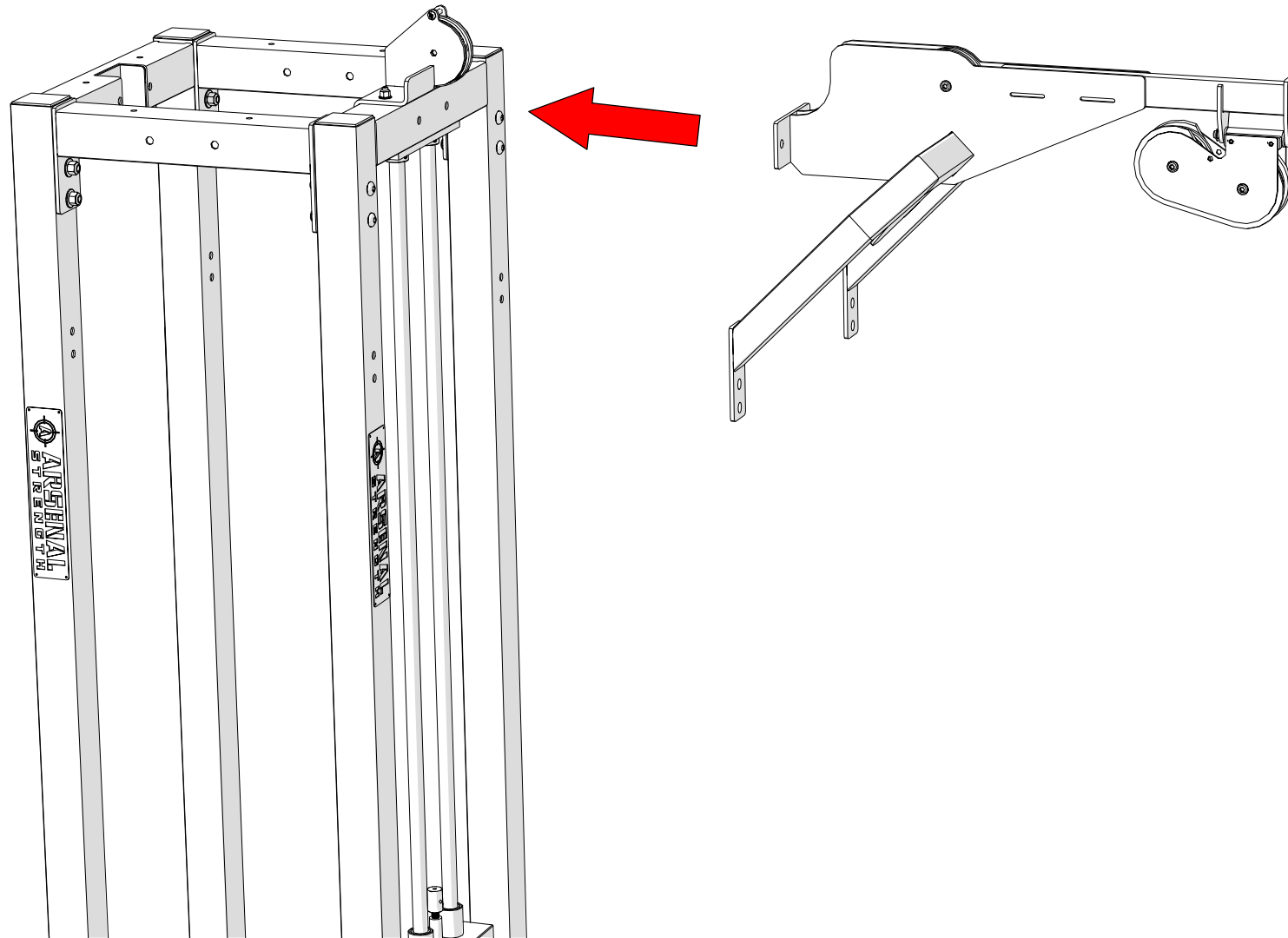
.50 SAE WASHER

.50-13 X 4 BUTTON HEAD SCREW





POSITION UPPER LAT PULLDOWN ASSEMBLY AS SHOWN.

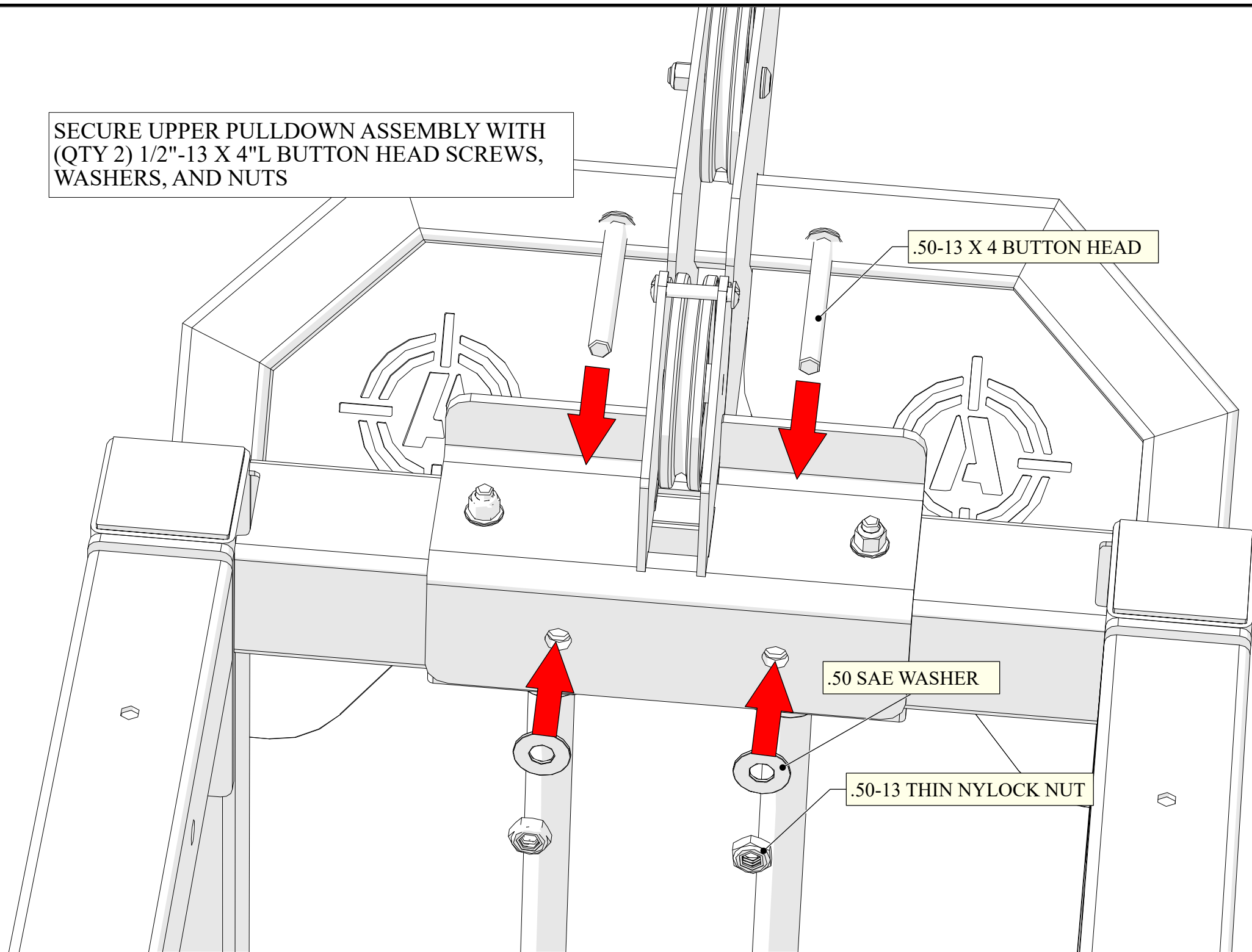


SECURE UPPER PULLDOWN ASSEMBLY WITH
(QTY 2) 1/2"-13 X 4"L BUTTON HEAD SCREWS,
WASHERS, AND NUTS

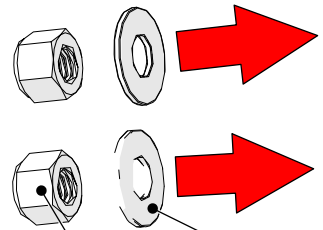
.50-13 X 4 BUTTON HEAD

.50 SAE WASHER

.50-13 THIN NYLOCK NUT

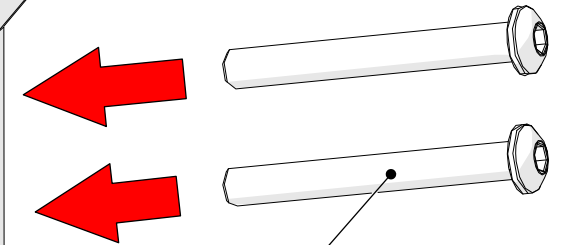
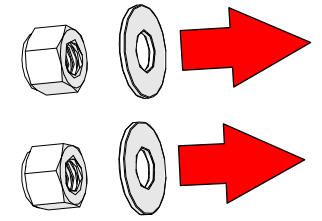
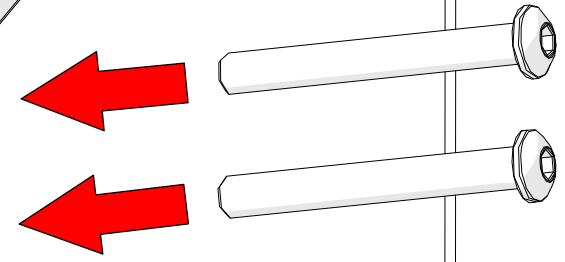


SECURE LOWER FRAME LEGS WITH
(QTY 4) 1/2"-13 X 4"L BUTTON HEAD
SCREWS, WASHERS, AND NUTS

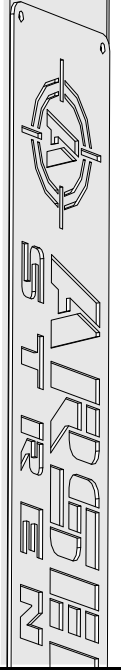


.50 SAE WASHER

.50-13 NYLOCK NUT

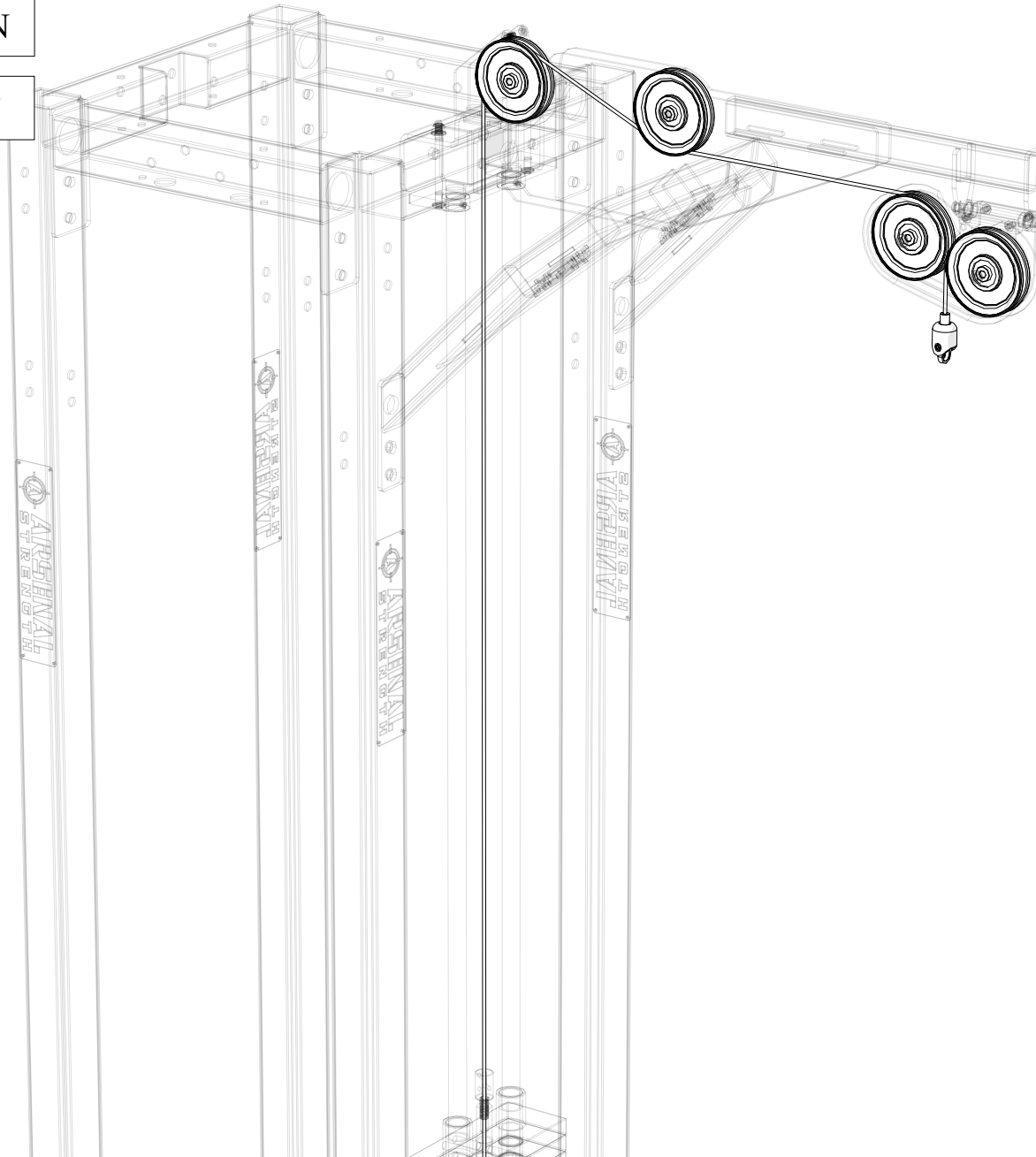


.50-13 X 4 BUTTON HEAD SCREW



ROUTE CABLE AS SHOWN

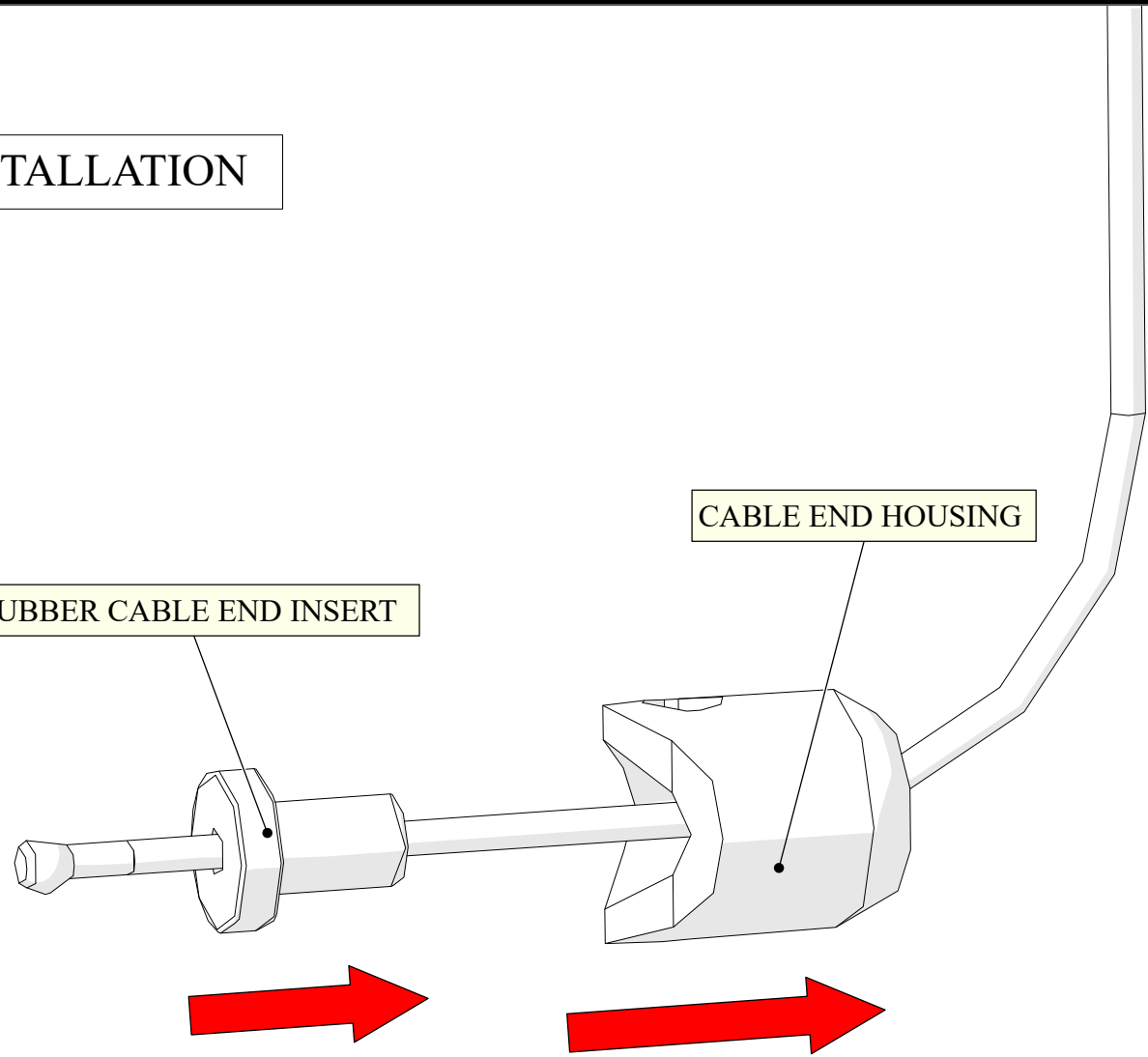
CABLE END STOPPER INSTRUCTIONS
ON FOLLOWING PAGES



CABLE STOPPER INSTALLATION

RUBBER CABLE END INSERT

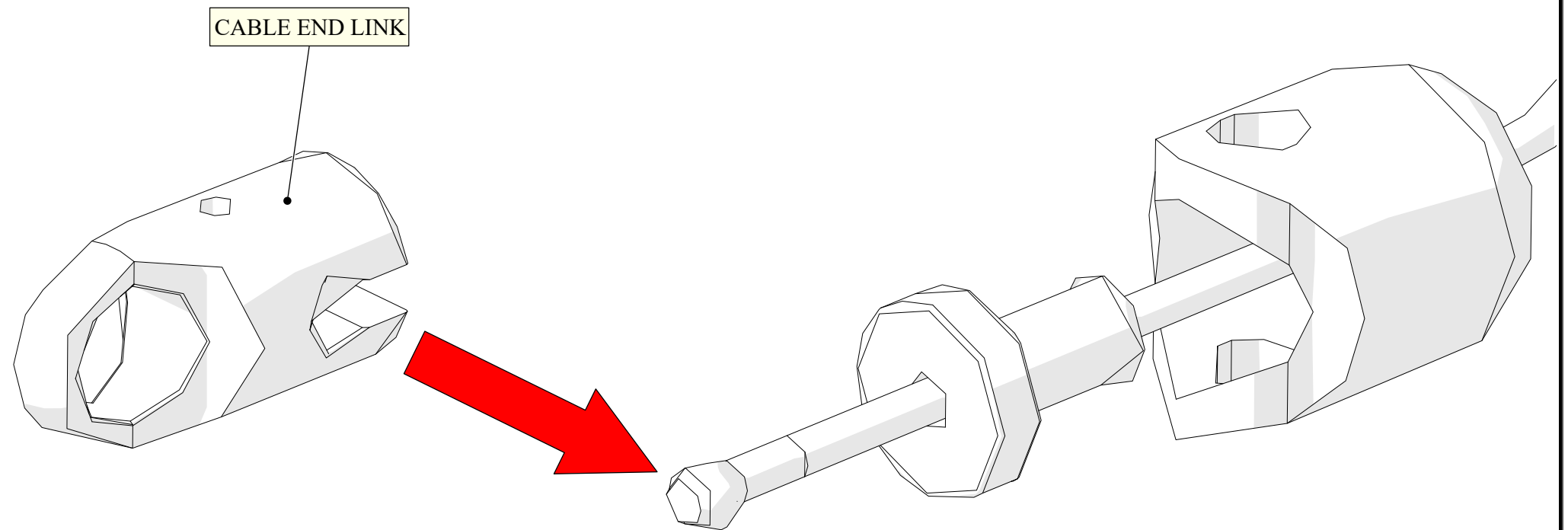
CABLE END HOUSING



SLIDE CABLE END HOUSING AND
RUBBER CABLE INSTERT ONTO CABLE
(BALL END)

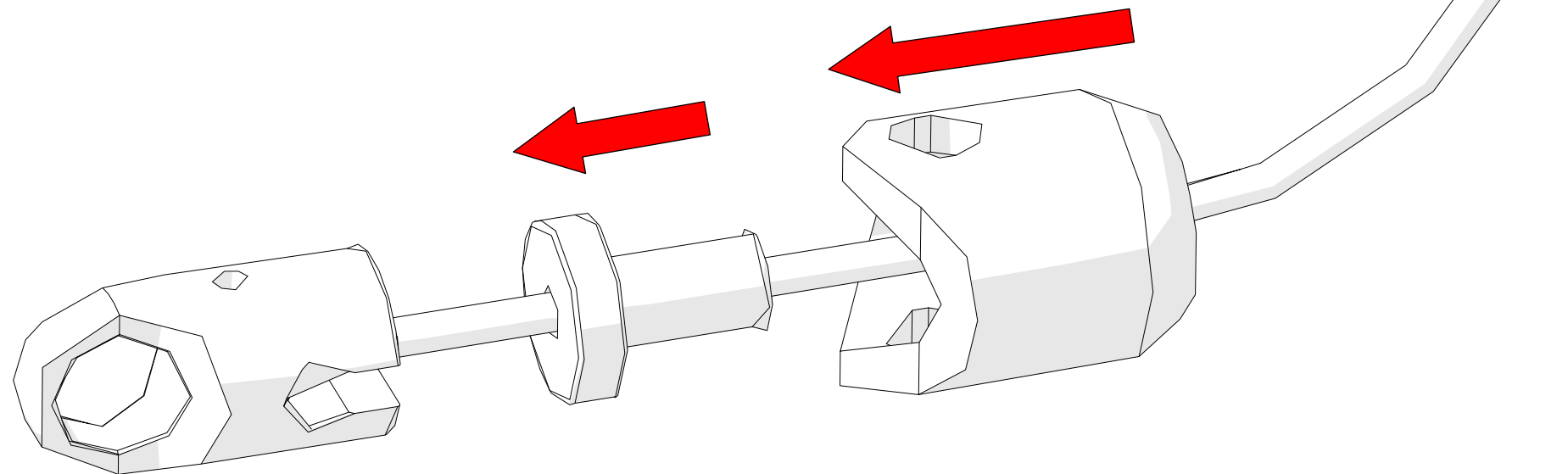
CABLE STOPPER INSTALLATION

PUSH CABLE END LINK ONTO CABLE BALL END



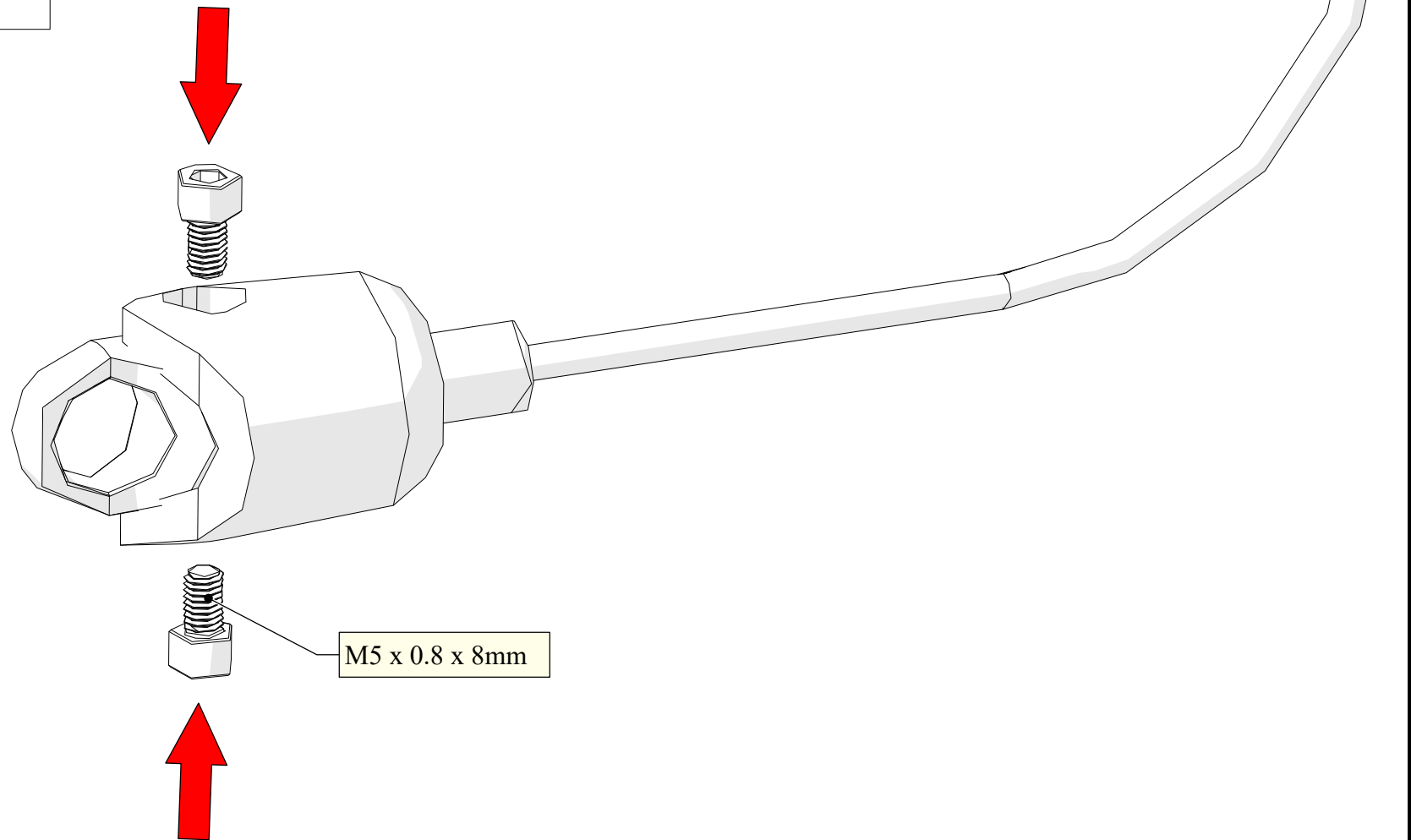
CABLE STOPPER INSTALLATION

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

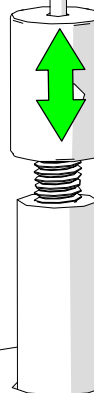


CABLE STOPPER INSTALLATION

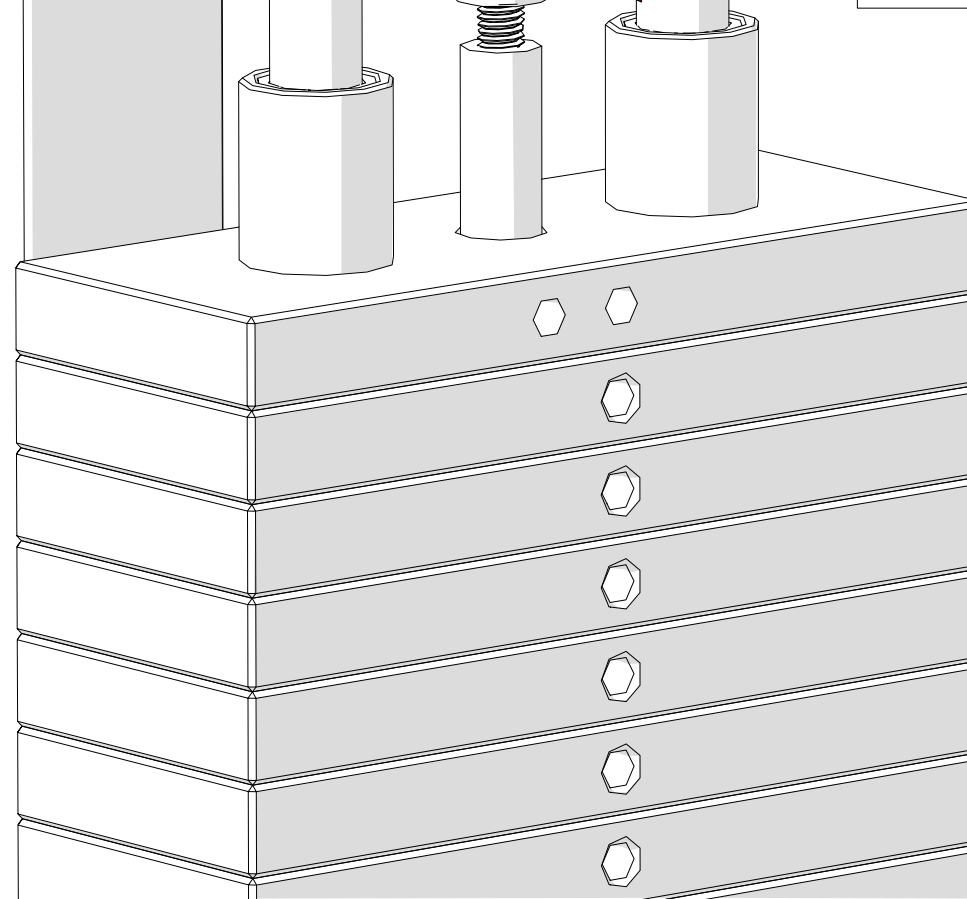
SECURE CABLE END LINK AND HOUSING WITH
(QTY 2) 5MM X 8MM L SOCKET HEAD
CAP SCREWS

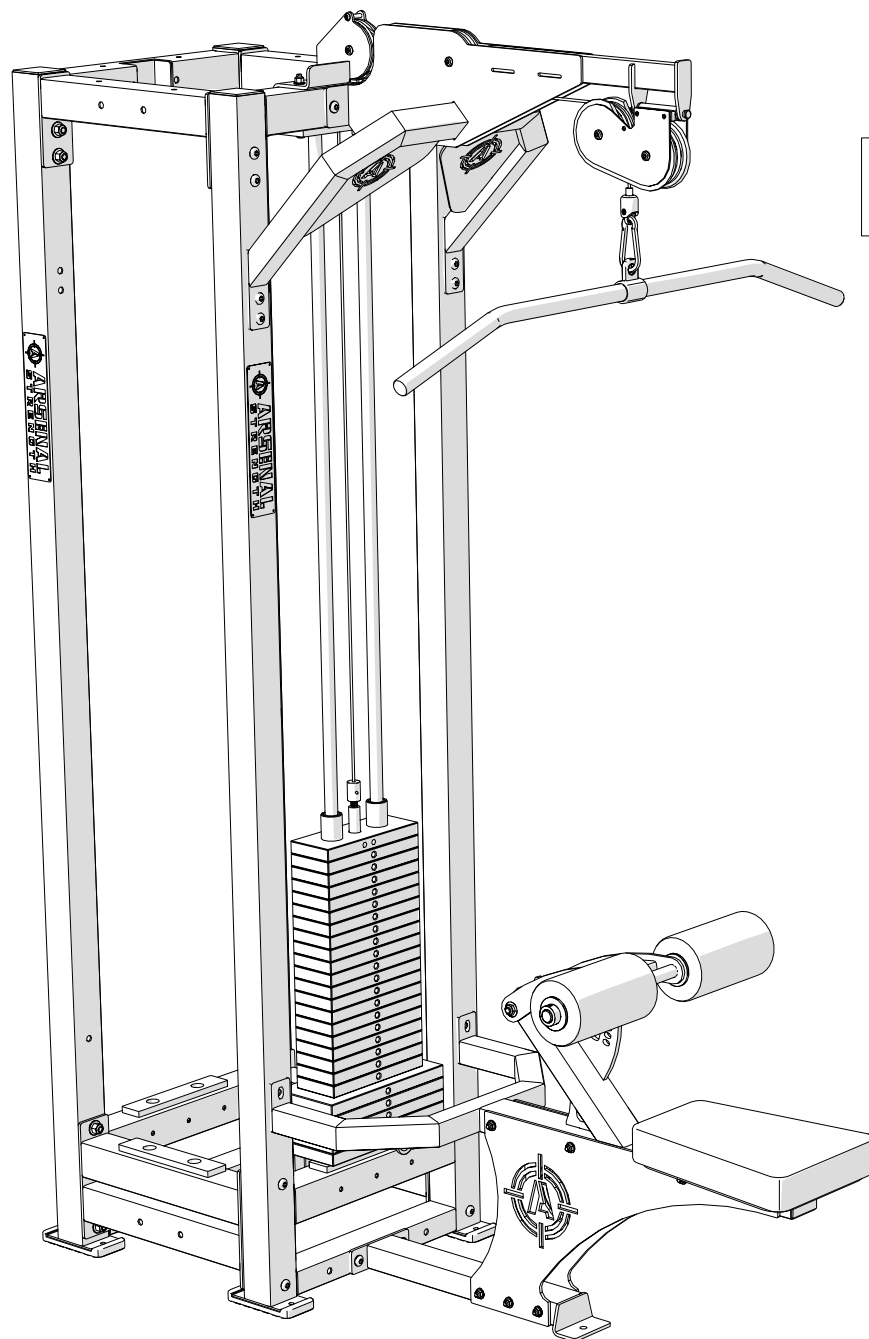


CABLE TENSION CAN BE ADJUSTED BY MOVING
CABLE RETAINER UP/DOWN



ADJUST CABLE TENSION HERE





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