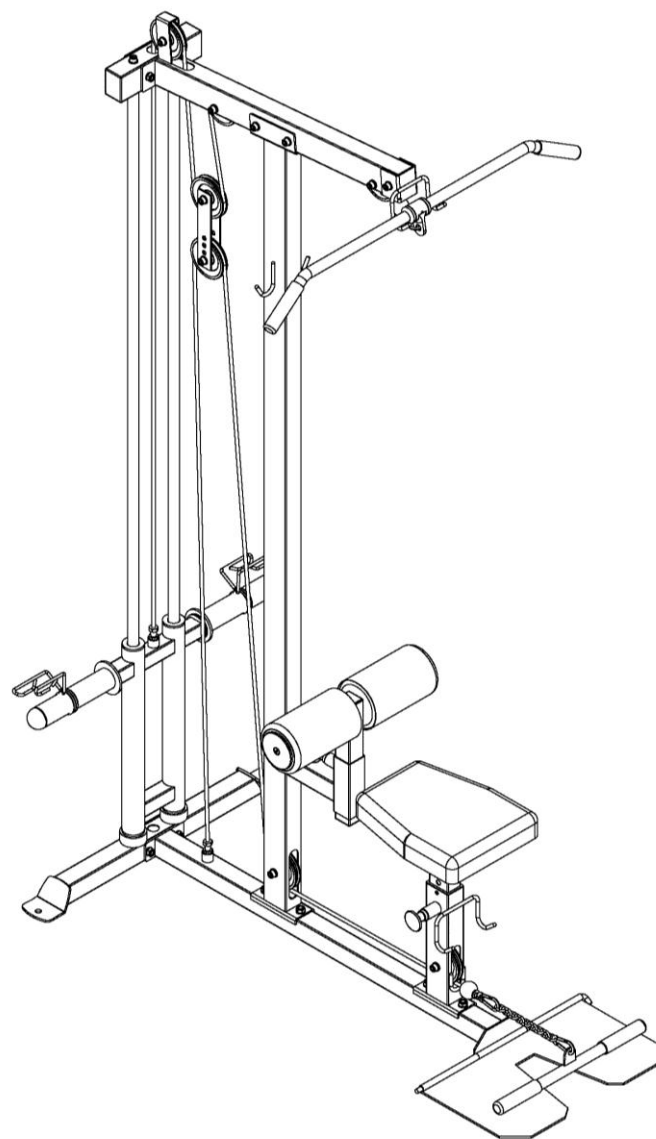


FORCE USA

OWNER'S MANUAL F-LATM-B

Lat Pulldown Machine



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

ASSEMBLY MANUAL

FORCE USA LAT PULLDOWN MACHINE

BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

Certain parts may arrive pre-assembled from the factory.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Ensure you correctly orientate each piece before attaching
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

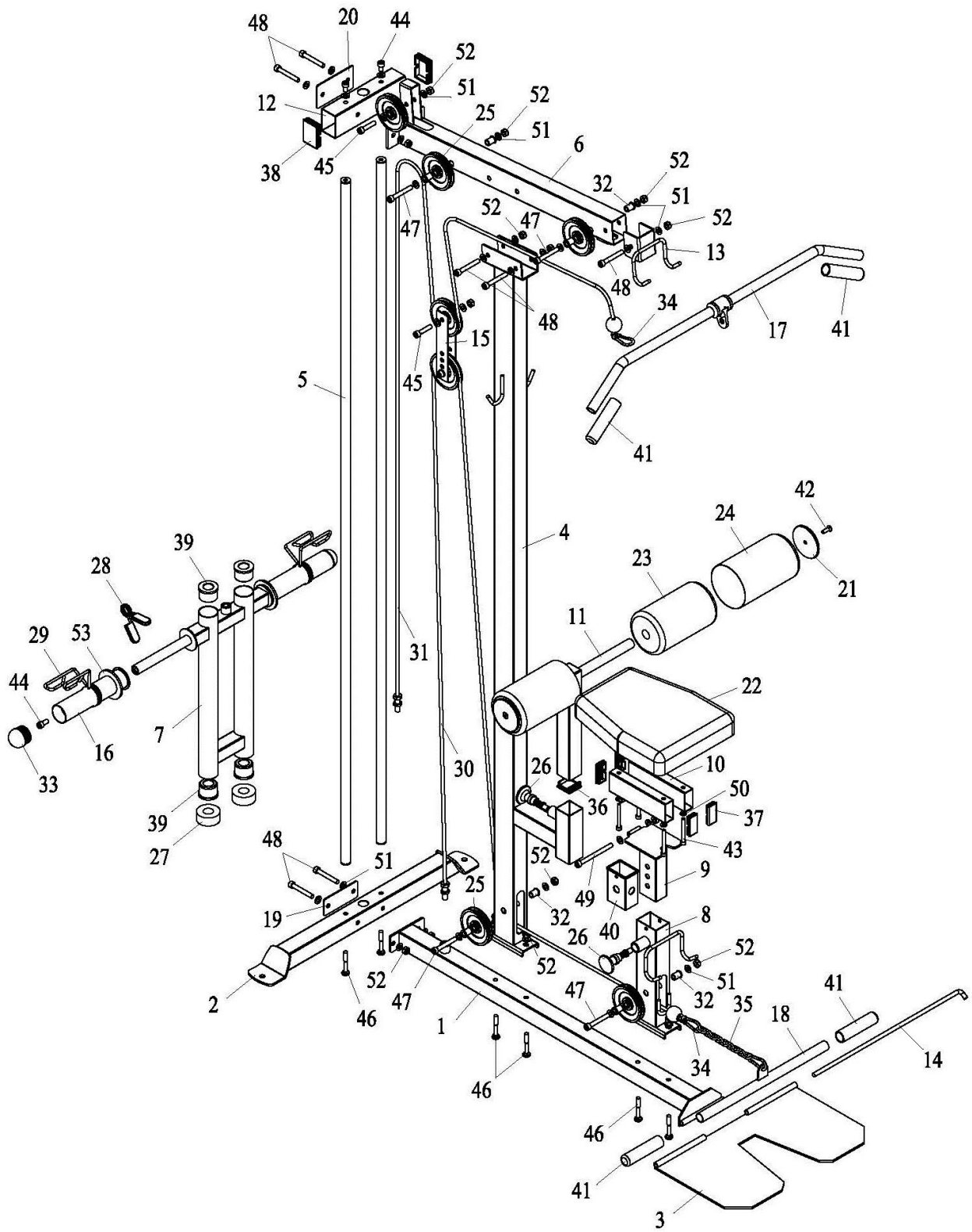
BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

FORCE USA FITNESS EQUIPMENT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

EXPLODED DIAGRAM

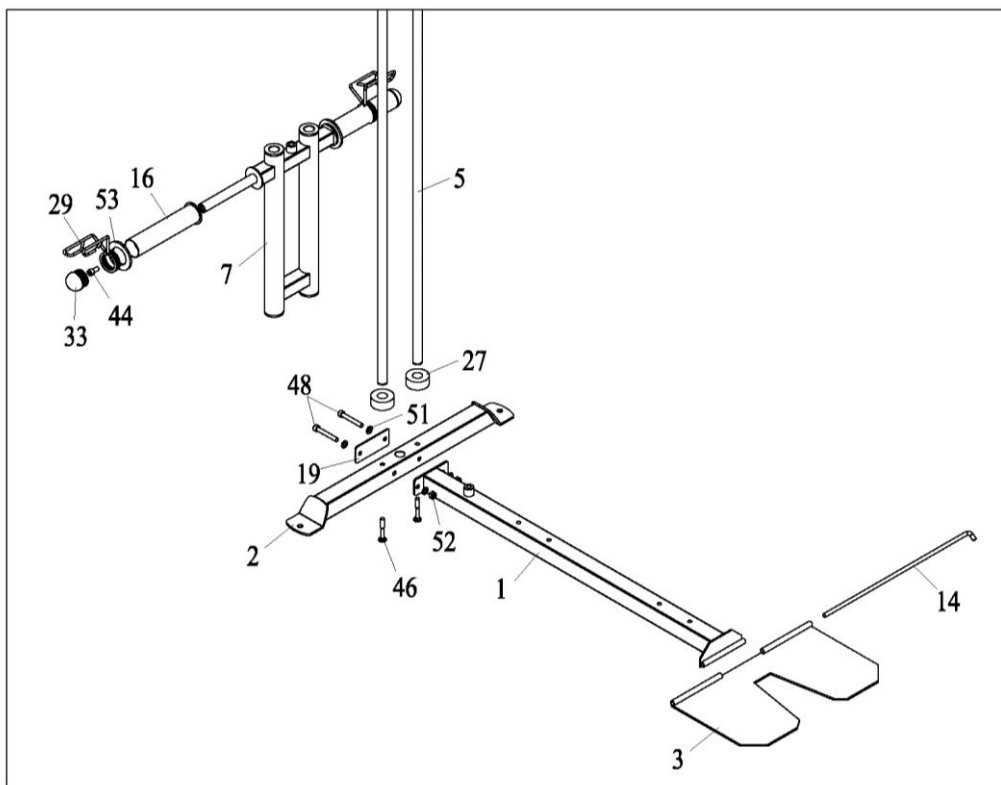


PART LIST

NUMBER	DESCRIPTION	Q'TY
1	LOWER BOOM-UNIT	1
2	LOWER CROSS-FRAME	1
3	METAL PLATE	1
4	UPRIGHT-UNIT	1
5	HARD CHROMIUM SHAFT	2
6	TOP BEAM	1
7	WEIGHT-SLED	1
8	FRONT SUPPORT	1
9	ADJUSTABLE SUPPORT	1
10	CUSHION SUPPORT	2
11	FOOTREST-UNIT	1
12	TOP CROSS BEAM	1
13	HOOK	1
14	CONNECTING SHAFT	1
15	ADJUSTABLE-DEFLECTION-UNIT	2
16	PLATE ADAPTER	2
17	LAT BAR	1
18	PULL BAR	1
19	REINFORCEMENT PLATE	1
20	WIDE REINFORCEMENT PLATE	1
21	SHEATHING	2
22	CUSHION	1
23	FOAM ROLLER	2
24	FOAM COVER	2
25	PULLEY	7
26	FAST PIN	2
27	RUBBER DONUT	2

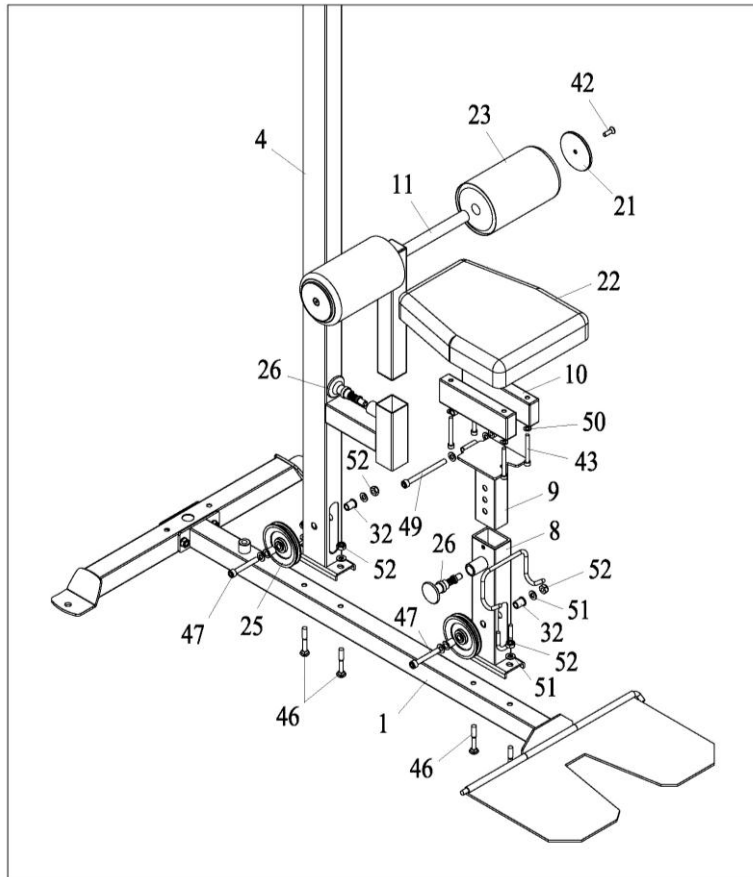
NUMBER	DESCRIPTION	Q'TY
28	SPRING CLIP	2
29	LARGE SPRING CLIP	2
30	SHORT CABLE	1
31	LONG CABLE	1
32	BUSHING	8
33	ROUND PLUG	2
34	CARABINER	3
35	CHAIN	1
36	SQUARE PLUG	2
37	RECTANGULAR PLUG	4
38	LARGE RECTANGULAR	2
39	LARGE BUSHING	4
40	RECTANGULAR BUSHING	1
41	HANDLE BAR	4
42	M8*25 SOCKET SCREW	2
43	M8*80 SOCKET CAP SCREW	4
44	M10*25 SOCKET CAP SCREW	4
45	M10*50 SOCKET CAP SCREW	3
46	M10*60 SQUARE NECK	6
47	M10*70 SOCKET CAP SCREW	4
48	M10*75 SOCKET CAP SCREW	7
49	M10*115 SOCKET CAP	1
50	8MM WASHER	4
51	10MM WASHER	36
52	LOCK NUT M10	19
53	RUBBER RING	2

STEP 01



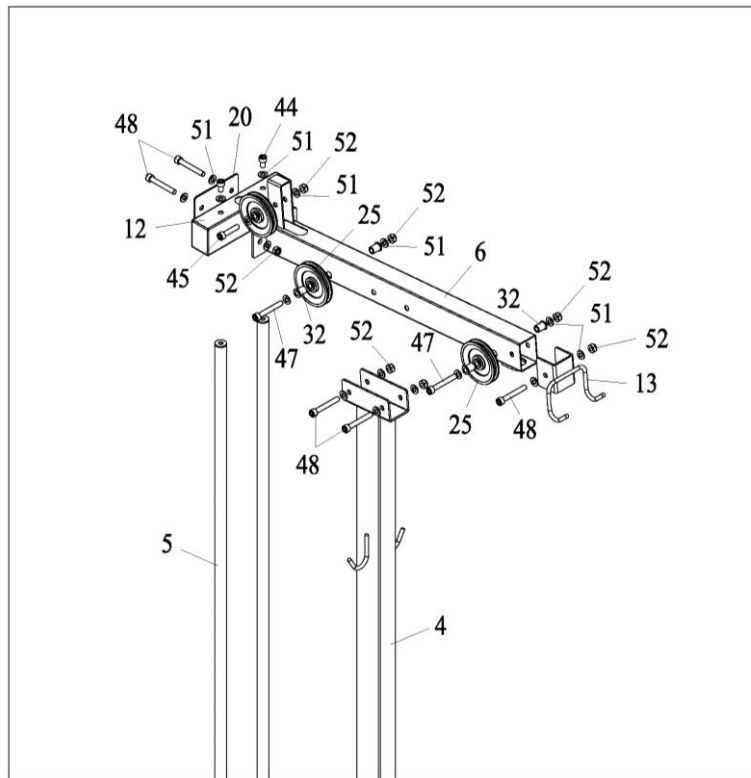
- 1.Insert hard chromium shaft (5) into hole on lower cross-frame (2), secure with square neck screws M10*60 (46).
- 2.Attach lower boom-unit (1) and reinforcement plate (19) to lower cross-frame (2) with screws M10*75 (48), washers 10 (51) and lock nuts M10 (52).
- 3.Attach metal plate (3) to lower boom-unit (1) with connecting shaft (14).
- 4.Slide rubber donuts (27) and weight-sled (7) onto hard chromium shaft (5).
- 5.Slide plate adapter (16) onto bar on weight-sled (7), secure with screws M10*25 (44).
- 6.Slide rubber ring (53) and large spring clip (29) onto plate adapter (16). Insert round plug (33) into port of plate adapter (16).

STEP 02

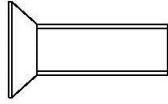


1. Attach upright-unit (4) and front support (8) to lower boom-unit (1) with square neck screws M10*60 (46), washers 10 (51) and lock nuts M10 (52).
2. Attach a pulley (25) and two bushings (32) to upright-unit (4) with screw M10*70 (47), washers 10 (51) and lock nut M10 (52). The front support (8) is the same step.
3. Insert adjustable support (9) and footrest-unit (11) into port of upright-unit (4) and front support (8), secure with fast pin (26).
4. Attach cushion support (10) to adjustable support (9) with screw M10*115 (49), washers 10 (51) and lock nut M10 (52).
5. Attach cushion (22) to cushion support (10) with screws M8*80 (43) and washers 8 (50).
6. Push foam roller (23) onto each side of footrest-unit (11).
7. Attach sheathing (21) to footrest-unit (11) with screws M8*25 (42).

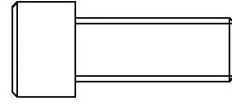
STEP 03



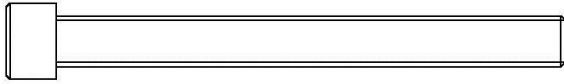
1. Attach three pulleys (25) and four bushings (32) to top beam (6) with screws M10*70 (47), screw M10*50 (45), washers 10 (51) and lock nuts M10 (52).
2. Attach hook (13) to top beam (6) with screw M10*75 (48), washers 10 (51) and lock nut M10 (52).
3. Attach top cross beam (12) and wide reinforcement plate (20) to top beam (6) with screws M10*75 (48), washers 10 (51) and lock nuts M10 (52).
4. Attach top beam (6) to upright-unit (4) with screws M10*75 (48), washers 10 (51) and lock nuts M10 (52).
5. Attach top cross beam (12) to hard chromium shaft (5) with screws M10*25 (44) and washers 10 (51).



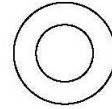
#42 M8 × 25 Socket Screw (Qty 2)



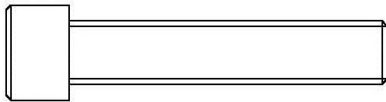
#44 M10 × 25 Socket Cap Screw (Qty 4)



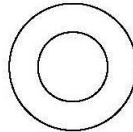
#43 M8 × 80 Socket Cap Screw (Qty 4)



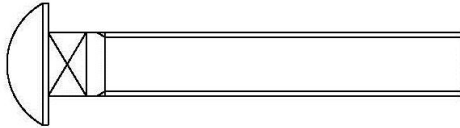
#50 Washer 8 (Qty 4)



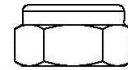
#45 M10 × 50 Socket Cap Screw (Qty 3)



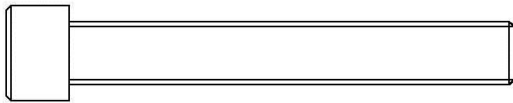
#51 Washer 10 (Qty 36)



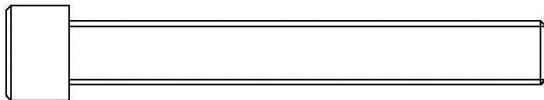
#46 M10 × 60 Square Neck Screw (Qty 6)



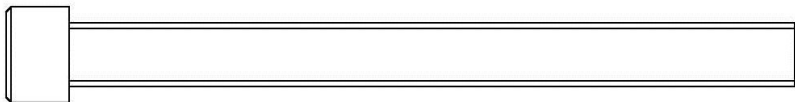
#52 M10 Lock Nut (Qty 19)



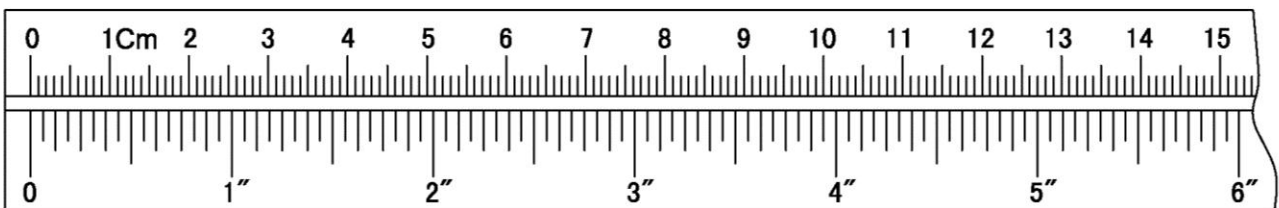
#47 M10 × 70 Socket Cap Screw (Qty 4)



#48 M10 × 75 Socket Cap Screw (Qty 7)



#49 M10 × 115 Socket Cap Screw (Qty 1)



WARRANTY



LIFETIME WARRANTY ON FRAME

2 YEAR WARRANTY ON MOVING PARTS (Such as cables and pulleys)

Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world. Offering one of the best warranties on the market for your peace of mind, each piece of Force USA strength equipment is hand crafted for quality and we use state-of-the-art production methods for our entire range. The Force USA range of strength equipment carries a Lifetime Structural Warranty along with 2 years cover on all cables and pulleys. This warranty applies to first owners and does not cover second hand equipment or re-sold equipment. This Force USA warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during normal home use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, mis-application, alteration or improper assembly of the product. This warranty does not cover the use or failure of equipment in studio commercial applications. The replacement or repair provided for under the Force USA warranty is the responsibility of the user and the customer will be responsible for any freight charges applicable. Force USA will not be liable for any consequential damages or for breach of any implied warranty on the range of Force USA strength equipment. Force USA reserves the right to provide reconditioned parts and/or to request a return and repair existing defective parts on the Force USA product.

VorTex by Force USA is a commercial grade upholstery used for all Force USA equipment. We use a high grade commercial vinyl with rip-stop mesh backing which helps prevent rips and tears. Force USA, the Trusted Name in Strength Equipment™ was designed to be the best value strength equipment for home use and proudly set the benchmark for our home use equipment around the world.