



A916
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

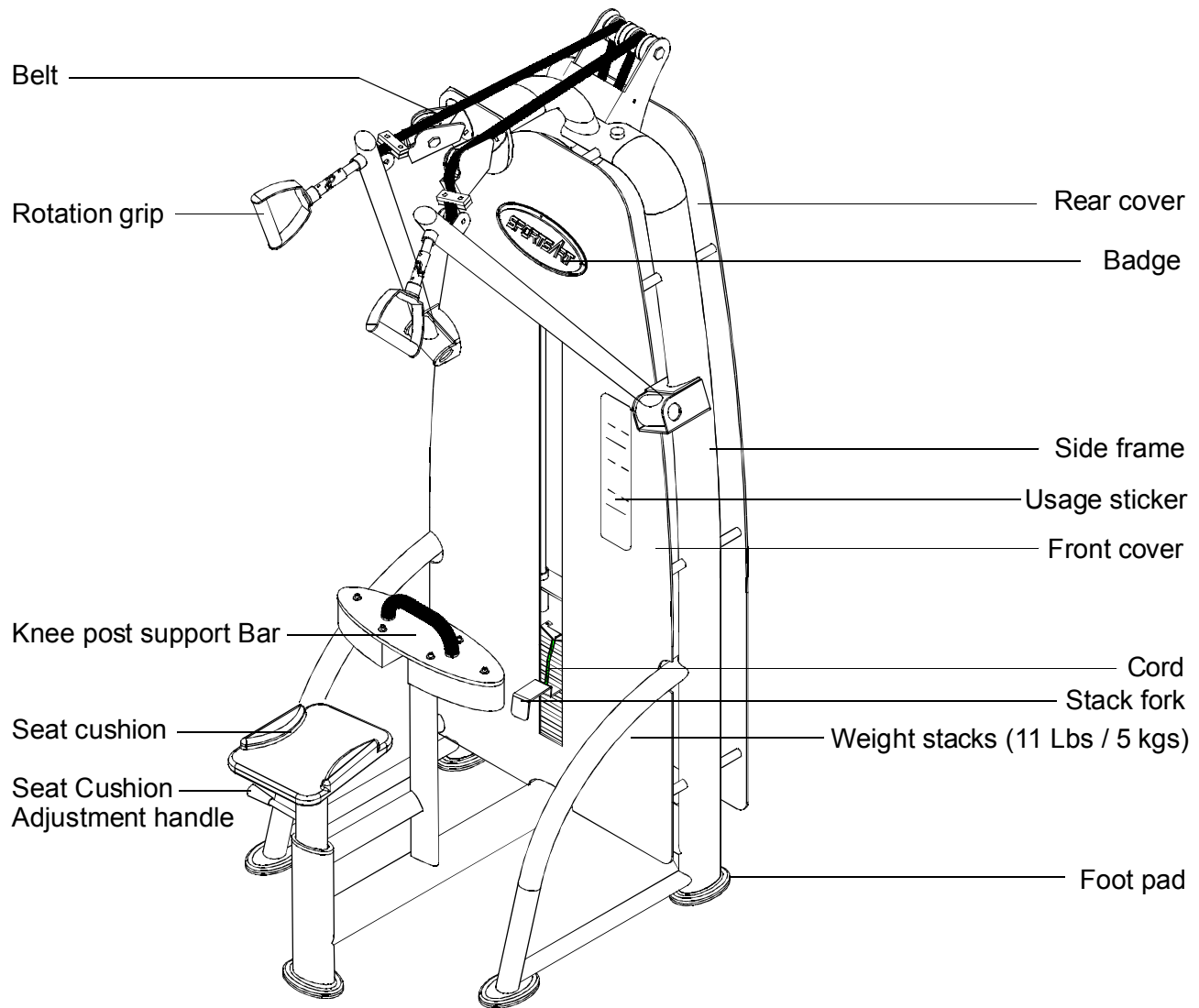
INDEPENDENT LAT PULL DOWN

SportsArtFITNESS

A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. Introduction



C. List of Parts

1. 1 seat cushion
2. Four hexagon socket raised head bolts, M8 x L20, for the seat cushion
3. Four spring washers, M8, for the seat cushion
4. Four hexagon socket counter sunk flat-head bolt M8 x P1.25 x L20 for cushion
5. Four hexagon nylon nuts, M8, for the seat plate
6. One double-end open wrench, 17mm x 23mm
7. One double-end open wrench, 8mm x 17mm
8. One hex key wrench, M6
9. One hex key wrench, M5
10. User's manual
11. One double-end open wrench, 8mm x 10mm
12. One double-end open wrench, 12mm x 15mm
13. Storage tray kit includes one storage tray, one bracket, two screws, four washers and two nuts.

D. STEP BY STEP INSTRUCTION:

1. Fasten the seat plate with screws provided. (See Fig.1)

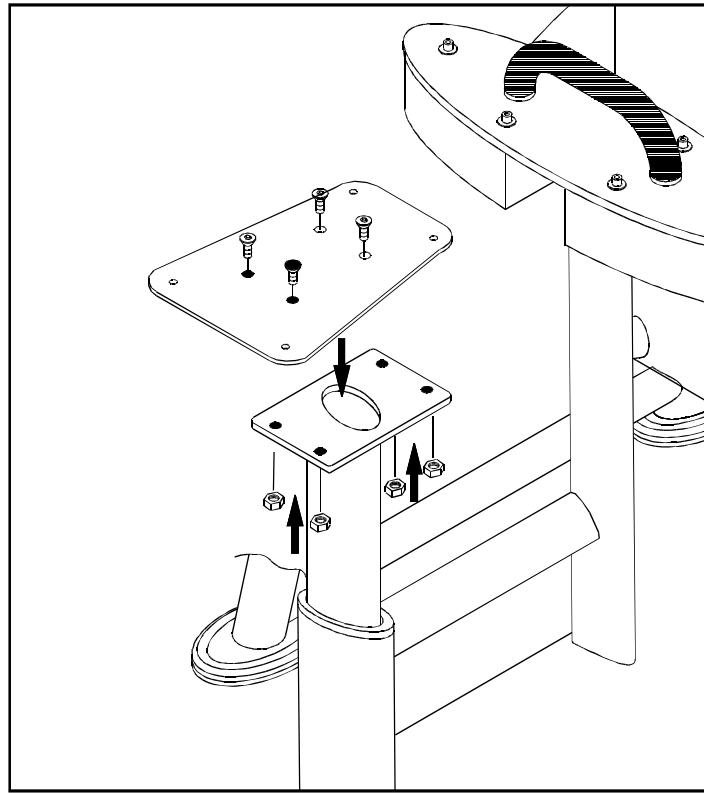


Fig.1

2. Fasten the seat cushion in the plate with the screws provided. (See Fig.2)

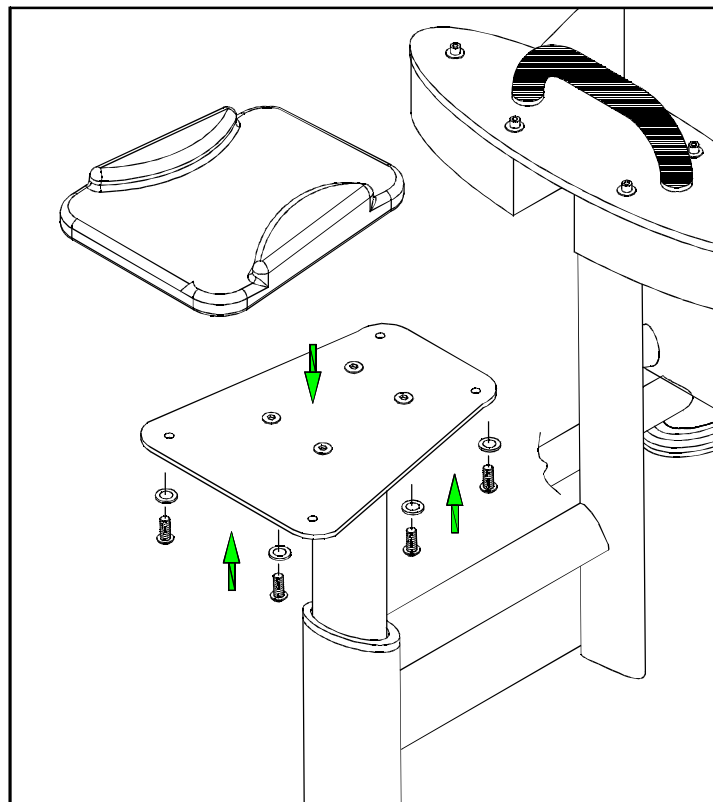
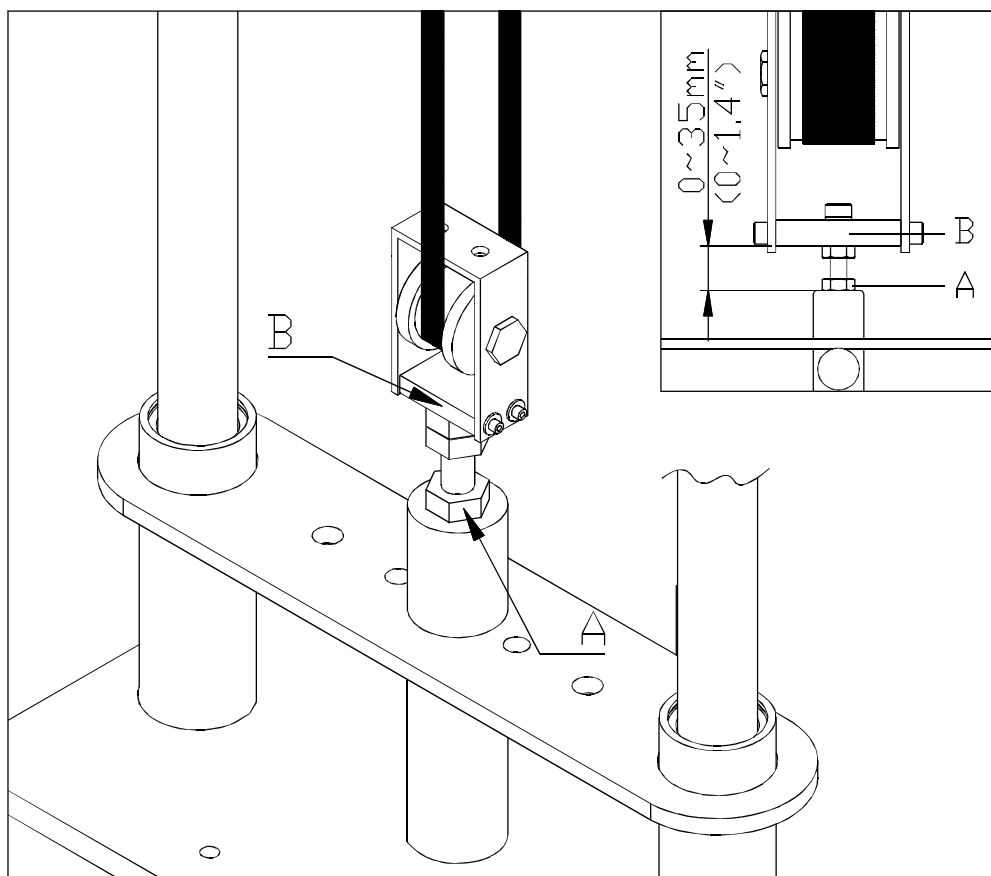


Fig.2

E. BELT ADJUSTMENT:

1. If the belt is too tight or too loose, first loosen nut A as shown then adjust nut B. If the belt length is too long , adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position, then tighten nut A. (The gap bet wean nut A and B must be within 35 mm (1.4")). (See fig.3)



F. STORAGE TRAY ASSEMBLY:

1. Place the storage tray (A) and bracket (B) onto the tubing as figure shown.
2. Insert the screws and washers into the holes and tighten with nuts plus washers.
(See Fig. 4)

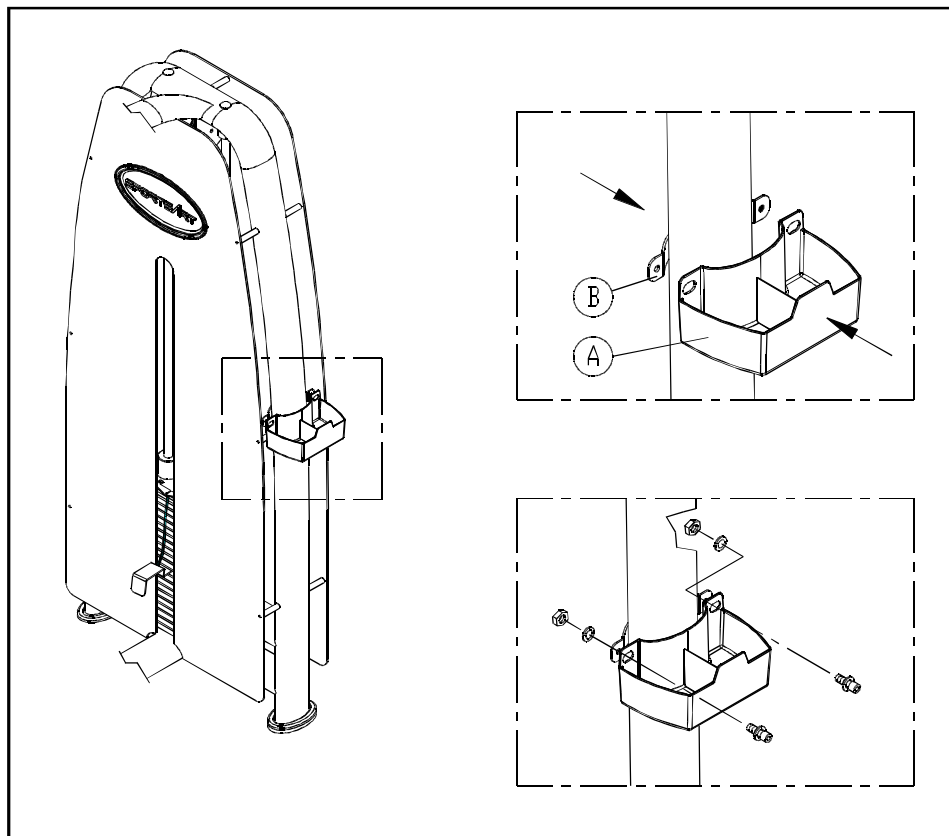
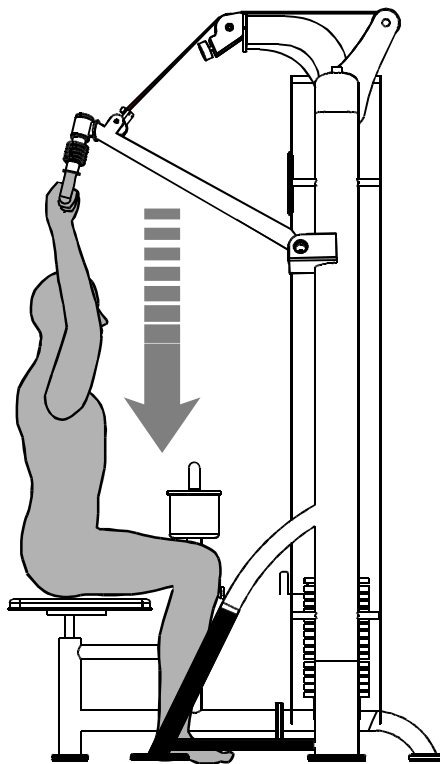
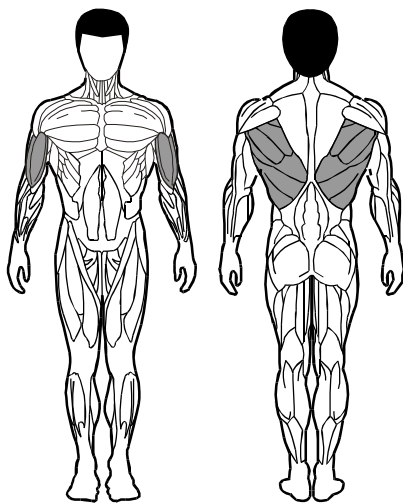


Fig.4

Usage Instruction:



INDEPENDENT LAT PULLDOWN



- ① Select a resistance level that enables you to perform the movement correctly.
- ② Adjust seat height so that thighs are fixed under the pads.
- ③ Sit down in an upright position, slightly leaning back from the hips.
- ④ Grasp the handles and pull down to shoulder height.
- ⑤ Perform the exercise in a controlled manner. Exhale when pulling against resistance.

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CAUTION

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.