



# LAT BAR

Model No. GGMC04930

Serial No. \_\_\_\_\_

(Write the serial number in the space above for reference.)

## USER'S MANUAL

### QUESTIONS?

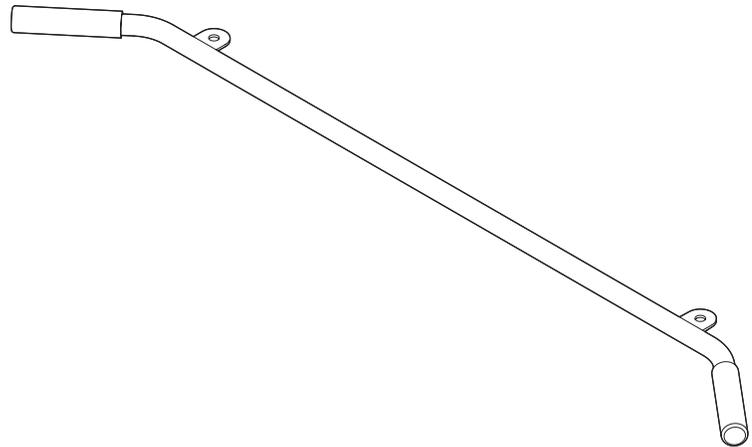
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the resistance system.

1. Read all instructions in this manual and in the literature accompanying the resistance system before using the resistance system. Use the resistance system only as described in the literature.
2. It is the responsibility of the owner to ensure that all users of the resistance system are adequately informed of all precautions.
3. Keep hands and feet away from moving parts.
4. Always wear athletic shoes for foot protection.
5. Make sure all parts are properly tightened each time the resistance system is used. Replace any worn parts immediately.
6. Remove the lat bar from the resistance system when performing an exercise that does not require it.
7. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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## BEFORE YOU BEGIN

Thank you for selecting the GOLD'S GYM® LAT BAR accessory. The GOLD'S GYM® LAT BAR accessory is designed to increase the number of exercises that can be performed with your resistance system.

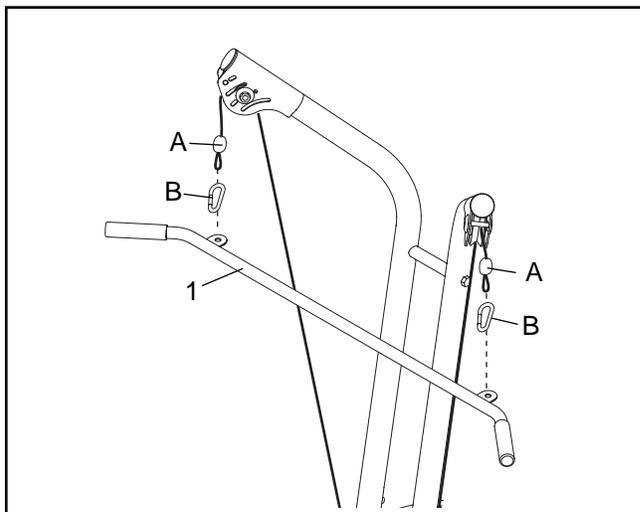
**For your benefit, read this manual carefully before using the LAT BAR and the resistance system.** If you have additional questions, please call our

Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GGMC04930. The serial number can be found on the product packaging. Record the serial number on the front cover of this manual.

# ADJUSTMENT

## ATTACHING THE LAT BAR

The Lat Bar (1) can be attached to the medium nylon ropes (A) with two cable clips (B).

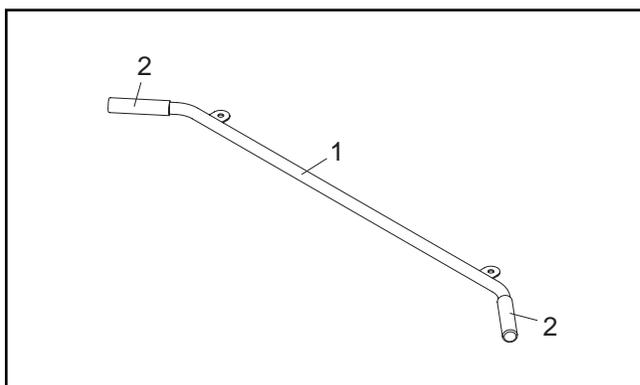


## PART LIST/EXPLODED DRAWING— Model No. GGMC04930

R0803A

Key No.	Qty.	Description
1	1	Lat Bar
2	2	Handgrip
#	1	User's Manual

Note: “#” indicates a non-illustrated part.  
Specifications are subject to change without notice.



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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGMC04930)
2. The NAME of the product (GOLD'S GYM® LAT BAR accessory)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING on page 3 of this manual).

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**