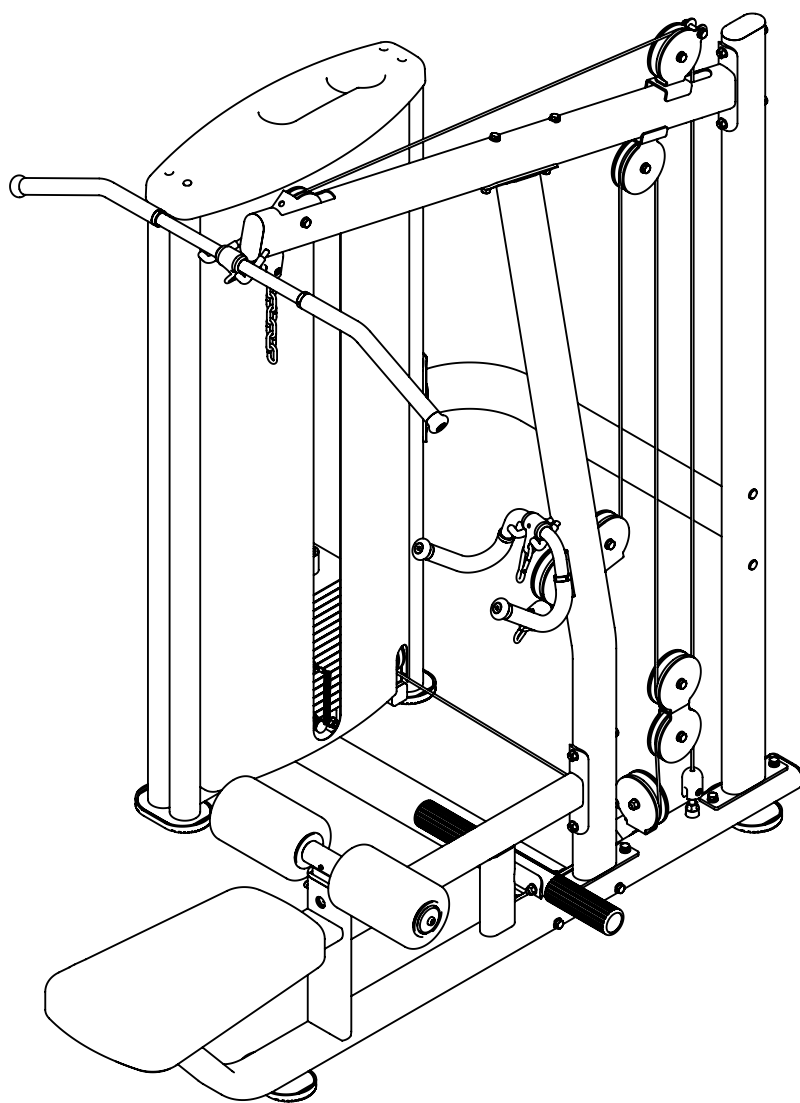


BS010

LAT PULLDOW/SEATED ROW

OWNER'S MANUAL



! CAUTION

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

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Parts List

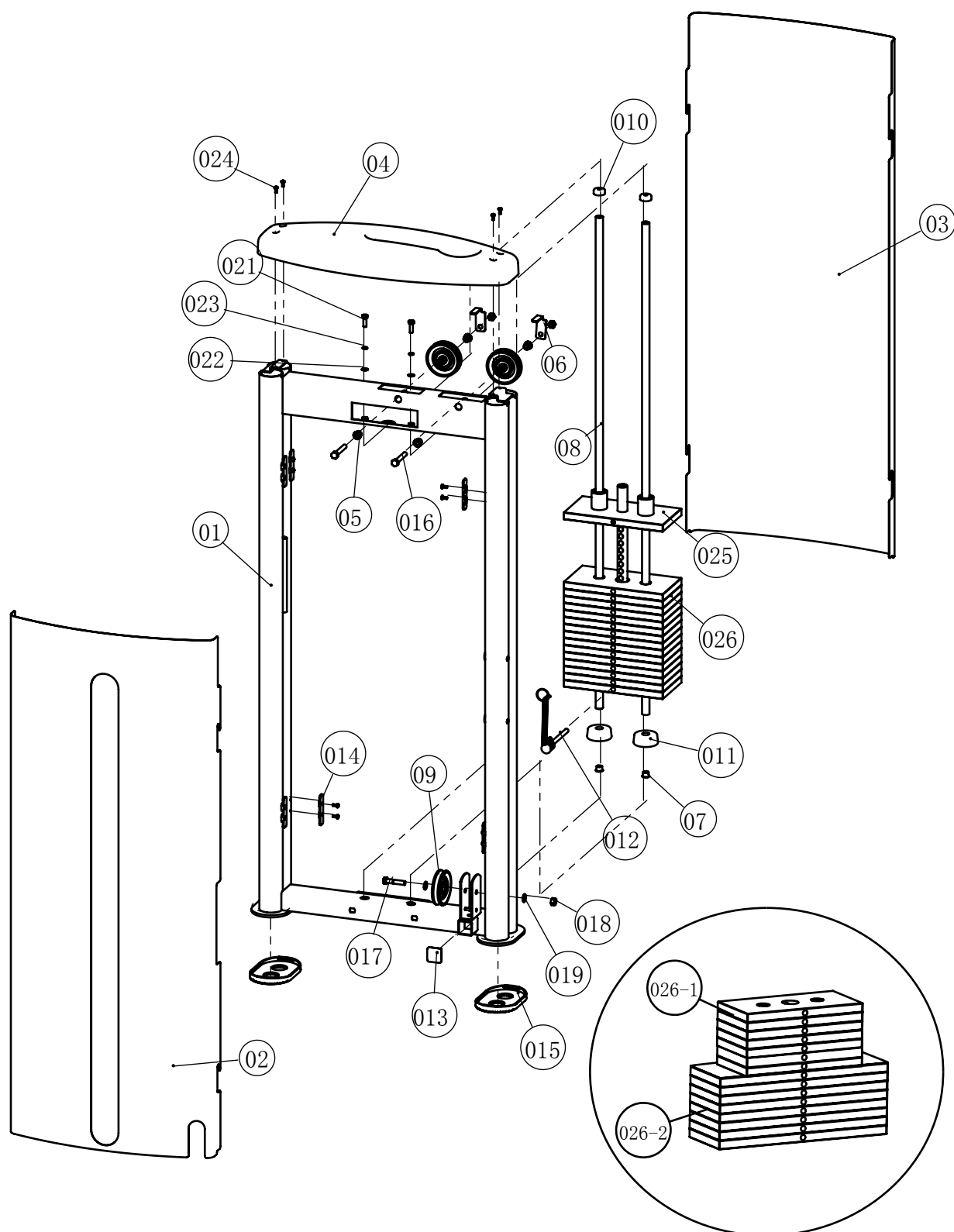
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

CAGE Detail List

ITEM NO.	DESCRIPTION	QTY
01	Weight Stack Frame	1
02	Front Shroud	1
03	Rear Shroud	1
04	Upper Shroud	1
05	Sleeve $\phi 20 \times 14.2$	4
06	Baffle $62 \times 45 \times 25 \times 3$	2
07	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
08	Guide Rod	2
09	Small Pulley 3.5"	3
010	Mount Sleeve	2
011	Rubber Mat	2
012	Selector Pin W/Coil	1
013	Plug F38	1
014	Shield Fixed Seat	8
015	Rubber Foot	2
016	Hex Head Bolt M10*70	2
017	Hex Head Bolt M10*50	1
018	Nylon Lock Nut M10	3
019	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
021	Hex Head Bolt M8*25	2
022	Flat Washer $\phi 16 \times \phi 9 \times 1$	2
023	Spring Washer $\phi 8$	2
024	Button Head Cap Screw M5*12	20
025	Top Plate	1
026	Weight Plate	15

WEIGHTS	ITEM NO.	DESCRIPTION	QTY
80KG/176LBS	026-1	Weight Plate $272 \times 135 \times 19$	15
100KG/220LBS	026-1	Weight Plate $272 \times 135 \times 19$	7
	026-2	Weight Plate $395 \times 135 \times 19$	8
118KG/260LBS	026-2	Weight Plate $395 \times 135 \times 19$	15

Exploded View

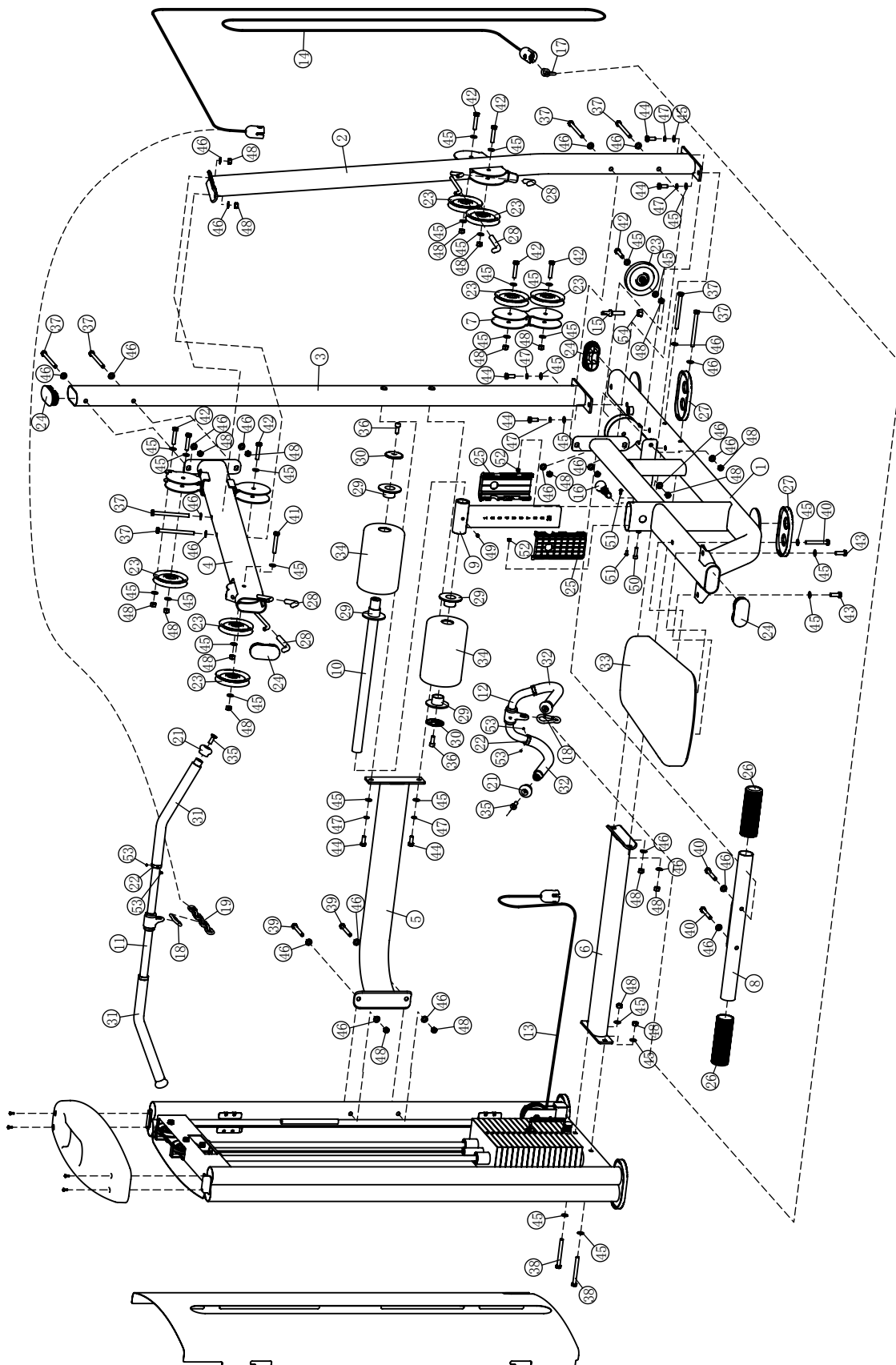


Parts List

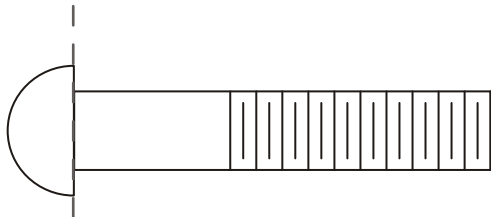
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty	Item No.	Description	Qty
1	Seat Frame	1	29	Plastic Rollor Cover	4
2	Front Cross Frame	1	30	Small Cap	2
3	Rear Cross Frame	1	31	Grip $\phi 30 \times \phi 22 \times 415$	2
4	Upright Frame	1	32	Grip ST $\phi 30 \times \phi 22 \times 240$	2
5	Rear Frame	1	33	Back Pad	1
6	Bottom Frame	1	34	Rollor	2
7	Movable Pulley Frame	1	35	Flat Head Cap Screw M6*16	4
8	Foot Frame	1	36	Socket Head Cap Screw M10*25	2
9	ADJ Foam Frame	1	37	Hex Head Bolt M10*120	8
10	Foam Tube	1	38	Hex Head Bolt M10*95	2
11	Long Lat Bar	1	39	Hex Head Bolt M10*80	2
12	Low Pull Handle	1	40	Hex Head Bolt M10*75	3
13	Cable 1	1	41	Hex Head Bolt M10*65	1
14	Cable 2	1	42	Hex Head Bolt M10*50	8
15	Cable End Shaft $\phi 20 \times 77 \times M12$	1	43	Hex Head Bolt M10*30	2
16	Pop Pin	1	44	Hex Head Bolt M10*25	6
17	Double Chain	1	45	Flat Washer $\phi 20 \times \phi 11 \times 2$	31
18	Gear Hook	2	46	Arc Washer $\phi 10$	24
19	Seven Chain	1	47	Spring Washer $\phi 10$	6
21	Aluminium Cap	4	48	Nylon Lock Nut M10	23
22	Aluminium Ring	4	49	Socket Set Screw M8*10	1
23	4.5" Pulley	8	50	Socket Head Cap Screw M8*30	1
24	Plug RT50*100	4	51	Button Head Cap Screw M6*12	2
25	Plastic Tube Guide	2	52	Hex Nut M6	2
26	Foot Sleeve	2	53	Socket Set Screw M5*3	8
27	Foot Cove	2	54	Hex Flange Nut M12	1
28	Hook Shealth	4			

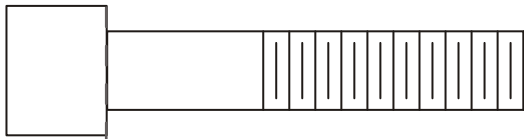
Exploded View and Parts List



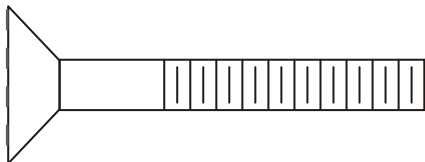
Measurement Guide



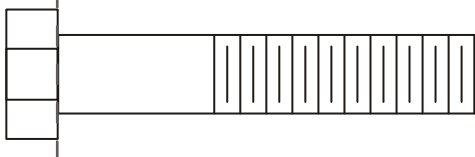
BHCS = Button Head Cap Screw



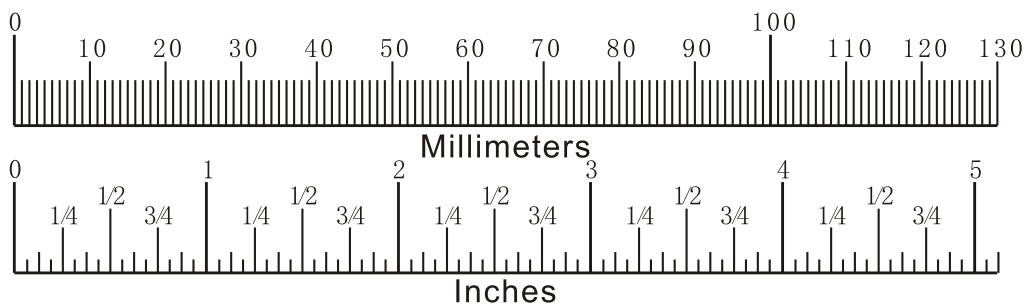
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt

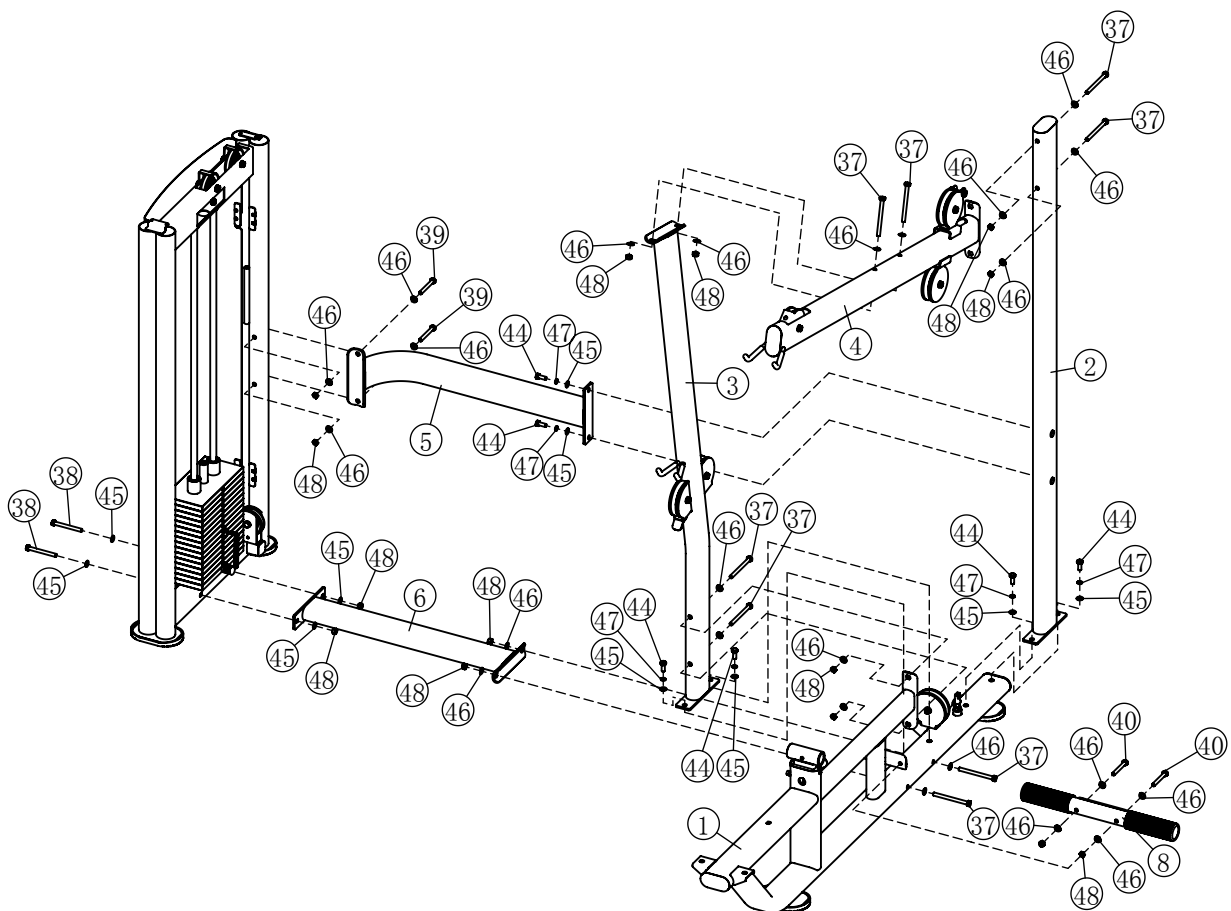


Assembly

STEP 1

Item No.	Description	Qty	Item No.	Description	Qty
1	Seat Frame	1	38	Hex Head Bolt M10*95	2
2	Front Cross Frame	1	39	Hex Head Bolt M10*80	2
3	Rear Cross Frame	1	40	Hex Head Bolt M10*75	2
4	Upright Frame	1	44	Hex Head Bolt M10*25	6
5	Rear Frame	1	45	Flat Washer $\phi 20 \times \phi 11 \times 2$	10
6	Bottom Frame	1	46	Arc Washer $\phi 10$	24
8	Foot Frame	1	47	Spring Washer $\phi 10$	6
37	Hex Head Bolt M10*120	8	48	Nylon Lock Nut M10	14

Note: Hand Tighten Bolts and Nylon Lock nuts.

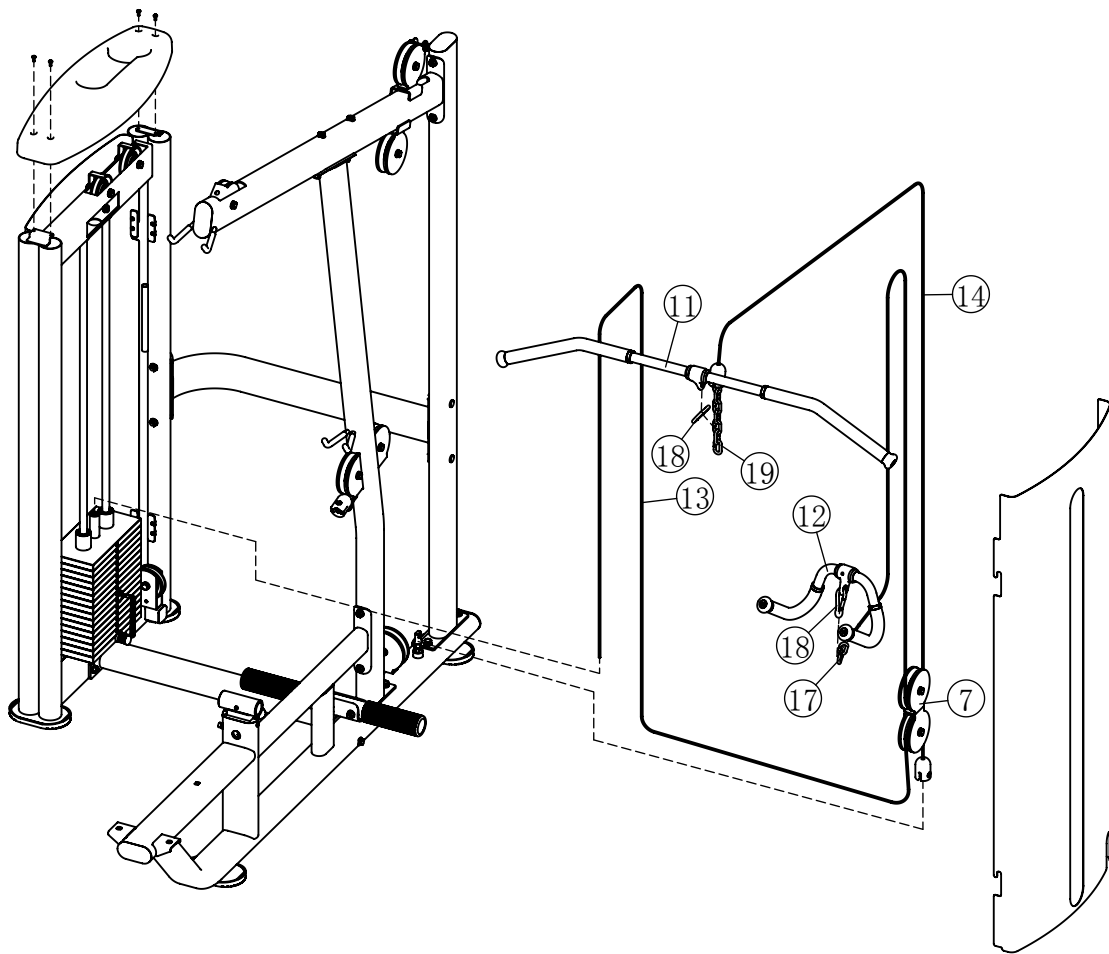


Assembly

STEP 2

Item No.	Description	Qty	Item No.	Description	Qty
7	Movable Pulley Frame	1	14	Cable 2	1
11	Long Lat Bar	1	17	Double Chain	1
12	Low Pull Handle	1	18	Gear Hook	2
13	Cable 1	1	19	Seven Chain	1

Note: Hand Tighten Bolts and Nylon Lock nuts.



Assembly

STEP 3

Item No.	Description	Qty	Item No.	Description	Qty
10	Foam Tube	1	36	Socket Head Cap Screw M10*25	2
29	Plastic Rollor Cover	4	40	Hex Head Bolt M10*75	1
30	Small Cap	2	43	Hex Head Bolt M10*30	2
33	Back Pad	1	45	Flat Washer $\phi 20 * \phi 11 * 2$	3
34	Rollor	2			

Note: Wrench Tighten Screws.

