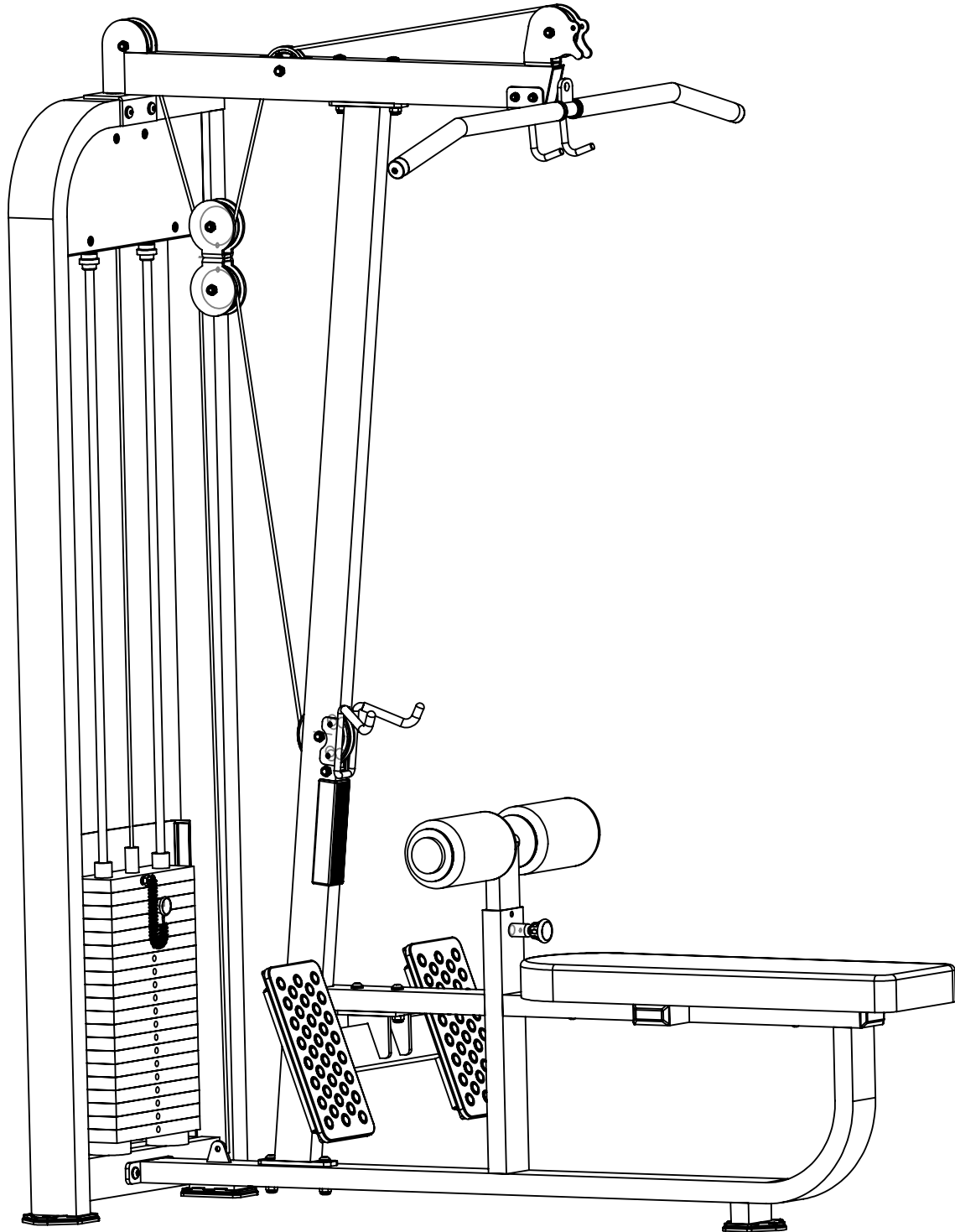


# ASSEMBLY INSTRUCTION



PF-1004  
Lat Pull down / Seated Row

# Contents

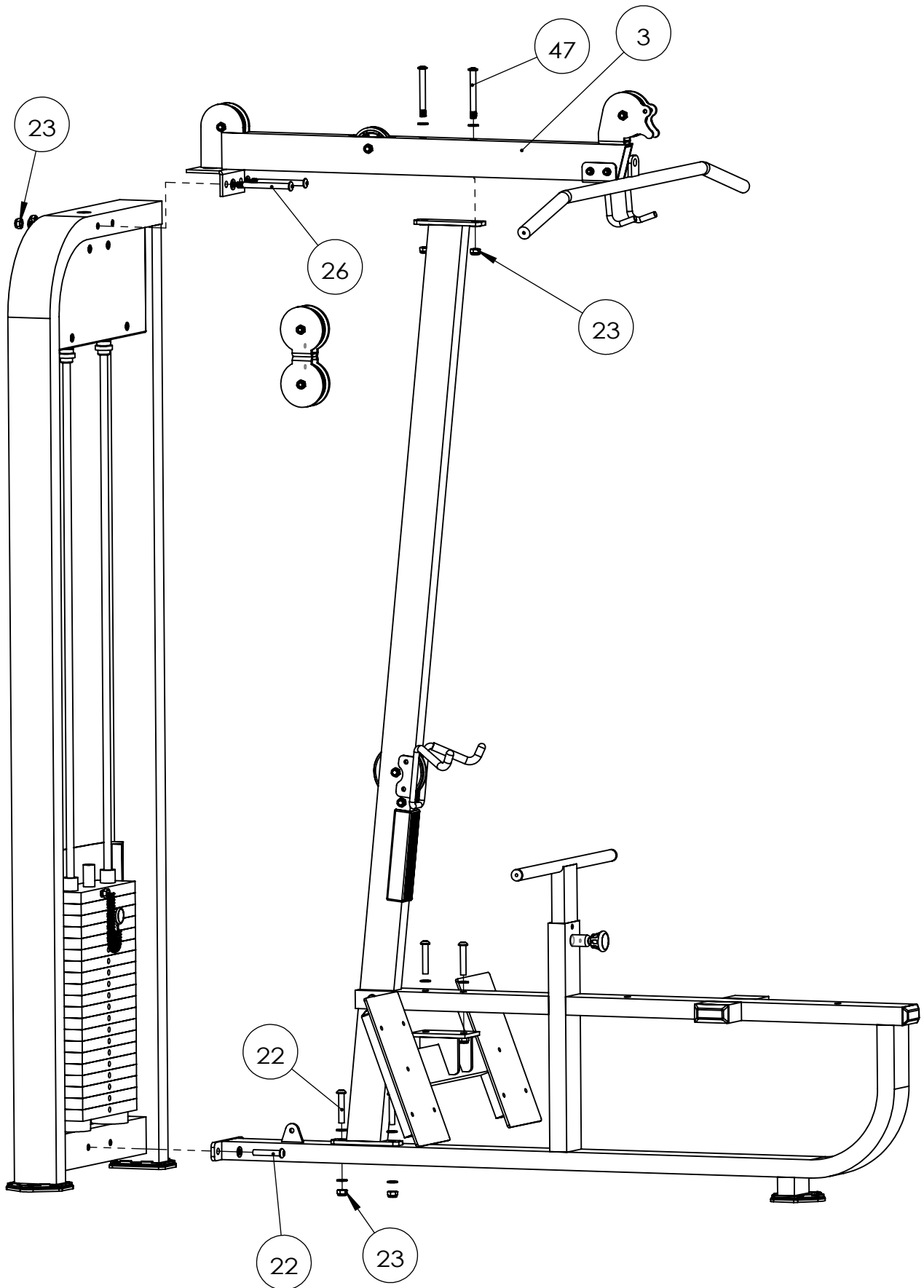
<b>PARTS LIST</b>	Page3
Main and side frame Assembly	Page4
Side Frame Assembly	Page5
Main Frame Assembly	Page6
Weight Stack Assembly	Page7
Photo	Page8

# PARTS LIST

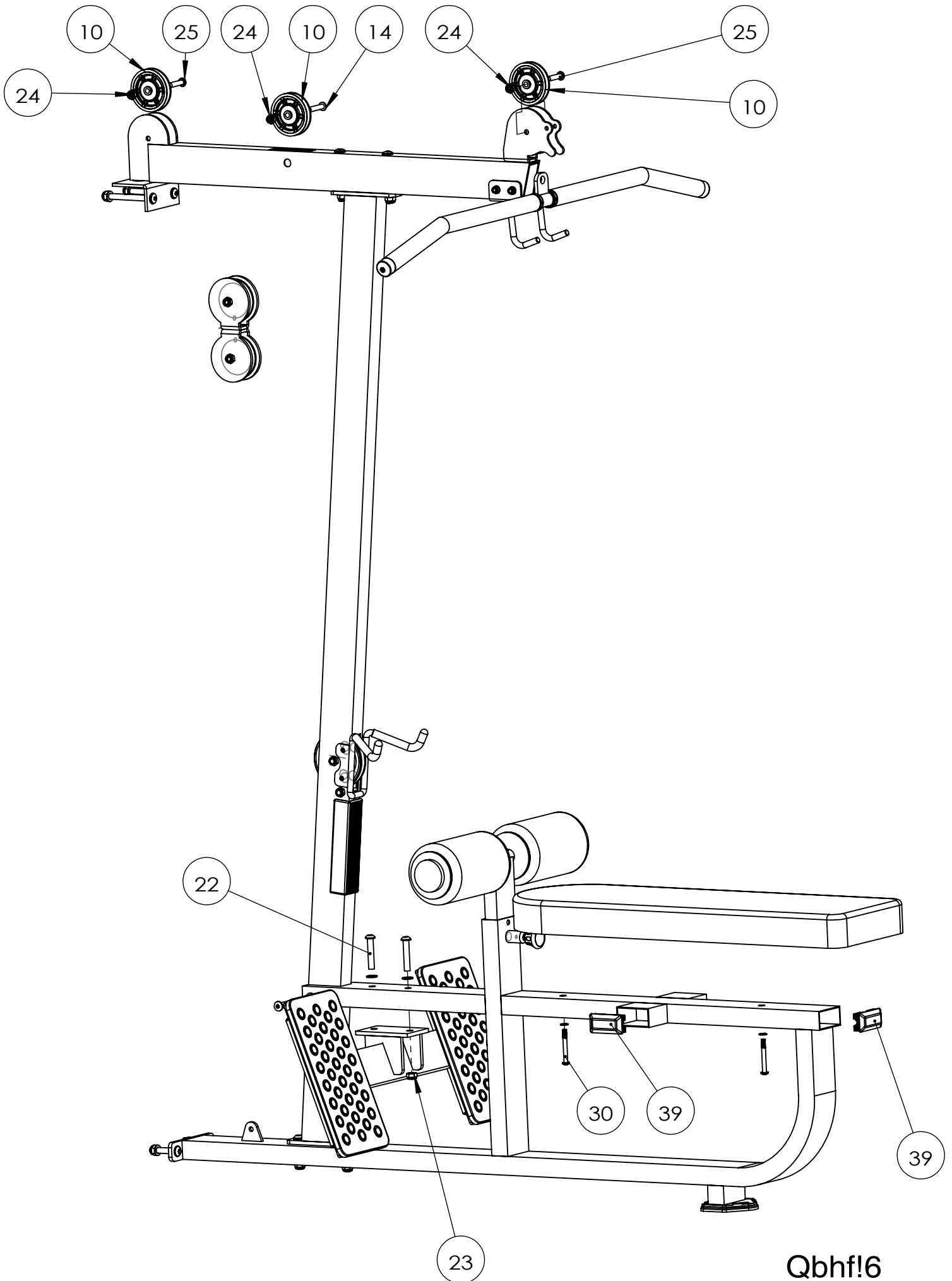
ITEM NO.	Description	QTY
1	Main Frame	1
2	Side Frame	1
3	Cross Pipe	1
5	Pedal	1
6	Plating	1
7	Seat pads	1
8	bar	1
10	φ 89MM Pulley	5
11	φ 114MM Pulley	1
12	Crane Pulley	1
13	Wire Rope	1
14	Screw, M10X50	3
15	Hook Grip	2
17	Cap 40*80	1
18	Wire Rope	1
19	Assy, Hook	1
20	Under Hook	1
21	Washer, M12	22
22	Screw M12*65	6
23	Nut, M12	11
24	Nut, M10	7
25	Screw, M10*45	4
26	Button Head Cap Screw M12X125	2
27	Washer, M8	6
28	Screw M8*60	2
29	Nut, M10	2
30	Screw, M8x70	2
31	Button Head Cap Screw, M12*85	1
32	Plastic Pedal	2
33	Roller	2

ITEM NO.	Description	QTY
36	Adjustable Bolt, 65L	1
37	Handle	1
38	Handle Cap	1
39	Rectangle Cap 40*80	6
40	Rectangle Shoe, 40x80	2
41	Rectangle Shoe, 50x100	1
42	Rectangle Rubber Shoe, 40x80	1
43	Rectangle Rubber Shoe, 50x100	2
44	Bar Grip	2
45	Grip Cap	2
46	Grip Ring	2
47	Button Head Cap Screw M12*115	2

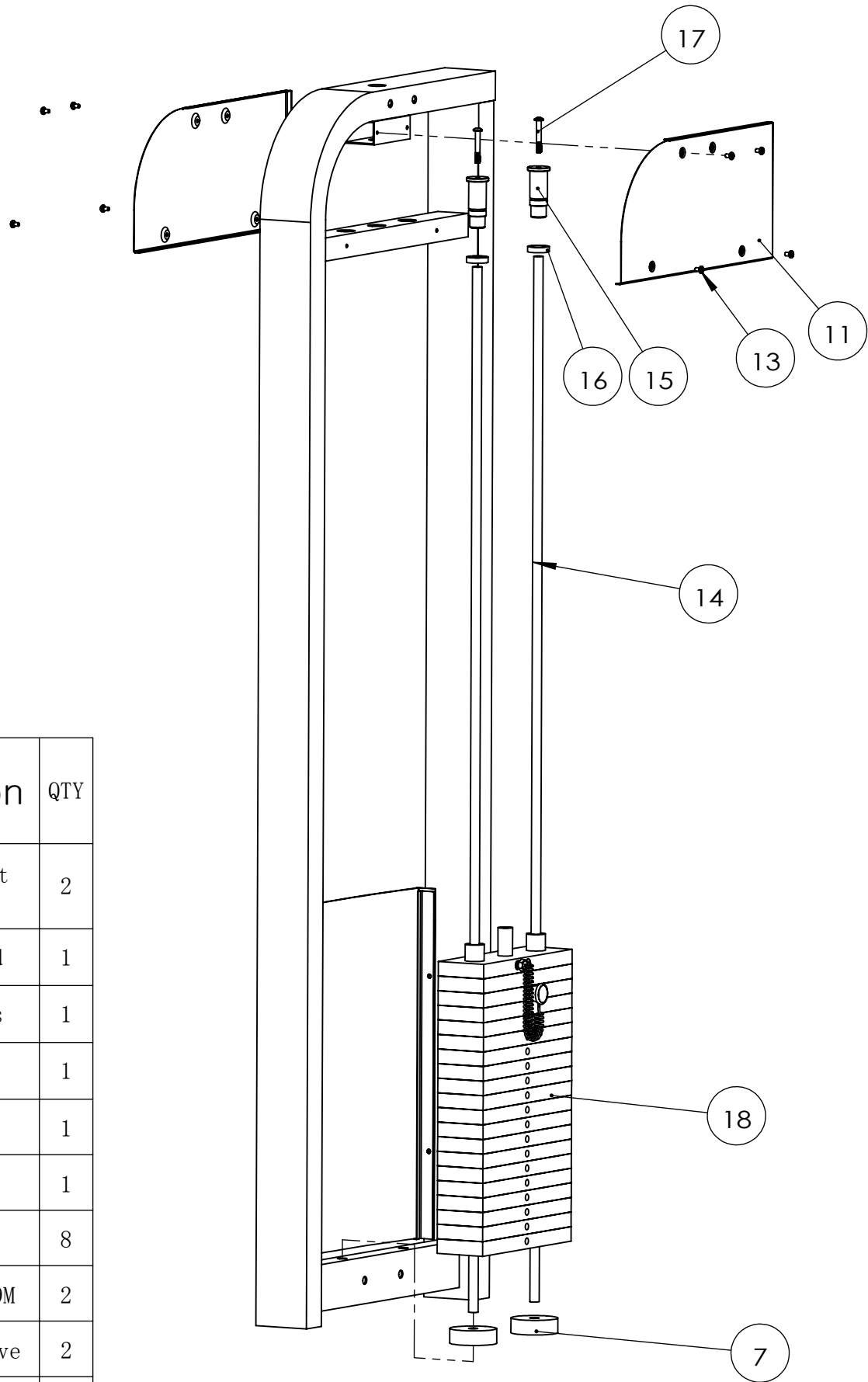
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# Side Frame Assembly

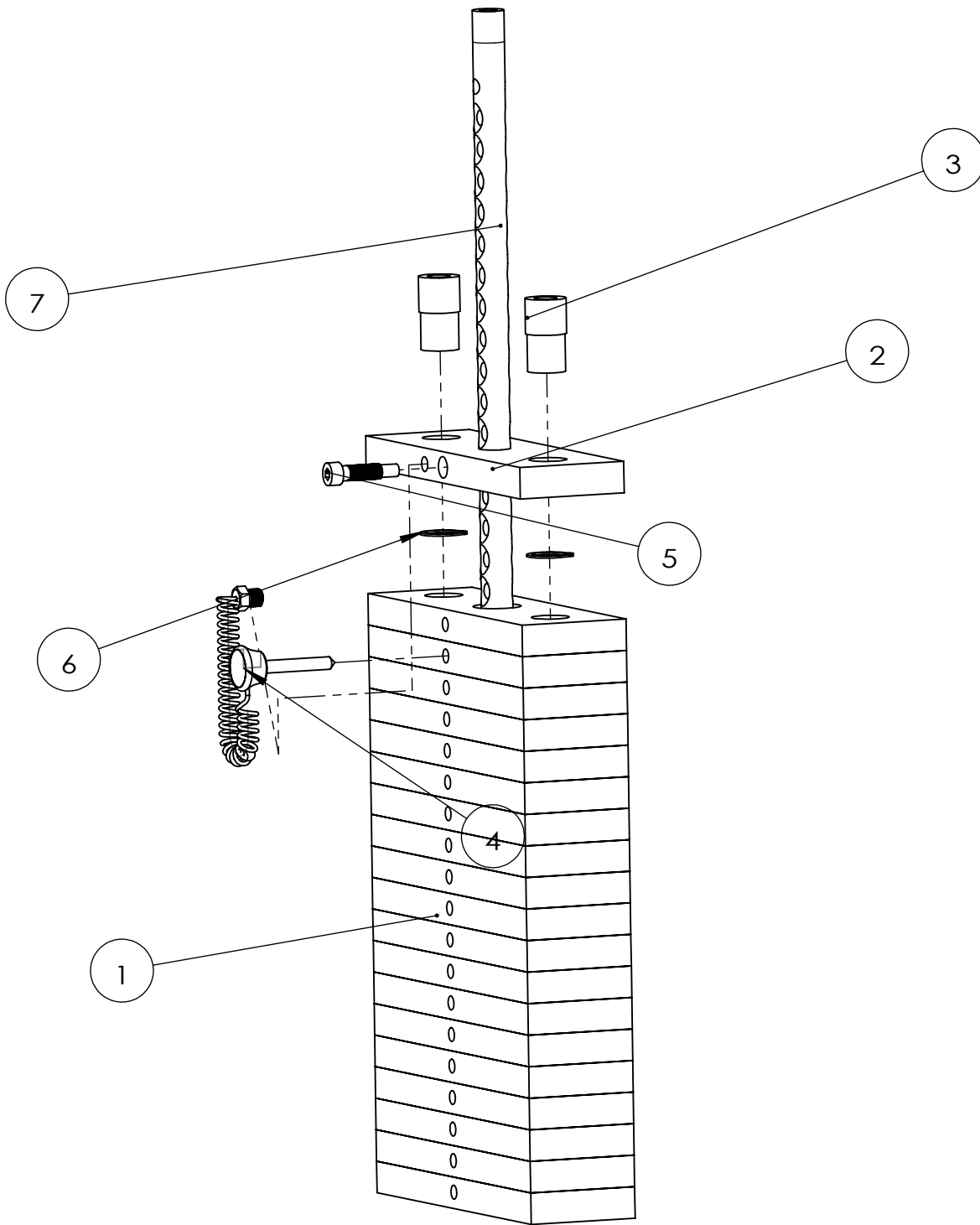


# Main Frame Assembly



ITEM NO.	Description	QTY
7	Counter Weight Cushion	2
8	Acrylic Board	1
9	Right Edgings	1
10	Left Edgings	1
11	Placard	1
12	Placard	1
13	Screw, M6X10	8
14	Guide Rod, 1.79M	2
15	Guide Rod Sleeve	2
16	Guide Rod Sleeve Nut	2
17	Screw, M8X55	2
18	Assy, Weight Plate	1

# Weight Stack Assembly



ITEM NO.	Description	QTY
1	Underside Weight Plate	19
2	Top Weight Plate	1
3	Guide Rod Sleeve	2
4	Adjustable Bolt	1
5	Standing Bolt for The Top Weight Plate	1
6	φ 30 Shaft Clip	2
7	20 Holes Pole	1

Image

