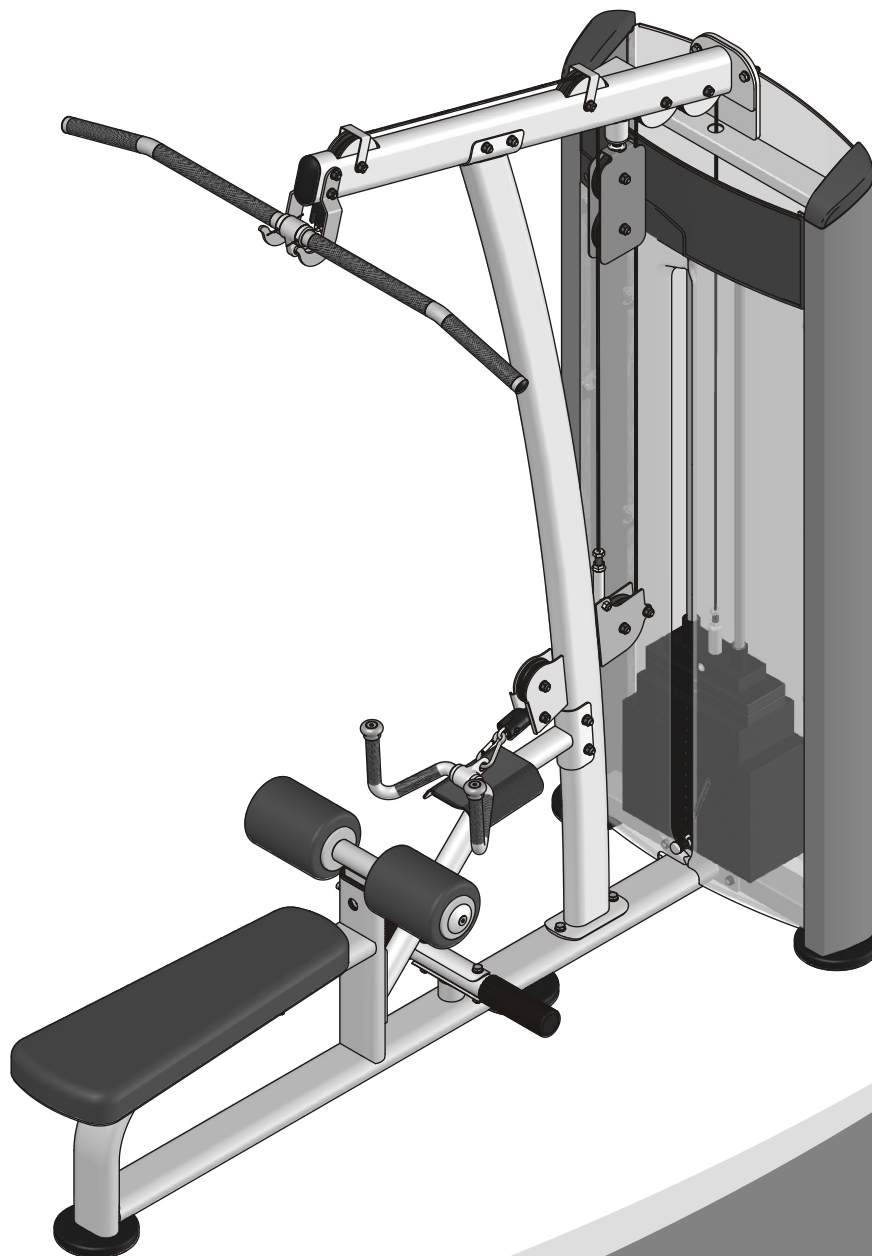


IE9522

LAT PULLDOWN/VERTICAL ROW

OWNER'S MANUAL



! CAUTION

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

14W Rev B

! CAUTION

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

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Please assemble according to the actual **Weights and Console** you buy !

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.

Personal Safety During Assembly

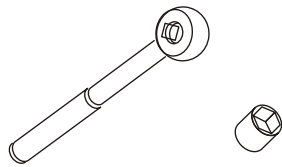
Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment. Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

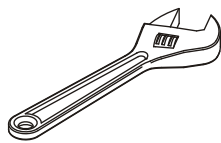
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

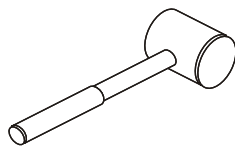
Tools Required



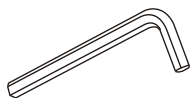
Ratchet Wrench and Socket



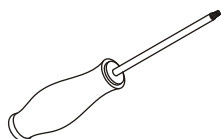
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



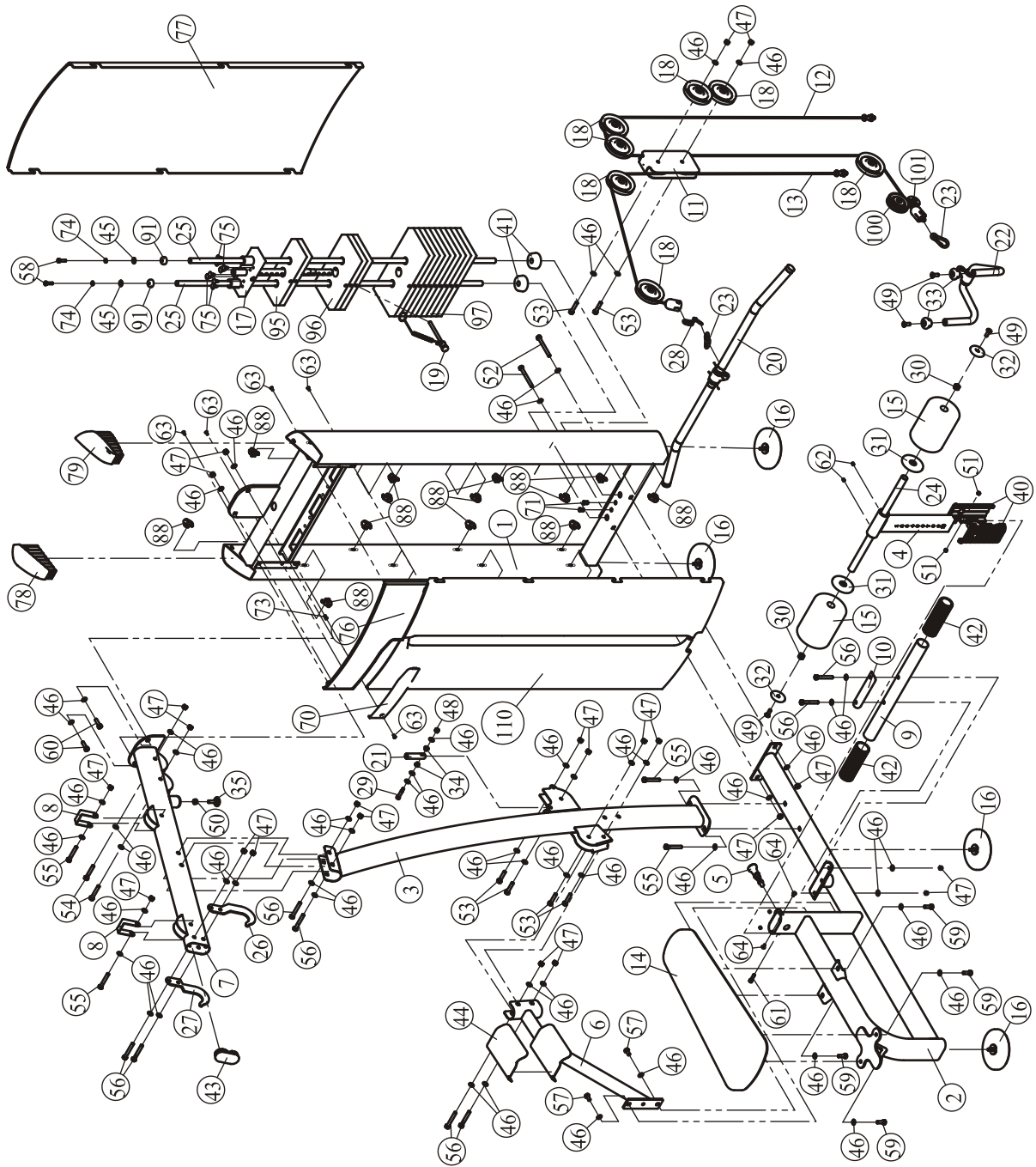
Phillips Screwdriver

Parts List

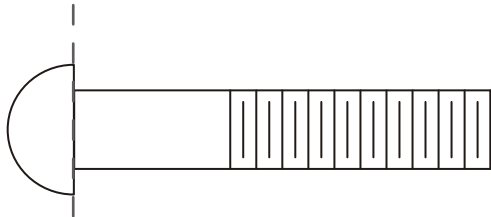
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Weight Stack Frame	1	45	Flat Washer $\Phi 9*\Phi 22*1.6$	2
2	Seated Frame	1	46	Flat Washer $\Phi 11*\Phi 20*2$	55
3	Front Frame	1	47	Nylon Lock Nut M10	22
4	Foam Support Frame	1	48	Nylon Lock Nut M8	1
5	Pop Pin	1	49	Flat Head Cap Screw M10*30	4
6	Support Frame	1	50	Hex Nut M10	1
7	Top Frame	1	51	Hex Nut M6	2
8	U Bracket	2	52	Hex Head Bolt M10*100	2
9	Foot tube	1	53	Hex Head Bolt M10*50	6
10	Cover Plate	1	54	Hex Head Bolt M10*65	2
11	Pulley Bracket	1	55	Hex Head Bolt M10*70	4
12	Cable 1	1	56	Hex Head Bolt M10*75	8
13	Cable 2	1	57	Hex Head Bolt M10*20	2
14	Seat Pad	1	58	Hex Head Bolt M8*30	2
15	Short Foam	2	59	Hex Head Bolt M10*30	4
16	Adjustable Foot plate	4	60	Hex Head Bolt M10*35	2
17	Top Plate	1	61	Socket Head Cap Screw M8*30	1
18	4.5" Pulley	7	62	Socket Set Screw M8*8	2
19	Selector Pin W/Coil	1	63	Philips Screw M5*12	5
20	Long Lat Bar	1	64	Button Head Cap Screw M6*12	2
21	Adjustable End	1	65	Hex Key s=3/16"	1
22	Lat Bar	1	66	Hex Key s=4	1
23	Gear Hook	2	67	Hex Key s=6	1
24	Foam Tube	1	68	Wrench	1
25	Guide Rod $\Phi 19*1477$	2	69	Lube	1
26	Support Hook(R)	1	70	Plastic Cover	1
27	Support Hook(L)	1	71	Hex Nut M8	2
28	Shot Chain	1	73	Rivet Nut M5	1
29	Bolt $\Phi 9.4*47.5*M8$	1	74	Spring Washer $\Phi 8$	2
30	Nut 25*2.5*21.6	2	75	Button	8
31	Plastic Spacers $\Phi 60*\Phi 26*12$	2	76	Top Front Shroud	1
32	Stop Collars $\Phi 60*9.6$	2	77	Rear Shroud	1
33	Aluminium Grip Cap	2	78	Left Plug	1
34	Bushing $\Phi 12.7*\Phi 9.5*9.5$	2	79	Right Plug	1
35	Adjustable Stopper	1	88	Shroud Clip	16
40	Plastic Tube Guide	2	91	Rubber Plug $\Phi 29*\Phi 19*10$	2
41	Weight Rubber Bumper	2	100	3"Pulley	1
42	Foot Sleeve	2	101	2"Pulley	1
43	Plug RT50*100	1	110	Front Shroud	1
44	PU Antiskid	1			

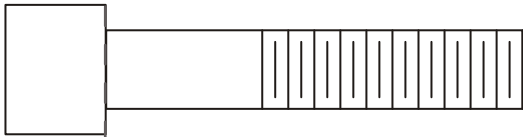
Exploded View



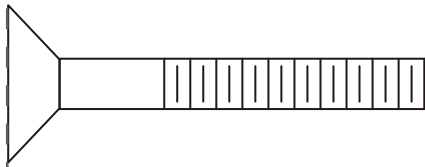
Measurement Guide



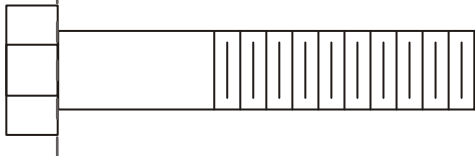
BHCS = Button Head Cap Screw



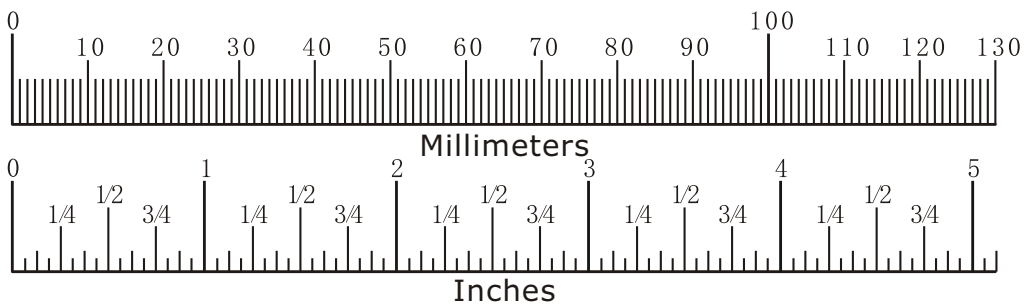
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

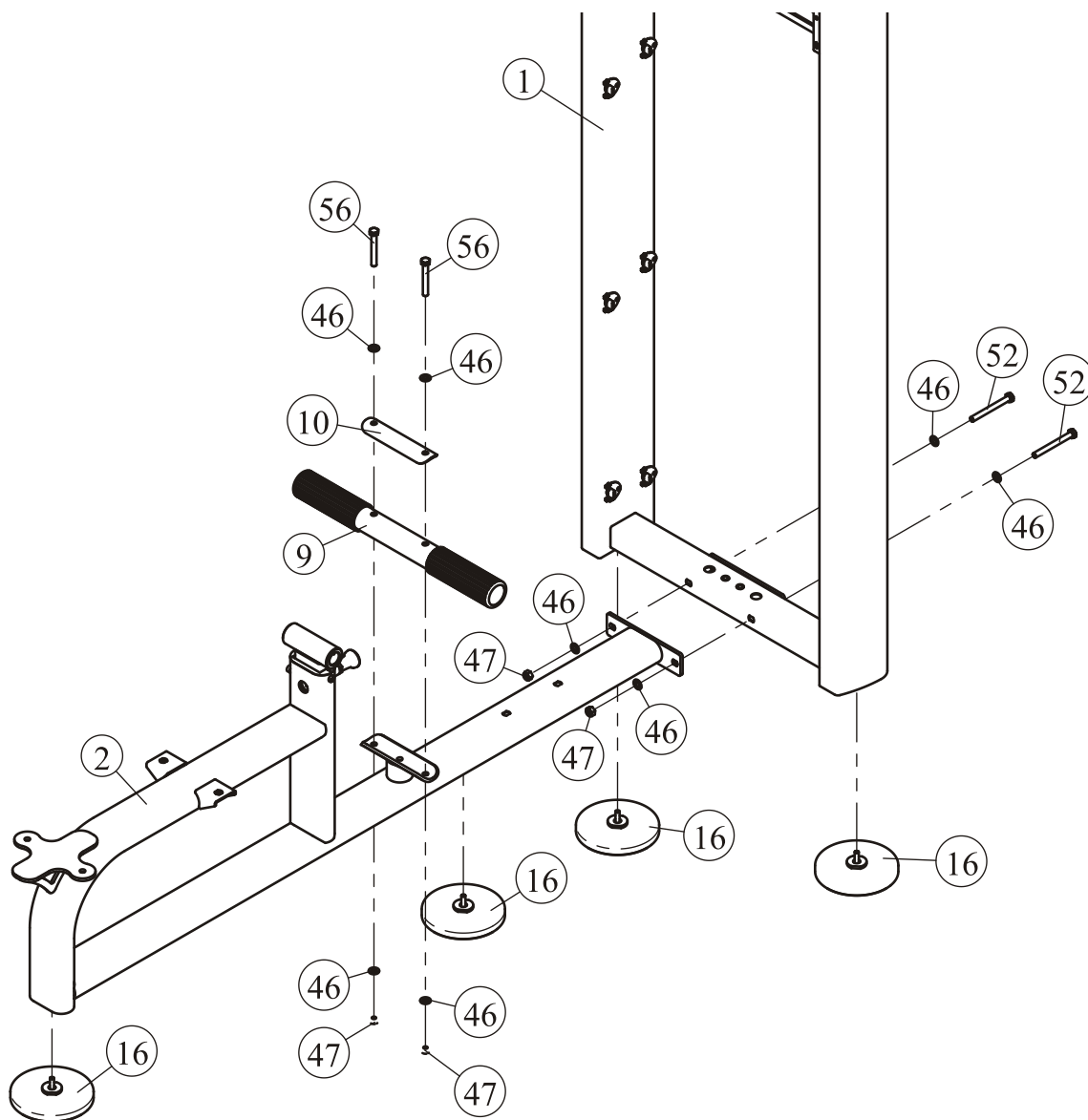
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach two Adjustable Foot Plates (#16) to the Weight Stack Frame (#1).
2. Attach two Adjustable Foot plates (#16) to the Seated Frame (#2).
3. Attach the Seated Frame (#2) to the the Weight Stack Frame (#1) using:
 - two M10*100 HHB (#52)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#46)
 - two M10 Nylon lock Nuts (#47)
4. Attach the Foot Tube (#9) and the Cover Plate (#10) to the Seated Frame (#2) using:
 - two M10*75 HHB (#56)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#46)
 - two M10 Nylon lock Nuts (#47)

Note: Hand Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 2

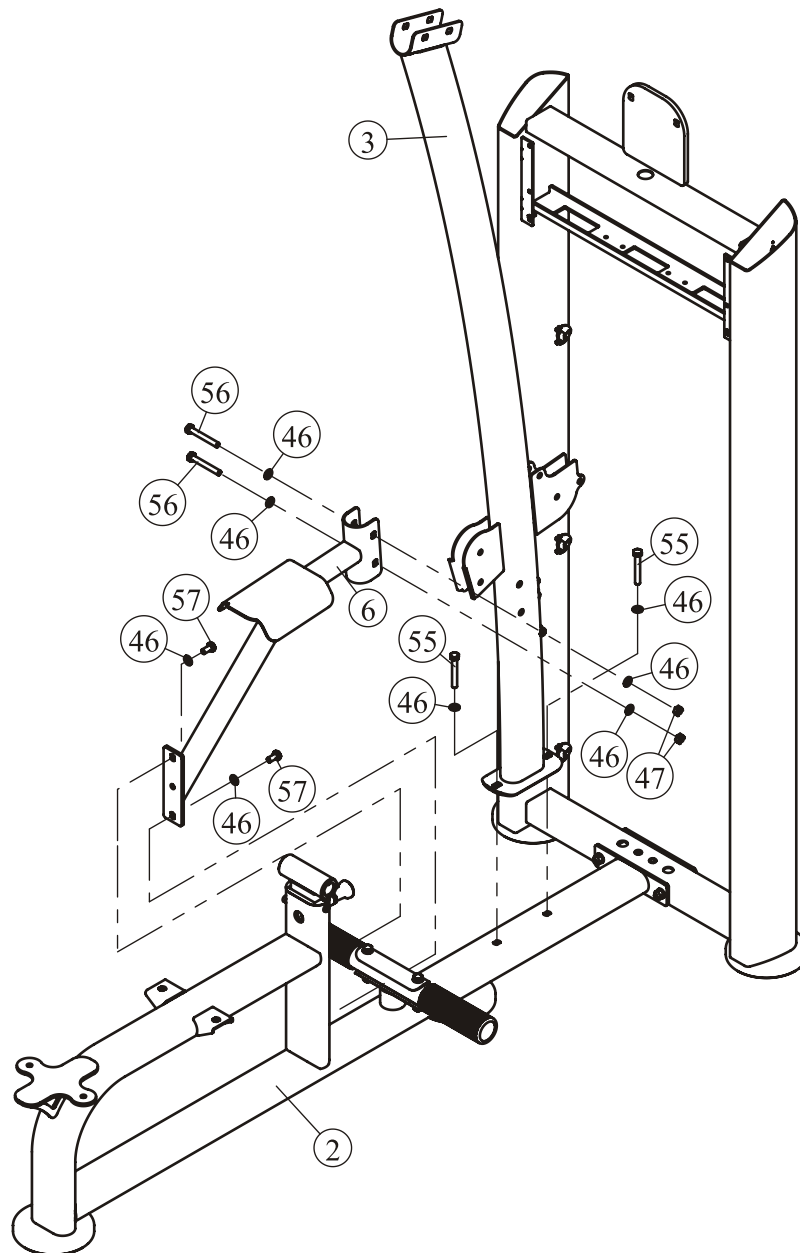
1. Attach the Front Frame (#3) to the Seated Frame (#2) using:

- two M10*70 HHB (#55)
- two $\Phi 11*\Phi 20*2$ Flat Washers (#46)

2. Attach the Support Frame (#6) to the Seated Frame (#2) and the Front Frame (#3) using:

- two M10*75 HHB (#56)
- two M10*20 HHB (#57)
- six $\Phi 11*\Phi 20*2$ Flat Washers (#46)
- two M10 Nylon lock Nuts (#47)

Note: Hand Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 3

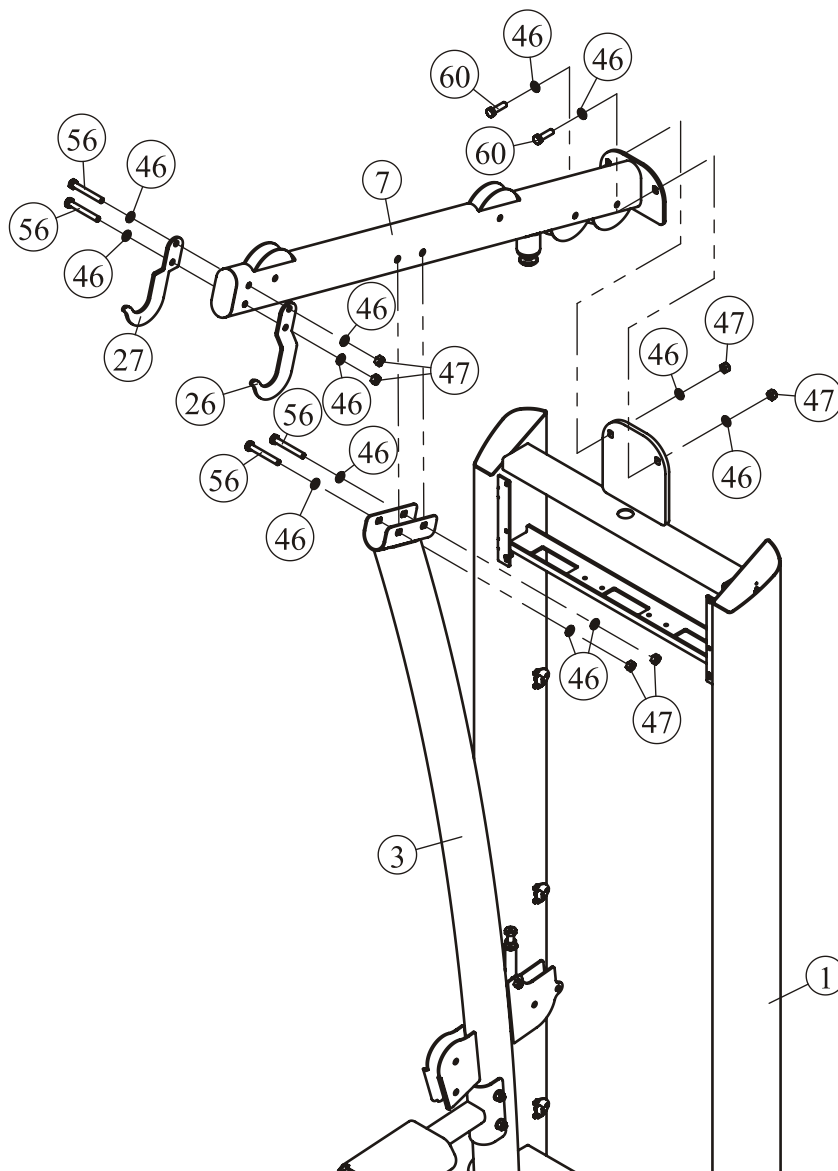
1. Attach the Top Frame (#7) to the Weight Stack Frame (#1) and the Front Frame (#3) using:

- two M10*75 HHB (#56)
- two M10*35 HHB (#60)
- eight $\Phi 11*\Phi 20*2$ Flat Washers (#46)
- four M10 Nylon lock Nuts (#47)

2. Attach the Support Hook (R) (#26) and the Support Hook (L) (#27) to the Top Frame (#7) using:

- two M10*75 HHB (#56)
- four $\Phi 11*\Phi 20*2$ Flat Washers (#46)
- two M10 Nylon Lock Nuts (#47)

Note: Hand Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 4

1. Attach:

- two Guide Rod (#25)
- ten Weight Plate 15LBS (#97)
- two Weight Plate 5LBS (#95)
- two $\Phi 63.5 \times \Phi 19 \times 25.4$ Weight Rubber Bumper (#41)
- three Weight Plate 10LBS (#96)
- one Top Plate (#17)

to the Weight Stack Frame (#1) using:

- two M8*30 HHB (#58)
- two $\Phi 8$ Spring Washers (#74)
- two $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washers (#45)
- two $\Phi 29 \times \Phi 19 \times 10$ Rubber Plugs (#91)

2. Attach the Selector Pin W/Coil (#19) to the Top Plate (#17).

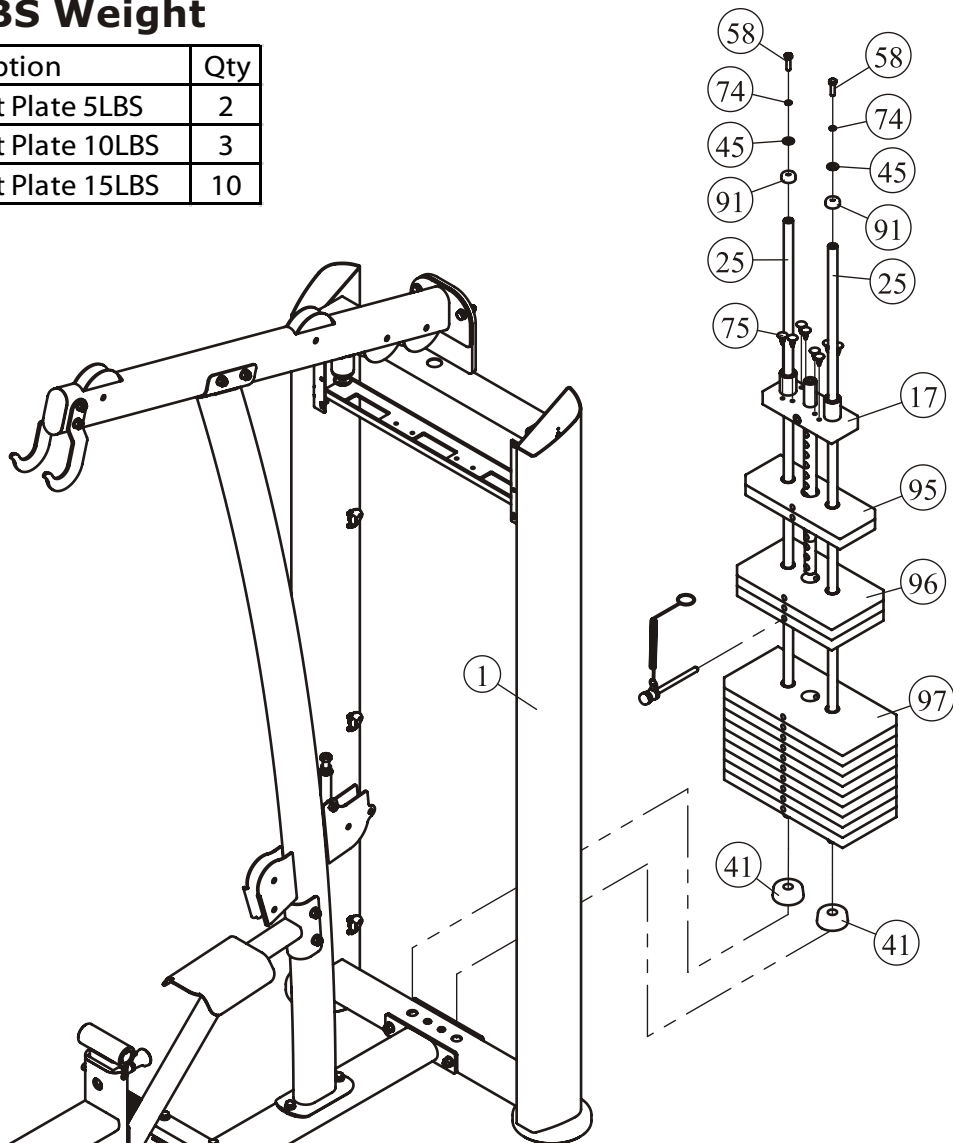
3. Attach eight Buttons (#75) to the Top Plate (#17).

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Here is the assembly instruction for **200LBS Weights** !

200LBS Weight

Item	Description	Qty
95	Weight Plate 5LBS	2
96	Weight Plate 10LBS	3
97	Weight Plate 15LBS	10



Assembly

STEP 4

1. Attach:

- two Guide Rod (#25)
- ten Weight Plate 20LBS (#97)
- two Weight Plate 10LBS (#95)
- two $\Phi 63.5 \times \Phi 19 \times 25.4$ Weight Rubber Bumper (#41)
- three Weight Plate 15LBS (#96)
- one Top Plate (#17)
- two $\Phi 8$ Spring Washers (#74)
- two $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washers (#45)
- two $\Phi 29 \times \Phi 19 \times 10$ Rubber Plugs (#91)

to the Weight Stack Frame (#1) using:

2. Attach the Selector Pin W/Coil (#19) to the Top Plate (#17).

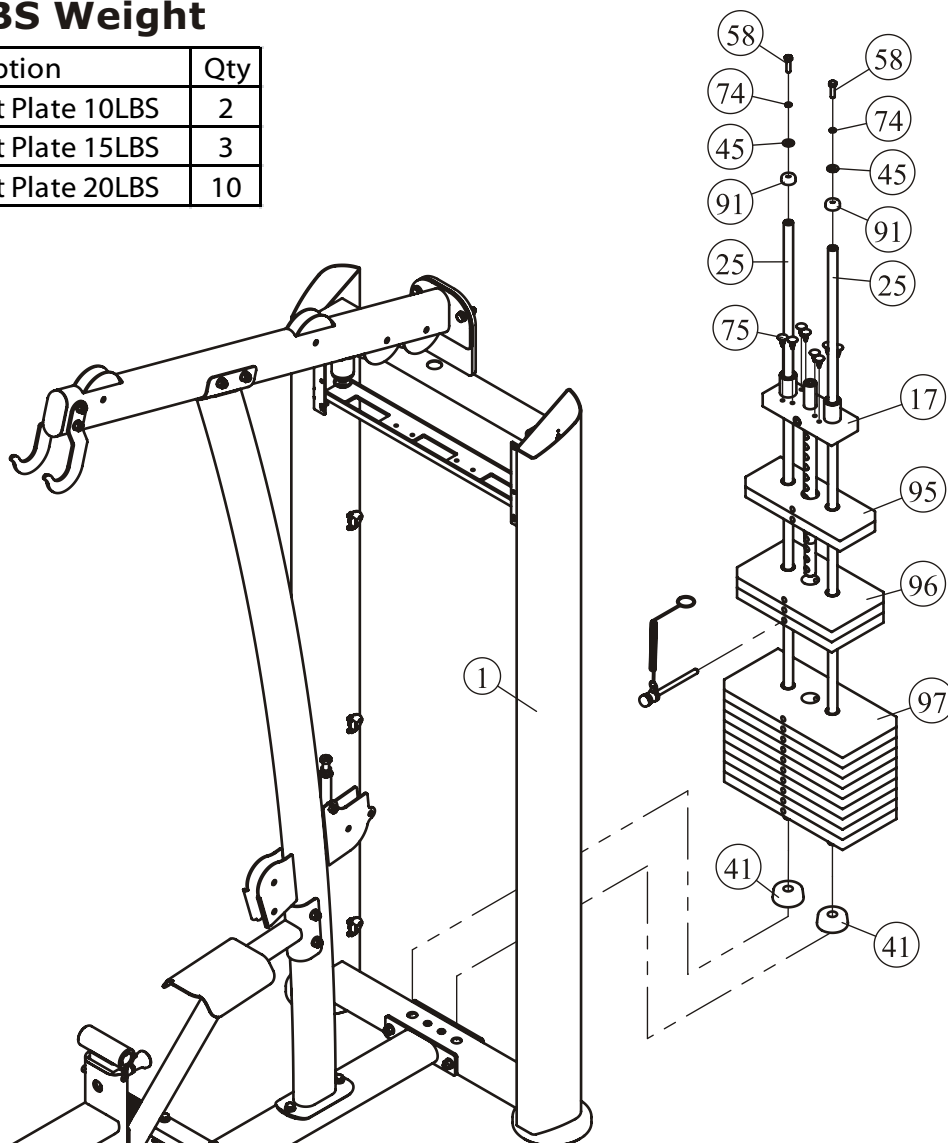
3. Attach eight Buttons (#75) to the Top Plate (#17).

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Here is the assembly instruction for **275LBS Weights !**

275LBS Weight

Item	Description	Qty
95	Weight Plate 10LBS	2
96	Weight Plate 15LBS	3
97	Weight Plate 20LBS	10



Assembly

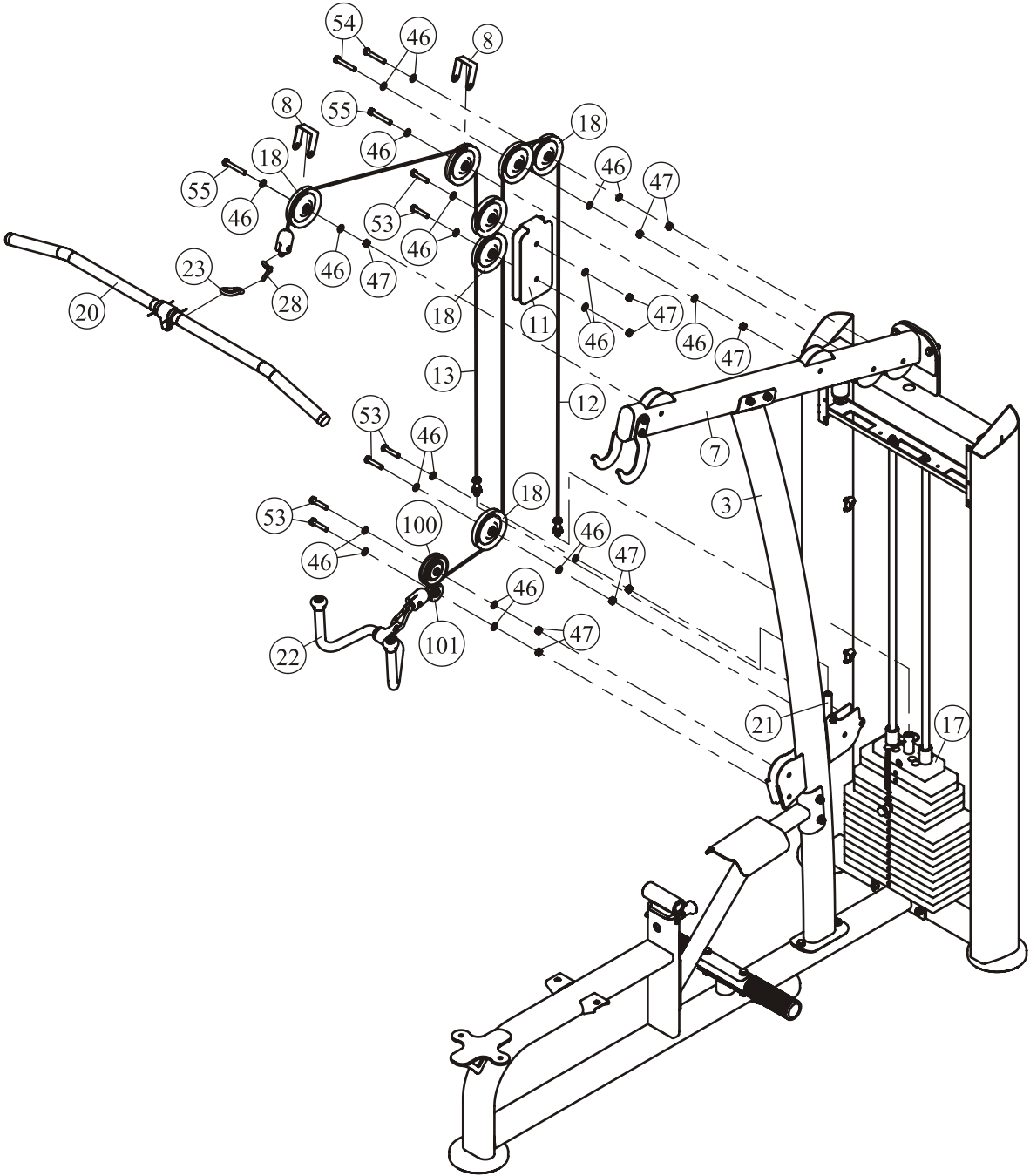
STEP 5

1. Attach one 4.5" Pulley (#18), one 3" Pulley (#100) and one 2" Pulley (#101) Pulley to the Front Frame (#3) using:
 - four M10*50 HHB (#53)
 - eight $\Phi 11*\Phi 20*2$ Flat Washers (#46)
 - four M10 Nylon lock Nuts (#47)
2. Attach four 4.5" Pulley (#18) and two U Bracket (#8) to the Top Frame (#7) using:
 - two M10*65 HHB (#54)
 - two M10*70 HHB (#55)
 - eight $\Phi 11*\Phi 20*2$ Flat Washers (#46)
 - four M10 Nylon lock Nuts (#47)
3. Attach two 4.5" Pulley (#18) to the Pulley Bracket (#11) using:
 - two M10*50 HHB (#53)
 - four $\Phi 11*\Phi 20*2$ Flat Washers (#46)
 - two M10 Nylon lock Nuts (#47)
4. Attach the Cable 1 (#12) to the Top Plate (#17), the Top Frame (#7), the Pulley Bracket (#11).
5. Attach the Cable 2 (#13) to the Adjustable End (#21) the Pulley Bracket (#11).
6. Attach the Long Lat Bar (#20) and Lat Bar (#22) to the Cable 1 (#12) and the Cable 2 (#13) using:
 - two $\Phi 8$ Gear Hooks (#23)
 - one $\Phi 5*3$ Shot Chain (#28)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Assembly

STEP 5

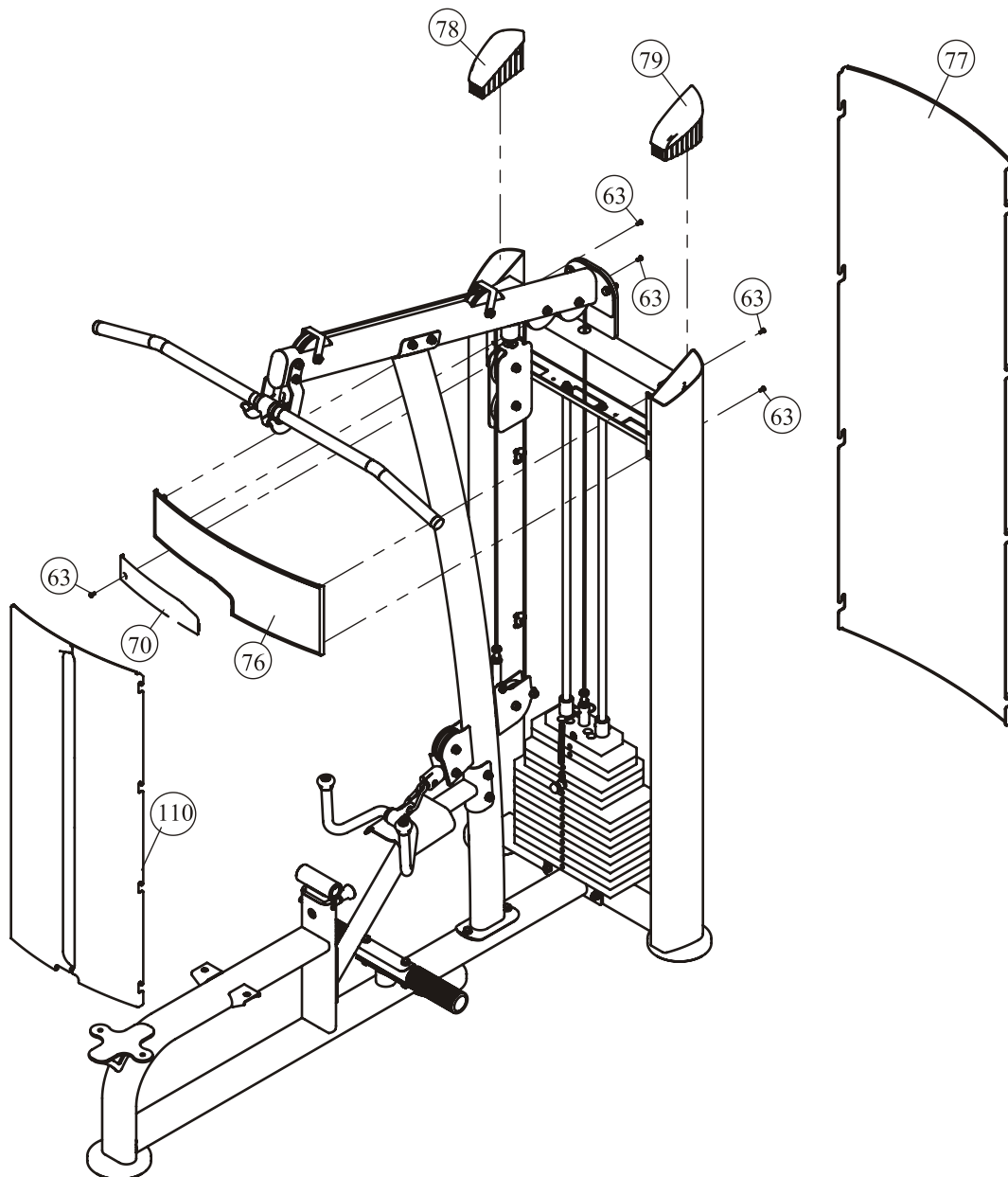


Assembly

STEP 6

1. Attach the Front Shroud (#110) to the Weight Stack Frame (#1).
2. Attach the Top Front Shroud (#76) to the Weight Stack Frame (#1) using:
 - four M5*12 BHCS (#63)
3. Attach the Plastic Cover (#70) to the Top Front Shroud (#76) and the Weight Stack Frame (#1) using:
 - one M5*12 BHCS (#63)
4. Attach the Rear Shroud (#77) to the Weight Stack Frame (#1).
5. Attach the Left Plug (#78) and the Right Plug (#79) to the Weight Stack Frame (#1).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 7

1. Attach the Seat Pad (#14) to the Seated Frame (#2) using:

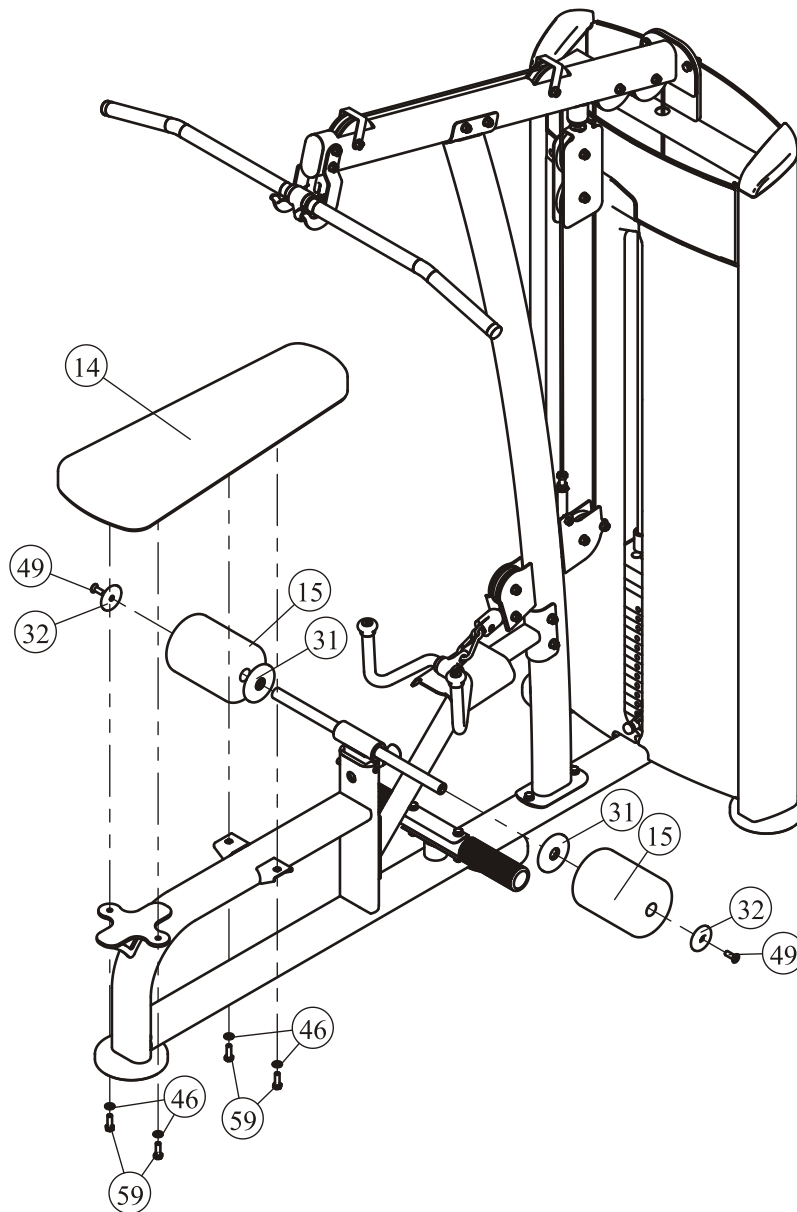
- four M10*30 HHB (#59)
- four $\Phi 11*\Phi 20*2$ Flat Washers (#46)

2. Insert the Foam Tube (#24) to the Foam Support Frame (#4), and then attach two Short Foam (#15) to the Foam Tube (#24) using:

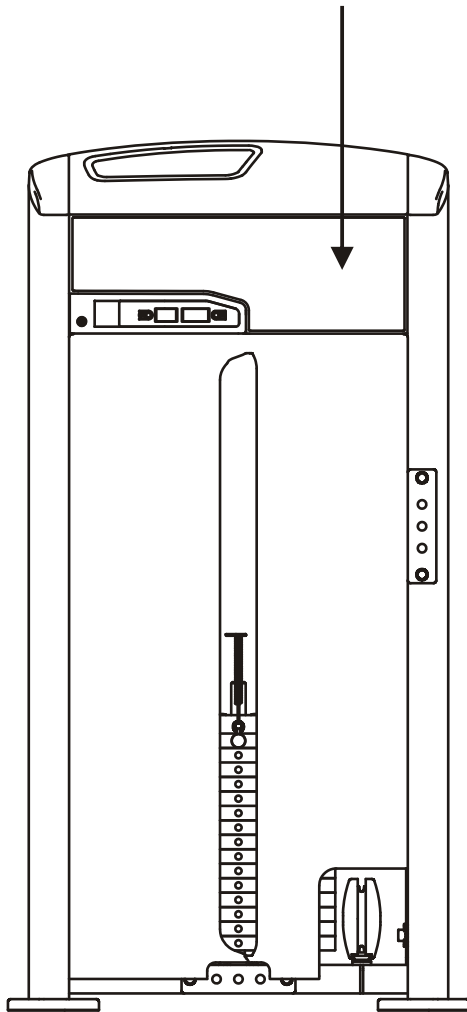
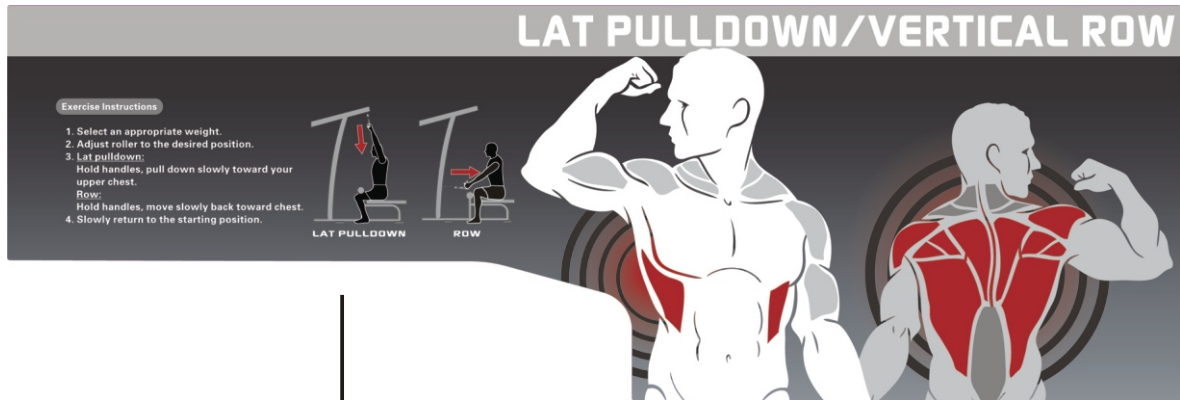
- two $\Phi 60*\Phi 26*12$ Plastic Spacers (#31)
- two $\Phi 60*9.6$ Stop Collars (#32)
- two M10*30 FHCS (#49)

3. Tighten two M8*8 Socket Set Screws (#62) in Foam Support Frame (#4).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Exercise Instructions



Exercise Instructions

1. Select an appropriate weight.
2. Adjust roller to the desired position.
3. **Lat pulldown:**
Hold handles, pull down slowly toward your upper chest.
- Row:**
Hold handles, move slowly back toward chest.
4. Slowly return to the starting position.

(Adjust weight according to the select pin)

Specifications

Class:S

Maximum Wt.Capacity:125kg/ 275lbs

Maximum User Weight: 150kg/ 330lbs

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

