

IRONEDGE.

Lat Pulldown / Seated Row

Setup Instructions


 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.



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General Information and Maintenance Advice

Be sure to read the entire manual before you assemble or operate your Cable Machine. Please note the following precautions:

1. Keep children and pets away from the Cable Machine
2. To be used by one person at a time
3. Do not use the Cable Machine near water or outdoors
4. Position on a level surface
5. Keep hands away from moving parts

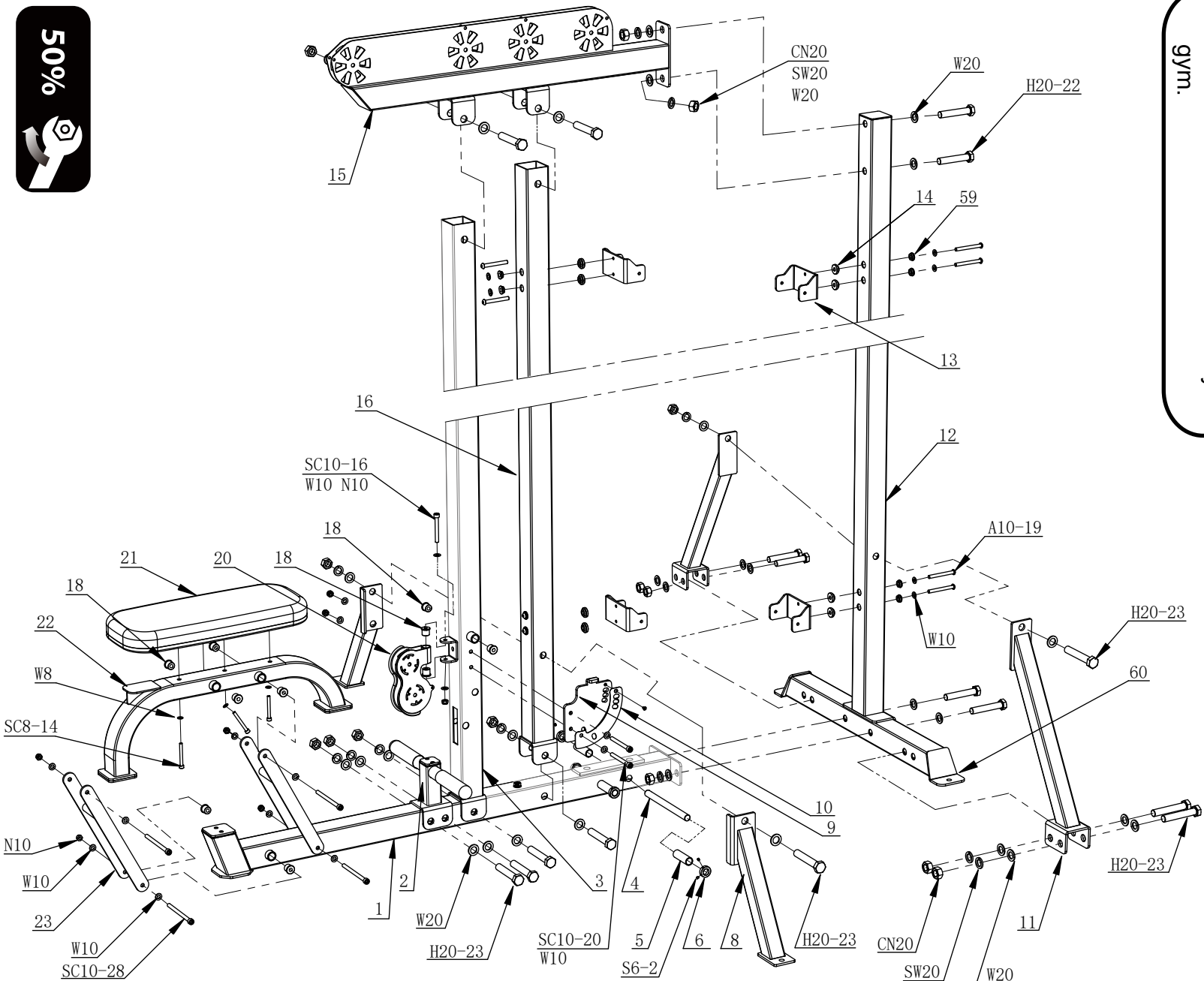
Warranty Terms

- The Frame is under warranty for 10 years against manufacturing defects
- Integral bearings, guide rods, pulleys, weight plates, cables and grips are under warranty for 1 year against manufacturing defects
- Upholstery is under warranty for 90 days against manufacturing defects
- Warranty does not extend to wear and tear through normal use, or rust

INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 1



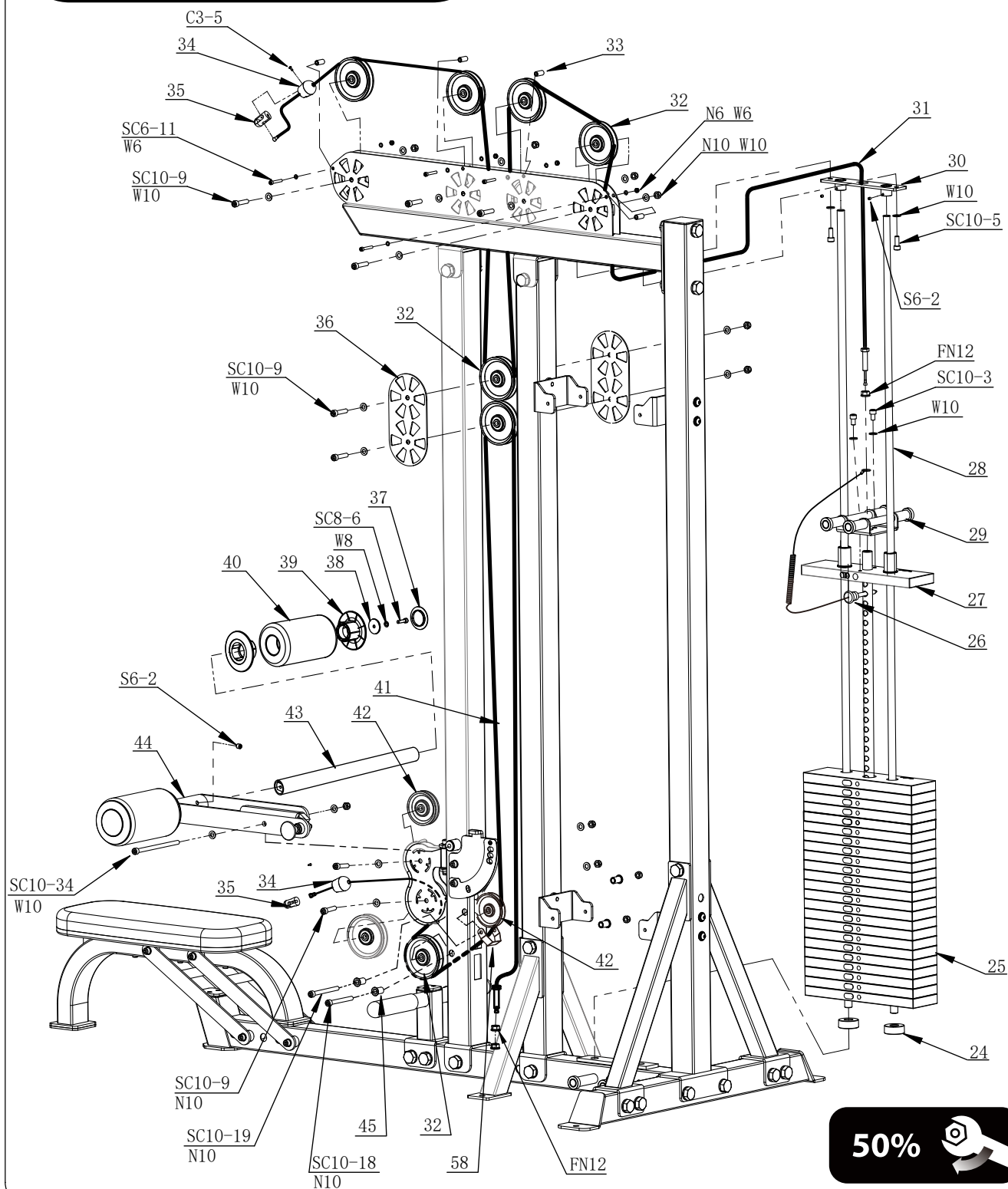
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INFORMATION

We recommend having a second person assist with lifting heavy items during assembly.

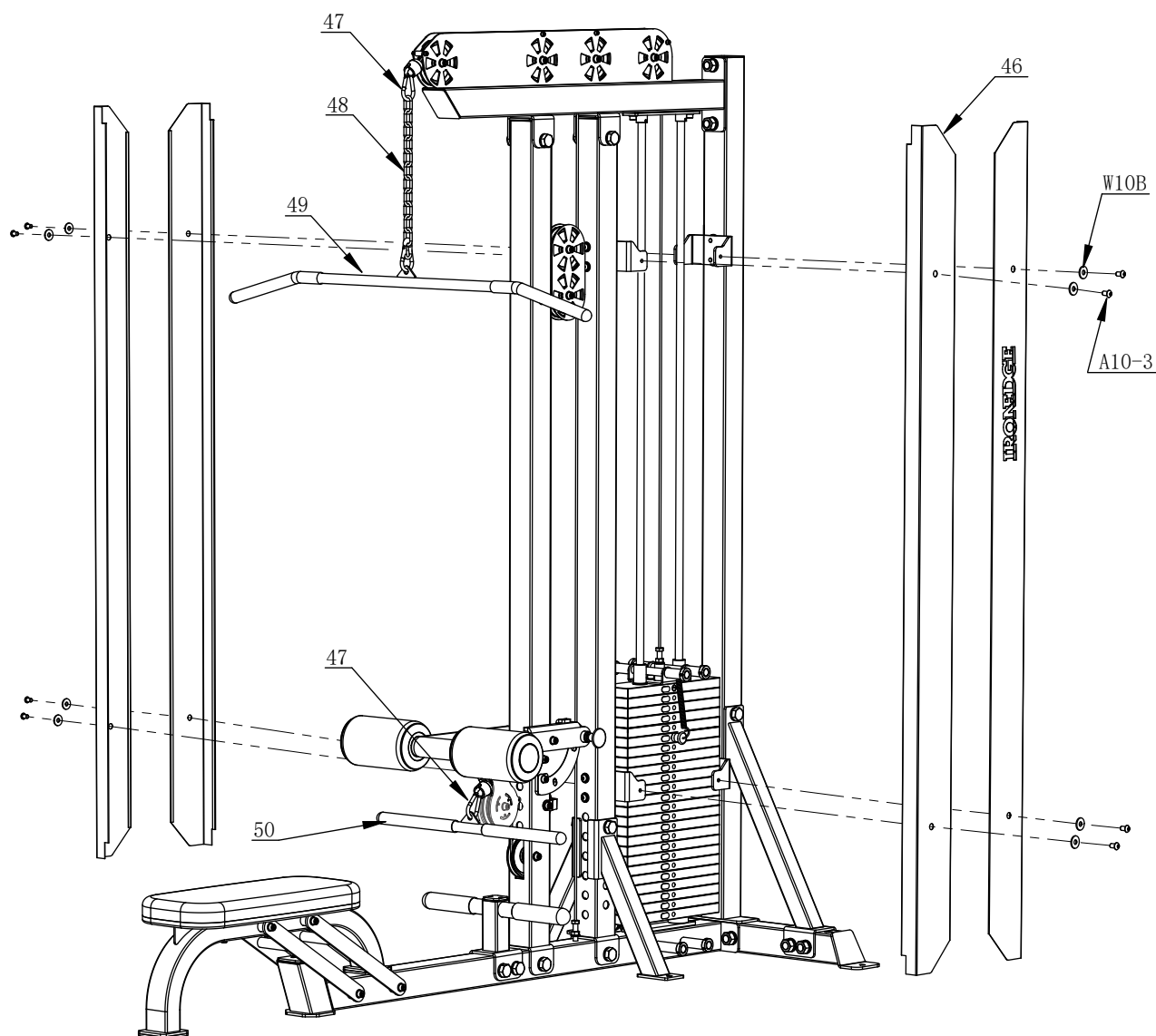
STEP 2



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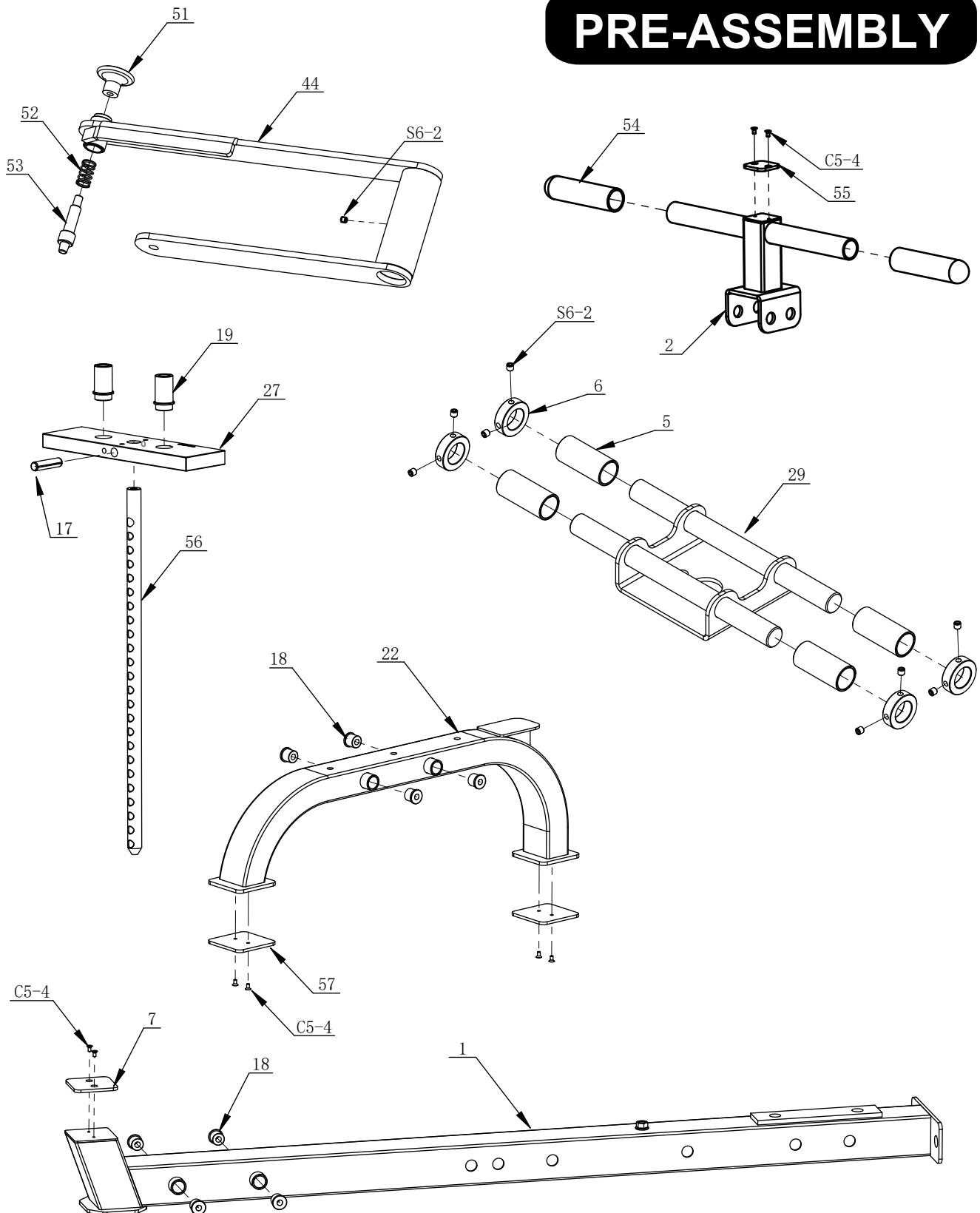
STEP 3



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PRE-ASSEMBLY



PARTS LIST

PART#	DESCRIPTION	QTY
1	Bottom Tube Assembly	1
2	Foot Rest Tube Assembly	1
3	Vertical Tube Assembly 3	1
4	Rod	2
5	Rubber Tube	8
6	Fixing Ring	8
7	Plastic Pad 1	1
8	Support Tube 2 Assembly	2
9	Adjusting Plate	1
10	Shield Plate	1
11	Support Tube 1 Assembly	2
12	Vertical Tube Assembly 1	1
13	Panel Fixing Plate	4
14	Spacer 2	4
15	Top Tube Assembly	1
16	Vertical Tube Assembly 2	1
17	Elastic Pin	1
18	Plastic Bushing	12
19	Plastic Bushing	2
20	Pulley Mounting Bracket Assembly	1
21	Seat Pad	1
22	Seat Pad Support	1
23	Linkage Assembly	2
24	Rubber Buffer	2
25	5 Kg Weight Plate	23
26	Weight Stack Pin	1
27	5 Kg Head Weight Plate	1
28	Rod	2
29	Pull Rod Assembly	1
30	Rod Fixing Plate Assembly	1
31	Wirerope 1	1
32	114 Pulley	8
33	Limit Tube	4
34	Connector Sleeve	2
35	Connection Block	2
36	Pulley Connection Plate	2
37	Foam Roller Cap 1	2
38	Washer	2
39	Foam Roller Cap 2	4
40	Foam Roller	2
41	Wirerope 2	1
42	89 Pulley	2
43	Tube Assembly	1
44	Foam Mounting Bracket Assembly	1

PART#	DESCRIPTION	QTY
45	Spacer	4
46	Shield Panel	4
47	Carabiner	3
48	Chain	1
49	Pull Bar (Long)	1
50	Pull Bar (short)	1
51	Knob	1
52	Spring	1
53	Pull Pin	1
54	Tube Sleeve	2
55	Plastic Pad 3	1
56	Weight Selector	1
57	Plastic Pad 2	2
58	Limit Plate	1
59	Spacer 3	4
60	Bottom Tube Assembly 2	1
W6	Washer 6	8
W8	Washer 8	5
W10	Washer 10	46
W10B	Washer 10(bigger)	8
W20B	Washer 20(bigger)	32
SW20	Spring Washer 20	16
CN20	Hexagon Nut M20	16
N6	Lock Nut M6	4
N10	Lock Nut M10	18
C3-5	Countersunk Head Screw M3*10	2
C5-4	Countersunk Head Screw M5*10	9
A10-3	Hexagon socket button head screw M10*16	8
A10-19	Hexagon socket button head screw M10*95	8
S6-2	Hexagon Socket Set Screw M6*6	20
SC6-11	Hexagon socket head cap screw M6*40	4
SC8-6	Hexagon socket head cap screw M8*30	2
SC8-14	Hexagon socket head cap screw M8*70	3
SC10-3	Hexagon socket head cap screw M10*16	2
SC10-5	Hexagon socket head cap screw M10*25	2
SC10-9	Hexagon socket head cap screw M10*45	8
SC10-16	Hexagon socket head cap screw M10*80	1
SC10-18	Hexagon socket head cap screw M10*90	1
SC10-19	Hexagon socket head cap screw M10*95	1
SC10-20	Hexagon socket head cap screw M10*100	2
SC10-28	Hexagon socket head cap screw M10*140	4
SC10-34	Hexagon socket head cap screw M10*170	1
H20-22	Hexagon screw M20*110	2
H20-23	Hexagon screw M20*115	14