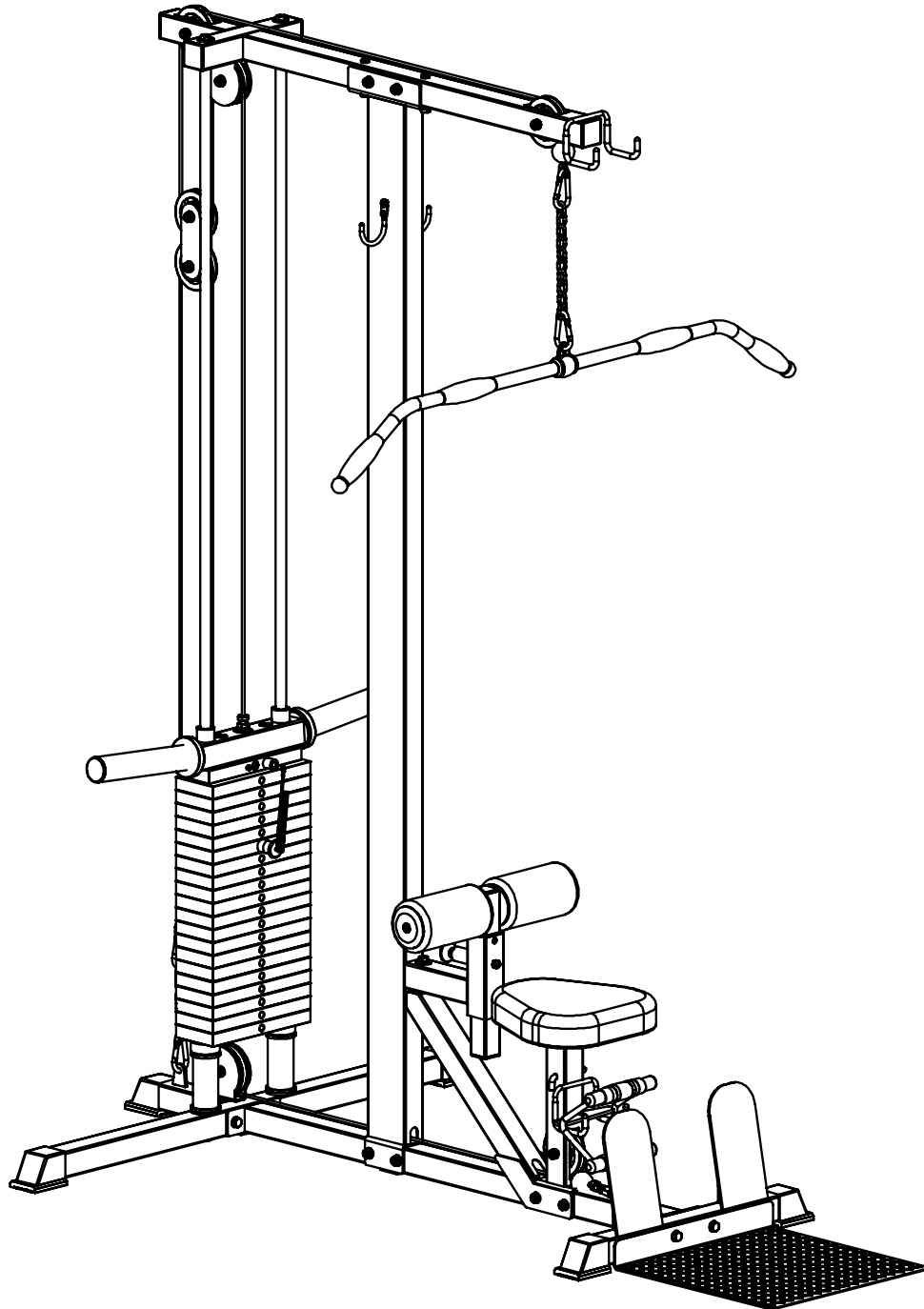
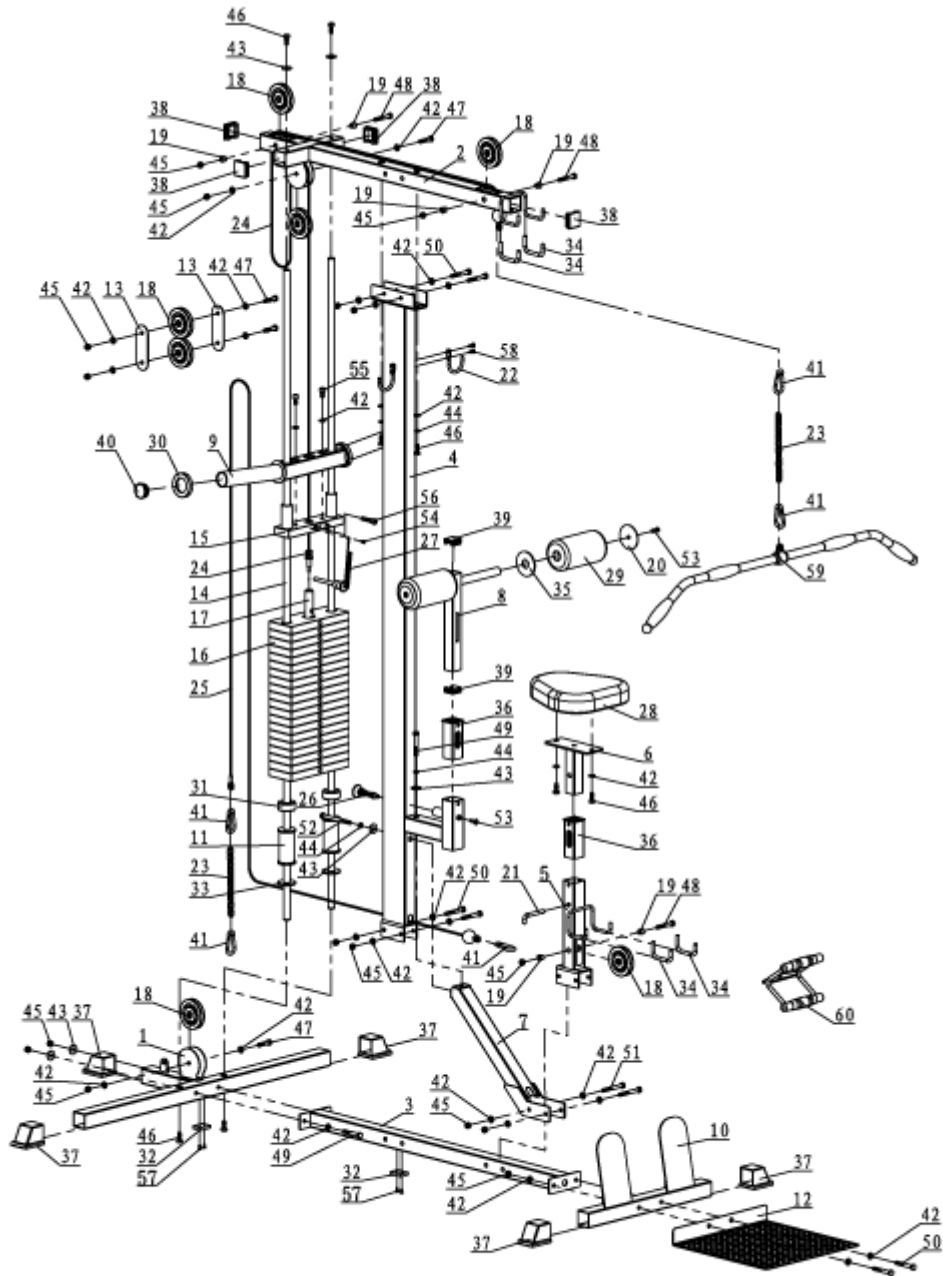


# STANDALONE LAT PULLDOWN LPD57(LM-SA)



# EXPLODED DRAWING& PARTS LIST

## PART LIST



Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Lower Fixing frame	1	31	Rubber Cushion $\Phi 55 \times \Phi 25 \times 25$	2
2	Upper Fixing frame	1	32	Rubber Cushion $45 \times 35 \times 8$	2
3	Base Frame	1	33	EVA Cushion $\Phi 56 \times \Phi 20.5 \times 5$	2
4	Support Frame	1	34	Protective sleeve	4
5	Cushion Frame	1	35	Nylon laphragm	2
6	Cushion Adjustable Frame	1	36	Hollow Sleeve F50*2-F40	2
7	Strengthen Frame	1	37	Sleeve F50	5
8	Foam Roller	1	38	Plug F50*2.5	4
9	Plate Holder	1	39	Plug F40*2	2
10	Foot Plate	1	40	Plug $\Phi 48 \times 2.5$	2
11	Weight Plate Holder	2	41	Safety Hook $\Phi 8 \times 80$	5
12	L Foot Rest	1	42	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	32
13	Plate	2	43	Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$	6
14	Guide Rod $\Phi 20 \times 2133$	2	44	Spring Washer $\Phi 10$	4
15	Top Weight Stack $247 \times 65 \times 25.4$	1	45	Nut M10	17
16	Weight Stack $260 \times 100 \times 25.40$	20	46	Hex Bolt M10*25	8
17	Selection Shaft $\Phi 25 \times 595 \times M12$	1	47	Hex Bolt M10*45	4
18	Pulley $\Phi 95 \times 24$	7	48	Hex Bolt M10*65	3
19	Sleeve $\Phi 18 \times 15$	6	49	Hex Bolt M10*70	3
20	Foam End Cap	2	50	Hex Bolt M10*75	6
21	L Pin $\Phi 10 \times 107$	1	51	Hex Bolt M10*85	2
22	Foam Rollaer Hang	2	52	Hex Bolt M10*120	1
23	Link $\Phi 5 \times 230$	2	53	Hexagon socket head bolt M8*25	3
24	Upper Cable Assembly $\Phi 5 \times 3280$	1	54	Hexagon socket head bolt M5*10	1
25	Lower Cable Assembly $\Phi 5 \times 3965$	1	55	Hexagon socket head bolt M10*20	2
26	Adjustable Pins	1	56	Hexagon socket head bolt M10*50	1
27	Magnetic Pins	1	57	Hex Bolt M5*10	4

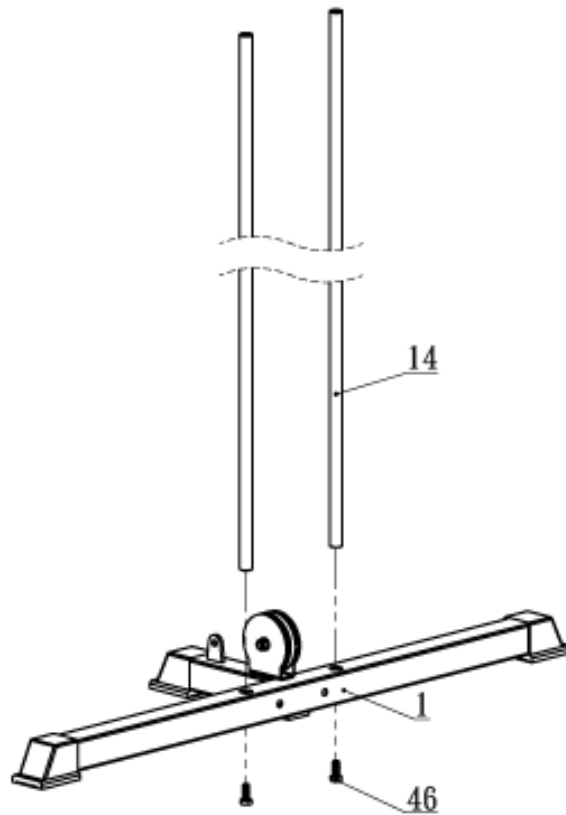
28	Cushion	1	58	Hex Bolt M6*15	4
29	Foam $\Phi 100*\Phi 26*180$	4	59	Pull Up Handle	1
30	Rubber Cushion $\Phi 77*\Phi 47.5*13$	2	60	Handle	1

## ASSEMBLY STEP

Note: Before starting assembly remove all parts and hardware from the carton, ensure you have everything according to the list.

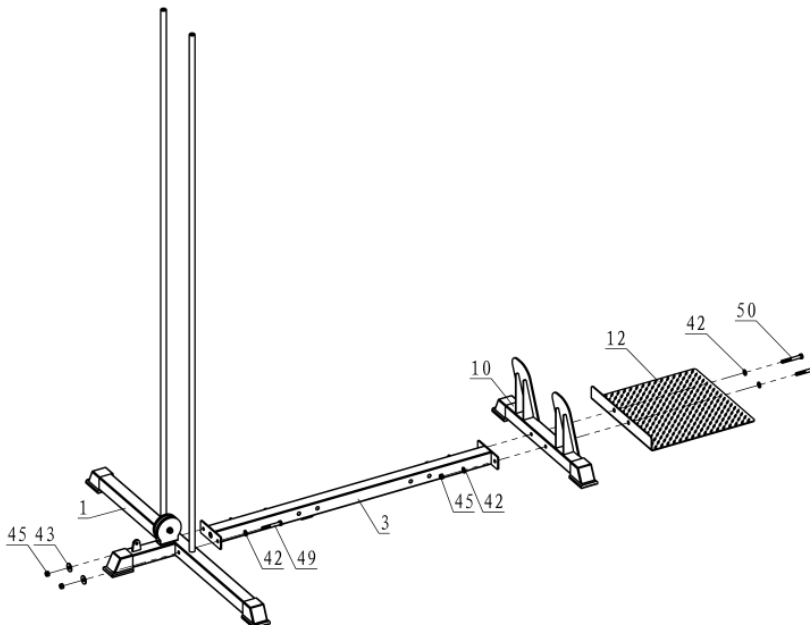
### Step 1

Please install the 2 Guide Rods (14) to the Lower Fixing frame (1), using 2 Hex Bolts M10\*25 (46).



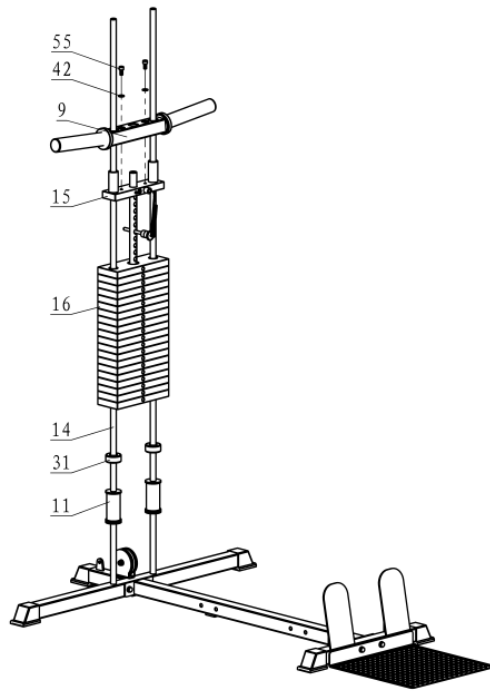
## Step 2

Please connect the Upper Fixing frame (1) and Base Frame(3),Foot Plate(10), L Foot Rest(12) using Hex Bolt M10\*70 (49), Flat Washer  $\Phi 11*\Phi 20*2$  (42) , Flat Washer  $\Phi 10.5*\Phi 30*2.5$  (43) and Nut M10(45) and Hex Bolt M10\*75 (50).



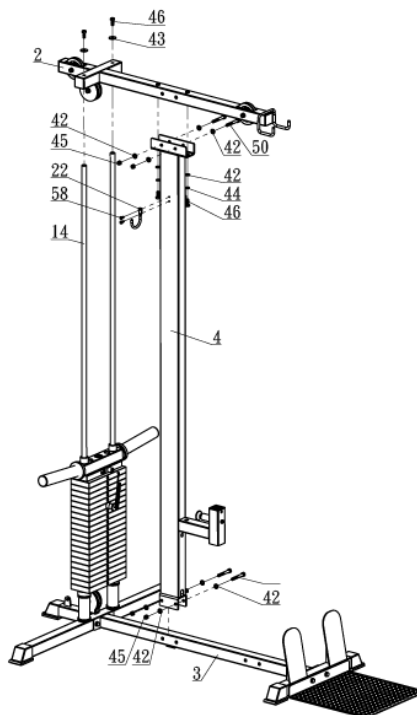
## Step 3

1. Sleeve the Weight Plate Holder (11), Rubber Cushion  $\Phi 55*\Phi 25*25$ (31), 20 Weight Stacks (16), Top Weight Stack (15) onto the Guide Rods (14) in turn.
2. Fix the Plate Holder (9) to the Top Weight Stack (15) using Flat Washer  $\Phi 11*\Phi 20*2$  (42) and Hexagon socket head bolt M10\*20 (55).



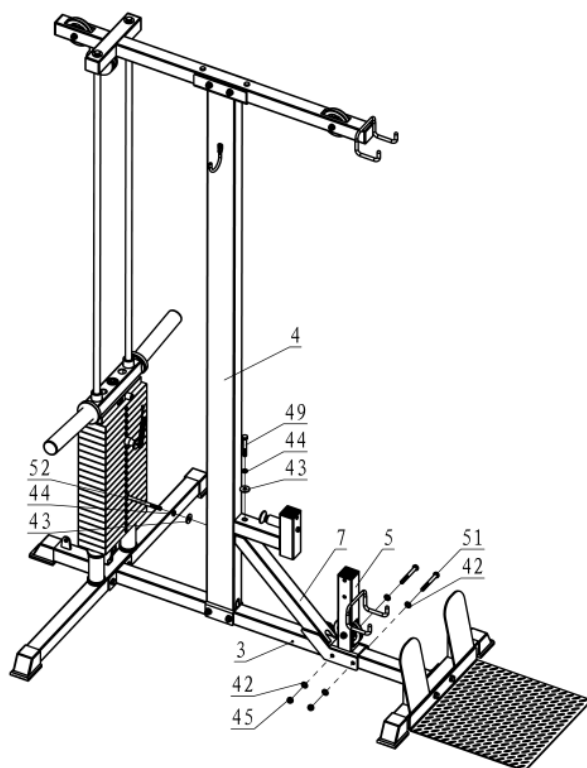
**Step 4**

1. Please assemble Lower Fixing frame(1), Upper Fixing frame(2), Base Frame(3), Support Frame(4), Using Flat Washer  $\Phi 11*\Phi 20*2$  (42) and Flat Washer  $\Phi 10.5*\Phi 30*2.5$  (43). Spring Washer  $\Phi 10$ (44), Nut M10(45)



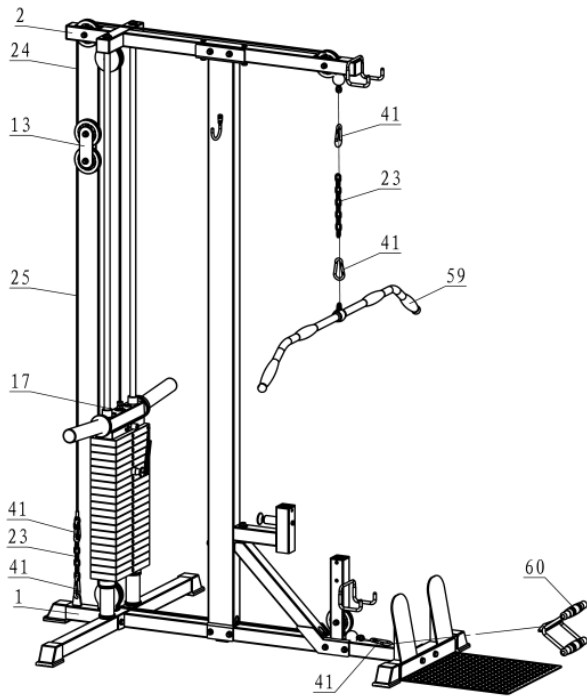
## Step 5

Assemble the (3) Base Frame and Support Frame (4), Strengthen Frame(5), Strengthen Frame(7) using 2 Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (42) and Flat Washer  $\Phi 10.5 \times \Phi 30 \times 2.5$  (43). Spring Washer  $\Phi 10$ (44), Nut M10(45), Hex Bolt M10\*70(49), Hex Bolt M10\*85(51), Hex Bolt M10\*120(52)



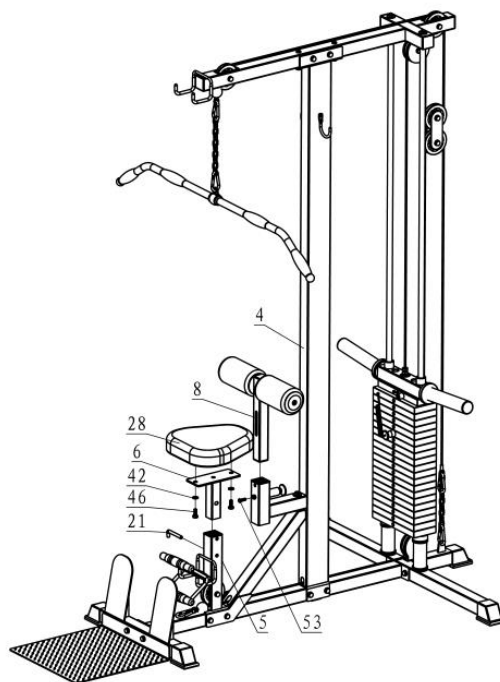
## Step 6

1. Connect the Upper Cable Assembly (24) and Lower Cable Assembly (25) using the pulley assembly mentioned above. Screw the Hexagon Flange Nut M12 (30) to the perforated bolt on the Upper Cable Assembly, then screw the perforated bolt to the perforated bolt on the Selection Shaft (17).
2. Another end of the Upper Cable Assembly connect successively to the Safety Hook (41), Link (23), Safety Hook (41).  
Remove the safety hook and link from the high Handle (59) when using the Lower Handle (60), at the same time, connect the Lower Cable Assembly and the Lower Handle (60).



**Step 7**

Pull the pull pin, attach Foam Roller(8) to the hollow tube on the support frame (4). Assemble Cushion Adjustable Frame(6) and Cushion Frame(5), Using L Pin  $\Phi 10 \times 107$ (21)



**Please tighten all the nuts and bolts using wrenches.**