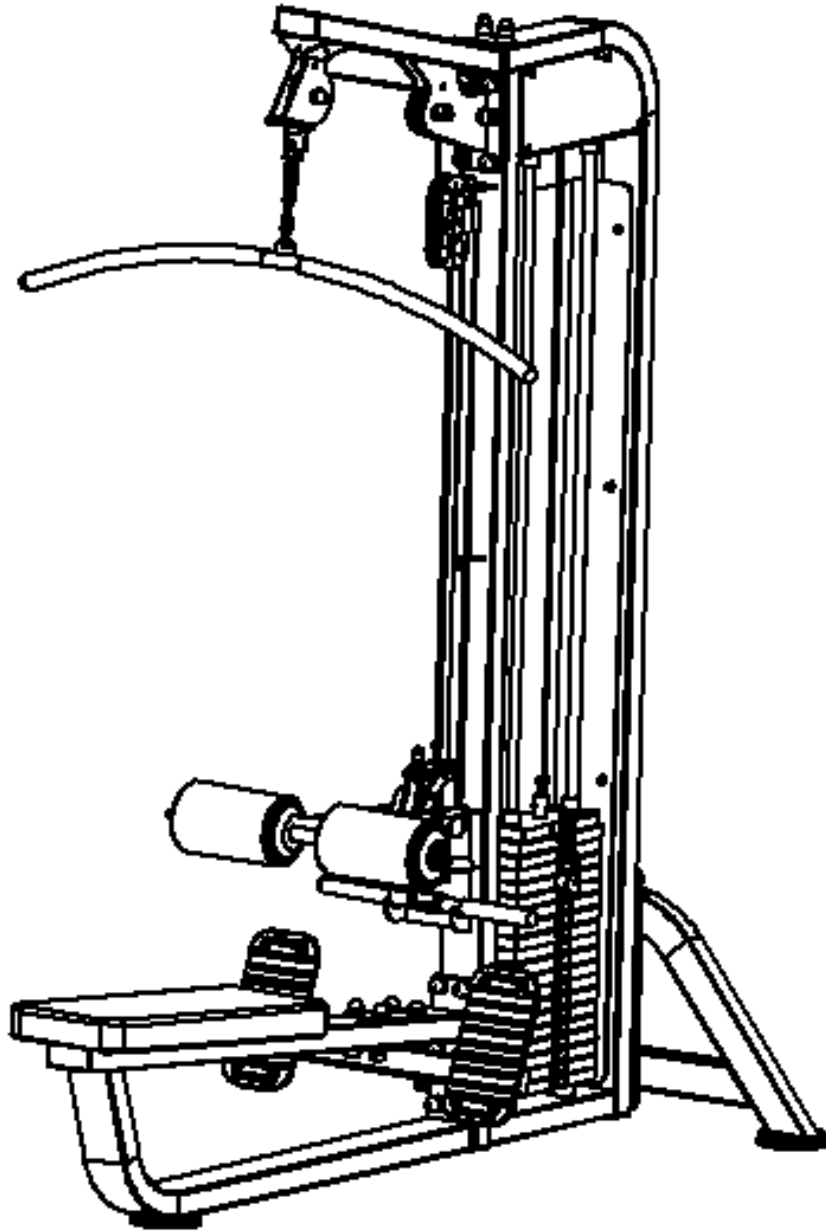


Lat Pulldown/Seated Row



S3003B Lat Pulldown/Seated Row

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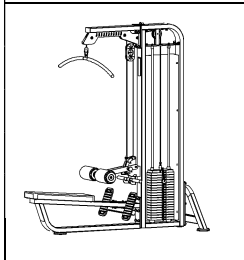
01/IMPORTANT NOTICE

Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

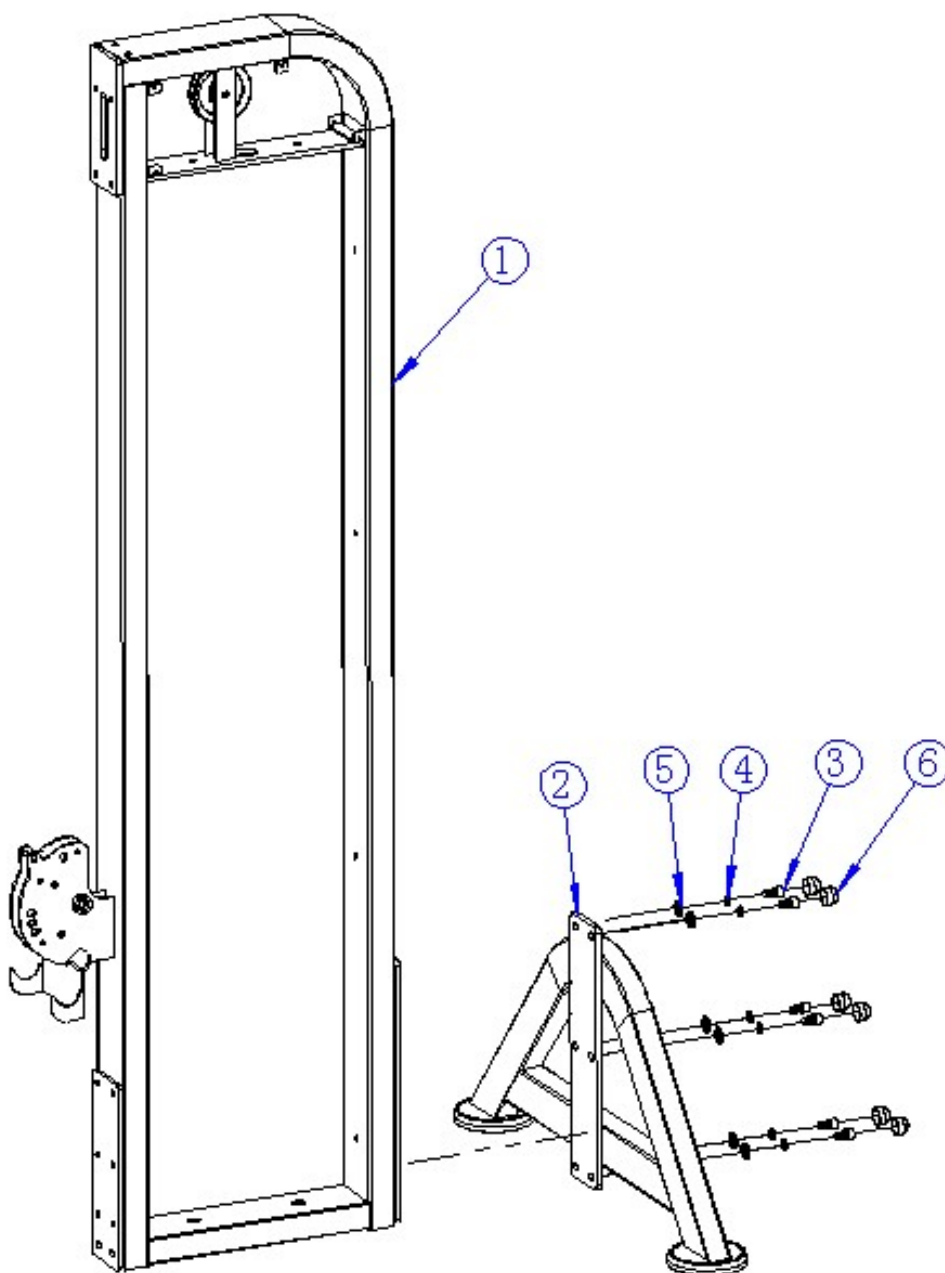
1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. WARNING: Keep hands and feet away from moving parts.
11. WARNING: DO NOT beyond adjustable setting range.
12. WARNING: Keep children or pets away from the machine when operating it.
13. WARNING: Keep all control apparatus in proper position.
14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

1) Step 1

Finished diagram

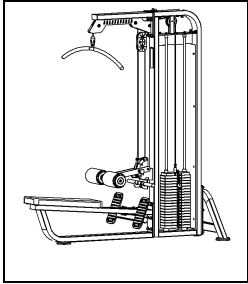


Bill of materials			
1	Weight stack box		1
2	Support assembly		1
3	Hexagon socket cylinder bolt	M12*20	6
4	Spring washer	Ø12	6
5	Drum washer	Ø12.5	6
6	Screw cap	Ø31*20.3	6



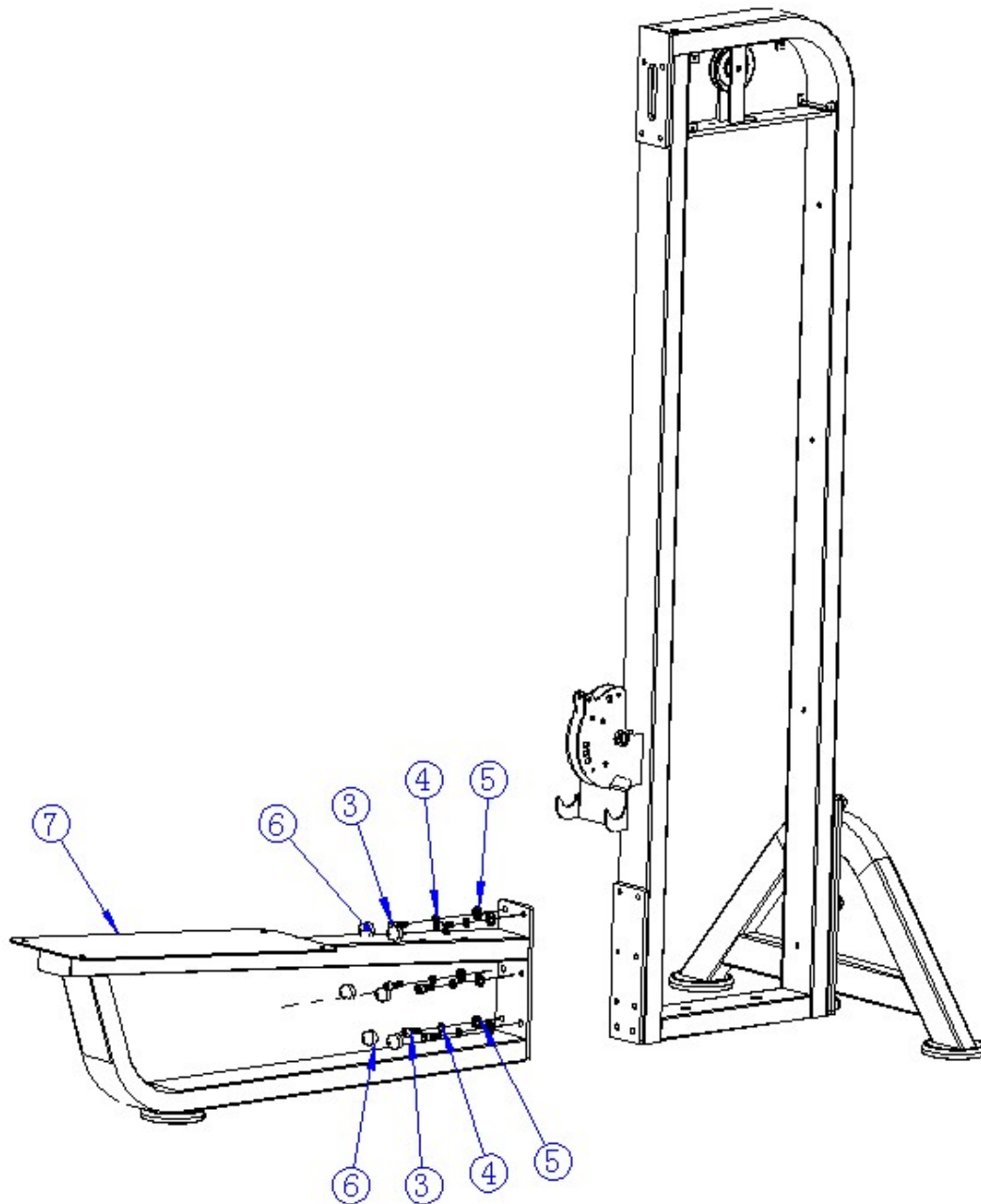
2) Step 2

Finished diagram



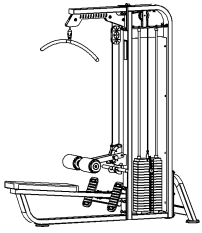
Bill of materials

Bill of materials		
Assembly		1
Hexagon socket cylinder bolt	M12*20	6
Locking washer	Ø12	6
Thin washer	Ø12.5	6
Locking cap	Ø31*20.3	6

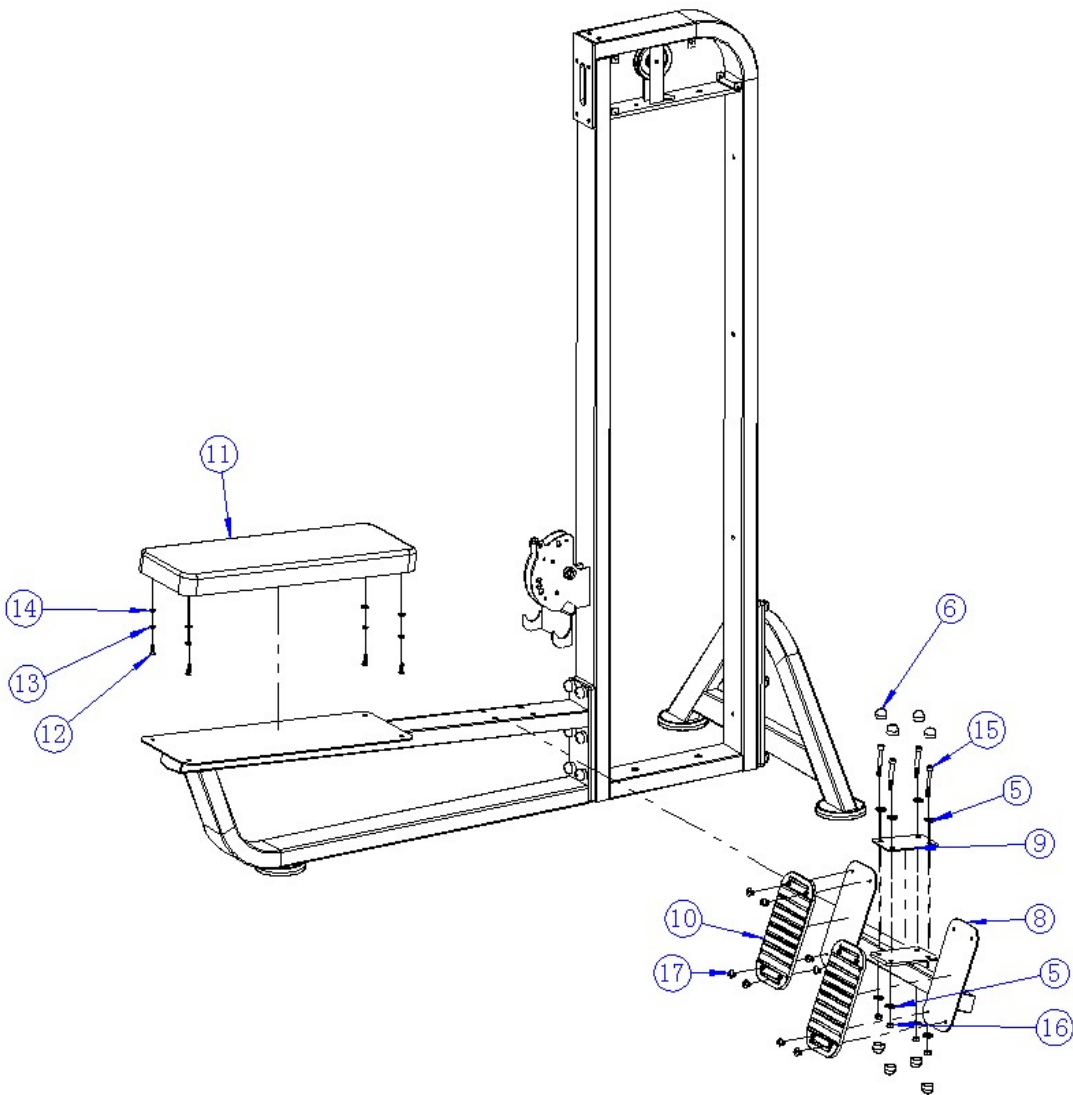


3) Step 3

**Finished
diagram**

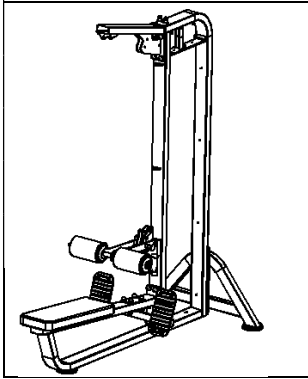


Bill of materials			
8	Footrest assemble		1
9	Footrest fixed plate 1		1
10	Footrest pad	161*311*12	2
11	Seat pad	750*260*60	1
12	Hexagon socket grub bolt	M8X25	4
13	Spring washer	Ø8	4
14	Flat washer	Ø8	4
15	Hexagon socket cylinder bolt	M10*75	4
5	Drum washer	Ø12.5	8
16	Hexagon lock nut	M10	4
17	Hexagon socket grub bolt	M8*12	8
6	Screw cap	Ø31*20.3	8

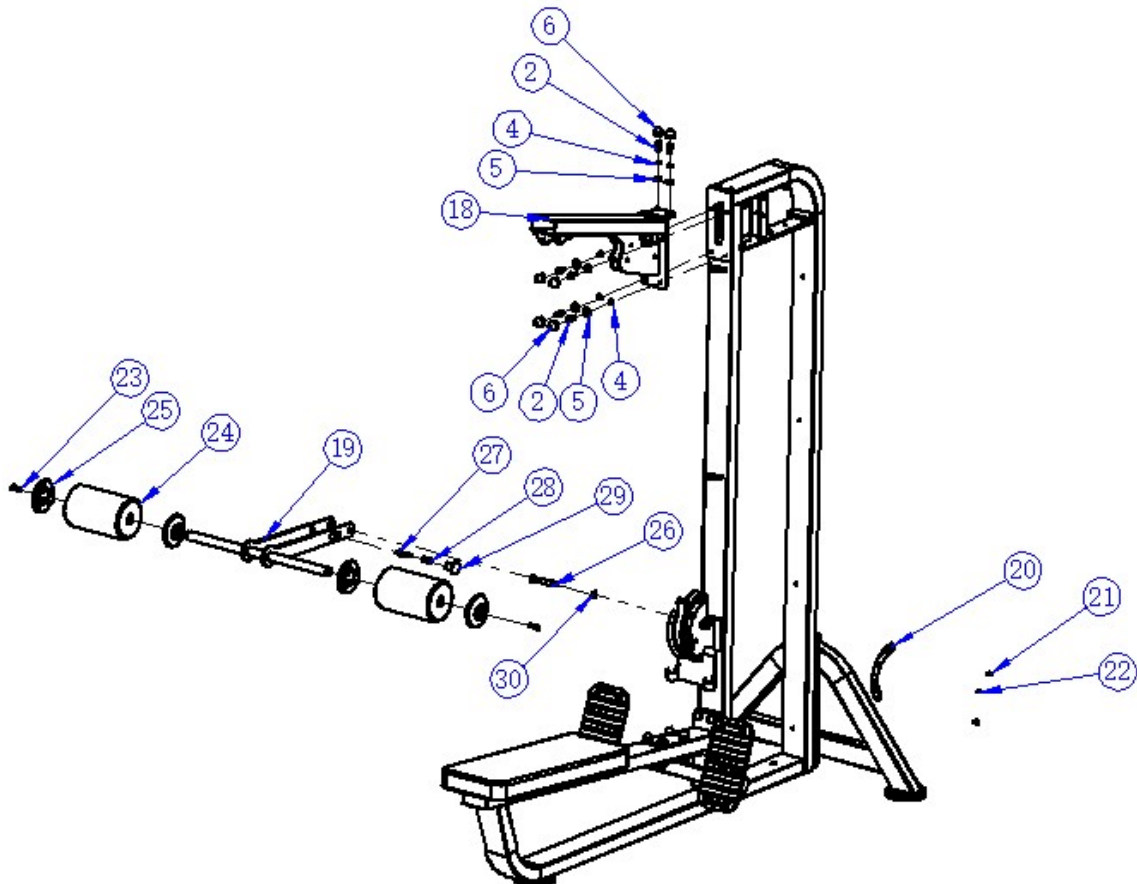


4) Step 4

Finished diagram

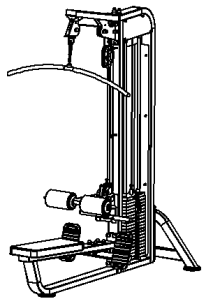


Bill of materials			
3	Hexagon socket cylinder bolt	M12*20	6
4	Spring washer	Ø12	6
5	Drum washer	Ø12.5	6
6	Screw cap	Ø31*20.3	6
18	Pulldown front fix assembly		1
19	Adjustment tube assembly		1
20	Adjustment plate	185.4*117.9*T2	1
21	Hexagon socket cylinder bolt	M8*10	2
22	Hexagon socket countersunk bolt	M6*8	1
23	Hexagon socket countersunk bolt	M12*30	2
24	Roller pad	Ø140*230	2
25	Roller pad end cap	Ø114*12	2
26	Hexagon socket cylinder shoulder bolt	Ø16*L80*M12	1
30	Hexagon lock nut	M12	1
27	Latch	Ø19*62	1
28	Pressure spring	Ø17*31	1
29	Pop pin head	Ø43*34*M8	1

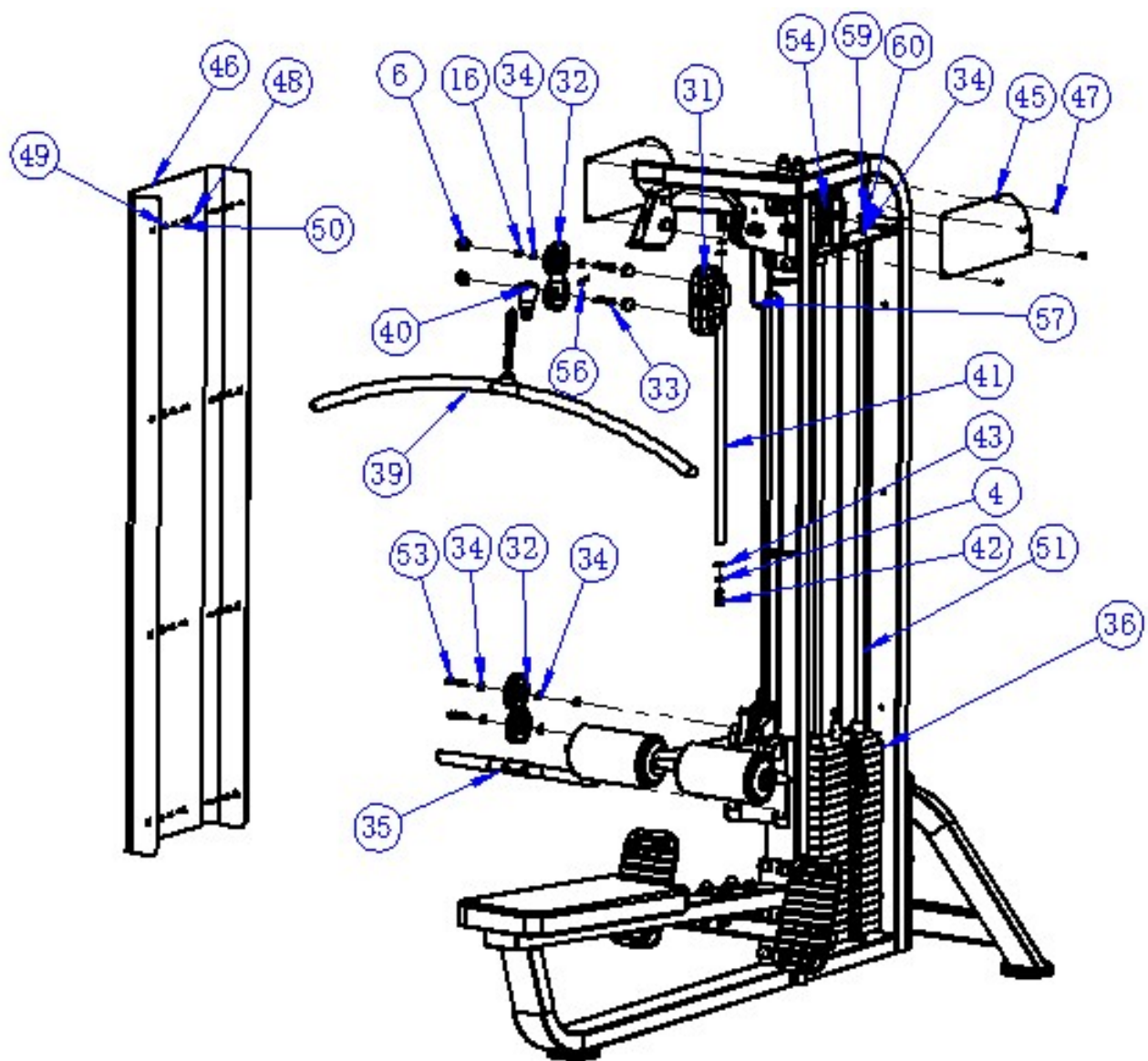


5) Step 5

Finished diagram

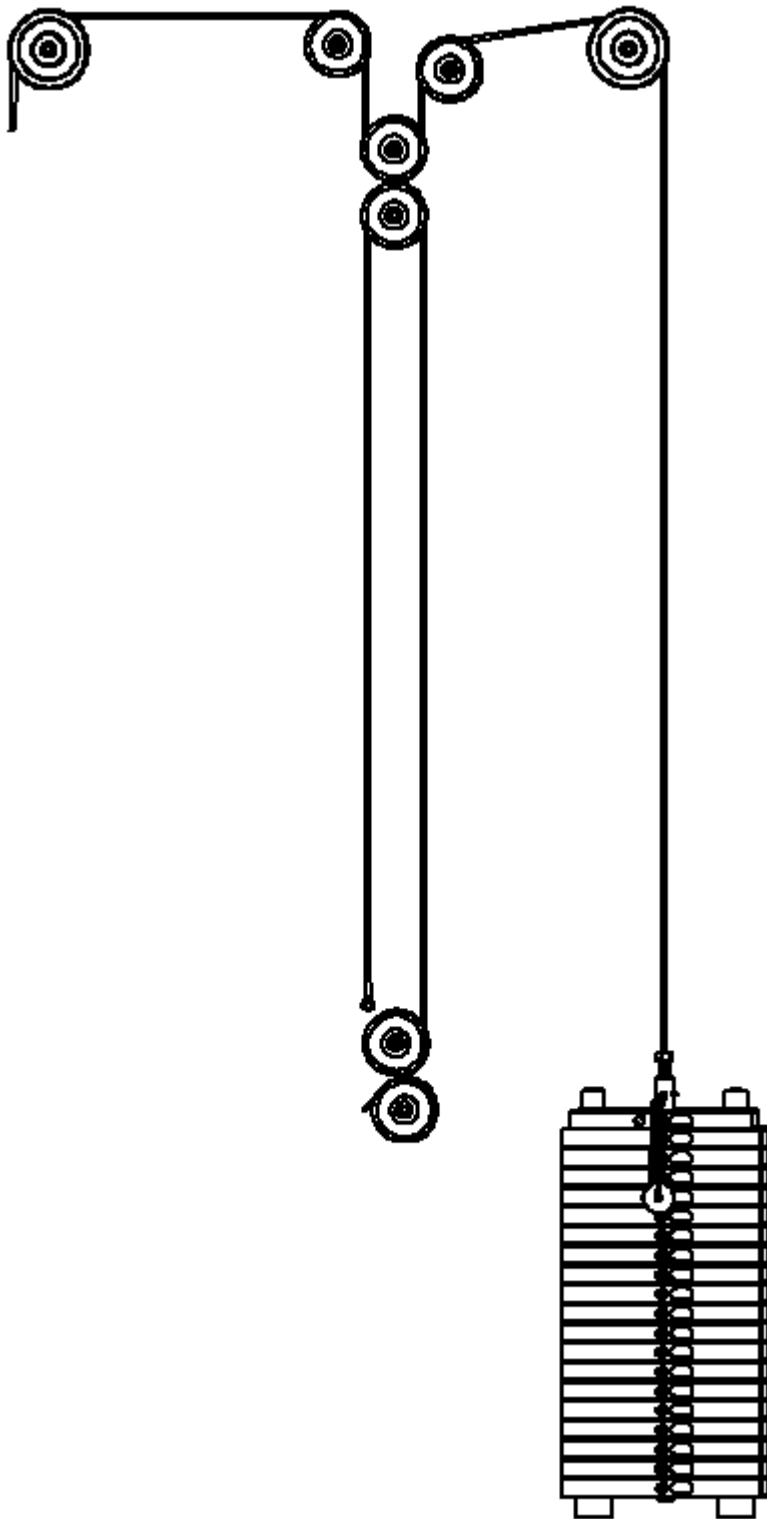


Bill of materials			
31	Pulley assembly		1
32	Pulley wheel	Ø90	6
33	Hexagon socket cylinder bolt	M10*45	2
34	Flat washer	M10	14
16	Hexagon lock nut	M10	9
6	Screw cap	Ø31*20.3	10
35	Handle assembly		1
36	Weight stack		1
37	Hexagon socket cylinder bolt	Ø12.5M10*55	3
5	Drum washer	Ø12.5	6
38	Seated row pulley assembly		1
39	Handle assembly		1
40	Cable fitting		1
41	Guide rod	Ø20*735	1
42	Hexagon socket cylinder bolt	M12*25	2
43	Flat washer	M12	2
4	Spring washer	M12	2
45	Instruction decal	420*177*T1.2	2
46	Shroud	621.4*1794*T2	1
47	Hexagon socket grub bolt	M5*12	7
48	Hexagon socket cylinder bolt	M6*20	8
49	Flat washer	M6	8
50	Spring washer	M6	8
51	Guide rod	∅ 20*1944	2
52	Guide rod fixed sleeve	∅30*33	2
53	Hexagon socket cylinder bolt	M10*50	4
54	Pulley wheel	Ø110	2
56	Hexagon socket cylinder bolt	M8*30	1
57	Cable 2		1
58	Cable 1		1
53	Hexagon socket grub bolt	M10*25	2
44	Spring washer	M10	2



6) Step 6

Pulley installation instruction:



03/ PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn.

User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

The design and manufacture of the machine meets the human motion curve, and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

04/ PRODUCT PARAMETER

Name	Lat Pull Down / Seated Row	Model	S3003B
Floor space	1935*1230*2330	Weight stack	125 Kg
Net Weight	106 Kg	Level	S
Category: S: Professional and Commercial; H: household			

05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened, rotating parts should be flexible without abnormal sound.
2. The machine should be keep clean. Please DO NOT clean the machine with strong cleaning solvent.
3. Any worn or damaged stress parts should be repaired or changed immediately.

06/ TROUBLESHOOTING

07/ WARRANTY INSTRUCTION

1. Warranty scope

The machine is damaged by any non-impersonal factors under proper maintenance. The warranty card is valid only when the user is original buyer.

2. The warranty period is one year since buying the machine.
3. The below-listed damages are out of warranty:
 - 1). the damages caused by abuse, carelessness, accident or unauthorized modify.
 - 2). the damages caused by improper adjusting weight stack pin.
 - 3). the damages caused by improper maintenance.
 - 4). the damages caused by other violation operating.