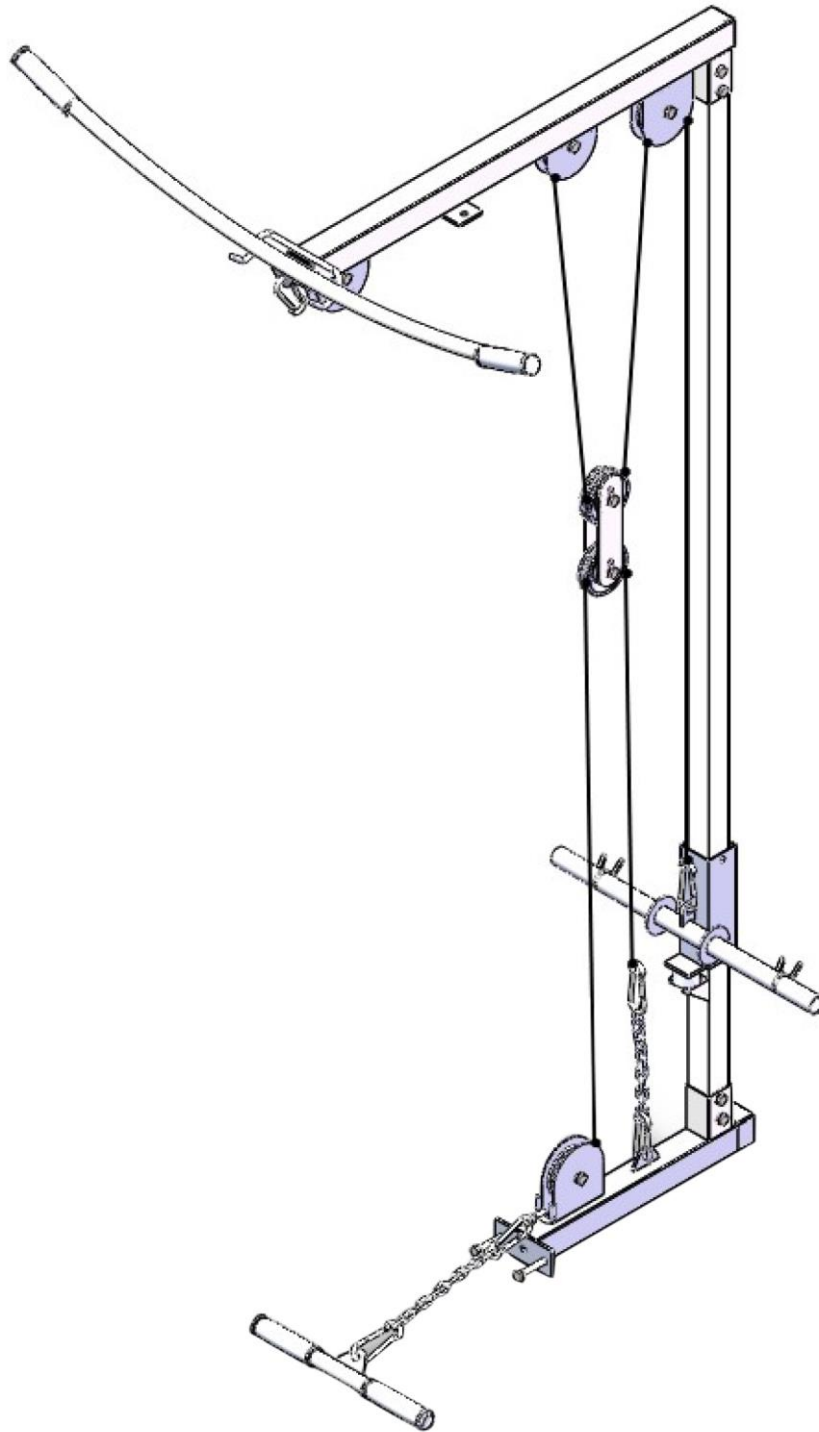


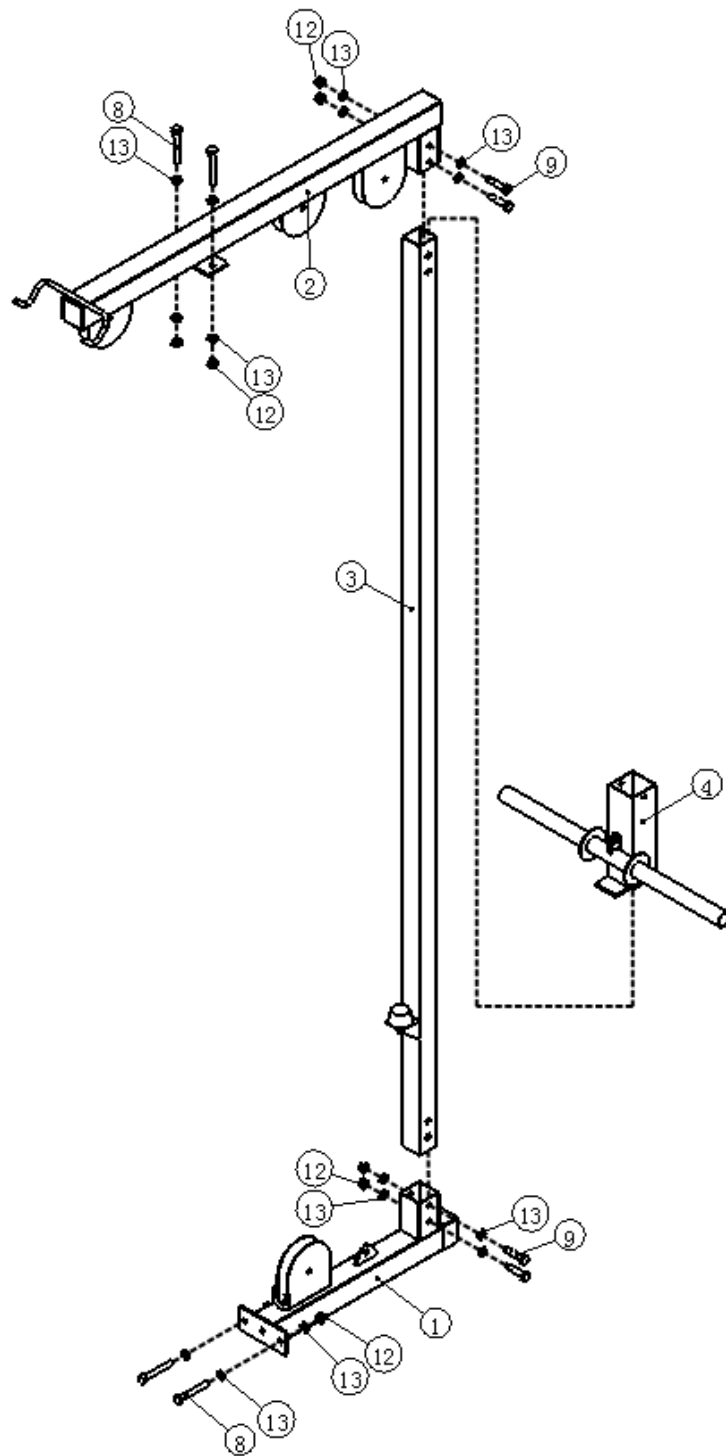
HIT00454
LAT/LOW PULLEY
ATTACHMENT FOR F100



OWNER'S MANUAL

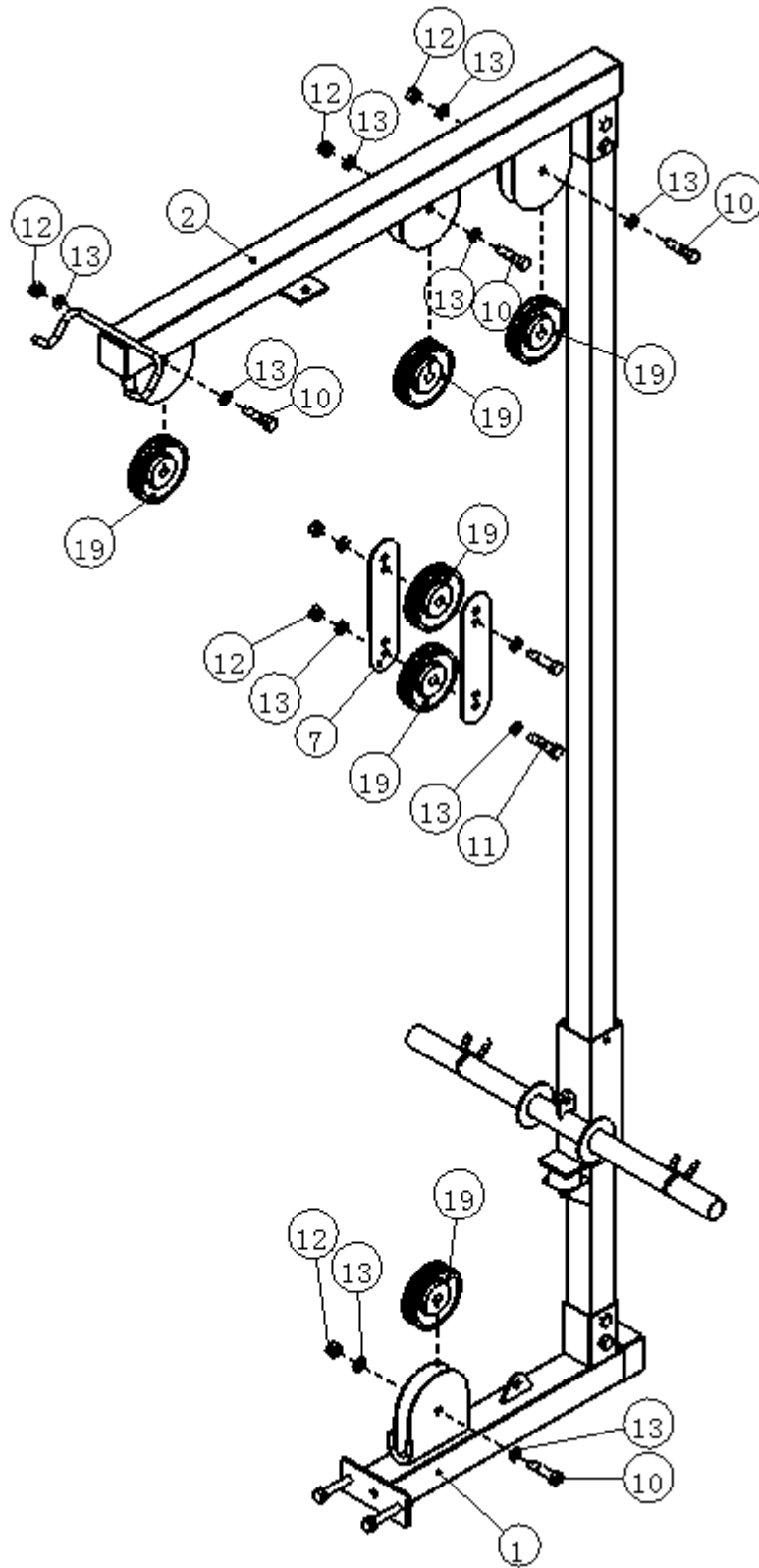
PART LIST

PART NO:	DESCRIPTION	Q'TY
1.	BOTTOM FRAME	1
2.	TOP FRAME	1
3.	VERTICAL FRAME	1
4.	SLIDE BLOCK	1
5.	ROWING BAR	1
6.	LAT BAR	1
7.	PULLEY BRACKET	2
8.	HEX BOLT M10*70	4
9.	HEX BOLT M10*65	4
10.	HEX BOLT M10*40	4
11.	HEX BOLT M10*45	2
12.	NYLON NUT M10	14
13.	WASHER ϕ 10	28
14.	HOOK	6
15.	CHAIN	2
16.	SPRING COLLAR	2
17.	CABLE 3090MM	1
18.	CABLE 2900MM	1
19.	PULLEY	6



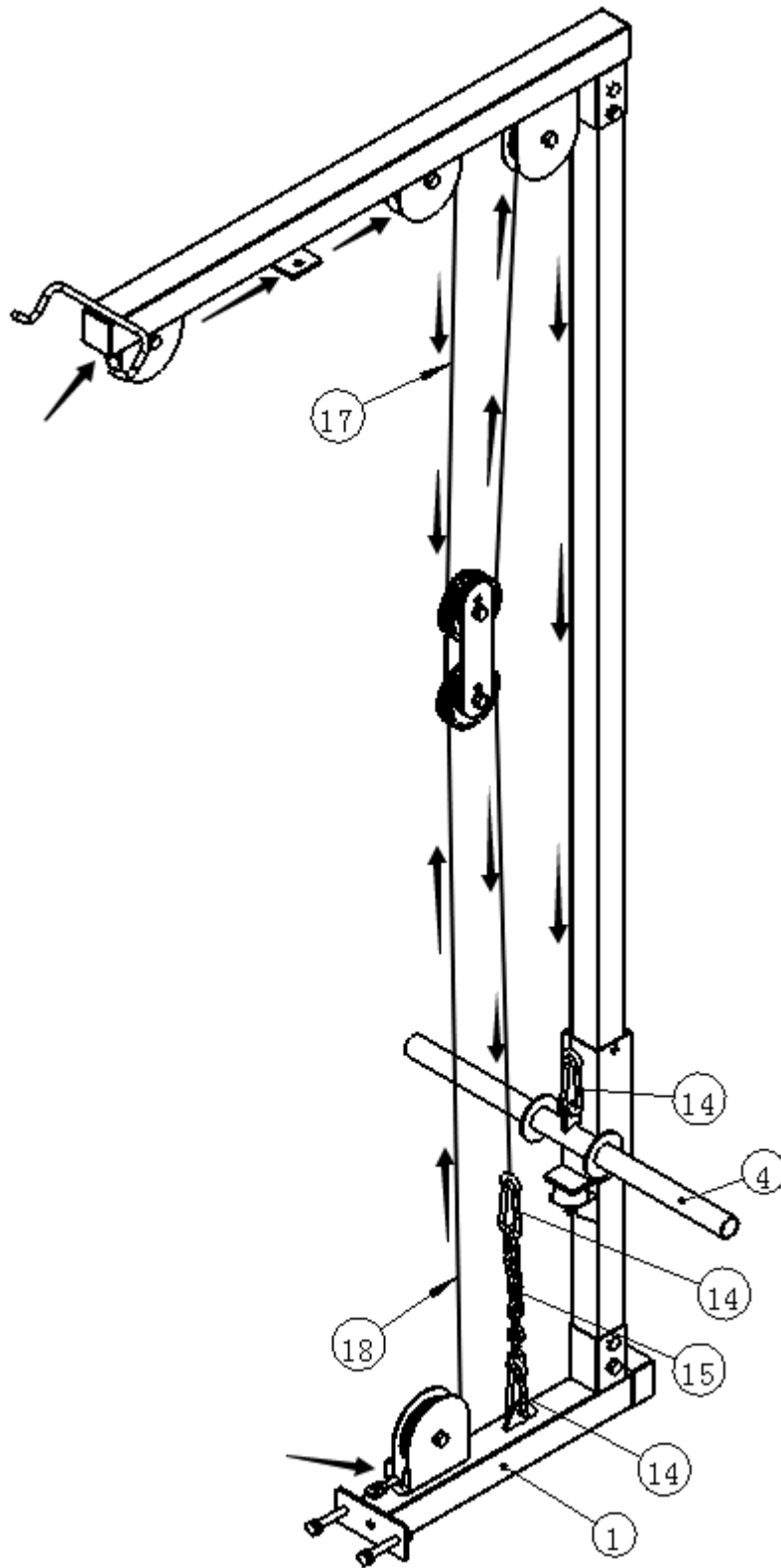
STEP 1

1. CONNECT (1) AND BOTTOM OF F100 POWER RACK WITH (8,13,12);
2. CONNECT (1) AND (3) WITH (9,13,12); SLIDE (4) ONTO (3);
3. CONNECT (3) AND (2) WITH (9,13,12);
4. CONNECT (2) AND F100 POWER RACK WITH (8,13,12), AS SHOWN;



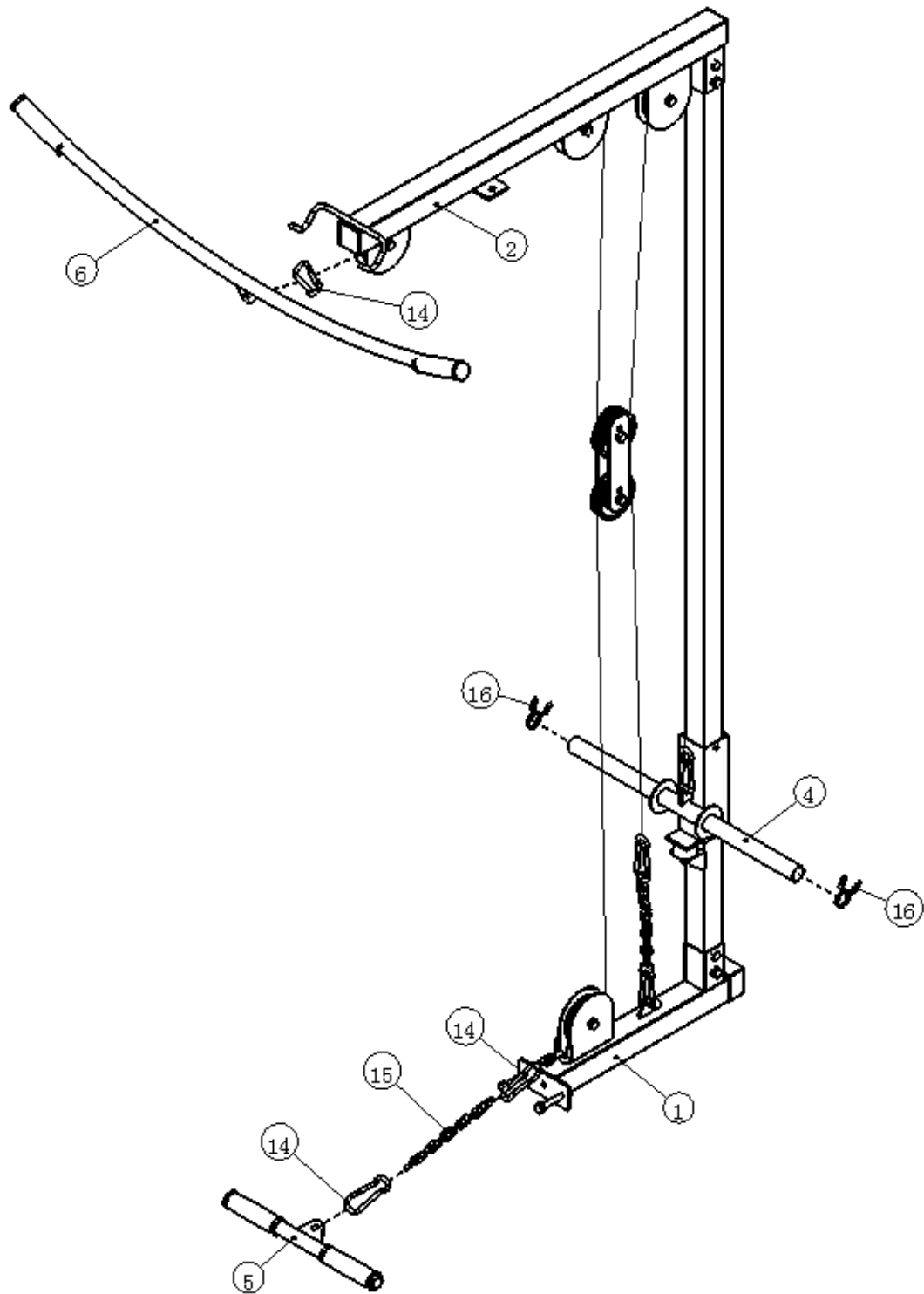
STEP 2

1. CONNECT (2) AND (19) WITH (10,13,12);
2. CONNECT (7) AND (19) WITH (11,13,12);
3. CONNECT (1) AND (19) WITH (10,13,12), AS SHOWN;



STEP 3

1. FOLLOW THE ARROW DIRECTION TO INSTALL (17); THEN CONNECT (17) AND (4) WITH (14);
2. FOLLOW THE ARROW DIRECTION TO INSTALL (18); THEN CONNECT (18) AND (1) WITH (14) AND (15), AS SHOWN;



STEP 4

1. CONNECT (6) AND (2) WITH (14);
2. CONNECT (1) AND (5) WITH (14) AND (15);
3. PLACE (16) ONTO (4), AS SHOWN.

NOTE: PLEASE FASTEN ALL BOLTS BEFORE USING THE ATTACHMENT.