

IFP1301

LAT PULLDOWN

OWNER'S MANUAL

23M

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

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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 0.6 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.

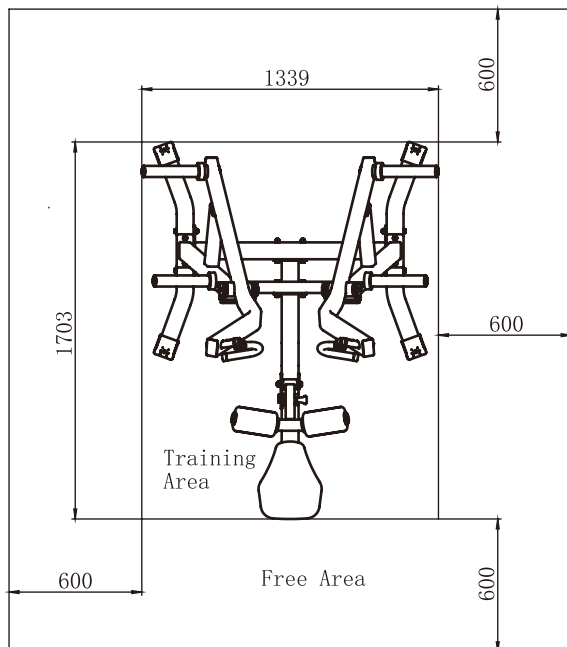
Important Safety Instructions

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.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 2*100kg/ 220lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1703*1339*2047mm

Product Total Surface: 1703*1339mm

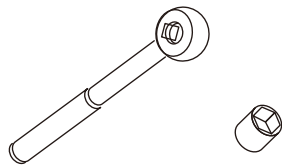
Product Total Mass:

Instructions

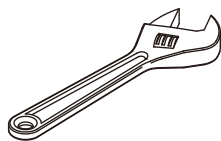
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

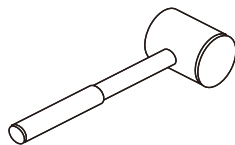
Tools Required



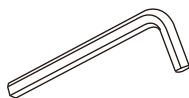
Ratchet Wrench and Socket



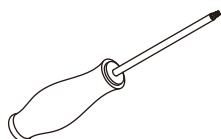
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

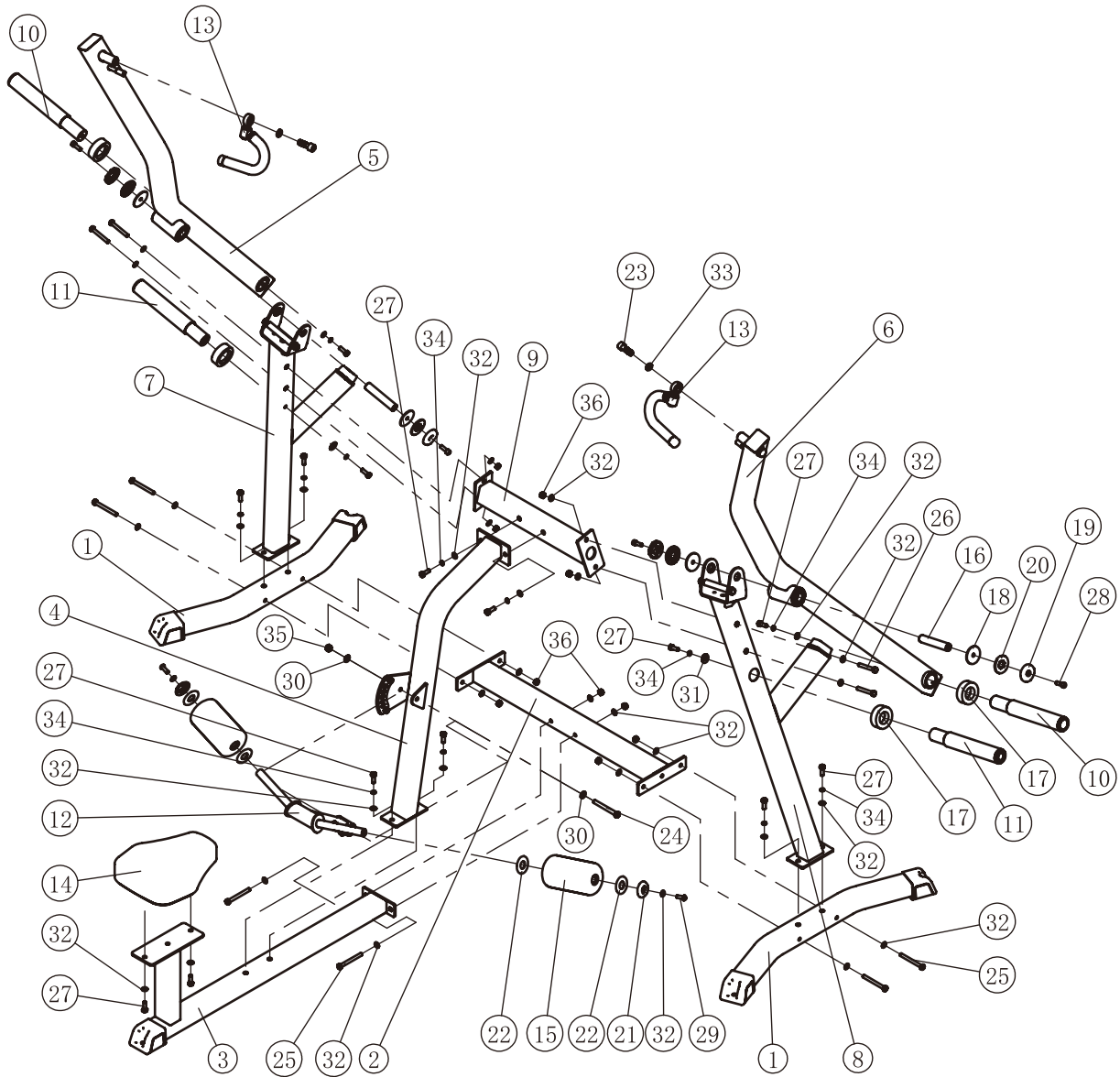
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP130101ASSY	Base Frame ASSY	2
2	IFP13010200	Bottom Crossmember	1
3	IFP130103ASSY	Lat Seat Frame ASSY	1
4	IFP130104ASSY	Upright Frame ASSY	1
5	IFP130105ASSY	Left Arm Frame ASSY	1
6	IFP130106ASSY	Right Arm Frame ASSY	1
7	IFP130107ASSY	Left Frame ASSY	1
8	IFP130108ASSY	Right Frame ASSY	1
9	IFP13010900	Top Crossmember	1
10	IFP130110ASSY	Weight Horn ASSY	2
11	IFP161316ASSY	Weight Plate Storage ASSY	2
12	IF930208ASSY	Foam Frame ASSY	1
13	IFP130113ASSY	Handle Frame ASSY	2
14	IF93015200V2	Seat Pad	1
15	IF81023500V6	Foam Pad	2
16	IF93012600	Pivot Shaft $\Phi 25$	2
17	HF985A1500	Weight Horn Rubber Donut	4
18	IF93062200	Washer $\Phi 62 \times \Phi 10.5 \times 3$	4
19	FE97211900	Cap $\Phi 60$	4
20	FE97212000	Circle Ring $\Phi 62.5 \times 5$	4
21	IF81022000PBC	End Cap	2
22	HF1652100	Plastic Washer	4
23	GB70M16*45DHS20	Socket Head Cap Screw M16*45	2
24	GB5780M12*105DHS20	Hex Head Bolt M12*105	1
25	GB5780M10*100DHS20	Hex Head Bolt M10*100	6
26	GB5780M10*75DHS20	Hex Head Bolt M10*75	4
27	GB5781M10*30DHS20	Hex Head Bolt M10*30	14
28	GB70M10*30DHS20NL	Socket Head Cap Screw M10*30	4
29	PNLM10*30*30DHS20NL	Button Head Cap Screw M10*30	2
30	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
31	DQ10DHS2C	Flat Washer $\Phi 11 \times \Phi 30 \times 2$	2
32	GB9510DHS2	Flat Washer $\Phi 10 \times \Phi 20 \times 2$	34
33	GB9316DHS12	Spring Washer $\Phi 16$	2
34	GB9310DHS12	Spring Washer $\Phi 10$	12
35	NM12DHS2	Nylon Lock Nut M12	1
36	NM10DHS2	Nylon Lock Nut M10	10
37	NBS4DHS	Hex Key S=4	1
38	NBS6DHS	Hex Key S=6	1
39	NBS8DHS	Hex Key S=8	1
40	NBS12DHS	Hex Key S=12	1

Exploded View and Parts List

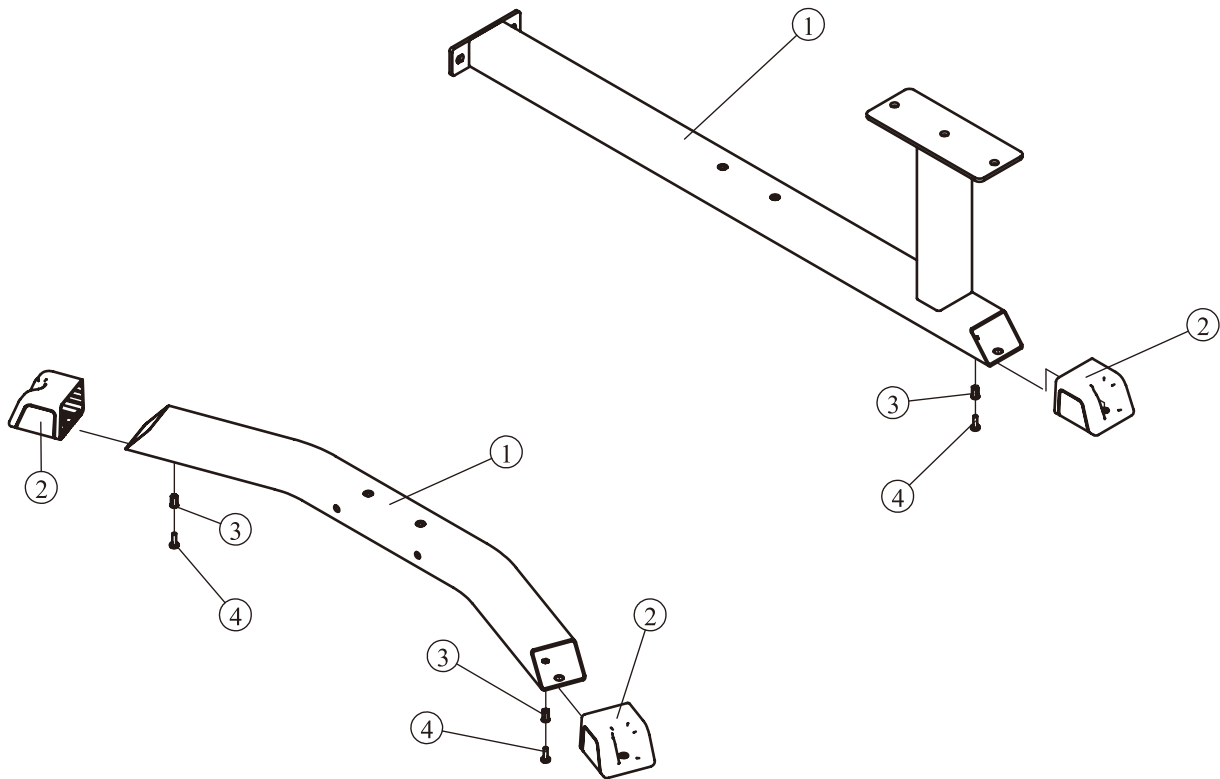
Overall



Exploded View and Parts List

Base Frame ASSY

Lat Seat Frame ASSY

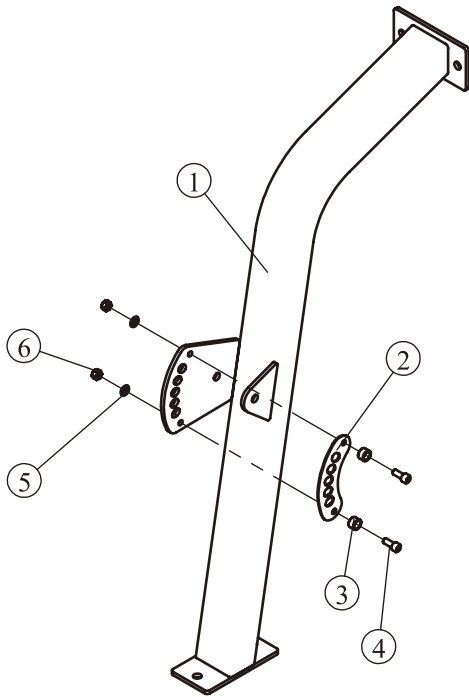


Grade No.	Part No.	Description	QTY
1.1	IFP13010100	Base Frame	1
1.2	IFP12013300	Plastic Horizontal Rectangular Shoe	2
1.3	GB17880.5M6*16.5DS17	Flat Head Hexagon Riveted Nut M6*16.5	2
1.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

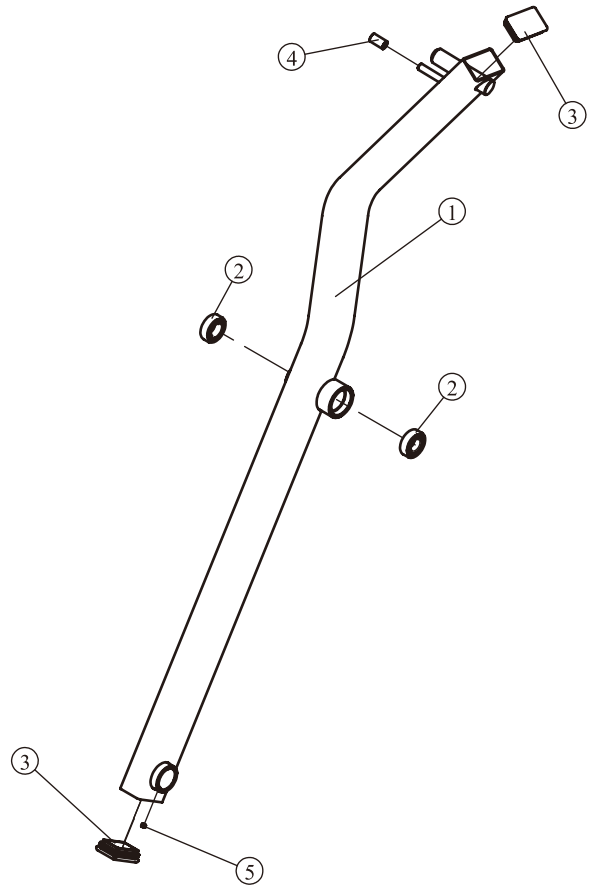
Grade No.	Part No.	Description	QTY
3.1	IFP13010300	Lat Seat Frame	1
3.2	IFP12013300	Plastic Horizontal Rectangular Shoe	1
3.3	GB17880.5M6*16.5DS17	Flat Head Hexagon Riveted Nut M6*16.5	1
3.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	1

Exploded View and Parts List

Upright Frame



Left Arm Frame ASSY

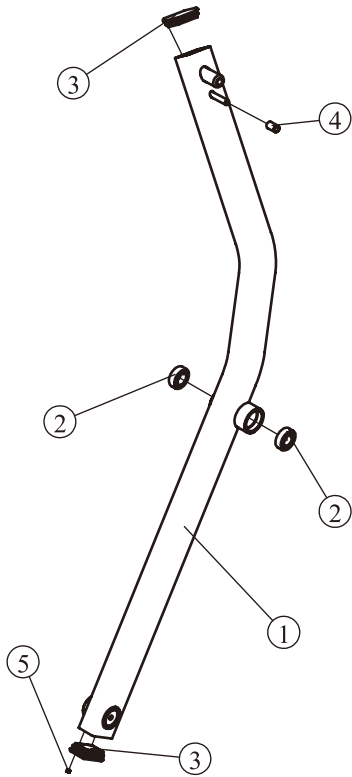


Grade No.	Part No.	Description	QTY
4.1	IFP13010400	Upright Frame	1
4.2	IT90021100V1	Scaleboard	1
4.3	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
4.4	GB70M8*20DHS20	Socket Head Cap Screw M8*20	2
4.5	GB958DHS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
4.6	NM8DHS2	Nylon Lock Nut M8	2

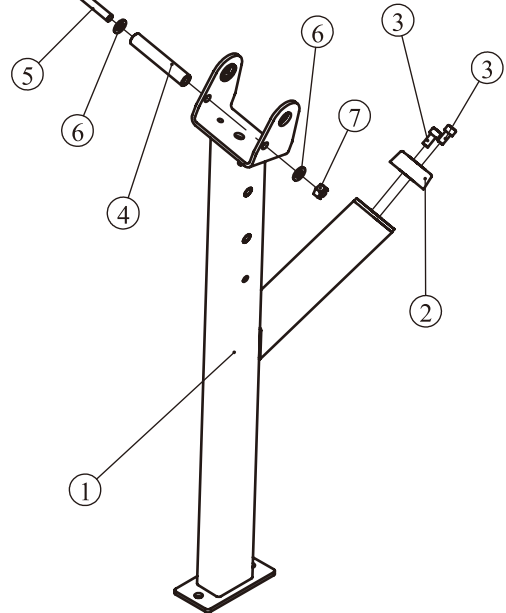
Grade No.	Part No.	Description	QTY
5.1	IFP13010500	Left Arm Frame	1
5.2	GB2766205-2ZC3	Deep Groove Ball Bearing $\Phi 25*\Phi 52*15$	2
5.3	KPSFID2800	Plastic Insert Cap $\square 50.8*76.2$	2
5.4	CWRVL0052000	Small Limit Sleeve	1
5.5	GB77M8*6DHS2	Socket Set Screw M8*6	1

Exploded View and Parts List

Right Arm Frame ASSY



Left Frame ASSY

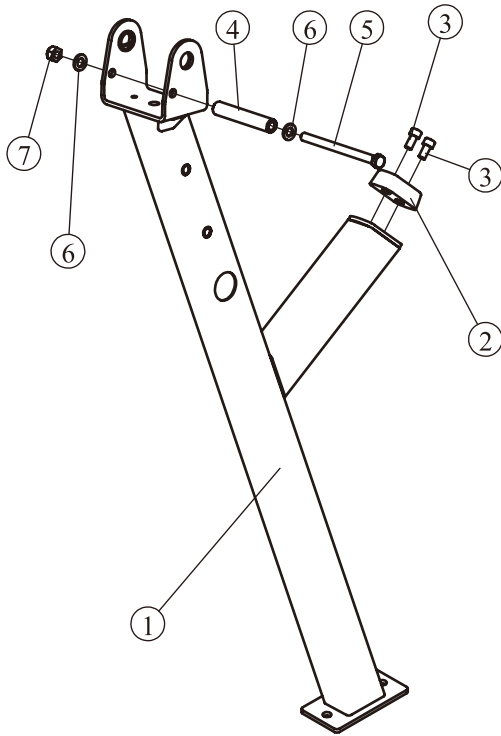


Grade No.	Part No.	Description	QTY
6.1	IFP13010600	Left Arm Frame	1
6.2	GB2766205-2ZC3	Deep Groove Ball Bearing $\Phi 25*\Phi 52*15$	2
6.3	KPSFID2800	Plastic Insert Cap $\square 50.8*76.2$	2
6.4	CWRVL0052000	Small Limit Sleeve	1
6.5	GB77M8*6DHS2	Socket Set Screw M8*6	1

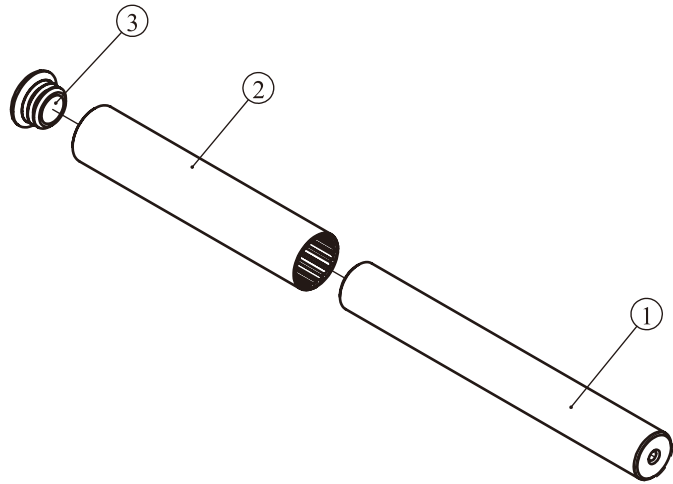
Grade No.	Part No.	Description	QTY
7.1	IFP13010700	Left Frame	1
7.2	RS17000400	Rubber Bumper	1
7.3	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	2
7.4	BB1500	Limit Sleeve	1
7.5	GB5780M12*155DHS20	Hex Head Bolt M12*155	1
7.6	GB9512DHS2	Flat Washer $\Phi 13.5*\Phi 27*2$	2
7.7	NM12DHS2	Nylon Lock Nut M12	1

Exploded View and Parts List

Right Frame ASSY



Weight Horn ASSY

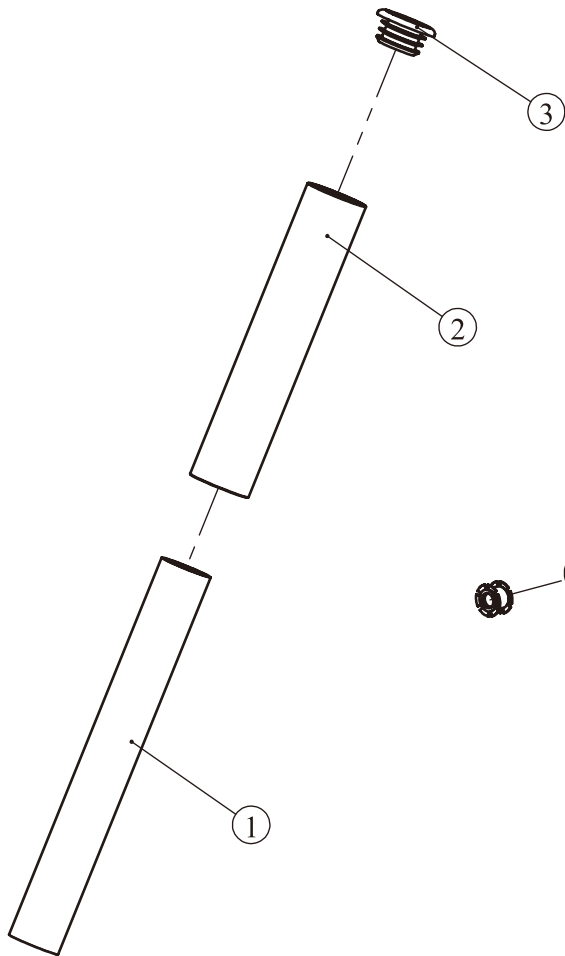


Grade No.	Part No.	Description	QTY
8.1	IFP13010800	Right Frame	1
8.2	RS17000400	Rubber Bumper	1
8.3	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	2
8.4	BB1500	Limit Sleeve	1
8.5	GB5780M12*155DHS20	Hex Head Bolt M12*155	1
8.6	GB9512DHS2	Flat Washer $\Phi 13.5*\Phi 27*2$	2
8.7	NM12DHS2	Nylon Lock Nut M12	1

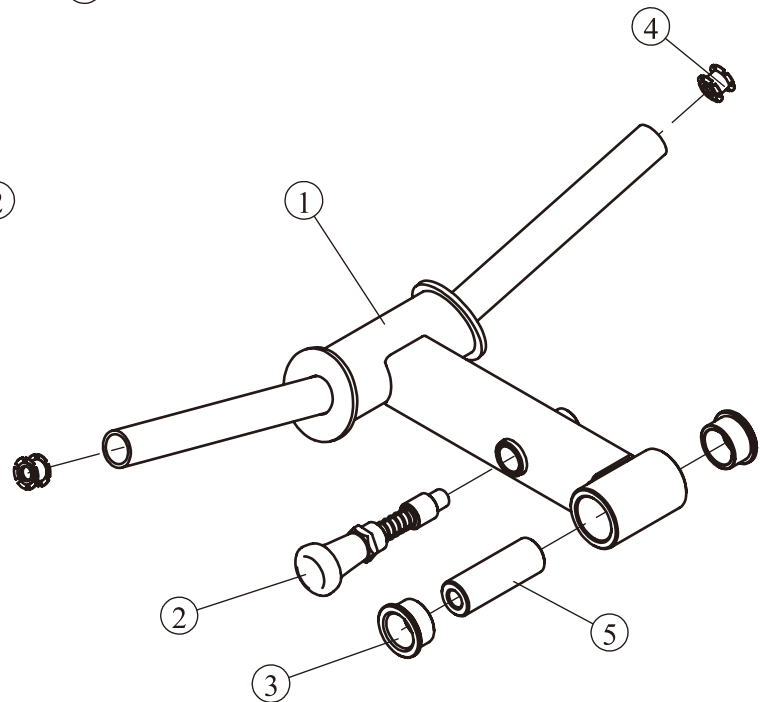
Grade No.	Part No.	Description	QTY
10.1	IFP13011000	Weight Horn	1
10.2	IFP12013400	Weight Horn Sleeve $\Phi 50*250$	1
10.3	IFP12013500	Weight Horn Plastic Cap	1

Exploded View and Parts List

Weight Plate Storage ASSY



Foam Frame ASSY

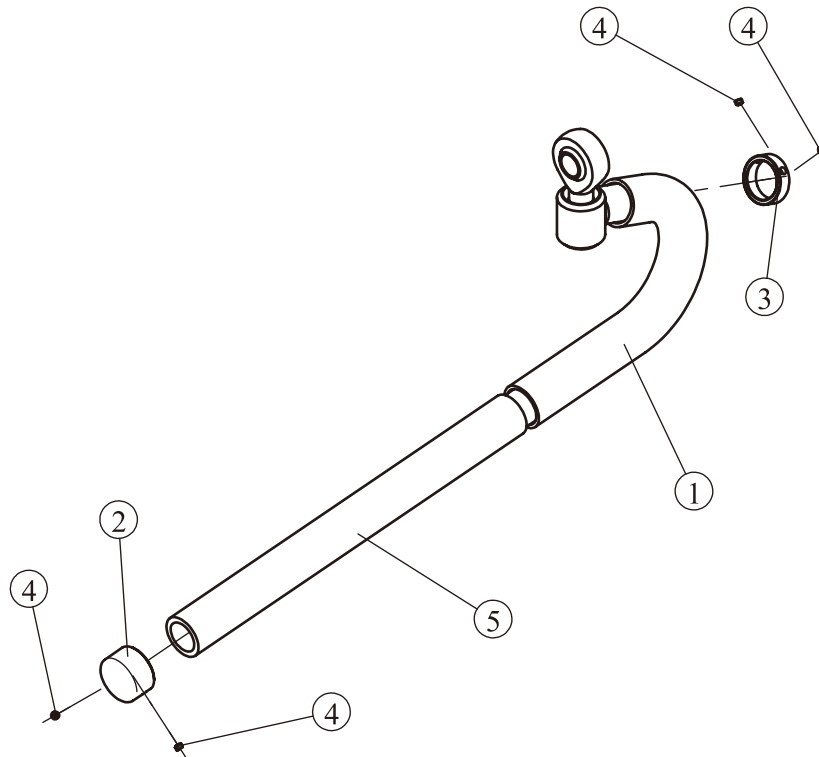


Grade No.	Part No.	Description	QTY
11.1	IFP16131600	Weight Plate Storage	1
11.2	IFP12013400	Weight Horn Sleeve $\Phi 50 \times 250$	1
11.3	IFP12013500	Weight Horn Plastic Cap	1

Grade No.	Part No.	Description	QTY
12.1	IF93020800	Foam Frame	1
12.2	IT95021600	Spring Pin	1
12.3	M02502000	Bushing $\Phi 38 \times \Phi 32 \times \Phi 25.4 \times 18$	2
12.4	IF81165000	Lock Nut $\Phi 25$	2
12.5	IT90021200V1	Axle $\Phi 25.4 \times \Phi 12.5 \times 72.5$	1

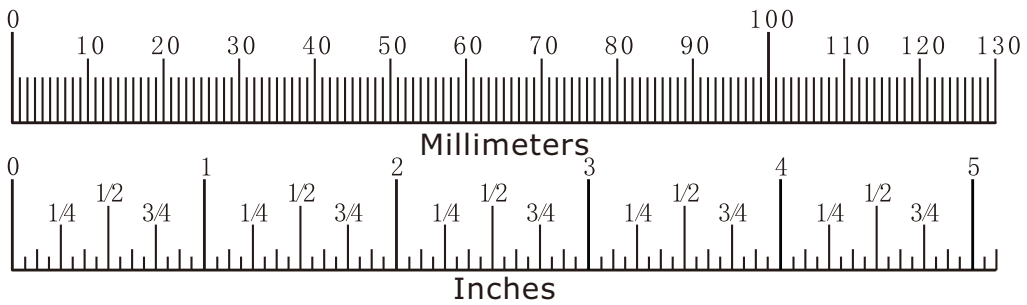
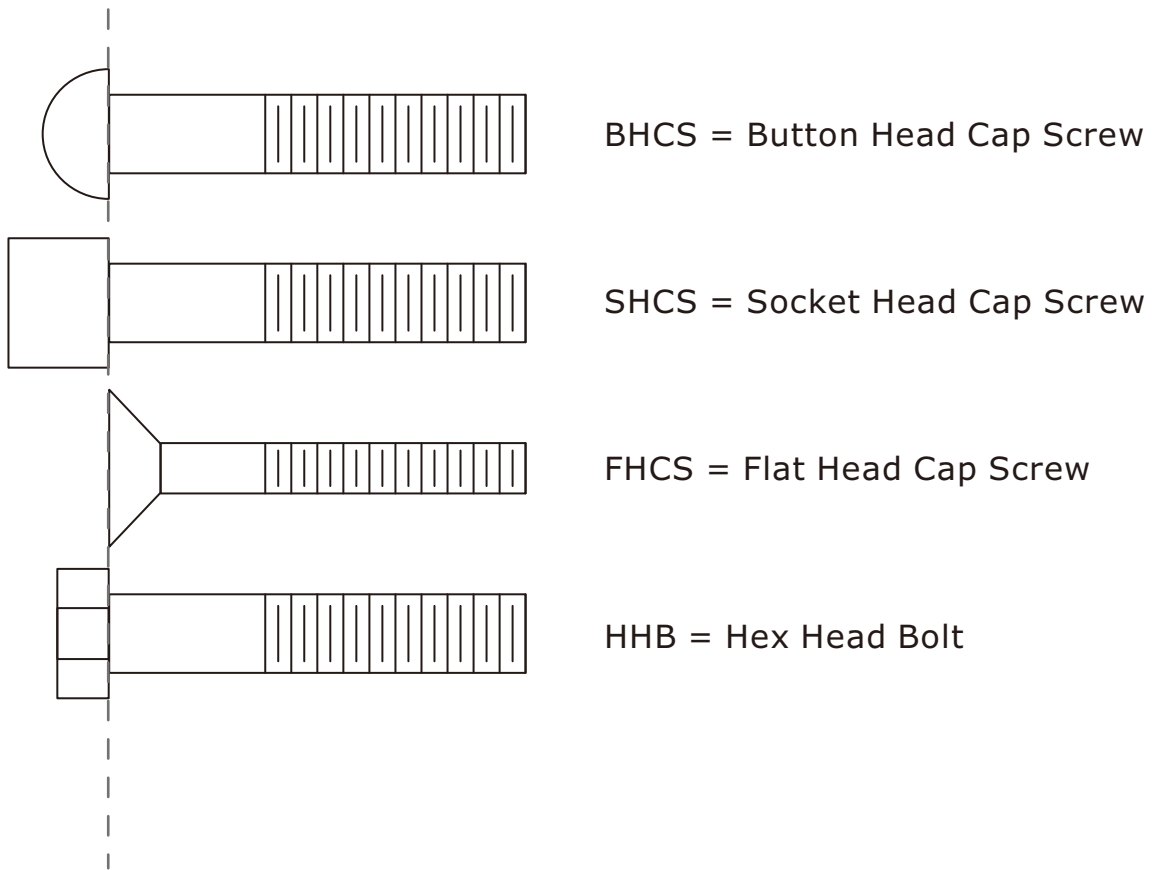
Exploded View and Parts List

Handle Frame ASSY



Grade No.	Part No.	Description	QTY
13.1	IFP13011300	Handle Frame	1
13.2	V39600	Aluminium Grip Cap $\Phi 25.4$	1
13.3	V39500	Aluminium Grip Ring $\Phi 25.4$	1
13.4	YZGB7710-32*3.2N19NL	Socket Set Screw 10-32*3.2	4
13.5	FE97203100	$\Phi 25$ Grip	1

Measurement Guide



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.

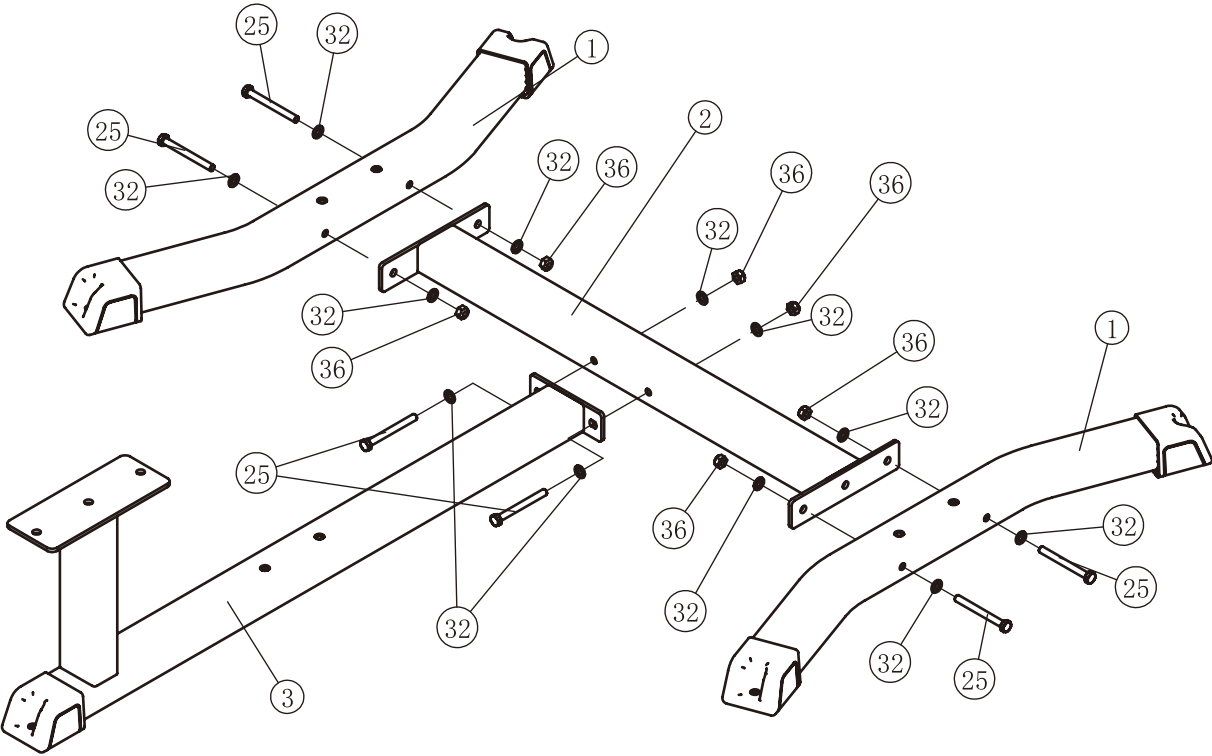
Assembly

STEP 1

Attach two Base Frame ASSY (#1) and the Lat Seat Frame ASSY (#3) to the Bottom Crossmember (#2) using:

- six M10*100 HHB (#25)
- twelve $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#32)
- six M10 Nylon Lock Nut (#36)

Note: Hand Tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



Assembly

STEP 4

1. Loosen two M8*6 screw and then attach two Weight Horn ASSY (#10) and two Weight Horn Rubber Donut (#17) to the Left Arm Frame ASSY (#5) and the Right Arm Frame ASSY (#6) using:

two M10*30 HHB (#27)

two $\Phi 11*\Phi 20*2$ Flat Washer (#32)

two $\Phi 10$ Spring Washer (#34)

2. Attach two Weight Plate Storage ASSY (#11) and two Weight Horn Rubber Donut (#17) to the Left Frame ASSY (#7) and the Right Frame ASSY (#8) using:

two M10*30 HHB (#27)

two $\Phi 11*\Phi 30*2$ Flat Washer (#31)

two $\Phi 10$ Spring Washer (#34)

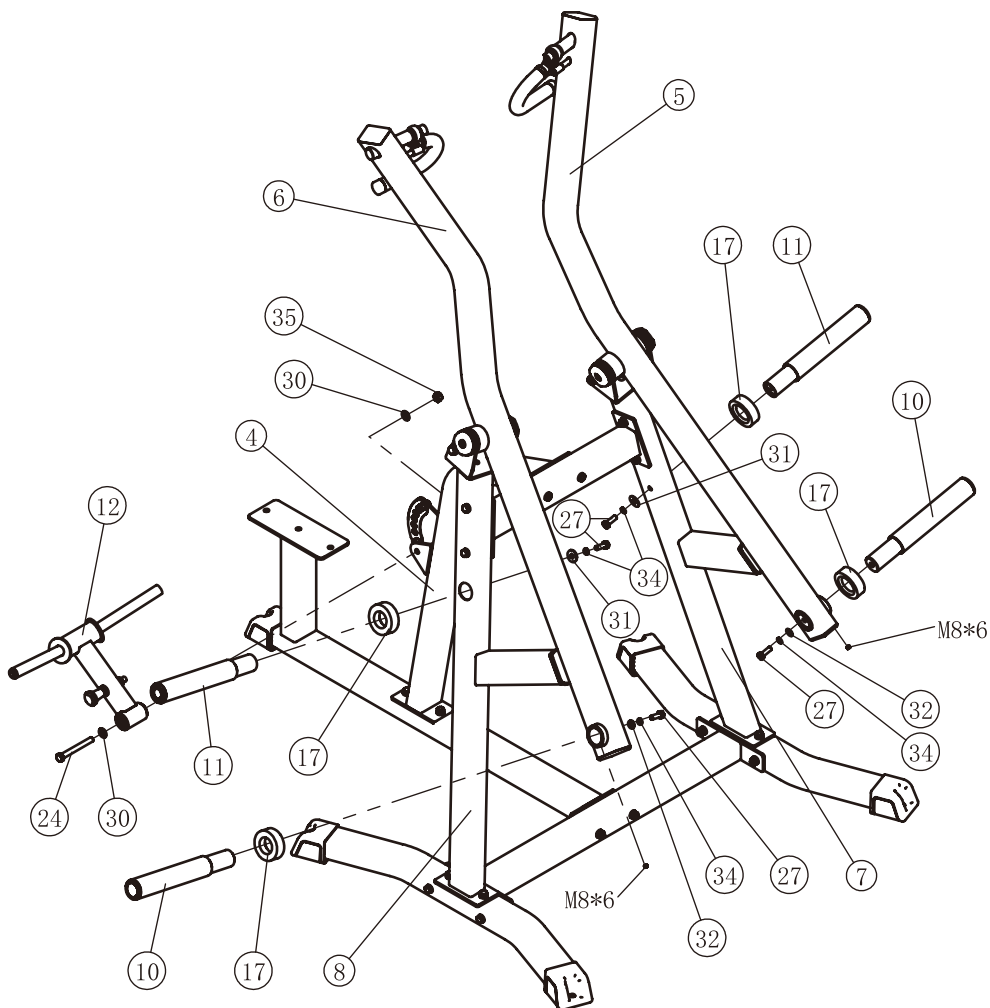
3. Attach the Foam Frame ASSY (#12) to the Upright Frame ASSY (#4) using:

one M12*105 HHB (#24)

two $\Phi 13*\Phi 24*2.5$ Flat Washer (#30)

one M12 Nylon Lock Nut (#35)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Adjust and Exercise Instruction

Weight Plate Installation Requirements

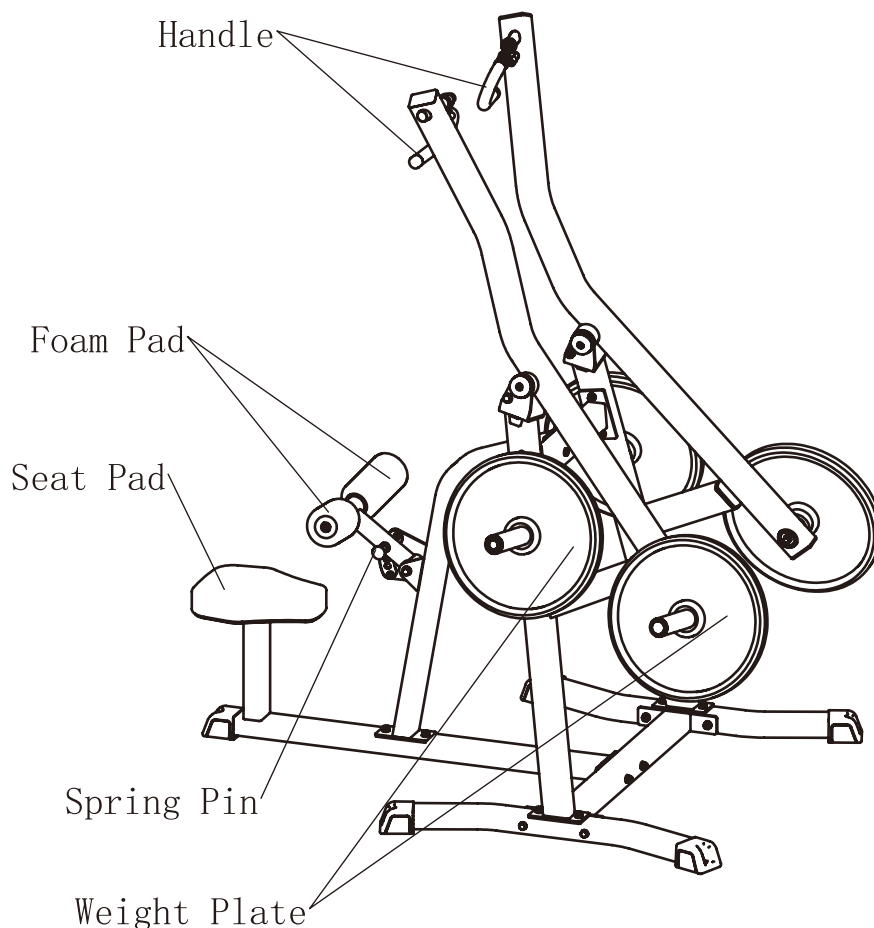
1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight of one side cannot be greater than 100kg.
3. This equipment does not contain Weight Plate.

Foam Pad Adjustment

1. Pull the Spring Pin and adjust the Foam Pad to the desired position.
2. Make sure the Spring Pin gets into the hole completely.

Exercise Instructions

1. Select an appropriate weight.
2. Sit on the Seat Pad and adjust the Foam Pad to the desired position.
3. Pull the Handles straight down.
4. Pause slightly and then slowly return to starting position.



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.

