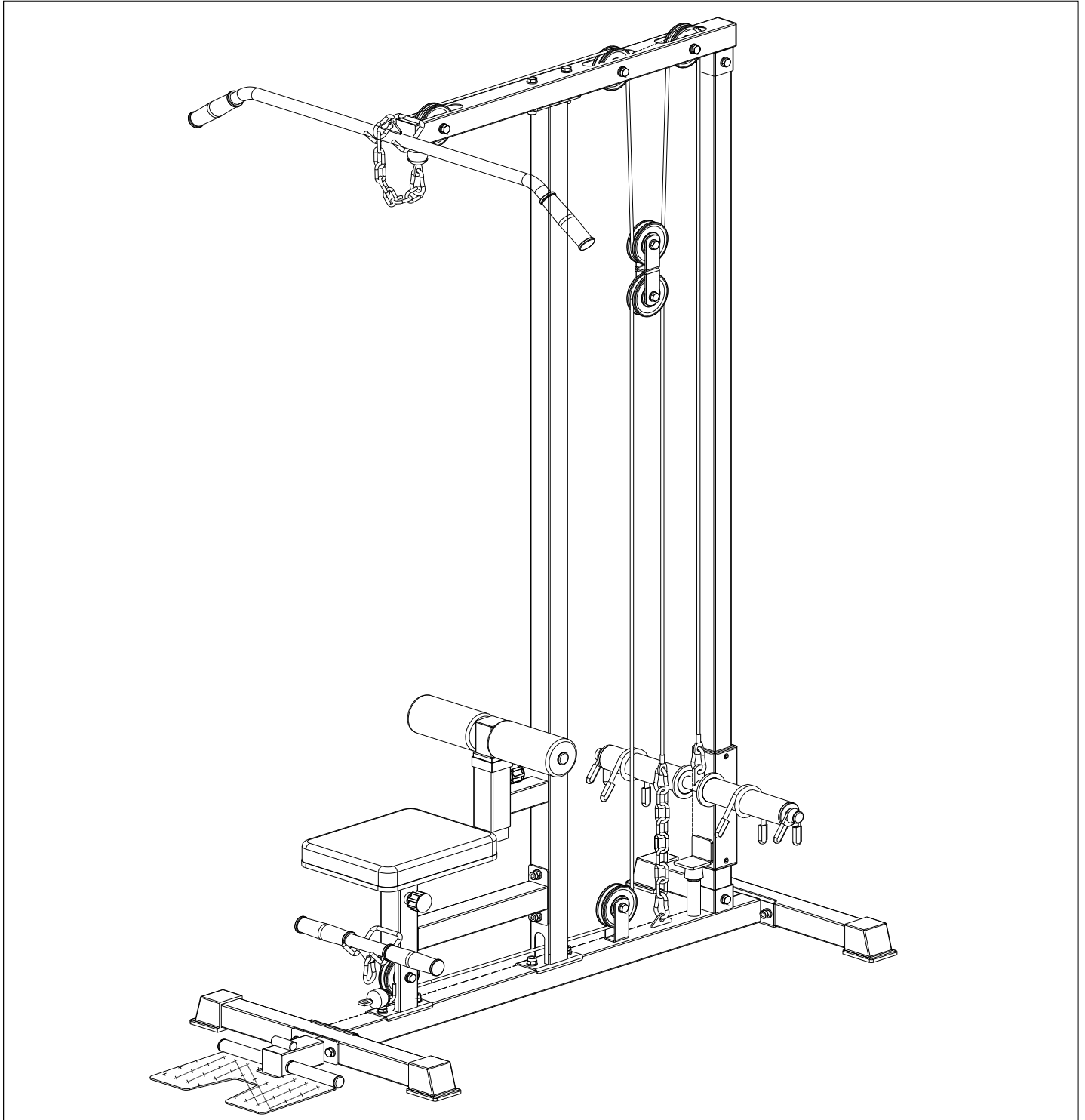


# ***PULL DOWN MACHINE***

***--FIT497***



## ***Owner's Manual***

### **CAUTION!**

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

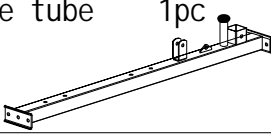
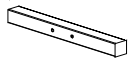
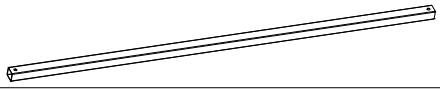
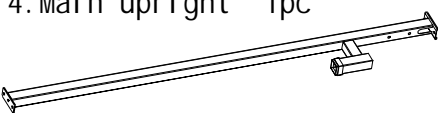

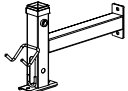
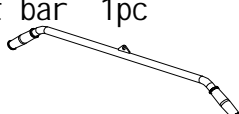
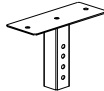
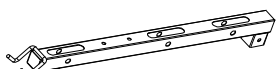
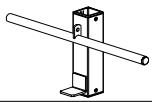
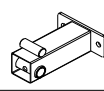

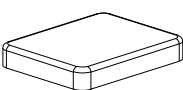

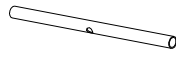

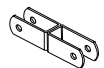



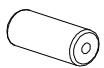


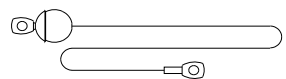
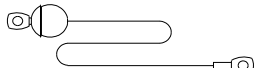





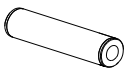
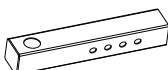
# **IMPORTANT SAFETY INFORMATION**

Thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.






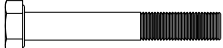

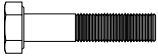
1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated, if you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and Don't use the equipment until the problem has been rectified.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing when using the equipment. Never use the equipment barefooted.
8. The maximum weight capacity of this unit is 500LBS.
9. The equipment is not suitable for therapeutic use.
10. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
11. This equipment is designed for indoor and domestic use only! It is not intended for commercial use!

# PARTS LIST

## PARTS LIST

1. Base tube 1pc 	2. Cross beam 2pcs 	3. Guide tube 1pc 
4. Main upright 1pc 	5. Diamond plate 1pc 	6. Seat support 1pc 
7. Lat bar 1pc 	8. Adjustable seat board 1pc 	9. Top frame 1pc 
10. Weight carriage 1pc 	11. Connecting part 1pc 	12. Lower handle 1pc 
13. Seat cushion 1pc 	14. Foam tube 1pc 	15. Pin tube 1pc 
16. Safety hook 5pcs 	17. Pulley bracket 1pc 	18. Spring clip(Big) 2pcs 
19. Pulley bushing 8pcs 	20. Konb 2pcs 	21. Foam roller 2pcs 
22. Pulley 7pcs 	23. Chain 2pcs 	24. Upper cable(Long) 1pc 
25. Lower cable(Short) 1pc 	26. Spring clip(Small) 2pcs 	27. Rubber ring 2pcs 
28. End cap(50) 1pc 	29. End Cap (25) 2pcs 	30. End Cover 4pcs 
31. OP barbell holder 2pcs 	32. Foam adjustable tube 1pc 	

## HARDWARE LIST

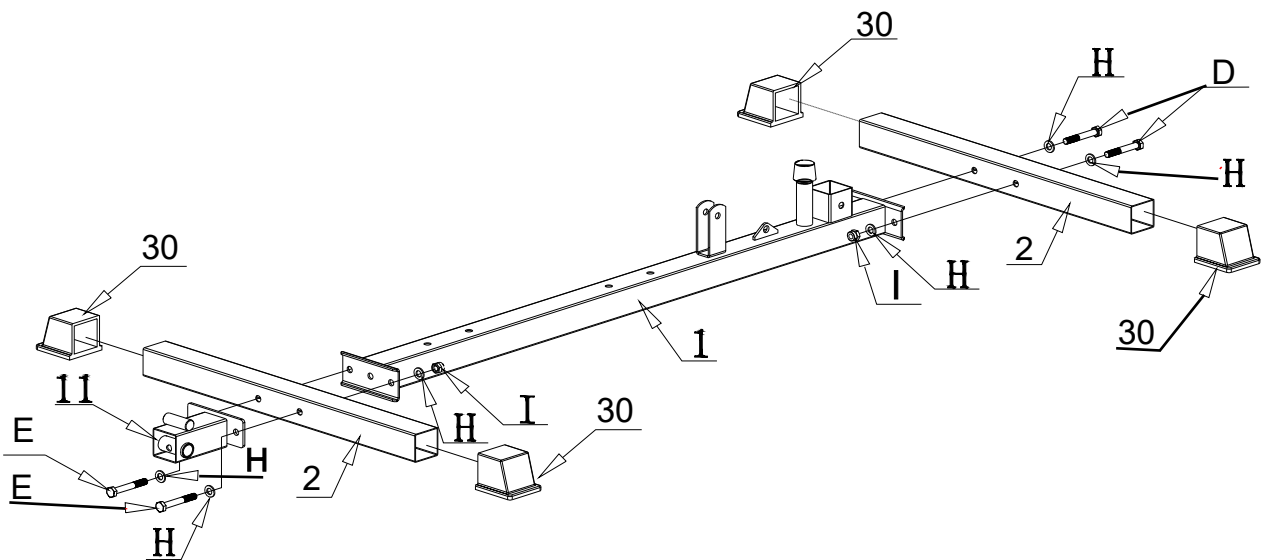
<b>HEX BOLT</b>		<b>WASHER</b>	<b>LOCKNUT</b>
A. Hex bolt (M8*20)  3+1PCS	D. Hex bolt (M10*65)  10+1PCS	G. Washer (M8)  2+1PCS	I. Lock nut (M10)  19+1PCS
B. Hex bolt (M10*16)  4+1PCS	E. Hex bolt (M10*70)  6+1PCS	H. Washer (M10)  42+1PCS	
C. Hex bolt (M10*45)  3+1PCS			

# ASSEMBLY INSTRUCTIONS

## ASSEMBLY INSTRUCTIONS

### STEP 1

Ex2 1x4  
Hx8 Dx2

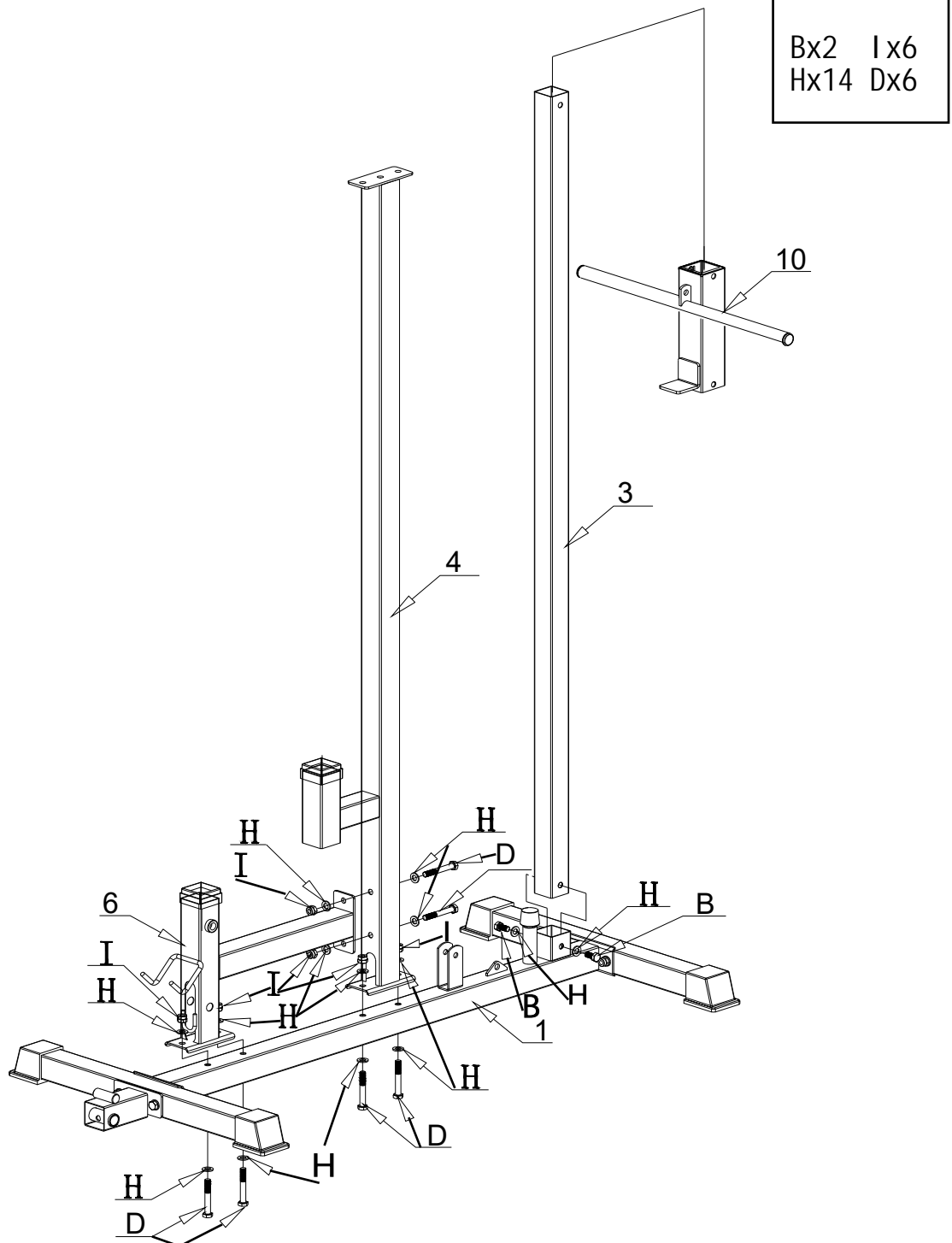


1. Push end covers (30) onto the ends of cross beam(2).
2. Attach cross beams(2) to the base tube (1) using bolts(M10\*65) (D), washers (H) and lock nuts (I) and then attach connecting part (11), cross beam(2) to base beam(1) using bolts(M10\*70) (E), washers(H) and lock nuts (I).

# ASSEMBLY INSTRUCTIONS

## ASSEMBLY INSTRUCTIONS

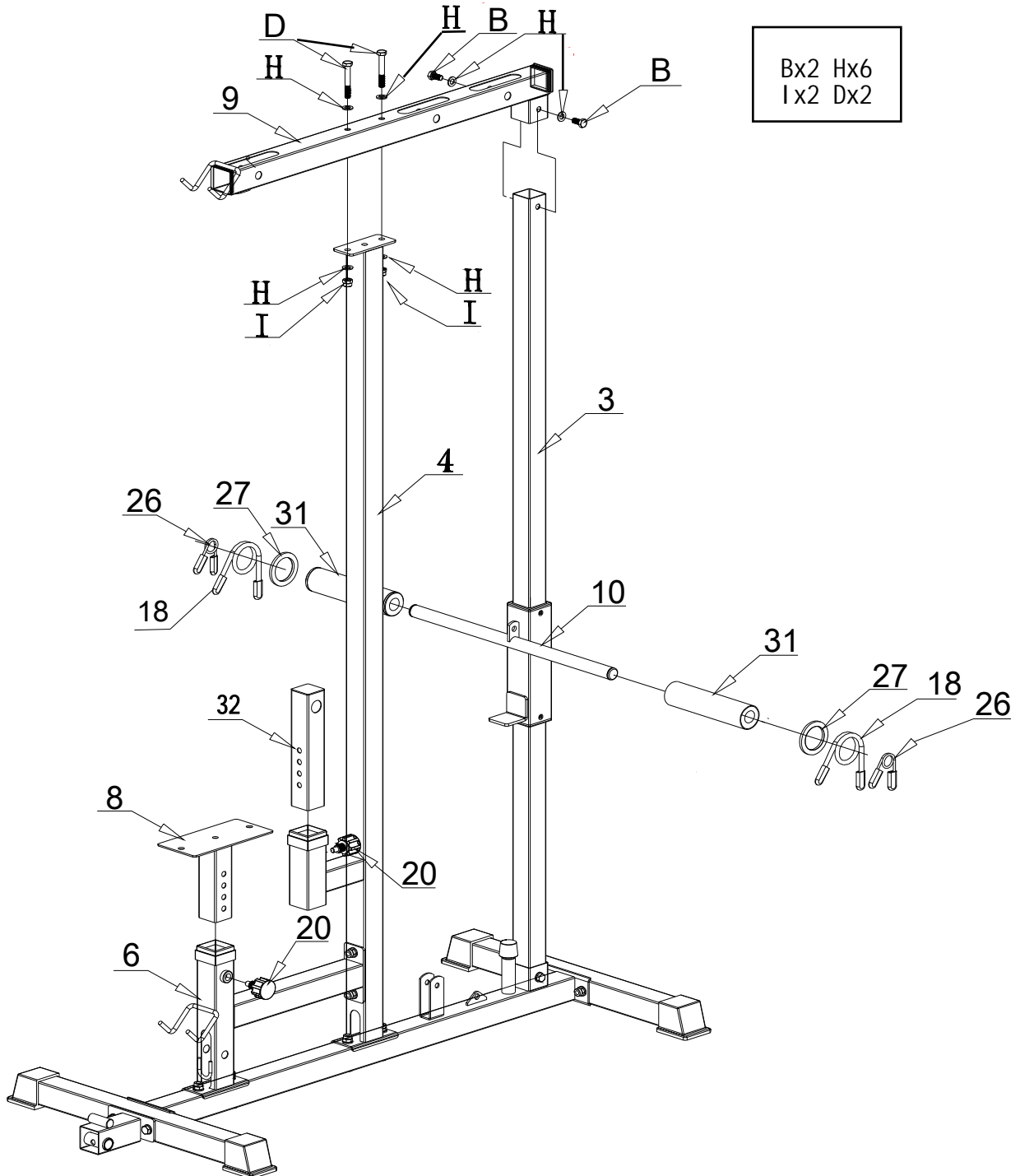
### STEP 2



1. Attach the guide tube(3) to base tube (1) using bolts(M10\*16) (B) and washers(H), then push the weight carriage(10) onto guide tube (3).
2. Attach the main upright(4) to base tube(1) using bolts(M10\*65) (D), washers(H) and lock nuts(I).
3. Attach the seat support(6) to base tube(1) using bolts(M10\*65) (D), washers(H) and lock nuts (I), then attach seat support (6) to main upright (4) using bolts(M10\*65) (D), washers(H) and lock nuts(I).

# ASSEMBLY INSTRUCTIONS

## STEP 3

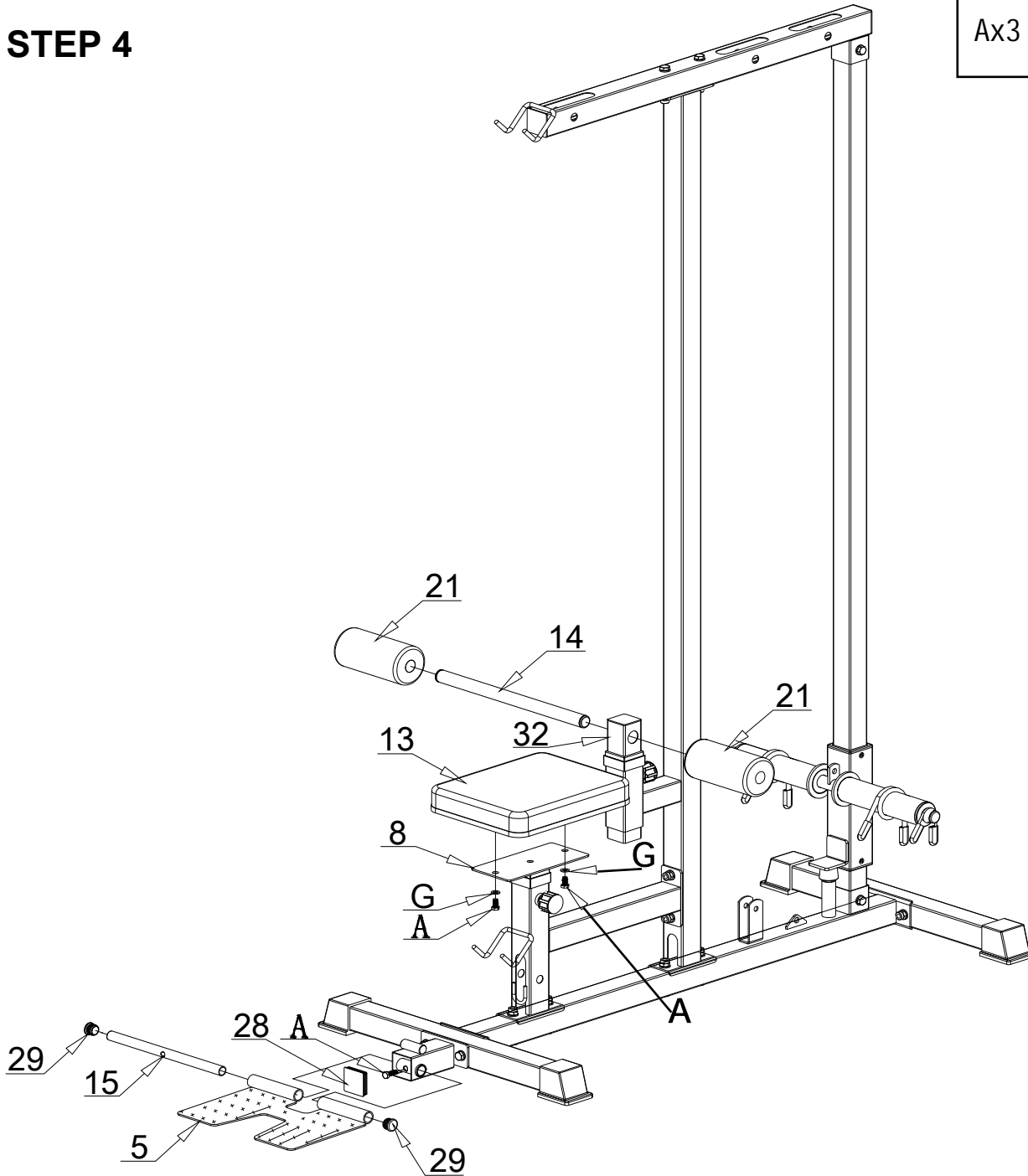


1. Attach the top frame(9) to guide tube(3) using bolts(M10\*16) (B), washers(H) and then attach the top frame(9) to main upright (4) using bolts(M10\*65) (D), washers(H) and lock nuts(I).
2. Push the OP barbell holder(31) onto weight carriage(10) using spring clip(26) and rubber ring(27).
3. Insert the adjustable seat board(8) into seat support(6) using knob(20) and insert foam adjustable tube(32) into main frame(4) using knob(20).

# ASSEMBLY INSTRUCTIONS

## STEP 4

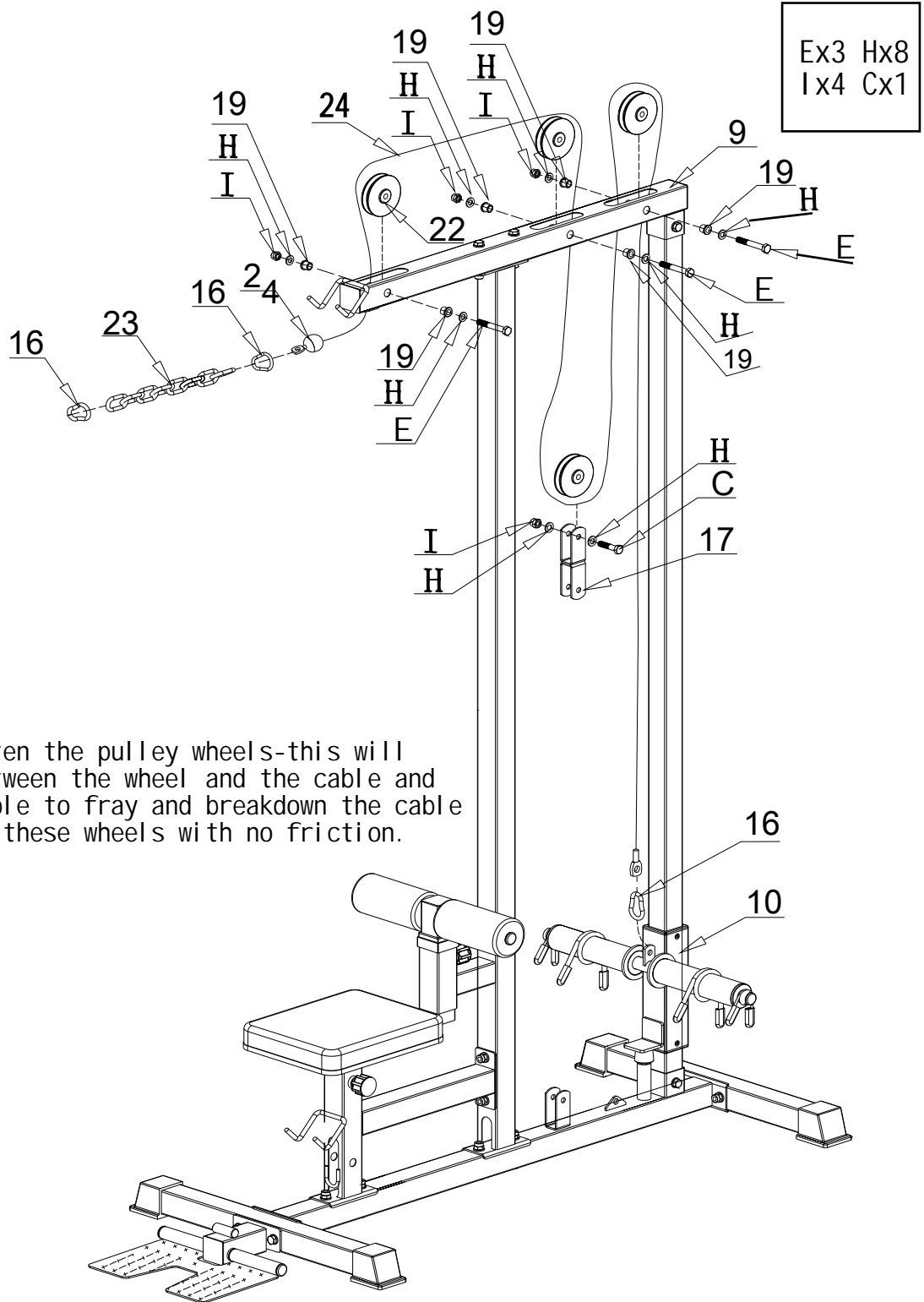
Ax3 Gx2



1. Push the pin tube (15) into connecting part(11) through the tube of diamond plate(5) using bolt(M8\*20) (A).
2. Push the foam tube (14) into hole of the foam adjustable tube (32) and then push two foam rollers (21) onto foam tube(14).
3. Attach the seat cushion(13) to adjustable seat board(8) using bolt(M8\*20) (A)and washers(G).

# ASSEMBLY INSTRUCTIONS

## STEP 5



### Attention:

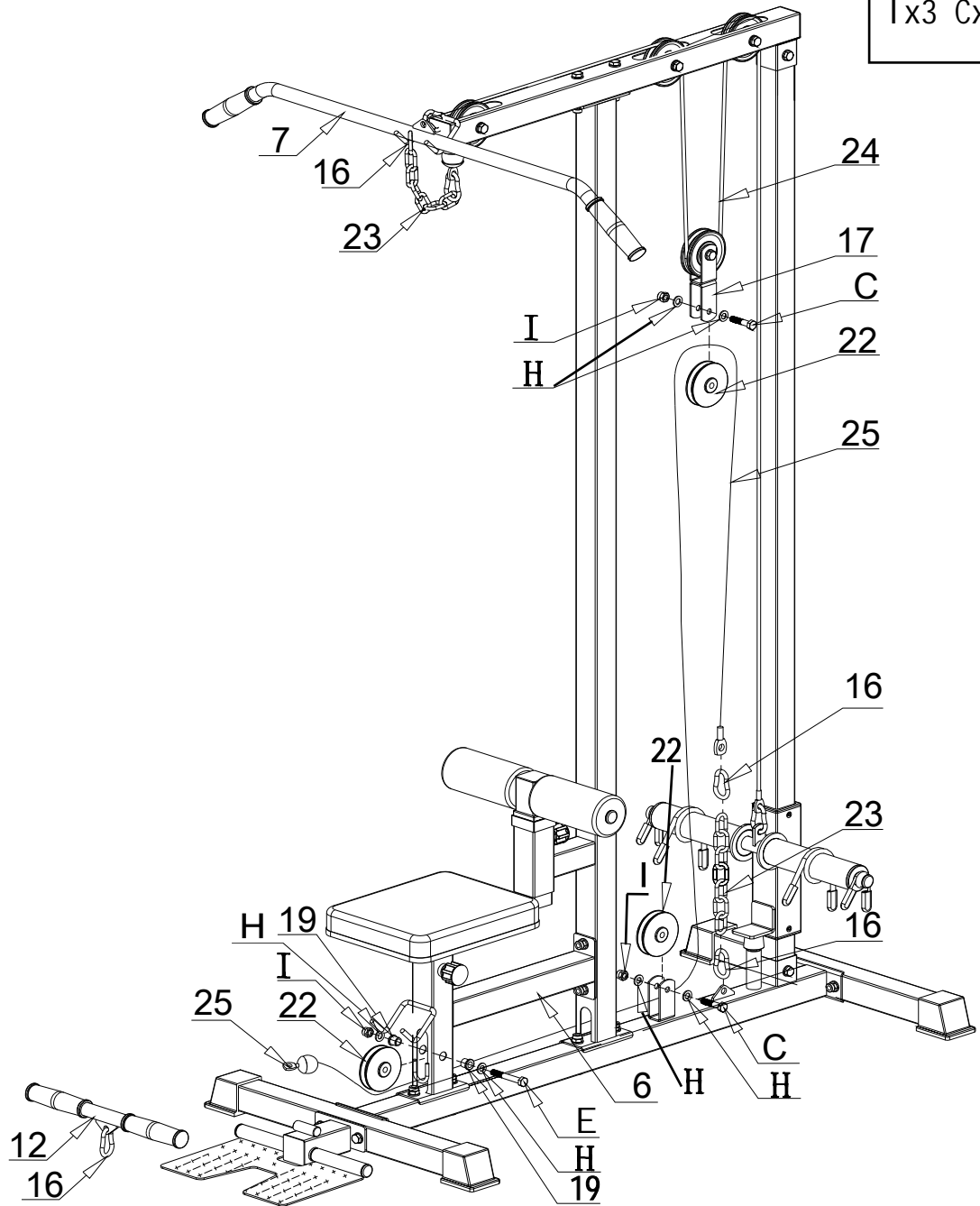
Do not overtighten the pulley wheels-this will cause friction between the wheel and the cable and will cause the cable to fray and breakdown the cable should glide thru these wheels with no friction.

1. Attach the upper cable(24), pulley(22) to top frame(9) using bolt(M10\*70) (E), pulley bushing(19), washers(H) and luck nuts (I).
2. Connect one end of upper cable(24) using safety hook (16) and chain(23), then connect the other end to weight carriage(10) using safety hook(16) as shown.
3. Attach the upper cable (24), pulley(22) to pulley bracket(17) using bolt(M10\*45) (C), washers(H) and luck nuts (I) as shown in the figure.

# ASSEMBLY INSTRUCTIONS

## STEP 6

Ex1 Hx6  
I x3 Cx2

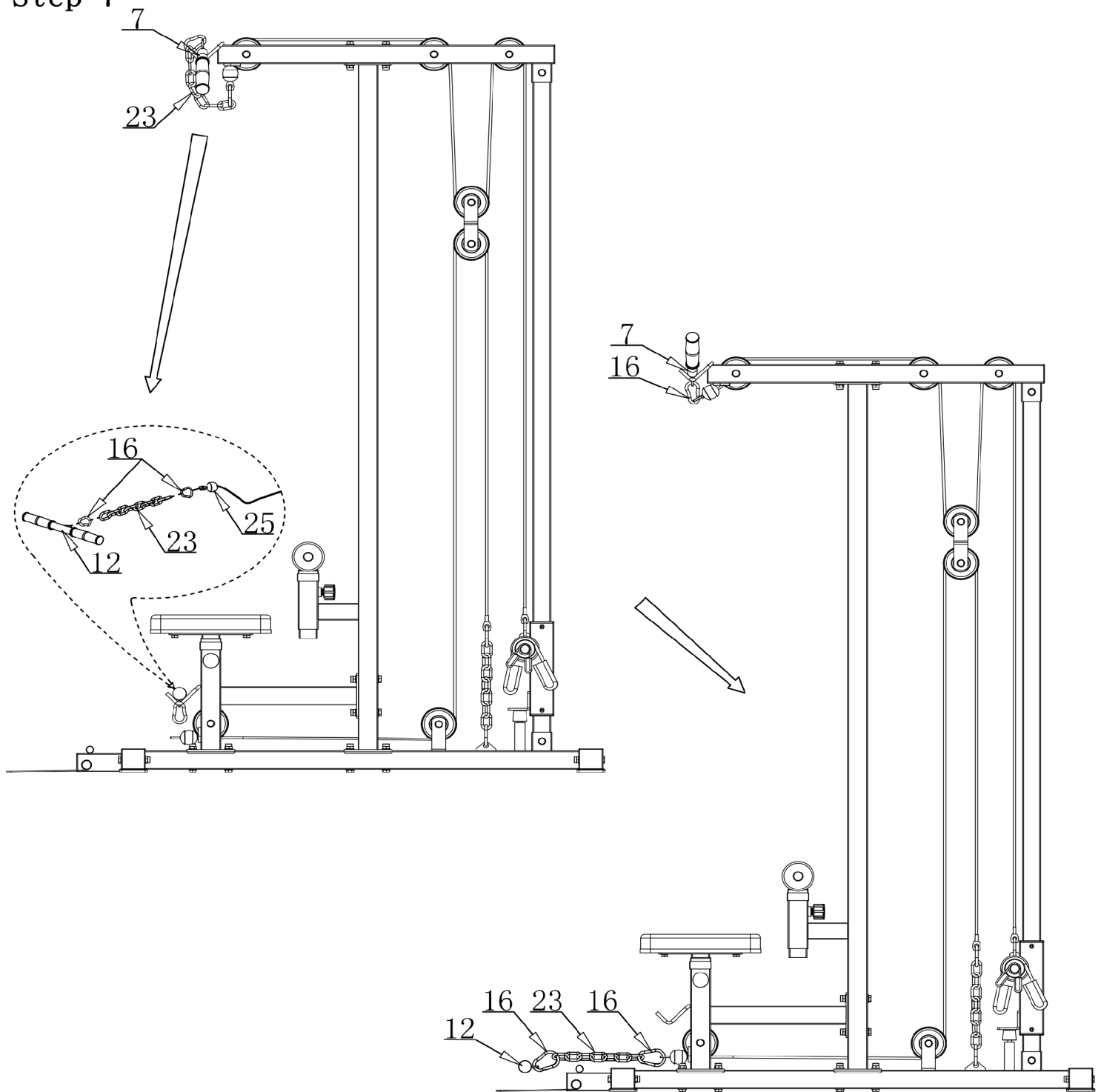


1. Attach the lower cable (25), pulley(22) to seat support (6) using bolt(M10\*70) (E), pulley bushing(19), washers(H) and luck nuts(I).
2. Connect one end of lower cable(25) to lower handle(12) then connect the other end to base tube (1) using safety hook (16) and chain(23).
3. Attach the lower cable(25), pulley(22) to pulley bracket(17) using bolt(M10\*45) (C), washers(H) and luck nuts(I) same as shown in the figure.
4. Connect one end of upper cable(23) to Lat bar(7) using safety hook (16) and chain(23).

# ASSEMBLY INSTRUCTIONS

## ASSEMBLY INSTRUCTIONS

Step 7



1. Using the lower handle(12), please remove chain(23) from lat bar(7) and attach it to lower handle, lower cable(25) using safety hook(16) as shown.

CHECK THE UNIT ON A LEVEL SURFACE BEFORE TIGHTENING ALL BOLTS AND NUTS.  
MAKE SURE THE PULLEYS ROTATE FREELY WITHOUT ANY RESISTANCE DUE TO THE OVER TIGHTNESS.