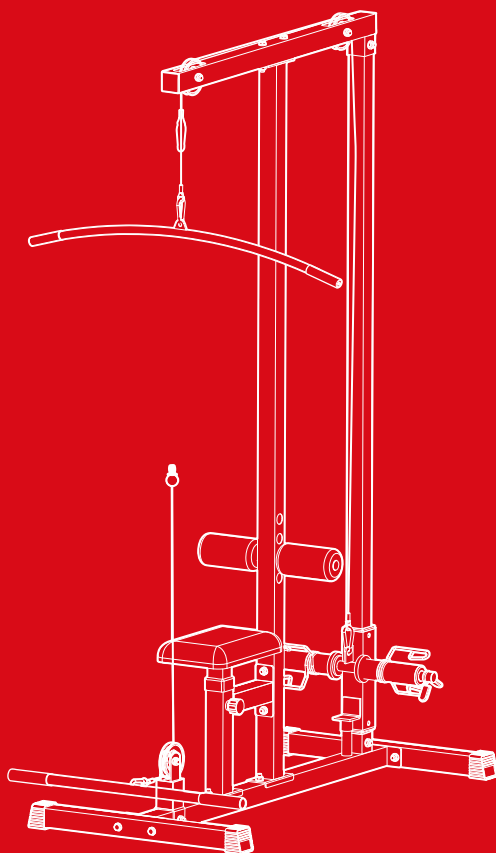




bestchoiceproducts



INSTRUCTION MANUAL

Lat Pulldown Machine

NOTICE

Please retain these instructions for future reference.

- Product is intended for indoor use only.
- Do not stand on or use any part of this item as a step ladder.
- Firmly secure all bolts, screws and knobs before use.
- Reconfirm that all bolts, screws, and knobs are secure every 90 days.
- Do not use or store this item in the proximity of open flame or flammable/combustible chemicals.
- Be aware that some parts are heavy and have sharp edges.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer's instructions as this could void the product warranty.
- This product has a weight capacity of 280 pounds. Please do not exceed that amount of weight on the product.
- This product contains small parts for assembly. Keep small children and pets away during assembly.

CAUTION DURING USE

- Place the machine on flat ground. Do not use it in the following places:
 - Outdoors
 - Slanted ground
 - Direct sunlight
 - Near heat sources like a heater/fireplace
- Stop immediately at the first sign of nausea.
- Wear closed-toe shoes and athletic clothing when using this machine.
- Children, elderly, pregnant women, and patients recovering from injuries or surgery are prohibited to use the machine.
- Do not place any objects on the machine.

TOOLS REQUIRED



**SMALL WRENCH
(PROVIDED)**



**17MM SMALL
WRENCH**



**SOCKET
WRENCH**



**14MM/17MM
SOCKET**



**280 LBS
CAPACITY**



**1 PERSON
ASSEMBLY**

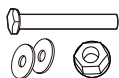


**APPROXIMATELY
90 MIN.
ASSEMBLY**

HARDWARE

1

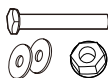
75MM NUT, BOLT,
2 WASHERS SET



1 PC

2

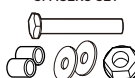
70MM NUT, BOLT,
2 WASHERS



8 PC

3

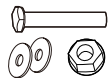
65MM NUT, BOLT,
2 WASHERS +
SPACERS SET



2 PC

4

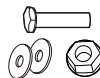
65MM NUT, BOLT,
2 WASHERS SET



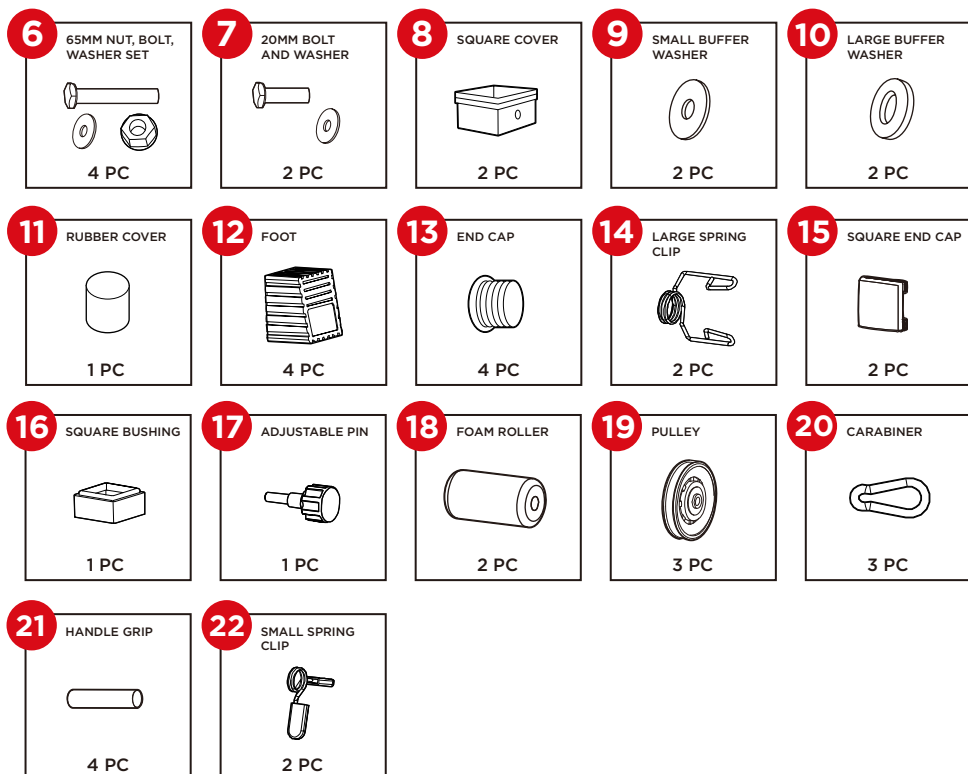
3 PC

5

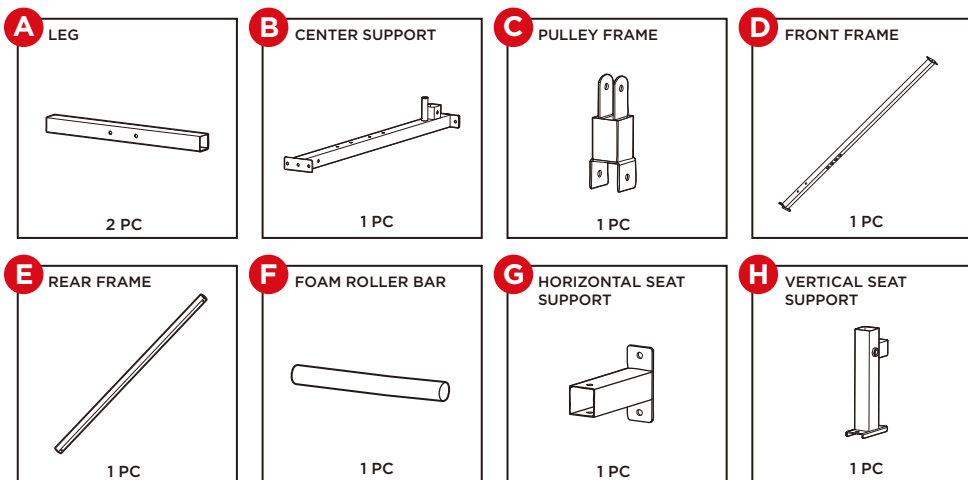
45MM NUT, BOLT,
2 WASHERS SET



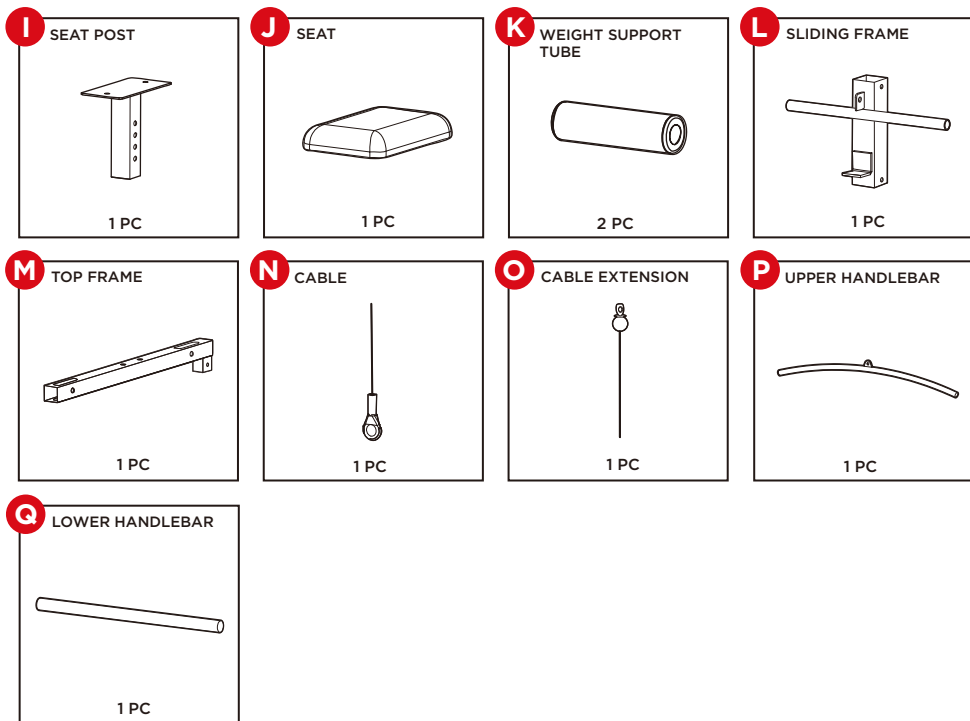
1 PC



PARTS

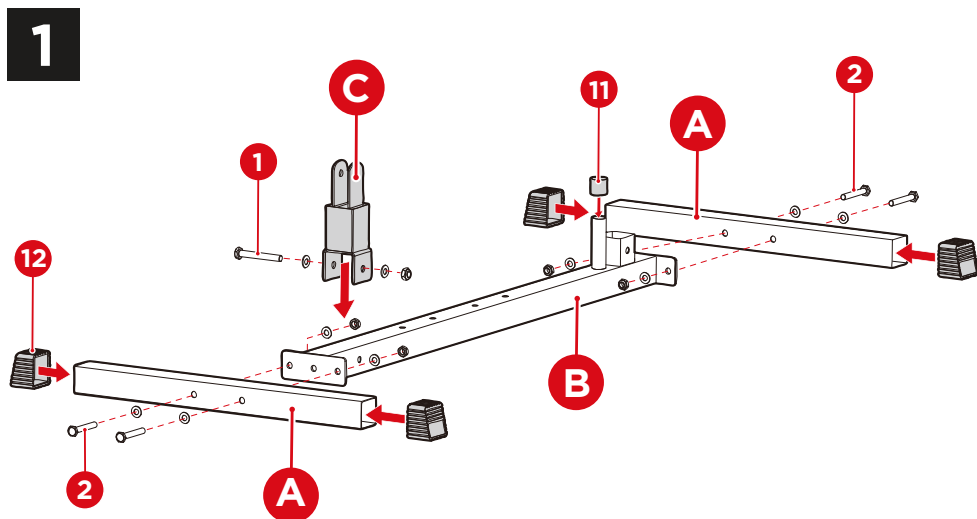


PARTS



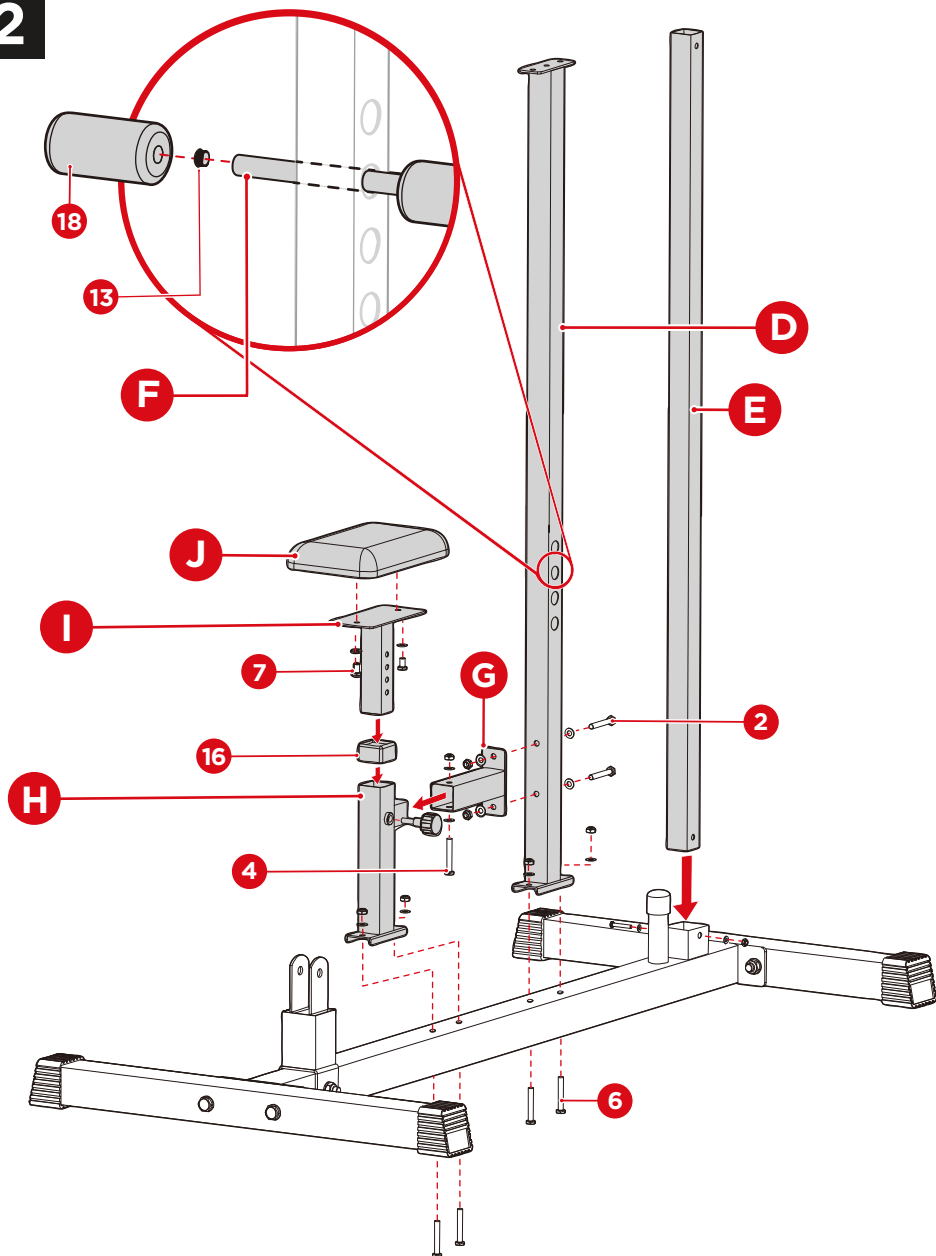
PRODUCT ASSEMBLY

Please retain these instructions for future reference.



Assemble the base.

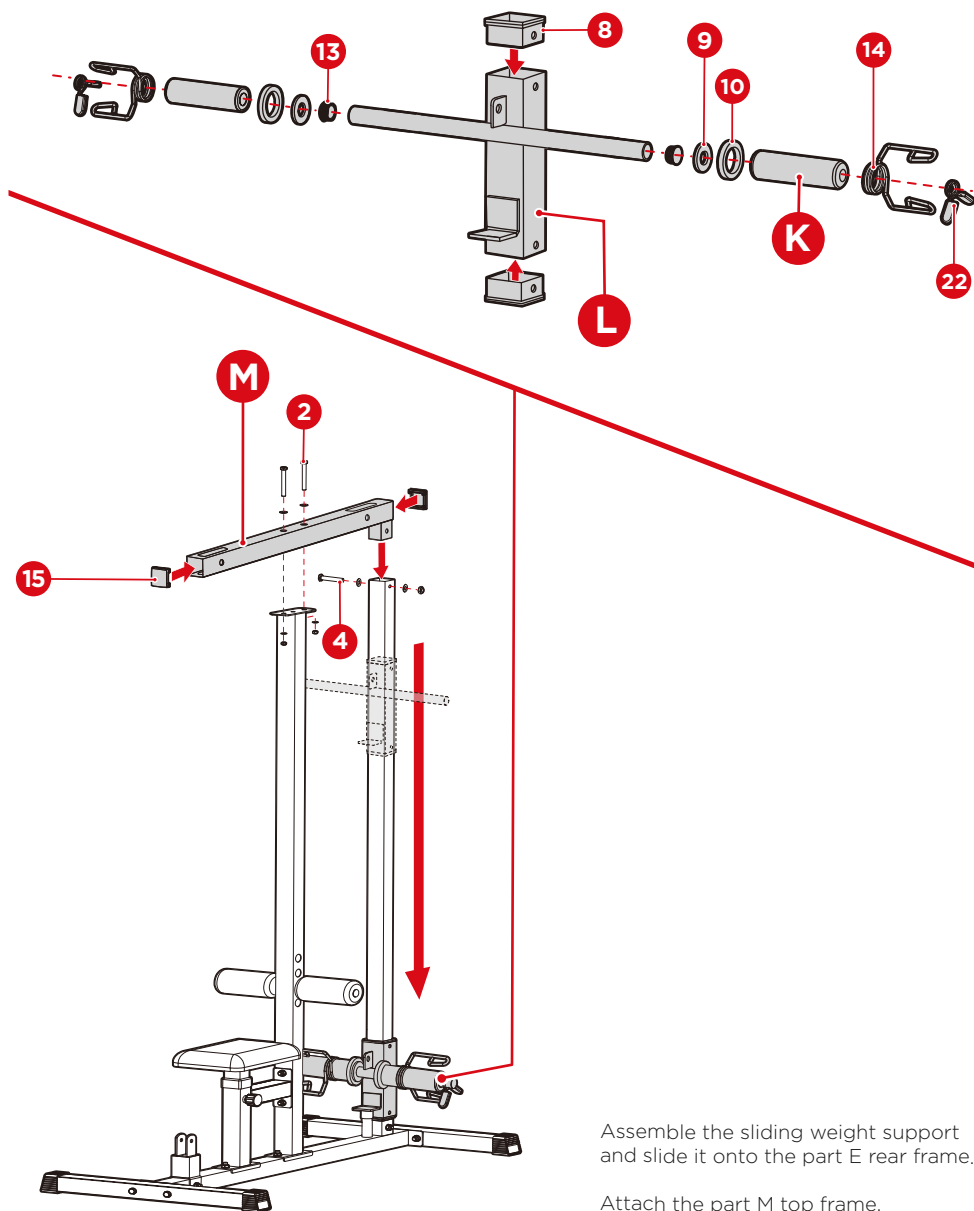
2



Assemble the seat.

Attach the part D front frame and part E rear frame. Slide the part F foam roller bar through the front frame and secure it with two part 13 end caps and two part 18 foam rollers.

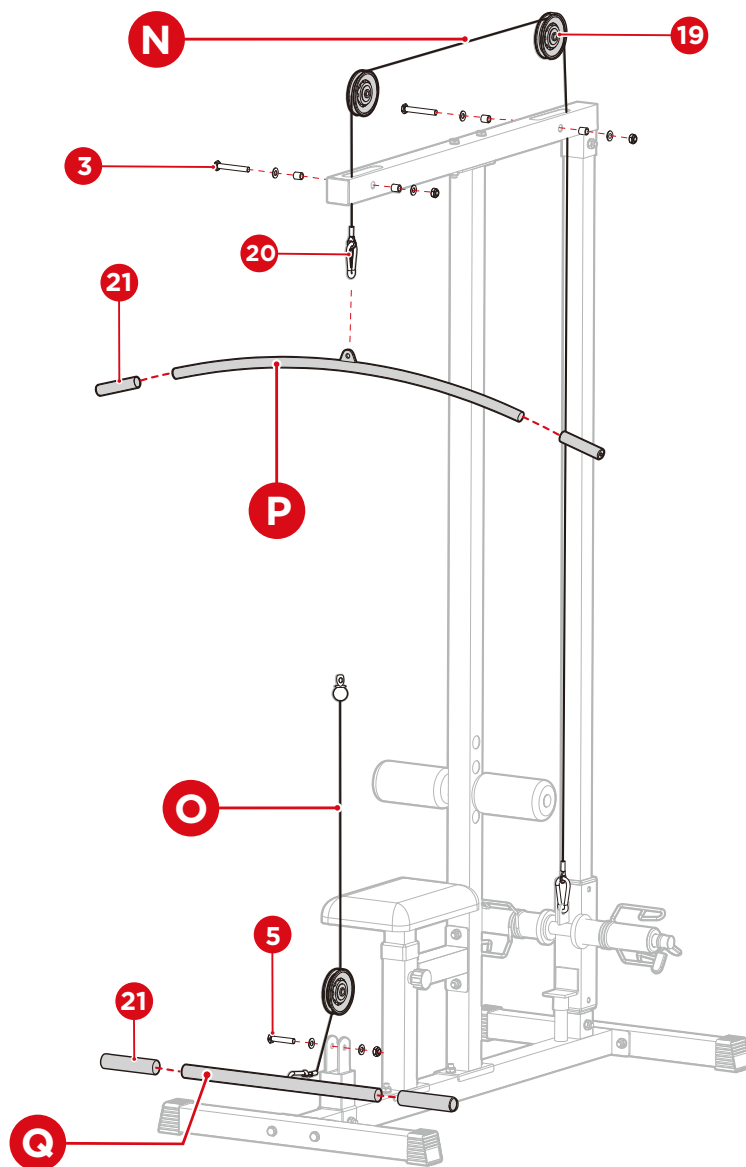
3



Assemble the sliding weight support and slide it onto the part E rear frame.

Attach the part M top frame.

4



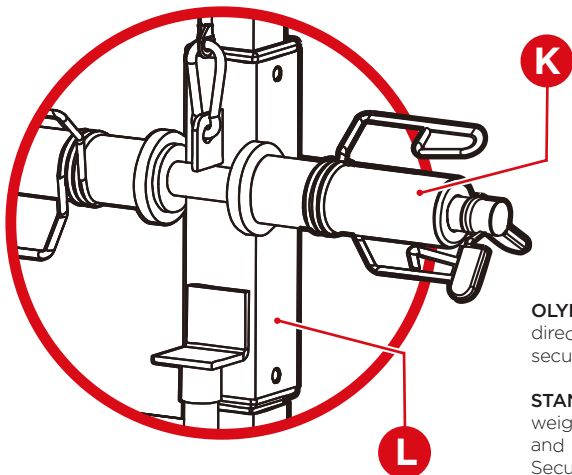
Assemble the pulleys, route the part N cable, and attach the part P upper handlebar.

Alternate set-up:

For workouts involving the part Q lower handlebar, attach the part O cable extension to the part N cable, route it through the lower pulley, and attach the lower handlebar.

WEIGHT OPTIONS

bcp



OLYMPIC WEIGHTS: Slide Olympic-sized weights directly onto the part K weight support tubes and secure them with part 14 large spring clips.

STANDARD WEIGHTS: To use standard-sized weights, remove the part K weight support tubes and slide weights onto the part L sliding frame. Secure the weights with part 22 small spring clips.

PRODUCT WARRANTY INFORMATION

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer's expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer's responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer's responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.

CONTACT US; WE'RE HERE 7 DAYS A WEEK TO HELP YOU!



bestchoiceproducts.com



customerservice@bestchoiceproducts.com



844.948.8400



LEARN MORE!

WARNING

Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, or neglect of this product.