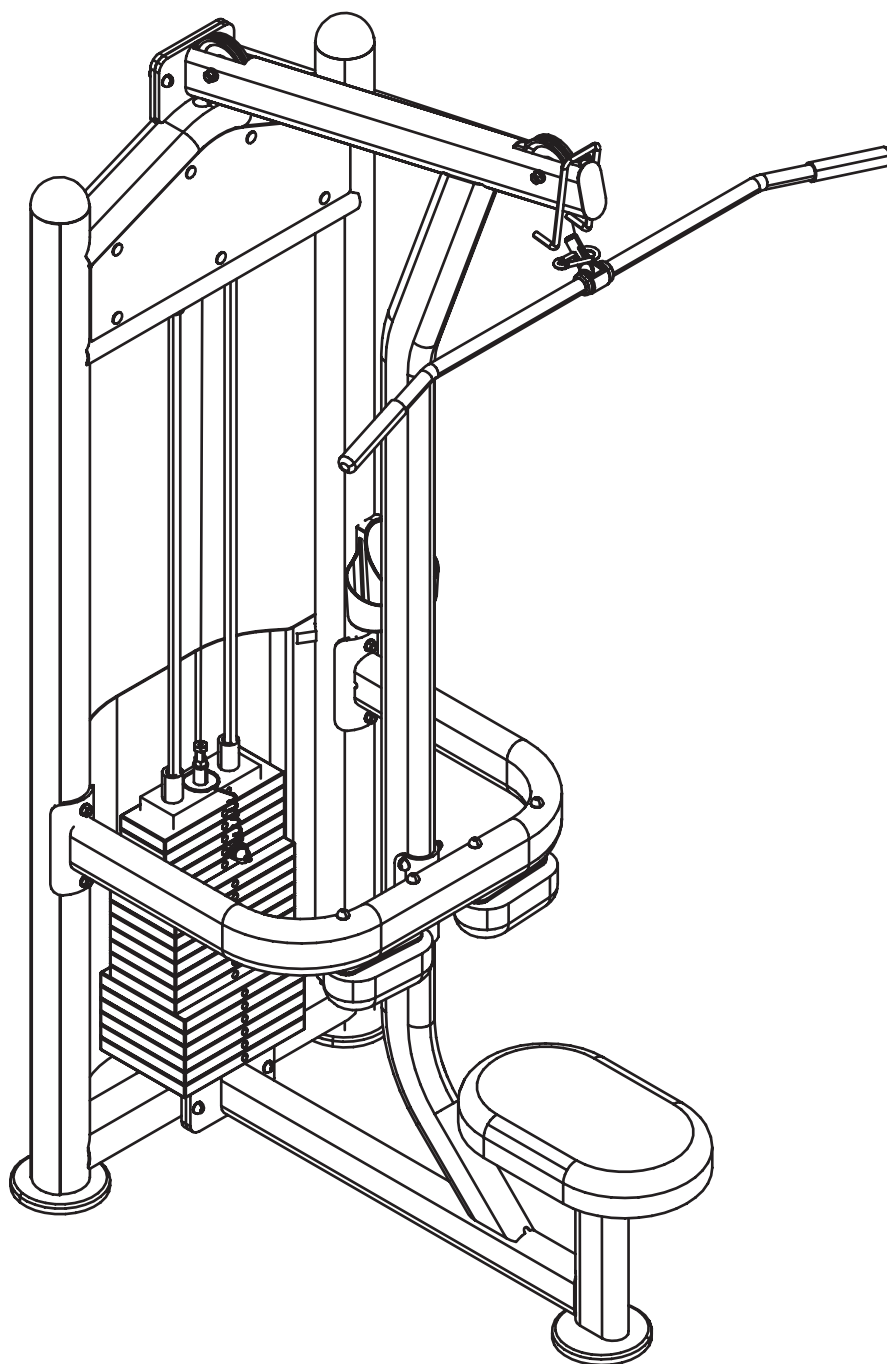


impulse²



**IT8022 Lat Pulldown
Assembly Instructions**

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Important Safety Instructions

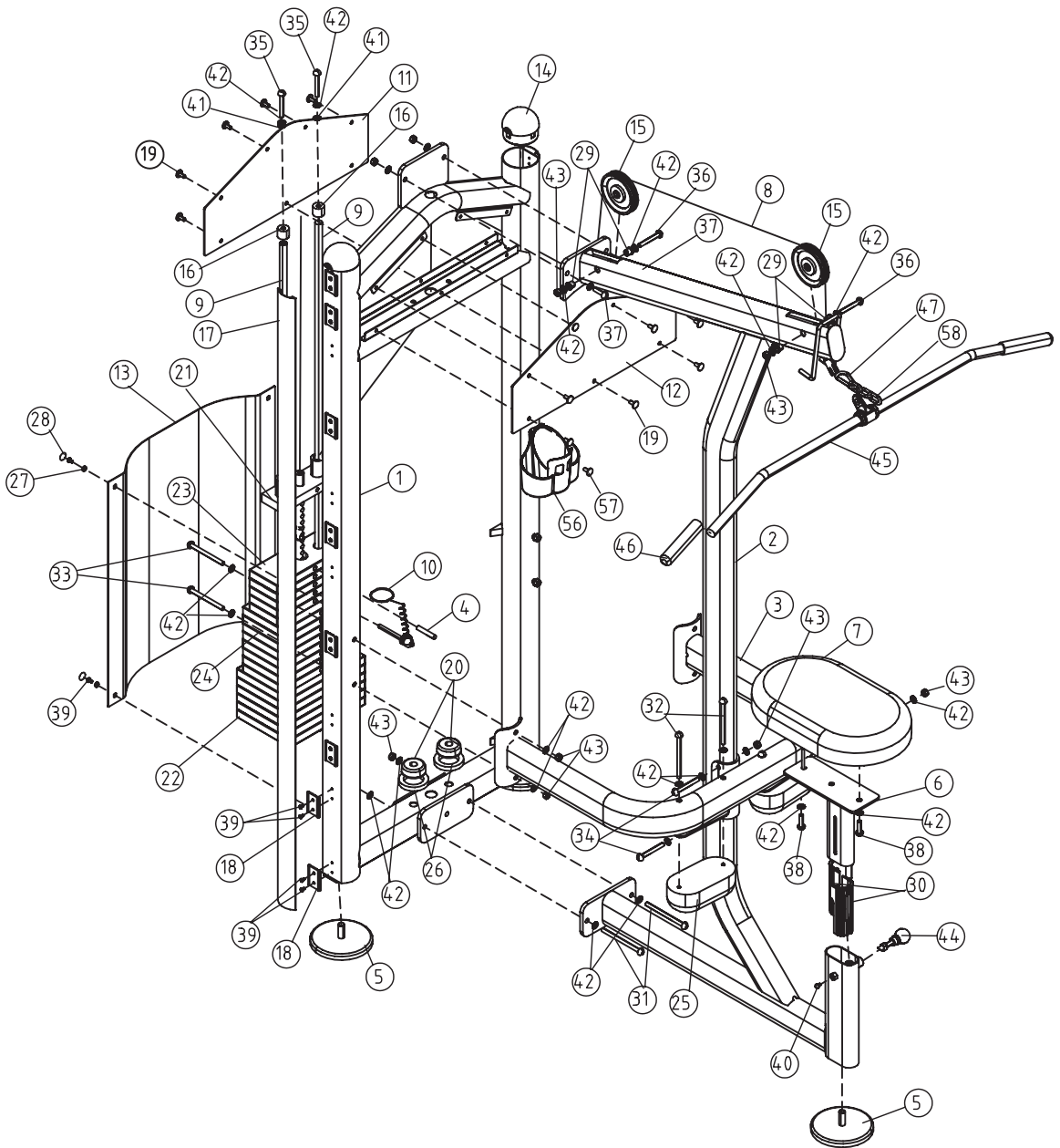
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the Lat Pulldown .These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * 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.
- * Wear proper exercise clothing and shoes for your workout---no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * 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.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

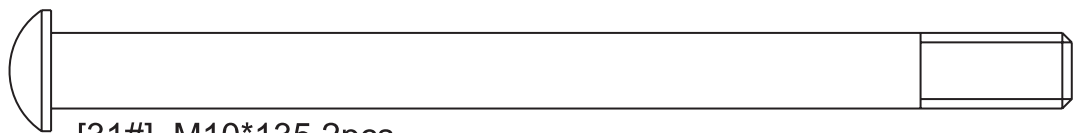
Personal Safety During Assembly

- * 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 Lat Pulldown 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.

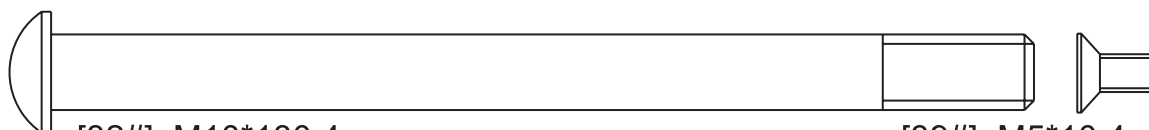
IT8022 Lat Pulldown Exploded View Diagram



Hardware List

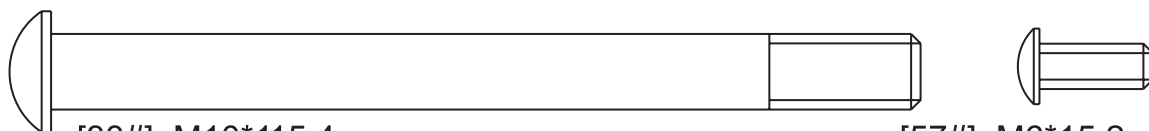


[31#] M10*135 2pcs



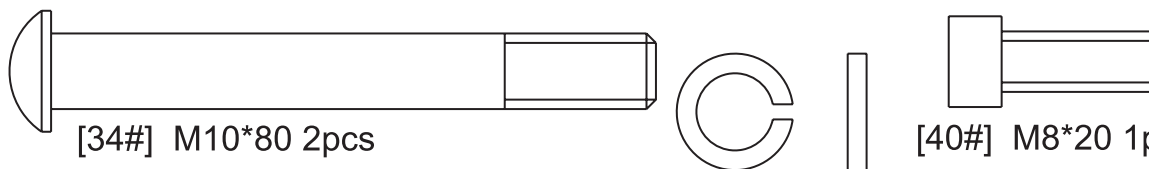
[32#] M10*130 4pcs

[39#] M5*10 4pcs



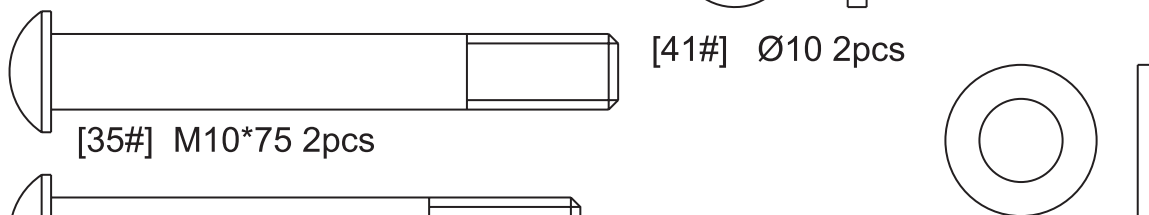
[33#] M10*115 4pcs

[57#] M6*15 2pcs



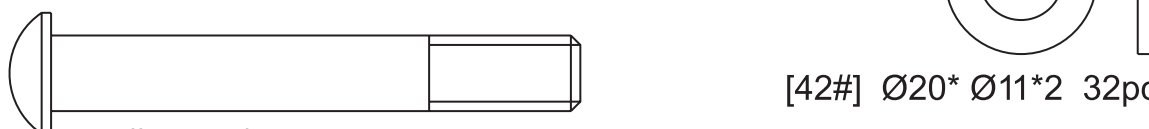
[34#] M10*80 2pcs

[40#] M8*20 1pc



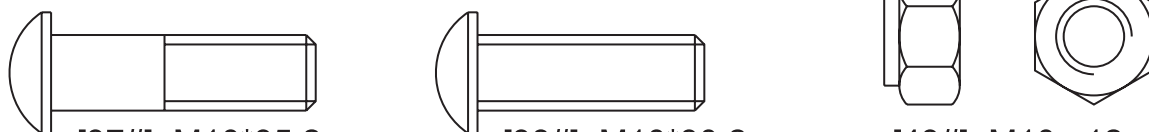
[35#] M10*75 2pcs

[41#] Ø10 2pcs



[36#] M10*70 2pcs

[42#] Ø20* Ø11*2 32pcs



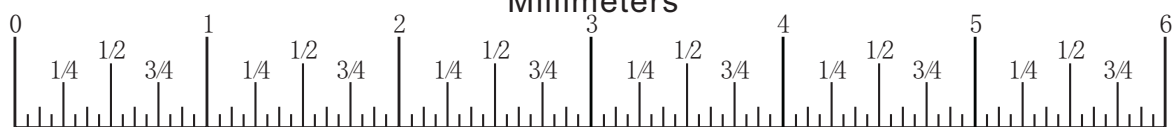
[37#] M10*35 2pcs

[38#] M10*30 2pcs

[43#] M10 12pcs



Millimeters



Inches

Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Upright	1	29	Spacer $\Phi 20 \times \Phi 10.5 \times 14$	4
2	Main Support	1	30	Sleeve	1
3	"U" Frame	1	31	Allen Bolt M10×135	2
4	Split Pin	1	32	Allen Bolt M10×130	4
5	Adj. Foot Plate	3	33	Allen Bolt M10×115	4
6	Seat Pad Support	1	34	Allen Bolt M10×80	2
7	Seat Pad	1	35	Allen Bolt M10×75	2
8	Cable	1	36	Allen Bolt M10×70	2
9	Guide Rod	2	37	Allen Bolt M10×35	2
10	Weight Pin	1	38	Allen Bolt M10×30	2
11	Rear Decal Plate	1	39	Shoulder Bolt M5×10	40
12	Front Decal Plate	1	40	Screw M6×20	1
13	Weight Shroud	1	41	Spring Washer $\Phi 10$	2
14	End Cap	2	42	Washer $\Phi 11 \times \Phi 20 \times 1.5$	32
15	4.5" Pulley	2	43	Nylon Locknut M10	12
16	Rubber Cap	2	44	Taper Pop Pin	1
17	Side Cover	2	45	Lat Bar	1
18	Plastic Block	18	46	Grip	2
19	Button	14	47	Pear Hook	2
20	Weight Rubber Bumper	2	48	Allen Wrench S=6	1
21	Top Plate	1	50	Decal Weight Numbers	1
22	20Lbs Weight	6	51	Decal Warning	1
23	10lbs Weight	5	52	Decal Maintenance Routine	1
24	15lbs Weight	8	53	Decal Pinch Points	1
25	Knees Pad	2	54	Decal Tightening	1
26	Rubber Washer	2	55	Grease	1
27	Plastic Washer	4	56	Plastic Cap	1
28	Bolt Cover	4	57	Button head Cap Screw	2
			58	Chain	1

Assembly instructions

Assembly of the Lat Pulldown 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.

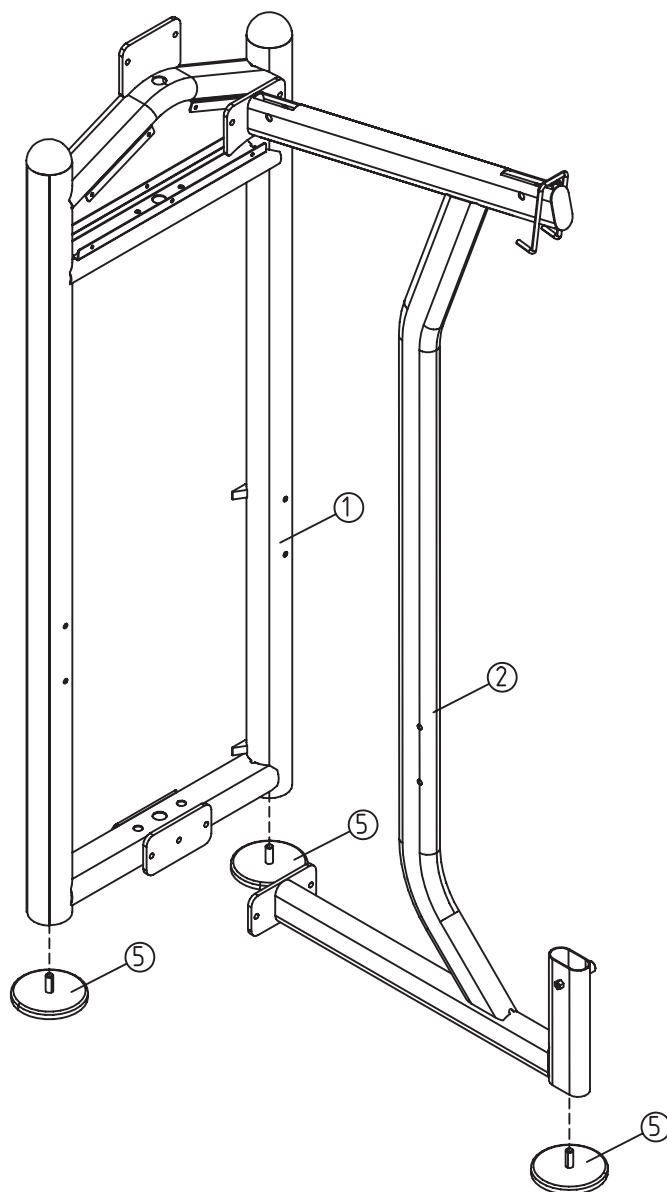


Note

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.

Step 1 Install The Adj. Foot Plates

Align the Adj. Foot Plates (#5) to the Main Upright (#1) and the Main Support (#2), then secure them by hands.



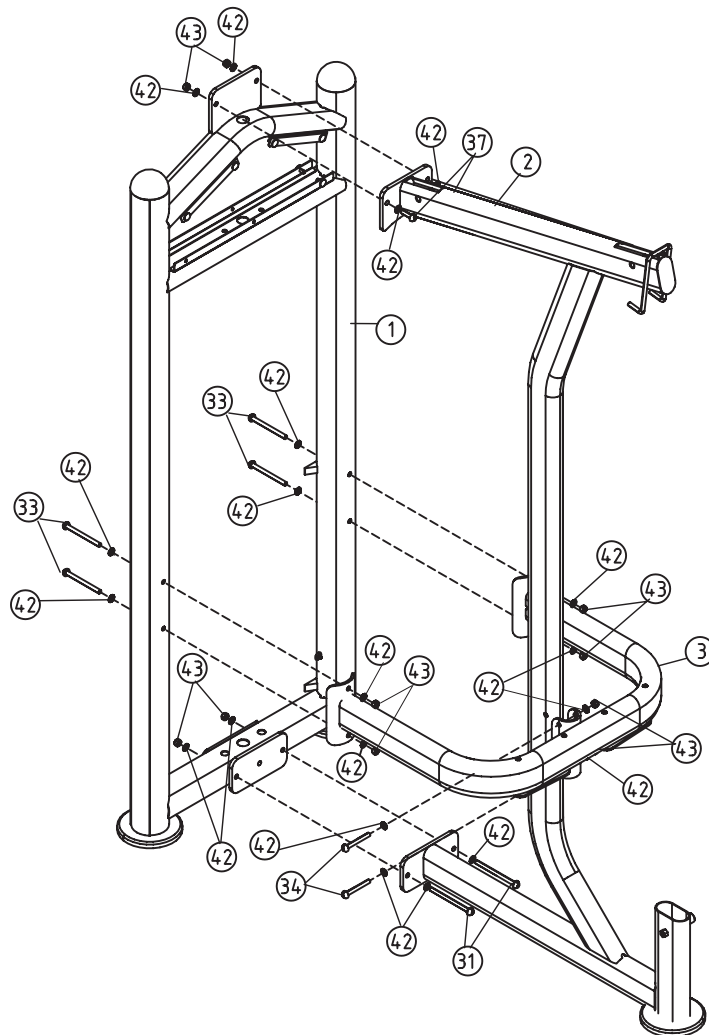
Step2 Assemble The Frame

1) Attach the Main Support (#2) to the Main Upright (#1) using:

two Allen Bolts (#31) M10×135
two Allen Bolts (#37) M10×35
four Nylon Locknuts (#43) M10
eight Washers (#42) $\Phi 11 \times \Phi 20 \times 1.5$

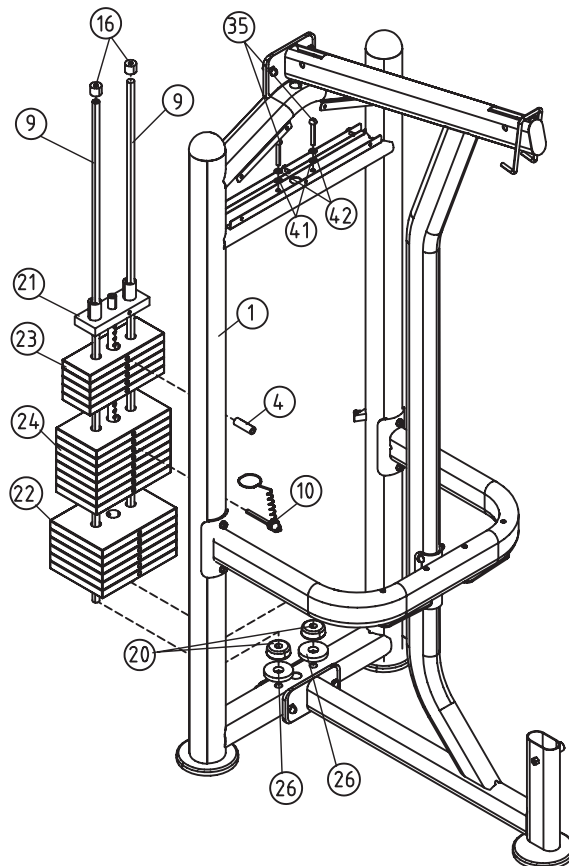
2) Attach the "U" Frame (#3) to the Main Upright (#1) and the Main Support (#2) using:

four Allen Bolts (#33) M10×115
twelve Washers (#42) $\Phi 11 \times \Phi 20 \times 1.5$
six Nylon Locknuts (#43) M10
two Allen Bolts (#34) M10×80



Step3 Assemble The Weight plates

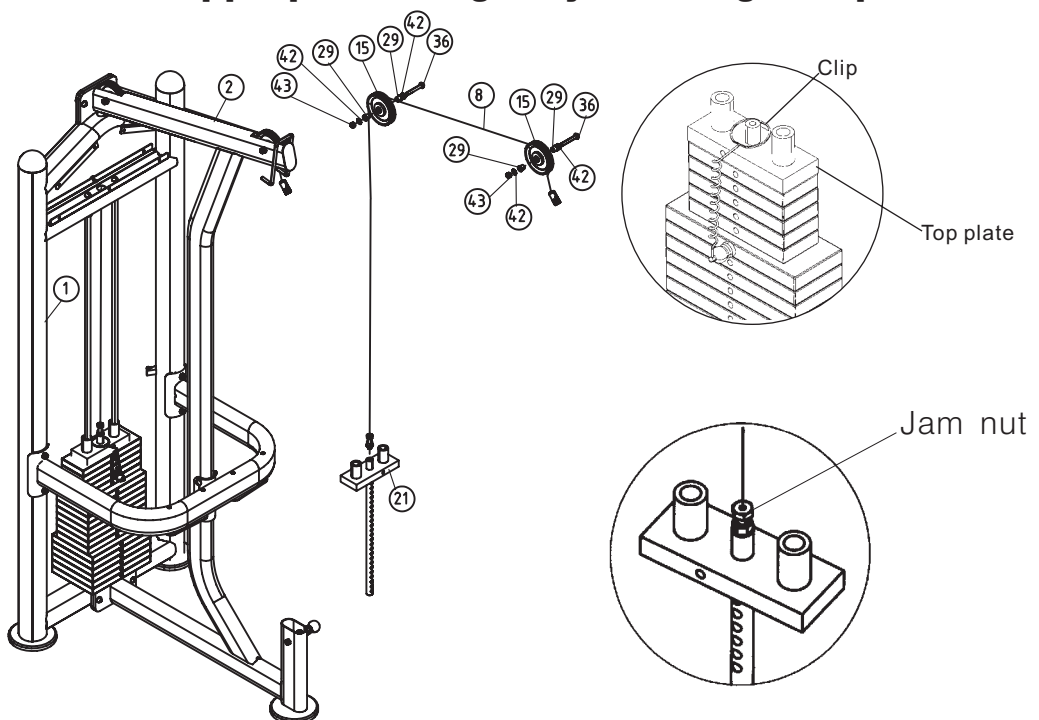
- 1) Insert both the Guide Rods(#9) into the Main Upright(#1).
- 2) Slide the Weight Rubber Bumper(#20) and the Rubber Washer(#26) down onto each the Guide Rod(#9).
- 3) Carefully begin sliding the Weight Plate one by one in sequence:#22,#24,#23,#21
- 4) Align both top ends of the Guide Rods(#9) to the Main Upright(#1) and secure them using:
 - two Allen Bolts(#35) M10×75
 - two Washers(#42) $\Phi 11 \times \Phi 20 \times 1.5$
 - two Spring Washers(#41) $\Phi 10$
 - two Rubber Cap(#16)
- 5) Top Plate(#21) and first weight Stack put together with the Split pin(#4).



Make sure that Washers(#42) and Spring Washers (#41) are on the top side.

Step4 Route The Cable

- 1) Insert the Cable(#8) through the window on the Main Support(#2).
- 2) Route the Cable(#8) over the Pulley A(#15), next, secure them to the Main Support(#2) using
one Allen Bolts(#36) M10×70
two Washers(#42) $\Phi 11 \times \Phi 20 \times 1.5$
two Spacers(#29) $\Phi 20 \times \Phi 10.5 \times 14$
one Nylon Locknut(#43) M10
- 3) Route the Cable(#8) over the Pulley B(#15), next, secure them to the main support(#2) using
one Allen Bolt(#36) M10×70
two Washers(#42) $\Phi 11 \times \Phi 20 \times 1.5$
two Spacers(#29) $\Phi 20 \times \Phi 10.5 \times 14$
one Nylon Locknut(#43) M10
- 4) Put the clip tied on the weight pin leash on the Top Plate(#21) as shown, next pull the Cable(#8) down and secure it to the Top Plate(#21) as shown.
- 5) Adjust the tension of the Cable(#8) using the Jam Nut as shown.
- 6) Make sure that the cable is in grooves of all pulleys then fully tighten all bolts and nuts .
- 7) Select an appropriate weight by the Weight Pop Pin.



Step5 Assemble The Decal Plates

1) Attach the two Decal Plates (#11, #12) to the Main Upright (#1) using:

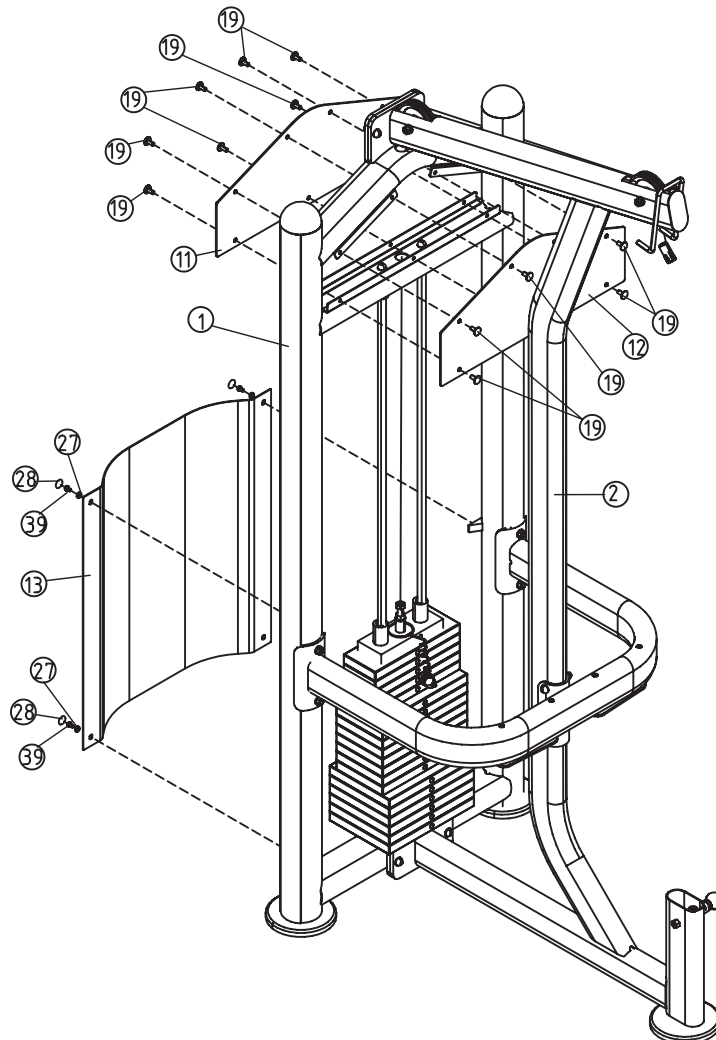
fourteen Buttons (#19)

2) Attach the Weight Shroud (#13) to the Main Upright (#1) using:

four Bolt Covers (#28) $\Phi 21 \times 5.7$

four Plastic Washers (#27) $\Phi 13 \times 3$

four Chamfer Bolts (#39) M5 $\times 10$



Note

The Front Decal Plate (#18) with the exercise instructions printed on it should be attached in the front of the Main Upright (#1).

Step6 Assemble The Pads

1) Attach the Seat Pad (#7) to the Seat Pad Support (#6) using:

**two Washers(#42) $\Phi 11 \times \Phi 20 \times 1.5$
two Allen Bolts(#38) M10 \times 30**

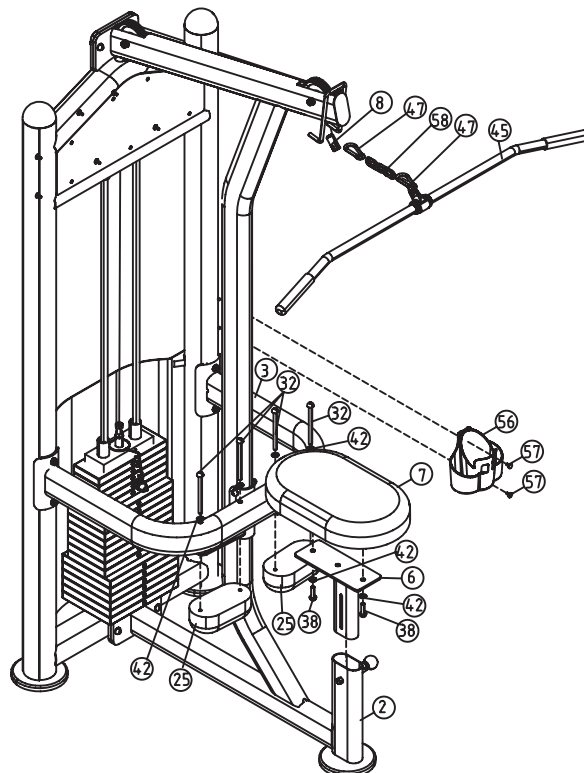
2) Attach the two knees Pads (#25) to the "U" Frame (#3) using:

**four Washers(#42) $\Phi 11 \times \Phi 20 \times 1.5$
four Allen Bolts(#32) M10 \times 130**

3) Connect the Cable (#8) to the Lat Bar (#45) using two Pear Hooks (#47) and the Chain (#58).

4) Insert the Seat Pad Support (#6) into the Main Support (#2), and secure it into place using the Taper Pop Pin (#44) and the Screw (#40).

**5) Attach the Plastic Cap (#56) to Main Upright (#1) using:
two Button Head Cap Screws (#57) M5 \times 15**



Note

For a safe exercise, you need make the unit steady by adjusting the Adj.foot plates.