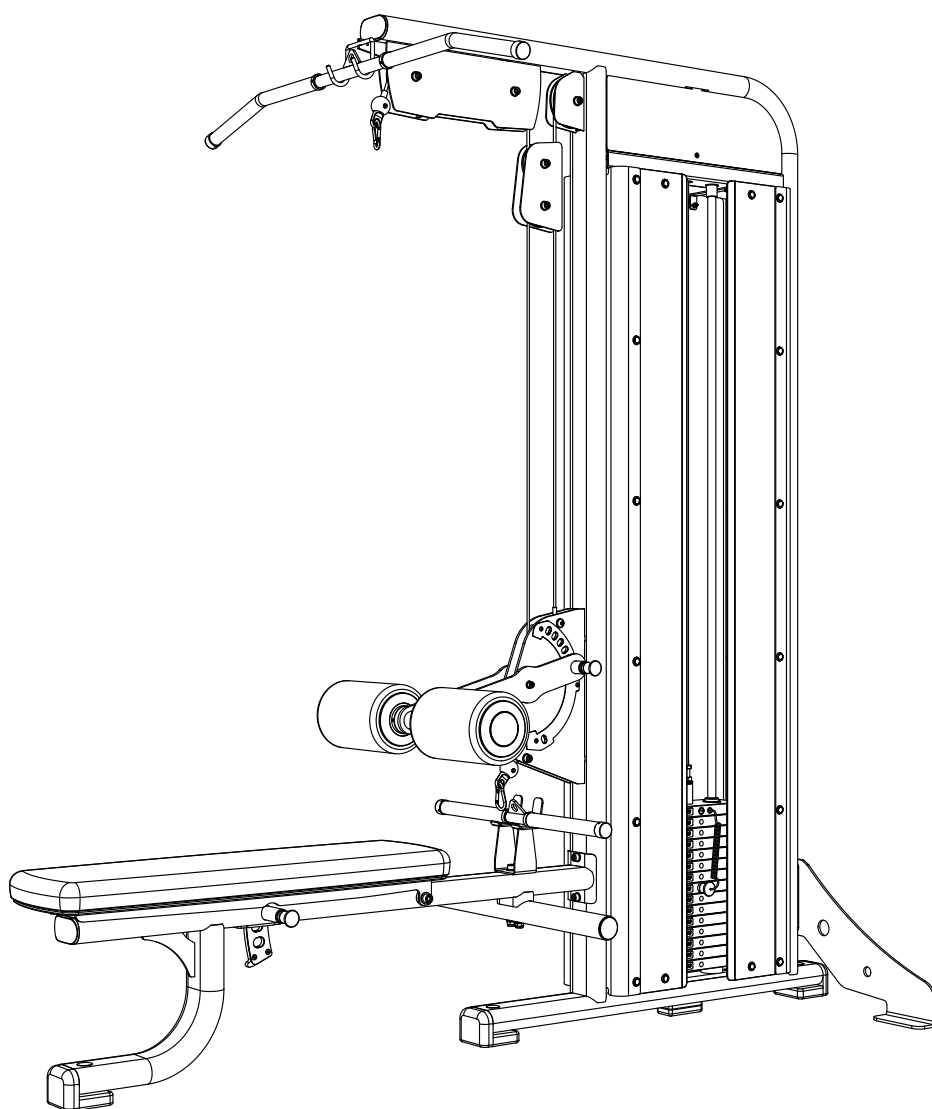




LAT PULLDOWN & LOW ROW

USER MANUAL



NOTE!

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.
Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

BEFORE YOU BEGIN	2
SAFETY INSTRUCTIONS	3
PARTS LIST	4
ASSEMBLY INSTRUCTIONS	5
IMPLIED WARRANTY	12

SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this machine. In order to ensure safe Read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.



WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- ▲ This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- ▲ Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 2 meters from the machine. Do not place any sharp objects around the machine.
- ▲ Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- ▲ Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ Assemble the machine exactly as in the description in this instruction manual.
- ▲ Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- ▲ Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the machine.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ This machine can be used for only one person's training at a time.
- ▲ Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- ▲ Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- ▲ Before exercising, always warm-up your body thoroughly by dynamic stretching our a warm-up routine.
- ▲ This machine is intended for commercial and professional use.
- ▲ This machine must be assembled by adults.
- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ Maximum user weight: 150 kg.

PARTS LIST

PART	DESCRIPTION	QTY
1	Main Frame	1
2	Leg Press Frame	1
3	Seat Tube Frame	1
4	Top Frame	1
5	Seat Pad Group	1
6	Shaft	1
7	Pull Rod Rack Group	1
8	Short Pull Rod Group	1
9	Guide Rod	2
12	Weight Stack Pin	1
13	15 LBS Weight Plate	14
15	10 LBS Top Weight Plate	1
17	Cable L=2910mm	1
18	Cable L=2290mm	1
19	45 Pin	1
20	Long Pin	1
21	Support Plate	1
24	LOGO Plate 1	1
25	LOGO Plate 2	1
26	Mat Plate	1
27	Leg-pressing Adjuster	1
28	Pedal Tube	1
29	Protecting Metal Plate	1
30	Interval Bushing	1
31	Double pulley Plate	2
32	Connecting Plate 1	1
34	Cover Connecting Plate	4
35	Long Pull Rod	1
36	Hook	1
37	Handle Ring	4
38	Handle Cap	4
39	Guide Rod Bushing	2
40	Foam Roller Ring	2
41	D45 Washer	2
42	D20 Bushing	4
43	Clip	2
44	Back Pad	1
45	Front Shield	2
46	Rear Shield	1
48	Foam Roller	2
49	Foam Roller Cap 1	4
50	Foam Roller Cap 2	2
52	Big Pulley	4
53	Small Pulley	3
54	PT50X100 Cap	2
55	D50 Cap	2
56	D25 Cap	3

PART	DESCRIPTION	QTY
57	Buffer	2
58	Limiting Pad	1
59	Protective Plastic Plate	1
60	Short Grip	2
61	Long Grip	2
62	Cushion	1
63	L Rubber Foot	3
64	Plastic Bushing	2
65	Retaining Ring	2
66	Front Shield Support 1	1
67	Front Shield Support 2	1
68	Back Shield Support 1	1
69	Back Shield Support 2	1
70	Panel Clip	32
71	Washer 10 Black	32
A5-4	Allen Bolt M5X10	3
A10-4	Allen Bolt M10X20	2
A10-9	Allen Bolt M10X45	1
A10-10	Allen Bolt M10X50	1
C5-4	Countersunk Head Screw M5X10	8
CH5-5	Cross Pan Head Screw M5X12	1
H6-4	Hex Head Bolt M6X10	24
N10	Nut M10	13
N12	Nut M12	1
S5-1	Socket Set Screw M5X4	16
S6-2	Socket Set Screw M6X6	4
S8-7	Socket Set Screw M8X35	2
SC8-3	Socket Cap Screw M8X15	4
SC8-4	Socket Cap Screw M8X20	2
SC8-5	Socket Cap Screw M8X25	2
SC8-6	Socket Cap Screw M8X30	3
SC10-4	Socket Cap Screw M10X20	3
SC10-5	Socket Cap Screw M10X25	4
SC10-9	Socket Cap Screw M10X45	6
SC10-11	Socket Cap Screw M10X55	2
SC10-15	Socket Cap Screw M10X75	2
SC10-25	Socket Cap Screw M10X125	2
SC12-30	Socket Cap Screw M12X150	1
SW8	Spring Washer Φ8	8
W6	Washer Φ6	24
W8	Washer Φ8	9
W8B	Big Washer 8 OD24	8
W10	Washer Φ10	30
W12	Washer Φ12	2

ASSEMBLY INSTRUCTIONS

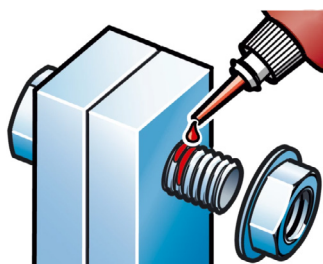


Attachment points marked with this symbol in the assembly steps must be bonded with thread locking adhesive to prevent loosening.



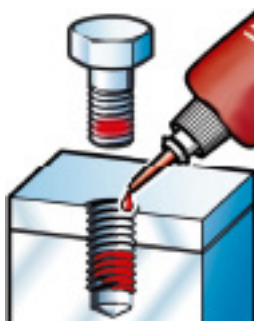
IMPORTANT

Degrease and clean surfaces prior to applying thread locking adhesive.



THROUGH HOLE

Insert a bolt into the through hole and apply thread locking adhesive to the exposed thread. Screw on the nut and tighten to the correct torque.

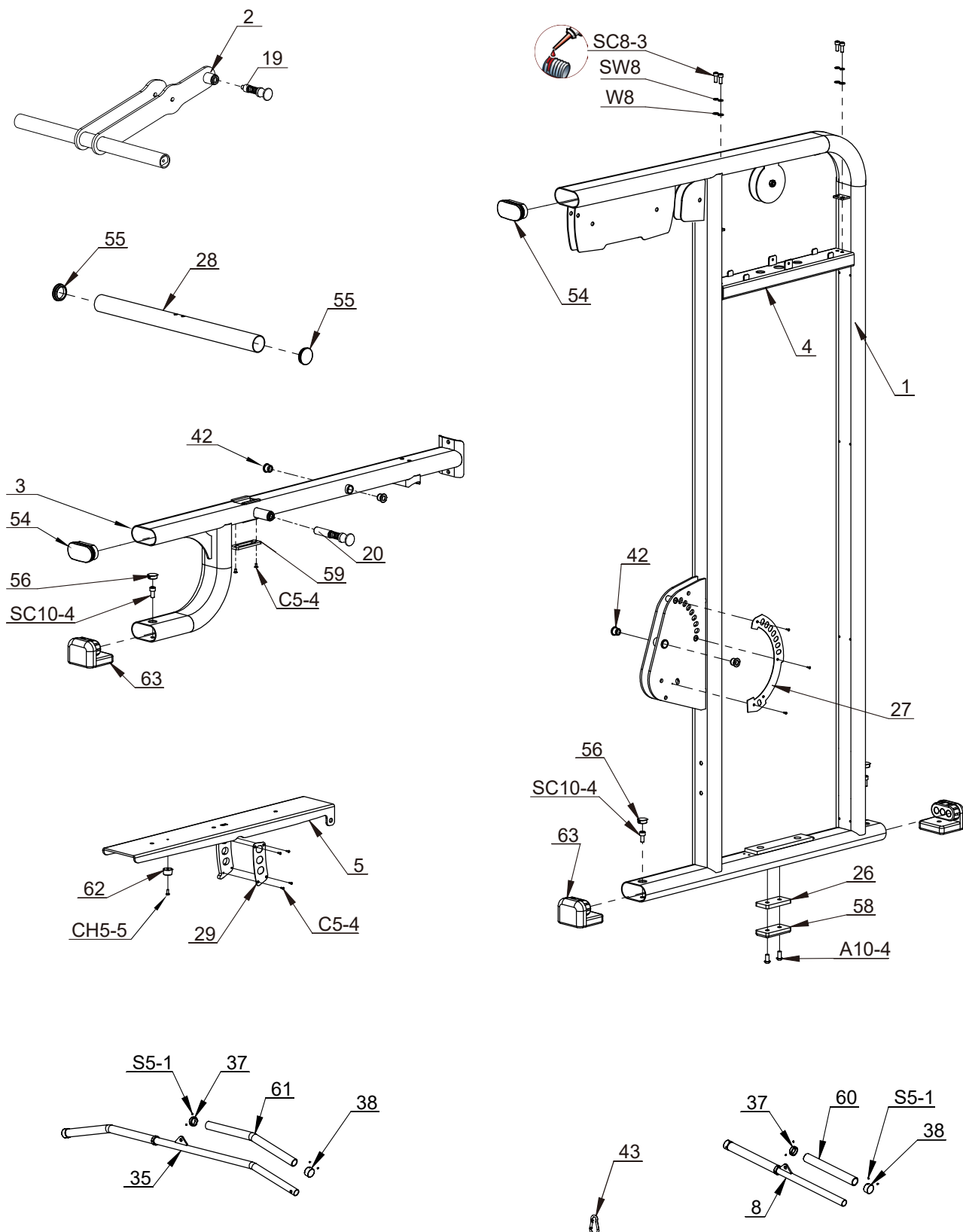


BLIND HOLE

Apply several drops of thread locking adhesive to the sides of the blind hole, filling the lower third. Apply adhesive to the bolt, assemble and tighten.

ASSEMBLY INSTRUCTIONS

PREASSEMBLED STEP

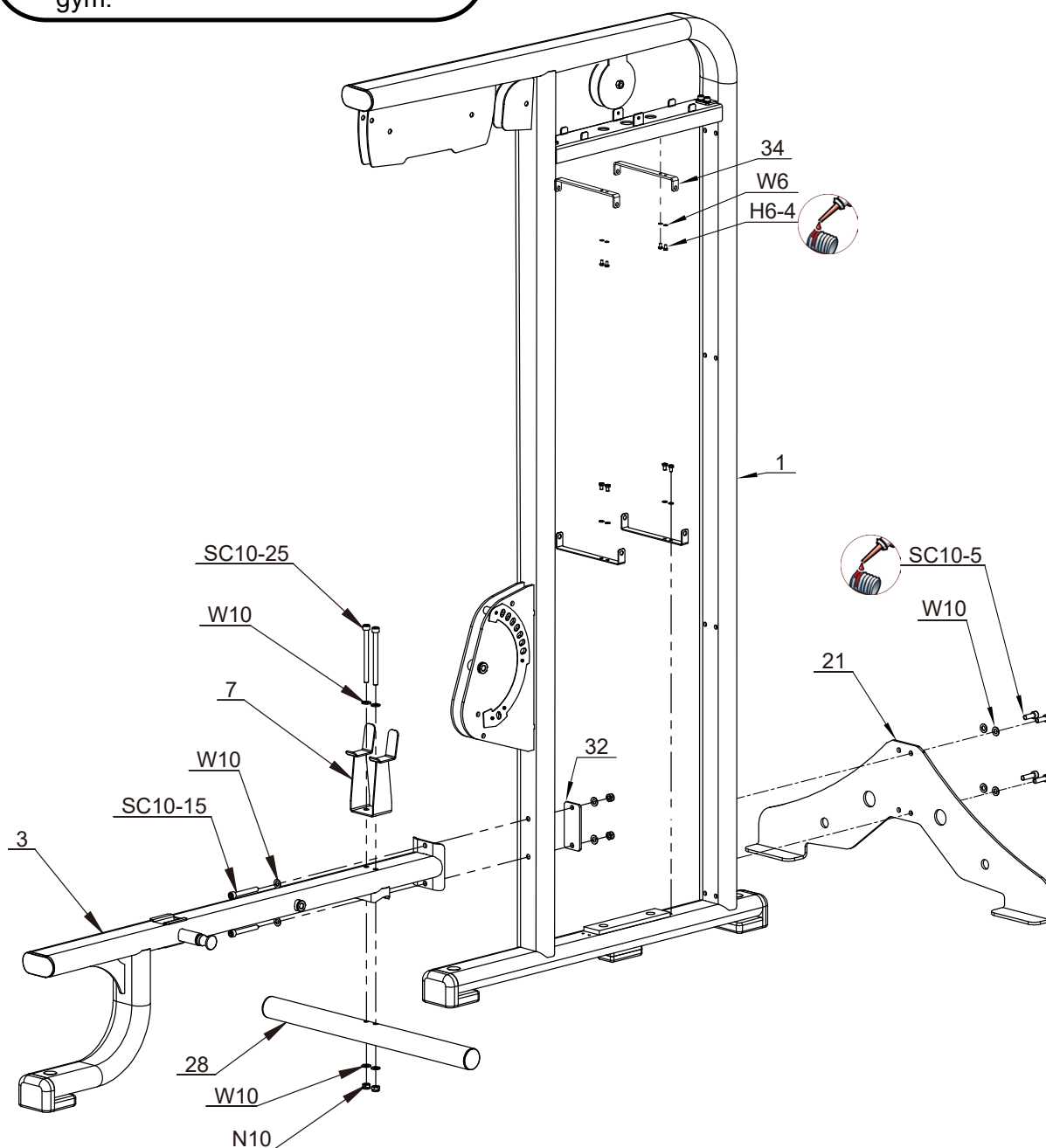


ASSEMBLY INSTRUCTIONS

INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 1



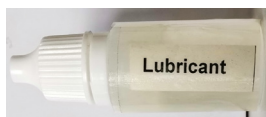
50%



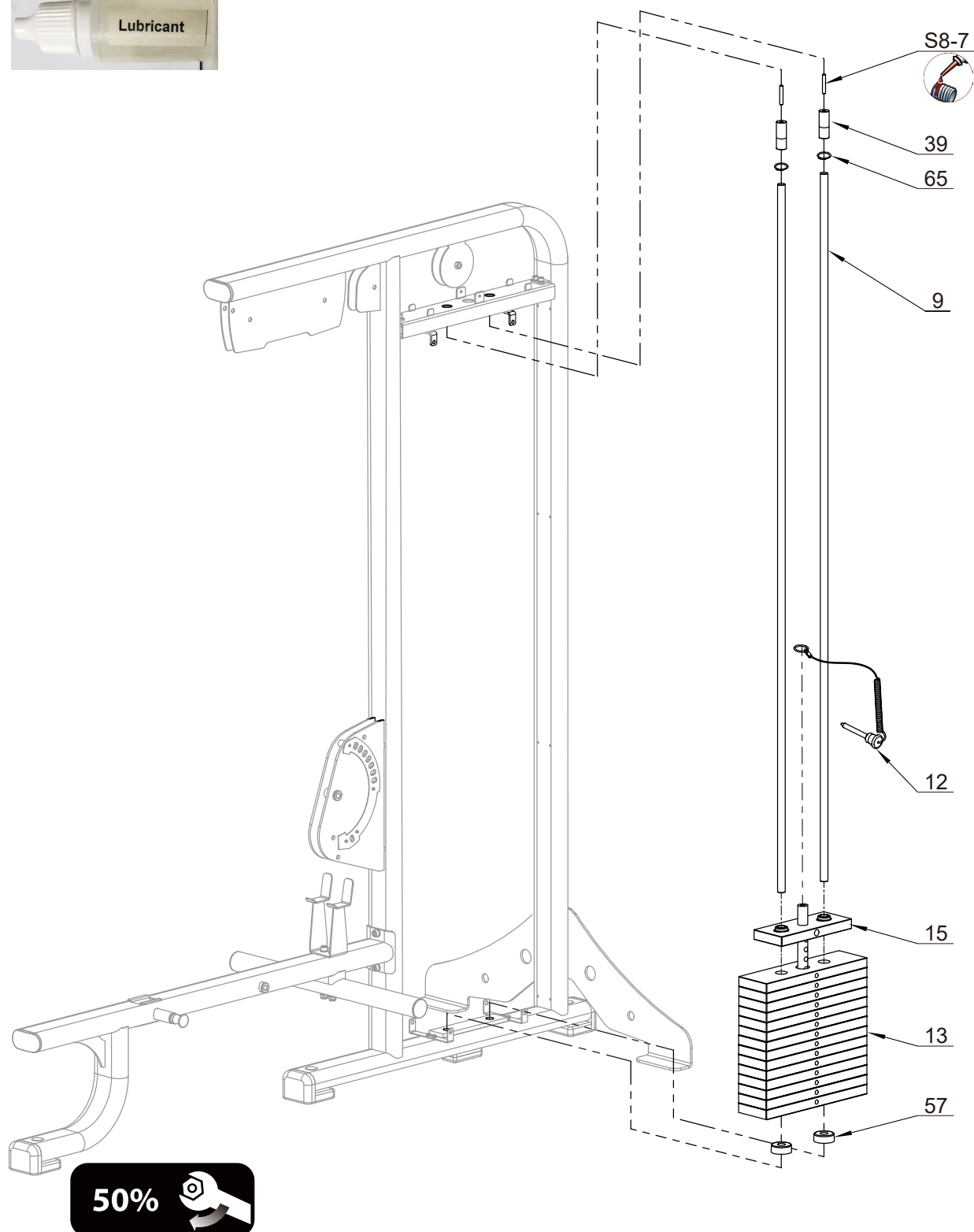
ASSEMBLY INSTRUCTIONS

Note 1: please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

Note 2: If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

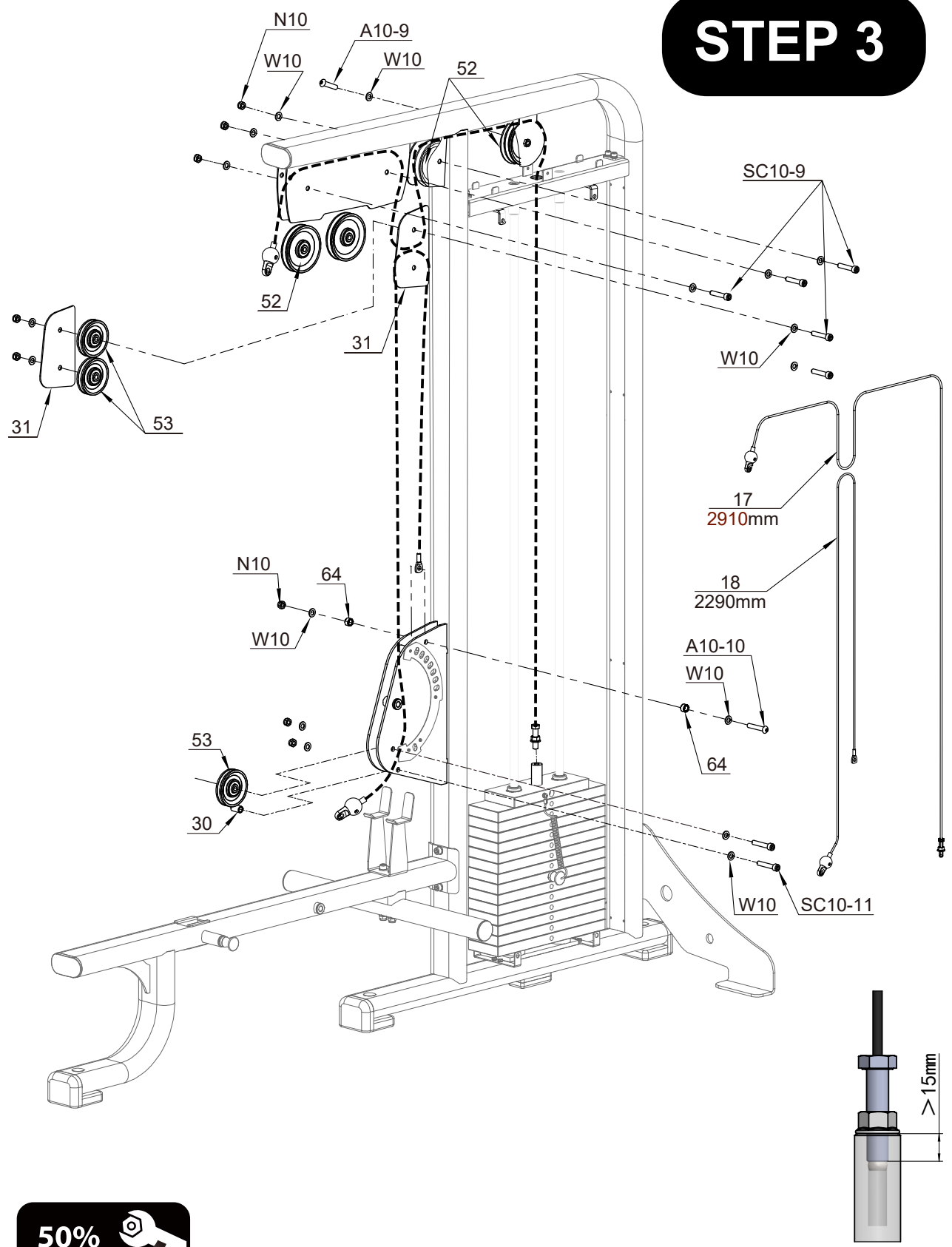


STEP 2



ASSEMBLY INSTRUCTIONS

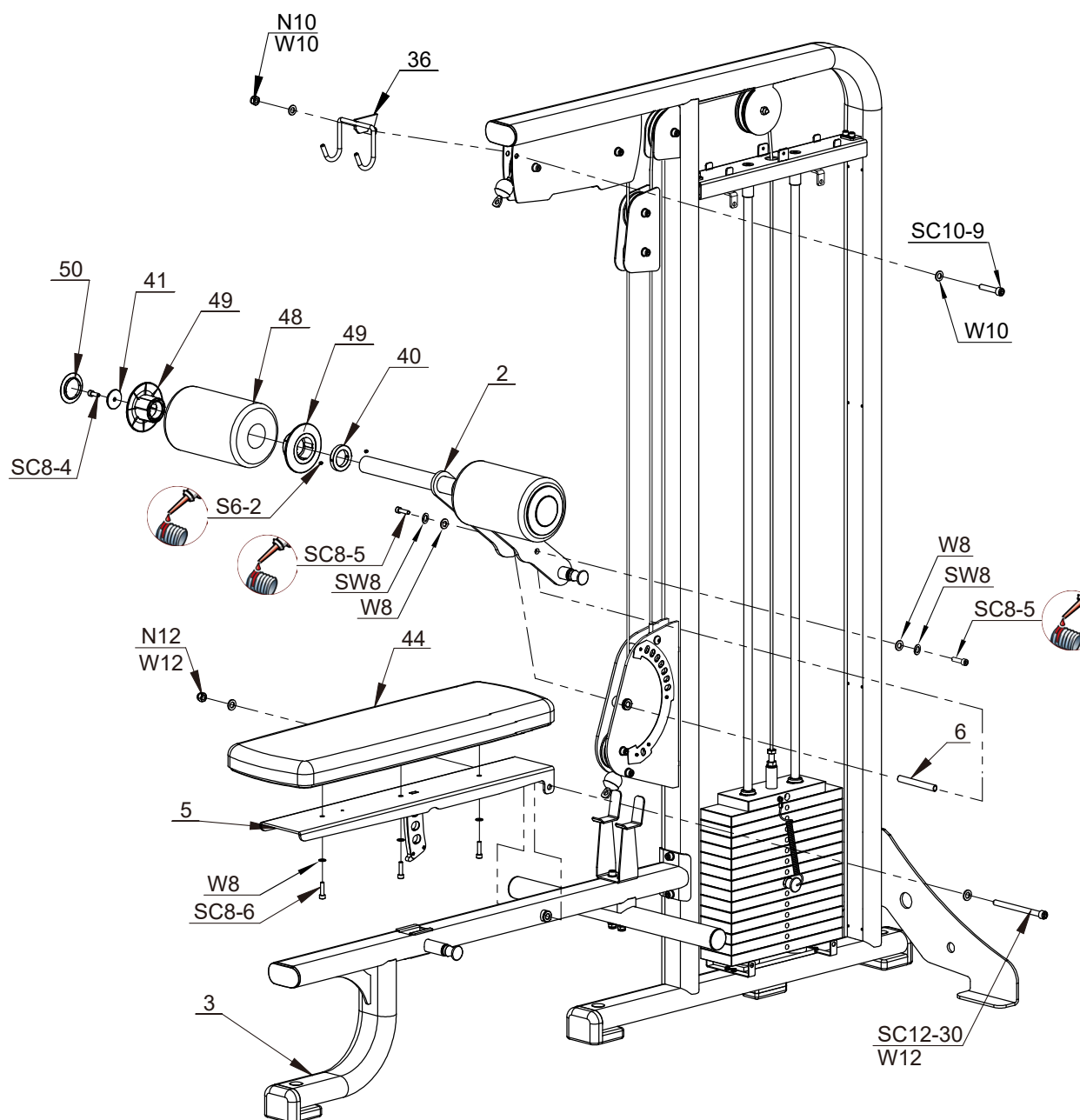
STEP 3



50%

ASSEMBLY INSTRUCTIONS

STEP 4

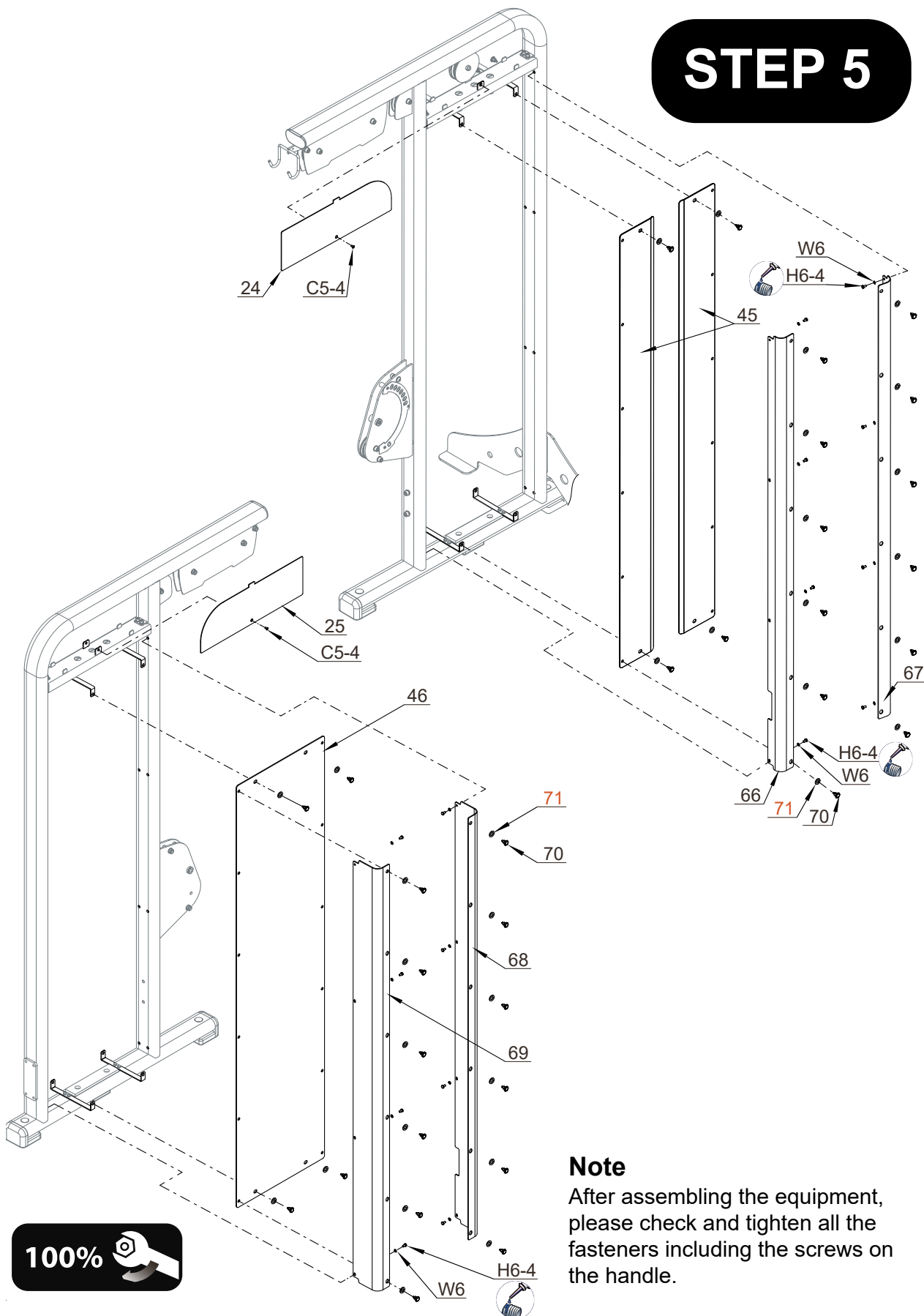


50%



ASSEMBLY INSTRUCTIONS

STEP 5



IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for professional use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not apply to the following parts:

- Wearing parts (e.g. cushions, bearings, cables, pulleys, etc.)

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Use of unauthorised service partners
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions

MANUFACTURED FOR

Gymstick International Oy
Ratavartijankatu 11
15170 Lahti, FINLAND

DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

