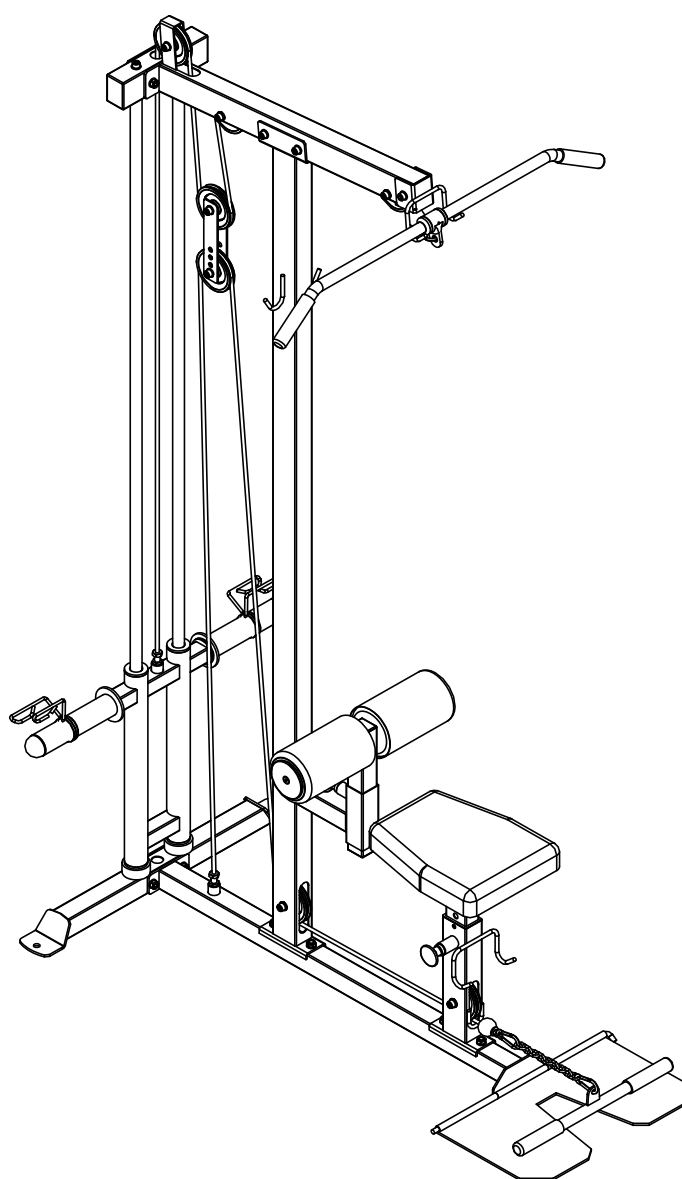




NO
DOUBTS

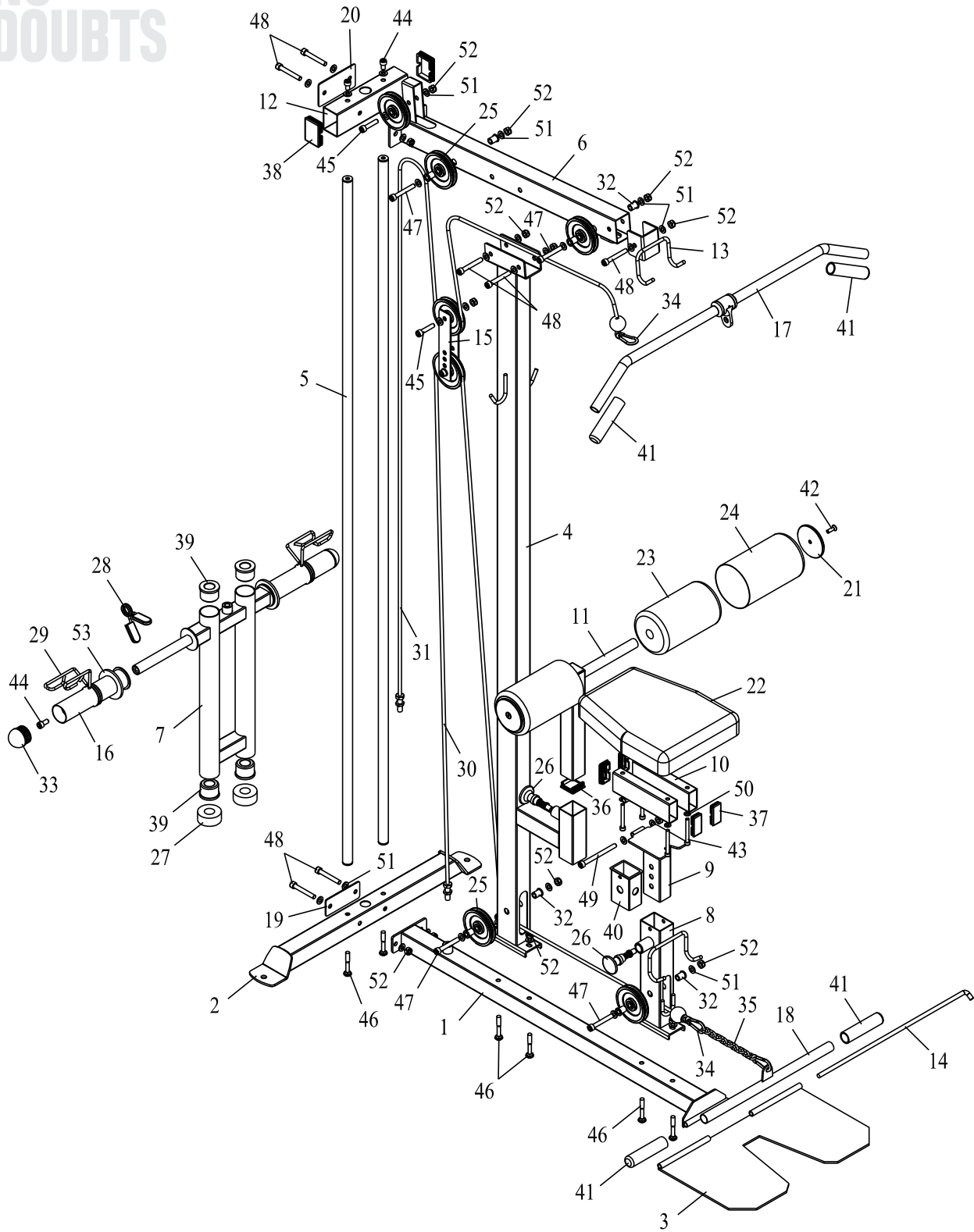
SPART



LAT PULLDOWN MACHINE

AX1011

HARDWARE ILLUSTRATION



PART LIST

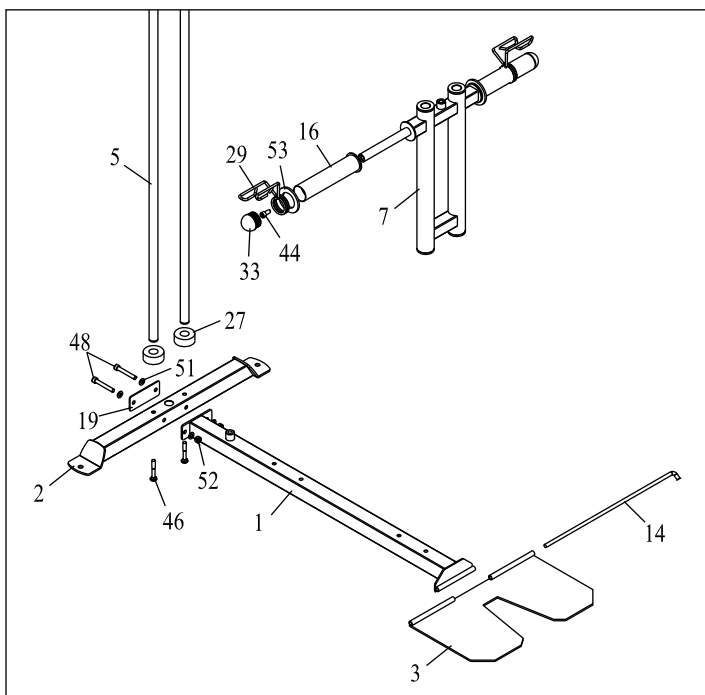
NUMBER	DESCRIPTIION	Q'TY
1	LOWER BOOM-UNIT	1
2	LOWER CROSS-FRAME	1
3	METAL PLATE	1
4	UPRIGHT-UNIT	1
5	HARD CHROMIUM SHAFT	2
6	TOP BEAM	1
7	WEIGHT-SLED	1
8	FRONT SUPPORT	1
9	ADJUSTABLE SUPPORT	1
10	CUSHION SUPPORT	2
11	FOOTREST-UNIT	1
12	TOP CROSS BEAM	1
13	HOOK	1
14	CONNECTING SHAFT	1
15	ADJUSTABLE-DEFLECTION-UNIT	2
16	PLATE ADAPTER	2
17	LAT BAR	1
18	PULL BAR	1
19	REINFORCEMENT PLATE	1
20	WIDE REINFORCEMENT PLATE	1
21	SHEATHING	2
22	CUSHION	1
23	FOAM ROLLER	2
24	FOAM COVER	2
25	PULLEY	7
26	FAST PIN	2
27	RUBBER DONUT	2
28	SPRING CLIP	2
29	LARGE SPRING CLIP	2
30	SHORT CABLE	1
31	LONG CABLE	1
32	BUSHING	8
33	ROUND PLUG	2
34	CARABINER	3
35	CHAIN	1
36	SQUARE PLUG	2
37	RECTANGULAR PLUG	4
38	LARGE RECTANGULAR PLUG	2
39	LARGE BUSHING	4
40	RECTANGULAR BUSHING	1
41	HANDLE BAR	4
42	M8*25 SOCKET SCREW	2

43	M8*80 SOCKET CAP SCREW	4
44	M10*25 SOCKET CAP SCREW	4
45	M10*50 SOCKET CAP SCREW	3
46	M10*60 SQUARE NECK SCREW	6
47	M10*70 SOCKET CAP SCREW	4
48	M10*75 SOCKET CAP SCREW	7
49	M10*115 SOCKET CAP SCREW	1
50	8MM WASHER	4
51	10MM WASHER	36
52	LOCK NUT M10	19
53	RUBBER RING	2

ASSEMBLY INSTRUCTIONS

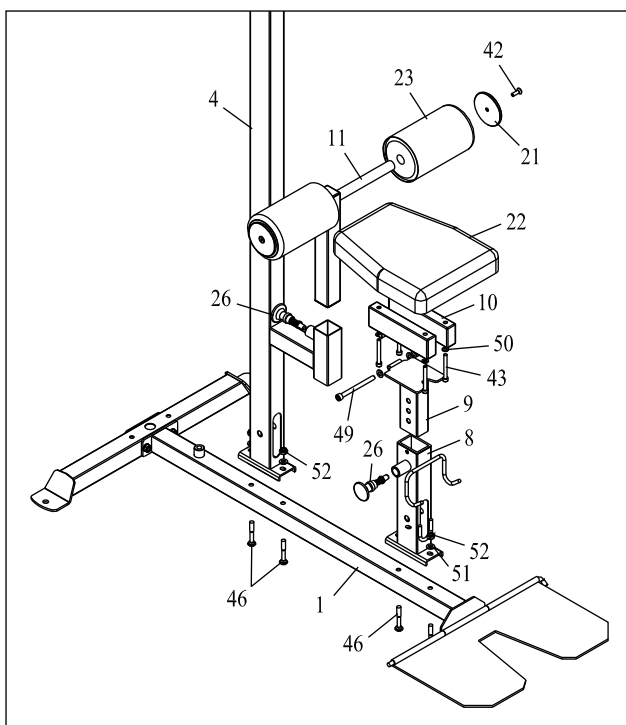
STEP 1

1. Insert hard chromium shaft (5) into hole on lower cross-frame (2), secure with square neck screws M10*60 (46).
2. Attach lower boom-unit (1) and reinforcement plate (19) to lower cross-frame (2) with screws M10*75 (48), washers 10 (51) and lock nuts M10 (52).
3. Attach metal plate (3) to lower boom-unit (1) with connecting shaft (14).
4. Slide rubber donuts (27) and weight-sled (7) onto hard chromium shaft (5).
5. Slide plate adapter (16) onto bar on weight-sled (7), secure with screws M10*25 (44).
6. Slide rubber ring (53) and large spring clip (29) onto plate adapter (16). Insert round plug (33) into port of plate adapter (16).



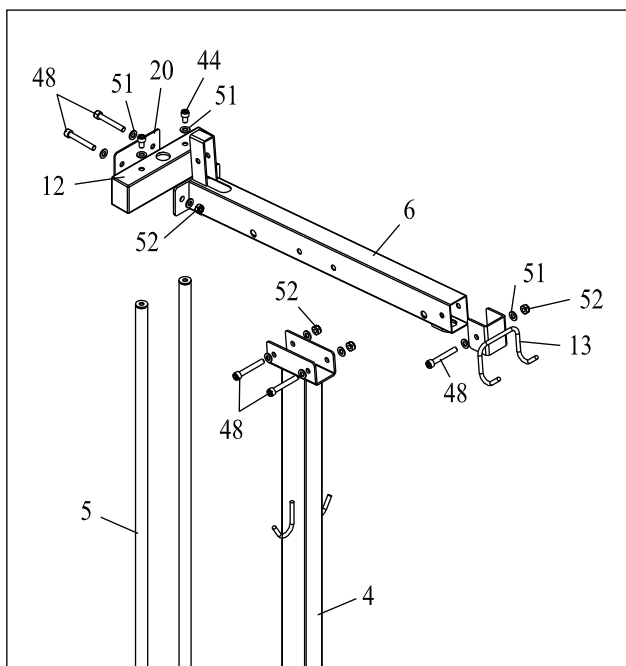
STEP 2

1. Attach upright-unit (4) and front support (8) to lower boom-unit (1) with square neck screws M10*60 (46), washers 10 (51) and lock nuts M10 (52).
2. Insert adjustable support (9) and footrest-unit (11) into port of upright-unit (4) and front support (8), secure with fast pin (26).
3. Attach cushion support (10) to adjustable support (9) with screw M10*115 (49), washers 10 (51) and lock nut M10 (52).
4. Attach cushion (22) to cushion support (10) with screws M8*80 (43) and washers 8 (50).
5. Push foam roller (23) onto each side of footrest-unit (11).
6. Attach sheathing (21) to footrest-unit (11) with screws M8*25 (42).



STEP 3

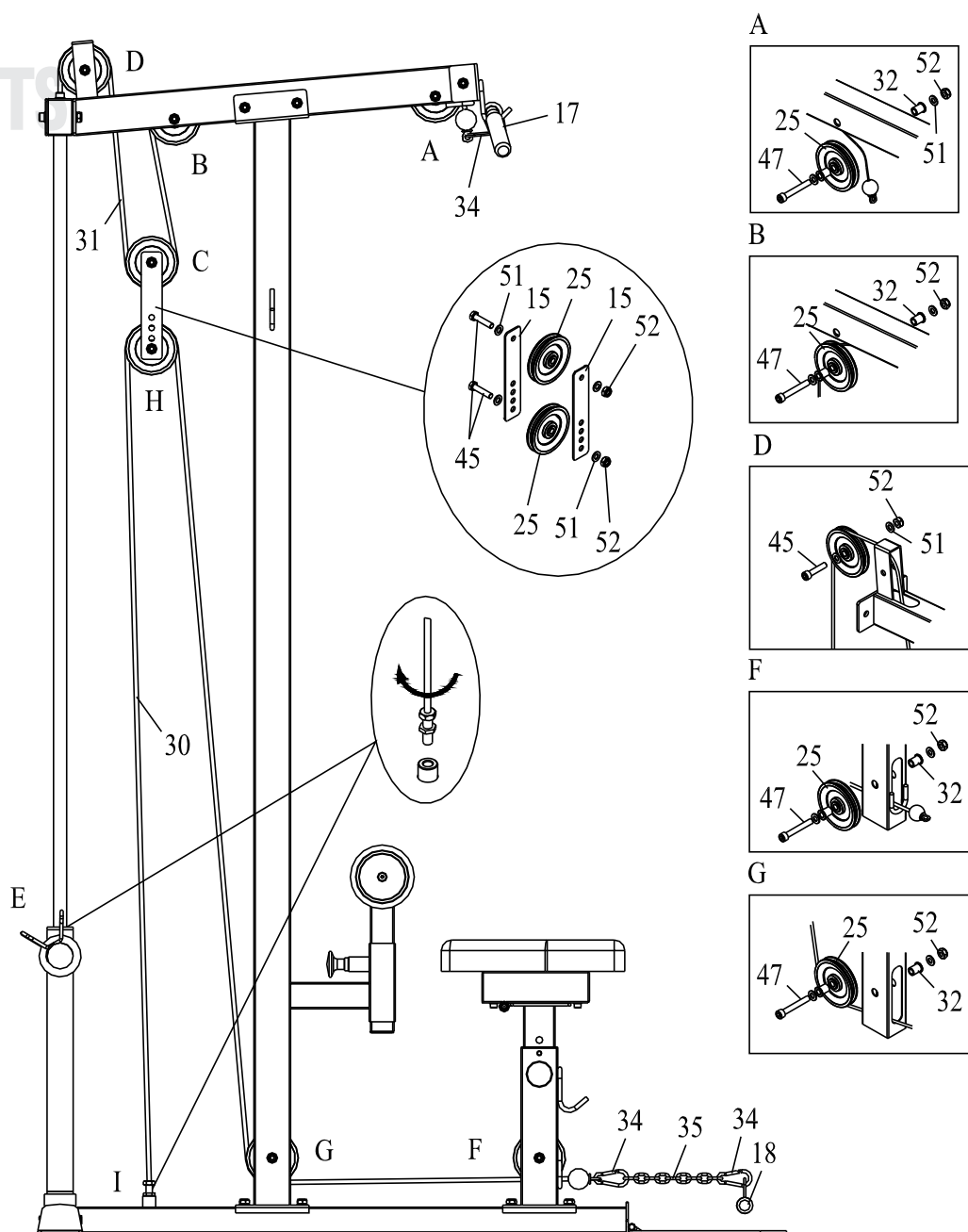
1. Attach hook (13) to top beam (6) with screw M10*75 (48), washers 10 (51) and lock nut M10 (52).
2. Attach top cross beam (12) and wide reinforcement plate (20) to top beam (6) with screws M10*75 (48), washers 10 (51) and lock nuts M10 (52).
3. Attach top beam (6) to upright-unit (4) with screws M10*75 (48), washers 10 (51) and lock nuts M10 (52).
4. Attach top cross beam (12) to hard chromium shaft (5) with screws M10*25 (44) and washers 10 (51).





NO
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CABLE ASSEMBLY



1. Attach two pulleys (25) to adjustable-deflection-unit (15) with screws M10*50 (45), washers 10 (51) and lock nuts M10 (52).
2. Bring the threaded end of the cable (31) from A→B→C→D→E.
3. Attach three pulleys (25) and four bushings (32) to top beam (6) with screws M10*70 (47), screw M10*50 (45), washers 10 (51) and lock nuts M10 (52).
4. Bring the threaded end of the cable (30) from F→G→H→I.
5. Attach a pulley (25) and two bushings (32) to upright-unit (4) with screw M10*70 (47), washers 10 (51) and lock nut M10 (52). The front support (8) is the same steps.
6. Attach lat bar (17) to top cable with carabiner (34).
7. Attach pull bar (18) to lower cable with carabiner (34) and chain (35).



**NO
DOUBTS**

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