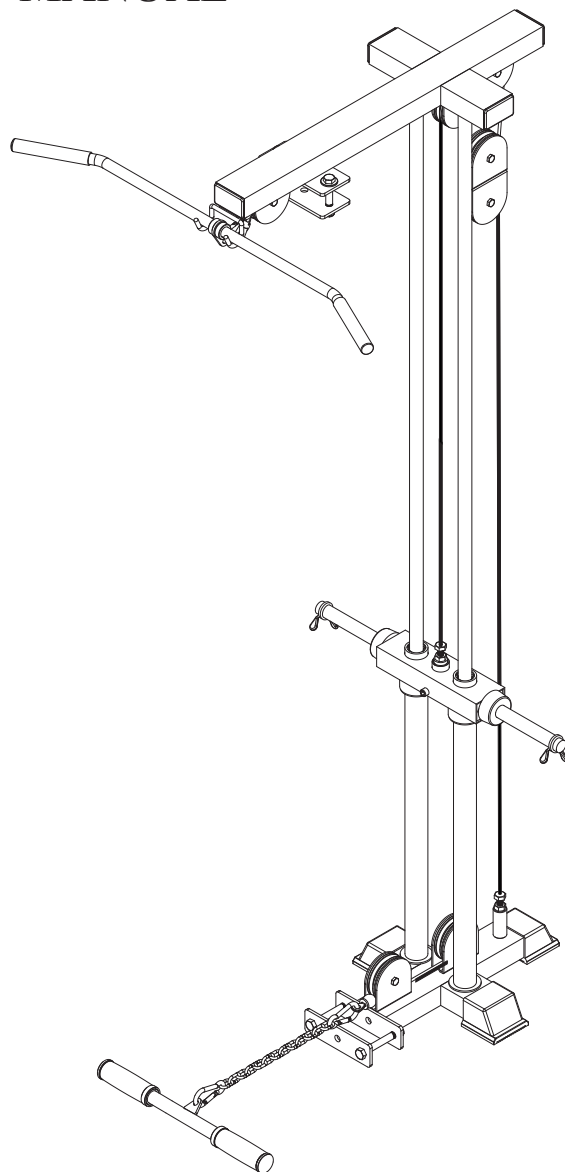


BODYCRAFT

LAT & LOW PULL ATTACHMENT FOR POWER RACK STRENGTH TRAINING SYSTEM INSTRUCTION MANUAL MODEL : F431



QUESTION?

As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance.

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **BODYCRAFT LAT & LOW PULL ATTACHMENT FOR POWER RACK** strength training system. The **BODYCRAFT LAT & LOW PULL ATTACHMENT FOR POWER RACK** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **BODYCRAFT LAT & LOW PULL ATTACHMENT FOR POWER RACK** will help you achieve the specific results you want.

For your safety and benefit, read this manual and the accompanying literature before using the **BODYCRAFT LAT & LOW PULL ATTACHMENT FOR POWER RACK**. Keep this manual for future reference.

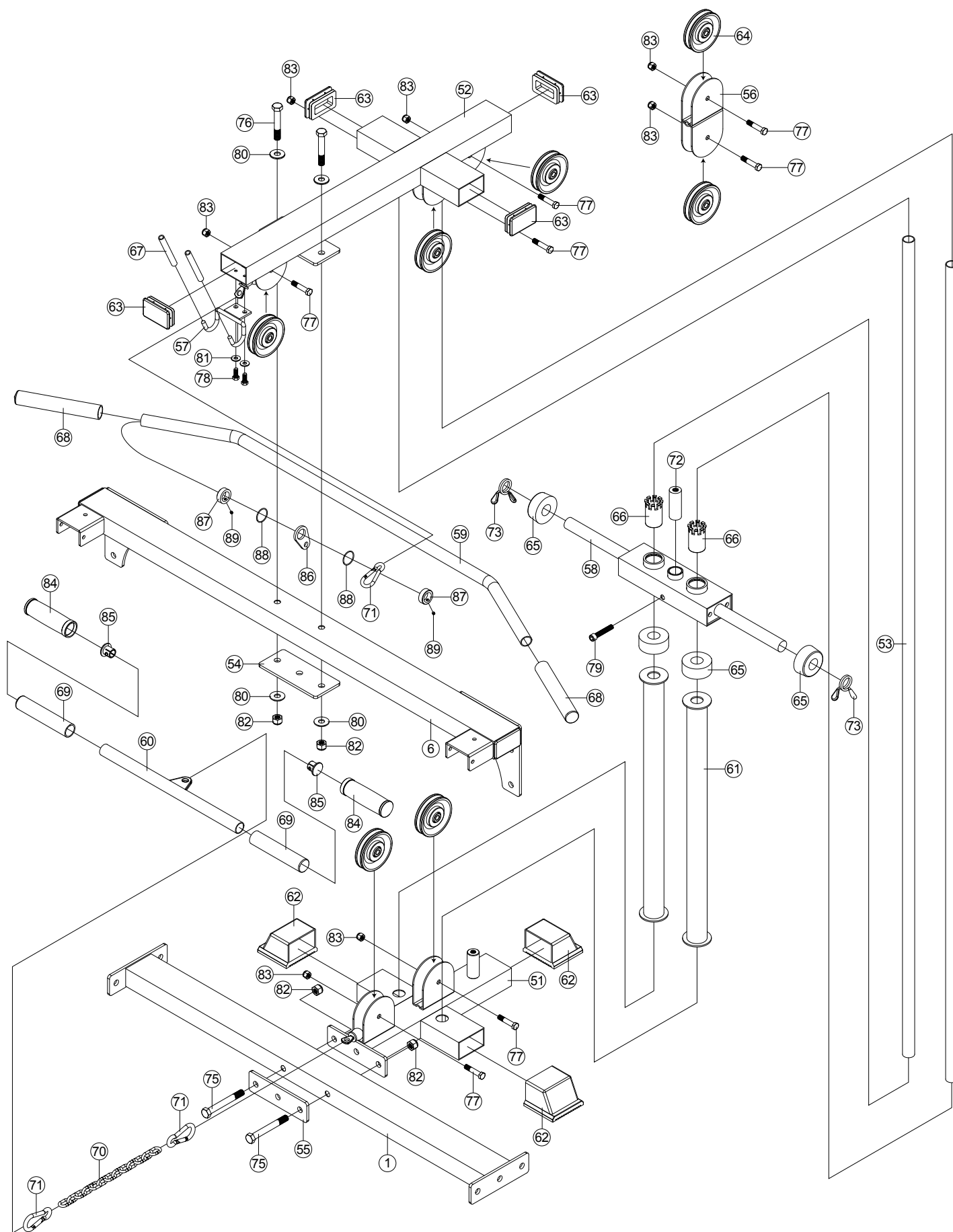
If you have additional questions, please call your local **BODYCRAFT** dealer.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

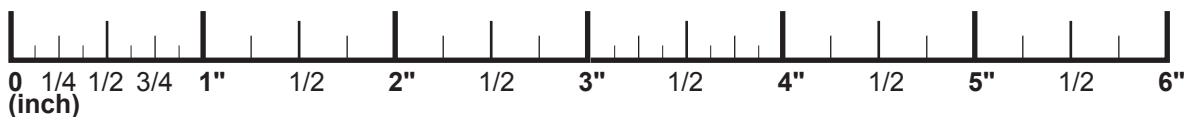
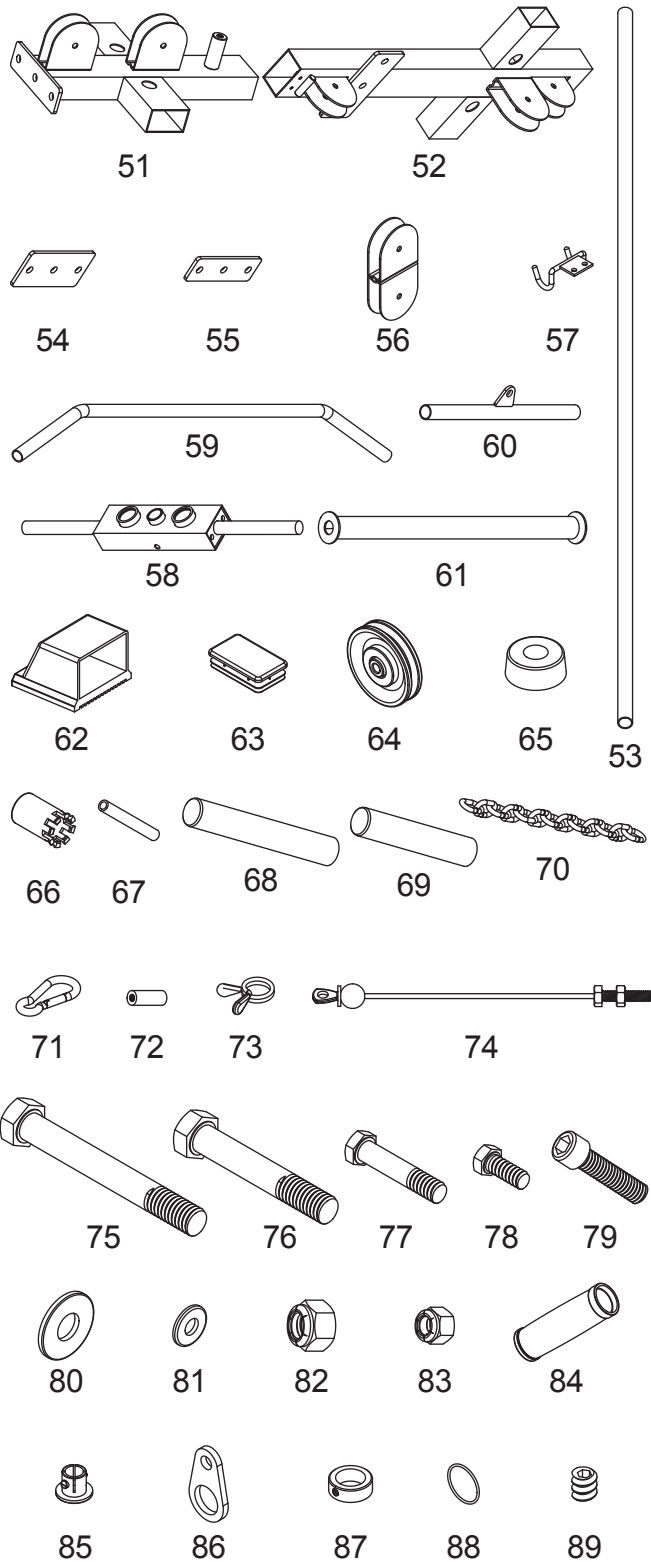
1. ☐ This product must be assembled on a flat, level surface to assure its proper function.
2. ☐ Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. ☐ Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. ☐ Keep children away from the **BODYCRAFT LAT & LOW PULL ATTACHMENT FOR POWER RACK** at all times.
5. ☐ Keep your hands away from moving parts other than the designated handles.
6. ☐ When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. ☐ Exercise with care to avoid injury.
8. ☐ If unsure about the proper use of the **BODYCRAFT LAT & LOW PULL ATTACHMENT FOR POWER RACK** strength training system call your local **BODYCRAFT** dealer.

EXPLODED VIEW



PARTS CHART

NO.	DESCRIPTION	QTY.
51	BASE FRAME	1
52	TOP FRAME	1
53	GUIDE ROD 81.8"	2
54	75mm X 170mm LINK PLATE	1
55	50mm X 170mm LINK PLATE	1
56	DOUBLE PULLEY BLOCK	1
57	LAT BAR HOLDER	1
58	TWO WAY TOP PLATE	1
59	LAT BAR	1
60	LOW ROW BAR	1
61	STACK SPACER 24"	2
62	75mm X 45mm CAP	3
63	45mm X 75mm PLUG	4
64	PULLEY	7
65	RUBBER DONUT	4
66	BUSHING 1"	2
67	GRIP OF LAT BAR HOLDER	2
68	1" X 200mm HAND GRIP	2
69	1" X 140mm HAND GRIP	2
70	LOW ROW CHAIN (21 LINK)	1
71	SNAP HOOK	3
72	TOP CABLE LOCKER	1
73	1" SPRING CLIP	2
74	CABLE	2
75	1/2" X 4" HEX HEAD BOLT	2
76	1/2" X 3" HEX HEAD BOLT	2
77	3/8" X 1-3/4" HEX HEAD BOLT	7
78	5/16" X 1/2" HEX HEAD BOLT	2
79	7/16" X 2" TOP PLATE BOLT	1
80	1/2" WASHER	4
81	5/16" WASHER	2
82	1/2" NYLON NUT	4
83	3/8" NYLON NUT	7
84	1-1/4" HAND GRIP	2
85	1" T SHAPE END PLUG	2
86	HOOK PLATE	1
87	COLLAR	2
88	SEALING RING	2
89	M6 SET SCREW	2

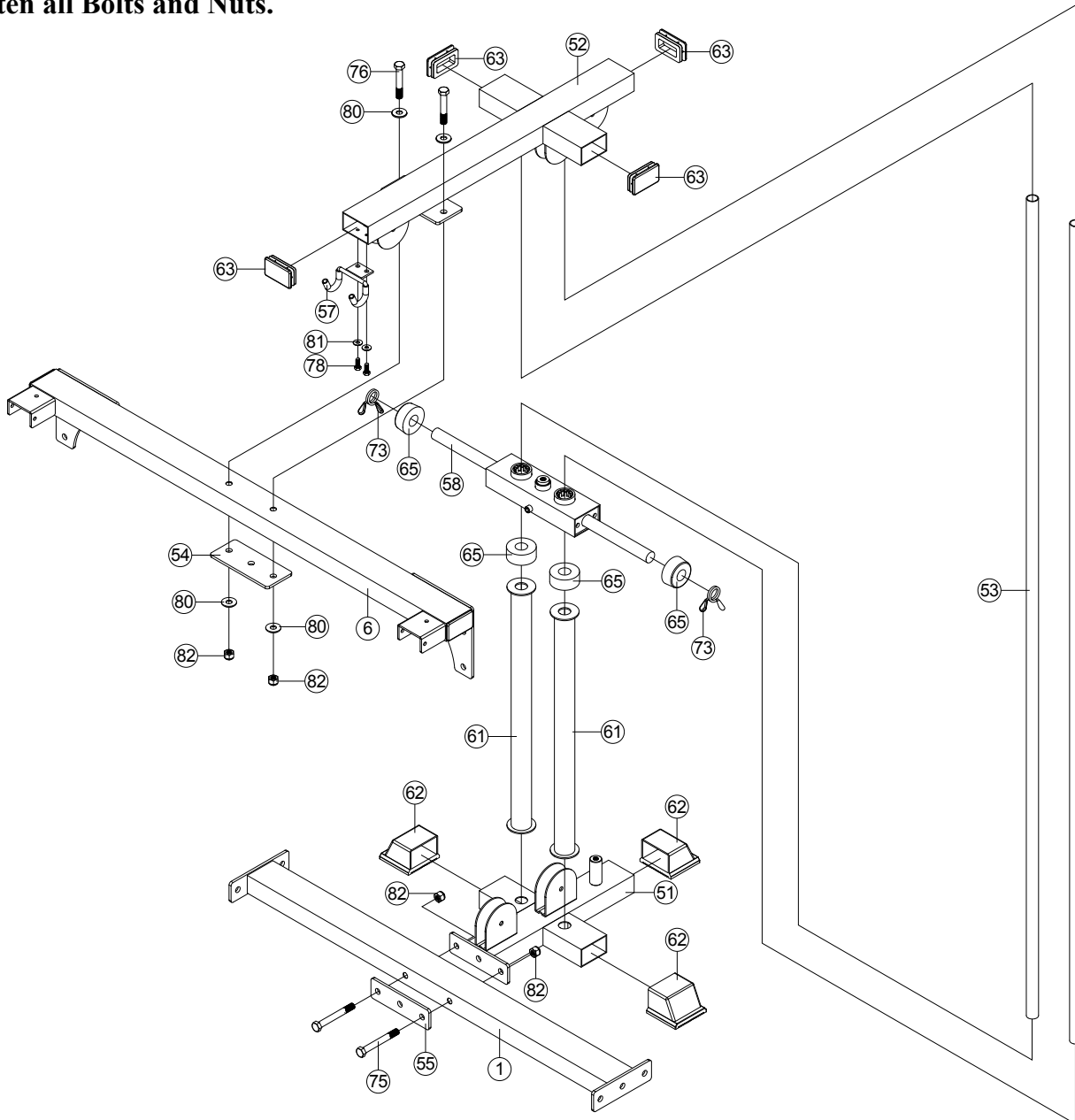


ASSEMBLY

Do NOT tighten any bolt until instructed. □

1. Attach Base Frame (51) to Rear Frame of Power rack, using two 1/2" X 4" Hex Bolts (75), one Link □ Plate (55) and two 1/2" Nylon Nuts (82). Attach three 45 mm X 75 mm Cap (62) to Base Frame (51).
2. Insert two Guide Rod (53) into holes in Base Frame (51) and slide two Stack Spacer (61) and two □ Rubber Donuts (65) over the top of Guide Rod (53).
3. Slide Two Way Top Plate over top of Guide Rod (53). Attach two Rubber Donuts (65) and two Spring □ clips to Two Way Top Plate(58).
4. Attach Top Frame (52) over Guide Rod (53) and to Rear Top Frame of Power Rack , using two 1/2" X □ 3" Hex Bolts (76), Link plate (54) , four Washers (80) and two 1/2" Nylon Nut (82) . Attach four □ 45 mm X 75mm plugs to Top Frame (52).
5. Attach Lat Bar Holder (57) to Top Frame (52) ,using two 5/16" X 1/2" bolts (78) and two Washers □ (81).

Tighten all Bolts and Nuts.



CABLE INSTALLATION

Top Cable

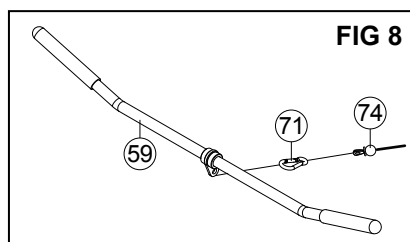
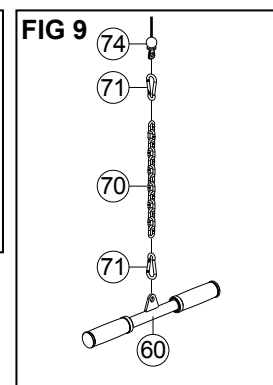
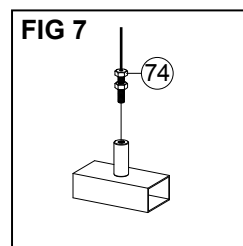
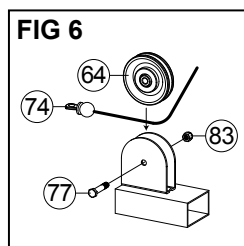
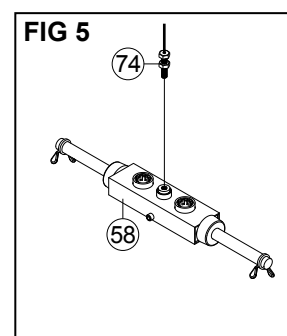
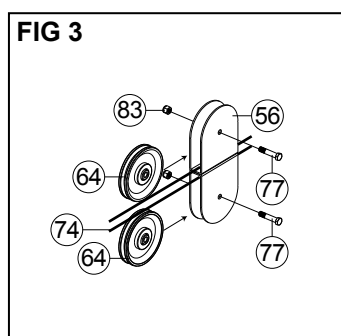
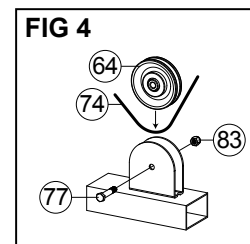
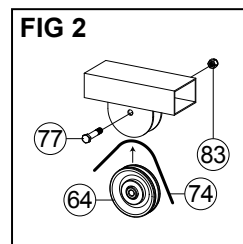
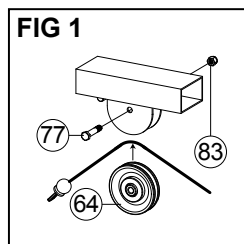
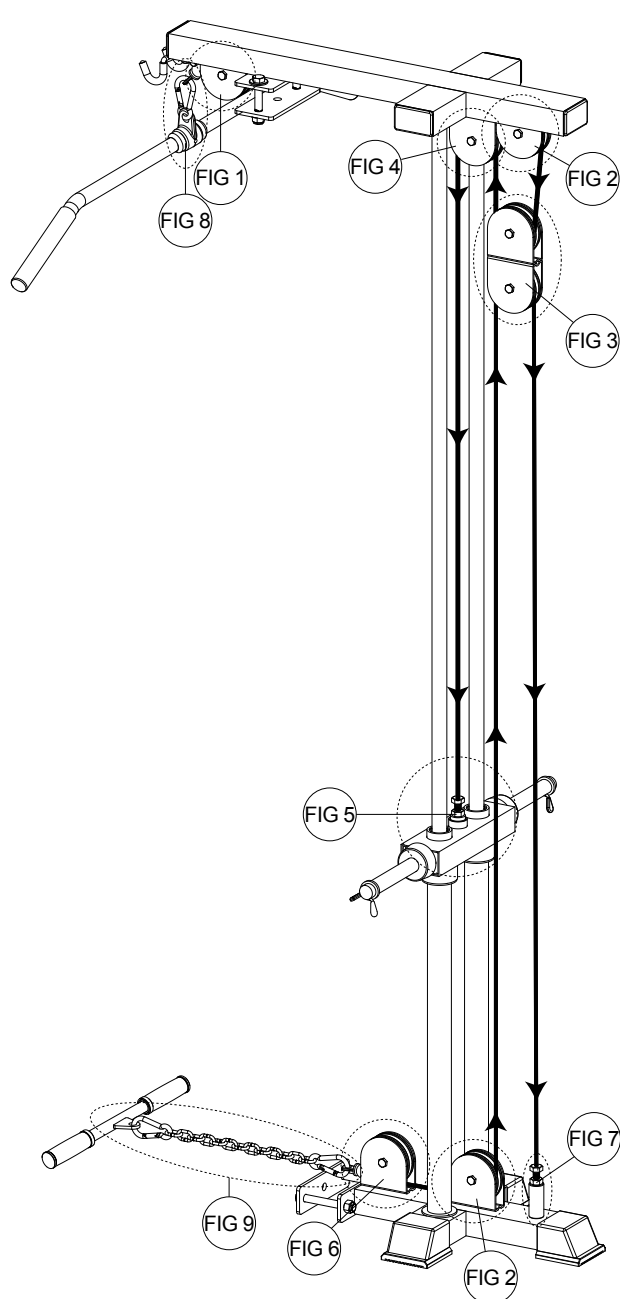
Assemble cables and pulleys simultaneously.

Insert screw end of Top Cable (74) into slot in front of Top Frame (52) and out of slot in rear of Top Frame. □
 Attach Pulleys in bracket at these slots with cable running above as shown in Fig. 1 and Fig 2. Route cable □
 down and around top pulley in Double Pulley Block (56) as shown in Fig.3 . Continue over pulley in □
 bracket in Top Frame (52)(Fig 4) and down to Two Way Top Plate(58). Tighten cable by screwing threaded □
 head into pre-installed Top Cable Locker (72) in Two Way Top Plate.

□

Low Cable

Attach Low Cable under two pulleys on Base frame as shown Fig 6 and Fig 2 . Ball end of cable should be □
 towards front of machine. Route Low Cable up and over bottom pulley in Double Pulley Block (56) (Fig 3), □
 and down to threaded frame extension in Base Frame(Fig. 7). Tighten by screwing threaded end into welded □
 bolt on Base Frame (51).



Assembly is complete! Please take the following steps before using the gym:

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Pre-stretch the cables. Put the Weight Selector Pin (103) in the bottom hole on the weight stack. Pull on the cables with great force, helping remove any kinks and providing any initial cable stretch.
4. Be aware the cables can loosen and slightly stretch upon initial use.
5. The cables should be adjusted as tight as possible, but not so tight as to lift the Two Way Top Plate (58) above the weight stack. Be certain to secure the jam nuts after adjustments are made.
6. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the Guide Rods (53).
7. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the Bodycraft Lat & Low Pull attachment for Power Rock Home Gym. If You have any questions, please call your local BodyCraft dealer.