

Fitness Reality 810XLT Lat Pulldown Attachment (Model 2815)

Fitness Reality 810XLT Super Max Power Cage Lat Pulldown Attachment

USER MANUAL

Brand: Fitness Reality | **Model:** 810XLT Lat Pulldown Attachment (Model 2815)

INTRODUCTION

This manual provides detailed instructions for the assembly, operation, and maintenance of your Fitness Reality 810XLT Super Max Power Cage Lat Pulldown Attachment. Designed to integrate seamlessly with your Super Max Power Cage, this attachment allows for a wide range of upper body exercises, enhancing your home gym experience. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.

SAFETY INSTRUCTIONS

WARNING: Serious injury or death can occur if safety precautions are not followed. Always consult with a physician before beginning any exercise program.

- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose components.
- Do not exceed the maximum weight capacity of 270 lbs (122.5 kg) for the weight plate post.
- Keep children and pets away from the equipment during use.
- Use the equipment on a stable, level surface.
- Wear appropriate athletic footwear and clothing during exercise.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- This attachment is designed for use with the Fitness Reality Super Max Power Cage. Do not attempt to use it with other equipment unless specified by the manufacturer.

ASSEMBLY INSTRUCTIONS

Assembly typically takes approximately one hour with two 17mm tools. It is recommended to have assistance during certain steps, especially when standing the main frame.

1. **Unpack and Organize:** Carefully unpack all components and lay them out. Verify all parts are present against the included parts list (not provided in this manual, refer to original packaging).
2. **Prepare Tools:** You will need two 17mm wrenches (a socket set is highly recommended for faster assembly).
3. **Attach Base Components:** Secure the lower rear crossbar and other base elements to the main vertical supports of the lat pulldown attachment. Ensure bolts are inserted with the flat side facing inwards for a uniform look and to prevent snagging.

4. **Install Pulley Systems:** Assemble the high and low pulley systems, ensuring the ball bearing pulleys are correctly installed for smooth operation. Attach the high tensile nylon coated cable.
5. **Mount Chrome Plated Guide Rail:** Secure the 5.1 x 5.1 cm chrome plated guide rail.
6. **Attach Weight Plate Post and Bars:** Install the 6.5-inch long weight plate storage post. Attach the 99.1 cm lat bar and the 50.8 cm low row bar with foam grips.
7. **Integrate with Power Cage:** Carefully attach the assembled lat pulldown unit to your Fitness Reality Super Max Power Cage. Ensure all connection points are secure.
8. **Final Tightening:** Once all components are in place, go back and securely tighten all nuts and bolts. It is often easier to tighten from the nut side.





Image 1: The Fitness Reality 810XLT Lat Pulldown Attachment integrated with the Super Max Power Cage. This image shows the complete setup, highlighting the high and low pulley systems.

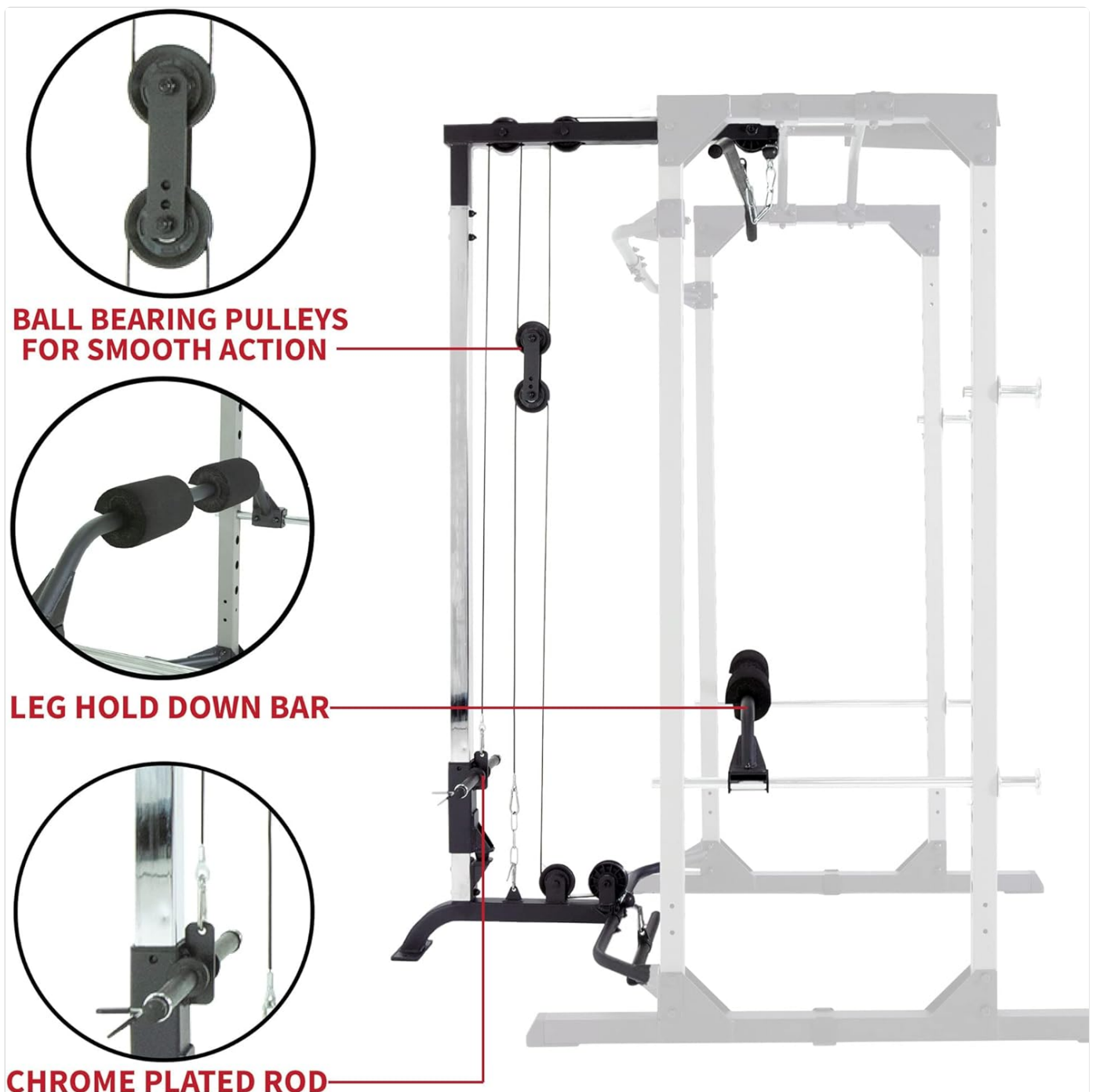


Image 2: Close-up view of key components: ball bearing pulleys for smooth action, the leg hold down bar, and the chrome plated rod.

These elements are crucial for the functionality and stability of the attachment.

OPERATING INSTRUCTIONS

The Fitness Reality 810XLT Lat Pulldown Attachment offers versatile training options for your upper body.

Using the High Pulley System (Lat Pulldowns, Triceps Pushdowns)

1. **Attach Lat Bar:** Connect the 99.1 cm lat bar to the high pulley cable using the provided carabiner.
2. **Load Weights:** Slide Olympic (with adapters) or standard weight plates onto the weight plate post. Secure with the two 2.5 cm spring collars.
3. **Position Yourself:** Sit on a bench (not included) facing the attachment. Position your knees under the leg hold down bar for stability.
4. **Perform Exercise:** Grasp the lat bar with an overhand grip, slightly wider than shoulder-width. Pull the bar down towards your upper chest, squeezing your shoulder blades. Slowly return to the starting position.

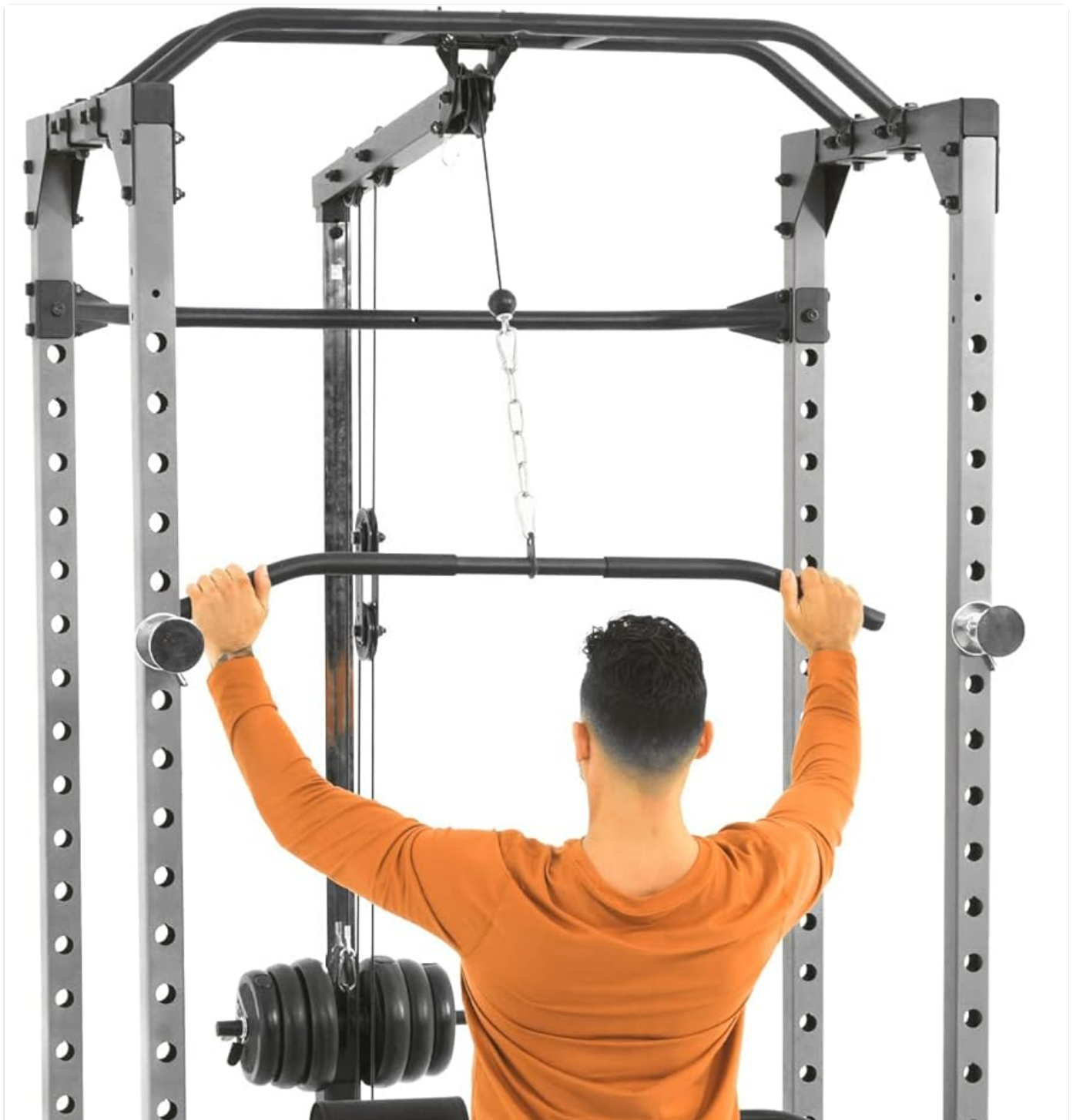




Image 3: A user demonstrating the lat pulldown exercise. This shows the proper form and how the attachment facilitates upper back and arm muscle development.

Using the Low Pulley System (Seated Rows, Bicep Curls)

1. **Attach Low Row Bar:** Connect the 50.8 cm low row bar to the low pulley cable.
2. **Load Weights:** Load desired weight plates onto the post and secure them.
3. **Position Yourself:** Sit on the floor or a low bench, facing the attachment. Place your feet against the footrest on the lower rear crossbar.
4. **Perform Exercise:** Grasp the low row bar. Pull the bar towards your abdomen, squeezing your shoulder blades together. Slowly extend your arms back to the starting position.



Image 4: A detailed view of the ball bearing pulley system, which ensures smooth and consistent movement during exercises. Proper functioning of these pulleys is essential for effective workouts.

MAINTENANCE

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically inspect all cables, pulleys, and connection points for signs of wear, fraying, or damage. Replace worn parts immediately.
- **Lubrication:** Apply a silicone-based lubricant to the chrome plated guide rail and pulley axles as needed to maintain smooth operation.
- **Bolt Tightness:** Regularly check and tighten all nuts and bolts to ensure the stability and safety of the attachment.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Rough or jerky cable movement	Lack of lubrication on guide rail or pulleys; worn pulleys; cable fraying.	Apply silicone lubricant to guide rail and pulley axles. Inspect pulleys for damage and replace if necessary. Check cable for fraying and replace if found.
Attachment feels unstable or wobbly	Loose bolts or nuts; uneven floor surface.	Check and tighten all assembly bolts and nuts. Ensure the power cage and attachment are on a flat, stable surface.
Weight plates not sliding smoothly	Dust or debris on weight post; bent weight post.	Clean the weight post. If bent, contact customer support for replacement.

SPECIFICATIONS

- Model:** 810XLT Lat Pulldown Attachment (Model No. 2815)
- Brand:** Fitness Reality
- Material:** Metal (Chrome, Black finish)
- Maximum Weight Capacity (Weight Plate Post):** 270 lbs (122.5 kg)
- Dimensions (Attached to Cage):** 172.7 cm (Depth) x 116.8 cm (Width) x 211.5 cm (Height)
- Weight of Item:** 28.58 kg (63 lbs)
- Included Components:** Lat pull down attachment, 99.1 cm lat bar, 50.8 cm low row bar, two 2.5 cm spring collars.
- Compatibility:** Designed for Fitness Reality Super Max Power Cage. Compatible with 5.1 cm Olympic plates (with adapters) or standard weight plates.

SAVE SPACE

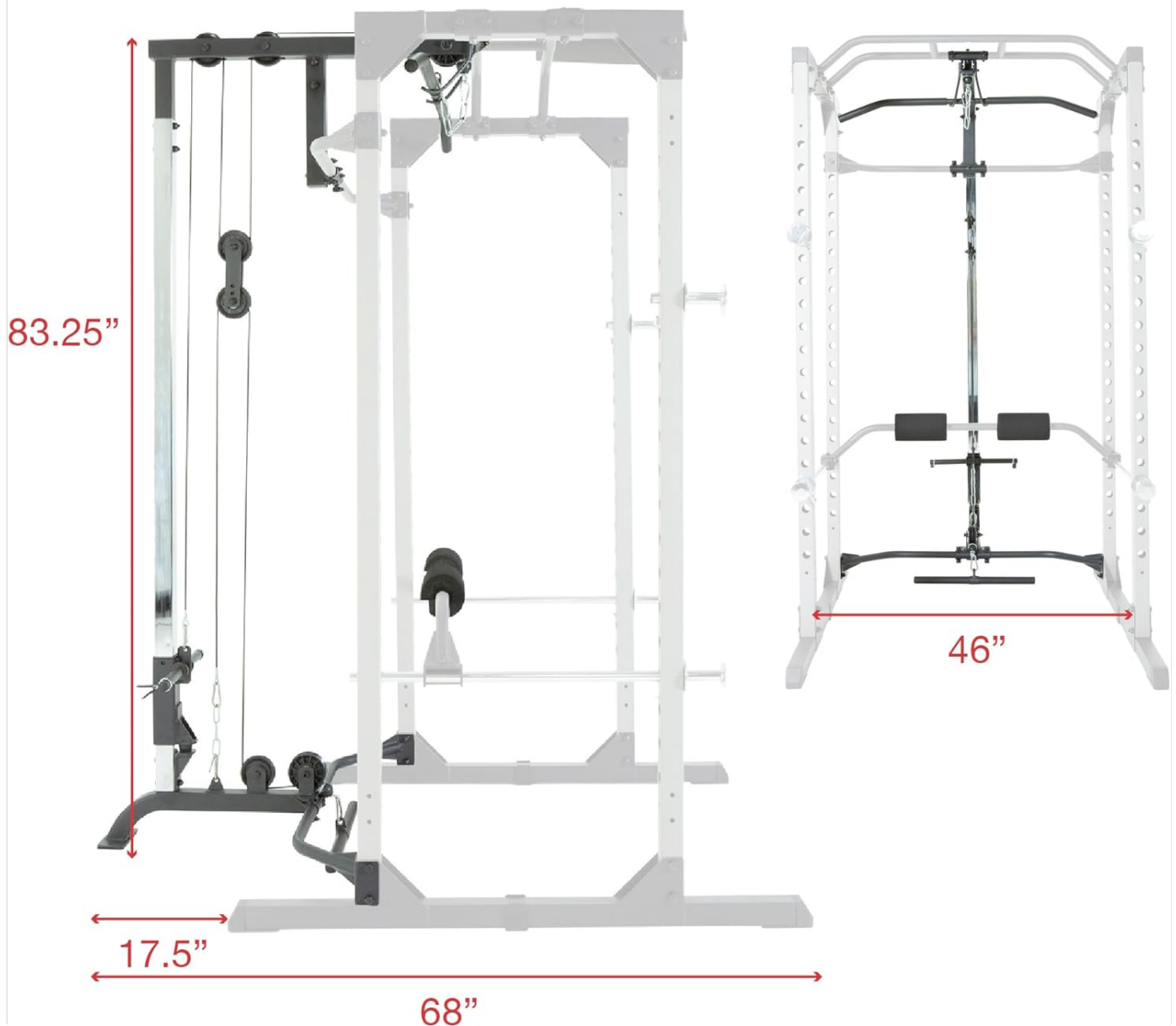


Image 5: A diagram illustrating the dimensions of the lat pulldown attachment when combined with the power cage, emphasizing its space-saving design.

WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your original product packaging or visit the official Fitness Reality website. Keep your purchase receipt as proof of purchase.

If you have any questions, require technical assistance, or need to order replacement parts, please contact Fitness Reality Customer Support:

Website: www.fitnessreality.com (Example link, actual link may vary)

Email: support@fitnessreality.com (Example email, actual email may vary)

Phone: Please check the Fitness Reality website for regional contact numbers.

