



SYNERGEE Lat Pull Down Machine Instruction Manual

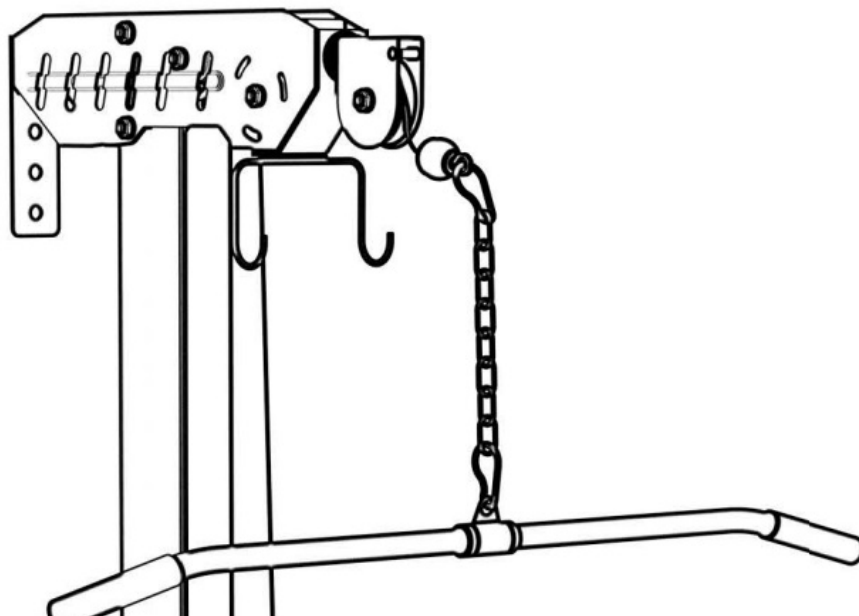
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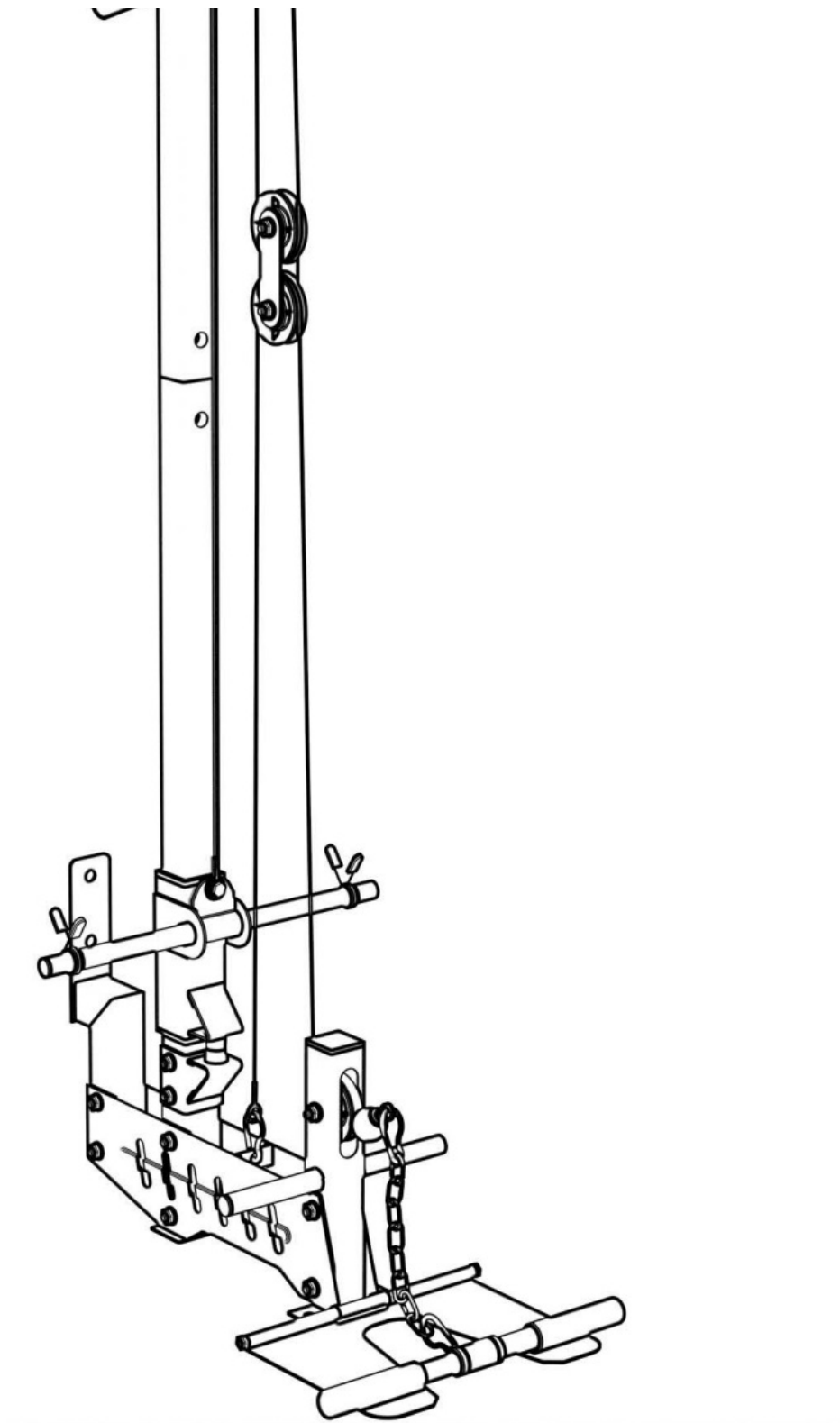


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Lat Pull Down Machine





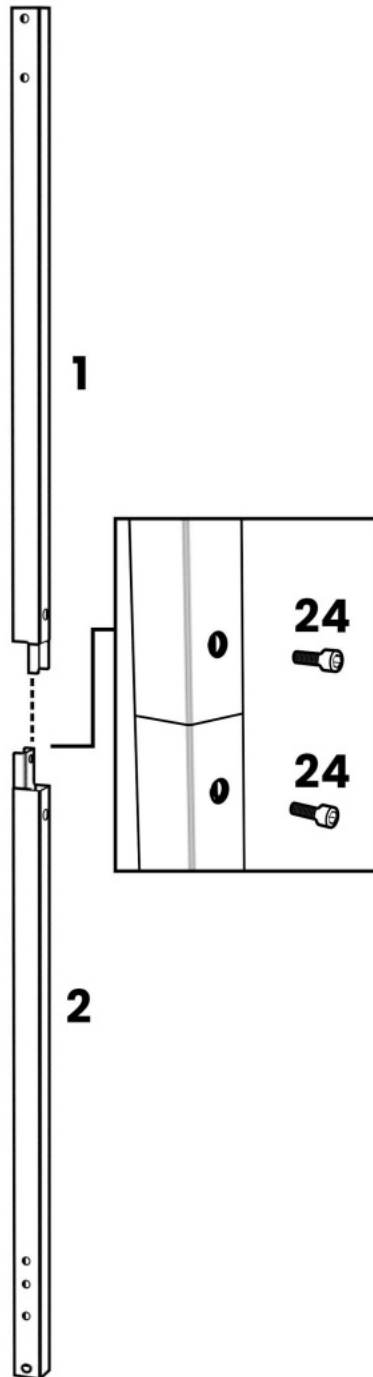
PARTS LIST

KEY	PART	QTY
1.	TOP UPRIGHT	1
2	BOTTOM UPRIGHT	1
3	UPPER FRAME	1
4	LOWER FRAME	1
5	WALL STABILIZER	1

6	FRONT PULLEY FRAME	1
7	LOADABLE PLATE HOLDER	1
8	LOADABLE FRAME STABILIZER	1
9	FOOT PLATE	1
10	FOOT PLATE PIN	1
11	HOOK	1
12	PULL DOWN BAR	1
13	STRAIGHT BAR	1
14	PULLEY WHEEL	1
15	PULLEY CABLE (229cm)	2
16	CARABINER	3
17	CHAIN	2
18	M7X20mm (Fully Threaded)	2
19	M7 WASHER	2
20	M9X20mm (Fully Threaded)	1
21	2" PLATE HOLDER SLEEVE	2
22	1" SPRING COLLAR	2
23	2" SPRING COLLAR	2
24	M8X15MM BOLT (5.5 Hex Socket)	2
25	M9X65mm (Partially Threaded)	8
26	M9X40mm (Fully Threaded)	1
27	BOLT (PLATE SLEEVE ADAPTER)	2
28	M9 WASHER	19
29	M9 NUT	17
30	DUAL PULLEY WHEEL	1
31	M8x60mm EXPANSION BOLT (For mounting)	7
32	M8X60mm SELF TAPPING SCREW 1 MS WASHER (For mounting)	5

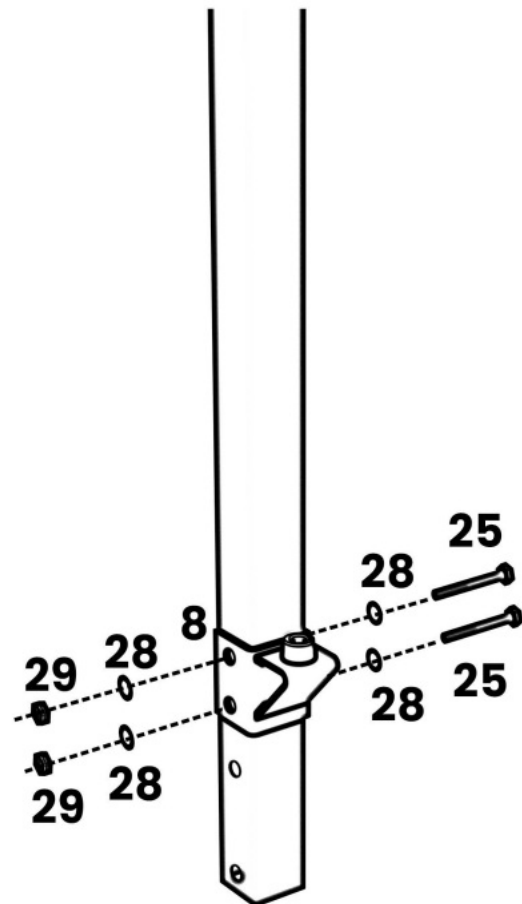
**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY: HELLO@SVNERGEEFITNESS.COM
OR 1.855.217.7136**

1.



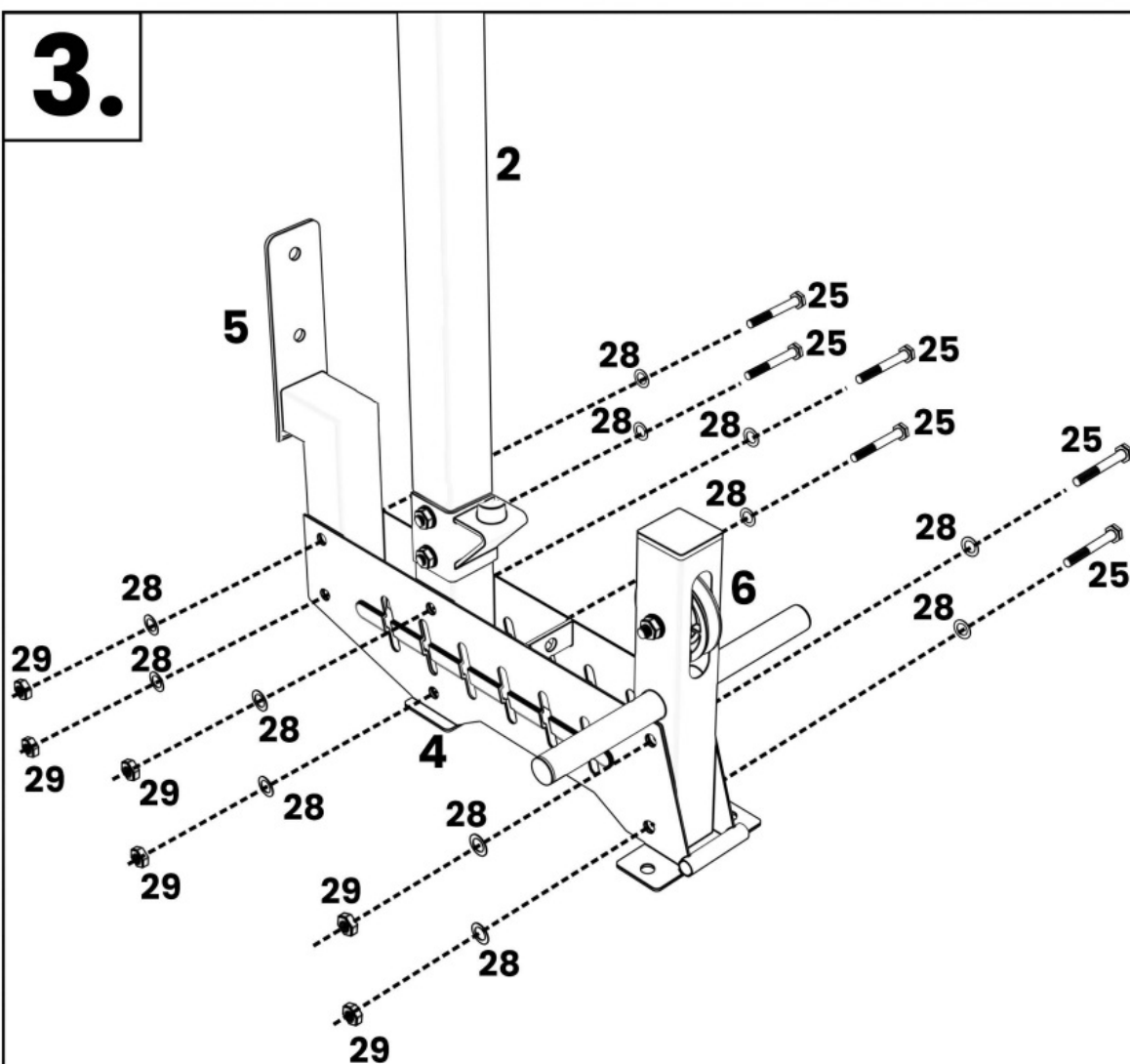
Attach the uprights together and secure as shown.

2.



Attach and the loadable plate stabilizer to the bottom of the upright as shown.

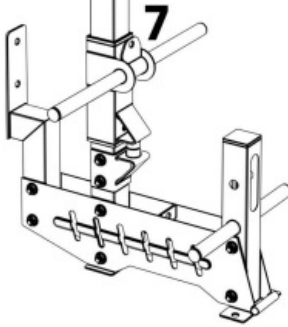
3.



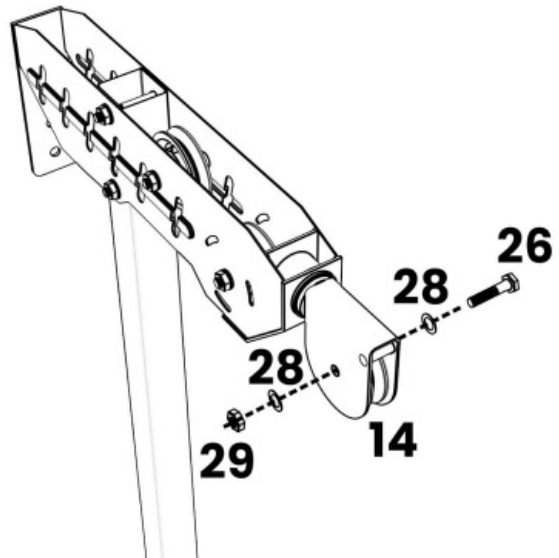
Attach the upright, wall stabilizer, and the front pulley frame onto the lower frame. Secure as shown.

4.

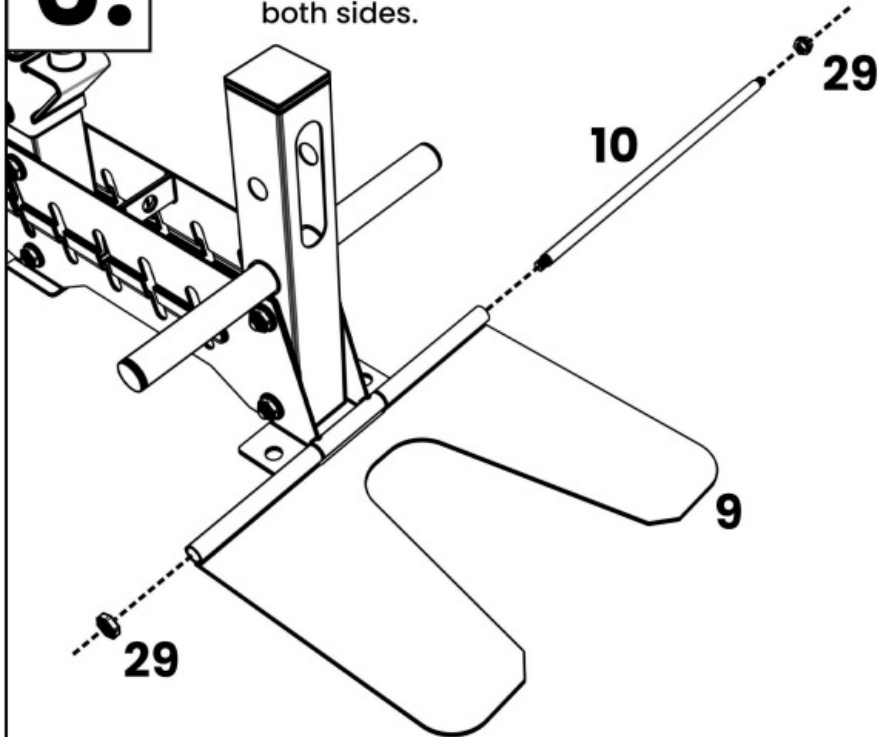
Slide the loadable plate stabilizer onto the upright.

**5.**

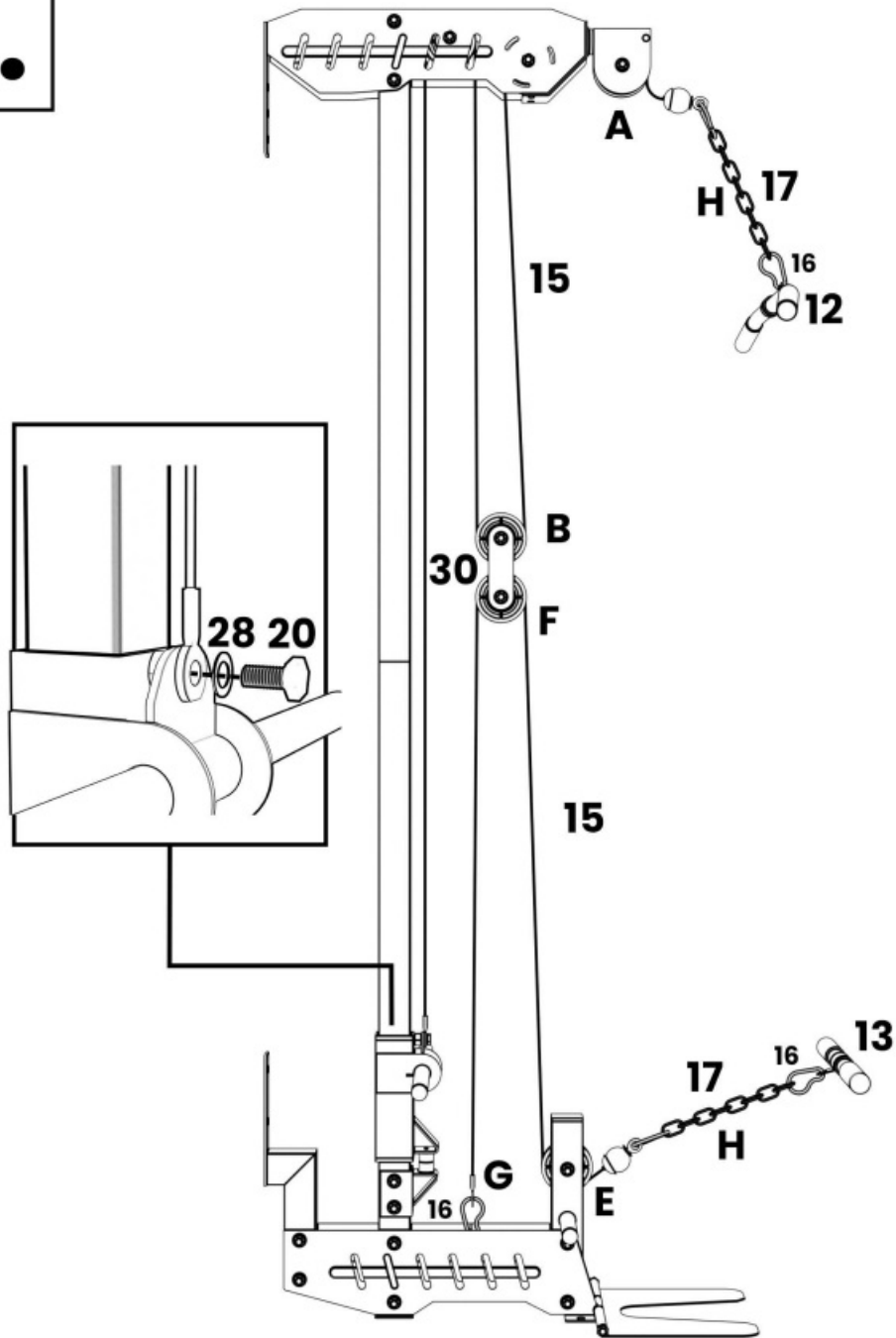
Attach pulley wheels to top frame and secure as shown.

**6.**

Insert the foot plate and line it up with the front pulley frame. Once aligned, insert the the plate in and secure it with nuts on both sides.



7.



Follow the steps below to the corresponding letter to attach the cable to the pulley systems.

A: Feed the upper cable through point A and let the stopper hang at the front.

B: Feed the cable downwards and loop through point B at the top of the pulley.

C: Feed the cable upwards to C, then downwards to the point D.

D: Attach to loadable frame with bolt and washer.

E: Feed the lower cable through point E from the front of the machine.

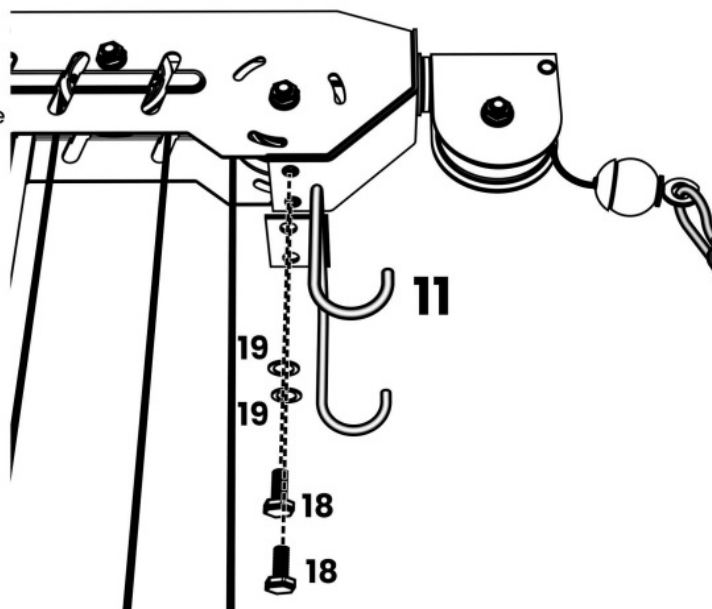
F: Feed the cable up and loop through the double pulley wheel and feed it back down.

G: Attach at point E to the weight holder as shown above.

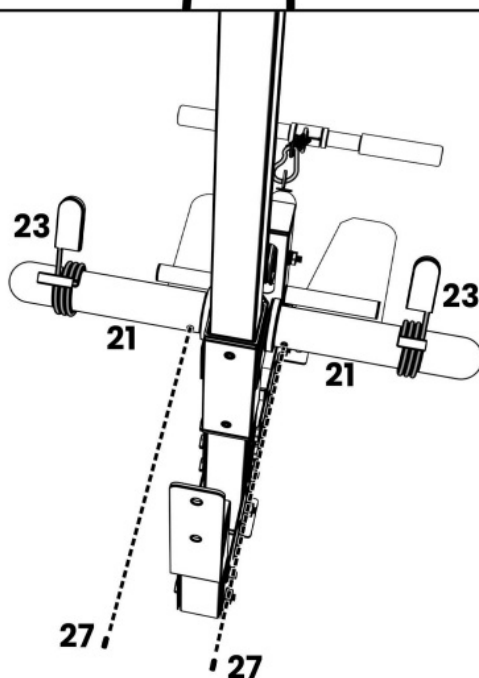
H: Attach the chain to the stoppers with the carabiners and attach the lat and straight bar.

8.

Attach the lat bar holder to the bottom of the top frame and secure as shown.



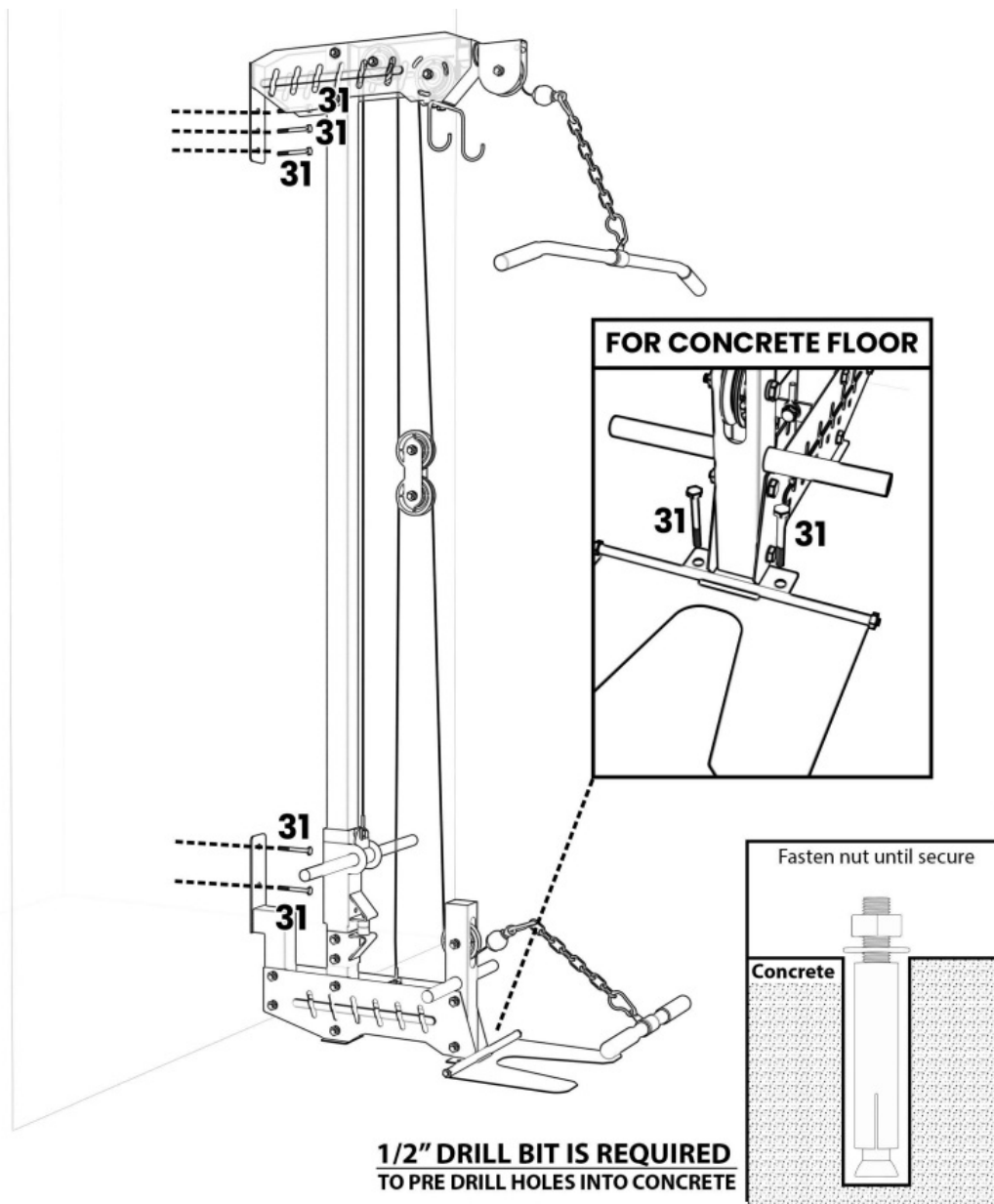
9.



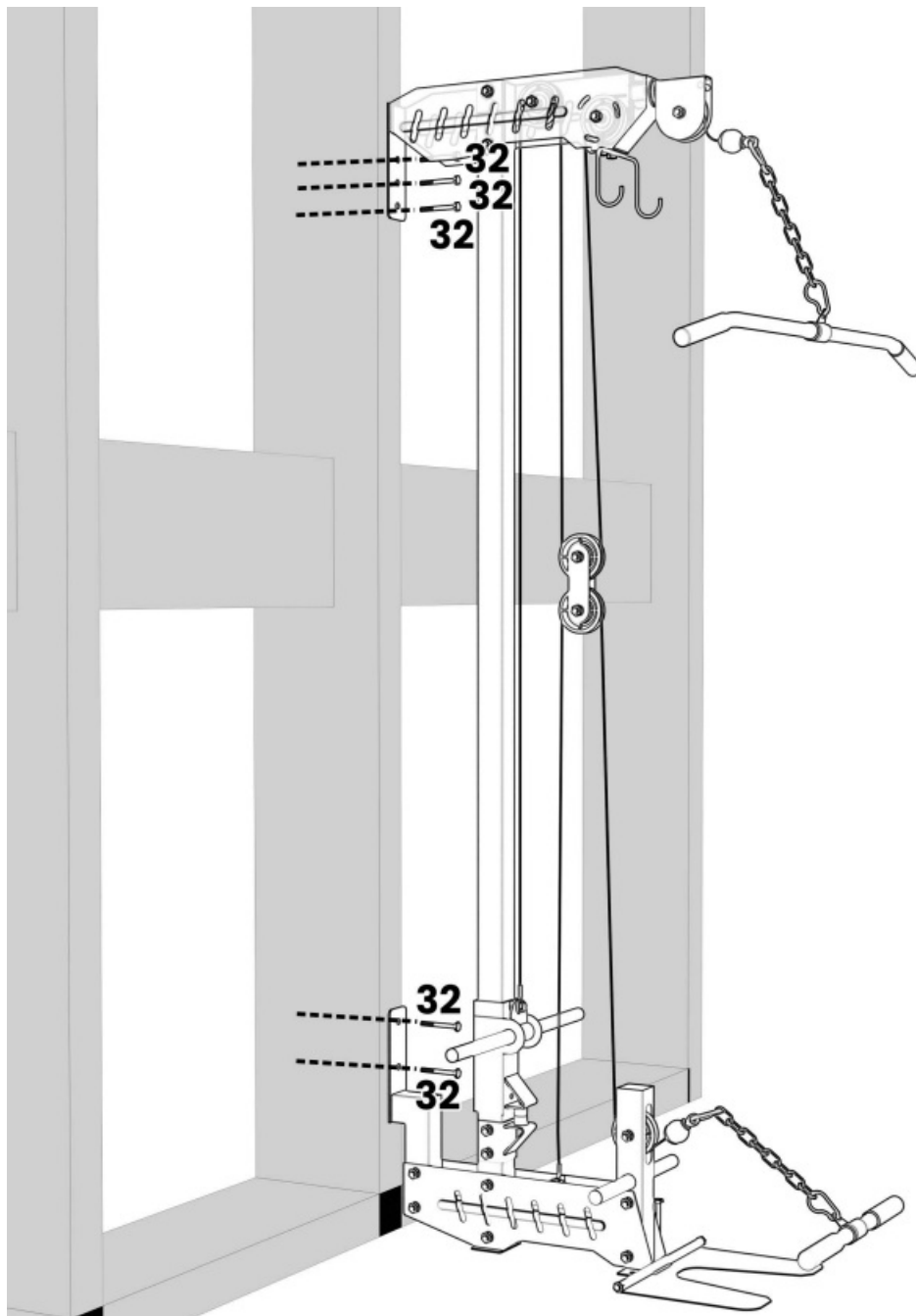
OPTIONAL: Add included two inch plate adapters and secure them in place with adapter pins as shown.

MOUNTING INSTRUCTIONS

FOR CONCRETE INSTALLATION



**MOUNTING INSTRUCTIONS
FOR WOOD STUD WALL INSTALLATION**



At your own deaccession the included wood screws to mount the pulldown machine to the center of a wall stud. Ensure the machine makes contact with the ground.

WARNING

WARNING: SERIOUS INJURY OR DEATH CAN OCCUR IF CAUTION IS NOT USED.

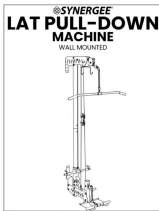
Follow these precautions to ensure you install your Synergies LAT PULLDOWN MACHINE

1. Read all instructions in this manual and all warnings on the product before using it. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all the safety precautions.
2. Use this product only as described in this manual and keep this manual handy for future reference.
3. Always keep children and pets away from this product. Keep hands and feet away from moving parts.
4. This product is intended for consumer use only in an indoor environment. Do not use it in a commercial, rental, or institutional setting. Keep this product indoors, away from moisture and dust.
5. Install the product on a level surface, with at least 3 feet of clearance around it.
6. Install the product properly and according to instructions. Properly tighten all parts and check their tightness regularly. If any worn or damaged parts are found, stop usage immediately.

7. Do not install any fitness product near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components, which is not covered under any warranty.



Documents / Resources

	<p>SYNERGEE Lat Pull Down Machine [pdf] Instruction Manual Lat Pull Down Machine, Pull Down Machine, Down Machine, Machine</p>
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References

- [User Manual](#)