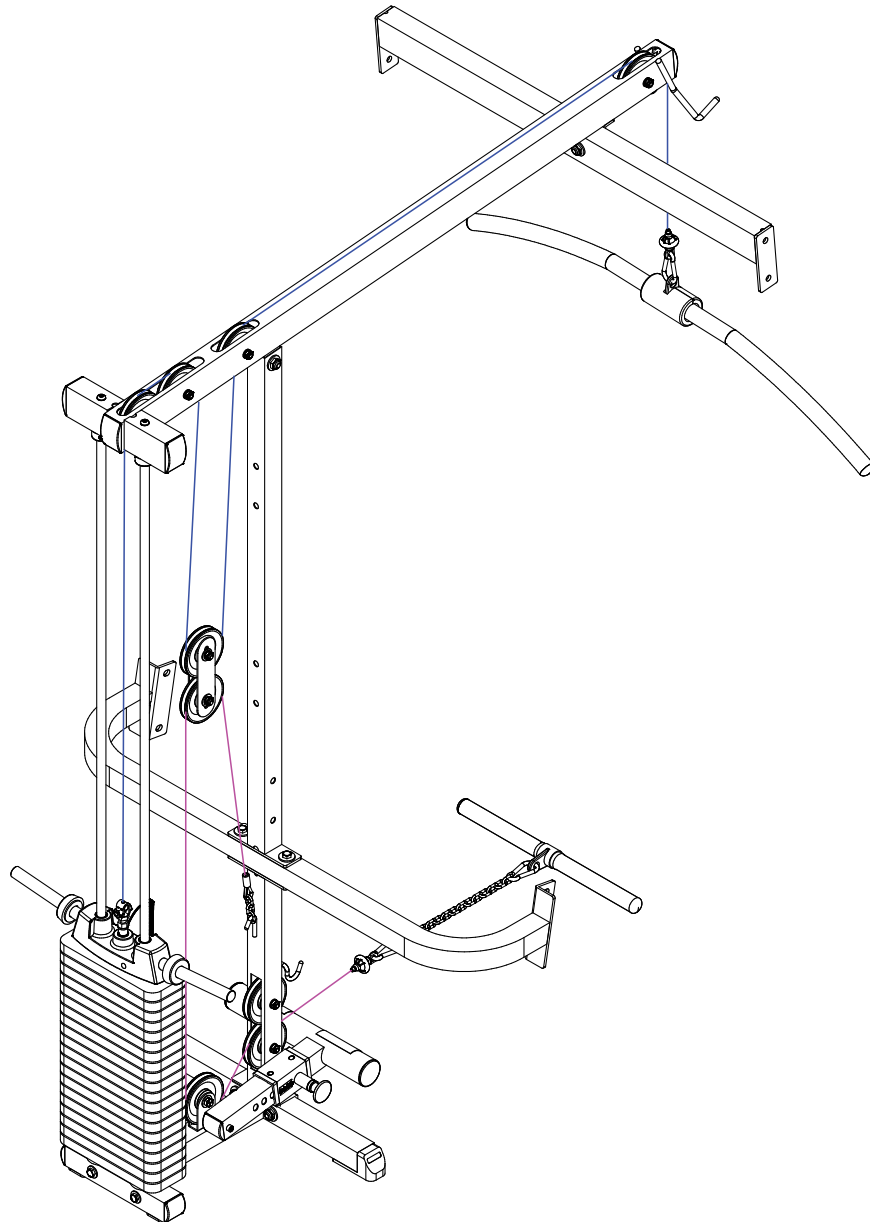


**Body-Solid**®  
Built for Life



# GLA348Q.1

## Lat Attachment

v. GLA348Q.1-090811

Assembly

Instructions

**OWNER'S**

**&**

**MANUAL**

# Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from your local Body-Solid dealer.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. **FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. RAL8-6-03 WC-54

<b>MAINTENANCE SCHEDULE</b>		DAILY	WEEKLY
Cables:	Check tension, end fittings, and coating	✓	
	Check that locking nut at weight stack is tight		✓
Upholstery:	Wipe down and dry	✓	
	Clean and condition		✓
Frame:	Wipe down and dry	✓	
	Polish / Wax		✓
Chrome:	Wipe down and dry	✓	
	Polish / Lubricate		✓
Nuts / Bolts / Fasteners:	Tighten and / or adjust as needed		✓
Guide Rods:	Lubricate and clean		✓
Linear Rods:	Lubricate and clean		✓
Seat Sleeves:	Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs			✓
Weight Stack Pins			✓
Warning Instruction Labels			✓
Springs / Pop Pins		✓	
Anti Skid Surfaces			✓
Hand Grips / Rollers			✓

For Body-Solid Customer Service  
**Call 1-800-556-3113**  
 #MSSTR0803

## WARNING

### Safety and Maintenance of Cables

**IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service  
**Call 1-800-556-3113**

## Table of Contents

- SAFETY INSTRUCTIONS..... PAGE 4
- PREPARATION..... PAGE 5
- HARDWARE LIST..... PAGE 6
- HARDWARE ILLUSTRATION..... PAGE 8
- PART / LIST ILLUSTRATION..... PAGE 12
- ASSEMBLY INSTRUCTIONS..... PAGE 14
- EXPLODED VIEW..... PAGE 27
- CONTACT PAGE..... PAGE 28

# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.*

*Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

*Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.*

## **When using exercise equipment, you should always take basic precautions, including the following:**

- Read all instructions before using the GLA-348Q. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

## **Personal Safety During Assembly**

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the GLA-348Q on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The GLA-348Q is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid GLA-348Q.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

## **Obtaining Service**

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113  
Phone: 1-708-427-3555  
Fax: 1-708-427-3556  
Hours: M-F 8:30-5:00 CST  
E-Mail: [service@bodysolid.com](mailto:service@bodysolid.com)

Or write to: Body-Solid, Inc.  
Service Department  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA

**Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.**

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**

# Before You Begin

Thank you for purchasing the GLA-348Q. This bench is part of the Body-Solid line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

## Required Tools

The basic tools that you must obtain before assembling the GLA-348Q include but are not limited to:

- Metric Allen Key Set
- Standard Allen Key Set
- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Screwdriver (standard and/or phillips)
- Rubber Mallet

## Installation Requirements

Follow these installation requirements when assembling the GLA-348Q:

Set up the GLA-348Q on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

## Assembly Tips

Read all "Notes" on each page before beginning each step.

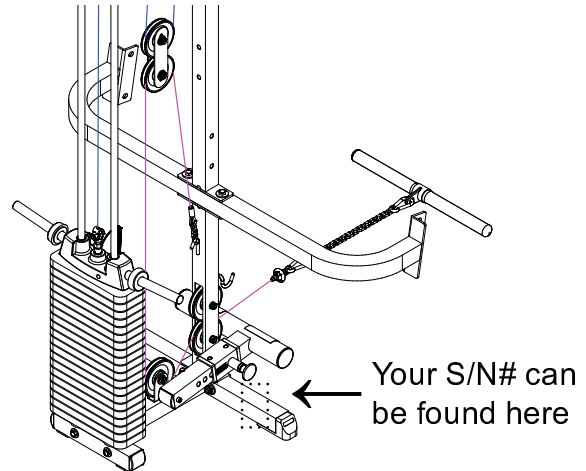
While you may be able to assemble the GLA-348Q using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

**NOTE:** The bottles that are marked "Poison" is your touch up paint. Keep away from children.

**CAUTION:** Obtain assistance! If you feel like you can't assemble the GLA-348Q by yourself then do not attempt to do so as this could result in injury. Review the installation requirements before proceeding with the following steps.



Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

## Hardware List

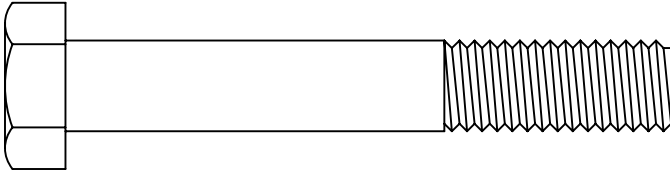
<b>Part#</b>	<b>Size</b>	<b>Description</b>	<b>Quantity</b>
1	M12X80mm	HEX HEAD BOLT	2 PCS.
2	M12X75mm	HEX HEAD BOLT	3 PCS.
3	M12X70mm	HEX HEAD BOLT	1 PCS.
4	M10X65mm	HEX HEAD BOLT	8 PCS.
5	M10X45mm	HEX HEAD BOLT	3 PCS.
6	M10X30mm	HEX HEAD BOLT	1 PCS.
7	M10X16mm	INNER HEX BOLT	2 PCS.
8	M8X12mm	SOCKET HEAD BOLT	1 PCS.
9	3/8"X2"	SOCKET HEAD BOLT	1 PCS.
10	M8X8mm	ALLEN SCREW	2 PCS.
11	M12	NYLON LOCK NUT	6 PCS.
12	M10	NYLON LOCK NUT	12 PCS.
14	M12	WASHER	12 PCS.
15	M10	LARGE WASHER	12 PCS.
16	3/8"	SPRING WASHER	1 PCS.
17	M10	SPRING WASHER	2 PCS.
18	16mm	PULLER SPACER	12 PCS.
19	60X50mm	NYLON BUSHING	2 PCS.
20	2 1/2"	RUBBER DONUT	2 PCS.
21	50X50mm	FOOT CAP	2 PCS.
22	50X75mm	END CAP	4 PCS.
23	2"X2"	END CAP	3 PCS.
24	60mm	ROUND END CAP	2 PCS.
25	1"	ROUND END CAP	4 PCS.
26	3/4"	SHAFT COLLAR	2 PCS.

## Hardware List

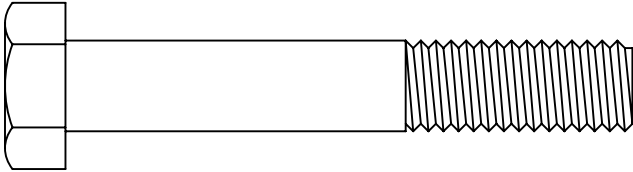
<b>Part#</b>	<b>Size</b>	<b>Description</b>	<b>Quantity</b>
27		LAT BAR PAD	1 PCS.
28		ROUND LAT PAD	2 PCS.
29	1 1/2"X20 1/2"	FOAM GRIP	2 PCS.
30	1 1/2"X8 5/8"	FOAM GRIP	2 PCS.
31		RUBBER BASE PAD	2 PCS.
32		NON SKID TAPE	2 PCS.
33	110mm	PULLEY	9 PCS.
34	8mm	SPRING SNAP LINK	3 PCS.
35		POP PIN	1 PCS.
36	5 1/2"	WEIGHT STACK PIN	1 PCS.
37	1 1/2"	FLAT POP PIN	1 PCS.
38	3/4"	CABLE END SHAFT	1 PCS.
39		PIN LANYARD	1 PCS.
40		STEEL CHAIN	1 PCS.
41		SELECTOR ROD	1 PCS.
42	10 lbs.	WEIGHT PLATE	20 PCS.
43	3870mm	BALL END CABLE	1 PCS.
44	2670mm	CHAIN END CABLE	1 PCS.

# Hardware (To Scale)

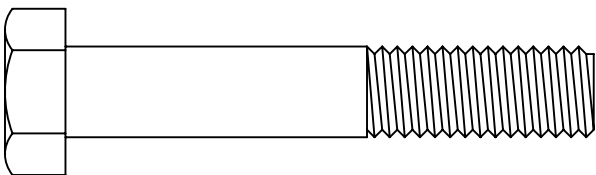
Part #1 M12X80mm HEX HEAD BOLT QTY. 2



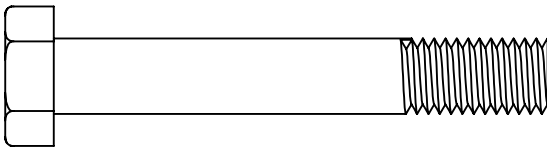
Part #2 M12X75mm HEX HEAD BOLT QTY. 3



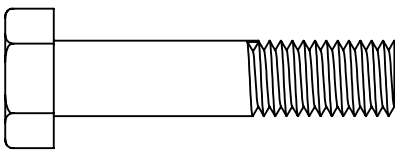
Part #3 M12X70mm HEX HEAD BOLT QTY. 1



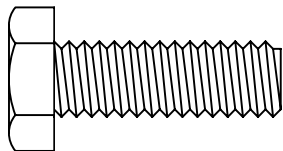
Part #4 M10X65mm HEX HEAD BOLT QTY. 8



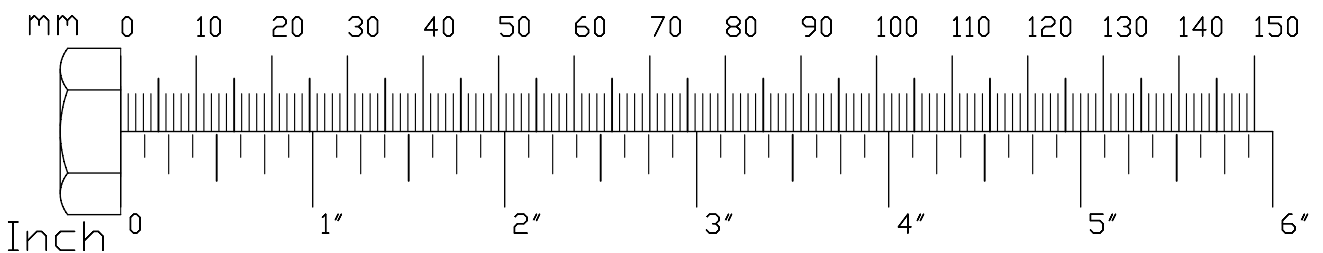
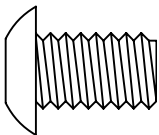
Part #5 M10X45mm HEX HEAD BOLT QTY. 3



Part #6 M10X30mm HEX HEAD BOLT QTY. 1



Part #7 M10X16mm INNER HEX BOLT QTY. 2



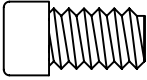


# Hardware (To Scale)

Part #8

M8X12mm SOCKET HEAD BOLT

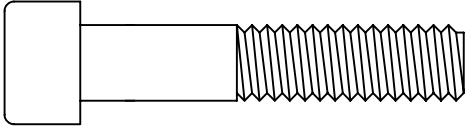
QTY. 1



Part #9

3/8"X2" SOCKET HEAD BOLT

QTY. 1



Part #10

M8X8mm ALLEN SCREW

QTY. 2



Part #11

M12 NYLON LOCK NUT

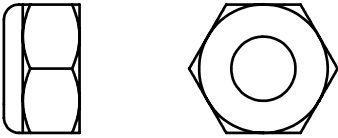
QTY. 6



Part #12

M10 NYLON LOCK NUT

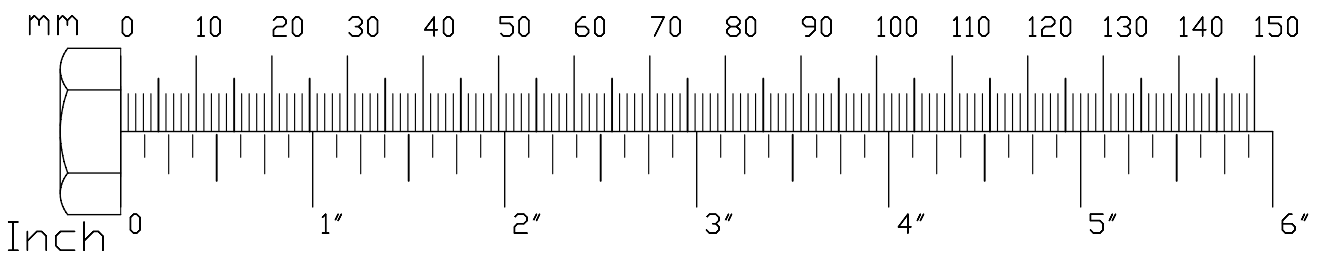
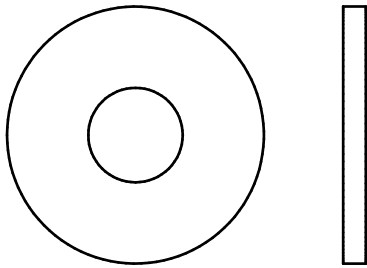
QTY. 12



Part #14

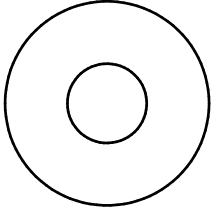
M12 WASHER

QTY. 12



# Hardware (To Scale)

Part #15

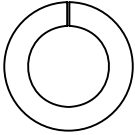


M10 LARGE WASHER

QTY. 12



Part #16

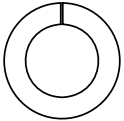


3/8" SPRING WASHER

QTY. 1



Part #17

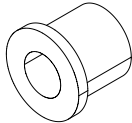


M10 SPRING WASHER

QTY. 2



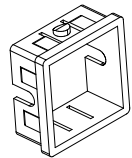
Part #18



16mm PULLEY SPACER

QTY. 12

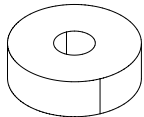
Part #19



60X50mm NYLON BUSHING

QTY. 2

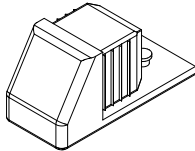
Part #20



Ø2 1/2" RUBBER DONUT

QTY. 2

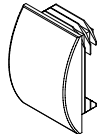
Part #21



50X50mm FOOT CAP

QTY. 2

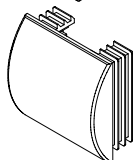
Part #22



50X75mm END CAP

QTY. 4

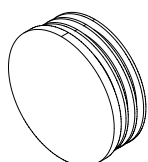
Part #23



2"X2" END CAP

QTY. 3

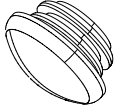
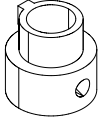
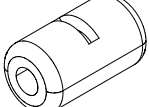
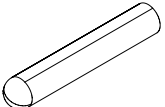
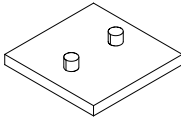
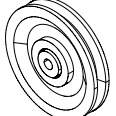
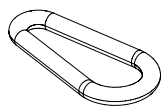
Part #24



60mm ROUND END CAP

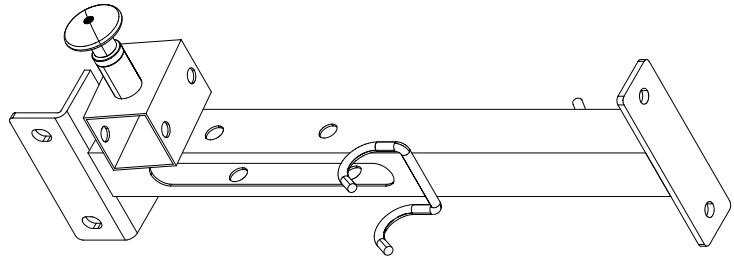
QTY. 2

## Hardware

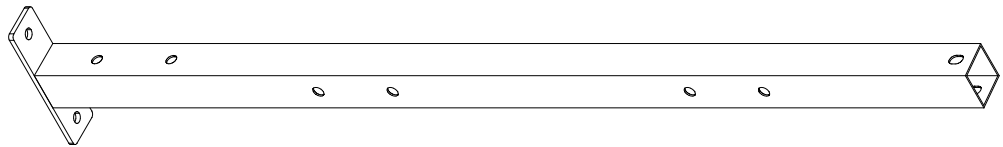
Part #25		Ø1" ROUND END CAP	QTY. 4
Part #26		Ø3/4" SHAFT COLLAR	QTY. 2
Part #27		LAT BAR PAD	QTY. 1
Part #28		ROUND LAT PAD	QTY. 2
Part #29		Ø1 1/2"X20 1/2" FOAM GRIP	QTY. 2
Part #30		Ø1 1/2"X8 5/8" FOAM GRIP	QTY. 2
Part #31		RUBBER BASE PAD	QTY. 2
Part #33		Ø110mm PULLEY	QTY. 9
Part #34		Ø8mm SPRING SNAP LINK	QTY. 3
Part #37		1 1/2" LONG FLAT POP PIN	QTY. 1
Part #38		Ø3/4" CABLE END SHAFT	QTY. 1
Part #39		PIN LANYARD	QTY. 1
Part #41		SELECTOR ROD	QTY. 1

# GLA-348Q.2 Parts List

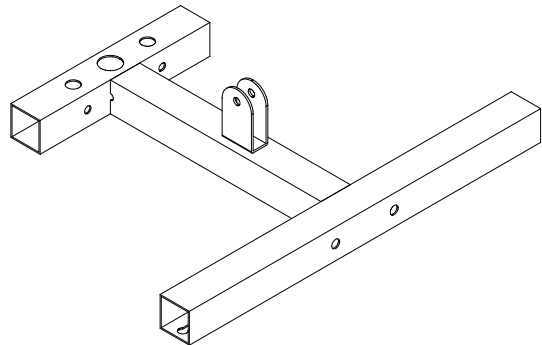
**PART A -- ROW FRAME, 1PCS**



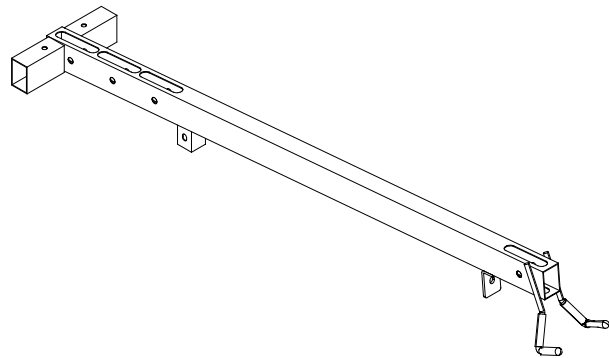
**PART B -- SUPPORT FRAME, 1 PCS**



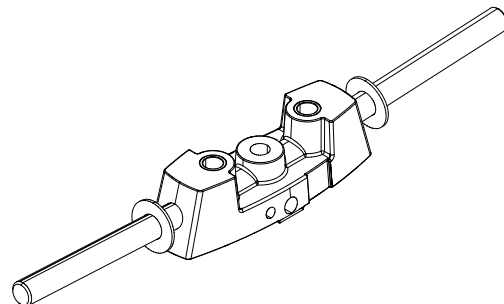
**PART C -- BASE FRAME, 1 PCS**



**PART D -- LAT FRAME, 1 PCS**

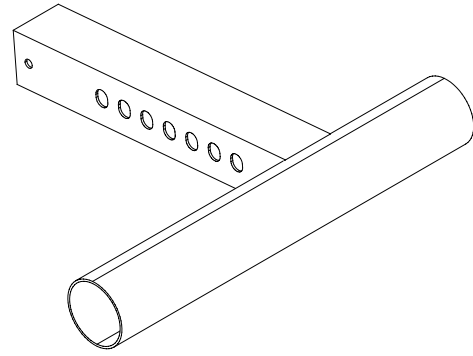


**PART E -- TOP PLATE, 1 PCS**

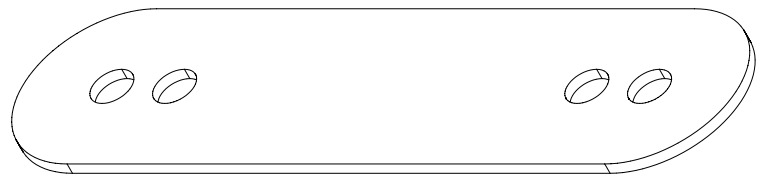


# GLA-348Q.2 Parts List

**PART F -- FOOT ADJUSTER, 1 PCS**



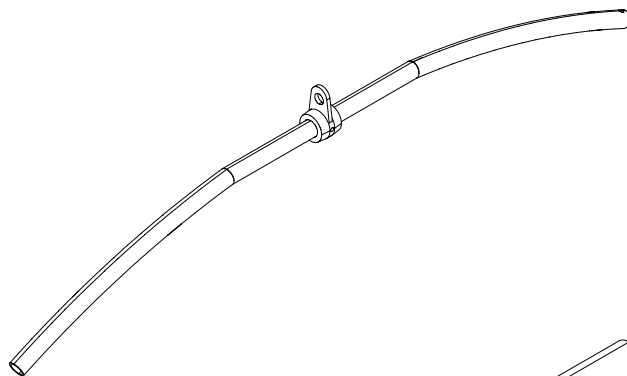
**PART G -- PULLEY BRACKET, 2PCS**



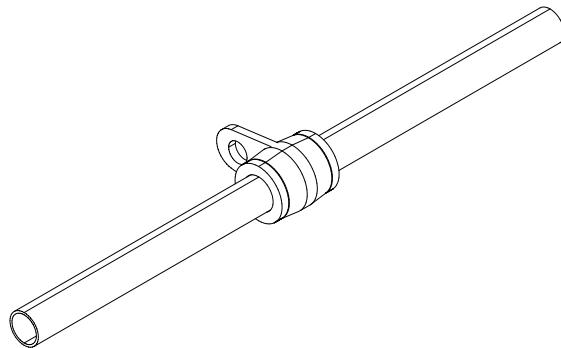
**PART H -- GUIDE ROD, 2 PCS**



**PART I -- LAT BAR, 1 PCS**



**PART J -- ROW BAR, 1 PCS**



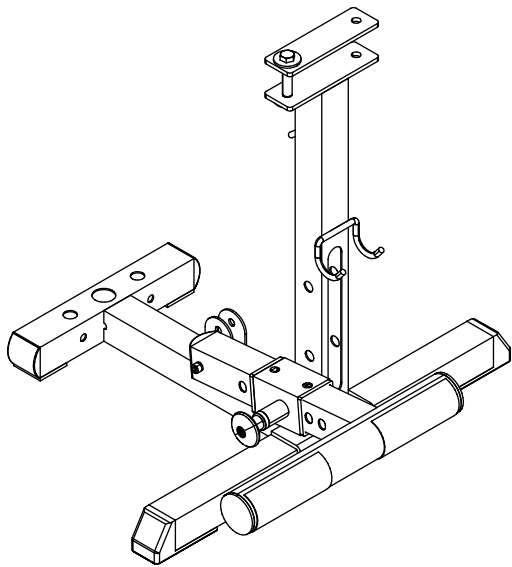
**STEP****1**

**Be careful to assemble all components in the sequence they are presented.**

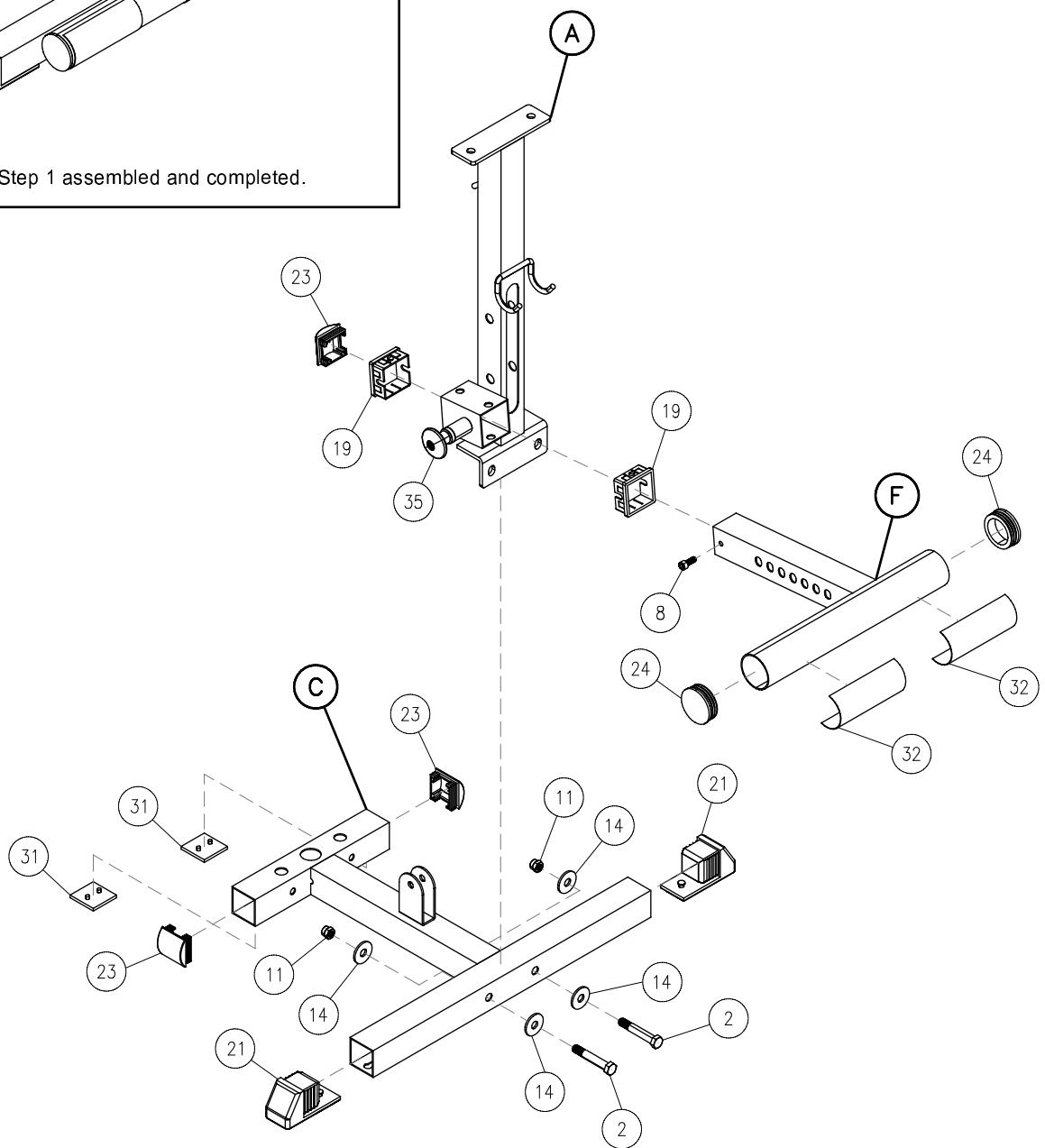
**NOTE:**

**Finger tighten all hardware in this step. DO NOT wrench tighten until the end of Step 3. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

- 1A. Insert a Foot Cap into each front opening of Base Frame (**C**) using:  
**2 - (#21) 50X50mm Foot Cap**
- 1B. Insert a End Cap into each rear opening of Base Frame (**C**) using:  
**2 - (#23) 2”X2” End Cap**
- 1C. Insert each Rubber Base Pad under the rear end of Base Frame (**C**) using:  
**2 - (#31) Rubber Base Pad**
- 1D. Attach Row Frame (**A**) to Base Frame (**C**) using:  
**2 - (#2) M12X75mm Hex Head Bolt**  
**4 - (#14) M12 Washer**  
**2 - (#11) M12 Nylon Lock Nut**
- 1E. Insert a Nylon Bushing into each opening of Row Frame (**A**) using:  
**2 - (#19) 60X50mm Nylon Bushing**
- 1F. Insert Foot Adjuster (**F**) into Row Frame (**A**) and secure with Pop Pin (**#35**) and once installed screw in the Socket Head Bolt (**#8**).
- 1G. Insert a End Cap into the rear opening of Foot Adjuster (**F**) using:  
**1 - (#23) 2”X2” End Cap**
- 1H. Insert a End Cap into each front opening of Foot Adjuster (**F**) using:  
**2 - (#24) 60mm Round End Cap**
- 1I. Attach both pieces of Non Skid Tape (**#32**) onto the front of Foot Adjuster (**F**) in the area that best fits you.



Above shows Step 1 assembled and completed.



**STEP****2**

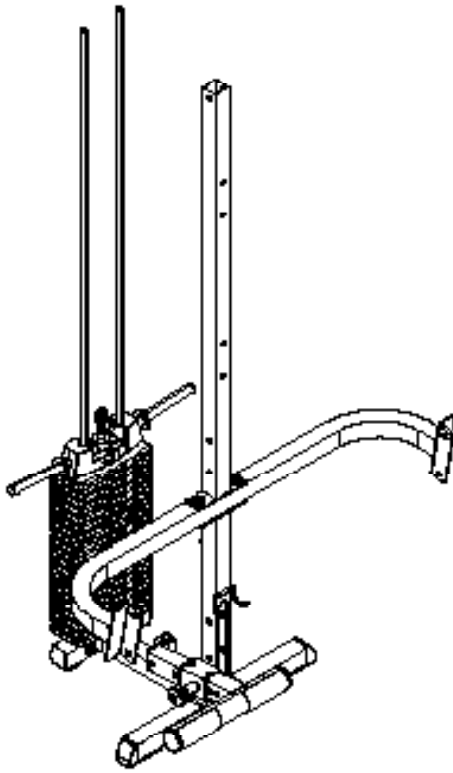
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

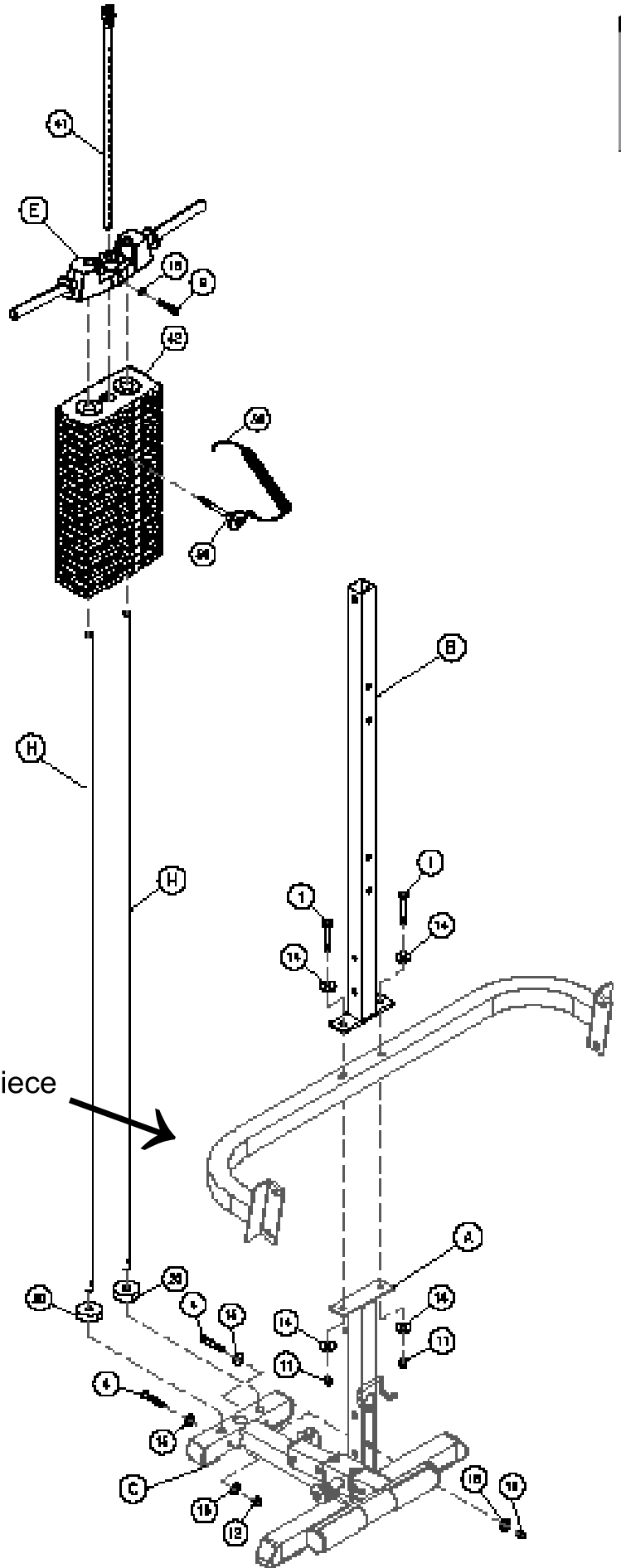
**Finger tighten all hardware in this step. DO NOT wrench tighten until the end of Step 3. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

- 2A. Attach Row Frame (**A**) and Support Frame (**B**) to the Back Fixed Crosspiece of your GS-348Q using:
  - 2 - (**#1**) M12X80mm Hex Head Bolt
  - 4 - (**#14**) M12 Washer
  - 2 - (**#11**) M12 Nylon Lock Nut
  
- 2B. Insert each Guide Rod (**H**) thru a Rubber Donut and into Base Frame (**C**) and secure using for each:
  - 1 - (**#20**) 2 1/2" Rubber Donut
  - 1 - (**#4**) M10X65mm Hex Head Bolt
  - 2 - (**#15**) M10 Large Washer
  - 1 - (**#12**) M10 Nylon Lock Nut
  
- 2C. Slide all 10 lb Weight Plates (**#42**) onto the Guide Rods (**H**).
  
- 2D. Secure the Selector Rod (**#41**) to the Top Plate (**E**) using.
  - 1 - (**#9**) 3/8"X2" Round Bolt
  - 1 - (**#16**) M10 Small Washer
  
- 2E. Slide Top Plate (**E**) onto Guide Rods (**H**) and insert Weight Stack Pin (**#36**) to secure Selector Rod (**#41**).
  
- 2F. Attach Pin Lanyard (**#39**) to Weight Stack Pin (**#36**) and to Selector Rod (**#41**). Note: Unscrew the bolt attached to the Selector Rod and insert the small ring of the Pin Lanyard onto the bolt and then rescrew the bolt back into the selector rod.





Above shows Step 2 assembled and completed.



Back Fixed Crosspiece  
of your GS-348Q

**STEP****3**

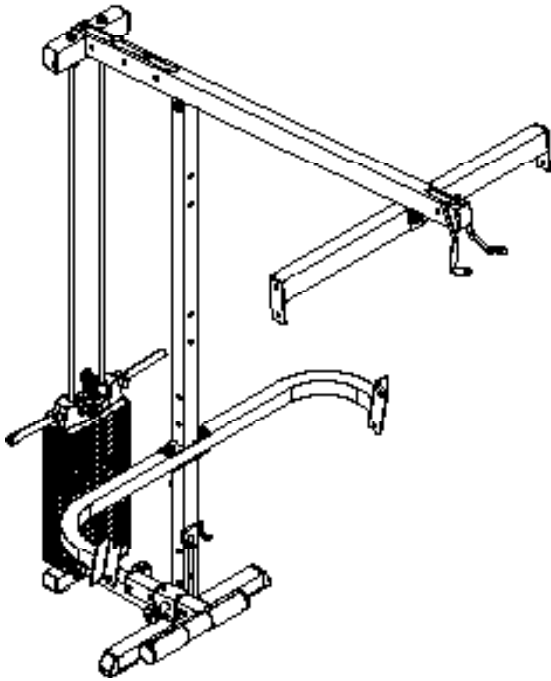
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

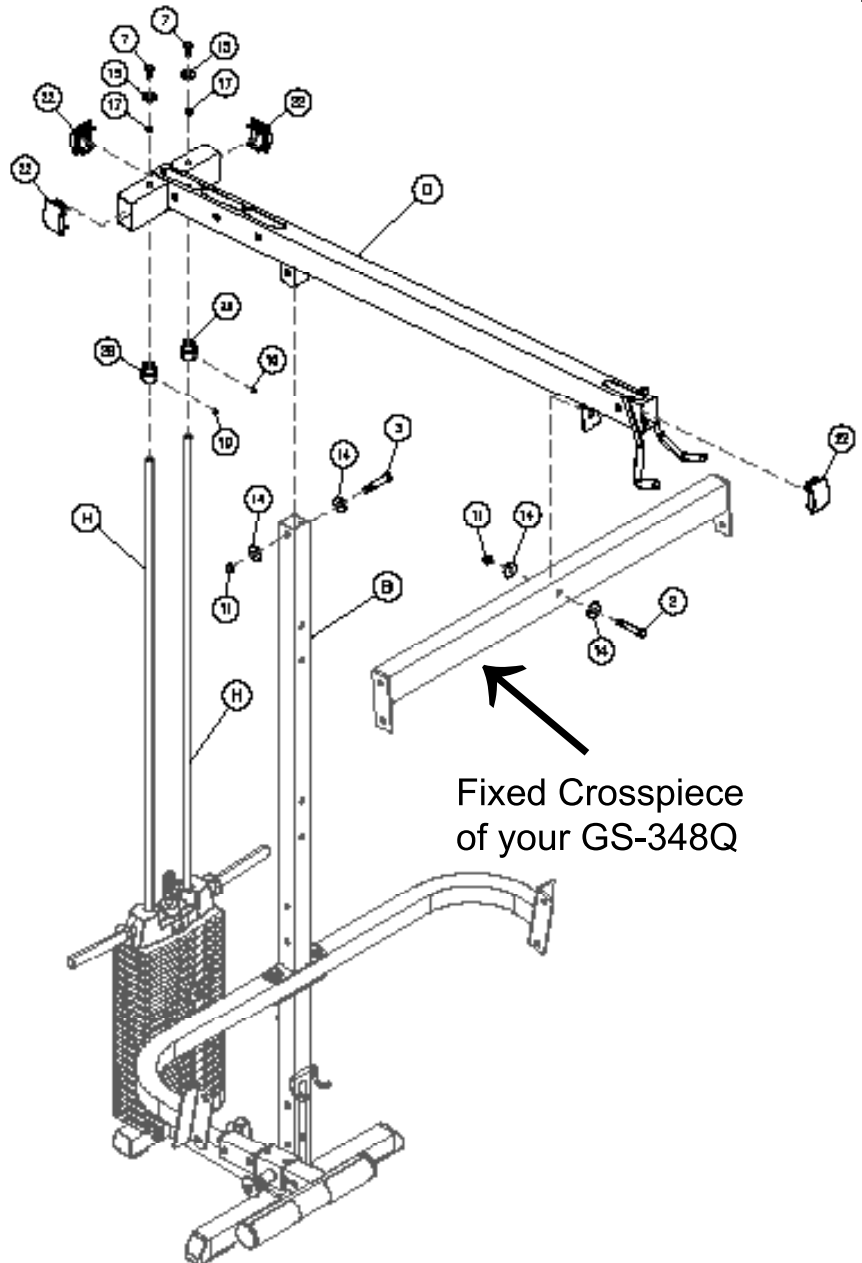
**Finger tighten the hardware used in this step first. Wrench tighten all the hardware at the end of this step. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tighten to fully go on.**

- 3A. Insert a Shaft Collar (**#26**) onto each Guide Rod (**H**).
- 3B. Place Lat Frame (**D**) onto Guide Rods (**H**), into Support Frame (**B**), and onto the Fixed Crosspiece of your GS-348Q.
- 3C. Attach Lat Frame (**D**) to Guide Rods (**H**) using a total of:
  - 2 - (**#7**) M10X16mm Inner Hex Bolt
  - 2 - (**#15**) M10 Large Washer
  - 2 - (**#17**) M10 Spring Washer
- 3D. Attach Lat Frame (**D**) to Support Frame (**B**) using:
  - 1 - (**#3**) M12X70mm Hex Head Bolt
  - 2 - (**#14**) M12 Washer
  - 1 - (**#11**) M12 Nylon Lock Nut
- 3E. Attach Lat Frame (**D**) to the Fixed Crosspiece of your GS-348Q using:
  - 1 - (**#2**) M12X75mm Hex Head Bolt
  - 2 - (**#14**) M12 Washer
  - 1 - (**#11**) M12 Nylon Lock Nut
- 3F. Insert a End Cap into each opening of Lat Frame (**D**) using:
  - 4 - (**#22**) 50X75mm End Cap
- 3G. Insert both Shaft Collars (**#26**) into Lat Frame (**D**) and secure by using:
  - 2 - (**#10**) M8X8mm Allen Screw - May be pre-installed

**STEP**  
**3**



Above shows Step 3 assembled and completed.



**STEP****4**

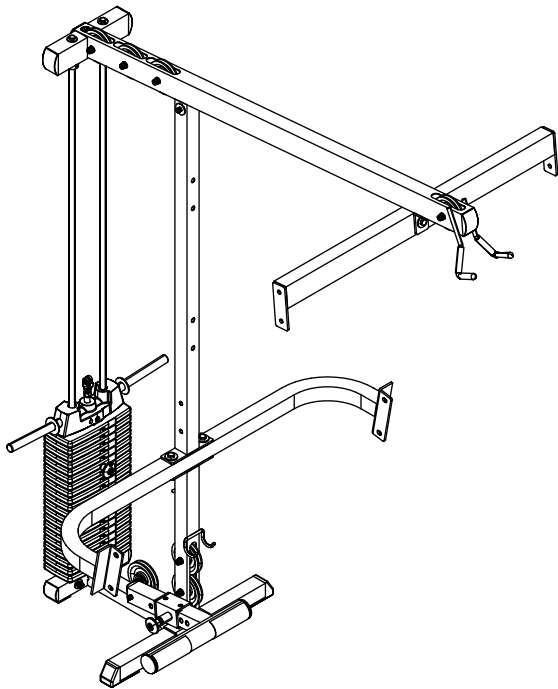
**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

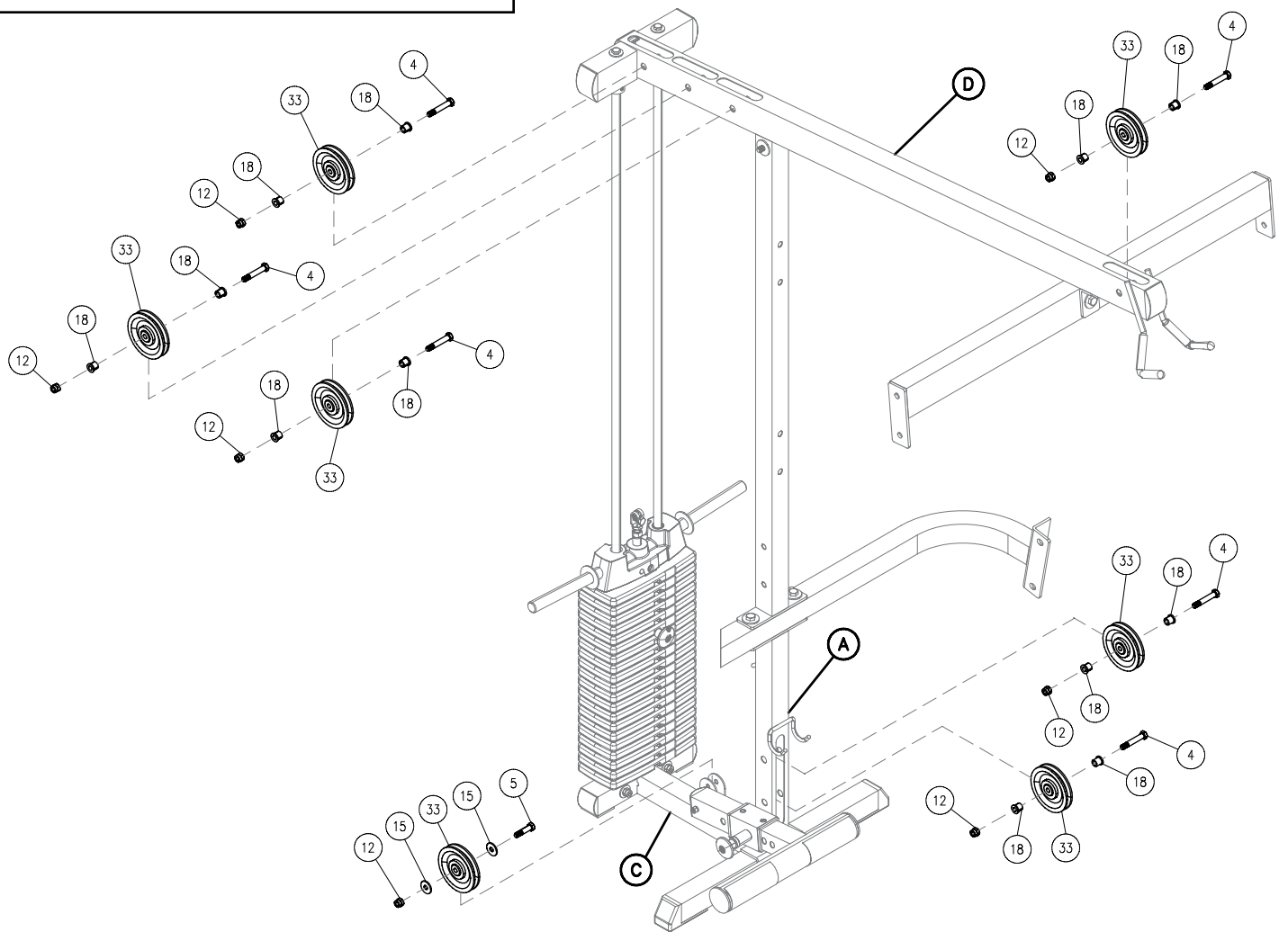
**This step is to show you where the pulleys need to be installed and the type of hardware that you will need in order to install them. You must install the pulleys for step 4B and 4C at the same time that you are routing the cables. Cable routing for the Lat and Row Bar can be found on Step 5 and Step 6.**

- 4A. Attach 3 Pulleys to the rear of Lat Frame (**D**) and 1 Pulley to the front of Lat Frame (**D**) using a total of:
- 4 - (#4) M10X65mm Hex Head Bolt
  - 8 - (#18) 16mm Pulley Spacer
  - 4 - (#33) 110mm Pulley
  - 4 - (#12) M10 Nylon Lock Nut
- 4B. Attach 2 Pulleys to Row Frame (**A**) using a total of:
- 2 - (#4) M10X65mm Hex Head Bolt
  - 4 - (#18) 16mm Pulley Spacer
  - 2 - (#33) 110mm Pulley
  - 2 - (#12) M10 Nylon Lock Nut
- 4C. Attach 1 Pulley to Base Frame (**C**) using a total of:
- 1 - (#5) M10X45mm Hex Head Bolt
  - 2 - (#15) M10 Large Washer
  - 2 - (#33) 110mm Pulley
  - 2 - (#12) M10 Nylon Lock Nut

**STEP**  
**4**



Above shows Step 4 assembled and completed.



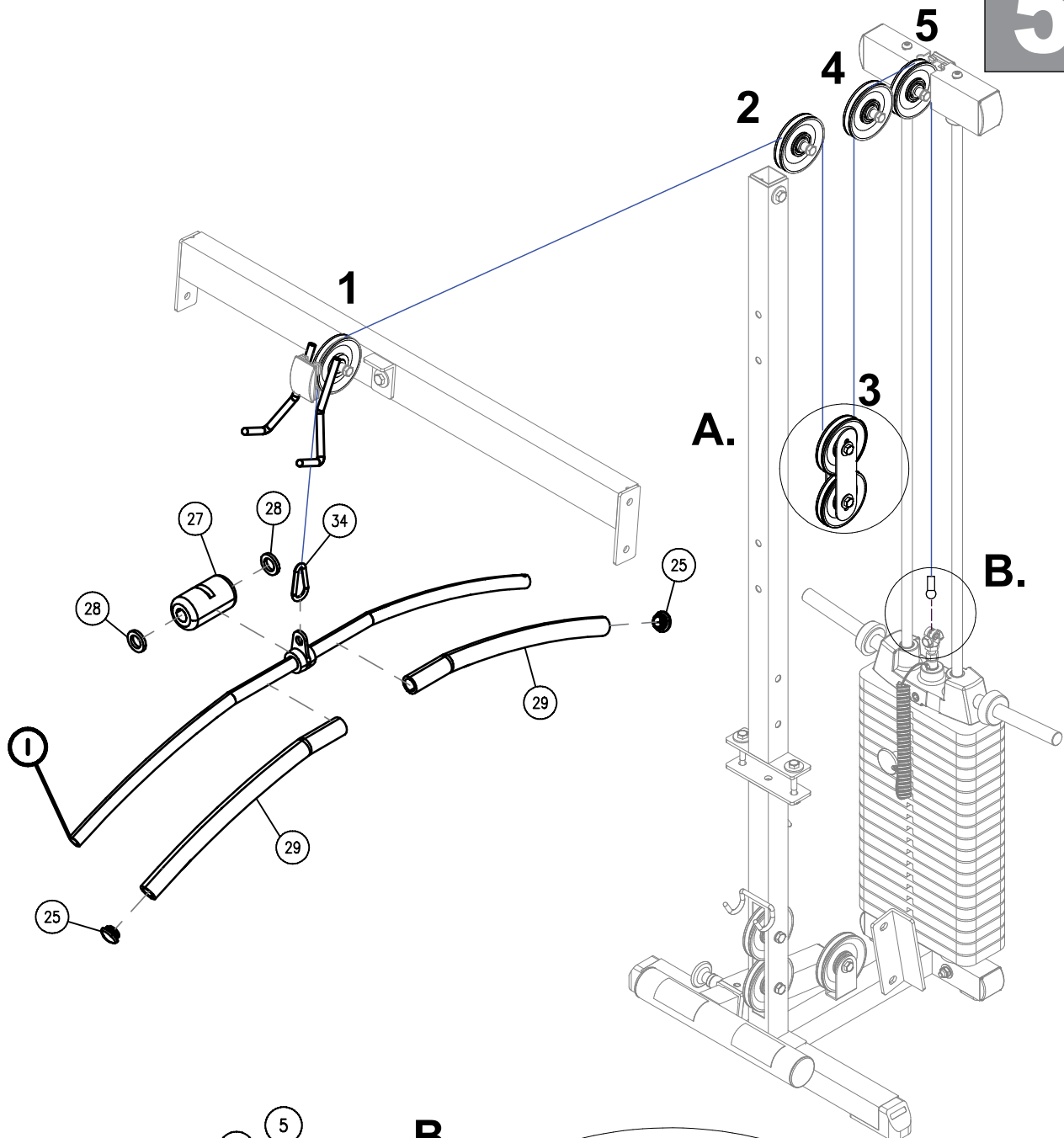
**STEP****5**

**Be careful to assemble all components in the sequence they are presented.**

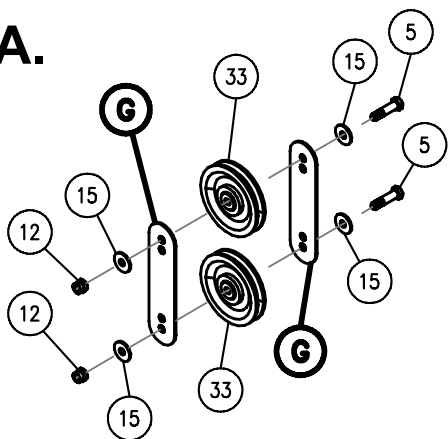
**NOTE:**

**This step is to show you how to route the Lat Cable (#43), attach the cable to the Selector Rod, and how to assemble the Pulley Holder and Lat Bar. You may need more than one person in order to complete this step.**

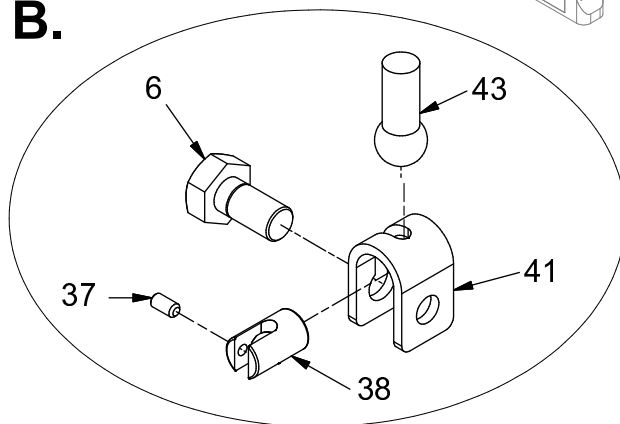
- 5A. Attach 2 Pulleys to both Pulley Brackets (**G**) as shown in **Diagram A** using a total of: **Note: DO NOT tighten bolts until end of Step 6.**
- 2 - (#5) M10X45mm Hex Head Bolt
  - 4 - (#15) M10 Large Washer
  - 2 - (#33) 110mm Pulley
  - 2 - (#12) M10 Nylon Lock Nut
- 5B. Route the Lat Cable (**#43**) by taking the ball end of the cable and route it up and over Pulley **1**, across to and over Pulley **2**, down and around Pulley **3**, back up and over both Pulley **4** and **5**, and then finish by attaching the ball end to the Selector Rod as seen in **Diagram B**.
- 5C. **Diagram B: 1st** - Insert the ball end of Lat Cable (**#43**) into the U-Bracket of the Selector Rod (**#41**). **2nd** - Insert the Cable End Shaft (**#38**) into the U-Bracket but also onto the Lat Cable and secure by screwing in Flat Pop Pin (**#37**). **3rd** - Screw in M10X30mm Hex Head Bolt (**#6**) into the U-Bracket of the Selector Rod and if needed secure the bolt with M10 Nylon Lock Nut (**#12 - not shown**).
- 5D. Insert Round Lat Pad (**#28**) followed by Lat Bar Pad (**#27**) onto Lat Bar (**I**).
- 5E. Insert on each side of Lat Bar (**I**) a Foam Grip followed by a Round End Cap using a total of:
- 2 - (#29) 1 1/2"X20 1/2" Foam Grip
  - 2 - (#25) 1" Round End Cap
- 5F. Attach Lat Bar (**I**) to the other end of Lat Cable (**#43**) near Pulley **1** using:
- 1 - (#34) 8mm Spring Snap Link



A.



B.



**STEP****6**

**Be careful to assemble all components in the sequence they are presented.**

**NOTE:**

**This step is to show you how to route the Row Cable (#44), and how to assemble the Row Bar. You may need more than one person in order to complete this step. When this step is complete please tighten all bolts**

- 6A. Insert on each side of Row Bar (**J**) a Foam Grip followed by a round end cap. At the center of the Row Bar attach a Snap Link followed by the Steel Chain and another Snap Link using a total of:

**2 - (#30) 1 1/2"X8 5/8" Foam Grip**

**2 - (#25) 1" Round End Cap - not shown in diagram**

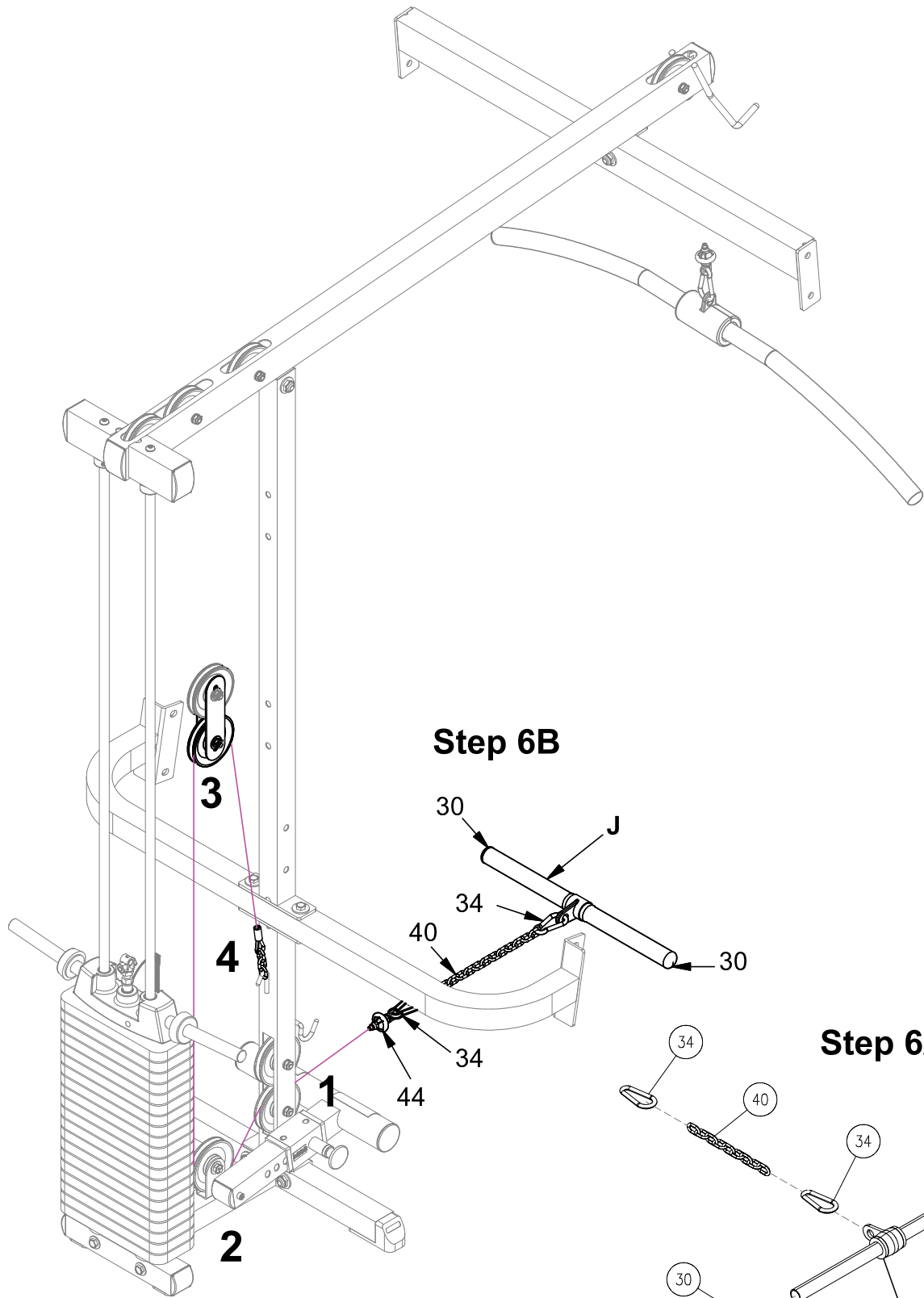
**2 - (#34) 8mm Snap Link**

**1 - (#40) Steel Chain**

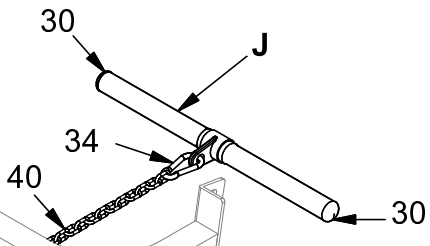
- 6B. Note: Install the Pulleys while you route the cable. Use step 4B and 4C as your reference for location and hardware.

Route the Row Cable (**#44**) by taking the chain end of the cable and route it over Pulley **1**, then down and around Pulley **2**, then up and over Pulley **3**, and then finish by hooking the chain onto the Hook **4** located on Row Frame (**A**). Attach the other end of the cable to the Row Bar using the Snap Link.

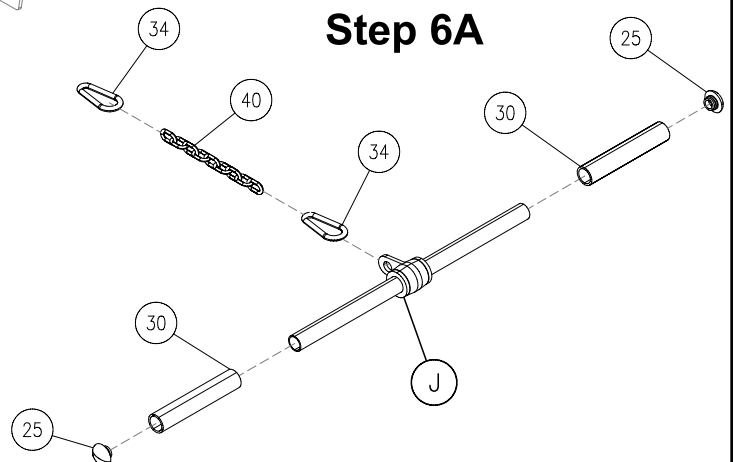




Step 6B



Step 6A



# Notes

# Exploded View

