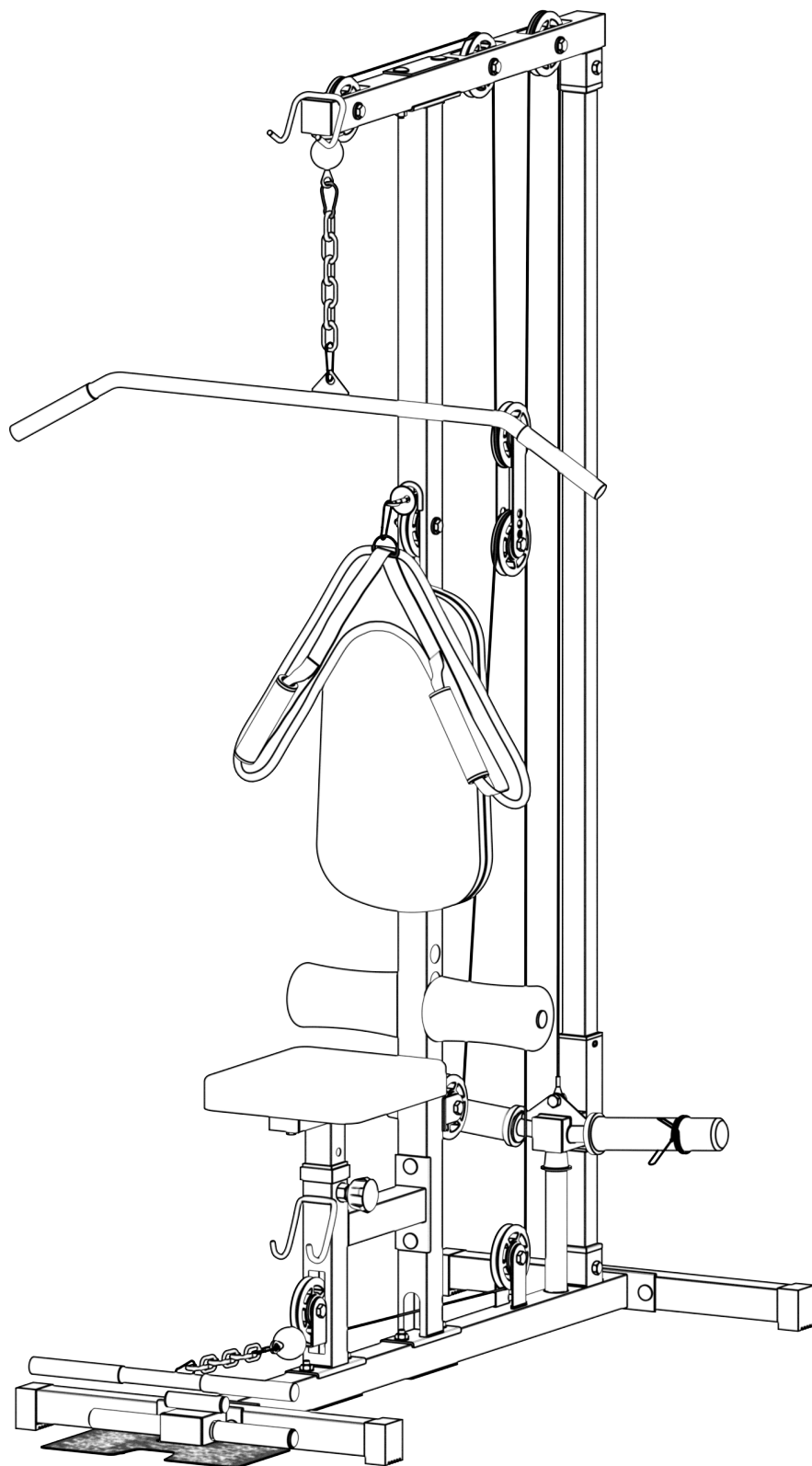


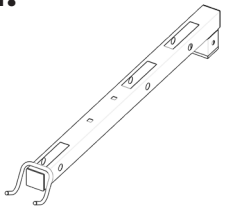
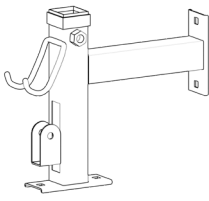
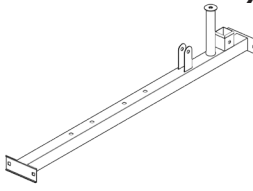
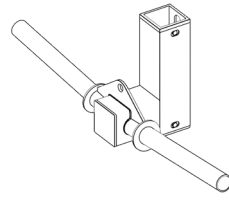
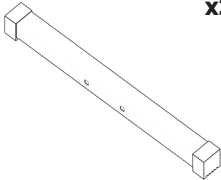
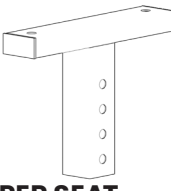
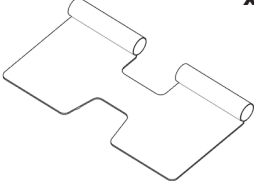
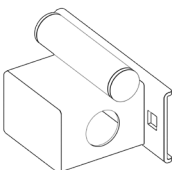
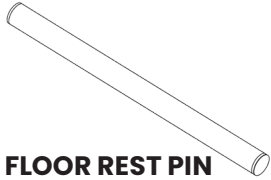
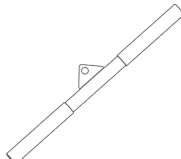
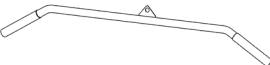
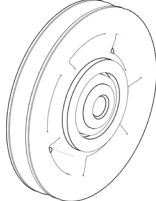
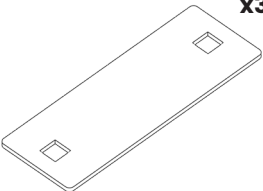
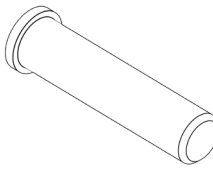
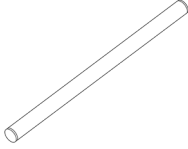
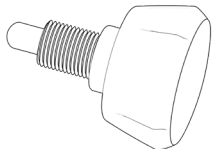
 **SYNERGEE[®]**

LAT PULLDOWN MACHINE



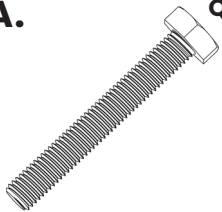
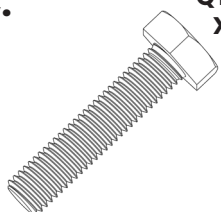
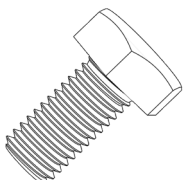
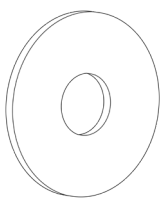
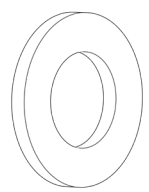
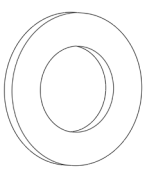
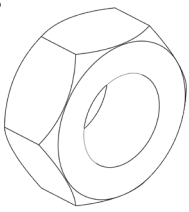
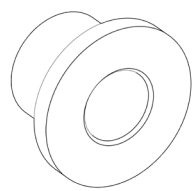
PARTS LIST

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

1.  UPPER FRAME QTY x1	2.  SEAT FRAME QTY x1	3.  MAIN FRAME QTY x1	4.  LOADABLE FRAME QTY x1	5.  MAIN UPRIGHT QTY x1
6.  STABILIZER QTY x2	7.  UPPER SEAT FRAME QTY x1	8.  SEAT CUSHION QTY x1	9.  BACK CUSHION QTY x1	10.  FOOT REST QTY x1
11.  FLOOR REST FRAME QTY x1	12.  FLOOR REST PIN (SMALL) QTY x1	13.  160" LOWER CABLE QTY x1	14.  131" UPPER CABLE QTY x1	15.  STRAIGHT BAR QTY x1
16.  LAT BAR QTY x1	17.  ABDOMINAL ATTACHMENT QTY x1	18.  CARABINER QTY x5	19.  CHAIN QTY x2	20.  PULLEY WHEEL QTY x9
21.  PULLEY WHEEL PLATE QTY x2	22.  METAL PLATE QTY x3	23.  SLIDING UPRIGHT QTY x1	24.  2" CONVERTER SLEEVES QTY x2	25.  ROLLER BAR (LARGE) QTY x1
26.  FOAM PAD QTY x2	27.  SEAT KNOB QTY x1	28.  SPRING COLLAR QTY x2		

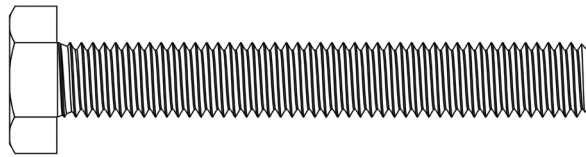
PARTS LIST

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
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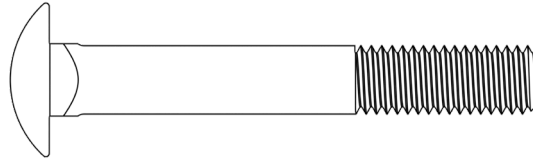
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F.  QTY x2 M8x45 HEX BOLT	G.  QTY x4 M10 WASHER LARGE	H.  QTY x20 M10 WASHER	I.  QTY x4 M8 WASHER	J.  QTY x24 M10 NUT
K.  QTY x8 PULLEY BUSHING				

HARDWARE SIZING CHART

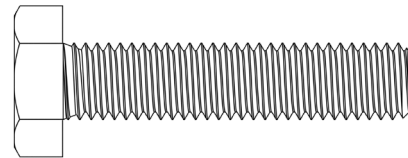
**M10x70
BOLT**



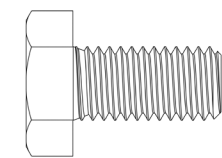
**M10x65
BOLT**



**M10x45
BOLT**



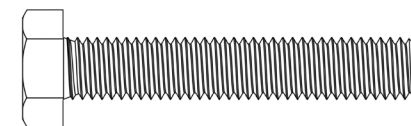
**M10x20
BOLT**



**M8x75
BOLT**



**M8x45
BOLT**

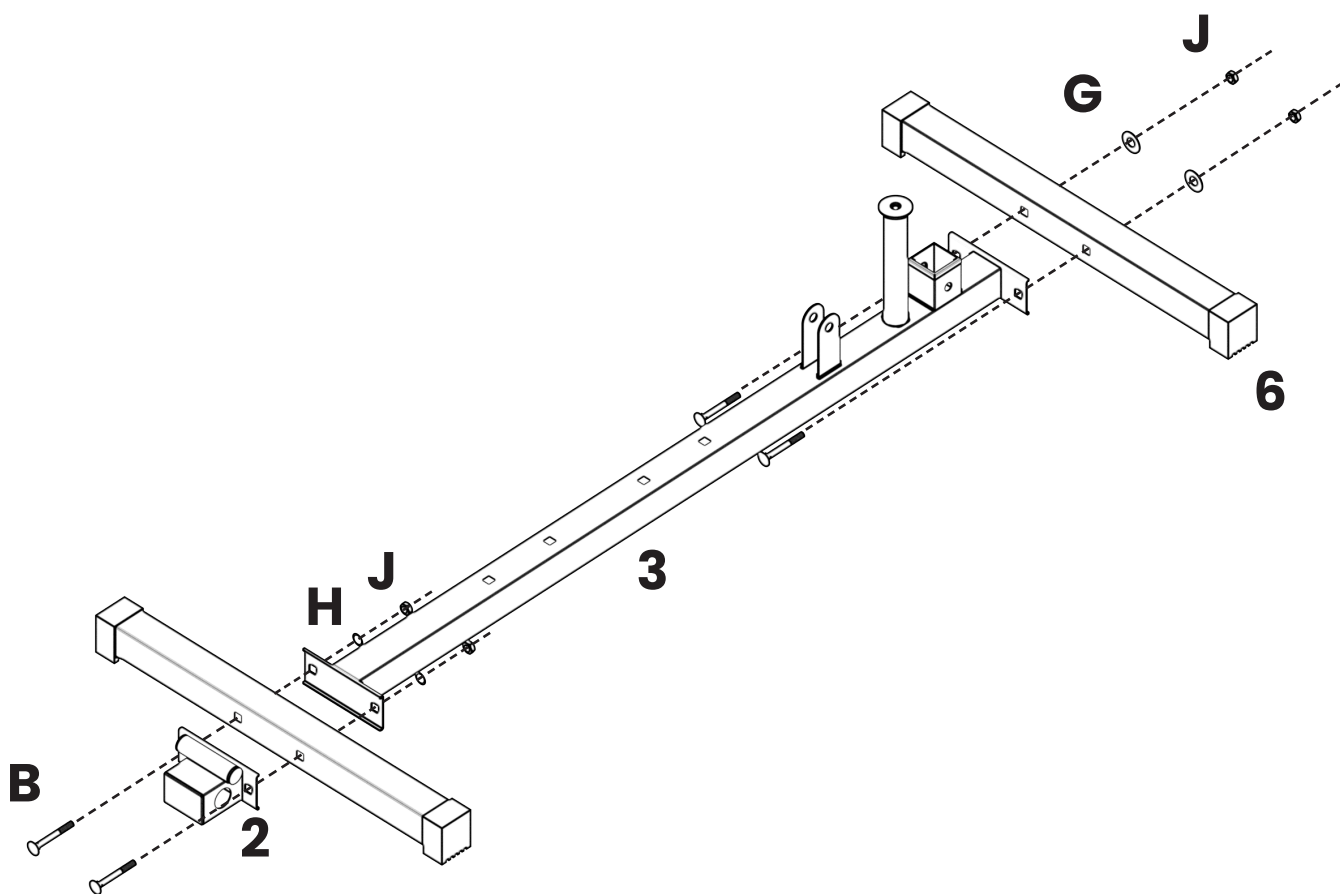


ASSEMBLY

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
3.	MAIN FRAME	1
6.	STABILIZER	2
11.	FOOT REST FRAME	1
B.	M10x65 CARRIAGE BOLT	4
G.	M10 WASHER LARGE	2
H.	M10 WASHER	2
J.	M10 NUT	4

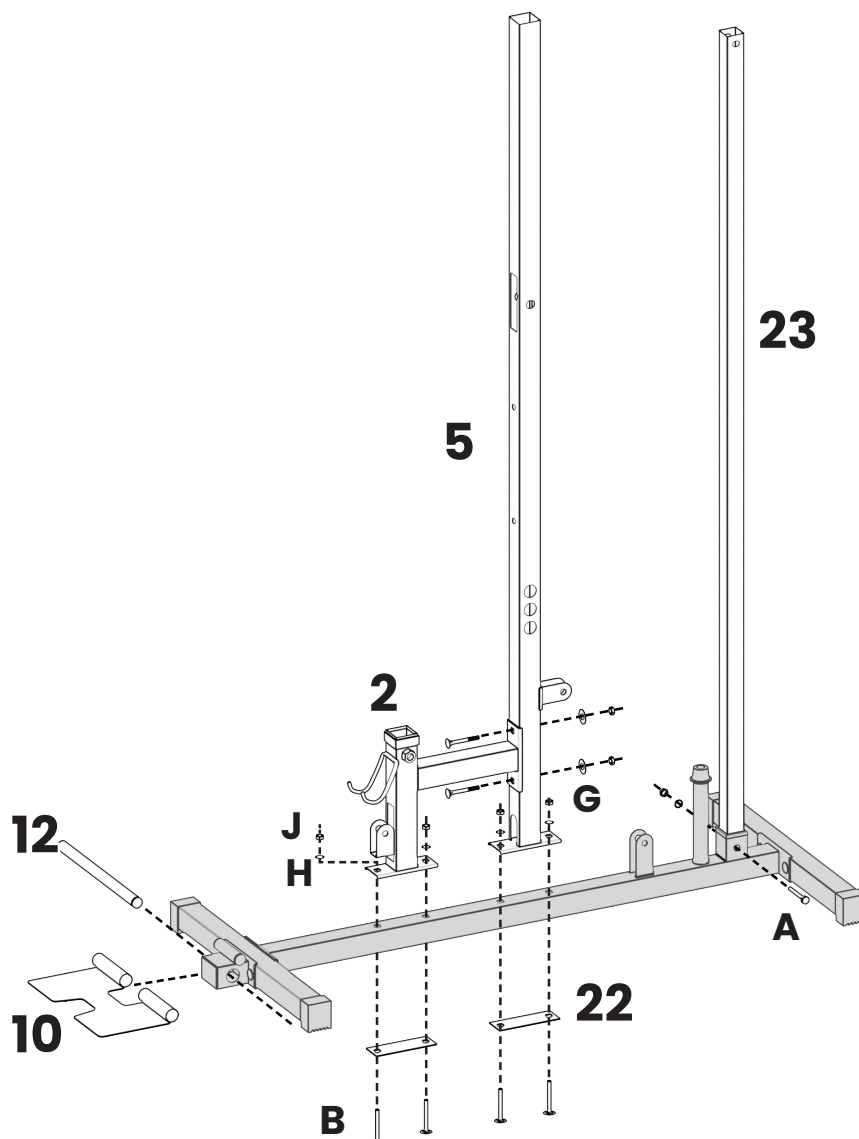


ASSEMBLY

STEP: 2

STEP PART GUIDE

#	PART NAME	QTY
2.	SEAT FRAME	1
5.	MAIN UPRIGHT	1
10.	FOOT REST	1
12.	FOOT REST PIN (SMALL)	1
22.	METAL PLATE	2
23.	SLIDING UPRIGHT	1
B.	M10X65 CARRIAGE BOLT	6
A.	M10X70 HEX BOLT	1
G.	M10 WASHER LARGE	2
H.	M10 WASHER	5
J.	M10 NUT	7



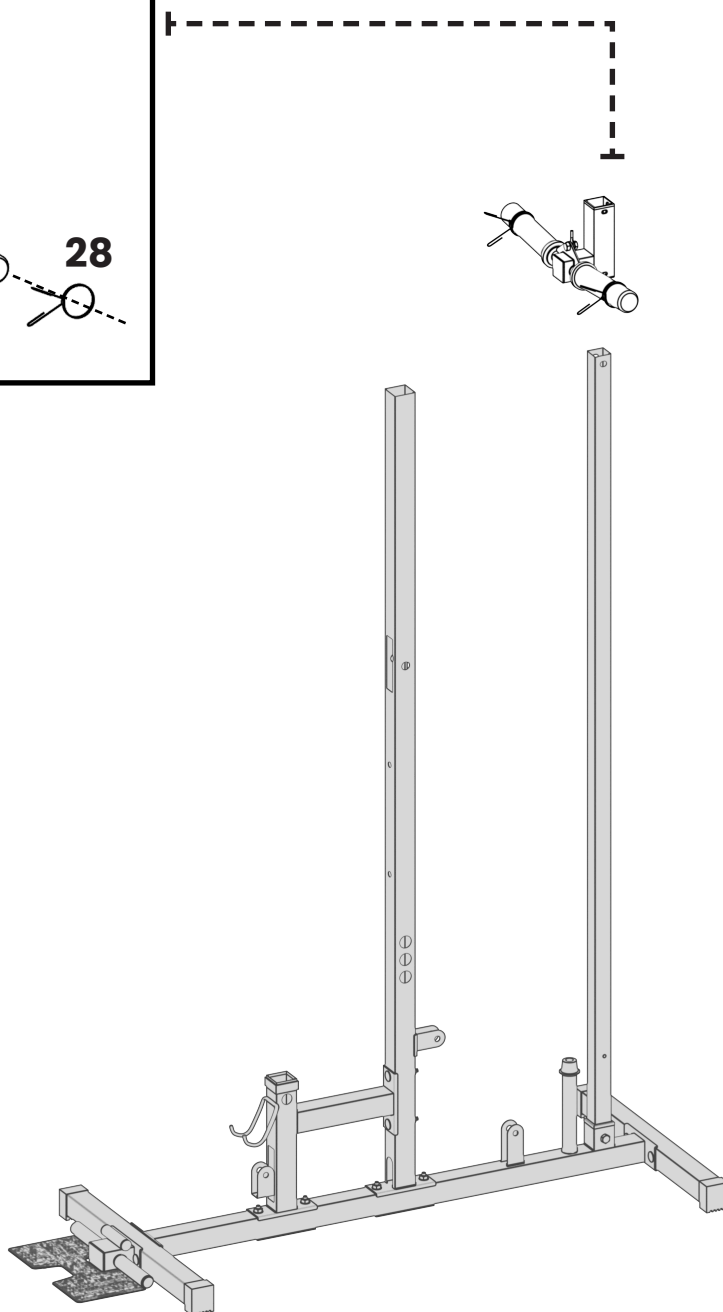
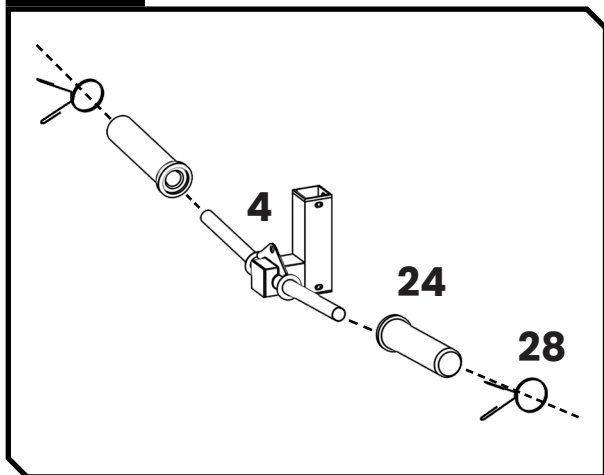
ASSEMBLY

STEP: 3

STEP PART GUIDE

#	PART NAME	QTY
4.	LOADABLE FRAME	1
24.	2" CONVERTER SLEEVES	2
28.	SPRING COLLAR	2

A

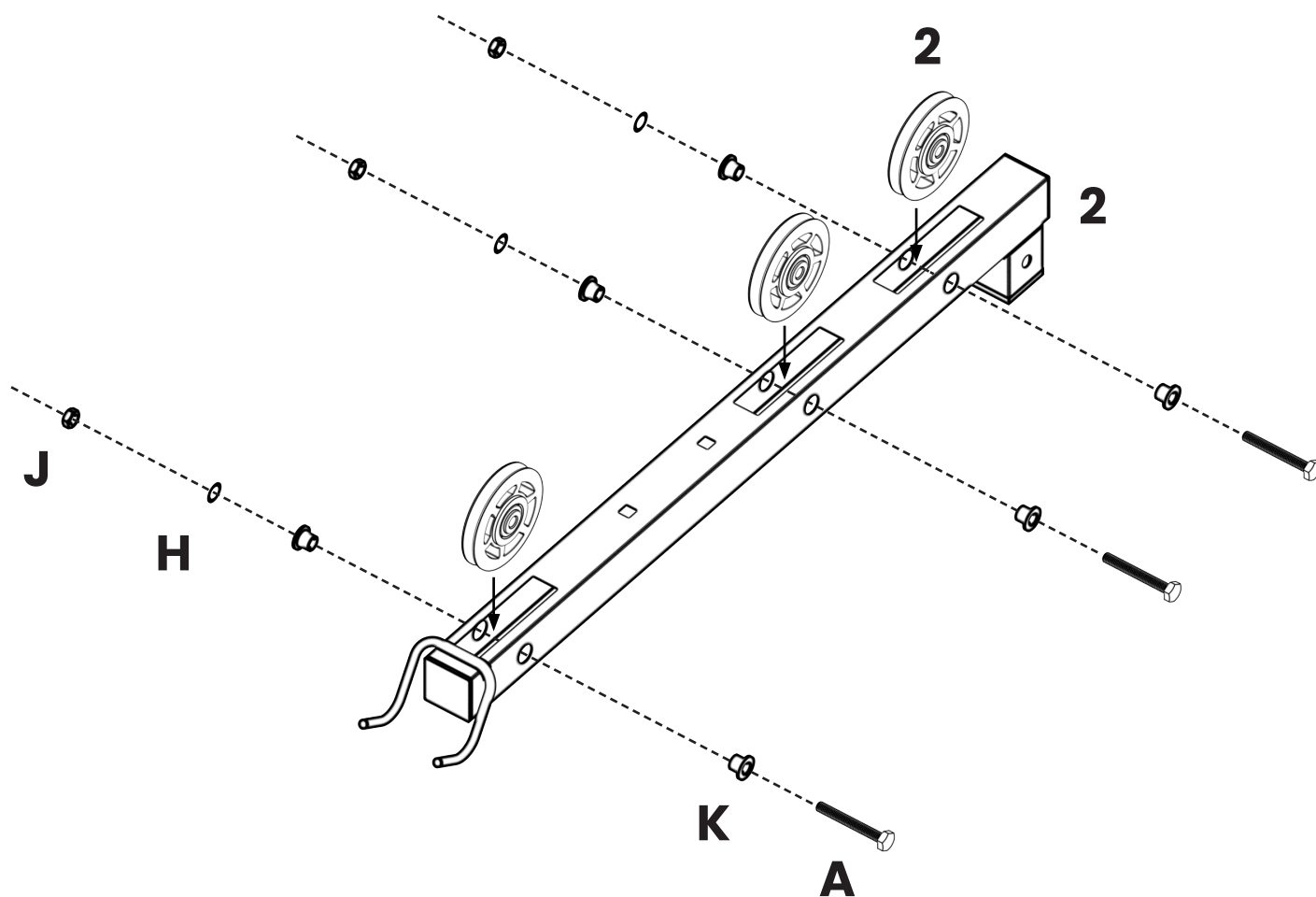


ASSEMBLY

STEP: 4

STEP PART GUIDE

#	PART NAME	QTY
1.	UPPER FRAME	1
20.	PULLEY WHEEL	3
A.	M10x70 HEX BOLT	3
H.	M10 WASHER	3
J.	M10 NUT	3
K.	PULLEY BUSHING	6

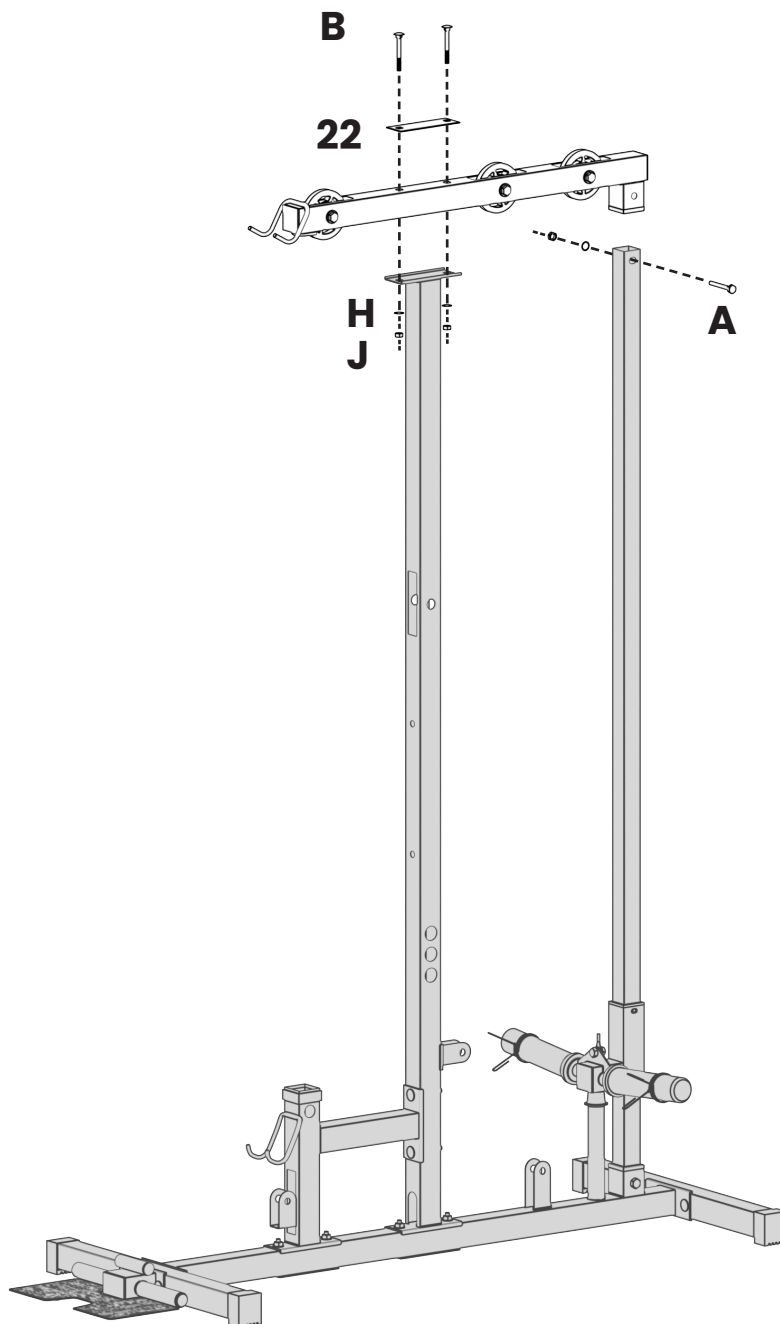


ASSEMBLY

STEP: 5

STEP PART GUIDE

#	PART NAME	QTY
22.	METAL PLATE	1
A.	M10x70 HEX BOLT	1
B.	M10X65 CARRIAGE BOLTS	2
H.	M10 WASHER	3
J.	M10 NUT	3

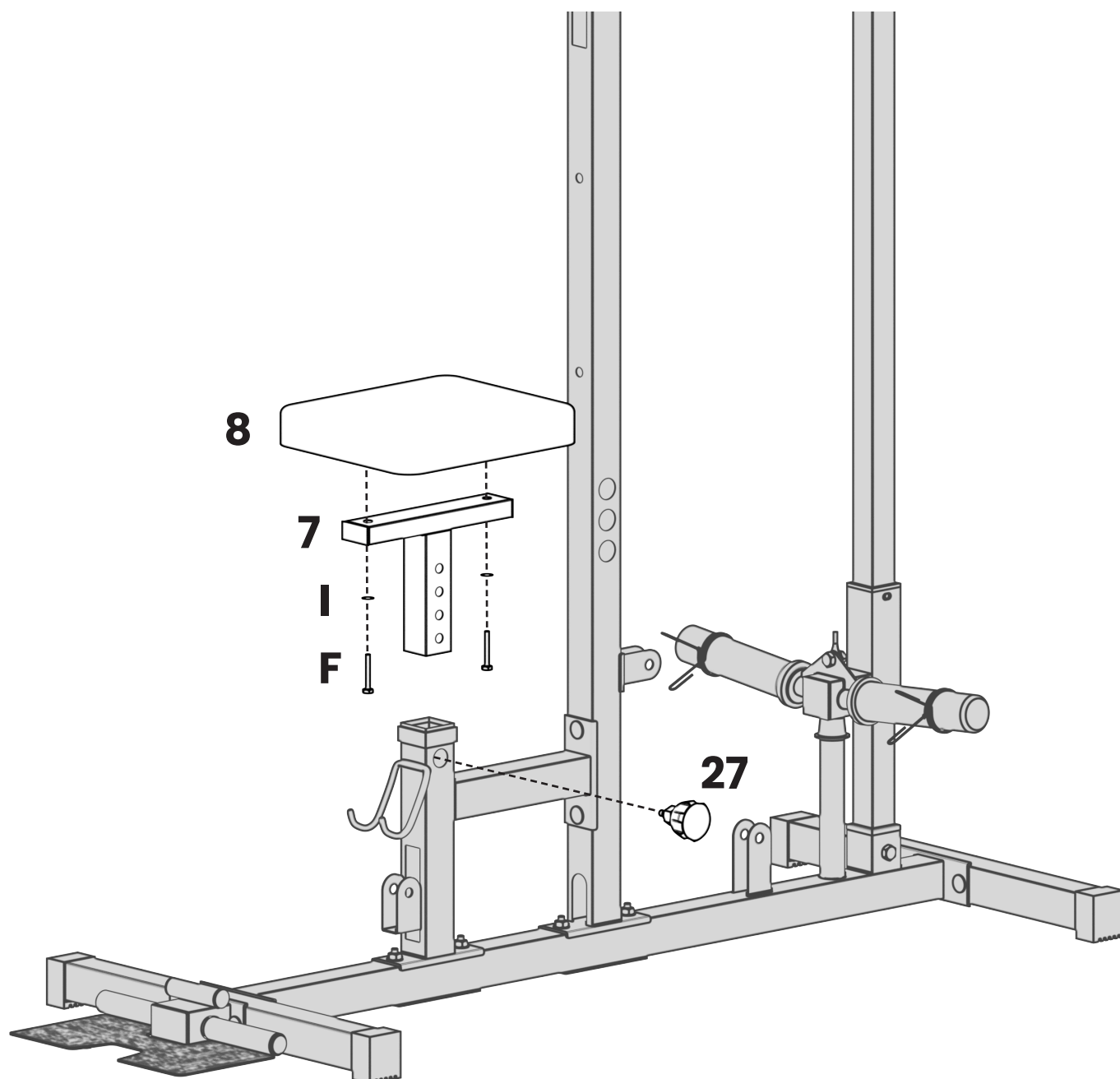


ASSEMBLY

STEP: 6

STEP PART GUIDE

#	PART NAME	QTY
7.	UPPER SEAT FRAME	1
8.	SEAT CUSHION	1
27.	SEAT KNOB	1
F.	M8x45	2
I.	M8 WASHER	2

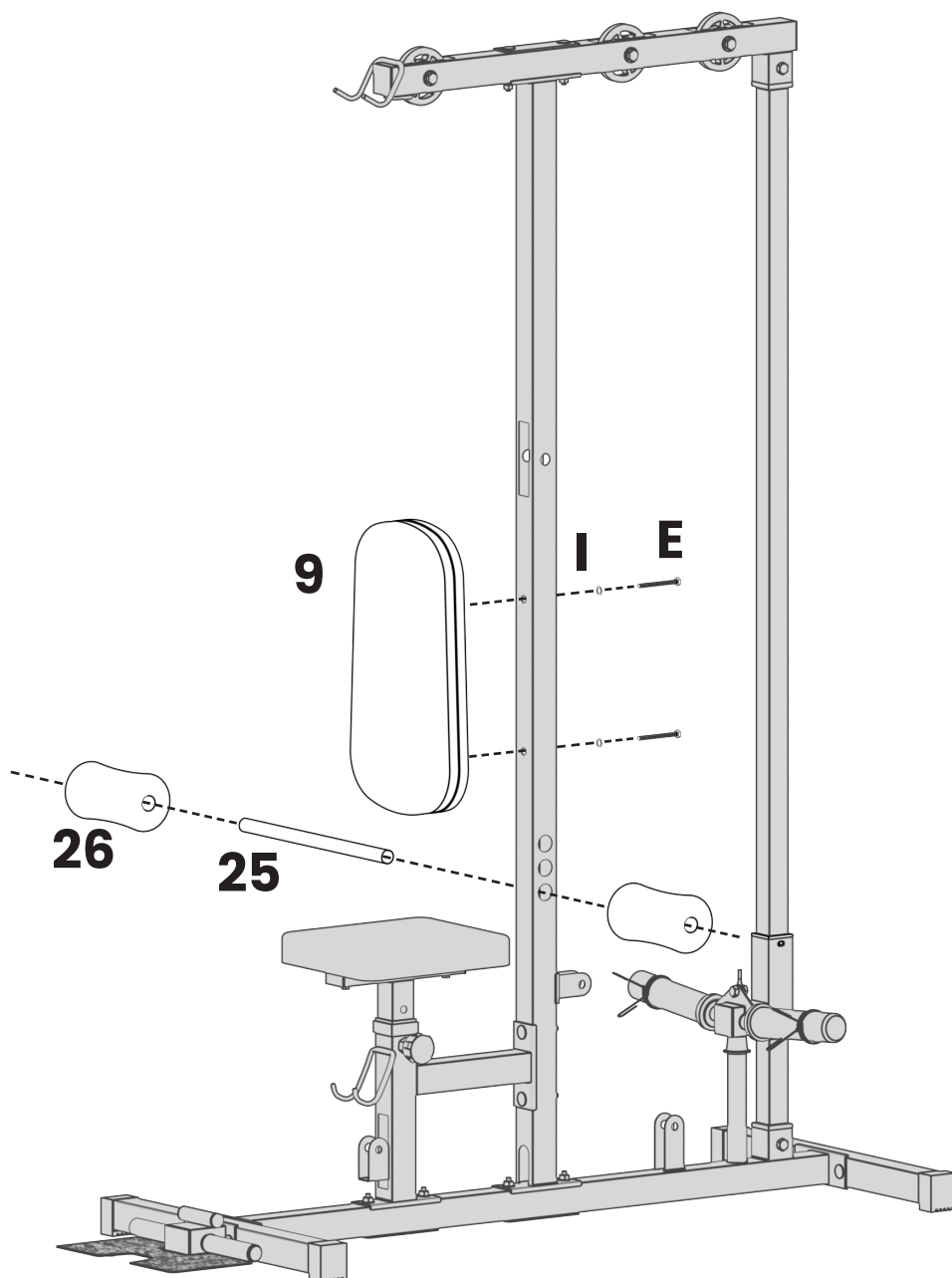


ASSEMBLY

STEP: 7

STEP PART GUIDE

#	PART NAME	QTY
9.	BACK CUSHION	1
25.	ROLLER BAR LARGE	1
26.	FOAM PAD	2
E.	M8x75 HEX BOLT	2
I.	M8 WASHER	2

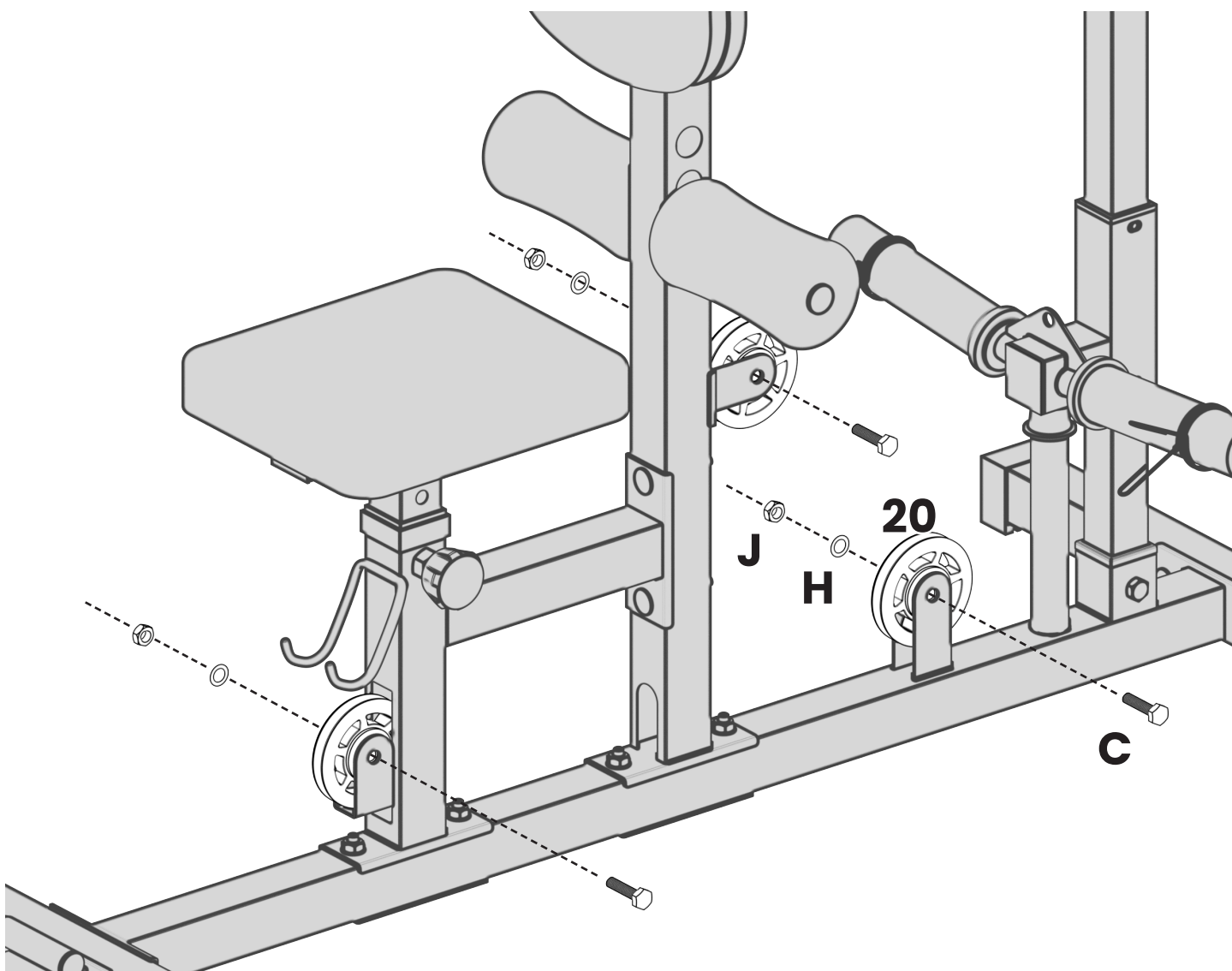


ASSEMBLY

STEP: 8

STEP PART GUIDE

#	PART NAME	QTY
20.	PULLEY WHEEL	3
C.	M10x45 HEX BOLT	3
H.	M10 WASHER	3
J.	M10 NUT	3

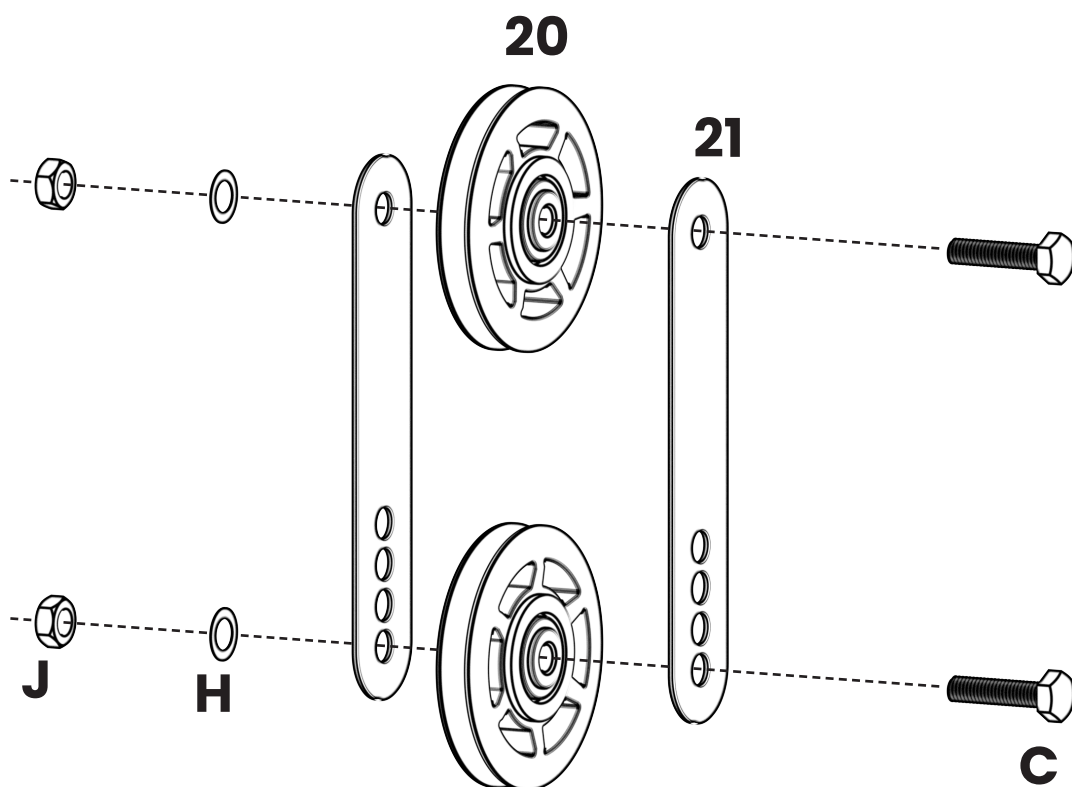


ASSEMBLY

STEP: 9

STEP PART GUIDE

#	PART NAME	QTY
20.	PULLEY WHEEL	2
21.	PULLEY WHEEL PLATE	2
C.	M10x45 HEX BOLT	2
H.	M10 WASHER	2
J.	M10 NUT	2



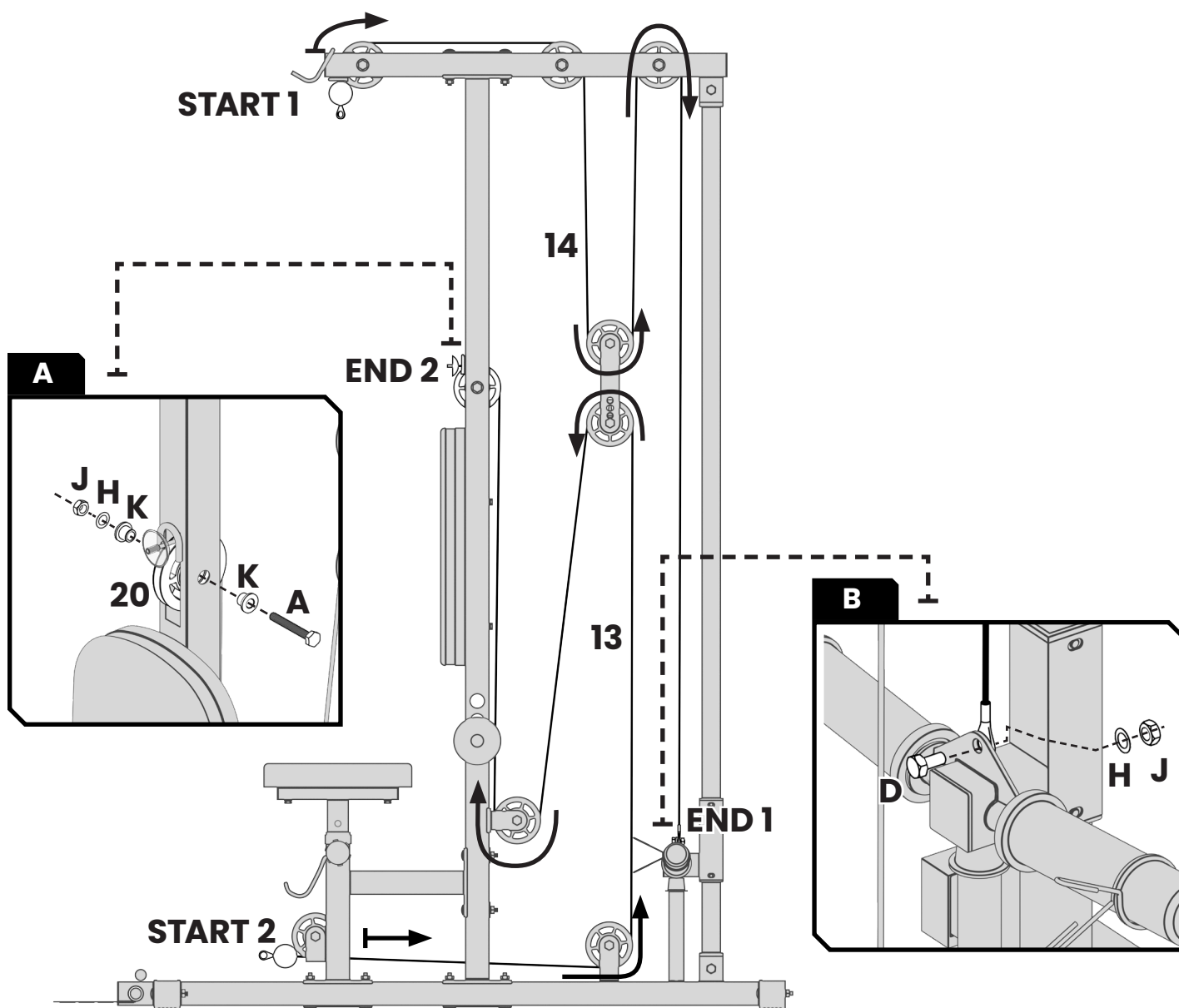
ASSEMBLY

STEP: 10

- A.** After looping the bottom cable through following the START 2 path, install the last wheel as shown to lock cable in place
- B.** After looping the top cable through START 1 path, secure as shown

STEP PART GUIDE

#	PART NAME	QTY
13.	160" LOWER CABLE	1
14.	131" UPPER CABLE	1
20.	PULLEY WHEEL	1
A.	M10x70 HEX BOLT	1
D.	M10x20 HEX BOLT	1
H.	M10 WASHER	2
J.	M10 NUT	2
K.	PULLEY BUSHING	2



ASSEMBLY

STEP: 11

STEP PART GUIDE

#	PART NAME	QTY
15.	STRAIGHT BAR	1
16.	LAT BAR	1
17.	ABDOMINAL ATTACHMENT	1
18.	CARABINER	5
19.	CHAIN	2

