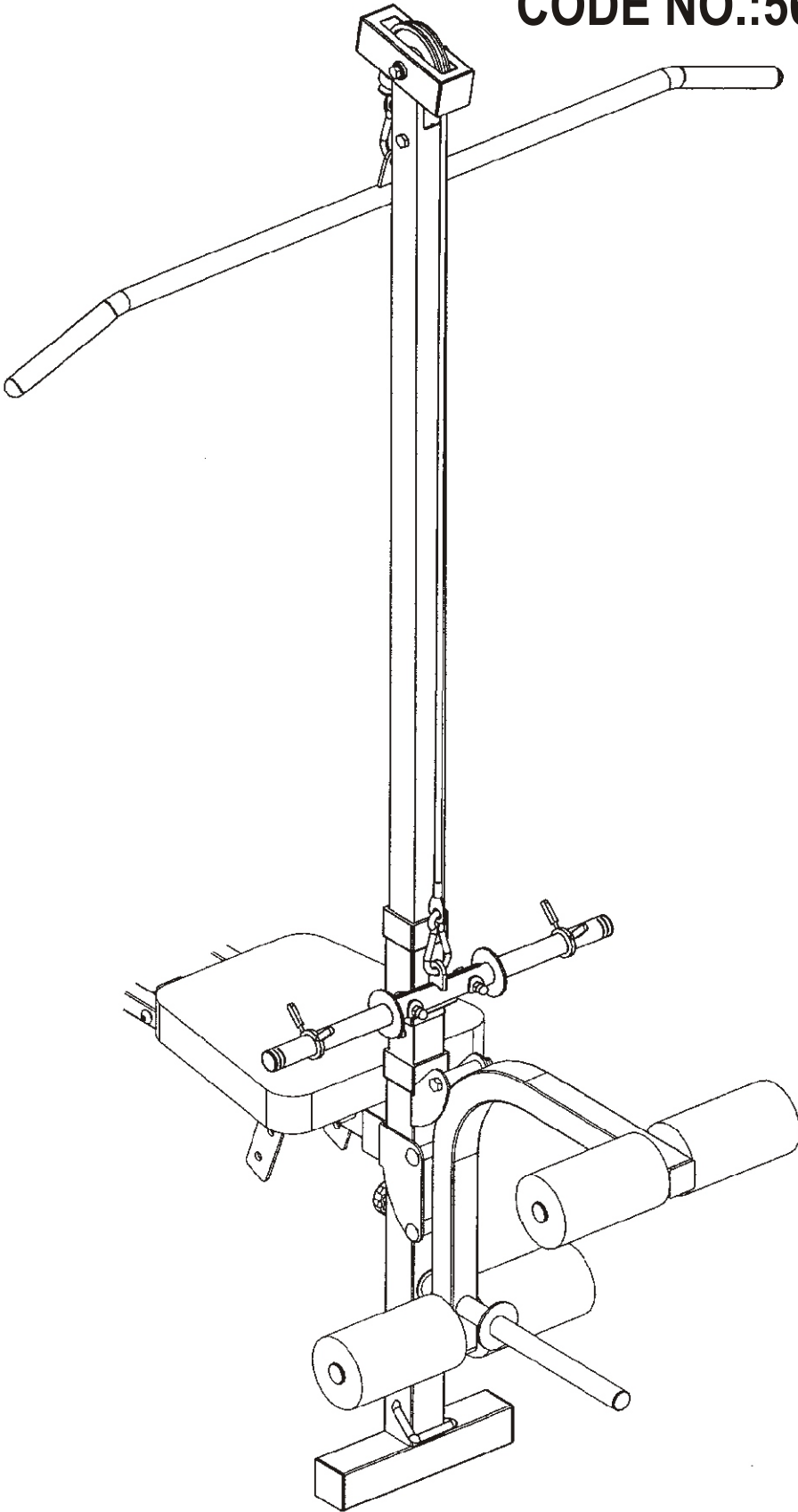


**YORK LAT ATTACHMENT  
CODE NO.:5620**



**YORK**  
**FITNESSES**

**INSTRUCTION MANUAL**

06/2006 VERSION II

## BEFORE ASSEMBLY

This must be read before you start assembling this unit. Great care has been taken in design and how to assemble this unit. All bags of nuts and bolts have been packed with ease of assembly in mind. You must follow the assembly instructions exactly as outlined.

You will need at least one person to help you assemble this unit, two would be better. Assemble this unit starting at the beginning and work to the end. The assembly instructions are set out so that you are only doing one section at a time, therefore you will finish one section and move on to the next. Do **not** do what most people do, when all else fails they read the assembly instructions. If something is missing when assembling this unit, you must notify us of the part number of the exact nut, bolt or part that is missing and the colour of the model you purchased.

To help you assemble this unit we have used line drawings. Check the images for the exact positioning of the parts. This unit will need to be checked at least once a week for wearing wire ropes, nuts and bolts that can work loose, upholstered pieces working loose and wear on pivot assemblies.

### WARNING:

Check wire ropes for wear and tear regularly. This is for your own safety.

**WARNING: WIRE ROPES DO WEAR OUT!!**

**SAFETY!! YOU ARE RESPONSIBLE FOR YOUR OWN**

### If the box containing the parts for the LAT ATTACHMENT was unopened

when you purchased it and there is a shortage, please notify us by mail and send a copy of your receipt. If the box was opened and there is a shortage, the dealer is responsible. Please indicate to us the part number which is missing and we will return the missing part by return mail.

## TOOLS NEEDED TO ASSEMBLE LAT ATTACHMENT

The tools enclosed in the carton are two multi-purpose spanners.

**PLIERS SHOULD NOT BE USED!!**

## NOTE

Max load weight : 200 kg

## WARNINGS:

It is important that you do not destroy these instructions, they will need to be kept for further reference

**WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY!!**

**This machine should be assembled finger tight in the beginning to allow for proper alignment.**

**This equipment has been supplied with some nylon locknuts. It is essential that the nuts are fully tightened onto the bolts, so that the bolts penetrates through the nyloc insert.**

## WARNINGS:

1. Always consult your doctor before undertaking any exercise program.
2. Ensure that all nuts and bolts are fully tight before using any exercise equipment.
3. Always wear suitable clothing and footwear e.g. tracksuit and training shoes.
4. Children should not be allowed on or around the machinery or equipment, even when not in use.
5. After eating allow 1 to 2 hours prior to exercising.
6. Always warm up well before exercising as this will prevent straining muscle.
7. Always read and follow the manufacturers assembly and user instructions.
8. Remove jewellery, rings, chains and pins before exercising.
9. Check for full engagement of locking pins.
10. Ensure that adjustment devices are not left projecting as they may interfere with people
11. **WARNING:** Injuries to health may result from incorrect use of this equipment. Always correctly follow the instructions that are set out on the wall chart provided.
12. Assemble and operate the product on A solid and level surface.
13. Always use your gym in adequate space e.g. at least 2ft. (60cm) clearance on each side and front ( the rear can be close to a wall).
14. We recommend you never lift weights alone. There should always be someone available to assist you. Training with others can help motivate you.

**N.B.** This list should not be taken as exhaustive Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended.

If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.

## CARE & MAINTENANCE

1. Use a warm, damp cloth to keep upholstery clean.
  2. Check for full engagement of locking pins.
  3. The safety level of the equipment can be maintained only if it is regularly examined for damage and wear, e.g. ropes, pulleys, connection points.  
Replace defective components immediately and/or keep the equipment out of use until repair.
- COMPONENTS SUCH AS PULLEYS, BEARINGS AND CABLES ARE ALWAYS MORE SUSCEPTIBLE TO WEAR. SPECIAL ATTENTION SHOULD BE TAKEN TO INSPECT THESE COMPONENTS BEFORE USE."**

**SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.**

**YORK  
FITNESS**

Distributed by:  
**YORK BARBELL (U.K.) LTD.**  
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[yorkfitness.com](http://yorkfitness.com)

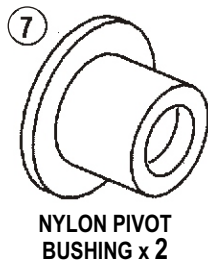
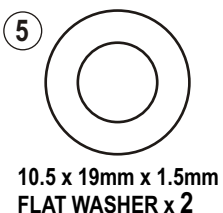
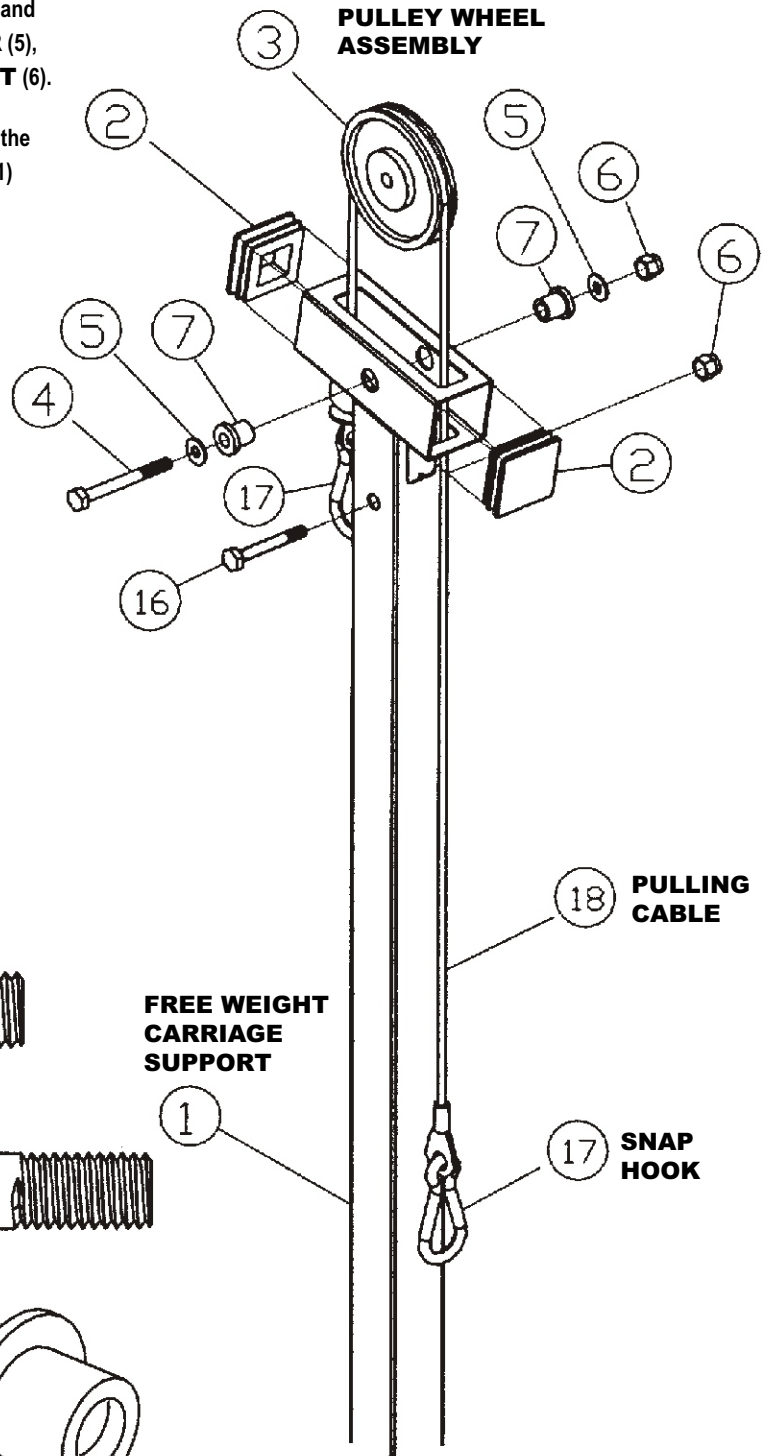
**YORK  
FITNESS**

Distributed by:  
**YORK BARBELL (AUST.) PTY. LTD.**  
UNIT 1, LOT 2, SWAFFHAM ROAD  
MINTO, N.S.W. 2566  
SYDNEY, AUSTRALIA  
**GENERAL ENQUIRIES**  
TEL: (02) 9603 8444  
FAX: (02) 9603 8555  
E-MAIL: service@yorkfitness.com.au

[yorkfitness.com](http://yorkfitness.com)

# INSTRUCTION 1

- Slot the small end of the **PULLING CABLE** (18) through from the underside of the highest point of the **FREE WEIGHT CARRIAGE SUPPORT** (1), loop over and back through the front.
- Keeping a large loop of cable at the top of the **FREE WEIGHT CARRIAGE SUPPORT** (1), slot the **PULLEY WHEEL ASSEMBLY** (3) underneath the cable and secure with **HEX HEAD BOLT** (4), **WASHER** (5), **PIVOT BUSHING** (7) & **NYLON LOCKNUT** (6).
- Thread a **HEX HEAD BOLT** (16) to top hole on the **FREE WEIGHT CARRIAGE SUPPORT** (1) with **LOCKNUT** (6)



**FREE WEIGHT  
CARRIAGE  
SUPPORT**

1

18 **PULLING  
CABLE**

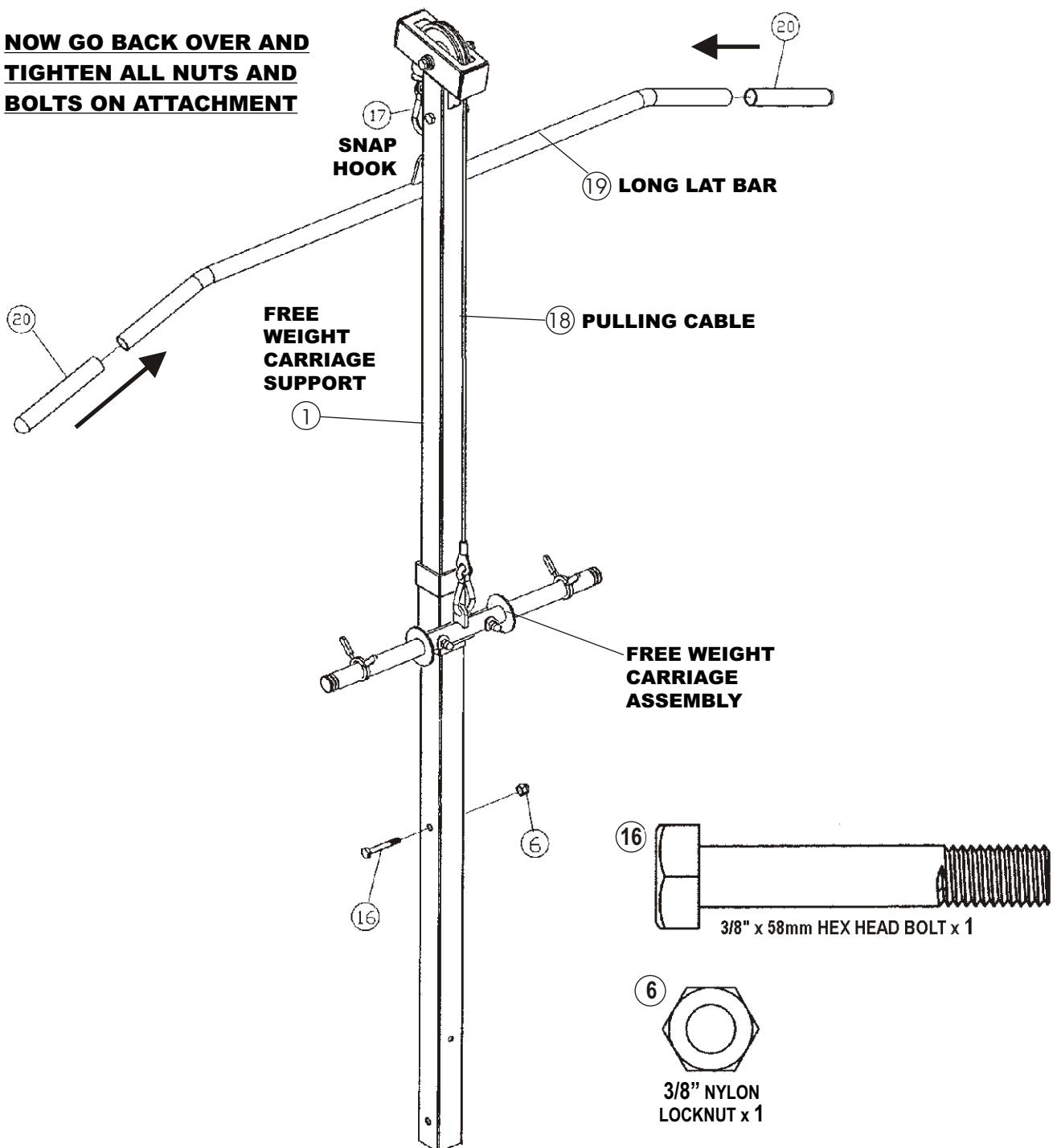
17 **SNAP  
HOOK**



## INSTRUCTION 3

- Slide **FREE WEIGHT CARRIAGE ASSEMBLY** further up **FREE WEIGHT CARRIAGE SUPPORT (1)** before stop bolt.
- Fit **LONG LAT BAR (19)** to large end of **PULLING CABLE (18)** with **SNAP HOOK (17)**.
- Thread a **HEX HEAD BOLT (16)** to bottom hole on the **FREE WEIGHT CARRIAGE SUPPORT (1)** with **LOCKNUT (6)**.

**NOW GO BACK OVER AND TIGHTEN ALL NUTS AND BOLTS ON ATTACHMENT**

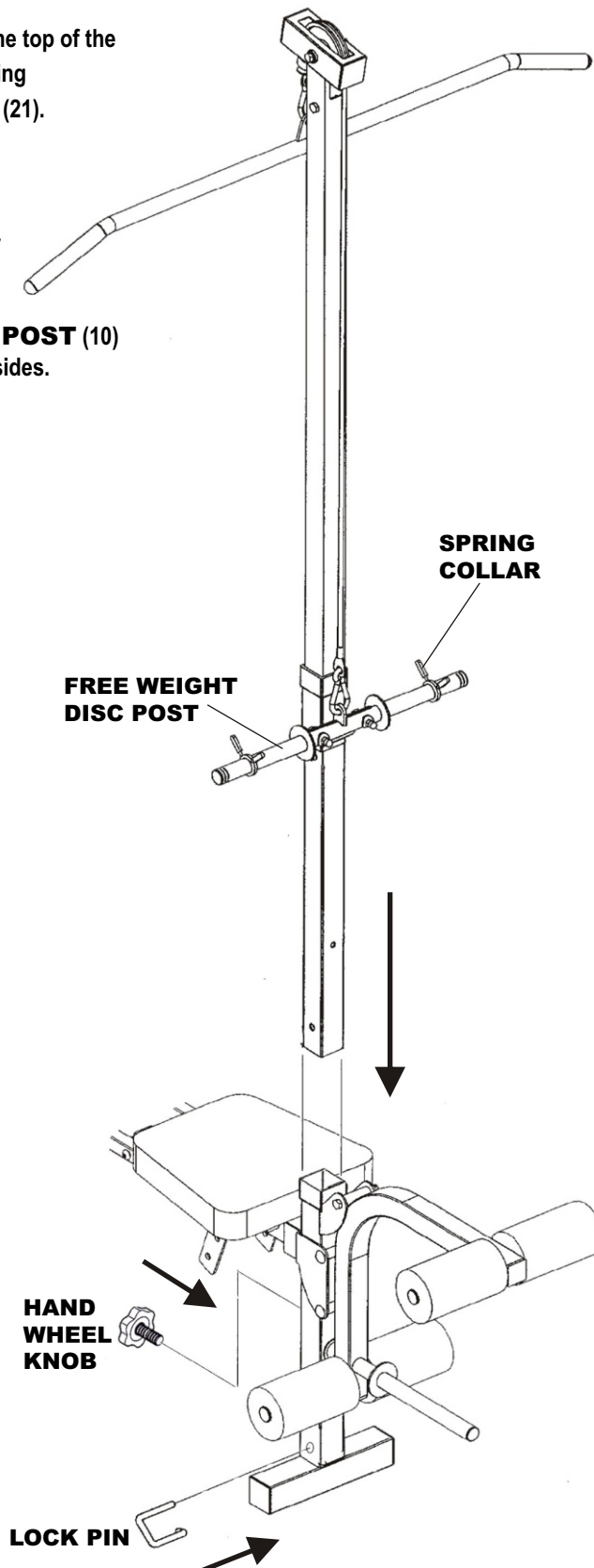


## FITTING LAT ATTACHMENT TO YOUR BENCH

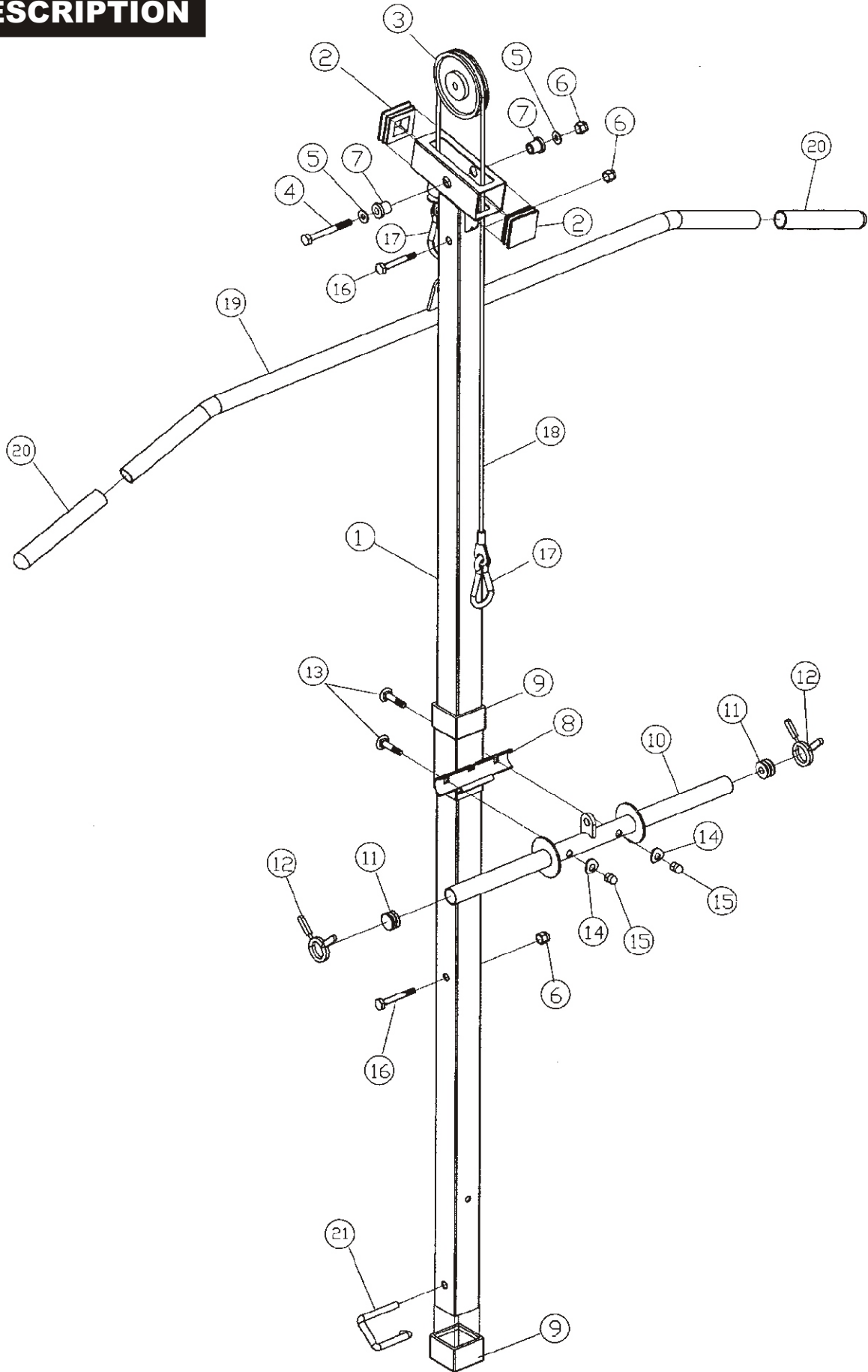
- Loosen the **HAND WHEEL KNOB** at the rear of the bench **FRONT UPRIGHT POST**.
- Slot the **LAT BAR ATTACHMENT** into the top of the **FRONT UPRIGHT POST** and secure using **HAND WHEEL KNOB** and **LOCK PIN** (21).

### **NOTE:**

- When fitting weight, remove **SPRING COLLAR** (12) by squeezing the two rubber pads together and sliding.
- Slot weight onto **FREE WEIGHT DISC POST** (10) making sure the weight is balanced on both sides.
- Re-fit the **SPRING COLLARS** (12).



# DESCRIPTION



SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY  
YORK LAT ATTACHMENT / 6

## PARTS LIST

	<b>PART NO.</b>	<b>Q'TY</b>	<b>DESCRIPTION</b>
1	# 5620-01	1	FREE WEIGHT CARRIAGE SUPPORT
2	# 5620-02	2	50mm SQ. INTERNAL END CAP
3	# 5620-03	1	PULLEY WHEEL ASSEMBLY
4	# 5620-23	1	3/8" X 75mm HEX HEAD BOLT
5	# 5620-05	2	10.5mm x 19mm x 1.5mm WASHER
6	# 5620-22	3	3/8" NYLON LOCKNUT
7	# 5620-07	2	NYLON PIVOT BUSHING
8	# 5620-08	1	FREE WEIGHT CARRIAGE
9	# 5620-09	2	SQUARE REDUCER CAP
10	# 5620-10	1	FREE WEIGHT DISC POST
11	# 5620-11	2	FREE WEIGHT CARRIAGE END CAP
12	# 5620-12	2	SPRING COLLAR
13	# 5620-13	2	M8 X 40mm CARRIAGE BOLT
14	# 5620-14	2	8.5mm X 23mm X 1.5mm CURVE WASHER
15	# 5620-15	2	M8 CAPNUT
16	# 5620-24	2	3/8" X 58mm HEX HEAD BOLT
17	# 5620-17	2	SNAP HOOK
18	# 5620-18	1	LAT PULLING CABLE ( 1330mm )
19	# 5620-19	1	LONG LAT BAR
20	# 5620-20	2	HAND GRIP
21	# 5620-21	1	LOCK PIN