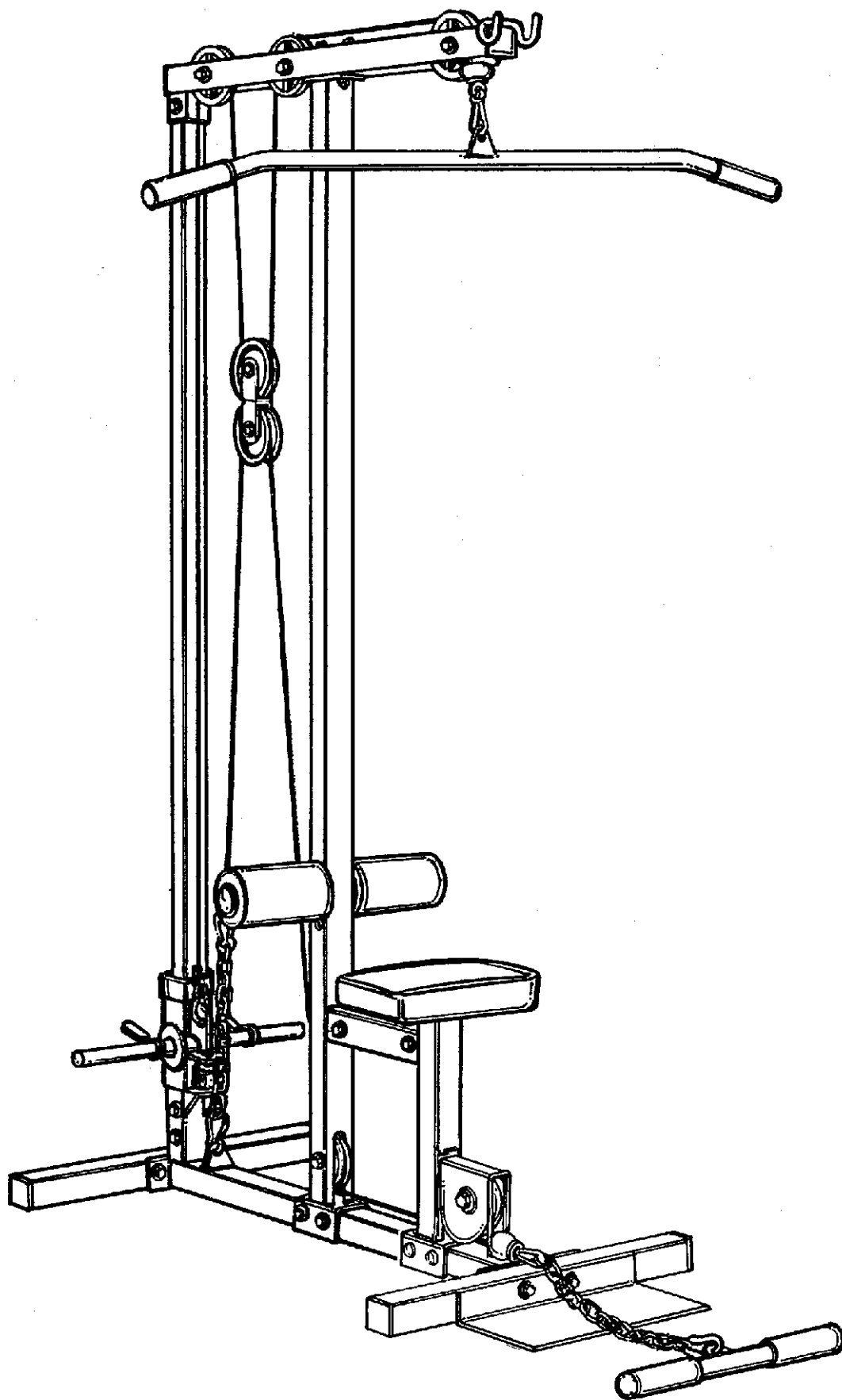


# LAT MACHINE

CODE No.8115



## INSTRUCTION MANUAL

12 / 2002

**SPORTLINE**  
FITNESS



## **SAFETY GUIDELINES:**

### **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.
- If something is missing when assembling this unit, you must notify us of the part number of the exact nut, bolt of part that is missing.
- To help you assemble this unit we have used line drawings.
- Check the line drawings for the exact positioning of the parts.
- The unit will need to be checked at least once a week for nuts and bolts that can work loose, upholstered pieces working loose and wear on pivot assemblies.

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

### **WARNING**

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. Do not eat large meals 2 to 3 hours before 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 jewelry, rings, chains and pins before exercising.
  9. Check for full engagement of locking pins.
  10. Check that any of the adjustment devices are not projecting.
  11. Give special attention to the cables, pulleys and locking devices as they may wear.
  12. Inquiries to health may result from incorrect or excessive training.
  13. Always use your lat machine on a flat level surface.
  14. Always use your lat machine in adequate space e.g. at least 2ft. (60cm) clearance on each side and front (the rear can be close to a wall ).
- N.B. this list should not be taken as exhaustive.

### **CARE AND MAINTENANCE**

Use a warm, damp cloth with mild detergent to keep your lat machine clean.

### **TOOLS REQUIRED**

The tool enclosed in the carton art two multi-purpose spanners.

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

**sportline**  
FITNESS

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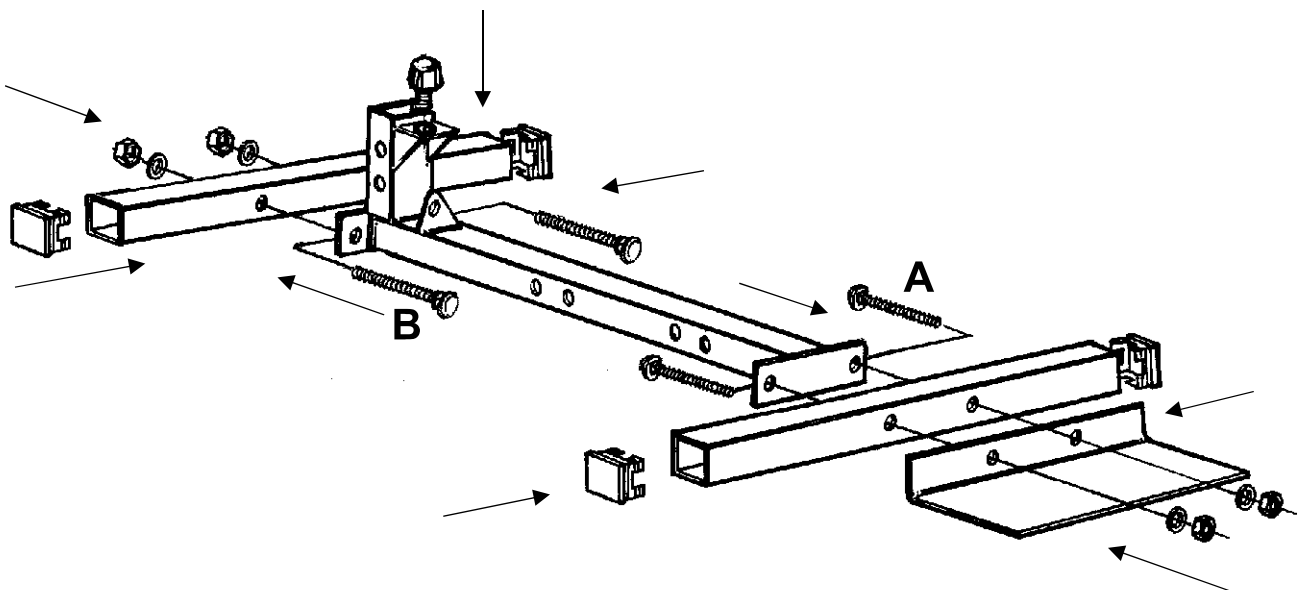
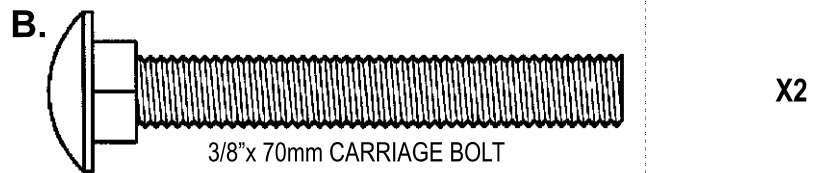
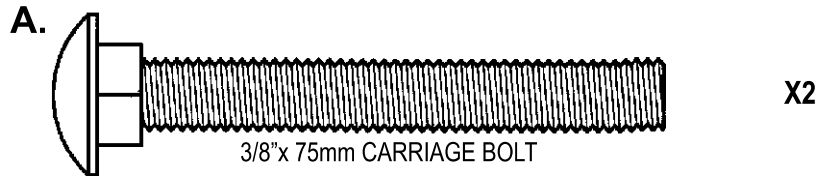
# ASSEMBLY INSTRUCTIONS

## IMPORTANT -

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

- THIS LAT MACHINE IS FITTED WITH NYLOCK NUTS FOR SAFETY.  
(THEY CAN ONLY BE TIGHTENED OR LOOSENED WITH TOOLS)
- FASTEN LAT MACHINE TOGETHER WITH THE BOLTS LOOSE.  
FULLY TIGHTEN ALL BOLTS **AFTER** THE WHOLE BENCH HAS BEEN ASSEMBLED.

**1.**



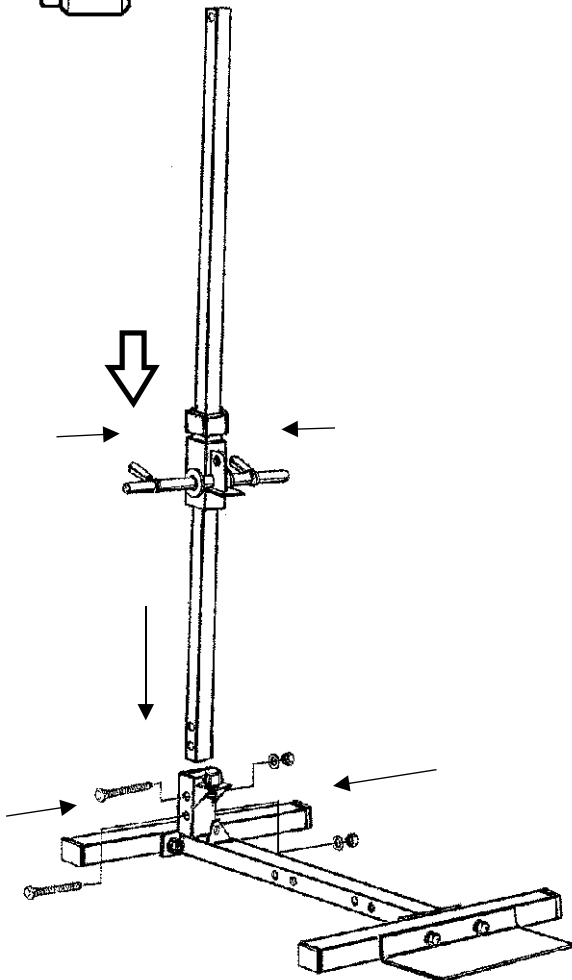
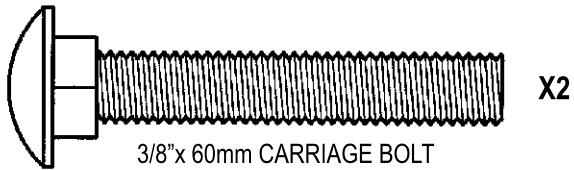
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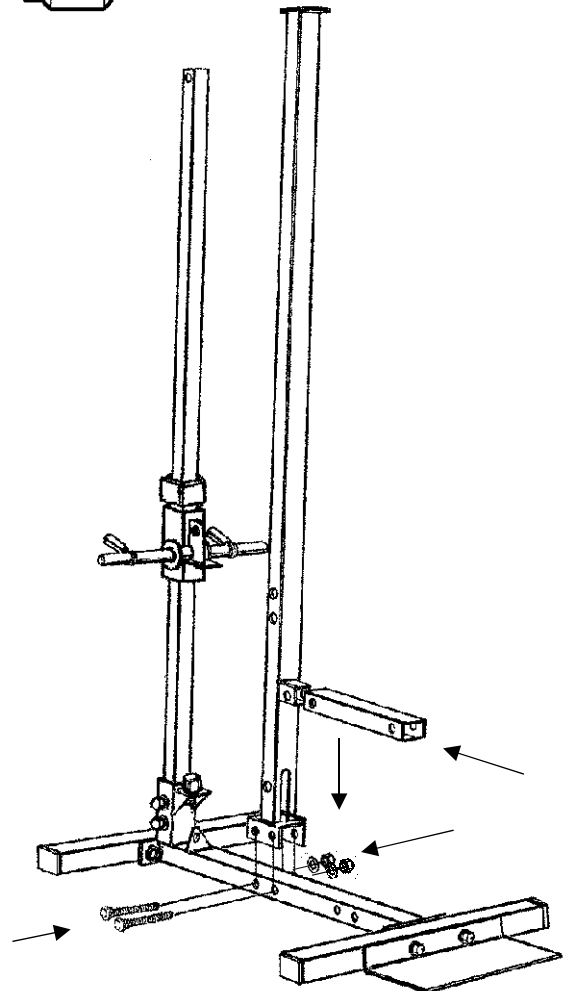
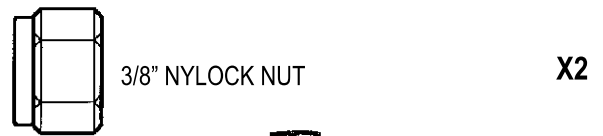
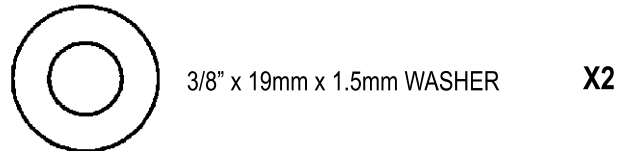
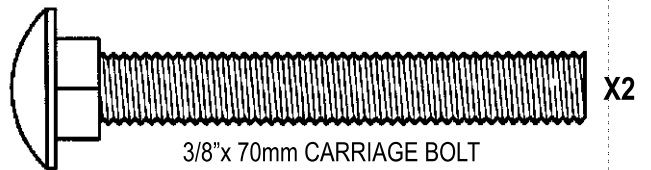
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**2.**



**3.**



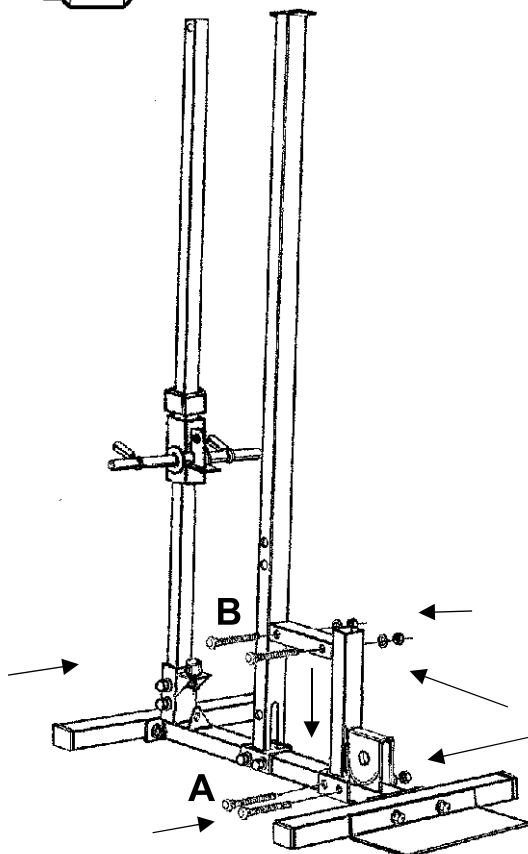
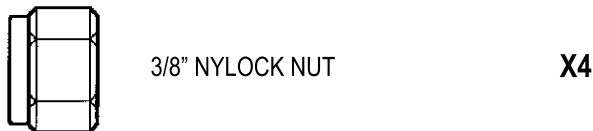
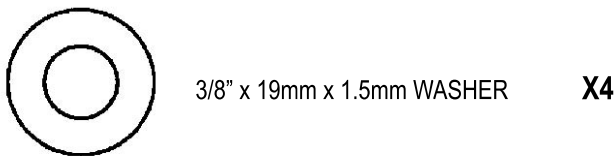
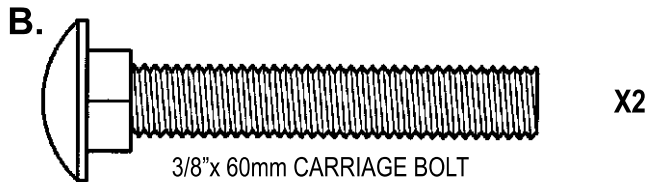
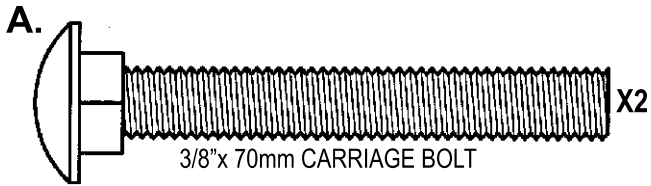
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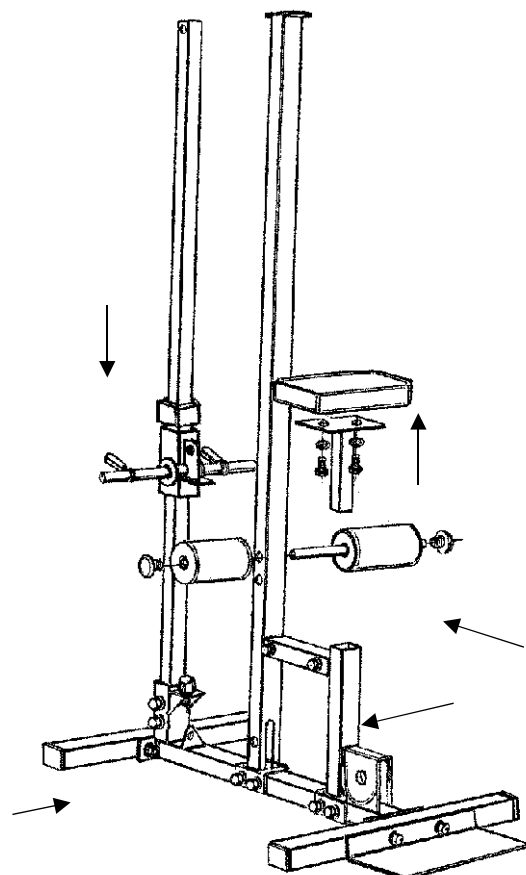
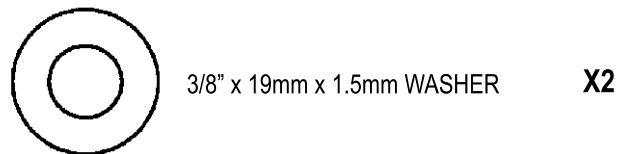
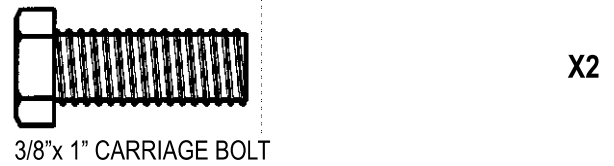
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**4.**



**5.**



# ASSEMBLY INSTRUCTIONS

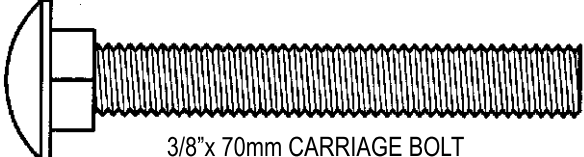
## IMPORTANT -

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

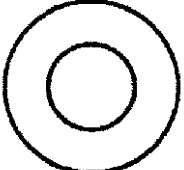
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### 6.

**A.**

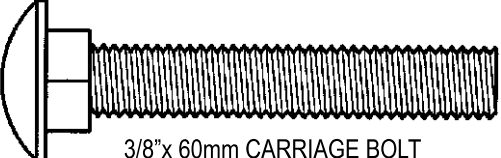


X2  
3/8" x 70mm CARRIAGE BOLT

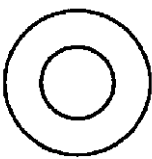


X2  
10.2mm x 23mm x 2.8mm WASHER

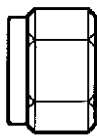
**B.**



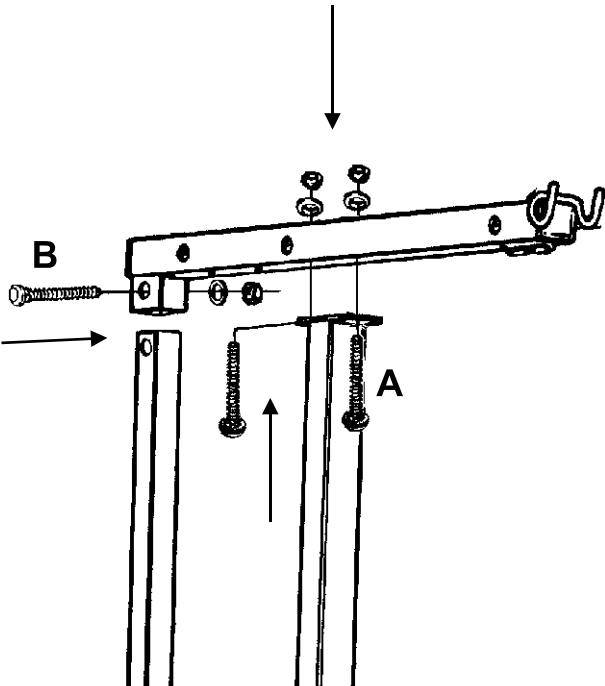
X1  
3/8" x 60mm CARRIAGE BOLT



X1  
3/8" x 19mm x 1.5mm WASHER

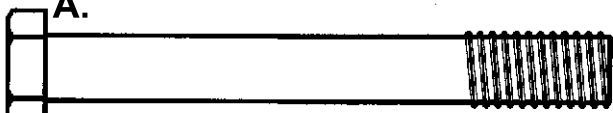


X3  
3/8" NYLOCK NUT



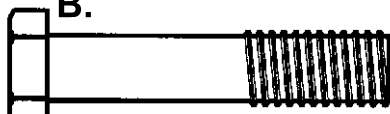
### 7. LAT CABLE & PULLEYS ASSEMBLY (USE PACKAGE # 8115-B)

**A.**

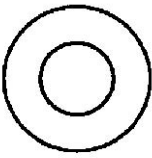


X3  
3/8" x 75mm HEX HEAD BOLT

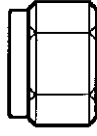
**B.**



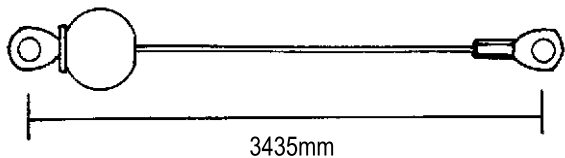
X1  
3/8" x 45mm HEX HEAD BOLT



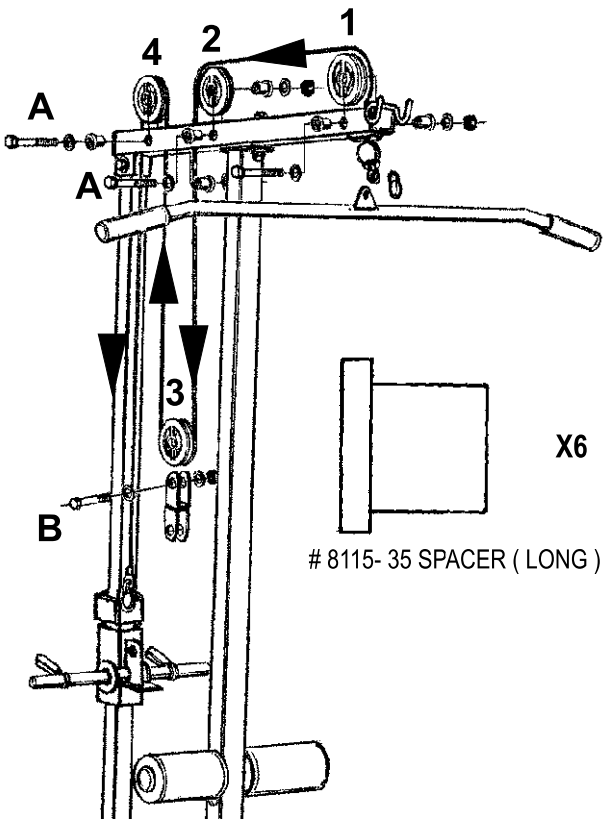
X8  
3/8" x 19mm x 1.5mm WASHER



X4  
3/8" NYLOCK NUT



3435mm



X6  
# 8115- 35 SPACER ( LONG )

# ASSEMBLY INSTRUCTIONS

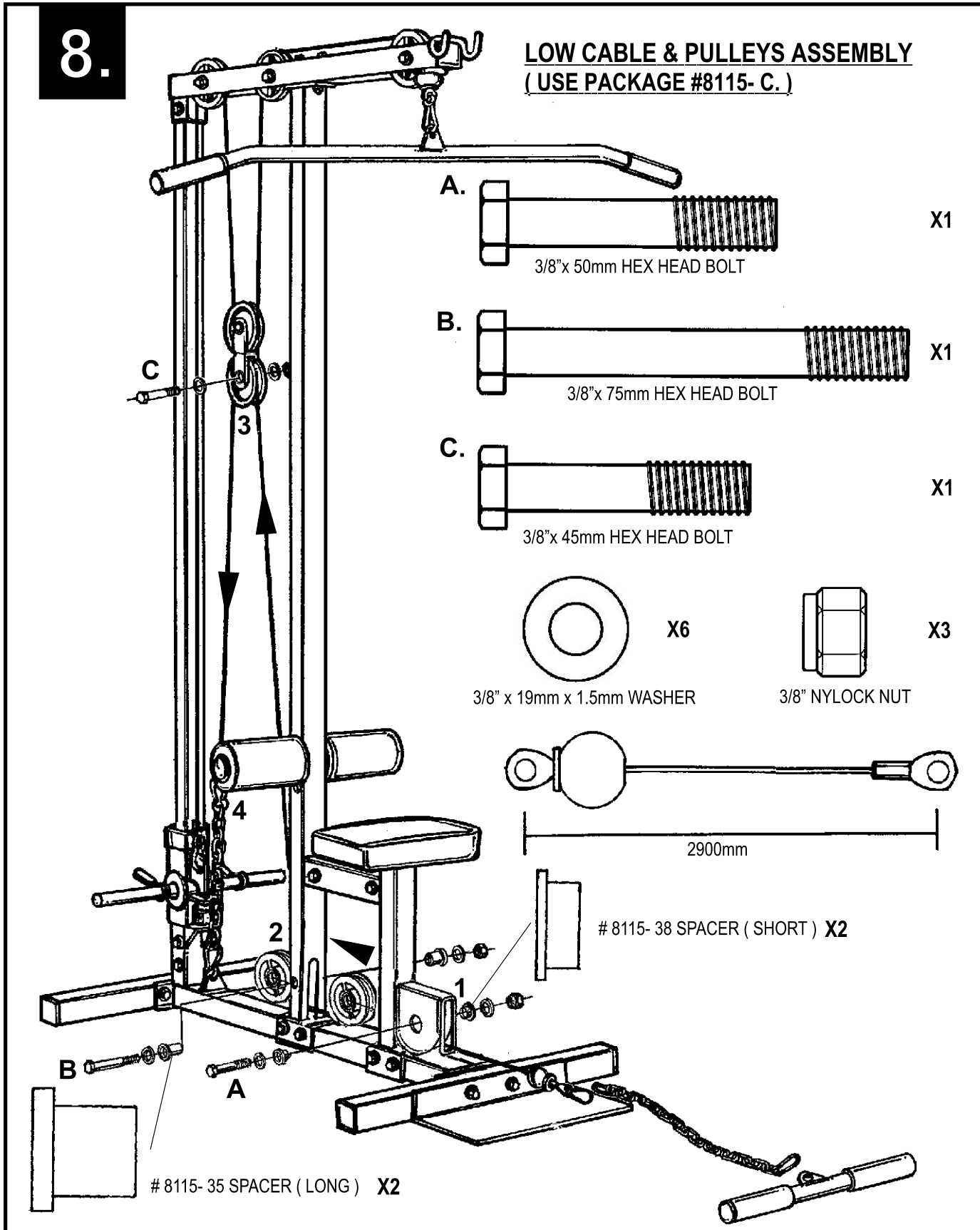
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**8.**

### LOW CABLE & PULLEYS ASSEMBLY (USE PACKAGE #8115- C.)



A. X1  
3/8" x 50mm HEX HEAD BOLT

B. X1  
3/8" x 75mm HEX HEAD BOLT

C. X1  
3/8" x 45mm HEX HEAD BOLT

X6  
3/8" x 19mm x 1.5mm WASHER

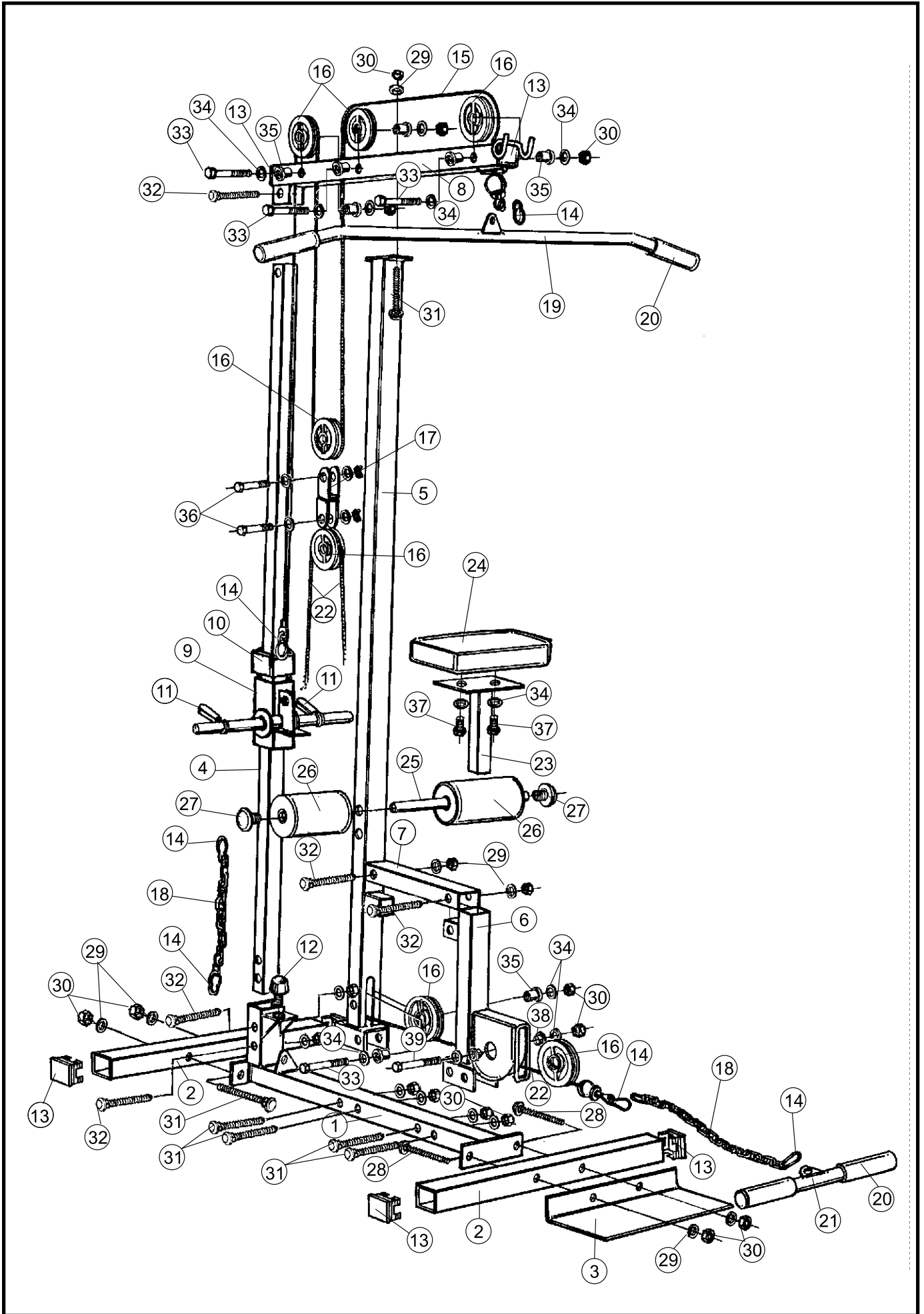
X3  
3/8" NYLOCK NUT

2900mm

# 8115- 38 SPACER ( SHORT ) X2

# 8115- 35 SPACER ( LONG ) X2

**DESCRIPTION**



**PARTS LIST**

	<b>PART NO.</b>	<b>Q'TY</b>	<b>DESCRIPTION</b>
1	# 8115-01	1	MAIN FRAME BASE
2	# 8115-02	2	STABILIZER
3	# 8115-03	1	FOOT PLATE
4	# 8115-04	1	FREE WEIGHT CARRIAGE SUPPORT
5	# 8115-05	1	MAIN SUPPORT
6	# 8115-06	1	FRONT SUPPORT
7	# 8115-07	1	CROSS SUPPORT
8	# 8115-08	1	TOP SUPPORT TUBE
9	# 8115-09	1	FREE WEIGHT CARRIAGER
10	# 8115-10	1	SQUARE REDUCER CAP
11	# 8115-11	2	SPRING COLLAR
12	# 8115-12	1	RUBBER STOP
13	# 8115-13	6	2" SQUARE INT. END CAP
14	# 8115-14	6	SNAP HOOK
15	# 8115-15	1	LAT. PULLING CABLE (3435mm)
16	# 8115-16	7	PULLEY WHEEL ASSEMBLY
17	# 8115-17	1	CONNECT BRACKET
18	# 8115-18	2	ADJUSTABLE CHAIN
19	# 8115-19	1	LONG LAT BAR
20	# 8115-20	4	HANDLE GRIP
21	# 8115-21	1	ROWER BAR
22	# 8115-22	1	LOW PULLING CABLE (2900mm)
23	# 8115-23	1	SEAT SUPPORT
24	# 8115-24	1	SEAT UPHOLSTERY
25	# 8115-25	1	LEG FOAM TUBE
26	# 8115-26	2	DIABLO NOMAPAD
27	# 8115-27	2	1" FOAM CAP
28	# 8115-28	2	3/8" x 75mm CARRIAGE BOLT
29	# 8115-29	6	10.2mm x 23mm x 2.8mm WASHER
30	# 8115-30	22	3/8" NYLOCK NUT
31	# 8115-31	8	3/8" x 70mm CARRIAGE BOLT
32	# 8115-32	5	3/8" x 60mm CARRIAGE BOLT
33	# 8115-33	4	3/8" x 75mm HEX HEAD BOLT-HALF THREAD
34	# 8115-34	25	3/8" x 19mm x 1.5mm WASHER
35	# 8115-35	8	PULLEY WHEEL SPACER ( LONG )
36	# 8115-36	2	3/8" x 45mm HEX HEAD BOLT - HALF THREAD
37	# 8115-37	2	3/8" x 1" HEX HEAD BOLT
38	# 8115-38	2	PULLEY WHEEL SPACER ( SHORT )
39	# 8115-39	1	3/8" x 50mm HEX HEAD BOLT - HALF THREAD