



CORE FREESTANDING LAT PULL LOW ROW TOWER

ASSEMBLY GUIDE



IMPORTANT - READ FIRST

Resistance training, gymnastics training and activities at height are potentially dangerous and may lead to severe injury or even death. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a competent and responsible person. Use common sense when training, obtain instruction to ensure safe execution of movements.

Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. AlphaFit bears no liability beyond the replacement value of the equipment in question.

It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions. The safety and integrity designed into the equipment can only be maintained when it is regularly examined for damage and repaired. It is the responsibility of the user/owner to ensure that regular maintenance is performed. Inspect and properly tighten all parts regularly. Replace any worn or damaged parts immediately and do not use until the equipment has been repaired.

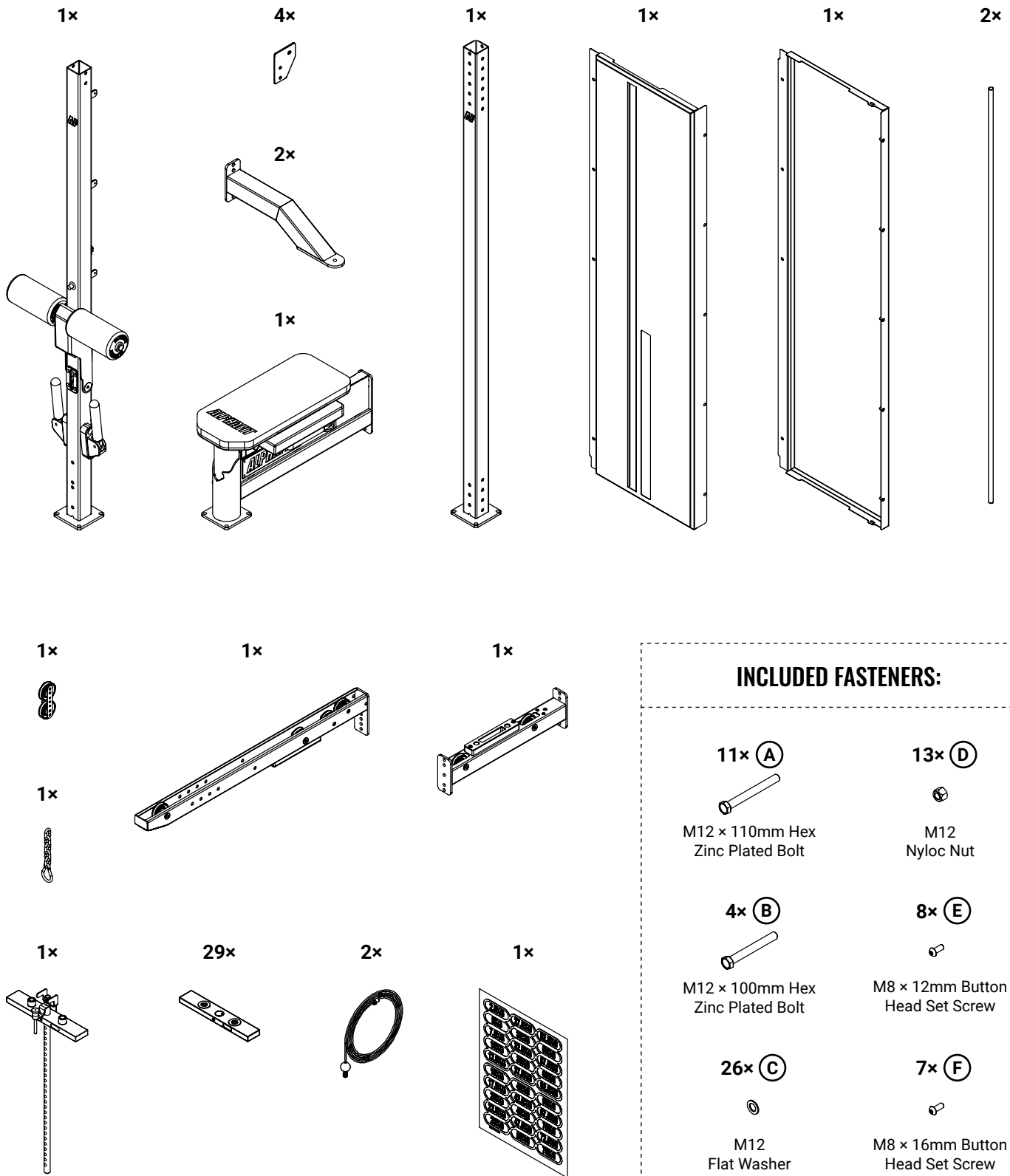
Both AlphaFit and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment.

WARNING: MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY OR DEATH. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.

COMPONENT OVERVIEW

ALPHA FIT

CORE FREESTANDING LAT PULL LOW ROW TOWER PART LIST:



Read this entire guide before attempting to build or use this machine. This guide contains step by step instructions for proper assembly. **AlphaFit recommends a minimum of two (2) people to assemble the Core Freestanding Lat Pull Low Row Tower.**

Use the parts list included in this guide to verify that all parts are accounted for before assembly. If any parts are missing, contact AlphaFit on 1300 257 428 or admin@alphafit.com.au.

INCLUDED FASTENERS:

11x (A)



M12 x 110mm Hex
Zinc Plated Bolt

13x (D)



M12
Nyloc Nut

4x (B)



M12 x 100mm Hex
Zinc Plated Bolt

8x (E)



M8 x 12mm Button
Head Set Screw

26x ©



M12
Flat Washer

7x (F)



M8 x 16mm Button
Head Set Screw

REQUIRED TOOLS:

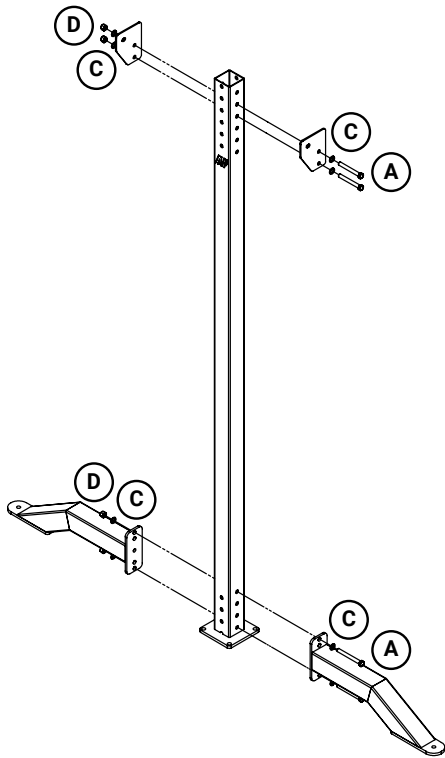
- 19mm Socket & Socket Spanner
- 5mm Hex Key

1 | FRAME ASSEMBLY

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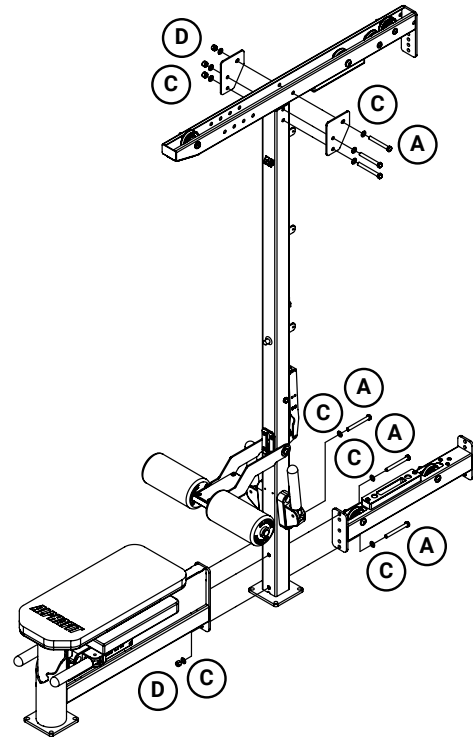
STEP 1A: BUILD CORE TOWER STAND

Construct standalone attachment as illustrated below. Letters denote appropriate fasteners.



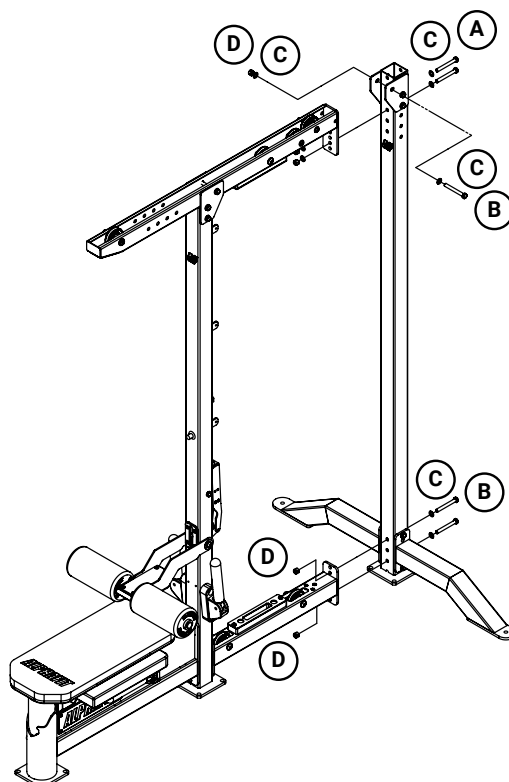
STEP 1B: BUILD CORE LAT PULL LOW ROW TOWER FRAME

Construct tower frame as illustrated below. Letters denote appropriate fasteners.



STEP 1C: COMPLETE CORE FREESTANDING LAT PULL LOW ROW TOWER FRAME

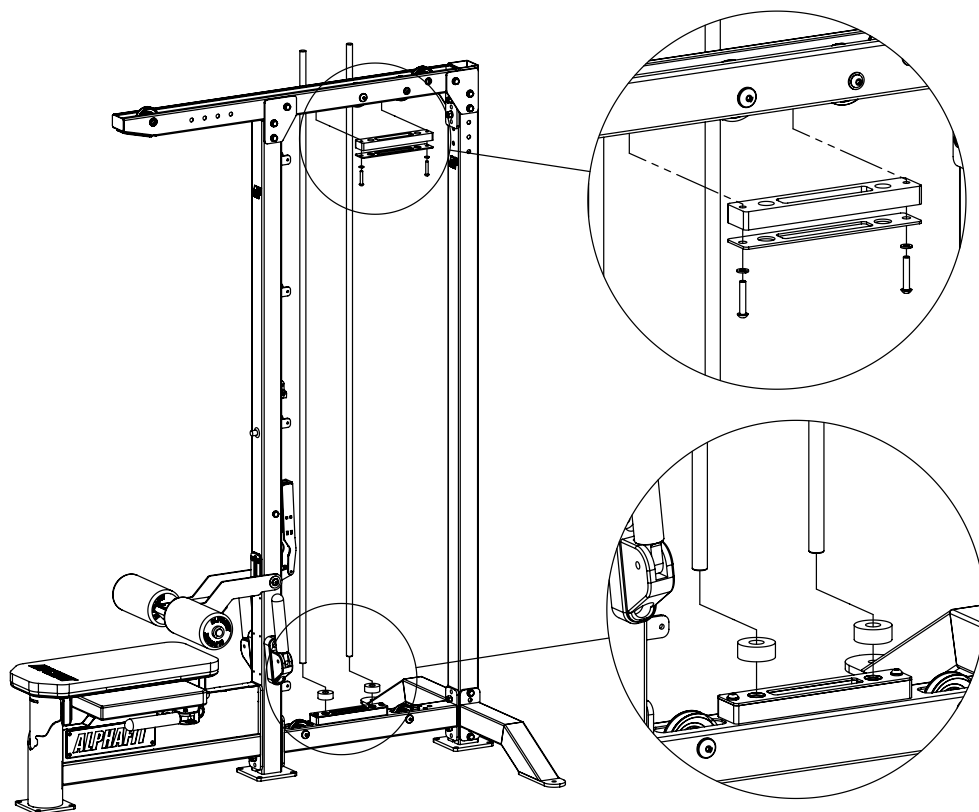
Join two frame parts as illustrated below. Letters denote appropriate fasteners.



STEP 2A: INSTALL WEIGHT STACK RODS

Remove top rod holding block and cover plate.

Install rods and bump stops into bottom rod holding block as shown.

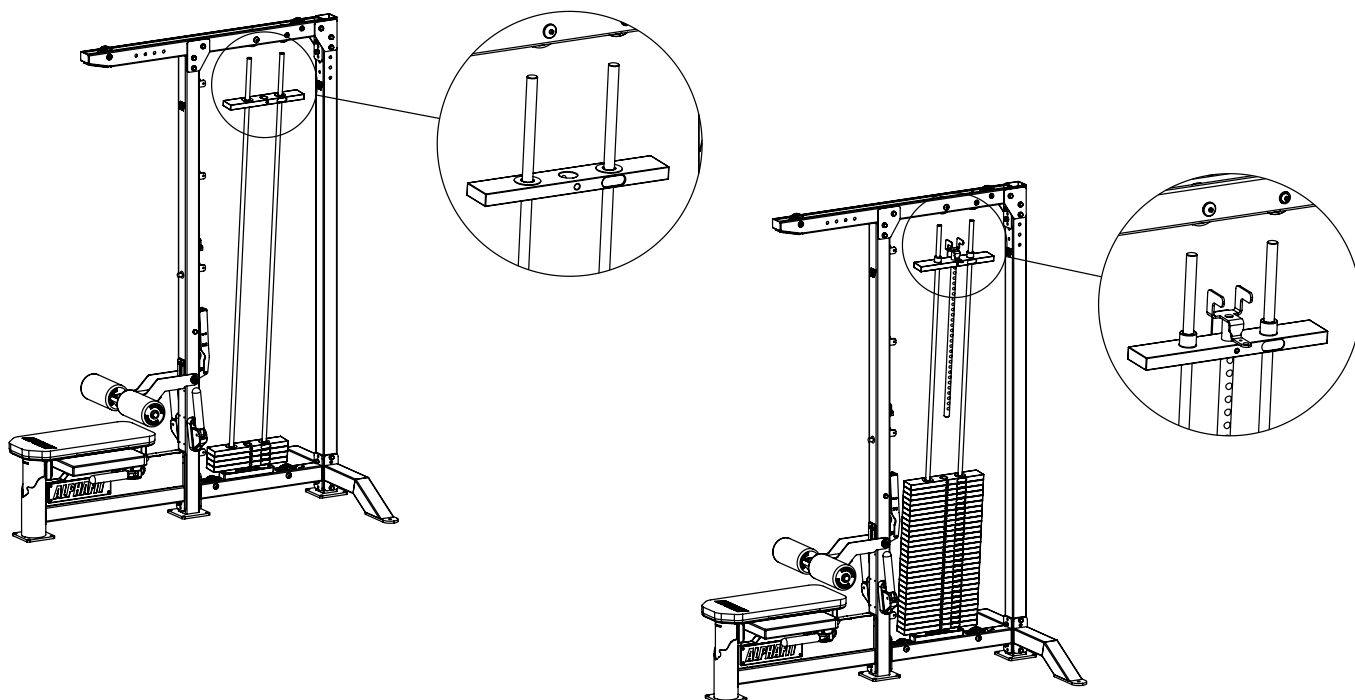


STEP 2B: INSTALL WEIGHT PLATES

Carefully tilt out weight stack rods. Install 29 weight plates, one at a time, taking care that orientation is as shown (weight label to the right).

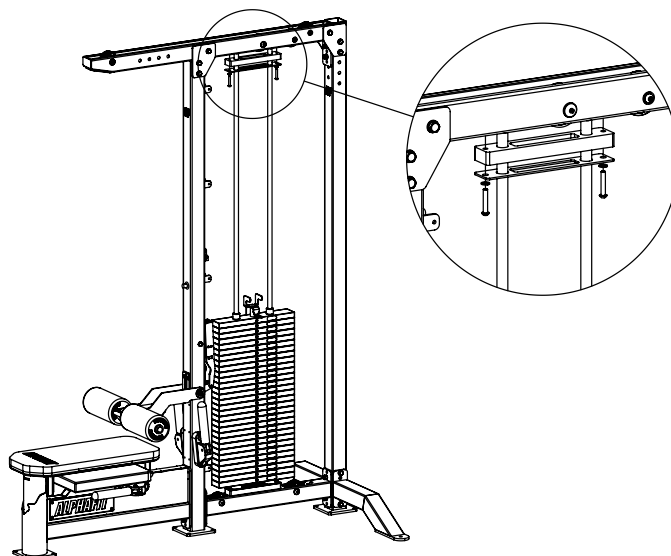
DO NOT drop weight plates. DO NOT lean on or bump the weight stack rods.

Install the top plate assembly, inserting the middle rod through the centre holes of the weight plate stack.



STEP 2C: SECURE WEIGHT STACK RODS

Reinstall stainless steel cover plate and rod holding block. Reinstall fasteners into underside of top frame as shown. Install weight stack labels onto weight plates with 5kg on the top plate down to 150kg on the bottom plate.



STEP 2D: ROUTE CABLE

Remove all fittings from cable attachment end, leaving adjustment bolt attached to the opposite cable end. Install the Lat Pulldown cable first, then the Seated Row cable.

For the Lat Pulldown cable, install bolt into topside of weight stack top plate assembly, then start routing the cable from the weight stack through the pulleys and pulley joiner as shown.

For the Seated Row cable, install bolt into topside of bottom brace, then start routing the cable from the brace through the pulley joiner and pulleys as shown.

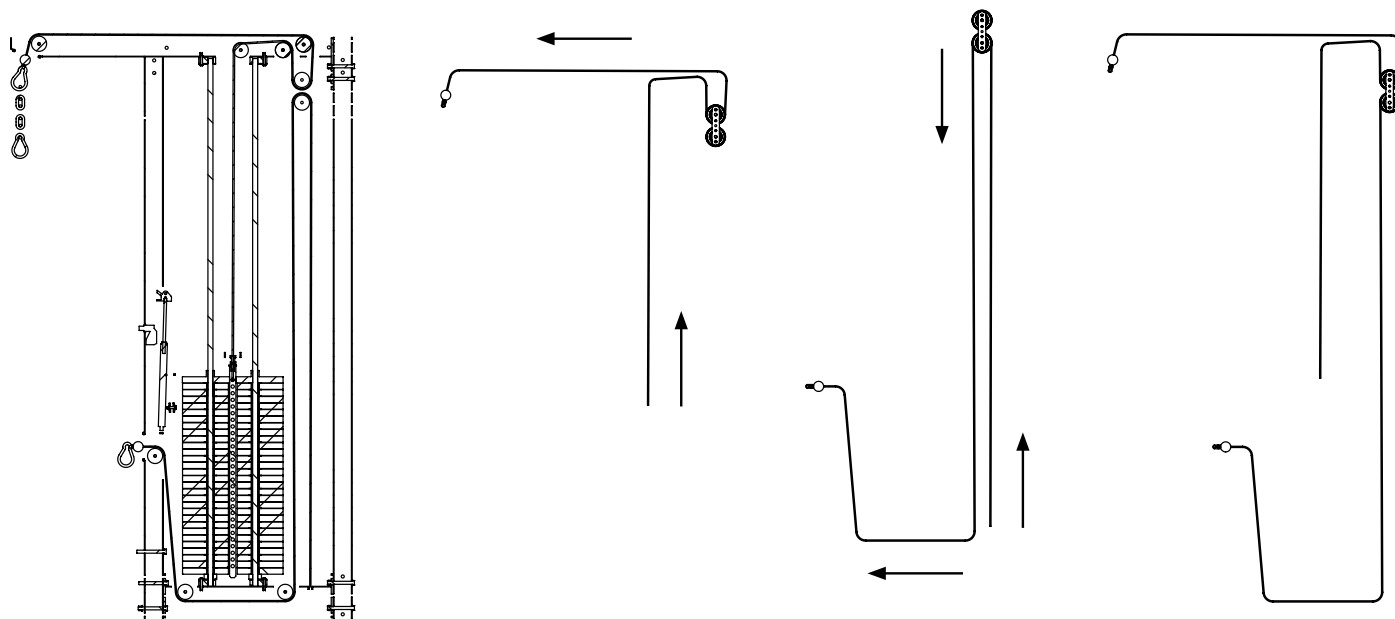
Once the cables are threaded reinstall fittings on cable attachment end. Tighten cables as required using adjustment bolts.

Ensure top plate is not lifting when properly tensioned.

Lat Pulldown Cable

Seated Row Cable

Finished Routed Cables



STEP 2E: ATTACH COVERS

Install rear cover and attach at bottom with fastener 'F' on right side of weight stack rods as shown. Install covers onto upright using fastener 'E' along left side and front cover onto rear cover using 'F' along right side.

