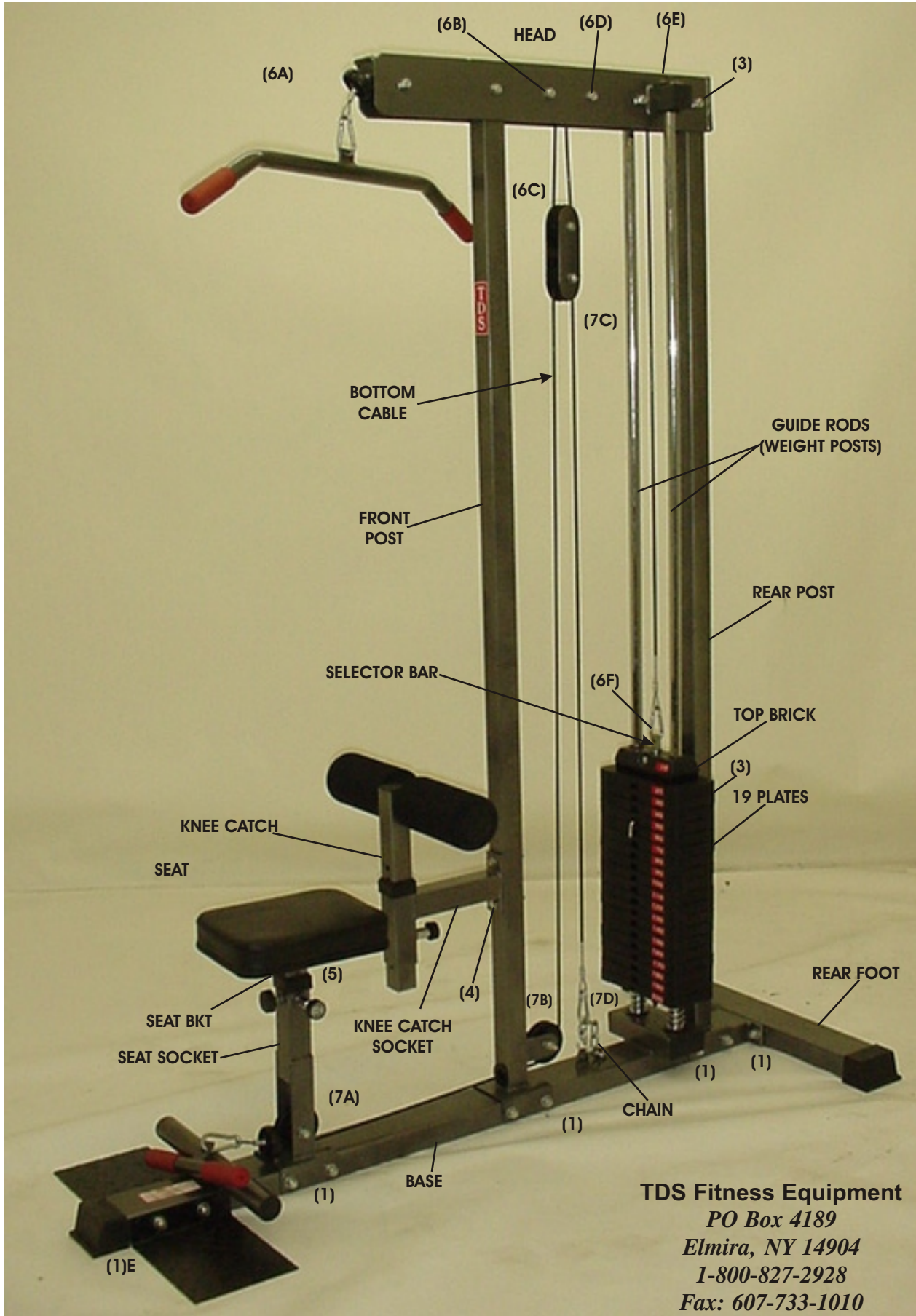


# ASSEMBLY INSTRUCTIONS

## C-4650SEL - SUPER LAT/ROW MACHINE



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## **C-4650-SEL SUPER LAT/ROW MACHINE ASSEMBLY INSTRUCTIONS**

THIS UNIT REQUIRES (2) 9/16 WRENCHES AND (2) 3/4 WRENCHES FOR ASSEMBLY. DO NOT TIGHTEN HARDWARE UNTIL INSTRUCTED.

1). PUSH (3) 2 X 4 FOOT ONTO BASE. ATTACH REAR POST, FRONT POST, SEAT MOUNT AND (2) FOOTPLATES WITH (8) 1/2 X 5 BOLTS (16) 1/2 FLAT WASHERS AND (8) 1/2 LOCKNUTS.

2). PUSH (2) POST BUSHINGS INTO BASE. PLACE (19) PLATES OVER WEIGHT BARS WITH SLOTS TO THE FRONT. PLACE TOP BRICK ONTO WEIGHT STACK. PIN SELECTOR VAT TO THE WEIGHT STACK AT THE 2ND FROM THE BOTTOM HOLE IN THE BAR AND THE 2ND FROM THE BOTTOM WEIGHT. ATTACH TOP BRICK TO SELECTOR BAR WITH (1) 3/8 X 2 3/4 BOLT AND (1) 3/8 LOCK NUT.

3). PUSH (2) POST BUSHINGS INTO HEAD. ATTACH HEAD TO FRONT AND REAR POST WITH (2) 3/8 X 3 1/4 BOLTS, (4) 3/8 FLAT WASHERS AND (2) 3/8 LOCKNUTS. SET UNIT ON LEVEL SURFACE AND TIGHTEN HARDWARE.

4). ATTACH KNEE CATCH MOUNT TO FRONT POST WITH (2) 3/8 X 2 3/4 BOLTS, (4) 3/8 FLAT WASHERS AND (2) 3/8 LOCKNUTS. TIGHTEN HARDWARE. INSTALL TURN POP PIN INTO MOUNT. PUSH (2) 4 X 8 CUSHIONS ONTO KNEE CATCH. INSTALL 3/8 HAND KNOB ONTO BARS. INSERT CATCH INTO MOUNT AND SET HEIGHT WITH TURN POP PIN.

5). INSERT TURN POP PIN INTO SEAT MOUNT. ATTACH SEAT TO SEAT BRACKET WITH (2) 3/8 X 1 BOLTS AND (2) 3/8 FLAT WASHERS. FINGER TIGHT. CENTER SEAT ON BRACKET AND TIGHTEN HARDWARE. DO NOT OVER TIGHTEN. INSERT BRACKET INTO MOUNT AND SET HEIGHT WITH TURN POP PIN. INSTALL 3/8 HAND KNOB.

6). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO HEAD WITH (1) 3/8 X 3 1/4 BOLT, (2) 3/8 FLAT WASHERS AND (1) 3/8 LOCKNUT.

6A). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO HEAD WITH (1) 3/8 X 3 1/4 BOLT, (2) 3/8 FLAT WASHER AND (1) LOCKNUT.

6B). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO (2) FREE PULLEY BRACKETS WITH (1) 3/8 X 2 BOLT, (2) 3/8 FLAT WASHERS AND (1) LOCKNUT.

6C). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO HEAD WITH (1) 3/8 X 3 1/4 BOLT, (2) 3/8 FLAT WASHER AND (1) 3/8 LOCKNUT.

6D). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO HEAD WITH (1) 3/8 X 3 1/4 BOLT, (2) 3/8 FLAT WASHERS AND (1) LOCKNUT.

## **C-4650-SEL SUPER LAT/ROW MACHINE ASSEMBLY INSTRUCTIONS**

6E). HOOK CABLE TO SELECTOR BAR.

7). LOOP CABLE UNDER PULLEY. ATTACH PULLEY TO SEAT MOUNT WITH (1) 3/8 X 3 1/4 BOLT, (2) 3/8 FLAT WASHERS AND (1) LOCKNUT.

7A). LEAD CABLE THRU BUSHING IN BOTTOM OF FRONT POST. LOOP CABLE UNDER PULLEY AND ATTACH PULLEY TO FRONT POST WITH (1) 3/8 X 2 BOLT, (2) 3/8 FLAT WASHERS AND (1) LOCKNUT.

7B). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO FREE PULLEY BRACKET WITH (1) 3/8 X 2 BOLT, (2) 3/8 FLAT WASHERS AND (1) 3/8 LOCKNUT.

7C). HOOK CHAIN TO BRACKET ON BASE. HOOK LOWER CABLE TO CHAIN.

8). FILL OPEN TUBES WITH (4) 2 SQUARE PLUGS, (1) 1 3/4 SQUARE PLUG, (2) 1 7/8 ROUND PLUGS. INSTALL WEIGHT DECALS.

### **HARDWARE LIST**

(2) 3/8 X 1 BOLT	(4) 2" SQUARE PLUGS
(3) 3/8 X 2 BOLT	(1) 1 3/4" SQUARE PLUG
(2) 3/8 X 2 3/4 BOLT	(2) 1 7/8" ROUND PLUG
(7) 3/8 X 3 1/4 BOLT	(2) 2" ROUND PLUG
(1) 3/8 X 3 1/4 BOLT	(3) 2 X 4 FOOT
(8) 1/2 X 5 BOLT	(1) SET 200# WEIGHT DECALS
(26) 3/8 FLAT WASHERS	(2) 3/8 HAND KNOBS
(12) 3/8 LOCKNUTS	(3) 2 x 4 FOOT
(8) 1/2 FLAT WASHERS	(1) 1 3/4 SQUARE PLUG
(8) 1/2 LOCKNUTS	(2) 1 7/8 ROUND PLUGS
(2) POP PINS	
(2) SPRINGS	
(4) POST BUSHINGS	
(2) CUSHION CAPS	
(1) SELECTOR PIN	

NOTE: ALL SIZES ARE IN INCHES