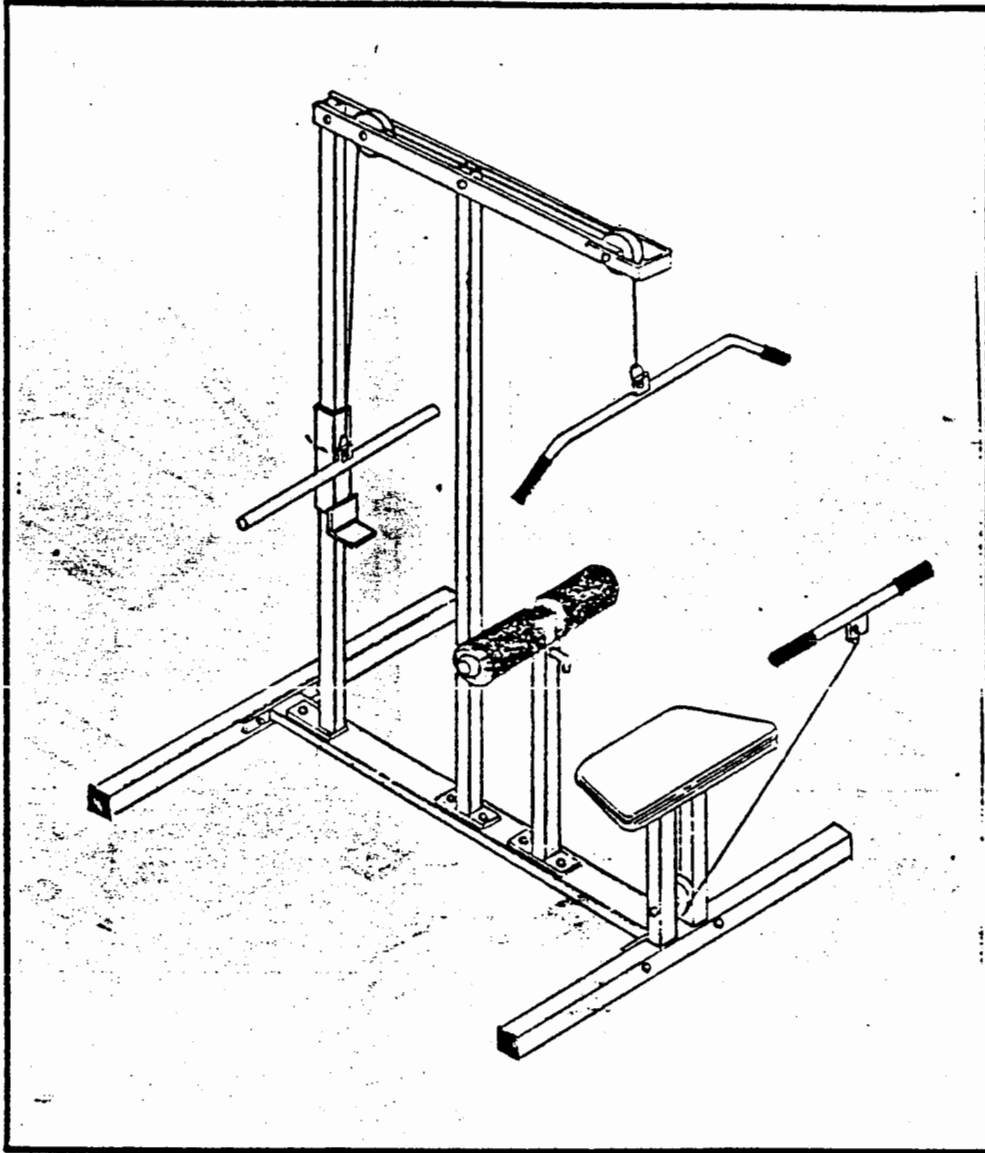
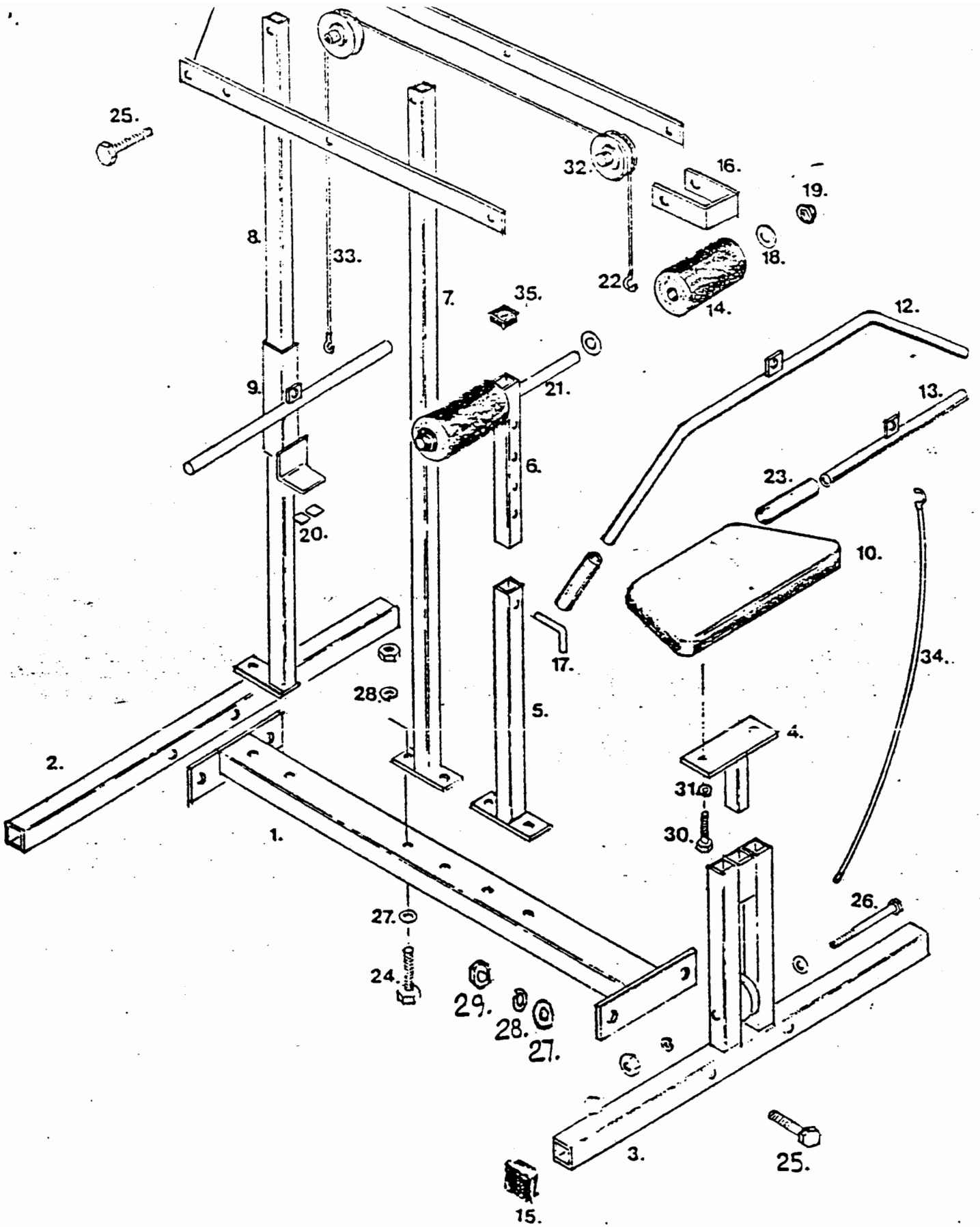


IMAGE 306·0SI

ECONO LAT ATTACHMENT



Assembly Instructions



One - 9/16 Wrench One - 3/4 Wrench One - Adjustable Wrench

ASSEMBLY INSTRUCTIONS FOR ECONO LAT ATTACHMENT

- 1) Assemble the Slide Post (8), Upright (7), and the Thigh Post Support (5) to the Base (1), as shown. Use the 1/2 x 2 1/2 bolts (24) with flatwashers(27), lockwashers(28), and 1/2 hex nuts (29). NOTE: THE SLIDE POST GETS ONE BOLT WITH LOCKWASHER INTO A THREADED HOLE.
- 2) Next, attach the Back Leg (2), and the Front Leg (3), with the 1/2 x 3 bolts (25), flatwashers (27), lockwashers (28), and the 1/2 hex nuts (29).
- 3) Insert the Glide Strips (36) inside the weight Slide (9). Add the Weight Slide to the Slide Post (8). Allow it to rest on the base, at this time.
- 4) Assemble the Pulley Brackets (11) to the Slide Post (8) and the Upright (7). Use the 1/2 x 3 bolts (25) with lockwasher and nuts. DO NOT TIGHTEN.
- 5) Position the Top Rear Pulley (32) and secure loosely with 3" bolt. The Top Front Pulley should be positioned between the Pulley Brackets and the Cable Guide (16) should be fit over the outside. Align the holes and assemble with 1/2 x 3 bolt with lockwasher and nut. TIGHTEN ALL BOLTS.
- 6) The other Pulley mounts to the Front Leg (3) as shown. Use the 6" bolt (26) with flatwasher, lockwasher, and hex nut.
- 7) Attach Seat Pad (10) to the Seat Support (4). Use the two 3/8 x 1 1/4 bolts (30) with lockwashers (31). Slide this assembly into the middle tube of the Front Leg (3).
- 8) Slide the Roller Pad Tube (21) through the large holes of the Thigh Post (6). Allow equal space on both sides. Add 3/4" washer (18), Roller Pad (14), another 3/4" washer to each side. Secure both ends with two Push Nuts (19). Slide into Thigh Post Support (5) and lock in the desired position with the L-Pin(17). Snap the 1 3/4" End Plug (35) in the top of the Thigh Post.
- 9) String the Long Cable (33) over the top two pulleys, as shown. Add a Hook (22) to each end and attach to the Weight Slide (9) at the rear and to the Lat Pull Bar (13). NOTE: To use the Low Pull Bar (12), you must remove the Lat Pull Bar and connect the Short Cable to the Long Cable.
- 10) Add four 2" End Plugs (15) to the Front and Back Legs. Attach the two Rubber Bumpers (20) to the bottom of the angle of the Weight Slide (9). Slide the Grips (23) onto the Bars. A little soapy water inside each grip helps slide them on.

REF.NO.	PART NO.	QUANTITY	PART DESCRIPTION
1	306-01	1	Base
2	306-02	1	Back Leg
3	306-03	1	Front Leg
4	306-04	1	Seat Support
5	306-05	1	Thigh Post Support
6	306-06	1	Thigh Post
7	306-07	1	Upright
8	306-08	1	Slide Post
9	306-09	1	Weight Slide
10	306-10	1	Seat Pad
11	306-11	2	Pulley Bracket
12	306-12	1	Lat Pull Bar
13	306-13	1	Low Pull Bar
14	306-14	2	Roller Pad
15	306-15	4	2" End Cap
16	306-16	1	Cable Guide
17	306-17	1	L Pin
18	306-18	4	Flat Washer 3/4
19	306-19	2	Push Nut
20	306-20	2	Rubber Bumper
21	306-21	1	Roller Pad Tube
22	306-22	3	Safety Hook
23	306-23	4	Sponge Grip
24	306-24	6	Bolt 1/2 x 2 1/2 Hex
25	306-25	8	Bolt 1/2 x 3" Hex
26	306-26	1	Bolt 1/2 x 6" Hex
27	306-27	11	Flat Washer 1/2
28	306-28	14	Lock Washer 1/2
29	306-29	14	Hex Nut 1/2
30	306-30	2	Bolt 3/8 x 1 1/4 Hex
31	306-31	2	Lock Washer 3/8
32	306-32	3	Pulley
33	306-33	1	Long Cable
34	306-34	1	Short Cable
35	306-35	1	1 3/4 End Cap
36	306-36	2	Glide Strips

When ordering repair parts, always give the following information:

PRODUCT ----- Econo Lat Attachment
MODEL NUMBER ----- 306-0SI
PART NUMBER
PART DESCRIPTION

CONTACT: **IMAGE**

6063 Frantz Road Suite 103 Dublin, OH 43017

MODEL - 306
CARTON CONTENTS

HIGH LAT BAR
306-12

BASE
306-01

REAR LEG
306-02

PULLEY BAR
306-11

SEAT SUPPORT
306-04

CABLE GUIDE
306-10

FRONT LEG
306-03

THIGH POST
306-06

LOW LAT BAR 306-13

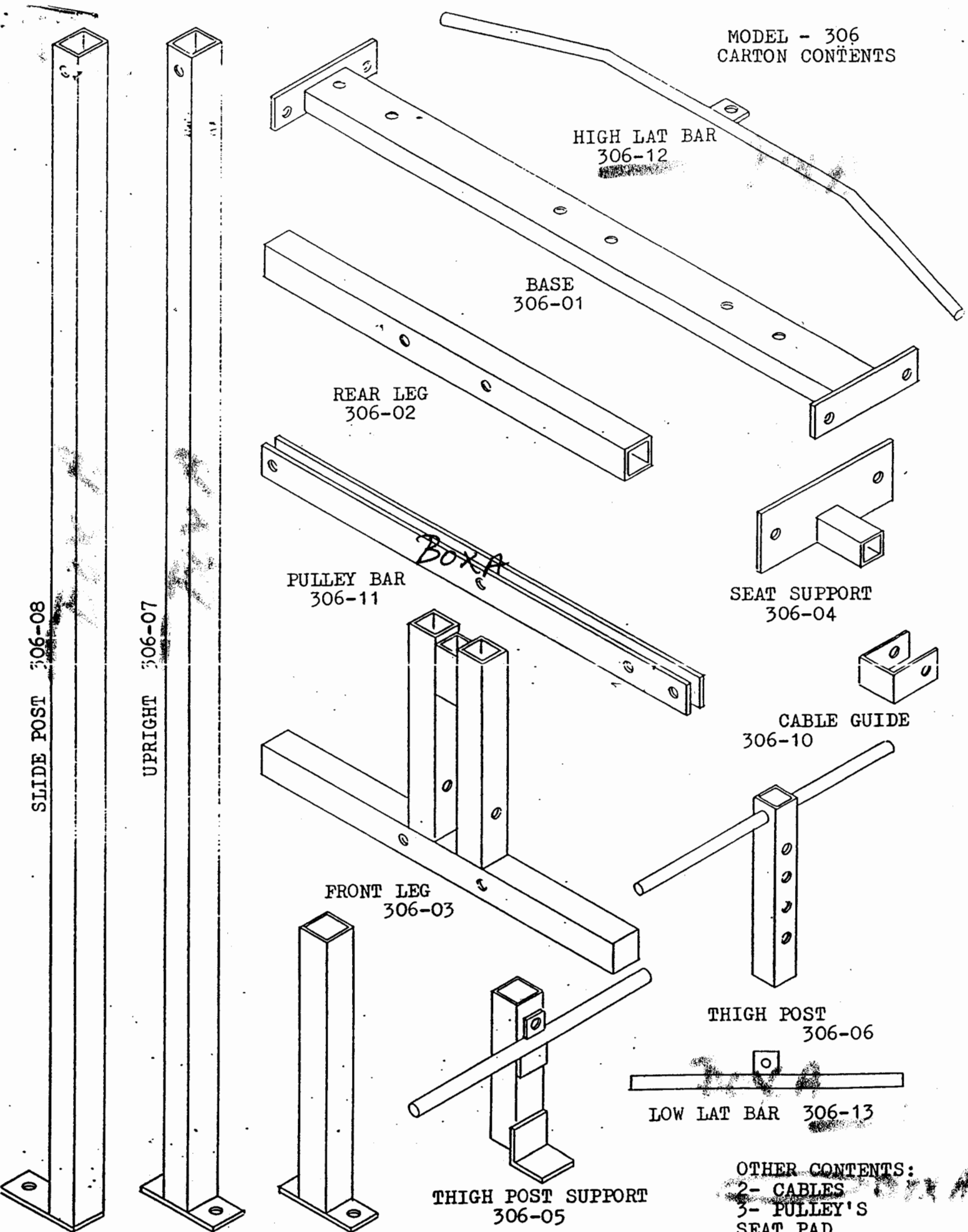
THIGH POST SUPPORT
306-05

OTHER CONTENTS:
2- CABLES
3- PULLEY'S
SEAT PAD
FOAM ROLLER TUBE
NOTE: BAG

SLIDE POST 306-08

UPRIGHT 306-07

BOX A



PRODUCT DESCRIPTION

MODEL 306

- 306-01 BASE ASSEMBLY
SQUARE TUBE 3 x 1-1/2 x 11GA.
BAR 1/4 x 2
- 306-02 REAR LEG
SQUARE TUBE, 2 x 2 x 14GA.
- 306-03 FRONT LEG ASSEMBLY
SQUARE TUBE 2 x 2 x 14GA.
SQUARE TUBE 1-3/4 x 1-3/4 x 14GA.
- 306-04 SEAT SUPPORT
SQUARE TUBE 1-1/2 x 1-1/2 x 14GA.
BAR 1/4 x 4
- 306-05 THIGH POST SUPPORT
SQUARE TUBE 2 x 2 x 14GA
BAR 1/4 x 2
- 306-06 THIGH POST
SQUARE TUBE 1-3/4 x 1-3/4 x 14GA
TUBE 3/4 O.D. x 16GA.
- Box A* ✓ 306-07 UPRIGHT
SQUARE TUBE 1-3/4 x 1-3/4 x 14GA.
BAR 1/4 x 2
- Box A* ✓ 306-08 SLIDE POST
SQUARE TUBE 1-3/4 x 1-3/4 x 14GA
BAR 1/4 x 2
- 306-09 WEIGHT SLIDE
SQUARE TUBE 2 x 2 x 14GA.
BAR 1/4 x 2
BAR 1/4 x 1-1/2
ROD 1" DIA.
ANGLE 2-1/2 x 2-1/2 x 1/4
- 306-10 CABLE GUIDE
11GA STEEL
- 306-11 PULLEY BAR
BAR 1/4 x 2
- Box A* ✓ 306-12 HI LAT BAR
PIPE 3/4 SCH 40
BAR 1/4 x 1-1/2
- Box A* ✓ 306-13 LOW LAT BAR
PIPE 3/4 SCH 40
BAR 1/4 x 1-1/2

all cables are Box A