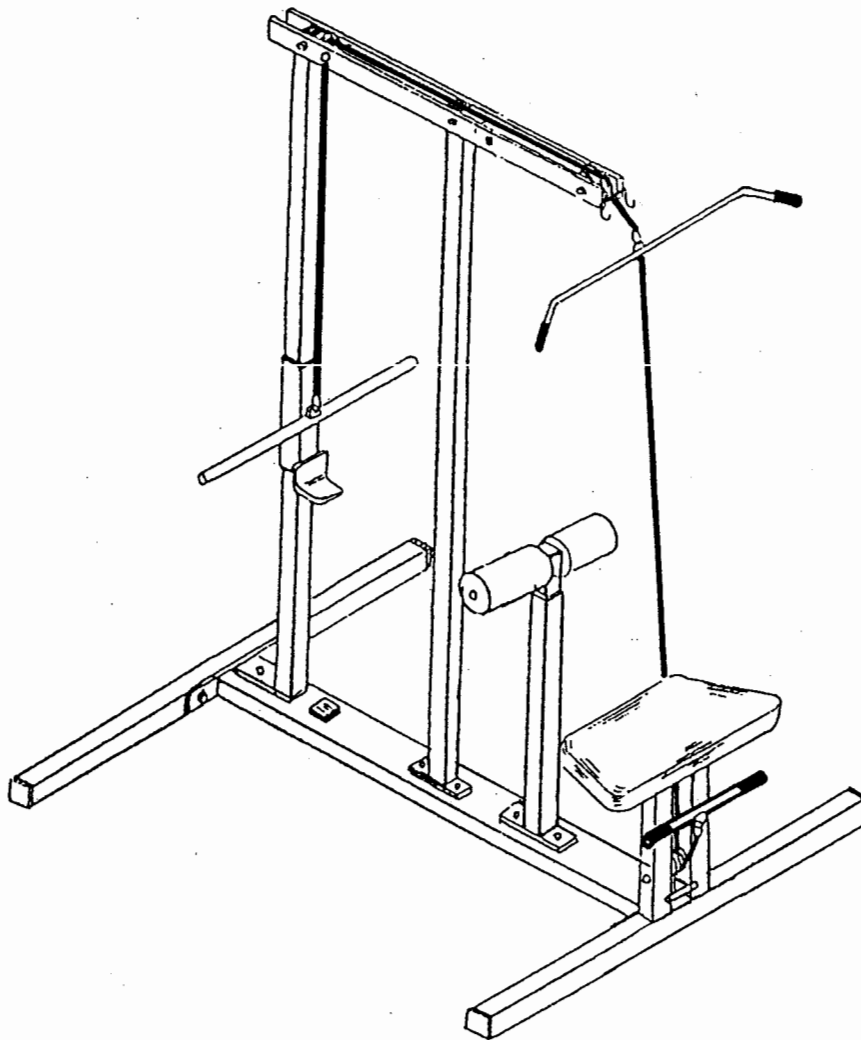
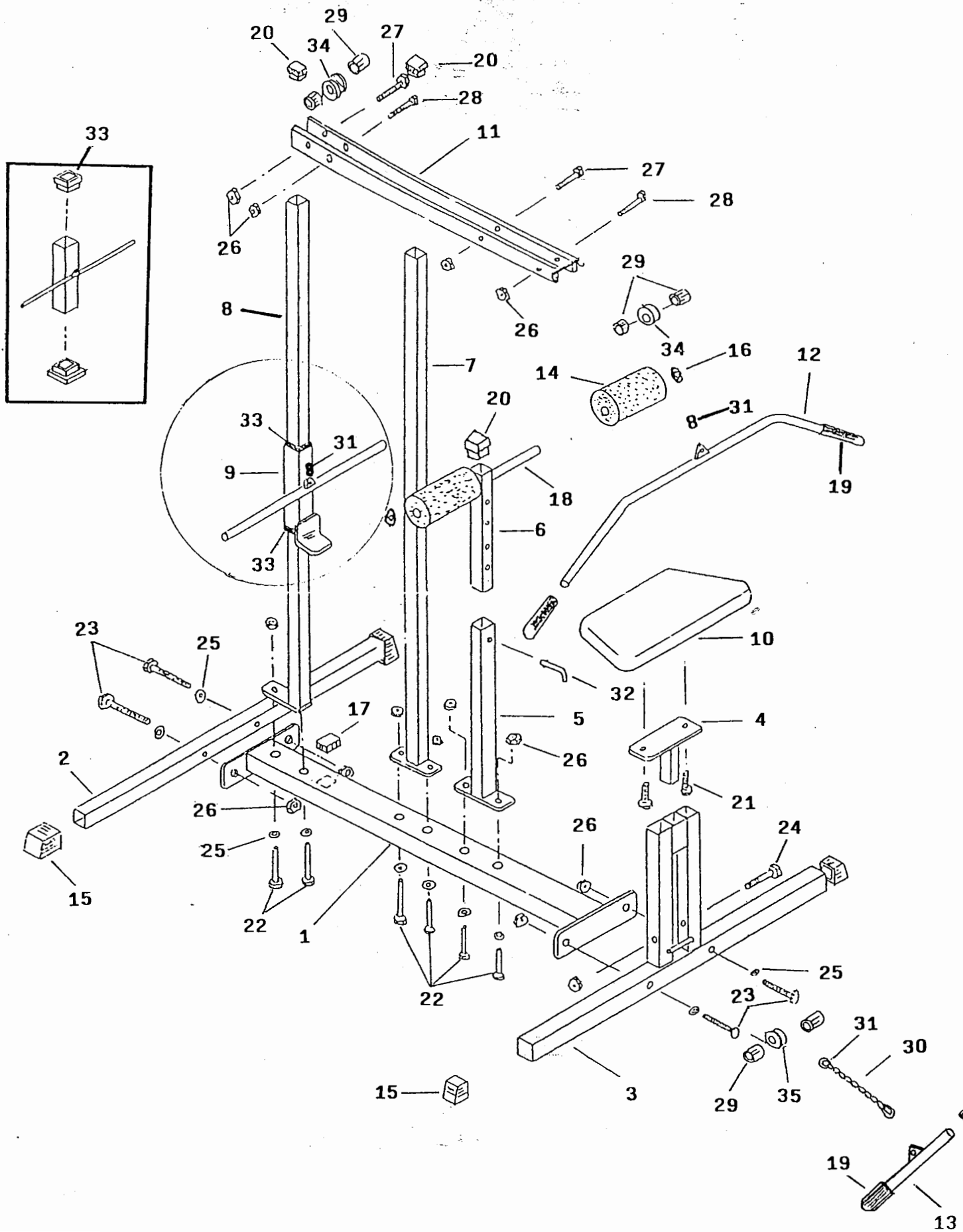




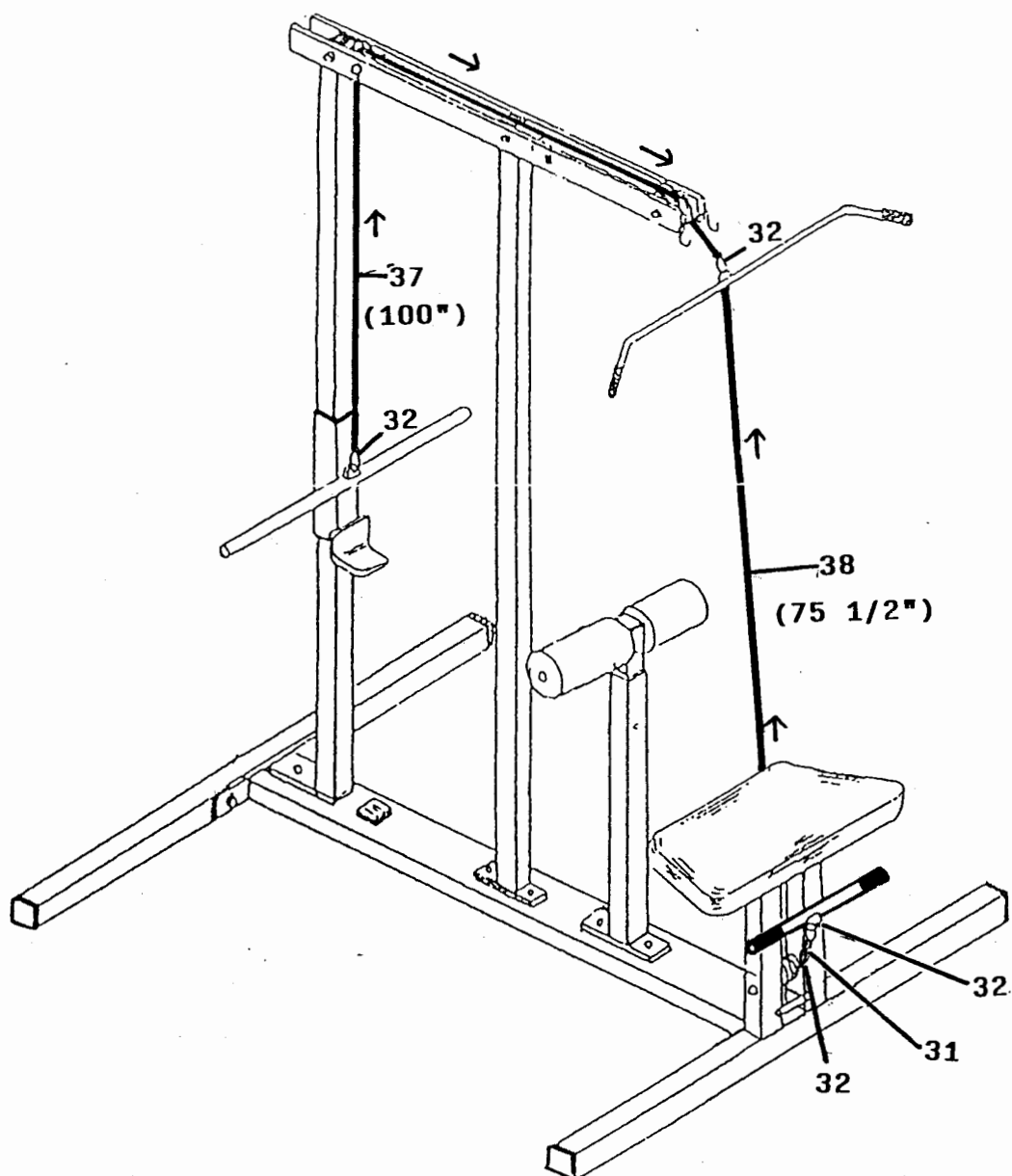
WHHY 3306
FREE STANDING LAT MACHINE



Assembly Instructions



CABLE RIGGING SYSTEM



PARTS LIST

REF. NO.	PART NO.	QTY	DESCRIPTION
1	3306-01	1	BASE
2	3306-02	1	BACK LEG
3	3306-03	1	FRONT LEG
4	3306-04	1	SEAT SUPPORT
5	3306-05	1	THIGH POST SUPPORT
6	3306-06	1	THIGH POST
7	3306-07	1	UPRIGHT
8	3306-08	1	SLIDE POST
9	3306-09	1	WEIGHT SLIDE
10	3306-10	1	SEAT PAD
11	3306-11	1	PULLEY BRACKET
12	3306-12	1	HAT PULL BAR
13	3306-13	1	LOW PULL BAR
14	3306-14	2	ROLLER PAD
15	3306-15	4	2" END CAP
16	3306-16	2	PUSH NUT
17	3306-17	1	RUBBER BUMPER
18	3306-18	1	ROLLER PAD TUBE
19	3306-19	4	RUBBER GRIP
20	3306-20	3	1 3/4" END PLUG
21	3306-21	2	3/8 X 3/4" HEX BOLT
22	3306-22	6	3/8 X 2 1/4" HEX BOLT
23	3306-23	4	3/8 X 2 3/4" HEX BOLT
24	3306-24	1	3/8 X 6" HEX BOLT
25	3306-25	10	WASHER
26	3306-26	14	3/8" HEX NUT
27	3306-27	2	3/8 X 2 3/4" HEX BOLT
28	3306-28	2	3/8 X 2 3/4" SHANK BOLT
29	3306-29	6	PVC SLEEVE
30	3306-30	1	CHAIN
31	3306-31	4	CHAIN HOOK
32	3306-32	1	LOCK PIN
33	3306-33	2	ø 61 X ø 46 m/m PVC PLUG
34	3306-34	2	4 1/2" PULLEY
35	3306-35	1	3 1/2" PULLEY
36	3306-36	1	100" CABLE
37	3306-37	1	75 1/2" CABLE

ASSEMBLY INSTRUCTIONS FOR IMAGE LAT MACHINE

- 1) Assemble the Slide Post (8), Upright (7) and the Thigh Post Support (5) to the Base (1), as shown. Use the 3/8" x 2 1/4" bolts (22) with washers (25), and 3/8" hex nuts (26).
- 2) Next, attach the Back Leg (2), and the Front Leg (3), with the 3/8" x 2 3/4" bolts (23), washers (25), and the 3/8" hex nuts (26).
- 3) Push the PVC Plug (33) into the Weight Slide (9), and add the Weight Slide (9) to the Slide Post (8).
- 4) Assemble the Pulley Brackets (11) to the Slide Post (8) and the Upright (7), Using the 3/8" x 2 3/4" bolts (27) & (28) with nuts (29). DO NOT INSERT TIGHTLY.
- 5) Assemble the Pulleys 4 1/2" (34) and the PVC Sleeves (29) to each side to the Pulley Brackets (11), Using the Shank Bolt 3/8" x 2 3/4" and the 3/8" Nut (26). TIGHT ALL BOLTS.
- 6) Assemble the Pulley 3 1/2" (35) with PVC Sleeves (29) to the Front Leg (3) as shown, Using the 2 3/4" Bolt (23) with Hex Nuts (26).
- 7) Fasten Seat Pad (10) to the Seat Support (4), Using the two 3/8" x 3/4" bolts (21). And assemble this into the middle tube of the Front Leg (3).
- 8) Slide the Roller Pad Tube (18) through the large holes of the Thigh Post (6). Roller Pad (14) to each side. Lock in place with two Push Nuts (16). Slide into Thigh Post Support (5) and insert the lock pin (32) into the hole of thigh post support. Snap the 1 3/4" End Plug (20) in the top of the Thigh Post.
- 9) String the Long Cable 100" (36) over the top two pulleys as shown, Using a Chain Hook (31) to attach the Long Cable 100" (36) and the Weight Slide (9). Attach the Long Cable 100" (36) with the Lat Pull Bar (12).
- 10) String the Short Cable 75 1/2" (37) to attach the Lat Pull Bar (12) and the Chain (30) as shown. And assemble the Chain (30) with the Low Pull Bar (13).
- 11) Add the 2" End Cap (15) to the Front Leg (3) and Back Leg (2). Attach the Rubber Bumper (17) to the Base (1). Add the Rubber Grips (19) onto the Lat Pull Bar (12) and Low Pull Bar (13).

TO ORDER REPLACEMENT PARTS CONTACT:

IMAGE INC