

Model No. WEMC0366.0

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

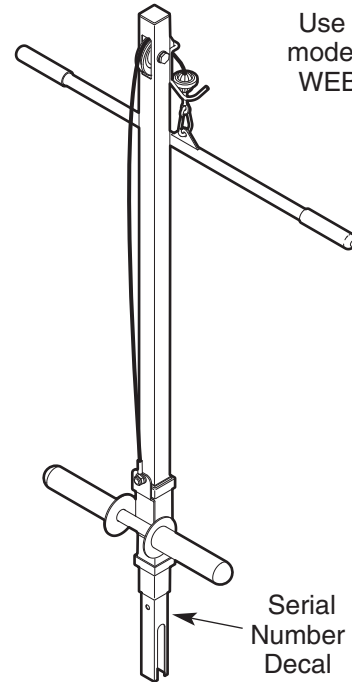
www.weiderservice.com

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

LAT TOWER

USER'S MANUAL



Use only with
model number
WEBE1066.0

Serial
Number
Decal

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you. This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual and all warnings on the weight bench before using the lat tower. Use the lat tower only as described in this manual.
2. Keep children under 12 and pets away from the lat tower at all times.
3. Do not place more than 150 pounds on the weight carriage.
4. Always remove the lat tower from weight bench when the lat tower is not in use.
5. When performing an exercise with your back to the lat tower, make sure there is adequate space between your back and the weight carriage.
6. Always lower the weight carriage in a controlled way; never let the weight carriage drop.

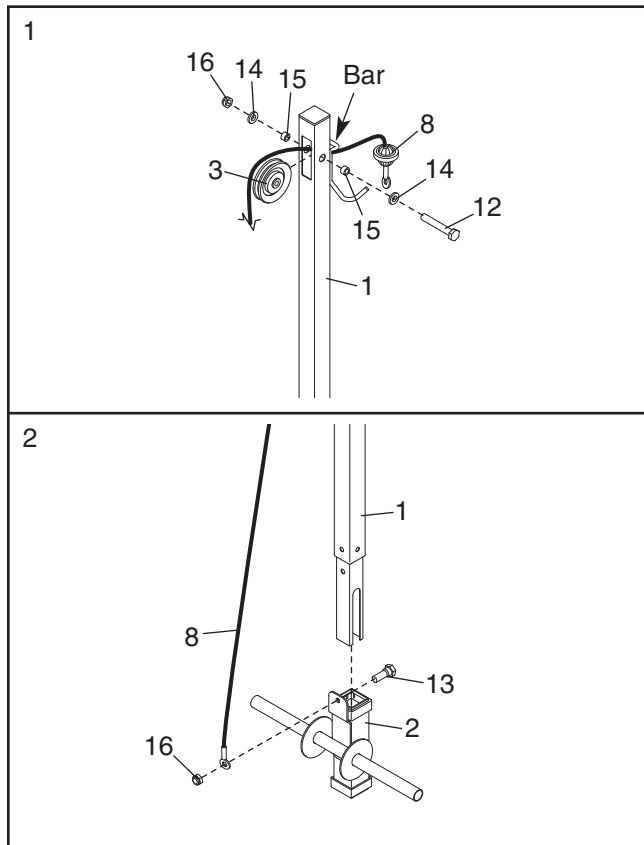
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

ASSEMBLY

1. Route the Cable (8) under the indicated bar and through the Lat Tower (1). Wrap the Cable around a 90mm Pulley (3). Attach the Pulley to the Lat Tower with an M10 x 60mm Bolt (12), two M10 Washers (14), two 10mm Bushings (15), and an M10 Nylon Locknut (16).

2. Insert an M10 x 20mm Shoulder Bolt (13) through the Weight Carriage (2) as shown. Slide the Weight Carriage onto the Lat Tower (1).

Attach the Cable (8) to the Weight Carriage (2) with the M10 x 20mm Shoulder Bolt (13) and an M10 Nylon Locknut (16).

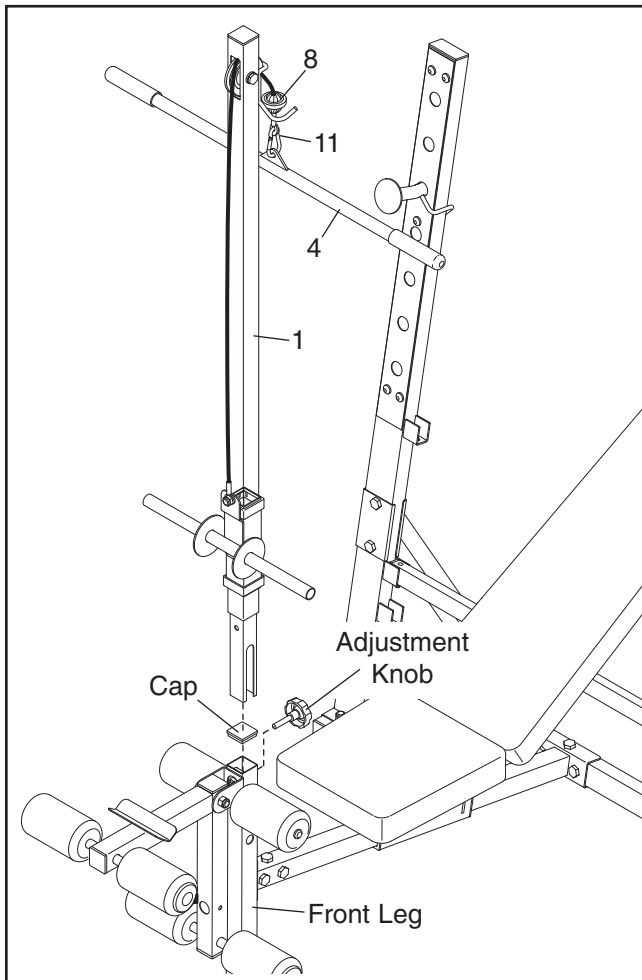


HOW TO USE THE LAT TOWER

Orient the Lat Tower (1) as shown. Remove the cap and the adjustment knob. Insert the Lat Tower into the front leg of the weight bench. Insert the adjustment knob through the front leg and the Lat Tower. Fully tighten the adjustment knob.

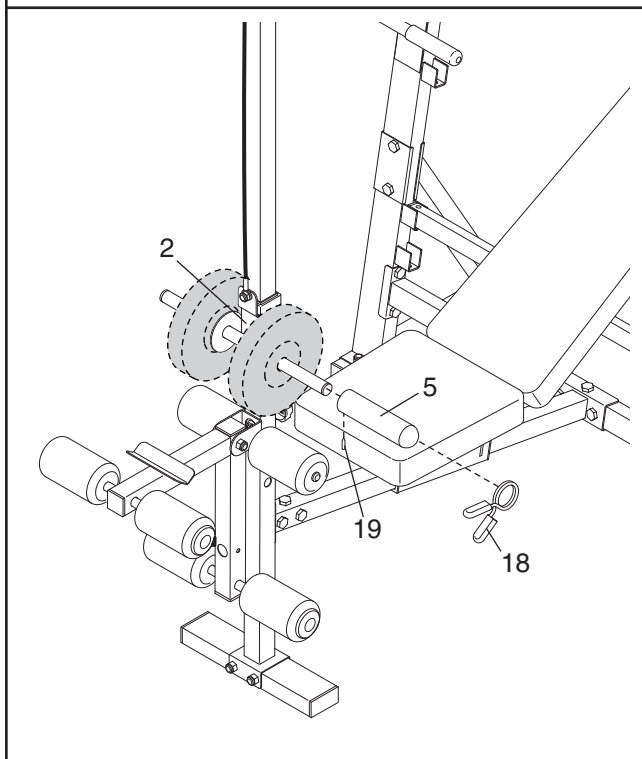
Attach the Lat Bar (4) to the Cable (8) with a Weight Clip (11).

When the Lat Tower (1) is not in use, store it in a safe place where it cannot cause injury by tipping over.



If you are using Olympic size weights, slide an Olympic Adapter (5) onto each side of the Weight Carriage (2) and secure each Olympic Adapter with a Set Screw (19). Secure the weights with the included 2" Spring Clips (18).

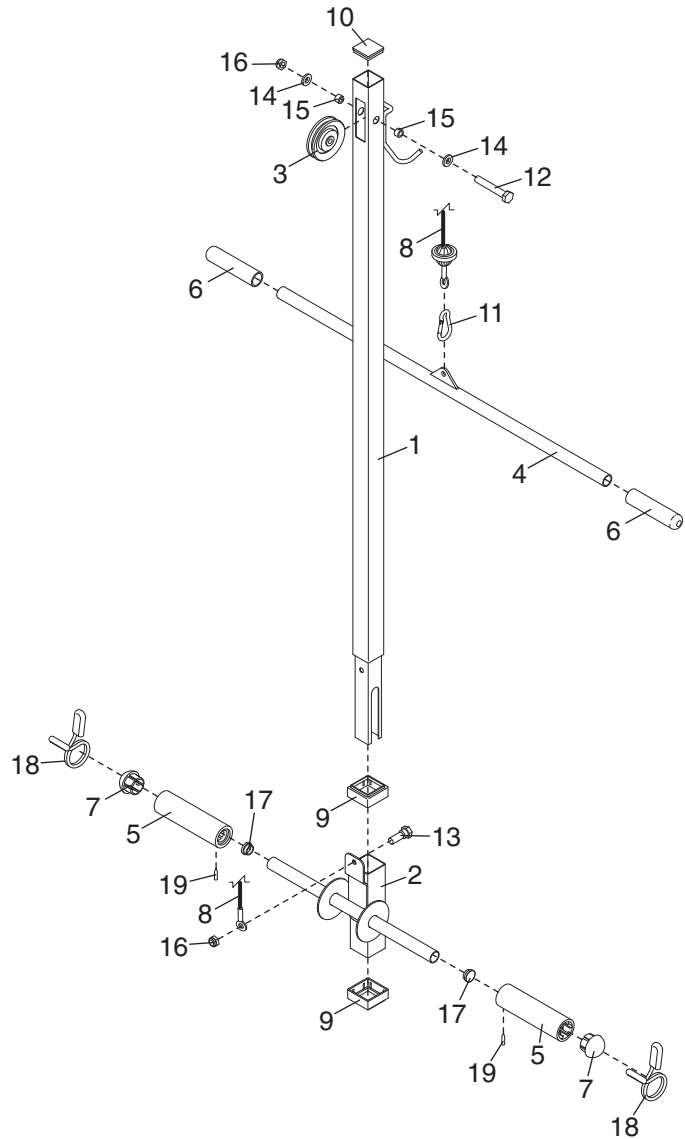
If you are not using Olympic size weights, slide the desired amount of weight (not included) onto the Weight Carriage (2). Secure the weights with the 1" spring clips that came with the weight bench.



PART LIST/EXPLODED DRAWING—Model No. WEMC0366.0

Key No.	Qty.	Description
1	1	Lat Tower
2	1	Weight Carriage
3	1	90mm Pulley
4	1	Lat Bar
5	2	Olympic Adapter
6	2	Handgrip
7	2	Olympic Adapter Cap
8	1	Cable
9	2	Carriage Bushing
10	1	45mm Square Inner Cap
11	1	Weight Clip
12	1	M10 x 60mm Bolt
13	1	M10 x 20mm Shoulder Bolt
14	2	M10 Washer
15	2	10mm Bushing
16	2	M10 Nylon Locknut
17	2	25mm Round Inner Cap
18	2	2" Spring Clip
19	2	Set Screw
#	1	User's Manual

Note: “#” indicates a non-illustrated part.
 Specifications are subject to change without notice. See the section below for information about ordering replacement parts.



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information:

- the MODEL NUMBER of the product (WEMC0366.0)
- the NAME of the product (Lat Tower)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING above)