

ALPHAFIT®



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.

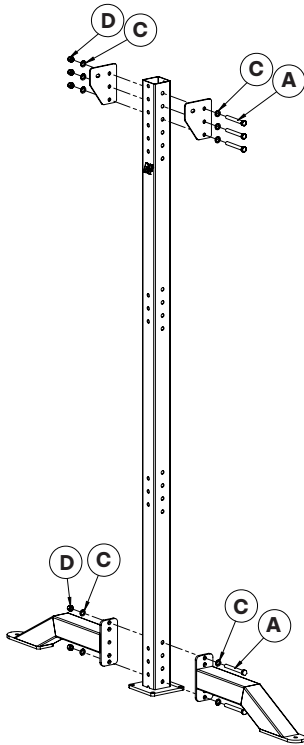
WARNING: MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY OR DEATH. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.

FRAME ASSEMBLY

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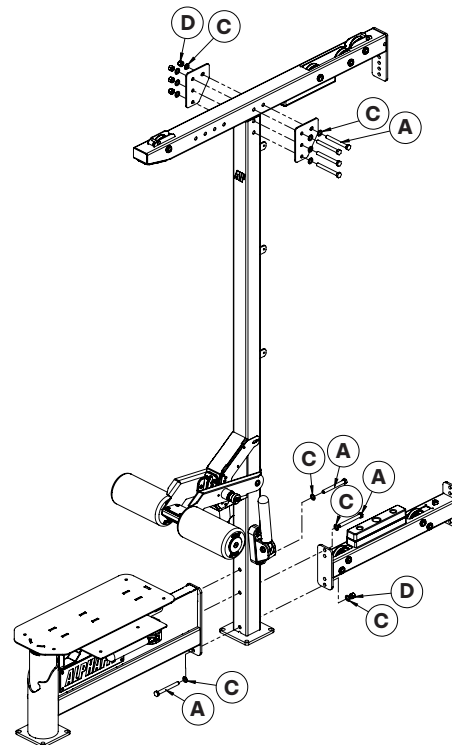
STEP 1A: BUILD CORE TOWER STAND.

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



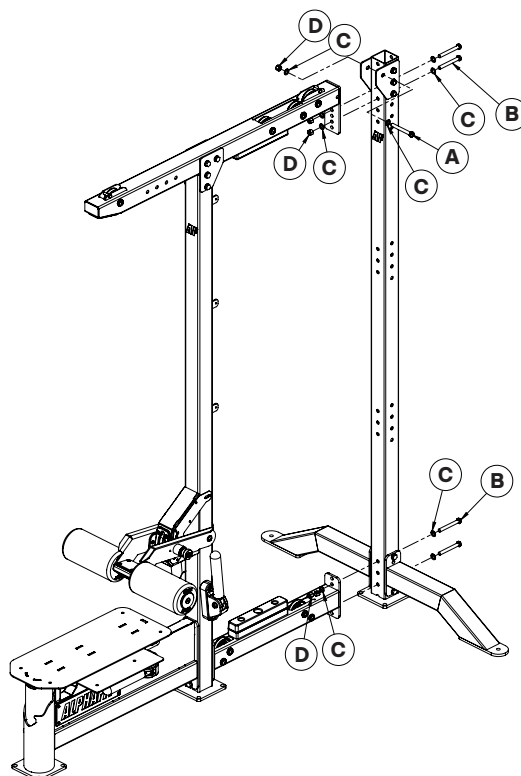
STEP 1B: BUILD CORE LAT PULL LOW ROW TOWER FRAME.

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.

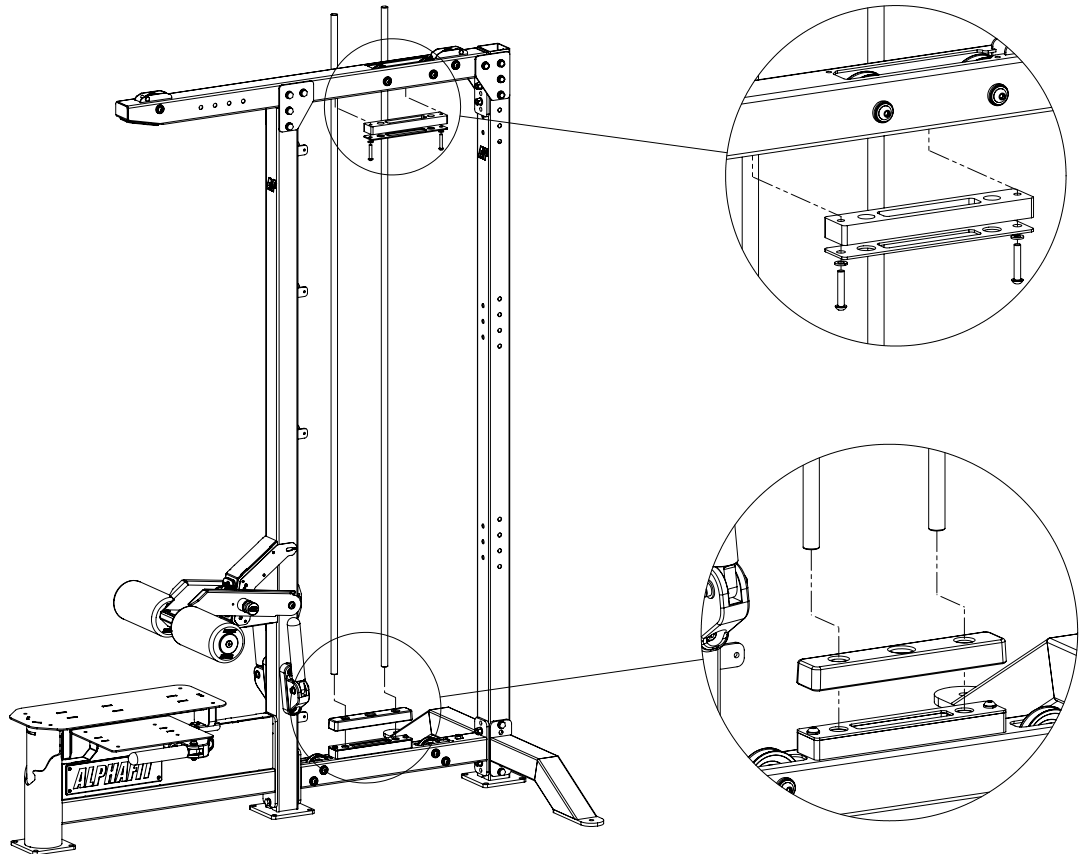


WEIGHT STACK ASSEMBLY

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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.

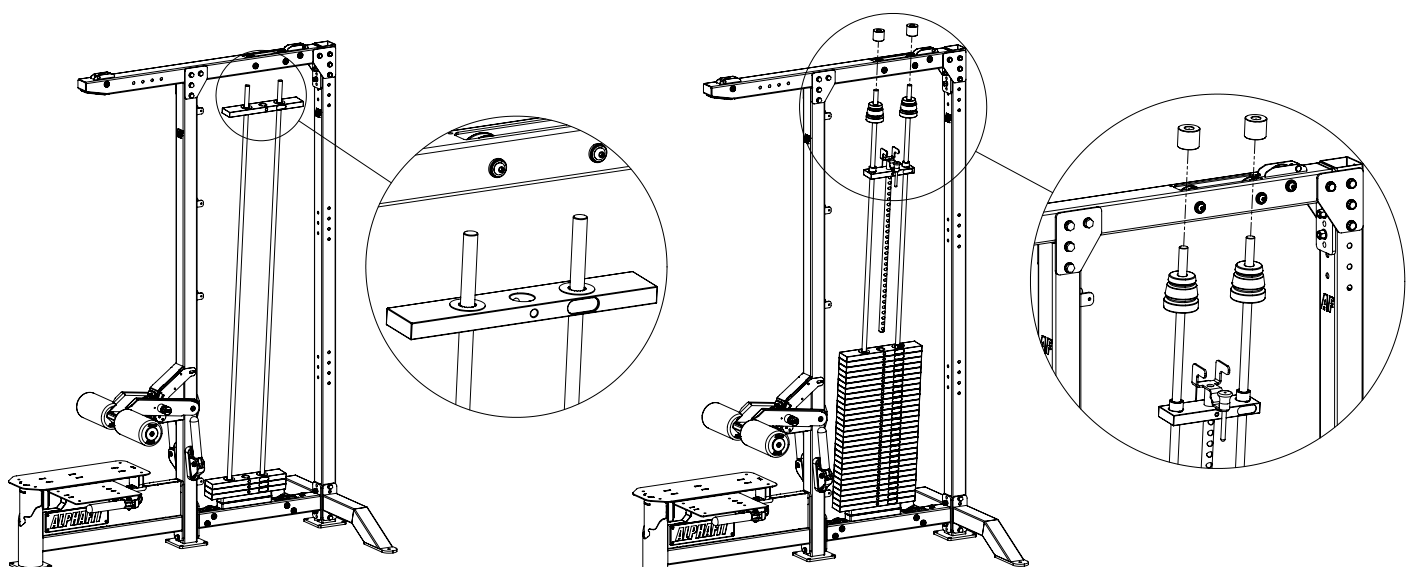


STEP 2B: INSTALL WEIGHT PLATES.

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. Finally, install the two bump stops and plastic spacers. NOTE: Bump stops are deliberately undersized and firm to fit.

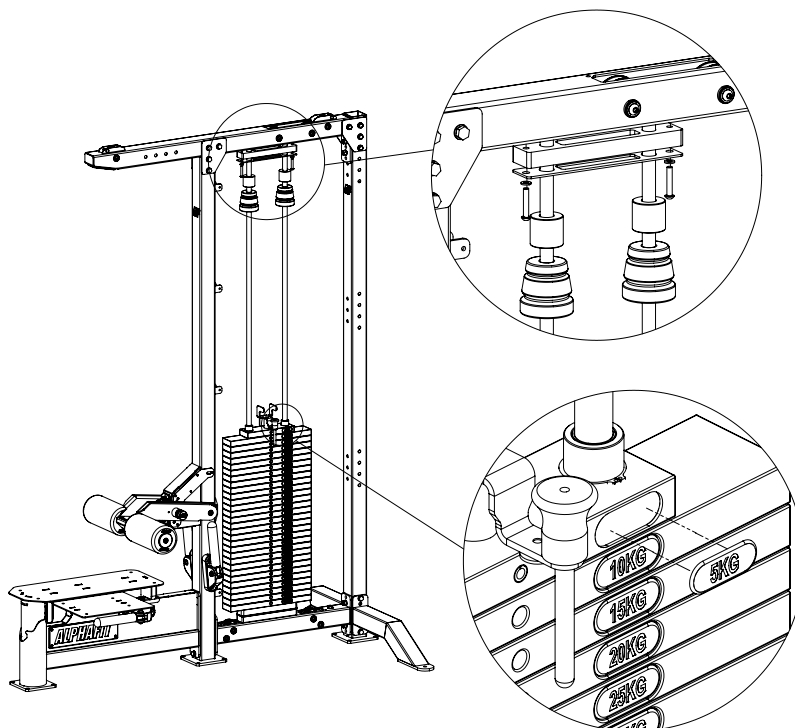


WEIGHT STACK ASSEMBLY

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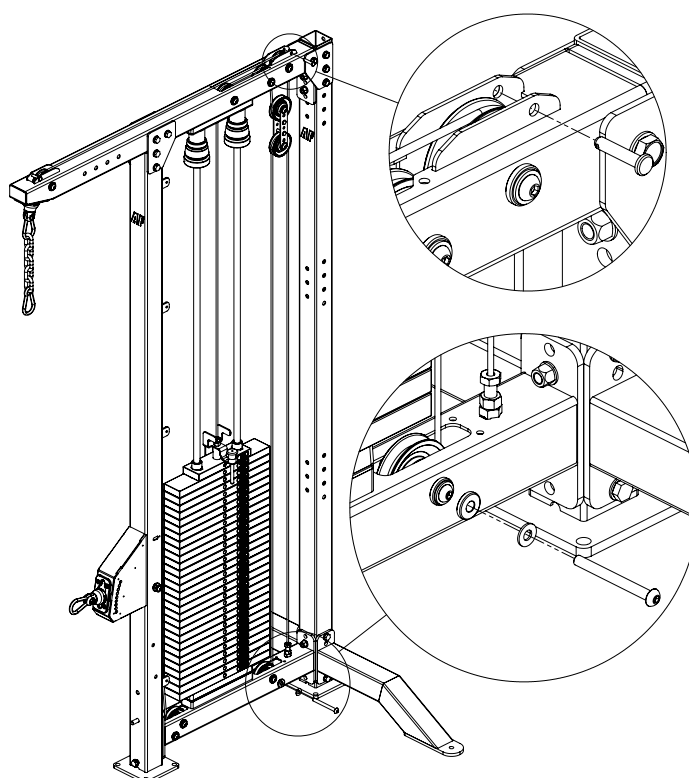
STEP 2C: SECURE WEIGHT STACK RODS.

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 3A: REMOVE CABLE RETENTION PARTS.

Remove pre-installed cable retention parts from top and bottom braces, ready for cable routing.



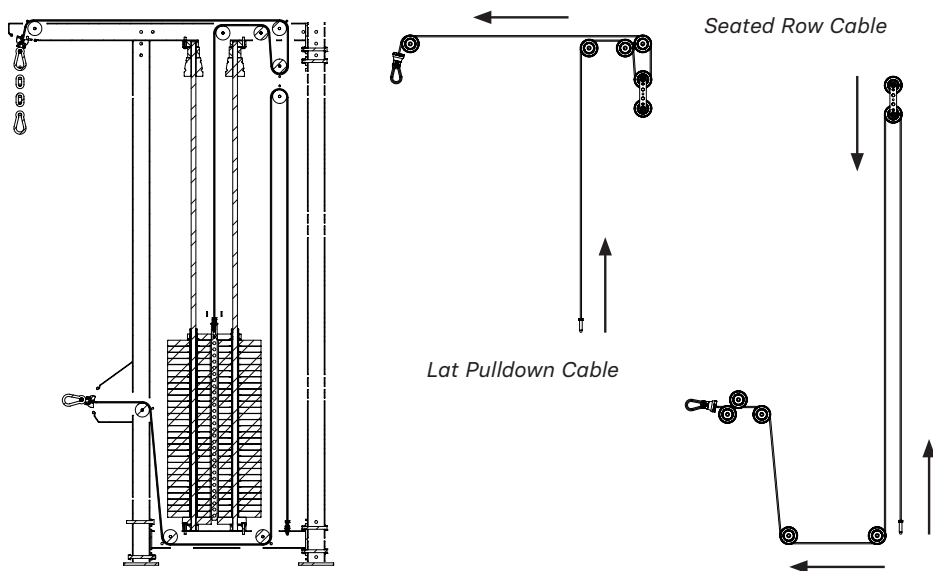
STEP 3B: ROUTE CABLE.

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 top side 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 top side 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.



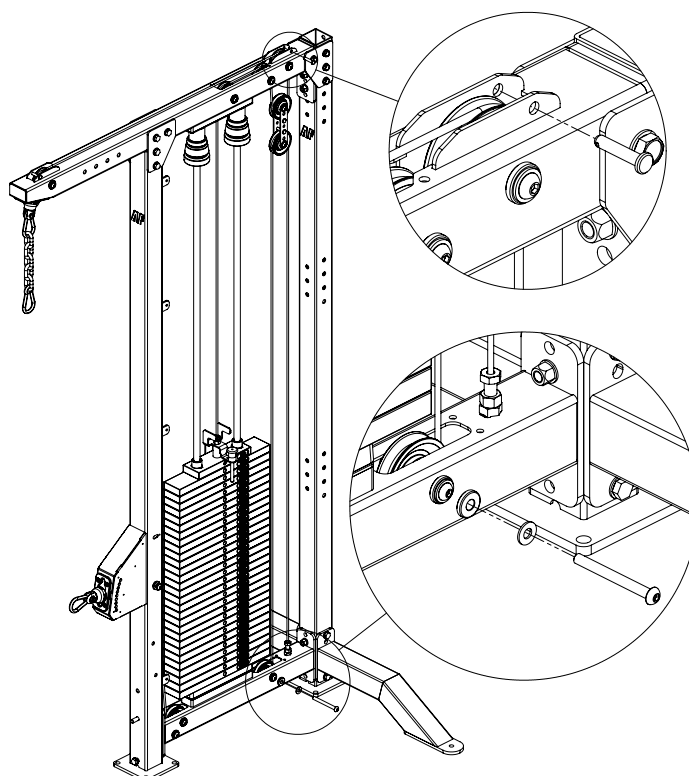
PRO TIP:

Tension the cable until it has 10–15mm of play and the weight stack pin goes in all holes easily.

Note: cables need a minimum of 10mm of play to account for weight stack bumper compression. Any less can cause damage or premature wear or failure of the cable.

STEP 3C: RE-INSTALL CABLE RETENTION PARTS.

Re-install cable retention parts in top and bottom braces after cable routing.

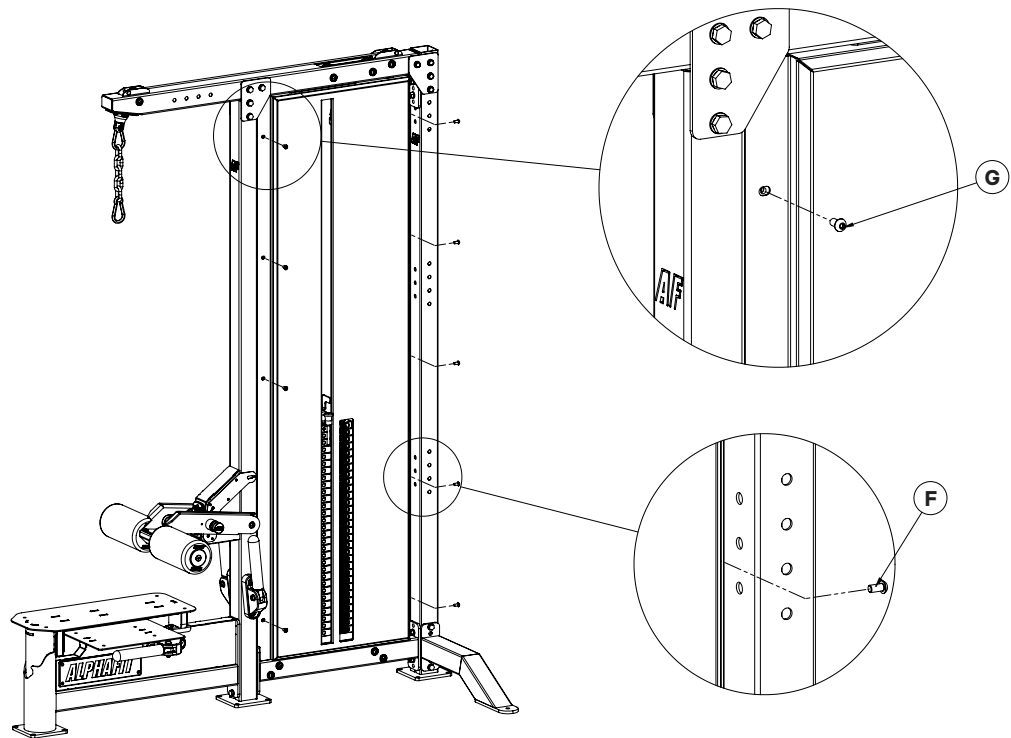
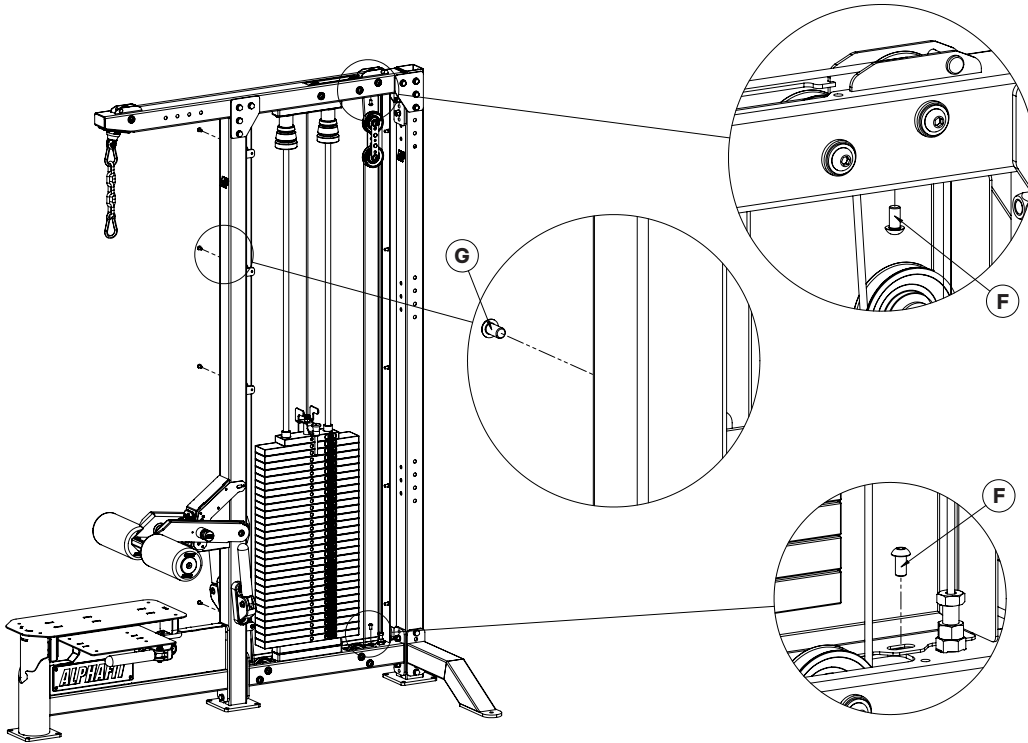


WEIGHT STACK ASSEMBLY

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STEP 4: ATTACH COVERS.

Install covers as illustrated below. Letters denote appropriate fasteners.

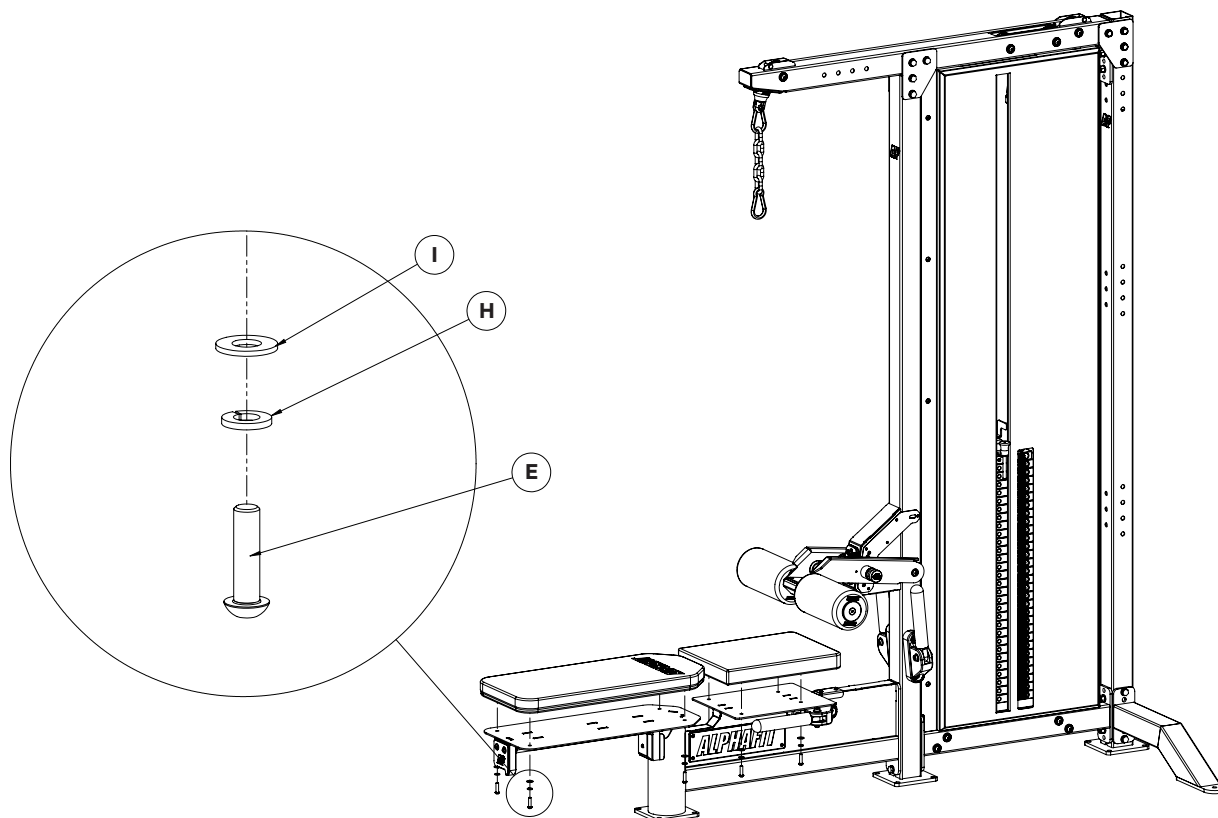


BENCH PADS

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STEP 5: ATTACH BENCH PADS.

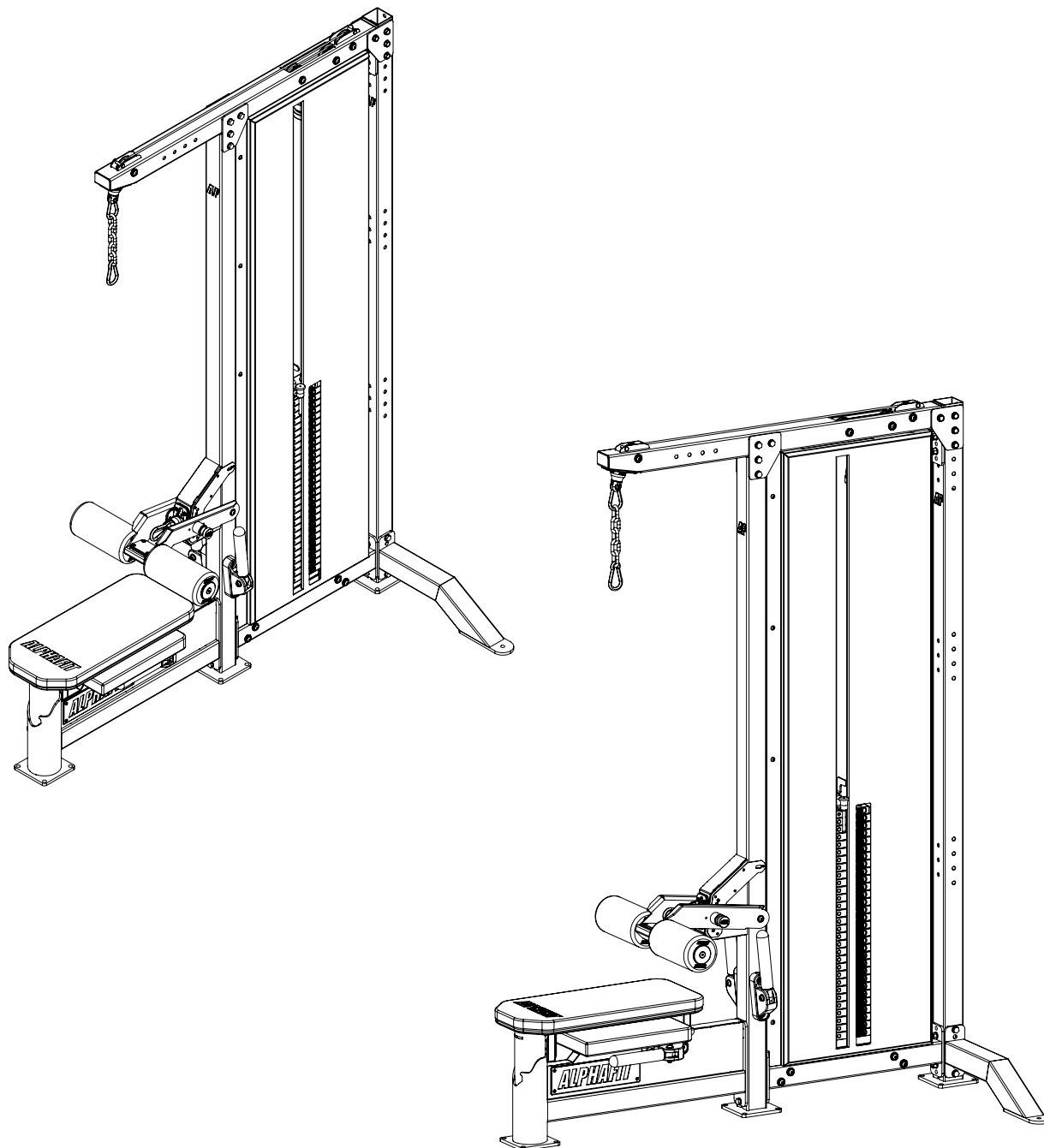
Install bench pads as illustrated below. Letters denote appropriate fasteners.



CORE FREESTANDING LAT PULL LOW ROW TOWER

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FULLY ASSEMBLED.



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