OPTIMA SERIES LAT PULLDOWN / ROW

Assembly Instructions

OSLR / 06.17.10 / 8704601 REV D-4



LifeFitness
WHAT WE LIVE FOR

COMPONENT LIST

ITEM No	QTY.	DESCRIPTION
1	1	SEAT FRAME
2	1	PULLEY BRACKET
3	1	TOP FRAME
4	1	FLOATING PULLEY
5	1	ROLLER PAD BRACKET
6	1	FOOT SUPPORT
7	1	SUPPORT ASSEMBLY
8	3	PULLEY
9	1	INCREMENT WEIGHT
10	1	HEAD PLATE
11	1	SELECTOR PIN
12	1	PLACARD
13	2	CARABINER
14	1	ROW BAR
15	1	LAT BAR
16	1	CABLE, ROW
17	1	CABLE, TOWER
18	1	M10 JAM NUT
19	1	M16 JAM NUT
20	2	SHAFT COLLAR
21	2	ROLLER PAD PLATE
22	2	ROLLER PAD CAP
23	1	M10 X 65MM BOLT
24	30	3/8” FLAT WASHER
25	2	BUSHING, .500” X .402” X .472”
26	7	M10 HEX NYLOCK NUT
27	1	ROD END BEARING
28	4	HOLE PLUG
29	16	M10 X 25MM BOLT
30	2	BUSHING, .500” X .402” X .969”
31	2	M10 X 80MM BOLT
32	3	M10 X 75MM BOLT
33	2	M10 X 30MM BOLT
34	2	SPACER SHAFT
35	4	SMALL RETAINER RING
36	1	TOWER FRAME
37	2	TOP TOWER COVER
38	2	GUIDE ROD
39	1	M10 X 60MM BOLT
40	2	BUSHING, .500” X .402” X .272”

COMPONENT LIST

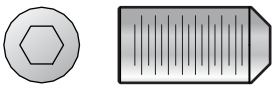
ITEM No	QTY.	DESCRIPTION
41	8	M6 WASHER
42	2	M10 SET SCREW
43	8	M6 X 12MM BOLT
44	2	TOWER CAP
45	2	RETAINER RING
46	2	WEIGHT STACK CUSHION
47	1	GUIDE ROD RETAINER, LONG
48	1	GUIDE ROD RETAINER, SHORT
49	1	CABLE CLIP
50	1	WEIGHT STACK LABEL
51	12	15 LB. WEIGHT PLATE
52	4	*SHROUD CLIP*
53	4	*LONG SHROUD*
54	4	*SHORT SHROUD*
55	2	*FRONT BELT*
56	2	*BOTTOM TOWER COVER*
57	1	*CENTER SHROUD*
58	1	*REAR BELT*
59	24	*M4 WASHER*
60	24	#6 X 5/16” SCREW
61	2	ROLLER PAD
62	1	SEAT PAD
63	2	BUSHING, .500” X .402” X .638”
64	2	SHIM PLATE

Optional / Optioneel / En option / Opzionale / オプション / Opcional /

Tools Required:

- Ratchet with 17mm Socket
- Rubber Mallet
- Ratchet Extension
- Allen Wrench (4mm, 5mm, 6mm, 7mm, 8mm)
- Open End Wrench (16mm,17mm, 24mm)
- Retaining Ring Plier
- Phillips Screw Driver

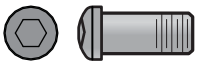
HARDWARE



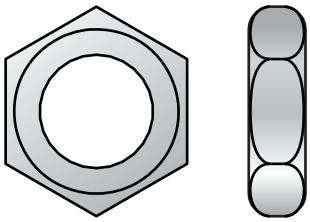
M10 SET SCREW (#42)



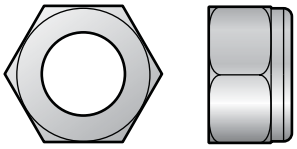
M4 WASHER (#59)



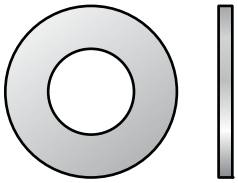
M6 X 12MM BOLT (#43)



M16 JAM NUT (#19)



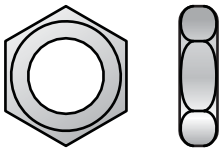
M10 HEX NYLOCK NUT (#26)



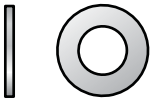
3/8" FLAT WASHER (#24)



#6 X 5/16" SCREW (#60)



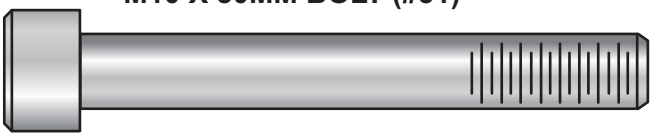
M10 JAM NUT (#18)



M6 WASHER (#41)



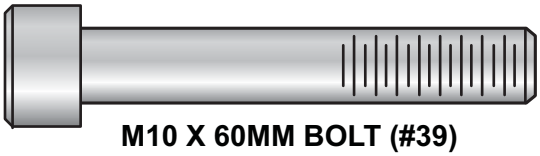
M10 X 80MM BOLT (#31)



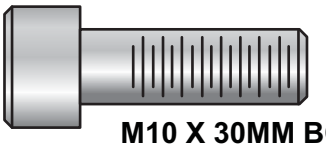
M10 X 75MM BOLT (#32)



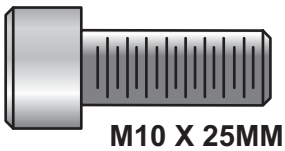
M10 X 65MM BOLT (#23)



M10 X 60MM BOLT (#39)



M10 X 30MM BOLT (#33)



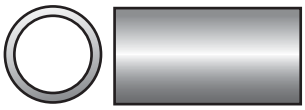
M10 X 25MM BOLT (#29)



BUSHING
(.500"OD X .402"ID) X .272" (#40)



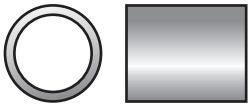
BUSHING
(.500"OD X .402"ID) X .472" (#25)



BUSHING
(.500"OD X .402"ID) X .969" (#30)

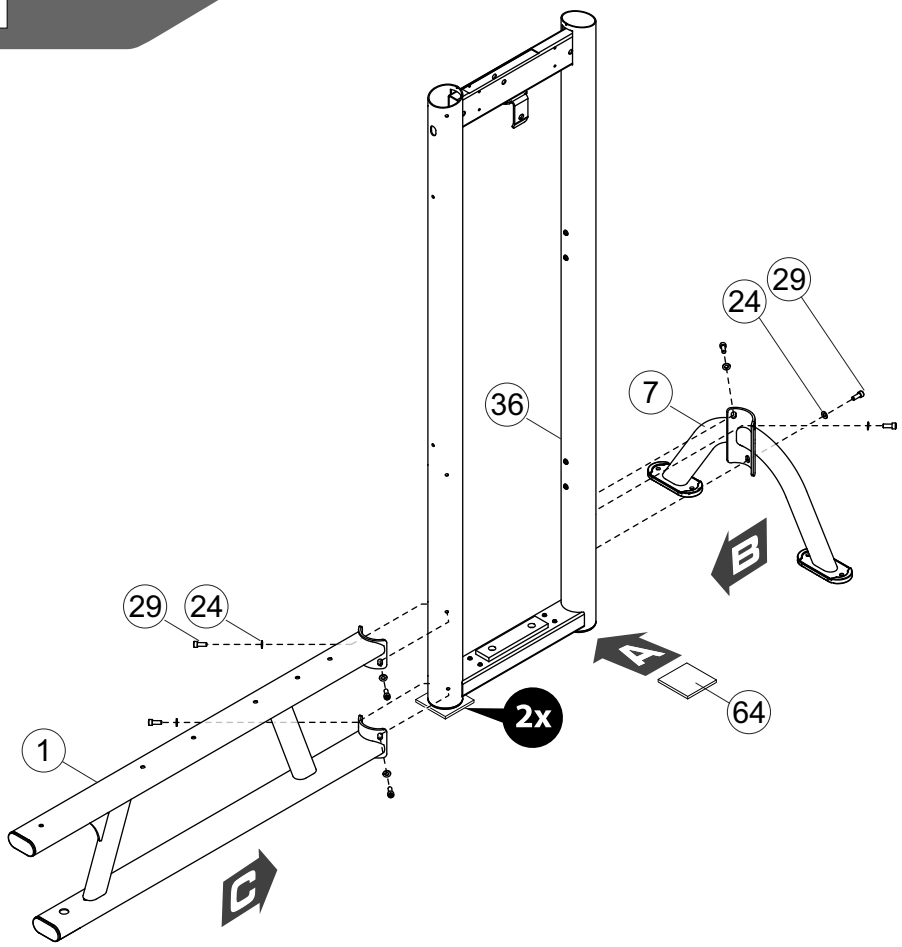


SPACER SHAFT (#34)

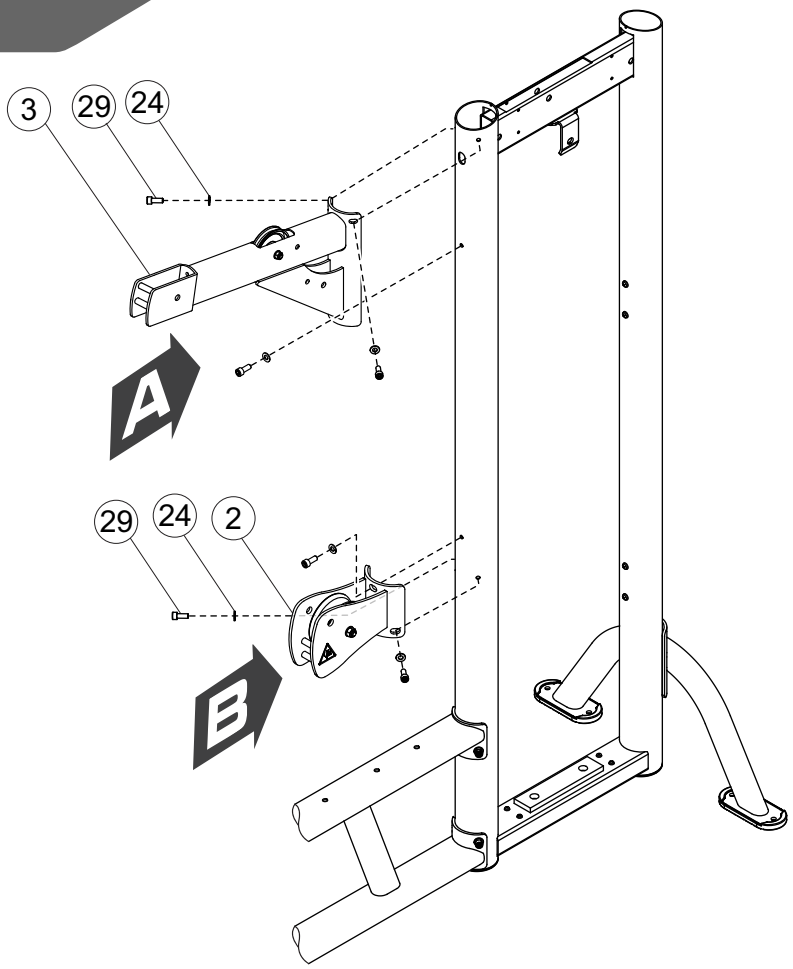


BUSHING
(.500"OD X .402"ID) X .638" (#63)

1

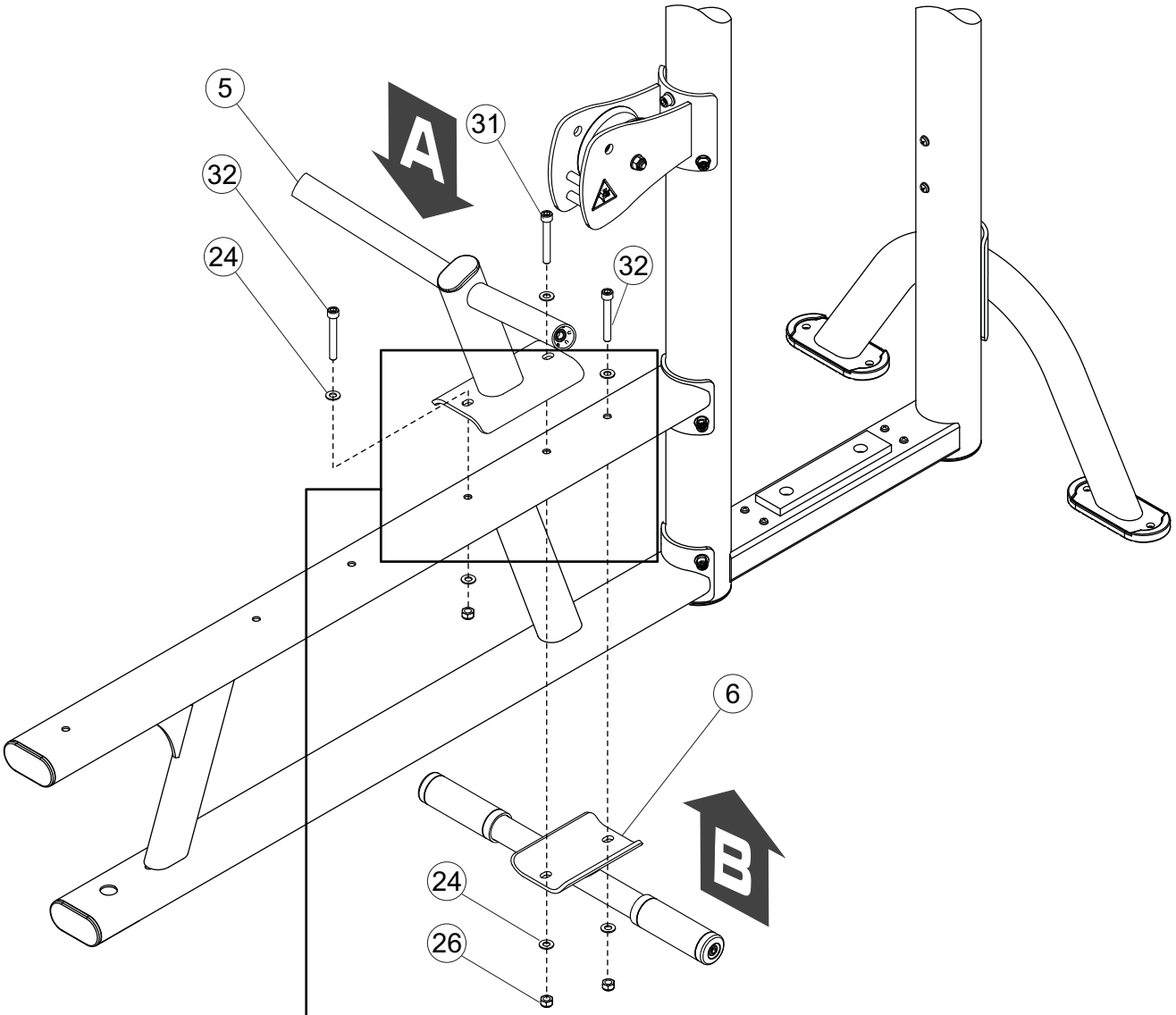


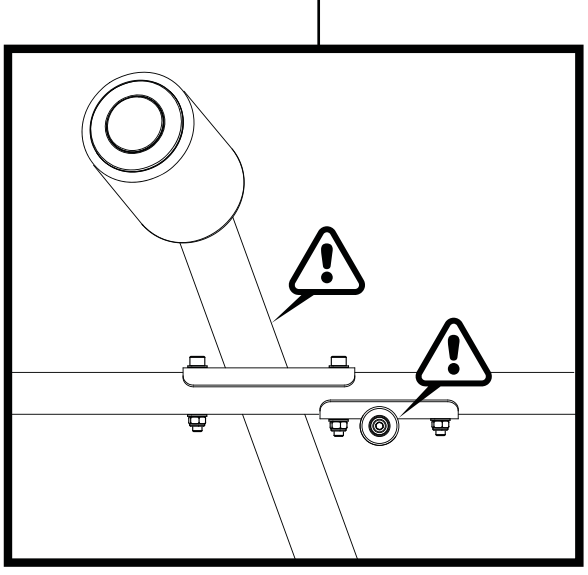
2

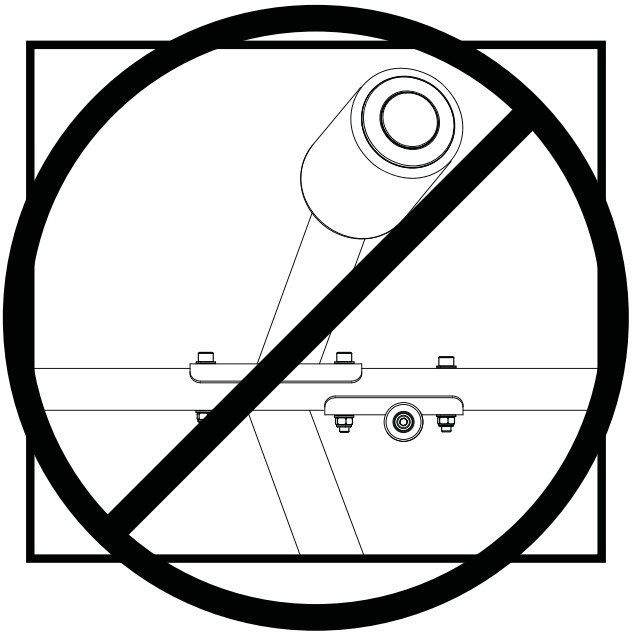


3

100%

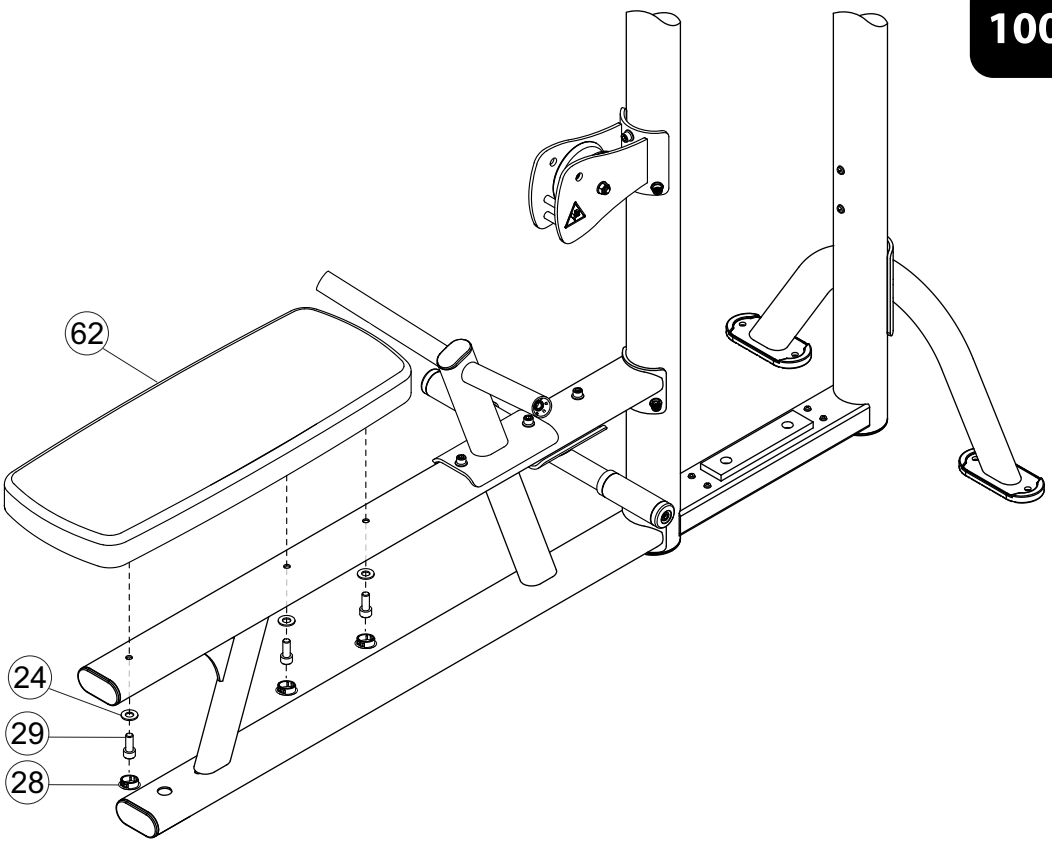






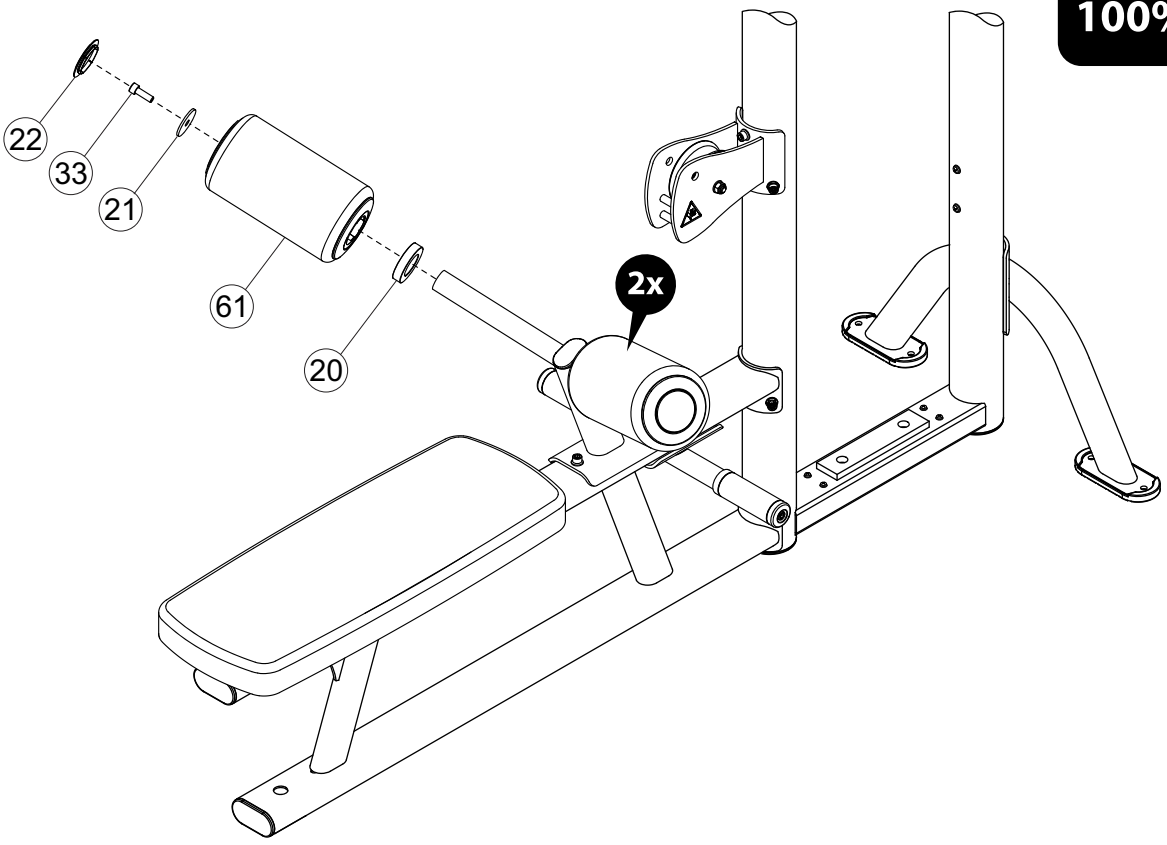
4

100%



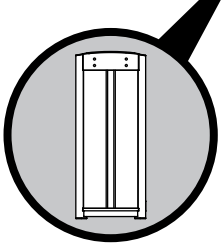
5

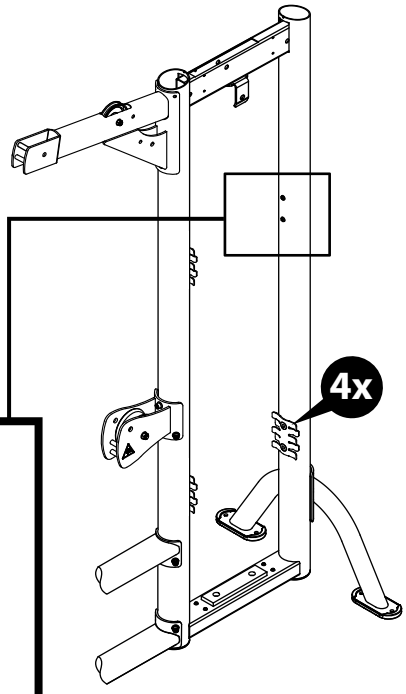
100%

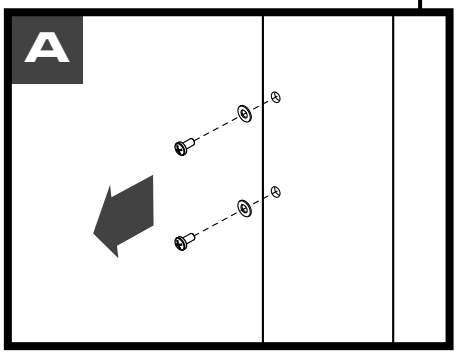


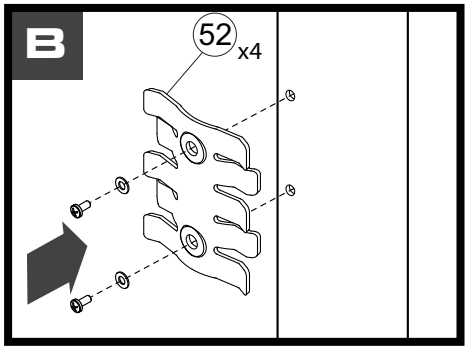
6 Optional / Optioneel / En option / Opzionale / オプション / Opcional

100%



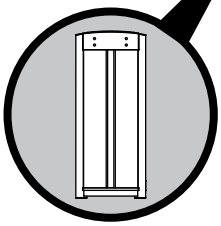


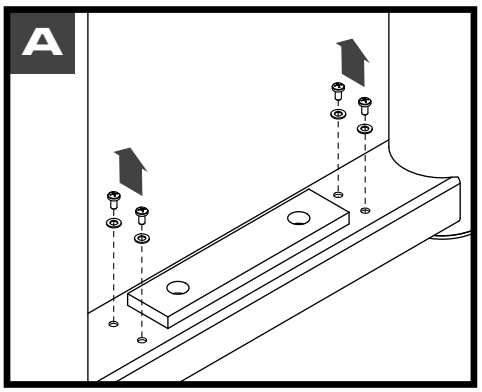


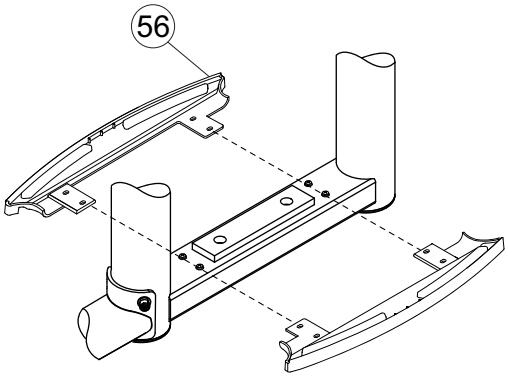


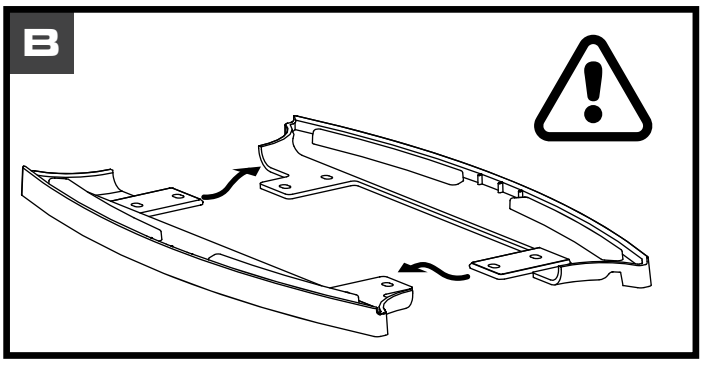
7 Optional / Optioneel / En option / Opzionale / オプション / Opcional

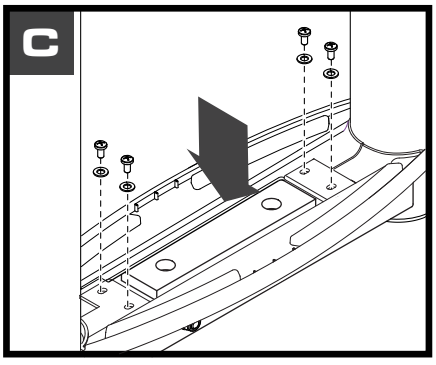
100%



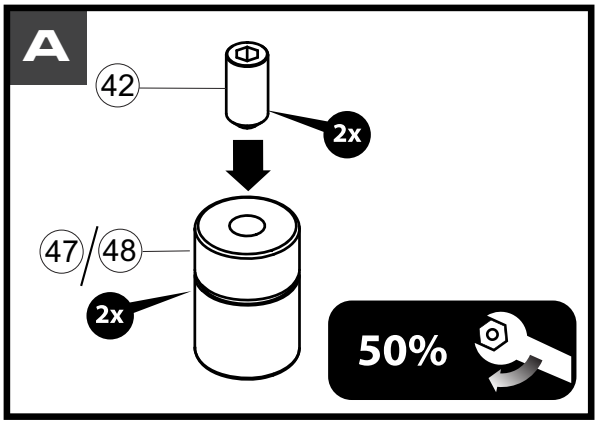


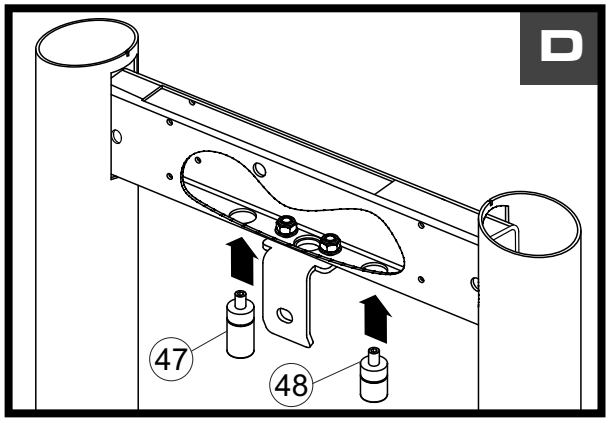


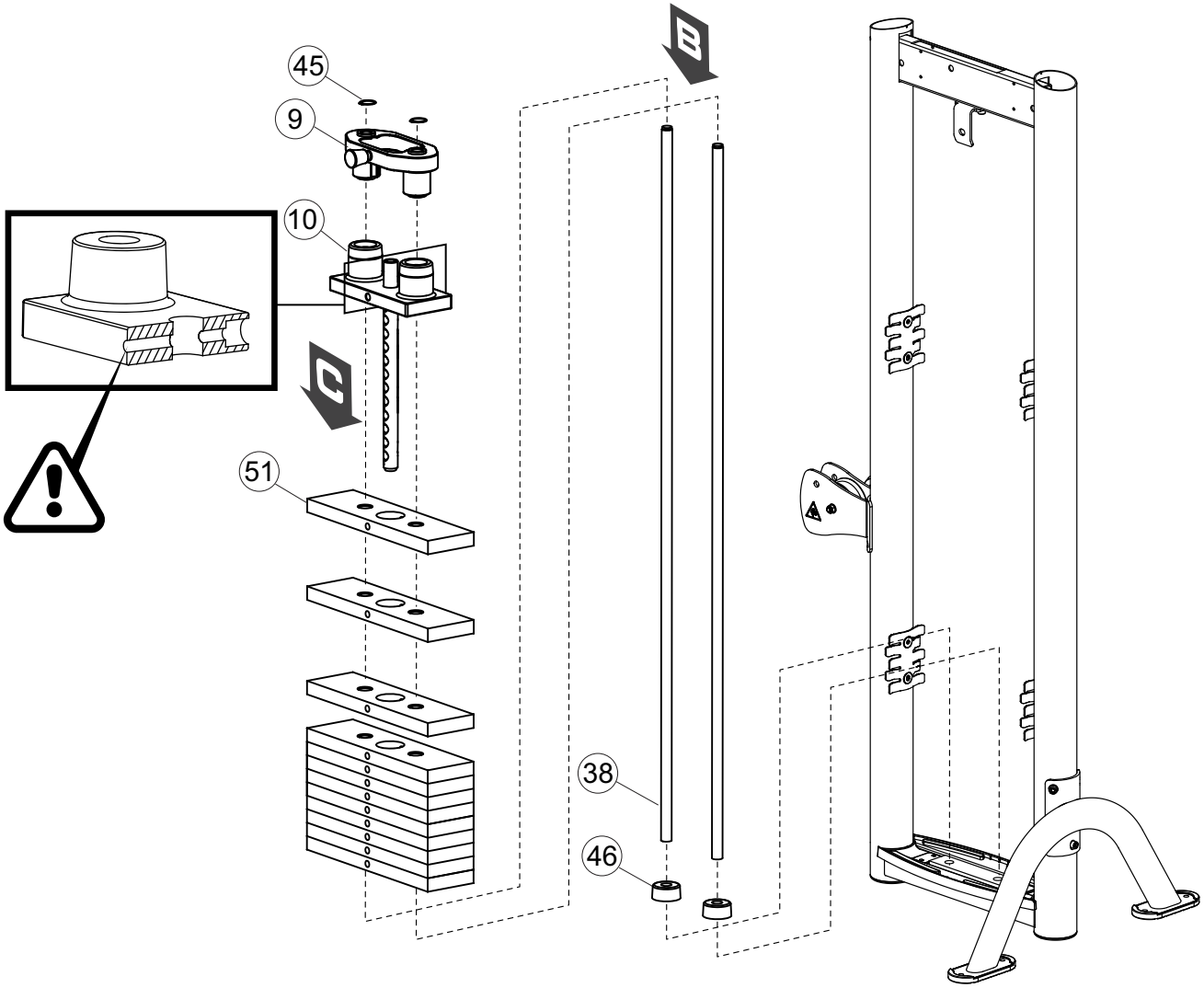


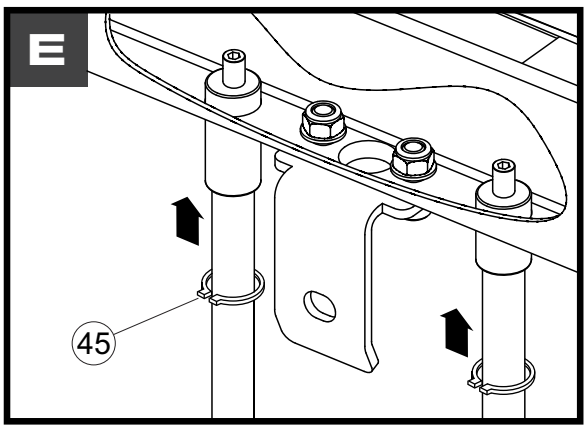


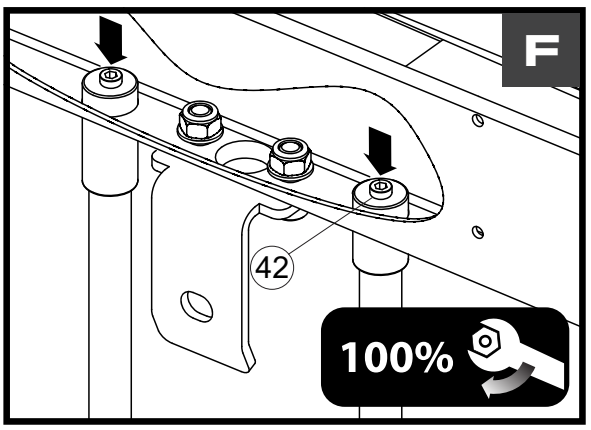
8



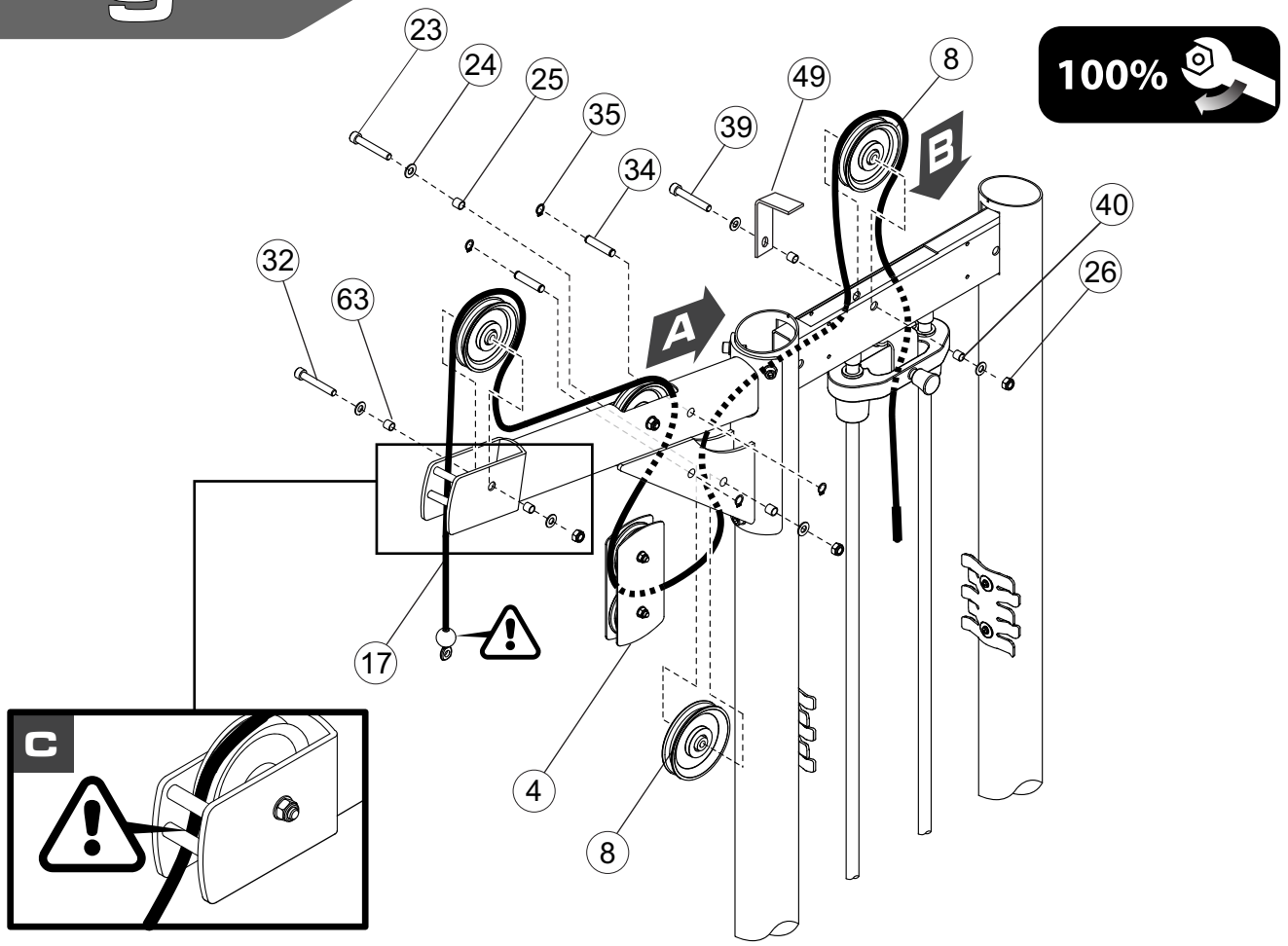




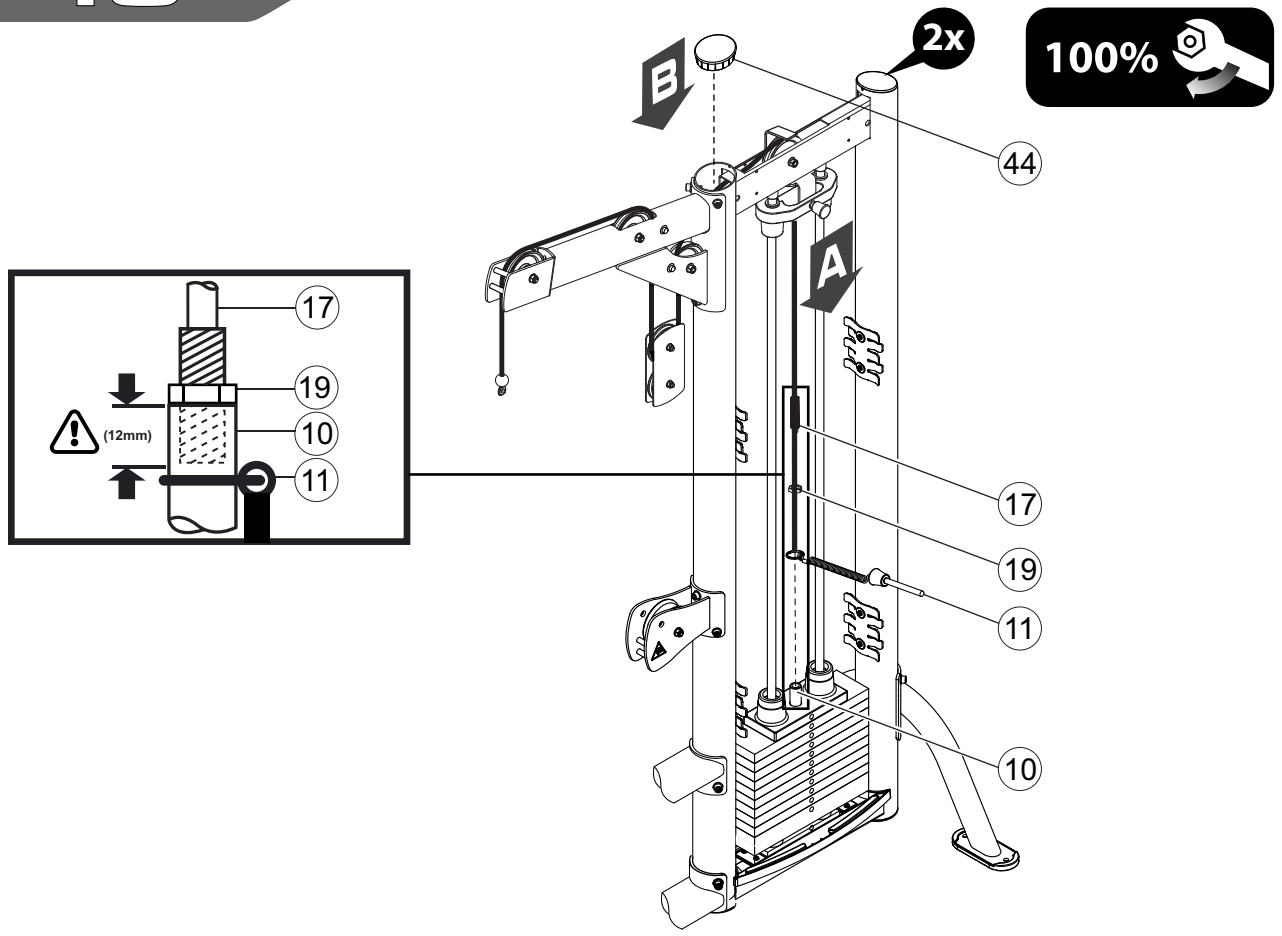




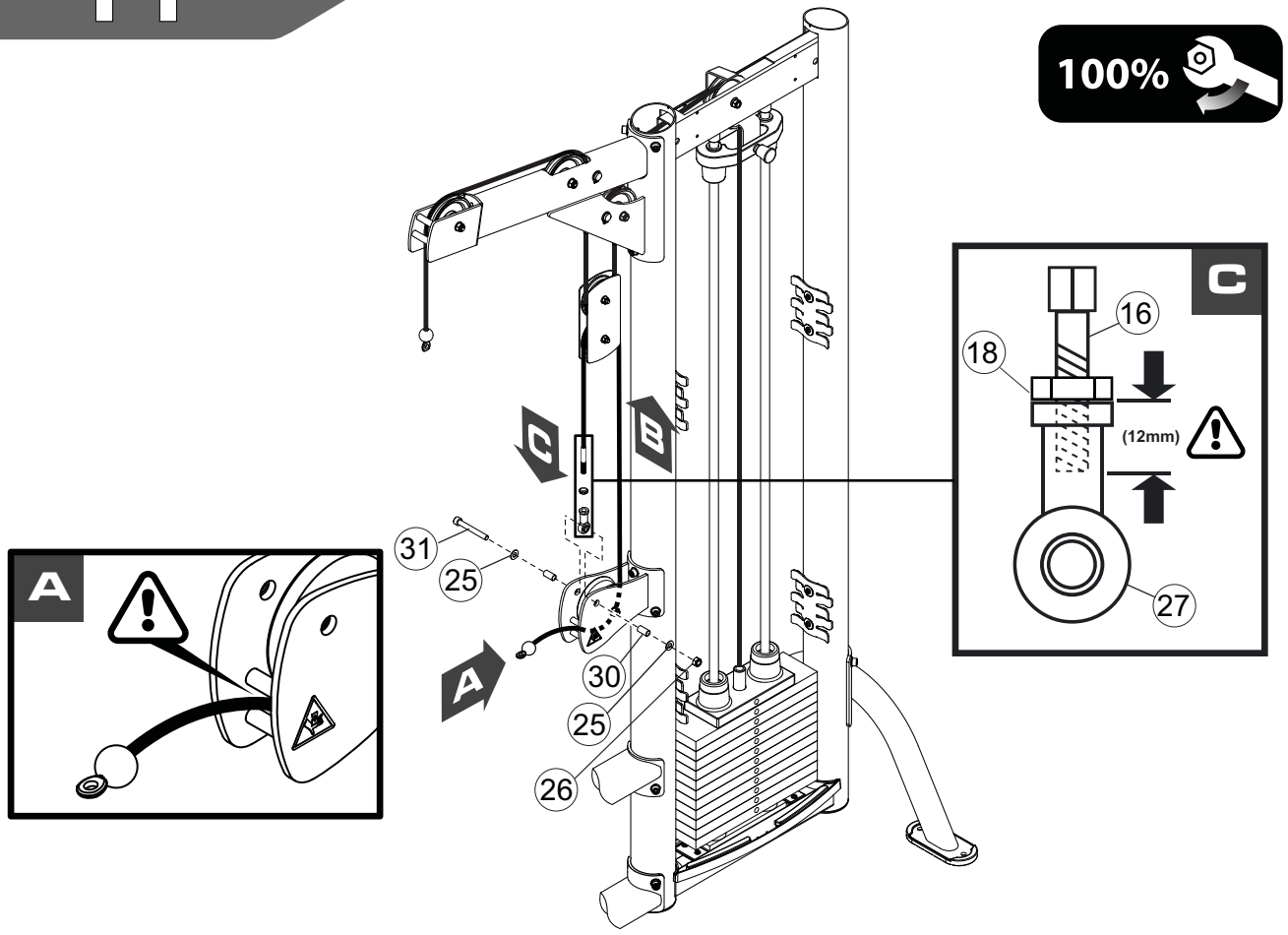
9


100%
23
24
25
35
34
39
49
8
B
40
26
32
63
A
17
4
8
C

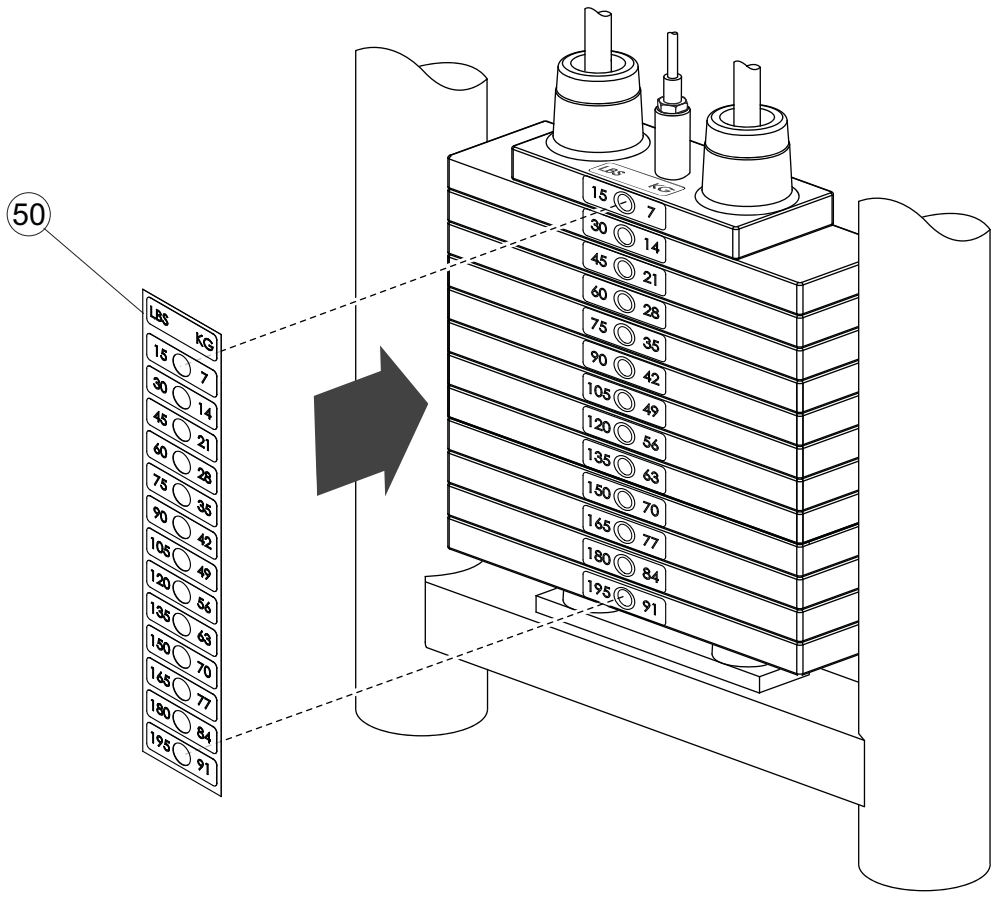
10


100%
2x
B
44
A
17
19
11
10
17
19
10
11
(12mm)

11

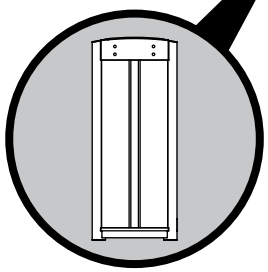

100%
A
B
C
16
18
(12mm)
27
31
25
30
25
26

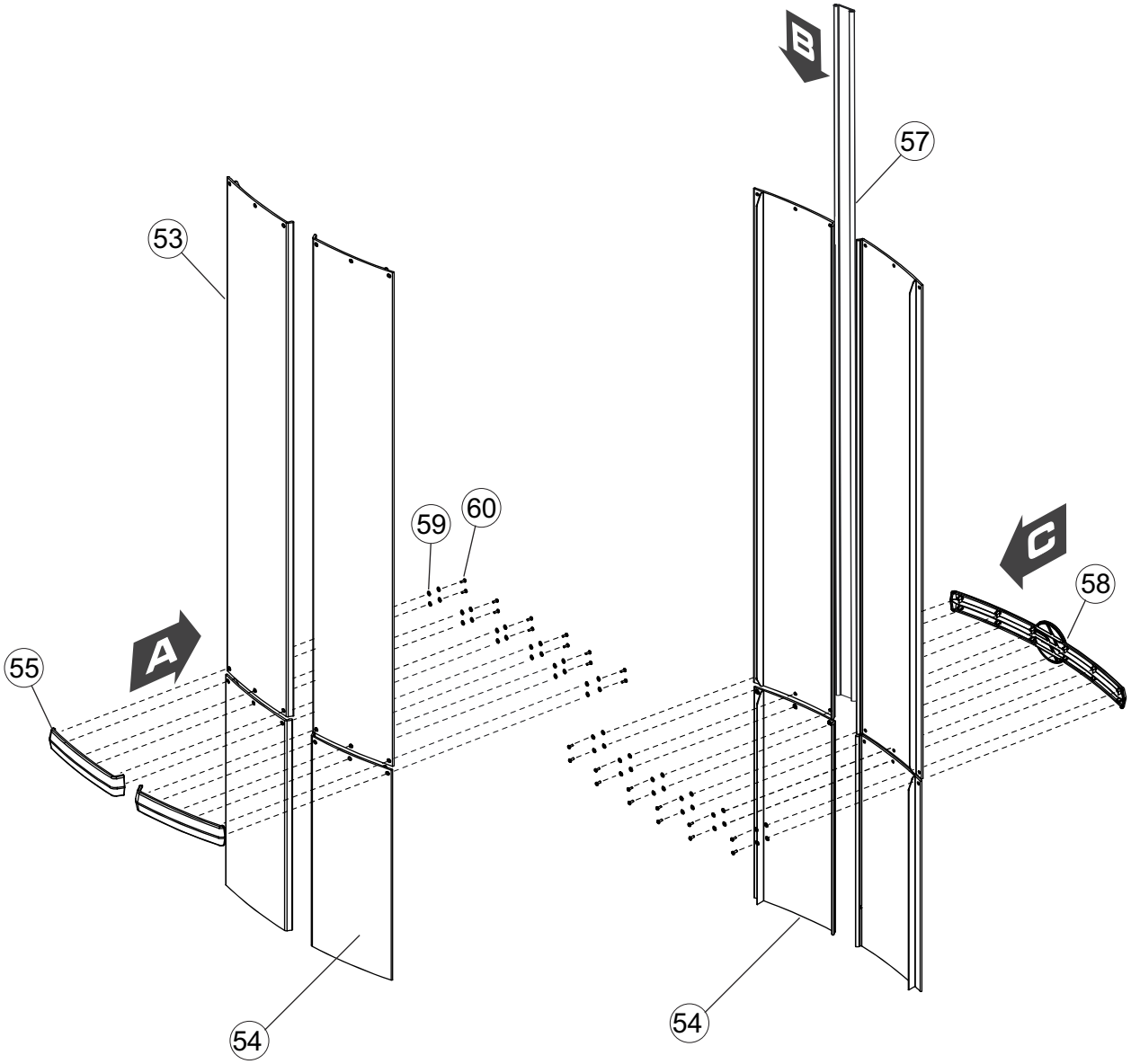
12


50
LBS KG
15 7
30 14
45 21
60 28
75 35
90 42
105 49
120 56
135 63
150 70
165 77
180 84
195 91

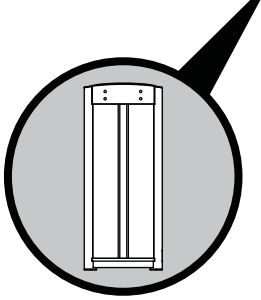
13 Optional / Optioneel / En option / Opzionale / オプション / Opcional

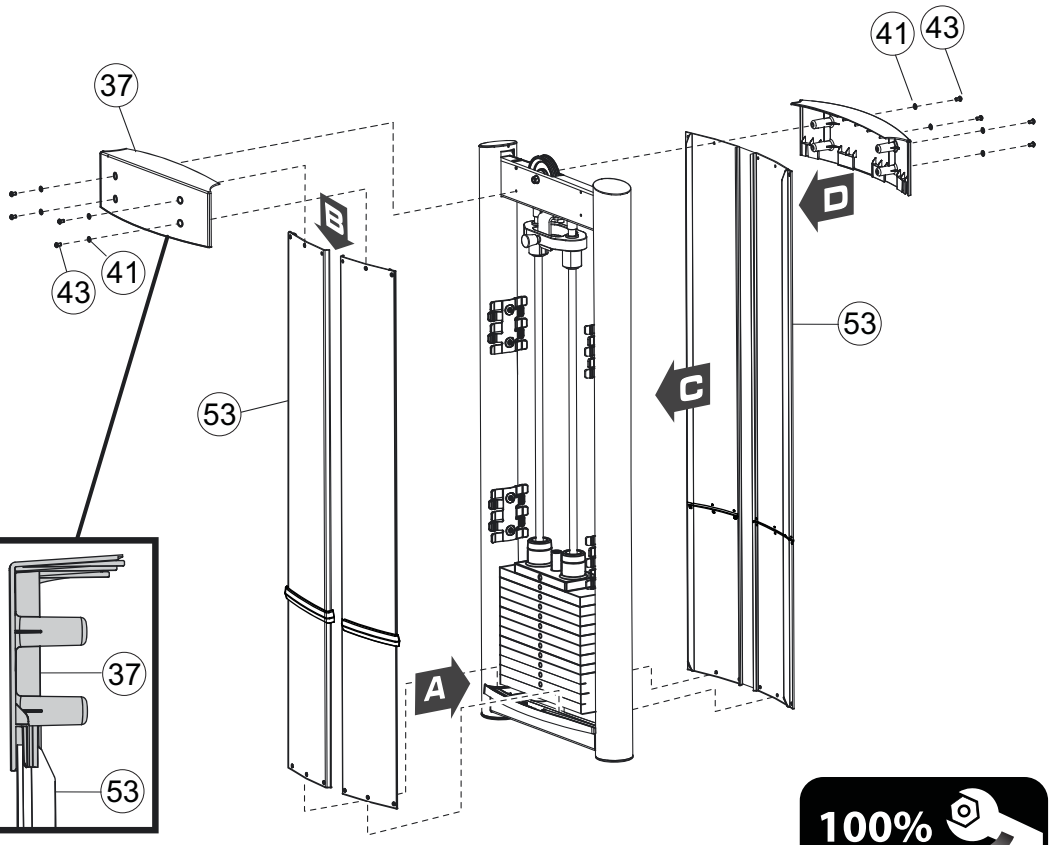
100%





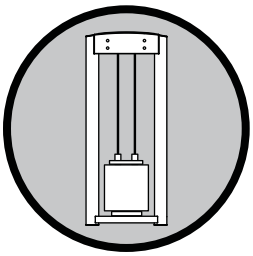
14 Optional / Optioneel / En option / Opzionale / オプション / Opcional

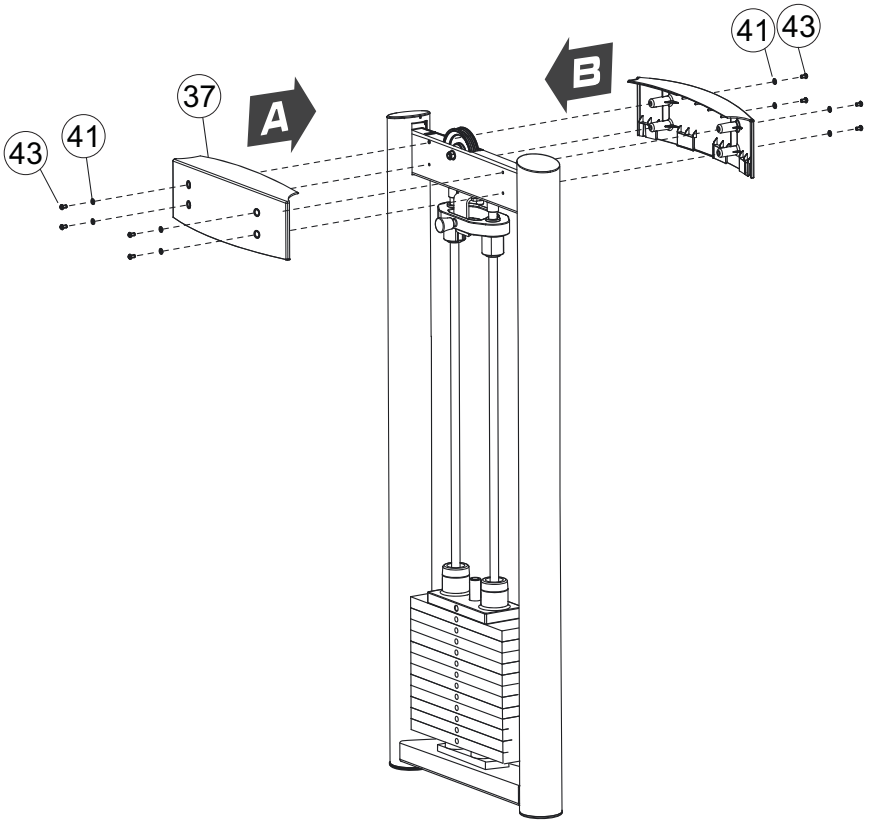




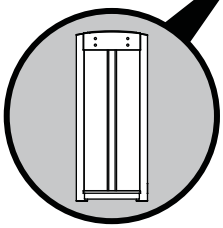
14

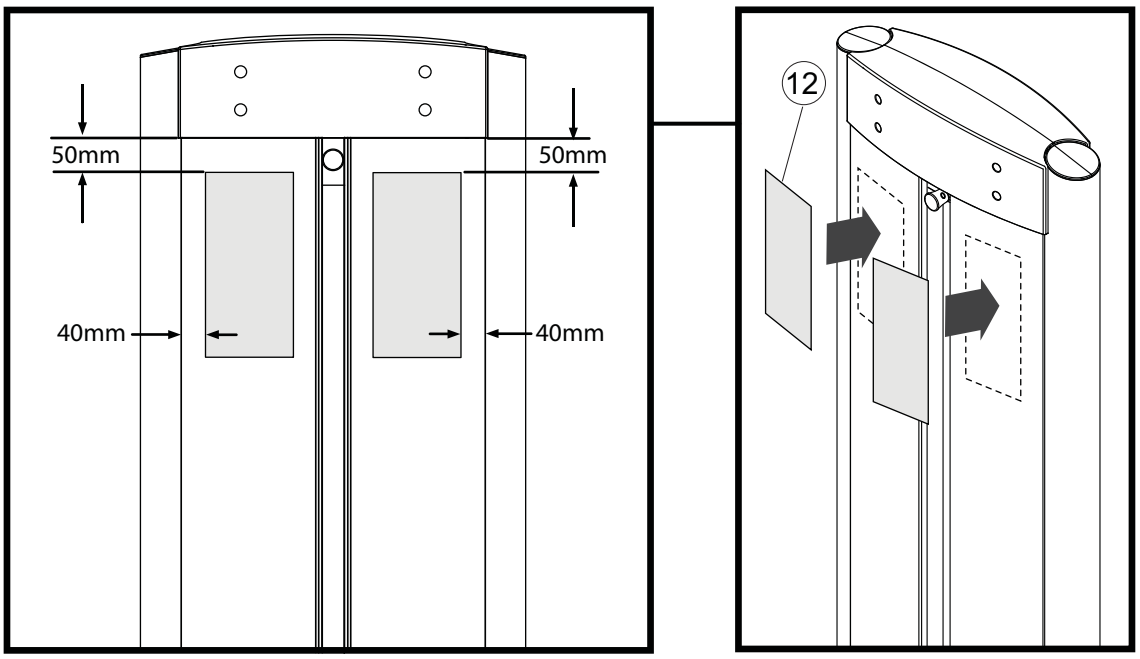
100%



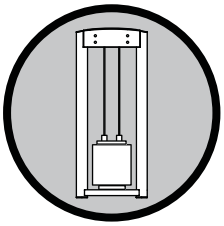


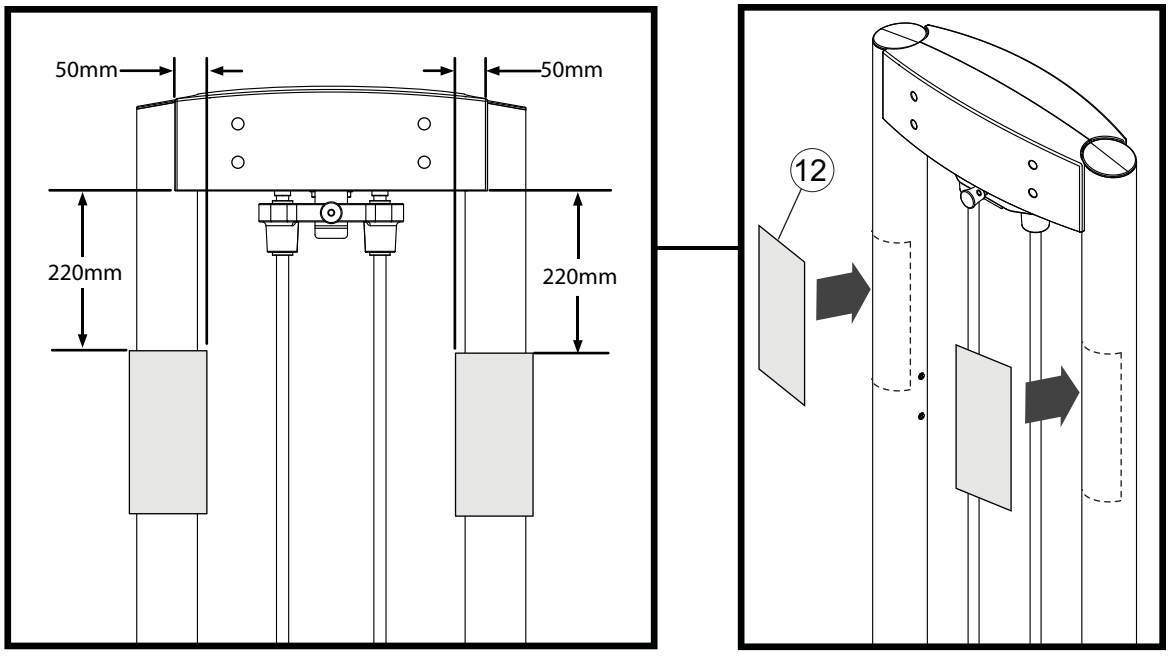
15 Optional / Optioneel / En option / Opzionale / オプション / Opcional



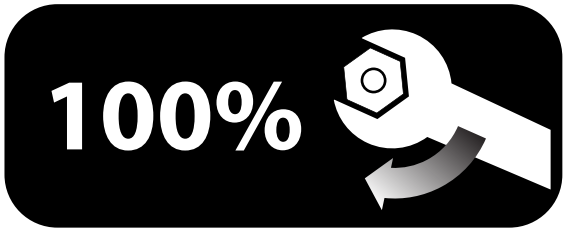


15





16



MAKE SURE ALL HARDWARE IS TIGHT

Controleer of alle bevestigingen goed vast zitten

Vérifier que toute la visserie est serrée

Sicherstellen, dass alle Befestigungsteile festgezogen sind

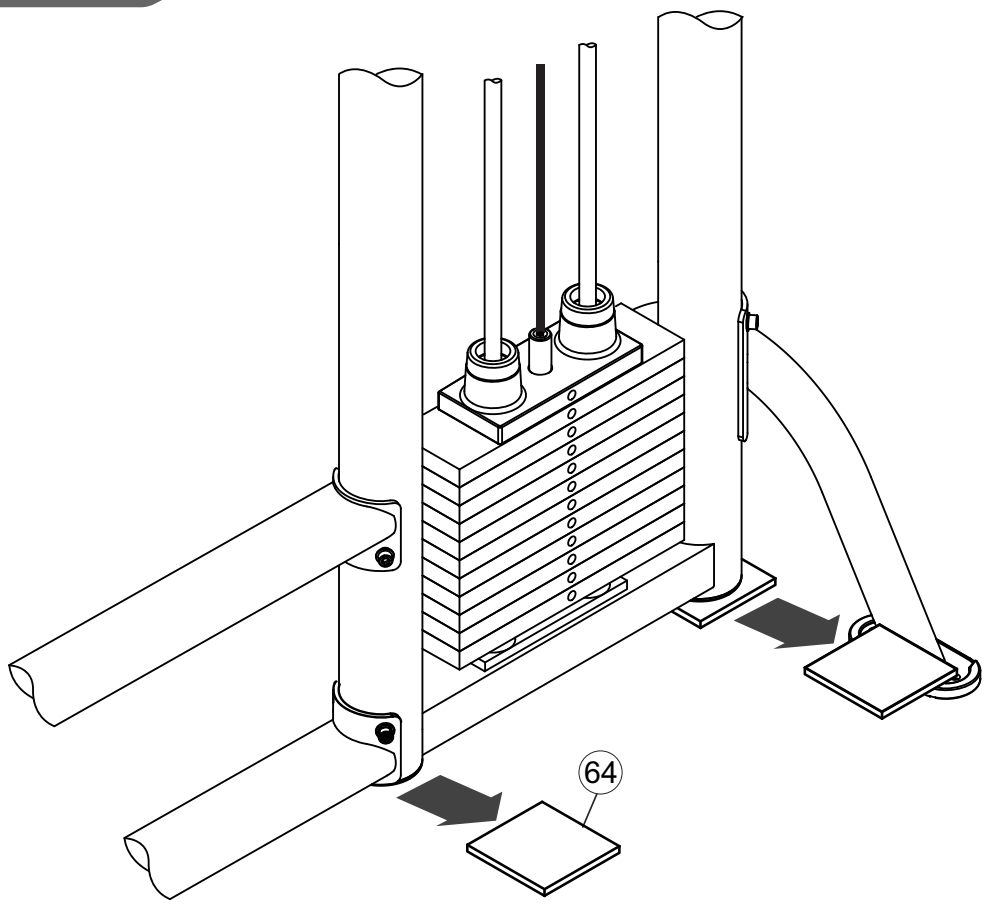
Assicurarsi che tutta la bulloneria sia ben stretta

すべての金具がしっかり固定されていることを確認してください

Certifique-se de que todas as peças estejam bem apertadas

Asegúrese de que todas las piezas estén firmes

17



18

