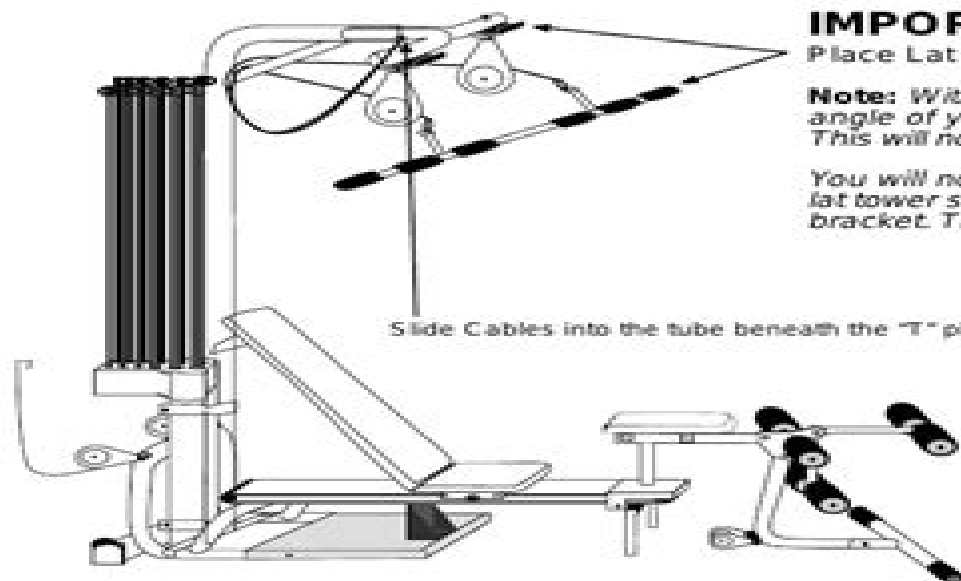


Components for this assembly
are in a box labeled
Lat Pulldown Attachment

Step 8:

Replace Bench. Insert Cables through the Pulleys and attach the end of Cable, without the Rubber Stop, to the regular Bowflex Cable by removing Hand Grips and using Snap Hooks to attach the loop end of the Cable. Do this on both sides. Hook up the 30 pound Power Rods on each side at this time.

Locate the Long Bar. Attach the Long Bar to the cables by hanging them from the Lat Pulldown Attachment with the supplied Snap Hooks.



IMPORTANT!

Place Lat Bar in Brackets when not in use.

Note: With the addition of your new lat tower, the angle of your bench at incline is slightly different. This will not change the effectiveness of the exercises.

You will note that your bench now rests against the lat tower support block and not on the incline support bracket. This is normal.

Slide Cables into the tube beneath the "T" piece when not using the lat tower.

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J Spring



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Product Safety & Liability Reporter ,2004

Bolt Action Rifle Owner Manual Erik Lawrence,2014-12-15

Bolt

Action Rifle Owner's Manual Erik Lawrence,2015-03-27 This manual provides the basic operator the specifics of handling a bolt action rifle safely Basics on care and maintenance for each bolt action rifle you own Overall safety considerations disassembly cleaning reassembly and common warnings A great beginners manual for individuals getting their first bolt action rifle

X-over 3 Pro User Manual D. E. Harris,2013-12-21 The X over 3 Pro User Manual is the how to book for the passive crossover network design software by Harris Tech The software and software license are NOT included and must be purchased separately from Harris Tech or one of its authorized distributors This is the 5th edition of the book 2013 and its instructions apply to version 3 0 18 or later of the X over 3 Pro software The 247 page User Manual is generously illustrated and includes an introductory Crossover Network Designer s Guide and an in depth X over Pro Reference section describing the many features of the software Also included are several appendixes with a list of command shortcuts glossary of terms driver shapes suggested reading driver parameter and acoustic data worksheets and an index

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