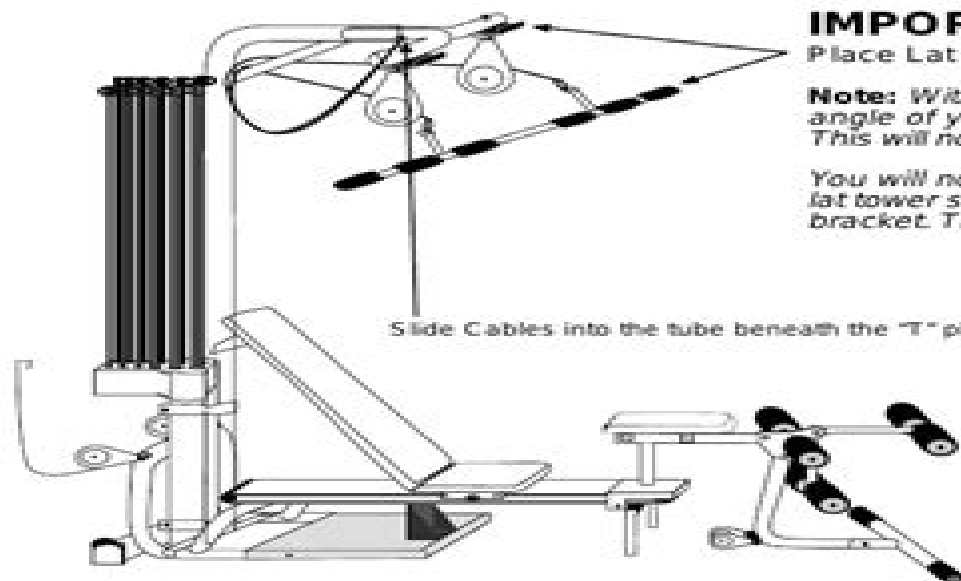


Components for this assembly
are in a box labeled
Lat Pulldown Attachment

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.

Bowflex Xtl Manual

D. E. Harris

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Bowflex Xtl Manual:

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