



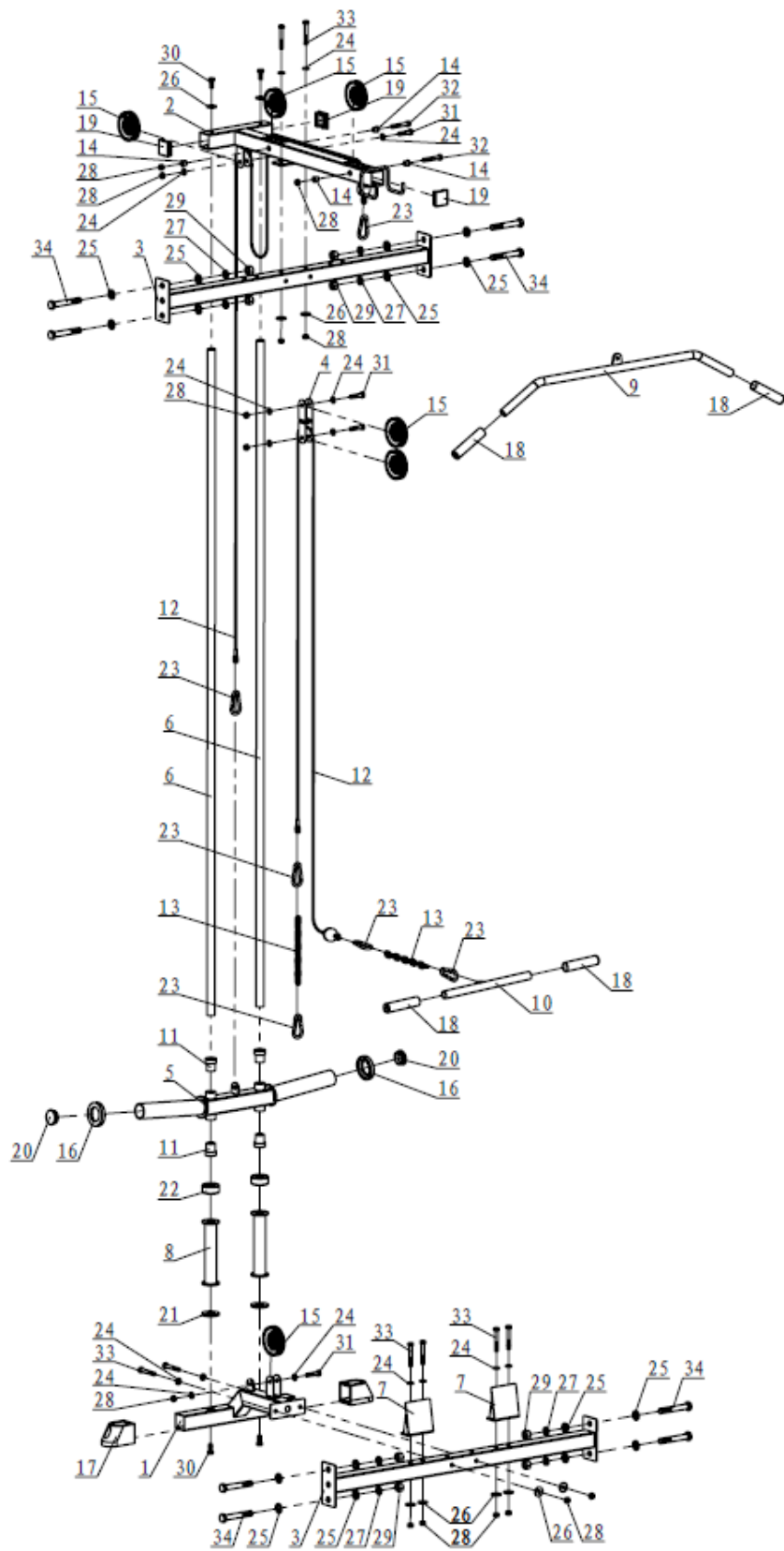
## OWNER'S MANUAL

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**MPN(s):** TPRLATTWR1-TPRLATTWR2, STPRLATTWR1-STPRLATTWR2

**SKU(s):** 400779, 400608

# PARTS DIAGRAM



No	Description	Q'ty	No	Description	Q'ty
1.	Lower Fixing Frame	1	18	End Cap $\Phi 29.5 \times 130$	4
2.	Upper Fixing Frame	1	19	End Cap $\Phi 50 \times 2$	3
3.	Lower Cross Frame	2	20	End Cap $\Phi 48 \times 2$	2
4.	Pulley Frame	1	21	Rubber Bumper $\Phi 55 \times \Phi 26 \times 5$	2
5	Weight Plate Holder	1	22	Rubber Bumper $\Phi 55 \times \Phi 25 \times 25$	2
6	Guide Rod	2	23	HOOK	6
7	Pedal Frame	2	24	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	16
8	Heighten Frame	2	25	Flat Washer $\Phi 17 \times \Phi 30 \times 3$	16
9	Handle Bar	1	26	Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$	10
10	Lower Handle	1	27	Spring Washer $\Phi 16$	8
11	Bushing	4	28	Nut M10	14
12	Cable	2	29	Nut M16	8
13	Link	2	30	Hex Bolt M10*25	4
14	Pulley Bushing	4	31	Hex Bolt M10*45	4
15	$\Phi 95$ Pulley	6	32	Hex Bolt M10*65	2
16	Rubber Bumper $\Phi 77 \times \Phi 47.5 \times 13$	2	33	Hex Bolt M10*70	8
17	Rubber Foot	2	34	Hex Bolt M16*110	8



<b>BOX 1 of 2 - Parts List:</b>				
<b>No.</b>	<b>Desc.</b>	<b>Spec</b>	<b>Qty</b>	<b>Remark</b>
1	Lower Fixing Frame		1	
2	Upper Fixing Frame		1	
3	Weight Plate Holder		1	
4	Lower Cross Frame		2	
5	Handle Bar		1	
6	Pulley Frame		1	In two small cartons
7	Heighten Frame		2	
8	Lower Handle		1	
9	Pedal Frame		2	
10	Rubber Bumper $\Phi 55*\Phi 25*25$		2	
11	$\Phi 95$ Pulley		1	
12	Link		2	
13	HOOK		6	
14	Cable		2	
15	Manual		1	
16	Hardware Packing250*170		2	
17	Hardware Packing190*170		1	

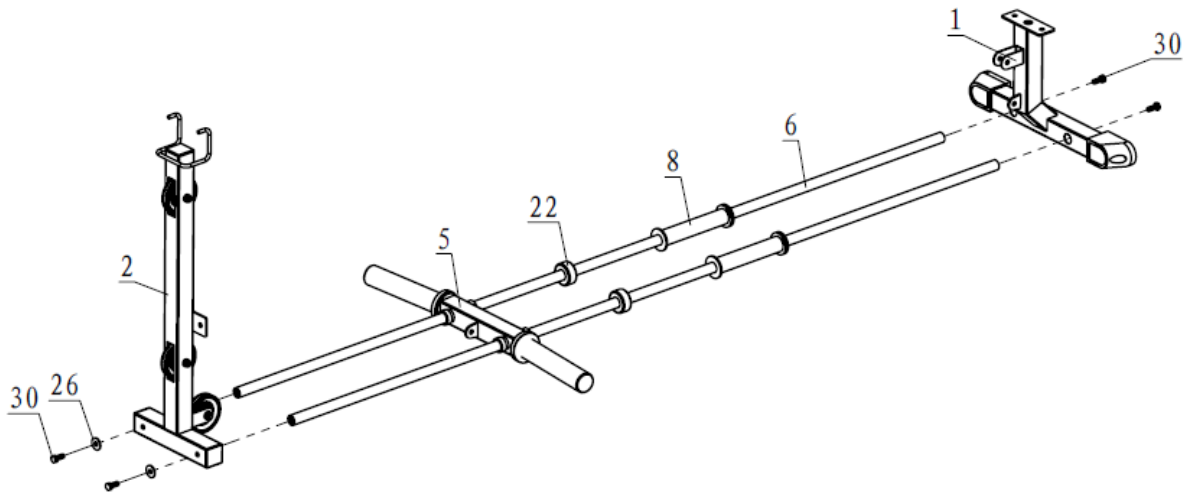
<b>BOX 2 of 2 - Parts List:</b>				
<b>No.</b>	<b>Desc.</b>	<b>Spec</b>	<b>Qty</b>	<b>Remark</b>
1	Guide Rod		2	



# ASSEMBLY INSTRUCTIONS

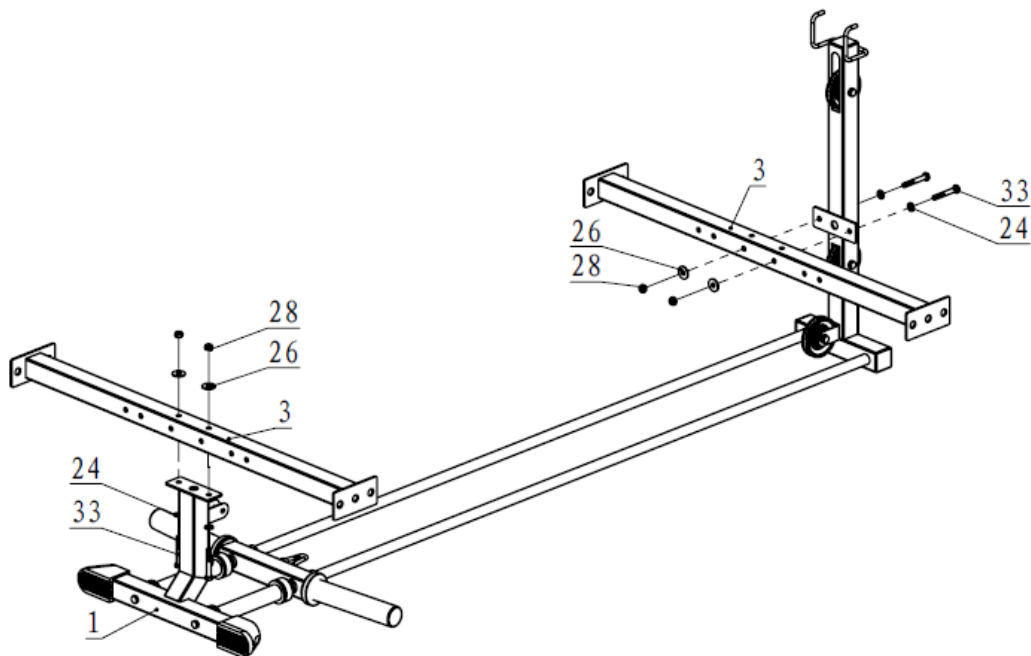
## STEP 1

Install Weight Plate Holder (5), Rubber Bumper  $\Phi 55 \times \Phi 25 \times 25$  (22), and Heighten Frame (8) on the Guide Rod (6), then assemble Lower Fixing Frame (1), Upper Fixing Frame (2), and Guide Rod (6), using Flat Washer  $\Phi 10.5 \times \Phi 30 \times 2.5$  (26), and Hex Bolt M10\*25 (30).



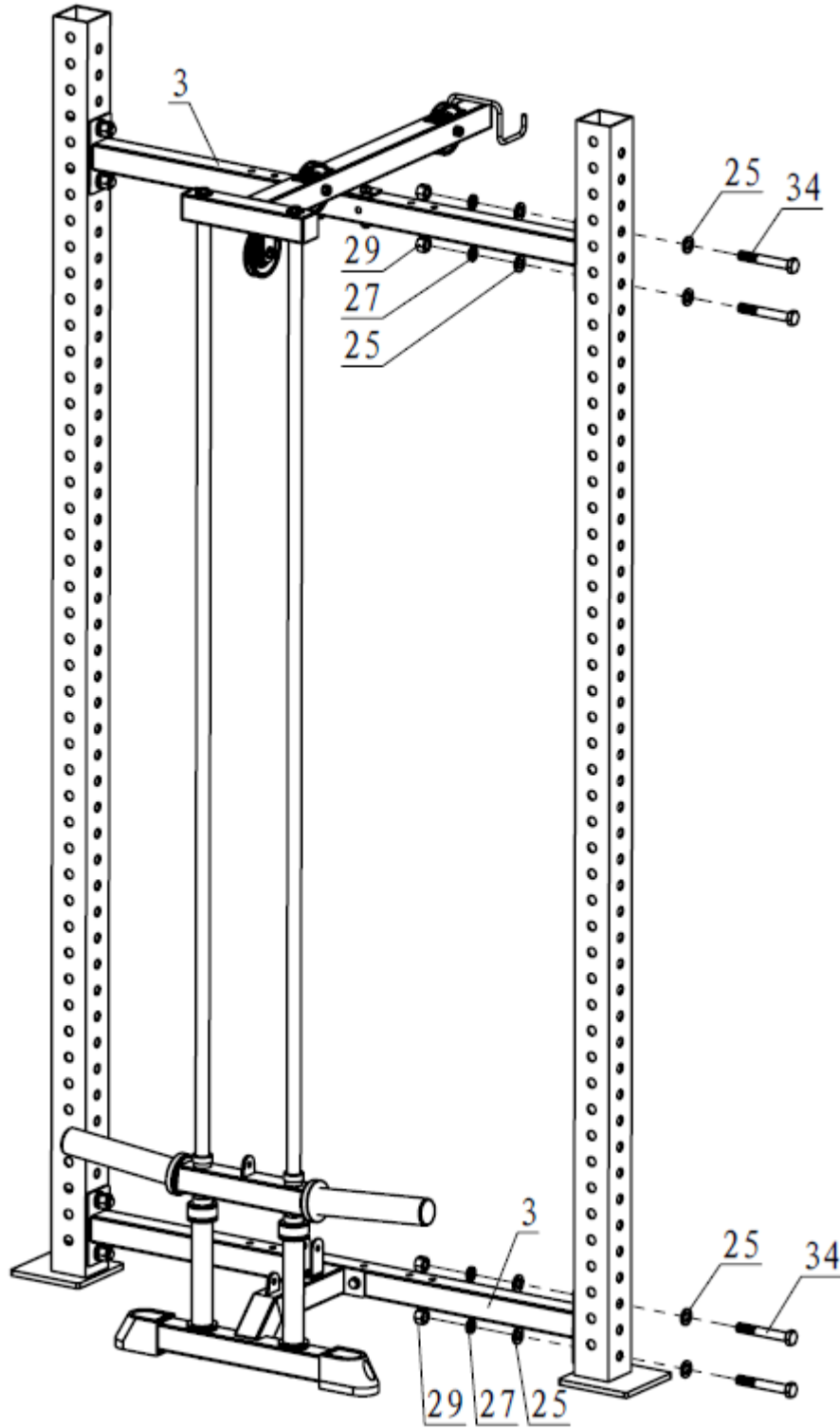
## STEP 2

Assemble Lower Fixing Frame (1), Upper Fixing Frame (2), and Lower Cross Frame (3) using Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (24), Flat Washer  $\Phi 10.5 \times \Phi 30 \times 2.5$  (26), Nut M10 (28) and Hex Bolt M10\*70 (33).



### STEP 3

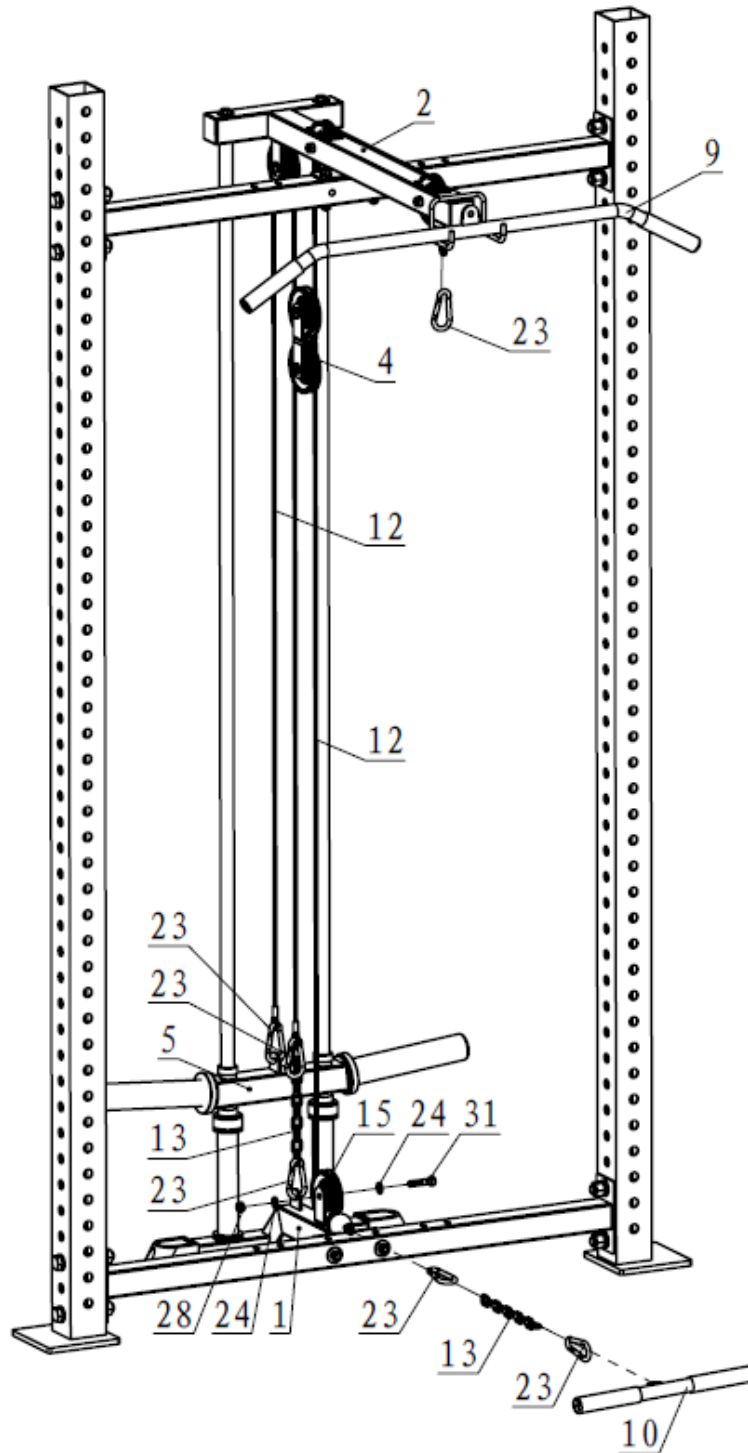
Install Step 2 on Weight Lifting Frame using Flat Washer  $\Phi 17 \times \Phi 30 \times 3$  (25), Spring Washer (27), Nut M16 (29) and Hex Bolt M16\*110 (34). Then adjust the machine and tighten all bolts.



## STEP 4

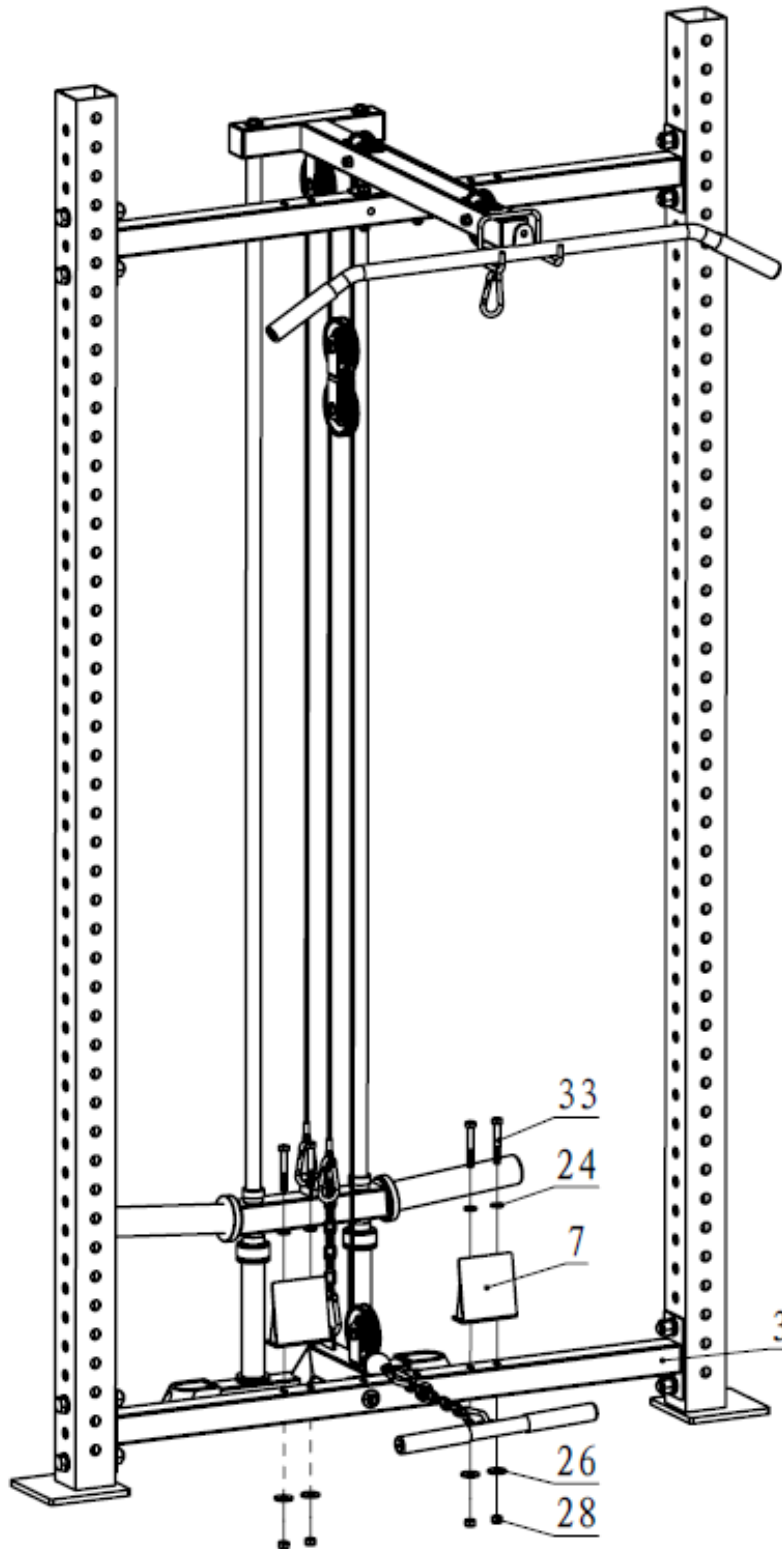
Connecting Two Cable using Pulley Frame (4) and Fixing one side of Upper cable (12) on the Weight Plate Holder (5) by Hook (23), fixing another side on the Handle bar by Hook (23). Then Hang the Handle bar on the Upper Fixing Frame (2).

Fixing one side of Lower Cable (12) on the Lower Fixing Frame (1) by Hook (23) and Link (13), Fixing another side on Upper Fixing Frame (2) using Hook (23) and Link (13).



## STEP 5

Assemble Pedal Frame (7) and Lower Cross Frame (3) using Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (24), Flat Washer  $\Phi 10.5 \times \Phi 30 \times 2.5$  (26), Nut M10 (28) and Hex Bolt M10  $\times 70$  (33).







*This concludes the PRLATTWR Owner's  
Manual.*

*Make sure to tighten all nut-and-bolt  
combinations before use.*

*Enjoy!*

### **DISCLAIMER**

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

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