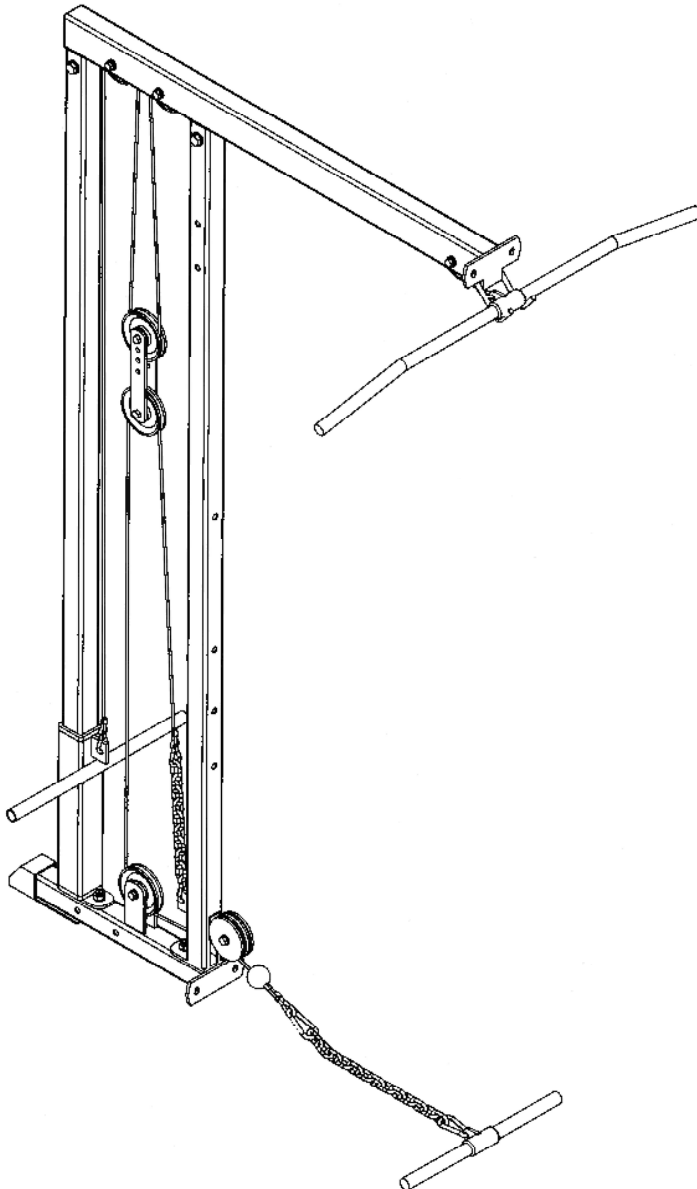


# DF830

## LAT ATTACHMENT

### Assembly Manual

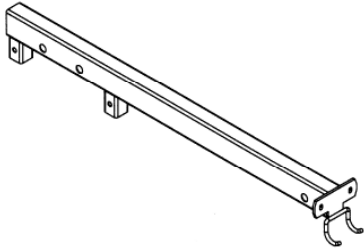


**(888) 258-0533**

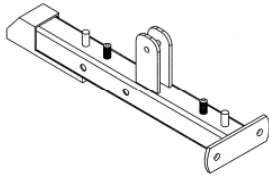
***FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY***

\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

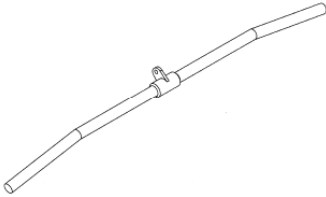
# BOX CONTENTS



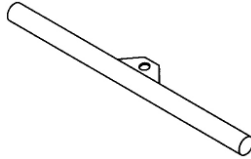
**A**  
TOP FRAME  
QTY 1



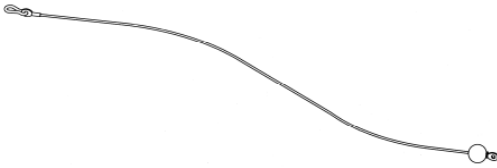
**B**  
BOTTOM SUPPORT  
QTY 1



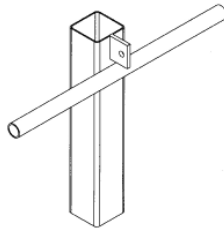
**C**  
LAT BAR  
QTY 1



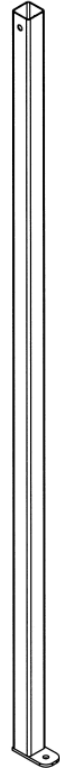
**D**  
LOW BAR  
QTY 1



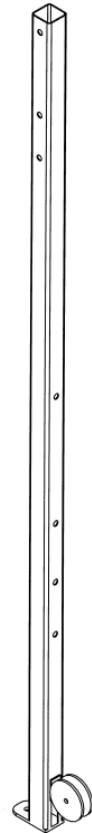
**E**  
CABLE  
QTY 2



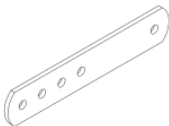
**F**  
WEIGHT CARRIAGE  
QTY 1



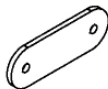
**G**  
REAR SUPPORT  
TUBE  
QTY 1



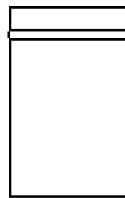
**H**  
FRONT SUPPORT  
TUBE  
QTY 1



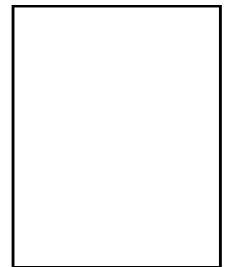
**I**  
PULLEY FLANGE  
QTY 2



**J**  
4" FLANGE  
QTY 2



DF830  
HARDWARE  
QTY 1



DF830  
INSTRUCTIONS

\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

# HARDWARE



**K**

4-1/2" PULLEY  
QTY 3



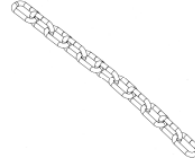
**L**

3-1/2" PULLEY  
QTY 4



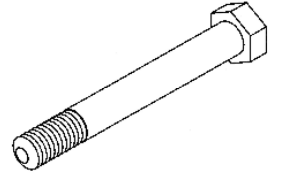
**M**

PULLEY BUSHING  
QTY 6



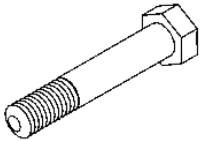
**N**

10" CHAIN  
QTY 2



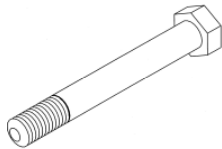
**O**

M12 x 75MM BOLT  
QTY 4



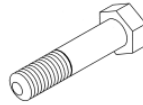
**P**

M12 x 65MM BOLT  
QTY 2



**Q**

M10 x 70MM BOLT  
QTY 3



**R**

M10 x 45MM BOLT  
QTY 4



**S**

M12 LOCKNUT  
QTY 8



**T**

M10 LOCKNUT  
QTY 7



**U**

M12 WASHER  
QTY 14



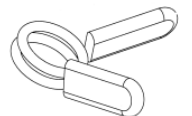
**V**

M10 WASHER  
QTY 8



**W**

SNAP HOOK  
QTY 6

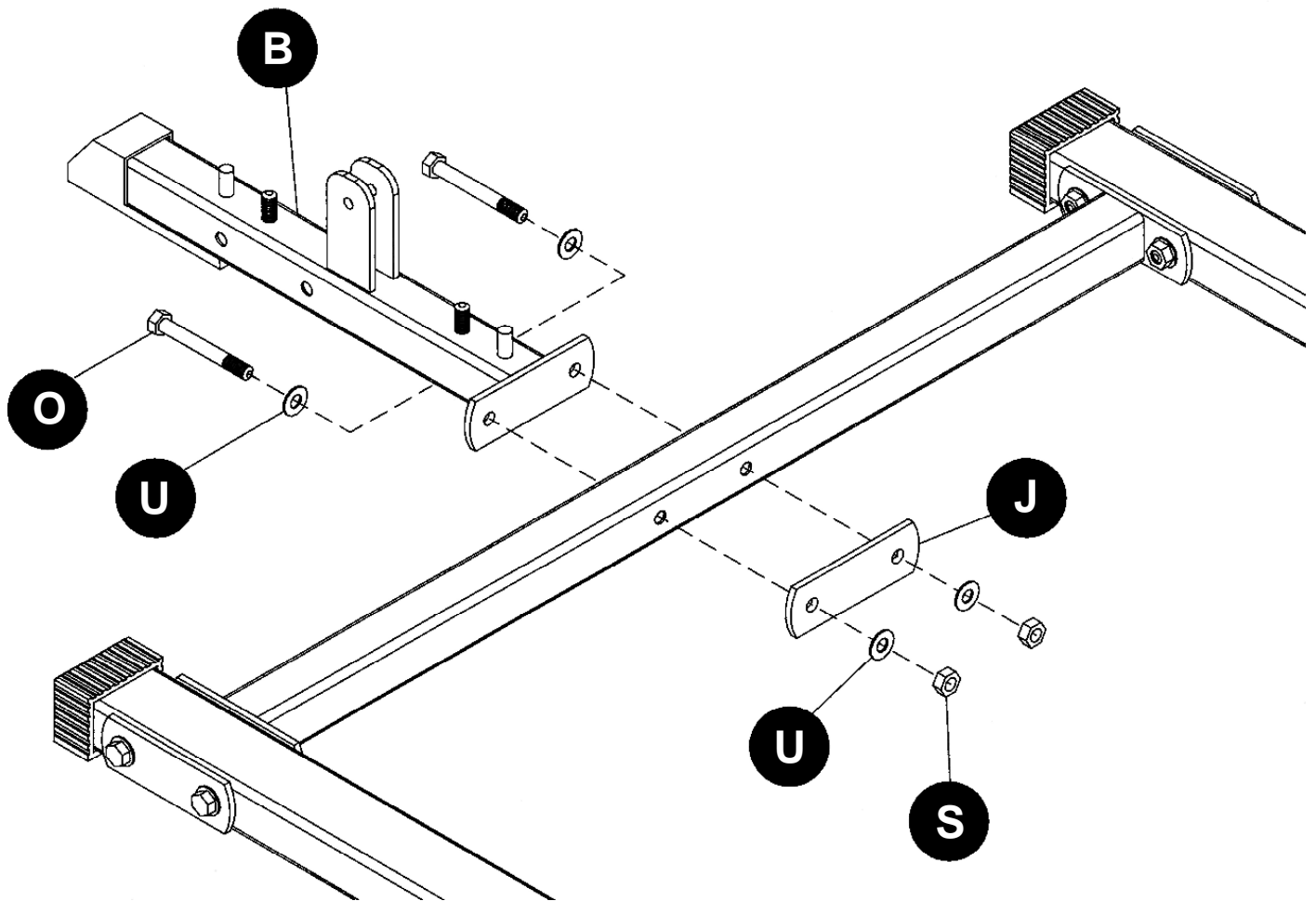


**X**

QUICK CLIP  
QTY 2

\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

## FRAME ASSEMBLY



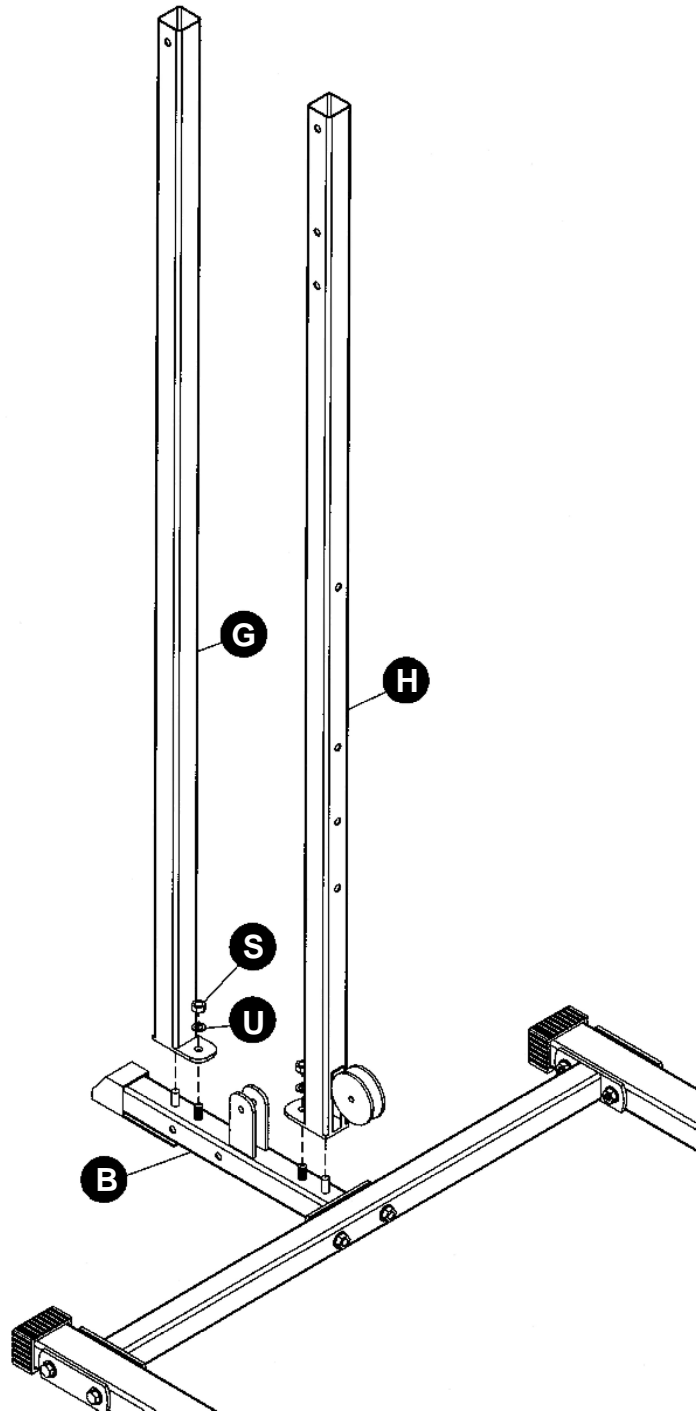
(NOTE: THE NUTS USED ON THIS ARE LOCKNUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT.)

### **TOOLS REQUIRED:**

**METRIC WRENCHES OR SOCKET SET**

ATTACH THE BOTTOM SUPPORT (B) TO THE BOTTOM CROSSMEMBER OF THE POWER RACK OR SMITH MACHINE YOU ARE INSTALLING TO USING M12 x 75MM BOLTS (O), 4" FLANGE PLATES (J), M12 WASHERS (U) AND M12 LOCKNUTS (S). TIGHTEN SECURELY.

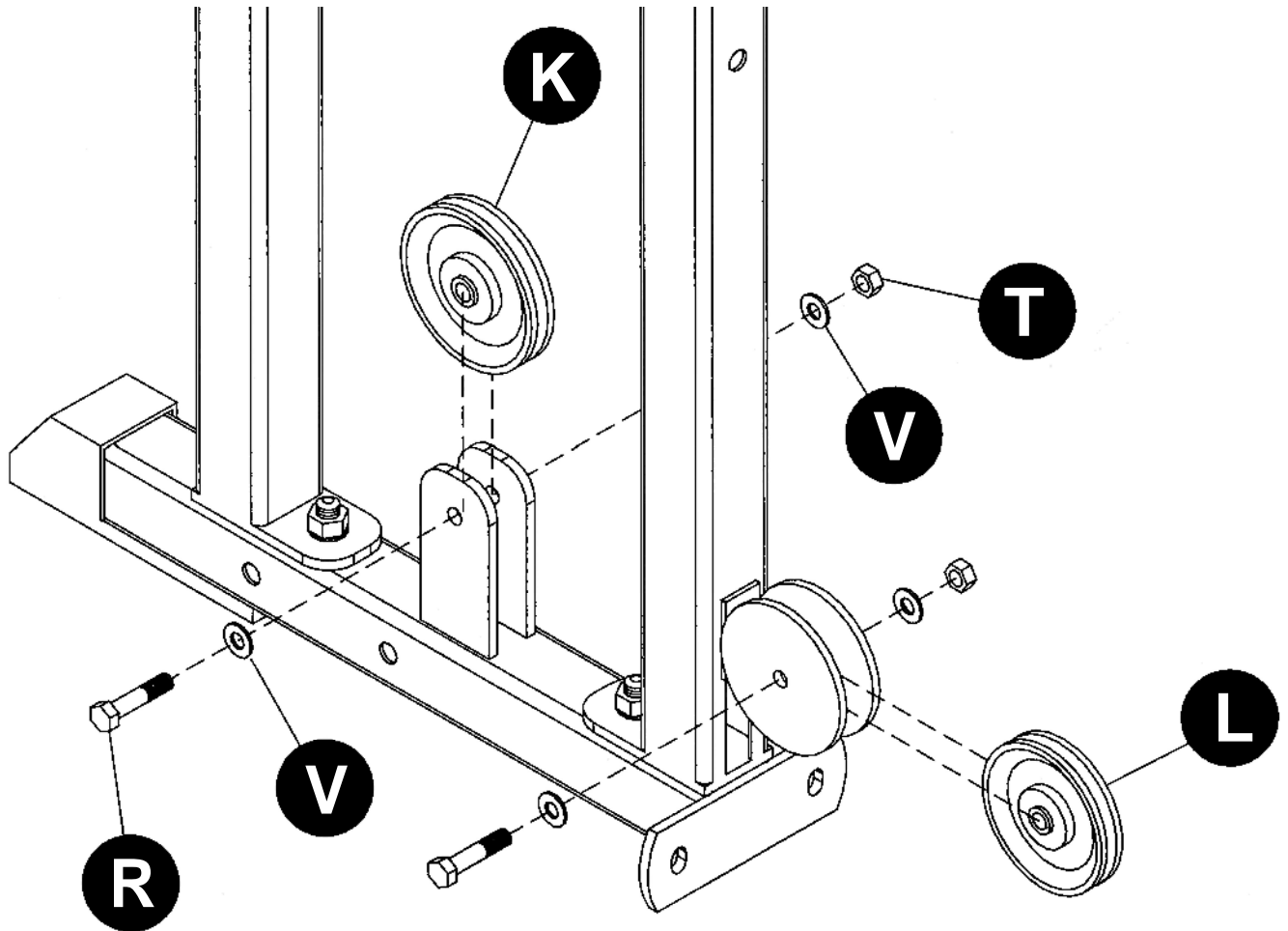
## ***FRAME ASSEMBLY***



INSTALL THE REAR SUPPORT TUBE (G) TO THE BOTTOM SUPPORT (B) ALIGNING HOLES IN FLANGE WITH PIN AND THREADED STUD. INSTALL 12MM WASHER (U) AND 12MM NUT (S) AND TIGHTEN.

INSTALL THE FRONT SUPPORT TUBE (H) TO THE BOTTOM SUPPORT (B) ALIGNING HOLES IN FLANGE WITH PIN AND THREADED STUD. INSTALL 12MM WASHER (U) AND 12MM NUT (S) AND TIGHTEN.

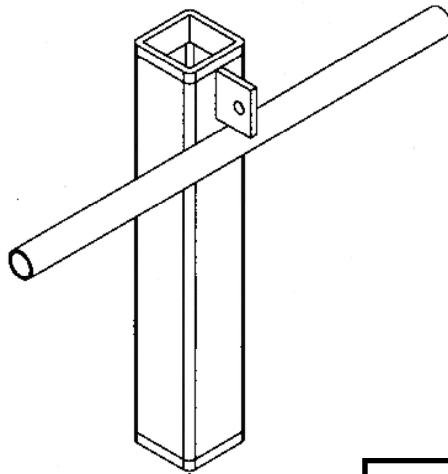
## LOWER PULLEY ASSEMBLY



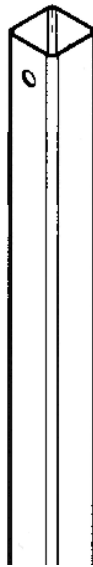
INSTALL THE 4-1/2" PULLEY (**K**) INTO THE CENTER FLANGES OF THE BOTTOM SUPPORT USING THE M10 x 45MM BOLT (**R**), 10MM WASHERS (**V**), AND M10 LOCK-NUT (**T**).

INSTALL THE 3-1/2" PULLEY (**L**) INTO THE FRONT FLANGES OF THE BOTTOM SUPPORT USING THE M10 x 45MM BOLT (**R**), 10MM WASHERS (**V**), AND M10 LOCK-NUT (**T**).

## ***FRAME ASSEMBLY***

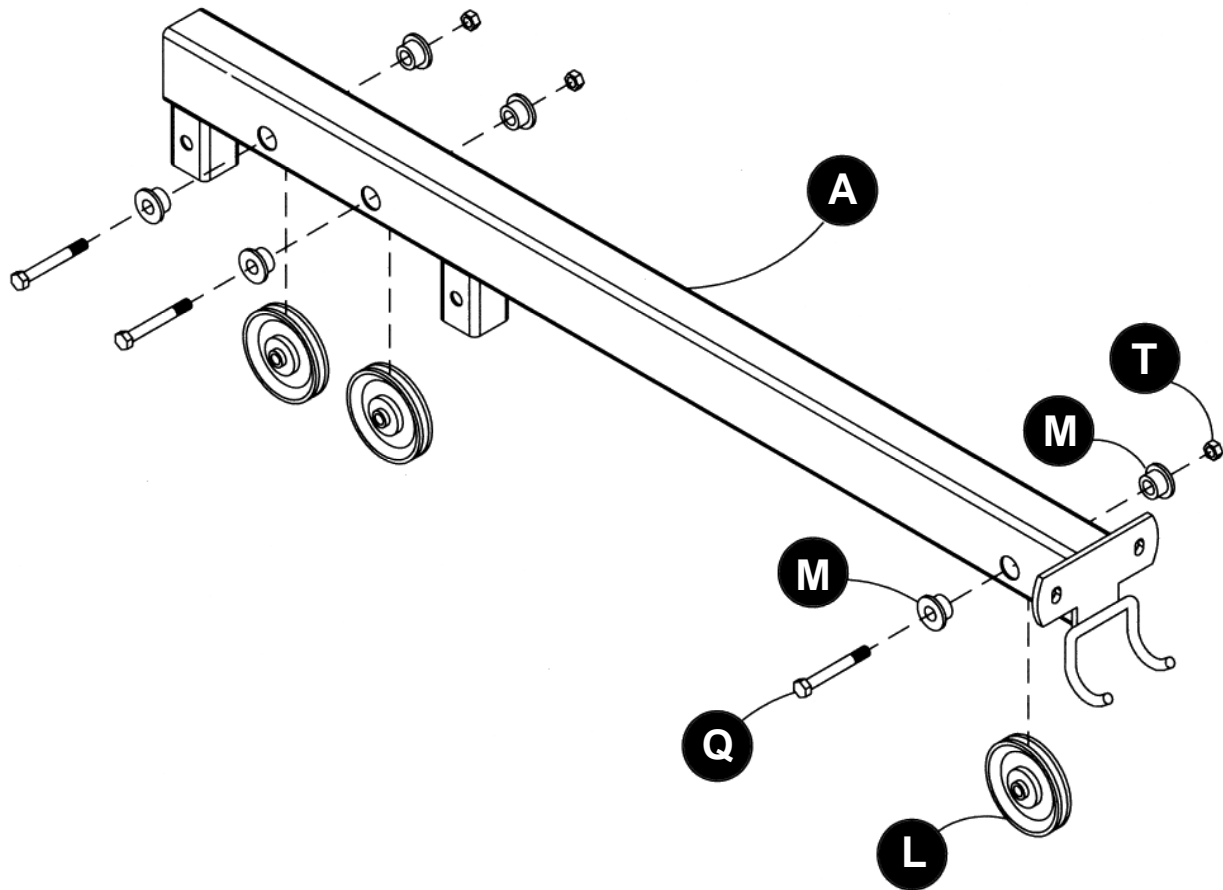


**DISREGARD THIS STEP IF USING  
WITH STACK LOADED ATTACHMENT**



INSTALL THE WEIGHT CARRIAGE ASSEMBLY ONTO THE REAR FRAME WITH THE WEIGHT BAR FACING FORWARD. SLIDE DOWN UNTIL IT RESTS ON THE RUBBER BUMPER.

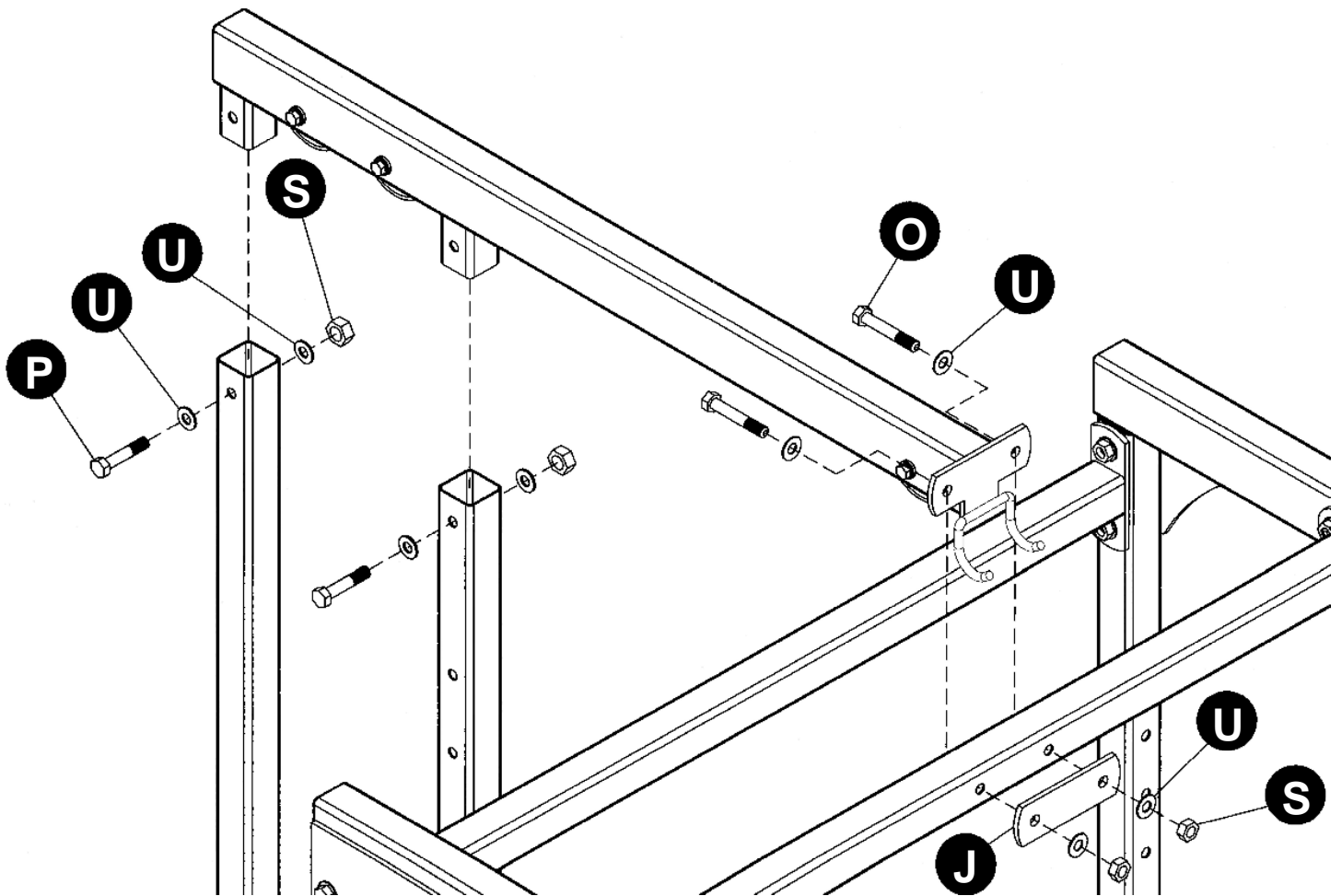
## TOP FRAME ASSEMBLY



INSTALL THE 3-1/2" PULLEYS (**L**) INTO THE TOP FRAME (**A**) USING THE PULLEY BUSHINGS (**M**), THE M10 x 70MM BOLTS (**Q**), AND THE M10 LOCK NUTS (**T**).



## FRAME ASSEMBLY

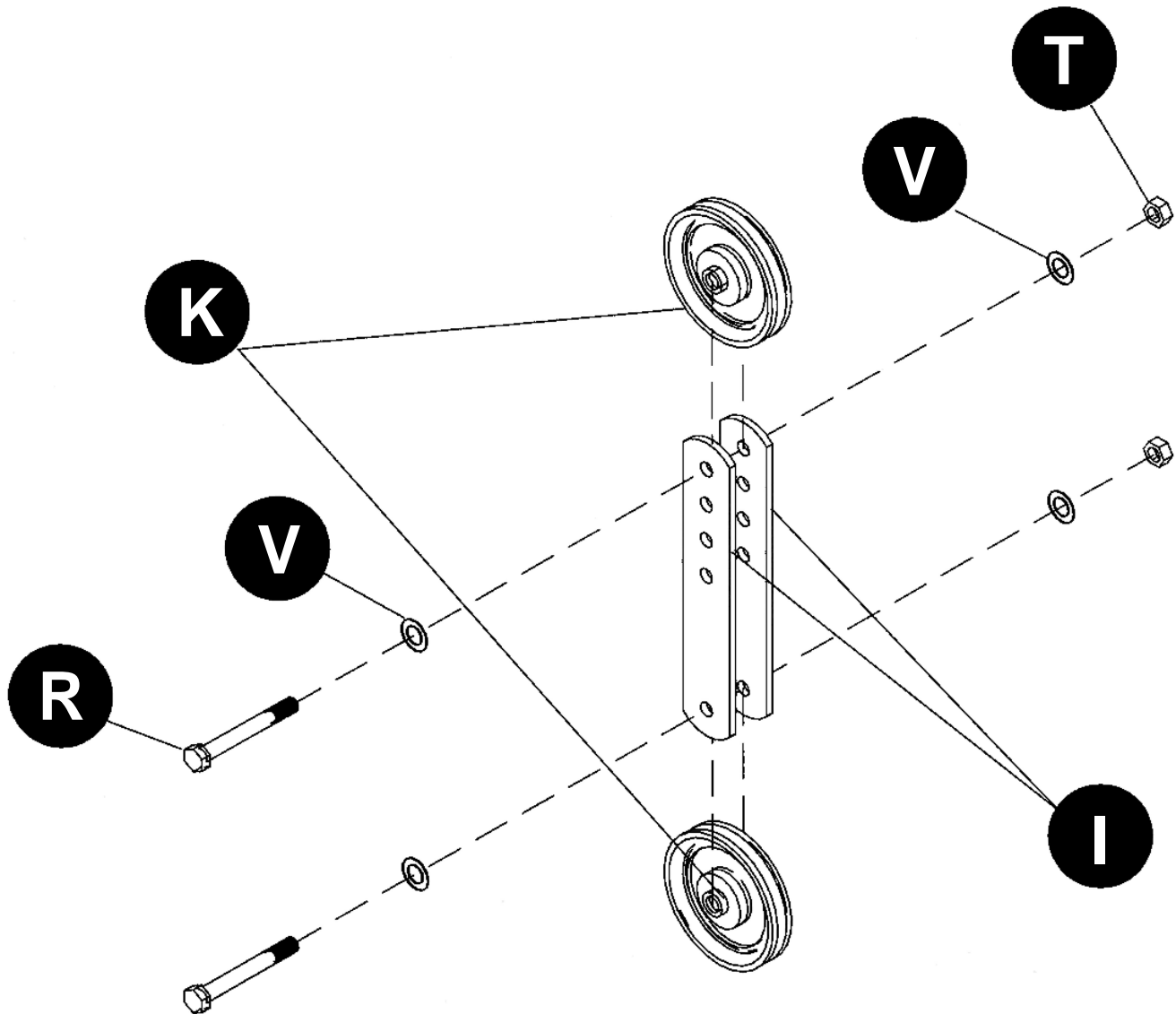


ATTACH THE FRONT OF THE TOP FRAME ASSEMBLY TO THE POWER RACK OR SMITH MACHINE WITH M12 x 65MM BOLTS (P), M12 WASHERS (U), 4" FLANGE (J), AND LOCKNUTS (S). HAND TIGHTEN ONLY

ATTACH THE BACK OF THE TOP FRAME ASSEMBLY TO THE FRAME SUPPORT TUBES WITH M12 x 65MM BOLTS (P), M12 WASHERS (U), AND LOCKNUTS (S). SECURELY TIGHTEN ALL BOLTS.

## FLOATING PULLEY ASSEMBLY

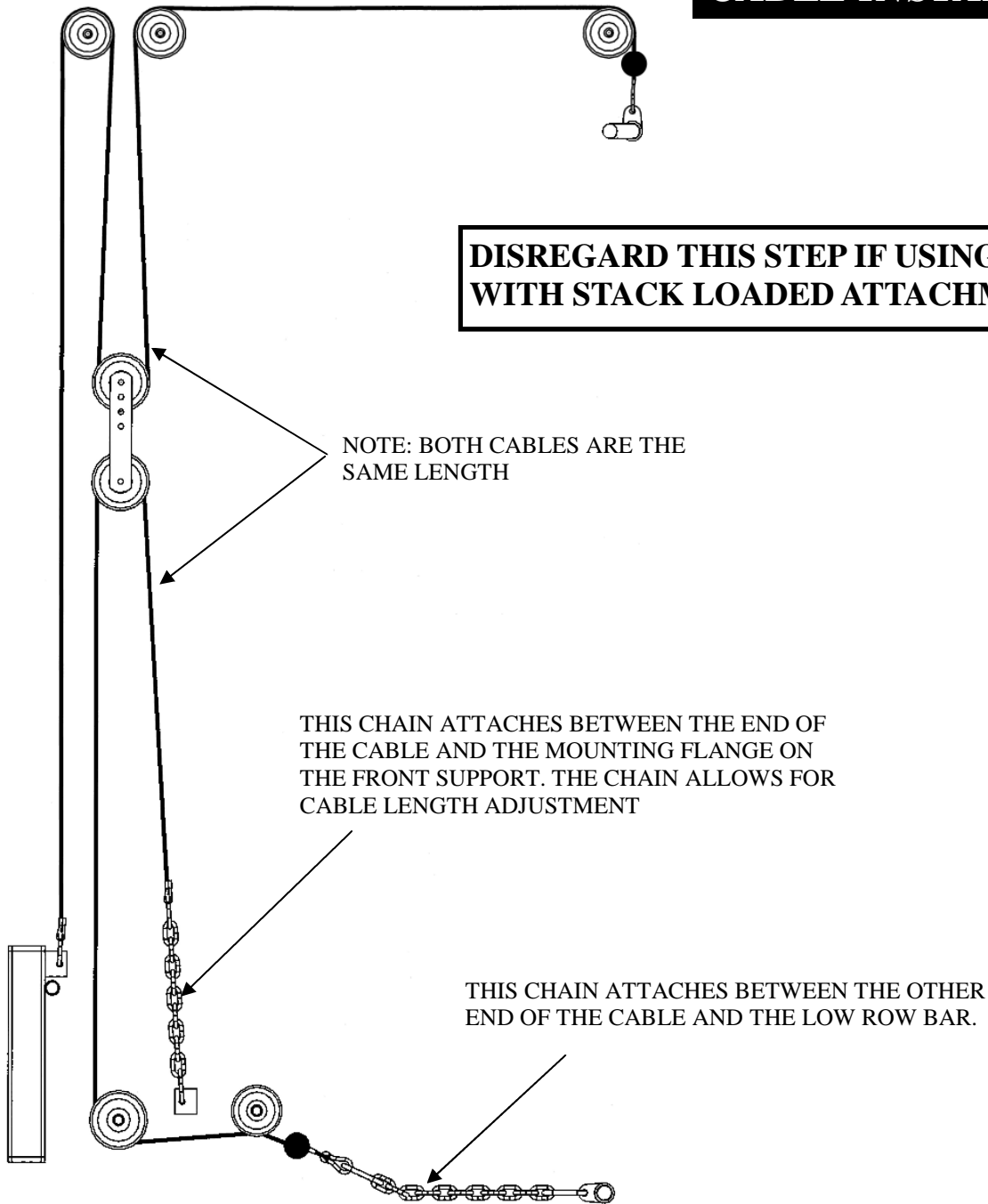
(NOTE: THE NUTS USED ON THIS BENCH ARE LOCK NUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT.)



ASSEMBLE THE FLOATING PULLEY ASSEMBLY USING THE 4-1/2" PULLEYS (K), THE PULLEY FLANGES (I), THE M10 x 45MM BOLTS (R), THE 10MM FLAT WASHERS (V), AND THE 10MM LOCKNUTS (T).

## CABLE INSTALLATION

**DISREGARD THIS STEP IF USING  
WITH STACK LOADED ATTACHMENT**



STARTING WITH THE CABLE END WITHOUT THE BALL, INSTALL UPPER CABLE OVER FRONT PULLEY, BACK TO MIDDLE PULLEY, DOWN TO TOP PULLEY OF FLOATING PULLEY ASSEMBLY, UP TO REAR PULLEY AND DOWN TO WEIGHT CARRIAGE. ATTACH SNAP HOOK TO END OF CABLE AND THEN TO WEIGHT CARRIAGE BRACKET. ATTACH SNAP HOOK TO BALL END OF CABLE AND ATTACH LAT BAR.

STARTING WITH THE CABLE END WITHOUT THE BALL, INSTALL LOWER CABLE UNDER FRONT PULLEY, BACK TO REAR PULLEY AND UP AND OVER LOWER PULLEY OF FLOATING PULLEY ASSEMBLY. ATTACH SNAP HOOK TO END OF CABLE AND THEN TO ONE END OF THE CHAIN. ATTACH SNAP HOOK TO THE OTHER END OF CHAIN AND THEN TO MOUNTING FLANGE ON FRONT SUPPORT TUBE. ATTACH SNAP HOOK TO BALL END OF CABLE AND ATTACH 10" CHAIN. ATTACH SNAP HOOK AND ROW BAR.

# ***SAFETY NOTICE***

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM- PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT, DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT, DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE -ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSEENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OR WORN OR DEFECTIVE PARTS MUST BE REPLACE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.