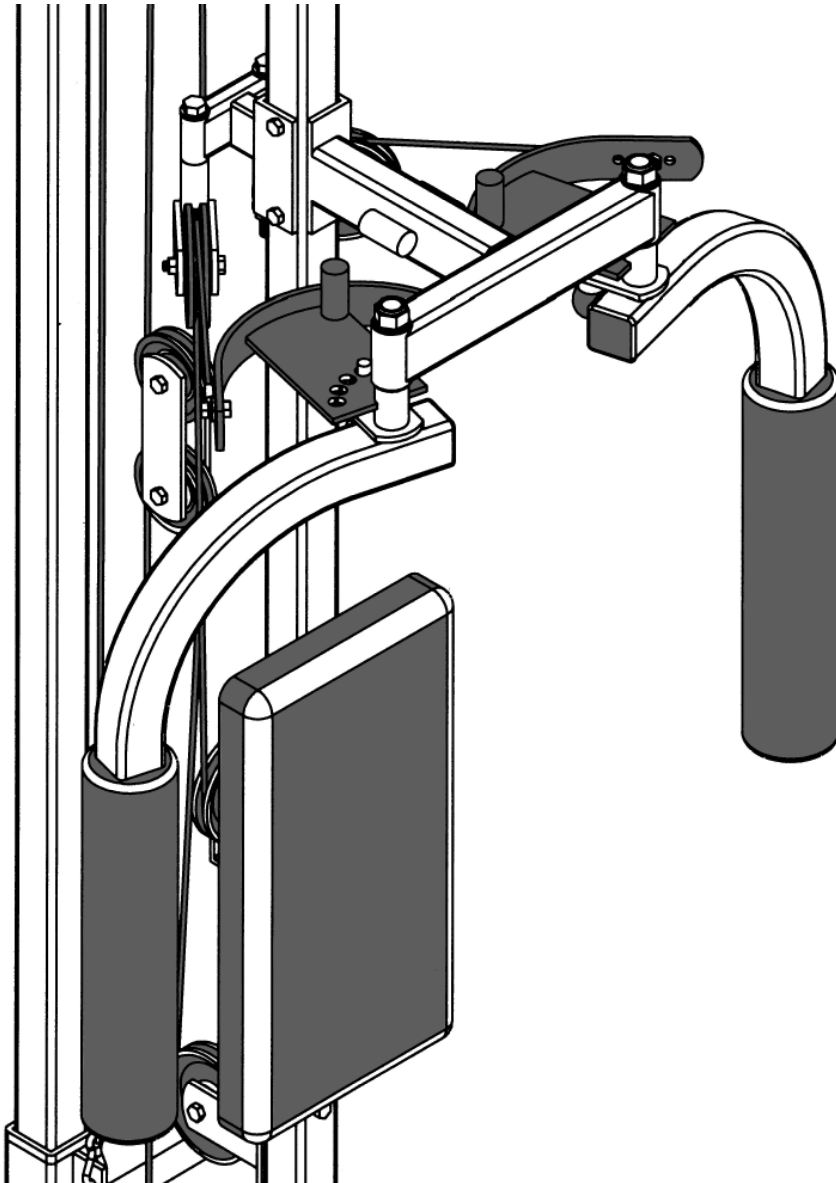


# DF832

## PEC ATTACHMENT

### Assembly Manual

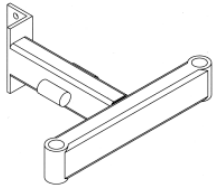


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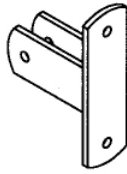
\*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

# ***BOX CONTENTS***



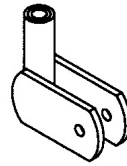
**A**

**ARM MOUNT  
QTY 1**



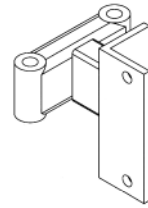
**B**

**FIXED PULLEY  
BRACKET  
QTY 1**



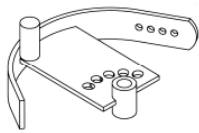
**C**

**SWIVEL PULLEY  
BRACKET  
QTY 2**



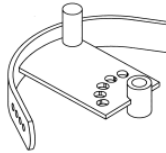
**D**

**SWIVEL PULLEY  
MOUNT BRACKET  
QTY 1**



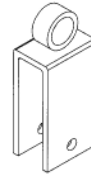
**E**

**RIGHT HAND CAM  
QTY 1**



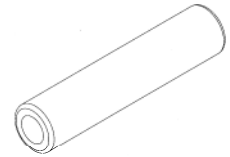
**F**

**LEFT HAND CAM  
QTY 1**



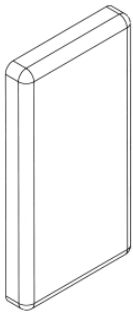
**G**

**FLOATING PULLEY  
BRACKET  
QTY 1**



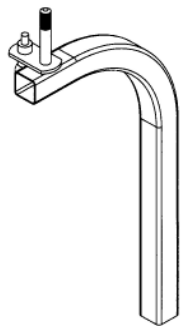
**H**

**ARM PAD  
QTY 2**



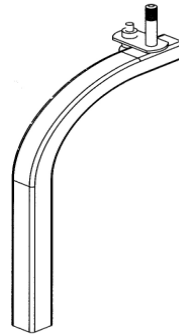
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**BACKREST PAD  
QTY 1**



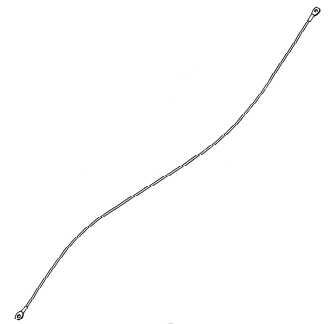
**J**

**RIGHT HAND ARM  
QTY 1**



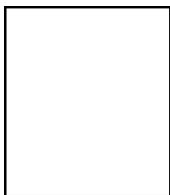
**K**

**LEFT HAND ARM  
QTY 1**



**L**

**CABLE  
QTY 1**



**DF832  
INSTRUCTIONS  
QTY 1**



**DF832  
HARDWARE  
QTY 1**

# ***HARDWARE***



**M**

**SLEEVE  
QTY 2**



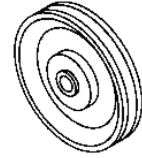
**N**

**ARM BUSHING  
QTY 4**



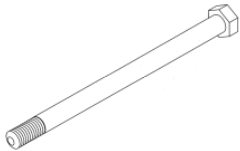
**O**

**2" SQUARE CAP  
QTY 4**



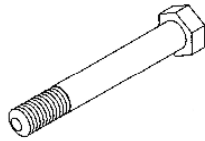
**P**

**3-1/2" PULLEY  
QTY 4**



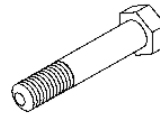
**Q**

**M12 x 190MM  
BOLT  
QTY 2**



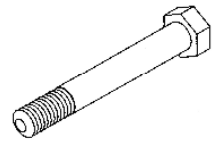
**R**

**M10 x 76MM BOLT  
QTY 4**



**S**

**M10 x 50MM BOLT  
QTY 4**



**T**

**M10 x 70MM BOLT  
QTY 2**



**U**

**M8 x 25MM BOLT  
QTY 2**



**V**

**M12 WASHERS  
QTY 4**



**W**

**M10 WASHERS  
QTY 2**



**X**

**M8 WASHERS  
QTY 2**



**Y**

**M19 LOCK NUT  
QTY 2**



**Z**

**M12 LOCK NUT  
QTY 2**



**AA**

**M10 LOCK NUT  
QTY 8**



**BB**

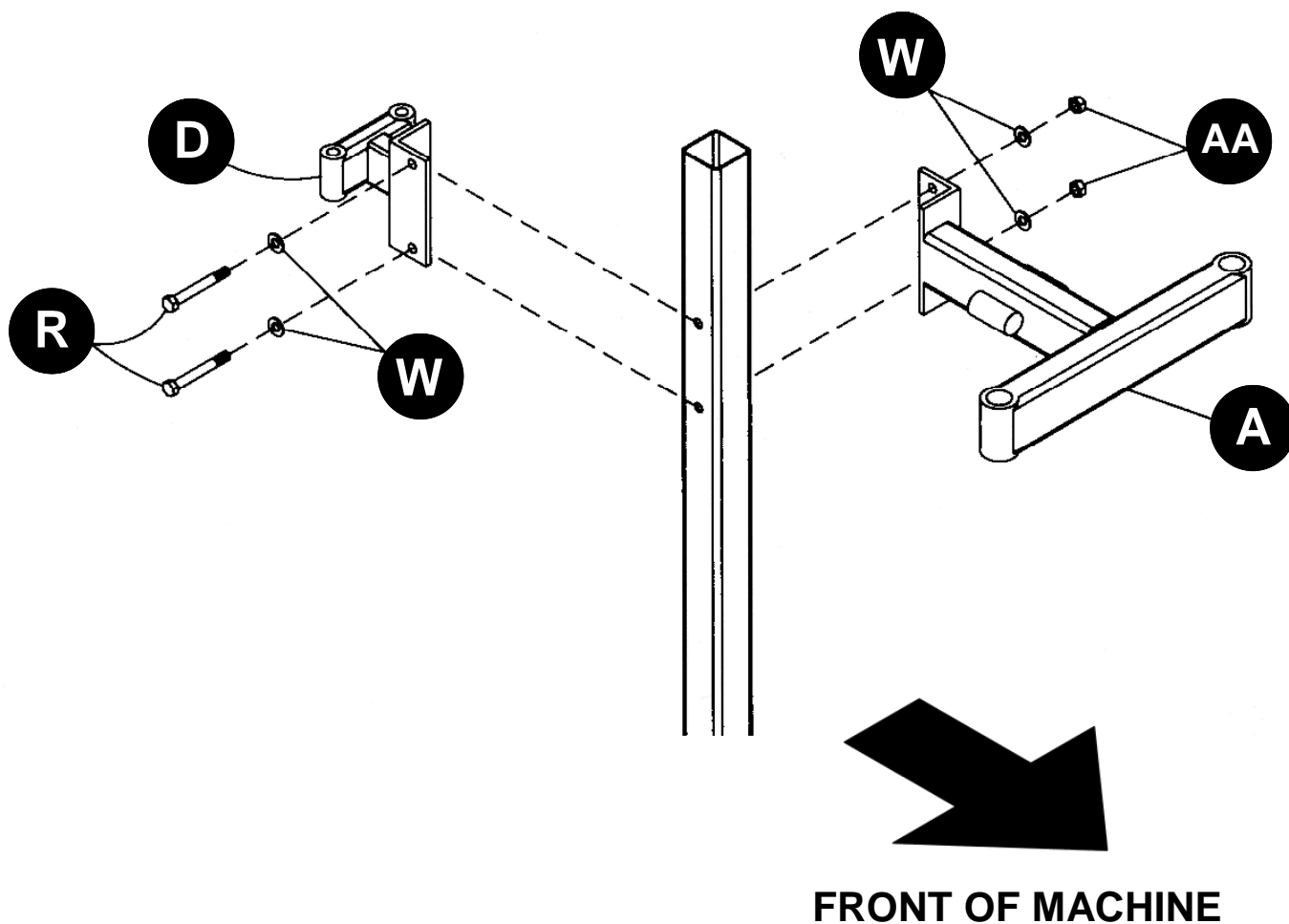
**M8 LOCKNUT  
QTY 2**

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## ARM & PULLEY MOUNT INSTALLATION

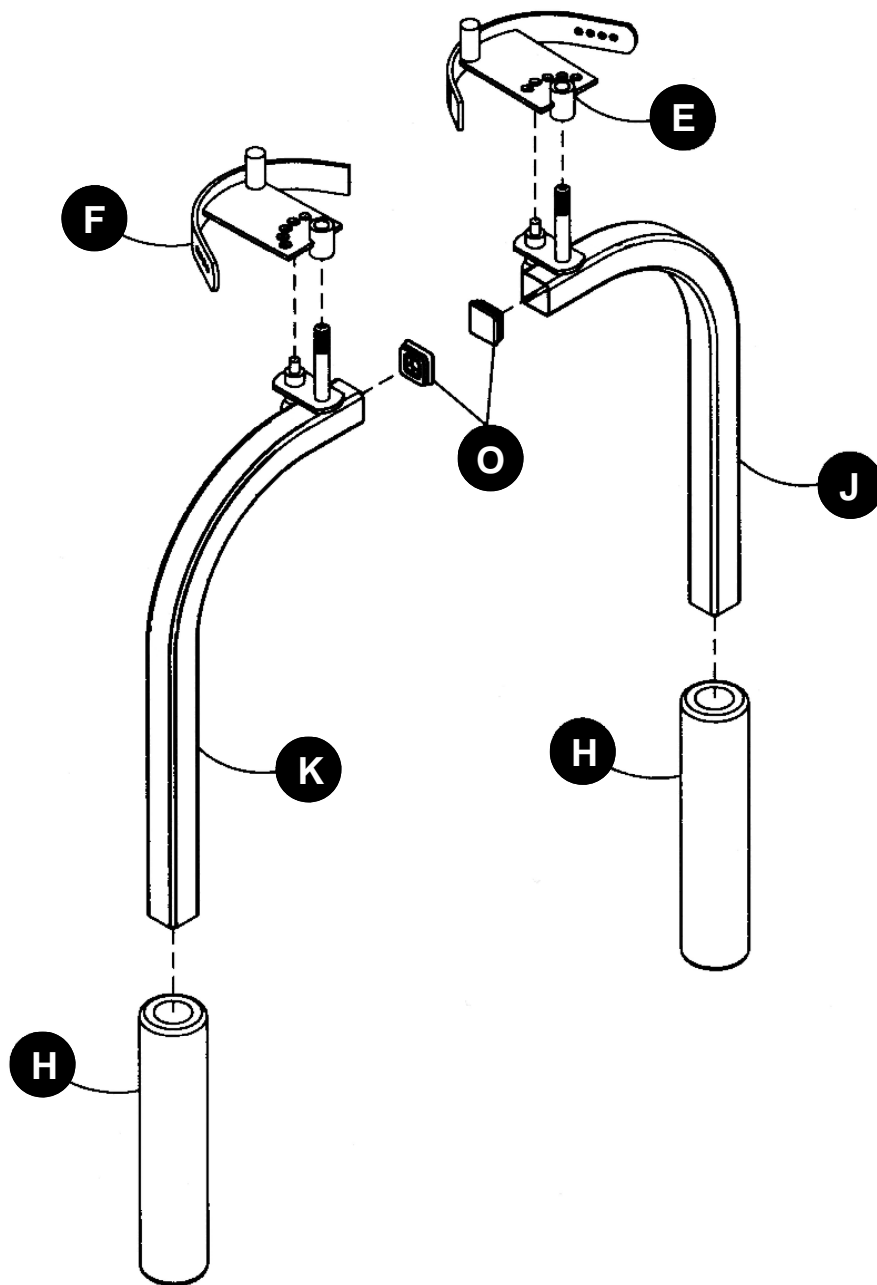


### **TOOLS REQUIRED:** WRENCHES OR METRIC SOCKET SET

ASSEMBLE THE ARM MOUNT (A) AND THE SWIVEL PULLEY MOUNT BRACKET (D) TO THE FRONT SUPPORT OF THE LAT MACHINE USING THE M10 x 75MM BOLTS (R), M10 FLAT WASHERS (W) AND M10 LOCK NUTS (AA)

*NOTE: THE NUTS USED ON THIS PRODUCT ARE LOCK NUTS SO YOU MUST USE A WRENCH TO TIGHTEN THE BOLT. THE BOLT MUST GO THRU THE PLASTIC INSERT IN THE NUT.*

## CAM & ARM PAD ASSEMBLY



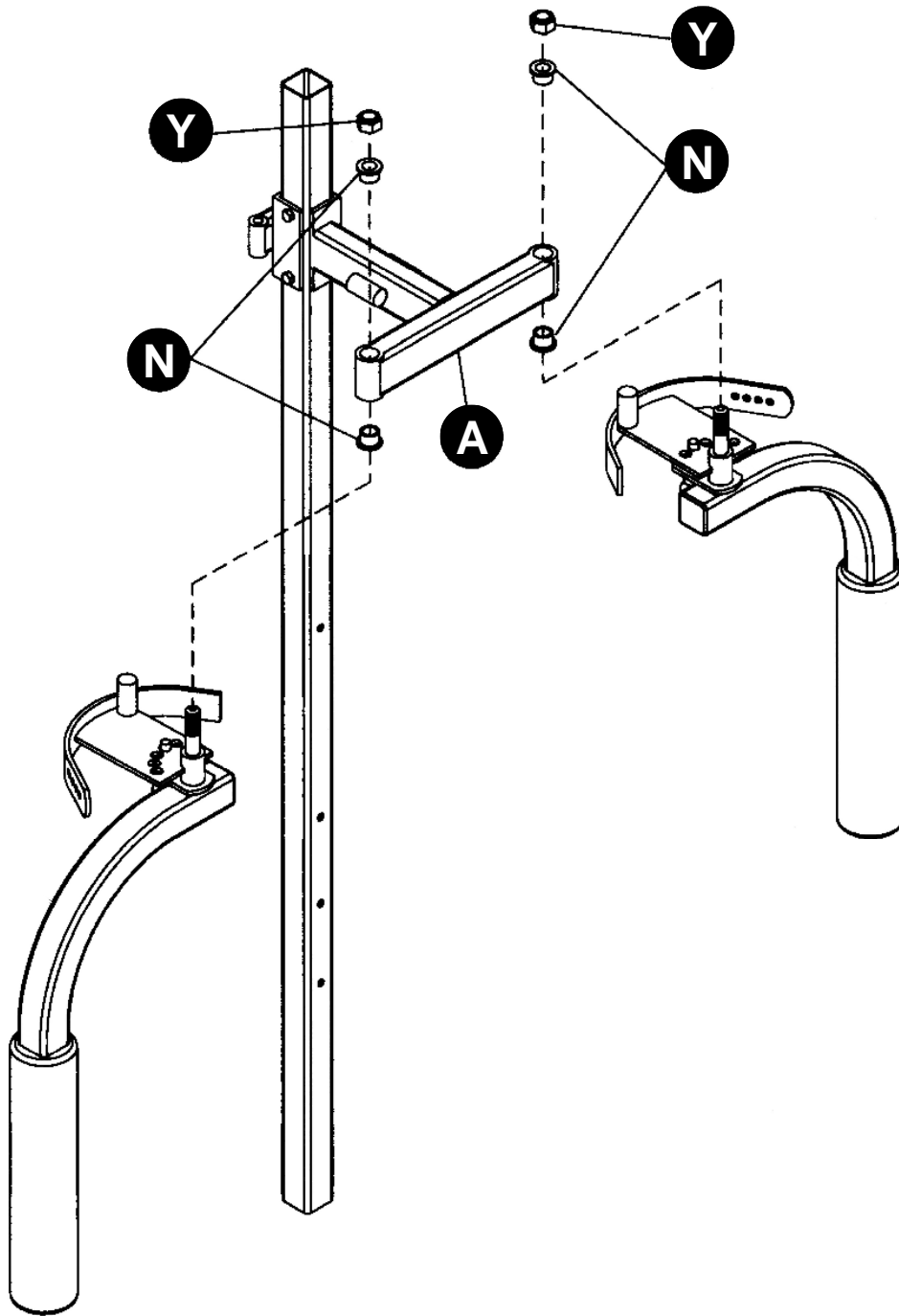
INSTALL THE ROLLER PADS (H) ON THE ARMS (K,J). (NOTE IT MAY HELP TO TAKE A DAMP CLOTH AND WET THE ARM BEFORE SLIDING THE PAD ON THE ARM)

NEXT INSTALL THE CAMS (E,F) ON THE ARMS. THERE IS A LEFT HAND AND A RIGHT HAND SIDE SO YOU WILL NEED TO LOOK AT THE DIAGRAM TO ENSURE CORRECT INSTALLATION

NOW INSERT THE 2" CAPS (O) INTO THE WEIGHT ARMS.

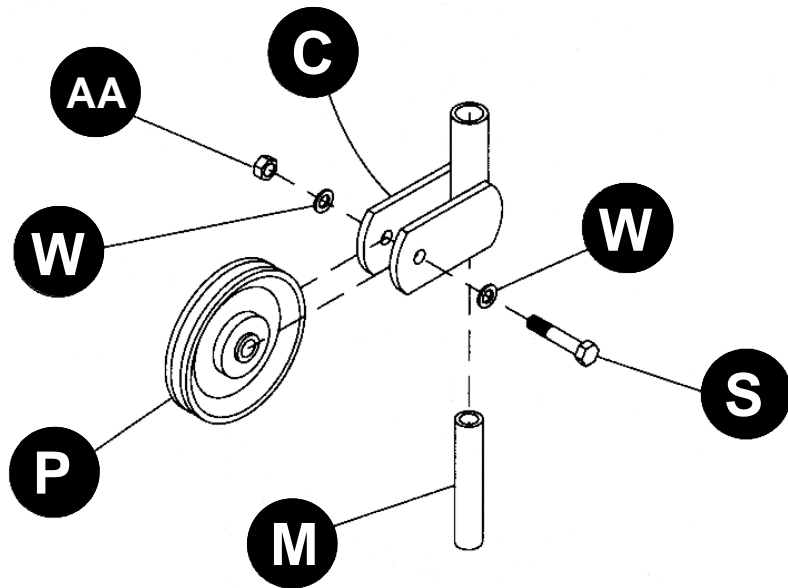
*NOTE: THE WEIGHT ARMS HAVE BEEN TESTED AT THE FACTORY BEFORE SHIPPING TO ENSURE THEY WILL FIT INSIDE THE CAM. THIS MAY CAUSE SOME SCRATCHING TO THE PAINT ON THE WEIGHT ARM BOLT. THIS IS NOT SEEN AFTER INSTALLATION.*

## ARM INSTALLATION



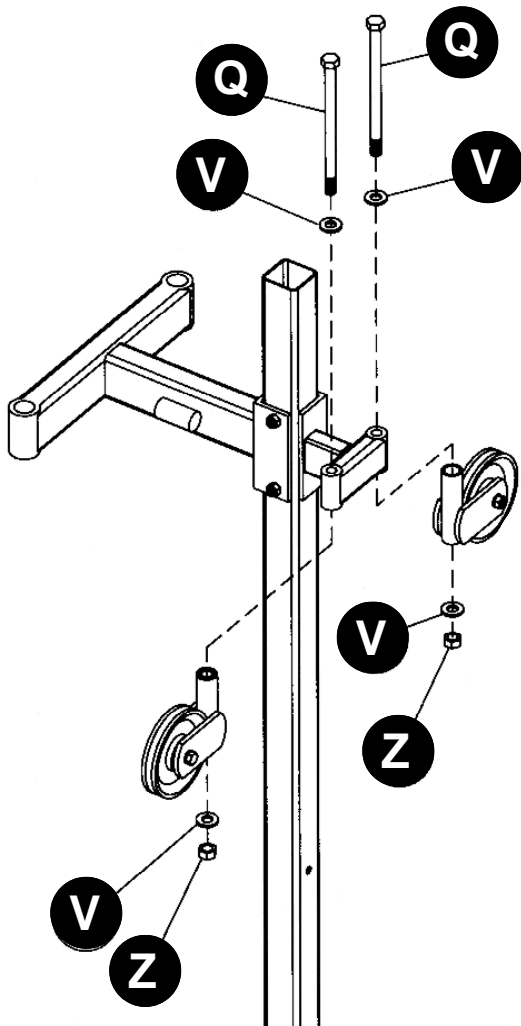
INSERT THE ARM BUSHINGS (N) INTO THE ARM MOUNT (A). NOW ASSEMBLE THE WEIGHT ARMS TO THE ARM MOUNT (A) USING THE M19 LOCKNUTS (Y)

## SWIVEL PULLEY ASSEMBLY



ASSEMBLE THE 3 1/2" PULLEY (P) INTO THE SWIVEL PULLEY BRACKET (C) USING THE M10 x 50MM BOLT (S), M10 WASHERS (W), AND M10 LOCKNUT (AA). REPEAT FOR OTHER SWIVEL PULLEY ASSEMBLY.

## SWIVEL PULLEY INSTALLATION



INSTALL THE SWIVEL PULLEY ASSEMBLIES TO THE MOUNT BRACKET USING THE M12 x 190MM BOLTS (Q), M12 WASHERS (V), AND M12 LOCKNUTS (Z).

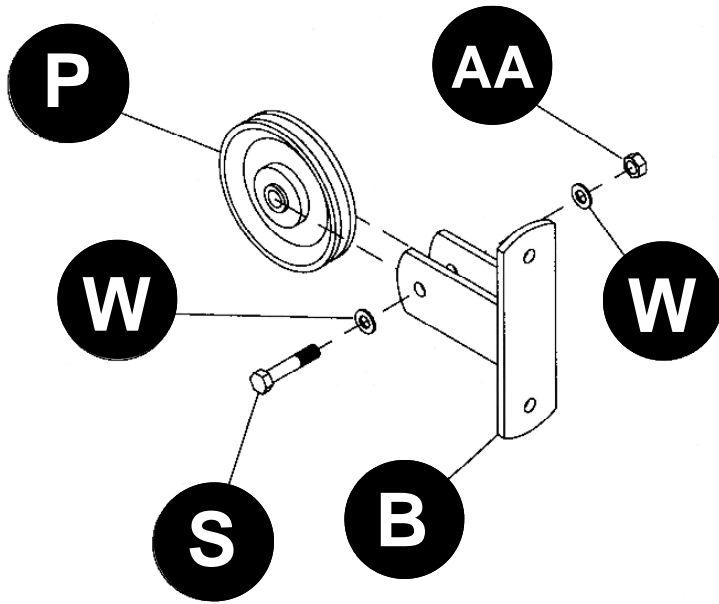
# ***SAFETY NOTICE***

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 OR 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 LOOSENED.
- 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 OF WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.

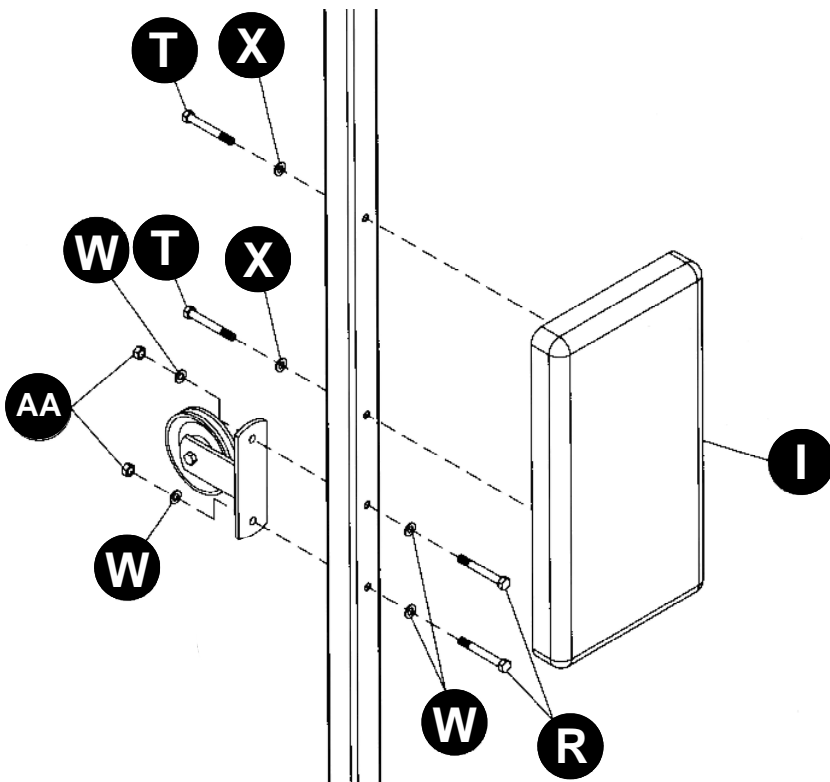


## ***FIXED PULLEY ASSEMBLY***



INSTALL THE 4 1/2" PULLEY (P) INTO THE FIXED PULLEY BRACKET (B) USING THE M10 x 50MM BOLT (S) M10 WASHERS (W), AND M10 LOCK NUT (AA).

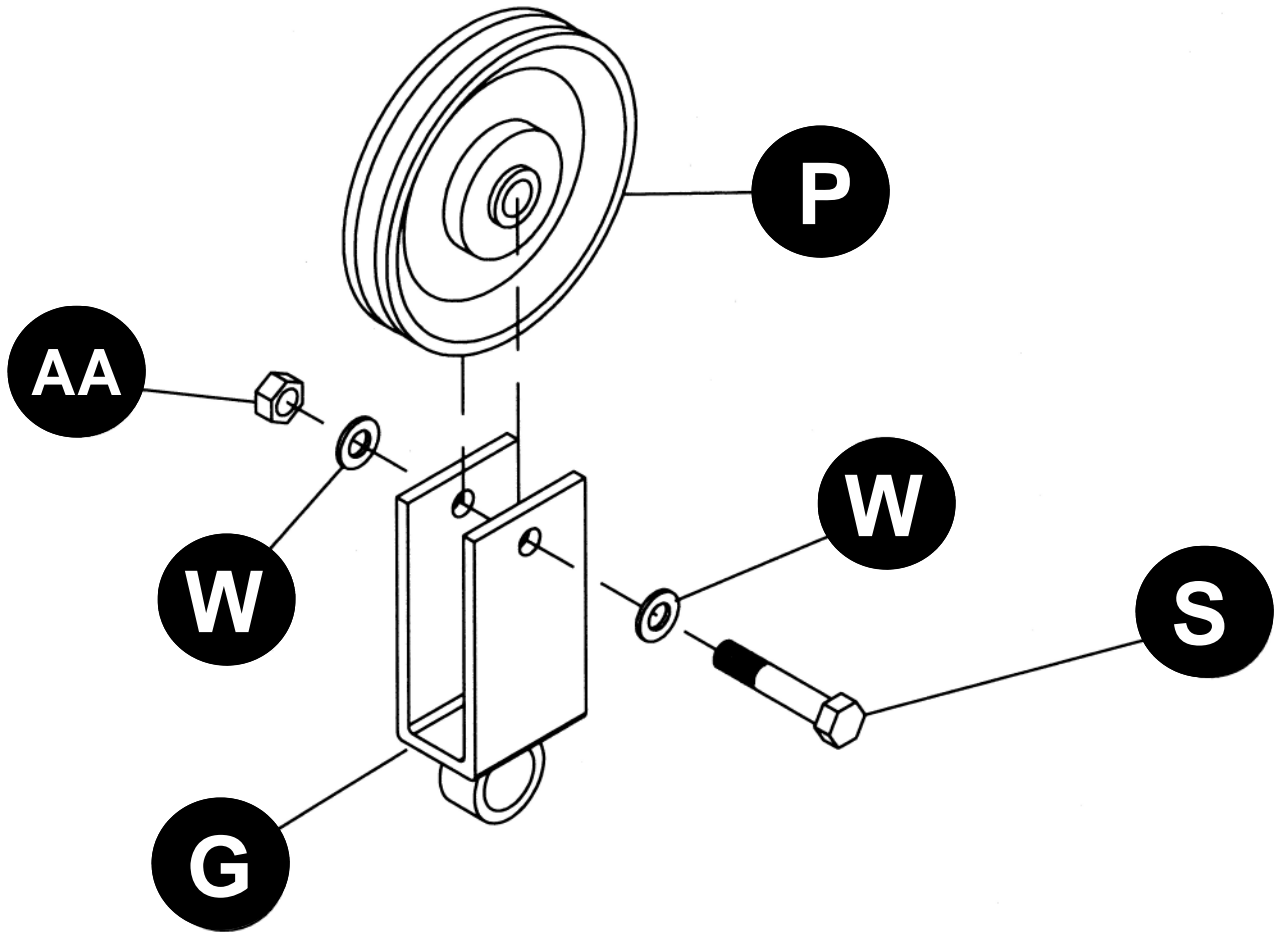
## ***FIXED PULLEY & BACKREST INSTALLATION***



ASSEMBLE THE BACKREST PAD (I) TO THE FRONT SUPPORT OF THE LAT MACHINE USING THE M10 x 70 BOLTS (T) AND THE M10 FLAT WASHERS (X). (THE BOLTS SCREW INTO THREADED INSERTS PRE-INSTALLED IN THE BACK PAD)

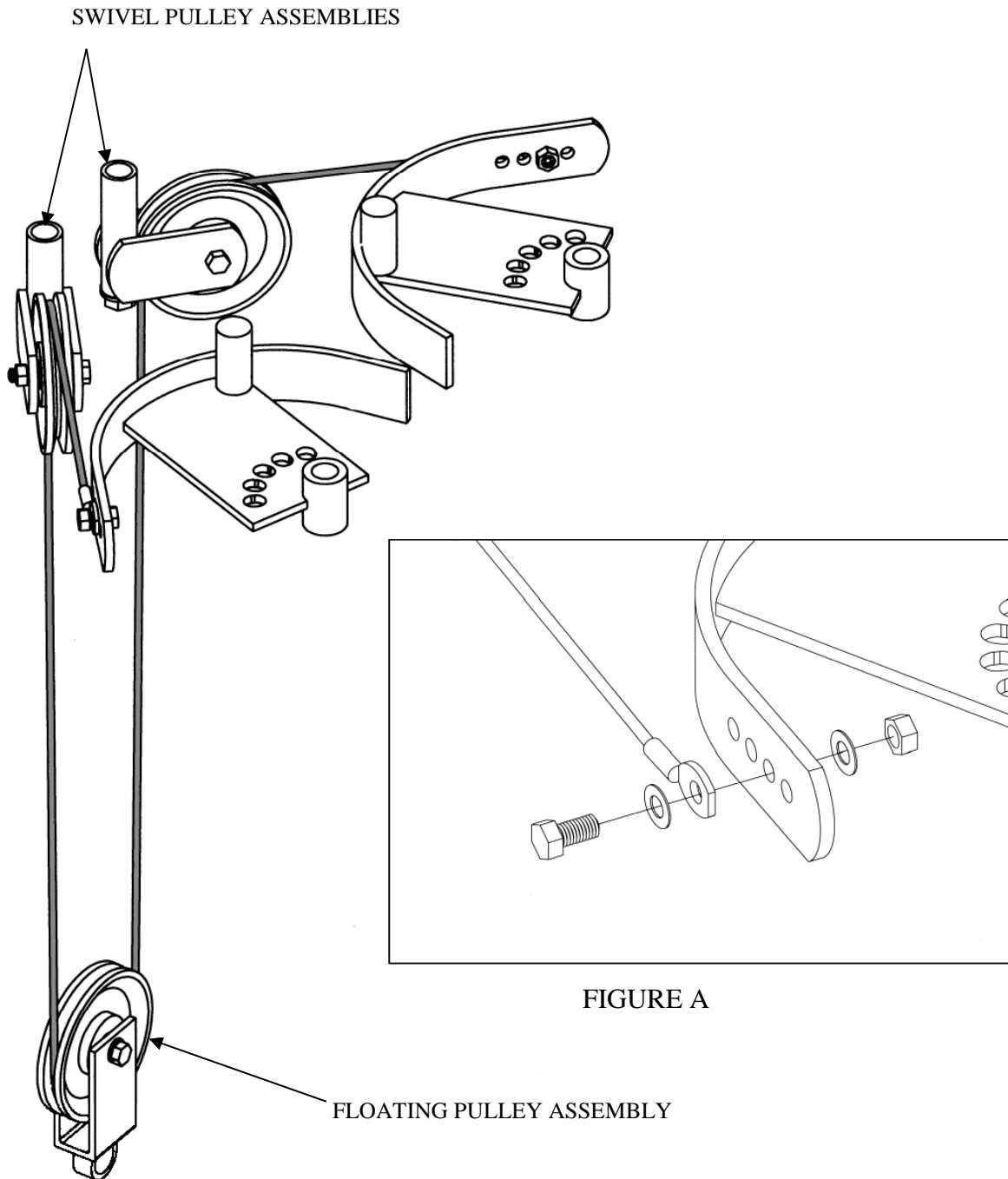
NEXT INSTALL THE FIXED PULLEY ASSEMBLY USING THE M10 x 75MM BOLTS (R) M10 FLAT WASHERS (W), AND M10 LOCKNUTS (AA).

## ***FLOATING PULLEY ASSEMBLY***



ASSEMBLE THE 3 ½" PULLEY (P) TO THE FLOATING PULLEY BRACKET (G) USING THE M10 x 50MM BOLT (S), M10 WASHERS (W) AND M10 NUT (AA).

## CABLE INSTALLATION



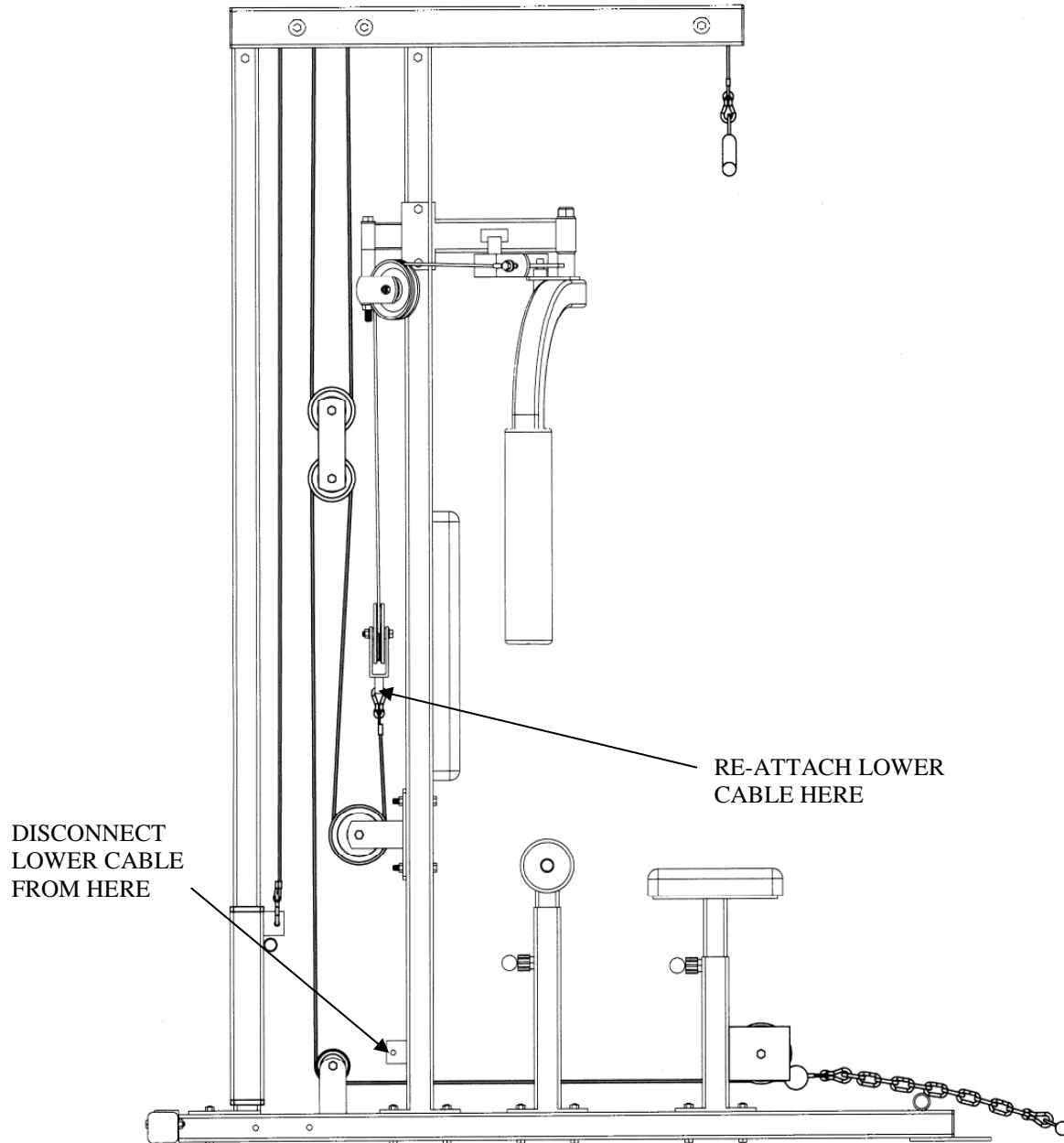
ATTACH THE PEC CABLE TO THE CAM ON THE LEFT SIDE USING THE M8 x 25MM BOLT, M8 WASHERS , AND M8 LOCKNUT. (SEE FIGURE A)

***NOTE: THERE ARE ADJUSTMENT HOLES ON EACH CAM TO COMPENSATE FOR CABLE STRETCH AFTER THE MACHINE IS USED FOR A WHILE.***

RUN THE CABLE THROUGH THE LEFT SIDE SWIVEL PULLEY, DOWN THROUGH THE FLOATING PULLEY, UP THROUGH THE RIGHT SIDE SWIVEL PULLEY AND ATTACH TO RIGHT CAM.

TIGHTEN THE BOLTS ON THE SWIVEL PULLEYS.

## ***CABLE INSTALLATION***



DISCONNECT THE LOWER CABLE ALREADY ATTACHED TO THE MACHINE AND RUN IT THROUGH THE FIXED PULLEY AND RE-ATTACH IT TO THE RING AT THE BOTTOM OF THE FLOATING PULLEY ASSEMBLY.

MAKE SURE ALL YOUR BOLTS ARE TIGHT BEFORE USE. CHECK THEM PERIODICALLY TO MAKE SURE THEY ALWAYS STAY TIGHT.