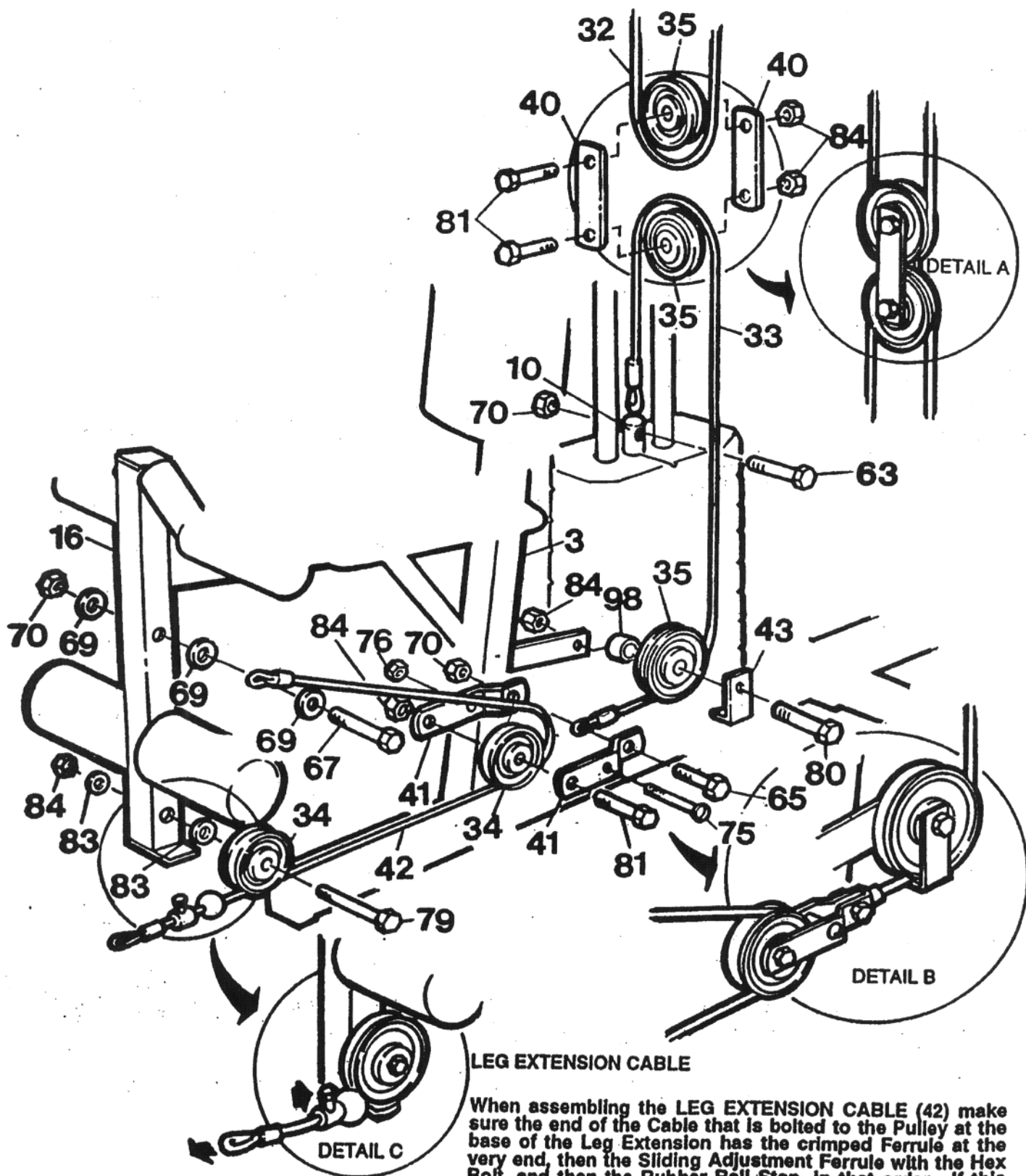
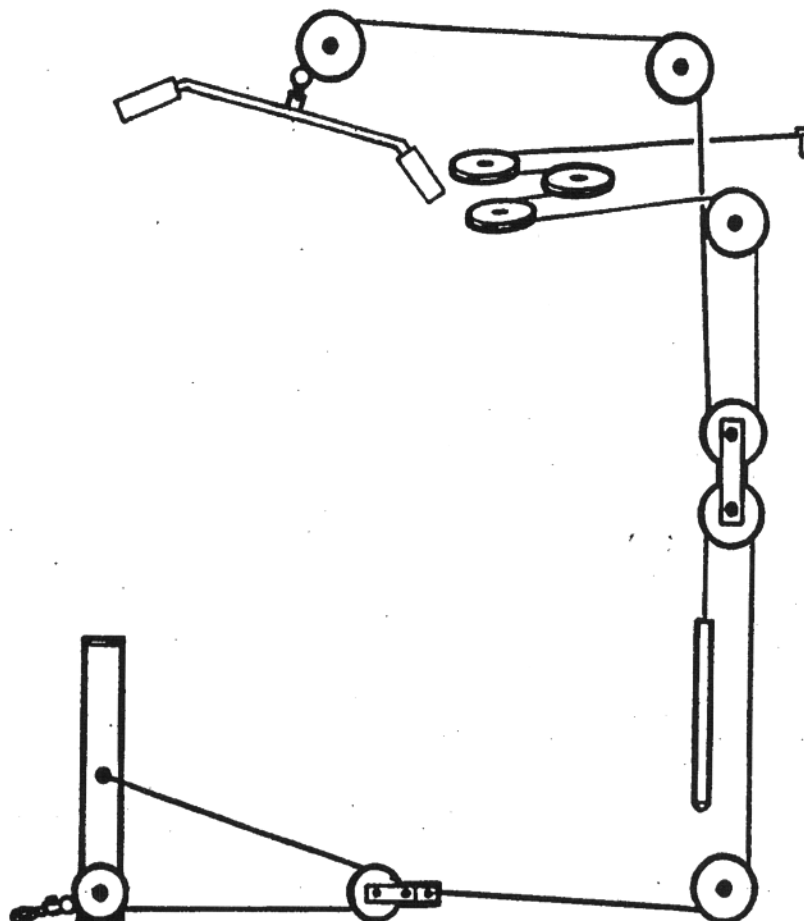




LEG EXTENSION CABLE

When assembling the LEG EXTENSION CABLE (42) make sure the end of the Cable that is bolted to the Pulley at the base of the Leg Extension has the crimped Ferrule at the very end, then the Sliding Adjustment Ferrule with the Hex Bolt, and then the Rubber Ball Stop, in that order. If this order is not correct, then you must slide the Sliding Adjustment Ferrule and Rubber Stop to the opposite end. SEE ILLUSTRATION!



ENTIRE CABLE ROUTING DRAWING

THERE ARE SEVERAL ACCESSORY ITEMS INCLUDED WITH THE HOME GYM**LAT BAR:**

- ☐ To LONG LAT BAR (54) press 1" ROUND PLASTIC INSERT CAPS (91) into each end of Bar and assemble 1" X 5" FOAM GRIPS (26) to Bar with the aid of a small amount of liquid dish detergent.
- ☐ To use Lat Bar, connect to Cable at Top Mast Tube with "S" HOOK (55). This Bar is used to do all Lat Pull-Down Exercises.

LEG STRAP:

- ☐ Slide attached Dumbbell Handle to one end of strap.
- ☐ Using "S" HOOK (55) LEG STRAP (56) is connected to Base Pulley at front of the unit.
- ☐ This accessory is used for all Leg Exercises.

DUMBBELL HANDLE:

- ☐ Slide attached Dumbbell Handle to center of LEG STRAP (56) and connect Dumbbell Handle to Base Pulley to perform single Arm Curls, and Side Lateral Raises.
- ☐ Note: Many of the exercises performed with these accessories may need to be connected with the use of the 34" ACCESSORY ROPE (57) as desired to give proper distancing from unit.

