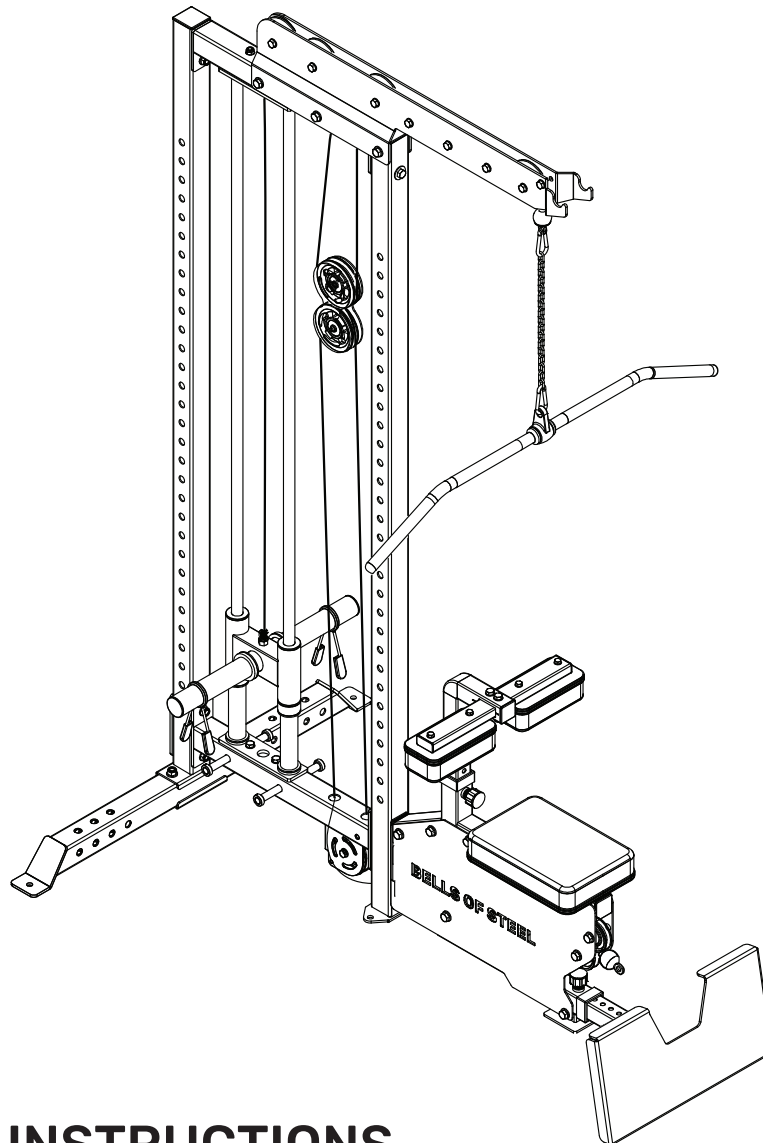




PLATE LOADED LAT PULLDOWN

SKU: PLT-LAT-MA
PO:



ASSEMBLY INSTRUCTIONS



Stuck? Scan the QR code for the assembly video

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BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



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If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.



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BEFORE WE BEGIN, LET'S STAY SAFE.



A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

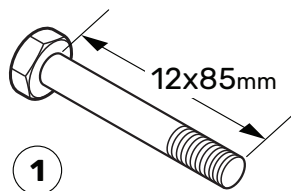
- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

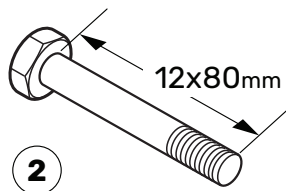
LET THE GAINZ BEGIN

PARTS LIST

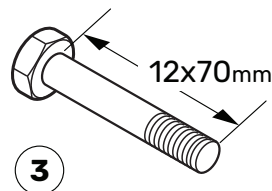
Hardware Package



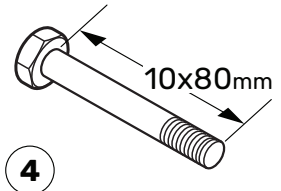
1
M12 x 85mm bolt
x11



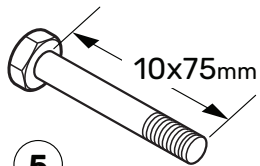
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M12 x 80mm bolt
x1



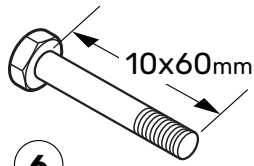
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M12 x 70mm bolt
x6



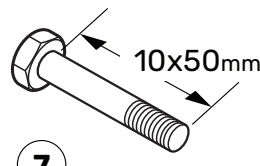
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M10 x 80mm bolt
x4



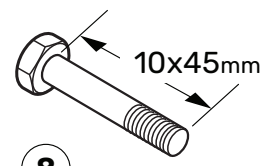
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M10 x 75mm bolt
x3



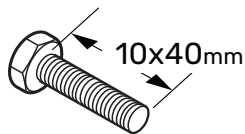
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M10 x 60mm bolt
x2



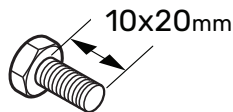
7
M10 x 50mm bolt
x8



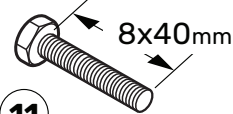
8
M10 x 45mm bolt
x3



9
M10 x 40mm bolt
x4



10
M10 x 20mm bolt
x4



11
M8 x 40mm bolt
x2



12
M12mm nut
x16



13
M10mm nut
x20



14
Ø 12mm washer
x34



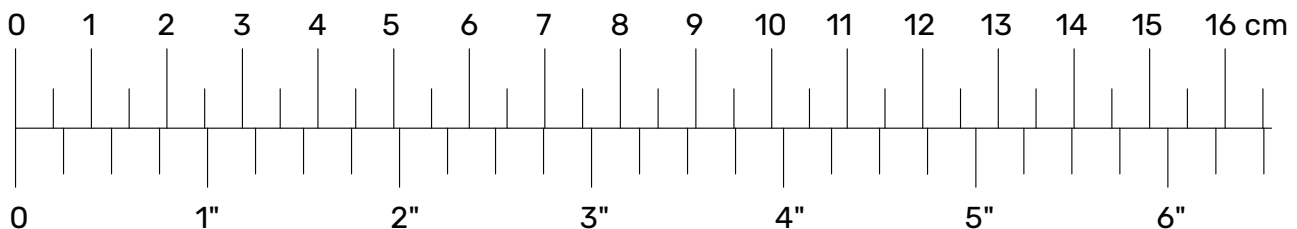
15
Ø 10mm washer
x48



16
Ø 8mm
washer
x2

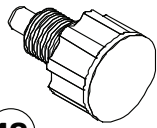


17
Ø 16 x 15mm pulley
sleeve
x4



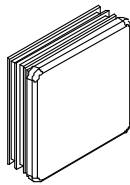
PARTS LIST

Preassembled



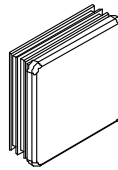
18

M16 popper pin
x3



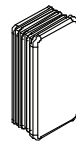
19

60mm tube plug
x2



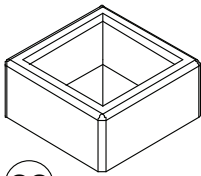
20

50mm tube plug
x1



21

2550 tube plug
x4



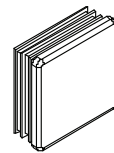
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5045mm tube bushing
x2



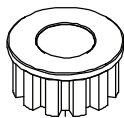
23

Ø48mm tube plug
x1



24

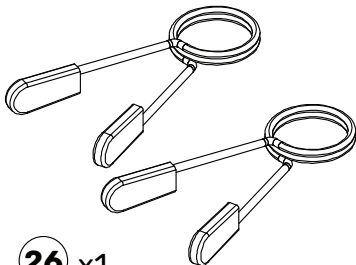
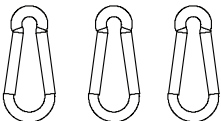
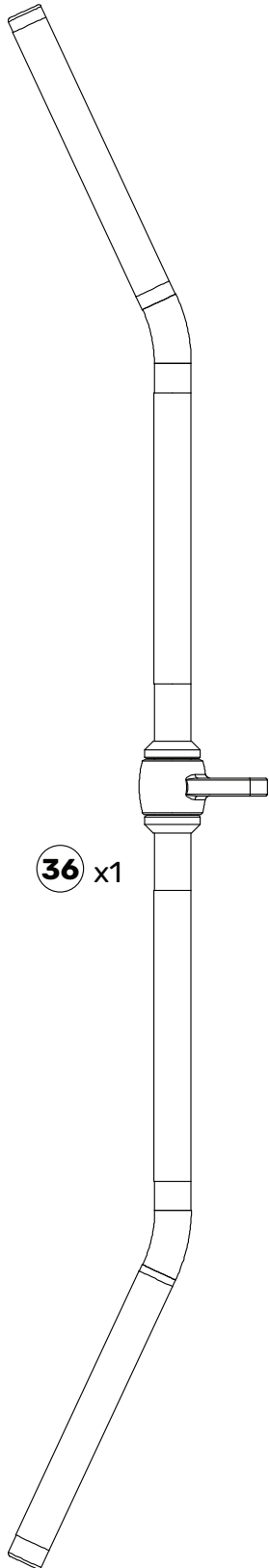
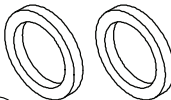
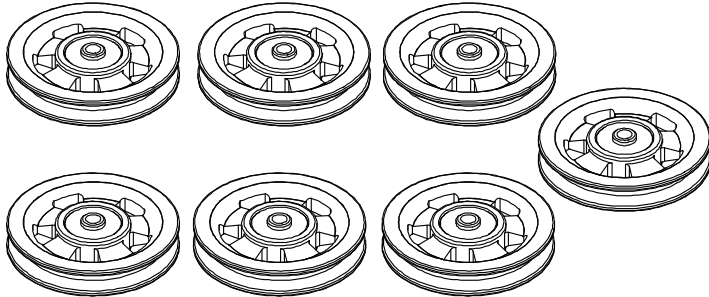
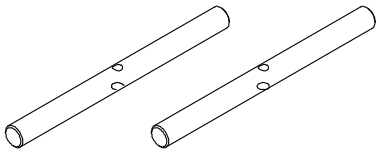
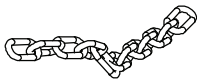
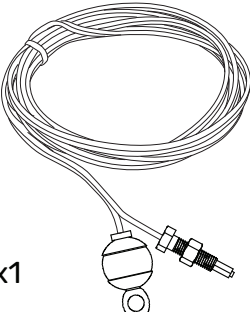
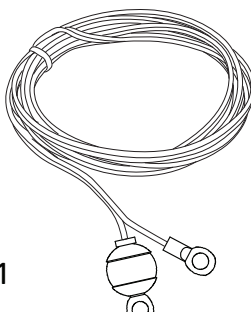
44mm tube plug
x1



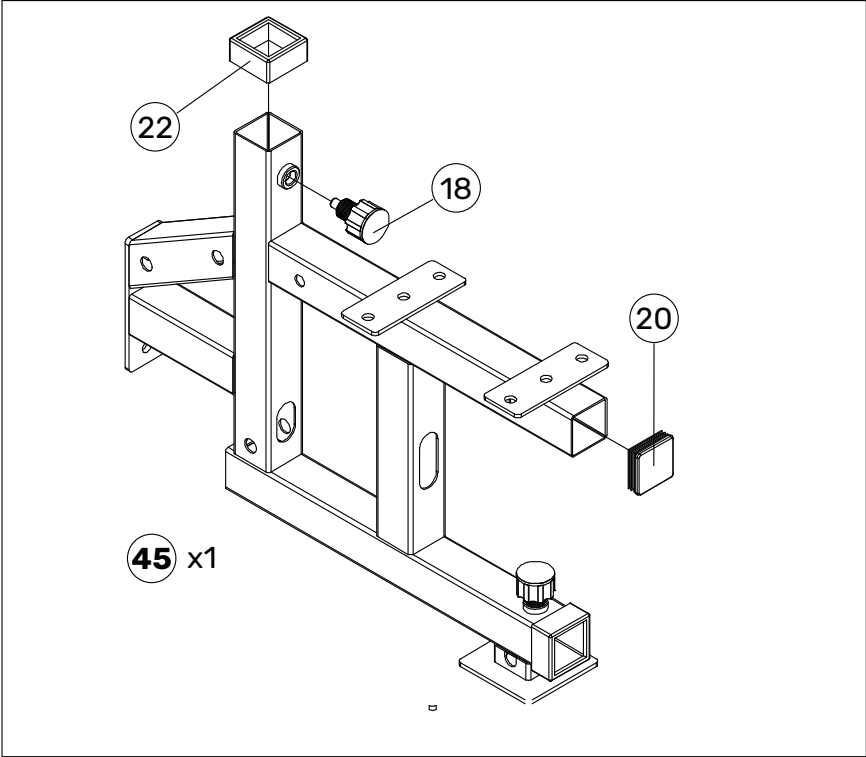
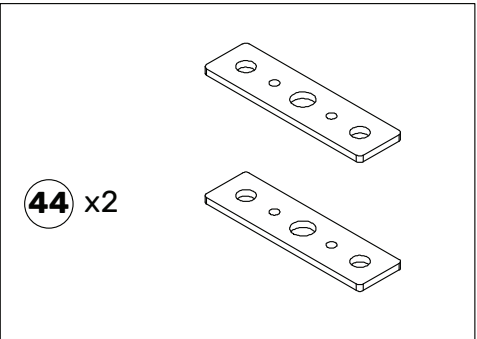
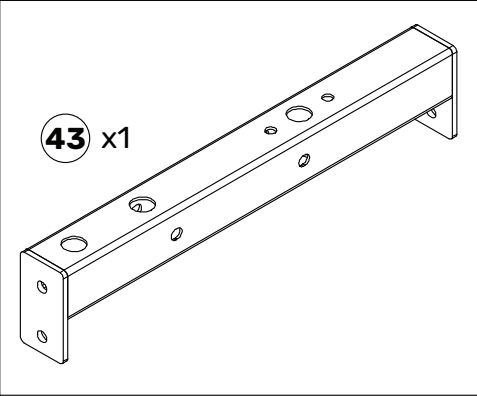
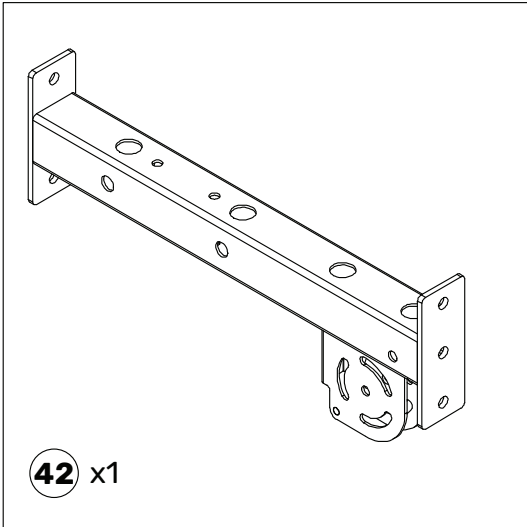
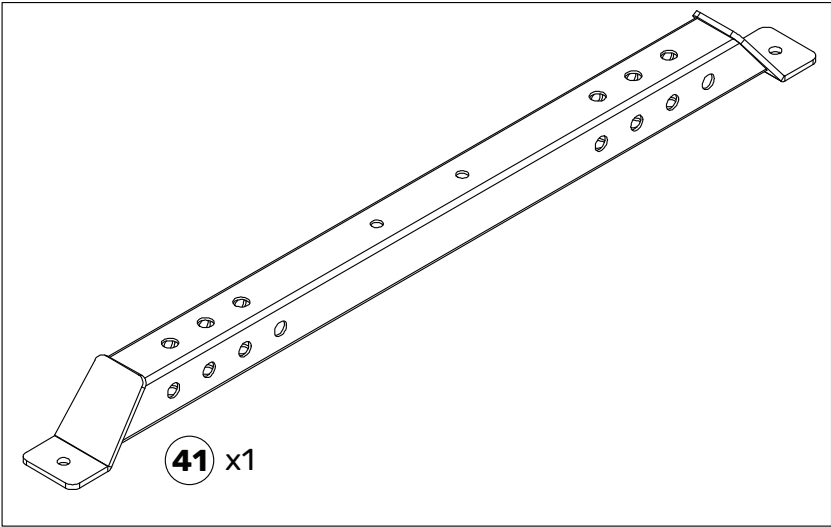
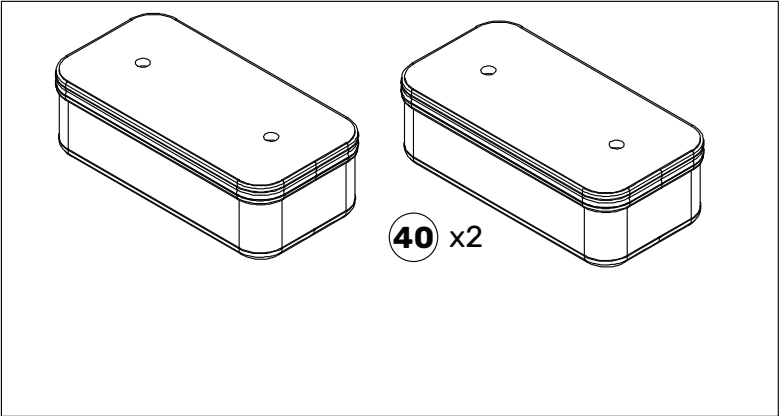
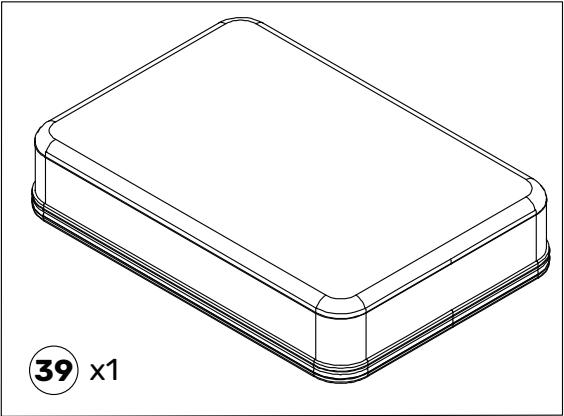
25

Ø5025 tube bushing
x1

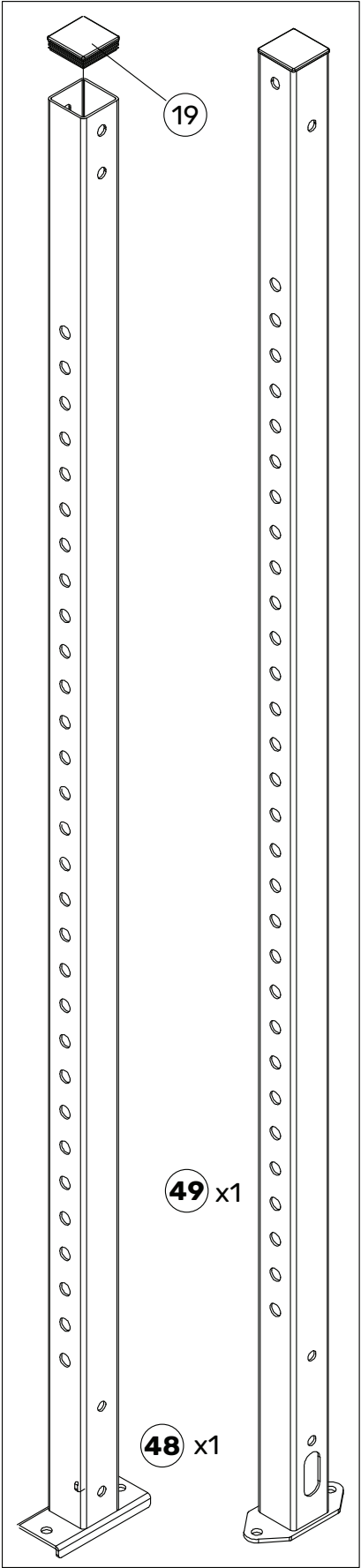
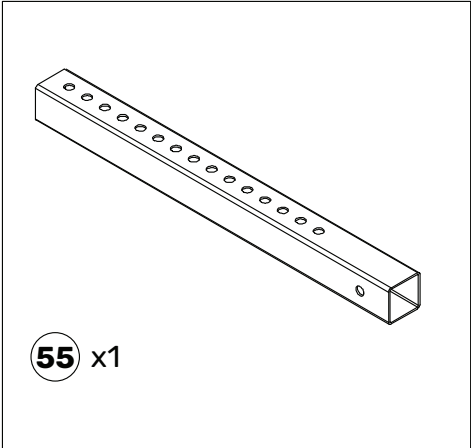
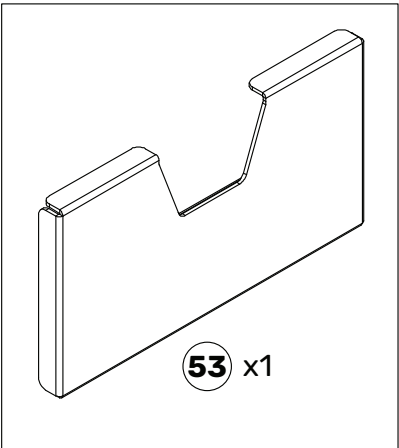
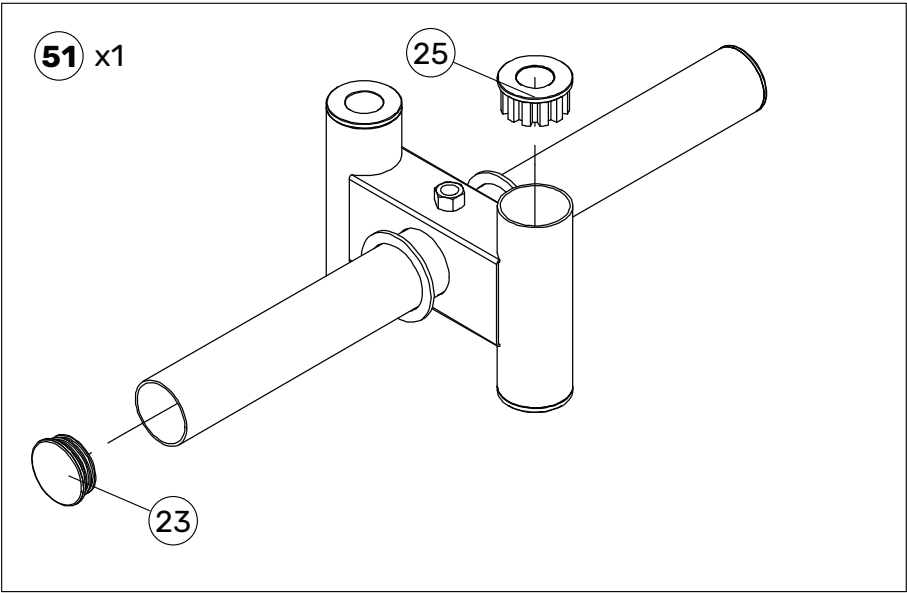
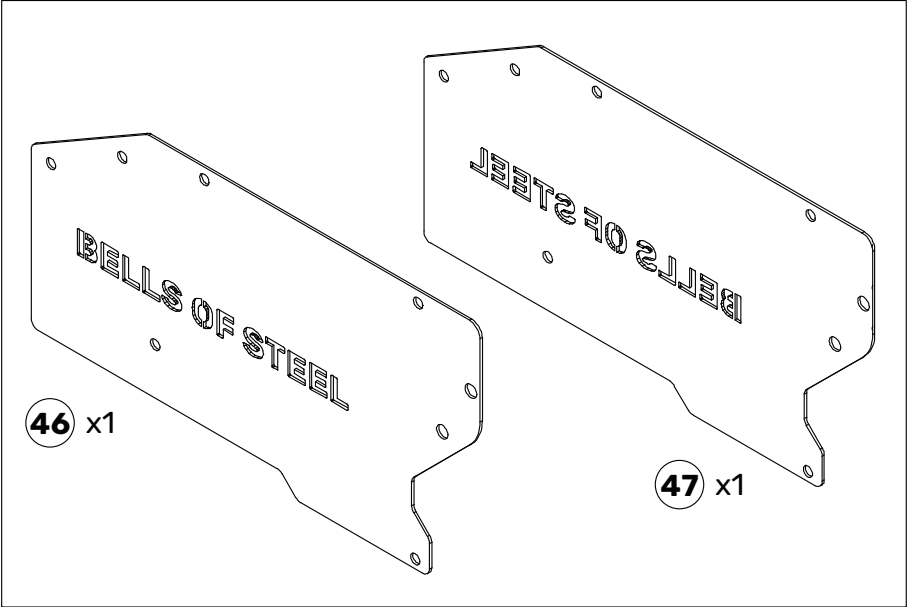
PARTS LIST

 26 x1	 27 x2 Weight stopper	 30 x3	 36 x1	
 28 x2	 29 x2	 31 Ø80 pulleys x2		
 34 x4				 32 Ø114 pulleys x2
 33 x2	 35 x1			
 37 x1	 38 x1			

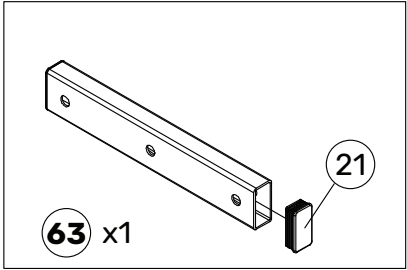
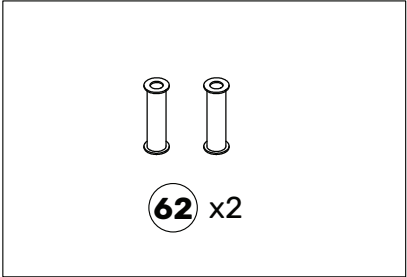
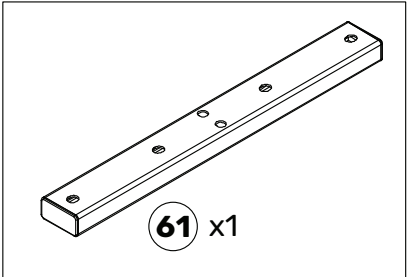
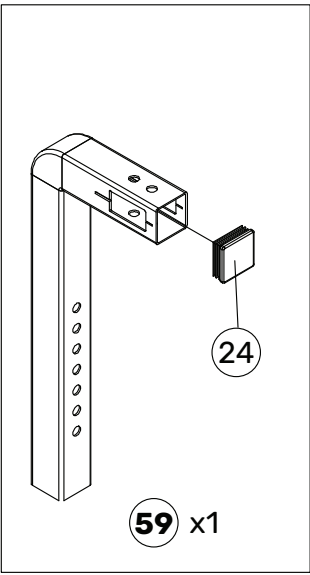
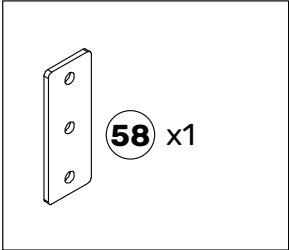
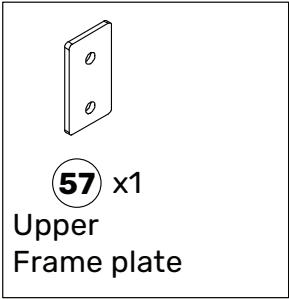
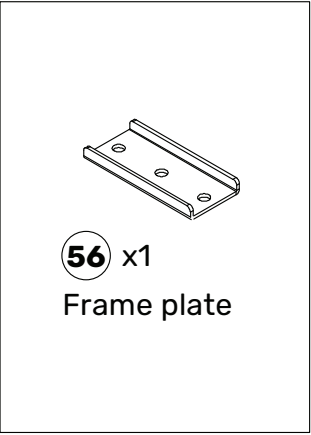
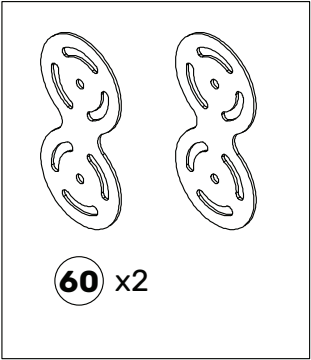
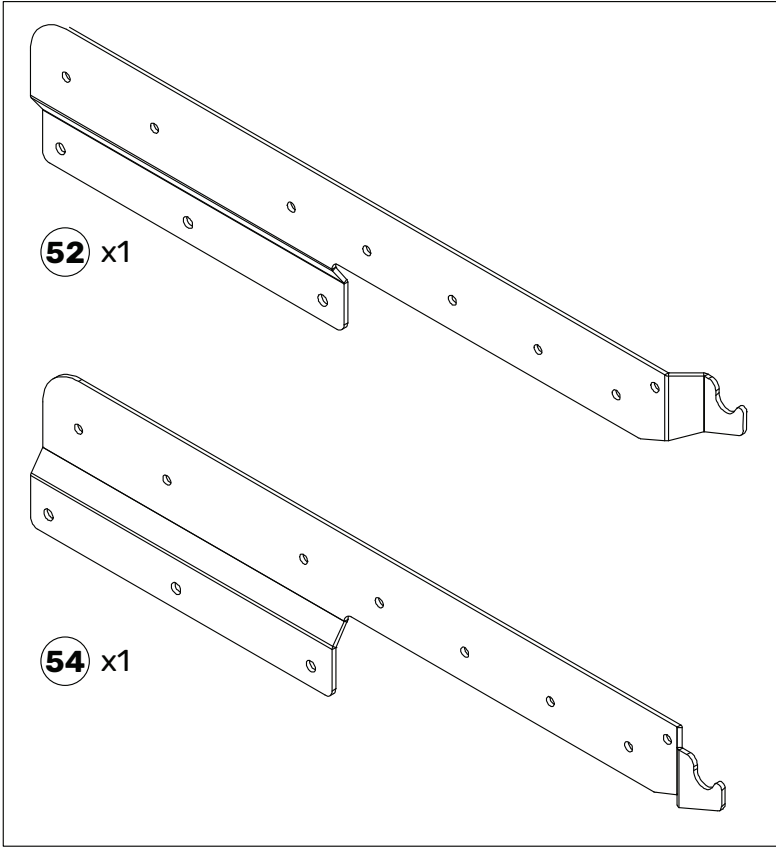
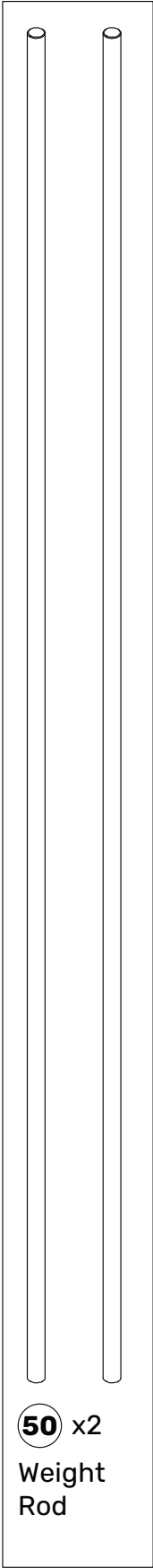
PARTS LIST



PARTS LIST

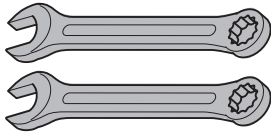


PARTS LIST

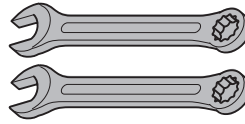


TOOLS REQUIRED

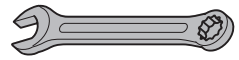
19mm
Wrench
x2



17mm
Wrench
x2



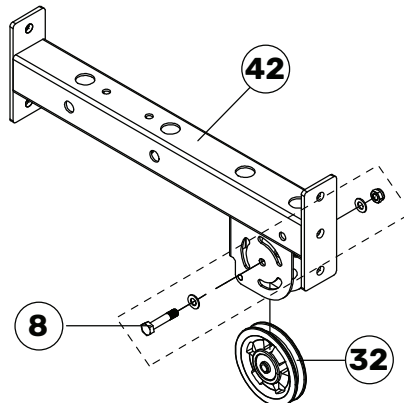
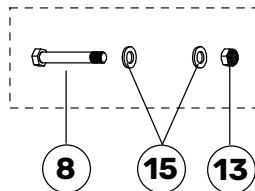
14mm
Wrench
x1



ASSEMBLY

1

Attach the 114 diameter pulley (32) to lower beam (42) using M10x45 (8), M10 washers and M10 nut.

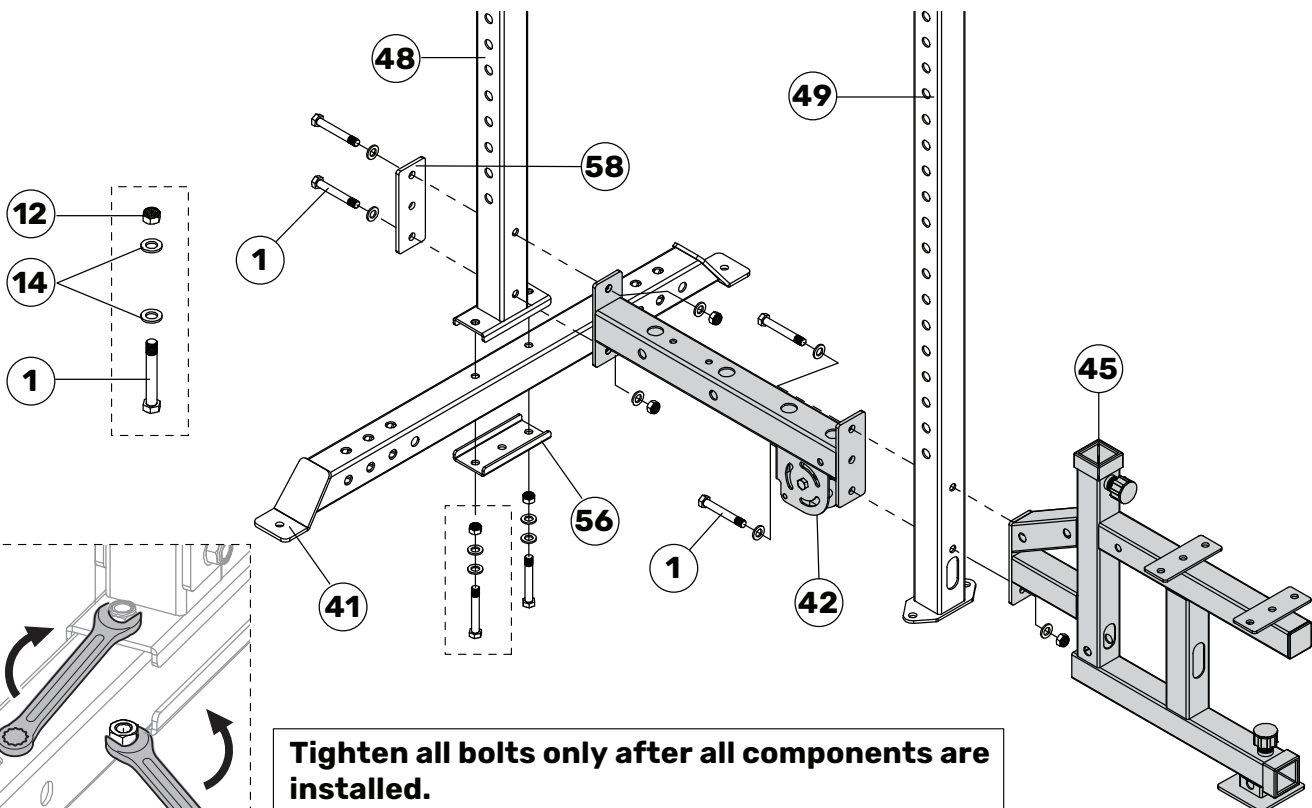


**Do not
overtighten.**

2

Assemble main frame left (48) with base frame (41). Fix with frame plate (56), M12x85 bolt (1), M12 washer (14) and M12 nut (12).

Then attach the lower beam (42), and pre-assemble seat support (45) to main frame (48) & (49). Fix with M12x85 bolt (1), M12 washer (14) and M12 nut (12). Add frame plate (58) on the left frame.

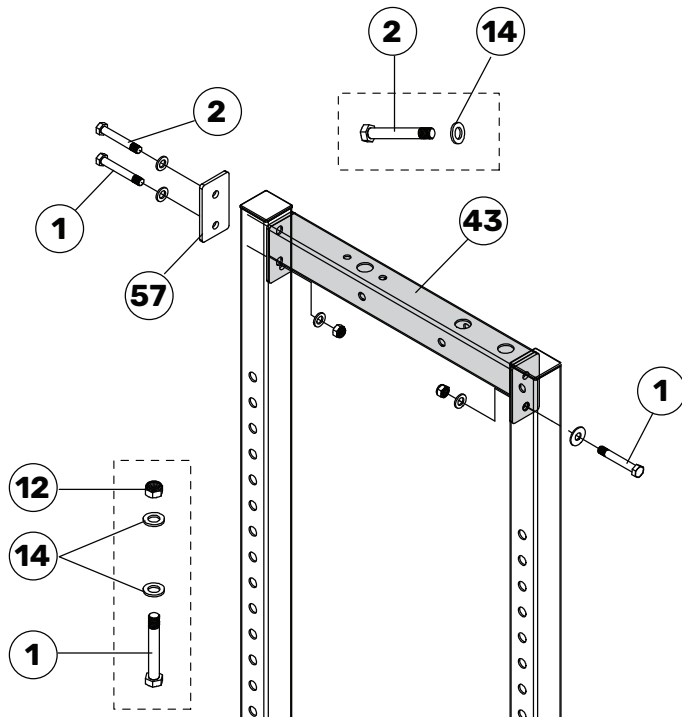


Tighten all bolts only after all components are installed.

ASSEMBLY

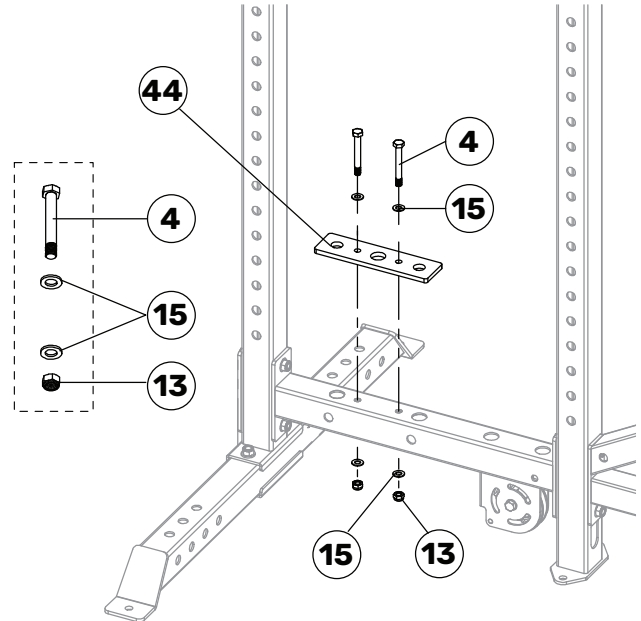
3

Fix upper support (43) to assembled frame. Fix with upper frame plate (57), M12x85 bolt (1), M12 washer (14) and M12 nut (12). Fix the top hole with M12x80 and M12 washer.



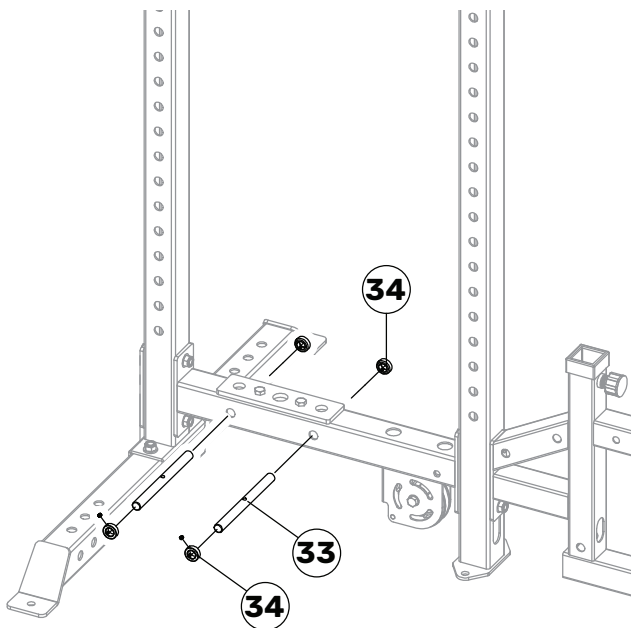
4

Attach the 1 weight base plate (44). Fix with M10x80 bolt (4), M10 washer (15) and M14 nut (13).



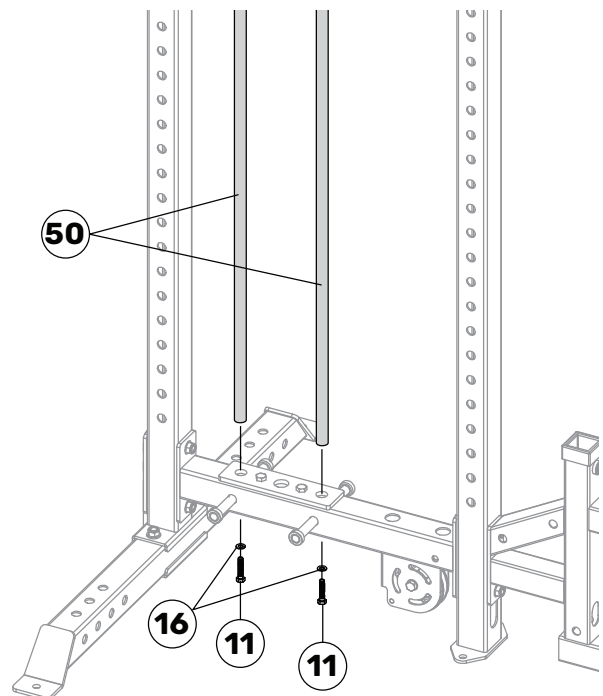
5

Attach 2 pieces of (33) below the base plates and attach (34) on both ends.



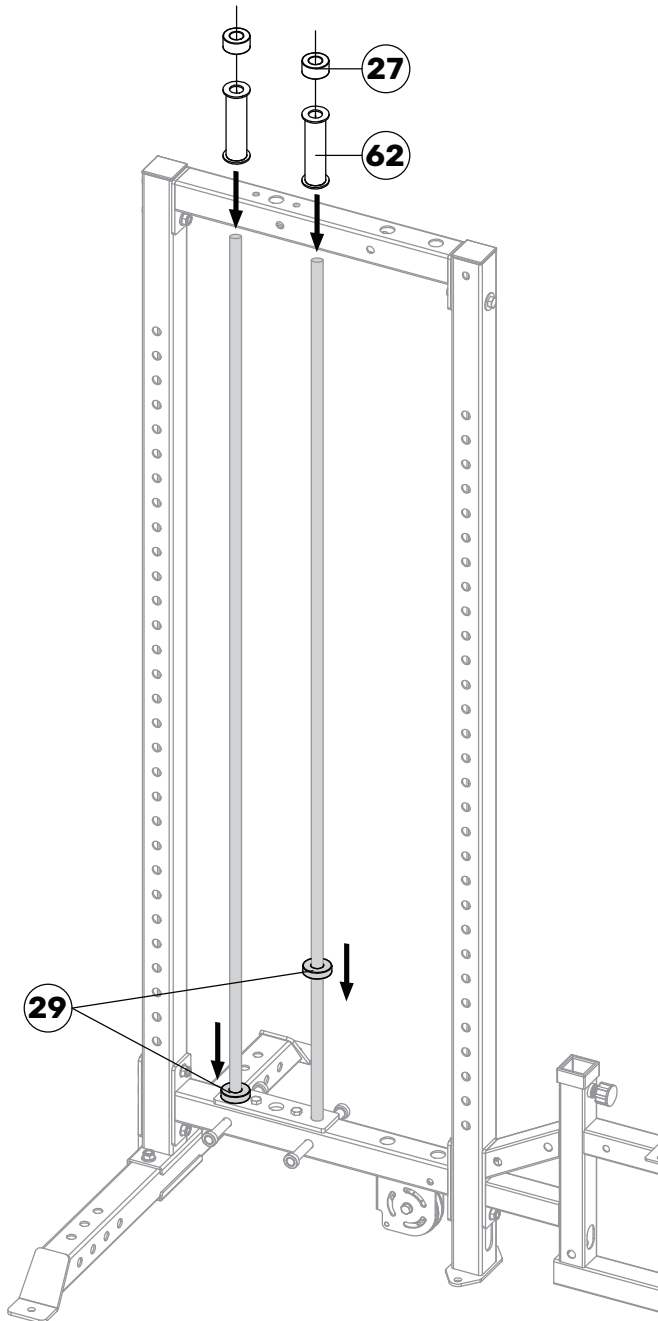
6

Attach 2 rods (50) and fix with M8x40 (11) bolt and M8 washer (16).

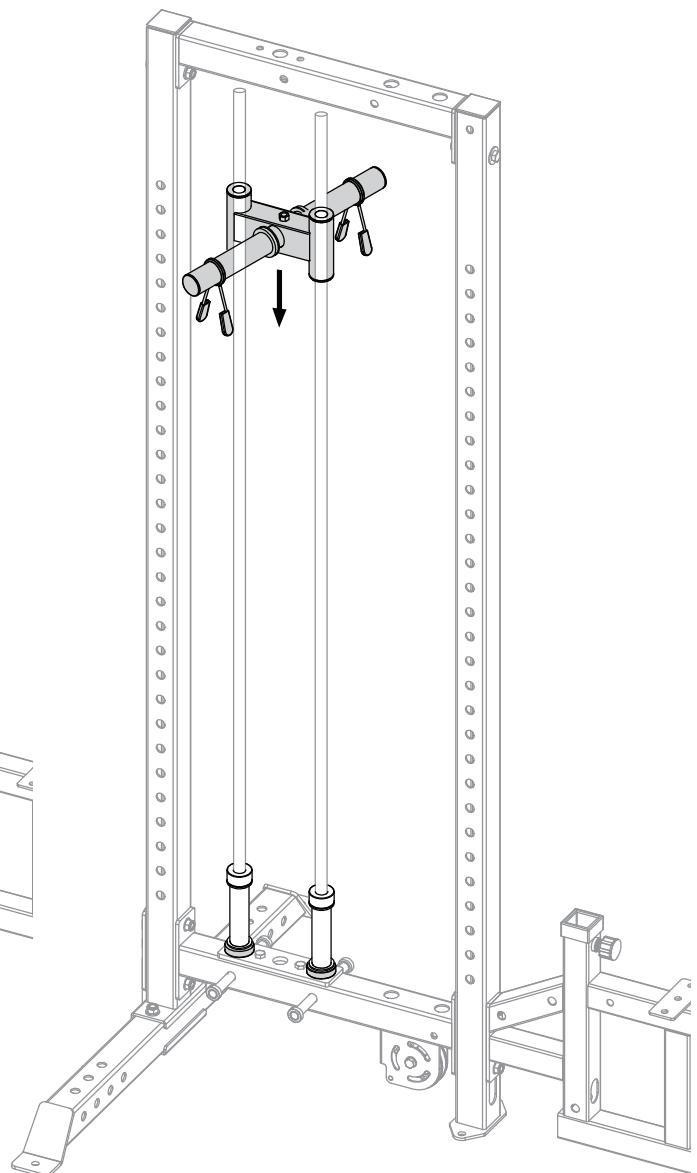
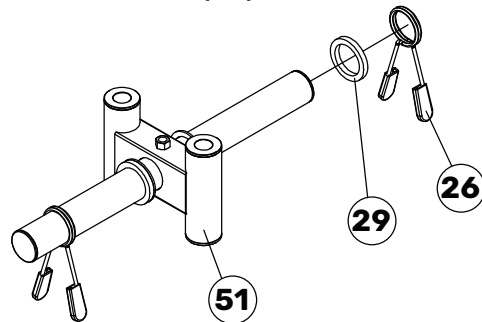


ASSEMBLY

- 7** Attach the spacer (28), then add (62) and (27) as shown.

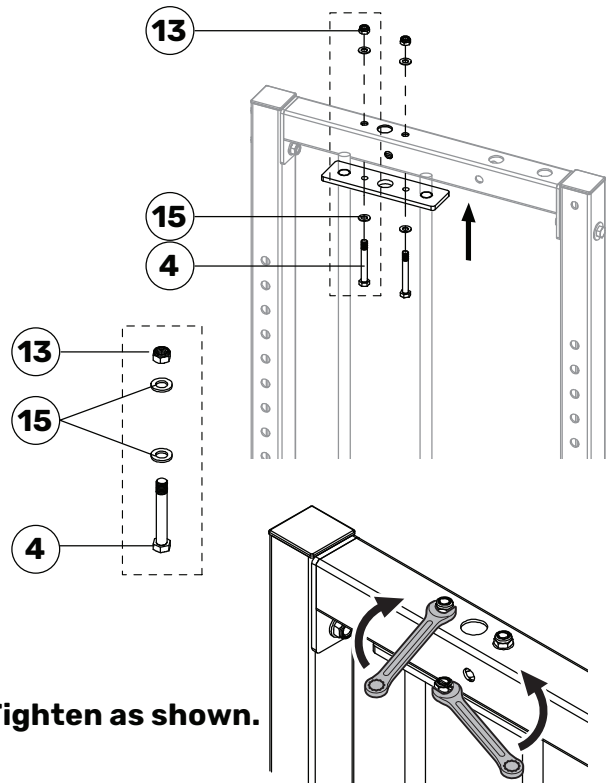
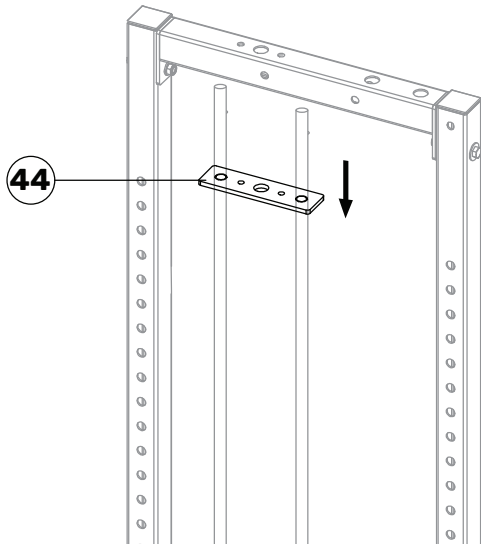


- 8** Install weight trolley (pre-assembled (51), (29) and (26)).



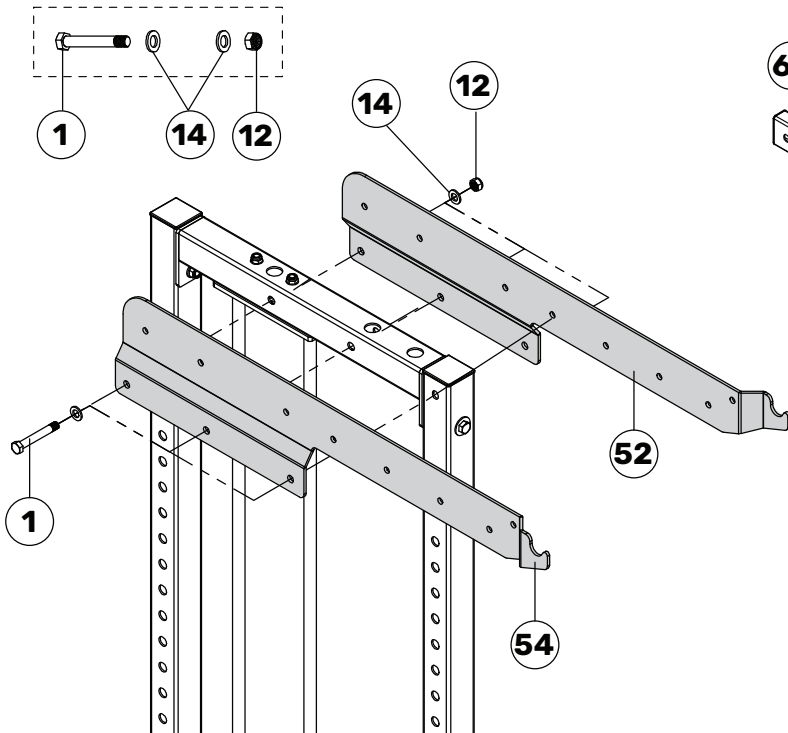
ASSEMBLY

- 9** Insert weight base plate (44).
Fix the base plate(48) to the top beam with M10x80 bolt (4), M10 washers(15) and M10 nut (13).

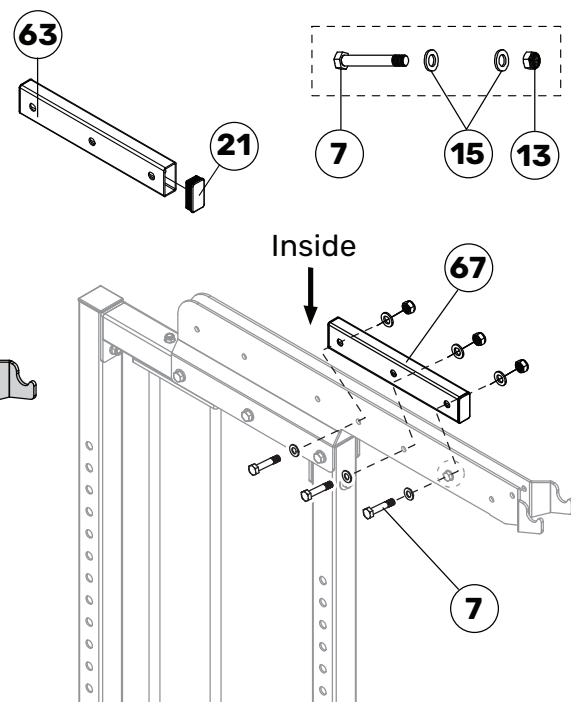


Tighten as shown.

- 10** Attach (52) and (54).
Fix with M12x85 bolt (1), M12 washer (14) and M12 nut (12).



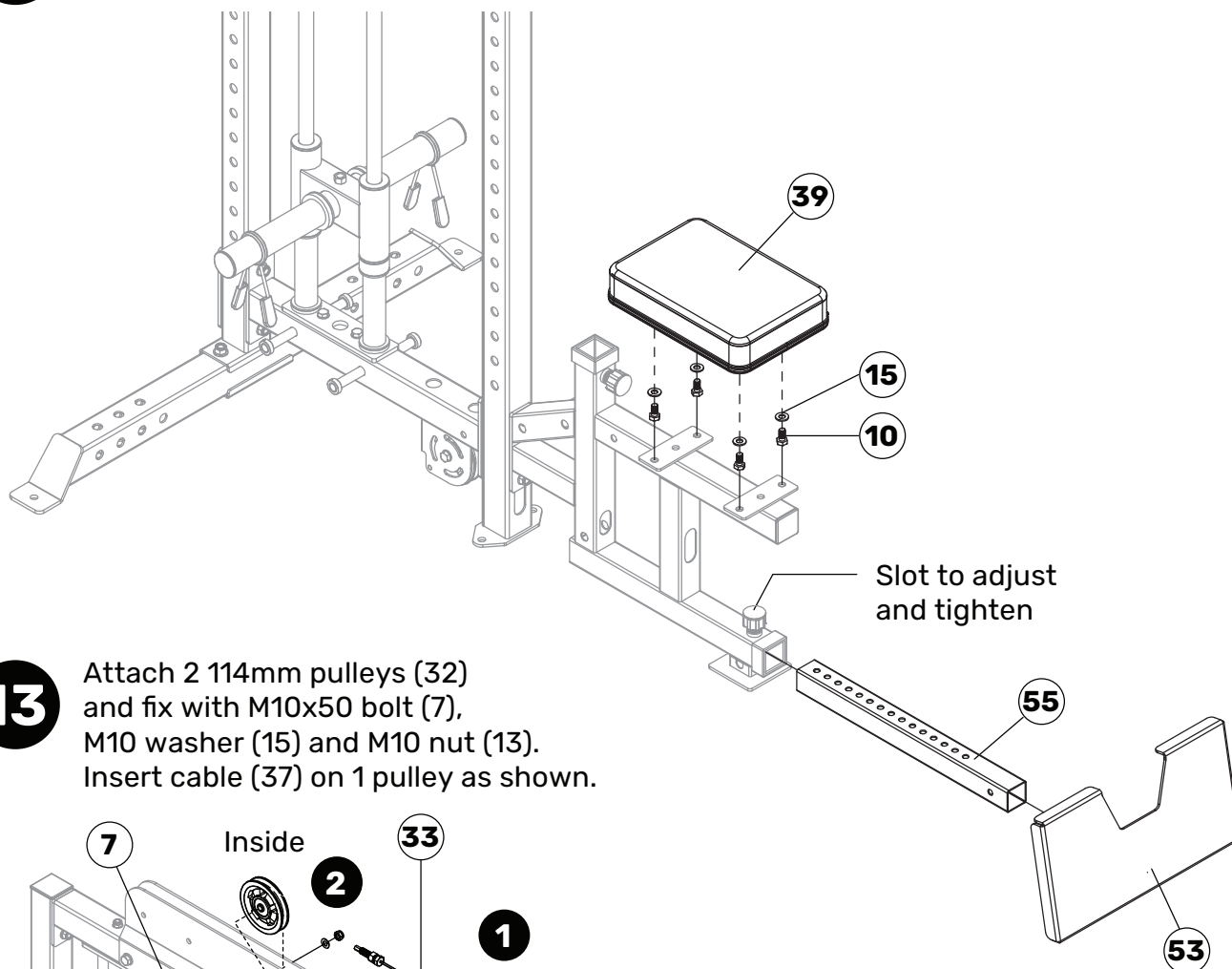
- 11** Attach pre-assembled inner roller guide (63). Fix with M10x50 bolt (7), M10 washer (15) and M10 nut (13).



ASSEMBLY

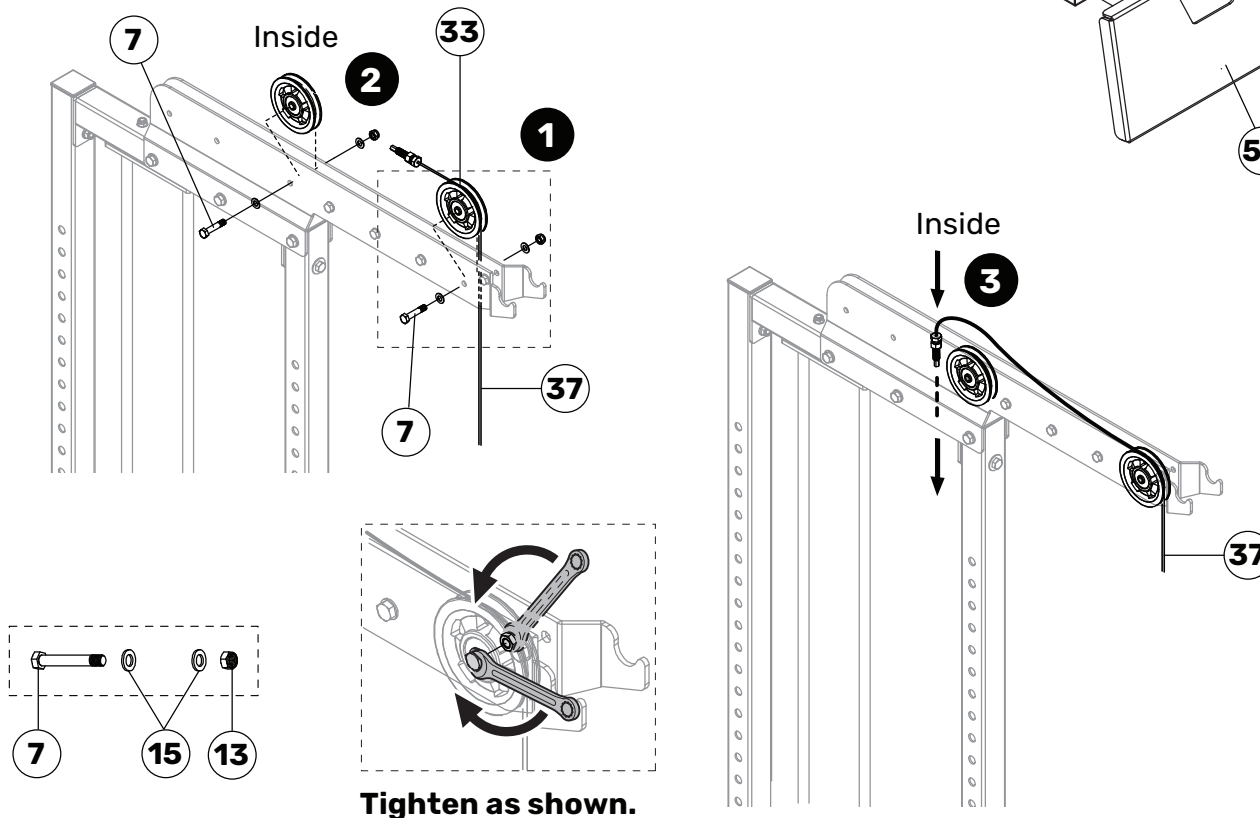
12

Attach seat (39) and fix with M10x20 bolt (10) and M10 washer (15), then install (56 and 55).



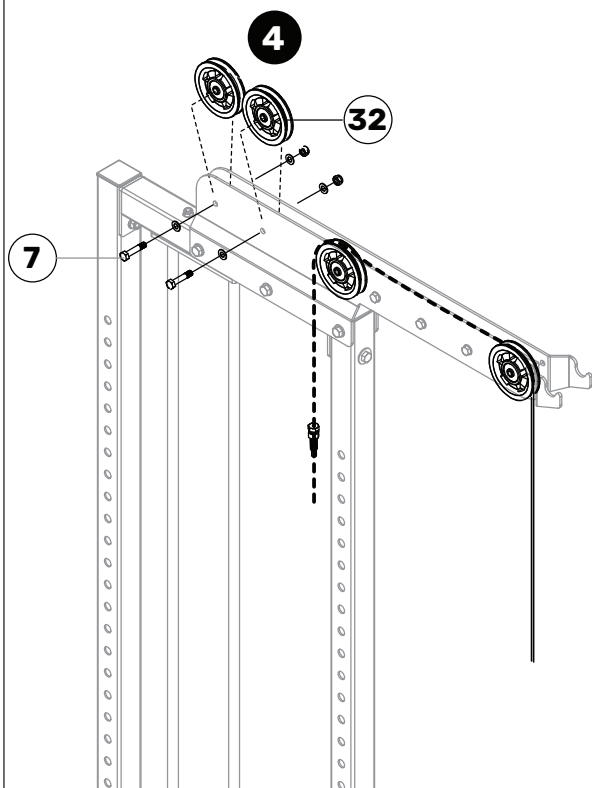
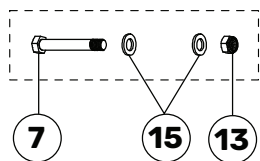
13

Attach 2 114mm pulleys (32) and fix with M10x50 bolt (7), M10 washer (15) and M10 nut (13). Insert cable (37) on 1 pulley as shown.

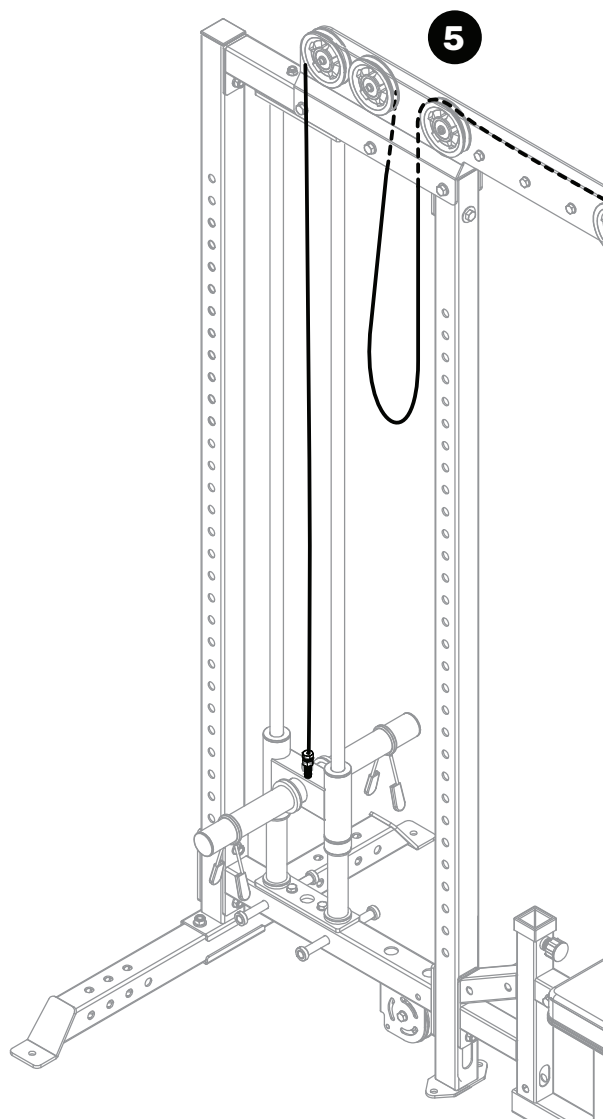


ASSEMBLY

- 14** Attach 2 114mm pulleys (32) and fix with M10x50 bolt (7), M10 washer (15) and M10 nut (13).

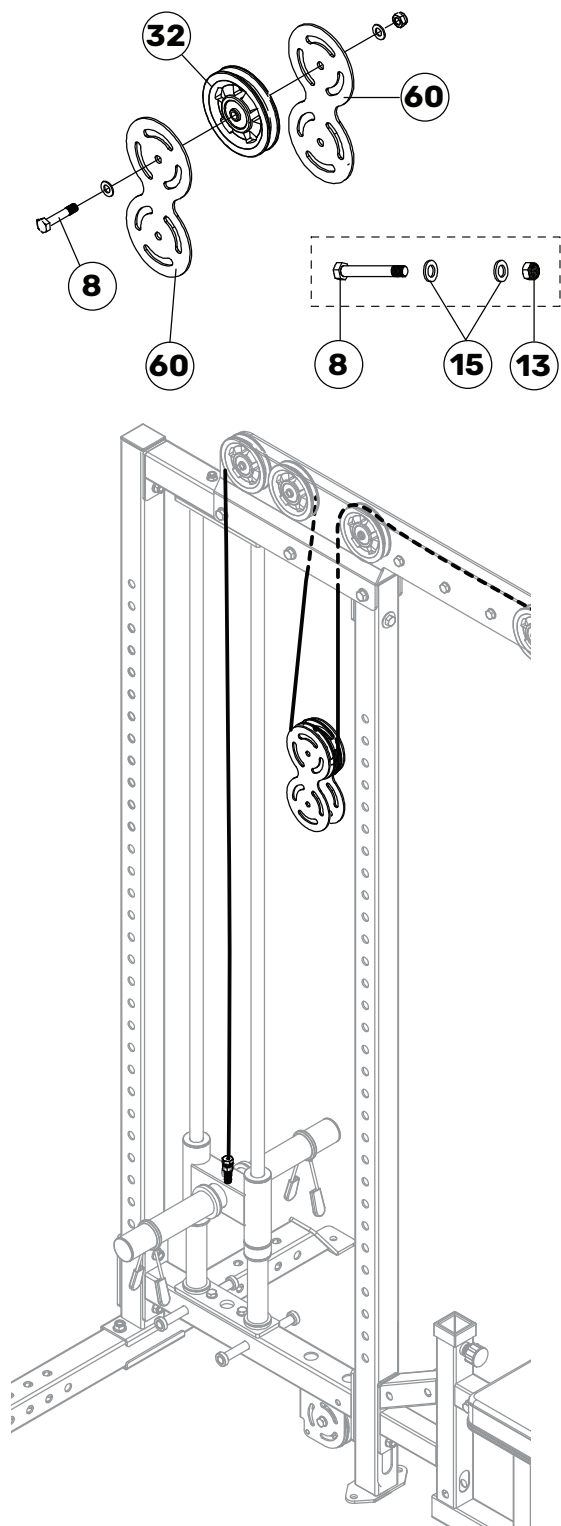


- 15** Fix the cable following the pulleys as shown.

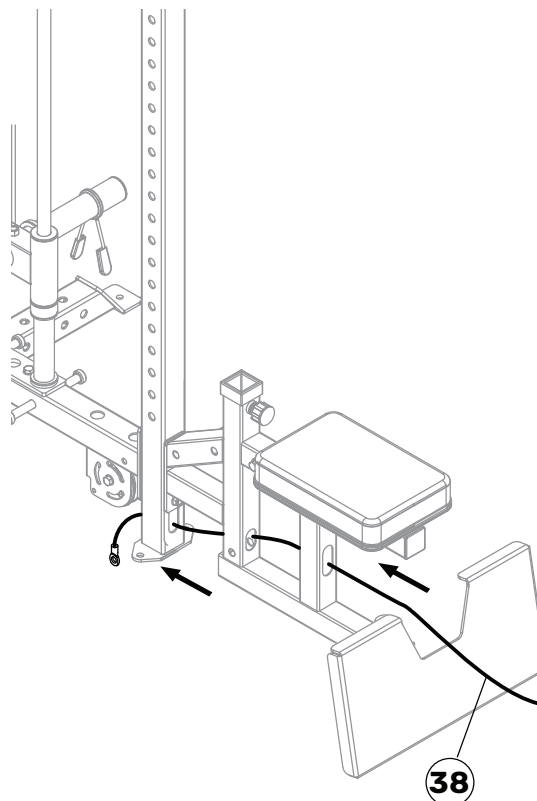


ASSEMBLY

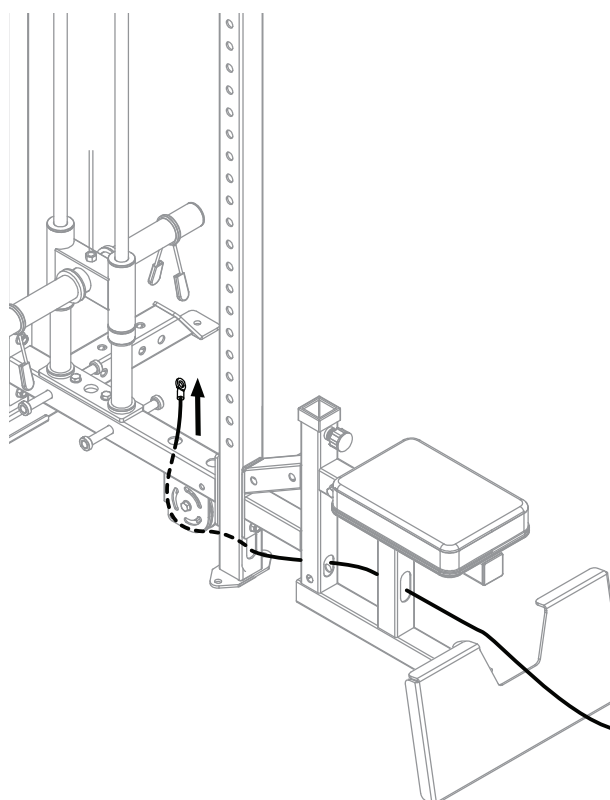
- 16** Install a 114mm pulley (33) between the 2 brackets (64) with M10x45 bolt (8), M10 washer (15) and M10 nut (13). Then install on the cable.



- 17** Insert cable (38) through the holes shown.

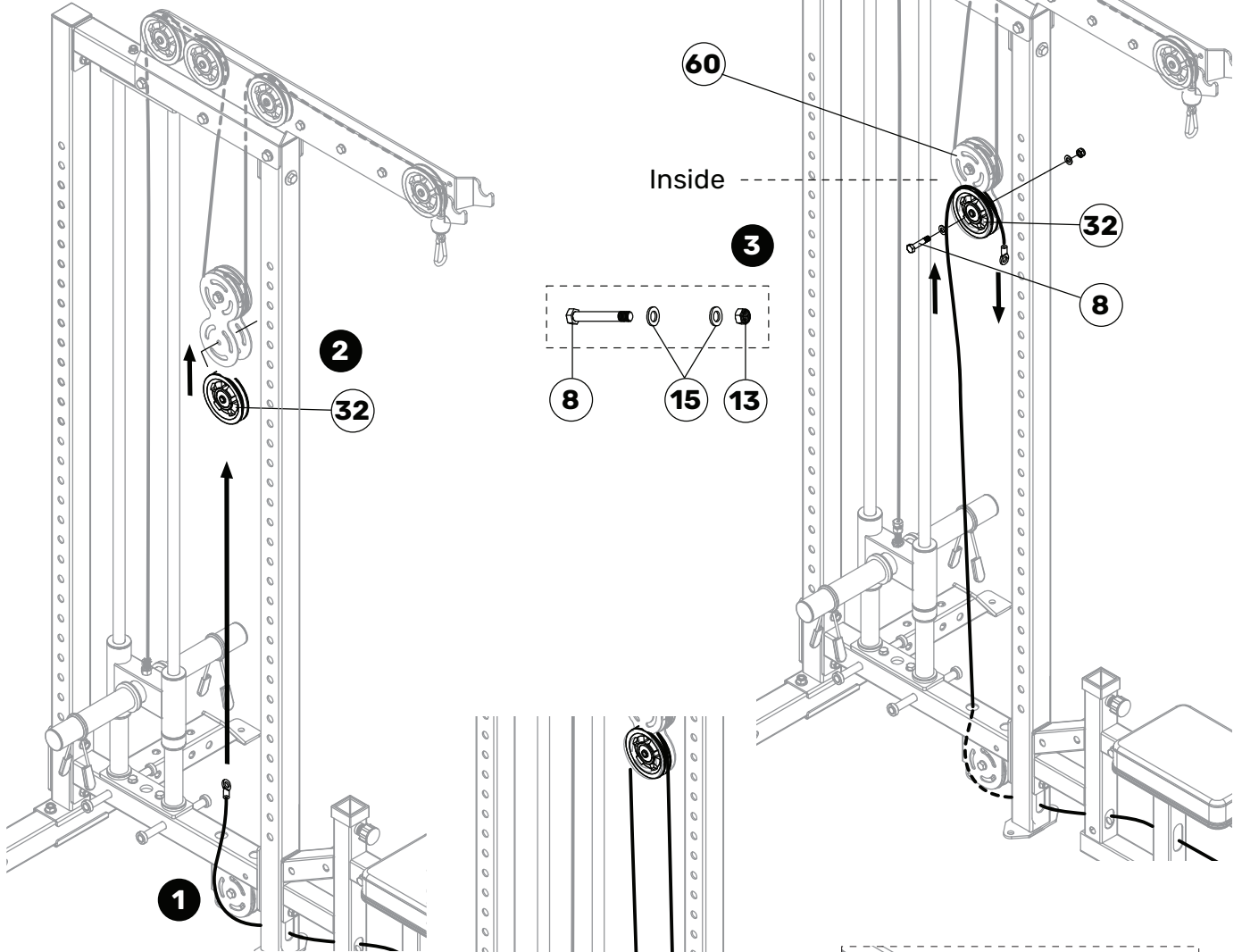


18

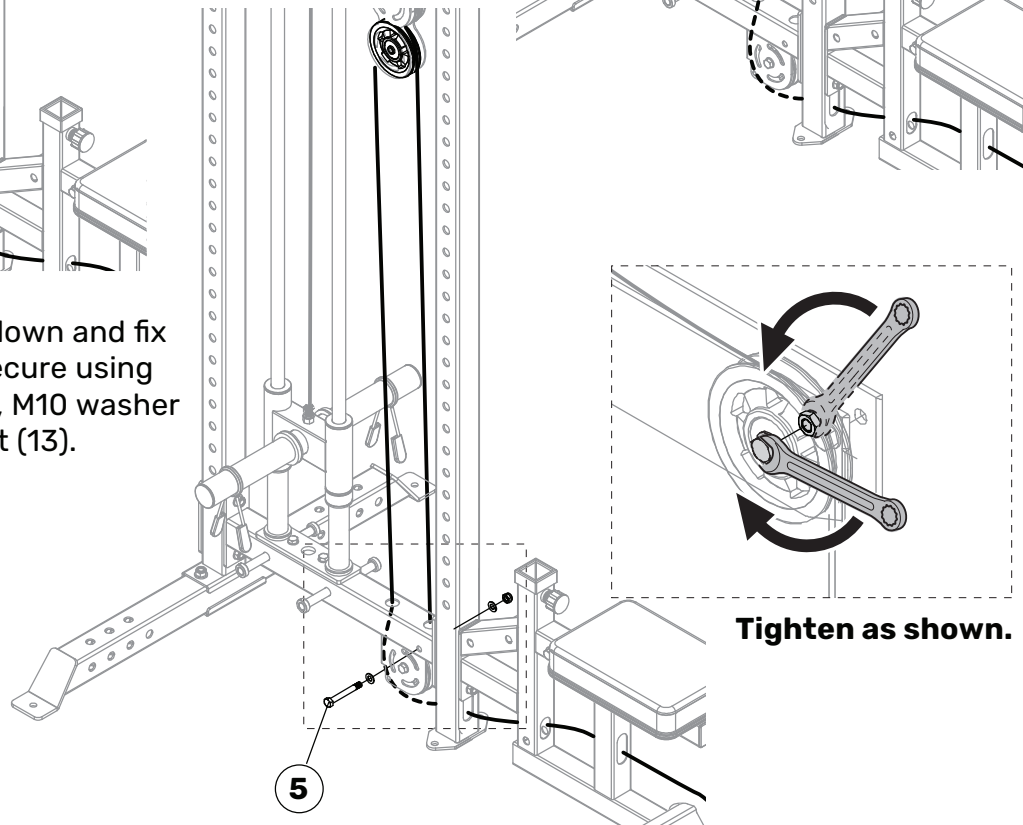
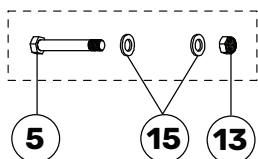


ASSEMBLY

- 19** Pull cable (38) up, and through the last 114mm pulley (32). Fix the pulley to the pulley holder (60) using M10x45 bolt (8), M10 washer (15) and M10 nut (13).



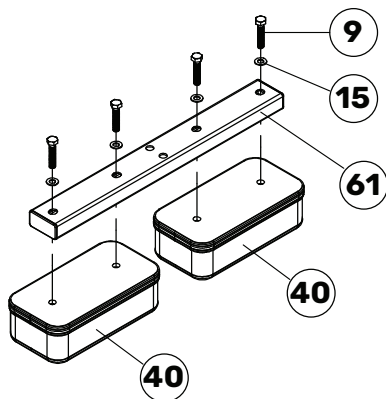
- 20** Pull cable (38) down and fix to the frame. Secure using M10x45 bolt (8), M10 washer (15) and M10 nut (13).



ASSEMBLY

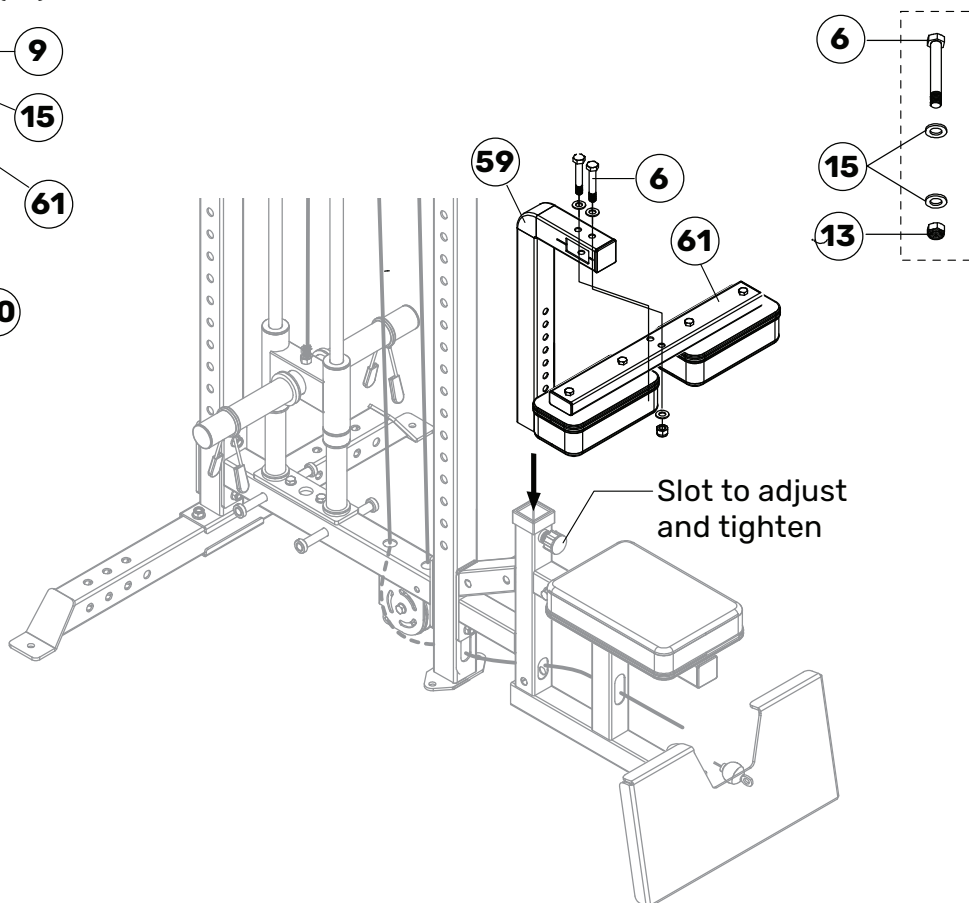
21

Assemble (40) and (61).
Fix with M10x40 bolt (9)
and M10 washer (15).



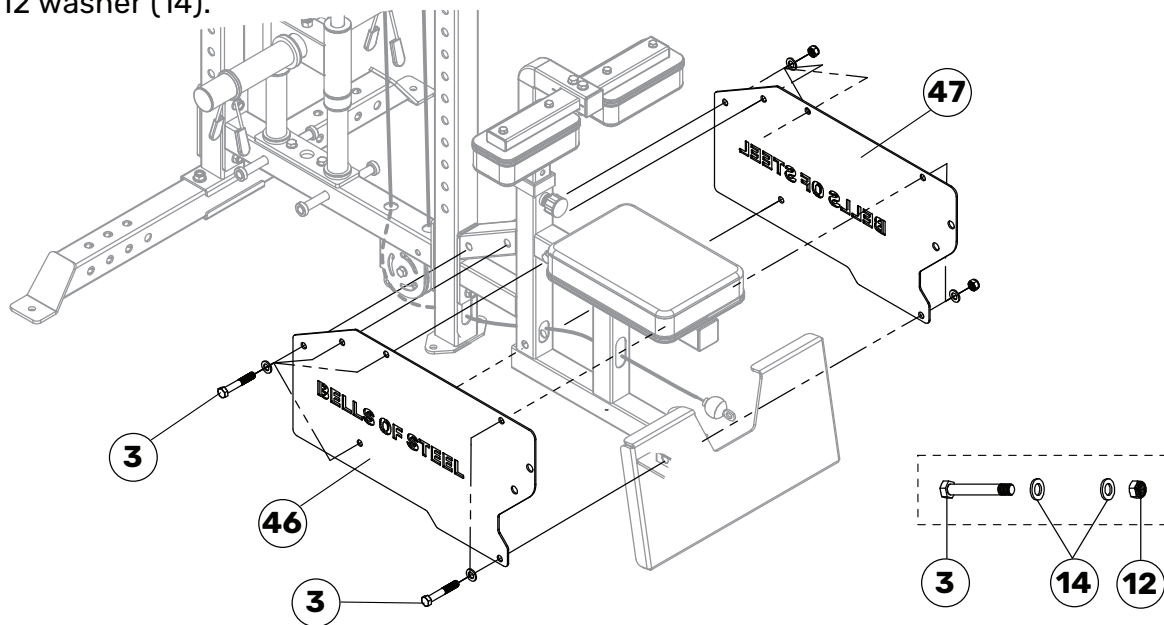
22

Attach (59) to (61) and fix with M10x60
bolt (6), M10 washer (15) and M10 nut (13).



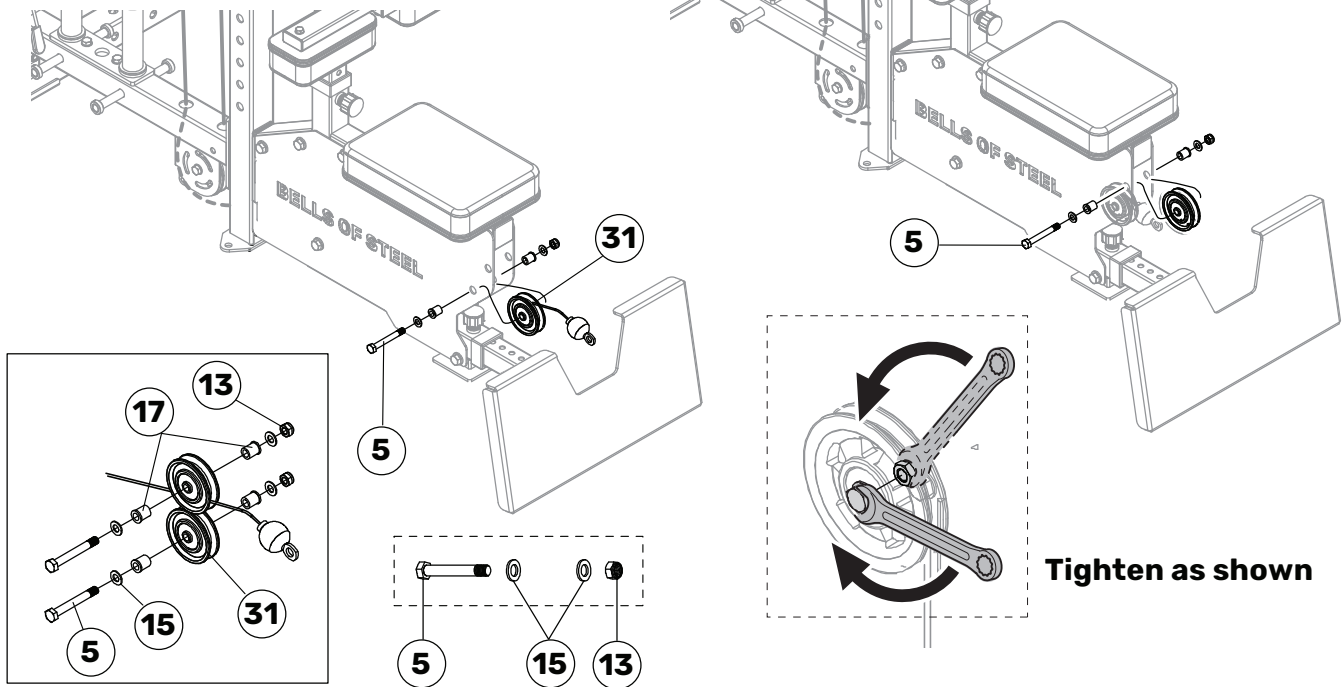
23

Install (46) and (47) on both sides. Fix with M12x70 bolt (3), M12 nut (12) and
M12 washer (14).

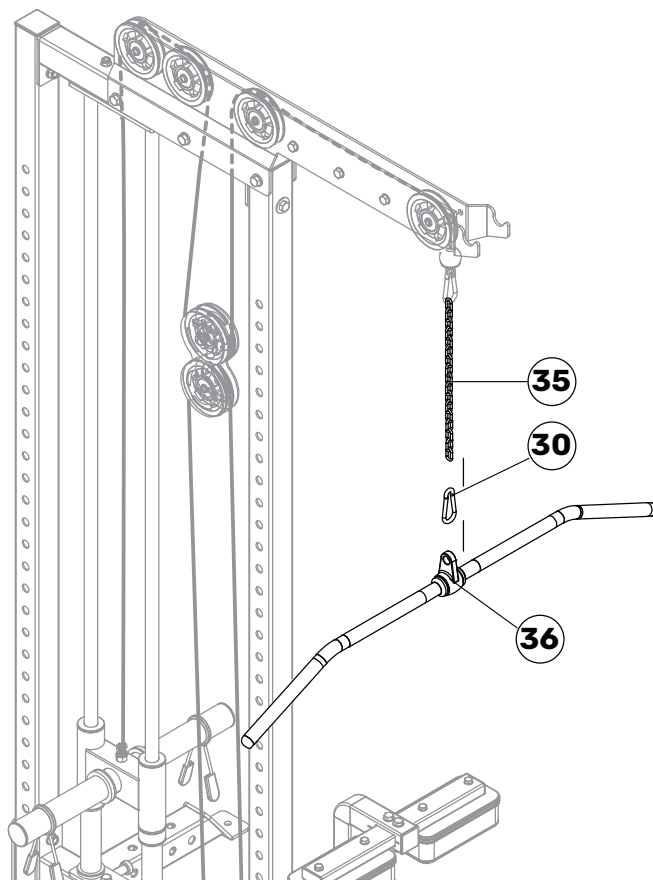


ASSEMBLY

- 24** Attach small pulleys (31) and fix with M10x75 bolt (5), M10 washer (15), pulley sleeve (17) and M10 nut (13).



- 25** Attach the chain (35), connector (30) and handle (36).



YOU'RE FINISHED!

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