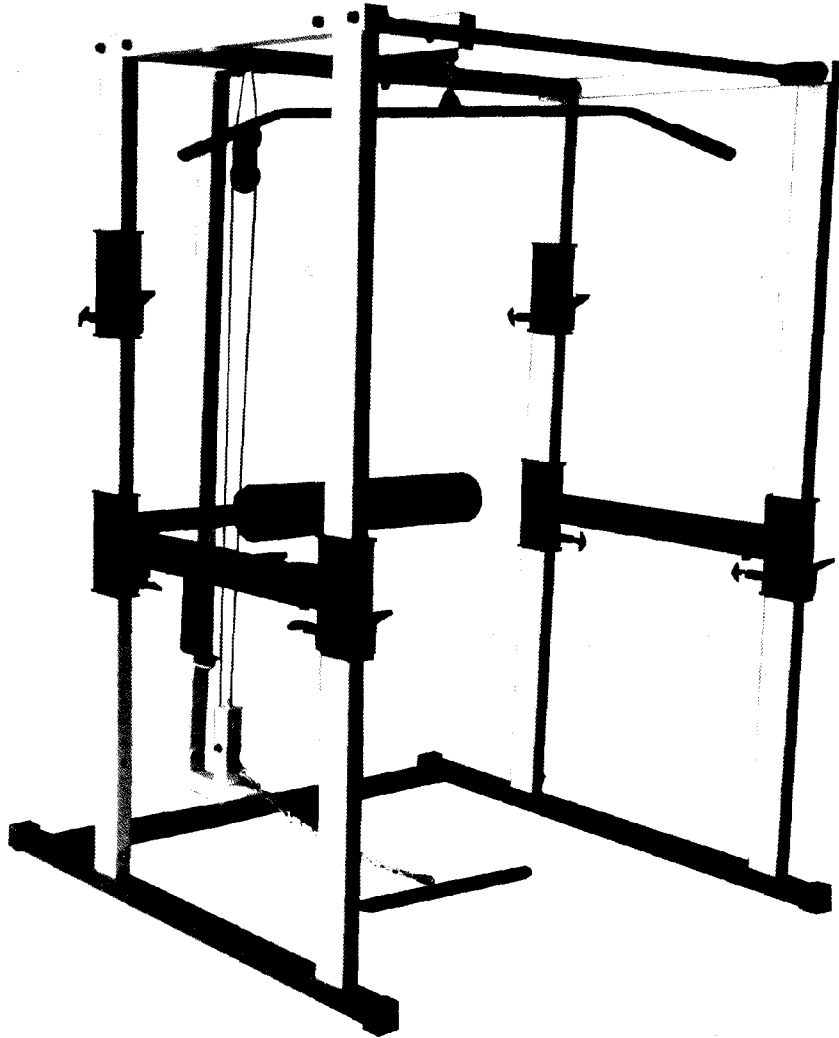


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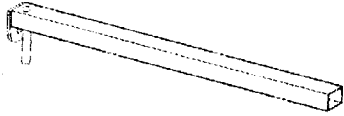
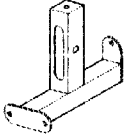
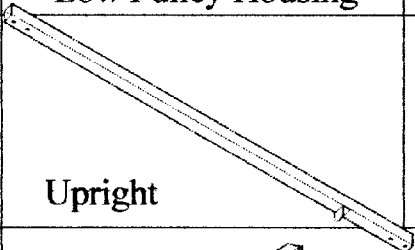
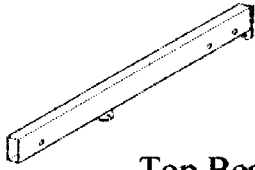
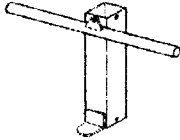

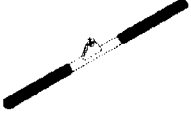

**Model: SM-1007A**








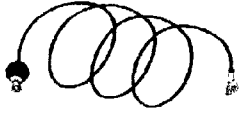
(Lat Option for SM-1007)

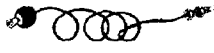




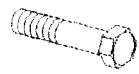
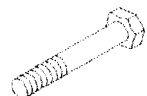

## **Assembly Instructions**






Version: 1

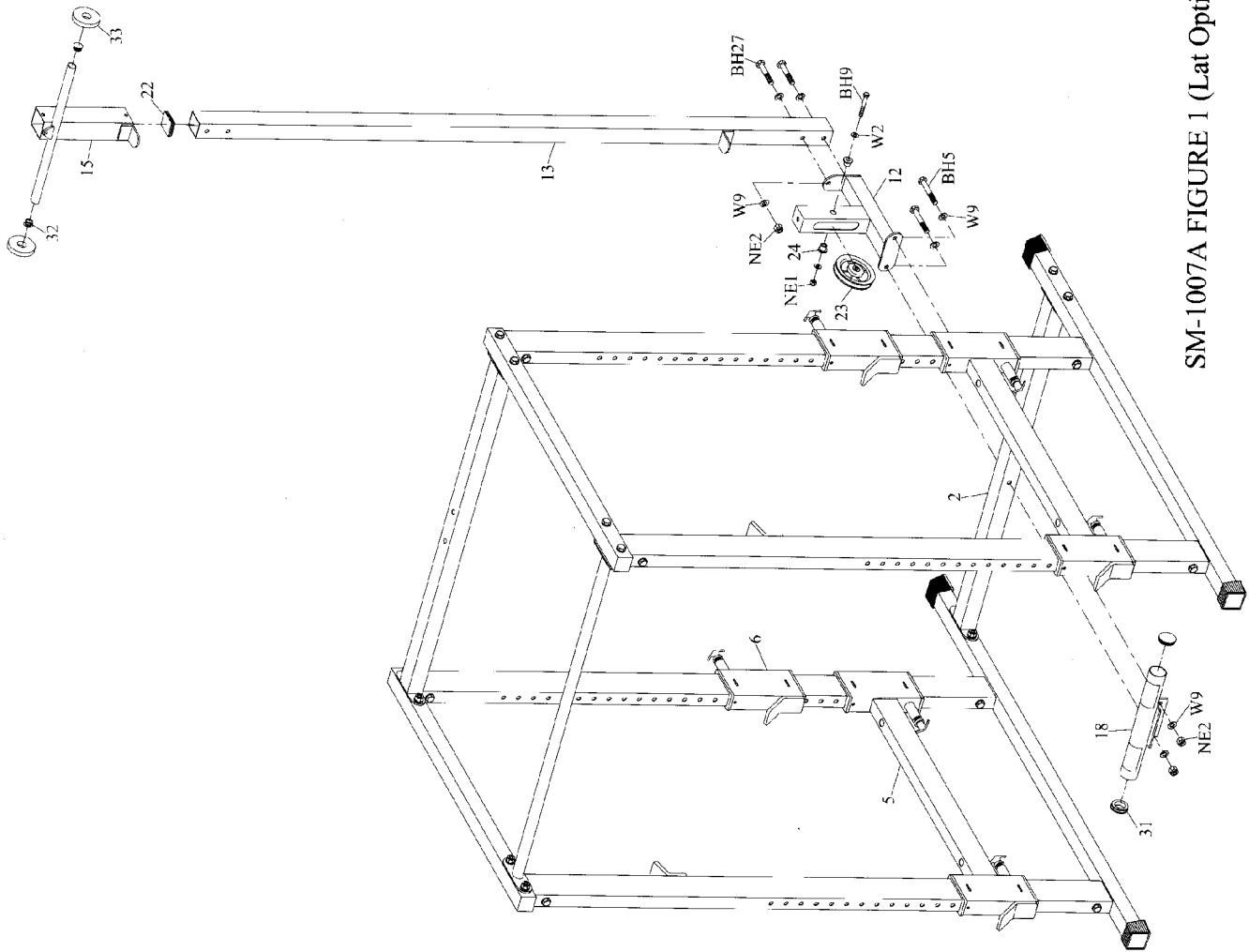
Date: 10/03

NO.	DRAWING	Q'TY
11	 Knee Support Post	1
12	 Low Pulley Housing	1
13	 Upright	1
14	 Top Beam	1
15	 Carriage	1
16	 Lat Bar	1
17	 Row Bar	1
18	 Foot Rest	1

NO.	DRAWING	Q'TY
19	 Steel Plate	2
22	 End Cap 2"*2"	2
23	 Pulley	6
24	 Steel Bushing	8
26	 Chain	1
27	 Hook	3
28	 Foam Roller	1
29-1	 Cable 9Ft 3-1/4"L	1

NO.	DRAWING	QTY
29-2	 Cable 11FtL	1
30	 End Cap 2"*3"	1
31	 End Cap 1-7/8" Dia.	2
32	 End Cap 1" Dia.	2
33	 Rubber Stopper	2
BH1	 Hex Bolt 3/8"*1-3/4"	2
BH5	 Hex Bolt 1/2"*3-1/4"	2
BH9	 Hex Bolt 3/8"*2-3/4"	4

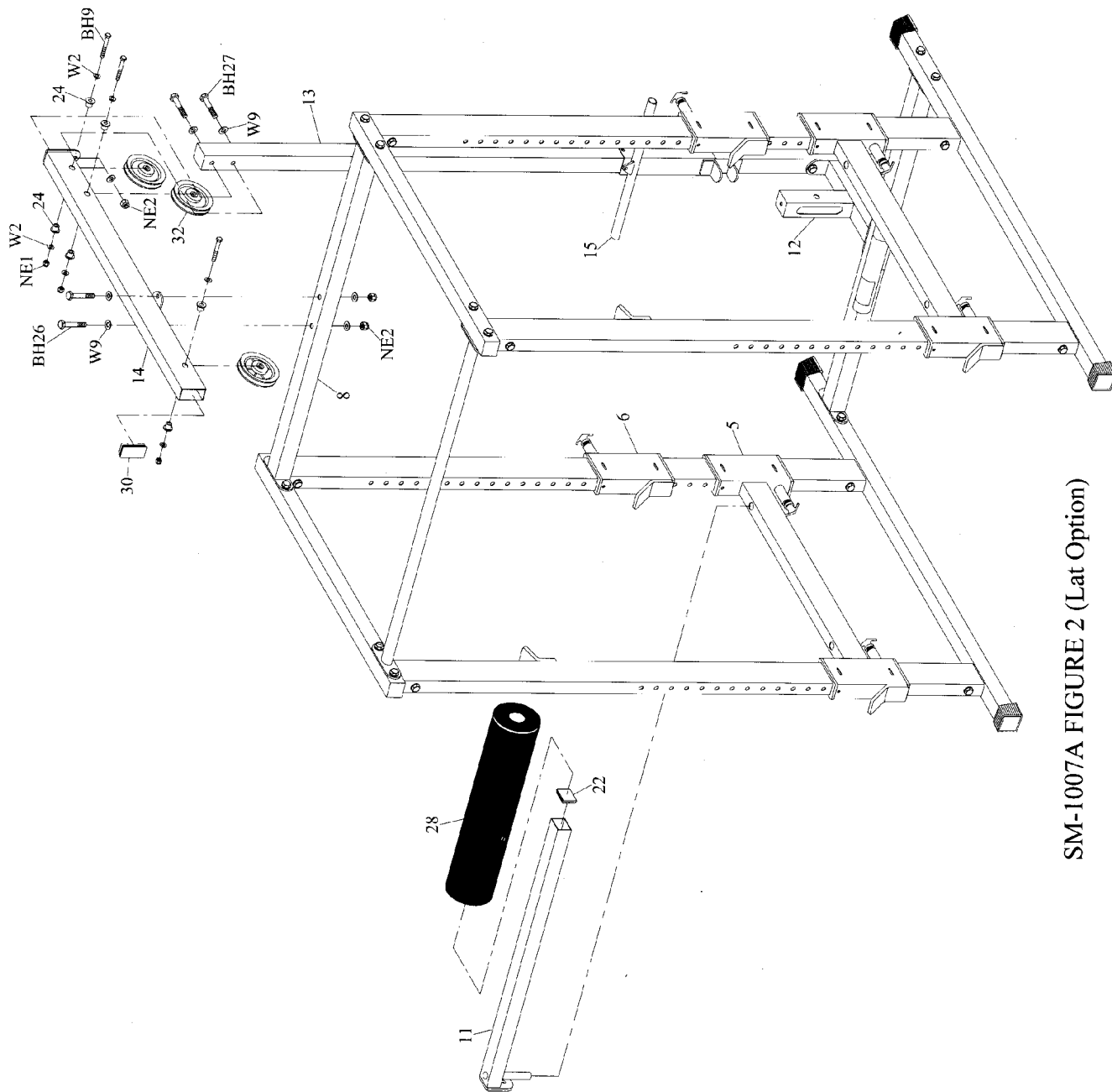
NO.	DRAWING	QTY
BH27	 Hex Bolt 1/2"*2-3/4"	4
W2	 Washer 1/2"*1"	12
W9	 Washer 1/2"*1"	16
NE1	 Lock Nut 3/8"	6
NE2	 Lock Nut 1/2"	8



SM-1007A FIGURE 1 (Lat Option)

**FIGURE 1**

- A. Attach Low Pulley Housing (12) and Foot Rest (18) to Lower Connector (2) with bolt (BH5), washer (W9) and nut (NE2).
- B. Attach Upright (13) to Low Pulley Housing (12) with bolt (BH27), washer (W9) and nut (NE2) firmly, then insert Carriage (15) into Upright (13) as shown in Figure 1.
- C. Place Pulley (23) to Low Pulley Housing (12) with bolt (BH9), washer (W2) and nut (NE1). Tighten firmly.
- D. Insert all End Caps (31),(32) and Rubber Stopper (33) as shown.

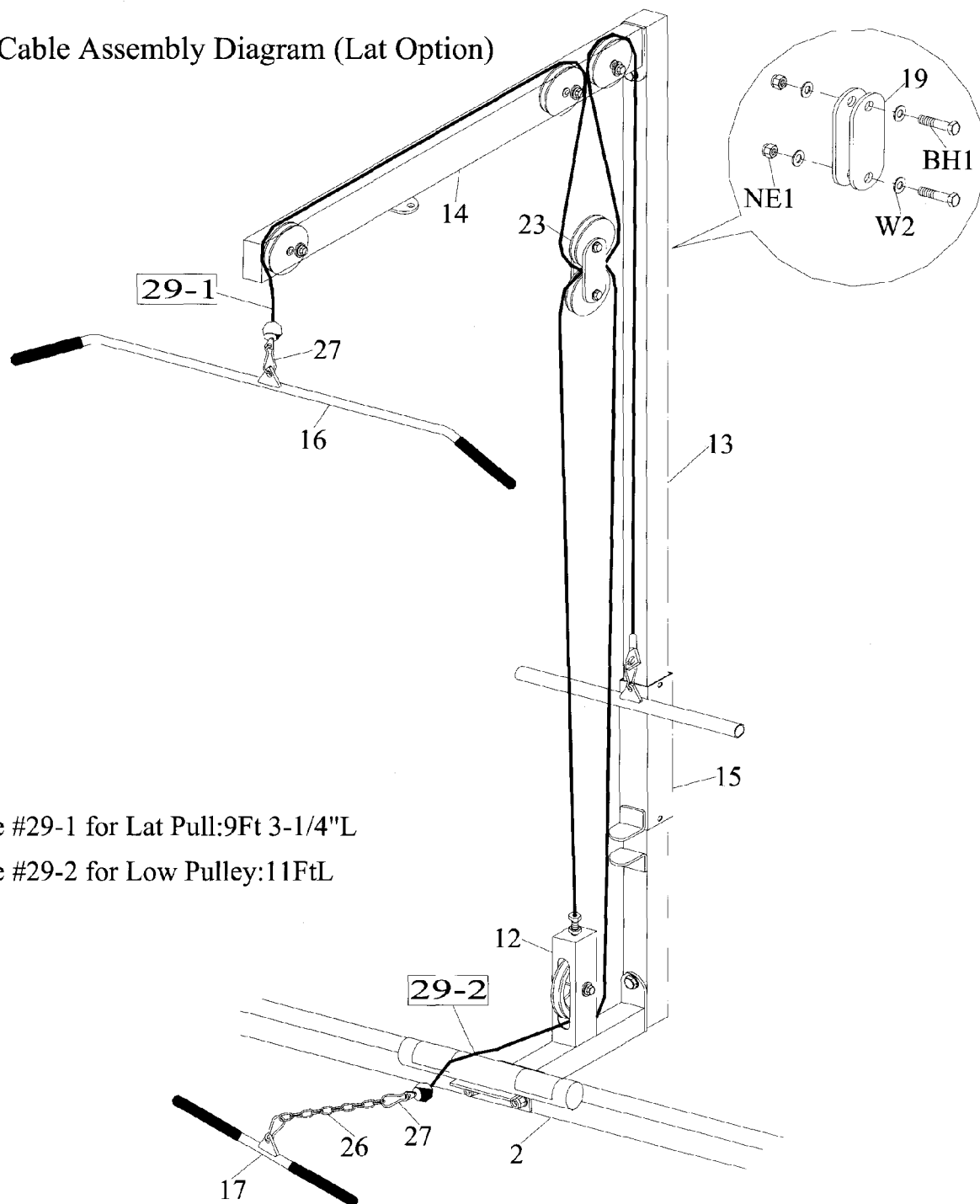


SM-1007A FIGURE 2 (Lat Option)

**FIGURE 2**

- A. Attach Top Beam (14) to Top Connector (8) and Upright (13) with bolt (BH26), washer (W9), nut (NE2) bolt (BH27), washer (W9) and nut (NE2) separately as shown in Figure 2.
  
- B. Insert Steel Bushings (24) into the holes of Pulleys (32) location, then place Pulleys (32) to Top Beam (14) with bolt (BH9), washer (W2) and nut (NE1) firmly.
  
- C. Insert End Cap (30) into Top Beam (14) as shown.
  
- D. Insert Roller Pad (28) and End Cap (22) into Knee Support (11), then attach Knee Support (11) to Safety Rail (5) as shown in Figure 2.

# SM-1007A Cable Assembly Diagram (Lat Option)



Cable #29-1 for Lat Pull:9Ft 3-1/4"L

Cable #29-2 for Low Pulley:11FtL

## NOTE:

When you assemble the Cable #29-1 Lat Pull function, please be sure to insert this Cable #29-1 into Top Beam (14) followed by looping through Pulley (23). Then follow [Figure 2](#) step A.

This Cable #29-1 must travel on top of the pulley grooves inside of tube of Top Beam (14).

## Maintenance Parts List of PSM Series

NO.	PART#	DESCRIPTION	NO.	PART#	DESCRIPTION
11	010001066	Knee Support Post			
12	011101067	Low Pulley Housing			
13	011101068	Upright			
14	011101069	Top Beam			
15	010001070	Carriage			
16	020006001	Lat Bar			
17	020007001	Row Bar			
18	010001071	Foot Rest			
19	010001072	Steel Plate			
22	020011004	End Cap 2"*2"			
23	020010001	Pulley			
24	030004004	Steel Bushing			
26	0301108001	Chain			
27	030107001	Hook			
28	020003002	Foam Roller			
29-1	020008022	Cable 9Ft 3-1/4"L			
29-2	020008023	Cable 11FtL			
30	020011013	End Cap 2"*3"			
31	020011015	End Cap 1-7/8"Dia.			
32	020011016	End Cap 1"Dia.			
33	020011017	Rubber Stopper			
BH1	030010002	Hex Bolt 3/8"*1-3/4"			
BH5	030010004	Hex Bolt 1/2"*3-1/4"			
BH9	030010008	Hex Bolt 3/8"*2-3/4"			
BH27	030010027	Hex Bolt 1/2"*2-3/4"			
W2	030011001	Hex Bolt 1/2"*1"			
W9	030011003	Washer 1/2"*1"			
NE1	030012001	Lock Nut 3/8"			
NE2	030012002	Lock Nut 1/2"			
-	020199001	Touch Up Paint			