

PRIMAL

Primal Strength Monster Series 125kg Standing Lat Raise

PSSS0133



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01/IMPORTANT NOTICE

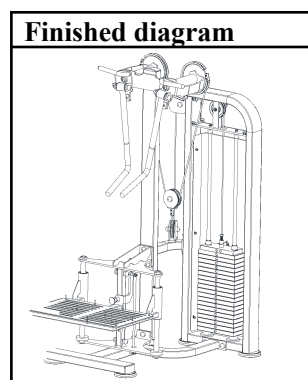
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.

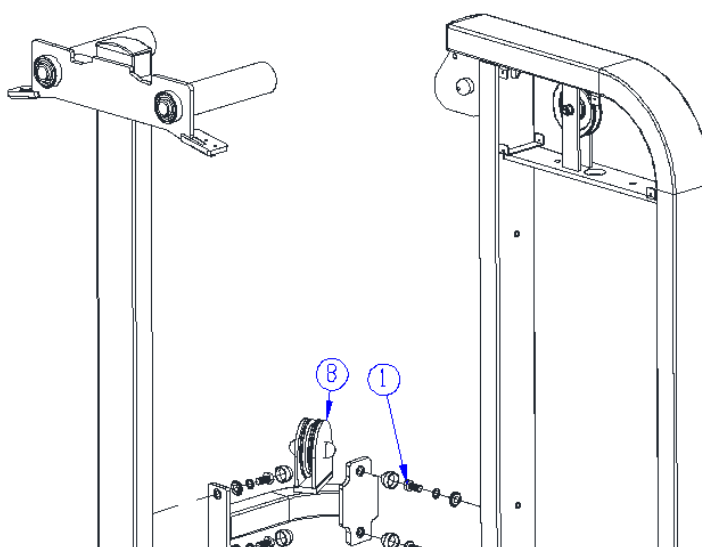
9. Children must exercise under the supervision of adults.
10. WARNING: Keep hands and feet away from moving parts.
11. WARNING: DO NOT beyond adjustable setting range.
12. WARNING: Keep baby or pets away from the machine when operating it.
13. WARNING: Keep all control apparatus in proper position.
14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

02/ASSEMBLY PROCEDURE

1) Step 1

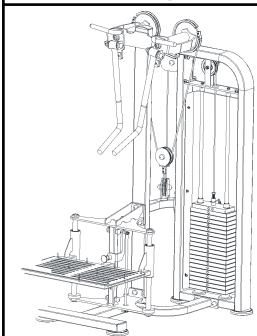


Bill of materials			
No.	Name	Specification	Qty
1	Outer hexagon bolt	M12X25	6
2	Split washer	Ø12	7
3	Drum washer	Ø12.5	11
4	Screw cap	Ø31X20.3	11
5	Outer hexagon bolt	M12X20	1
6	Outer hexagon bolt	M12X35	2
7	Hexagon locknut	M12	2
8	Upper Connection assembly		1
9	Base assembly		1
10	Frame		1
11	Gantry		1



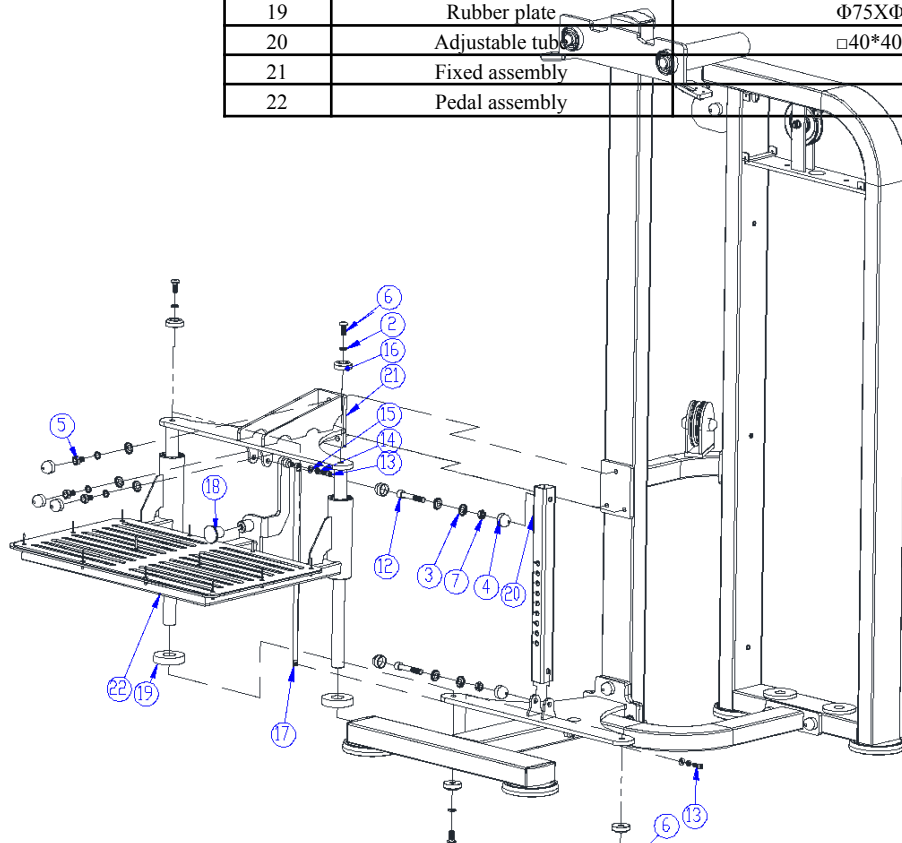
2) Step 2

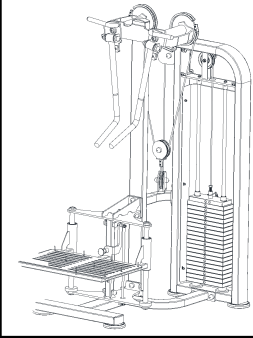
Finished diagram



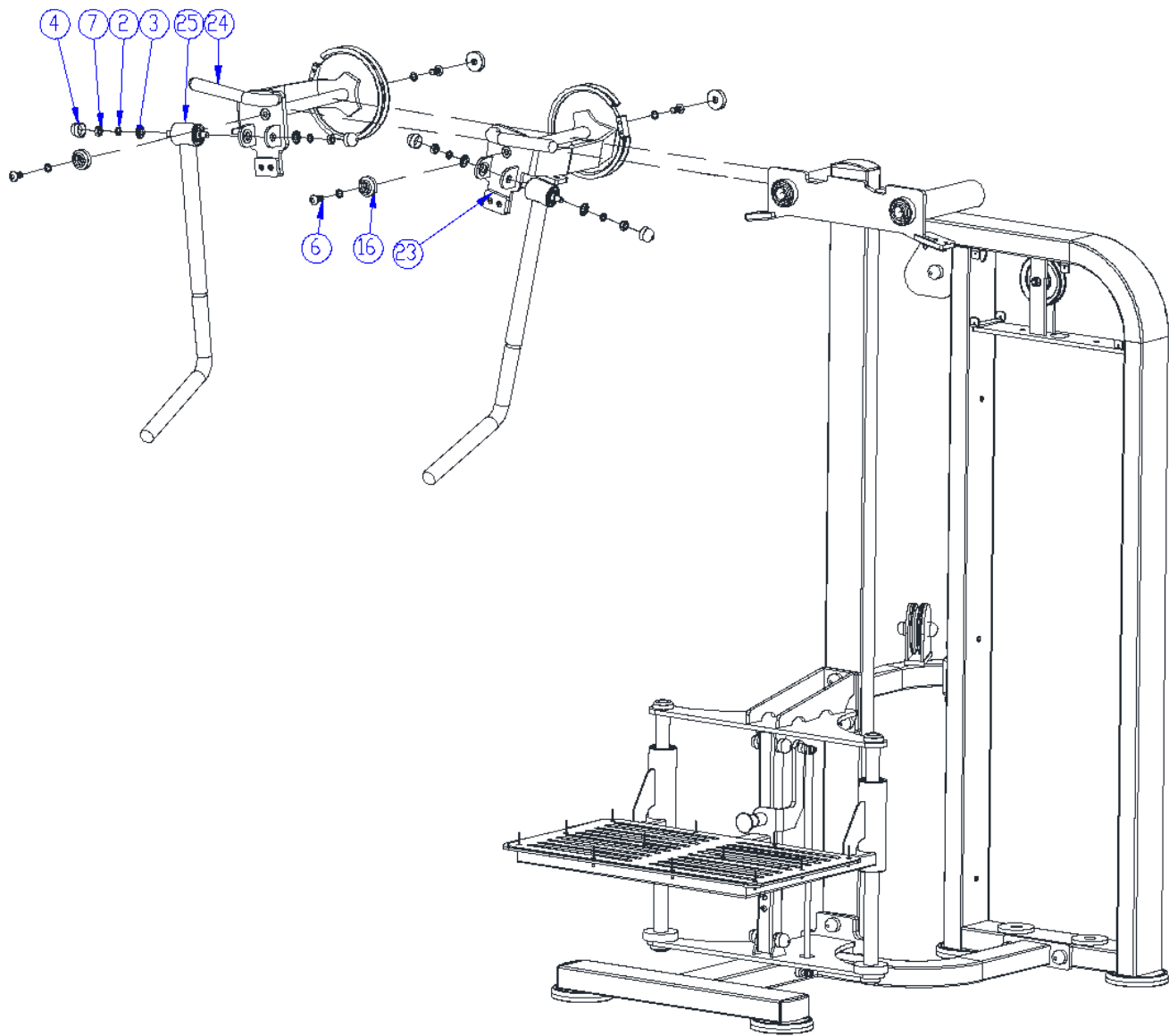
Bill of materials

No.	Name	Specification	Qty
2	Split washer	Ø12	7
3	Drum washer	Ø12.5	7
4	Screw cap	Ø31X20.3	7
5	Outer hexagon bolt	M12X20	3
6	Hexagon pan head bolt	M12X25	4
7	Hexagon locknut	M12	2
12	Hexagon pan head bolt	M12X70	2
13	Hexagon pan head bolt	M8X20	2
14	Split washer	Ø8	2
15	Flat washer	Ø8	2
16	End cap	Φ43.5*14.5	4
17	Air spring 2	300N-maximum center distance 500*route 210*mandrel diameter 10*sleeve diameter 22	1
18	Pin knob	Φ43x34XM8	1
19	Rubber plate	Φ75XΦ30.5*X7	2
20	Adjustable tube	□40*40*T3*485	1
21	Fixed assembly		1
22	Pedal assembly		1



Finished diagram**3) Step 3**

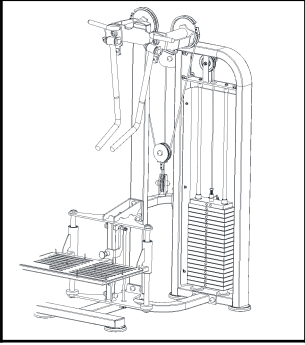
Bill of materials			
No.	Name	Specification	Qty
2	Split washer	Ø12	8
3	Drum washer	Ø12.5	4
4	Screw cap	Ø31X20.3	4
6	Hexagon pan head bolt	M12X25	4
7	Hexagon locknut	M12	4
16	End cap	Ø43.5	4
23	Right arm assembly		1
24	Left movable arm assembly		1
25	Movable arm assembly		2



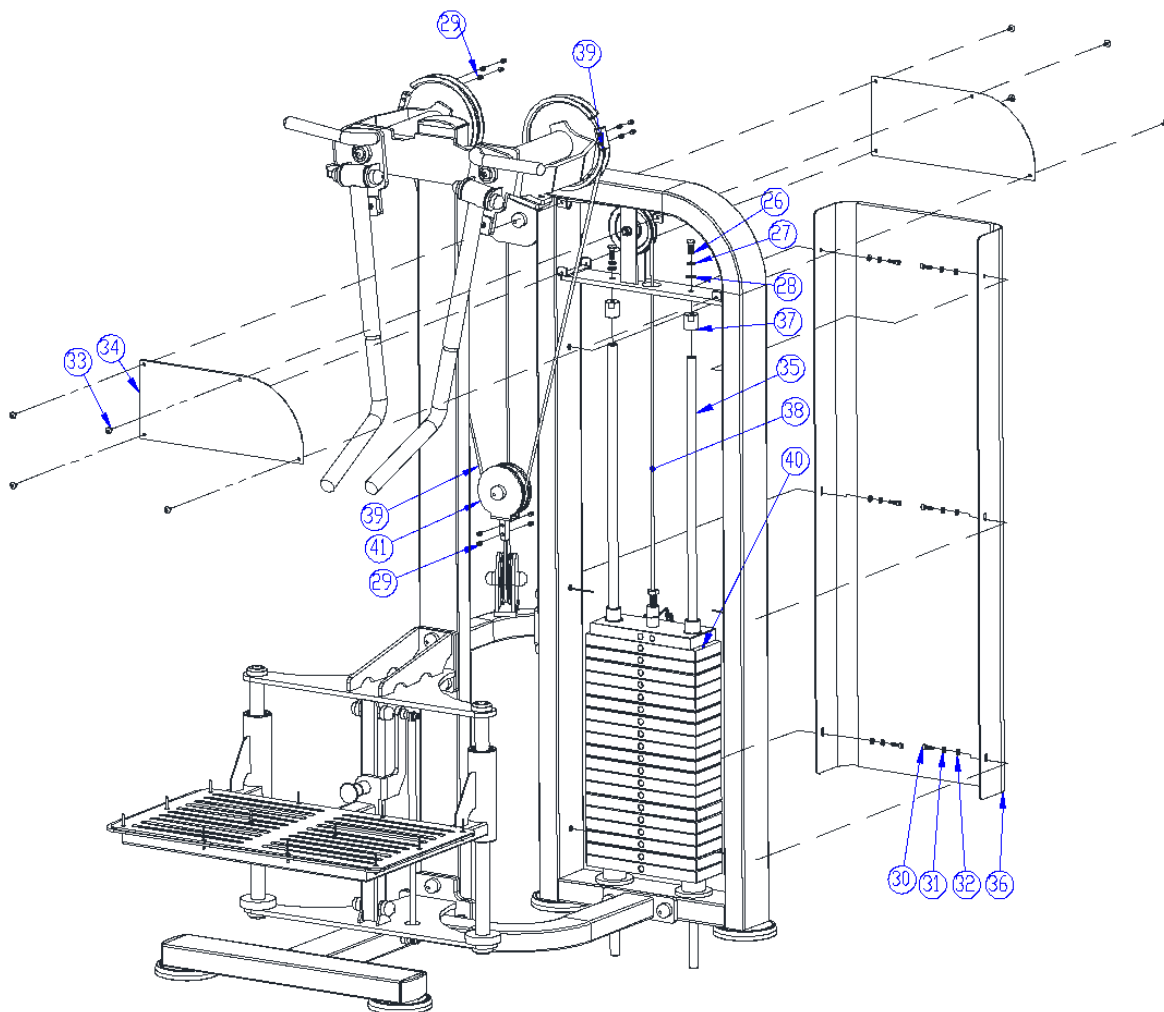
Bill of materials			
No.	Name	Specification	Qty
26	Hexagon pan head bolt	M10X25	2
27	Split washer	Ø10	2
28	Flat washer	Ø10	2
29	Hexagon locknut	M8X10	12
30	Hexagon pan head bolt	M6X15	6
31	Split washer	Ø6	6
32	Flat washer	Ø6	6
33	Hexagon pan head bolt	M5X12	8
34	Training flitch plate	415*175*T1.2	2
35	Guide rod	¢ 20*1344	2

4) Step 4

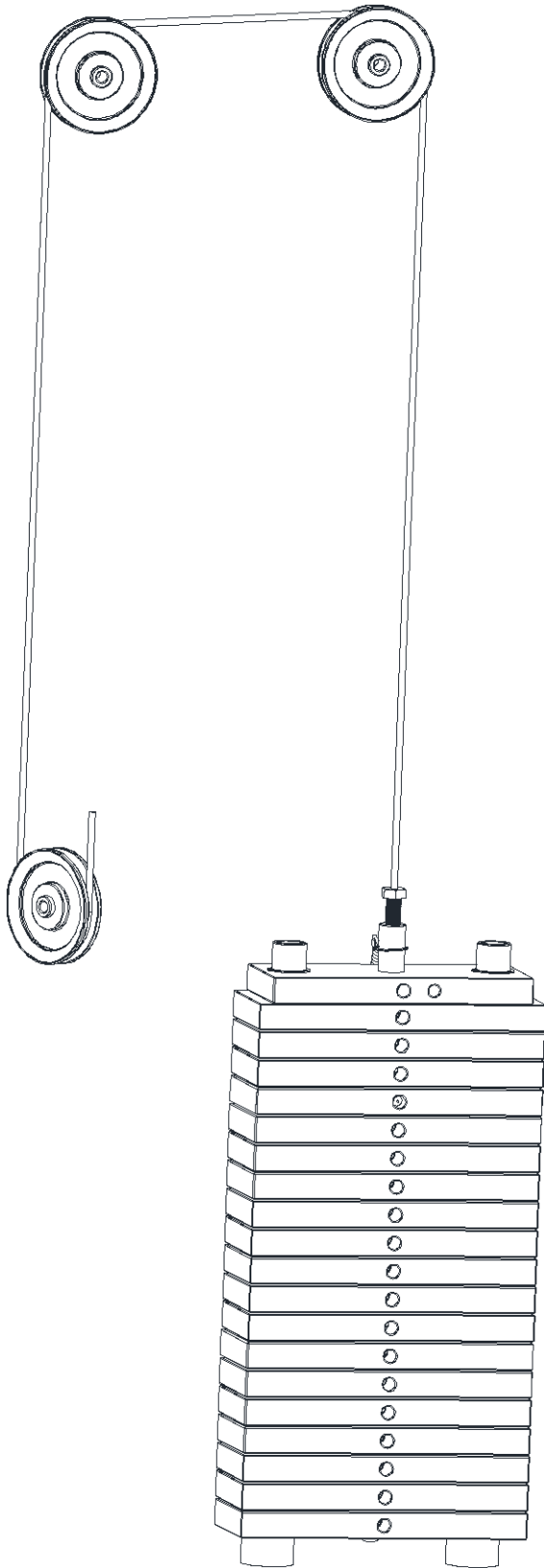
Finished diagram



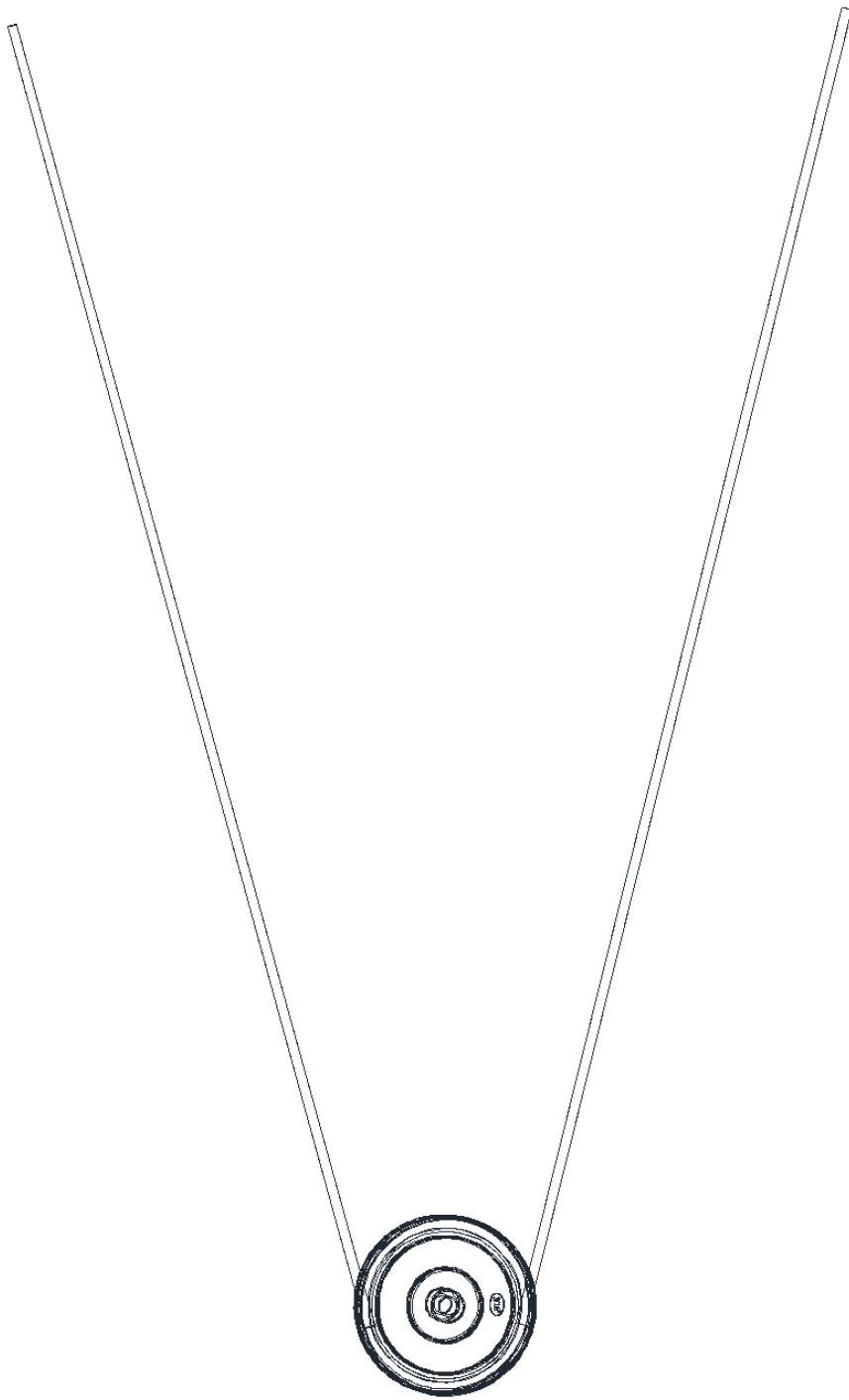
36	Safety board	1240*621.4*T2	1
37	Guide rod fixing sleeve	Φ30*33	2
38	Steel cable 2	Φ6*2300	1
39	Steel cable1	Φ6*2000	1
40	Weight stack	100KG	1
41	Pulley assembly		1



5) Step 5 Pulley installation instruction :



- 6) **Step 6**
Pulley installation instruction :



03/ PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn.
User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

The design and manufacture of the machine meets the human motion curve, and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

04/ PRODUCT PARAMETER

Name	Standing Lat Raise	Model	PSSS0133
Floor space	970*1555*1810	Weight stack	125KG
Net weight	173KG	Level	S
Category: S: Professional and Commercial; H: household			

05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened, rotating parts should be flexible without abnormal sound.
2. The machine should be keep clean. Please DO NOT clean the machine with strong cleaning solvent.
3. Any worn or damaged stress parts should be repaired or changed immediately.

06/ TROUBLESHOOTING

07/ WARRANTY INSTRUCTION

1. Warranty scope

The machine is damaged by any non-impersonal factors under proper maintenance. The warranty card is valid only when the user is original buyer.

2. The warranty period is one year since buying the machine.

3. The below-listed damages are out of warranty:

- 1). the damages caused by abuse, carelessness, accident or unauthorized modify.
- 2). the damages caused by improper adjusting weight stack pin.
- 3). the damages caused by improper maintenance.
- 4). the damages caused by other violation operating.