

P-LTO Powertec Power Rack Lat Tower Option Additional Assembly Instructions



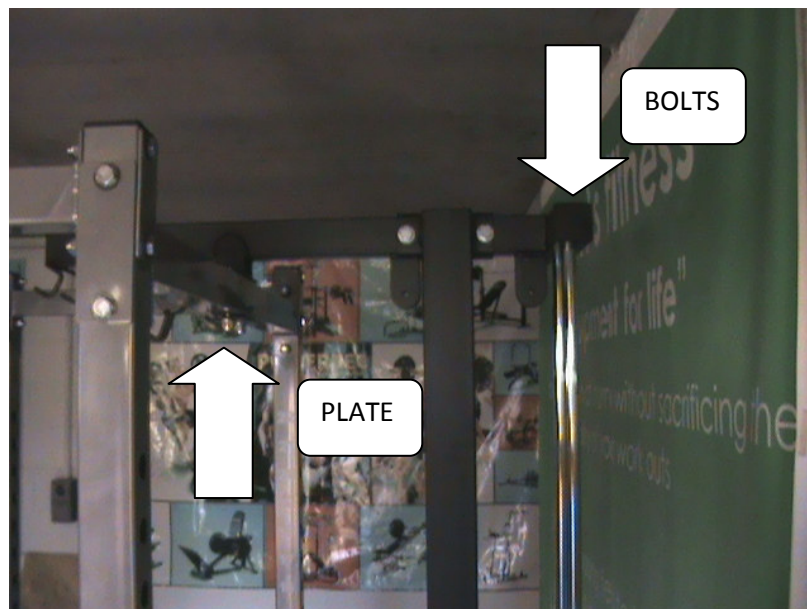
Put the base section of the Lat Tower on the base section of the Power Rack. By lining up the bolt holes you will get it in the right position. Bolt into place, do not tighten any bolts until you have built the entire unit.



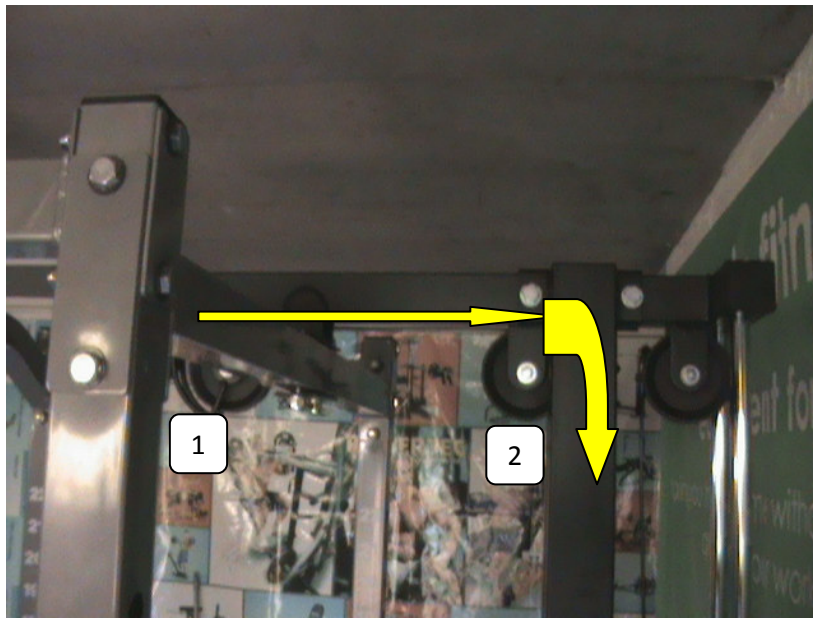
Put the chrome slide bars in the holes in the base section. The end with the threaded section should be at the top. Slide the solid stop tubes over the chrome slide bars. Next to go on the chrome slide bars are the rubber bumpers. Finally slide the weight slide unit on to the chrome slide bars. The tube that holds the weights should face the rear. The threaded section with the washer welded on should face up.



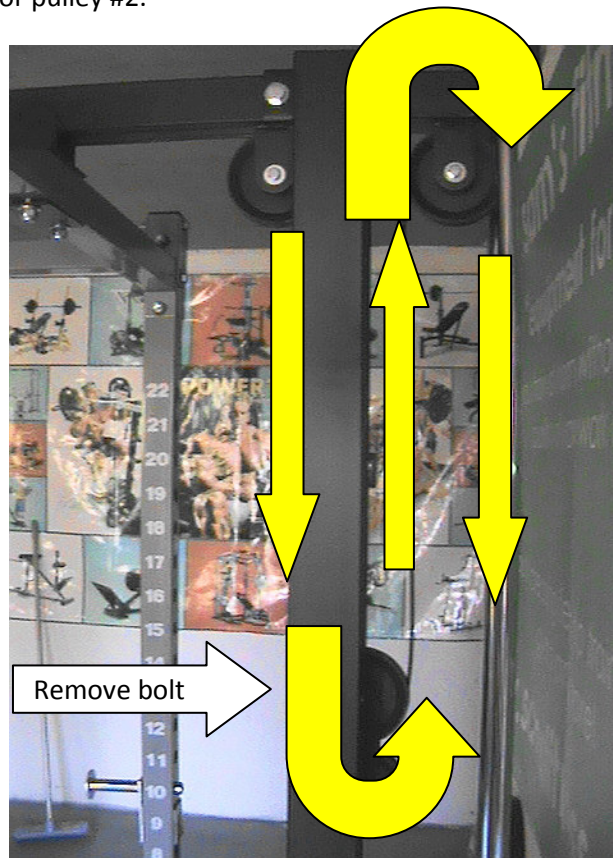
Now bolt the rear uprights to the base.



Now bolt the top of the Lat Tower to the rear uprights and rear of the power rack. Don't forget the 2 bolts that secure the chrome slide bars to the top of the Lat Tower. Also remember to have base plate on the underside of the rack



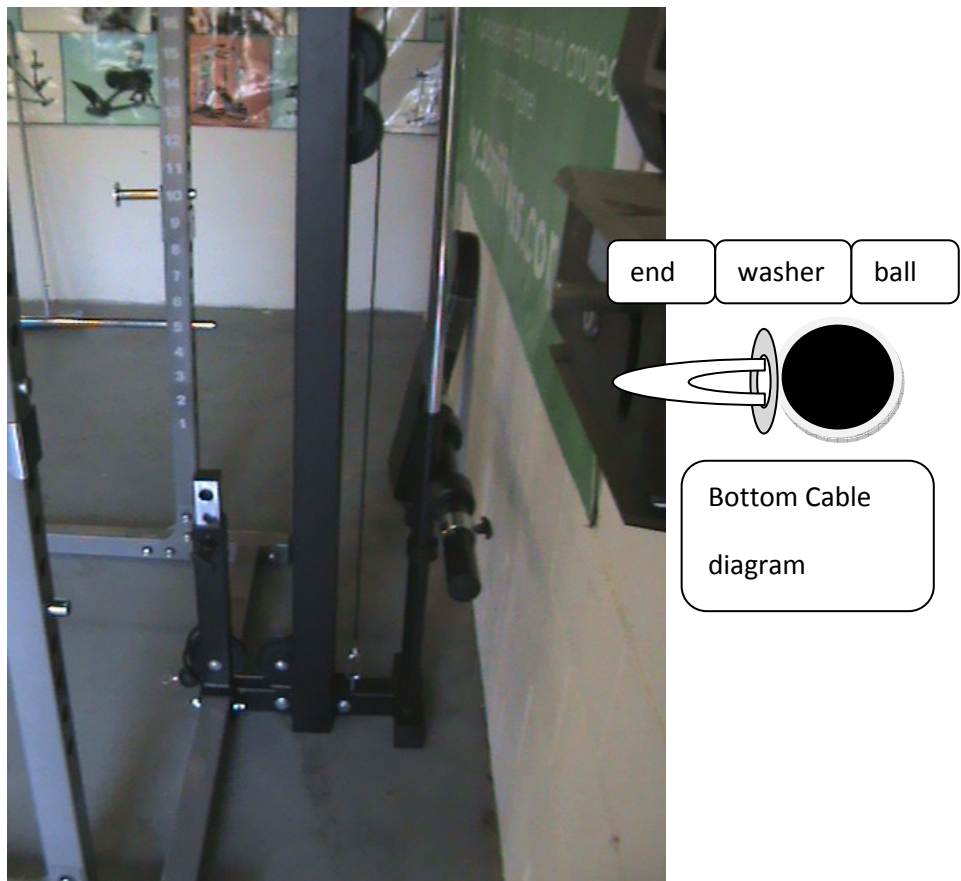
Run the top cable first. The top cable is the one with the bolt at one end. The bolt end screws into the weight slide unit. Run the cable in the direction of the arrows, run the cable through then put pulley #1 in. You will need to run the cable first. Follow the same procedure for pulley #2.



Here you can see the rest of the path for the top cable. You will need to remove a bolt and pulley to get the cable through the two joined pulleys. Run the cable back up to the last top pulley and then bolt the end of the cable into the top of the weight slider unit.



Screw the main bolt down. The nut on the bolt is used to lock the main bolt in place. The bolt pictured is only just in, you will need to screw the bolt in further. Once you have screwed it in you then need to tighten up the lock nut.



The base cable is similar to the top cable. Make sure the washer is in front of the ball on the cable (see diagram above), if it isn't just slide the ball down the other end of the cable. Secure the cable with an ellipse hook.

Tighten up the bolts. Spray the chrome sliders with silicone lube. It will need a spray every now and then.