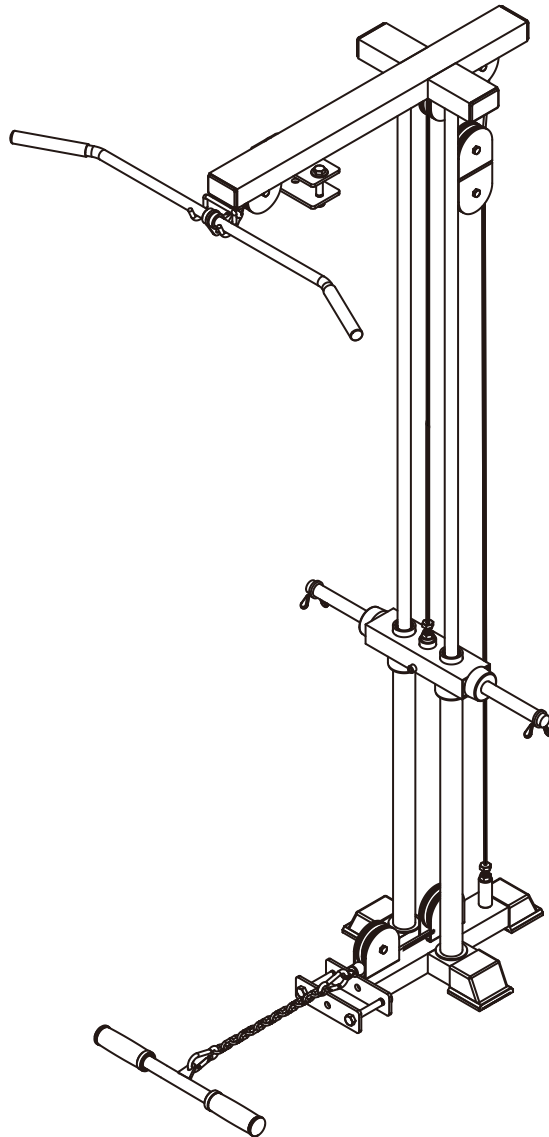




**H841 LAT & LOW PULL ATTACHMENT
FOR H840 POWER RACK
OWNER'S MANUAL**



**Model No. H841
7180-1
ATTAIN FITNESS**

**Fitness Authority Industrial Co., LTD.
No. 15, Xiangxue Rd., Dali Dist.,
Taichung City 41275, Taiwan.**

Congratulations and Thank You!

Thank you for selecting the **ATTAIN FITNESS H841 LAT & LOW PULL ATTACHMENT FOR H840 POWER RACK**. The ATTAIN FITNESS H841 offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the ATTAIN FITNESS H841 will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the ATTAIN FITNESS H841. Keep this manual for future reference. If you have additional questions, please call your local dealer for assistance or ATTAIN FITNESS at +1 877-551-7484 and info@attainfitnessusa.com.

www.attainfitnessusa.com

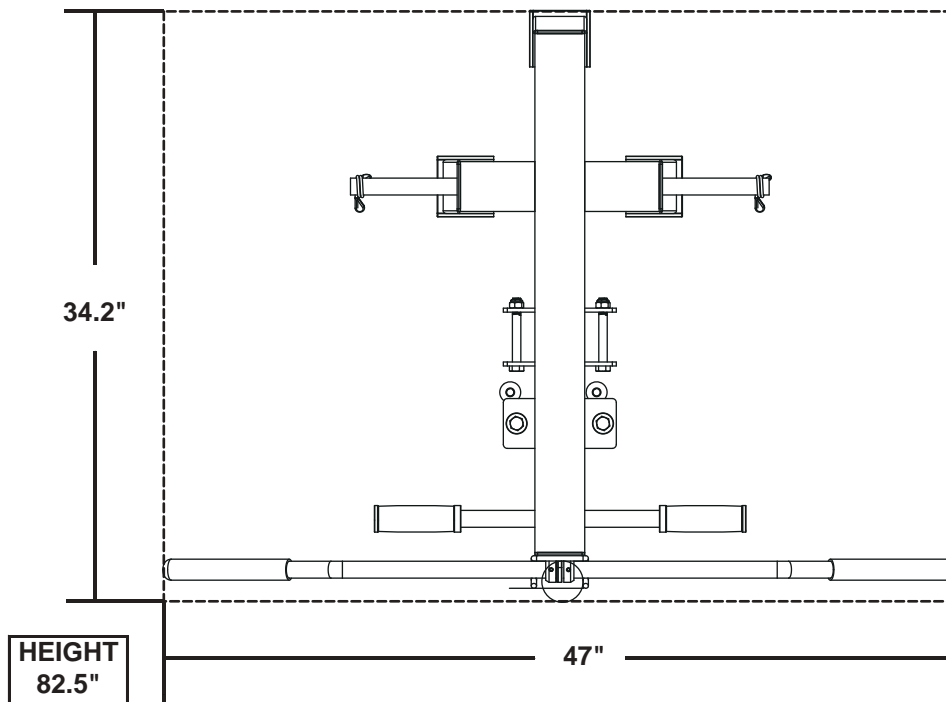
Important Safety Notes And Warnings

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. ATTAIN FITNESS assumes no responsibility for personal injury or property damage sustained by or through use of this product.

- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS H841 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.**
- 8. Make certain all cables are seated within the pulleys before every use.**
- 9. Exercise with care to avoid injury.**
- 10. Product net weight: 86.2kg.**
- 11. Unit maximum user weight limit is 150kg.**
- 12. Unit training maximum weight limit is 300kg.**
- 13. Overall dimensions: 1800 X 1800 X 2100.**
- 14. Please use place in door.**
- 15. Place your equipment in an flat floor with enough operating area. The training area should be at least 30cm on left and right side and at least 15cm in front and rear side. The recommended free area in at least 60cm on every side.**
- 16. If you are unsure about the proper use of the ATTAIN FITNESS H841 LAT & LOW PULL ATTACHMENT FOR POWER RACK, call your local ATTAIN FITNESS dealer or our customer service department.**

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Gym Placement Planner

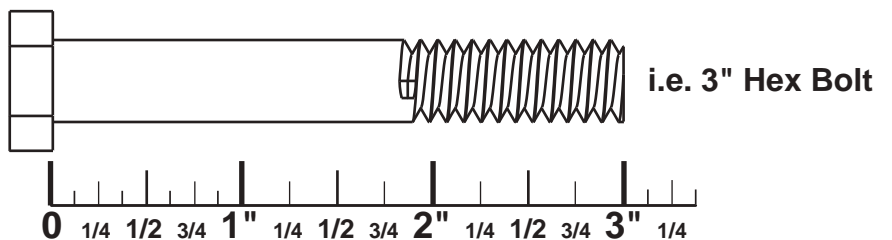


Recommended Tools for Assembly

Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set

Important Notes and Tips:

1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of this product.
3. Use window cleaner or water to assist with sliding roller pads on to tubes.
4. Apply silicone lubricant onto guide rods prior to weight plate installation.
5. Please allow plastic parts to acclimate to room temperature before installation or they may be damaged.
6. Carefully install plastic caps using a rubber mallet.
7. When measuring bolt lengths, only measure the shank, as shown below.

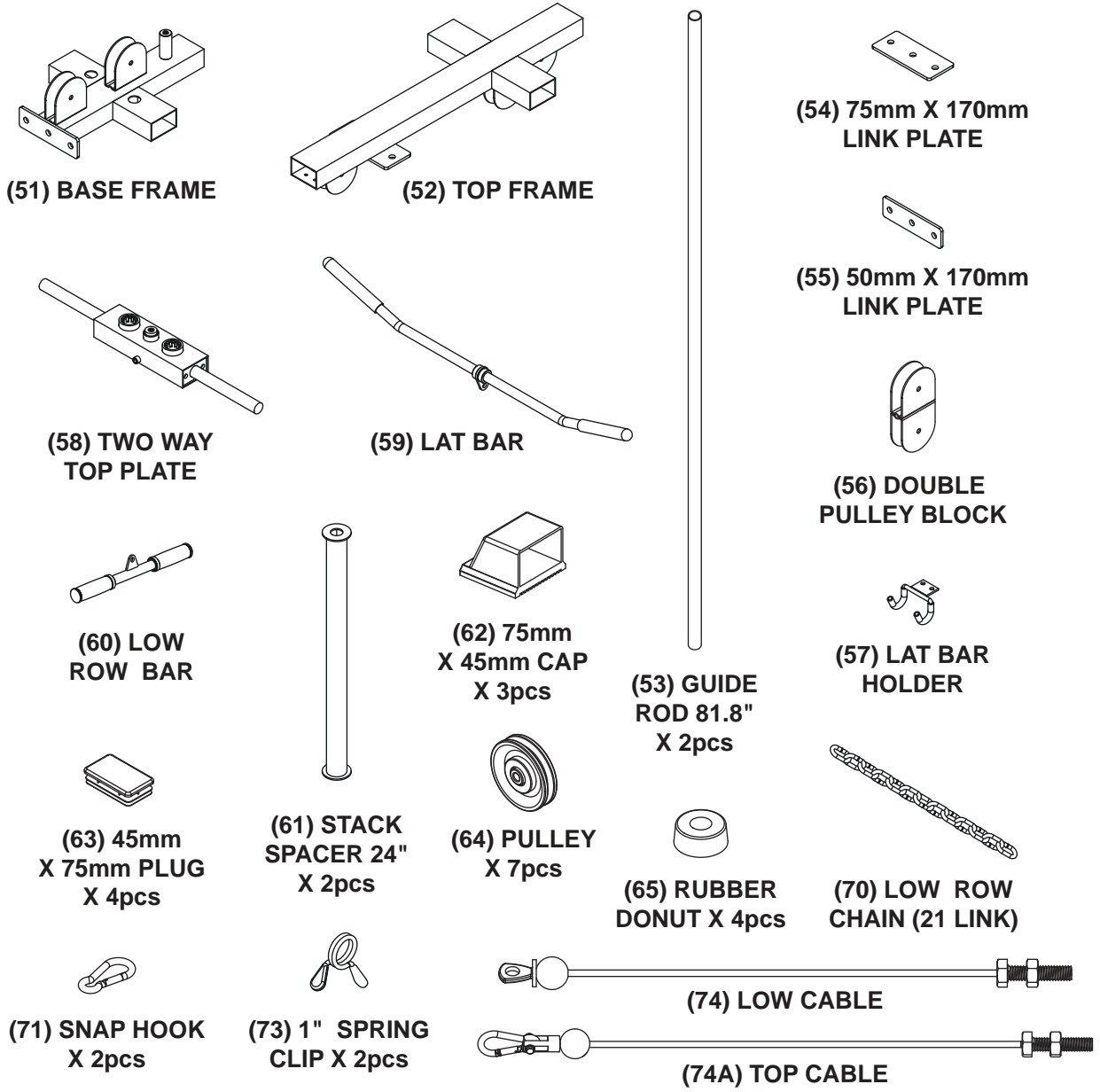


H841 Assembly PARTS LIST 1

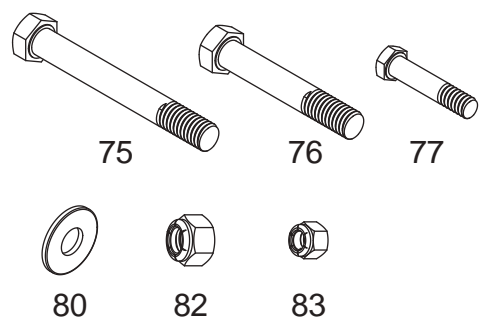


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

*Parts images are not to scale.



NO.	DESCRIPTION	QTY.
75	1/2" X 4" HEX HEAD BOLT	2
76	1/2" X 3" HEX HEAD BOLT	2
77	3/8" X 1-3/4" HEX HEAD BOLT	7
80	1/2" WASHER	4
82	1/2" NYLON NUT	4
83	3/8" NYLON NUT	7

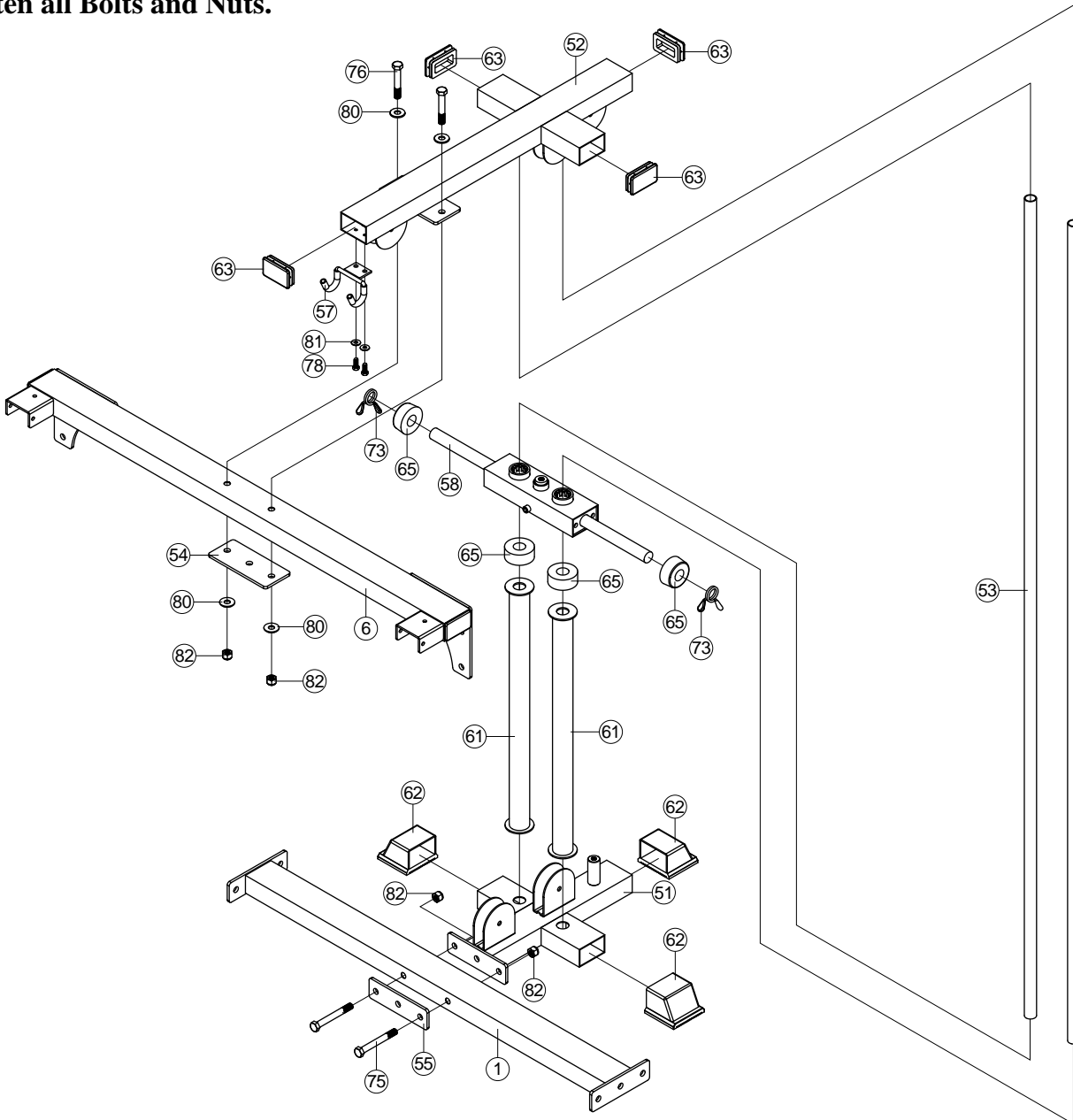


ASSEMBLY

Do NOT tighten any bolt until instructed.

1. Attach Base Frame (51) to Rear Frame of Power rack, using two 1/2" X 4" Hex Bolts (75), one Link Plate (55) and two 1/2" Nylon Nuts (82). Attach three 45 mm X 75 mm Cap (62) to Base Frame (51).
2. Insert two Guide Rod (53) into holes in Base Frame (51) and slide two Stack Spacer (61) and two Rubber Donuts (65) over the top of Guide Rod (53).
3. Slide Two Way Top Plate over top of Guide Rod (53). Attach two Rubber Donuts (65) and two Spring clips to Two Way Top Plate(58).
4. Attach Top Frame (52) over Guide Rod (53) and to Rear Top Frame of Power Rack , using two 1/2" X 3" Hex Bolts (76), Link plate (54) , four Washers (80) and two 1/2" Nylon Nut (82) . Attach four 45 mm X 75mm plugs to Top Frame (52).
5. Attach Lat Bar Holder (57) to Top Frame (52),using two 5/16" X 1/2" bolts (78) and two Washers (81).

Tighten all Bolts and Nuts.



CABLE INSTALLATION

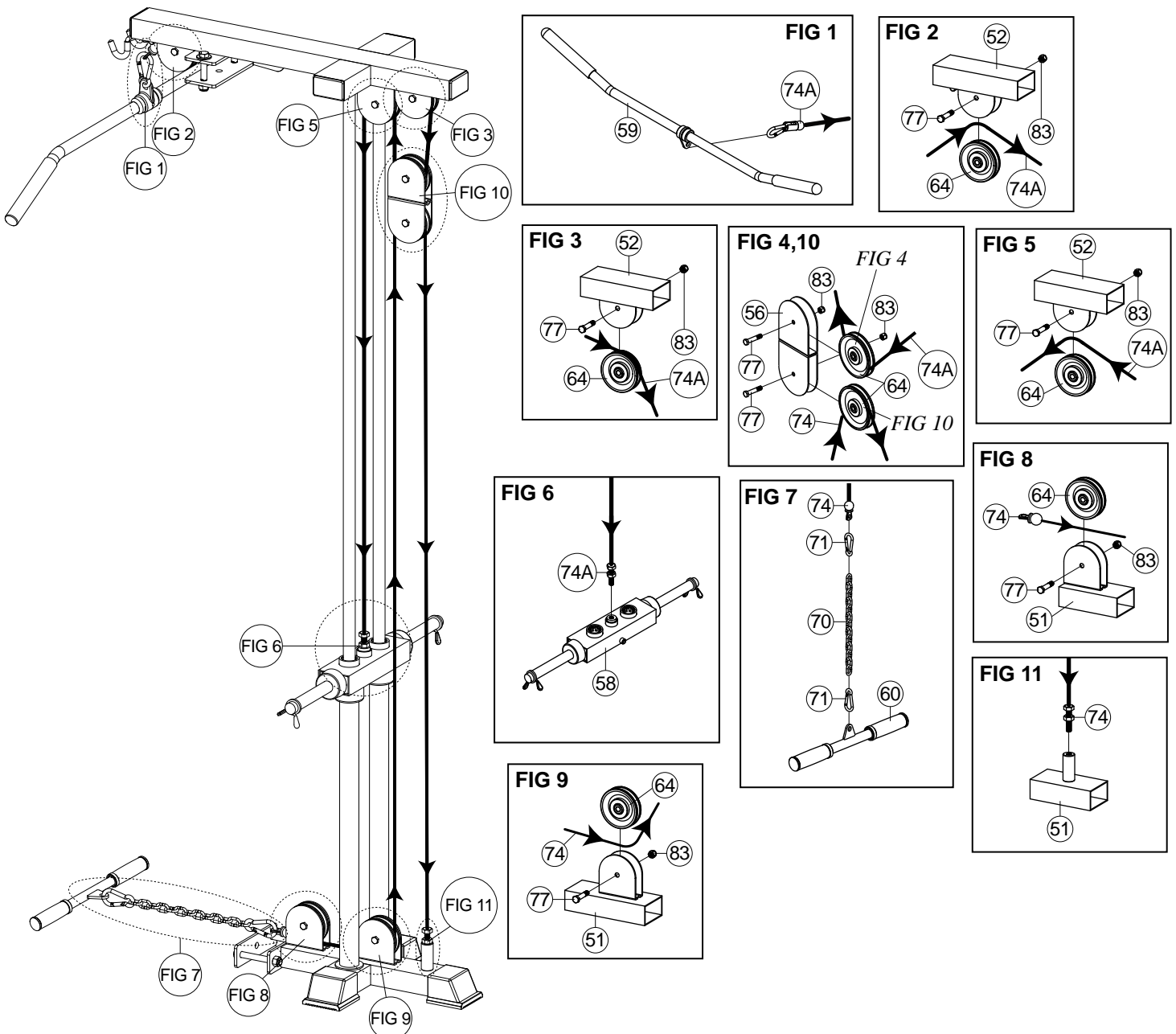
Top Cable (74A)

Assemble cables and pulleys simultaneously.

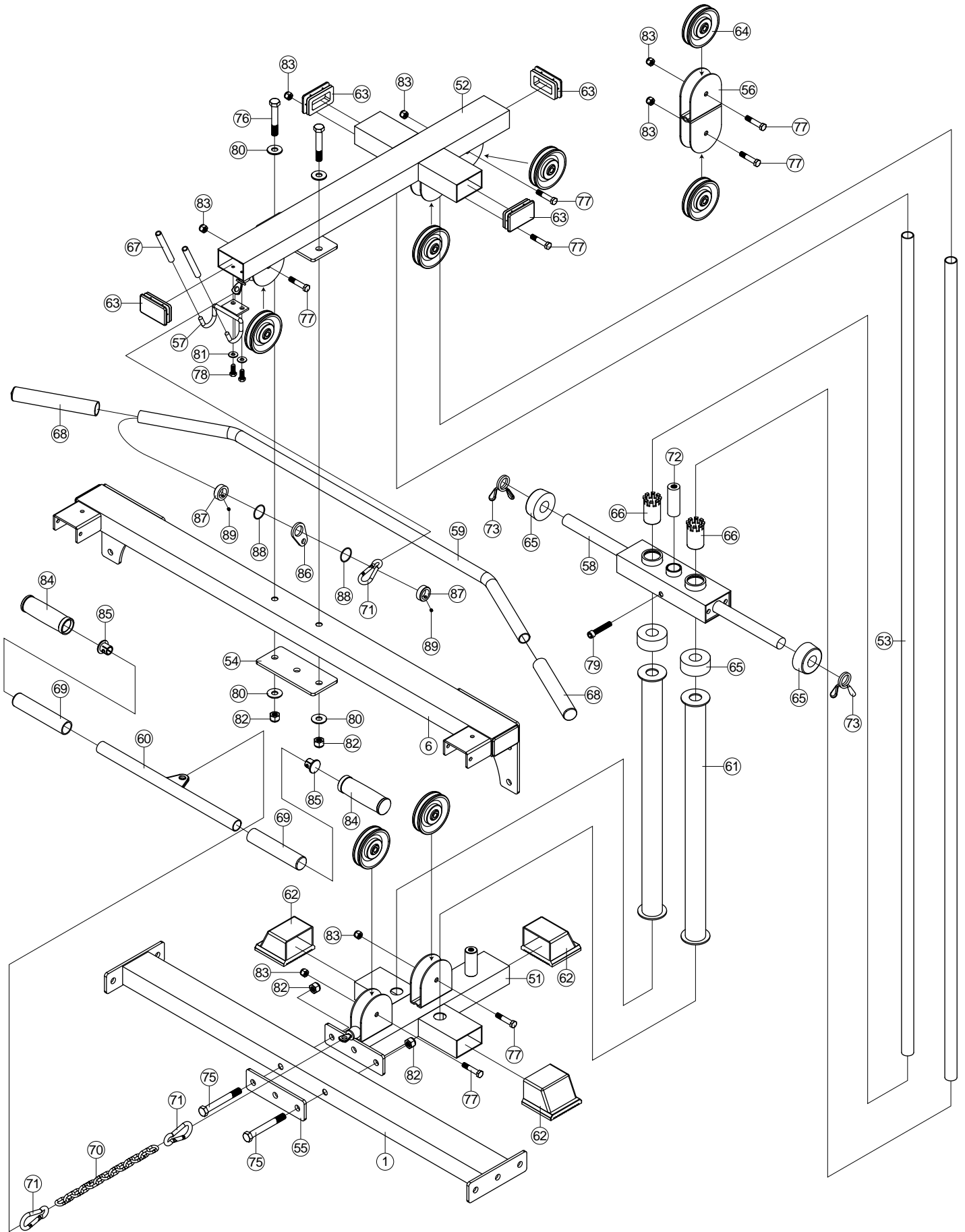
Route threaded end of Top Cable (74A) into slot in front of Top Frame (52) and out of slot in rear of Top Frame (52). Attach Pulleys in bracket at these slots with cable running above as shown in Fig 2 and Fig 3. Route cable down and around top pulley in Double Pulley Block (56) as shown in Fig 4. Continue over pulley in bracket in Top Frame (52) in Fig 5, and down to Two Way Top Plate (58). Tighten cable by screwing threaded head into pre-installed Top Cable Locker (72) in Two Way Top Plate (58).

Low Cable (74)

Attach Low Cable (74) under two pulleys on Base Frame (51) as shown in Fig 8 and Fig 9. Ball end of cable should be towards front of machine. Route Low Cable (74) up and over bottom pulley in Double Pulley Block (56) in Fig 10, and down to threaded frame extension in Base Frame (51) in Fig 11. Tighten by screwing threaded end into welded bolt on Base Frame (51).

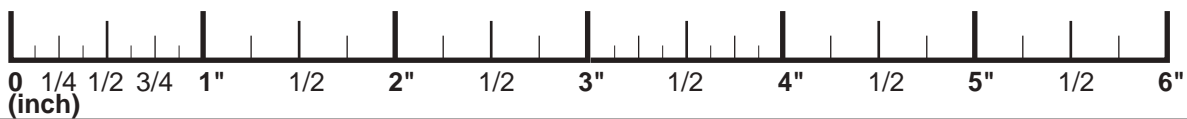
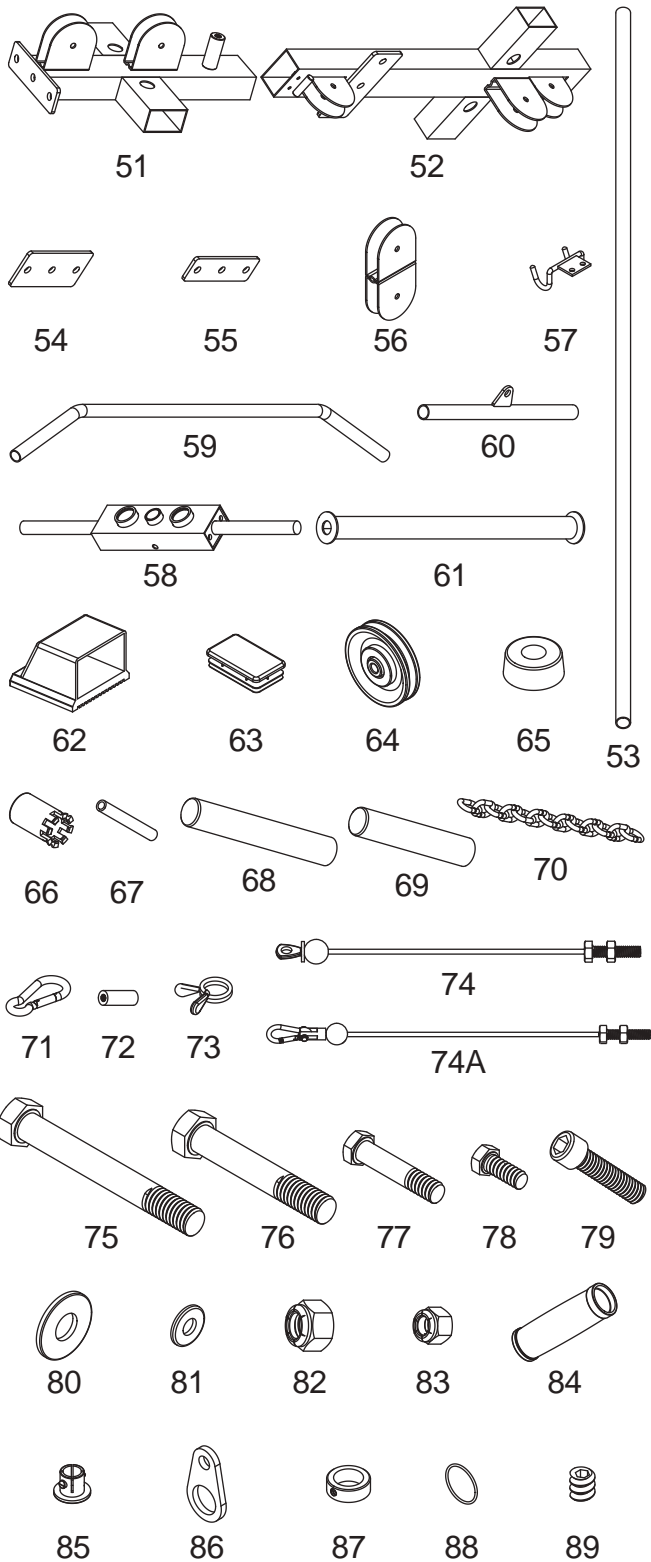


EXPLODED VIEW



PARTS CHART

NO.	DESCRIPTION	QTY.
51	BASE FRAME	1
52	TOP FRAME	1
53	GUIDE ROD 81.8"	2
54	75mm X 170mm LINK PLATE	1
55	50mm X 170mm LINK PLATE	1
56	DOUBLE PULLEY BLOCK	1
57	LAT BAR HOLDER	1
58	TWO WAY TOP PLATE	1
59	LAT BAR	1
60	LOW ROW BAR	1
61	STACK SPACER 24"	2
62	75mm X 45mm CAP	3
63	45mm X 75mm PLUG	4
64	PULLEY	7
65	RUBBER DONUT	4
66	BUSHING 1"	2
67	GRIP OF LAT BAR HOLDER	2
68	1" X 200mm HAND GRIP	2
69	1" X 140mm HAND GRIP	2
70	LOW ROW CHAIN (21 LINK)	1
71	SNAP HOOK	3
72	TOP CABLE LOCKER	1
73	1" SPRING CLIP	2
74	LOW CABLE	1
74A	TOP CABLE	1
75	1/2" X 4" HEX HEAD BOLT	2
76	1/2" X 3" HEX HEAD BOLT	2
77	3/8" X 1-3/4" HEX HEAD BOLT	7
78	5/16" X 1/2" HEX HEAD BOLT	2
79	7/16" X 2" TOP PLATE BOLT	1
80	1/2" WASHER	4
81	5/16" WASHER	2
82	1/2" NYLON NUT	4
83	3/8" NYLON NUT	7
84	1-1/4" HAND GRIP	2
85	1" T SHAPE END PLUG	2
86	HOOK PLATE	1
87	COLLAR	2
88	SEALING RING	2
89	M6 SET SCREW	2



Assembly is complete! Please take the following steps before using the gym:

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the Guide Rods (53).

Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the ATTAIN FITNESS H841 LAT & LOW PULL ATTACHMENT FOR H840 POWER RACK! If you have any questions or comments, please contact our customer service department at +1 877-551-7484 and info@attainfitnessusa.com.

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