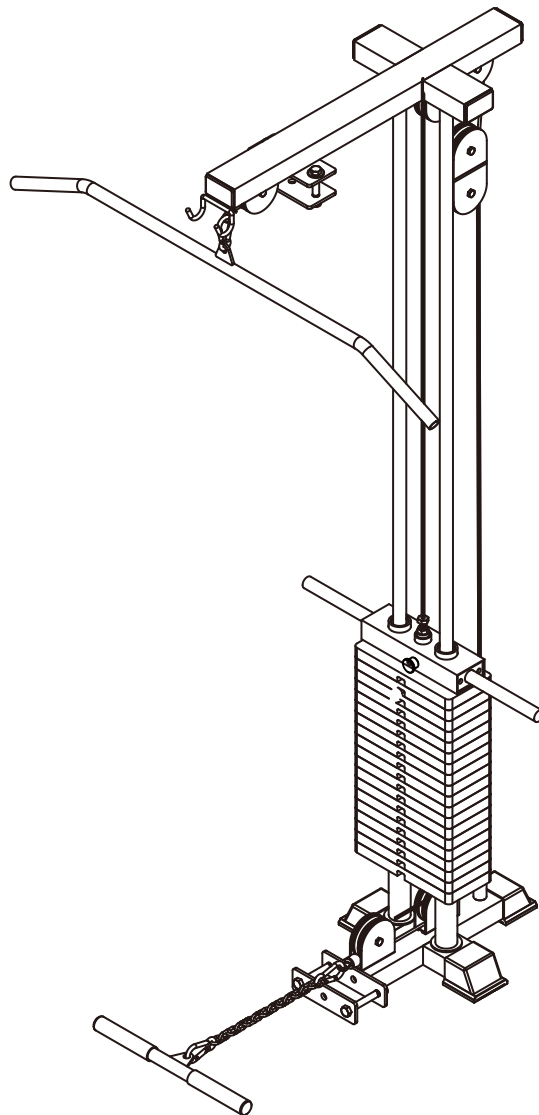


# ATTAIN

## H200 LAT & LOW PULL ATTACHMENT FOR H840 POWER RACK OWNER'S MANUAL

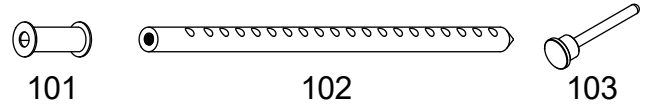


Model No.H200  
7180-1-1  
ATTAIN FITNESS

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

# PARTS CHART

NO.	DESCRIPTION	QTY.
101	5" STACK SPACER	2
102	SELECTOR ROD	1
103	SELECTOR PIN	1



## ASSEMBLY

If installing the upgrade kit upon initial purchase, please skip to step 3.

1. Loosen bolts and remove the Top Cable Locker(72) from Two Way Top Plate (58).
2. Remove bolts in Top Frame(52) and lift off Guide Rods (53). Remove Two Way Top Plate (58), Rubber Donuts (65), and Stack Spacers(61) from Guide Rods (53).
3. Slide the 5" Stack Spacers(101) from this upgrade kit, and Rubber Donuts(65) down over Guide Rods (53). Individually slide each 10 lb. plate down over Guide Rods (53), making certain that each plate is oriented with selector hole on bottom and facing forward.
4. Attach Selector Rod(102) to Two Way Top Plate (58) with Top Plate Bolt(79). Slide Two Way Top Plate (58) down over Guide Rods (53), Selector Rod (102) in center holes of plates.
5. Re-Assemble Top Frame (52) and tighten all bolts.

