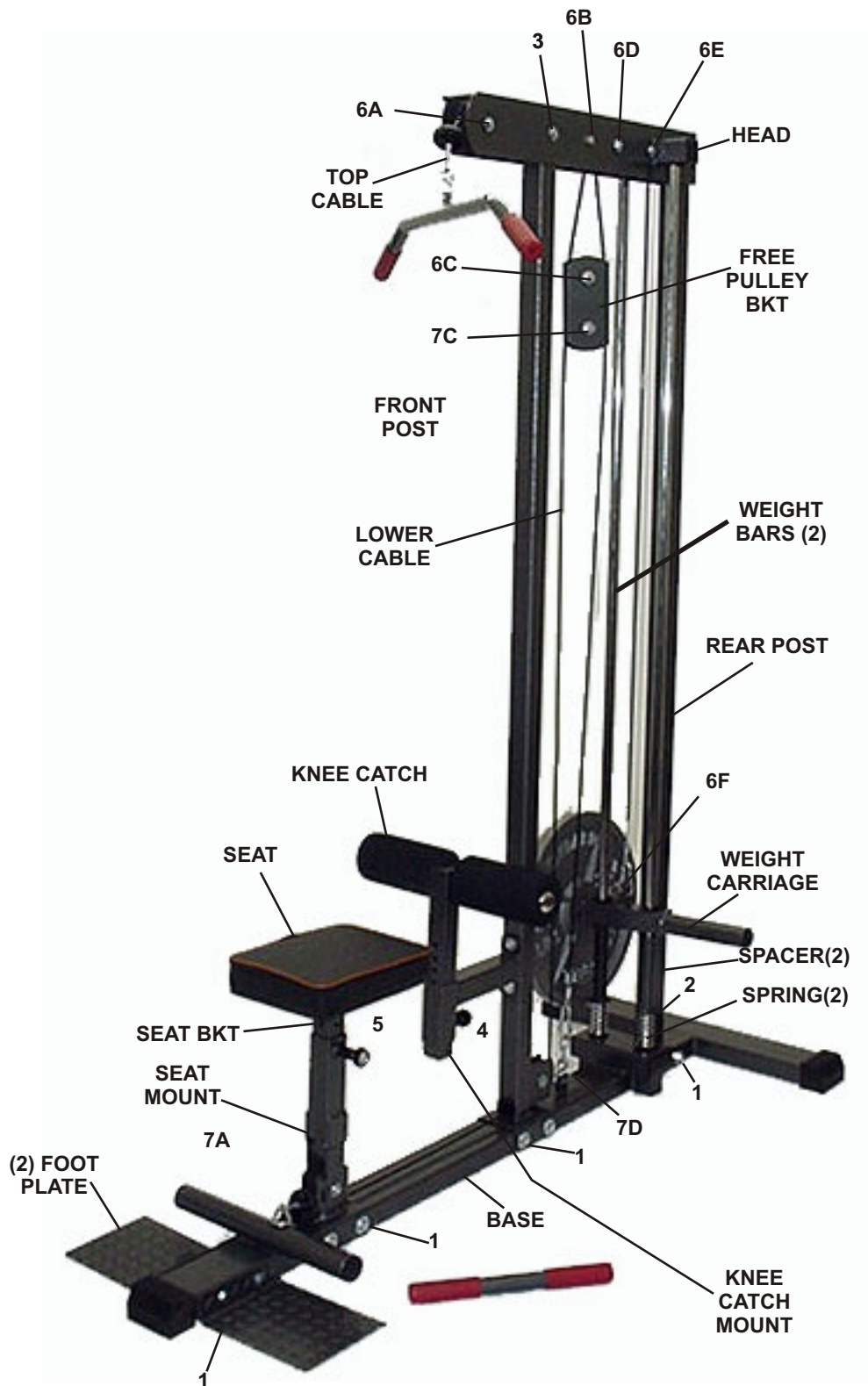


**ASSEMBLY INSTRUCTIONS FOR**  
**C-4650-SUPER LAT MACHINE**



**T.D.S. FITNESS EQUIPMENT**  
**P.O. BOX 4189**  
**ELMIRA, NY 14904, USA**  
**607-733-6789**

# 4650-SUPER LAT/ROW MACHINE



32" X 72" X 83.5" H - 220 lbs.

## **4650 SUPER LAT/ROW MACHINE ASSEMBLY INSTRUCTIONS**

THIS UNIT REQUIRES (2) 9/16 WRENCHES AND (2) 3/4 WRENCHES FOR ASSEMBLY. DO NOT TIGHTEN HARDWARE UNTIL INSTRUCTED.

1). PUSH (3) 2 X 4 FOOT ONTO BASE. ATTACH REAR POST, FRONT POST, SEAT MOUNT AND (2) FOOT PLATES WITH (8) 1/2 X 5 BOLTS (16) 1/2 FLAT WASHERS AND (8) 1/2 LOCKNUTS.

2). PUSH (2) BAR BUSHINGS INTO HOLES ON BASE. INSERT (2) WEIGHT BARS INTO BASE. PLACE (2) SPRINGS AND (2) SPACERS ONTO WEIGHT BARS. PUSH (2) BAR BUSHING INTO WEIGHT CARRIAGE. PLACE CARRIAGE ONTO WEIGHT BARS.

3). PUSH (2) POST BUSHINGS INTO HEAD. ATTACH HEAD TO FRONT AND REAR POST WITH (2) 3/8 X 3 BOLTS, (4) 3/8 FLAT WASHERS AND (2) 3/8 LOCKNUTS. SET UNIT ON LEVEL SURFACE AND TIGHTEN HARDWARE.

4). ATTACH KNEE CATCH MOUNT TO FRONT POST WITH (2) 3/8 X 2 3/4 BOLTS, (4) 3/8 FLAT WASHERS AND (2) 3/8 LOCKNUTS. TIGHTEN HARDWARE. INSTALL TURN POP PIN INTO MOUNT. PUSH (2) 4 X 8 CUSHIONS ONTO KNEE CATCH. INSTALL (2) CHROME CAPS ONTO BARS. INSERT CATCH INTO MOUNT AND SET HEIGHT WITH TURN POP PIN.

5). INSERT TURN POP PIN INTO SEAT MOUNT. ATTACH SEAT TO SEAT BRACKET WITH (2) 3/8 X 1 BOLTS AND (2) 3/8 FLAT WASHERS. FINGER TIGHT. CENTER SEAT ON BRACKET AND TIGHTEN HARDWARE. DO NOT OVER TIGHTEN. INSERT BRACKET INTO MOUNT AND SET HEIGHT WITH TURN POP PIN.

6). INSTALL (8) BRONZE BUSHINGS INTO PULLEY MOUNT HOLES IN HEAD.

6A). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO HEAD WITH (1) 3/8 X 3 BOLT, (2) 3/8 FLAT WASHERS AND (1) 3/8 LOCKNUT.

6B). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO HEAD WITH (1) 3/8 X 3 BOLT, (2) 3/8 FLAT WASHER AND (1) LOCKNUT.

6C). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO (2) FREE PULLEY BRACKETS WITH (1) 3/8 X 2 BOLT, (2) 3/8 FLAT WASHERS AND (1) LOCKNUT.

6D). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO HEAD WITH (1) 3/8 X 2 BOLT, (2) 3/8 FLAT WASHER AND (1) 3/8 LOCKNUT.

6E). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO SEAT WITH (1) 3/8 X 3 BOLT, (2) 3/8 FLAT WASHERS AND (1) LOCKNUT.

6F). HOOK CABLE TO WEIGHT CARRIAGE.

7). PUSH BUSHING INTO HOLE ON BOTTOM OF FRONT POST.

7A). LOOP CABLE UNDER PULLEY. ATTACH PULLEY TO SEAT MOUNT WITH (1) 3/8 X 3 1/4 BOLT, (2) 3/8 FLAT WASHERS AND (1) LOCKNUT.

7B). LEAD CABLE THRU BUSHING IN BOTTOM OF FRONT POST. LOOP CABLE UNDER PULLEY AND ATTACH PULLEY TO FRONT POST WITH (1) 3/8 X 2 BOLT, (2) 3/8 FLAT WASHERS AND (1) LOCKNUT.

7C). LOOP CABLE OVER PULLEY. ATTACH PULLEY TO FREE PULLEY BRACKET WITH (1) 3/8 X 2 BOLT, (2) 3/8 FLAT WASHERS AND (1) 3/8 LOCKNUT.

7D). HOOK CHAIN TO BRACKET ON BASE. HOOK LOWER CABLE TO CHAIN.

8). FILL OPEN TUBES WITH (4) 2 SQUARE PLUGS, (1) 1 3/4 SQUARE PLUG, (2) 1 7/8 ROUND PLUGS AND (2) 2 ROUND PLUGS.

#### HARDWARE LIST FOR 4650 SUPER LAT/ROW

(2) 3/8 X 1  
(2) 3/8 X 2  
(2) 3/8 X 2 3/4  
(7) 3/8 X 3  
(1) 3/8 X 3 1/4  
(26) 3/8 FLAT WASHERS  
(12) 3/8 LOCKNUTS  
(8) 1/2 X 5 BOLTS  
(16) 1/2 FLAT WASHERS  
(8) 1/2 LOCKNUTS  
(2) POP PINS  
(2) CHROME CAPS  
(2) SPRINGS  
(6) POLE BUSHINGS  
(1) POST BUSHINGS  
(8) BRONZE BUSHINGS  
(4) 2 SQUARE PLUGS  
(1) 1 3/4 SQUARE PLUG  
(2) 1 7/8 ROUND PLUG  
(2) 2 ROUND PLUG  
(3) 2 X 4 FOOT

4650-SUPER LAT/ROW MACHINE  
PACKING LIST  
BOX - 2 OF 2



WEIGHT  
BARS 2PCS

REAR  
POST  
1 PC

FRONT  
POST  
1 PC

SEAT 1PC

HARDWARE 1PC

LITERATURE 1 PKG

2 CABLES 1PKG

8 PULLEYS 1PKG

4650-SUPER LAT/ROW MACHINE  
PACKING LIST  
BOX - 1 OF 2

