



DS-925

Lat Pulldown/Row

Owner's Manual



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

V3.1

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+ Safety

Read this owner's manual carefully before assembling or using TKO equipment.

WARNING: Serious injury could occur if these safety precautions are not observed

Safety Precautions

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness or breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.
- Make sure that the equipment(s) are set up and operated on a solid level surface. DO NOT install or use the equipment on an uneven surface.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Make sure there are enough room for access and operate the equipment(s) safely.
- inspect and maintain the equipment(s) regularly.
- Replace the worn or damaged parts / components immediately to ensure safety.
- Use a spotter.
- Back support cushion may drop when knob is pulled. Hold the back support cushion when adjusting it.
- Make sure the pull pin is fully engaged before use.
- Lower the back support cushion to the lowest position when not in use.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Always wear suitable clothing and footwear during exercise. DO NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
- Rest adequately between workouts. Muscles tone and develop during these rest periods.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.

If you have any question or need assistance please contact us at,

Customer Service: 866-856-3488 or 713-895-9270

e mail: sales@tkostrength.com

Hours: Monday-Friday 8:30am to 4:30pm CT

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TKO Strength & Performance Inc. 6387 Windfern Road, Houston, TX 77040
Phone + 713-895-9270 Fax + 713-934-8495
www.tkostrength.com

+ Product Diagram

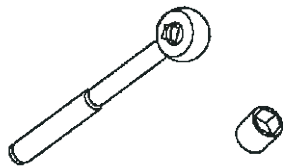


+ Instructions

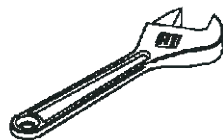
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

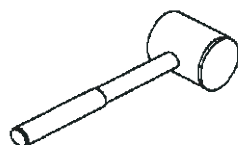
+ Tools Required



Ratchet Wrench and Socket



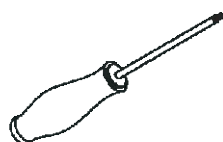
Adjustable Wrench



Rubber Mallet

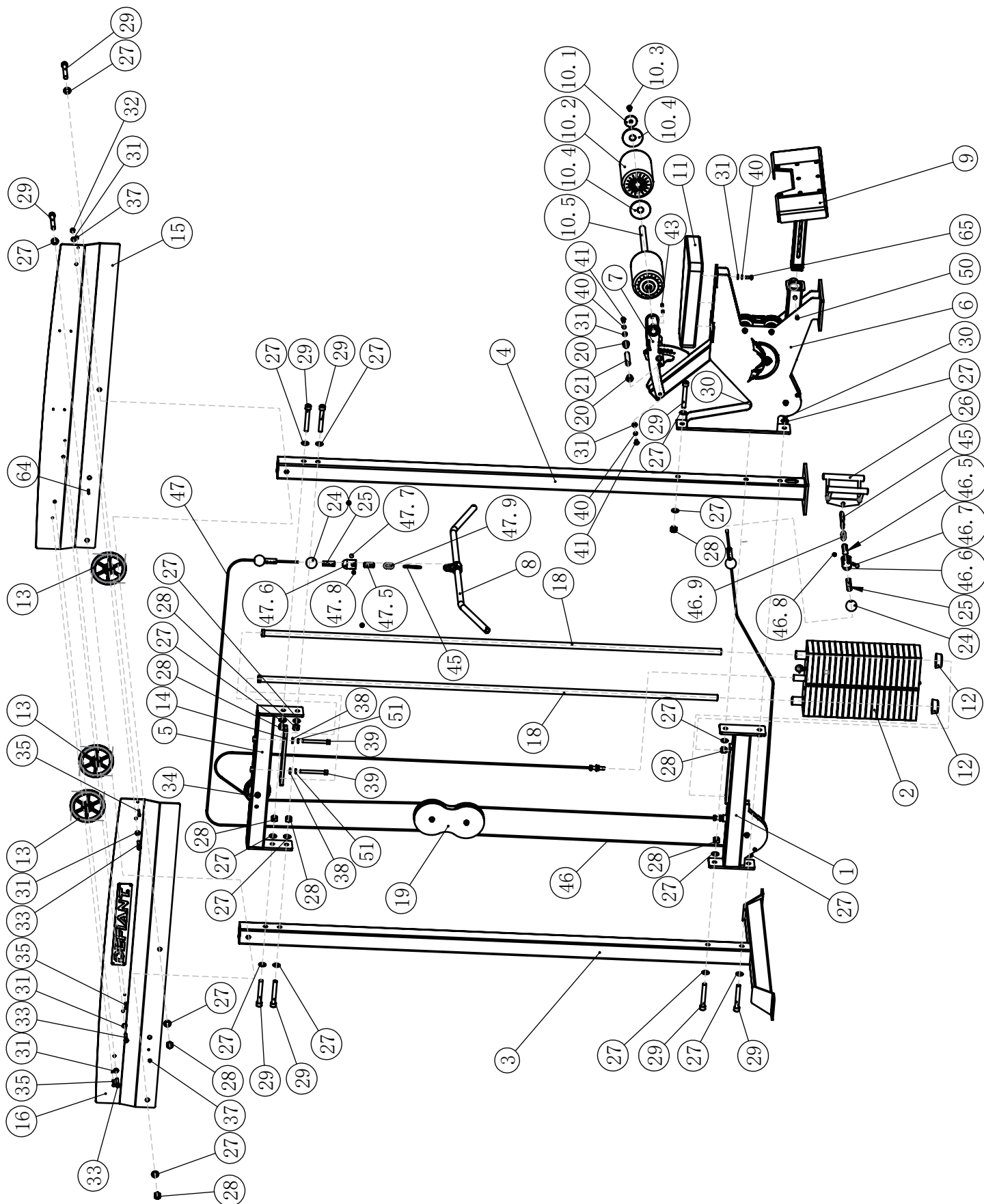


Hex Key Wrench Set



Phillips Screwdriver

+ Exploded Diagram

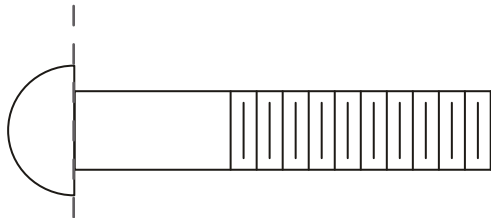


+ Parts List

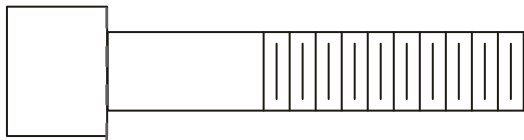
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Stack Support Weldment	1	30	Socket Head Cap ScrewM16×120	2
2	Weight Plate	1	31	Flat Washerφ20×φ11×2	10
3	Rear Upright Weldment	1	32	Nylon Lock Nut M10	2
4	Front Upright Weldment	1	33	Socket Head Cap Screw M10×50	3
5	Upper Crossmember Weldmen	1	34	Socket Head Cap Screw M10×105	1
6	Support Frame	1	35	Shoulder Bolt φ6 x φ6 x 35.0	3
7	Knee Catch Assembly	1	37	Nylon Lock Nut M6	3
8	Lat Pull Down Bar	1	38	Flat Washerφ13.5×φ24×2.5	2
9	Foot Rest Assembly	1	39	Socket Head Cap ScrewM12×110	2
10.1	Aluminum End Cap φ54×φ12.5×10.6	2	40	Spring Washerφ10	4
10.2	Roller	2	41	Button Head Cap Screw M10×25	2
10.3	Flat Head Cap ScrewM10×25	2	43	Socket Set Screw M8×10	2
10.4	Aluminum Ring φ90×φ26.2×5	4	45	Gourd Hook φ8	2
10.5	Foam frame	1	46	4.4m Cable Assembly	1
11	Seat Pad	1	46.5	Cable joint	1
12	RUBBER PLATE STOP	2	46.6	Cable joint sheath	1
13	6" Pulley	3	46.7	Shoulder boltsφ14×φ9.4×37.8	1
14	Stack Guide Rod Plate	1	46.8	Nylon Lock Nut 5/16"-18×8	1
15	RH Upper Rail	1	46.9	Single clasp chain link φ6.8	1
16	LH Upper Rail	1	47	5.61m Cable Assembly	1
18	81" x 1" Dia. Chrome Guide Rod	2	47.5	Cable joint	1
19	Dual Pulley Plate	2	47.6	Cable joint sheath	1
20	Igus JFI-1214-12	2	47.7	Shoulder boltsφ14×φ9.4×37.8	1
21	Lat Chair Knee Rest Pin	1	47.8	Nylon Lock Nut 5/16"-18×8	1
24	Cable Ball Stopper	2	47.9	Single clasp chain link φ6.8	1
25	Cable Retainer (3 Set SCrews)	2	50	Socket Head Cap Screw M8×15	1
26	Handle Frame	1	51	Spring Washerφ12	2
27	Flat Washerφ30×φ17.5×3	21	64	Socket Head Cap ScrewM6×90	1
28	Nylon Lock Nut M16	10	65	Button Head Cap Screw M10×35	3
29	Socket Head Cap ScrewM16×110	9	66	Shoulder Bolt φ10 x φ8 x 110.0	1
			67	4.5" Pulley	1
			68	Nylon Lock Nut M8	1

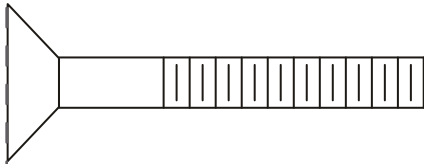
+ Measurement Guide



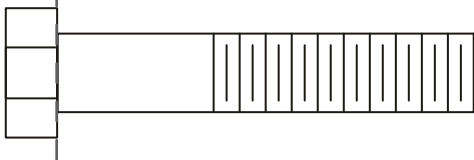
BHCS = Button Head Cap Screw



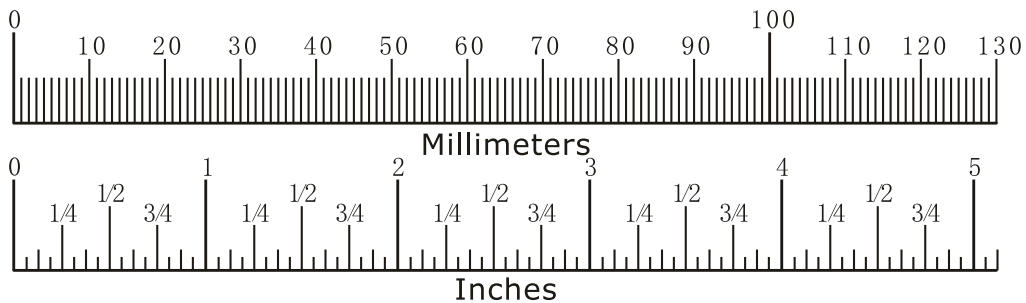
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



+ Assembly Instruction

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

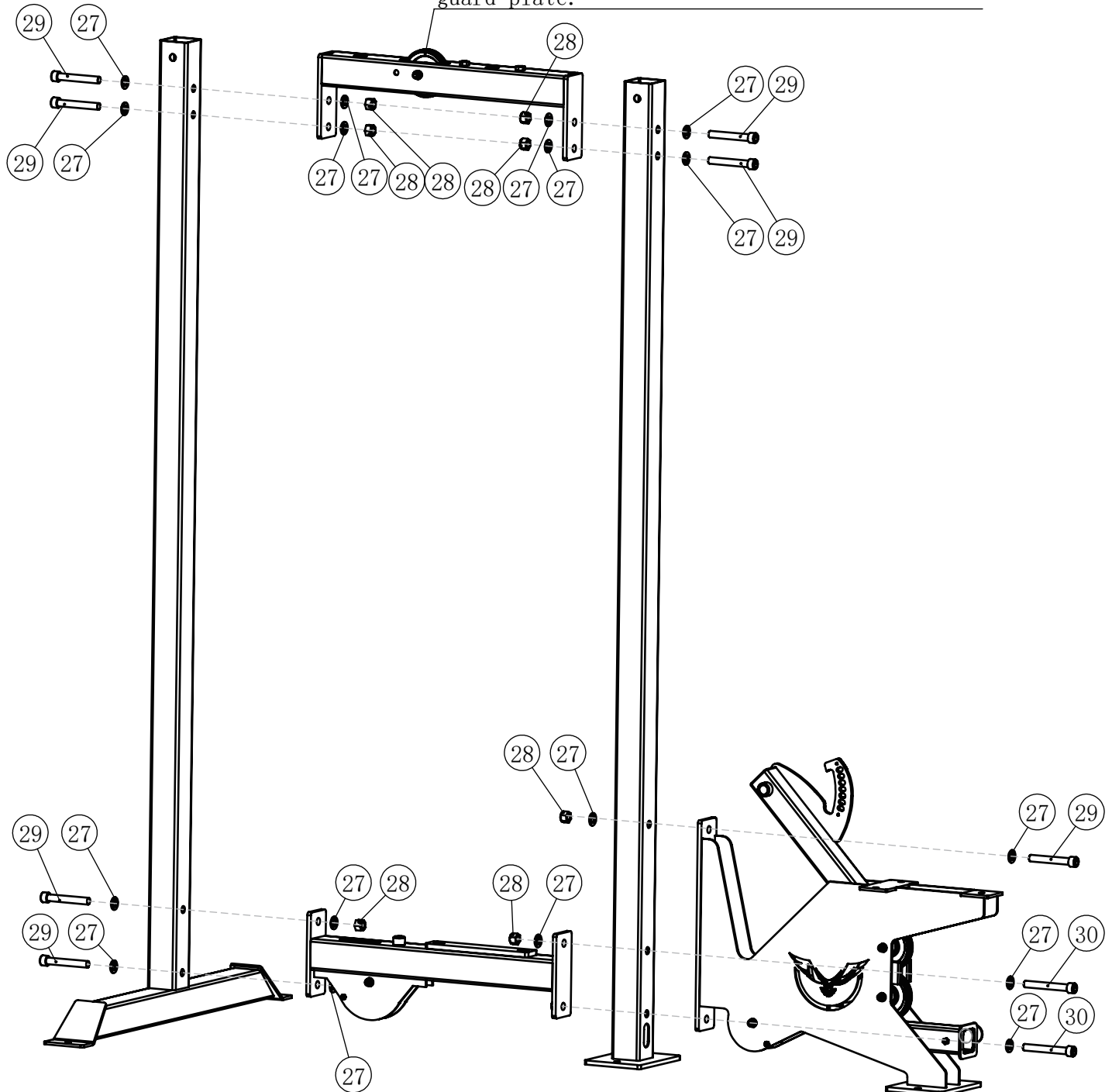
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

+ Assembly

STEP 1

Item NO.	Description	Qty	Item NO.	Description	Qty
27	Flat Washer $\phi 30 \times \phi 17.5 \times 3$	21	29	Socket Head Cap ScrewM16 \times 110	9
28	Nylon Lock NutM16	10	30	Socket Head Cap ScrewM16 \times 120	2

Before installing the upper guard plate, you need to remove this pulley, then install this pulley after properly placing the upper guard plate.



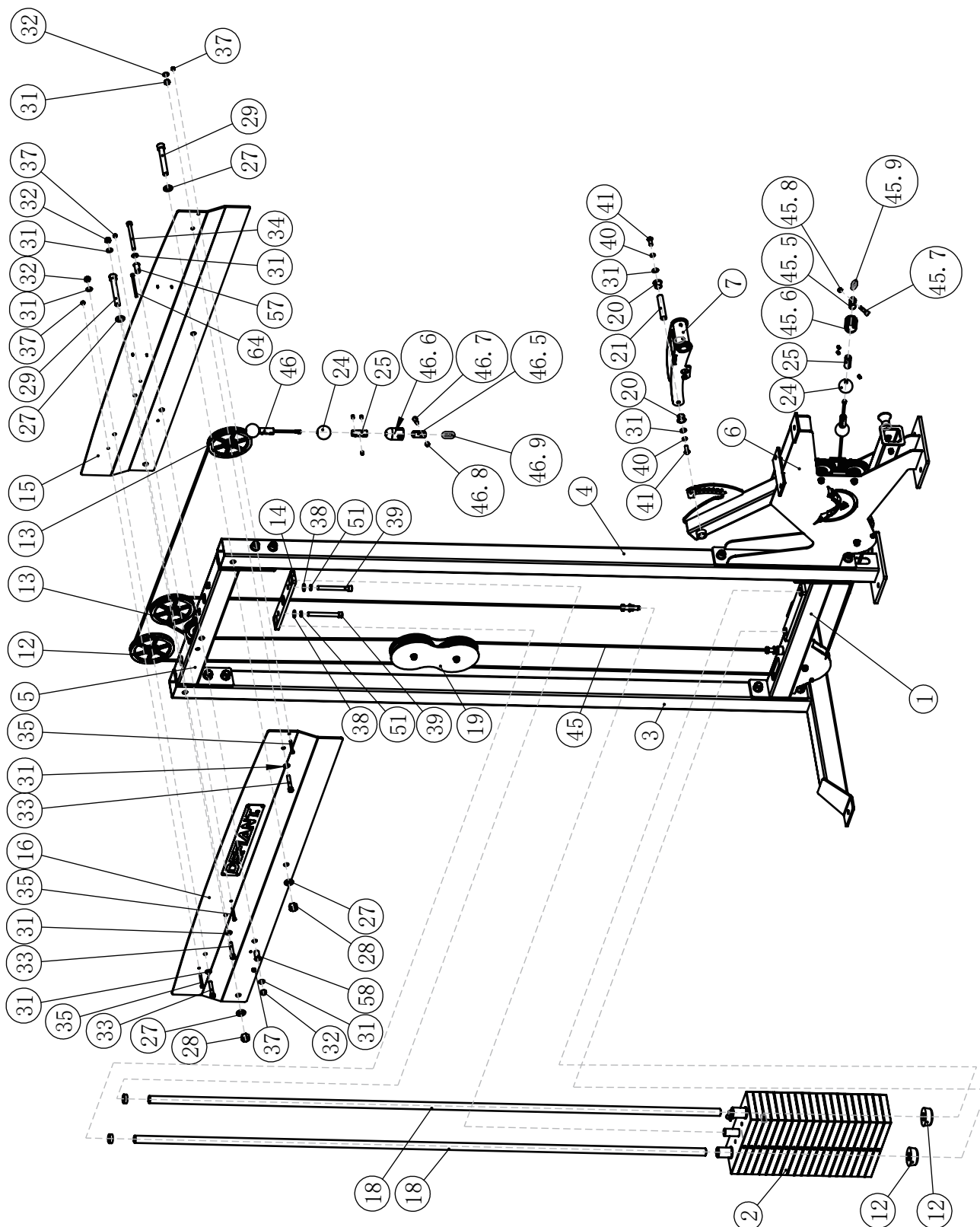
+ Assembly

STEP 2

Item NO.	Description	Qty	Item NO.	Description	Qty
1		1	34	Socket Head Cap Screw M10×105	1
2	Weight plate	1	35	Shoulder Bolt $\phi 6 \times \phi 6 \times 35.0$	3
3	Rear Upright Weldment	1	37	Nylon Lock Nut M6	4
4	Front Upright Weldment	1	38	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	2
5	Upper Crossmember Weldmen	1	39	Socket Head Cap Screw M12×110	2
6	Support Frame	1	40	Spring Washer $\phi 10$	2
7	Knee Catch Assembly	1	41	Button Head Cap Screw M10×25	2
12	RUBBER PLATE STOP	2	46	4.4m Cable Assembly	1
13	6" Pulley	3	46.5	Cable joint	1
14	Stack Guide Rod Plate	1	46.6	Cable joint sheath	1
15	RH Upper Rail	1	46.7	Shoulder bolts $\phi 14 \times \phi 9.4 \times 37.8$	1
16	LH Upper Rail	1	46.8	Nylon Lock Nut 5/16"-18×8	1
18	81" x 1" Dia. Chrome Guide Rod	2	46.9	Single clasp chain link $\phi 6.8$	1
19	Dual Pulley Plate	2	47	5.61m Cable Assembly	1
20	Igus JFI-1214-12	2	47.5	Cable joint	1
21	Lat Chair Knee Rest Pin	1	47.6	Cable joint sheath	1
24	Cable Ball Stopper	2	47.7	Shoulder bolts $\phi 14 \times \phi 9.4 \times 37.8$	1
25	Cable Retainer (3 Set SCrews)	2	47.8	Nylon Lock Nut 5/16"-18×8	1
26	Flat Washer $\phi 30 \times \phi 17.5 \times 3$	4	47.9	Single clasp chain link $\phi 6.8$	1
28	Nylon Lock Nut M16	2	50	Socket Head Cap Screw M8×15	1
29	Socket Head Cap Screw M16×110	2	51	Spring Washer $\phi 12$	2
31	Flat Washer $\phi 20 \times \phi 11 \times 2$	10	52	Inner Bumper	2
32	Nylon Lock Nut M10	4	58	Spacer Sleeve $\phi 16 \times \phi 11 \times 31$	2
33	Socket Head Cap Screw M10×55	3	64	Socket Head Cap M6x90	1
			66	Shoulder Bolt $\phi 10 \times \phi 8 \times 110.0$	1
			67	4.5" Pulley	1
			68	Nylon Lock Nut M8	1

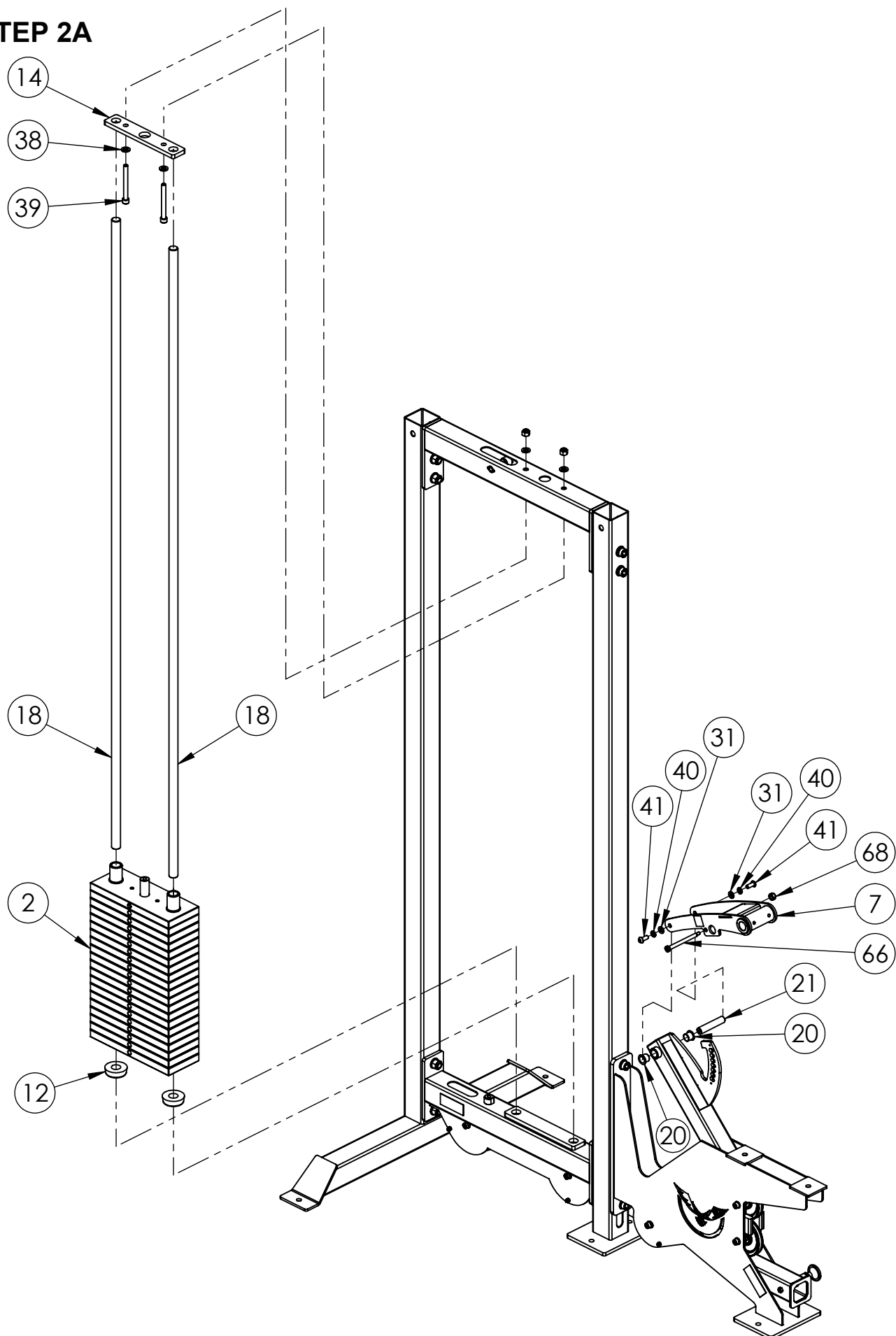
+ Assembly

STEP 2



+ Assembly

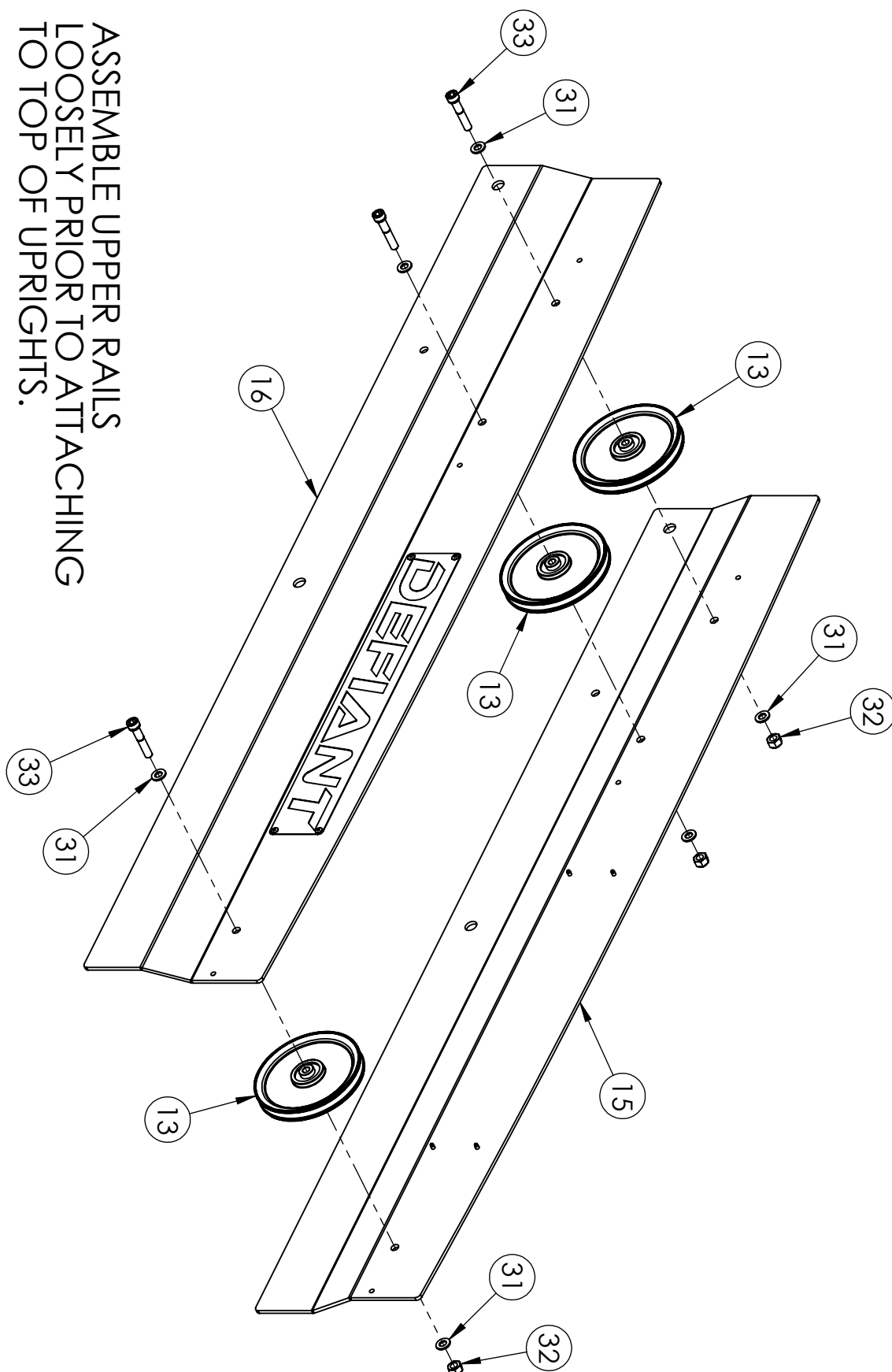
STEP 2A



+ Assembly

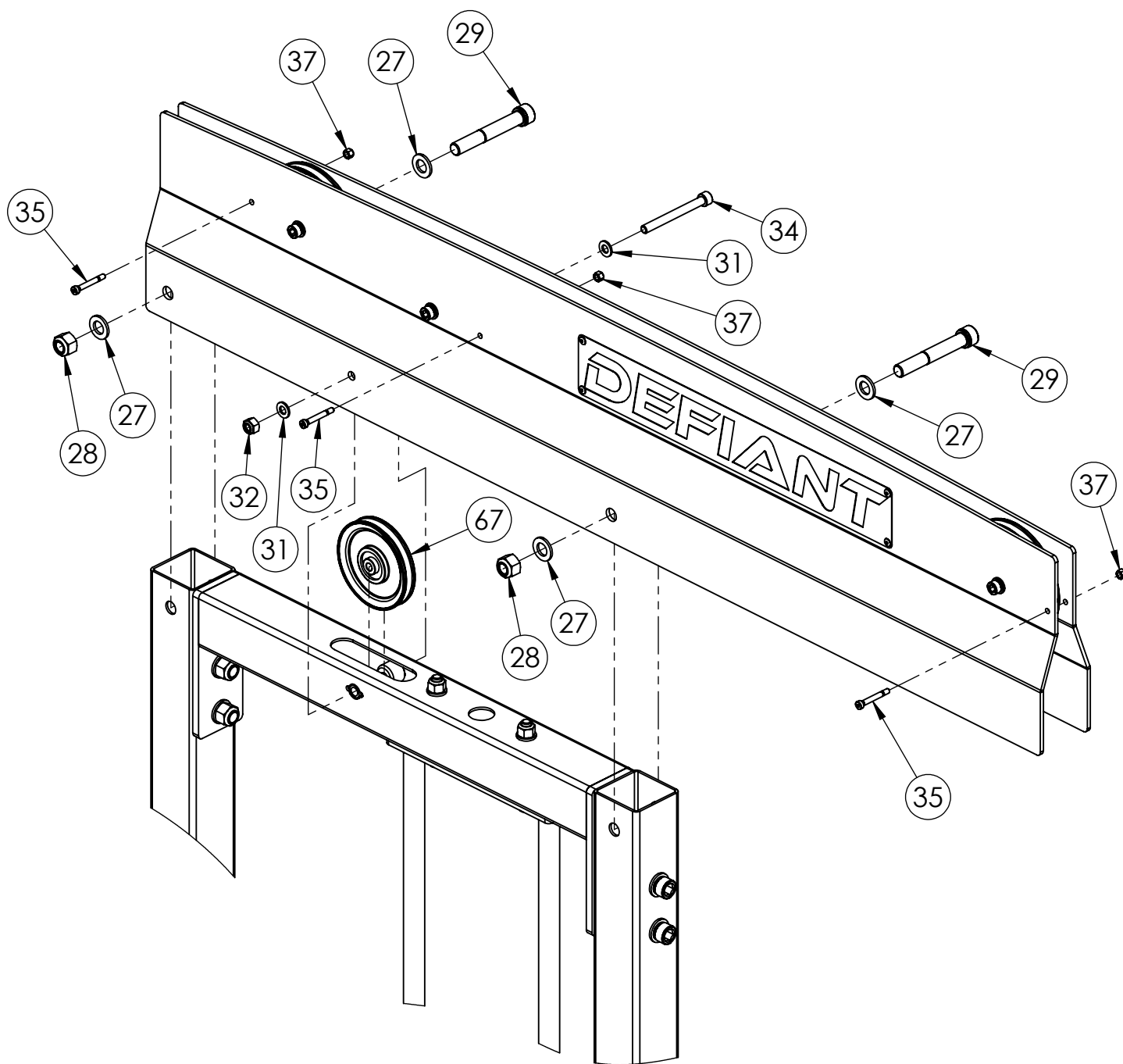
STEP 2B

ASSEMBLE UPPER RAILS
LOOSELY PRIOR TO ATTACHING
TO TOP OF UPRIGHTS.



+ Assembly

STEP 2C



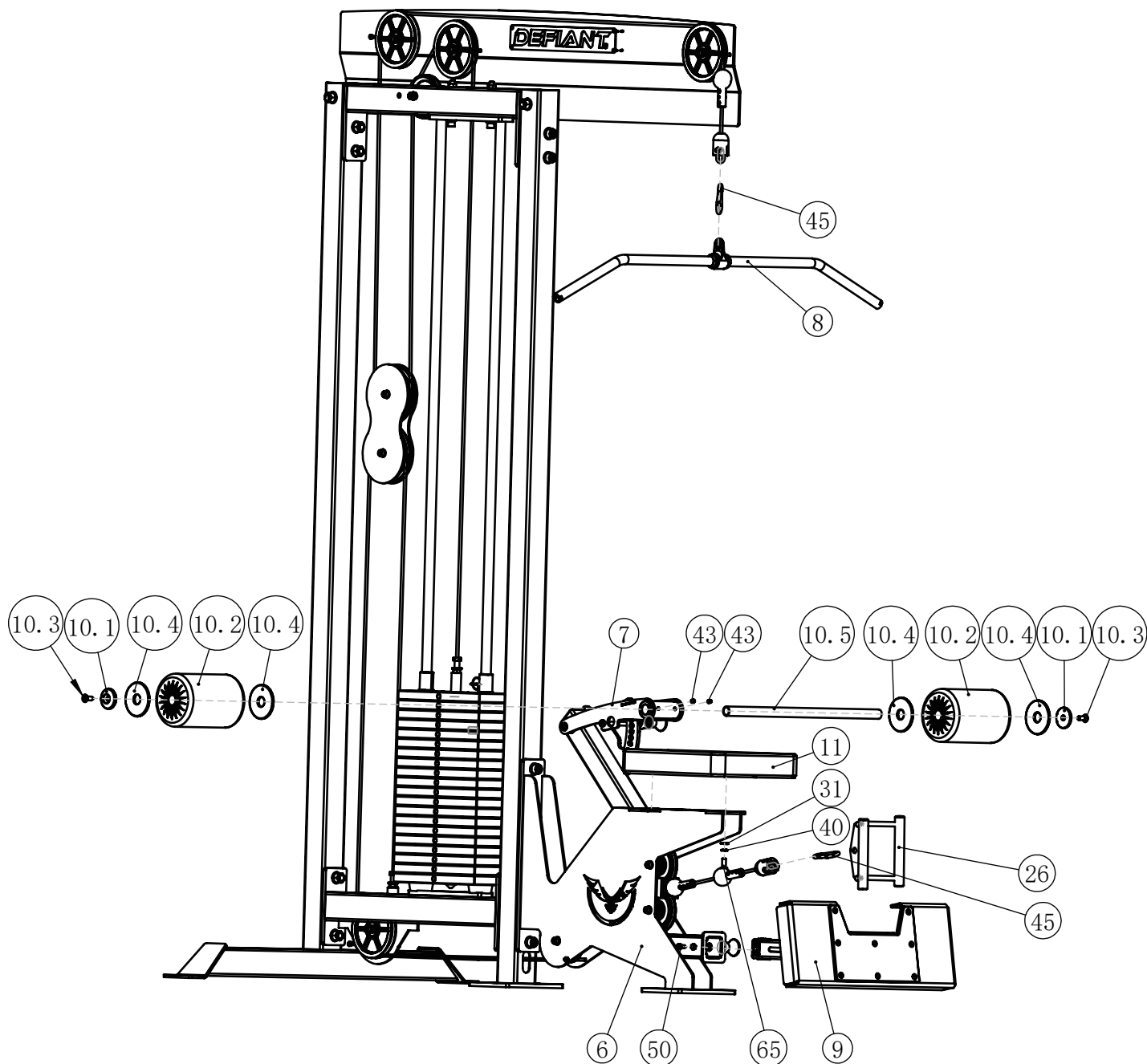
SET IN PLACE, BUT DO NOT ATTACH
PULLEY (ITEM #67) PRIOR TO LOWERING
UPPER RAIL ASSEMBLY ONTO UPRIGHTS.

SHOULDER BOLT (ITEM #35) AND
LOCK NUT (ITEM #37) TO BE ADDED
LAST AFTER CABLE ASSEMBLIES
HAVE BEEN ATTACHED.

+ Assembly

STEP 3

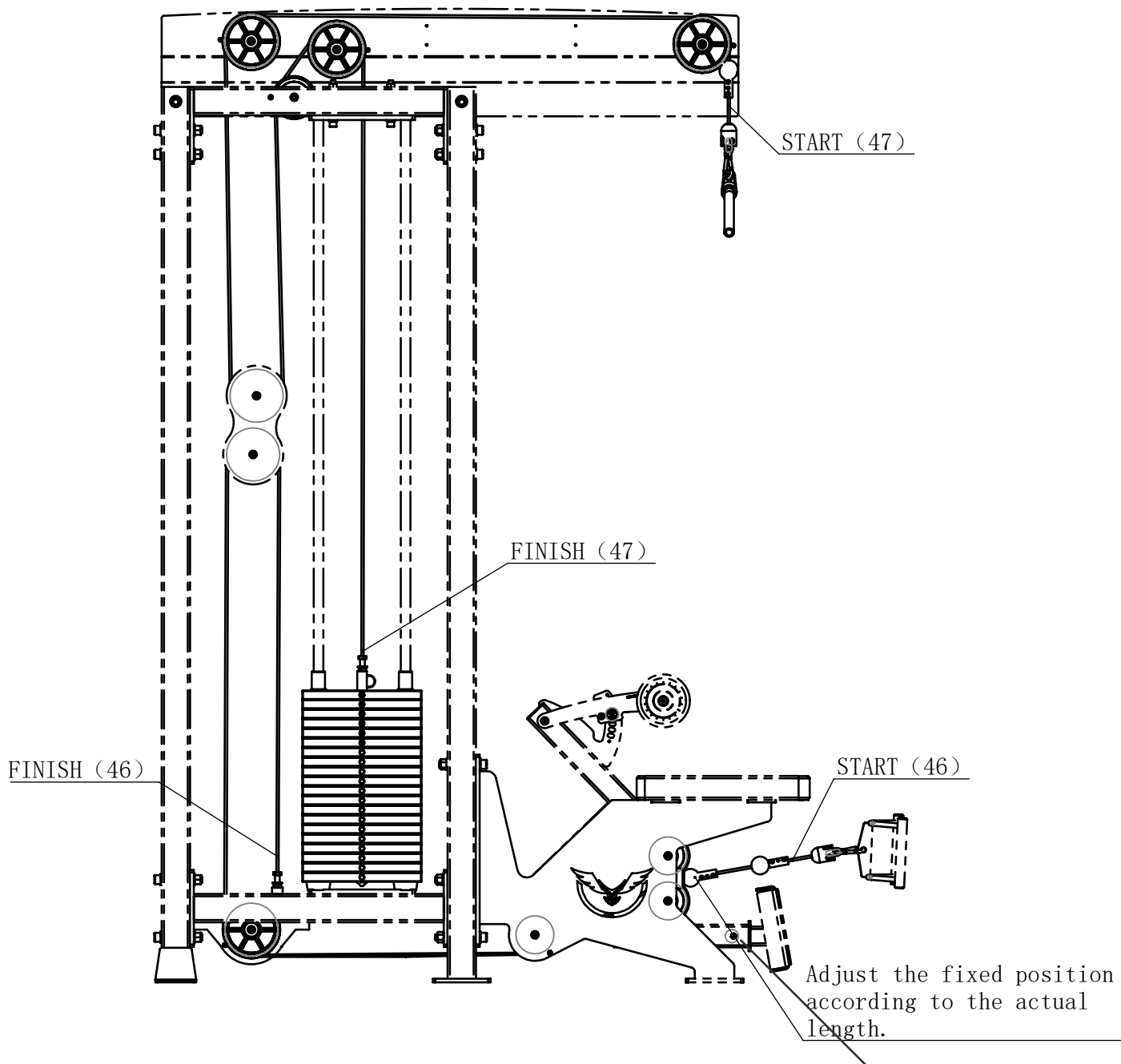
Item NO.	Description	Qty	Item NO.	Description	Qty
6	Support Frame	1	10.5	Foam frame	1
7	Knee Catch Assembly	1	11	Seat Pad	1
8	Lat Pull Down Bar	1	26	Handle Frame	1
9	Foot Rest Assembly	1	31	Flat Washer $\phi 20 \times \phi 11 \times 2$	10
10.1	Aluminum End Cap $\phi 54 \times \phi 12.5 \times 10.6$	2	40	Spring Washer $\phi 10$	4
10.2	Roller	2	45	Gourd Hook $\phi 8$	2
10.3	Flat Head Cap Screw M10 \times 25	2	50	Socket Head Cap Screw M8 \times 15	1
10.4	Aluminum Ring $\phi 90 \times \phi 26.2 \times 5$	4	65	Button Head Cap Screw M10 \times 35	3



+ Assembly

cable signal

Item NO.	Description	Qty	Item NO.	Description	Qty
46	4.4m Cable Assembly	1	47	5.61m Cable Assembly	1



+ Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

+ General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.