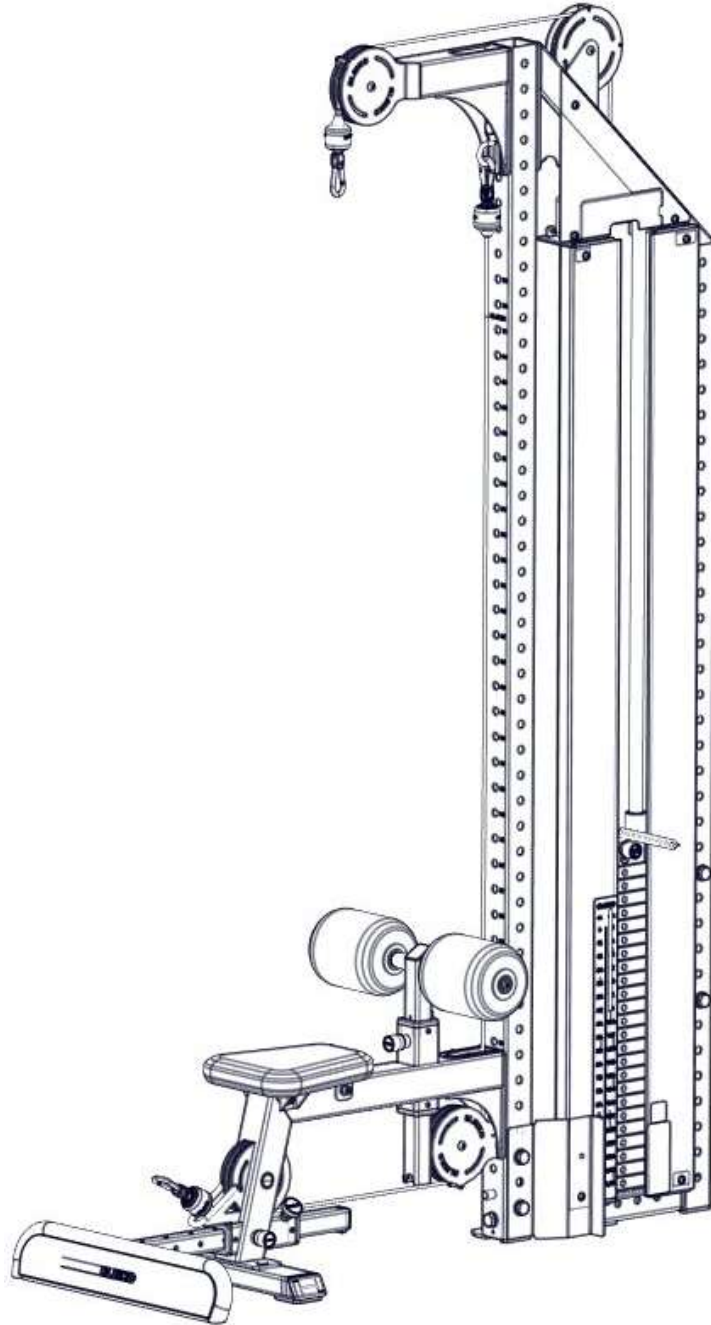


# Eleiko Lat Pull Down & Low Row Combo

BD-1-5353, BD-1-5354, BD-1-5355, BD-1-5356

RAISE THE BAR



**ELEIKO**



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# Read Before Installation and Use

## Caution

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and properly level the equipment. ELEIKO recommends that all equipment is secured to floor and installed by a licensed contractor or an ELEIKO-installer.

## Safety Instructions

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions **MUST** be read before the use of any ELEIKO-equipment. Use each equipment as it is intended for.
2. A user **MUST** get a medical examination and proper instructions before the use of any ELEIKO-equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an ELEIKO technician.
4. **DO NOT** replace the components of ELEIKO-equipment with other none ELEIKO equipment (magnetic safety pin, frames, bars), do not improvise. If there are any doubts consult an ELEIKO representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength Levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the ELEIKO-equipment. ELEIKO is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko package for products can be made of wood, be aware of splinters, **MUST** use gloves and proper work wear.
9. Eleiko package material could be a risk when handling, be aware of crushing, **MUST** use work wear including gloves and hard shoes.
10. Eleiko products and packing material is heavy, **MUST** use proper lifting technique, work wear and hard shoes.

# Preventive Maintenance & Inspections

## Regularly

- Clean the surfaces on frames and tubes from dust and dirt.
- Check that all bolts between parts, walls, floors are properly tightened, according to recommendations.
- Check equipment for sharp edges and replace if necessary.
- Check tubes and welds for cracks or other defects, replace if necessary.

## Spare Parts and Service

Contact Eleiko for spare parts and service:

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden

E-mail: [service@eleiko.com](mailto:service@eleiko.com) | Phone: +46 35 17 70 70 | [www.eleiko.com](http://www.eleiko.com)

## Warranty

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

- 10 years on welds on structural frame (NOT on moving parts)
- 5 years on structural moving parts.
- 3 years on bearing, bushings and pulleys.
- 1 year on wire, accessories and PUR upholstery.

## Warning Labels

### Precautions



### Bolt To Ground

Eleiko recommends that this product should be bolted to the ground. Make sure the ground is solid and level. Consult a licensed contractor to choose the appropriate anchoring fasteners for your facility.  
See assembly instructions for the position of the anchoring points.

RAISE THE BAR

# Product Info

## Purpose

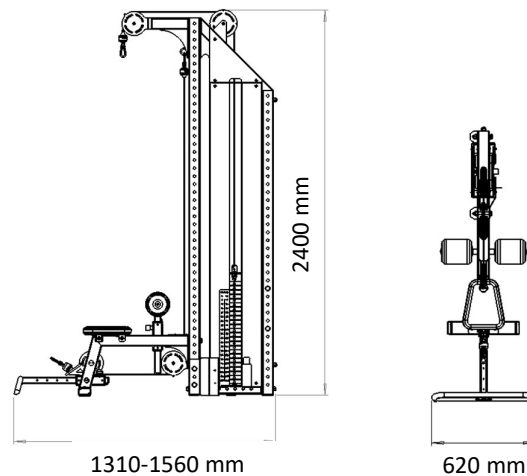
The Eleiko cable Lat Pull Down & Low Row Combo provides users with exercises for muscle groups in back, shoulders and arms.

## General Instructions For Use

1. Use the selector pin to select training weight.
2. Adjust height on rollers by pulling the pop-pins.
3. Adjust length of footplate by losing tightening knob and by pulling the pop-pin.
4. Switch cable to either lat pull down or low row depending on which exercise to perform.
5. Switch to different handles depending on exercise.

## Description

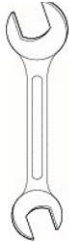
	120 kg weight stack	150 kg weight stack
<b>Max user weight</b>	-	N/A
<b>Max training weight</b>	kg	120
	lbs	265
<b>Product weight</b>	kg	234,5
	lbs	517
<b>Dimensions (L x W x H)</b>	mm	1310/1560x620x2400
	inch	52/62x25x95



# User Guide

## Required Tools

You need the following tools to assemble the equipment.



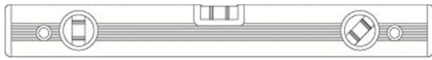
Wrench  
Sizes: 14, 17 & 24



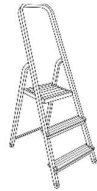
Socket Wrench  
Sizes: 10, 17 & 24



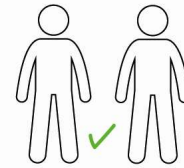
Hex Key-kit  
Sizes: 3,5,6 & 8



Spirit Level



Stepladder



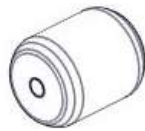
## Spare Part List

Contact Eleiko for spare parts.

E-mail: [service@eleiko.com](mailto:service@eleiko.com) | Phone: +46 35 17 70 70



Pulley Wheel  
2002006-SERV



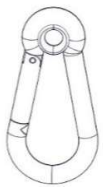
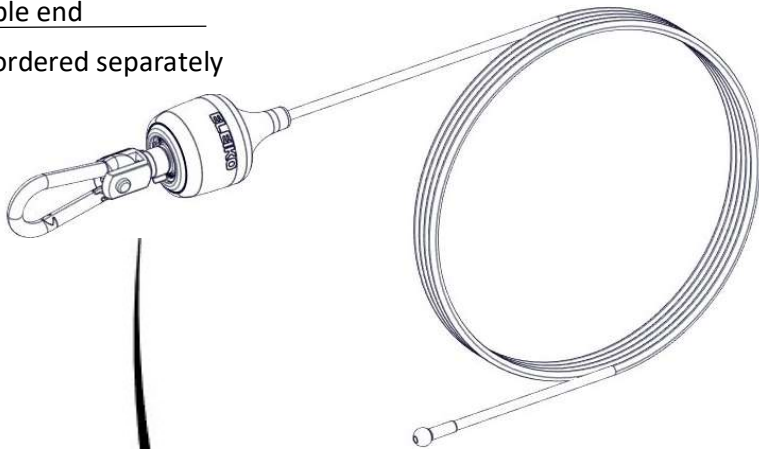
Knee Pads  
2001274



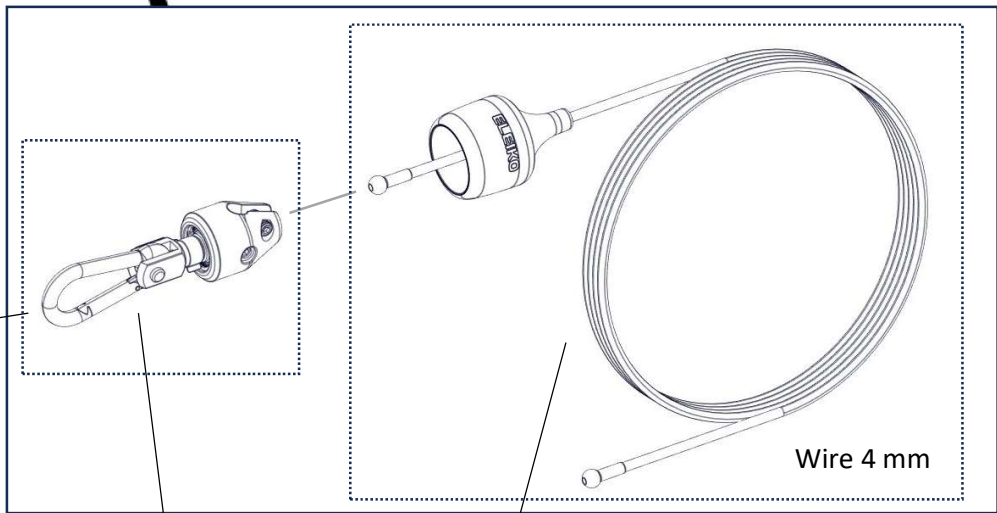
Cushion  
2001276

Mounted cable and rotating cable end

\*Parts are ordered separately



Carabiner  
2002504-SERV



Rotating cable end  
2002543-SERV  
\*(Including carabiner)


Cable  
2002532-L2560 (120kg weight stack)  
2002532-L2430 (150kg weight stack)

2002658-L2565 (Combo)  
\*(Including rubber cover)

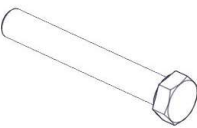
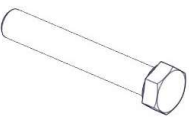


Wire 4 mm

List of Components

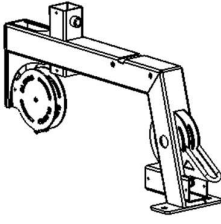
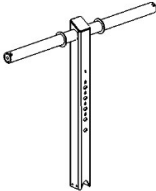

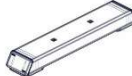
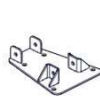

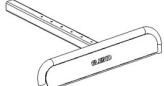


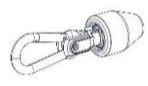

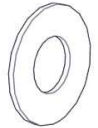

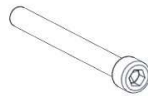


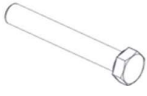






User manual Lat Pull Down & Low Row Combo 2002655

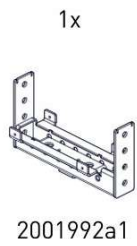
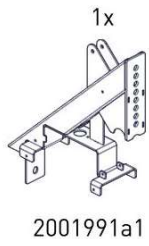
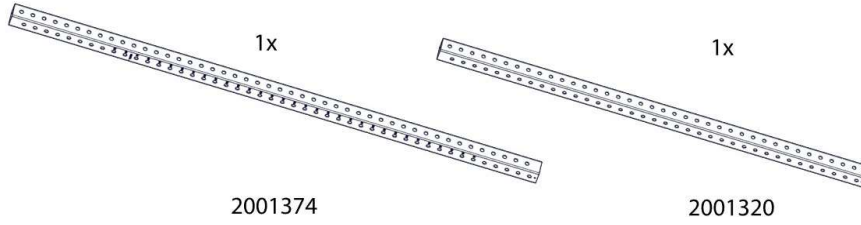
1x 

Box - Starter kit 2002690

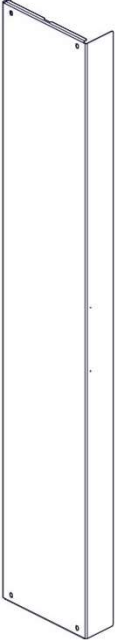





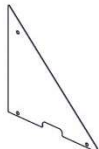


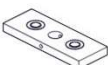








2x 	7x 	18x 	10x 
M16x110 2001385-L110	M16x100 2001385-L100	Washer M16 2001421	Locking Nut M16 2001379

Box - 2002387

1x 	1x 	1x 	1x 	1x 	1x 
2002388a1	2002389	2002008	3002511a2	2001997a2	3085858p15
1x 	1x 	1x 	2x 	1x 	
2002656	2002388a11	2002658-L2565	2002543	2002565	
4x 	2x 	2x 	2x 	4x 	1x 
Washer(Plastic) 3002274p30	Washer(Metal) 3002274p14	K6S M10x100 2001618	Coach Bolt 2001436-L30	K6s M10x20 2000675-L20	M16x110 2001385-L110
2x 	6x 	6x 	4x 	3x 	1x 
K6S M8x12 2000747-L12	K6S M5x8 2000782-L8	Washer M10 2001911	Locking Nut M10 2000718	3085554p24	2002654

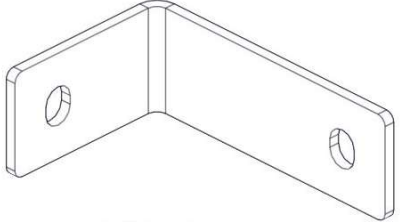
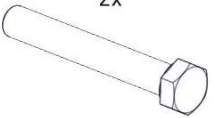




**Box Cable - 3085858**

1x	1x	1x	2x		
					
3085858p1	3085858a7 (120 kg) 3085858a7 (150 kg)	3085858a6 (120 kg) 3085858a8 (150 kg)	3085858p13	2002327 (120 kg) 2002328 (150 kg)	Cable 2002532-L2560(120kg) 2002532-L2430(150kg)
2x	1x	1x	19x (120 kg) 24x (150 kg)	1x	
					
3085858p3	3085858a3	2002006	2001590	3085858p12	2002543
2x	1x	2x	14x	14x	1x
					
2002253	K6S M10x50 2001619-L50	K6S M8x30 2000747-L30	K6S M8x12 2001620-L12	Washer M8 2001422	Nut M10 2001624

**Only for (Wall Mounted), page 19.**

**Box Wall bracket kit - 2002074**

4x	2x	4x	2x
			
Wall Bracket 3085849p1	M16x110 2001385-L110	Washer M16 2001421	Locking Nut M16 2001379

Box - 2002387

2x

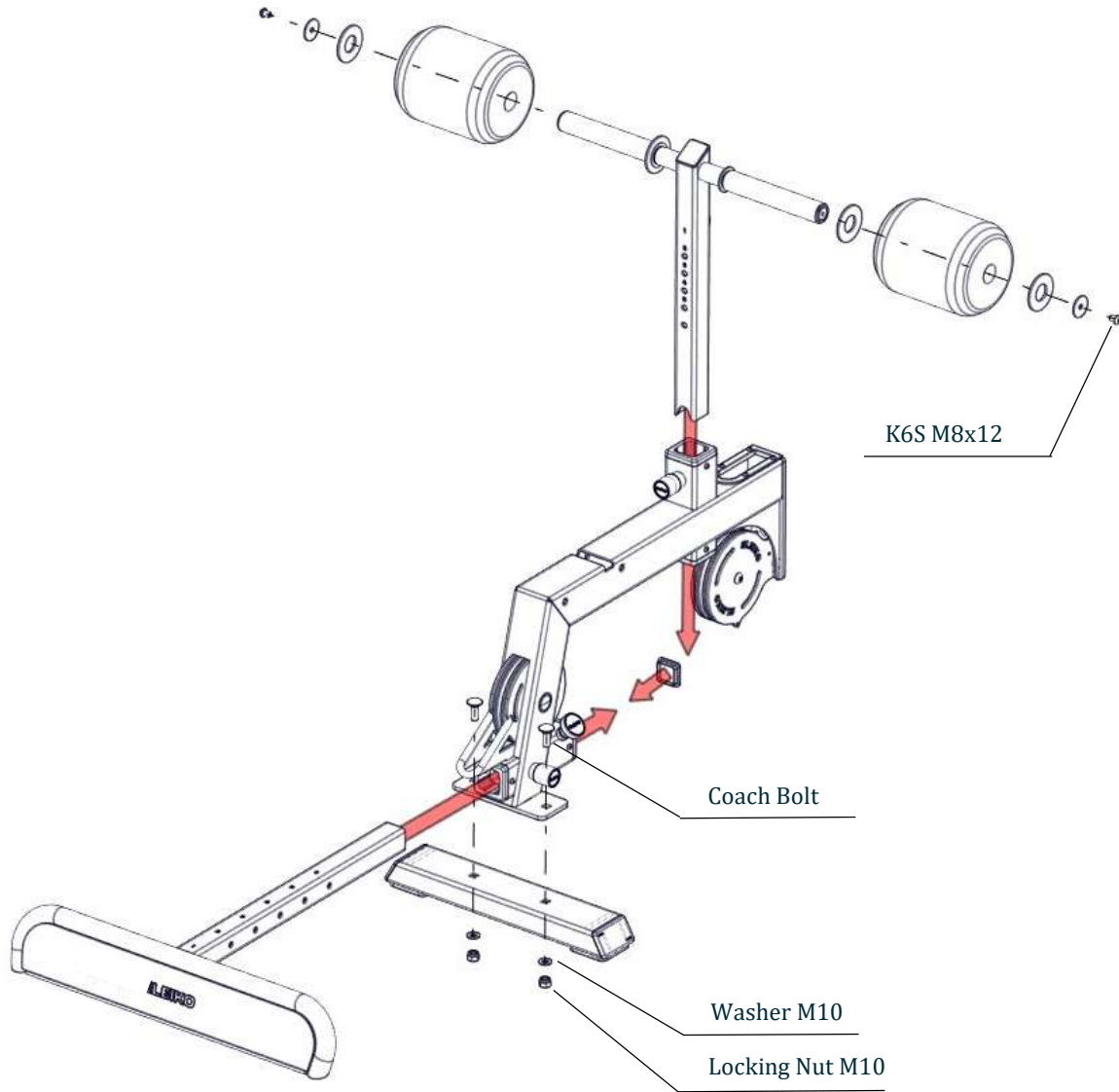


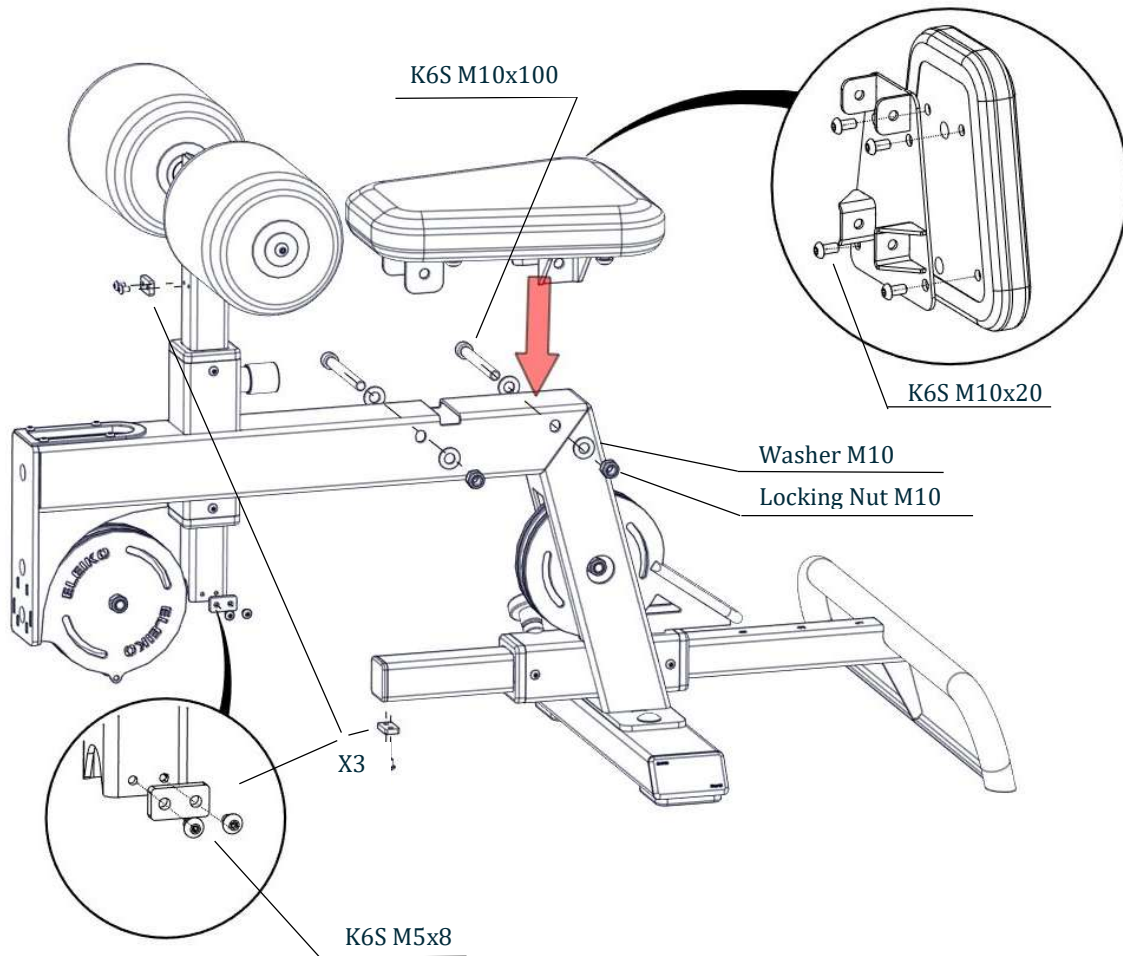
1x



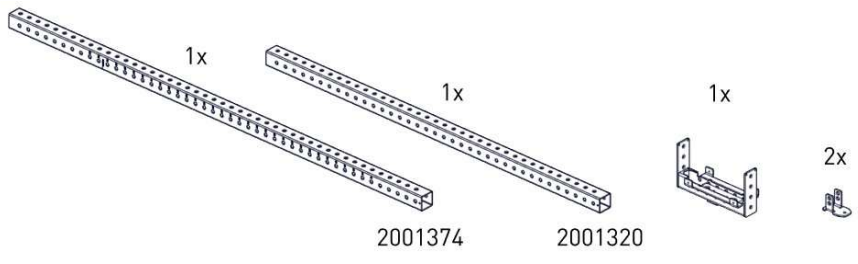
RAISE THE BAR

1



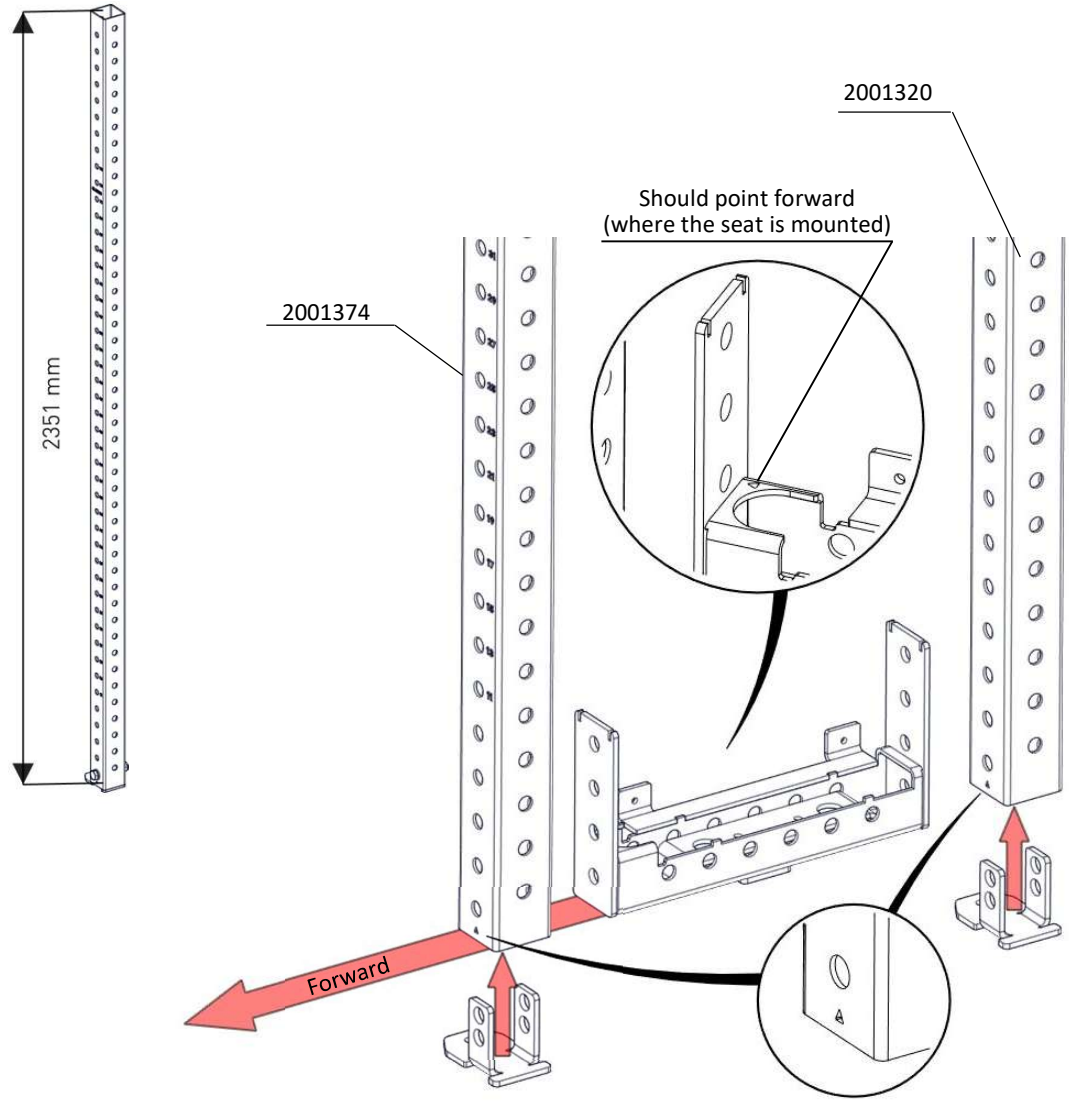


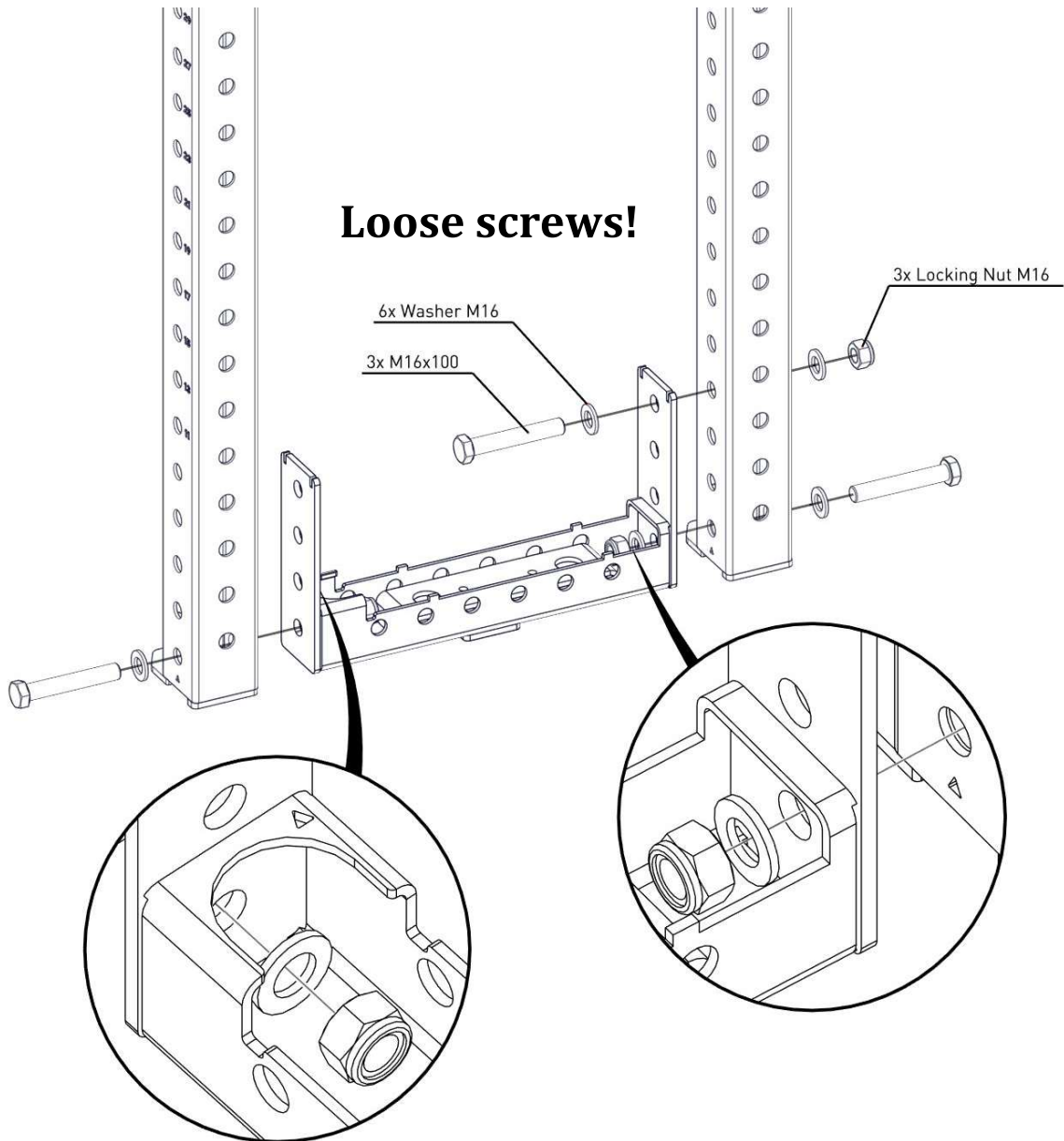
Box  
Starter kit  
- 2002690



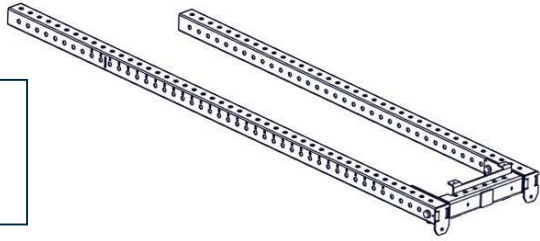
## 2

Tall height!  
Easier to mount lying down.



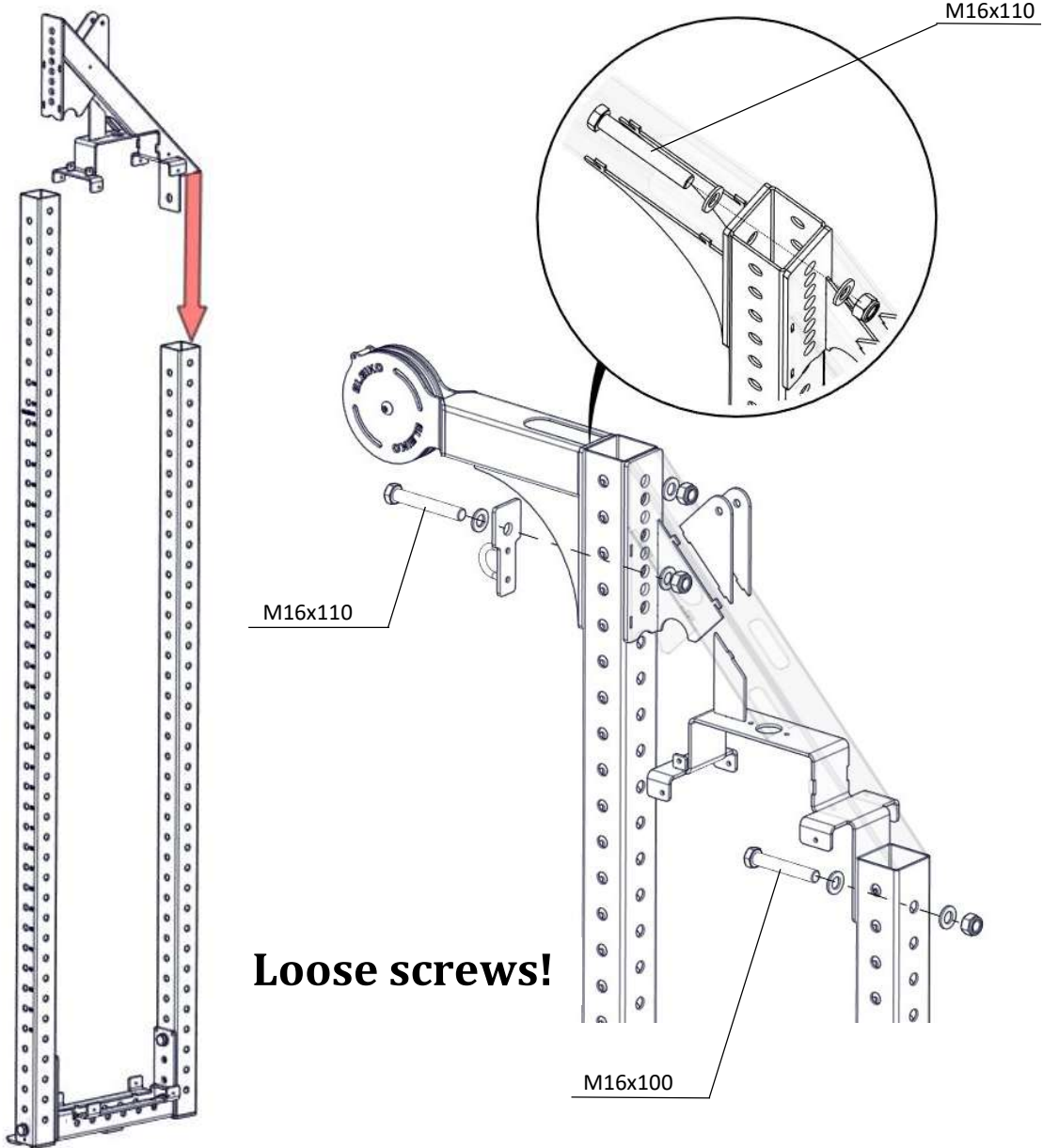


Box  
Starter kit  
- 2002690

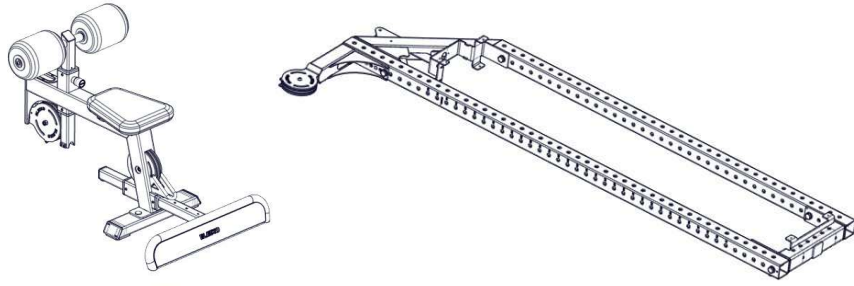


RAISE THE BAR

3

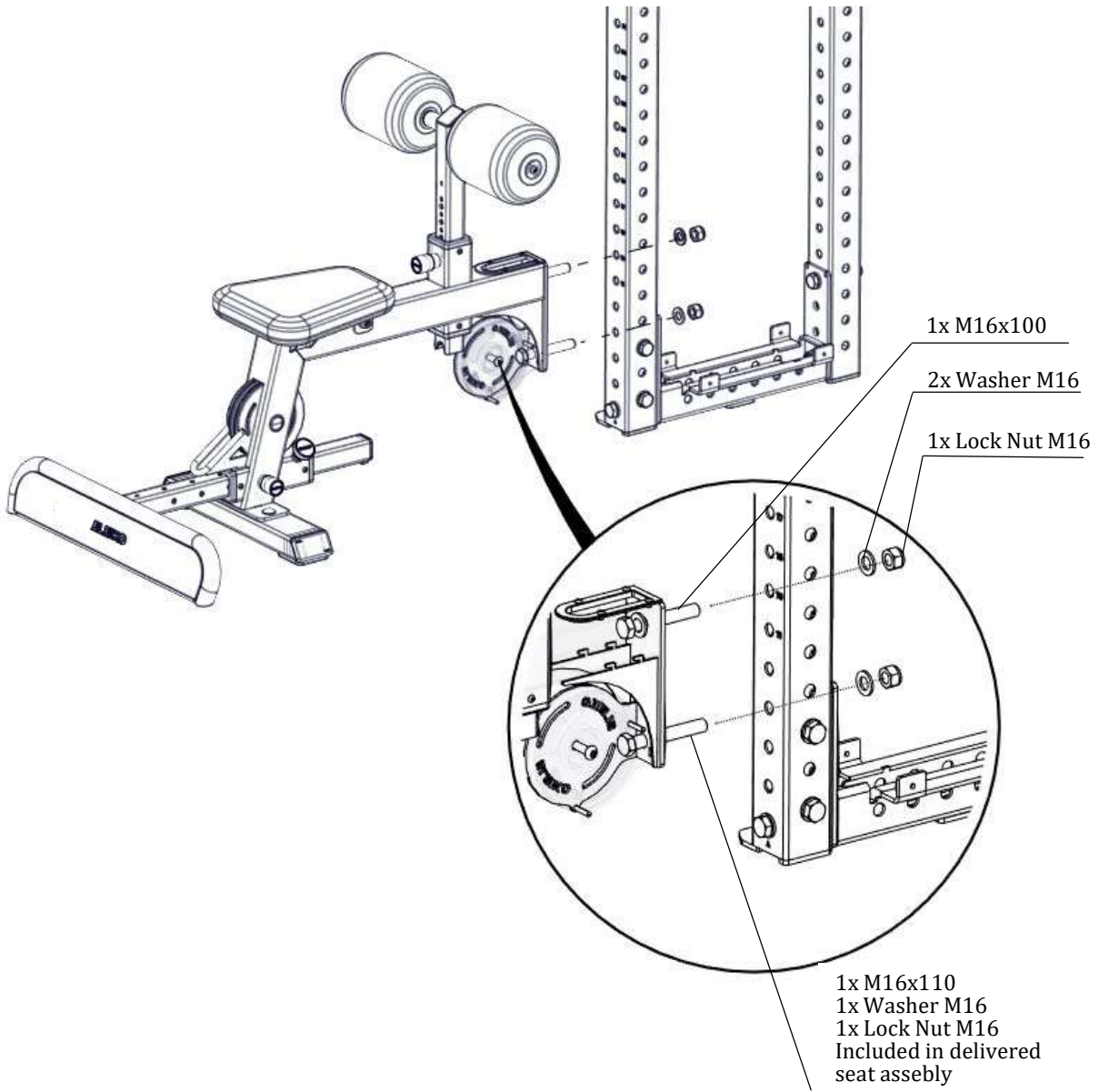


Box  
Starter kit  
-  
2002690

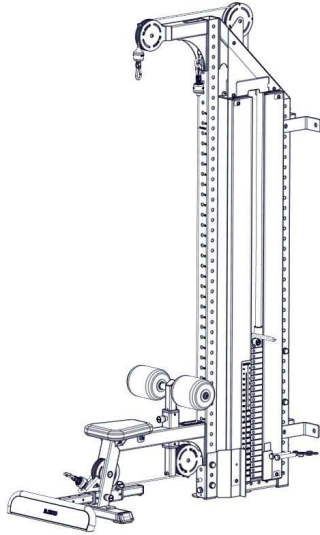


RAISE THE BAR

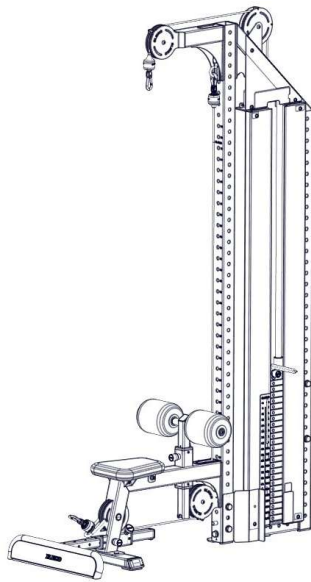
4



**Now tighten ALL M16-screws!  
(8 pieces)**

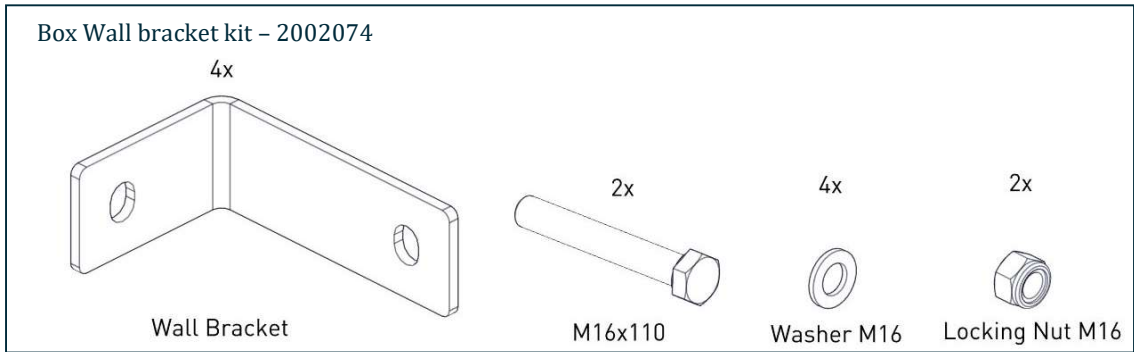


**Wall Mounted**  
**See page 19.**

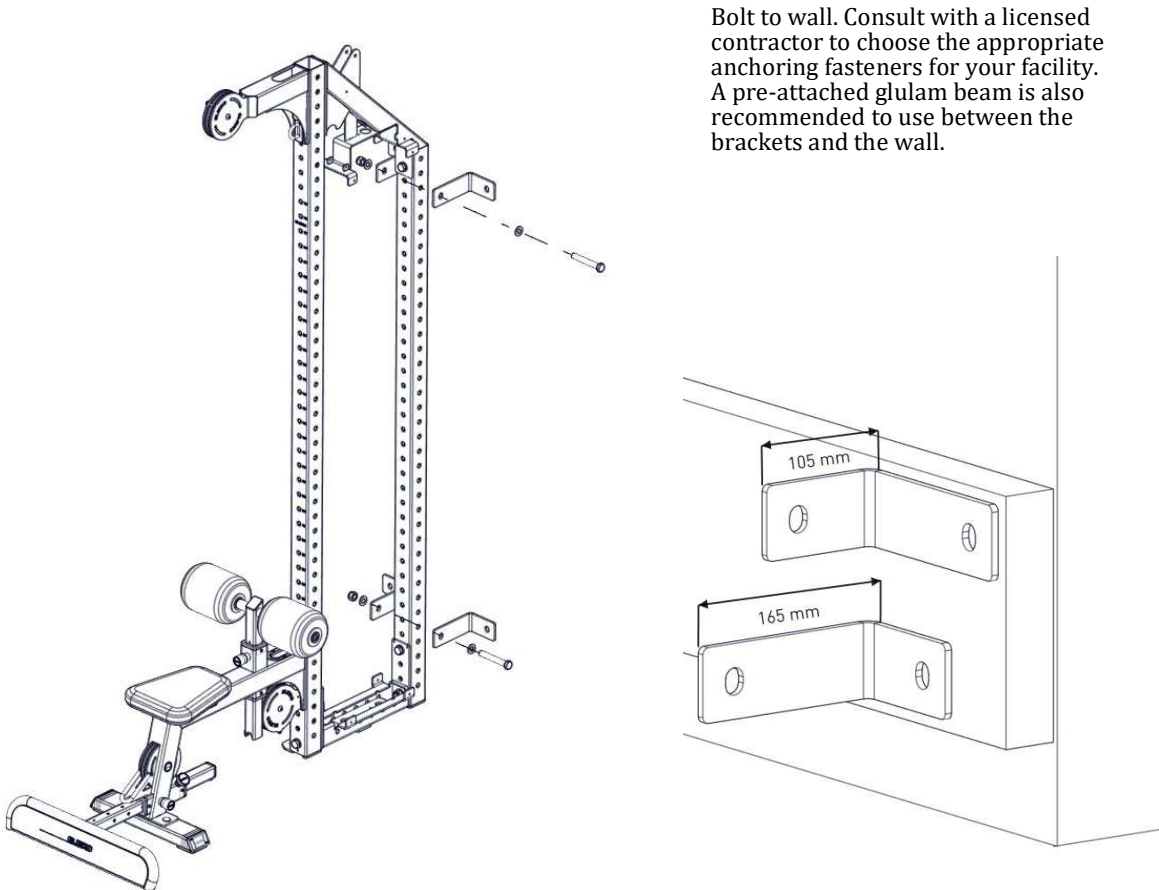


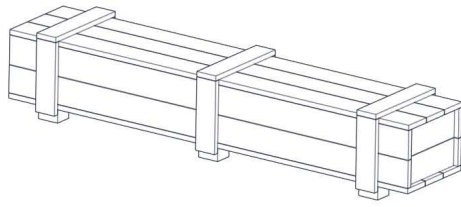
**Multi Station**  
**Continue on page 20.**

# Wall Mounted



## 5



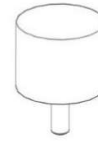


Box Cable – 3085858-120-LP/  
3085858-150-LP

2x

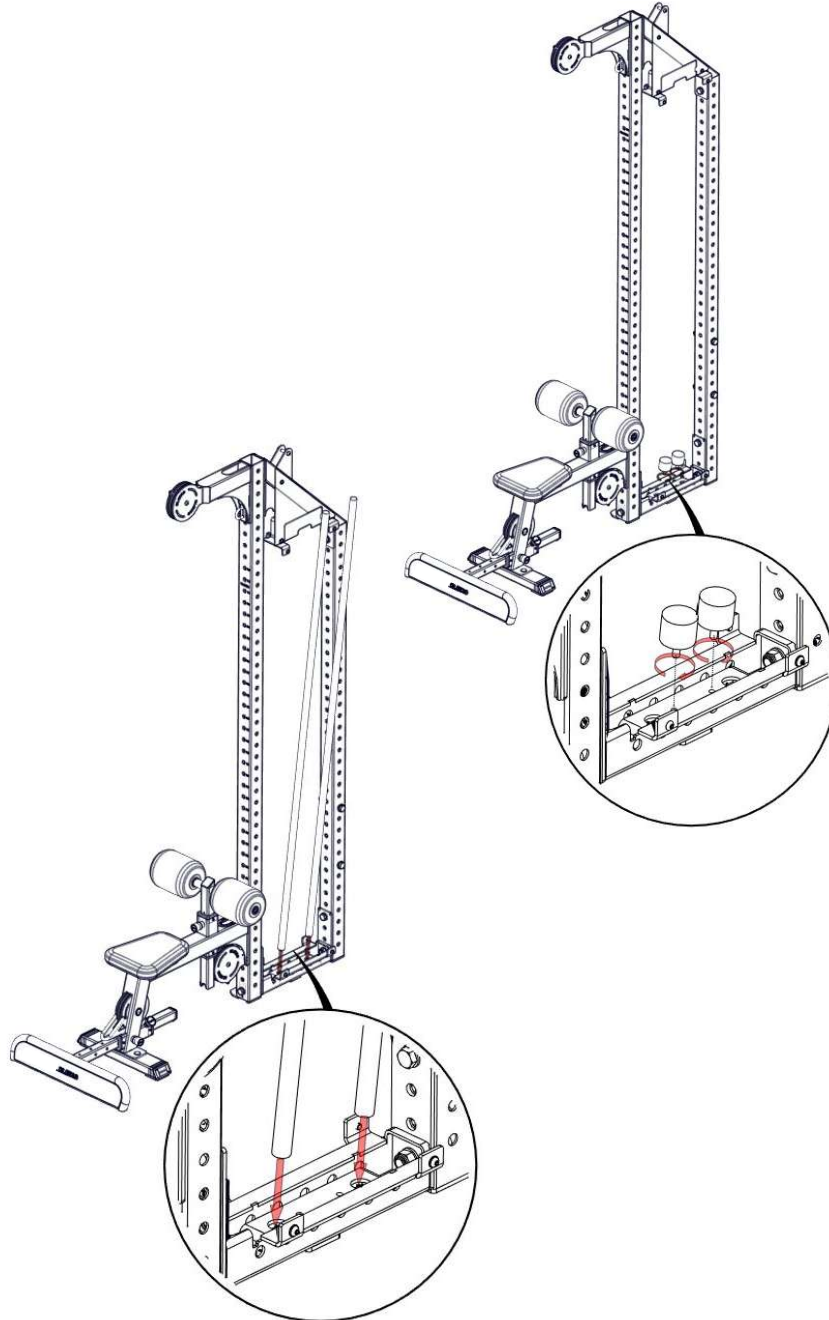


2x

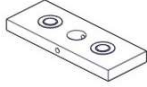


RAISE THE BAR

6

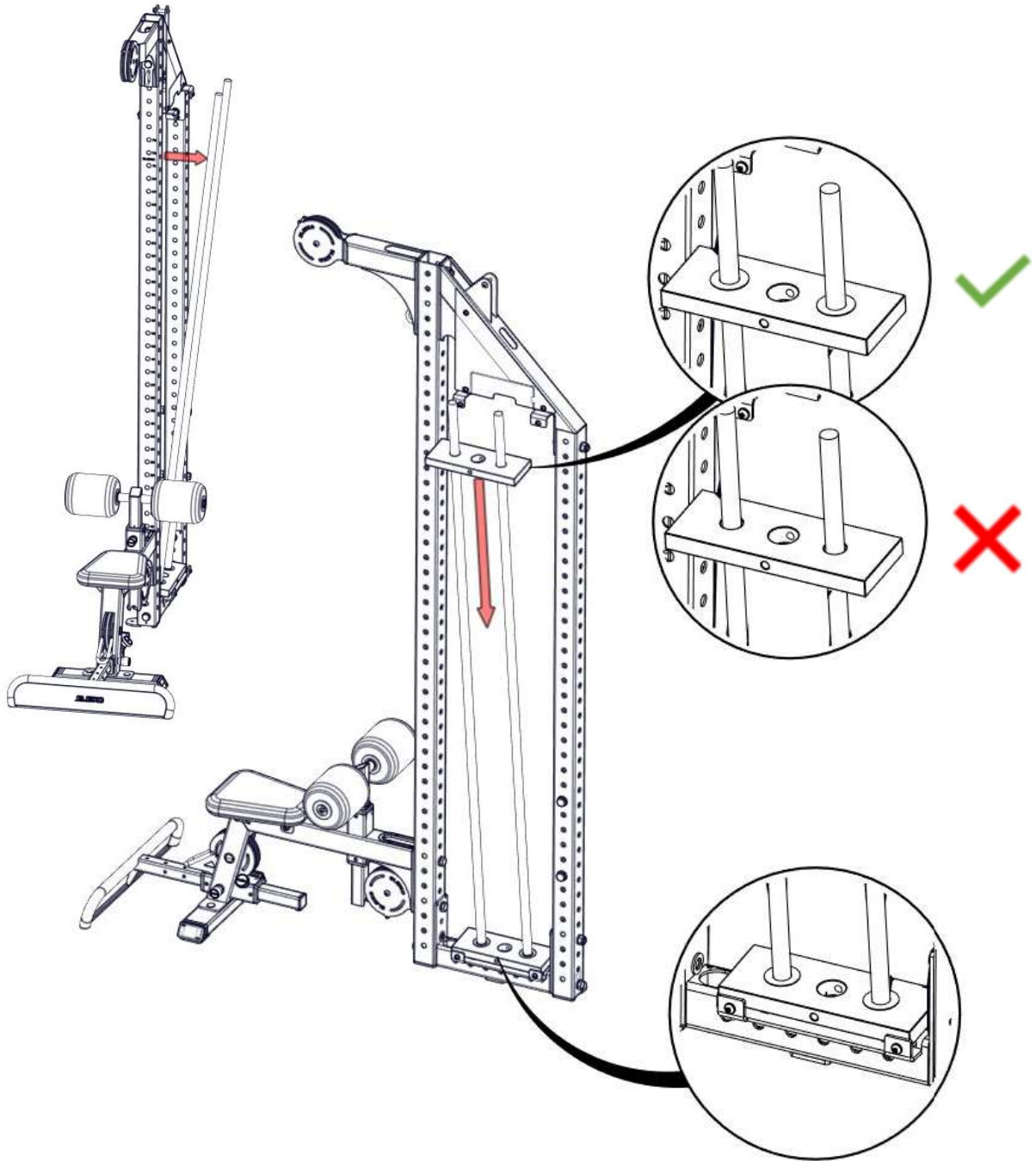


19x (120 kg)  
24x (150 kg)



7

RAISE THE BAR



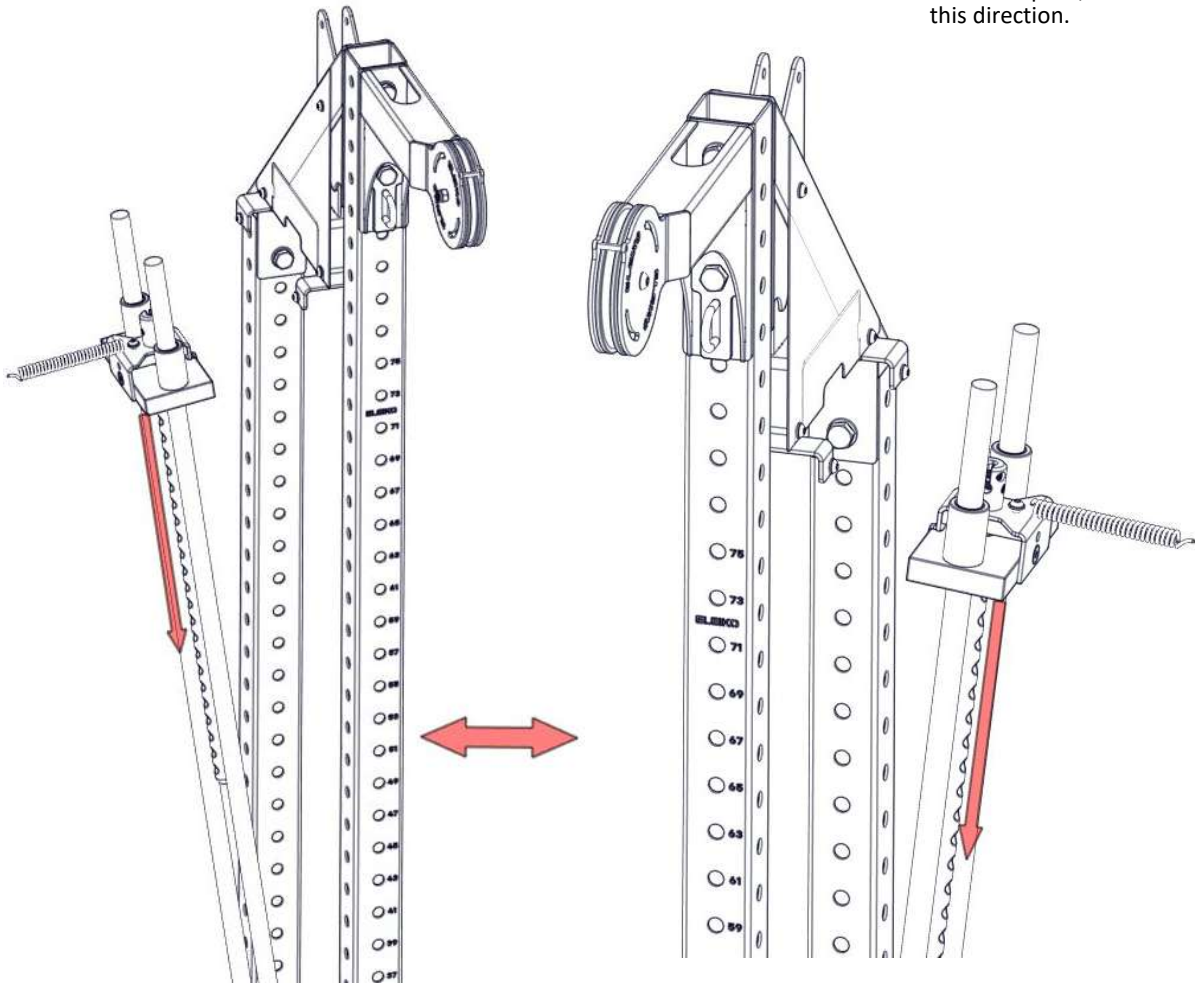


# 8

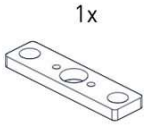
RAISE THE BAR

Decide direction to insert weight pin.

If more practical in terms of space, choose this direction.



To be preferred as most are right-handed.



1x

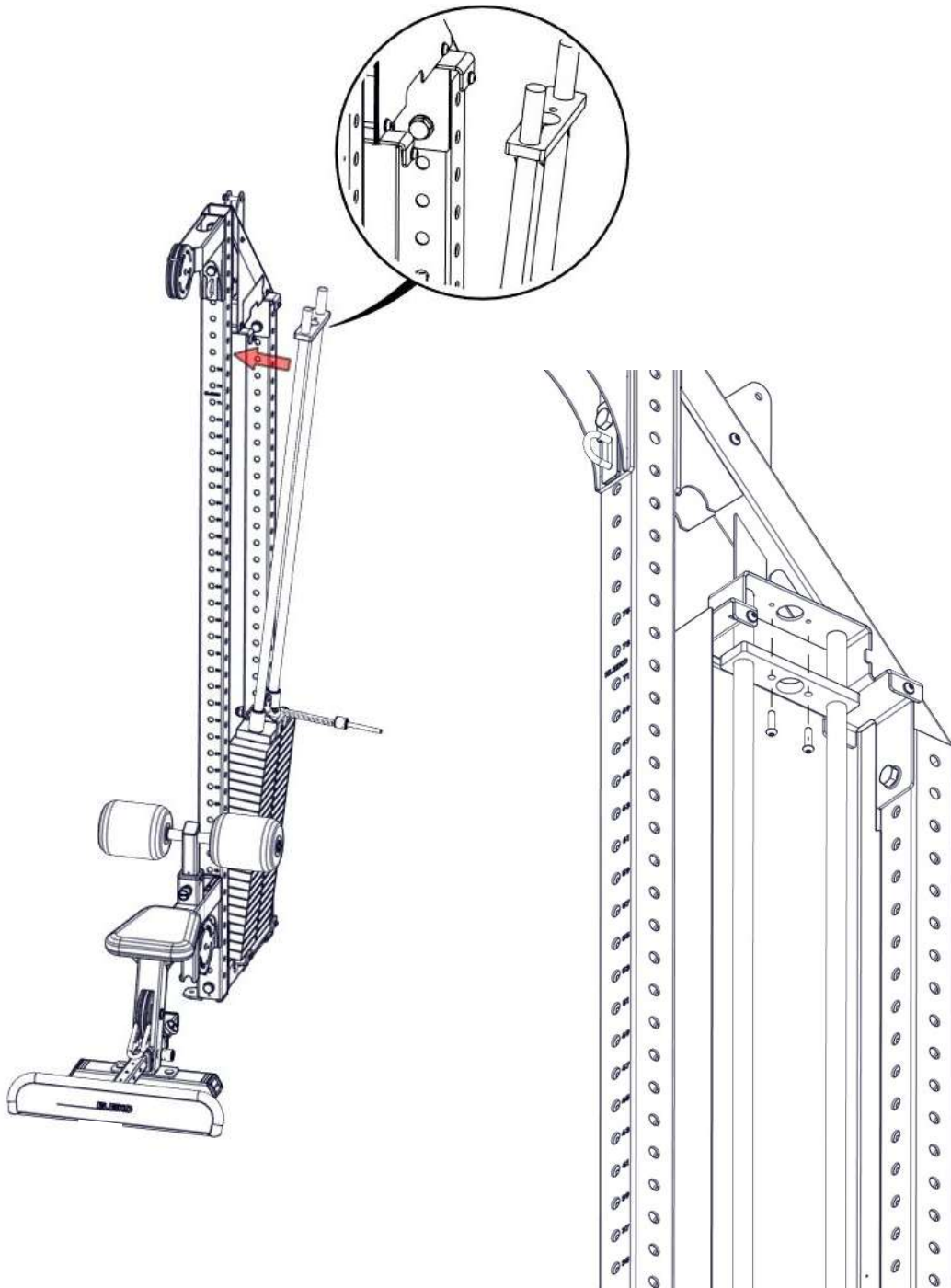


2x

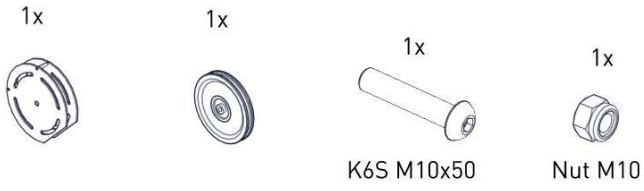
K65 M8x30

9

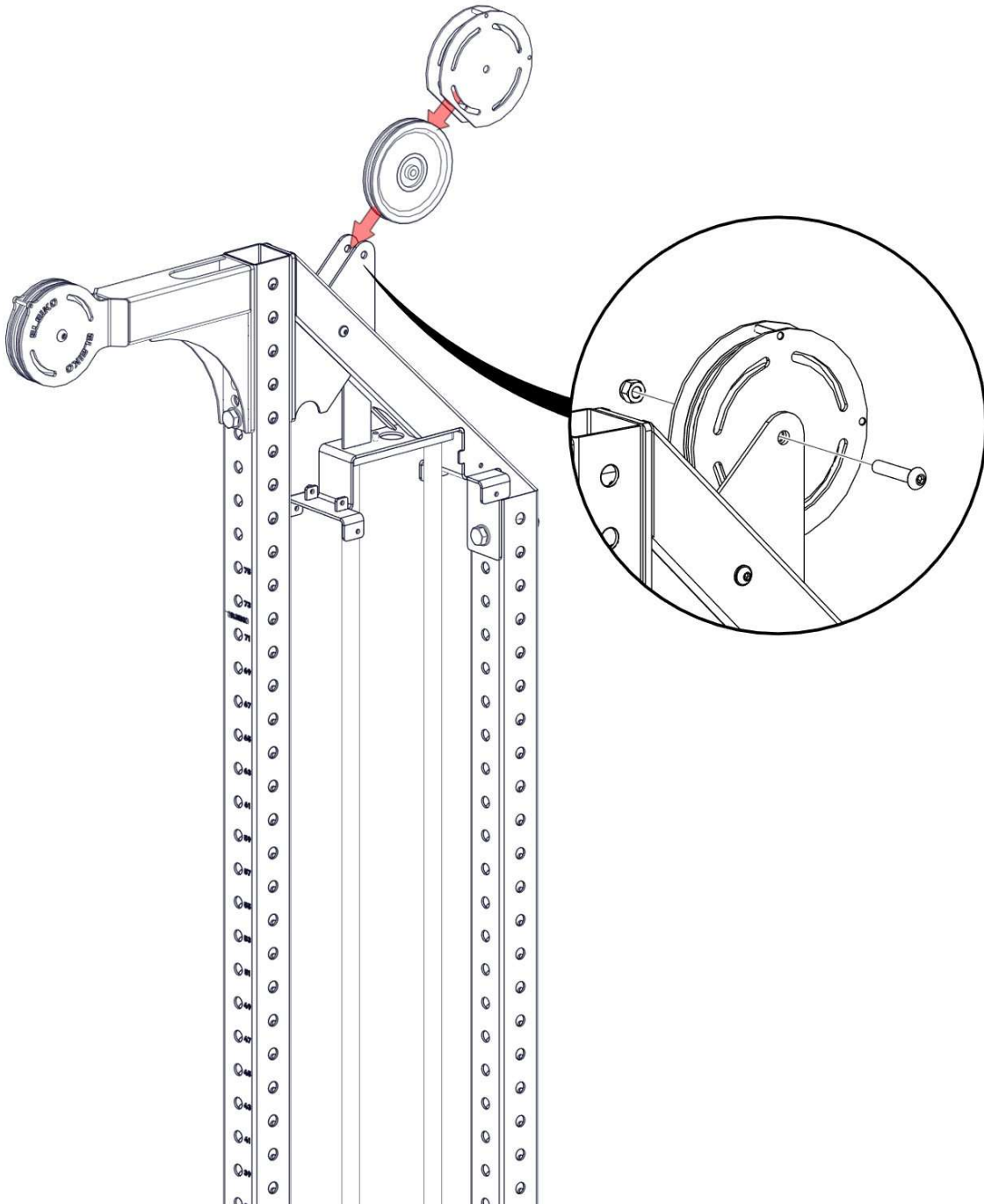
RAISE THE BAR

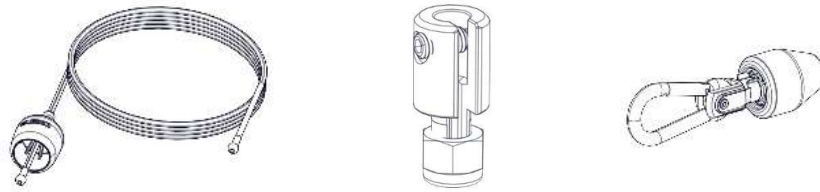


**ELEIKO**



10

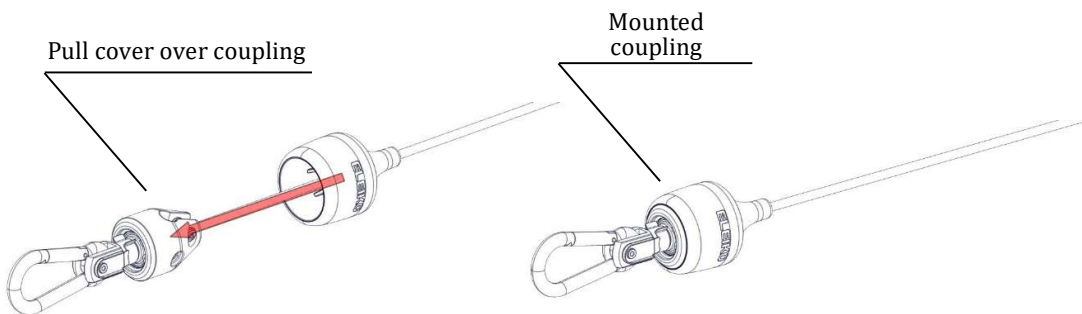
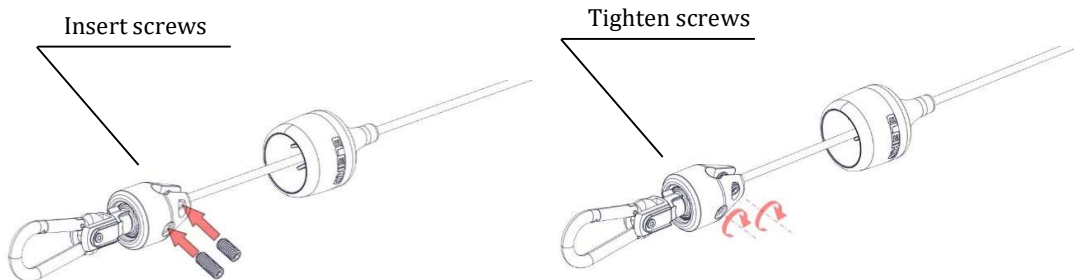
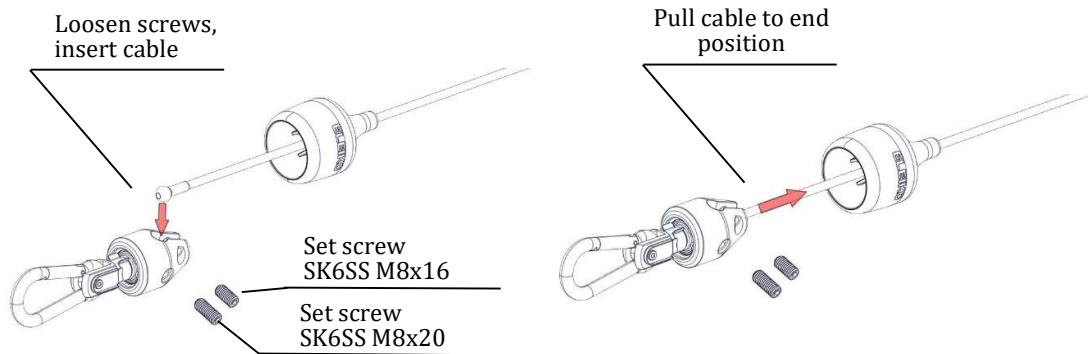




11

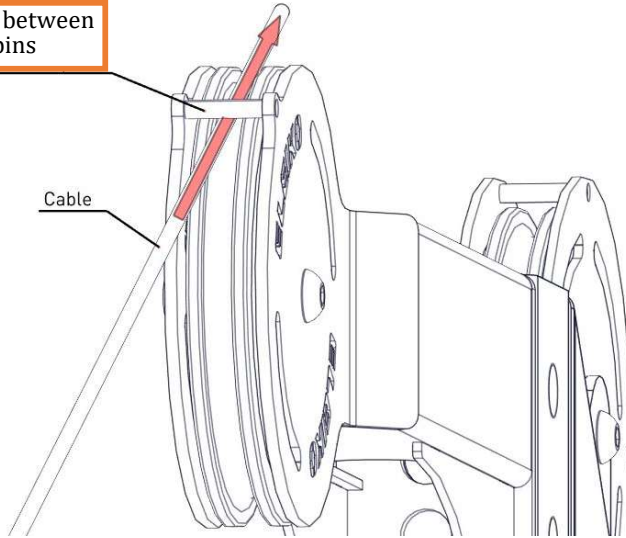
2002532-L2560 (120kg)  
2002532-L2430(150kg)

**Install wire!**

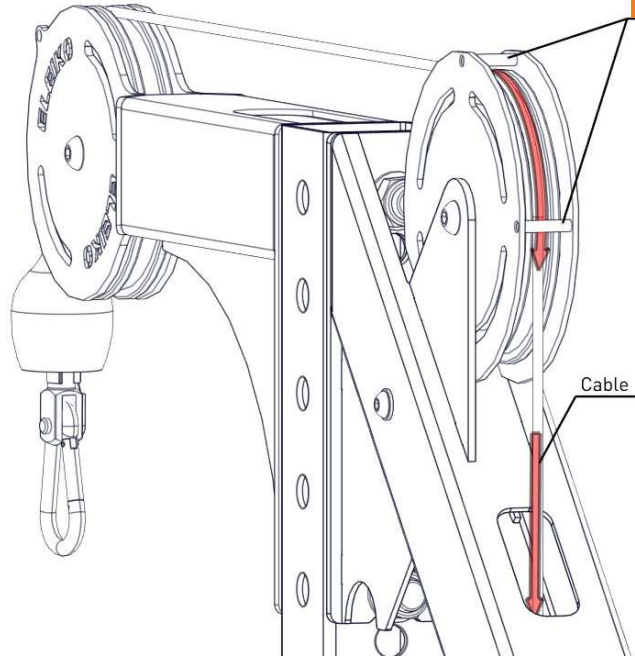


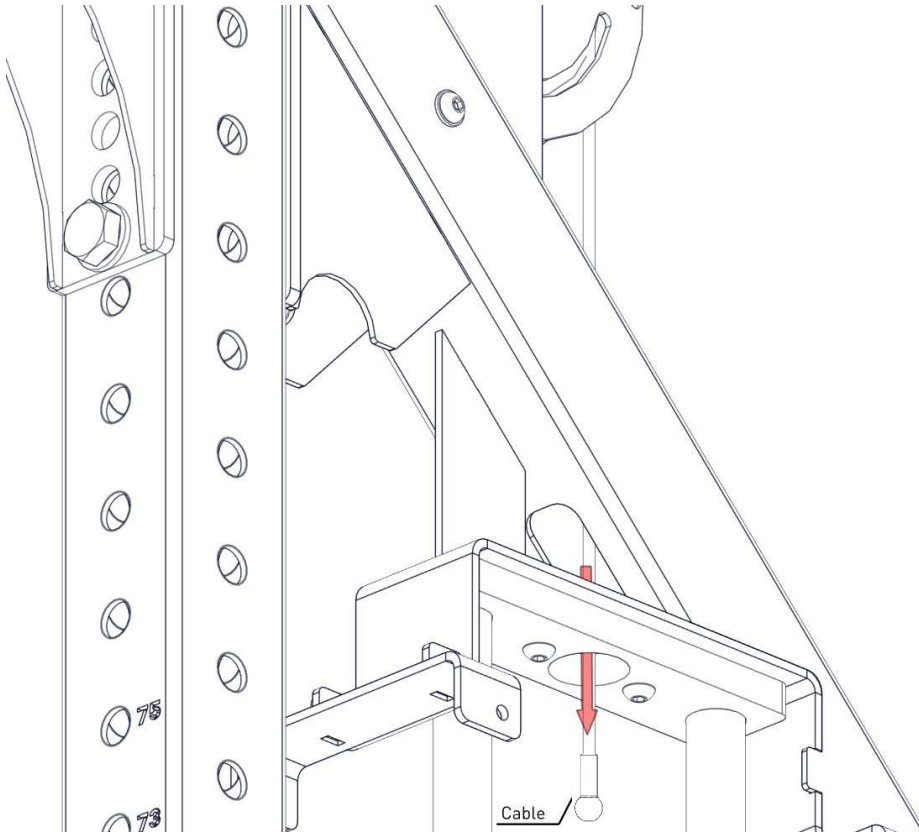
**Tighten screws firmly(5Nm)!**

The cable must go between pulley wheel and pins

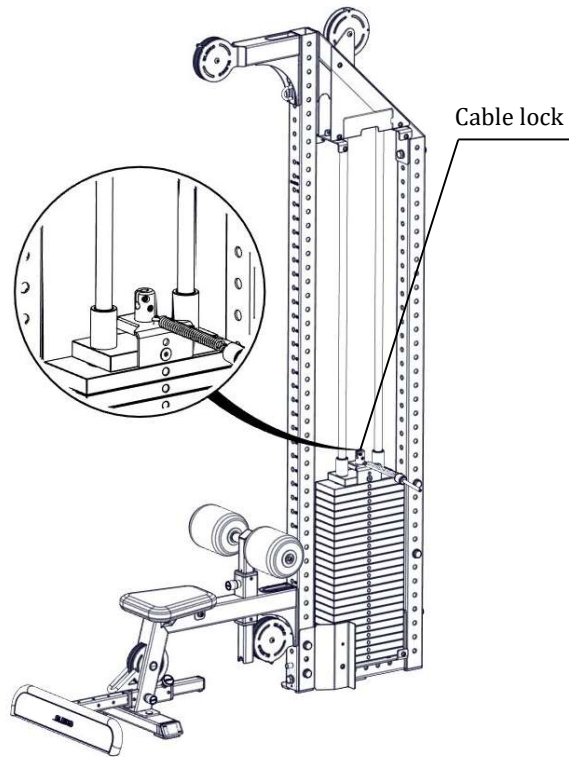


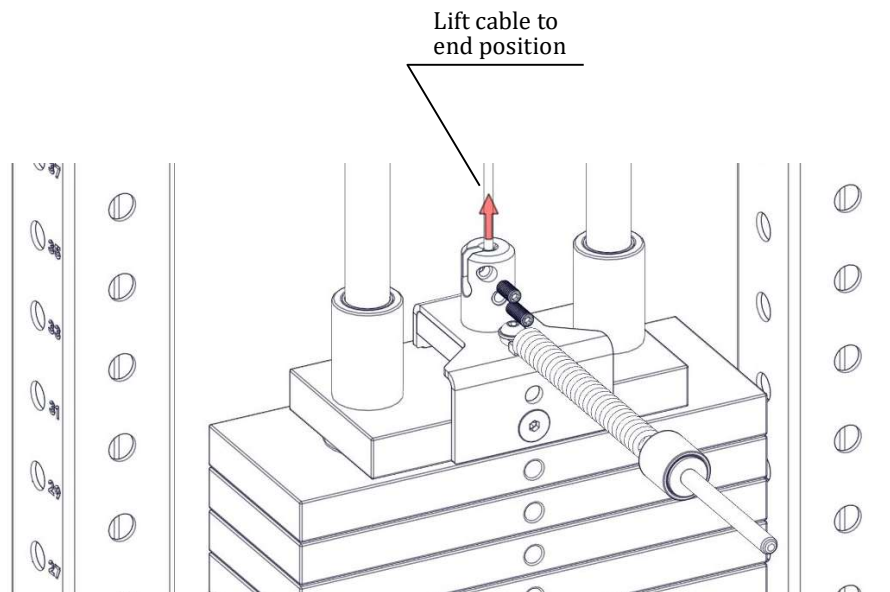
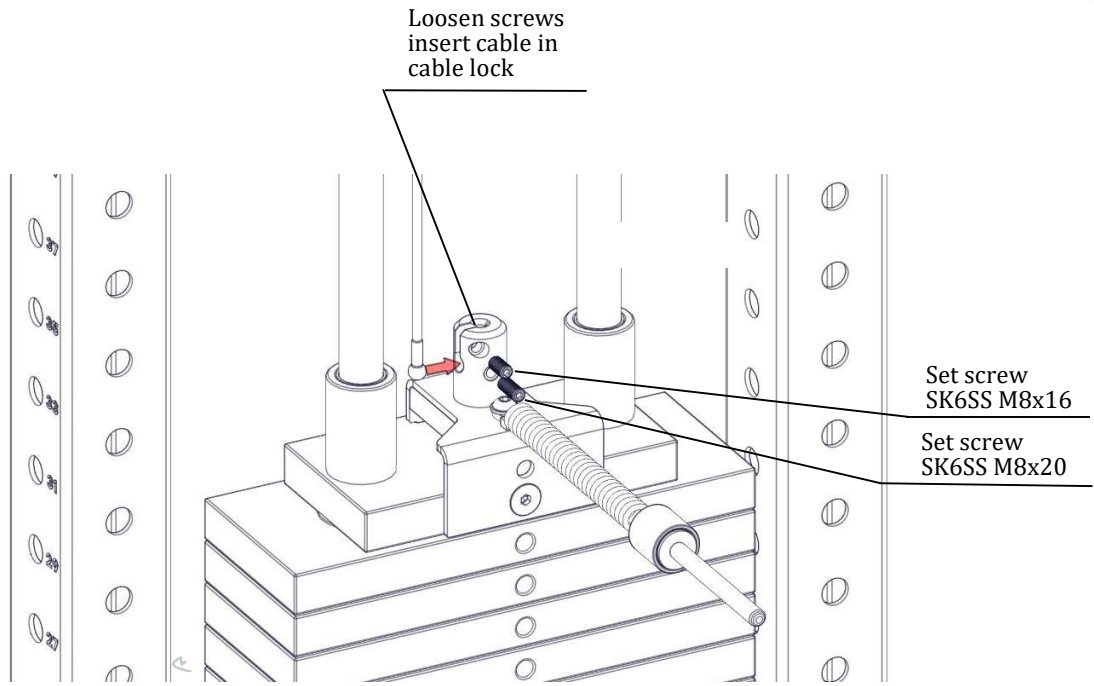
The cable must go between pulley wheel and pins

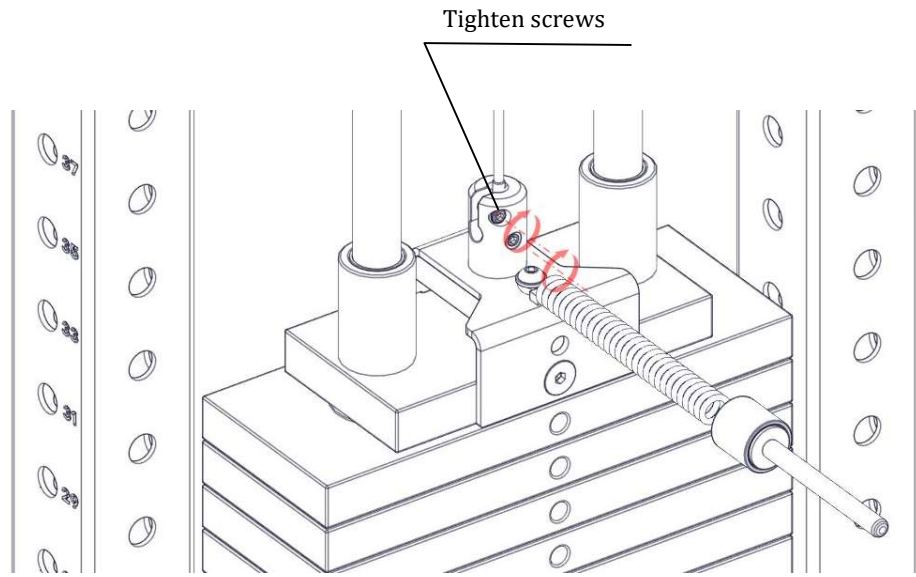
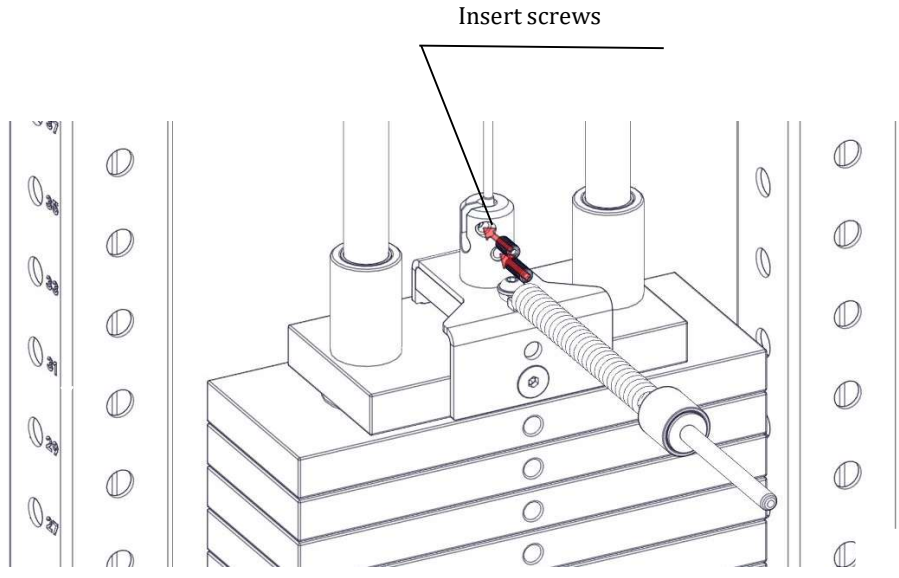




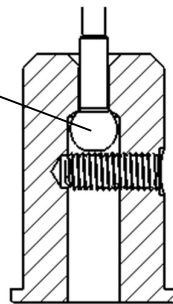
RAISE THE BAR



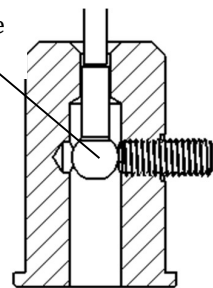




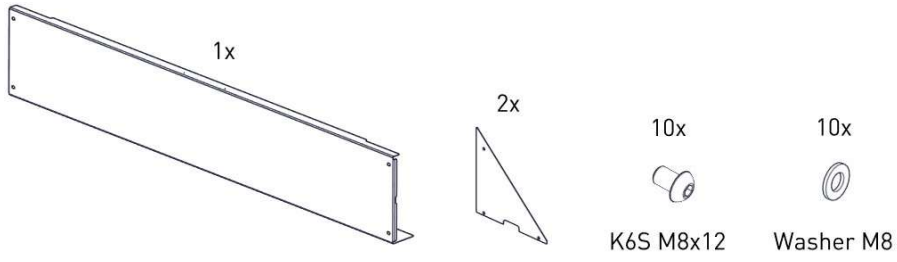
Tighten screws keep wire end in place!



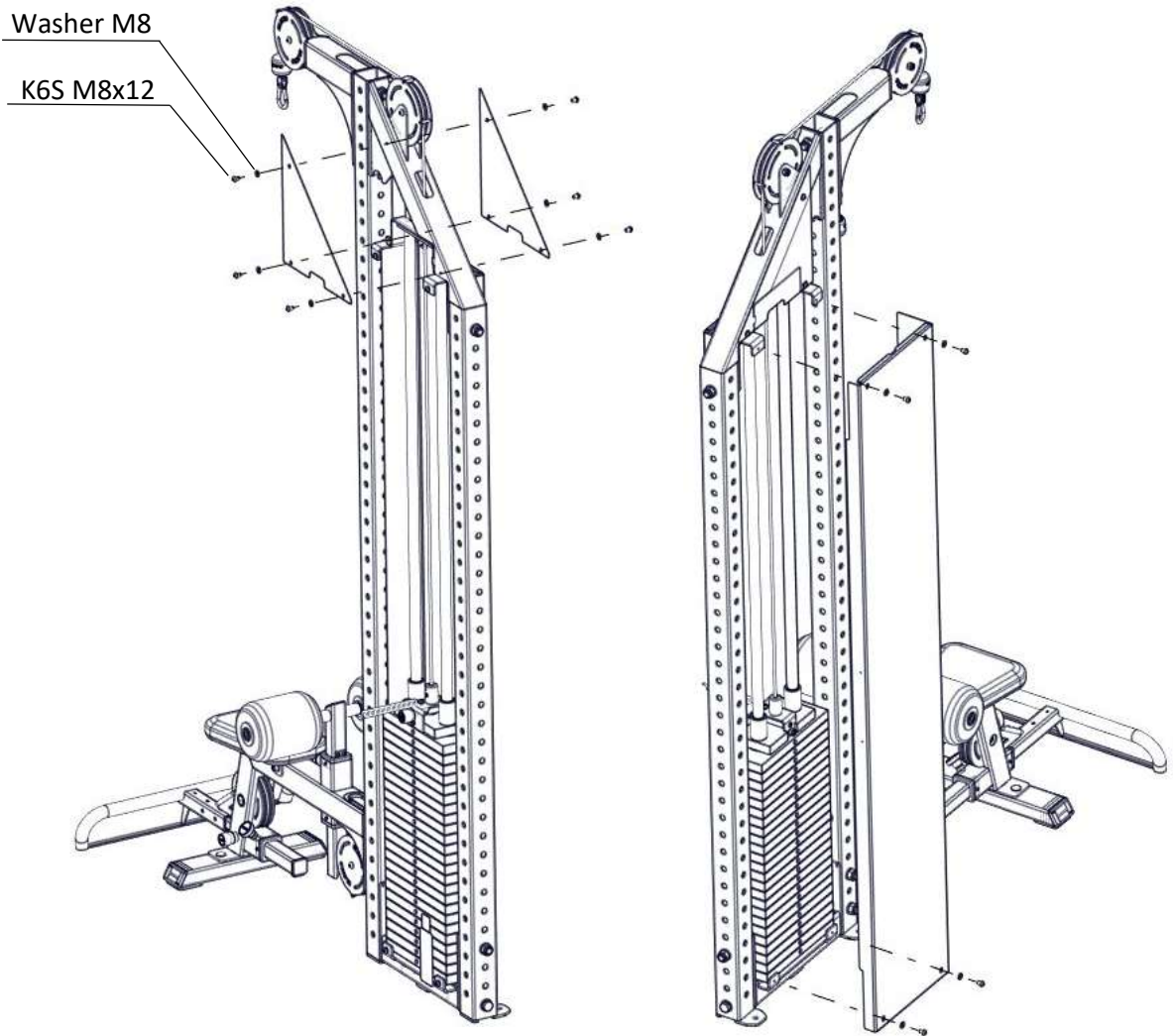
Squeezing cable end with screw will cause defect cable!

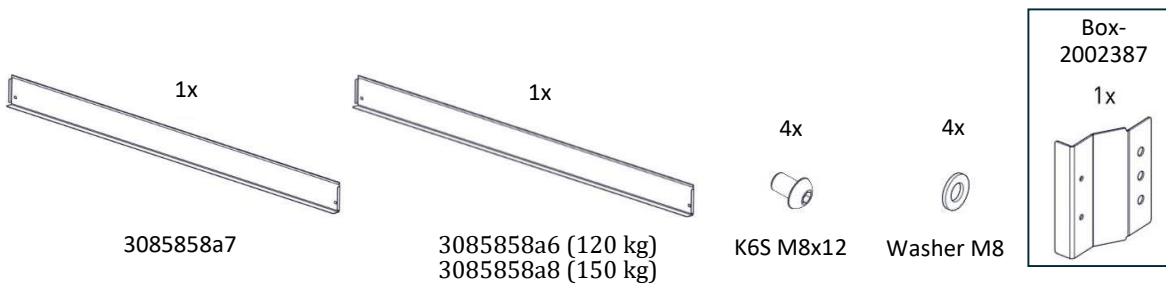


**Tighten screws firmly(5Nm)!**



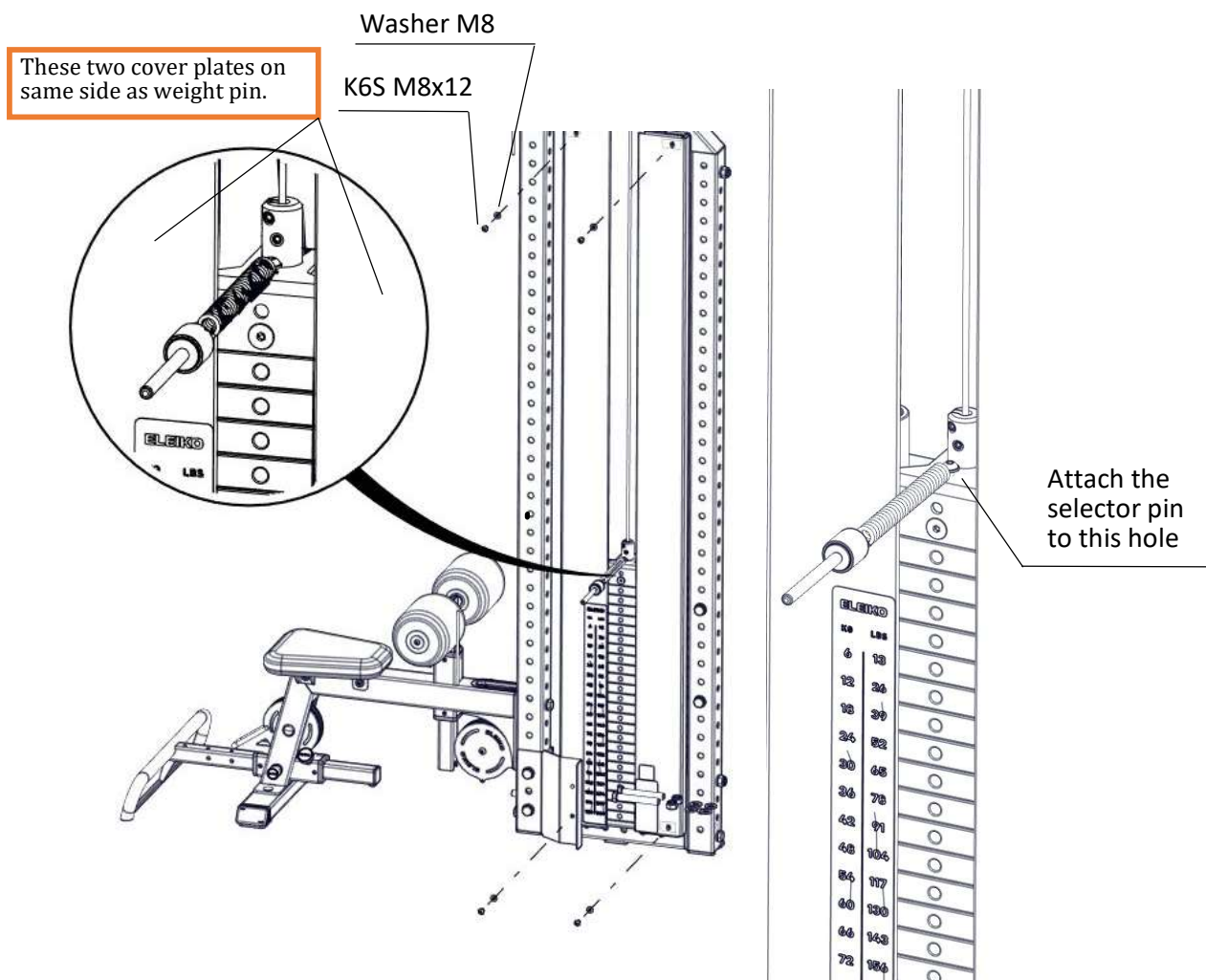
# 12

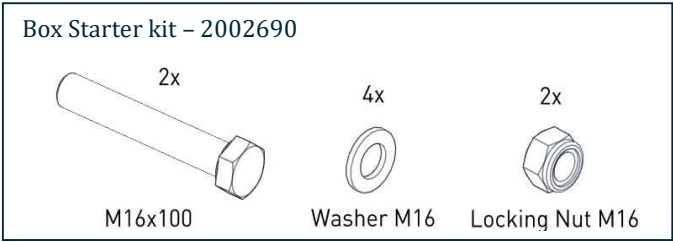




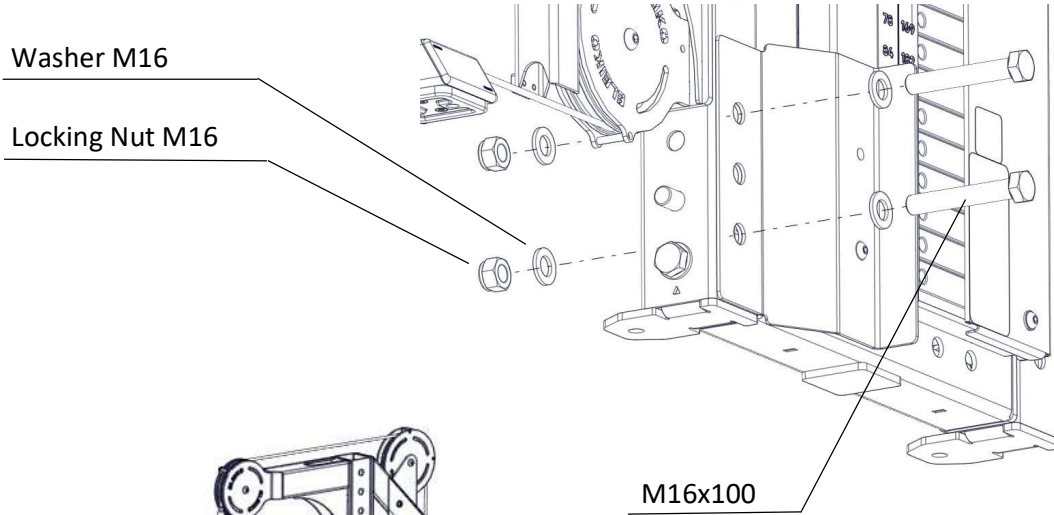
RAISE THE BAR

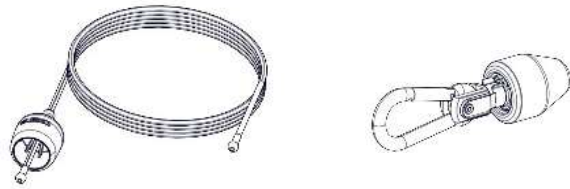
# 13





# 14

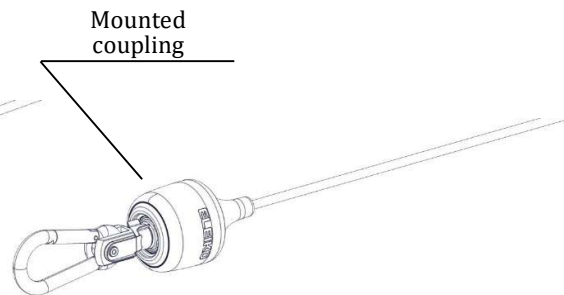
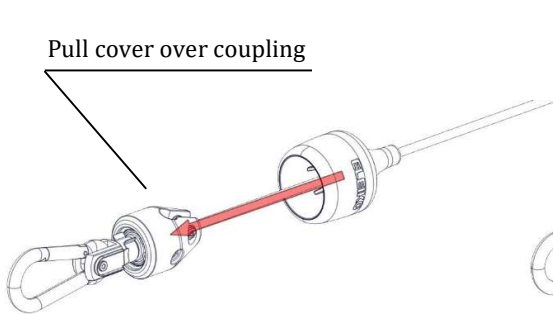
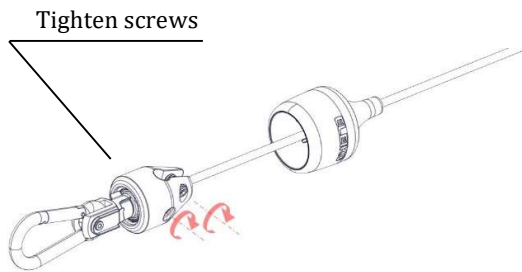
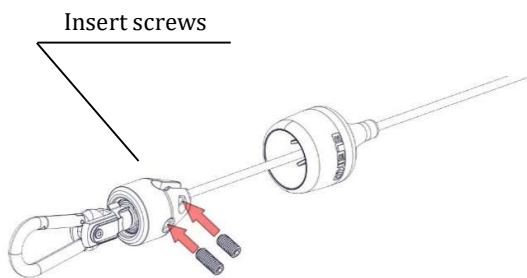
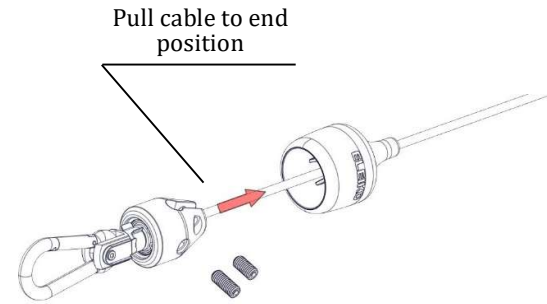
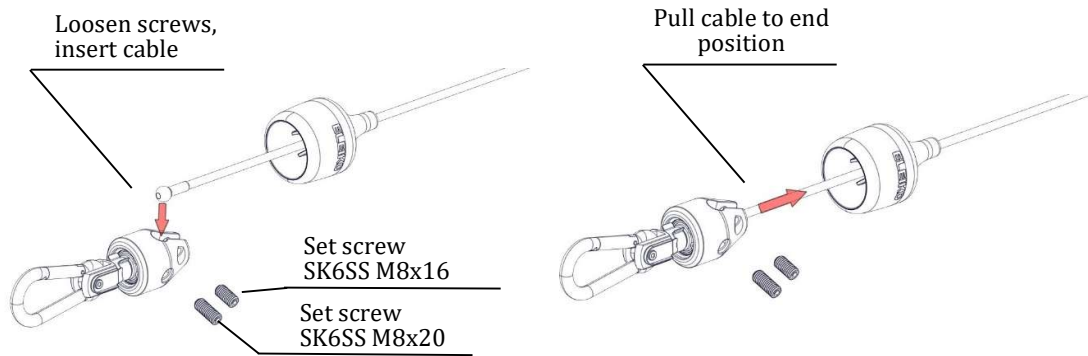




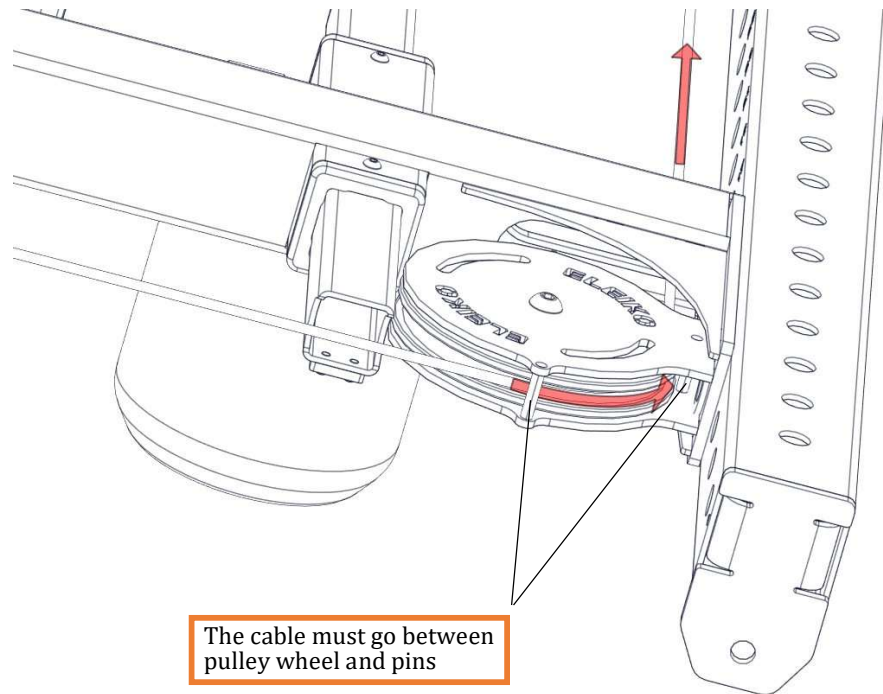
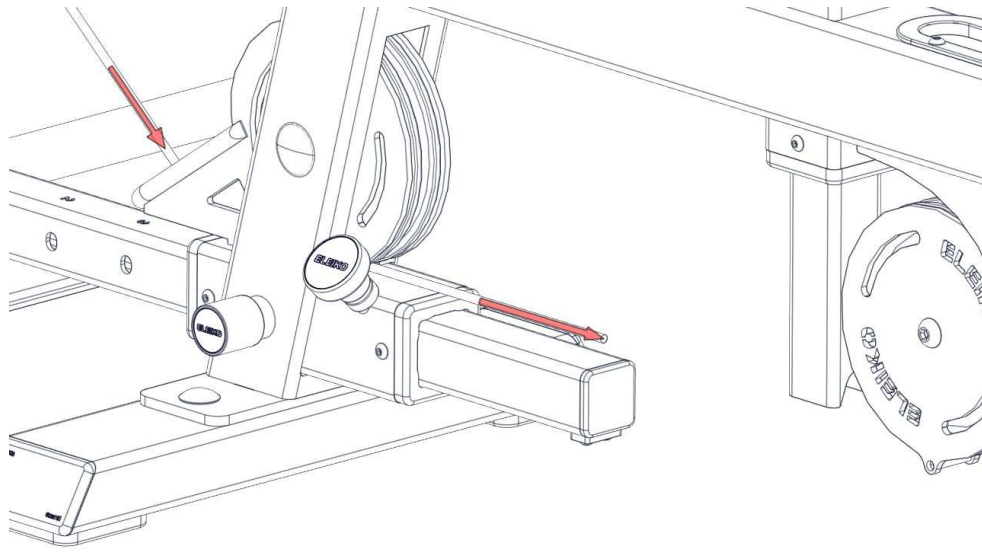
15

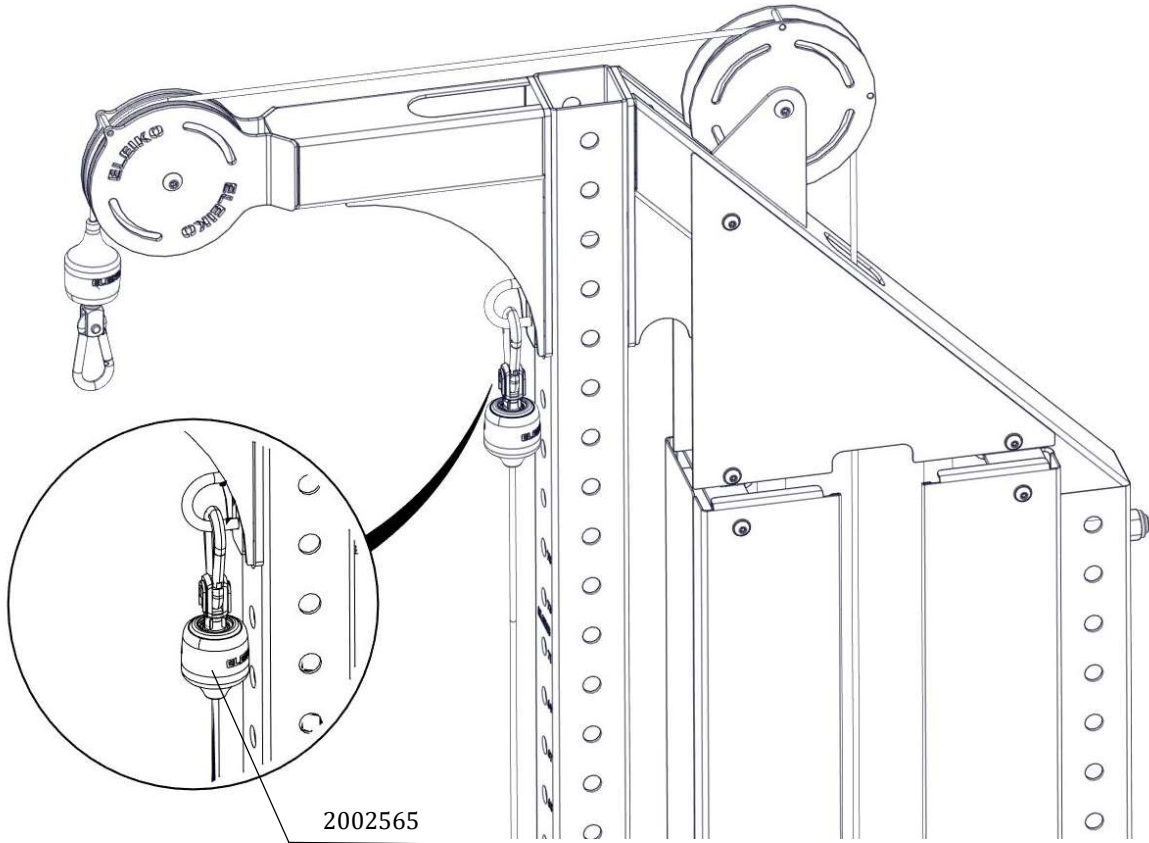
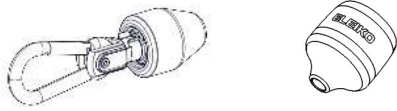
2002532-L2565(Combo)

**Install wire! Lat pull down & low row combo**

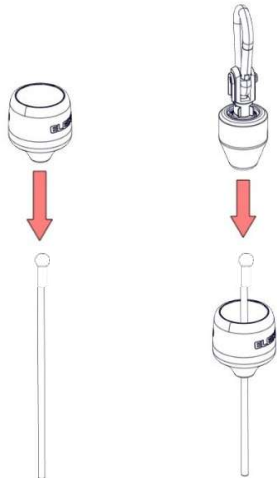


**Tighten screws firmly(5Nm)!**



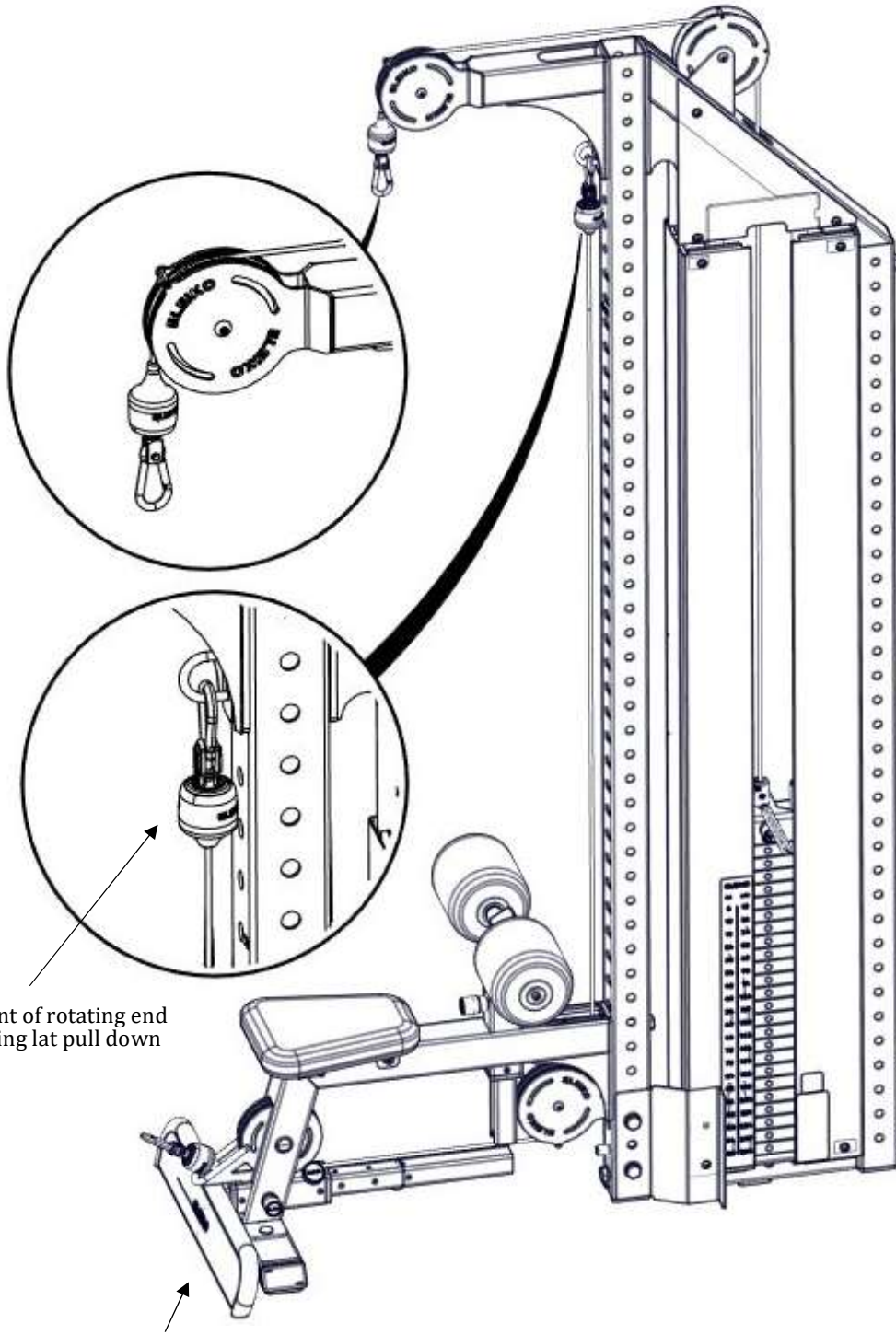


2002565



See page 30 for details

Set up when using lat pull down

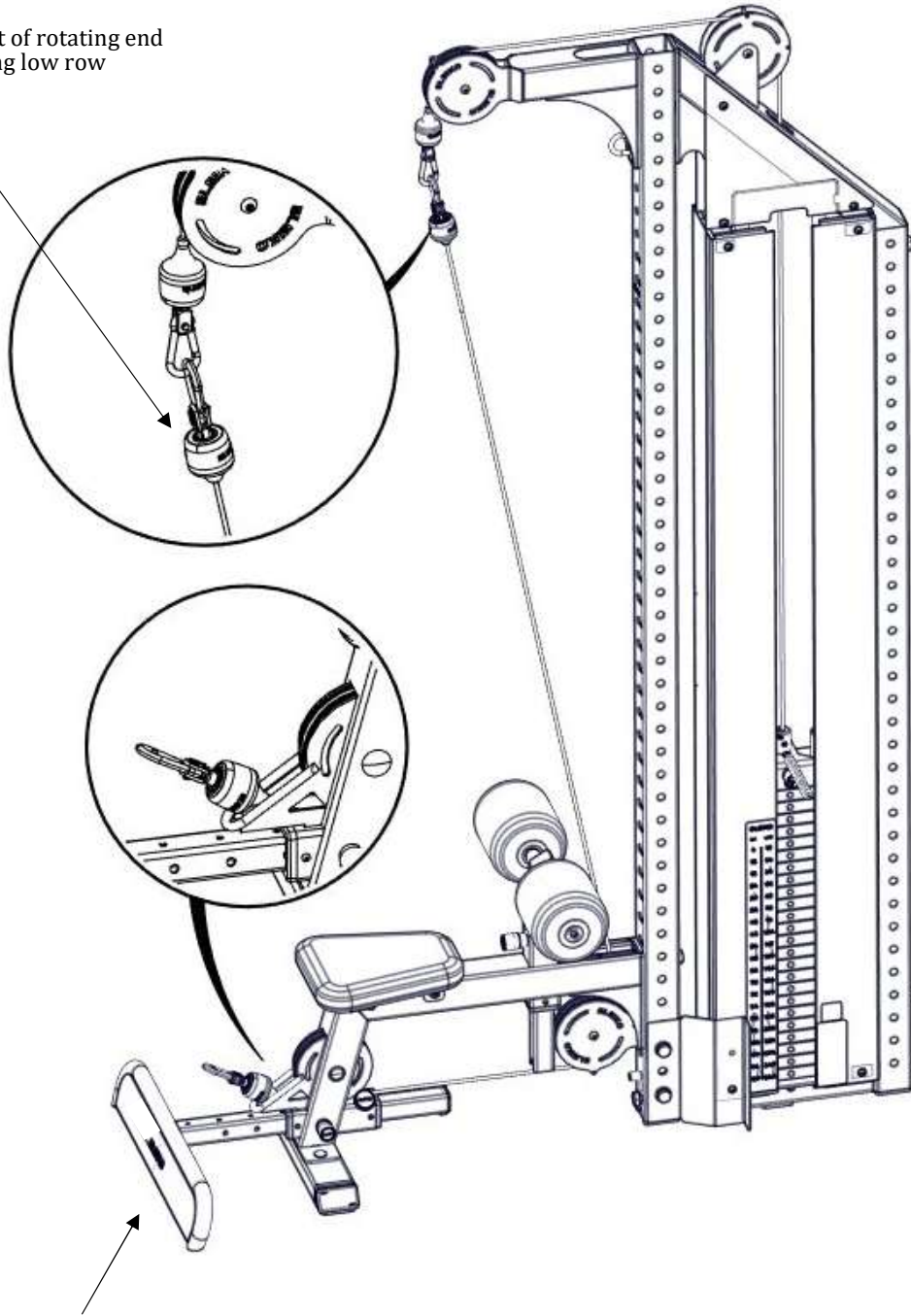


Placement of rotating end when using lat pull down

Adjustable footplate, position of footplate when using lat pull down

Set up when using low row

Placement of rotating end  
when using low row

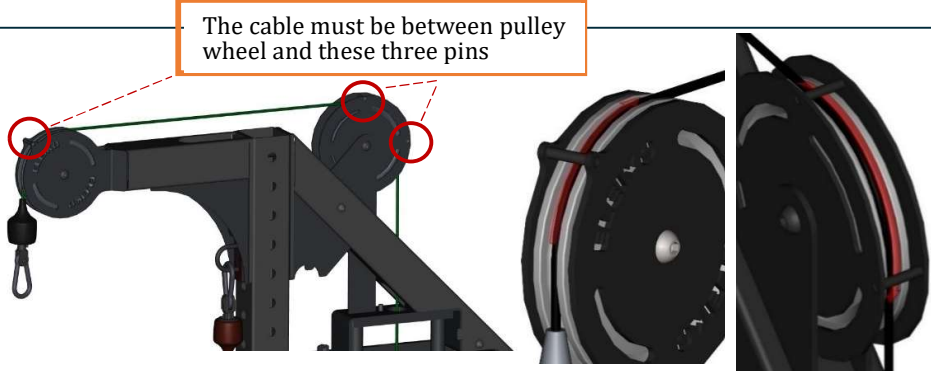
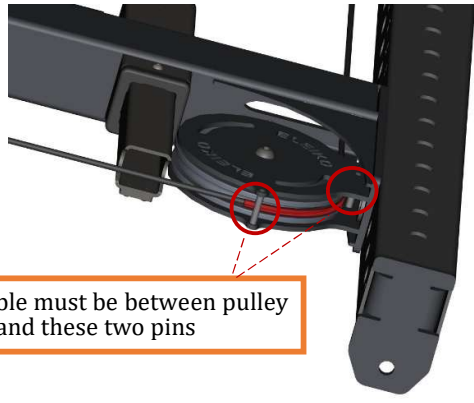
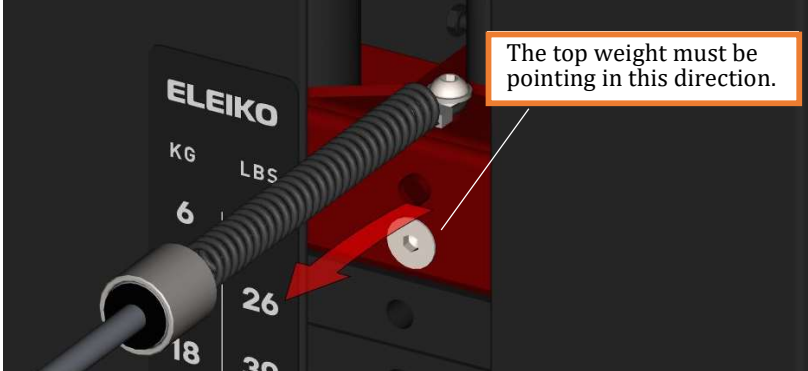


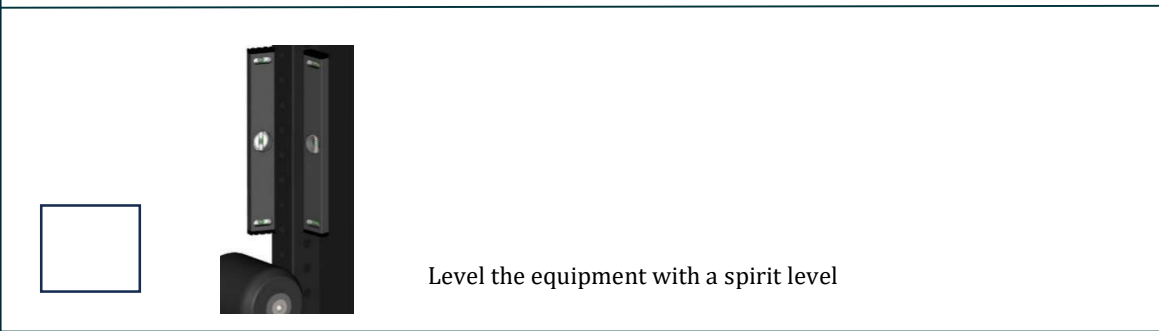
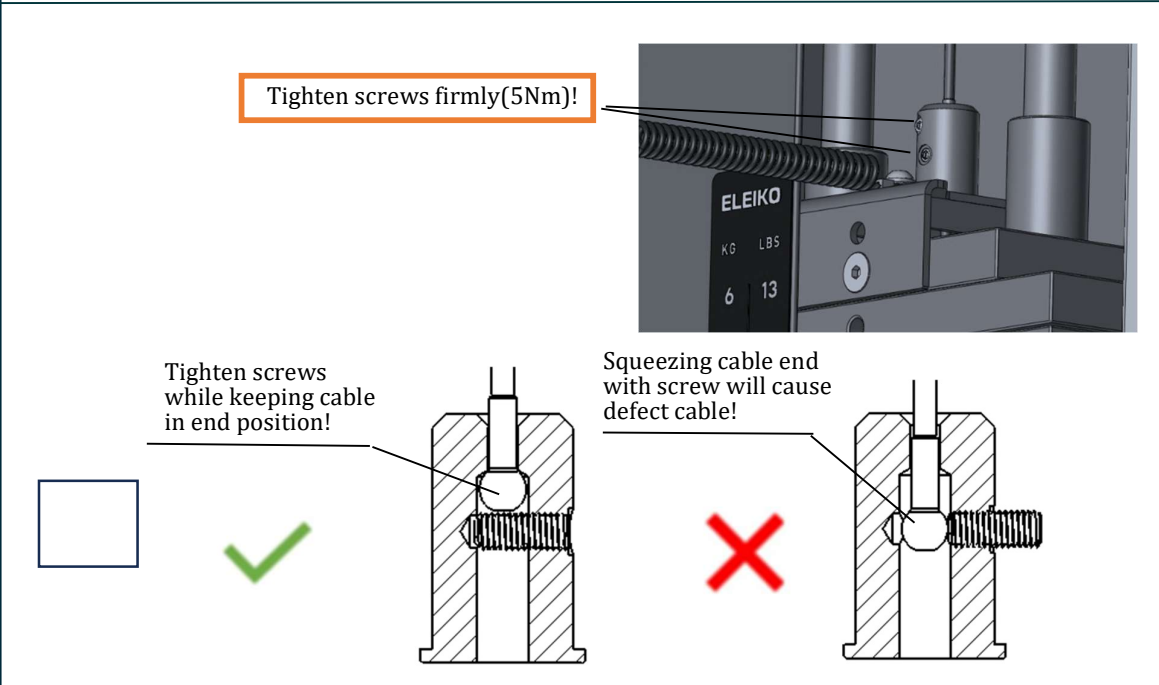
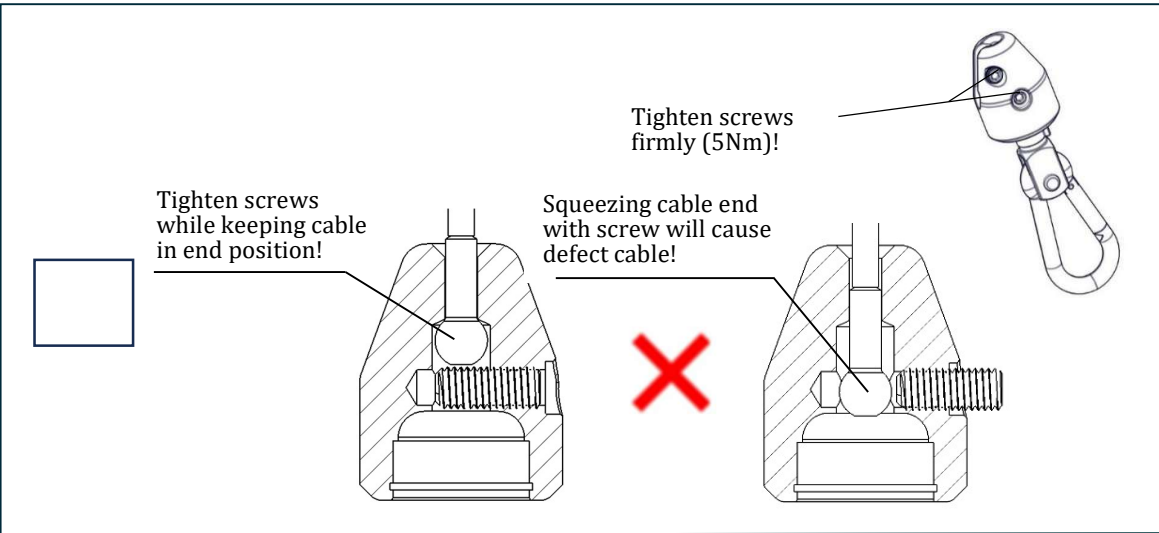
Adjustable footplate, when using low row

RAISE THE BAR

To ensure the validity of your product warranty, make sure to review this checklist carefully. Unfortunately, the warranty will not be applied if the checklist is not followed.

## Product Checklist

<input type="checkbox"/>	 <p>The cable must be between pulley wheel and these three pins</p>
<input type="checkbox"/>	 <p>The cable must be between pulley wheel and these two pins</p>
<input type="checkbox"/>	 <p>The top weight must be pointing in this direction.</p>



I have read and understood that Eleiko always recommends that this product should be bolted to the ground. If you are someone other than the buyer and who performed the installation, you guarantee that the buyer has been notified of this recommendation.

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info@eleiko.com