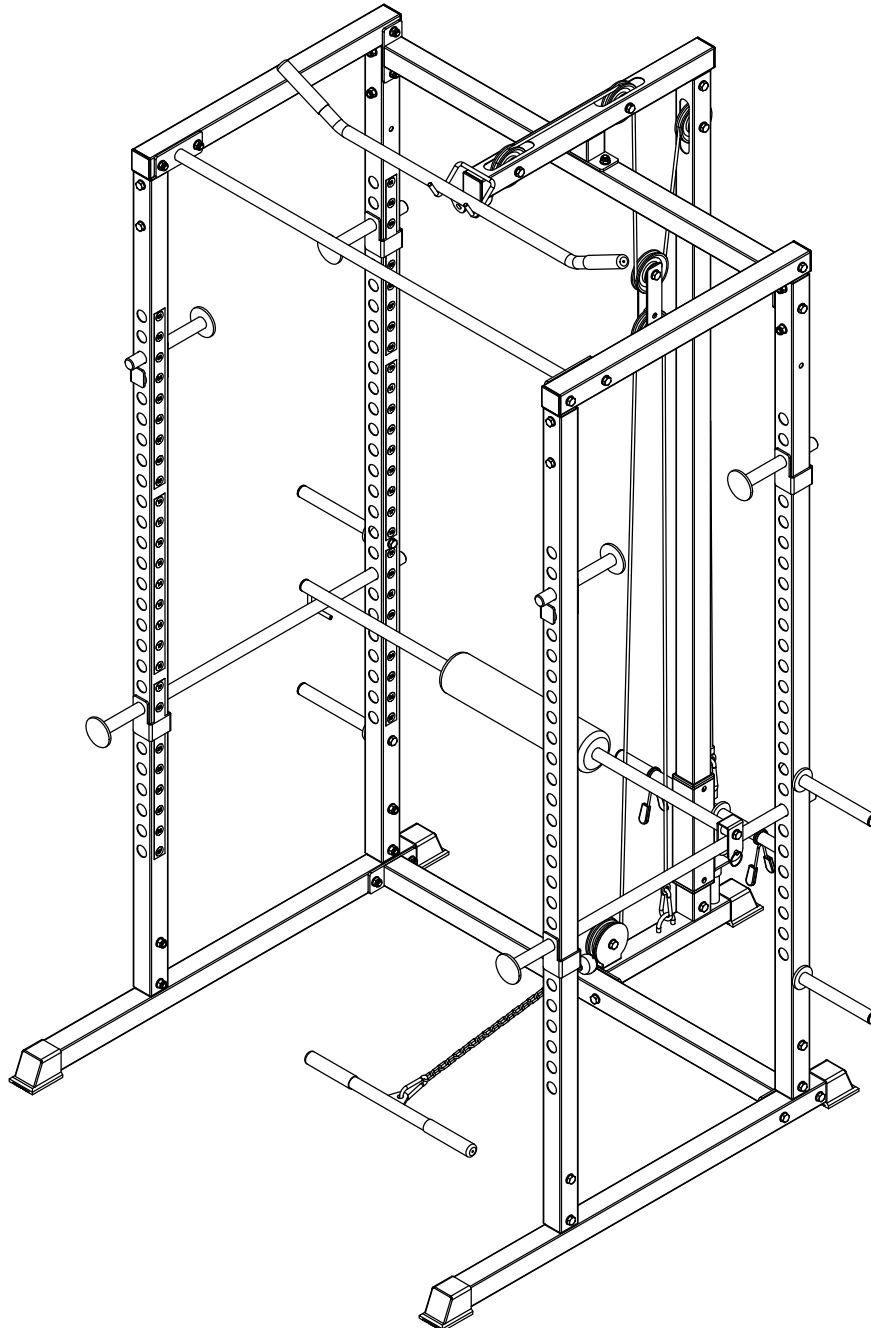




VALOR FITNESS

FITNESS EQUIPMENT FOR THE BRAVE AT HEART

POWER RACK WITH LAT PULL BD-7



OWNER'S MANUAL



VA09062015

SAFETY & PRECAUTIONS

IMPORTANT: READ ALL PRECAUTIONS CAREFULLY BEFORE USING THIS PRODUCT. RETAIN OWNER'S MANUAL FOR FUTURE REFERENCE.

Note: This item is shipped in an unusual shaped box. Please hold on to box until you feel there's no need to return product. Place the manual and warranty information in a safe secure place in your home or office.

- In the event should you find this product has either a defective or a missing part, do not use substitute parts or try to use the unit in an incomplete form. Please contact Valor Athletics Inc. for a replacement.
- Additional features on products may be added during seasonal production but may not be featured in line art diagrams at time of production. Changes of such will not affect the performance or assembly of the unit. If you would like further clarification during your assembly process please feel free to contact Valor Athletics for direction.
- This product has been designed for **light commercial** or **home use** only. Light commercial can be defined as a location with multiple users but not in a membership setting. Examples would be hotels, fire departments, high schools, etc.. Commercial use would include, but not limited too, locations that accept membership for use of equipment.
- This exercise equipment was designed and built for optimum safety. However certain operator precautions apply whenever you operate a piece of exercise equipment. Please note the following safety procedures:
 1. Keep children and pets away from this equipment.
 2. Always inspect equipment prior to use to assure the structural integrity. Some parts may need occasional maintenance due to wear and tear.
 3. Lubricate moving parts as needed(depends on use but once a month is a good rule to follow)
 4. One person at a time should use this equipment unless otherwise designed for safety(example:spotter stand on some weight benches)
 5. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, stop the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
 6. Always use this equipment on a level surface. Do not use outdoors or near water.
 7. Keep hands and feet away from any moving parts that are not intended to have body parts near them while in use.
 8. Do not insert any object into any openings unless object is supposed to be inserted into a particular place(such as a pin in a weight stack)
 9. Before using this equipment, always do stretching exercise to warm up.
 10. Use this equipment only for its intended use as described in manual.
 11. Always wear appropriate workout clothing and shoes when exercising. **DO NOT WEAR ROBES OR OTHER CLOTHING THAT COULD BECOME CAUGHT IN THE EQUIPMENT.**
 12. **BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHISICIAN.**
 13. **DO NOT RETURN PRODUCT TO STORE, CALL OUR CUSTOMER SERVICE DEPARTMENT FIRST AT 727-895-9525.**

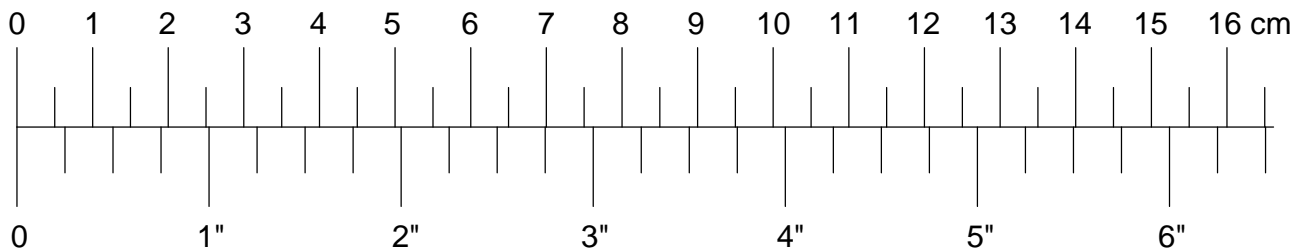
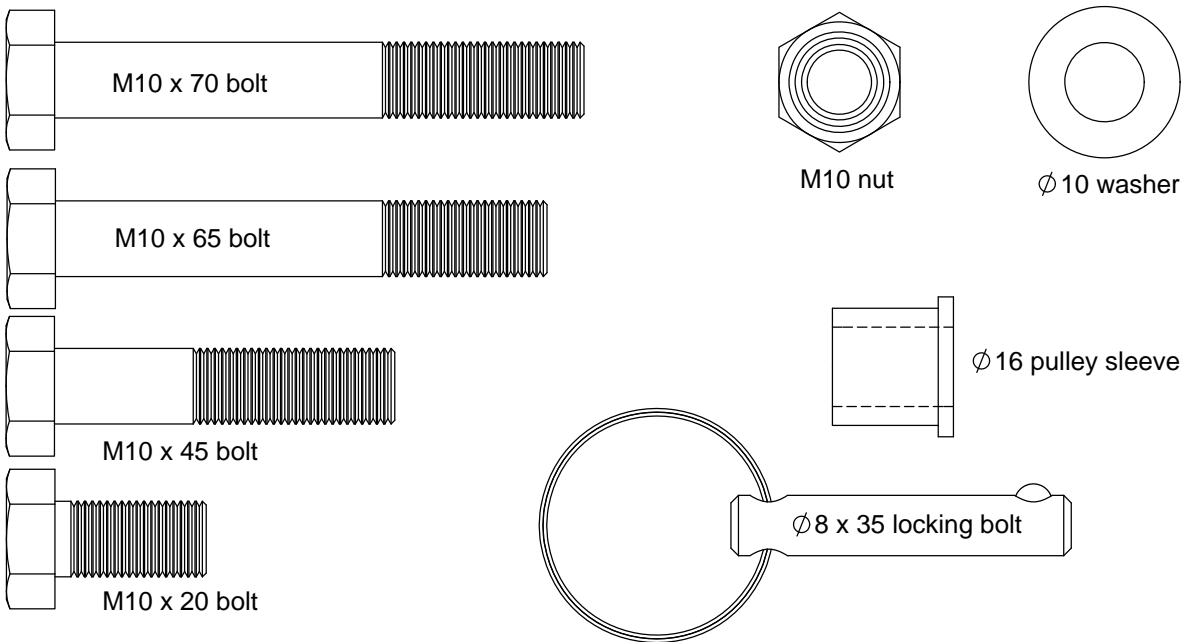
To sum up the above: Be smart. Be safe.

PARTS LIST

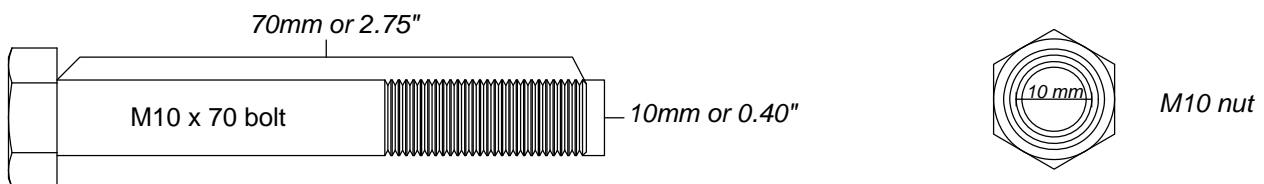
BD-7 Power Rack with Lat Pull

• ATTACHED TO HEADER CARD

No.	Description	Code	Q'ty
1	M10 x 70 bolt	10300059	16
2	M10 x 65 bolt	10300058	21
3	M10 x 45 bolt	10300053	3
4	M10 x 20 bolt	10300048	5
5	M10 nut	10300167	40
6	∅ 10 washer	10300188	85
7	∅ 16 pulley sleeve	10400062	6
8	∅ 8 x 35 locking bolt	10403002	1



How to Measure:



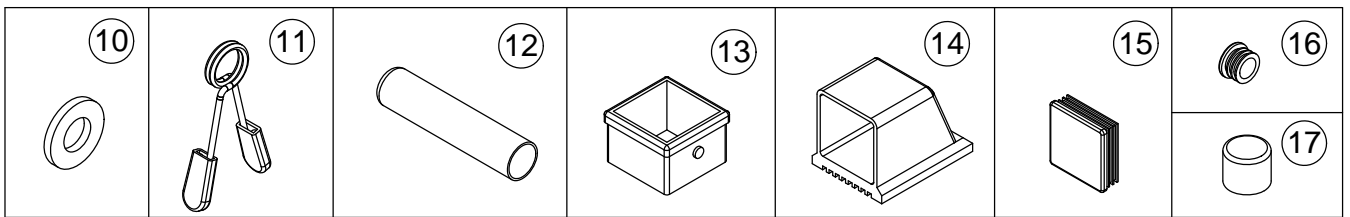
May not be printed on a 1:1 Ratio

PARTS LIST


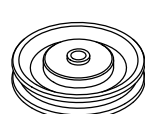
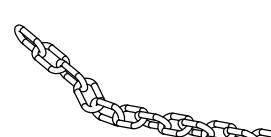

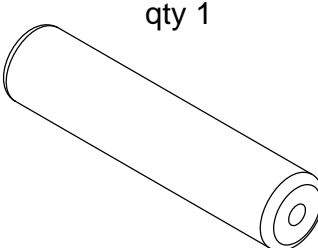
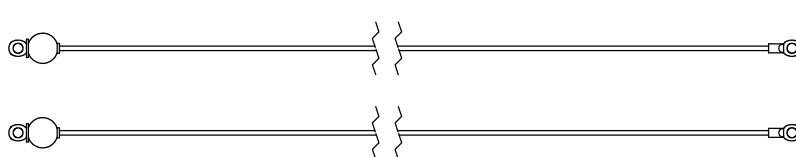
BD-7 Power Rack with Lat Pull

- ATTACHED TO THE FRAME**

No.	Description	Code	Q'ty
10	∅ 26-50-6 buffer washer	10400184	2
11	∅ 25 spring clip	10400005	2
12	∅ 25 handle	10400088	4
13	6050 tube bushing	10400054	2
14	50 foot cover	10400045	5
15	50 tube plug	10400024	6
16	∅ 25 tube plug	10400032	7
17	∅ 25 tube cover	10400601	1



- PACKED IN THE BOX**

<p>(10)</p> <p>∅ 26-50-6 buffer washer 10400184 qty 4</p> 	<p>(18)</p> <p>Pulley 10400014 qty 6</p> 	<p>(19)</p> <p>Chain 10405019 qty 1</p> 	<p>(20)</p> <p>Gourd Buckle 10400009 qty 5</p> 	<p>(42)</p> <p>Foam Roller 23-90-400 10400083 qty 1</p> 
<p>(21)</p> <p>Cables 3080mm (122") qty 2 same size</p> 				<div style="border: 1px solid black; border-radius: 50%; padding: 20px; width: fit-content; margin: 0 auto;"> <p style="text-align: center;">Cable Assembly Instructions can be found on page</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">#11</p> </div>

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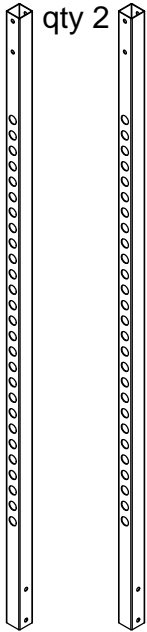
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PARTS LIST

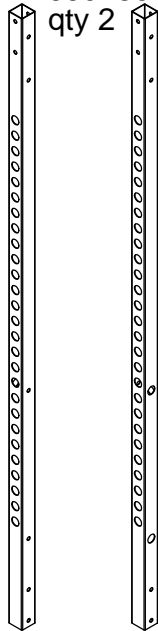
BD-7 Power Rack with Lat Pull

• PACKED IN THE BOX

(23) Front upright frame
11660010
qty 2



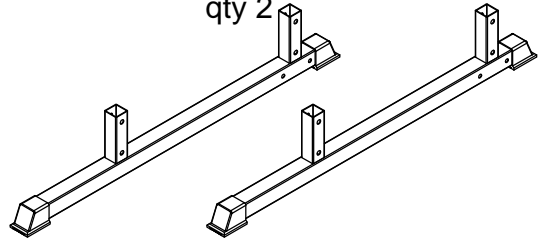
(24) Rear upright frame
11660180
qty 2



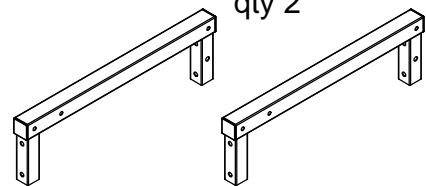
(25) Lat pull shart
11660100
qty 1



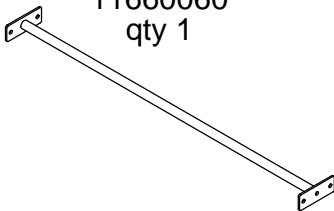
(26) Bottom base frame
11660020
qty 2



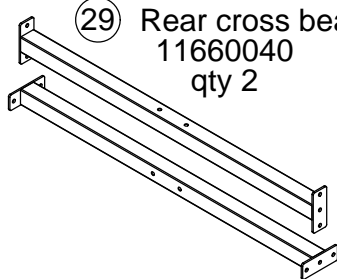
(27) Upper cross frame
11660030
qty 2



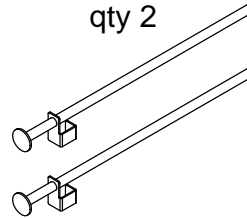
(28) Chrome pull up bar
11660060
qty 1



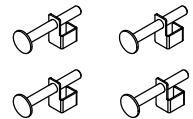
(29) Rear cross beam
11660040
qty 2



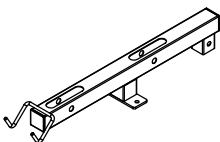
(30) Longer safety bar
11660070
qty 2



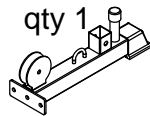
(31) Short safety bar
11660070
qty 2



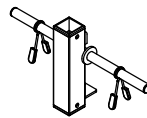
(33) Top beam
11660090
qty 1



(34) Lower beam
11660110
qty 1



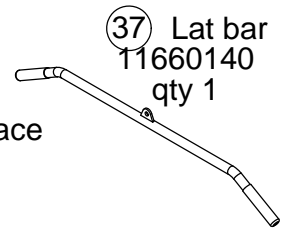
(35) Plate carriage
11660120
qty 1



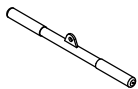
(36) Pulley brace
11931100
qty 2



(37) Lat bar
11660140
qty 1



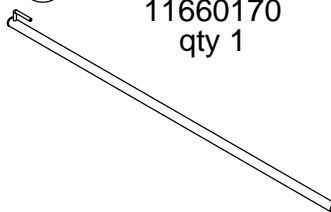
(38) Low T bar
11660150
qty 1



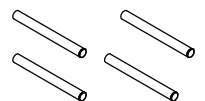
(39) Clamping plate
11660160
qty 1



(40) Foam roller bar support
11660170
qty 1



(41) Plate storage Pegs
11660190
qty 4



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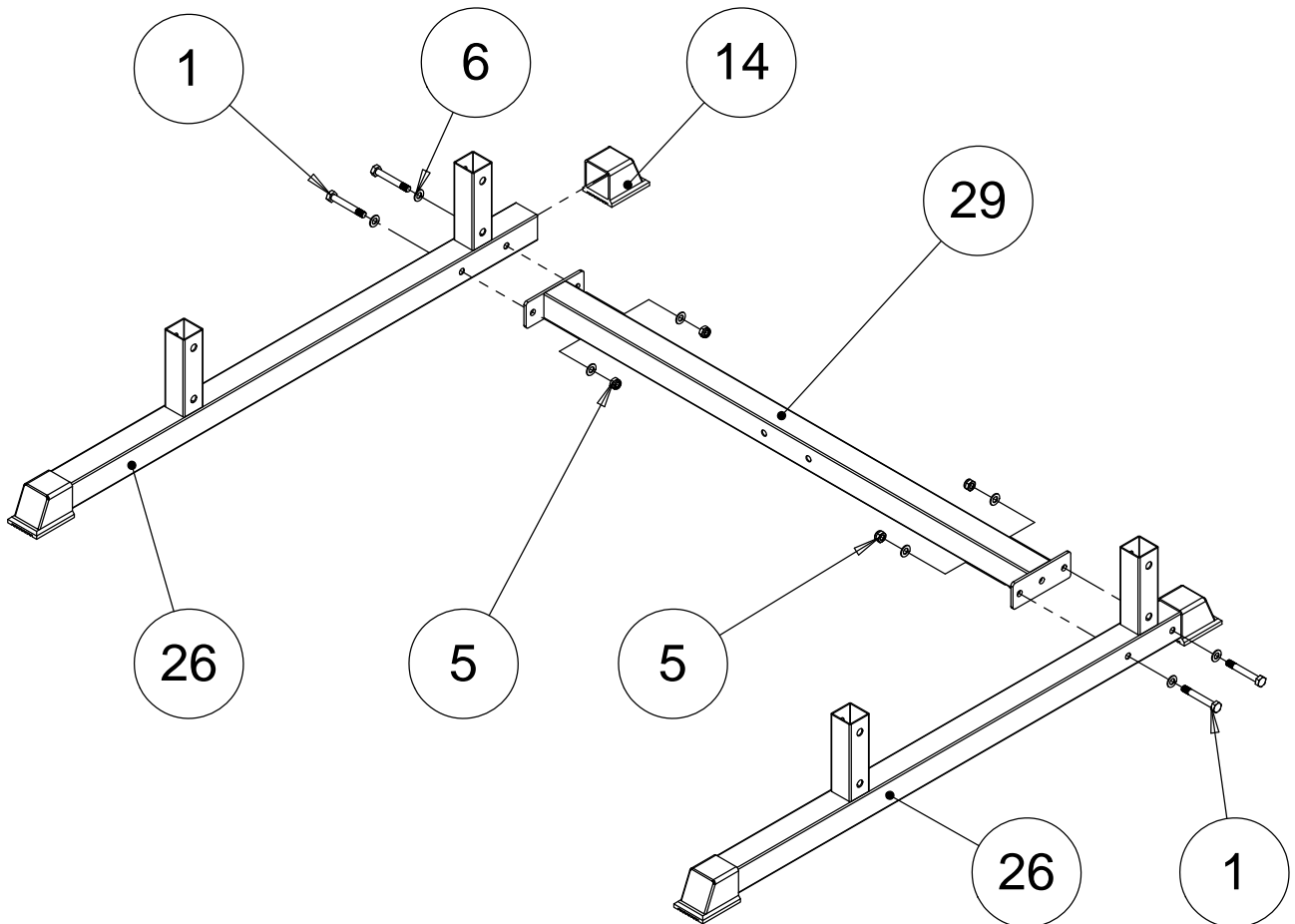


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BD-7 Assembly Instructions

Note: The following step by step is a guide to walk you through what may be the best way to proceed. The Assembly Instructions will guide you through the critical parts to assemble in sequence but may also leave out some items that can be assembled by visual. Some parts may be already attached to main frame parts. If you have any questions during the process, please call 727-895-9525 or e-mail info@ValorFitness.com

Step #1: Main Frame (the goal here is to establish a solid structure to work from)
Locate Parts #26 Bottom Base Frame (qty 2) and attach them to the Rear Cross Beam #29.
Go ahead and tighten the nuts and bolts securely.



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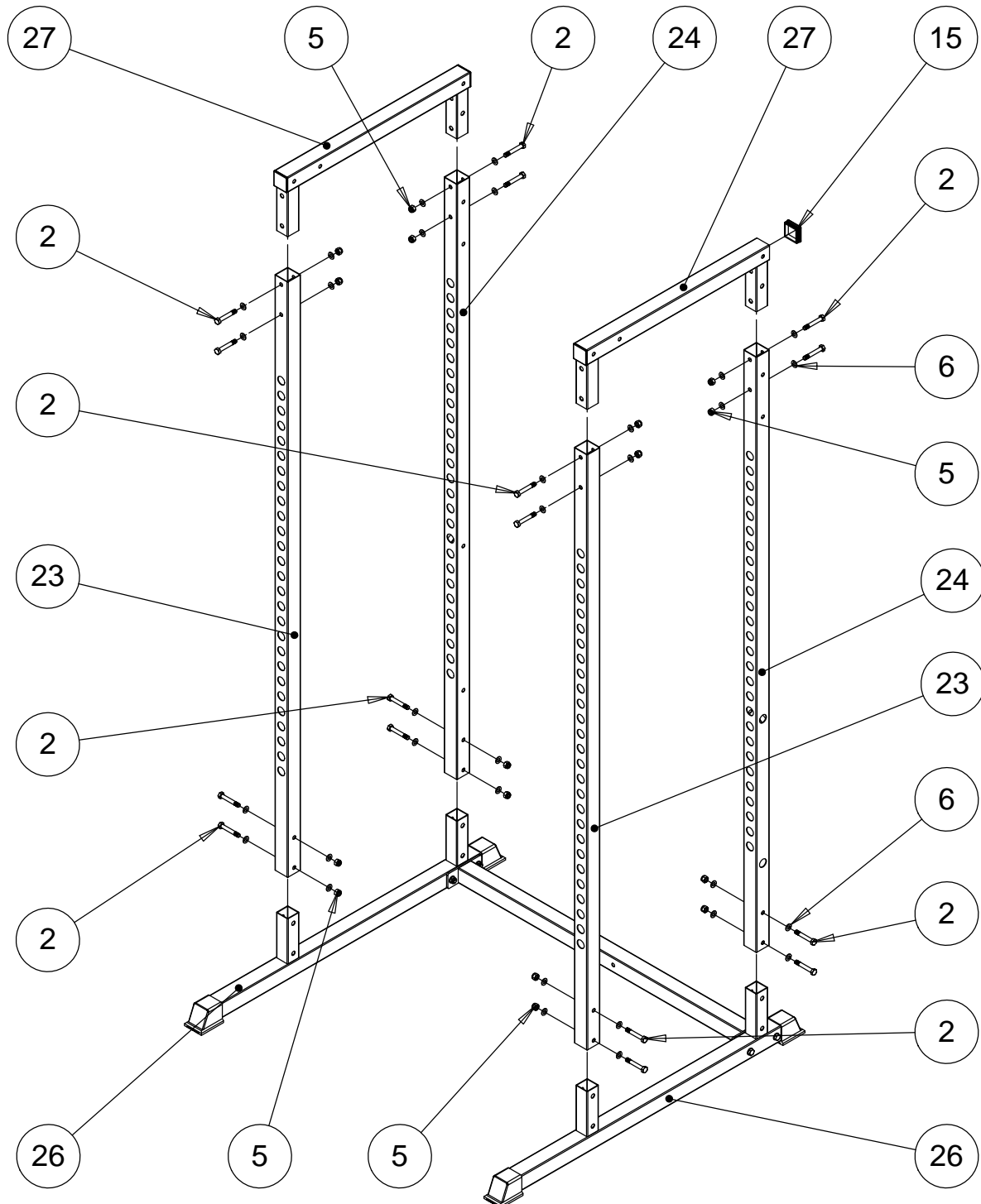
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BD-7 Assembly Instructions

Step #2: Uprights

Locate the four Upright Frames (#23 Front Upright Frames, qty 2) and (#24 Rear Upright Frames, qty 2). Attach the two Upper cross beams #27 on both side. Go ahead and tighten the nuts and bolt securely.

- Note:**
1. Make sure you put the bolts in the direction so the open threads will end up on the outside of the frame.
 2. The Rear Upright Beams with the holes of plate storages, so need to place the bigger holes outside.



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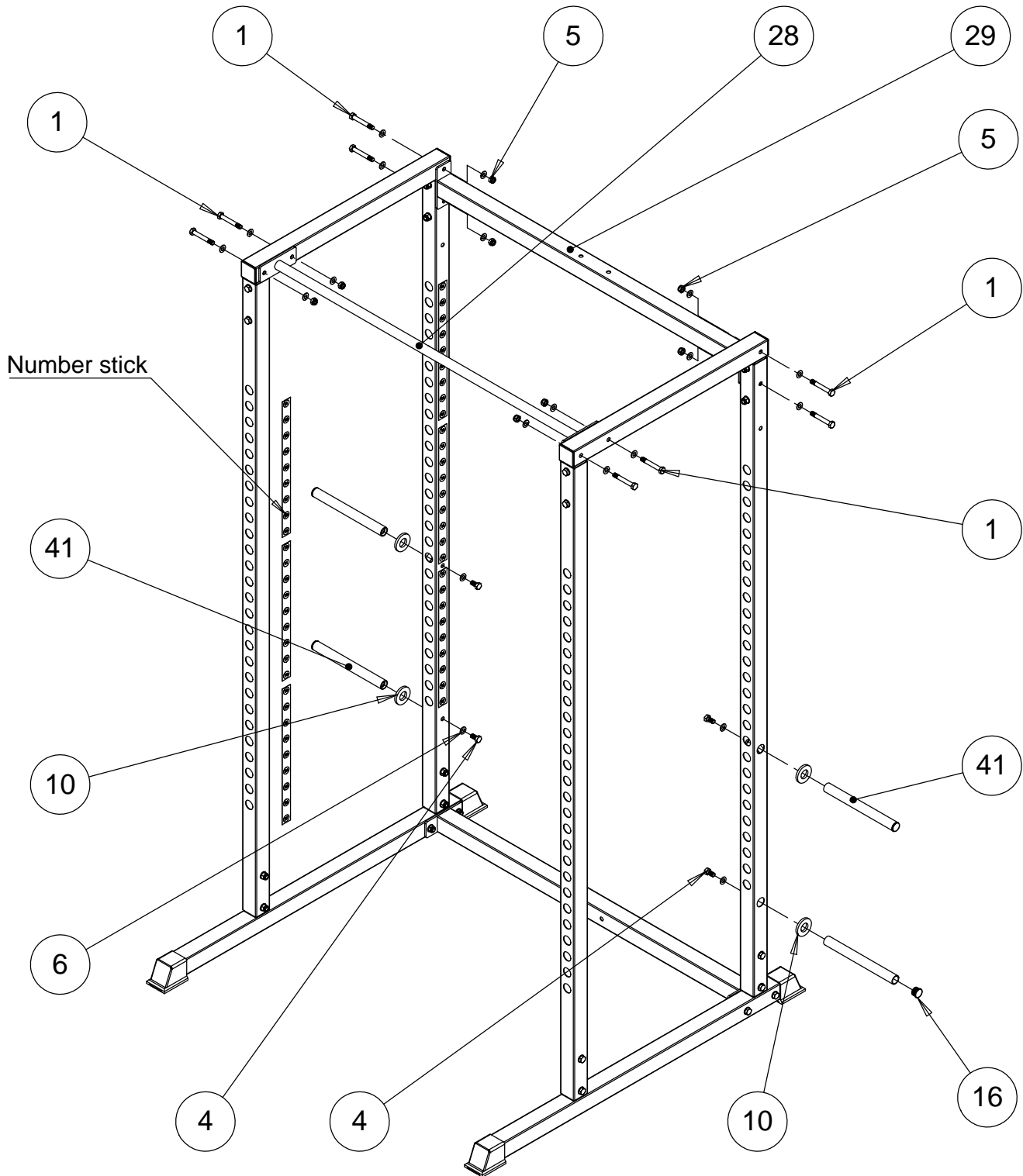


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Step #3 : Top Frame

BD-7 Assembly Instructions

Attach the two top cross beams to secure both sides. This will be the Rear Cross Beam (#29) and the front Chrome Pull Up Bar (#28).
Attach the four Plate Storages (#41) to the two Rear Upright Frames (#24).
Go ahead and tighten the nuts and bolts securely.



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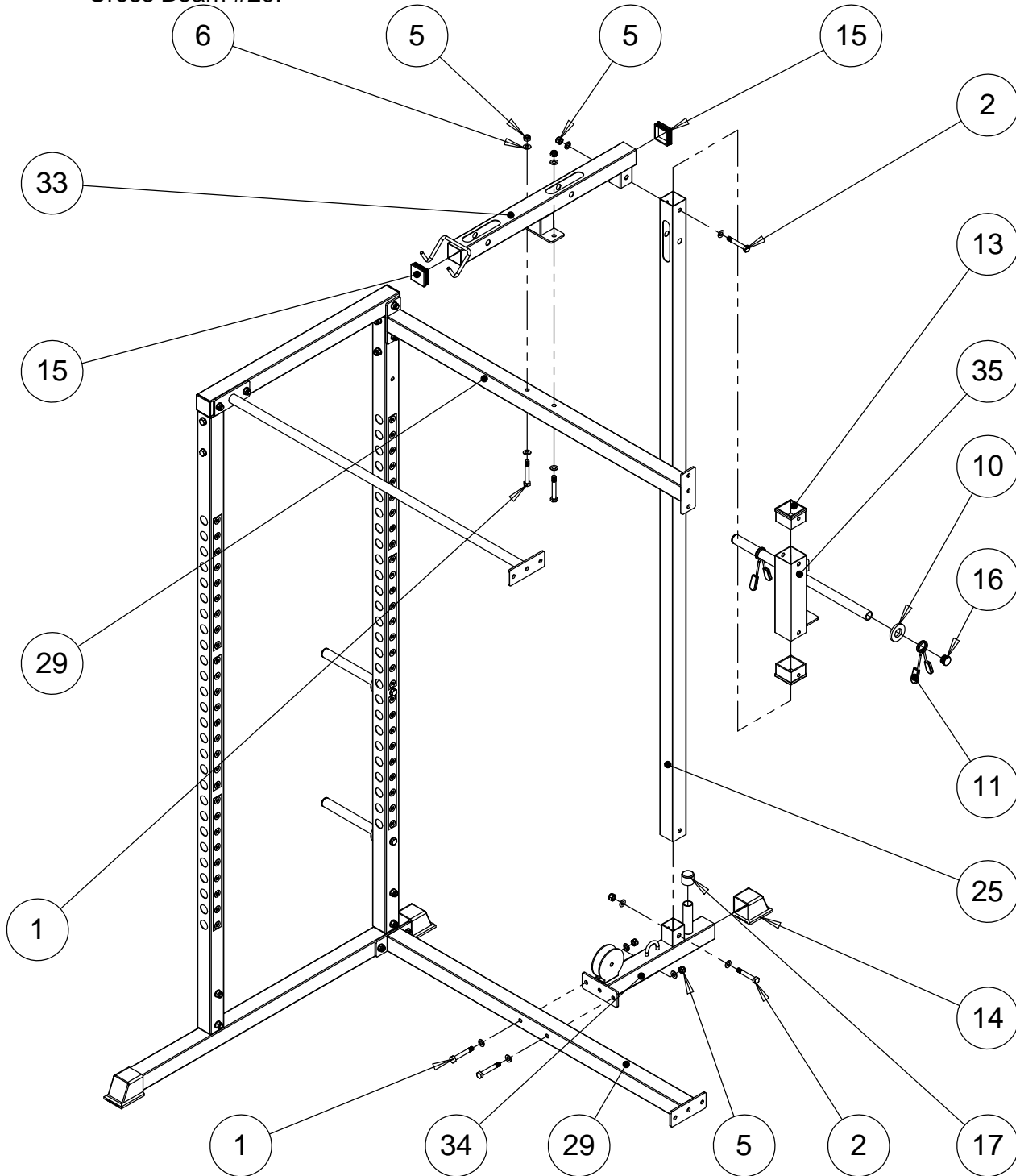


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BD-7 Assembly Instructions

Step #4: Lat Pull Section

1. Attach the Lower Beam #34 to the lower Rear Cross Beam #29. Attach part #25 Chrome Lat Pull Shaft to the part #34. Slide the Plate Carriage #35 over the top of the Chrome Beam and lower it to the bottom. Note: Make sure you face this the correct way. See diagram for visual.
2. Attach the Top Beam #33 to both the Chrome Lat Pull Shaft #25 and the upper Rear Cross Beam #29.



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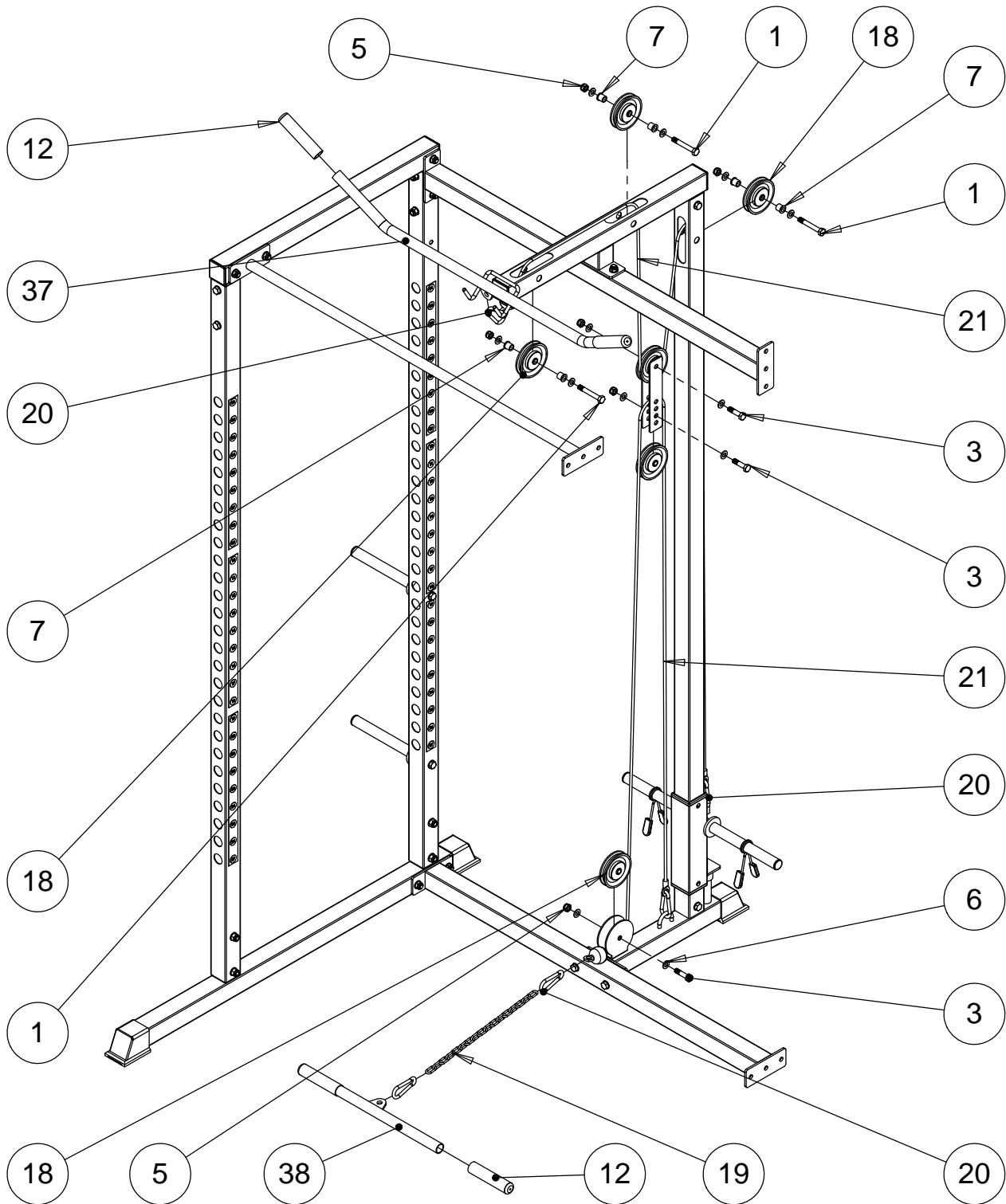


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BD-7 Assembly Instructions

Step #5: Pulley and Cables

Start with the top cable first. Once you have this in place, attach the Pulley Brace #36 in place on the top cable. Gravity will hold the brace in place while you thread the lower cable.



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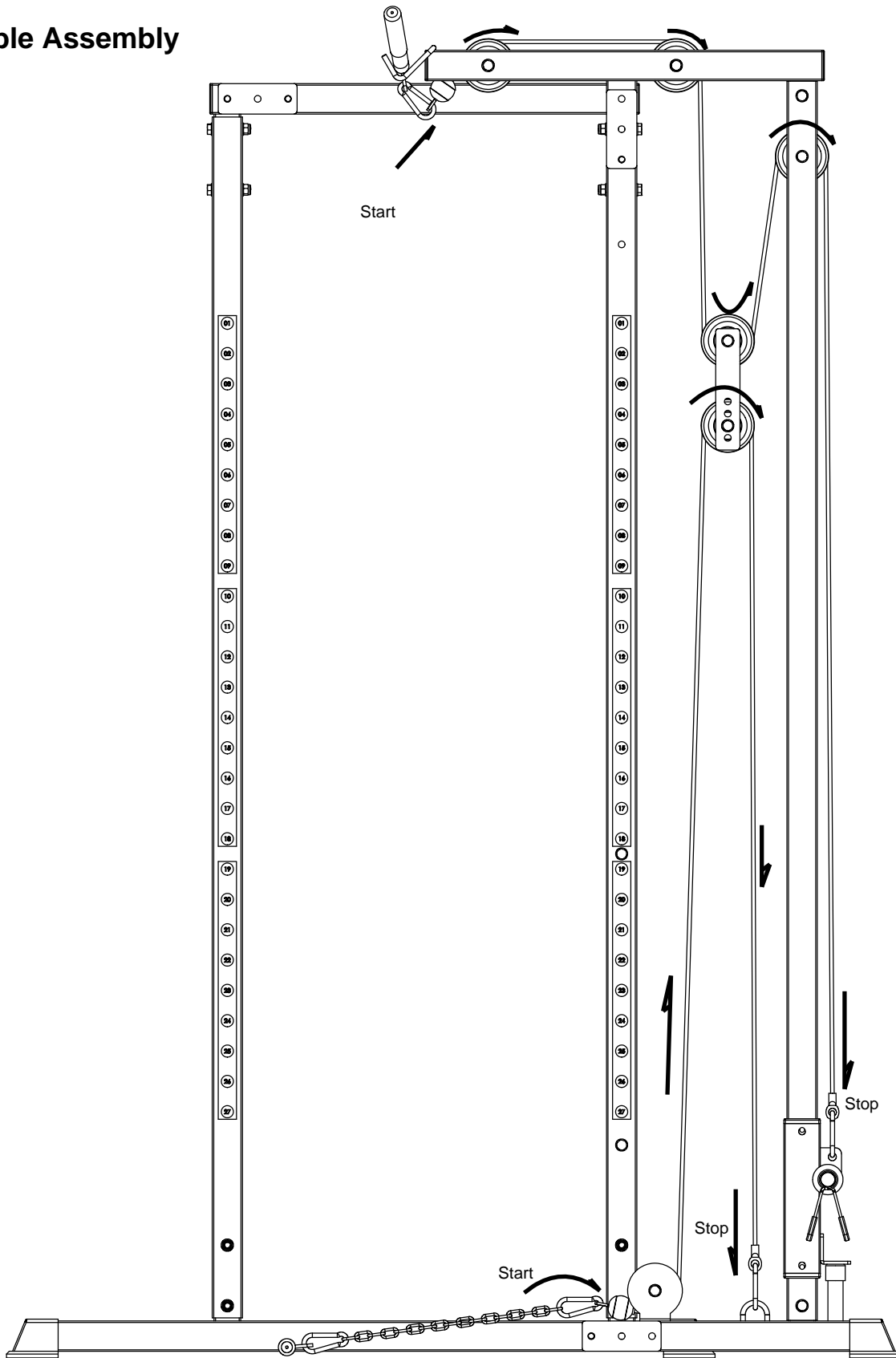
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BD-7 Assembly Instructions

Cable Assembly



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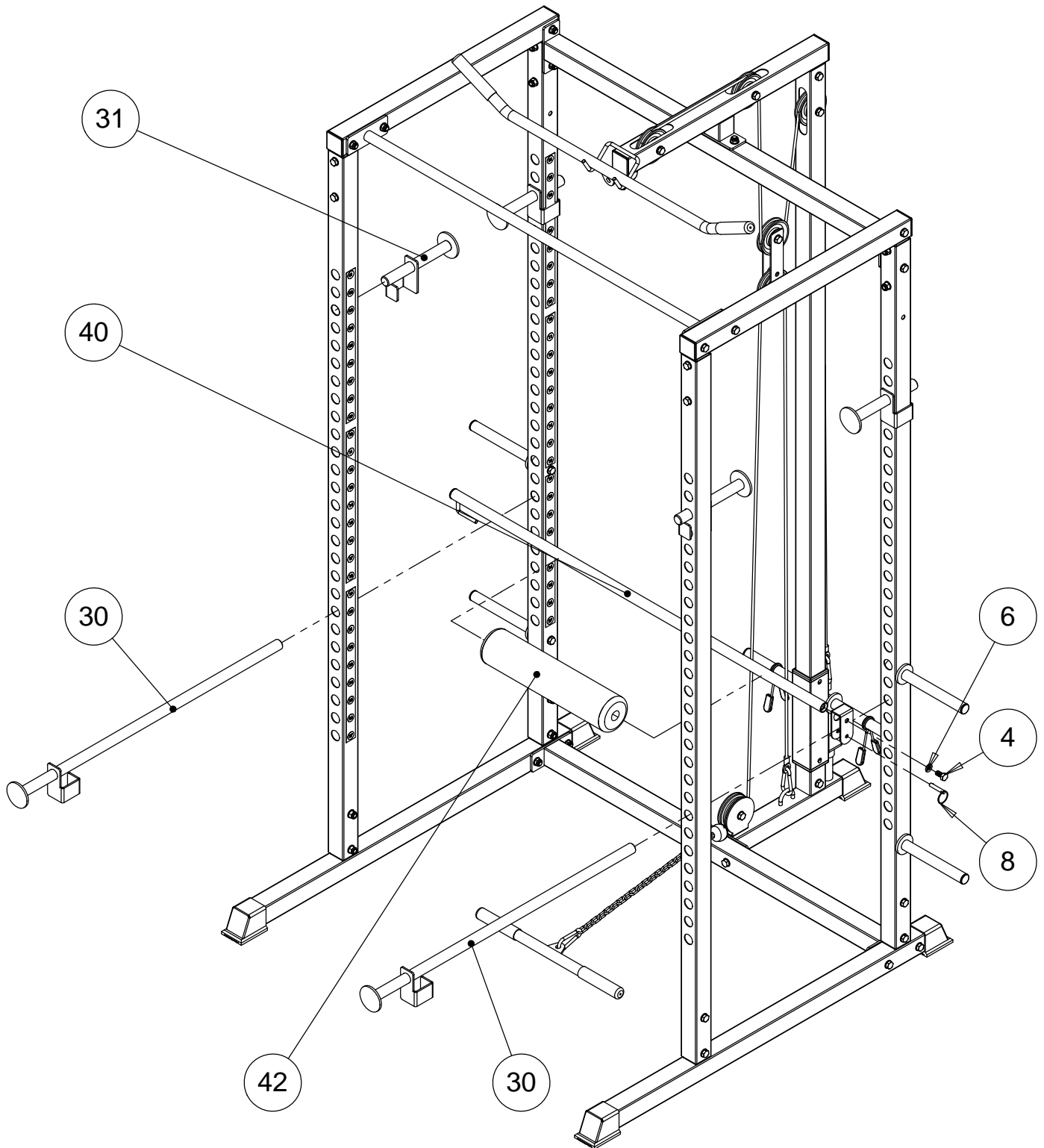
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BD-7 Assembly Instructions

Step #6: Safety Bar and other



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BD-7 Assembly Instructions

From this point forward, if there are any plastic parts that were not attached at the factory, then locate the part on the diagram and where it will be placed on the unit. **Please call 727-895-9525** if you have any questions or if you come across a difficult section during the assembly process. If you would like to rate our Assembly Instructions once you are finished, the please send your comments to myself at Info@ValorFitness.com

Rating:

A = Very well done.

B = Pretty Good.

C = Fair.

D = Seriously.

F = Find Another Occupation.

Thanks,

Jim Vanderbleek
President, Valor Fitness

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