

3. Insert the Lat Guide Rod (#20) into the Weight Carriage (#21) as shown.  
**Note: Please pay attention to the inserting direction. The plate holder should face away from the bench when using.**
4. Insert the Lat Guide Rod (#20) into the Weight Carriage (#21) as shown.  
**Note: Please pay attention to the inserting direction. The plate holder should face away from the bench when using.**
5. Insert the end without Rubber Ball of the Cable (#26) into the Pulley (#24) track, and then cross the Pulley (#25) track. Attach the end with the Weight Carriage (#21), secure using one M10x<sup>3</sup>/<sub>8</sub>" Hex Bolt (#A16), two M10 Flat Washers (#B1) and one M10 Nylon Lock Nut (#C1).
6. Then insert the Lat Guide Rod (#20) into the Bumper Post (#22), secure with five M10x<sup>3</sup>/<sub>8</sub>" Hex Bolts (#A16), five M10 Flat Washers (#B1). Tighten the five bolts.
7. Insert the assembled Lat Tower into one of the two square holders at the back of the bench. Attach the Lat Bar (#23) and the Cable (#26) with one Clip (#27). Users can adjust the Lat Bar (#23) height by the Chain (#37).
8. The assembled Lat Tower can be exchanged using with the Curl Preacher.

## STEP4

