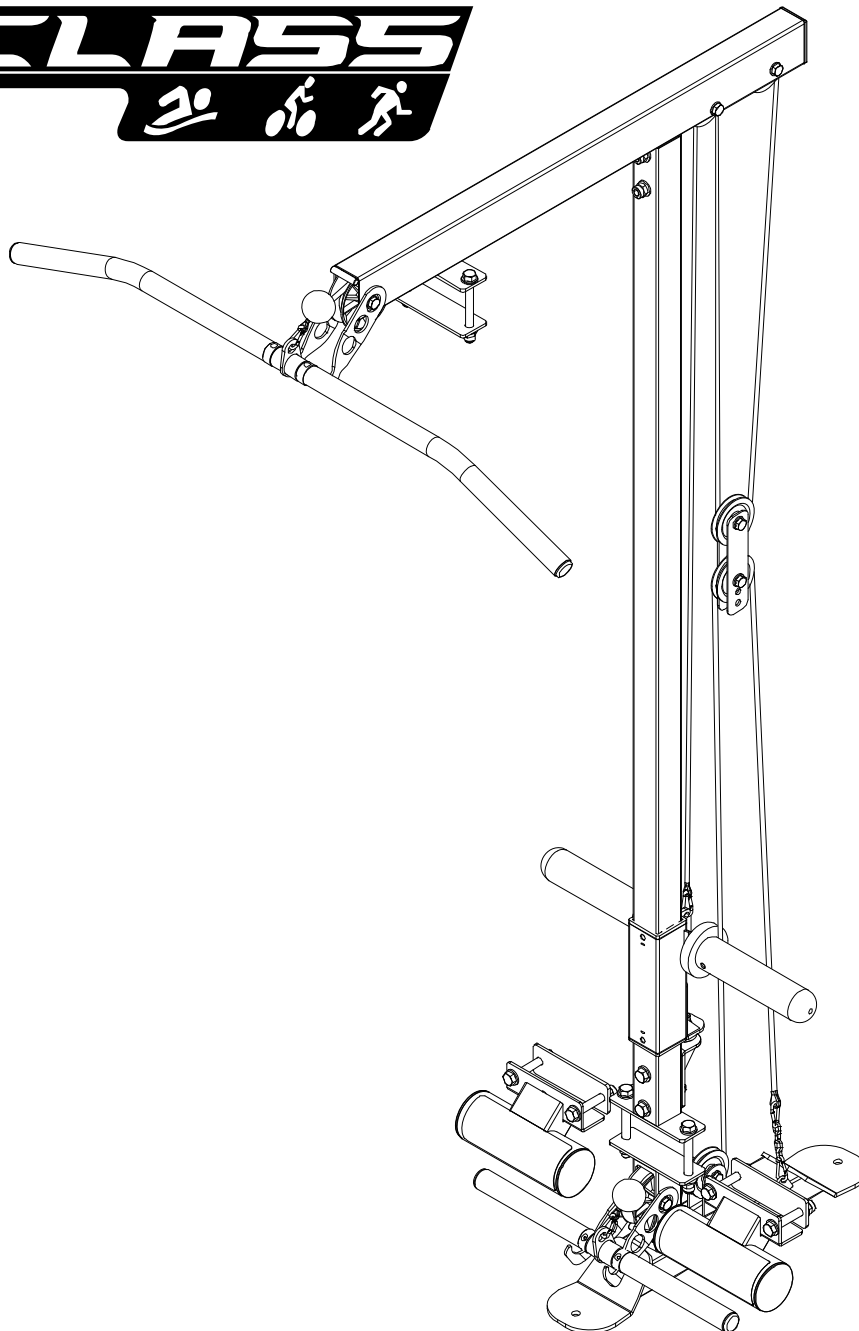


XCLASS



Fitness Reality X-Class Olympic Lat Pull Down and Row Cable



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and, subject to change without notice.



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:

Service@paradigmhw.com

Or call us at:

1-844-641-7920

Hours:

8:00 am to 5:00 pm (PST) Monday thru Friday

TABLE OF CONTENT

SERVICE-----	2
LABEL PLACEMENT-----	3
IMPORTANT SAFETY GUIDELINES-----	4
OVERVIEW DRAWING-----	6
HARDWARE & TOOLS PACK-----	7
PART LIST-----	8
ASSEMBLY-----	10
OPERATIONS & ADJUSTMENTS-----	22
WARRANTY-----	26
PARTS REQUEST FORM-----	27

SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7920

(8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday)

Response time may vary via calling

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

IMPORTANT SAFETY GUIDELINES

Read all instructions carefully before assembling and operating this unit. This unit is designed with optimum safety in mind. Retain this owner's manual. Do not remove any safety labels from the machine, and keep the original purchase receipt for future reference.

1. Make sure your equipment is correctly assembled before you use it.
2. Do not operate this or any exercise equipment if it is damaged.
3. Be sure all screws, nuts, and bolts are tightened prior to use.
4. Always wear proper exercise apparel when using the equipment. Use care when getting on or off the unit.
5. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any kind of discomfort.
6. Keep children and pets away from the equipment at all times.
7. Only one person should use the equipment at a time.
8. Wait 2 hours after eating before using the exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Keep children under 13 and pets away from this machine while it is use.
13. There should always be adult supervision.
14. Assemble all the parts and hardware instructed in the direction text; use the illustrations for the reference.
15. **WARNING: CANCER AND REPRODUCTIVE HARM--WWW.P65WARNINGS.CA.GOV**

WARNING: It is highly recommend that you have assistance during the assembly of the equipment.

WARNING: Before using this equipment you should consult with your personal physician to see if the product is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

Do not exceed the maximum rated weight (load)

The maximum weight capacity for this equipment is 360lbs/163kg

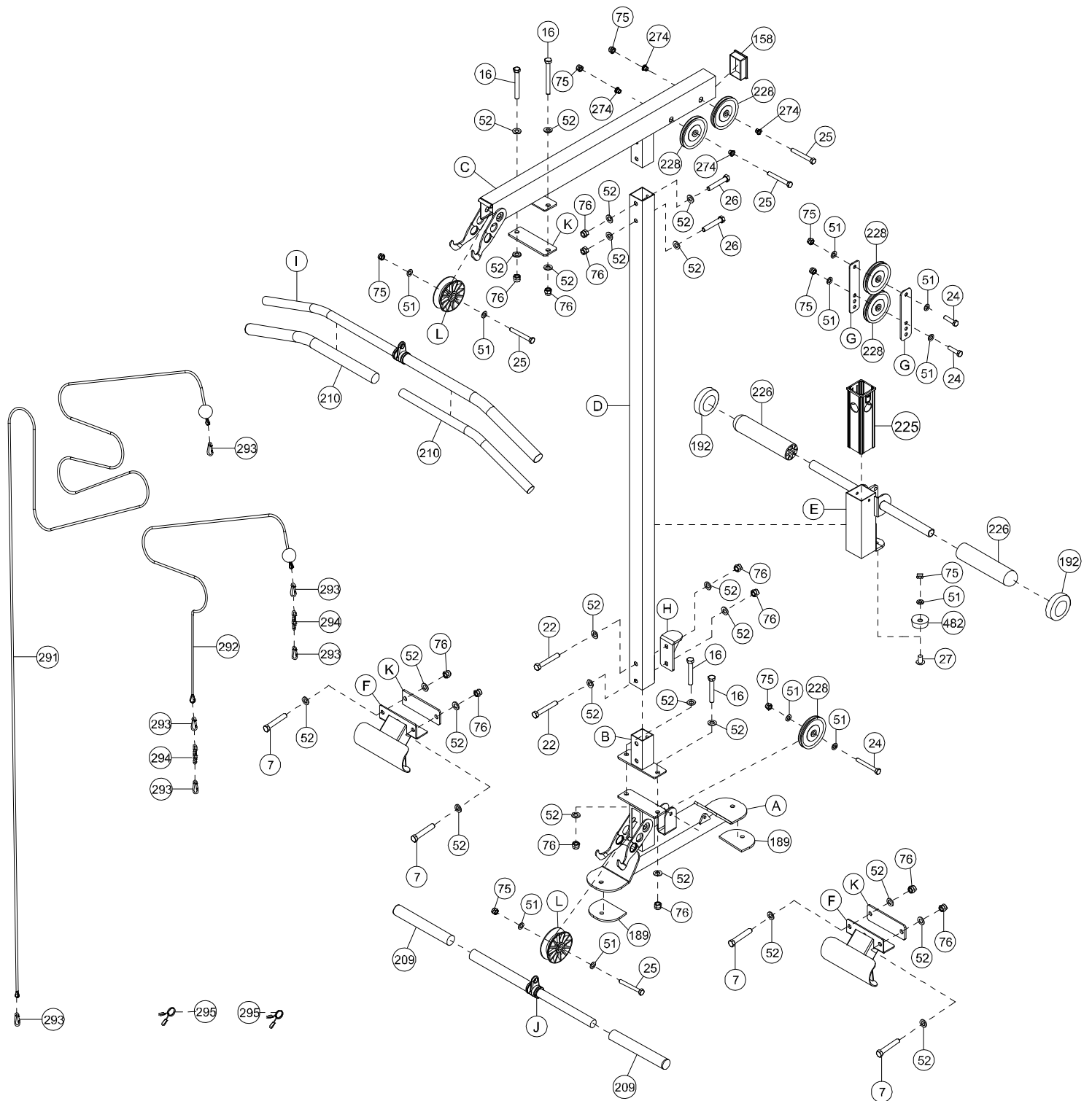
IMPORTANT SAFETY GUIDELINES

WARNING: It is highly recommend that you have assistance during the assembly of the equipment.

1. It is highly recommended that a professional installer assembles this equipment. However, with the proper assistance, the right tools, and strictly following the assembly steps the assembly of the unit can be achieved without professional help.
2. Thoroughly read each step before proceeding to assemble the items of that step.
3. To aid in assembly of the equipment, the hardware pack (bolts, nuts, washers, tools) have been presorted according to their corresponding steps. See the **HARDWARE & TOOLS PACK** Page.
4. Insert bolts into the frame as illustrated in the drawing of each of the steps.
5. **Warning: Do NOT FULLY tighten the bolts, nuts, and screws until instructed to do so.** Hand-tighten all bolts, nuts, and screws during assembly. Hand-tightening will allow for easier alignment of the bolts , nuts, and screws during assembly .
6. Tools for assembly:
General tools needed for the assembly of the equipment.
 - Metric Allen Key Set
 - Metric Wrench Set or Adjustable Wrench
 - Flat Screwdriver
 - Phillips Screwdriver)
 - Rubber Mallet
 - Silicone Spray Oil
7. When the equipment is fully assembled check all the functions for correct their operation. Consult the manual if you experience any issues or need further help. Please contact our service department. See the **SERVICE** Page.

This product is only to be used alongside with the Fitness Reality X-Class Power Cage (2867). There may be parts referenced that are NOT on this equipment's parts list.

OVERVIEW DRAWING



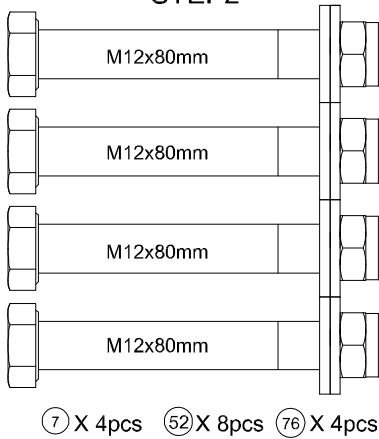
HARDWARE & TOOLS PACK

2852

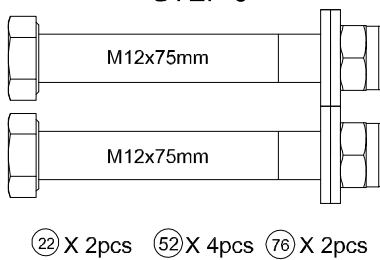
STEP 1



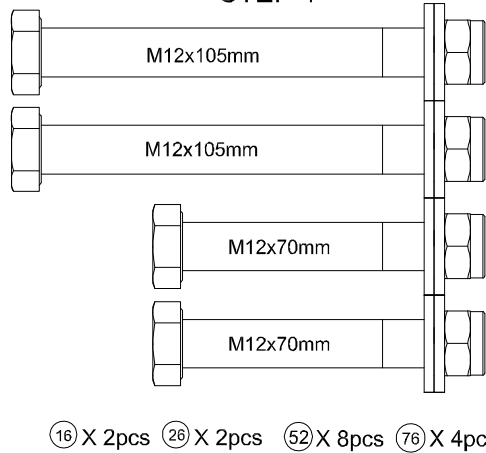
STEP2



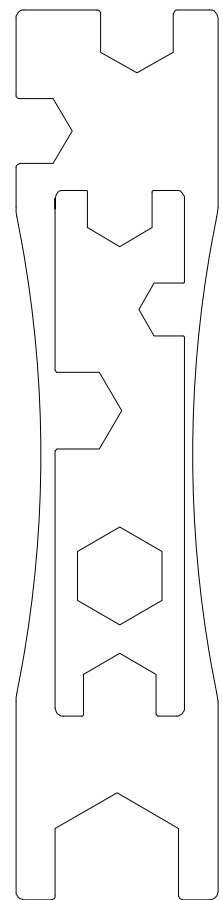
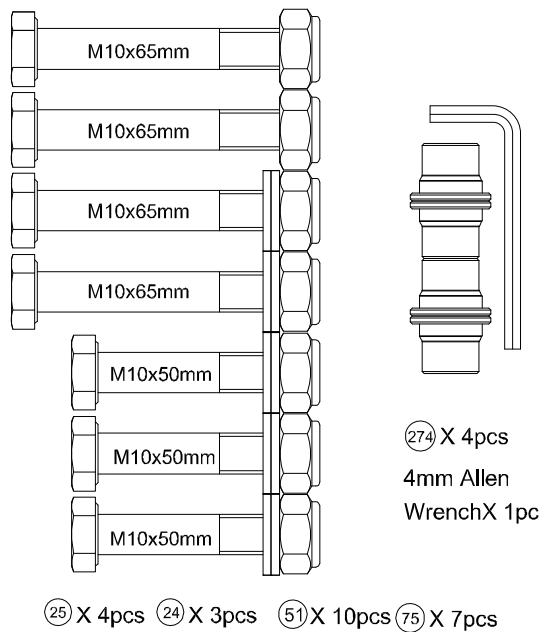
STEP 3



STEP 4



STEP 6



wrench X 2pcs

PARTS LIST

Part#	Description	Q'ty.
A	BASE ASSEMBLY	1
B	SLIDER BAR MOUNT	1
C	UPPER PIPE ASSEMBLY	1
D	SLIDER BAR	1
E	SLIDER	1
F	FOOT REST	2
G	PULLEY PLATE	2
H	STOPPER PLATE	1
I	LAT PULL DOWN BAR	1
J	CURL BAR	1
K	CONNECTING PLATE	3
L	WIDE GROOVE PULLEY D98xD10.5x35	2
7	HEX BOLT M12x1.75x80L	4
16	HEX BOLT M12x1.75x105L	4
22	HEX BOLT M12x1.75x75L	2
24	HEX BOLT M10x1.5x50L	3
25	HEX BOLT M10x1.5x65L	4
26	HEX BOLT M12x1.75x70L	2
27	BUTTON ALLEN BOLT M10x1.5x15L	1
51	WASHER D11xD20x2.0	11

Part#	Description	Q'ty.
52	WASHER D13xD24x2.5	24
75	NYLON NUT M10	8
76	NYLON NUT M12	12
158	RECTANGLE END CAP 75x50x2	1
189	FOOTPLATE PADS 100x80x5.0	2
192	OLYMPIC PLATE STOPPER ϕ 80x ϕ 50x16	2
209	HANDGRIP D23x3.0x210	2
210	HANDGRIP D23x3.0x520	2
225	Square Bushing 60x60x205	1
226	OLYMPIC PLATE ADAPTOR ϕ48xϕ25x200	2
228	PULLEY ϕ96xϕ10.5x26	5
274	BUSHING D20xD10.5x14	4
291	UPPER CABLE ϕ6x4565	1
292	LOWER CABLE ϕ6*2265	1
293	HOOK	6
294	CHAIN	2
295	STANDARD CLIP	2
482	RUBBER PAD	1

This Page was intentionally left blank.

ASSEMBLY

Step 1

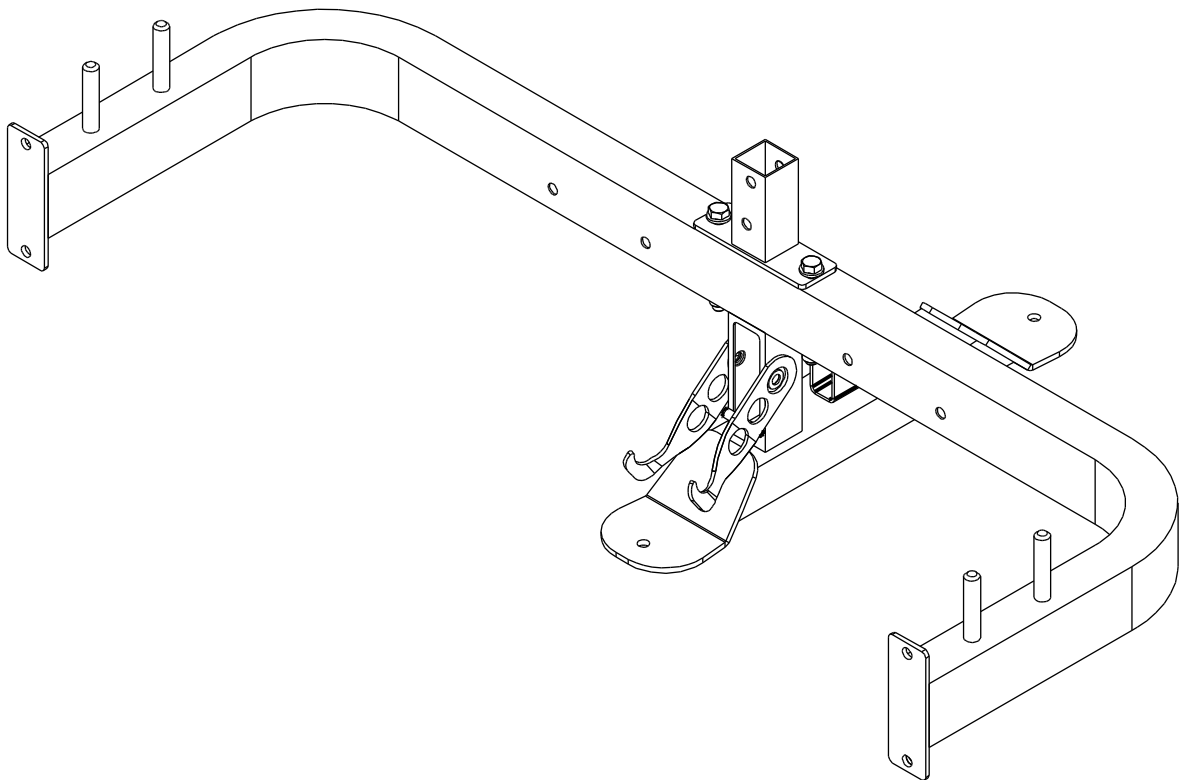
This product is only to be used alongside with the Fitness Reality X-Class Power Cage (2867). There may be parts referenced that are NOT on this equipment's parts list.

1A. Installing the Base

Slide the **Base Assembly (A)** underneath the **Stability Beam (K-6877)** and align it with the bolt holes on the bottom side of the **Stability Beam (K-6877)**. Place and align the **Slide Bar Mount (B)** with the bolt holes on the top side of the **Stability Beam (K-6877)**.

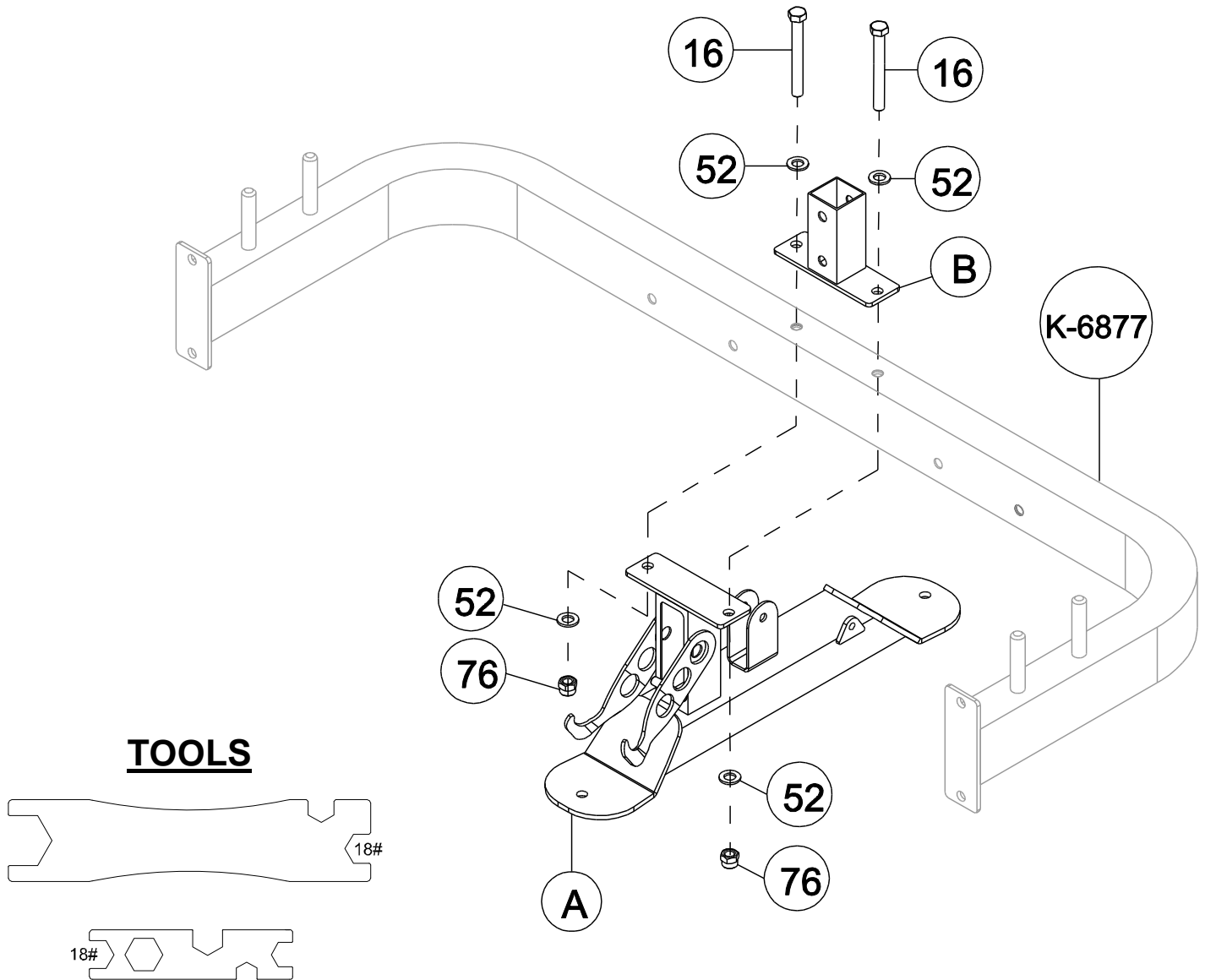
Fasten the **Base Assembly (A)**, **Stability Beam (K-6877)**, and the **Slide Bar Mount (B)** together by using two **Hex Bolts (16)**, four **Washers (52)**, two **Nylon Nuts (76)**.

Thoroughly tighten the **Bolts (16)** and **Nuts (76)** with the **Wrench(s)** provided.



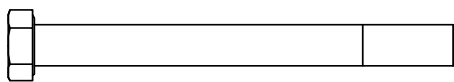
Appearance upon completion of Step 1.

ASSEMBLY



Wrench 2PCS

HARDWARE PACK



(16) Hex Bolt
2PCS



(76) Nylon Nut
2PCS



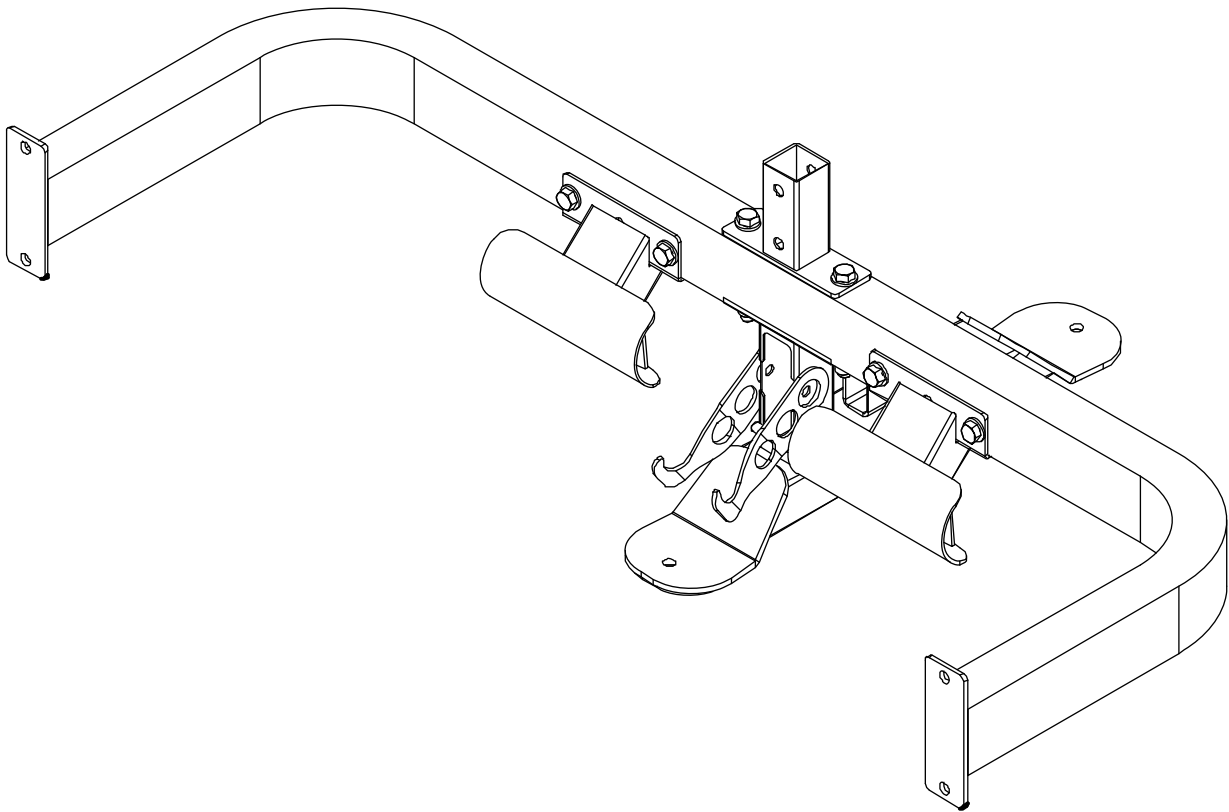
(52) Washer
4PCS

Step 2

2A. Installing the Foot Rests

Attach the two **Foot Rests (F)** and two **Connecting Plates (K)** to the **Stability Beam (K-6877)** by using four **Hex Bolts (7)**, eight **Washers (52)**, four **Nylon Nuts (76)**.

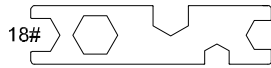
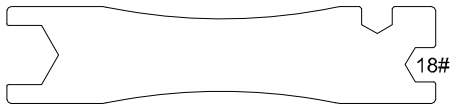
Thoroughly tighten the **Bolts (7)** and **Nuts (76)** with the **Wrench(s)** provided.



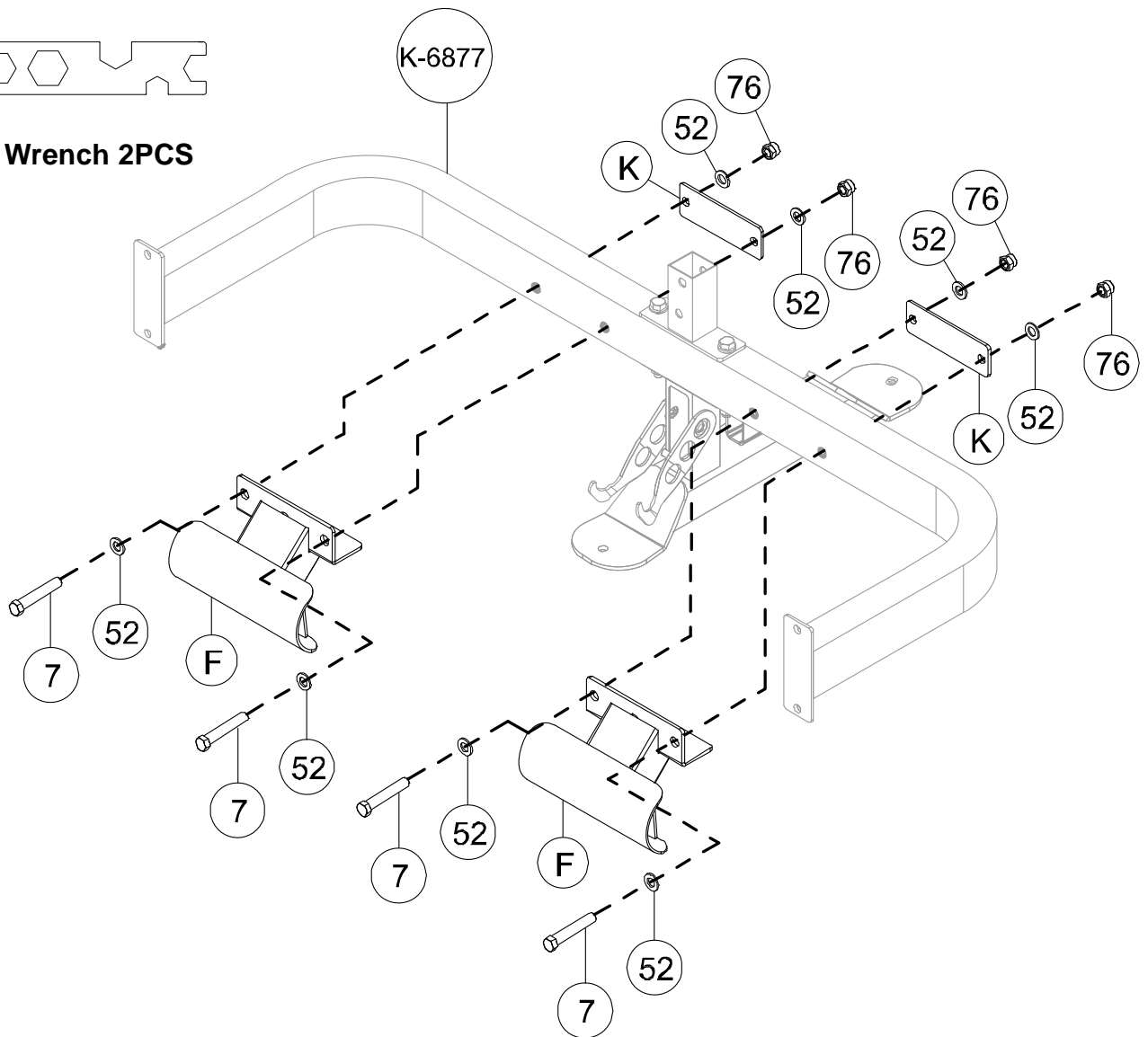
Appearance upon completion of Step 2.

ASSEMBLY

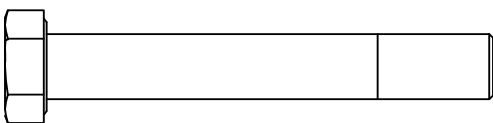
TOOLS



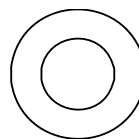
Wrench 2PCS



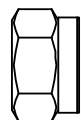
HARDWARE PACK



(7)Hex Bolt
4PCS



(52) Washer
8PCS



(76) Nylon Nut
4PCS

ASSEMBLY

Step 3

3A. Installing the Slider Bar

Insert the **Slider Bar (D)** into the **Slider Bar Mount (B)** and hold the **Slider Bar (D)** in place.

3B. Installing the Stopper Plate

Align the bolt holes of the **Stopper Plate (H)** with the bolt holes at the rear of the **Slider Bar Mount (B)** and fasten the **Stopper Plate (H)**, **Slider Bar (D)**, and **Slider Bar Mount (B)** together by using two **Hex Bolts (22)**, four **Washers (52)**, two **Nylon Nuts (76)**.

3C. Installing the Slider

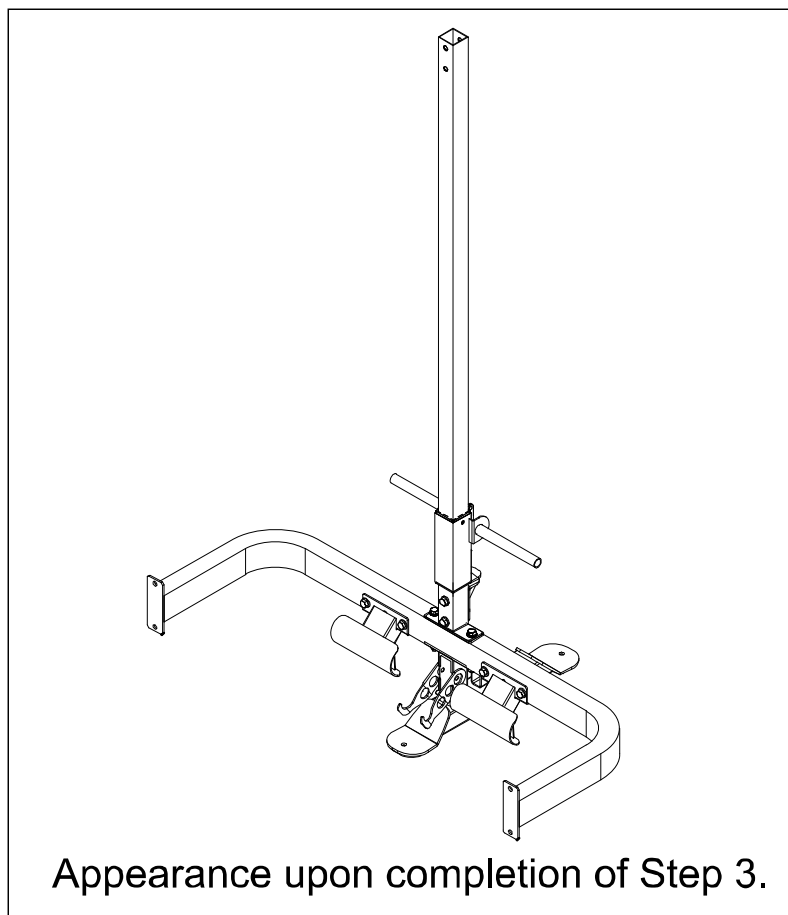
Mount the **Slider (E)** on to the **Slider Bar (D)** and gently lower it to the bottom of the **Slider Bar (D)**.

3D. Installing the Olympic Plate Stopper

Slip an **Olympic Plate Stopper (192)** onto each of the two **Olympic Plate Adaptor (226)** parts.

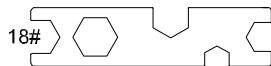
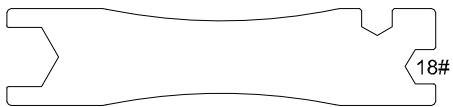
Thoroughly tighten the **Bolts (22)** and **Nuts (76)** with the **Wrench(s)** provided.

Note: If the **Slider (E)** is difficult to move up and down the **Slider Bar (D)** then add some of the silicon lubricant that is included to all the sides of the **Slider Bar (D)**.

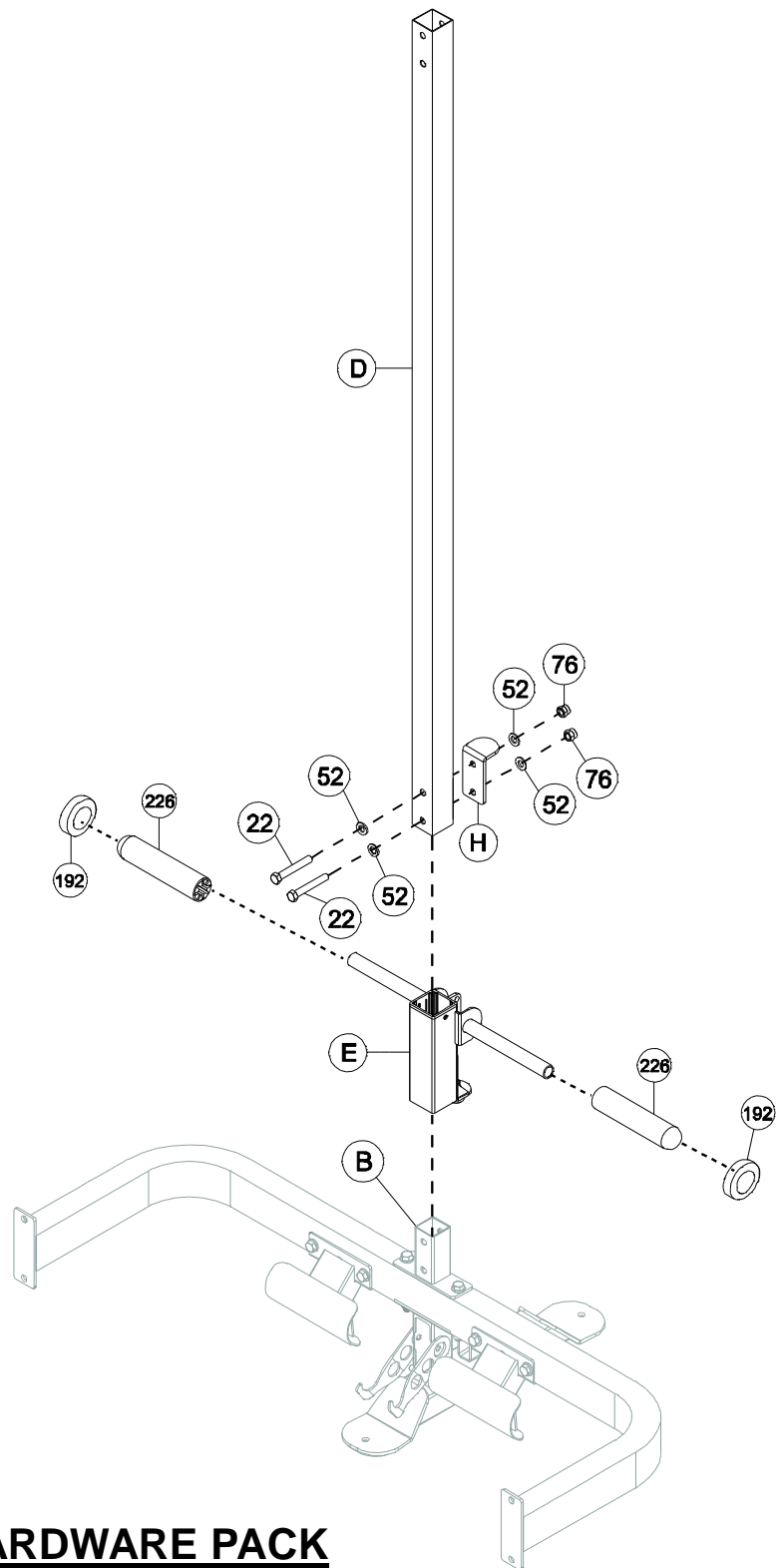


ASSEMBLY

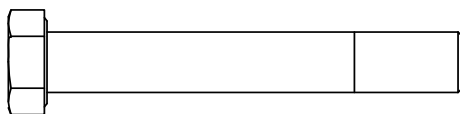
TOOLS



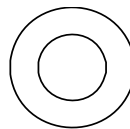
Wrench 2PCS



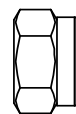
HARDWARE PACK



(22) Hex Bolt
2PCS



(52) Washer
4PCS



(76) Nylon Nut
2PCS

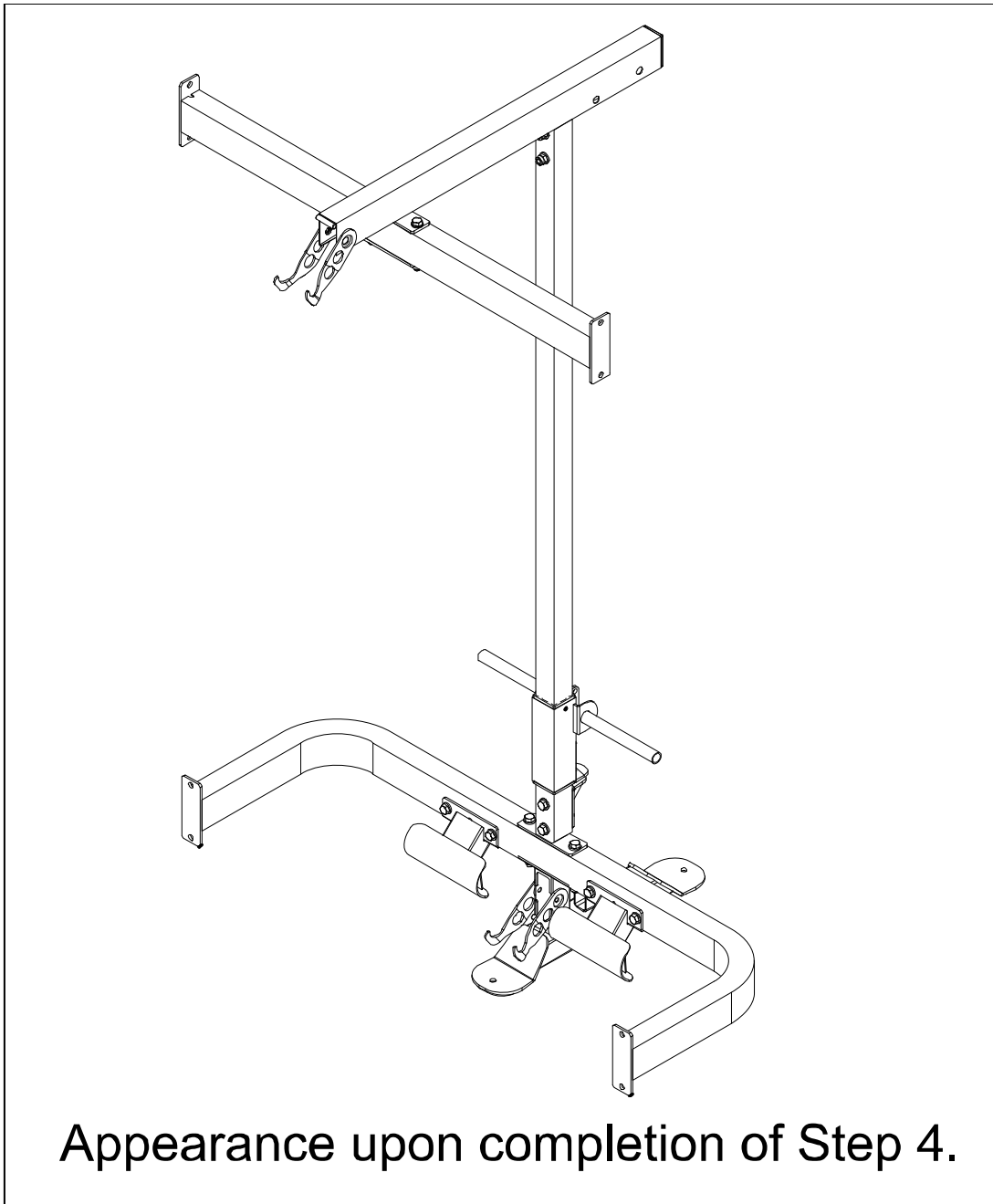
Step 4

4A. Installing the Upper Pipe Assembly to the Slider Bar

Insert the **Upper Pipe Assembly (C)** into the **Slider Bar (D)** and secure it by using two **Hex Bolts (26)**, four **Washers (52)**, two **Nylon Nuts (76)** using two **Hex Bolts (26)**, four **Washers (52)**, two **Nylon Nuts (76)**. Thoroughly tighten the **Bolts (26)** and **Nuts (76)**.

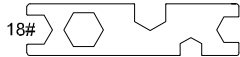
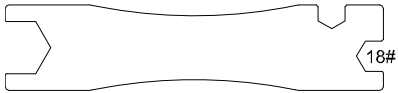
4B. Installing the Upper Pipe Assembly to the Rear Crossbeam

Attach the **Upper Pipe Assembly (C)** and one **Connecting Plate (K)** to the **Rear Crossbeam (G-6877)** by using two **Hex Bolts (16)**, four **Washers (52)**, two **Nylon Lock Nuts (76)**. Thoroughly tighten the **Bolts (16)** and **Nuts (76)**.

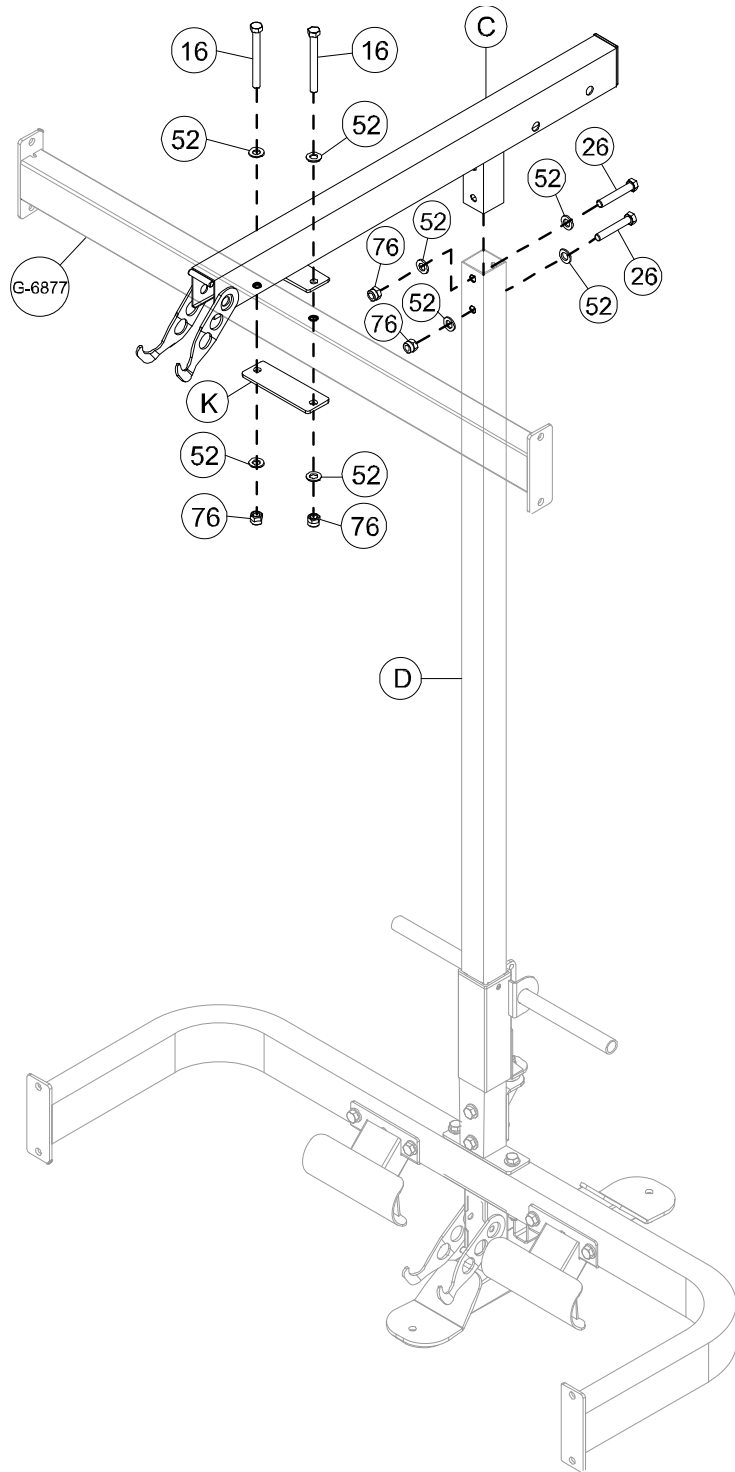


ASSEMBLY

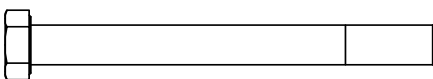
TOOLS



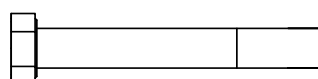
Wrench 2PCS



HARDWARE PACK



**(16) Hex Bolt
2PCS**



**(26) HEX BOLT
2PCS**



**(76) Nylon Nut
4PCS**



**(52) Washer
8PCS**

Step 5

5A. Preassembly of the Upper Cables

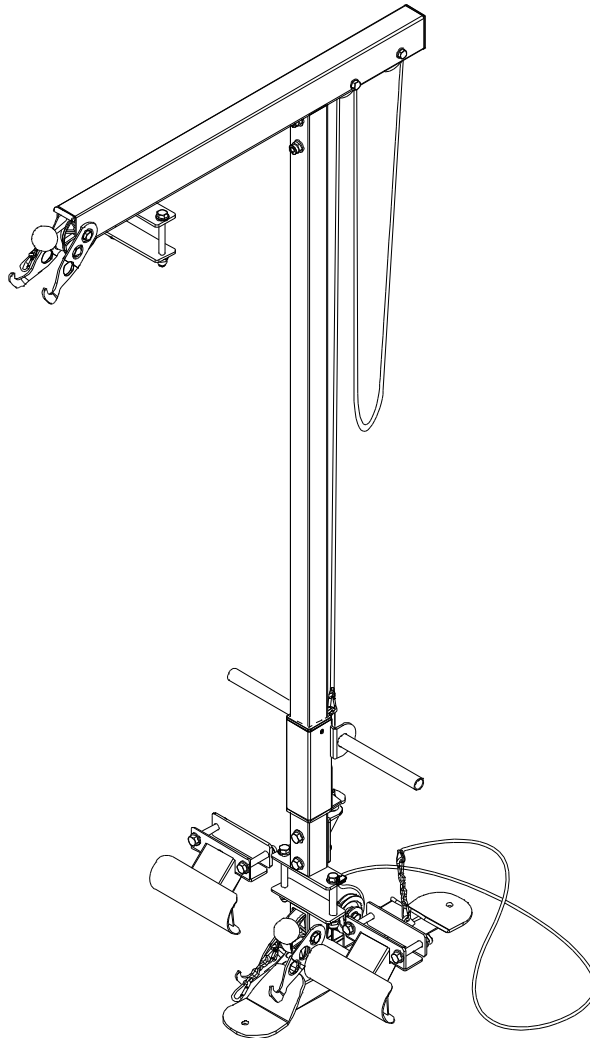
In preparation for the installation of the pulleys in **Step 6** take the **Upper Cable (291)** and feed the smaller end into the **Upper Pipe Assembly (C)** until it can be pulled out from the furthest hole at the opposite end of **Upper Pipe Assembly (C)**.

Pull the rest of the **Upper Cable (291)** through and allow it to hang from the hole at the end of **Upper Pipe Assembly (C)**.

5B. Preassembly of the Lower Cables

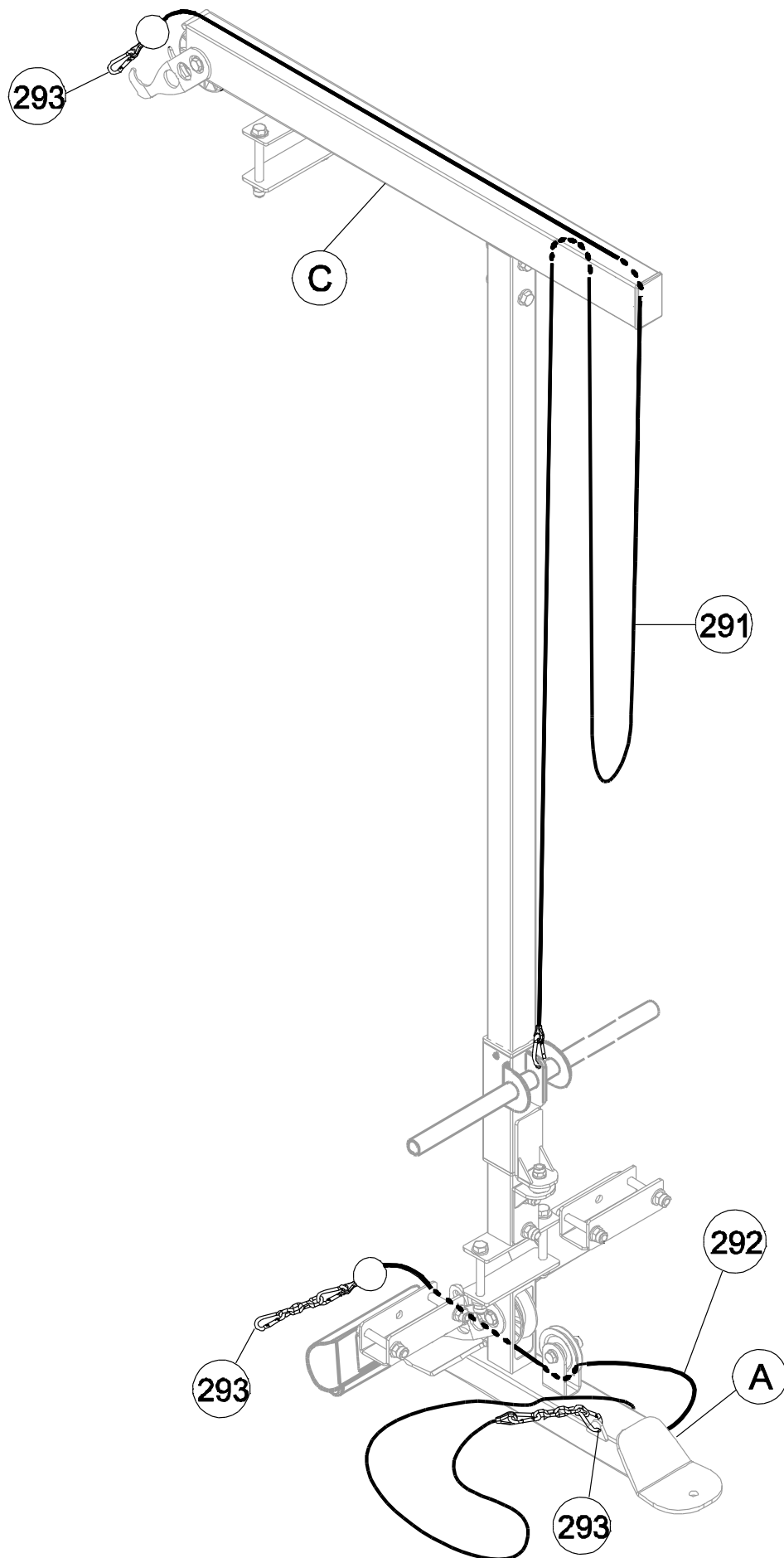
Take the **Lower Cable (292)** and feed the smaller end through the oval hole at the front of the **Base Assembly (A)**.

Pull the rest of the **Lower Cable (292)** through and allow it to rest in the pulley brackets at the rear of the **Base Assembly (A)**.



Appearance upon completion of Step 5.

ASSEMBLY



Step 6

6A. Installing the Wide Groove Pulleys

Install the two **Wide Groove Pulleys (L)** at the locations shown in the **Figure A** by using two **Hex Bolts (25)**, four **Washers (51)**, two **Nylon Lock Nuts (75)**. Refer to **Figure B** to see a side profile of the installation.

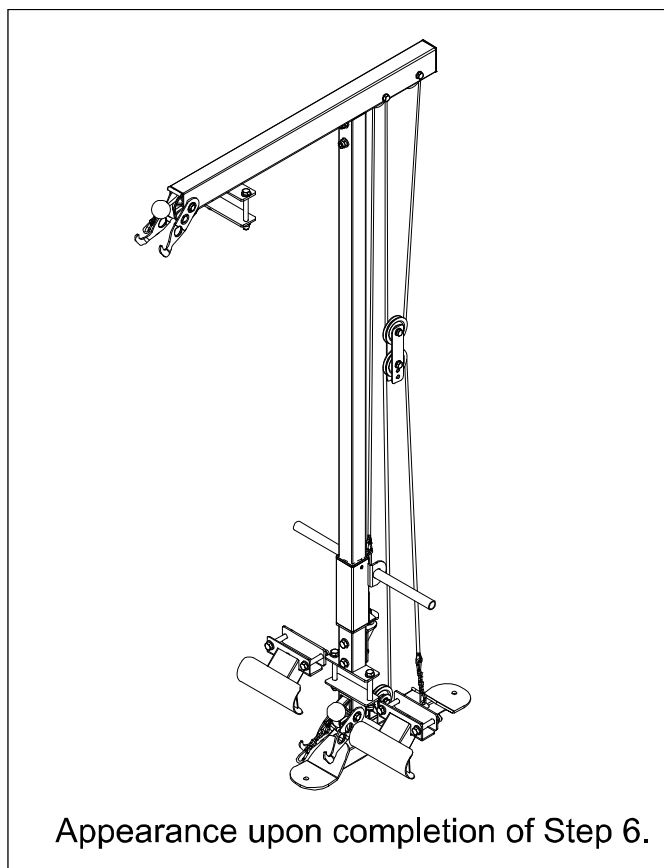
6B. Installing the Pulleys

Install the five **Pulleys (228)** at the locations shown in the diagrams by using three **Hex Bolt (24)**, two **Hex Bolts (25)**, six **Washers (51)**, five **Nylon Lock Nuts (75)**. Install four **Bushings (274)** around the **Pulleys (228)** installed at the **Upper Pipe Assembly (C)** two **Pulley Plates (G)** around the two **Pulleys (228)** holding the suspended cables. **See Figure C. Thoroughly tighten the hardware with the Wrench(s) provided.**

6C. Connecting the Cables to the Hooks

Connect Two **Hooks (293)** onto both sides of the **Chain (294)** onto the **Upper Cable (291)** and **Lower Cable (292)** where it is labelled “end” in diagram **Figure B**. Connect the **Hook (293)** at the end of the **Upper Cable (291)** to the hole at the rear of **Slider (E)**. Connect the **Hook (293)** at the end of **Lower Cable (292)** to the hole at the rear of **Base Assembly (A)**.

WARNING: carefully inspect the diagrams to correctly position the cables around the correct pulleys before installing the pulleys.



ASSEMBLY


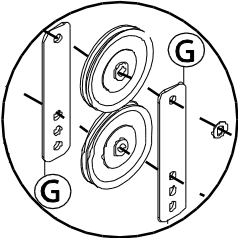


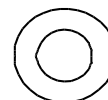
Figure B

TOOLS



Wrench 2PCS

HARDWARE PACK



(51) WASHER
10PCS

OPERATIONS & ADJUSTMENTS

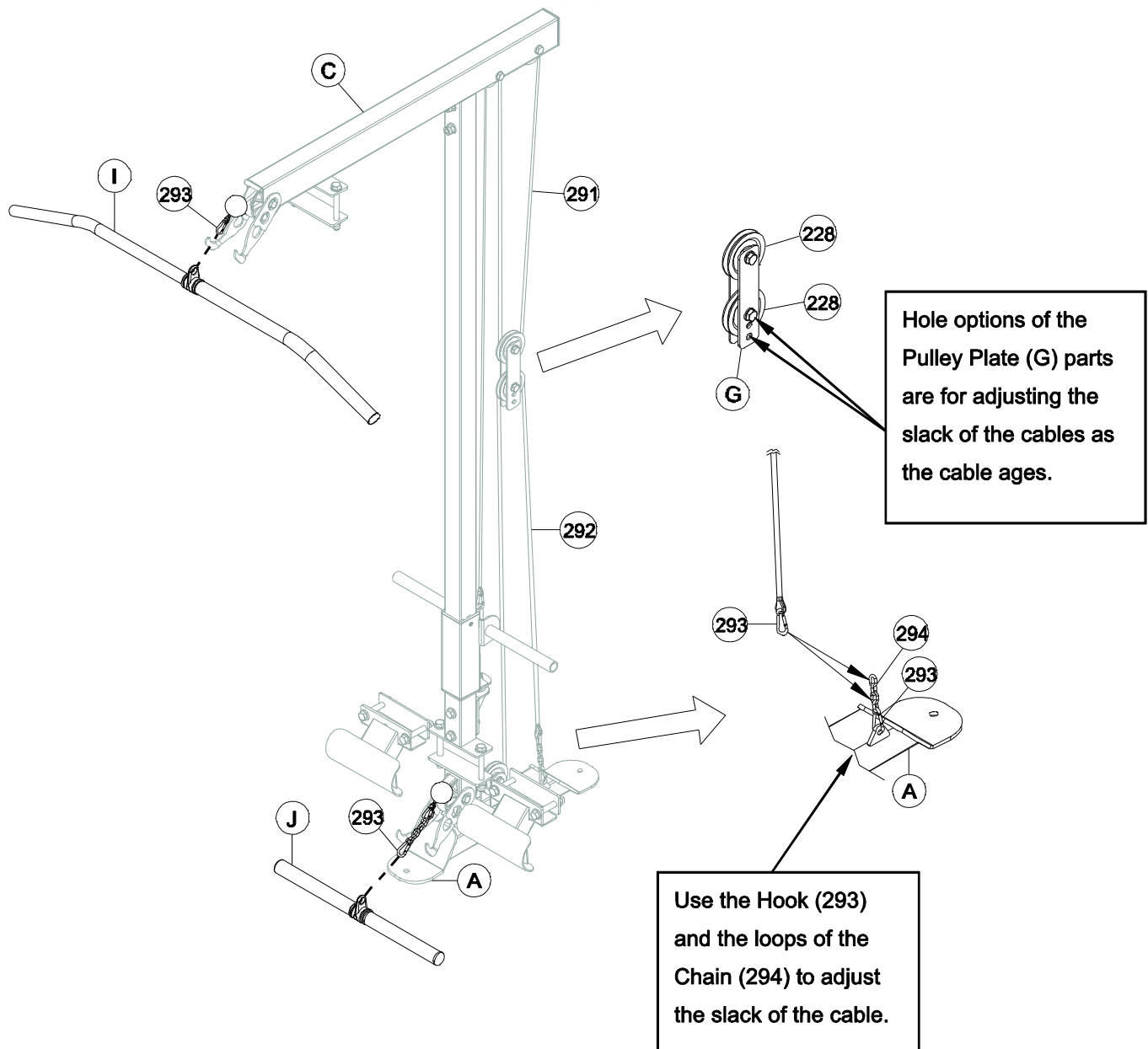
To adjust the length of the Lower Cable (292) use the Chain (294) and an additional Hook (293) to give a comfortable length to workout with.

To adjust the length of the Upper Cable (291), change the location at which the Pulleys (228) are mounted to the Pulley Plates (G).

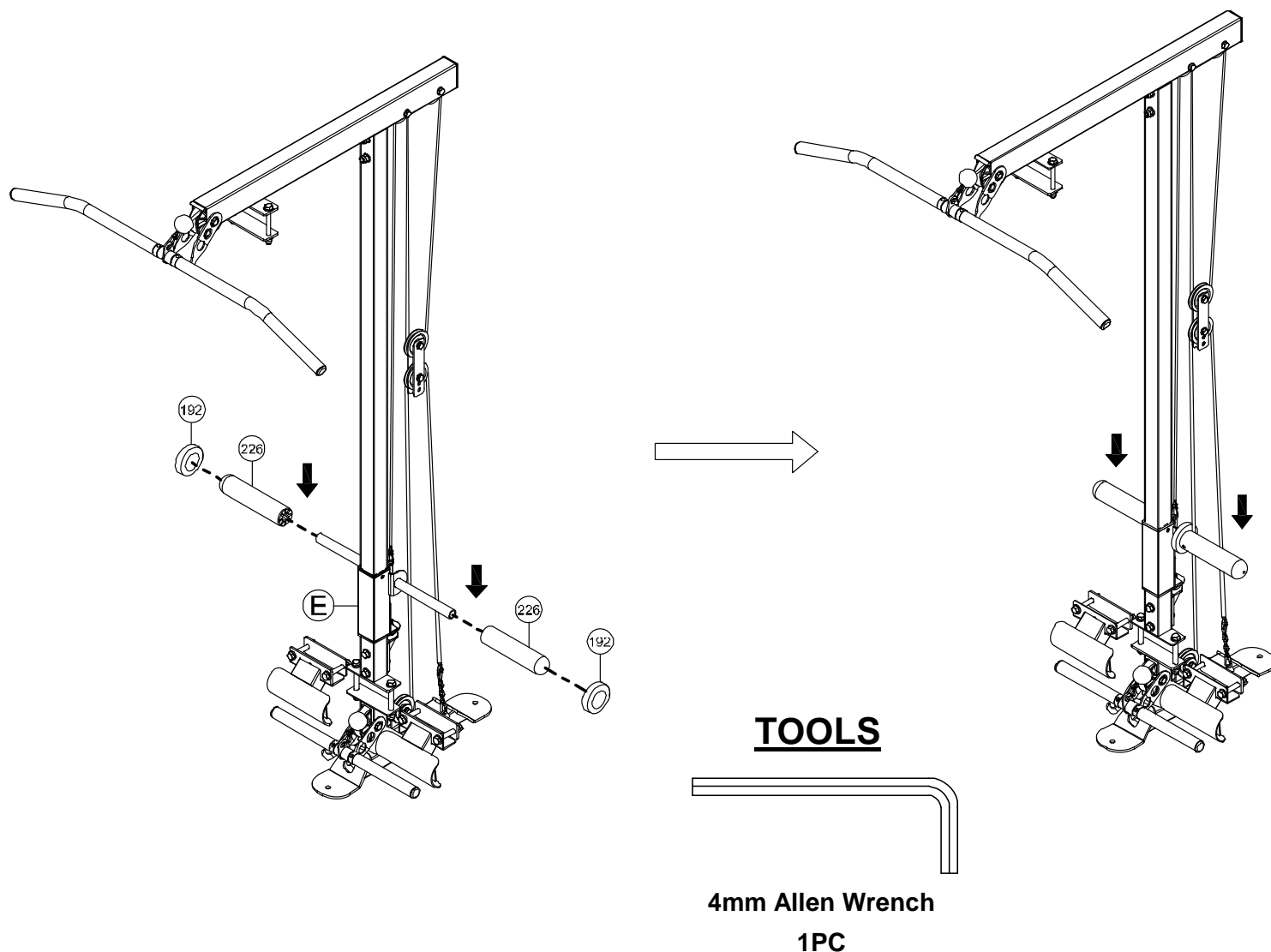
Mounting the Pulleys (228) at the furthest holes at the ends of the Pulley Plates (G) will loosen the cable slack.

Mounting the Pulleys (228) at the holes closer together on the Pulley Plates (G) will tighten the cable slack.

Attach the Lat Pull Down Bar (I) to the Hook (293) hanging from the Upper Pipe Assembly (C). Attach the Curl Bar (J) to the Hook (293) hanging from the Base Assembly (A).



OPERATIONS & ADJUSTMENTS

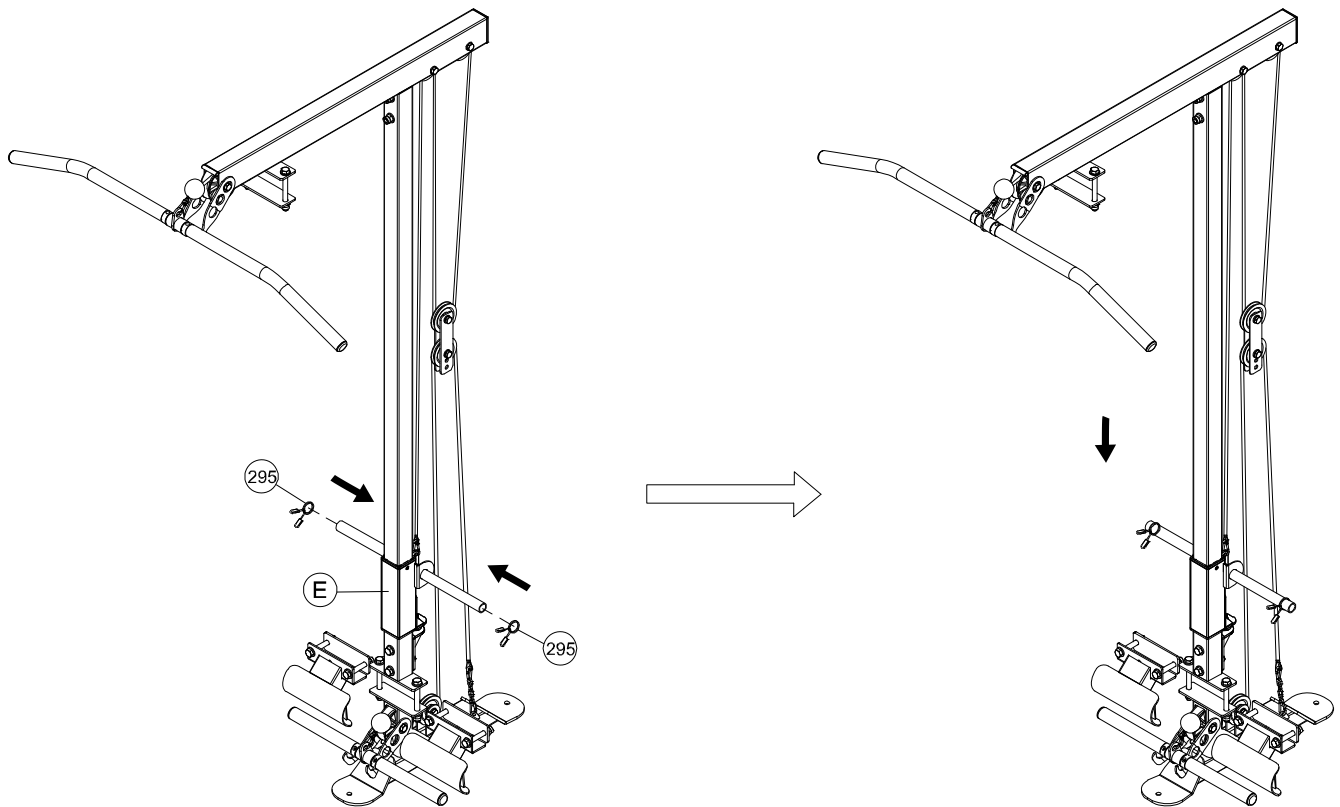


If you would like to use the available Olympic Plate Adaptors for Olympic sized plates, please follow the steps below:

- Use a **4mm Allen Wrench** to loosen the Allen screws of the **Olympic Plate Adaptors (226)**.
- Slide the **Olympic Plate Adaptors (226)** onto the two posts of **Slider (E)**.
- To lock the two **Olympic Plate Adaptors (226)** in place use a **4mm Allen key** to tighten the Allen screws of the **Olympic Plate Adaptor (226)**.
- Slide the **Olympic Plate Stoppers (192)** on to both **Olympic Plate Adaptors (226)** until they touch the **Slider (E)**.

Note: 2" inch Olympic clips sold separately

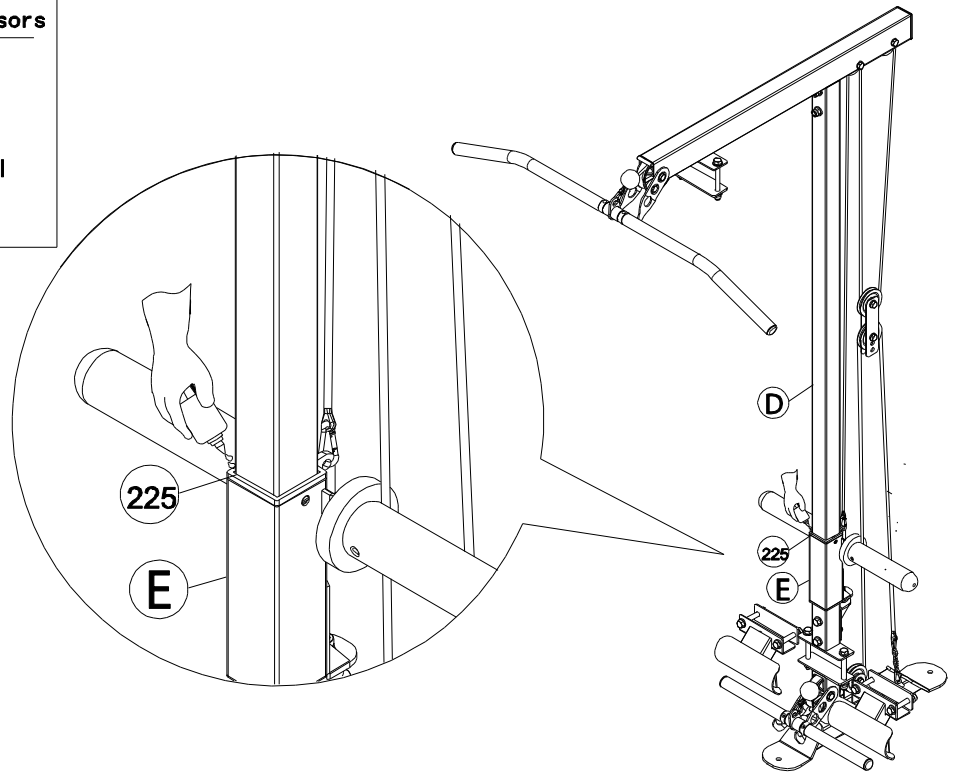
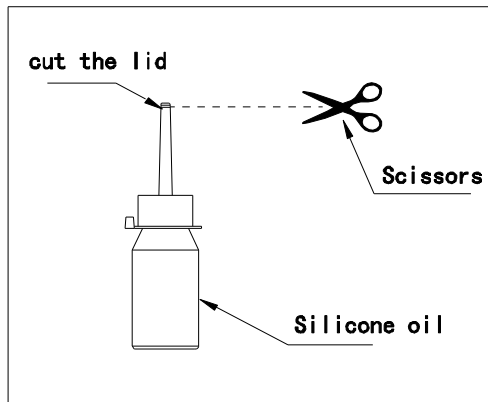
OPERATIONS & ADJUSTMENTS



When using standard size 1" inch plates, use the available Standard Clips. To install the Standard Clips, please follow the steps below:

- A. Pinch the rubber grips of **Standard Clip (295)**.
- B. Slide a **Standard Clip (295)** on to each post of the **Slider (E)**.

OPERATIONS & ADJUSTMENTS



Lubrication

The machine must be lubricated periodically. **ONLY USE SILICONE OIL** when lubricating the Slider Bar (D).

- A. Wipe the **Slider Bar (D)** clean using a dry cloth. Be sure to clean off any dried oil. Remove the **Silicone Oil** from inside the packaging and cut the lid off using a pair of scissors.
- B. Apply the **Silicone Oil** generously across the **Slider Bar (D)** and inside the **Square Bushing (225)**. Move the **Slider (E)** up and down to spread the oil

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame	10 years For Home Use Only
Parts	3 years For Home Use Only
Wearable Parts	2 years For Home Use Only

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

For best service, please email our customer service department:

Service@paradigmhw.com

Response Time: 1-2 Business Days. Response Time may vary.

Open Monday thru Friday 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. Owner's Manual
2. Model Number
3. Description of Parts
4. Part Number
5. Date of Purchase

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com*

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

**** This form can also be faxed in Fax #: 626-810-2166***