

## **Lat Pull Down Attachment**



**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.

# **Owner's Manual**

# **Le Manuel Du Propriétaire**



**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](mailto:Service@paradigmhw.com)**

**Or call us at:**

**1-844-641-7920**

**Hours:**

**8:00 am to 5:00 pm (PST)**

**Monday thru Friday**

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# 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](mailto: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](http://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**

# LABEL PLACEMENT

## WARNING

### Safety and Maintenance of Cables

Inspect cables daily to prevent unexpected breakage. Inspect the nylon coating and the cable's end fittings. Replace any damaged or worn cable immediately. A machine with a suspect cable can result in serious injury.

## AVERTISSEMENT

### Sécurité et Maintenance de Câbles

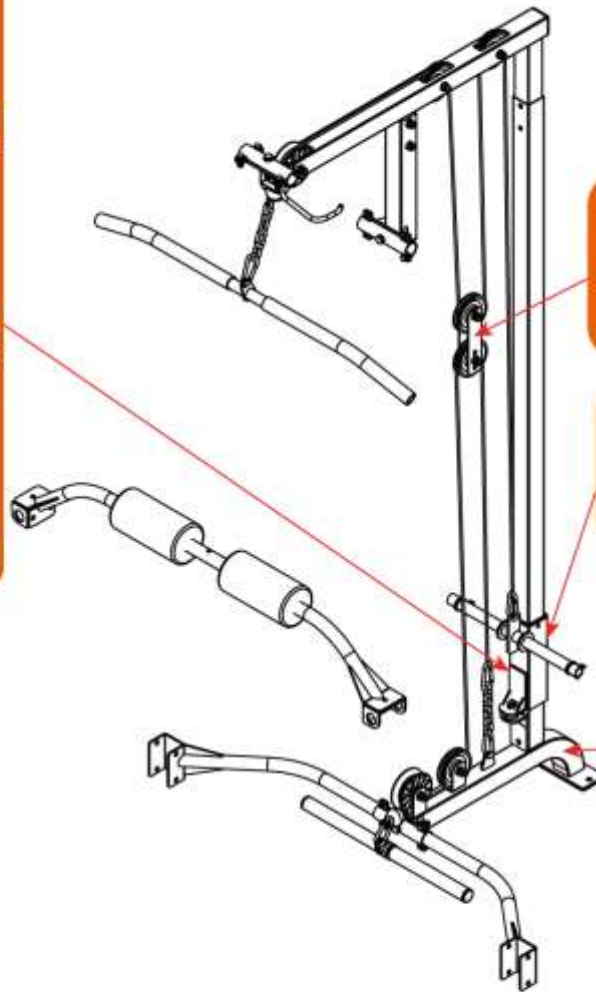
Inspectez les câbles quotidiennement pour éviter les bris inattendus. Inspectez le revêtement en nylon et le câble de raccords d'extrémité. Remplacez tout câble endommagé ou usé immédiatement. Une machine avec un câble suspect peut entraîner des blessures graves.

## ADVERTENCIA

### Seguridad y Maintenance de Cables

Inspeccione los cables de todos los días para evitar la rotura inesperada. Inspeccione el recubrimiento de nylon y el árbitro cable accesorios terminales. Reemplace cualquier cable dañado o desgastado inmediatamente. Una máquina con un cable sospechoso puede resultar en lesiones graves.

1-844-641-7920



Adjust  
Cable  
Here



WARNING / AVERTISSEMENT / ADVERTENCIA

Pinch point, keep hands clear

Pincez moment, garder les mains claires

Punto Pinch, mantenga las manos alejadas



Serial number / Numéro de série / Número de serie:  
MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

# 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, feet and hair 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](http://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

# IMPORTANT SAFETY GUIDELINES

**Do not exceed the maximum rated weight (load)**

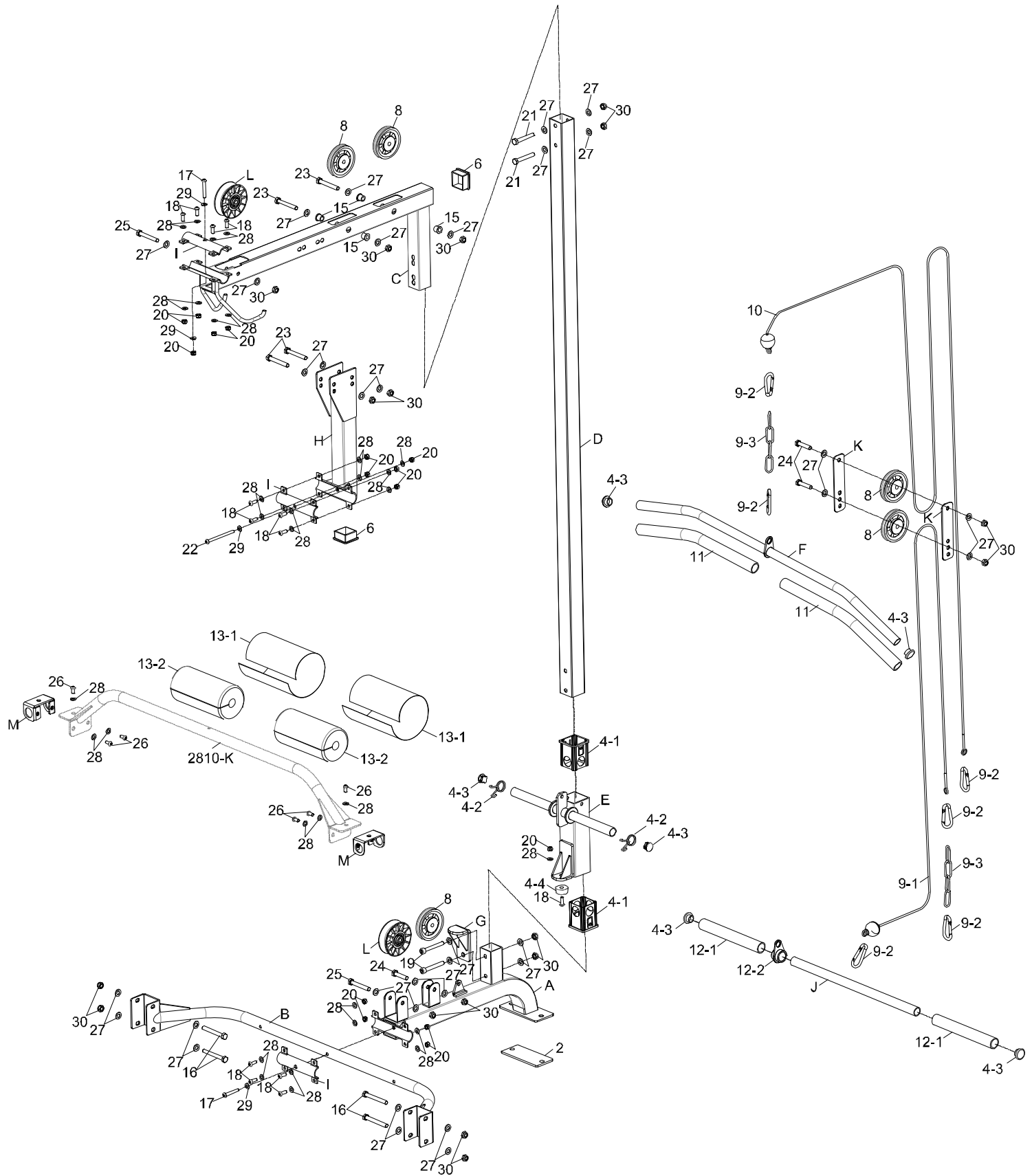
**The maximum weight capacity for this equipment is 270lbs/122kg**

**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 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 810XLT Super Max Power Cage (2810). There may be parts referenced that are NOT on this equipment's parts list.**

# OVERVIEW DRAWING



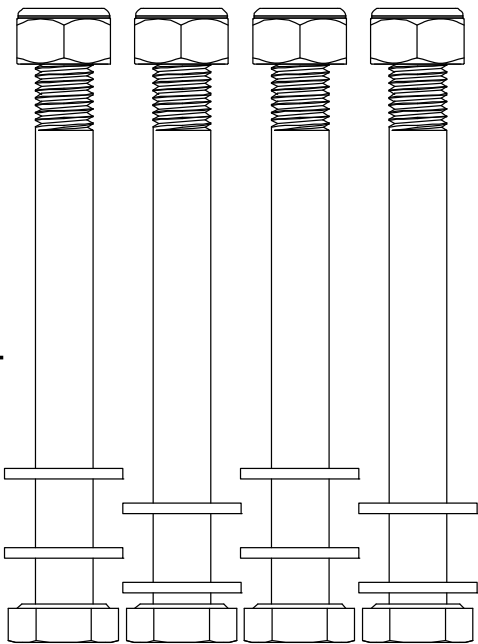
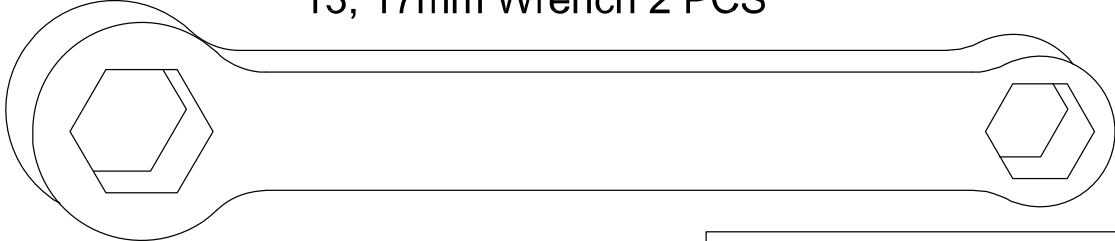
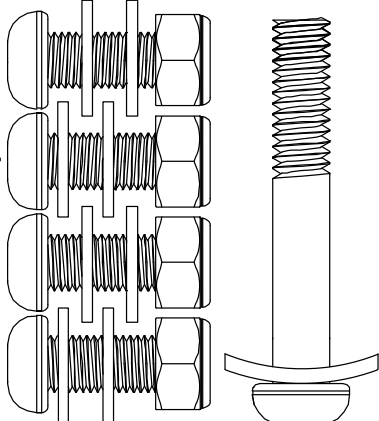
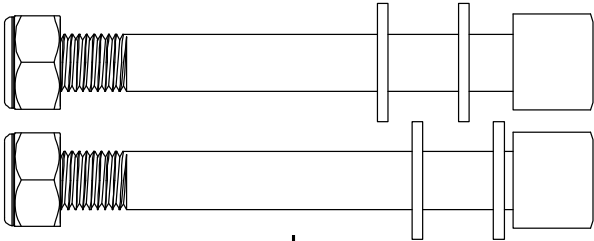

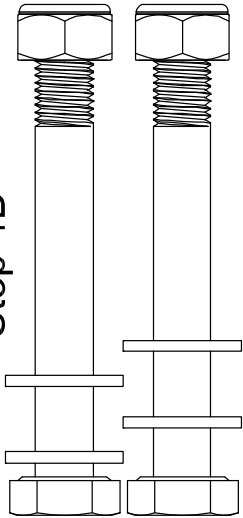



# PARTS LIST

Part#	Description	Q'ty.
A	Main Frame	1
B	Cross Bar	1
C	Upper Pipe Assembly	1
D	Slider Bar □50*50*2.0*1750	1
E	Slider	1
F	Lat Pull Down Bar	1
G	Support Bracket	1
H	Support Bar	1
I	Metal Plate 150*70*14*3.0	3
J	Curl Bar	1
K	Wheel Bracket 170*40*3.0	2
L	Wide Groove Pulley Φ98*44.5	2
M	Cross Bar Metal Bracket	2
4-1	Square Bushing 60*60*2.0	2
4-2	Standard Clip Φ3.0	2
4-3	Round End Cap Φ25*2.0	6
4-4	Buffer Φ35*15	1
6	Square End Cap □50*50*2.0	2
8	Pulley Φ91*23	5
9-1	Lower Cable Φ5*2590	1
9-2	Hook	6
9-3	Chain	2
10	Upper Cable Φ5*3445	1

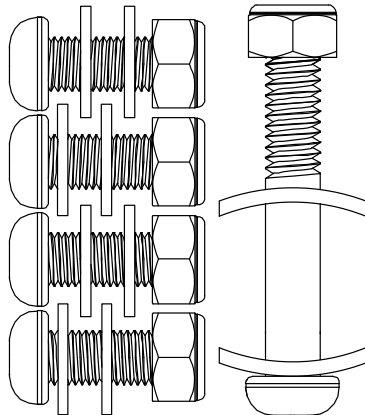
Part#	Description	Q'ty.
11	Handgrip Φ25*400mm	2
12-1	Handgrip Φ25*237mm	2
12-2	Curl Bar Hook Φ25*2.0*500	1
13-1	Foam Wrap	2
13-2	Foam Roller Φ100*200	2
15	Powder Bushing Φ20*2.0	4
16	Hex Bolt M10*82	4
17	Cap Hex Bolt M8*50	2
18	Cap Hex Bolt M8*23	13
19	Round Hex Bolt M10*72	2
2	Rubber Pad 145*65*5.0	1
20	Nylon Lock Nut M8	15
21	Hex Bolt M10*66	2
22	Cap Hex Bolt M8*99	1
23	Hex Bolt M10*72	4
24	Hex Bolt M10*46	3
25	Hex Bolt M10*69	2
26	Cap Hex Bolt M8*15	6
27	Washer Φ20*Φ11*2.0	34
28	Washer Φ16*Φ8.5*1.5	32
29	Curved Washer Φ16*Φ8.5*1.5	4
30	Nylon Lock Nut M10	17

2815-Hardware Pack A

<div>Step 1</div> <div></div> <div>(16) Hex Bolt M10*82 4PCS (27) Washer φ20*φ11*2.0 8PCS (30) Nylon Lock Nut M10 4PCS</div>		<div>13, 17mm Wrench 2 PCS</div> <div></div>		<div>Step 2</div> <div></div> <div>(18) Cap Hex Bolt M8*23 4PCS (28) Washer φ16*φ8.5*1.5 8PCS (20) Nylon Lock Nut M8 4PCS (17) Cap Hex Bolt M8*50 1PC (29) Curved Washer 1PC</div>		<div>Step 4A</div> <div></div> <div>(19) Round Hex Bolt M10*72 2PCS (27) Washer φ20*φ11*2.0 4PCS (30) Nylon Lock Nut M10 2PCS</div>	
<div>6mm Allen Wrench 1 PC</div> <div></div>		<div>Step 4B</div> <div></div> <div>(21) Hex Bolt M10*66mm 2PCS (27) Washer φ20*φ11*2.0 4PCS (30) Nylon Lock Nut M10 2PCS</div>		<div>8mm Allen Wrench 1 PC</div> <div></div>			

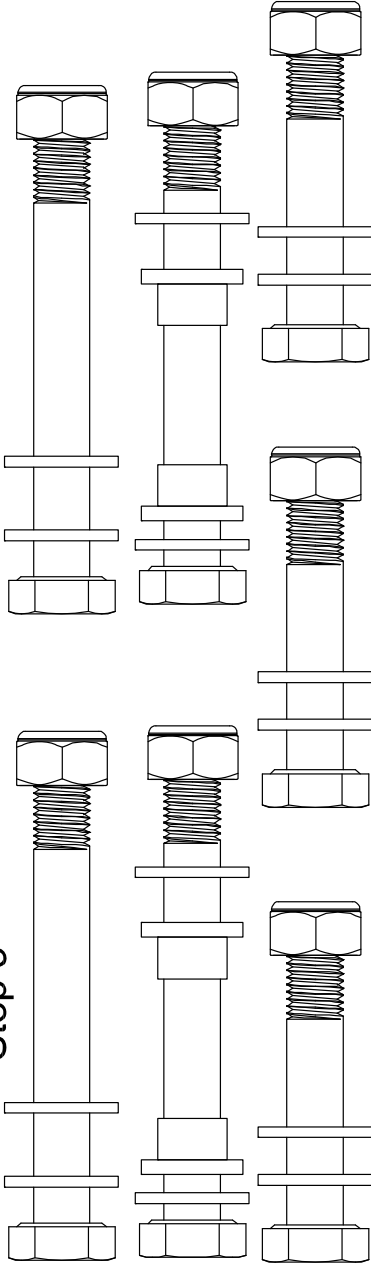
## 2815-Hardware Pack B

### Step 5-4



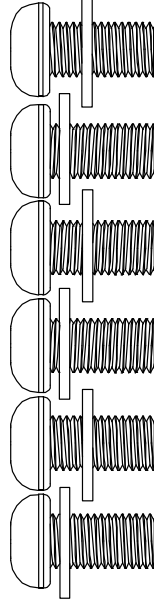
- (18) Cap Hex Bolt M8\*23 4PCS
- (28) Washer  $\phi 16^* \phi 8.5^* 1.5$  8PCS
- (20) Nylon Lock Nut M8 5PCS
- (17) Cap Hex Bolt M8\*50 1PC
- (29) Curved Washer 2PCS

### Step 8



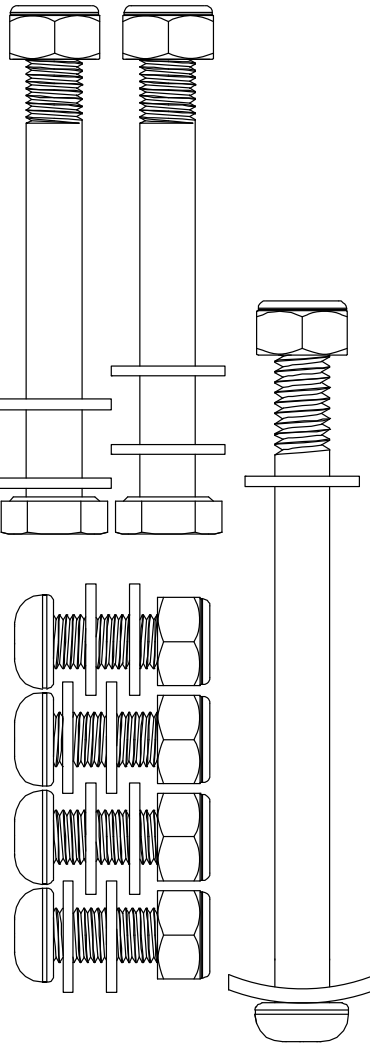
- (25) Hex Bolt M10\*69mm 2PCS
- (23) Hex Bolt M10\*72mm 2PCS
- (24) Hex Bolt M10\*46mm 3PCS
- (15) Powder Bushing  $\phi 20^* 2.0$  4PCS
- (27) Washer  $\phi 20^* \phi 11^* 2.0$  14PCS
- (30) Nylon Lock Nut M10 7PCS

### Step 10



- (26) Cap Hex Bolt M8\*15mm 6PCS
- (28) Washer  $\phi 16^* \phi 8.5^* 1.5$  6PCS

### Step 6

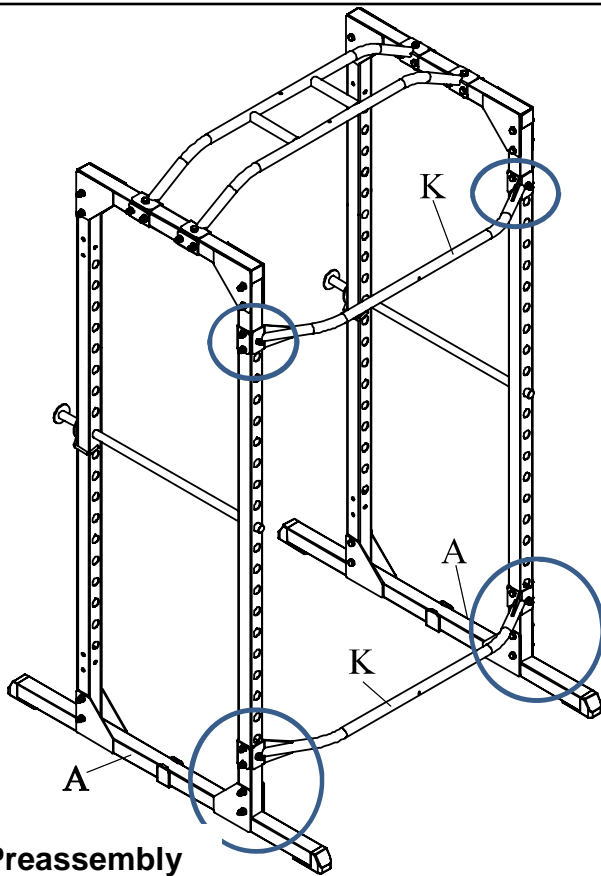


- (18) Cap Hex Bolt M8\*23 4PCS
- (28) Washer  $\phi 16^* \phi 8.5^* 1.5$  9PCS
- (20) Nylon Lock Nut M8 5PCS
- (22) Cap Hex Bolt M8\*99mm 1PC
- (29) Curved Washer 1PC
- (23) Hex Bolt M10\*72mm 2PCS
- (27) Washer  $\phi 20^* \phi 11^* 2.0$  4PCS
- (30) Nylon Lock Nut M10 2PCS

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# ASSEMBLY

This product is only to be used alongside with the Fitness Reality 810XLT Super Max Power Cage (2810). There may be parts referenced that are NOT on this equipment's parts list.



Loosen these 6 Bolts to give the cage some play to allow installation

Remove these 10 bolts and Cross Bar.

## Preassembly

**A** Loosen the six Hexagon Head Bolts (32) and six Nylon Lock Nuts (75) at the top Rear Crossbar (K). This will allow the Lat Pull down to be attached easier.

**B** Remove six Hexagon Head Bolts (32), six Nylon Lock Nuts (75) and twelve Washers (67) from bottom Rear Crossbar (K) to remove it from the cage.

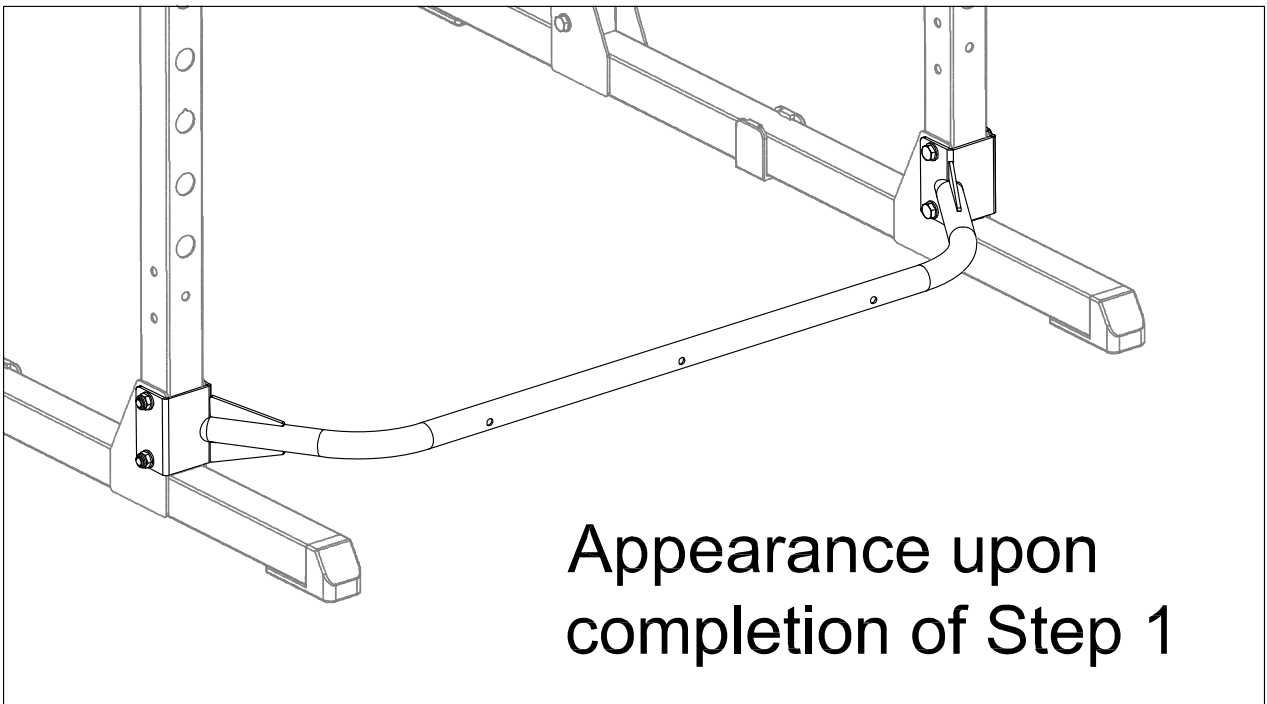
**C** Remove four Hexagon Head Bolts (32), four Nylon Lock Nuts (75) and eight Washers (67) from the Base Frames (A)

## Step 1

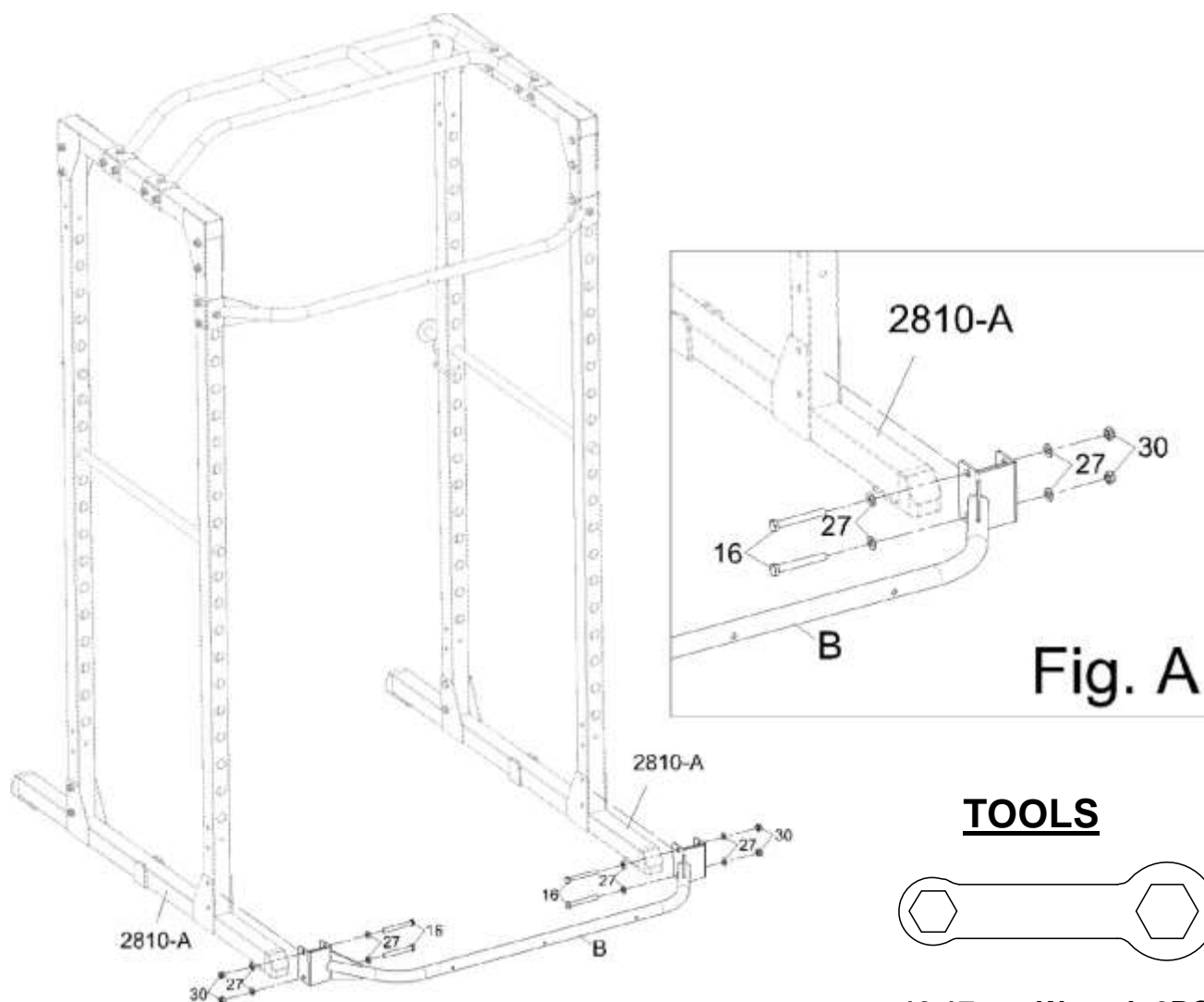
### 1A. Installing the Cross Bar

Attach the **Cross Bar (B)** onto the **Power Cage Base Frame (2810-A)** by using four **Hex Bolts (16)**, eight **Washers (27)** and four **Nylon Lock Nuts (30)**.

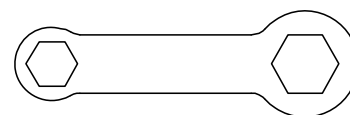
**Do not thoroughly tighten the hardware until instructed.**



# ASSEMBLY

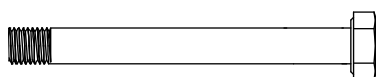


## TOOLS



13,17mm Wrench 2PCS

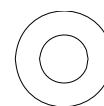
## HARDWARE PACK



(16) Hex Bolt  
4PCS



(30) Nylon Lock Nut  
4PCS



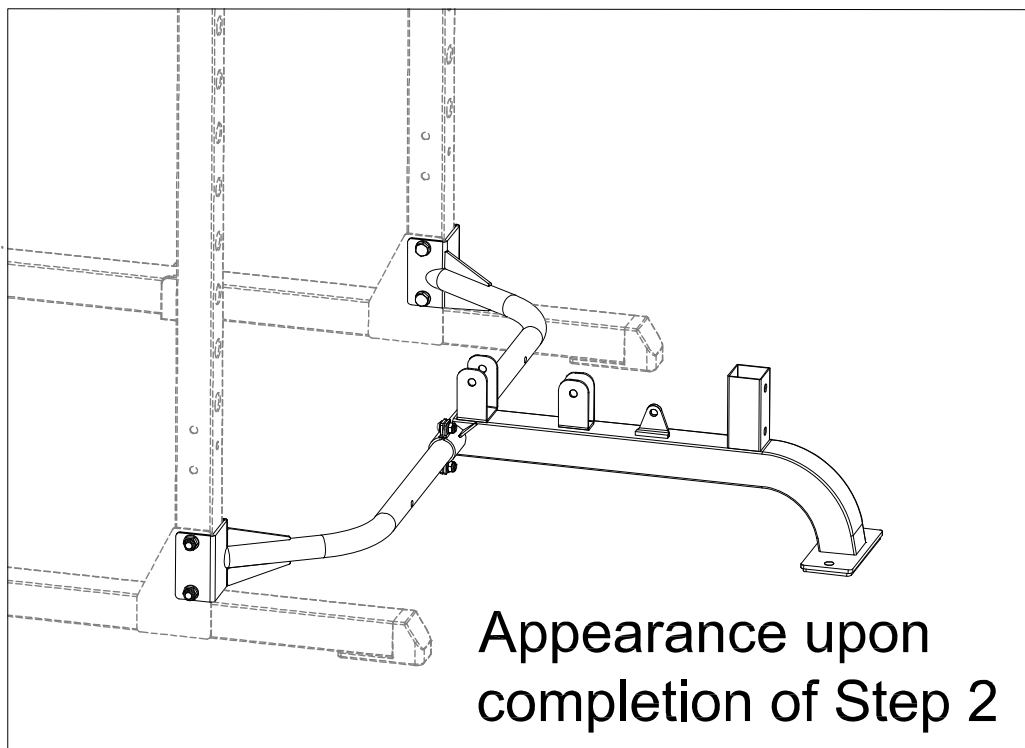
(27) Washer  
8PCS

## Step 2

### 2A. Installing the Main Frame

Attach the **Main Frame (A)** and one **Metal Plate (I)** to the **Cross Bar (B)** by using one **Cap Hex Bolt (17)**, one **Curved Washer (29)**, four **Cap Hex Bolts (18)**, eight **Washers (28)** and four **Nylon Lock Nuts (20)**.

**Do not thoroughly tighten the hardware until instructed.**



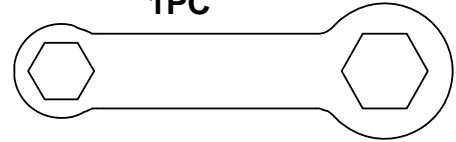


# ASSEMBLY

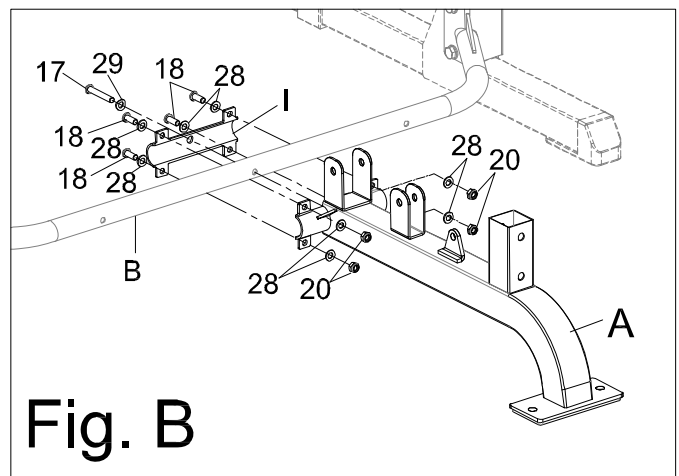
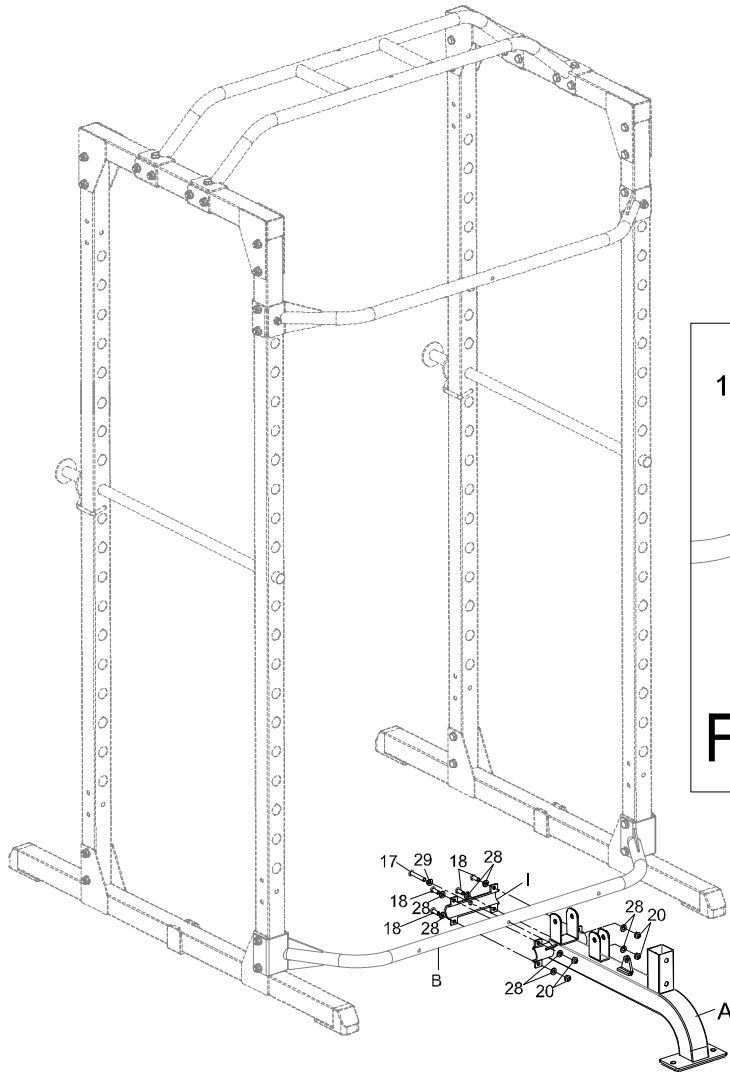
## TOOLS



**6mm Allen Wrench  
1PC**

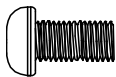


**13,17mm Wrench  
1PC**



**Fig. B**

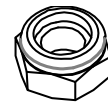
## HARDWARE PACK



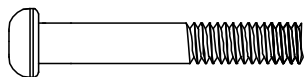
**(18) Cap Hex Bolt  
4PCS**



**(28) Washer  
8PCS**



**(20) Nylon Lock Nut  
4PCS**



**(17) Cap Hex Bolt  
1PC**



**(29) Curved Washer  
1PC**

## Step 3

### 3A. Installing the Slider

Slide a **Standard Clip (4-2)** on to each post of the **Slider (E)**.

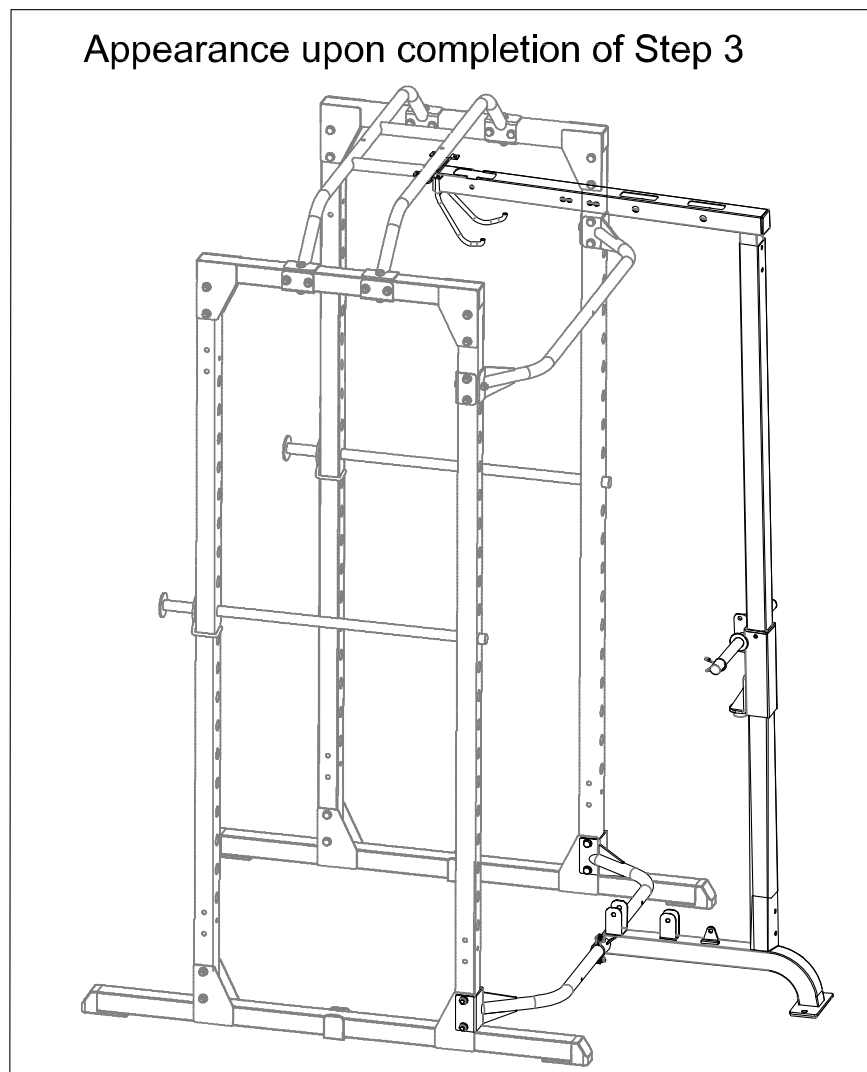
Mount the **Slider (E)** on to the **Slider Bar (D)** and gently lower it to the bottom of the **Slider Bar (D)**. See Fig. C.

### 3B. Installing the Slide Bar

Mount the **Slider Bar (D)** on to the **Upper Pipe Assembly (C)** See Fig. D. Make sure to slip the **Upper Pipe Assembly (C)** past the screw holes on **Slider Bar (D)** so that it can tuck under the **Power Cage Pull Up Bar (2810-D)**.

**3C. Installing the Slider Bar (D) into the Main Frame (A), pull the Upper Pipe Assembly (C) up towards and mount it to the Power Cage Pull Up Bar (2810-D). See Fig. E.**

**Do not thoroughly tighten the hardware until instructed.**



# ASSEMBLY

Fig. C

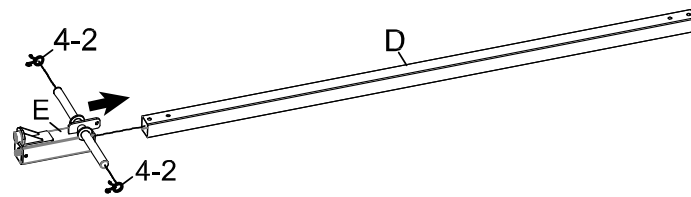


Fig. D

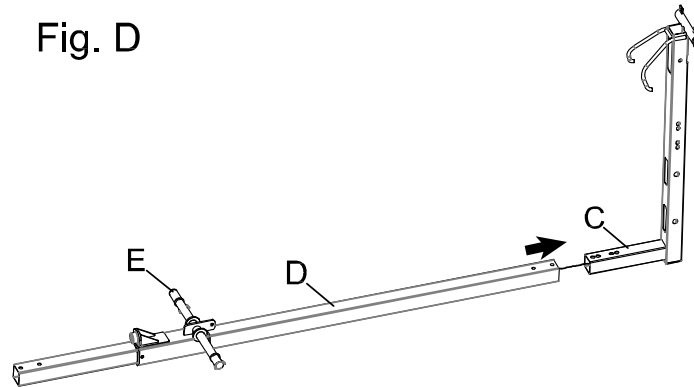
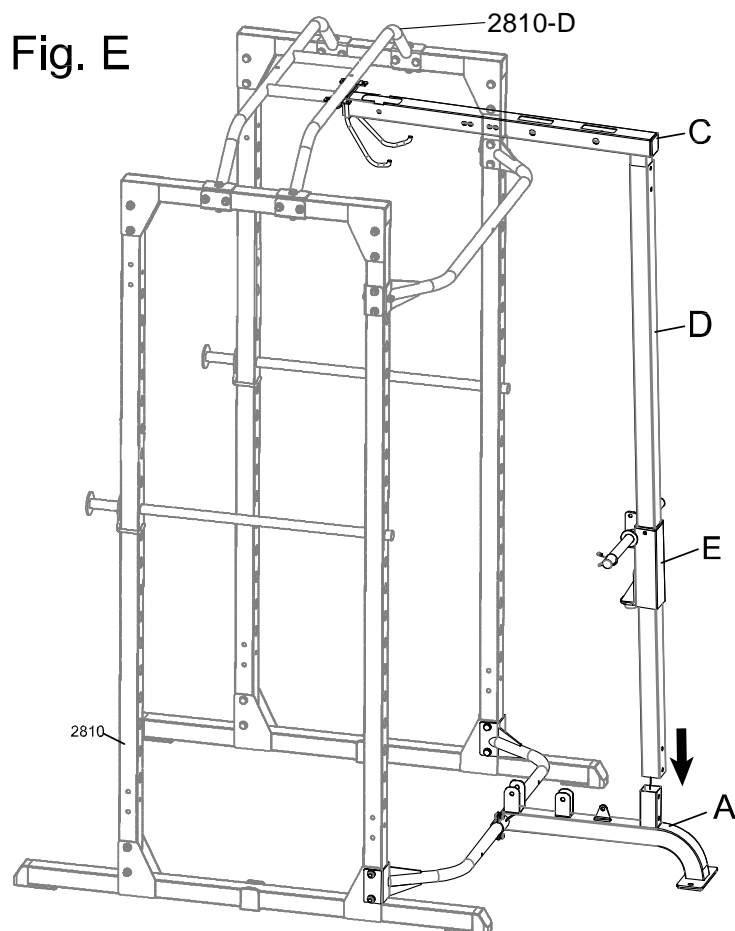


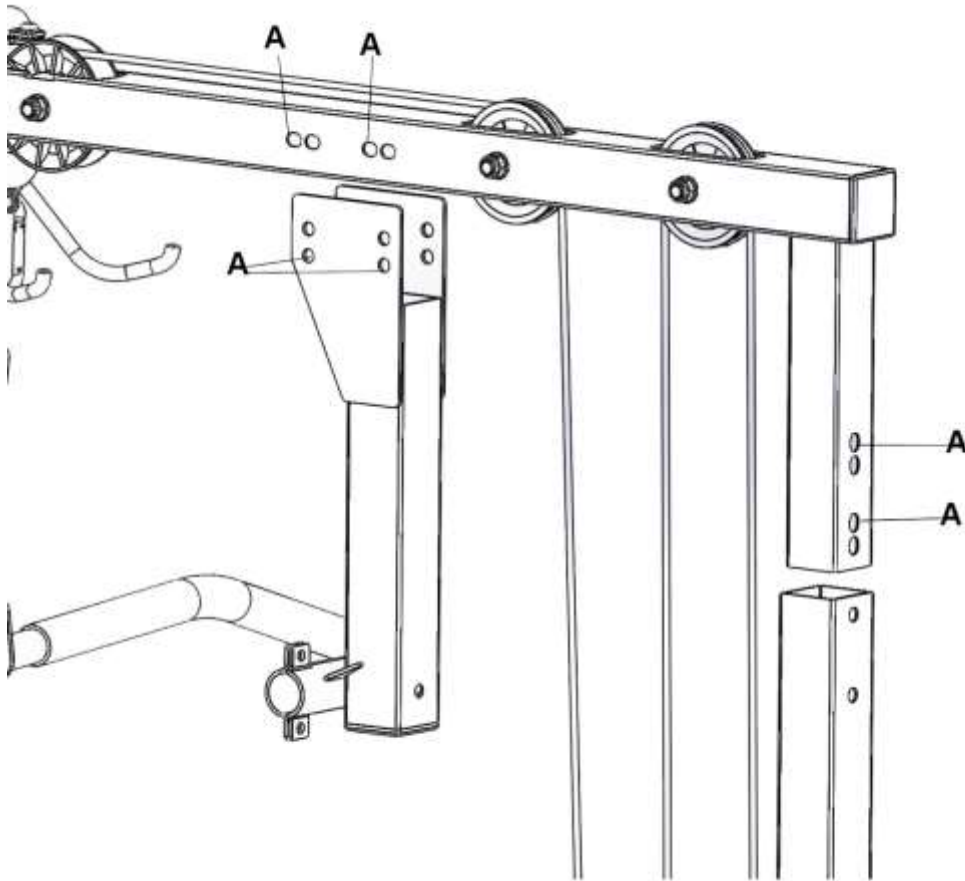
Fig. E



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## Pre-Step 4

If your Cage is a Model#2810S please look for the following



# sequence in your serial number. If the number is lower than 118078228100001 be sure to use the Holes Marked with an “A”

## Step 4

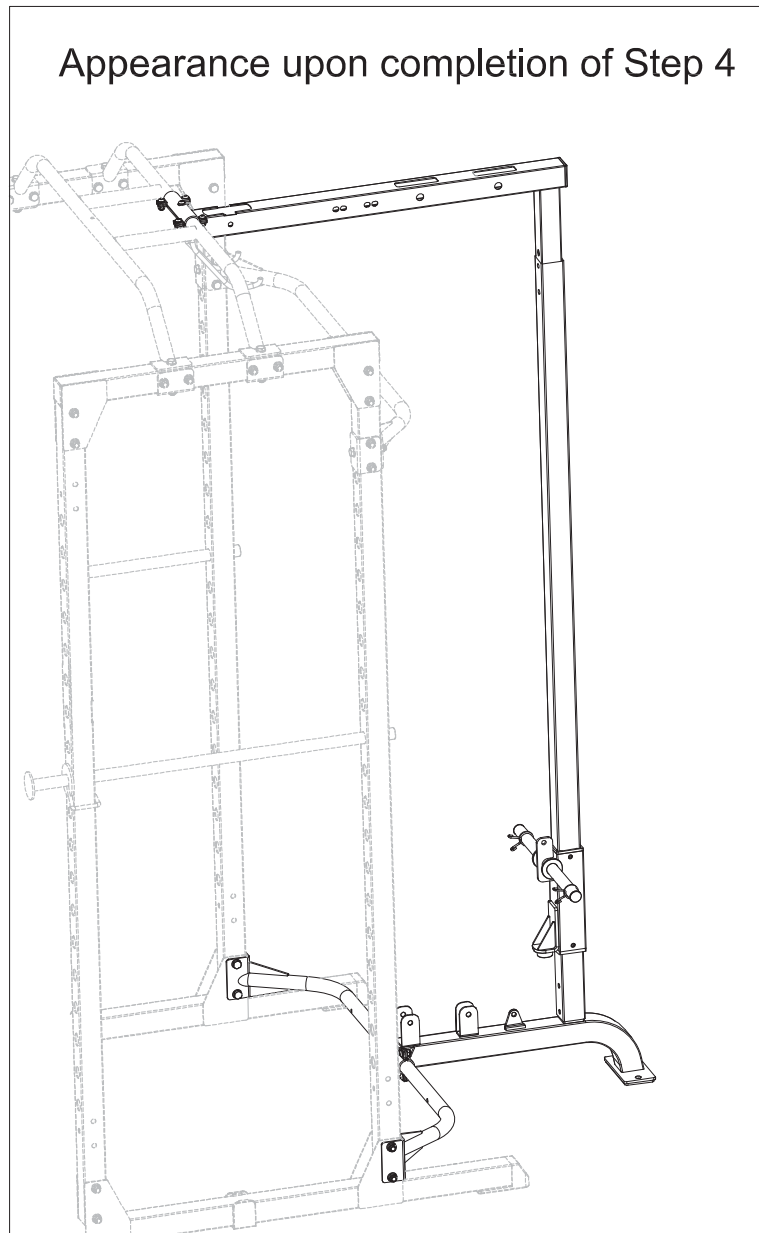
### 4A. Installing the Stopper Plate

Align the bolt holes of the **Stopper Plate (G)** with the bolt holes at the rear of the **Main Frame (A)** and fasten the **Stopper Plate (G)** and **Main Frame (A)** together by using two **Round Hex Bolts (19)**, four **Washers (27)**, two **Nylon Lock Nuts (30)**.

### 4B. Securing the Upper Pipe Assembly and Slide Bar

Secure the **Upper Pipe Assembly (C)** and **Slide Bar (D)** by using two **Hex Bolts (21)**, four **Washers (27)**, two **Nylon Lock Nuts (30)**.

**Do not thoroughly tighten the hardware until instructed.**

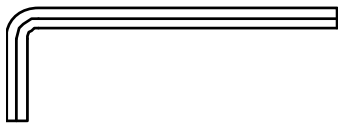


# ASSEMBLY

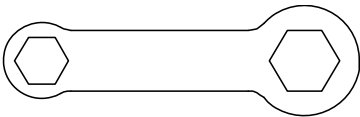
**2810-D**

**②**

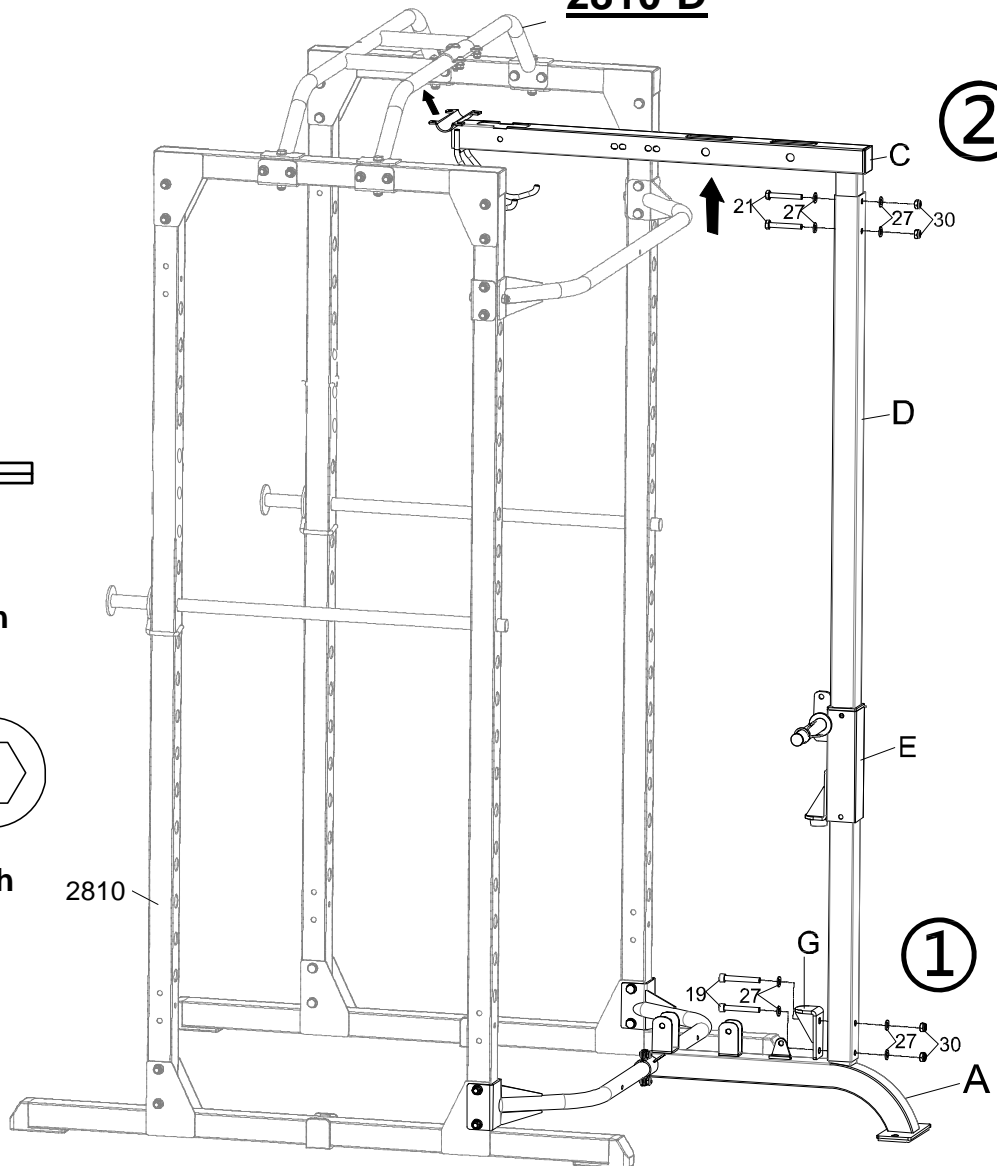
## TOOLS



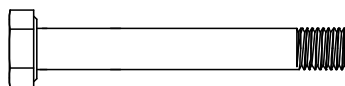
**8mm Allen Wrench  
1PC**



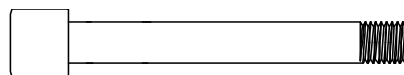
**13,17mm Wrench  
2PCS**



## HARDWARE PACK



**(21) Hex Bolt  
2PCS**



**(19) Round Hex Bolt  
2PCS**



**(30) Nylon Lock Nut  
4PCS**



**(27) Washer  
8PCS**

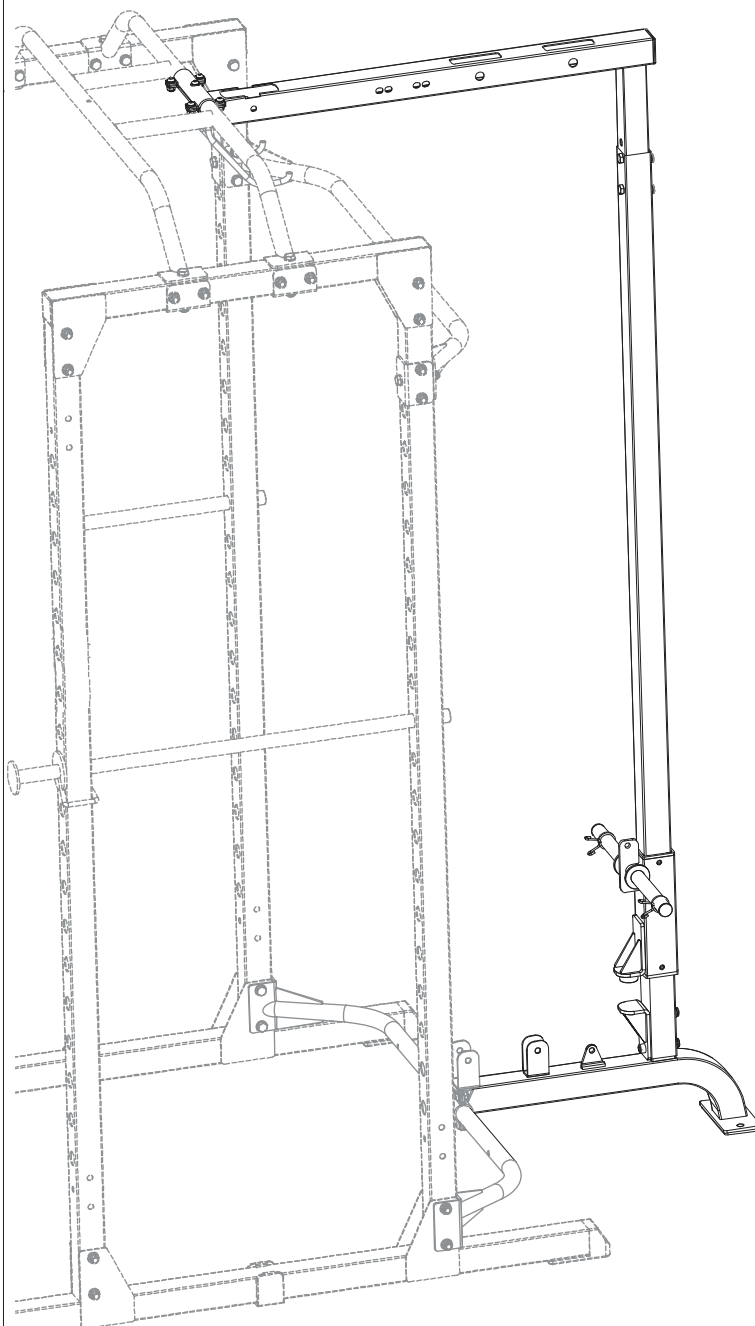
## Step 5

### 5A. Installing the Upper Pipe Assembly to the Pull Up Bar

Attach the **Upper Pipe Assembly (C)** and one **Connecting Plate (I)** to the **Power Cage Pull Up Bar (2810-D)** by using one **Cap Hex Bolt (17)**, two **Curved Washers (29)**, one **Nylon Lock Nut (20)**, four **Cap Hex Bolts (18)**, eight **Washers (28)** and four **Nylon Lock Nuts (20)**

**Do not thoroughly tighten the hardware until instructed.**

Appearance upon completion of Step 5



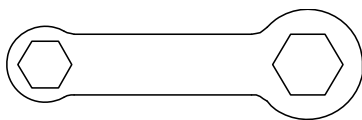


# ASSEMBLY

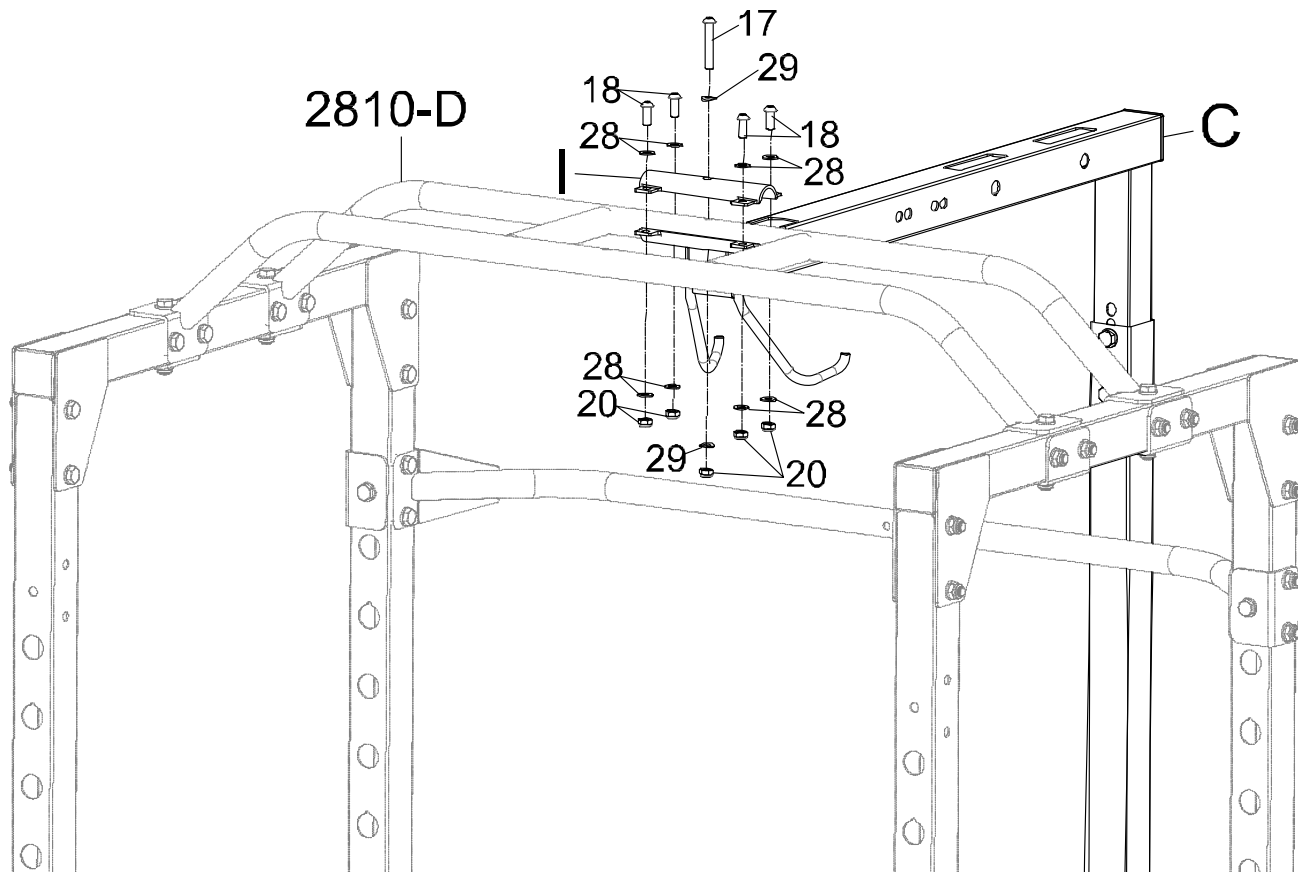
## TOOLS



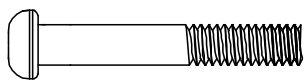
**6mm Allen Wrench**  
**1PC**



**13,17mm Wrench**  
**1PC**



## HARDWARE PACK



**(17) Cap Hex Bolt**  
**1PC**



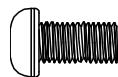
**(20) Nylon Lock Nut**  
**5PCS**



**(29) Curved Washer**  
**2PCS**



**(28) Washer**  
**8PCS**



**(18) Cap Hex Bolt**  
**4PCS**

# ASSEMBLY

## Step 6

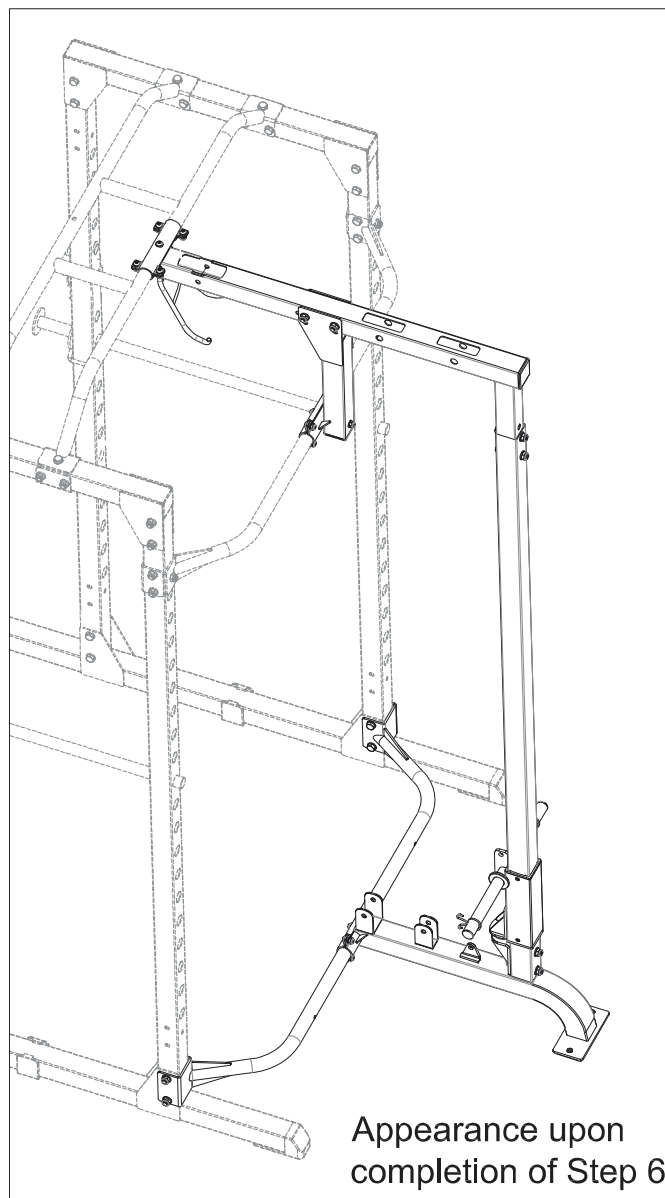
### 6A. Installing the Support Bar

Install the **Support Bar (H)** into the **Upper Pipe Assembly (C)** by using two **Hex Bolts (23)**, four **Washers (27)** and two **Nylon Lock Nuts (30)**

**NOTE \*** If Your Cage's UPC label Reads **MODEL# 2810S** Please use oval holes on the **Support Bar (H)** and the **Front Holes** on **Upper Pipe Assembly (C)**. If you have **MODEL# 2810** use round holes on **Support Bar (H)** and **rear holes** on **Upper Pipe Assembly (C)**.

Attach one **Connecting Plate (I)** to the **Power Cage Rear Cross Bar (2810-K)** and **Support Bar (H)** by using one **Cap Hex Bolt (22)**, one **Curved Washer (29)**, four **Cap Hex Bolts (18)**, nine **Washers (28)**, five **Nylon Lock Nuts (20)**.

**Give the cage a shake so all the structure can settle and then thoroughly tighten ALL the hardware.**

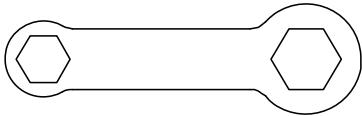


# ASSEMBLY

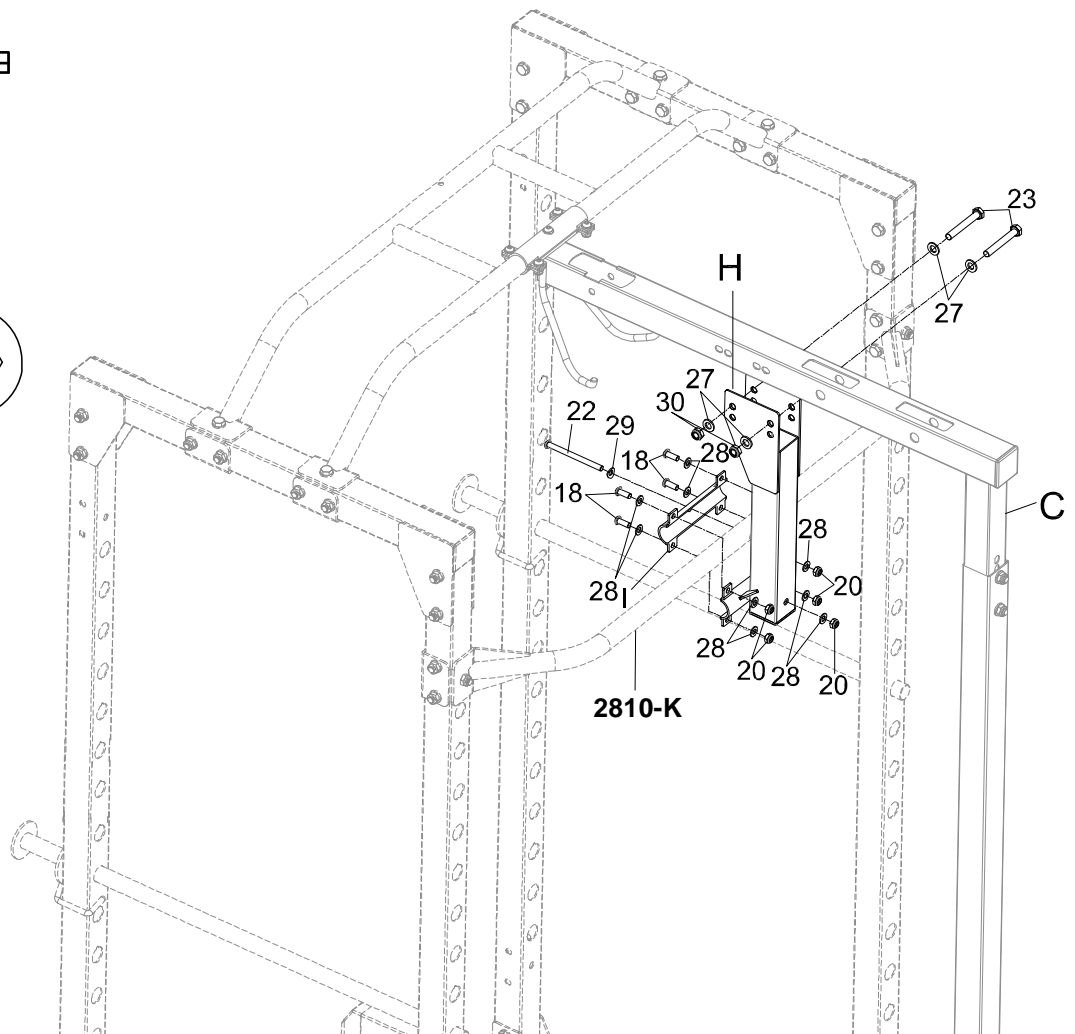
## TOOLS



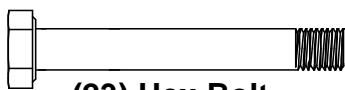
**6mm Allen Wrench  
1PC**



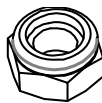
**13,17mm Wrench  
2PCS**



## HARDWARE PACK



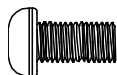
**(23) Hex Bolt  
2PCS**



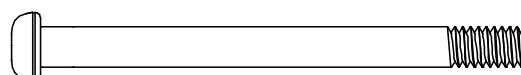
**(30) Nylon Lock Nut  
2PCS**



**(27) Washer  
4PCS**



**(18) Cap Hex Bolt  
4PCS**



**(22) Cap Hex Bolt  
1PC**



**(29) Curved Washer  
1PC**



**(28) Washer  
9PCS**



**(20) Nylon Lock Nut  
5PCS**

## Step 7

### 7A. Preassembly of the Upper Cables

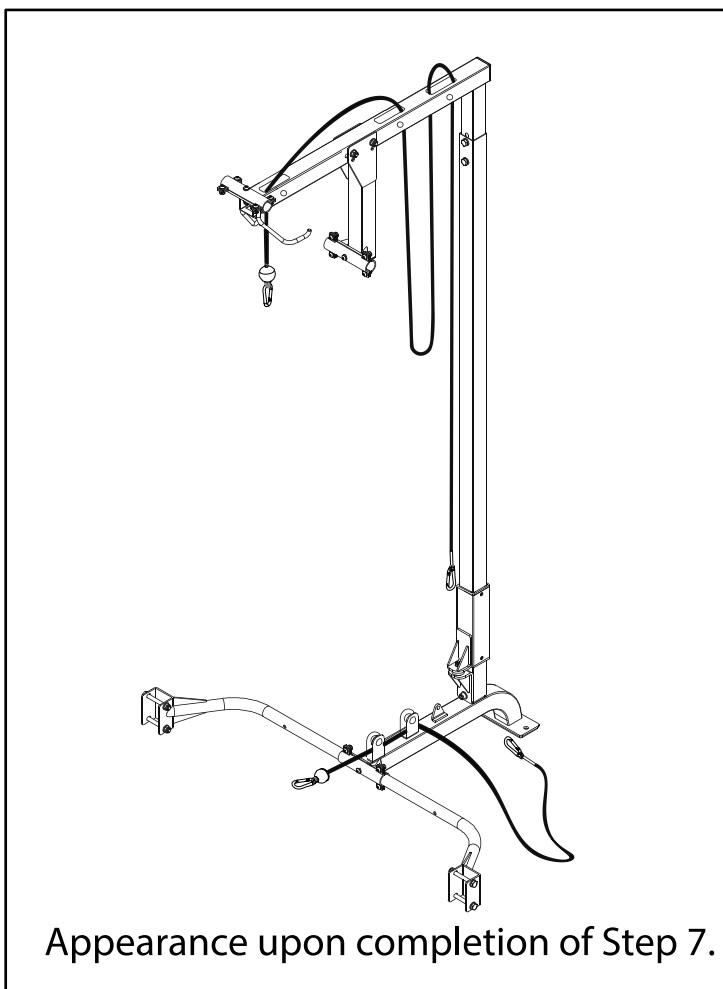
In preparation for the installation of the pulleys in **Step 8** take the **Upper Cable (10)** and feed the smaller end into the **Upper Pipe Assembly (C)** until it can be pulled out from the furthest hole at the opposite end of **Upper Pipe Assembly (C)**.

Pull the rest of the **Upper Cable (10)** through and allow it to hang from the hole at the end of **Upper Pipe Assembly (C)**.

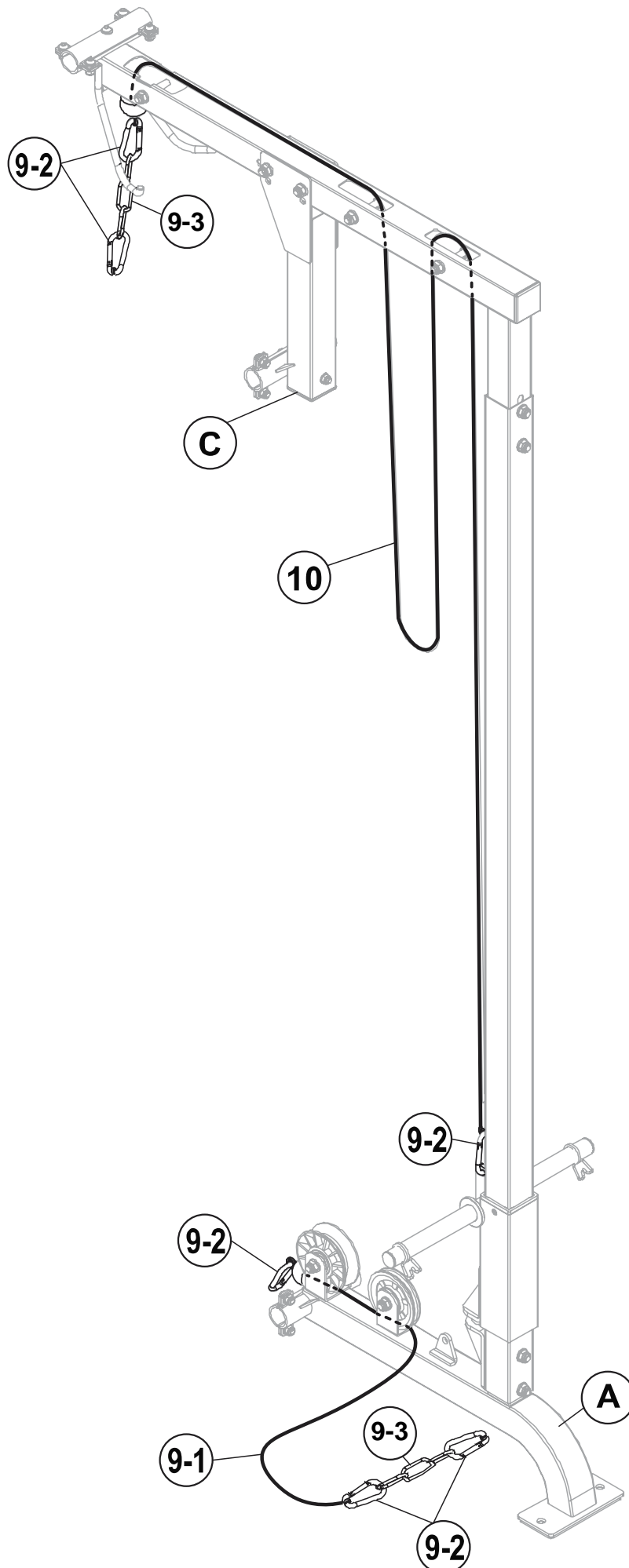
### 7B. Preassembly of the Lower Cables

Take the **Lower Cable (9-1)** and feed the smaller end through the oval hole at the front of the **Main Frame (A)**.

Pull the rest of the **Lower Cable (9-1)** through and allow it to rest in the pulley brackets at the rear of the **Main Frame (A)**.



# ASSEMBLY



## Step 8

### 8A. Installing the Wide Groove Pulleys

Install the two **Wide Groove Pulleys (L)** at the locations shown in the **Fig. H** by using two **Hex Bolts (25)**, four **Washers (27)**, two **Nylon Lock Nuts (30)**. Refer to **Fig. I** to see a side profile of the installation.

### 8B. Installing the Pulleys

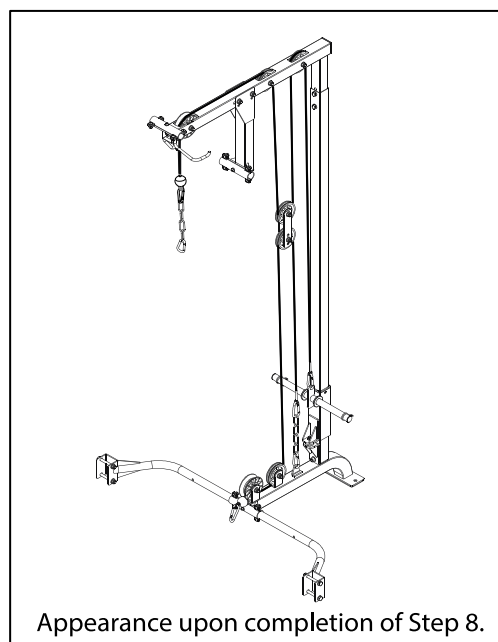
Install the five **Pulleys (8)** at the locations shown in the diagrams by using three **Hex Bolt (24)**, six **Washers (27)**, and three **Nylon Lock Nuts (30)**. Install four **Bushings (15)** into **Upper Pipe Assembly (C)** from the outside of tube for the **Pulleys (8)** by using two **Hex Bolts (23)**, four **Washers (27)** and two **Nylon Lock Nuts (30)** installed at the **Upper Pipe Assembly (C)**. Attach two **Pulley Plates (K)** around the two **Pulleys (8)** holding the suspended cables. **See Fig. I.**  
**NOTE\*** Do NOT over-tighten the pulley bolts as doing so will not allow them to operate smoothly.

### 8C. Connecting the Cables to the Hooks

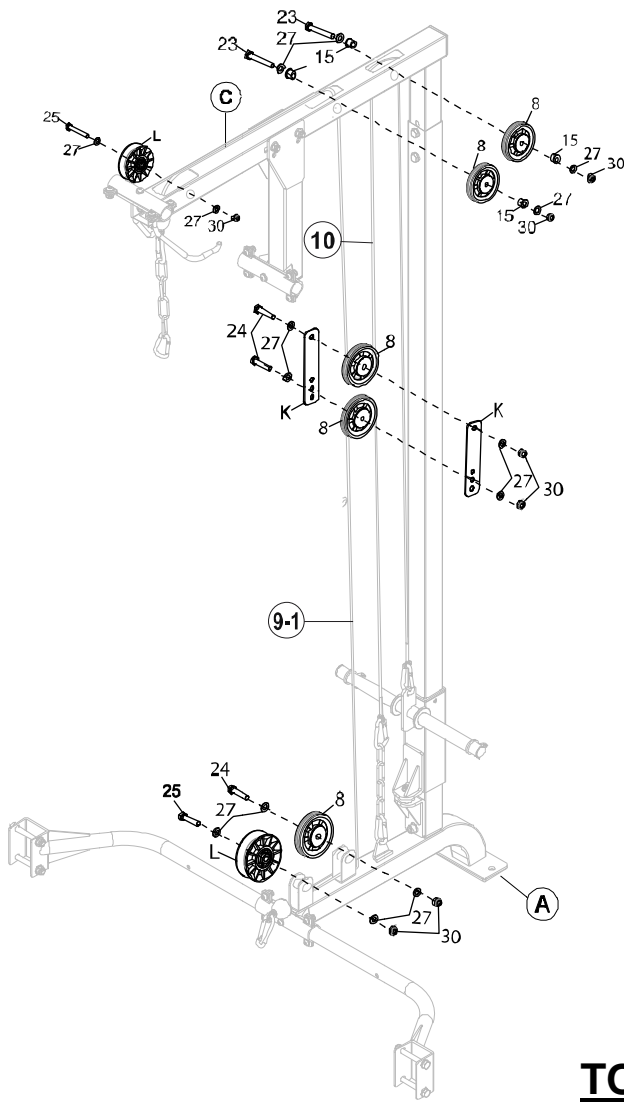
Connect Two **Hooks (9-2)** onto both sides of the **Chain (9-3)** onto the **Upper Cable (10)** and **Lower Cable (9-1)** where it is labelled “end” in diagram **Fig. J**. Connect the **Hook (9-2)** at the end of the **Upper Cable (10)** to the hole at the rear of **Slider (E)**. Connect the **Hook (9-2)** at the end of **Lower Cable (9-1)** to the hole at the rear of **Main Frame (A)**.

**NOTE \*** If Your Cage's UPC label Reads **MODEL# 2810S** Use only 3 links of the **Chain (9-3)** that attaches to the **Main Frame (A)**

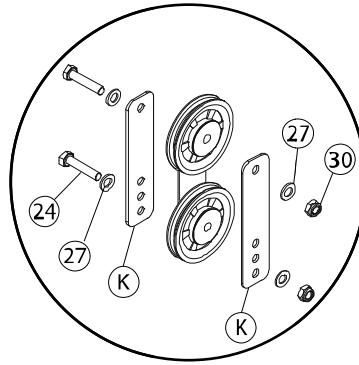
**WARNING:** carefully inspect the diagrams to correctly position the cables around the correct pulleys before installing the pulleys.



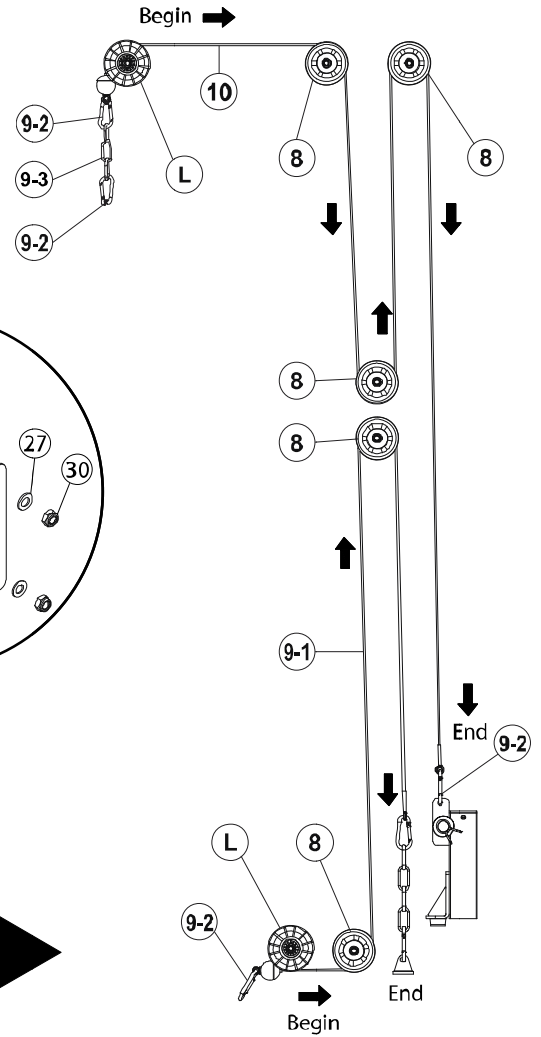
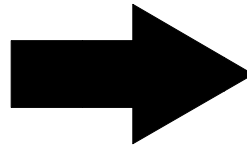
# ASSEMBLY



**Fig. H**

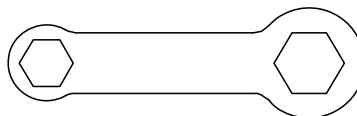


**Fig. I**



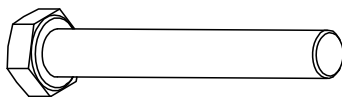
**Fig. J**

## TOOLS



13,17mm Wrench  
2PCS

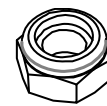
## HARDWARE PACK



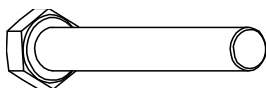
(25) Hex Bolt  
2PCS



(27) Washer  
14PCS



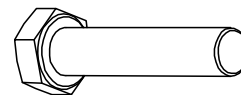
(30) Nylon Lock Nut  
7PCS



(23) Hex Bolt  
2PCS



(15) Powder Bushing  
4PCS



(24) Hex Bolt  
3PCS

# ASSEMBLY

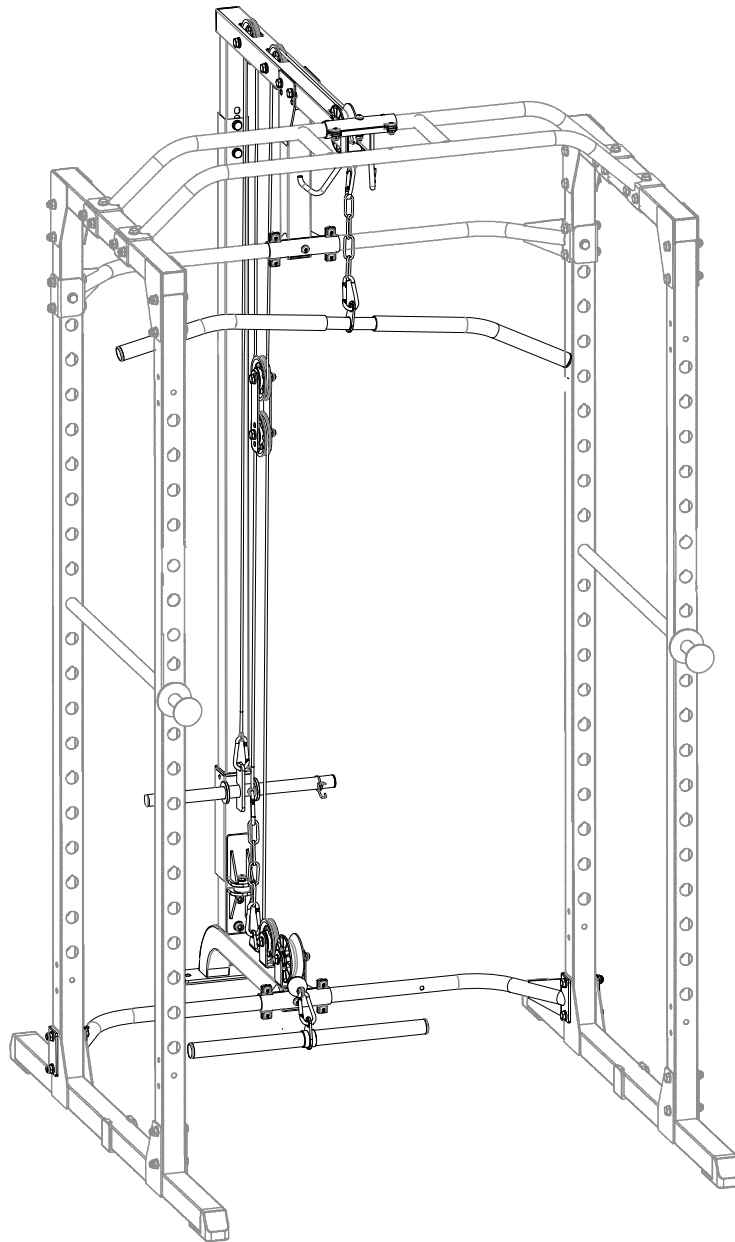
## Step 9

**9A.** Attach the **Lat Pull Down Bar (F)** to the **Hook (9-2)** hanging from the **Upper Pipe Assembly (C)**.

**9B.** Attach the **Curl Bar (J)** to the **Hook (9-2)** hanging from the **Main Frame (A)**.

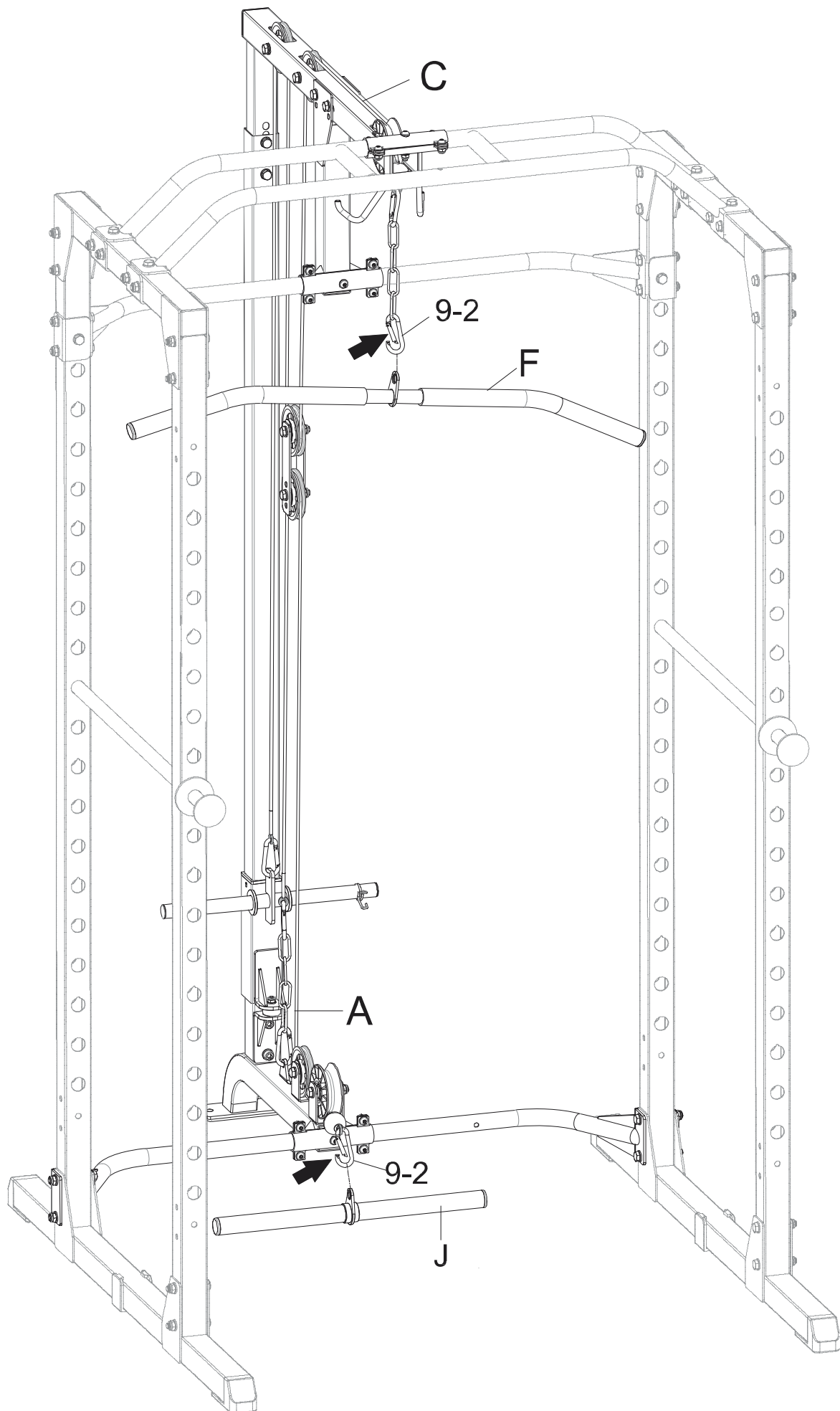
**9C.** Use the supplied silicone oil and lubricate the **Slider Bar (D)** from top to bottom To ensure proper operation of **Slider (E)**.

Appearance upon completion of Step 9





# ASSEMBLY



## Step 10

**10A.** Attach two **Cross Bar Metal Brackets (M)** onto the end of the **Power Cage Rear Cross Bar (2810-K)** by using six **Cap Hex Bolts (26)** and six **Washers (28)**.

Insert two **Foam Roller (13-2)** and **Foam Wrap (13-1)** onto the **Rear Cross Bar (2810-K)**. See **Step 10-2**

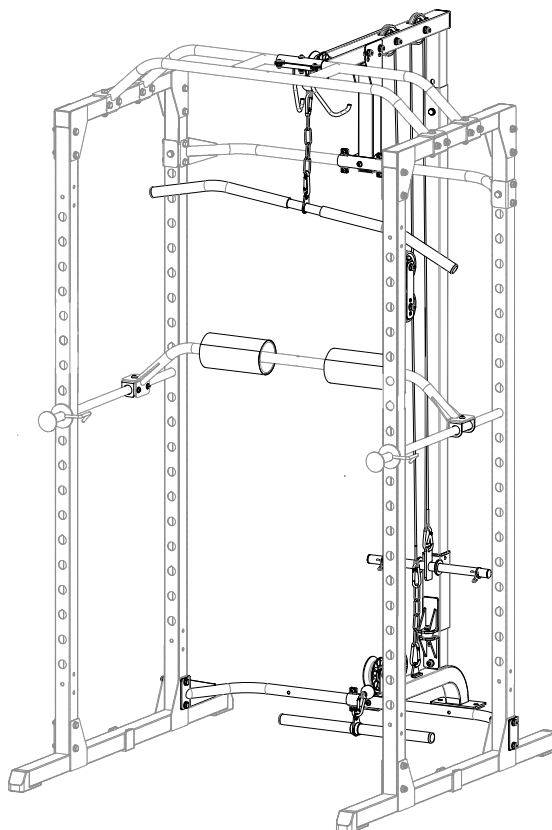
**10B.** Take out the **Long Safety Catch (2810-I)** from the **Power Cage Upright Frame (2810-B)**. See **Step 10-3**.

**10C.** The two **Power Cage Long Safety Catches (2810-I)** can be inserted into any of the holes along the **Power Cage Upright Frame (2810-B)**. Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

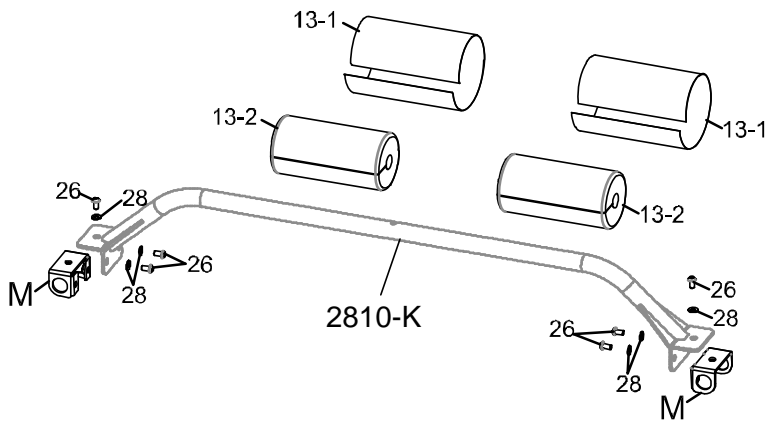
**10D.** The **Power Cage Upright Frames (2810-B)** have “U” shaped markings above some of the holes to help mark which holes are at the same level across the frame of the cage.

**10E.** Make sure the hooks of the **Power Cage Long Safety Catch (2810-I)** and **Power Cage Rear Cross Bar (2810-K)** are wrapped around the **Power Cage Upright Frames (2810-B)** to lock the safety catches in place. When facing the front of the cage, the hooks should always be on the right side and be below the main shaft of the safety catches; this will allow the hooks to wrap around the back of the **Power Cage Upright Frames (2810-B)**. See **Step 10-4**.

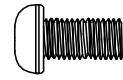
Appearance upon completion of Step 10



## Step 10-2



## HARDWARE PACK

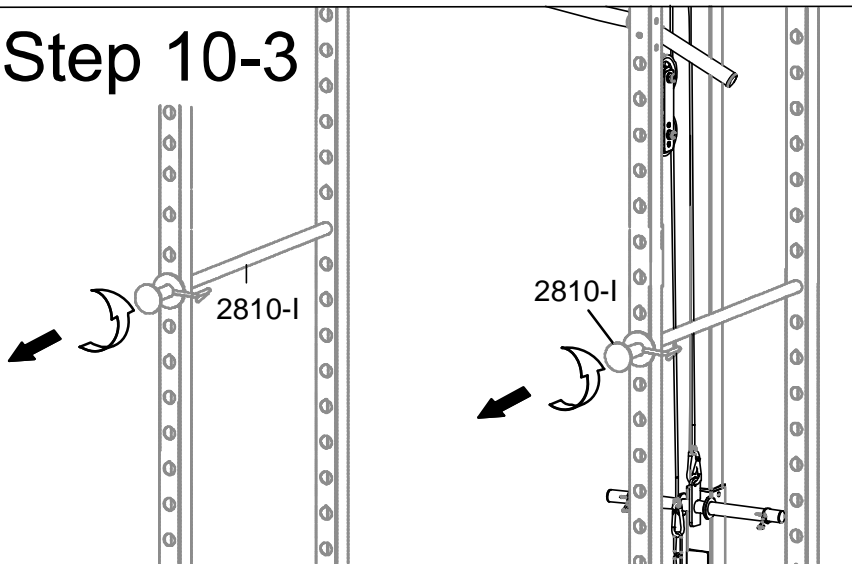


**(26) Cap Hex Bolt  
6PCS**

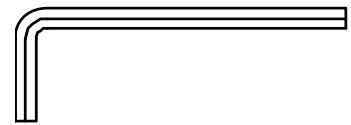


**(28) Washer  
6PCS**

## Step 10-3

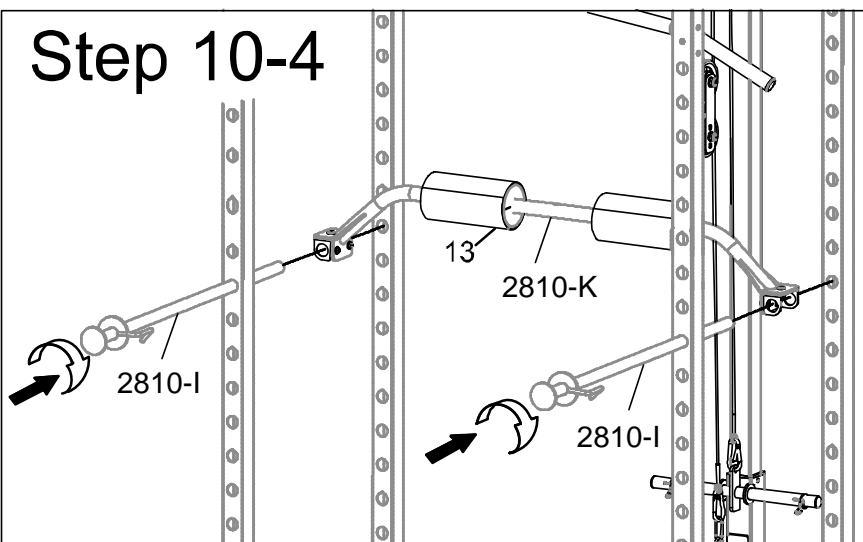


## TOOLS



**6mm Allen Wrench  
1PC**

## Step 10-4



## OPERATIONS & ADJUSTMENTS

To adjust the length of the Lower Cable (9-1) use the Chain (9-3) and an additional Hook (9-2) to give a comfortable length to workout with.

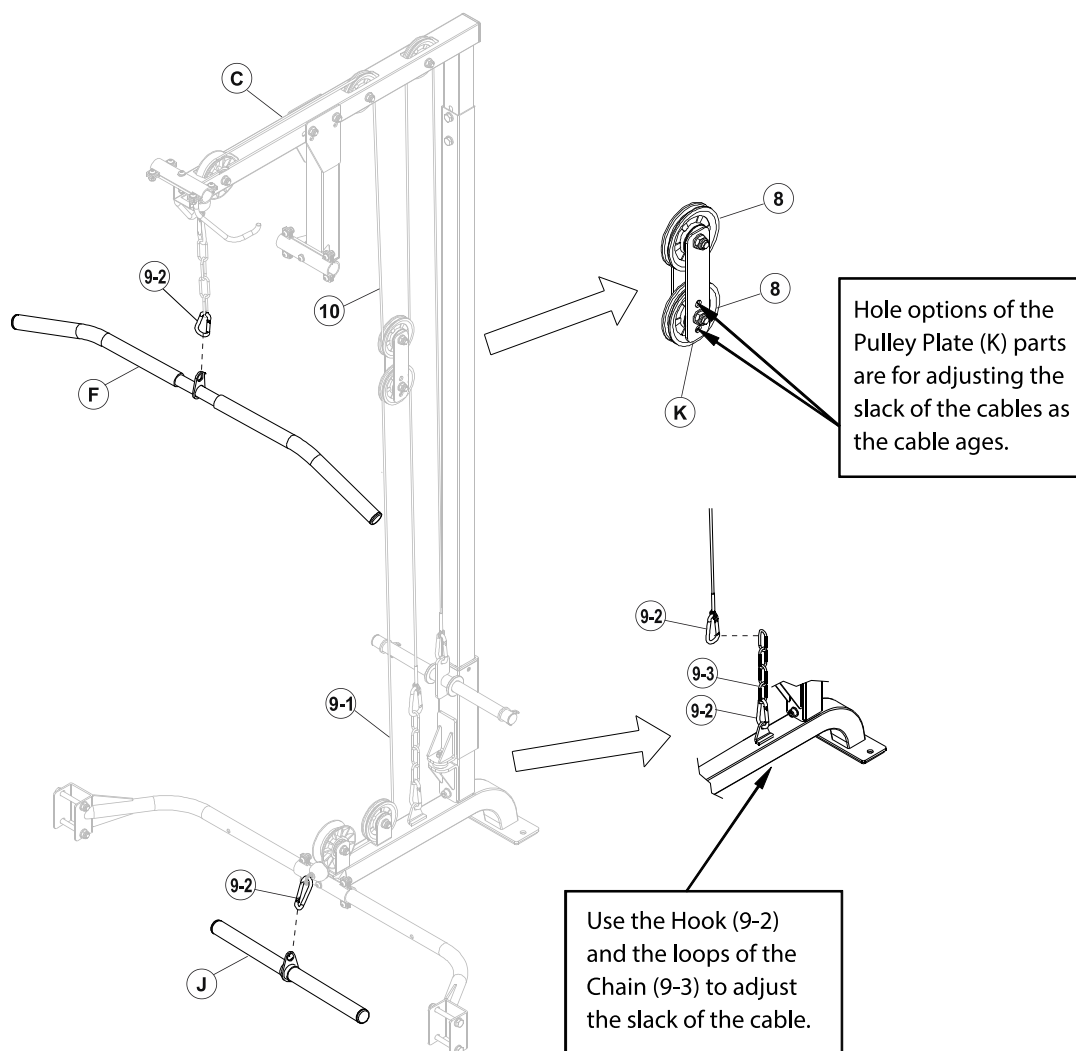
To adjust the length of the Upper Cable (10), change the location at which the Pulleys (8) are mounted to the Pulley Plates (K).

Mounting the Pulleys (8) at the furthest holes at the ends of the Pulley Plates (K) will loosen the cable slack.

Mounting the Pulleys (8) at the holes closer together on the Pulley Plates (K) will tighten the cable slack.

Attach the Lat Pull Down Bar (F) to the Hook (9-2) hanging from the Upper Pipe Assembly (C). Attach the Curl Bar (J) to the Hook (9-2) hanging.

If the entire cage is not leveled and is rocking, LOOSEN ALL the hardware on the entire machine and shake it so that all the parts settle and then retighten ALL the hardware.



# 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	1 year For Home Use Only
Parts	90 Days

### **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](mailto: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***