

MULTI - LAT / ARM

For Service Call 714-821-4177

MLA ASSEMBLY INSTRUCTIONS

IMPORTANT NOTICES

Read all warning labels, the instruction placard and this manual before attempting to use this machine. Always consult your physician and an exercise professional before beginning any exercise program/regimen.

Before any test or use check for proper assembly of the machine including (but not limited to): bolts and other hardware fastened properly, cables in pulley grooves and routed correctly. For safety use the top weight only for the first machine movement.

Maintain your machine in good working order by following the maintenance schedule provided on the equipment.

It is strongly recommended that a qualified dealer assemble this MULTI-LAT/ARM machine

Should there be any question during assembly contact your authorized Inflight Fitness dealer or call direct to 714 821 4177.

Before beginning assembly read this instruction manual thoroughly. Unpack and verify all parts and hardware quantities against the parts and hardware lists.

Follow the assembly steps in sequence. Failure to follow the order of assembly will result in disassembly later and possible damage to the machine components.

The 3/8" nuts provided with this machine are "centerlocking". They provide a more secure assembly than nylon locking nuts. Please note they do require more force to tighten than nylon locking nuts.

MLA PARTS AND HARDWARE

HARDWARE

DESCRIPTION	QUANTITY
Bolts	
3/8" x 8 1/2'	4
3/8" x 5"	8
3/8" x 4 1/2"	1
3/8" x 3"	6
3/8" x 2 3/4"	2
3/8" x 2 1/2"	6
3/8" x 2 1/4"	1
3/8" x 1 3/4"	2
3/8" x 1 1/4"	4
Screws	
5/16" x 1/2" Flat Head Screws	2
Washers and Nuts	
3/8" Curved Washers	5
3/8" Flat Washers	47
3/8" Nuts – Center-locking	26
Step Spacers - 1/2" long	8
Cam Washer	1

MLA PARTS AND HARDWARE

PARTS

WHITE/PLATINUM FRAME PARTS

Loop Upright

Base Tube

Top Beam

Upper Pulley Bracket

Stabilizer

Seat Frame

BLACK FRAME PARTS

Row Bar Shelf

Lat Bar Holders (2)

Preacher Curl Footrest

Preacher Curl Seat Frame

Straight Bar Holder

CABLES AND PULLEYS

Upper Cable with one Spring Clip
and one Chain Link

Lower Cable with two Spring Clips

4 ½" Pulleys (7)

MISCELLANEOUS

Guide Rods (2)

Weight Stack Cushions (2)

Lat Bar with Pad

Straight Bar

Parallel Row Handles

5# Weight Plates (1 box of 5)

10# Weight Plates (2 boxes of 5)

15# Weight Plates (1 box of 5)

Weight Selector Stem

Weight Pin with Lanyard

Top Weight

Weight Labels

Instruction Placard

Manual

Lube Packet

Preacher Curl Pad

Seat Pad 9 x 16

MLA ASSEMBLY INSTRUCTIONS

MAIN STRUCTURE ASSEMBLY

- A. Attach Loop Upright, Base Tube, and Stabilizer using 4 – 3/8" x 8 1/2" bolts, 4 – curved 3/8" washers, 4 – 3/8" flat washers and 4 - 3/8" nuts.
- B. Attach Main Upright to Base Tube using 2 – 3/8" x 5" bolts, 4 – 3/8" flat washers and 2 – 3/8" nuts.
- C. Attach Top Beam to Main Upright using 2 – 3/8" x 3" bolts. **Do not attach washers and nuts at this time. These bolts will need to be removed for cable installation.**

WEIGHT STACK ASSEMBLY

- D. Insert Guide Rods into the base of the Loop Upright. Allow Guide Rods to lean back towards stabilizer.

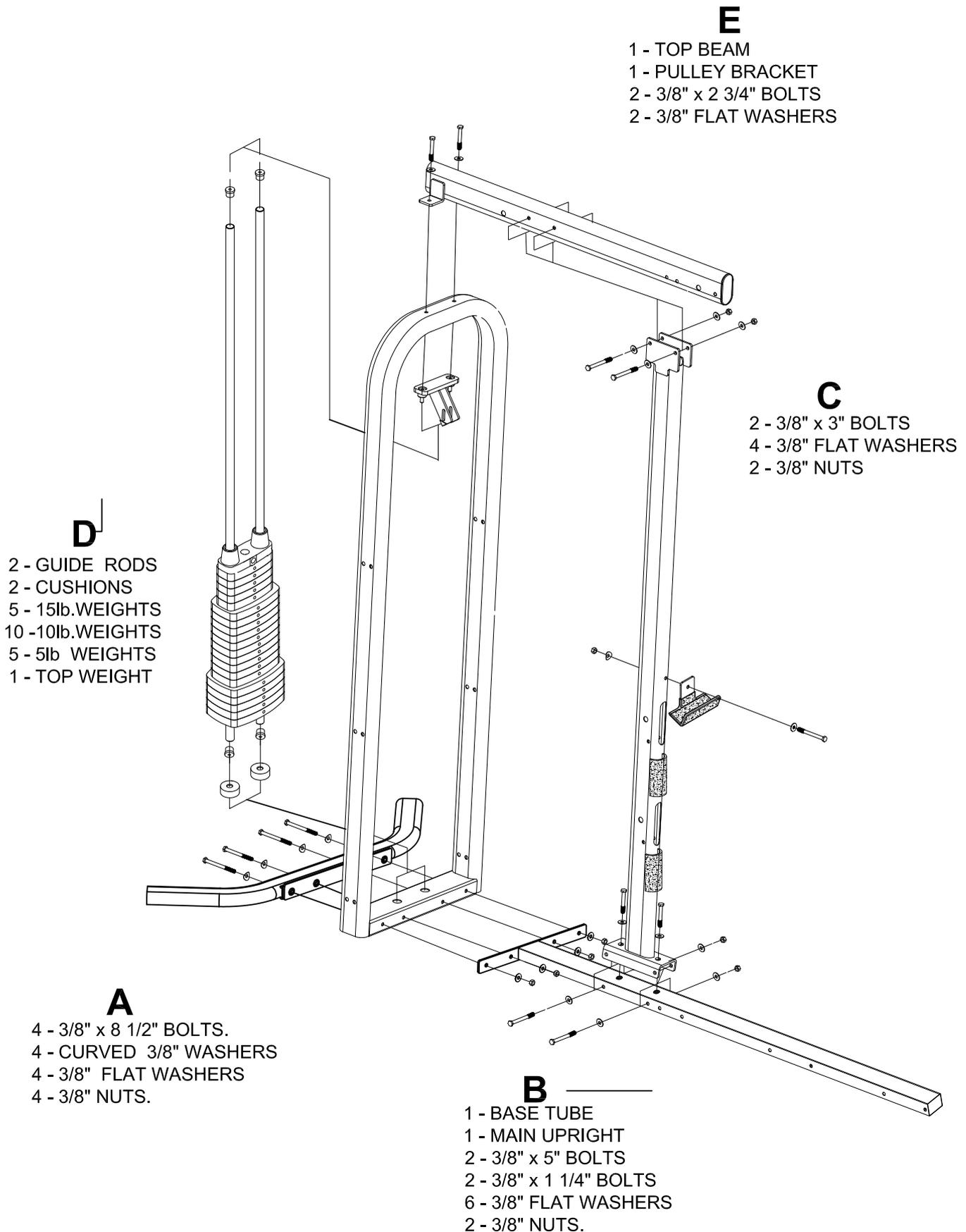
Place one weight stack cushion on each Guide Rod and slide down to the base.

Apply lubricant to the Guide Rods from the weight stack cushions to the tops of the Guide Rods.

Making sure that the recess for the weight labels is facing towards the machine and that the three pads are facing down slide onto the Guide Rods: 5 – 15lb. Weights, 10 – 10lb. Weights and 5 – 5lb. Weights.

Place Top Weight on the Guide Rods with the drilled hole facing the machine and slide down to the stack.

- E. Install Upper Pulley Bracket by placing the pins into the tops of the Guide Rods. Stand weight stack up right and fasten Upper Pulley Bracket to the Loop Upright and Top Beam using 2 – 3/8" x 2 3/4" bolts and 2 – 3/8" flat washers.



MLA ASSEMBLY INSTRUCTIONS

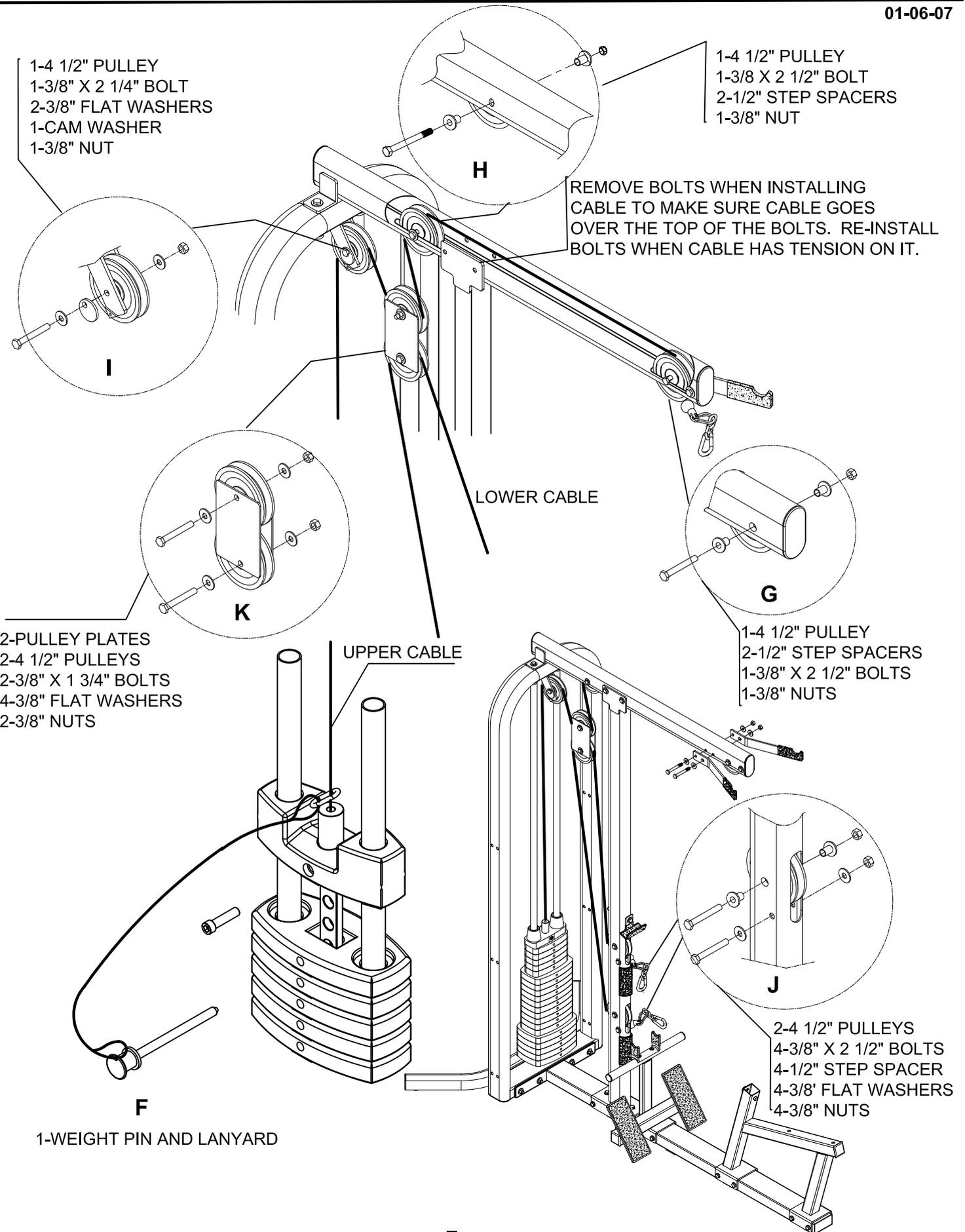
CABLE AND PULLEY INSTALLATION

- F. Before proceeding with the cable installation slide the loop of the weight pin lanyard over the end of the Upper MLA Cable down to the top weight.
- G. Remove the two bolts installed at step C. Carefully insert the end of the Upper Cable with the ball and chain link into the pulley window at the aft end of the Top Beam. Do not drag or damage plastic cable insulation. Carefully feed the cable through the aft pulley window until the plastic ball reaches the front pulley window. At the front window place a 4 ½" pulley under the cable and install pulley using 1 - 3/8" x 2 ½" bolt, 2 - ½" step spacers, and 1 - 3/8" nut.
- H. At the rear window of the Top Beam place a 4 ½" pulley under the cable and install in the rear window using 1 - 3/8" x 2 ½" bolt, 2 - ½" step spacers, and 1 - 3/8" nut. **Re-install 2 - 3/8" x 3" bolts removed in Step G. using 4 - 3/8" flat washers and 2 - 3/8" nuts at this time. Make sure cable is routed above these bolts. Tighten all bolts.**
- I. Place 1 - 4 ½" pulley under cable and fasten pulley to flanges on Upper Pulley Bracket using 1 - 3/8 x 2 ¼" bolt, 2 - 3/8" flat washers, 1- Cam Washer and 1 - 3/8" nut.
- J. Pass a clevis end of the Lower Cable through the upper pulley window in the Main Upright from back side to front. Install a 4 ½" pulley with the cable under the pulley using 1 - 3/8" x 2 ½" bolt, 2 - ½" step spacers, and 1 - 3/8" nut. Install 1 - 3/8" x 2 ½" bolt, 2 - 3/8" washers, and 1 - 3/8" nut in the hole next to the pulley as a cable retainer. Pass the other end of the Lower Cable through the lower pulley window from back side to front. Install a 4 ½" pulley with the cable under the pulley using 1 - 3/8" x 2 ½" bolt, 2 - ½" step spacers, and 1 - 3/8" nut. Install 1 - 3/8" x 2 ½" bolt, 2 - 3/8" flat washers, and 1 - 3/8" nut in the hole next to the pulley as a cable retainer.
- K. Assemble one 4 ½" pulley between the two pulley plates using 1 - 1 ¾" bolt, 2 - 3/8" flat washers, and 1 - 3/8" nut. Place the assembly on top of the Upper Cable between the Upper Pulley Bracket and the Top Beam. Wrap the Lower Cable around a 4 ½" pulley and install pulley between the pulley plates below already installed pulley using 1 - 3/8" x 1 ¾" bolt, 2 - 3/8" flat washers, and 1 - 3/8" nut.

MLA ASSEMBLY INSTRUCTIONS

By INFLIGHT FITNESS

01-06-07



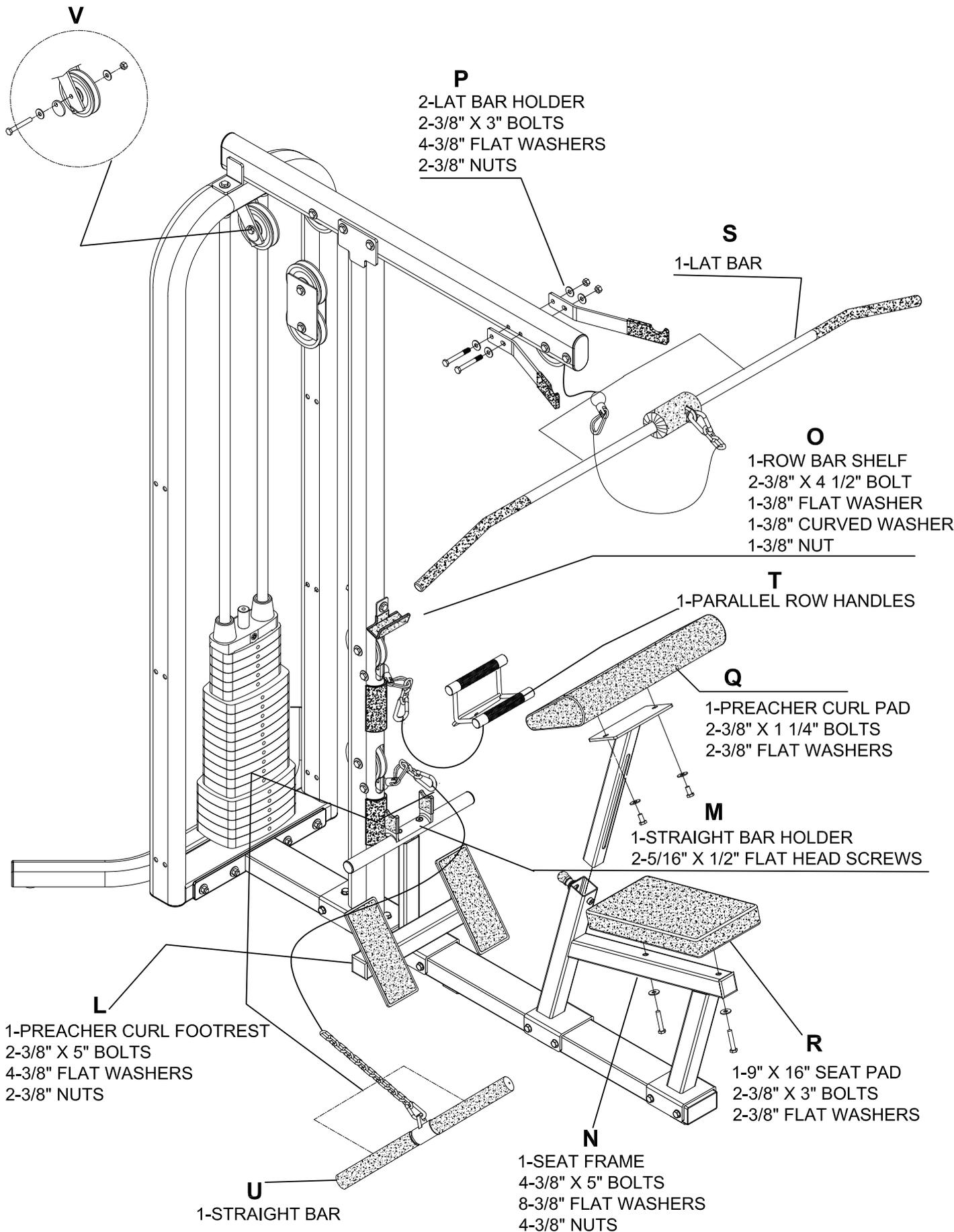
MLA ASSEMBLY INSTRUCTIONS

STRUCTURE DETAILS

- L. Attach Preacher Curl Footrest to Base Tube using 2 – 3/8” x 5 “ bolts, 4 – 3/8” flat washers, and 2 – 3/8” nuts.
- M. Attach Straight Bar Holder to Preacher Curl Footrest using 2 – 5/16” x 1/2” Flat Head Screws
- N. Attach Preacher Curl Seat Frame to Base Tube using 4 – 3/8” x 5” bolts, 8 – 3/8” flat washers and 4 – 3/8” nuts.
- O. Attach Row Bar Shelf using 1 - 3/8” x 4 1/2” bolt, 1 – 3/8” flat washer, 1 – 3/8” curved washer, and 1 – 3/8” nut.
- P. Attach Lat Bar Holders using 2 – 3/8” x 3 “ bolts, 4 – 3/8” flat washers, 2 – 3/8” nuts.
- Q. Fasten Preacher Pad to Preacher Curl Seat Frame using 2 – 3/8” x 1 1/4” bolts and 2 – 3/8” flat washers.
- R. Fasten 9” x 16” Seat Pad to Preacher Curl Seat Frame using 2 – 3/8” x 3” bolts and 2 – 3/8” flat washers.

ACCESSORIES

- S. Attach Lat Bar to spring clip of Upper Cable at the end of the Top Beam. Stow Lat Bar on holders.
- T. Attach Parallel Row Handles to the spring clip at upper window of Main Upright.
- U. Attach Straight Bar to spring clip at lower window of Main Upright.



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CABLE ADJUSTMENT

- V. Once the Multi-Lat/Arm is completely assembled, loosen bolt that attaches pulley to the Upper Pulley Bracket (installed at step H.). Raise or lower the bolt and pulley to remove slack from the cables. Make sure that the Weight Pin still engages all weight plates with the Selector Stem. Once the cable tension is correct, rotate the Cam Washer so it rests against the triangle support and re-tighten bolt.

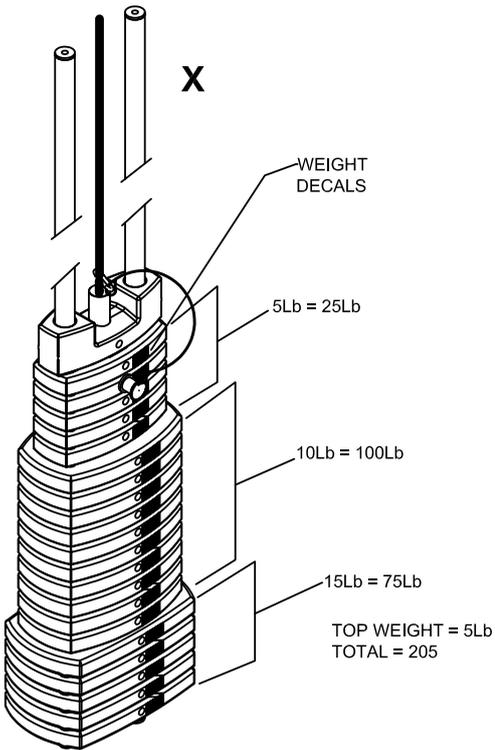
PLACARDS AND LABELS

- W. Remove backing from foam tape on Instruction Placard. Attach Instruction Placards to Loop Upright aligning outside edge of placard to top and outside edge of Loop Upright.
- X. Attach Weight Labels in recess provided on front of Weight Plates. All the recesses should be aligned and to the right as you face the weight stack.

SHROUD HOLES AND SHROUD OPTION

- Y. If no Optional Shroud Kit was purchased install plastic caps in all 24 shroud holes. If installing Shrouds fasten to Loop Upright using 12 – 3/8 x 2 1/2” bolts, 20 – 3/8” flat washers and 8 – 3/8” nuts (hardware found in Shroud box). The lower two bolts on each side of the Front Shroud fasten into threaded fasteners pre-installed into the Front Shroud.

WEIGHT LABELS



INSTALLING PLACARD

PEEL BACKING FROM TAPE

ATTACH TO LOOP UPRIGHT AS SHOWN

