

# Fit Series - LAT PULL / Low Row

FSLR

## Parts Manual

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# Component Assembly 1

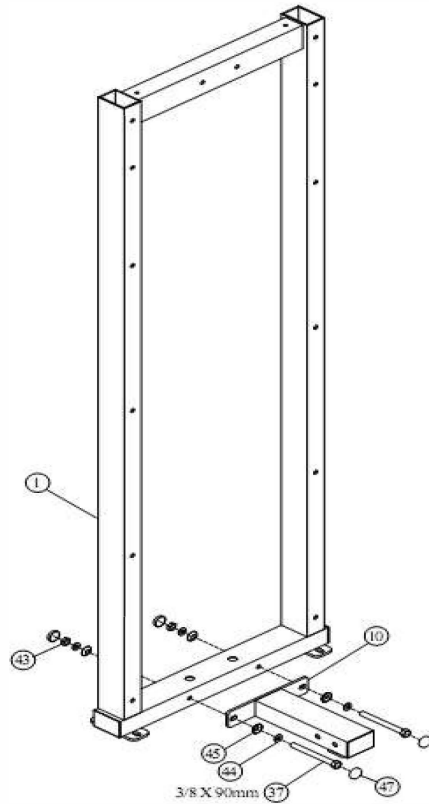
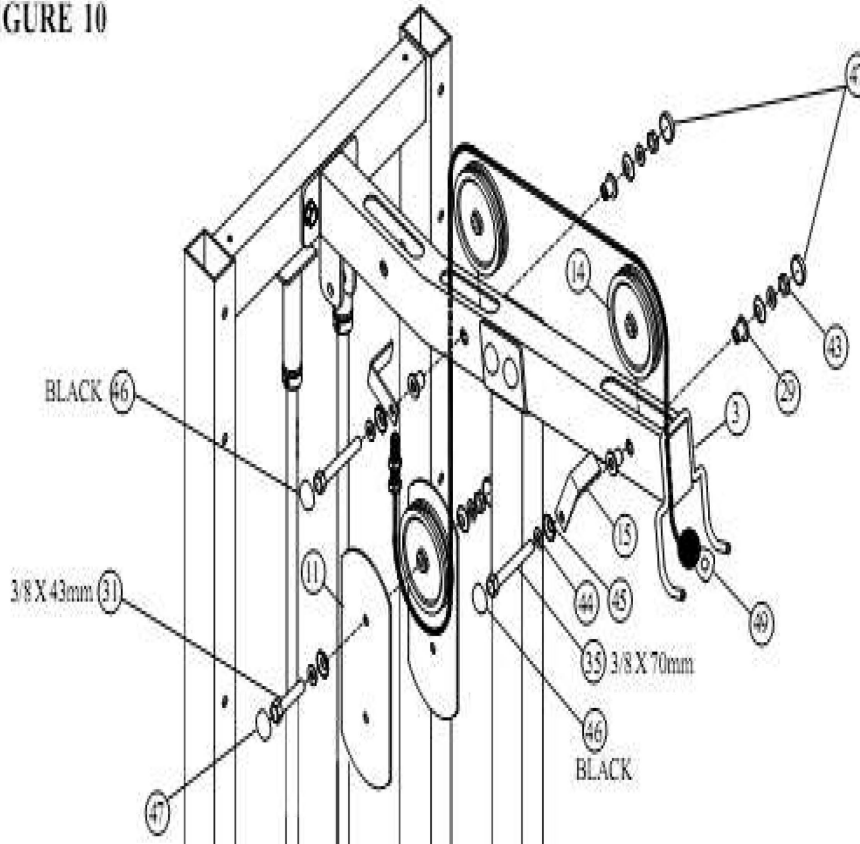


FIGURE 1

Ref #	Part Number	Qty	Description
1	ACU04-1656PLT	1	TOWER FRAME PLT
1	ACU04-1656WHT	1	TOWER FRAME WHT
10	ACU04-1655PLT	1	LAT/LOW BASE PLT
10	ACU04-1655WHT	1	LAT/LOW BASE WHT
37	ACUDA1C03809016 NU	2	HEX BOLT - 3/8 X 90L
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X0.6
47	ACU06-0357PLAT	29	CAP - RH PLAT
47	ACU06-0357WHT	29	CAP - RH WHT

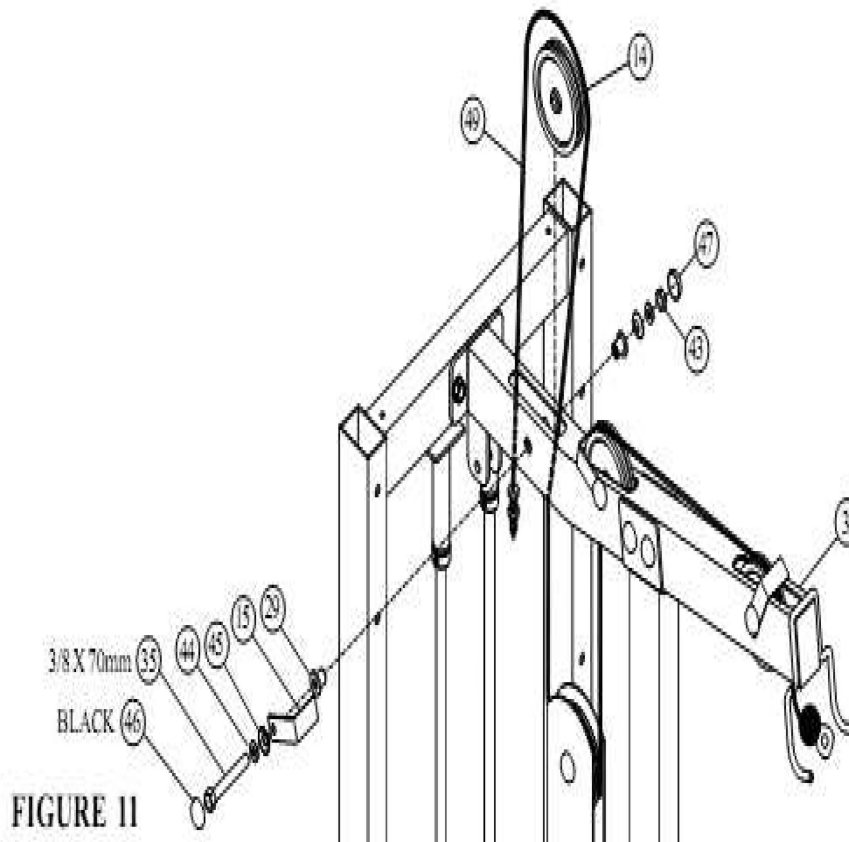
**Component Assembly 10**

FIGURE 10



Ref #	Part Number	Qty	Description
3	ACU04-1652PLT	1	LAT/LOW BOOM PLT
3	ACU04-1652WHT	1	LAT/LOW BOOM WHT
11	ACU02-1296PLAT	2	DUAL PULLEY PLATE - PLAT
11	ACU02-1296WHT	2	PLATE - DUAL PULLEY - WHT
14	ACU06-0025	8	PULLEY 4 1/2
15	ACU02-1304BLK	4	CLIP, CABLE 2-7/8 X 2-1/4 X 1, BLK
29	ACU08-0085	8	3/8 X 1/2 FLANGE SPACER
31	ACUDA1C03804316 NU	5	HEX BOLT - 3/8 X 43L
35	ACUDA1C03807016 NU	4	HEX Bolt - 3/8 X 70L
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X0.6
46	ACU06-0357BLK	24	CAP - RH BLK
47	ACU06-0357PLAT	29	CAP - RH PLAT
47	ACU06-0357WHT	29	CAP - RH WHT
49	ACU13-0166	1	Lat Cable FSLR

## Component Assembly 11



Ref #	Part Number	Qty	Description
3	ACU04-1652PLT	1	LAT/LOW BOOM PLT
3	ACU04-1652WHT	1	LAT/LOW BOOM WHT
14	ACU06-0025	8	PULLEY 4 1/2
15	ACU02-1304BLK	4	CLIP, CABLE 2-7/8 X 2-1/4 X 1, BLK
29	ACU08-0085	8	3/8 X 1/2 FLANGE SPACER
35	ACUDA1C03807016 NU	4	HEX Bolt - 3/8 X 70L
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X0.6
46	ACU06-0357BLK	24	CAP - RH BLK
47	ACU06-0357WHT	29	CAP - RH WHT
47	ACU06-0357PLAT	29	CAP - RH PLAT
49	ACU13-0166	1	Lat Cable FSLR

## Component Assembly 12

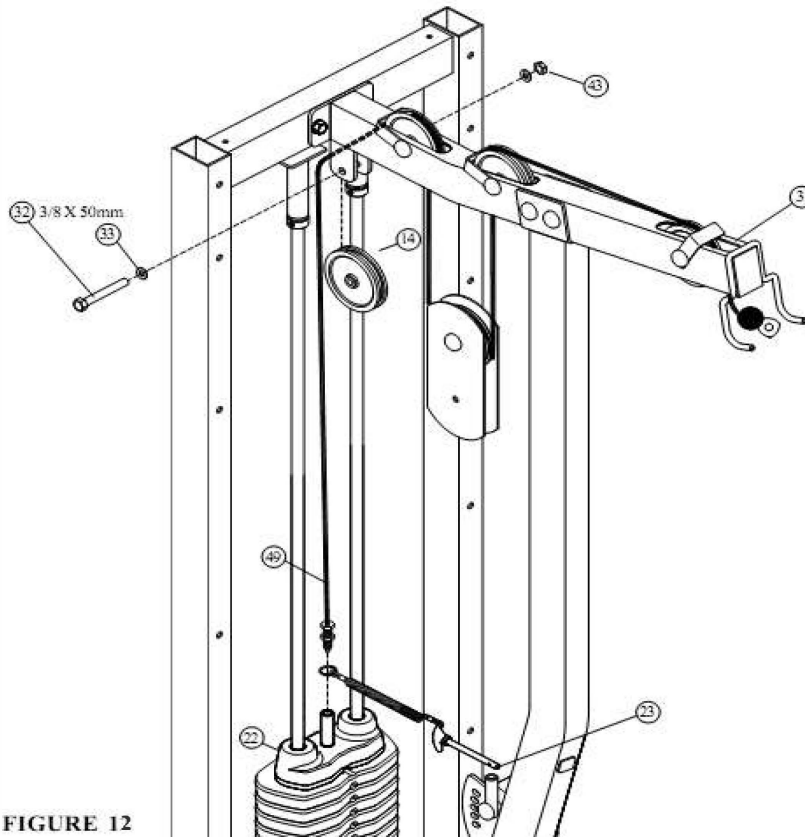


FIGURE 12

Ref #	Part Number	Qty	Description
3	ACU04-1652PLT	1	LAT/LOW BOOM PLT
3	ACU04-1652WHT	1	LAT/LOW BOOM WHT
14	ACU06-0025	8	PULLEY 4 1/2
22	ACU10-0204ASY	1	HEAD PLATE + 20 PLATE STEM
23	ACU11-0048	1	Selector Pin
32	ACUDA1C03805016 NU	4	HEX BOLT - 3/8 X 50L
33	ACUDC1250100020 B	6	WASHER - 3/8 X 2.0T BLACK
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
49	ACU13-0166	1	Lat Cable FSLR

Component Assembly 13

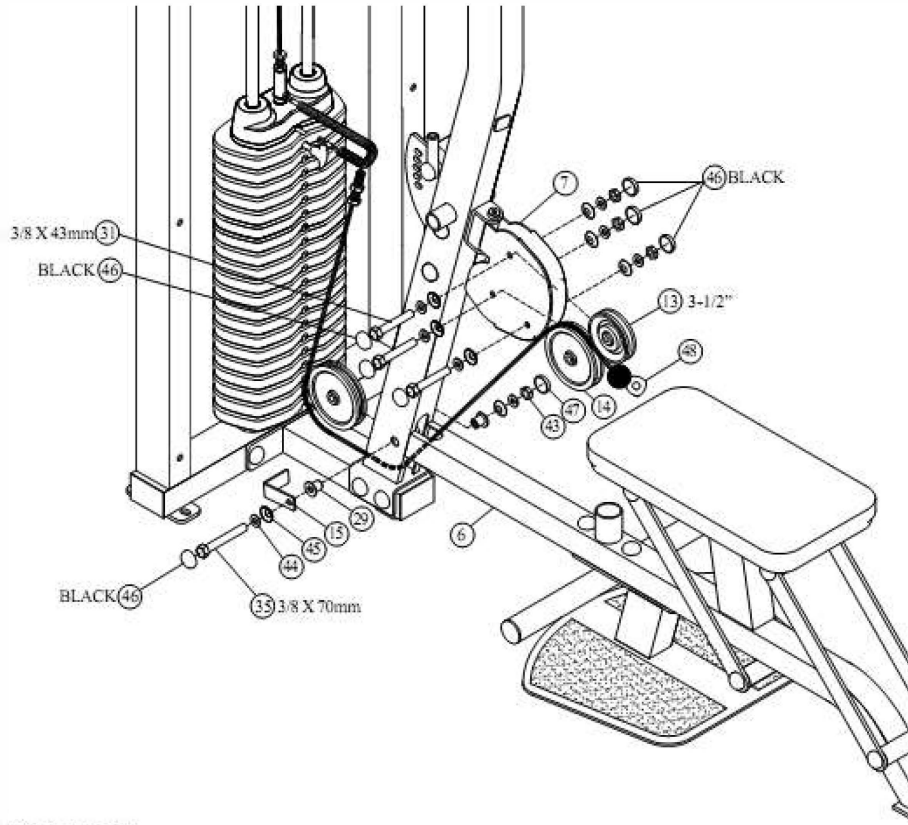


FIGURE 13

Ref #	Part Number	Qty	Description
6	ACU04-1363PLAT	1	LAT/LOW FRAME - PLAT
6	ACU04-1363WHT	1	LAT/LOW FRAME - WHT
7	ACU04-1366WHT	1	SWIVEL PULLEY WHT
7	ACU04-1366PLAT	1	SWIVEL PULLEY -
13	ACU06-0024	1	3 1/2 PULLEY
14	ACU06-0025	8	PULLEY 4 1/2
15	ACU02-1304BLK	4	CLIP, CABLE 2-7/8 X 2-1/4 X 1, BLK
29	ACU08-0085	8	3/8 X 1/2 FLANGE SPACER
31	ACUDA1C03804316 NU	5	HEX BOLT - 3/8 X 43L
35	ACUDA1C03807016 NU	4	HEX Bolt - 3/8 X 70L
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X0.6
46	ACU06-0357BLK	24	CAP - RH BLK
47	ACU06-0357PLAT	29	CAP - RH PLAT
47	ACU06-0357WHT	29	CAP - RH WHT
48	ACU13-0123	1	FIT 3 ROW CABLE

**Component Assembly 14**

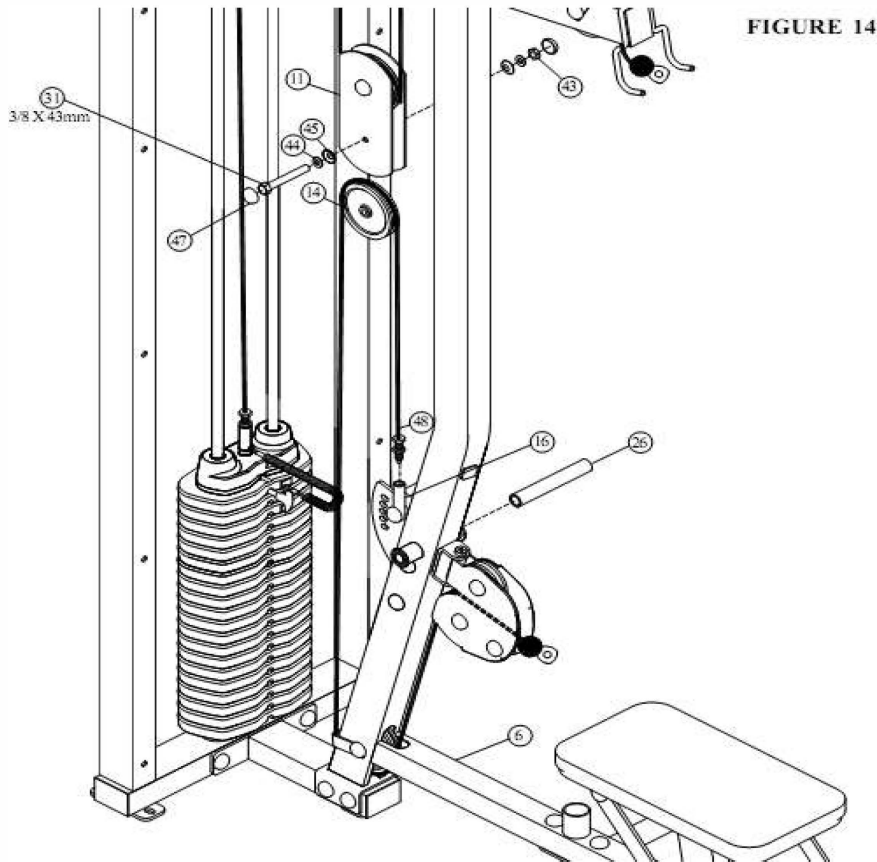


FIGURE 14

Ref #	Part Number	Qty	Description
6	ACU04-1363PLAT	1	LAT/LOW FRAME - PLAT
6	ACU04-1363WHT	1	LAT/LOW FRAME - WHT
11	ACU02-1296WHT	2	PLATE - DUAL PULLEY - WHT
11	ACU02-1296PLAT	2	DUAL PULLEY PLATE - PLAT
14	ACU06-0025	8	PULLEY 4 1/2
16	ACU05-0349	1	3/4 X 1/8" Tapped Shaft
26	ACU05-0348	5	5-1/2 PIVOT SHAFT
31	ACUDA1C03804316 NU	5	HEX BOLT - 3/8 X 43L
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X0.6
47	ACU06-0357PLAT	29	CAP - RH PLAT
47	ACU06-0357WHT	29	CAP - RH WHT
48	ACU13-0123	1	FIT 3 ROW CABLE



## Component Assembly 15

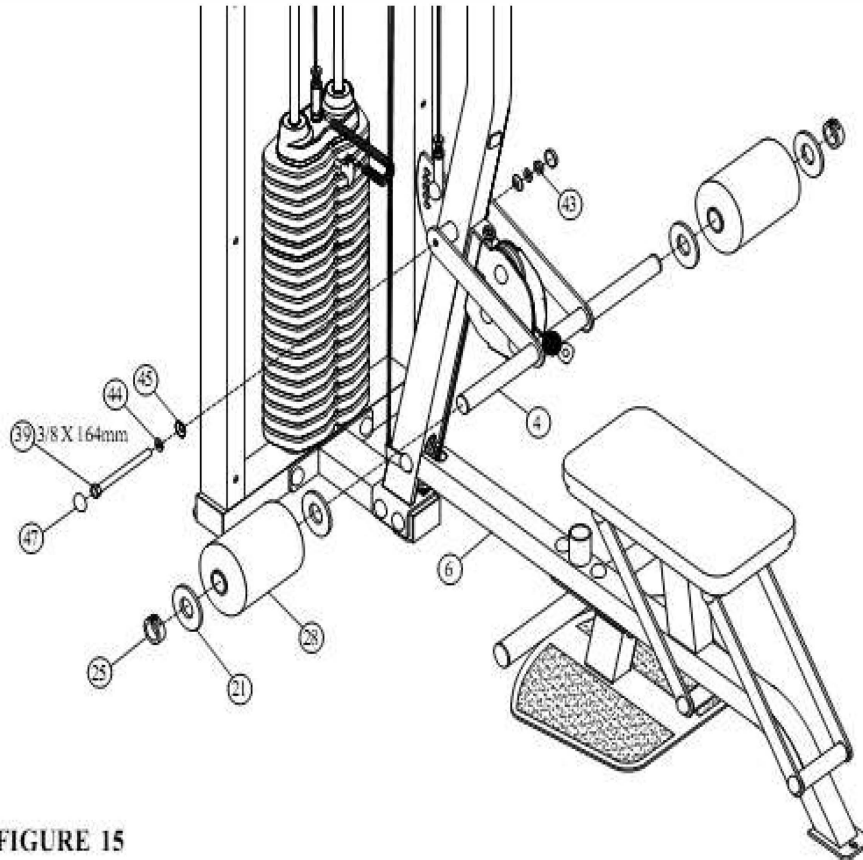


FIGURE 15

Ref #	Part Number	Qty	Description
4	ACU04-1364PLAT	1	KNEE HOLD DOWN - PLAT
4	ACU04-1364WHT	1	KNEE HOLD DOWN - WHT
6	ACU04-1363WHT	1	LAT/LOW FRAME - WHT
6	ACU04-1363PLAT	1	LAT/LOW FRAME - PLAT
21	ACU06-0382	4	PLASTIC WASHER
25	ACU06-0388	2	SHAFT COLLAR
28	ACU10-0215	2	Roller Pad
39	ACUDA1C03816416 NU	5	3/8 X 164MM BOLT
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X0.6
47	ACU06-0357PLAT	29	CAP - RH PLAT
47	ACU06-0357WHT	29	CAP - RH WHT

**Component Assembly 16**

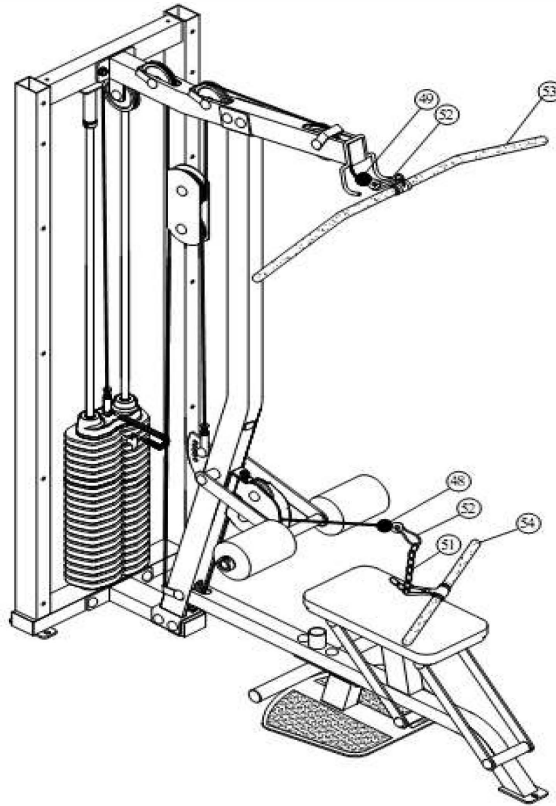


FIGURE 16

Ref #	Part Number	Qty	Description
48	ACU13-0123	1	FIT 3 ROW CABLE
49	ACU13-0166	1	Lat Cable FSLR
51	ACU05-0193	1	CHAIN - 12 LINK
52	ACUDI1080080U	3	SNAP LINK
53	ACU04-1386	1	LAT BAR
54	ACU04-0622	1	LOWER BAR

**Component Assembly 17**

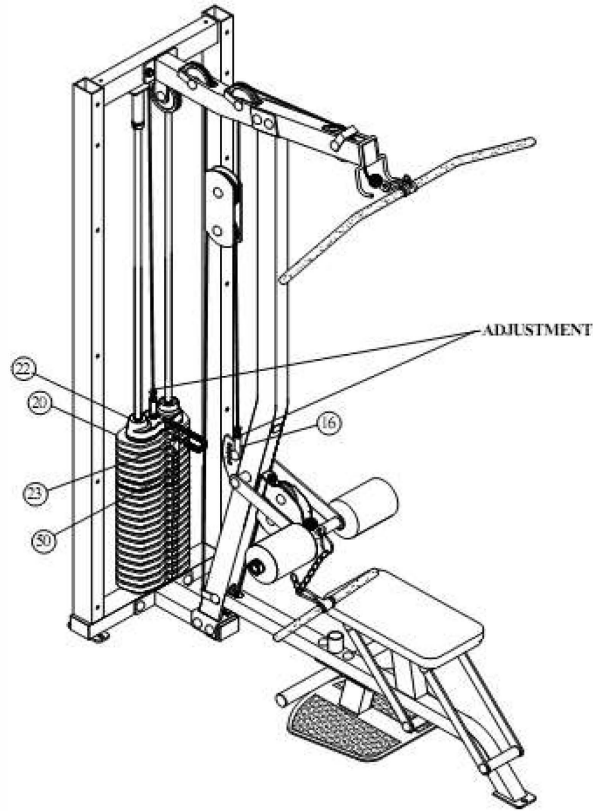
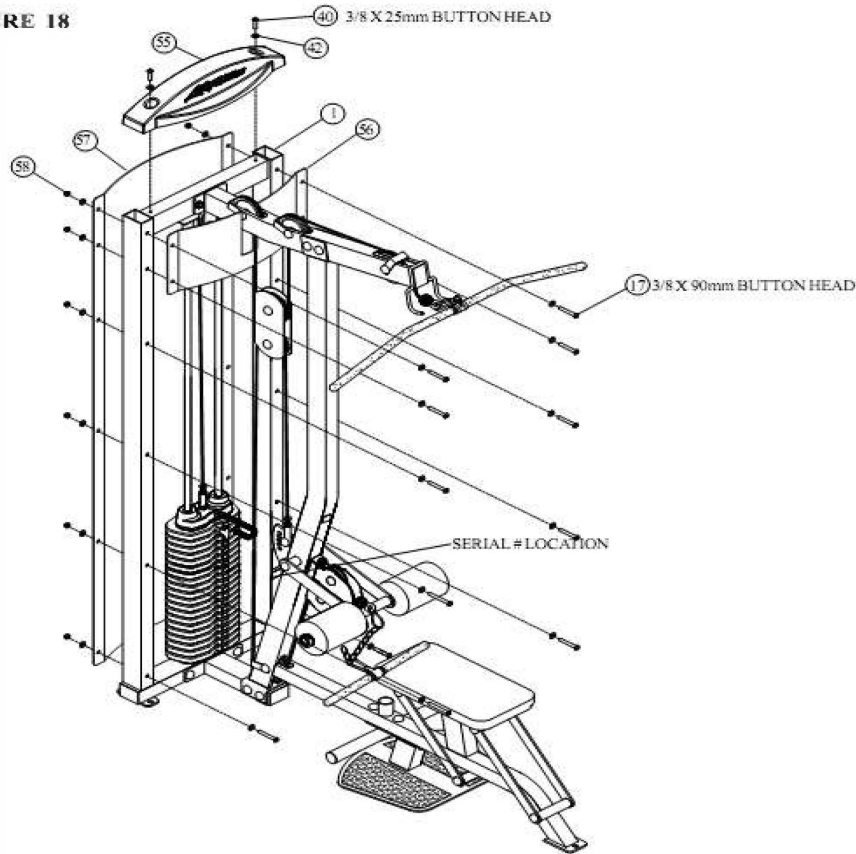


FIGURE 17

Ref #	Part Number	Qty	Description
16	ACU05-0349	1	3/4 X 1/8" Tapped Shaft
20	ACU7292501	20	Weight Plate
22	ACU10-0204ASY	1	HEAD PLATE + 20 PLATE STEM
23	ACU11-0048	1	Selector Pin
50	ACUMD000132	1	Label, Weight Stack 1-21

**Component Assembly 18**

**FIGURE 18**



Ref #	Part Number	Qty	Description
1	ACU04-1656PLT	1	TOWER FRAME PLT
1	ACU04-1656WHT	1	TOWER FRAME WHT
17	ACUDAEC03809016 NB	12	BUTTON HD ALLE BOLT-3/8X90L
40	ACUDAEC03802516 YB	2	BUTTON ALLEN SCREW -3/8X25L
42	ACUDC1250100020 B	26	WASHER - 3/8 X 2.0T BLACK
55	ACUAP06-0333	1	Assembly, Fit Series, Tower Cap
56	ACU10-0231	1	Front Shroud
57	ACU10-0228	1	Rear Shroud (FSLR)
58	ACUDB9E03813016 B	12	ACORN NUT 3/8

## Component Assembly 2

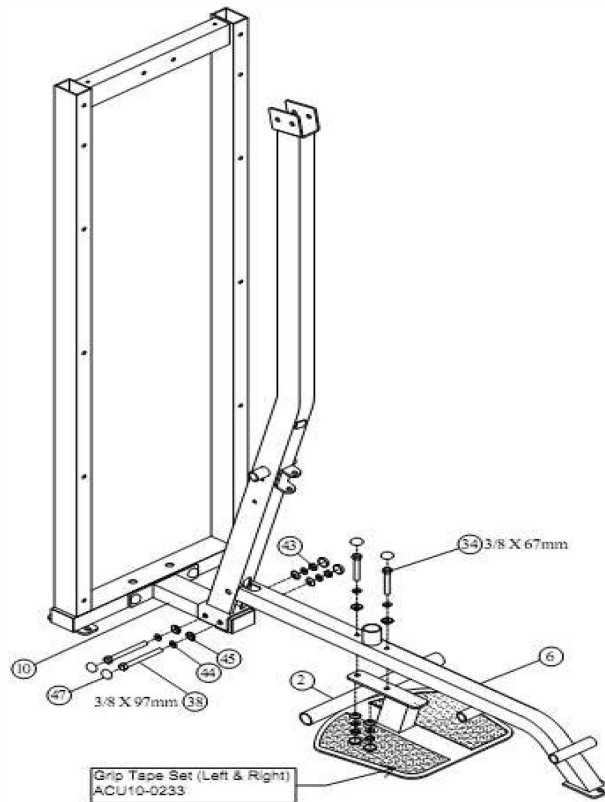
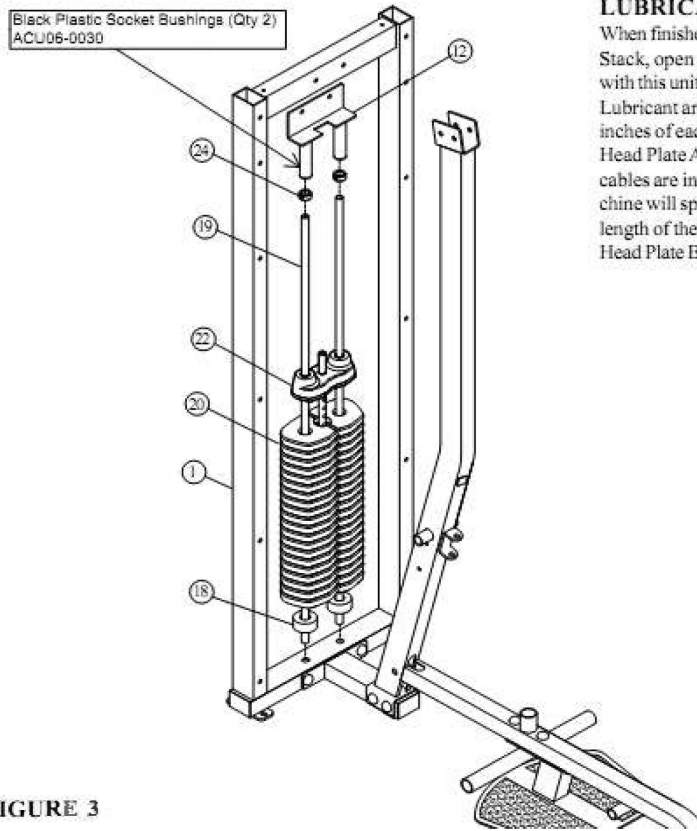


FIGURE 2

Ref #	Part Number	Qty	Description
2	ACU04-1654WHT	1	FOOT PLATE ASSY WHT
2	ACU04-1654PLAT	1	ACU04:FOOT PLATE ASSY
6	ACU04-1363PLAT	1	LAT/LOW FRAME - PLAT
6	ACU04-1363WHT	1	LAT/LOW FRAME - WHT
10	ACU04-1655WHT	1	LAT/LOW BASE WHT
10	ACU04-1655PLT	1	LAT/LOW BASE PLT
34	ACUDA1C03806716 NU	4	3/8 X 67MM Bolt
38	ACUDA1C03809716 NU	2	HEX BOLT - 3/8 X 97L
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X 0.6
47	ACU06-0357WHT	29	CAP - RH WHT
47	ACU06-0357PLAT	29	CAP - RH PLAT

## Component Assembly 3



**LUBRICATION NOTE:**

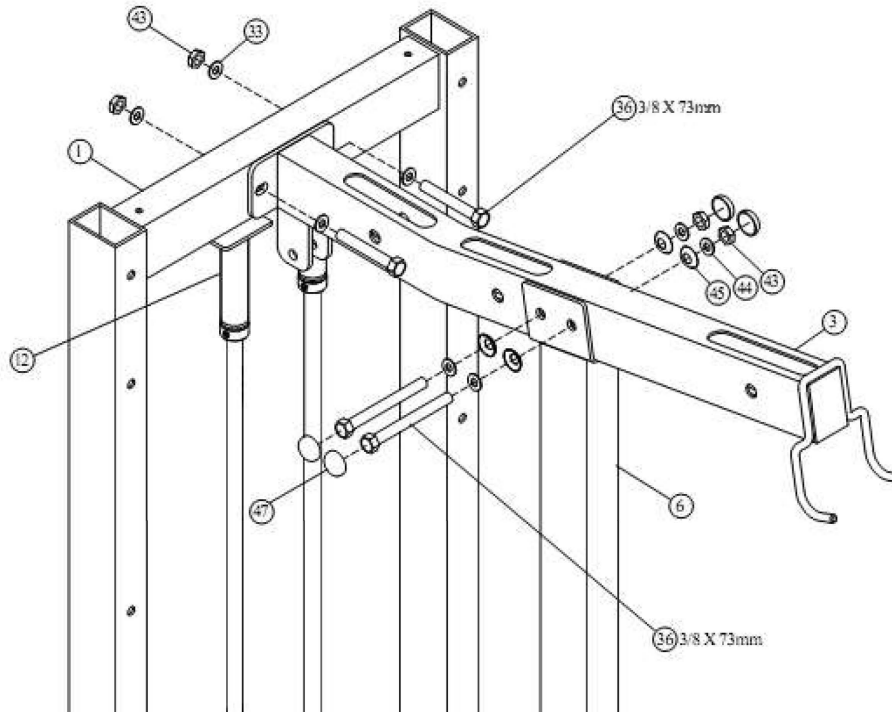
When finished assembling the Weight Stack, open the lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Head Plate Assembly. After the cables are installed, use of the machine will spread the lubricant over the length of the Guide Rods and into the Head Plate Bushings

FIGURE 3

Ref #	Part Number	Qty	Description
1	ACU04-1656WHT	1	TOWER FRAME WHT
1	ACU04-1656PLT	1	TOWER FRAME PLT
12	ACU04-1653PLT	1	Guide Rod Support Plate
12	ACU04-1653WHT	1	GUIDE ROD SUPPORT WHT
18	ACU06-0304	2	CUSHION; WEIGHT STACK 3/4 ID
19	ACU01-2375	2	ACU01:GUIDE ROD
20	ACU7292501	20	Weight Plate
22	ACU10-0204ASY	1	HEAD PLATE + 20 PLATE STEM
24	ACU05-0212	2	SHAFT COLLAR

Component Assembly 4

FIGURE 4



Ref #	Part Number	Qty	Description
1	ACU04-1656PLT	1	TOWER FRAME PLT
1	ACU04-1656WHT	1	TOWER FRAME WHT
3	ACU04-1652WHT	1	LAT/LOW BOOM WHT
3	ACU04-1652PLT	1	LAT/LOW BOOM PLT
6	ACU04-1363WHT	1	LAT/LOW FRAME - WHT
6	ACU04-1363PLAT	1	LAT/LOW FRAME - PLAT
12	ACU04-1653WHT	1	GUIDE ROD SUPPORT WHT
12	ACU04-1653PLT	1	Guide Rod Support Plate
33	ACUDC1250100020 B	6	WASHER - 3/8 X 2.0T BLACK
36	ACUDA1C03807316 NU	4	3/8 X 73MM BOLT
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X0.6
47	ACU06-0357WHT	29	CAP - RH WHT
47	ACU06-0357PLAT	29	CAP - RH PLAT

## Component Assembly 6

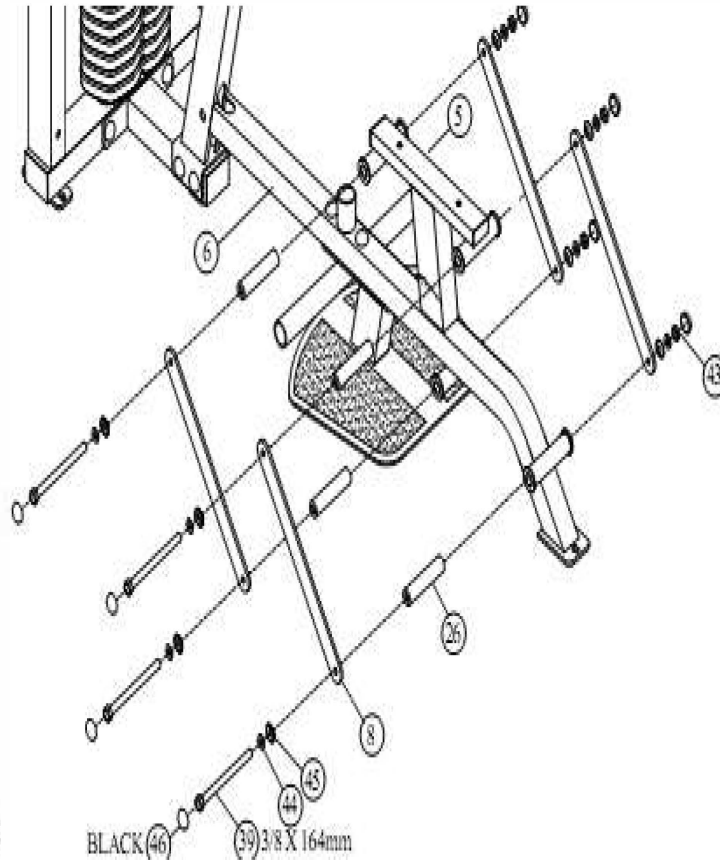


FIGURE 6

BLACK (46) (39) 3/8 X 164mm

Ref #	Part Number	Qty	Description
5	ACU04-1368BLK	1	Lat/Low Seat; Black
6	ACU04-1363WHT	1	LAT/LOW FRAME - WHT
6	ACU04-1363PLAT	1	LAT/LOW FRAME - PLAT
8	ACU02-1321BLK	4	Plate - 1/4 X 1-1/2 X 15-1/2 ;
26	ACU05-0348	5	5-1/2 PIVOT SHAFT
39	ACUDA1C03816416 NU	5	3/8 X 164MM BOLT
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X 0.6
46	ACU06-0357BLK	24	CAP - RH BLK



**Component Assembly 7**

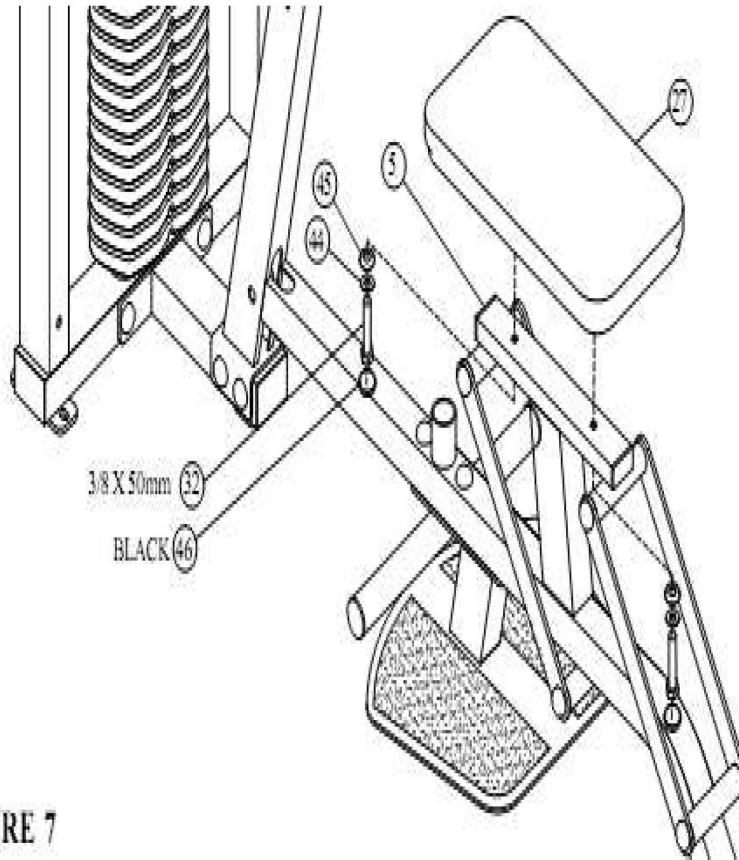
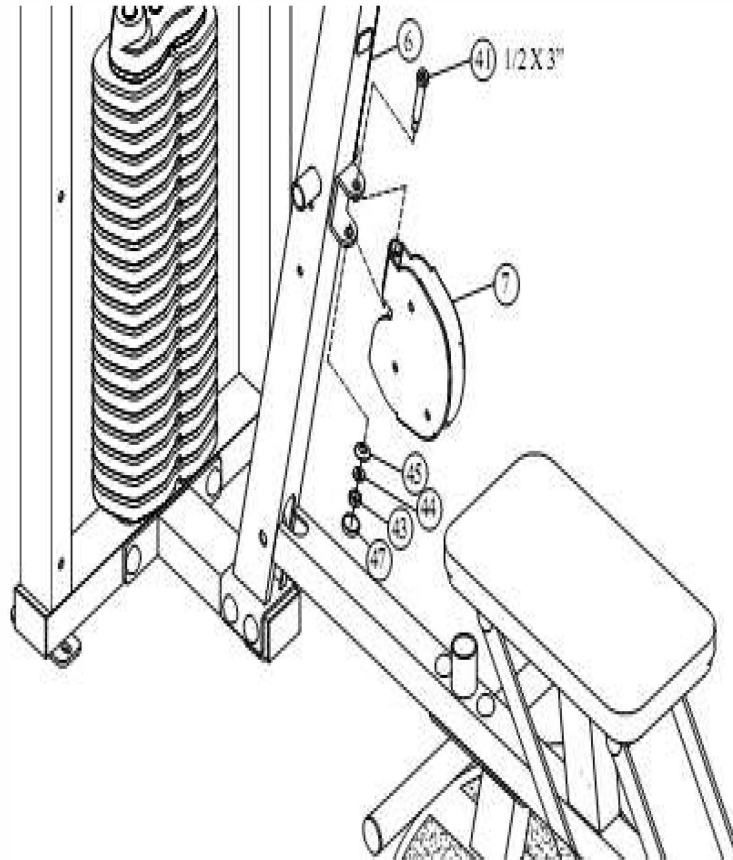


FIGURE 7

Ref #	Part Number	Qty	Description
5	ACU04-1368BLK	1	Lat/Low Seat; Black
27	ACU07-0157	1	SEAT PAD
32	ACUDA1C03805016 NU	4	HEX BOLT - 3/8 X 50L
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X0.6
46	ACU06-0357BLK	24	CAP - RH BLK

**Component Assembly 8**

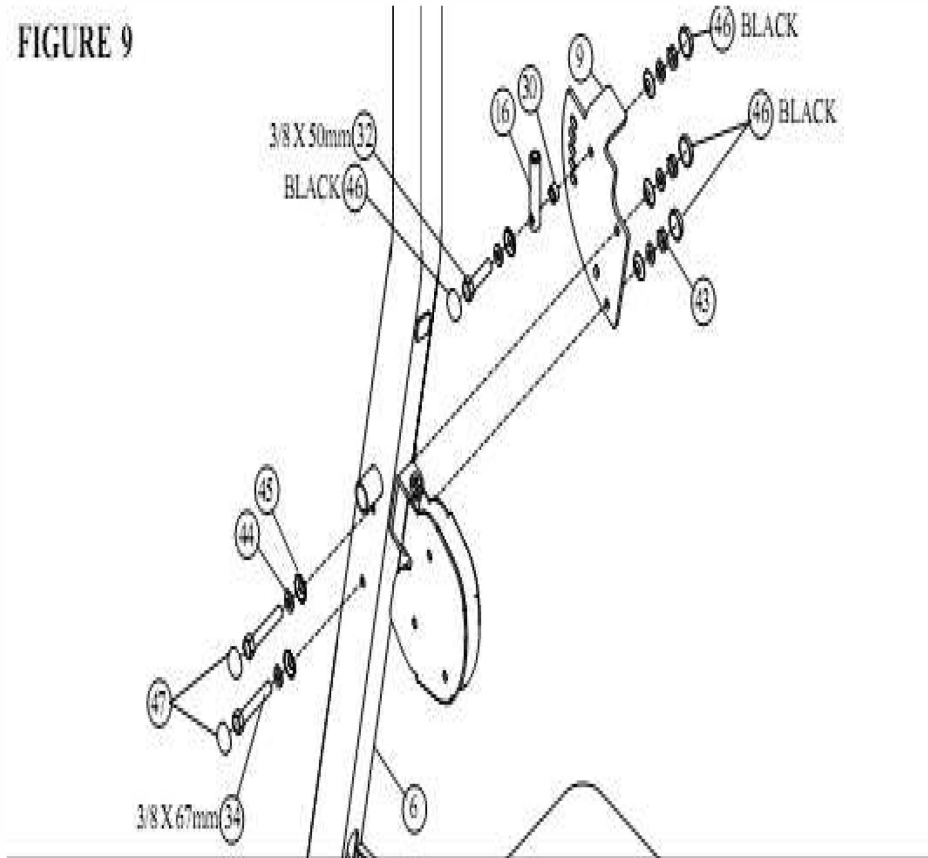
FIGURE 8



Ref #	Part Number	Qty	Description
6	ACU04-1363PLAT	1	LAT/LOW FRAME - PLAT
6	ACU04-1363WHT	1	LAT/LOW FRAME - WHT
7	ACU04-1366PLAT	1	SWIVEL PULLEY -
7	ACU04-1366WHT	1	SWIVEL PULLEY WHT
41	ACU05-0313	1	CAP HEAD ALLEN SCREW - 12.7 X
47	ACU06-0357PLAT	29	CAP - RH PLAT
47	ACU06-0357WHT	29	CAP - RH WHT

**Component Assembly 9**

FIGURE 9



Ref #	Part Number	Qty	Description
6	ACU04-1363PLAT	1	LAT/LOW FRAME - PLAT
6	ACU04-1363WHT	1	LAT/LOW FRAME - WHT
9	ACU02-1320	1	PLATE - KNEE HOLD DOWN ADJUSTE
16	ACU05-0349	1	3/4 X 1/8" Tapped Shaft
30	ACU05-0350	1	Shaft Pivot - 16 X 10 X 14.5L
32	ACUDA1C03805016 NU	4	HEX BOLT - 3/8 X 50L
34	ACUDA1C03806716 NU	4	3/8 X 67MM Bolt
43	ACUDB2E03807200 U	29	NYLON NUT - 3/8 X 7.2T
44	ACUDC1200105010 U	53	3/8 SAE WASHER
45	ACU05-0310	53	SHIM WASHER - 27.6 X 10.3 X0.6
46	ACU06-0357BLK	24	CAP - RH BLK
47	ACU06-0357PLAT	29	CAP - RH PLAT
47	ACU06-0357WHT	29	CAP - RH WHT

