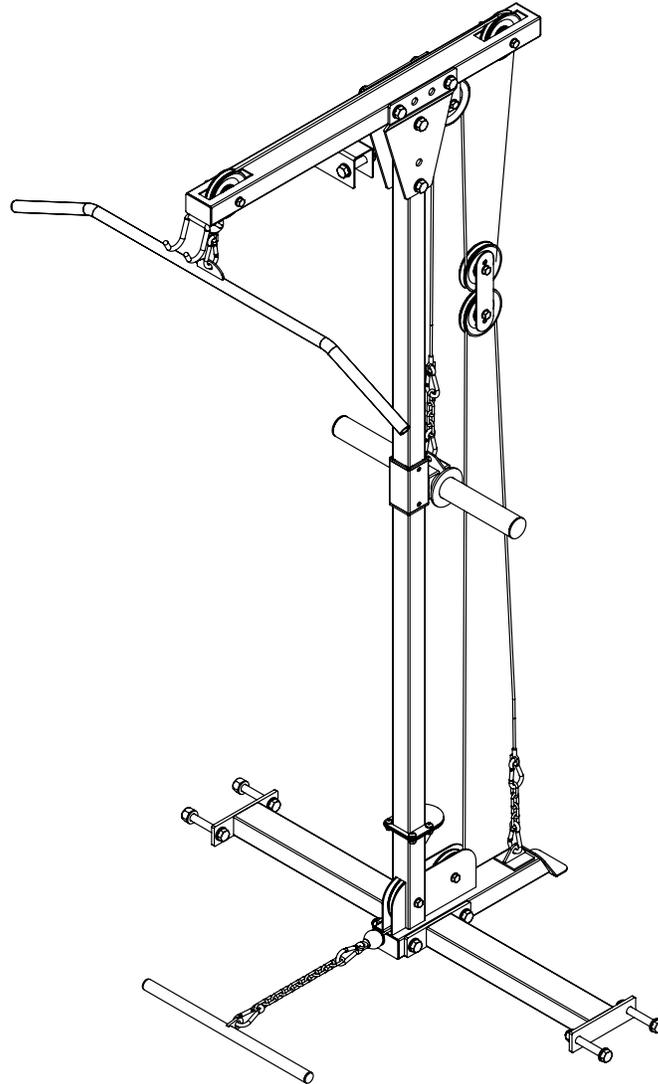


STRENGTH & FITNESS
RUGGED



Lat Attachment for Y100 Power Rack

SKU# Y210

Assembly & Instructions
OWNER'S & MANUAL

Y210-102918

Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from Rugged Fitness.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

MAINTENANCE SCHEDULE	
Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.	
Cables: Check tension, end fittings, and coating	✓
Check that locking nut at weight stack is tight	✓
Upholstery: Wipe down and dry	✓
Clean and condition	✓
Frame: Wipe down and dry	✓
Polish / Wax	✓
Chrome: Wipe down and dry	✓
Polish / Lubricate	✓
Nut / Bolts / Fasteners: Tighten and / or adjust as needed	✓
Guide Rods: Lubricate and clean	✓
Linear Rods: Lubricate and clean	✓
Seat Sleeves: Lubricate and clean	✓
Adjustments / Locking Pins / Tightening Knobs	✓
Weight Stack Pins	✓
Warning Instruction Labels	✓
Springs / Pop Pins	✓
Anti Skid Surfaces	✓
Hand Grips / Rollers	✓
For Rugged Customer Service Call 1-800-556-3113	

WARNING!

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near fitting at each end of each cable. **Replace and damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Rugged Customer Service
Call 1-800-556-3113

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

*Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.
Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using this equipment. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- If the machine is equipped with cables, always check its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

This equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your **LAT ATTACHMENT FOR Y100 POWER RACK.**

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call **1-800-556-3113** for customer assistance.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only RUGGED FITNESS replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official RUGGED FITNESS website at www.ruggedfitness.com or contact RUGGED FITNESS customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@ruggedfitness.com

**Or write to: Rugged Fitness
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA**

Retain this Owner's Manual for future reference. If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

- 1. Model Number**
- 2. Place of Purchase**
- 3. Serial Number (S/N)**
- 4. Part # and Description**

Preparation

Required Tools

The basic tools that you must obtain before assembling the **Y210** include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

Installation Requirements

Follow these installation requirements when assembling the **Y210**. Set up the **Y210** on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

Assembly Tips

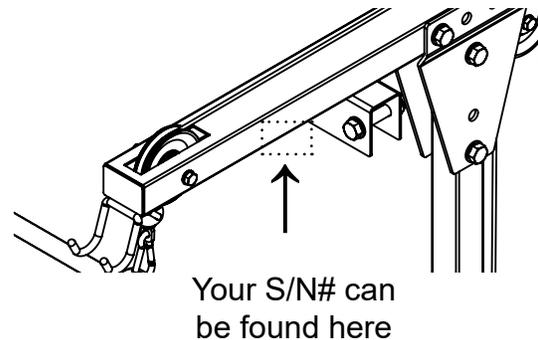
Read all "Notes" on each page before beginning each step.

While you may be able to assemble the **Y210** using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

CAUTION: Obtain assistance! Do not attempt to assemble the equipment alone as this could result in injury. Review the installation requirements before proceeding with the following steps.



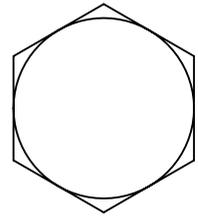
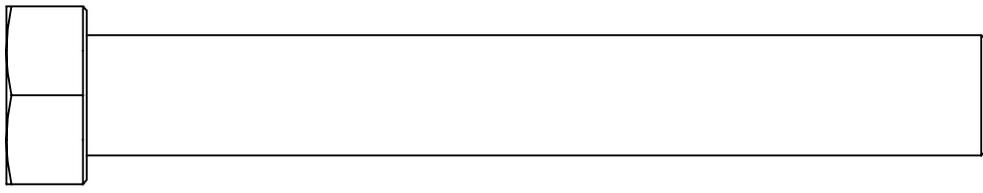
RUGGED FITNESS continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with RUGGED FITNESS equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to Service Department at RUGGED FITNESS Inc. in Forest Park, Illinois.

Y 210 Hardware Illustration

Part #1

HEX HEAD BOLT M16x120mm

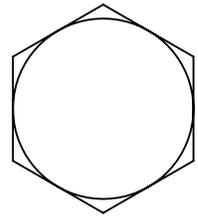
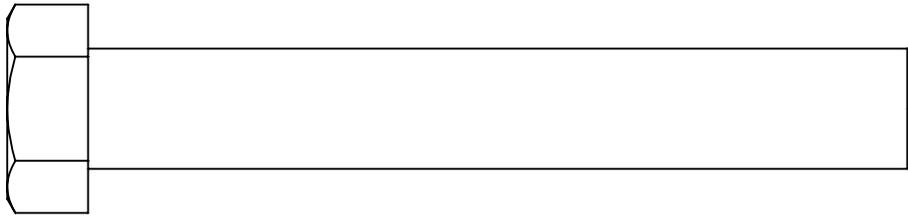
QTY. 2



Part #2

HEX HEAD BOLT M16x110mm

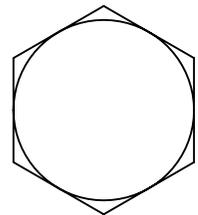
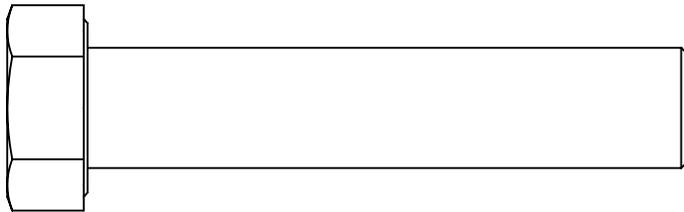
QTY. 6



Part #3

HEX HEAD BOLT M16x90mm

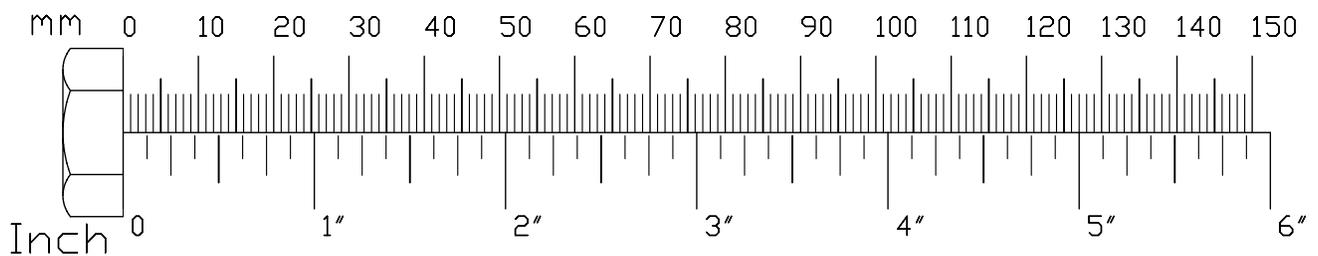
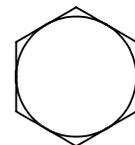
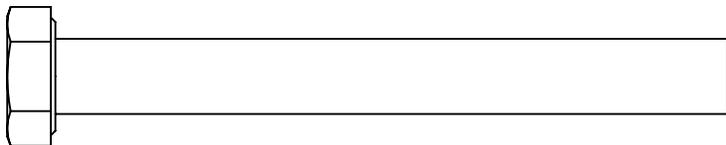
QTY. 4



Part #4

HEX HEAD BOLT M10x90mm

QTY. 2

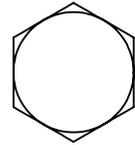
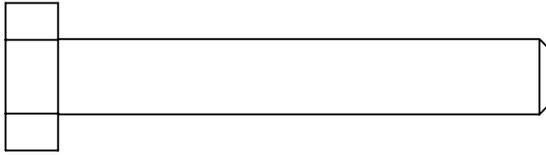


Y210 Hardware Illustration

Part #5

HEX HEAD BOLT M10x65mm

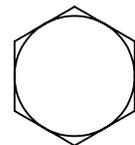
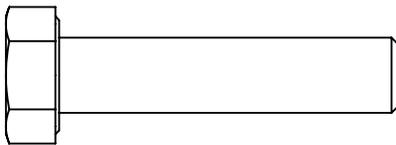
QTY. 1



Part #6

HEX HEAD BOLT M10x50mm

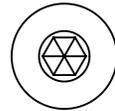
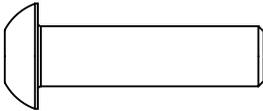
QTY. 4



Part #7

BUTTON HEAD CAP SCREW M8x30mm

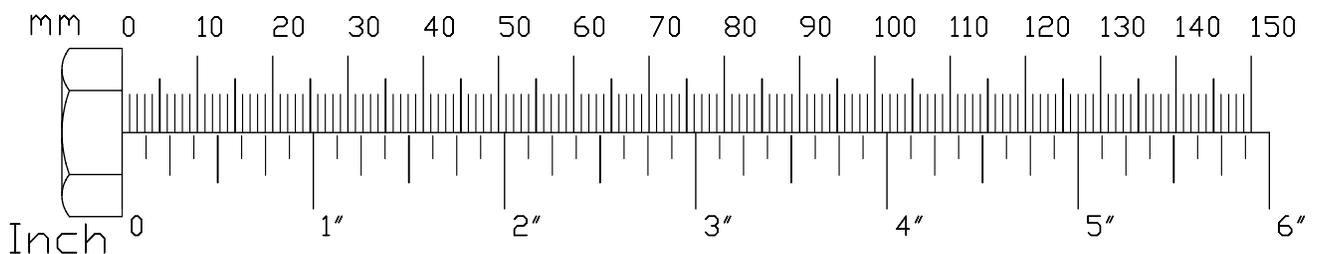
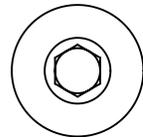
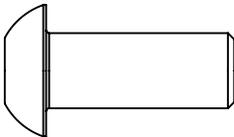
QTY. 1



Part #8

BUTTON HEAD CAP SCREW M10x25mm

QTY. 4

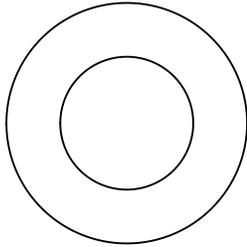


Y 210 Hardware Illustration

Part #9

FLAT WASHER M16

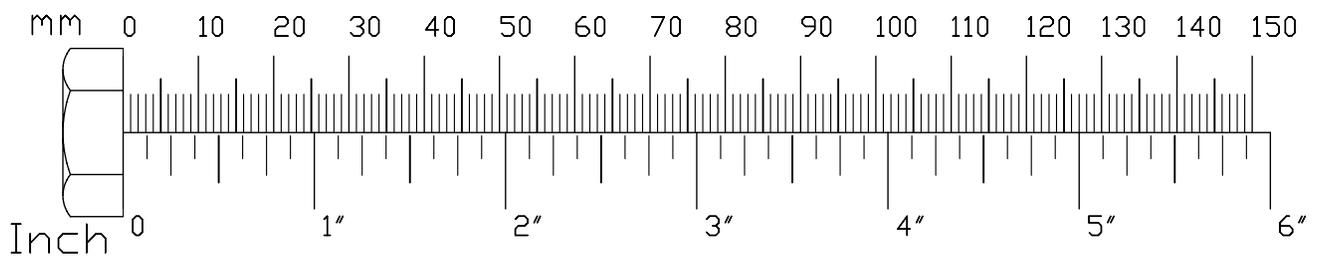
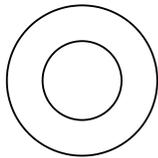
QTY. 24



Part #10

FLAT WASHER M10

QTY. 18

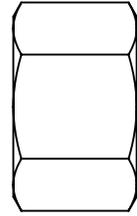
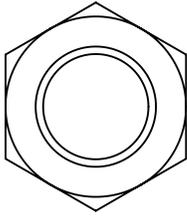


Y 210 Hardware Illustration

Part #12

NYLON LOCK NUT M16

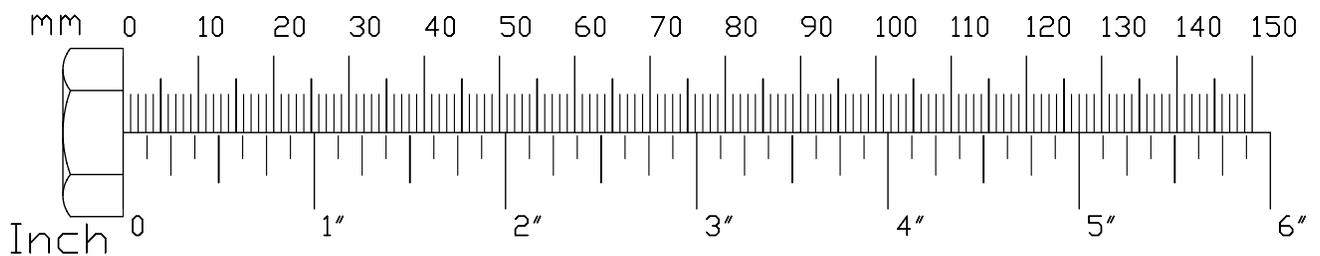
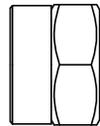
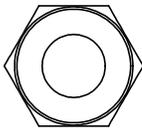
QTY. 12



Part #13

NYLON LOCK NUT M10

QTY. 11

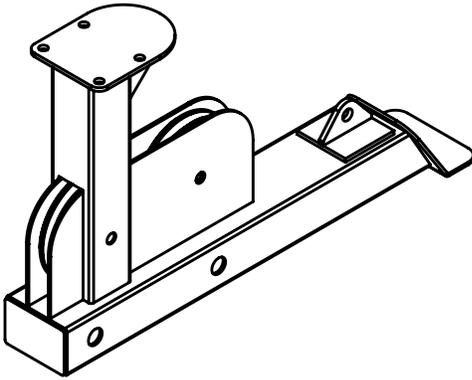


Y 2 1 0 P a r t s & H a r d w a r e L i s t

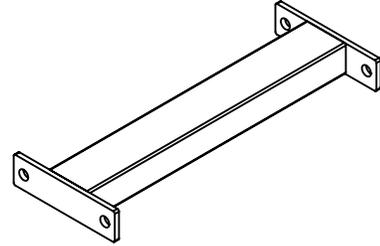
Part#	Qty	Description
A	1	CENTER BASE FRAME
B	2	SIDE BASE FRAME
C	1	UPRIGHT
D	1	SLIDING CARRIAGE
E	1	TOP FRAME
F	2	STEEL BRACKET
G	1	PULLEY BRACKET
H	1	LAT BAR
J	1	LOW ROW BAR
1	2	M16x120mm HEX HEAD BOLT
2	6	M16x110mm HEX HEAD BOLT
3	4	M16x80mm HEX HEAD BOLT
4	2	M10x90mm HEX HEAD BOLT
5	1	M10x65mm HEX HEAD BOLT
6	4	M10x45mm HEX HEAD BOLT
7	1	M8x30mm BUTTON HEAD CAP SCREW
8	4	M10x25mm BUTTON HEAD CAP SCREW
9	24	M16 FLAT WASHER
10	18	M10 FLAT WASHER
12	12	M16 NYON LOCK NUT
13	11	M10 NYON LOCK NUT
15	7	SNAP LINK
16	1	STEEL CHAIN (10 PCS)
17	2	STEEL CHAIN (4 PCS)
18	2	CABLE
20	4	SPACER
21	7	PULLEY
22	1	RUBBER BUMPER
23	2	NYLON BUSHING

Parts Illustration

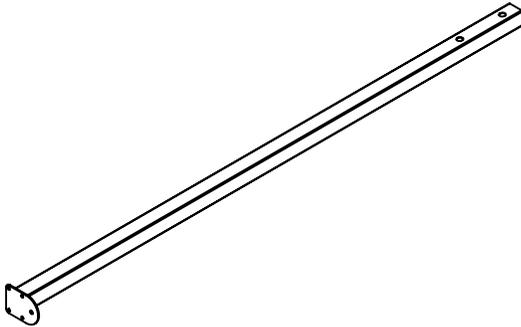
Part A - CENTER BASE FRAME, QTY 1



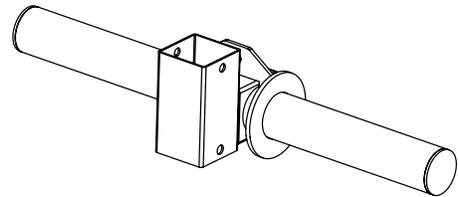
Part B - SIDE BASE FRAME, QTY 2



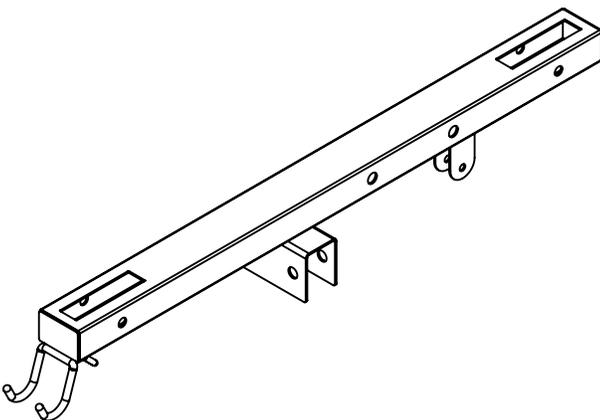
Part C - CHROME UPRIGHT, QTY 1



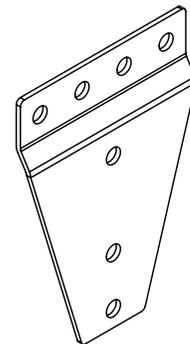
Part D - SLIDING CARRIAGE, QTY 1



Part E - TOP FRAME, QTY 1

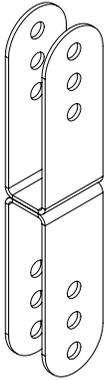


Part F - STEEL BRACKET, QTY 2

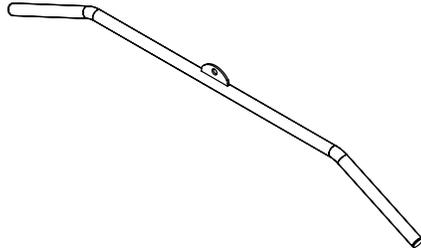


Parts Illustration

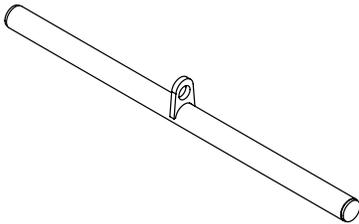
Part G - PULLEY BRACKET, QTY 1



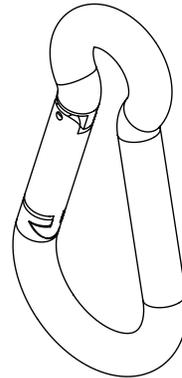
Part H - LAT BAR, QTY 1



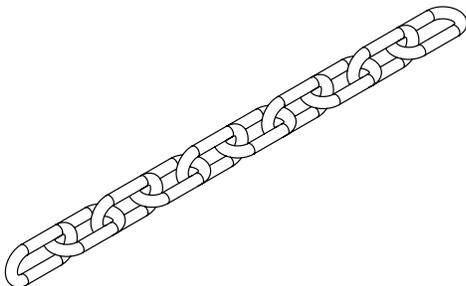
Part J - LOW ROW BAR, QTY 1



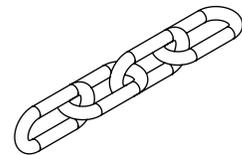
Part #15 - SNAP LINK, QTY 7



Part #16 - STEEL CHAIN (10 PCS), QTY 1

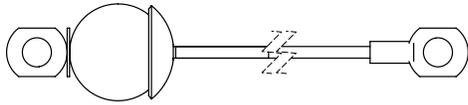


Part #17 - STEEL CHAIN (4 PCS), QTY 2

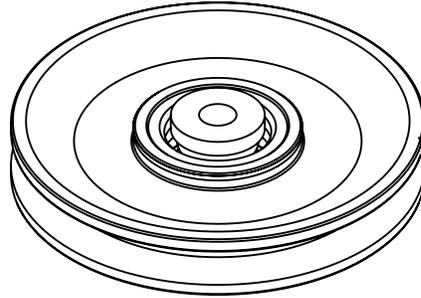


Parts Illustration

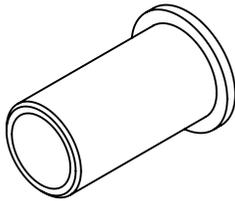
Part #18 - CABLE (3410mm), QTY 2



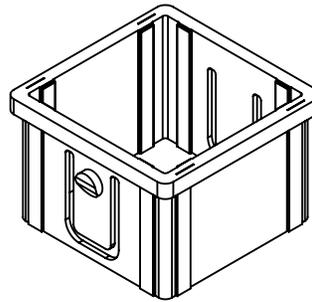
Part #21 - PULLEY, QTY 7



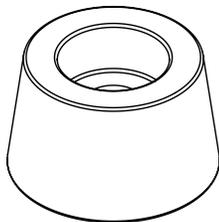
Part #20 - SPACER, QTY 4



Part #23 - NYLON BUSHING, QTY 2



Part #22 - RUBBER BUMPER, QTY 1



STEP**1**

Be careful to assemble all components in the sequence they are presented.

NOTE:

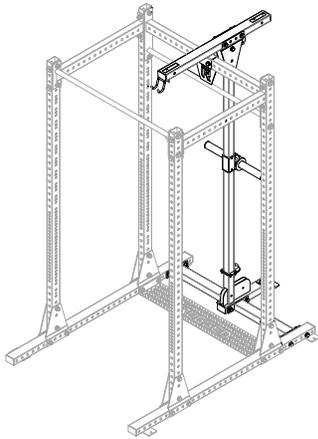
Finger tighten all hardware first in this step. Wrench tighten ALL hardware at the end of STEP 1G. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 1A.** Attach Side Base Frames (**B**) to Center Base Frame (**A**) using:
(#1) M16x120mm Hex Head Bolt, QTY 2
(#9) M16 Regular Flat Washer, QTY 4
(#12) M16 Nylon Lock Nut, QTY 2
- 1B.** Attach Side Base Frames (**B**) to the Rack (**K**) using:
(#2) M16x110mm Hex Head Bolt, QTY 4
(#9) M16 Regular Flat Washer, QTY 8
(#12) M16 Nylon Lock Nut, QTY 4

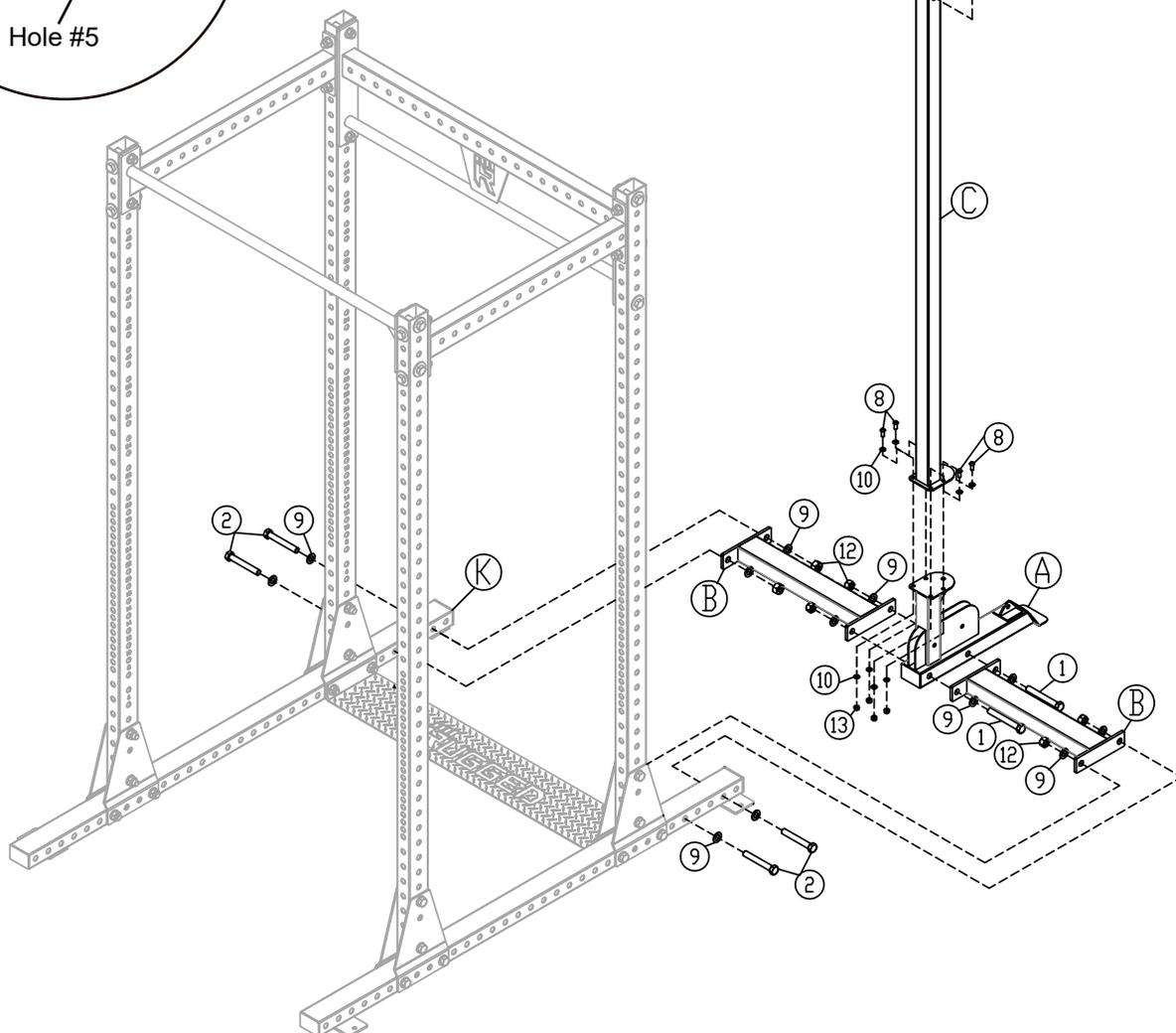
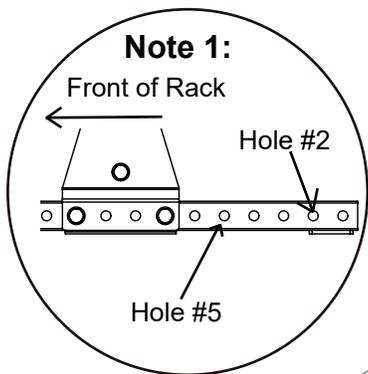
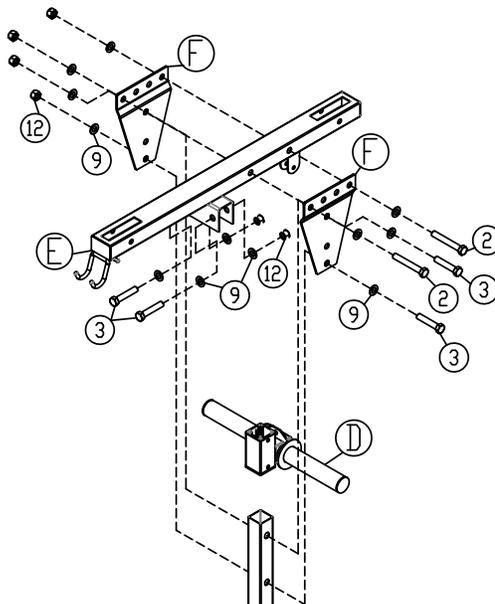
NOTE 1:

Please refer to the drawing for the correct bolt hole locations. The bolt holes are the 2nd and 5th holes from the rear end of the Base Frame.

- 1C.** Attach Chrome Upright (**C**) to Center Base Frame (**A**) using:
(#8) M10x25mm Button Head Cap Screw, QTY 4
(#10) M10 Regular Flat Washer, QTY 8
(#13) M10 Nylon Lock Nut, QTY 4
- 1D.** Insert Sliding Carriage (**D**) onto Chrome Upright (**C**)
- 1E.** Attach Steel Brackets (**F**) to Chrome Upright (**C**) using:
(#3) M16x90mm Hex Head Bolt, QTY 2
(#9) M16 Regular Flat Washer, QTY 4
(#12) M16 Nylon Lock Nut, QTY 2
- 1F.** Attach Top Frame (**E**) to Steel Brackets (**F**) using:
(#2) M16x110mm Hex Head Bolt, QTY 2
(#9) M16 Regular Flat Washer, QTY 4
(#12) M16 Nylon Lock Nut, QTY 2
- 1G.** Attach Top Frame (**E**) to the Rack (**K**) using:
(#3) M16x90mm Hex Head Bolt, QTY 2
(#9) M16 Regular Flat Washer, QTY 4
(#12) M16 Nylon Lock Nut, QTY 2



Above shows Step 1 assembled and completed.



STEP**2**

Be careful to assemble all components in the sequence they are presented.

NOTE:

Finger tighten all hardware first in this step. Wrench tighten ALL hardware at the end of STEP 2F. Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 2A.** Route Top Cable (#18) and install four Pulleys (#21) as shown in Step 2 Drawing using:
- (#4) M10x90mm Hex Head Bolt, QTY 2**
 - (#6) M10x45mm Hex Head Bolt, QTY 2**
 - (#10) M10 Regular Flat Washer, QTY 4**
 - (#13) M10 Nylon Lock Nut, QTY 4**
 - (#20) SPACER, QTY 4**
 - (G) PULLEY BRACKET, QTY 1**

NOTE 1:

Please refer to the drawing for the correct bolt hole locations on the Pulley Brackets and adjust steel chain for proper tension of the cables

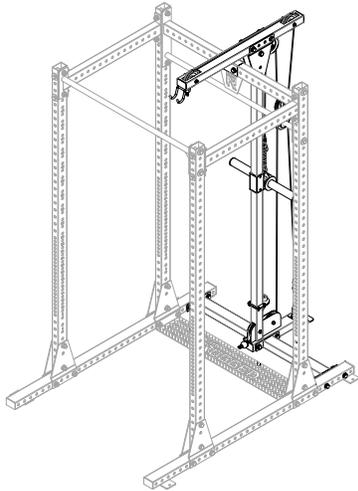
- 2B.** Attach Steel Chain (#17) and Snap Link (#15) to the eyelet end of the Top Cable (#18).
- 2C.** Attach Snap Link (#15) to Sliding Carriage (D).
- 2D.** Route Low Cable (#18) and install three Pulleys (#21) as shown in Step 2 Drawing using:
- (#5) M10x65mm Hex Head Bolt, QTY 1**
 - (#6) M10x45mm Hex Head Bolt, QTY 2**
 - (#10) M10 Regular Flat Washer, QTY 6**
 - (#13) M10 Nylon Lock Nut, QTY 6**
 - (G) PULLEY BRACKET, QTY 1**

NOTE 2:

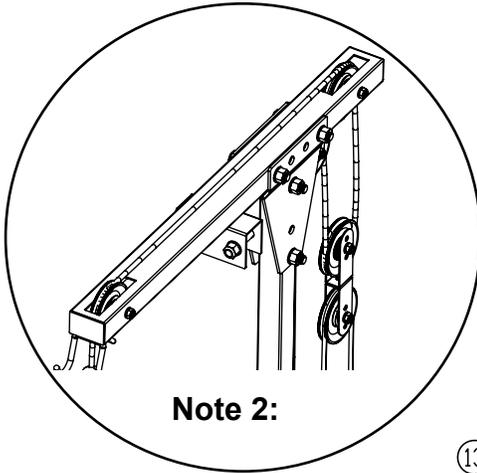
Cable (#18) does not route through inside of the Top Frame (E). Cable routes on Top of the Top Frame (E).

- 2E.** Attach Steel Chain (#17) and Snap Link (#15) to the eyelet end of the Low Cable (#18).
- 2F.** Attach Snap Link (#15) to Center Base Frame (A).

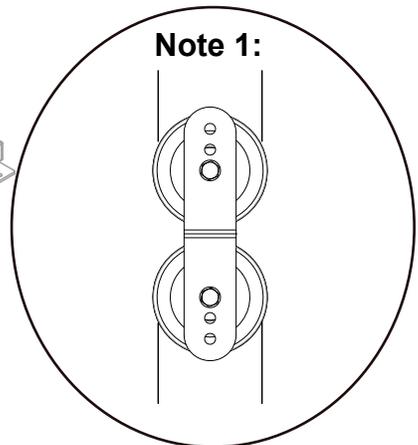
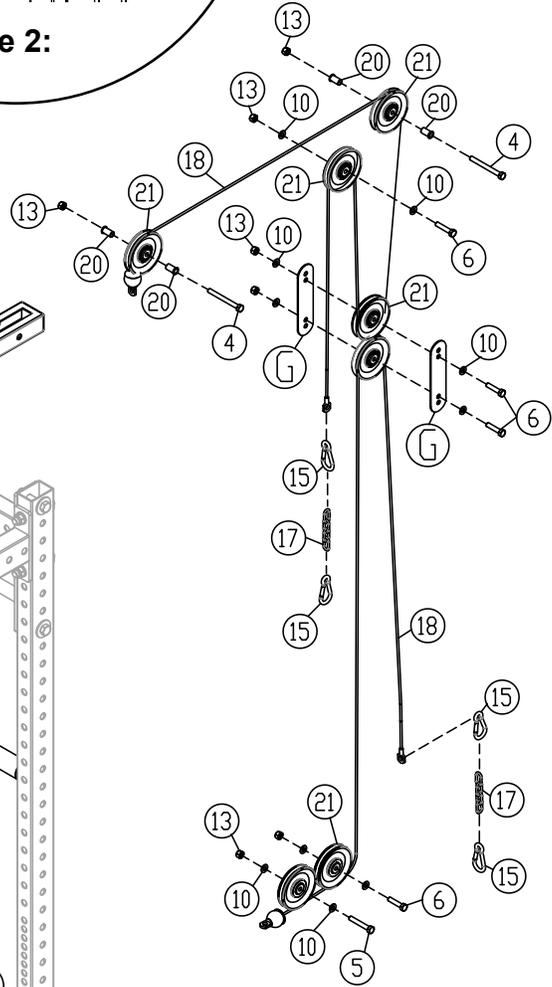
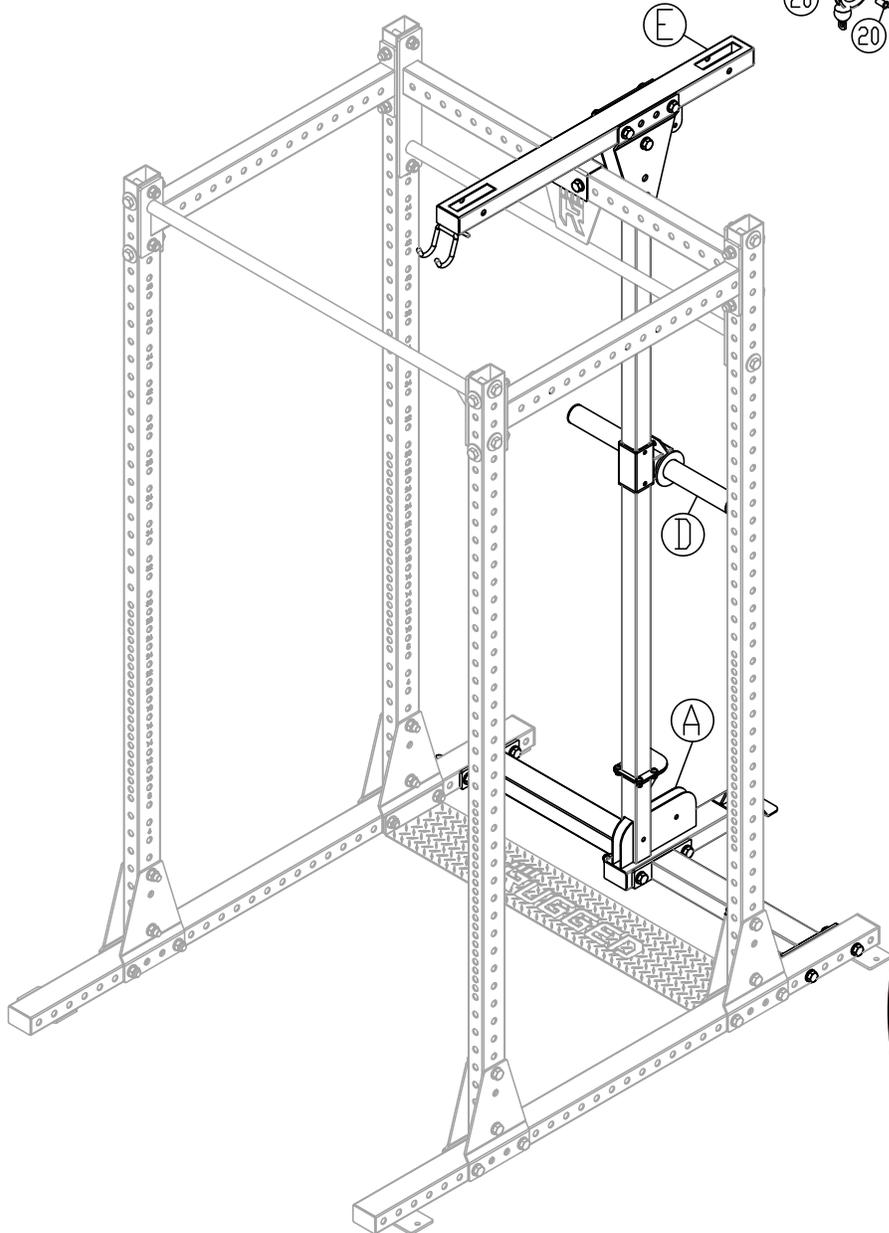
STEP
2



Above shows Step 2 assembled and completed.



Note 2:



Note 1:

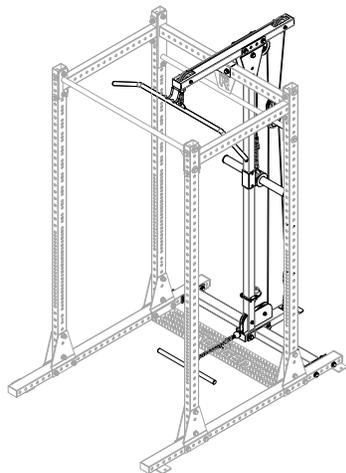
STEP**3**

Be careful to assemble all components in the sequence they are presented.

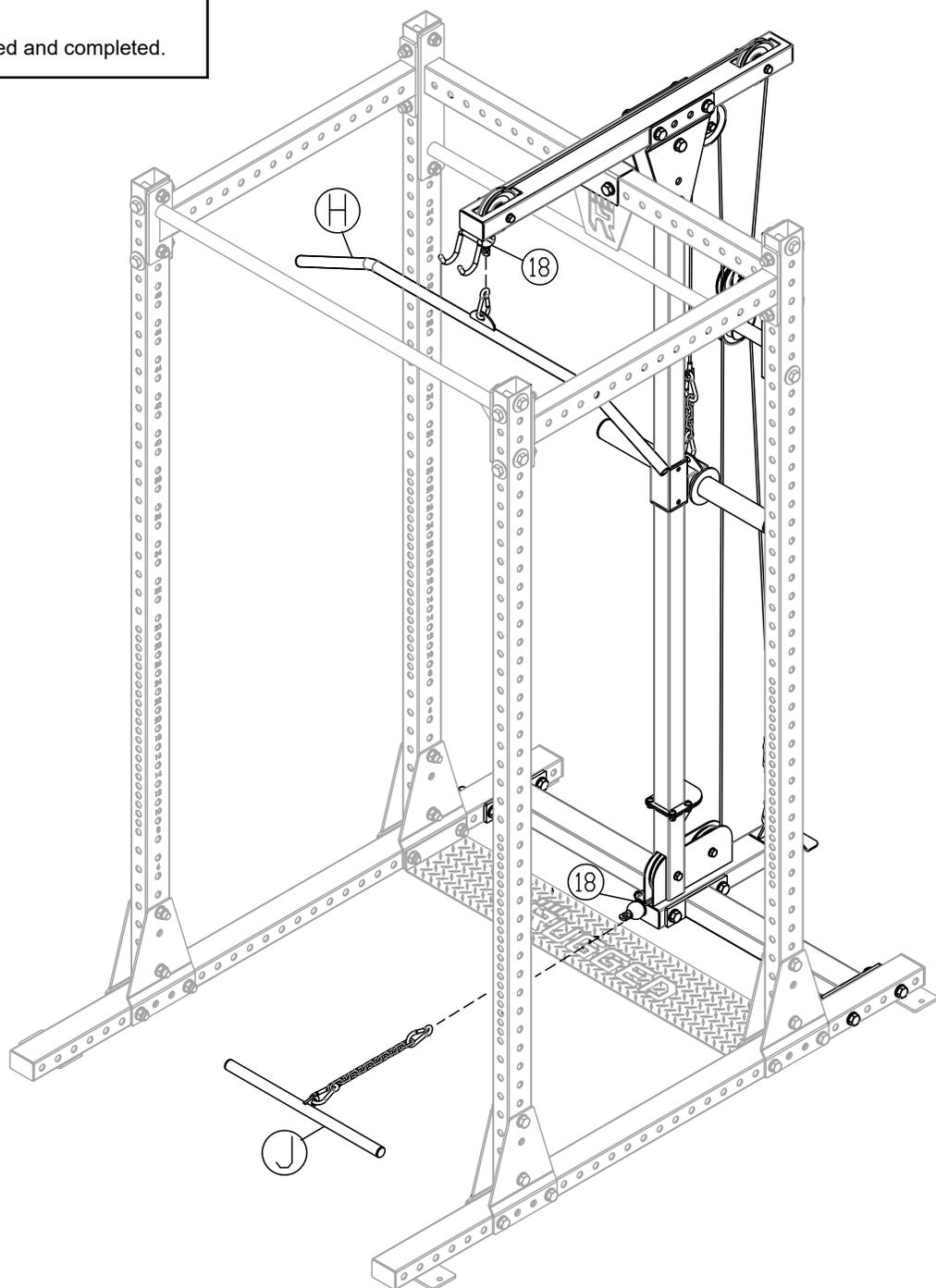
NOTE:

Some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, they must be wrench tightened to fully go on.

- 3A. Attach Lat Bar (**H**) to Top Cable (**#18**).
- 3B. Attach Low Row Bar (**J**) to Low Cable (**#18**).

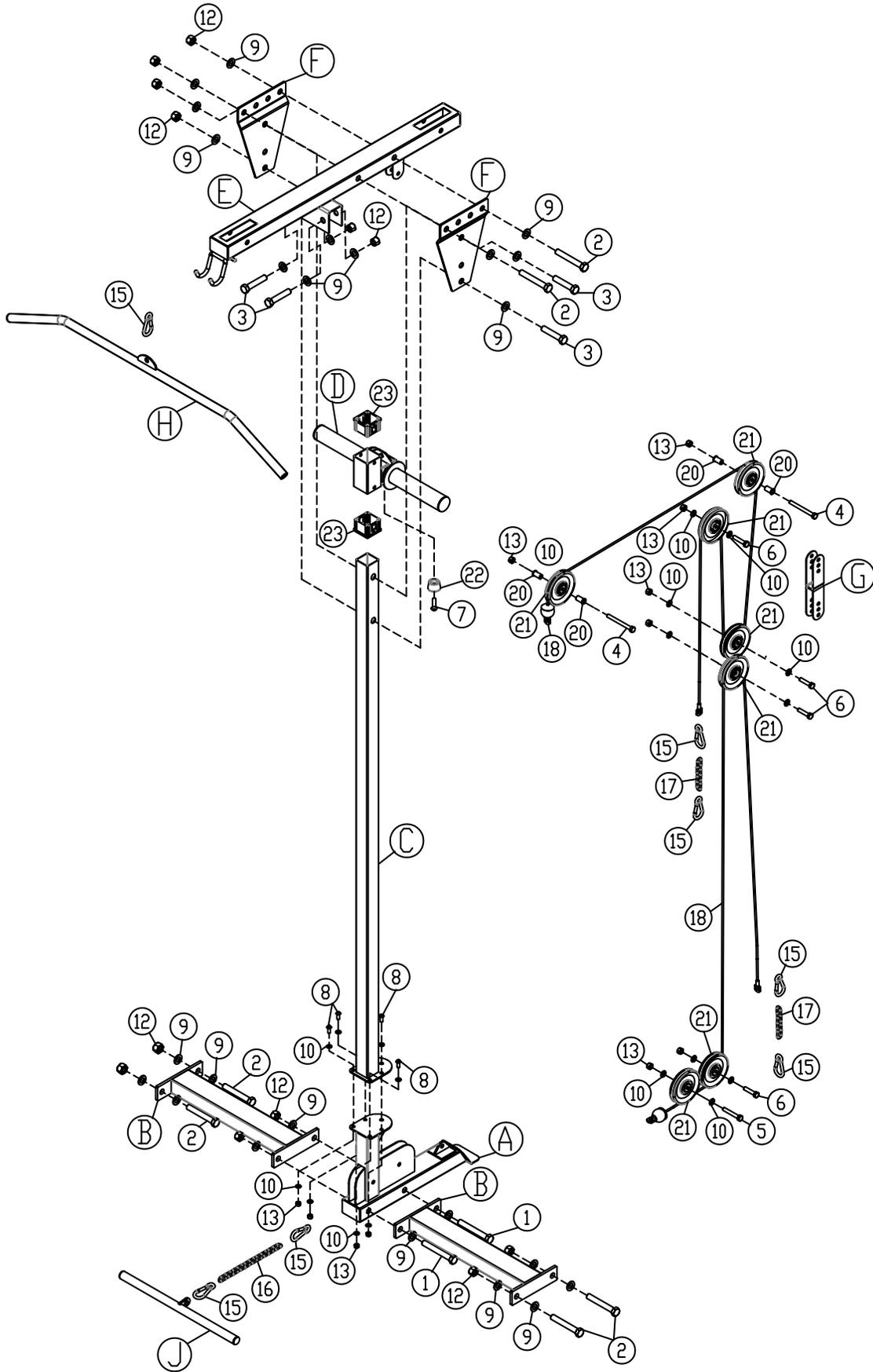


Above shows Step 3 assembled and completed.



Notes

Y210 Exploded View





Y210

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

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1900 S. Des Plaines Ave.
Forest Park, IL 60130
Phone:(708)427-3555
Fax:(708)427-3556
Hours: M-F 8:30 - 5:00 CST
www.ruggedfitness.com