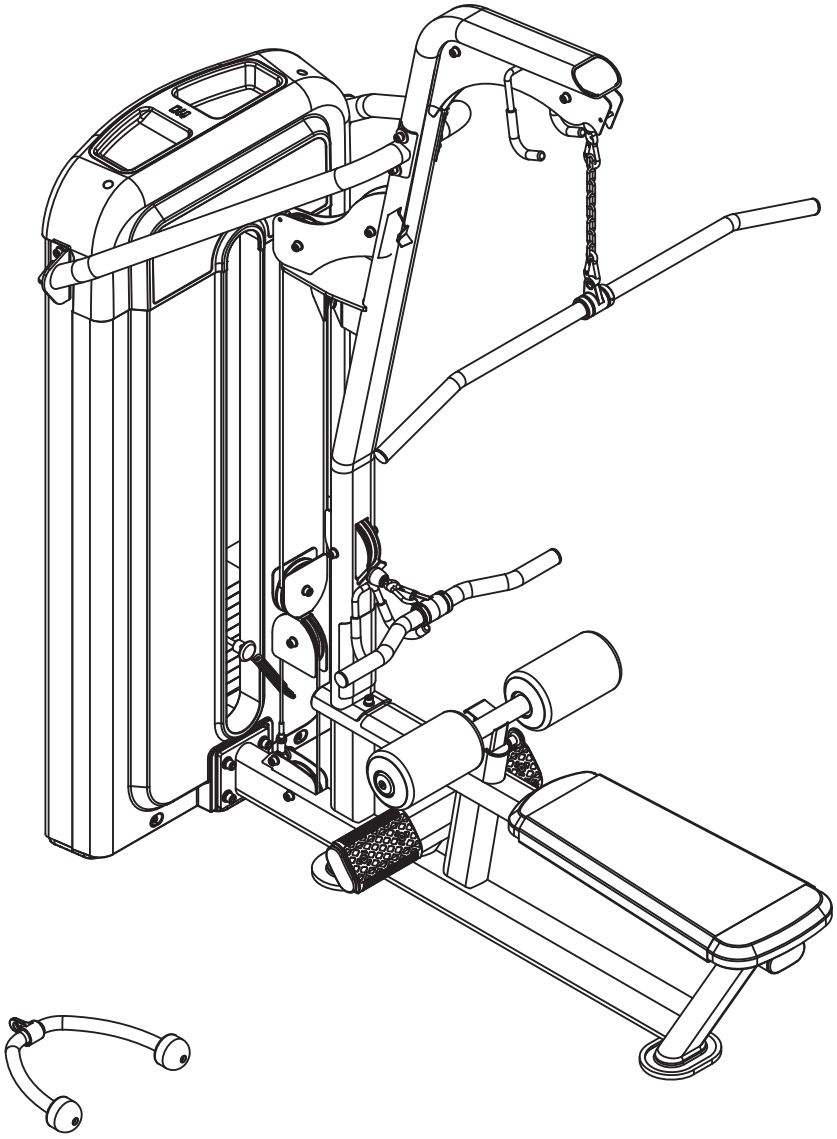
pulse
fitness



Dual Strength Range

Lat Pulldown / Seated Row
Owners Manual

375H

Important Safety Information

CAUTION

Read these instructions carefully before operating Pulse equipment in conjunction with individual machine instructions.

Seek professional medical advice before using fitness equipment. Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, dizzy or exhausted stop exercising immediately.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged until repaired using only genuine Pulse Fitness parts fitted by an authorised person.

SUPPORTING DOCUMENTATION

Carefully read and comprehend ALL of the safety documents relating to this piece of equipment before using or assembling this equipment. Keep this manual for future reference.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

Product Registration

Once the machine has been assembled, find the product SERIAL NUMBER located on the rating plate.

SERIAL NUMBER _____

* Refer to the SERIAL NUMBER and MODEL NAME when calling for service (Located on the front page of this manual).

Questions

If you have any questions or if any parts are damaged or missing, please contact your distributer immediately.

Caution

In order to avoid human injuries and property damages, before the use of this series equipment, please read the following important notices.

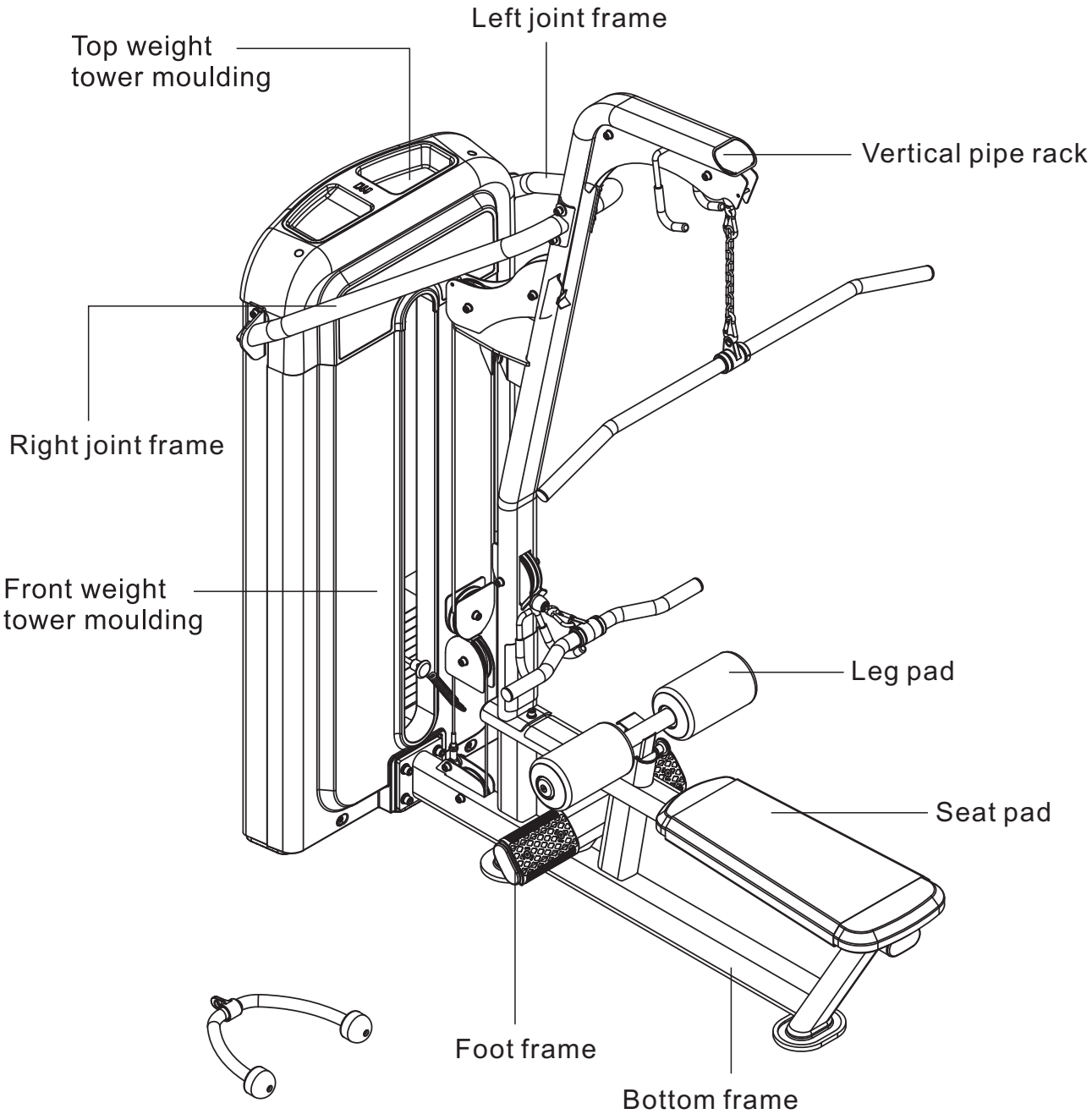
1. Before use of the equipment please read this Owner's Manual carefully. The equipment should be assembled and used strictly following the relevant instructions in this manual, and cannot change any of its components or disassemble it freely.
2. It should be ensured that all users have been fully aware of the safety warnings and precautions before they exercise on the equipment.
3. Too loose-fitting clothing cannot be worn, and sports shoes should be put on while exercising.
4. The equipment should be carefully examined before training. If there is damage, please do not use it and do not try to repair it by yourself. Please contact your supplier in time. It is necessary to inform after-sales service personnel as soon as possible to get the machine repaired.
5. Make sure the selector pin has fit well in its position before exercising and do not use selector pin other than the one coupled with this equipment to avoid any injury.(Apply to single station with cable)
6. The equipment should be positioned on a flat, level and clean. There should be a reasonable space around the machine, to not cause injury to others when in use.
7. Before using the machine, please ensure that the cable is in the groove of pulley, and attention should be paid especially to the end of cable. (Apply to single station with cable)
8. Only originally attached or manufacturer provided weight stack can be used in this

equipment and can not increase the weight of weight stack by use of other manufacturers' weight stack plate. (Apply to single station with cable)

9. Children and pets should be kept away from the equipment whilst it is in use.
10. When using the equipment if you feel dizzy or physical pain you should stop exercising intermediately and consult a doctor.

Before using the equipment please consult your physician and fitness expert, and must be sure to read all the specifications in this owner's manual. Manufacturer will not be held responsible for any personal injury and property loss resulted from the incorrect use of the products.

Machine Overview



Fitting Instructions

1. Be careful unwrapping the machine and do not use a knife as it could damage the surface of the machine.

2. When moving this equipment, a sufficient number of personnel should be used to prevent the equipment from collision, or to avoid the injuries caused by personnel shortage.

3. Prior to installation of the equipment, make sure that all the parts are complete, no missing hardware.

4. When install the equipment, should have two or more persons working together to ensure the accurate location of parts assembly.

5. When installing the equipment, the instructions must be followed to prevent components being fitted incorrectly or being ommitted.

6. Appropriate tools should be used for installation to avoid damaging the equipment or causing injury.

7. If the equipment needs to be moved this should be done after the installation process has been completed. Failure to do so could result in injury.

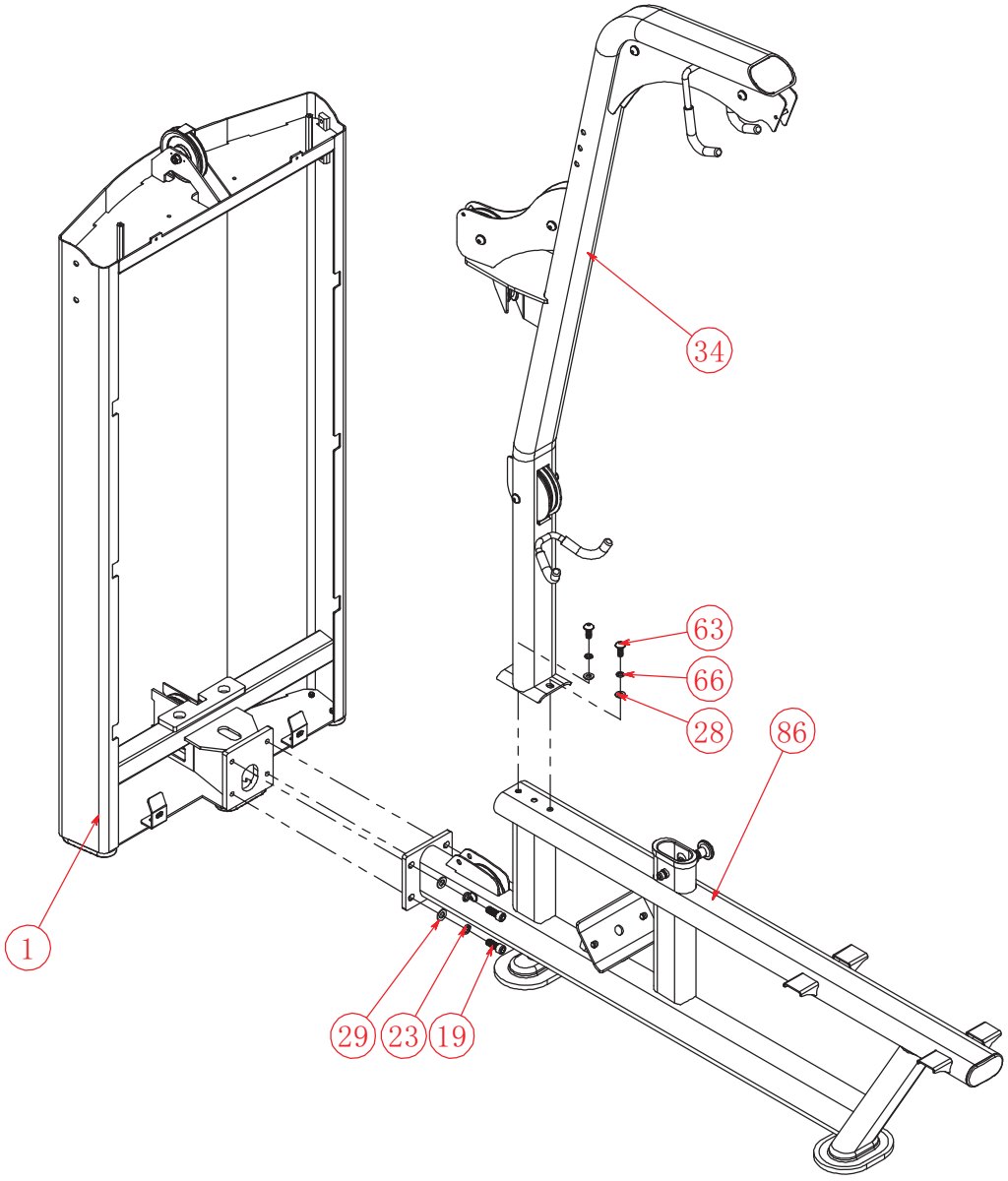
8. Follow the installation sequence of the fastening locking nuts outlined in this manual. Locking nuts should not be fully tightened until they are all loosely into position across the whole machine and then can be tightened up one by one.

9. Before installation the cable terminals should be checked to make sure whether they are firm. (Apply to single station with cable)

10. After the completion of the installation, test the equipment with a low weight. Check the movement is smooth and there is no movement in the frame. If this is not the case it may be necessary to check the equipment carefully, identify the problem and re-install.

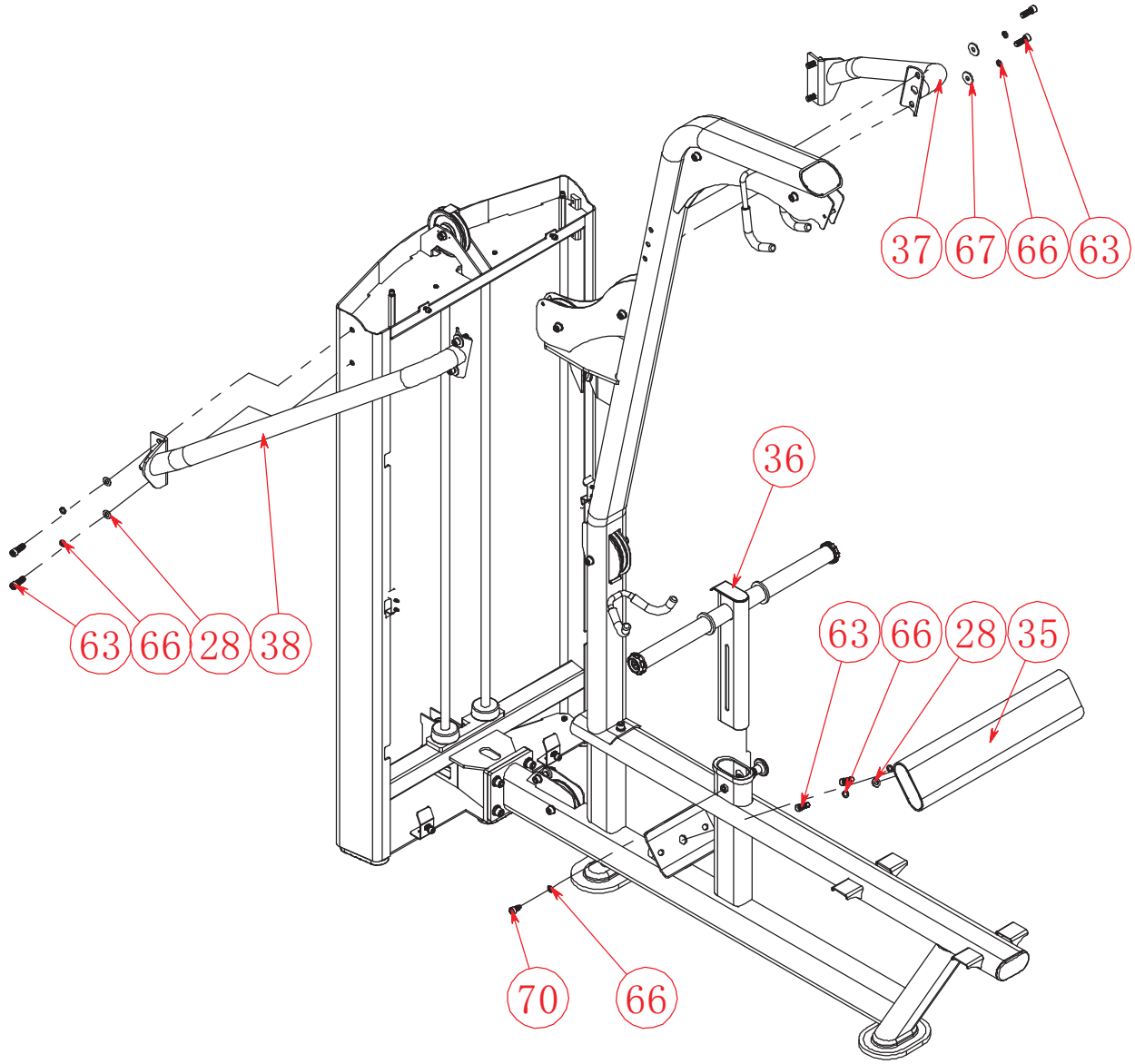
Assembly step1

Step	No.	Description	Specifications	Qty
1	1	Door frame		1
	19	Hex socket head cap screw	M12*30	4
	23	Spring washer	M12	4
	28	Plain washer	φ20*φ10.5*2	4
	29	Plain washer	Φ24*Φ13*2.5	2
	34	Vertical pipe rack		1
	63	Hex socket head cap screw	M10*30	12
	66	Spring washer	M10	13
	86	Bottom frame		1



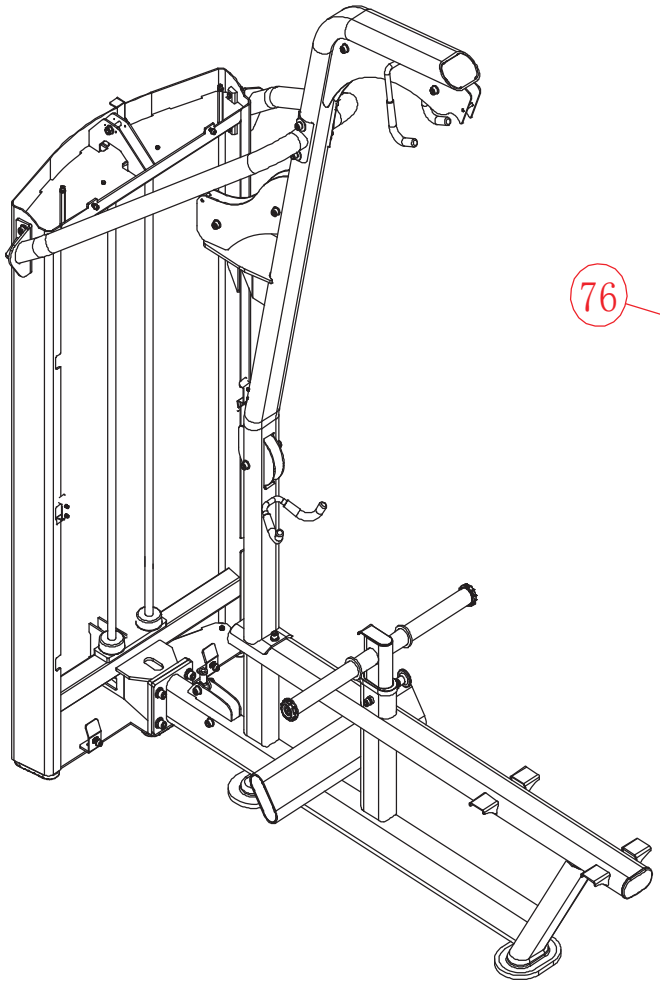
Assembly step2

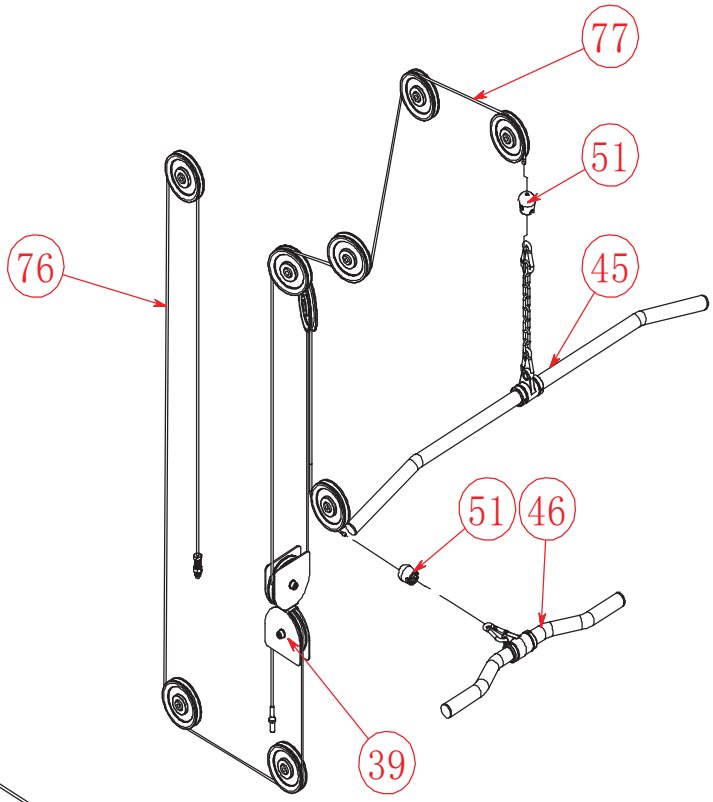
Steps	No.	Description	Specifications	Qty
2	28	Plain washer	Φ20*Φ10.5*2	6
	35	Foot frame		1
	36	Stretching rack		1
	37	Right joint frame		1
	38	Left joint frame		1
	63	Hex socket head cap screw	M10*30	10
	66	Spring washer	M10	11
	67	Big washer	Φ30*Φ10.5*2.5	4
	70	Limiting screw		1



Assembly step3

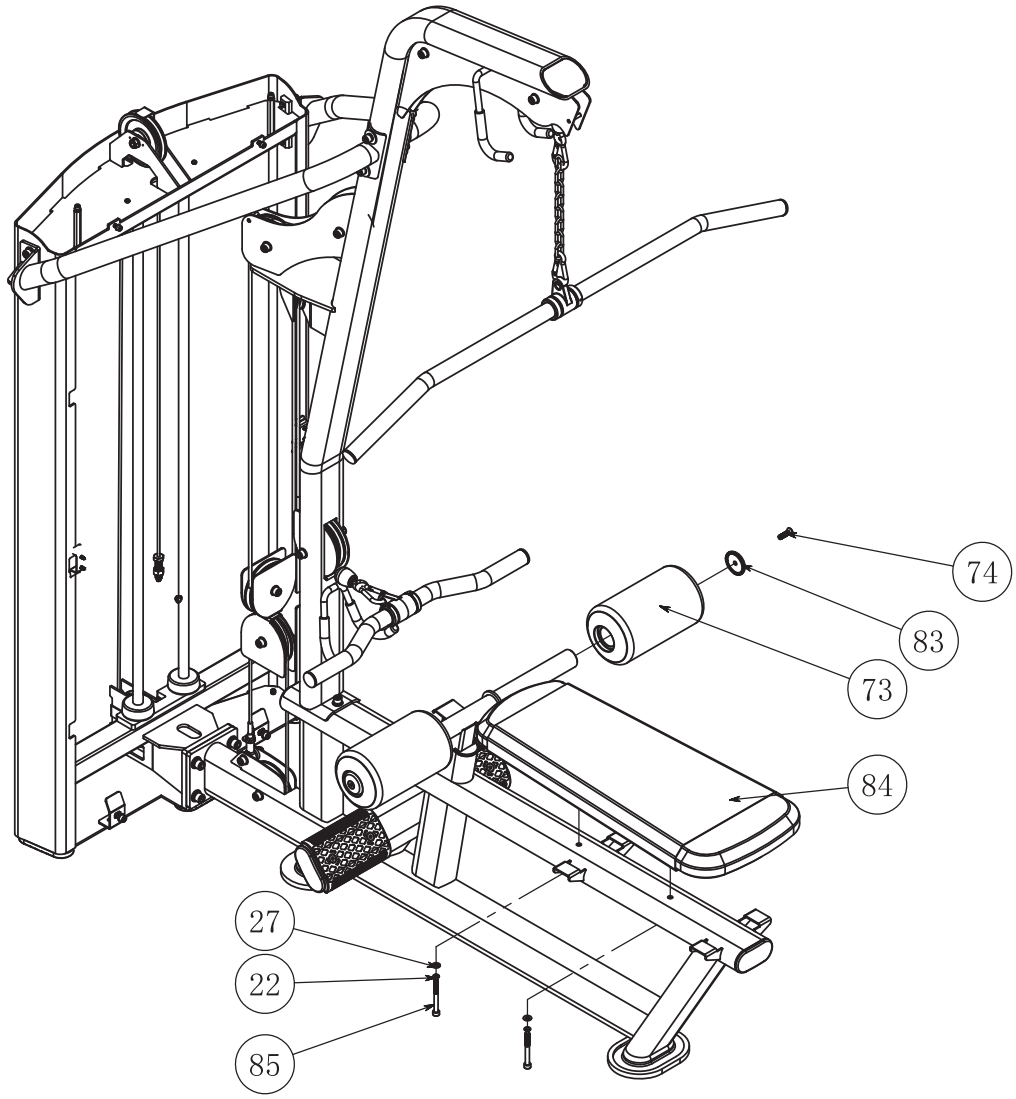
Steps	No.	Description	Specifications	Qty
3	39	Pulley frame		1
	45	High pulll handle set		1
	46	Low handle		1
	51	Nylon cover		2
	76	Cable set 1		1
	77	Cable set 2		1





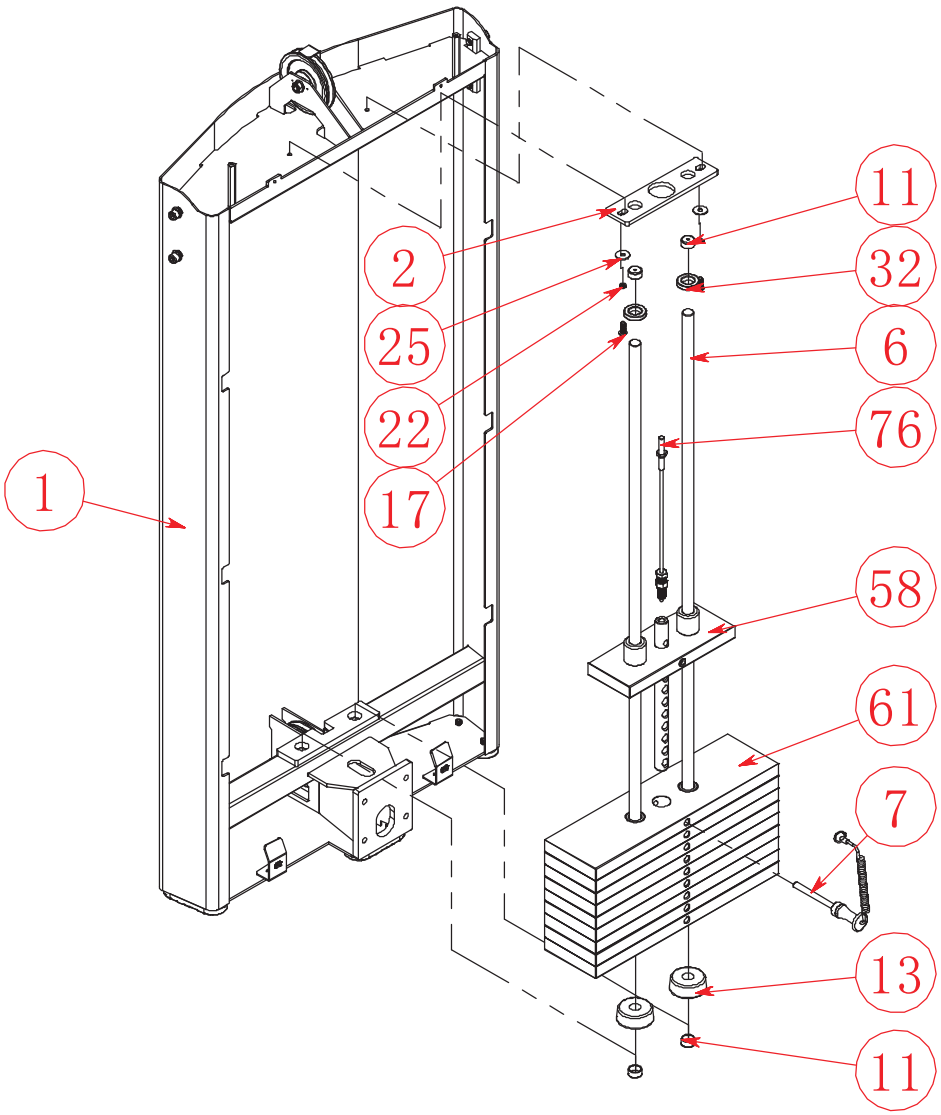
Assembly step4

Step	No.	Description	Specifications	Qty
4	22	Spring washer	M8	2
	27	Plain washer	Φ16*Φ8.4*1.6	2
	73	Leg pads		2
	74	Countersunk hex socket screws	M8*30	2
	83	aluminium end cap		2
	84	Seat pad		1
	85	Hex socket head cap screw	M8*75	2



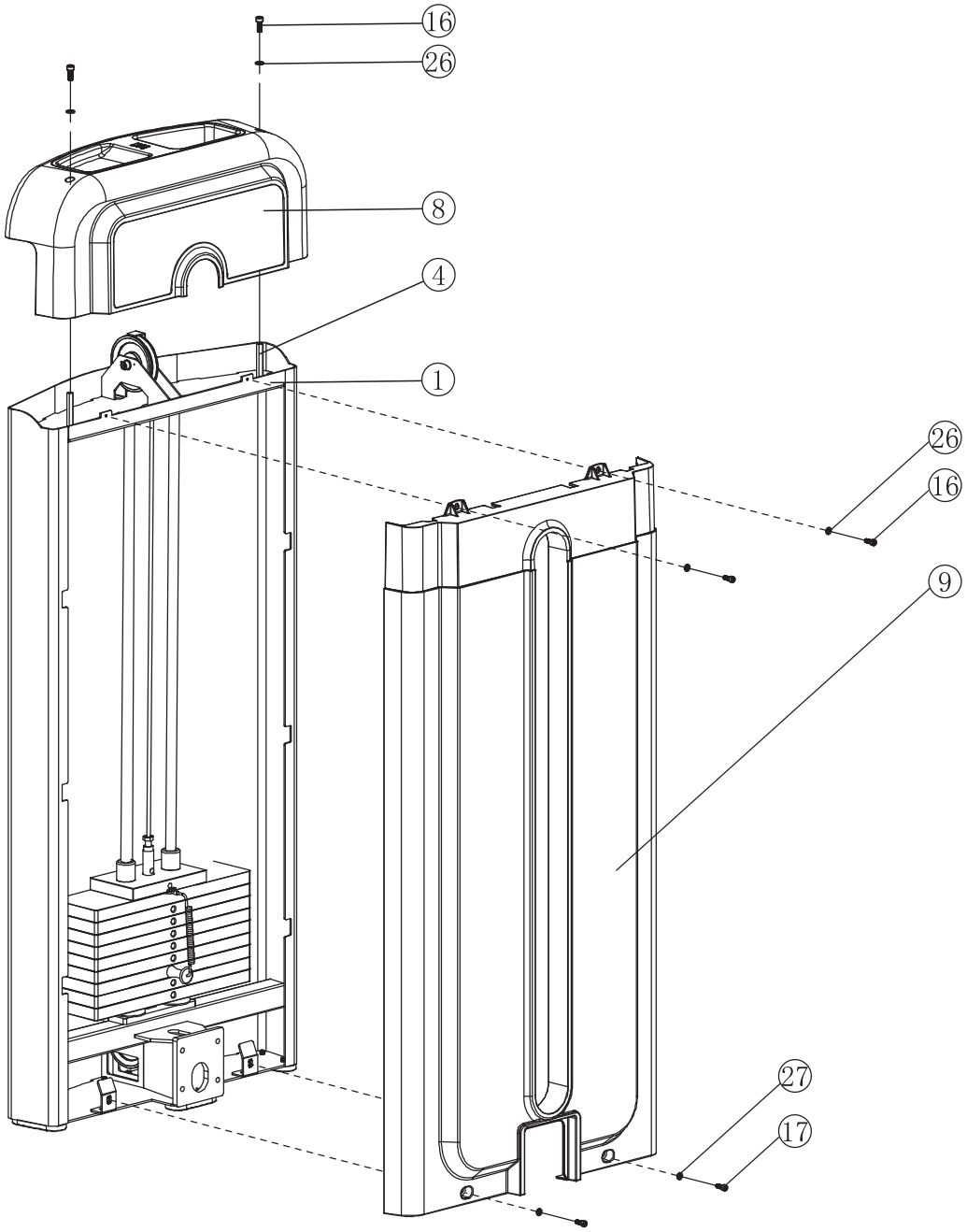
Assembly step5

Steps	No.	Description	Specifications	Qty
5	1	Doorframe		1
	2	Guide Rod Top Plate		1
	6	Guide rod		2
	7	Selector pin		1
	11	Rod end cover		4
	13	Rubber bumper		2
	17	Hex socket head cap screw	M8*20	4
	22	Spring washer	M8	6
	25	Big washer	Φ24*Φ8.4*2	2
	32	Rubber bumper	Φ38*Φ22*8	2
	58	10lb counterweight		1
	61	20lb weight stack plate		9
	76	Cable set 1		1

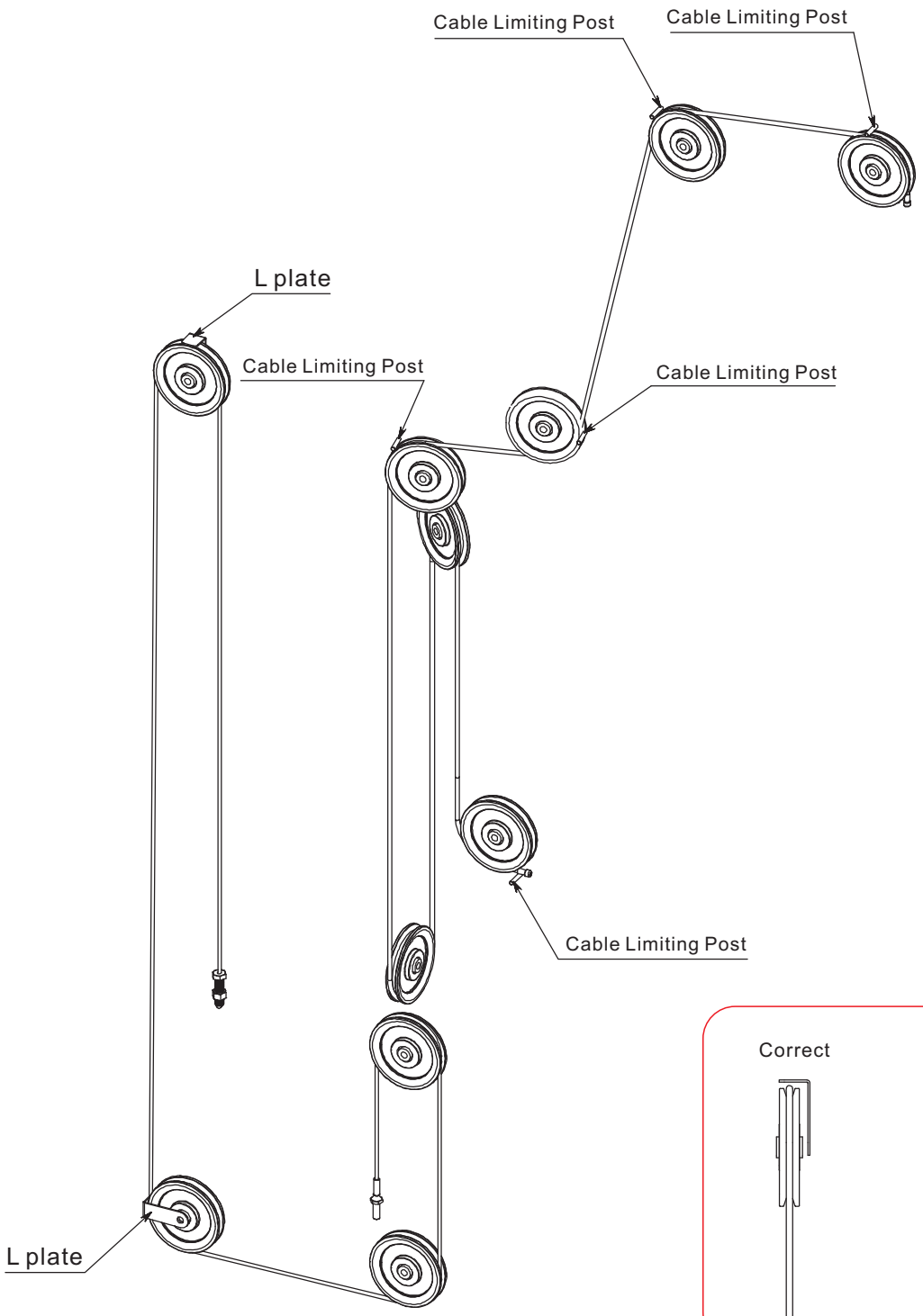


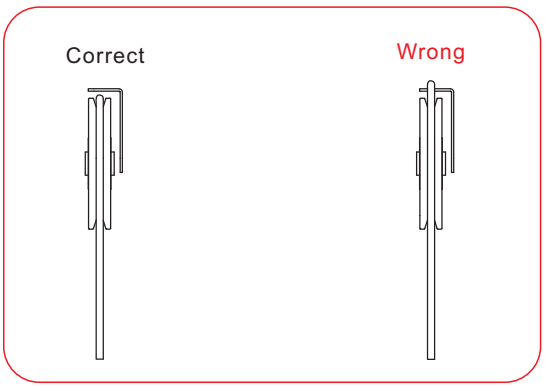
Assembly Step 6

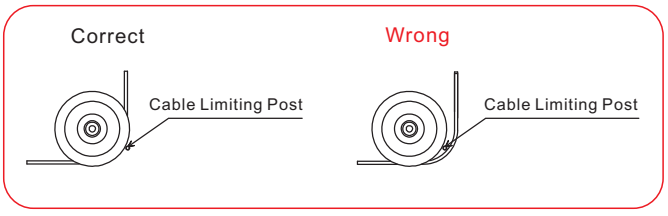
Steps	No.	Description	Specifications	Qty
6	1	Weight stack tower frame		1
	4	Top moulding standoff		2
	8	Top weight tower moulding		1
	9	Front weight tower moulding		1
	16	Hex socket head cap screw	M6*16	2
	17	Hex socket head cap screw	M8*20	2
	26	Plain washer	Φ12*Φ6.4*1.6	2
	27	Plain washer	Φ16*Φ8.4*1.6	2



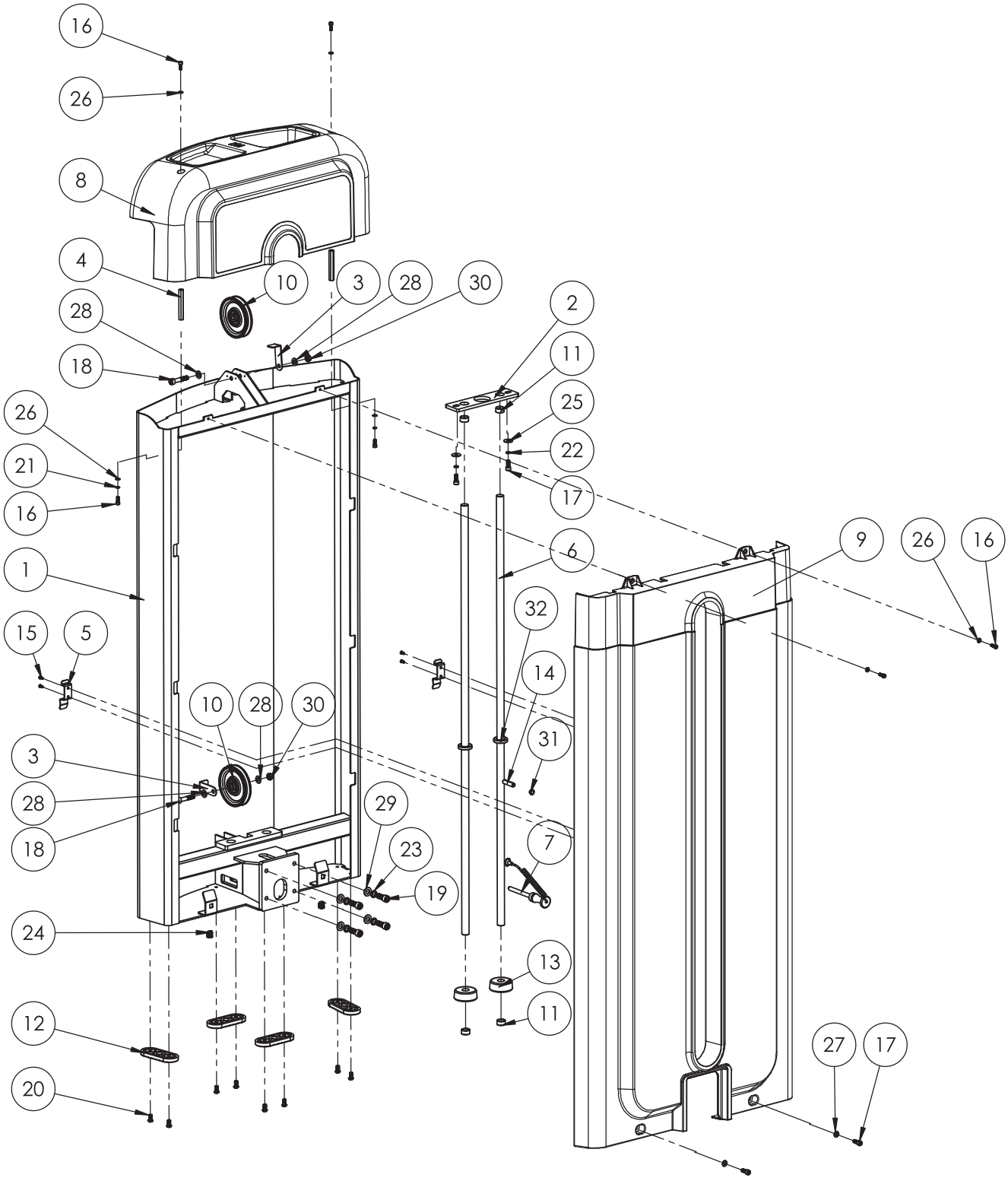
Cable Route Diagram







Exploded View



Exploded List

No.	Description	Specifications	Qty
1	Doorframe		1
2	Guide rod stator		1
3	Pulley catch		2
4	Shield fixation column		2
5	Shield fixation plate		2
6	Guide rod	φ20*1247	2
7	Selector pin		1
8	Upper shield		1
9	Front shield		1
10	Pulley	φ114*25.8	2
11	Rod end cover		4
12	Rubber mat	123*50*11	4
13	Rubber bumper	φ62*φ20*26	2
14	Spring pin	10*45	1
15	Cross recess pan head self-tapping screw	ST4.2*13	4
16	Hex socket head cap screw	M6*16	4
17	Hex socket head cap screw	M8*20	6
18	Hex socket head cap screw	M10*50	2
19	Hex socket head cap screw	M12*30	4
20	Hexagon socket button head screw	M8*16	8
21	Spring washer	M6	2
22	Spring washer	M8	2
23	Spring washer	M12	4
24	Cage nut	M8	2
25	Big washer	Φ24*Φ8.4*2	2
26	Plain washer	Φ12*Φ6.4*1.6	4
27	Plain washer	Φ16*Φ8.4*1.6	4
28	Plain washer	Φ20*Φ10.5*2	4
29	Plain washer	Φ24*Φ13*2.5	4
30	Nylon insert lock nut	M10	2
31	Stopple	φ10*8.5	1
32	Rubber bumper	φ38*φ22*8	2
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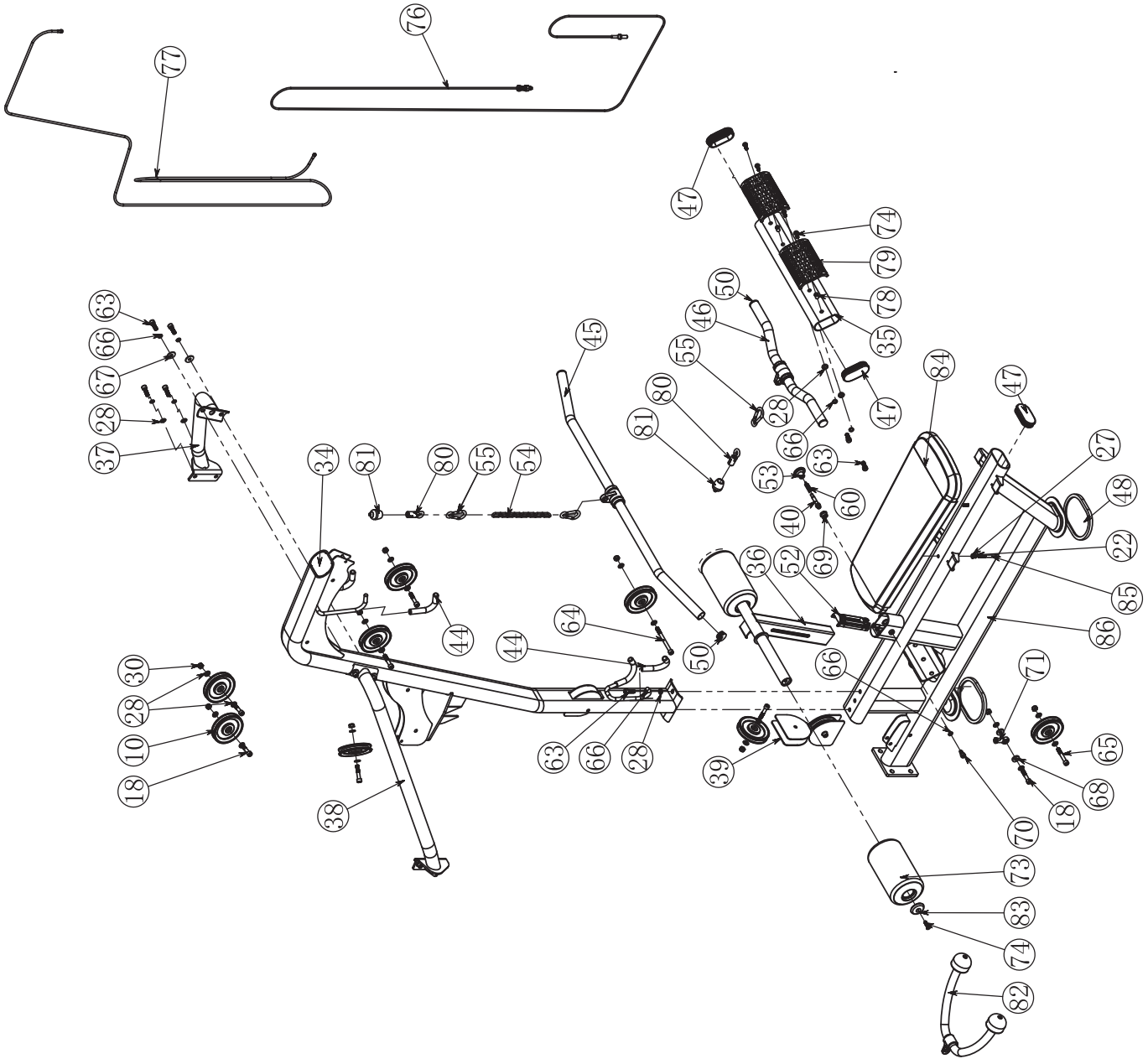
Exploded View



Exploded List

No.	Description	Specifications	Qty
10	Pulley		9
18	Hex socket head cap screw	M10*50	8
22	Spring washer	M8	2
27	Plain washer	Φ16*Φ8.4*1.6	2
28	Plain washer	Φ20*Φ10.5*2	28
30	Nut	M10	10
34	Vertical pipe rack		1
35	Foot frame		1
36	Stretching rack		1
37	Right joint frame		1
38	Left joint frame		1
39	Pulley frame		1
40	Adjusting plunger		1
44	Small handle grip2		4
45	High pulll handle set		1
46	Low handle		1
47	Elliptical tube stopper		3
48	Rubber mat		2
50	Round tube stopper		4
52	sliding sleeve		2
53	Rotary knob		1
54	Chain		1
55	Hoist hook		3
57	10holes shaft		1
58	10 lb top weight		1
59	Guide sleeve		2
60	Spring		1
61	20lb weight stack plate		9
63	Hex socket head cap screw	M10*30	12
64	Hex socket head cap screw	M10*115	1
65	Hex socket head cap screw	M10*65	1
66	Spring washer	M10	13
67	Big washer	Φ30*Φ10.5*2.5	4
68	Gasket		2
69	M20 nut		1
70	Limiting screw		1
71	Knuckle bearing		1
73	Leg pads		2
74	Countersunk hex socket screws	M8*30	6
76	Cable set 1		1
77	Cable set 2		1
78	flat head riveted nuts	M8*18	4

Exploded List

No.	Description	Specifications	Qty
79	pedal sheath		2
80	hand ring assembly		2
81	hook cover		2
82	Pull back rope		1
83	aluminium end cap		2
84	Seat pad		1
85	Hex socket head cap screw	M8*75	2
86	Bottom frame		1
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Maintenance Schedule

ROUTINE	COMMERCIAL / LIGHT COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY								
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY									
Clean; Upholstery	DAILY	WEEKLY									
Inspect; Cables or Belts and their tension	DAILY	WEEKLY									
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS									
Inspect; All Decals	WEEKLY	3 MONTHS									
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS									
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS									
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS									
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS									
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY									
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY									
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS									

Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.

Clean Frame with Silicon based Polish and a Lint Free Cloth . Do not use water based solutions.
Clean Upholstery and Grips with Soapy Water.

Never use ammonia, acid-based, or petroleum-based solvents on any portion of the machine as it may damage the finish.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

*Check all pieces for signs of visible wear or damage.

*Check springs in snap hooks and pull-pins for proper tension and alignment.

*If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be with a damp cloth after every workout.

*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying . Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.

*Replace ripped or warn upholstery immediately.

*Keep sharp or pointed objects clear of all upholstery.

Decals:

*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

*Inspect all nuts and bolts for any loosening and tighten if needed.

*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

*Pulse uses only high quality belt, and mil-spec cables.

*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.

*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.

*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.

*Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

*Wipe down adjusting tubes with a dust free rag before applying lubricant.

*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (litium,super lube,etc.)into the inside of the bearing.using your finger,press the grease into the ball-bearings and their tracks .repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

WARNING

Failure to carry out maintence on the equipment in this manual could result in serious injury and void your warranty.
Please ensure all publications supplied with Pulse Fitness equipment are read and understood.

Replacement of defected components should be carried out IMMEDIATELY and/or keep the defective equipment out of use until repaired.

The safety level of the equipment can be maintained ONLY if it is examined regularly for damage and wear,e.g.ropes , pulleys,connection points.
Pay special attention to components which are susceptible to wear.

Ensure all equipment is installed on a stable base and properly levelled before use.

PLEASE KEEP THIS FOR YOUR RECORDS

pulse
group

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