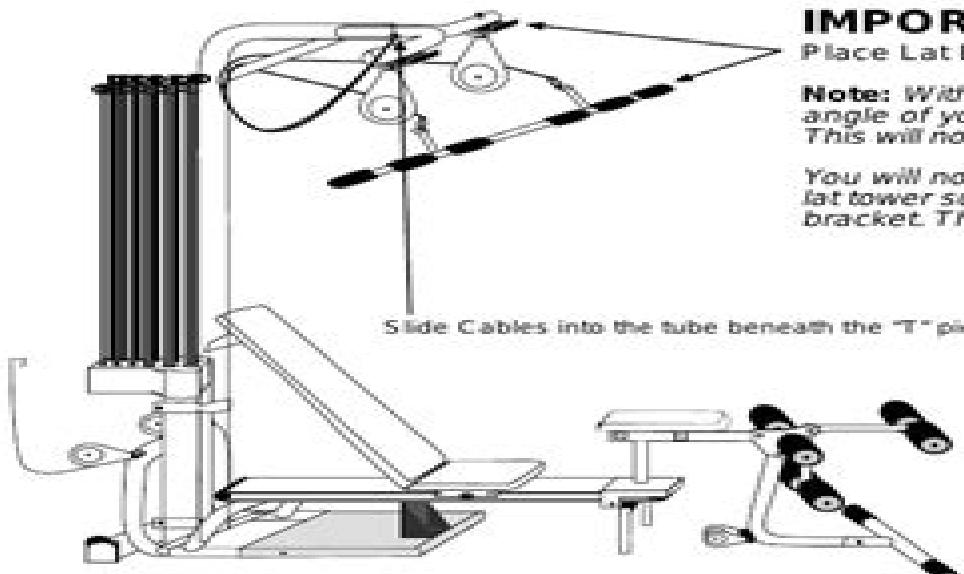


Components for this assembly
are in a box labeled
Lat Pulldown Attachment

Step 8:

Replace Bench. Insert Cables through the Pulleys and attach the end of Cable, without the Rubber Stop, to the regular Bowflex Cable by removing Hand Grips and using Snap Hooks to attach the loop end of the Cable. Do this on both sides. Hook up the 30 pound Power Rods on each side at this time.

Locate the Long Bar. Attach the Long Bar to the cables by hanging them from the Lat Pulldown Attachment with the supplied Snap Hooks.



IMPORTANT!

Place Lat Bar in Brackets when not in use.

Note: With the addition of your new lat tower, the angle of your bench at incline is slightly different. This will not change the effectiveness of the exercises.

You will note that your bench now rests against the lat tower support block and not on the incline support bracket. This is normal.

Slide Cables into the tube beneath the "T" piece when not using the lat tower.

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Table of Contents Owners Manual For Boflex Xlt

1. Understanding the eBook Owners Manual For Boflex Xlt
 - The Rise of Digital Reading Owners Manual For Boflex Xlt
 - Advantages of eBooks Over Traditional Books
2. Identifying Owners Manual For Boflex Xlt
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Owners Manual For Boflex Xlt
 - User-Friendly Interface
4. Exploring eBook Recommendations from Owners Manual For Boflex Xlt

- Personalized Recommendations
- Owners Manual For Boflex Xlt User Reviews and Ratings
- Owners Manual For Boflex Xlt and Bestseller Lists

5. Accessing Owners Manual For Boflex Xlt Free and Paid eBooks
 - Owners Manual For Boflex Xlt Public Domain eBooks
 - Owners Manual For Boflex Xlt eBook Subscription Services
 - Owners Manual For Boflex Xlt Budget-Friendly Options
6. Navigating Owners Manual For Boflex Xlt eBook Formats
 - ePUB, PDF, MOBI, and More
 - Owners Manual For Boflex Xlt Compatibility with Devices
 - Owners Manual For Boflex Xlt Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Owners Manual For Boflex Xlt
 - Highlighting and Note-Taking Owners Manual For Boflex Xlt
 - Interactive Elements Owners Manual For Boflex Xlt
8. Staying Engaged with Owners Manual For Boflex Xlt
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Owners Manual For Boflex Xlt
9. Balancing eBooks and Physical Books Owners Manual For Boflex Xlt
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Owners Manual For Boflex Xlt
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Owners Manual For Boflex Xlt
 - Setting Reading Goals Owners Manual For Boflex Xlt
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Owners Manual For Boflex Xlt

- Fact-Checking eBook Content of Owners Manual For Boflex Xlt
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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