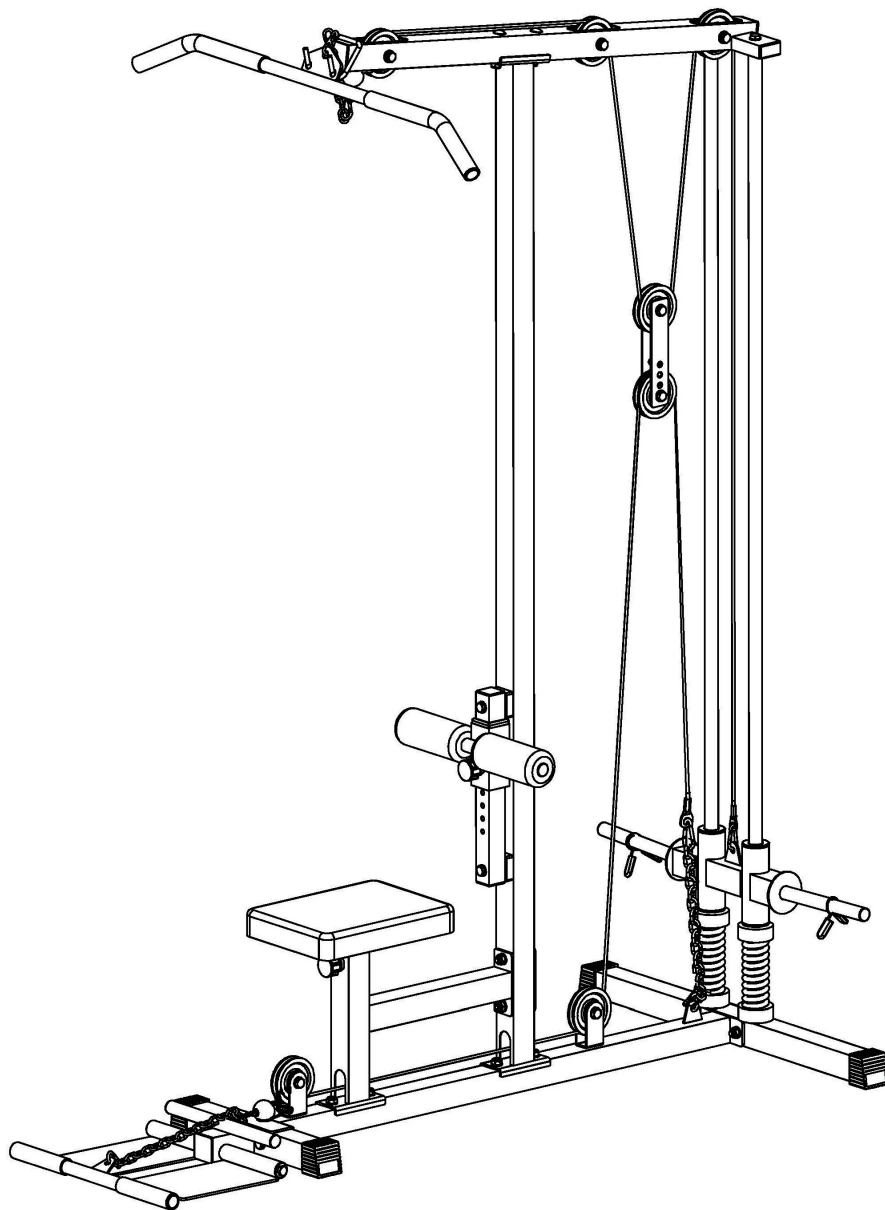




PROFESSIONAL LAT MACHINE BLACK



100840-00019-0001

DEAR CUSTOMER,

Thank you for choosing our product. Please read this manual carefully to avoid any damage from improper use. If you share the product, be sure to pass on this manual.



IMPORTANT INFORMATION AND SAFETY INSTRUCTIONS

General Information

Please ensure that everyone using the device has read and understood the assembly and operating instructions. These instructions must be considered part of the product and kept in a safe place for future reference. Adhering strictly to the safety and maintenance instructions is crucial. Any deviation from these instructions may result in health issues, accidents, or damage to the device, for which the manufacturer and distributor cannot be held liable.

Assembly

Check that all parts and tools listed in the parts list are present. Some parts may be pre-assembled. Keep children and animals away from the assembly area. Tools, packaging materials (e.g., foil), or small parts may pose injury or suffocation risks. Ensure enough space to move during assembly. Before using the device for the first time, and at regular intervals, check the tightness of all screws, nuts, and other connections to ensure safe operation. Any use other than its intended purpose is not permitted and may result in accidents, health risks, or damage to the training device. The distributor is not liable for any damage caused by improper or inappropriate handling.

Personal Safety

Before using the device, consult your family doctor to determine whether the training suits you from a health perspective. This is particularly important for individuals with a hereditary predisposition to high blood pressure or heart disease, smokers, those with high cholesterol levels, overweight individuals, and those who have not exercised regularly in the past year. Medical advice is essential if you are taking medication that affects your heart rate. Excessive exercise can be harmful to your health. If you experience weakness, nausea, dizziness, pain, shortness of breath, or any other abnormal symptoms during training, stop immediately and consult a doctor.

As a general rule, sports equipment is not a toy. Unless otherwise stated, the equipment may only be used by one person at a time. It should be used as intended and by appropriately informed and instructed individuals. Children and persons with disabilities should only use the device under the supervision of someone who can assist and guide them. Measures should be taken to prevent unsupervised children from using the device. Ensure that no one stands or moves near the moving parts of the device during use.

Training Environment

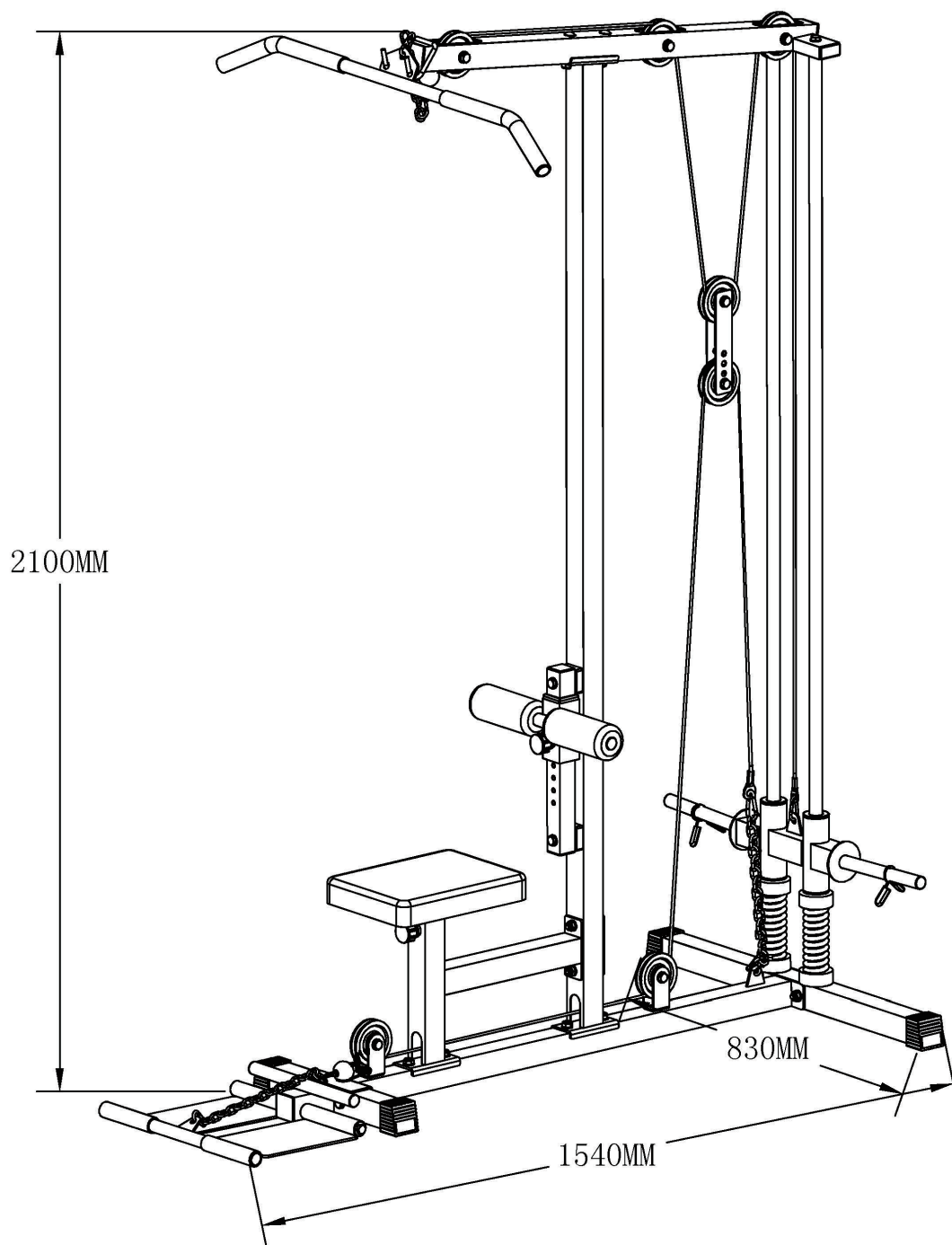
Set up the device on a flat, stable, and dry surface. If available, use adjustable parts of the device to compensate for uneven surfaces. To protect sensitive surfaces from pressure marks and dirt, place a floor protection mat underneath. Remove all objects within the required training radius before starting. Outdoor use or use in rooms with high humidity is not permitted.

Training Clothes

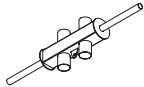
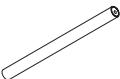
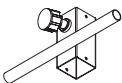
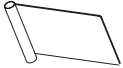
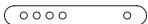
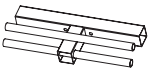
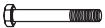
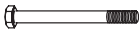
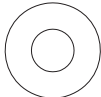
Wear appropriate training clothes and shoes when using the device. Clothing should be such that it cannot become entangled in the equipment during use. Training shoes should provide a firm grip and have non-slip soles.

Location and Storage

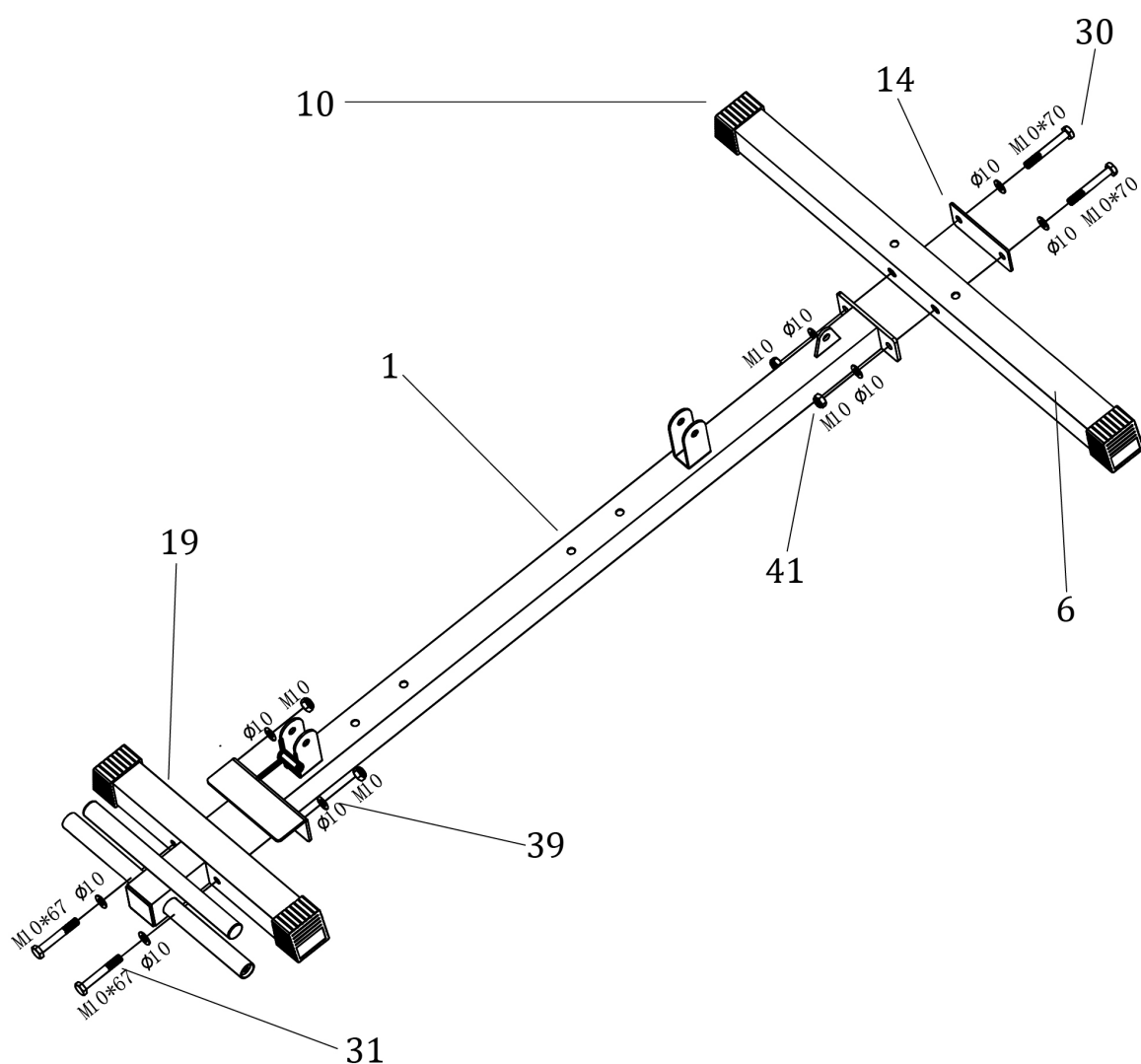
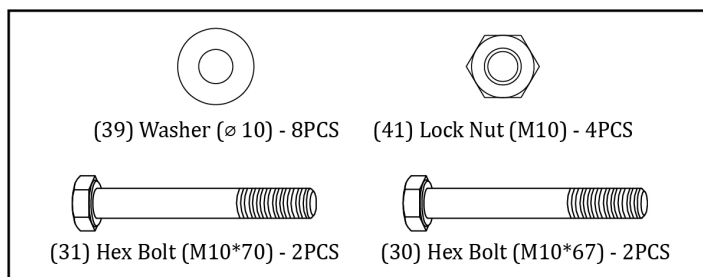
This exercise equipment is designed exclusively for use in dry, well-ventilated indoor areas. Usage or storage in damp or wet locations, such as saunas, swimming pools, or outdoor areas like balconies, terraces, gardens, or garages, is strictly prohibited. Set up the device on a flat, stable, and dry surface. Uneven surfaces can be compensated using the adjustable parts of the device, if available. To protect sensitive flooring from pressure marks and dirt, place a protective mat underneath the equipment. Before starting training, ensure that the required training area is clear by removing all surrounding objects. High humidity and low temperatures in such environments can lead to electronic defects, corrosion, and rust, which are not covered under warranty. Ensure the training area is properly ventilated to provide optimal oxygenation. After a long period of inactivity, check that all fasteners are tight before using the device.



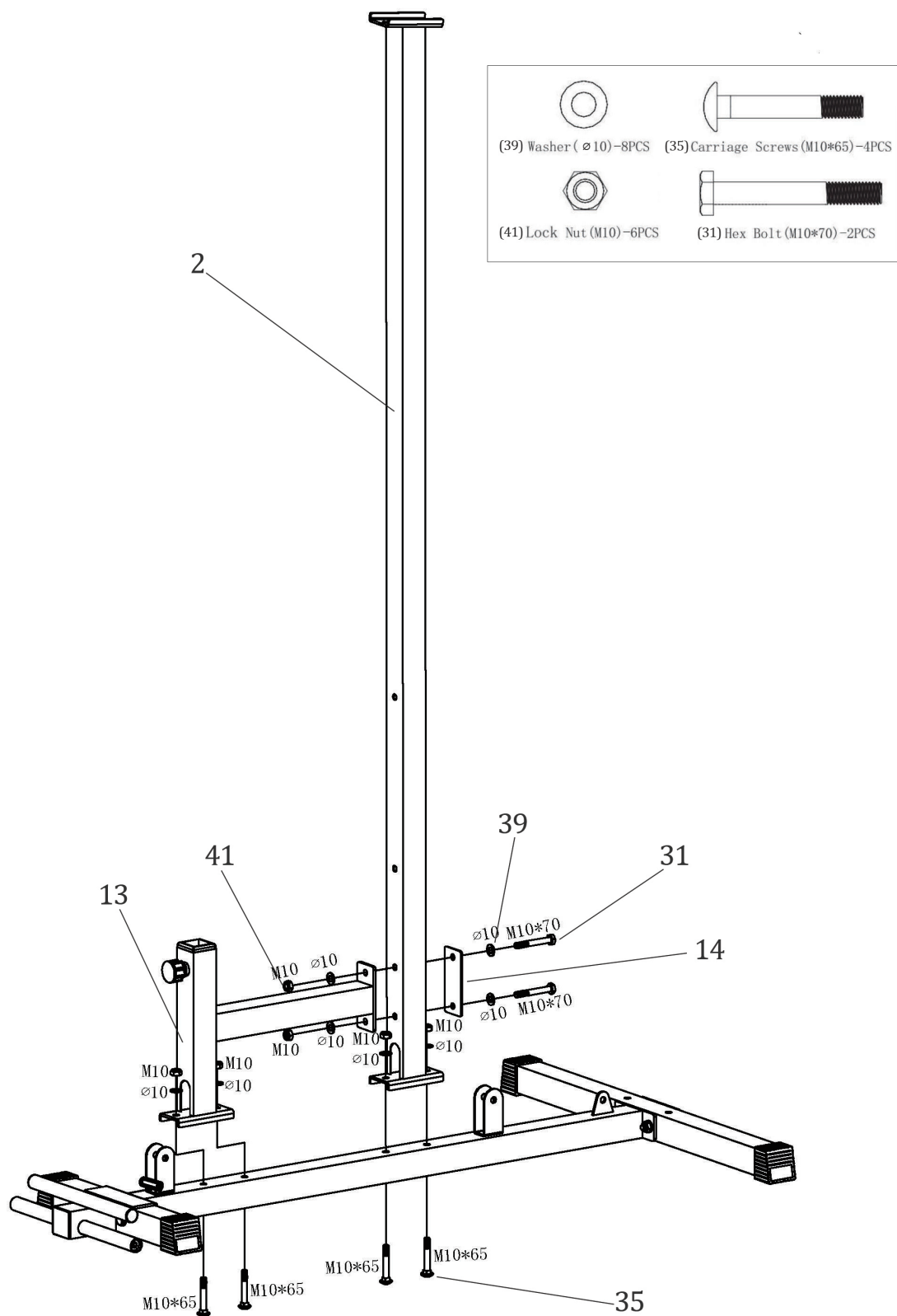
Dimensions (WxLxH): 83 x 154 x 210 cm
Max. load capacity: 300 kg

						
1 - 1 piece (Box A)	2 - 1 piece (Box A)	3 - 1 piece (Box A)	4 - 1 piece (Box A)	5 - 1 piece (Box A)	6 - 1 piece (Box A)	7 - 1 piece (Box A)
						
8 - 2 pieces (Box A)	9 - 2 pieces (Box A)	10 - 4 pieces (Box A: 2 pieces, Box B: 2 pieces)	11 - 1 piece (Box A)	12 - 2 pieces (Box A)	13 - 1 piece (Box B)	14 - 2 pieces (Box B)
						
15 - 1 piece (Box B)	16 - 1 piece (Box B)	17 - 2 pieces (Box B)	18 - 2 pieces (Box B)	19 - 1 piece (Box B)	20 - 1 piece (Box B)	21 - 7 pieces (Box B)
						
22 - 6 pieces (Box B)	23 - 7 pieces (Box B)	24 - 2 pieces (Box B)	25 - 4 pieces (Box B)	26 - 2 pieces (Box B)	27 - 2 pieces (Box B)	28 - 1 piece (Box B)
						
29 - 2 pieces (Box B)	30 - Hex Bolt M10*67 (2 pieces) - Box B	31 - Hex Bolt M10*70 (4 pieces) - Box B	32 - Hex Bolt M10*75 (3 pieces) - Box B	33 - Hex Bolt M10*45 (4 pieces) - Box B	34 - Hex Bolt M10*20 (4 pieces) - Box B	35 - Carriage Screw M10*65 (8 pieces) - Box B
						
36 - Hex Bolt M10*120 (2 pieces) - Box B	37 - Hex Bolt M8*20 (2 pieces) - Box B	38 - Washer ø8 (2 pieces) - Box B	39 - Washer ø10 (38 pieces) - Box B	40 - Big Washer ø10 (2 pieces) - Box B	41 - Hex Nut M10 (21 pieces) - Box B	42 - 2 pieces (Box B)
						
43 - 1 piece (Box B)						

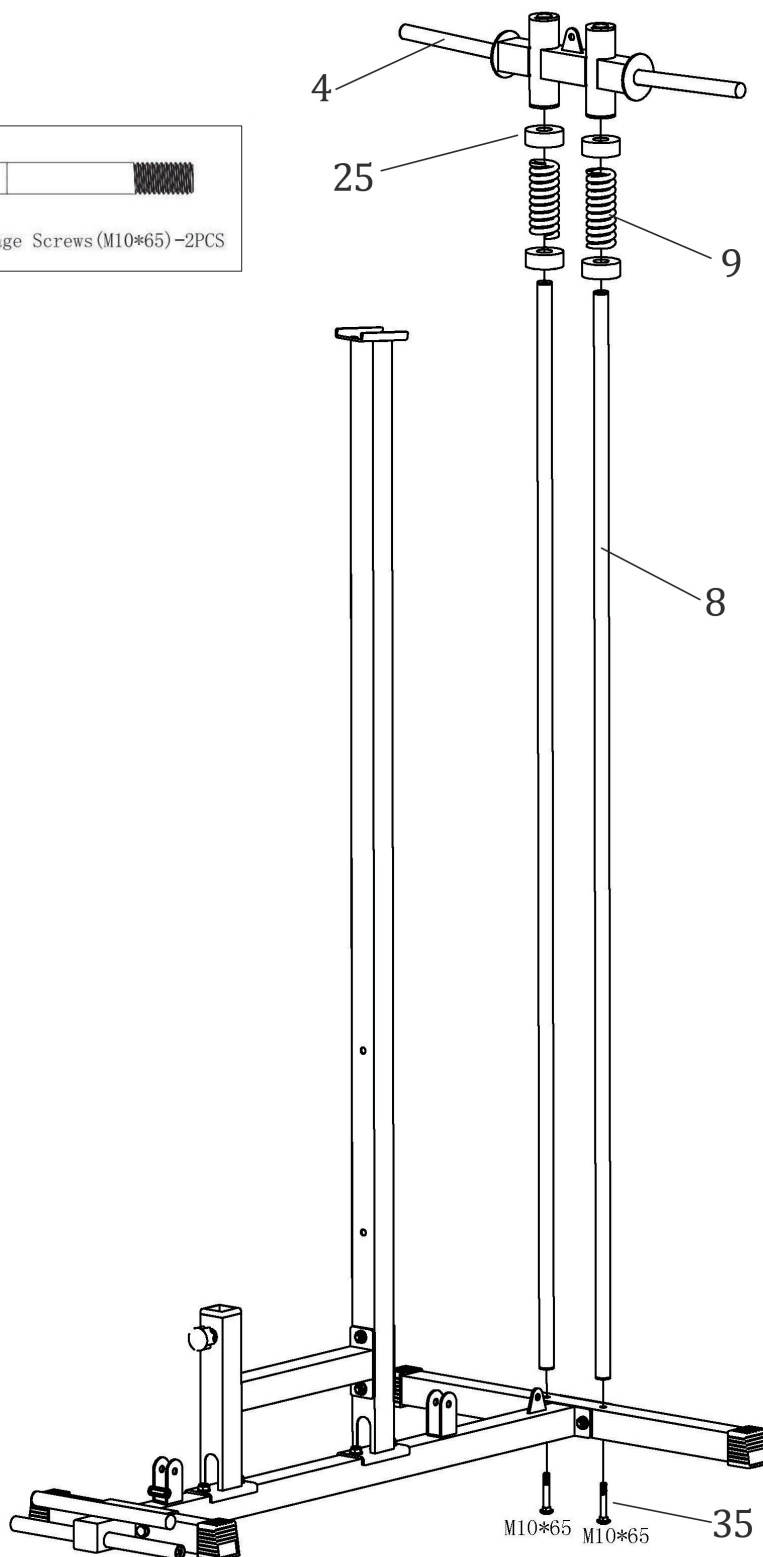
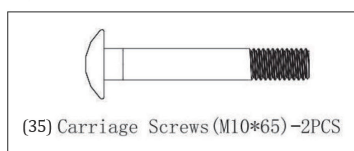
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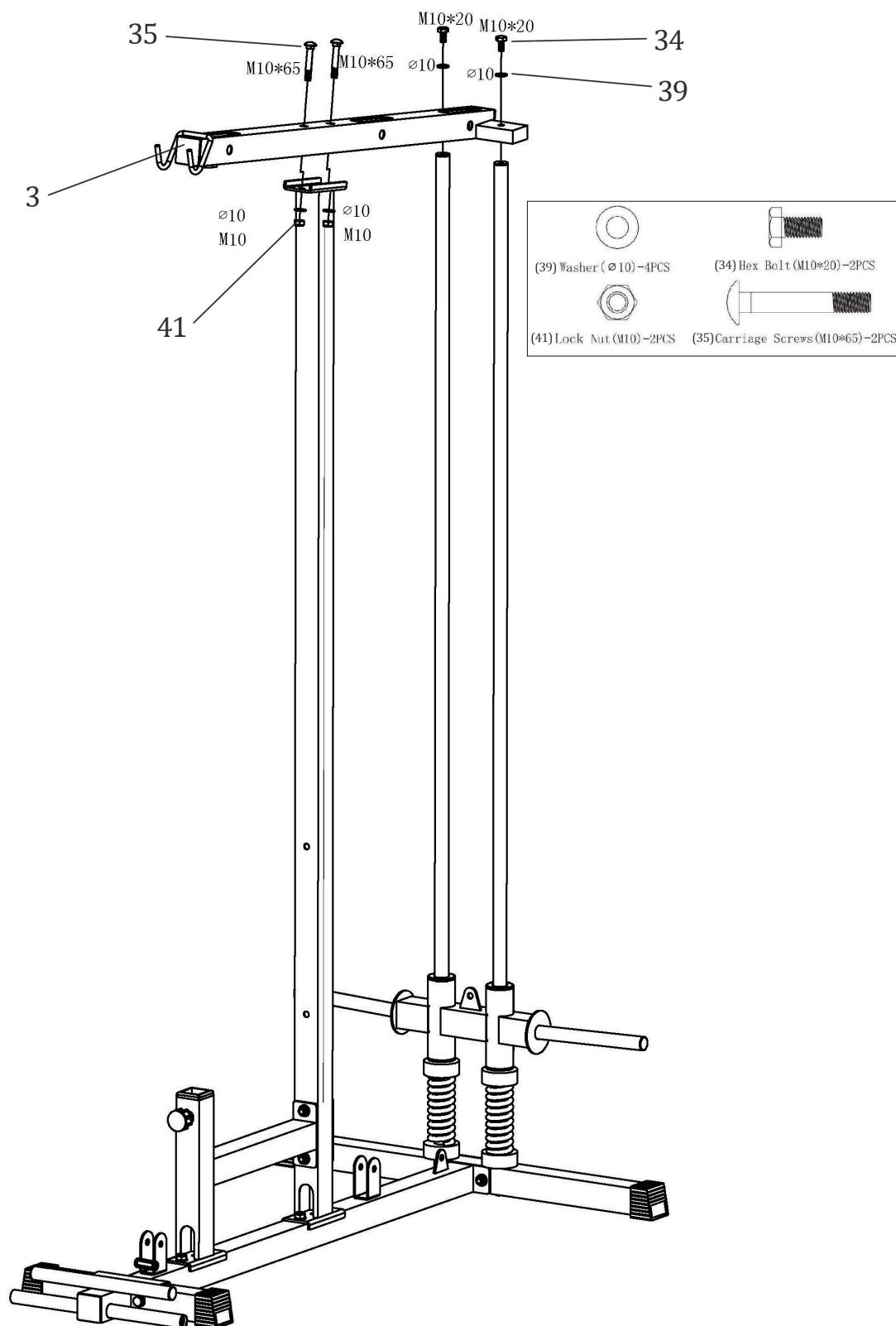
STEP 2:



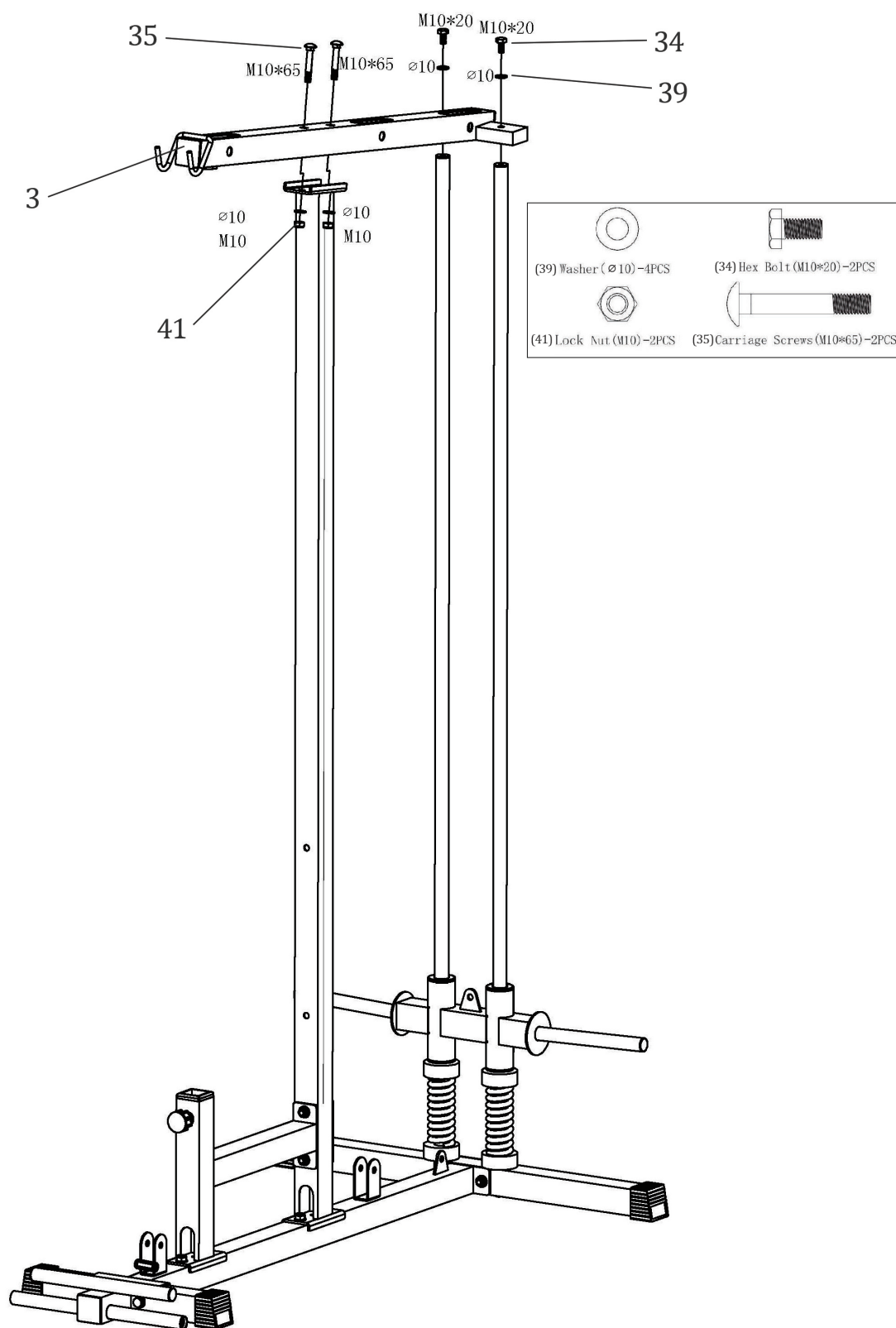
STEP 3:



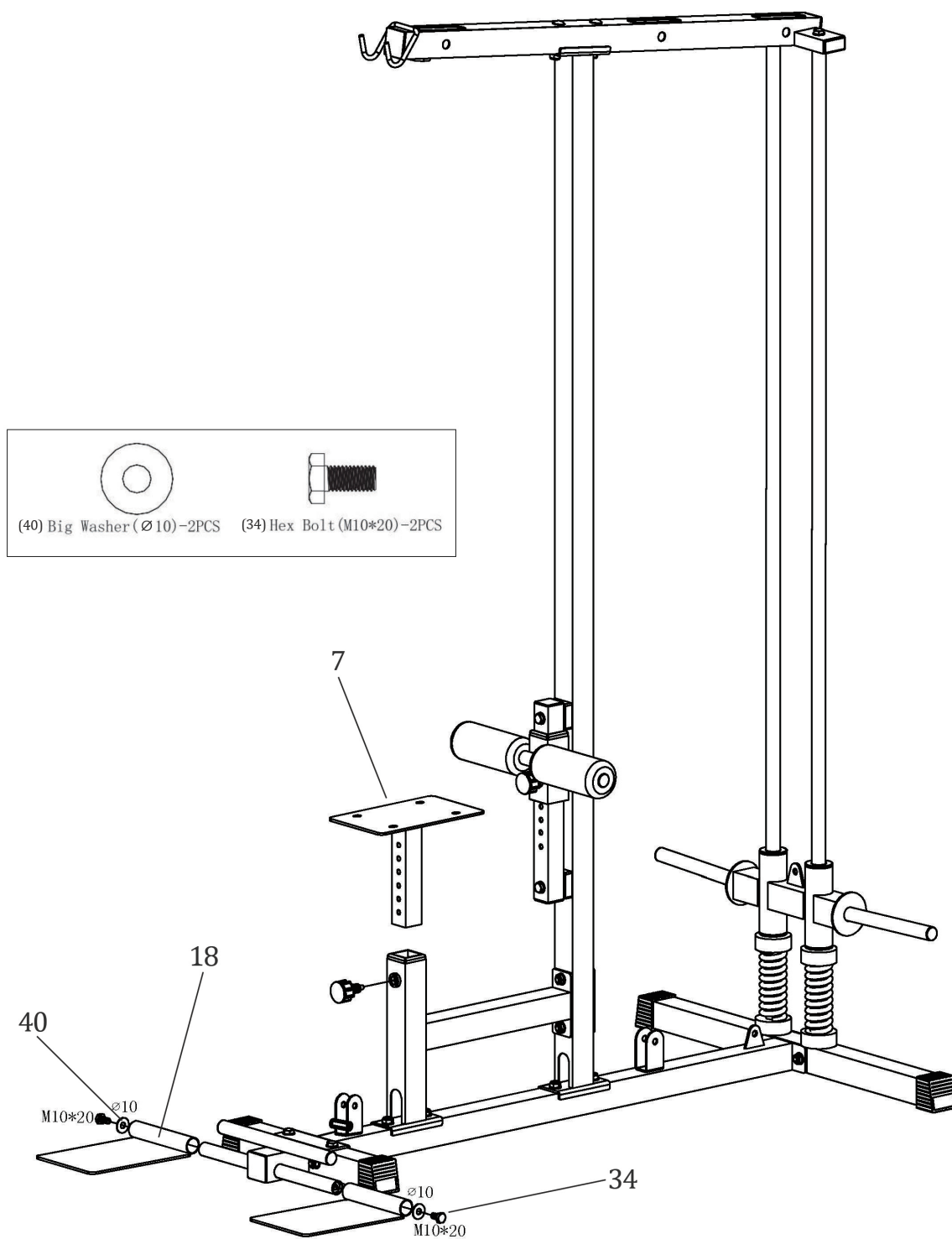
STEP 4:



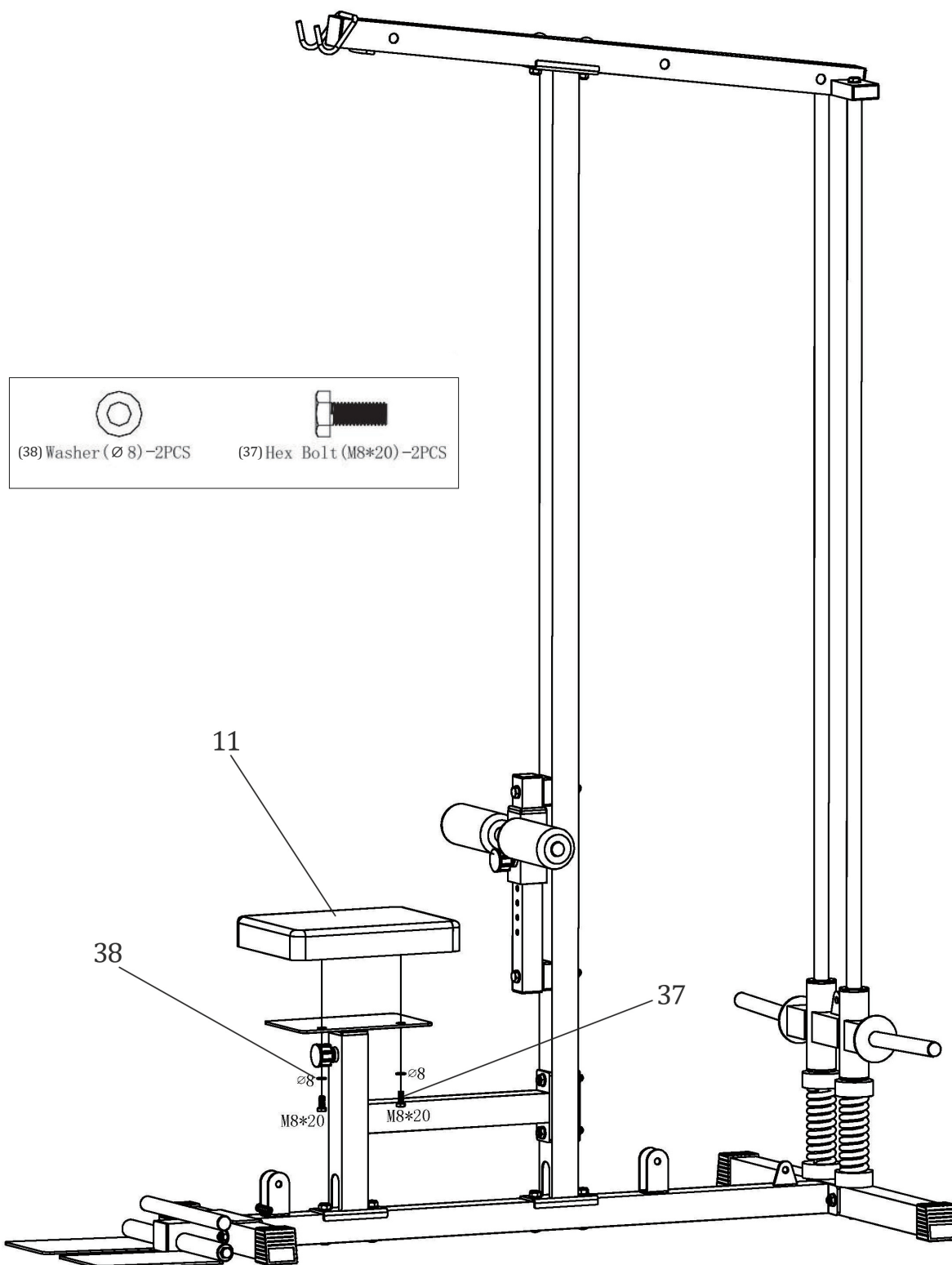
STEP 5:



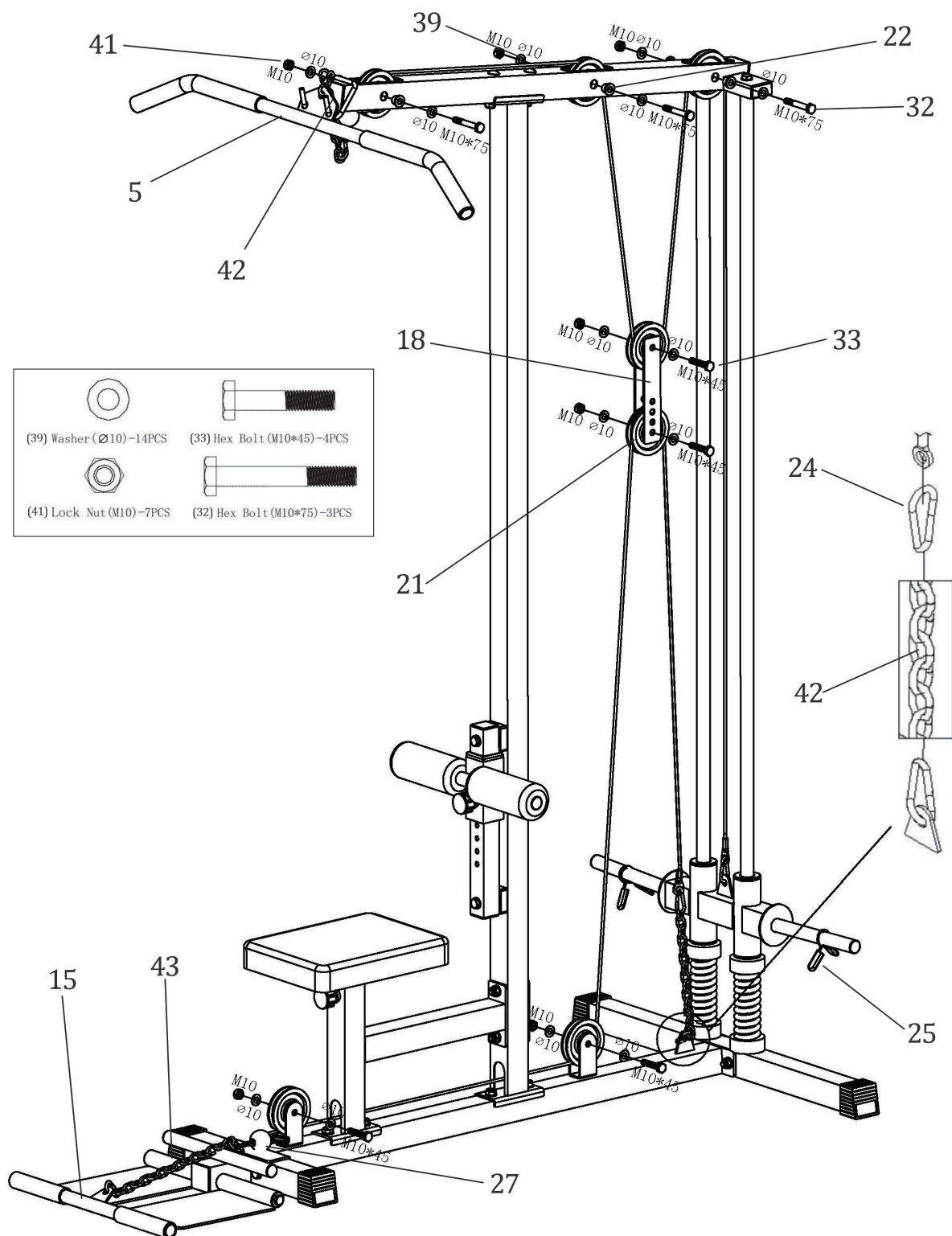
STEP 6:



STEP 7:



STEP 8:



Cleaning

Clean your training device after each training session. Use only a slightly damp cloth for cleaning. Never use gasoline, thinner, or other aggressive cleaning products as they may damage the surface. The device is only suitable for private, indoor use. Keep the device clean and dry. Damage caused by body sweat or other liquids is not covered under warranty.

Maintenance

Check the screws and moving parts at regular intervals. The device should only be used for training if it is in proper working condition. For repairs or spare parts, contact customer service.

WARNING: The device must not be used until successfully repaired.

Training Preparations

Before starting training, ensure that both the equipment and your body are in good condition. If you haven't engaged in strength or endurance training for a long time, consult your family doctor and undergo a fitness check-up. Discuss your training goals with your doctor, especially if you are over 35, overweight, or have cardiovascular issues.

Workout Planning

Effective, goal-oriented, and motivating training requires planning. Incorporate your fitness training into your daily routine. Unplanned training can be easily disrupted or postponed. Plan your workouts long-term, for months at a time, not just day-to-day or week-to-week. Include motivation strategies during your workouts, such as listening to music. Set realistic goals, like losing 1 kg in four weeks or increasing your training weight by 10 kg in six weeks, and reward yourself when you achieve them.

Training Frequency

Experts recommend 3 to 4 days of endurance/strength training per week. The more often you train, the faster you'll reach your goals. However, ensure you take sufficient breaks between sessions to allow your body time to recover and regenerate. Take at least one day off after each training session.

Hydration

Adequate fluid intake is crucial before and during training. During a 60-minute session, you can lose up to 0.5 litres of fluid. To compensate, drink an apple spritzer in a ratio of one-third apple juice to two-thirds mineral water, which replenishes lost electrolytes and minerals. Drink about 330 ml 30 minutes before starting your session and ensure balanced hydration throughout your workout.

Warm-Up

Warm up your body for 5-7 minutes at a low intensity, using a skipping rope, cross-trainer, or similar equipment. This prepares your body for the upcoming workout.

Cool-Down

Don't stop abruptly after your workout. Gradually decrease your intensity over 5-7 minutes on an exercise bike, cross trainer, or similar equipment, then stretch your muscles well.

Thighs

Support yourself with your right hand against a wall or your exercise equipment. Lift your left foot backward and hold it with your left hand, with your knee pointing straight down. Pull your thigh back until you feel a slight stretch in the muscle. Hold for 15-20 seconds, then slowly release your foot and lower your leg. Repeat with the right leg.



Legs and Lower Back

Sit on the floor with your legs stretched out. Try to grasp the tops of your feet with both hands, stretching your arms and bending your upper body slightly forward. Hold for 15-20 seconds, then slowly straighten your upper body.



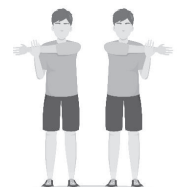
Triceps and Shoulder

Reach behind your head to your right shoulder with your left hand. Pull on your left elbow with your right hand until you feel a slight stretch. Hold for 15-20 seconds, then repeat with your right hand.



Upper Body

Extend your left arm past your right arm at shoulder level. Pull on your left upper arm with your right hand until you feel a slight stretch. Hold for 15-20 seconds, then repeat with your right hand.



The warranty for your device begins on the date of purchase and is valid for 24 months. It covers defects caused by manufacturing or material faults, for products purchased directly from Gorilla Sports GmbH or one of our authorized partners.

THE WARRANTY DOES NOT COVER:

- Damage from improper use, negligence, or intentional harm
- Failure to perform maintenance or cleaning
- Normal wear and tear on parts like bearings, belts, rollers, etc.
- Damage caused by liquids, unauthorized repairs, or non-original parts
- Issues due to incorrect assembly
- Devices intended for home use being used commercially or industrially

For best protection, we recommend keeping the original packaging during the warranty period in case you need to return the product. Please note, making a warranty claim does not extend the original warranty period.

Our Service Team is here to help with any questions or concerns during your warranty period. To be able to help you as quickly as possible, we will require certain information about your fitness device - the product name, date of purchase, and serial number. Therefore, please always keep your proof of purchase or invoice and this will ensure that your service case is processed quickly. Feel free to contact us!



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