

Exigo Lat Pulldown / Low Row User Guide

This guide explains how to use the Exigo Lat Pulldown / Low Row safely and correctly. It covers the machine controls, weight selection, lat pulldown and low row set-up, exercise technique, variations, cleaning up after use, troubleshooting, and fault reporting.

Important: Read this guide before using the machine. If any part of the machine appears damaged or does not operate as expected, stop using it and report the fault.

At a Glance

Item	Information
Machine	Exigo Lat Pulldown / Low Row
Exercises	Lat pulldown and low row
Adjustment	Select the required weight before beginning the exercise.
Attachments	Use the attachment supplied with the machine for the selected exercise.

Before You Start

- ☐ Read all instructions before using the machine.
- ☐ Check that the machine is stable and that the surrounding area is clear.
- ☐ Check the seat, pads, handles, cables, pins, and attachments before use.
- ☐ Make sure the weight selector is fully engaged before starting.
- ☐ Wear suitable clothing and footwear for exercise.
- ☐ Keep hands, fingers, clothing, and hair clear of moving parts.

Safety warning: Do not use the machine if you find a damaged, loose, or missing part. Stop using the machine and report the fault.

Selecting the Weight

1. **Choose the weight.** Select a weight that allows you to complete the exercise with controlled movement.
2. **Insert the selector pin.** Push the pin fully into the selected weight position.
3. **Check the setting.** Confirm that the pin is secure before lifting the handles or beginning the exercise.

Start light: If you are unfamiliar with the machine, begin with a light weight and increase it only when you can maintain controlled movement throughout the exercise.

Using the Lat Pulldown

Set-up

1. **Adjust the seat.** Set the seat so that you can sit comfortably with your feet supported and your knees positioned securely under the pads.
2. **Select the weight.** Insert the selector pin at the required weight and check that it is fully engaged.
3. **Take the bar.** Sit facing the machine and take hold of the pulldown bar with both hands.
4. **Set your position.** Keep your feet supported, sit upright, and allow your arms to extend without lifting your body from the seat.

Performing the Rep

1. **Pull the bar down.** Pull the bar towards your upper chest using a smooth, controlled movement.
2. **Pause briefly.** Keep your body stable at the bottom of the movement.
3. **Return the bar.** Allow the bar to return slowly to the starting position without letting the weight stack drop.

Breathing

Breathe out as you pull the bar down and breathe in as you return it to the starting position. Do not hold your breath during the exercise.

Watch For

- Keep your body controlled and avoid swinging or using momentum.
- Do not pull the bar behind your neck.
- Keep your hands secure on the bar throughout the movement.
- Do not allow the weight stack to slam down.

Finishing

1. **Complete the final repetition.** Return the bar carefully to its starting position.

2. **Release the bar.** Only release the bar when it is secure and the movement has stopped.

Using the Low Row

Set-up

1. **Adjust the seat or foot support.** Set the position so that you can sit securely with your feet supported.
2. **Select the weight.** Insert the selector pin at the required weight and check that it is fully engaged.
3. **Take the handle.** Sit facing the machine and hold the low-row handle with both hands.
4. **Set your position.** Sit upright with your arms extended and your body positioned so the cable is under light tension.

Performing the Rep

1. **Pull the handle.** Pull the handle towards your body in a smooth, controlled movement.
2. **Finish the pull.** Bring the handle towards your torso while keeping your body stable.
3. **Return the handle.** Extend your arms slowly and return the handle to the starting position without allowing the weight stack to drop.

Breathing

Breathe out as you pull the handle towards you and breathe in as you return it to the starting position. Do not hold your breath during the exercise.

Watch For

- Keep your back controlled and avoid excessive leaning.
- Do not use momentum to move the weight.
- Keep your shoulders controlled throughout the movement.
- Do not allow the weight stack to slam down.

Finishing

1. **Complete the final repetition.** Return the handle carefully to its starting position.
2. **Release the handle.** Only release the handle when it is secure and the movement has stopped.

Variations

- **Lat pulldown grip.** Use the available bar grip that allows you to keep both hands secure and your movement controlled.
- **Low row grip.** Use the supplied handle and keep both hands secure throughout the pull and return.

- **Weight variation.** Use a lighter setting when learning the movement or when you cannot maintain control.
- **Repetition variation.** Adjust the number of repetitions to suit your exercise plan while maintaining controlled movement.

After Use

- ☐ Return the weight selector pin to the required resting position.
- ☐ Return the bar or handle to its secure starting position.
- ☐ Wipe down the contact surfaces according to the gym's cleaning procedure.
- ☐ Leave the seat, pads, handles, and surrounding area clean and ready for the next person.
- ☐ Report any damage, unusual noise, loose part, or other problem before leaving the machine.

Troubleshooting

Problem	What to do
The weight does not move.	Stop and check that the selector pin is fully inserted and that the cable and handle are clear.
The selector pin will not insert.	Do not force the pin. Check that the weight stack is aligned and report the problem if the pin still will not insert.
The movement feels uneven.	Stop the exercise, return the weight safely, and check the handle, cable, and machine position.
The cable or machine makes an unusual noise.	Stop using the machine and report the fault. Do not continue exercising until it has been checked.
A part is loose, damaged, or missing.	Do not use the machine. Keep other users away from the problem area and report the fault.

Reporting a Fault

If you find a fault, stop using the machine and report it before leaving the area. Include the machine name, the location, a clear description of the problem, and any visible damage or unusual noise. Do not attempt to repair or adjust a faulty machine yourself.

Report the fault to the gym team using the reporting email supplied by your facility.

