

FITNESS360[®]

FT7216

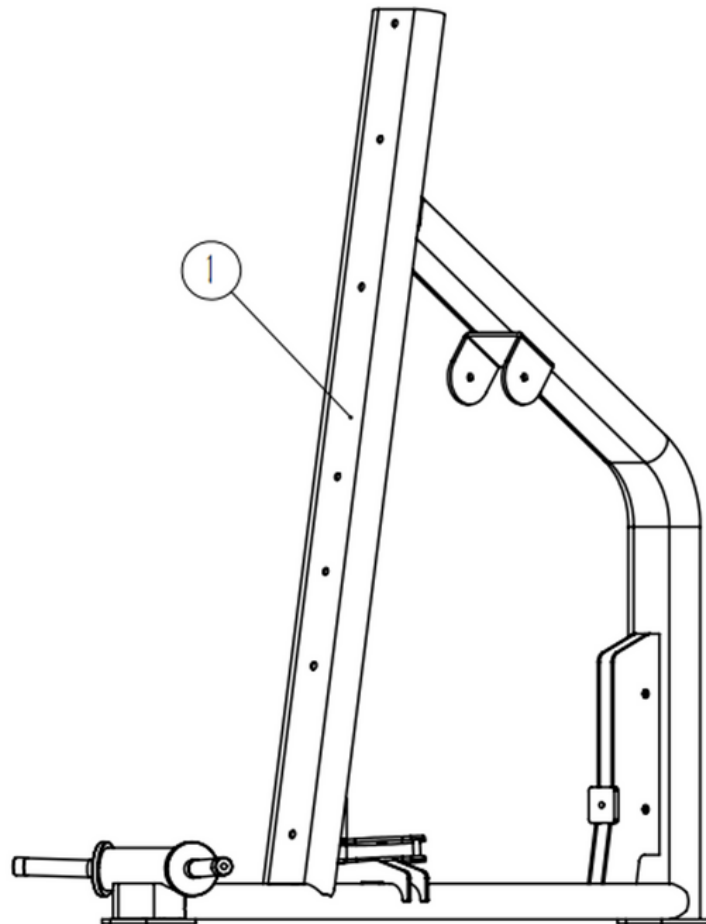
Chest Press



Rubber rod
Level
Hexagon wrench
Two People
Adjustable wrench
Circlip Pliers

Step 1:

Place the Dual Axis Seated Chest Press Side Frame Assembly (#1).



Step 2:

Assemble the two rectangular foot pads (#7) to the Dual Axis Press Side Frame (#1) and the two weight rack foot pads (#6).

Install on the counterweight frame (#2); connect the counterweight frame (#2) and the lower shield (#4) in the following way:

- 2 x M5*15 hexagon socket head screws (#5)

Step 3:

Connect the Dual Axis Seated Chest Press Side Frame Assembly (#1), the Connecting Frame (#3) and the Weight Frame (#2) using the following method:

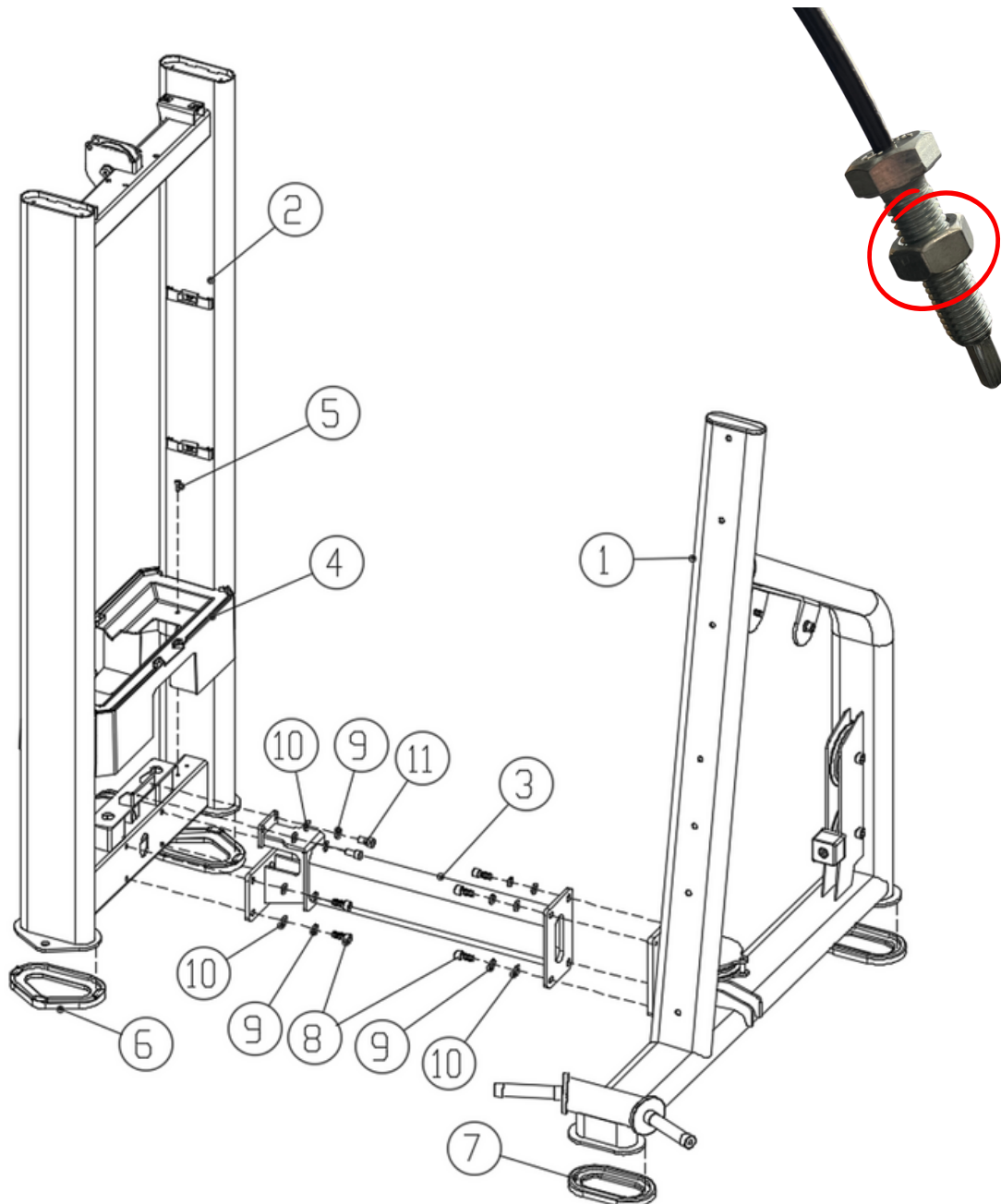
- 8 x M10*25 hexagon socket head screws (#8)
- 10 x M10 spring washers (#9)
- 10 x M10-D20 flat washers (#10)
- 2 x M10*20 hexagon socket head screws (#11)

Tighten the bolts with a wrench before proceeding to the next step.

Note: The wire must be inserted into the frame before bolting it together. Refer to the assembly illustration for a detailed view of the correct placement.

It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.

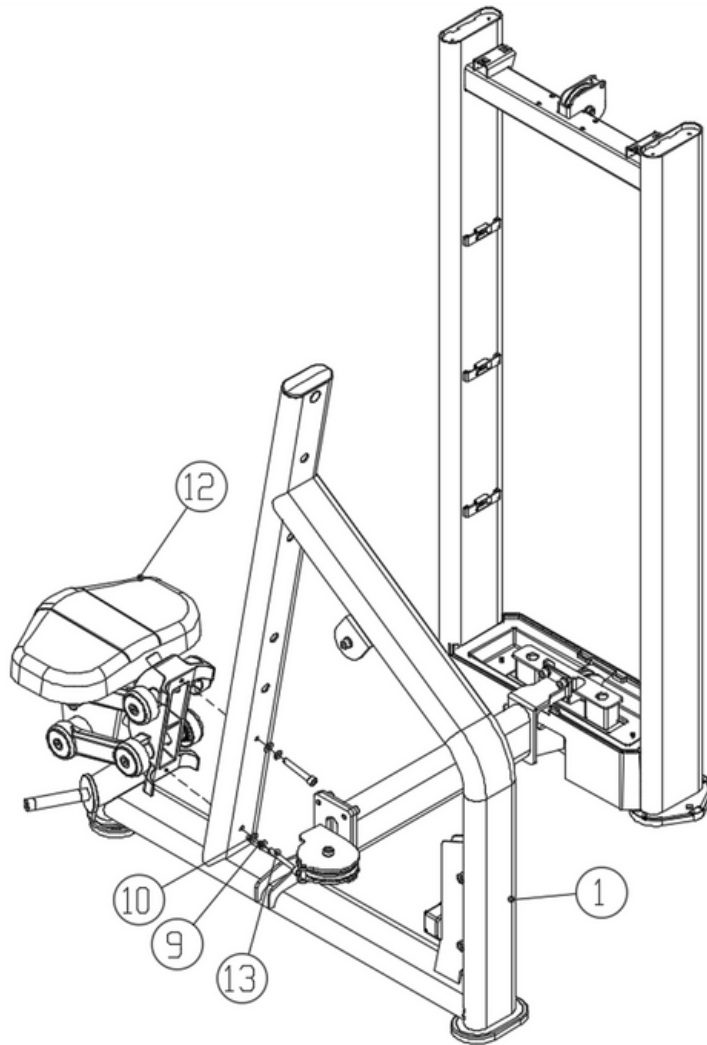
The screw



Step 4:

Attach the Dual Axis Seated Chest Press Side Frame Assembly (#1) to the Seat Frame (#12) using:

- 2 × M10×70 hexagon socket head screws (#13)
- 2 × M10 spring washers (#9)
- 2 × M10-D20 flat washers (#10)



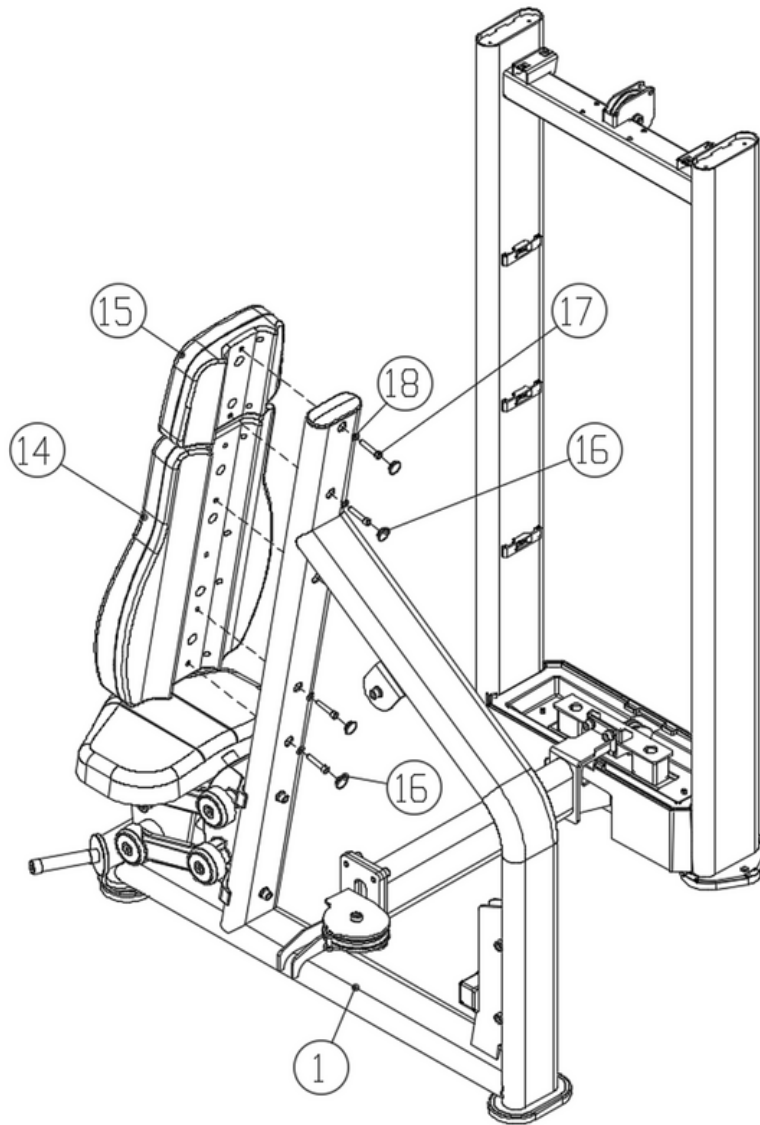
Step 5:

Attach the head pad (#15) and back pad (#14) to the Dual Axis Chest Press Side Frame using:

- 5 × M8×40 hexagon socket head screws (#17)
- 5 × M8-D16 flat washers (#18)

Step 6:

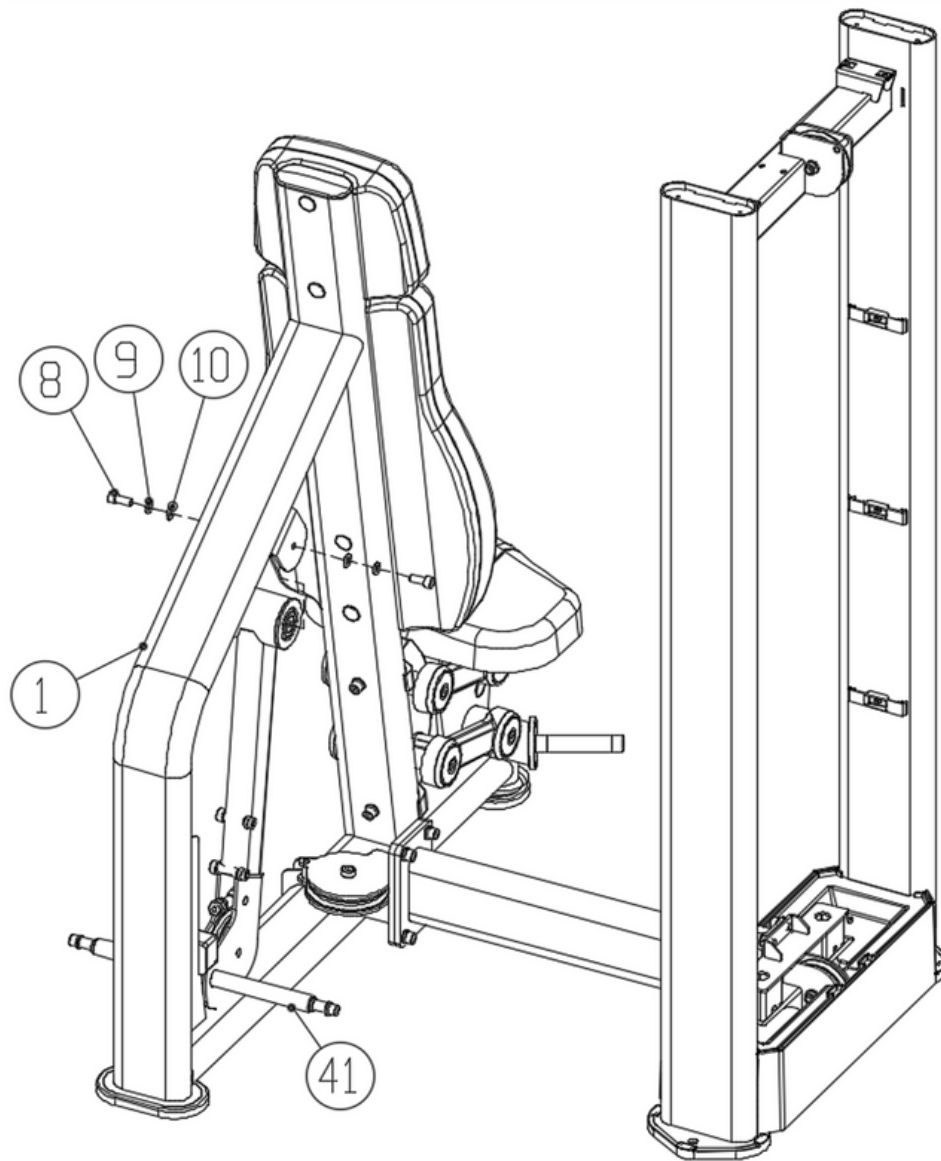
Insert five 20 hole plugs (#16) into the corresponding openings on the side frame.



Step 7:

Connect the Dual Axis Press Linkage (#41) to the Dual Axis Press Side Frame (#1) using:

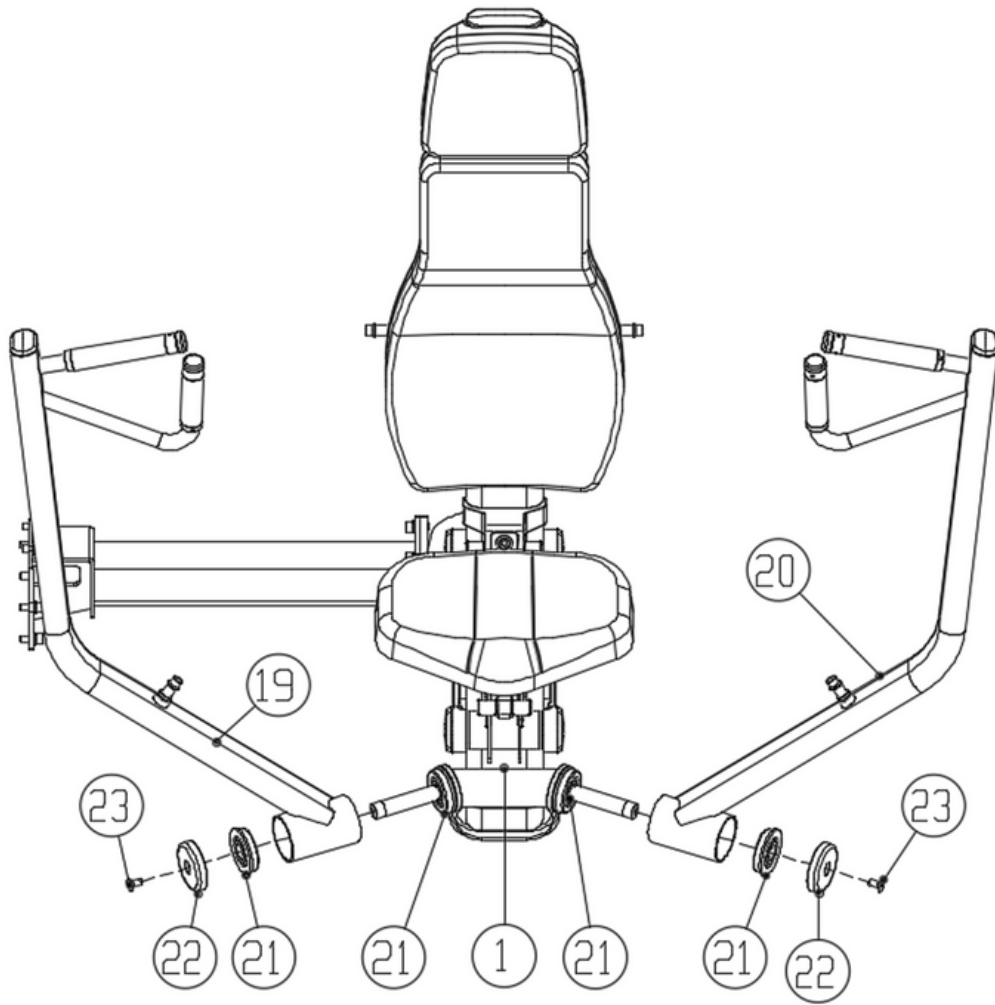
- 2 × M10×25 hexagon socket head screws (#8)
- 2 × M10 spring washers (#9)
- 2 × M10 flat washers (#10)



Step 8:

Use the following parts to attach the left arm of the Double Axis Seated Chest Press Side Rack Set (#1):

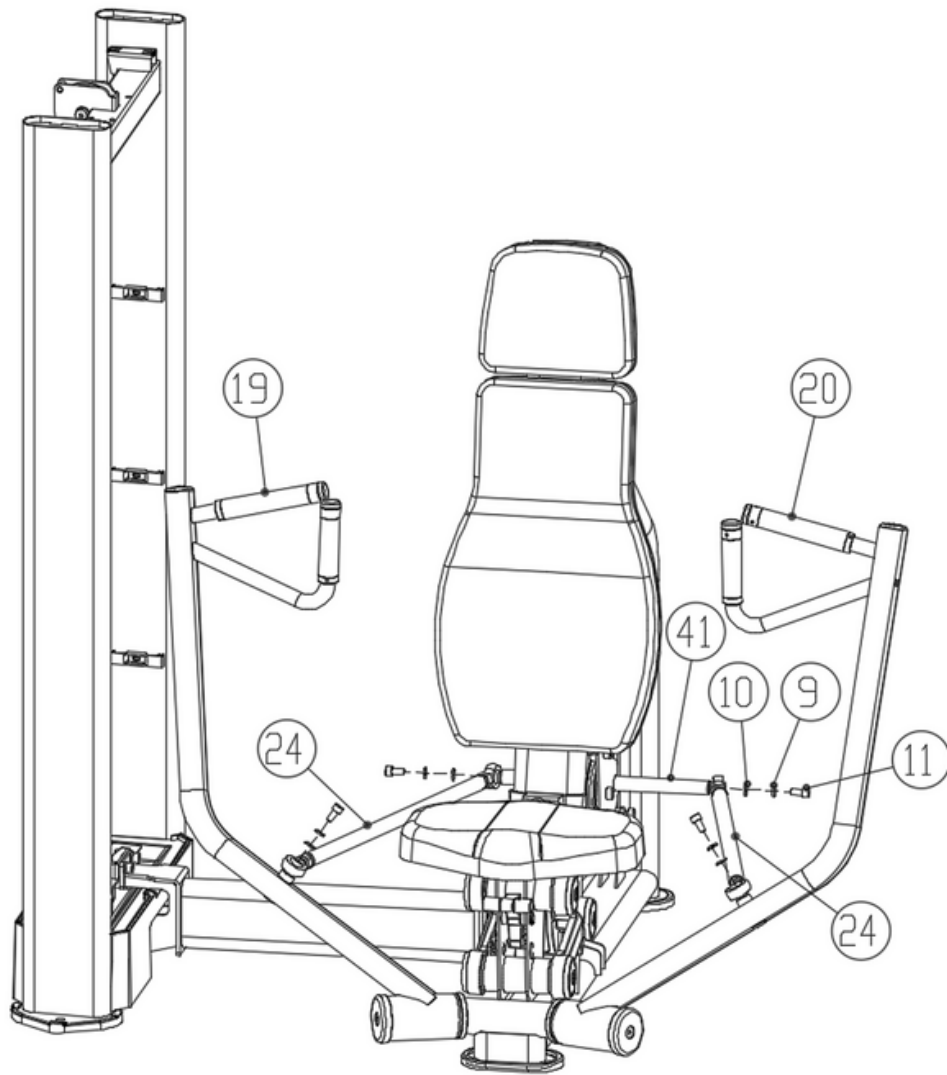
- 4 × 76 deep groove ball bearings (#21)
- 2 × 80×16 aluminum covers (#22)
- 2 × M10×25 hexagon socket flat countersunk screws (#23)



Step 9:

Connect the right arm of the Dual Axis Chest Press (#19) to the Dual Axis Chest Press Linkage (#41) using:

- 4 × M10×20 hexagon socket head screws (#11)
- 4 × M10 spring washers (#9)
- 4 × M10 flat washers (#10)



Step 10:

Slide the two rubber weight pads (#26) onto the guide rods (#25).

Connect the counterweight frame bases (#27) to the two guide rods (#25).

Secure them using:

- 2 × M8×20 hexagon socket head screws (#28)
- 2 × M8 spring washers (#29)
- 2 × M8 flat washers (#18)

Step 11:

Install the counterweight (#30) onto the guide rods (#25), ensuring the isolation tabs face upward.

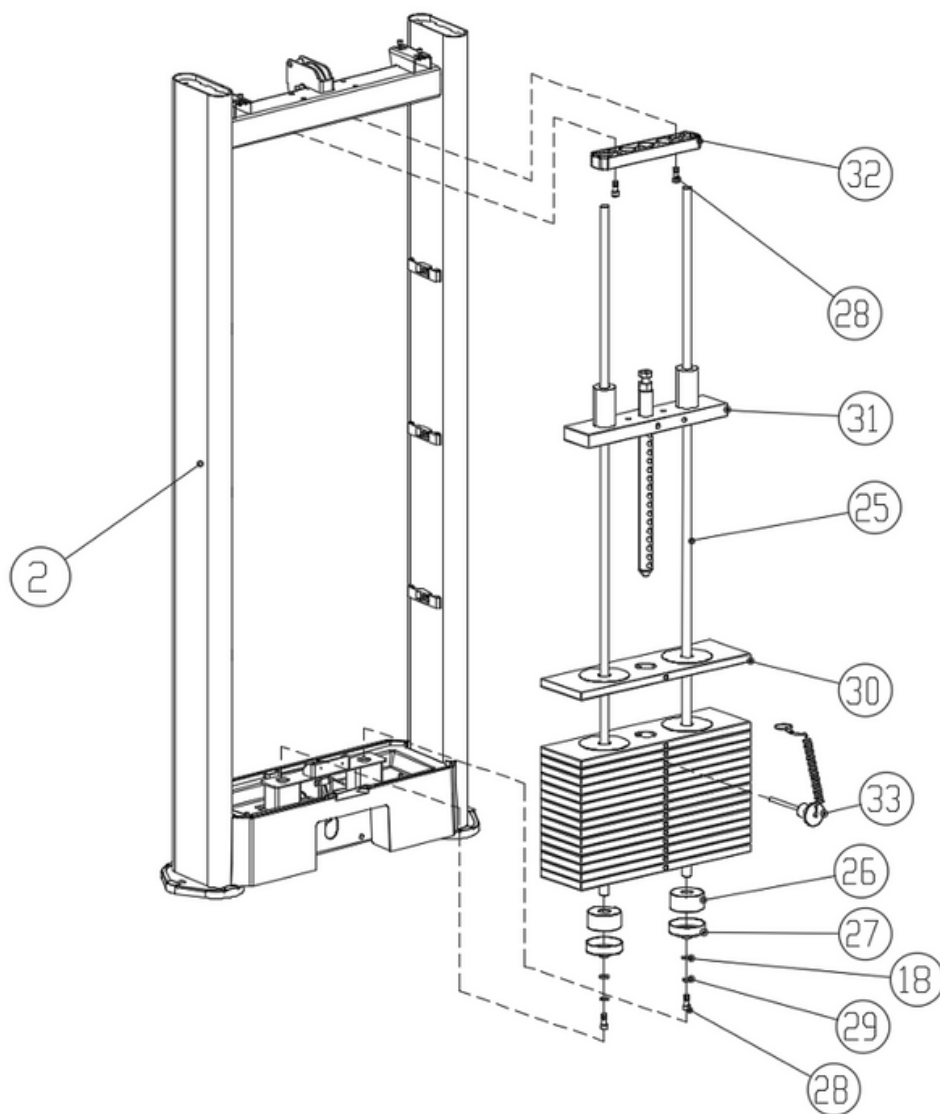
Slide the guide block assembly (#31) onto the guide rods (#25).

Insert the counterweight pin (#33) into the counterweight (#30).

Attach the guide bar fixing plate (#32) to the guide rods (#25).

Then fix the guide bar plate (#32) to the counterweight frame (#2) using:

- 2 × M8×20 hexagon socket head screws (#28)



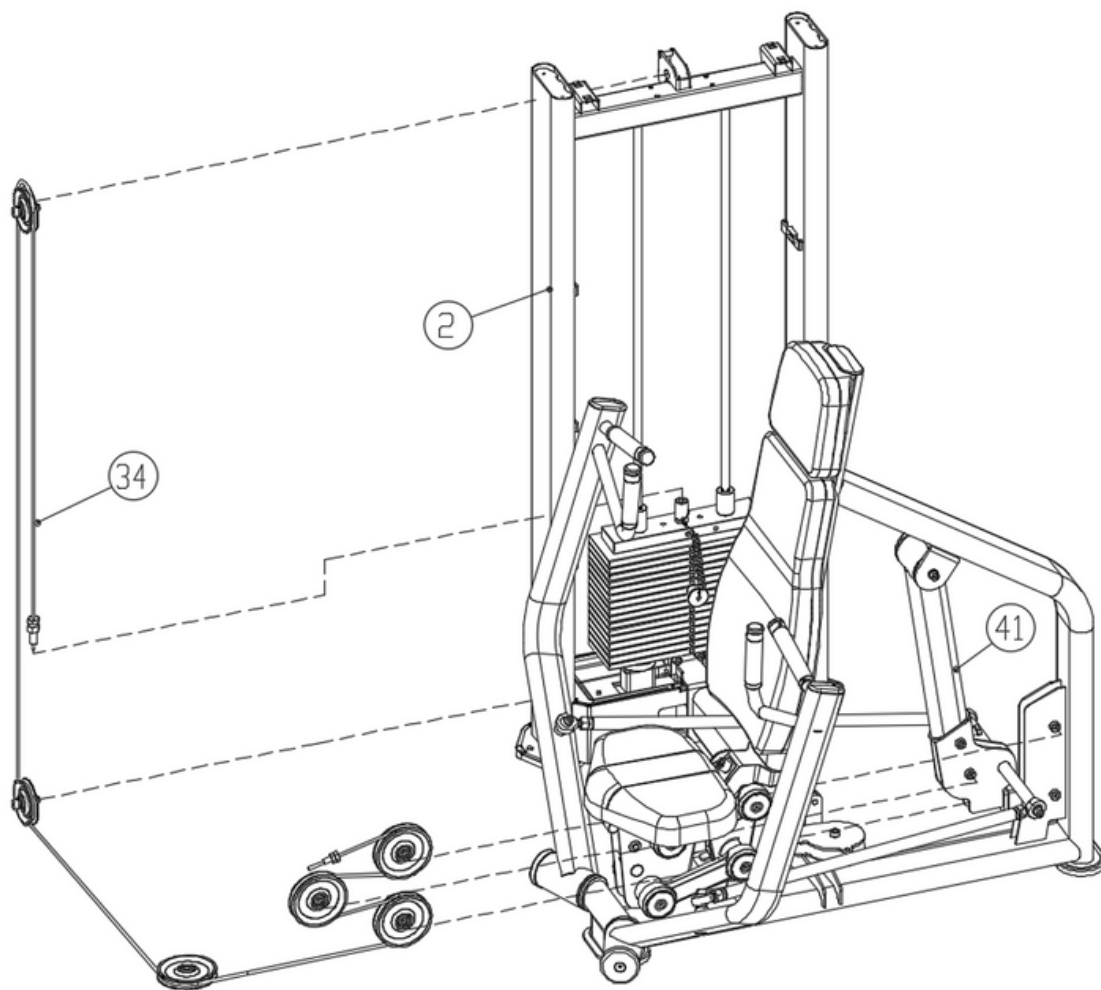
Step 12:

Insert the wire rope (#34) as shown in the figure. The pre-installed wire wheel needs to be removed and then reinstalled.

Note that these reels are installed synchronously with the wire rope (#34)

Step 13:

Connect one end of the wire rope (#34) to the dual-axis chest press linkage (#41) and the other end to the Inside the weight rack (#2)



Step 14:

Slide the two trim strips (#36) into the two fenders (#35) and attach to the counterweight frame (#2) using the fender hold-down plates.

Slide the trim plate (#37) into the two baffles (#35) and attach to the counterweight frame (#2) using the baffle pressure plate.

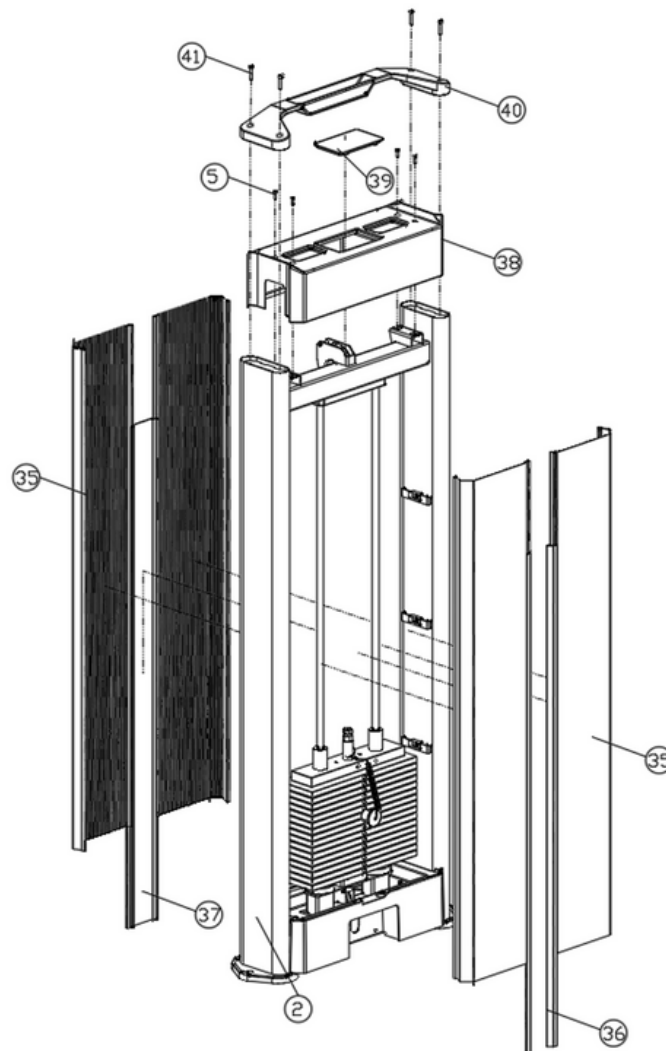
Attach the upper guard (#38) to the counterweight frame (#2) as follows:

- 4 x M5*15 hexagon socket head screws (#5)

Step 15:

Attach the upper cover trim (#40) to the counterweight frame (#2) and snap the upper guard cover (#39) into place using the following method Into the upper shield (#38);

- 4×M6*30 hexagon socket head screws (#41)

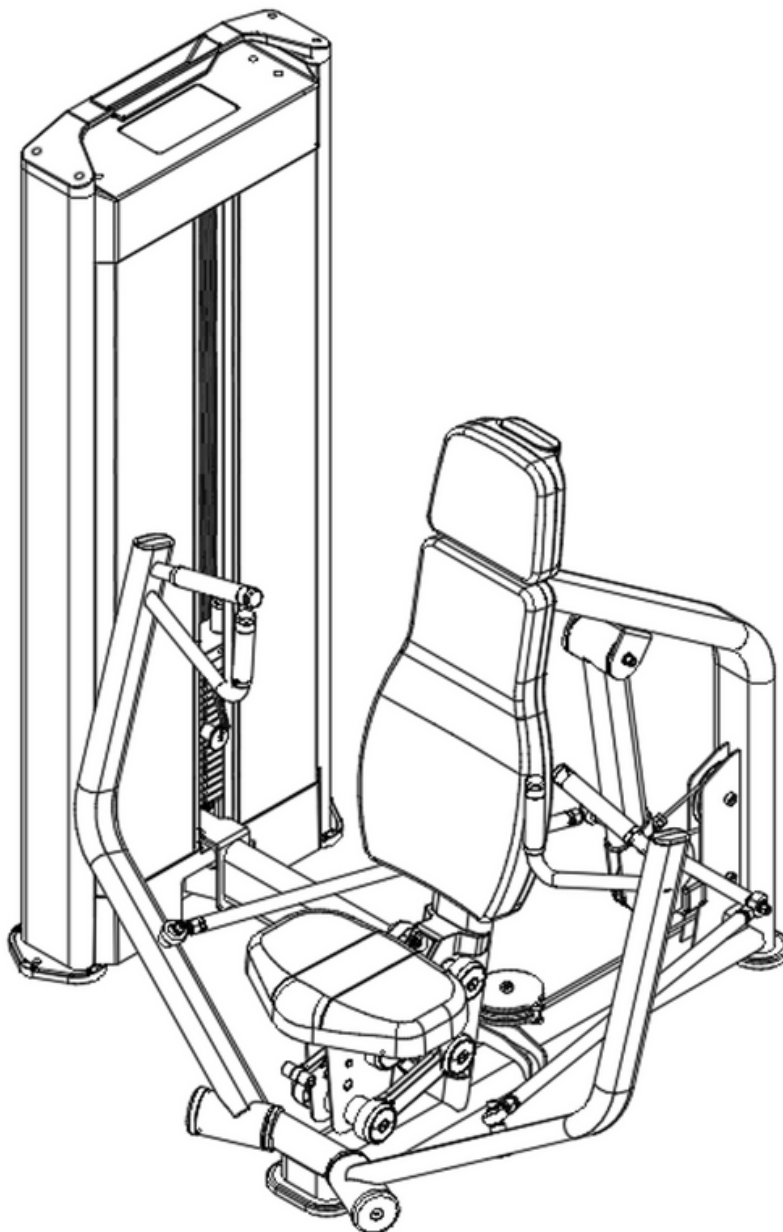


Important Tips

Now that your Chest Press unit is fully assembled, take a moment to ensure that it is both level and plumb. Use a spirit level to check the vertical alignment of the guide rods in all directions.

If they are not perfectly vertical, loosen the frame bolts slightly, adjust the alignment, and re-tighten all bolts securely.

Assembly



Accessory List

erial num	Name and specifications	quantity
1	Double-axis chest press side frame assembly	1
2	Counterweight rack	1
3	Connection frame	1
4	Lower guard	1
5	Hexagon socket head screw (M5*15)	12
6	Weight rack foot pads	2
7	Rectangular foot pads	2
8	Hexagon socket head screw (M10*25)	10
9	Spring washer (M10)	18
10	Flat washer (M10-D20)	18
11	Hexagon socket head screw (M10*20)	6
12	Seat frame	1
13	Hexagon socket head screw (M10*70)	2
14	Back pad	1
15	Head pad	1
16	20-hole plug	5
17	Hexagon socket head screw (M8*40)	5
18	Flat washer (M8-D16)	7
19	Double-axis seated chest press right arm	1
20	Double-axis seated chest press left arm	1
21	Φ76 deep groove ball bearing	4
22	Φ80*16 aluminum cover	2
23	Hexagon socket flat countersunk screw (M10*25)	2
24	Double-axis seated shoulder push linkage connecting rod	2
25	Guide rod	2
26	Counterweight rubber pad	2
27	Counterweight rack base	2
28	Hexagon socket head screw (M8*20)	4
29	Spring washer (M8)	2
30	Counterweight	14
31	Guide block set	1
32	Guide rod fixing plate	1
33	Counterweight latch	1
34	Wire Rope	1
35	Bezel	4
36	Decorative Strips	2
37	Decorative panels	1
38	Upper guard	1
39	Upper guard cover	1
40	Upper cover decoration	1
41	Hexagon socket head screw (M6*30)	4

Note: Pre-assembled parts are not listed in this table.