

FITNESS360[®]

FT7230

Split Shoulder Press



Rubber rod
Spirit level
Hexagon wrench
Two person
Circlip pliers
Adjustable Wrench

Step 1:

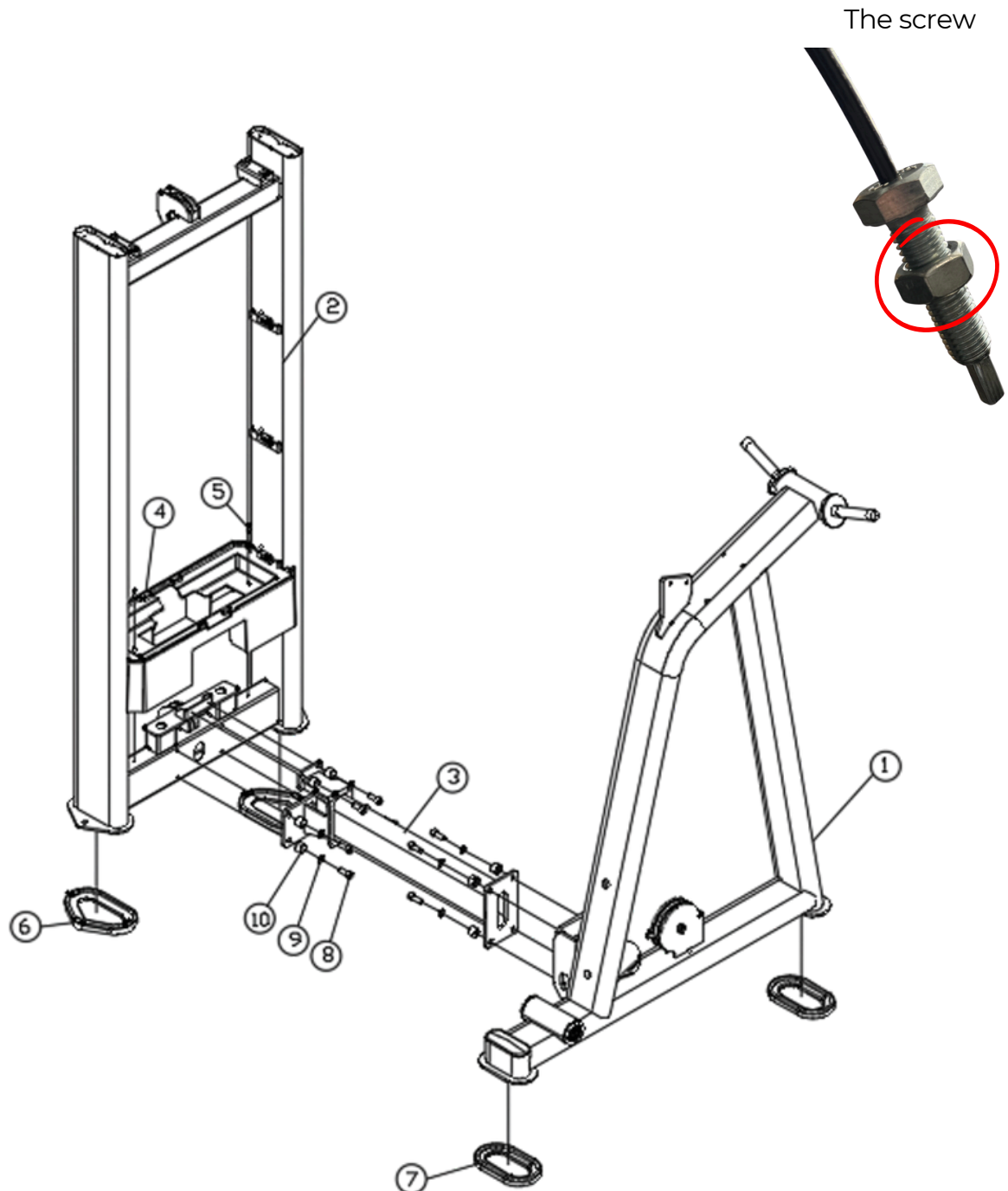
Connect the dual-axis seated shoulder press side frame assembly (#1), connecting frame (#3) and counterweight frame (#2) according to the method shown in the figure;

- 10 x M10*25 hexagon socket head screw (#8)
- 10 x M10 spring washer (#9)
- 10 x Threaded decorative sleeve (#10)

Then insert the counterweight stand foot pad (#6) and flat elliptical foot pad (#7) into the corresponding components respectively.

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.



Step 2:

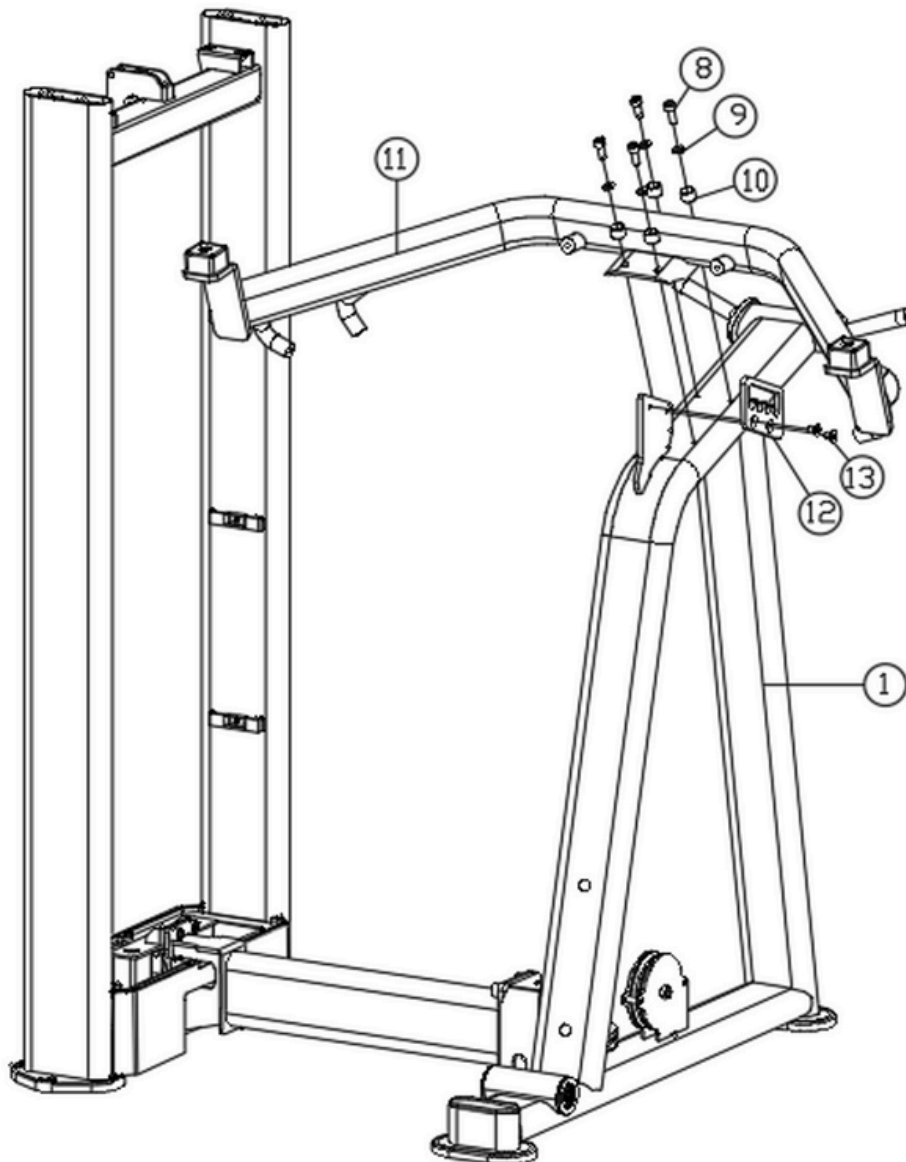
Connect the stop frame assembly (#11) and the dual-axis seated shoulder press side frame assembly (#1) as shown in the figure:

- 4 x M10*25 hexagon socket head screw (#8)
- 4 x M10 spring washer (#9)
- 4 x Threaded decorative sleeve (#10)

Step 3:

Connect the backrest adjustment plate (#12) and the dual-axis seated shoulder push frame assembly (#1) as shown in the figure:

- 4 x M10*16 hexagon socket countersunk screw (#13)



Step 4:

Attach the universal seat (#14), backrest cushion (#15), and headrest (#16). Use the following parts:

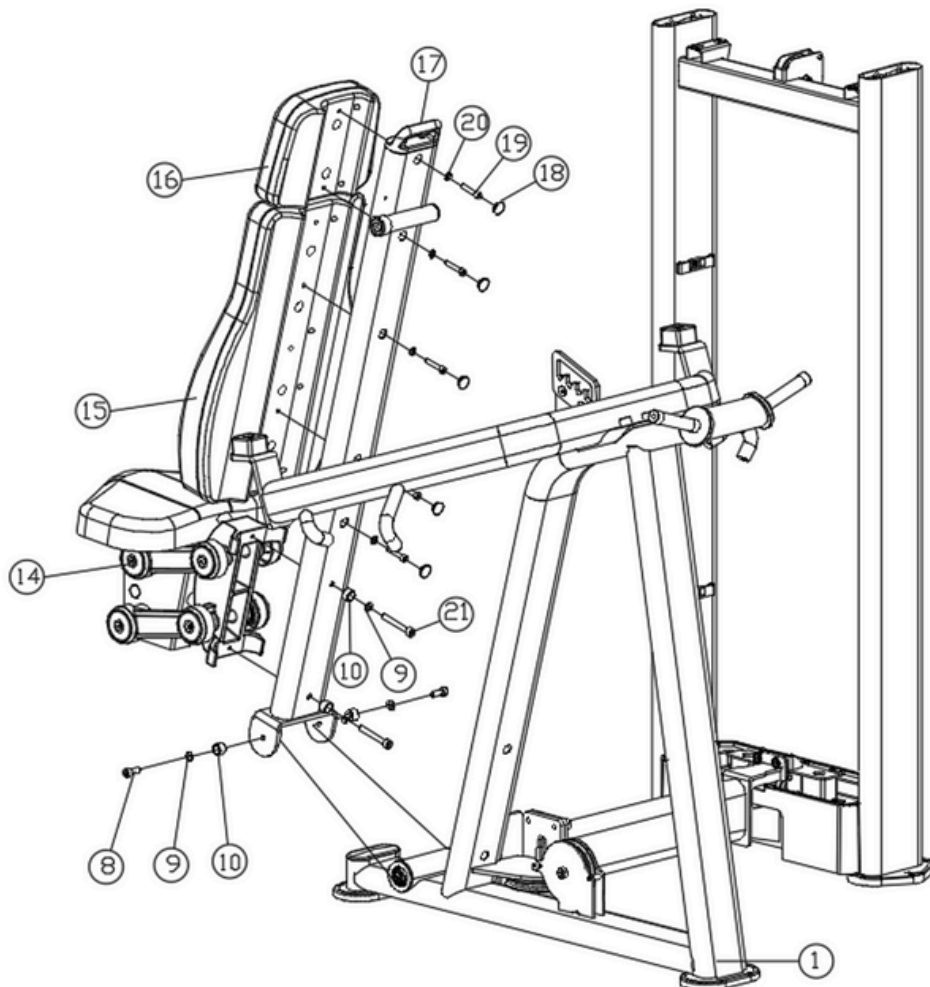
- 5 × M8*40 hexagon socket head screws (#19)
- 2 × M10*70 hexagon socket head screws
- 5 × M8 spring washers (#20)
- 2 × M10 spring washers (#9)
- 2 × Decorative screw sleeves (#10)

Finally, insert the 20-hole plug (#18).

Step 5:

Connect the backrest frame assembly (#17) from the previous step to the dual-axis seated shoulder press side frame assembly (#1). Use the following parts:

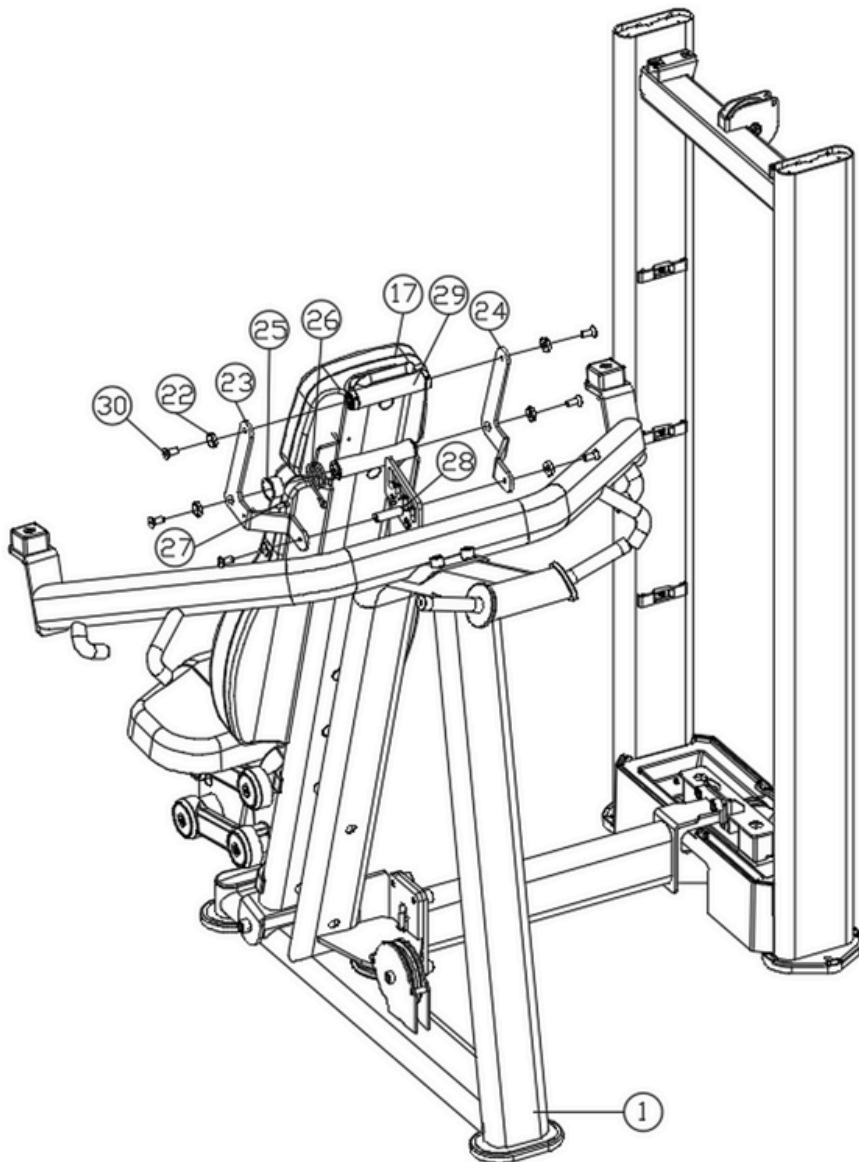
- 2 × M10*25 hexagon socket head screws (#8)
- 2 × M10 spring washers (#9)
- 2 × Decorative screw sleeves (#10)



Step 6:

Use the following method to adjust the backrest adjustment support plate right (#22), backrest adjustment support plate left (#24), adjustment handle (#29). Torsion spring (#26), torsion spring spacer (#25), backrest adjustment pin (#28) and dual-axis seated shoulder push frame assembly (#1) Connect it by:

- 6 x M10*25 hexagon socket countersunk screw (#30)
- 6 x spacers (#22)
- 1 x M10*16 hexagon socket head screw (#27)

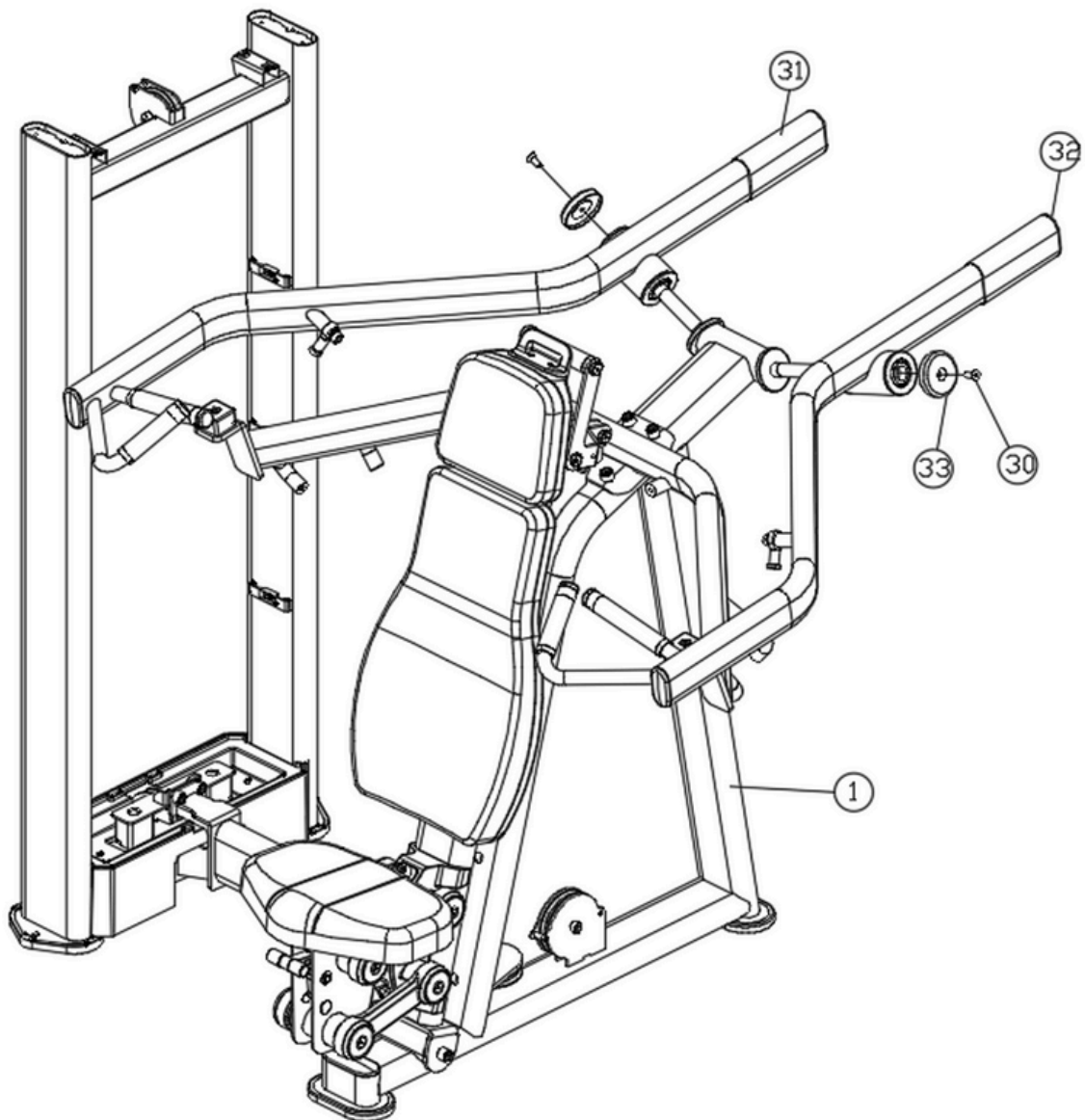


Step 7:

Use the following method to connect the right arm assembly (#31), the left arm assembly (#32) and the double-axis sitting shoulder push Attach the rack set (#1):

- 2 x $\phi 76$ aluminum cover (#33)
- 2 x M10*25 hexagon socket flat countersunk screws (#30)

Note that the installation is symmetrical on both sides



Step 8:

Connect the two guide rods (#38) and place them into the counterweight frame (#2).

Slide the counterweight (#34) onto the guide rods (#38), making sure the spacer faces correctly.

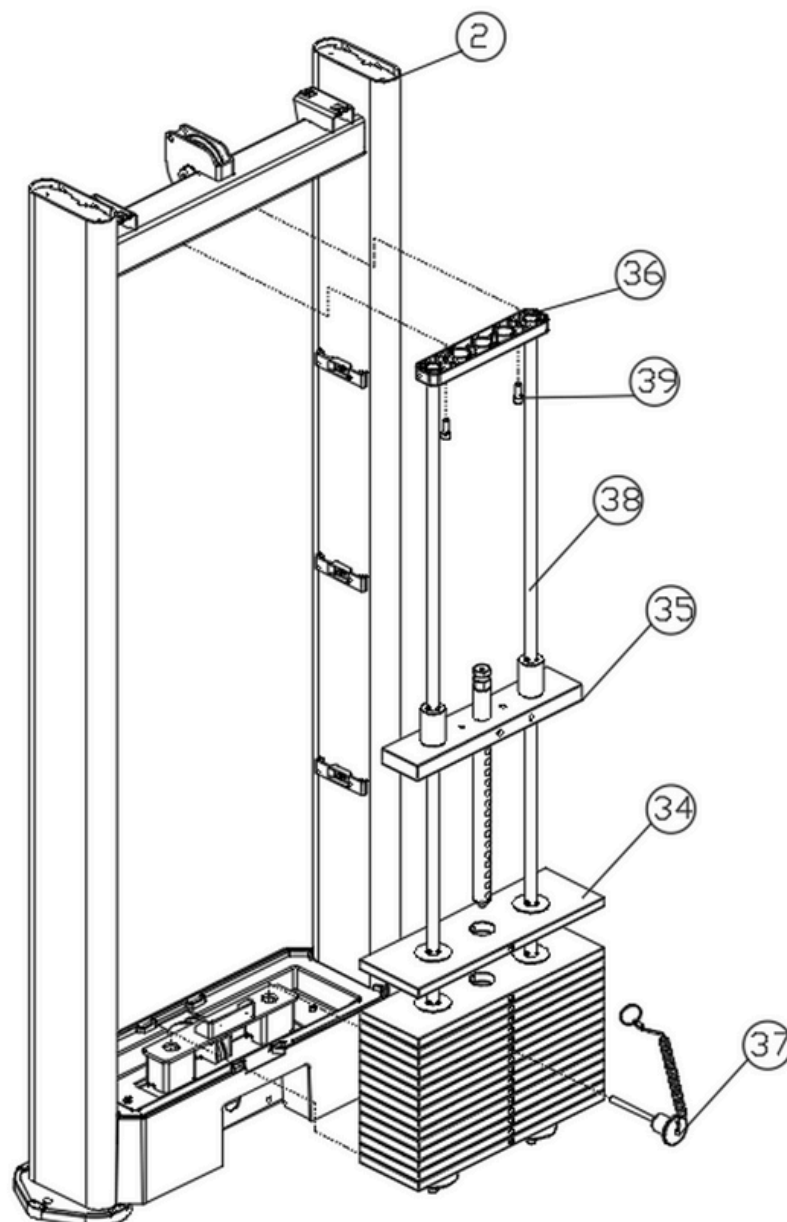
Install the guide block assembly (#35) onto the guide rods (#38).

Insert the counterweight pin (#37) into the counterweight (#34).

Attach the guide bar fixing plate (#36) onto the guide rods (#38).

Secure the guide rod mounting plate (#36) to the counterweight frame (#2). Fasten using:

- 2 × M8*20 hexagon socket head screws (#39).

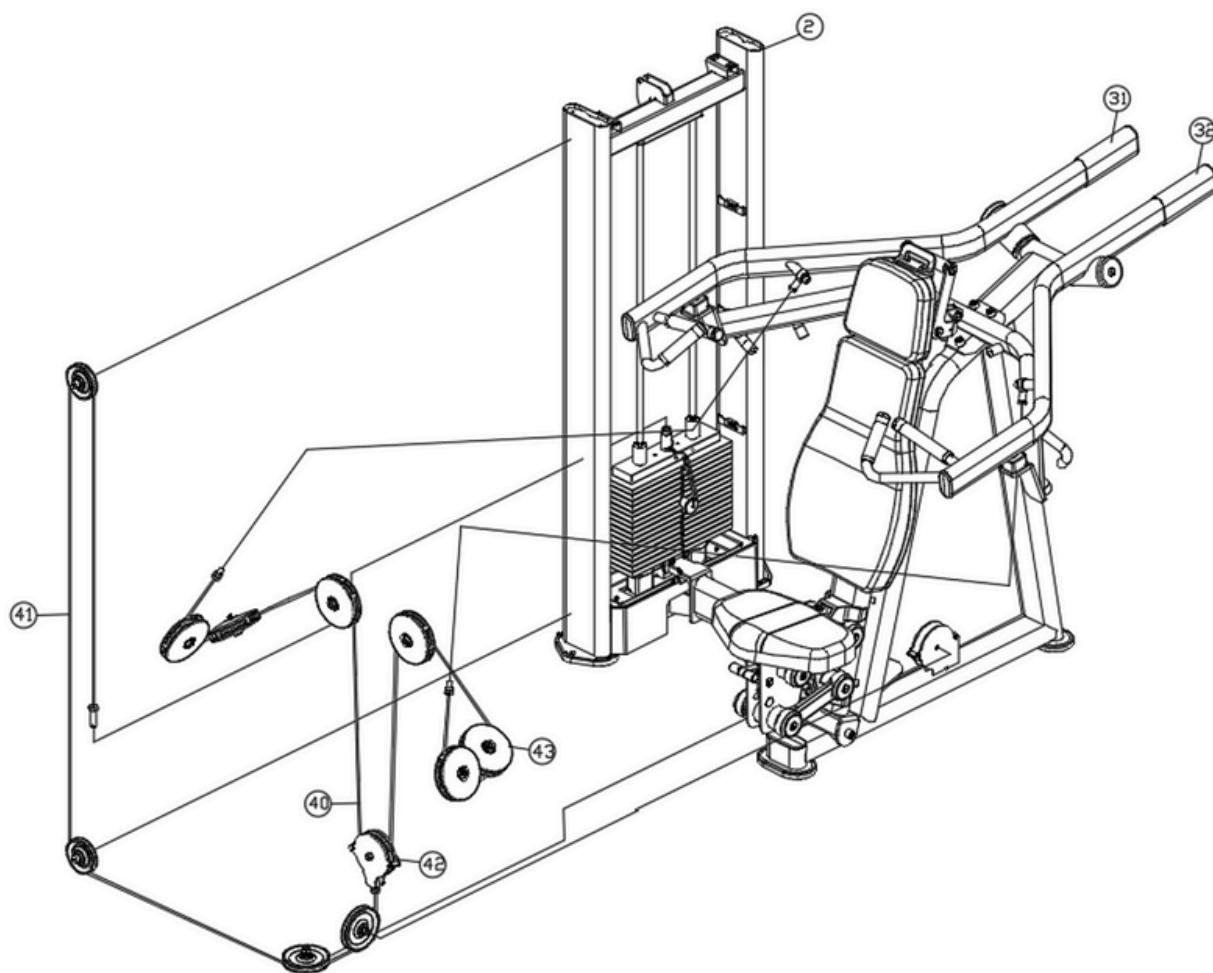


Step 9:

As shown in the figure, insert the wire rope 1 (#40) into the 120 reel box (#43) and connect one end to the left and right lever arms (#31) (#32). The other end is connected to the 120 spool box bracket (#42)

Step 10:

Connect one end of the wire rope 2 (#41) to the 120 reel box bracket (#42), and then connect the other end to the counterweight frame.



Step 11:

Slide the two trim strips (#42) into the two fenders (#48) and attach to the counterweight frame (#2) using the fender hold-down plates.

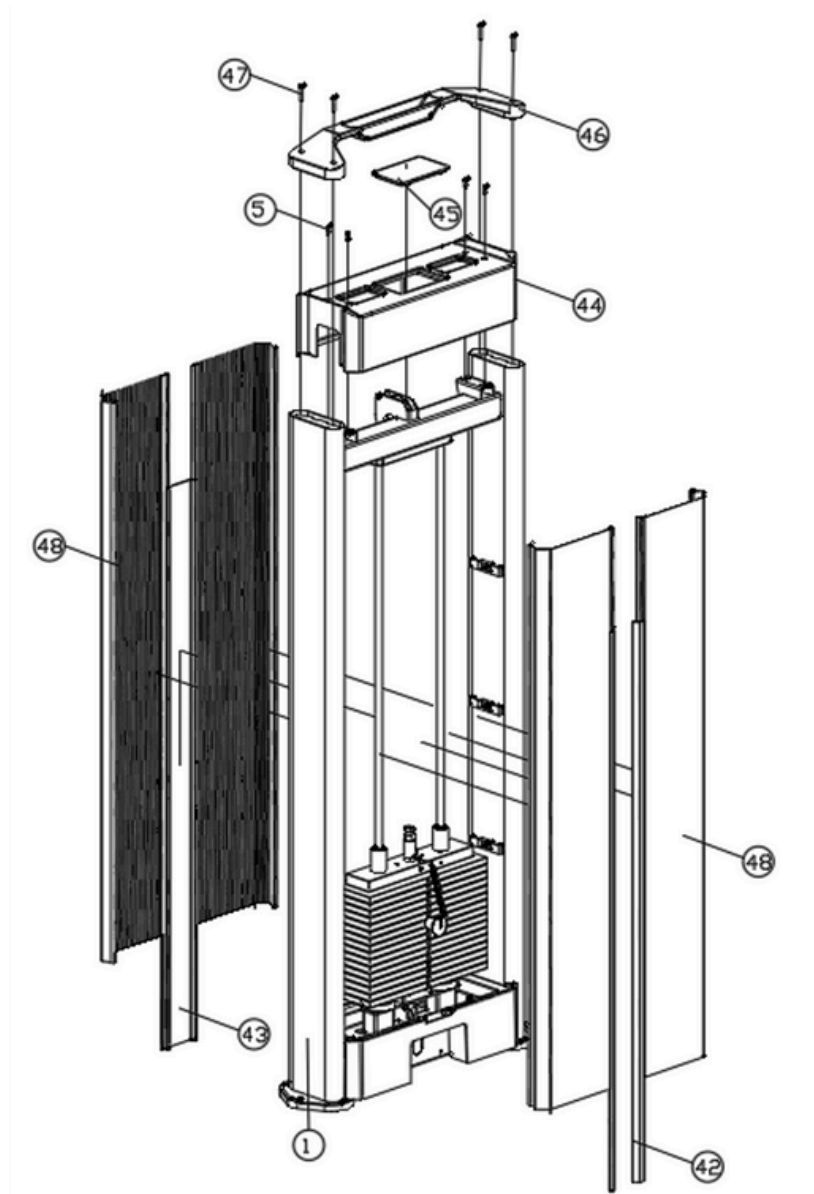
Slide the trim panel (#43) into the two fenders (#48) and attach to the counterweight frame (#2) using the fender hold-downs. Attach the upper guard (#44) to the counterweight frame (#2) as follows:

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

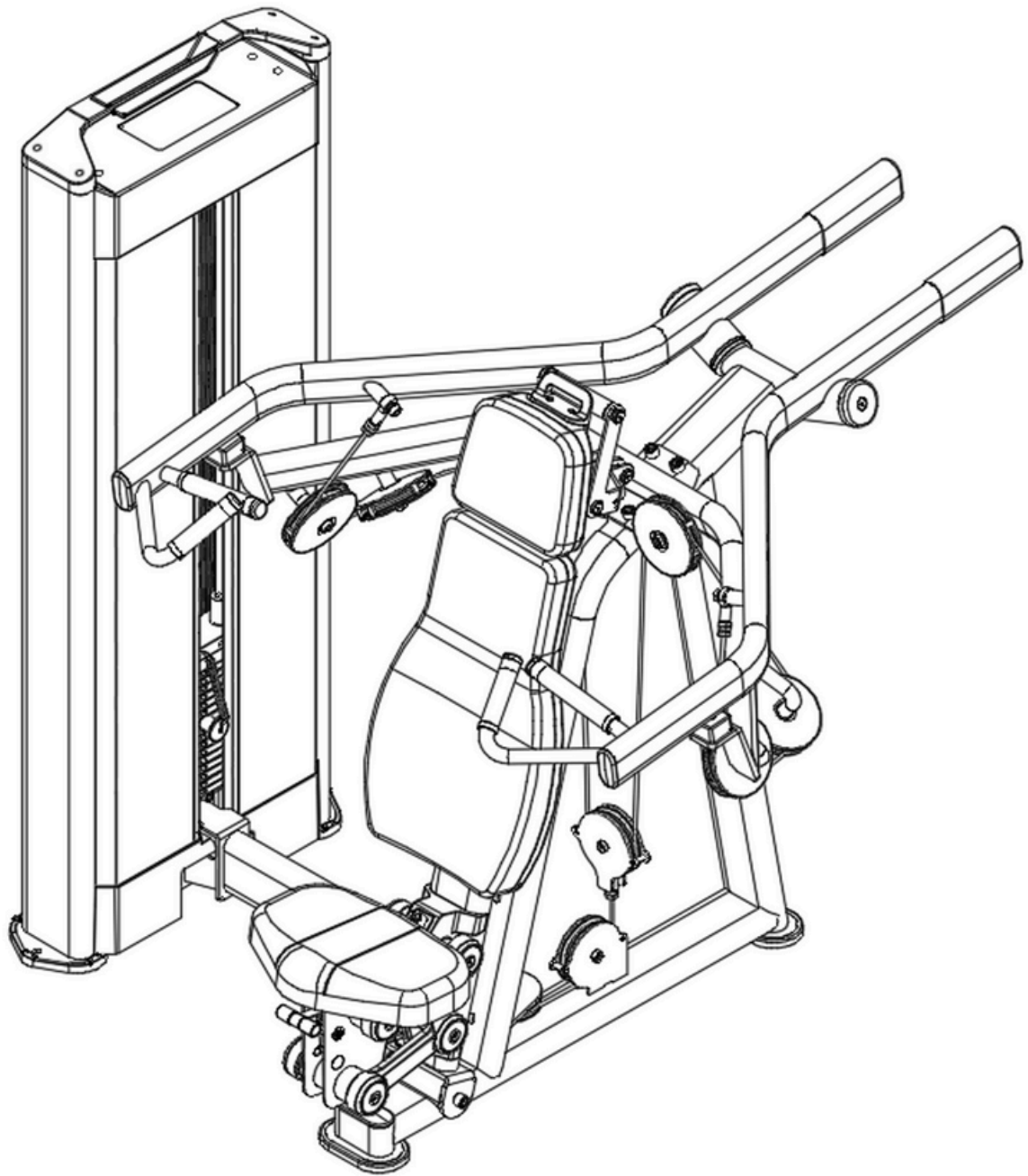
Step 12:

Attach the upper cover trim (#46) to the counterweight frame (#2) and snap the upper shroud cover (#45) into the upper shield (#46):

- 4 x M6*30 hexagon socket head screws (#47)



Assembly



Important Tips

Now that the Split Shoulder Press is fully assembled, take a moment to ensure the unit is both level and vertically aligned (plumb).

Use a spirit level to verify that the guide rods are upright in both directions. If the unit is not properly aligned, loosen the frame hardware, adjust the alignment, and then retighten all bolts securely.

Accessory List

NO	Name and specifications	quantity
1	Double-axis seated shoulder push side frame assembly	1
2	Counterweight rack	1
3	Connecting frame	1
4	Lower guard	1
5	Hexagon socket head screw (M5*15)	6
6	Counterweight rack foot pads	2
7	Flat oval foot pad	2
8	Hexagon socket head screw (M10*25)	16
9	Spring washer (M10)	18
10	Threaded decorative sleeve	18
11	Arm stop	1
12	Backrest adjustment plate	1
13	Hexagon socket countersunk screw M10X16	2
14	Universal seats	1
15	Backrest cushion	1
16	headrest	1
17	Backrest	1
18	20 plug	5
19	Hexagon socket head screw (M8*40)	5
20	Spring washer (M8)	5
21	Hexagon socket head screw (M10*70)	2

