

FITNESS360[®]

FT7231

Split Chest Press



Rubber mallet
Level
Hexagon wrench
Two person
Circlip pliers
Adjustable Wrench

Step 1:

Connect the main side frame (#2), main connecting frame (#3), strengthening connecting frame (#4) and counterweight frame (#1) as shown in the figure.

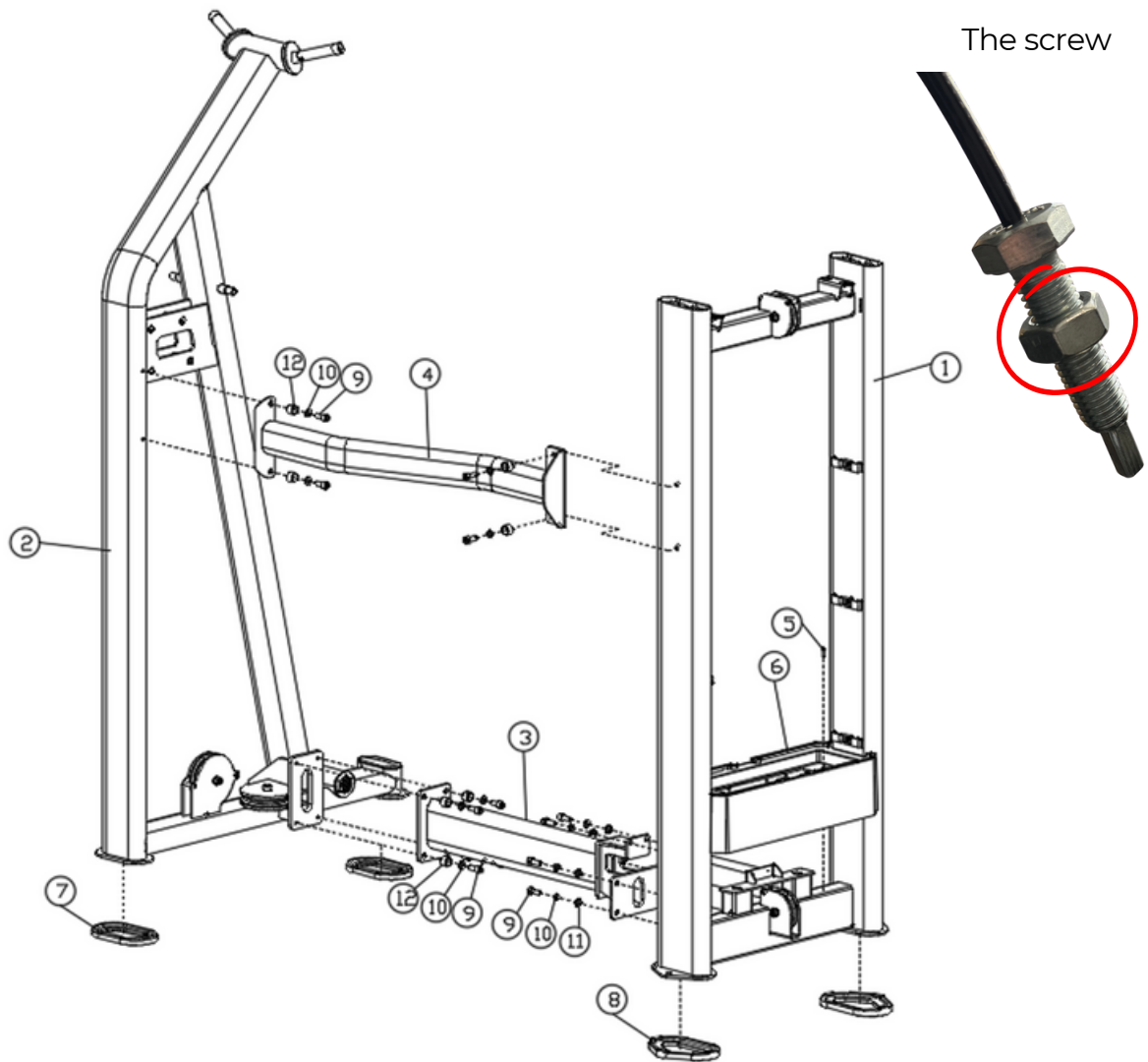
- 14 x M10*25 hexagon socket head screw (#9)
- 14 x M10 spring washers (#10)
- 6 x M10-D20 flat washer (#11)
- 8 x Decorative screw set (#12)

Step 2:

Assemble the two flat oval feet (#7) to the main side frame (#2), and the two counterweight frame feet (#8) to the counterweight frame (#1).

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 3:

Attach the universal seat (#13), backrest cushion (#14), headrest (#15), and backrest frame (#6) Use the following parts:

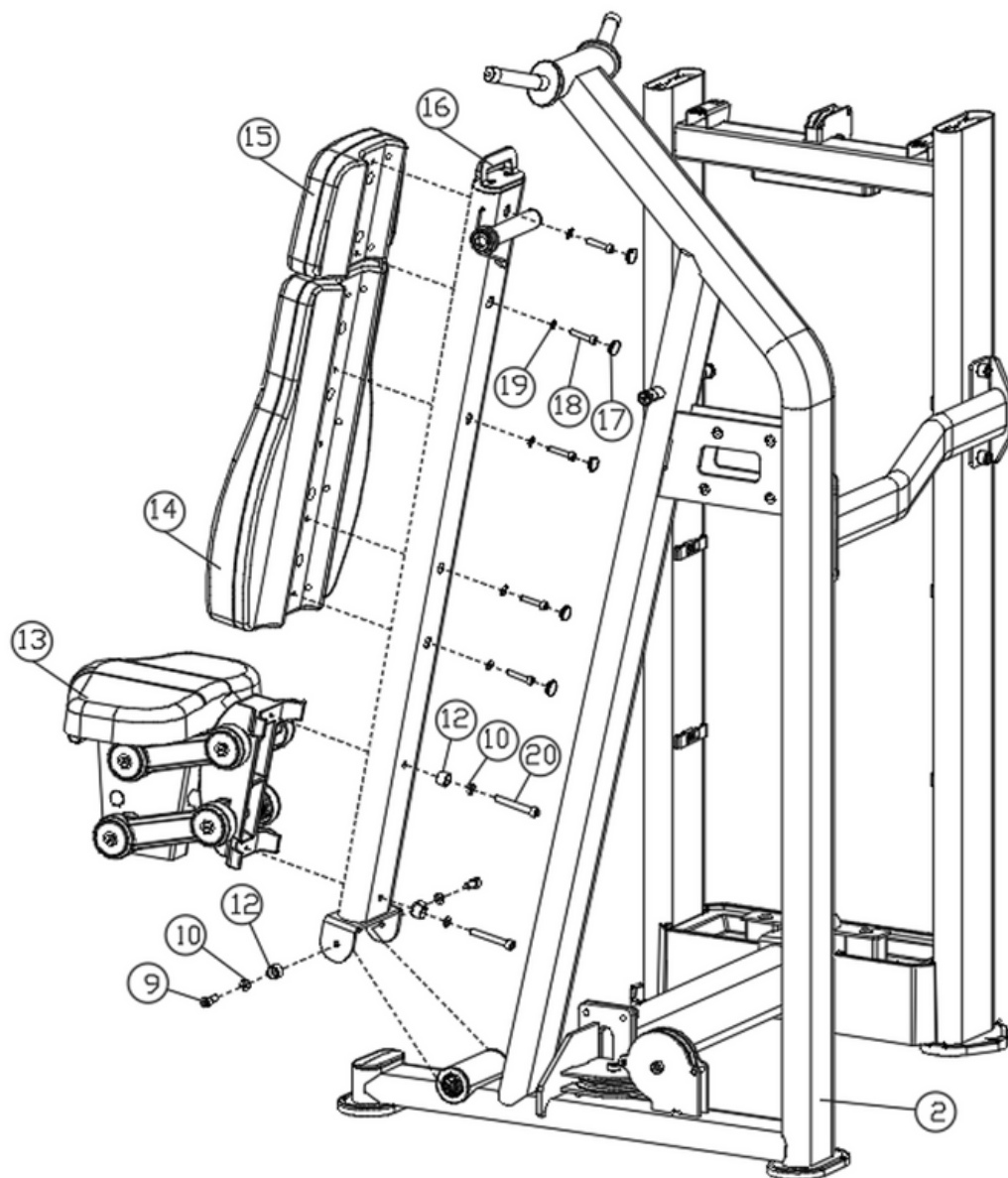
- 5 × M8*40 hexagon socket head screws (#18)
- 2 × M10*70 hexagon socket head screws
- 5 × M8 spring washers (#19)
- 2 × M10 spring washers (#10)
- 2 × Decorative screw sets (#12)

Finally, insert the 20-hole plug (#17).

Step 4:

Connect the backrest frame assembly (#16) from the previous step to the base. Use the following parts:

- 2 × M10*25 hexagon socket head screws (#9)
- 2 × M10 spring washers (#10)
- 2 × Decorative screw sets (#12)



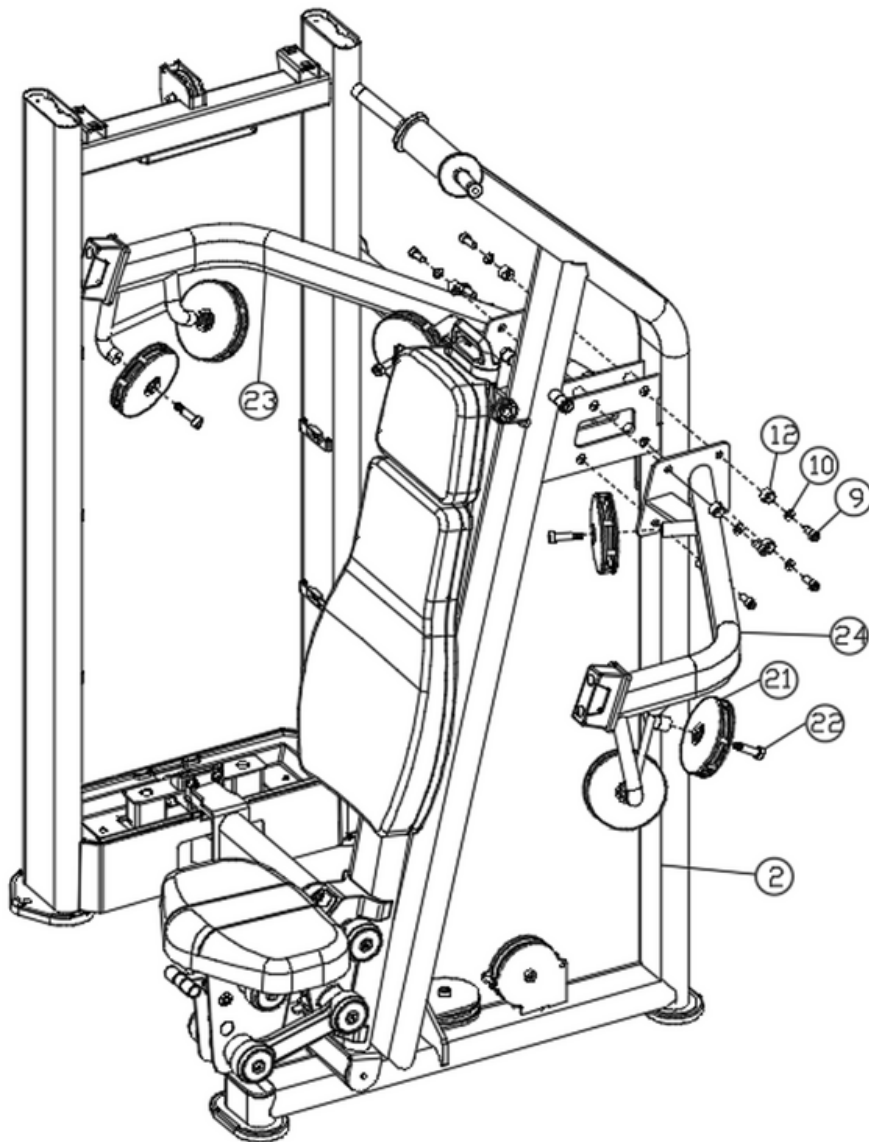
Step 5:

Connect the left and right lever arm stop brackets (#23) and (#24) to the main side bracket (#2) using the following method:

- 8 × M10*25 hexagon socket head screws (#9)
- 8 × M10 spring washers (#10)
- 8 × Decorative screw sets (#12)

Step 6:

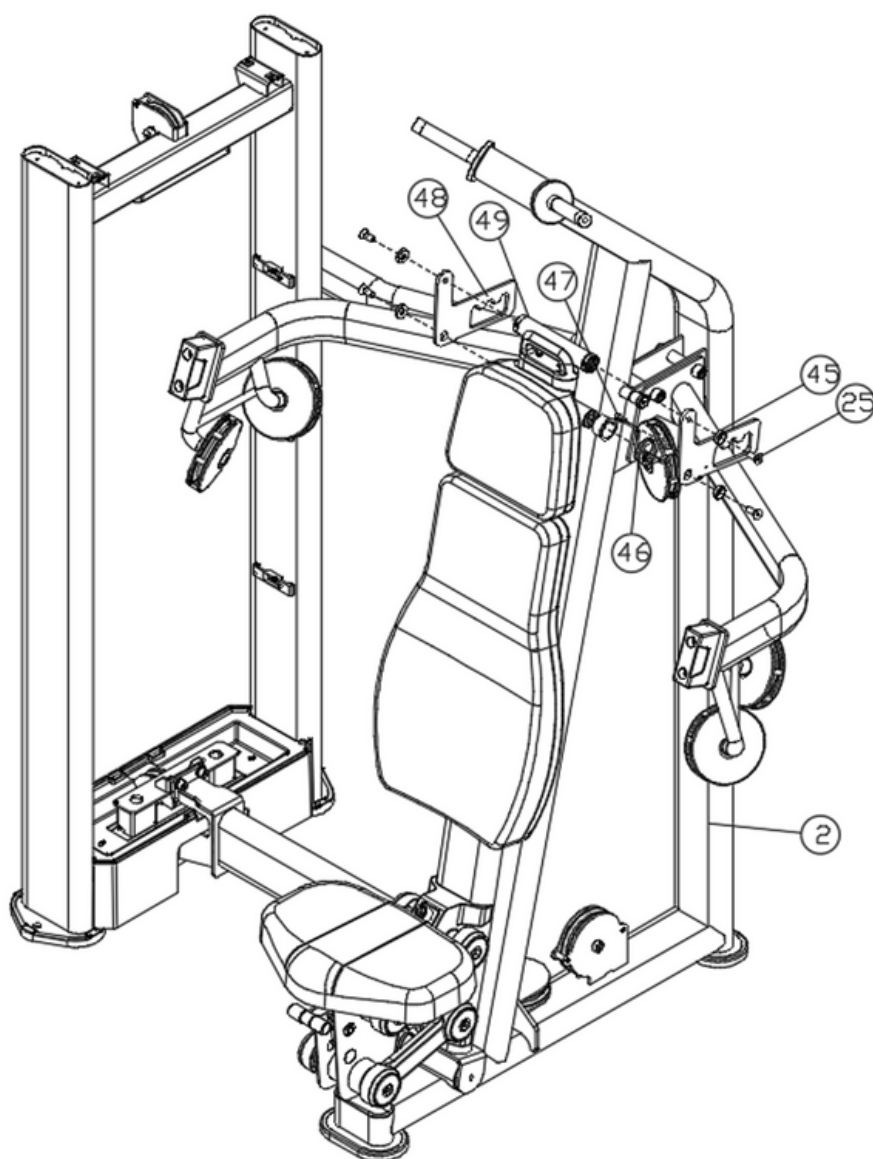
Use the following method to install the 120 reel box assembly (#21) and the reel shaft-32 (#22) to the left and right arm stop brackets (#23).



Step 7:

Use the following method to replace the adjustment handle support plate (#48), adjustment handle (#49), torsion spring (#46) and plug cover (#45). Connect to the main side frame (#2):

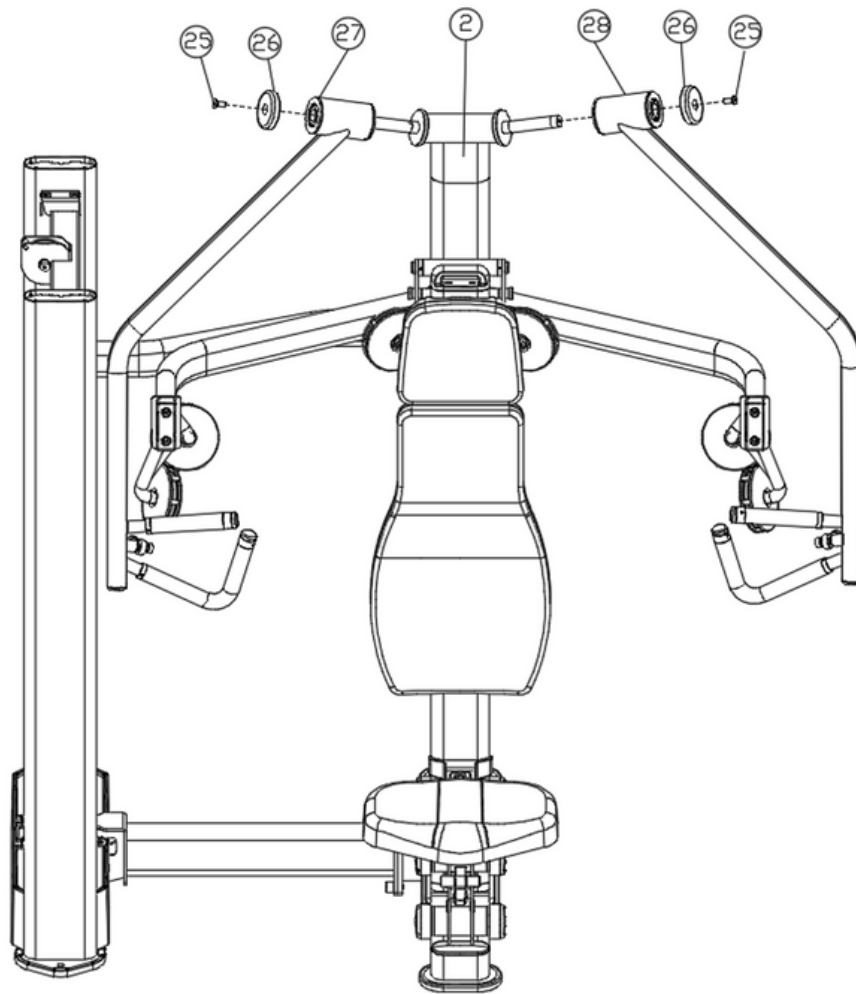
- 4 x M10*25 hexagon socket countersunk screw (#25)
- 1 x M10*16 Hexagon socket head screw (#47)



Step 8:

Connect the left and right lever arms (#25), (#26) and the 76 aluminum cover (#26) to the main side frame (#2) using the following method:

- 2 x M10*25 hexagon socket countersunk screw(#25)



Step 9:

Connect the two guide rods (#33) and place them into the counterweight frame (#1).

Slide the counterweight (#29) onto the guide rods (#33), ensuring the spacer faces correctly.

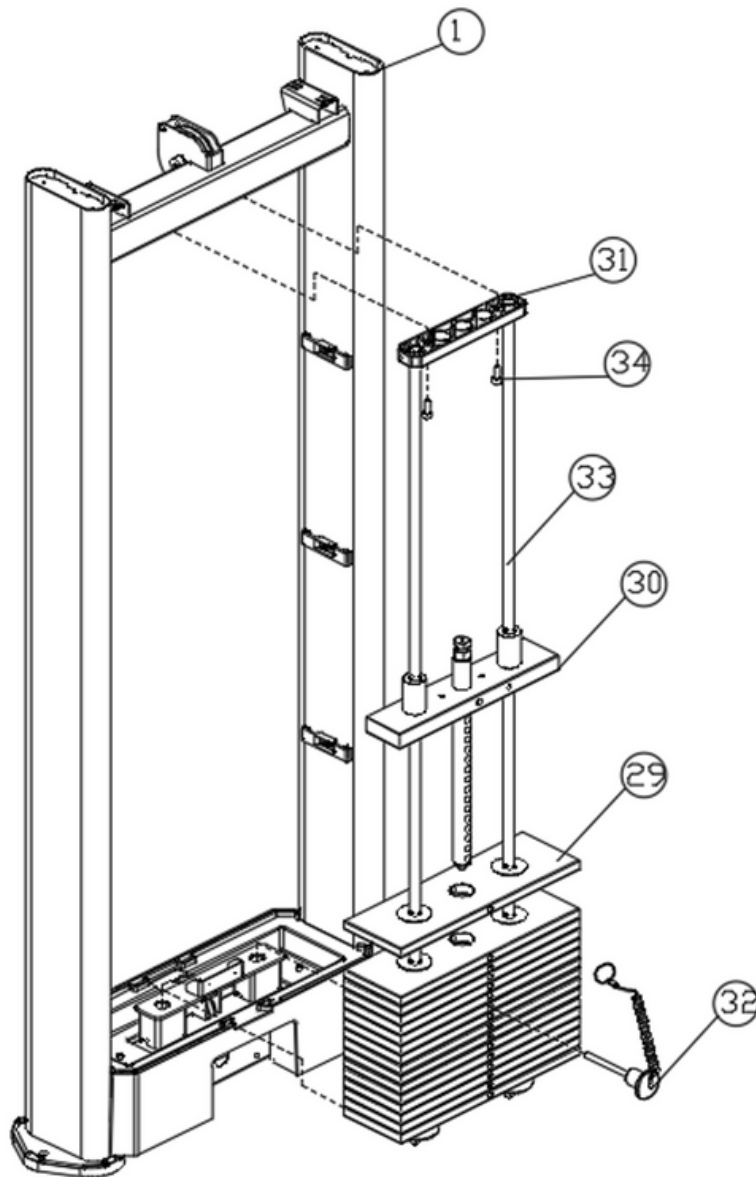
Install the guide block assembly (#30) onto the guide rods (#33).

Insert the counterweight pin (#32) into the counterweight (#29).

Attach the guide bar fixing plate (#31) onto the guide rods (#33).

Secure the guide rod fixing plate (#31) to the counterweight frame (#1). Fasten using:

- 2 × M8*20 hexagon socket head screws (#34).



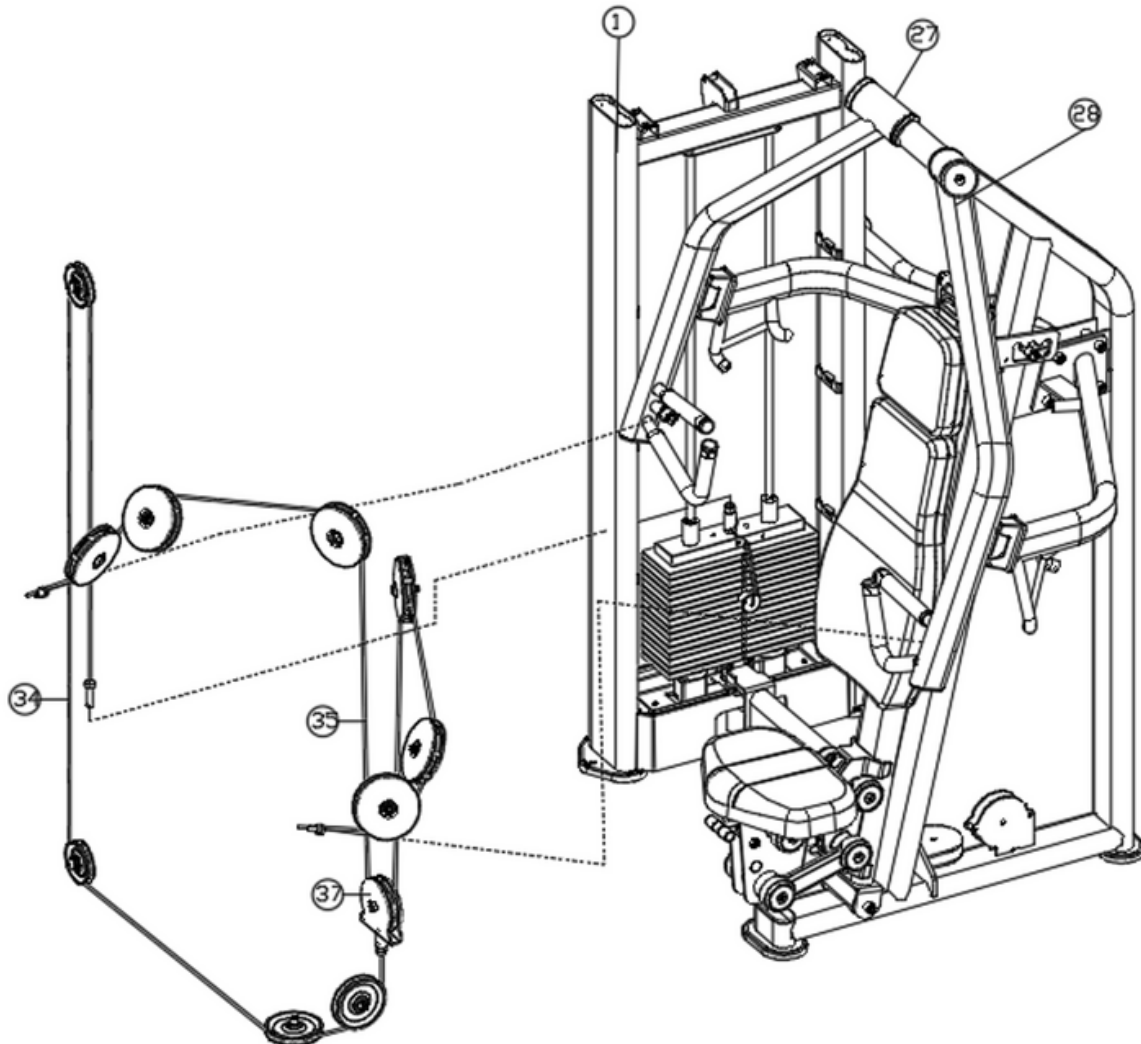
Step 10:

Insert the wire rope 1 (#34) as shown in the figure. The pre-installed reel box needs to be removed and then reinstalled.

Note that these reels are installed synchronously with the wire rope (#34), and are connected to the counterweight frame (#1) and the 120 branch reel box assembly (#37) respectively.

Step 11:

Connect one end of wire rope 2 (#35) to the left lever arm (#27) first, and then connect the other end to the right lever arm (#28).



Step 12:

Slide the two trim strips (#38) into the two fenders (#44) and attach to the counterweight frame (#1) using the fender hold-down plates.

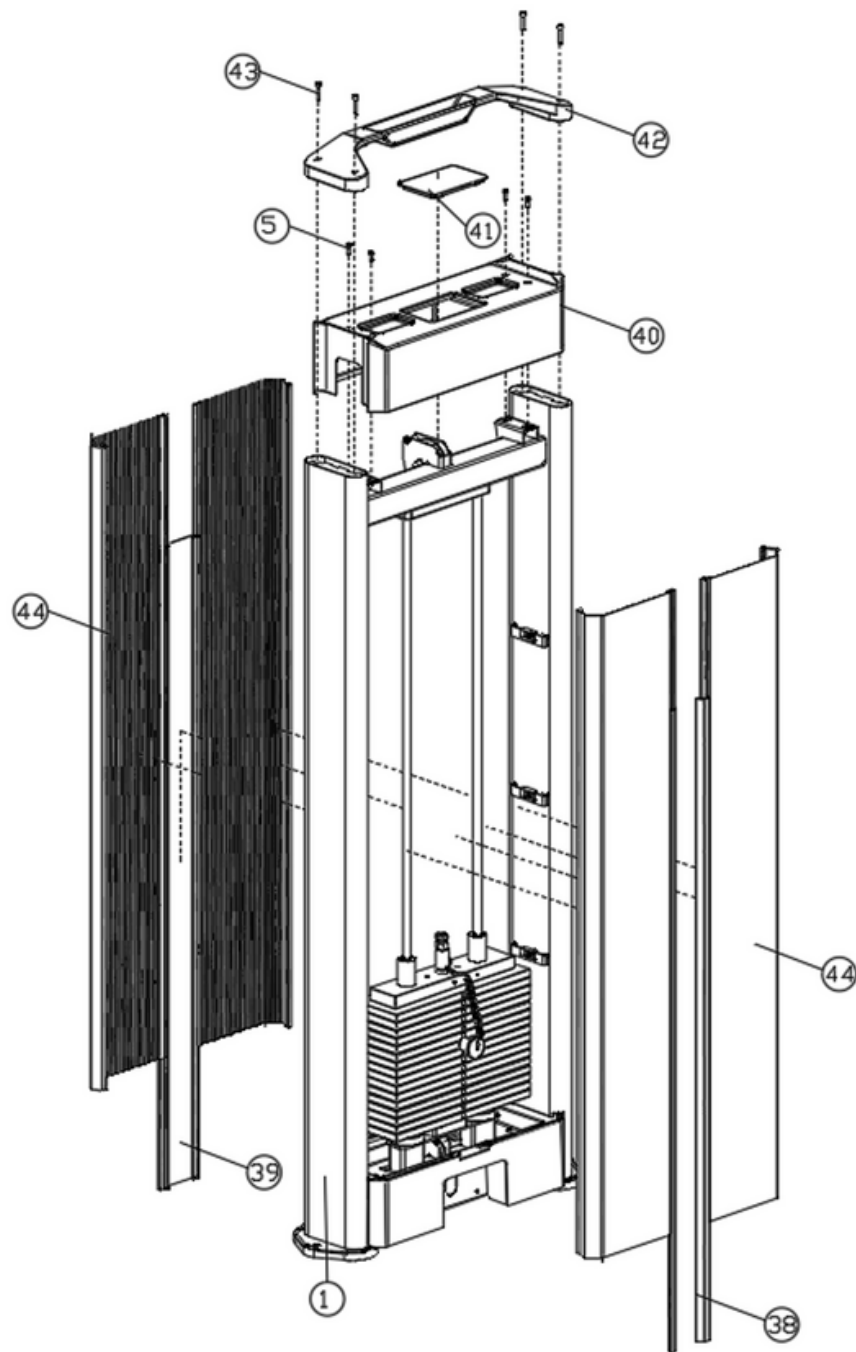
Slide the trim plate (#39) into the two baffles (#44) and attach to the counterweight frame (#1) using the baffle pressure plates. Attach the upper guard (#40) to the counterweight frame (#1) as follows:

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

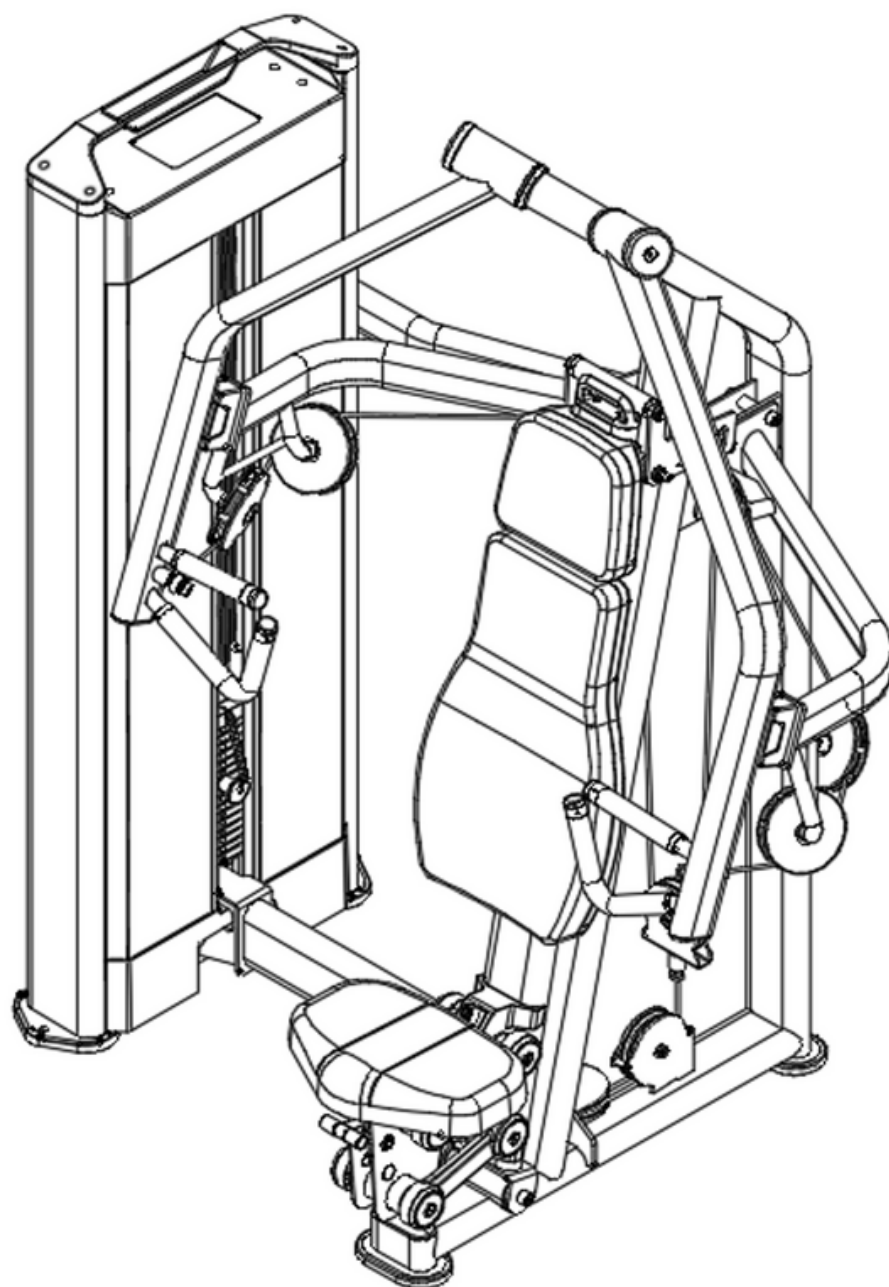
Step 13:

Attach the upper cover trim (#42) to the counterweight frame (#1) and snap the upper guard cover (#41) into place using the following method:

- 4 x M6*30 hexagon socket head screws (#43)



Assembly



Important Tips

Now that the Split Chest 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	Counterweight rack	1
2	Main side frame	1
3	Main connecting frame	1
4	Strengthen the connecting frame	1
5	Hexagon socket head screw (M5*15)	6
6	Lower guard	1
7	Flat oval foot pad	2
8	Weight rack foot pads	2
9	Hexagon socket head screw (M10*25)	twenty four
10	Spring washer (M10)	26
11	Flat washer (M10-D20)	6
12	Screw decorative set	20
13	Universal seat	1
14	Back cushion	1
15	Head pad	1
16	Backrest	1
17	Hexagon socket head screw (M8*40)	5
18	Spring washer (M8)	5
19	20-hole plug	5
20	Hexagon socket head screw (M10*70)	2
21	120 reel box assembly	6

22	Reel-32	6
23	Left lever arm stop	1
24	Right lever arm stop	1
25	Hexagon socket countersunk screw (M10*25)	4
26	76 aluminum cover	2
27	Left moment arm	1
28	Right moment arm	1
29	Counterweight	14
30	Guide block set	1
31	Guide rod fixing plate	1
32	Counterweight latch	1
33	Guide rod	2
34	Hexagon socket head screw (M8*20)	2
35	Weight rope 1	1
36	Weight rope 2	1
37	120 branch reel box assembly	1
38	Decorative Strips	2
39	Decorative panels	1
40	Upper guard	1
41	Upper guard cover	1
42	Upper cover decoration	1
43	Hexagon socket head screw (M6*30)	4
44	Bezel	4
45	Blocking cover	4
46	Torsion Spring	1
47	Hexagon socket head screw (M6*16)	1
48	Adjustable handle support	2
49	Adjustable handle	1