

FITNESS360[®]

FT8073

Pullover

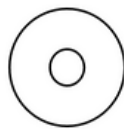


Rubber stick
Level Gauge
Hexagon wrench
Two people
Snap ring pliers
Adjustable Wrench

Fasteners



[51] (M10*60)



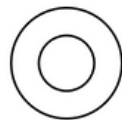
[55] Flat washer M10-D50



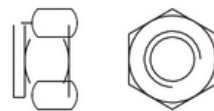
[59] Flat washer M10



[52] (M10*35)



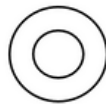
[56] Flat washer M10-D30



[60] Hex self-locking nut M10



[53] (M10*20)



[57] Flat washer M10-D20



[54] (M8*25)



[58] Flat washer M8-D16

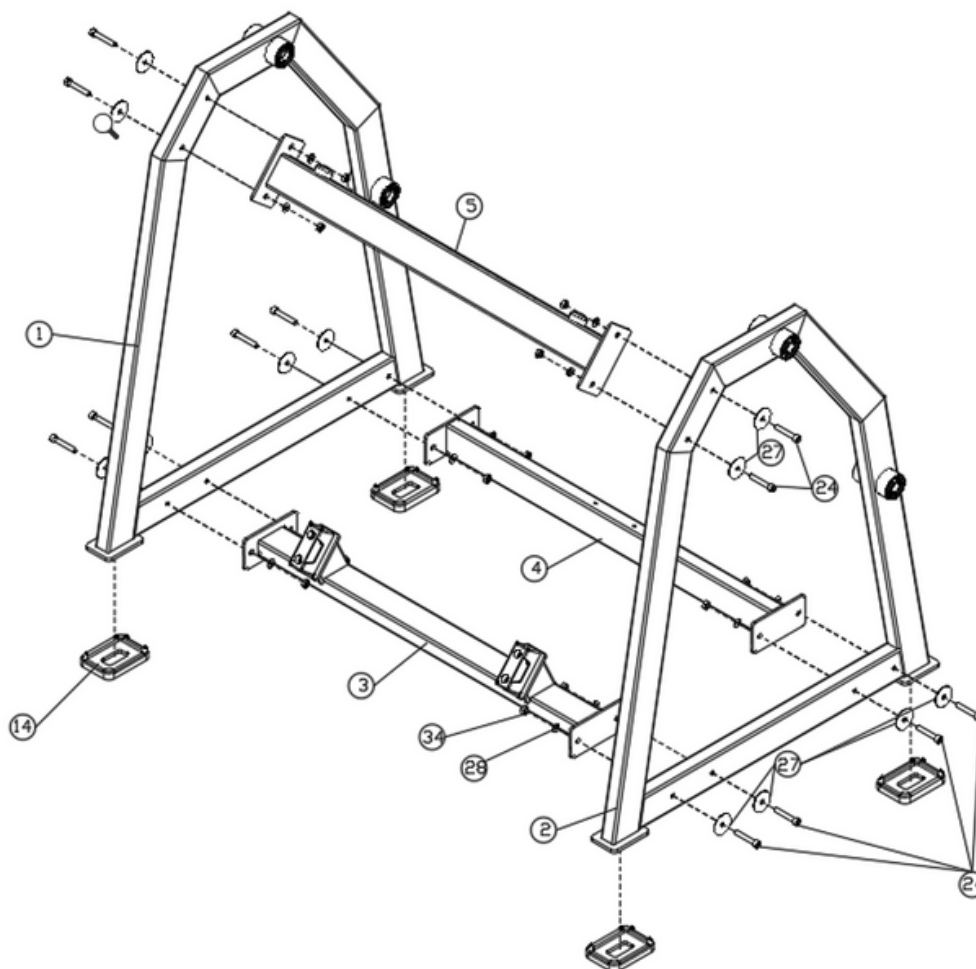
Step 1:

Attach the rectangular foot pads (#14) to the left frame (#1) and right frame (#2) as shown in the diagram.

Step 2:

Use M10X60 hex socket head screws (#24) to connect the Left Frame (#1), Right Frame (#2), Rear Connector Frame (#3), Bottom Connecting Rod (#4), and Upper Connector Frame (#5) as shown below.

- 12 x Hex Socket Head Screw M10*60 (#24)
- 12 x Flat Washer M10-D50 (#27)
- 12 x Flat Washer M10-D20 (#28)
- 12 x Hex Lock Nut M10 (#34)



Step 3:

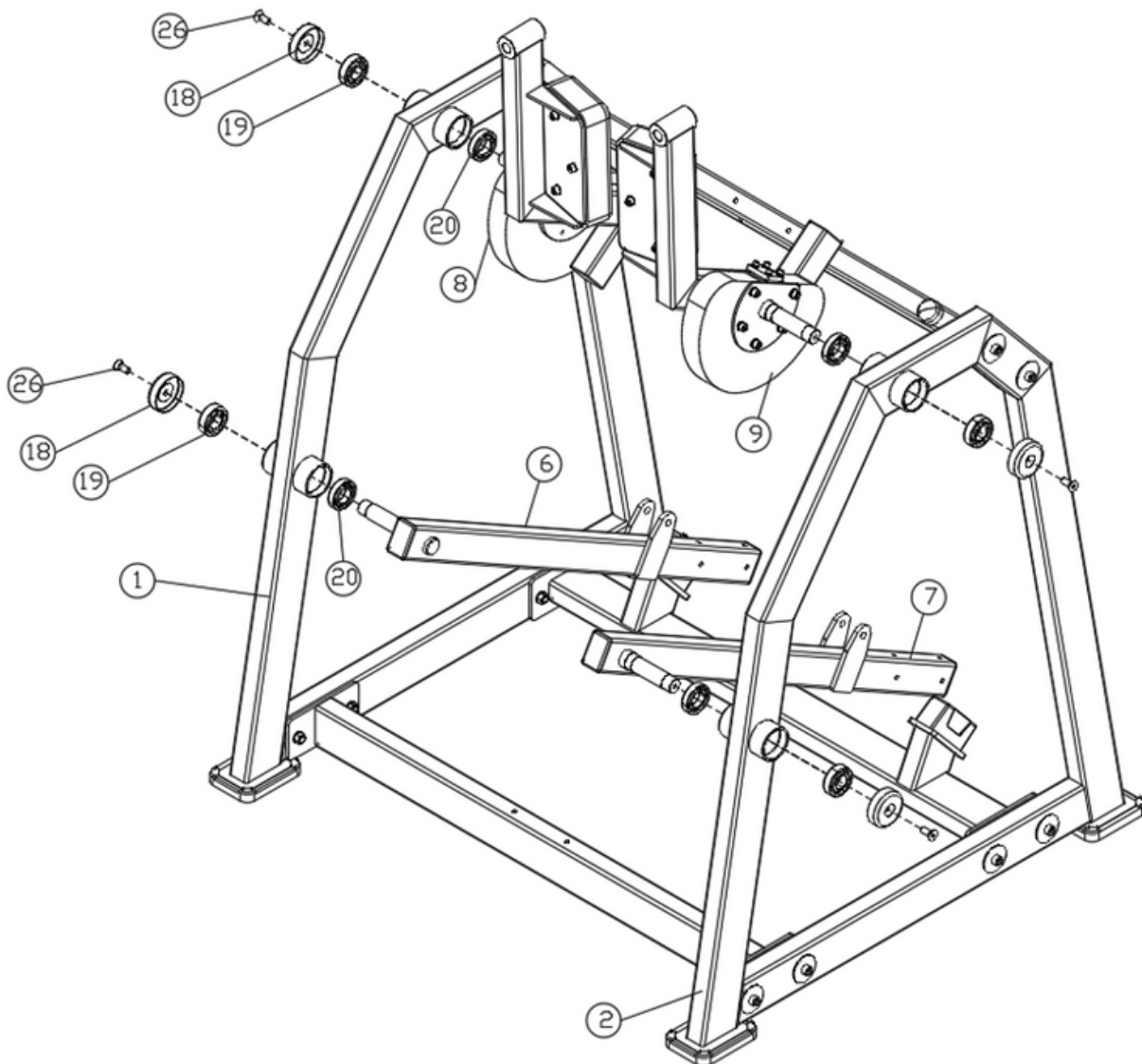
Use the following components: Aluminum cover (#18), Deep groove ball bearing 6205 (#19), Left side frame (#1), Right side frame (#1), Left arm assembly (#6), Right arm assembly (#7), Small arm components (#7 and #8)

Attach the ball bearing (#19) and aluminum cover (#18) to the side frames (#1).

Connect the left and right components of the small arms (#7 and #8).

Attach the small arms to the left arm assembly (#6) and right arm assembly (#7).
Secure all parts using:

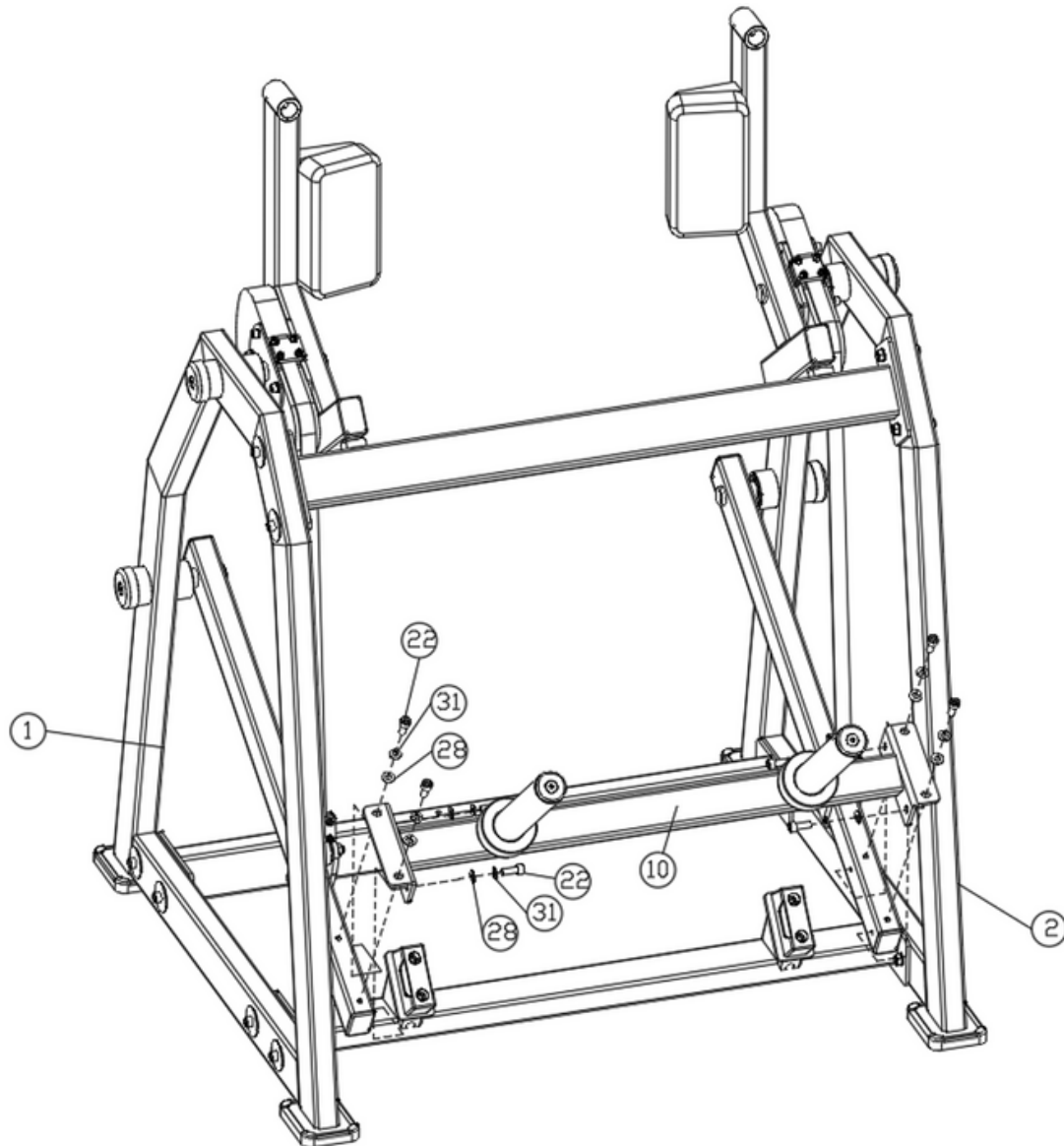
- 6 × Hexagon socket countersunk screws M10*25 (#26)



Step 4:

Install the hanging rod assembly (#10) to the left shelf set (#1) and the right shelf set 1 in the following way;

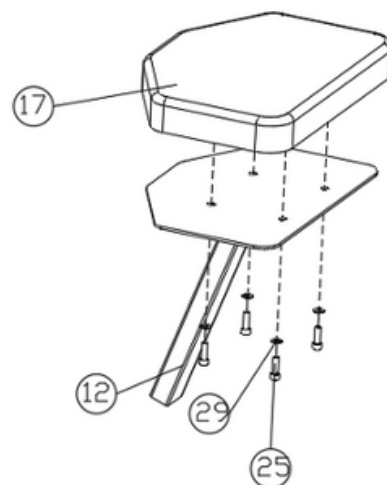
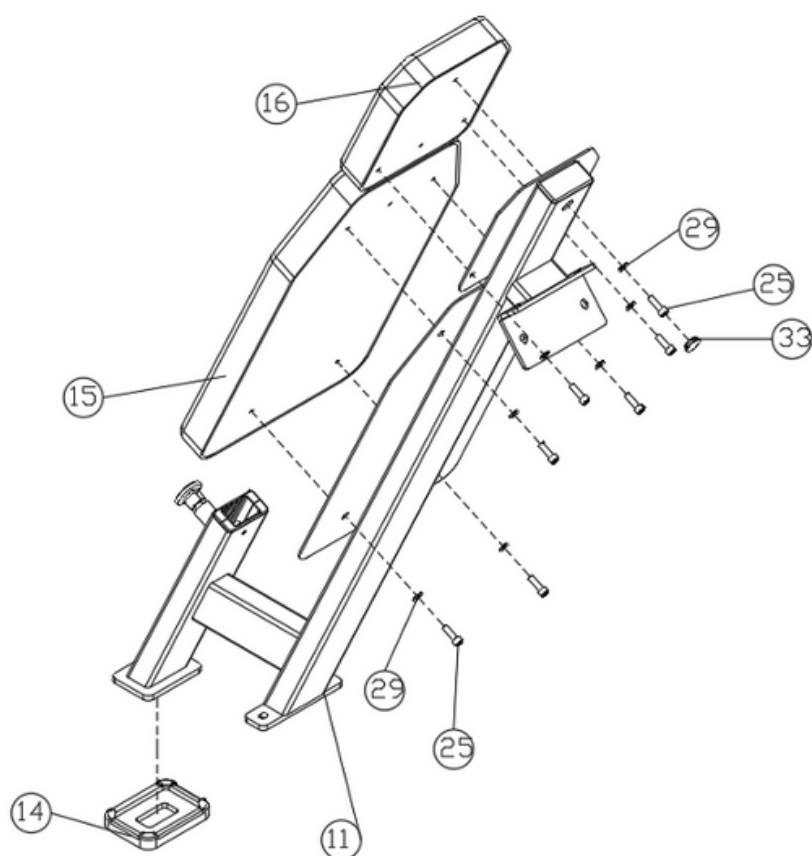
- 8 x Hexagon socket head screws M10*25 (#22)
- 8 x Flat Washer M10-D20 (#28)
- 8 x Bullet Ring M8 (#31)



Step 5:

Attach the Universal Head Pad (#16), Universal Back Pad (#15), Universal Seat Pad (#17), and Rectangular Foot Pad (#14) to the Back Frame Assembly (#15) and Seat Adjustment Frame (#12) as follows, and fasten the 20 plastic plug (#33)

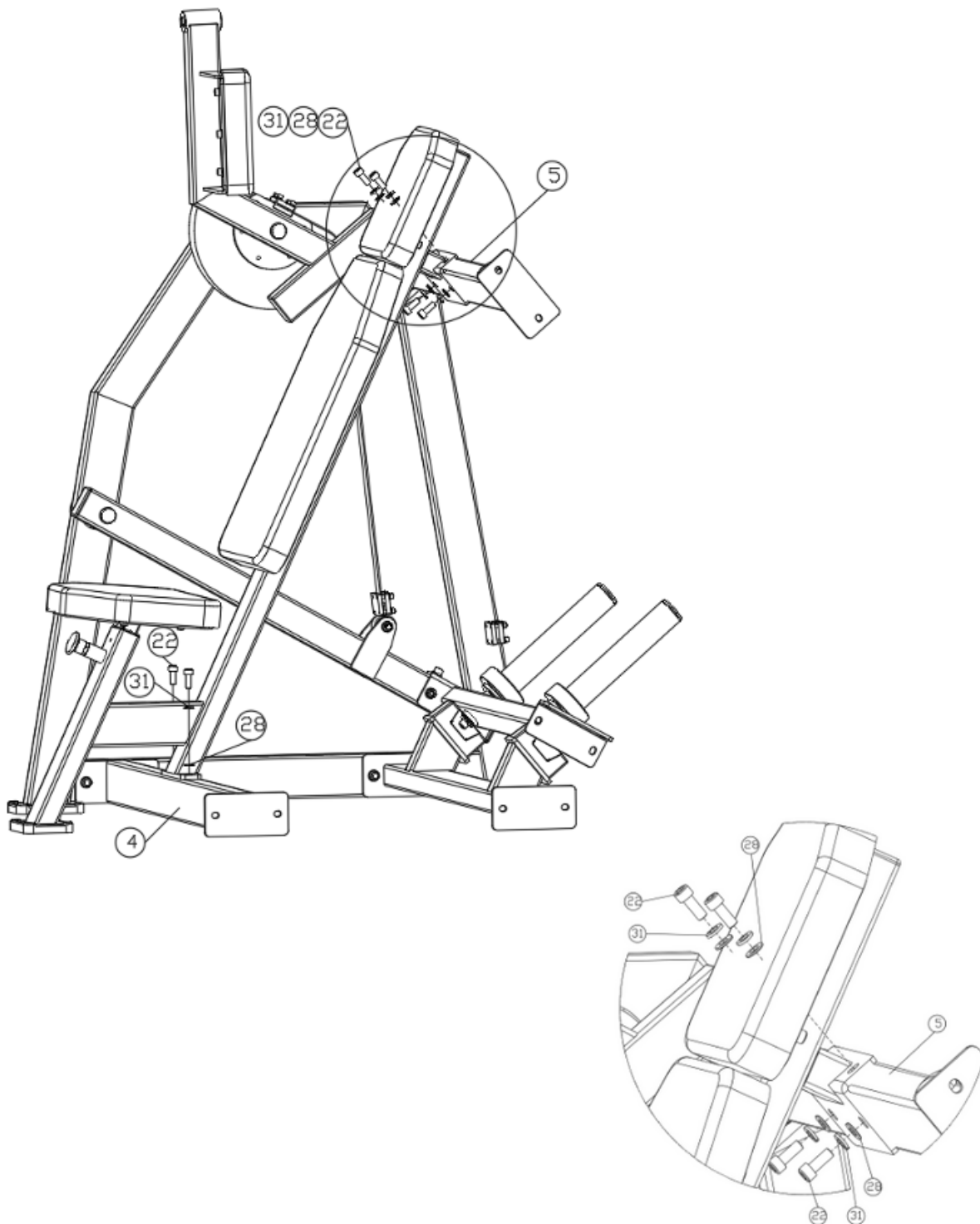
- 11 x Hexagon socket head screws M8x25 (#25)
- 11 x Flat Washer M8-D16 (#29)



Step 6:

Install the backrest assembly assembled in the previous step on the upper connecting frame assembly (#5) and the bottom connecting rod assembly (#4) in the following way (the single side frame group is not shown in the figure for ease of installation procedure)

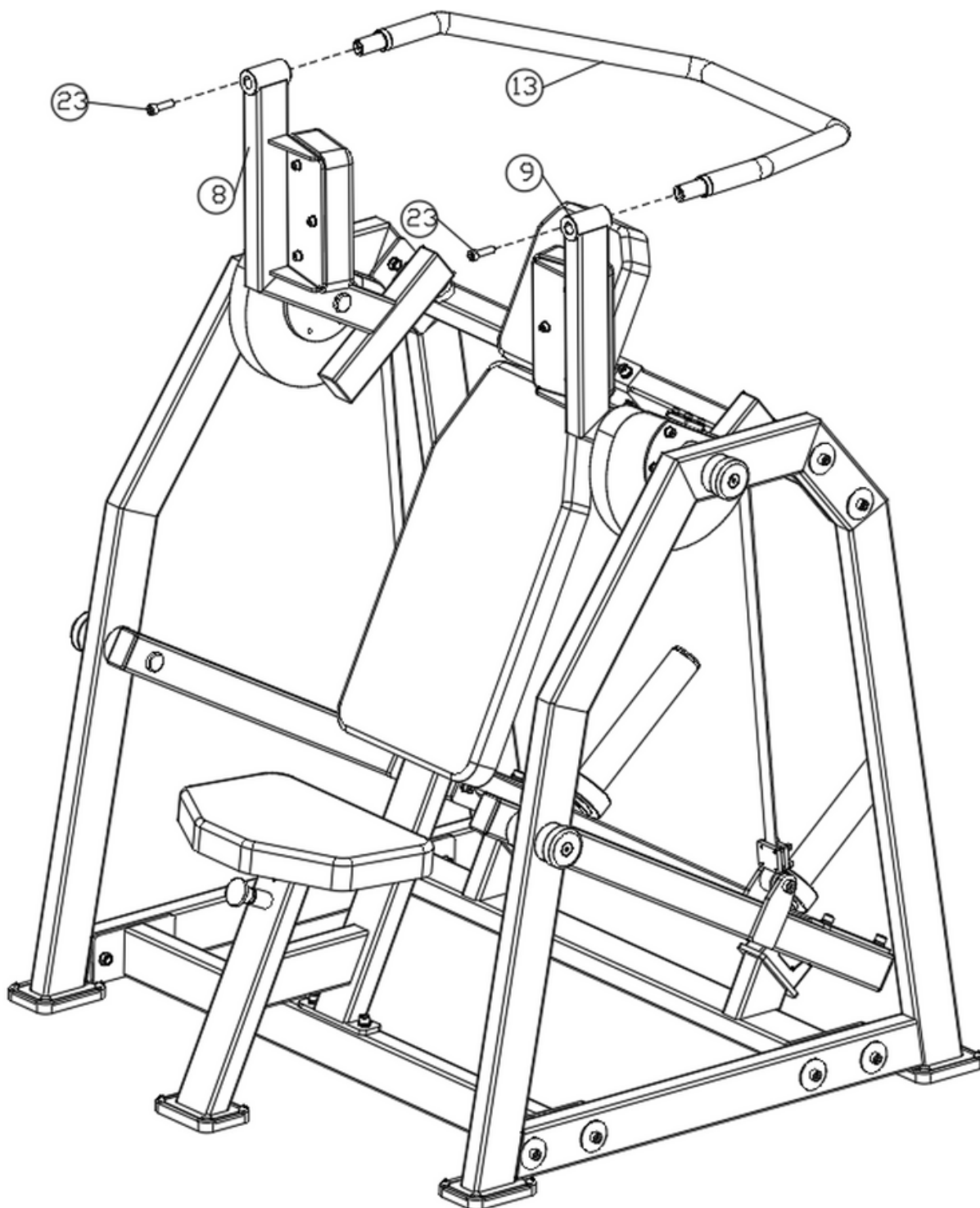
- 6 x hex cylindrical head screw M10x25(#22)
- 6 x spring washer M10(#31)
- 6 x flat washer M12-D20(#28)



Step 7:

Install the push-down armrest assembly (#13) on the left component of the small arm (#8) and the right component of the small arm in the following method.(#9)

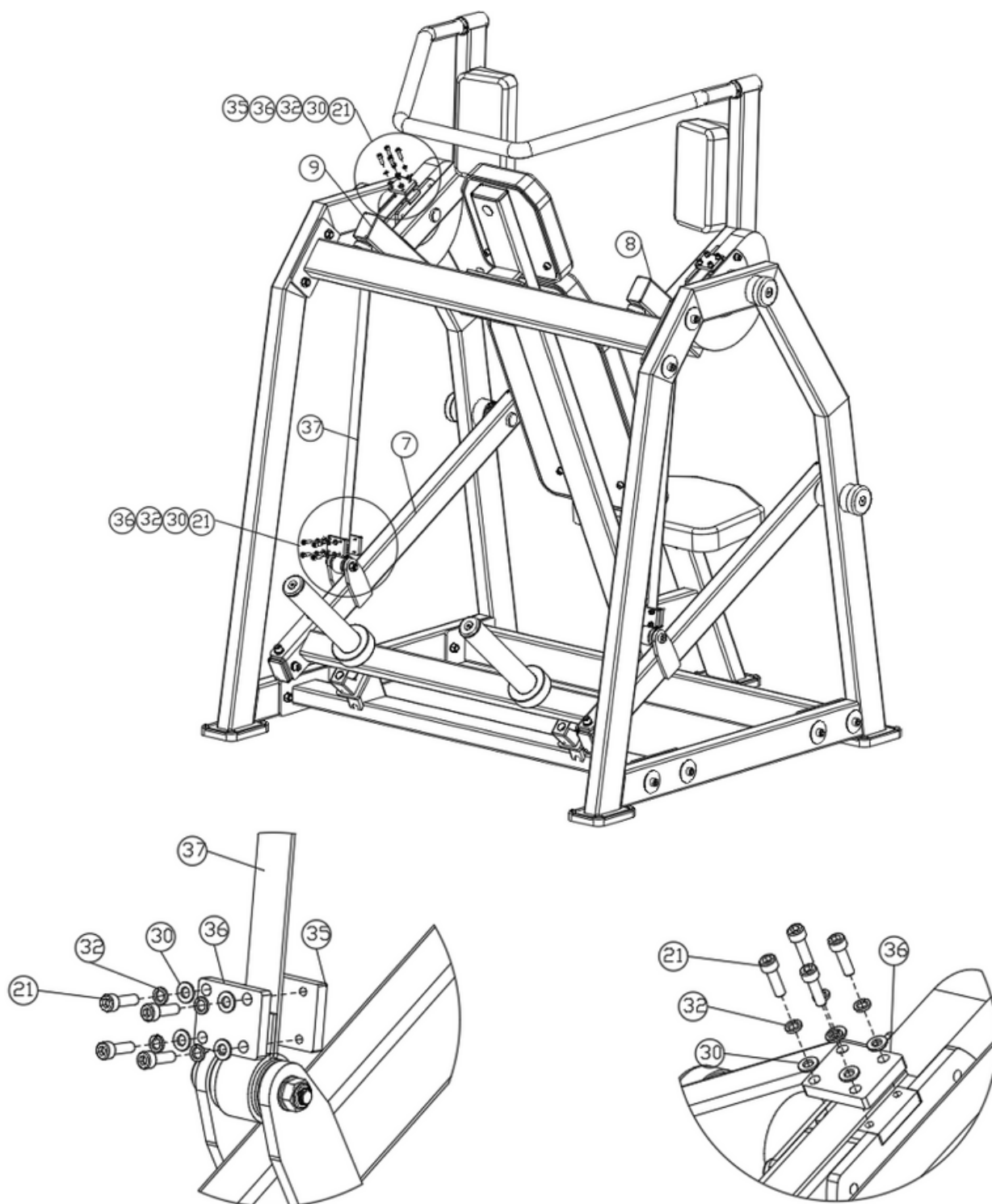
- 2 x Allen socket head screws M10*35 (#23)



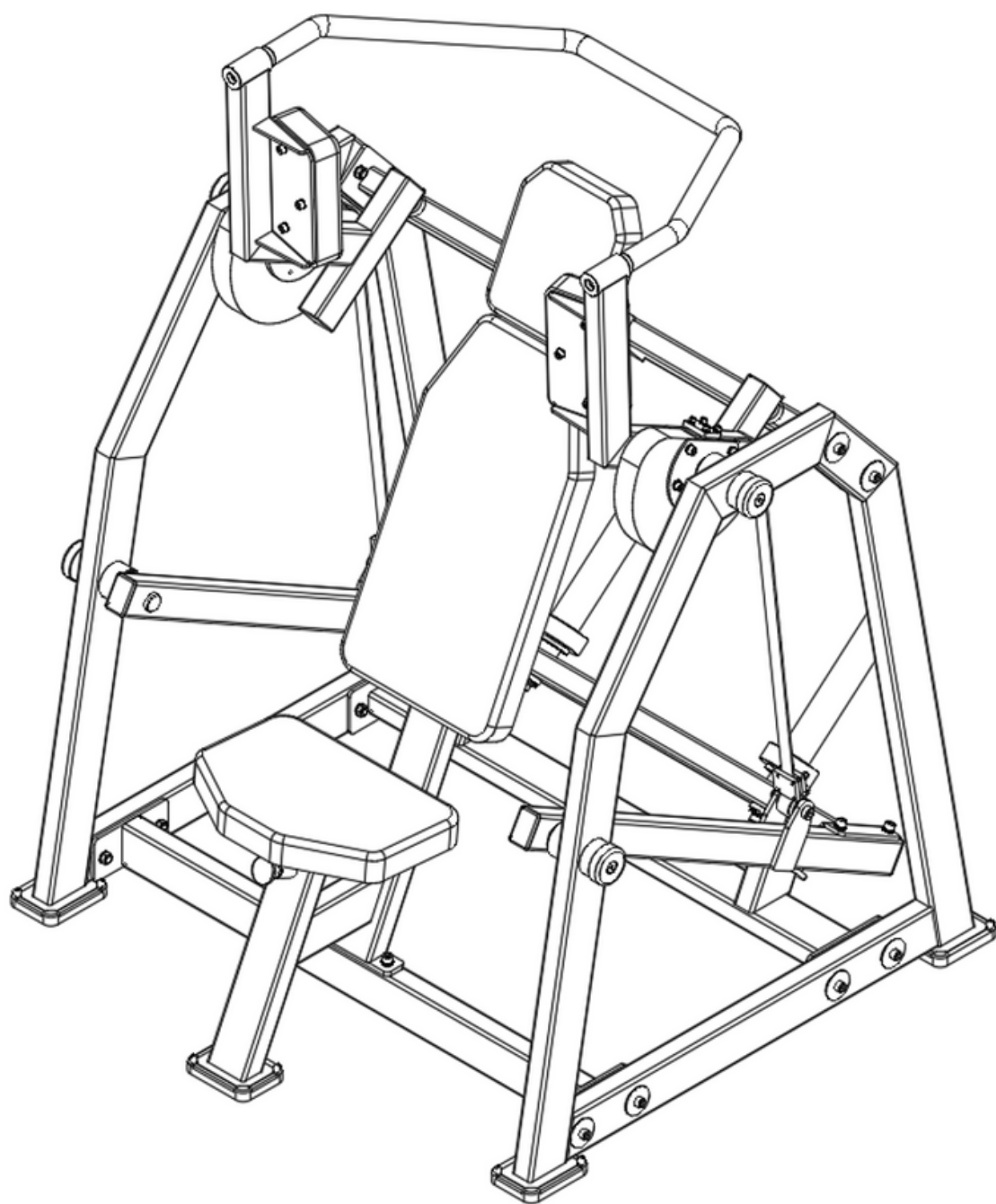
Step 8:

Wrap the belt (#37) around the right assembly of the small arm (#9) and the left arm assembly (#7) with the following method, and press it with the belt pressure plate A (#35) and the belt pressure plate B (#36), and then lock it with bolts

- 16 x Allen Socket Head Screws M6*20 (#21)
- 6 x Springpads M10 (#31)
- 6 x Flat Washers M1-D20 (#28)



Assembly



Important Tips

Now that the Pullover 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

Serial No.	Name & Specification	Quantity
1	Left Frame	1
2	Right Frame	1
3	Rear Connection Frame	1
4	Bottom Connecting Rod	1
5	Upper Connection Frame	1
6	Left Arm Assembly	1
7	Right Arm Assembly	1
8	Small Left Arm Assembly	1
9	Small Right Arm Assembly	1
10	Weight Peg Assembly	1
11	Backrest Frame Assembly	1
12	Seat Adjustment Frame	1
13	Downward Pressing Arm Assembly	1
14	Rectangular Foot Pad	5
15	Universal Large Back Pad	1
16	Universal Head Pad	1
17	Universal Seat Cushion	1
18	60 Aluminum Cover	4
19	Deep Groove Ball Bearing 6205	4
20	Deep Groove Ball Bearing 60-28	4

21	Hexagon Socket Screw M6*20	16
22	Hexagon Socket Screw M10*25	14
23	Hexagon Socket Screw M10*35	2
24	Hexagon Socket Screw M10*60	12
25	Hexagon Socket Screw M8*25	11
26	Countersunk Hex Screw M10*25	4
27	Flat Washer M10-D50	12
28	Flat Washer M10-D20	26
29	Flat Washer M8-D16	11
30	Flat Washer M6-D12	16
31	Spring Washer M10	14
32	Spring Washer M6	16
33	20 Hole Plug	1
34	Hex Lock Nut M10	12
35	Belt Clamp A	2
36	Belt Clamp B	4
37	Belt	1