

FITNESS360[®]

FT8272

Dual Seated / Standing Lateral Raise



Rubber Hammer
Level ruler
Allen wrench
Two person
Spring clamp
Adjustable Wrench

Fasteners



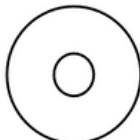
[51] (M10*25)



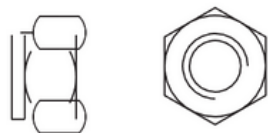
[56]Spring mat M10



[52] (M10*30)



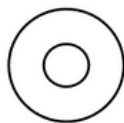
[57]flat mat M10-D20



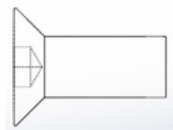
[58]Hexagon self-locking nuts M10



[53] (M10*55)



[59]flat mat M8-D16



[61]spring mat M10



[54] (M8*25)

Step 1:

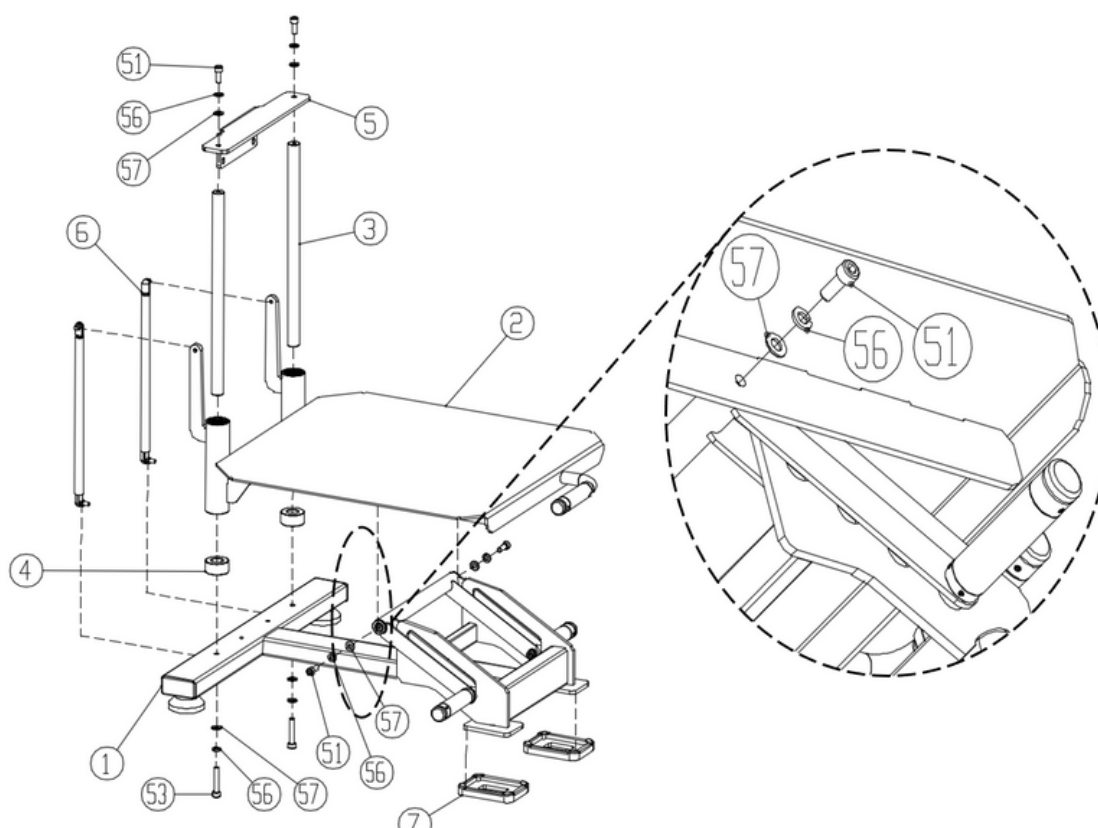
Attach the 2 rectangular foot pads (#7) to the pedal chassis (#1).

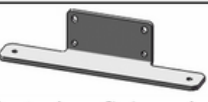
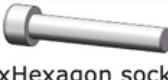
Mount the pedal assembly (#2), 2 chute bars (#3), 2 chute bar rubber pads (#4), and the chute bar retainer plate (#5) onto the pedal chassis (#1).

Attach 2 gas springs (#6) to the pedal chassis (#1) and the pedal assembly (#2).

Use the following hardware:

- 4 × Hexagon socket head screws M10*25 (#51)
- 2 × Hexagon socket head screws M10*55 (#53)
- 6 × Spring washers M10 (#56)
- 6 × Flat washers M10-D20 (#57)



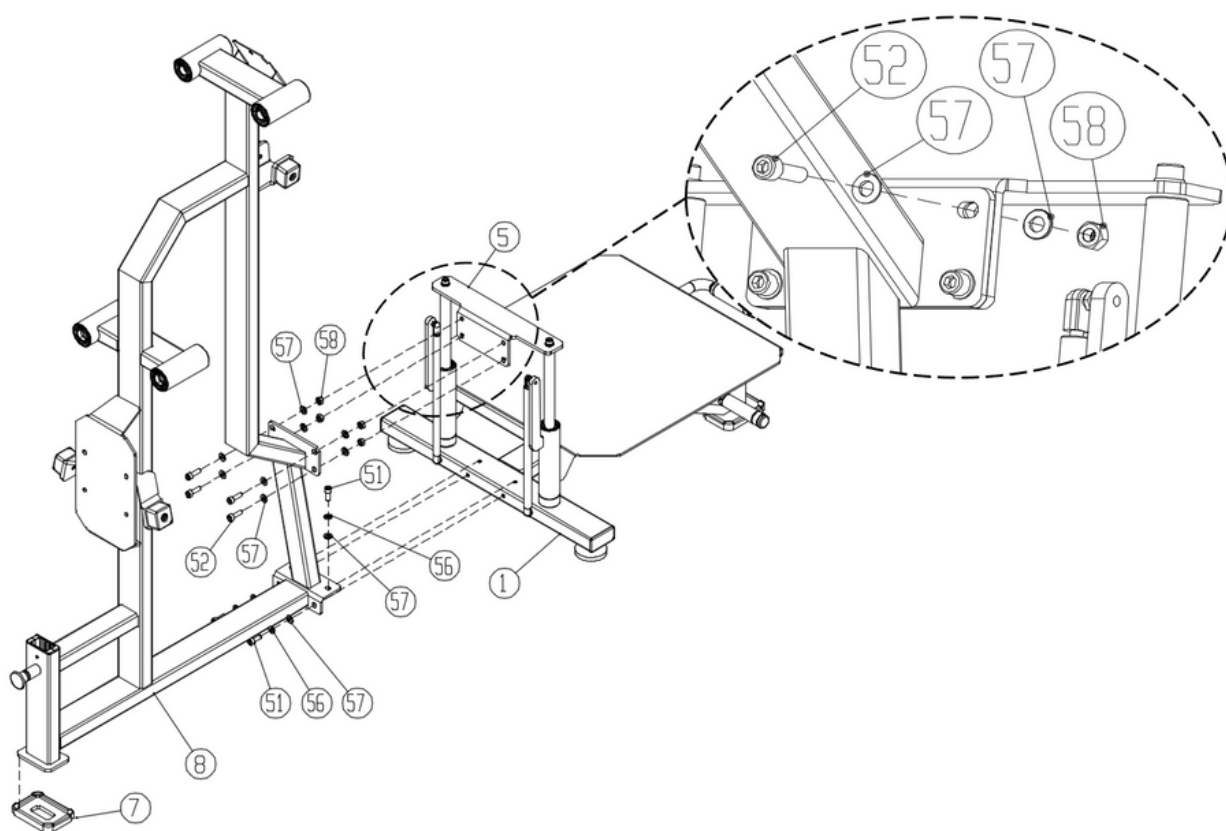
 pedal chassis (#1)	 2x Chute Rod Rubber Mat (#4)	 2x Rectangular feet (#7)	 6x spring washer M10 (#56)
 pedal assembly (#2)	 Chute bar fixing plate (#5)	 4x Hexagon socket cheese head screws M10*25 (#51)	 6x flat washer M10-D20 (#57)
 2x chute bar (#3)	 2x pneumatic spring (#6)	 2x Hexagon socket cheese head screws M10*55 (#53)	

Step 2:

Attach the riser assembly (#8) to the pedal chassis (#1) and chute bar mounting plate (#5). Mount 1 rectangular foot pad (#7) to the riser assembly (#8).

Use the following hardware:

- 4 × Hexagon socket head screws M10*25 (#51)
- 4 × Hexagon socket head screws M10*30 (#52)
- 4 × Spring washers M10 (#56)
- 12 × Flat washers M10-D20 (#57)
- 4 × Hexagonal self-locking nuts M10 (#58)



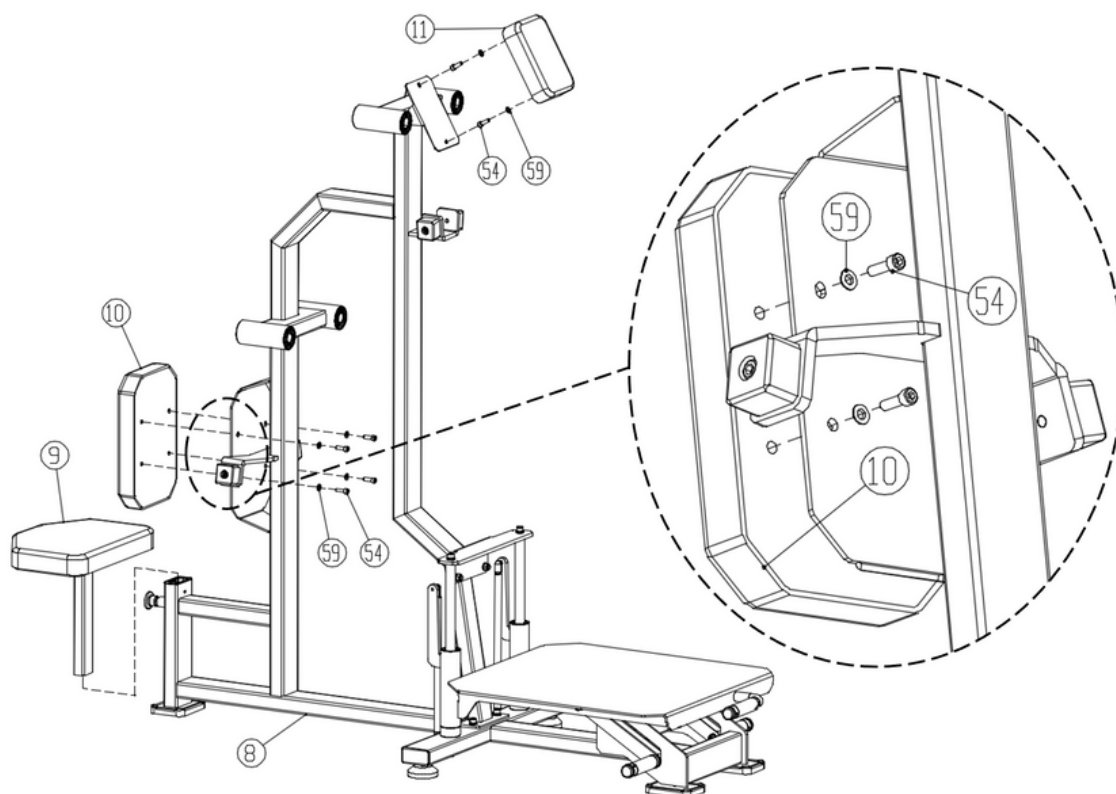
 Riser components (#8)	 4xHexagon socket cheese head screws M10*30 (#52)	 12xflat washer M10-D20 (#57)
 4xHexagon socket cheese head screws M10*25 (#51)	 4xspring washer M10 (#56)	 4 x Hexagonal locknuts M10 (#48)

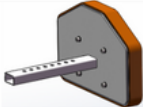
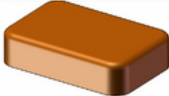
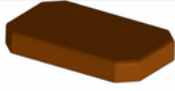
Step 3:

Install the seat adjustment frame assembly (#9) to the upright frame assembly (#8).

Install the back cushion (#10) to the upright frame assembly (#8) using the following method; install the head cushion (#11) to the upright frame assembly (#8) using the following hardware:

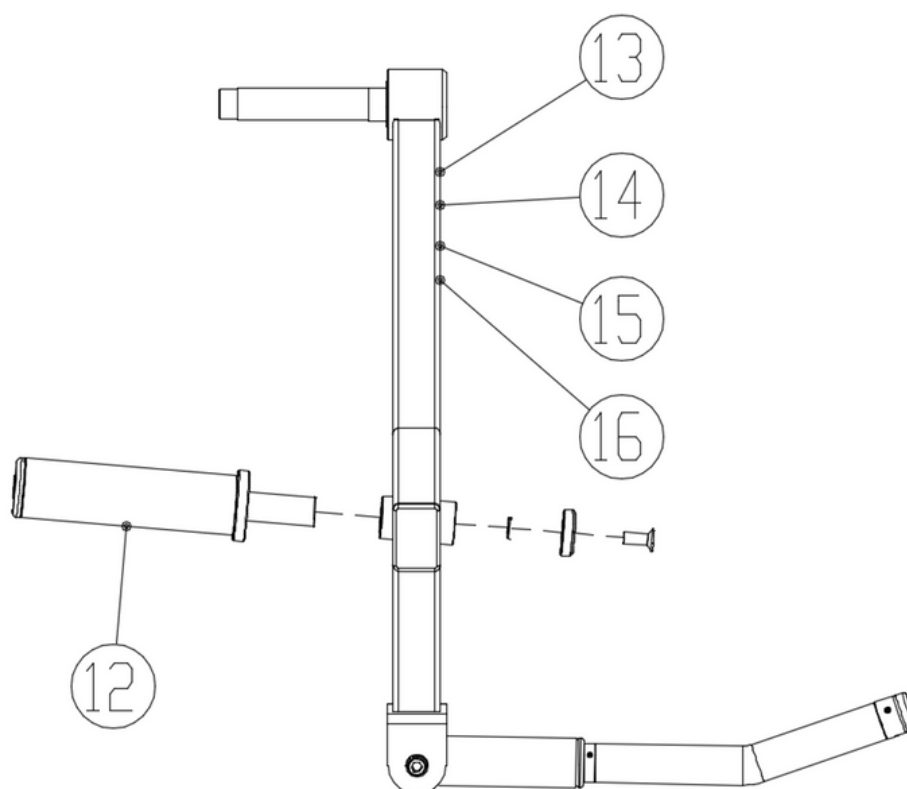
- 6 x Hexagon socket cheese head screws M8*25 (#54)
- 6 x flat washer M8-D16 (#59)

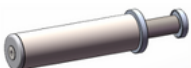


 Seat Adjustment Frame Assembly (#9)	 headrest (#11)	 6 x flat mat M8-D16 (#59)
 backrest (#10)	 6 x Hexagon socket cheese head screws M8*25 (#54)	

Step 4:

Install the 4-piece force arm sleeve set (#12) onto the long force arm left (#13), long force arm right (#14), short force arm left (#15) and short force arm right (#16).

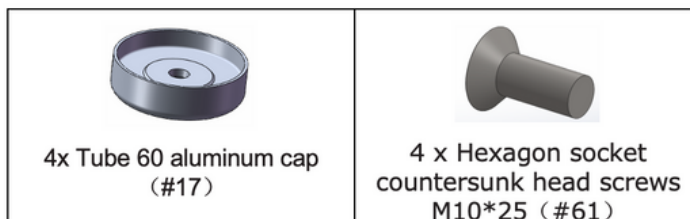
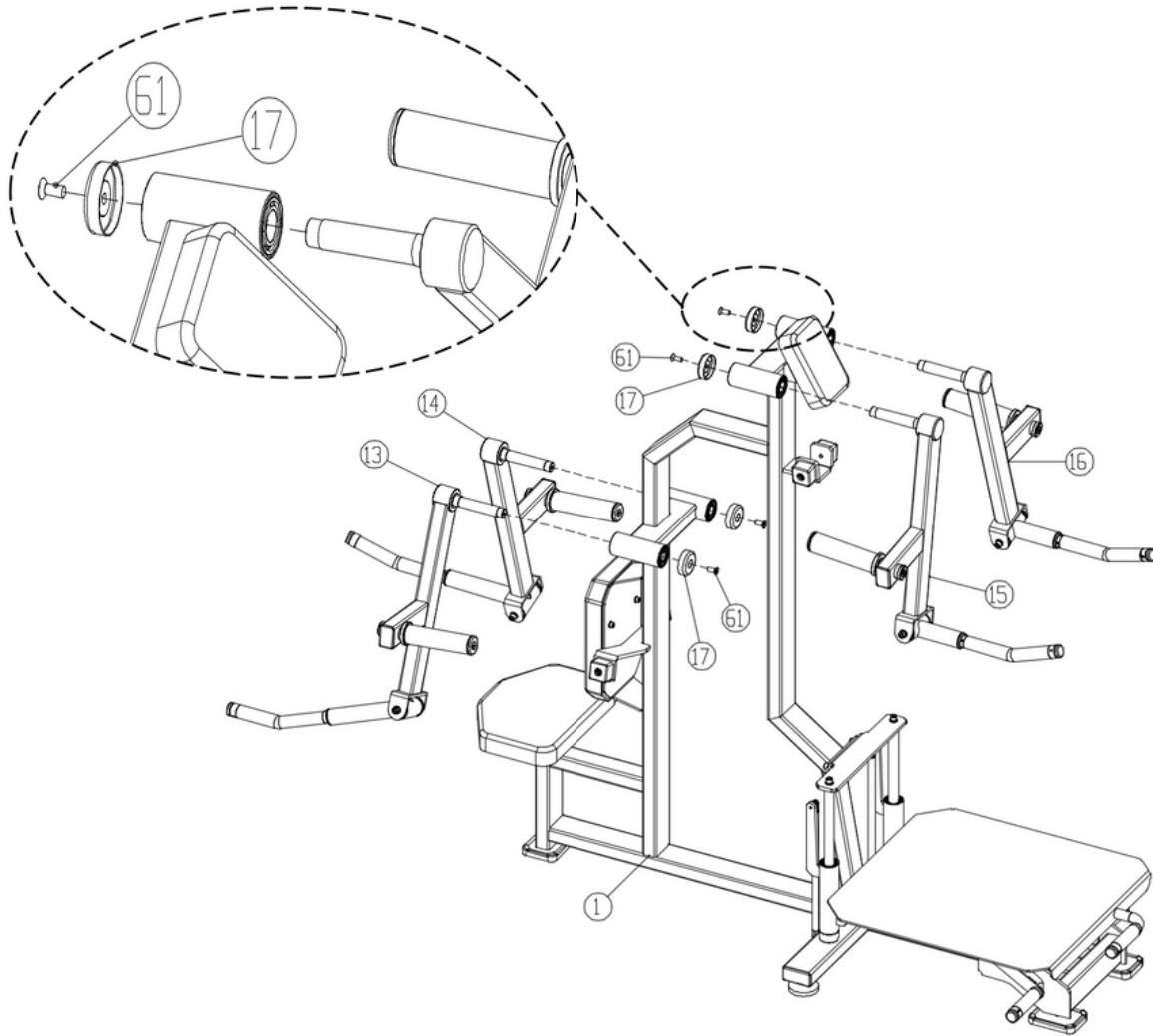


 4x Force Arm Sleeve Set (#12)	 Long force arm right (#14)	 Short force arm right (#16)
 Long force arm left (#13)	 Short force arm left (#15)	

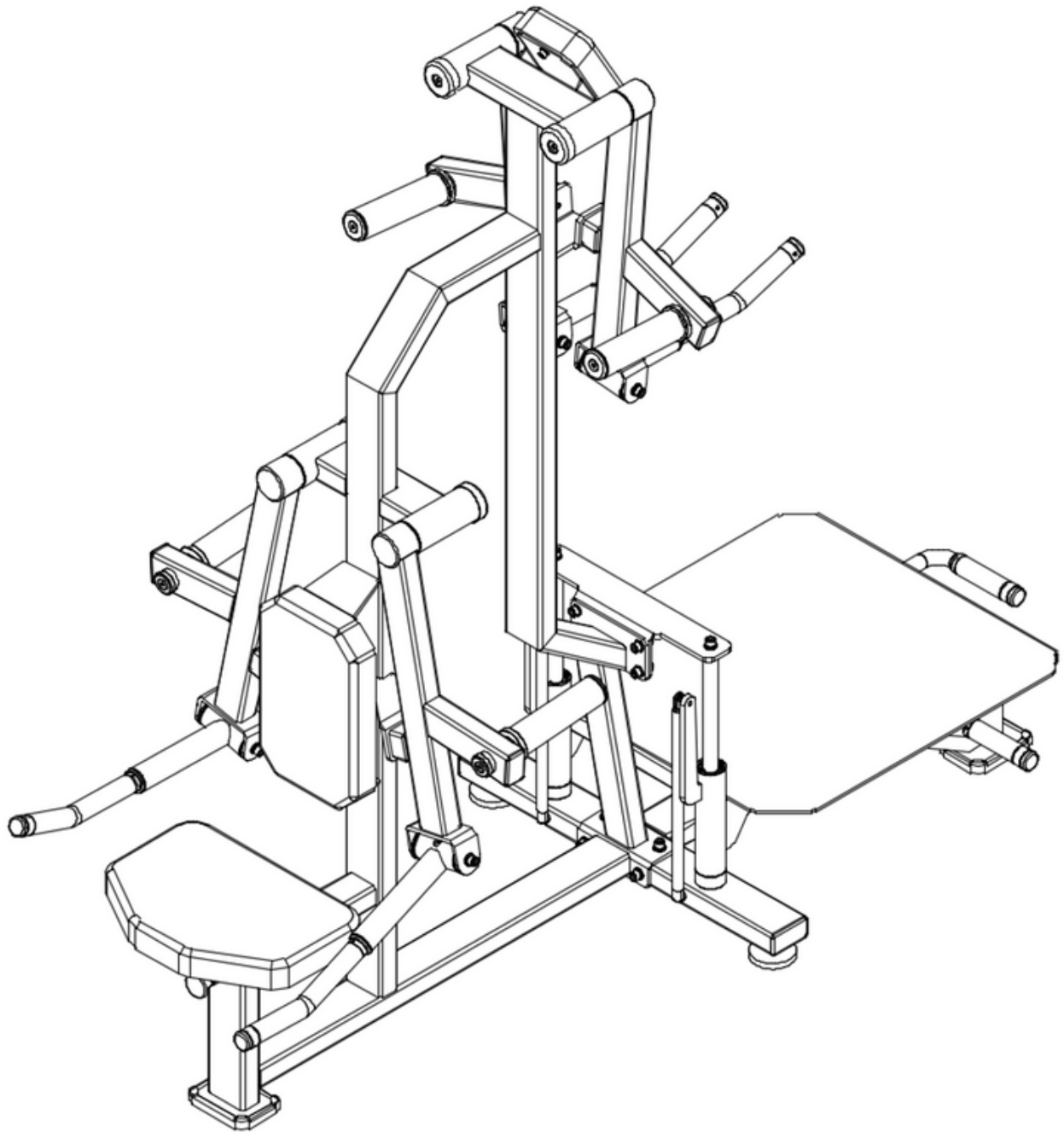
Step 5:

Install the long force arm left (#13), the long force arm right (#14), the short force arm left (#15), the short force arm right (#16), and the four tubular 60 aluminum caps (#17) to the riser assembly (#8) using the following method:

- 4 x Hexagon socket countersunk head screws M10*25 (#61)



Assembly



Important Tips

Now that the Dual Seated / Standing Lateral Raise 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 specification	QTY
1	pedal chassis	1
2	pedal assembly	1
3	chute bar	2
4	Chute Rod Rubber Mat	2
5	Chute bar fixing plate	1
6	pneumatic spring	2
7	Rectangular feet	3
8	Riser components	1
9	Seat Adjustment Frame Assembly	1
10	backrest	1
11	headrest	1
12	Force Arm Sleeve Set	4
13	Long force arm left	1
14	Long force arm right	1
15	Short force arm left	1
16	Short force arm right	1
17	Tube 60 aluminum cap	4
51	Hexagon socket cheese head screws M10*25	8
52	Hexagon socket cheese head screws M10*30	4
53	Hexagon socket cheese head screws M10*55	2
54	Hexagon socket cheese head screws M8*25	6
56	spring washer M10	10
57	flat washer M10-D20	18
58	Hexagonal self-locking nuts M10	4
59	flat washer M8-D16	6
61	Hexagon socket countersunk head screws M10*25	4

Exploded view

