

FITNESS360[®]

FT7220

Split Pull Down



Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Step 1:

Use the following method to connect the main side frame (#6), universal connecting frame (#8), and strengthening connecting frame (#7)

- 14x Hexagon socket head screw M10*25 (#9)
- 14x Spring washer M10 (#10)
- 6x Flat washer M10 (#11)
- 8x Threaded decorative sleeve (#12)

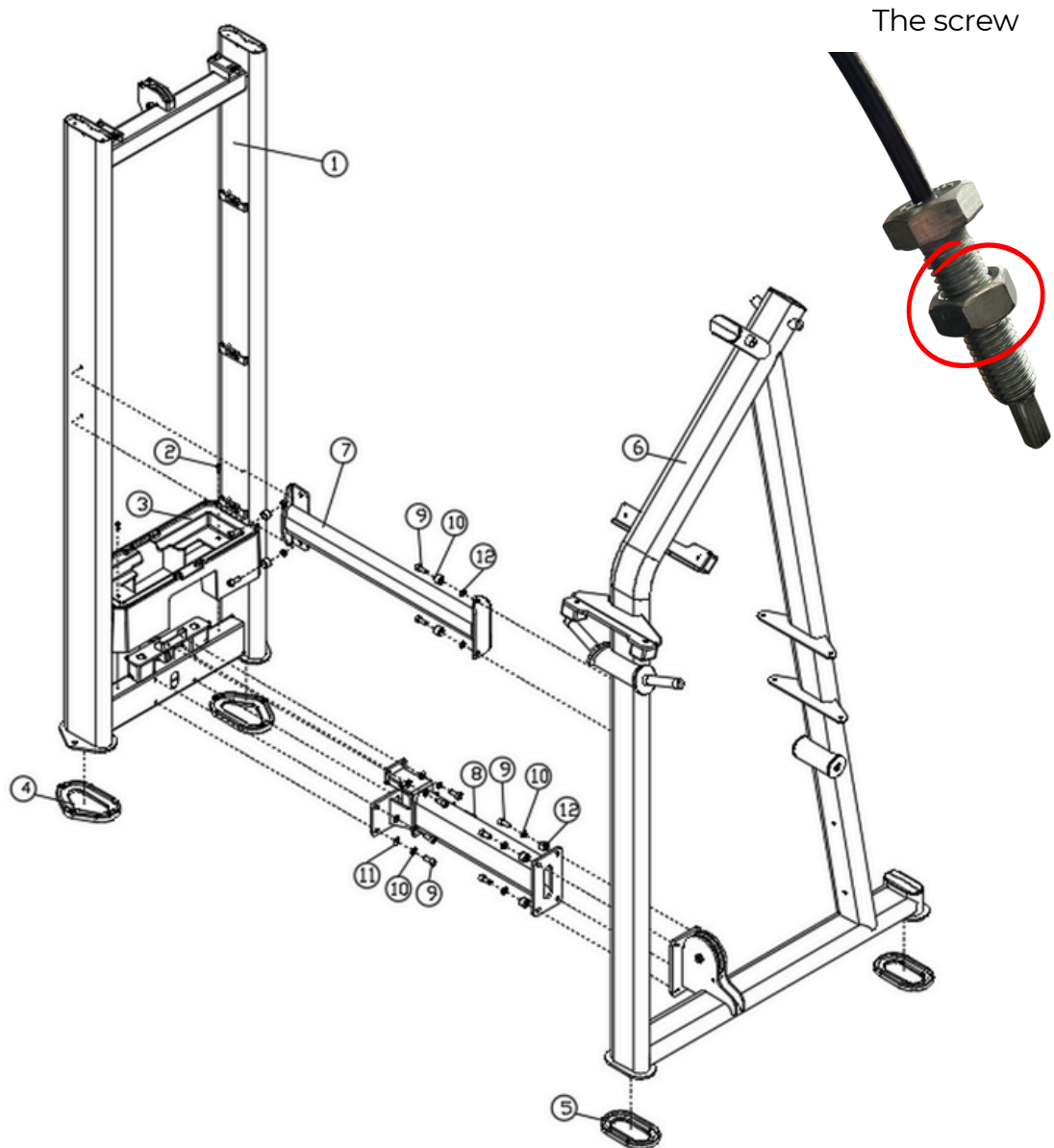
Step 2:

Connect the counterweight lower guard (#3) to the counterweight frame (#1) using the following method:

- 2 x Hexagon socket head screw M5*16 (#2)

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:

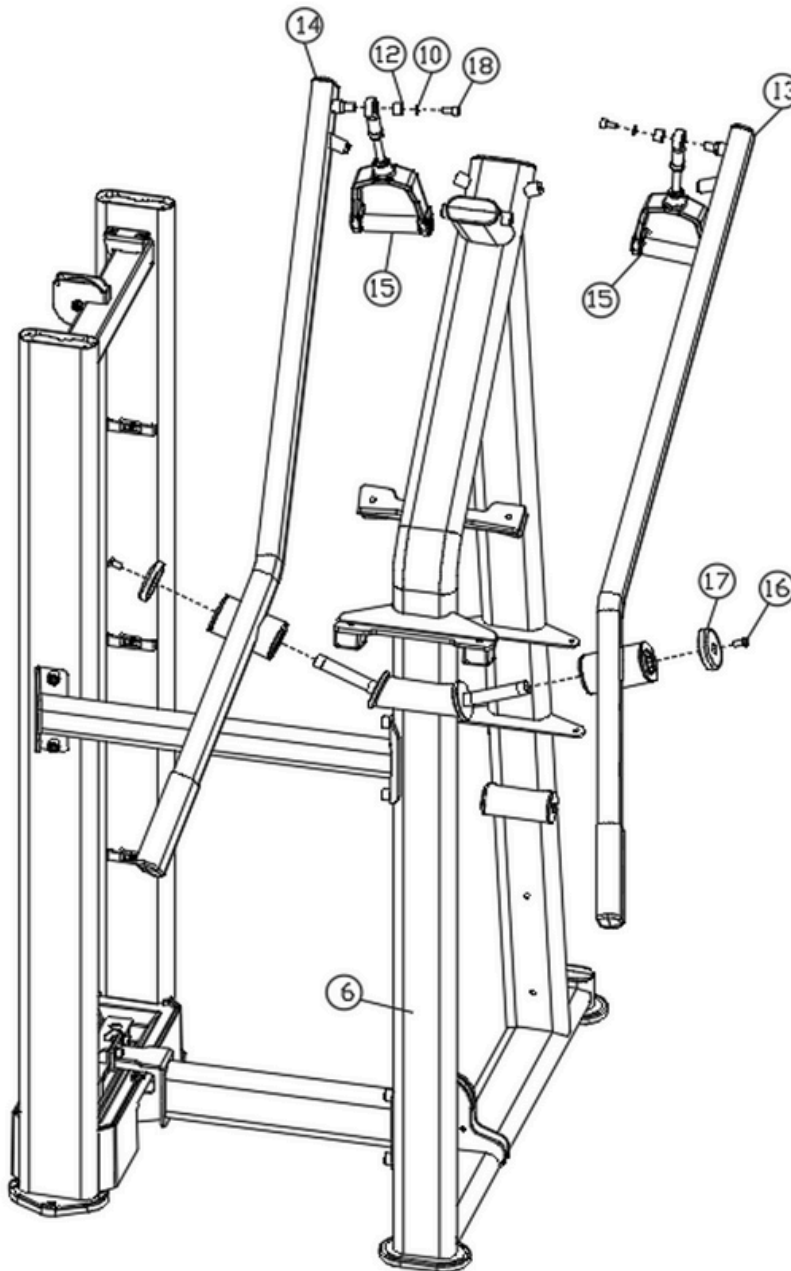
Connect the left and right lever arms (#13) (#14) and the 76 aluminum cover (#17) to the main side frame (#6) using the following method:

- 4 x Hexagon socket countersunk screw M10X25 (#16)

Step 4:

Connect the handlebar (#15) to the left and right lever arms (#13) (#14) in the following manner:

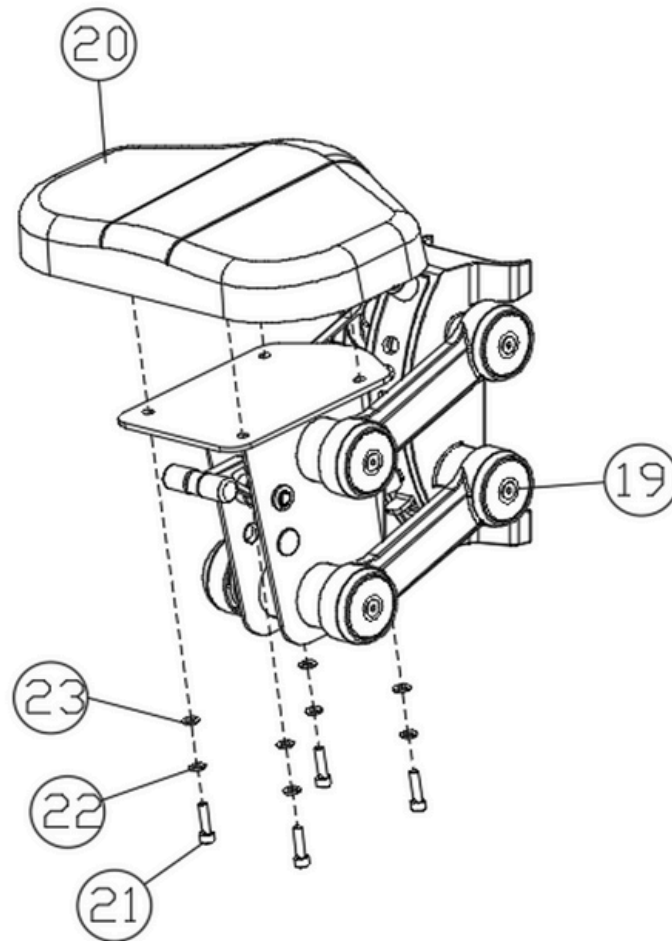
- 2x Hexagon socket head screw M10*25 (#9)
- 2x Spring washer M10 (#10)
- 2x Threaded decorative sleeve (#12)



Step 5:

Attach the seat cushion (#20) to the universal seat frame (#19) using the following method:

- 4x Hexagon socket head screw M8*25 (#21)
- 4x Spring washer M8 (#22)
- 4x Flat washer M8 (#23)



Step 6:

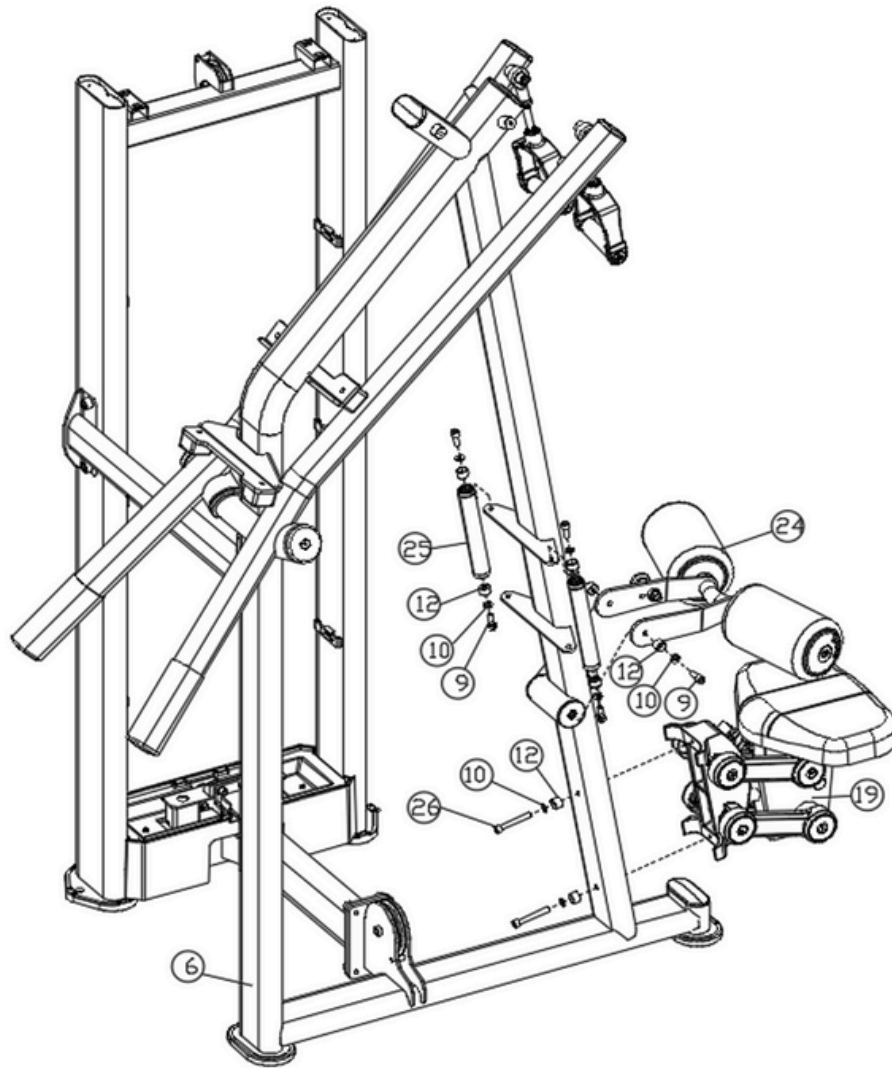
Connect the Universal Seat (#19) to the Main Side Frame (#6) using the following method:

- 2x Hexagon socket head screw M10*70 (#26)
- 2x Spring washer M10 (#10)
- 2x Threaded decorative sleeve (#12)

Step 7:

Connect the leg press assembly (#24), handle bar (#25) and main side frame (#6) using the following method:

- 6x Hexagon socket head screw M10*25 (#9)
- 6x Spring washer M10 (#10)
- 2x Threaded decorative sleeve (#12)



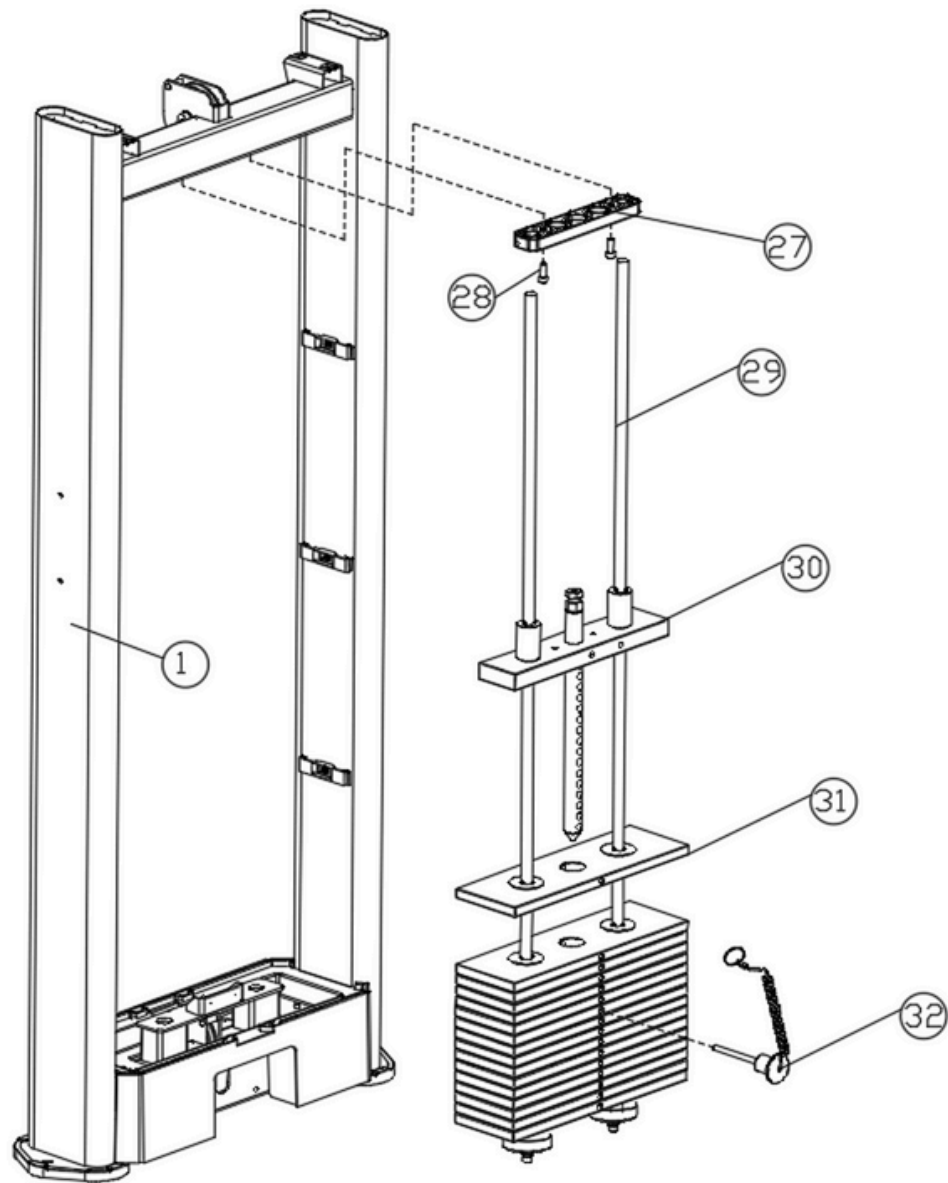
Step 8:

Slide the 18 counterweights (#31) onto the guide rods (#29).

Install the guide block assembly (#30) onto the guide rod (#29).

Insert the counterweight pin (#32) into the counterweights (#31).
Slide the guide rod retaining plate (#27) onto the guide rods (#29).

Attach the guide rod retaining plate (#27) to the counterweight frame (#1) using two hexagon socket head screws (#28).



Step 9:

First disassemble the pre-installed 120 wire wheel (#33), insert the wire rope 1 (#36) as shown in the figure, and install it to the main side frame (#6).

Note that these reels are installed synchronously with the wire rope.

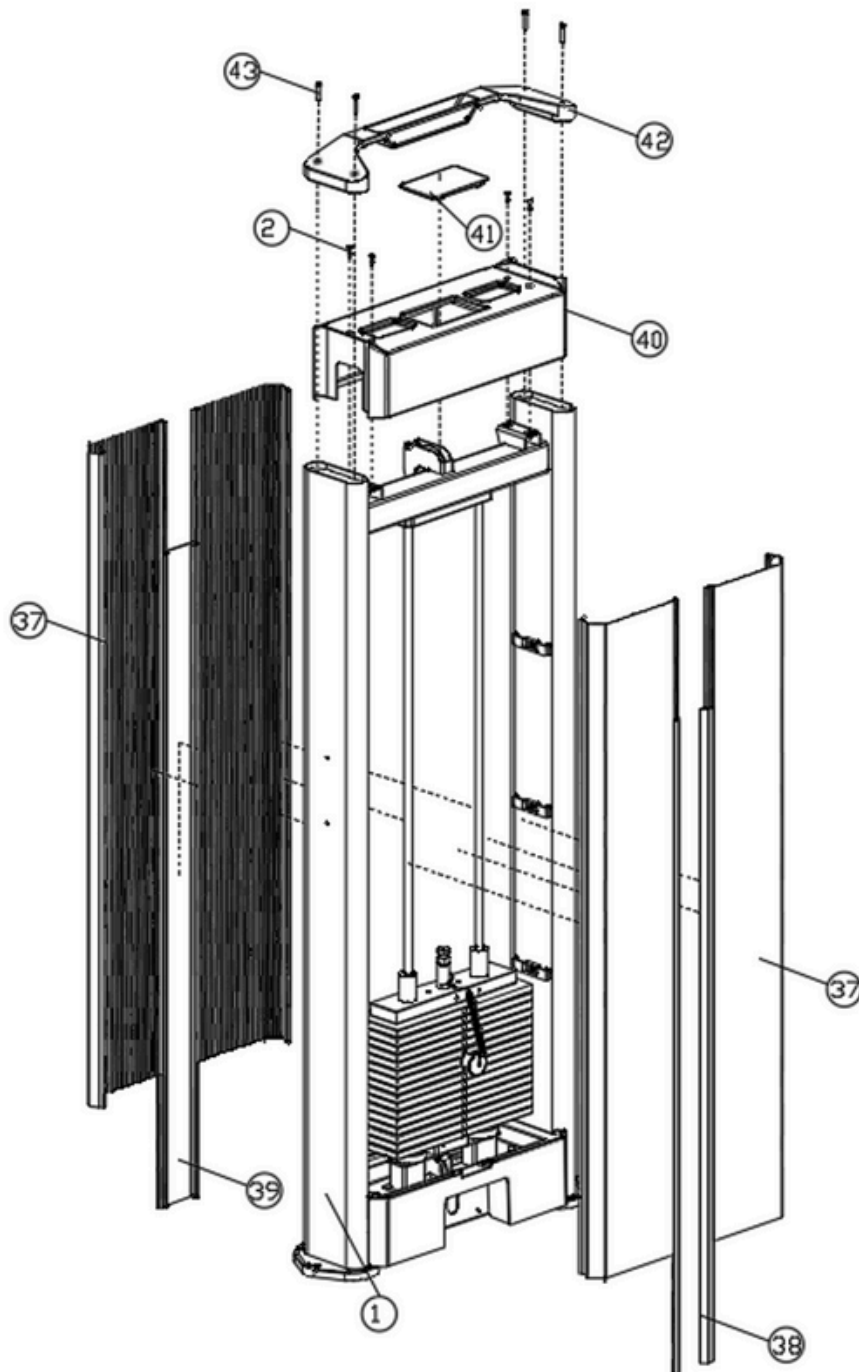
Connect one end of the wire rope 2 (#35) to the counterweight frame (#1) and the other end to the 120 wire wheel bracket (#34) are connected.



Step 12:

Attach the upper cover trim (#42) to the counterweight frame (#1). Secure it with:

- 4 × M6×30 hexagon socket head screws (#43).

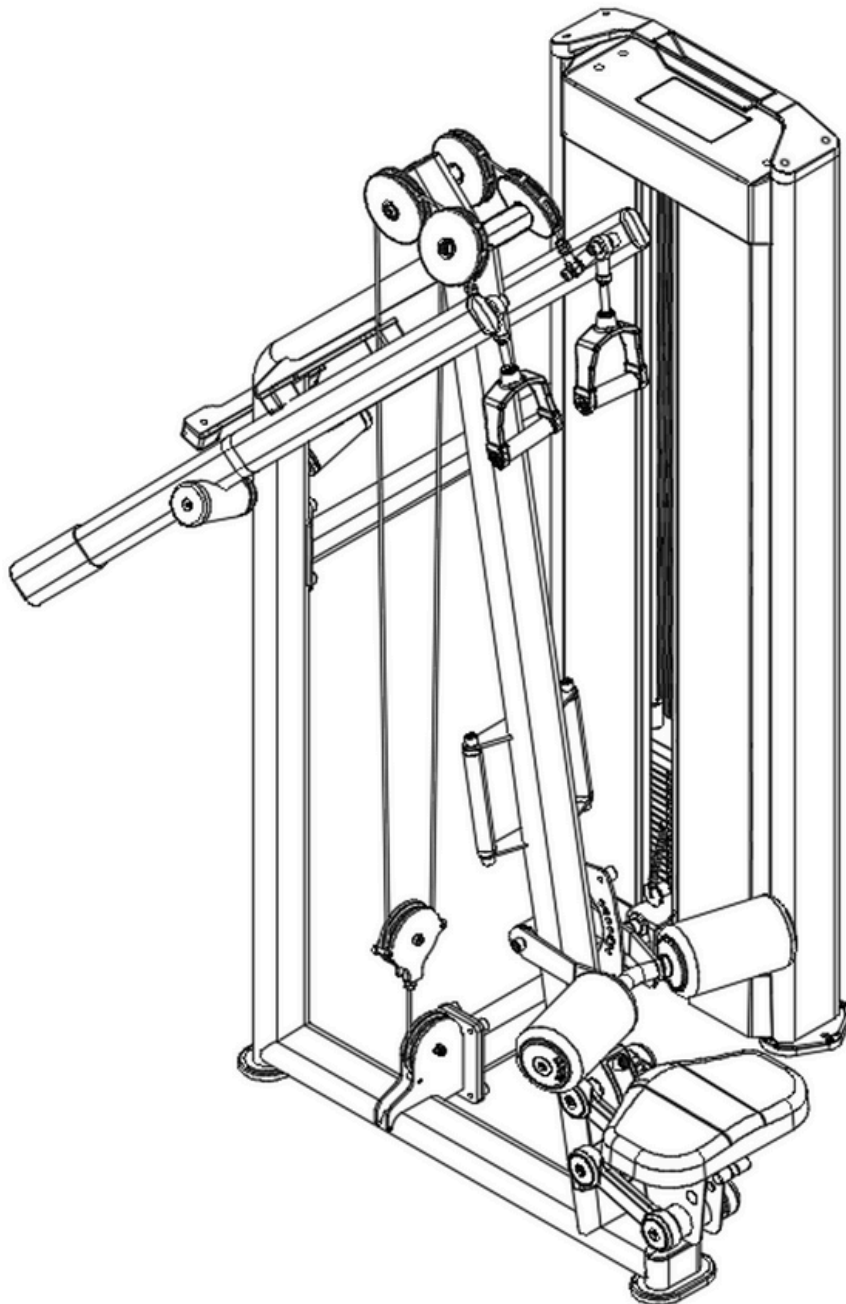


Important Tips

Now that your Split Pull Down 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

ial num	Name and specifications	quantity
1	Counterweight rack	1
2	Hexagon socket head screw (M5*16)	6
3	Counterweight lower guard	1
4	Weight rack foot pads	2
5	Flat oval foot pad	2
6	Main side frame	1
7	Strengthen the connecting frame	1
8	Universal connecting frame	1
9	Hexagon socket head screw (M10*25)	20
10	Spring washer (10)	24
11	Flat washer (10)	10
12	Threaded decorative sleeve	14
13	Left moment arm	1
14	Right moment arm	1
15	handle	2
16	Hexagon socket countersunk screw M10X25	2
17	76 aluminum cover	2
18	Hexagon socket head screw M10x20	2
19	Universal seat frame	1
20	cushion	1
21	Hexagon socket head screw (M8*30)	4
22	Spring washers (8)	4
23	Flat washers (8)	4
24	Leg press assembly	1
25	Handlebar	2
26	Hexagon socket countersunk screw M10X70	2
27	Guide rod fixing plate	1
28	Hexagon socket head screw (M8*20)	2
29	Universal weight guide rod	2
30	Guide block set	1
31	Counterweight	18
32	Counterweight latch	1
33	120 reel box	4
34	120 wire reel bracket	1
35	Wire Rope 1	1
36	Wire Rope 2	1
37	Bezel	4
38	Counterweight decorative strip	2
39	Counterweight source decorative plate	1
40	Counterweight upper guard	1
41	Upper guard cover	1
42	Upper cover decoration	1
43	Hexagon socket head screw (M6*30)	4

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