

FITNESS360[®]

FT8044

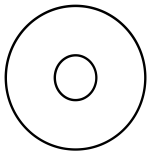
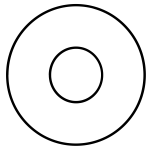
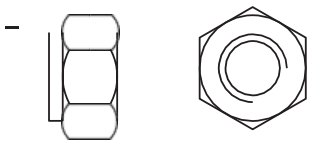
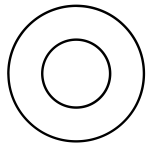
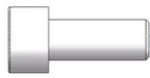
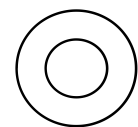
Shoulder Press - Plate Loaded



Rubber rod
Level ruler
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Fastener Overview

Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.

		
[52] (M10*60)	[56] Flat washer M10-D50	[60] Spring washer M10
		
[53] (M10*25)	[57] Flat washer M10-D30	[62] Hexagonal self- locking nut M10
		
[54] (M10*20)	[58] Flat washer M10-D20	
		
[55] (M8*25)	[59] Flat washer M8-D16	

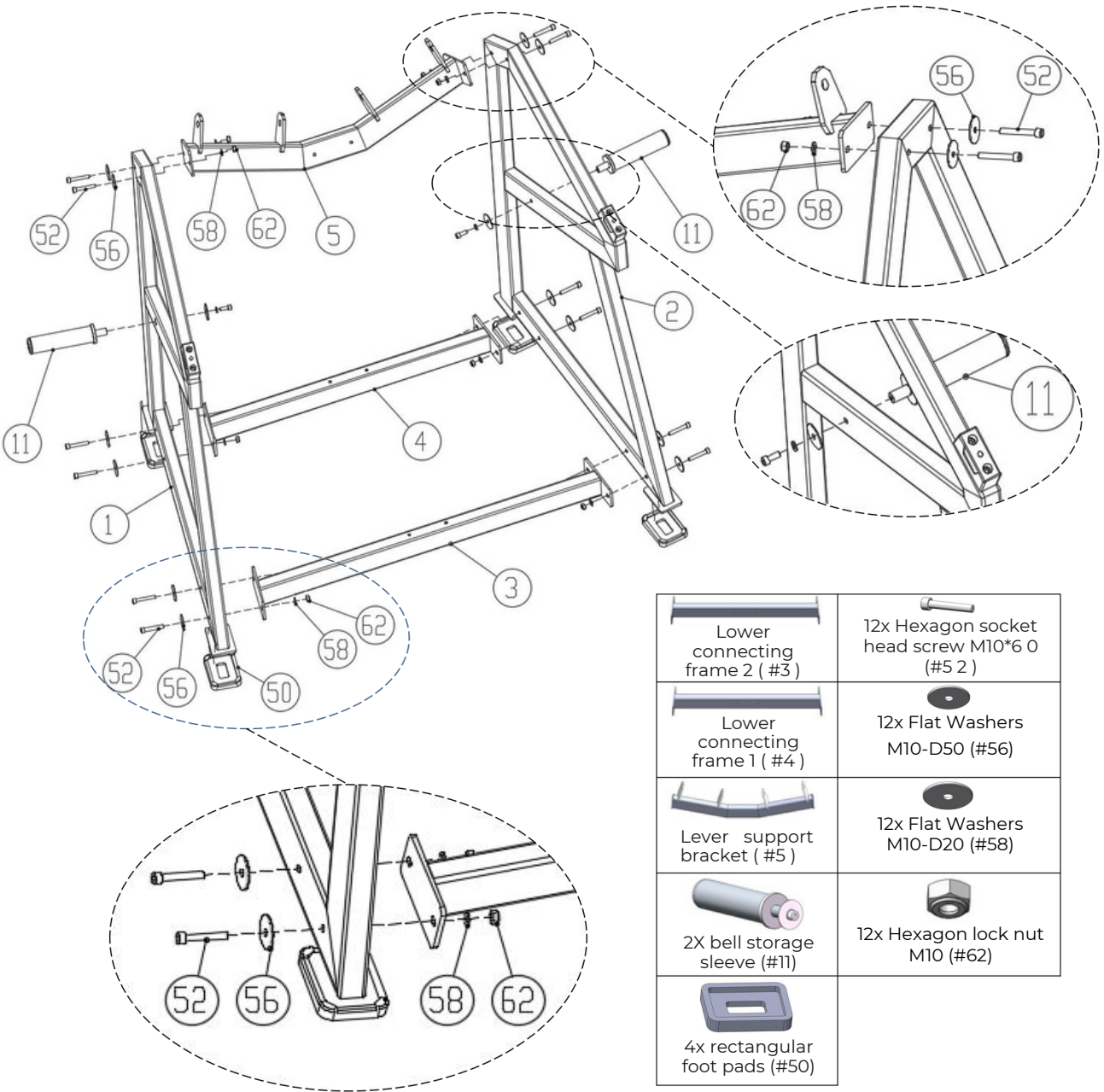
Step 1:

Begin by connecting the lower connecting frame 2 (#3), lower connecting frame 1 (#4), and the lever support frame (#5). Then, attach the two bell plate storage sleeves (#11) to the left frame (#1) and right frame (#2), and install the four rectangular foot pads (#50) to the bottom of both side frames.

Use the following components for assembly:

- 12× M10×60 hexagon socket head screws (#52),
- 12× M10-D20 flat washers (#58),
- 12× M10-D50 flat washers (#56), and
- 12× M10 hexagon lock nuts (#62).

Tighten all bolts with a wrench before moving on to the next step.

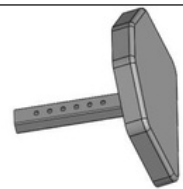
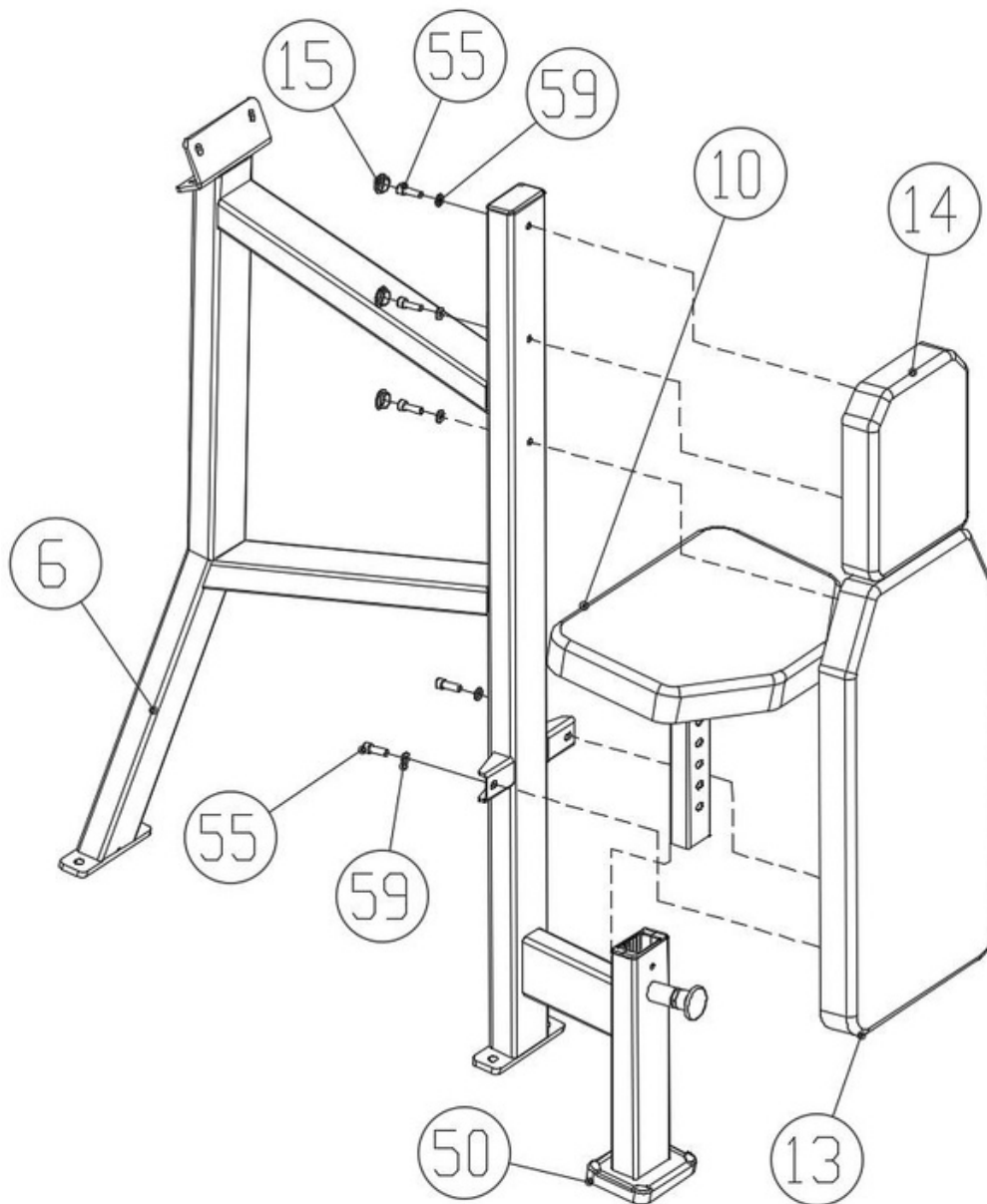


Step 2:

Attach the seat adjustment assembly (#10), the universal large back pad (#13), and the universal head pad (#14) to the main frame assembly (#6). Insert three 20 plugs (#15) into the designated holes, and mount the rectangular foot pad (#50) to the base.

Use the following components:

- 5 × M8×25 hexagon socket head screws (#55)
- 5 × M8 flat washers D16 (#59)



Seat adjustment
assembly (#10)



Universal Large Back
Pad (#13)



Universal head gasket
(#14)



3x 20 plugs (#15)



Rectangular foot pad
(#50)



5x Hexagonsocket
head screw M 8 * 25
(#55)

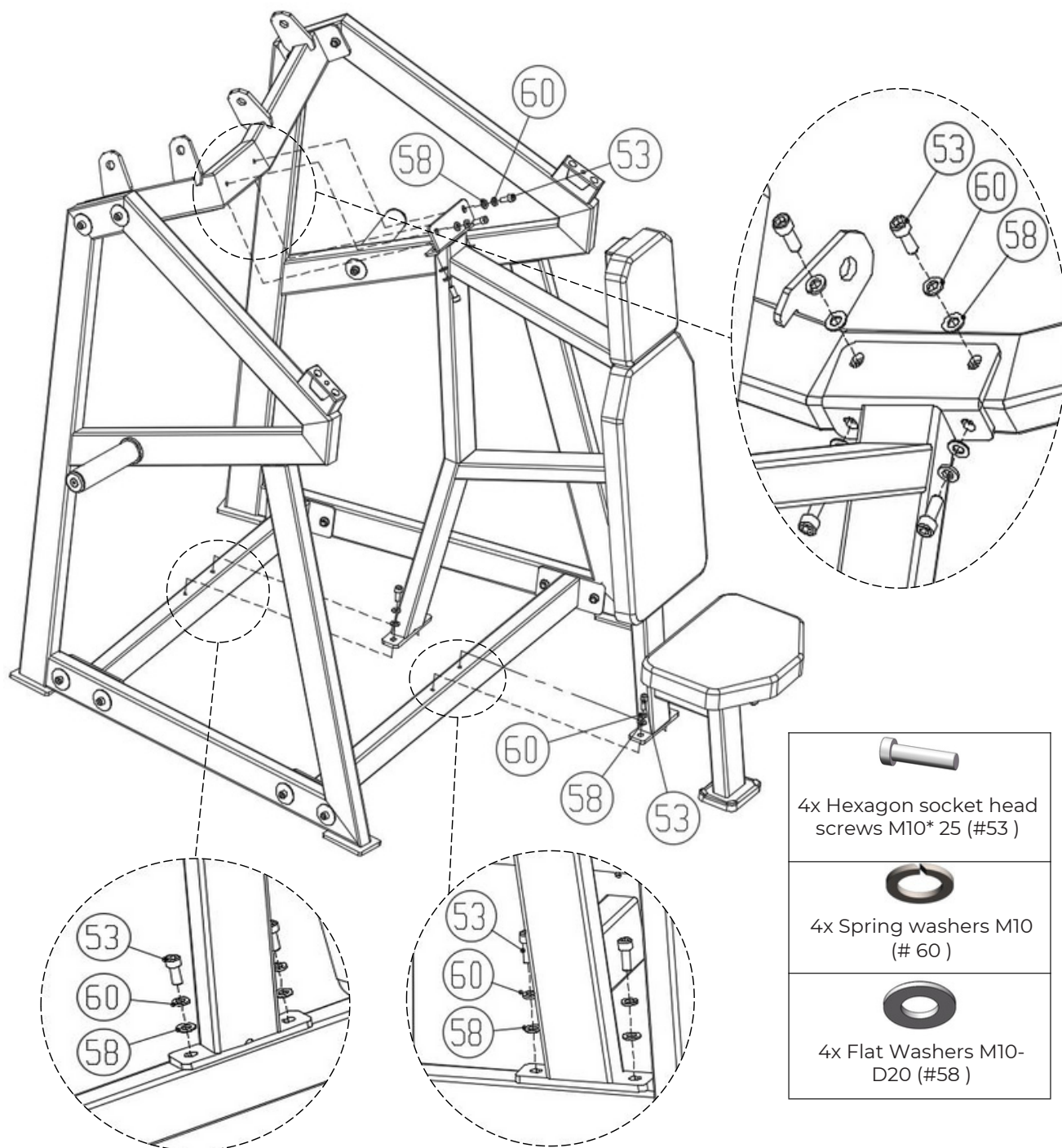


5x Flatwasher M8-
D16 (#59)

Step 3:

Connect the component completed in step 2 to the component completed in step 1 using the following components:

- 4x Hexagon socket head screw M10* 25 (#53)
- 4x Flat washer M10-D 20 (#58)
- 4x Spring Washers M10 (# 60)



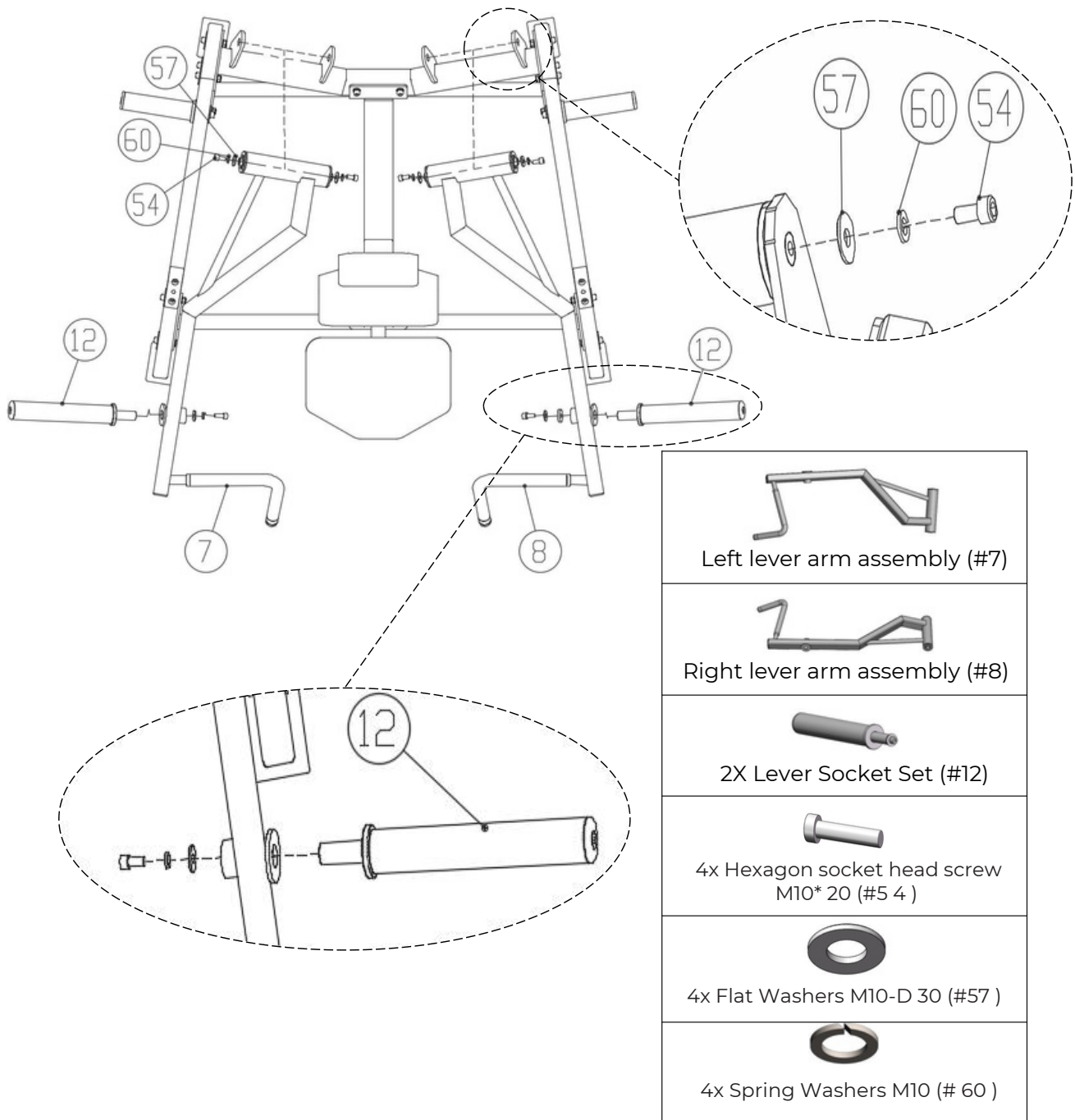
Step 4:

Attach the left lever arm assembly (#7) to the left frame (#1), and the right lever arm assembly (#8) to the right frame (#2).

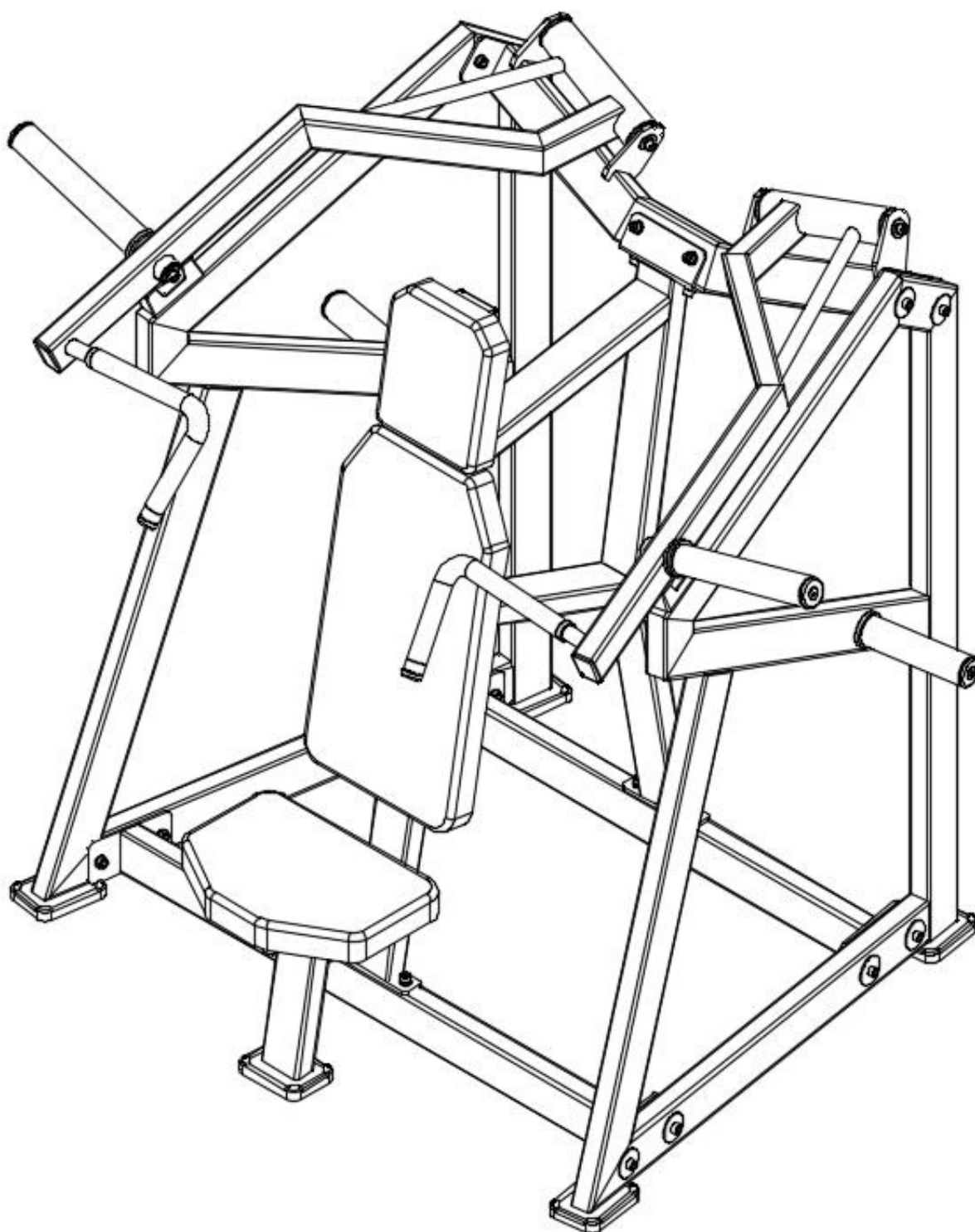
Then, connect the two lever arm sleeves (#12) to the respective lever arm assemblies (#7 and #8).

Use the following components:

- 4 × M10×20 hexagon socket head screws (#54)
- 4 × M10-D30 flat washers (#57)
- 4 × M10 spring washers (#60)



Fully Installation



Important Tips

Now that your Shoulder Press - Plate Loaded 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.

Accessory List

NO	Name and specification	QTY
1	Left side frame	1
2	Right side frame	1
3	Lower connecting frame 2	1
4	Lower connecting frame 1	1
5	Arm support	1
6	Main frame components	1
7	Left lever arm assembly	1
8	Right lever arm assembly	1
10	Leg press main frame	1
11	Bell Plate Storage Sleeve Set	2
12	Lever sleeve set	2
13	Universal large back pad	1
14	Universal headrest	1
15	20 plug	3
50	Rectangular foot pads	5
52	Hexagon socket head screw M10*60	12
53	Hexagon socket head screw M10*25	8
54	Hexagon socket head screw M10*20	4
55	Hexagon socket head screw M8*25	5
56	Flat washer M10-D50	12
57	Flat washer M10-D30	4
58	Flat washer M10-D20	20
59	Flat washer M8-D16	5
60	Spring washer M10	12
62	Hexagon lock nut M10	12

Exploded view

