

FITNESS360[®]

FT8047

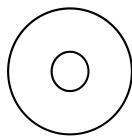
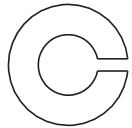
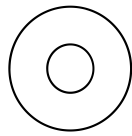
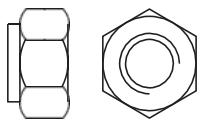
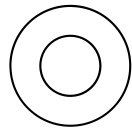
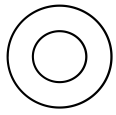
High Row - Plate Loaded



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.

		
[51] (M10*60)	[56] Flat washer M10-D50	[60] Spring washer M10
		
[52] (M10*30)	[57] Flat washer M10-D30	[61] Hexagonal self-locking nut M10
		
[53] (M10*25)	[58] Flat washer M10-D20	
		
[54] (M10*20)		
	[59] Flat washer M8-D16	
[55] (M8*25)		

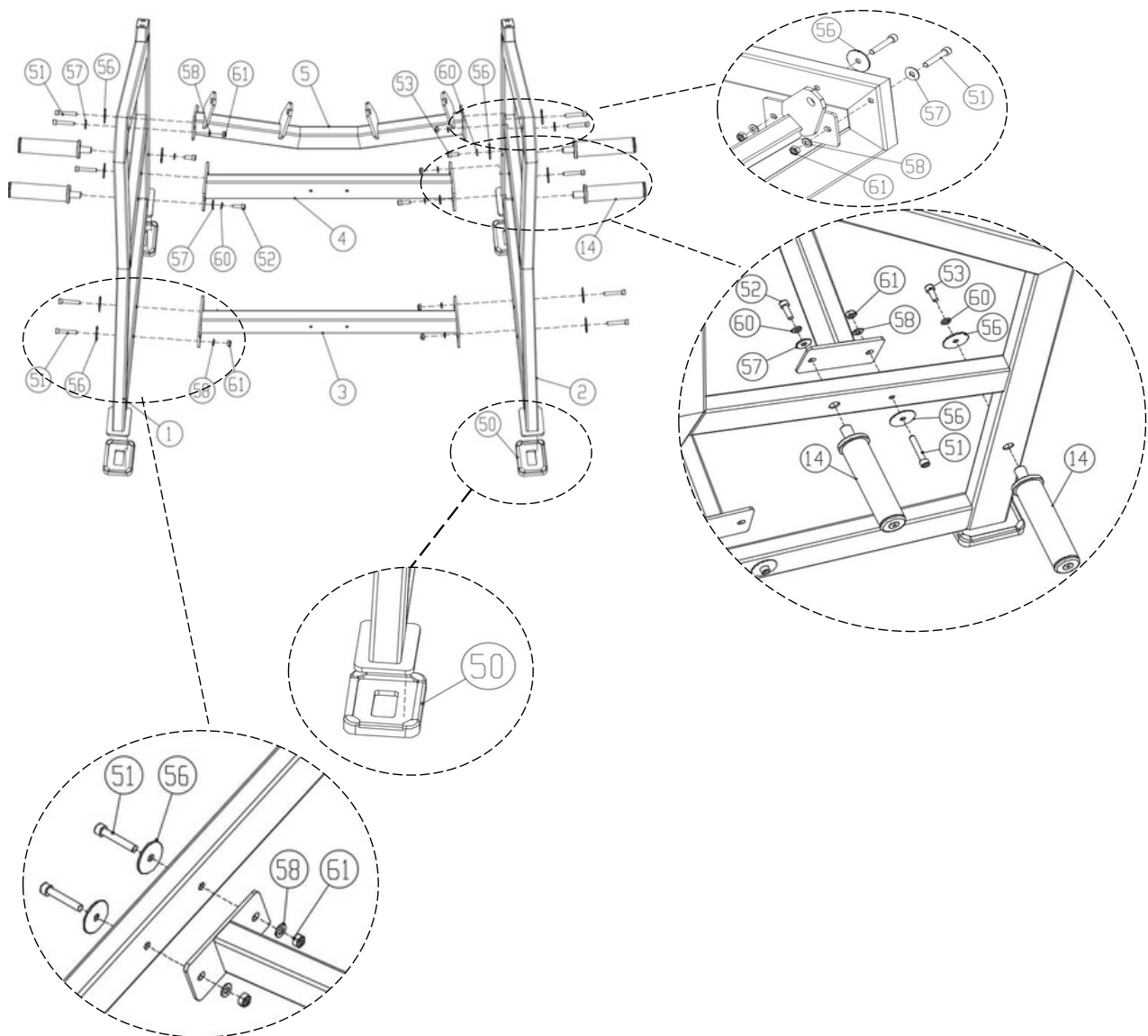
Step 1:

Connect the lower connecting frame (#3), upper connecting frame (#4), lever support frame (#5), and 4 bell plate sleeves (#14) to the left frame (#1) and right frame (#2). Install the 4 rectangular foot pads (#50) as shown.

Use the following components:

- 10× Hexagon socket head screws M10*60 (#51)
- 10× Flat washers M10-D50 (#56)
- 10× Flat washers M10-D20 (#58)
- 2× Hexagon socket head screws M10*30 (#52)
- 4× Flat washers M10-D30 (#57)
- 10× Spring washers M10 (#60)
- 2× Hexagon socket head screws M10*25 (#53)
- 10× Hexagon lock nuts M10 (#61)

Tighten all bolts with a wrench before proceeding.



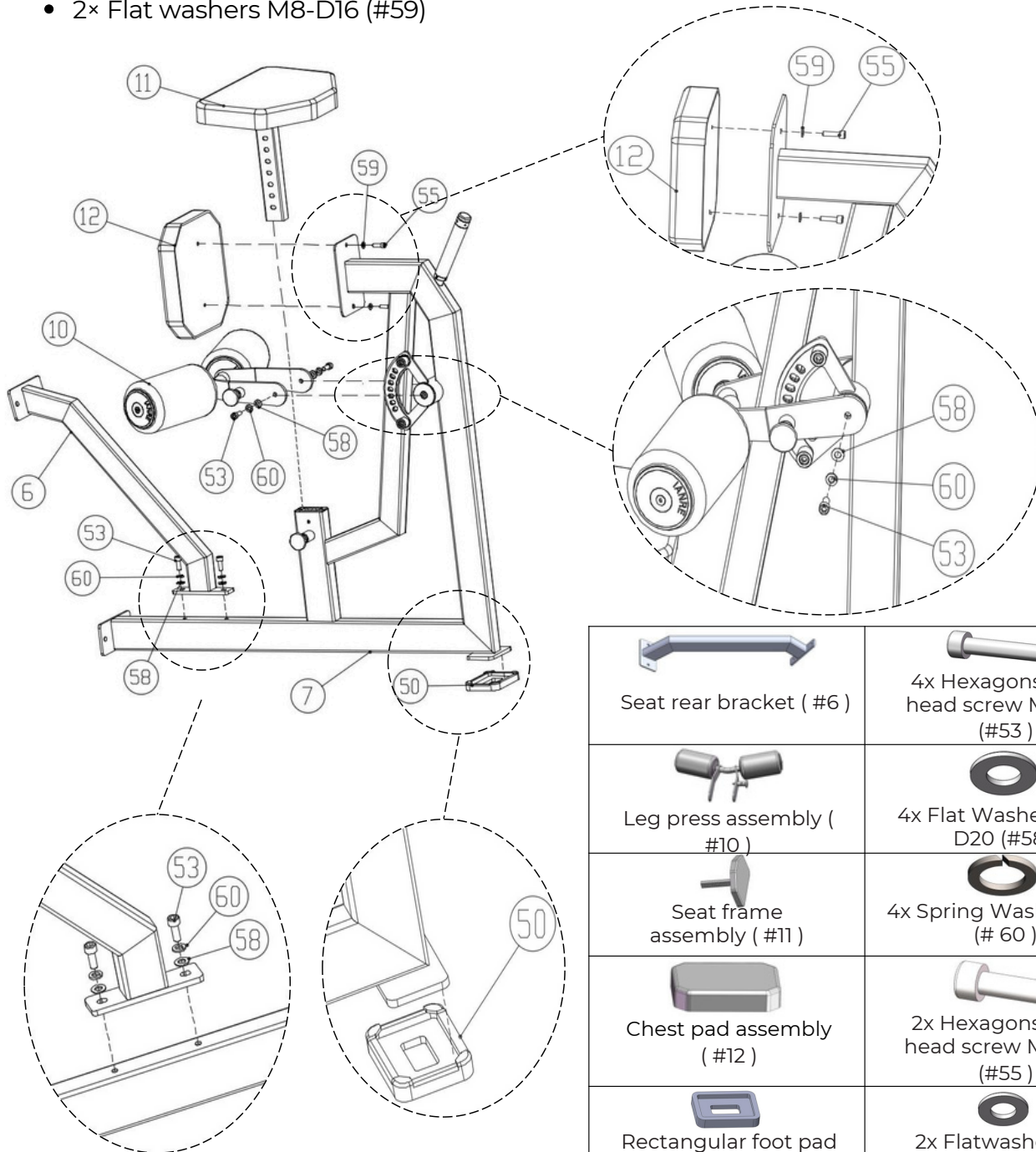
		
lower connecting frame (#3)	10x Hexagon socket head screws M10*60	10x flat washers M10-D20 (#58)
		
upper connecting frame (#4)	2x Hexagon socket head screw M10*30 (#52)	10x spring washers M10 (#60)
		
lever support frame (#5)	2x Hexagon socket head screw M10*25 (#53)	10x Hexagon Lock Nut M10 (#61)
		
4x bell plate storage sleeves (#14)	10x flat washers M10-D50 (#56)	
		
4x rectangular foot pads (#50)	4x flat washers M10-D30 (#57)	

Step 2:

Connect the rear seat bracket (#6), main leg press assembly (#10), seat frame (#11), chest pad (#12), and rectangular foot pad (#50) to the main frame (#7) as shown.

Use the following components:

- 4× Hexagon socket head screws M10*25 (#53)
- 4× Flat washers M10-D20 (#58)
- 4× Spring washers M10 (#60)
- 2× Hexagon socket head screws M8*25 (#55)
- 2× Flat washers M8-D16 (#59)



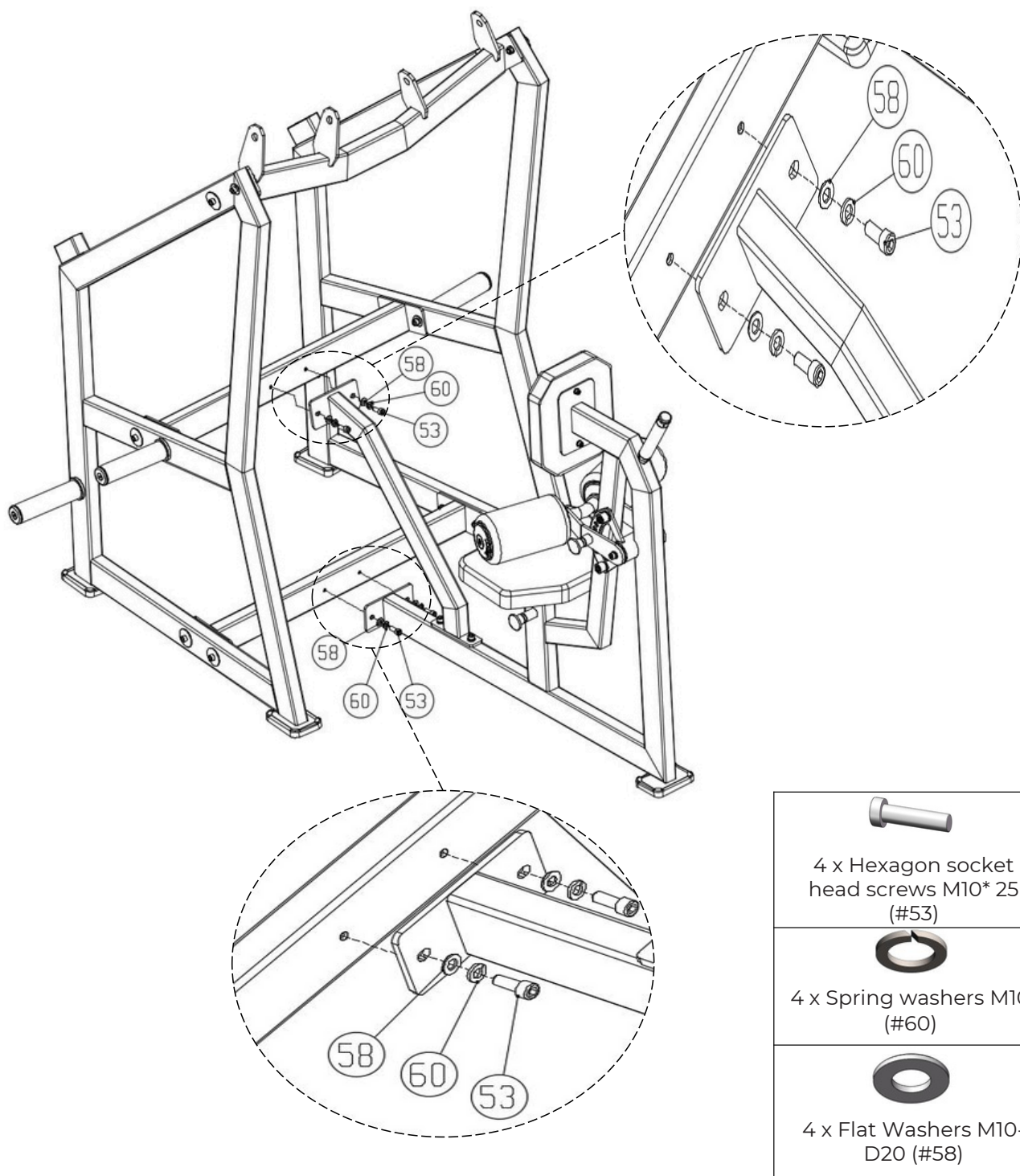
	
Seat rear bracket (#6)	4x Hexagonsocket head screw M10* 25 (#53)
	
Leg press assembly (#10)	4x Flat Washers M10-D20 (#58)
	
Seat frame assembly (#11)	4x Spring Washers M10 (# 60)
	
Chest pad assembly (#12)	2x Hexagonsocket head screw M 8 * 25 (#55)
	
Rectangular foot pad (#50)	2x FlatwasherM8-D16(#59)

Step 3:

Connect the component completed in step 2 to the component completed in step 1

Use the following components:

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



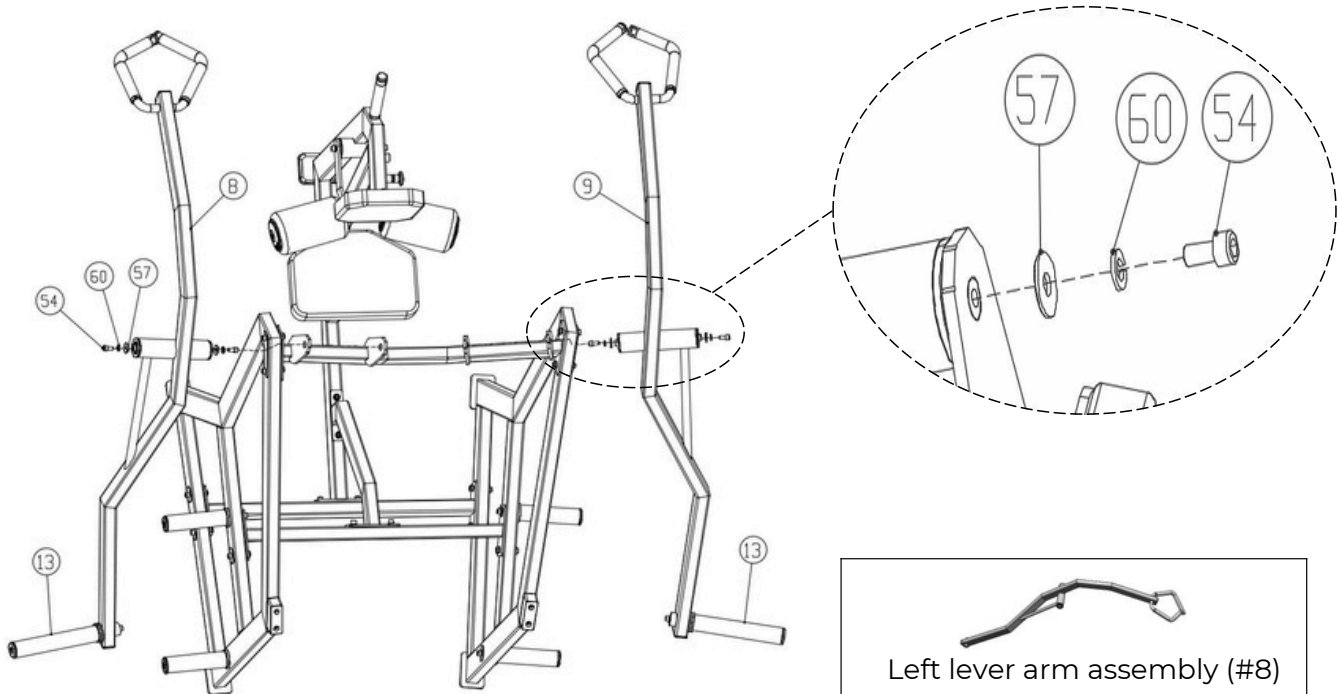
Step 4:

Attach the left lever arm (#8) to the left frame (#1) and the right lever arm (#9) to the right frame (#2).

Connect the lever sleeves (#13) to each lever arm.

Use the following components:

- 4x Hexagon socket head screws M10*20 (#54)
- 4x Flat washers M10-D30 (#57)
- 4x Spring washers M10 (#60)



Left lever arm assembly (#8)



Right lever arm assembly (#9)



Lever sleeve set (#13)



4x Hexagon socket head screw
M10* 20 (#54)

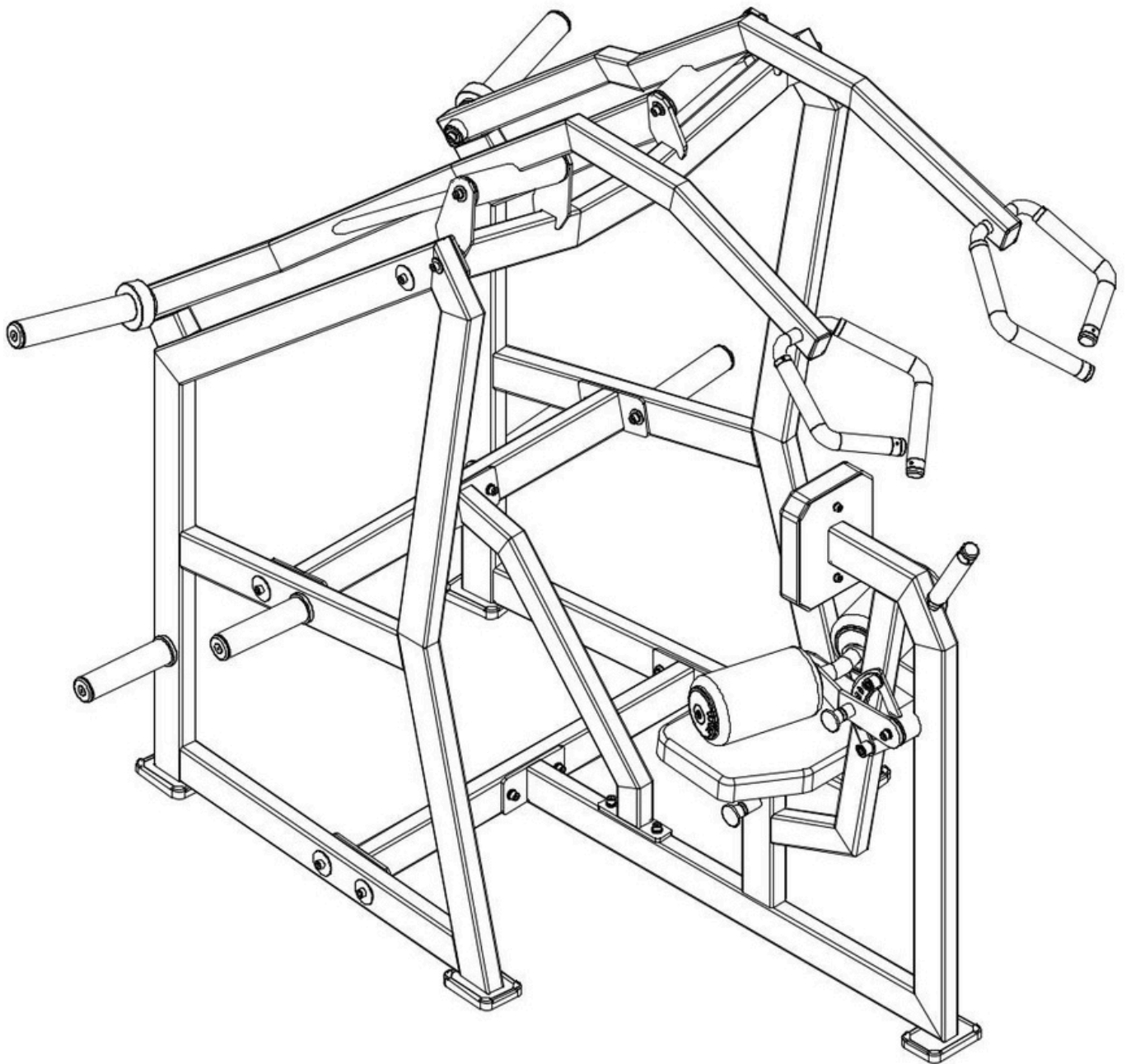


4x Flat Washers M10-D 30(#57)



4x Spring Washers M10 (# 60)

Fully Installation



Important Tips

Now that your High Row - 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	1
4	Upper connecting frame	1
5	Arm support	1
6	Seat rear bracket	1
7	Main frame components	1
8	Left lever arm assembly	1
9	Right lever arm assembly	1
10	Leg press main frame	1
11	Seat frame assembly	1
12	Chest pad assembly	1
13	Bell Plate Storage Sleeve Set	4
14	Lever sleeve set	2
50	Rectangular foot pads	5
51	Hexagon socket head screw M10*60	10
52	Hexagon socket head screw M10* 3 0	2
53	Hexagon socket head screw M10*25	10
54	Hexagon socket head screw M10*20	4
55	Hexagon socket head screw M8*25	2
56	Flat washer M10-D50	10
57	Flat washer M10-D30	8
58	Flat washer M10-D20	18
59	Flat washer M8-D16	2
60	Spring washer M10	22
61	Hexagon lock nut M10	10

Exploded view

