

FITNESS360[®]

FT8067

Incline Shoulder Press - Plate Loaded



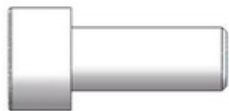
Rubber rod
Level ruler
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

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.



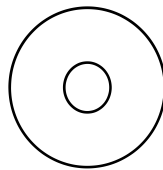
[51]
(M10*60)



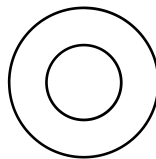
[52]
(M10*25)



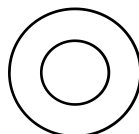
[53]
(M8*25)



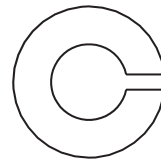
[54] Flat washer M10-
D50



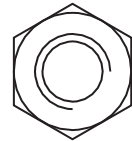
[55] Flat washer M10-
D30



[56] Flat washer M10-
D20



[57] Spring washer
M10



[58] Hexagonal self-
locking nut M10

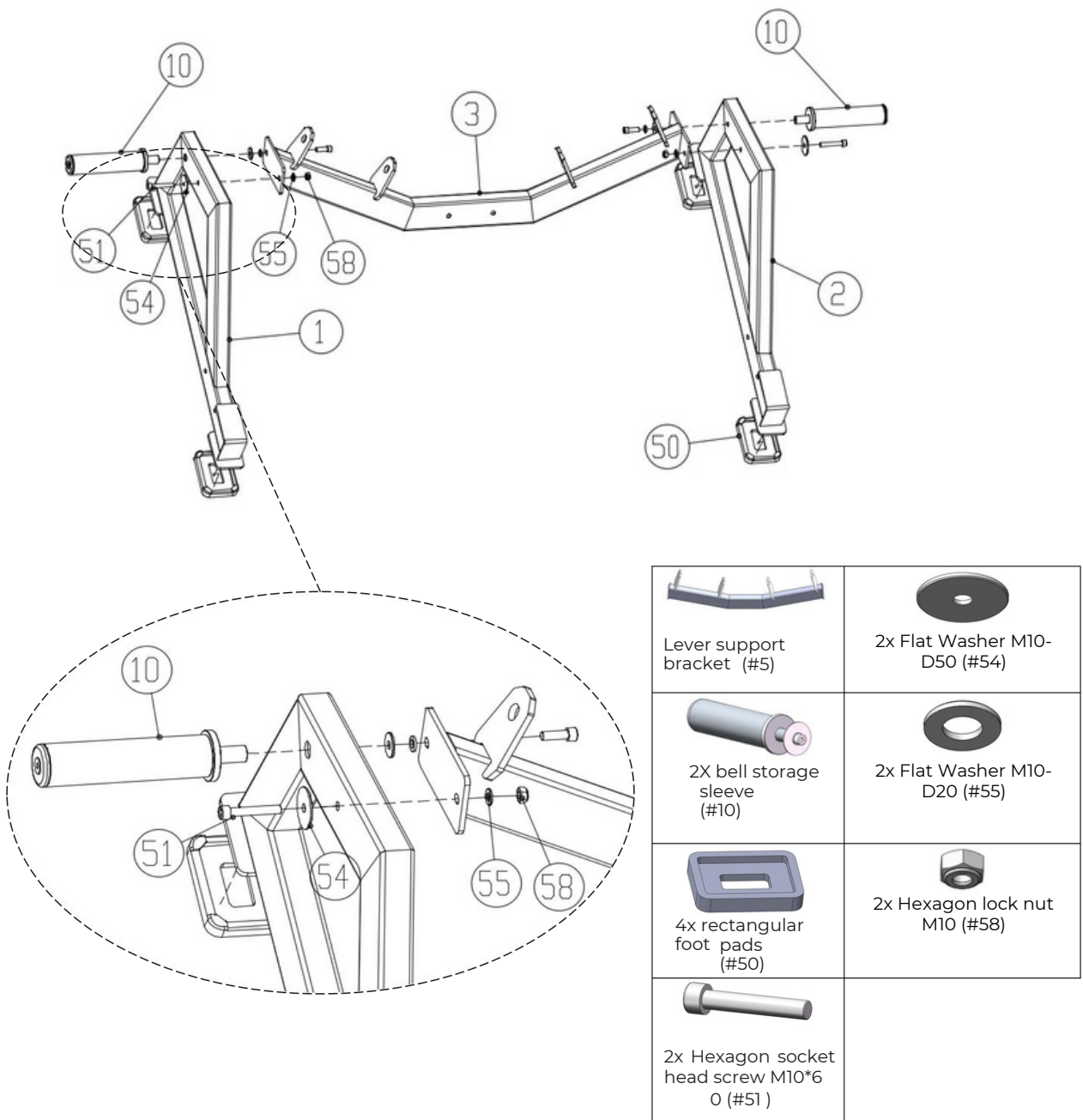
Step 1:

Use the arm support frame (#3) to connect the left frame (#1) and right frame (#2).

Install the two bell plate storage sleeves (#10) on the left frame (#1) and right frame (#2), as shown. Attach the four rectangular foot pads (#50) to the bottom of the left and right frames.

- 2 × Hexagon socket head screws M10×60 (#51)
- 2 × Flat washers M10-D50 (#54)
- 2 × Flat washers M10-D20 (#55)
- 2 × Hexagon lock nuts M10 (#58)

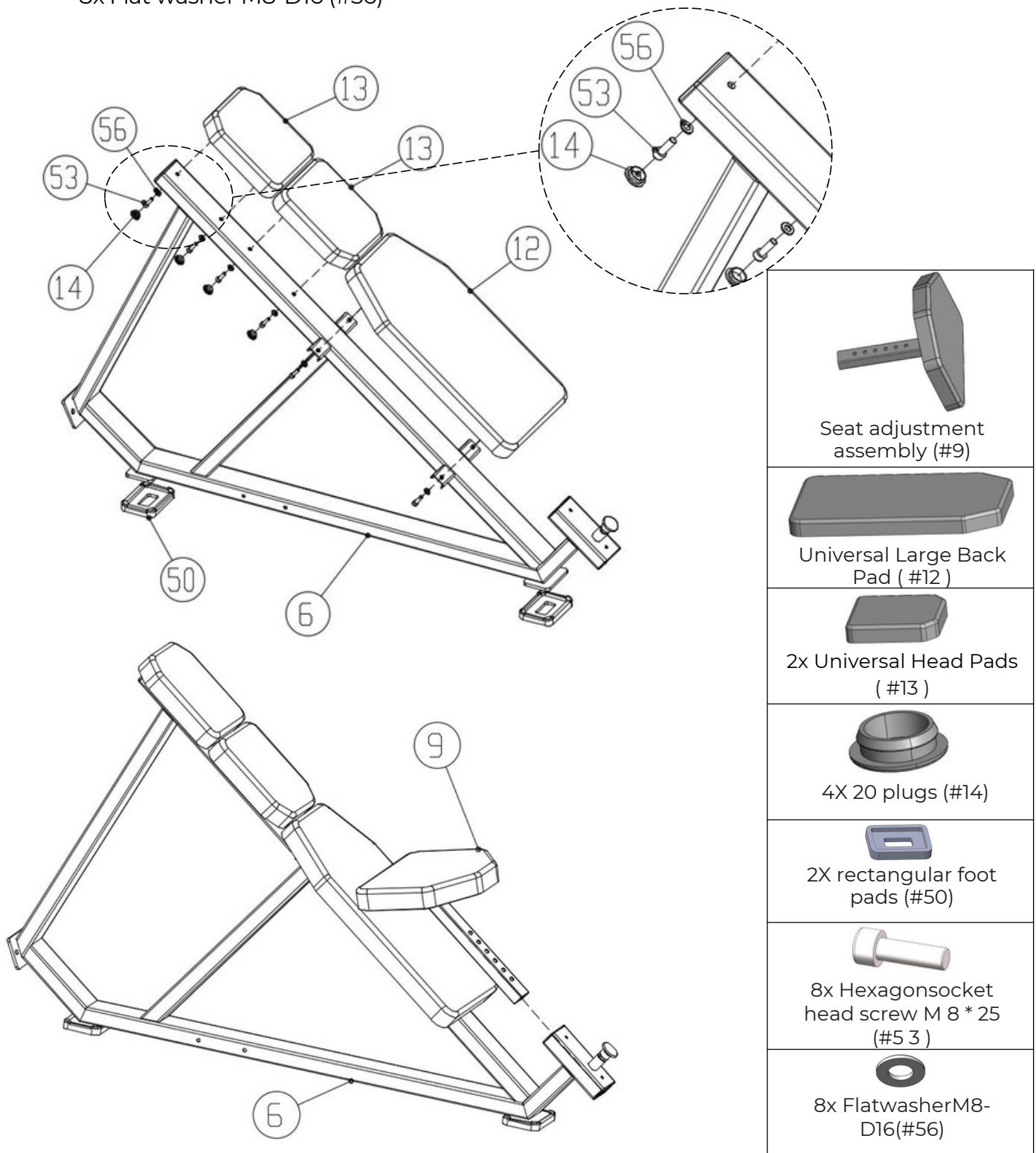
Tighten all bolts with a wrench before moving to the next step.



Step 2:

Use the following method to install the seat adjustment assembly (#9), universal large back pad (#12), 2X universal head pad (#13), 4x 20 plugs (#14), 2x rectangular foot pads (#50) connected to the main frame assembly (#6)

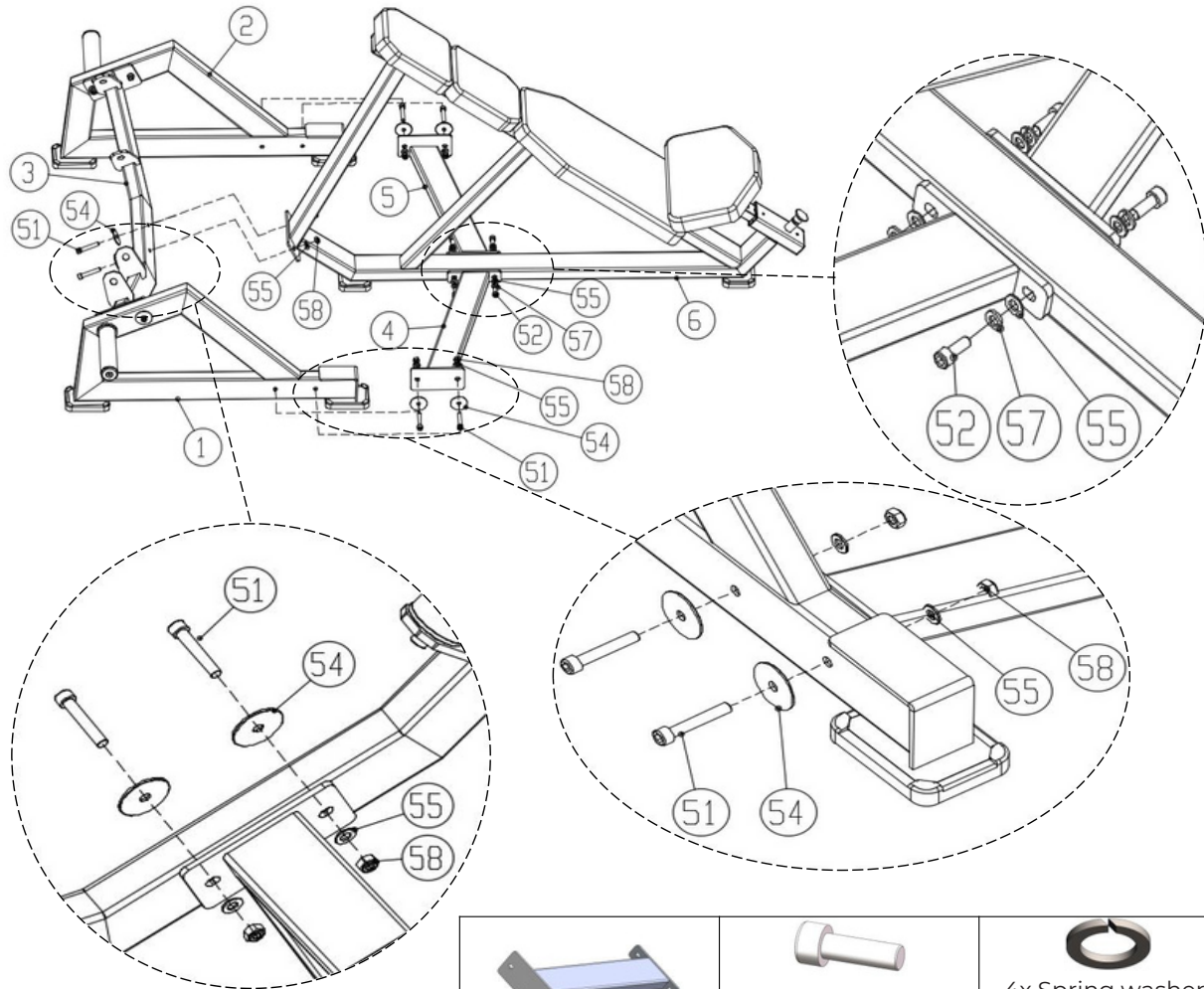
- 8x Hexagon socket head screw M8 * 25 (#53)
- 8x Flat washer M8-D16 (#56)



Step 3:

Use connecting frame 1 (#4) to connect the left frame (#1) to the main frame assembly (#6); use connecting frame 2 (#5) to connect the right frame (#2) to the main frame assembly (#6); connect the main frame assembly (#6) to the arm support frame (#3).

- 6x Hexagon socket head screws M10*60(#51)
- 4x Hexagon socket head screws M10*25 (#52)
- 6x Flat Washers M10-D50 (#56) · 10x Flat Washers M10-D20 (#55)
- 4x Spring Washers M10 (#57) · 6x Hexagon Lock Nuts M10 (#58)

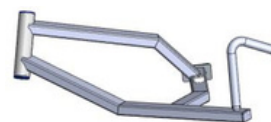
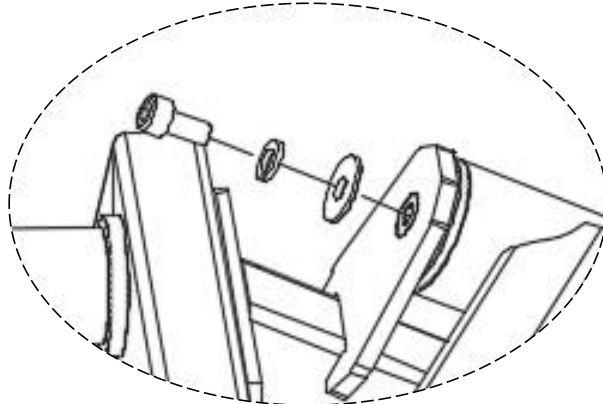
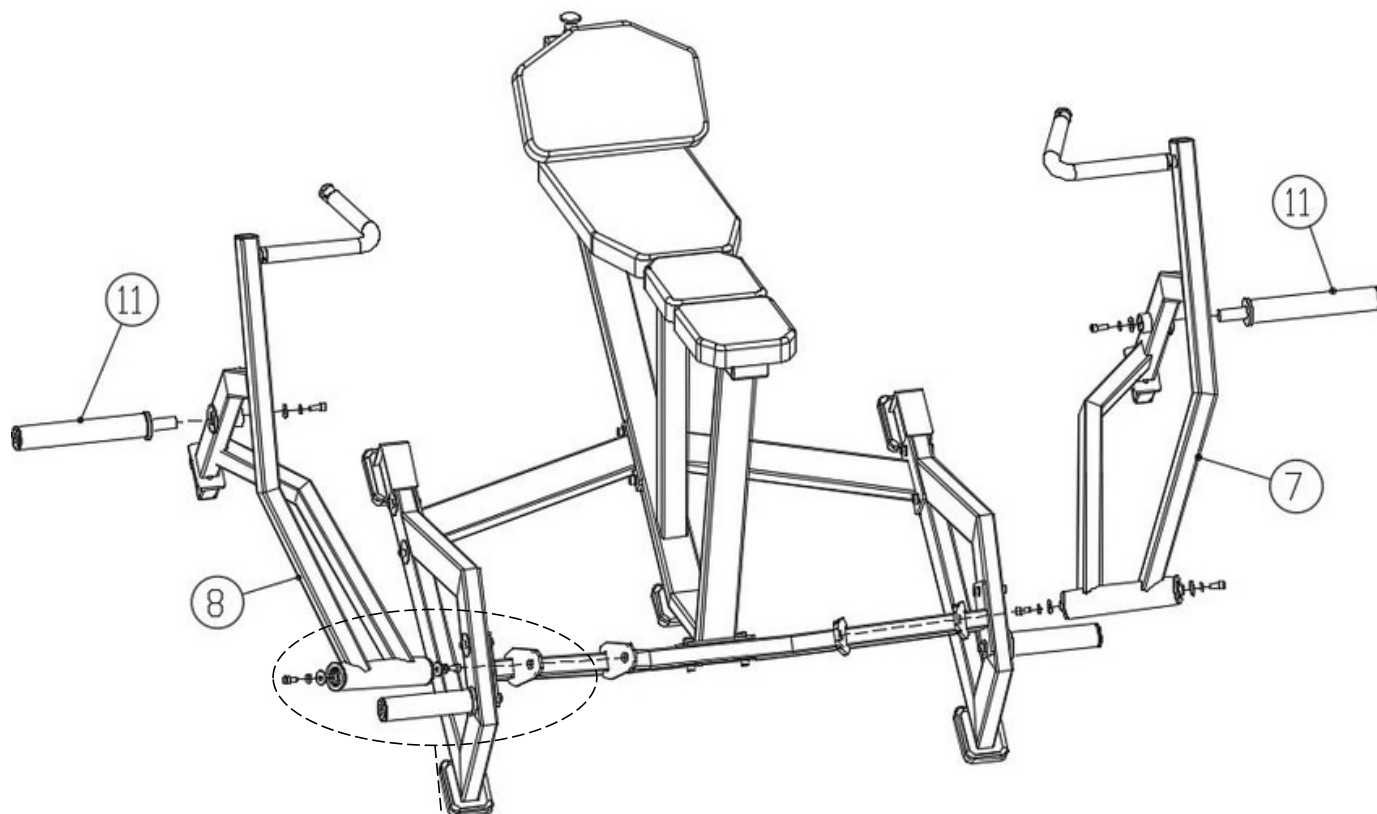


 Connecting rack 1 (#4)	 4X Hexagon socket head screws M10* 25 (#52)	 4x Spring washers M10 (# 60)
 Connecting rack 2 (#5)	 6x Flat Washers M10-D50 (#56)	 6x Hexagon lock nut M10 (#61)
 6x Hexagonsocket head screw M10*60 (#51)	 10x Flat Washers M10-D20 (#58)	

Step 4:

Connect the left lever assembly (#7) to the left frame (#1) and the right lever assembly (#8) to the right frame (#2) in the following manner.

Connect the two lever arm sleeve assemblies (#11) to the left lever arm assembly (#7) and the right lever arm assembly (#8).



Left lever arm assembly (#7)

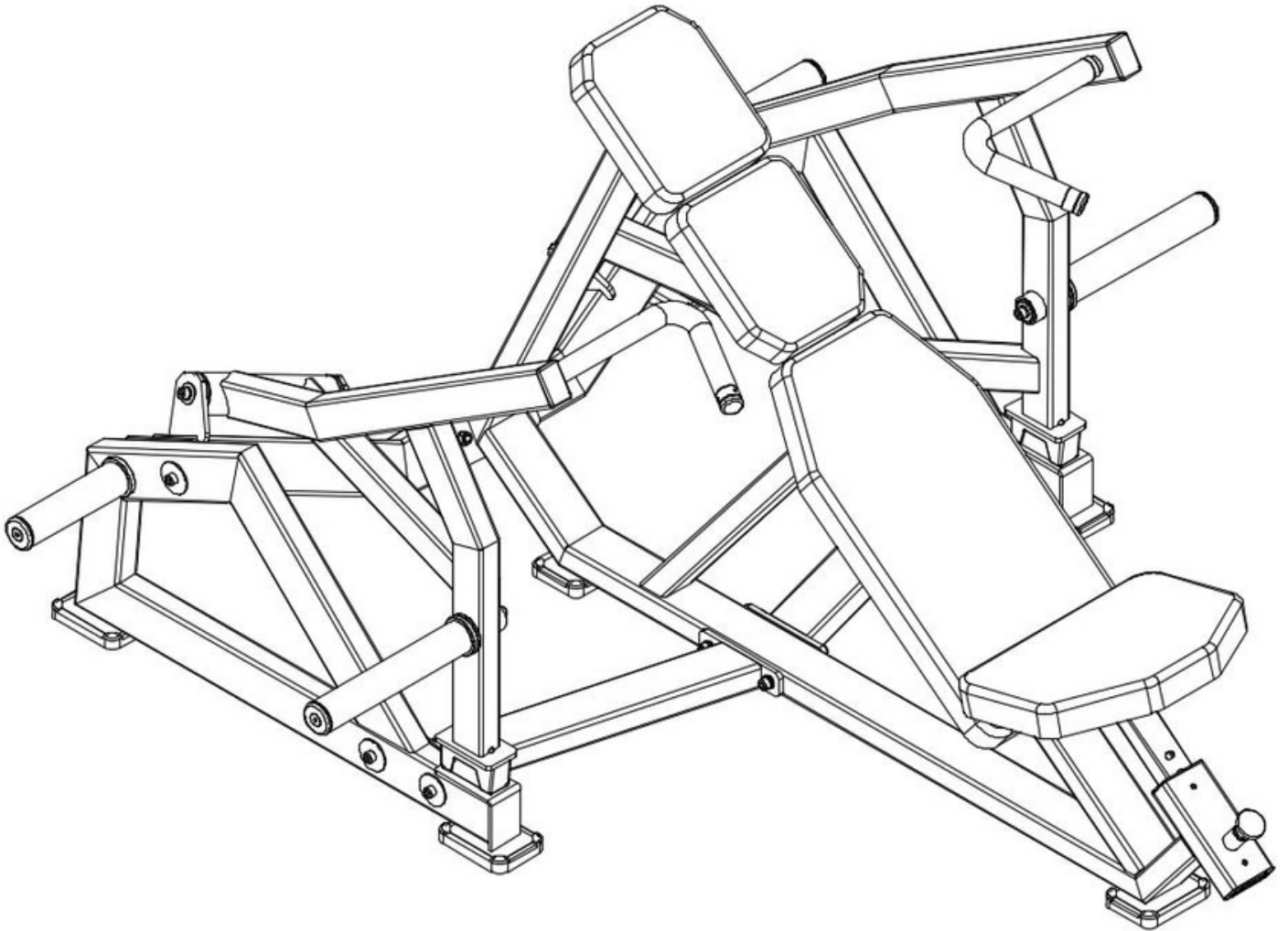


Right lever arm assembly (#8)



2 X Lever Socket Set (#11)

Fully Installation



Important Tips

Now that your Incline 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	Arm support	1
4	Lower connecting frame 1	1
5	Lower connecting frame 2	1
6	Main frame components	1
7	Left lever arm assembly	1
8	Right lever arm assembly	1
9	Leg press main frame	1
10	Bell Plate Storage Sleeve Set	2
11	Lever sleeve set	2
12	Universal large back pad	1
13	Universal headrest	2
14	20 plug	4
50	Rectangular foot pads	6
51	Hexagon socket head screw M10*60	8
52	Hexagon socket head screw M10*25	4
53	Hexagon socket head screw M8*25	8
54	Flat washer M10-D50	8
55	Flat washer M10-D20	12
56	Flat washer M8-D16	8
57	Spring washer M10	4
58	Hexagon lock nut M10	8

Exploded view

