

FITNESS360[®]

FT8068

Front Lat Pull Down - Plate Loaded



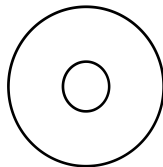
Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Fastener Overview

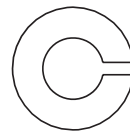
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



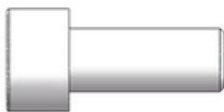
[51] (M10*60)



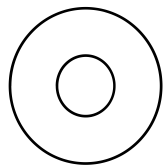
55] Flat washer
M10-D50



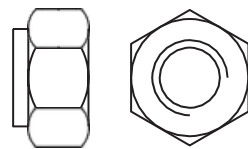
[59] Spring
washer M10



[52] (M10*25)



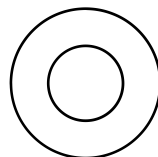
[56] Flat washer
M10-D30



[60]
Hexagonal
self-locking



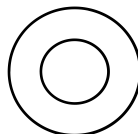
[53] (M10*20)



[57] Flat washer M10-
D20



[54] (M8*25)



[58] Flat washer M8-D16

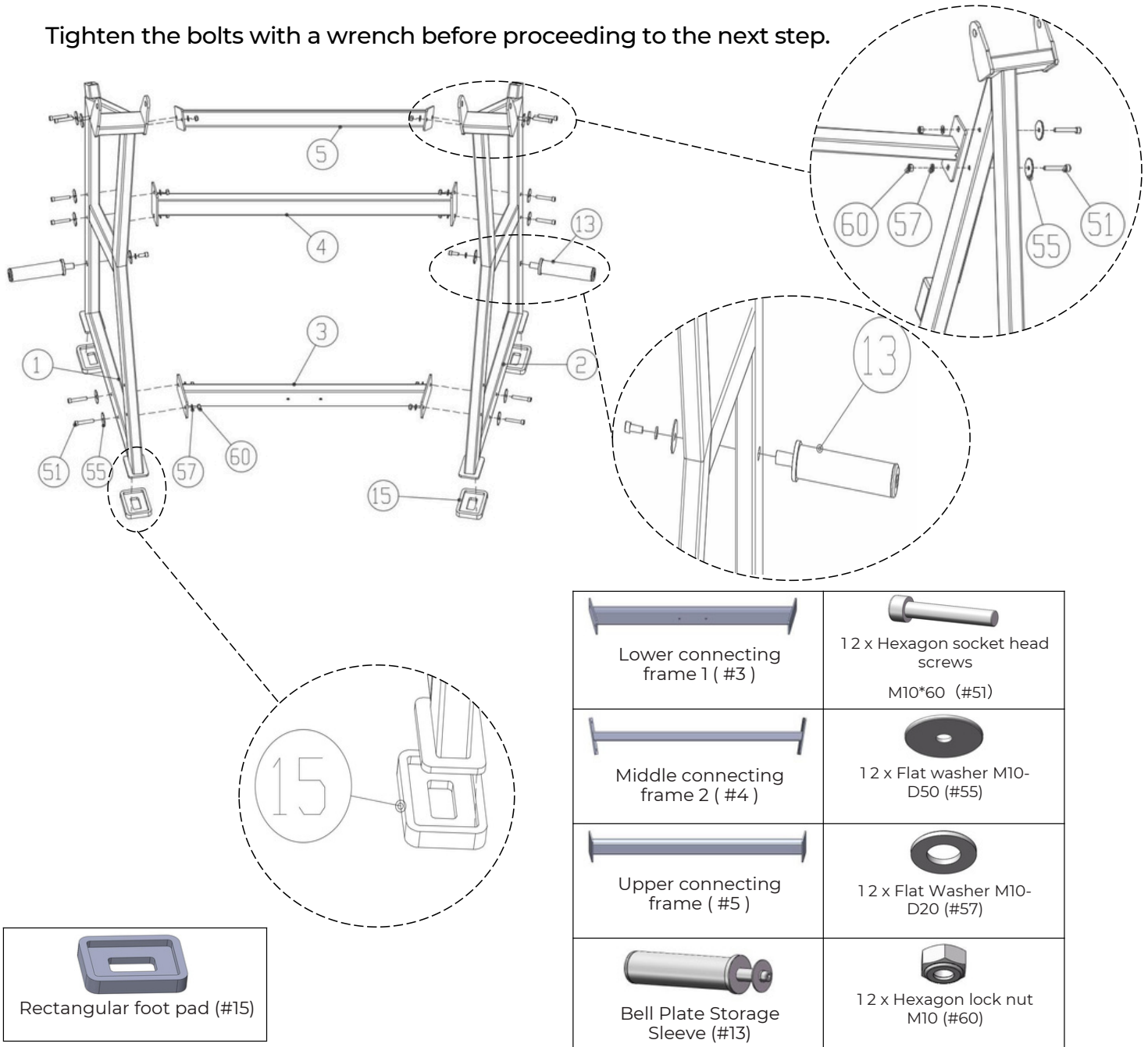
Step 1:

Connect the lower connecting frame 1 (#3), the middle connecting frame 2 (#4), the upper connecting frame (#5), and the bell plate storage sleeve set (#13) to the left frame (#1) and the right frame (#2) in the following way.

Install the four rectangular feet (#15) on the left frame (#1) and the right frame (#2)

- 12x Hexagon socket head screw M10*60 (#51)
- 12 x Flat washer M10-D50 (#55)
- 12 x Flat Washer M10-D20 (#57)
- 12 x Hexagon lock nut M10 (#60)

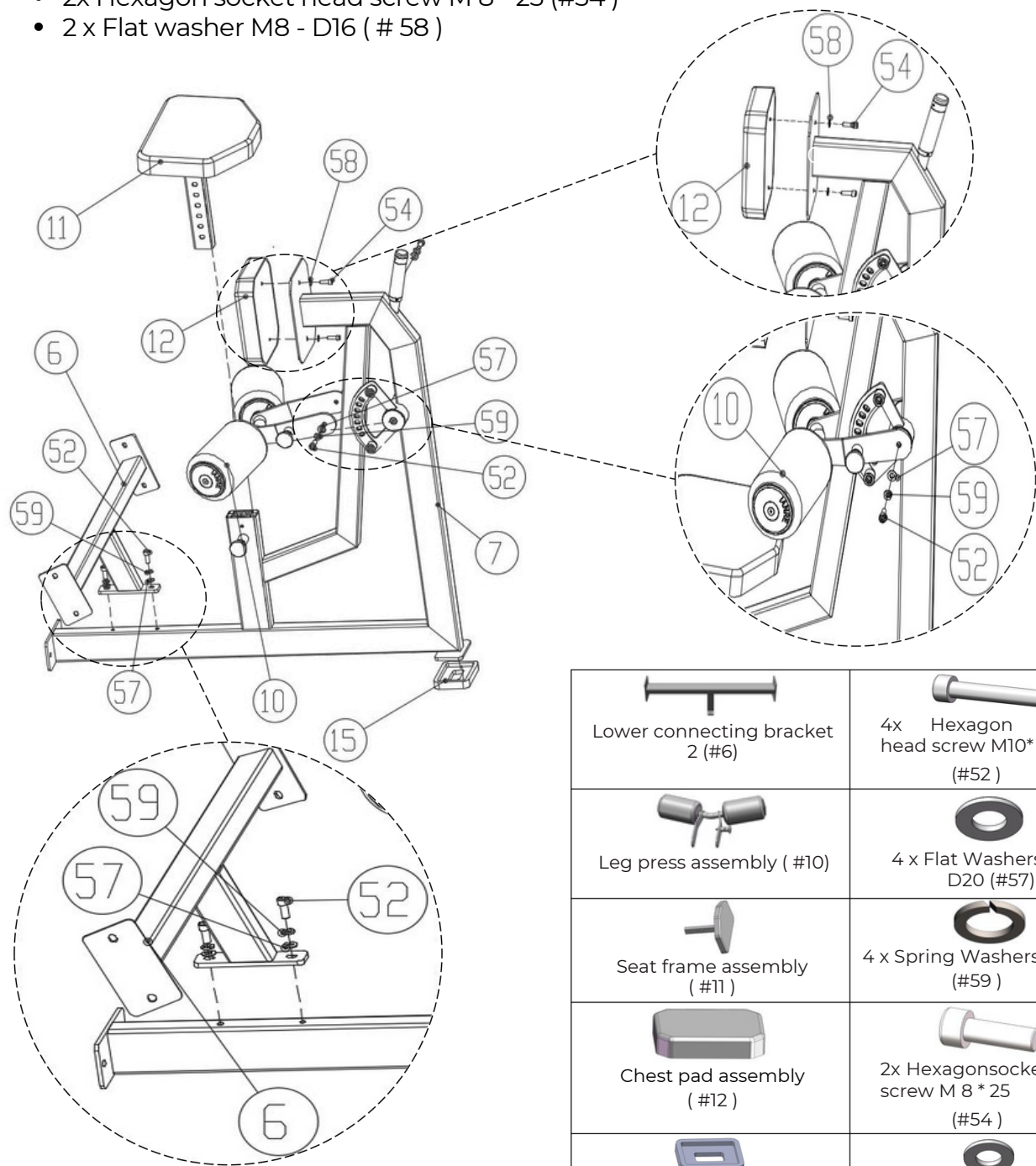
Tighten the bolts with a wrench before proceeding to the next step.



Step 2:

Use the following method to connect the lower connecting frame 2 (#6) , the main frame of the leg press frame (#10) , the seat frame assembly (#11) , the chest pad assembly (#12) , and the rectangular foot pad (#15) to the main frame assembly (#7).

- 4x Hexagon socket head screw M10* 25 (#52)
- 4x Flat washer M10-D20 (#57)
- 4 x Spring Washers M10 (#59)
- 2x Hexagon socket head screw M 8 * 25 (#54)
- 2 x Flat washer M8 - D16 (# 58)

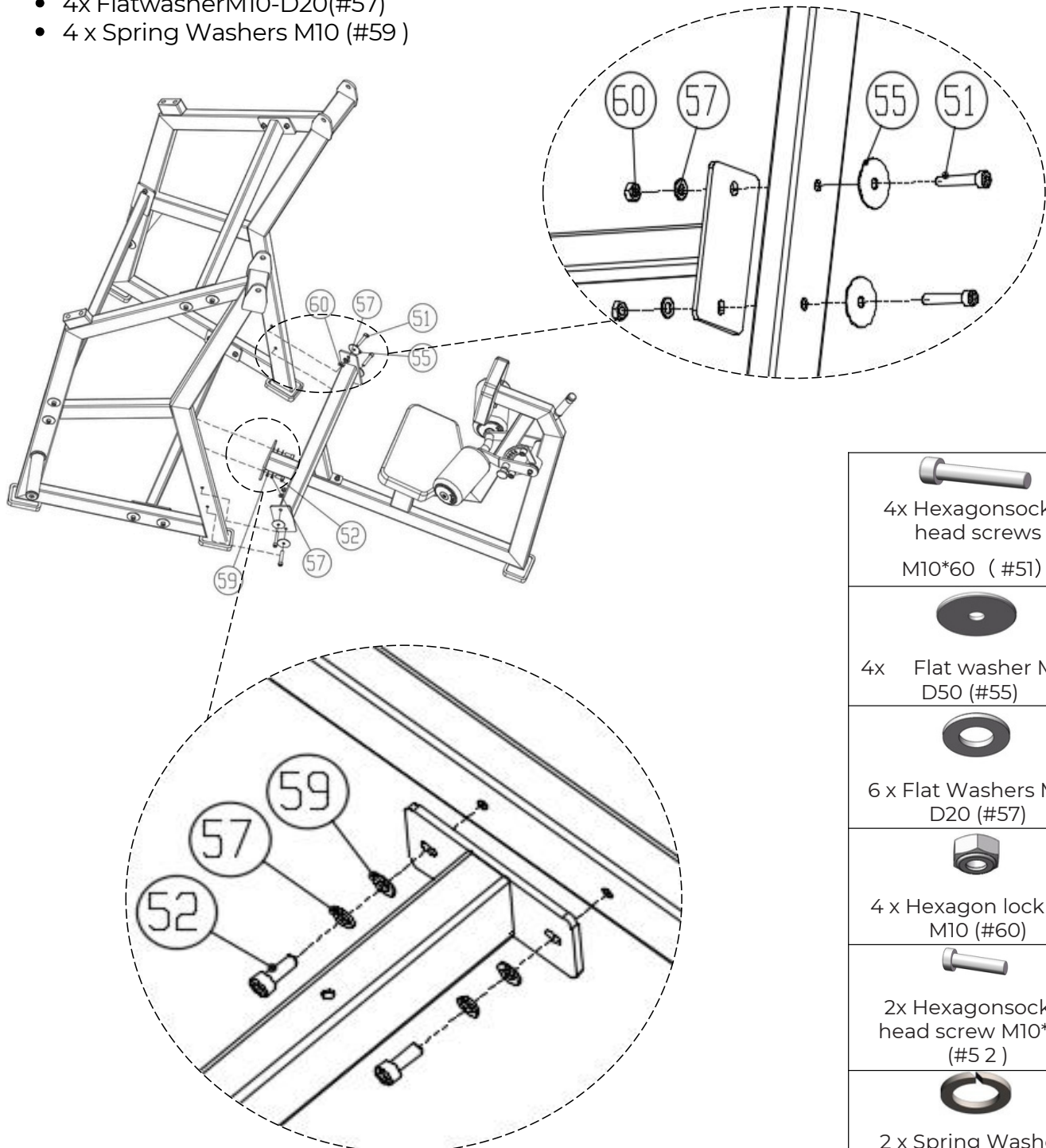


 Lower connecting bracket 2 (#6)	 4x Hexagon socket head screw M10* 25 (#52)
 Leg press assembly (#10)	 4 x Flat Washers M10- D20 (#57)
 Seat frame assembly (#11)	 4 x Spring Washers M10 (#59)
 Chest pad assembly (#12)	 2x Hexagonsocket head screw M 8 * 25 (#54)
 Rectangular foot pad (#15)	 2x FlatwasherM8- D16 (#58)

Step 3:

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

- 4x Hexagon socket head screw M10*60 (#51)
- 4 x Flat washer M10-D50 (#55)
- 4 x Flat Washers M10-D20 (#57)
- 4 x Hexagon lock nuts M10 (#60)
- 2x Hexagon socket head screw M10* 25 (#52)
- 4x FlatwasherM10-D20(#57)
- 4 x Spring Washers M10 (#59)



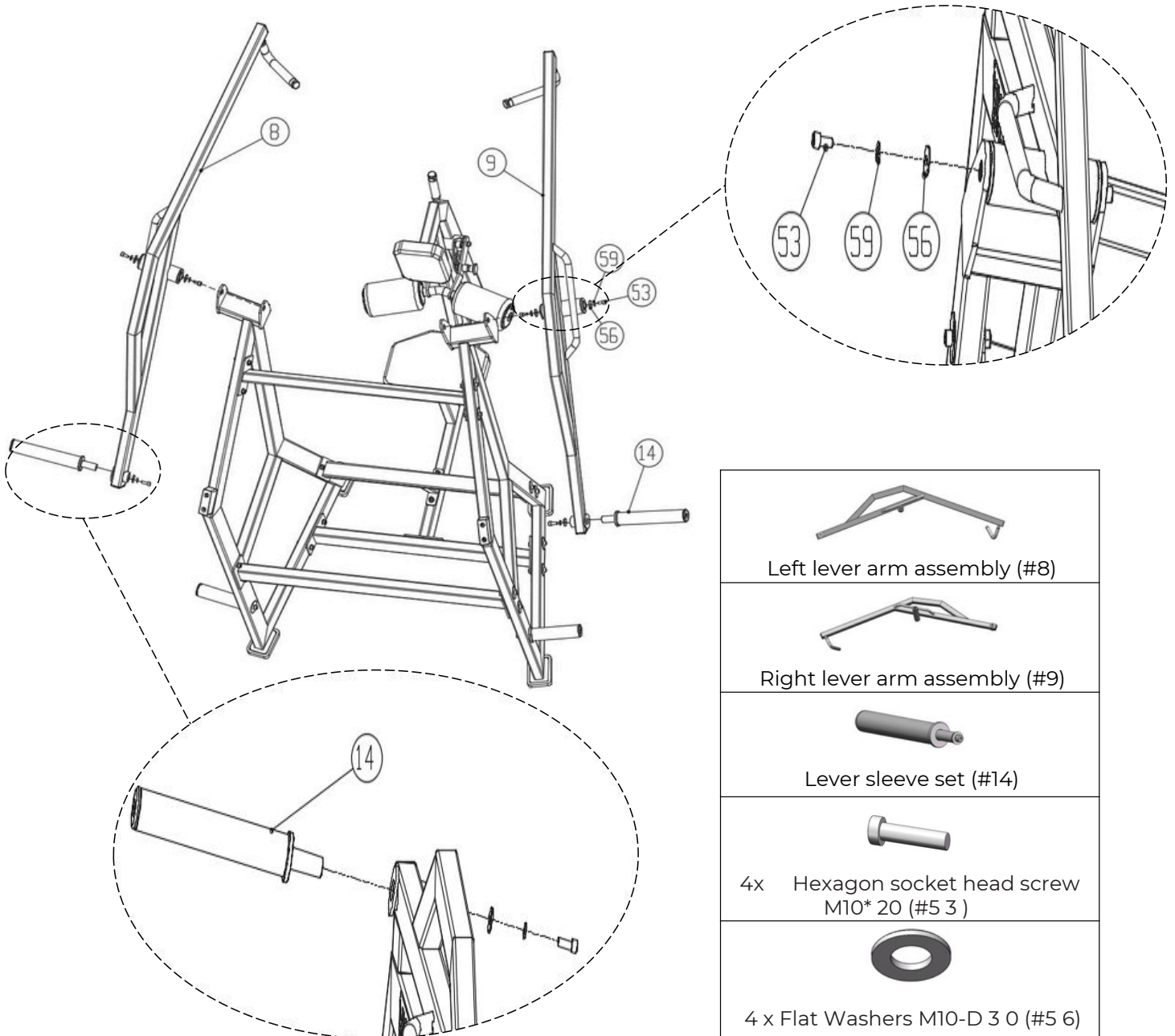
	4x Hexagonsocket head screws M10*60 (#51)
	4x Flat washer M10-D50 (#55)
	6 x Flat Washers M10-D20 (#57)
	4 x Hexagon lock nut M10 (#60)
	2x Hexagonsocket head screw M10* 25 (#5 2)
	2 x Spring Washers M10 (#5 9)

Step 4:

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

Then, connect the lever sleeve set (#14) to both the left lever arm assembly (#8) and the right lever arm assembly (#9) using the following hardware:

- 4 x Hexagon socket head screws M10*20 (#53)
- 4 x Flat washers M10-D30 (#56)
- 4 x Spring washers M10 (#59)



Left lever arm assembly (#8)



Right lever arm assembly (#9)



Lever sleeve set (#14)



4x Hexagon socket head screw
M10* 20 (#5 3)

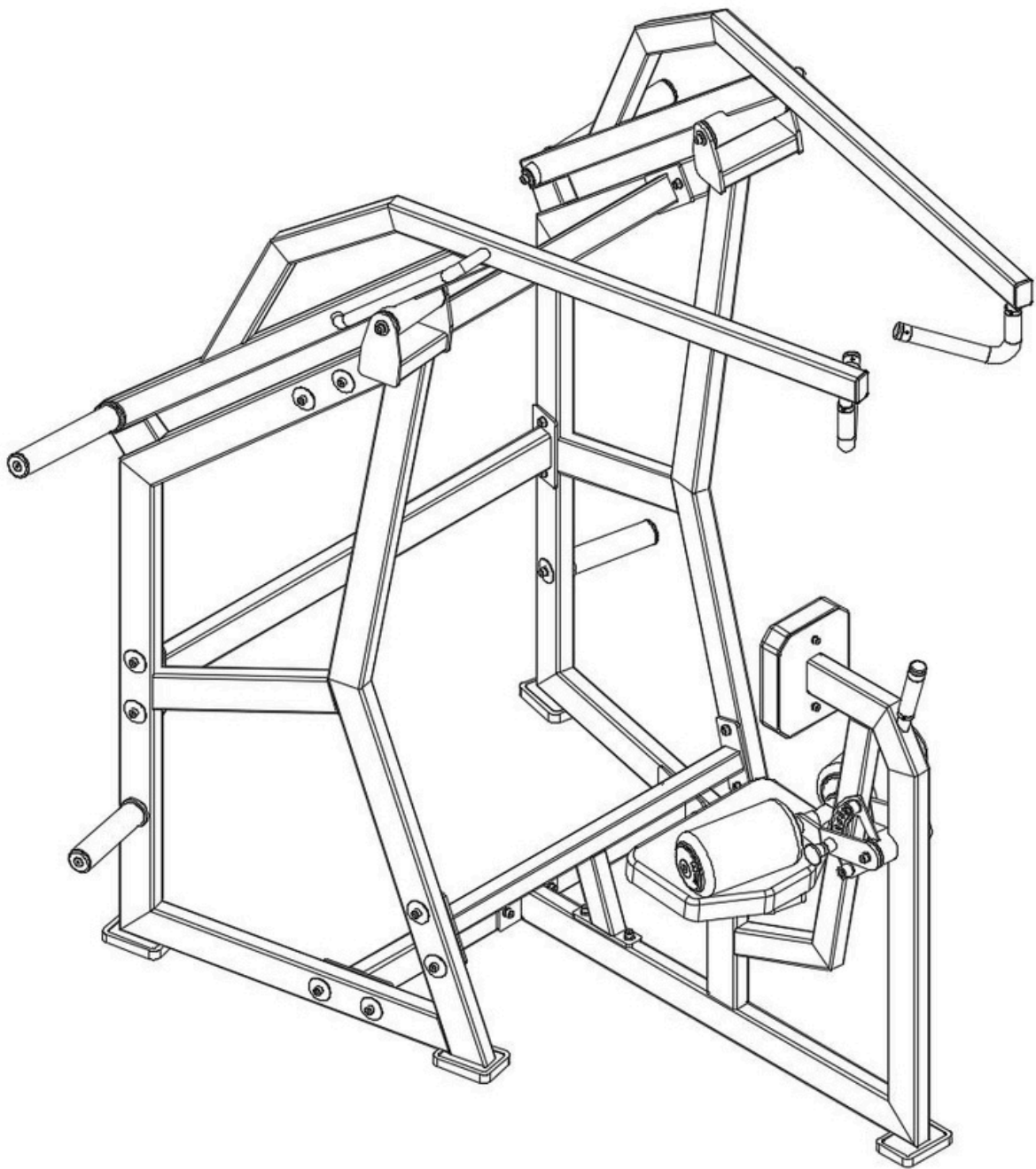


4 x Flat Washers M10-D 3 0 (#5 6)



4 x Spring Washers M10 (#5 9)

Fully Installation



Important Tips

Now that your Front Lat Pull Down - 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

Serial number	Name and specification	quantity
1	Left side frame	1
2	Right side frame	1
3	Lower connecting frame 1	1
4	Middle connecting frame	1
5	Upper connecting frame	1
6	Lower connecting frame 2	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	2
14	Lever sleeve set	2
15	Rectangular foot pads	5
51	Hexagon socket head screw M10*60	16
52	Hexagon socket head screw M10*25	6
53	Hexagon socket head screw M10*20	4
54	Hexagon socket head screw M8*25	2
55	Flat washer M10-D50	16
56	Flat washer M10-D30	4
57	Flat washer M10-D20	twenty four
58	Flat washer M8-D16	4
59	Spring washer M10	12
60	Hexagon lock nut M10	16

Exploded view

