

FITNESS360[®]

FT7207

Multi Hip



Rubber mallet
Horizontal Level
Allen wrench
Two people
Spring clamp
Adjustable wrench

Step 1:

Attach the counterweight lower shroud (#2) to the counterweight frame (#1) using:

- 2 × Hexagon socket cheese head screws (#3)

Step 2:

Install 1 movable foot pad (#6) to the low tension side frame I (#5). Connect the low tension side frame I (#5) to the counterweight frame (#1) in the following way:

- 4 x Hexagon socket head screws (#7)
- 6 x Spring washers (#8)
- 6 x Flat washers (#9)
- 2 x Hexagon socket head screws (#10)

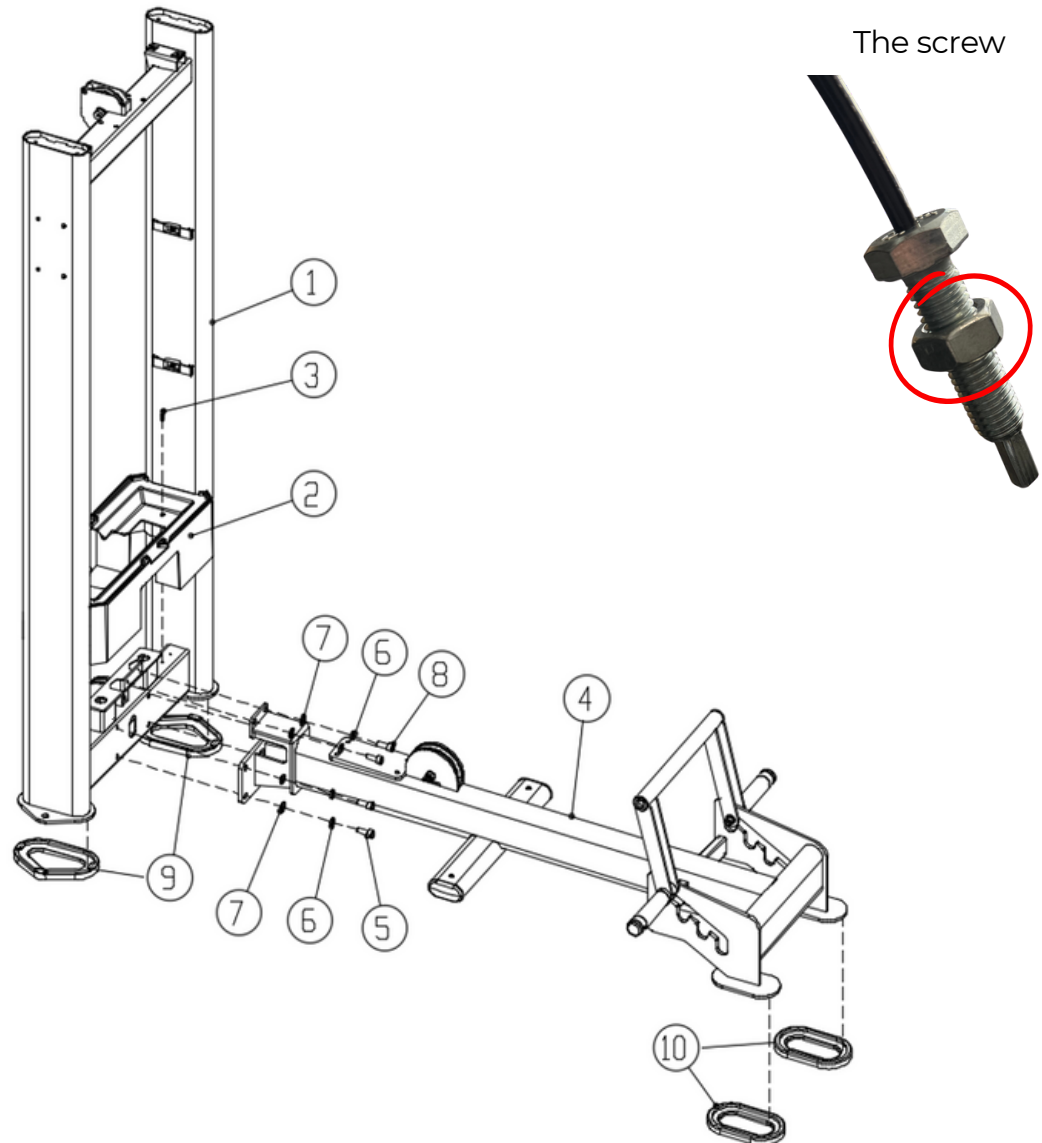
Step 3:

Attach 2 counterweight rack feet (#9) to the counterweight rack (#1).

Attach 2 flat oval foot pads (#10) to the hip trainer bottom bracket (#4).

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.

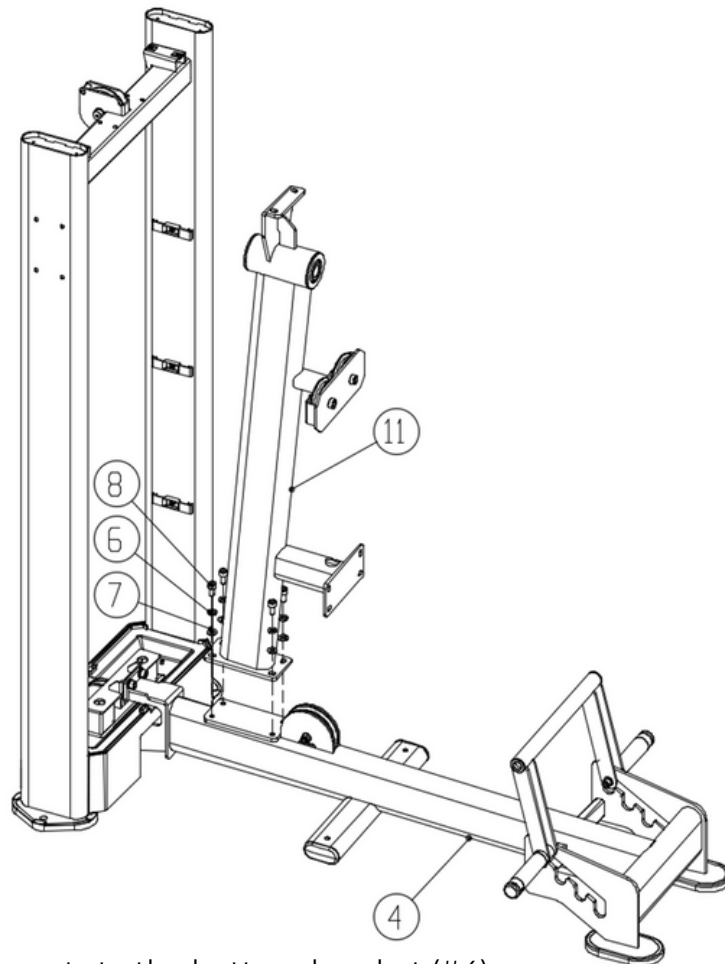
It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.



Step 4:

Attach the hip trainer main frame (#11) to the bottom bracket (#4) using:

- 4 × Hexagon socket cheese head screws (#8)
- 4 × Spring washers (#6)
- 4 × Flat washers (#7)



Step 5:

Attach the following parts to the bottom bracket (#4):

- Foot chute mounting plate (#12)
- Hip trainer chute bar (#13)
- Pedal rack assembly (#14)
- Chute bar rubber pads (#15)

Use:

- 4 × Hexagon socket cheese head screws (#5)
- 4 × Spring washers (#6)
- 4 × Flat washers (#7)

Step 6:

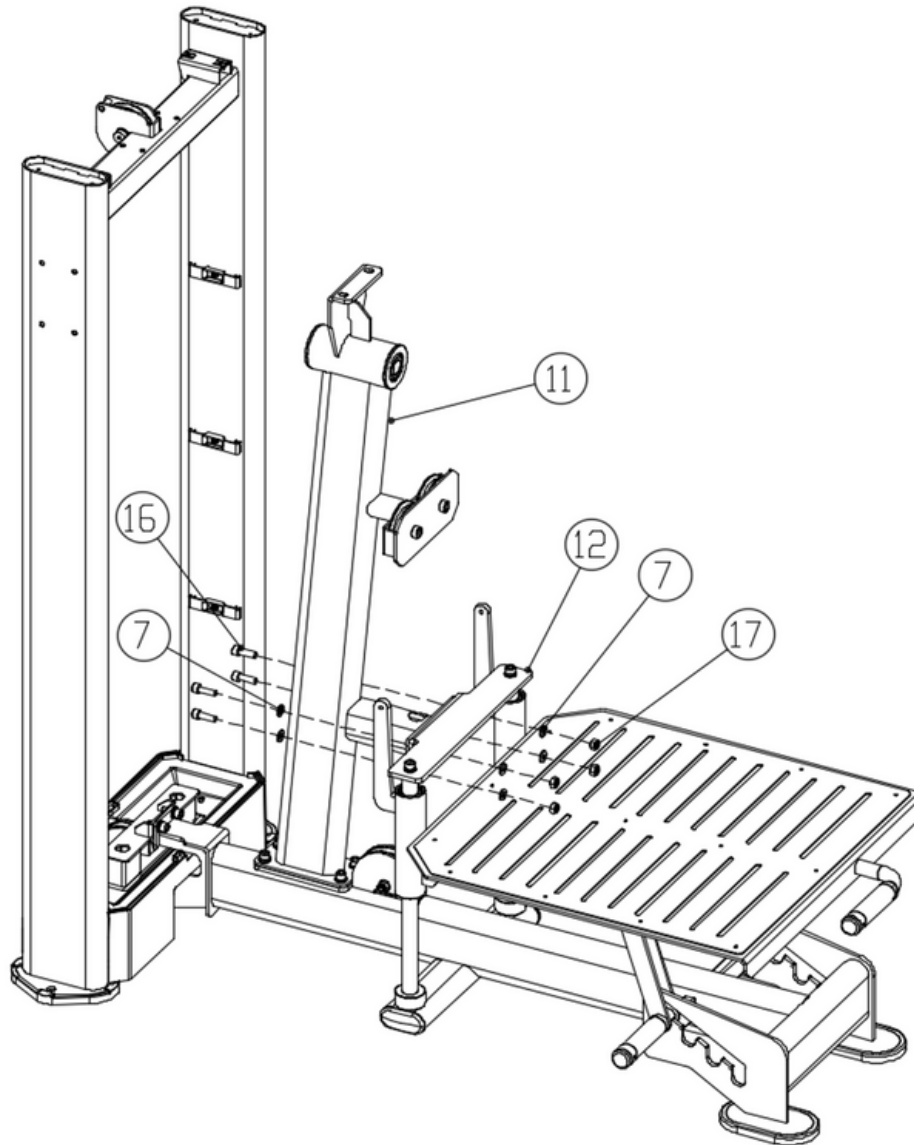
Attach the hip trainer pedal rack assembly (#14) to the bottom bracket (#4) using:

- 2 × Hexagon socket cheese head screws (#5)
- 2 × Spring washers (#6)
- 2 × Flat washers (#7)

Step 7:

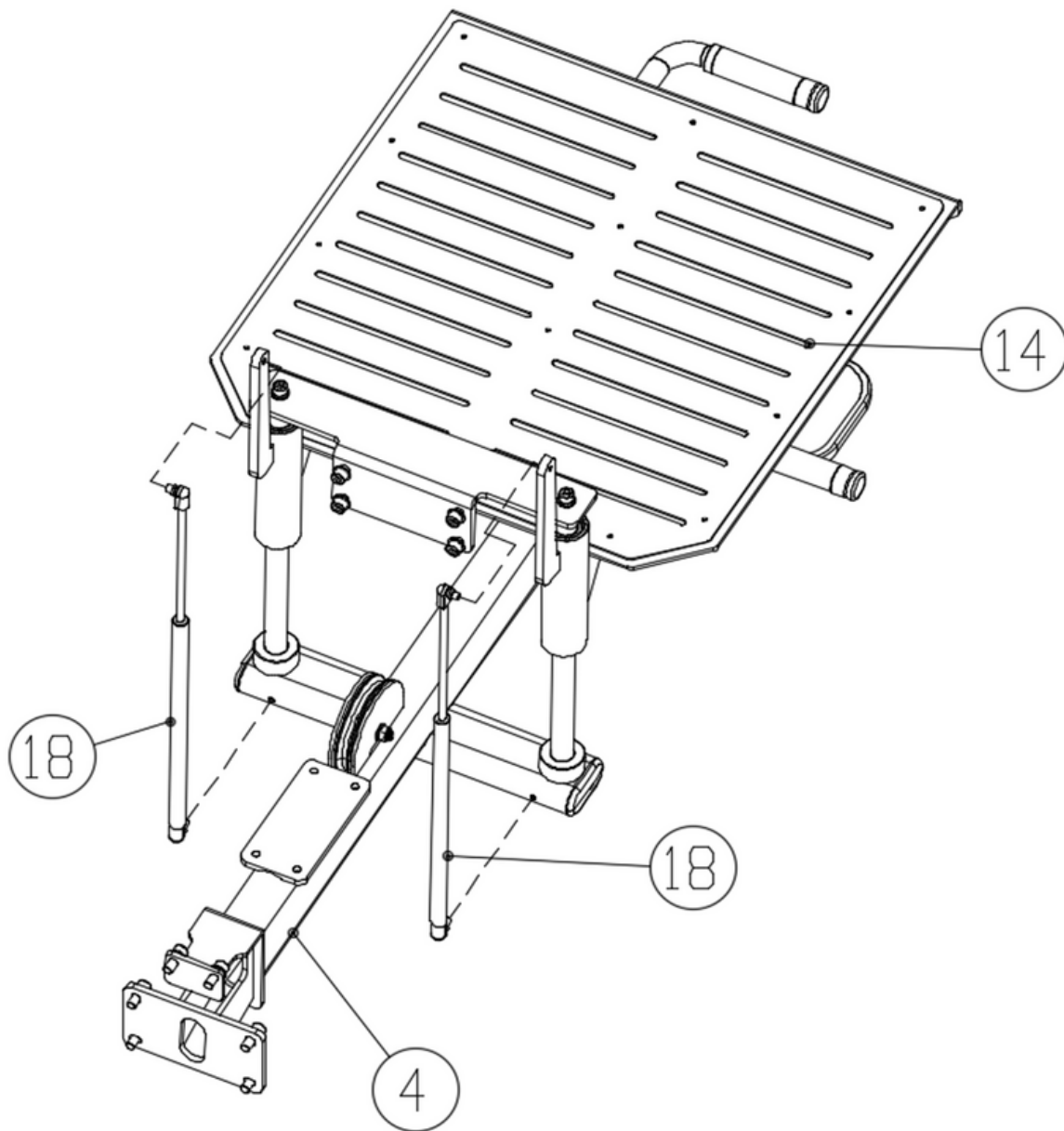
Attach the Foot Chute Mounting Plate (#12) to the Hip Trainer Main Frame (#11) using:

- 4 x Hexagon socket cheese head screws (#16)
- 8 x flat washer (#7)
- 4 x Hexagonal self-locking nuts (#17)



Step 8:

Attach the 2 pieces of air rods (#18) to the Hip Trainer Bottom Bracket (#4) and the Pedal Rack Assembly (#14) as shown in the diagram.

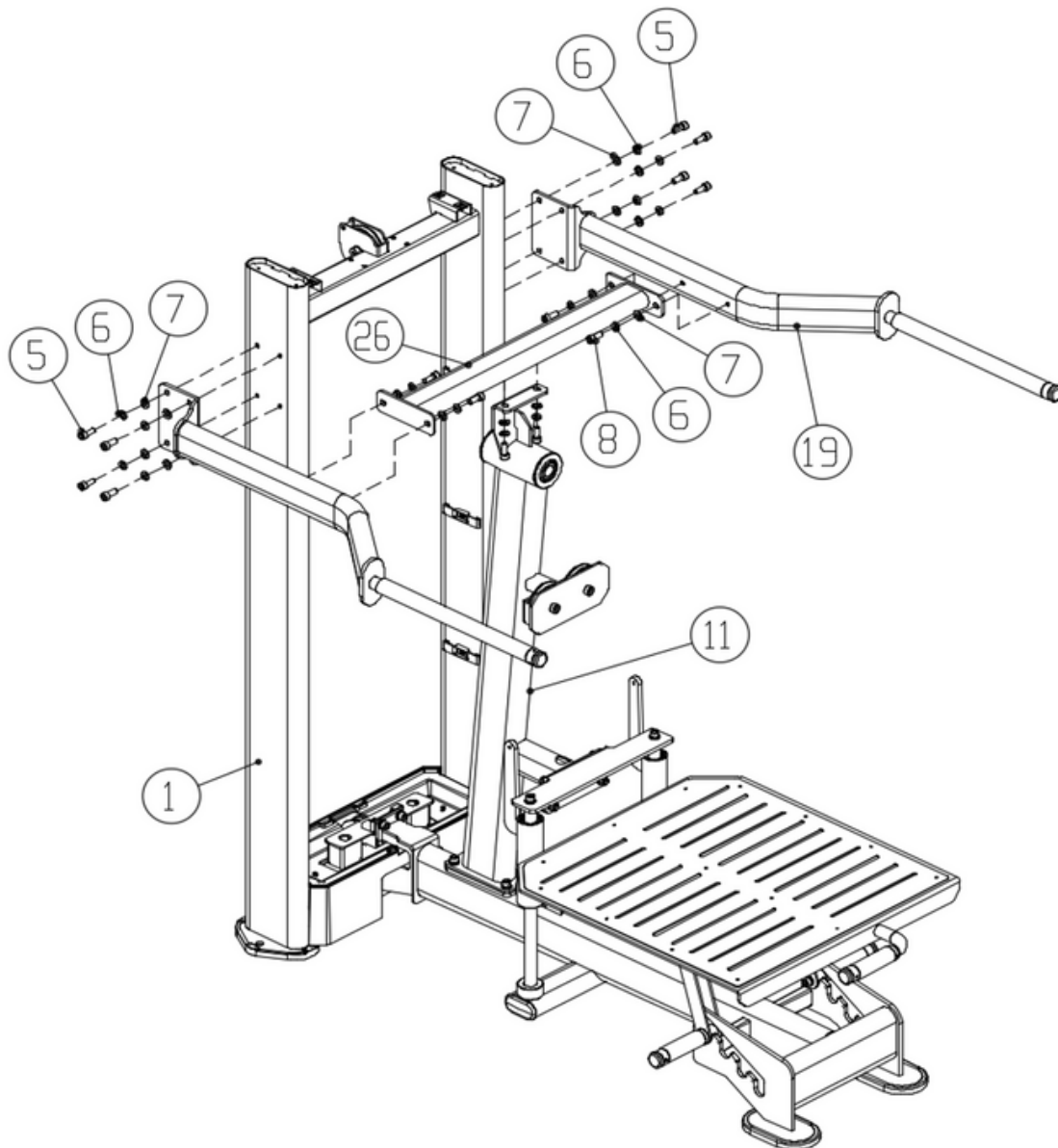


Step 9:

Attach the two Hip Trainer Armrests (#19) to the Weight Rack (#1) in the following manner.

Connect the two hip trainer armrest holders (#19), and the main hip trainer holder (#11) with the hip trainer attachment bracket (#26)

- 8 x Hexagon socket cheese head screws (#5)
- 14 x spring washer (#6)
- 14 x flat washer (#7)
- 6 x Hexagon socket cheese head screws (#8)



Step 10:

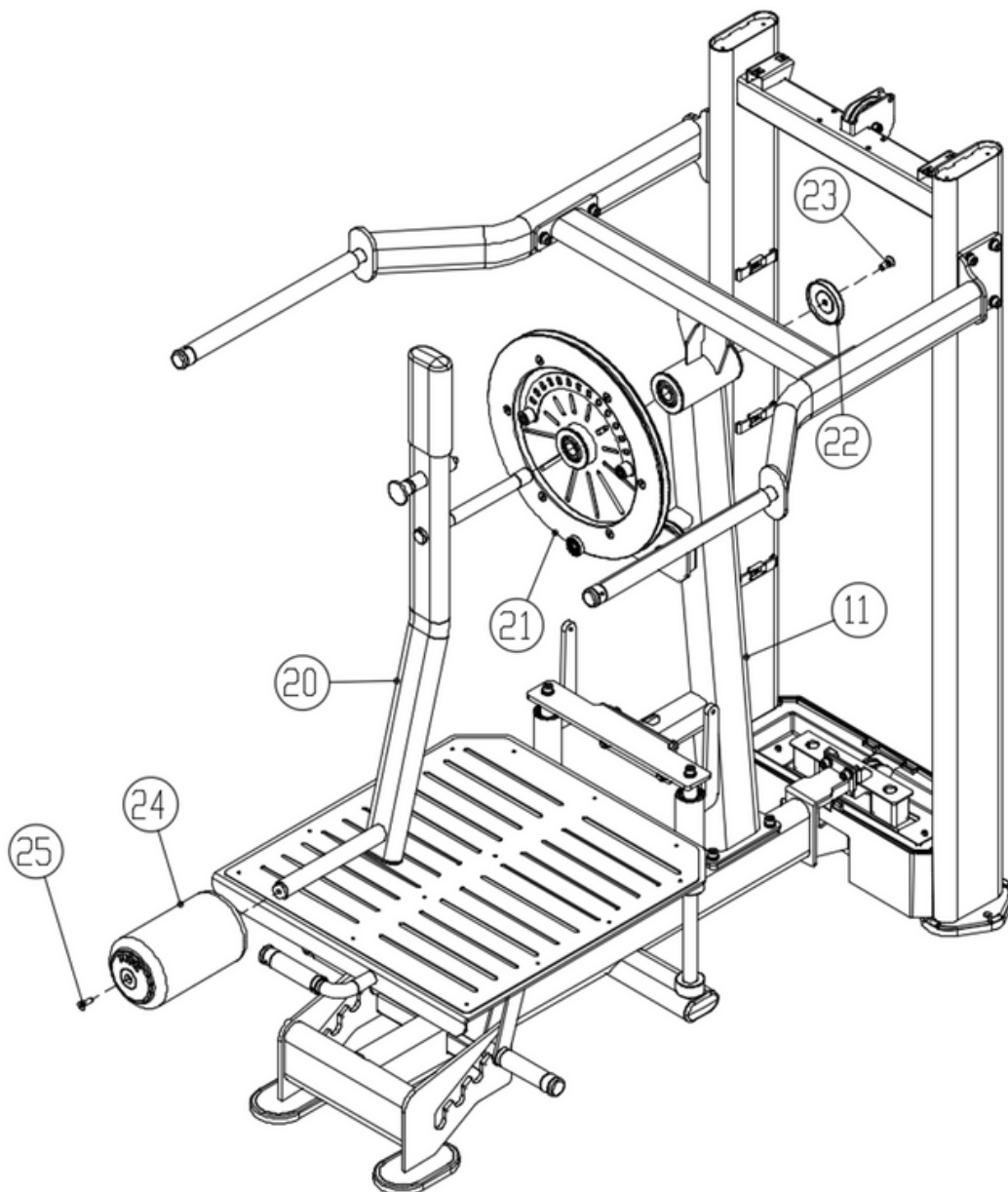
Attach the Hip Trainer Force Arm (#20), Hip Trainer Wrap (#21), Type 76 Aluminum Cap (#22), and Hip Trainer Main Frame (#11) by.

- 1 x Hexagon socket countersunk head screws (#23)

Step 11:

Attach the Leather Canister (#24) to the Hip Trainer Force Arm (#20) using

- 1 x Hexagon socket countersunk head screws (#25)



Step 12:

Slide the two counterweight block rubber pads (#29) onto the two guide bars (#28). Connect the two counterweight bases (#30) to the two guide bars (#28) and place them in the counterweight rack (#1).

Secure with:

- 2 × Hexagon socket cheese head screws (#31)
- 2 × Spring washers (#32)
- 2 × Flat washers (#33)

Step 13:

Attach the 16 counterweight blocks (#34) to the guide bars (#28) with isolation tabs facing up.

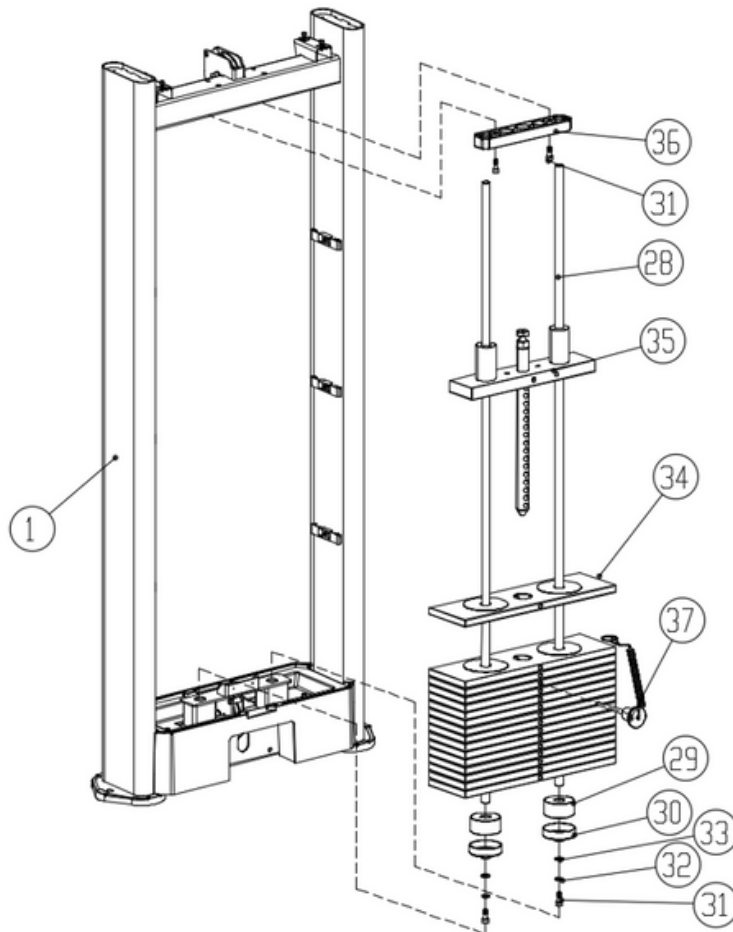
Install the guide block set (#35) onto the guide bars (#28).

Insert the counterweight block pin (#37) into the counterweight block (#34).

Slide the guide bar retainer plate (#36) onto the guide bars (#28).

Attach the guide bar mounting plate (#36) to the counterweight bracket (#1) using:

- 2 × Hexagon socket cheese head screws (#31)



Step 14:

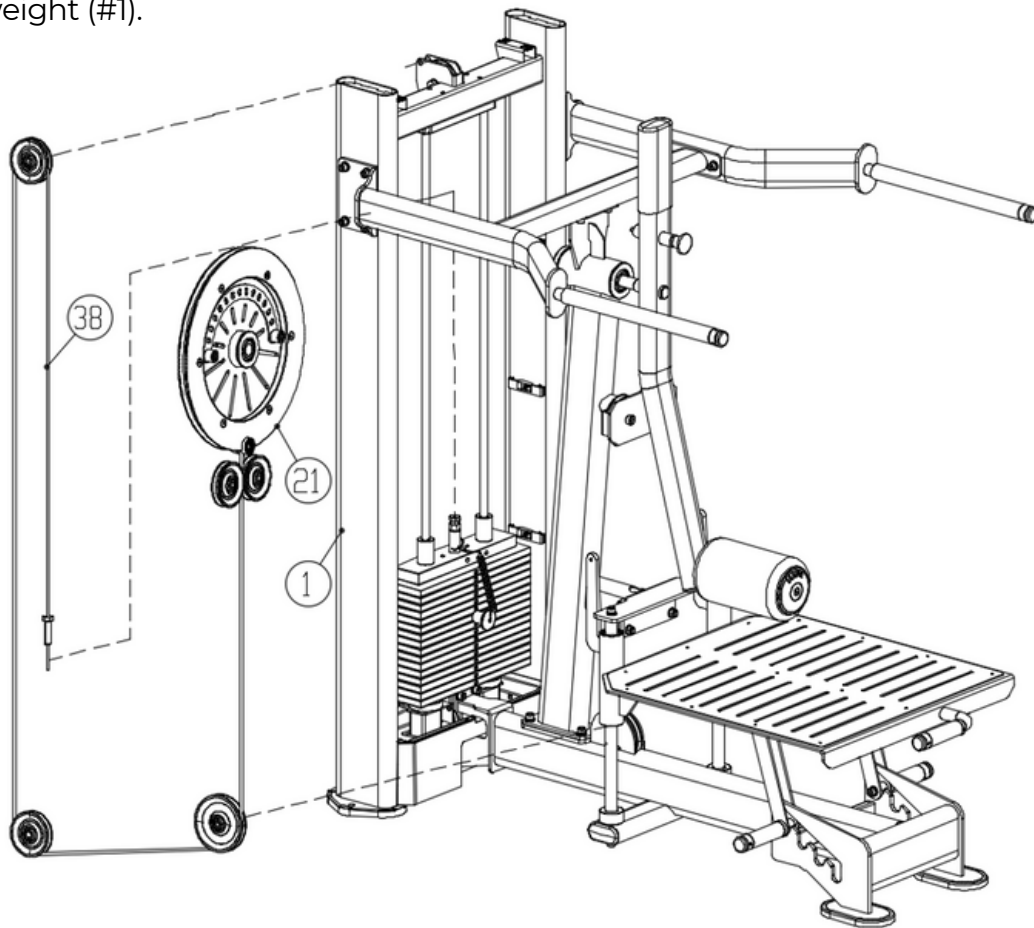
Thread the wire rope (#38) as shown in the picture, the pre-installed sheaves need to be disassembled and reassembled.

Secure with:

- 2 × Hexagon socket cheese head screws (#31)
- 2 × Spring washers (#32)
- 2 × Flat washers (#33)

Step 15:

Connect one end of the wire (#38) to the bobbin (#21) and the other end to the counterweight (#1).



Step 16:

Slide the two Trim Strips (#40) into the two Baffles (#39) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Slide the Trim Plate (#41) into the two Baffles (#39) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Attach the upper shroud (#42) to the counterweight frame (#1). Secure with:

- 8 x Hexagon socket cheese head screws (#3)

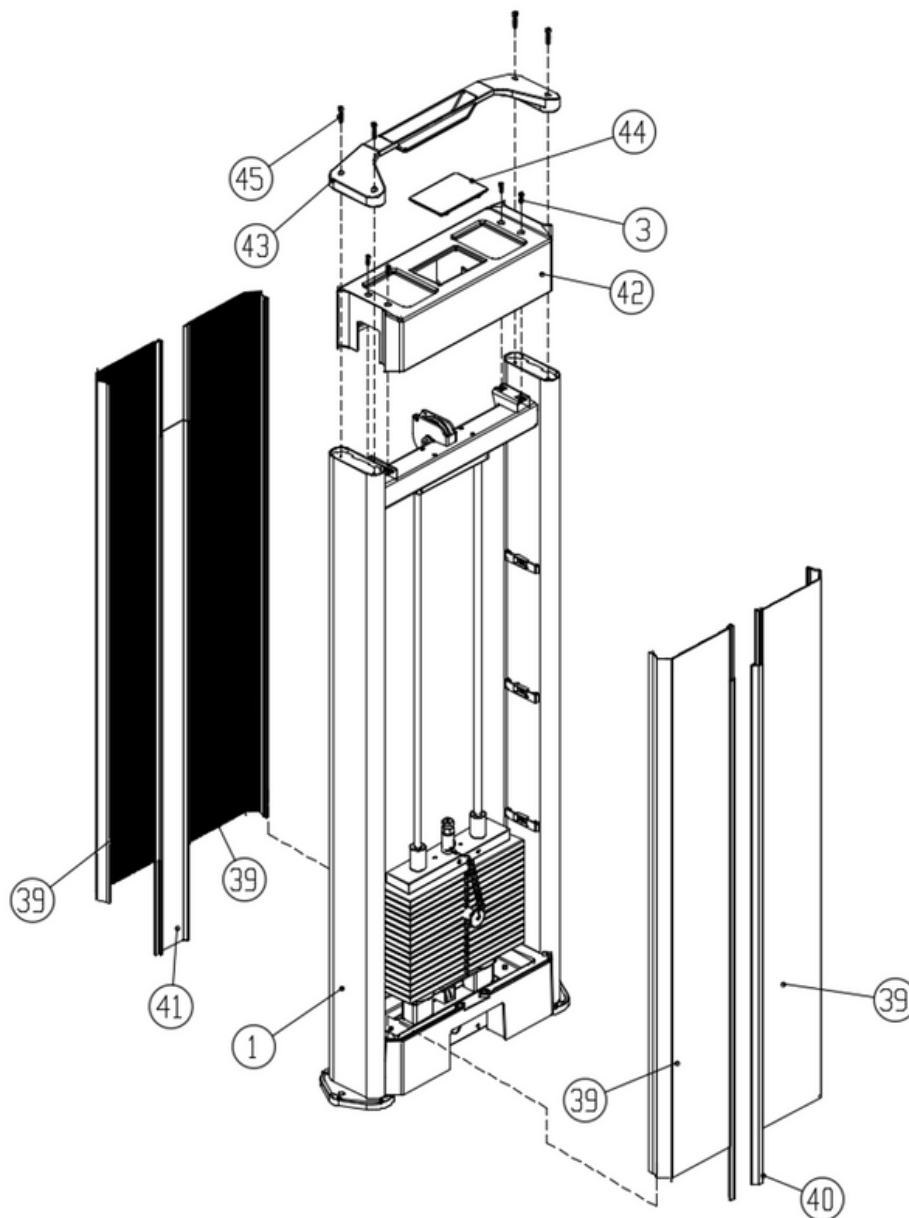
Step 17:

Attach the Top Cover Trim (#43) to the Counterweight Rack (#1). Secure with:

- 4 x Hexagon socket cheese head screws (#45)

Step 18:

Snap Upper Shroud Top Cover (#44) to Upper Shroud (#42)

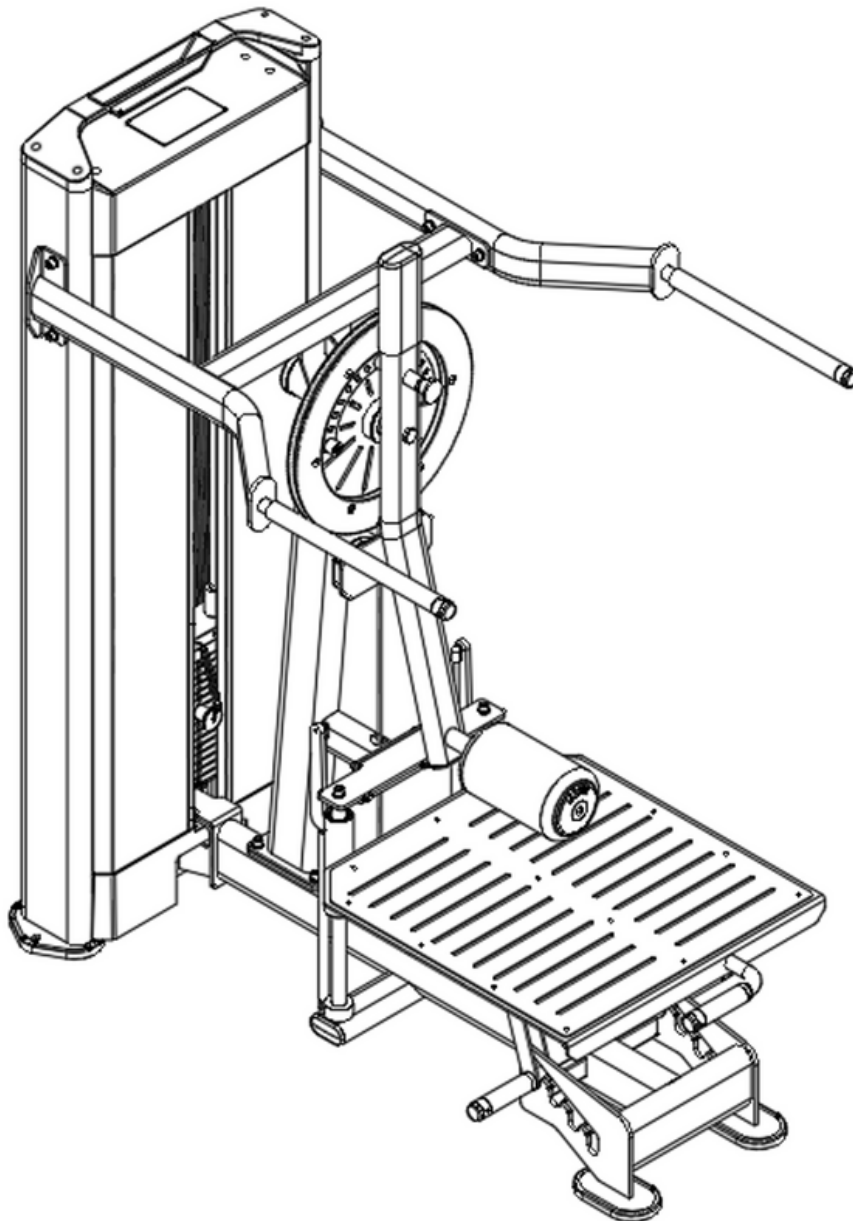


Important Tips

Now that your Multi Hip 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

NO	Name and specification	QTY
1	counterweight frame	1
2	counterweight lower shield	1
3	Hexagon socket cheese head screws (M5*16)	12
4	Hip Trainer Bottom Bracket	1
5	Hexagon socket cheese head screws (M10*25)	18
6	spring washer (10)	30
7	flat washer (10)	38
8	Hexagon socket cheese head screws (M10*20)	12
9	counterweight footrest	2
10	Flat ellipse foot mats	2
11	Hip Trainer Main Frame	1
12	Foot chute fixing plate	1
13	Hip Trainer Chute Bar	2
14	Pedal Rack Assembly	1
15	Rubber pads for slide rods	2
16	Hexagon socket cheese head screws (M10*30)	4
17	Hexagonal self-locking nuts (M10)	4
18	pneumatic rod	2
19	Hip armrests	2
20	Hip Trainer Force Arm	1
21	Hip Trainer Wire Wrap	1
22	76 model alluminum cap	1
23	Hexagon socket countersunk head screws(M10*20)	1
24	leather cylinder	1
25	Hexagon socket countersunk head screws(M8*25)	1
26	Hip Trainer Connection Rack	1
28	Universal Counterweight Guide Bar	2
29	Counterweight rubber pads	2
30	counterweight base	2
31	Hexagon socket cheese head screws (M8*20)	4
32	spring washer (8)	2
33	flat washer (8)	2
34	Weight stack	16
35	Guide block set	1
36	Guide bar mounting plate	1
37	Weight stack pin	1
38	Cable	1
39	shield	4
40	Counterweight source trim	2
41	Counterweight Source Decorative Plate	1
42	Counterweight upper shroud	
43	Top cover trim	1
44	Upper Shroud Top Cover	1
45	Hexagon socket cheese head screws (M6*30)	4