

FITNESS360®

FT7211

Dual Leg Extension/Seated Leg Curl



Rubber mallet
Level ruler
Hexagon wrench
Two People
Adjustable wrench
Spring Clap

Step 1:

Connect the counterweight frame (1), the seated support frame (2), and the side frames (3) using the following components:

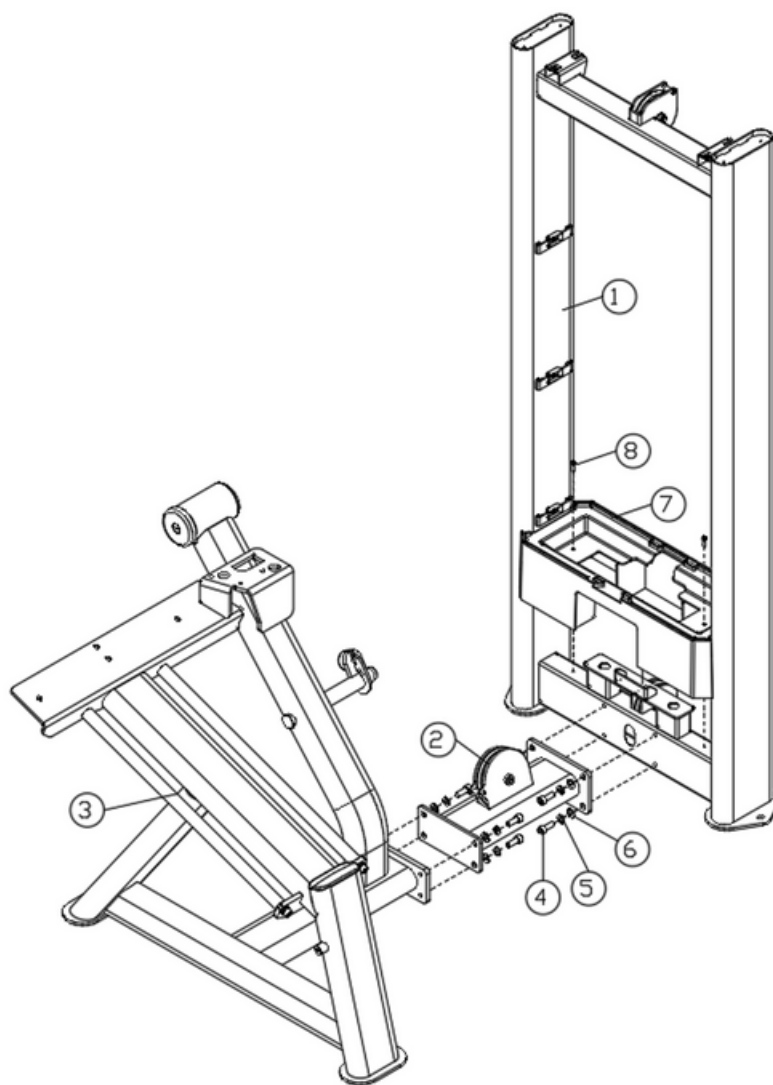
- 8 × M10×25 hexagon socket cheese head screws (4)
- 8 × M10 spring washers (5)
- 8 × M10-D20 flat washers (6)

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

Step 2:

Secure the counterweight frame (1) to the lower shroud (7) using:

- 2 × M5×16 hexagon socket cheese head screws (8)



Step 3:

Connect the force arm (9), swing arm (31), and the seated strand two-strand flange (10) to the sidestand (3) using:

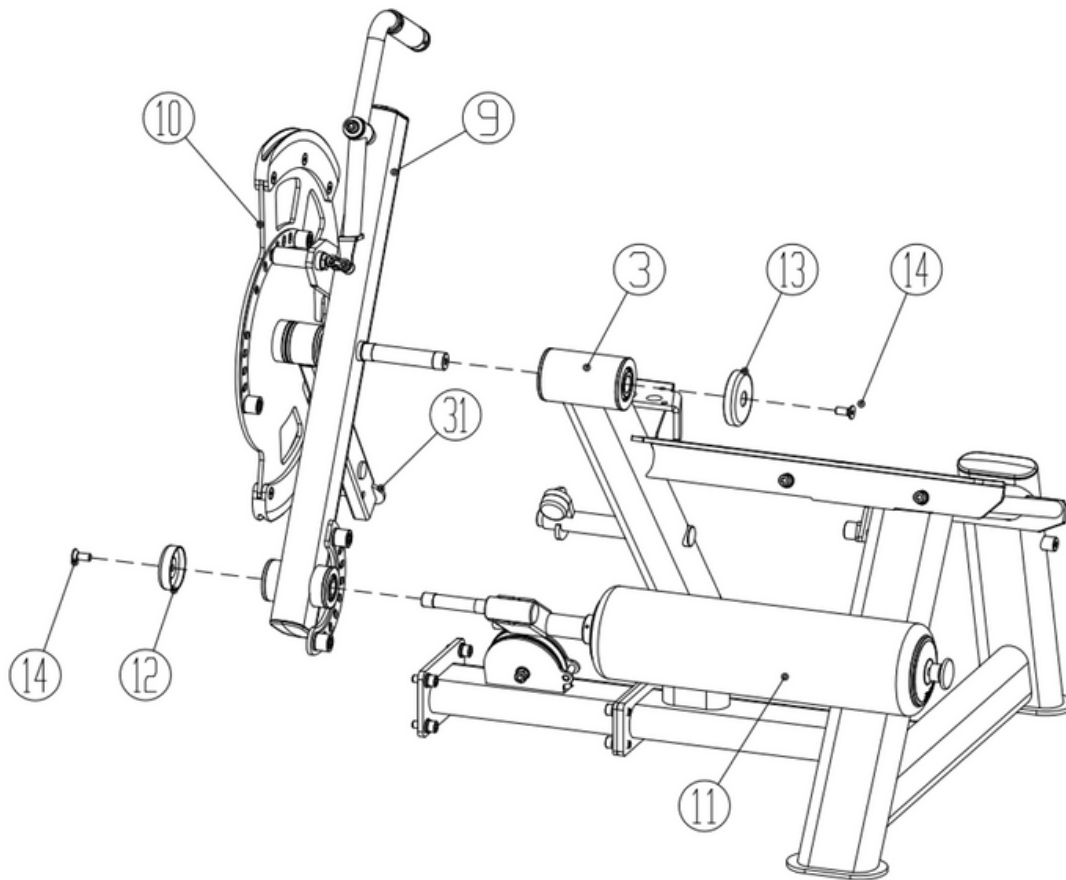
- 1 × Aluminum cap-76 (13)
- 1 × M10×25 hexagon socket flat countersunk head screw (14)

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

Step 4:

Attach the leg press stand (11) to the seated biceps strength arm (9) using:

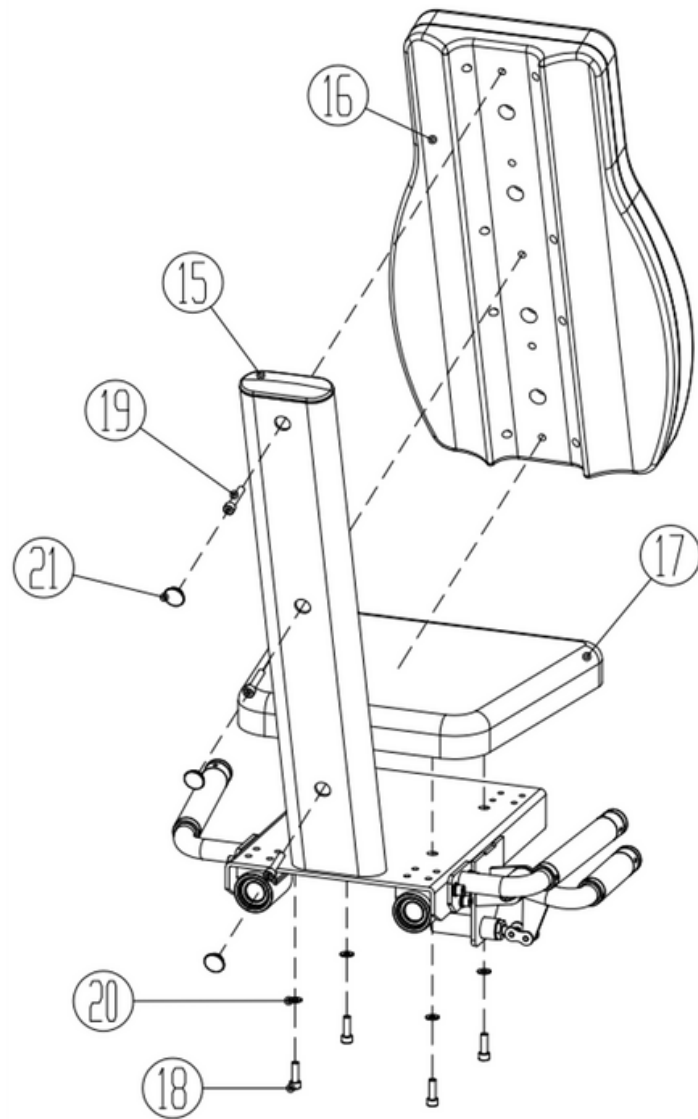
- 1 × Aluminum cap-60 (12)
- 1 × M10×25 hexagon socket flat countersunk head screw (14)



Step 5:

Install the back cushion (16), seat cushion (17), and seat frame (15) using the following components:

- 4 × M8×25 hexagon socket cheese head screws (18)
- 3 × M8×40 hexagon socket cheese head screws (19)
- 4 × M8 flat washers (20)
- 3 × Ø20 hole plugs (21)



Step 6:

Open the chute bar pre-installed on the side frame (3) and slide the seat frame (15) into it. Then, reinstall the chute bar onto the side frame (3).

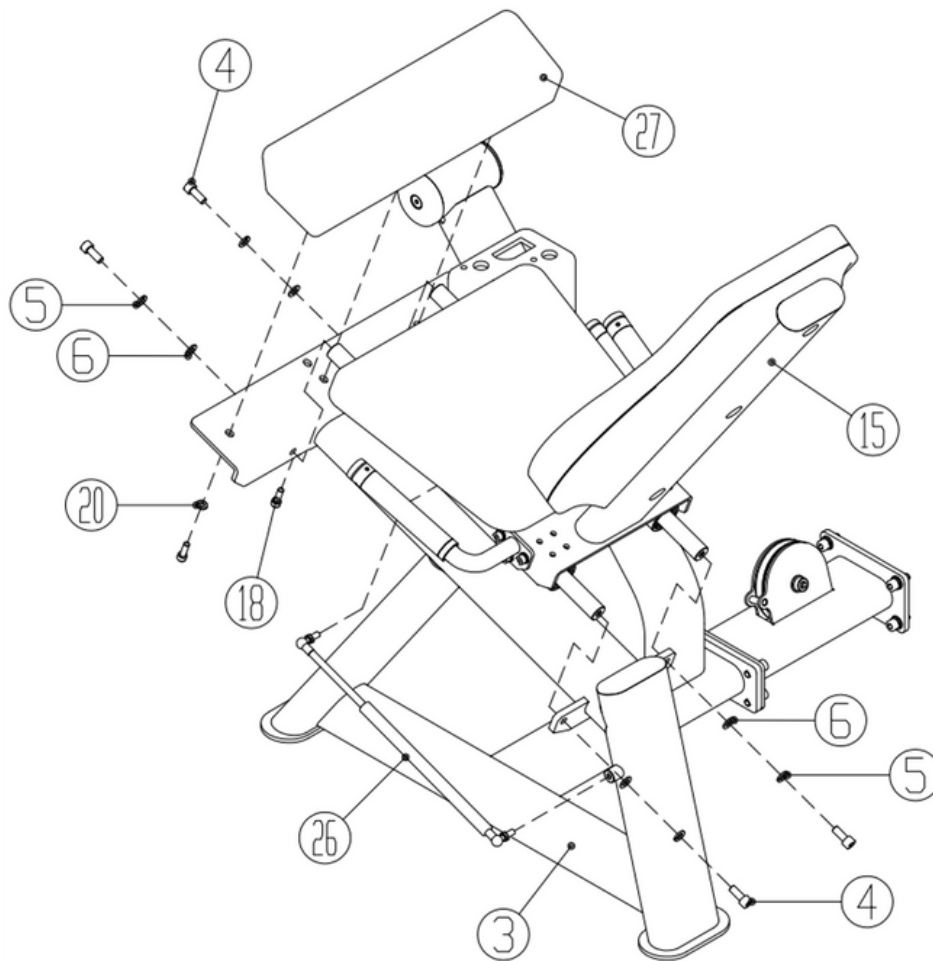
Step 7:

Mount the quadruple extension cushion (27) to the side frame (3) using:

- 3 × M8×25 hexagon socket cheese head screws (18)
- 3 × M8 flat washers (20)

Step 8:

Attach the gas spring (26) to the side frame (3) and seat frame (15).



Step 9:

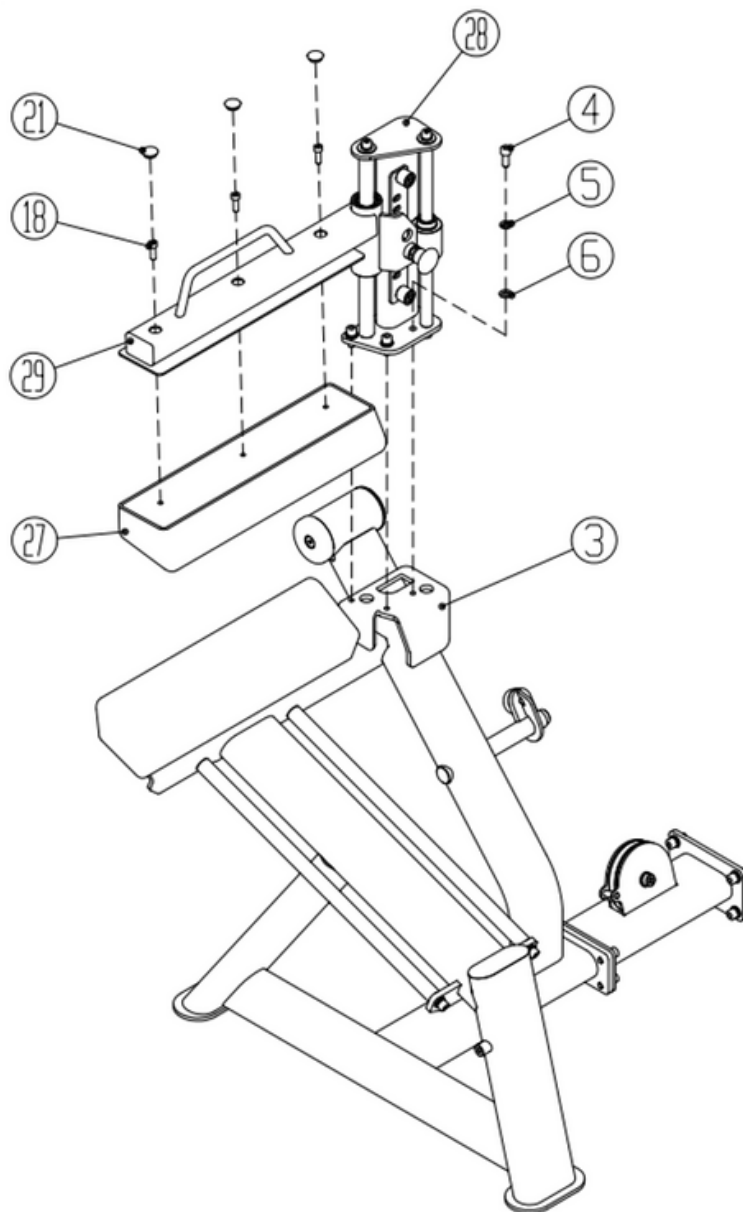
Attach the seated biceps adjustment frame (28), biceps leg press frame (29), and side frame (3) using:

- 3 × M10×25 hexagon socket cheese head screws (4)
- 3 × M10 spring washers (5)
- 3 × M10-D20 flat washers (6)

Step 10:

Secure the cushion (27) to the seated biceps leg press stand (29) using:

- 3 × M8×25 hexagon socket cheese head screws (18)
- 3 × Ø20 hole plugs (21)



Step 11:

Place the pre-installed guide bar assembly (33) into the counterweight frame (1).

Mount the counterweight block (35) onto the guide bar (33) with the isolation tabs facing upward.

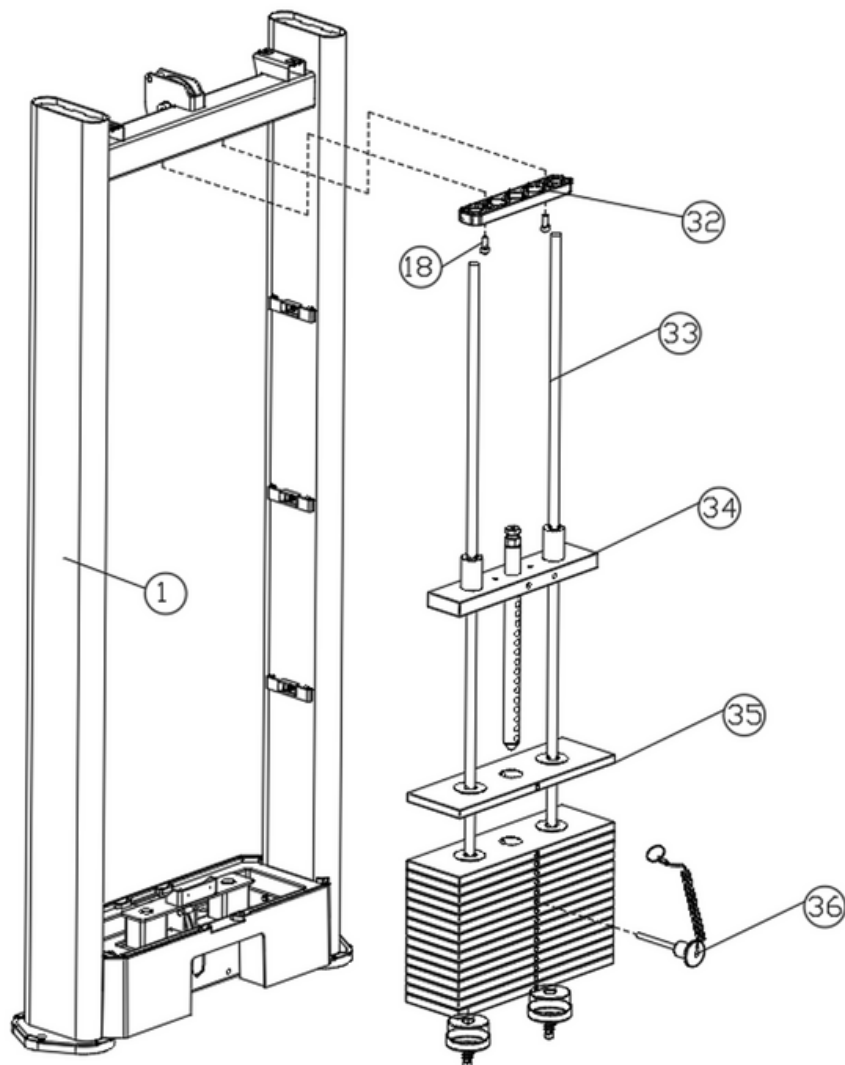
Slide the guide block assembly (34) onto the guide bar (33).

Attach the guide bar fixing plate (32) to the guide bar (33).

Secure the guide bar mounting plate (32) to the counterweight frame (1) using:

- 2 × M8×25 hexagon socket cheese head screws (18)

Insert the counterweight block pin (36) into the counterweight block.



Step 12:

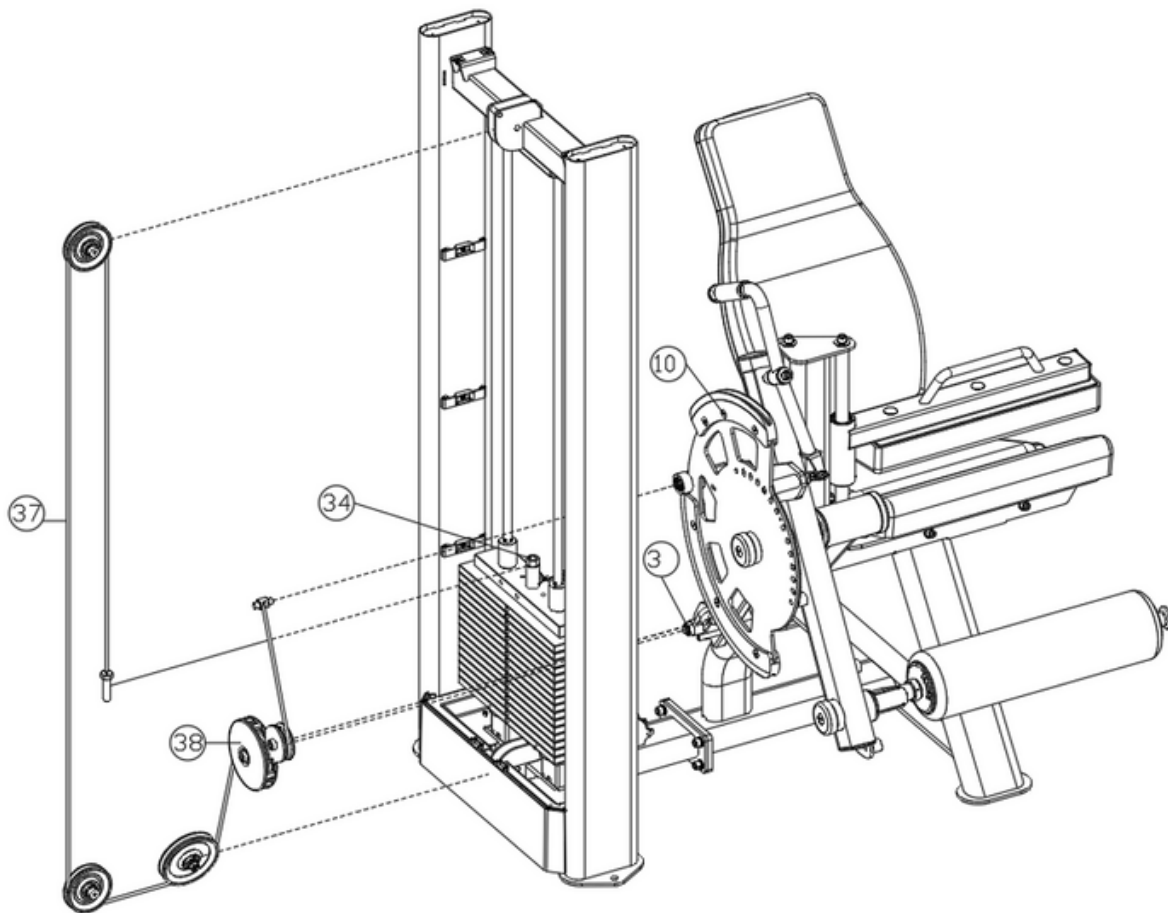
Remove the pre-installed spools.

Wrap the wire rope around the spools as shown in the diagram.

Reinstall the spools back into their original position.

Attach the wire rope-wound sheave box (38) to the seated strand four-prong bracket (2).

Connect one end of the wire rope to the guide block assembly (34) and the other end to the seated two-head flange (10).



Step 13:

Slide both trim strips (39) into the two baffles (40).

Insert the trim plate (41) into the baffles (40) and secure it to the counterweight rack (1).

Attach the upper shroud (42) to the counterweight frame using:

- 4 × hexagon socket cheese head screws (#8)

Step 14:

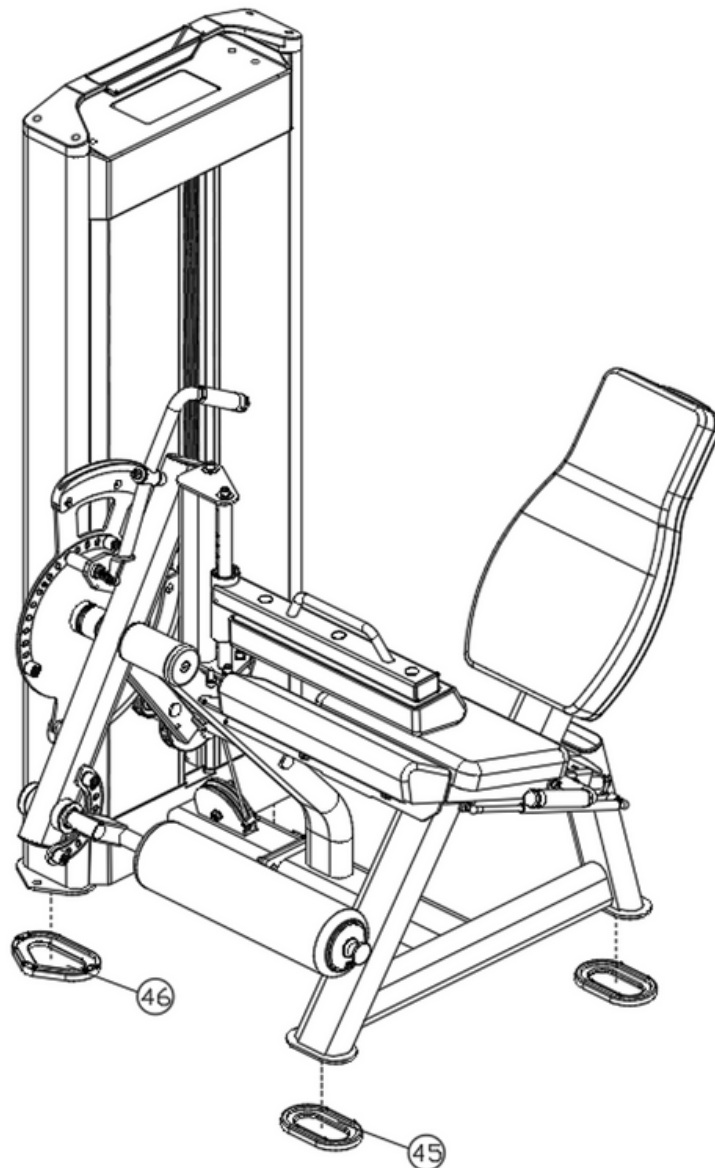
Secure the top cover trim (43) to the counterweight rack using:

- 4 × hexagon socket cheese head screws (#47)

Snap the upper shroud top cover (44) onto the upper shroud (42).

Step 15:

Place the fully assembled trainer in a suitable location and install the four foot pads (45 and 46) underneath the frame as shown.



Important Tips

Now that your Dual Leg Extension/Seated Leg Curl 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	QTY
1	Counterweight frame	1
2	Connection frame	1
3	side frame	1
4	hexagon socket cheese head screws M10	11
5	spring washer M10	11
6	flat washerM10-D20	11
7	lower shield	1
8	hexagon socket cheese head screws M5*	6
9	force arm	1
10	Flange	1
11	presser rack	1
12	aluminum cap-60	1
13	aluminum cap-76	1
14	hexagon socket countersunk head screws M	2
15	seat frame	1
16	backrest	1
17	cushions	1
18	Hexagon socket cheese head screws M8*25	10
19	Hexagon socket cheese head screws M8*40	3
20	flat washer M8-D16	7
21	20-hole plug	6
26	hydraulic rod	1

27	cushions	1
28	adjusting frame	1
29	presser rack	1
31	swing arm	1
32	Guide bar fixing plate	1
33	Guide bar assembly	2
34	Guide block assembly	1
35	counterweights	16
36	counterweights pin	1
37	cable	1
38	junction box	1
39	decorative strip	2
40	baffle	4
41	decorative plate	1
42	upper shroud	1
43	Upper shroud trim plate	1
44	Upper Shroud Top Cover	1
45	Flat ellipse foot mats	2
46	counterweights feetrest	2
47	hexagon socket cheese head screws M6*30	4