

FITNESS360[®]

FT7217

Pectoral Fly



Rubber rod
Level
Hexagon wrench
Two people
Adjustable wrench
Circlip pliers

Step 1:

Connect the counterweight lower guard (#6) to the counterweight frame (#1) using the following method:

- 2 x M5*16 hexagon socket head screws (#7)

Install the weight rack foot pads (#40) and flat oval foot pads (#39) into their corresponding positions.

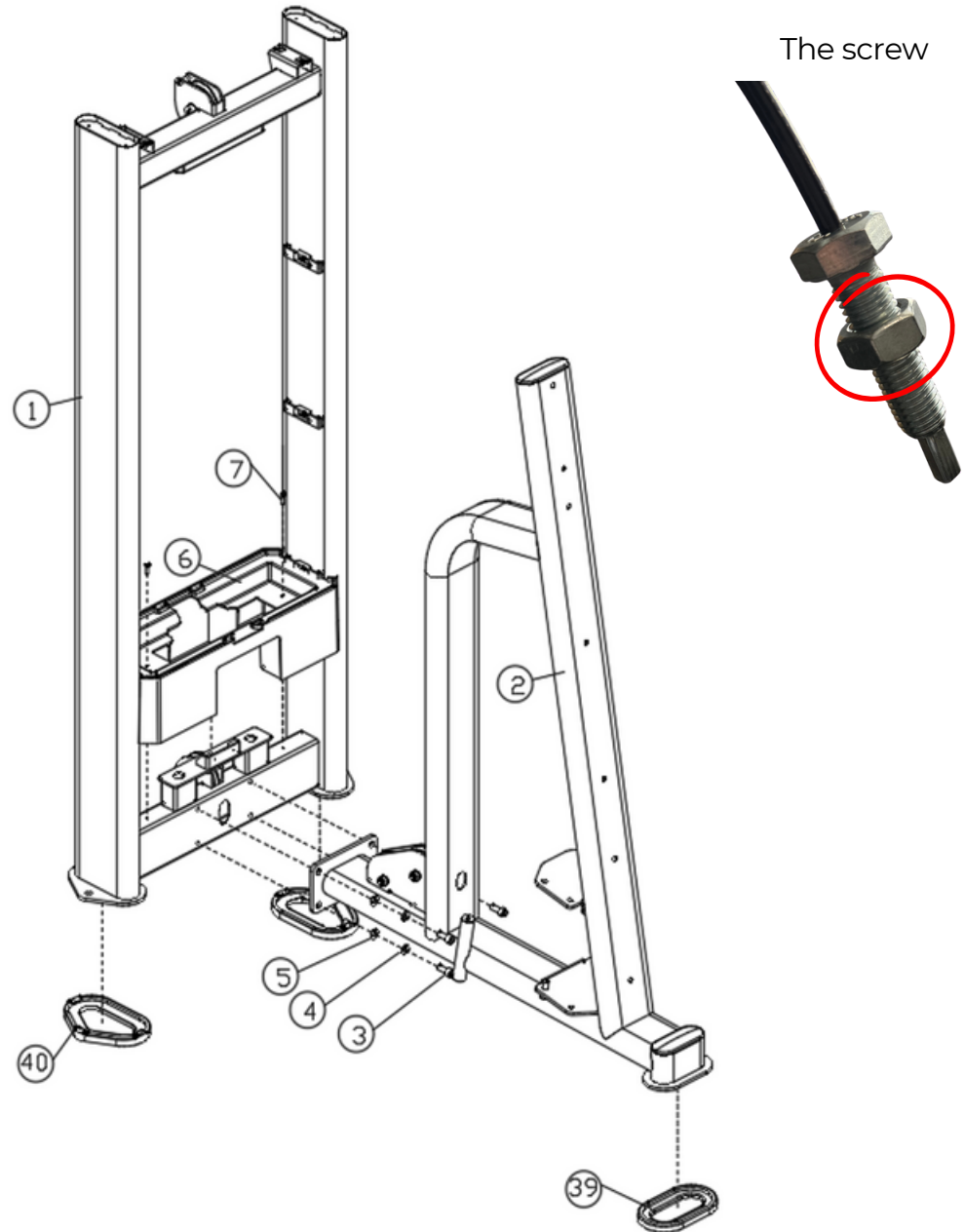
Step 2:

Connect the Butterfly Clip Chest Frame (#2) to the Weight Frame (#1) as follows:

- 4 x M10*25 hexagon socket head screws (#3)
- 4 x M10 spring washers (#4)
- 4 x M10-D20 flat washers (#5)

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 3:

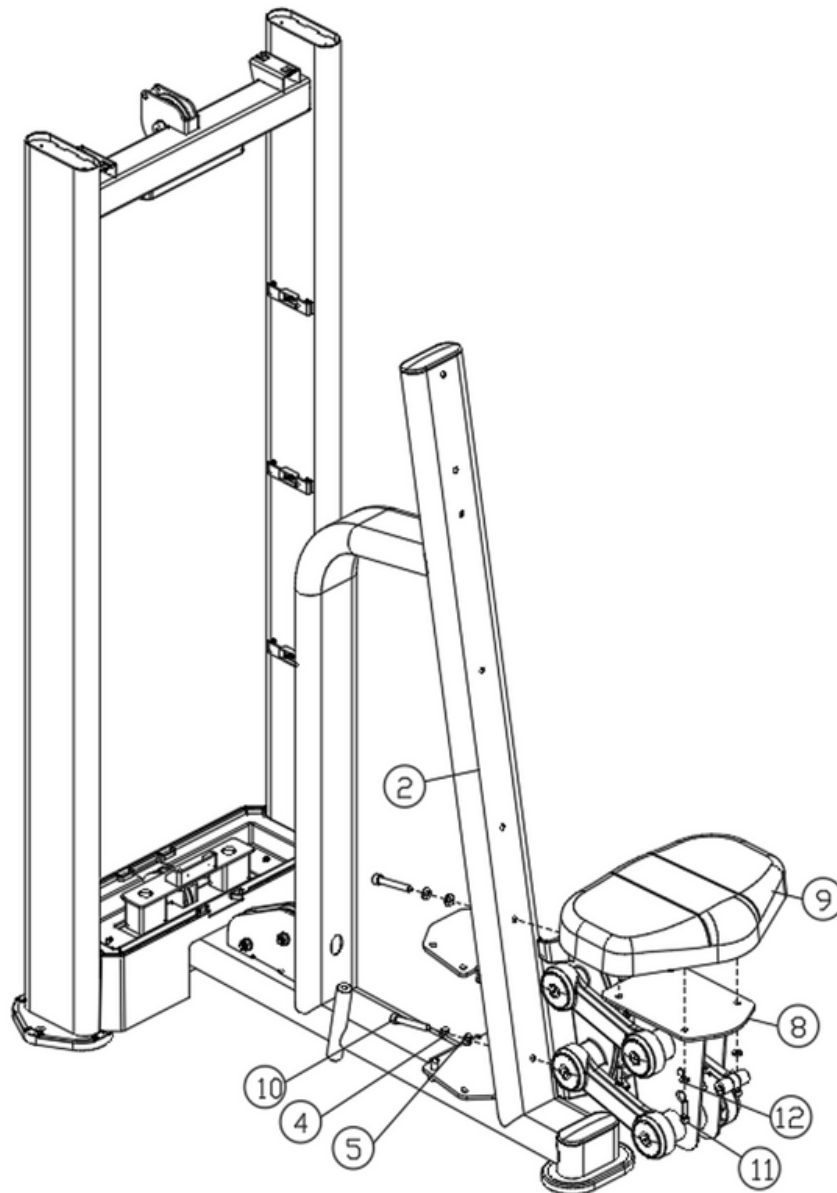
Attach the seat cushion (#9) to the seat frame (#8) using the following method:

- 4 x M8*25 hexagon socket head screws (#11)
- 4 x M8-D16 flat washers (#12)

Step 4:

Connect the seat (#8) to the Butterfly Clip Side Frame (#2) as follows:

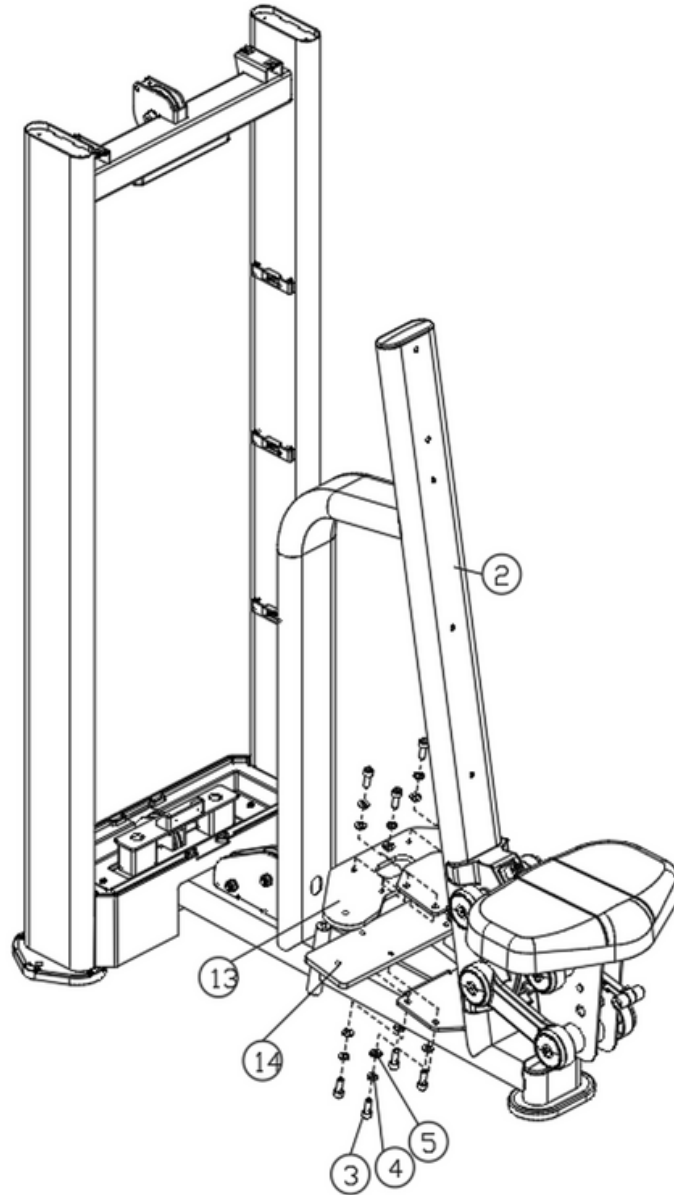
- 2 x M10*70 hexagon socket head screws (#10)
- 2 x M10 spring washers (#4)
- M10-D20 flat washers (#5)



Step 5:

Use the following method to connect the butterfly chest clamp arm connecting plate (#13), the main shaft connecting plate (#14) and the butterfly chest clamp side frame (#2)

- 8 x M10*25 hexagon socket head screws (#3)
- 8 x M10 spring washers (#4)
- 8 x M10-D20 flat washers (#5)



Step 6:

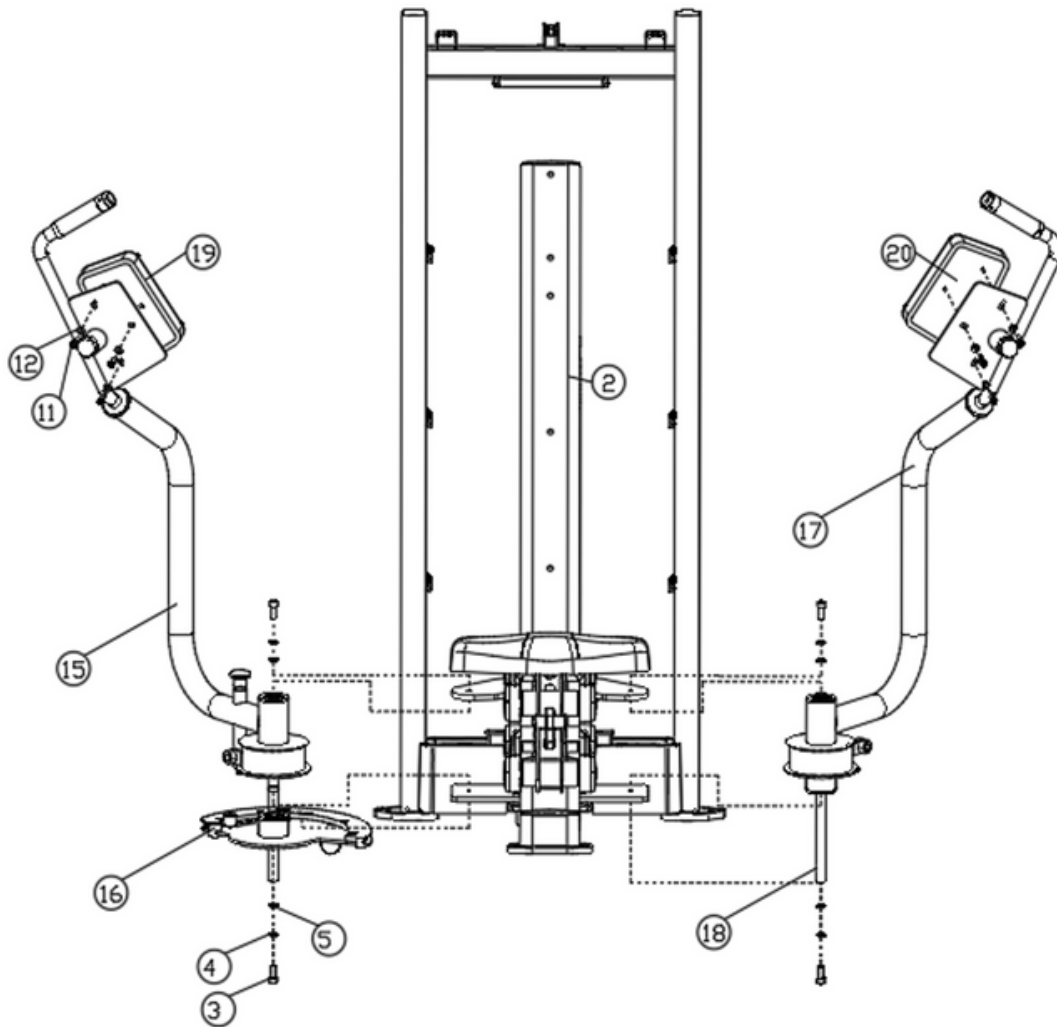
Connect the two force arms (#15 and #17) and the two spindles (#16 and #18) to the Butterfly Clip Chest Side Frame (#2) using:

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

Step 7:

Attach the left and right elbow pads (#19 and #20) to the lever arms (#15 and #17) using:

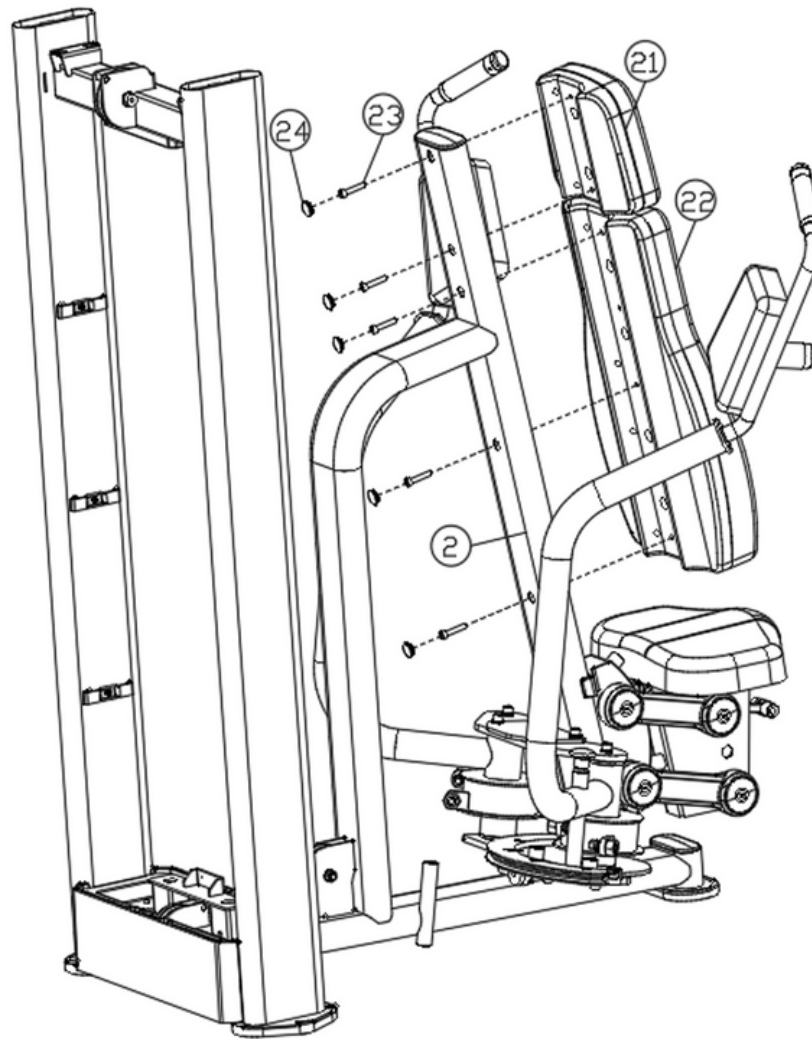
- 6 × M8×25 hexagon socket head screws (#11)
- 6 × M8-D16 flat washers (#12)



Step 8:

Secure the head pad (#21), back pad (#22), and Butterfly Clip Chest Side Frame (#2) using:

- 5 × M8×40 hexagon socket head screws (#23)
- 5 × Ø20 hole plugs (#24)



Step 9:

Slide the two rubber weight pads (#41) onto the two guide rods (#26).

Connect the two counterweight frame bases (#42) to the guide rods (#26) and insert the assembly into the counterweight rack (#1).

Secure with:

- 2 × M8×20 hexagon socket head screws (#11)
- 2 × M8 spring washers (#43)
- 2 × M8 flat washers (#12)

Step 10:

Install the counterweight blocks (#28) onto the guide rods (#26), with the isolation tabs facing upward.

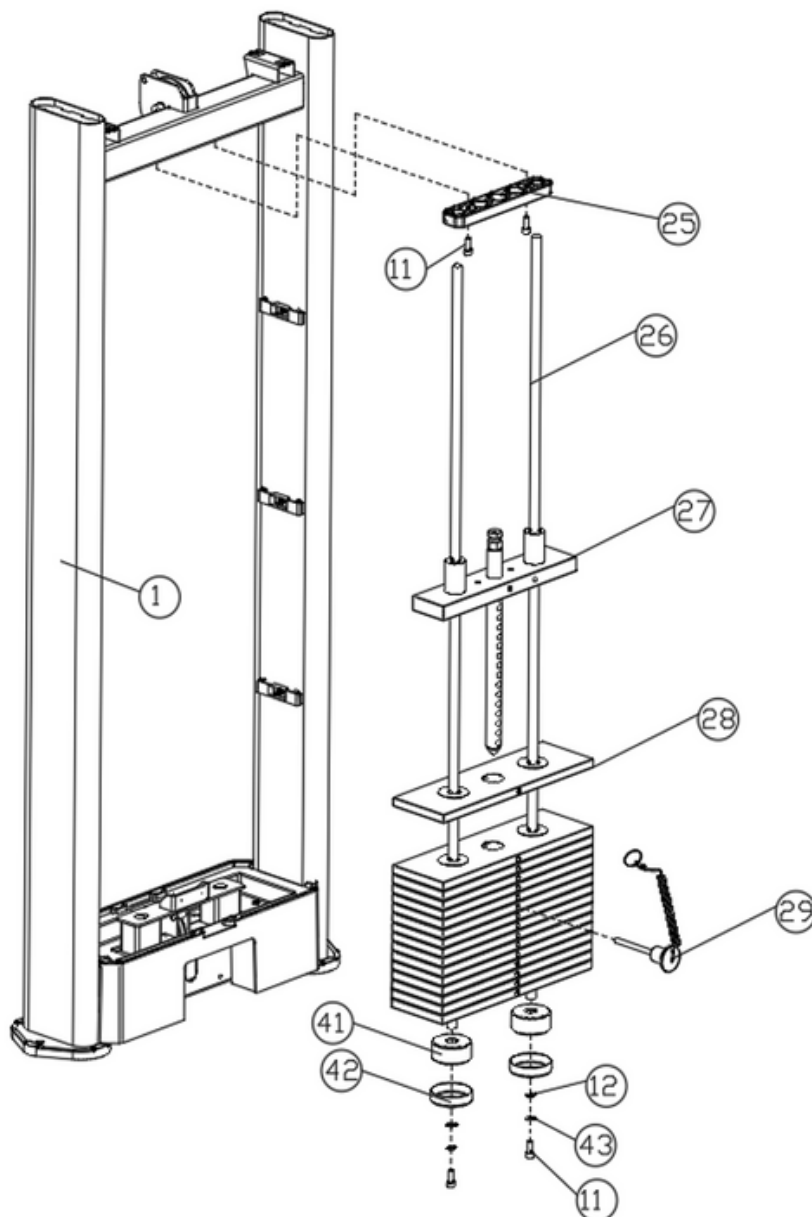
Mount the guide block assembly (#27) onto the guide rods.

Insert the counterweight pin (#29) into the counterweight block.

Slide the guide bar retainer plate (#32) onto the guide rods.

Secure the guide rod fixing plate (#25) to the frame using:

- 2 × M8 hexagon socket head screws (#11)

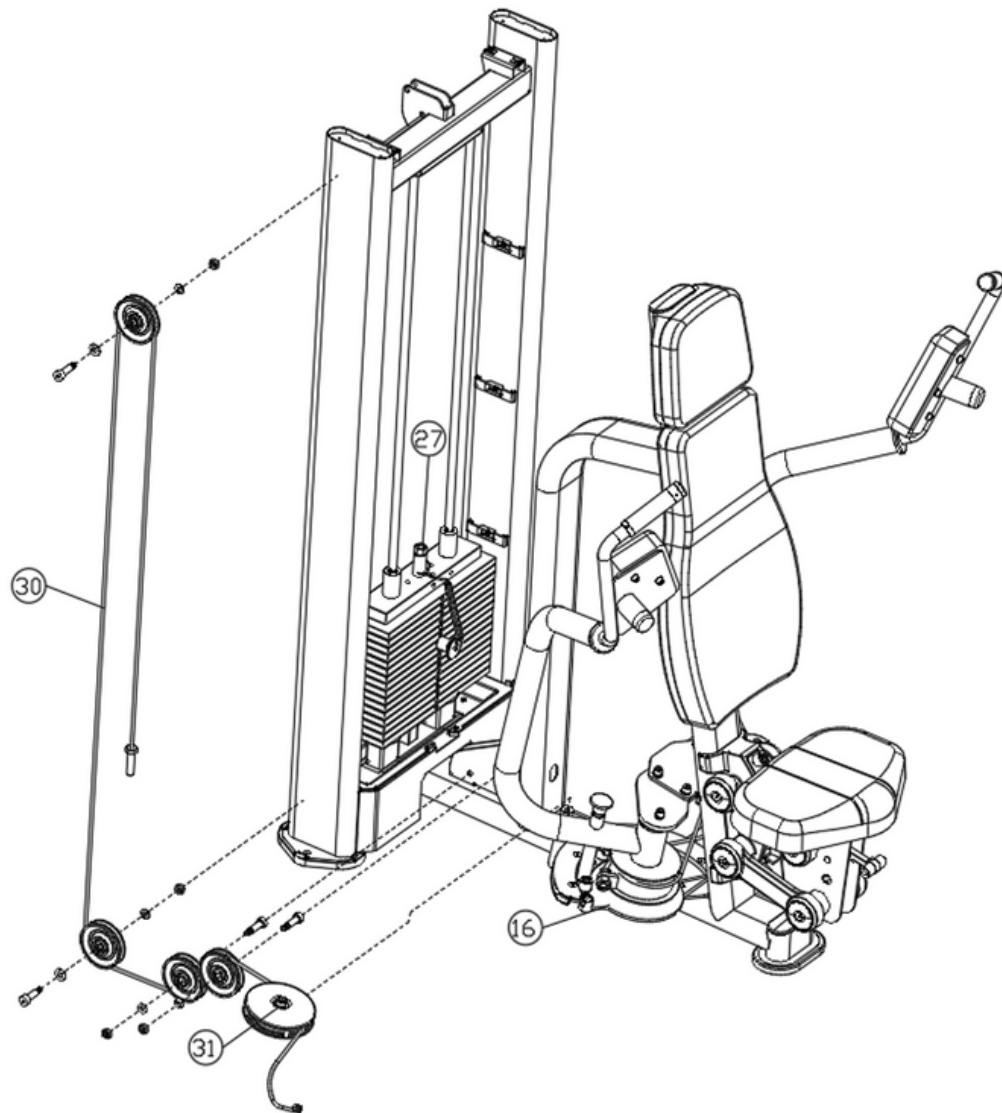


Step 11:

Remove the pre-installed reel.

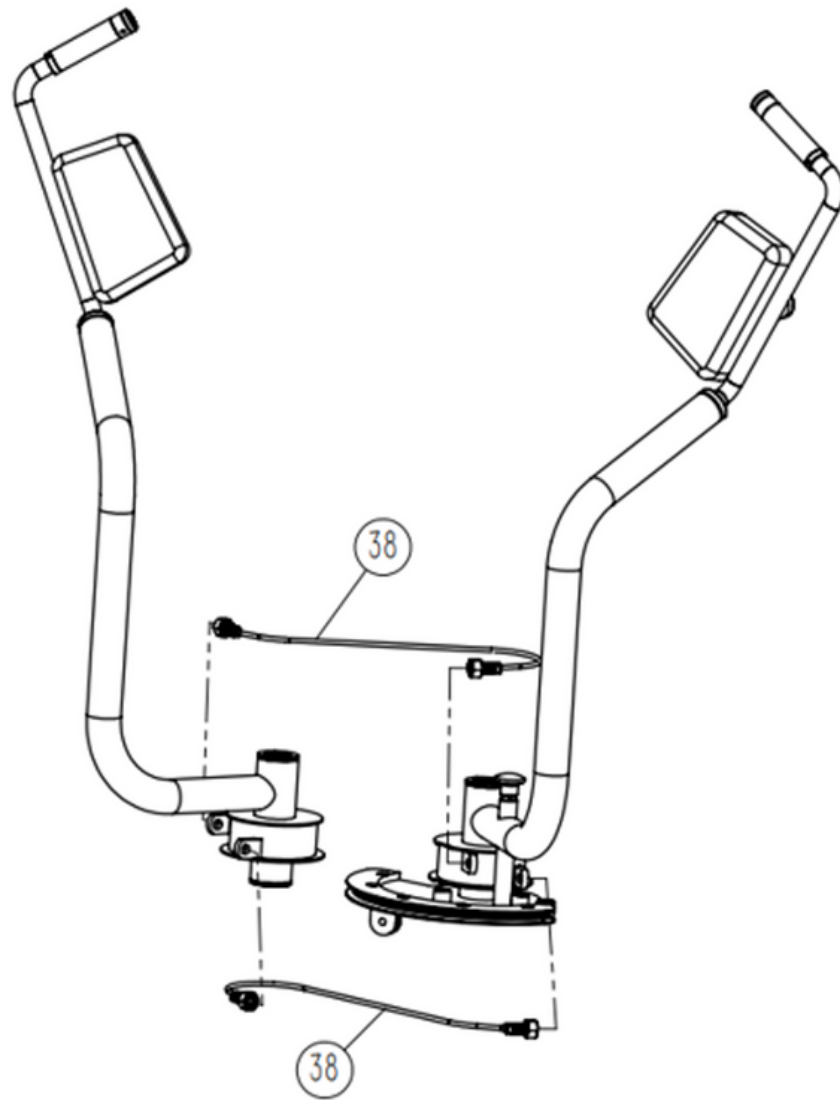
Thread the wire rope I (#30) around the reel and reattach it to its original position (reel box #31).

Connect one end of the rope to the guide block assembly (#27) and the other to the counterweight frame.



Step 12:

Attach wire rope II (#38) to the two lever arms as shown in the illustration.



Step 13:

Slide the two trim strips (#32) into the two fenders (#33).

Slide the trim plate (#34) into the baffles and attach them to the counterweight frame (#1).

Secure the upper guard (#35) to the frame using:

- 4 × M5 hexagon socket head screws (#7)

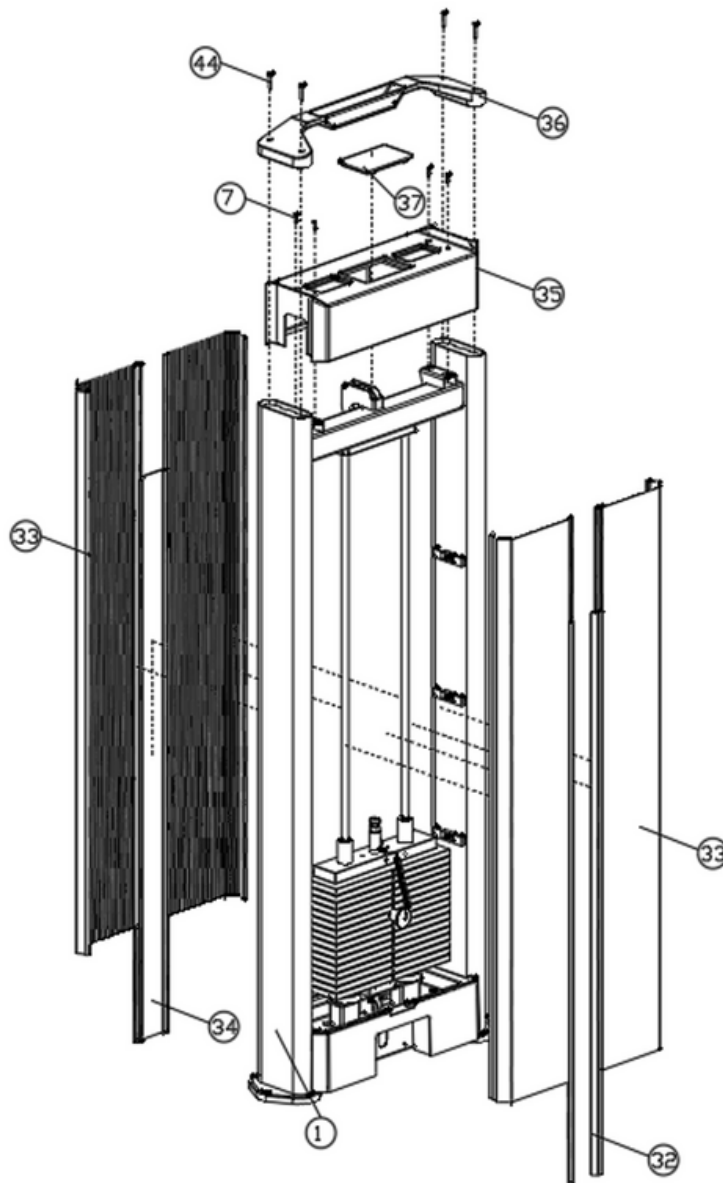
Step 14:

Secure the upper cover trim (#44) to the counterweight frame (#1) using:

- 4 × Hexagon socket head screws (#44)

Step 15:

Snap the upper shield cover (#37) onto the upper guard (#35).

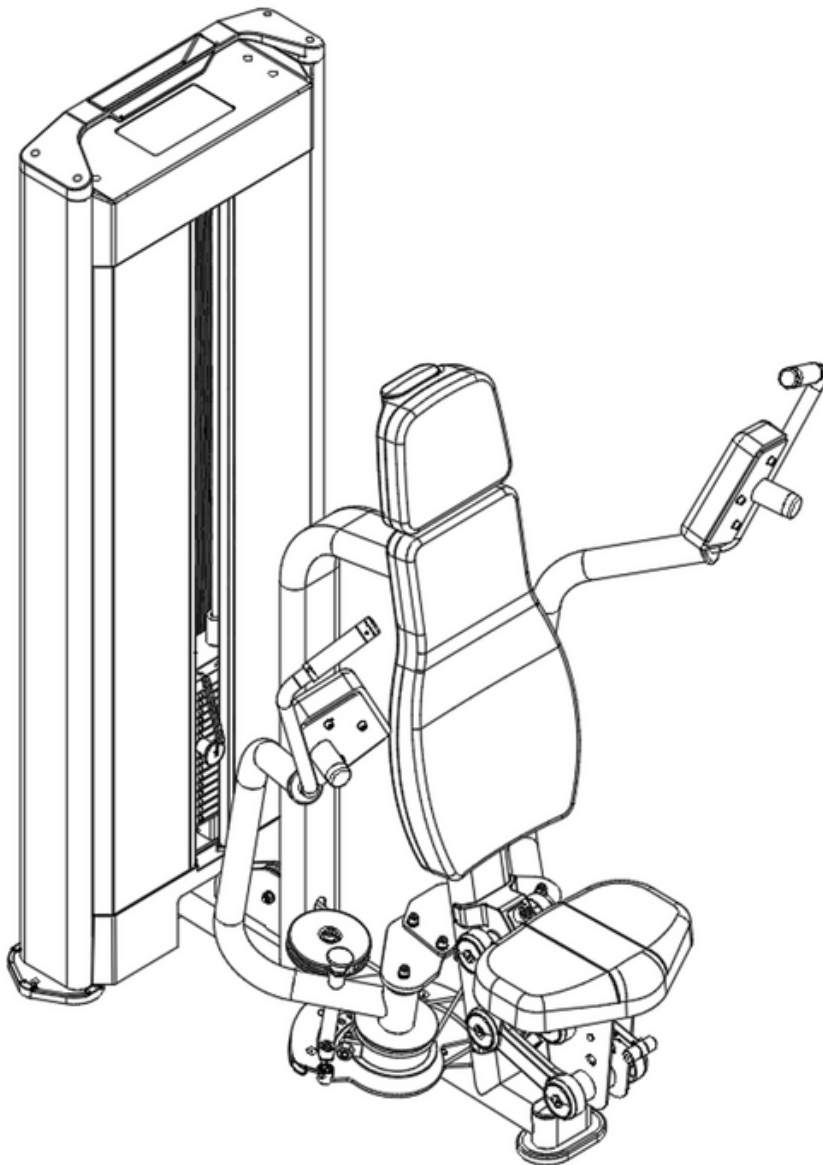


Important Tips

Now that your Pectoral Fly 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

Number	Name and specifications	quantity
1	Counterweight rack	1
2	Butterfly chest clip side frame	1
3	Hexagon socket head screw M10*25	16
4	Spring washer M10	18
5	Flat washer M10-D20	18
6	Counterweight lower guard	1
7	Hexagon socket head screw M5*16	4
8	Seat frame	1
9	cushion	1
10	Hexagon socket head screw M10*70	2
11	Hexagon socket head screw M8*25	14
12	Flat washer M8-D16	3
13	Butterfly chest clamp arm connection plate	1
14	Spindle connecting plate	1
15	Butterfly chest press right arm	1
16	Butterfly chest flange	1
17	Butterfly chest press left leg pad	1
18	Spindle- $\phi 20 \times 192$	2
19	Right elbow pad	1
20	Left elbow pad	1
21	Head pad	1
22	Back pad	1
23	Hexagon socket head screw M8*40	5
24	20-hole plug	5
25	Guide rod fixing plate	1
26	Guide rod assembly	2
27	Guide block assembly (center rod)	1
28	Counterweight	16
29	Counterweight latch	1
30	Wire Rope I	1
31	Reel Box	1
32	Decorative Strips	2
33	Bezel	4
34	Decorative panels	1
35	Upper guard	1
36	Upper cover decoration	1
37	Upper guard cover	1
38	Wire Rope II	2
39	Flat oval foot pad	1
40	Weight rack foot pads	2
41	Counterweight rubber pad	2
42	Counterweight base	2
43	Spring washer M8	2
44	Hexagon socket head screw M6*30	4