

FITNESS360[®]

FT7219

Dual Lat Pull Down/Low Row



Rubber Mallet
Level ruler
Hexagon wrench
Spring Clamp
Adjustable wrench
Note: When assembling, two or more persons are recommended to operate

Step 1:

Attach the Counterweight Lower Shroud (#2) to the Counterweight Frame (#1) by.

- 2 x Hexagon socket cheese head screws M5*16 (#3)

Step 2:

Attach the Bottom Frame Assembly (#4) to the Counterweight Frame (#1) using the following method:

- 4 x Hexagon socket cheese head screws M10*25 (#6)
- 4 x spring washer M10 (#7)
- 4 x flat washer M10-D20 (#8)

Step 3:

Attach the Cushion (#5) to the Base Assembly (#4) using the following method:

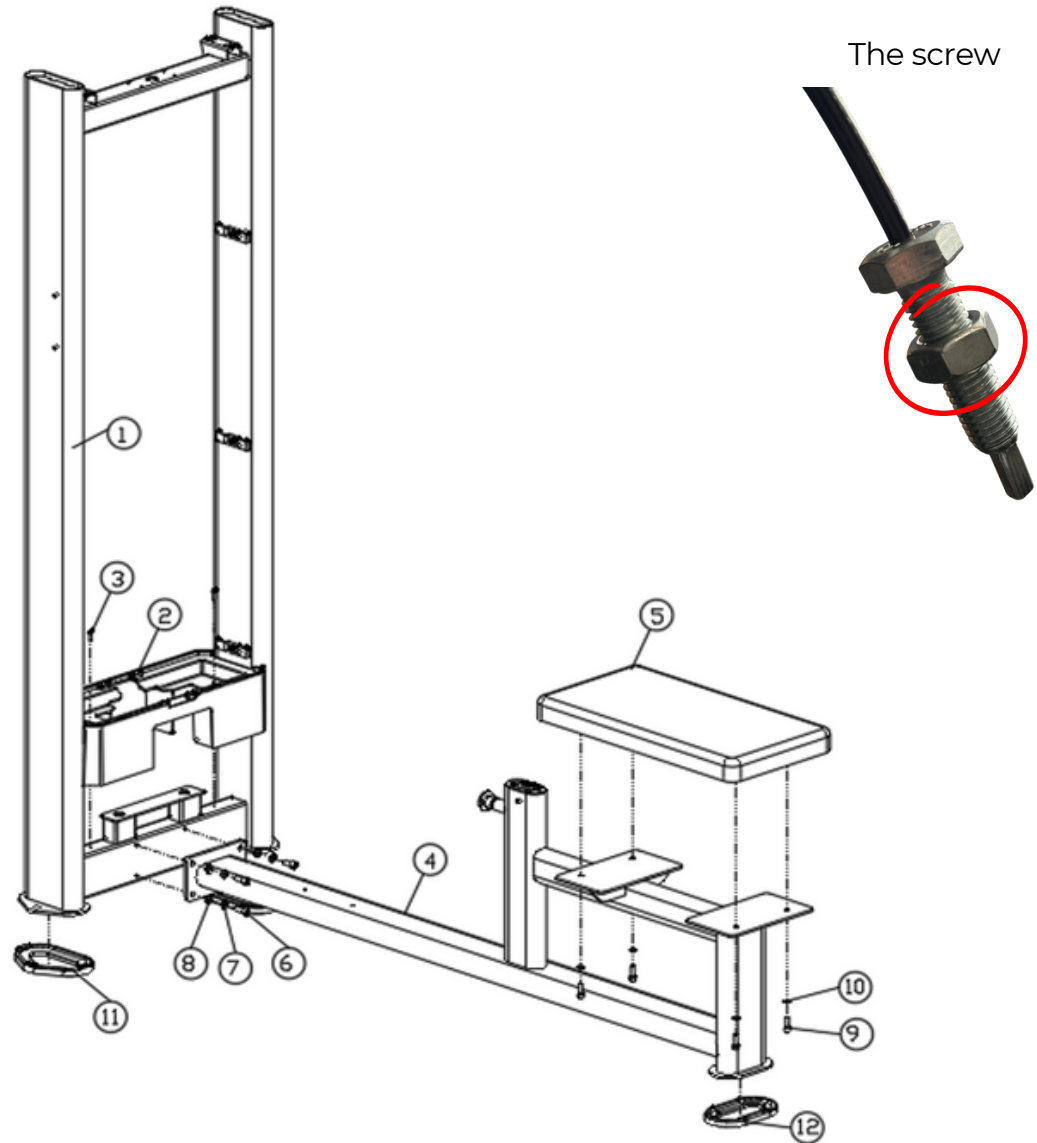
- 4 x Hexagon socket cheese head screws M8*25 (#9)
- 4 x flat washer M8-D16 (#10)

Step 4:

Attach the 2 Counterweight Rack Feet (#11) to the Counterweight Rack (#1). Install 1 flat elliptical foot pad (#12) to the base frame assembly (#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 5:

Attach the Riser Assembly (#13) to the Base Assembly (#4) using the following method;

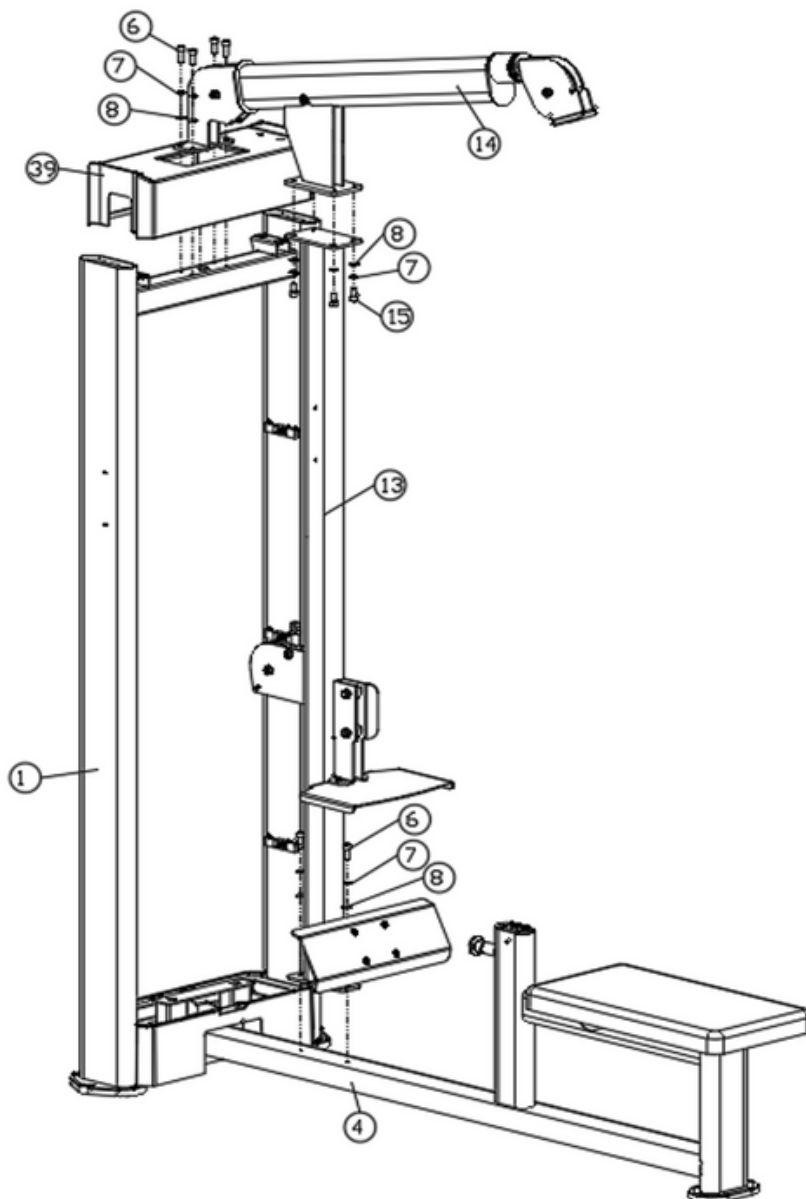
- 2 x Hexagon socket cheese head screws M10*25 (#6)
- 2 x spring washer M10 (#7)
- 2 x flat washer M10-D20 (#8)

Step 6:

Attach the Riser Assembly (#13) to the Counterweight Frame (#1) with the Upper Pivot Arm Assembly (#14).

- 4 x Hexagon socket cheese head screws M10*25 (#6)
- 8 x spring washer M10 (#7)
- 8 x flat washer M10-D20 (#8)
- 4 x Hexagon socket cheese head screws M10*20 (#15)

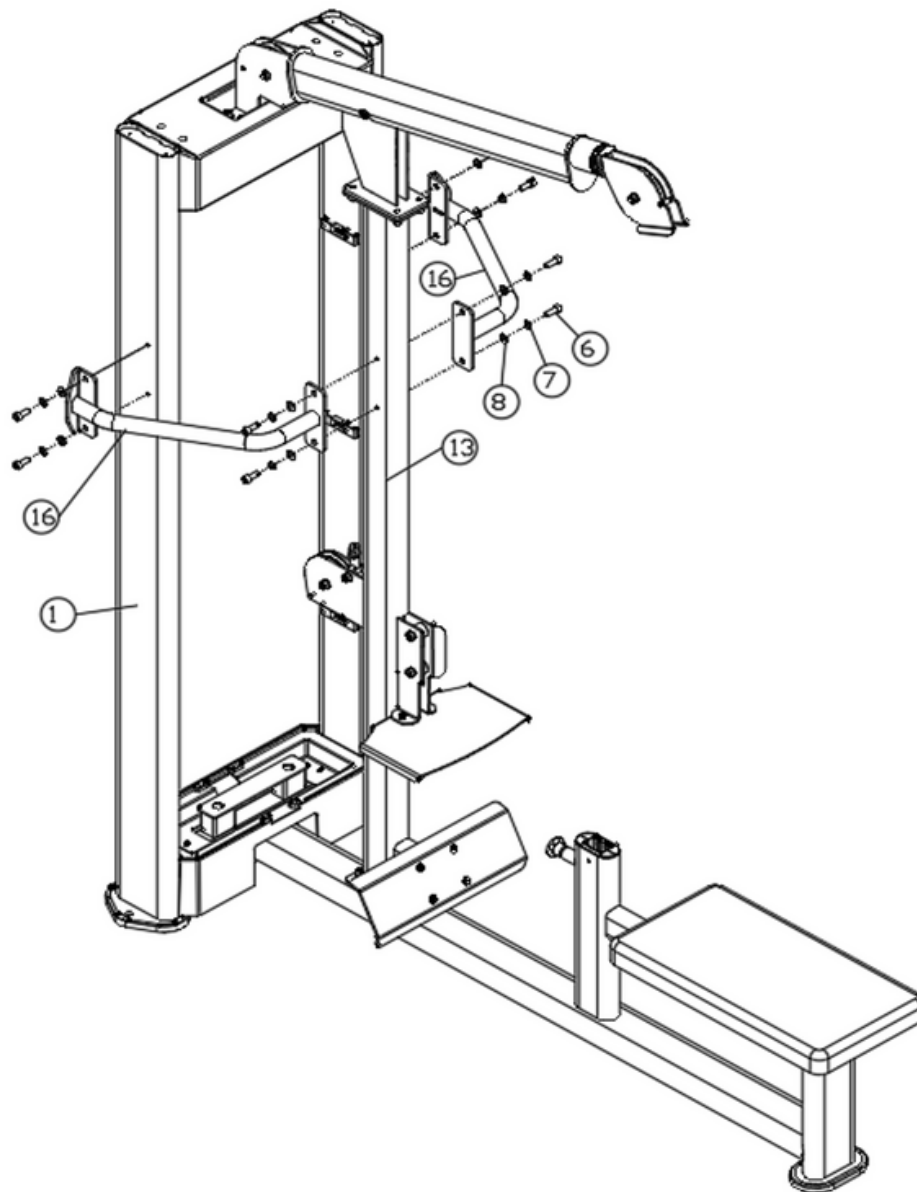
NOTE: The Upper Shroud (#39) needs to be slipped onto the Upper Strut Arm Assembly (#14) first before performing the locking operation.



Step 7:

Attach the Riser Assembly (#13) to the Counterweight Frame (#1) with 2 Connecting Brackets (#16).

- 8 x Hexagon socket cheese head screws M10*25 (#6)
- 8 x spring washer M10 (#7)
- 8 x flat washer M10-D20 (#8)



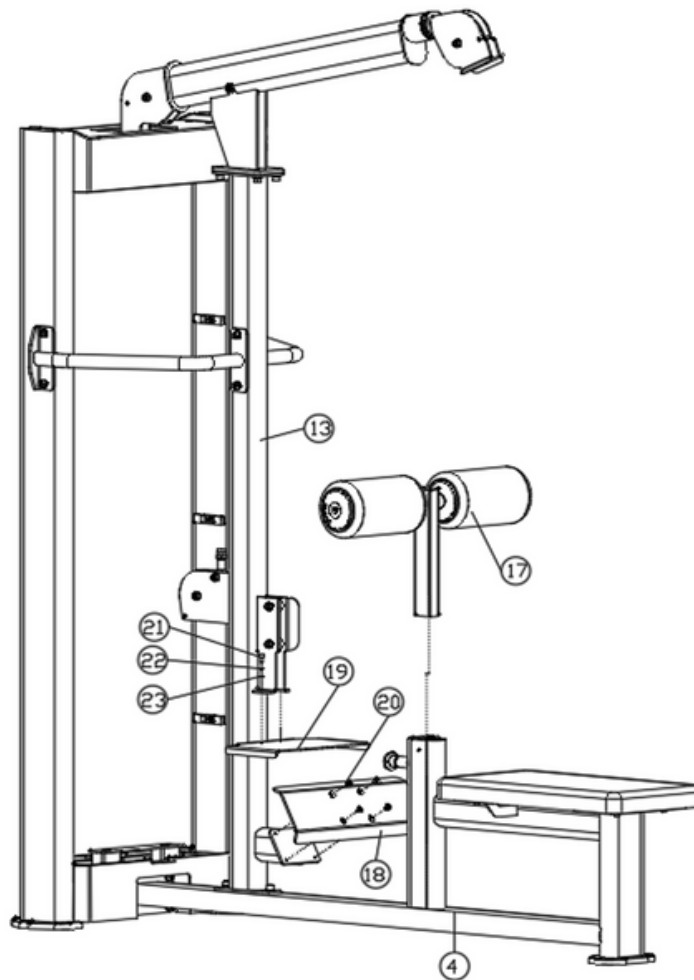
Step 8:

Attach the Adjustment Skin Cylinder Assembly (#17) to the Base Frame Assembly (#4).

Step 9:

Attach the High/Low Pull Pedal (#18), High/Low Pull Bracket (#19) to the Riser Assembly (#13) using the following method:

- 4 x Hexagon socket countersunk head screws M8*12 (#20)
- 2 x Hexagon socket cheese head screws M6*12 (#21)
- 2 x Spring washers M6 (#22)
- 2 x Flat washers M6-D12 (#23)



Step 10:

Slide the two Counterweight Block Rubber Pads (#25) onto the two Guide Bars (#24).

Connect the two counterweight bases (#26) to the two guide rods (#24) and place them in the counterweight rack (#1) as follows.

- 2 x Hexagon socket cheese head screws M8*20 (#27)
- 2 x spring washer M8 (#28)
- 2 x flat washer M8-D16 (#10)

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

Step 11:

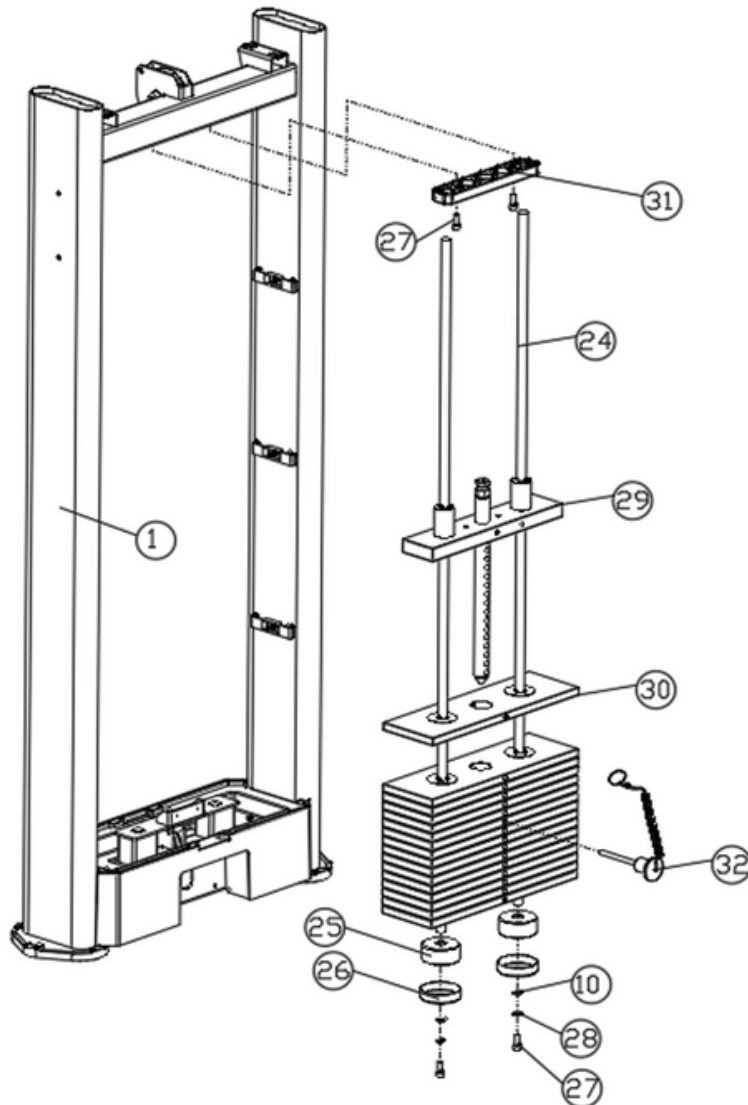
Attach the 16 Counterweight Blocks (#30) to the Guide Rods (#24) with the isolation tabs facing up.

The guide block set (#29) mounts to the guide bar (#24). Insert the counterweight block pin (#32) into the counterweight block (#30). Slide the guide bar retainer plate (#31) onto the guide bar (#24).

Attach the guide bar mounting plate (#31) to the counterweight frame (#1) with the following components:

- 2 x Hexagon socket cheese head screws M8*20 (#27)

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



Step 12:

Thread in the low pull wire rope set (#33) and high pull wire rope set (#34) as shown in the figure, the pre-installed sheaves need to be disassembled and then re-installed, pay attention to these sheaves and the low pull wire rope set (#33) and the high pull wire rope set (#34) synchronization installation.

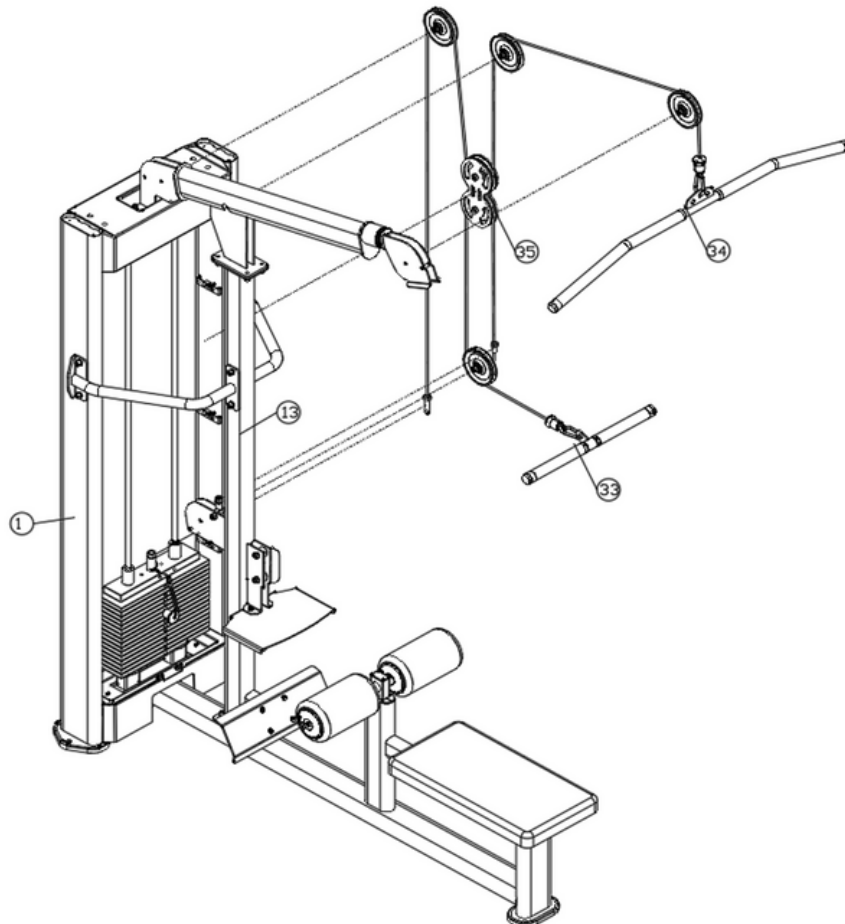
Step 13:

Attach one end of the Low Pull Rope Set (#33) to the Riser Assembly (#13) and pull the other end out.

Connect one end of the high pull rope set (#34) to the counterweight bracket (#1) of the stand assembly and pull out the other end.

Step 14:

Connect the low pull rope set (#33) to the high pull rope set (#34) with the 120 sheave assembly (#35).



Step 15:

Slide the two Trim Strips (#37) into the two Baffles (#36) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Slide the Trim Plate (#38) into the two Baffles (#36) and use the Baffle Platen to attach to the Counterweight Rack (#1).

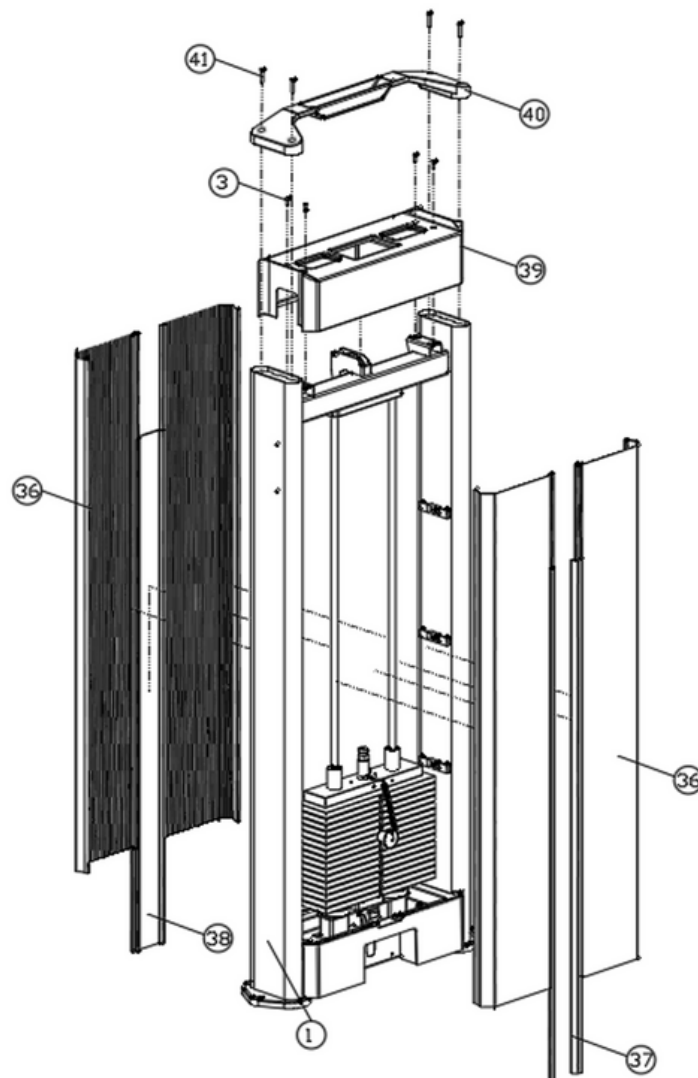
Attach the upper shroud (#39) to the counterweight frame (#1) by.

- 4 x M5*15 hexagon socket cheese head screws (#2)

Step 16:

Attach the Top Cover Trim (#40) to the Counterweight Rack (#1) by

- 4 x M6*30 Hexagon socket cheese head screws (#41)



Step 12:

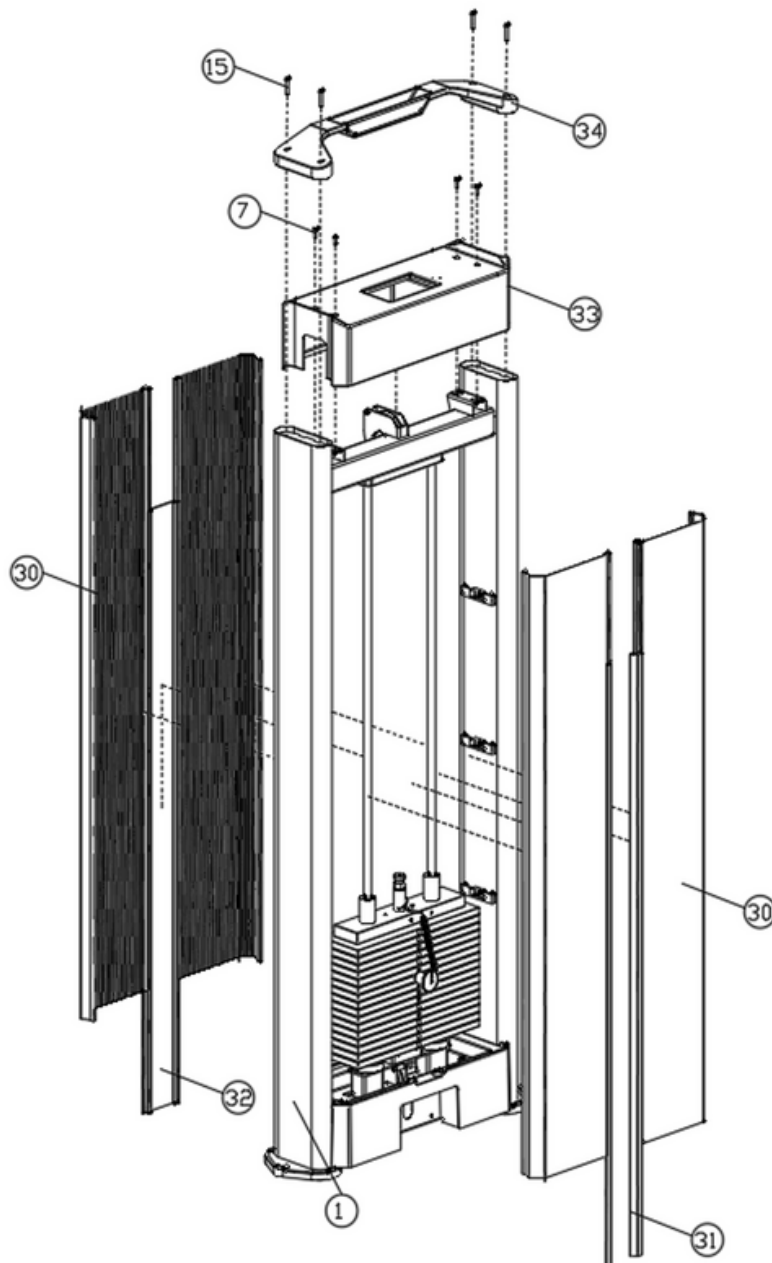
Slide the two trim strips (#31) into the two fenders (#30) and attach to the counterweight frame (#1) using the fender hold-down plates. Slide the trim plate (#32) into the two baffles (#30) and attach to the counterweight frame (#1) using the baffle hold-down plates.

Attach the upper guard (#33) to the counterweight frame (#1) in the following manner:

- 4 x Hexagon socket head screw (#9)

Attach the upper cover trim (#34) to the counterweight frame (#1) as follows:

- 4 x Hexagon socket head screw (#15)

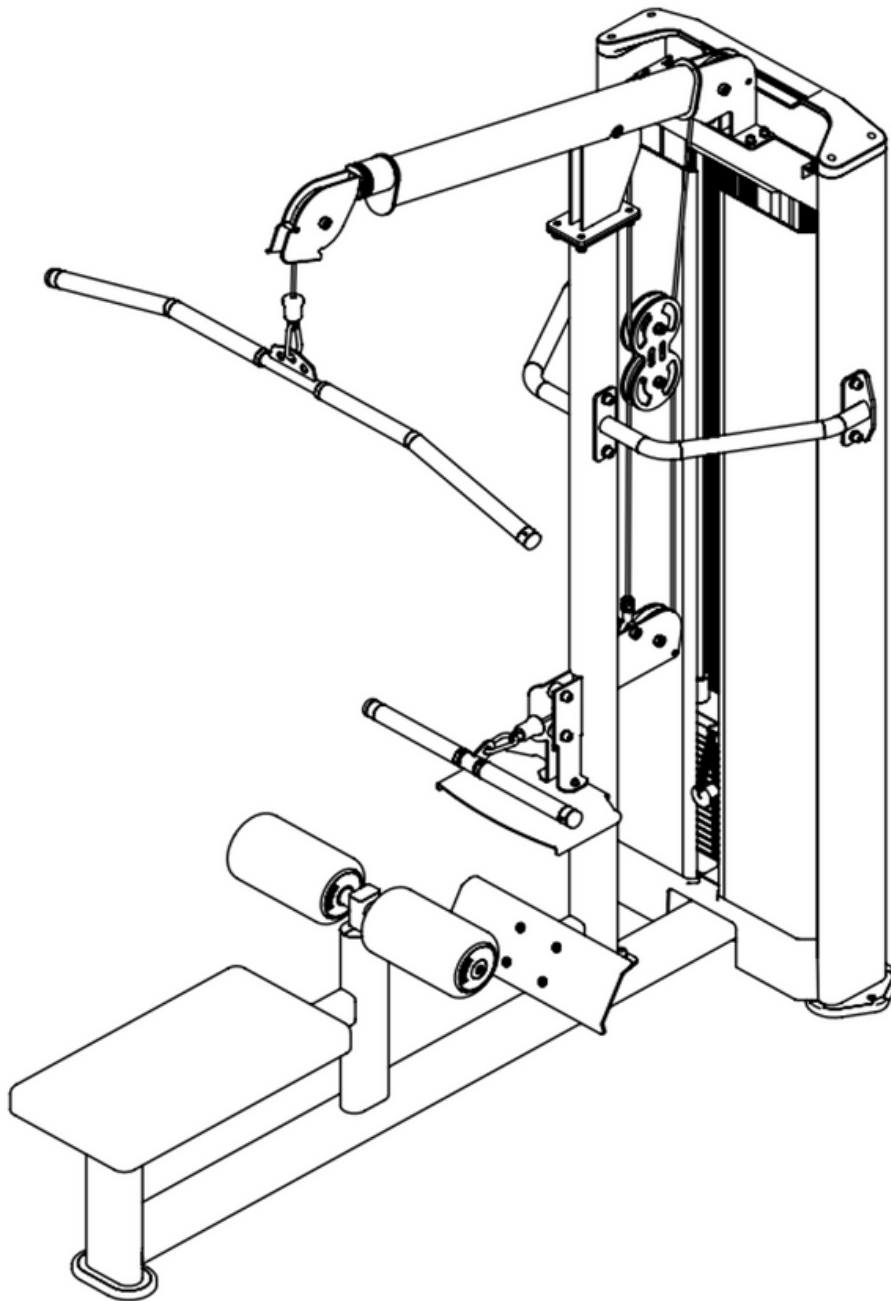


Important Tips

Now that your Dual Lat Pull Down/Low Row 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)	6
4	Chassis components	1
5	cushions	1
6	Hexagon socket cheese head screws (M10*25)	18
7	spring washer (M10)	22
8	flat washer (M10-D20)	22
9	Hexagon socket cheese head screws (M8*25)	4
10	flat washer (M8-D16)	6
11	counterweight footrest	2
12	Flat ellipse foot mats	1
13	Riser components	1
14	Upper arm assembly	1
15	Hexagon socket cheese head screws (M10*20)	4
16	connection frame	2
17	Adjustment Cylinder Assembly	1
18	High and low pulling pedals	1
19	High and low pull-out pallets	1
20	Hexagon socket countersunk head screws (M8*12)	4
21	Hexagon socket cheese head screws (M6*12)	2
22	spring washer (M6)	2
23	flat washer (M6-D12)	2
24	guide bar	2
25	Counterweight rubber pads	2
26	counterweight base	2
27	Hexagon socket cheese head screws (M8*20)	4
28	spring washer (M8)	2
29	Guide block set	1
30	counterweights	16
31	Guide bar mounting plate	1
32	Counterweight block pins	1
33	Low-pull wire rope sets	1
34	High-pull wire rope sets	1
35	120Cable Sheave Assemblies	1
36	baffle	4
37	decorative strip	2
38	decorative plate	1
39	upper shield	1
40	Upper shroud trim	1
41	Hexagon socket cheese head screws (M6*30)	4