

FITNESS360[®]

FT7223

Assisted Dip/Chin



Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Step 1:

Connect the pull-up base frame (#2) and pull-up connecting frame (#13) to the left frame (#4) and right frame (#3) using:

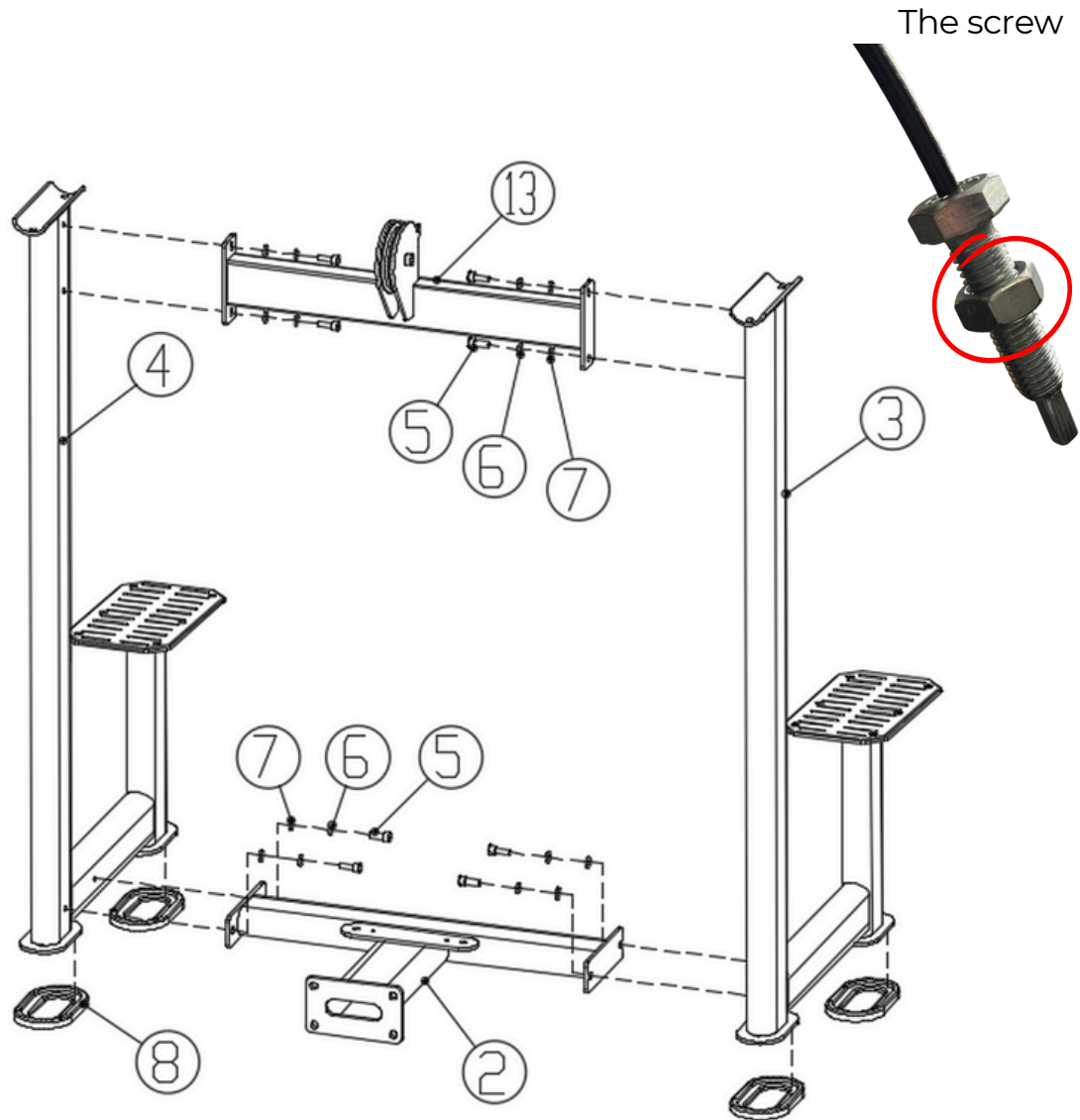
- 8 × hexagon socket head screws (#5)
- 8 × spring washers (#6)
- 8 × flat washers (#7)

Step 2:

Install the four flat oval foot pads (#8) onto the left frame (#4) and right frame (#3).

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 two weight rack feet (#10) to the weight rack (#1).

Step 4:

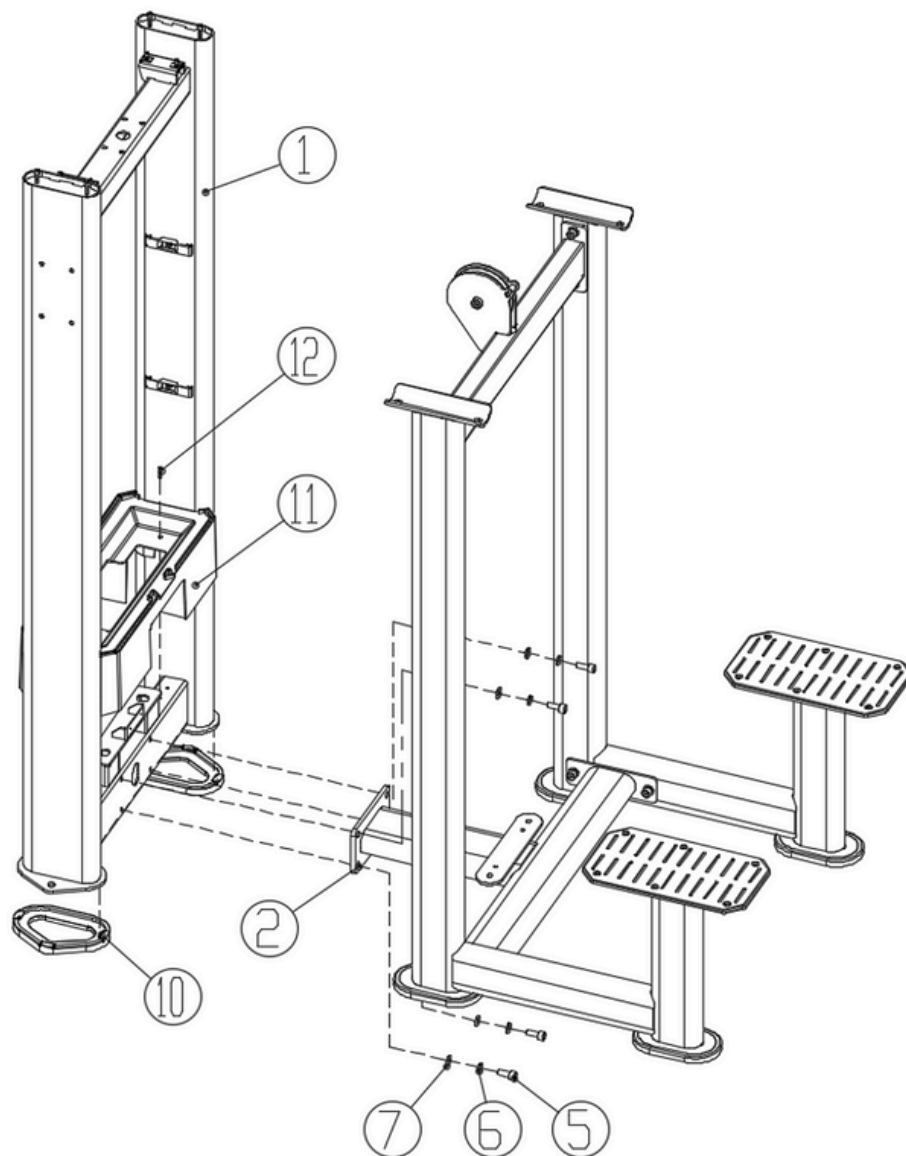
Connect the chin-up rack (#2) to the weight rack (#1) using:

- 4 × hexagon socket head screws (#5)
- 4 × spring washers (#6)
- 4 × flat washers (#7)

Step 5:

Attach the counterweight lower guard (#11) to the counterweight frame (#1) using:

- 2 × hexagon socket head screws (#12)

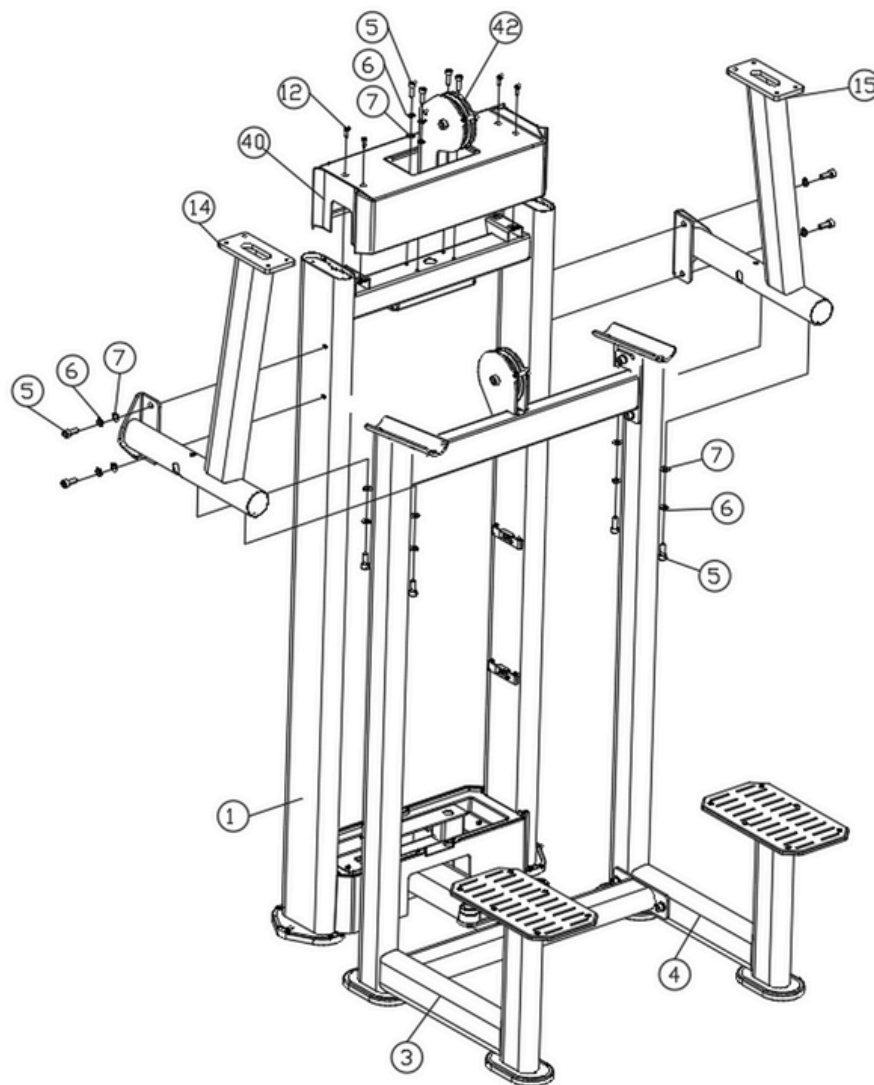


Step 6:

Connect the pull-up connection frame II (#42) to the weight frame (#1), left frame II (#15), left frame I (#4), right frame II (#14), and right frame I (#3) simultaneously using:

- 12 × hexagon socket head screws (#5)
- 12 × spring washers (#6)
- 12 × flat washers (#7)

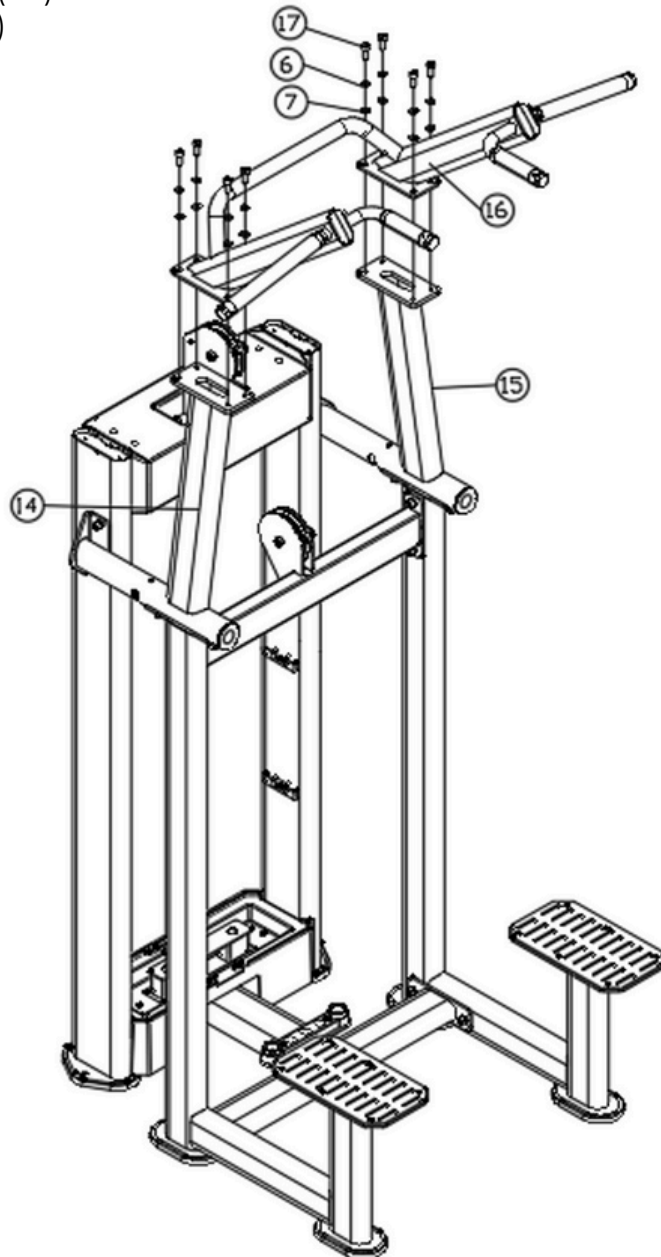
Note: Use M5×16 hexagon socket head screws (#12) to install the upper cover (#40).



Step 7:

Attach the pull-up arm rack (#16) to the left rack II (#15) and right rack II (#14) simultaneously using:

- 8 × hexagon socket head screws (#17)
- 8 × spring washers (#6)
- 8 × flat washers (#7)



Step 8:

Connect the bottom end of the pull-up slide bar (#18) to the slide bar fixing (#19) using:

- 2 × hexagon socket head screws (#20)
- 2 × spring washers (#21)
- 2 × flat washers (#22)

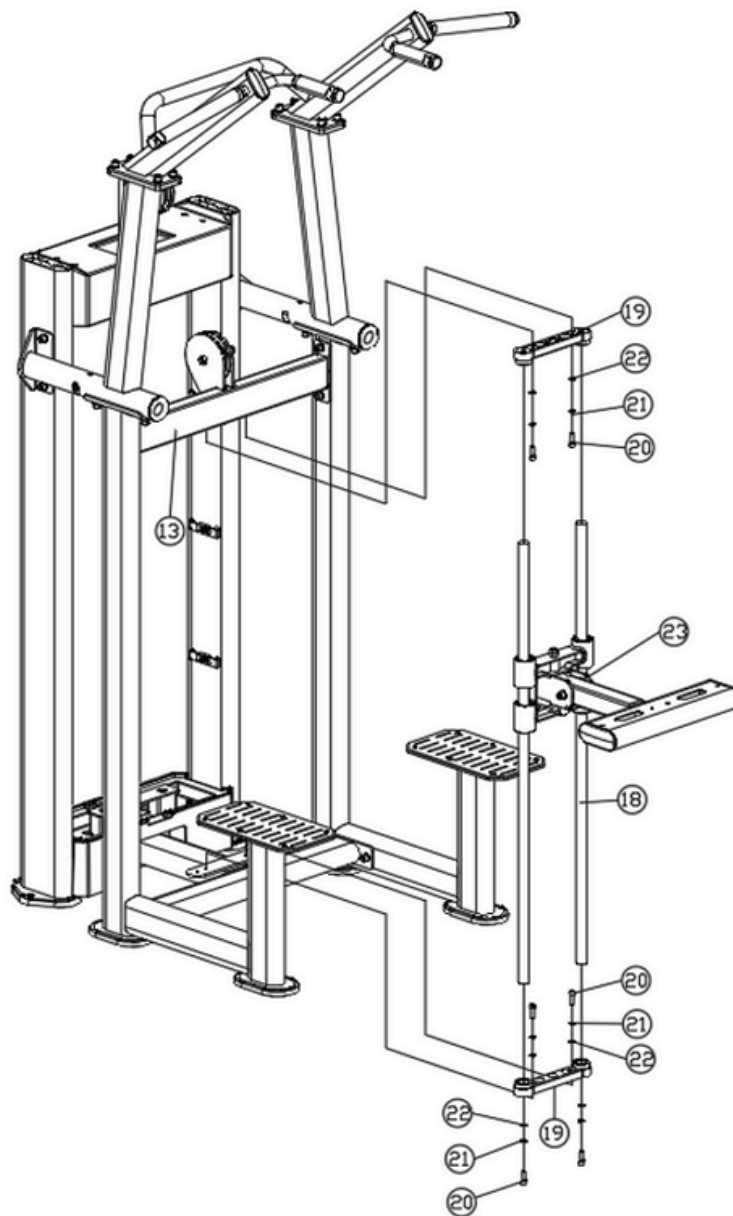
Step 9:

Install the pull-up slide assembly (#23) onto the slide bar (#18), ensuring the threaded holes face upward.

Step 10:

Attach the chin-up slide bar (#18) to the base frame (#2) and connector frame (#13) using:

- 4 × hexagon socket head screws (#20)
- 4 × spring washers (#21)
- 4 × flat washers (#22)



Step 11:

Slide the two rubber weight pads (#25) onto the guide rods (#24). Connect the two weight frame bases (#26) to the guide rods (#24) and insert them into the weight frame (#1) using:

- 2 × hexagon socket head screws (#20)
- 2 × spring washers (#21)
- 2 × flat washers (#22)

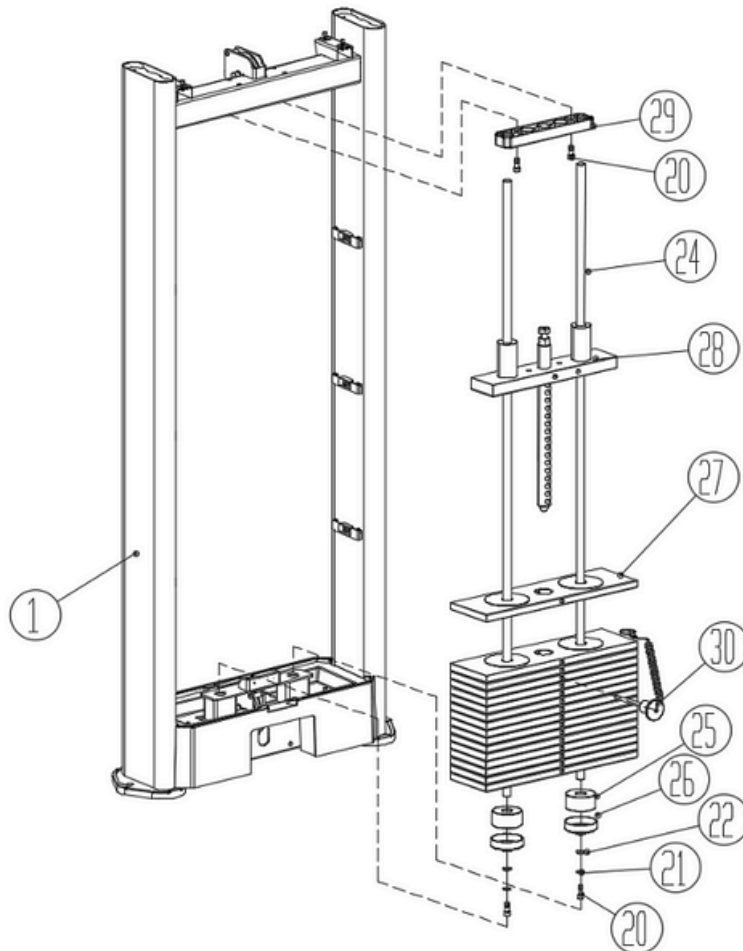
Step 12:

Install the 16 counterweights (#27) onto the guide rods (#24) with spacers facing up.

Install the guide block assembly (#28) onto the guide rod (#24).
Insert the counterweight pin (#30) into the counterweight (#27).
Slide the guide bar fixing plate (#29) onto the guide bar (#24).

Attach the guide rod fixing plate (#29) to the counterweight frame (#1) using:

- 2 × hexagon socket head screws (#20)



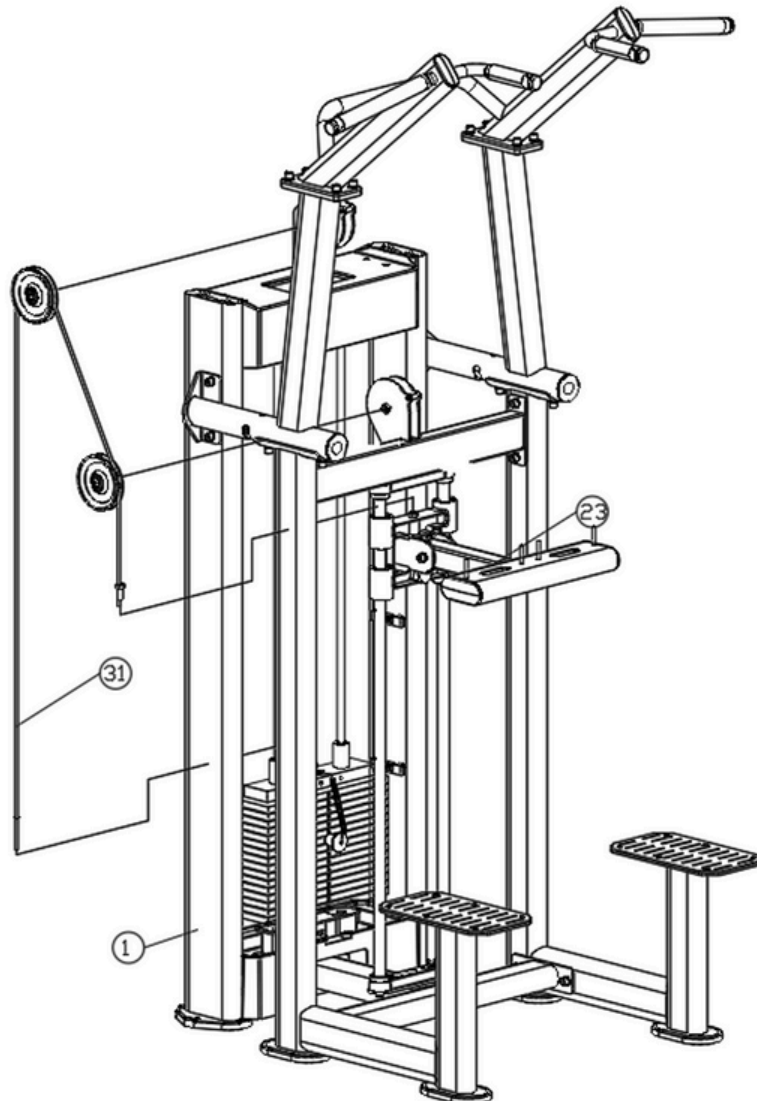
Step 13:

Disassemble the pre-installed 120 wire reel, insert the wire rope (#31) as shown in the figure, and then reinstall the 120 wire reel.

Note: These reels must be installed synchronously with the wire rope.

Step 14:

Connect one end of the wire rope (#31) to the counterweight frame (#1) and the other end to the sliding assembly (#23).



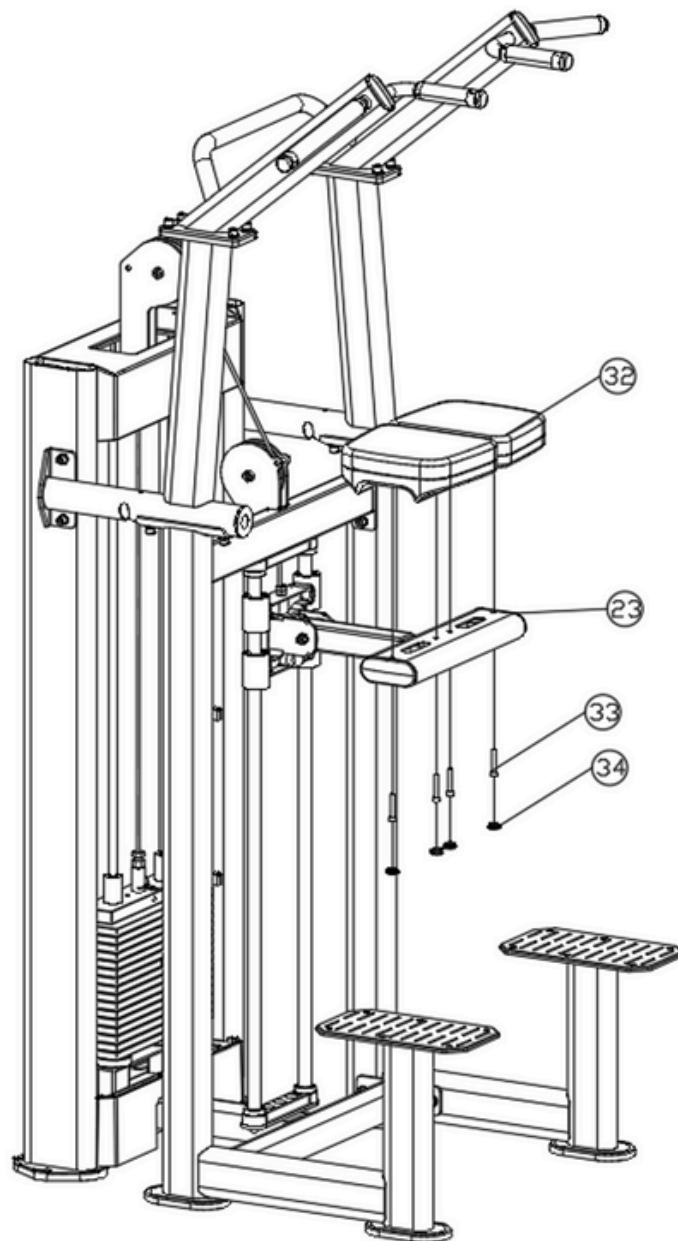
Step 15:

Attach the two kneeling pads (#32) to the sliding assembly (#23) of the pull-up position using:

- 4 × hexagon socket head screws (#33)

Step 16:

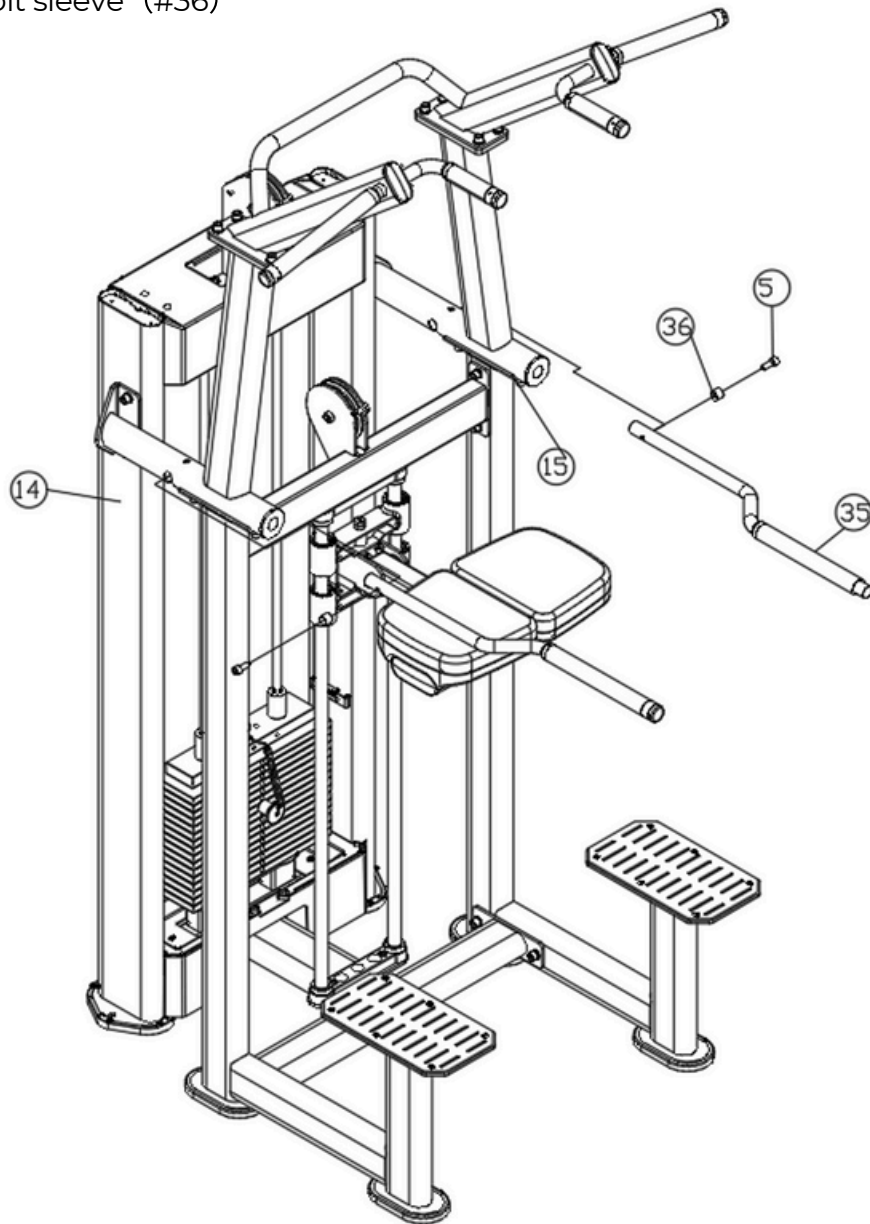
Install the 4 hole plugs (#34) onto the pull-up slide assembly (#23).



Step 17:

Connect the two pull-up bars (#35) to the left rack II (#15) and the right rack II (#14) using the following method:

- 2 x Hexagon socket head screws (#5)
- 2 x Stop bolt sleeve (#36)



Step 18:

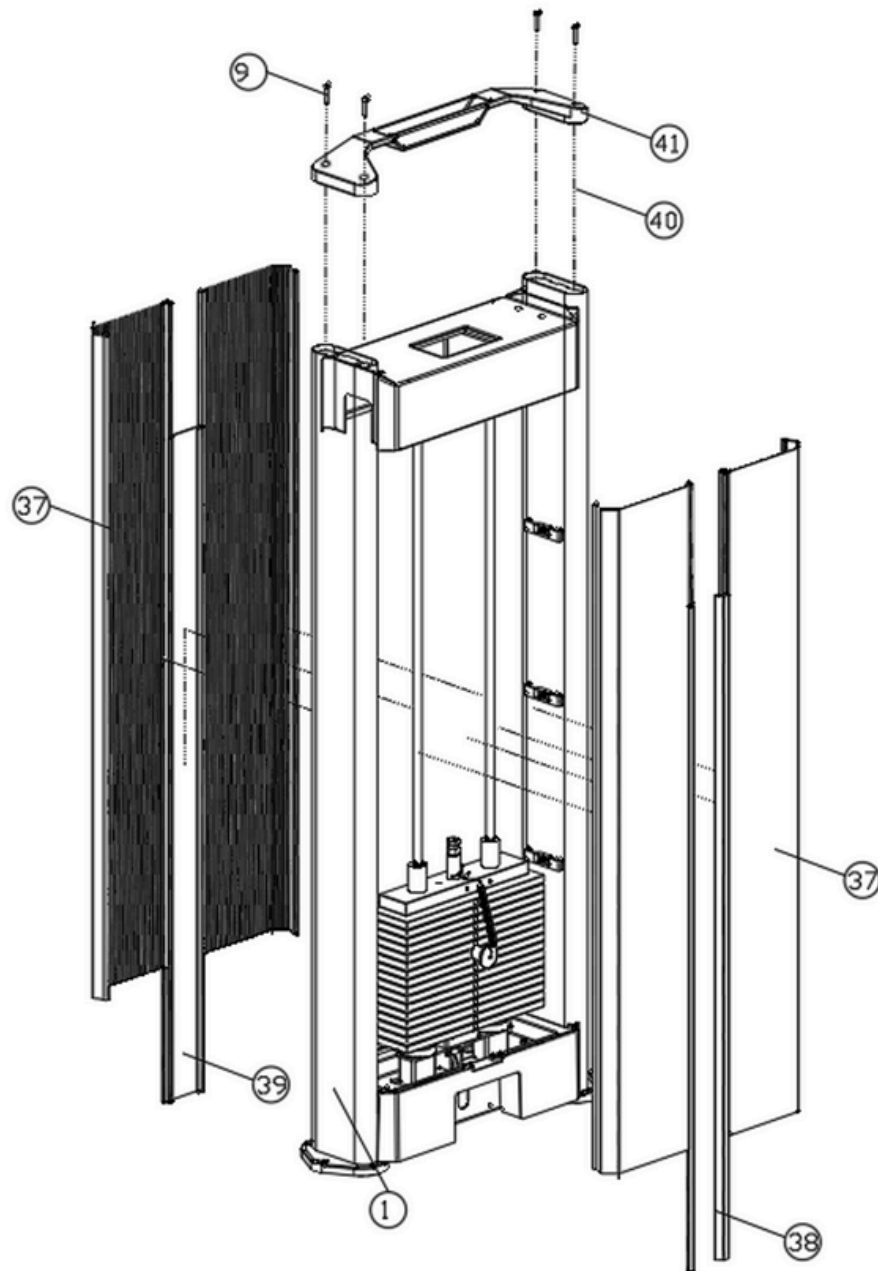
Slide the two trim strips (#38) into the two fenders (#37) and secure them to the counterweight frame (#1) using the fender hold-down plates.

Next, slide the trim panel (#39) into the two fenders (#37) and secure it to the counterweight frame (#1) using the fender hold-down plates.

Step 19:

Attach the upper cover trim (#41) to the counterweight frame (#1) using:

- 4 × hexagon socket head screws (#9)

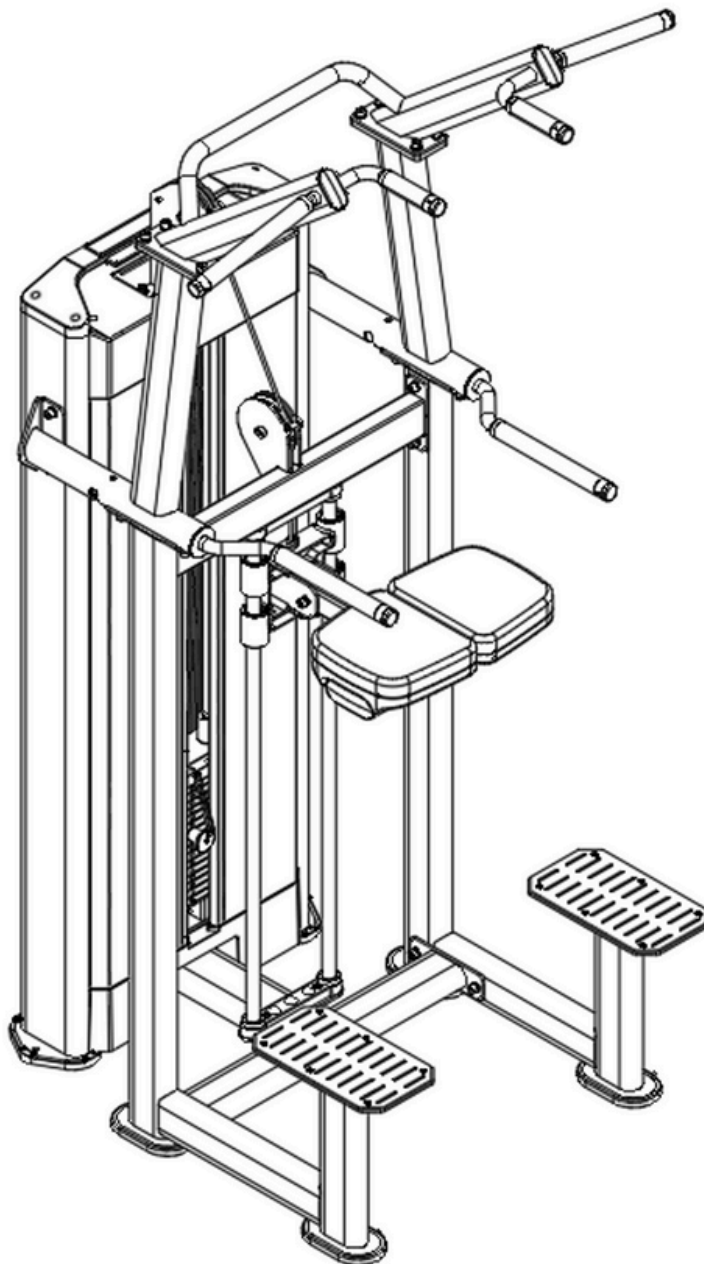


Important Tips

Now that your Assisted Dip/Chin 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 specifications	quantity
1	Counterweight rack	1
2	Pull-up rack	1
3	Right side frame I	1
4	Left side frame I	1
5	Hexagon socket head screws (M10*25)	26
6	Spring washers (10)	32
7	Flat washers (10)	32
8	Flat oval foot pad	4
9	Hexagon socket head screws (M6*30)	4
10	Weight rack foot pads	2
11	Counterweight lower guard	1
12	Hexagon socket head screws (M5*16)	6
13	Pull-up connection frame	1
14	Right side frame II	1
15	Left side frame II	1
16	Pull-up arm rack	1
17	Hexagon socket head screws (M10*20)	8
18	Pull-up slide bar	2
19	Slide rod fixings	2
20	Hexagon socket head screws (M8*20)	10
21	Spring washers (8)	8
22	Flat washers (8)	8
23	Pull-up slide group	1
24	Universal weight guide rod	2
25	Counterweight rubber pad	2
26	Counterweight rack base	2
27	weight stack	16
28	Guide block set	1
29	Guide rod fixing plate	1
30	Counterweight latch	1
31	Wire Rope	1
32	Pull-up kneeling pad	2
33	Hexagon socket head screws (M8*40)	4
34	20-hole plug	4
35	Pull-up bar	2
36	Stop bolt sleeve	2
37	Bezel	4
38	Counterweight source decorative strip	2
39	Counterweight source decorative plate	1
40	Counterweight upper guard	1
41	Upper cover decoration	1
42	Pull-up connection frame II	1

Note: Pre-assembled parts are not listed in this table