

FITNESS360[®]

FT7224

Back Extension



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

Step 1:

Attach the Back Extension Side Frame (1) to the Back Extension Armrest Frame (2) using:

- 4 × M10×25 Hexagon socket cheese head screws (6)
- 4 × M10 spring washers (7)
- 4 × M10 flat washers (8)
-

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

Step 2:

Attach the Dorsal Stretch Side Frame (1) to the Dorsal Stretch Back Cushion (4) and Seat Cushion (3) using:

- 6 × M8×25 Hexagon socket cheese head screws (9)
- 6 × M8 flat washers (10)

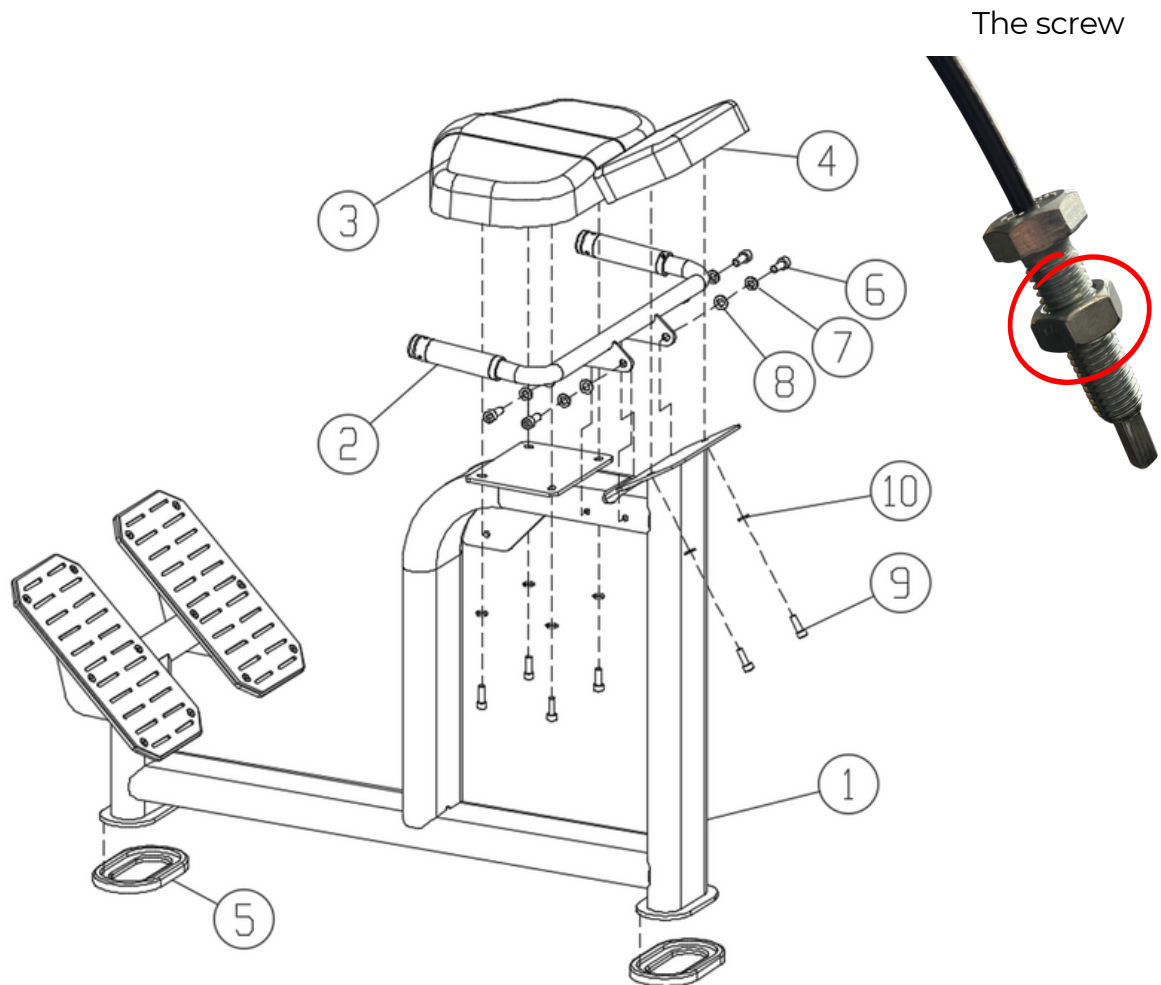
Tighten the bolts securely with a wrench before proceeding to the next step.

Step 3:

Attach the two Foot Pads (5) to the Back Extension Side Frame (1).

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 Counterweight Lower Shroud (13) to the Counterweight Frame (12) using:

- 2 × M5×15 Hexagon socket cheese head screws (14)

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

Step 5:

Attach the Counterweight Frame Feet (15) to the Counterweight Frame (12).

Step 6:

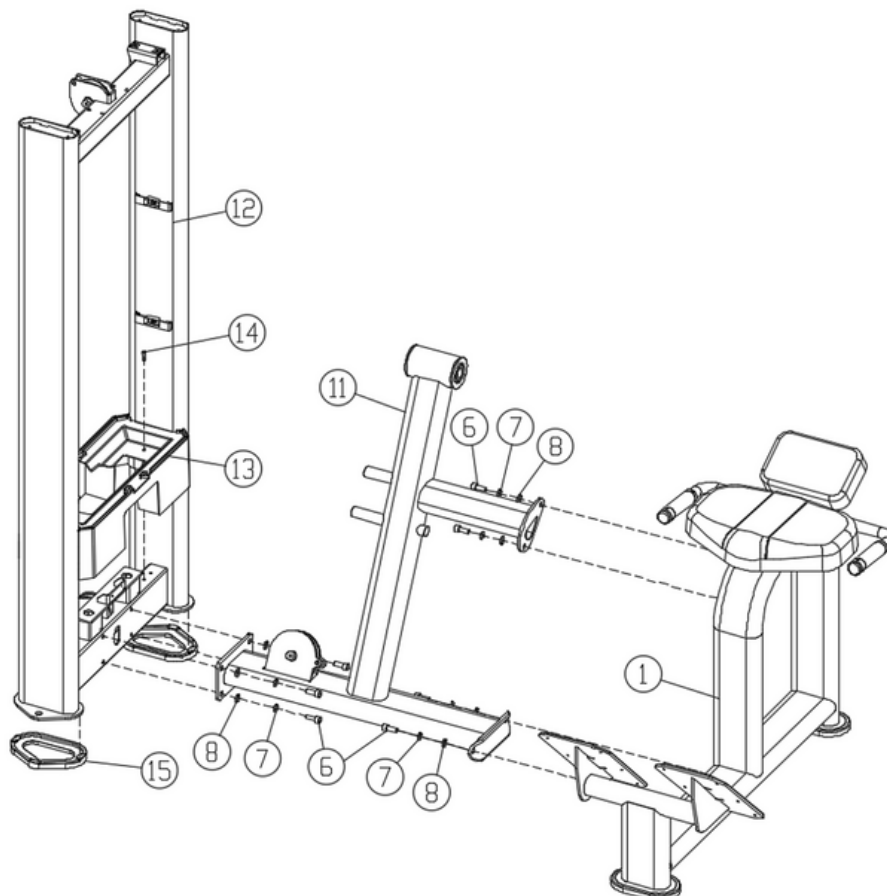
Attach the Back Extension Attachment Bracket (11) to the Counterweight Bracket (12) using:

- 4 × M10×25 Hexagon socket cheese head screws (6)
- 4 × M10 spring washers (7)
- 4 × M10 flat washers (8)

Step 7:

Attach the Dorsal Extension Connection Bracket (11) to the Dorsal Extension Side Bracket (1) using:

- 4 × M10×25 Hexagon socket cheese head screws (6)
- 4 × M10 spring washers (7)
- 4 × M10 flat washers (8)



Step 8:

Attach the Dorsal Extension Force Arm (17) to the Dorsal Extension Flange (18) and Aluminum Cap (19) using:

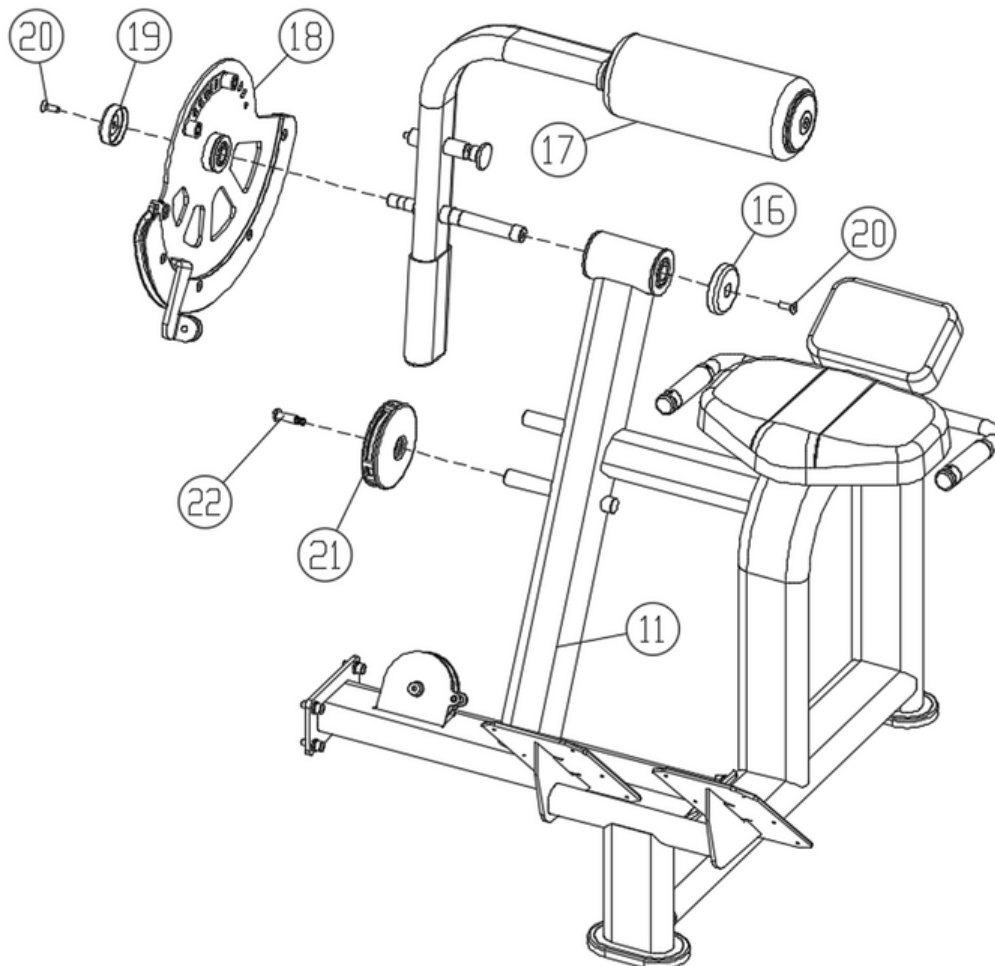
- 1 × M10×25 Hexagon socket countersunk head screw (20)

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

Step 9:

Attach the Dorsal Extension Connection Frame (11) to the Dorsal Extension Force Arm (17) and Wire Wheel Box (21) using:

- 1 × M10×25 Hexagon socket countersunk head screw (20)
- 1 × 76 Aluminum cap (16)
- 1 × Spool (22)



Step 10:

Slide the two counterweight block rubber pads (28) onto the two guide bars (25). Connect the two counterweight bases (29) to the two guide rods (25) and place them into the counterweights (12) as follows:

- 2 × M8×25 Hexagon socket cheese head screws (9)
- 2 × M8 Spring washer (30)
- 2 × M8 Flat washer (10)

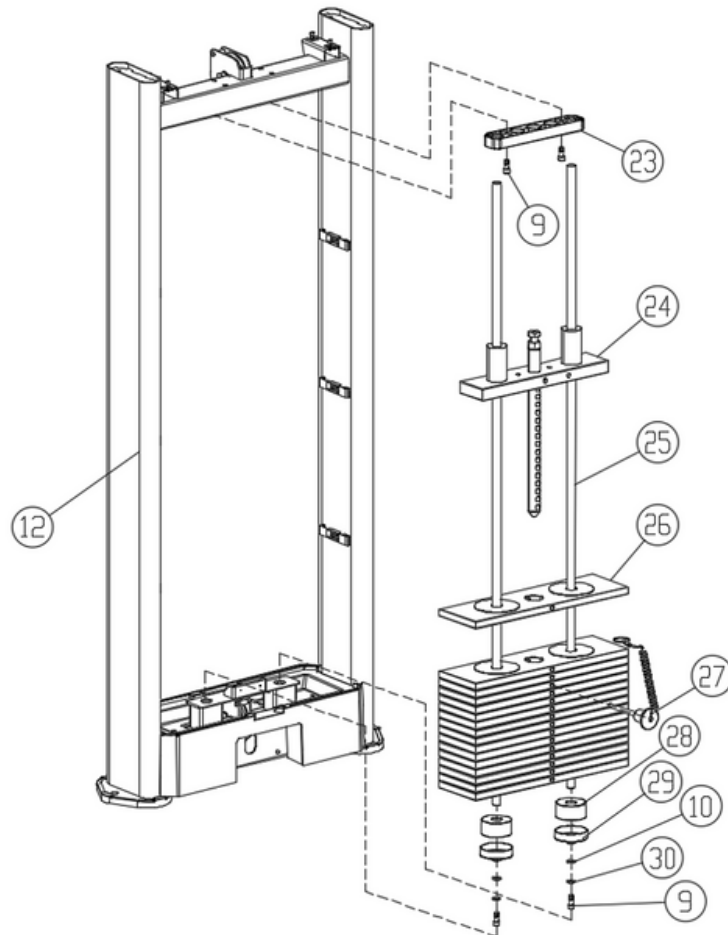
Step 11:

Attach the counterweight block (26) to the guide bars (25). Install the guide block set (24) onto the guide bars (25). Insert the counterweight block pin (27) into the counterweight block (26).

Attach the guide bar retaining plate (23) to the guide bars (25).

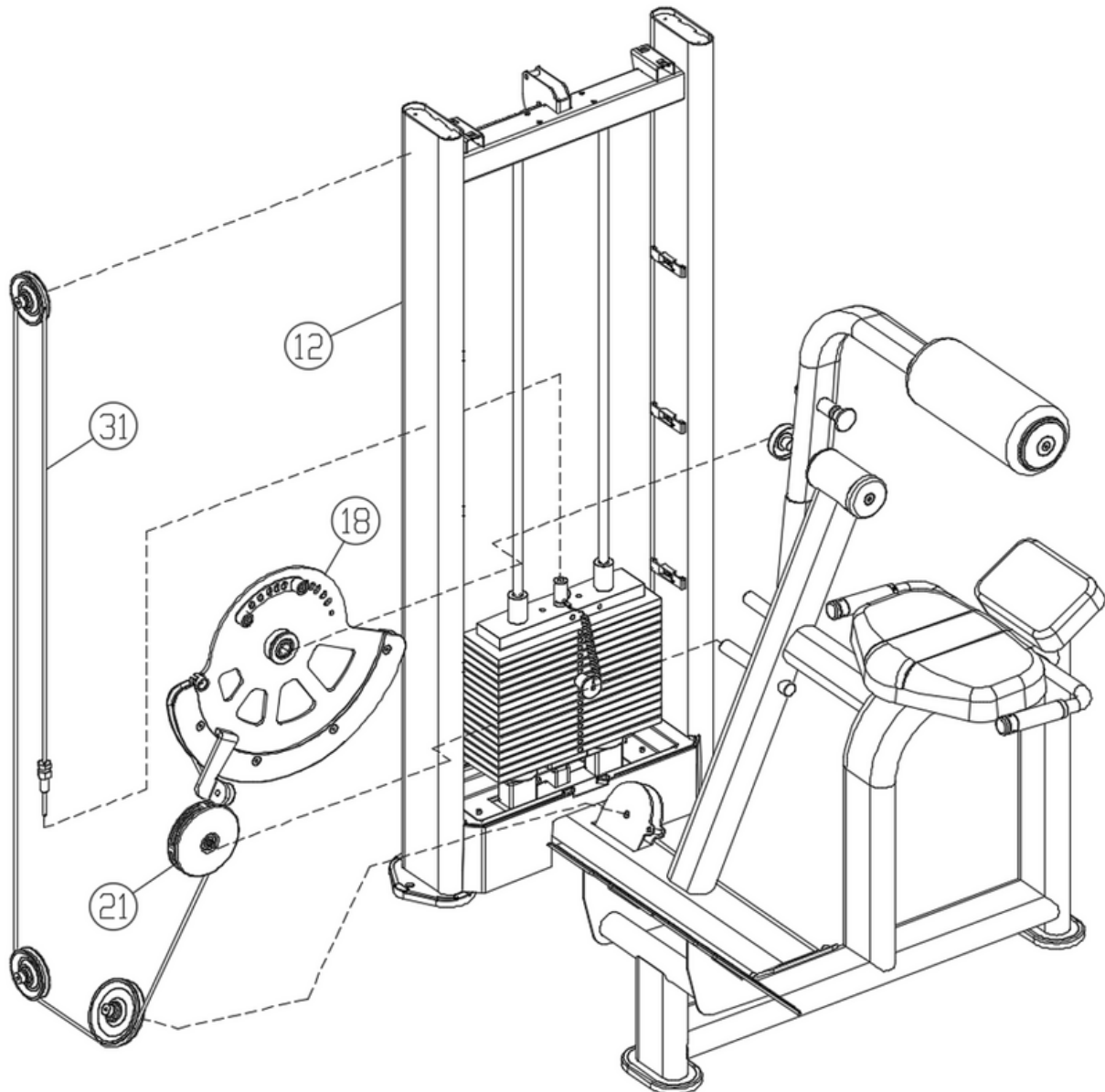
Attach the guide bar mounting plate (23) to the counterweight frame (12) using:

- 2 × M8×25 Hexagon socket cheese head screws (9)



Step 12:

Loop the wire rope (31) around the two 95 sheaves and two 120 sheaves in the manner shown below, attaching one end to the dorsal muscle extension flange (18) and the other end to the wire rope retaining bolt, taking care to install the wire rope through the weight block pin.



Step 13:

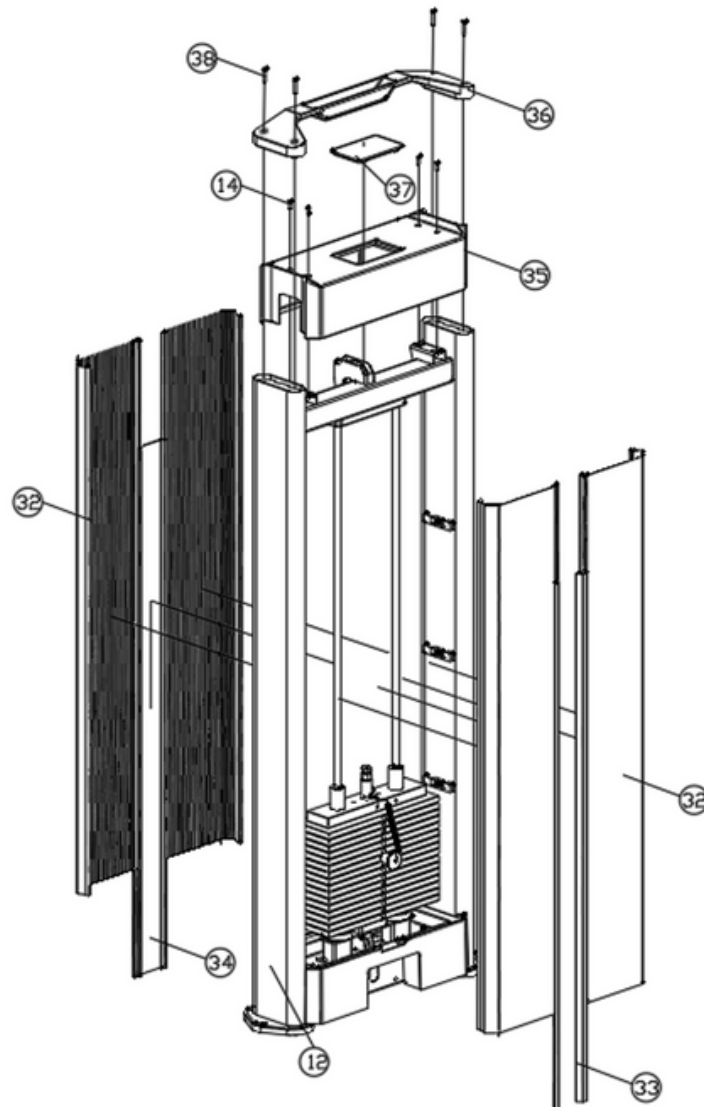
Slide the two trim strips (33) into the two baffles (32) and attach to the counterweight frame (12) using the baffle press. Slide the Trim Plate (34) into the two Baffles (32) and attach to the Counterweight Frame (12) using the Baffle Platen. Attach the upper shroud (35) to the counterweight frame (12) by.

- 4 x M5*15Hexagon socket cheese head screws (14)

Step 14:

Attach the upper cover trim (36) to the counterweight frame (12) and snap the upper shroud top cover (37) into the upper shroud (35) by

- 4 x M6*30Hexagon socket cheese head screws (38)

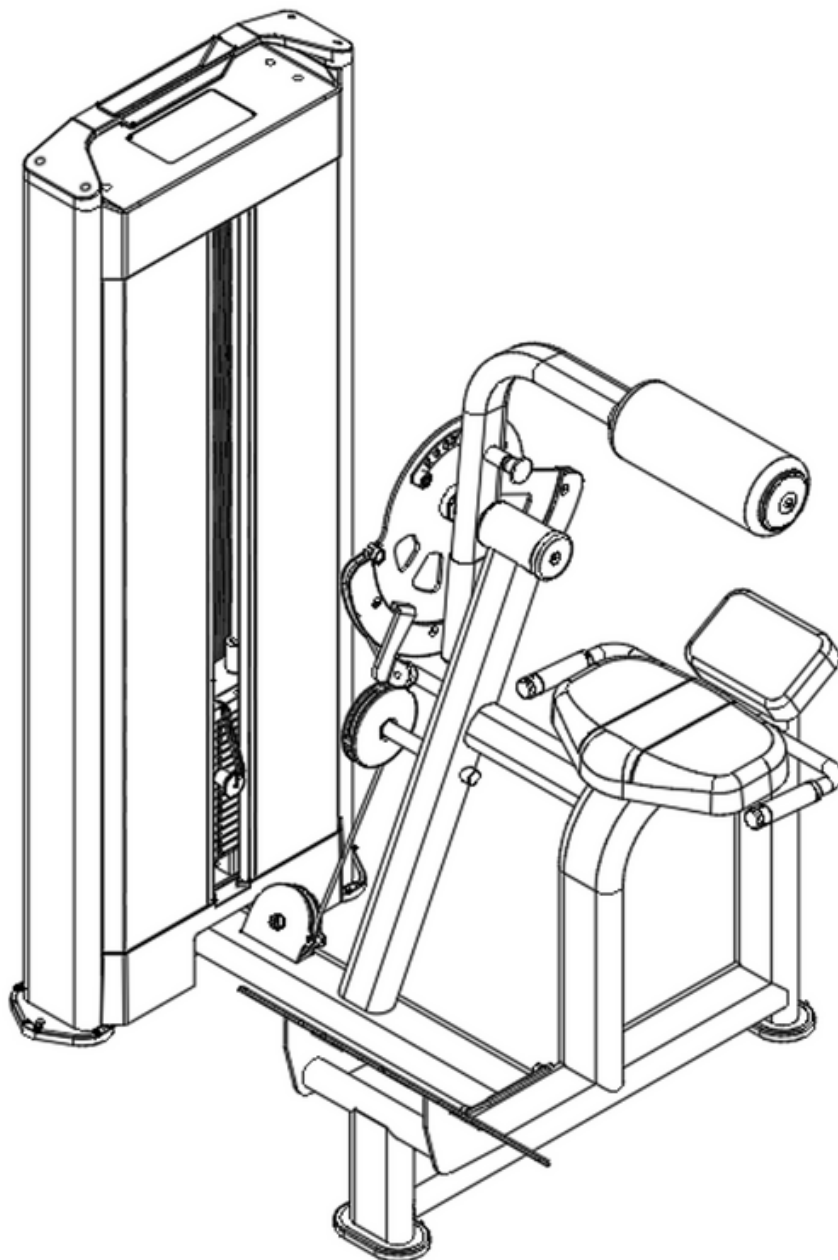


Important Tips

Now that your Back Extension 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	Back Extension Side Rack	1
2	Back Stretching Armrest	1
3	cushion	1
4	Back Stretching Back Pad	1
5	footrest	2
6	Hexagon socket cheese head screws (M10*25)	12
7	spring washer (10)	12
8	flat washer (10)	12
9	Hexagon socket cheese head screws (M8*25)	10
10	flat washer (8)	8
11	Back Extension Connection Bracket	1
12	counterweight frame	1
13	counterweight lower shield	1
14	Hexagon socket cheese head screws (M5*15)	6
15	counterweight footrest	2
16	76Aluminum cap	1
17	Back Extension Arm	1
18	Back Extension Flange	1
19	60aluminum cap	1
20	Hexagon socket countersunk head screws(10*25)	2
21	junction box	1
22	32spool	1
23	Guide bar mounting plate	1
24	Guide block set	1
25	guide bar	2
26	Weight stack	
27	weight stack pin	1
28	Counterweight rubber pads	2
29	counterweight base	2
30	spring washer (8)	2
31	Cable	1
32	Shield	4
33	decorative strip	2
34	decorative plate	1
35	upper shroud	1
36	Top cover trim	1
37	Upper Shroud Top Cover	1
38	Hexagon socket cheese head screws (M6*30)	4
Note: Pre-assembled parts are not listed in this table.		