

FITNESS360[®]

FT9033

Cable Station 4



Tool	Rubber Rod
	Level
	Allen wrench
	Circlip pliers
	adjustable wrench
Note: When assembling, it is recommended that two or more people operate the unit	

Step 1:

Connect parts #1, #2, #3, #4, #5, #6, and #7 to form section #BCP1 using the following components:

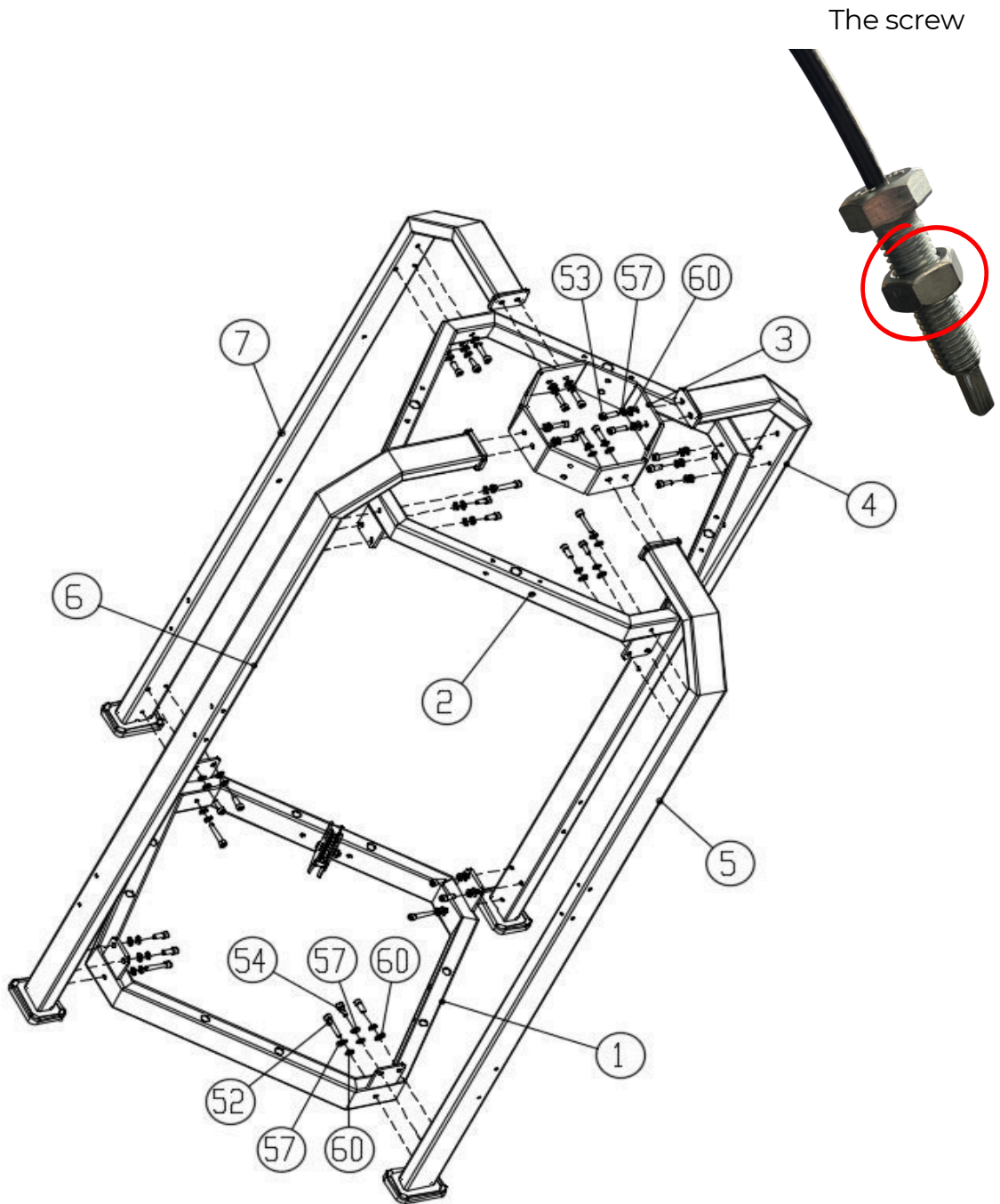
- 8 × Hexagon socket head screws M10×55 (#52)
- 8 × Hexagon socket head screws M10×35 (#53)
- 16 × Hexagon socket head screws M10×25 (#54)
- 32 × Flat washers M10–D20 (#60)
- 32 × Spring washers M10 (#57)

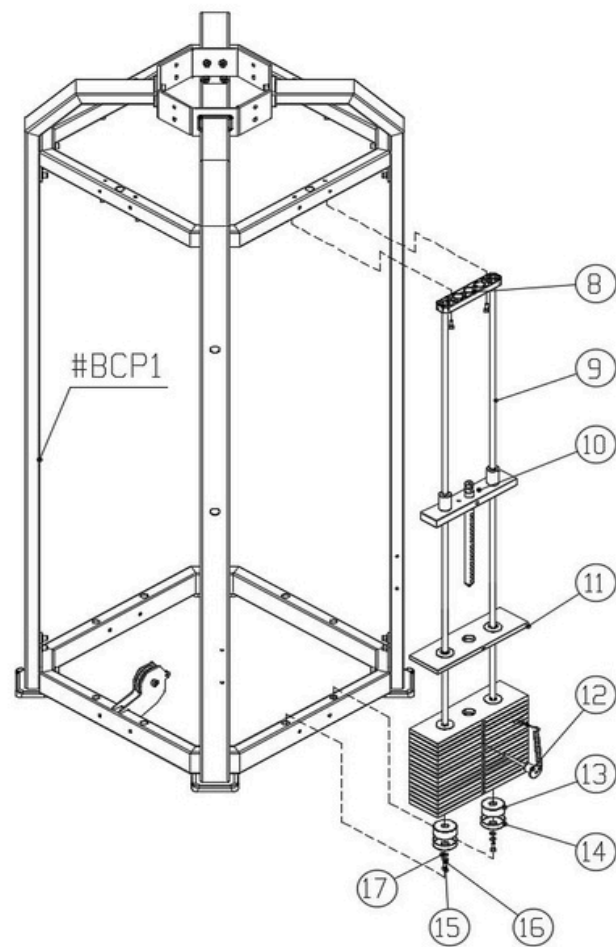
Step 2:

Connect #BCP1 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to form section #BCP2

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.

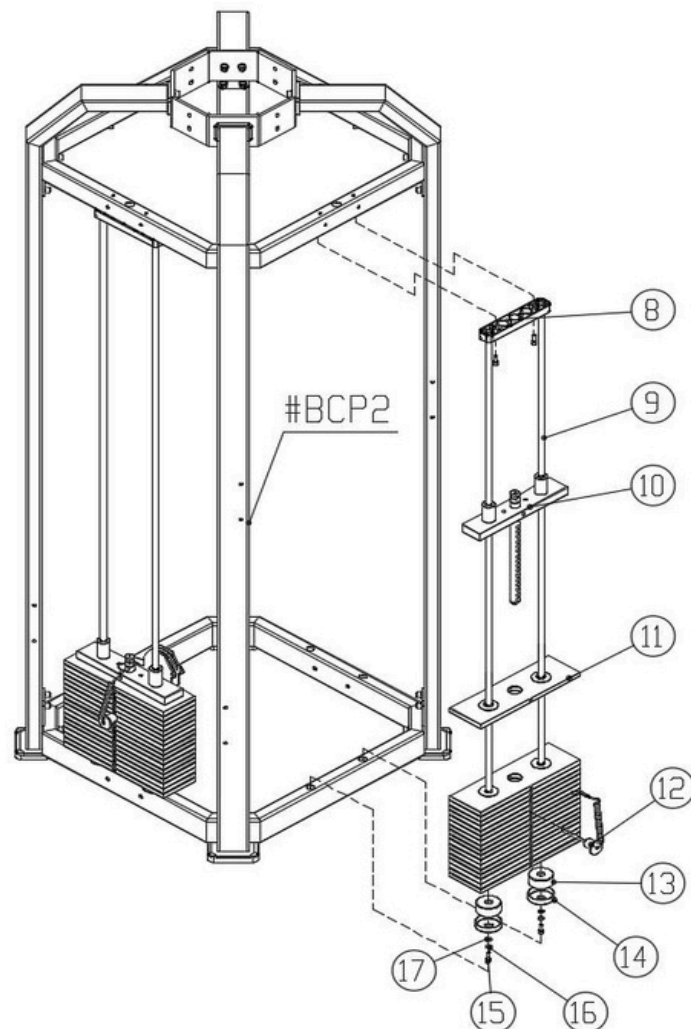
It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.





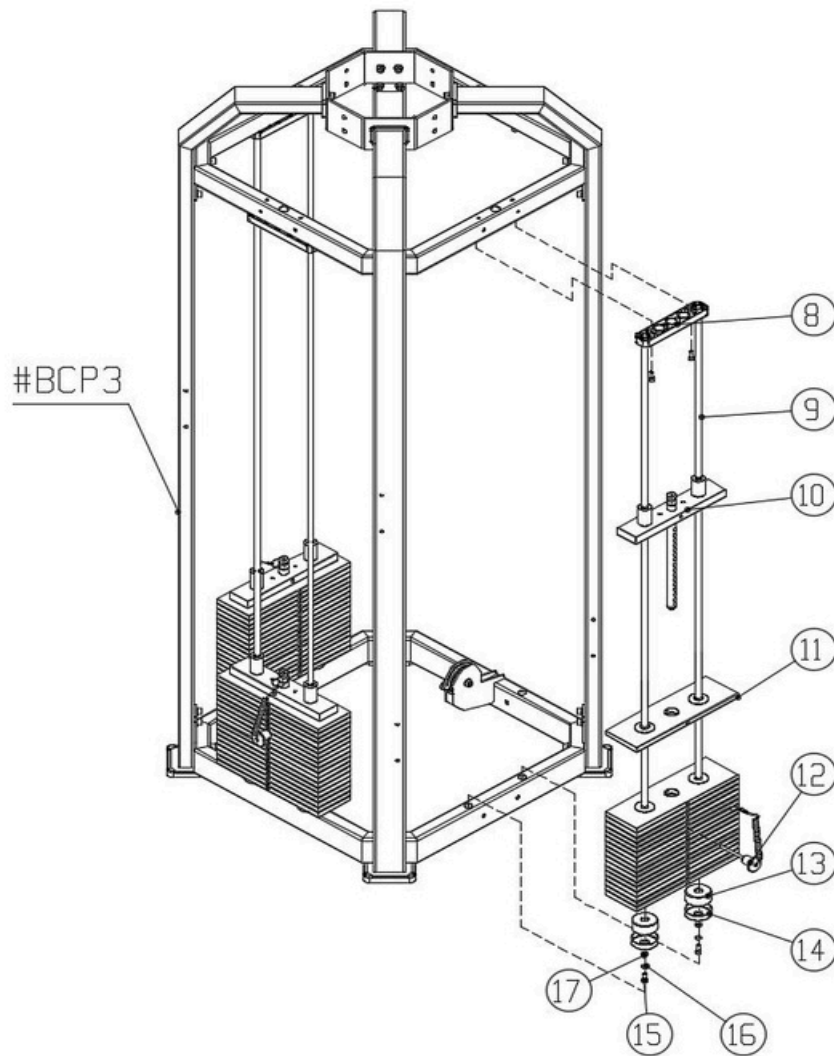
Step 3:

Connect #BCP2 with parts #8, #9, #11, #12, #13, #14, #15, #16, #16, and #17 to form section #BCP3



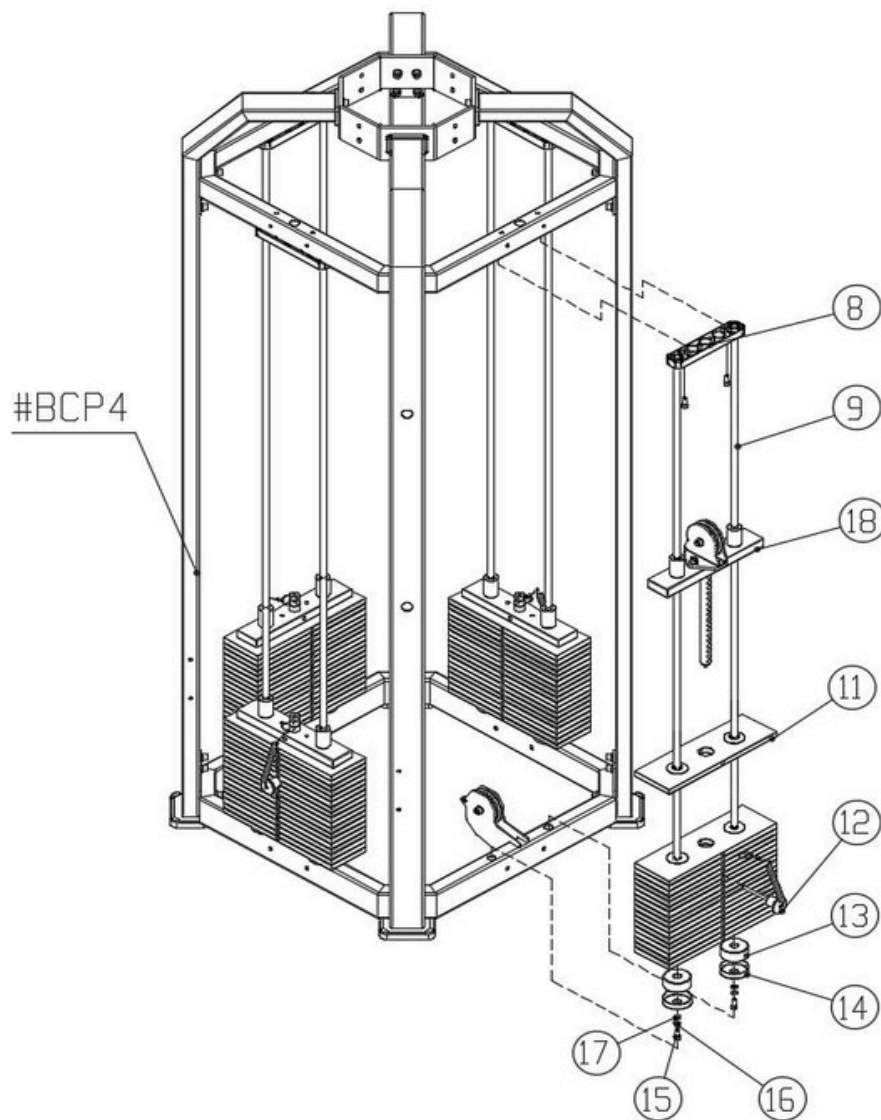
Step 4:

Connect #BCP3 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to form section #BCP4



Step 5:

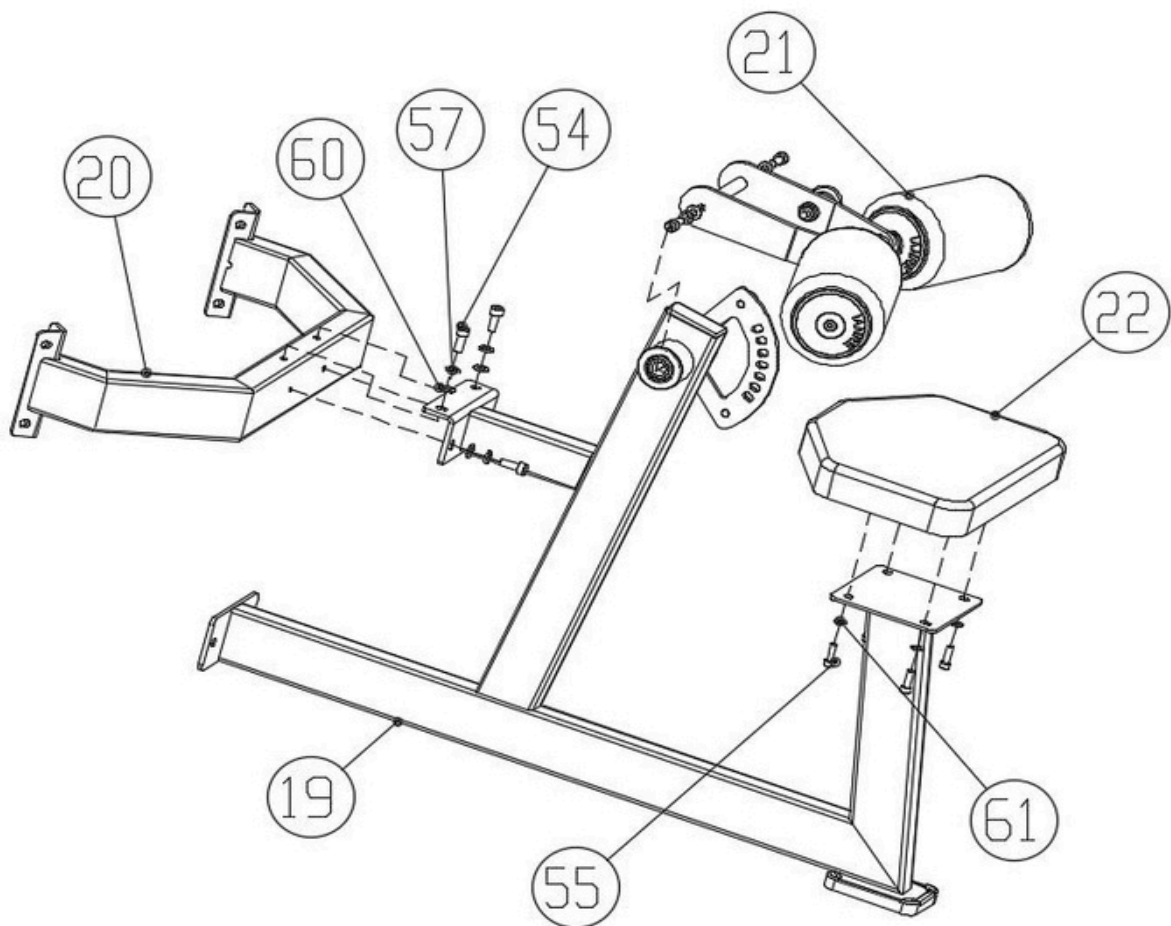
Connect #BCP4 with parts #8, #9, #11, #12, #13, #14, #15, #16, #17, and #18 to form section #BCP5



Step 6:

Connect parts #19, #20, #21, and #22 to form section #BCP6 using the following components:

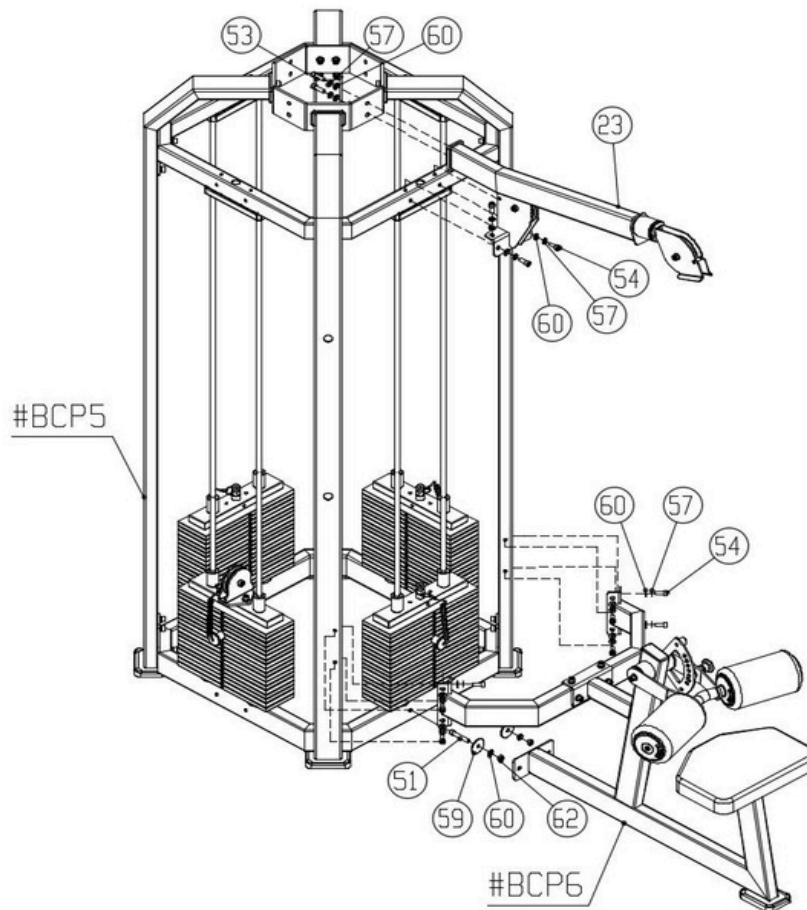
- 4 × Hexagon socket head screws M10×25 (#54)
- 4 × Flat washers M10–D20 (#60)
- 4 × Spring washers M10 (#57)
- 4 × Hexagon socket head screws M8×25 (#55)
- 4 × Flat washers M8–D16 (#61)



Step 7:

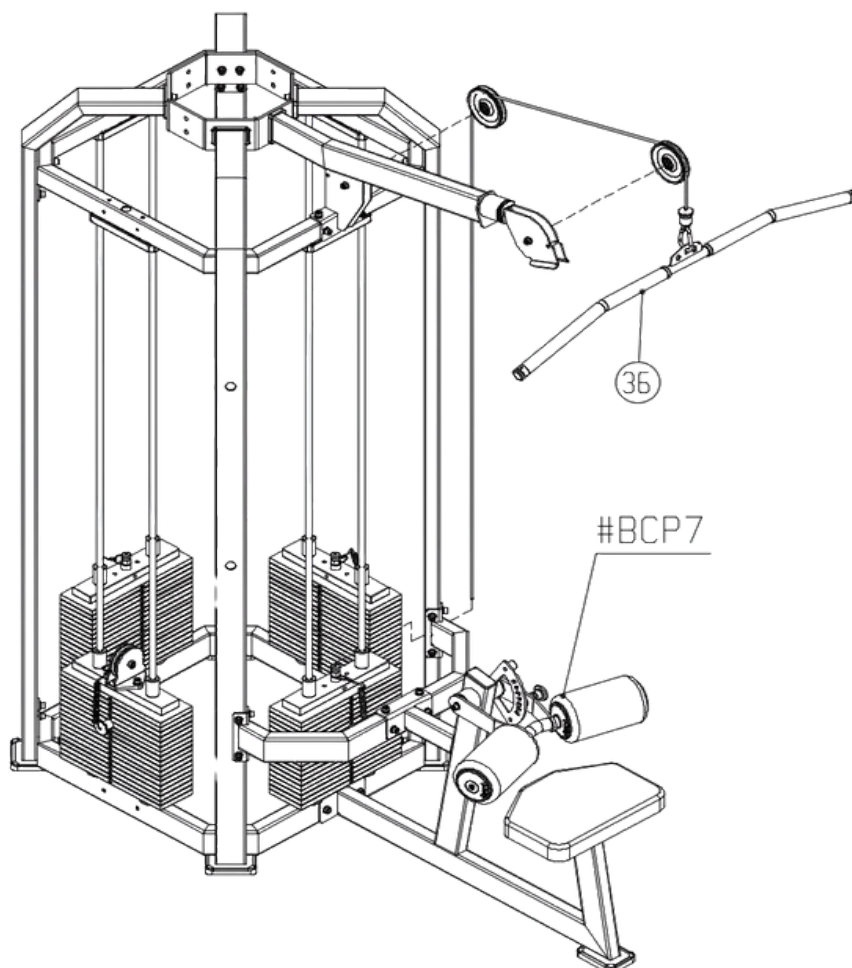
Connect #BCP5, #BCP6, and #23 to form section #BCP7 using the following components:

- 2 × Hexagon socket head screws M10×60 (#51)
- 2 × Hexagon socket head screws M10×35 (#53)
- 12 × Hexagon socket head screws M10×25 (#54)
- 2 × Flat washers M10–D50 (#59)
- 16 × Flat washers M10–D20 (#60)
- 16 × Spring washers M10 (#57)
- 2 × Hexagonal self-locking nuts M10 (#62)



Step 8:

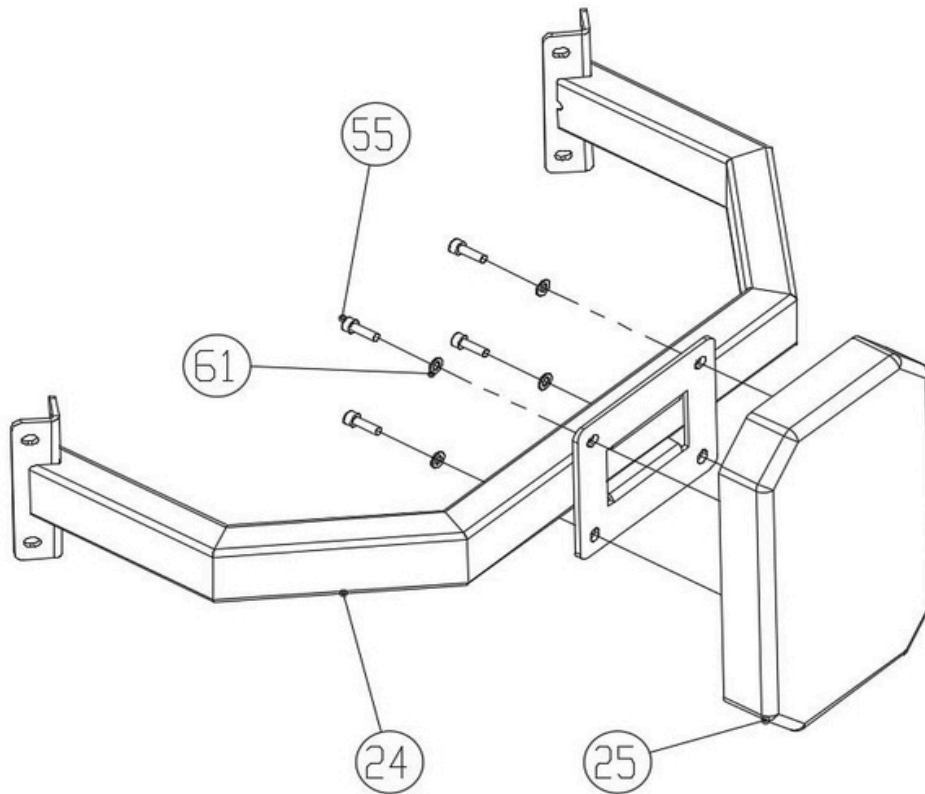
Connect part #36 (lat pulldown bar assembly) to the top pulley arm of #BCP7 to form #BCP8.



Step 9:

Connect parts #24 and #25 to form #BCP9 using the following components:

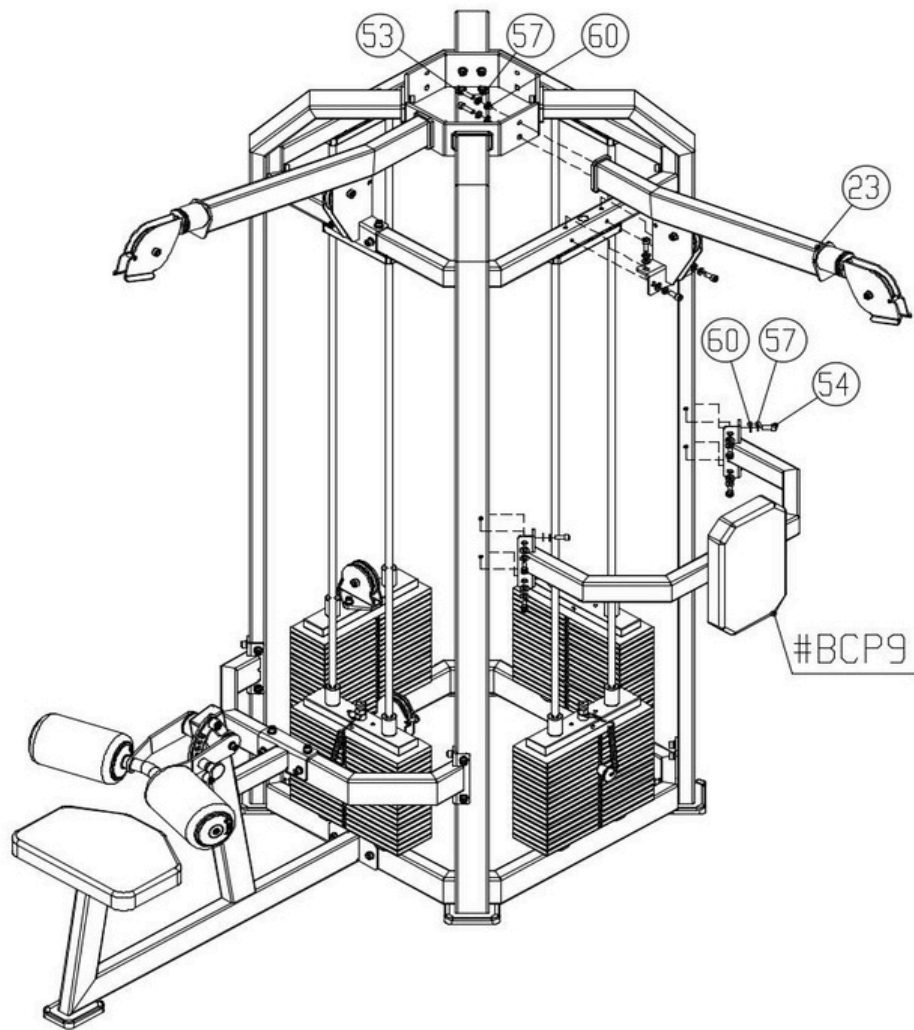
- 4 × Hexagon socket head screws M8×25 (#55)
- 4 × Flat washers M8-D16 (#61)



Step 10:

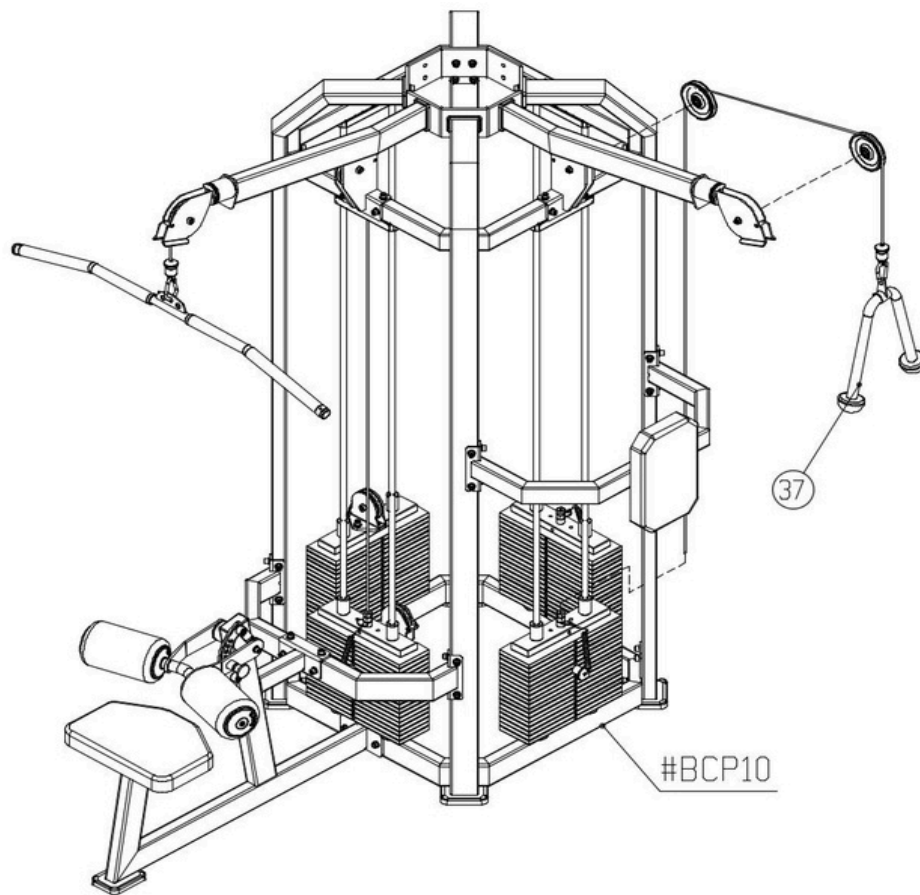
Connect #BCP9 and #23 to form section #BCP10 using the following components:

- 2 × Hexagon socket head screws M10×35 (#53)
- 8 × Hexagon socket head screws M10×25 (#54)
- 10 × Flat washers M10-D20 (#60)
- 10 × Spring washers M10 (#57)



Step 11:

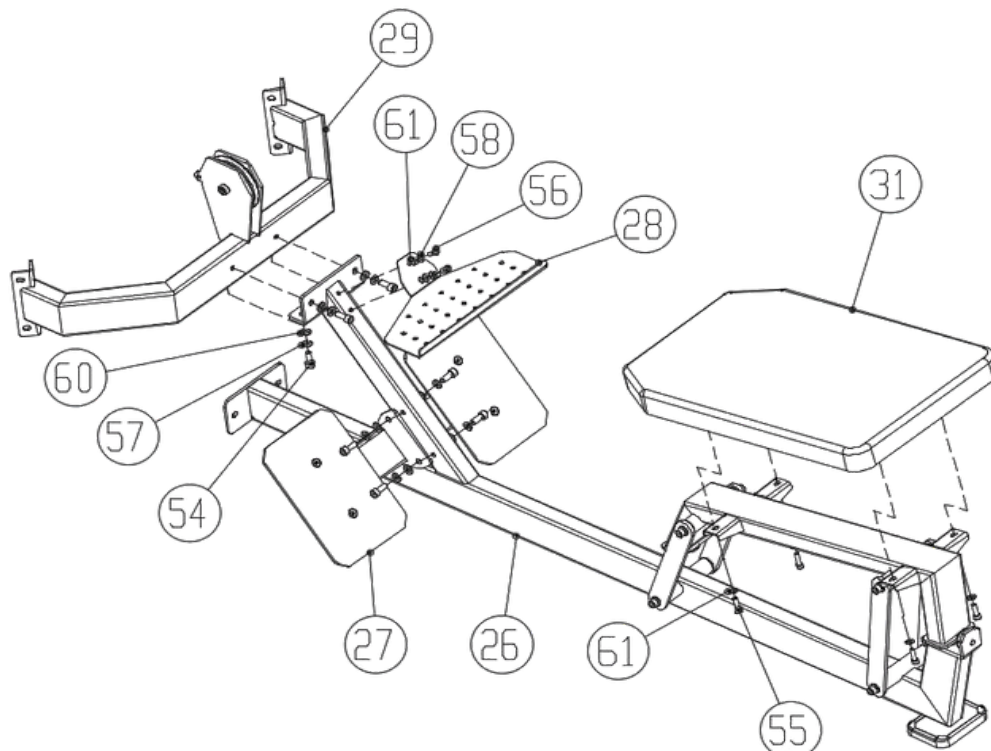
Attach part #37 (double handle cable attachment) to the upper pulley arm of #BCP10 to form #BCP11.



Step 12:

Connect parts #26, #27, #28, #29, and #31 to form section #BCP12 using the following components:

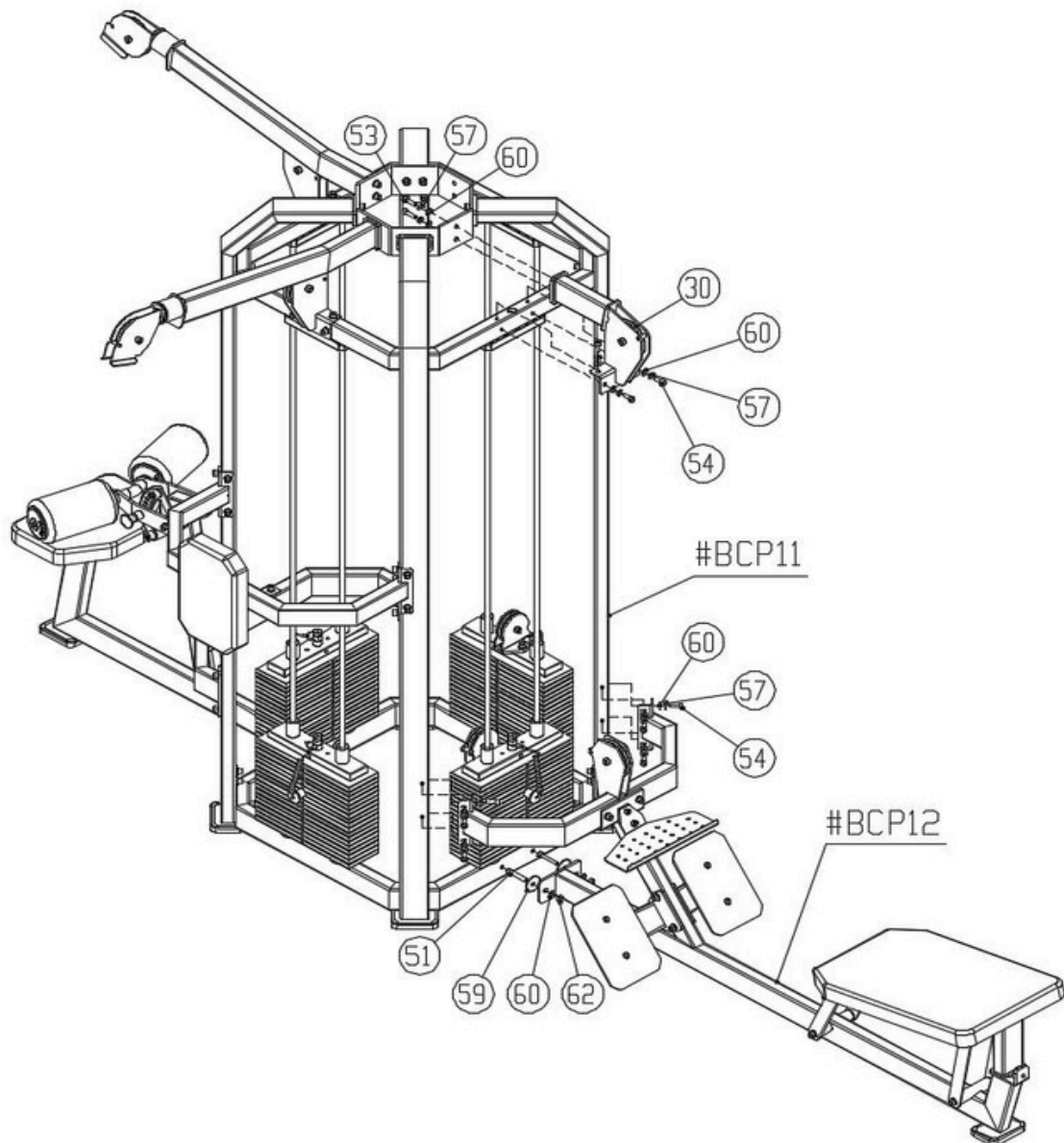
- 8 × Hexagon socket head screws M10×25 (#54)
- 4 × Hexagon socket head screws M8×25 (#55)
- 2 × Hexagon socket head screws M8×16 (#56)
- 8 × Flat washers M10-D20 (#60)
- 6 × Flat washers M8-D16 (#61)
- 8 × Spring washers M10 (#57)
- 2 × Spring washers M8 (#58)



Step 13:

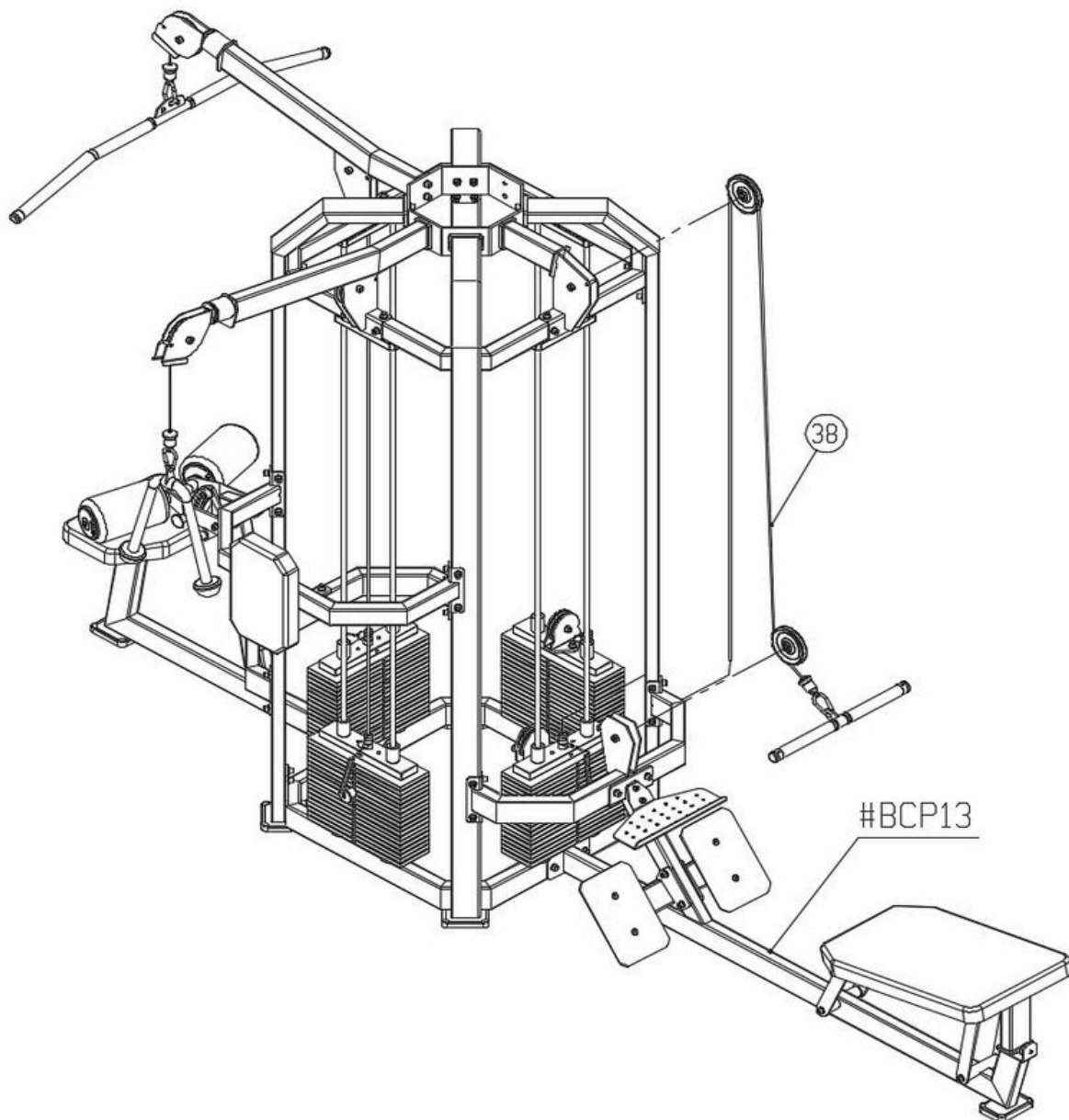
Connect #BCP11, #BCP12, and part #30 to form section #BCP13 using the following components:

- 2 × Hexagon socket head screws M10×60 (#51)
- 2 × Hexagon socket head screws M10×35 (#53)
- 12 × Hexagon socket head screws M10×25 (#54)
- 2 × Flat washers M10-D50 (#59)
- 16 × Flat washers M10-D20 (#60)
- 16 × Spring washers M10 (#57)
- 2 × Hexagonal self-locking nuts M10 (#62)



Step 14:

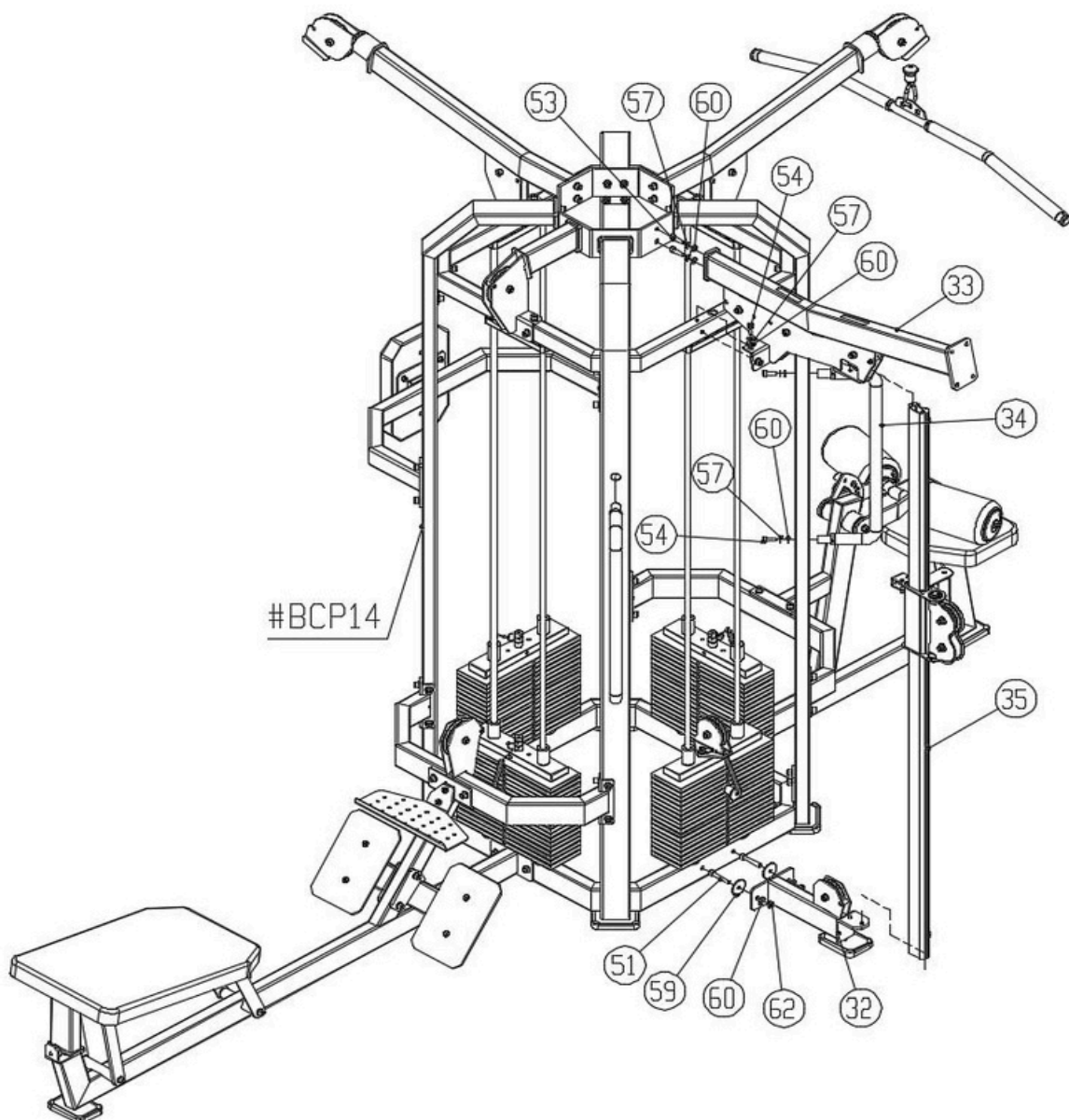
Connect #BCP13 and #38 to form #BCP14 using the following method.



Step 15:

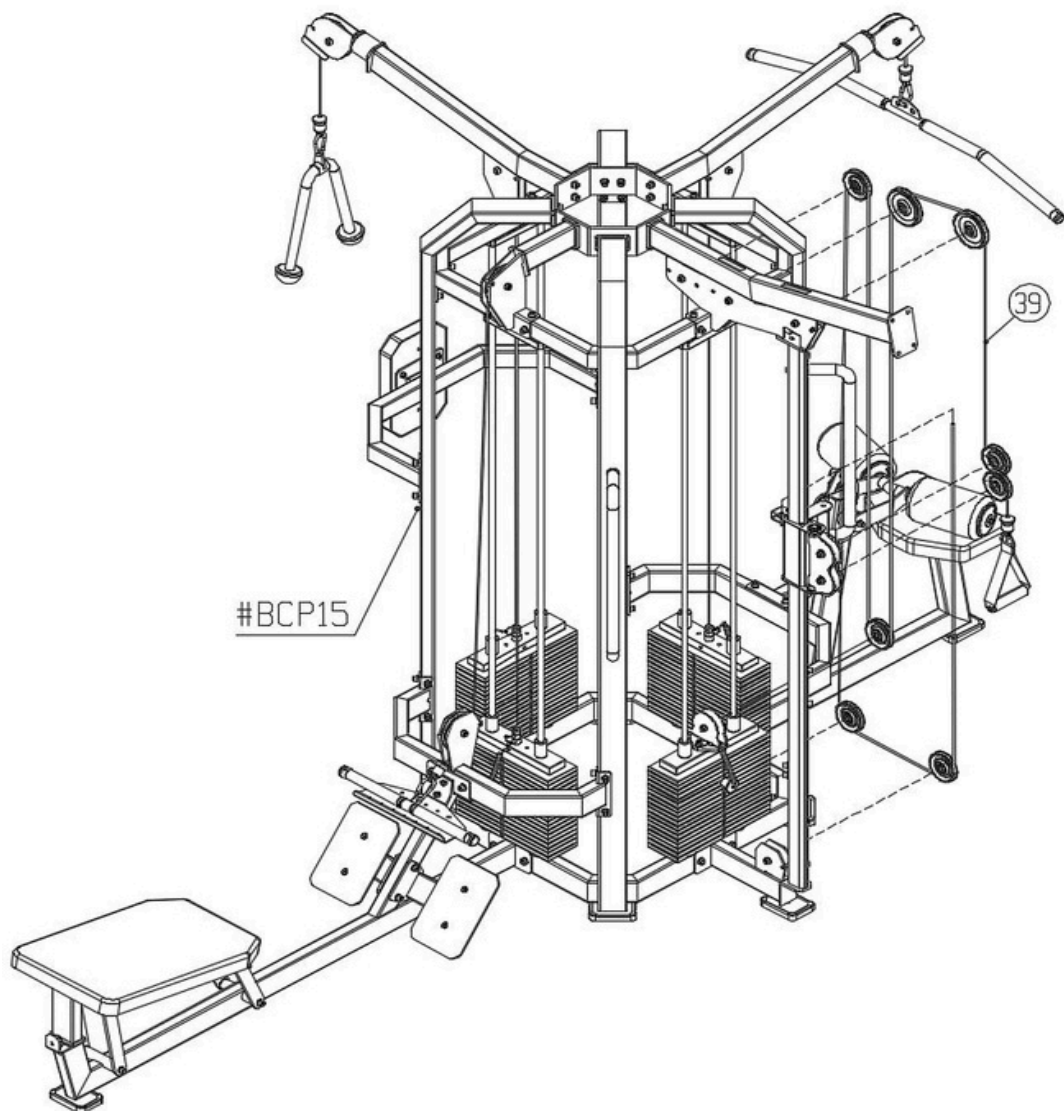
Connect #BCP14, #32, #33, #34, and #35 to form #BCP15 using the following components:

- 2 × Hexagon socket cheese head screws M10×60 (#51)
- 2 × Hexagon socket cheese head screws M10×35 (#53)
- 8 × Hexagon socket cheese head screws M10×25 (#54)
- 2 × Flat washers M10-D50 (#59)
- 12 × Flat washers M10-D20 (#60)
- 12 × Spring washers M10 (#57)
- 2 × Hexagonal self-locking nuts M10 (#62)



Step 16:

Connect #BCP15 and #39 to form #BCP16 using the following method.



Important Tips

Now that Cable Station 4 is fully assembled, take a moment to ensure the structure is level and vertical. Use a spirit level to check that the guide bars are straight in both directions.

If not, loosen the bolts slightly, realign, and retighten.

Accessory List

QTY	Name	QTY	N	Name	QTY
1	sump	1	32	Flying Bird Chassis Assembly	1
2	abacus	1	33	Flying Bird Force Arm 1 Component	1
3	circular plate	1	34	Flying Bird Handrail	2
4	Connecting column 1	1	35	Flying Bird Slide Adjustment Set	1
5	Connecting column 2	1	36	Pull down functional area wire rope	1
6	Connecting column 3	1	37	Triple head rope wire rope	1
7	Connecting column 4	1	38	Low Row functional zone wire rope	1
8	Guide bar fixing plate	4	39	Bird Area Wire Rope	1
9	guide bar	8			
10	Guide block set	3			
11	Weight stack	64			
12	Counterweight block pins	4			
13	Counterweight rubber pads	8			
14	counterweight base	8	51	hexagon socket cheese head screws M10*	6
15	hexagon socket cheese head screws M8*2	16	52	hexagon socket cheese head screws M10*5	8
16	spring washer M8	8	53	hexagon socket cheese head screws M10*	18
17	flat washer M8	8	54	hexagon socket cheese head screws M10*	72
18	able line counterweight guide block s	1	55	hexagon socket cheese head screws M8*2	12
19	high pulling main frame	1	56	hexagon socket cheese head screws M8*1	2
20	High-pull connecting frame	1	57	spring washerM10	96
21	axis High Pull Back Muscle Press Rack	1	58	spring washer M8	2
22	Universal Cushion	1	59	flat washer M10-D50	8
23	ing Triple Head Force Arm Support Ass	2	60	flat washerM10-D20	102
24	ending triple head back cushion frame	1	61	flat washer M8-D16	14
25	Four-station, three-head back cushion	1	62	Hexagonal self-locking nutsM10	6
26	Low pull side frame set	1			
27	Low Pull Foot Assembly	1			
28	Low pull plate	1			
29	Low pull connecting frame assembly	1			
30	Low Tension Arm Connector Assembly	1			
31	large backpack	1			

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