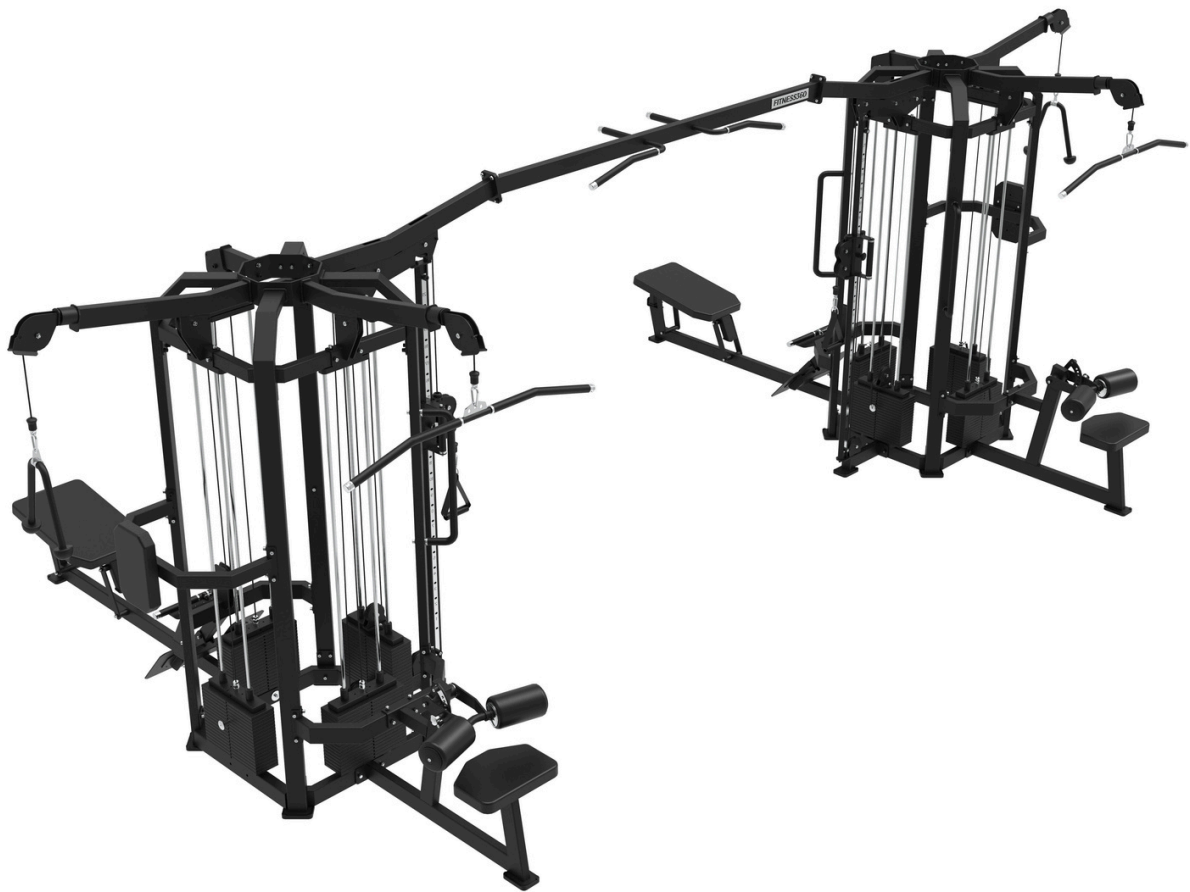


FITNESS360[®]

FT9035

Cable Station 8



tool	rubber stick
	level ruler
	Allen wrench
	Circlip pliers
	adjustable wrench

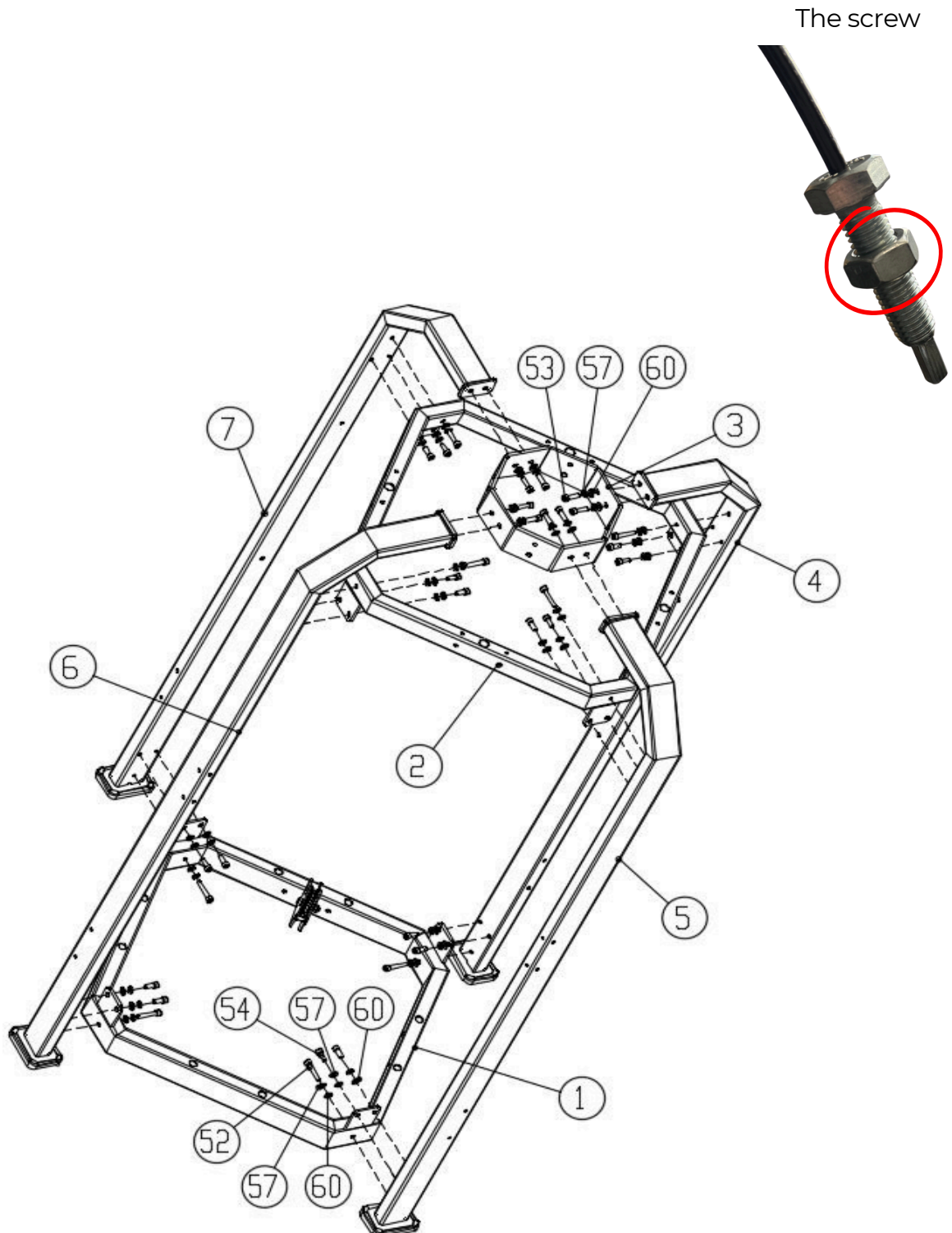
Step 1:

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

- 8x Hexagon socket cheese head screws M10*55 (#52)
- 8x Hexagon socket cheese head screws M10*35 (#53)
- 16x Hexagon socket cheese head screws M10*25 (#54)
- 32x flat washer M10-D20 (#60)
- 32x Spring washersM10 (#57)

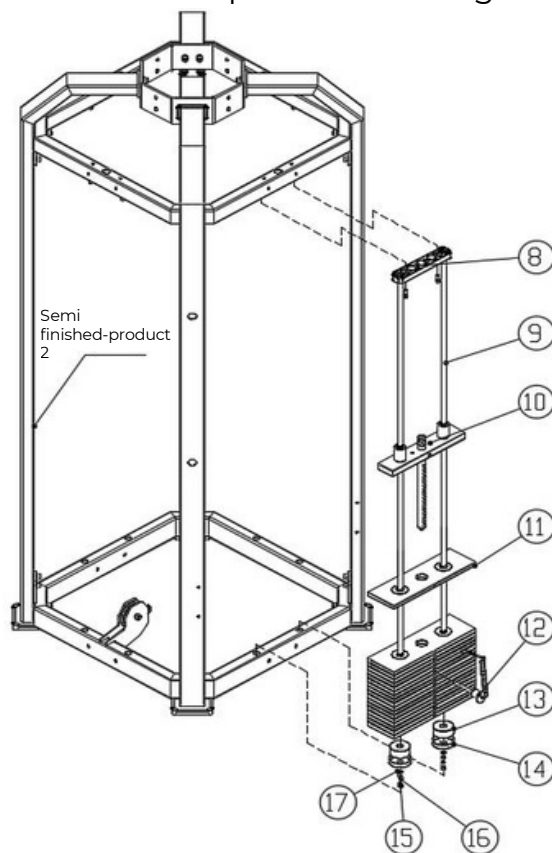
Note: The wire must be inserted into the frame before bolting it together. Refer to the assembly illustration for a detailed view of the correct placement.

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.



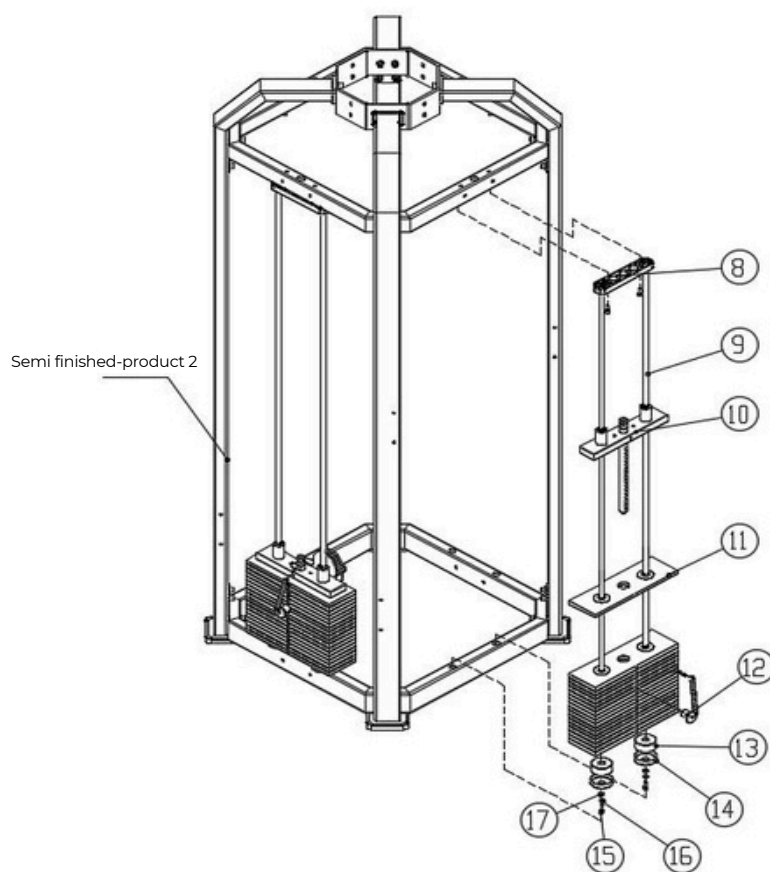
Step 2:

Connect semi-finished product #1 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to assemble semi-finished product #2 using the following method:



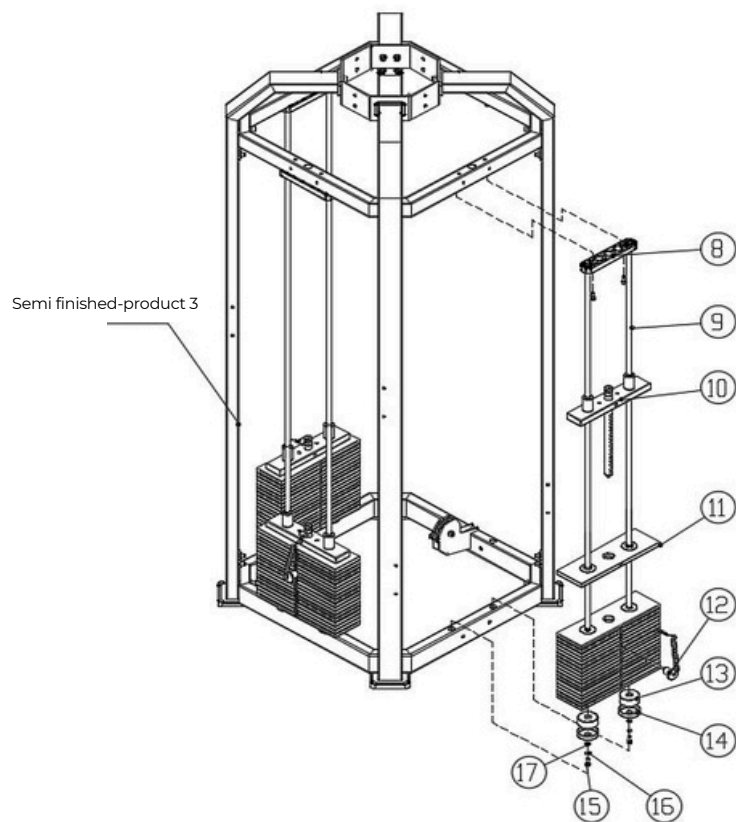
Step 3:

Combine semi-finished product #2 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to form semi-finished product #3 using the following method:



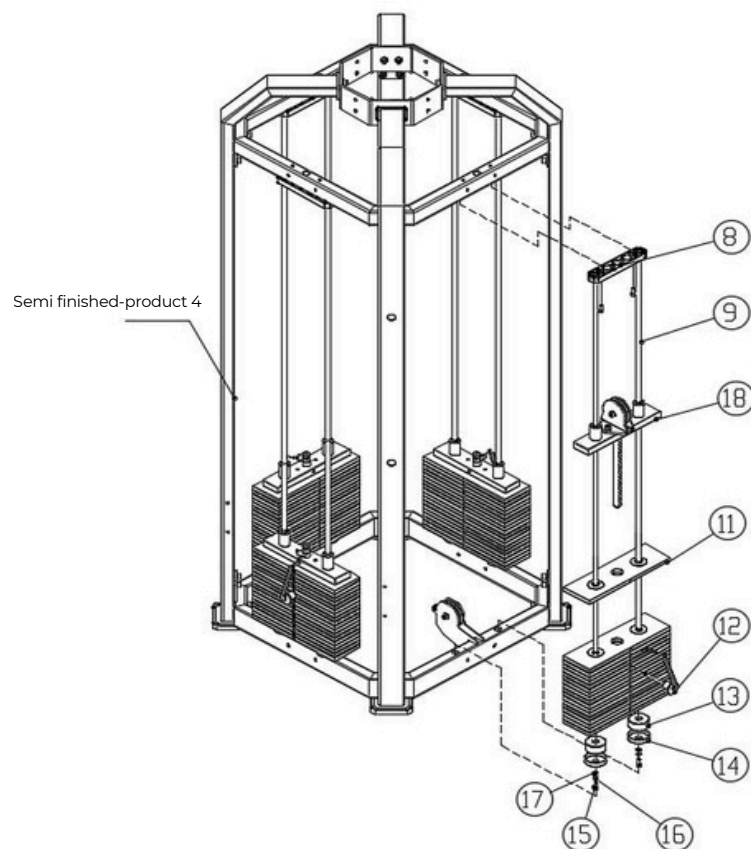
Step 4:

Combine semi-finished product #3 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to form semi-finished product #4 using the following method:



Step 5:

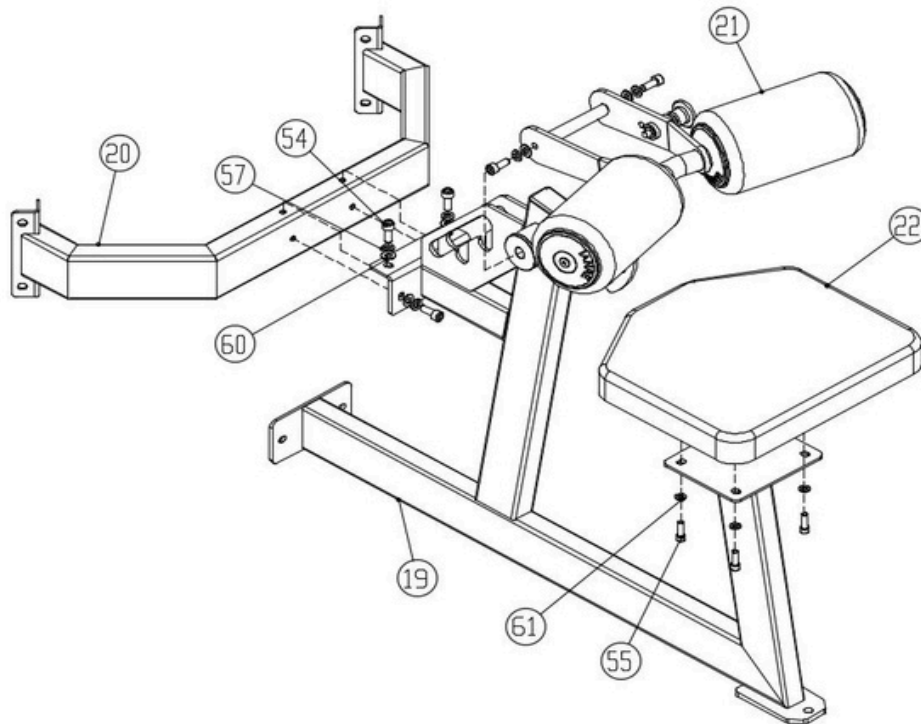
Combine semi-finished product #4 with parts #8, #9, #11, #12, #13, #14, #15, #16, #17, and #18 to form semi-finished product #5 in the following way:



Step 6:

Join parts #19, #20, #21, and #22 to form semi-finished product #6 using the following method:

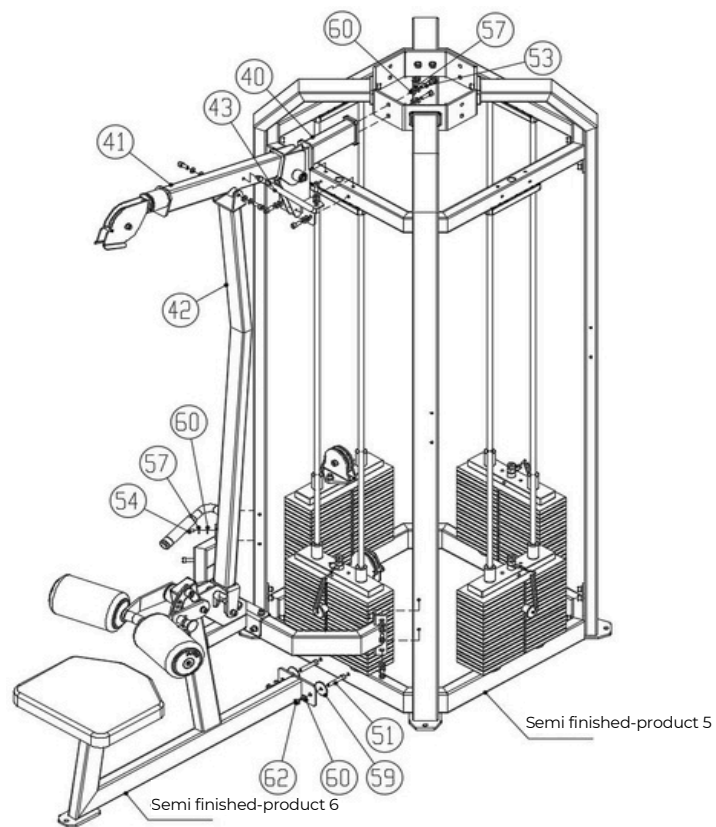
- 4x Hexagon socket cheese head screws M10*25 (#54)
- 4x Flat washers M10-D20 (#60)
- 4x Spring washers M10 (#57)
- 4x Hexagon socket cheese head screws M8*25 (#55)
- 4x Flat washers M8-D16 (#61)



Step 7:

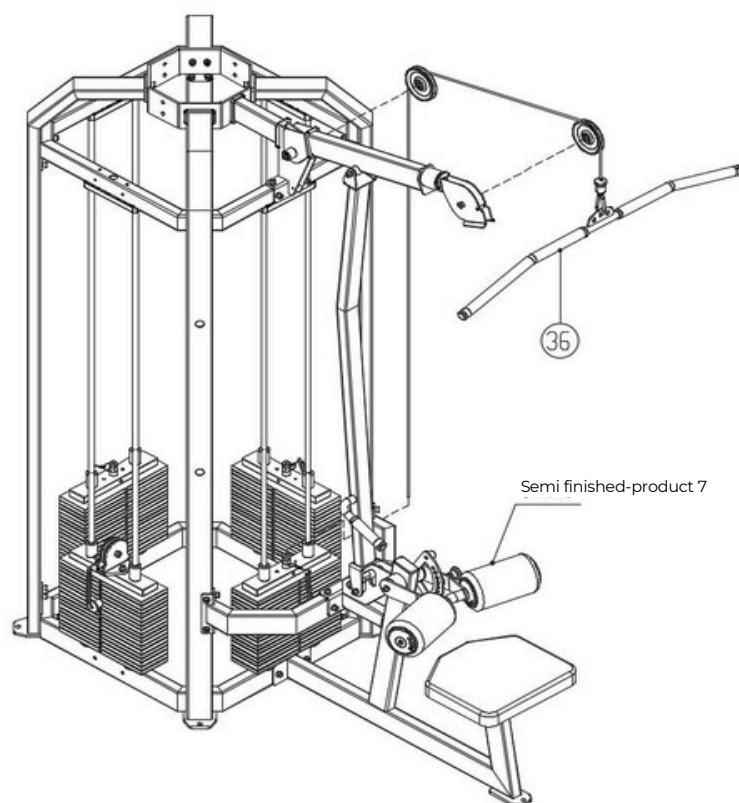
Connect semi-finished product 5, semi-finished product 6, part #40, piece #41, #42, and #43 to form semi-finished product 7 using the following method:

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



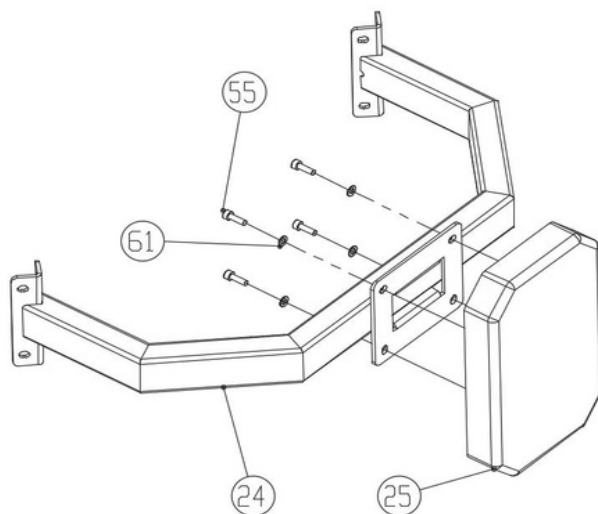
Step 8:

Connect semi-finished product 7 with piece #36 to form semi-finished product 8.



Step 9:

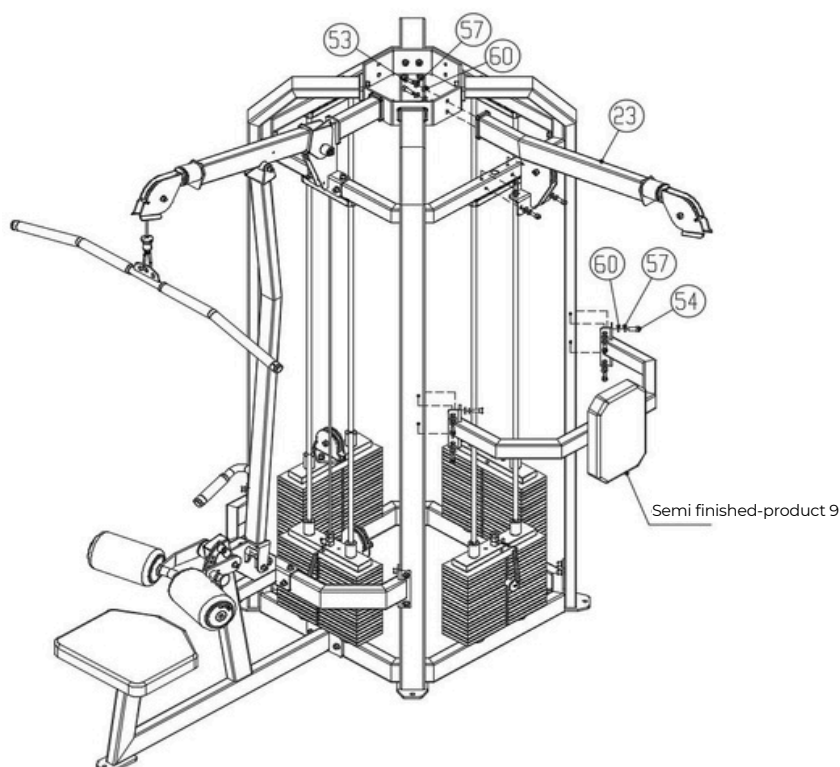
Connect semi-finished product 7 with piece #36 to form semi-finished product 8.



Step 10:

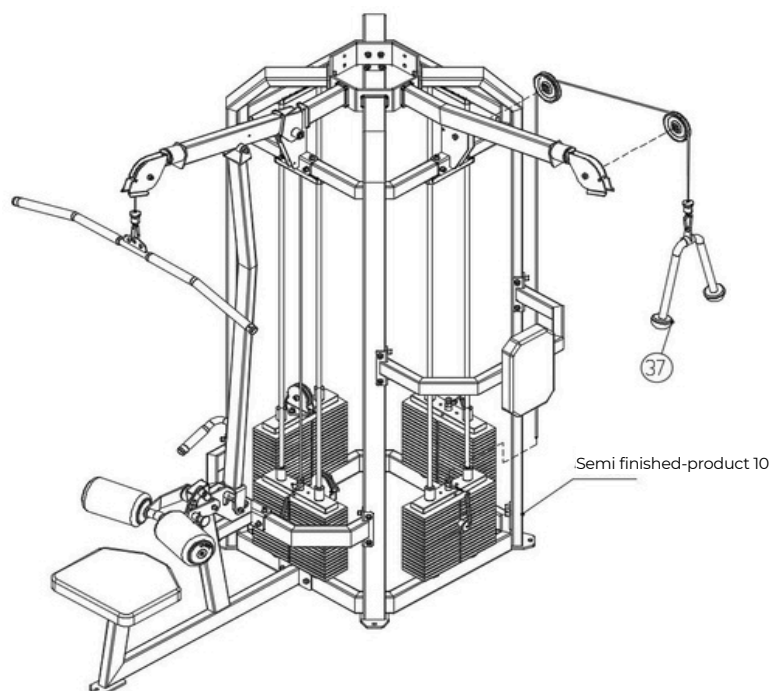
Connect semi-finished product 9 and part #23 to form semi-finished product 10 using the following method:

- 2x Hexagon socket cheese head screws M10×35 (#53)
- 12x Hexagon socket cheese head screws M10×25 (#54)
- 14x Flat washers M10-D20 (#60)
- 14x Spring washers M10 (#57)



Step 11:

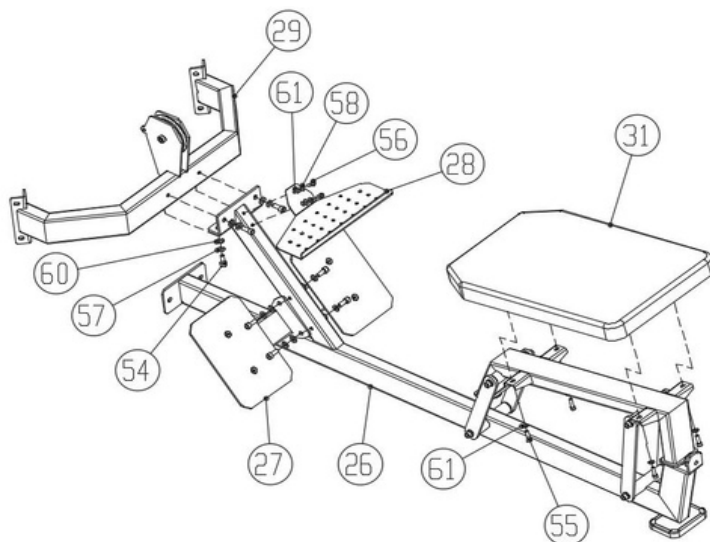
Connect semi-finished product 10 and part #37 to form semi-finished product 11 using the following method:



Step 12:

Connect parts #26, #27, #28, #29, and #31 to form semi-finished product 12 using the following method:

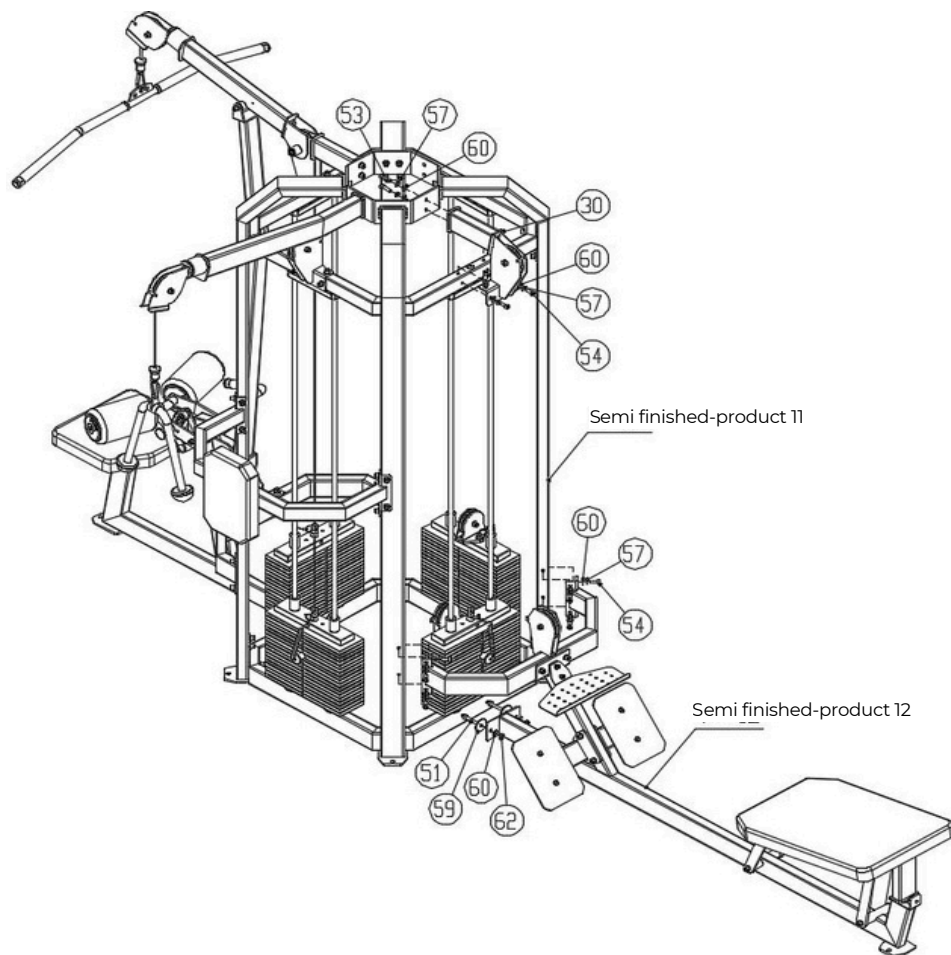
- 8x Hexagon socket cheese head screws M10×25 (#54)
- 4x Hexagon socket cheese head screws M8×25 (#55)
- 2x Hexagon socket cheese head screws M8×16 (#56)
- 8x Flat washers M10-D20 (#60)
- 6x Flat washers M8-D16 (#61)
- 8x Spring washers M10 (#57)
- 2x Spring washers M8 (#58)



Step 13:

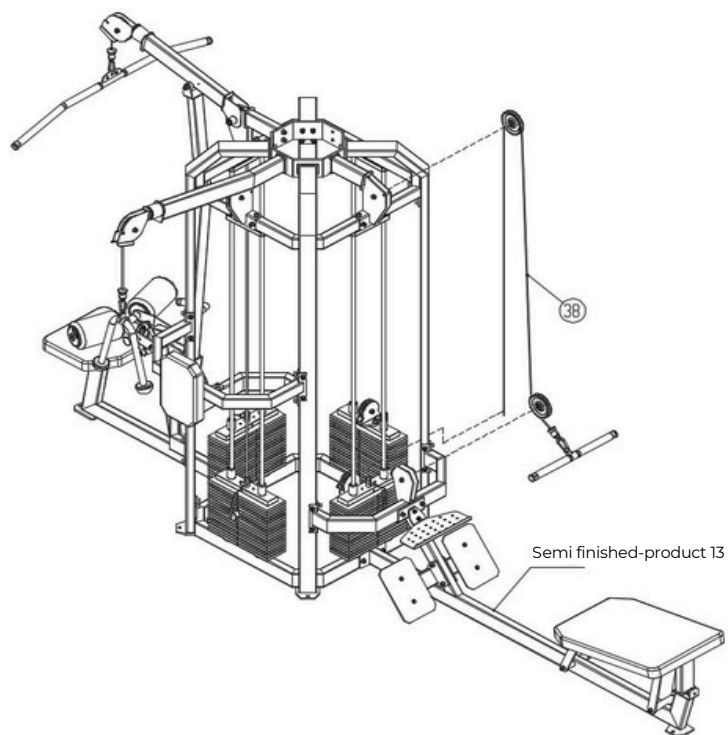
Connect semi-finished product 11, semi-finished product 12, and part #30 to form semi-finished product 13 using the following method:

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



Step 14:

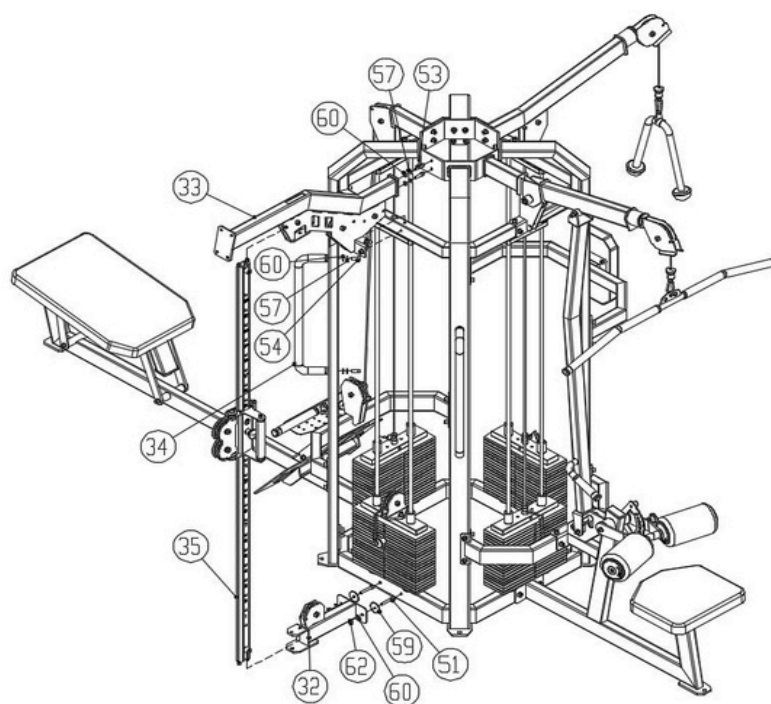
Connect semi-finished product 13 and part #38 to form semi-finished product 14 using the following method:



Step 15:

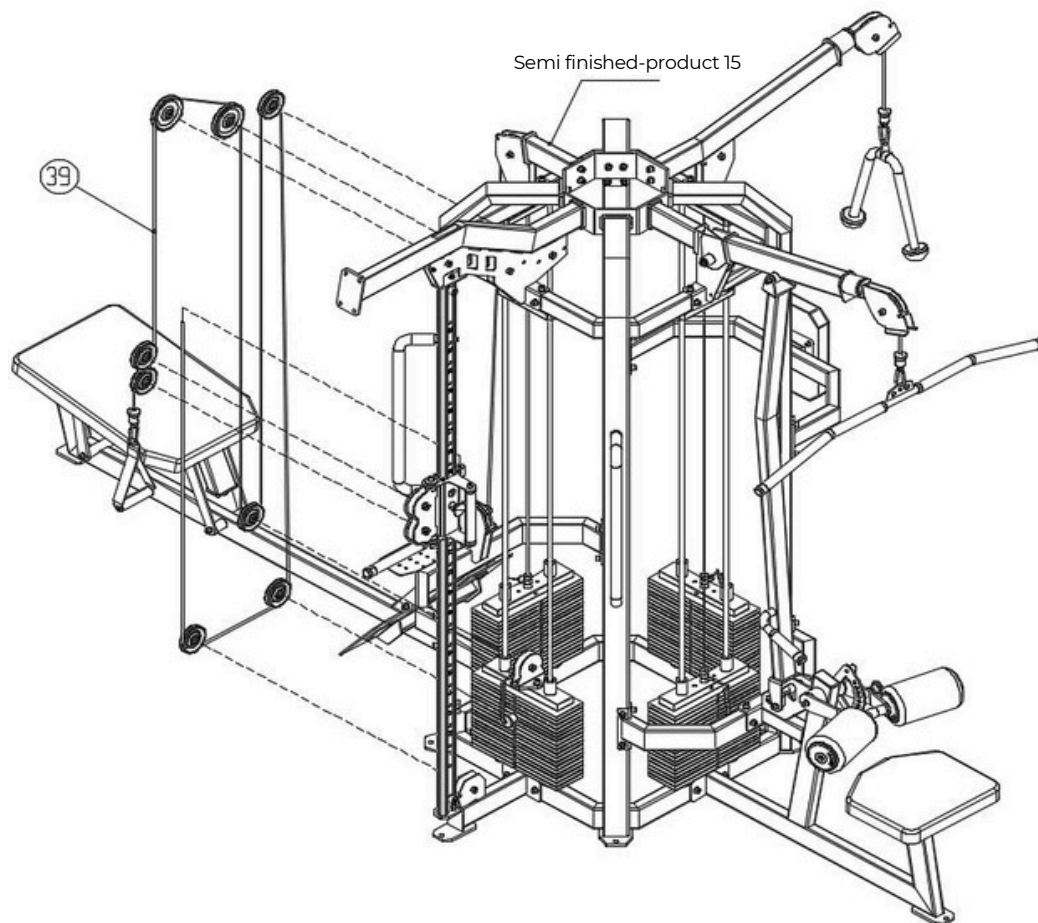
Connect semi-finished product 14 with parts #32, #33, #34, and #35 to form semi-finished product 15 using the following method:

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



Step 16:

Connect semi-finished product 15 and part #39 to form semi-finished product 16 using the following method:



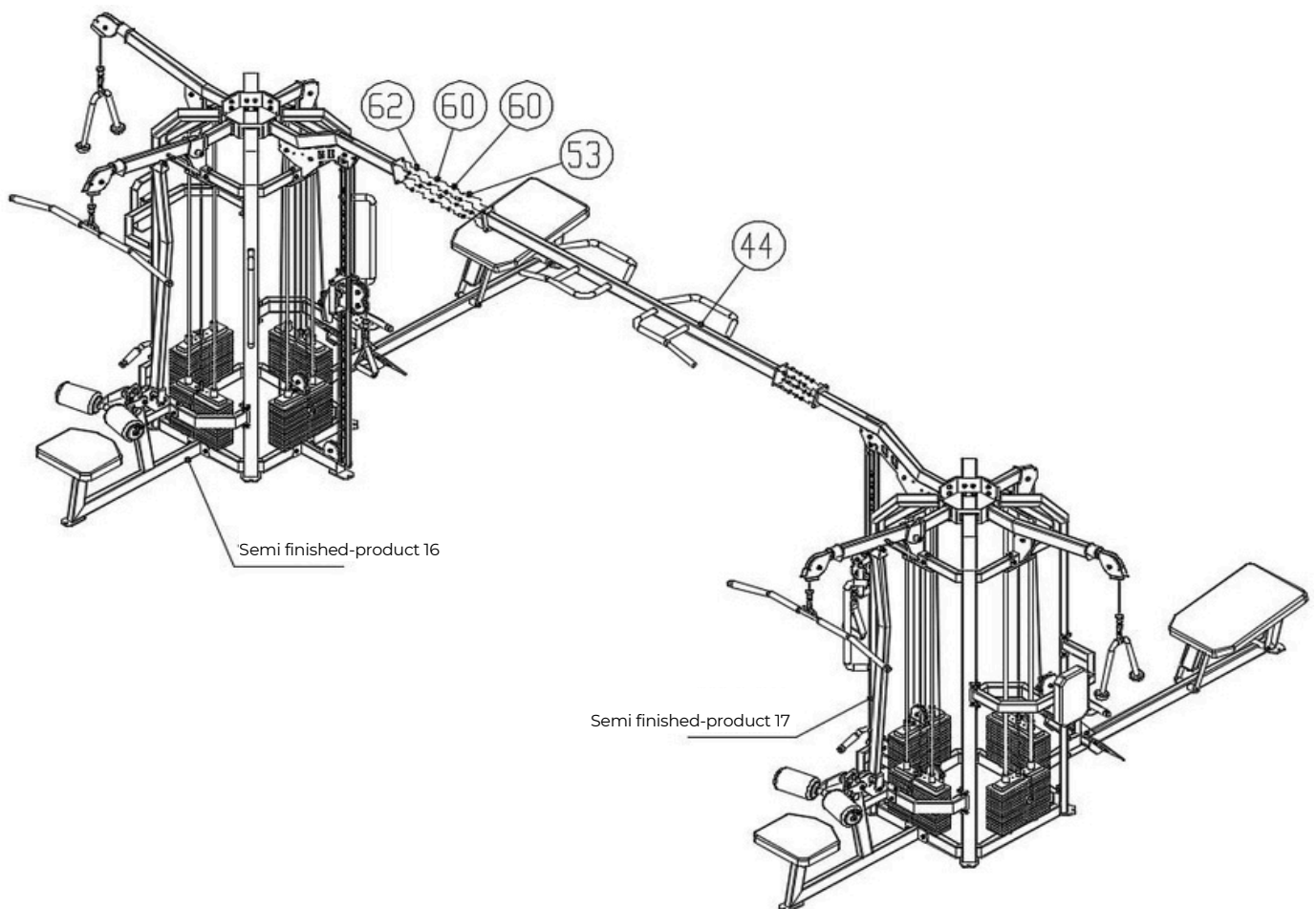
Step 17:

Assemble the right-side components as shown in steps 1-16 to complete semi-finished product 17.

Step 18:

Connect semi-finished product 15 and part #39 to form semi-finished product 16 using the following components:

- 8× Hexagon socket cheese head screws M10×35 (#53)
- 16× Flat washers M10-D20 (#60)
- 8× Hexagonal self-locking nuts M10 (#62)



Important Tips

Now that the FT9035 is fully assembled, take a moment to ensure the unit is level, stable, and vertically aligned.

Proper positioning is essential for safety and optimal performance.

Accessory List

NO	Name	QTY	NO	Name	QTY
1	sump	2	32	Flying Bird Chassis Assembly	2
2	swashplate	2	33	Flying Bird Force Arm 1 Assembly	2
3	circular plate	2	34	Flying Bird Handrail	4
4	connection post1	2	35	Flying Bird Slide Adjustment Set	2
5	connection post2	2	36	High tensile functional area wire rope	2
6	connection post3	2	37	Triple Rope Wire Rope	2
7	connection post4	2	38	Low tensile functional area wire rope	2
8	Guide bar fixing plate	8	39	Bird Area Wire Rope	2
9	guide bar	16	40	Adjustable Force Arm Connector Assembly	2
10	Guide block set	6	41	High Pull Adjustment Arm Assembly	2
11	counterweights	128	42	High Tension Arm Adjustment Frame Assembly	2
12	Counterweight block pins	8	43	gas spring	2
13	Counterweight rubber pads	16	44	Flying Bird Connecting Beam	1
14	counterweight base	16			
15	Hexagon socket cheese head screws M8*20	32			
16	spring washer M8	16			
17	flat washer M8	16			
18	Double line counterweight guide block set	2	51	Hexagon socket cheese head screws M10*60	12
19	high pulling main frame	2	52	Hexagon socket cheese head screws M10*55	16
20	High-pull connecting frame	2	53	Hexagon socket cheese head screws M10*35	48
21	Double Axis High Pull Back Muscle Press Rack Assembly	2	54	Hexagon socket cheese head screws M10*25	144
22	Universal Cushion	2	55	Hexagon socket cheese head screws M8*25	24
23	Standing Triple Head Force Arm Support Assembly	2	56	Hexagon socket cheese head screws M8*16	4
24	Standing Triple Head Back Cushion Frame Set	2	57	spring washer M10	204
25	Four-station, three-head back cushion	2	58	spring washer M8	4
26	Low pull side frame set	2	59	flat washer M10-D50	16
27	Low Pull Foot Assembly	2	60	flat washer M10-D20	236
28	Low Pull Pallet	2	61	flat washer M8-D16	28
29	Low pull connecting frame assembly	2	62	Hexagonal self-locking nuts M10	28
30	Low Tension Arm Connector Assembly	2			
31	large backpack	2			

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