

FITNESS360[®]

FT8074

Independent Linear Leg Press



Rubber rod
Spirit Level
Hexagon wrench
Two people
Circlip pliers
Adjustable Wrench

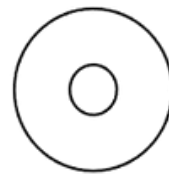
Fasteners



[6] (M10*25)



[8] Spring washer M10



[7] Flat washer M10-D20



[17] (M8*25)



[18] Flat washer M8-D16



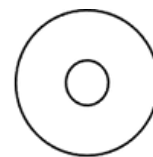
[20] Hexagonal self-locking nut



[19] (M10*70)



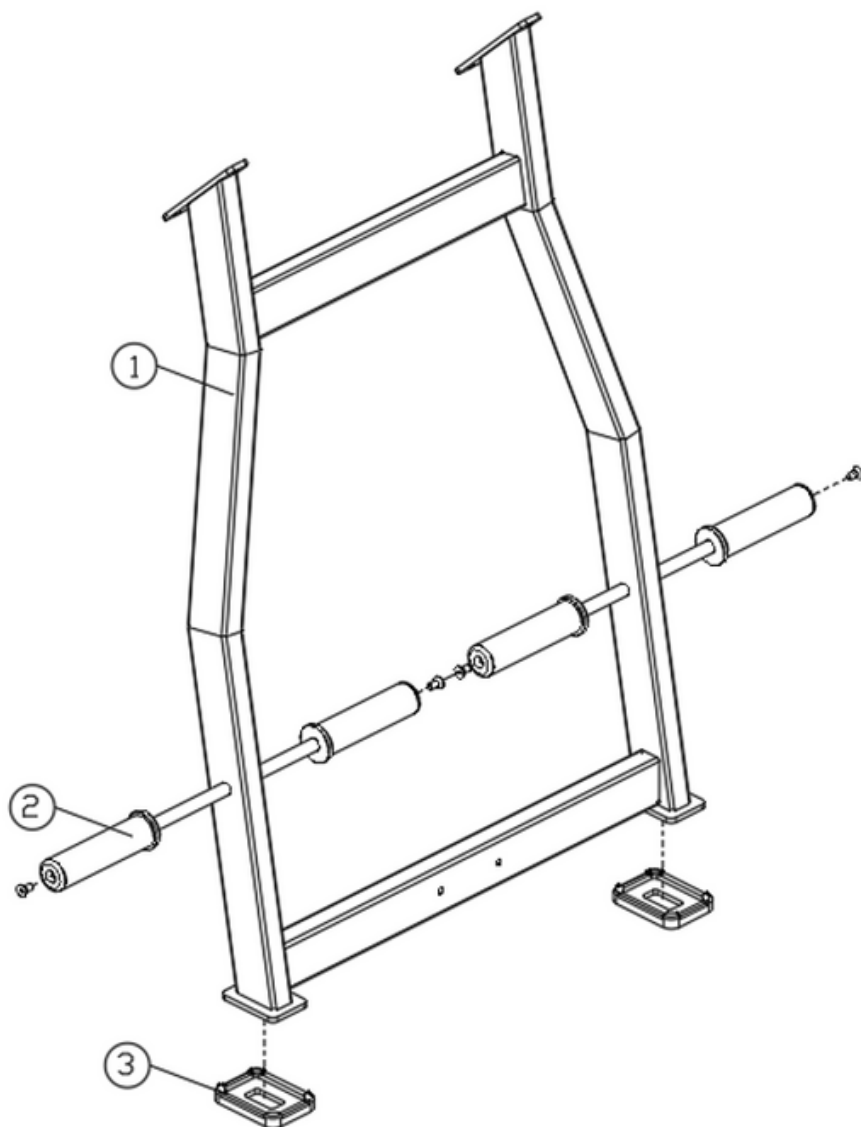
[21] (M10*60)



[22] Flat washer M10-D50

Step 1:

Attach the Incline Squat Plate Storage Sleeve (#2) to the Dividing Incline Step Stand (#1) using the following method ; attach the two rectangular foot pads (#3) to the Dividing Incline Step Stand (#1),



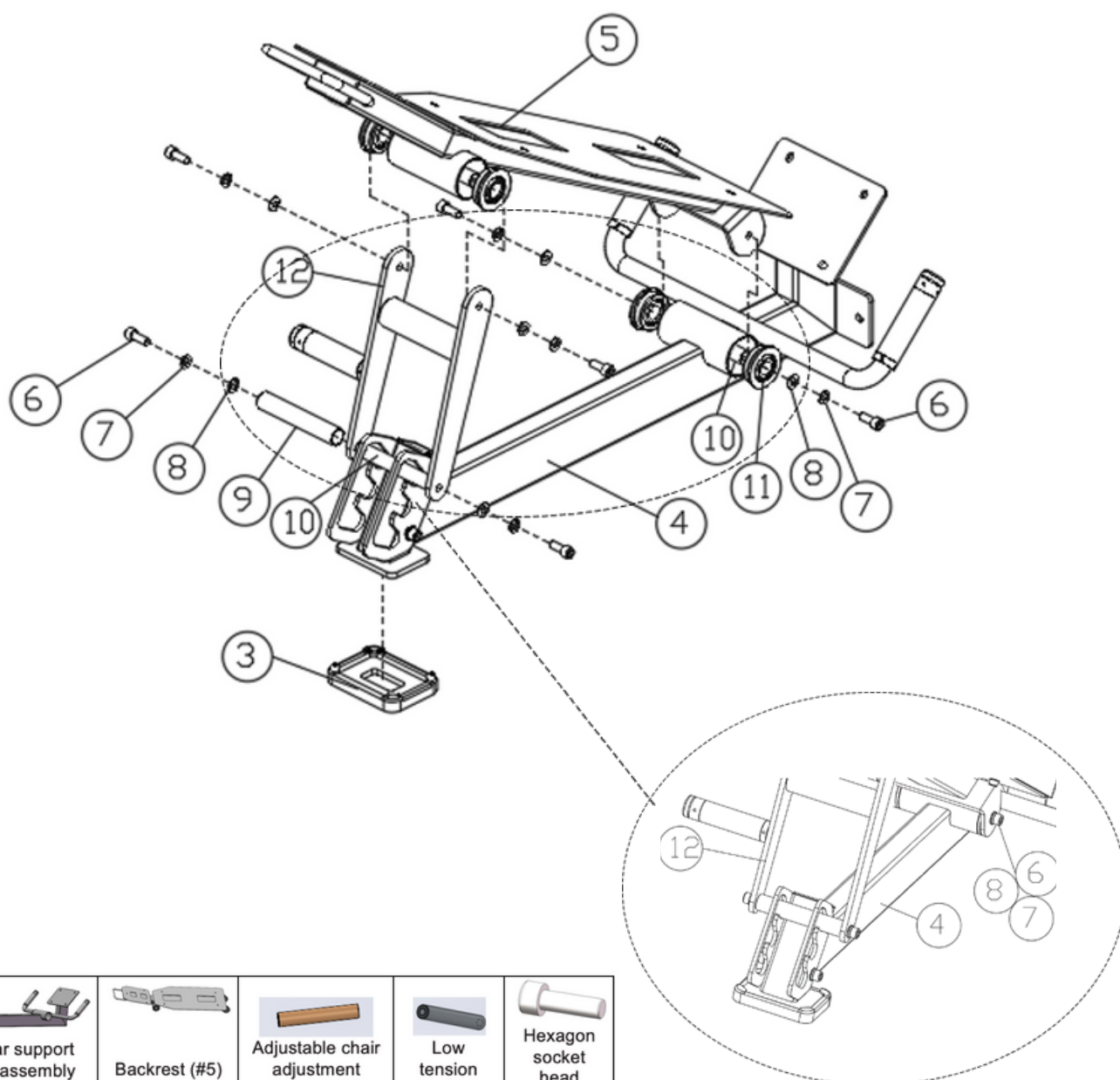
 Split-type inclined pedal stand (#1)	 2 x Incline Squat Plate Storage Socket Set (#2)	 2 x rectangular foot pads (#3)
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Step 2:

Assemble the rear support rod assembly (#4), backrest frame (#5), and backrest linkage bracket (#11) as shown in the illustration.

- 6 × Hexagon socket head screws M10×25 (#6)
- 6 × Spring washers M10 (#7)
- 6 × Flat washers M10-D20 (#8)

Finally, place the rectangular foot pad (#3) as shown.



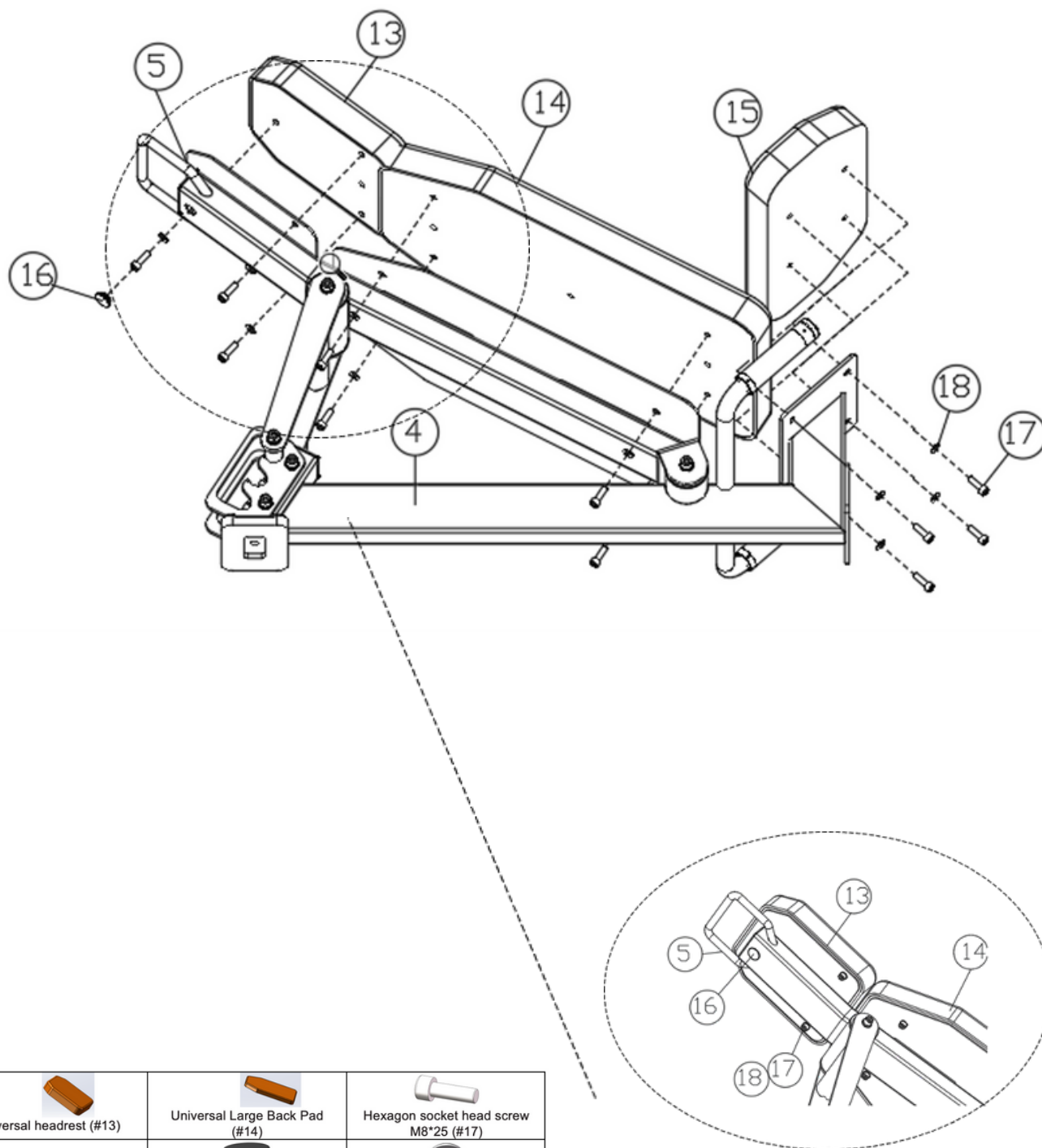
 Rear support rod assembly (#4)	 Backrest (#5)	 Adjustable chair adjustment bushing (#9)	 Low tension arm spindle (#10)	 Hexagon socket head screw M 10 *25 (#6)
 Backrest linkage bracket (#12)	 2 rectangular foot pads (#3)	 Deep groove ball bearing-60 (#11)	 Spring washer M10 (#7)	 Flat washer M10-D20 (#8)

Step 3:

Attach the universal headrest (#13), universal large backrest (#14), and decline bench press seat cushion (#15) to the backrest frame (#5) and rear support rod assembly (#4) using the following method.

Tighten with bolts and insert the 20-hole plug (#16).

- 11x Hexagon socket head screws M8*25 (#17)
- 11x flat washers M8-D16 (#18)

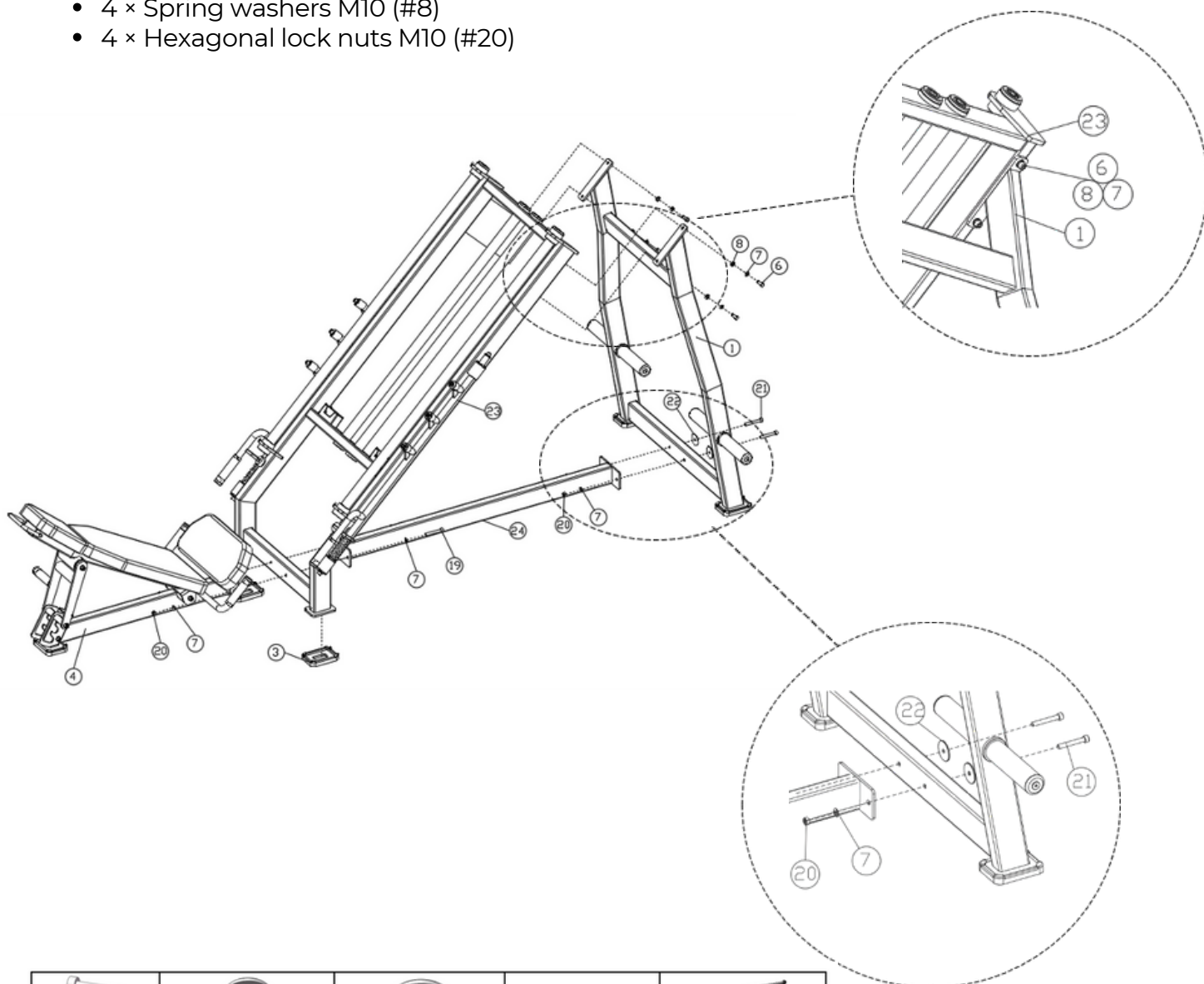


 Universal headrest (#13)	 Universal Large Back Pad (#14)	 Hexagon socket head screw M8*25 (#17)
 Decline Bench Press Seat (#15)	 1 20 plug (#16)	 Flat washer M8-D16 (#18)

Step 4:

Attach the split-type tilt stand (#1), split-type tilt main frame (#23), and bottom bracket (#24) to the rear support rod assembly (#4) completed in Step 3. Then, attach the rectangular foot pad (#3) as shown in the illustration.

- 4 × Hexagon socket head screws M10×25 (#6)
- 2 × Hexagon socket head screws M10×70 (#19)
- 2 × Hexagon socket head screws M10×60 (#21)
- 10 × Flat washers M10-D20 (#7)
- 2 × Flat washers M10-D50 (#22)
- 4 × Spring washers M10 (#8)
- 4 × Hexagonal lock nuts M10 (#20)



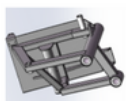
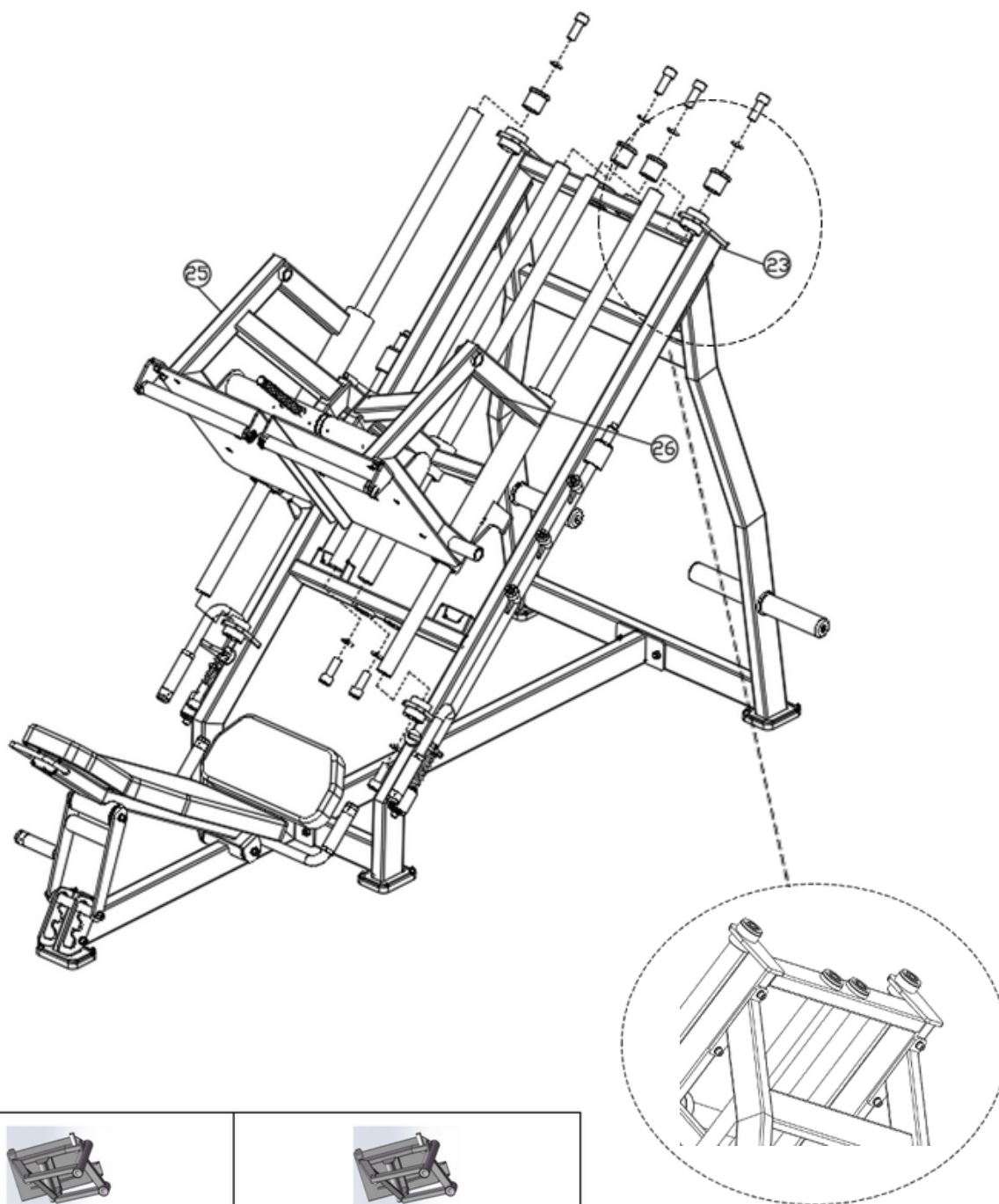
 6x Hexagon socket head screws M10×25 (#6)	 10x flat washers M10-D20 (#8)	 2 x Flat Washers M10-D 50 (# 22)	 Bottom bracket (#24)	 Split-type inclined pedal main frame (#23)
 4x Spring washers M10 (#7)	 2x Hexagon socket head screws M10×70 (#19)	 4 x <u>Hexagonal</u> lock nuts M10 (# <u>20</u>)	 2x Hexagon socket head screws M10* 60 (# 21)	

Step 5:

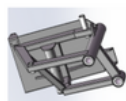
Disassemble the pre-installed guide rods on the split-type tilt step main frame (#23) as shown.

Next, connect the left guide assembly (#25) and the right guide assembly (#26) to the split-type tilt step main frame (#23).

Finally, reinstall the guide rods in their original positions.



Left slide assembly (#25)

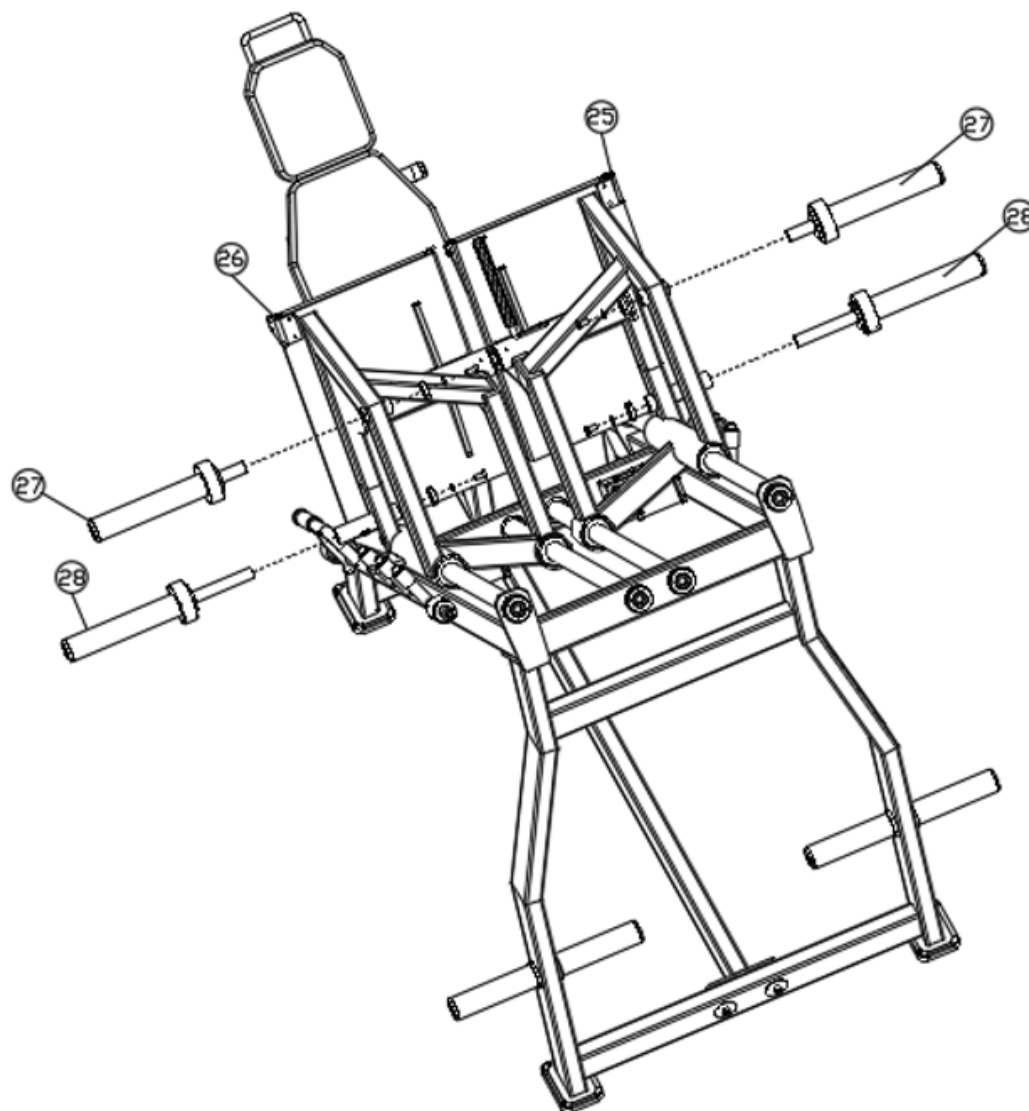


Left slide assembly (#26)

Step 6:

Disassemble the standard lever sleeve assembly (#27) and the extended lever sleeve assembly (#28) as shown.

Then, install them onto the left and right slide assemblies (#25) and (#26).



Standard socket
set for lever
arm (#27)



Lever extension
socket set (#28)

Important Tips

Now that Independent Linear Leg Press is fully assembled, take a moment to ensure the unit is both level and vertically aligned (plumb).

If the unit is not properly aligned, loosen the frame hardware, adjust the alignment, and then retighten all bolts securely.

Accessory List

Serial number	Name and specifications	quantity
1	Split-type inclined pedal stand	1
2	Incline Squat Plate Storage Sleeve Set	2
3	Rectangular foot pads	5
4	Rear support rod assembly	1
5	Backrest	1
6	Hexagon socket head screw M 10 *25	10
7	Spring washer M10	16
8	Flat washer M10-D 20	10
9	Adjustable chair adjustment bushing	1
10	Low-tension arm spindle	3
11	Deep groove ball bearing-60	4
12	Backrest linkage bracket	1
13	Universal headrest	1
14	Universal large back pad	1
15	Decline Bench Press Seat	1
16	20-hole plug	1
17	Hexagon socket head screw M 8 *25	11
18	Flat washer M8	11
19	Hexagon socket head screw M 10 * 70	2
20	Hexagonal lock nut M10	4
<u>twenty one</u>	Hexagon socket head screw M 10 * 60	2
<u>twenty two</u>	Flat washer M10-D50	2
<u>twenty three</u>	Split-type inclined pedal main frame	1
<u>twenty four</u>	bottom bracket	1
25	Left slide assembly	1
26	Right slide assembly	1
27	Standard socket set for lever arm	2
28	Lever extension sleeve set	2

