

FITNESS360[®]

FT8075

Standing Abductor



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

Fasteners



[6](M8X12)



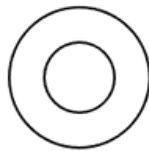
[7](M10X20)



[8](M10X20)



[9] Spring washer



[10] Flat washer M10-D30



[13] Flat washer M10-D50



[14] Flat washer M10-D30



[16] (M10X25)



[21] (M8X25)

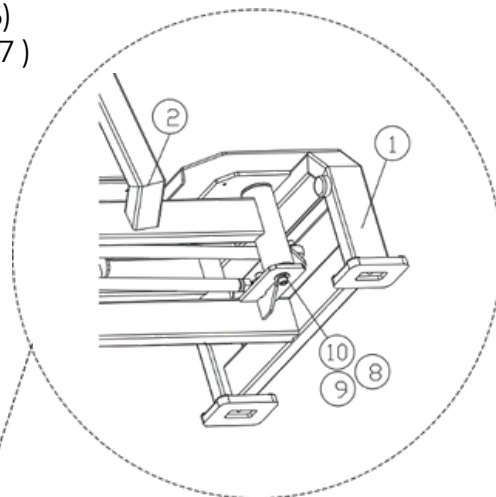
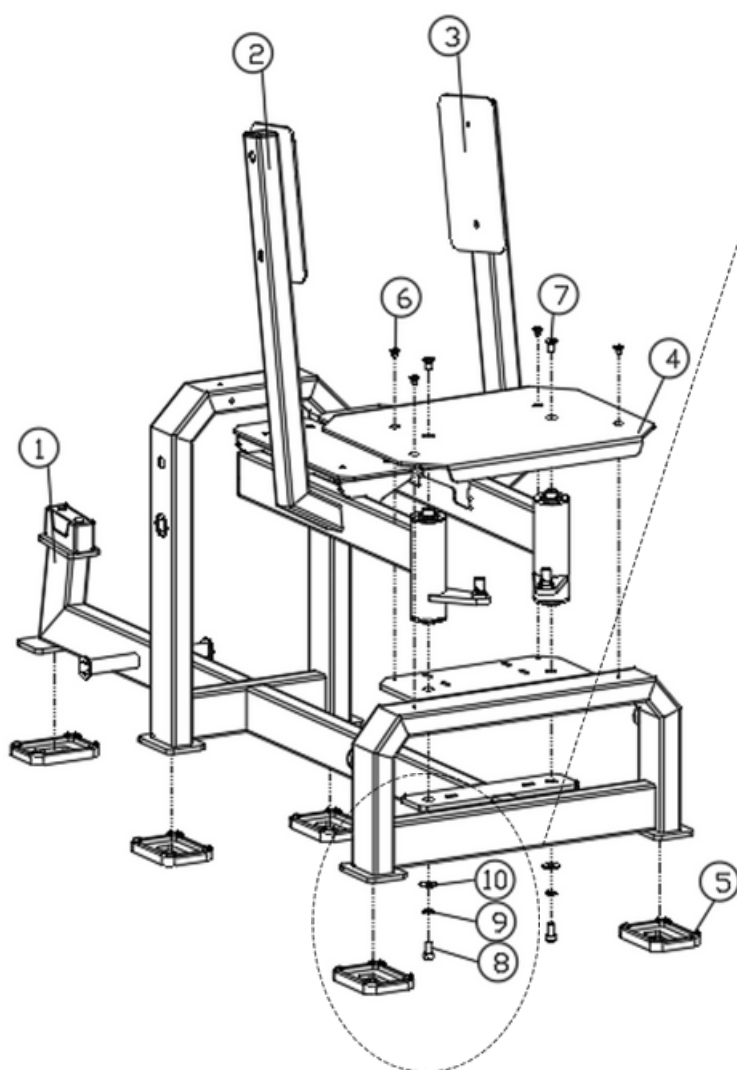


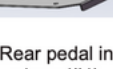
[2] Spring washer M8

Step 1:

Connect the chassis frame (#1), left and right tension arms (#2) (#3), and the rear pedal (#4) using the following method, and then put on the rectangular foot pad (#5):

- 2 x Hexagon socket head screws M10* 20 (#8)
- 2 x flat washers M10-D30 (#10)
- 2 x Spring Washers M10 (#9)
- 4 x Hexagon Socket Countersunk Screws M8X12 (#6)
- 2 x Hexagon socket countersunk screws M10X20 (# 7)

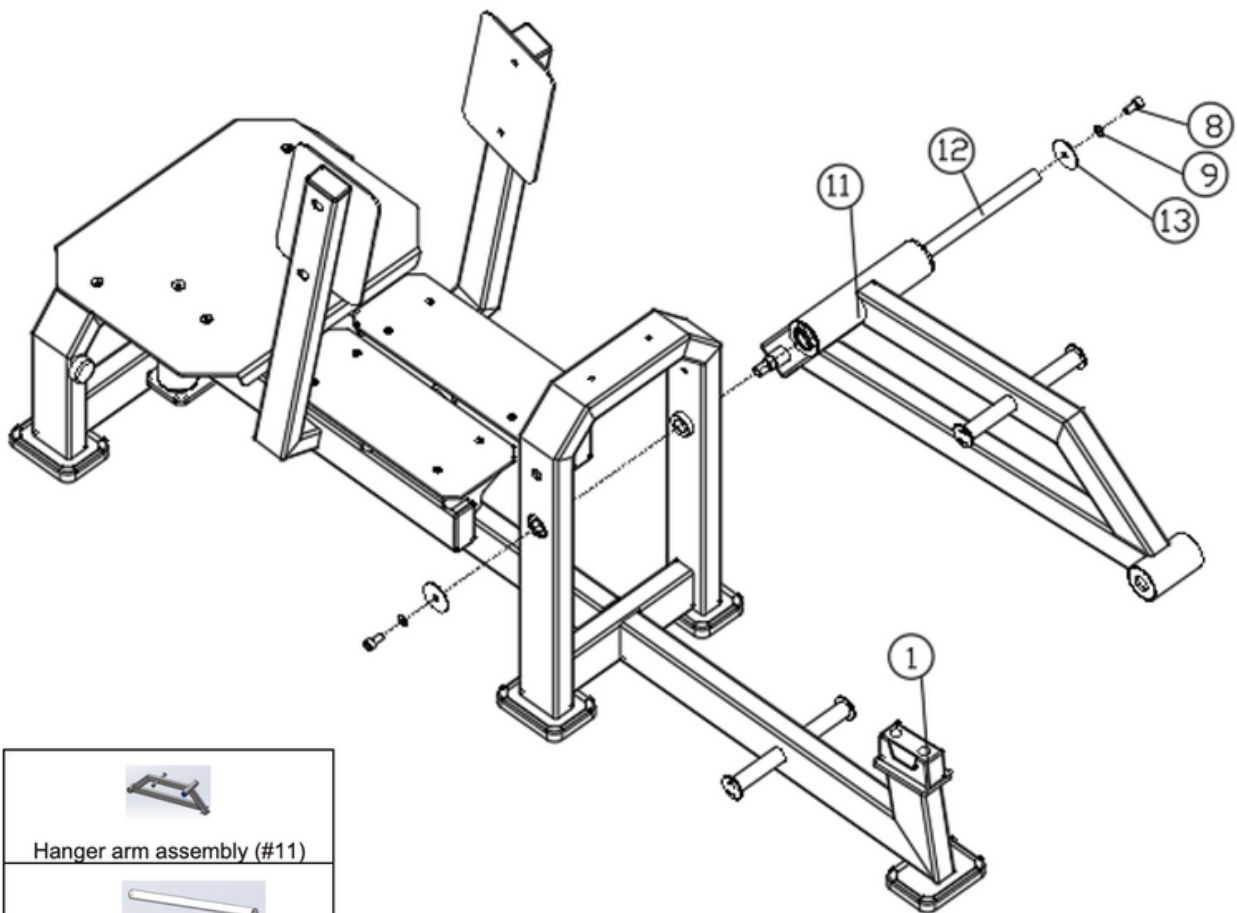


	
Chassis frame (#1)	2x Hexagon socket countersunk screws M8X12 (#6)
	
Left lever arm (#2)	2x Hexagon socket countersunk screws M10X20 (#7)
	
Right tension arm (#3)	2x Hexagon socket head screws M10*20 (#8)
	
Rear pedal in place (#4)	2x flat washers M10-D30 (#10)
	
Rectangular foot pad (#5)	2 x Spring Washers M10 (# 9)

Step 2:

Install the hanging arm assembly (#11) and the arm stop bracket fixed shaft (#12) onto the chassis assembly using the following method:

- 2 x Hexagon socket head screws M10X20 (#8)
- 2 x M10 spring washers (#9)
- 2 x flat washers M10-D50 (#13)




Hanger arm assembly (#11)

Arm stop bracket fixed shaft (#12)

2x Hexagon socket head screws M10*20 (#8)

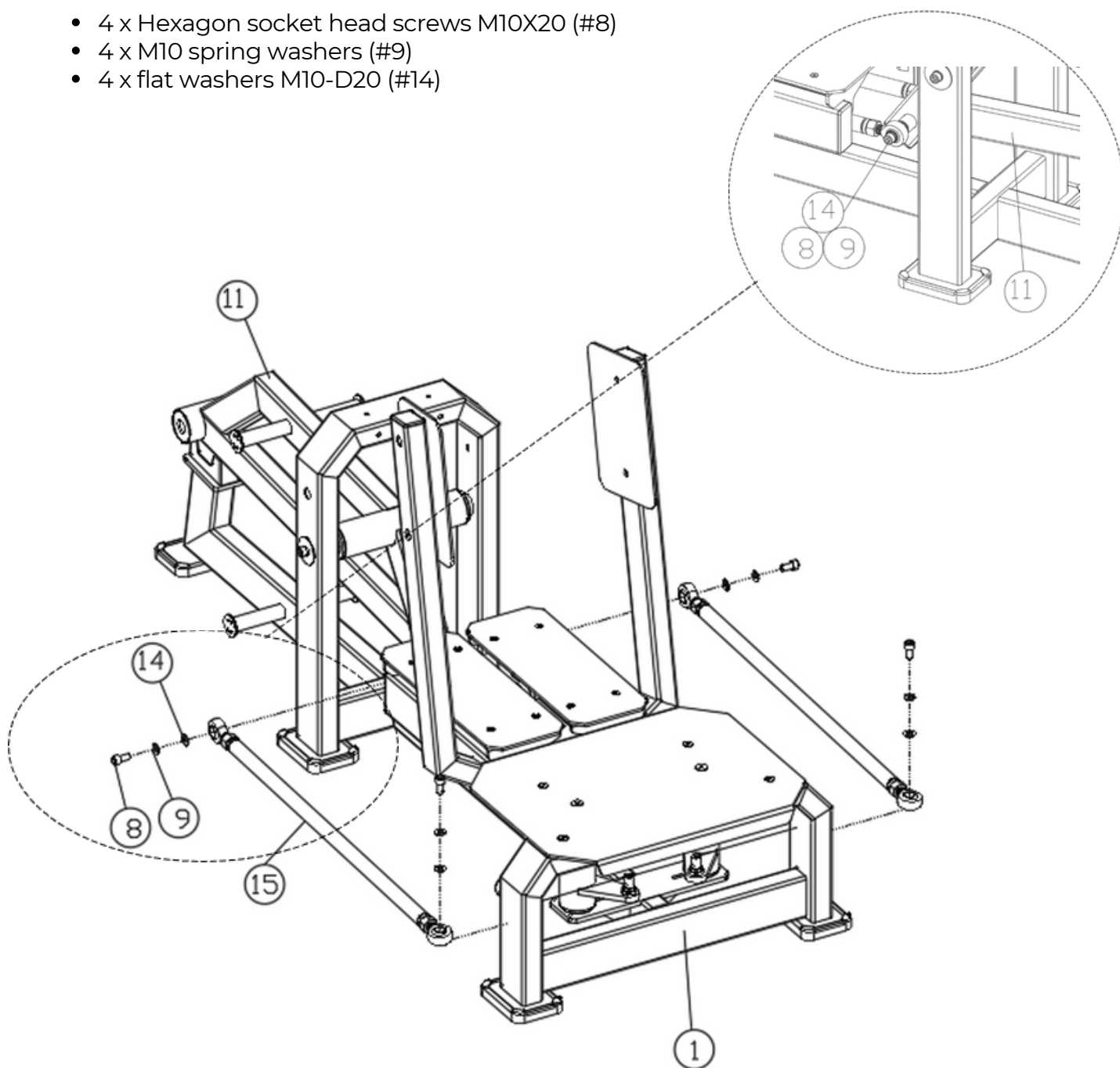
2 x Spring Washers M10 (# 9)

2x flat washers M10-D50 (#13)

Step 3:

Connect the tie rod (#15) to the chassis frame (#1) and the hanging arm assembly (#11) using the following method.

- 4 x Hexagon socket head screws M10X20 (#8)
- 4 x M10 spring washers (#9)
- 4 x flat washers M10-D20 (#14)

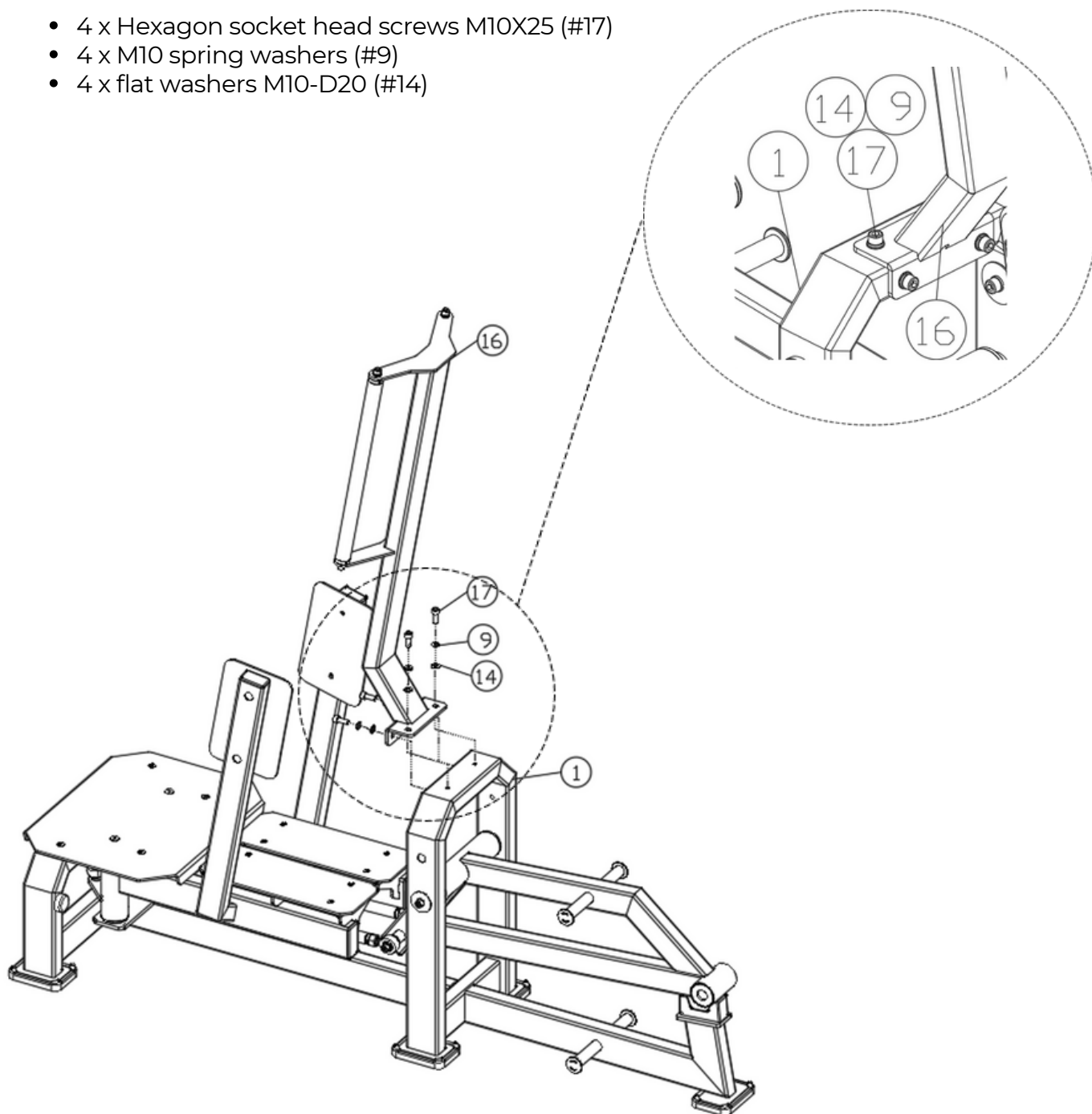


 4x Hexagon socket head screws M10*20 (#8)	 4 x M10 spring washers (#9)	 4x flat washers M10-D20 (#14)	 Tie rod (#15)
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Step 4:

Connect the armrest frame (#16) and the chassis frame (#1) using the following method

- 4 x Hexagon socket head screws M10X25 (#17)
- 4 x M10 spring washers (#9)
- 4 x flat washers M10-D20 (#14)

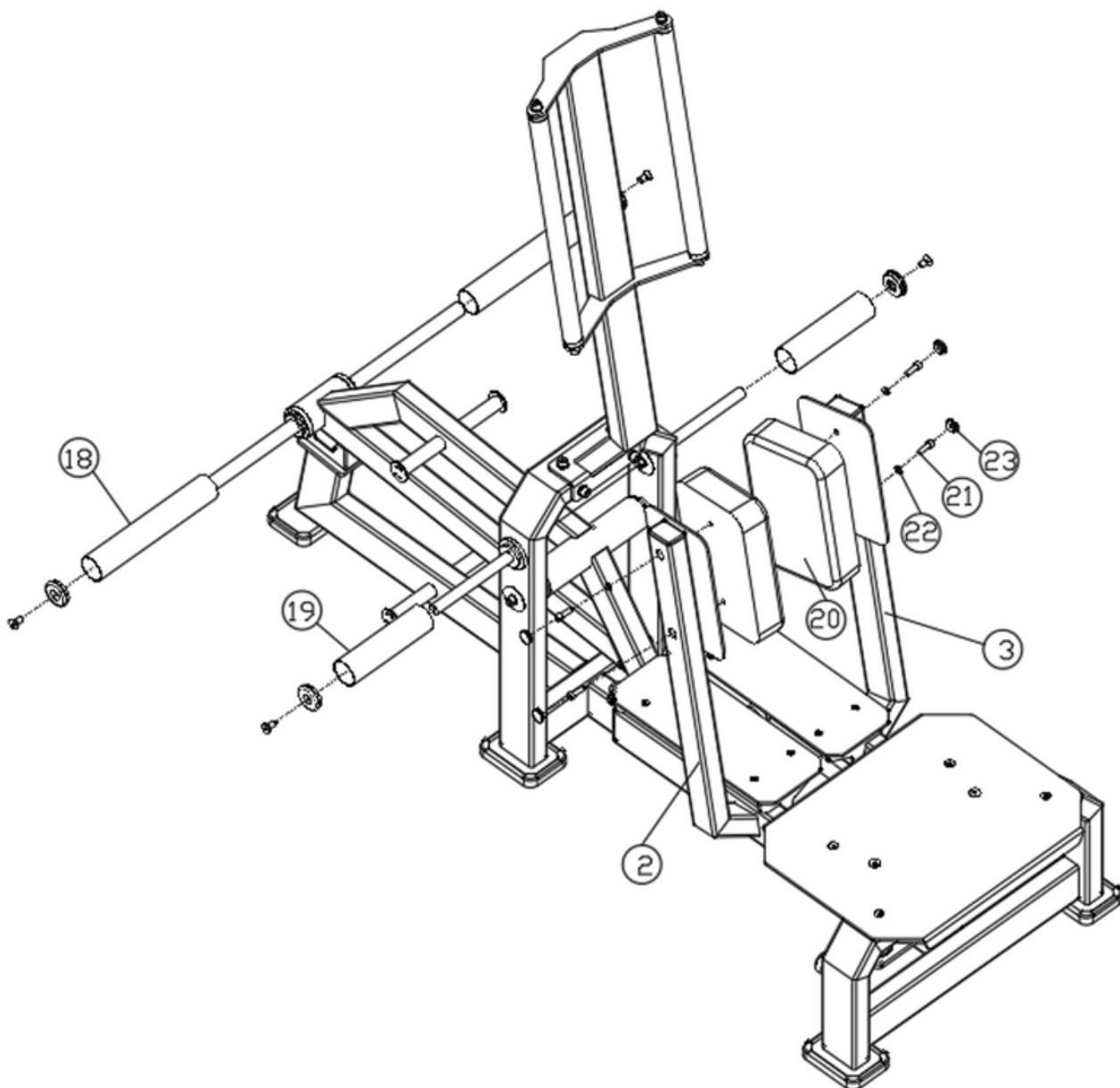


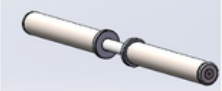
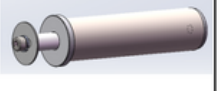
			
4x Hexagon socket head screws M10*25 (#17)	4 x M10 spring washers (#9)	4x flat washers M10-D20 (#14)	Handrail (#16)

Step 5:

Use the following method to disassemble the sleeve rod assembly (#18) and the bell plate storage sleeve assembly (#19), then install the leg pad (#20) in the corresponding position, and then buckle the 20-hole plug (#23).

- 4 x Hexagon socket head screws M8X25 (#21)
- 4 x flat washers M8-D16 (#22)



 4x Hexagon socket head screws M10*25 (#17)	 4 x M10 spring washers (#9)	 4x flat washers M8-D16 (#22)	 20-hole plug (#23)	 Leg Pads (#20)	 4x Hexagon socket head screws M8*25 (#21)
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Important Tips

Now that Standing Abductor 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	chassis frame	1
2	Left tension arm	1
3	Right tension arm	1
4	Pedal after entering position	1
5	Rectangular foot pads	5
6	Hexagon socket countersunk screw M8X12	4
7	Hexagon socket countersunk screw M10X20	2
8	Hexagon socket head screw M10X20	6
9	Spring washer M10	10
10	Flat washer M10-D30	2
11	Hanging arm assembly	1
12	Arm stop bracket fixed shaft	1
13	Flat washer M10-D50	2
14	Flat washer M10-D20	6
15	tie rod	2
16	Handrail	1
17	Hexagon socket head screw M10X25	4
18	Sleeve rod assembly	1
19	Bell plate storage sleeve assembly	2
20	Leg pads	2
<u>twenty one</u>	Hexagon socket head screw M8X25	4
<u>twenty two</u>	Spring washer M8	4
<u>twenty three</u>	20-hole plug	4