

FITNESS360[®]

FT7200

Prone Leg Curl



Rubber mallet
Level ruler
Allen wrench
Two People
Spring Clamp
Adjustable wrench

Step 1:

Attach the Counterweight Lower Shroud (#6) to the Counterweight Frame (#1) by.

- 2 x Hexagon socket cheese head screws (#7)

Step 2:

Connect the Horizontal Strand 2-head Connection Frame I (#2) to the Counterweight Frame (#1) in the following way.

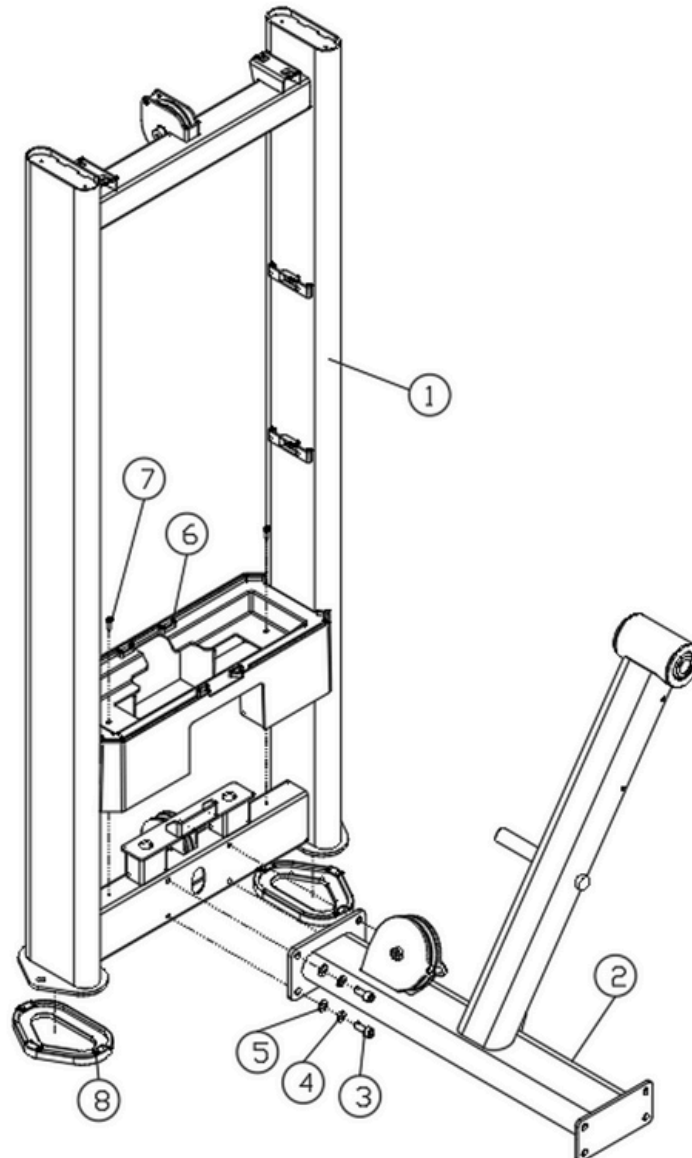
- 4 x Hexagon socket cheese head screws (#3)
- 4 x spring washer (#4)
- 4 x flat washer (#5)

Step 3:

Attach 2 Counterweight Rack Feet (#8) to Counterweight Rack (#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.



The screw



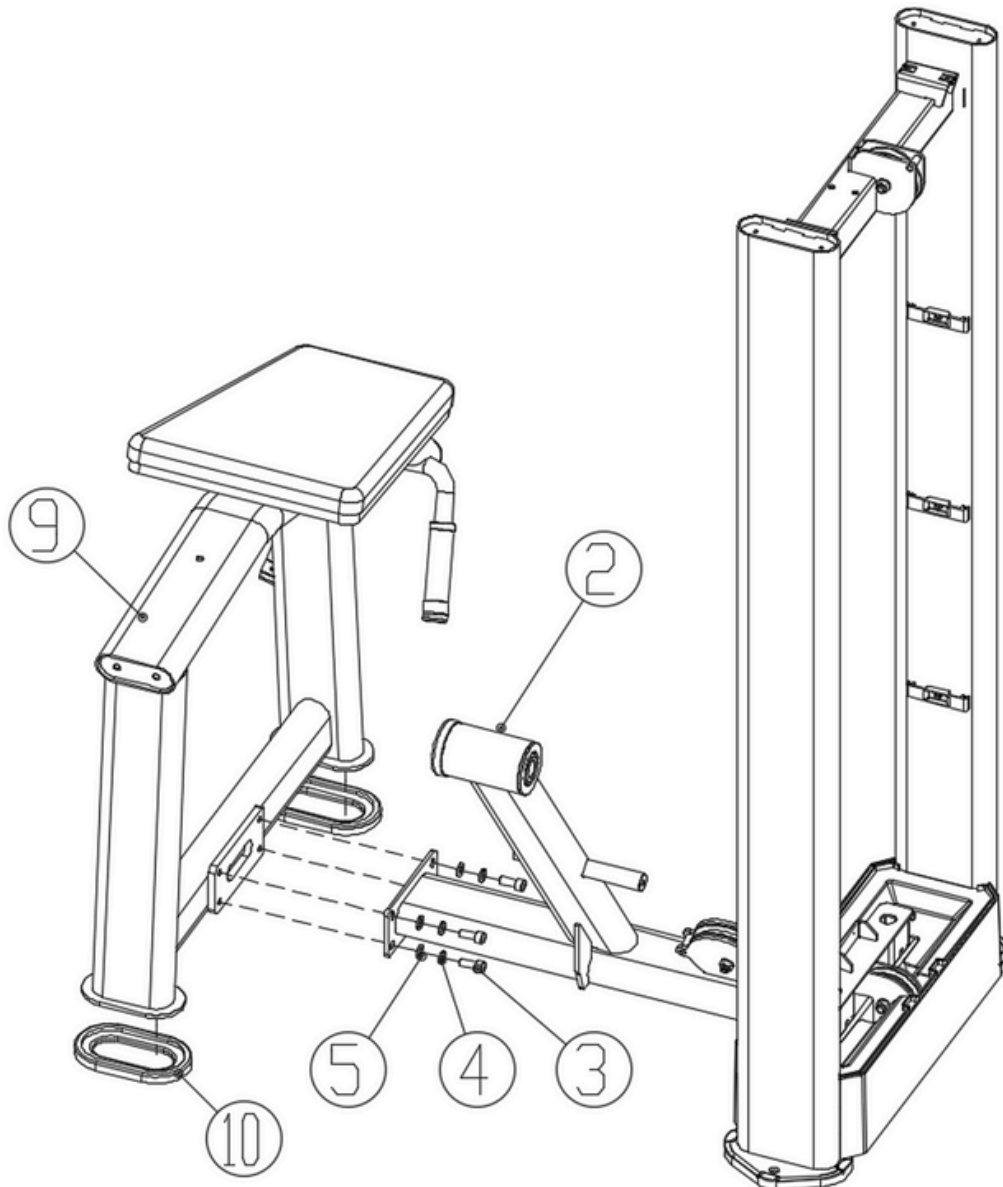
Step 4:

Connect the Horizontal Strand 2-Head Side Frame (#9) to the Connection Frame I (#2) in the following way:

- 4 x Hexagon socket cheese head screws (#3)
- 4 x spring washer (#4)
- 4 x flat washer (#5)

Step 5:

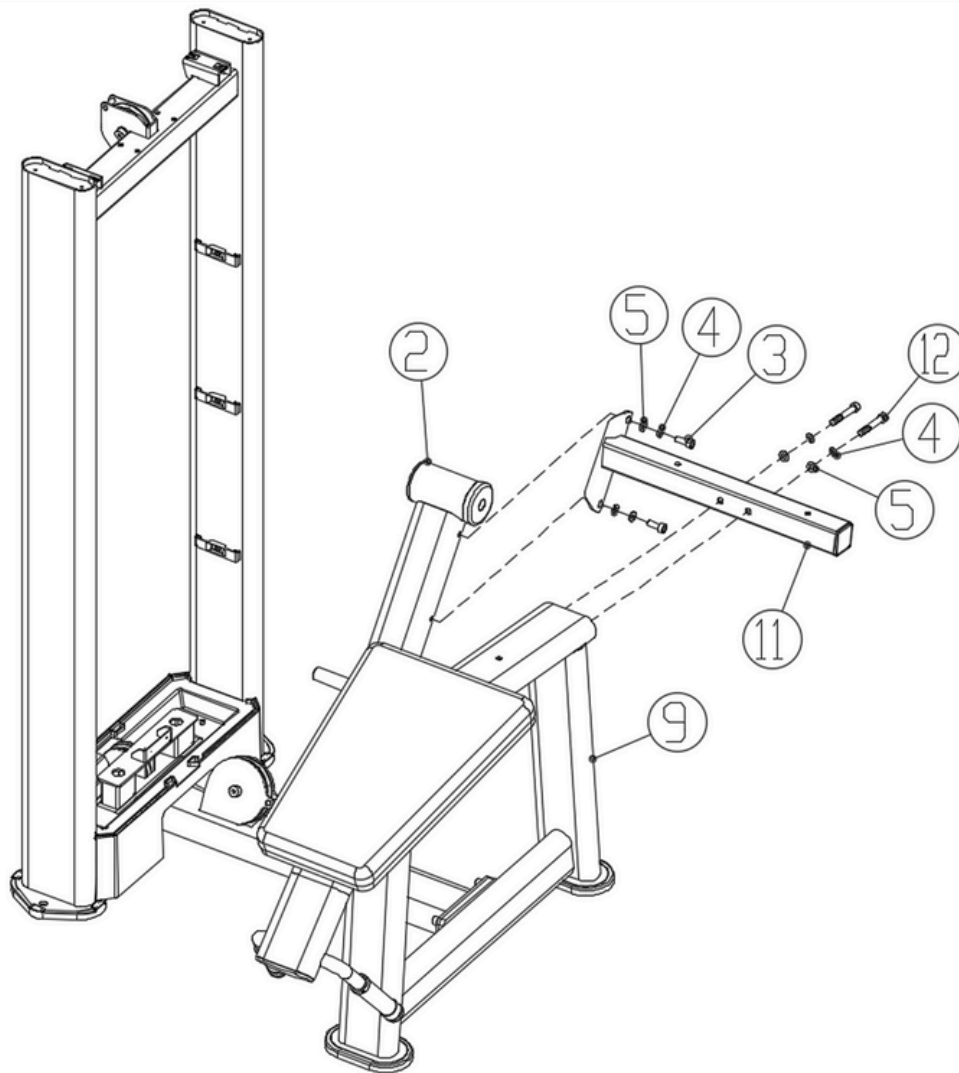
Attach the 2 Flat Oval Feet (#10) to the Horizontal Strand 2-Headed Side Stand (#9).



Step 6:

Connect the Horizontal Strand 2-Head Connection Frame II (#11) to the Connection Frame I (#2) and Side Frame (#9) by.

- 2 x Hexagon socket cheese head screws (#3)
- 4 x Spring washers (#4)
- 4 x flat washer (#5)
- 2 x Hexagon socket cheese head screws (#12)



Step 7:

Attach the Horizontal Strand 2-Head Seat Cushion (#13) to the Attachment Frame II (#11) and Side Frame (#9) by.

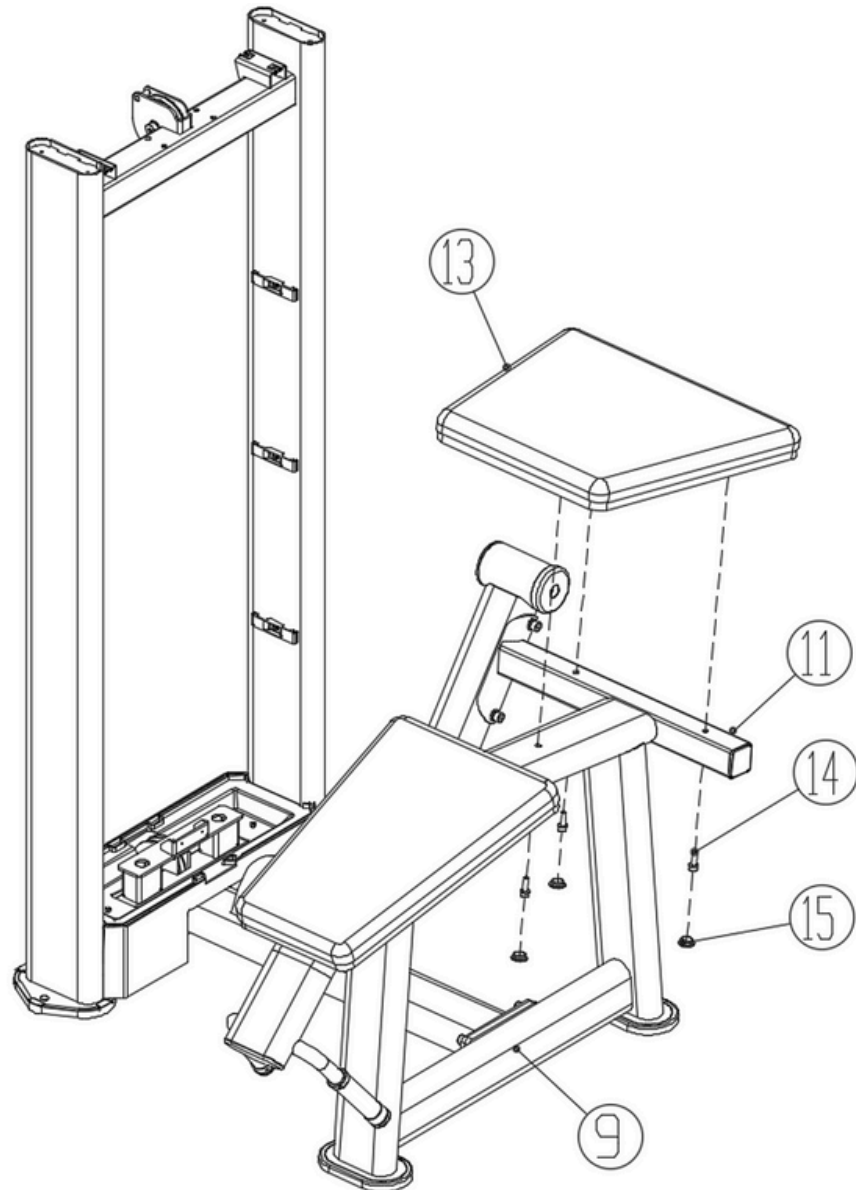
- 3 x Hexagon socket cheese head screws (#14)

Step 8:

Attach the 1 Hole Plug (#15) to the Horizontal Strand 2-Head Side Stand (#9).

Step 9:

Install the 2 Hole Plugs (#15) onto the Horizontal Strand 2-Head Connector Frame II (#11).



Step 10:

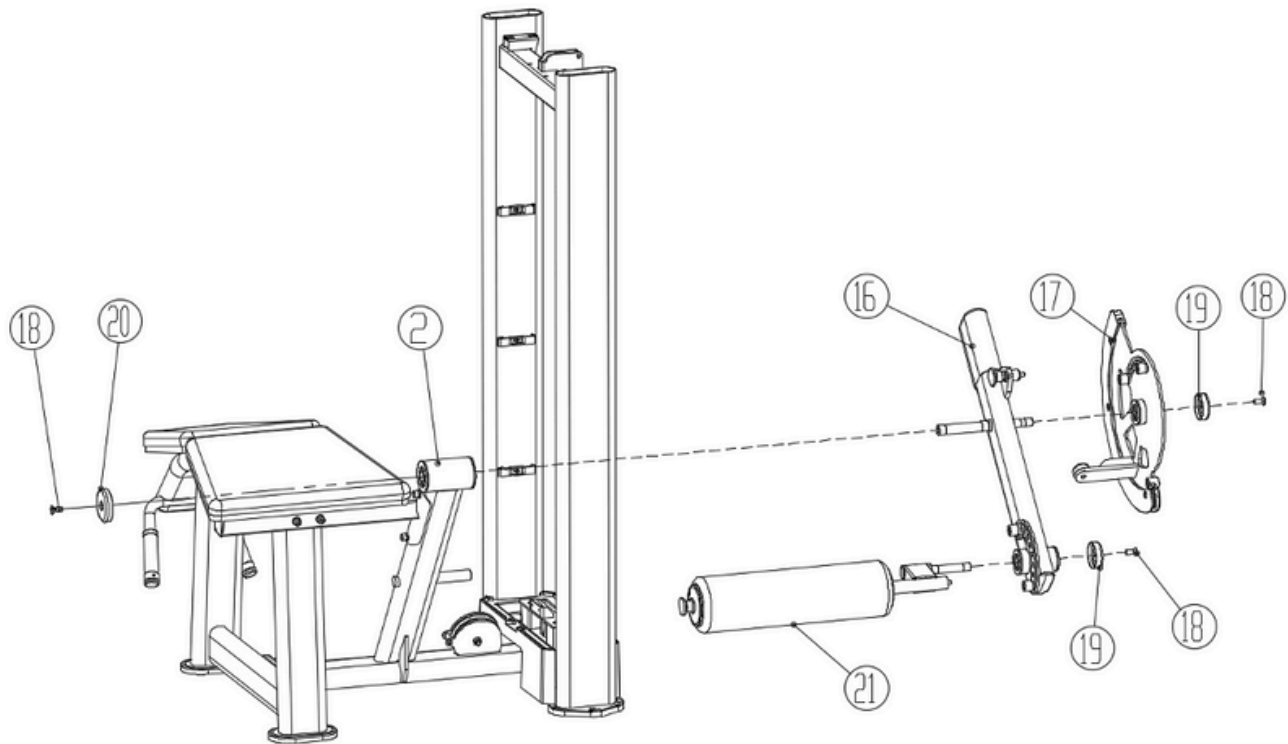
Connect the Horizontal Strand Bit Arm (#16) and Flange (#17) to the Horizontal Strand Bit Connector I (#2) as follows.

- 2 x Hexagon socket countersunk head screws (#18)
- 1 x 60aluminum cap (#19)
- 1 x 76aluminum cap (#20)

Step 11:

Attach the Horizontal Bicep Press Stand (#21) to the Horizontal Bicep Force Arm (#16) by.

- 1 x Hexagon socket countersunk head screws (#18)
- 1 x 60aluminum cap (#19)



Step 12:

Slide the two counterweight block rubber pads (#23) onto the two guide bars (#22).

Connect the two counterweight bases (#24) to the two guide rods (#22) and place them in the counterweight rack (#1) as follows

- 2 x Hexagon socket cheese head screws (#25)
- 2 x spring washer (#26)
- 2 x flat washer (#27)

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

Step 13:

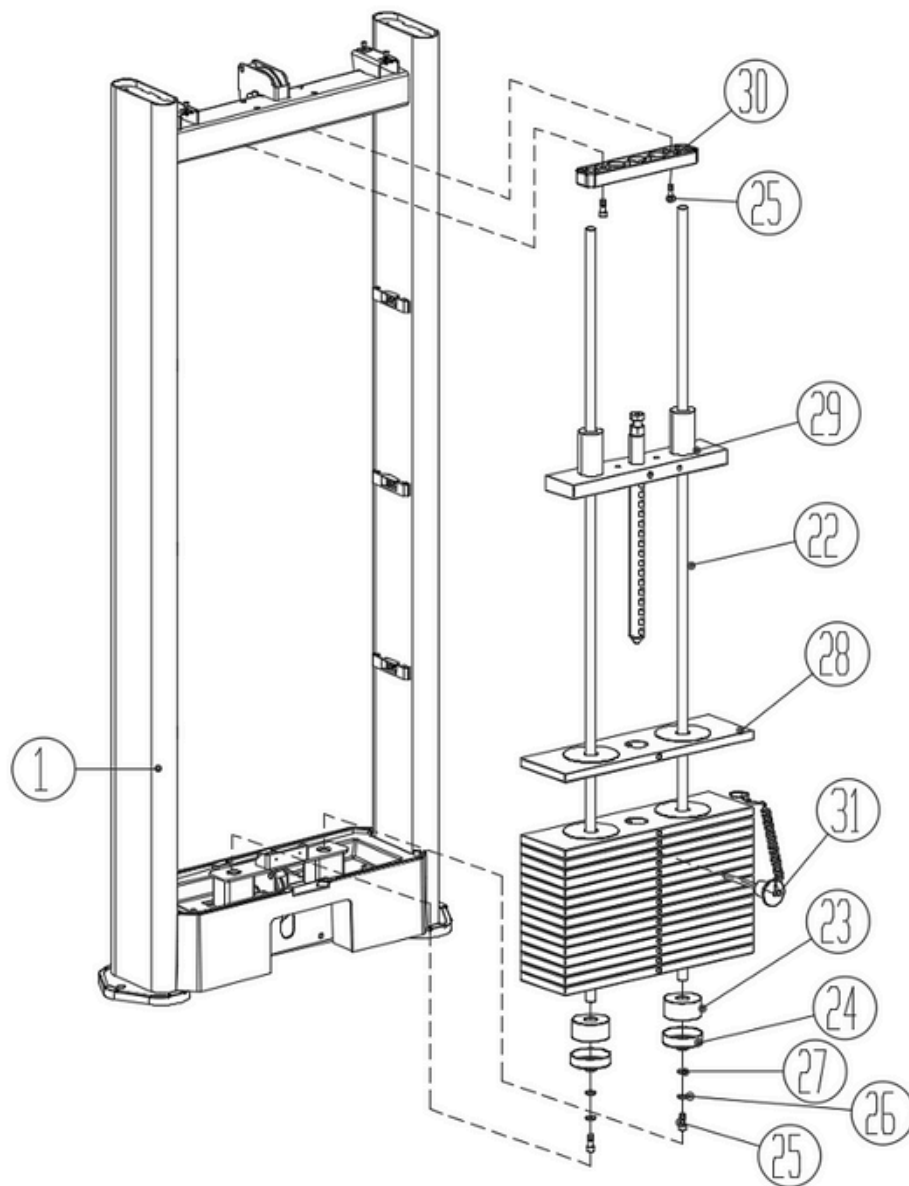
Attach the 16 Counterweight Blocks (#28) to the Guide Rods (#22) with the isolation tabs facing up.

Install the guide block set (#29) onto the guide bar (#22).

Insert the weight stack pin (#31) into the weight stack (#28).

Slide the guide bar retainer plate (#30) onto the guide bar (#22).

- 2 x Hexagon socket cheese head screws (#25)



Step 14:

Disassemble the pre-installed 95 and 120 wire sheaves first, thread in the wire rope (#32) as shown in the diagram and then re-install all the sheaves.

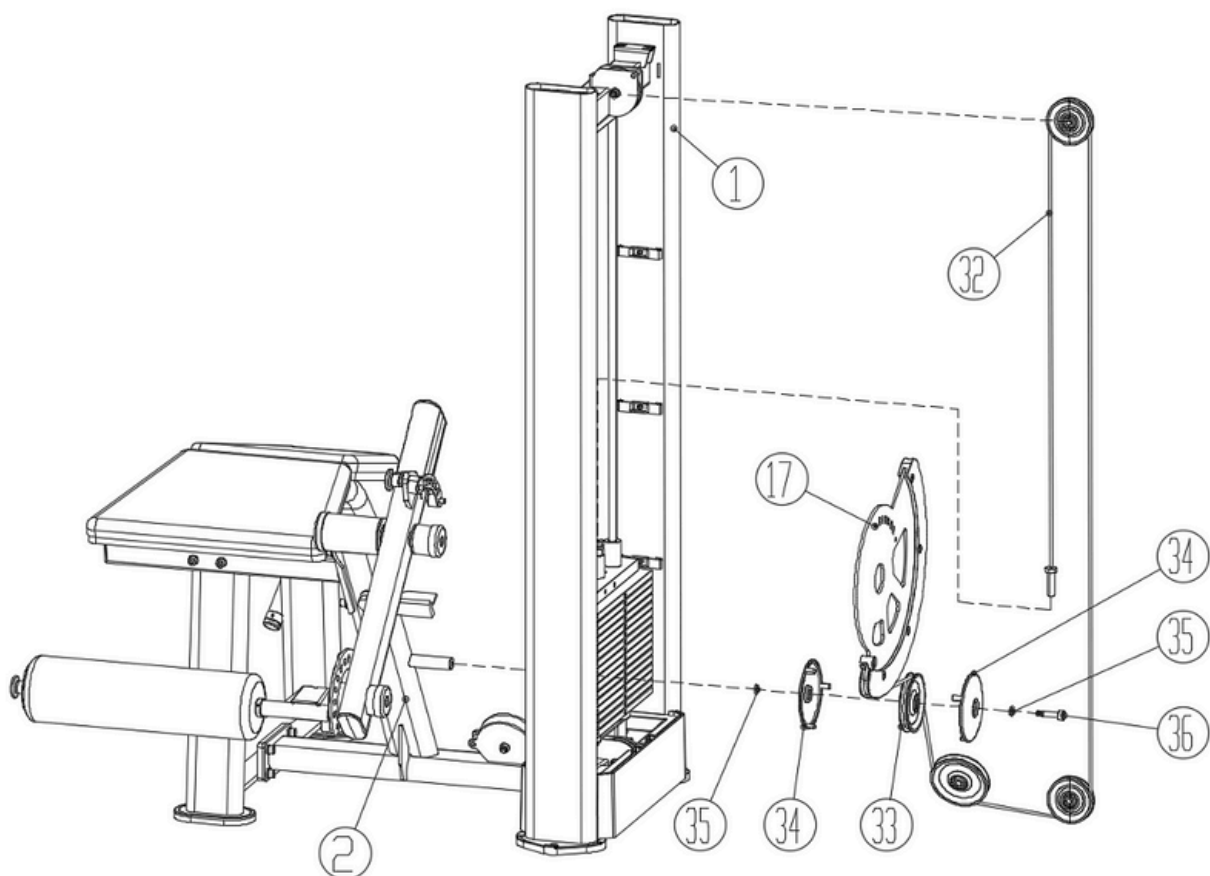
Connect the 120 wire wheel (#33) and 2 wire wheel boxes (#34) to the horizontal strand 2-head connector I (#2) using the following method:

- 1 x spool (#36)
- 2 x Wire Wheel Box Bushings (#35)

Note that these sheaves are installed in synchronization with the wire rope (#32).

Step 15:

Connect one end of the wire rope (#32) first to the flange (#17) and then the other end into the counterweight frame (#1).



Step 16:

Slide the two Trim Strips (#38) into the two Baffles (#37) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Slide the Trim Plate (#39) into the two Baffles (#37) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Attach the upper shroud (#40) to the counterweight frame (#1) by.

- 4 x Hexagon socket cheese head screws (#7)

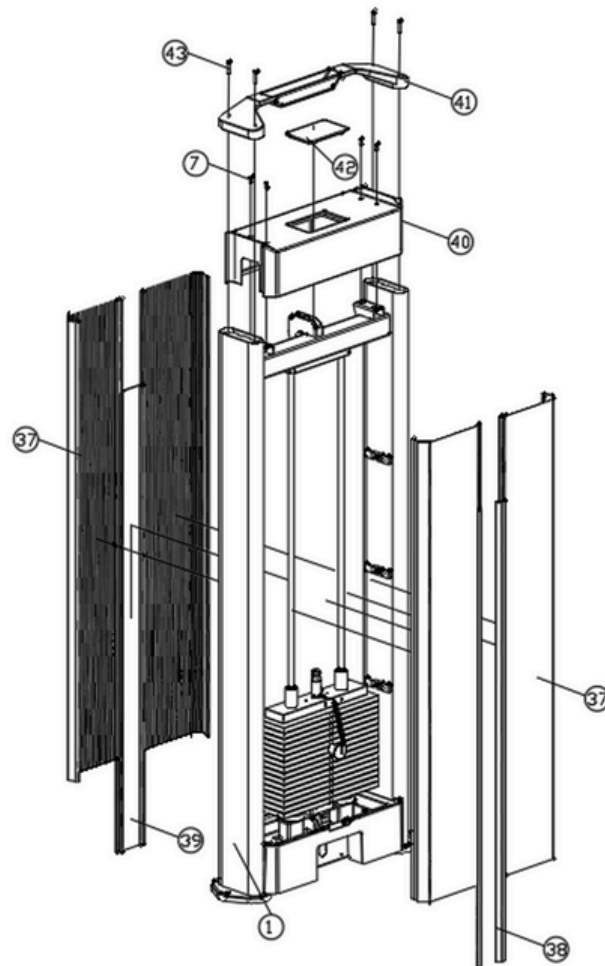
Step 17:

Attach the Top Cover Trim (#41) to the Counterweight Rack (#1) by.

- 4 x Hexagon socket cheese head screws (#43)

Step 18:

Snap the upper shroud top cover (#42) to the upper shroud (#40).

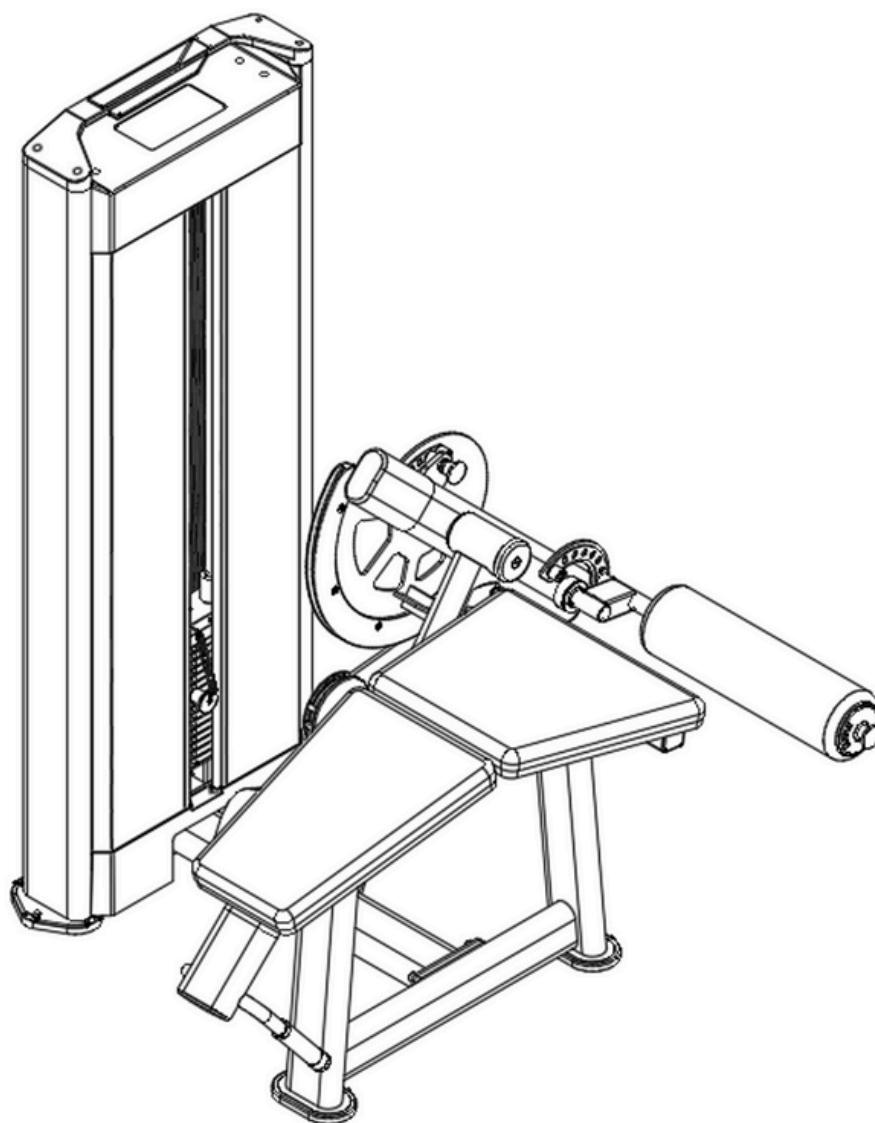


Important Tips

Now that your Prone Leg Curl 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

NP	Name and specification	QTY
1	weight frame	1
2	connecting bracket I	1
3	Hexagon socket cheese head screws (M10*25)	10
4	spring washer (10)	12
5	flat washer (10)	12
6	counterweight lower shield	1
7	Hexagon socket cheese head screws (M5*16)	8
8	counterweight footrest	2
9	side stand	1
10	Flat ellipse footmats	2
11	connecting bracket II	1
12	Hexagon socket cheese head screws (M10*70)	2
13	Seat Cushion	1
14	Hexagon socket cheese head screws (M8*25)	3
15	hole plug	3
16	Force arm	1
17	flanges	1
18	Hexagon socket countersunk head screws (M10*25)	3
19	60 aluminum cap	2
20	76aluminum cap	1
21	leg press stand	1
22	Universal Counterweight Guide Bar	2
23	Counterweight rubber pads	2
24	Counterweight frame base	2
25	Hexagon socket cheese head screws (M8*20)	4
26	Spring washer (8)	2
27	flat washer (8)	2
28	weight stack	16
29	Guide block set	1
30	Guide bar fixing plate	1
31	weight stack pin	1
32	cable	1
33	120pulley	1
34	jury box	2
35	Wire Wheel Box Bushings	2
36	spool	1
37	shield	4
38	Counterweight Source Decorative Strip	2
39	Counterweight Source Decorative plate	1
40	counterweight upper shroud	1
41	Top cover decorations	1
42	Upper Shroud Top Cover	1
43	Hexagon socket cheese head screws (M6*30)	4
Note: Pre-assembled parts are not listed in this table.		