

FITNESS360[®]

FT7222

Seated Low Row



Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Step 1:

Connect the counterweight lower guard (#2) to the counterweight frame (#1) in the following way:

- 2 x Hexagon socket head screws (#3)

Install the 2 weight rack feet (#4) to the weight rack (#1)

Step 2:

Install 1 movable foot pad (#6) to the low tension side frame I (#5). Connect the low tension side frame I (#5) to the counterweight frame (#1) in the following way:

- 4 x Hexagon socket head screws (#7)
- 6 x Spring washers (#8)
- 6 x Flat washers (#9)
- 2 x Hexagon socket head screws (#10)

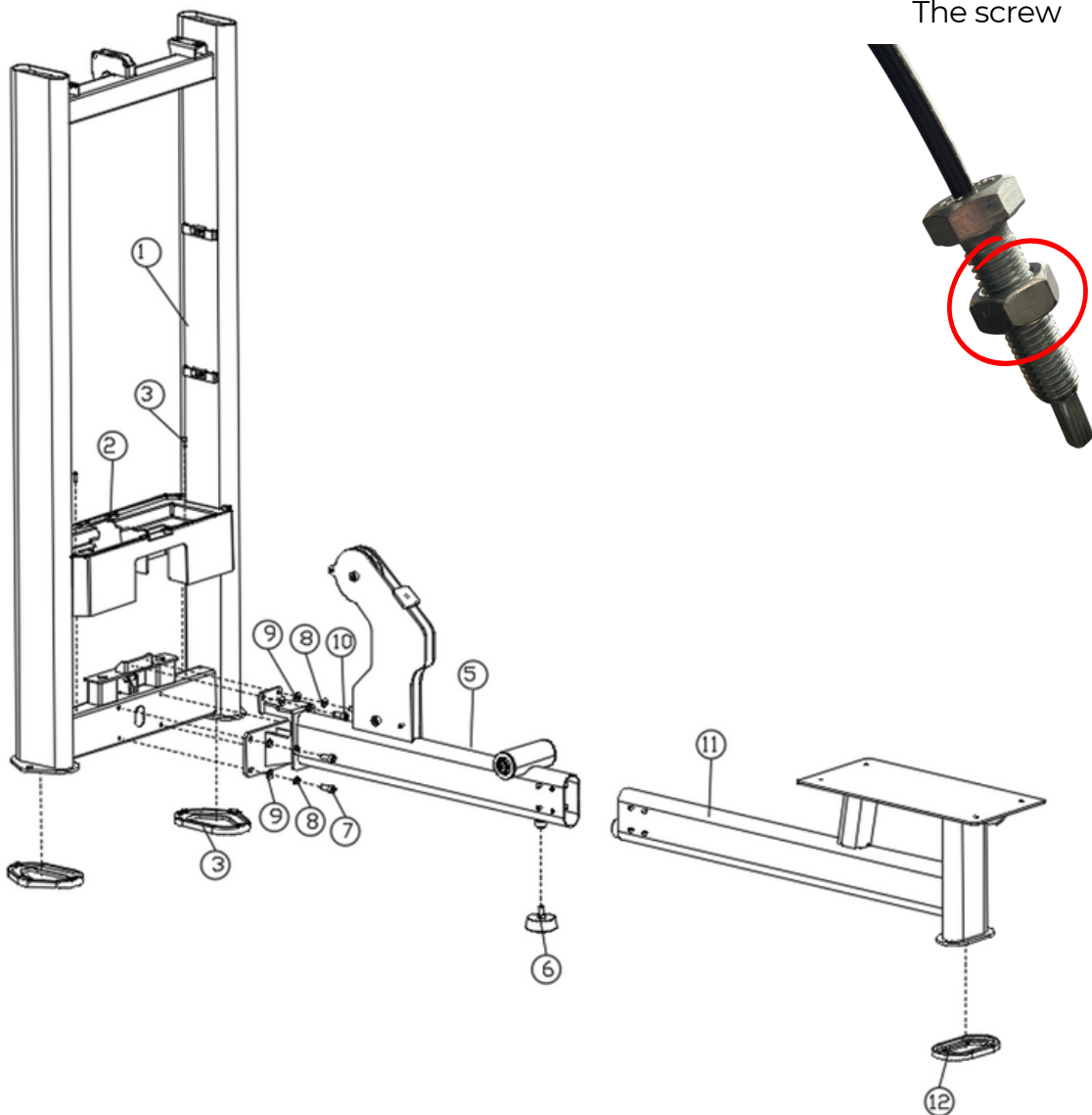
Step 3:

Install 1 flat oval foot pad (#12) to the low tension side frame II (#11)

Fit the low tension side frame II (#11) onto the low tension side frame I (#5) as shown in the figure.

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 4:

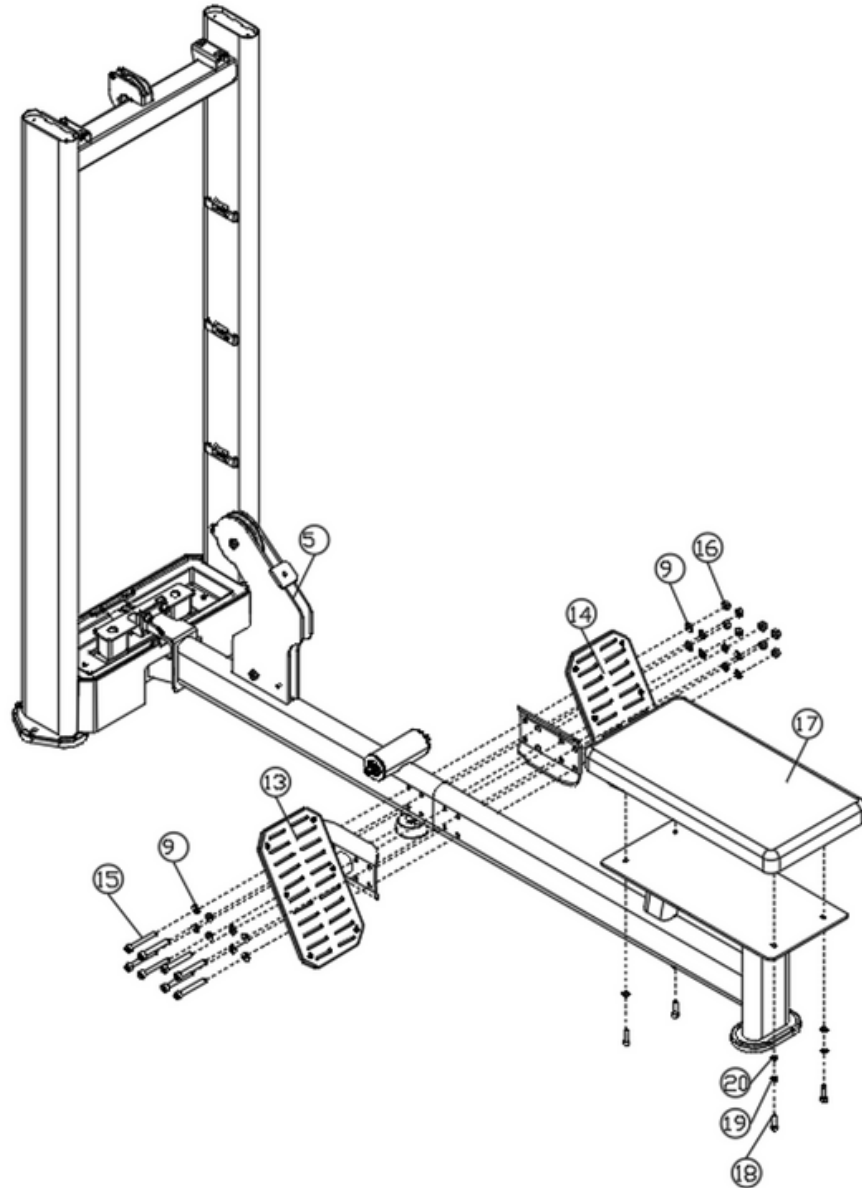
Use the following method to assemble the left low pull pedal (#13), the right low pull pedal (#14) and the low pull side frame I (#5). Low tension side frame II (#11) connects:

- 4 x Hexagon socket head screws (#15)
- 8 x Flat washers (#9)
- 4 x Hexagon self-locking nuts (#16)

Step 5:

Connect the low tension seat cushion (#17) to the low tension side frame II (#11) in the following way:

- 4 x Hexagon socket head screws (#18)
- 4 x Spring washers (#19)
- 4 x Flat washers (#20)



Step 6:

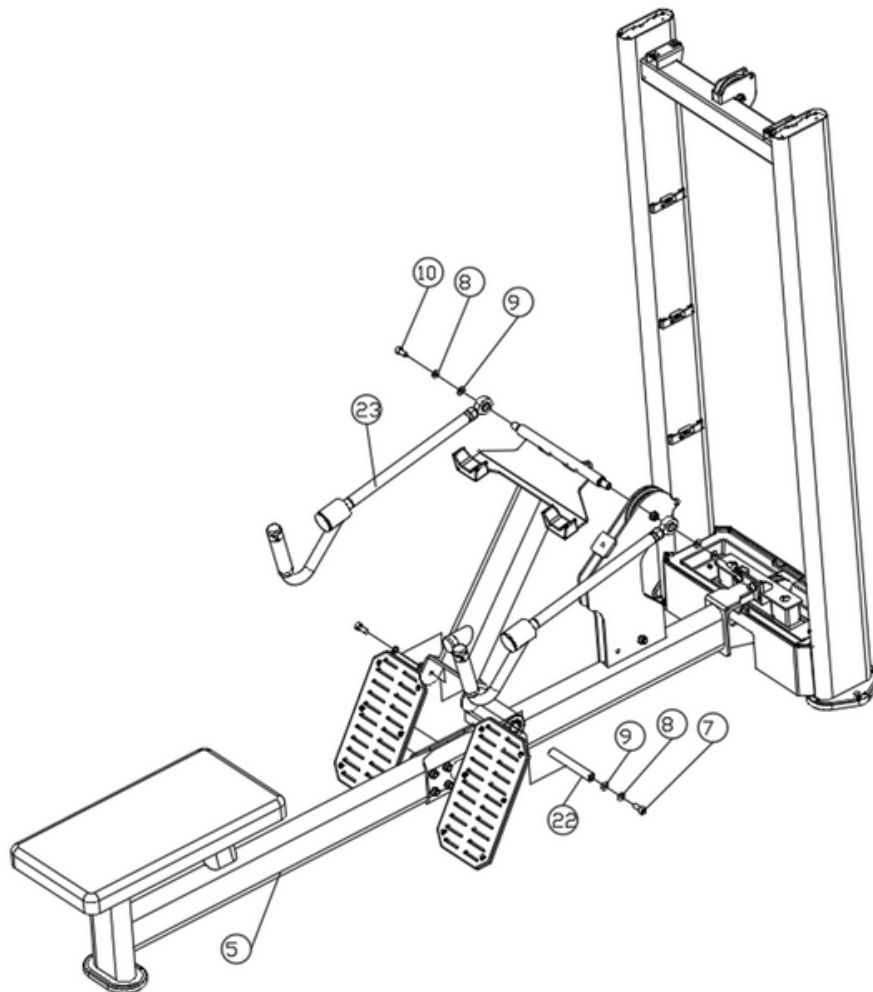
Connect the low tension arm (#21), low tension arm shaft (#22) and low tension side frame I (#5) in the following way:

- 2 x Hexagon socket head screws (#7)
- 2 x Spring washers (#8)
- 2 x Flat washers (#9)

Step 7:

Connect the two lower tension arm tie rods (#23) to the lower tension arm (#21) in the following manner:

- 2 x Hexagon socket head screws (#10)
- 2 x Spring washers (#8)
- 2 x Flat washers (#9)



Step 8:

Slide the two rubber weight pads (#25) onto the two guide rods (#24). Connect the two counterweight frame bases (#26) and the two guide rods (#24) and place them into the counterweight frame (#1) using the following method:

- 2 x Hexagon socket head screws (#27)
- 2 x Spring washers (#19)
- 2 x Flat washers (#20)

Step 9:

Install the 16 counterweights (#28) onto the guide rods (#24) with the spacers facing up.

Install the guide block assembly (#29) onto the guide rod (#24)

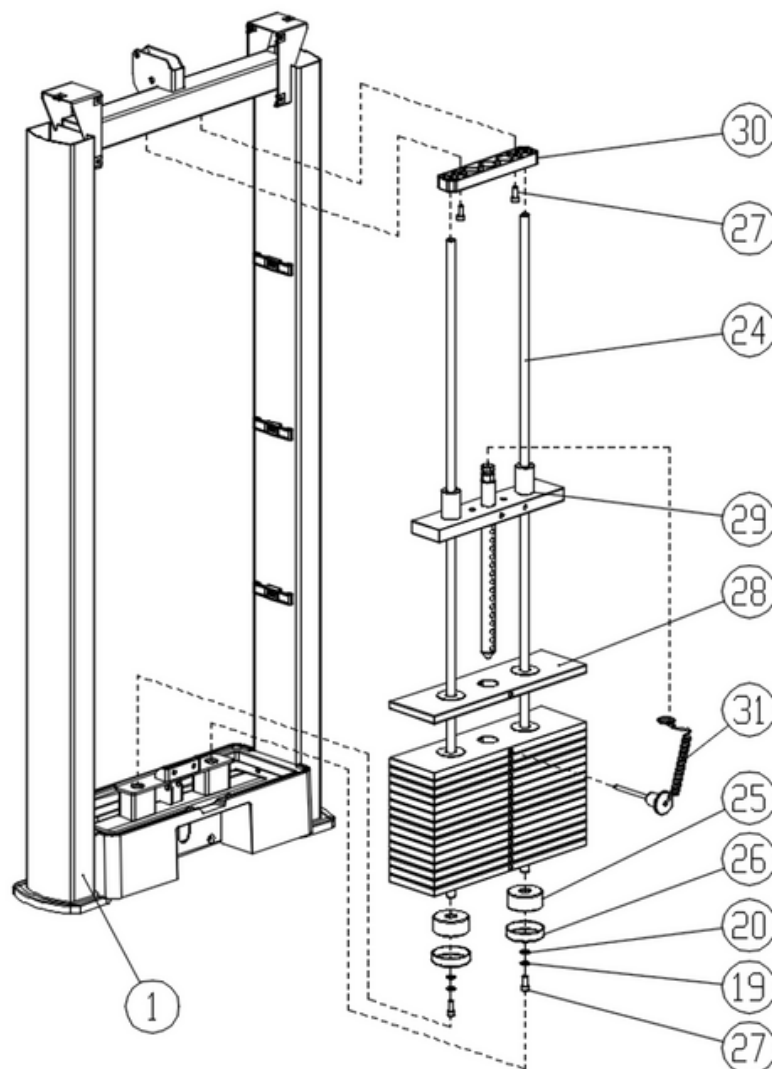
Insert the weight pin (#31) into the weight (#28)

Slide the guide bar fixing plate (#30) onto the guide bar (#24)

Install the guide rod fixing plate (#30) to the counterweight frame (#1) in the following way::

- 2 x Hexagon socket head screws (#27)

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

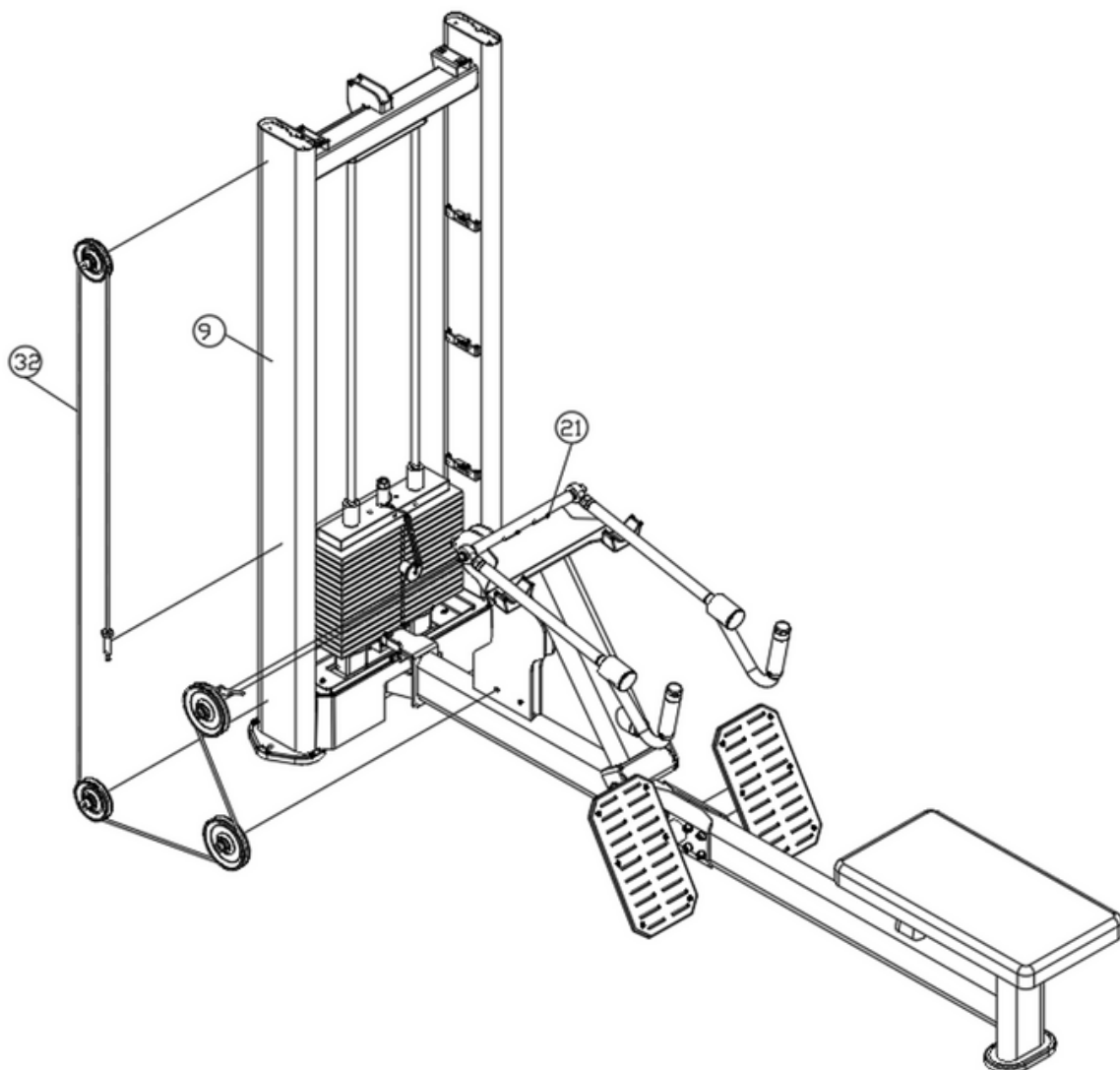


Step 10:

First disassemble the pre-installed 95 and 120 reels, insert the wire rope (#32) as shown in the figure, and then reinstall the reels. Note that these reels are installed simultaneously with the wire rope (#32).

Step 11:

Connect one end of the wire rope (#32) to the lower tension arm (#21) and the other end to the counterweight frame (#1).



Step 12:

Slide the two trim strips (#34) into the two fenders (#33) and attach to the counterweight frame (#1) using the fender hold-down plates.

Slide the trim plate (#35) into the two baffles (#33) and attach to the counterweight frame (#1) using the baffle pressure plate.

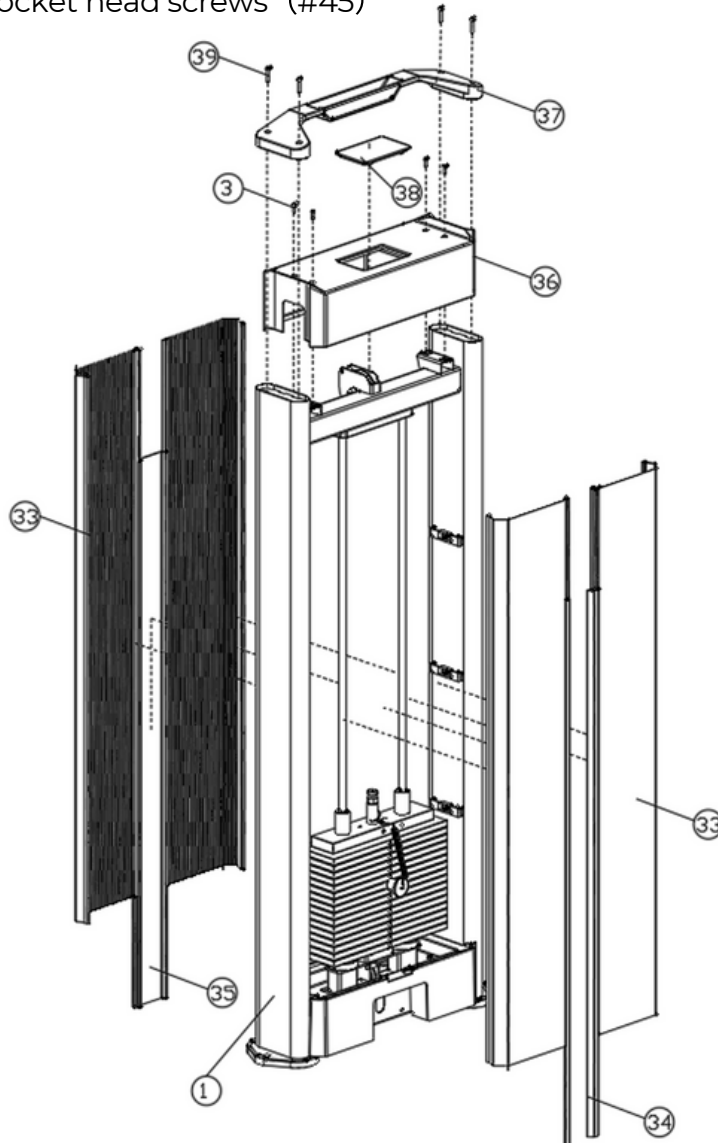
Attach the upper guard (#36) to the counterweight frame (#1) in the following manner:

- 4 x Hexagon socket head screws (#9)

Connect the upper shield cover (#38) to the upper shield (#36)

Attach the upper cover trim (#37) to the counterweight frame using the following method: (#1):

- 4 x Hexagon socket head screws (#45)

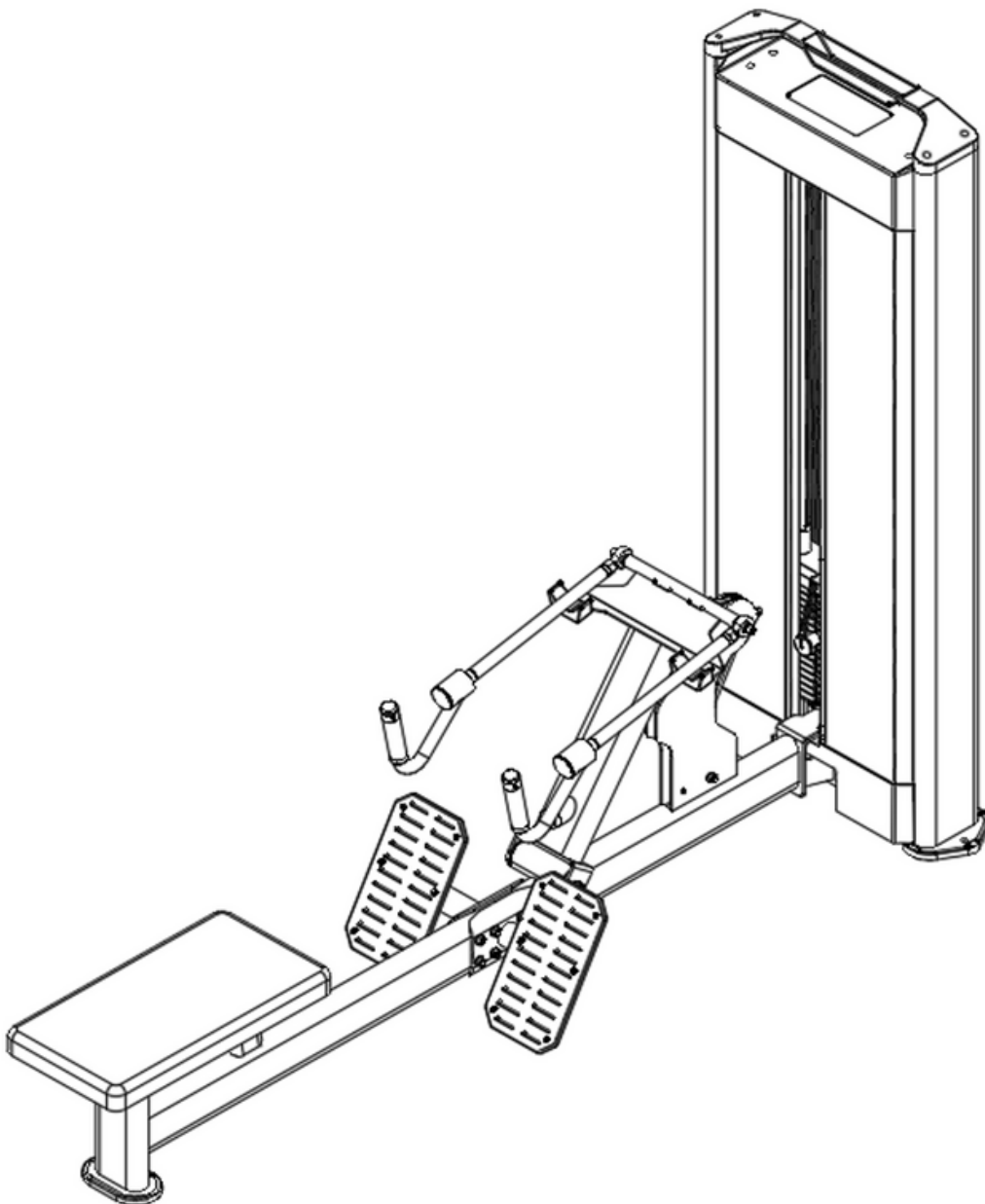


Important Tips

Now that your Seated Low Row 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

No	Name and specifications	pcs
1	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screws (M5*16)	6
4	Weight rack foot pads	2
5	Low tension side frame I	1
6	Activity mat	1
7	Hexagon socket head screws (M10*25)	6
8	Spring washers (10)	10
9	Flat washers (10)	18
10	Hexagon socket head screws (M10*20)	4
11	Low tension side frame II	1
12	Flat oval foot pad	1
13	Pull left pedal low	1
14	Pull right pedal low	1
15	Hexagon socket head screws (M10*75)	4
16	Hexagon self-locking nuts (M10)	4
17	Low-pull seat cushion	1
18	Hexagon socket head screws (M8*30)	4
19	Spring washers (8)	6
20	Flat washers (8)	6
21	Low tension arm	1
22	Low tension arm shaft	1
23	Low tension arm tie rod	2
24	Universal weight guide rod	2
25	Counterweight rubber pad	2
26	Counterweight rack base	2
27	Hexagon socket head screws (M8*20)	4
28	Counterweight	16
29	Guide block set	1
30	Guide rod fixing plate	1
31	Counterweight latch	1
32	cable	1
33	Bezel	4
34	Counterweight source decorative strip	2
35	Counterweight source decorative plate	1
36	Counterweight upper guard	1
37	Upper cover decoration	1
38	Upper guard cover	1
39	Hexagon socket head screws (M6*30)	4