

FITNESS360[®]

FT7233

Adductor

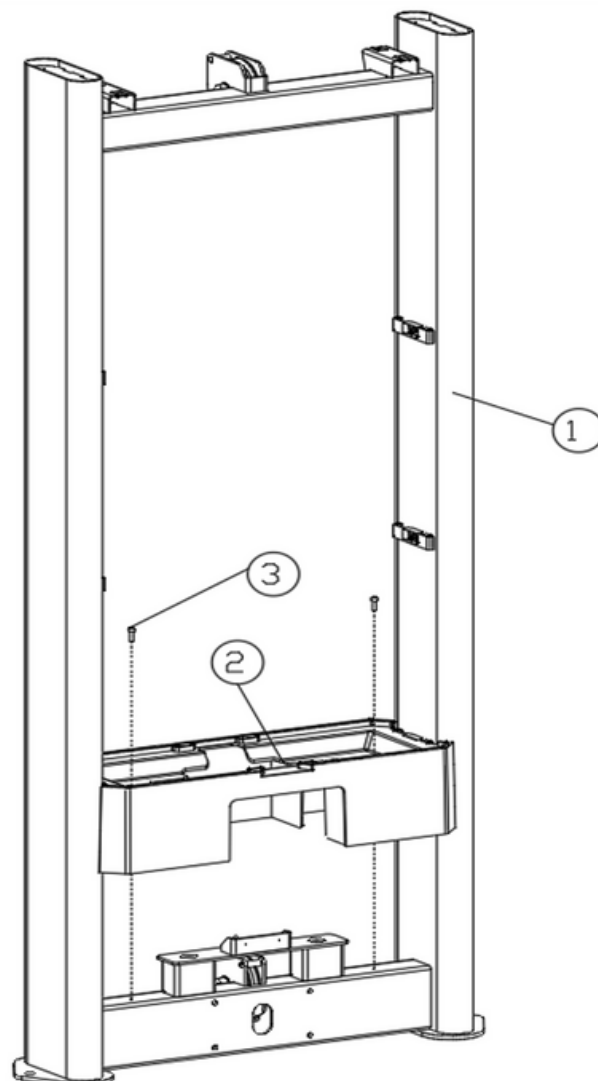


Rubber mallet
Level ruler
Allen wrench
Two people
Spring clamp
Adjustable Wrench

Step 1:

Attach the Counterweight Lower Shroud (#2) to the Counterweight Frame (#1) by.

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



Step 2:

Install Plug Cover - 50x120 (#7) to Inner Thigh Side Frame (#6)

Step 3:

Connect the Medial-Lateral Thigh Muscle Attachment Frame (#13) to the medial Side thigh Frame (#6) using:

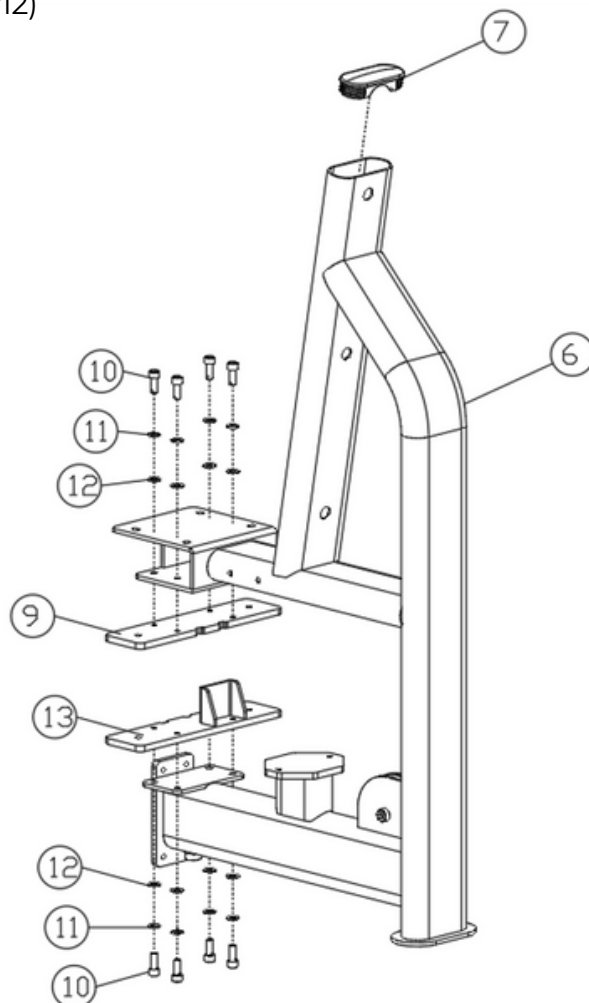
- 4 × Hexagon Socket Cheese Head Screws (#10)
- 4 × Spring Washers (#11)
- 4 × Flat Washers (#12)

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

Step 4:

Attach the inner Thigh Attachment Plate (#9) to the inner Thigh Side Frame (#6) using:

- 4 × Hexagon Socket Cheese Head Screws (#10)
- 4 × Hexagonal Self-Locking Nuts (#11)
- 4 × Flat Washers (#12)



Step 5:

Attach the Inner Thigh Attachment Bracket (#15) to the Counterweight Bracket (#1) and the Inner Thigh Side Bracket (#6) by.

- 6 × Hexagon Socket Cheese Head Screws (#16)
- 4 × Hexagon Socket Cheese Head Screws (#10)
- 10 × Spring Washers (#11)
- 10 × Flat Washers (#12)

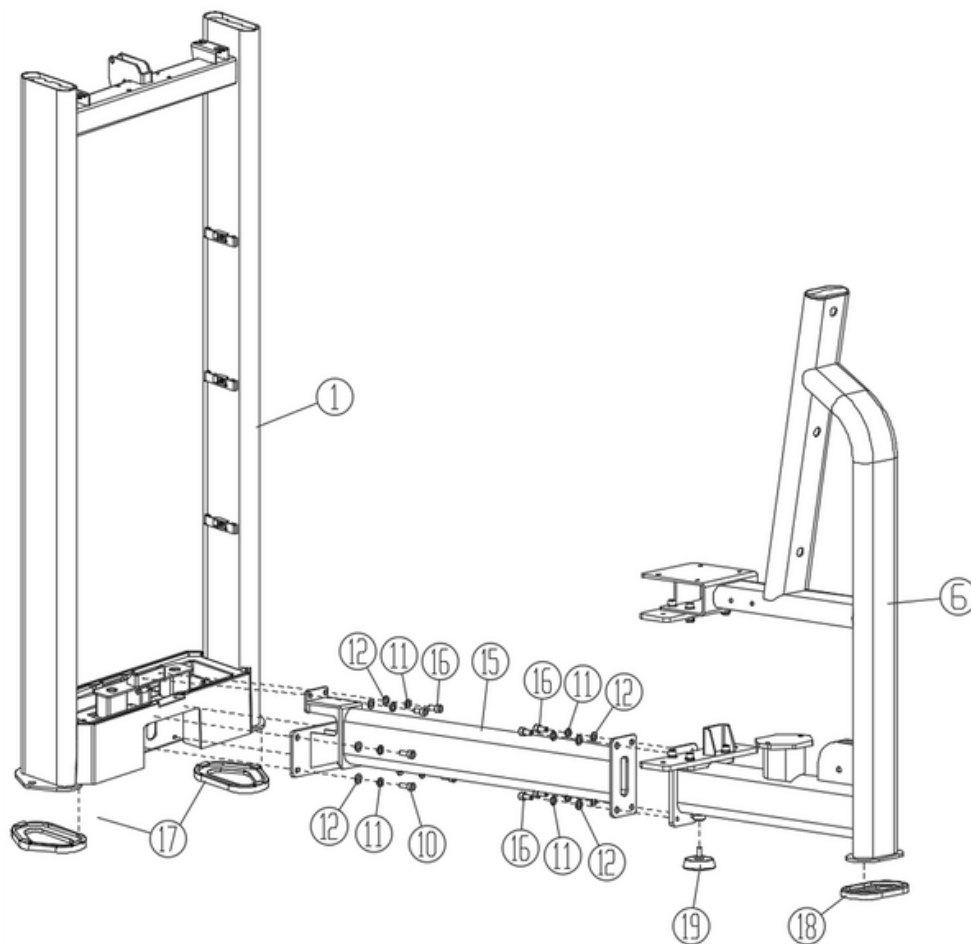
Step 6:

Attach the two Counterweight Feet (#17) to the Counterweight Frame (#1).

- Install the Flat Elliptical Foot Pads (#18) and the Movable Foot Pads (#19) onto the Outer Thigh Side Frames (#6).

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

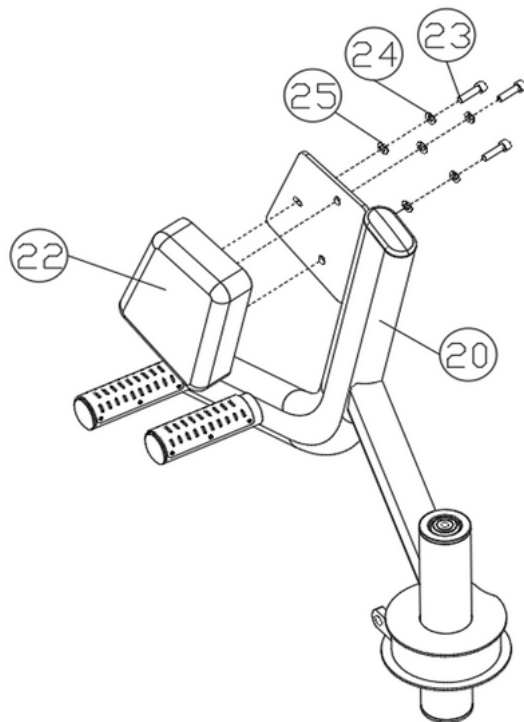


Step 7:

Attach the inner thigh left leg pad (#22) to the left force arm (#20) using.

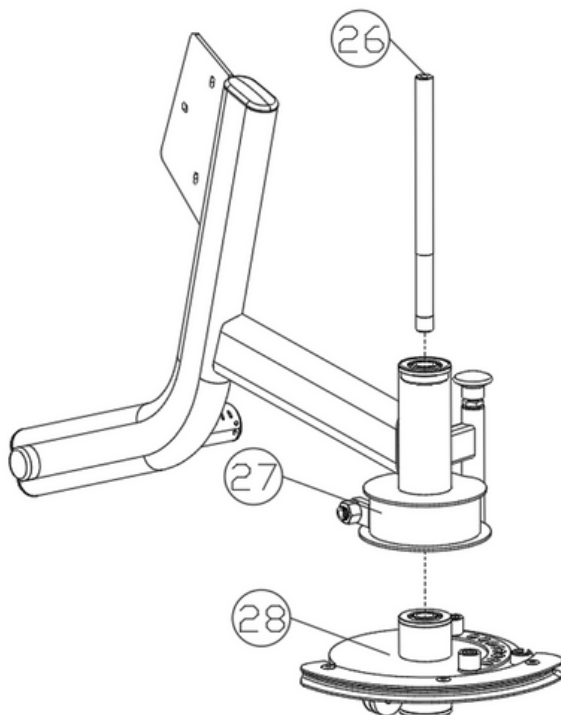
- 3 × Hexagon Socket Cheese Head Screws (#23)
- 3 × Spring Washers (#24)
- 3 × Flat Washers (#25)

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



Step 8:

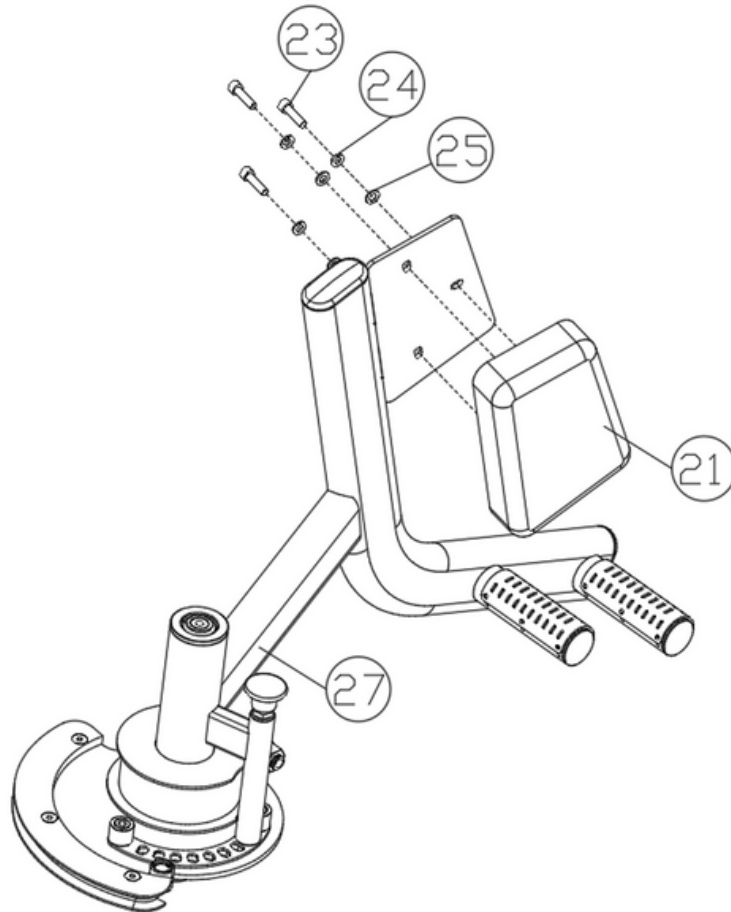
Connect the Inner Thigh Force Arm Shaft (#26) to the Inner Thigh Right Force Arm (#27) and Inner Thigh Flange (#28).



Step 9:

Attach the Inner Thigh Right Leg Pad (#21) to the Inner Thigh Right Force Arm (#27) with.

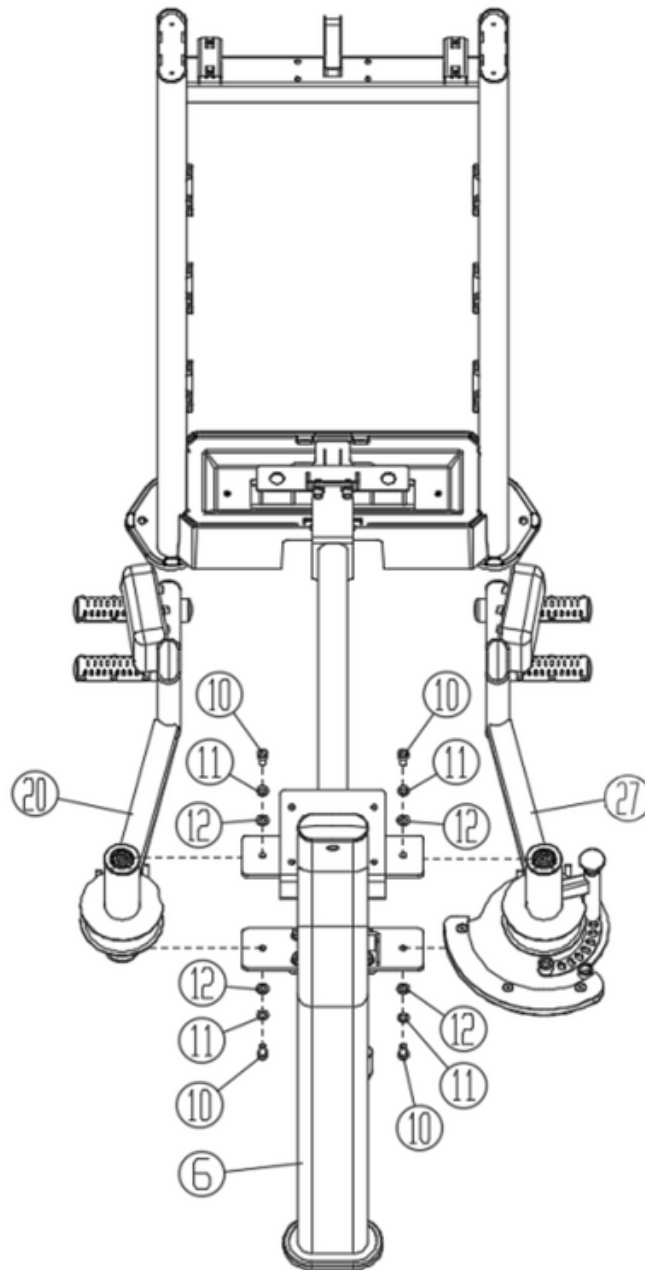
- 3 × Hexagon Socket Cheese Head Screws (#23)
- 3 × Spring Washers (#24)
- 3 × Flat Washers (#25)



Step 10:

Attach the Outer Thigh Left Force Arm (#20) and the Outer Thigh Right Force Arm (#27) to the Outer Thigh Side Frame (#6) using:

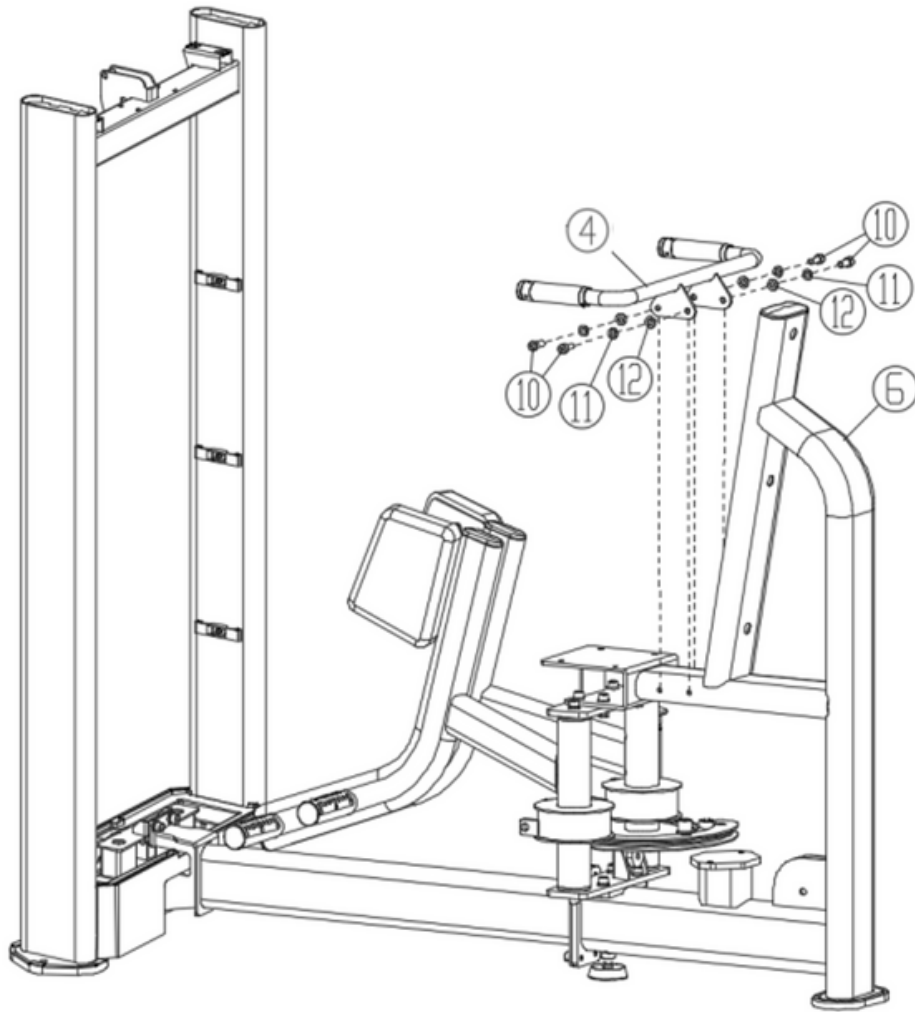
- 4 × Hexagon Socket Cheese Head Screws (#10)
- 4 × Spring Washers (#11)
- 4 × Flat Washers (#12)



Step 11:

Attach the Universal Armrest (#43) to the Inner Thigh Side Frame (#6) using:

- 4 × Hexagon Socket Cheese Head Screws (#10)
- 4 × Spring Washers (#11)
- 4 × Flat Washers (#12)



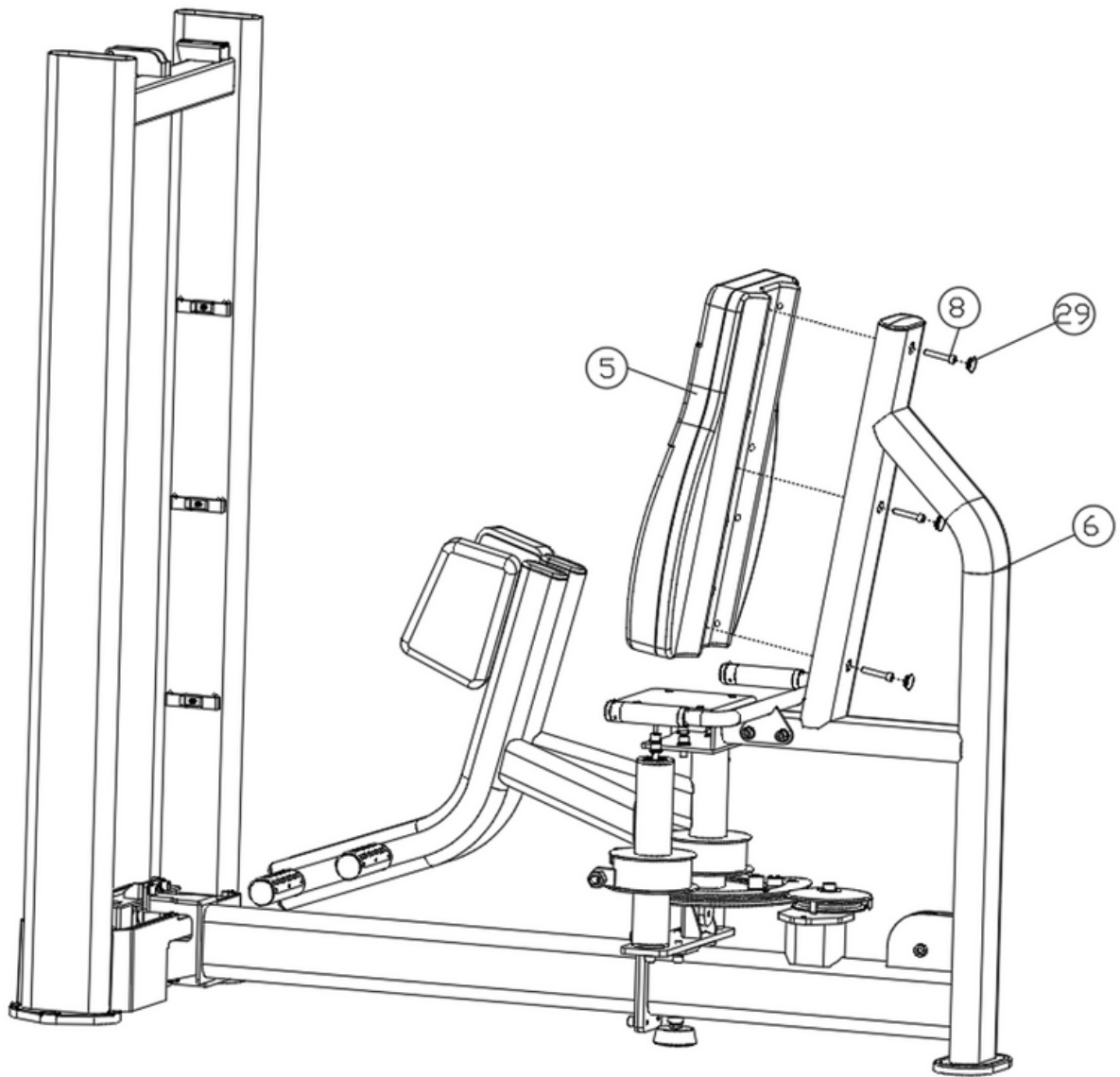
Step 12:

Attach the Back Pad (#5) to the Inner Thigh Side Frame (#6) using:

- 3 × Hexagon Socket Cheese Head Screws (#8)

Step 13:

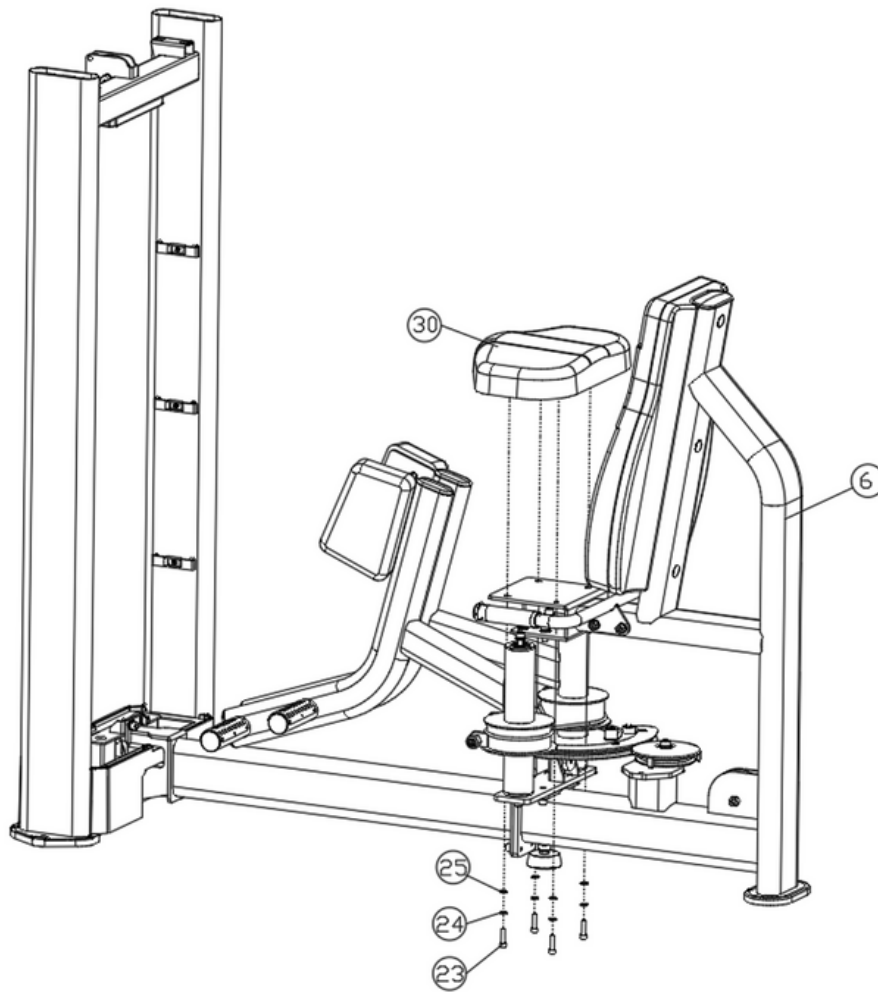
Install the Three-Hole Plug (#29) into the Outer Thigh Side Frame (#6).



Step 14:

Attach the Cushion (#30) to the Inner Thigh Border Frame (#6) using:

- 4 × Hexagon Socket Cheese Head Screws (#23)
- 4 × Spring Washers (#24)
- 4 × Flat Washers (#25)



Step 15:

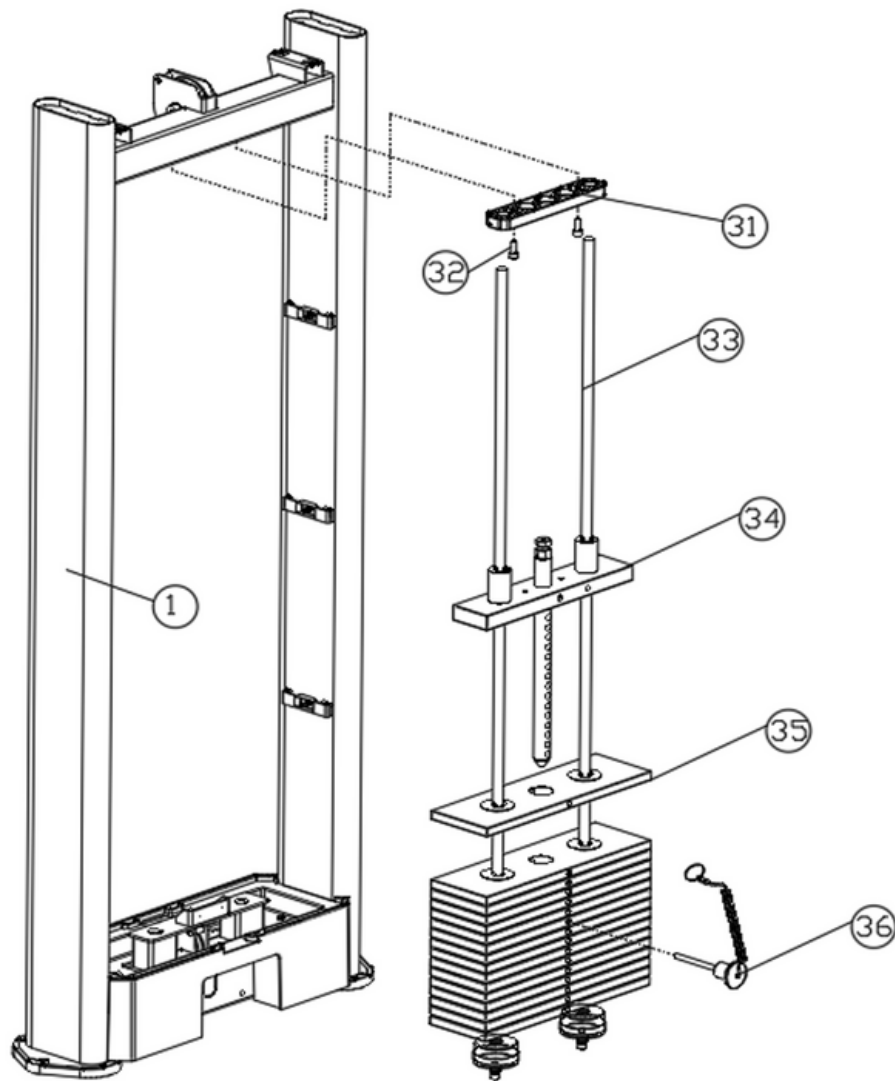
Place the pre-installed Guide Bar Assembly (#33) into the Counterweight Frame (#1).

Install the components in the following order:

- Install the 16-piece Counterweight Block (#35) onto the guide bar (#33) with the isolation tabs facing upward.
- Install the Guide Block Assembly (#34) onto the guide bar (#33).
- Attach the Guide Bar Retainer Plate (#31) to the guide bar (#33).
- Attach the Guide Bar Mounting Plate (#31) to the counterweight frame using:
 - 2 × M8×25 Hexagon Socket Cheese Head Screws (#32)

Insert the Counterweight Block Pin (#36) into the counterweight block (#35).

Note: When installing the block pin, thread the wire rope end through the pin before attaching it to the guide block assembly (#34).

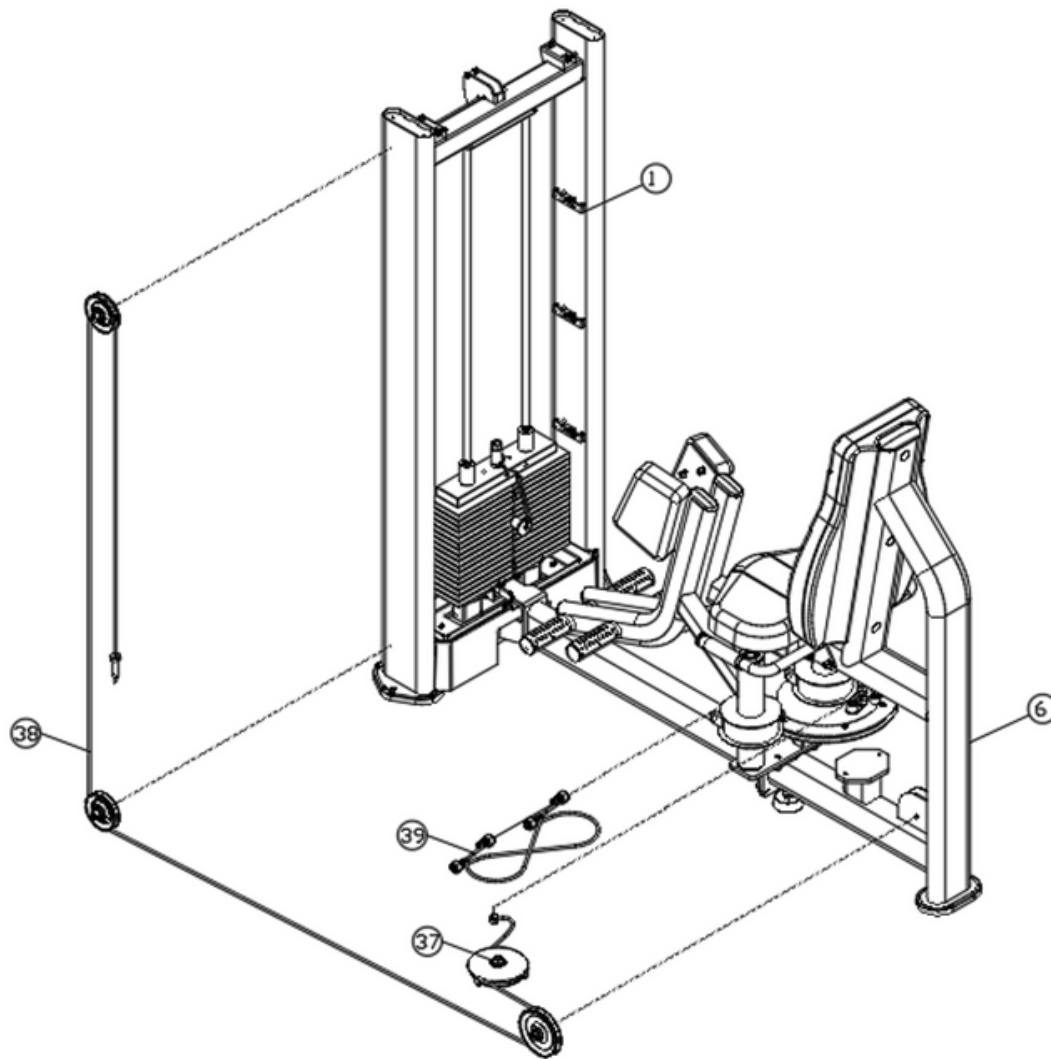


Step 16:

Thread the Wire Rope (#38) as shown.

If necessary, the pre-installed sheaves must be removed and reinstalled for proper cable routing.

- Ensure that all sheaves operate in synchronization with the cable.
- Attach both ends of the Cable (#39) to the corresponding positions as shown in the diagram.



Step 17:

Slide the two Trim Strips (#40) into the two Stoppers (#39) attached to the Counterweight Rack (#1).

Slide the Trim Plate (#41) into the two Stoppers (#39) and attach it to the Counterweight Rack (#1).

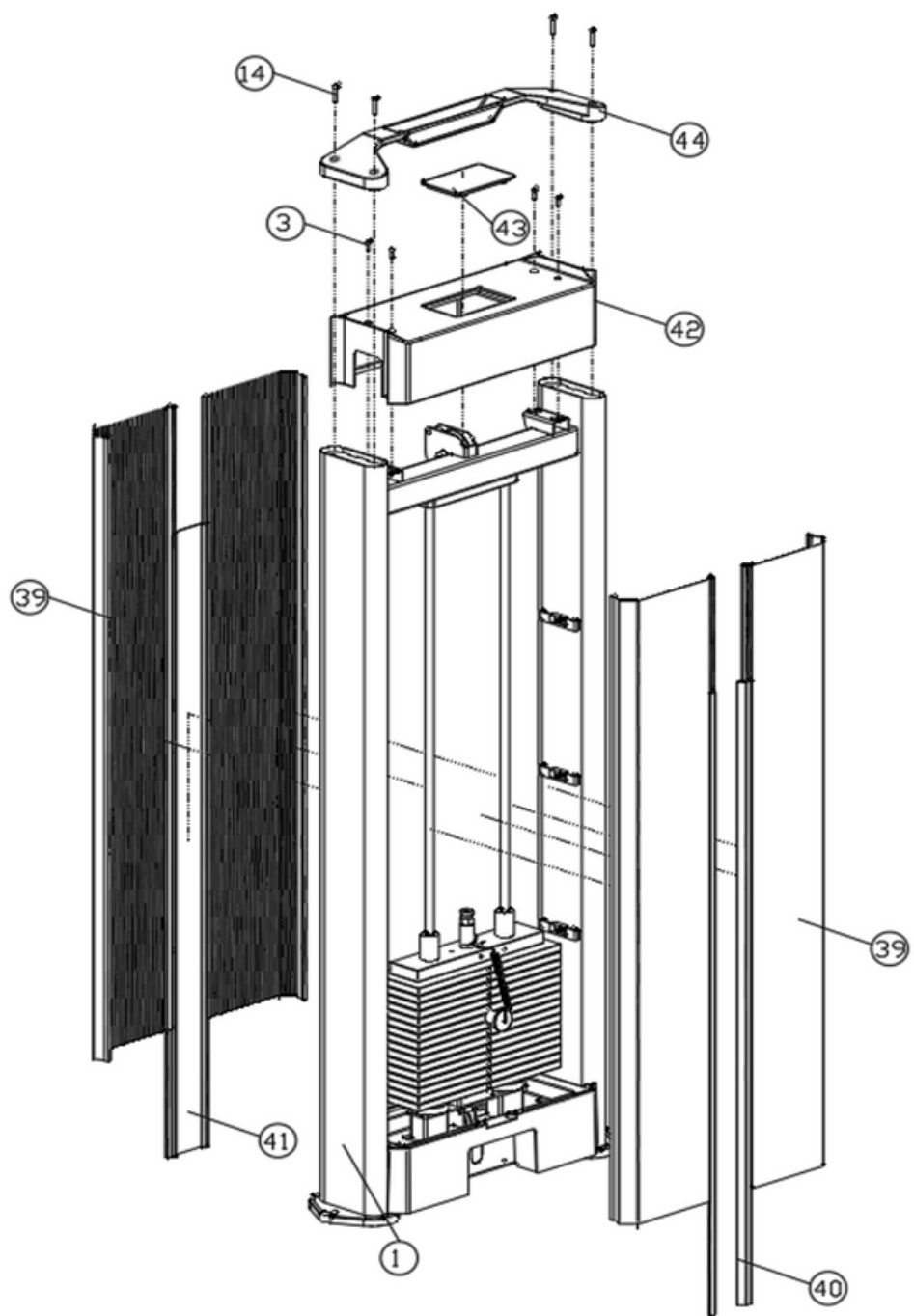
Attach the Upper Shroud (#42) to the Counterweight Frame (#1) using:

- 4 × Hexagon Socket Cheese Head Screws (#3)

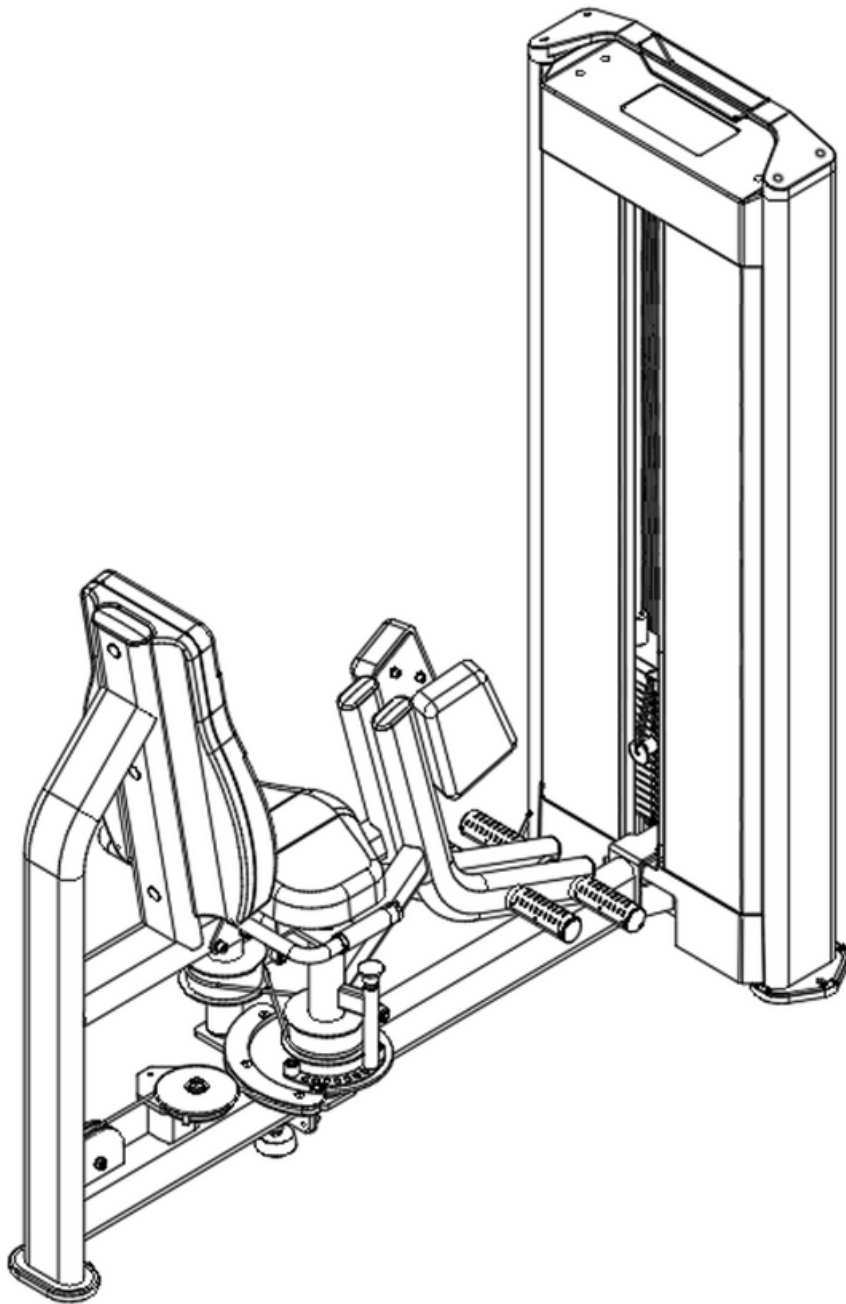
Attach the Upper Shroud Top (#43) to both Upper Shrouds (#42).

Attach the Top Cover Trim (#44) to the Counterweight Bracket (#1) using:

- 4 × Hexagon Socket Cheese Head Screws (#14)



Assembly



Important Tips

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

Use a spirit level to verify that the guide rods are upright in both directions. If the unit is not properly aligned, loosen the frame hardware, adjust the alignment, and then retighten all bolts securely.