

FITNESS360[®]

FT8040

Chest Press

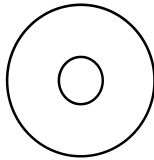


Fastener Overview

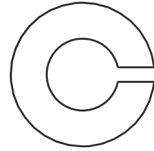
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



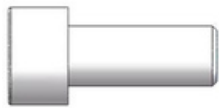
[51] (M10*60)



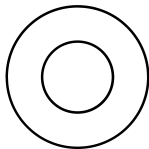
[55]flat washer M10-D50



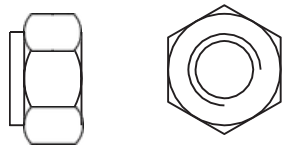
[59]spring washer
M10



[52] (M10*25)



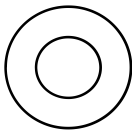
[56]flat washer M10-D30



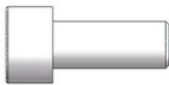
[60]Hexagonal
self- locking nuts
M10



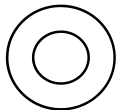
[53] (M10*20)



[57]flat washer M10-D20



[54] (M8*25)



[58]flat washer M8-
D16

Step 1:

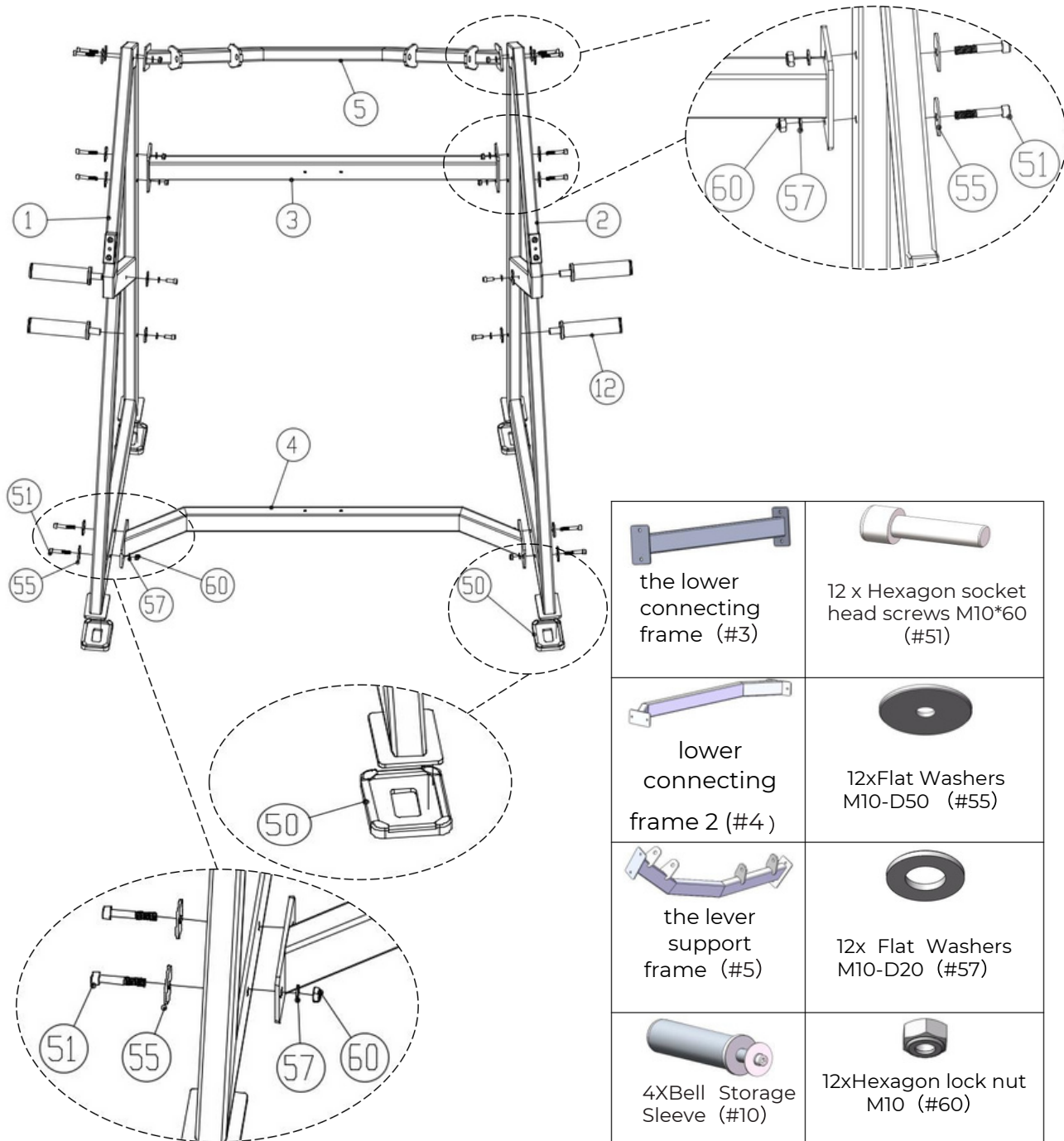
Begin by assembling the base structure:

- Connect the left frame (#1) and right frame (#2) using the two lower connecting frames (#3 and #4) and the lever support frame (#5).
- Attach the 4 weight plate storage rods to both the left (#1) and right (#2) frames.
- Install the 4 rectangular foot pads (#50) at the bottom of both frames.

Use the following fasteners:

- 12 × Hexagon socket head screws M10×60 (#51)
- 12 × Flat washers M10–D50 (#55)
- 12 × Flat washers M10–D20 (#57)
- 12 × Hexagonal self-locking nuts M10 (#60)

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



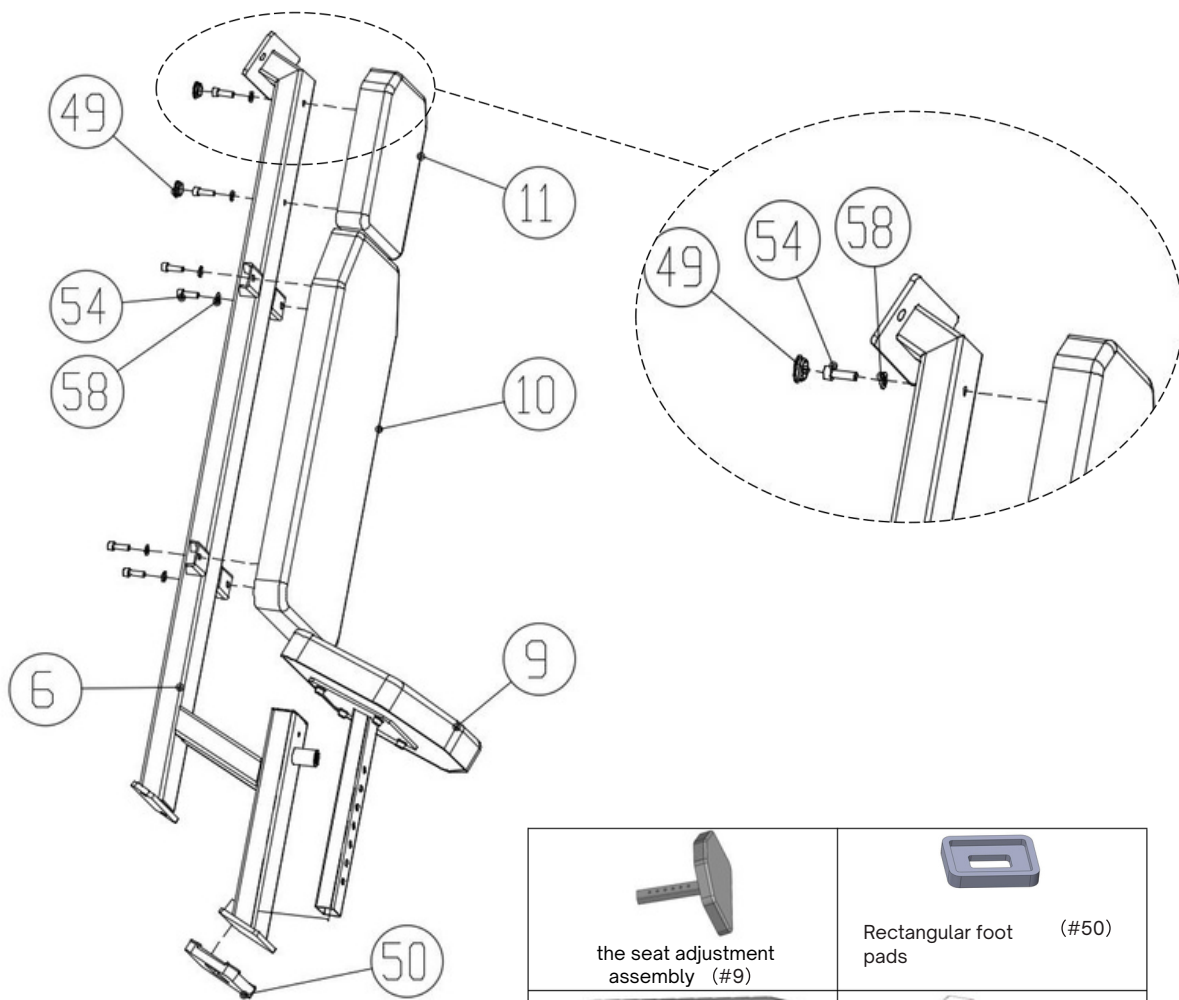
the lower connecting frame (#3)	12 x Hexagon socket head screws M10*60 (#51)
lower connecting frame 2 (#4)	12xFlat Washers M10-D50 (#55)
the lever support frame (#5)	12x Flat Washers M10-D20 (#57)
4xBell Storage Sleeve (#10)	12xHexagon lock nut M10 (#60)
4XRectangular foot pads (#50)	

Step 2:

Attach the following components to the main frame assembly (#6): Seat adjustment assembly (#9), Large back pad (#10), Head pad (#11), 2 × 20 plugs (#49) and Rectangular foot pad (#50)

Use the following hardware:

- 6 × Hexagon socket head screws M8×25 (#54)
- 6 × Flat washers M8-D16 (#58)

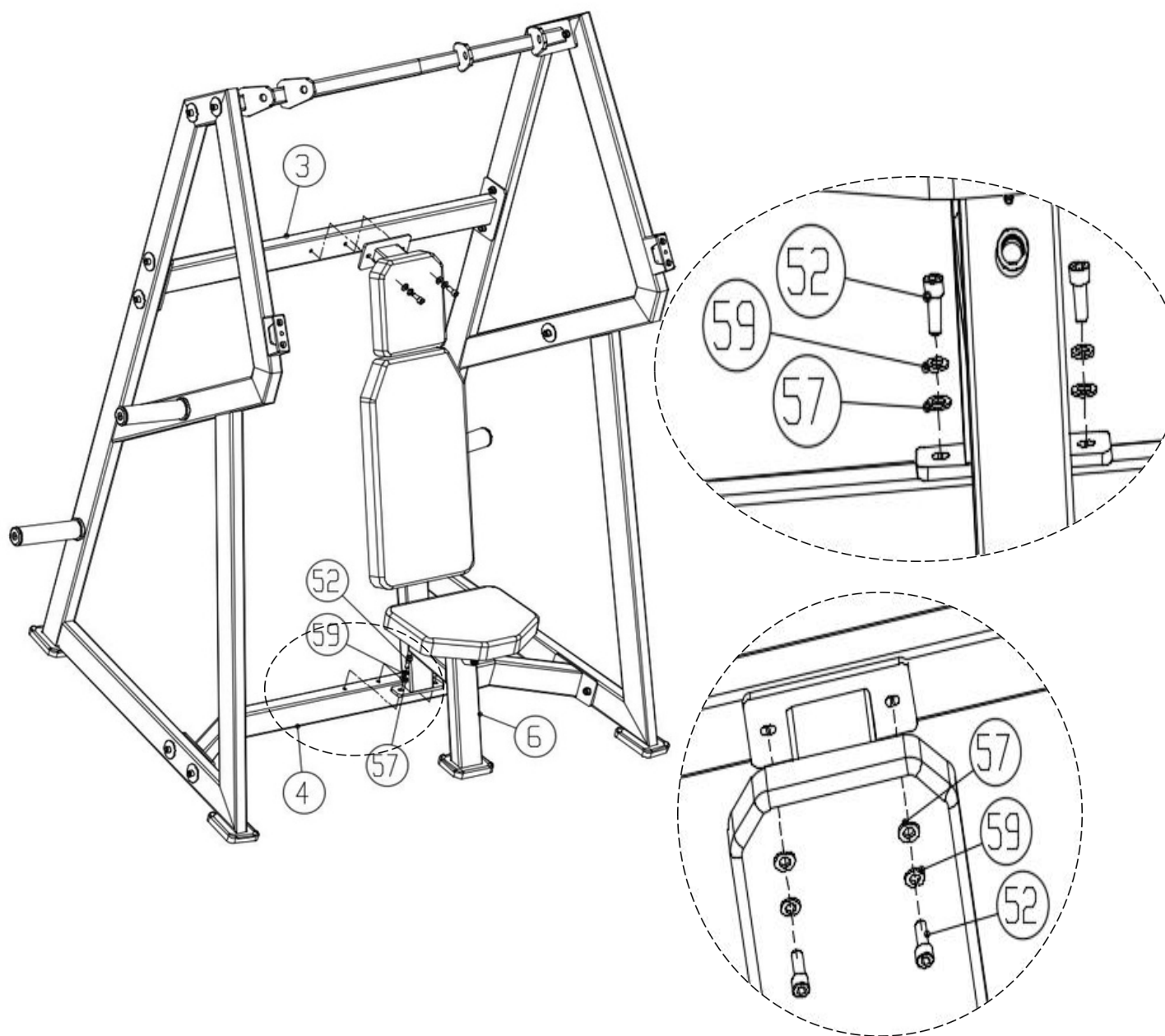


 the seat adjustment assembly (#9)	 Rectangular foot pads (#50)
 universal large back pad (#10)	 6 x Hexagon socket head screws M8*25 (#54)
 universal large back pad (#10)	 6 x Flat Washers M8- D16 (#58)
 2 X 20plugs (#49)	

Step 3:

Connect the components from Step 2 to those from Step 1 using the following hardware:

- 4 × Hexagon socket head screws M10×25 (#52)
- 4 × Flat washers M10-D20 (#57)
- 4 × Spring washers M10 (#59)

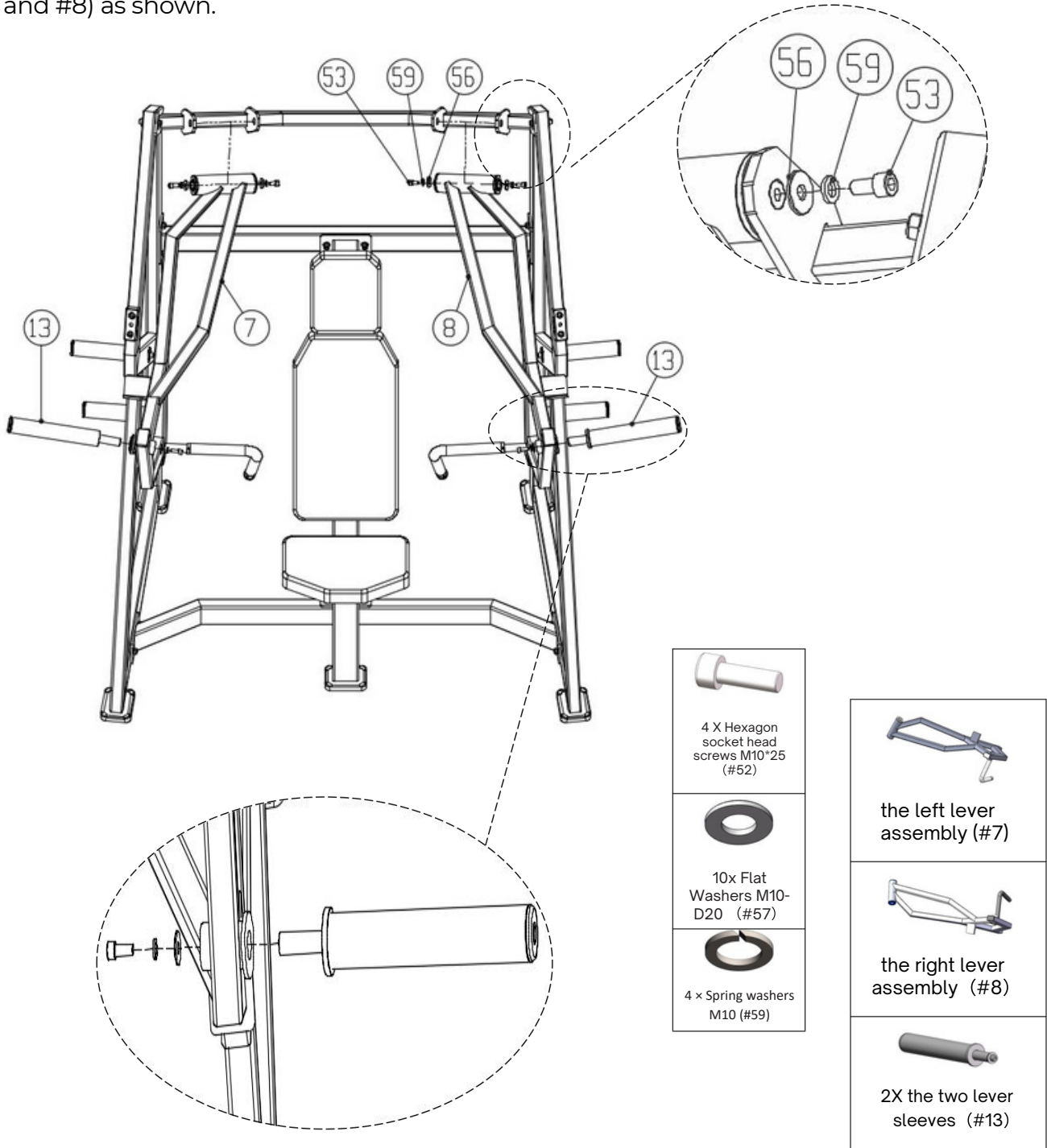


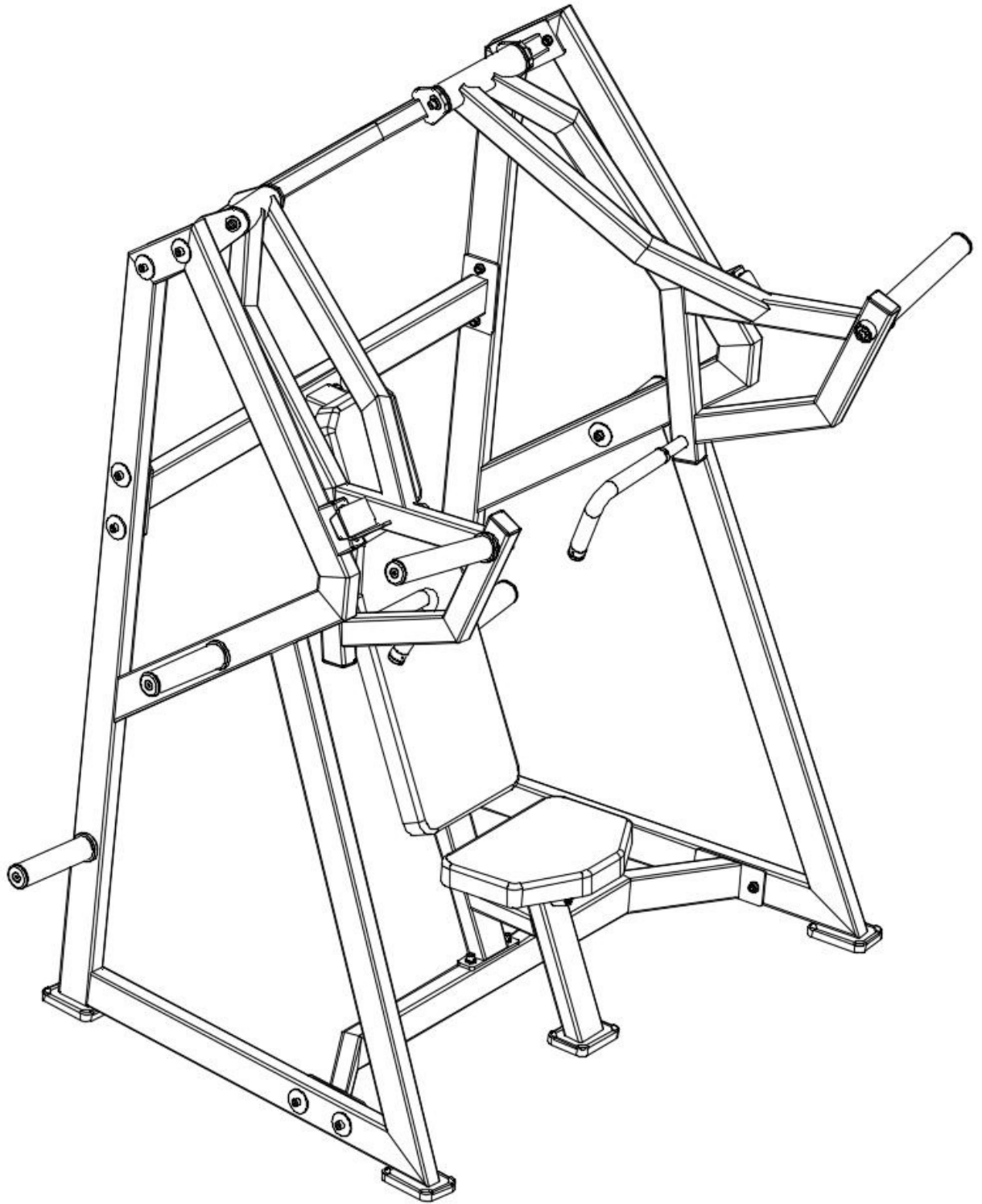
Step 4:

Fasten the left lever assembly (#7) to the left frame (#1), and the right lever assembly (#8) to the right frame (#2) using:

- 4 × Hexagon socket head screws M10×25 (#52)
- 8 × Flat washers M10-D20 (#57) (2 per screw – one on each side)
- 4 × Spring washers M10 (#59)

Slide the two lever sleeves (#13) onto the handlebar shafts of both lever assemblies (#7 and #8) as shown.





Important Tips

Now that the Chest Press has been fully assembled, take a moment to ensure the unit is both level and vertically aligned before use.

Accessory List

NO	Name and specification	QTY
1	Left frame	1
2	Right frame	1
3	Lower connecting frame 1	1
4	Lower connecting frame 2	1
5	Arm support frame	1
6	Main frame assembly	1
7	Left arm assembly	1
8	Right arm assembly	1
9	Seat adjustment assembly	1
10	Universal large back pad	1
11	Universal head pad	1
12	Bell storage sleeve set	4
13	Arm sleeve set	2
49	20 plugs	2
50	Rectangular foot pad	5
51	Hexagon socket head screw M10*60	12
52	Hexagon socket head screw M10*25	4
53	Hexagon socket head screw M10*20	4
54	Hexagon socket head screw M8*25	6
55	Flat washer M10-D50	12
56	Flat washer M10-D30	4
57	Flat washer M10-D20	16
58	Flat washer M8-D16	6
59	Spring washer M10	8
60	Hexagon lock nut M10	12

Exploded view

