

***FITNESS360***<sup>®</sup>

FT8041

Incline Chest Press

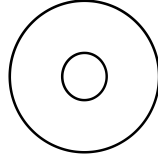


# Fastener Overview

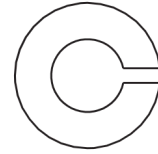
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



[51] (M10\*60)



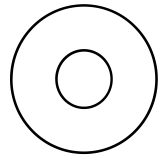
[55]flat washer M10-D50



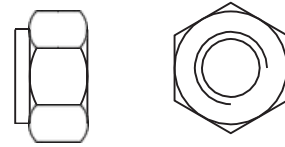
[59]spring washerM10



[52] (M10\*25)



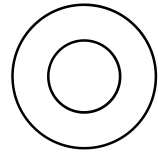
[56]flat washer M10-D30



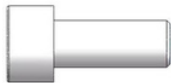
[60]Hexagon self-locking nuts M10



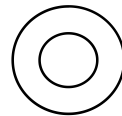
[53] (M10\*20)



[57]flat washer M10-D20



[54] (M8\*25)



[58]flat washer M8-D16

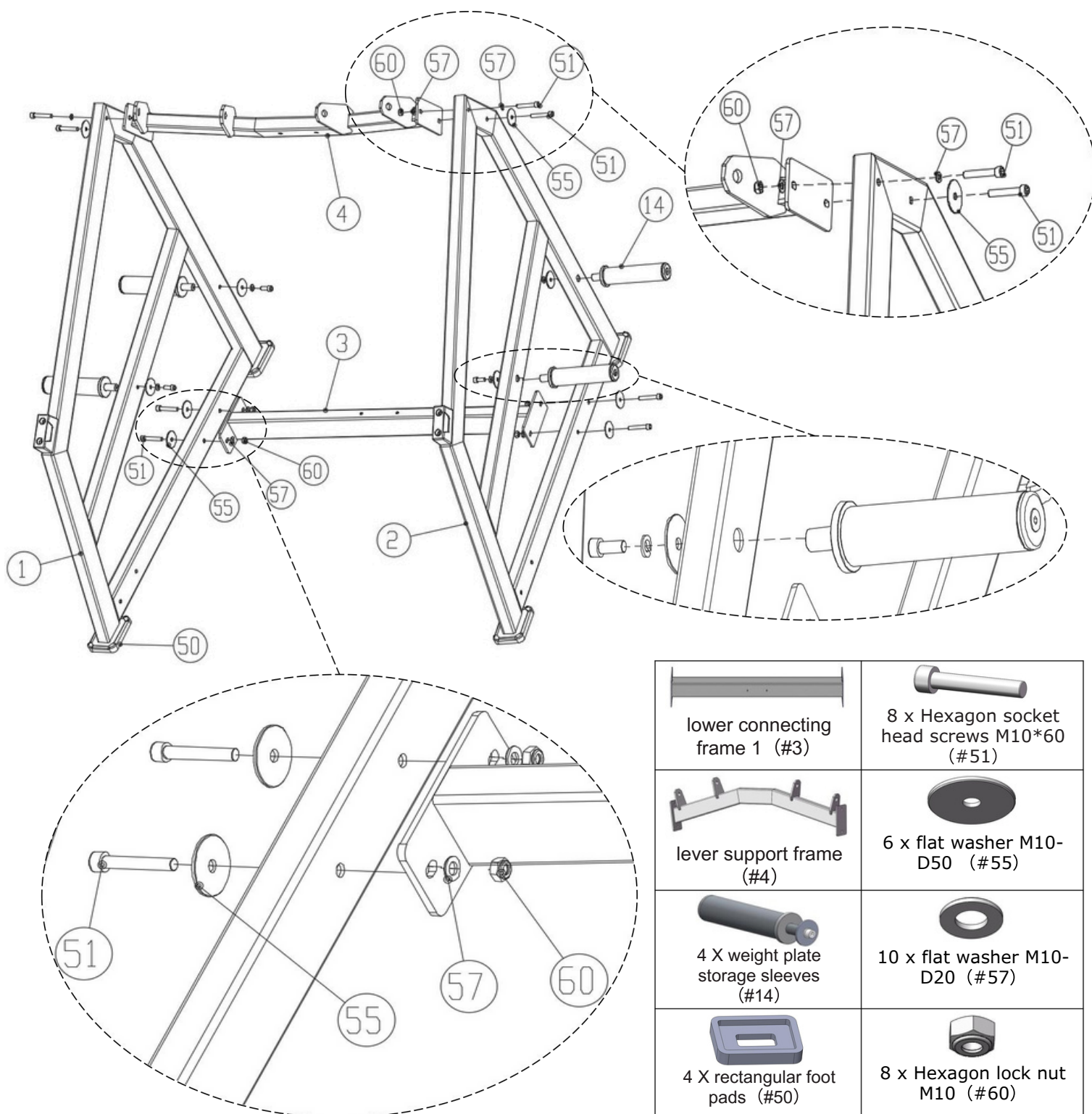
## Step 1:

Connect the lower connecting frame 1 (#3), the lever support frame (#4), and the 4 weight plate storage sleeves (#14) to the left frame (#1) and right frame (#2).

Also, attach the 4 rectangular foot pads (#50) to the bottom of both frames using the following components:

- 8x Hexagon socket head screws M10×60 (#51)
- 6x Flat washers M10–D50 (#55)
- 10x Flat washers M10–D20 (#57)
- 8x Hexagon lock nuts M10 (#60)

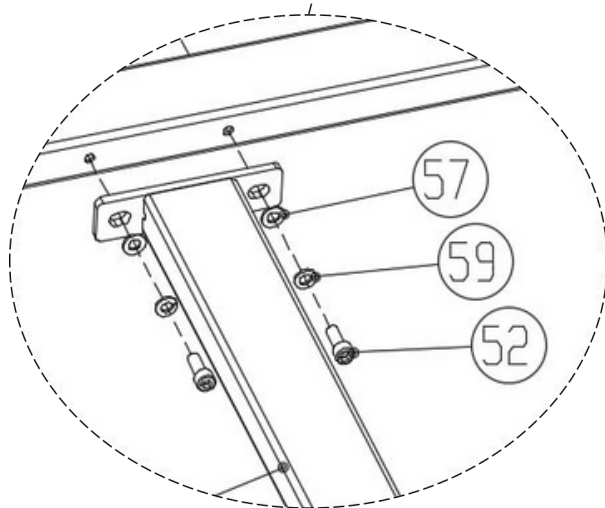
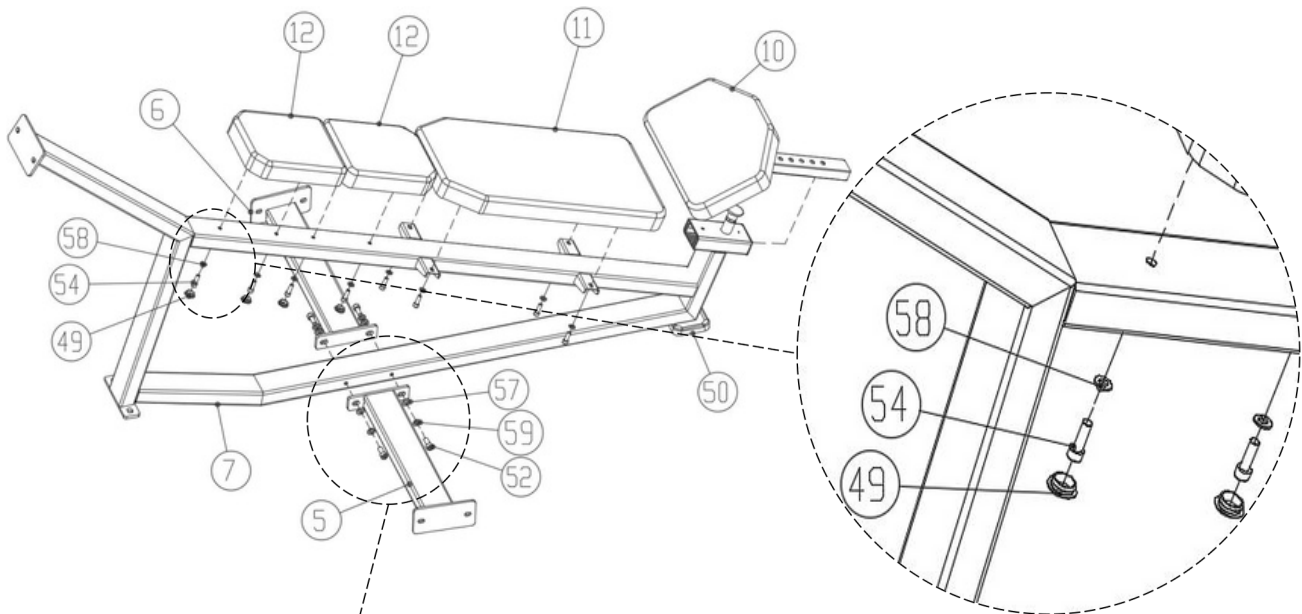
**Important:** Tighten all bolts securely with a wrench before proceeding to the next step.









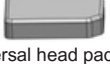





## Step 2:

Connect the lower connecting frame 2 (#5), lower connecting frame 3 (#6), seat adjustment assembly (#10), universal large back pad (#11), two universal head pads (#12), four 20 plugs (#49), and rectangular foot pads (#50) to the main frame assembly (#7) using the following components:

- 4x Hexagon socket head screws M10×25 (#52)
- 4x Flat washers M10-D20 (#57)
- 4x Spring washers M10 (#59)
- 8x Hexagon socket head screws M8×25 (#54)
- 8x Flat washers M8-D16 (#58)

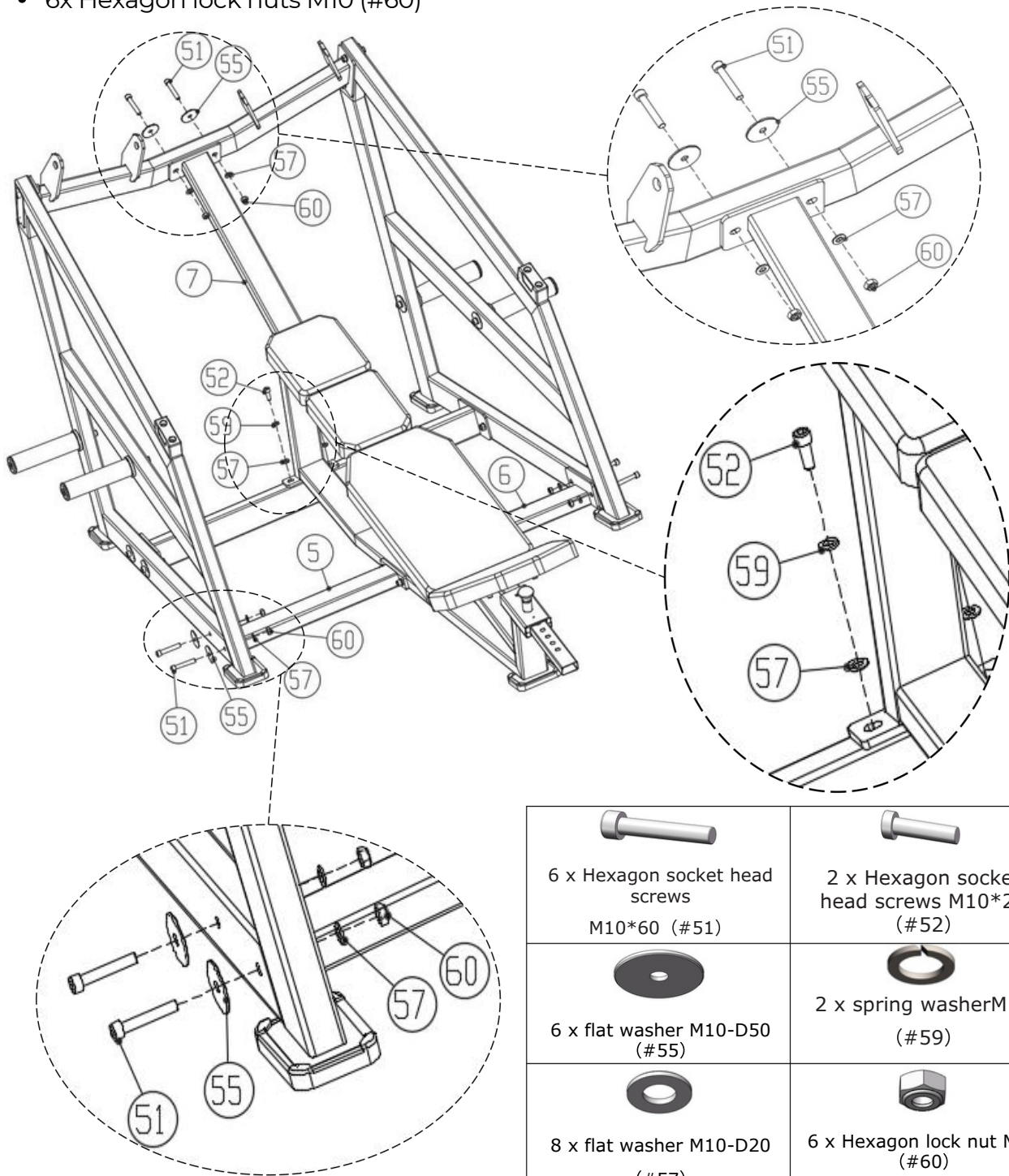








	
lower connecting frame 2 (#5)	rectangular foot pads (#50)
	
lower connecting frame 3 (#6)	4 x Hexagon socket head screws M10*25 (#52)
	
seat adjustment assembly (#10)	4 x flat washer M10-D20 (#57)
	
universal large back pad (#11)	4 x spring washer M10 (#59)
	
2 X universal head pads (#12)	8 x Hexagon socket head screws M8*25 (#54)
	
4 X 20plug (#49)	8 x flat washer M8-D16 (#58)

### Step 3:

Connect the assembly from Step 2 to the assembly from Step 1 using the following hardware:

- 6x Hexagon socket head screws M10×60 (#51)
- 6x Flat washers M10-D50 (#55)
- 8x Flat washers M10-D20 (#57)
- 2x Hexagon socket head screws M10×25 (#52)
- 2x Spring washers M10 (#59)
- 6x Hexagon lock nuts M10 (#60)



 <p>6 x Hexagon socket head screws M10*60 (#51)</p>	 <p>2 x Hexagon socket head screws M10*25 (#52)</p>
 <p>6 x flat washer M10-D50 (#55)</p>	 <p>2 x spring washer M10 (#59)</p>
 <p>8 x flat washer M10-D20 (#57)</p>	 <p>6 x Hexagon lock nut M10 (#60)</p>



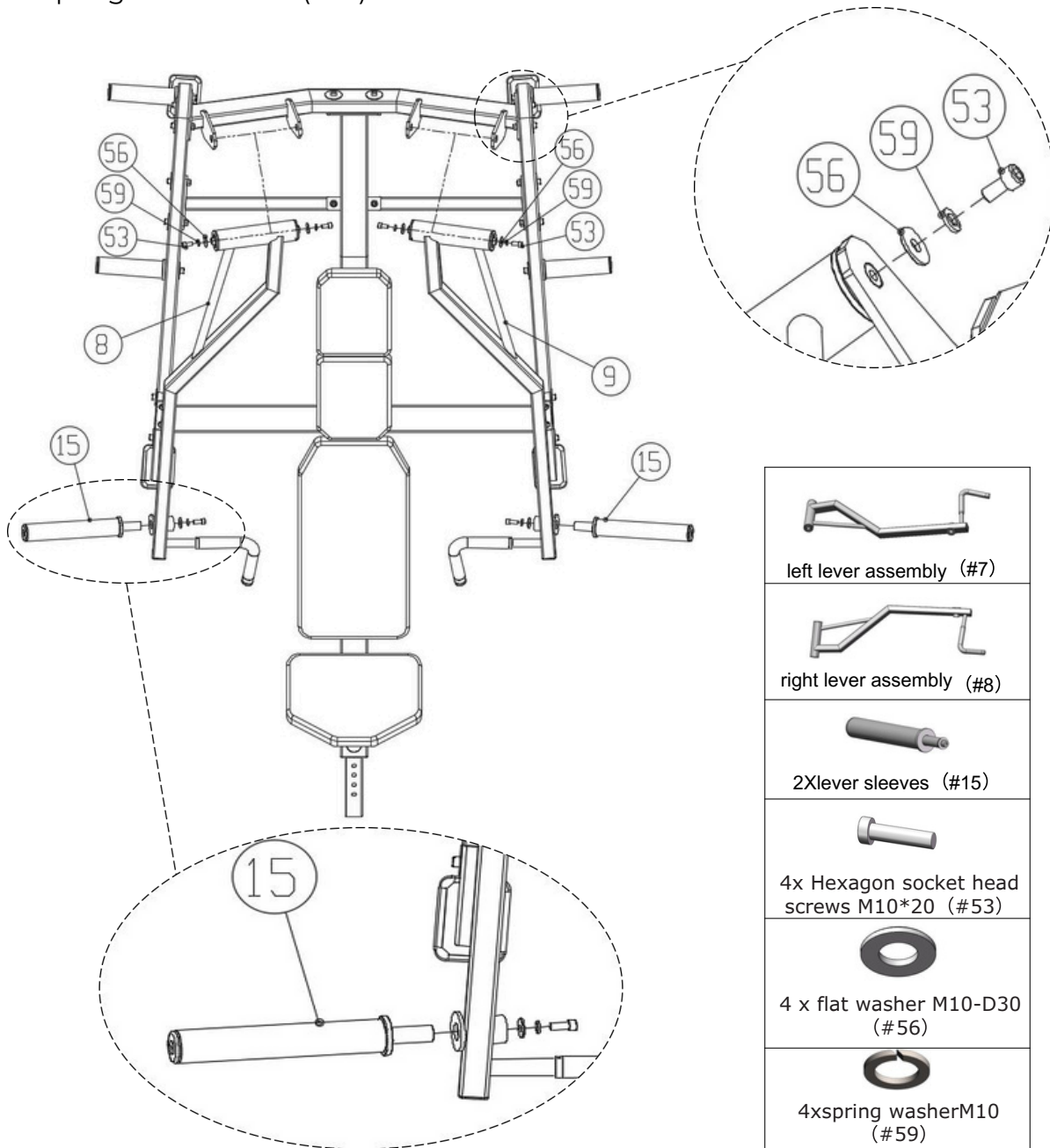
#### Step 4:

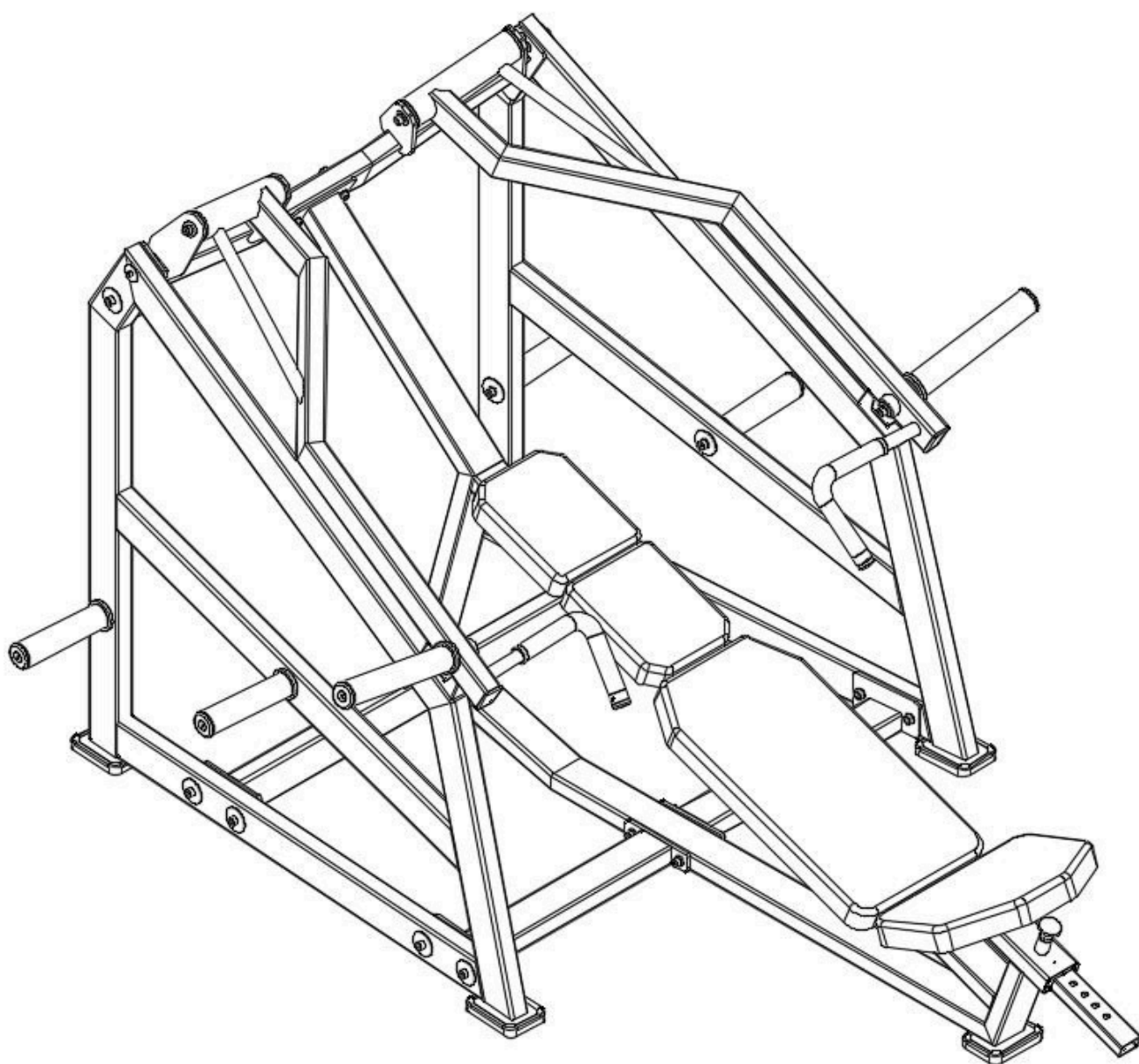
Attach the lever assemblies and sleeves as follows:

- Connect the left lever assembly (#8) to the left frame (#1)
- Connect the right lever assembly (#9) to the right frame (#2)
- Insert the two lever sleeves (#15) into the openings of both lever assemblies (#8 and #9)

Use the following hardware:

- 4x Hexagon socket head screws M10×20 (#53)
- 4x Flat washers M10–D30 (#56)
- 4x Spring washers M10 (#59)





## Important Tips

Now that the Incline 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 side frame	1
2	Right side frame	1
3	Lower connecting frame 1	1
4	Lever support frame	1
5	Lower connecting frame 2	1
6	Lower connecting frame 3	1
7	Main frame assembly	1
8	left lever assembly	1
9	right lever assembly	2
10	Seat adjustment assembly	1
11	universal large back pad	1
12	Universal head pad	2
14	Weight Plate Storage Sleeve	4
15	lever sleeves	2
50	rectangular foot pads	5
51	Hexagon socket head screws M10*60	14
52	Hexagon socket head screws M10*25	6
53	Hexagon socket head screws M10*20	4
54	Hexagon socket head screws M8*25	8
55	flat washer M10-D50	12
56	flat washer M10-D30	4
57	flat washer M10-D20	22
58	flat washer M8-D16	8
59	spring washerM10	10
60	Hexagon lock nut M10	14



Exploded view

