

FITNESS360[®]

FT8042

Decline Chest Press

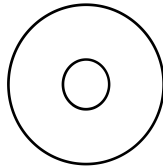


Fastener Overview

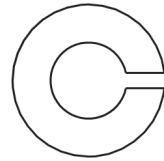
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



[51] (M10*110)



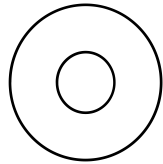
[56]flat washer M10-D50



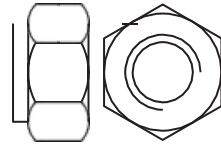
[60]spring washer M10



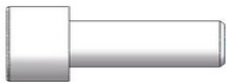
[52] (M10*70)



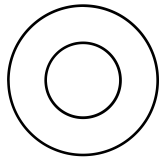
[57]]flat washer M10-D30



[61]Hexagonal self- locking
nuts M10



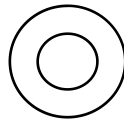
[53] (M10*60)



[58]Flat washer M10-D20



[54] (M10*20)



[59]Flat washer M8-D16



[55] (M8*25)

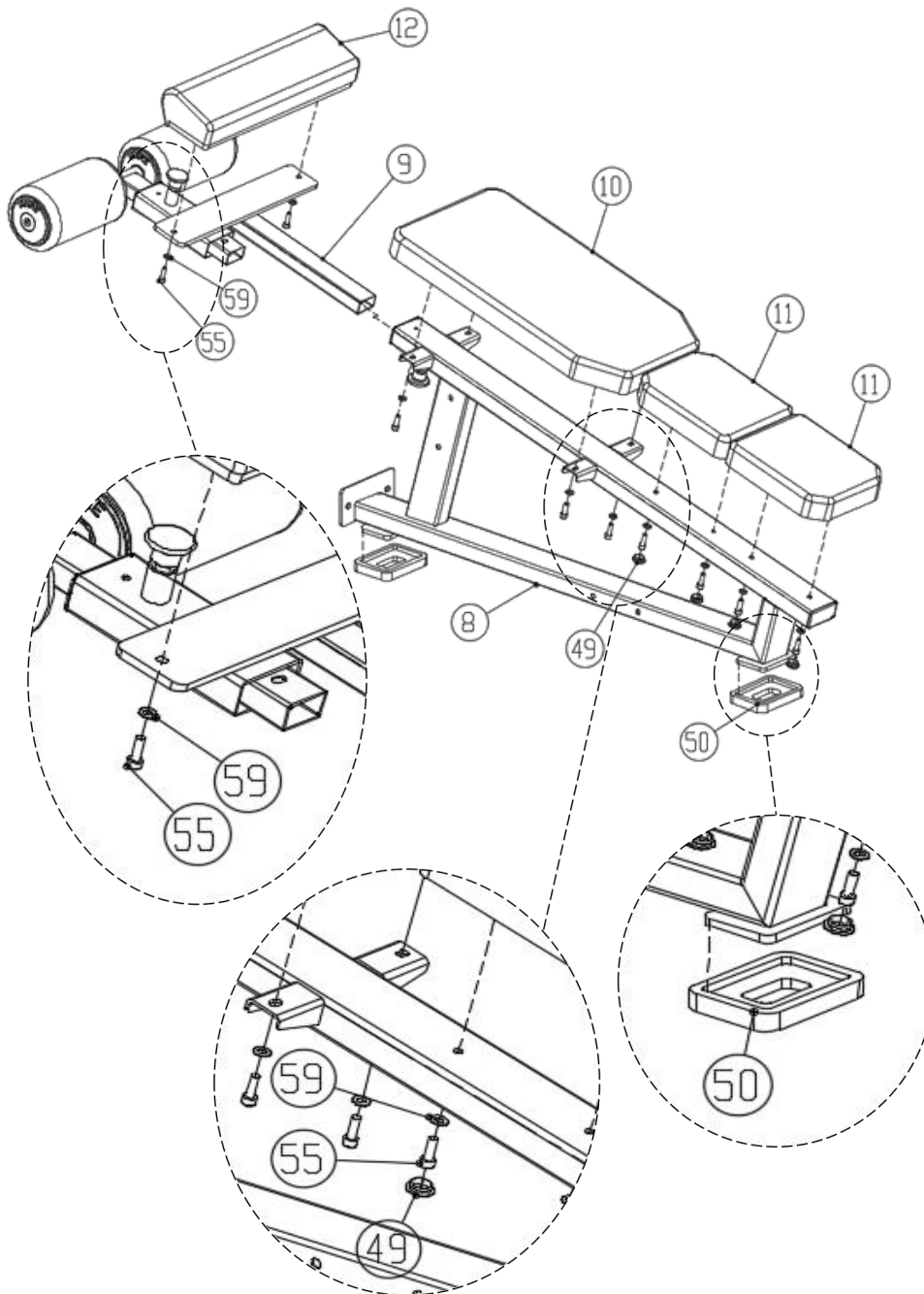
Step 1:

Assemble the seat section by completing the following:

- Mount the quadriceps cushion (#12) onto the seat leg press assembly (#9)
- Attach the seat leg press assembly (#9), the universal large back pad (#10), and 2x universal head pads (#11) to the main frame assembly (#8)
- Install 2x rectangular foot pads (#50) to the main frame assembly (#8)
- Insert 4x 20 plugs (#49) into the frame

Secure all parts using:

- 10x Hexagon socket head screws M8×25 (#55)
- 10x Flat washers M8-D16 (#59)



the seat leg press assembly (#9)
the universal large back pad (#10)
2X universal head pads (#11)
the quadriceps cushion (#12)
2 X Rectangular foot pads (#50)
4 X 20PLUGS (#49)
10 x Hexagon socket head screws M8*25 (#55)
10 x Flat washer M8-D16(#59)

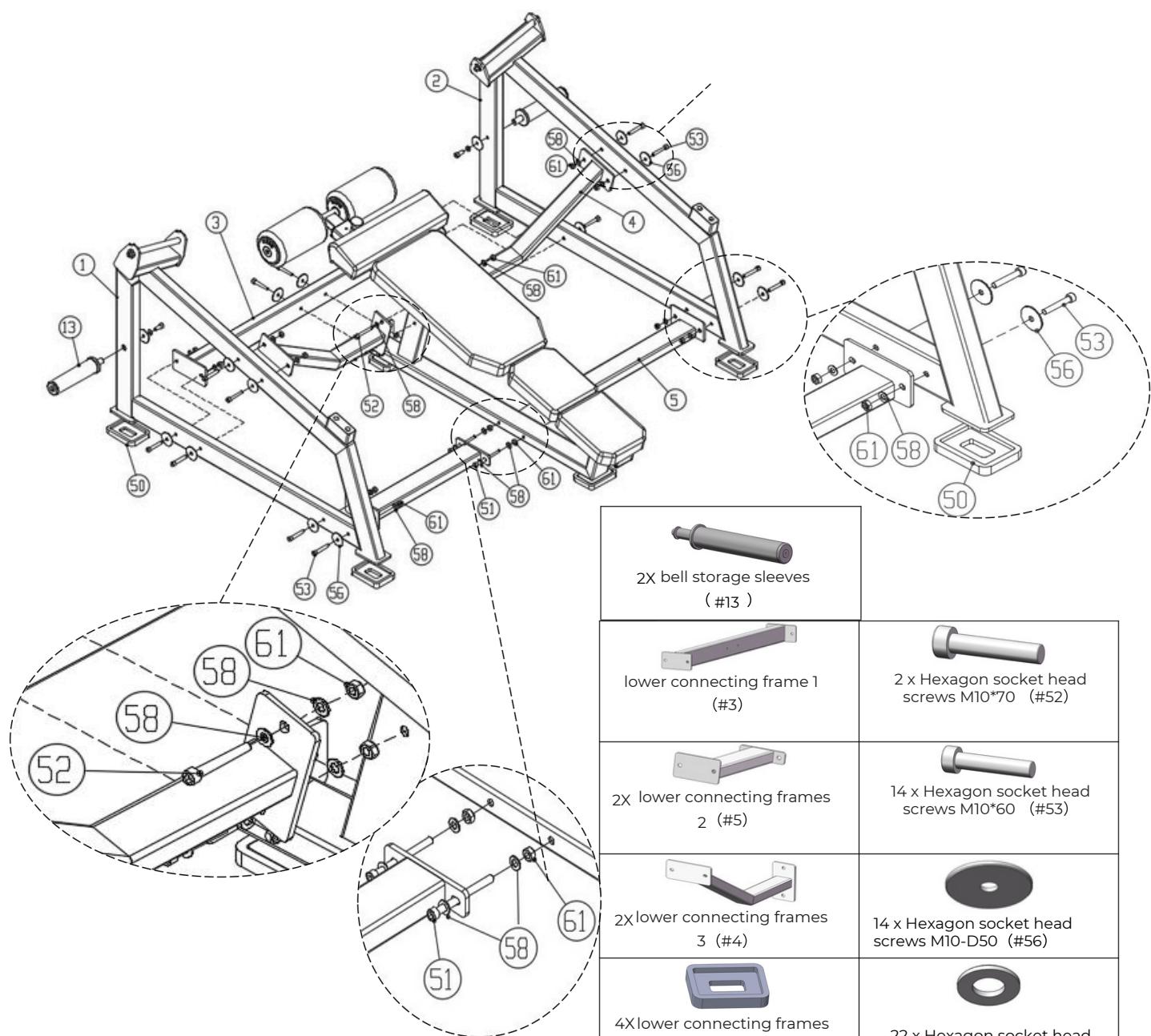
Step 2:

Connect the left frame (#1), right frame (#2), and main frame assembly (#8) using the following:

- 1x lower connecting frame 1 (#3)
- 2x lower connecting frames 2 (#5)
- 2x lower connecting frames 3 (#4)
- 4x lower frame foot pads (#50)
- 2x bell storage sleeves (#13) (mount to the left and right frames)

Use the following fasteners:

- 2x Hexagon socket head screws M10×110 (#51)
- 2x Hexagon socket head screws M10×70 (#52)
- 14x Hexagon socket head screws M10×60 (#53)
- 14x Flat washers M10-D50 (#56)
- 22x Flat washers M10-D20 (#58)
- 18x Hexagon lock nuts M10 (#60)



2X bell storage sleeves
(#13)



lower connecting frame 1
(#3)



2X lower connecting frames
2 (#5)



2X lower connecting frames
3 (#4)



4X lower connecting frames
3 (#50)



2 x Hexagon socket head
screws M10*110 (#51)



2 x Hexagon socket head
screws M10*70 (#52)



14 x Hexagon socket head
screws M10*60 (#53)



14 x Hexagon socket head
screws M10-D50 (#56)



22 x Hexagon socket head
screws M10-D20 (#58)



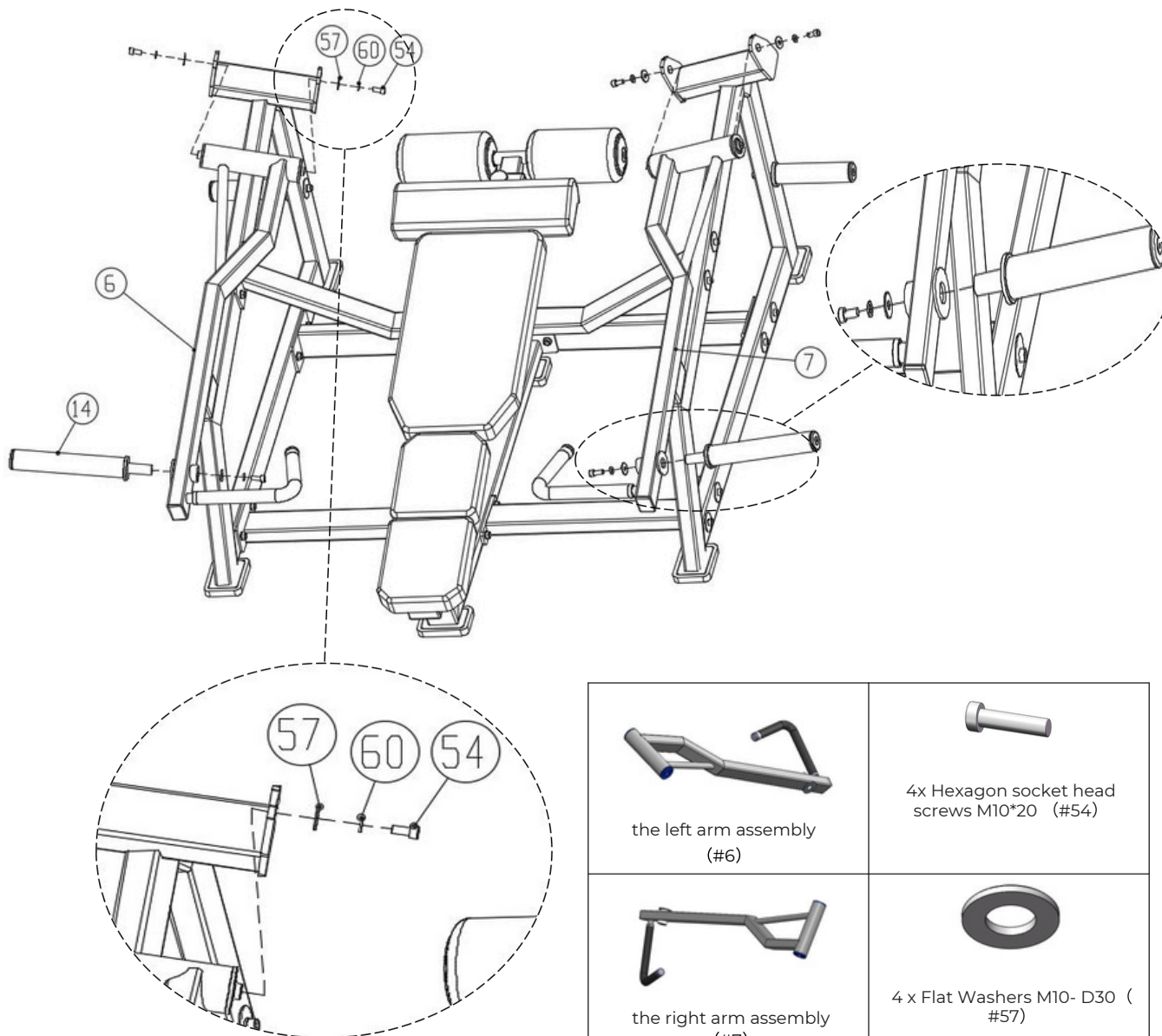
18 x Hexagon lock nut M10
(#60)

Step 3:

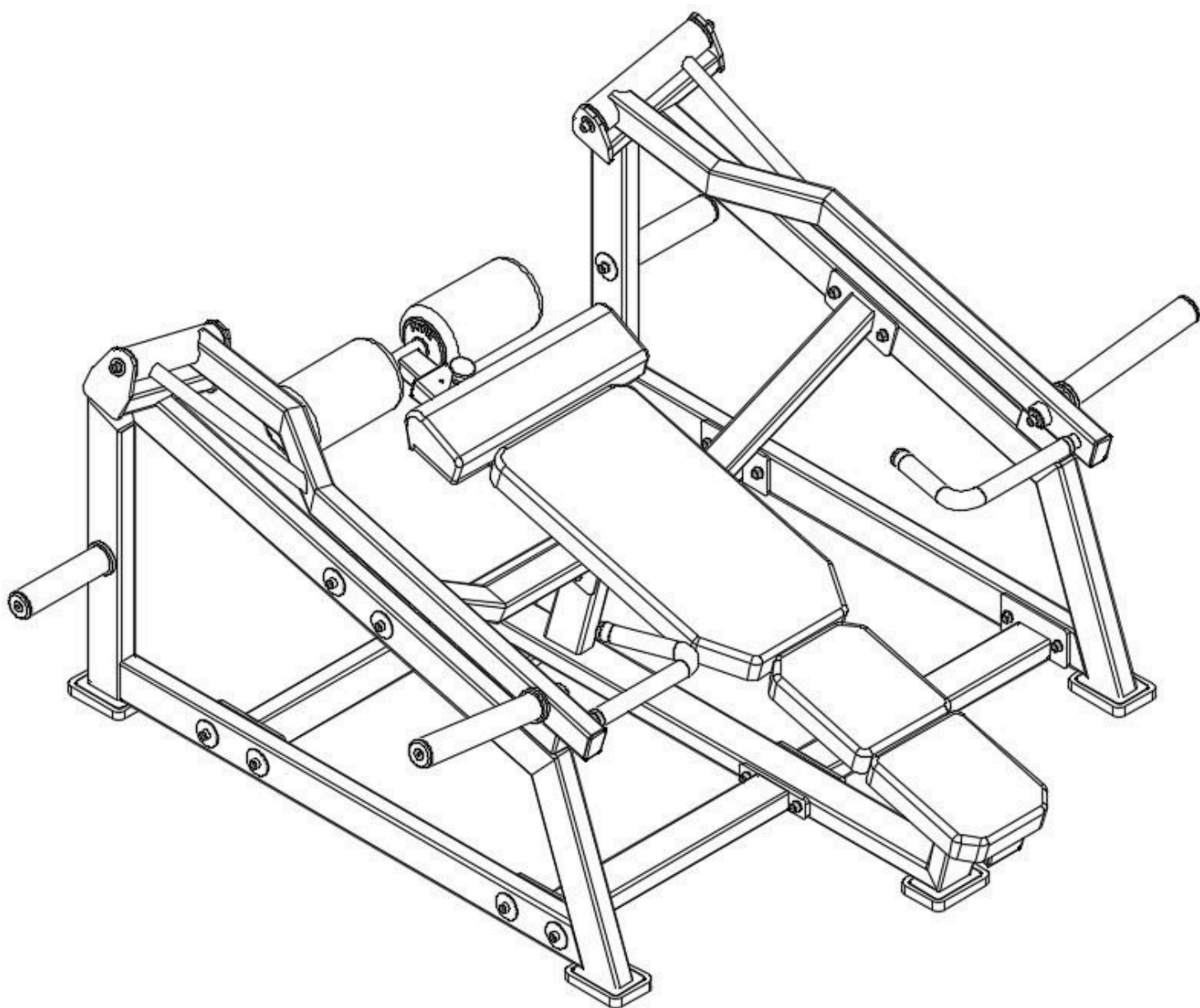
Connect the left arm assembly (#6) to the left frame (#1) and the right arm assembly (#7) to the right frame (#2).

Then, attach the two arm sleeves (#14) to each arm assembly as shown.
Use the following fasteners:

- 4x Hexagon socket head screws M10×20 (#54)
- 4x Flat washers M10-D30 (#57)
- 4x Spring washers M10 (#60)



 <p>the left arm assembly (#6)</p>	 <p>4x Hexagon socket head screws M10*20 (#54)</p>
 <p>the right arm assembly (#7)</p>	 <p>4 x Flat Washers M10- D30 (#57)</p>
 <p>2X two arm sleeves (#14)</p>	 <p>4xSpring washers M10 (#60)</p>



Important Tips

Now that the Decline 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 3	2
5	Lower connecting frame 2	2
6	Left lever arm assembly	1
7	Right lever arm assembly	1
8	Main frame assembly	1
9	Seat leg press assembly	1
10	Universal large back pad	1
11	Universal head pad	2
12	Quadruple cushion	1
13	Bell plate storage sleeve set	4
14	Lever sleeve set	2
49	20 plugs	4
50	Rectangular foot pad	6
51	Hexagon socket head screw M10*110	2
52	Hexagon socket head screw M10*70	2
53	Hexagon socket head screw M10*60	14
54	Hexagon socket head screw M10*20	4
55	Hexagon socket head screw M8*25	10
56	Flat washer M10-D50	14
57	Flat washer M10-D30	4
58	Flat washer M10-D20	22
59	Flat washer M8-D25	10
60	Spring washer M10	4
61	Hexagon lock nut M10	18

Exploded view

