

FITNESS360[®]

FT8045

Seated Dip - Plate Loaded



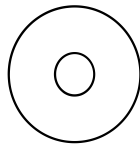
Rubber rod
Level ruler
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Fastener Overview

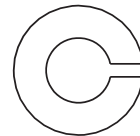
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



M10 [50] (M10*60)



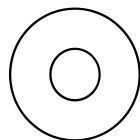
[53]flat washer M10-D50



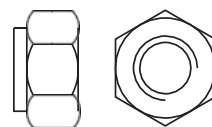
[58]Spring washer



[51] (M10*25)
self-locking nuts M10



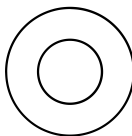
[54]flat washer M10-D30



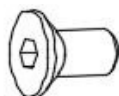
[59]Hexagonal



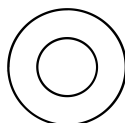
[52] (M8*25)



[55]flat washer M10-D20



[57] (M10*25)



[56]flat washer M8-D16

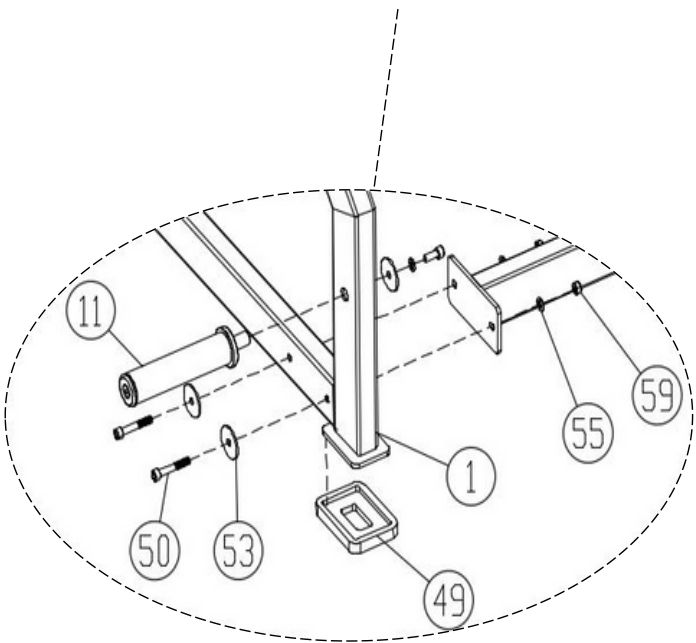
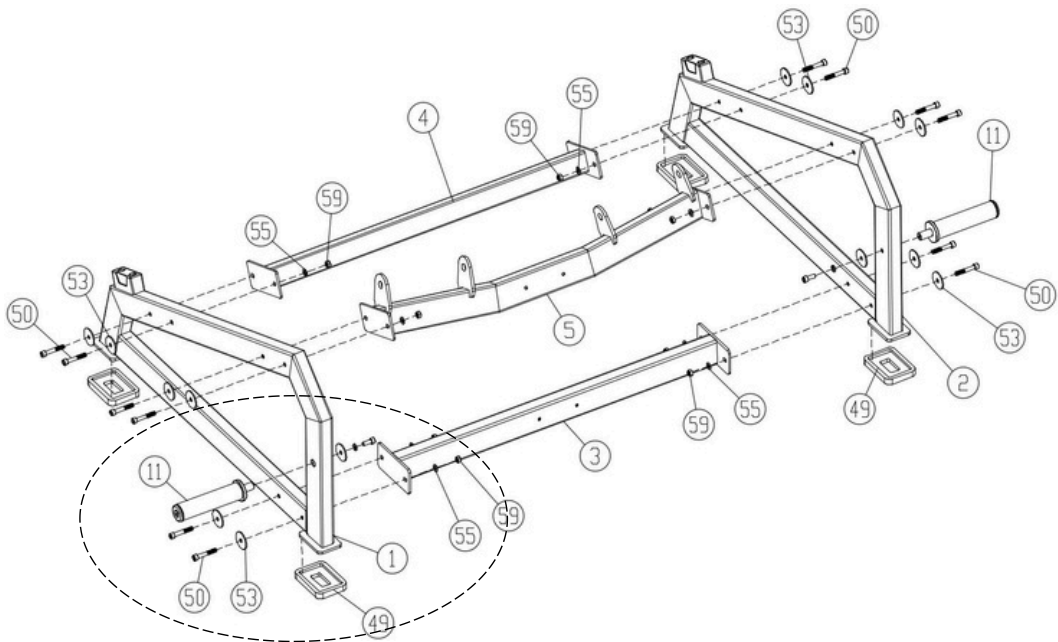
Step 1:

Attach Lower Attachment 1 (#3), Lower Attachment 2 (#4), the Force Arm Support Bracket (#5), and the two Bell Storage Sleeve Sets (#11) to the Left Frame (#1) and Right Frame (#2).

Also, install the four Rectangular Foot Pads (#50) to the bottom of both frame legs (#1 and #2) using the following components:

- 12x M10*60 hexagon socket cheese head screws (#50)
- 12x Flat washers M10-D50 (#53)
- 12x Flat washers M10-D20 (#55)
- 12x Hexagon locknuts M10 (#59)

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

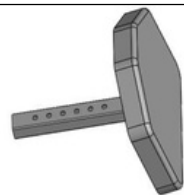
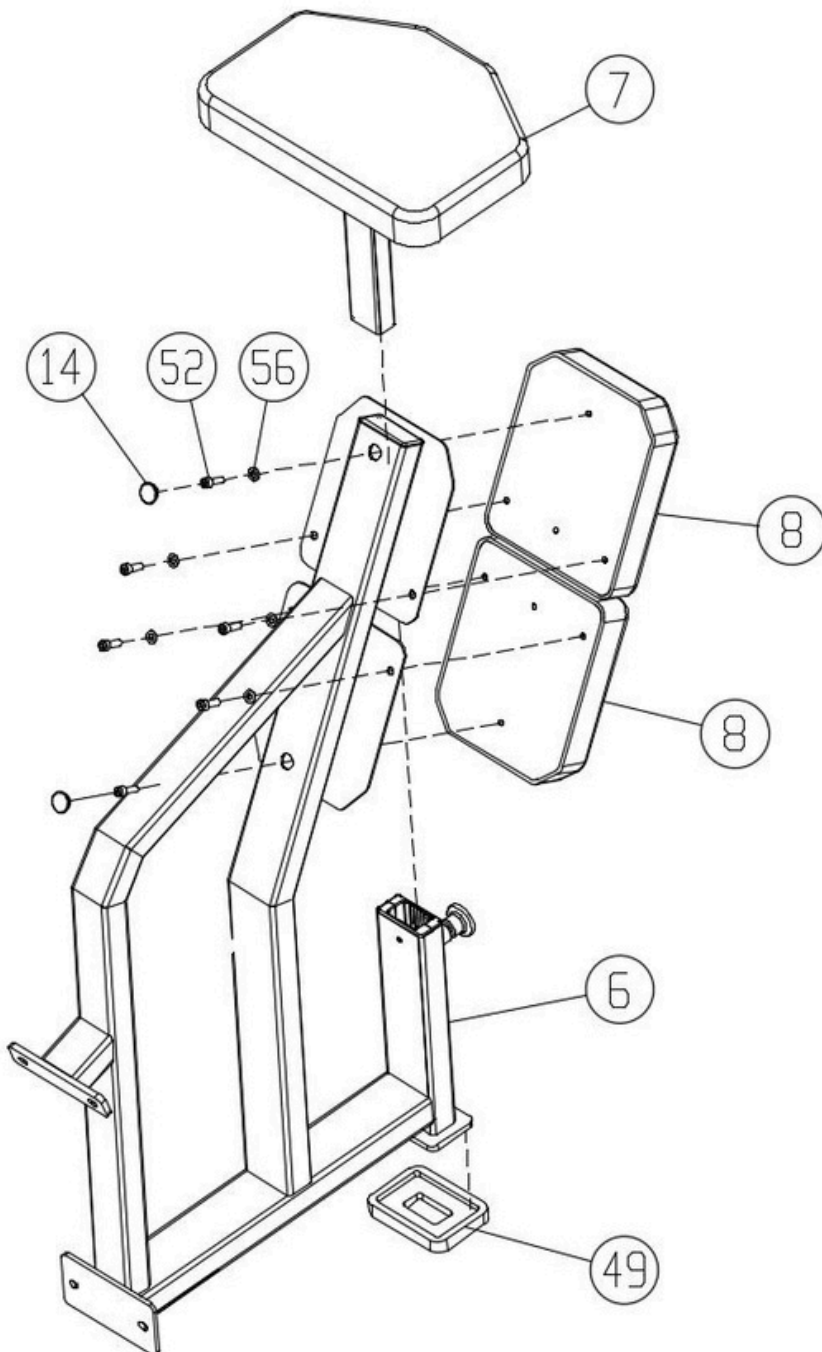


 bottom bracket1(#3)	 12xHexagon socket cheese head screws M10*60 (#50)
 bottom bracket2(#4)	 12x flat washer M10-D50 (#53)
 Force arm support bracket(#5)	 12x flat washer M10-D20 (#55)
 2X Bell Storage Sleeve(#12)	 12xHexagonal locknuts M10 (#59)
 4X Rectangular feet(#50)	

Step 2:

Attach the Seat Adjustment Assembly (#7), 2 Universal Head Pads (#8), and Rectangular Foot Pads (#49) to the Main Frame Assembly (#6) using the following components:

- 6 x Hexagon socket cheese head screws M10*25 (#52)
- 6 x flat washer M10-D20 (#56)
- 2 x 20plug (#14)



Seat adjustment (#7) kit



2 x Universal head gasket (#8)



2X20Plug (#14)



Rectangular feet mat (#50)



6 x Hexagon socket cheese head screws M8*25 (#52)

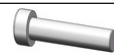
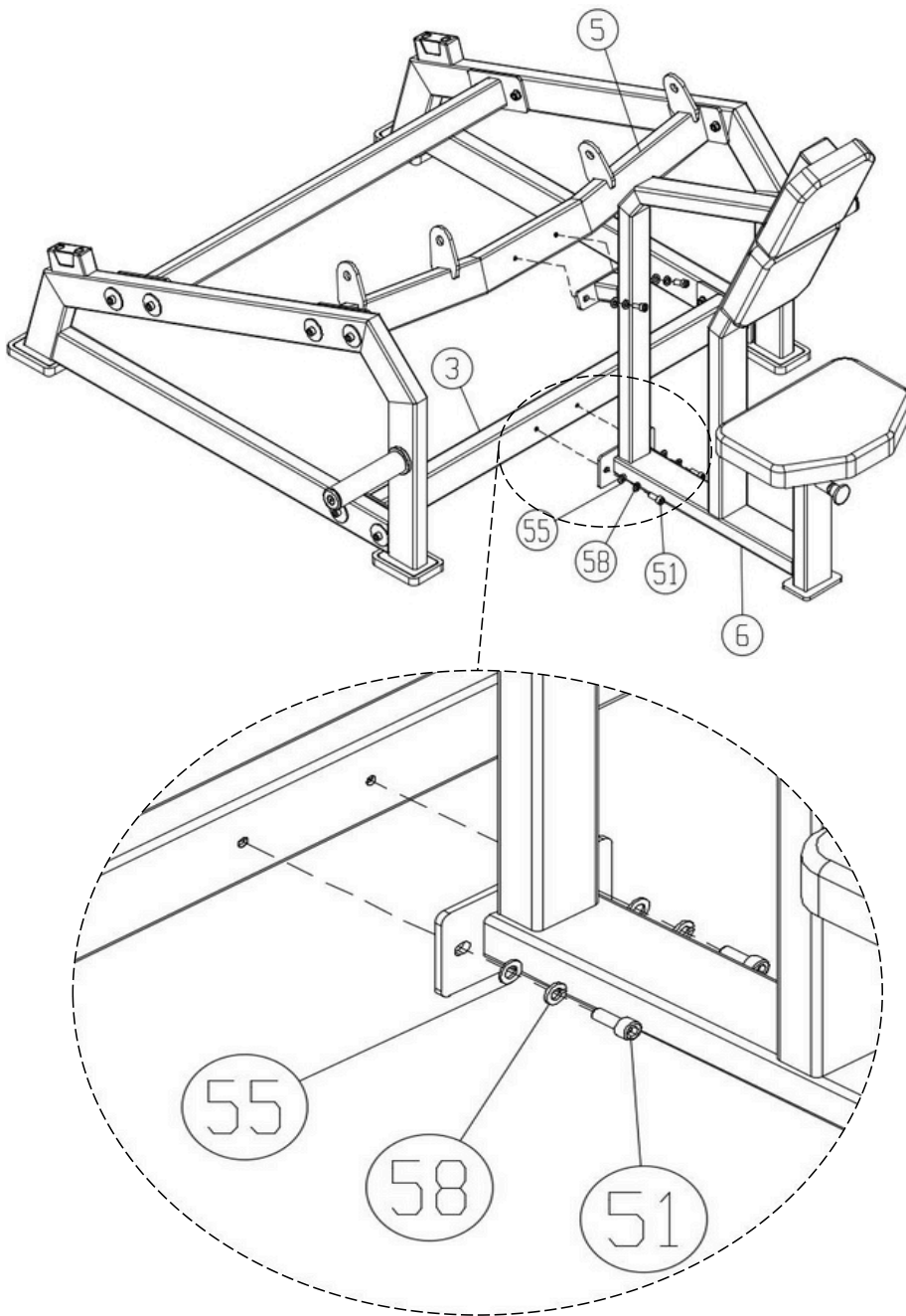


6 x flat washer M8-D16 (#56)

Step 3:

Attach the component completed in step 2 to the component completed in step 1 using the following components:

- 2 x Hexagon socket cheese head screws M10*25 (#52)
- 4 x flat washer M10-D20 (#56)
- 2 x Spring washer M10 (#57)



2xHexagon socket
cheese head screws
M10*25 (#52)



4x flat washerM10-
D20 (#56)



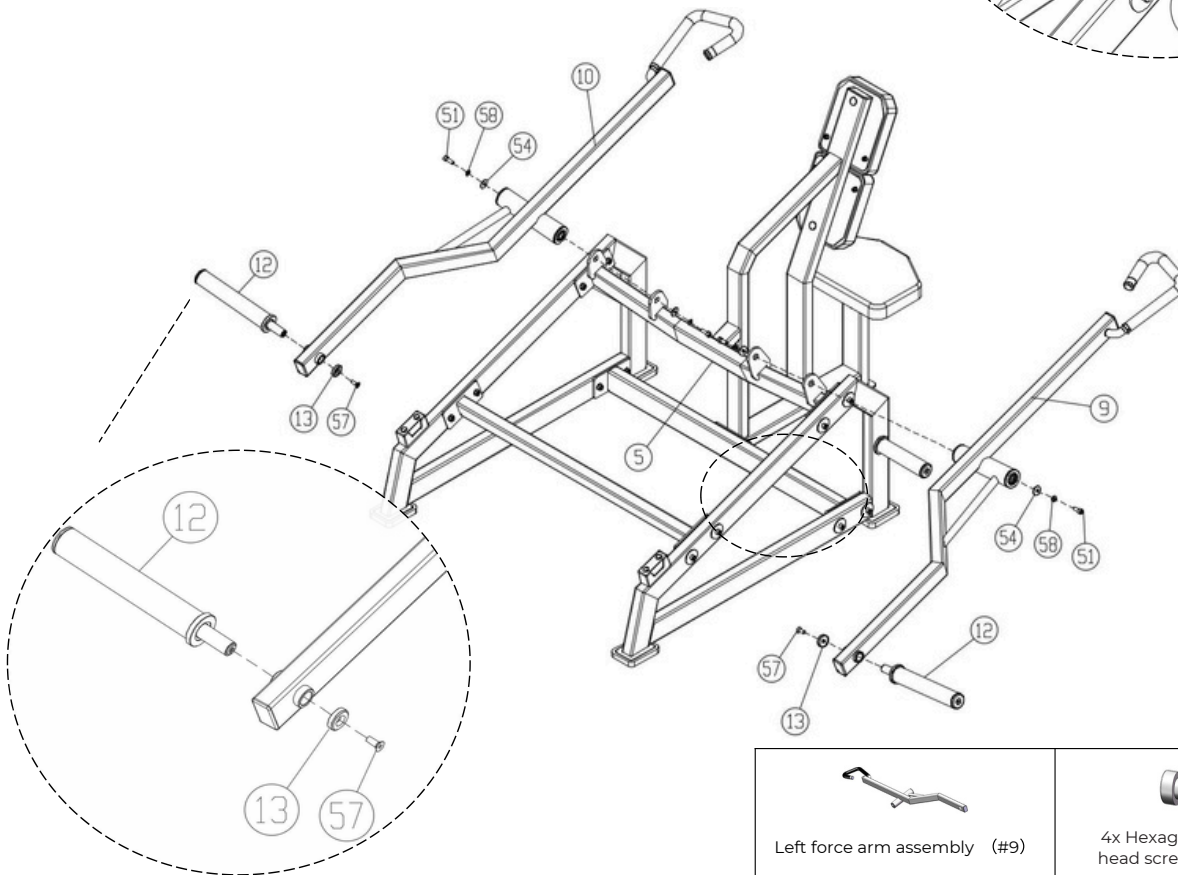
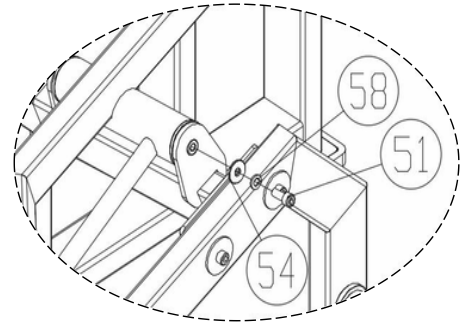
2xSpring washer
M10 (#57)








Step 4:

Attach the Left Force Arm Assembly (#9) to the Left Frame (#1) and the Right Force Arm Assembly (#10) to the Right Frame (#2).

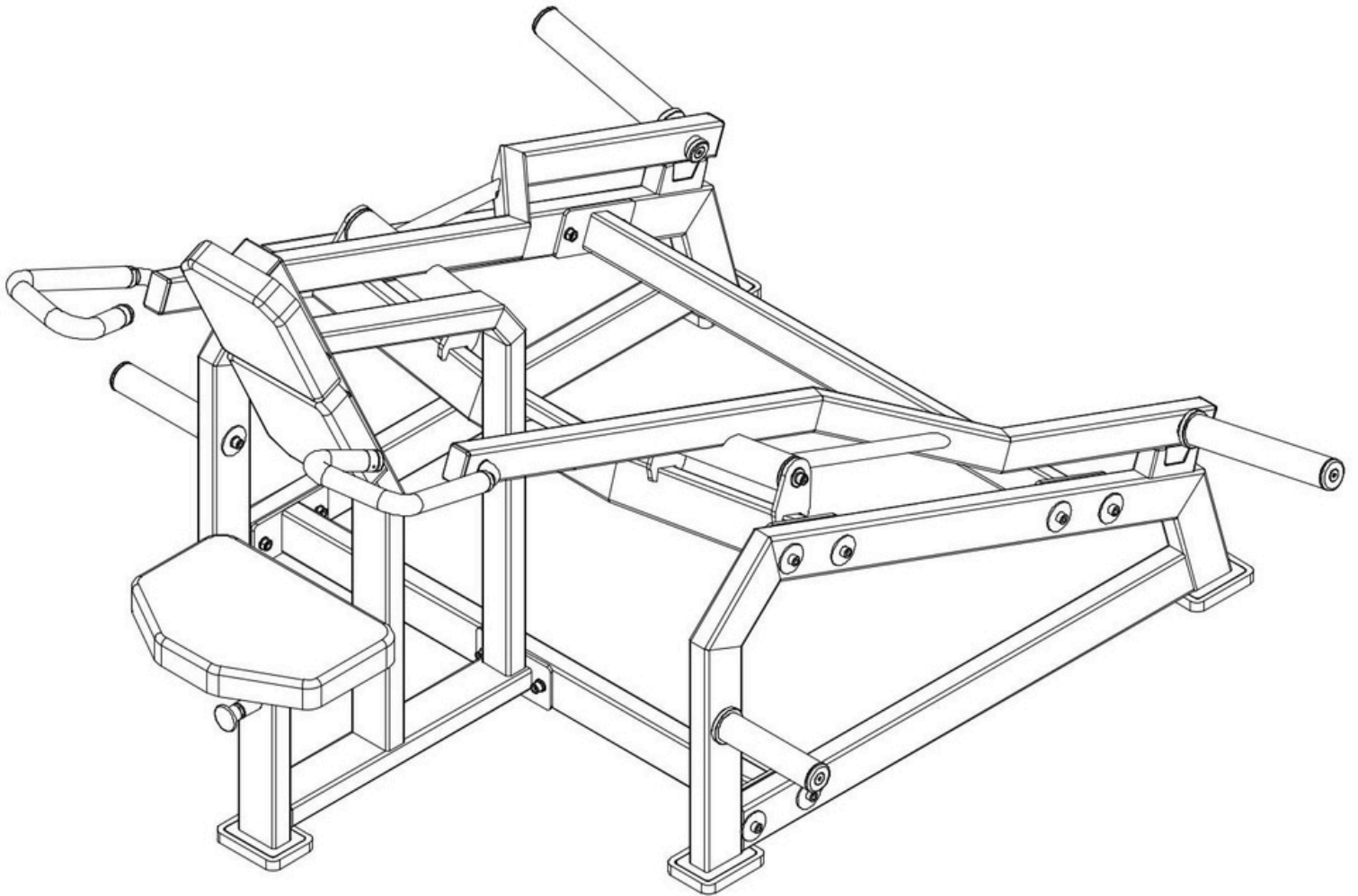
Install 2 Force Arm Sleeve Sets (#12) into the Left and Right Force Arms, and secure both with Hanger Bar Locking Caps (#13) using the following components:

- 4× M10*20 Hexagon socket cheese head screws (#51)
- 4× Flat washers M10-D30 (#54)
- 4× Spring washers M10 (#58)
- 2× M10*25 Countersunk screws (#57)



 Left force arm assembly (#9)	 4x Hexagon socket cheese head screws M10*20 (#51)
 Right force arm assembly (#10)	 4 x flat washer M10-D30 (#54)
 2 X Force Arm Sleeve Set (#12)	 4x Spring washer M10 (#58)
 2 X Hanger Bar Locking Cover (#13)	

Fully Installation



Important Tips

Now that your Seated Dip - Plate Loaded 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.

Accessory List

N0	Name and specification	QTY
1	Left shelf	1
2	Right shelf	1
3	bottom bracket1	1
4	bottom bracket2	1
5	Force arm support bracket	1
6	Main frame assembly	1
7	Seat adjustment kit	1
8	Universal head gasket	2
9	Left force arm assembly	1
10	Right force arm assembly	1
11	plate Storage Sleeve Set	2
12	Force Arm Sleeve Set	2
13	Hanger Bar Locking Cover	2
14	20Plug	2
49	Rectangular feet mat	5
50	Hexagon socket cheese head screws M10*60	12
51	Hexagon socket cheese head screws M10*25	8
52	Hexagon socket cheese head screws M8*25	6
53	Flat washer M10-D50	12
54	Flat washer M10-D30	4
55	Flat washer M10-D20	20
56	Flat washer M8-D16	6
57	Hexagon socket countersunk head screws M10*25	2
58	spring washer M10	8
59	Hexagonal locknuts M10	12

Exploded view

