

# ***FITNESS360***<sup>®</sup>

**FT8046**

**Wide Pulldown - Plate Loaded**



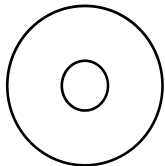
Rubber rod
Level ruler
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

### Fastener Overview

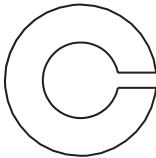
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



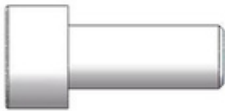
[51] (M10\*60)



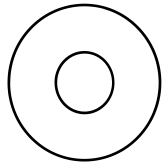
[54] Flat washer M10-D50



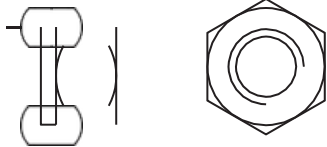
[57] Spring washer M10



[52] (M10\*25)



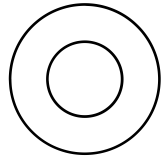
[55] Flat washer M10-D30



[58] Hexagonal self-locking nut M10



[53] (M10\*20)



[56] Flat washer M10-D20

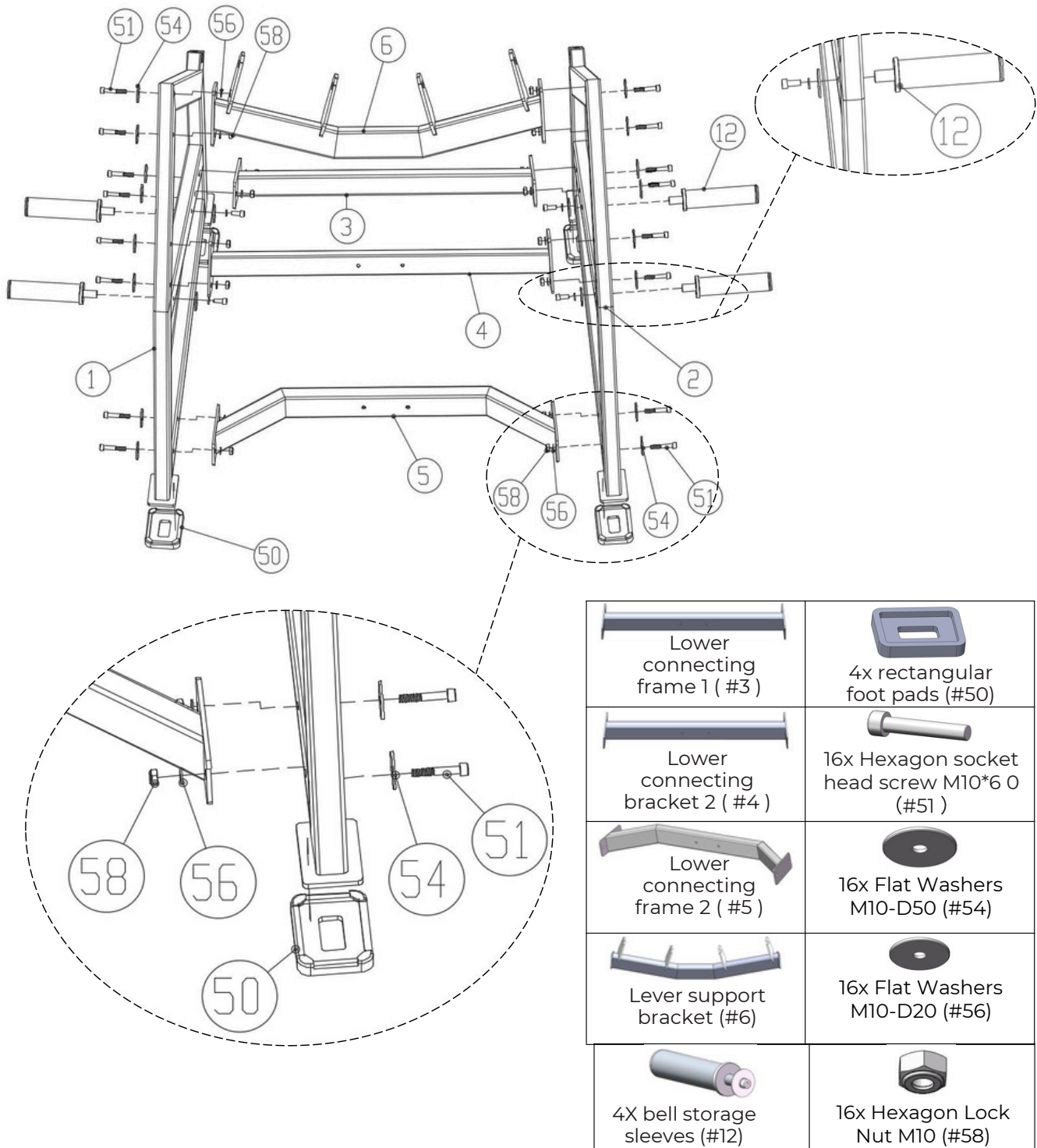
## Step 1:

Attach the lower connecting frames (#3, #4, #5), lever support frame (#6), and 4 bell plate storage sleeves (#12) to the left frame (#1) and right frame (#2).

Also install 4 rectangular foot pads (#50) to the bottom of each frame using the following components:

- 16× M10\*60 Hexagon socket head screws (#51)
- 16× Flat washers M10-D50 (#54)
- 16× Flat washers M10-D20 (#56)
- 16× Hexagon lock nuts M10 (#58)

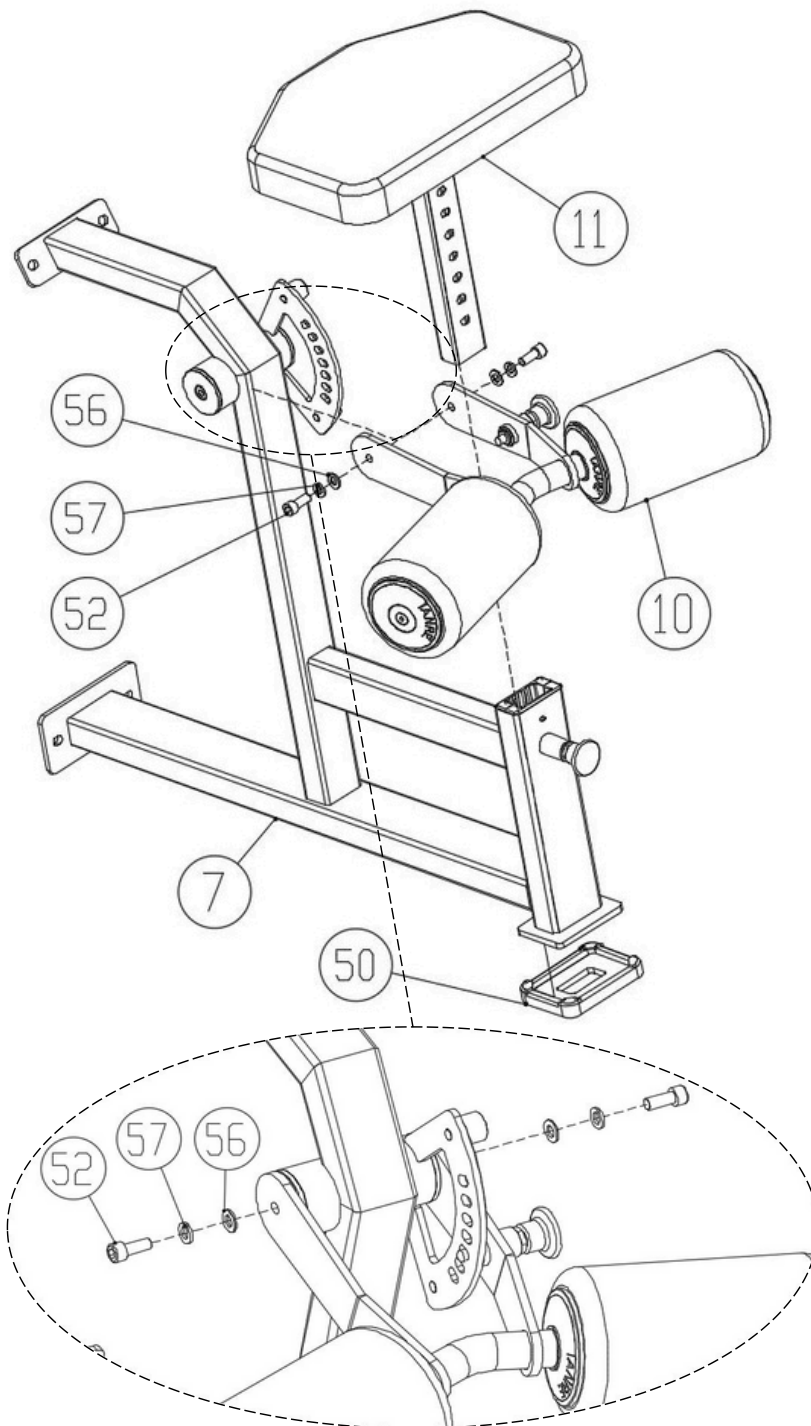
Tighten all bolts with a wrench before proceeding.

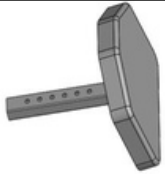







Step 2:

Attach the seat adjustment assembly (#11), dual axis lat stretch stand (#10), and rectangular foot pad (#50) to the main frame assembly (#7) using the following components:

- 2× Hexagon socket head screws M10\*25 (#52)
- 2× Flat washers M10-D20 (#56)
- 2× Spring washers M10 (#57)

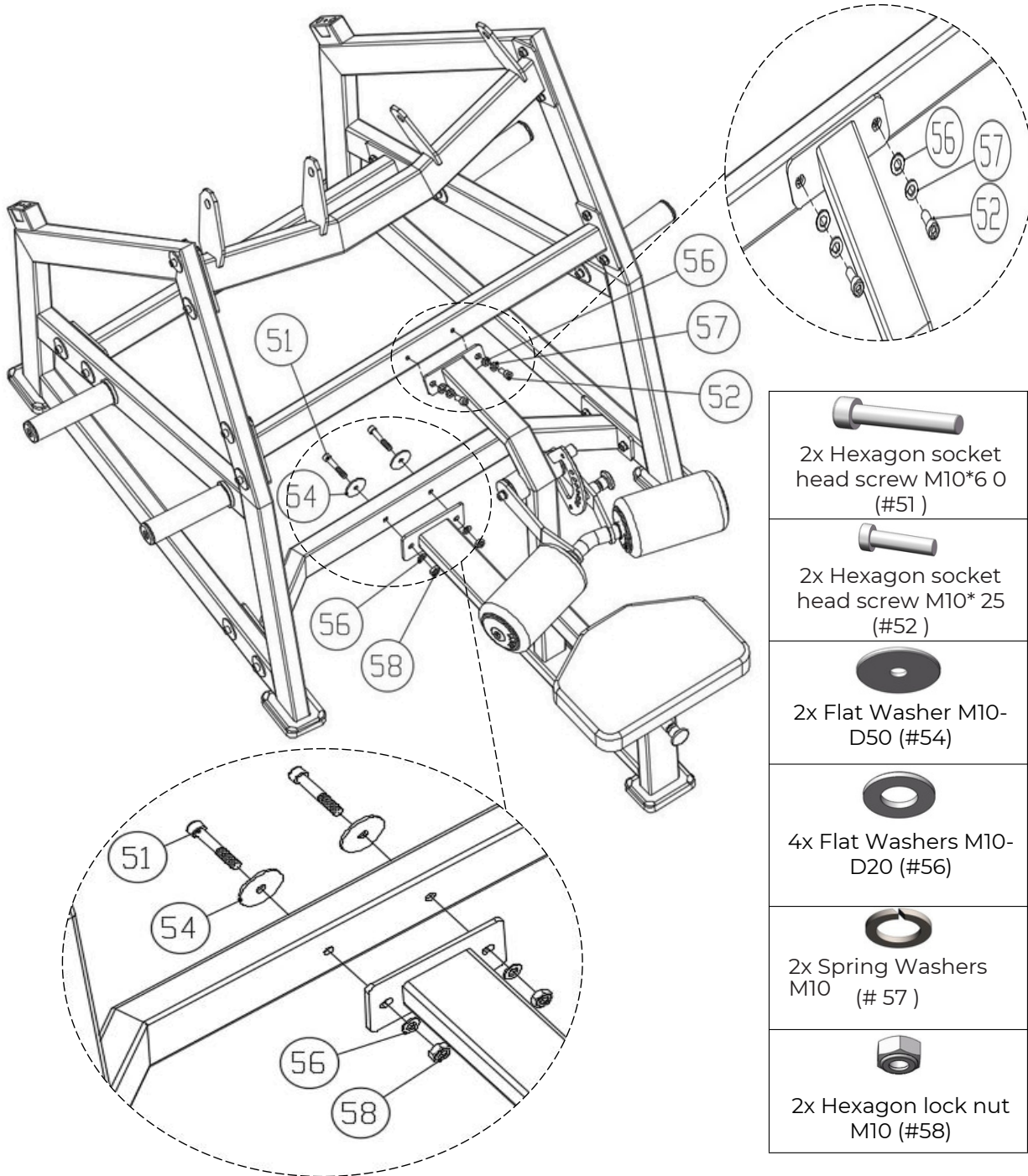



Seat adjustment assembly ( #11 )

Universal Large Back Pad ( #10 )

Rectangular foot pad (#50)

2x Hexagon socket head screw M10* 25 (#52 )

2x Spring washers M10 (# 57 )

2x Flat Washers M10-D20 (#56 )

### Step 3:

Connect the component from Step 2 to the component from Step 1 using the following components:

- 2x Hexagon socket head screws M10\*60 (#51)
- 2x Hexagon socket head screws M10\*25 (#52)
- 2x Flat washers M10-D50 (#54)
- 4x Flat washers M10-D20 (#56)
- 2x Spring washers M10 (#57)
- 2x Hexagon lock nuts M10 (#58)

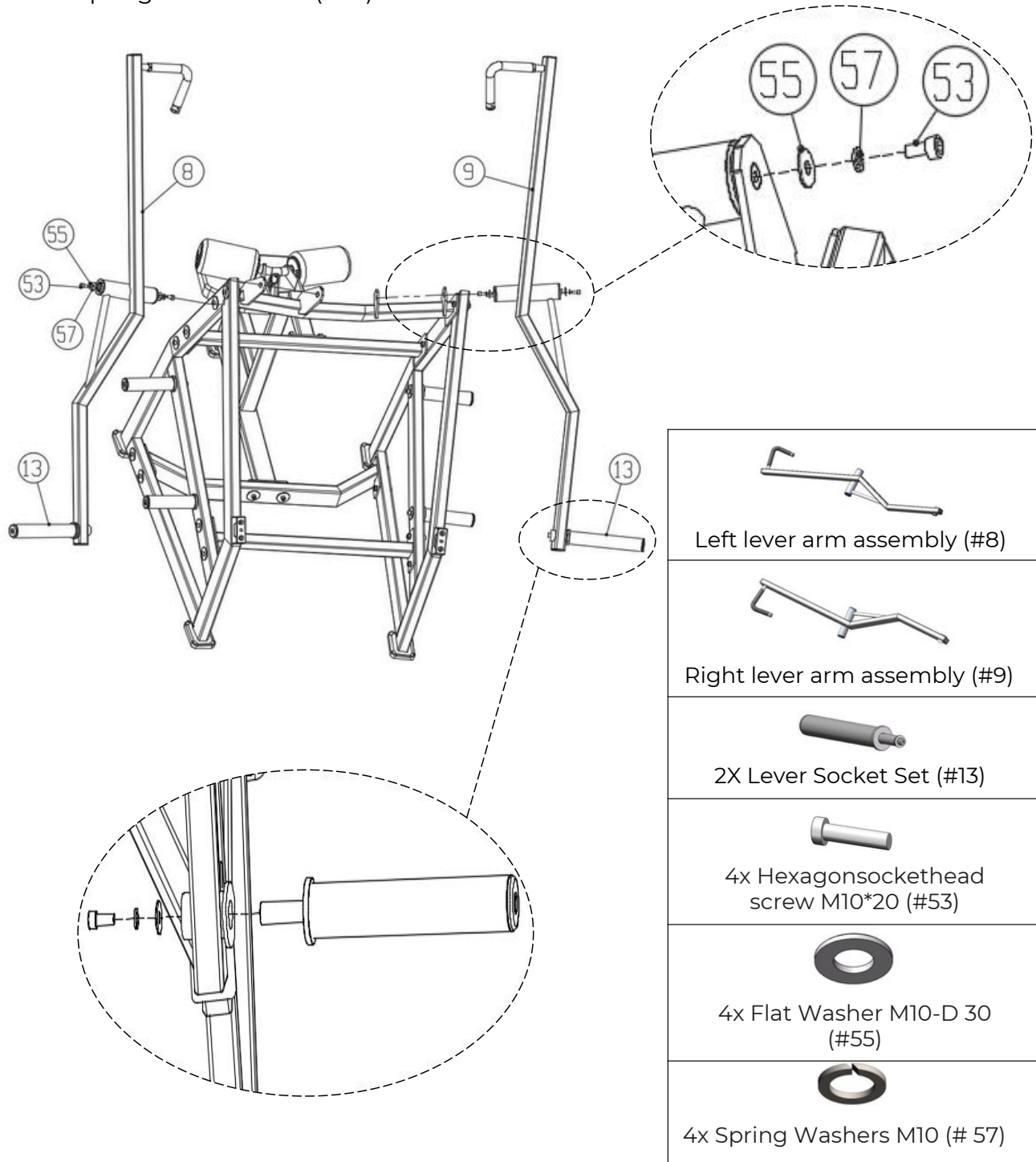




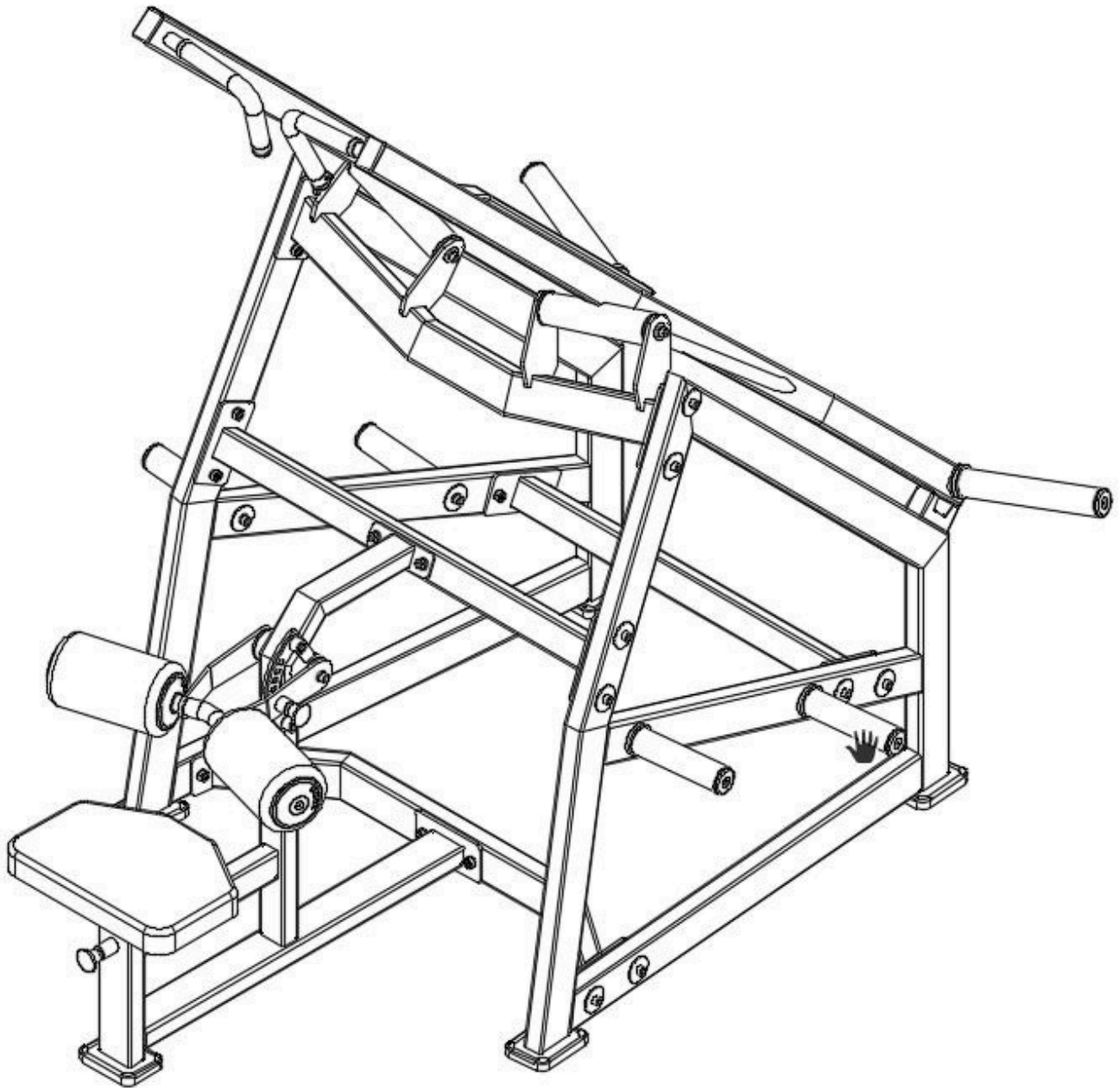
#### Step 4:

Attach the left lever arm (#8) to the left frame (#1) and the right lever arm (#9) to the right frame (#2). Then connect the two lever arm sleeves (#13) to both lever arms using the following components:

- 4× Hexagon socket head screws M10\*20 (#53)
- 4× Flat washers M10-D30 (#55)
- 4× Spring washers M10 (#57)



## Fully Installation



### Important Tips

Now that your Wide Pulldown - 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

NO	Name and specification	QTY
1	Left side frame	1
2	Right side frame	1
3	Lower connecting frame 1	1
4	Lower connecting frame 2	1
5	Lower connecting frame 3	1
6	Arm support	1
7	Main frame components	1
8	Left lever arm assembly	1
9	Right lever arm assembly	1
10	Double axis high back muscle press stand	1
11	Seat adjustment components	1
12	Bell Plate Storage Sleeve Set	4
13	Lever sleeve set	2
50	Rectangular foot pads	5
51	Hexagon socket head screw M10*60	18
52	Hexagon socket head screw M10*25	4
53	Hexagon socket head screw M10*20	4
54	Flat washer M10-D50	18
55	Flat washer M10-D30	4
56	Flat washer M10-D20	22
57	Spring washer M10	8
58	Hexagon lock nut M10	18



# Exploded view

