

FITNESS360[®]

FT8048

Seated Row - Plate Loaded



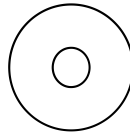
Rubber mallet
Level ruler
Allen key
Two person
Spring clamp
Adjustable Wrench

Fastener Overview

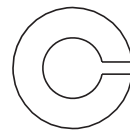
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



[51] (M10*70) washer M10



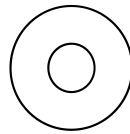
[56] flat washer M10-D50



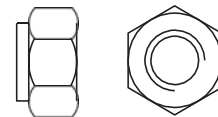
[55] Spring



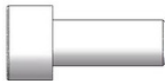
self-locking nuts M10 [52]
(M10*60)



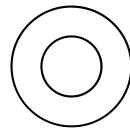
[57] flat washer M10-D30



[60] Hexagonal



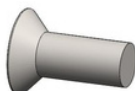
[53] (M10*25)



[58] flat washer M10-D20



[54] (M10*20)



[59] (M10*25)

Step 1:

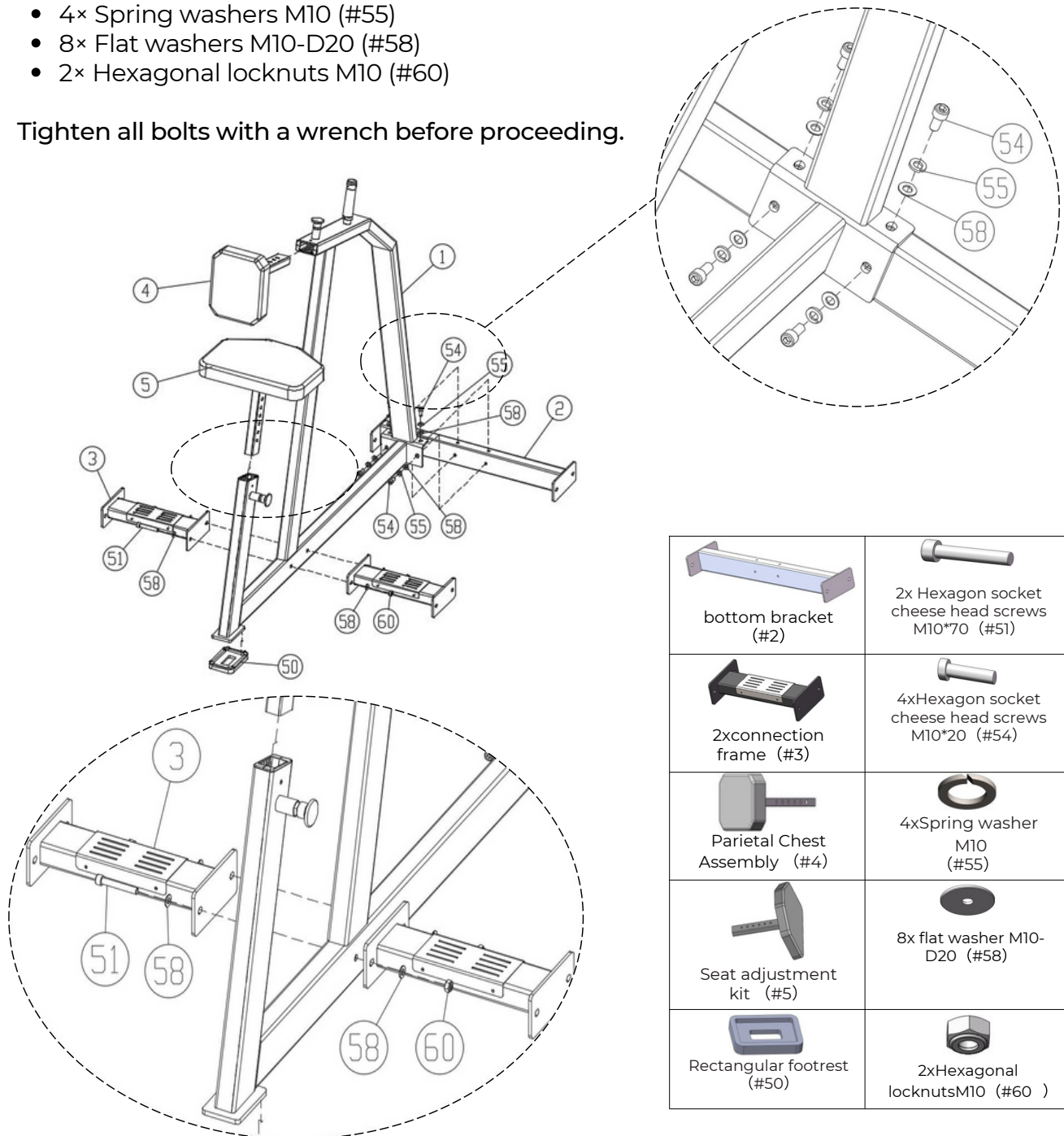
Attach the bottom bracket (#2) under the main frame (#1). Fix the two connection brackets (#3) to both sides of the main frame.

Mount the parietal chest assembly (#4), seat adjustment kit (#5), and rectangular foot pads (#50) to the main frame (#1).

Use the following components:

- 2× Hexagon socket cheese head screws M10×70 (#51)
- 4× Hexagon socket cheese head screws M10×20 (#54)
- 4× Spring washers M10 (#55)
- 8× Flat washers M10-D20 (#58)
- 2× Hexagonal locknuts M10 (#60)

Tighten all bolts with a wrench before proceeding.



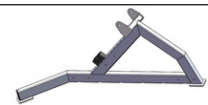
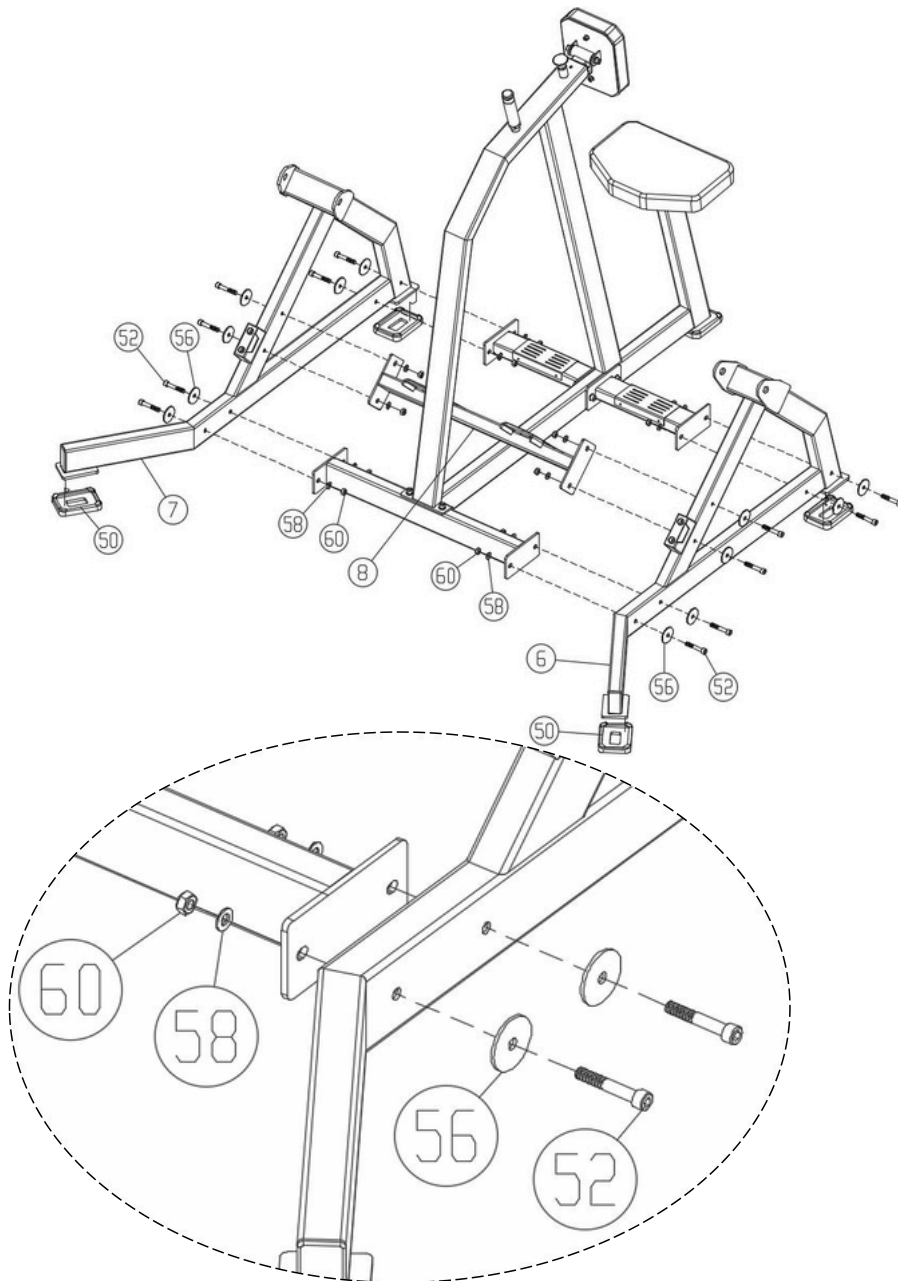
	2x Hexagon socket cheese head screws M10*70 (#51)
	4x Hexagon socket cheese head screws M10*20 (#54)
	4x Spring washer M10 (#55)
	8x flat washer M10-D20 (#58)
	2x Hexagonal locknuts M10 (#60)

Step 2:

Attach the left shelf assembly (#6) and right shelf assembly (#7) to the frame. Then connect both shelf assemblies with the foot connecting bracket (#8). Install the 4 rectangular foot pads (#50) to the bottom of the shelf assemblies.

Use the following components:

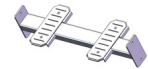
- 12× Hexagon socket cheese head screws M10×60 (#52)
- 12× Flat washers M10-D50 (#56)
- 12× Flat washers M10-D20 (#58)
- 12× Hexagonal locknuts M10 (#60)



Left Shelf Assembly(#6)



Right Shelf Assembly (#7)



Foot connecting bracket (#8)



4XRectangular footrest (#50)



12xHexagon socket cheese head screws M10*60 (#52)



12xflat washer M10-D50 (#56)



12xflat washer M10-D20 (#58)



12xHexagonal locknuts M10 (#60)

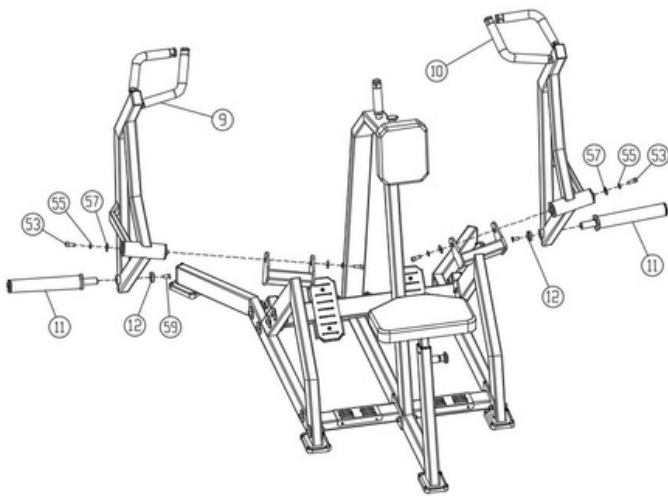
Step 3:

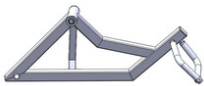







Attach the two force arm sleeve sets (#11) to the left force arm (#9) and right force arm (#10). Secure both sleeves with the hanger bar locking covers (#12).

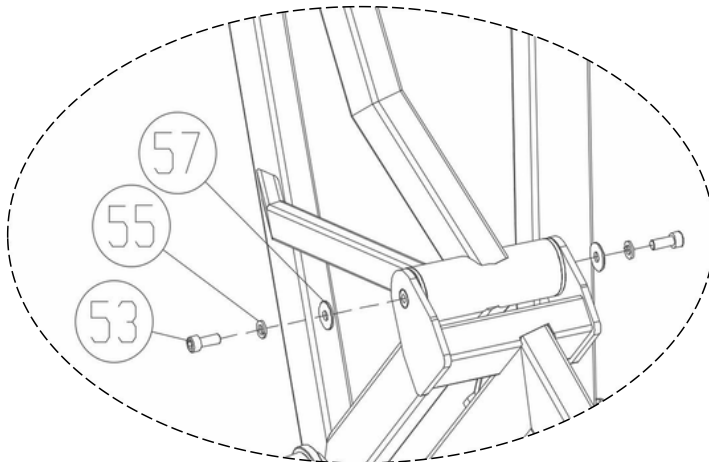
Then mount the left force arm (#9) to the left frame (#6) and the right force arm (#10) to the right frame (#7).

Use the following components:

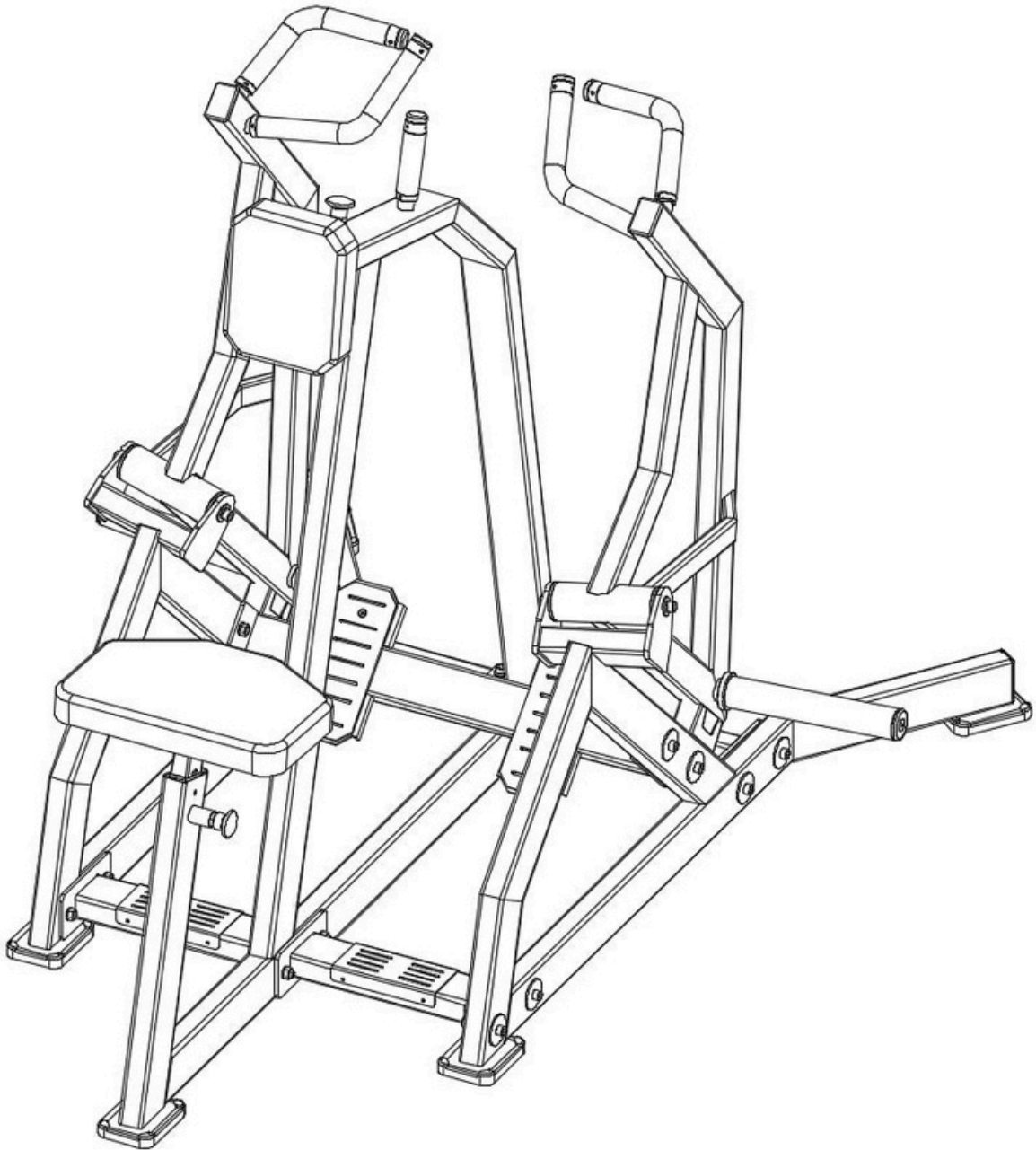
- 4× Hexagon socket cheese head screws M10×25 (#53)
- 4× Flat washers M10-D30 (#57)
- 4× Spring washers M10 (#55)
- 2× Hexagon socket countersunk head screws M10×25 (#59)



 Left force arm assembly (#9)	 4x Hexagon socket cheese head screws M10*25 (#53)
 Right force arm assembly (#10)	 2x Hexagon socket countersunk head screws M10*25 (#59)
 2 X Force Arm Sleeve Set (#11)	 4 x flat washer M10-D30 (#57)
 2 X Hanger Bar Locking Cover (#12)	 4xSpring washer M10 (#55)



Fully Installation



Important Tips

Now that your Seated Row - 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	Main frame assembly	1
2	bottom bracket	1
3	connection frame	2
4	Parietal Chest Assembly	1
5	Seat adjustment kit	1
6	Left Shelf Assembly	1
7	Right Shelf Assembly	1
8	Feet connectors	1
9	Left force arm assembly	1
10	Right force arm assembly	1
11	Force Arm Sleeve Set	2
12	Hanger Bar Locking Cover	2
50	Rectangular feetrest	5
51	Hexagon socket cheese head screws M10*70	2
52	Hexagon socket cheese head screws M10*60	12
53	Hexagon socket cheese head screws M10*25	4
54	Hexagon socket cheese head screws M10*20	4
55	Spring washer M10	8
56	Flat washer M10-D50	12
57	Flat washer M10-D30	4
58	Flat washer M10-D20	20
59	Hexagon socket countersunk head screws M10*25	2
60	Hexagonal locknuts M10	14

Exploded view

