

FITNESS360[®]

FT8049

Low Row - Plate Loaded



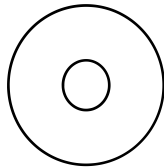
Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Fastener Overview

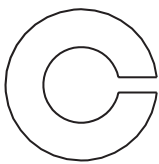
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



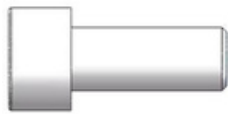
[52] (M10*60)



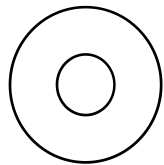
[56]flat washer M10-D50



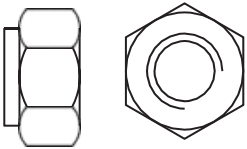
[59]Spring washer M10



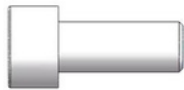
[53] (M10*25)



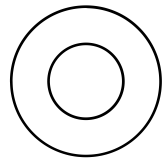
[57]flat washer M10-D30



[60]Hexagonal self-locking nuts M10



[54] (M10*20)



[58]flat washer M10-D20



[55] (M8*12)

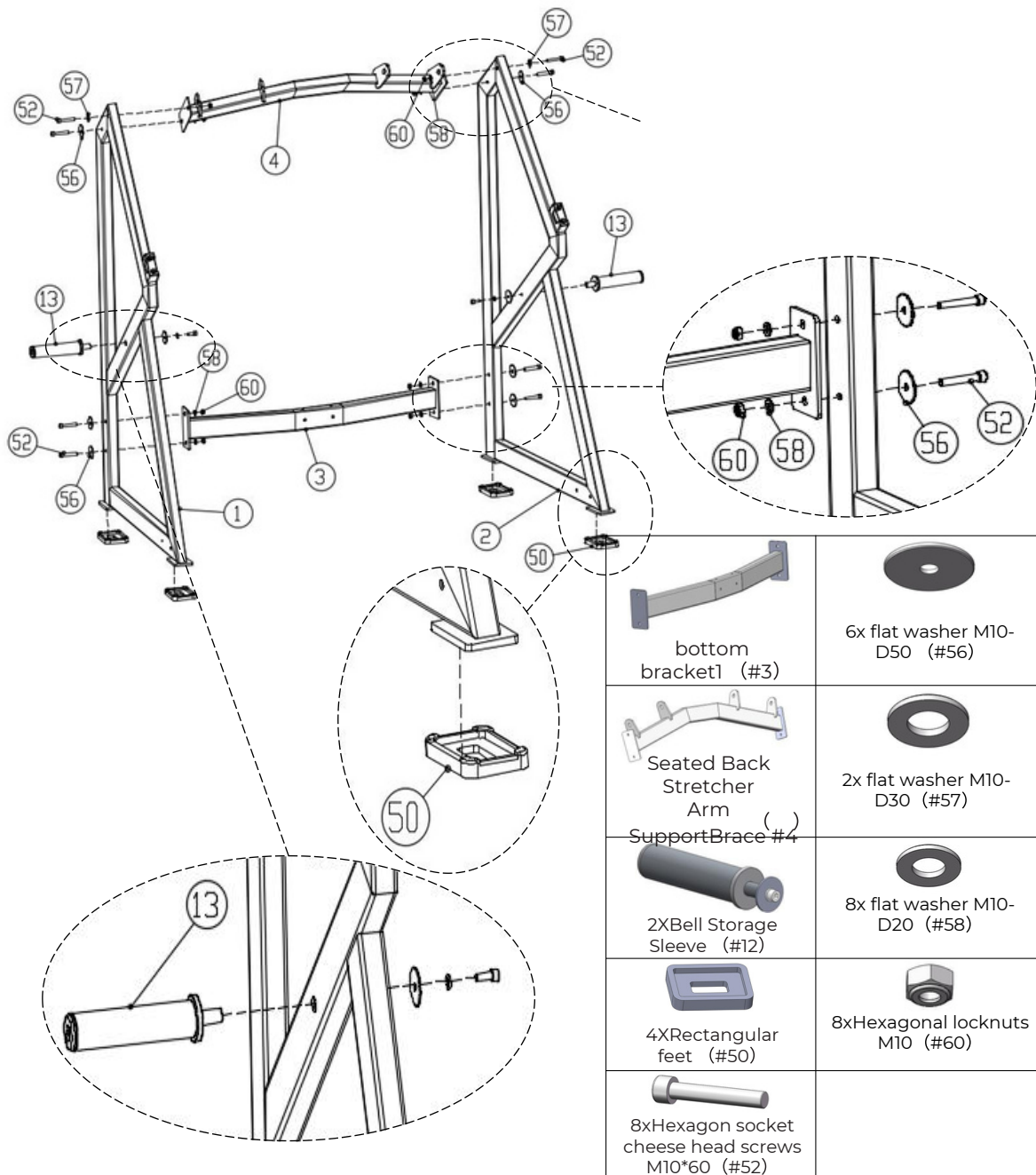
Step 1:

Connect the left frame (#1) and the right frame (#2) using the lower connection bracket (#3) and the force arm support bracket (#4). Install the 2 bell storage sleeve sets (#13) to both frames, and mount the 4 rectangular foot pads (#50).

Use the following components:

- 8x Hexagon socket head screws M10×60 (#52)
- 6x Flat washers M10-D50 (#56)
- 2x Flat washers M10-D30 (#57)
- 8x Flat washers M10-D20 (#58)
- 8x Hexagonal locknuts M10 (#60)

Tighten all bolts with a wrench before proceeding.

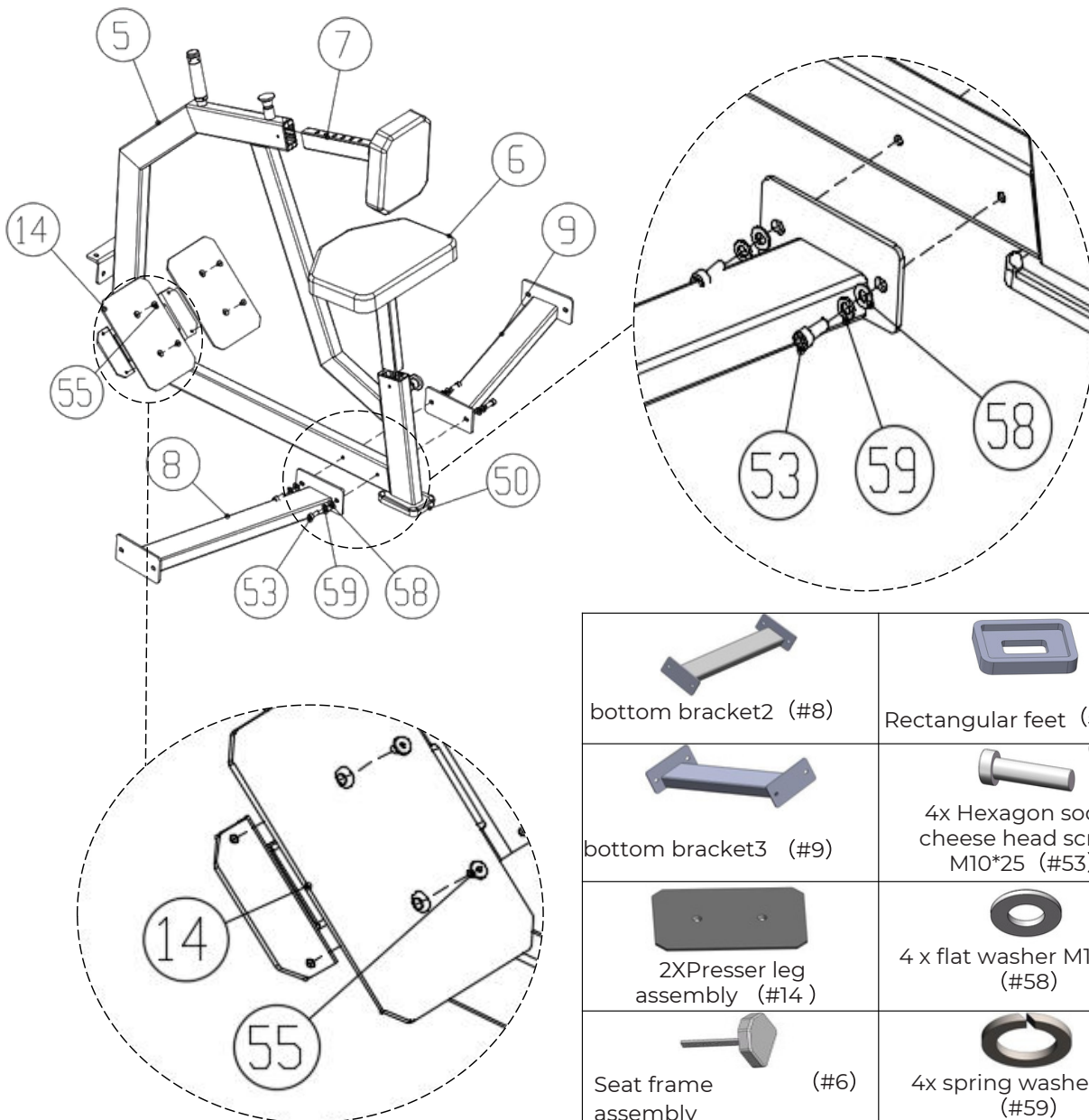












Step 2:

Attach the seat adjustment assembly (#6), chest pad components (#7), lower attachment frame 2 (#8), lower attachment frame 3 (#9), and the 2 pull-back footrests (#14) to the main frame assembly (#5).

Use the following components:

- 4x Hexagon socket cheese head screws M10×25 (#53)
- 4x Flat washers M10-D20 (#58)
- 4x Spring washers M10 (#59)
- 4x Hexagon socket countersunk head screws M8×12 (#55)

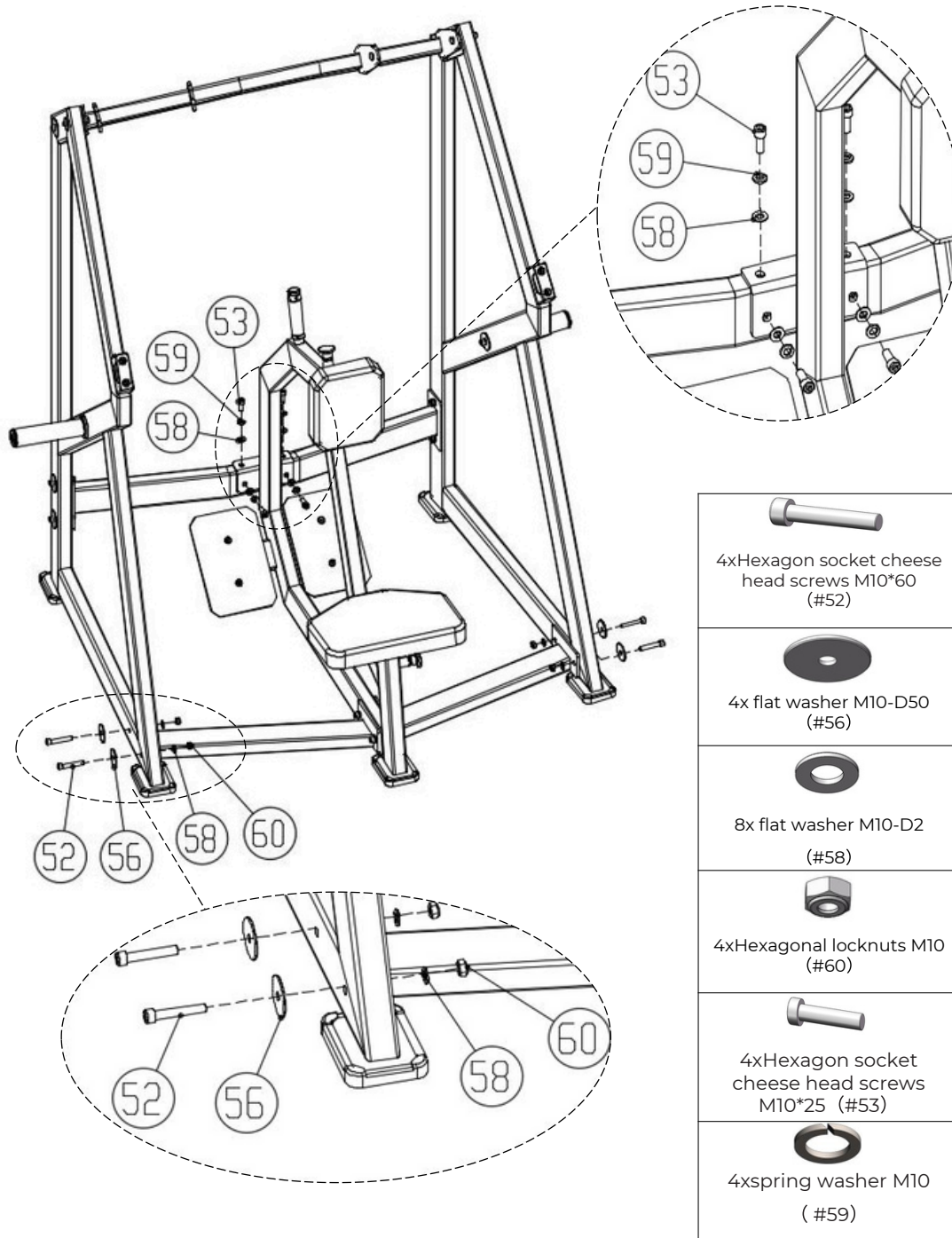


	
bottom bracket2 (#8)	Rectangular feet (#5)
	
bottom bracket3 (#9)	4x Hexagon socket cheese head screws M10*25 (#53)
	
2XPresser leg assembly (#14)	4 x flat washer M10-D20 (#58)
	
Seat frame assembly (#6)	4x spring washer M10 (#59)
	
Chest Pad Components (#7)	4x Hexagon socket countersunk head screws M8 *12 (#55)

Step 3:

Attach the assembly completed in Step 2 to the assembly completed in Step 1 using the following components:

- 4x Hexagon socket head cap screws M10*60 (#52)
- 4x Flat washers M10-D50 (#56)
- 8x flat washers M10-D20 (#58)
- 4x hexagonal locknuts M10 (#60)
- 4x Hexagon socket cheese head screws M10*25 (#53)
- 4x Spring washers M10 (#59)

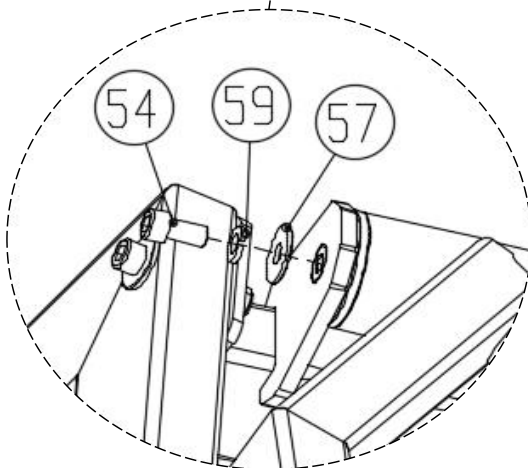
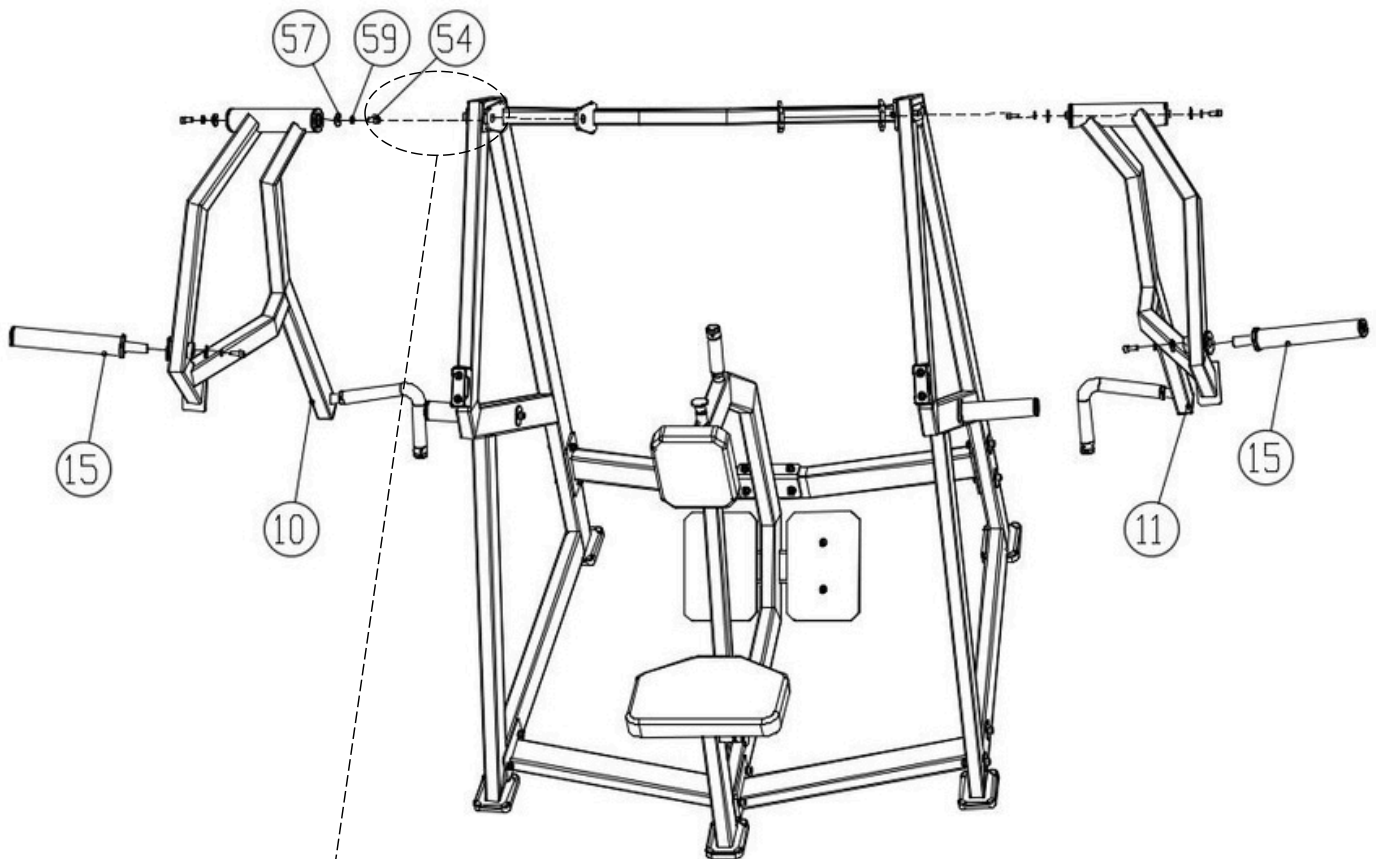








Step 4:

Attach the left force arm assembly (#10) to the left frame (#1), and the right force arm assembly (#11) to the right frame (#2).

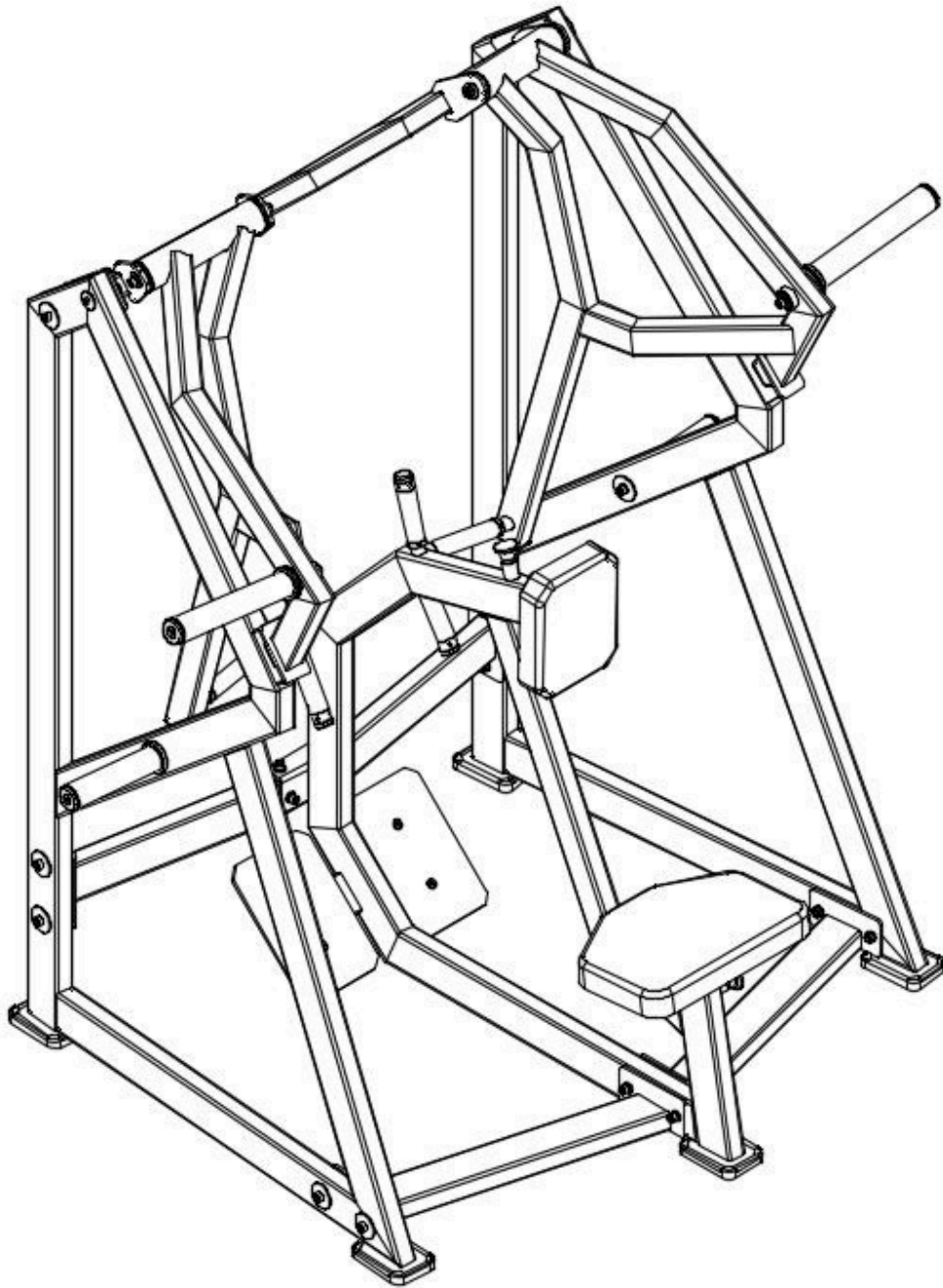
Connect the 2 force arm sleeve sets (#15) to the left and right force arm assemblies (#10 and #11) using the following method:

- 4x Hexagon socket cheese head screws M10×20 (#54)
- 4x Flat washers M10-D30 (#57)
- 4x Spring washers M10 (#59)



 Left force arm assembly (#10)	 4x Hexagon socket cheese head screws M10×20 (#54)
 Right force arm assembly (#11)	 4 x Flat washers M10-D30 (#57)
 2XForce Arm Sleeve Set (#15)	 4x spring washer M10 (#59)

Fully Installation



Important Tips

Now that your Low 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

no	Name and specifications	QTY
1	Left rack	1
2	Right rack	1
3	Lower connection bracket 1	1
4	Force arm support bracket	1
5	Main frame assembly	1
6	Seat frame assembly	1
7	Top Chest Kit Assembly	1
8	Lower connection bracket 2	1
9	Lower connection bracket 3	1
10	Left force arm assembly	1
11	Right force arm assembly	1
13	Bell Blade Storage Sleeve Set	2
14	Pull Back Pedal	2
15	Force Arm Sleeve Set	2
50	Rectangular feet	5
52	Hexagon socket cheese head screws M10*60	12
53	Hexagon socket cheese head screws M10*25	8
54	Hexagon socket cheese head screws M10*20	4
55	Hexagon socket countersunk head screws M8*12	4
56	flat washer M10-D50	10
57	flat washer M10-D30	6
58	flat washer M10-D20	20
59	Spring washer M10	12
60	Hexagonal locknuts M10	12

Exploded view

