

FITNESS360[®]

FT8050

D.Y. Row - Plate Loaded



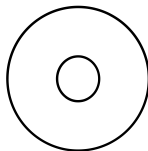
| |
|-------------------|
| Rubber rod |
| Level |
| Hexagon wrench |
| Two people |
| Circlip pliers |
| Adjustable wrench |

Fastener Overview

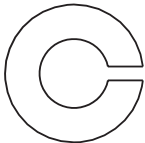
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



[52] (M10*60)



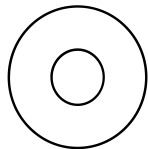
[56] Flat washer M10-D50



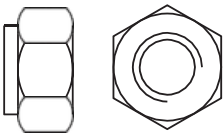
[59] Spring washer M10



[53] (M10*25)



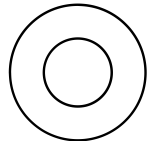
[57] Flat washer M10-D30



[60] Hexagonal self-locking nut M10



[54] (M10*20)



[58] Flat washer M10-D20



[55] (M8*12)

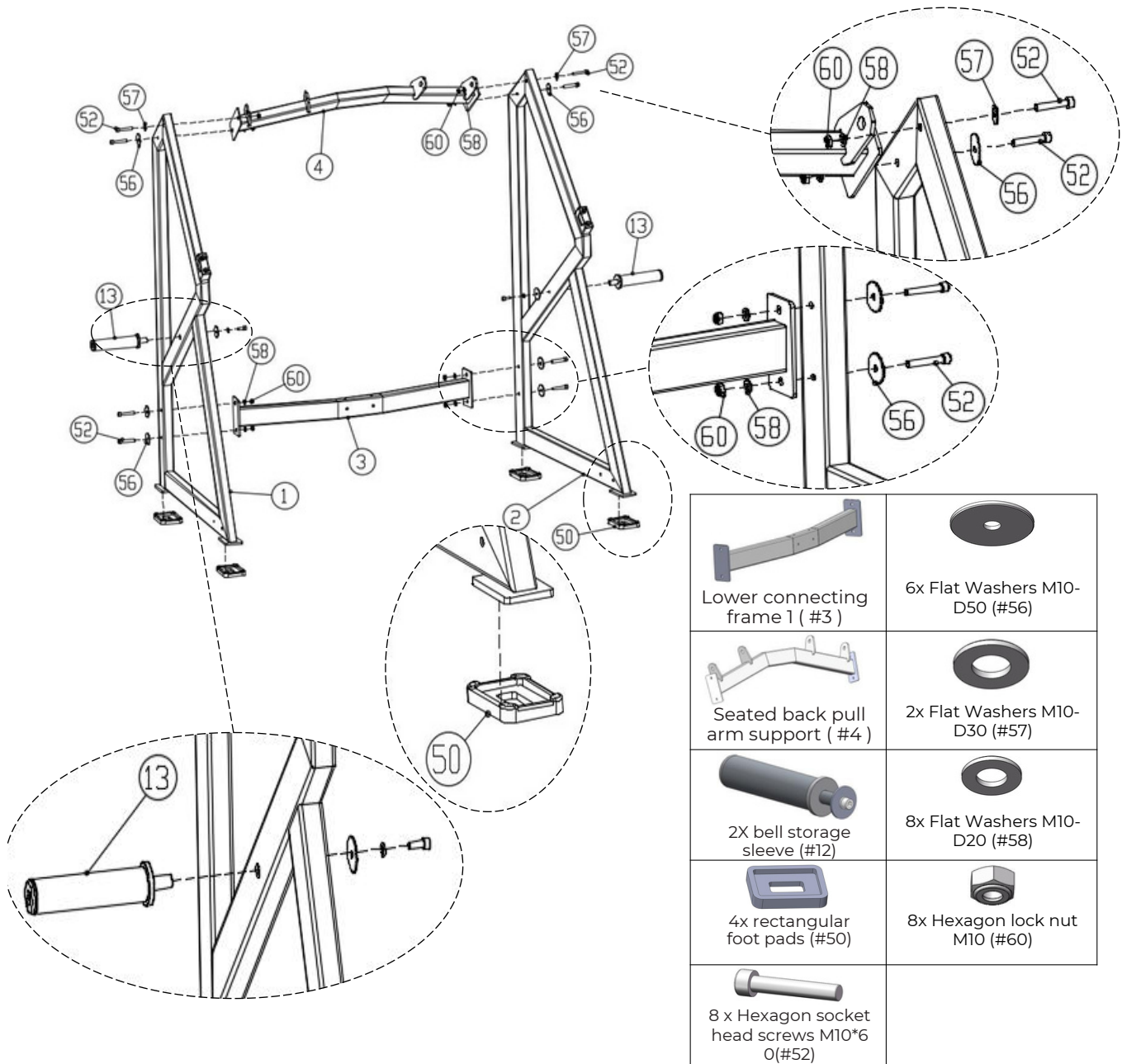
Step 1:

Begin by connecting the left frame (#1) and right frame (#2) using the lower connecting frame (#3). Then attach the lever support frame (#4). Install the two bell plate storage sleeves (#13) onto both the left and right frames, and place the four rectangular foot pads (#50) – two per frame.

Use the following components:

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

Tighten all bolts with a wrench before proceeding.

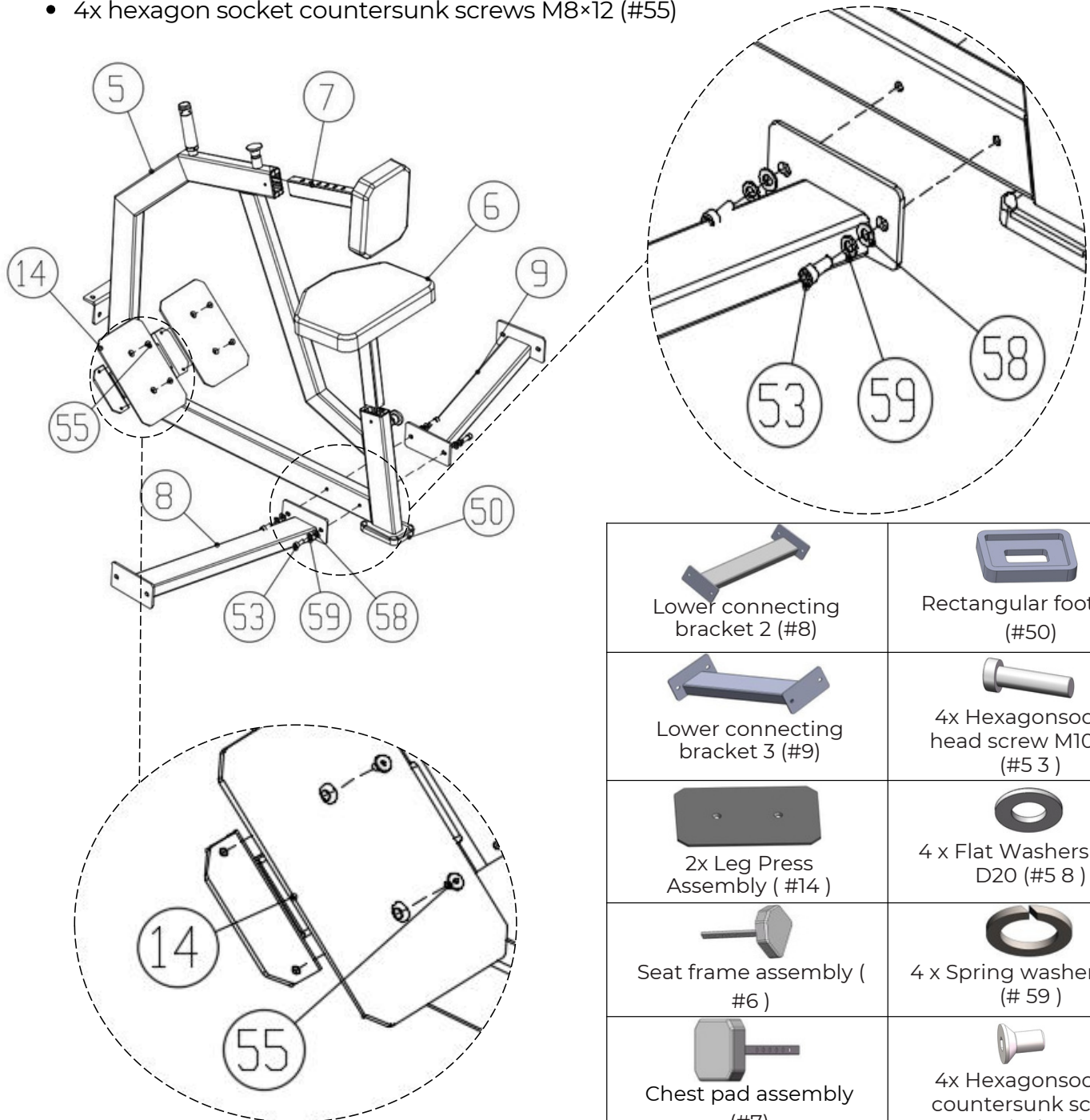












Step 2:

Attach the seat adjustment assembly (#6), chest support assembly (#7), lower connecting frames (#8 and #9), and both pull-back footrests (#14) to the main frame assembly (#5). Also install the rectangular foot pad (#50).

Use the following components:

- 4x hexagon socket head screws M10×25 (#53)
- 4x flat washers M10-D20 (#58)
- 4x spring washers M10 (#59)
- 4x hexagon socket countersunk screws M8×12 (#55)



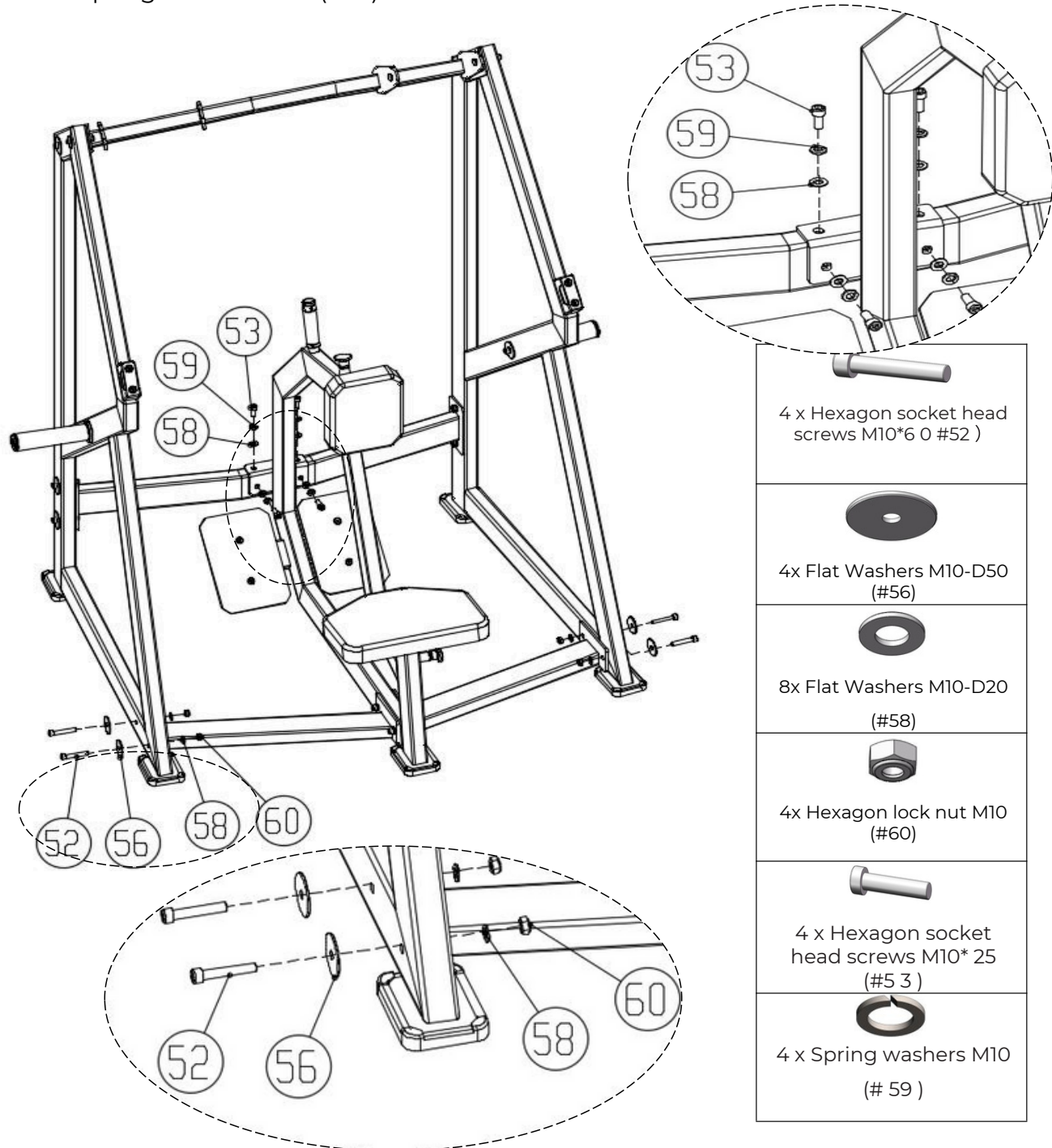
| | |
|---|--|
|  Lower connecting bracket 2 (#8) |  Rectangular foot pad (#50) |
|  Lower connecting bracket 3 (#9) |  4x Hexagonsocket head screw M10* 25 (#53) |
|  2x Leg Press Assembly (#14) |  4 x Flat Washers M10-D20 (#58) |
|  Seat frame assembly (#6) |  4 x Spring washers M10 (#59) |
|  Chest pad assembly (#7) |  4x Hexagonsocket countersunk screw M8*12(#55) |

Step 3:

Connect the structure assembled in Step 2 with the structure from Step 1.

Use the following components:

- 4x Hexagon socket head screws M10×60 (#52)
- 4x Flat washers M10-D50 (#56)
- 8x Flat washers M10-D20 (#58)
- 4x Hexagon lock nuts M10 (#60)
- 4x Hexagon socket head screws M10×25 (#53)
- 4x Spring washers M10 (#59)

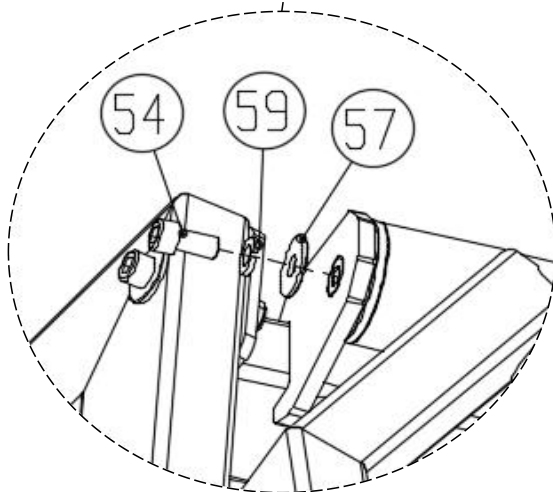
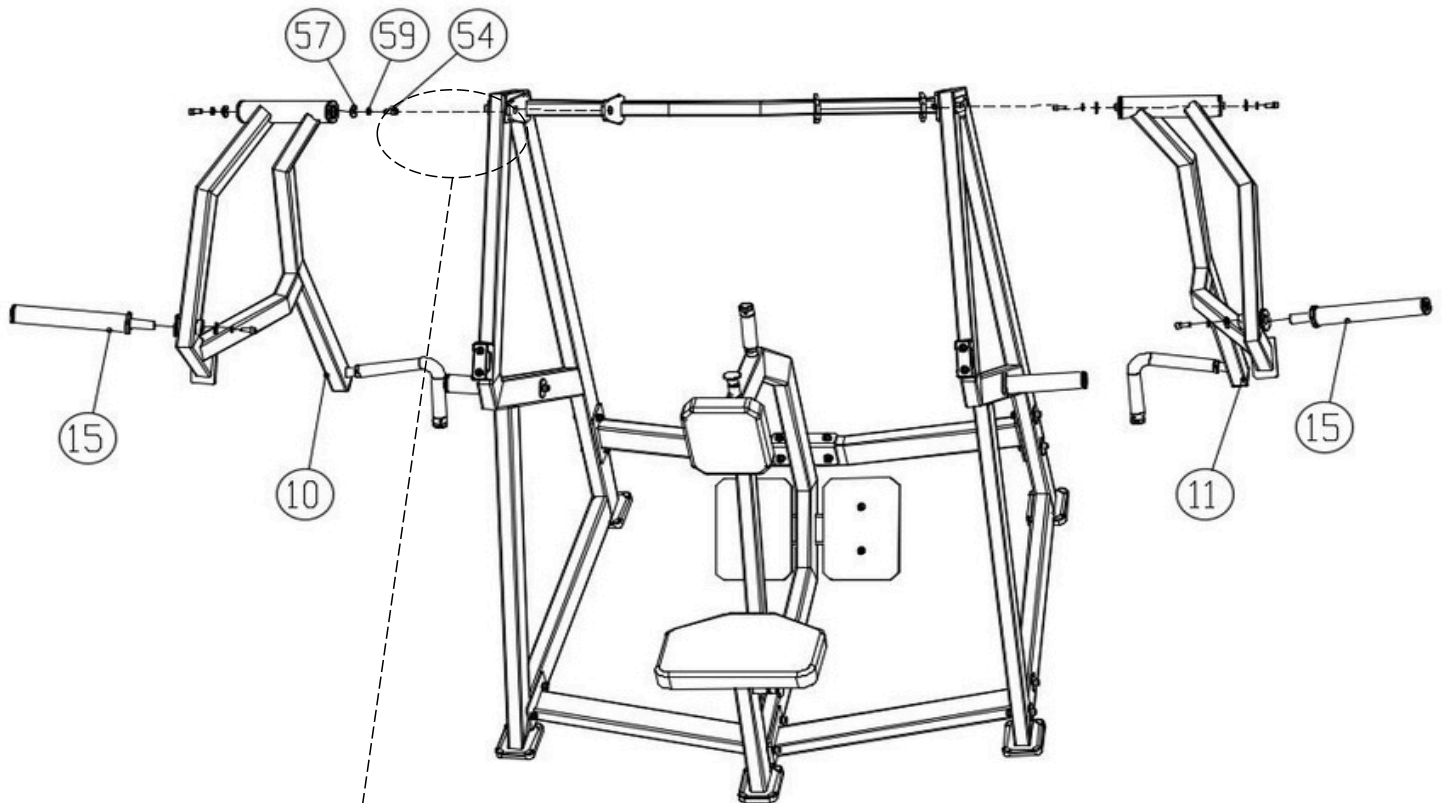








Step 4:

Connect the left lever assembly (#10) to the left frame (#1) and the right lever assembly (#11) to the right frame (#2). Then connect the two lever arm sleeve assemblies (#15) to the left and right lever arm assemblies.

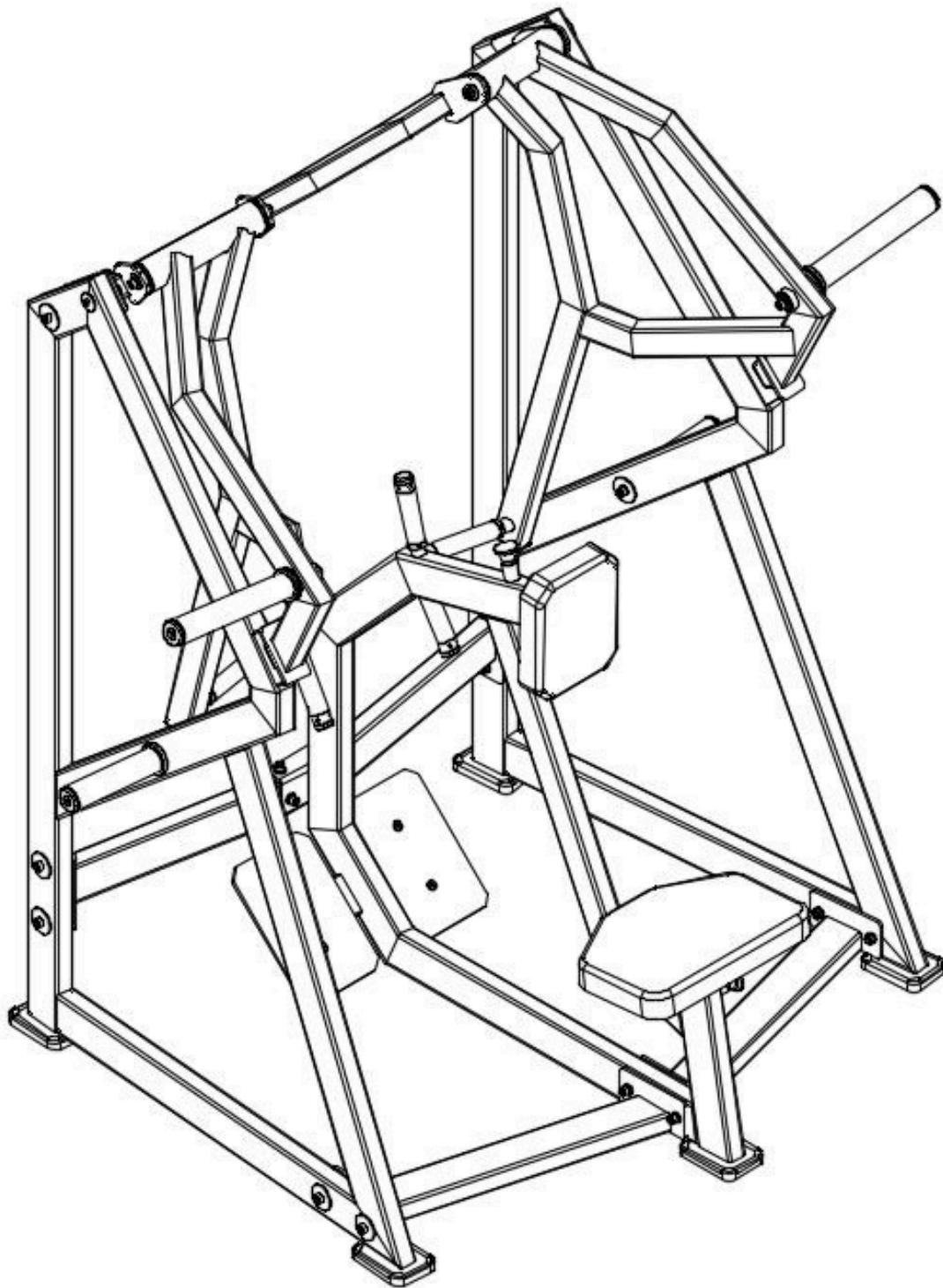
Use the following components:

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



| | |
|--|--|
|  Left lever arm assembly (#10) |  4x Hexagonsocket head screw M10* 20 (#54) |
|  Right lever arm assembly (#11) |  4 x Flat Washers M10-D 30(#57) |
|  2X lever sleeve set (#15) |  4 x Spring Washers M10 (# 59) |

Fully Installation



Important Tips

Now that your D.Y. 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

| Serial number | Name and specification | quantity |
|---------------|---|----------|
| 1 | Left side frame | 1 |
| 2 | Right side frame | 1 |
| 3 | Lower connecting frame 1 | 1 |
| 4 | Arm support | 1 |
| 5 | Main frame components | 1 |
| 6 | Seat frame assembly | 1 |
| 7 | Chest Kit Components | 1 |
| 8 | Lower connecting frame 2 | 1 |
| 9 | Lower connecting frame 3 | 1 |
| 10 | Left lever arm assembly | 1 |
| 11 | Right lever arm assembly | 1 |
| 13 | Bell Plate Storage Sleeve Set | 2 |
| 14 | Pull back pedal | 2 |
| 15 | Lever sleeve set | 2 |
| 50 | Rectangular foot pads | 5 |
| 52 | Hexagon socket head screw M10*60 | 12 |
| 53 | Hexagon socket head screw M10*25 | 8 |
| 54 | Hexagon socket head screw M10*20 | 4 |
| 55 | Hexagon socket countersunk screw 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 | Hexagon lock nut M10 | 12 |

Exploded view

