

FITNESS360[®]

FT8051


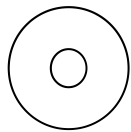


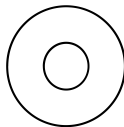
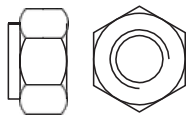

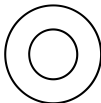


Incline Row - Plate Loaded



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.

		
[51] (M10*60)	[56] Flat washer M10-D50	[60] Spring washer M10
		
[52] (M10*25)	[57] Flat washer M10-D20	[61] Hexagonal self-locking
		
[53] (M10*20)	[58] Flat washer M8-D16	
		
[54] (M8*25)		
		
[55] (M8*15)		

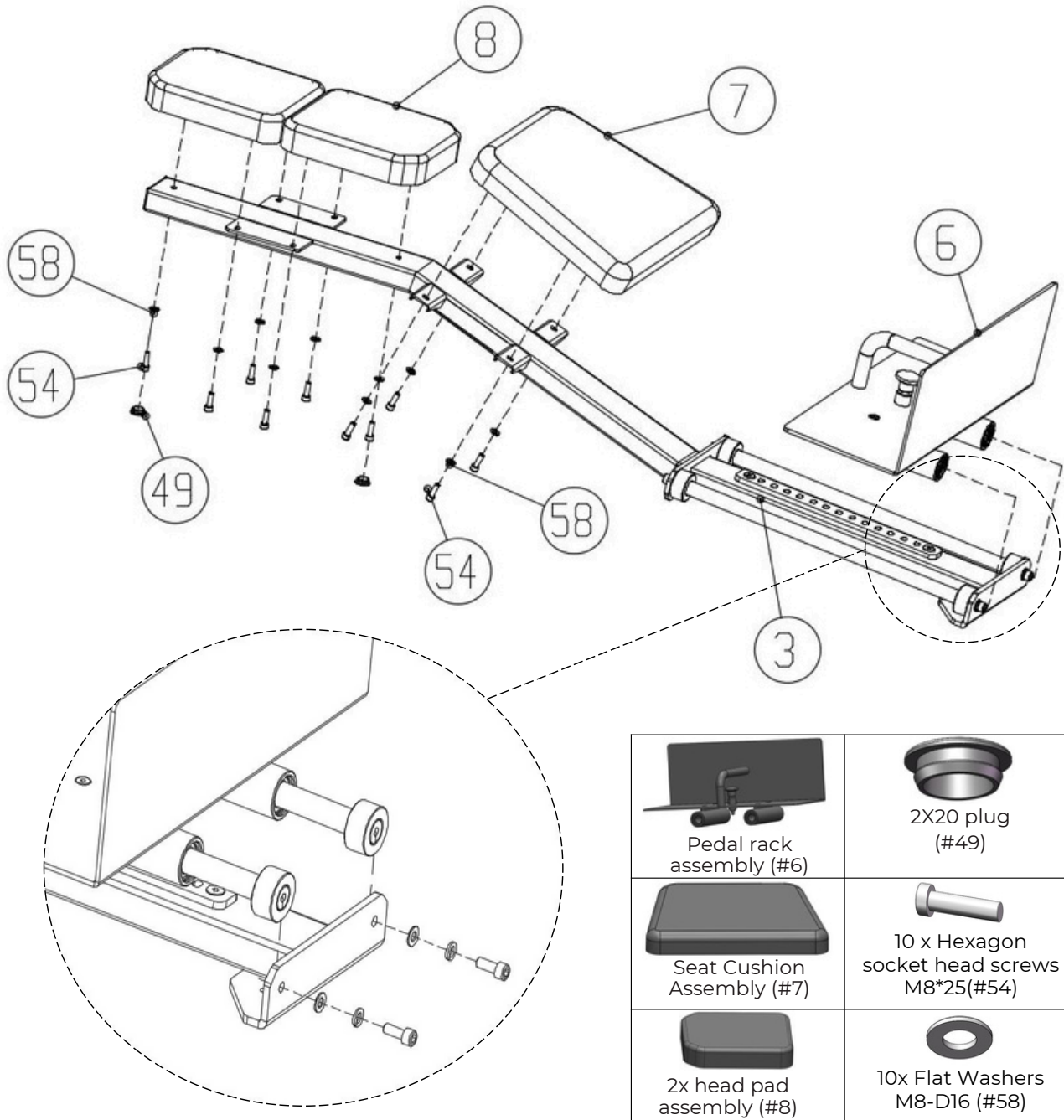
Step 1:

Connect the pedal rack assembly (#6), seat cushion assembly (#7), and the two head pad assemblies (#8) to the connecting frame assembly (#3).

Insert two 20 plugs (#49) into the reclining back pull-up bracket assembly (#3).

- 10x Hexagon socket head screws M8×25 (#54)
- 10x Flat washers M8-D16 (#58)

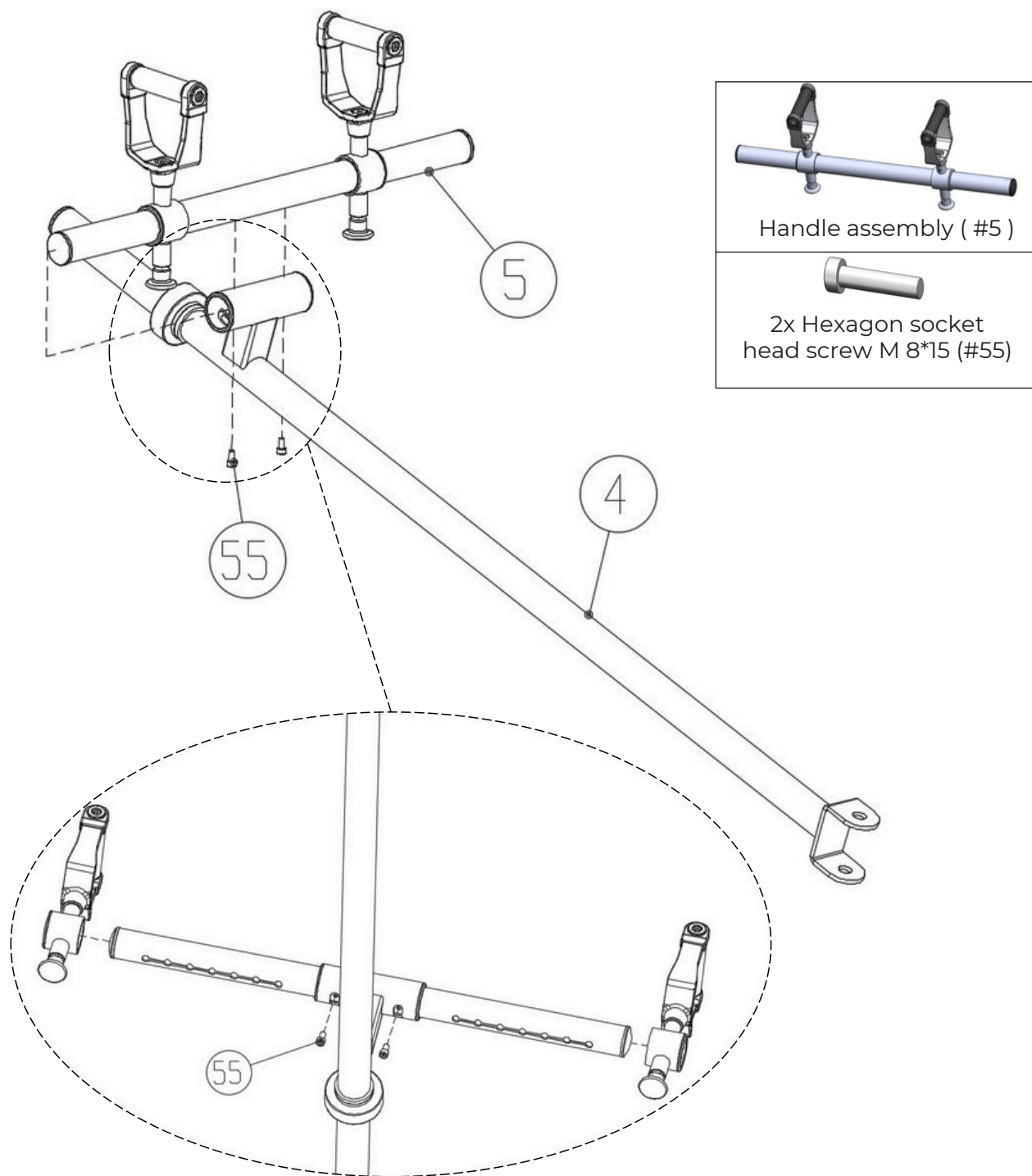
Tighten all bolts with a wrench before proceeding.



Step 2:

Connect the handle assembly (#5) to the lever assembly (#4) using the following method:

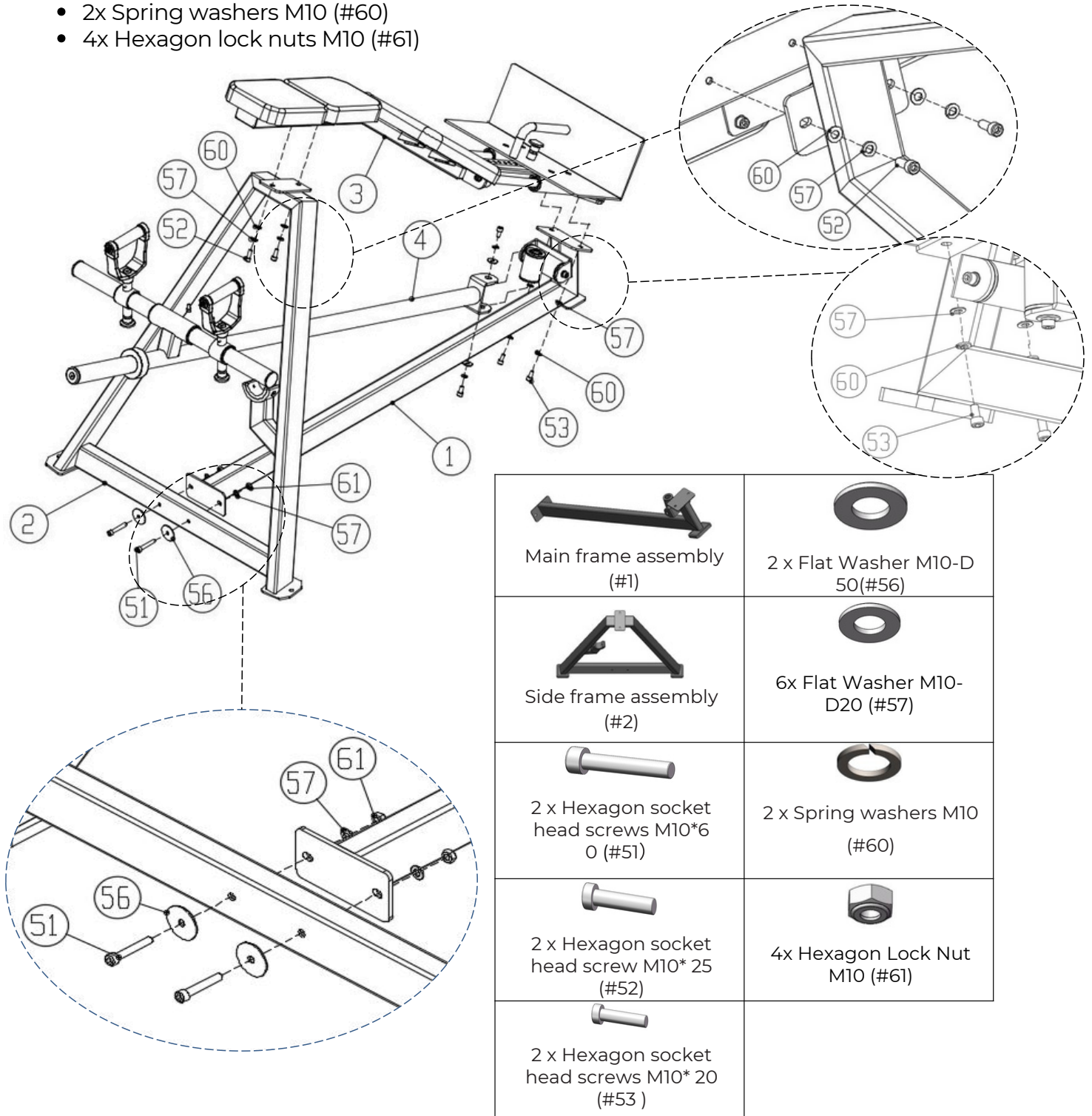
- 2x Hexagon socket head screw M 8*15 (#55)



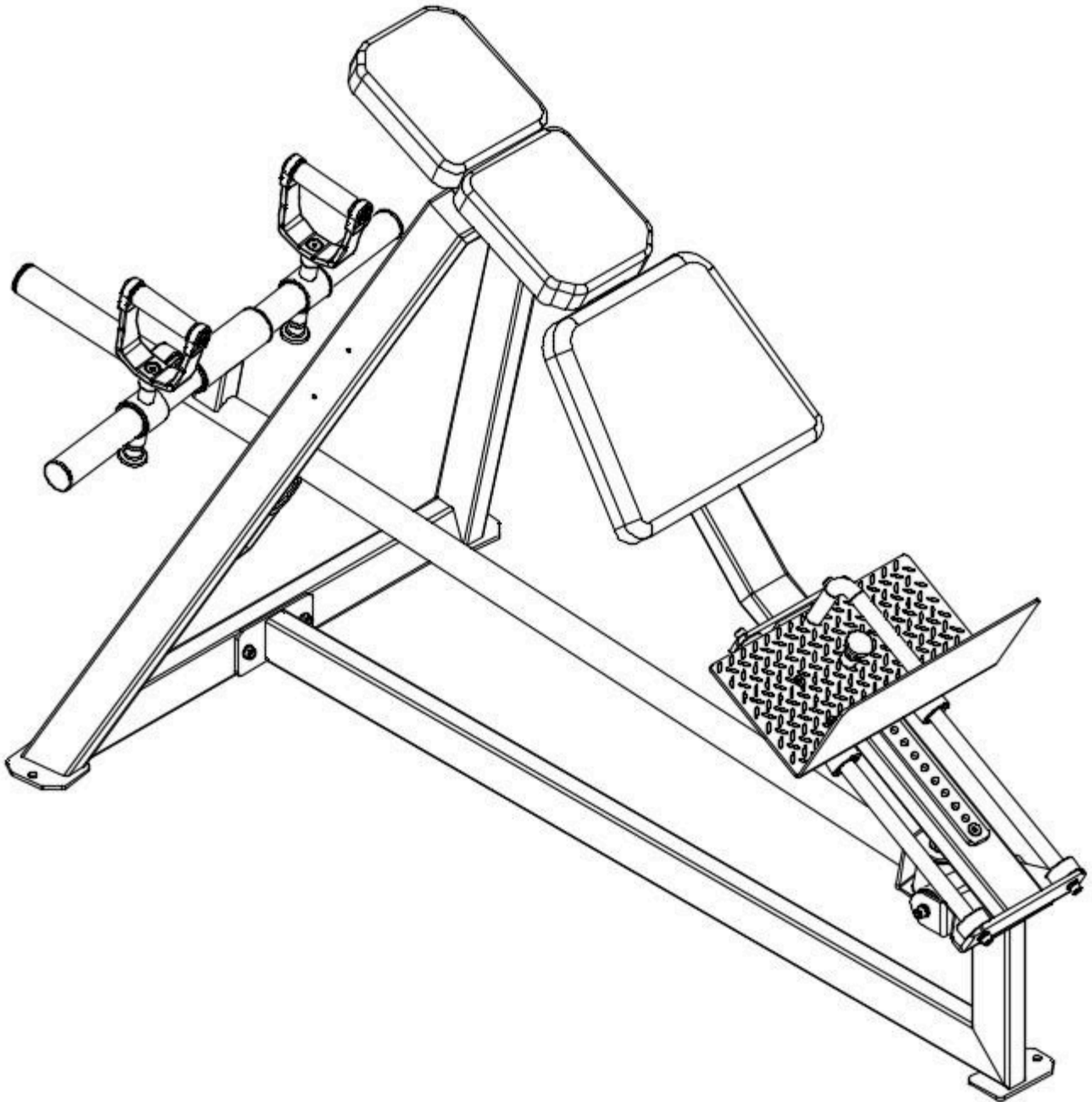
Step 3:

Use the connecting frame assembly (#3) and the lever arm assembly (#4) to connect the main frame assembly (#1) and the side frame assembly (#2).

- 2x Hexagon socket head screws M10×60 (#51)
- 2x Hexagon socket head screws M10×25 (#52)
- 2x Hexagon socket head screws M10×20 (#53)
- 2x Flat washers M10-D50 (#56)
- 6x Flat washers M10-D20 (#57)
- 2x Spring washers M10 (#60)
- 4x Hexagon lock nuts M10 (#61)



Fully Installation



Important Tips

Now that your Incline 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	Main frame components	1
2	Side frame components	1
3	Connecting frame assembly	1
4	Arm assembly	1
5	Handle assembly	1
6	Pedal rack assembly	1
7	Seat cushion components	1
8	Headrest assembly	2
49	20 plug	2
51	Hexagon socket head screw M10*60	2
52	Hexagon socket head screw M10*25	2
53	Hexagon socket head screw M10*20	2
54	Hexagon socket head screw M8* 25	10
55	Hexagon socket head screw M8* 15	2
56	Flat washer M10-D50	2
57	Flat washer M10-D20	6
58	Flat washers M8 -D16	10
60	Spring washer M10	4
61	Hexagon lock nut M10	2

Exploded view

