

FITNESS360[®]

FT8052

Leg Extension - Plate Loaded



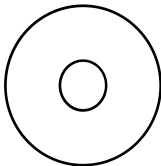
rubber mallet
Level ruler
Allen key
Two people
spring clamp
adjustable wrench

Fastener Overview

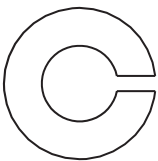
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



[51] (M10*60)



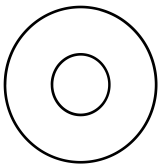
[55]flat washerM10-D5



[58]Spring washer M10



[52] (M10*25)



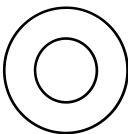
[56]flat washer M10-D20



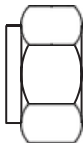
[59]Spring washer M8



[53] (M10*20)



[57]flat washer M8-D16 [60]



Hexagonal self-locking nuts
M10



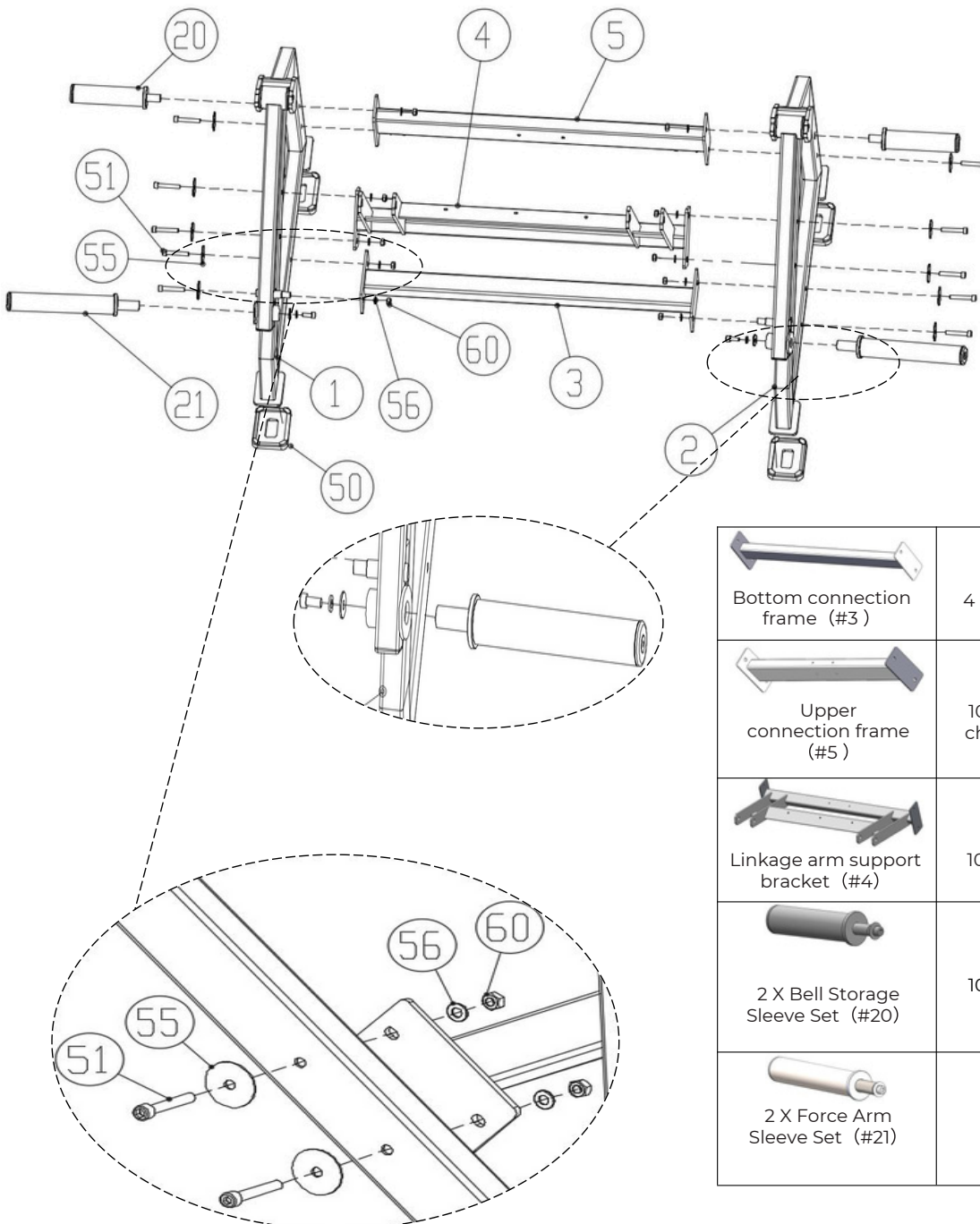
[54] (M8*25)

Step 1:

Attach the lower connecting frame (#3), upper connecting frame (#5), and linkage arm support bracket (#4) to the left frame assembly (#1) and the right frame assembly (#2). Attach the 2x bell storage sleeve sets (#20) and the 2x force arm sleeve sets (#21) to the left and right frame assemblies. Attach the 4x rectangular foot pads (#50) to the left and right frames.

- 10x Hexagon socket cheese head screws M10×60 (#51)
- 10x Flat washers M10-D50 (#55)
- 10x Flat washers M10-D20 (#56)
- 10x Hexagonal lock nuts M10 (#60)

Tighten all bolts with a wrench before proceeding.

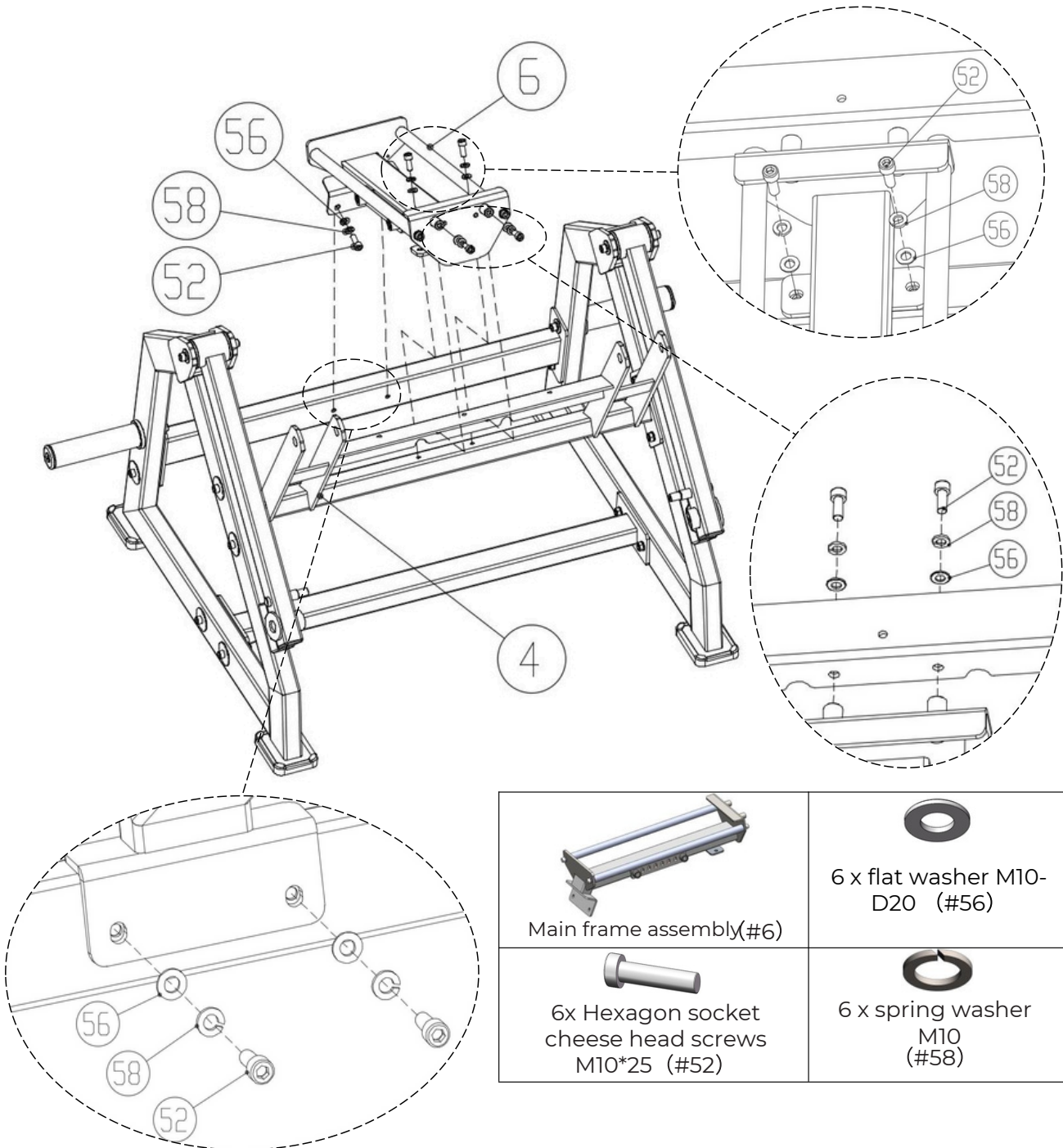


Bottom connection frame (#3)	4 X Rectangular feet (#50)
Upper connection frame (#5)	10xHexagon socket cheese head screws M10*60 (#51)
Linkage arm support bracket (#4)	10xflat washer M10-D50 (#55)
2 X Bell Storage Sleeve Set (#20)	10xflat washer M10-D20 (#56)
2 X Force Arm Sleeve Set (#21)	10xHexagonal locknuts M10 (#59)

Step 2:

Attach the main frame (#6) to the upper connecting frame (#5) and linkage arm support bracket (#4).

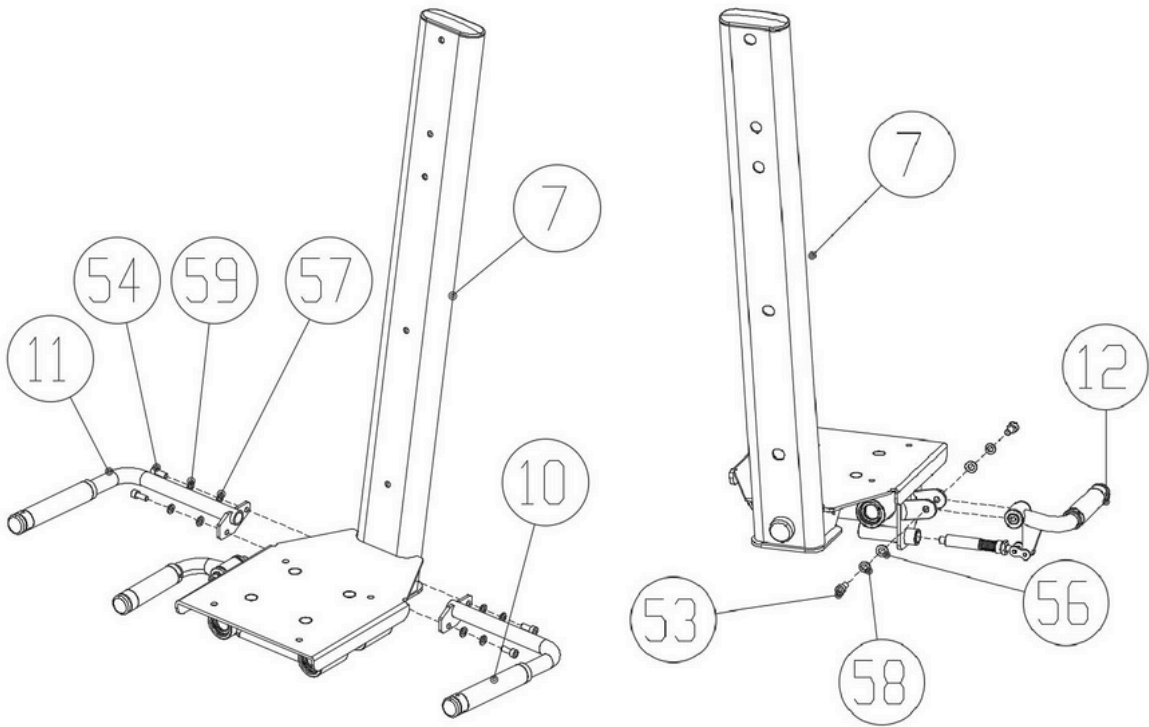
- 6x Hexagon socket cheese head screws M10×25 (#52)
- 6x Flat washers M10-D20 (#56)
- 6x Spring washers M10 (#58)












Step 3:

Attach the Seat Stirrup Left Armrest Frame Assembly (#10), the Seat Stirrup Right Armrest Frame Assembly (#11), and the Seat Stirrup Adjustment Handle Assembly (#12) to the Seated Stock 4-Headed Seat Frame (#7) using the following;

- 2x hexagon socket cheese head screws M10*20 (#53)
- 2x flat washers M10-D20 (#56)
- 2x spring washers M10 (#58)
- 4x Hexagon socket cheese head screws M8*25 (#54)
- 4x flat washers M8-D16 (#57)
- 4x spring washers M8 (#59)

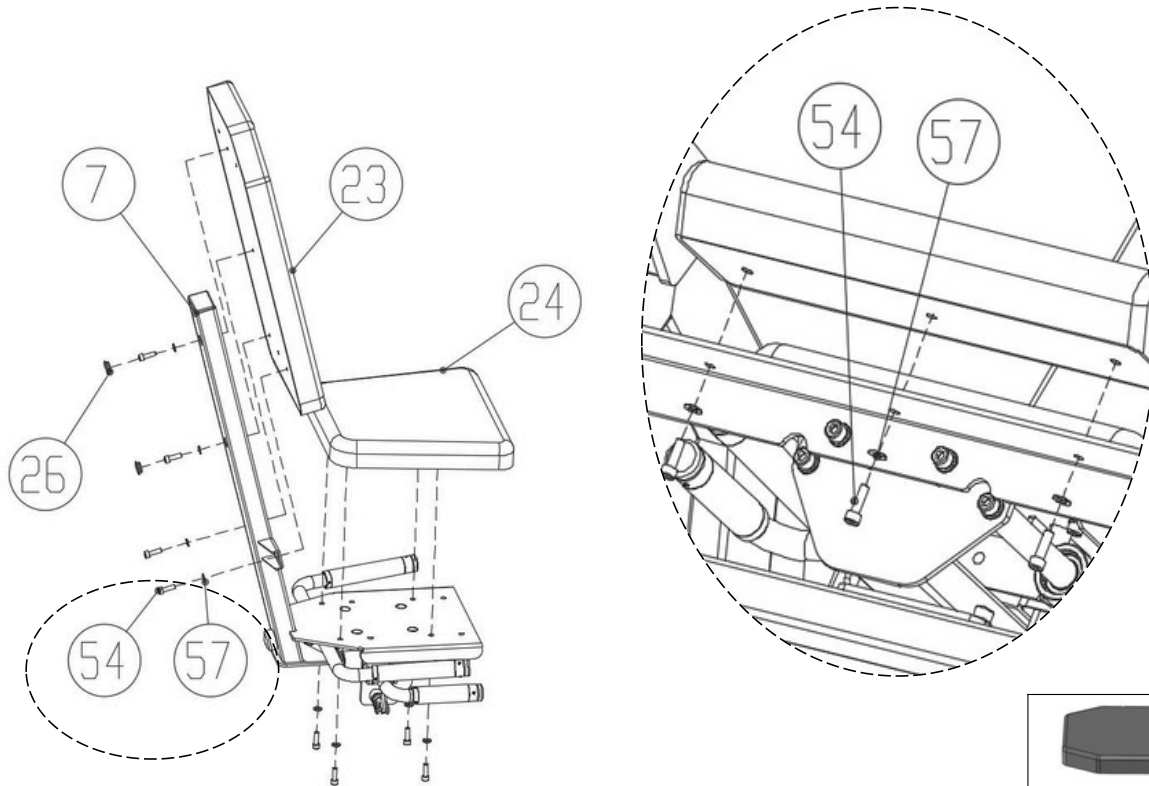


 Seat stirrup left armrest frame assembly (#10)	 2 x Hexagon socket cheese head screws M10*20 (#53)	 4 x Hexagon socket cheese head screws M8*25 (#54)
 Seat stirrup right handrail frame assembly (#11)	 2 x flat washer M10-D20 (#56)	 4 x flat washer M8-D16 (#57)
 Stirrup Adjustment Handle Assembly (#12)	 2 x flat washer M10 (#58)	 4 x Spring washer M8 (#59)

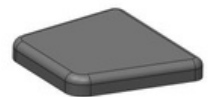
Step 4:

Attach the Universal Large Back Cushion (#23), Seat Stirrup Cushion (#24), and 20 Plug (#26) to the Seated Stock 4-Head Seat Frame (#7) using the following:

- 8x Hexagon socket head cap screws M8*25 (#54)
- 8x flat washers M8-D16 (#57)



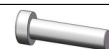
Universal large back cushion (#23)



Stirrup Cushion (#24)



2 X 20 Plug (#26)



8 x Hexagon socket cheese head screws M8*25 (#54)

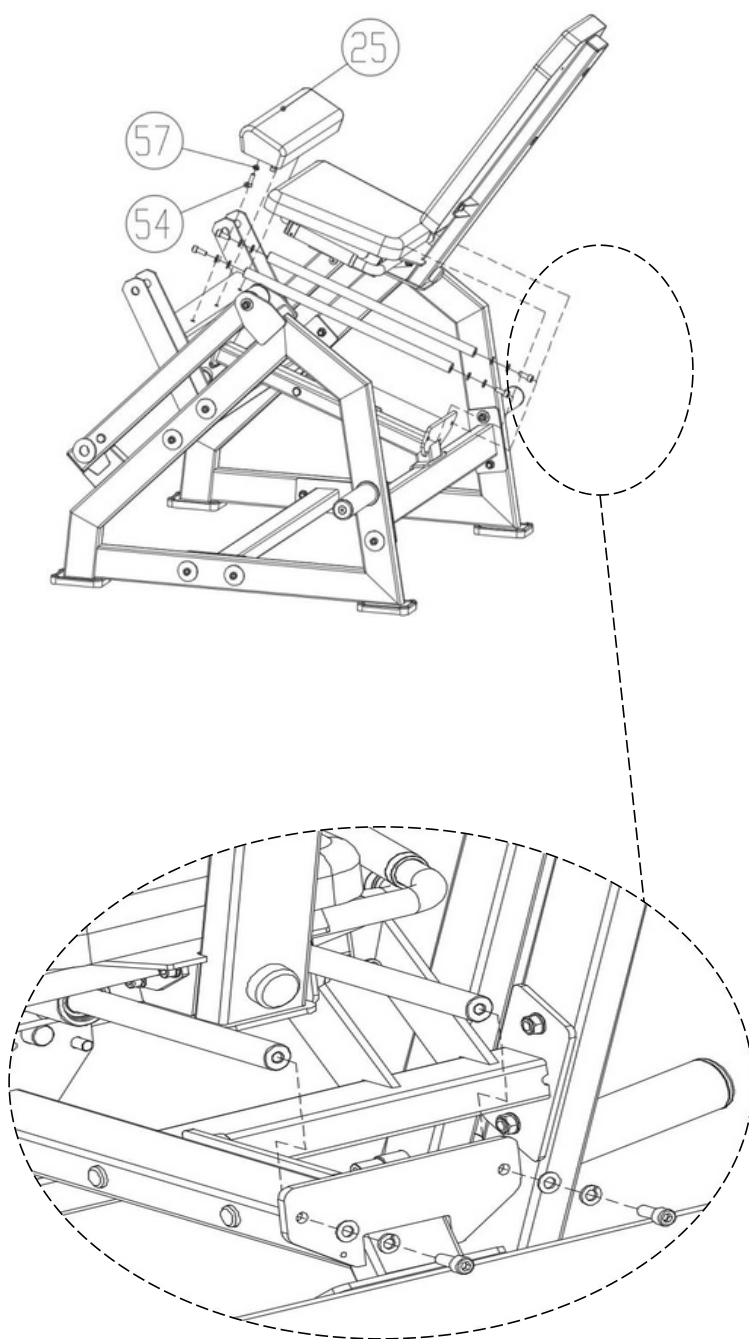


8 x flat washer M8-D16 (#57)

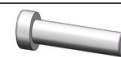
Step 5:

Attach Step 4 to Step 2 using the following method; Attach the strand four cushion (#25) to Step 2 using the following method:

- 3x Hexagon socket head cap screws M8*25 (#54)
- 3x Flat washers M8-D16 (#57)



cushion (#25)



3 x Hexagon socket
cheese head screws
M8*25 (#54)

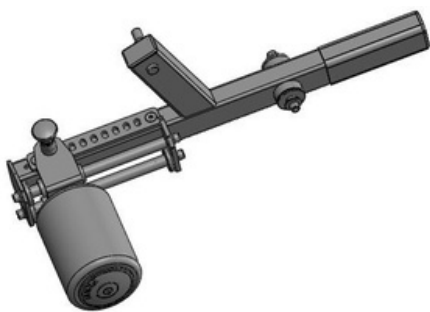
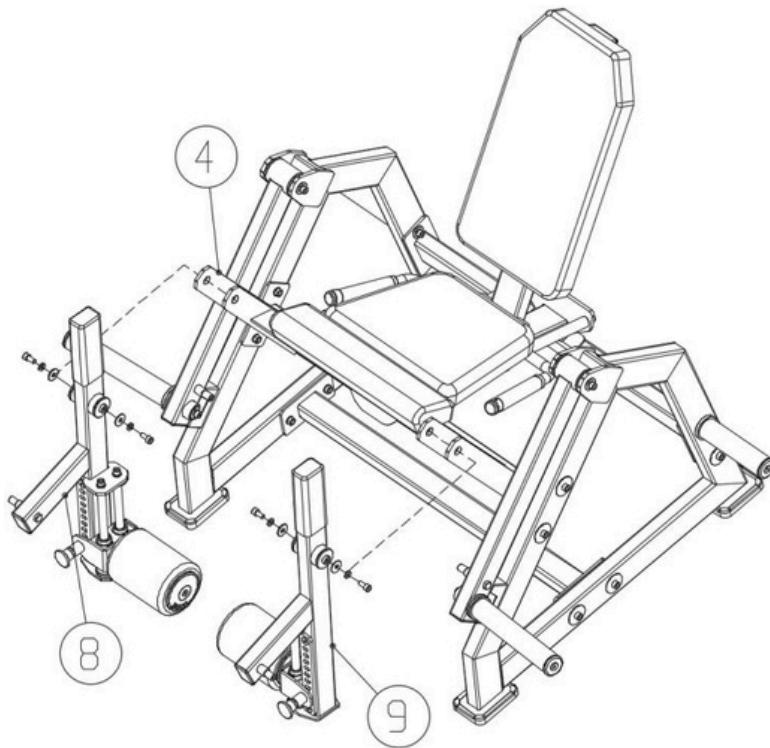


3 x flat washer M8-D16
(#57)

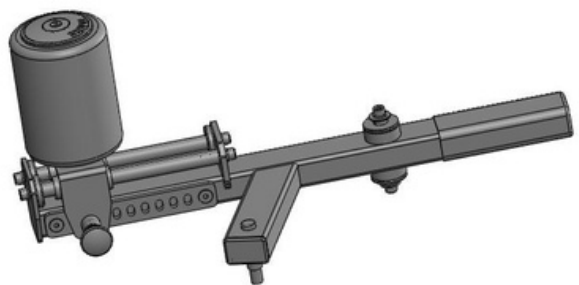
Step 6:

Attach the horizontal linkage arms to the support bracket (#4):

- 1x Linkage arm A assembly (#8)
- 1x Linkage arm B assembly (#9)



Linkage arm A assembly (#8)



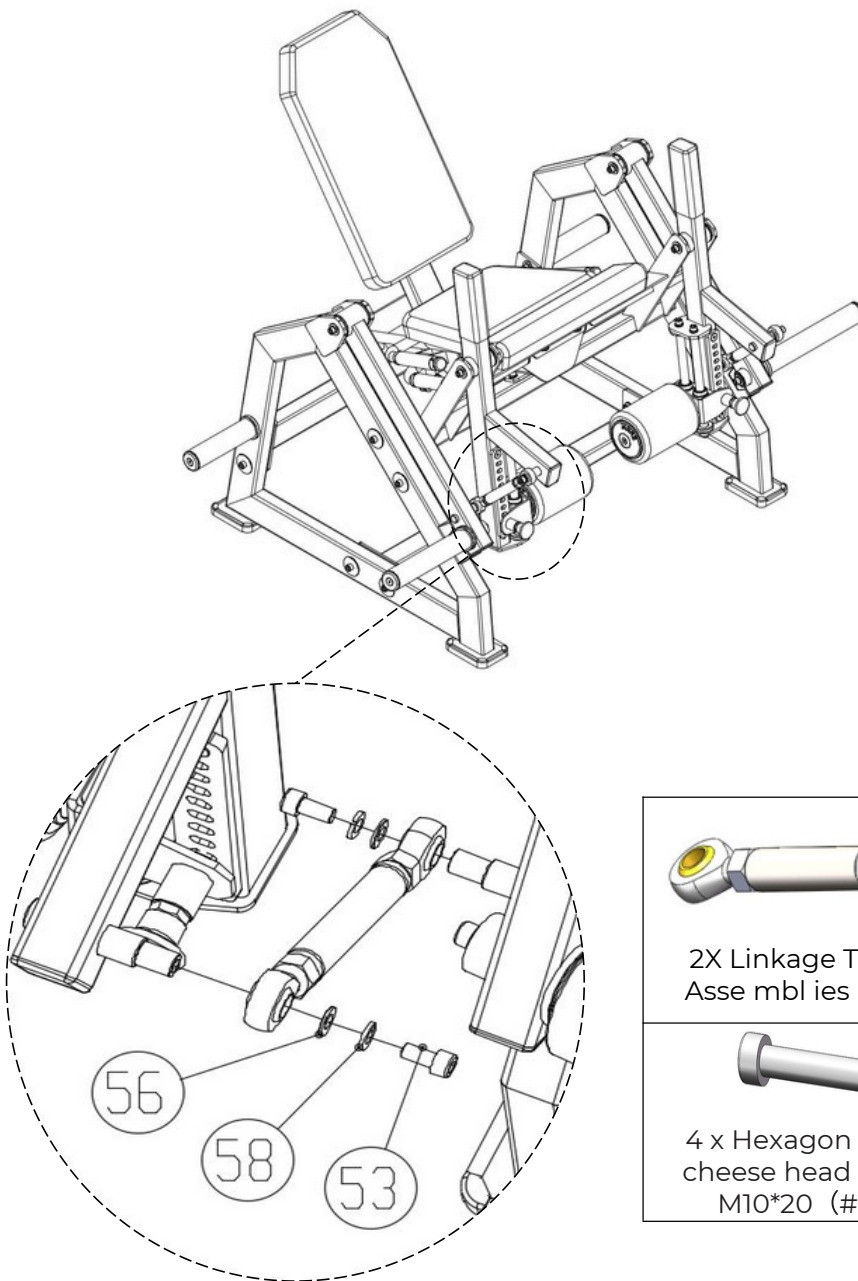
Linkage arm A assembly (#9)


Step 7:

Attach the seated stock four-head linkage arm A (#8) to the left frame assembly (#1) using the linkage tie rod assembly (#22).

Similarly, connect the seated stock four-head linkage arm B (#9) to the right frame assembly (#2) using the second linkage tie rod assembly (#22).

- 4x Hexagon socket cheese head screws M10*20 (#53)
- 4x flat washers M10-D20 (#56)
- 4x spring washers M10 (#58)



 2X Linkage Tie Rod Assemblies (#22)	 4 x flat washer M10-D20 (#56)
 4 x Hexagon socket cheese head screws M10*20 (#53)	 4 x Spring washer M10 (#58)

Important Tips

Now that your Leg Extensions - 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 speification	QTY
1	Left Frame Assembly	1
2	Right Frame Assembly	1
3	bottom bracket	1
4	Linkage arm support bracket	1
5	upper bracket	1
6	Main frame assembly	1
7	Leg extension seat frame	1
8	Leg extension Linkage arm A assembly	1
9	Leg extension Linkage arm B assembly	1
10	Left armrest shelf assembly	1
11	Left armrest shelf assembly	1
12	Adjustment Handle Assembly	1
20	Bell Blade Storage Sleeve Set	2
21	Force Arm Sleeve Set	2
22	Linkage rod assembly	2
23	Universal large back cushion	1
24	Stirrup Cushion	1
25	cushion	1
26	20plug	2
50	Rectangular feet	4
51	Hexagon socket cheese head screws M10*60	10
52	Hexagon socket cheese head screwsM10*25	10
53	Hexagon socket cheese head screws M10*20	10
54	Hexagon socket cheese head screws M8*25	15
55	Flat mat M10-D50	10
56	Flat mat M10-D20	22
57	Flat mat M8-D16	15
58	Spring mat M10	12
59	Spring mat M8	4
60	Hexagonal locknuts M10	10

Exploded view

