

FITNESS360[®]

FT8053

Leg Curl - Plate Loaded



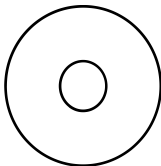
rubber mallet
Level ruler
Allen key
Two people
spring clamp
adjustable wrench

Fastener Overview

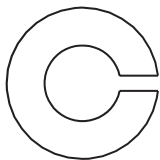
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



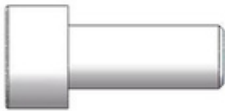
[51] (M10*60)



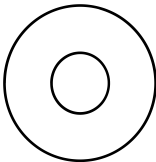
[55]flat washer M10-D50



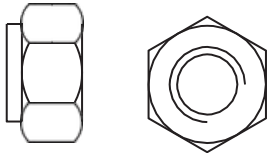
[58]Spring washer M10



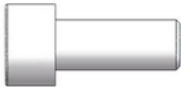
[52] (M10*25)



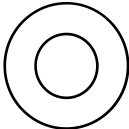
[56]flat washer M10-D20



[59] Hexagonal self-locking nuts
M10



[53] (M10*20)



[57]flat washer M8-D16



[54] (M8*25)

Step 1:

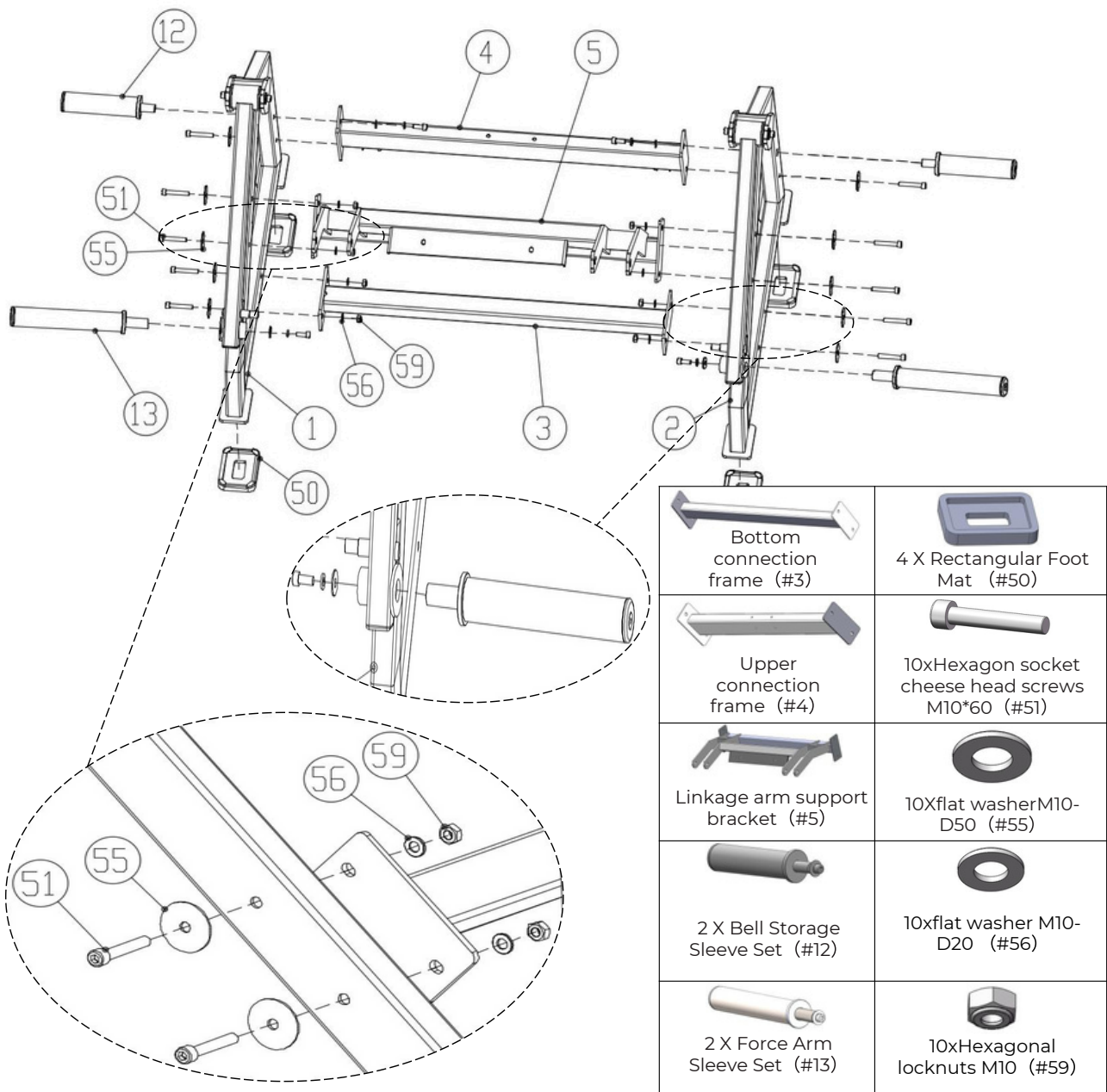
Begin by attaching the lower connecting bracket (#3), upper connecting bracket (#4), and linkage arm support bracket (#5) to both the left frame assembly (#1) and the right frame assembly (#2).

Next, install the two bell storage sleeves (#12) and the two force arm sleeve sets (#13) onto both frame assemblies. Finally, mount the four rectangular foot pads (#50) to the Left Shelf Assembly (#1) and the Right Shelf Assembly (#2).

Secure all parts using:

- 10 x Hexagon socket head cap screws M10*60 (#51)
- 10 x Flat washers M10-D50 (#55)
- 10 x Flat washers M10-D20 (#56)
- 10 x Hexagonal lock nuts M10 (#59)

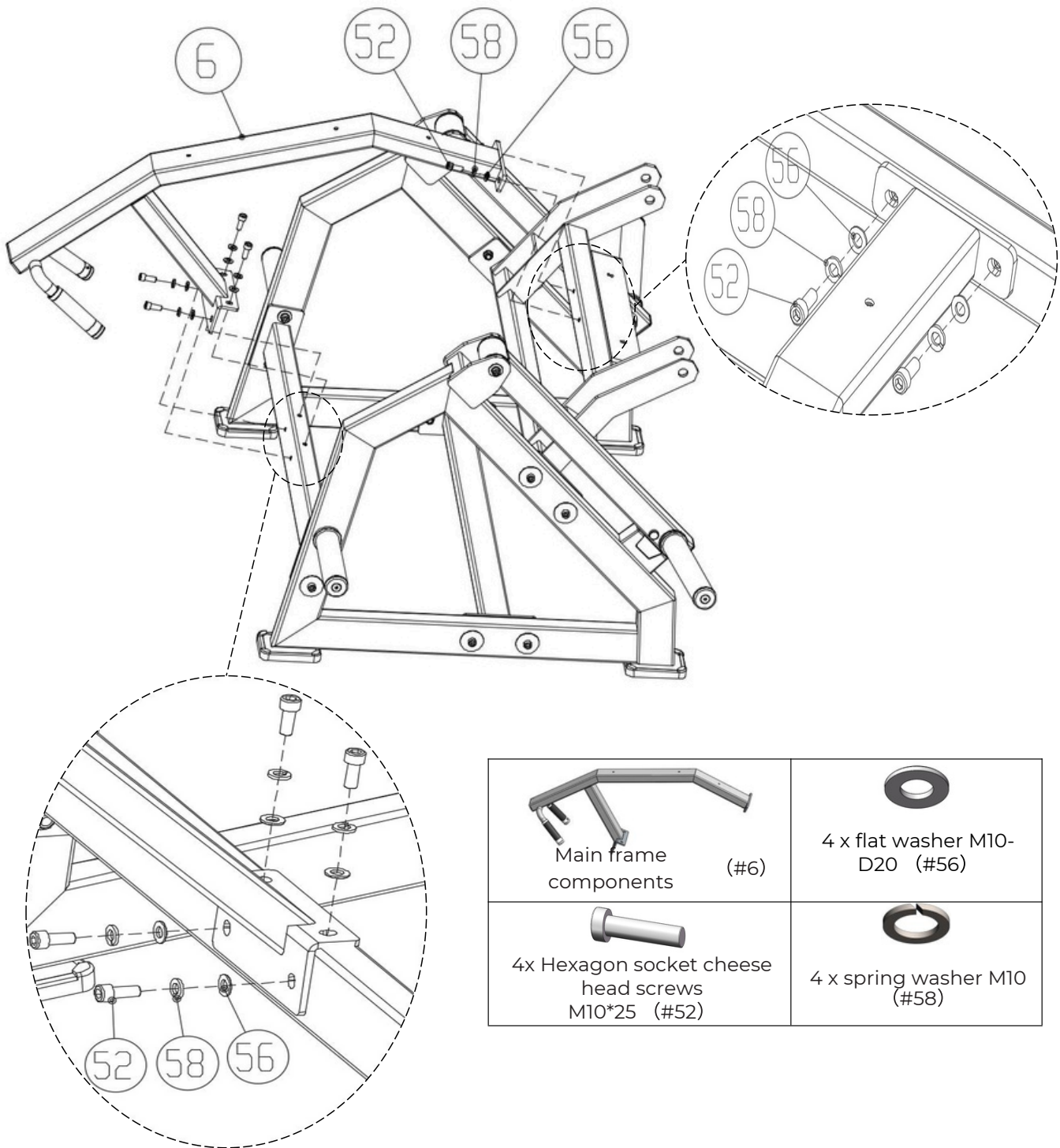
Tighten all bolts with a wrench before continuing to the next step.



Step 2:

Attach the Main Frame Assembly (#6) to the Upper Connecting Frame (#4), Linkage Arm Support Bracket (#5) using the following parts:

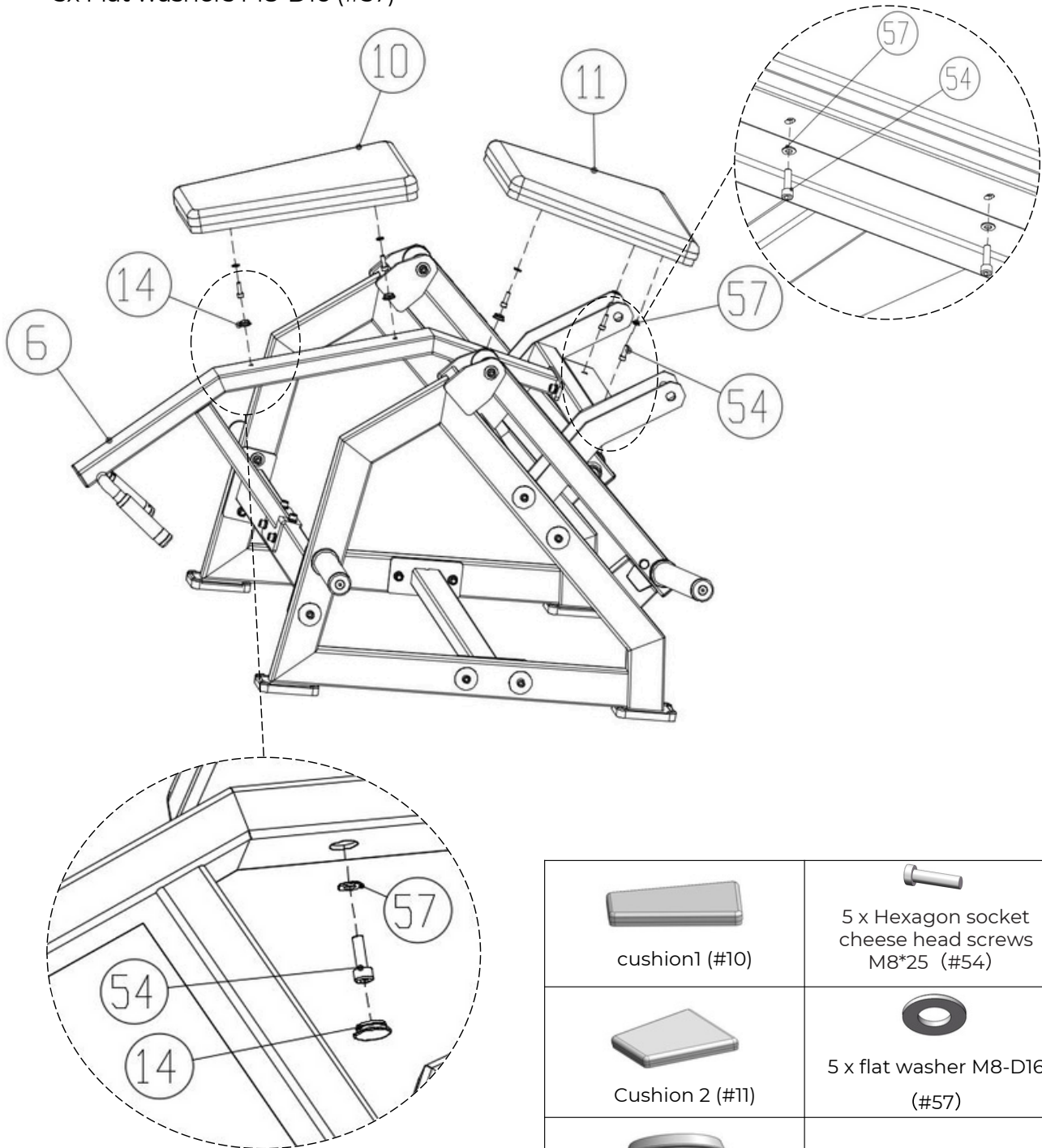
- 4x hexagon socket head cap screws M10*25 (#52)
- 4x Flat washers M10-D20 (#56)
- 4x Spring washers M10 (#58)



Step 3:

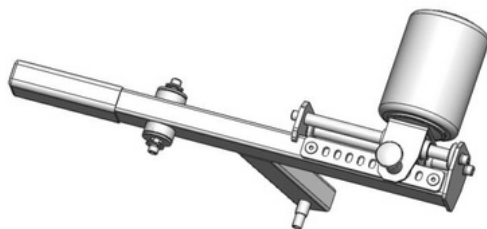
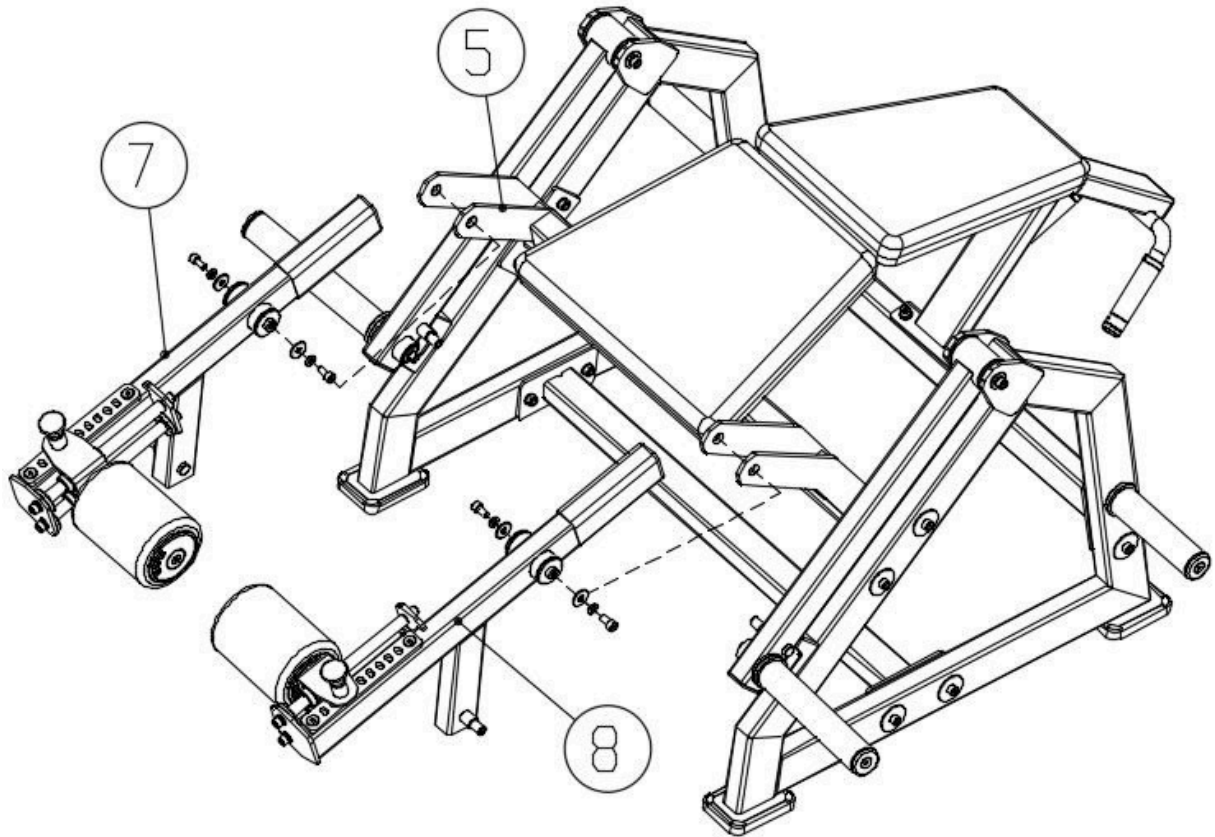
Attach Cushion 1 (#10), Cushion 2 (#11), and insert the three 20 plugs (#14) into the Main Frame Assembly (#6) using the following parts:

- 5x Hexagon socket cheese head screws M8×25 (#54)
- 5x Flat washers M8-D16 (#57)

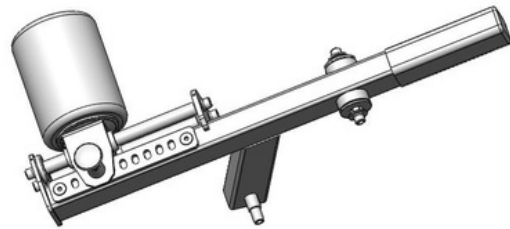


Step 4:

Attach the horizontal 2-head linkage arm A assembly (#7) and linkage arm B assembly (#8) to the linkage arm using the support bracket (#5)



Linkage arm A kit (#7)



Linkage arm B kit (#8)

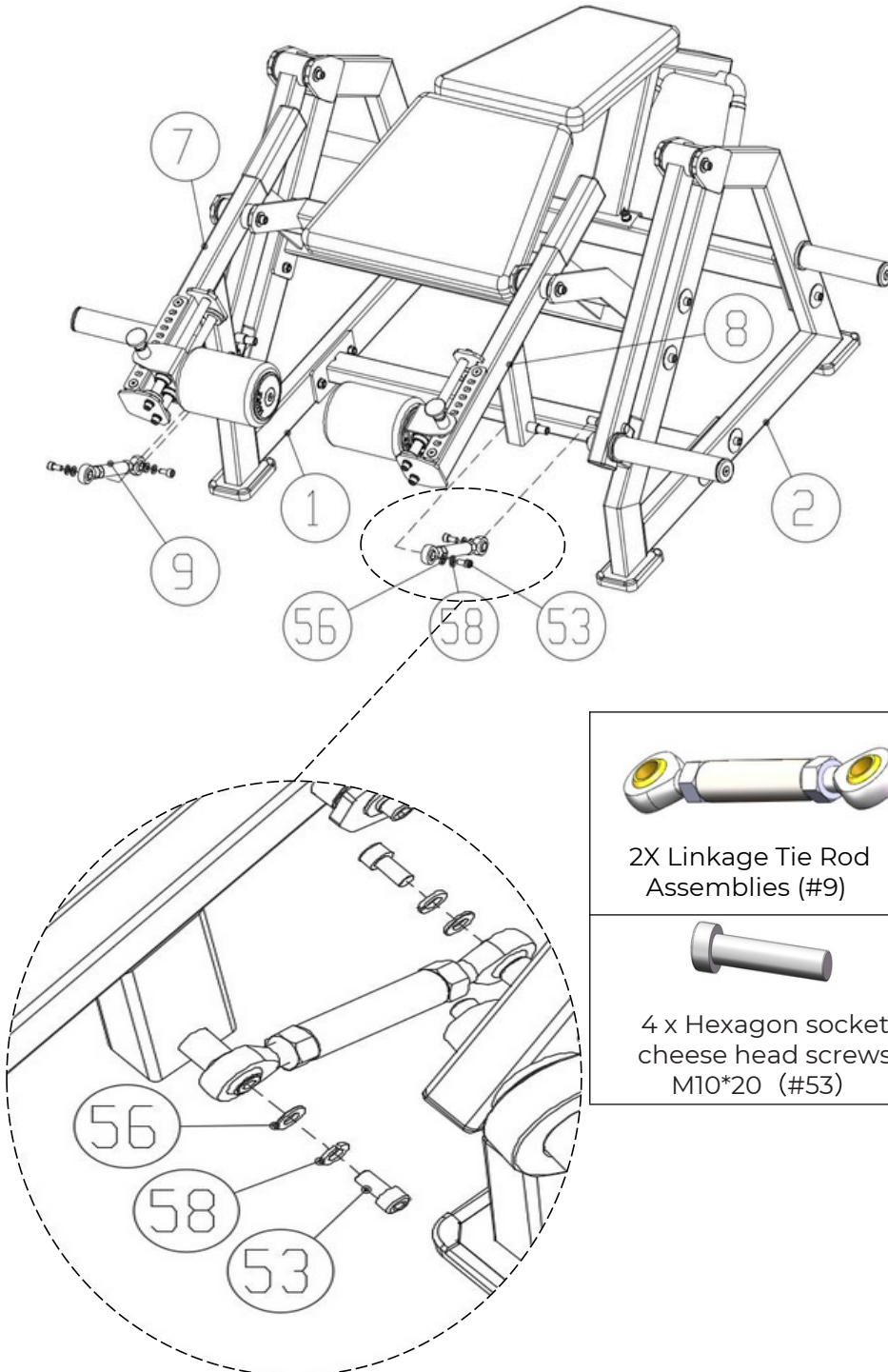
Step 5:





Attach the Horizontal Strand 2-Head Linkage Arm A Assembly (#7) to the Left Frame Assembly (#1) and Linkage Tie Rod Assembly (#9).

Attach the Linkage Arm B Assembly (#8) to the Right Frame Assembly (#2) and the same Linkage Tie Rod Assembly (#9).

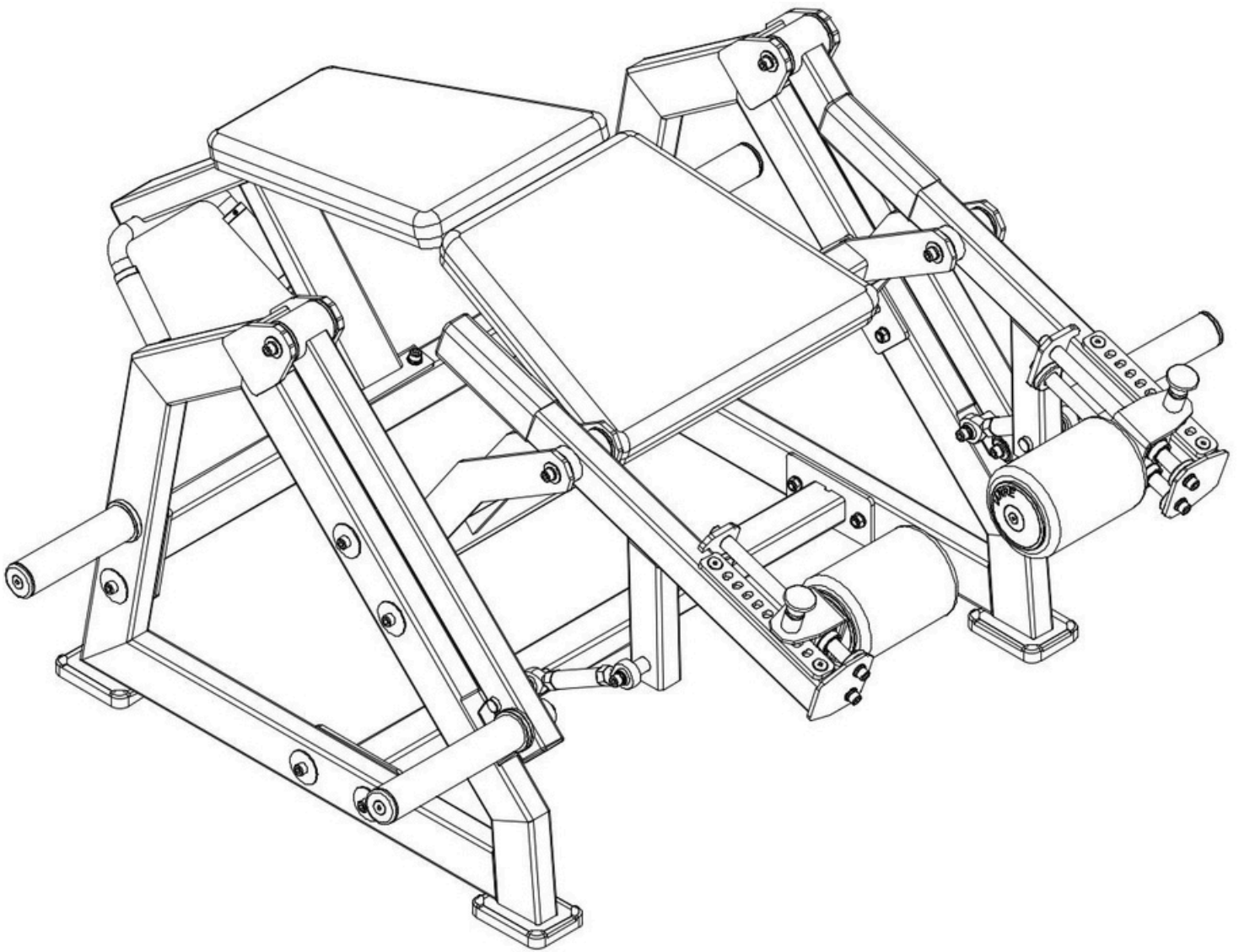
Use the following components:

- 4 x Hexagon socket head cap screws M10×20 (#53)
- 4 x Flat washers M10-D20 (#56)
- 4 x Spring washers M10 (#58)



	
2X Linkage Tie Rod Assemblies (#9)	4 x flat washer M10-D20 (#56)
	
4 x Hexagon socket cheese head screws M10*20 (#53)	4 x Spring washer M10 (#58)

Fully Installation



Important Tips

Now that your Leg Curl - 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 specifications	QTY
1	Left Shelf Assembly	1
2	Right Shelf Assembly	1
3	Bottom connection frame	1
4	upper connection frame	1
5	Linkage arm support bracket	1
6	Main frame components	1
7	linkage arm A assembly	1
8	linkage arm B assembly	1
9	Linkage Tie Rod Assemblies	2
10	cushion1	1
11	cushion2	1
12	Bell Storage Sleeve Set	2
13	Force Arm Sleeve Set	2
14	20plug	3
50	Rectangular feet	4
51	Hexagon socket cheese head screws M10*60	10
52	Hexagon socket cheese head screws M10*25	4
53	Hexagon socket cheese head screws M10*20	4
54	Hexagon socket cheese head screws M8*25	5
55	Flat washer M10-D50	10
56	Flat washer M10-D20	18
57	Flat washer M8-D16	5
58	spring washer M10	8
59	Hexagonal locknuts M10	10

Exploded view

