

# ***FITNESS360***<sup>®</sup>

**FT8055**


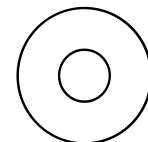
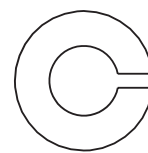
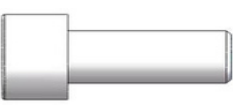
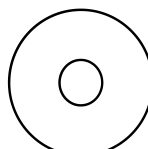

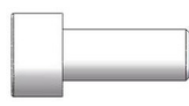
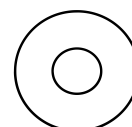
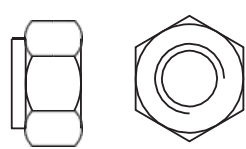
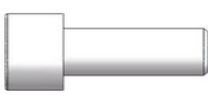
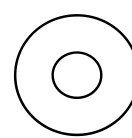
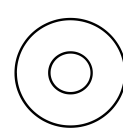
**Leg Press - Plate Loaded**



rubber mallet
Level ruler
Allen wrench
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] M12*3	([55]flat washer M12-D24	[60]spring washer M12
		
[52] (M10*60)	[56]flat washer M10-D50	[61]spring washer M10
		
[53] (M10*20)	[57]flat washer M10-D30	[62] Hexagonal self-locking nuts M10
		
[54] (M8*25)	[58]flat washer M10-D20	[59]flat washer M8-D16

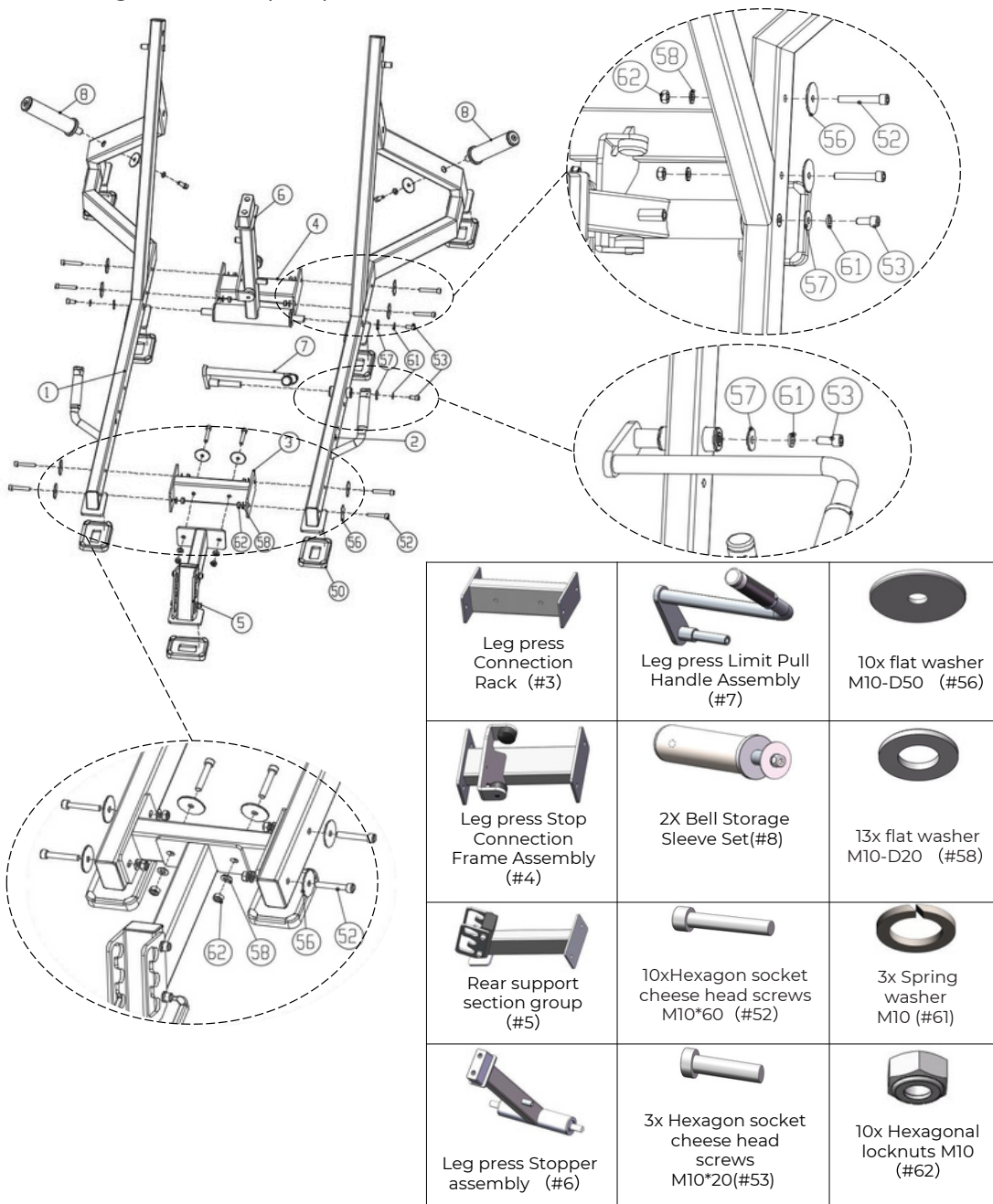
## Step 1:

Begin by connecting the left frame assembly (#1) to the right frame assembly (#2). To do this, use the following parts: the prone stirrup attachment bracket (#3), the prone stirrup stop attachment bracket (#4), the rear bracket section assembly (#5), and the prone stirrup stop bracket assembly (#6). Then, attach the prone stirrup limit pull handle assembly (#7) to the right frame assembly (#2).

Then, attach the 2 bell storage sleeves (#8) to each side of the frame. After that, place the 7 rectangular foot pads (#50) on the left and right frames, the rear frame, and both rack sections.

Use the following components:

- 10x screws M10\*60 (#52)
- 3x screws M10\*20 (#53)
- 10x large washers (#56)
- 13x small washers (#58)
- 3x spring washers (#61)
- 10x locking nuts M10 (#62)



Step 2:

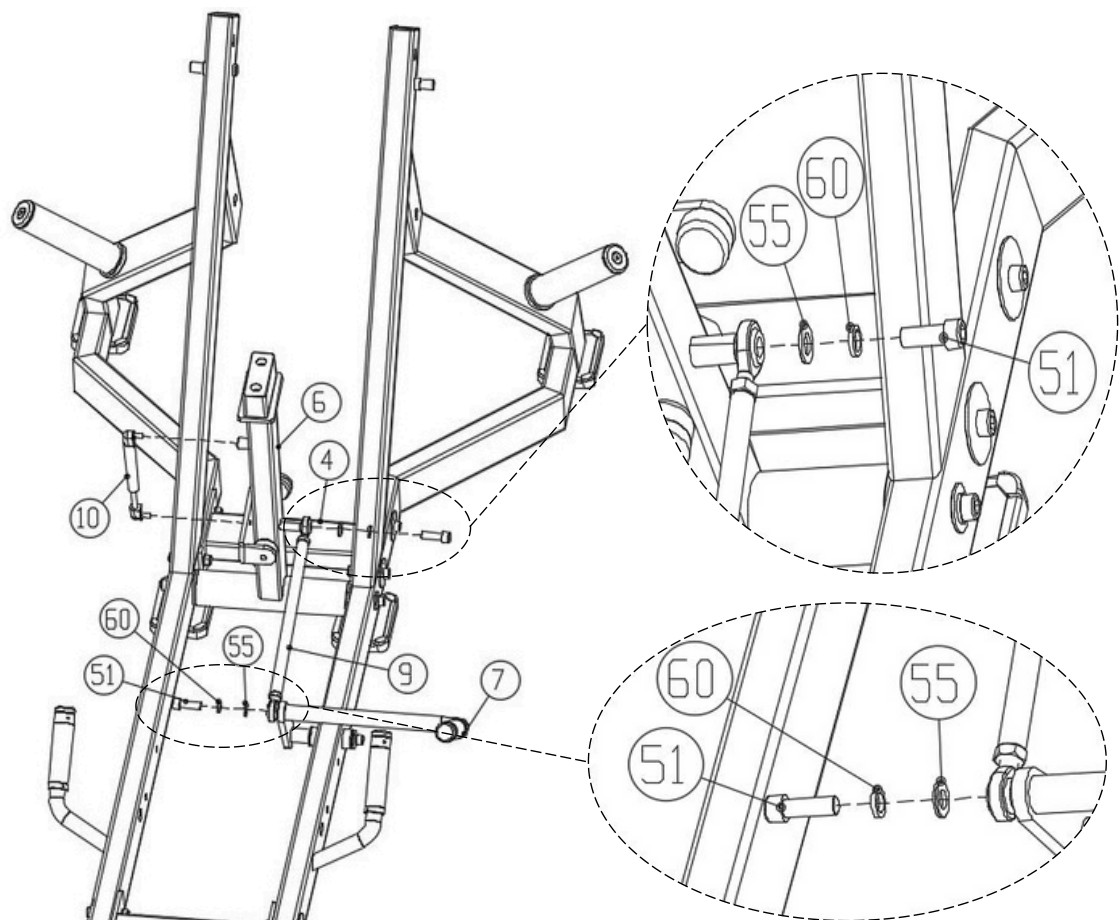
First, connect the Recumbent Stirrup Stop Bracket (#6) to the Recumbent Stirrup Limit Pull Handle (#7) using the Tie Rod Assembly (#9).






Then:

- Attach the Stop Connection Bracket (#4) to the Stop Bracket (#6)
- Finally, secure the Gas Spring 180N-70L (#10) to the Stop Bracket.

Use the following components:

- 2 × Hexagon socket head screws M12×35 (#51)
- 2 × Flat washers M12-D24 (#55)
- 2 × Spring washers M12 (#60)



 rod assembly(#9)	 2 x flat washer M12-D24 (#55)
 gas spring180N-70L (#10)	 2 x spring washer M12 (#60)
 2 x Hexagon socket cheese head screws M12*35 (#51)	

### Step 3:

Attach the Recumbent Stirrup Backboard Frame (#11) and Seat Cushion Bracket (#12) to the Left Shelf Assembly (#1) and Right Shelf Assembly (#2); connect the Recumbent Stirrup Backboard Frame (#11) to the Rear Bracket Assembly (#5) with the Backrest Linkage Bracket Assembly (#13) and the Recumbent Stirrup Backboard Frame (#11)

Use the following components:

- 4 x Hexagon socket head cap screws M10\*60 (#52)
- 4 x flat washers M10-D50 (#56)
- 4 x flat washers M10-D20 (#58)
- 4 x Hexagonal self-locking nuts M10 (#62)

Leg press Backplane Racks (#11)

4x Hexagon socket cheese head screws M10\*60 (#52)

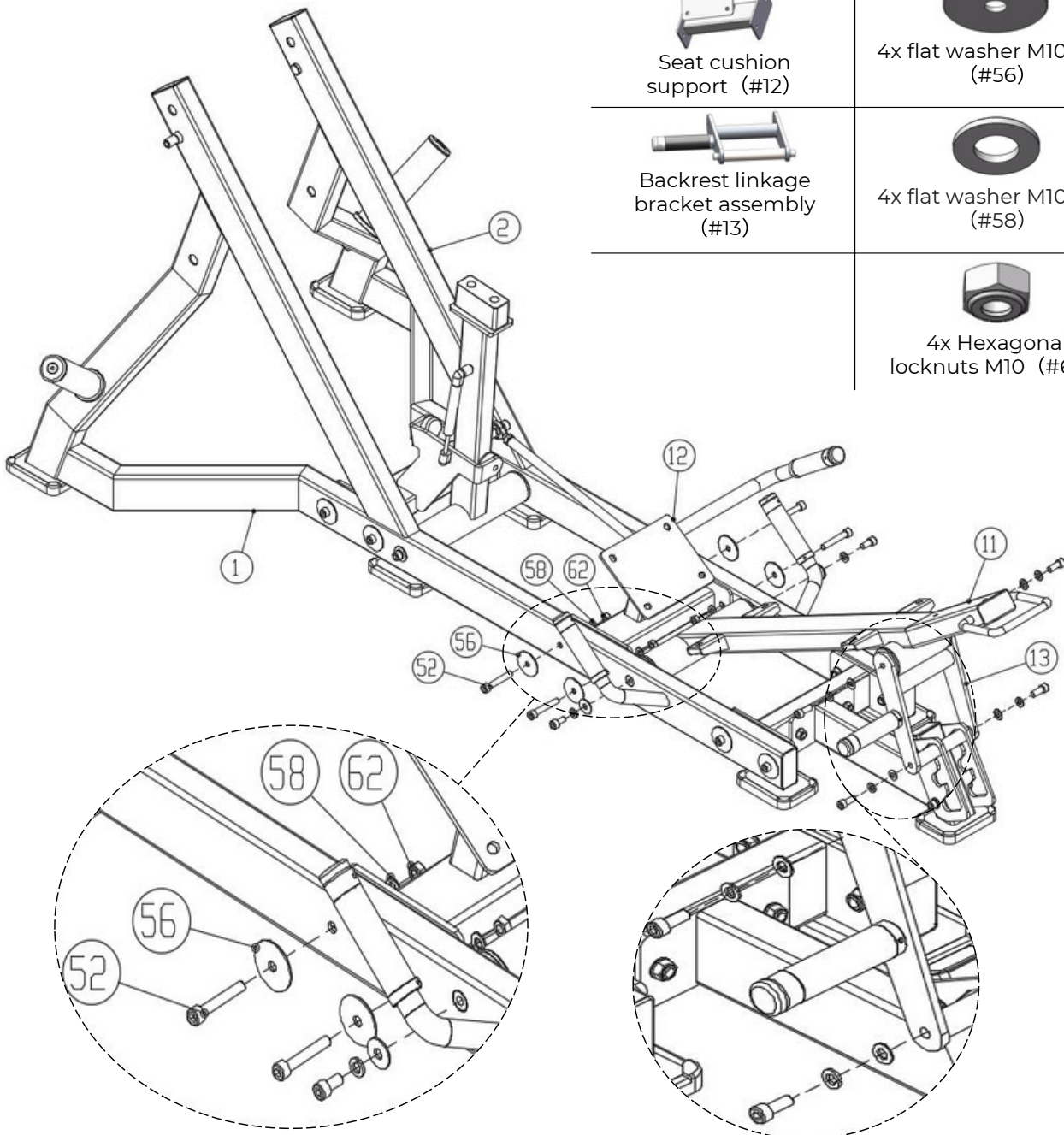
Seat cushion support (#12)

4x flat washer M10-D50 (#56)

Backrest linkage bracket assembly (#13)

4x flat washer M10-D20 (#58)

4x Hexagonal locknuts M10 (#62)





Step 4:

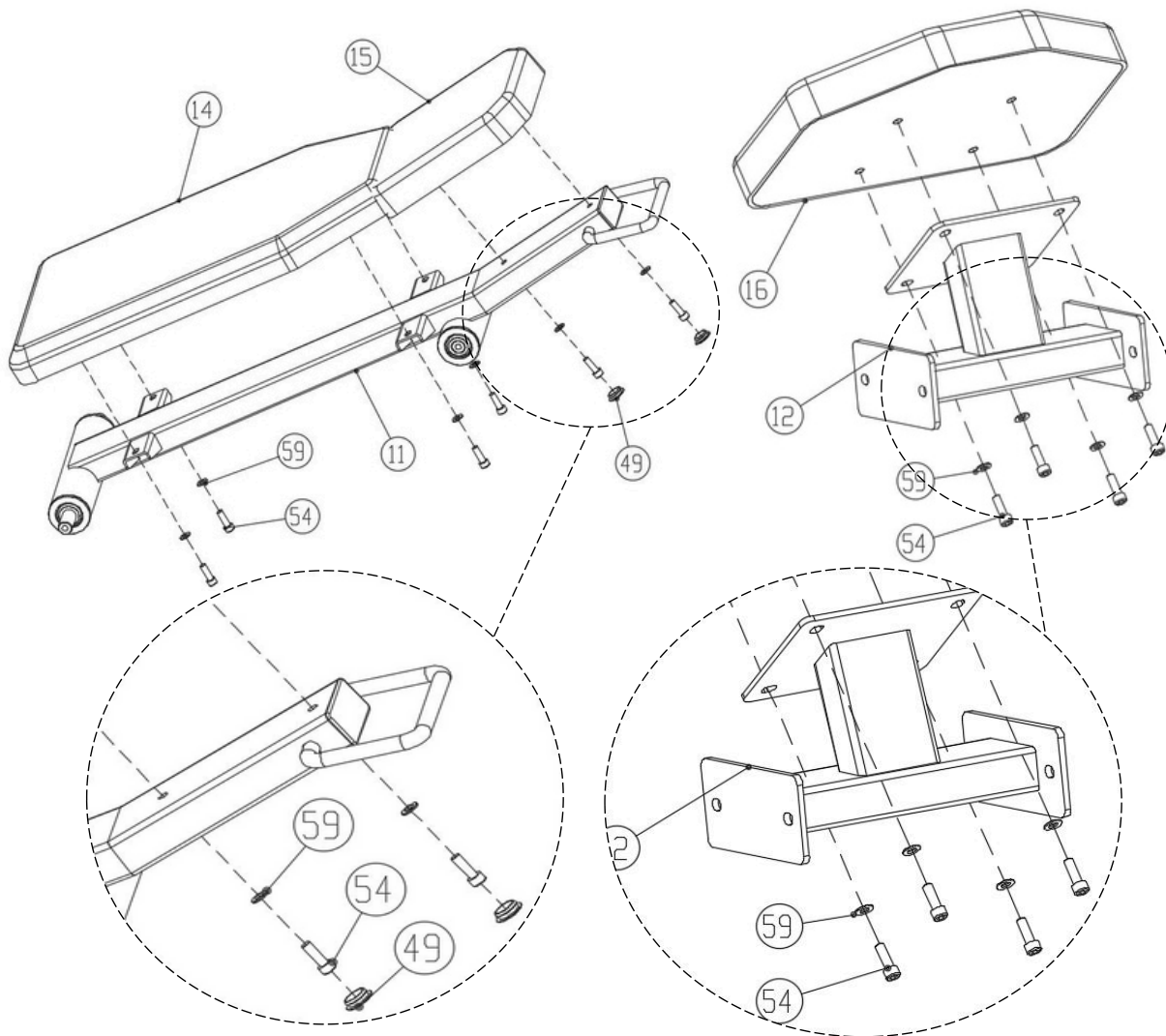
Attach the following cushions to the Recumbent Stirrup Back Plate Frame:

- Universal Back Cushion (#14)
- Universal Head Cushion (#15)
- 2 × Plugs (#49)

Also, attach the Universal Seat Cushion (#16) to the Seat Cushion Bracket (#12).

Use the following components to secure everything:

- 10 × Hexagon socket head cap screws M8×25 (#54)
- 10 × Flat washers M8-D16 (#59)

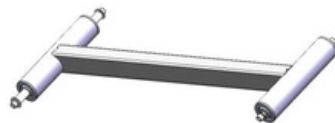
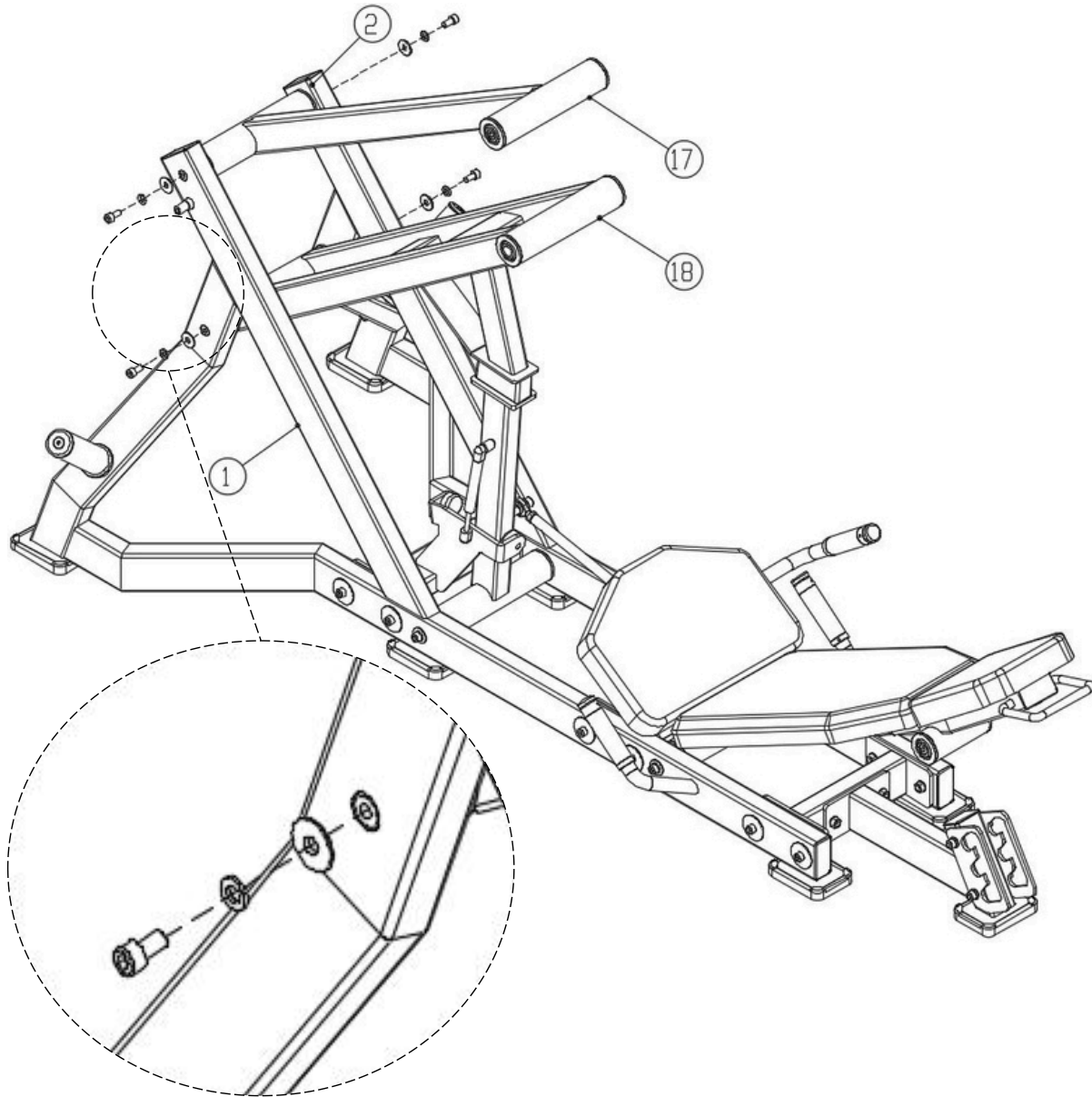


Headrest (#14)	backrest (#15)	Shoulder pad (#16)
2 X 20plug (#49)	10 x Hexagon socket cheese head screws M8*25 (#54)	10 x flat washer M8- D16 (#59)

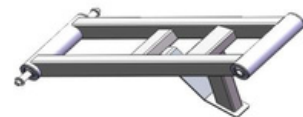
Step 5:

Attach the Recumbent Stirrup Force Arm A Assembly (#17) and Force Arm B Assembly (#18) to the Side Frame Assembly (#1) and the Right Side Frame Assembly (#2).

Use the illustrated method to secure the arms, making sure all bolts and washers are tightened properly.



Leg press Force Arm A  
Assembly (#17)



Leg press Force Arm B  
Assembly (#18)

## Step 6:

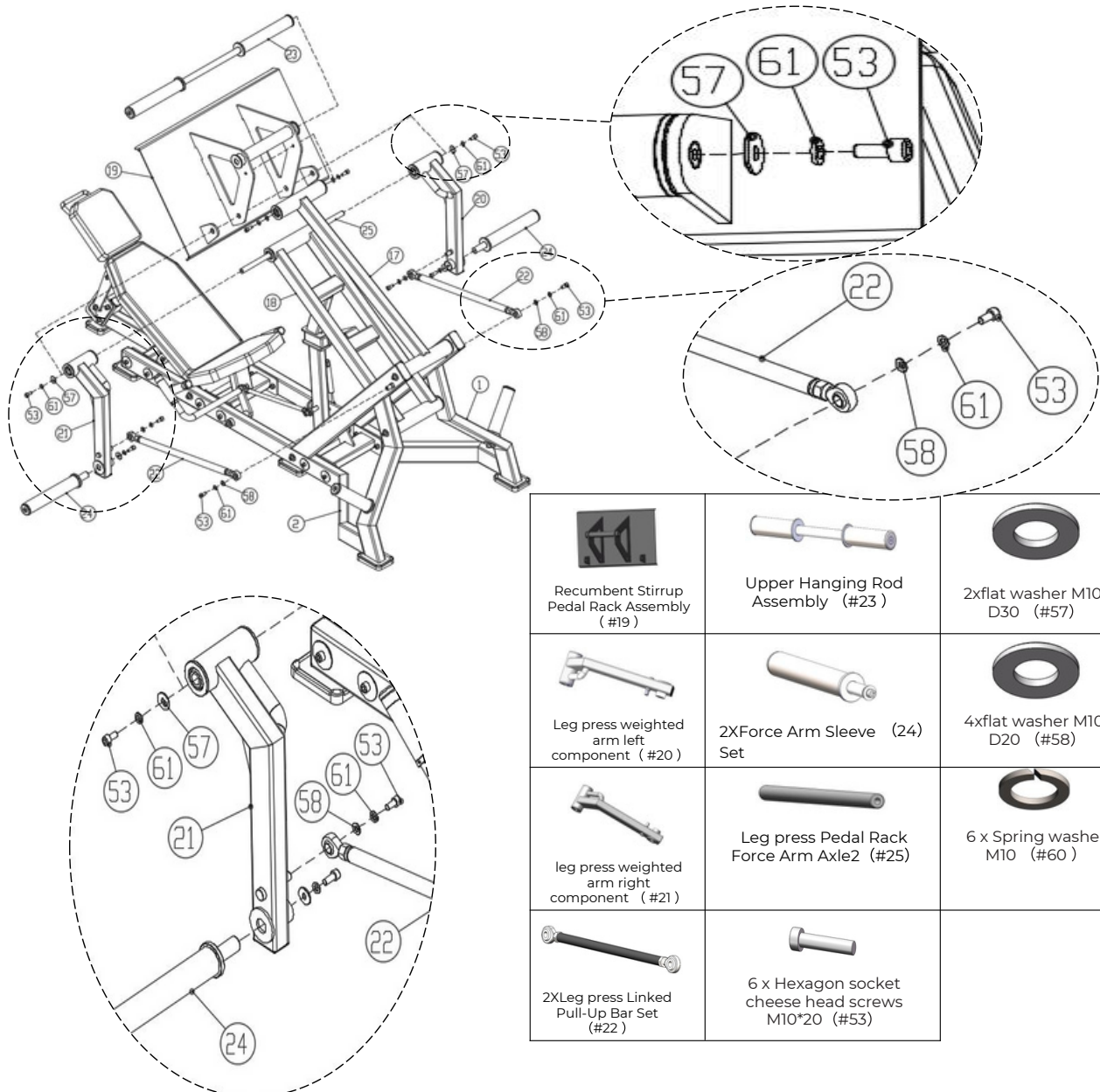
Start by attaching the Upper Hanging Bar (#23) to the Recumbent Stirrup Pedal Rack Assembly (#19). Then connect both the Left (#20) and Right (#21) Weighted Arm Assemblies to the Pedal Rack Assembly (#19) using the 2x Force Arm Sleeves (#24).

Insert Axle #2 (#25) through the Pedal Rack Assembly (#19) and connect it to the Left Force Arm A (#17) and Right Force Arm B (#18).

Now connect the Left Weighted Arm (#20) to the Left Shelf Frame (#1) and the Right Weighted Arm (#21) to the Right Shelf Frame (#2) using the Linkage Rod Set (#22).

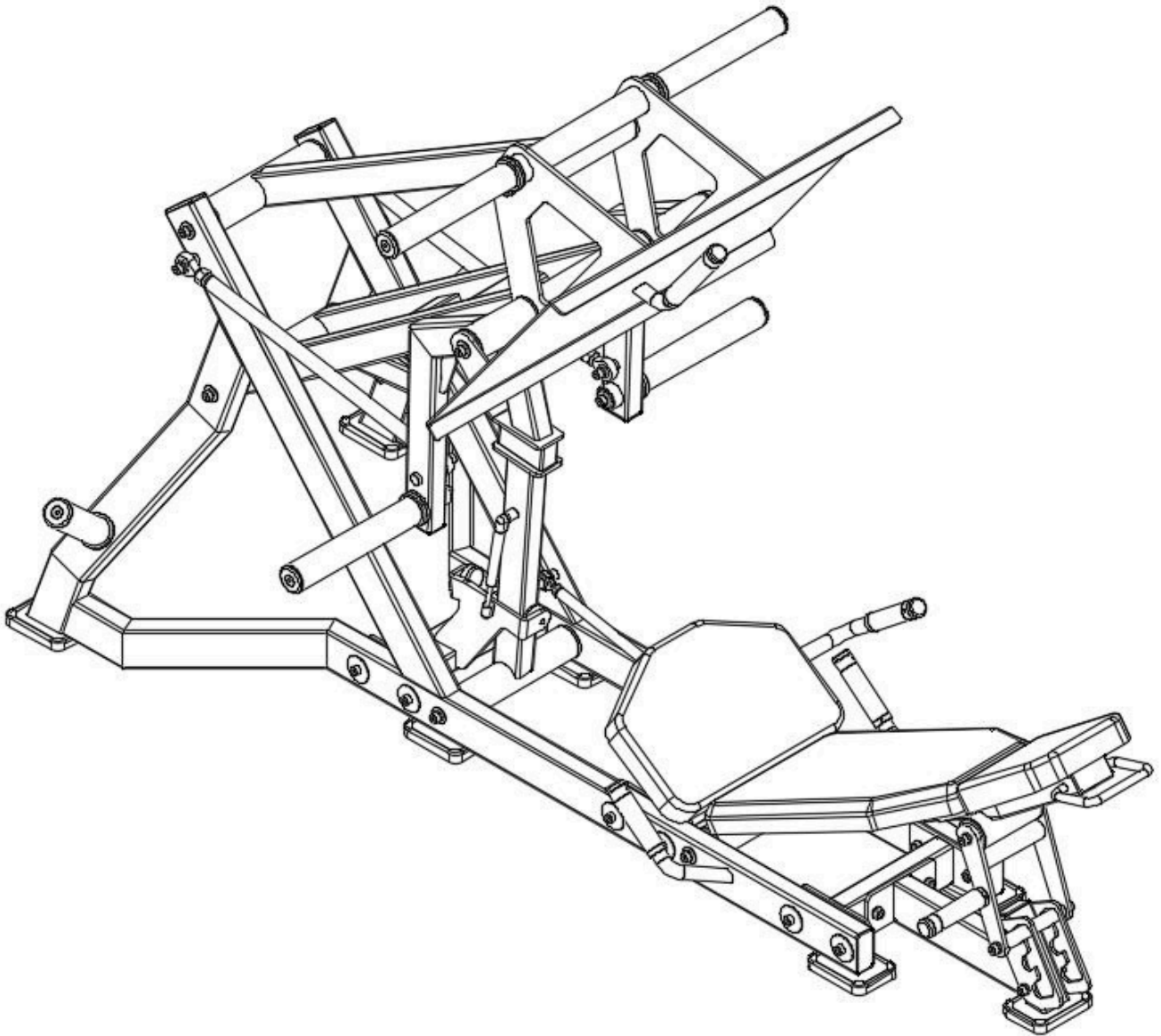
Use the following components to fasten everything:

- 6x M10\*20 hex socket screws (#53)
- 2x Flat washers M10-D30 (#57)
- 2x Force arm sleeves (#24)
- 4x Flat washers M10-D20 (#58)
- 6x Spring washers M10 (#61)





## Fully Installation



## Important Tips

Now that your Leg Press - 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.

## Accessory List

NO	Name and specification	QTY
1	Left Frame Assembly	1
2	Right Frame Assembly	1
3	Leg press Connection Frame	1
4	Leg press Stop Attachment Kit	1
5	Rear Bracket Section Assembly	1
6	Leg press Stops Assembly	1
7	Leg press Limit Pull Handle Assembly	1
8	Bell Storage Sleeve Set	2
9	rod assembly	1
10	gas spring 180N-70L	1
11	Leg press Backboard Rack	1
12	Seat cushion holder	1
13	Backrest Linkage Bracket Assembly	1
14	Universal large back cushion	1
15	Universal Head Pad	1
16	Universal Cushion	1
17	Leg press Force Arm A Component	1
18	Leg press Force Arm A Component	1
19	Leg press Pedal Rack Assembly	1
20	Leg press with weighted arm left component	1
21	Leg press with weighted arm right component	1
22	Leg press Linkage Tie Rod Assembly	1
23	Upper Hanging Rod Assembly	1
24	Force Arm Sleeve Set	2
25	Leg press Pedal Rack Force Arm Shaft 2	2
49	20 Plug	2
50	Rectangular Foot Mat	7
51	Hexagon socket cheese head screws M12*35	2
52	Hexagon socket cheese head screws M10*60	14
53	Hexagon socket cheese head screws M10*20	9
54	Hexagon socket cheese head screws M8*25	10
55	FLAT MAT M12-D24	2
56	FLAT MAT M10-D50	14
57	FLAT MAT M10-D30	5
58	FLAT MAT M10-D20	18
59	FLAT MAT M8-D16	10
60	Spring mat M12	2
61	Spring mat M10	9
62	Hexagonal self-locking nuts M10	14

# Exploded view

