

# ***FITNESS360***<sup>®</sup>

**FT8056**


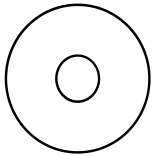
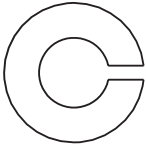
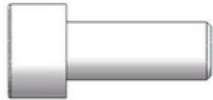
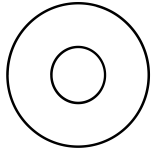
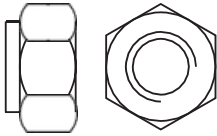
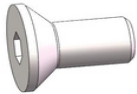
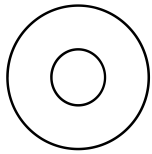

**Iso-Lateral Leg Press - Plate Loaded**



rubber mallet
horizontal ruler
Allen key
two persons
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)	[53]flat washer M10-D50	[56]spring washer M10
		
[52] (M10*25)	[54]flat washer M10-D20	[59]Hexagonal self-locking nuts M10
		
[57] (M10*20)	[55]flat washer M10-D20	
		
[58] (M8*16)		

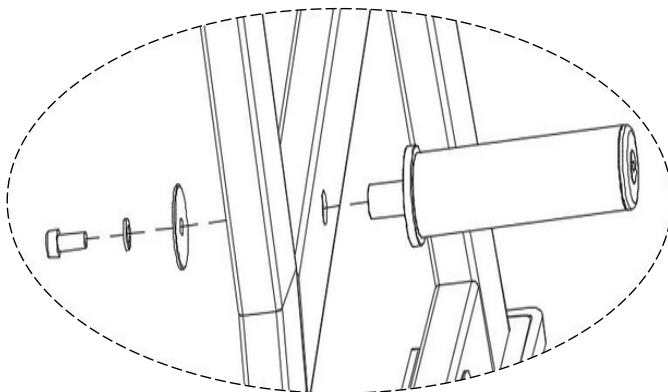
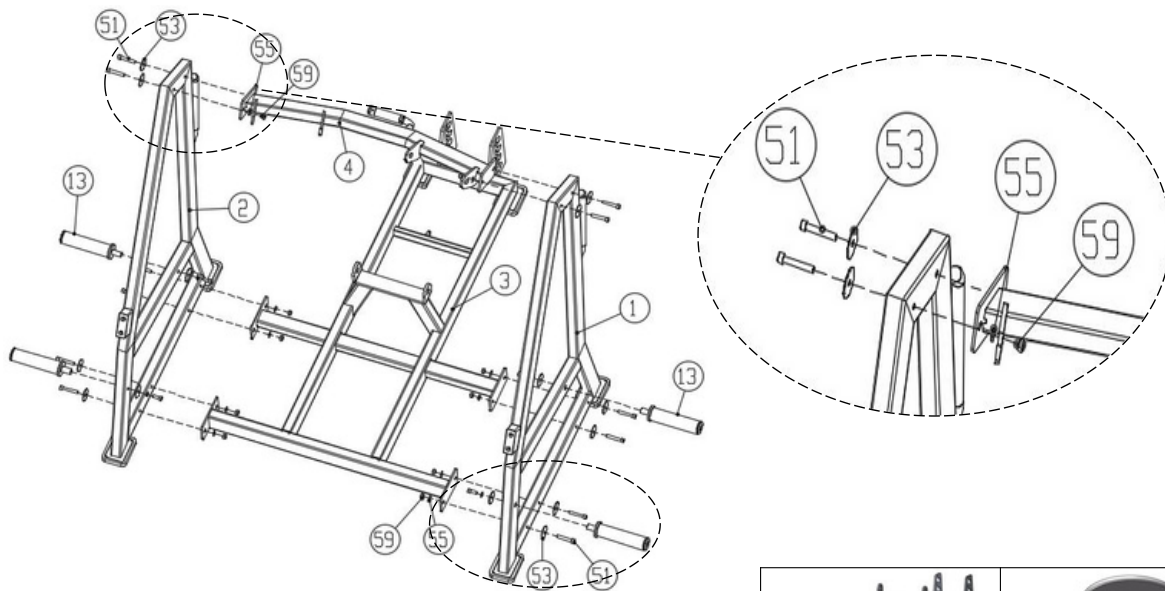
## Step 1:

Start by attaching the following components to the Left Frame (#1) and Right Frame (#2): Main Chassis Assembly (#3), Force Arm Support Bracket (#4) and 4x Bell Storage Sleeves (#13)

Use the following components:

- 12 × Hexagon socket head screws M10×60 (#51)
- 12 × Flat washers M10-D50 (#53)
- 12 × Flat washers M10-D20 (#55)
- 12 × Hexagonal locknuts M10 (#59)

Use a spanner to tighten all bolts before moving to the next step.



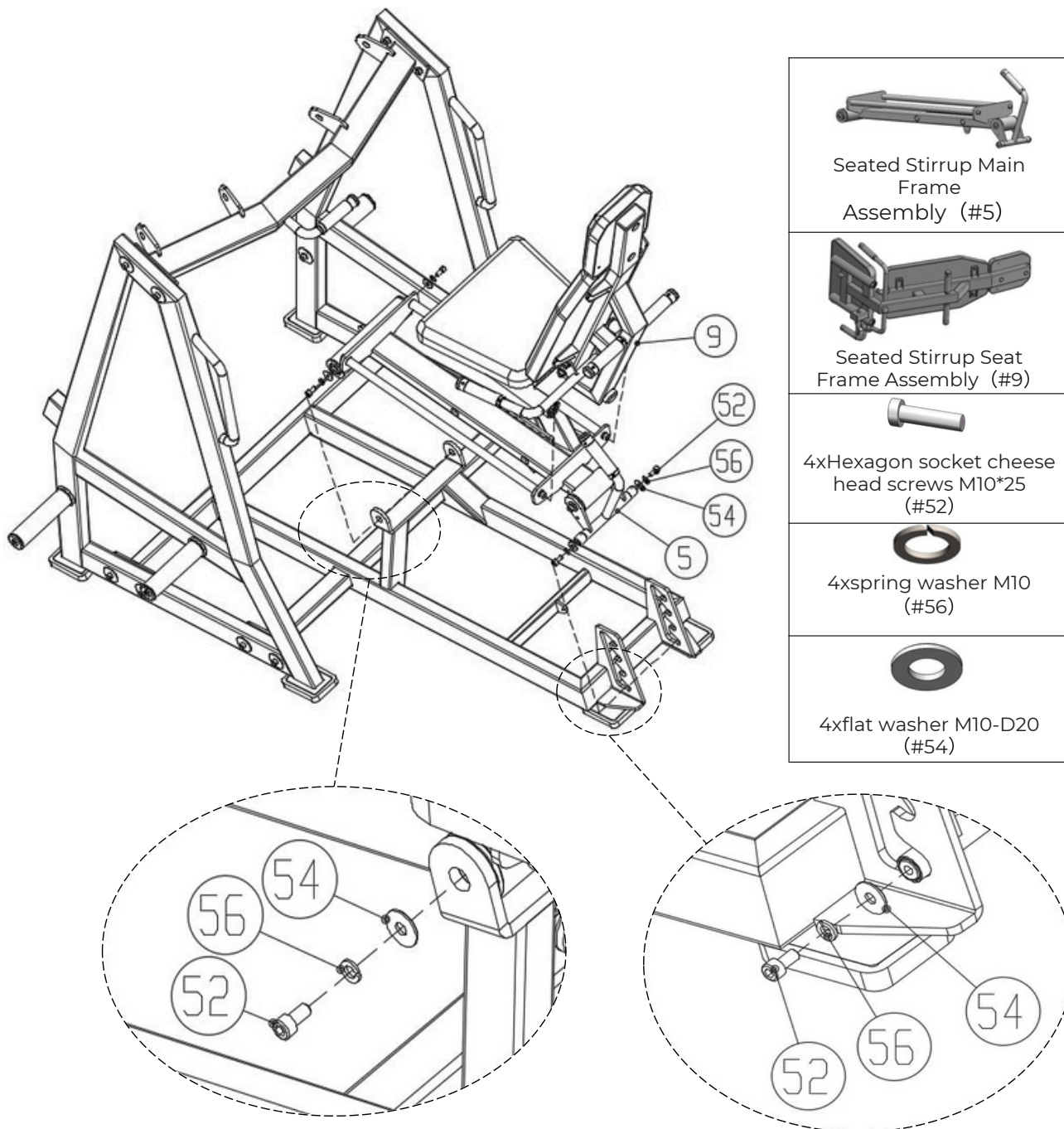
Main Chassis Components(#3)	12x flat washer M10-D50 (#53)
Force arm (#4)	12x flat washer M10-D20 (#55)
4X sleeve(#13)	12x hex self-locking nuts M10 (#59)
12x Hexagon socket head bolts M10*60 (#51)	

## Step 2:

Attach the Seated Stirrup Main Frame Assembly (#5), and the Seated Stirrup Seat Frame Assembly (#9) to the Main Bottom Frame Assembly (#3).

Use the following components:

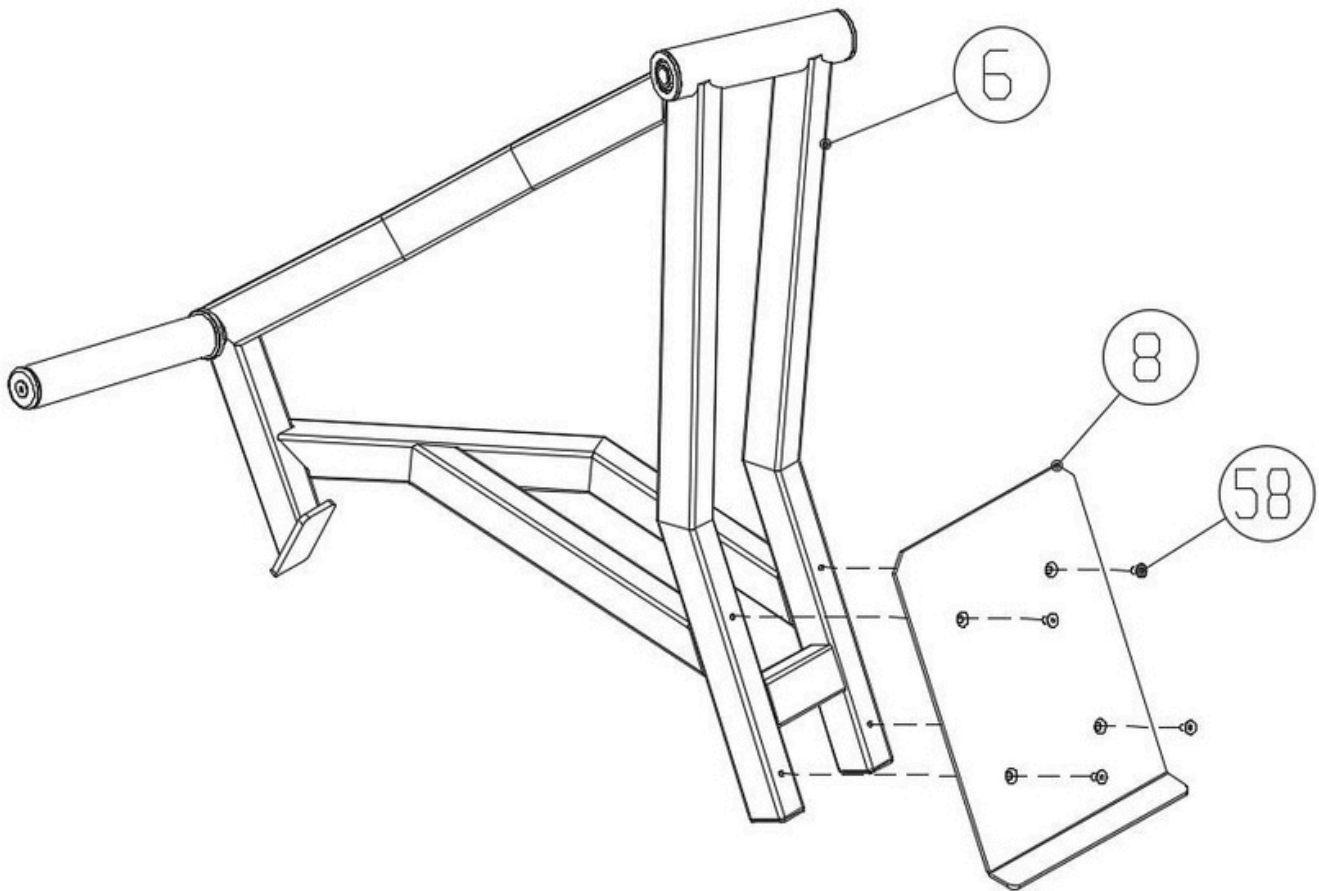
- 4x Hexagon socket cheese head screws M10\*25 (#52)
- 4x flat washers M10-D20 (#54)
- 4x Spring Washers M10 (#56)



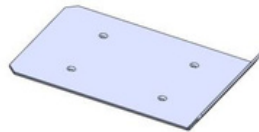
Step 3:

Attach the foot pedal (#8) to the left force arm assembly (#6) using:

- 4 × Hexagon socket countersunk head screws M8×16 (#58)



Left force arm assembly (#6)



footrest (#8)



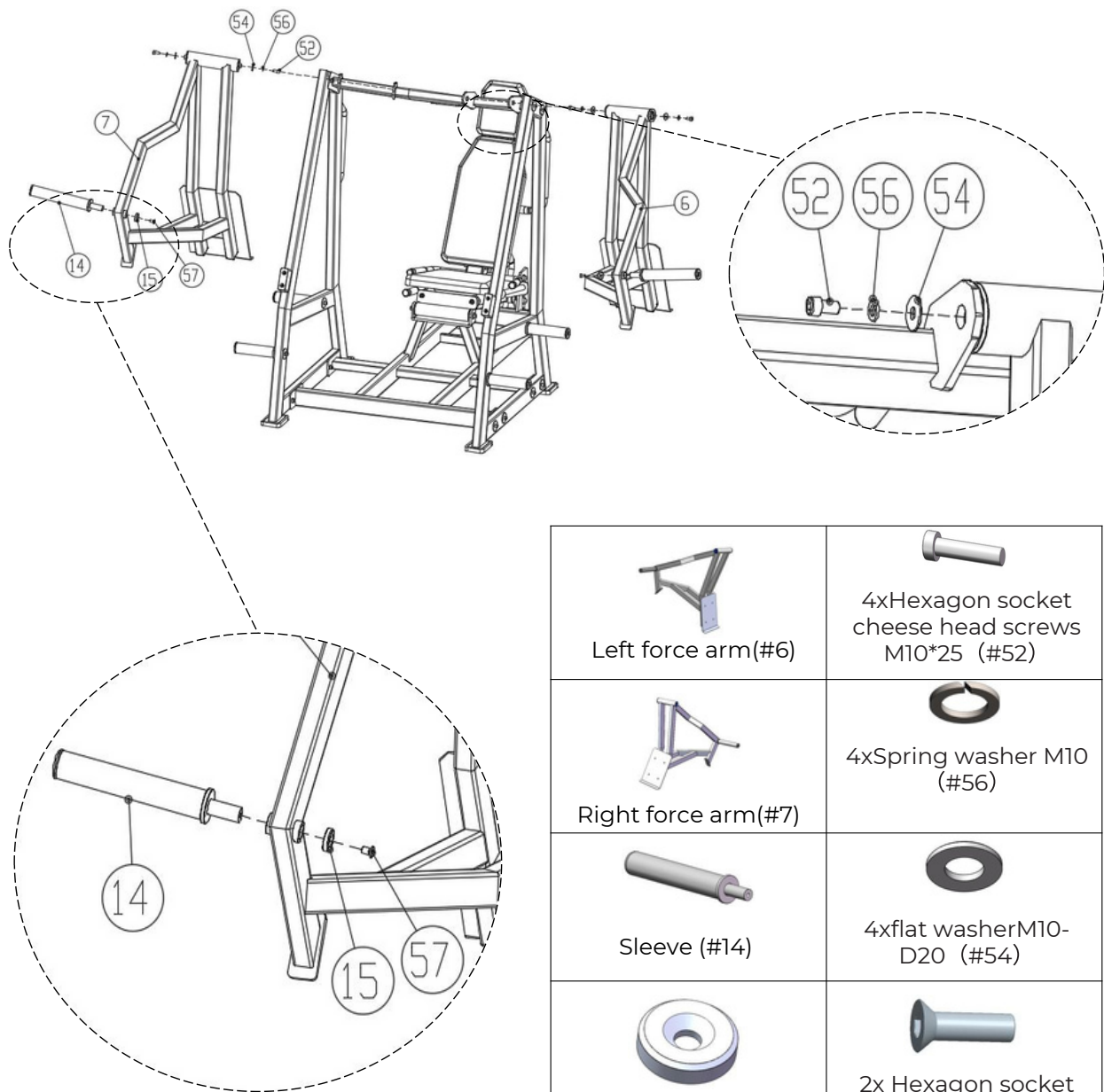
4x Hexagon socket  
countersunk head screws  
M8\*16 (#58)

Step 4:

Insert both Force Arm Sleeve Sets (#14) into the Left (#6) and Right (#7) Force Arm Assemblies. Use the Hanger Bar Locking Cover (#15) to secure them.

Mount the Left and Right Force Arm Assemblies to the Force Arm Support Bracket (#4) using the parts listed below:

- 4 × Hexagon socket cheese head screws M10×25 (#52)
- 2 × Hexagon socket countersunk screws M10×20 (#57)
- 4 × Flat washers M10-D20 (#54)
- 4 × Spring washers M10 (#56)



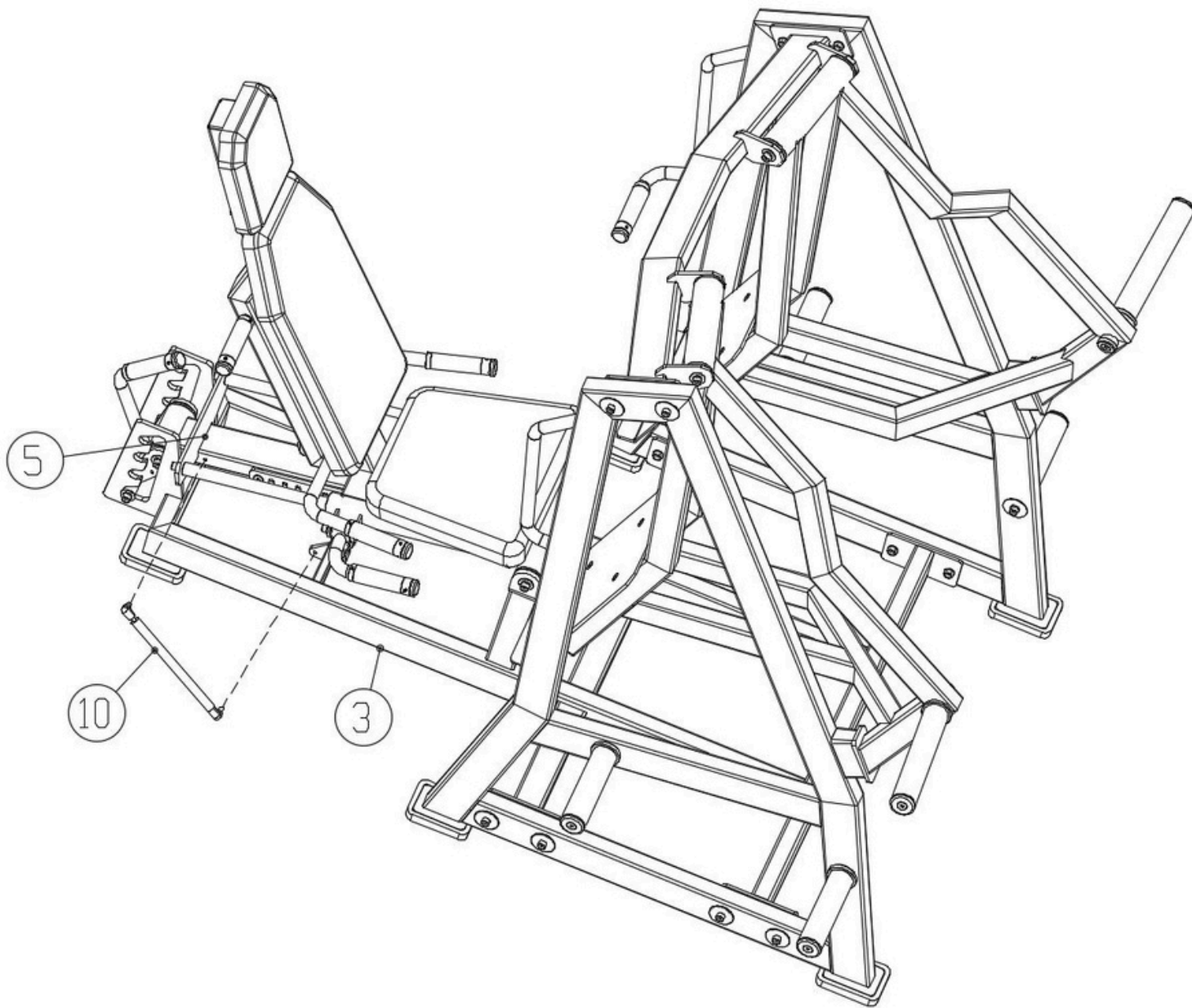
 Left force arm(#6)	 4xHexagon socket cheese head screws M10*25 (#52)
 Right force arm(#7)	 4xSpring washer M10 (#56)
 Sleeve (#14)	 4xflat washerM10-D20 (#54)
 Hanger Bar Locking Cover(#15)	 2x Hexagon socket countersunk head screws M10*20 (#57)



Step 5:

Connect the Main Bottom Frame Assembly (#3) to the Seated Stirrups Main Frame Assembly (#5).

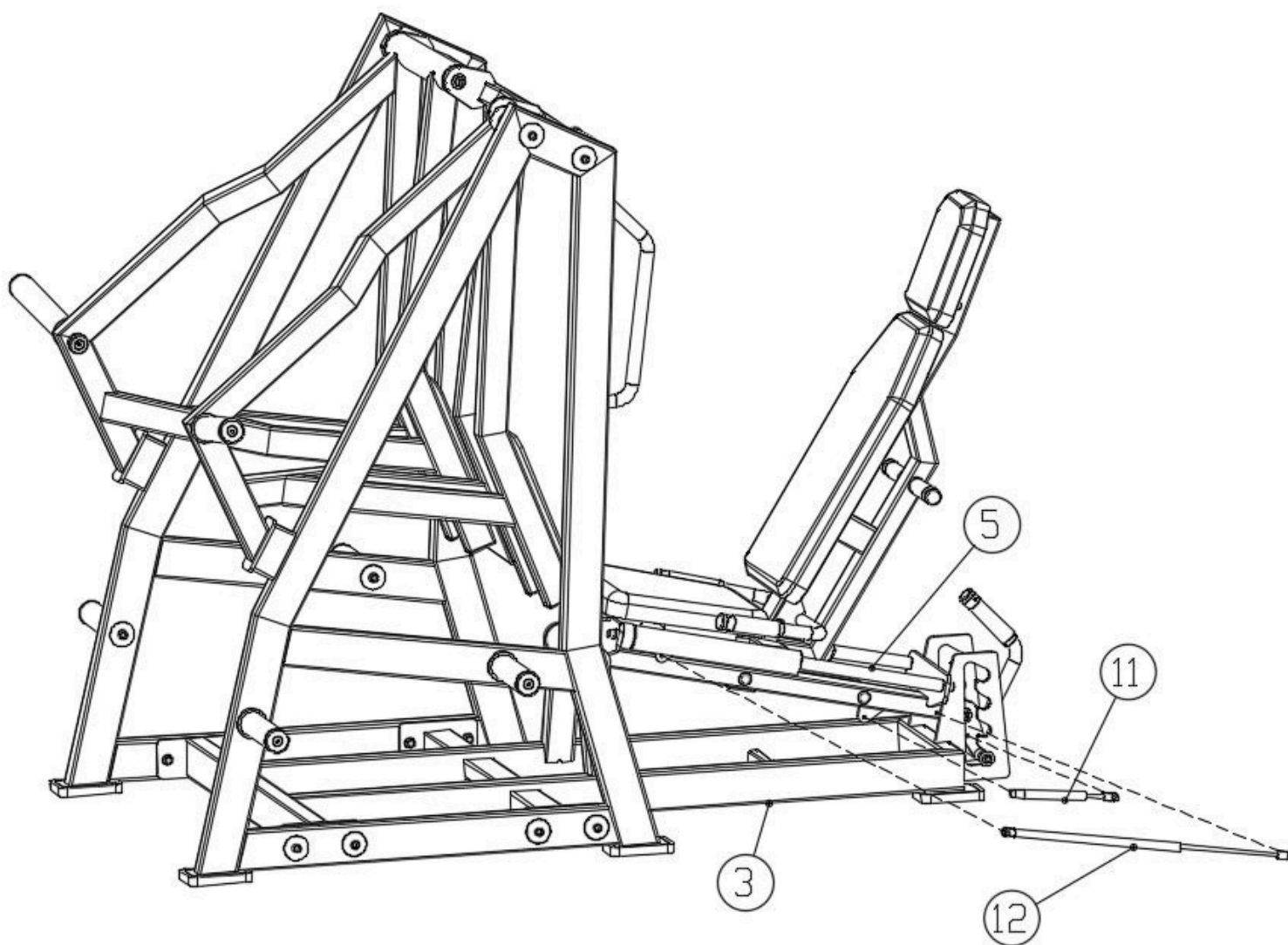
Use the Hydraulic Rod - 280N-125 (#11) to link the two parts.



Step 6:

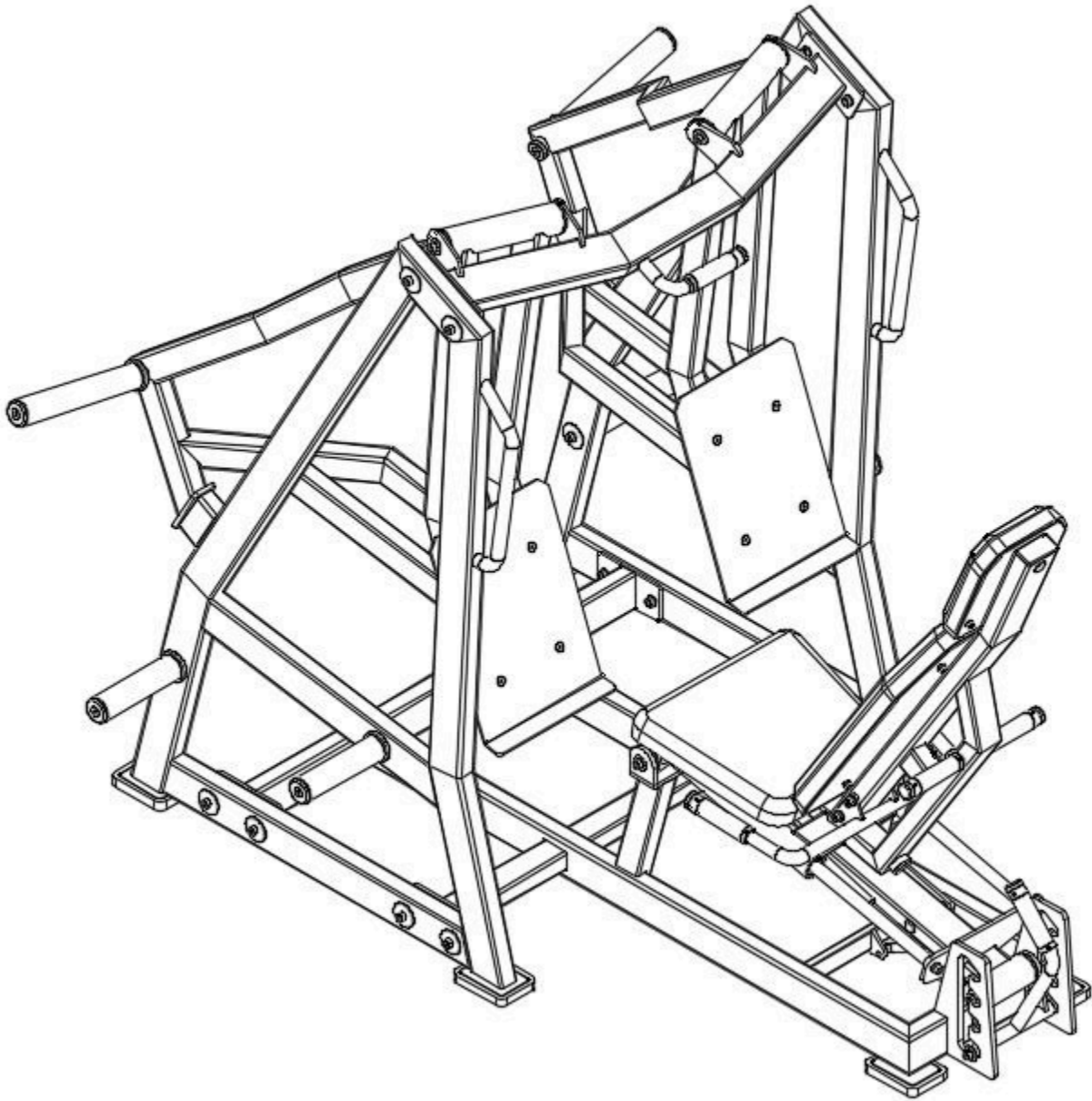
Connect the Seated Stirrup Main Frame Assembly (#5) to the Seated Stirrup Seat Frame Assembly (#9) with Gas Spring-100N-220 (#11).

Connect the Seated Stirrup Main Frame Assembly (#5) to the Seated Stirrup Seat Frame Assembly (#9) with Gas Spring - 80N-90 (#12)





## Fully Installation



### Important Tips

Now that your Iso-Lateral 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.

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 specification	QTY
1	Left side frame	1
2	Right side frame	1
3	Main Chassis Assembly	1
4	Force arm support frame	1
5	Seated Stirrup Main Frame Assembly	1
6	Left force arm	1
7	Right force arm	1
8	footrest	2
9	Seated Stirrup Seat Frame Assembly	1
10	Hydraulic rod-280N-125	1
11	Hydraulic rod-80N-90	1
12	Hydraulic rod-100N-220	1
13	Bell Blade Storage Sleeve Set	4
14	Force Arm Sleeve Set	2
15	Hanger Bar Locking Cover	2
51	Hexagon socket cheese head screws M10*60	12
52	Hexagon socket cheese head screws M10*25	8
53	Flat washer M10-D50	12
54	Flat washer M10-D30	8
55	Flat washer M10-D20	12
56	Spring washer M10	8
57	Hexagon socket countersunk head screws M10*20	2
58	Hexagon socket countersunk head screws M8*16	4
59	Hexagonal locknuts M10	12

# Exploded view

