

FITNESS360[®]

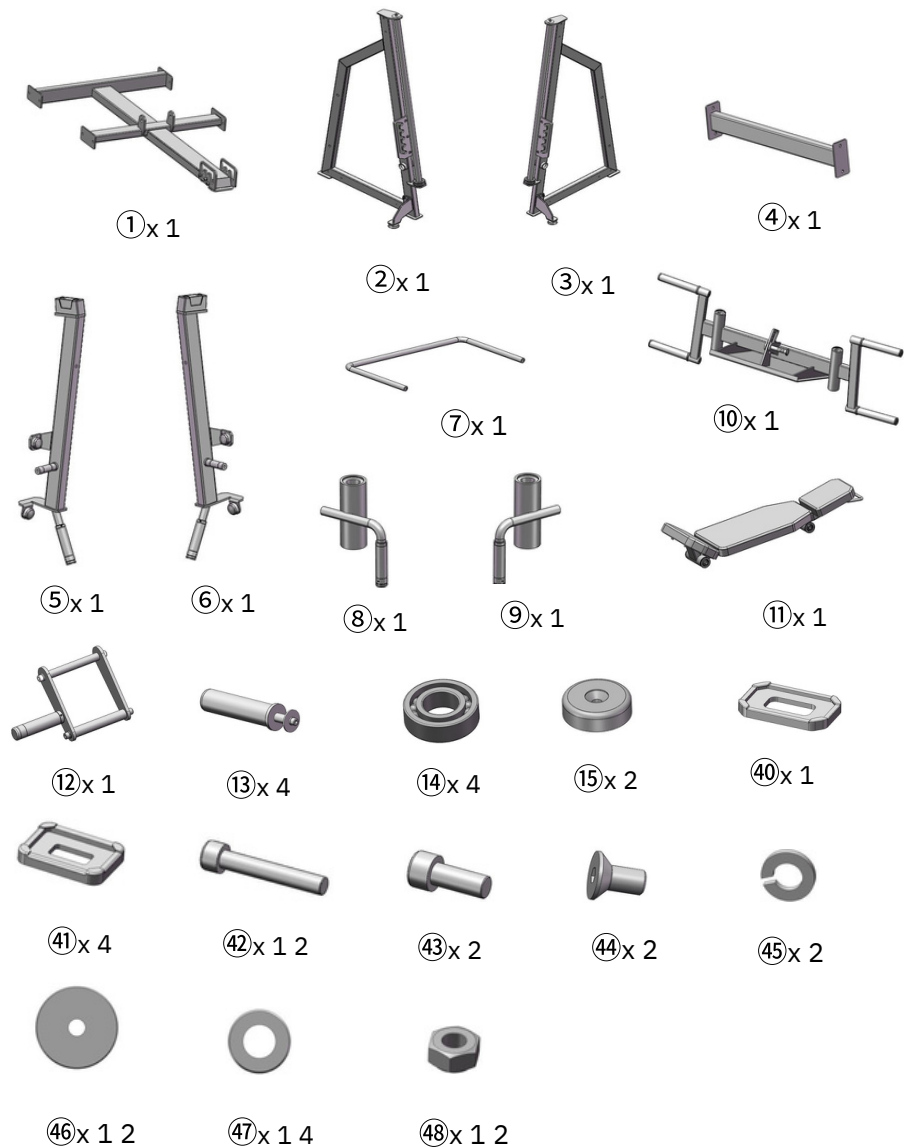
FT8057

Vertical Leg Press - Plate Loaded



rubber rod
spirit level
Allen wrench
Two people
circlip pliers
Adjustable wrench

Fastener Overview



Step 1:

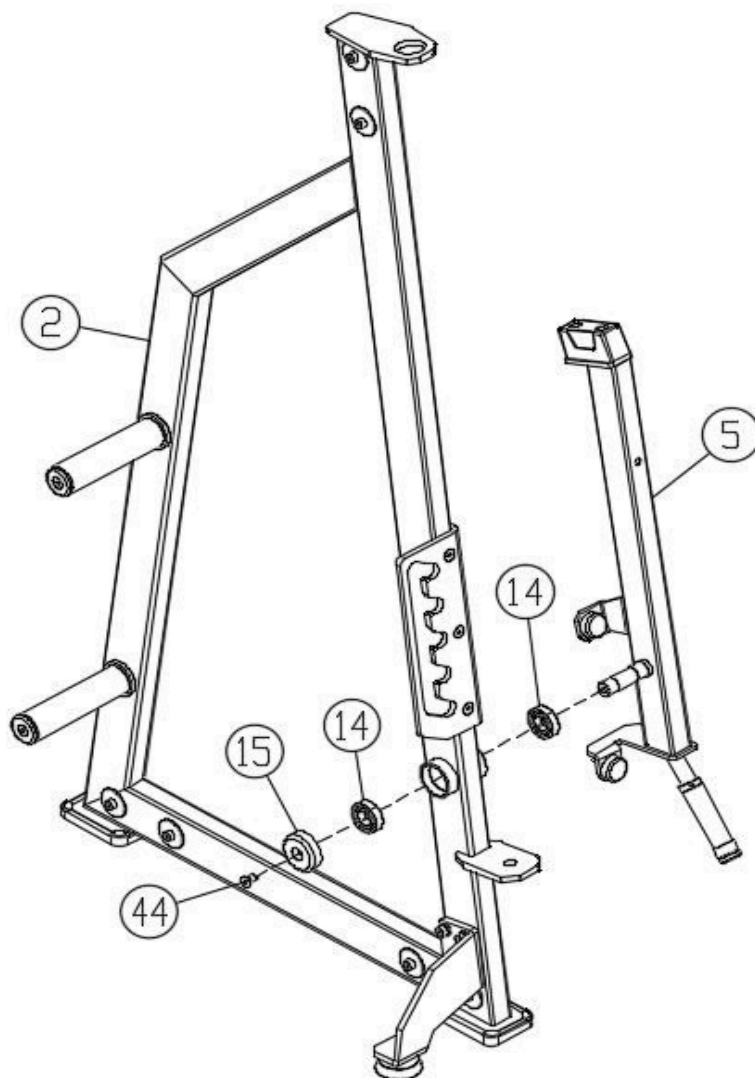
Install the Left Stop Lever Assembly (#5) onto the Left Frame Assembly using the parts shown.

Insert 2 Deep Groove Bearings (#14) into the pivot points. Use the 60 Aluminum Cap (#15) to cover and secure the assembly.

Use the following components:

- Tighten everything with 1 x Hexagon Countersunk Head Screw M10×20 (#44).

Once the left side is completed, repeat the same process to install the Right Stop Lever Assembly on the other side.



Left shelf component (#2)



Left stop lever assembly (#5)



2 X Deep groove bearing (#14)



1 X 60 aluminum cover (#15)



1 X Hexagon countersunk head screws M10*20 (#44)

Step 2:

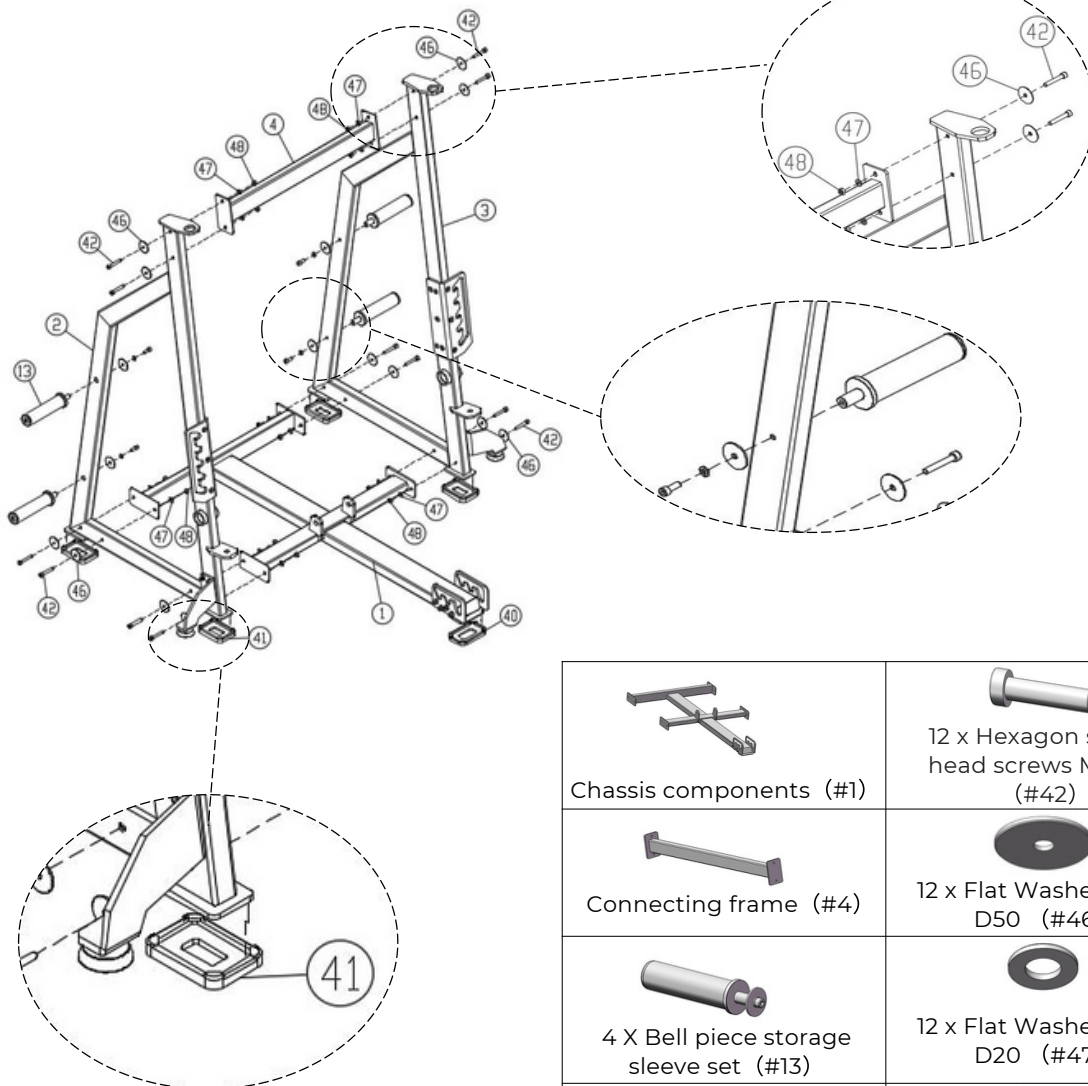
Attach the Left Frame Assembly (#2) and Right Frame Assembly (#3) to the Bottom Frame Assembly (#1) using the provided hardware. Use the Connecting Frame (#4) to secure both frame sides (#2 & #3) together.

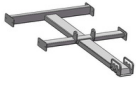








Install:

- 4 × Bell Storage Sleeve Sets (#13)
- 4 × Rectangular Floor Mats (#41) to the base
- Foot Pads (#40) to the chassis (#1)
- The Left Rack Component (#2) and Right Rack Component (#3) to the frame

Use the following components:

- 12 × Hexagon Socket Head Screws M10×60 (#42)
- 12 × Flat Washers M10-D50 (#46)
- 12 × Flat Washers M10-D20 (#47)
- 12 × Hexagonal Locknuts M10 (#48)

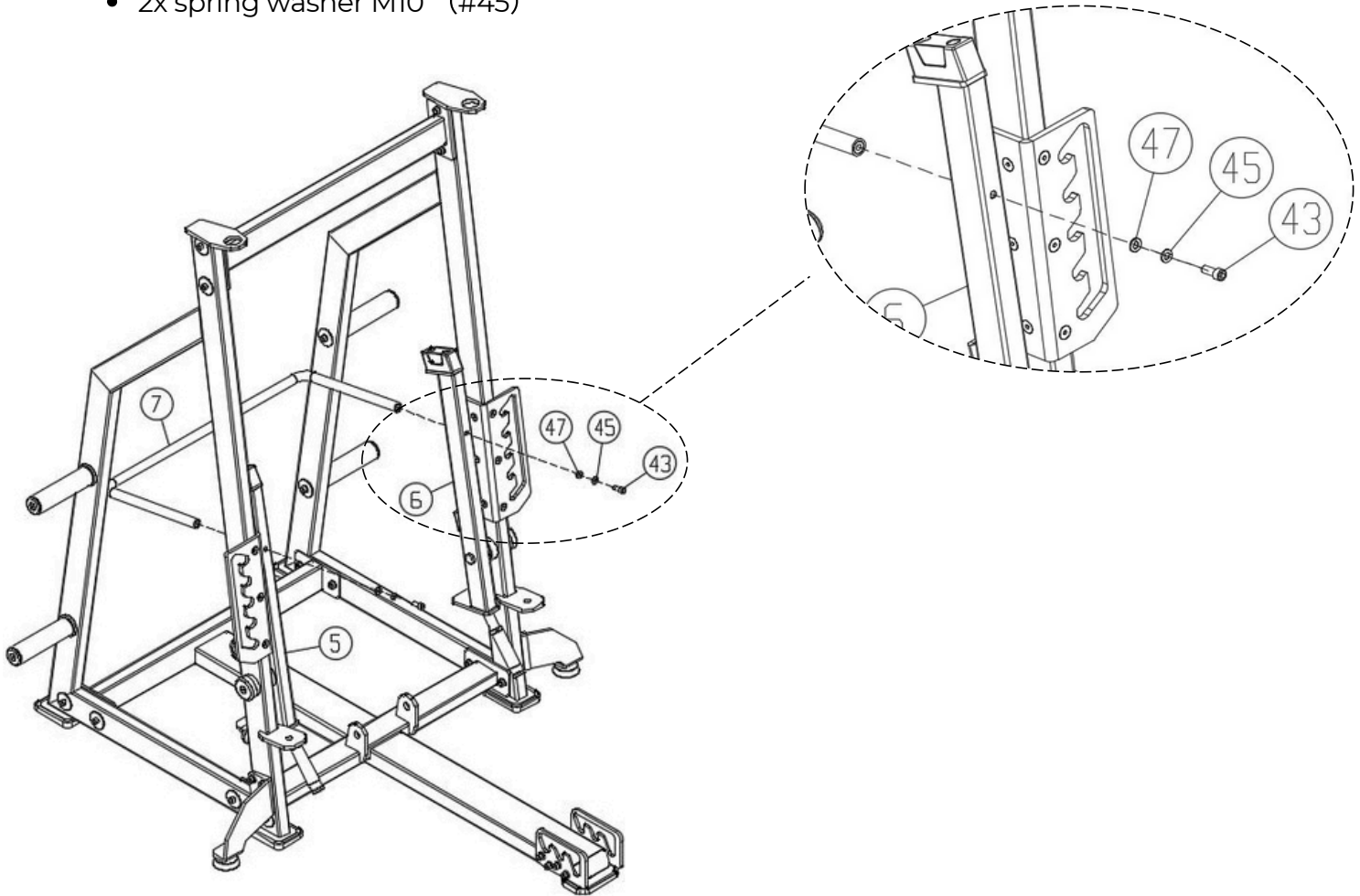





 Chassis components (#1)	 12 x Hexagon socket head screws M10×60 (#42)
 Connecting frame (#4)	 12 x Flat Washers M10-D50 (#46)
 4 X Bell piece storage sleeve set (#13)	 12 x Flat Washers M10-D20 (#47)
 1 X foot pads (#40)	 12 x Hexagonal locking nut M10 (#48)
 4 X Rectangular floor mat (#41)	

Step 3:

Connect the left stop lever assembly (#5) and right stop lever assembly (#6) with the stop lever assembly (#7) using the following components:

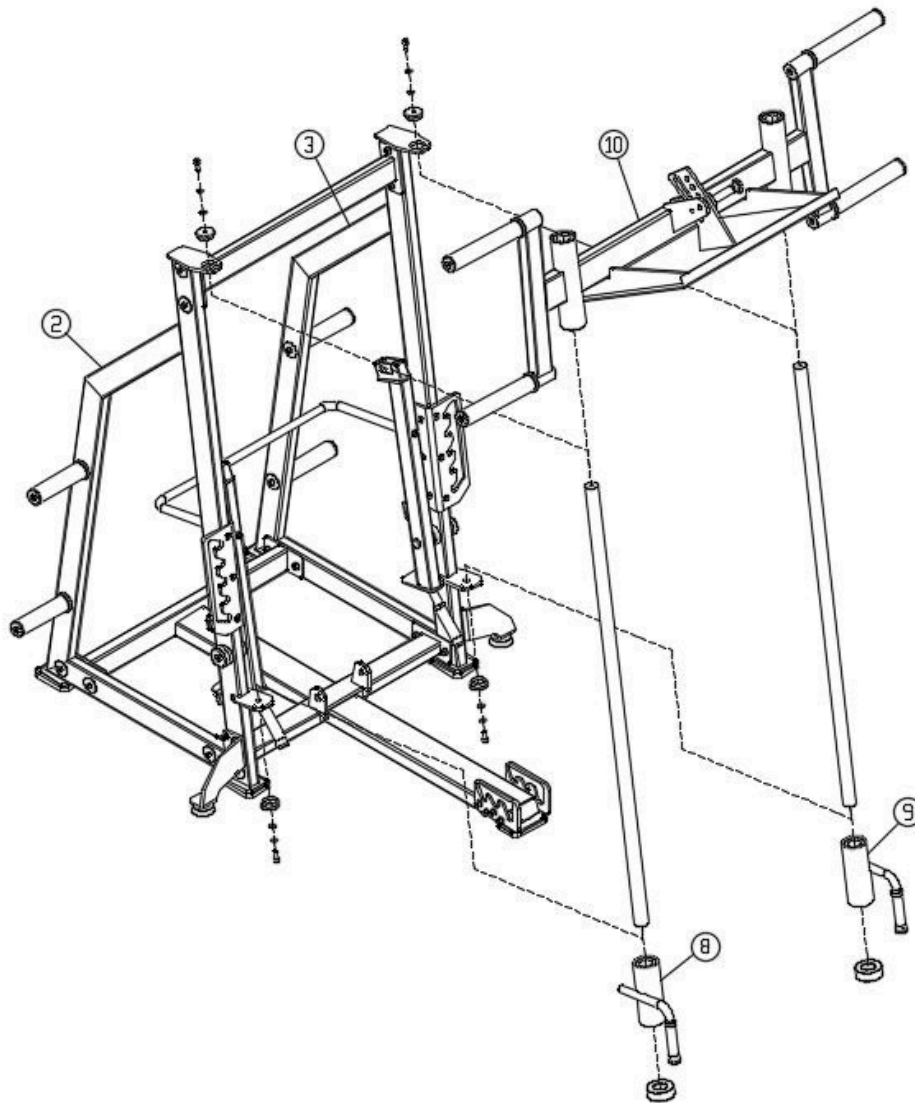
- 2x Hexagon socket head screws M10*25 (#43)
- 2x Flat Washers M10-D20 (#47)
- 2x spring washer M10 (#45)



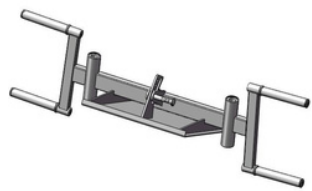


 Stop lever assembly (#7)	 22 x Flat Washers M10- D20 (#47)
 2x Hexagon socket head screws M10*25 (#43)	 4x spring washer M10 (#45)

Step 4:

Before installation, remove the pre-assembled guide rod, and use the guide rod to install the left limit handle (#8), right limit handle (#9) and sliding frame assembly (#10) according to the following method stand up.



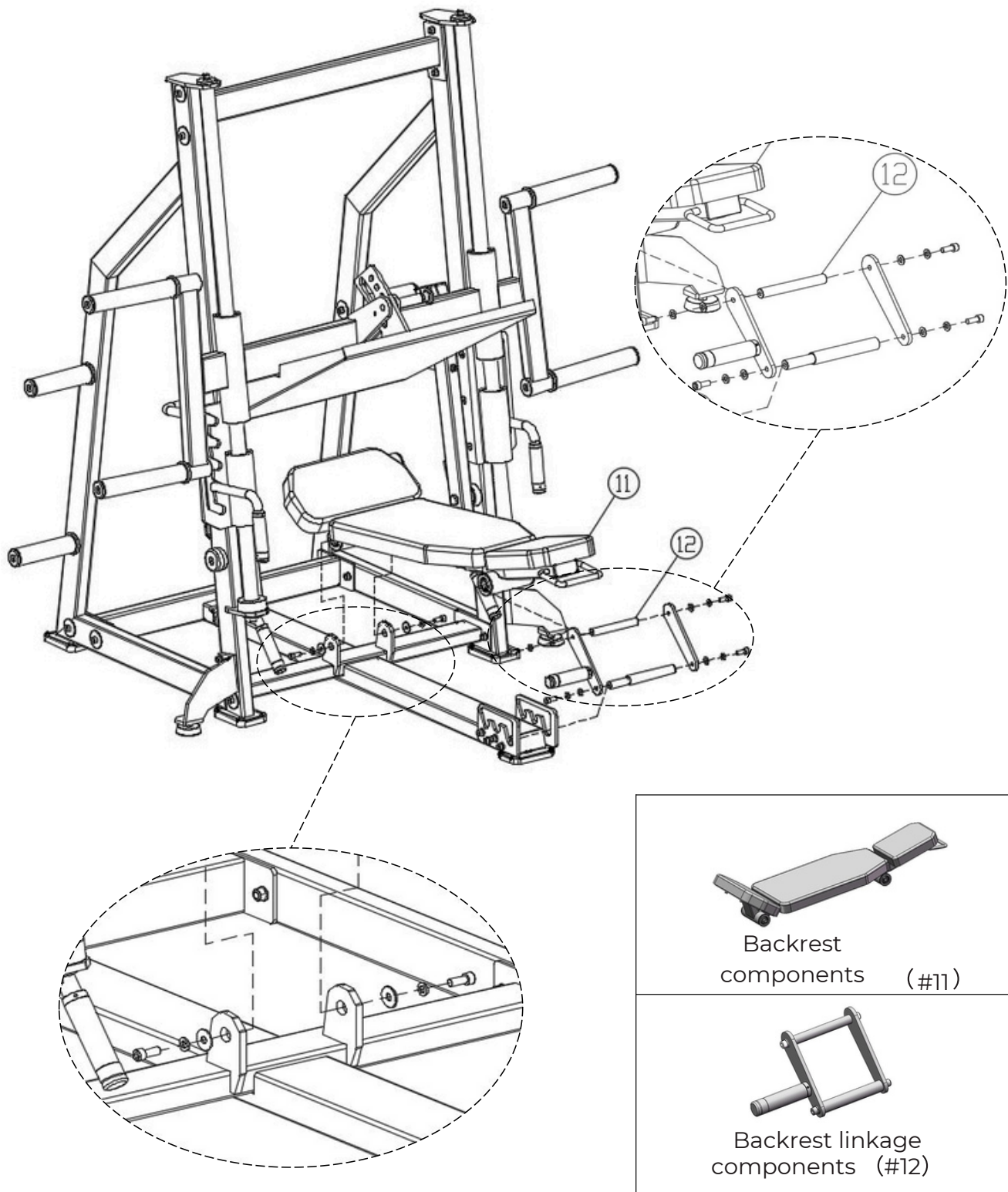
 Left limit handle (#8)	 Right limit handle (#9)	 Slide frame assembly (#10)
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Step 4:

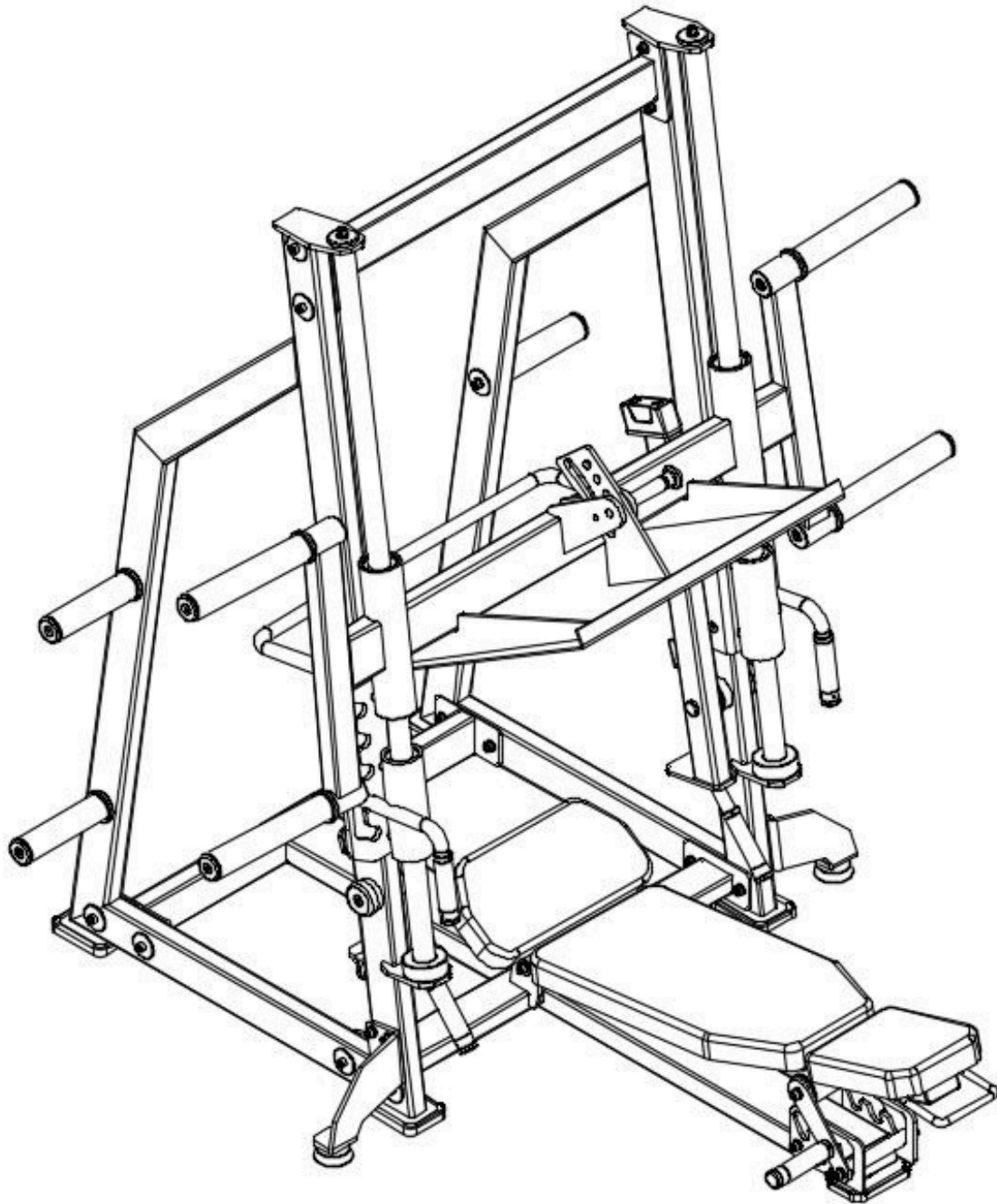
First, disassemble the Backrest Linkage Component (#12) as shown in the illustration.

Attach the Backrest Component (#11) to the Chassis (#1).

Use the Backrest Linkage (#12) to connect and secure the backrest (#11) to the chassis frame.



Fully Installation



Important Tips

Now that your Vertical 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	Chassis components	1
2	Left shelf component	1
3	Right shelf component	1
4	Connecting frame	1
5	Left stop lever assembly	1
6	Right stop lever assembly	1
7	Stop lever assembly	1
8	Left limit handle	1
9	Right limit handle	1
10	Slide frame assembly	1
11	Backrest components	1
12	Backrest linkage components	1
13	Bell piece storage sleeve set	4
14	Deep groove bearing	4
15	60 aluminum cover	2
40	foot pads	1
41	Rectangular floor mat	4
42	Hexagon socket head screws M10*60	12
43	Hexagon socket head screws M10*25	2
44	Hexagon countersunk head screws M10*20	2
45	spring washer M10	2
46	Flat Washers M10-D50	12
47	Flat Washers M10-D20	14
48	Hexagonal locking nut M10	12

Exploded view

