

# ***FITNESS360***<sup>®</sup>

**FT8059**

**Linear Leg Press - Plate Loaded**



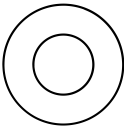
rubber hammer
spirit level
Allen wrench
More than 2 people
circlip pliers
Adjustable wrench

### 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.



[52] (M10\*70)



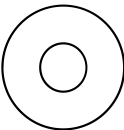
[57]flat washer M20-D37



[62]spring washer M12



[54] (M10\*60)



[58]flat washer

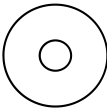
M12-D24



[63]spring washer M20

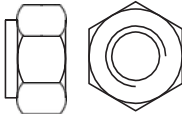


[54] (M20\*50)



[59]flat washer

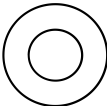
M10-D50



[64]Hexagon self-locking nuts M10

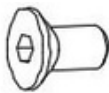


[55] (M12\*35)



[60]flat washer

M10-D20



[65] (M8\*12)



[56] (M8\*25)



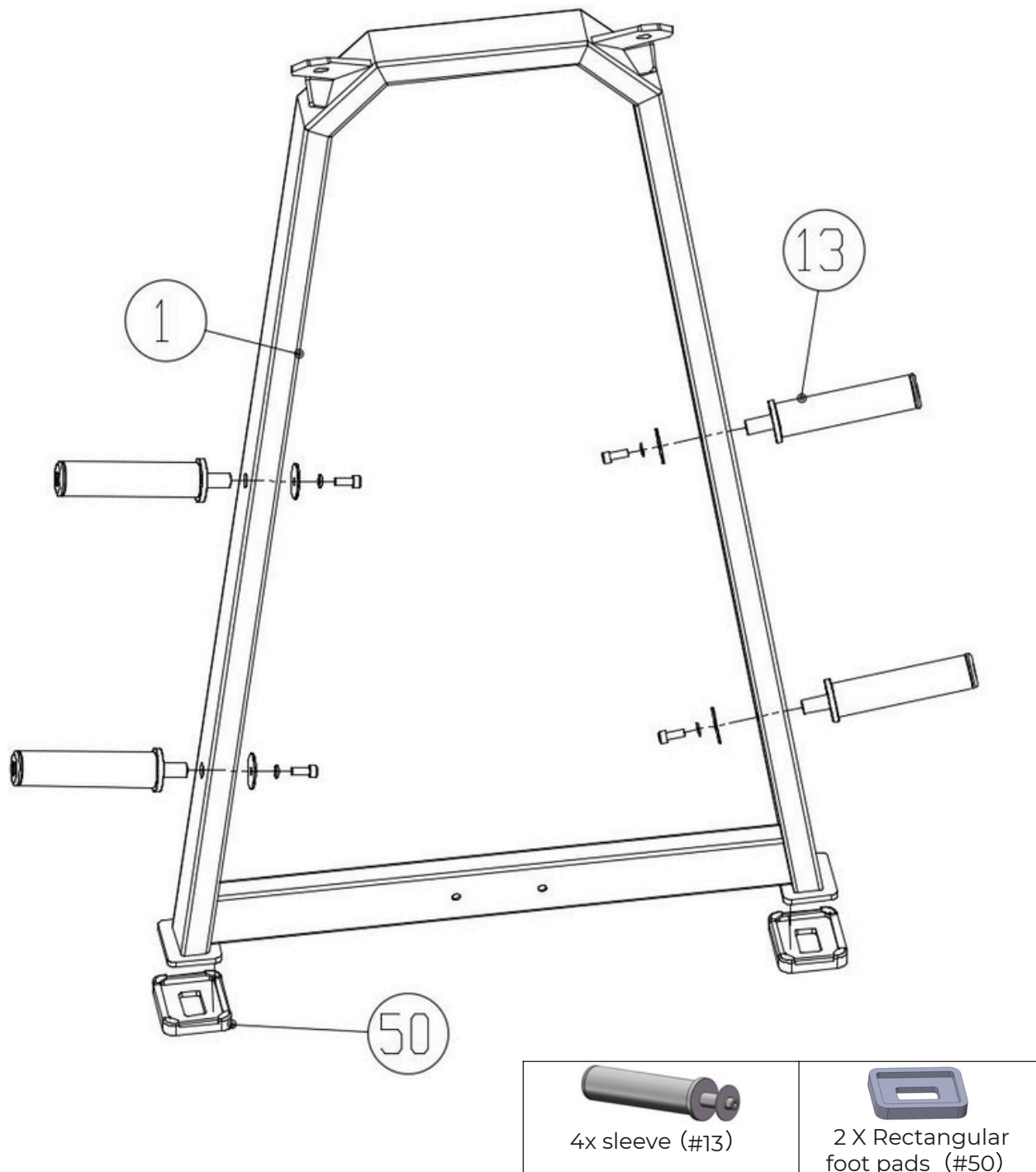
[61]flat washer

M8-D16

Step 1:

Attach 4 sleeve pieces (#13) to the main frame (#1).

Attach 2 rectangular foot pads (#50) to the bottom of the main frame (#1).

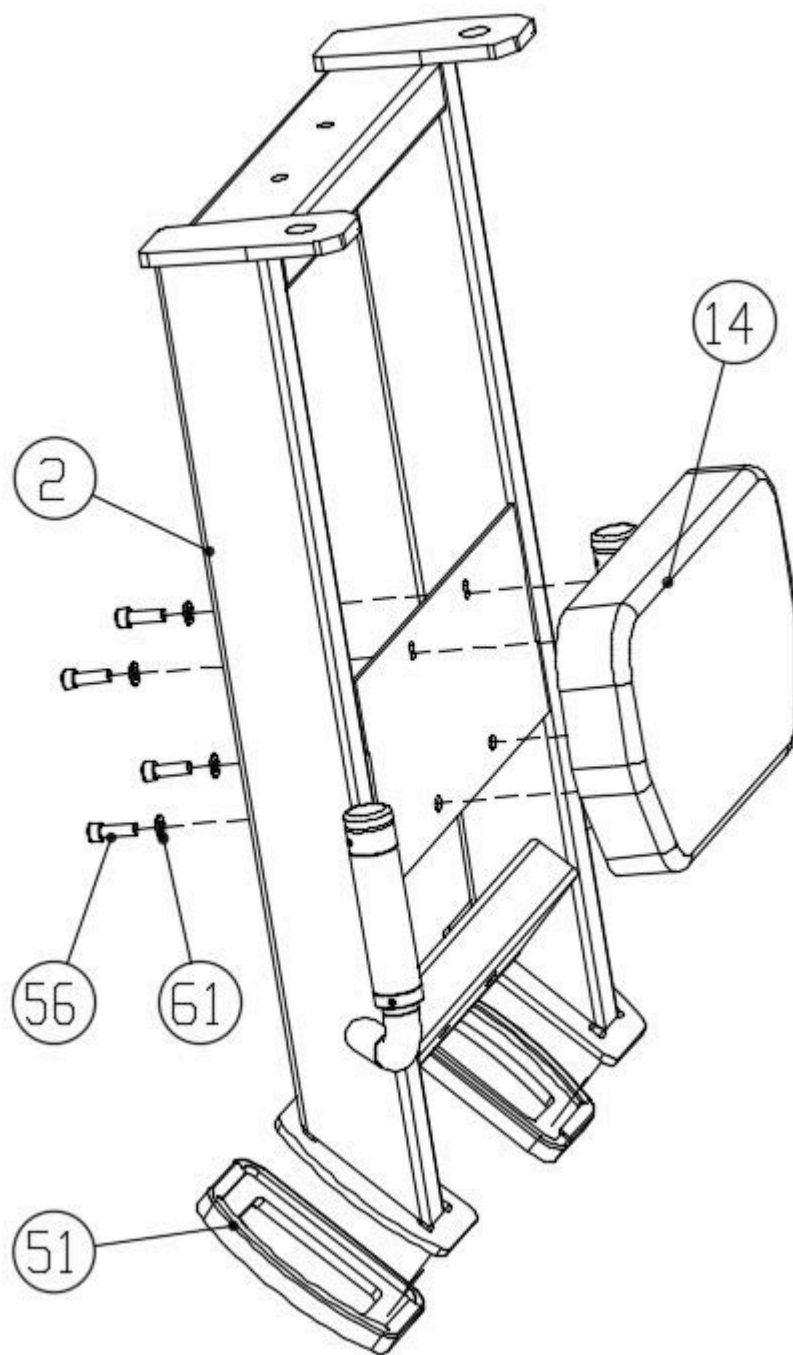


Step 2:

Install hip pad (#14) to incline frame (#2);install foot pads (#51) to incline frame (#2)

Using the following components:

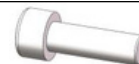
- 4xHexagon socket head screws M8\*25(#56)
- 4x flat washer M8-D16(#61)



Hip pad (#14)



2X foot pads (#51)



4 x Hexagon socket head  
screws M8\*25 (#56)



4 x flat washer M8-D16  
(#61)

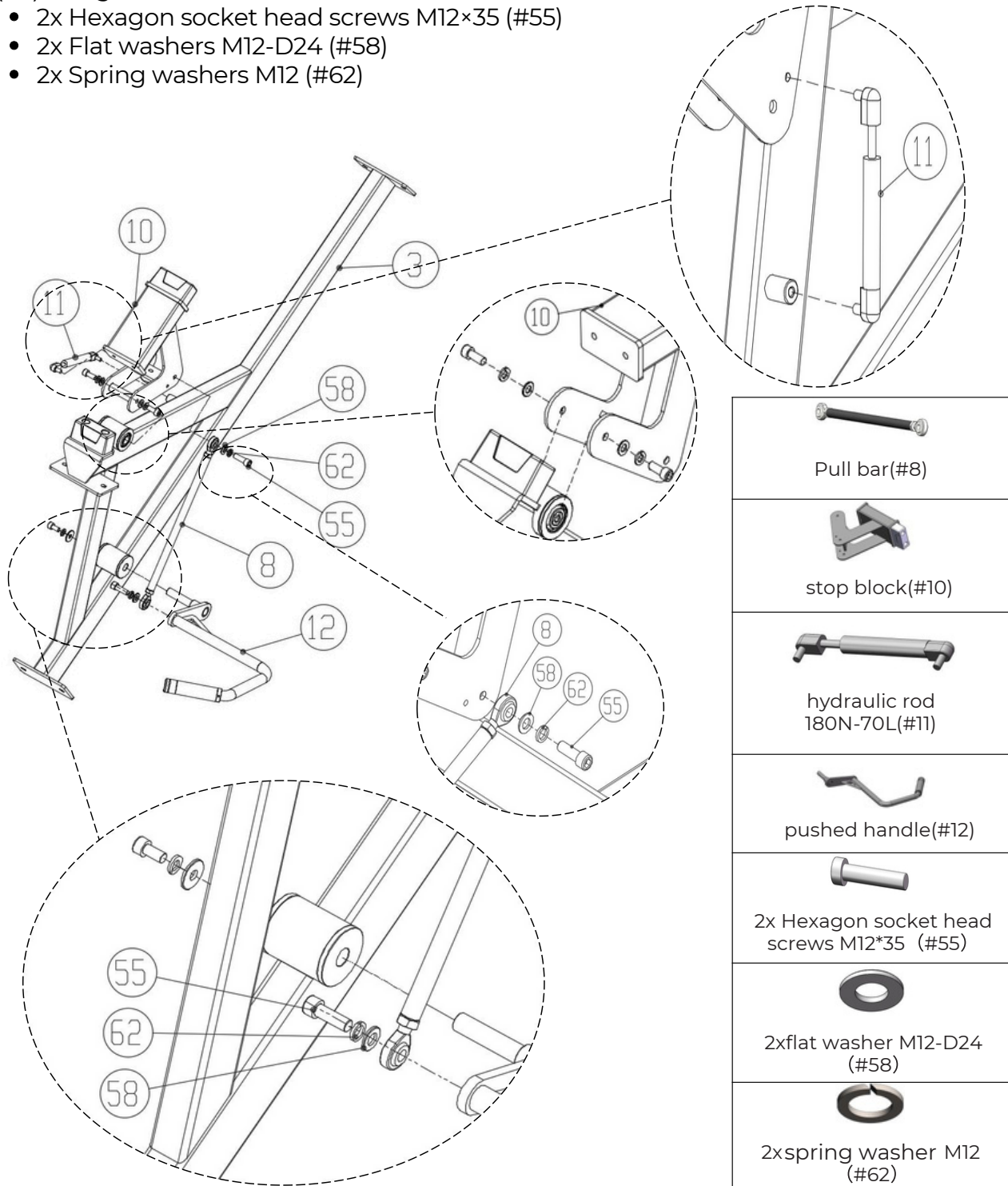
### Step 3:

Connect the stop block (#10) and pushed handle (#12) to the bottom frame (#3).

Connect the pull bar (#8) to the stop block (#10) and pushed handle (#12).

Attach the hydraulic rod (#11, 180N-70L) to the stop block (#10) and the bottom frame (#3) using:

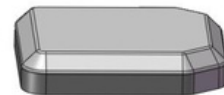
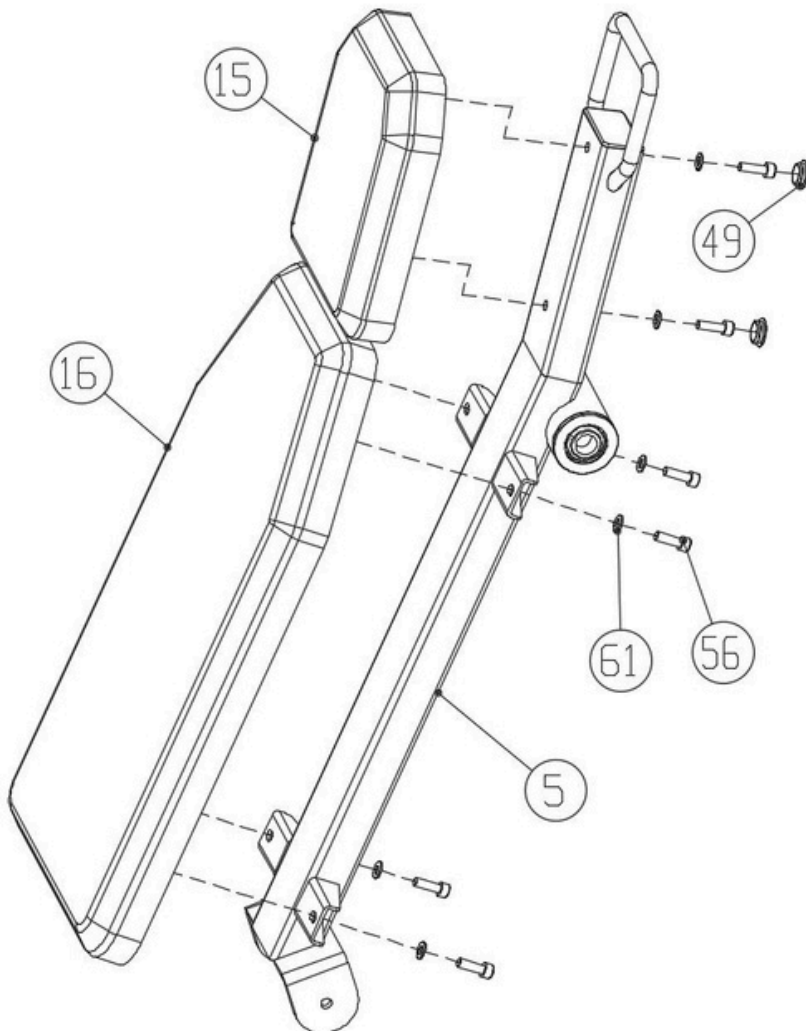
- 2x Hexagon socket head screws M12×35 (#55)
- 2x Flat washers M12-D24 (#58)
- 2x Spring washers M12 (#62)



Step 4:

Connected head pad (#15), back pad (#16), cap (#49) and back pad frame (#5). Using the following components:

- 6x Hexagon socket head screws M8\*25(#56)
- 6x flat washer M8-D16(#61)



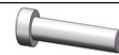
Head pad (#15)



Back pad (#16)



2x cap (#49)



6x Hexagon socket head screws  
M8\*25 (#56)



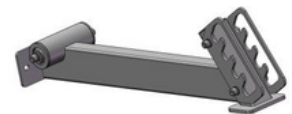
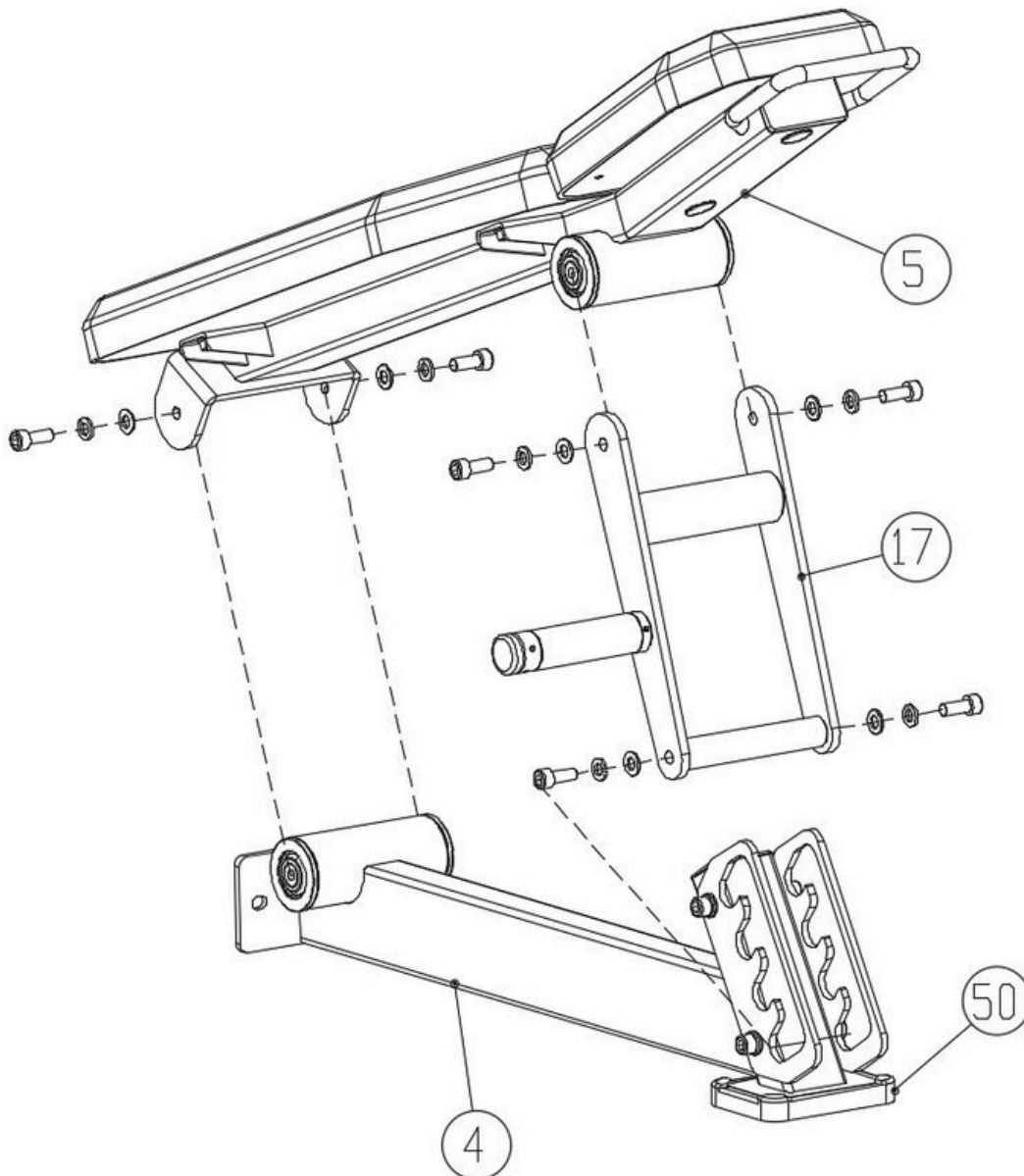
6x flat washer M8-D16 (#61)



Step 5:

Connect the Back Pad Linkage Frame (#17) to the Back Pad Frame (#5) and the Rear Support Frame (#4).

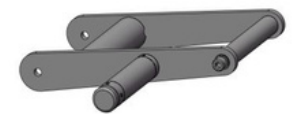
Attach the Rectangular Foot Pad (#50) to the bottom of the Rear Support Frame (#4).



Rear support  
frame (#4)



back pad (#5)  
frame



Back pad Linkage  
frame (#17)

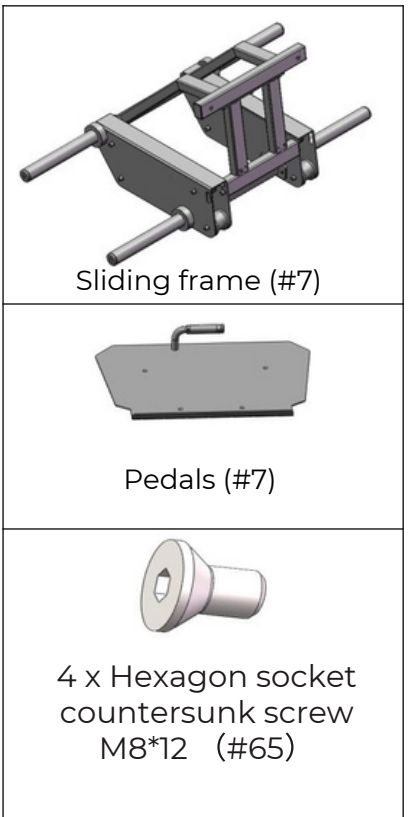
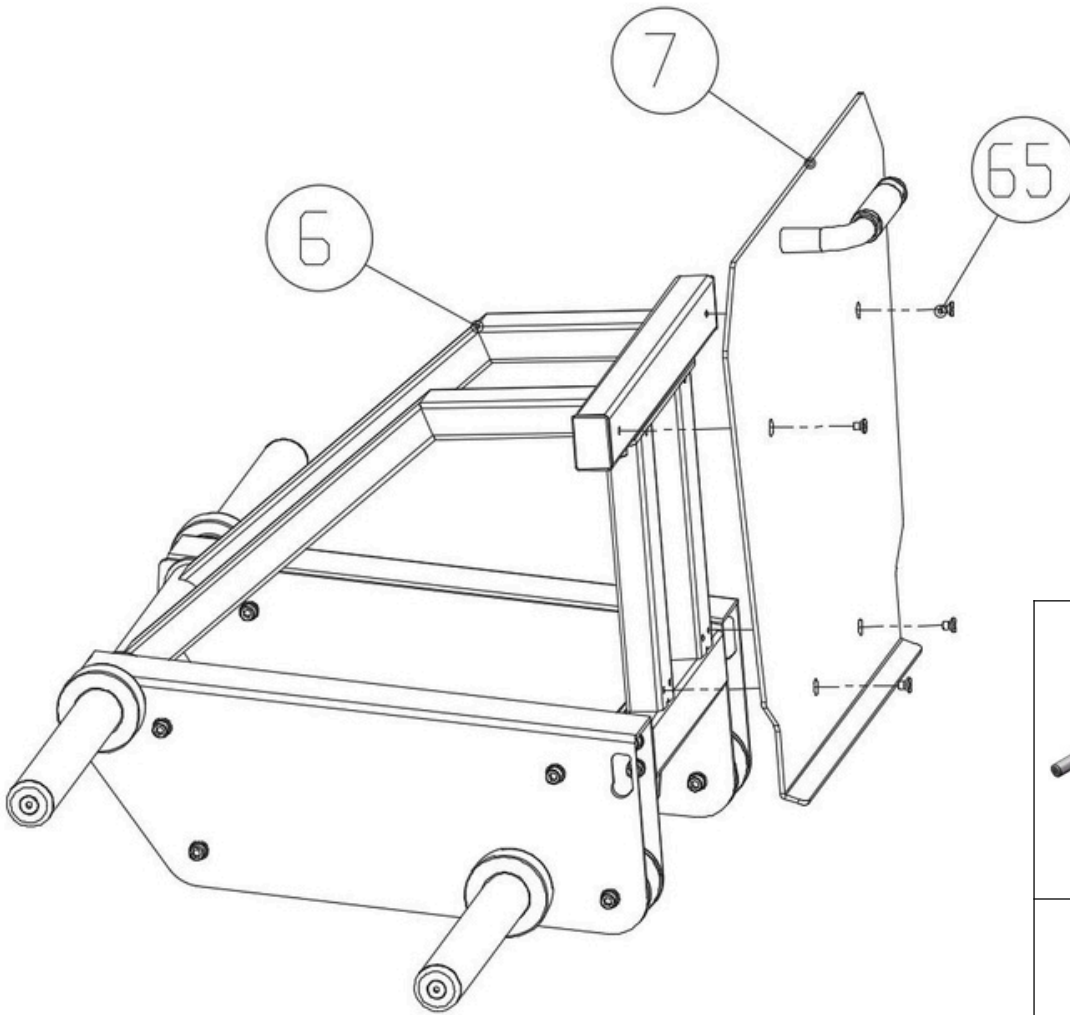


rectangular foot  
pad (#50)

Step 6:

Install Pedals (#7) to Sliding frame (#6). Using the following component:

- 4 x Hexagon socket countersunk screw M8\*12 (#65)

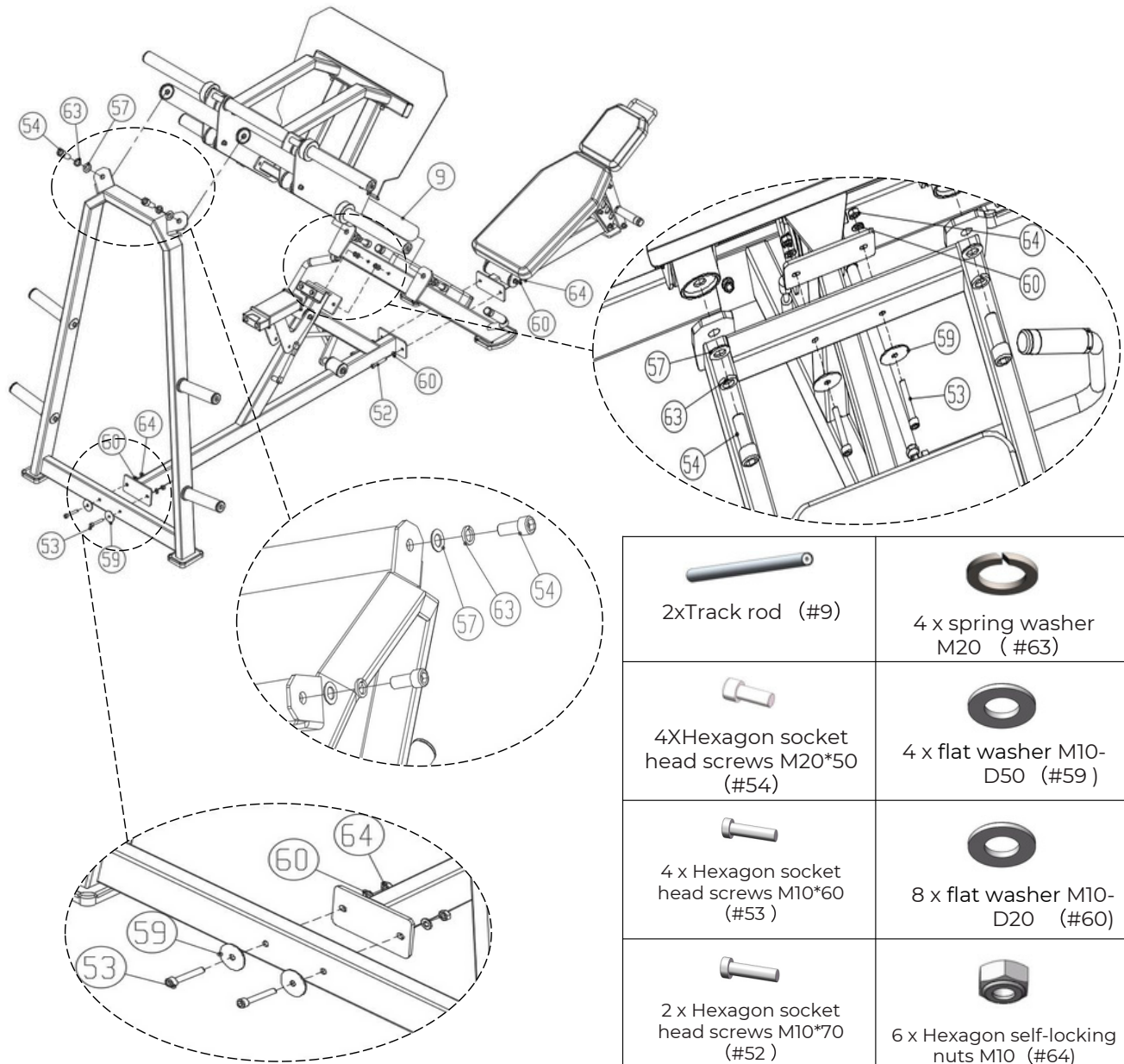




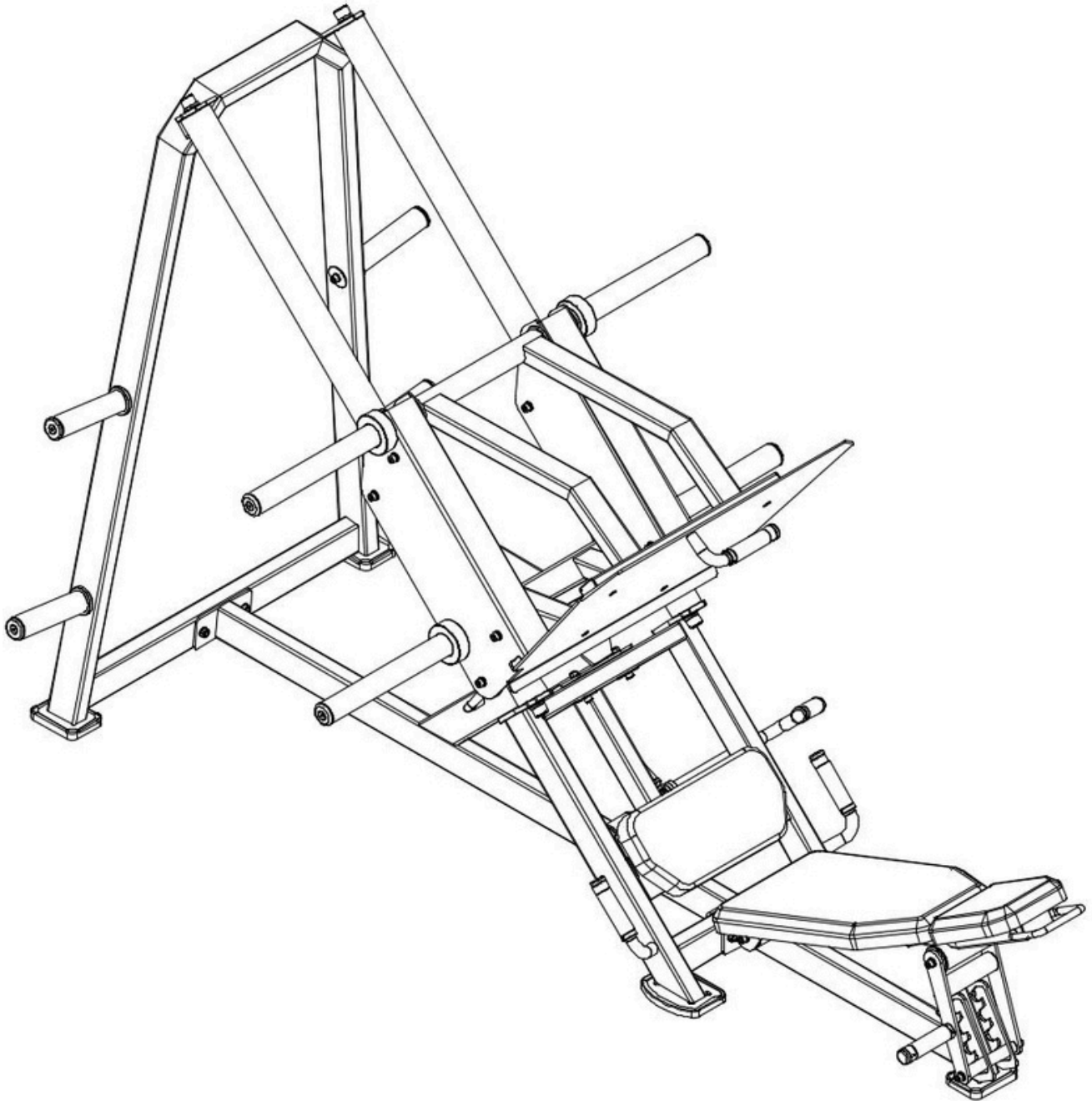
## Step 7:

Combine the assembled parts from Step 1 to Step 6 using the two Track Rods (#9).  
You will need the following components:

- 4 x Hexagon socket head screws M20×50 (#54)
- 4 x Flat washers M20-D37 (#57)
- 4 x Spring washers M20 (#63)
- 4 x Hexagon socket head screws M10×60 (#53)
- 4 x Flat washers M10-D50 (#59)
- 8 x Flat washers M10-D20 (#60)
- 2 x Hexagon socket head screws M10×70 (#52)
- 6 x Hexagon self-locking nuts M10 (#64)



## Fully Installation



## Important Tips

Now that your Linear 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	main frame	1
2	incline frame	1
3	bottom frame	1
4	Rear support frame	1
5	Back pad frame	1
6	Sliding frame	1
7	pedals	1
8	Pull bar	1
9	Track rod	2
10	stop block	1
11	hydraulic rod 180N-70L	1
12	pushed handle	1
13	sleeve	4
14	hip pad	1
15	head pad	1
16	back pad	1
17	Back pad Linkage frame	1
49	cap	2
50	Rectangular foot pads	3
51	foot pads	2
52	Hexagon socket head screws M10*70	2
53	Hexagon socket head screws M10*60	4
54	Hexagon socket head screws M20*50	4
55	Hexagon socket head screws M12*35	2
56	Hexagon socket head screws M8*25	10
57	flat washer M20-D37	4
58	flat washer M12-D24	2
59	flat washer M10-D50	4
60	flat washer M10-D20	8
61	flat washer M8-D16	10
62	Spring washer M12	2
63	Spring washer M20	4
64	Hexagon self-locking nuts M10	6
65	Hexagon socket countersunk screw M8*12	4

## Exploded view

