

# ***FITNESS360***<sup>®</sup>

**FT8061**

**Squat Lunge - Plate Loaded**



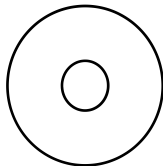
rubber hammer
spirit level
Allen wrench
More than 2 people
circlip pliers
Adjustable wrench

Fastener Overview

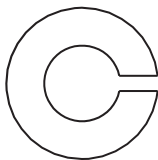
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



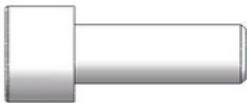
[51](M10\*60)



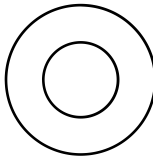
[53]flat washer M10-D50



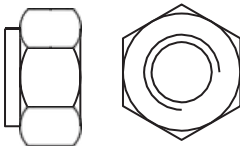
[56]spring washer M10



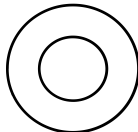
[52](M10\*20)



[54]flat washer M10-D30



[57]Hexagon self-locking nuts M10



[55]flat washer M10-D20

## Step 1:

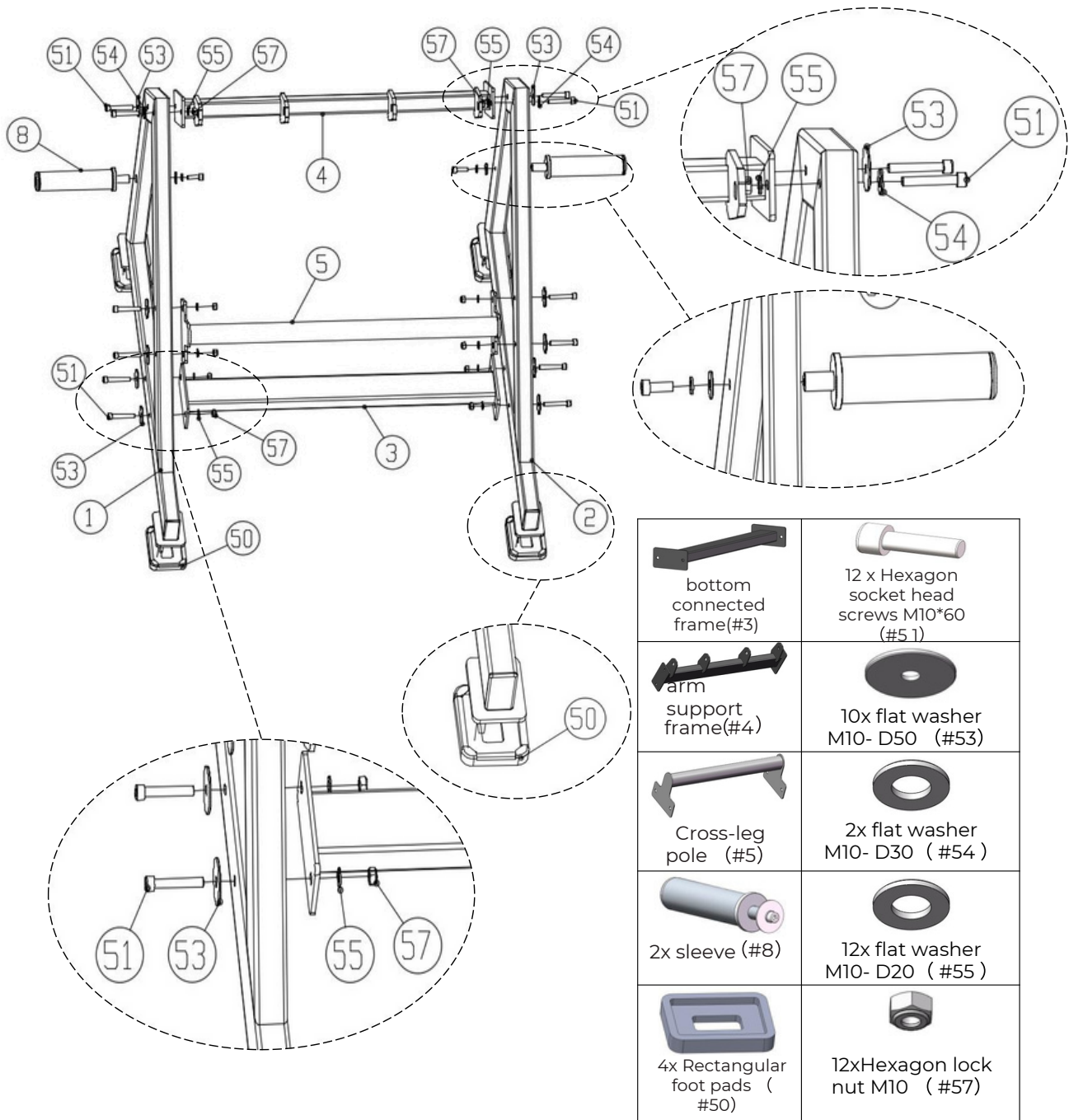
Combine the following components: Bottom connected frame (#3), Arm support frame (#4), Cross-leg pole (#5), Left frame (#1) and right frame (#2). Install:

- 2x Sleeves (#8)
- 2x Rectangular foot pads (#50)

Secure all parts using the following components:

- 12 x Hexagon socket head screws M10×60 (#51)
- 10 x Flat washers M10-D50 (#53)
- 2 x Flat washers M10-D30 (#54)
- 12 x Flat washers M10-D20 (#55)
- 12 x Hexagon lock nuts M10 (#57)

Use a wrench to tighten all bolts securely before proceeding to the next step.

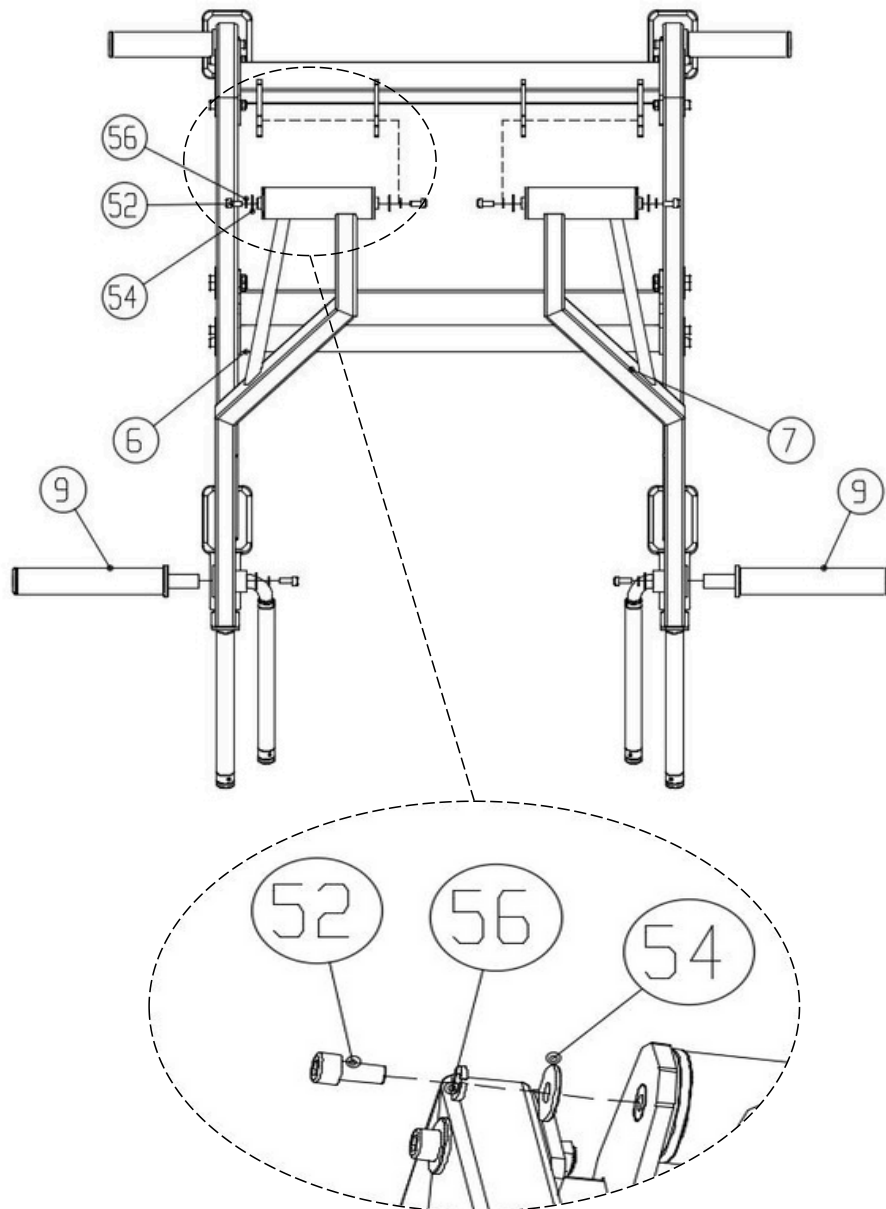


Step 2:

Combine left arm(#6), right arm(#7), left frame(#1), right frame(#2). Install sleeves (#9)

Use the following components:

- 4x Hexagon socket head screws M10\*20(#52)
- 4x flat washer M10-D30(#54)
- 4x spring washer M10 (#56)



Left arm(#6 )



Right arm (#7 )



4 x Hexagon socket  
head screws M10\*20  
(#52)

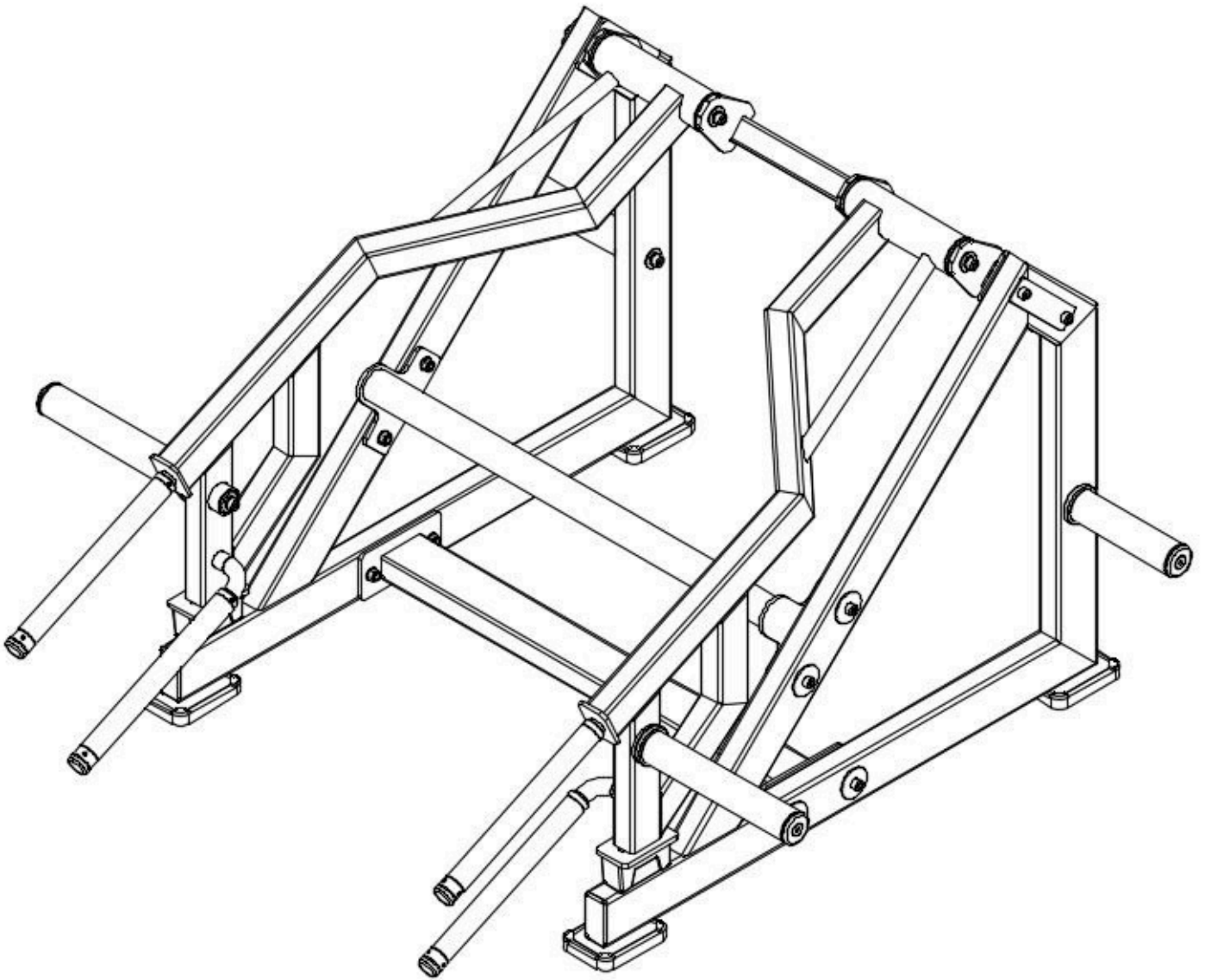


4x flat washer M10-  
D30 (#54)



4 x spring washer  
M10 (#56)

## Fully Installation



### Important Tips

Now that your Squat Lunge - 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

<b>No.</b>	<b>Name and specification</b>	<b>Qty</b>
1	Left frame	1
2	Right frame	1
3	bottom connected frame	1
4	arm support frame	1
5	Cross-leg pole	1
6	Left arm	1
7	Right arm	1
8	sleeve	2
9	sleeve	2
50	Rectangular foot pads	4
51	Hexagon socket head screws M10*60	12
52	Hexagon socket head screws M10*20	4
53	flat washer M10-D50	10
54	flat washer M10-D30	6
55	flat washer M10-D20	12
56	Spring washers M10	4
57	Hexagon lock nut M10	12

Exploded view

