

FITNESS360[®]

FT8062


Pendulum Squat - Plate Loaded



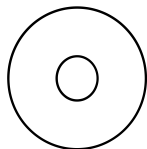
Rubber hammer
Level Hexagon
wrench Two
people Circlip
pliers Adjustable
wrench

Fastener Overview

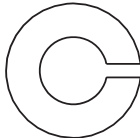
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.




[51](M10*60)



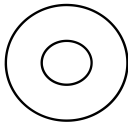
[55]Flat Washers M10-D50





[59]Spring washers M10



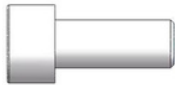
[52] (M10*25)



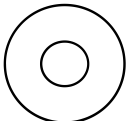
[57]Flat Washers M10-D20


[60]Hexagon nuts M10



[53](M10*20)



[58]Flat Washers M8-D16



[54](M8*25)

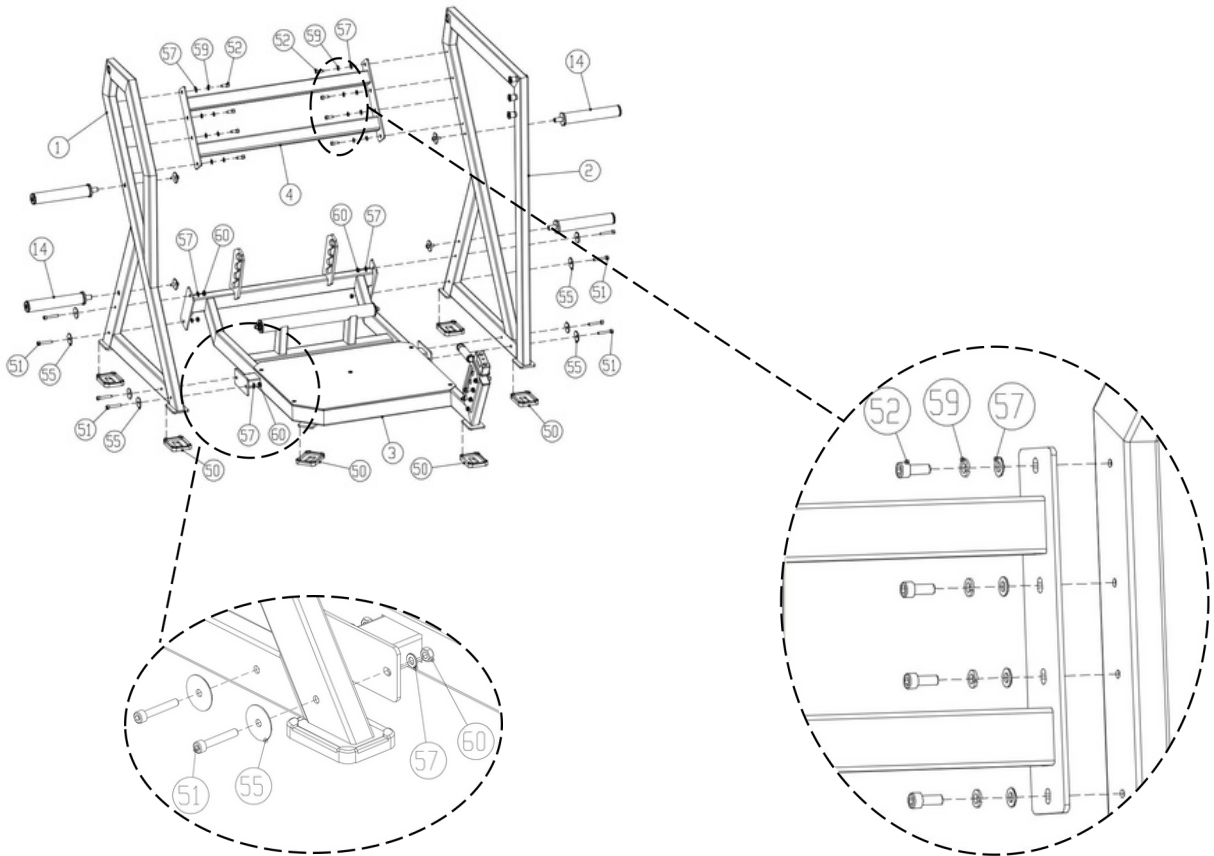
Step 1:

Connect the rectangular foot pads (#50) to: Left side frame assembly (#1), Right side frame assembly (#2) and Chassis components (#3).

Connect the following parts together: Bottom frame assembly (#3) to left and right frame assemblies (#1 and #2). Left and right connecting brackets (#4) to the side frame assemblies. Install the 4x Bell Plate Storage Sleeves (#14) on both side frames (#1 and #2).

Use the following components:

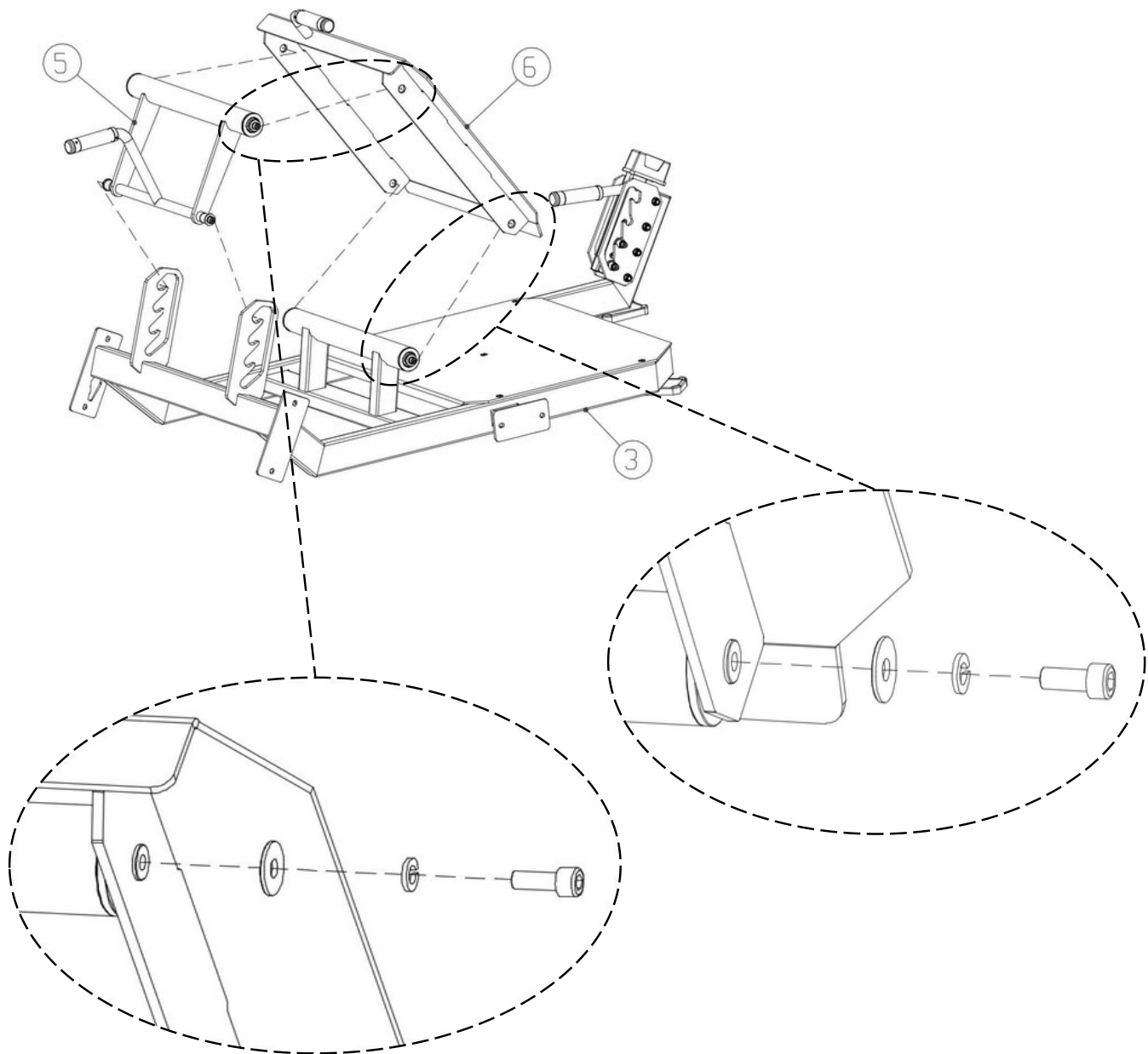
- 8 × Hex socket head screws M10×60 (#51)
- 8 × Hex socket head screws M10×25 (#52)
- 8 × Flat washers M10-D50 (#55)
- 16 × Flat washers M10-D20 (#57)
- 8 × Spring washers M10 (#59)
- 8 × Lock nuts M10 (#60)



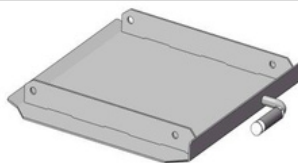
Left side frame assembly (#1)	Left and right connecting brackets (#4)	8xHexagon socket head screws M10*60 (#51)	8xHexagon socket head screws M10*25 (#52)
Right side frame assembly (#2)	4xBell Plate Storage Sleeve Set (#14)	8x Flat Washers M10-D50 (#55)	16xFlat Washers M10-D20 (#57)
Chassis components (#3)	6xRectangular foot pads (#50)	8xSpring washers M10 (#59)	8xHexagon lock nut M10 (#60)

Step 2:

Connect the support adjustment frame assembly (#5), pedal frame assembly (#6) and bottom frame assembly (#3) as shown.



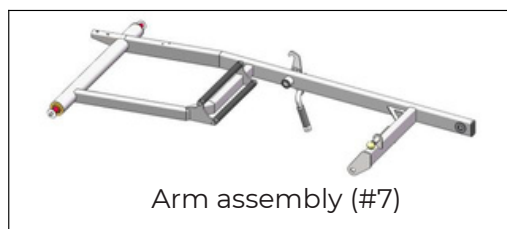
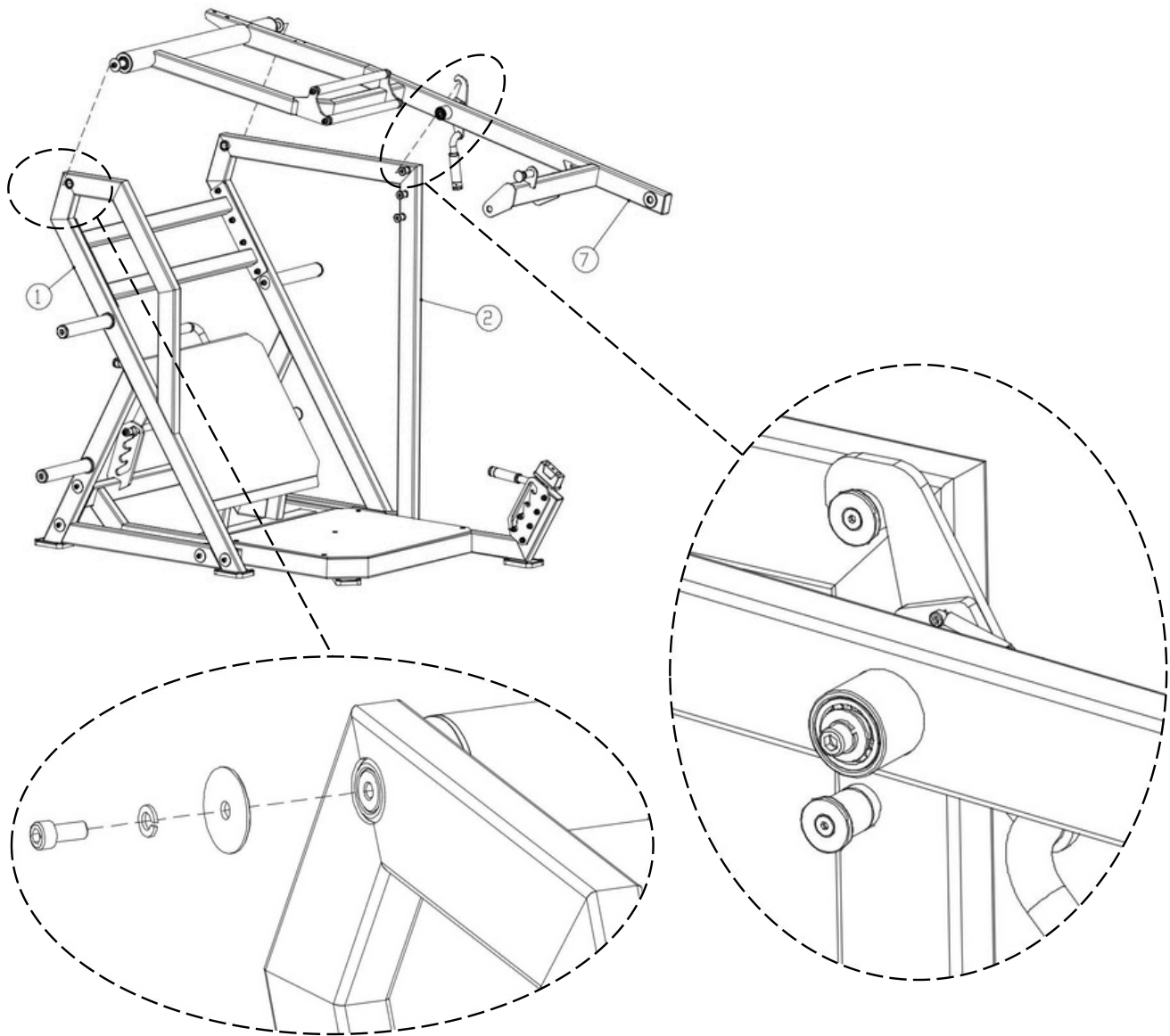
Support adjustment frame
assembly (#5)



Pedal rack assembly
(#6)

Step 3:

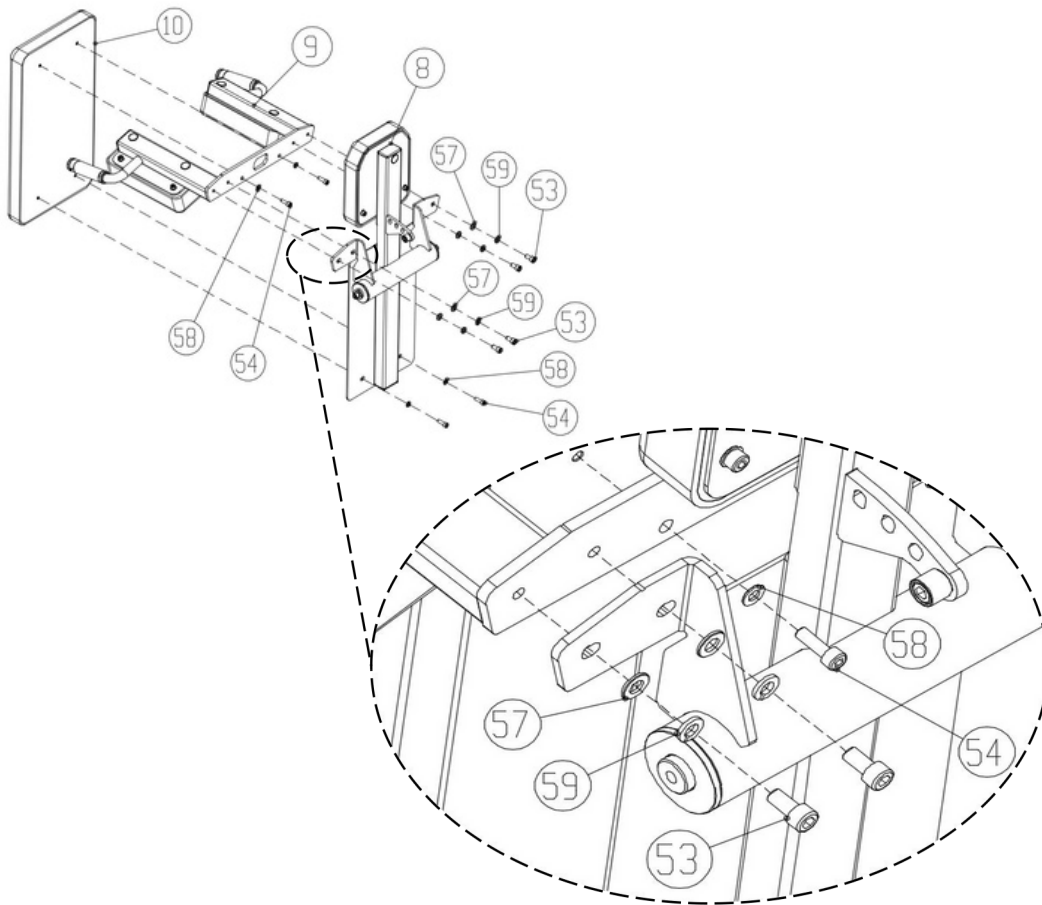
Connect the arm assembly (#7) to the left frame assembly (#1) and the right frame assembly (#2) as shown.











Step 4:

Connect the back plate frame assembly (#8), shoulder pad frame assembly (#9), and squat back pad (#10) in the following way:

- 4x Hexagon socket head screws M10*20(#53)
- 4x Flat Washers M10-D20 (#57)
- 4x Spring washers M10 (#59)
- 4x Flat Washers M8-D16 (#58)
- 4x Hexagon socket head screws M8*25(#54)



 <p>Backplane frame assembly (#8)</p>	 <p>Shoulder pad assembly (#9)</p>	 <p>Squat Back Pad (#10)</p>	 <p>4x Hexagon socket head screws M10*20 (#53)</p>
 <p>4 x Hexagon socket head screws M8*25 (#54)</p>	 <p>4x flat washers M10-D20 (#57)</p>	 <p>4x Spring washers M10 (#59)</p>	 <p>4 x Flat Washers M8-D16 (#58)</p>

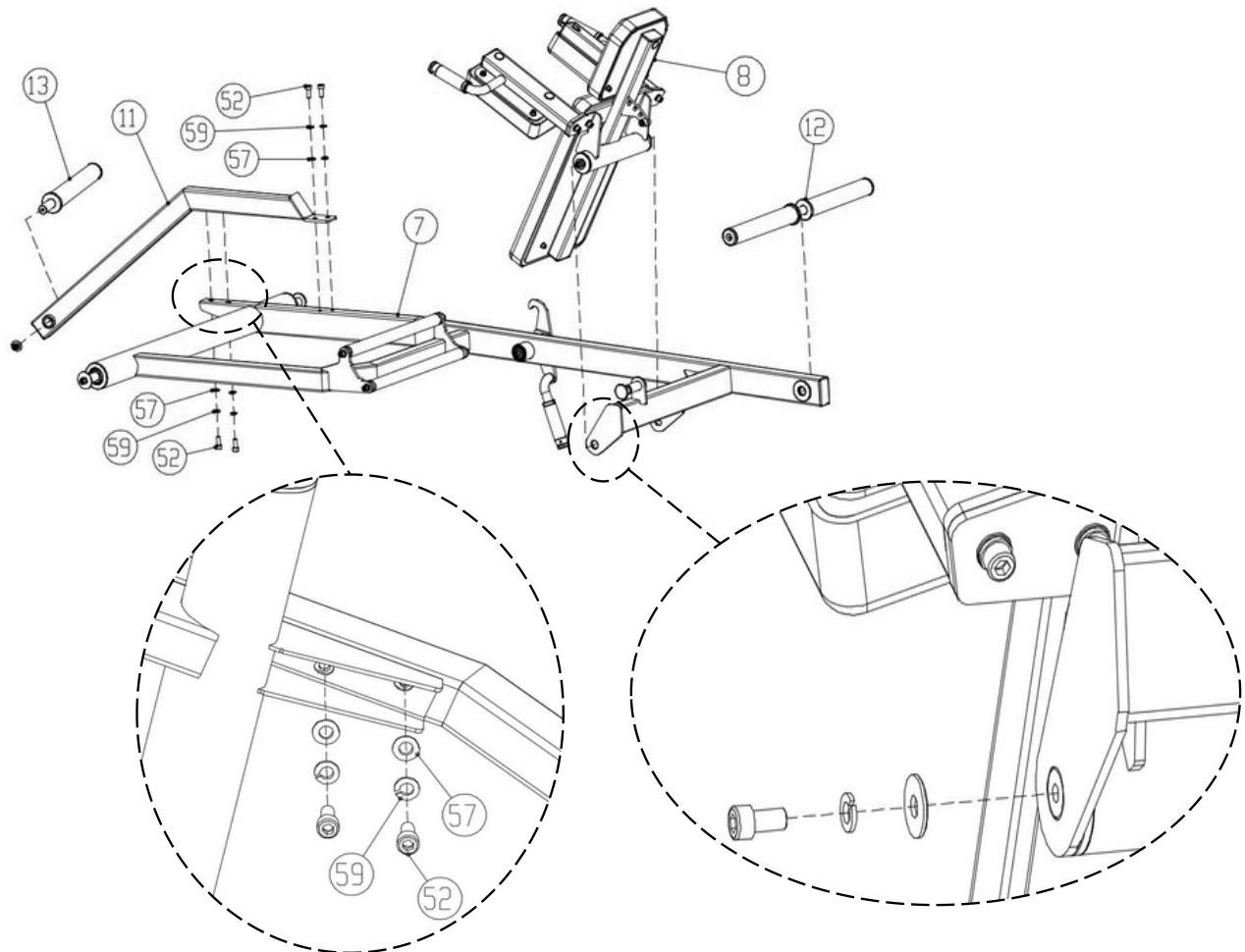
Step 5:







Connect the following parts as shown in the diagram: Back frame assembly (#8), Squat arm sleeve set (#12) and Arm assembly (#7).

Then attach: Counterweight sleeve set (#13) to counterweight assembly (#11). Connect the entire counterweight assembly (#11) to the arm assembly (#7).

Use the following hardware:

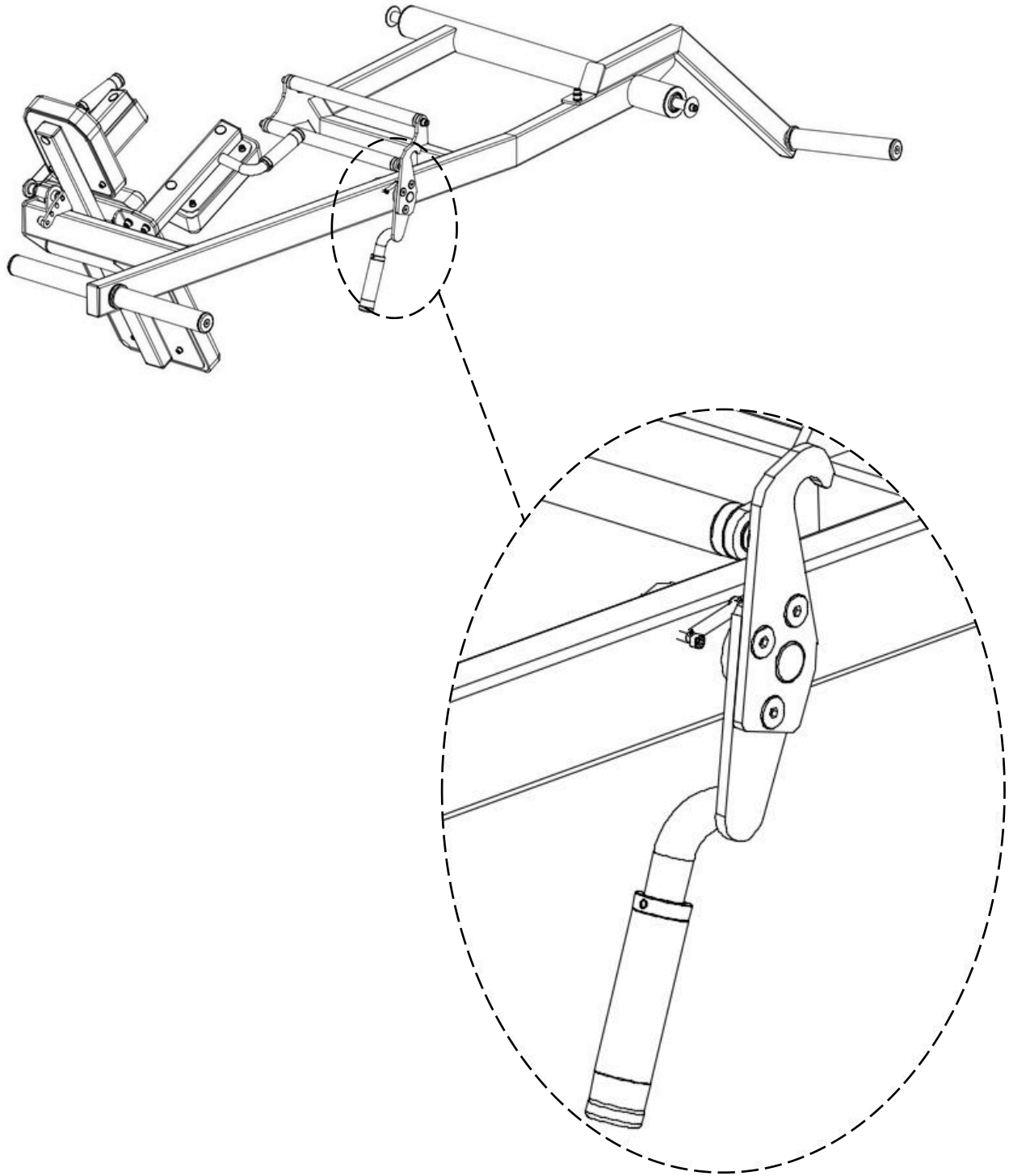
- 4 × Hex socket head screws M10×25 (#52)
- 4 × Flat washers M10-D20 (#57)
- 4 × Spring washers M10 (#59)



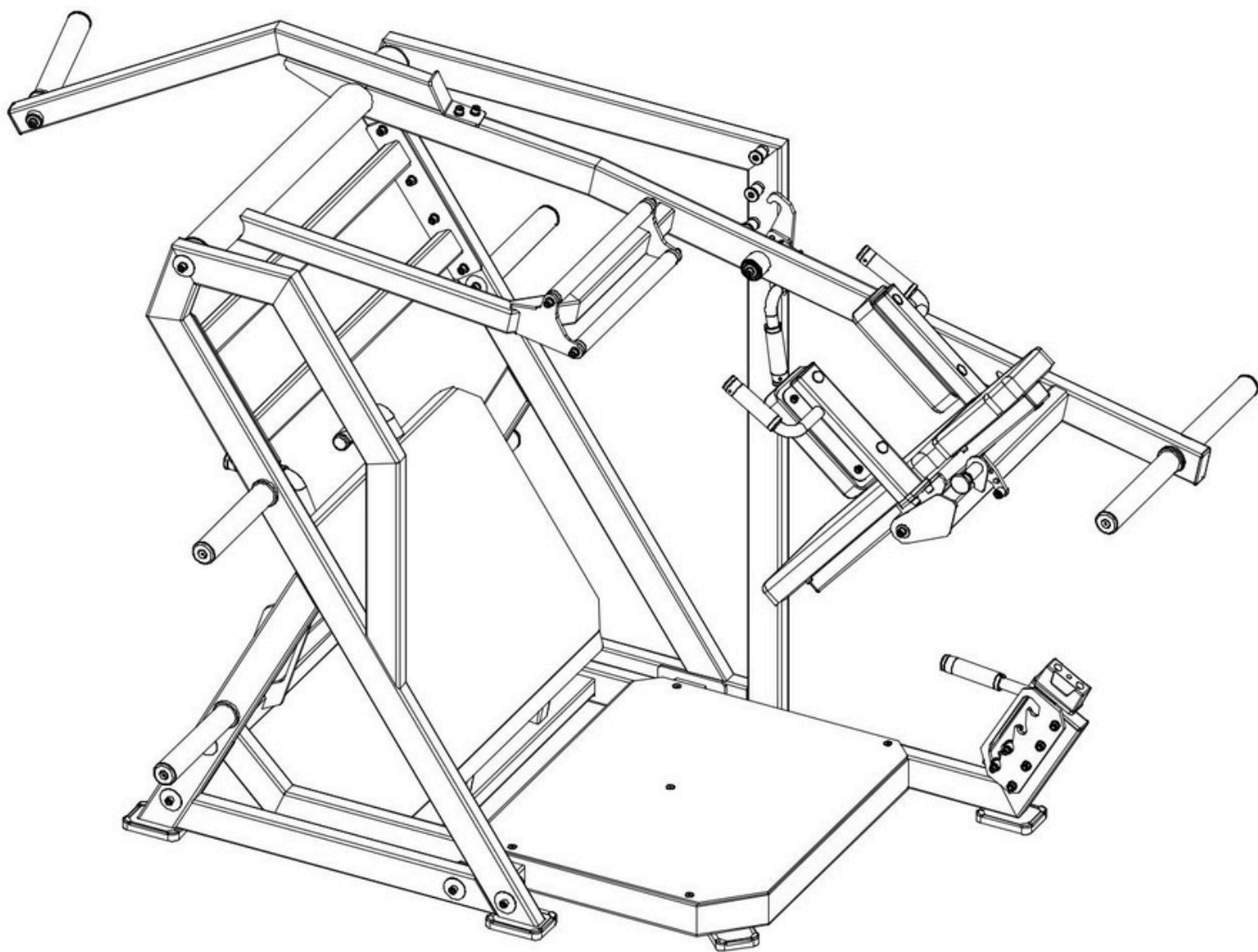
 <p>Counterweight assembly (#11)</p>	 <p>Squat arm sleeve set (#12)</p>	 <p>Balance weight sleeve set (#13)</p>
 <p>4x Hexagon socket head screws M10*25 (#52)</p>	 <p>4x Flat Washers M10-D2 (#57)</p>	 <p>4x Spring washers M10 (#59)</p>

Step 6:

Install the spring as shown in the illustration



Fully Installation



Important Tips

Now that your Pendulum Squat - 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	Quantity
1	Left side frame assembly	1
2	Right frame assembly	1
3	Chassis components	1
4	Left and right connecting brackets	1
5	Support adjustment frame assembly	1
6	Pedal rack assembly	1
7	Arm assembly	1
8	Backplane frame assembly	1
9	Shoulder pad assembly	1
10	Squat Back Pad	1
11	Counterweight assembly	1
12	Squat arm sleeve set	1
13	Balance weight sleeve set	1
14	Bell Plate Storage Sleeve Set	4
50	Rectangular foot pads	6
51	Hexagon socket head screws M10*60	8
52	Hexagon socket head screws M10*25	12
53	Hexagon socket head screws M10*20	4
54	Hexagon socket head screws M8*25	4
55	Flat Washers M10-D50	8
57	Flat Washers M10-D20	24
58	Flat Washers M8-D16	4
59	Spring washers M10	16
60	Hexagon nuts M10	8

Exploded view

