

FITNESS360[®]

FT8065

Standing Calf Raise - Plate Loaded



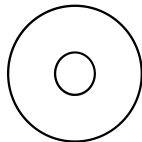
Rubber hammer
Spirit level Allen
wrench More than
2 people Circlip
pliers Adjustable
wrench

Fastener Overview

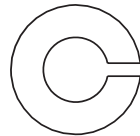
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



[51] (M10*60)



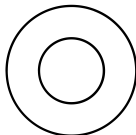
[55]Flat Washer M10-D50



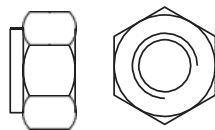
[59]Spring Washer M10



[52] (M10*55)



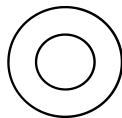
[56]Flat Washer M10-D30



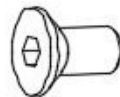
[60]HexagonalSelf-lockin Nut M10



[53] (M10*20)



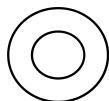
[57]Flat Washer M10-D20



[61] (M8*12)



[54] (M8*25)



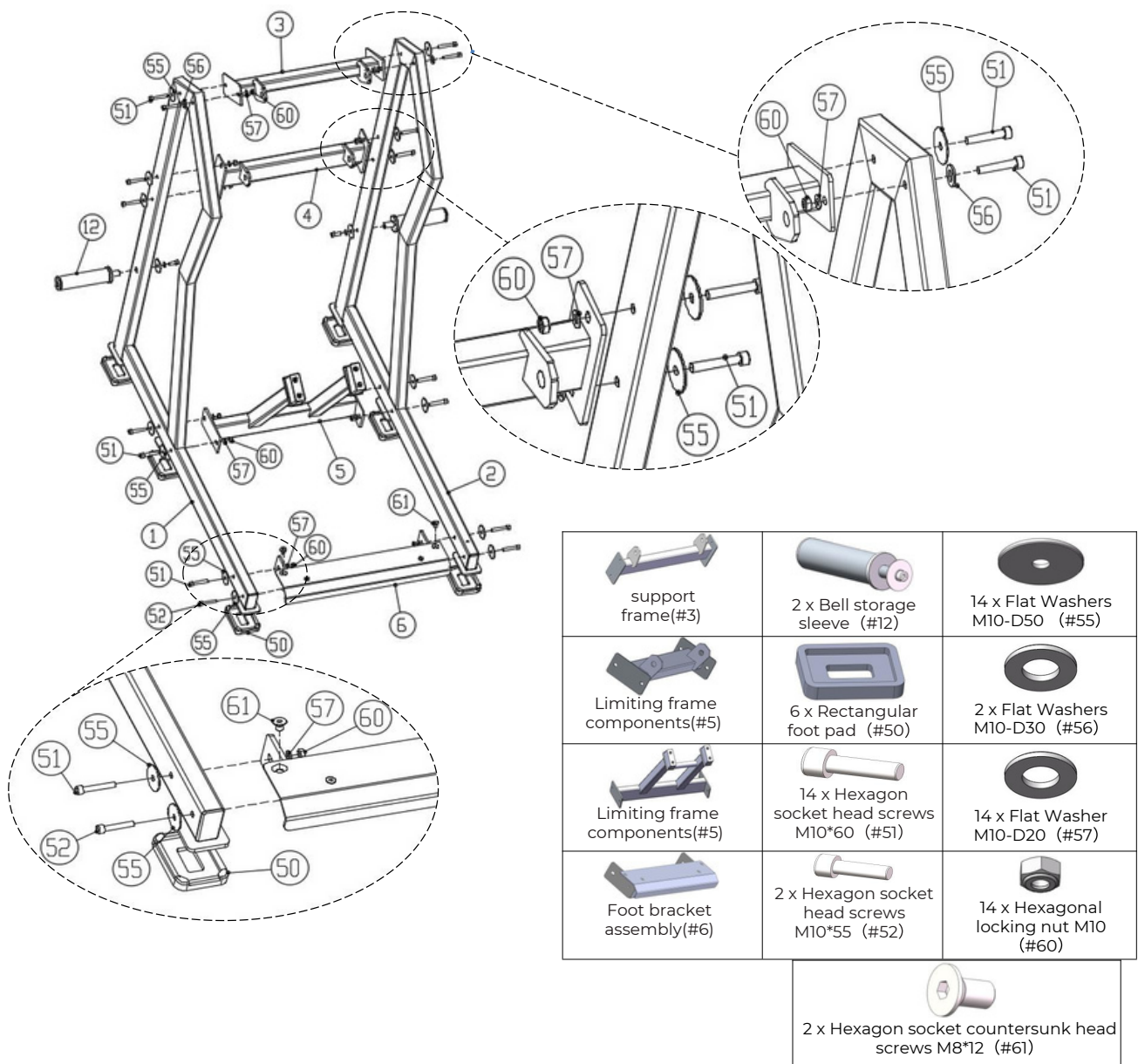
[58]Flat Washer M8-D16

Step 1:

Use the support frame (#3), connecting frame (#4), limit frame assembly (#5), and pedal bracket assembly (#6) to connect the left frame (#1) to the right frame (#2) up.

Install 2 bell storage rod assemblies (#12) on the left rack (#1) and right rack (#2) respectively; install 6 rectangular foot pads (#50) on the left rack (#1)) and on the right shelf (#2).

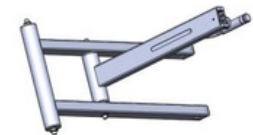
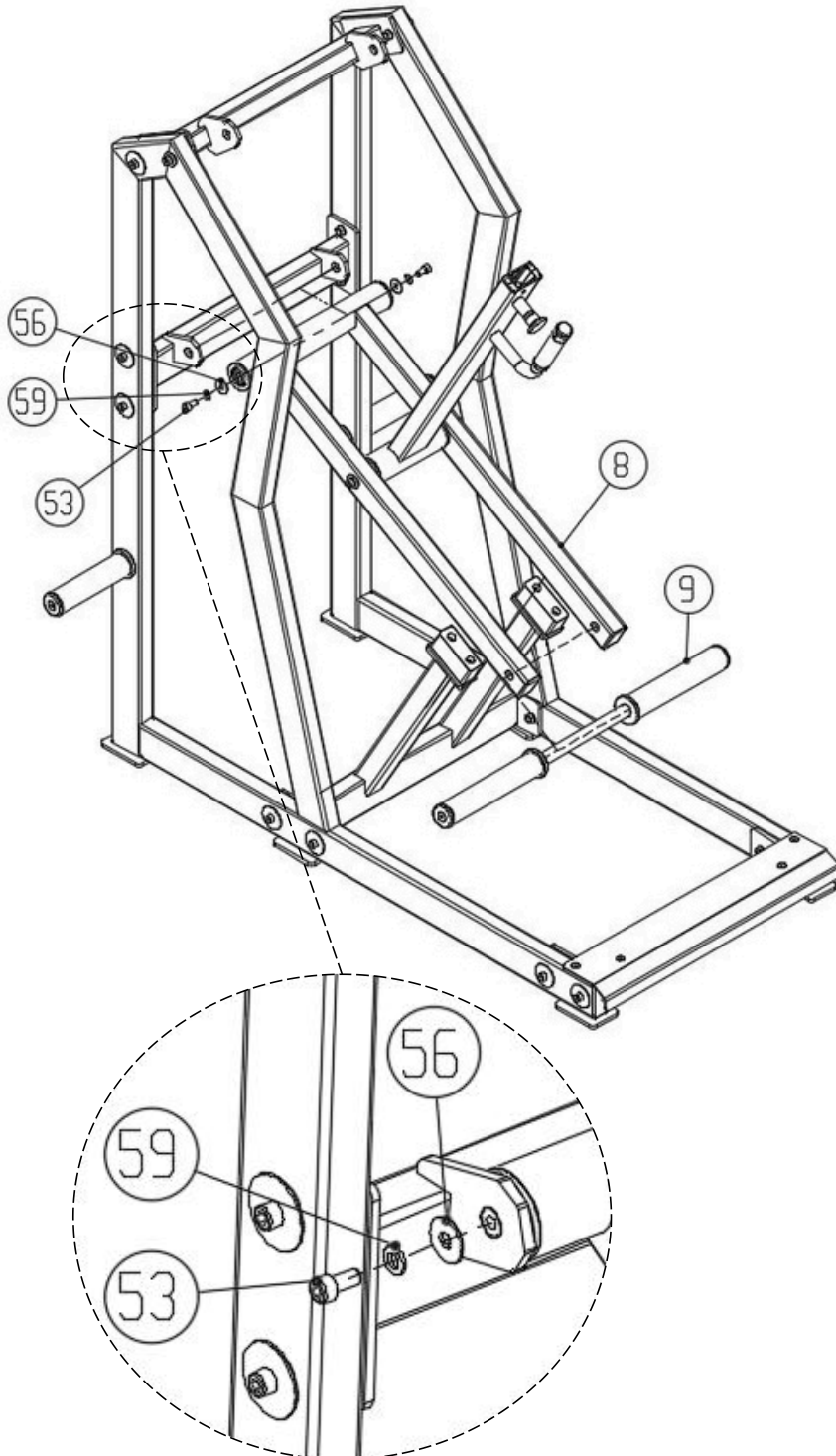
- 14 x hexagon socket head screws M10*60 (#51)
- 14 x flat washers M10-D50 (#55)
- 14 x flat washers M10-D20 (#57)
- 2 x hexagon socket head screws M10*55 (#52)
- 2 x flat washers M10-D30 (#56)
- 14 x hexagonal lock nuts M10 (#60)
- 2 x socket countersunk head screws M8*12 (#61)



Step 2:

Use the following method to install the arm sleeve assembly (#9) to the auxiliary arm assembly (#8); install the auxiliary arm assembly (#8) to the connecting frame (#4).

- 2x hex socket head screws M10*20 (#53)
- 2x Flat Washer M10-D30 (#56)
- 2x spring washers M10 (#59)



Auxiliary arm assembly (#8)



Lift arm sleeve assembly (#9)



2 x Hexagon socket head screws M10*20 (#53)



2 x Flat Washer M10-D30 (#56)

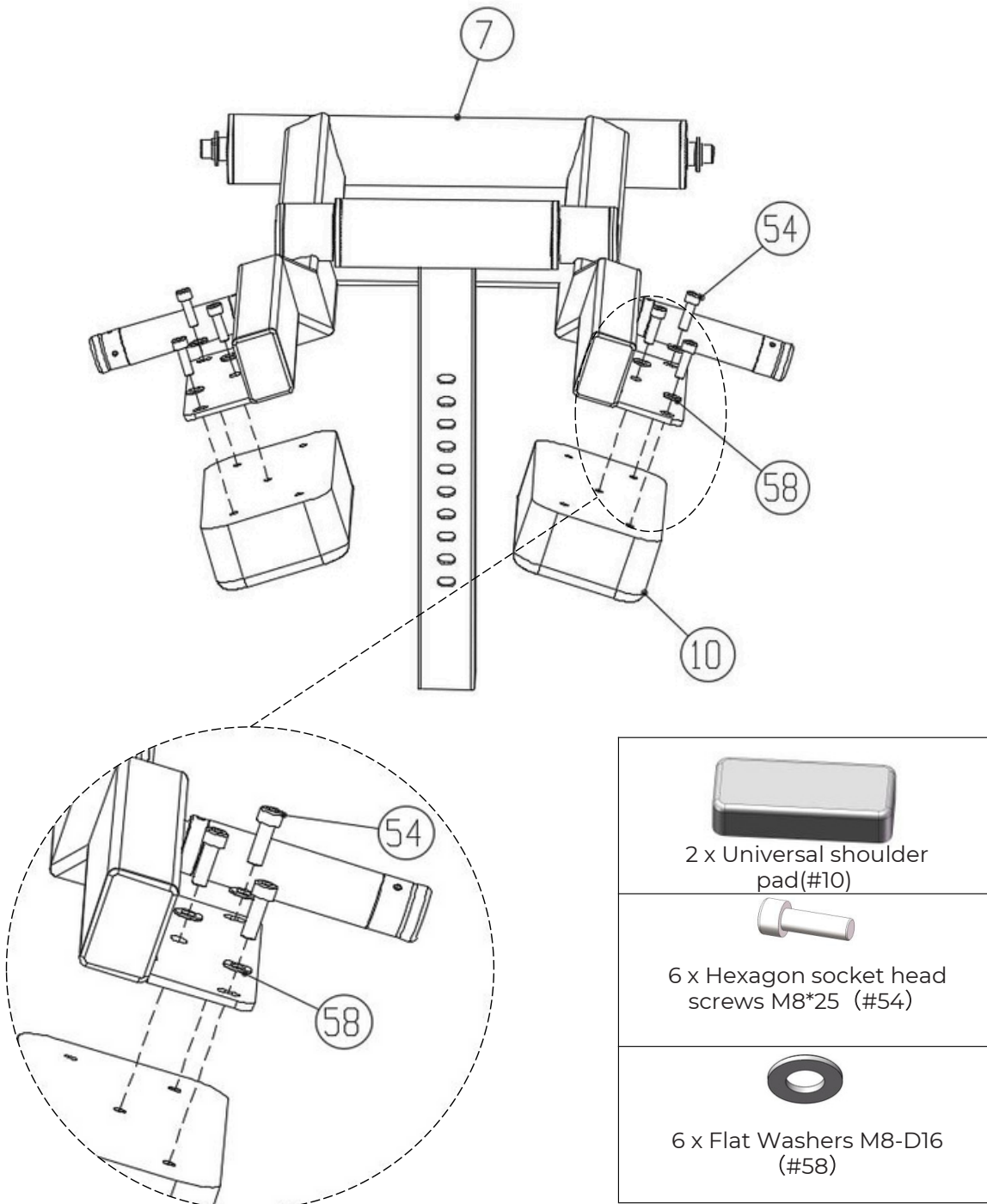


2 x Spring Washer (#59) M10

Step 3:

Install the 2 universal shoulder pads (#10) onto the main arm assembly (#7).

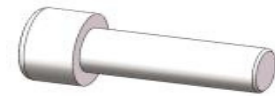
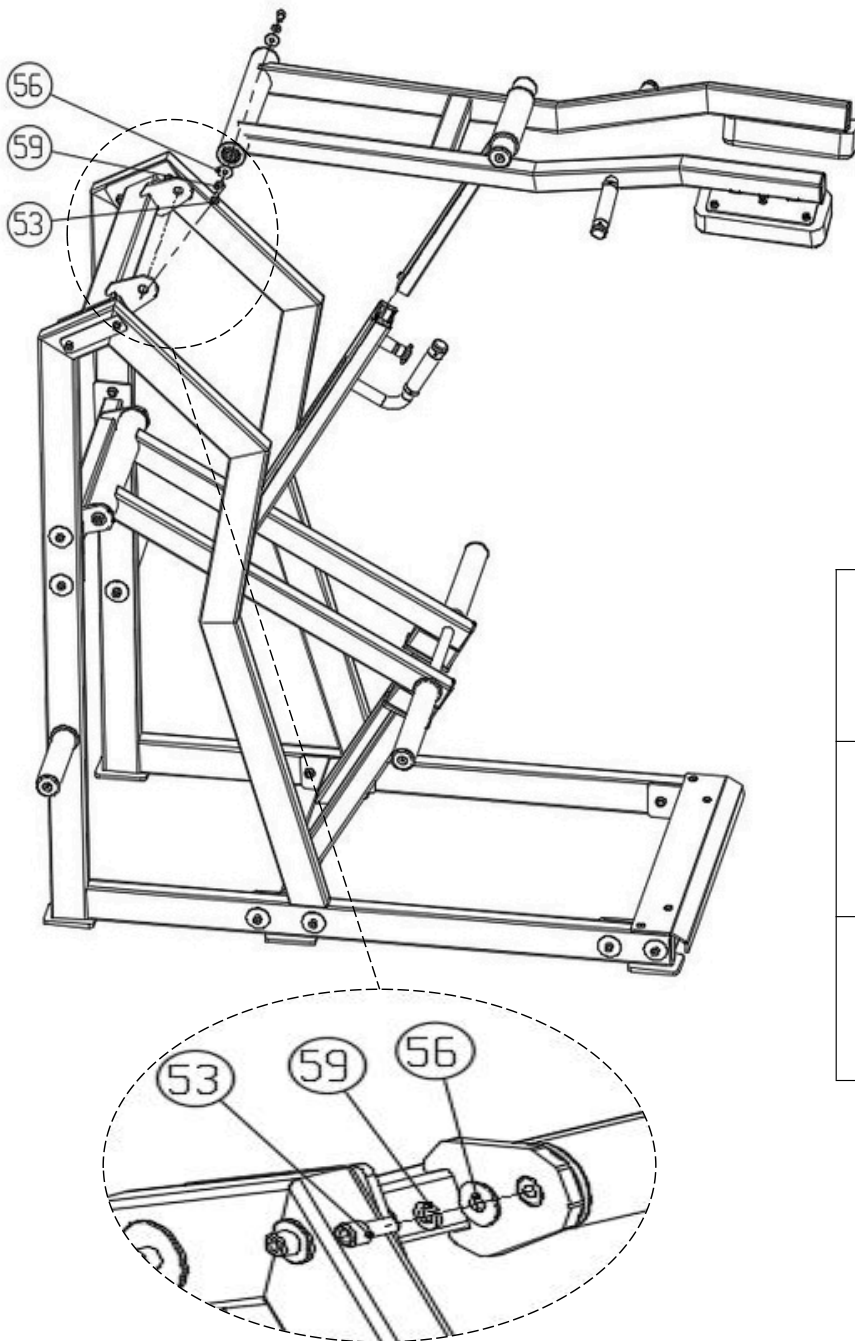
- 6 x hex socket head screws M8*25 (#54)
- 6 x Flat Washer M8-D16 (#58)



Step 4:

Install step 3 onto step 2 using the following method.

- 2 x hex socket head screws M10*20 (#53)
- 2 x spring washers M10 (#59)
- 2 x Flat Washer M10-D30 (#56)



2 x Hexagon socket head screws M10*20 (#53)

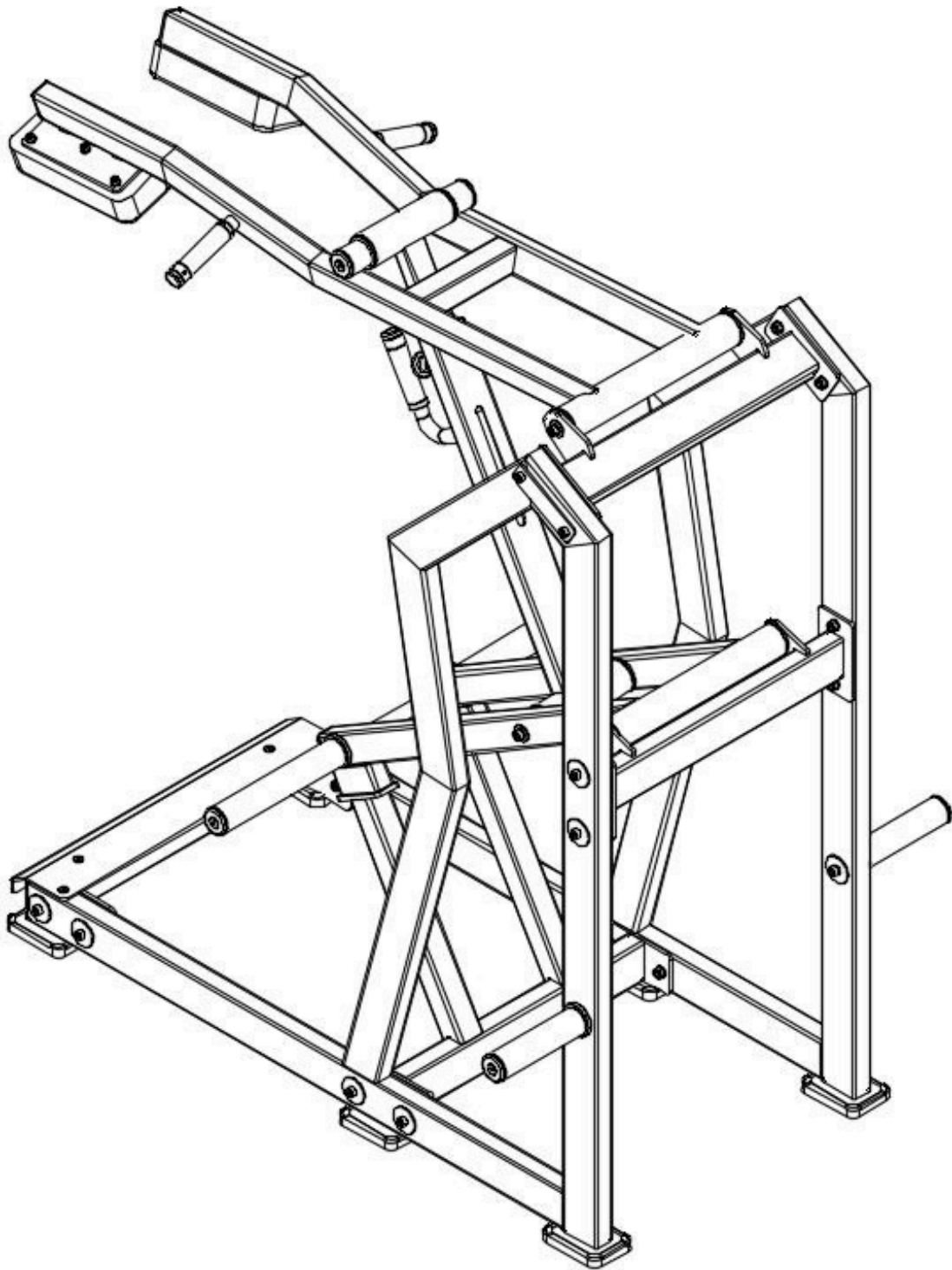


2 x Flat Washer M10-D30 (#56)



2 x Spring washer M10 (#59)

Fully Installation



Important Tips

Now that your Standing Calf Raise - 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 shelf	1
2	Right shelf	1
3	Support frame	1
4	Connecting frame	1
5	Limiting frame component	1
6	Foot bracket component	1
7	Main arm component	1
8	Auxiliary arm component	1
9	Lift arm sleeve component	1
10	Universal shoulder pad	2
12	Bell storage lever component	2
50	Rectangular foot pad	6
51	Hexagon socket head screw M10*60	14
52	Hexagon socket head screw M10*55	2
53	Hexagon socket head screw M10*20	4
54	Hexagon socket head screw M8*25	6
55	Flat Washer M10-D50	14
56	Flat Washer M10-D30	6
57	Flat Washer M10-D20	14
58	Flat Washer M8-D16	6
59	spring washer M10	4
60	Hexagonal locking nut M10	14
61	Hexagon countersunk head screw M8*12	2

Exploded view

