

FITNESS360[®]

FT8066

Abdominal Crunch - Plate Loaded



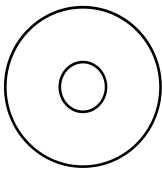
Rubber hammer
Level Hexagon
wrench Two
people Circlip
pliers Adjustable
wrench

Fastener Overview

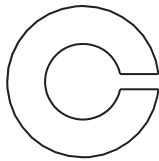
Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



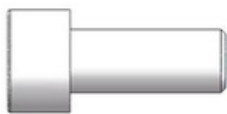
[52] (M10*6)
0



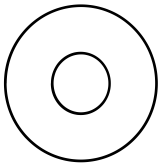
[56]flat washer M10-
D50



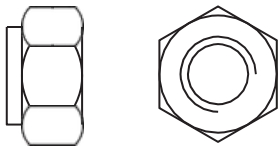
[59]Spring washers
M10



[53] (M10*25)



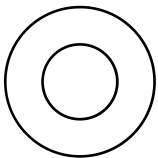
[51]flat M10-
D30



[60]Hexagon nuts
M10



[54] (M10*20)

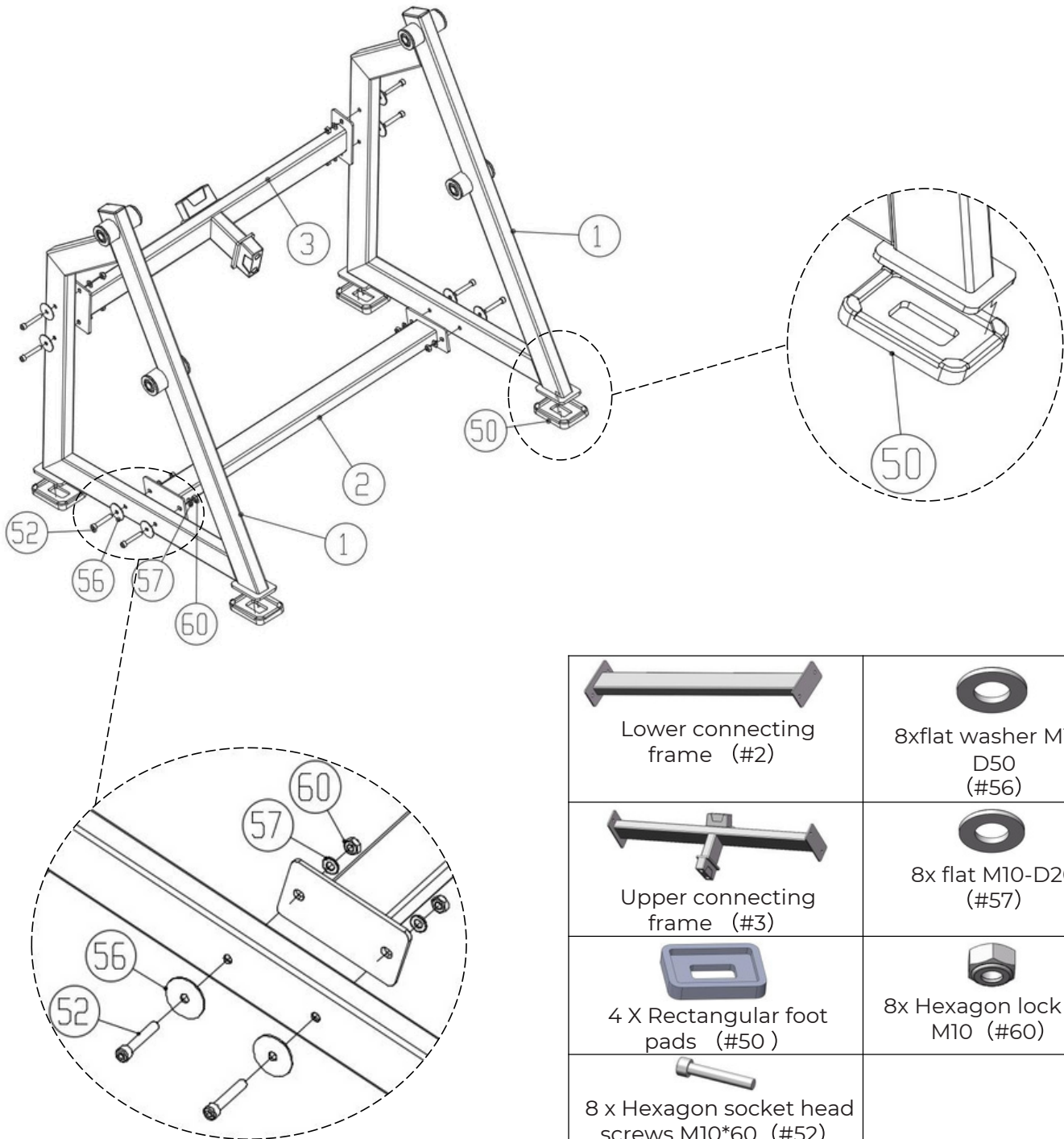









[57]flat washer M10-
D20

Step 1:

Use the following method to connect the lower connecting frame assembly (#2) and the upper connecting frame assembly (#3) to the two side frame assemblies (#1); connect the four rectangular foot pads (#50) to the two side frame assemblies.

- 8 x Hexagon socket head screws M10*60 (#52)
- 8 x flat washer M10-D50 (#56)
- 8 x flat washer M10-D20 (#57)
- 8 x Hexagon lock nut M10 (#60)



	
Lower connecting frame (#2)	8x flat washer M10-D50 (#56)
	
Upper connecting frame (#3)	8x flat M10-D20 (#57)
	
4 X Rectangular foot pads (#50)	8x Hexagon lock nut M10 (#60)
	
8 x Hexagon socket head screws M10*60 (#52)	

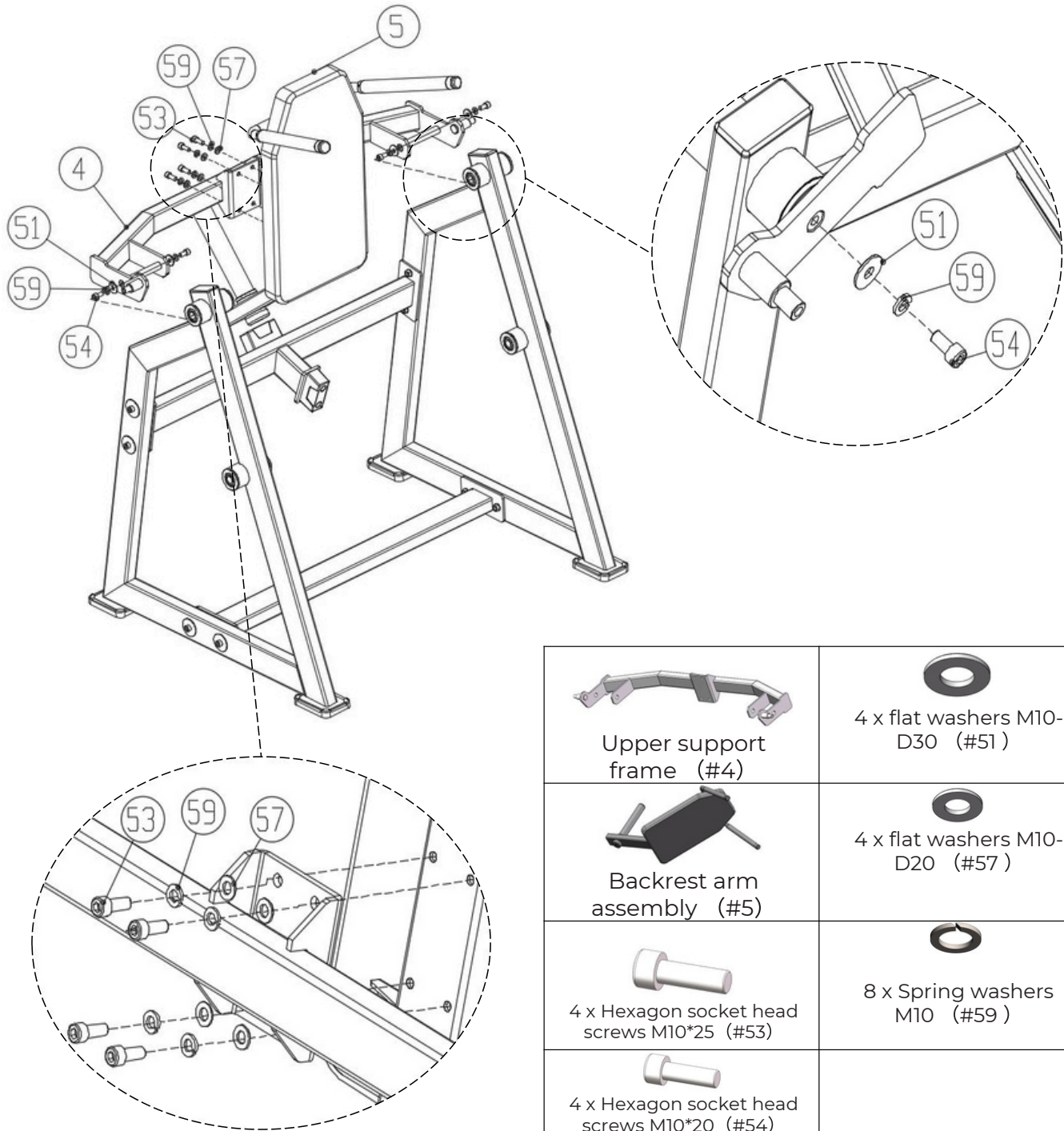
Step 2:

Connect the backrest arm assembly (#5) to the upper support frame (#4).

2

Connect the upper support frame (#4) to both side frame assemblies (#1).

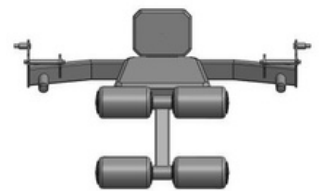
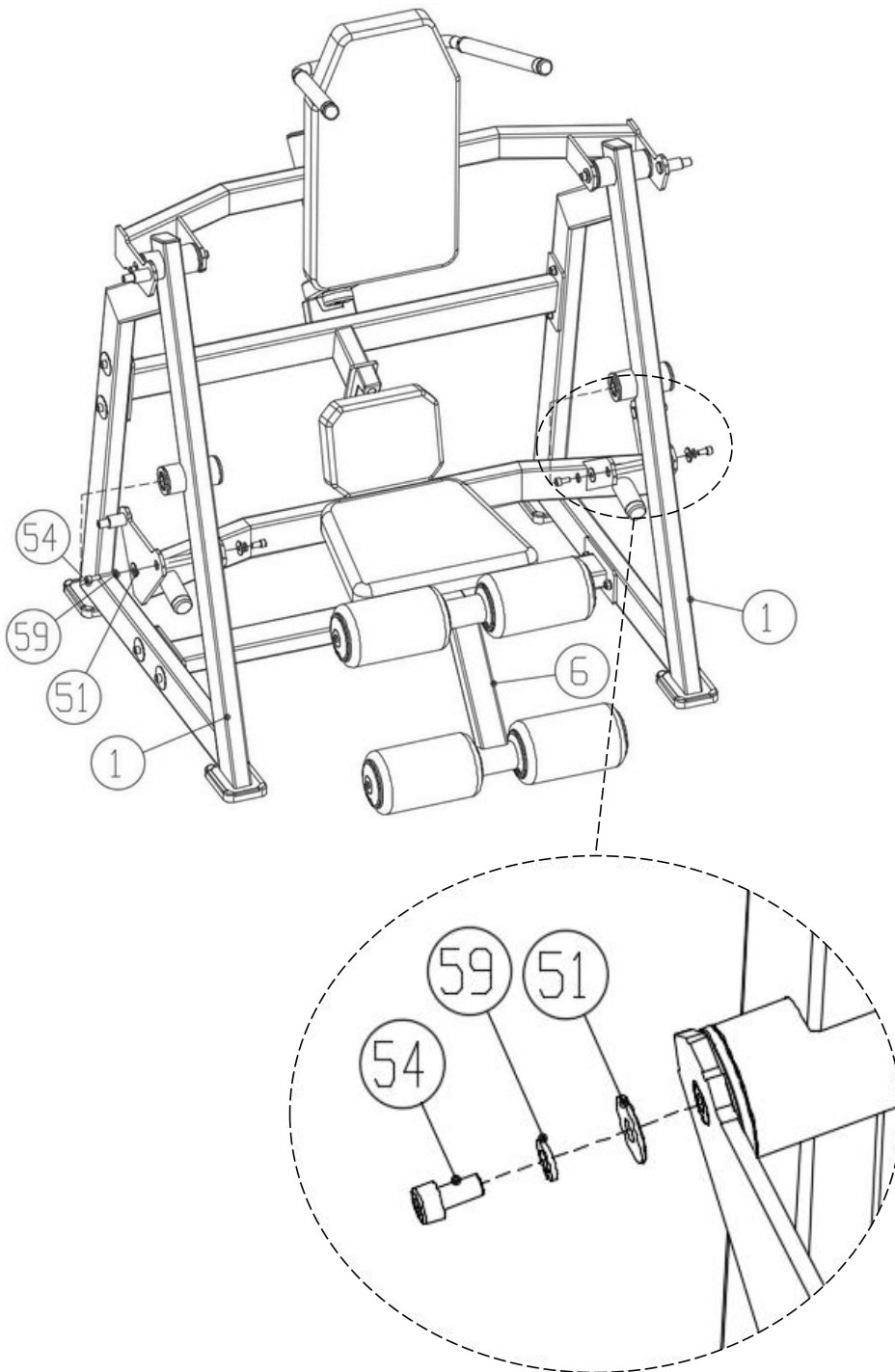
- 4 × Hexagon socket head screws M10×25 (#53)
- 4 × Flat washers M10-D20 (#57)
- 8 × Spring washers M10 (#59)
- 4 × Hexagon socket head screws M10×20 (#54)
- 4 × Flat washers M10-D30 (#51)



Step 3:

Connect the lower support frame assembly (#6) to the two side frame assemblies (#1) using the components:

- 4 x Flat Washers M10-D30 (#51)
- 4 x Spring washers M10 (#59)
- 4 x Hexagon socket head screws M10*20 (#54)



Lower support frame assembly (#6)



4x Hexagon socket head screws M10*20 (#54)



4x Flat Washers M10-D30 (#51)

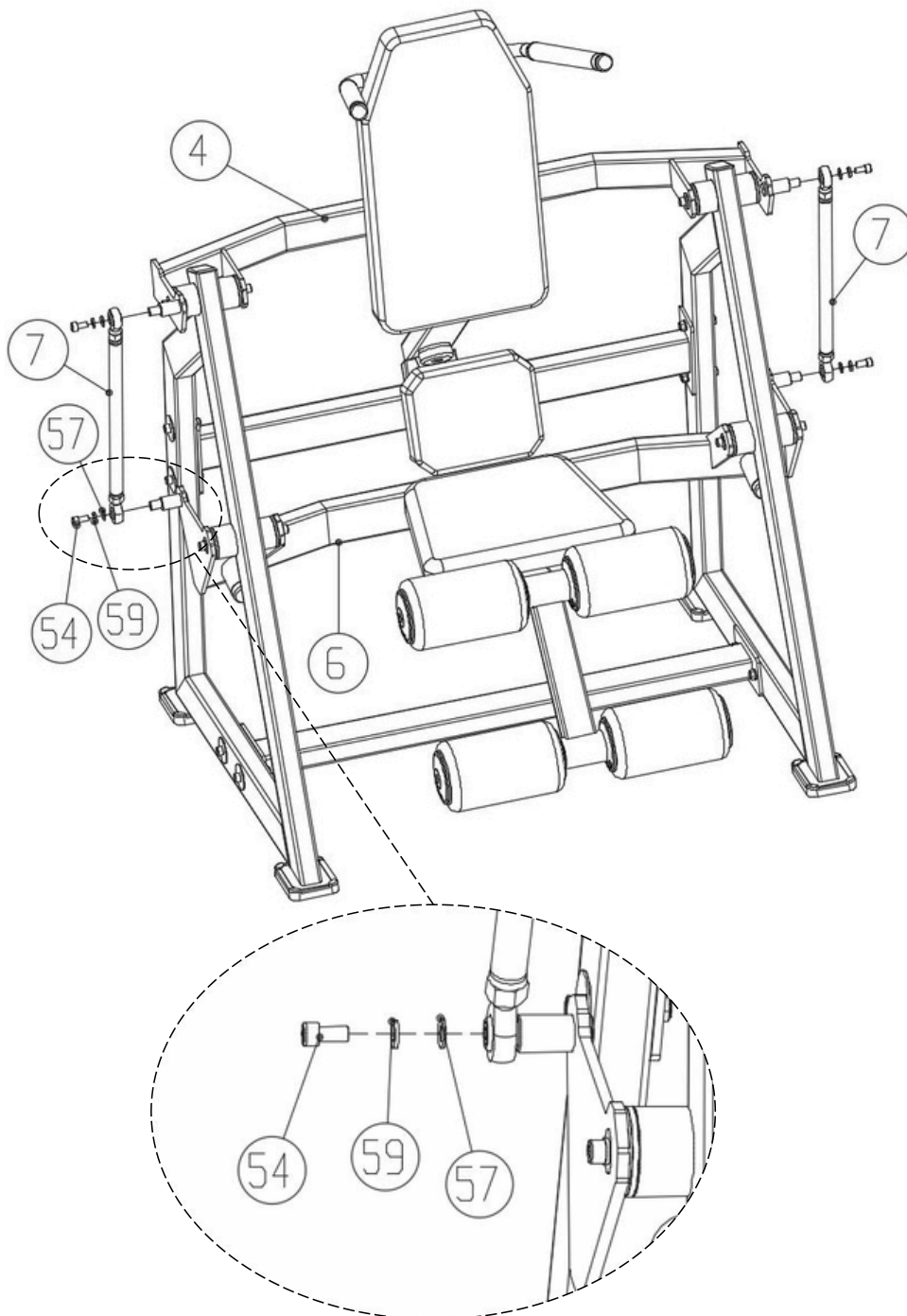


4x Spring washers M10 (#59)

Step 4:

Use the following method to connect the two support frame linkage tie rod assemblies (#7) to the upper support frame (#4) and the lower support frame assembly (#6).

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



2x Incline squat main frame (#2)



4x Hexagon socket head screws M10*20 (#54)

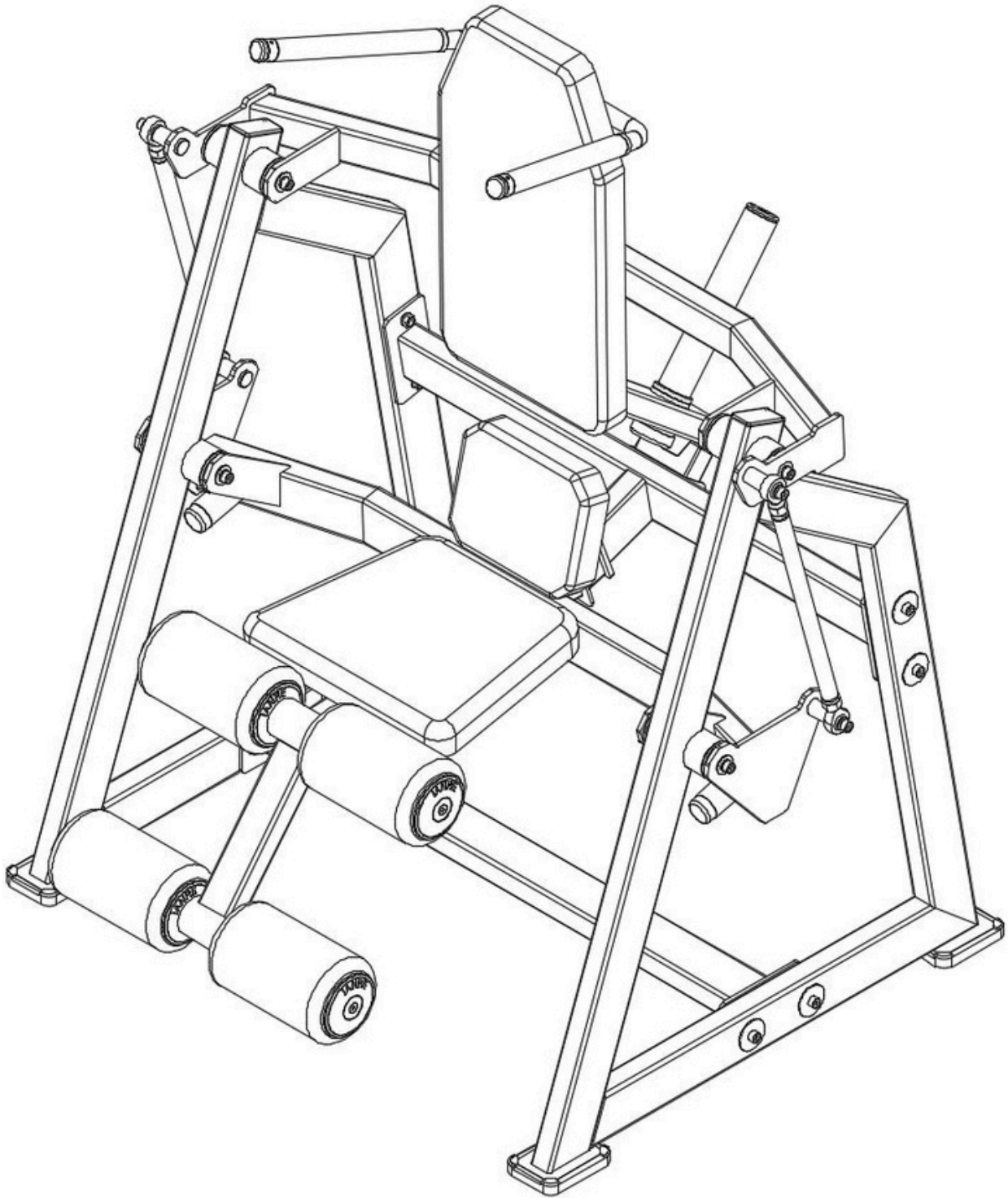


4 x Flat Washers M10-D 20 (#57)



4x Spring washers M10 (#59)

Fully Installation



Important Tips

Now that your Abdominal Crunch - 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	Side frame components	2
2	Lower connecting frame assembly	1
3	Upper connecting frame assembly	1
4	Upper support frame	1
5	Backrest arm assembly	1
6	Lower support frame assembly	1
7	Support frame linkage pull rod assembly	2
50	Rectangular foot pads	4
51	Flat Washers M10-D30	8
52	Hexagon socket head screws M10*60	8
53	Hexagon socket head screws M10*25	4
54	Hexagon socket head screws M10*20	12
56	Flat Washers M10-D50	8
57	Flat Washers M10-D20	16
59	Spring washers M10	16
60	Hexagon lock nut M10	8

Exploded view

