

FITNESS360[®]

FT8069


Lat Pull Down - Plate Loaded



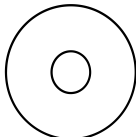
rubber rod
spirit level
Allen wrench
Two people
circlip pliers
Adjustable wrench

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*7)
0



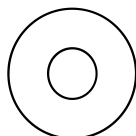
[56]Flat Washers M10-D50



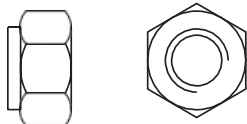
[55]spring washer
M10




[52] (M10*60)



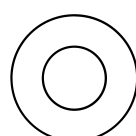
[57]Flat Washers M10-D30




[60]Hexagonal self-locking nut
M10



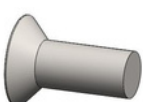
[53] (M10*35)



[58]Flat Washers M10-D20



[54] (M10*25)



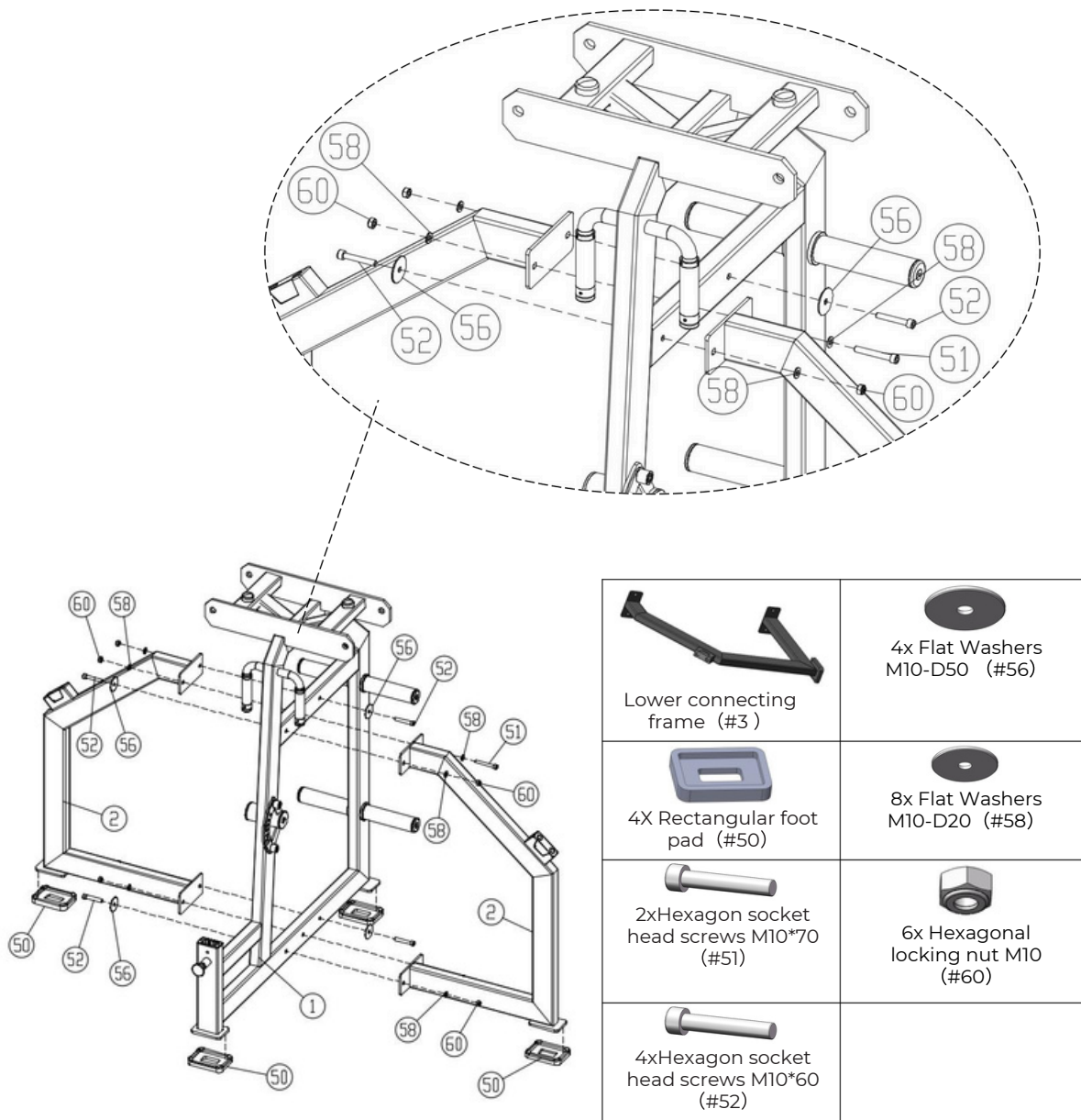
[59] (M10*25)

Step 1:

Use the following method to place the 2 supporting side frames (#2) on both sides of the main frame assembly (#1) and connect them to the main frame assembly (#1); place the 4 rectangular foot pads (#50) are respectively installed on the main frame assembly (#1) and the supporting side frame (#2).

- 2x Hexagon socket head screws M10*70(#51)
- 4x Hexagon socket head screws M10*60(#52)
- 4x Flat Washers M10-D50 (#56)
- 8x Flat Washers M10-D20(#58)
- 6x Hexagonal locking nut M10(#60)

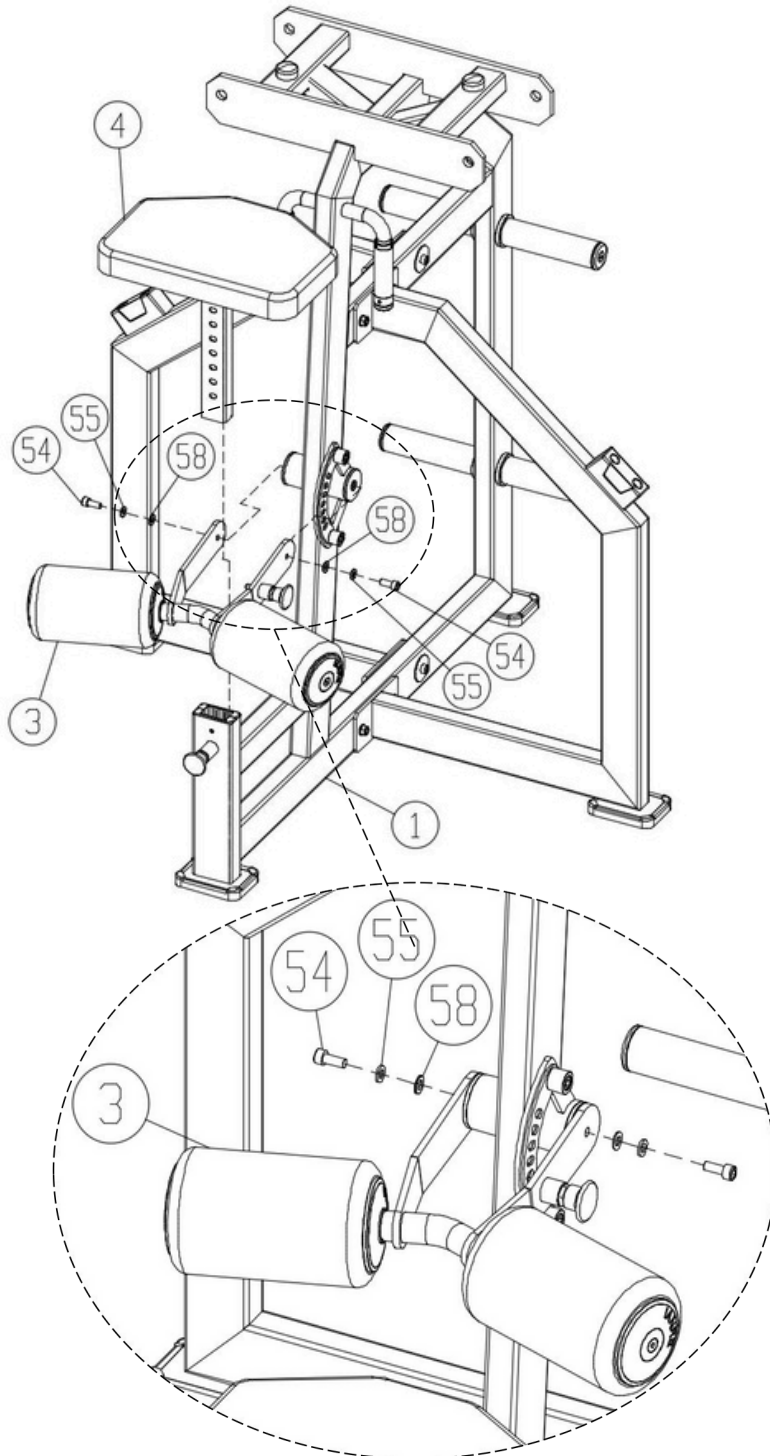
Wrench to tighten the bolt before proceeding to the next step



Step 2:

Connect the seat adjustment assembly (#4) and biaxial high-tension back muscle leg press frame (#3) to the main frame assembly (#1) using the following method

- 2x Hexagon socket head screws M10*25 (#54)
- 2 x Flat Washers M10-D20 (#58)
- 2 x spring washer M10 (#55)

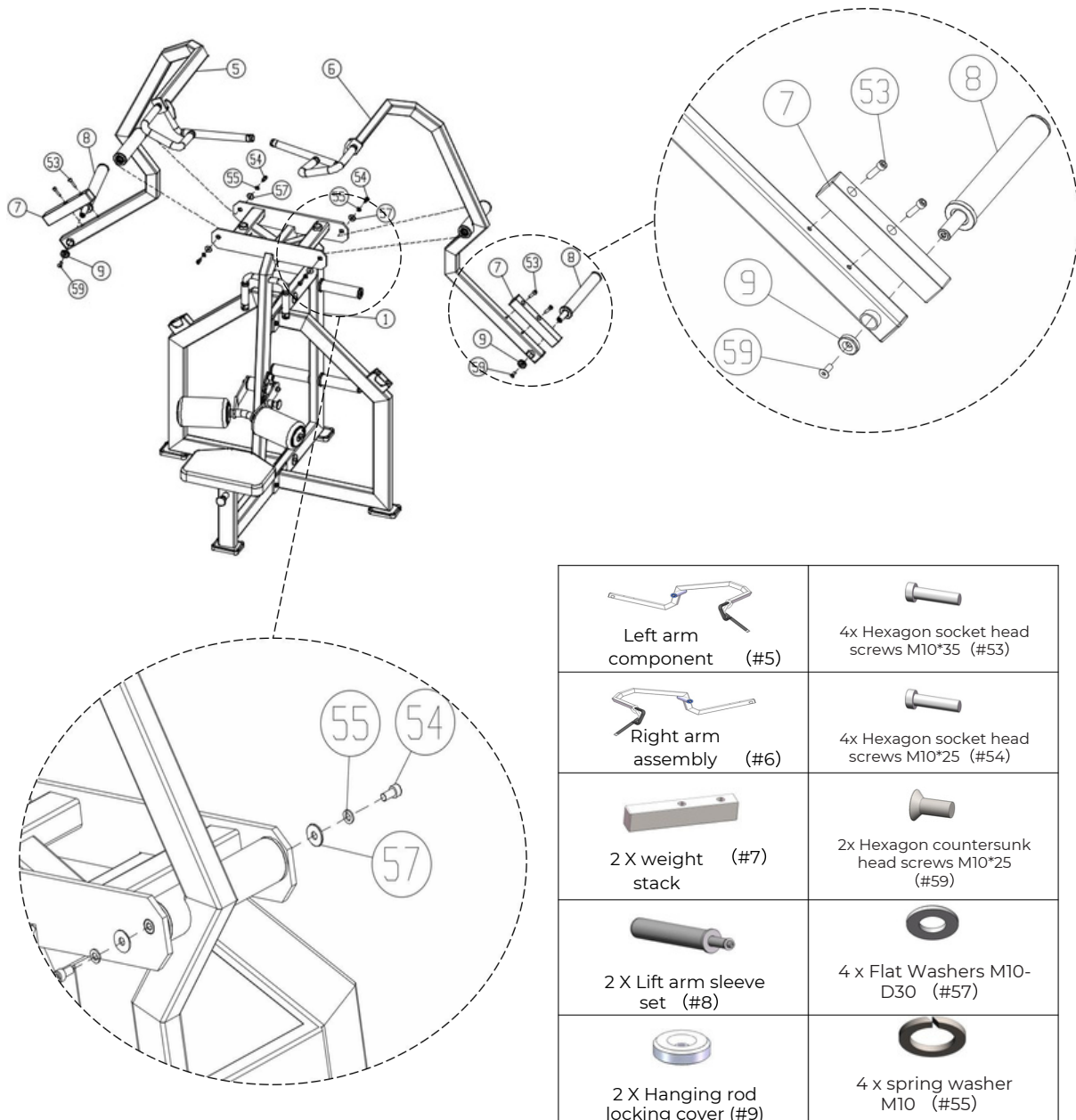


Step 3:

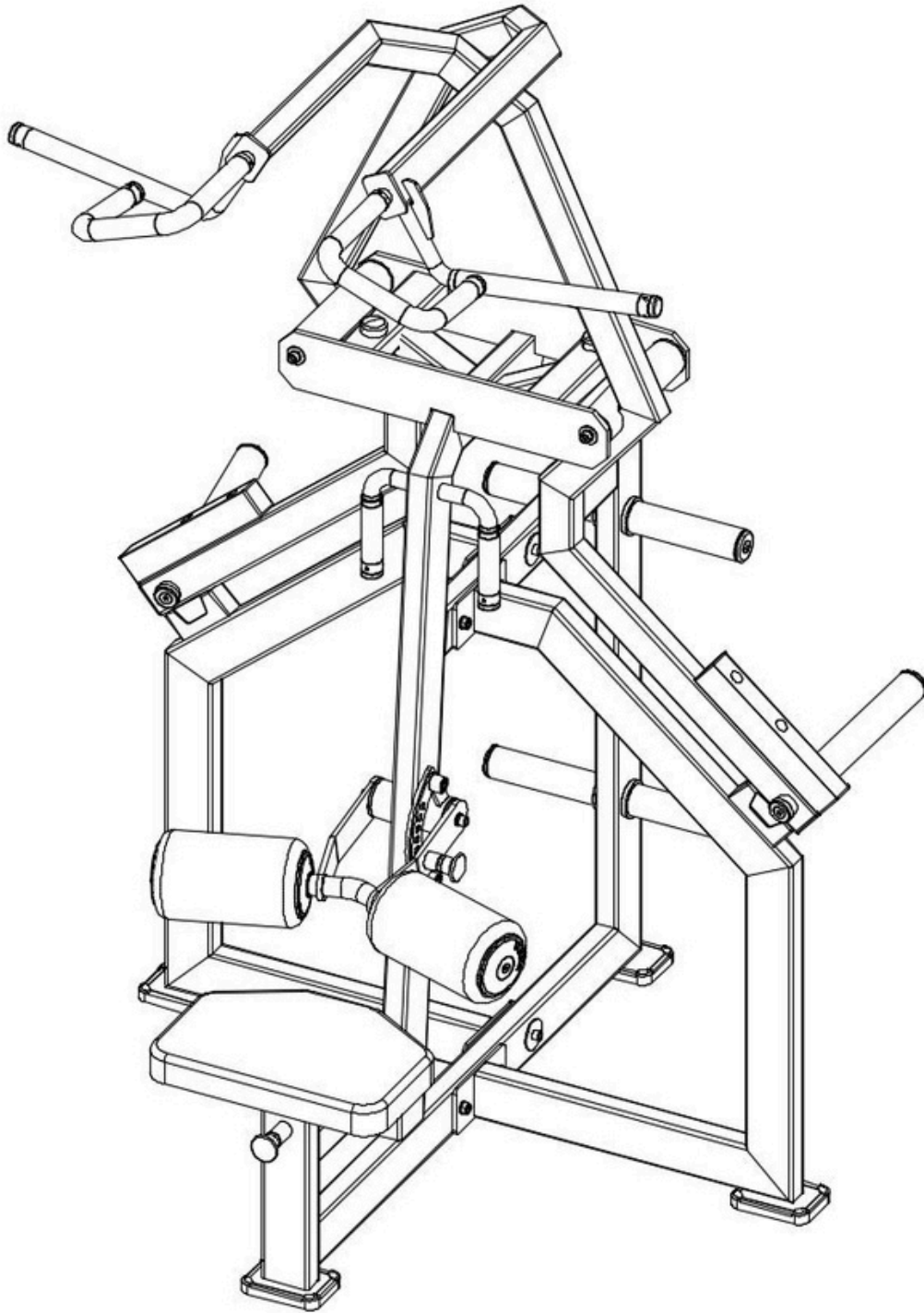
Install the two counterweight blocks (#7) onto the left arm assembly (#5) and the right arm assembly (#6). Insert the two lift arm sleeve sets (#8) into the left and right arm assemblies. Secure the sleeves in place using the hanging rod locking covers (#9).

Attach the left arm assembly (#5) and right arm assembly (#6) to both sides of the main frame assembly (#1) as shown.

- 4 × Hexagon socket head screws M10×35 (#53)
- 4 × Hexagon socket head screws M10×25 (#54)
- 4 × Flat washers M10-D30 (#57)
- 4 × Spring washers M10 (#55)
- 2 × Hexagon countersunk head screws M10×25 (#59)



Fully Installation



Important Tips

Now that your Lat Pull Down - 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 components	1
2	support side frame	2
3	Biaxial high pull back muscle leg press	1
4	Seat adjustment components	1
5	Left arm component	1
6	Right arm assembly	1
7	Weight stack	2
8	Lift arm sleeve set	2
9	Hanging rod locking cover	2
50	Rectangular foot pad	5
51	Hexagon socket head screws M10*70	2
52	Hexagon socket head screws M10*60	4
53	Hexagon socket head screws M10*35	4
54	Hexagon socket head screws M10*25	6
55	spring washer M10	6
56	Flat Washers M10-D50	4
57	Flat Washers M10-D30	4
58	Flat Washers M10-D20	10
59	Hexagon countersunk head screws M10*25	2
60	Hexagonal locking nut M10	6

Exploded view

