

FITNESS360[®]

FT8070

Dual Hack Squat / Linear Leg Press
- Plate Loaded



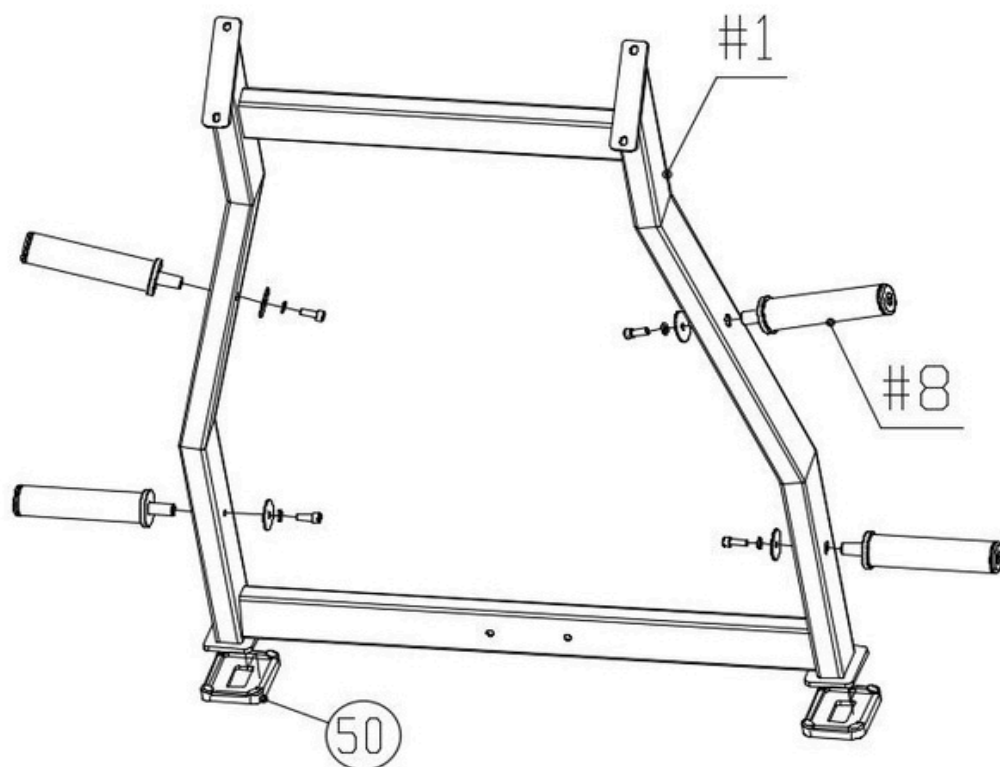
Tool	Rubber rod
	Level ruler
	Allen wrench
	Circlip pliers
	adjustable wrench
Note: When assembling, it is recommended that two or more persons operate	

Step 1:

Connect part #1 and #8 to form #BCP1 using the appropriate bolts.

Step 2:

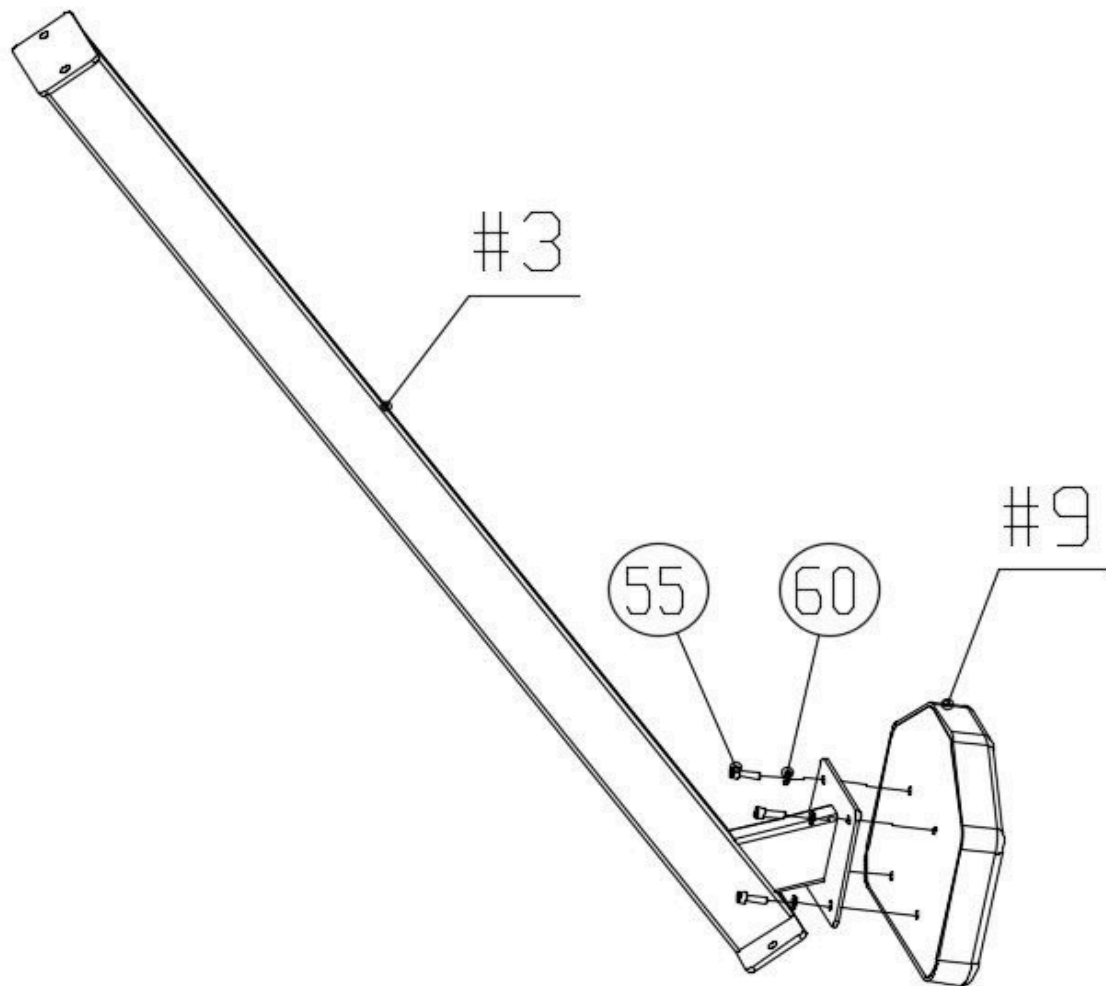
Install 2 Rectangular Feet (#50) onto #BCP1.



Step 3:

Connect part #3 and #9 to form #BCP2 using the following hardware:

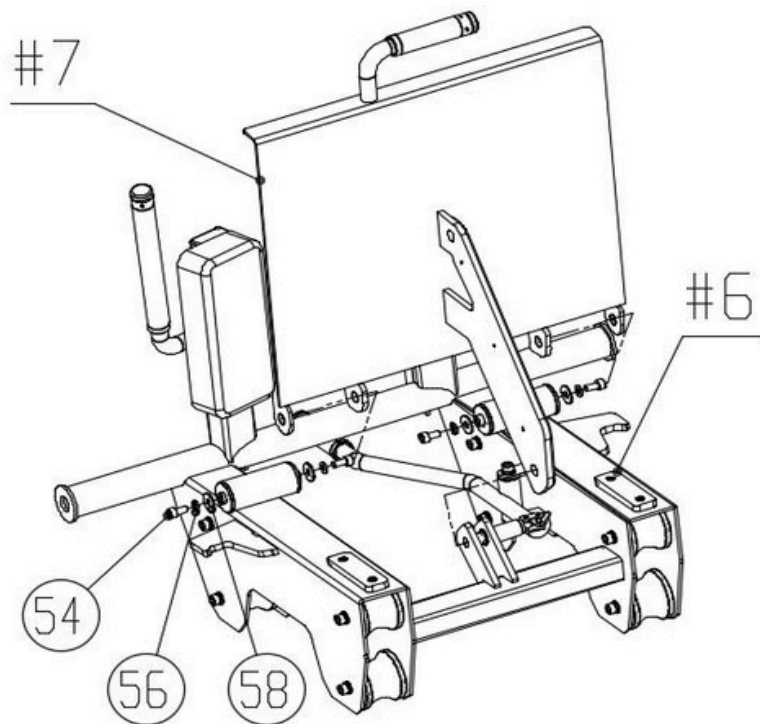
- 4 × Hexagon socket cheese head screws M8×25 (#55)
- 4 × Flat washers M8-D16 (#60)



Step 4:

Connect #6 and #7 to form #BCP3 by.

- 4x Hexagon socket cheese head screws M10*20(#54)
- 4x flat washer M10-D30(#58)
- 4x Spring matM10(#56)



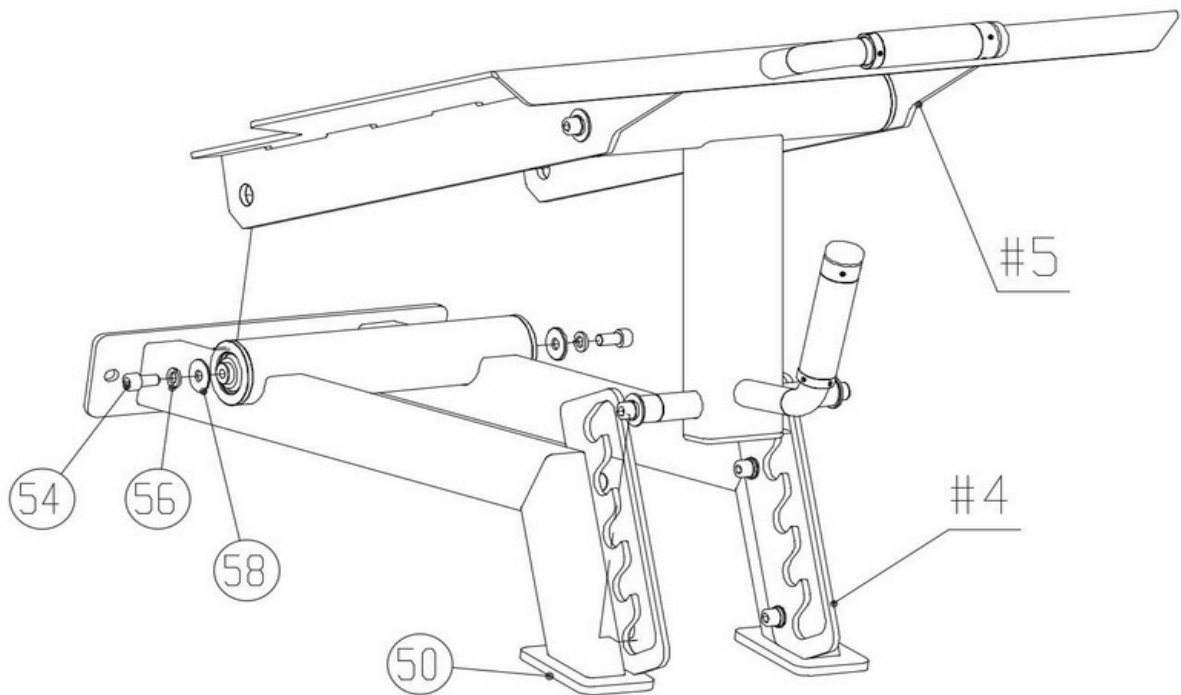
Step 5:

Connect #4 and #5 to form #BCP4 using the following method:

- 2 x Hexagon socket cheese head screws M10*20 (#54)
- 2 x Spring matM10(#58)
- 2 x flat washerM10-D30 (#56)

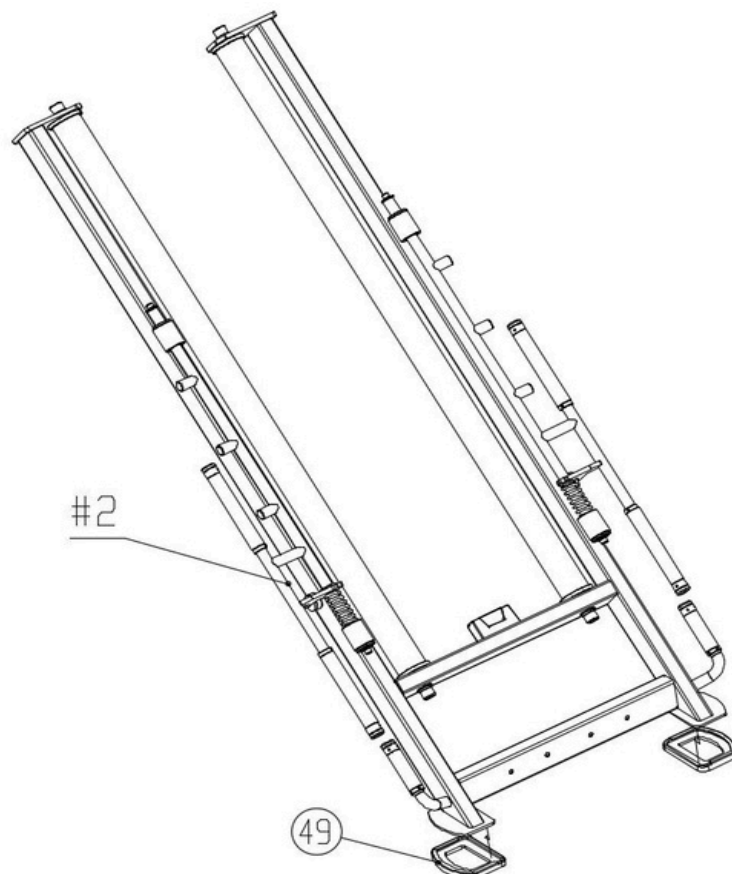
Step 6:

Install 2 Rectangular Feet (#50) to #BCP4



Step 7:

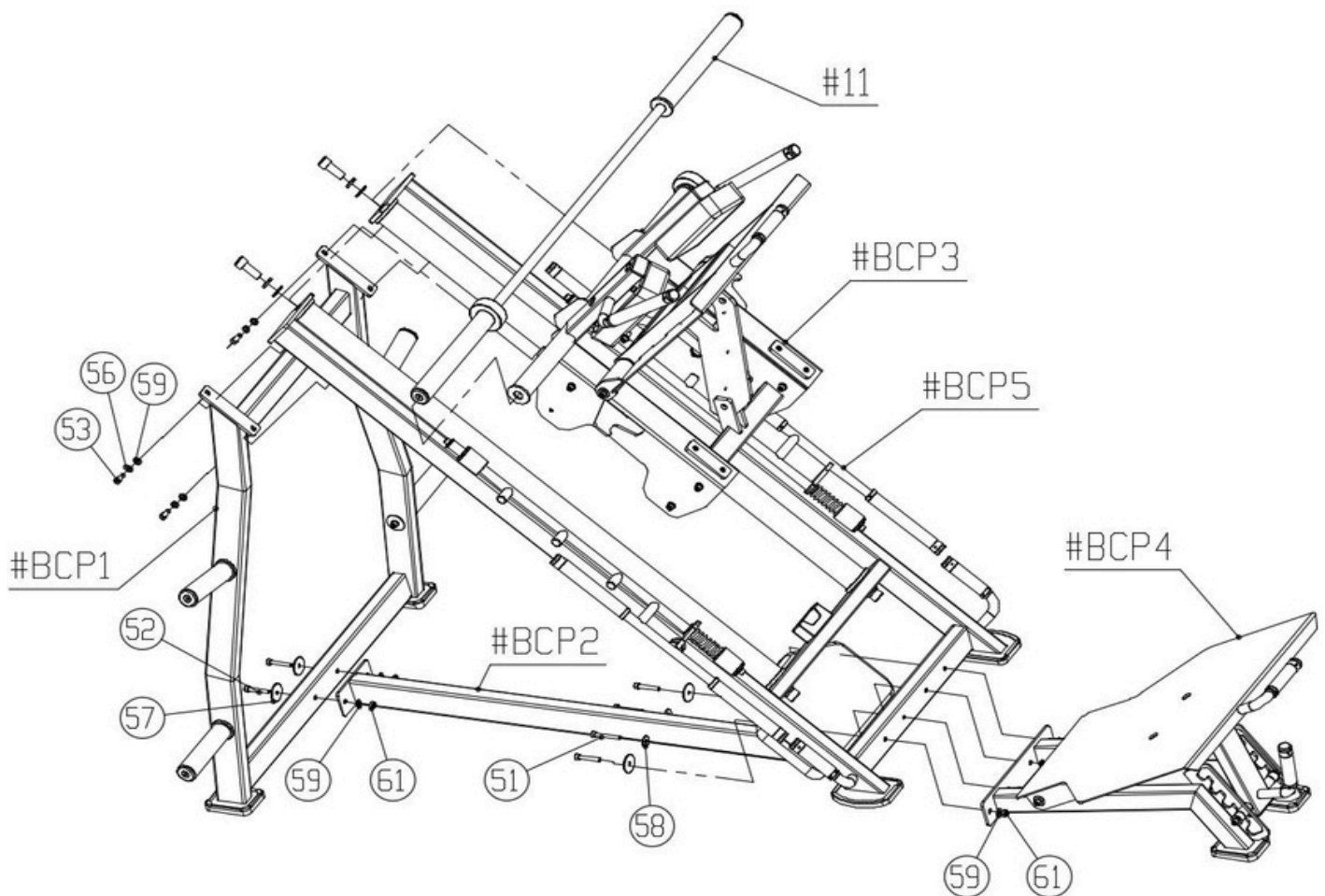
Attach 2 Weighted Feet (#49) to #BCP5



Step 8:

Connect #BCP1, #BCP2, #BCP3, #BCP4, #BCP5, #11 using the following method:












- 2x Hexagon socket cheese head screws M10*70(#52)
- 4x Hexagon socket cheese head screws M10*60(#53)
- 4x flat washer M10-D50(#60)
- 2x flat washer M10-D30(#61)
- 6x flat washer M10-D20(#62)
- 6x Hexagonal self-locking nuts M10(#64)
- 4x Hexagon socket cheese head screws M10*25(#53)
- 4 x Spring washer M10(#56)
- 4x flat washer M10-D20(#59)



Important Tips

Now that your Dual Hack Squat / Leg Press - 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.

Accessory List

NO	Name	Picture	QTY	NO	Name	Picture	QTY
1	#1		1	7	#7		1
2	#2		1	8	#8		2
3	#3		1	9	#9		1
4	#4		1	10	#10		1
5	#5		1	11	#11		1
6	#6		1				
49	Counterweight footrests		2	56	Spring washer M10		10
50	Rectangular footrest		3	57	flat washer M10-D50		4
51	Hexagon socket cheese head screws M		2	58	flat washerM10-D30		8
52	Hexagon socket cheese head screws M		4	59	flat washer M10-D20		10
53	Hexagon socket cheese head screws M		4	60	flat washer M8-D16		4
54	Hexagon socket cheese head screws M		6	61	Hexagonal self-locking nuts M10		6
55	Hexagon socket cheese head screws M		4				

Note: Pre-assembled parts are not listed in this table.