

FITNESS360[®]

FT9033

Cable Station 4



Tool	Rubber Rod
	Level
	Allen wrench
	Circlip pliers
	adjustable wrench
Note: When assembling, it is recommended that two or more people operate the unit	

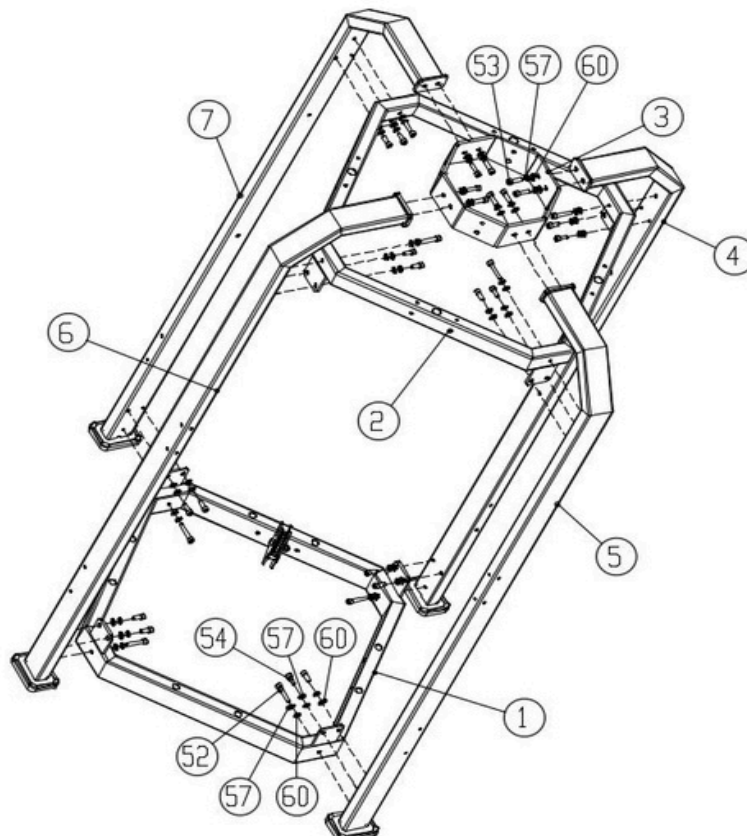
Step 1:

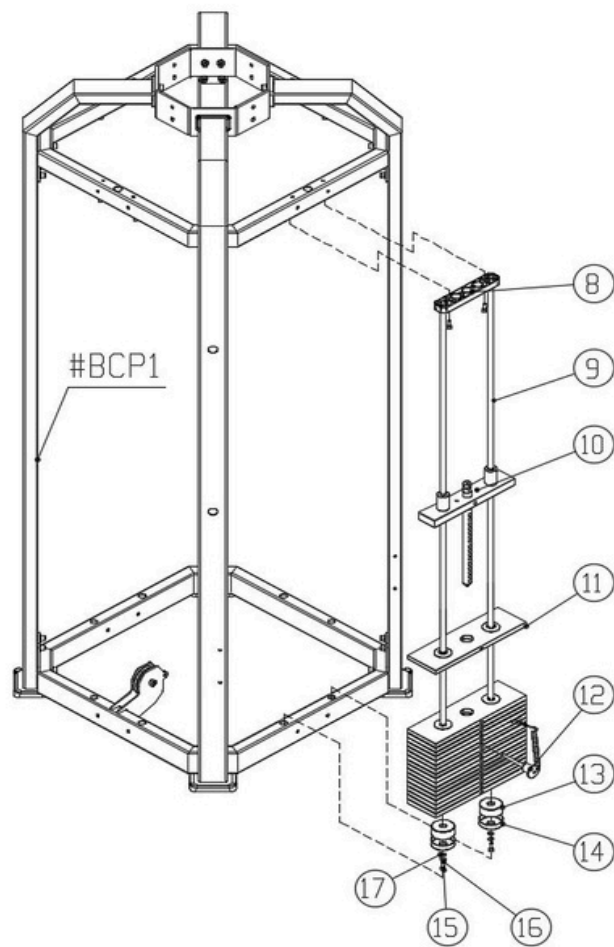
Connect parts #1, #2, #3, #4, #5, #6, and #7 to form section #BCP1 using the following components:

- 8 × Hexagon socket head screws M10×55 (#52)
- 8 × Hexagon socket head screws M10×35 (#53)
- 16 × Hexagon socket head screws M10×25 (#54)
- 32 × Flat washers M10–D20 (#60)
- 32 × Spring washers M10 (#57)

Step 2:

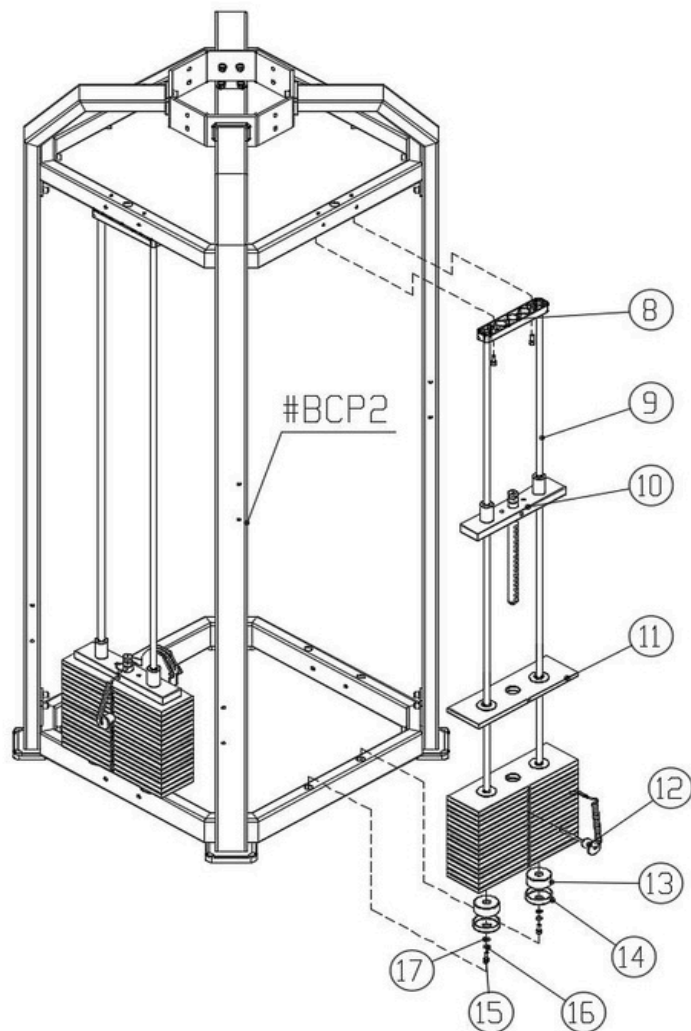
Connect #BCP1 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to form section #BCP2





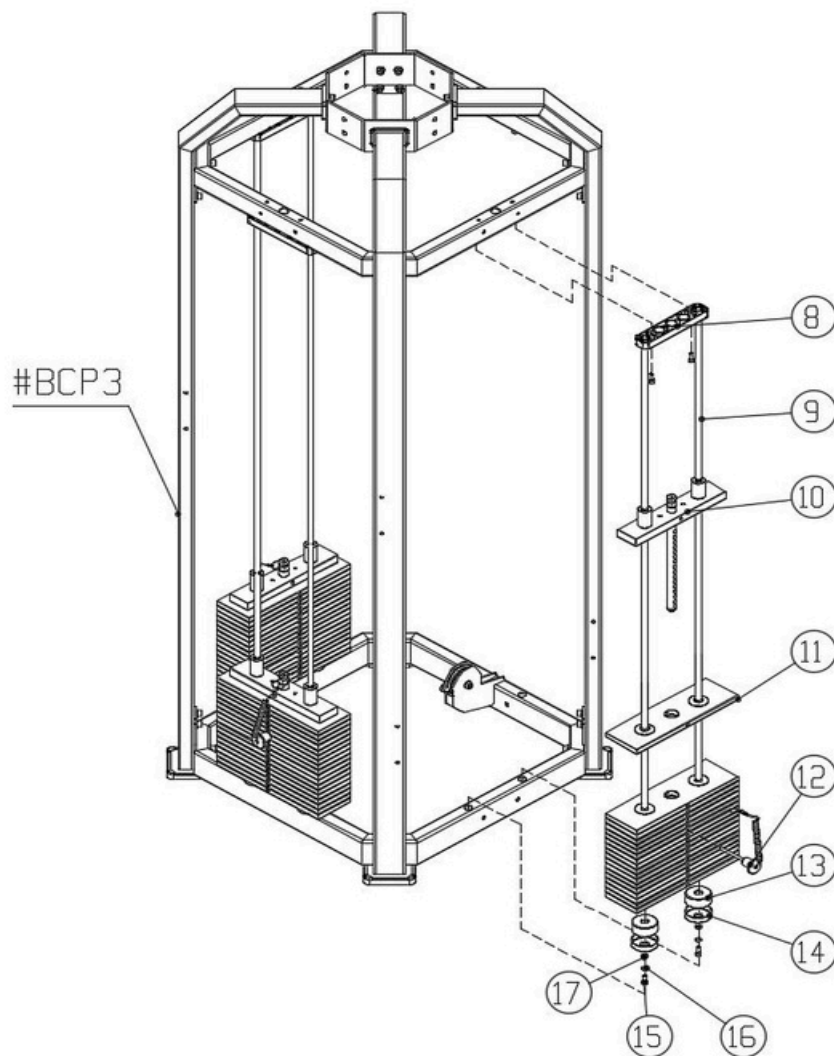
Step 3:

Connect #BCP2 with parts #8, #9, #11, #12, #13, #14, #15, #16, #16, and #17 to form section #BCP3



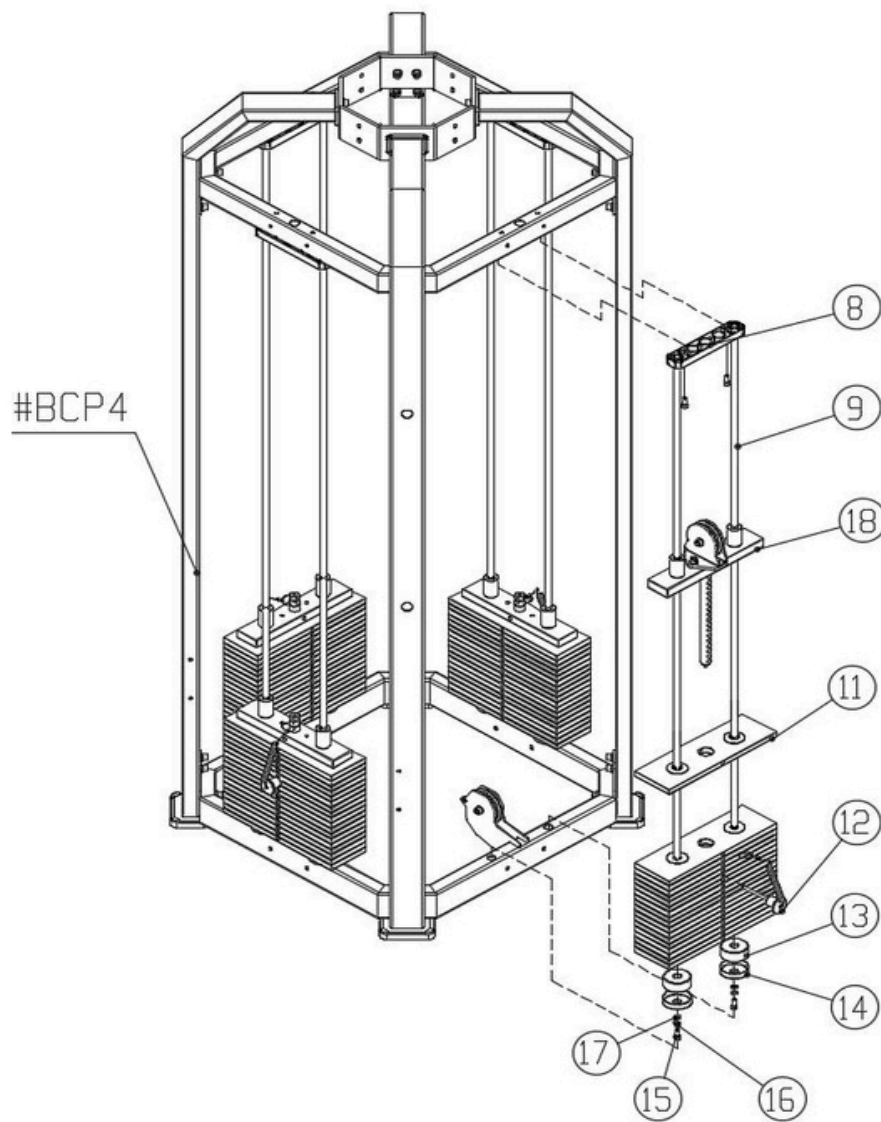
Step 4:

Connect #BCP3 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to form section #BCP4



Step 5:

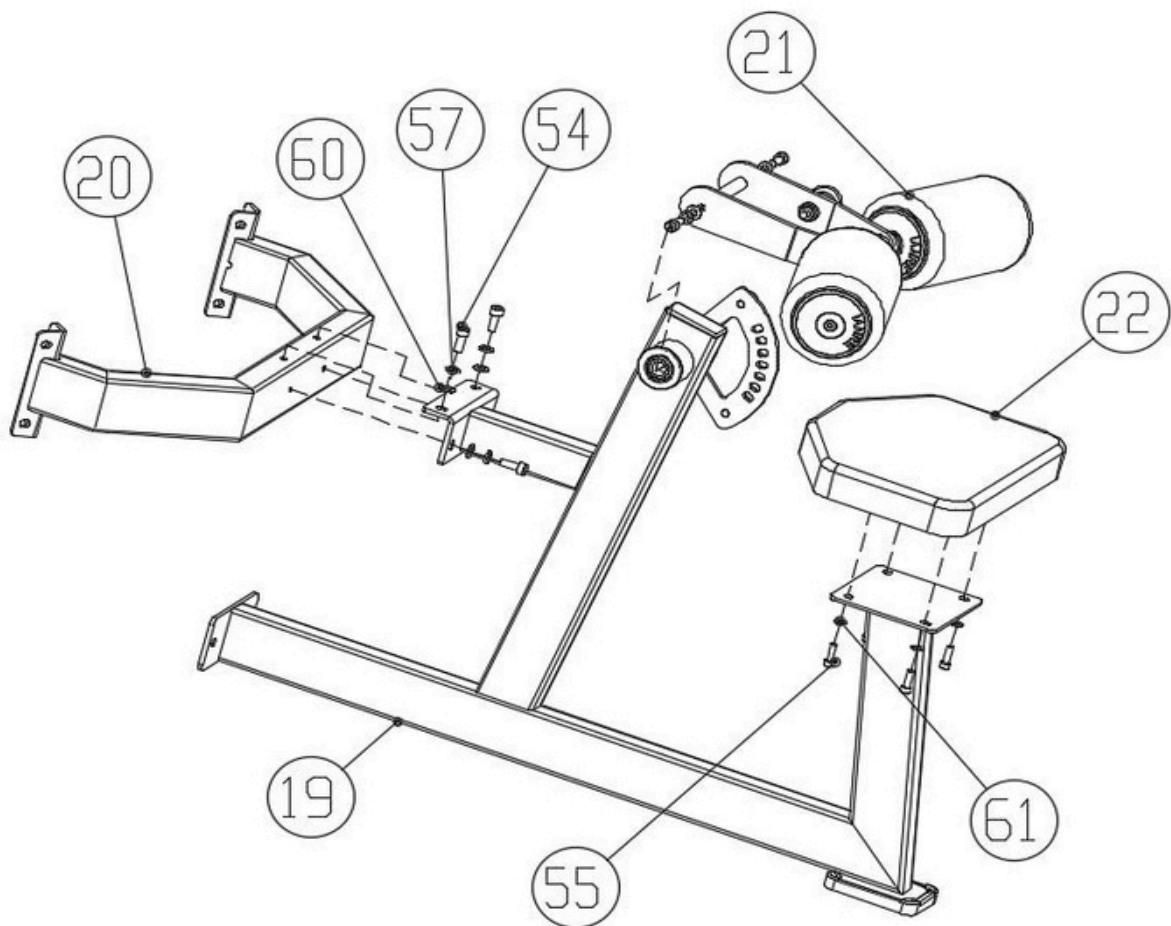
Connect #BCP4 with parts #8, #9, #11, #12, #13, #14, #15, #16, #17, and #18 to form section #BCP5



Step 6:

Connect parts #19, #20, #21, and #22 to form section #BCP6 using the following components:

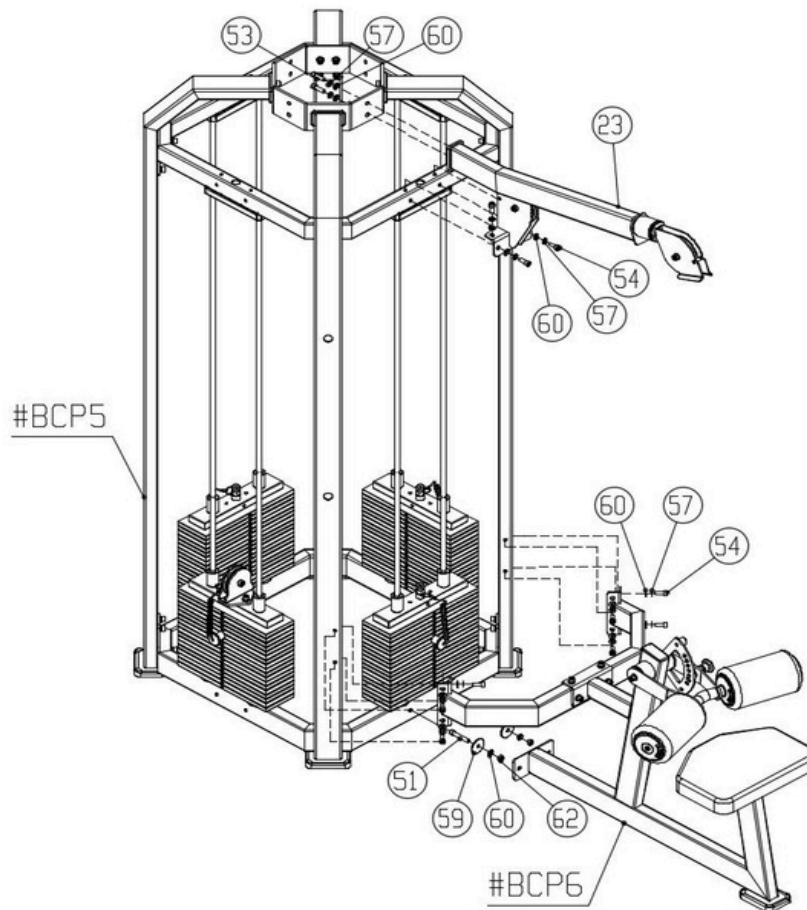
- 4 × Hexagon socket head screws M10×25 (#54)
- 4 × Flat washers M10–D20 (#60)
- 4 × Spring washers M10 (#57)
- 4 × Hexagon socket head screws M8×25 (#55)
- 4 × Flat washers M8–D16 (#61)



Step 7:

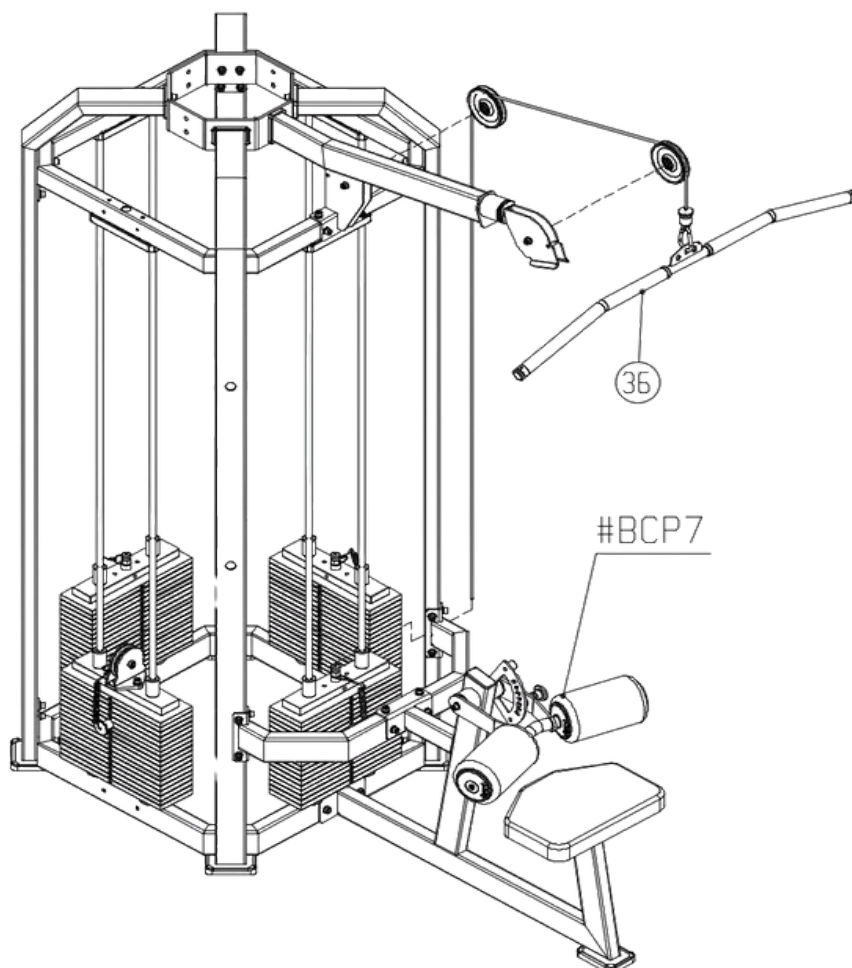
Connect #BCP5, #BCP6, and #23 to form section #BCP7 using the following components:

- 2 × Hexagon socket head screws M10×60 (#51)
- 2 × Hexagon socket head screws M10×35 (#53)
- 12 × Hexagon socket head screws M10×25 (#54)
- 2 × Flat washers M10–D50 (#59)
- 16 × Flat washers M10–D20 (#60)
- 16 × Spring washers M10 (#57)
- 2 × Hexagonal self-locking nuts M10 (#62)



Step 8:

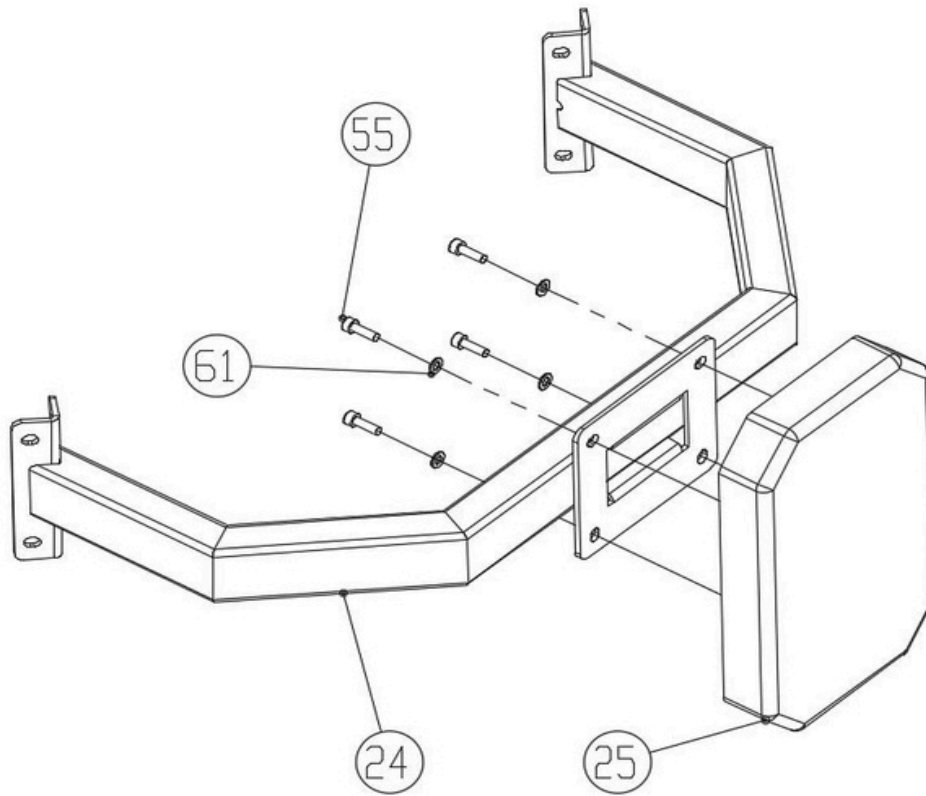
Connect part #36 (lat pulldown bar assembly) to the top pulley arm of #BCP7 to form #BCP8.



Step 9:

Connect parts #24 and #25 to form #BCP9 using the following components:

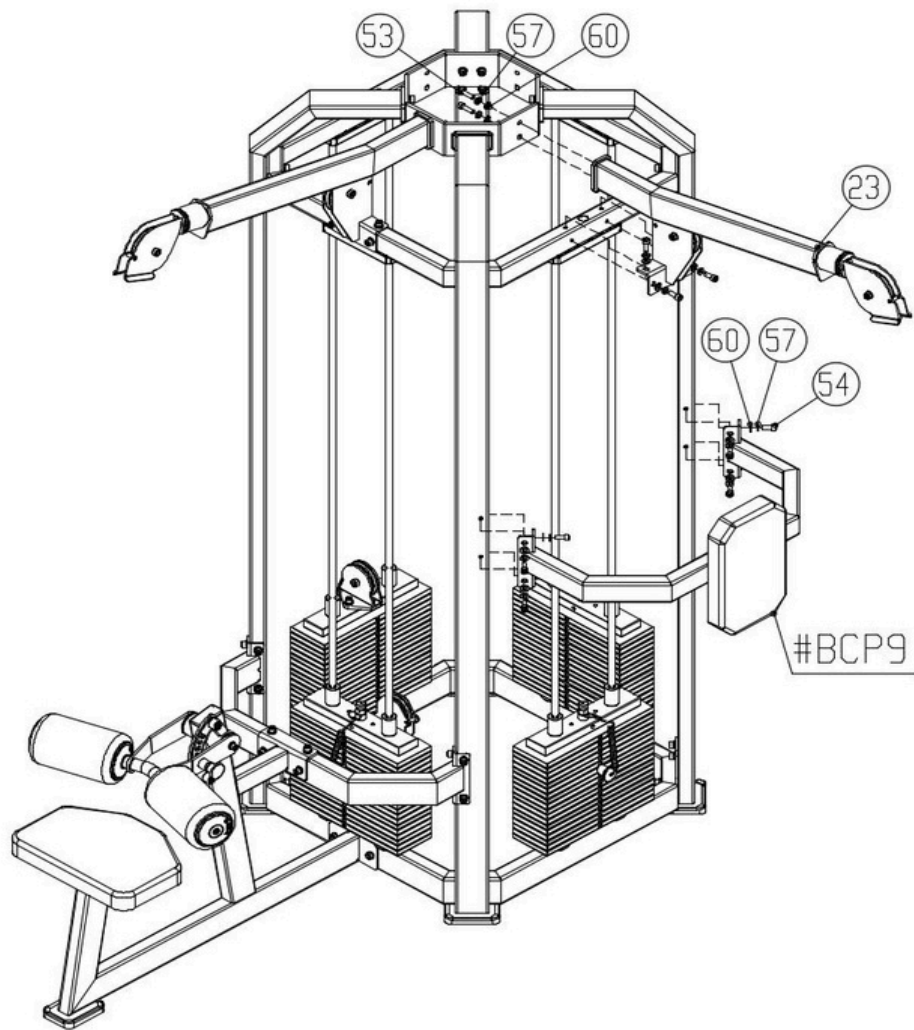
- 4 × Hexagon socket head screws M8×25 (#55)
- 4 × Flat washers M8-D16 (#61)



Step 10:

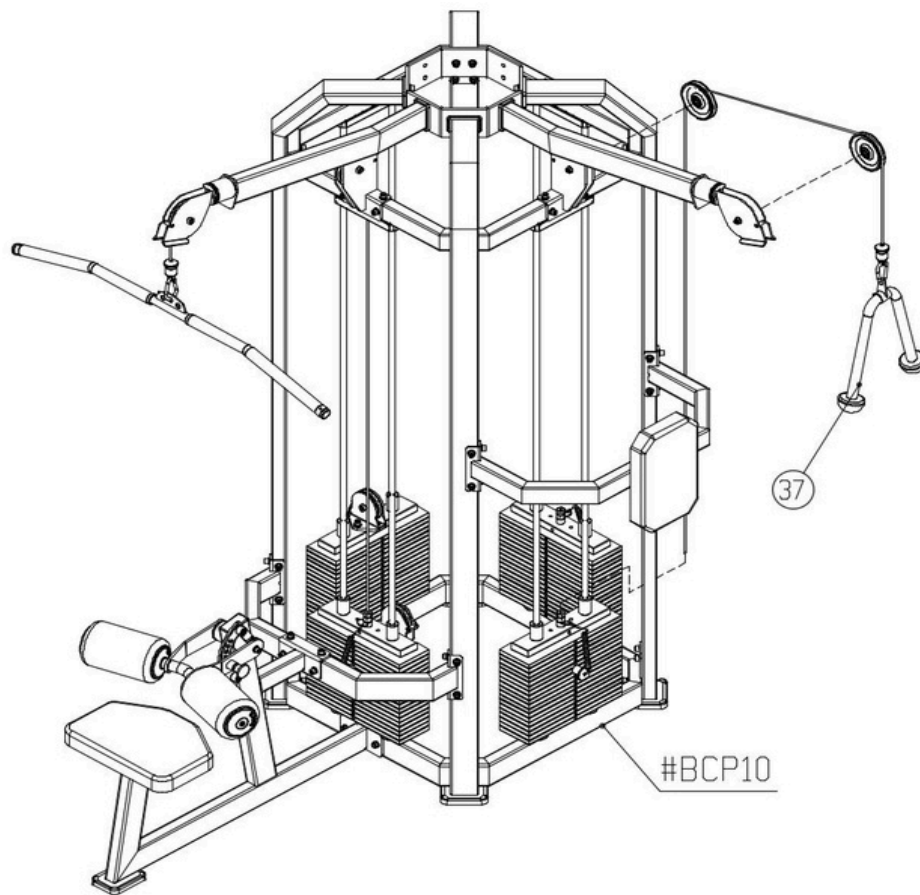
Connect #BCP9 and #23 to form section #BCP10 using the following components:

- 2 × Hexagon socket head screws M10×35 (#53)
- 8 × Hexagon socket head screws M10×25 (#54)
- 10 × Flat washers M10-D20 (#60)
- 10 × Spring washers M10 (#57)



Step 11:

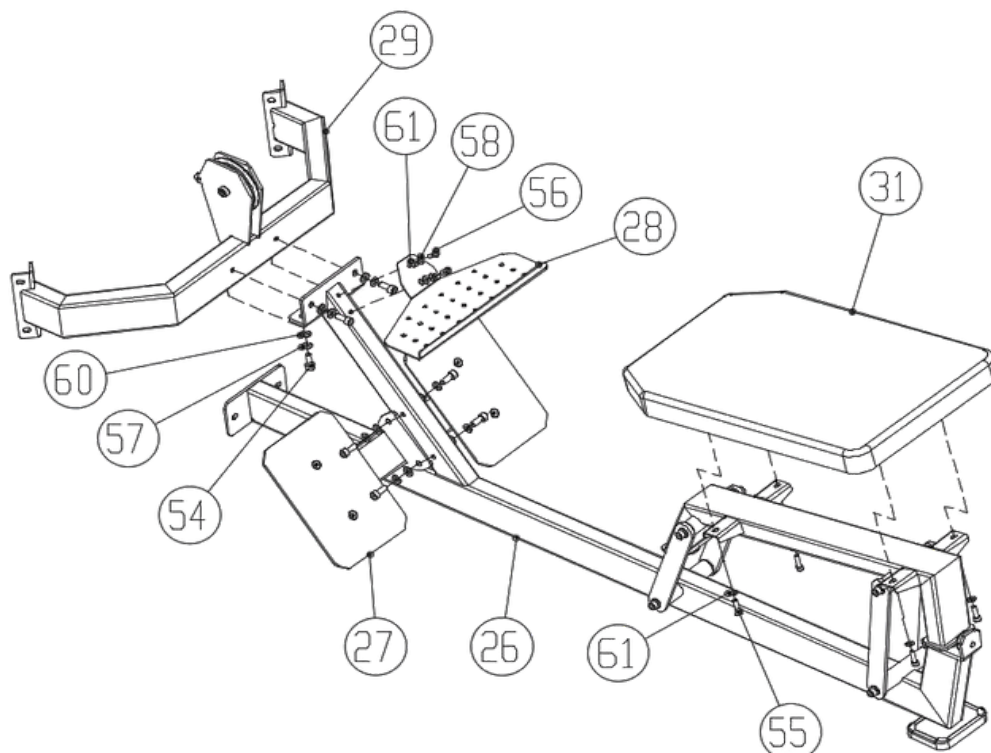
Attach part #37 (double handle cable attachment) to the upper pulley arm of #BCP10 to form #BCP11.



Step 12:

Connect parts #26, #27, #28, #29, and #31 to form section #BCP12 using the following components:

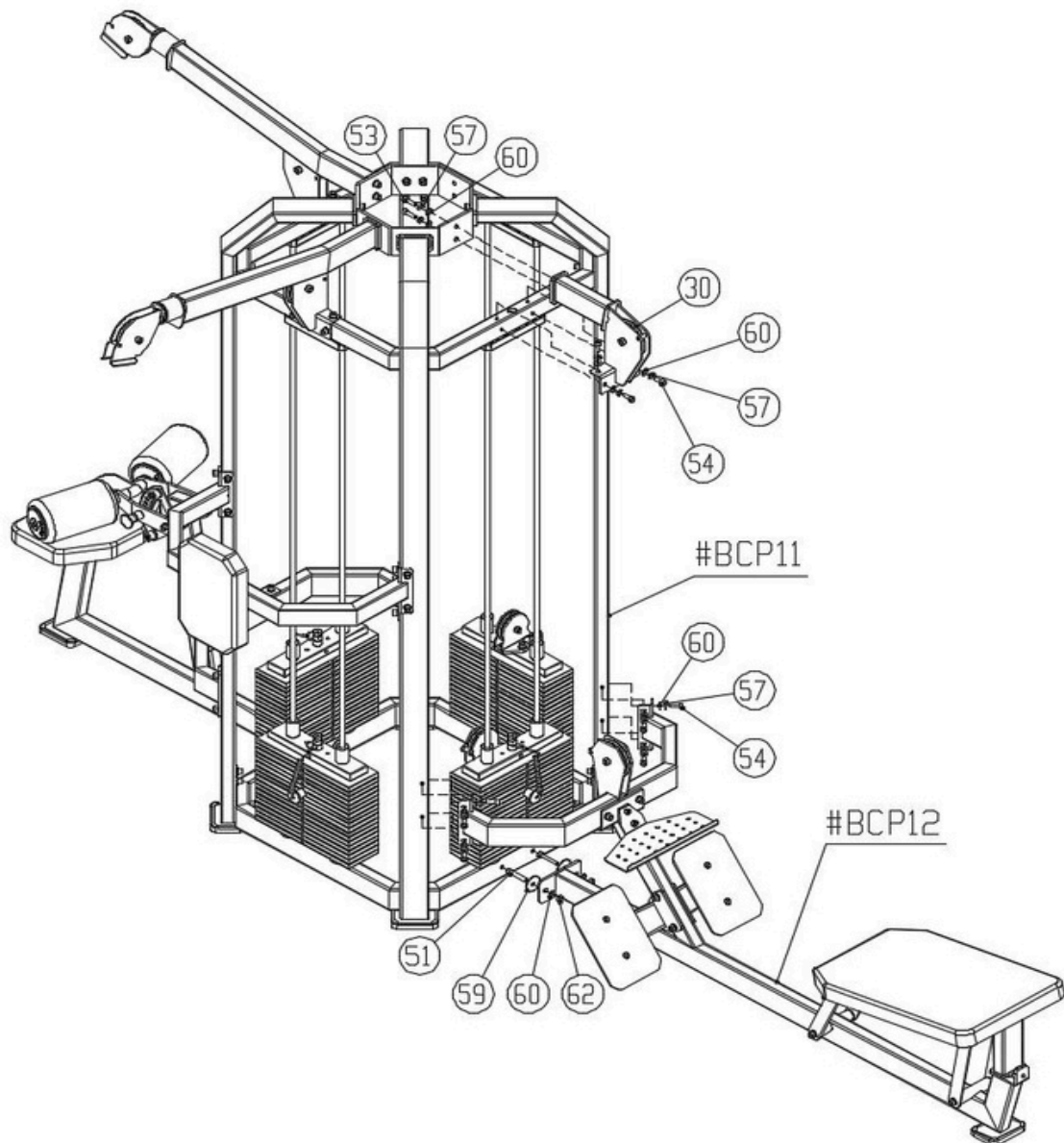
- 8 × Hexagon socket head screws M10×25 (#54)
- 4 × Hexagon socket head screws M8×25 (#55)
- 2 × Hexagon socket head screws M8×16 (#56)
- 8 × Flat washers M10-D20 (#60)
- 6 × Flat washers M8-D16 (#61)
- 8 × Spring washers M10 (#57)
- 2 × Spring washers M8 (#58)



Step 13:

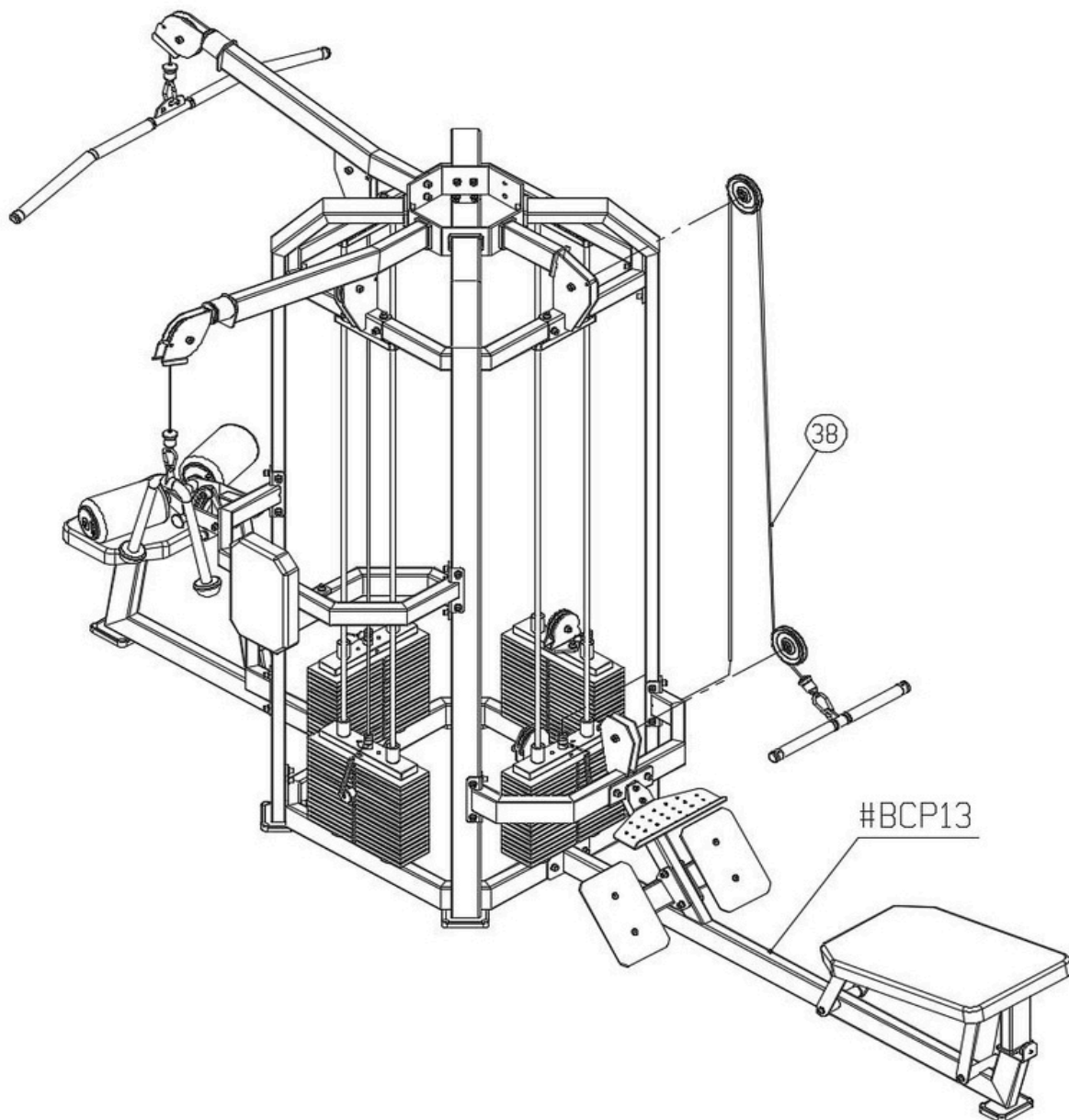
Connect #BCP11, #BCP12, and part #30 to form section #BCP13 using the following components:

- 2 × Hexagon socket head screws M10×60 (#51)
- 2 × Hexagon socket head screws M10×35 (#53)
- 12 × Hexagon socket head screws M10×25 (#54)
- 2 × Flat washers M10-D50 (#59)
- 16 × Flat washers M10-D20 (#60)
- 16 × Spring washers M10 (#57)
- 2 × Hexagonal self-locking nuts M10 (#62)



Step 14:

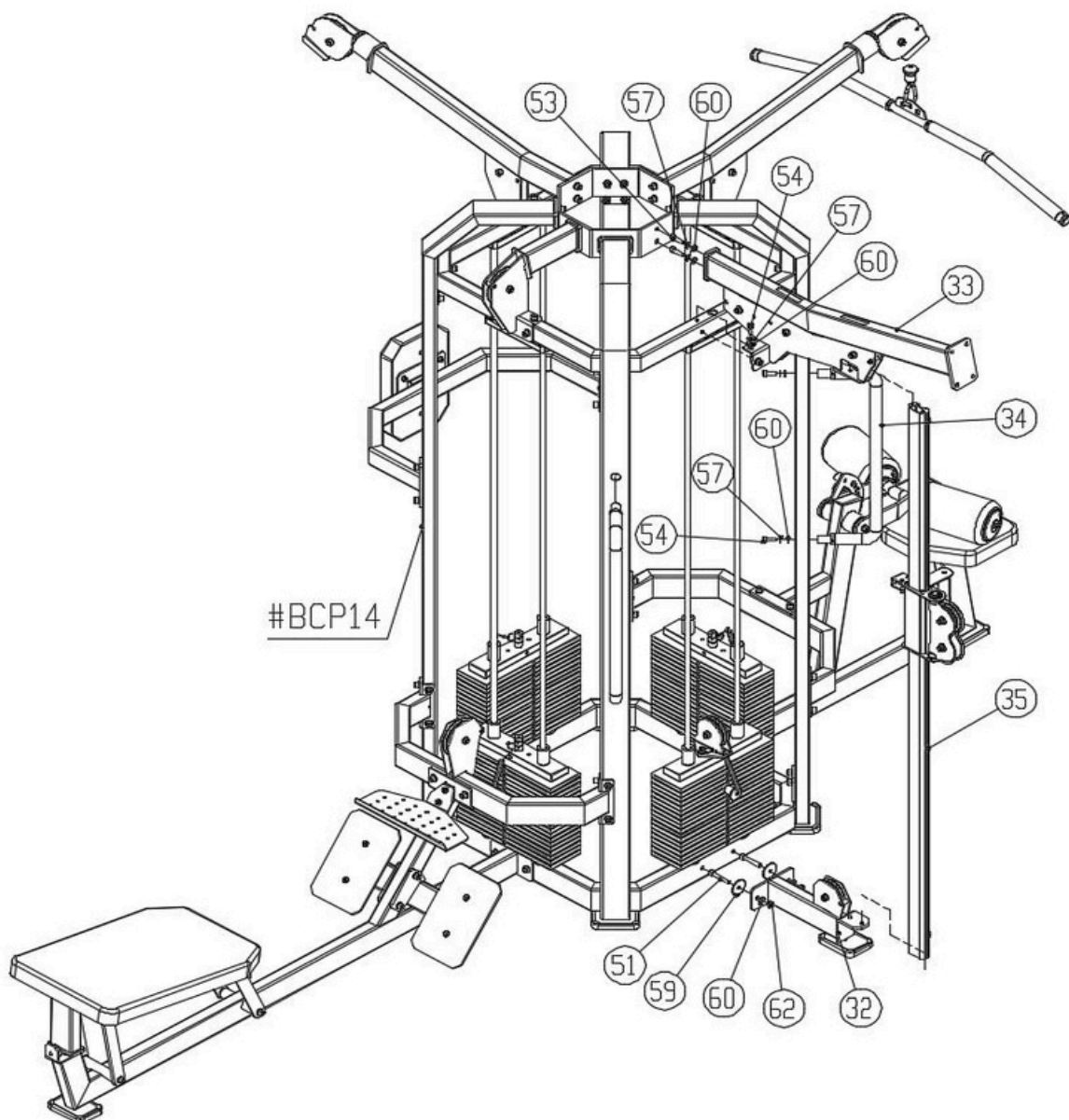
Connect #BCP13 and #38 to form #BCP14 using the following method.



Step 15:

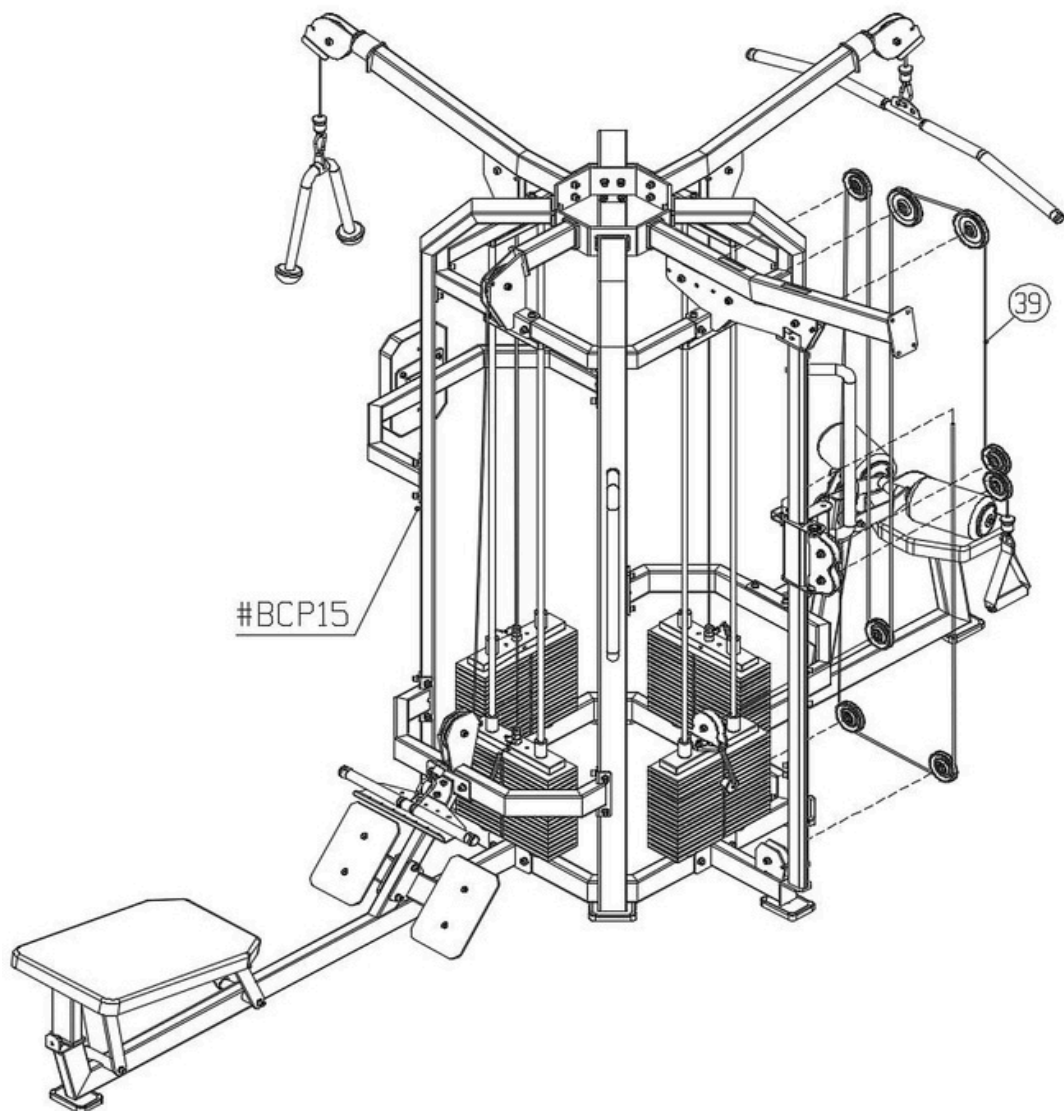
Connect #BCP14, #32, #33, #34, and #35 to form #BCP15 using the following components:

- 2 × Hexagon socket cheese head screws M10×60 (#51)
- 2 × Hexagon socket cheese head screws M10×35 (#53)
- 8 × Hexagon socket cheese head screws M10×25 (#54)
- 2 × Flat washers M10-D50 (#59)
- 12 × Flat washers M10-D20 (#60)
- 12 × Spring washers M10 (#57)
- 2 × Hexagonal self-locking nuts M10 (#62)



Step 16:

Connect #BCP15 and #39 to form #BCP16 using the following method.



Important Tips

Now that Cable Station 4 is fully assembled, take a moment to ensure the structure is level and vertical. Use a spirit level to check that the guide bars are straight in both directions.

If not, loosen the bolts slightly, realign, and retighten.

Accessory List

QTY	Name	QTY	N	Name	QTY
1	sump	1	32	Flying Bird Chassis Assembly	1
2	abacus	1	33	Flying Bird Force Arm 1 Component	1
3	circular plate	1	34	Flying Bird Handrail	2
4	Connecting column 1	1	35	Flying Bird Slide Adjustment Set	1
5	Connecting column 2	1	36	Pull down functional area wire rope	1
6	Connecting column 3	1	37	Triple head rope wire rope	1
7	Connecting column 4	1	38	Low Row functional zone wire rope	1
8	Guide bar fixing plate	4	39	Bird Area Wire Rope	1
9	guide bar	8			
10	Guide block set	3			
11	Weight stack	64			
12	Counterweight block pins	4			
13	Counterweight rubber pads	8			
14	counterweight base	8	51	hexagon socket cheese head screws M10*	6
15	hexagon socket cheese head screws M8*2	16	52	hexagon socket cheese head screws M10*5	8
16	spring washer M8	8	53	hexagon socket cheese head screws M10*	18
17	flat washer M8	8	54	hexagon socket cheese head screws M10*	72
18	able line counterweight guide block s	1	55	hexagon socket cheese head screws M8*2	12
19	high pulling main frame	1	56	hexagon socket cheese head screws M8*1	2
20	High-pull connecting frame	1	57	spring washerM10	96
21	axis High Pull Back Muscle Press Rack	1	58	spring washer M8	2
22	Universal Cushion	1	59	flat washer M10-D50	8
23	ing Triple Head Force Arm Support Ass	2	60	flat washerM10-D20	102
24	ending triple head back cushion frame	1	61	flat washer M8-D16	14
25	Four-station, three-head back cushion	1	62	Hexagonal self-locking nutsM10	6
26	Low pull side frame set	1			
27	Low Pull Foot Assembly	1			
28	Low pull plate	1			
29	Low pull connecting frame assembly	1			
30	Low Tension Arm Connector Assembly	1			
31	large backpack	1			

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