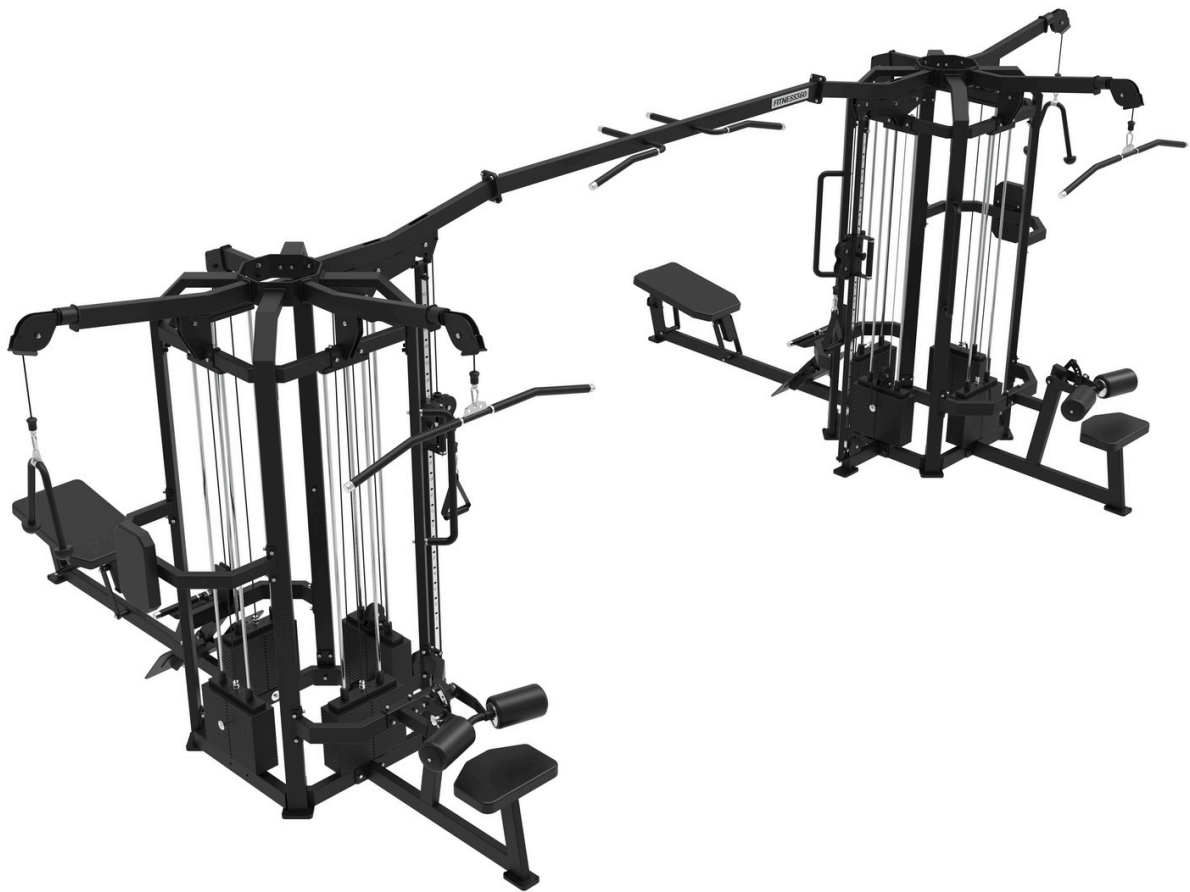


FITNESS360[®]

FT9035

Cable Station 8

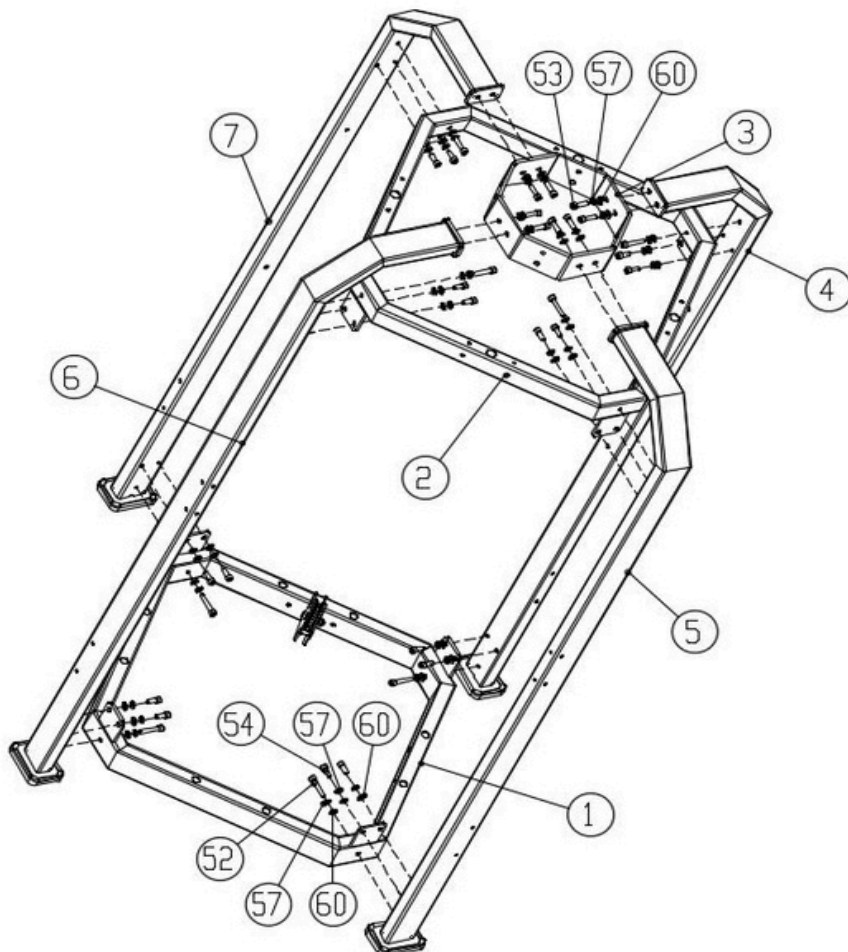


tool	rubber stick
	level ruler
	Allen wrench
	Circlip pliers
	adjustable wrench

Step 1:

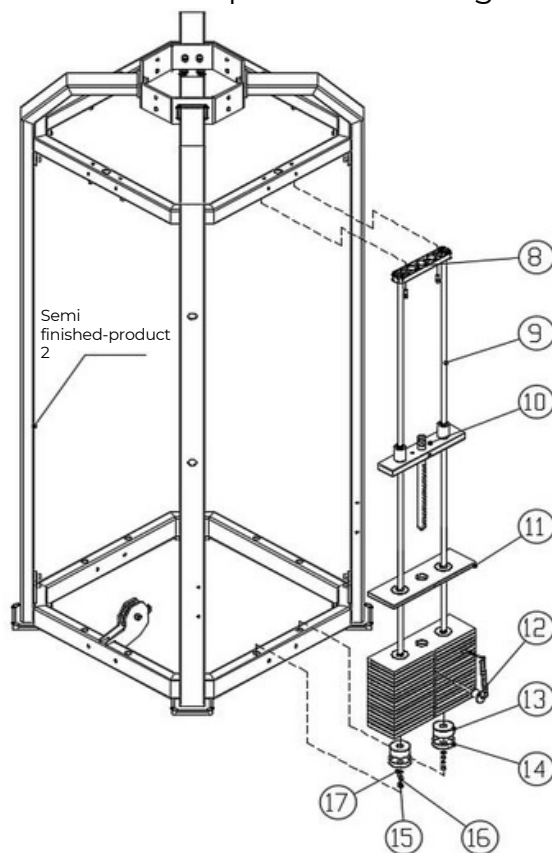
Connect parts #1, #2, #3, #4, #5, #6, and #7 to form section #BCP1 using the following components:

- 8x Hexagon socket cheese head screws M10*55 (#52)
- 8x Hexagon socket cheese head screws M10*35 (#53)
- 16x Hexagon socket cheese head screws M10*25 (#54)
- 32x flat washer M10-D20 (#60)
- 32x Spring washers M10 (#57)



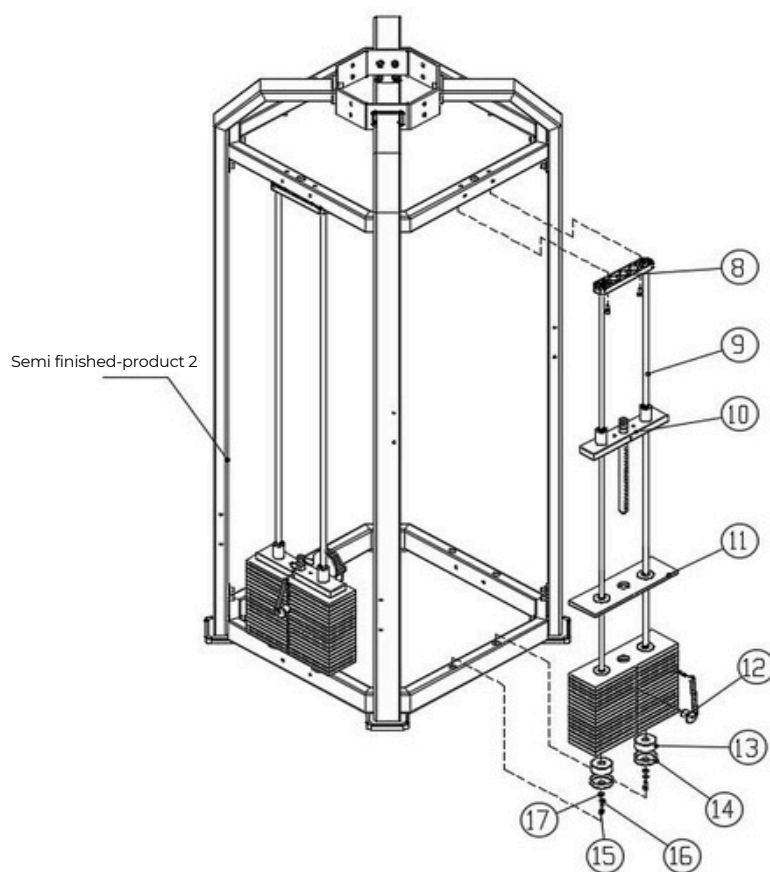
Step 2:

Connect semi-finished product #1 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to assemble semi-finished product #2 using the following method:



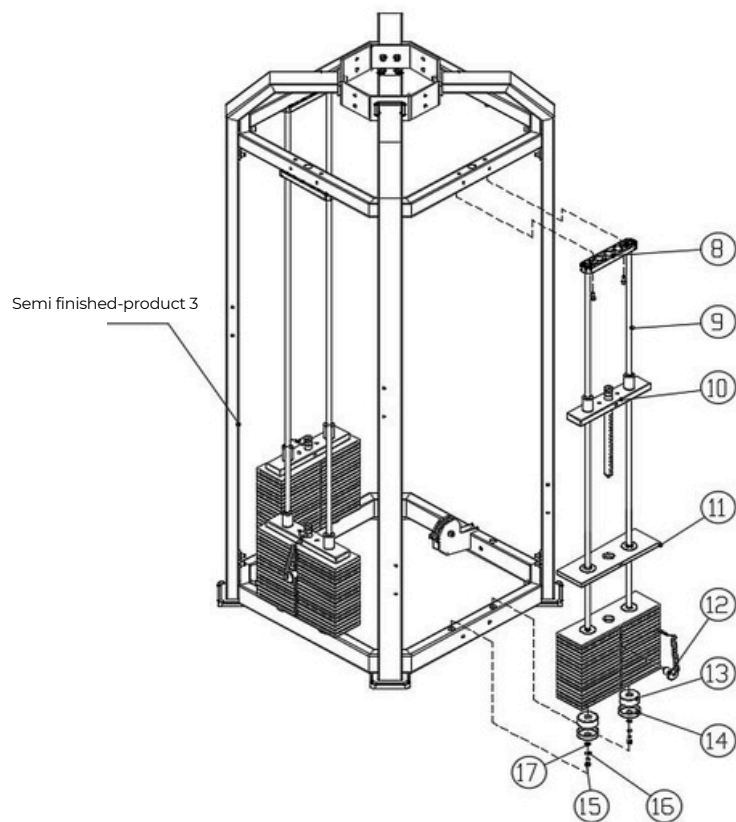
Step 3:

Combine semi-finished product #2 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to form semi-finished product #3 using the following method:



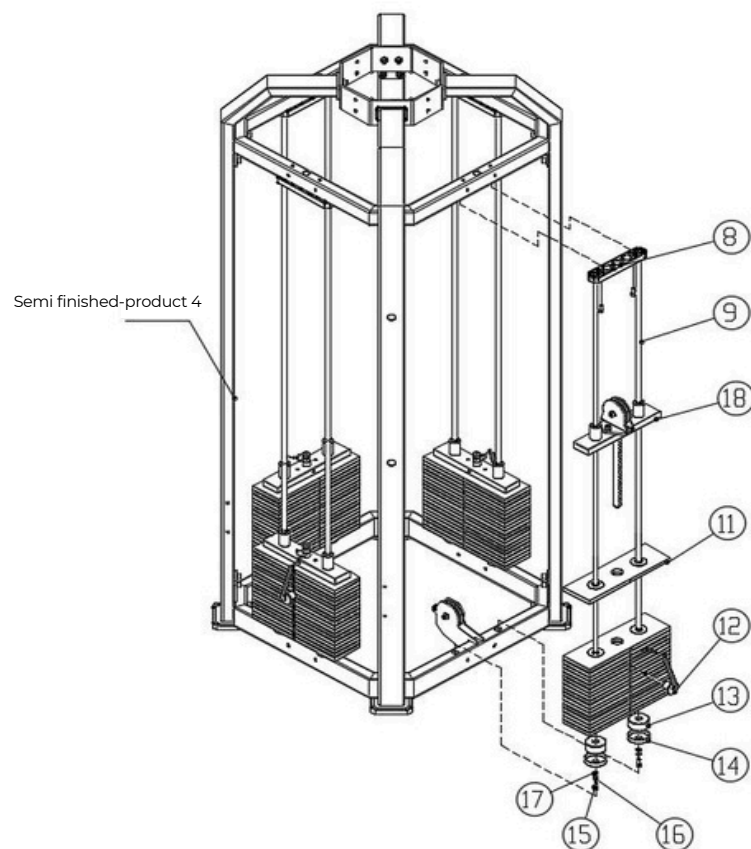
Step 4:

Combine semi-finished product #3 with parts #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to form semi-finished product #4 using the following method:



Step 5:

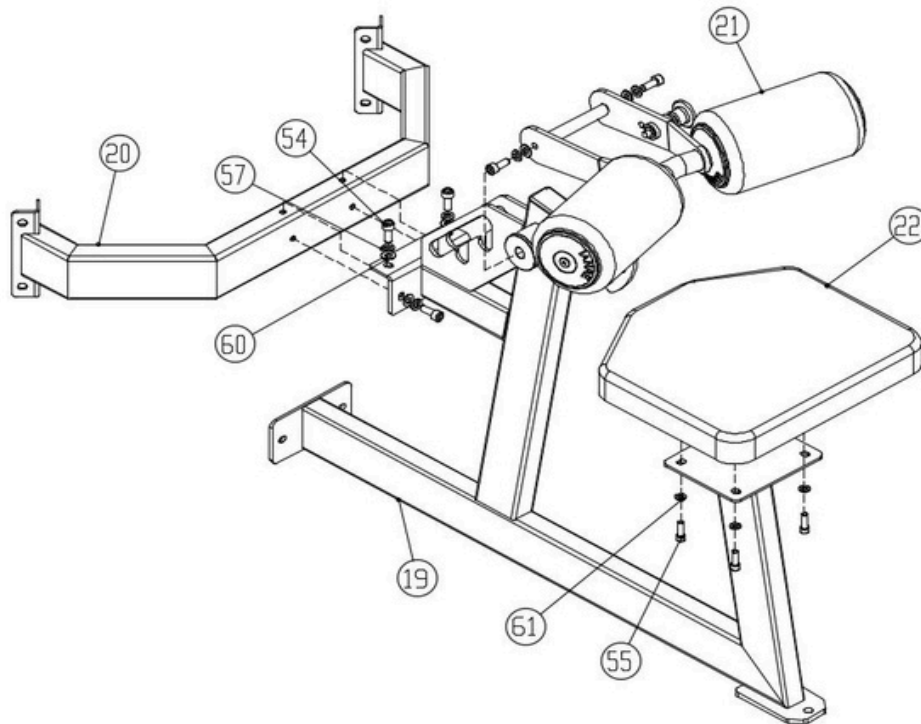
Combine semi-finished product #4 with parts #8, #9, #11, #12, #13, #14, #15, #16, #17, and #18 to form semi-finished product #5 in the following way:



Step 6:

Join parts #19, #20, #21, and #22 to form semi-finished product #6 using the following method:

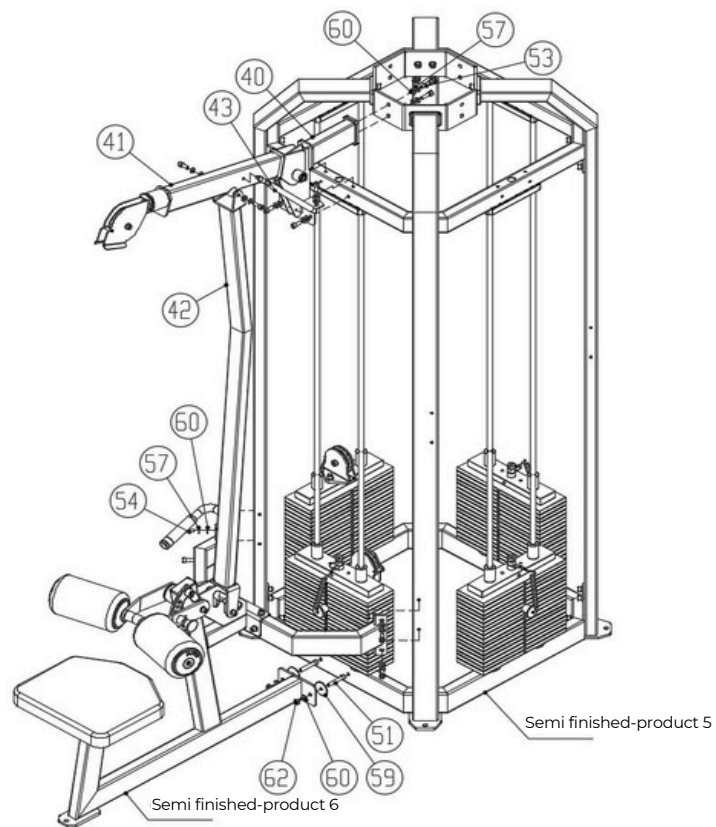
- 4x Hexagon socket cheese head screws M10*25 (#54)
- 4x Flat washers M10-D20 (#60)
- 4x Spring washers M10 (#57)
- 4x Hexagon socket cheese head screws M8*25 (#55)
- 4x Flat washers M8-D16 (#61)



Step 7:

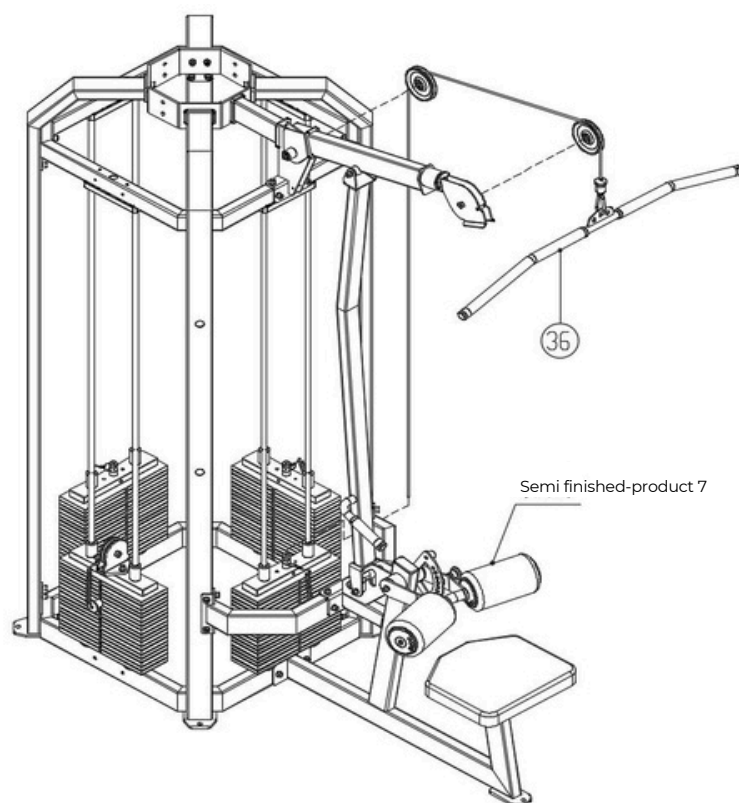
Connect semi-finished product 5, semi-finished product 6, part #40, piece #41, #42, and #43 to form semi-finished product 7 using the following method:

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



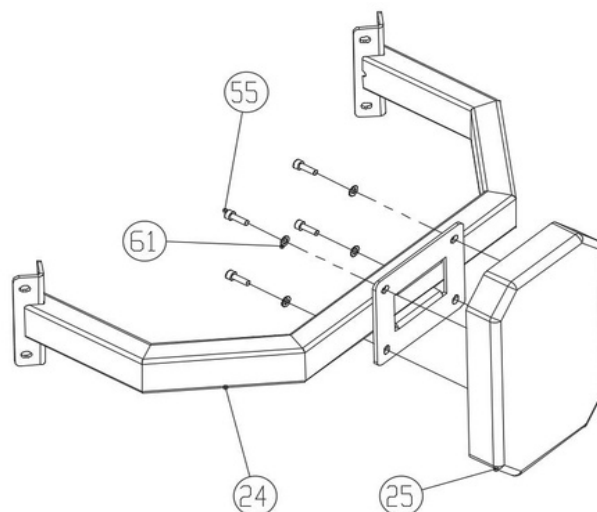
Step 8:

Connect semi-finished product 7 with piece #36 to form semi-finished product 8.



Step 9:

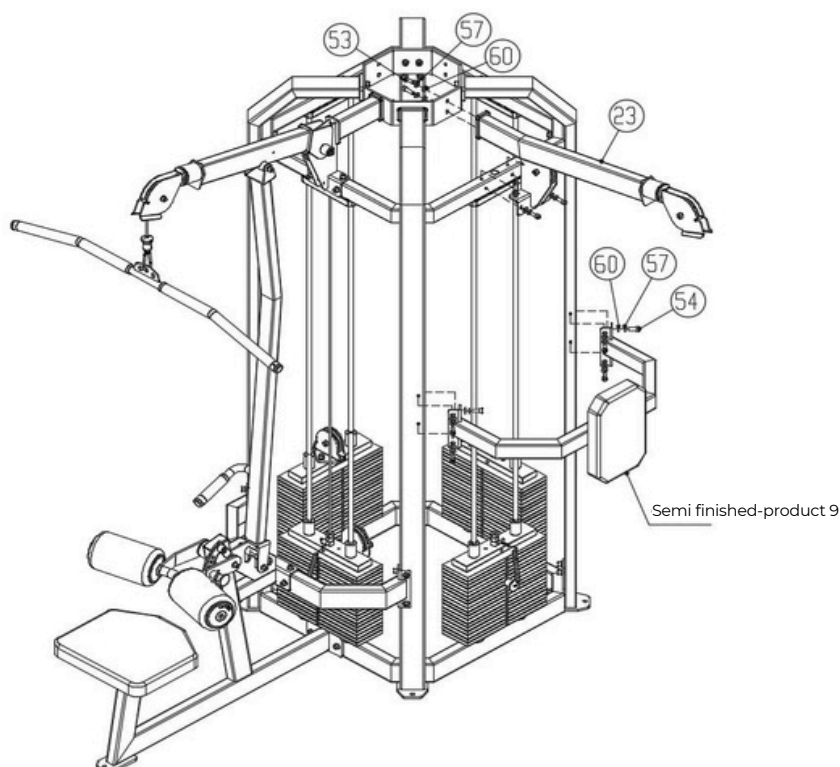
Connect semi-finished product 7 with piece #36 to form semi-finished product 8.



Step 10:

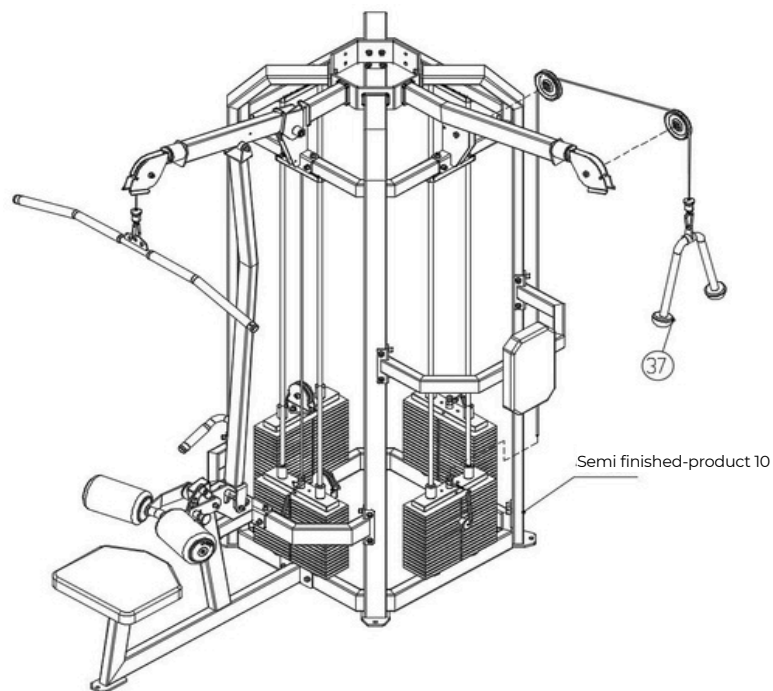
Connect semi-finished product 9 and part #23 to form semi-finished product 10 using the following method:

- 2x Hexagon socket cheese head screws M10×35 (#53)
- 12x Hexagon socket cheese head screws M10×25 (#54)
- 14x Flat washers M10-D20 (#60)
- 14x Spring washers M10 (#57)



Step 11:

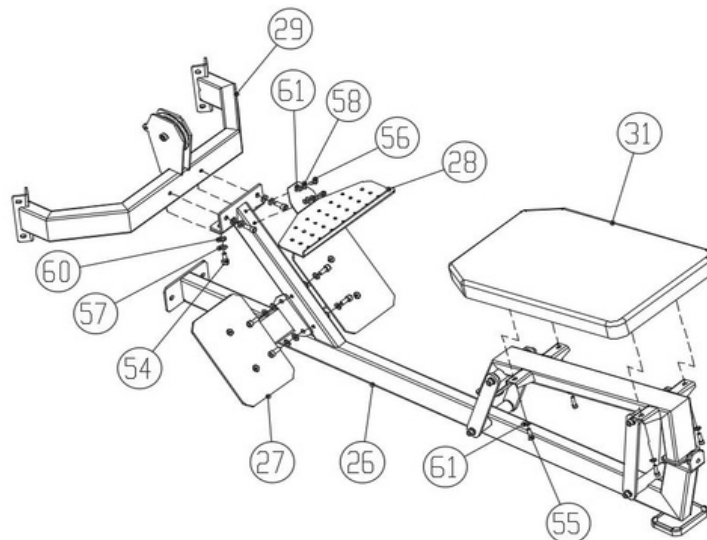
Connect semi-finished product 10 and part #37 to form semi-finished product 11 using the following method:



Step 12:

Connect parts #26, #27, #28, #29, and #31 to form semi-finished product 12 using the following method:

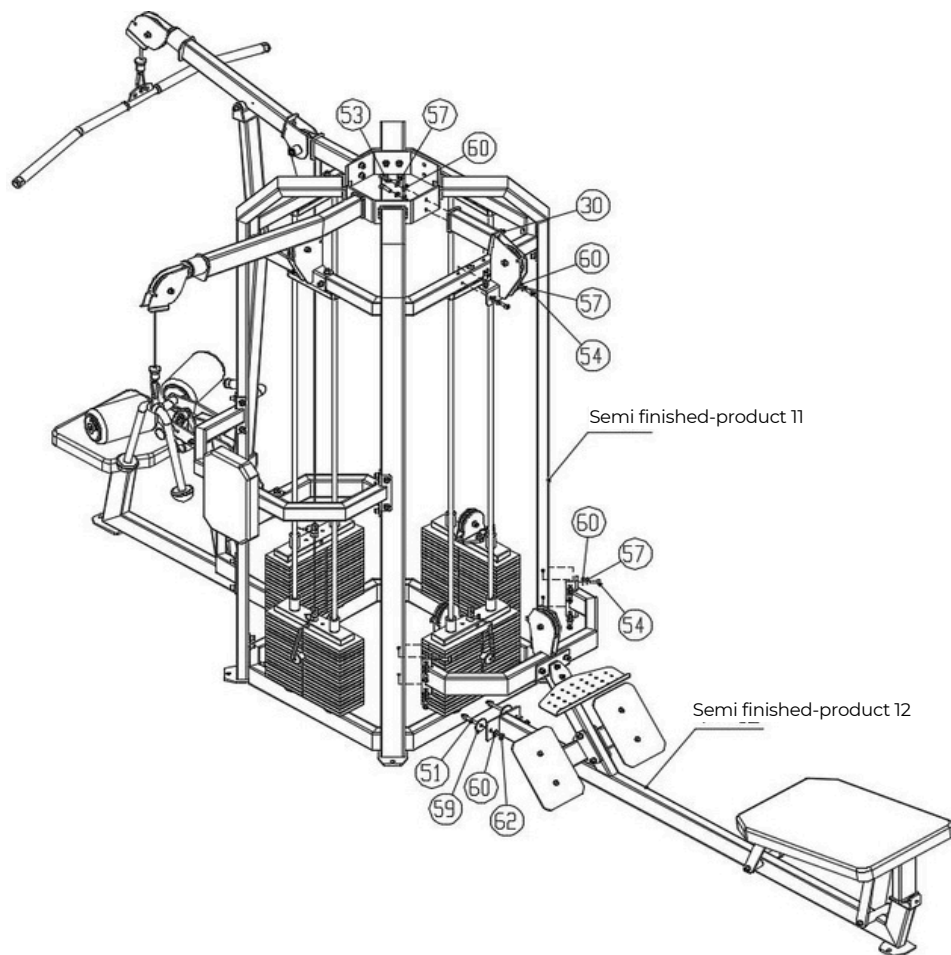
- 8x Hexagon socket cheese head screws M10×25 (#54)
- 4x Hexagon socket cheese head screws M8×25 (#55)
- 2x Hexagon socket cheese head screws M8×16 (#56)
- 8x Flat washers M10-D20 (#60)
- 6x Flat washers M8-D16 (#61)
- 8x Spring washers M10 (#57)
- 2x Spring washers M8 (#58)



Step 13:

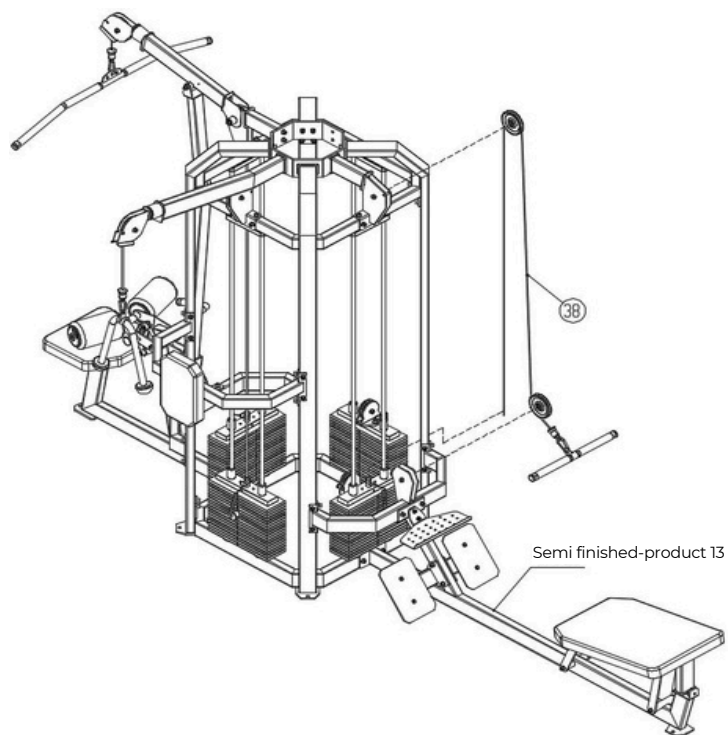
Connect semi-finished product 11, semi-finished product 12, and part #30 to form semi-finished product 13 using the following method:

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



Step 14:

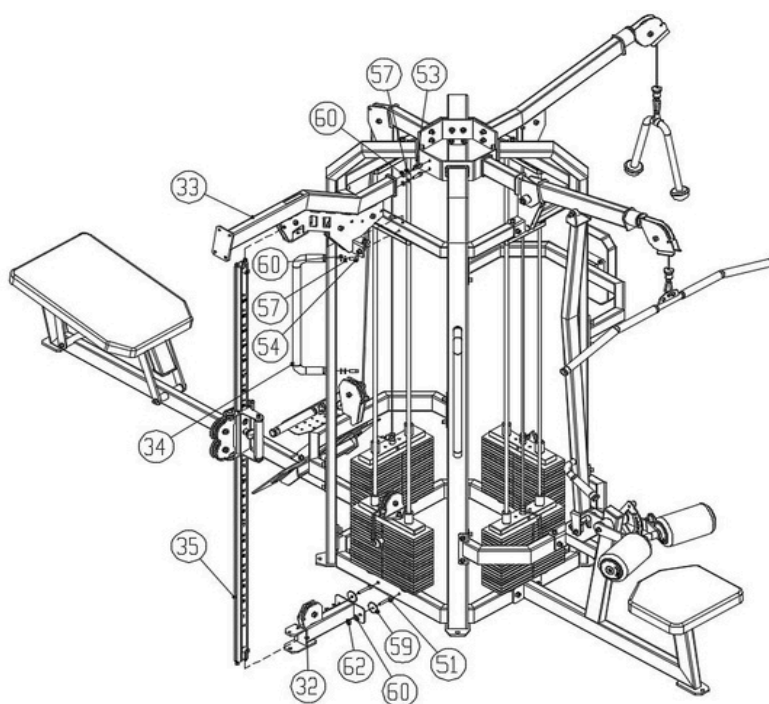
Connect semi-finished product 13 and part #38 to form semi-finished product 14 using the following method:



Step 15:

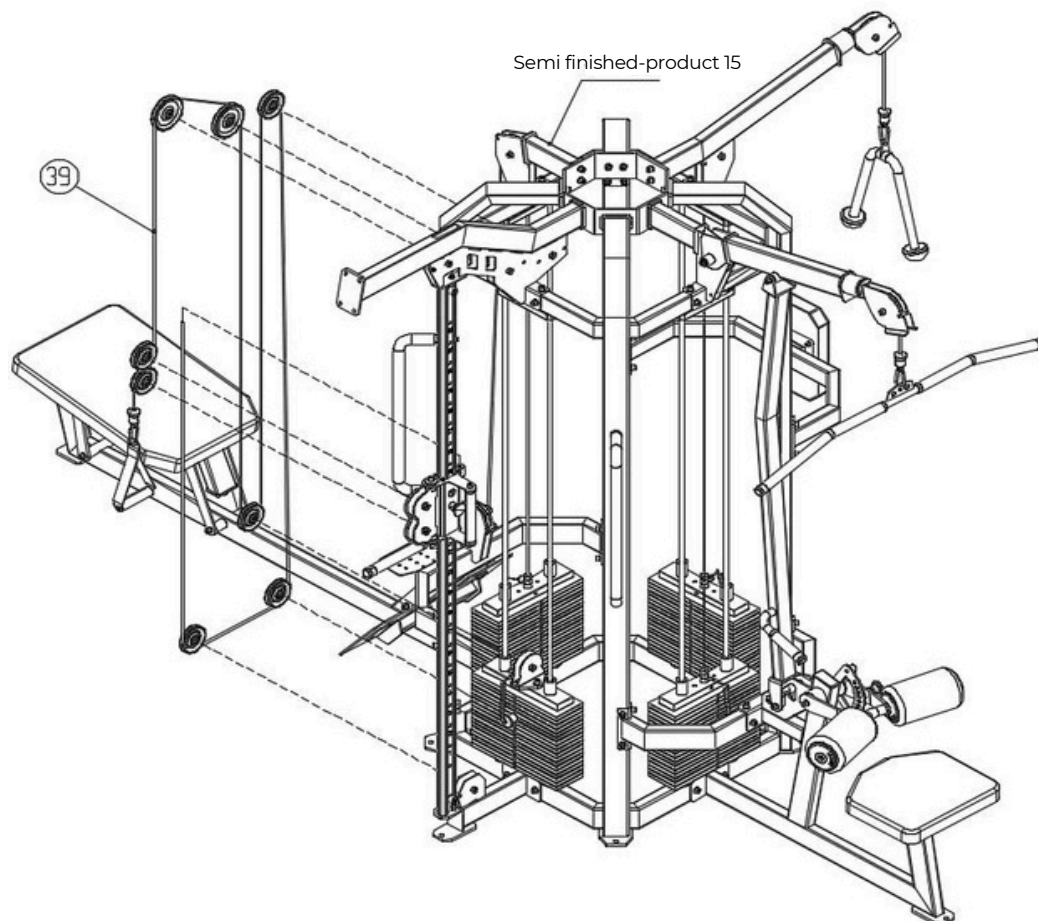
Connect semi-finished product 14 with parts #32, #33, #34, and #35 to form semi-finished product 15 using the following method:

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



Step 16:

Connect semi-finished product 15 and part #39 to form semi-finished product 16 using the following method:



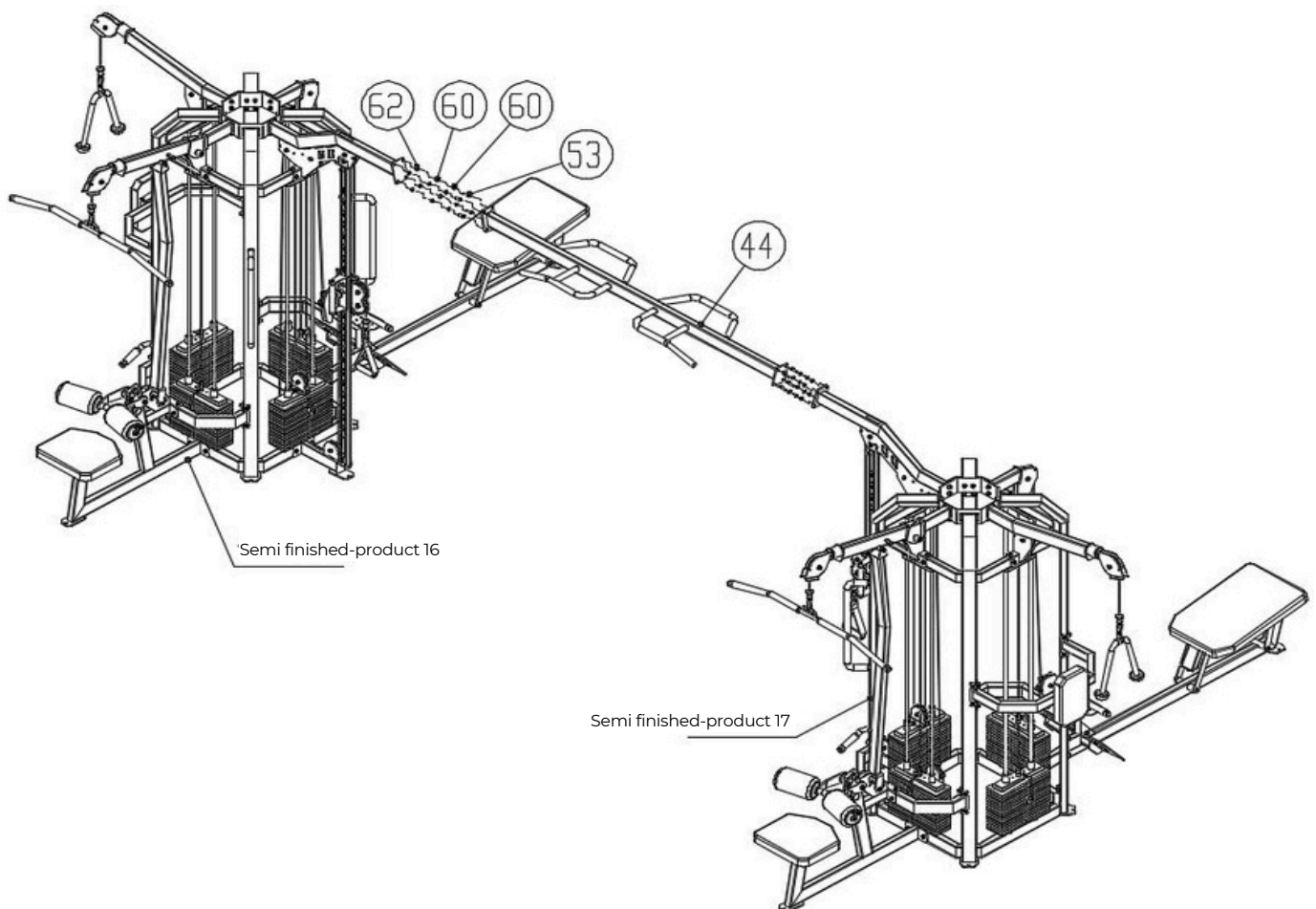
Step 17:

Assemble the right-side components as shown in steps 1–16 to complete semi-finished product 17.

Step 18:

Connect semi-finished product 15 and part #39 to form semi-finished product 16 using the following components:

- 8× Hexagon socket cheese head screws M10×35 (#53)
- 16× Flat washers M10-D20 (#60)
- 8× Hexagonal self-locking nuts M10 (#62)



Important Tips

Now that the FT9035 is fully assembled, take a moment to ensure the unit is level, stable, and vertically aligned.

Proper positioning is essential for safety and optimal performance.

Accessory List

NO	Name	QTY	NO	Name	QTY
1	sump	2	32	Flying Bird Chassis Assembly	2
2	swashplate	2	33	Flying Bird Force Arm 1 Assembly	2
3	circular plate	2	34	Flying Bird Handrail	4
4	connection post1	2	35	Flying Bird Slide Adjustment Set	2
5	connection post2	2	36	High tensile functional area wire rope	2
6	connection post3	2	37	Triple Rope Wire Rope	2
7	connection post4	2	38	Low tensile functional area wire rope	2
8	Guide bar fixing plate	8	39	Bird Area Wire Rope	2
9	guide bar	16	40	Adjustable Force Arm Connector Assembly	2
10	Guide block set	6	41	High Pull Adjustment Arm Assembly	2
11	counterweights	128	42	High Tension Arm Adjustment Frame Assembly	2
12	Counterweight block pins	8	43	gas spring	2
13	Counterweight rubber pads	16	44	Flying Bird Connecting Beam	1
14	counterweight base	16			
15	Hexagon socket cheese head screws M8*20	32			
16	spring washer M8	16			
17	flat washer M8	16			
18	Double line counterweight guide block set	2	51	Hexagon socket cheese head screws M10*60	12
19	high pulling main frame	2	52	Hexagon socket cheese head screws M10*55	16
20	High-pull connecting frame	2	53	Hexagon socket cheese head screws M10*35	48
21	Double Axis High Pull Back Muscle Press Rack Assembly	2	54	Hexagon socket cheese head screws M10*25	144
22	Universal Cushion	2	55	Hexagon socket cheese head screws M8*25	24
23	Standing Triple Head Force Arm Support Assembly	2	56	Hexagon socket cheese head screws M8*16	4
24	Standing Triple Head Back Cushion Frame Set	2	57	spring washer M10	204
25	Four-station, three-head back cushion	2	58	spring washer M8	4
26	Low pull side frame set	2	59	flat washer M10-D50	16
27	Low Pull Foot Assembly	2	60	flat washer M10-D20	236
28	Low Pull Pallet	2	61	flat washer M8-D16	28
29	Low pull connecting frame assembly	2	62	Hexagonal self-locking nuts M10	28
30	Low Tension Arm Connector Assembly	2			
31	large backpack	2			

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