

# ***FITNESS360***<sup>®</sup>

FT9041

Knees Raise



## Installation

### Step 1:

Connect the upper crossbar (#3) of the knee lift to the left frame (#1) and right frame (#2) using the following components:

- 4 × Hexagon socket head screws (#4)
- 4 × Spring washers (#5)
- 4 × Flat washers (#6)

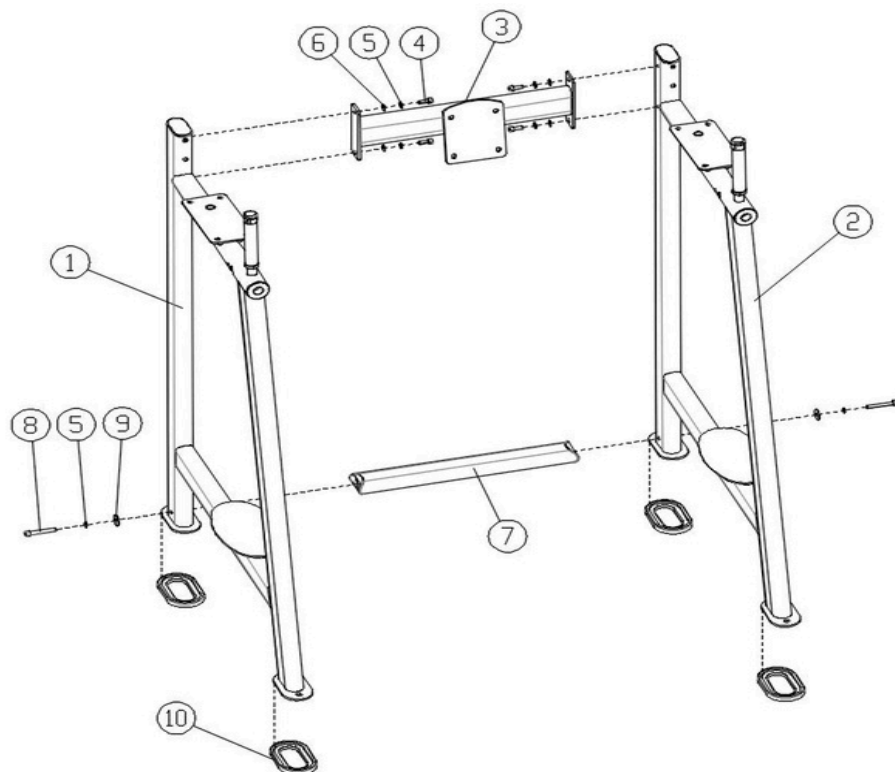
### Step 2:

Attach the bottom joint (#7) of the knee and abdominal lift to both the left and right sides of the frame (#1 and #2) using:

- 2 × Hexagon socket head screws (#8)
- 2 × Spring washers (#5)
- 2 × Large washers (#9)

### Step 3:

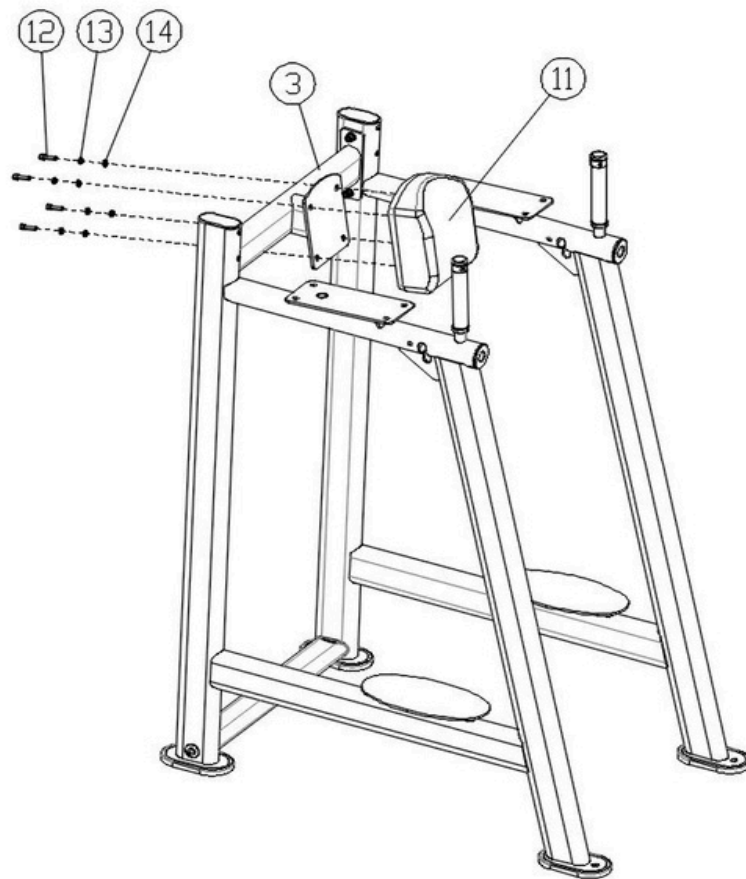
Install the four flat oval feet (#10) onto the left frame (#1) and right frame (#2) of the knee lift abdominal frame.



Step 4:

Attach the back pad of the knee lift (#11) to the upper crossbar using the following components:

- 4 × Hexagon socket head screws (#12)
- 4 × Spring washers (#13)
- 4 × Flat washers (#14)



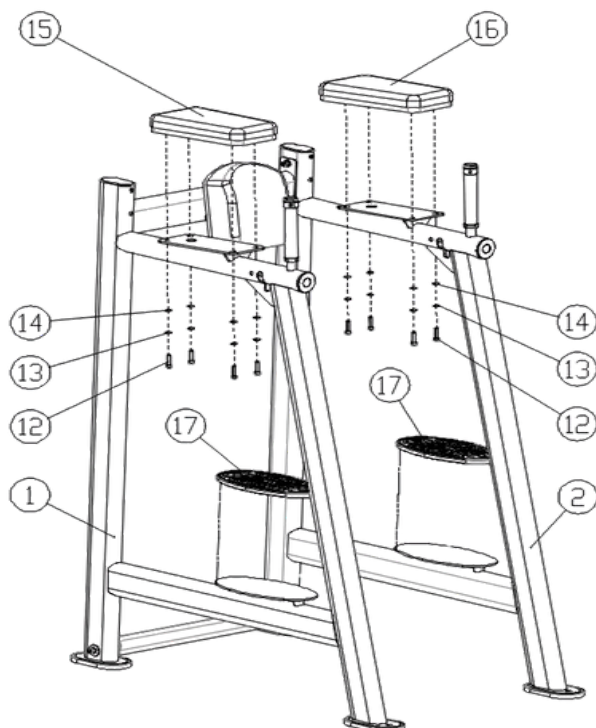
Step 5:

Attach the elbow pads I (#15) and II (#16) to the right side (#2) of the knee and abdominal rack using the following components:

- 8 × Hexagon socket head screws (#12)
- 8 × Spring washers (#13)
- 8 × Flat washers (#14)

Step 6:

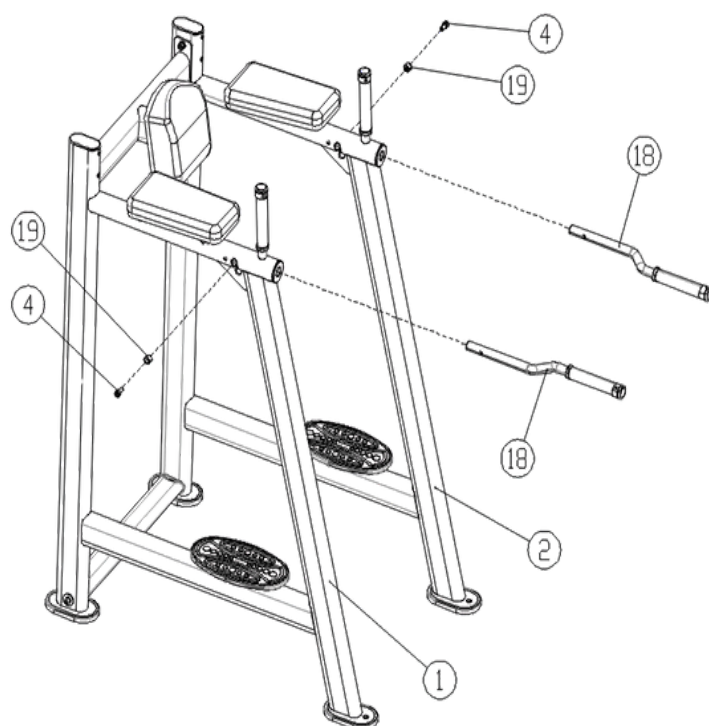
Install the two oval rubber treads (#17) onto the left frame (#1) and right frame (#2) of the knee lift abdominal rack.



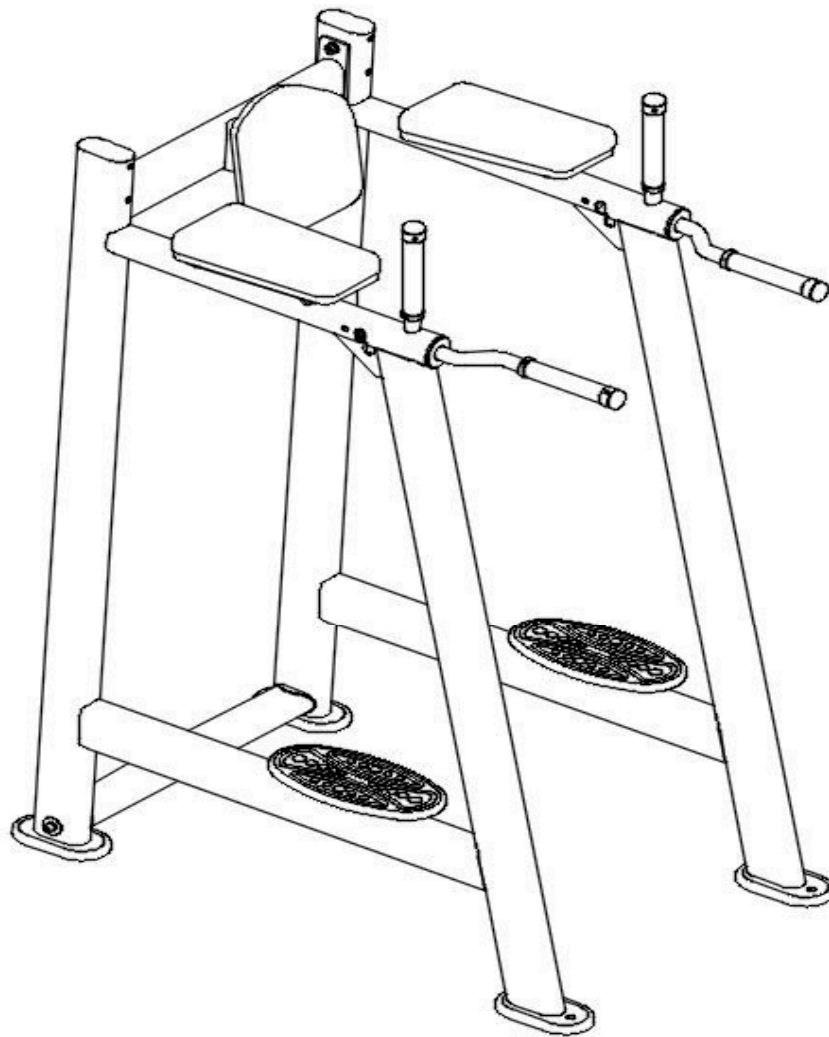
Step 7:

Attach the two knee lift handles (#18) to the left side (#1) and right side (#2) of the knee lift using the following components:

- 2 × Hexagon socket head screws (#4)
- 2 × Stopper bolt sets (#19)



## Fully Installation



### Important Tips

Now that the Knee Raise is fully assembled, take a moment to ensure the unit is level and properly aligned. Use a spirit level to check that the guide bars are perfectly vertical and straight in both directions.

If they are not aligned, slightly loosen the bolts, adjust the frame, and retighten all hardware securely.

### Accessory List

NO	Name and specification	Quantity
1	Knees Raise left frame	1
2	Knees Raise right frame	1
3	Knees Raise upper beam	1
4	Hexagon socket cheese head screws (M10*20)	6
5	Spring washers (10)	6
6	Flat washers (10)	4
7	Knees Raise Bottom connection frame	1
8	Hexagon socket cheese head screws (M10*70)	2
9	Large washers (10)	2
10	Flat Oval Footbed	4
11	Knees Raise back pad	1
12	Hexagon socket cheese head screws (M8*25)	12
13	Spring washers (8)	12
14	Flat washers (8)	12
15	elbow pad I	1
16	elbow pad II	1
17	Oval rubber tread	2
18	frame handle	2
19	Stopper bolt set	2

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