

FITNESS360[®]

FT9042

DIP/LEG RAISE/CHIN UP



Installation

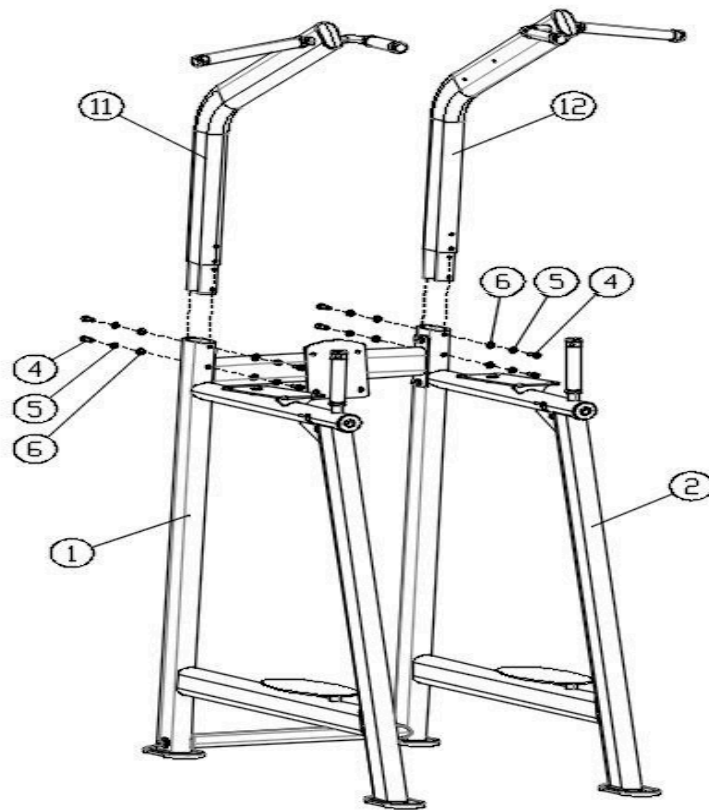


Illustration: Shows how to attach the extension frames (#11 and #12) to the uprights (#1 and #2) using screws (#4), spring washers (#5), and flat washers (#6).

Step 1:

Attach the left knee raise extension frame (#11) to the left upright (#1) using the following components:

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

Step 2:

Attach the right knee raise extension frame (#12) to the right upright (#2) using the following components:

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

Step 3:

Attach the top connector frame (#13) between the left and right extension frames (#11 and #12) using the following components:

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

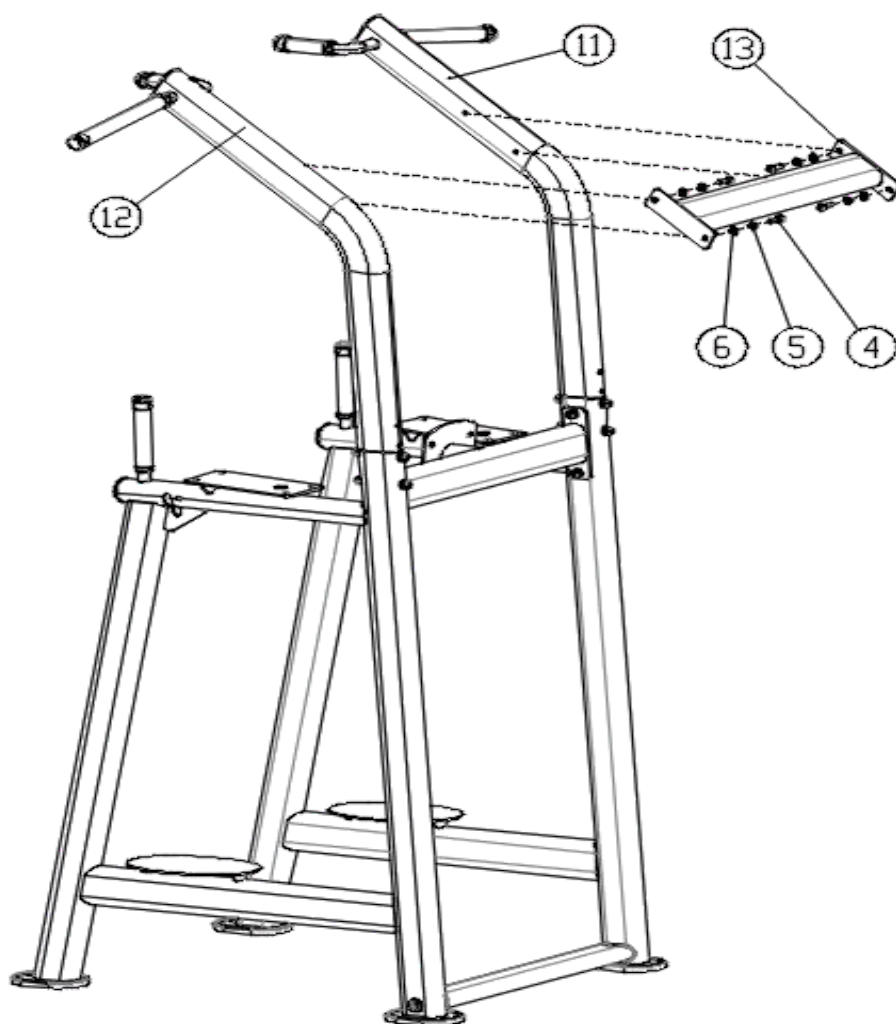


Illustration: Shows how to mount the connector frame (#13) at the top between the two vertical extension frames (#11 and #12). Use screws (#4), spring washers (#5), and flat washers (#6) as shown.

Step 4:

Attach the back pad (#14) to the upper frame bracket (#3) using the following components:

- 4 × Hex socket head cap screws (#15)
- 4 × Spring washers (#16)
- 4 × Flat washers (#17)

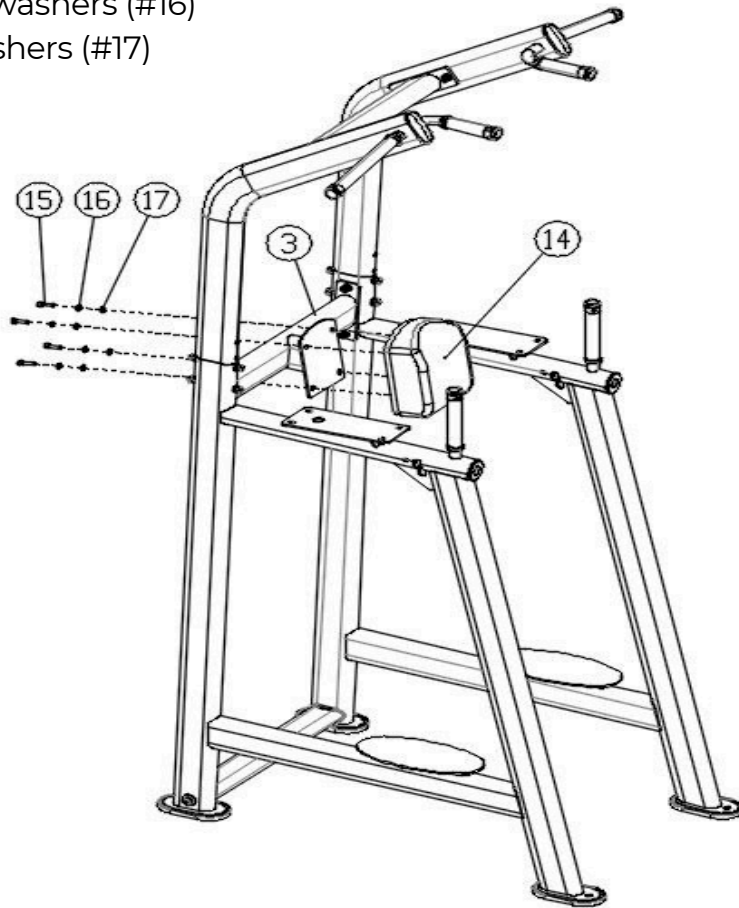


Illustration: Shows how to mount the back pad (#14) onto the upper frame bracket (#3) using screws (#15), spring washers (#16), and flat washers (#17).

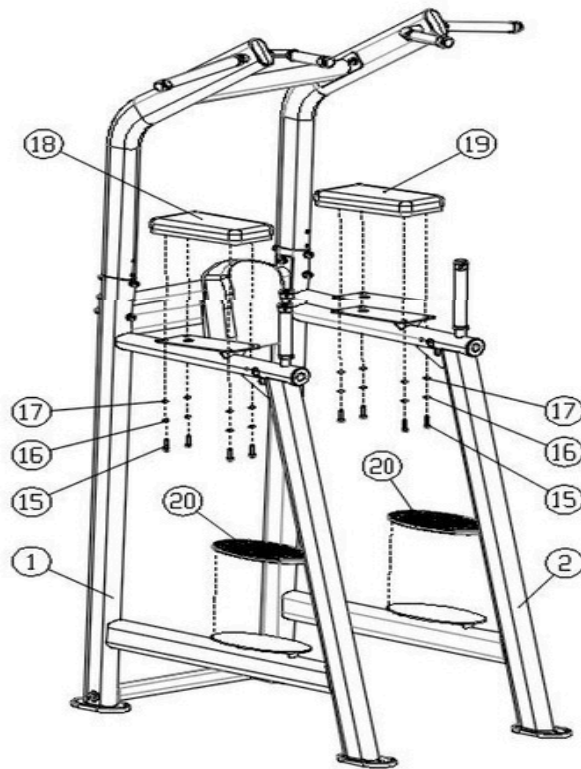
Step 5:

Attach the elbow pads (#18) to the left frame (#1) and right frame (#2) using the following components:

- 8 × Hex socket head cap screws (#15)
- 8 × Spring washers (#16)
- 8 × Flat washers (#17)

Step 6:

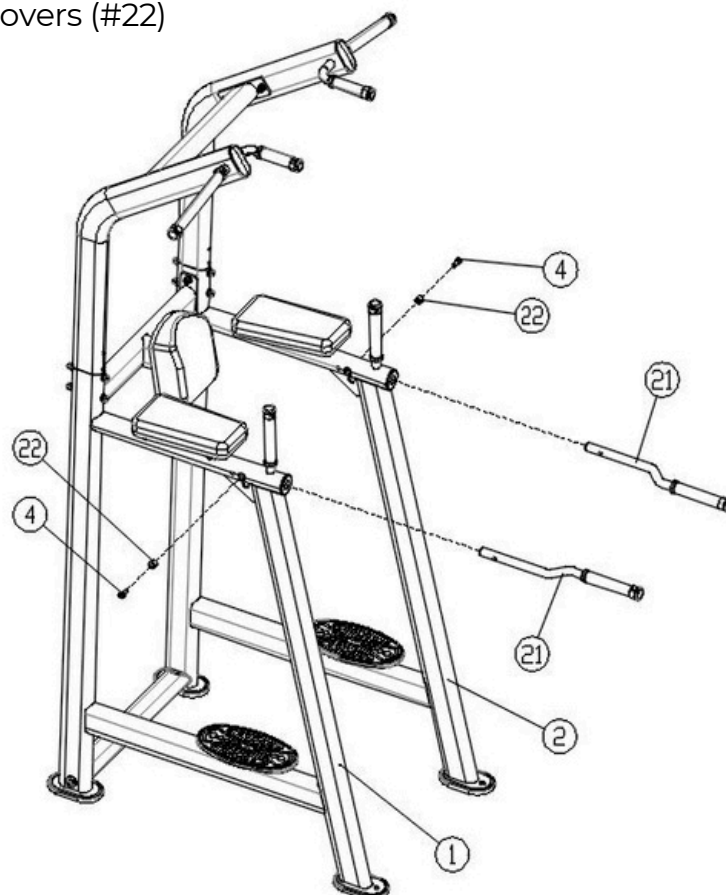
Install the two oval rubber footpads (#20) on the bottom of the left frame (#1) and right frame (#2).



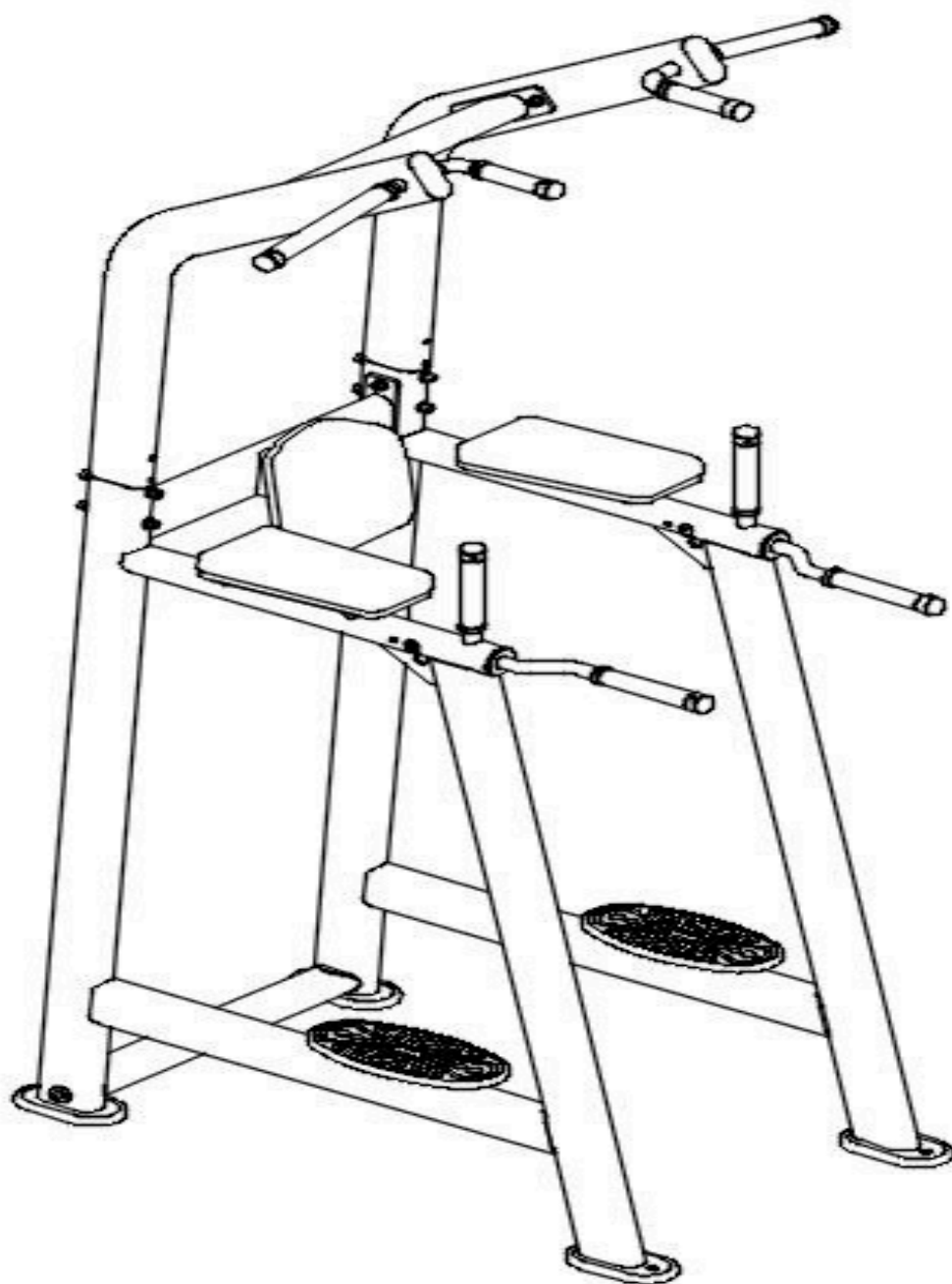
Step 7:

Install the two knee raise handles (#21) on the left frame (#1) and right frame (#2) using the following components:

- 2 × Hex socket head cap screws (#4)
- 2 × Stop bolt covers (#22)



Fully Installation



Accessories List

NO.	Name & Specification	QTY
1	knees up left frame	1
2	knees up right frame	1
3	Knees up Upper beam	1
4	Hex socket head cap screw (M10*20)	18
5	spring washer (10)	18
6	flat washer (10)	16
7	Knees up Bottom connected frame	1
8	Hex socket head cap screw (M10*70)	2
9	big washer (10)	2
10	flat oval footpad	4
11	Knees up left extend frame	1
12	Knees up right extend frame	1
13	knees up connected frame	1
14	knees up back pad	1
15	Hex socket head cap screw (M8*25)	12
16	spring washer (8)	12
17	flat washer (8)	12
18	knees up elbow pads I	1
19	knees up elbow pads II	1
20	oval rubber footpad	2
21	knees up handle	2

Accessories List

NO.	Name & Specification	QTY
22	Stop bolt cover	2

NOTE: Pre-assembled parts are not listed in this list.