

# ***FITNESS360<sup>®</sup>***

## **FT7200**

### **Prone Leg Curl**



Rubber rod
Level
Hexagon wrench
Two People
Adjustable wrench
Adjustable wrench

#### Step 1:

Connect the counterweight lower guard (#2) to the counterweight frame (#1) using the following method:

- 2 x Hexagon socket cheese head screws M5\*16 (#3)

#### Step 2:

Connect the base frame assembly (#4) to the counterweight frame (#1) using the following method:

- 6 x Hexagon socket head screw M10\*25 (#9)
- 6 x Spring washer M10 (#10)
- 6 x Flat washer M10-D20 (#11)

#### Step 3:

Connect the footrest bracket assembly (#5), power assist assembly (#6) and bottom frame assembly (#4) as follows:

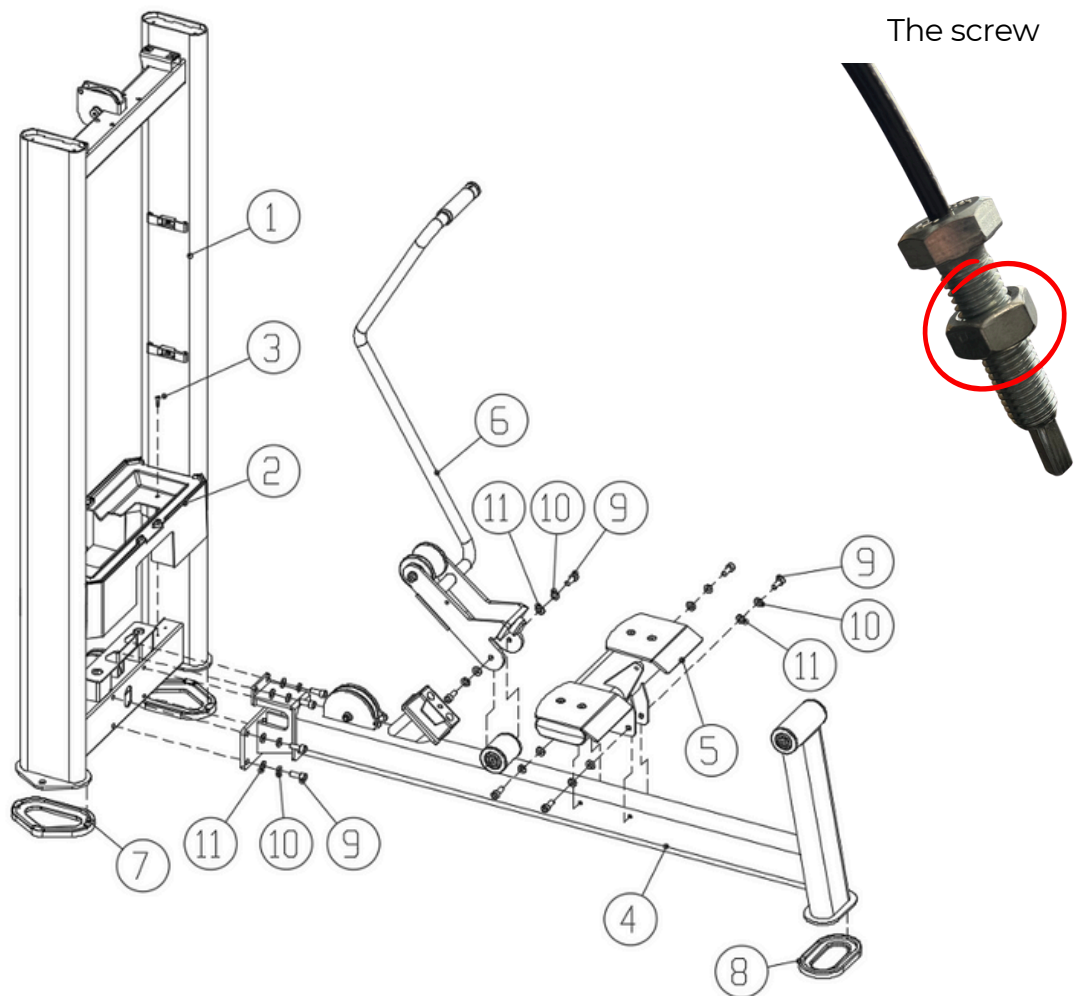
- 6 x Hexagon socket head screw M10\*25 (#9)
- 6 x Spring washer M10 (#10)
- 6 x Flat washer M10-D20 (#11)

Step 4:

Install the 2 weight feet (#7) to the weight rack (#1). Install the 2 flat oval feet (#8) to the base assembly (#4)

**Note: The wire must be inserted into the frame before bolting it together. Refer to the assembly illustration for a detailed view of the correct placement.**

**It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.**



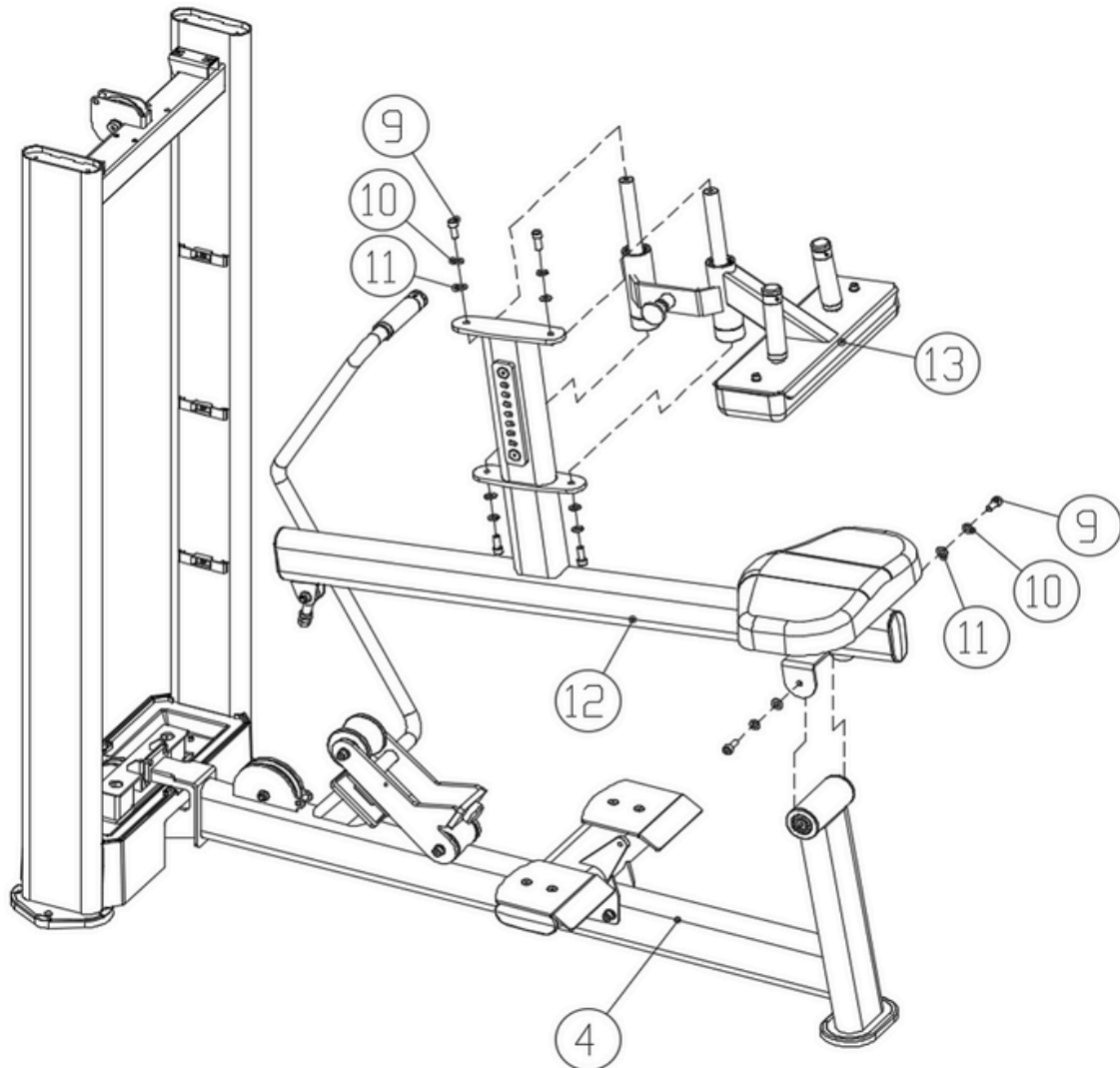
Step 5:

Connect the Seated Calf Slide Assembly (#13) to the Seated Calf Lever Assembly (#12).

Step 6:

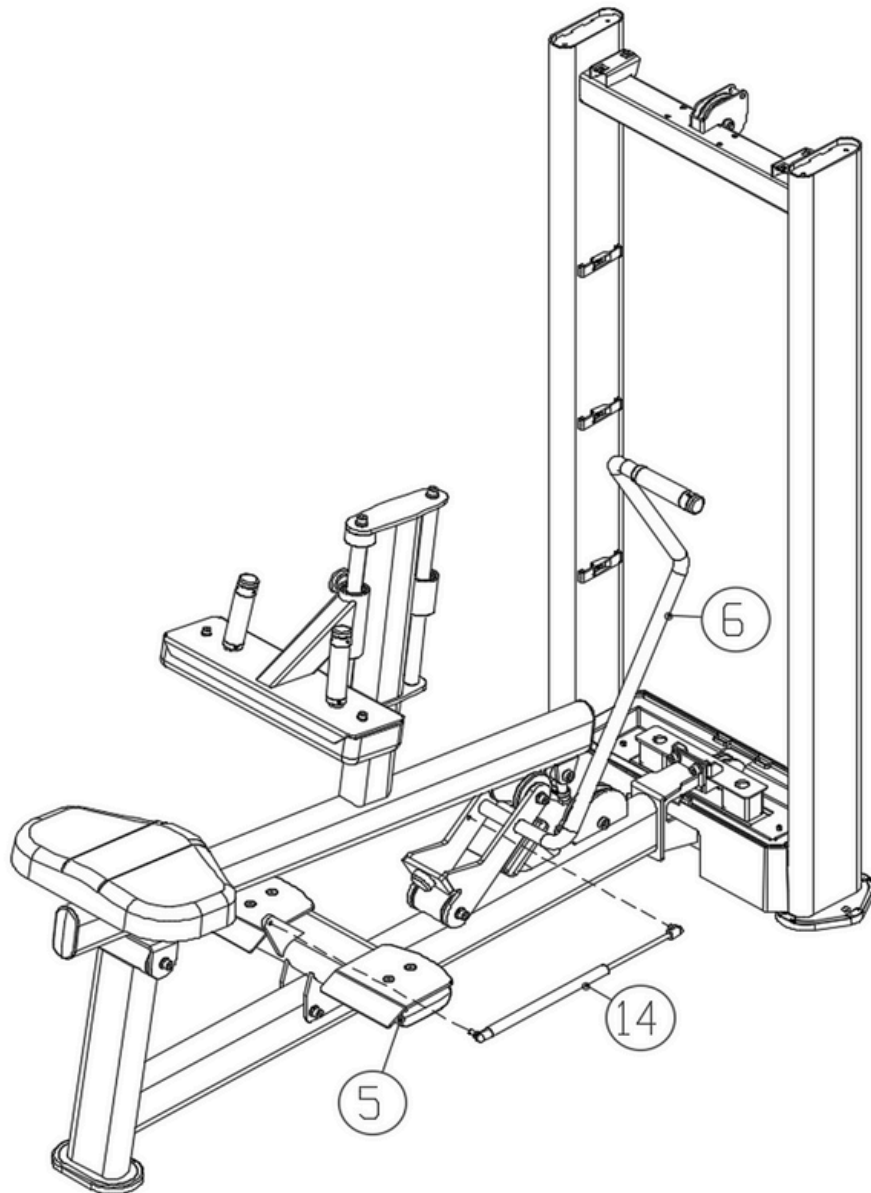
Connect the Seated Calf Arm Assembly (#12) to the Base Frame Assembly (#4) as follows:

- 2 x Hexagon socket head screw M10\*25 (#9)
- 2 x Spring washer M10 (#10)
- 2 x Flat washer M10-D20 (#11)



Step 7:

Use the gas spring-100N-200 to connect the pedal bracket assembly (#5) and the power assist assembly (#6)



Step 8:

Slide the two rubber weight pads (#16) onto the two guide rods (#15). Connect the two counterweight frame bases (#17) and the two guide rods (#15) and place them into the counterweight frame (#1) in the following manner:

- 2 x Hexagon socket head screw M8\*20 (#18)
- 2 x Spring washer M8 (#19)
- 2 x Flat washer M8-D16 (#20)

Step 9:

Install the 16 counterweights (#21) onto the guide rods (#15) with the spacers facing up.

Install the guide block assembly (#22) onto the guide rod (#15).

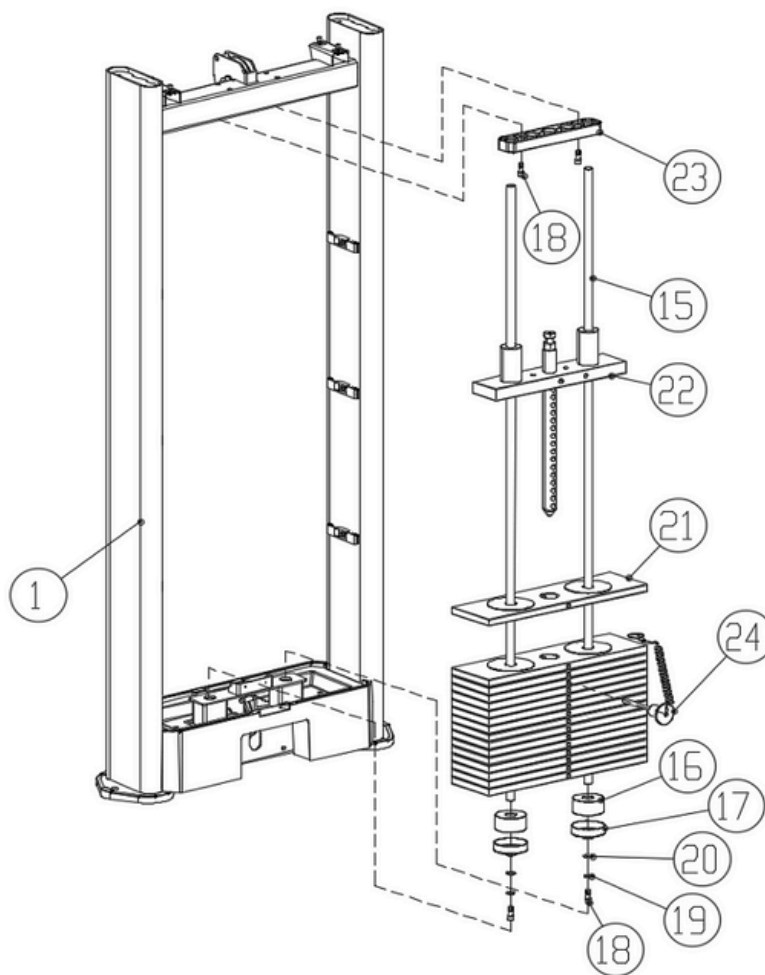
Insert the counterweight pin (#24) into the counterweight (#21).

Slide the guide bar retaining plate (#23) onto the guide bar (#15).

Install the guide rod mounting plate (#23) to the counterweight frame (#1) as follows:

- 2 x Hexagon socket head screw M8\*20 (#18)

Tighten the bolts with a wrench before proceeding to the next step

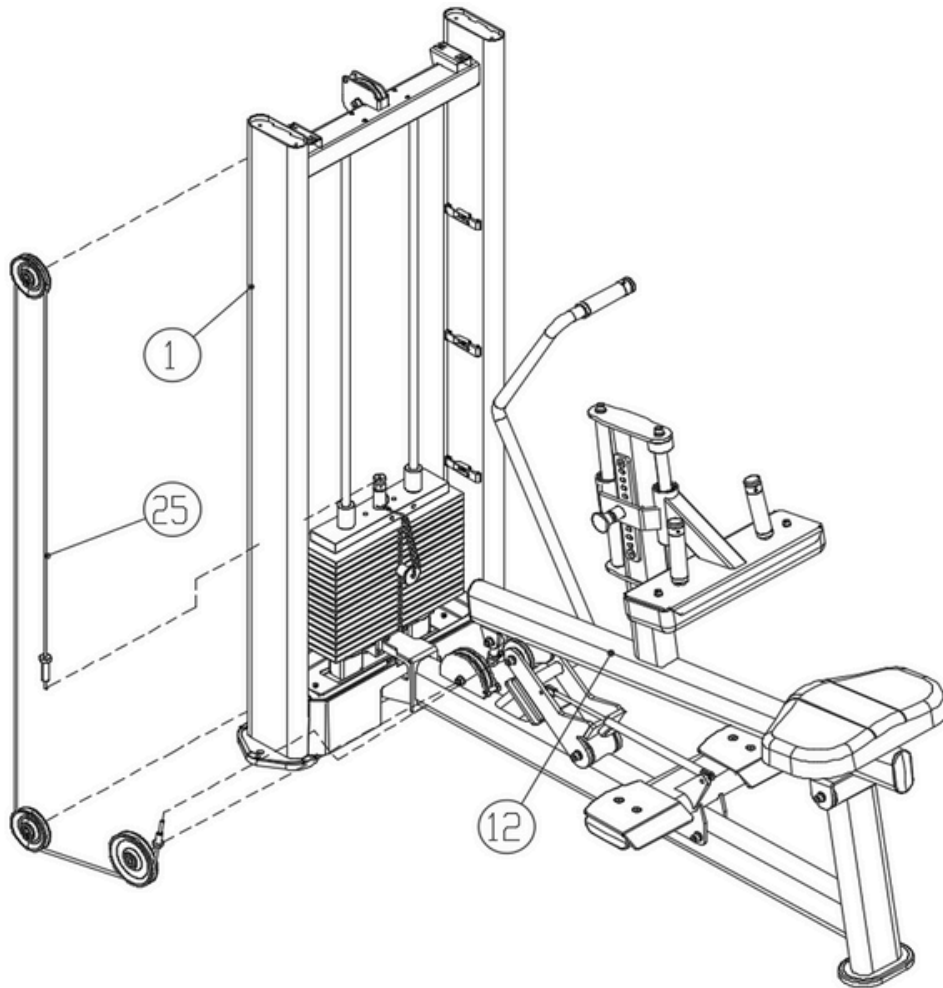


Step 10:

Insert the wire rope (#25) as shown in the figure. The pre-installed wire wheel needs to be removed and then reinstalled.

Step 11:

Connect one end of the wire rope (#25) to the seated calf arm assembly (#12), and then connect the other end to the weight rack (#1).



Step 12:

Slide the two trim strips (#27) into the two fenders (#26) and attach to the counterweight frame (#1) using the fender hold-down plates. Slide the trim plate (#28) into the two baffles (#26) and attach to the counterweight frame (#1) using the baffle hold-down plates.

Attach the upper guard (#29) to the counterweight frame (#1) as follows:

- 4 x Hexagon socket head screw (#3)

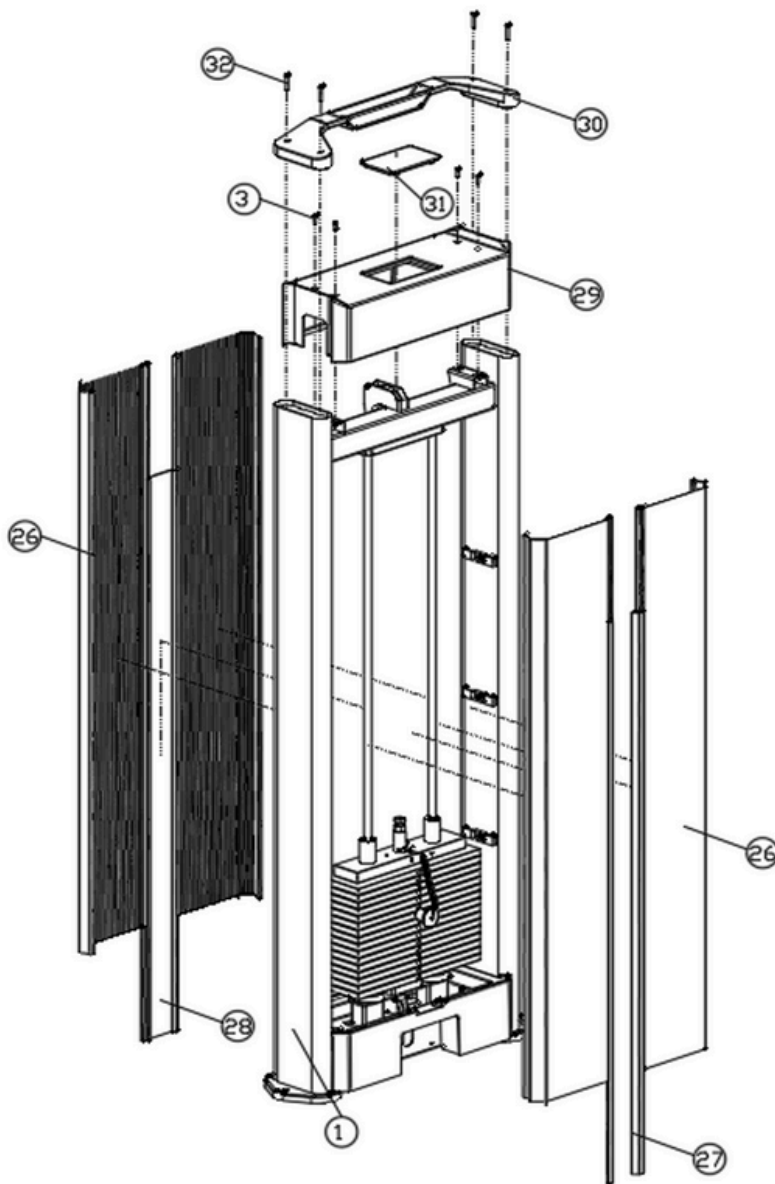
Step 13:

Attach the upper lid trim cover (#30) to the counterweight frame (#1) using the following method:

- 4 x Hexagon socket head screw (#32)

Step 14:

Snap the upper guard cover (#31) onto the upper guard (#29).



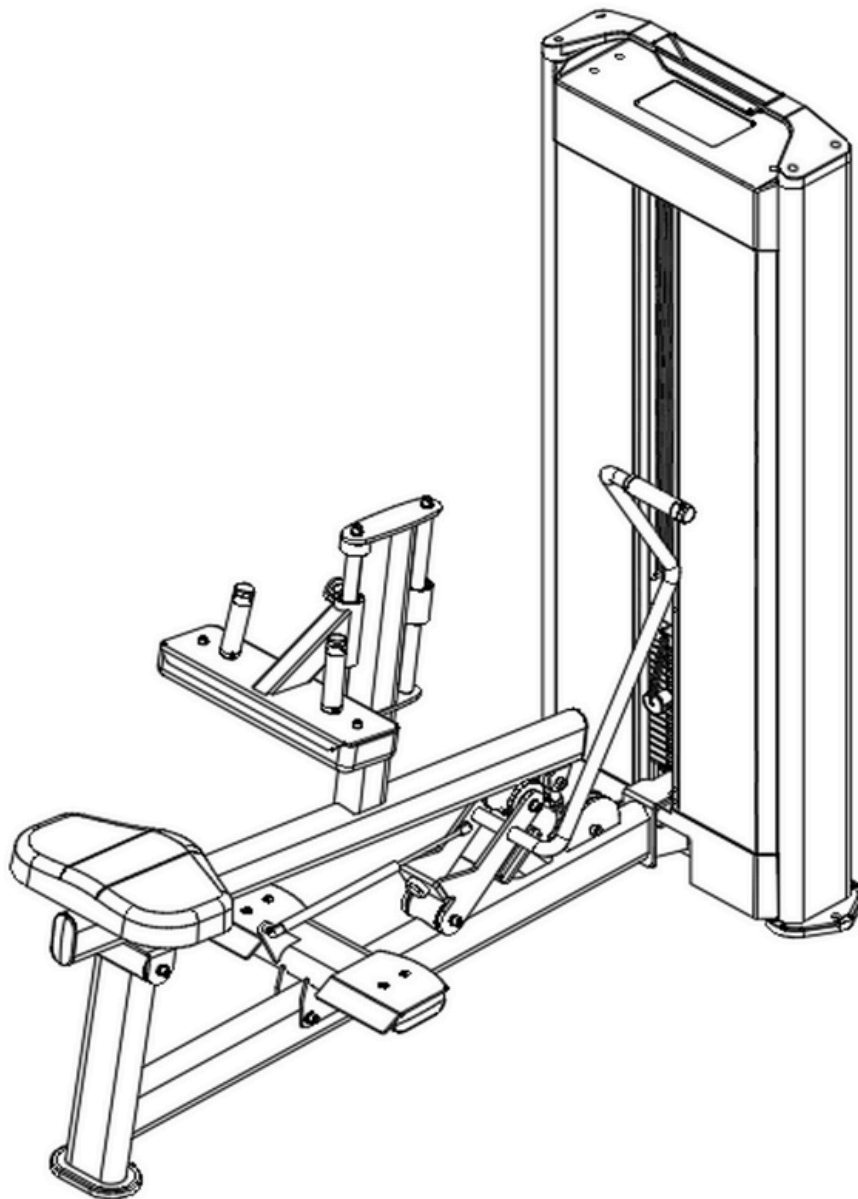


### Important Tips

Now that your Seated Calf 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.

If they are not perfectly vertical, loosen the frame bolts slightly, adjust the alignment, and re-tighten all bolts securely.

### Assembly



## Accessory List

NO	Name and specification	QTY
1	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	8
4	Chassis components	1
5	Footrest bracket assembly	1
6	Power Components	1
7	Weight rack foot pads	2
8	Flat oval foot pad	2
9	Hexagon socket head screw (M10*25)	14
10	Spring washer (M10)	14
11	Flat washer (M10-D20)	14
12	Seated calf arm assembly	1
13	Seated Calf Slide Assembly	1
14	Gas spring-100N-200	1
15	Guide rod	2
16	Counterweight rubber pad	2
17	Counterweight rack base	2
18	Hexagon socket head screw (M8*20)	4
19	Spring washer (M8)	2
20	Flat washer (M8-D16)	2
21	Counterweight	16
22	Guide block set	1
23	Guide rod fixing plate	1
24	Counterweight latch	1
25	Wire Rope	1
26	Bezel	4
27	Decorative Strips	2
28	Decorative panels	1
29	Upper guard	1
30	Upper cover decoration	1
31	Upper guard cover	1
32	Hexagon socket head screw (M6*30)	4
Note: Pre-assembled parts are not listed in this table.		