

# ***FITNESS360***<sup>®</sup>

FT7201

Seated Leg Curl



Rubber Mallet
Horizontal ruler
Allen Wrench
Two person
Spring Clamp
Adjustable wrench

Step 1:

Connect the counterweight frame (1), connecting frame (2) and side frame (3) using the following method:

- 8x M10\*25 Hexagon socket cheese head screws (4)
- 8x M10 spring washer (5)
- 8x M10-D20 flat washer (6)

Tighten all bolts with a wrench before proceeding.

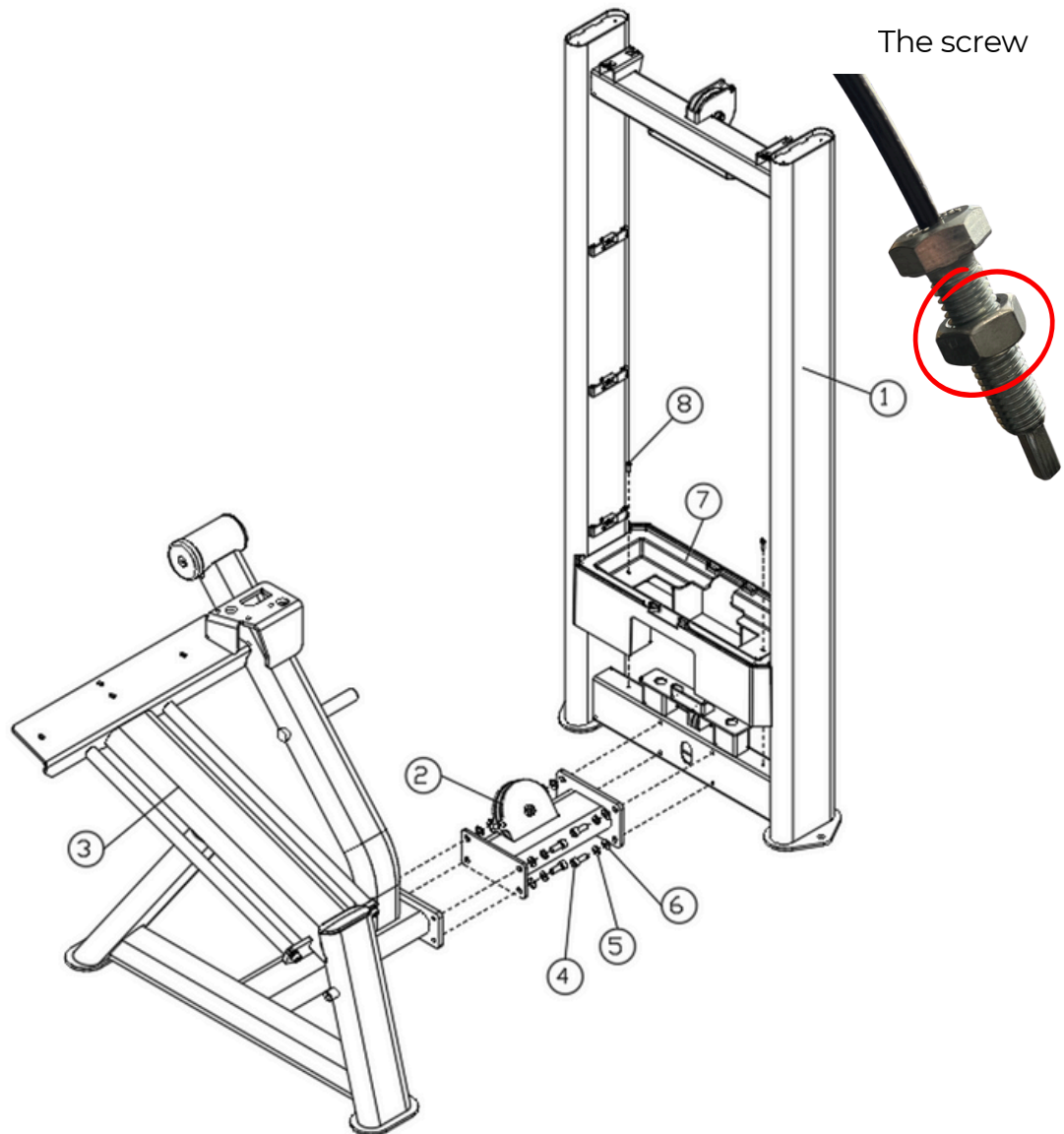
Step 2:

Attach the counterweight frame (1) to the lower shroud (7) using the following method:

- 2x M5\*16 Hexagon socket cheese head screws (8)

**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 3:

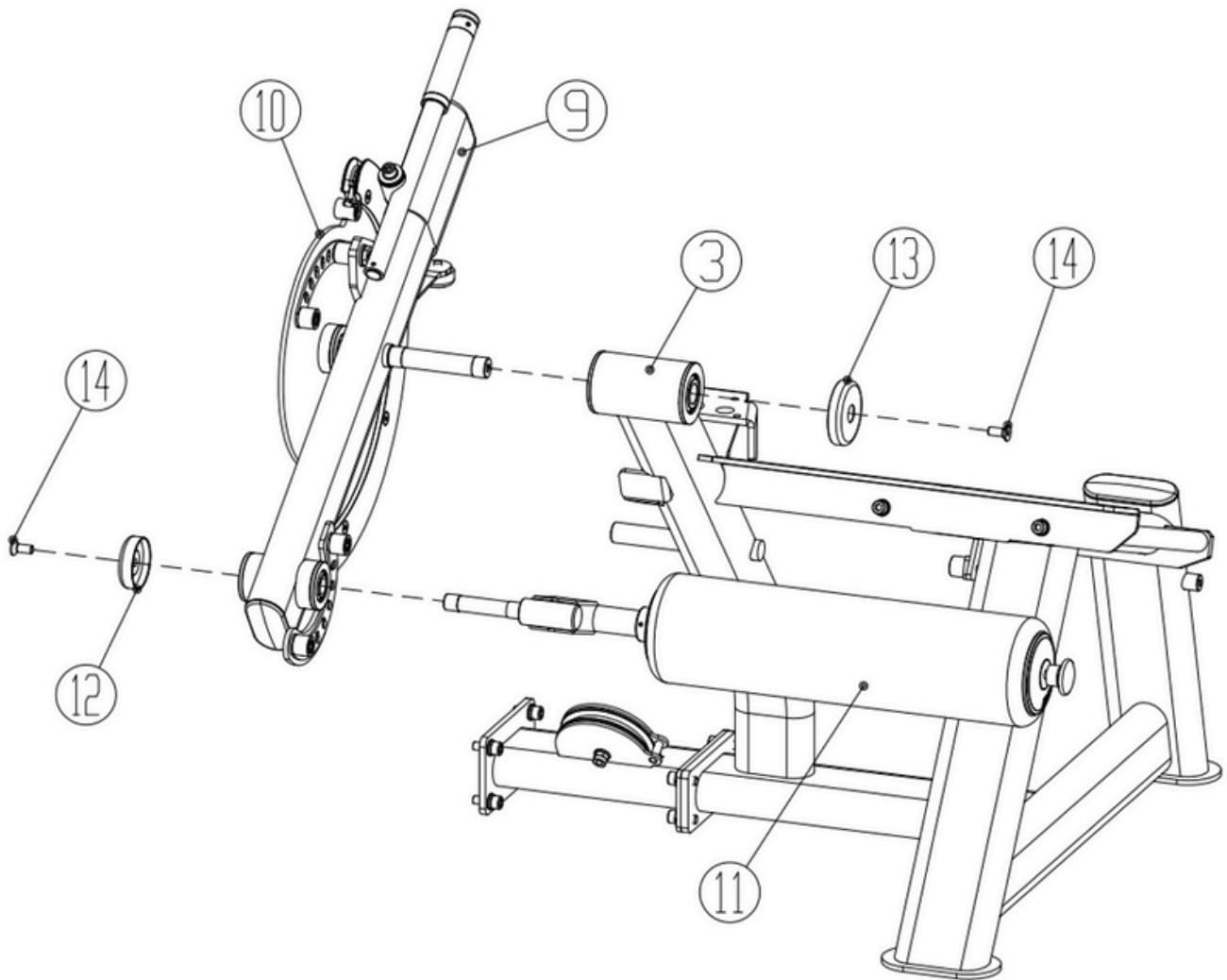
Connect the force arm (9), flange (10) to the side frame (3) with the following:

- 1x aluminum cap-76 (13)
- 1x M10\*25 Hexagon socket countersunk head screws (14)

Step 4:

Connect the leg press frame (11) to the force arm (9) using:

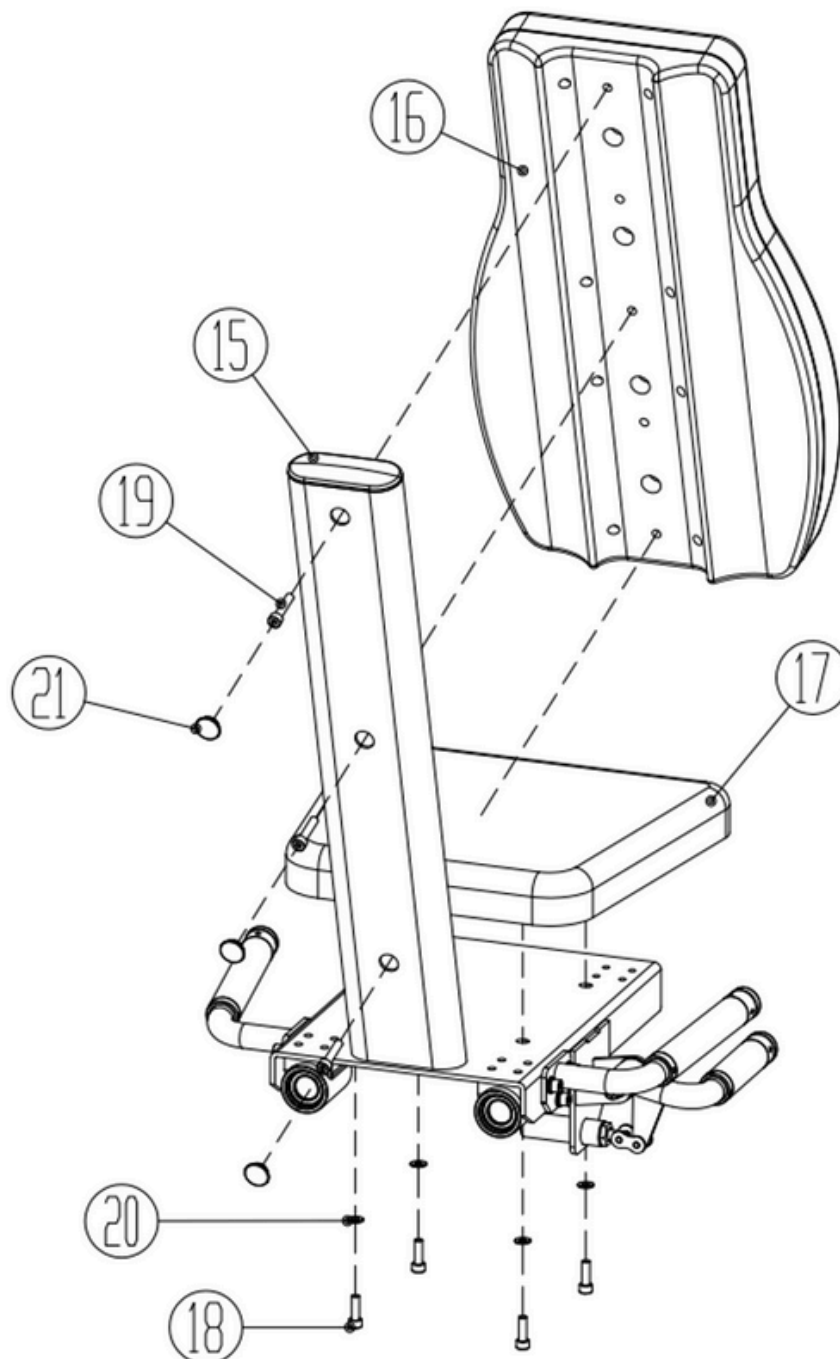
- 1x aluminum cap-60 (12)
- 1x M10\*25 Hexagon socket countersunk head screws (14)



Step 5:

Attach the back cushion (16), seat cushion (17) and seat frame (15) with.

- 4x M8\*25 Hexagon socket cheese head screws (18)
- 3x M8\*40 Hexagon socket cheese head screws (19)
- 4x M8 Flat washer (#20)
- 3x 20 hole plug (21)



Step 6:

Open the chute bar pre-installed on the side frame (3) and thread the seat frame (15) into the chute bar. Then reinstall the chute bar back onto the side frame (3).

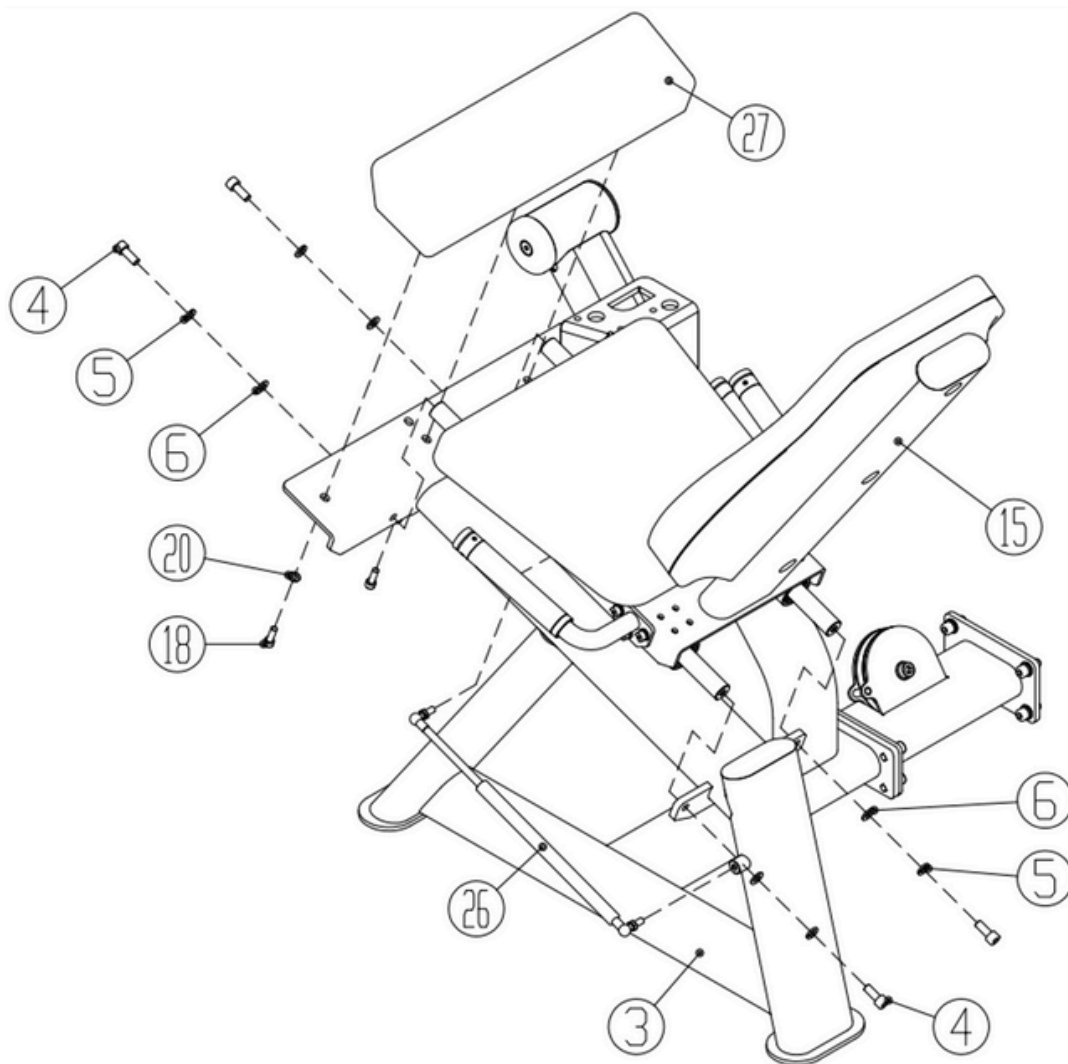
Step 7:

Attach the cushion (27) to the side frame (3) using.

- 3x M8\*25 Hexagon socket cheese head screws (18)
- 3x M8 flat washer (20)

Step 8:

Attach the hydraulic rod (26) to the side frame (3) and seat frame (15).



Step 9:

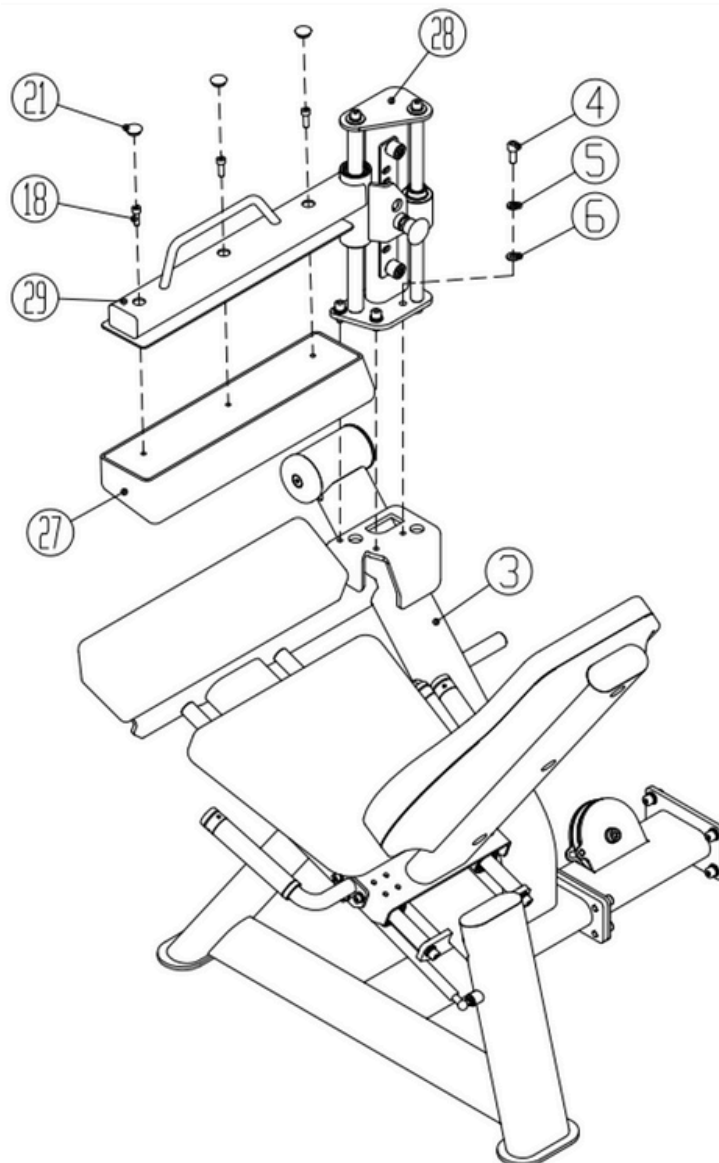
Attach the adjusting frame (28), the presser leg frame (29) and the side frame (3) using the following method:

- 3x M10\*25 Hexagon socket cheese head screws (4)
- 3x M10 spring washer (5)
- 3x M10-D20 flat washer (6)

Step 10:

Attach the cushion (27) to the leg press frame (29) using.

- 3x M8\*25 Hexagon socket cheese head screws (18)
- 3x 20hole plug (21)



Step 11:

Place the pre-installed guide bar assembly (32) into the counterweight frame (1).

Install the counterweight block (34) onto the guide bar (32) with the isolation tabs facing up.

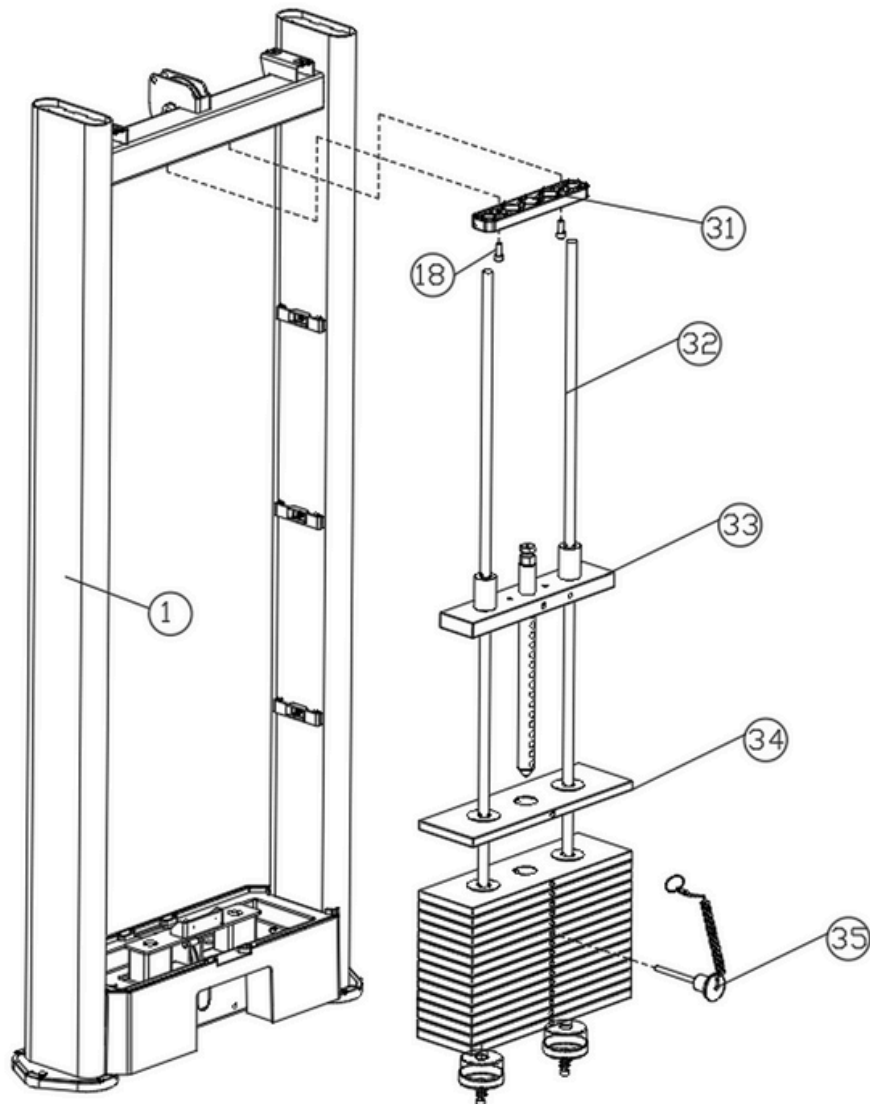
Install the guide block assembly (33) onto the guide bar (32).

Attach the guide bar fixing plate (31) to the guide bar (32).

Attach the guide bar mounting plate (31) to the counterweight frame (1) by.

- 2 x M8\*25 hexagon socket cheese head screws (18).

Install the counterweight block pin (35) into the counterweight block (34);

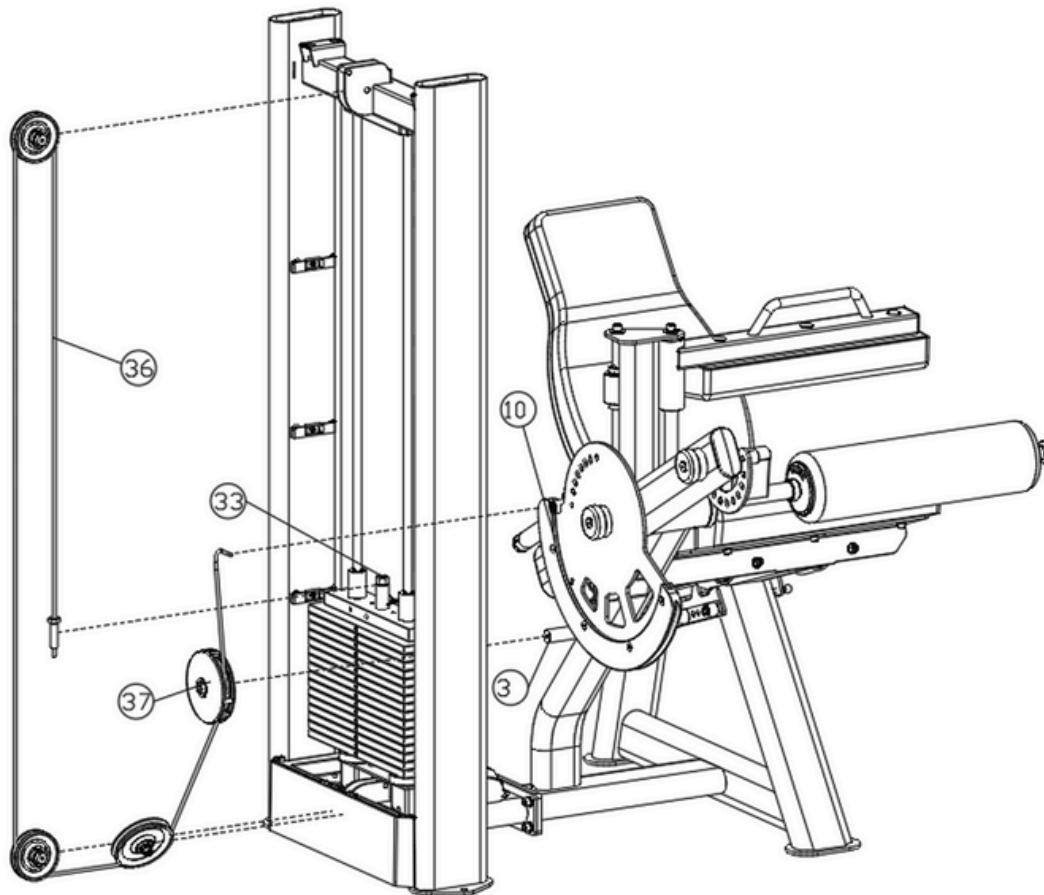




Step 12:

Remove the pre-installed spools, wrap the wire rope around the spools as shown below, and reinstall the spools back into their original position. Take care to install the wire rope-wound sheave box (37) to the sidestand (3).

One end of the cable is connected to the guide block assembly (33), and the other end is connected to the flange (10).



Step 13:

Slide the two trim strips (#38) into the two fenders (#39) and attach to the counterweight frame (#1) using the fender hold-down plates. Slide the trim plate (#40) into the two baffles (#39) and attach to the counterweight frame (#1) using the baffle hold-down plates.

Attach the upper guard (#41) to the counterweight frame (#1) as follows:

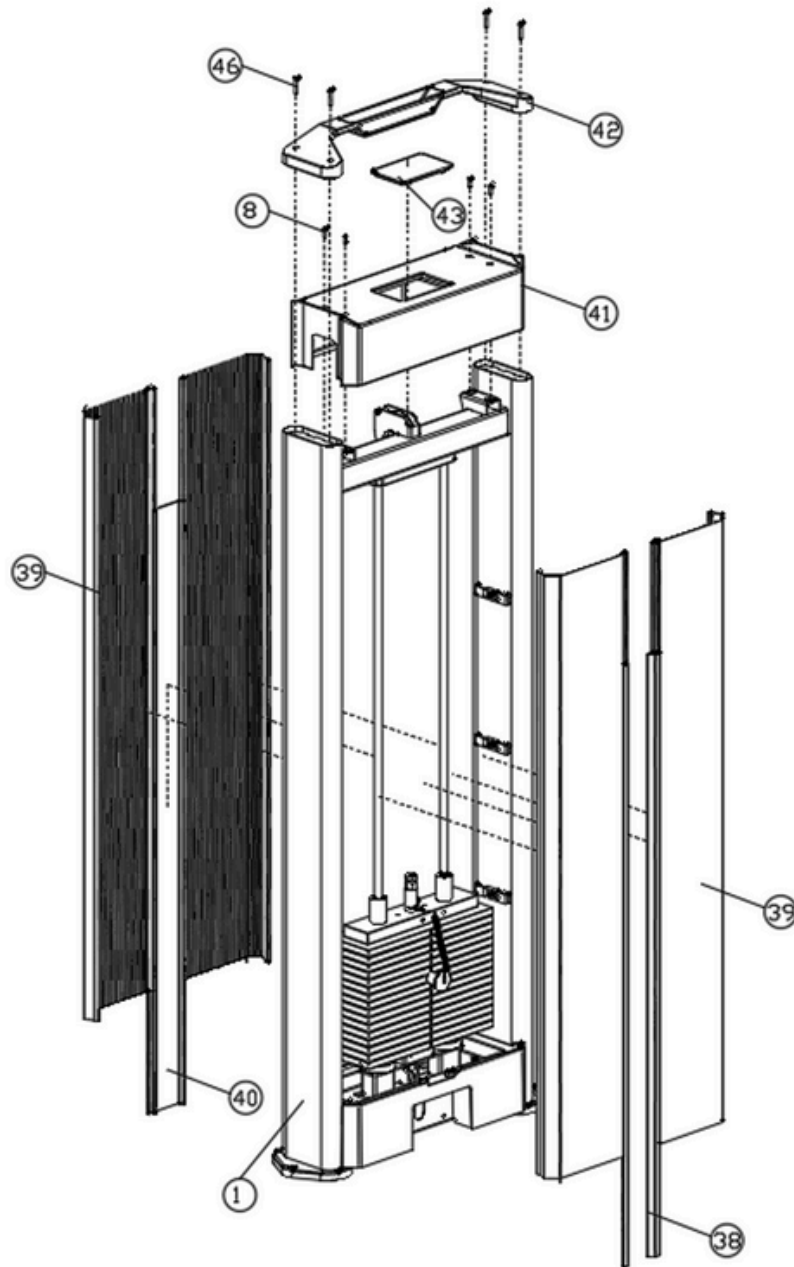
- 4 x Hexagon socket head screws (#8)

Step 14:

Attach the upper cover trim (#42) to the counterweight frame (#1) using the following method:

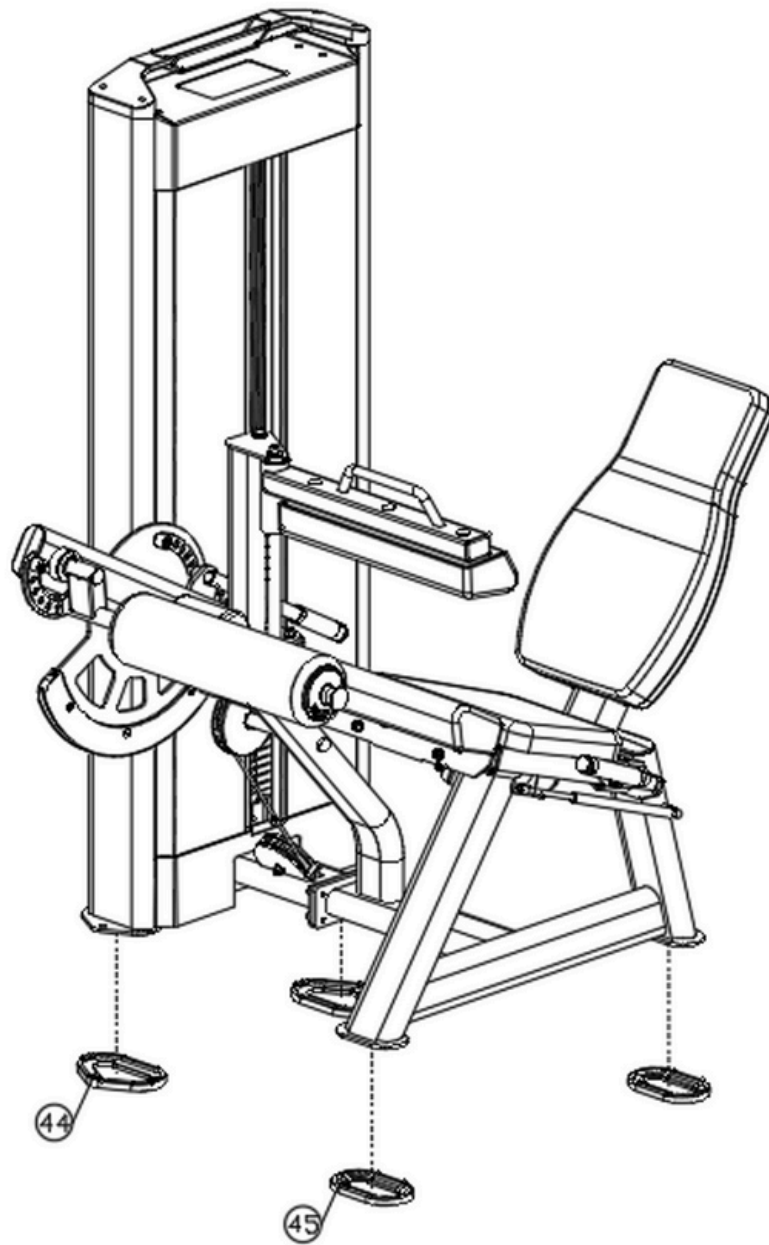
- 4 x Hexagon socket head screws (#46)

Finally, snap the upper shield cover (#43) together with the upper shield (#41).



Step 15:

Place the assembled training device in a suitable location and install the corresponding four foot pads (44)/(45)



### Important Tips

Now that your Seated Leg Curl 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.

### Accessory List

NO	Name	QTY
1	Weight frame	1
2	connector frame	1
3	side frame	1
4	Hexagon socket head screws M10*25	11
5	spring washer M10	11
6	flat washerM10-D20	11
7	Lower guard	1
8	Hexagon socket head screws M5*16	6
9	force arm	1
10	flange	1
11	leg press frame	1
12	Aluminum cap-60	1
13	Aluminum cap-76	1
14	gon socket countersunk head screw M	2
15	seat frame	1
16	backrest	1
17	cushion	1
18	Hexagon socket head screws M8*25	10
19	Hexagon socket head screws M8*40	3
20	flat washer M8-D16	7
21	20hole plug	6
26	hydraulic rod	1

<b>27</b>	cushiion	1
<b>28</b>	Adjustment stand	1
<b>29</b>	leg press frame	2
<b>31</b>	Guide rod fixing plate	1
<b>32</b>	Guide rod assembly	2
<b>33</b>	Guide block assembly	1
<b>34</b>	Weight stack	16
<b>35</b>	Weight stack pin	1
<b>36</b>	cable	1
<b>37</b>	reel box	1
<b>38</b>	decorative strips	2
<b>39</b>	shield	1
<b>40</b>	Decorative board	1
<b>41</b>	upper shield	1
<b>42</b>	Upper guard decorative plate	1
<b>43</b>	Upper guard cover	1
<b>44</b>	Flat oval foot pad	2
<b>45</b>	Weight rack foot pads	2
<b>46</b>	Hexagon socket head screws M6*30	4