

FITNESS360[®]

FT7202

Standing Leg Curl



Rubber rod
Level
Hexagon wrench
Two people
Adjustable wrench
Circlip pliers

Step 1:

Connect the left frame assembly (#1) and the right frame assembly (#2) of the trainer with the connecting frame (#3) in the following way:

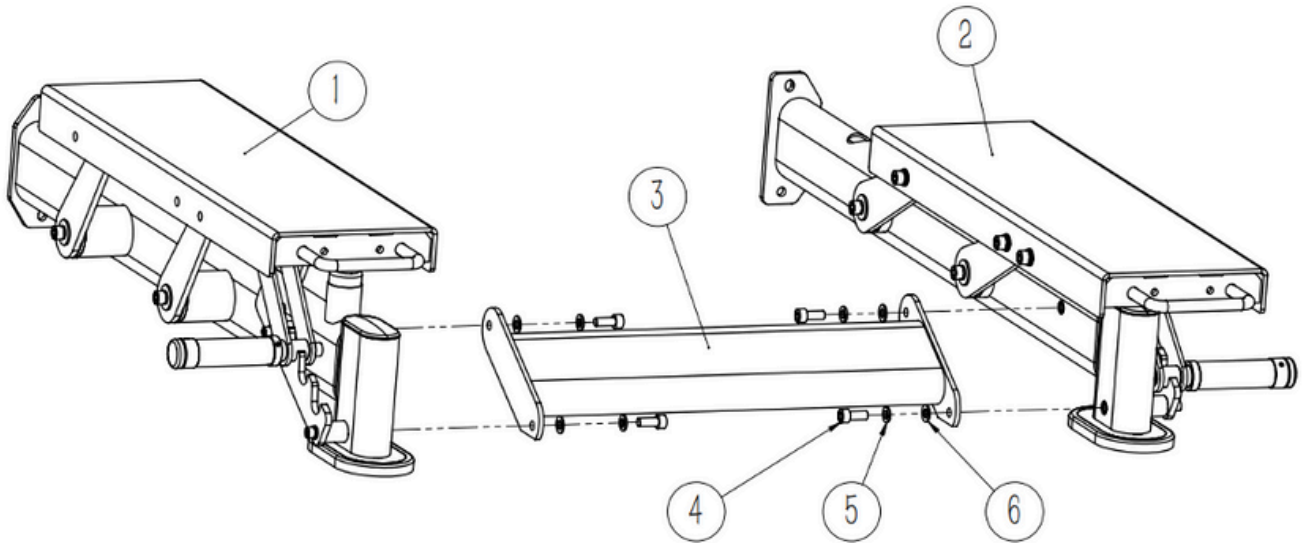
- 4 x M10*25 hexagon socket head screws (#4)
- 4 x M10 spring washers (#5) 4 x M10 flat washers (#6)

Install the flat oval feet (#39) onto the side frame bottom plate.

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.

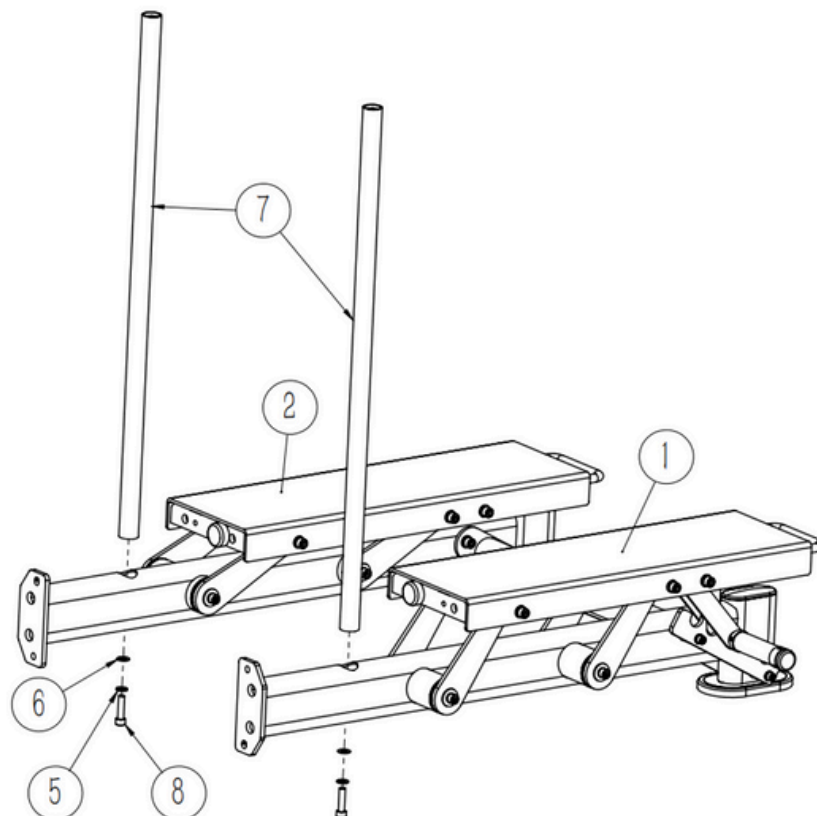




Step 2:

Connect the two Side Connecting Pipes (#7) to the Left Frame Assembly (#1) and Right Frame Assembly (#2) using:

- 2 × M10×40 Hexagon Socket Head Screws (#8)
- 2 × M10 Spring Washers (#5)
- 2 × M10 Flat Washers (#6)



Step 3:

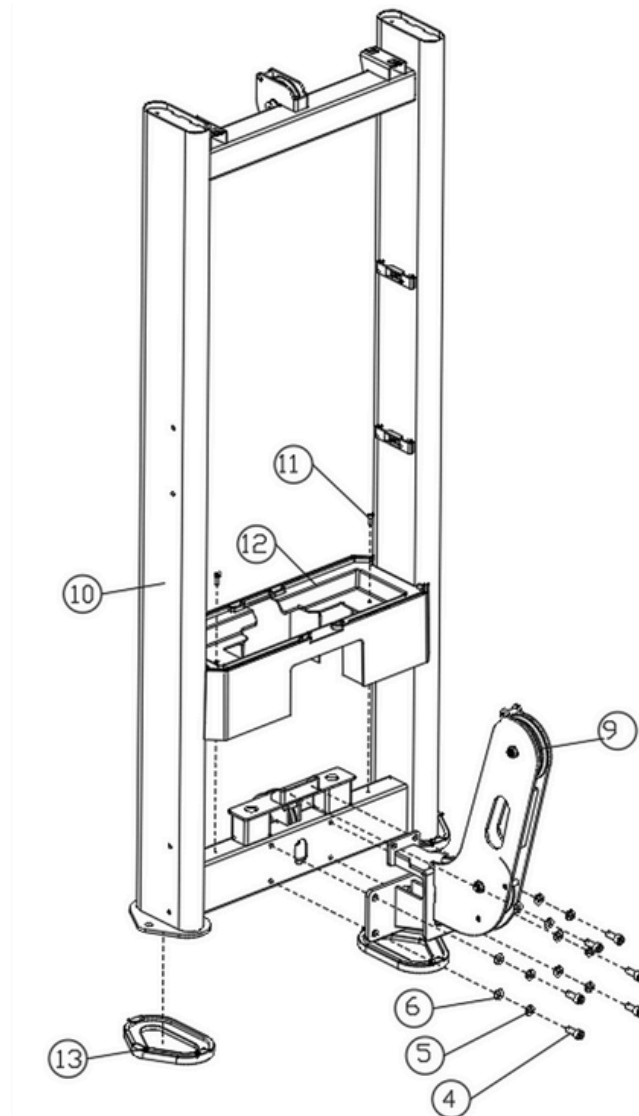
Attach the Counterweight Lower Guard (#12) and Foot Pads (#13) to the Counterweight Frame using:

- 2 × M5×15 Hexagon Socket Head Screws (#11)

Step 4:

Join the Bicep Cable Frame (#9) with the Weight Frame (#10) using:

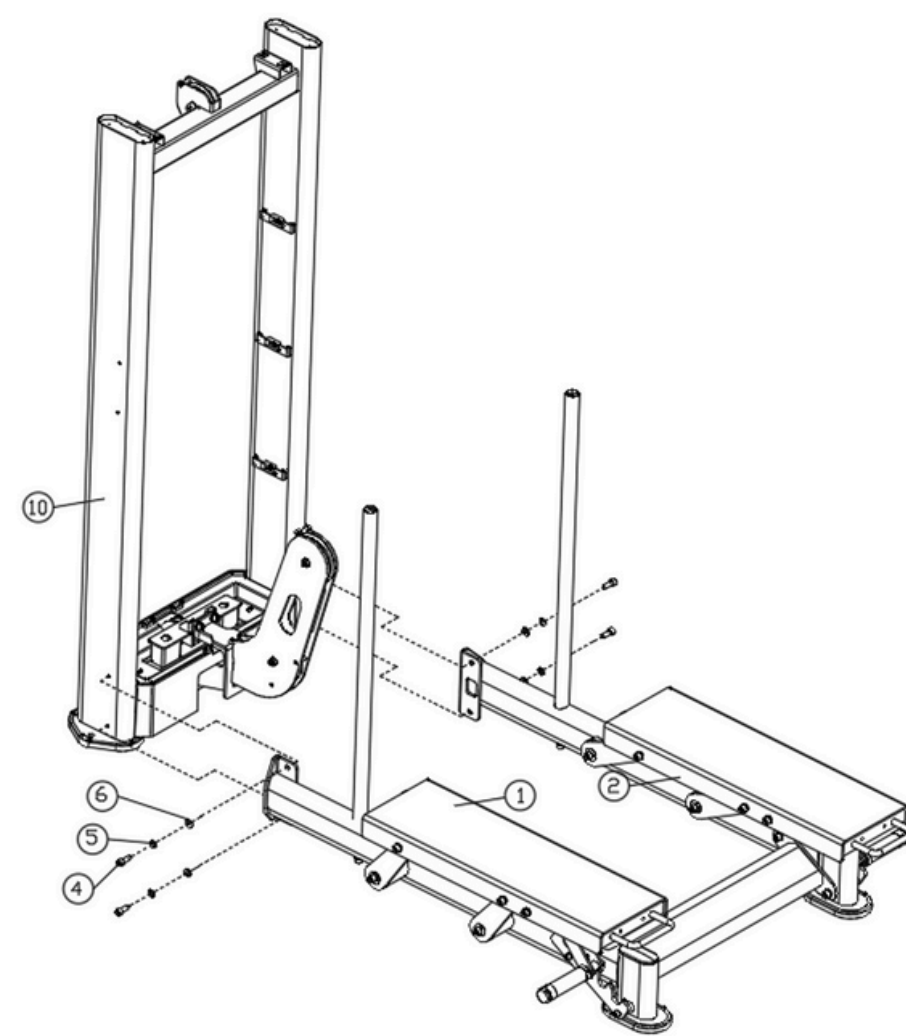
- 6 × M10×25 Hexagon Socket Head Screws (#4)
- 6 × M10 Spring Washers (#5)
- 6 × M10 Flat Washers (#6)



Step 5:

Connect the counterweight frame assembly (#10) to the left frame assembly (#1) and the right frame assembly (#2) using the following method:

- 4 x M10*25 hexagon socket head screws (#4)
- 4 x M10 spring washers (#5)
- 4 x M10 flat washers (#6)



Step 6:

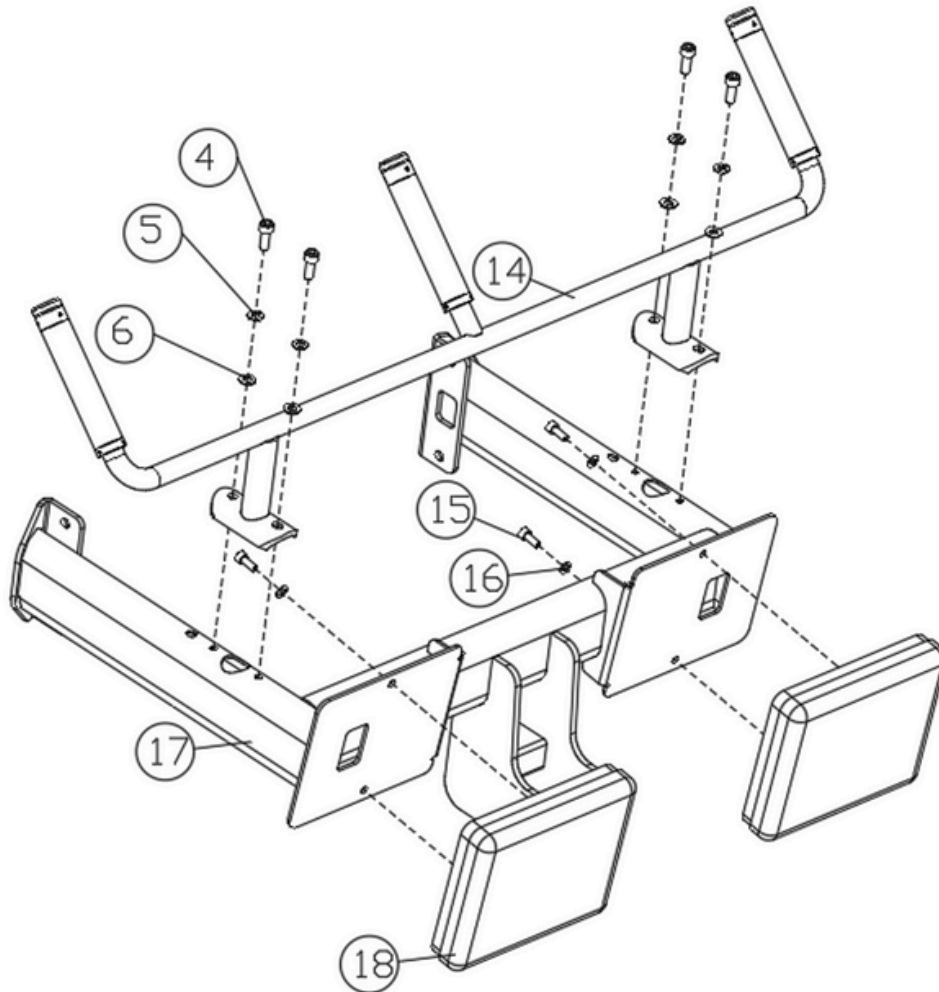
Attach the Biceps Handrail Assembly (#14) to the Upper Mounting Frame Assembly (#17) as follows:

- 4 x M10*25 hexagon socket head screws (4)
- 4 x M10 spring washers (5)
- 4 x M10 flat washers (6)

Step 7:

Attach the upper mounting assembly (#17) to the back cushion (#18) using the following method:

- 2 x M8*20 hexagon socket head screws (#15)
- M8 flat washers (#16)



Step 8:

Use the following method to connect the counterweight frame assembly (#10), two side connecting pipes (#7) and the upper fixing frame assembly

- 2 x M10*40 hexagon socket head screw (#8)
- 4 x M10*25 hexagon socket head screw (#4)
- 6 x M10 spring washers (#5)
- 6 x M10 flat washers (#6)

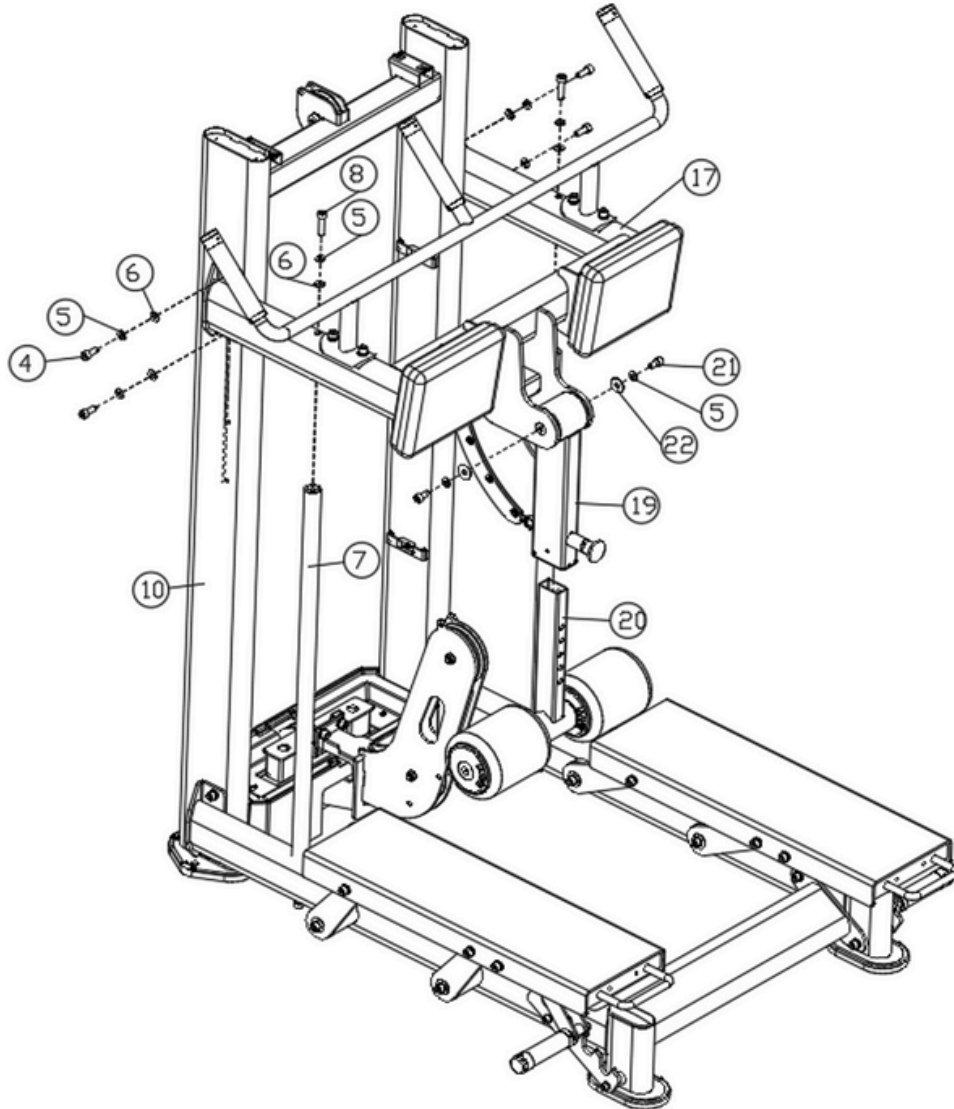
Tighten the bolts with a wrench before proceeding to the next step

Step 9:

Connect the biceps arm (#19) and the upper bracket assembly (#17) as follows:

- 2 x M10*20 hexagon socket head screw (#1)
- 2 x M10 spring washers (#5)

Insert the hook bracket assembly (#20) into the vertical biceps force arm (#19)



Step 10:

Slide the two Rubber Weight Pads (#24) onto the two Guide Rods (#23).

Connect the two Counterweight Bases (#25) and Guide Rods (#23) to the Counterweight Frame (#10) using:

- 2 x M8x20 Hexagon Socket Head Screws (#15)
- 2 x M8 Spring Washers (#26)
- 2 x M8 Flat Washers (#16)

Step 11:

Mount the Counterweight Blocks (#27) onto the Guide Rods (#23) with the isolation tabs facing up.

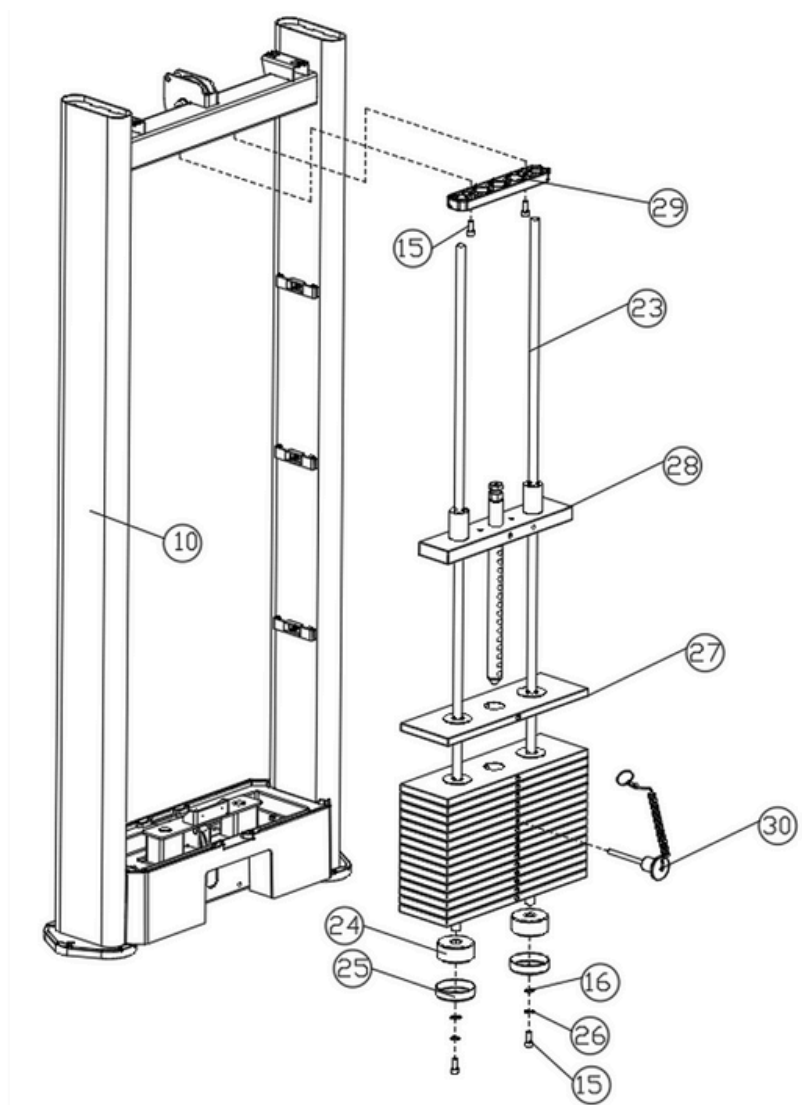
Install the Guide Block Assembly (#28) onto the Guide Rods (#23).

Insert the Counterweight Pin (#30) into the Counterweight Block (#27).

Attach the Guide Bar Fixing Plate (#29) onto the Guide Rods (#23).

Secure the Guide Bar Retaining Plate (#29) to the Counterweight Frame (#10) using:

- 2 × M8×20 Hexagon Socket Head Screws (#15)



Step 12:

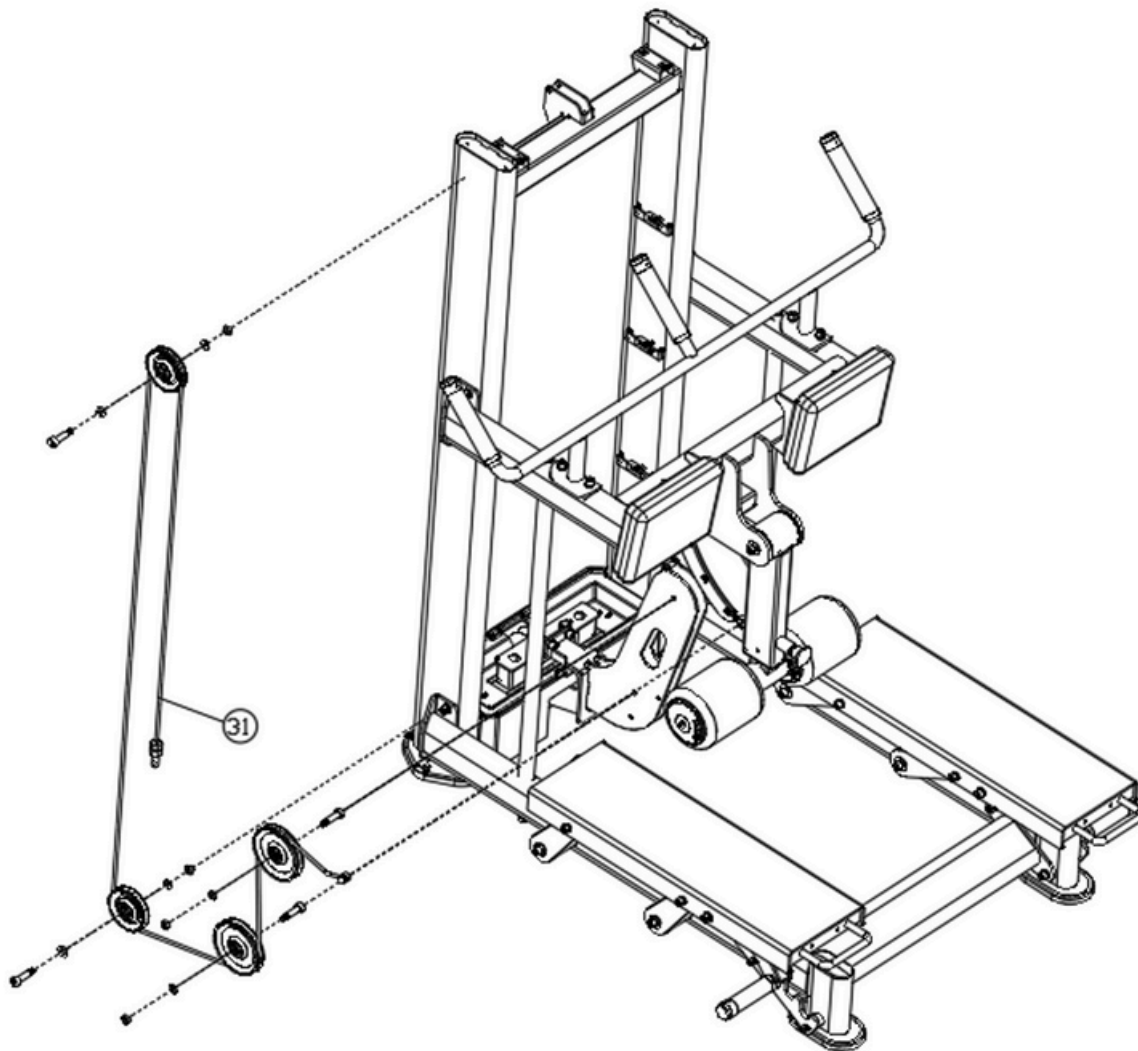
Remove the fasteners on the counterweight frame and the wire wheels on each component one by one, and then proceed to the next step.

Step 13:

Pass the wire rope (#31) around two 95 mm wire wheels and two 120 mm wire wheels, as shown.

Connect one end of the wire rope to the wire rope fixing sleeve, and attach the other end to the wire rope fixing bolt on the counterweight latch.

Make sure the wire rope is routed correctly through all pulleys before tightening.



Step 14:

Slide the two trim strips (#33) into the two fenders (#32) and attach to the counterweight frame (#10) using the fender hold-down plates.

Slide the trim plate (#34) into the two baffles (#32) and attach to the counterweight frame (#10) using the baffle pressure plate. Attach the upper guard (#35) to the counterweight frame (#10) as follows:

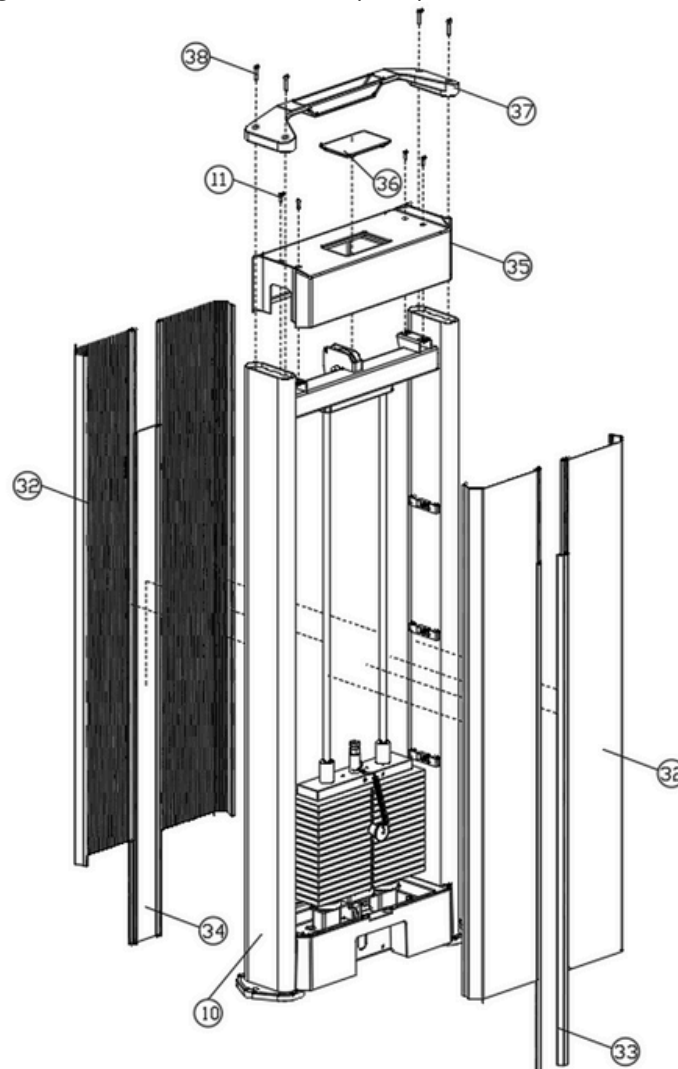
- 4×M5*15 hexagon socket head screws (#11)

Step 15:

Attach the upper cover trim (#37) to the top of the counterweight frame (#10). Snap the upper shield (#35) into place beneath the trim.

Secure the trim using:

- 4 × M6×30 hexagon socket head screws (#38)

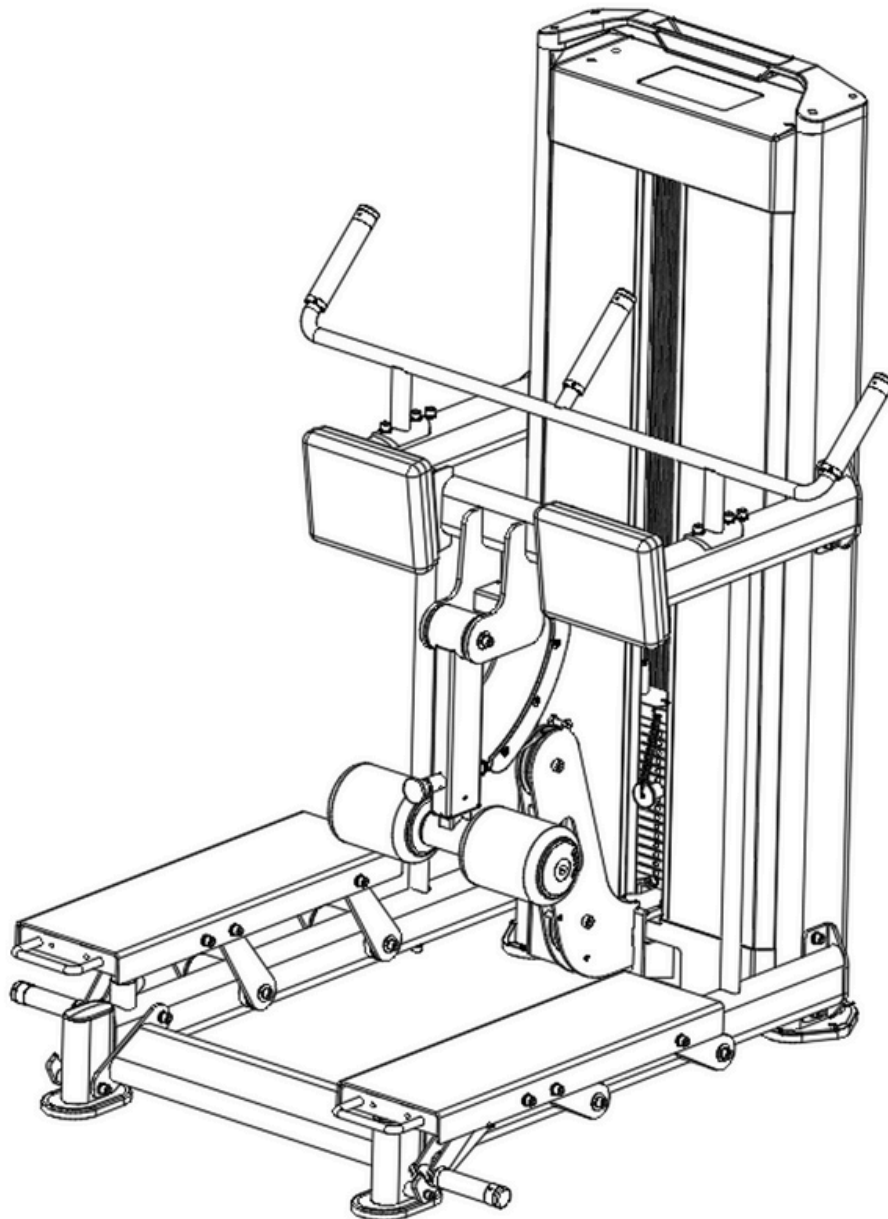


Important Tips

Now that your Standing 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.

Assembly



Accessory List

No	Name and specifications	quantity
1	Trainer left frame assembly	1
2	Trainer right frame assembly	1
3	Connection frame	1
4	Hexagon socket head screw (M10*25)	22
5	Spring washer (10)	28
6	Flat washer (10)	26
7	Side connection pipe (#7)	2
8	Hexagon socket head screw (M10*40)	4
9	Vertical Biceps Trainer Reel Stand	1
10	Counterweight rack	1
11	Hexagon socket head screw (M5*15)	6
12	Lower guard	1
13	Weight rack foot pads	2
14	Vertical biceps training machine armrest	1
15	Hexagon socket head screw (M8*20)	6
16	Flat washers (8)	4
17	Upper fixed frame	1
18	Cushions	2
19	Vertical biceps force arm	1
20	Hook bracket assembly	1
21	Hexagon socket head screw (M10*20)	2
22	Flat washer D-30 (10)	2
23	Guide rod	2
24	Rubber pad	2
25	Counterweight rack base	2
26	Spring washers (8)	2
27	Counterweight	
28	Guide block set	1
29	Guide rod fixing plate	1
30	Counterweight latch	1
31	Weight rope	1
32	Bezel	2
33	Decorative Strips	2
34	Decorative panels	1
35	Upper guard	1
36	Upper guard cover	1
37	Upper cover decoration	1
38	Hexagon socket head screw (M6*30)	4
39	Flat oval foot pad	2