

FITNESS360[®]

FT7203

Leg Extension



Rubber mallet
Horizontal ruler
Allen wrench
Two people
Spring clamp
Adjustable wrench

Step 1:

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

- 8 × M10×25 Hexagon socket cheese head screws (4)
- 8 × M10 Spring washer (5)
- 8 × M10-D20 Flat washer (6)

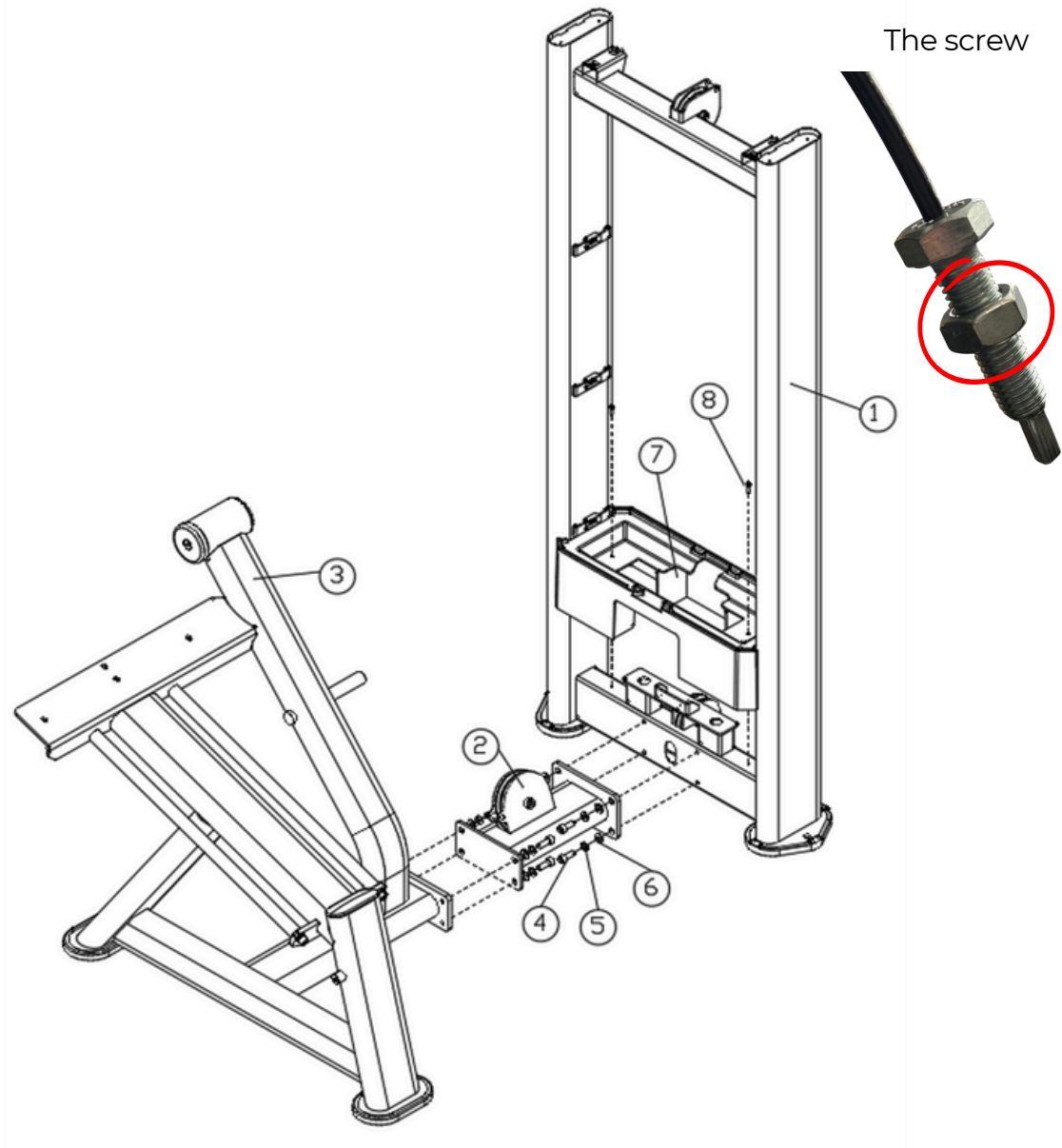
Step 2:

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

- 2 × 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:

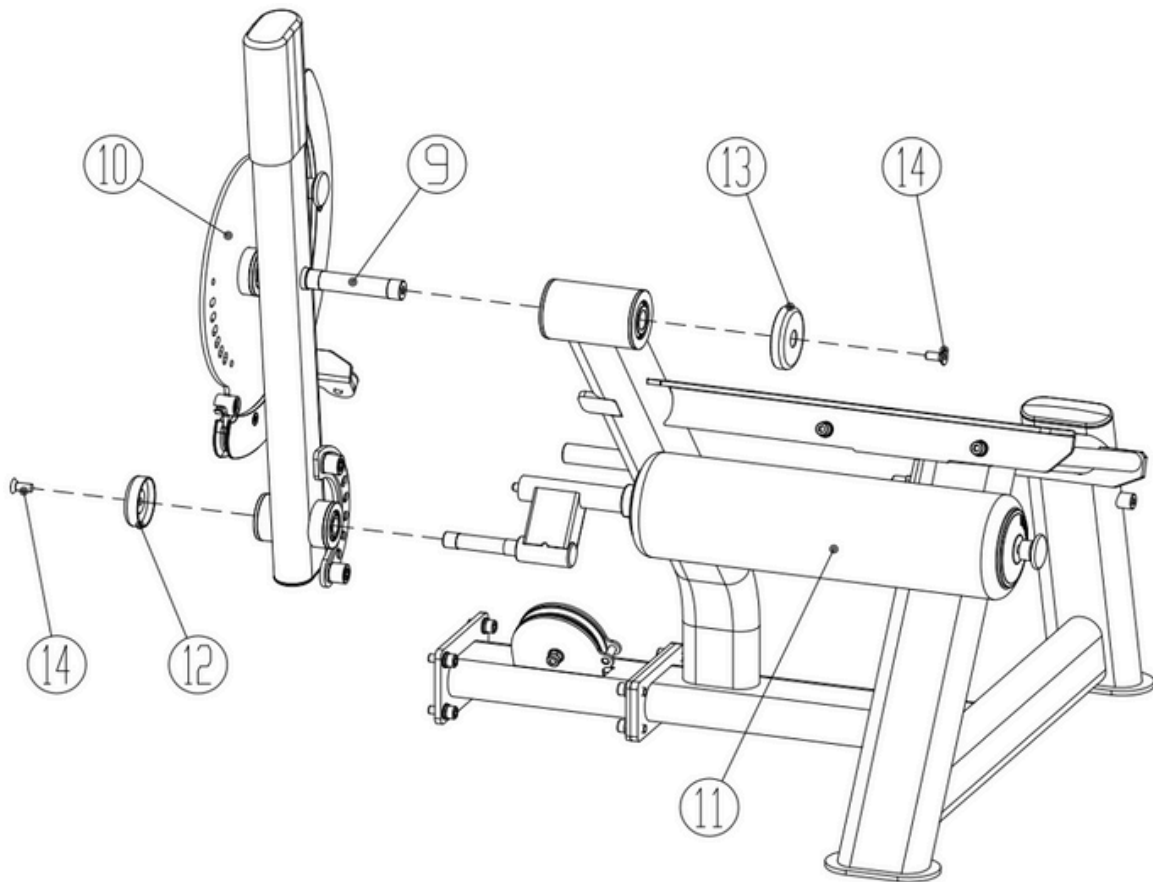
Attach the force arms (9), flanges (10), and side frames (3) in the following manner:

- 1 × Aluminum cap-76 (13)
- 2 × M10×25 Hexagon socket countersunk head screws (14)

Step 4:

Attach the leg press stand (11) and force arm (9) with:

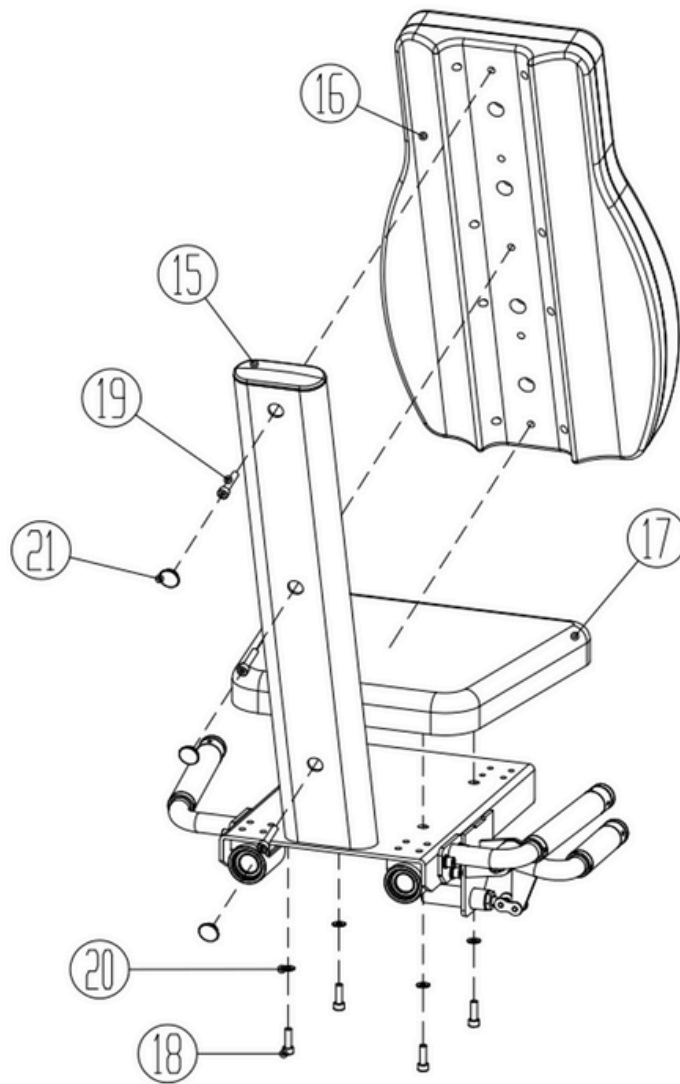
- 1 × Aluminum cap-60 (12)
- 1 × M10×25 Hexagon socket countersunk head screw (14)



Step 5:

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

- 4 × M8×25 Hexagon socket cheese head screws (18)
- 3 × M8×40 Hexagon socket cheese head screws (19)
- 4 × M8 Flat washer (20)
- 3 × $\Phi 20$ Hole plug (21)



Step 6:

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

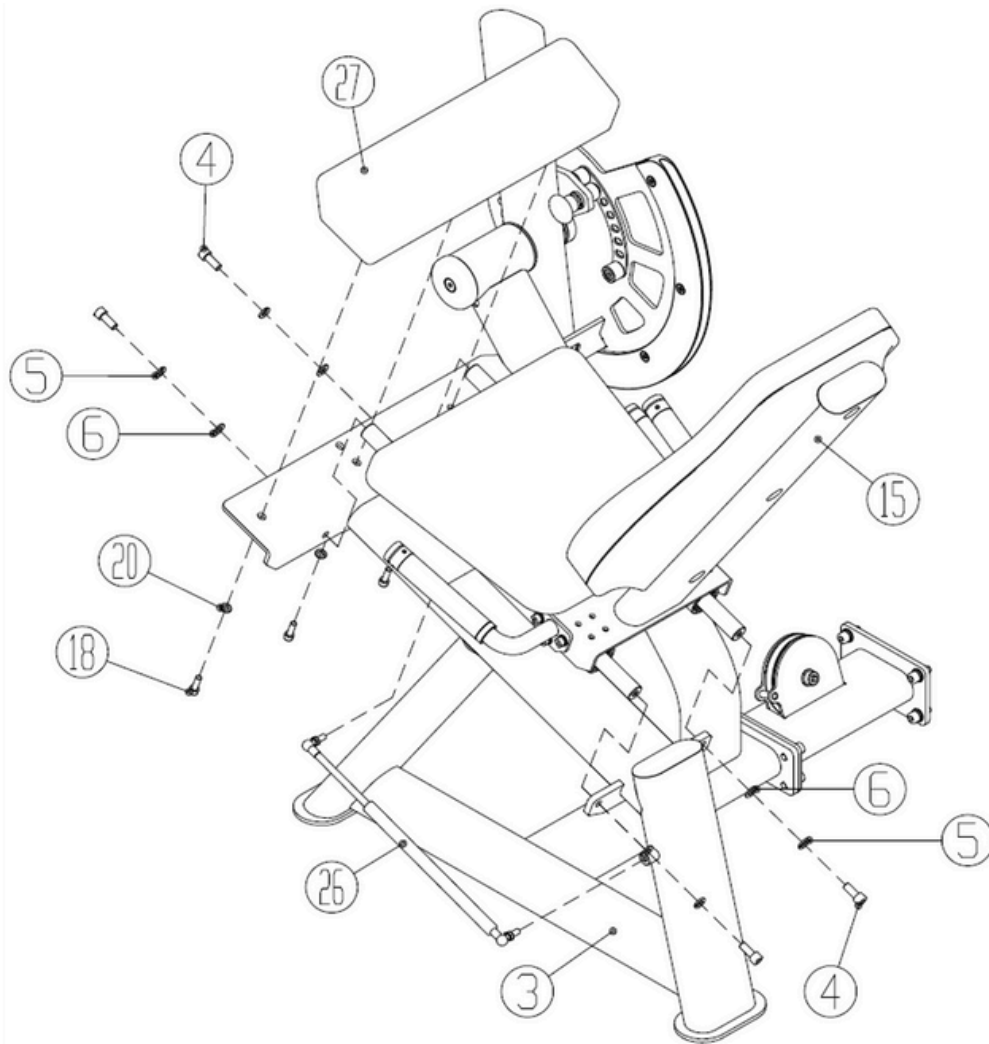
Step 7:

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

- 3 x M8*25Hexagon socket cheese head screws (18)
- 3 x M8flat washer (20)

Step 8:

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



Step 9:

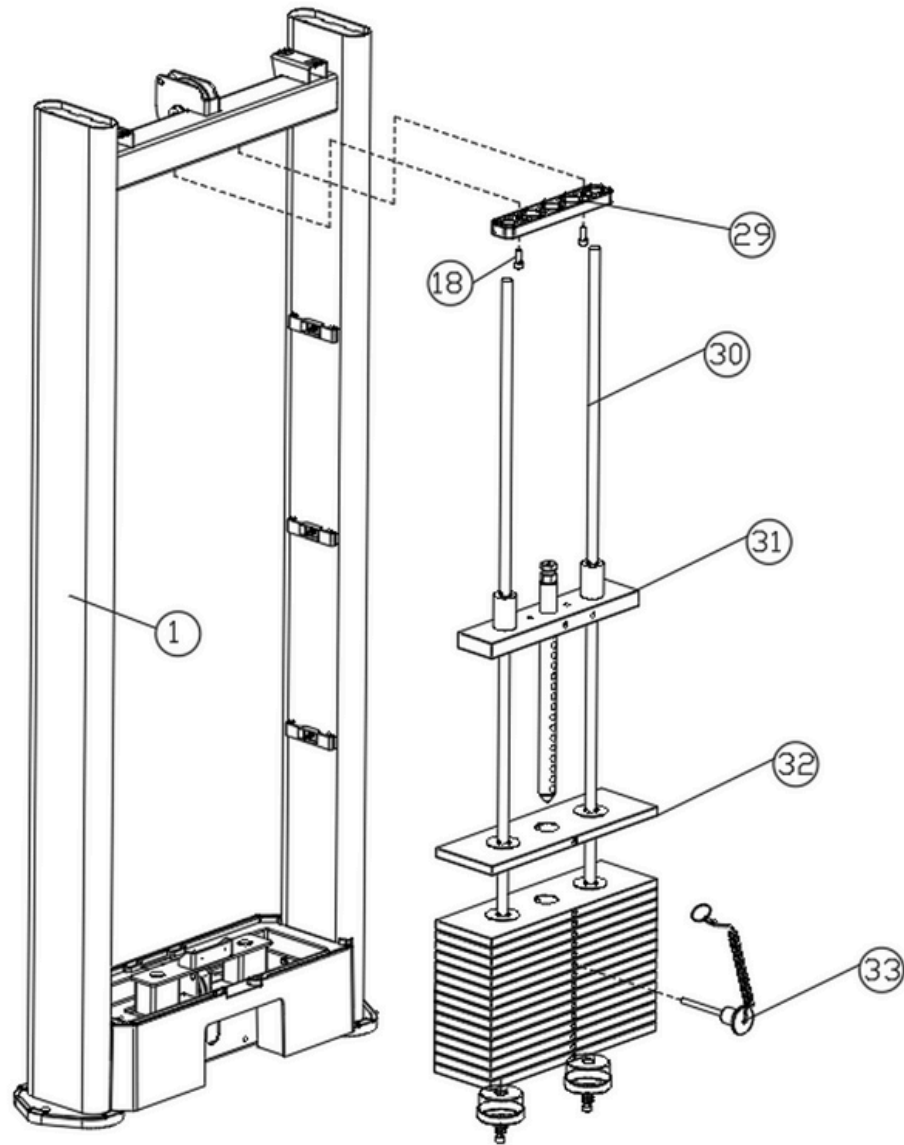
Place the pre-installed guide bar assembly (30) into the counterweight frame (1).

Install the counterweight block (32) onto the guide bar (30) with the isolation tabs facing up. Install the guide block assembly (31) onto the guide bar (30). Attach the guide bar mounting plate (29) to the guide bar (30).

Attach the guide bar mounting plate (29) to the counterweight frame (1) using:

- 2 × M8×25 Hexagon socket cheese head screws (18)

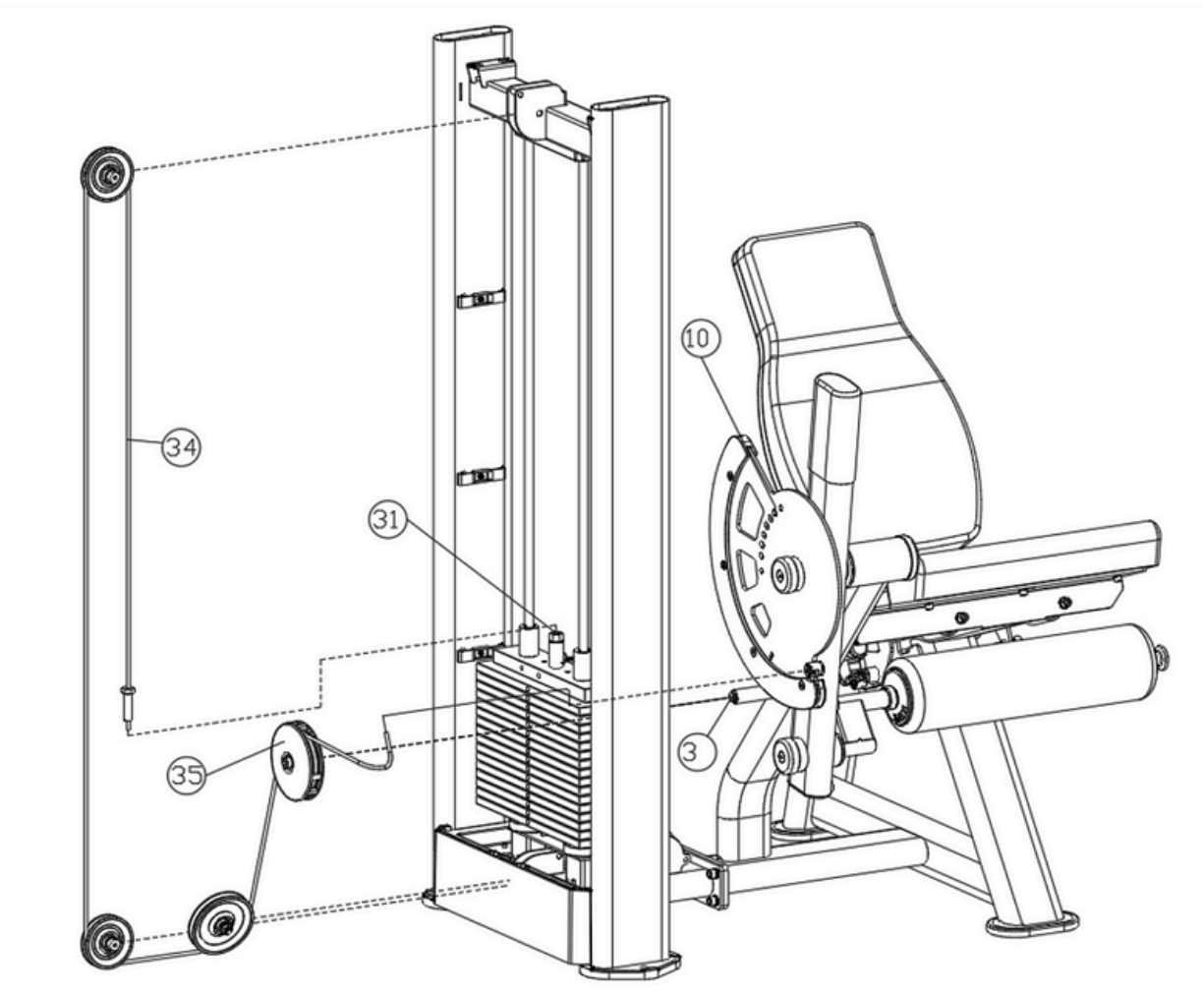
Install the counterweight block pin (33) into the counterweight block (32).



Step 10:

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 (35) to the strand extension side frame.
- One end of the wire rope is attached to the guide block assembly (31) and the other end is attached to the strand quad extension flange (10).



Step 11:

Slide the two trim strips (36) into the two baffles (37) and use the baffle platen to attach them to the counterweight rack (1).

Slide the trim plate (38) into the two baffles (37) and use the baffle platen to attach it to the counterweight rack (1).

Attach the upper shroud (39) to the counterweight frame (1) using:

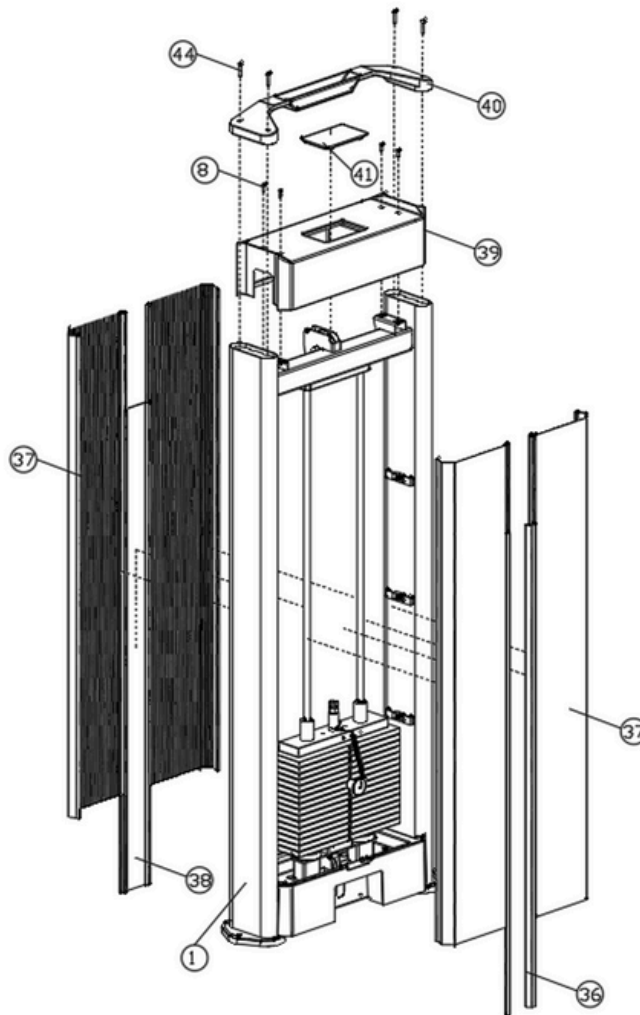
- 4 × Hexagon socket cheese head screws (13)

Step 12:

Attach the top cover trim (40) to the counterweight frame (1) using:

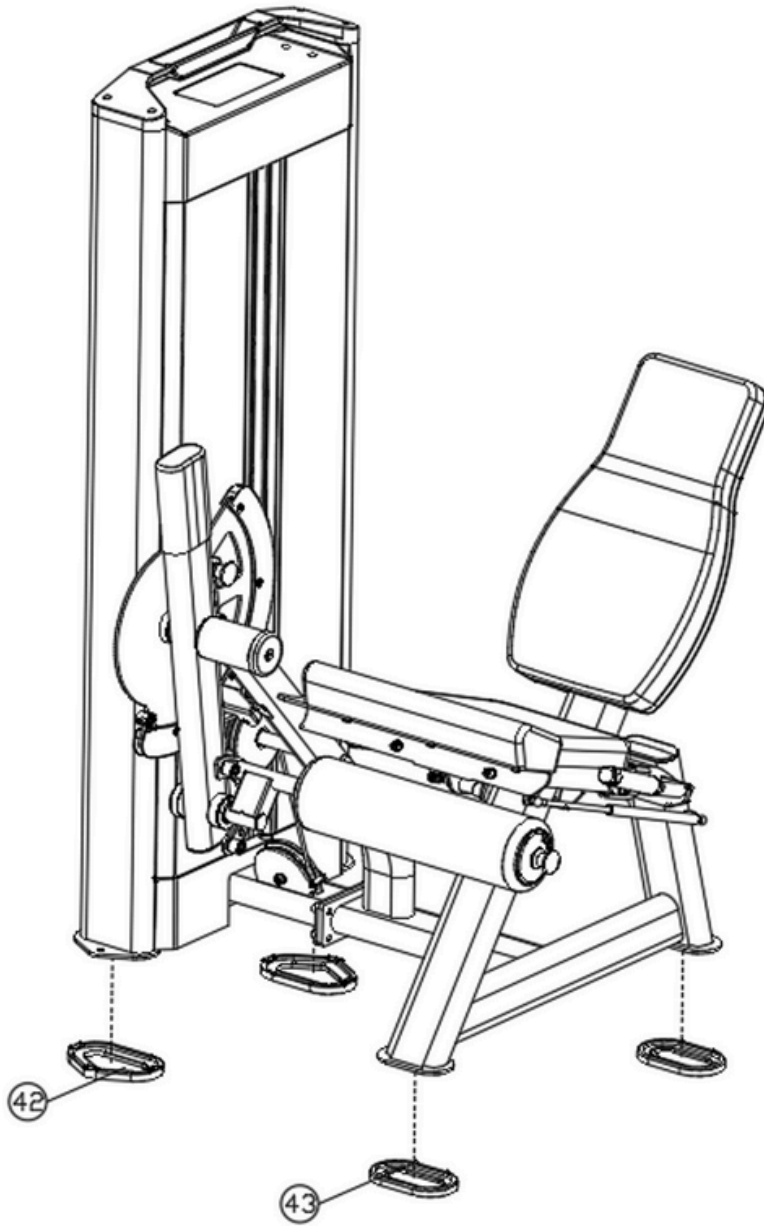
- 4 × Hexagon socket cheese head screws (44)

Finally, snap the upper shroud top cover (41) onto the upper shroud (39).



Step 13:

Place the assembled trainer in a suitable position and install the corresponding four foot pads (42/43).



Important Tips

Now that your Leg Extension 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 and specification	QTY
1	counterweight	1
2	extension connector	1
3	extension side frame	1
4	Hexagon socket cheese head screws M10*25	8
5	spring washer M10	8
6	flat washerM10-D20	8
7	lower shield	1
8	Hexagon socket cheese head screws M5*16	6
9	extension force arm	1
10	Extension Flange	1
11	extension press	1
12	aluminum cap-60	1
13	aluminum cap-76	1
14	Hexagon socket countersunk head screws M10*25	2
15	extension seat frame	1
16	Backrest	1
17	seat cushion	1
18	Hexagon socket cheese head screws M8*25	7
19	Hexagon socket cheese head screws M8*40	3
20	flat washer M8-D16	7
21	20hole plug	3
26	hydraulic rod	1
27	cushion	1
29	Guide bar fixing plate	1
30	Guide bar assembly	2
31	Guide block assembly	1
32	Weight stack	16
33	Weight stack pin	1
34	cable	1
35	jury box	1
36	decorative strip	2
37	shield	4
38	decorative plate	1
39	upper shroud	1
40	Top cover decorations	1
41	Upper Shroud Top Cover	1
42	counterweights feet	2
43	Flat ellipse foot mats	2
44	Hexagon socket cheese head screws M6*30	4
Note: Pre-assembled parts are not listed in this table.		