

FITNESS360[®]

FT7204

Leg Press



Rubber rod
Level ruler
Allen wrench
Spring clamp
Adjustable wrench
Note: When assembling, two or more persons are recommended to operate

Step 1:

Attach the Counterweight Lower Shroud (#4) to the Counterweight Frame (#1) using:

- 2 × M5×16 hexagon socket cheese head screws (#7)

Step 2:

Connect the following parts to the Counterweight Frame (#1):

- Seated Stirrup Connection Frame 1 (#2)
- Seated Stirrup Main Frame Assembly (#3)

Use the following hardware:

- 8 × M10×25 hexagon socket cheese head screws (#8)
- 10 × M10 spring washers (#9)
- 10 × M10–D20 flat washers (#10)
- 2 × M10×20 hexagon socket cheese head screws (#11)

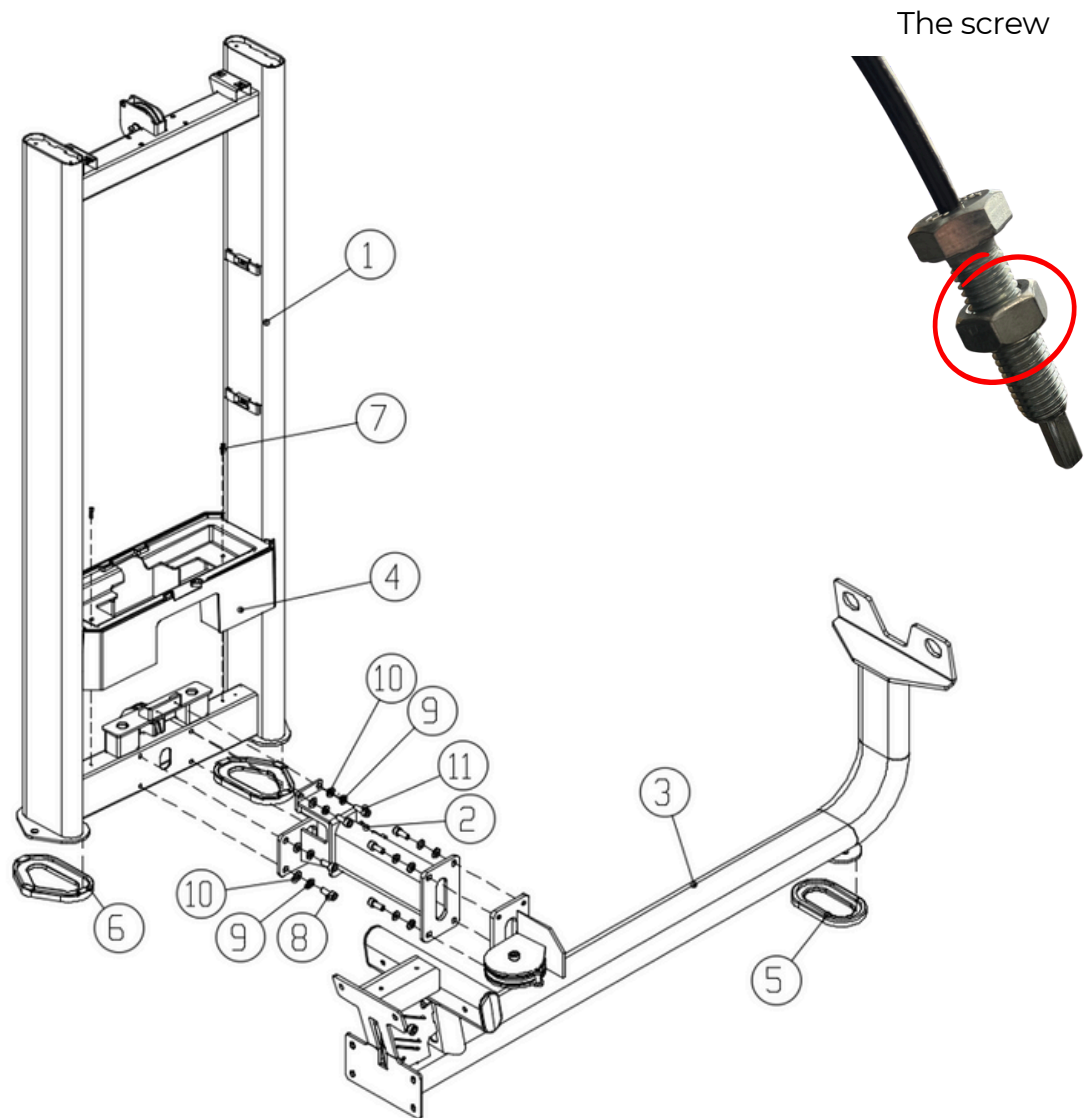
Step 3:

Attach 2 Counterweight Rack Feet (#6) to the Counterweight Rack (#1)

Attach 1 flat elliptical foot pad (#5) to the Seated Stirrup Main Frame (#3)

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.



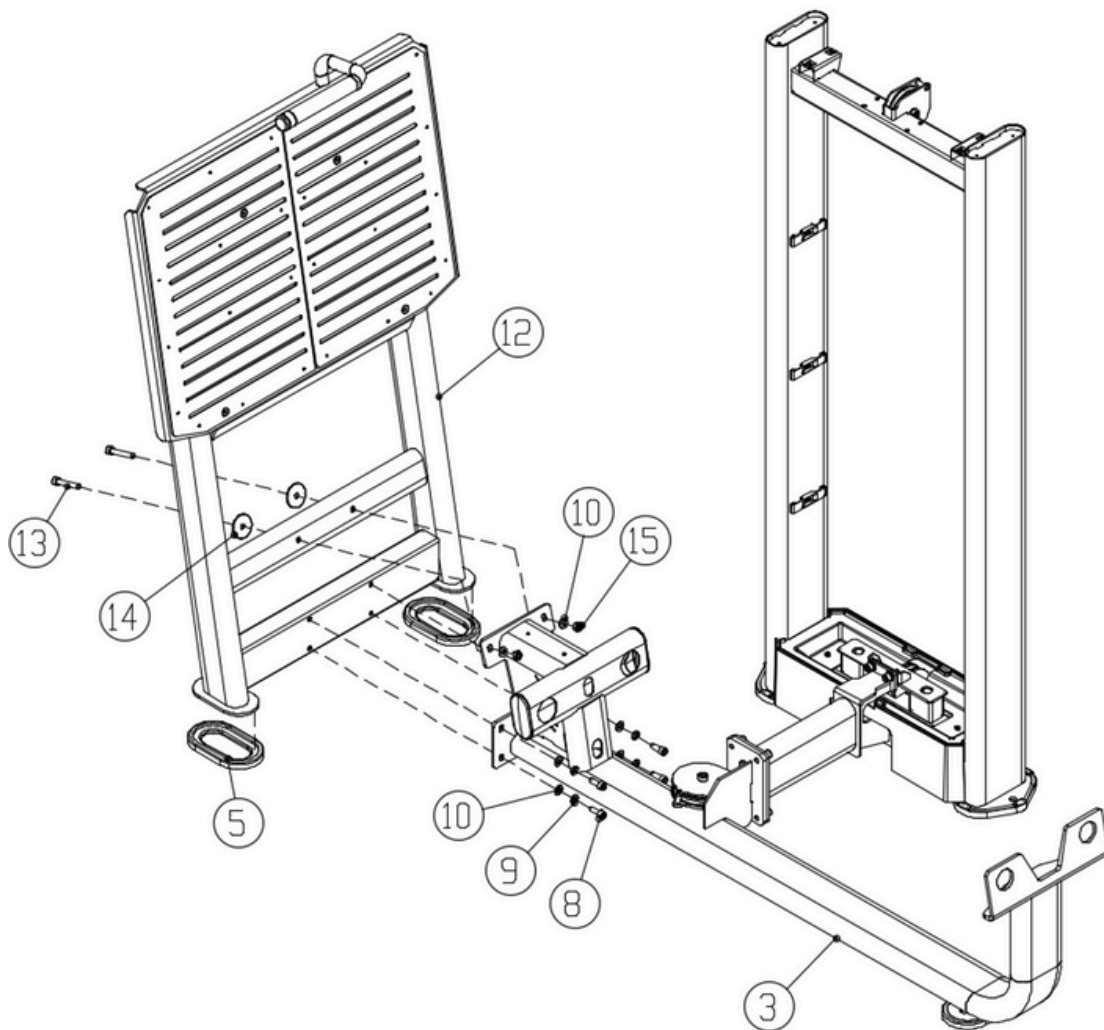
Step 4:

Attach the remaining 2 flat oval foot pads (#5) to the Seated Stirrup Riser Assembly.

Step 5:

Attach the Seated Stirrup Riser Assembly (#12) to the Seated Stirrup Main Frame (#3) using:

- 4 × M10×25 hexagon socket cheese head screws (#8)
- 4 × M10-D20 flat washers (#10)
- 4 × M10 spring washers (#9)
- 2 × M10×60 hexagon socket cheese head screws (#13)
- 2 × M10-D20 flat washers (#10)
- 2 × M10 hexagonal locknuts (#15)



Step 6:

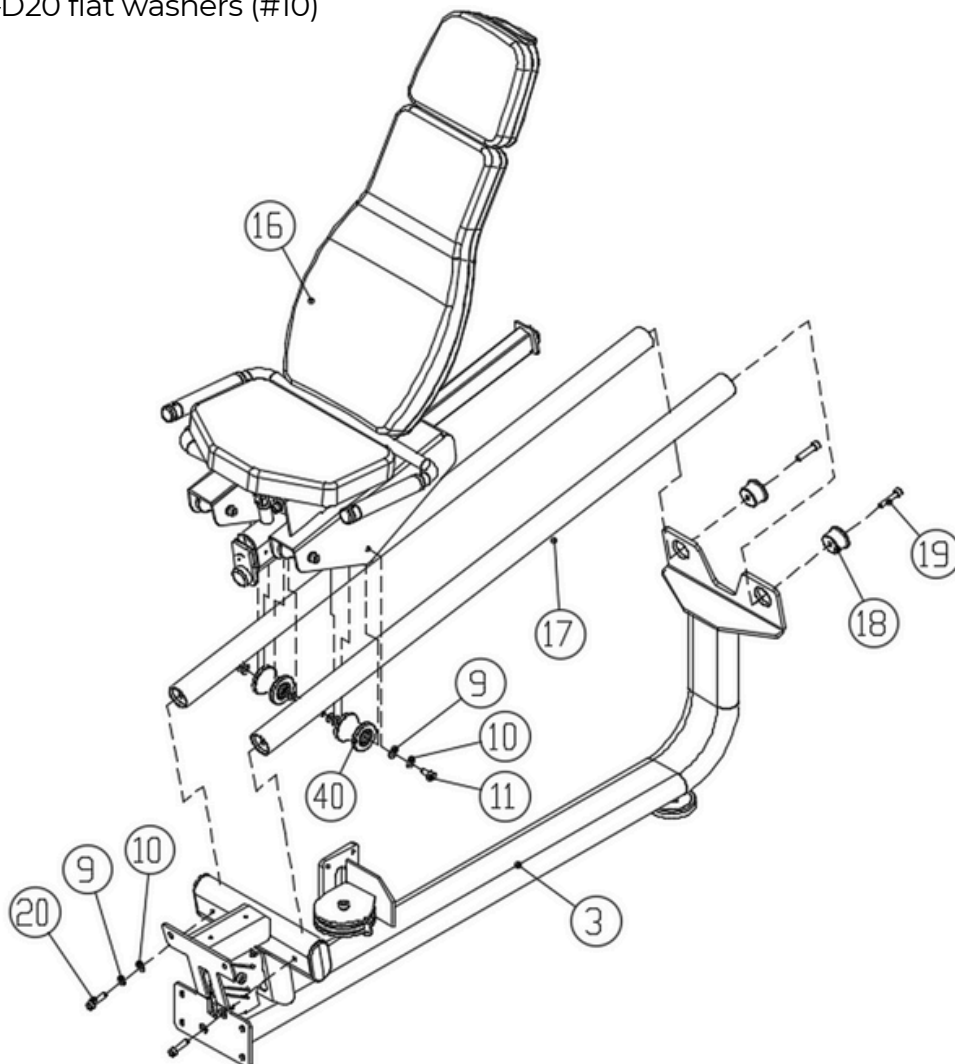
Install the two Seated Stirrup Slides (#17) and two Slide Retainer Sleeves (#18) to the Seated Stirrup Main Frame Assembly (#3) using:

- 2 × M10×45 hexagon socket cheese head screws (#19)
- 2 × M10 hexagon socket cheese head screws
- 2 × M10 spring washers (#9)
- 2 × M10–D20 flat washers (#10)

Step 7:

Attach the Seated Stirrup Seat Assembly (#16) to the Seated Stirrup Slides (#17) using the following hardware and components (including 2 rollers (#40))

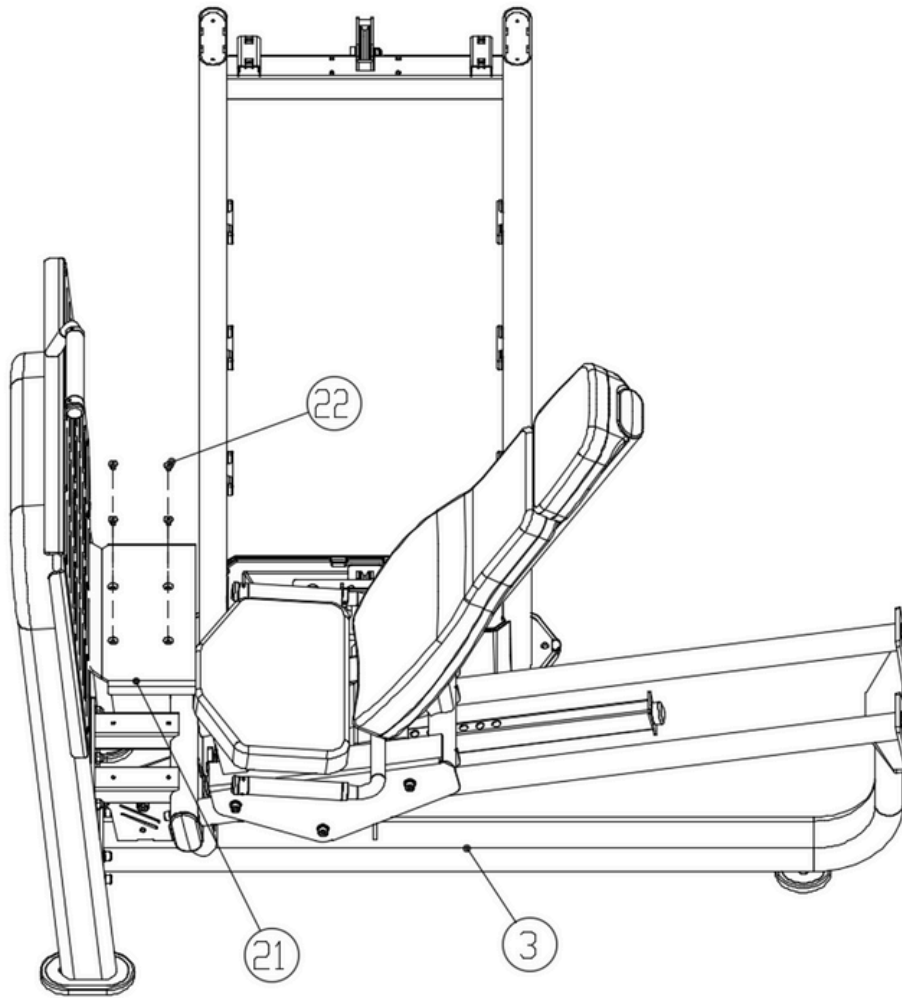
- 4 × M10×20 hexagon socket cheese head screws (#11)
- 4 × M10 spring washers (#9)
- 4 × M10–D20 flat washers (#10)



Step 8:

Secure the Seated Stirrup Entry Pedal (#21) to the Horizontal Ab Side Rack Assembly (#3) using:

- 2 × M8×12 hexagon socket countersunk head screws (#22)



Step 9:

Slide the two counterweight block rubber pads (#24) onto the two guide rods (#23).

Connect the two counterweight bases (#25) to the guide rods (#23) and place them into the counterweight rack (#1).

Use the following hardware:

- 2 × M8×25 hexagon socket cheese head screws (#26)
- 2 × M8 spring washers (#30)
- 2 × M8-D16 flat washers (#31)

Step 10:

Slide 14 counterweight blocks (#27) onto the guide rods (#23), ensuring the isolation tabs face upward.

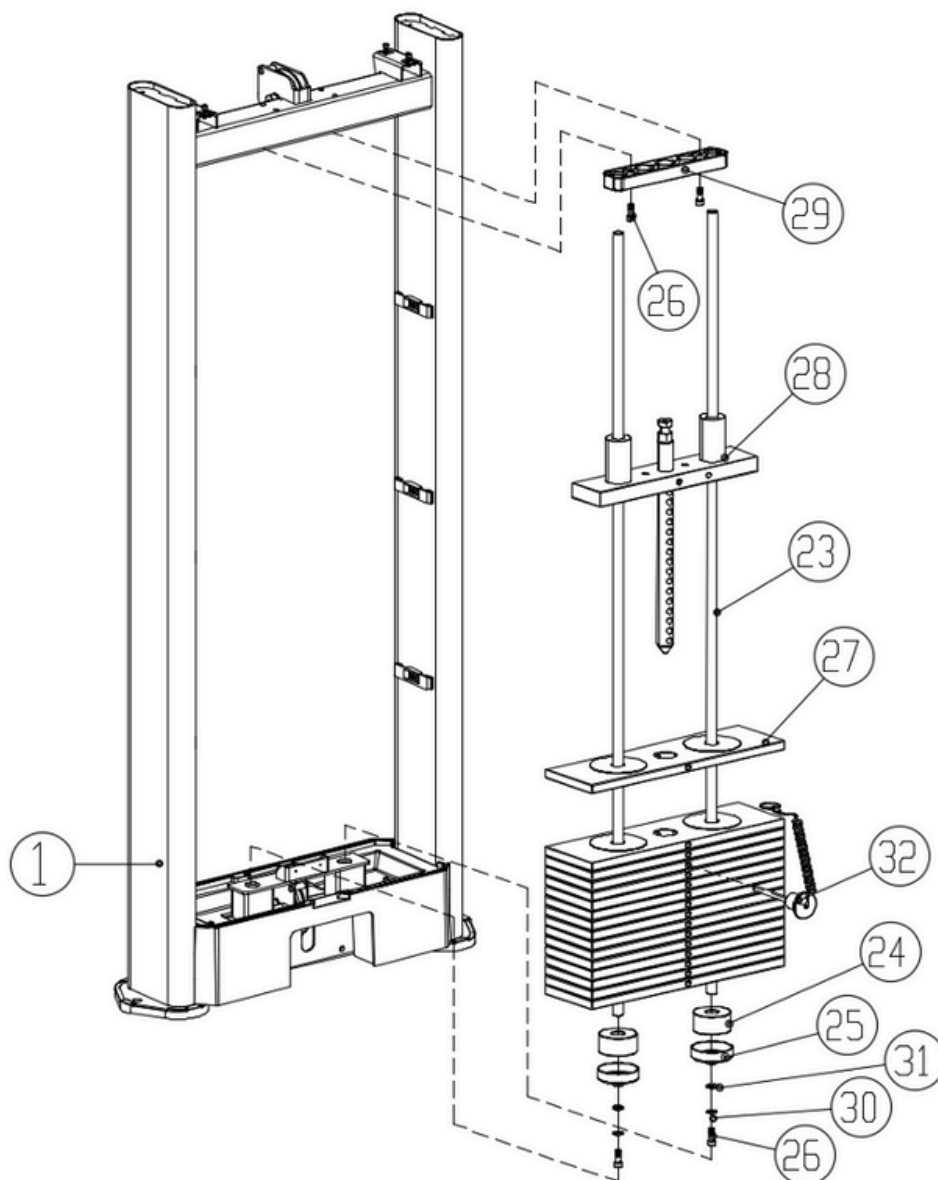
Install the guide block set (#28) onto the guide bar (#23).

Insert the counterweight block pin (#32) into the counterweight block.

Slide the guide bar retainer plate (#29) onto the guide bar (#23).

Attach the guide bar mounting plate (#29) to the counterweight bracket using:

- 2 × M8×25 hexagon socket cheese head screws (#26)



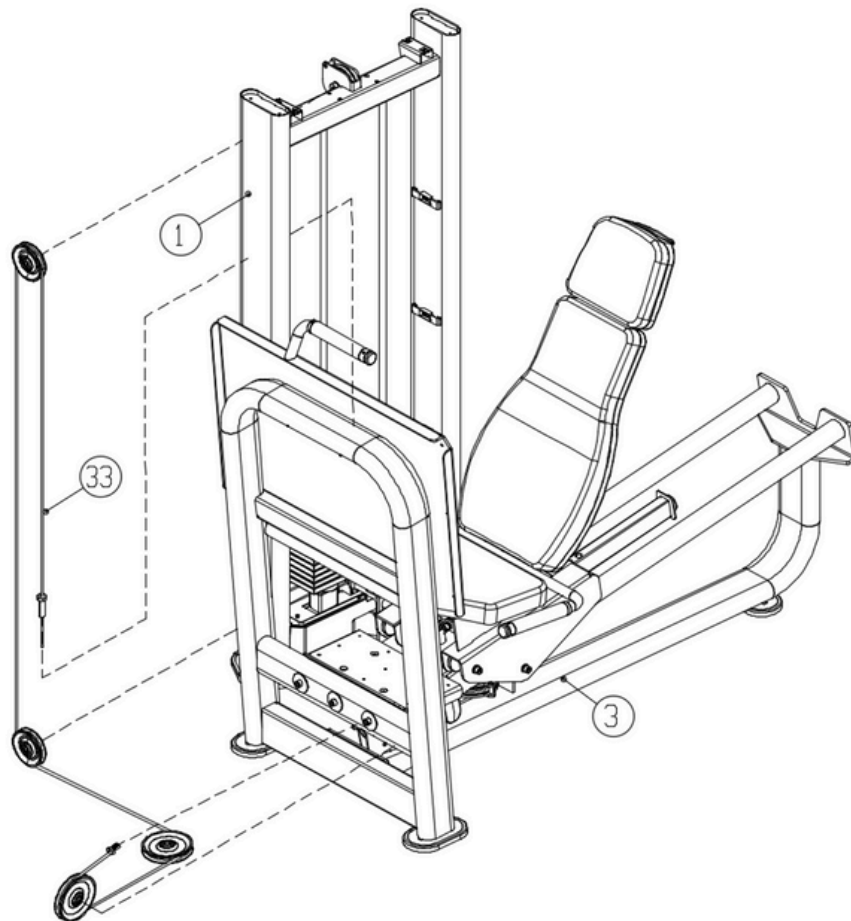
Step 11:

Thread the wire rope (#33) as shown in the diagram.

Note: The pre-installed sheaves must be disassembled and reassembled. Make sure all sheaves are installed in synchronization with the wire rope.

Step 12:

Attach one end of the wire rope (#33) to the Horizontal Abdominal Side Rack Assembly (#3), and the other end to the Counterweight Rack (#1).



Step 13:

Slide the two Trim Strips (#35) into the two Baffles (#34).

Slide the Trim Plate (#36) into the Baffles (#34) and secure them to the Counterweight Rack (#1).

Attach the Upper Shroud (#37) to the Counterweight Frame (#1) using:

- 4 × M5×16 hexagon socket cheese head screws (#7)

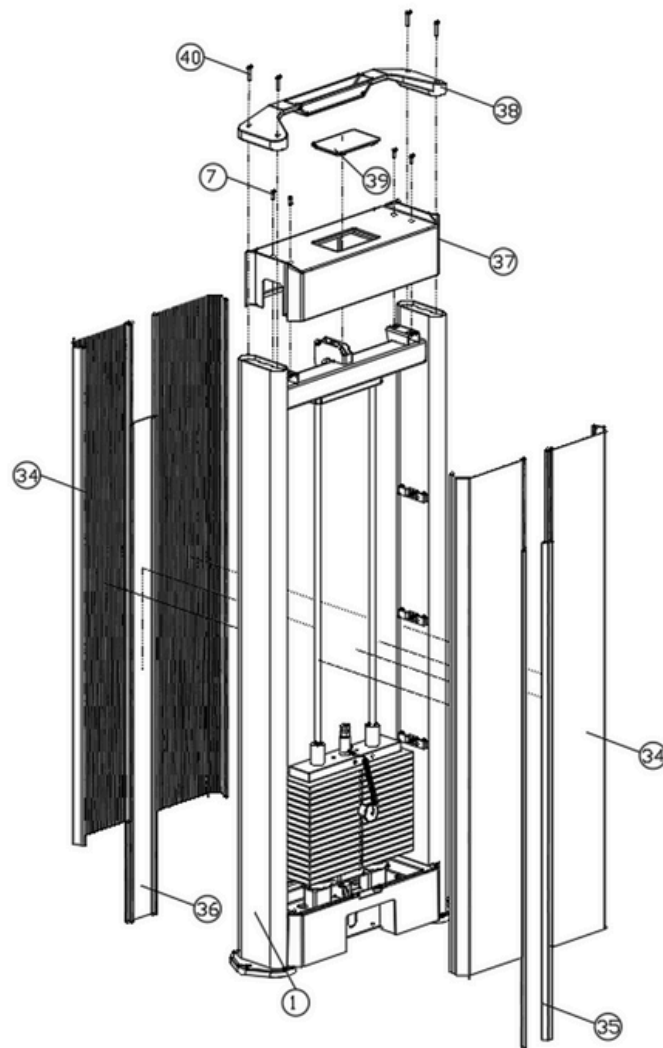
Step 14:

Attach the Top Cover Trim (#38) to the Counterweight Rack (#1) using:

- 4 × M6×30 hexagon socket cheese head screws (#40)

Step 15:

Snap the Upper Shroud Top Cover (#39) into place on the Upper Shroud (#37).

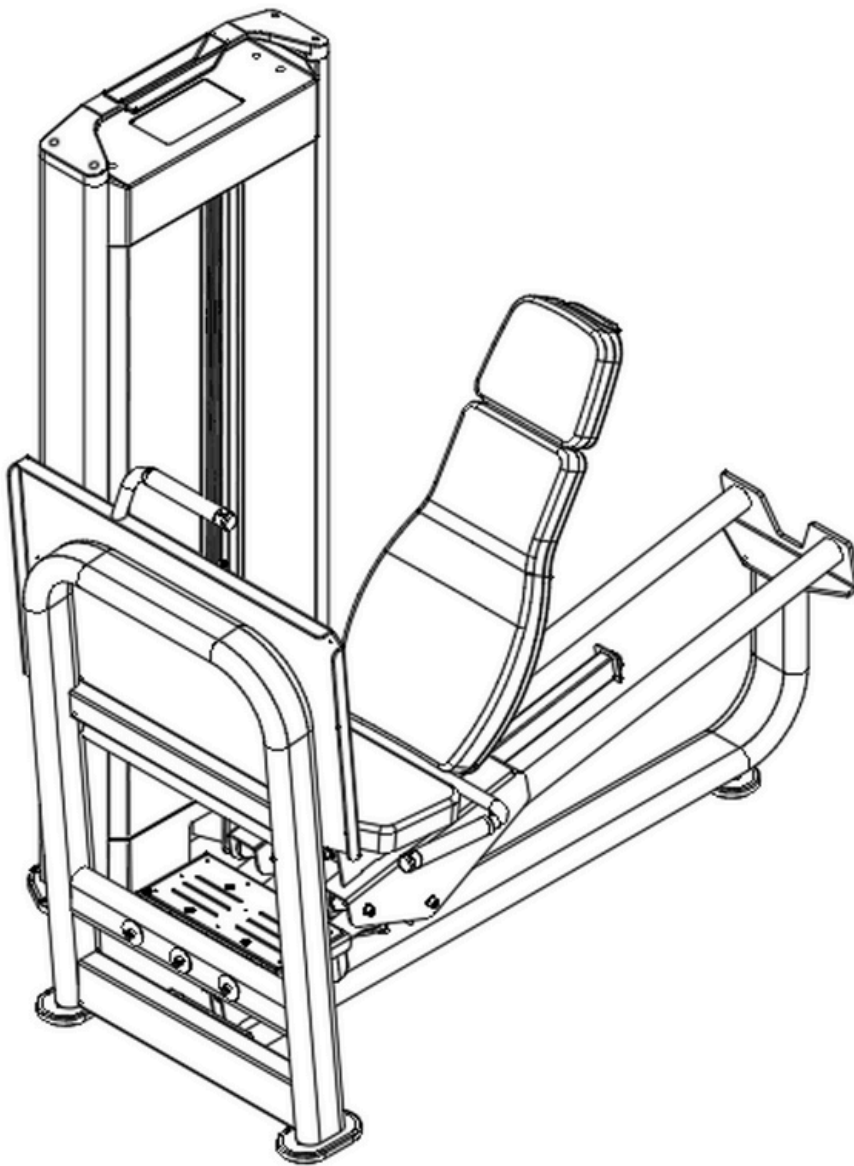


Important Tips

Now that your Leg Press 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 frame	1
2	attachment bracket 1	1
3	Main Frame Assembly	1
4	counterweight underguard	1
5	Flat ellipse foot mats	3
6	counterweight footrest	2
7	Hexagon socket cheese head screws (M5*16)	6
8	Hexagon socket cheese head screws (M10*25)	12
9	spring washer (M10)	20
10	flat washer (M10-D20)	22
11	Hexagon socket cheese head screws (M10*20)	6
12	Seated Stirrup Riser Assembly	1
13	Hexagon socket cheese head screws (M10*60)	2
14	flat washer (M10-D50)	2
15	Hexagonal locknuts (M10)	2
16	Seat Assembly	1
17	Slide	2
18	Slide Retaining Sleeve	2
19	Hexagon socket cheese head screws (M10*45)	2
20	Hexagon socket cheese head screws (M10*35)	2
21	Entry Pedal	1
22	Hexagon socket countersunk head screws (M8*12)	2
23	guide bar	2
24	Counterweight rubber pads	2
25	Counterweight frame base	2
26	Hexagon socket cheese head screws (M8*25)	4
27	Weight stack	14
28	Guide block set	1
29	Guide bar fixing plate	1
30	spring washer (M8)	2
31	flat washer (M8-D16)	2
32	weight stack pin	1
33	cable	1
34	shield	4
35	decorative strip	2
36	decorative plate	1
37	Upper shield	1
38	Top cover trim	1
39	Upper Shroud Top Cover	1
40	Hexagon socket cheese head screws (M6*30)	4