

# ***FITNESS360***<sup>®</sup>

**FT7204**

**Seated Low Row**



|                   |
|-------------------|
| Rubber rod        |
| Level             |
| Hexagon wrench    |
| Two people        |
| Circlip pliers    |
| Adjustable wrench |

#### Step 1:

Connect the counterweight lower guard (#2) to the counterweight frame (#1) in the following way:

- 2 x Hexagon socket head screws (#3)

Install the 2 weight rack feet (#4) to the weight rack (#1)

#### Step 2:

Install 1 movable foot pad (#6) to the low tension side frame I (#5). Connect the low tension side frame I (#5) to the counterweight frame (#1) in the following way:

- 4 x Hexagon socket head screws (#7)
- 6 x Spring washers (#8)
- 6 x Flat washers (#9)
- 2 x Hexagon socket head screws (#10)

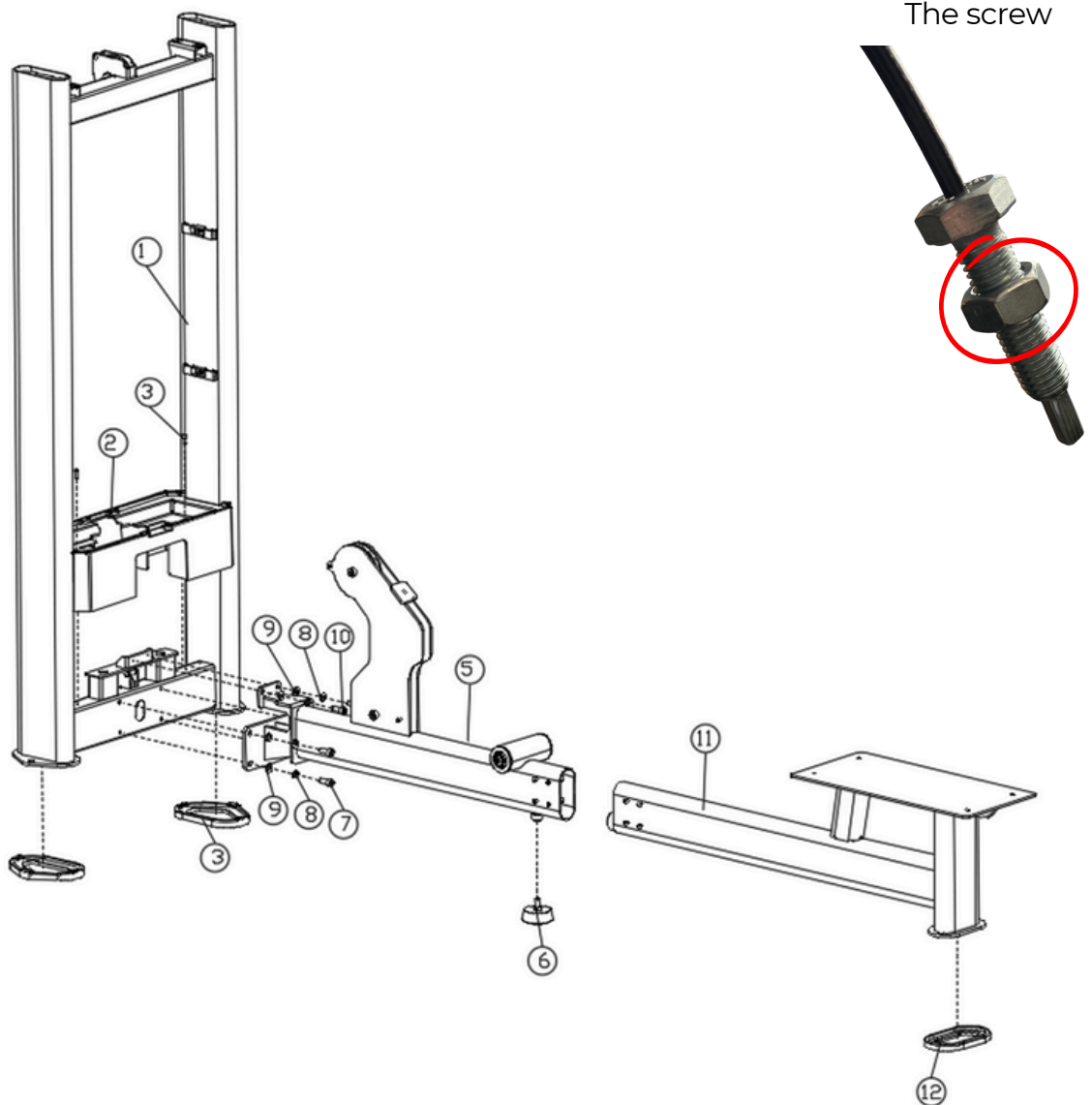
#### Step 3:

Install 1 flat oval foot pad (#12) to the low tension side frame II (#11)

Fit the low tension side frame II (#11) onto the low tension side frame I (#5) as shown in the figure.

**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:

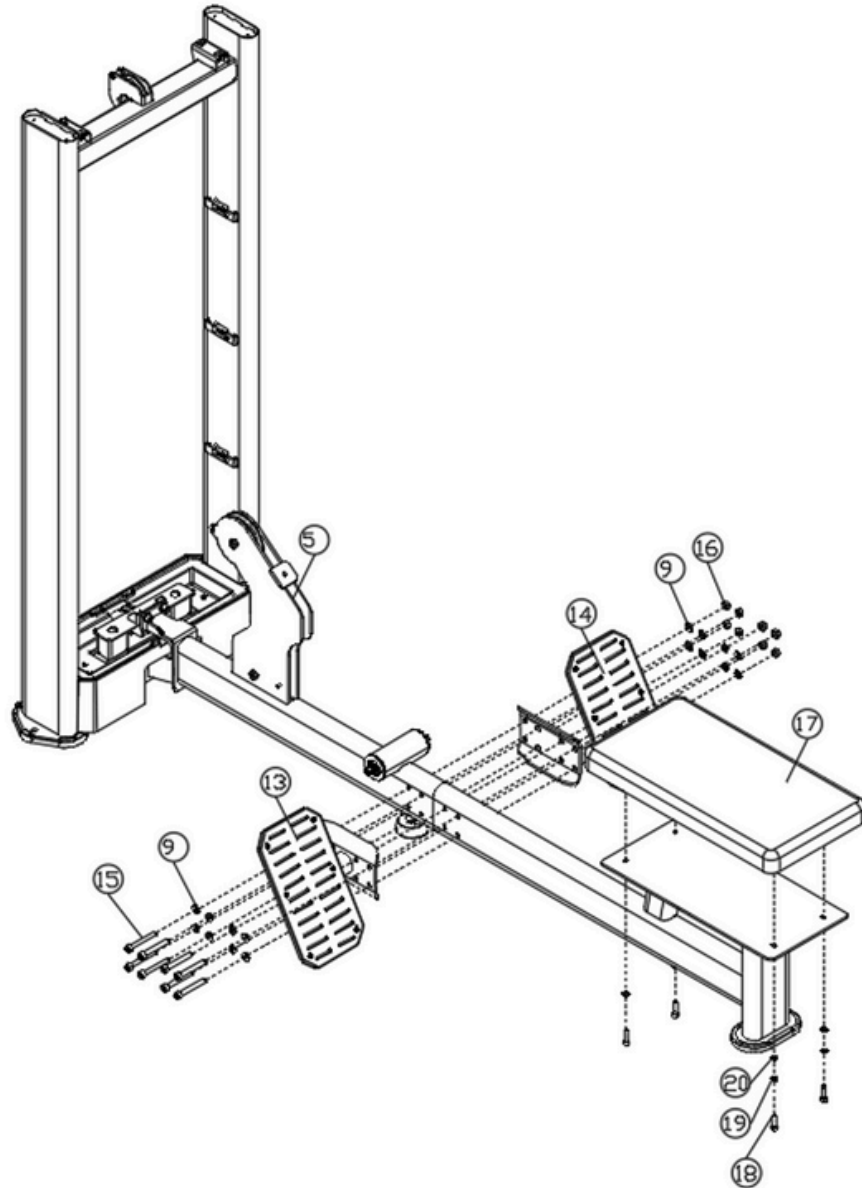
Use the following method to assemble the left low pull pedal (#13), the right low pull pedal (#14) and the low pull side frame I (#5). Low tension side frame II (#11) connects:

- 4 x Hexagon socket head screws (#15)
- 8 x Flat washers (#9)
- 4 x Hexagon self-locking nuts (#16)

Step 5:

Connect the low tension seat cushion (#17) to the low tension side frame II (#11) in the following way:

- 4 x Hexagon socket head screws (#18)
- 4 x Spring washers (#19)
- 4 x Flat washers (#20)



Step 6:

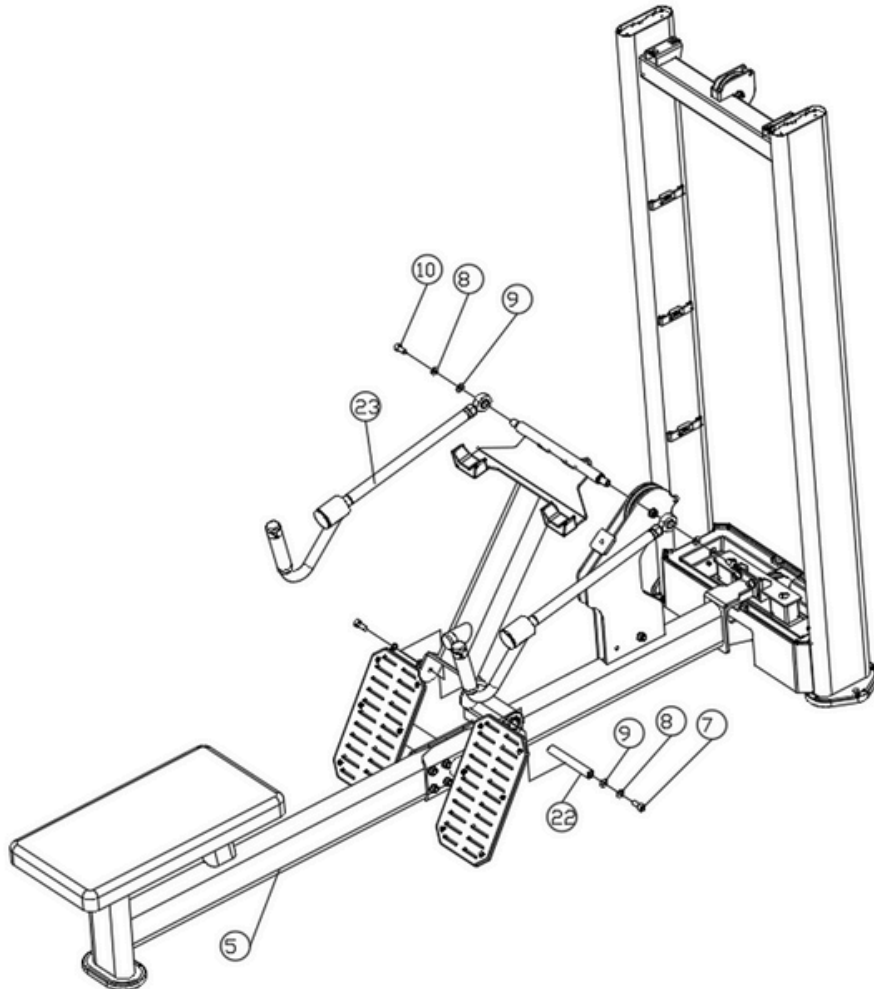
Connect the low tension arm (#21), low tension arm shaft (#22) and low tension side frame I (#5) in the following way:

- 2 x Hexagon socket head screws (#7)
- 2 x Spring washers (#8)
- 2 x Flat washers (#9)

Step 7:

Connect the two lower tension arm tie rods (#23) to the lower tension arm (#21) in the following manner:

- 2 x Hexagon socket head screws (#10)
- 2 x Spring washers (#8)
- 2 x Flat washers (#9)



Step 8:

Slide the two rubber weight pads (#25) onto the two guide rods (#24). Connect the two counterweight frame bases (#26) and the two guide rods (#24) and place them into the counterweight frame (#1) using the following method:

- 2 x Hexagon socket head screws (#27)
- 2 x Spring washers (#19)
- 2 x Flat washers (#20)

Step 9:

Install the 16 counterweights (#28) onto the guide rods (#24) with the spacers facing up.

Install the guide block assembly (#29) onto the guide rod (#24)

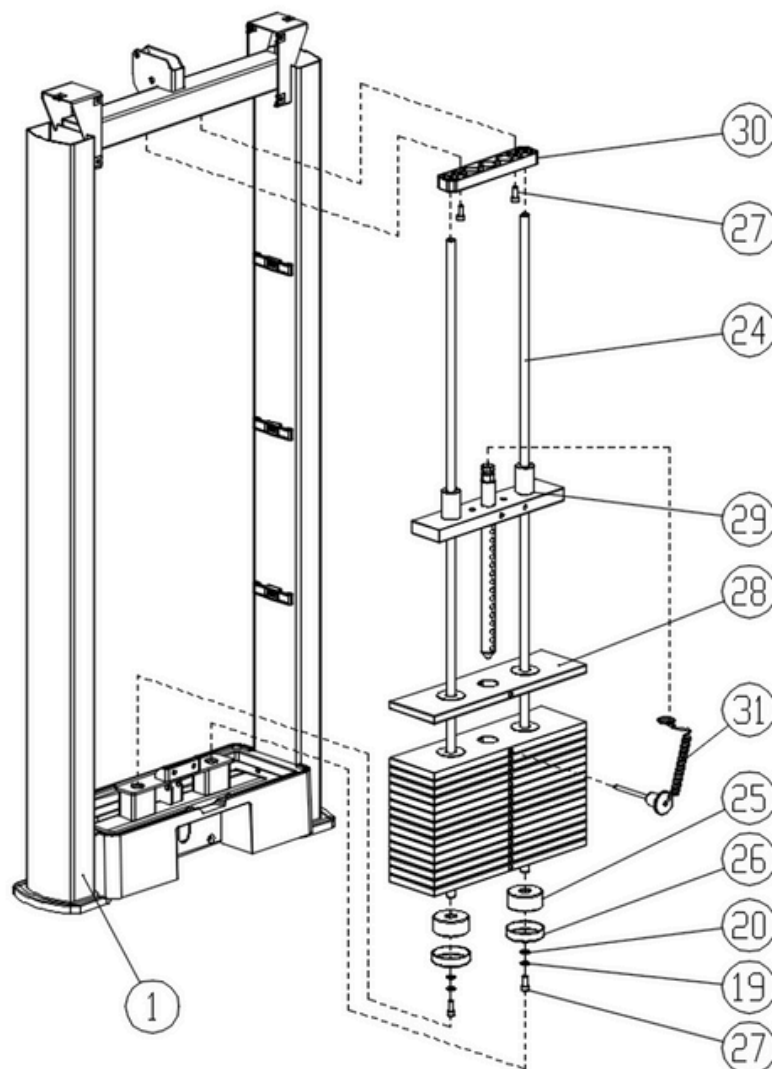
Insert the weight pin (#31) into the weight (#28)

Slide the guide bar fixing plate (#30) onto the guide bar (#24)

Install the guide rod fixing plate (#30) to the counterweight frame (#1) in the following way::

- 2 x Hexagon socket head screws (#27)

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

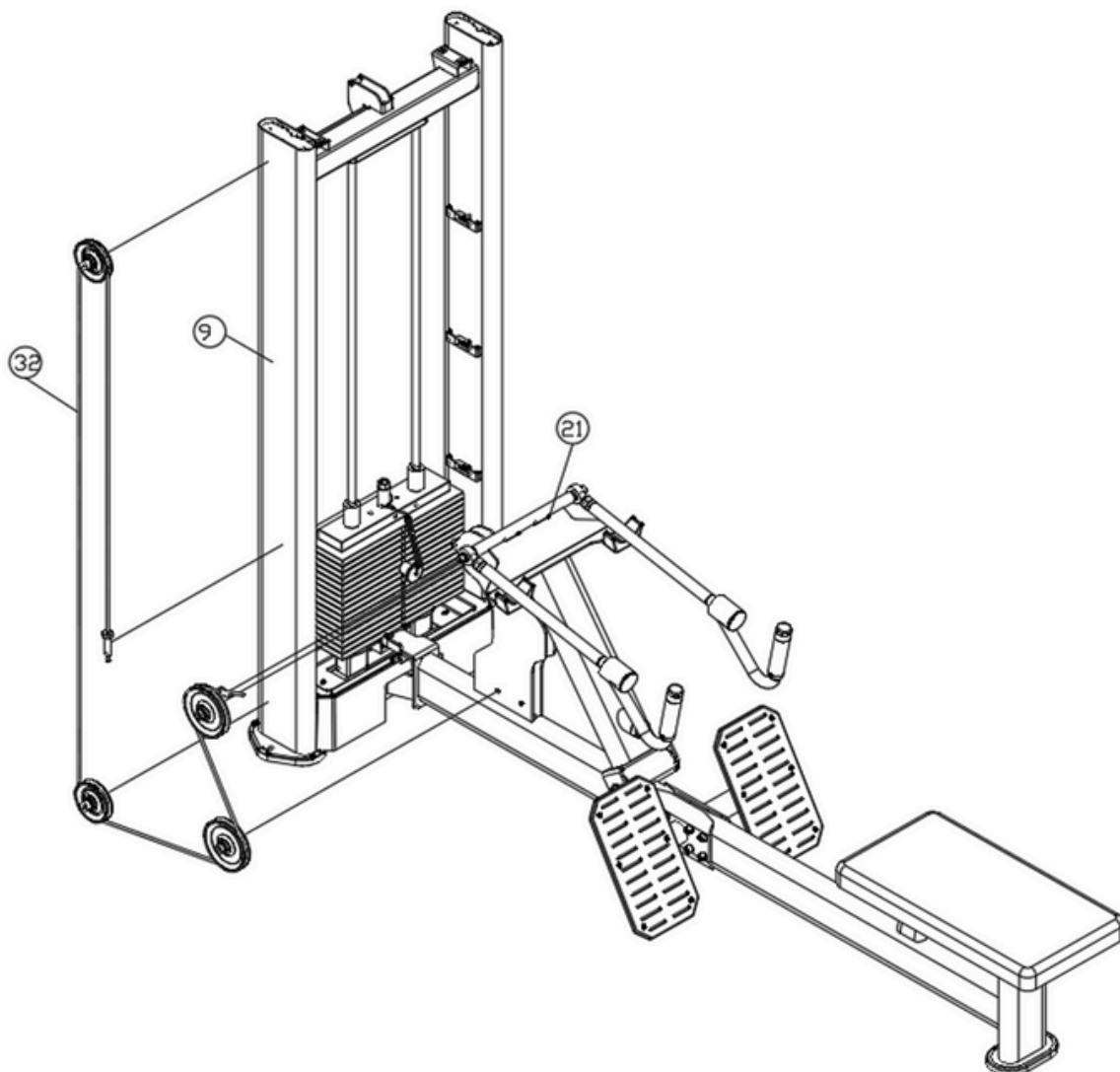


Step 10:

First disassemble the pre-installed 95 and 120 reels, insert the wire rope (#32) as shown in the figure, and then reinstall the reels. Note that these reels are installed simultaneously with the wire rope (#32).

Step 11:

Connect one end of the wire rope (#32) to the lower tension arm (#21) and the other end to the counterweight frame (#1).



Step 12:

Slide the two trim strips (#34) into the two fenders (#33) and attach to the counterweight frame (#1) using the fender hold-down plates.

Slide the trim plate (#35) into the two baffles (#33) and attach to the counterweight frame (#1) using the baffle pressure plate.

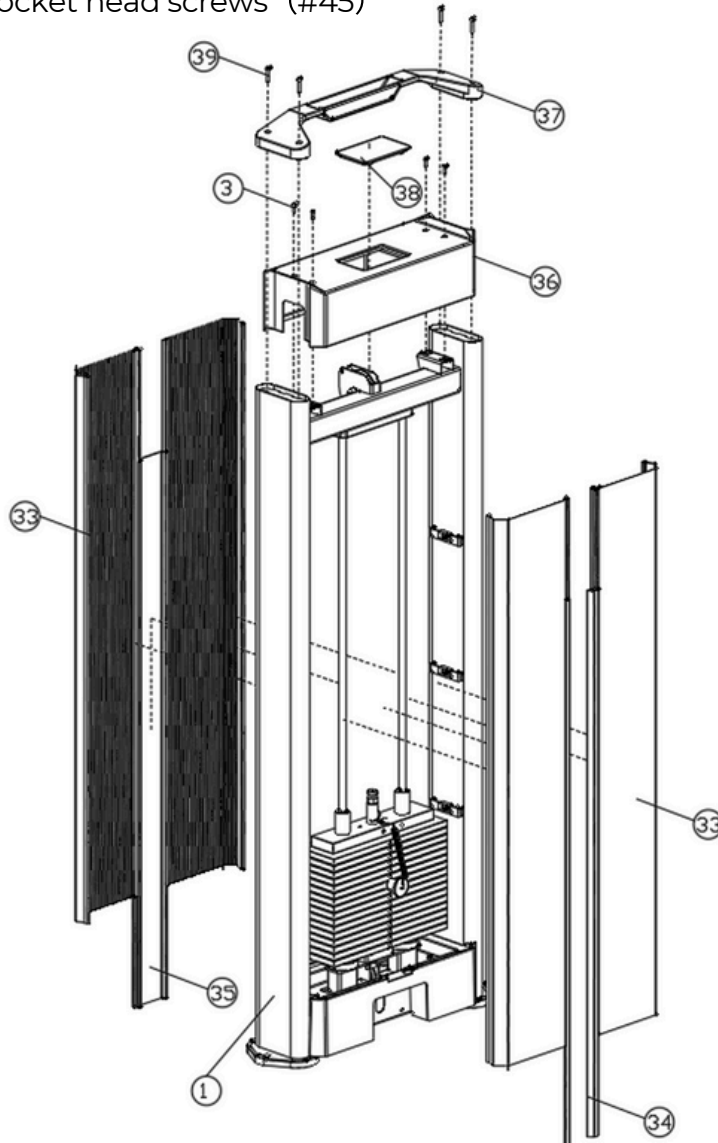
Attach the upper guard (#36) to the counterweight frame (#1) in the following manner:

- 4 x Hexagon socket head screws (#9)

Connect the upper shield cover (#38) to the upper shield (#36)

Attach the upper cover trim (#37) to the counterweight frame using the following method: (#1):

- 4 x Hexagon socket head screws (#45)

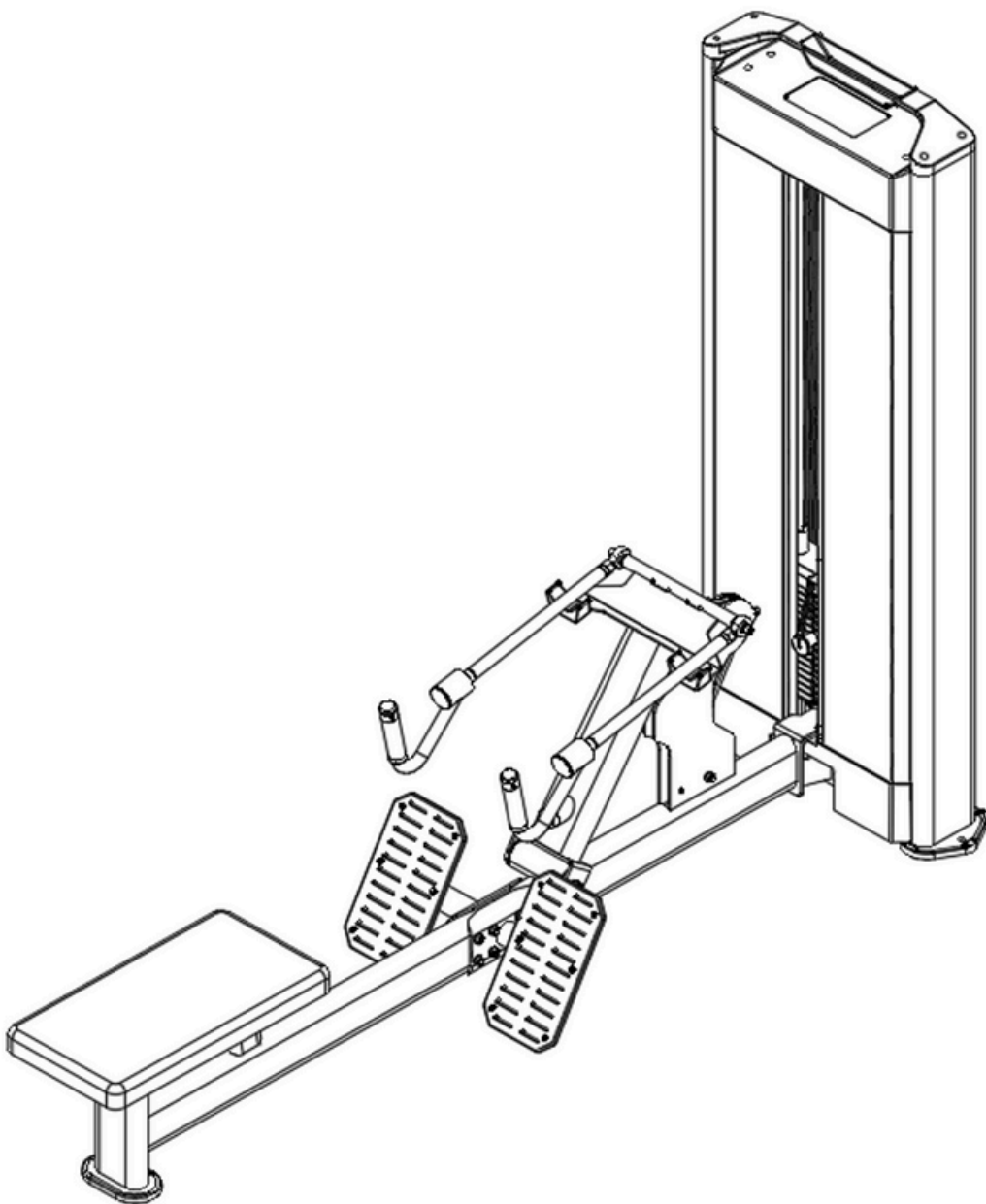


### Important Tips

Now that your Seated Low Row 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               | pcs |
|----|---------------------------------------|-----|
| 1  | Counterweight rack                    | 1   |
| 2  | Counterweight lower guard             | 1   |
| 3  | Hexagon socket head screws (M5*16)    | 6   |
| 4  | Weight rack foot pads                 | 2   |
| 5  | Low tension side frame I              | 1   |
| 6  | Activity mat                          | 1   |
| 7  | Hexagon socket head screws (M10*25)   | 6   |
| 8  | Spring washers (10)                   | 10  |
| 9  | Flat washers (10)                     | 18  |
| 10 | Hexagon socket head screws (M10*20)   | 4   |
| 11 | Low tension side frame II             | 1   |
| 12 | Flat oval foot pad                    | 1   |
| 13 | Pull left pedal low                   | 1   |
| 14 | Pull right pedal low                  | 1   |
| 15 | Hexagon socket head screws (M10*75)   | 4   |
| 16 | Hexagon self-locking nuts (M10)       | 4   |
| 17 | Low-pull seat cushion                 | 1   |
| 18 | Hexagon socket head screws (M8*30)    | 4   |
| 19 | Spring washers (8)                    | 6   |
| 20 | Flat washers (8)                      | 6   |
| 21 | Low tension arm                       | 1   |
| 22 | Low tension arm shaft                 | 1   |
| 23 | Low tension arm tie rod               | 2   |
| 24 | Universal weight guide rod            | 2   |
| 25 | Counterweight rubber pad              | 2   |
| 26 | Counterweight rack base               | 2   |
| 27 | Hexagon socket head screws (M8*20)    | 4   |
| 28 | Counterweight                         | 16  |
| 29 | Guide block set                       | 1   |
| 30 | Guide rod fixing plate                | 1   |
| 31 | Counterweight latch                   | 1   |
| 32 | cable                                 | 1   |
| 33 | Bezel                                 | 4   |
| 34 | Counterweight source decorative strip | 2   |
| 35 | Counterweight source decorative plate | 1   |
| 36 | Counterweight upper guard             | 1   |
| 37 | Upper cover decoration                | 1   |
| 38 | Upper guard cover                     | 1   |
| 39 | Hexagon socket head screws (M6*30)    | 4   |