

FITNESS360[®]

FT7208

Seated Calf



Rubber rod
Level
Hexagon wrench
Two People
Adjustable wrench
Adjustable wrench

Step 1:

Connect the counterweight lower guard (#2) to the counterweight frame (#1) using the following method:

- 2 x Hexagon socket cheese head screws M5*16 (#3)

Step 2:

Connect the base frame assembly (#4) to the counterweight frame (#1) using the following method:

- 6 x Hexagon socket head screw M10*25 (#9)
- 6 x Spring washer M10 (#10)
- 6 x Flat washer M10-D20 (#11)

Step 3:

Connect the footrest bracket assembly (#5), power assist assembly (#6) and bottom frame assembly (#4) as follows:

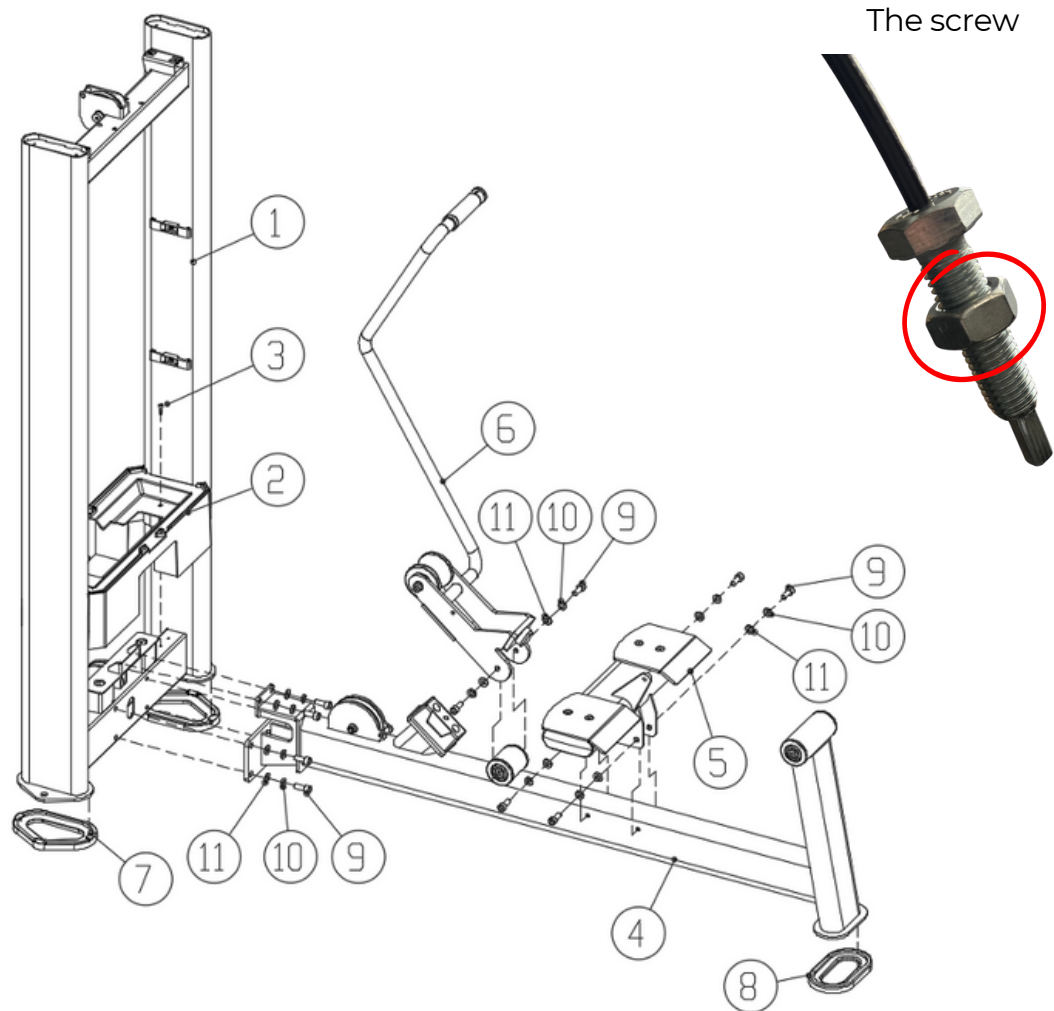
- 6 x Hexagon socket head screw M10*25 (#9)
- 6 x Spring washer M10 (#10)
- 6 x Flat washer M10-D20 (#11)

Step 4:

Install the 2 weight feet (#7) to the weight rack (#1). Install the 2 flat oval feet (#8) to the base assembly (#4)

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.



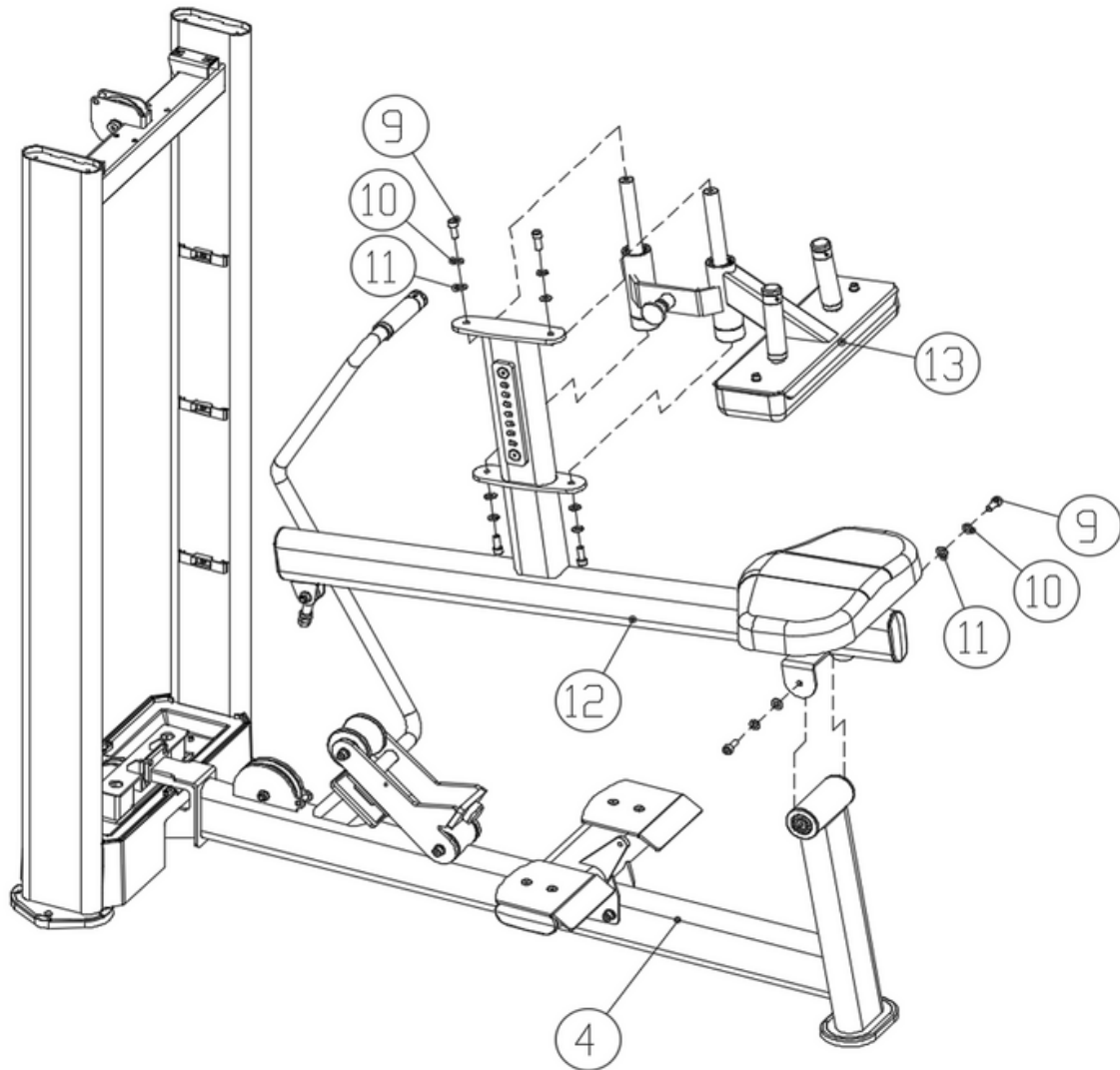
Step 5:

Connect the Seated Calf Slide Assembly (#13) to the Seated Calf Lever Assembly (#12).

Step 6:

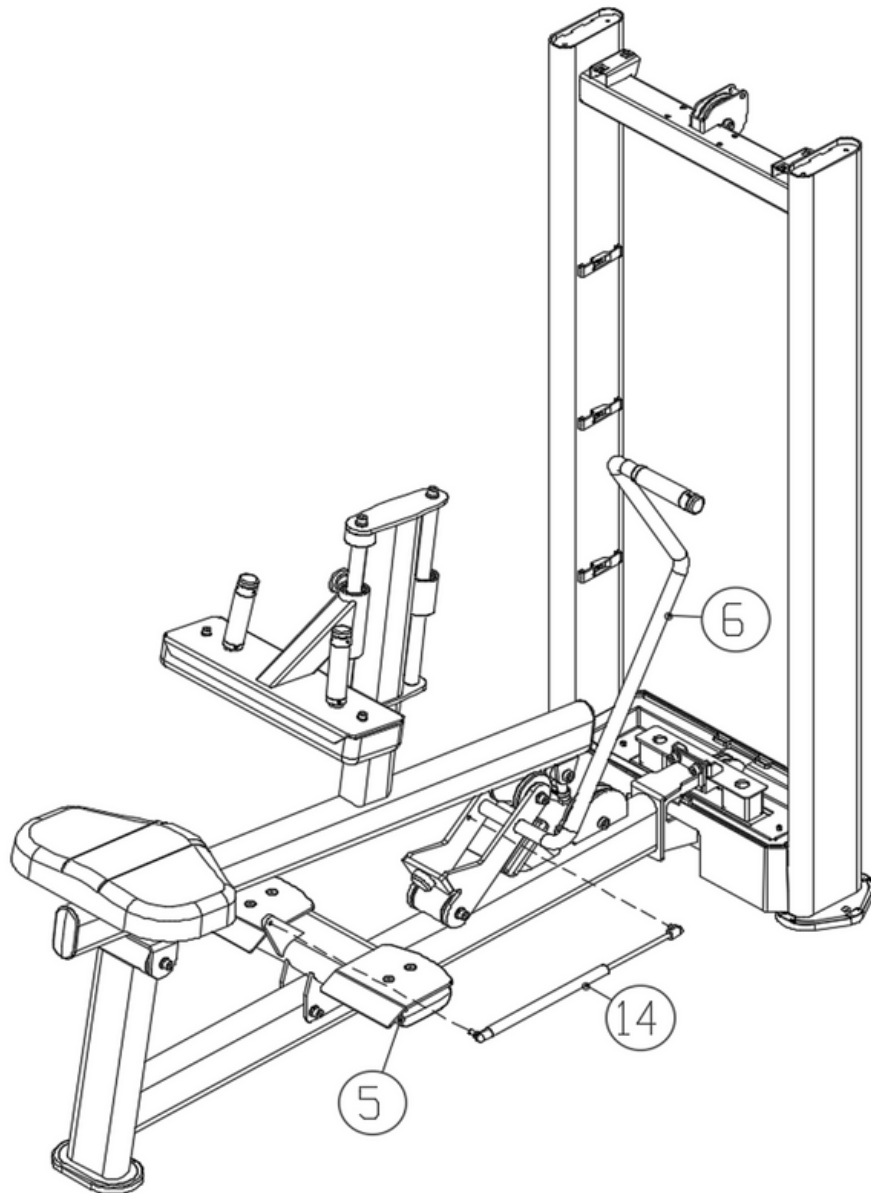
Connect the Seated Calf Arm Assembly (#12) to the Base Frame Assembly (#4) as follows:

- 2 x Hexagon socket head screw M10*25 (#9)
- 2 x Spring washer M10 (#10)
- 2 x Flat washer M10-D20 (#11)



Step 7:

Use the gas spring-100N-200 to connect the pedal bracket assembly (#5) and the power assist assembly (#6)



Step 8:

Slide the two rubber weight pads (#16) onto the two guide rods (#15). Connect the two counterweight frame bases (#17) and the two guide rods (#15) and place them into the counterweight frame (#1) in the following manner:

- 2 x Hexagon socket head screw M8*20 (#18)
- 2 x Spring washer M8 (#19)
- 2 x Flat washer M8-D16 (#20)

Step 9:

Install the 16 counterweights (#21) onto the guide rods (#15) with the spacers facing up.

Install the guide block assembly (#22) onto the guide rod (#15).

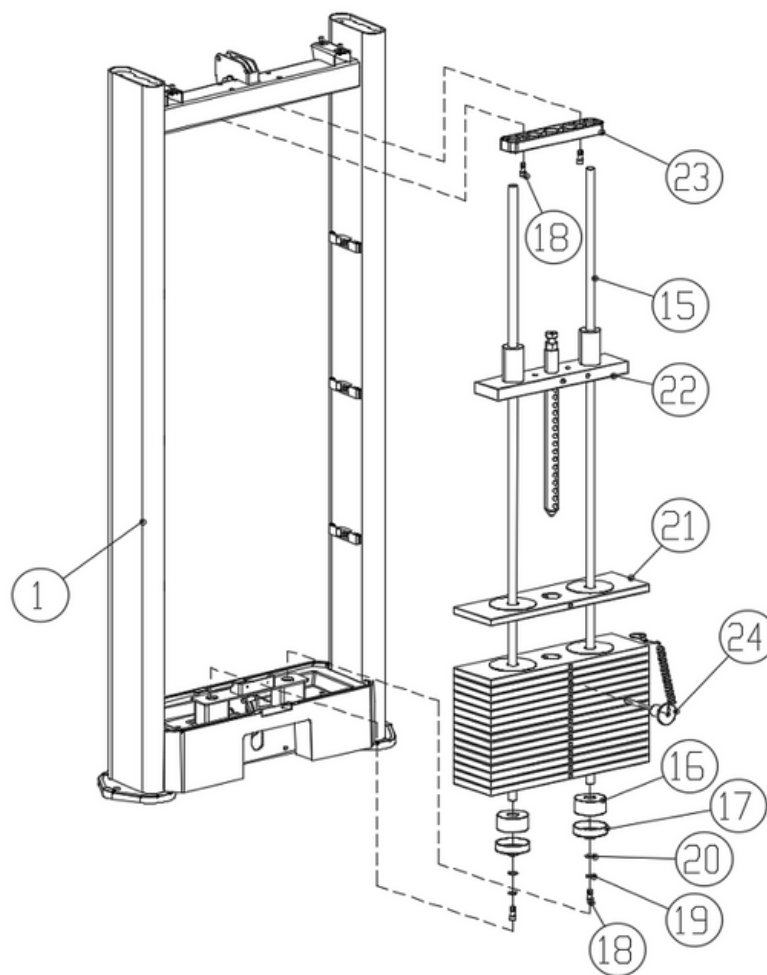
Insert the counterweight pin (#24) into the counterweight (#21).

Slide the guide bar retaining plate (#23) onto the guide bar (#15).

Install the guide rod mounting plate (#23) to the counterweight frame (#1) as follows:

- 2 x Hexagon socket head screw M8*20 (#18)

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

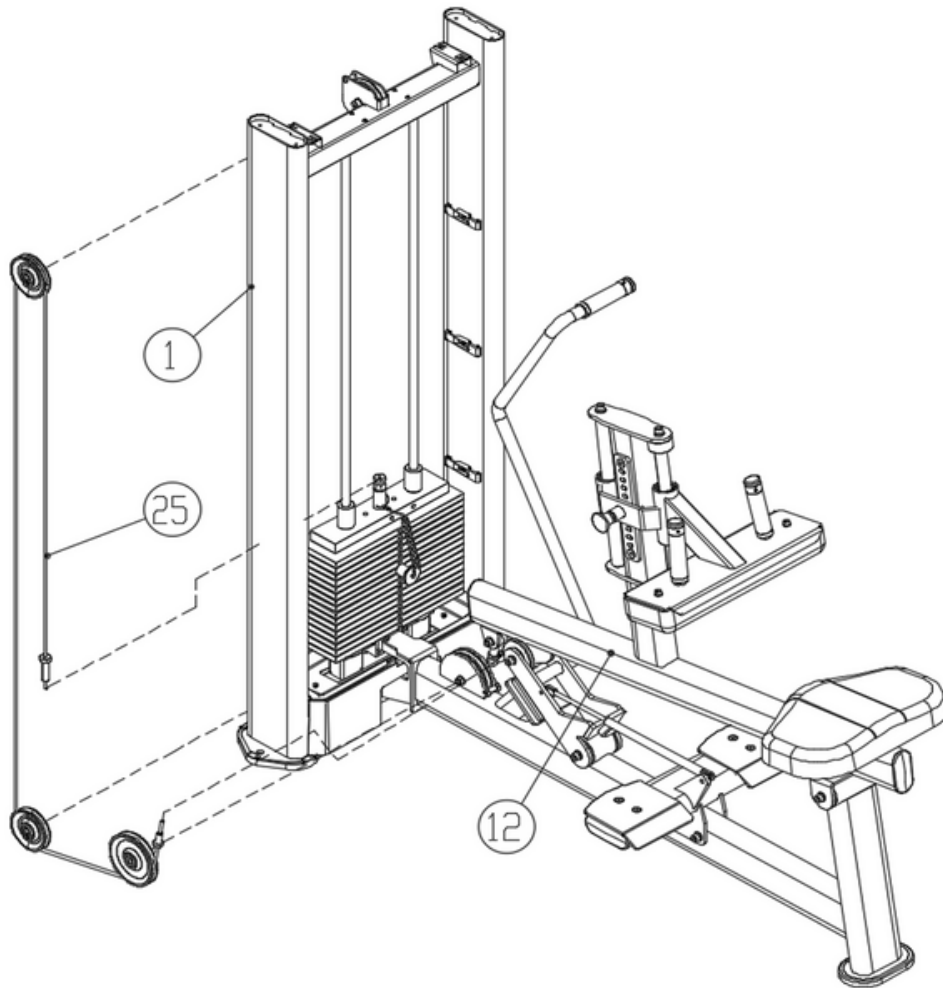


Step 10:

Insert the wire rope (#25) as shown in the figure. The pre-installed wire wheel needs to be removed and then reinstalled.

Step 11:

Connect one end of the wire rope (#25) to the seated calf arm assembly (#12), and then connect the other end to the weight rack (#1).



Step 12:

Slide the two trim strips (#27) into the two fenders (#26) and attach to the counterweight frame (#1) using the fender hold-down plates. Slide the trim plate (#28) into the two baffles (#26) and attach to the counterweight frame (#1) using the baffle hold-down plates.

Attach the upper guard (#29) to the counterweight frame (#1) as follows:

- 4 x Hexagon socket head screw (#3)

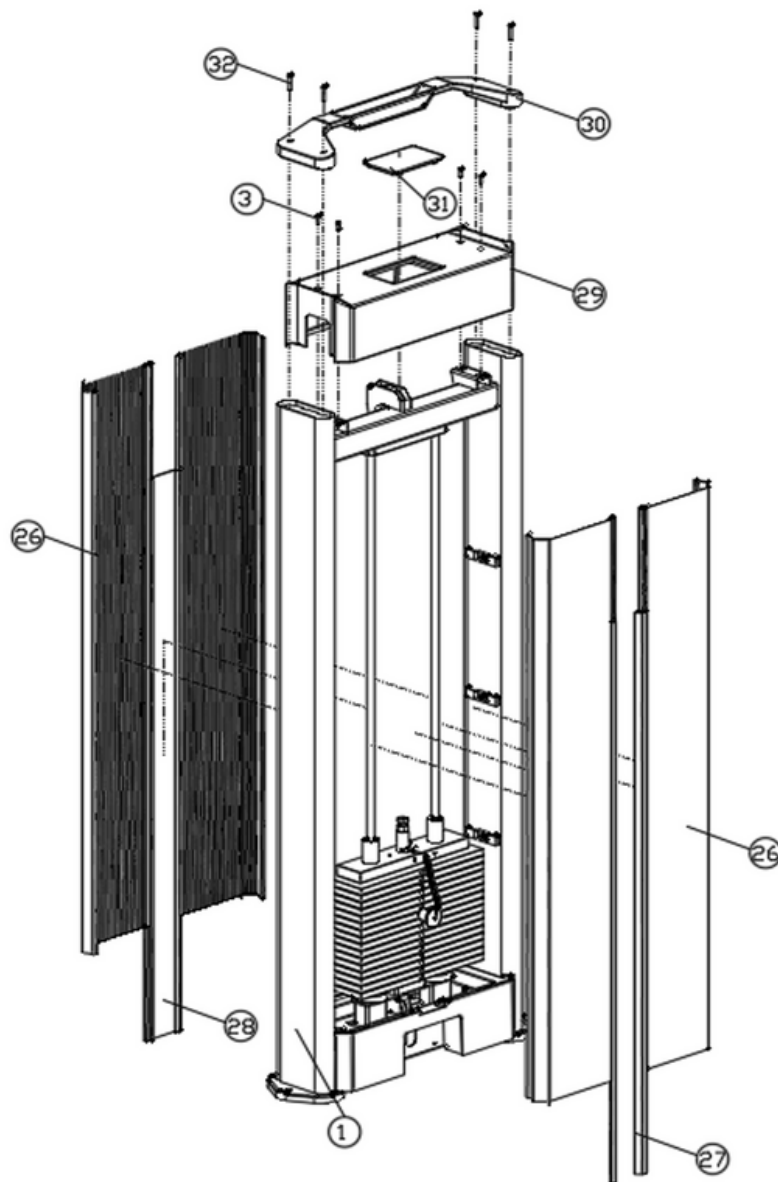
Step 13:

Attach the upper lid trim cover (#30) to the counterweight frame (#1) using the following method:

- 4 x Hexagon socket head screw (#32)

Step 14:

Snap the upper guard cover (#31) onto the upper guard (#29).

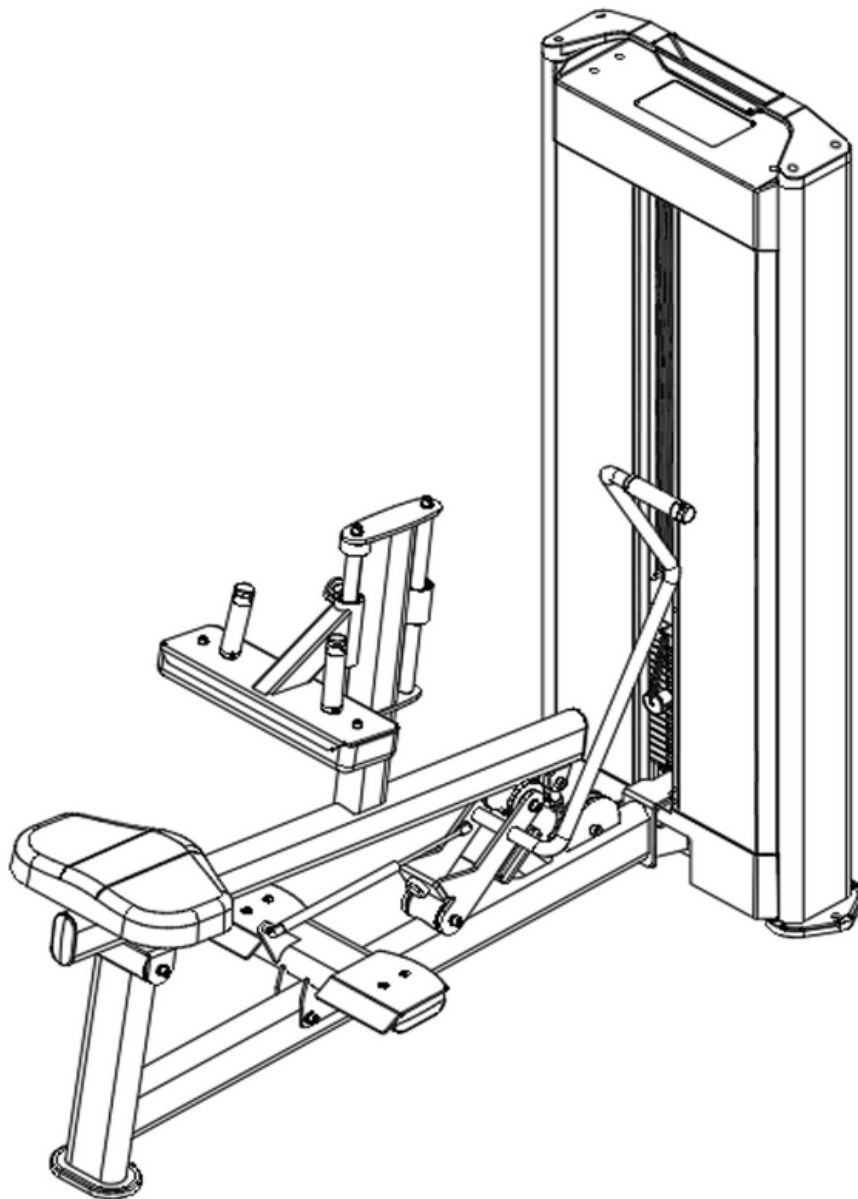


Important Tips

Now that your Seated Calf 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 rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	8
4	Chassis components	1
5	Footrest bracket assembly	1
6	Power Components	1
7	Weight rack foot pads	2
8	Flat oval foot pad	2
9	Hexagon socket head screw (M10*25)	14
10	Spring washer (M10)	14
11	Flat washer (M10-D20)	14
12	Seated calf arm assembly	1
13	Seated Calf Slide Assembly	1
14	Gas spring-100N-200	1
15	Guide rod	2
16	Counterweight rubber pad	2
17	Counterweight rack base	2
18	Hexagon socket head screw (M8*20)	4
19	Spring washer (M8)	2
20	Flat washer (M8-D16)	2
21	Counterweight	16
22	Guide block set	1
23	Guide rod fixing plate	1
24	Counterweight latch	1
25	Wire Rope	1
26	Bezel	4
27	Decorative Strips	2
28	Decorative panels	1
29	Upper guard	1
30	Upper cover decoration	1
31	Upper guard cover	1
32	Hexagon socket head screw (M6*30)	4
Note: Pre-assembled parts are not listed in this table.		