

FITNESS360[®]

FT7209

Standing Calf



| |
|-------------------|
| Rubber mallet |
| Level ruler |
| Allen wrench |
| Two People |
| Adjustable wrench |
| Spring clamp |

Step 1:

Attach the Counterweight Lower Shroud (#2) to the Counterweight Frame (#1) by.

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

Step 2:

Connect the Attachment Frame (#4), Bottom Frame Assembly (#5) to the Counterweight Frame (#1) using the following method:

- 4 x Hexagon socket cheese head screws M10*25 (#8)
- 4 x spring washer M10 (#9)
- 4 x flat washer M10-D20 (#10)

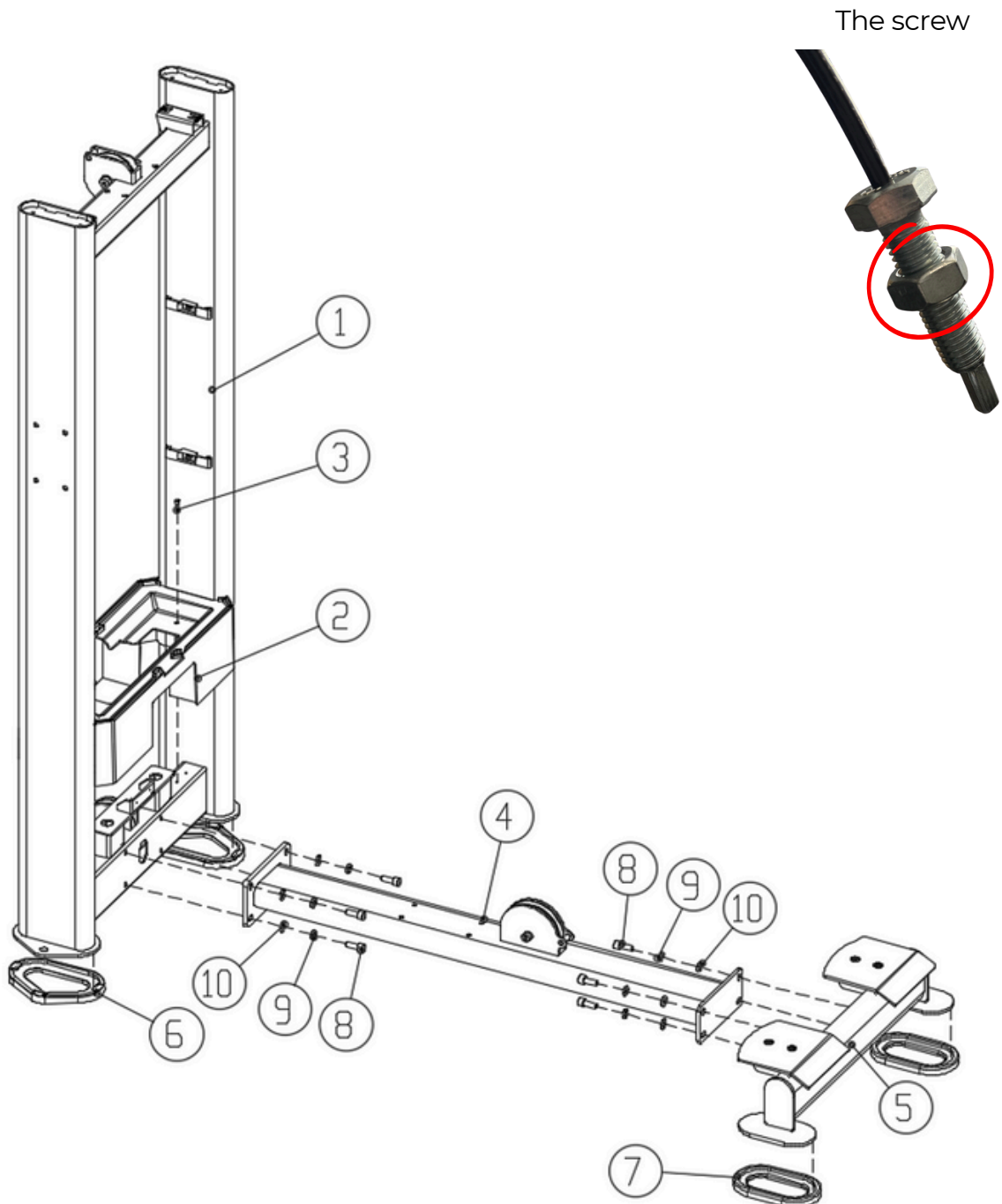
Step 3:

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

Install 2 flat elliptical feet (#7) to base frame (#5)

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.

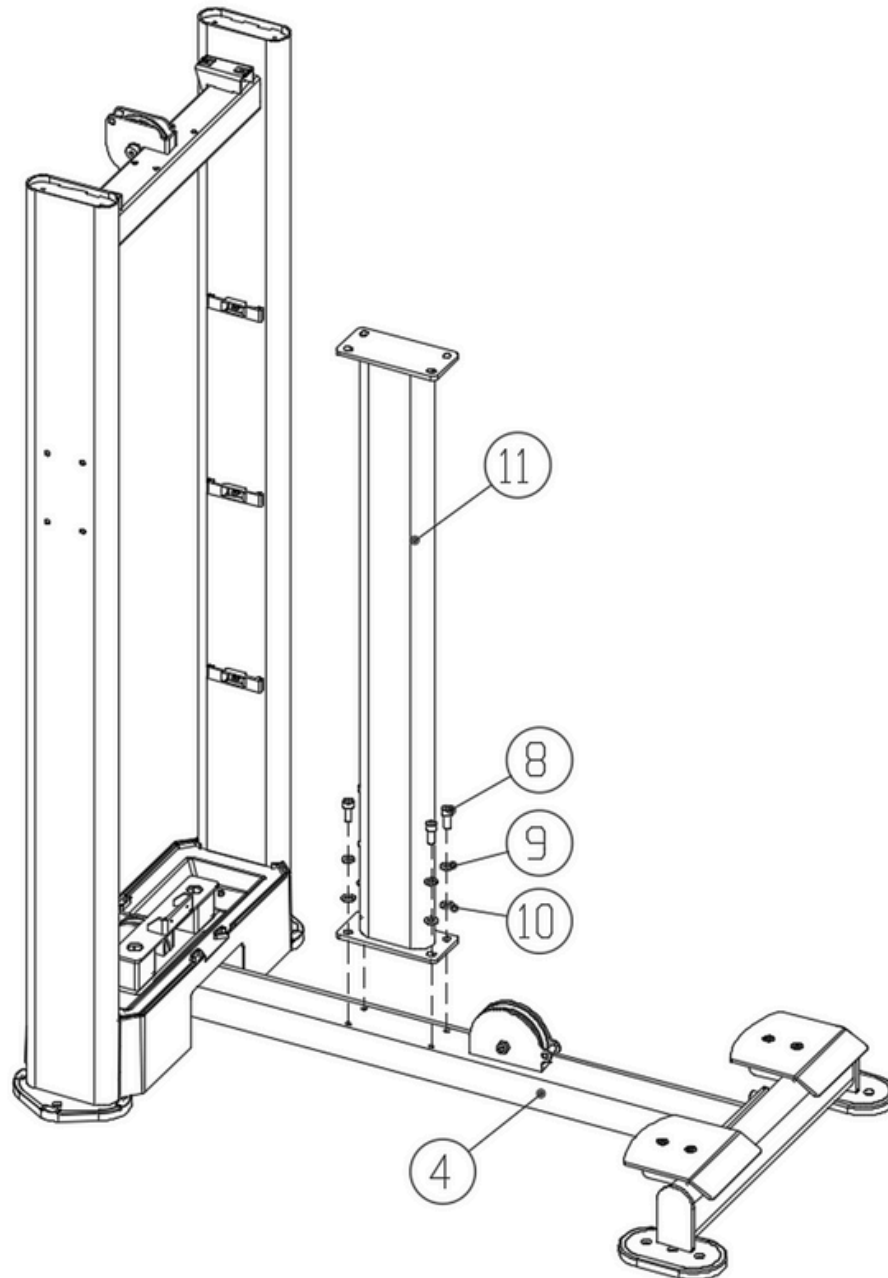
It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.



Step 4:

Attach the Main Riser (#11) to the Connecting Rack (#4) using the following method:

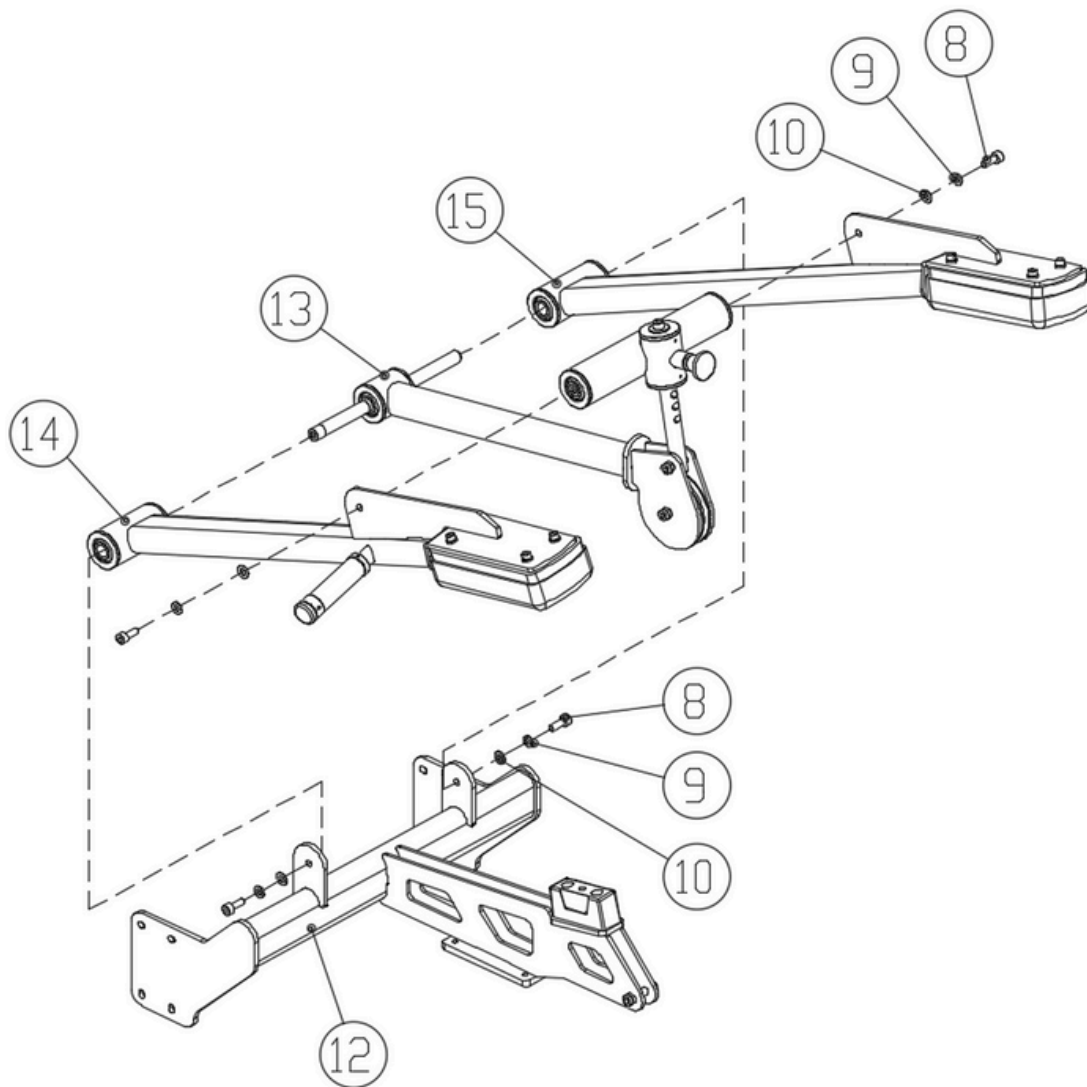
- 4 x Hexagon socket cheese head screws M10*25 (#8)
- 4 x spring washer M10 (#9)
- 4 x flat washer M10-D20 (#10)



Step 5:

Connect the Linkage (#13), Left Force Arm (#14), and Right Force Arm (#15) to the Bracket Assembly (#12) using the following method:

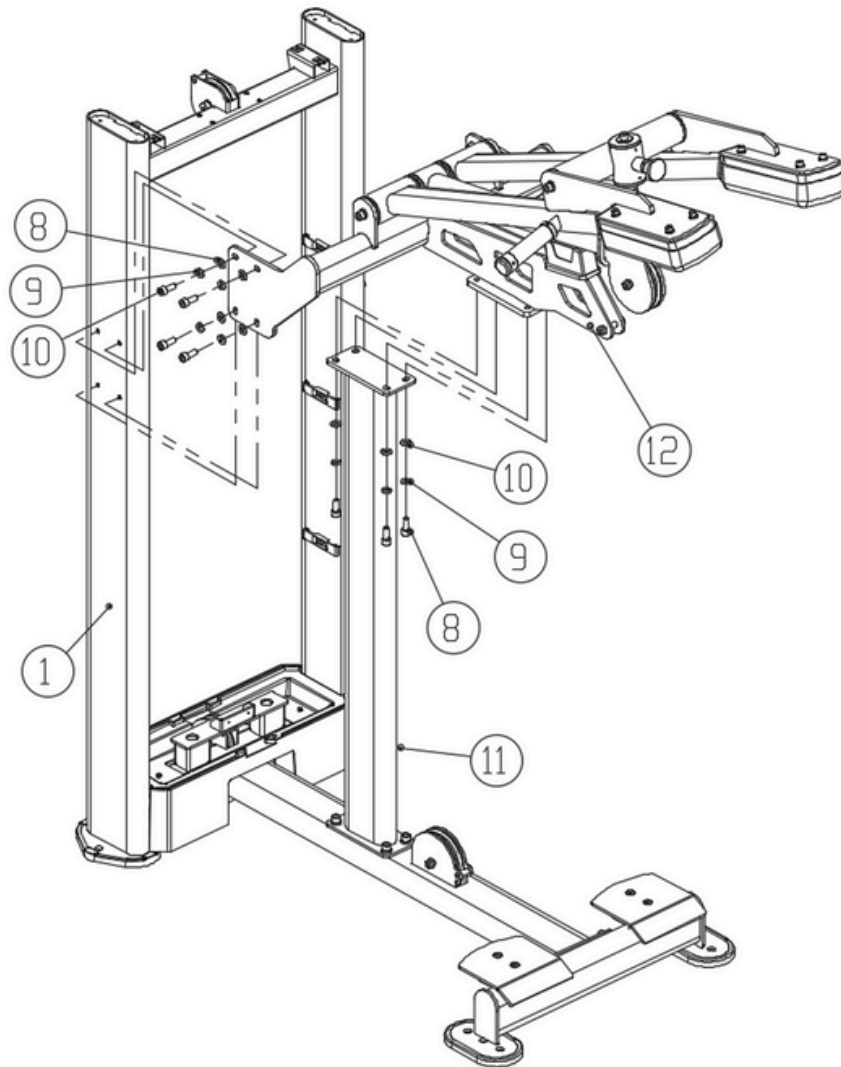
- 4 x Hexagon socket cheese head screws M10*25 (#8)
- 4 x spring washer M10 (#9)
- 4 x flat washer M10-D20 (#10)



Step 6:

Attach the bracket assembly (#12) to the counterweight frame (#1) and the main upright (#11) by.

- 12 x Hexagon socket cheese head screws M10*25 (#8)
- 12 x spring washer M10 (#9)
- 12 x flat washer M10-D20 (#10)



Step 7:

Slide the two Counterweight Block Rubber Pads (#17) onto the two Guide Bars (#16).

Connect the two counterweight bases (#18) to the two guide rods (#16) and place them in the counterweights (#1) as follows.

- 2 x Hexagon socket cheese head screws M8*20 (#19)
- 2 x spring washer M8 (#20)
- 2 x flat washer M8-D16 (#21)

Step 8:

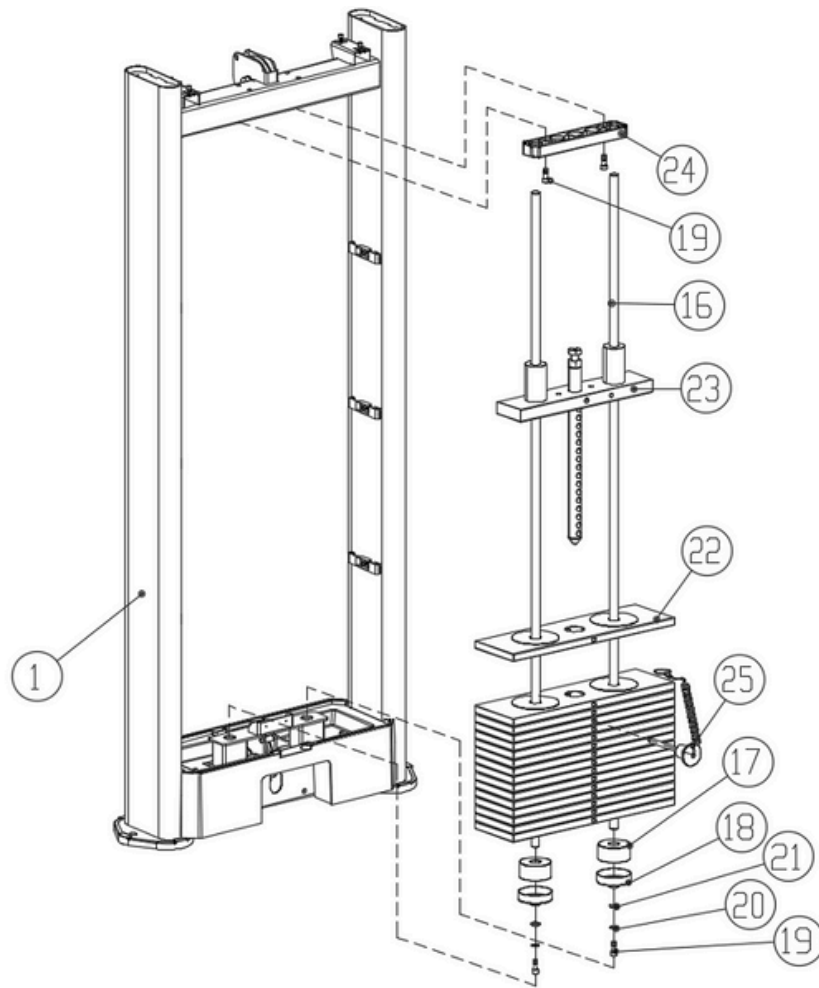
Attach 20 Counterweight Blocks (#22) to Guide Rods (#16) with isolation tabs facing up.

Install the guide block set (#23) onto the guide bar (#16). Insert the weight stack pin (#25) into the weight stack (#22).

Slide the guide bar retainer plate (#24) onto the guide bar (#16).

Attach the guide bar mounting plate (#24) to the counterweight bracket (#1) by.

- 2 x Hexagon socket cheese head screws M8*20 (#19)



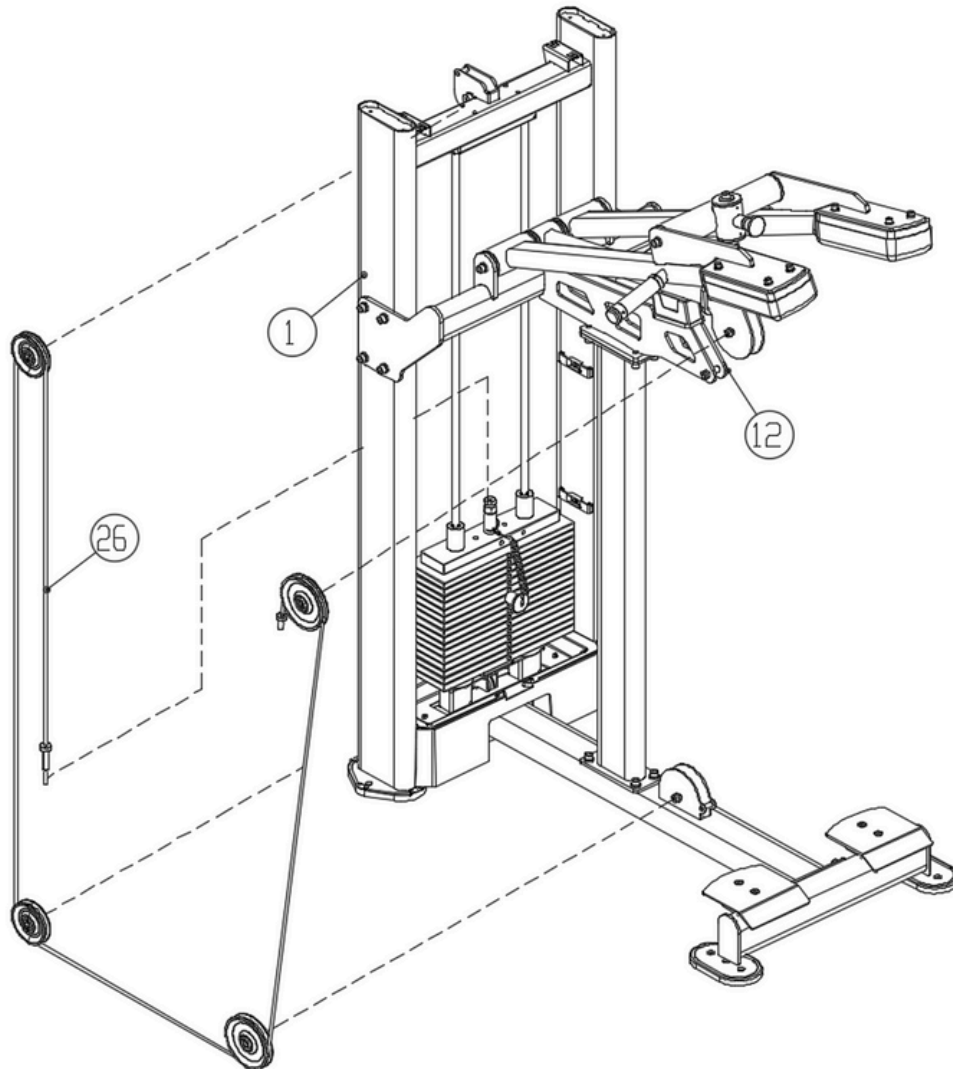
Step 9:

Thread the wire rope (#26) as shown in the picture, the pre-installed sheaves need to be disassembled and reassembled.

Note that these sheaves are installed in synchronization with cable (#26)

Step 10:

Connect one end of the wire rope (#26) to the bracket assembly (#12) and the other end to the counterweight frame (#1).



Step 11:

Slide the two Trim Strips (#28) into the two Baffles (#27) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Slide the Trim Plate (#29) into the two Baffles (#27) and use the Baffle Platen to attach to the Counterweight Rack (#1).

- 4 x Hexagon socket cheese head screws (#3)

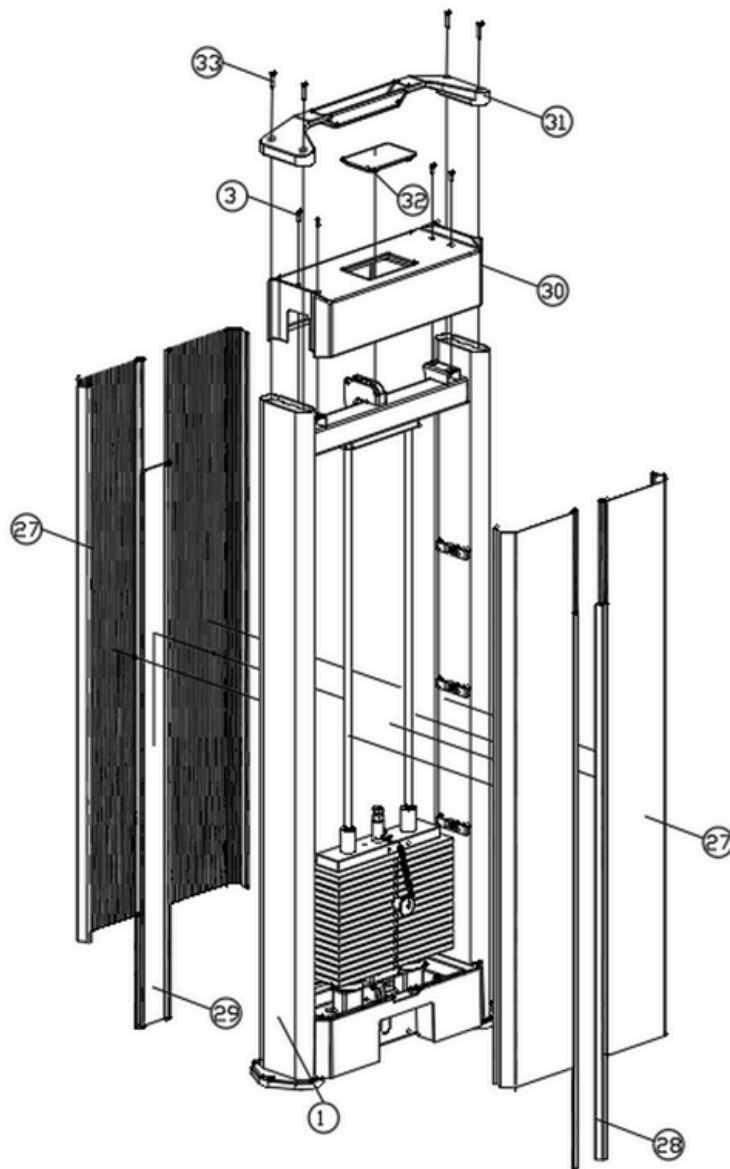
Step 12:

Attach the Top Cover Trim (#31) to the Counterweight Frame (#1) by.

- 4 x Hexagon socket cheese head screws (#33)

Step 13:

Snap Upper Shroud Top Cover (#32) to Upper Shroud (#30)

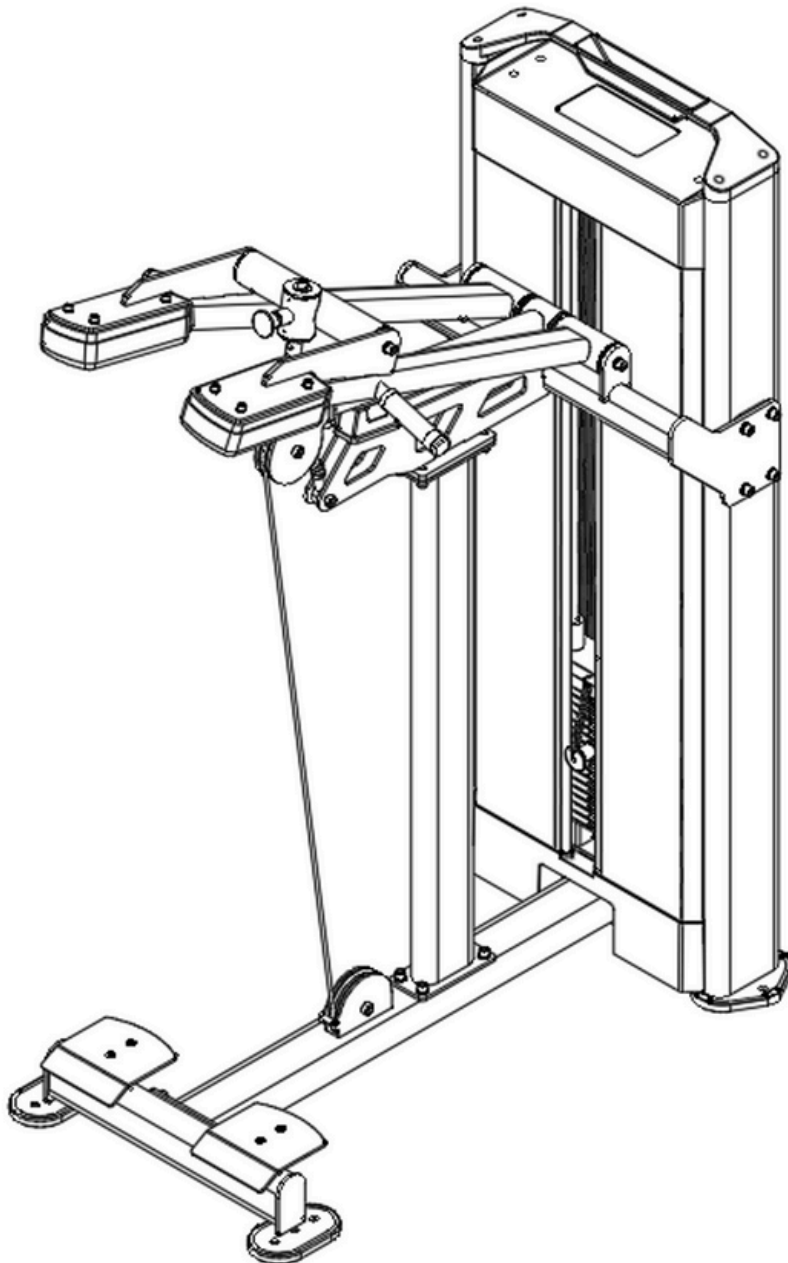


Important Tips

Now that your Standing 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 | weight stack frame | 1 |
| 2 | counterweight lower shield | 1 |
| 3 | Hexagon socket cheese head screws (M5*16) | 8 |
| 4 | Connect frame | 1 |
| 5 | Chassis assembly | 1 |
| 6 | counterweight footrest | 2 |
| 7 | Flat ellipse footmats | 2 |
| 8 | Hexagon socket cheese head screws (M10*25) | 28 |
| 9 | Spring washer (M10) | 28 |
| 10 | flat washer (M10-D20) | 28 |
| 11 | main support | 1 |
| 12 | Bracket assembly | 1 |
| 13 | linkage | 1 |
| 14 | left force arm | 1 |
| 15 | right force arm | 1 |
| 16 | Guide bar | 2 |
| 17 | Weight stack rubber pads | 2 |
| 18 | Counterweight frame base | 2 |
| 19 | Hexagon socket cheese head screws (M8*20) | 4 |
| 20 | Spring washer (M8) | 2 |
| 21 | flat washer (M8-D16) | 2 |
| 22 | weight stack | 20 |
| 23 | Guide block set | 1 |
| 24 | Guide bar mounting plate | 1 |
| 25 | weight stack pin | 1 |
| 26 | cable | 1 |
| 27 | shield | 4 |
| 28 | decorative strip | 2 |
| 29 | decorative plate | 1 |
| 30 | upper shroud | 1 |
| 31 | Top cover trim | 1 |
| 32 | Upper Shroud Top Cover | 1 |
| 33 | Hexagon socket cheese head screws (M6*30) | 4 |