

# ***FITNESS360<sup>®</sup>***

## **FT7210**

### **Dual Leg Extension/Prone Leg Curl**



Rubber mallet
Level ruler
Hexagon wrench
Circlip pliers
Adjustable wrench
Note: When assembling, two or more persons are recommended to operate

#### Step 1:

Bolt together components #1, #4, and #5 using the following method, which requires the lower shroud (#2) to be installed first

Secure using:

- 8 × Hexagon socket cheese head screws M10×25 (#8)
- 10 × Spring washers M10 (#9)
- 10 × Flat washers M10–D20 (#10)
- 2 × Hexagon socket cheese head screws M10×20 (#11)
- 2 × Hexagon socket cheese head screws M5×16 (#3)

#### Step 2:

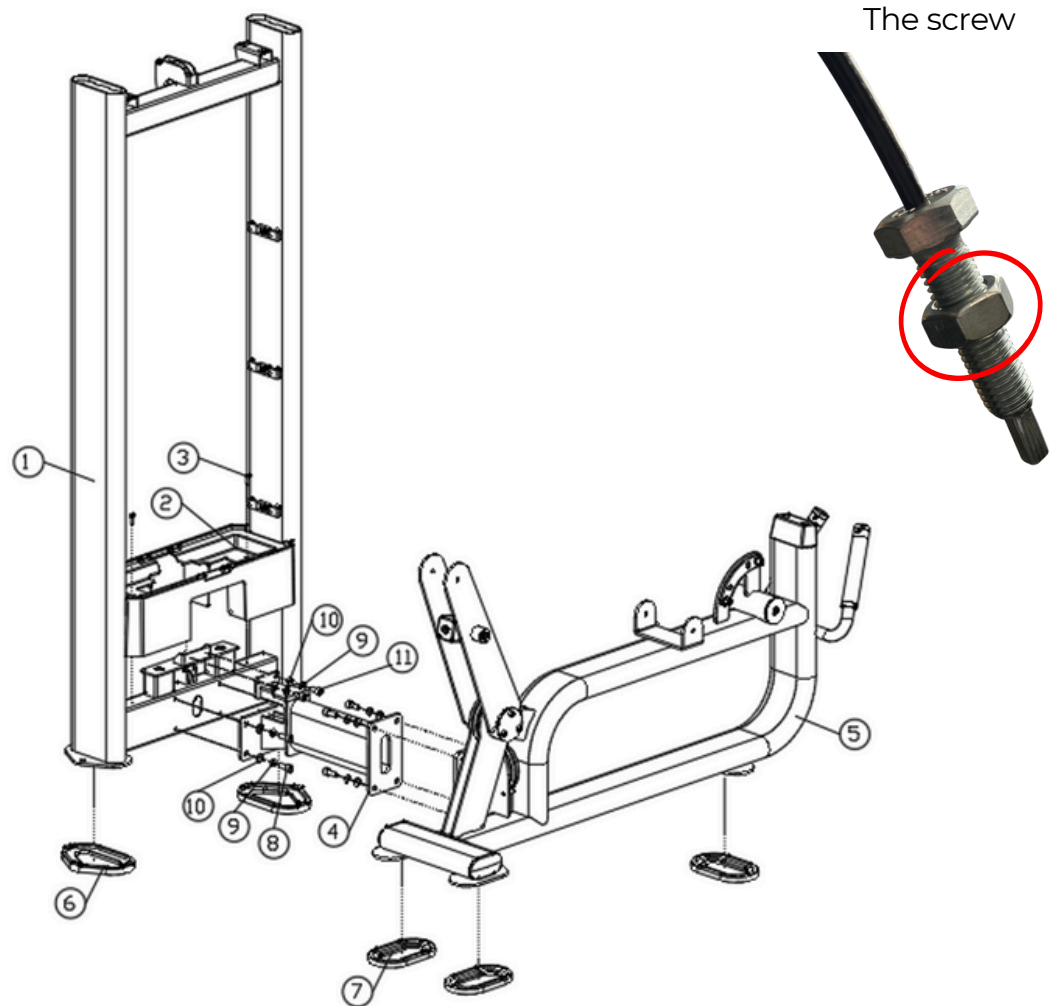
Attach 2 × Counterweight Feet (#6) to the Counterweight Rack (#1).

#### Step 3:

Attach 3 × Flat Oval Feet (#7) to the Main 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.**

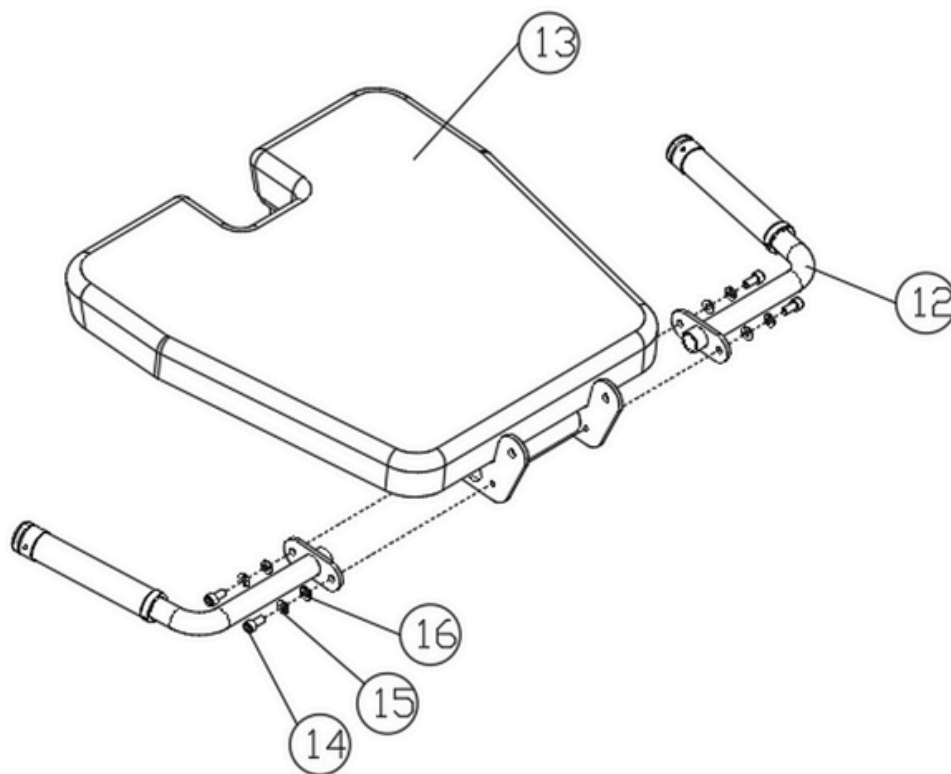


Step 4:

Attach the Cushion Assembly (#13) and Handle Assembly (#12) to the frame.

Use:

- 4 × Hexagon socket cheese head screws M8×25 (#14)
- 4 × Spring washers M8 (#15)
- 4 × Flat washers M8–D16 (#16)



Step 5:

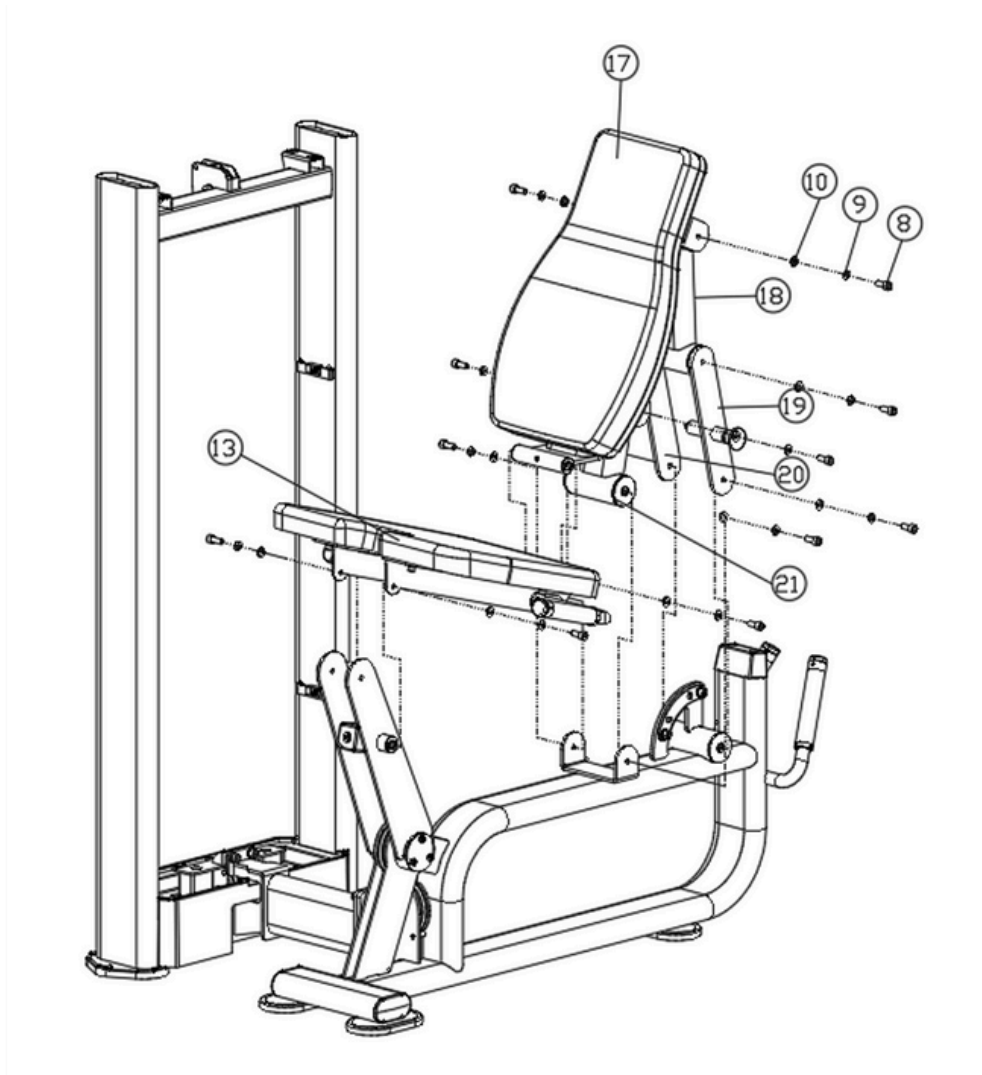
Position and bolt together the following components according to the diagram:

- Cushion Assembly (#13)
- Backrest Assembly (#17)
- Linkage-1 (#18)
- Backrest Linkage-1 (#19)
- Backrest Linkage Support Plate-2 (#20)
- Linkage-2 (#21)

Ensure all parts align as shown before fully tightening the bolts.

Use:

- 14 × Hexagon socket cheese head screws M10×25 (#8)
- 14 × Spring washers M10 (#9)
- 14 × Flat washers M10-D20 (#10)

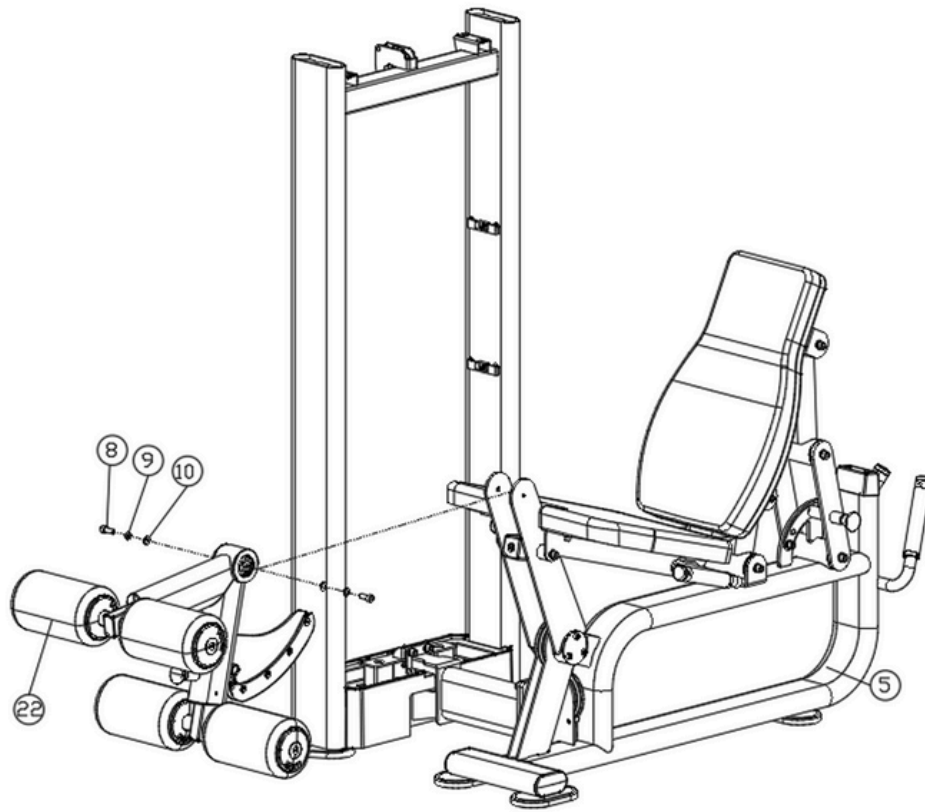


Step 6:

Attach the Extend Flex Leg Force Arm (#22) to the Extend Flex Leg Main Frame (#5).

Use:

- 2 × Hexagon socket cheese head screws M10×25 (#8)
- 2 × Spring washers M10 (#9)
- 2 × Flat washers M10-D20 (#10)



Step 7:

Slide the two Counterweight Block Rubber Pads (#29) onto the two Guide Bars (#25). Connect the two Counterweight Bases (#30) to the two Guide Rods (#25) and place them inside the Counterweight Rack (#1).

Use:

- 2 × Hexagon socket cheese head screws M8×20 (#24)
- 2 × Spring washers M8 (#15)
- 2 × Flat washers M8-D16 (#16)

Step 8:

Attach the 16 Counterweight Blocks (#27) to the Guide Rods (#25) with the isolation tabs facing upward.

Install the Guide Block Set (#26) onto the Guide Bars (#25).

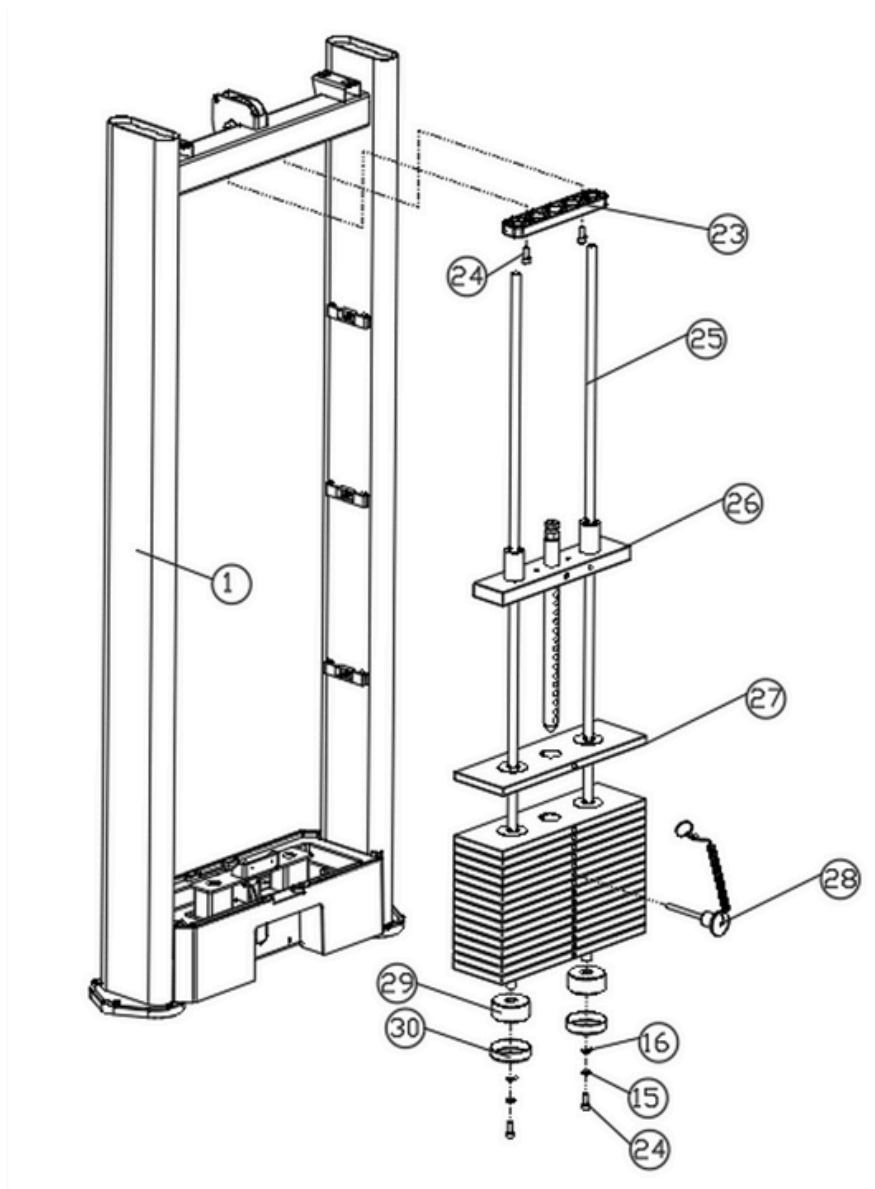
Insert the Counterweight Block Pin (#28) into the counterweight block.

Slide the Guide Bar Retainer Plate (#23) onto the Guide Bars (#25).

Attach the Guide Bar Mounting Plate (#23) to the Counterweight Frame (#1).

Use:

- 2 × Hexagon socket cheese head screws M8×20 (#24)

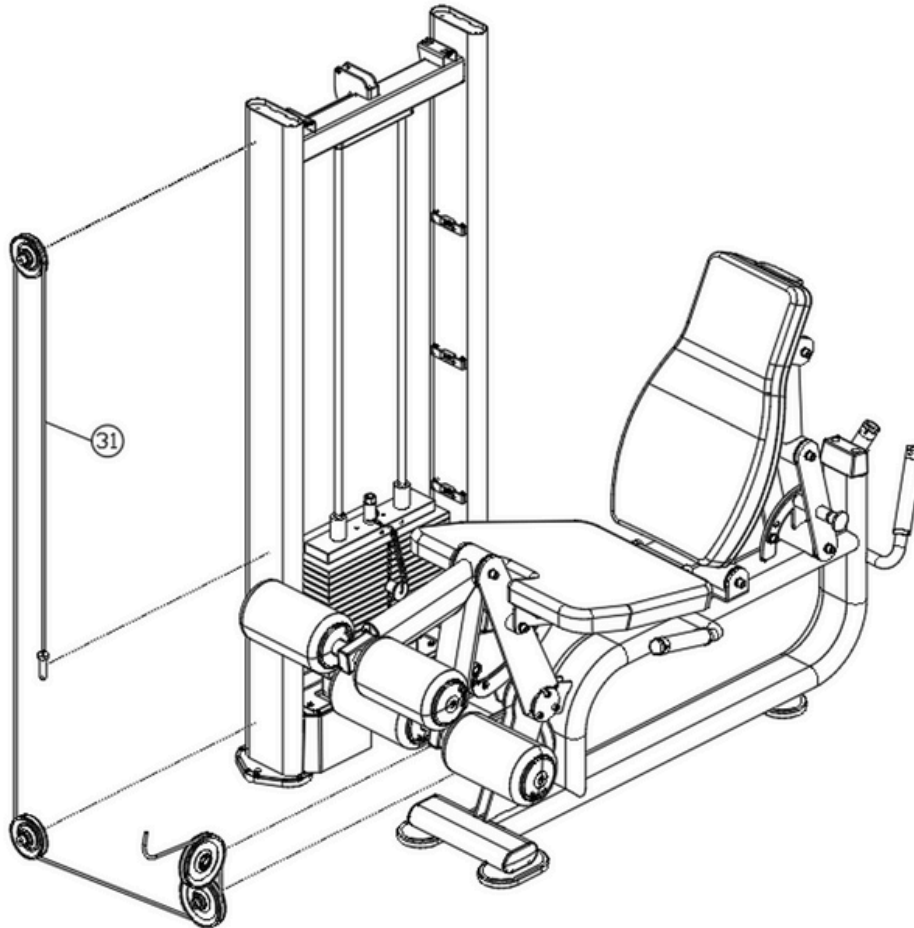


Step 9:

Route the wire rope (#31) through each pulley on the components as shown in the diagram.

Connect the wire rope to each component using the individual wire wheels.

Ensure that each pulley is positioned exactly as it was before disassembly.



Step 10:

Slide the two trim strips (#33) into the two baffles (#31).

Slide the trim plate (#32) into the two baffles (#31) and use the baffle platen to attach them to the counterweight rack (#1).

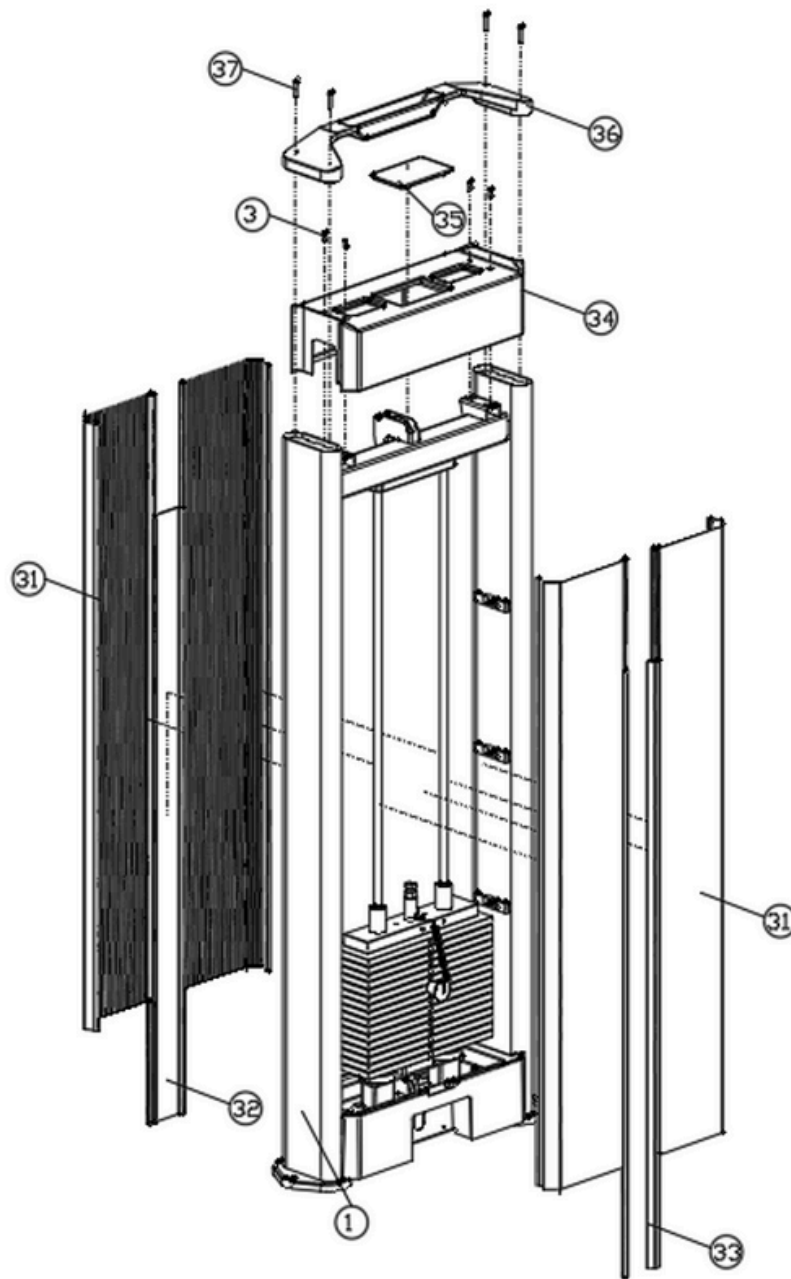
Attach the upper shroud (#34) to the counterweight frame (#1) using:

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

Step 11:

Attach the top cover trim (#36) to the counterweight frame (#1) using:

- 4 × Hexagon socket cheese head screws (#37)

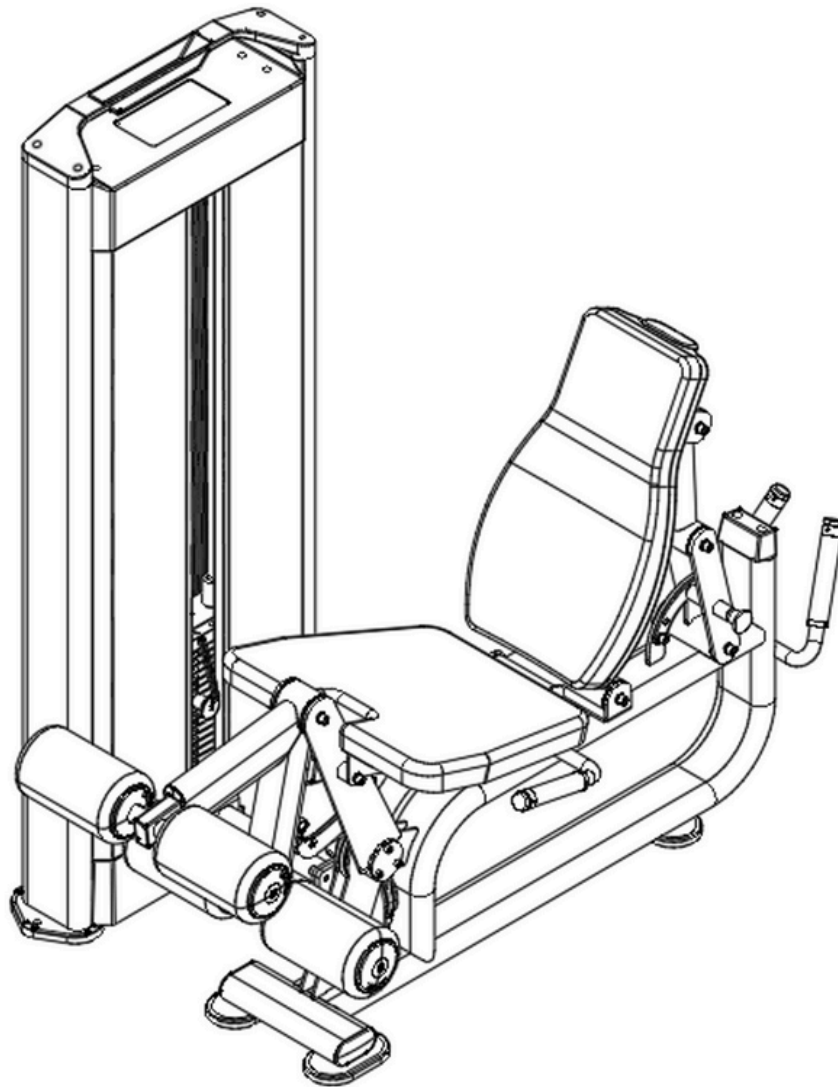


### Important Tips

Now that your Dual Leg Extension/Prone Leg Curl 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	counterweight lower shield	1
3	Hexagon socket cheese head screws (M5*16)	6
4	Stirrup attachment bracket I	1
5	Leg curl/leg extension main frame	1
6	counterweight footrest	2
7	Flat ellipse foot mats	3
8	Hexagon socket cheese head screws M10*25	24
9	spring washer M10	26
10	flat washer M10-D20	26
11	Hexagon socket cheese head screws M10*20	2
12	handles	2
13	Cushion assembly	1
14	Hexagon socket cheese head screws M8*25	4
15	spring washer M8	6
16	flat washer M8-D16	6
17	backrest cushion	1
18	Linkage-1 assembly	1
19	Backrest Linkage-1 Assembly	1
20	Backrest Linkage Plate-2	1
21	Linkage-2 assembly	1
22	force arm	1
23	Guide bar fixing plate	1
24	Hexagon socket cheese head screws (M8*20)	4
25	guide rods	2
26	Guide block set	1
27	counterweights	16
28	Counterweight block pins	1
29	Counterweight rubber pads	2
30	counterweight base	2
31	baffle	4
32	decorative plate	1
33	decorative strip	2
34	upper shield	1
35	Upper Shroud Top Cover	1
36	Upper shroud trim	1
37	Hexagon socket cheese head screws (M6*30)	4