

FITNESS360[®]

FT7214

Lateral Raises



Rubber rod
Level
Hexagon wrench
Two people
Adjustable wrench
Circlip pliers

Step 1:

Attach the Seated Lateral Shoulder Raise Side Rack (#2) to the Weight Rack (#1) using the following method:

- 4 x Hexagon socket cheese head screws (#3)
- 4 x Spring mat (#4)
- 4 x flat mat (#5)

Step 2:

Attach the Counterweight Lower Shroud (#6) to the Counterweight Frame (#1)

- 2 x Hexagon socket cheese head screws (#7)

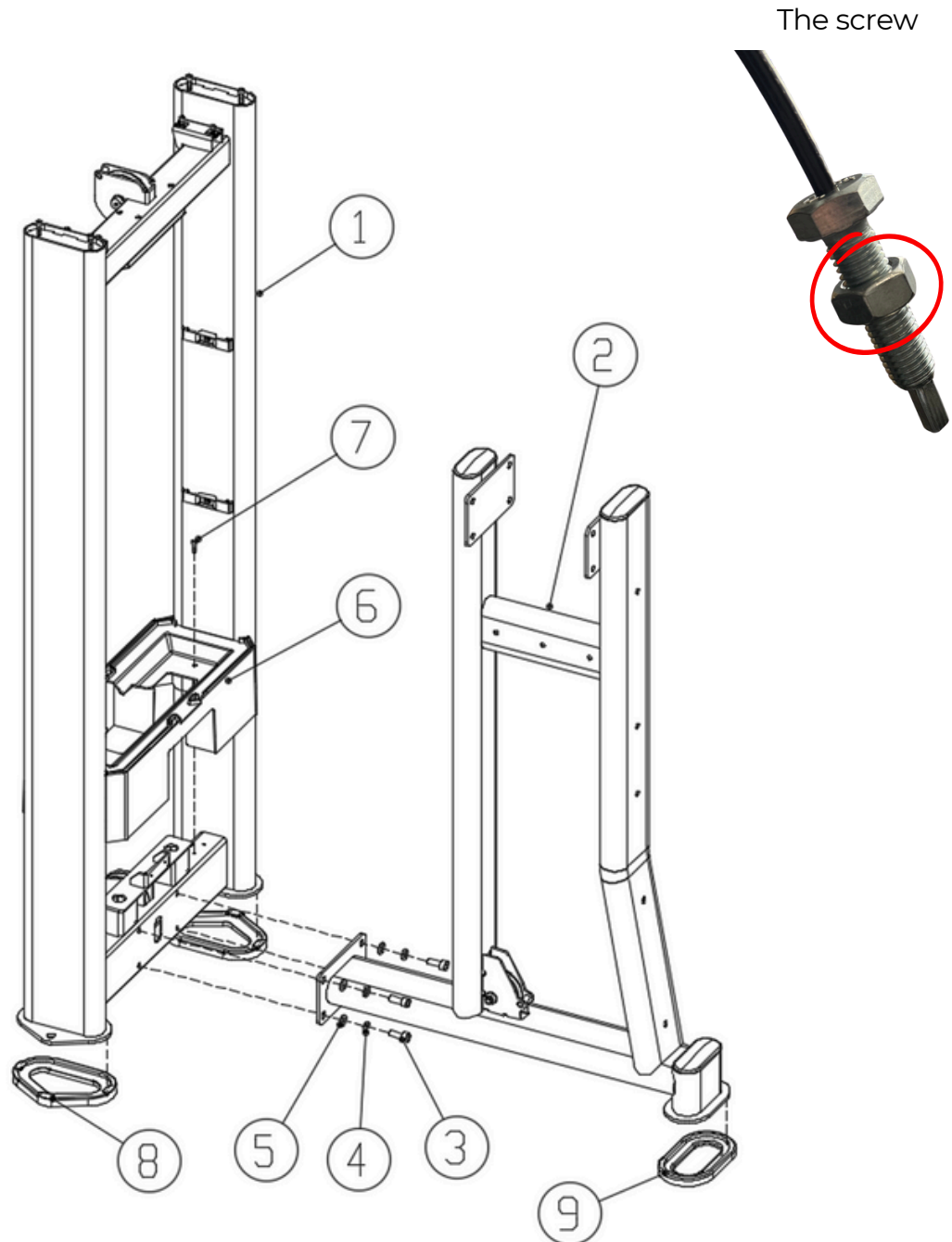
Step 3:

Attach 2 Counterweight Rack Feet (#8) to Counterweight Rack (#1)

Attach 1 flat elliptical foot pad (#9) to seated shoulder lateral raise side stand (#2)

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.

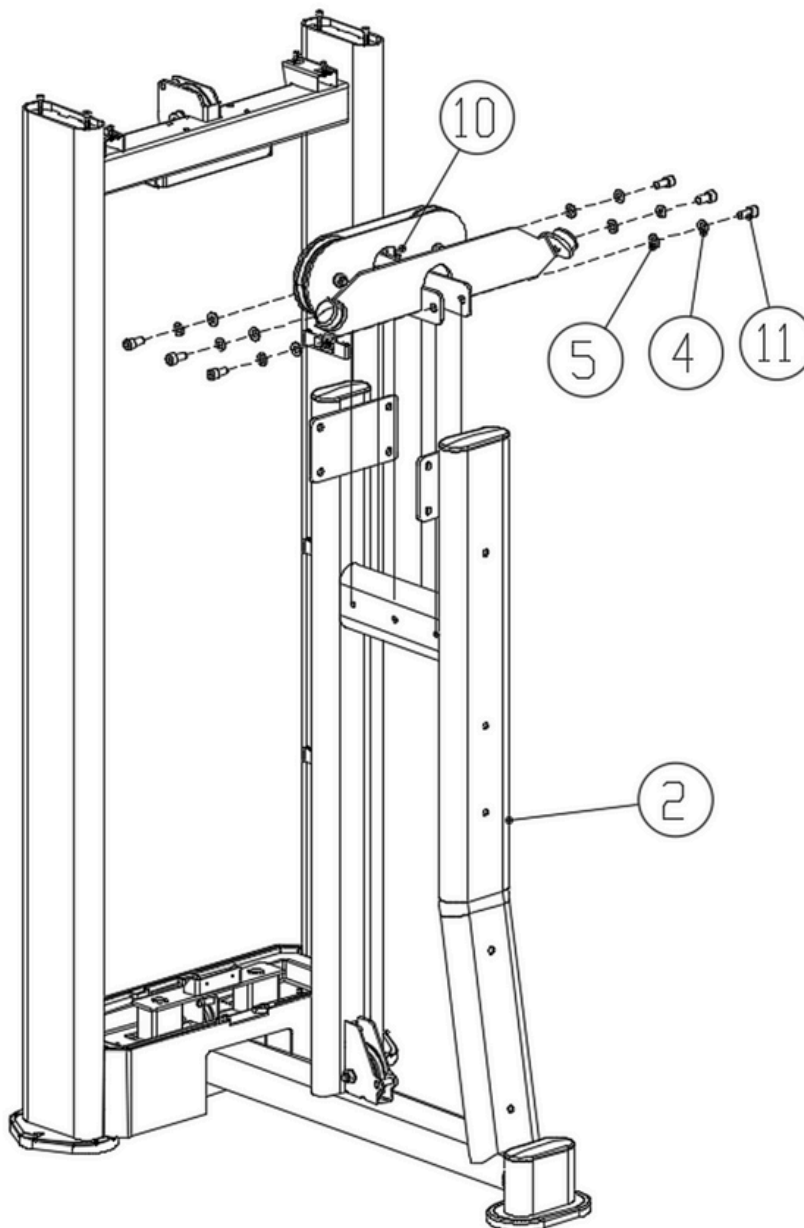
It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.



Step 4:

Attach the Upper Pulley Bracket Assembly (#10) to the Seated Lateral Shoulder Raise Side Bracket (#2) using the following method:

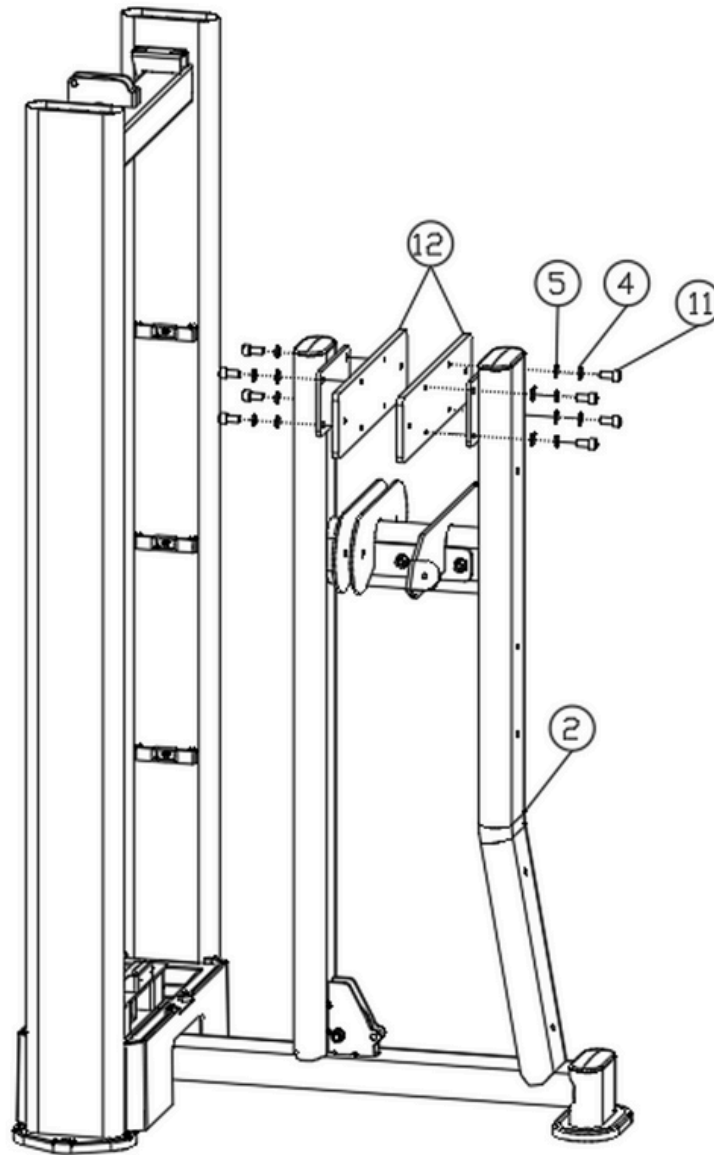
- 6 x Hexagon socket cheese head screws (#11)
- 6 x Spring washers (#4)
- 6 x Flat washers (#5)



Step 5:

Attach the 2-piece Attachment Plate (#12) to the Seated Lateral Shoulder Raise Side Rack (#2).

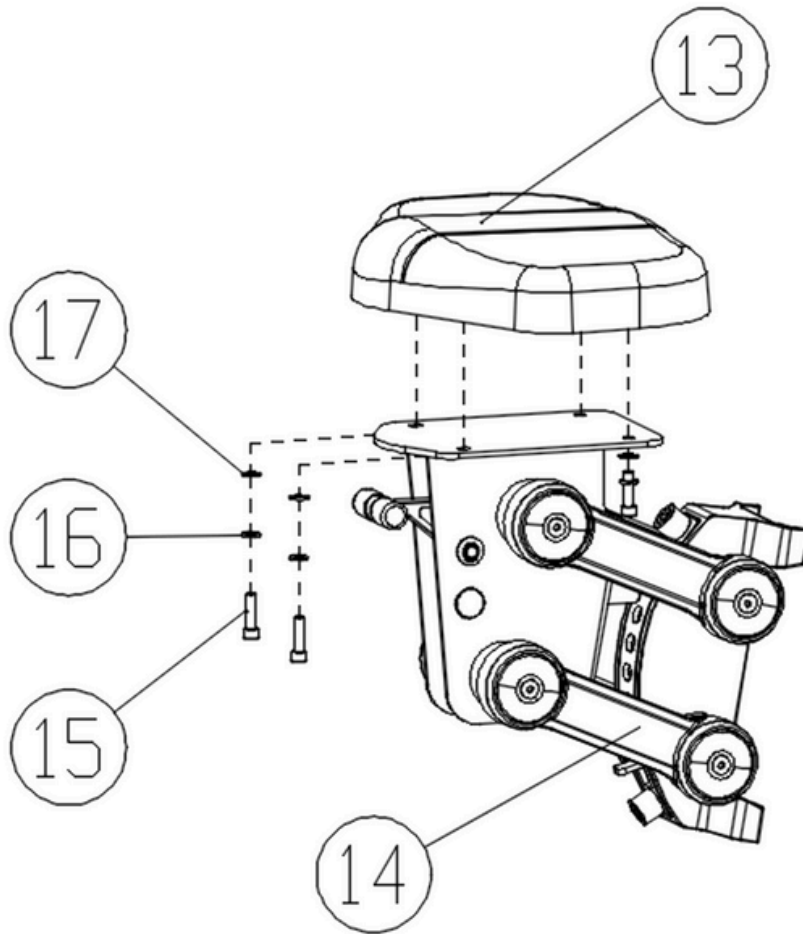
- 8 x Hexagon socket cheese head screws (#11)
- 8 x Spring washers (#4)
- 8 x Flat washers (#5)



Step 6:

Attach the Cushion (#13) to the Seat Frame (#14) using the following components:

- 4 x Hexagon socket cheese head screws (#15)
- 4 x Spring washers (#16)
- 4 x Flat washers (#17)



Step 7:

Attach the Seat Frame (#14) to the Seated Lateral Shoulder Raise Side Frame (#2) using the following components:

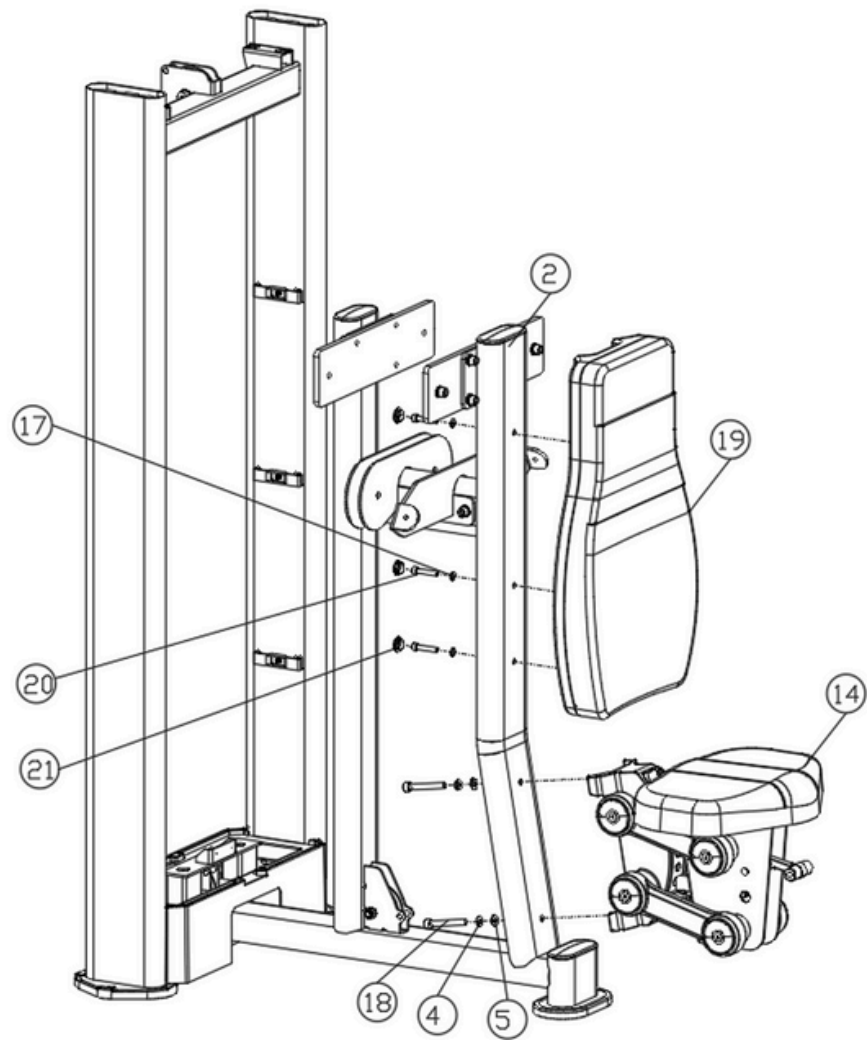
- 2 x Hexagon socket cheese head screws (#18)
- 2 x spring washer (#4)
- 2 x flat washer (#5)

Step 8:

Attach the Back Pad (#19) to the Seated Lateral Shoulder Raise Side Brace (#2) using the following components:

- 3 x Hexagon socket cheese head screws (#20)
- 3 x flat washer (#17)

Attach 3-hole plug (#21) to seated shoulder lateral raise side frame (#2)

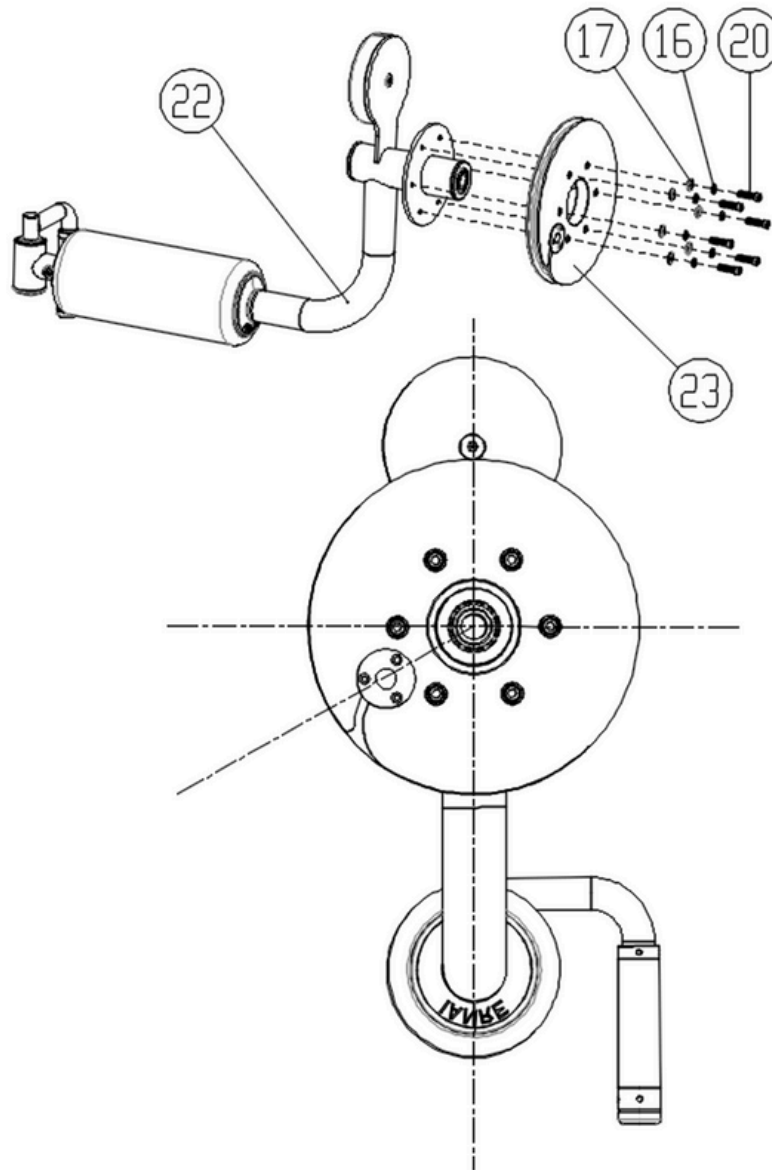


Step 9:

Attach Winding Coil I (#23) to the Seated Lateral Shoulder Raise Power Arm (#22).

- 6 x Hexagon socket cheese head screws (#20)
- 6 x spring mat (#16)
- 6 x flat mat (#17)

Note: The correct relative position of the winding disk I (#23) and the force arm is shown in Figure

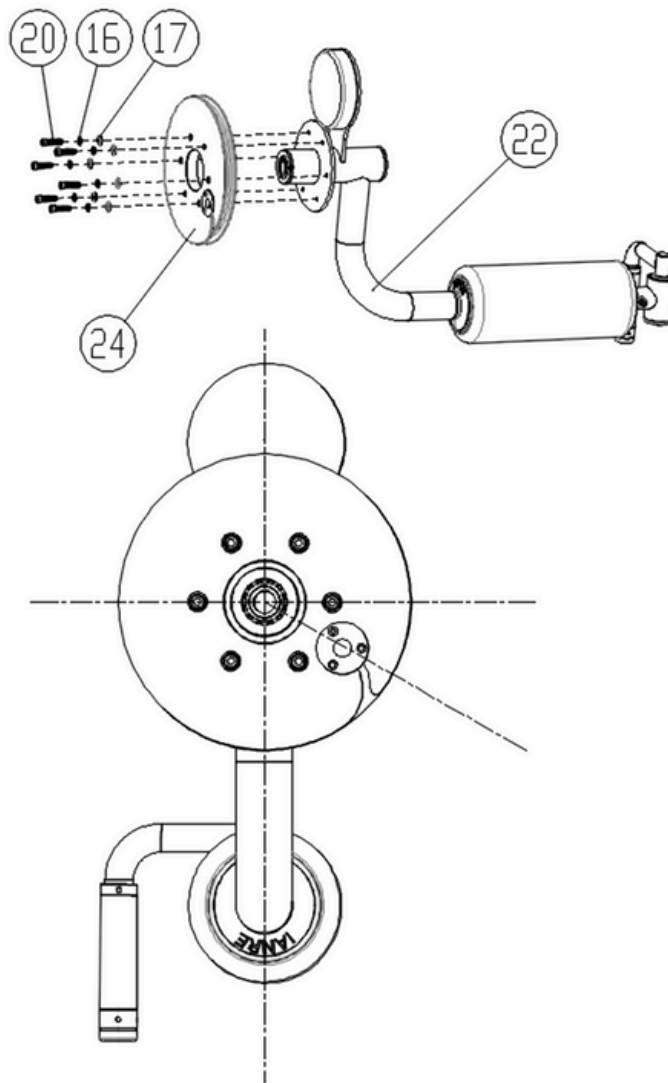


Step 10:

Attach Winding Disc II (#24) to the Seated Lateral Shoulder Raise Power Arm (#22) by.

- 6 x Hexagon socket cheese head screws (#20)
- 6 x spring washer (#16)
- 6 x flat washer (#17)

Note: The correct relative position of the winding disk II (#24) to the force arm is shown in the figure



Step 11:

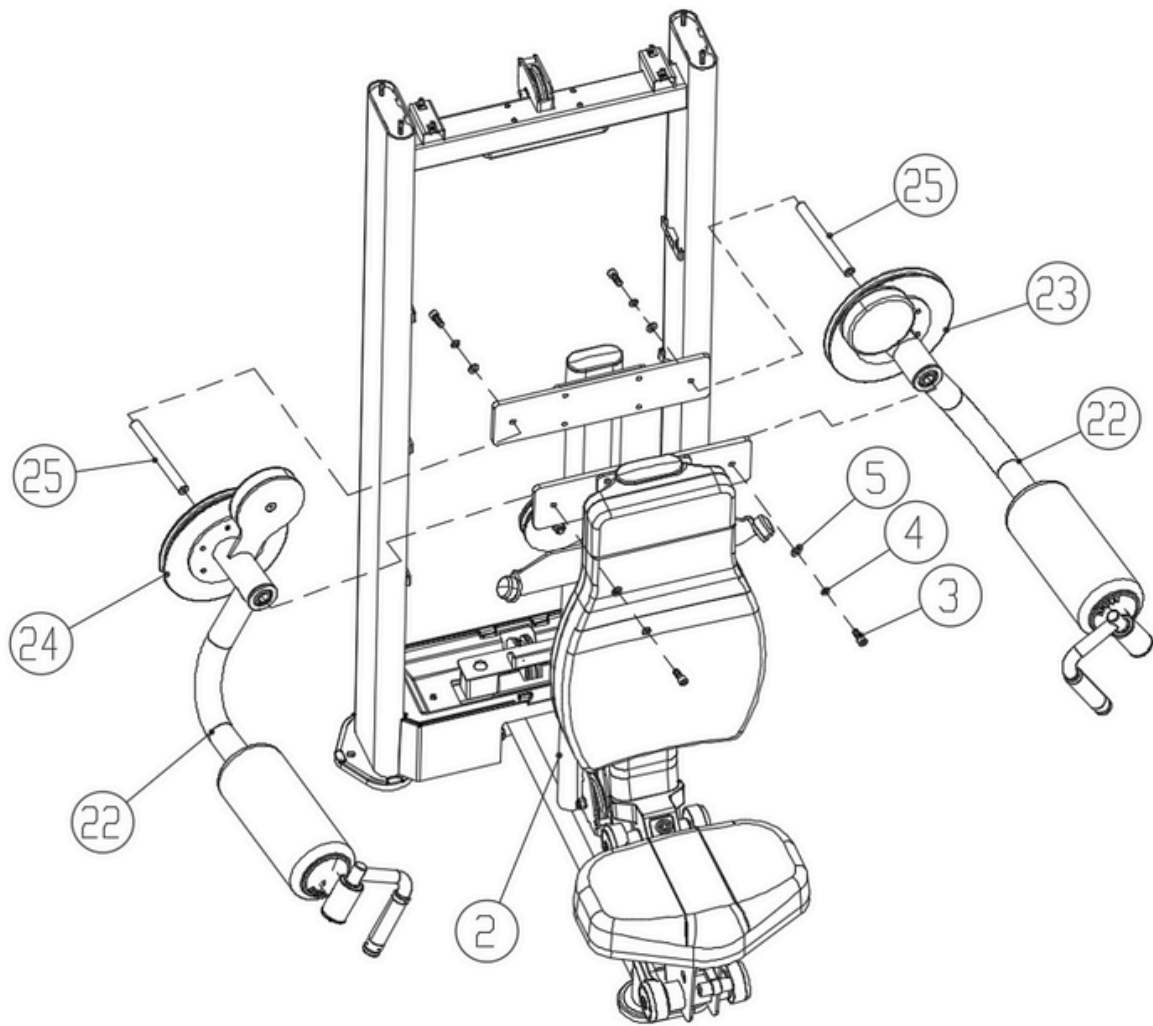
Connect the bobbin I assembly (#23/#22), the seated shoulder push arm shaft (#25), and the seated lateral shoulder raise side frame (#2).

- 2 x Hexagon socket cheese head screws (#3)
- 2 x spring washer (#4)
- 2 x flat washer (#5)

Step 12:

Connect the Winding Reel II assembly (#24/#22), the Seated Shoulder Push Arm Shaft (#25), and the Seated Lateral Shoulder Lift Side Bracket (#2) in the following manner.

- 2 x Hexagon socket cheese head screws (#3)
- 2 x spring washer (#4)
- 2 x flat washer (#5)



Step 13:

Slide the two Counterweight Block Rubber Pads (#27) onto the two Guide Bars (#26).

Connect the two counterweight bases (#28) to the two guide rods (#26) and place them in the counterweights (#1) as follows:

- 2 x Hexagon socket cheese head screws (#29)
- 2 x Spring washers (#16)
- 2 x flat washer (#17)

Step 14:

Attach the 14 Counterweight Blocks (#30) to the Guide Rods (#26) with the isolation tabs facing up.

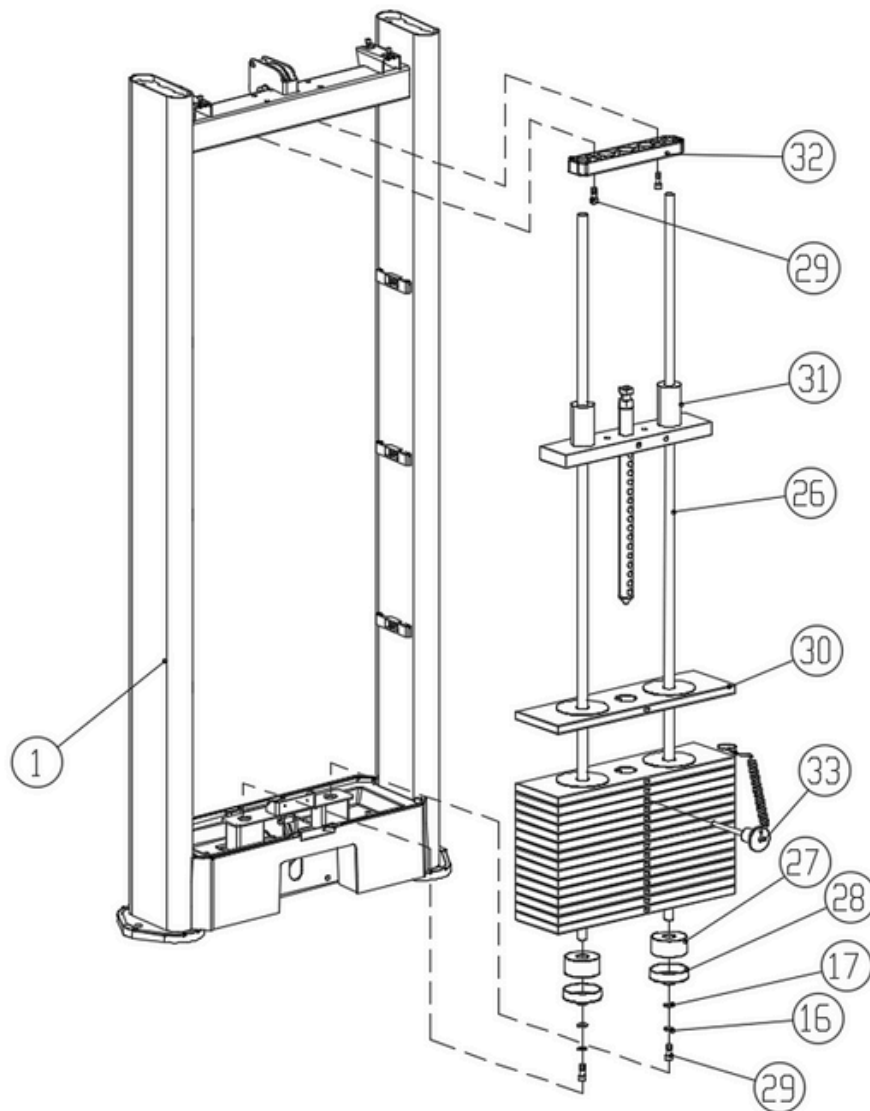
Install the guide block set (#31) onto the guide bar (#26).

Insert the counterweight block pin (#33) into the counterweight block (#30).

Slide the guide bar retainer plate (#32) onto the guide bar (#26).

Attach the guide bar mounting plate (#32) to the counterweight frame (#1) by.

- 2 x Hexagon socket cheese head screws (#29)



Step 15:

Thread in the wire rope I (#35) as shown in the figure, the pre-installed sheaves need to be disassembled and then re-installed.

Note that these sheaves are synchronously installed with the cable I (#35)

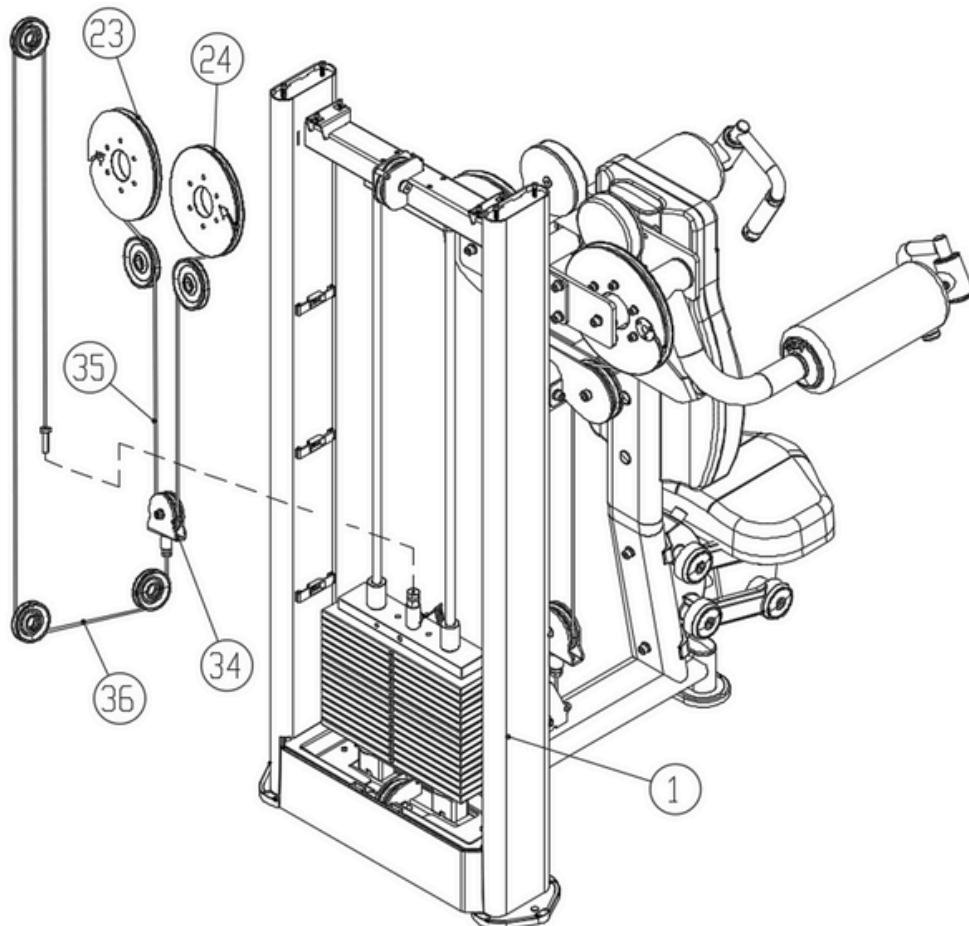
Connect the two ends of the cable I (#35) to the winding disk I (#23) and winding disk II (#24) respectively

Step 16:

Thread the wire rope II (#36) as shown in the figure. The pre-installed sheaves need to be disassembled and reassembled.

Note that these sheaves are synchronized with the cable II (#36) installation

Connect one end of the cable II (#36) first to the branch sheave box (#34) and then the other end to the counterweight frame (#1).



Step 17:

Slide the two Trim Strips (#38) into the two Baffles (#37) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Slide the Trim Plate (#39) into the two Baffles (#37) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Attach the upper shroud (#40) to the counterweight frame (#1)

- 4 x Hexagon socket cheese head screws (#7)

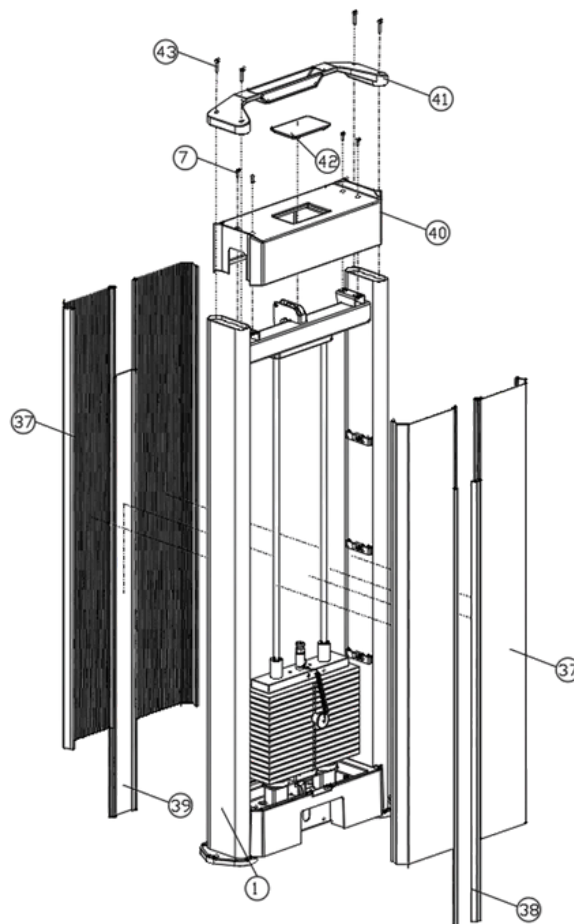
Step 18:

Attach the Top Cover Trim (#41) to the Counterweight Rack (#1) by

- 4 x Hexagon socket cheese head screws (#43)

Step 19:

Snap Upper Shroud Top Cover (#42) to Upper Shroud (#40)

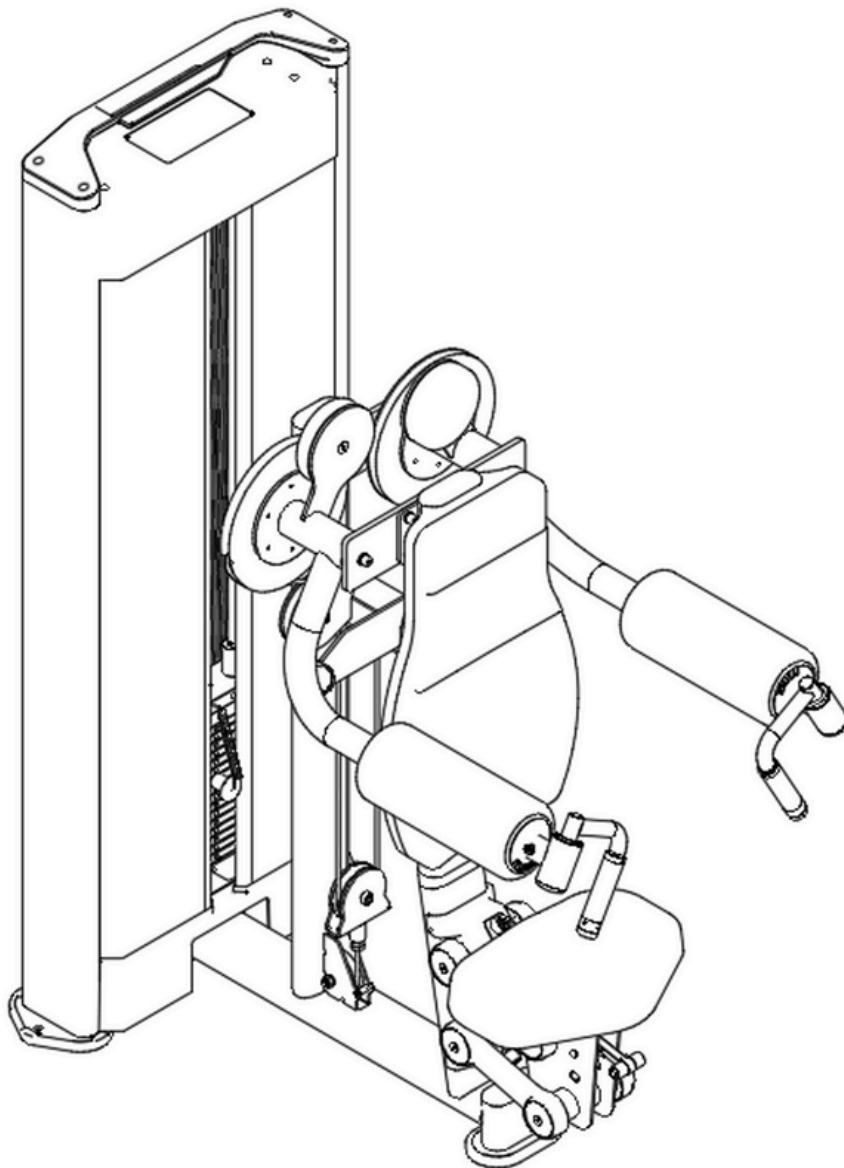


Important Tips

Now that your Lateral Raises 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	Seated Shoulder Lateral Raise Side Rack	1
3	Hexagon socket cheese head screws (M10*25)	8
4	Spring mat (10)	24
5	flat mat (10)	24
6	counterweight underguard	1
7	Hexagon socket cheese head screws (M5*16)	8
8	counterweight footrest	2
9	Flat ellipse footmats	1
10	Upper pulley bracket assembly	1
11	Hexagon socket cheese head screws (M10*20)	14
12	Seated Lateral Shoulder Raise Connection Plate	2
13	Cushion	1
14	seat frame	1
15	Hexagon socket cheese head screws (M8*25)	4
16	Spring mat (8)	18
17	flat mat (8)	21
18	Hexagon socket cheese head screws (M10*70)	2
19	Cushion	1
20	Hexagon socket cheese head screws (M8*35)	15
21	hole plug	3
22	Seated Shoulder Lateral Raise Power Arm	2
23	bobbin winding I	1
24	bobbin winding II	1
25	Seated Shoulder Push Axis	2
26	Universal Counterweight Guide Bar	2
27	Counterweight rubber pads	2
28	Counterweight frame base	2
29	Hexagon socket cheese head screws (M8*20)	4
30	Weight stack	14
31	Guide block set	1
32	Guide bar fixing plate	1
33	Weight stack pin	1
34	Branched Wire Wheel Box	1
35	cable I	1
36	cable II	1
37	shield	4
38	Counterweight Source Decorative Strip	2
39	Counterweight Source Decorative Plate	1
40	counterweight upper shield	1
41	Top cover decorations	1
42	Upper Shroud Top Cover	1
43	Hexagon socket cheese head screws (M6*30)	4
Note: Pre-assembled parts are not listed in this table.		