

FITNESS360[®]

FT7215

Dual Rear Delt/Pec Fly



Rubber mallet
Level ruler
Allen wrench
Two people
Spring clamp
Adjustable wrench

Step 1:

Attach the Counterweight Frame (#1) to the Lower Shroud (#6), and mount the Counterweight Foot Pads (#41) using the following:

- 2 x M5×16 hexagon socket cheese head screws (#7)

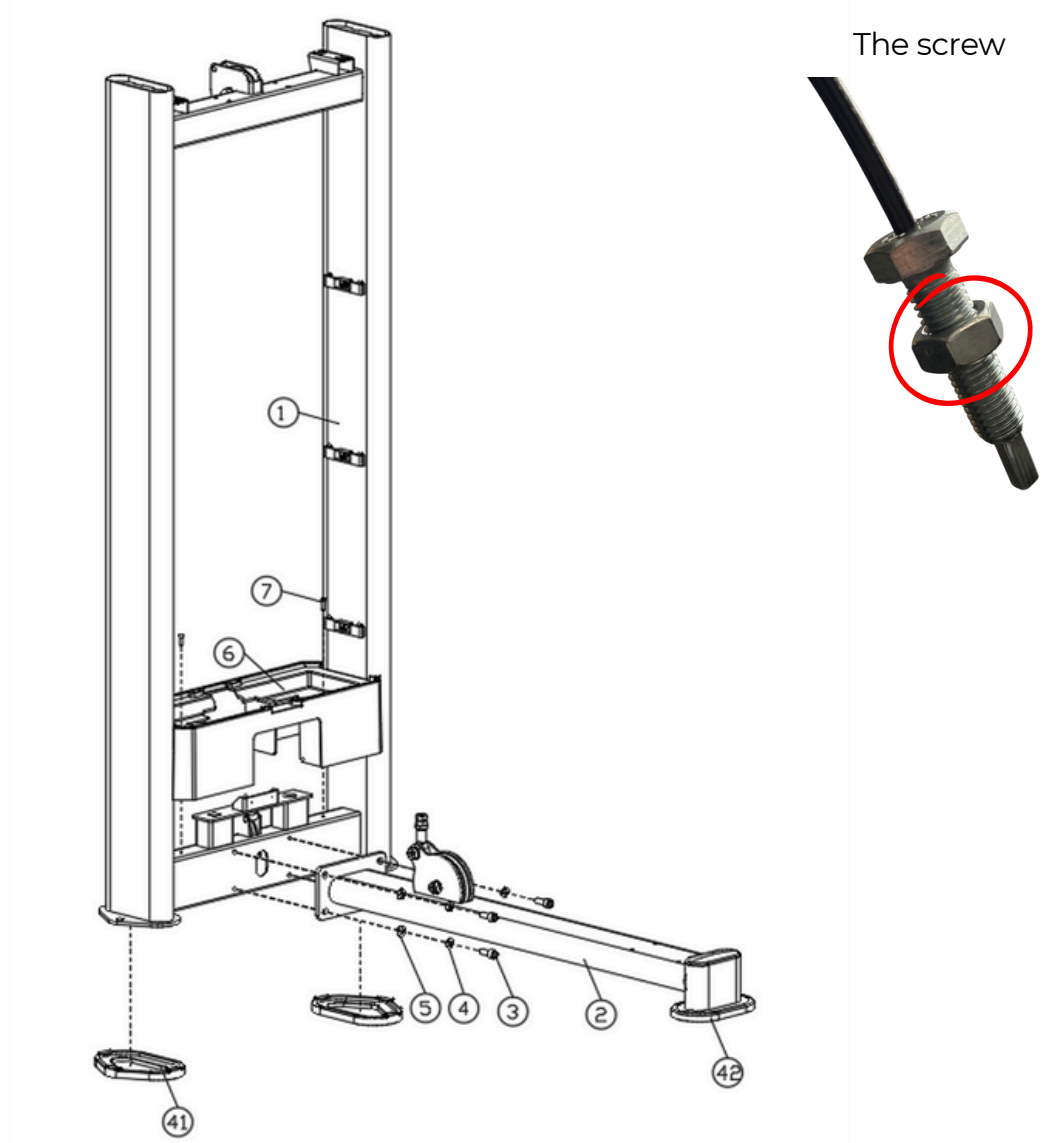
Step 2:

Attach the Chest and Back Flyer Attachment Bracket (#2) to the Counterweight Frame (#1), and install the Flat Oval Foot Pads (#42) as follows:

- 4 × M10×25 hexagon socket cheese head screws (#3)
- 4 × M10 spring washers (#4)
- 4 × M10-D20 flat washers (#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 3:

Connect the Breast and Back Flyer Side Frame I (#8) to the Attachment Bracket (#2) using:

- 4 × M10×25 hexagon socket cheese head screws (#3)
- 4 × M10 spring washers (#4)
- 4 × M10-D20 flat washers (#5)

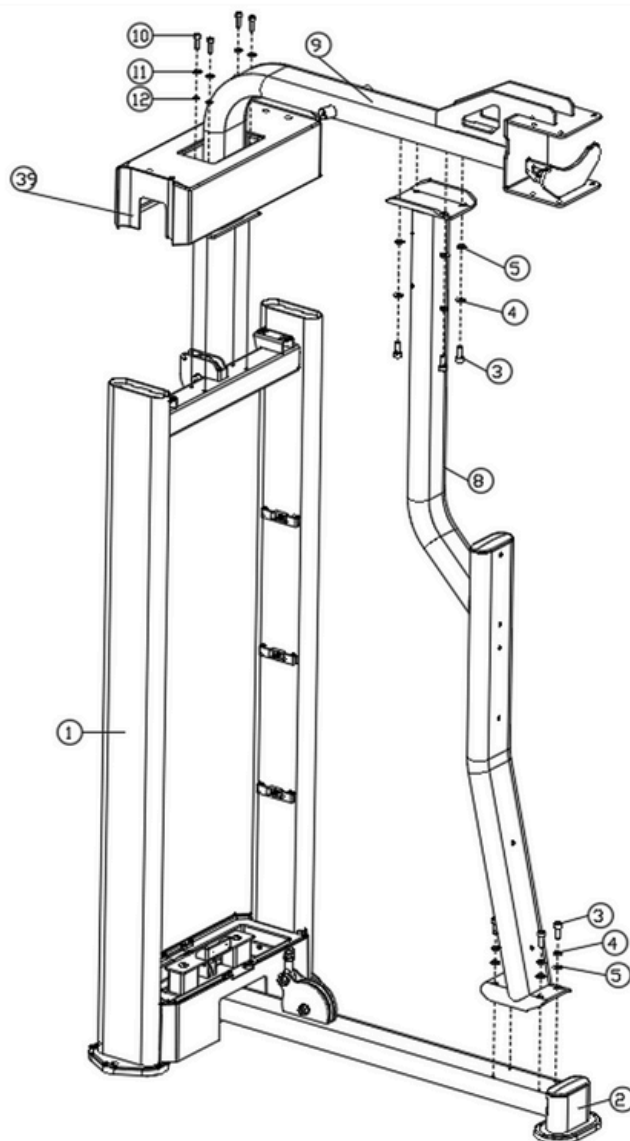
Step 4:

Connect the Breast and Back Flyer Side Frame II (#9) to Side Frame I (#8) and the Counterweight Frame (#1).

Important: Before assembling, slide the Upper Shroud (#39) over Side Frame II (#9).

Use the following hardware:

- 4 × M10×25 hexagon socket cheese head screws (#3)
- 4 × M10 spring washers (#4)
- 4 × M10-D20 flat washers (#5)
- 4 × M8×25 hexagon socket cheese head screws (#10)
- 4 × M8 spring washers (#11)
- 4 × M8-D16 flat washers (#12)



Step 5:

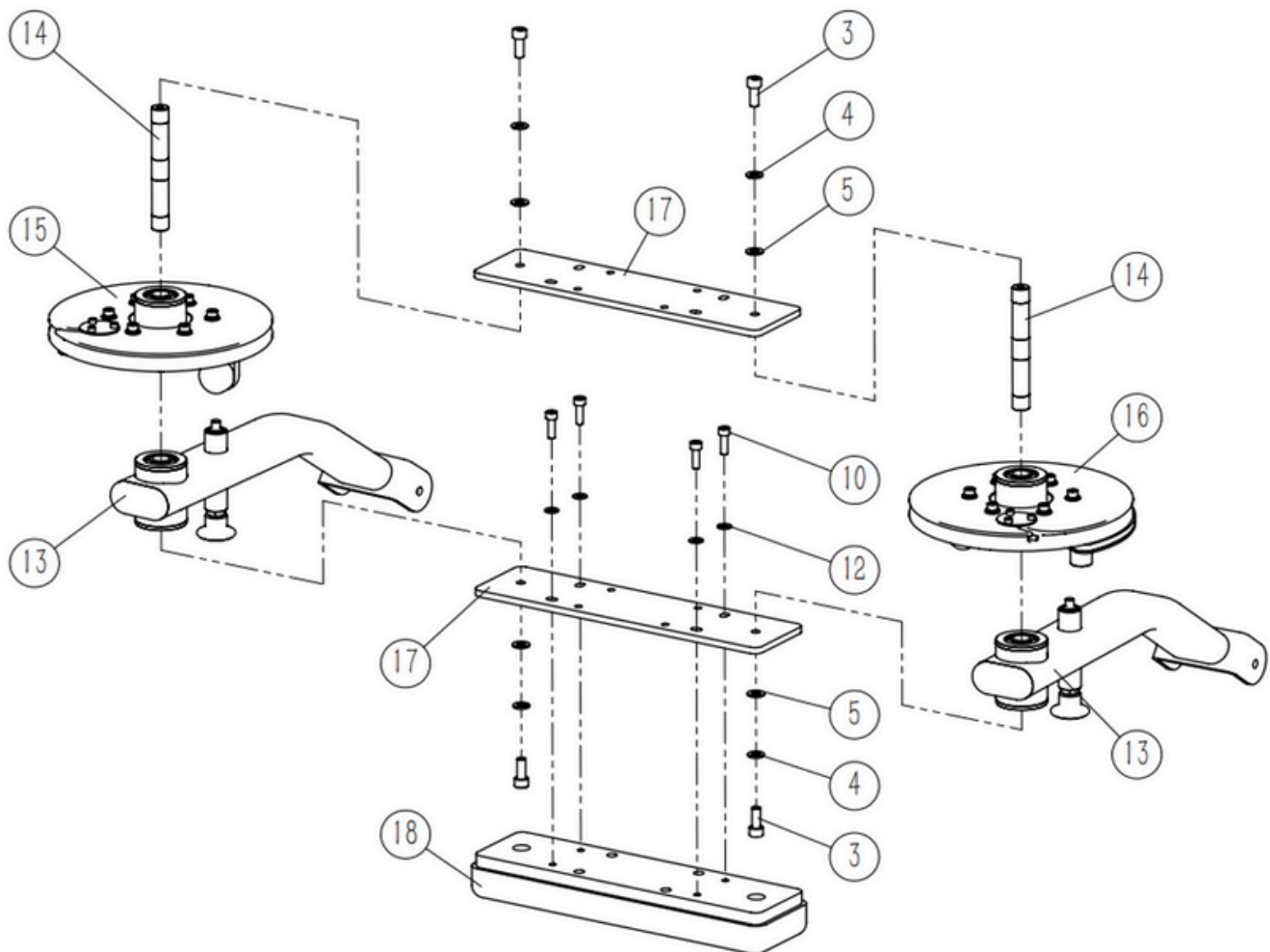
Connect the left and right flanges (#15 and #16) to the two force arms (#13) and the spindles (#14) using:

- 4 × M10×25 hexagon socket cheese head screws (#3)
- 4 × M10 spring washers (#4)
- 4 × M10-D20 flat washers (#5)

Step 6:

Attach the crash pad (#18) to the pressure plate (#17) as follows:

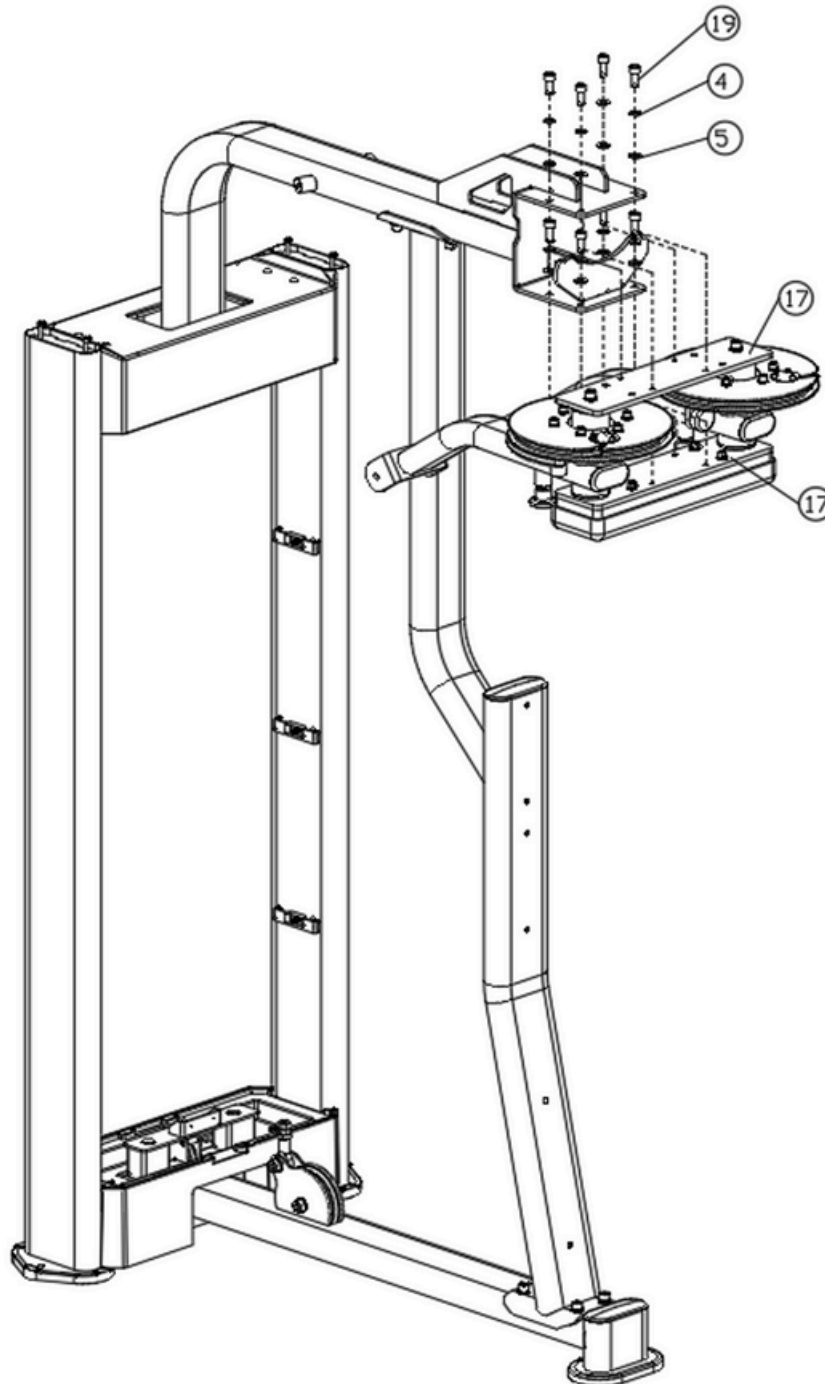
- 4 × M8×25 hexagon socket head screws (#10)
- 4 × M8-D16 flat washers (#12)



Step 7:

Mount both pressure plates (#17), from the previous step, onto the Chest and Back Flyer Side Frame II (#9) using:

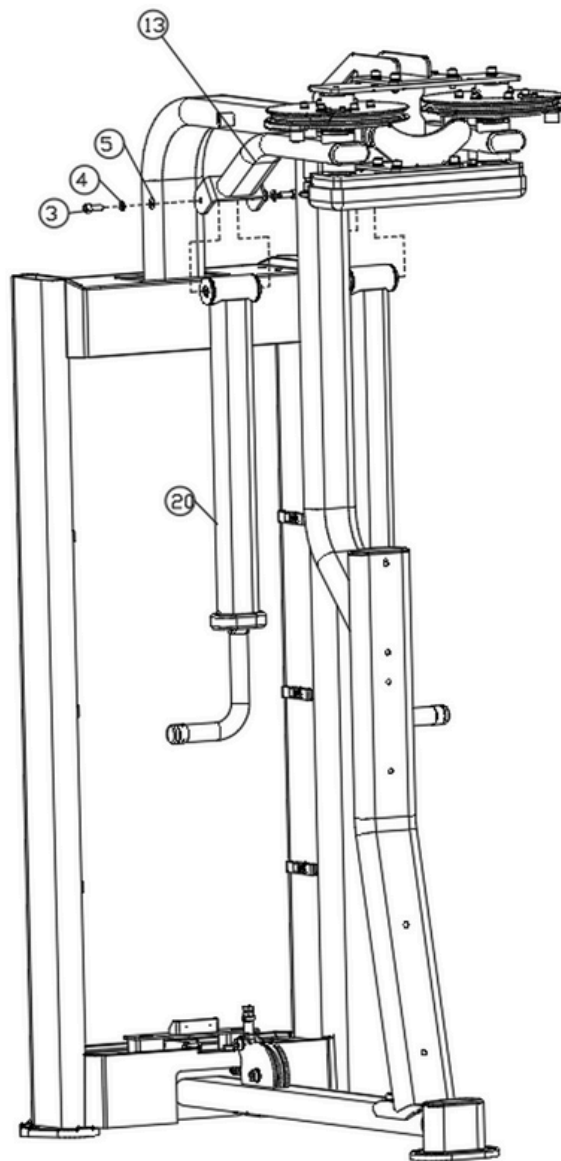
- 8 × M10×20 hexagon socket cheese head screws (#19)
- 8 × M10 spring washers (#4)
- 8 × M10-D20 flat washers (#5)



Step 8:

Connect the two movable arms (#20) to the two force arms (#13) using:

- 4 × M10×25 hexagon socket cheese head screws (#3)
- 4 × M10 spring washers (#4)
- 4 × M10-D20 flat washers (#5)



Step 9:

Attach the two head pads (#24) to the Chest and Back Flyer Side Frame I (#8) using:

- 4 × M10×40 hexagon socket cheese head screws (#25)
- 4 × 20-hole plugs (#26)

Step 10:

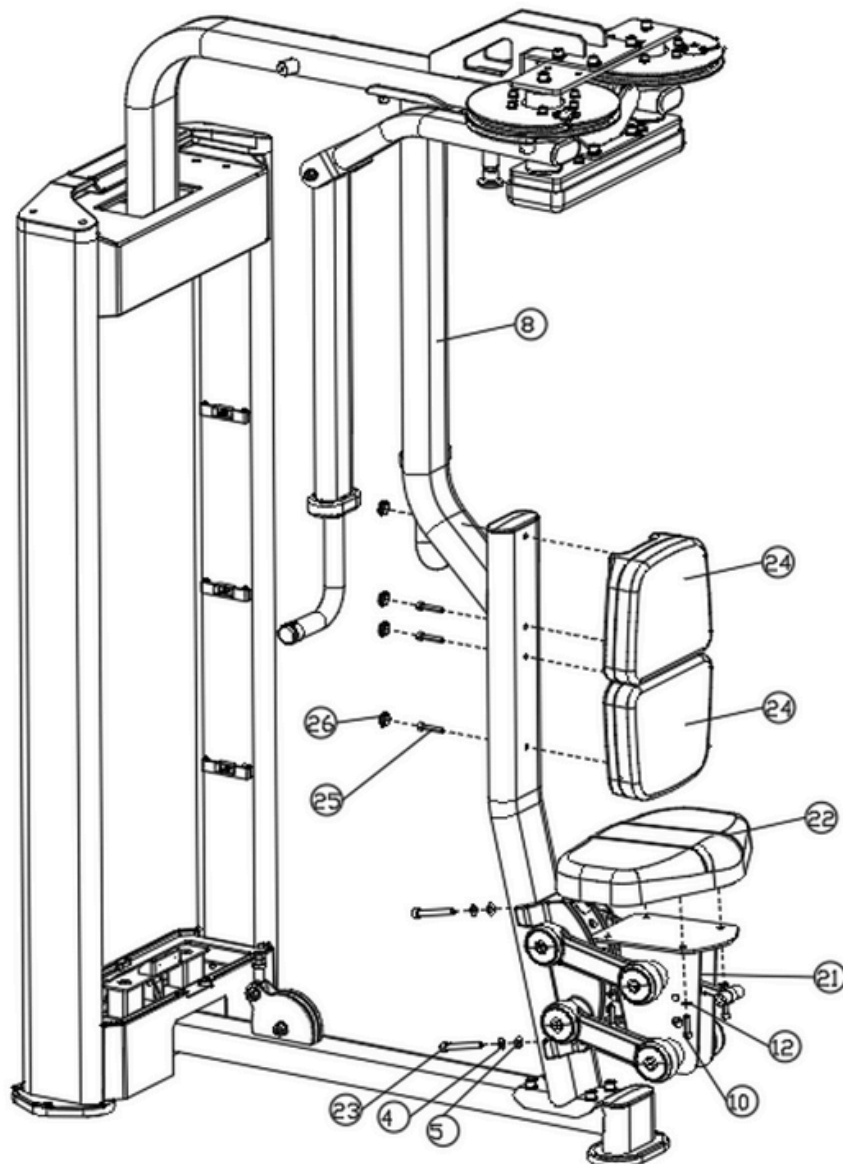
Mount the seat (#21) onto the Chest and Back Flyer Side Frame I (#8) using:

- 2 × M10×70 hexagon socket cheese head screws (#23)
- 2 × M10 spring washers (#4)
- 2 × M10-D20 flat washers (#5)

Step 11:

Install the cushion (#22) onto the seat frame (#21) using:

- 4 × M8×25 hexagon socket cheese head screws (#10)
- 4 × M8-D16 flat washers (#12)



Step 12:

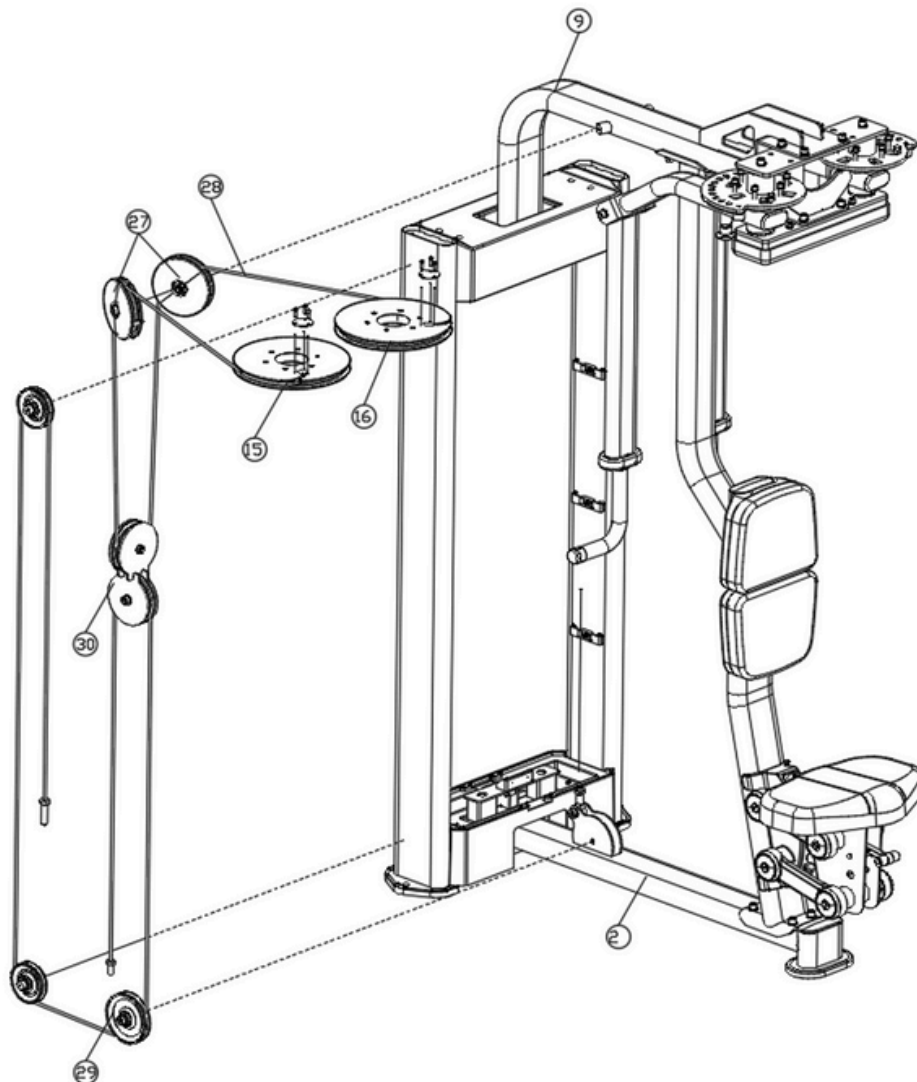
Open the pre-installed wire sheaves and thread Wire Rope I (#28) and Wire Rope II (#29) through them as shown in the illustration.

Once threaded, return the wire sheaves to their original positions.

Connect both ends of Wire Rope I (#28) to the left and right flanges (#15/#16).
Then:

Attach the two sheave boxes (#27) to the Breastback Flyer Side Frame II (#9).

Connect Wire Rope I (#28) to Wire Rope II (#29) using the Lifting Sheave Frame (#30).



Step 13:

Place the pre-installed guide bar assembly (#32) into the counterweight frame (#1).

Mount the counterweight block (#34) onto the guide bars (#32) — ensure the isolation tabs face upwards.

Slide the guide block assembly (#33) onto the guide bars (#32).

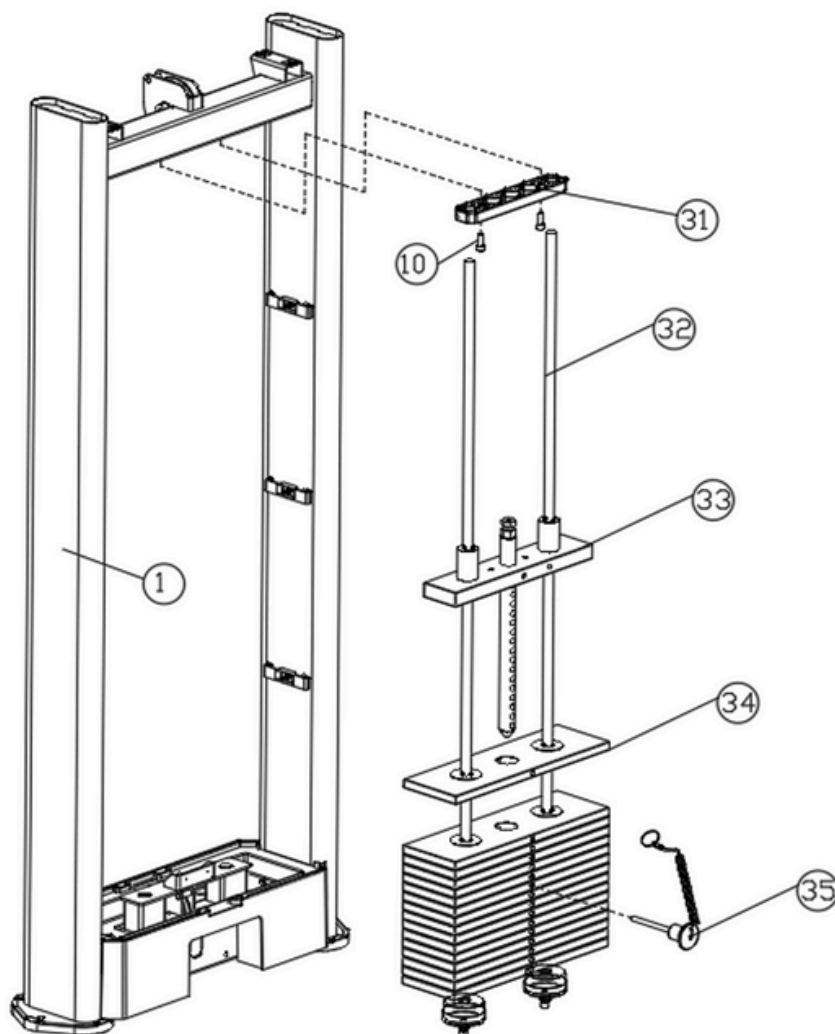
Attach the guide bar fixing plate (#31) to the guide bars (#32).

Mount the guide bar plate (#31) to the counterweight frame (#1) using:

- 2 × M8×25 hexagon socket cheese head screws (#10)

Insert the counterweight block pins (#35) into the counterweight block (#34).

Important: Before inserting the last pin, pass Wire Rope I through the pin and attach it to the guide block assembly (#33).



Step 14:

Slide the two trim strips (#36) into the baffles (#37).

Insert the trim plate (#38) into the baffles (#37) — this will help secure the assembly to the counterweight frame (#1).

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

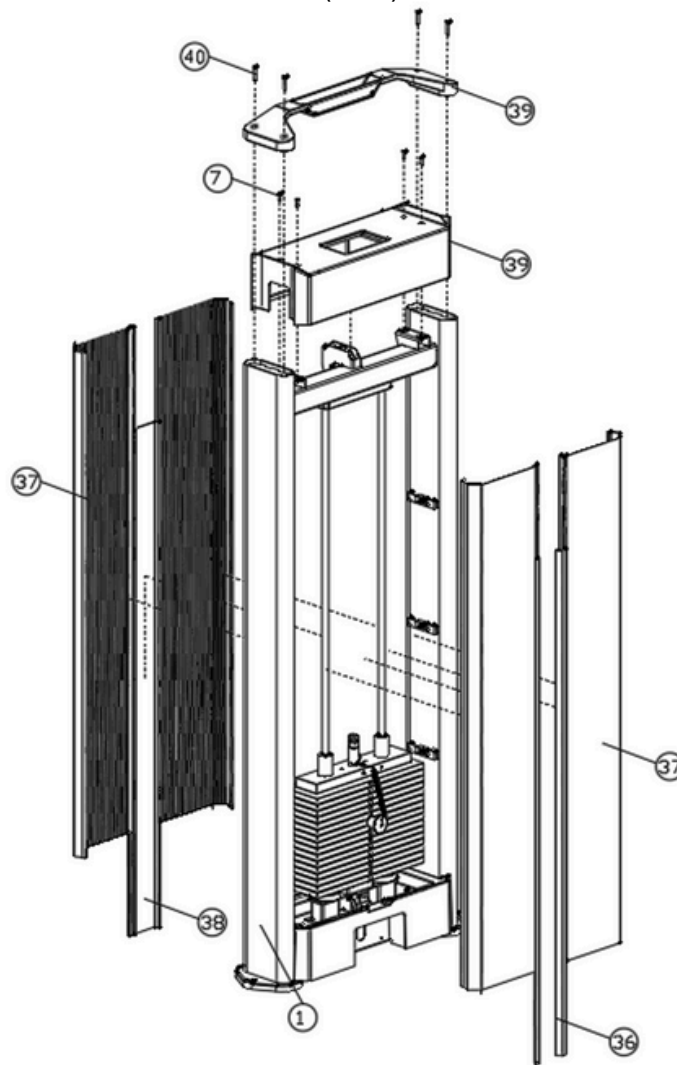
- 4 × M8×25 hexagon socket cheese head screws (#7)

Step 15:

Mount the top cover trim (#39) onto the upper shroud (#40).

Fasten using:

- 4 × Hexagon socket cheese head screws (#40)



Step 16:

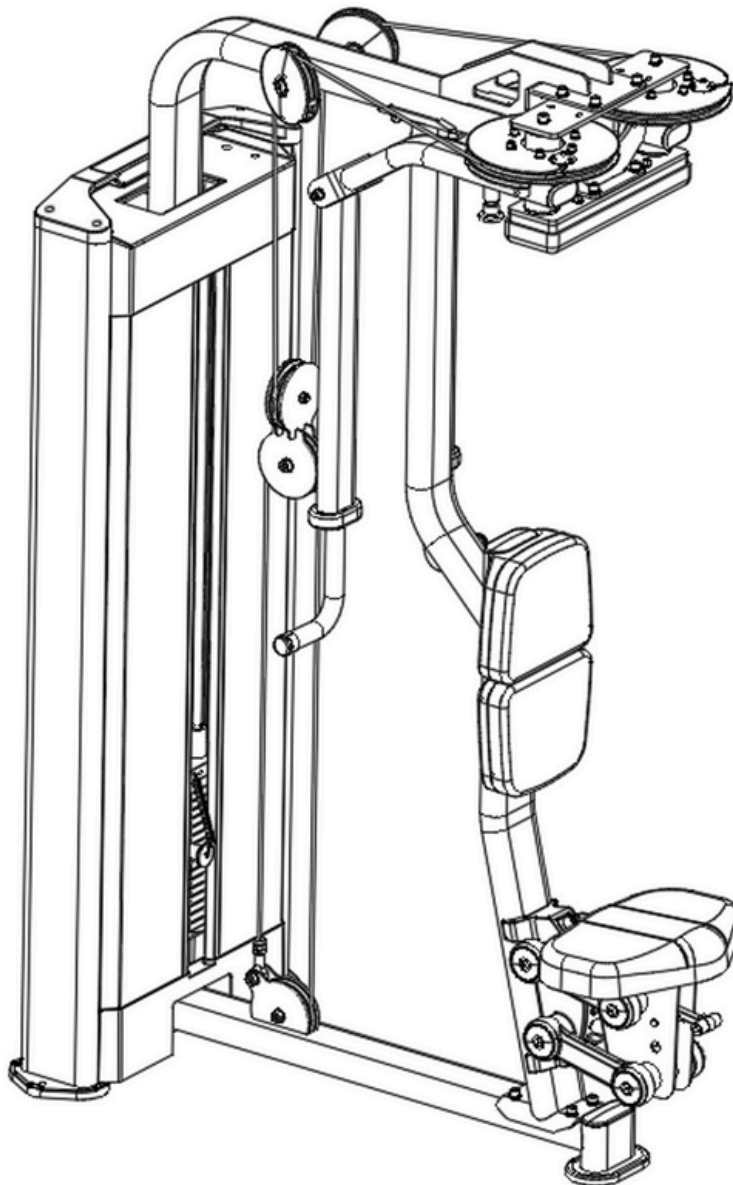
Place the assembled trainer in the proper position.

Important Tips

Now that your Dual Rear Delt/Pec Fly 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	Connection frame	1
3	Hexagon socket cheese head screws (M10*25)	20
4	Spring mat (M10)	30
5	flat mat (M10-D20)	30
6	counterweight lower shield	1
7	Hexagon socket cheese head screws (M5*16)	6
8	side frame I	1
9	side frame II	1
10	Hexagon socket cheese head screws (M8*25)	14
11	spring mat (M8)	4
12	flat mat (M8-D16)	12
13	force arm	2
14	main axis	2
15	Left Flange	1
16	Right Flange	1
17	press board	2
18	crash cushion	1
19	Hexagon socket cheese head screws (M10*20)	8
20	movement arm	2
21	seat frame	1
22	Cushion	1
23	Hexagon socket cheese head screws (M10*70)	2
24	headrest	2
25	Hexagon socket cheese head screws (M10*40)	4
26	20hole plug	4
27	jury box	2
28	cableI	1
29	cableII	1
30	Cable Sheave	1
31	Guide bar mounting plate	1
32	Guide bar assembly	2
33	Guide Block Assembly (Center Rod)	1
34	Weight stack	16
35	weight stack pin	1
36	decorative strip	2
37	shield	1
38	decorative plate	1
39	upper shield	1
40	Hexagon socket cheese head screws (M6*30)	4
41	counterweight footrest	2
42	Flat ellipse footmats	1

Note: Pre-assembled parts are not listed in this table.