

FITNESS360[®]

FT7216

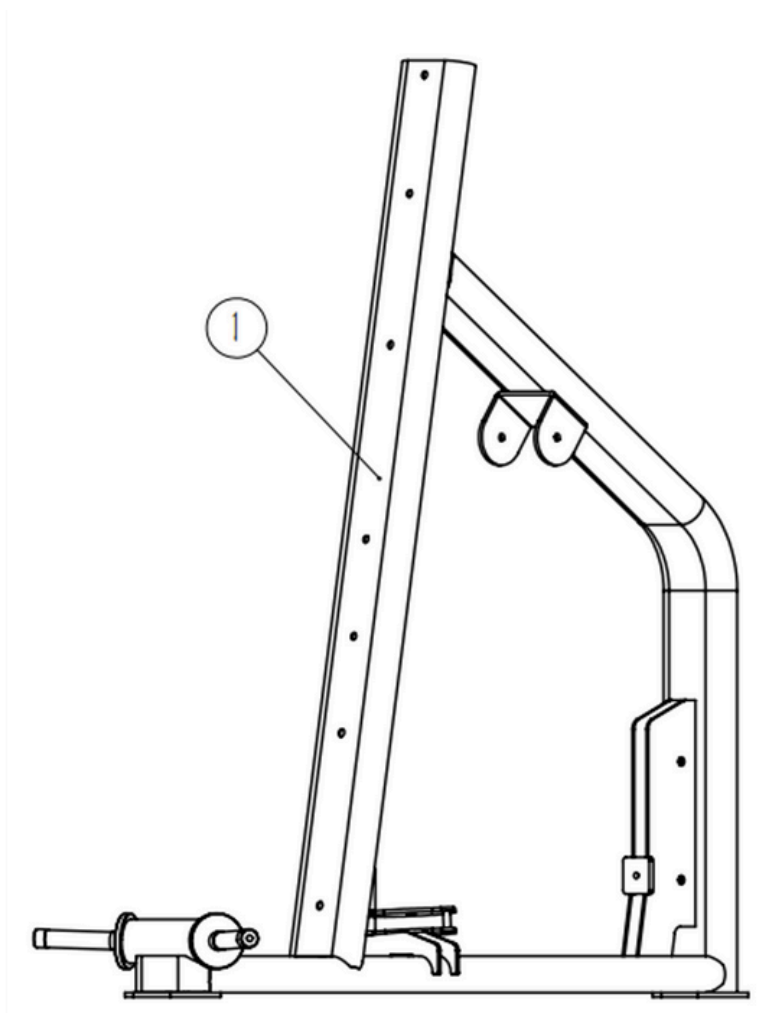
Split Chest Press



Rubber rod
Level
Hexagon wrench
Two People
Adjustable wrench
Circlip Pliers

Step 1:

Place the Dual Axis Seated Chest Press Side Frame Assembly (#1).



Step 2:

Assemble the two rectangular foot pads (#7) to the Dual Axis Press Side Frame (#1) and the two weight rack foot pads (#6).

Install on the counterweight frame (#2); connect the counterweight frame (#2) and the lower shield (#4) in the following way:

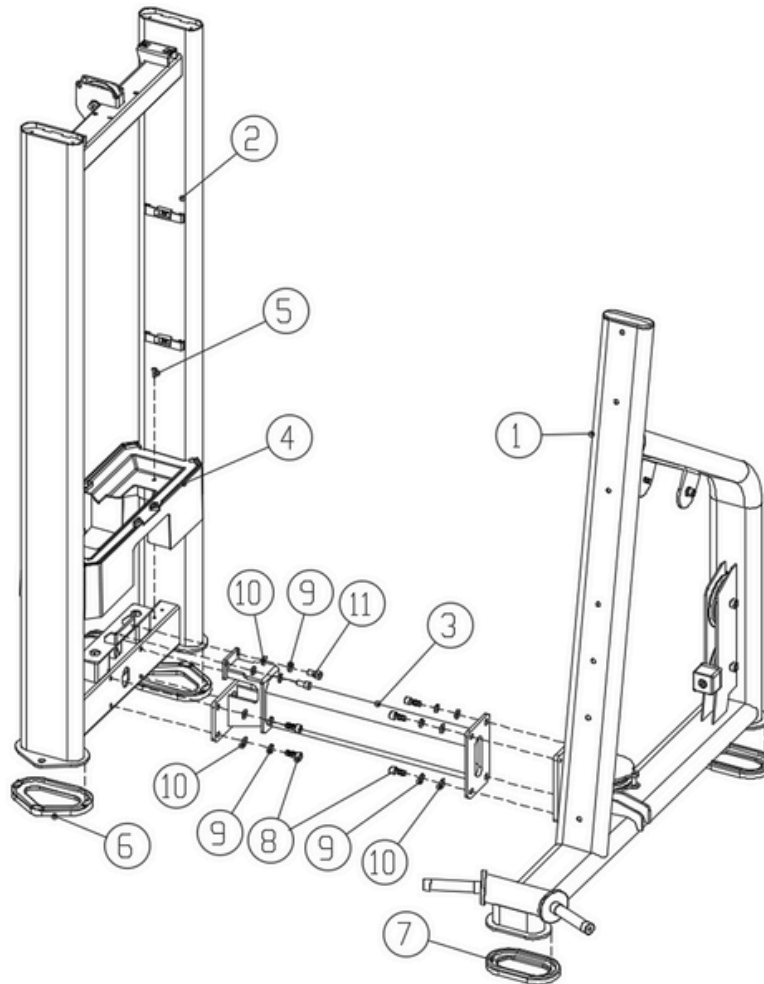
- 2 x M5*15 hexagon socket head screws (#5)

Step 3:

Step 3: Connect the Dual Axis Seated Chest Press Side Frame Assembly (#1), the Connecting Frame (#3) and the Weight Frame (#2) using the following method:

- 8 x M10*25 hexagon socket head screws (#8)
- 10 x M10 spring washers (#9)
- 10 x M10-D20 flat washers (#10)
- 2 x M10*20 hexagon socket head screws (#11)

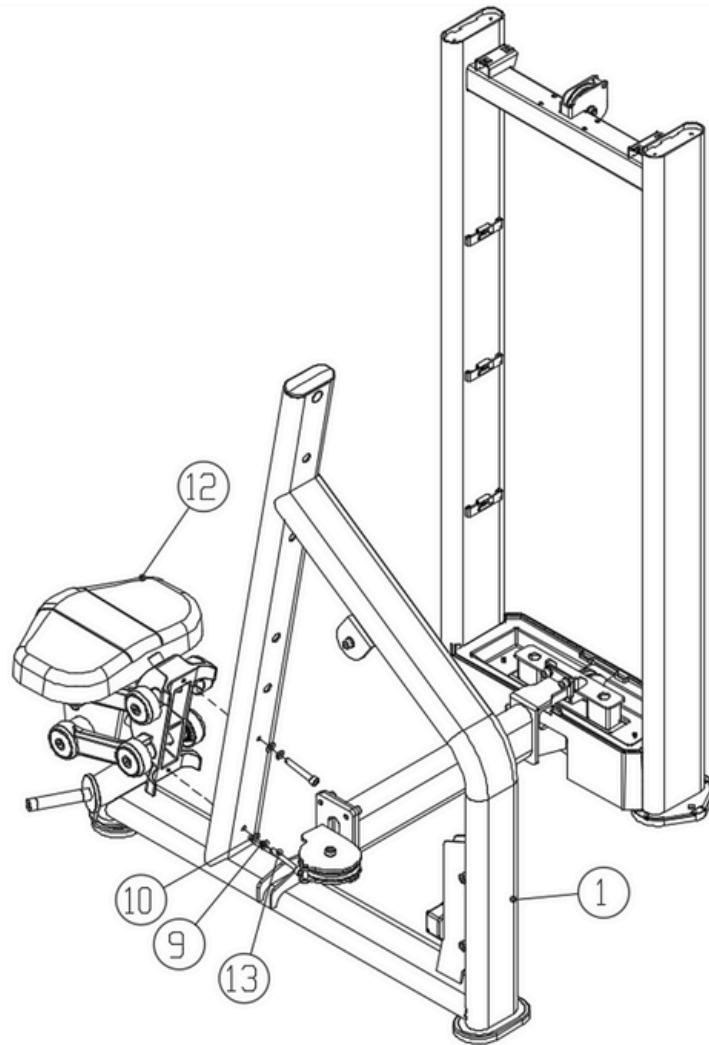
Tighten the bolts with a wrench before proceeding to the next step.



Step 4:

Attach the Dual Axis Seated Chest Press Side Frame Assembly (#1) to the Seat Frame (#12) using:

- 2 × M10×70 hexagon socket head screws (#13)
- 2 × M10 spring washers (#9)
- 2 × M10-D20 flat washers (#10)



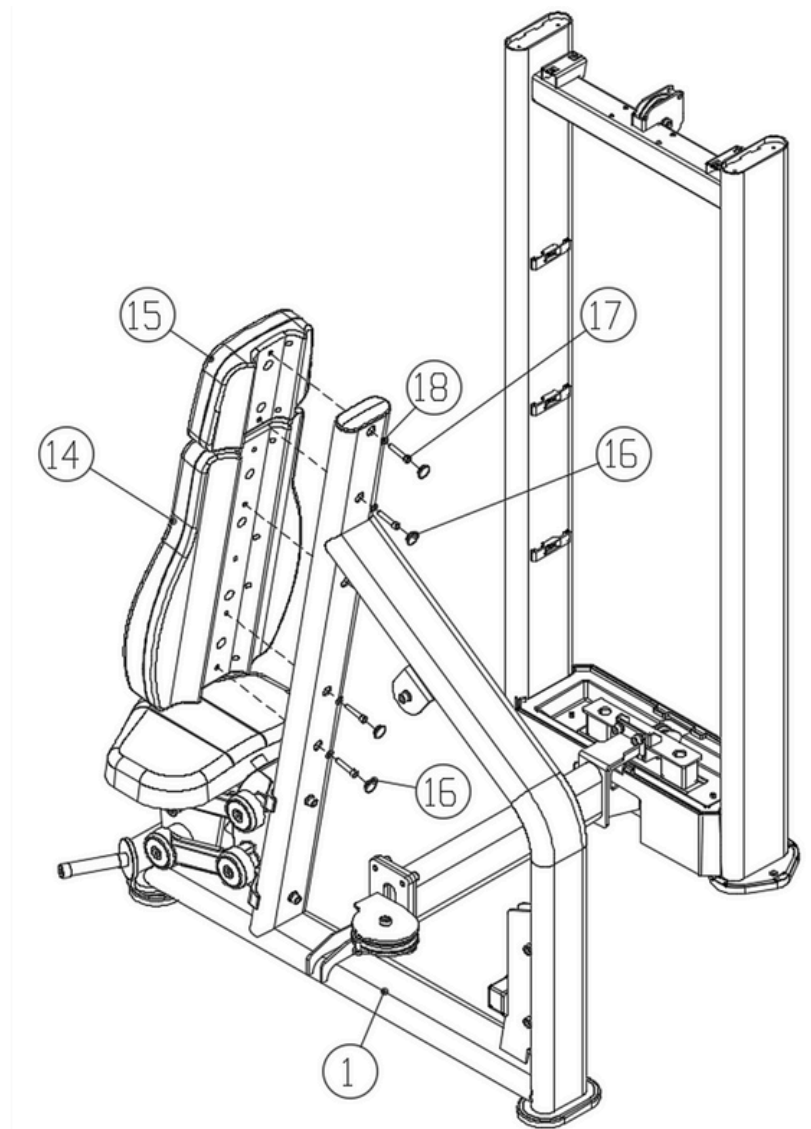
Step 5:

Attach the head pad (#15) and back pad (#14) to the Dual Axis Chest Press Side Frame using:

- 5 × M8×40 hexagon socket head screws (#17)
- 5 × M8-D16 flat washers (#18)

Step 6:

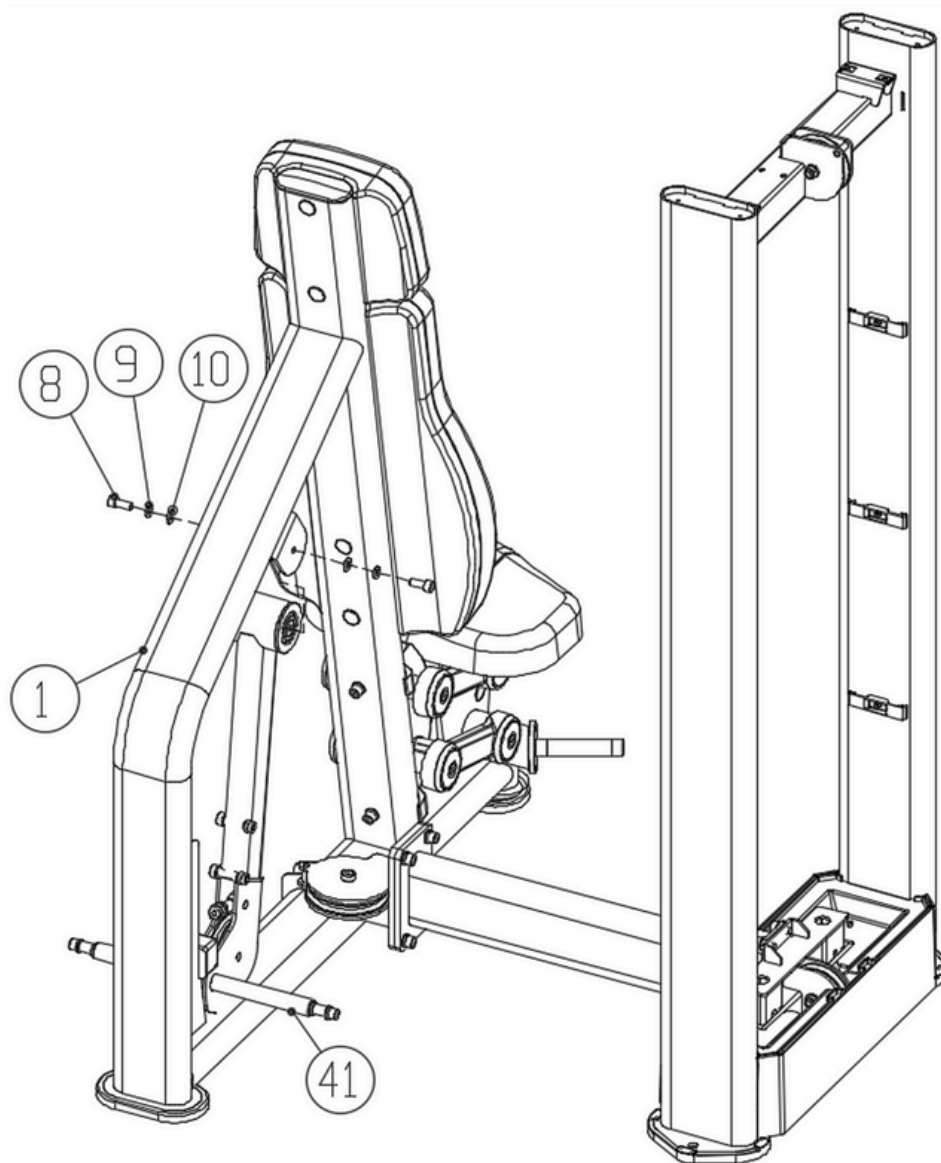
Insert five 20 hole plugs (#16) into the corresponding openings on the side frame.



Step 7:

Connect the Dual Axis Press Linkage (#41) to the Dual Axis Press Side Frame (#1) using:

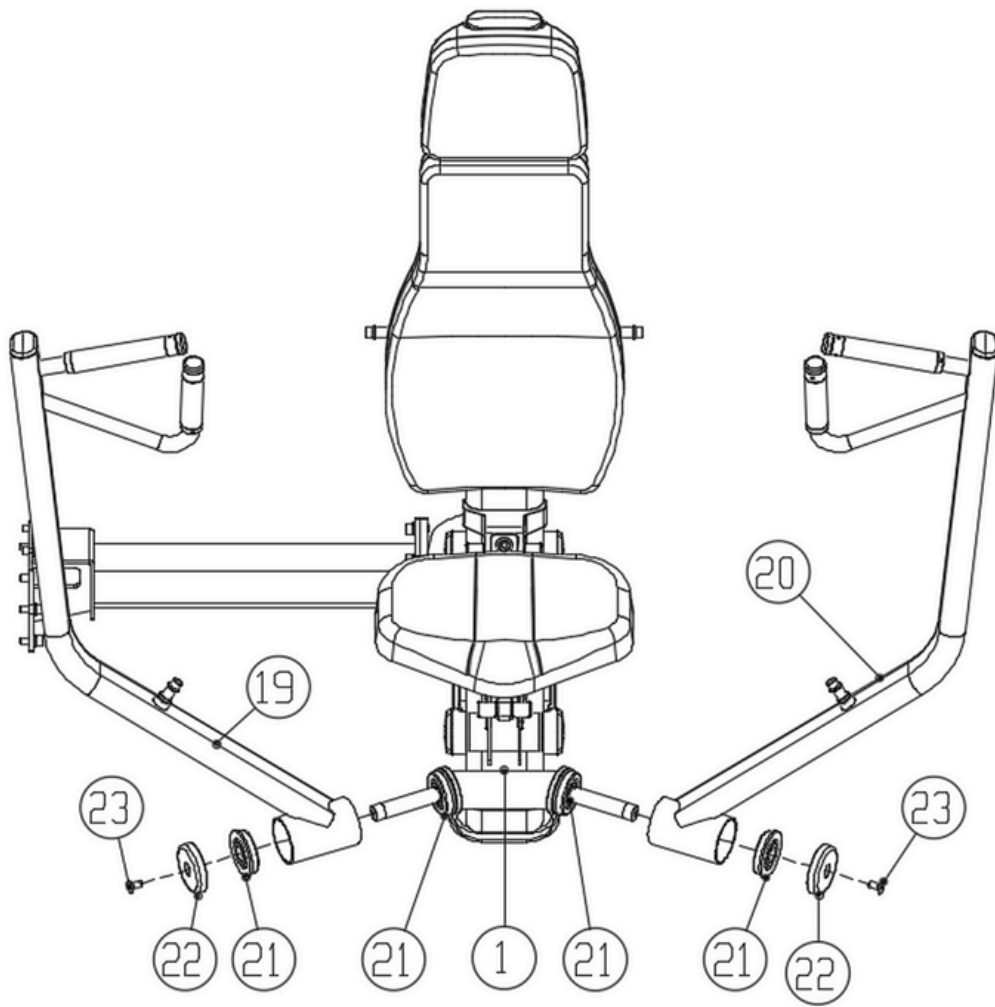
- 2 × M10×25 hexagon socket head screws (#8)
- 2 × M10 spring washers (#9)
- 2 × M10 flat washers (#10)



Step 8:

Use the following parts to attach the left arm of the Double Axis Seated Chest Press Side Rack Set (#1):

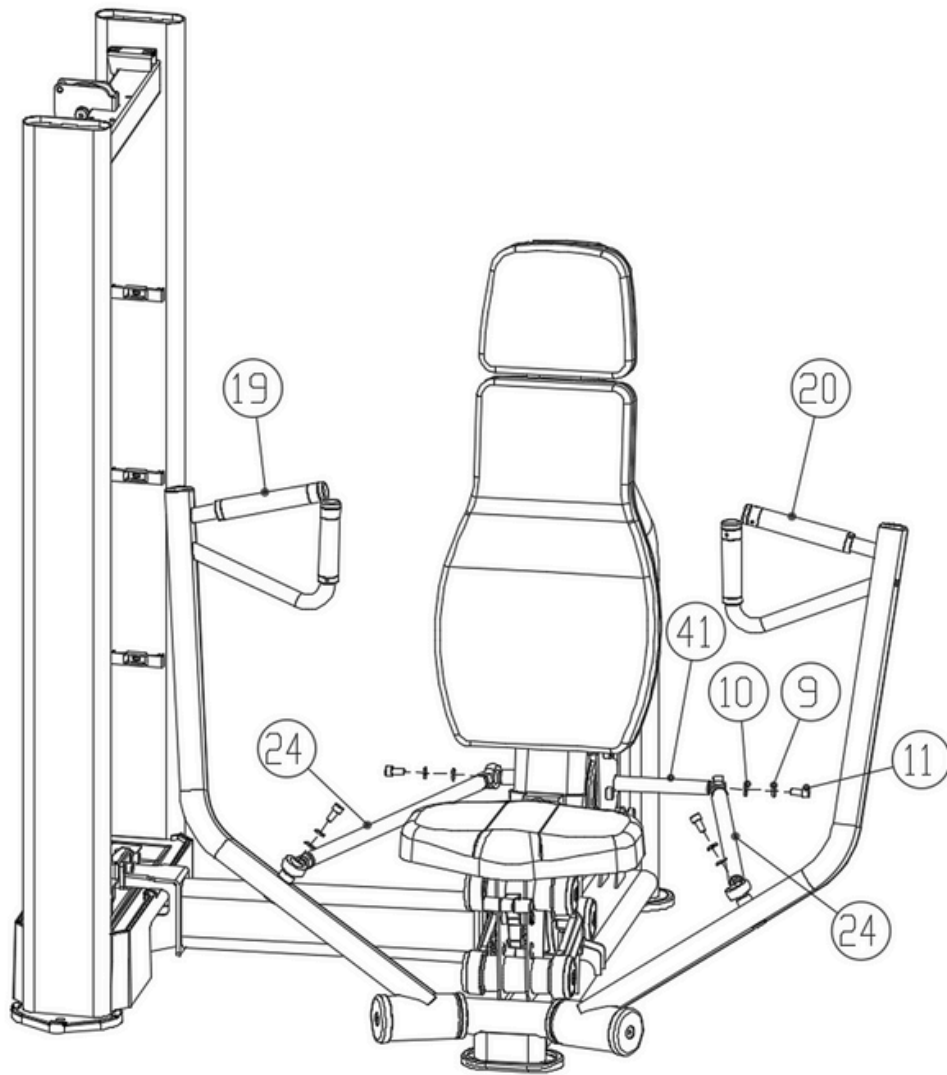
- 4 × 76 deep groove ball bearings (#21)
- 2 × 80×16 aluminum covers (#22)
- 2 × M10×25 hexagon socket flat countersunk screws (#23)



Step 9:

Connect the right arm of the Dual Axis Chest Press (#19) to the Dual Axis Chest Press Linkage (#41) using:

- 4 × M10×20 hexagon socket head screws (#11)
- 4 × M10 spring washers (#9)
- 4 × M10 flat washers (#10)



Step 10:

Slide the two rubber weight pads (#26) onto the guide rods (#25).

Connect the counterweight frame bases (#27) to the two guide rods (#25).

Secure them using:

- 2 × M8×20 hexagon socket head screws (#28)
- 2 × M8 spring washers (#29)
- 2 × M8 flat washers (#18)

Step 11:

Install the counterweight (#30) onto the guide rods (#25), ensuring the isolation tabs face upward.

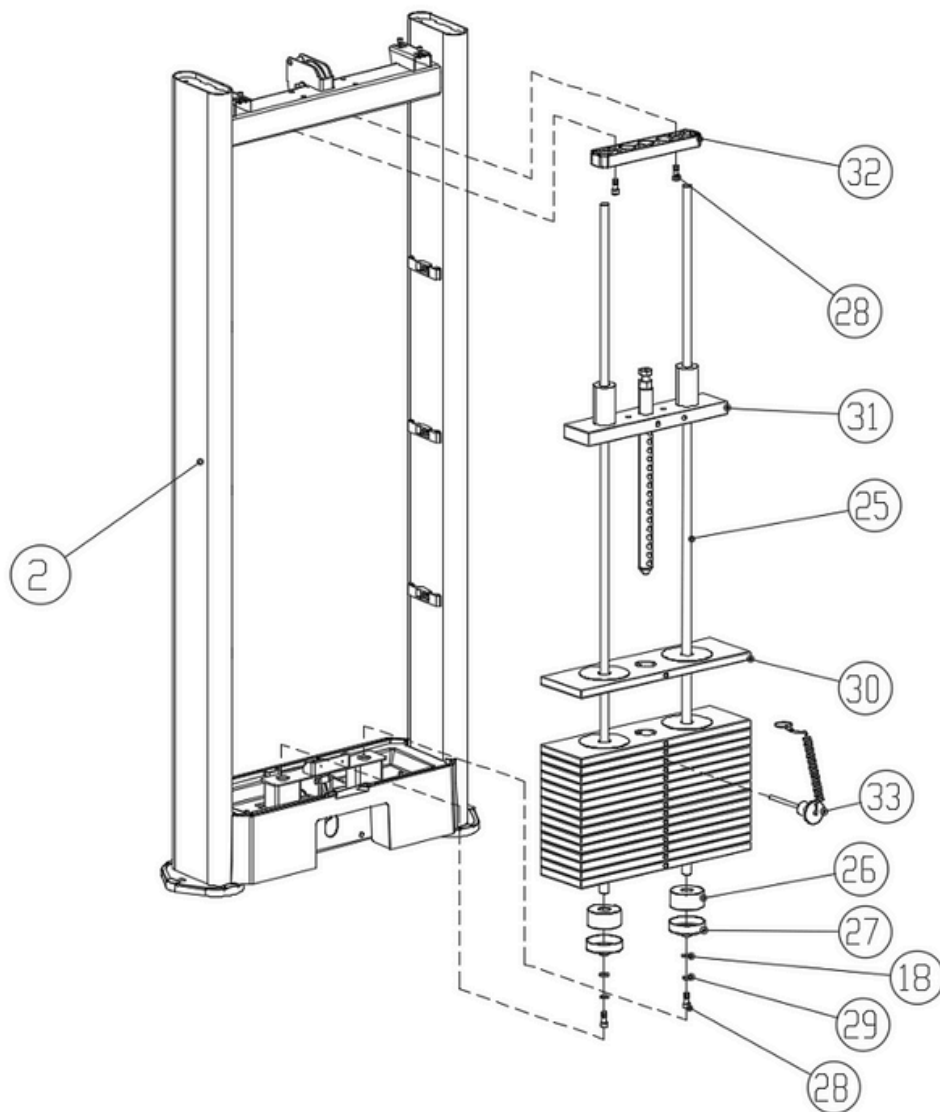
Slide the guide block assembly (#31) onto the guide rods (#25).

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

Attach the guide bar fixing plate (#32) to the guide rods (#25).

Then fix the guide bar plate (#32) to the counterweight frame (#2) using:

- 2 × M8×20 hexagon socket head screws (#28)



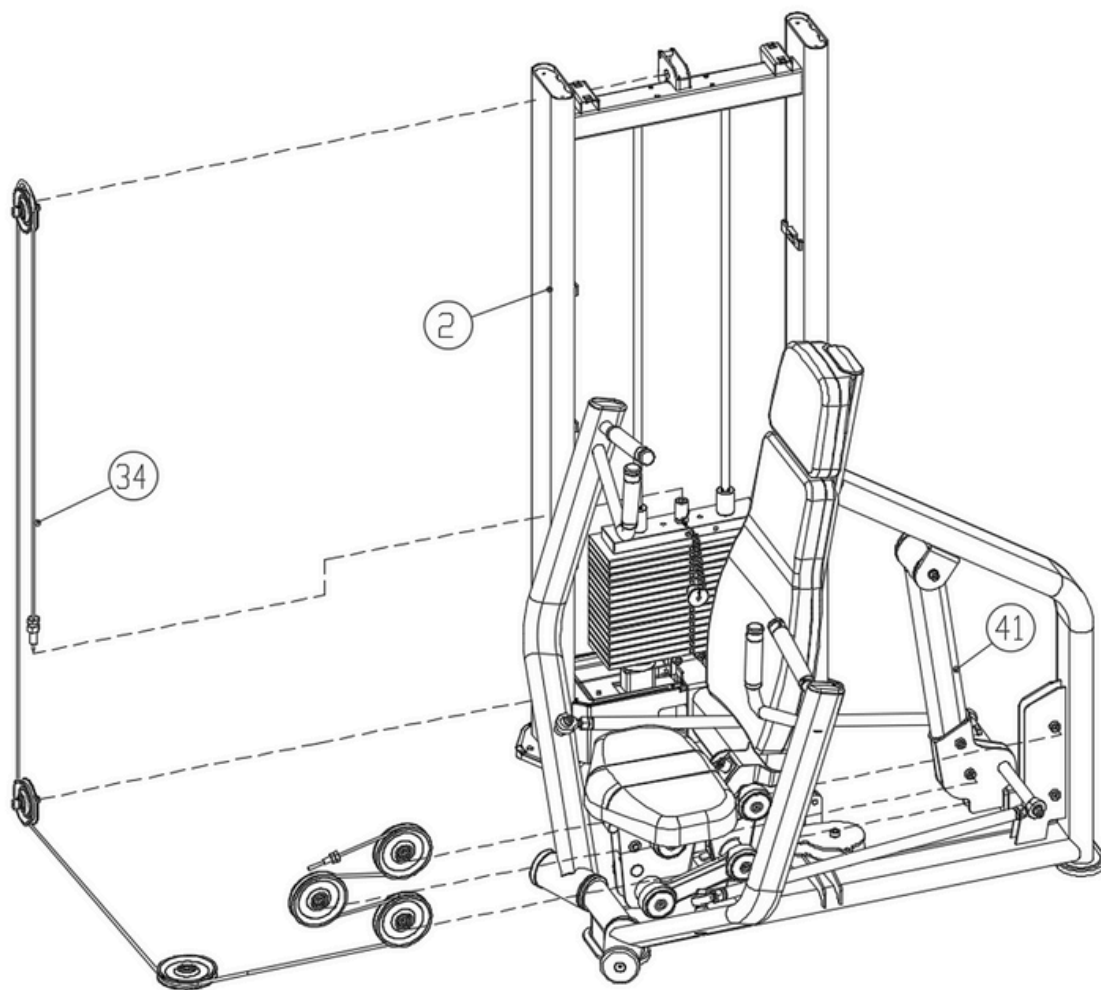
Step 12:

Insert the wire rope (#34) as shown in the figure. The pre-installed wire wheel needs to be removed and then reinstalled.

Note that these reels are installed synchronously with the wire rope (#34)

Step 13:

Connect one end of the wire rope (#34) to the dual-axis chest press linkage (#41) and the other end to the Inside the weight rack (#2)



Step 14:

Slide the two trim strips (#36) into the two fenders (#35) and attach to the counterweight frame (#2) using the fender hold-down plates.

Slide the trim plate (#37) into the two baffles (#35) and attach to the counterweight frame (#2) using the baffle pressure plate.

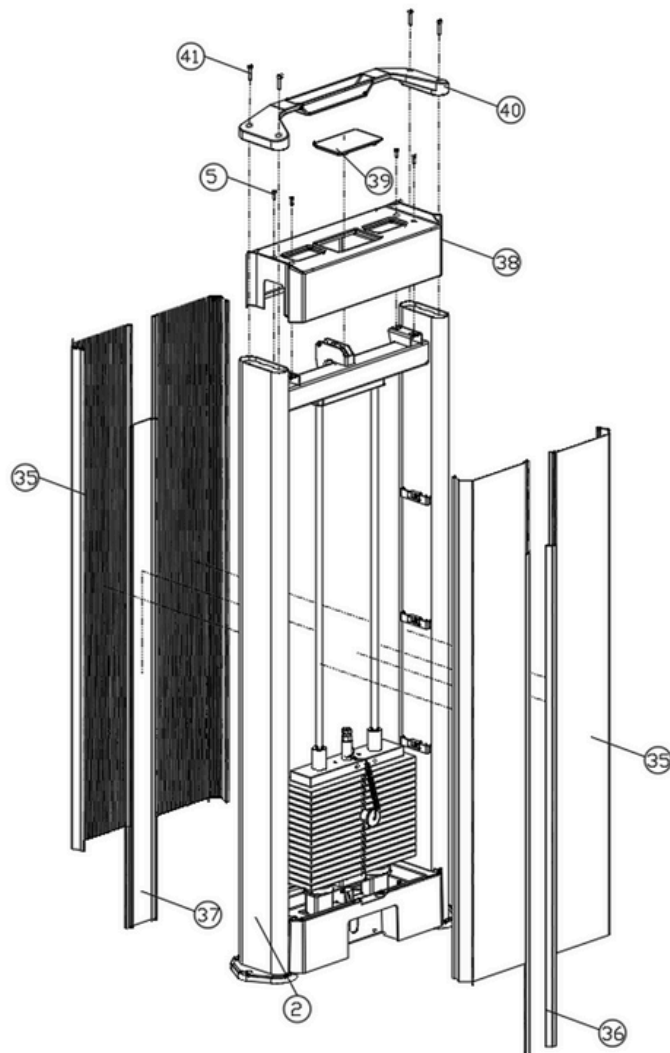
Attach the upper guard (#38) to the counterweight frame (#2) as follows:

- 4 x M5*15 hexagon socket head screws (#5)

Step 15:

Attach the upper cover trim (#40) to the counterweight frame (#2) and snap the upper guard cover (#39) into place using the following method Into the upper shield (#38);

- 4×M6*30 hexagon socket head screws (#41)

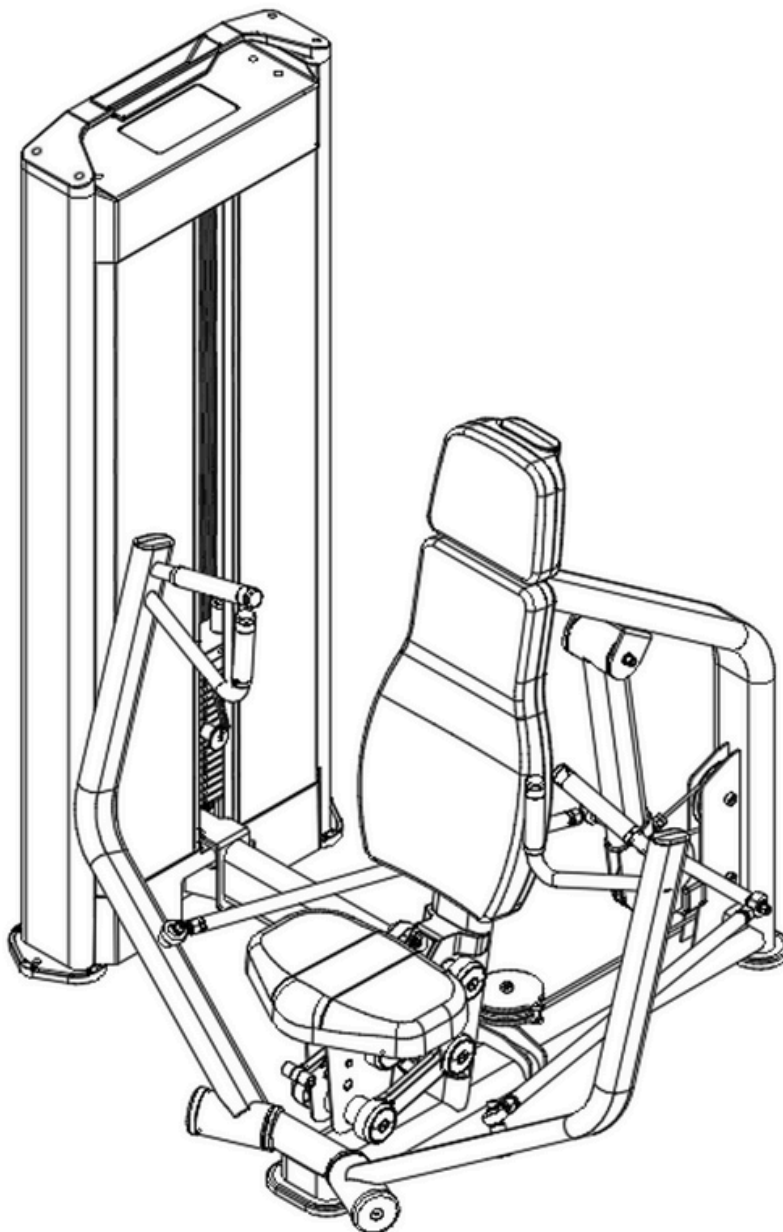


Important Tips

Now that your Split Chest Press 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

erial num	Name and specifications	quantity
1	Double-axis chest press side frame assembly	1
2	Counterweight rack	1
3	Connection frame	1
4	Lower guard	1
5	Hexagon socket head screw (M5*15)	12
6	Weight rack foot pads	2
7	Rectangular foot pads	2
8	Hexagon socket head screw (M10*25)	10
9	Spring washer (M10)	18
10	Flat washer (M10-D20)	18
11	Hexagon socket head screw (M10*20)	6
12	Seat frame	1
13	Hexagon socket head screw (M10*70)	2
14	Back pad	1
15	Head pad	1
16	20-hole plug	5
17	Hexagon socket head screw (M8*40)	5
18	Flat washer (M8-D16)	7
19	Double-axis seated chest press right arm	1
20	Double-axis seated chest press left arm	1
21	Φ76 deep groove ball bearing	4
22	Φ80*16 aluminum cover	2
23	Hexagon socket flat countersunk screw (M10*25)	2
24	Double-axis seated shoulder push linkage connecting rod	2
25	Guide rod	2
26	Counterweight rubber pad	2
27	Counterweight rack base	2
28	Hexagon socket head screw (M8*20)	4
29	Spring washer (M8)	2
30	Counterweight	14
31	Guide block set	1
32	Guide rod fixing plate	1
33	Counterweight latch	1
34	Wire Rope	1
35	Bezel	4
36	Decorative Strips	2
37	Decorative panels	1
38	Upper guard	1
39	Upper guard cover	1
40	Upper cover decoration	1
41	Hexagon socket head screw (M6*30)	4

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