

# ***FITNESS360***<sup>®</sup>

**FT7217**

**Pectoral Fly**



Rubber rod
Level
Hexangon wrench
Two people
Adjustable wrench
Circlip pliers

Step 1:

Connect the counterweight lower guard (#6) to the counterweight frame (#1) using the following method:

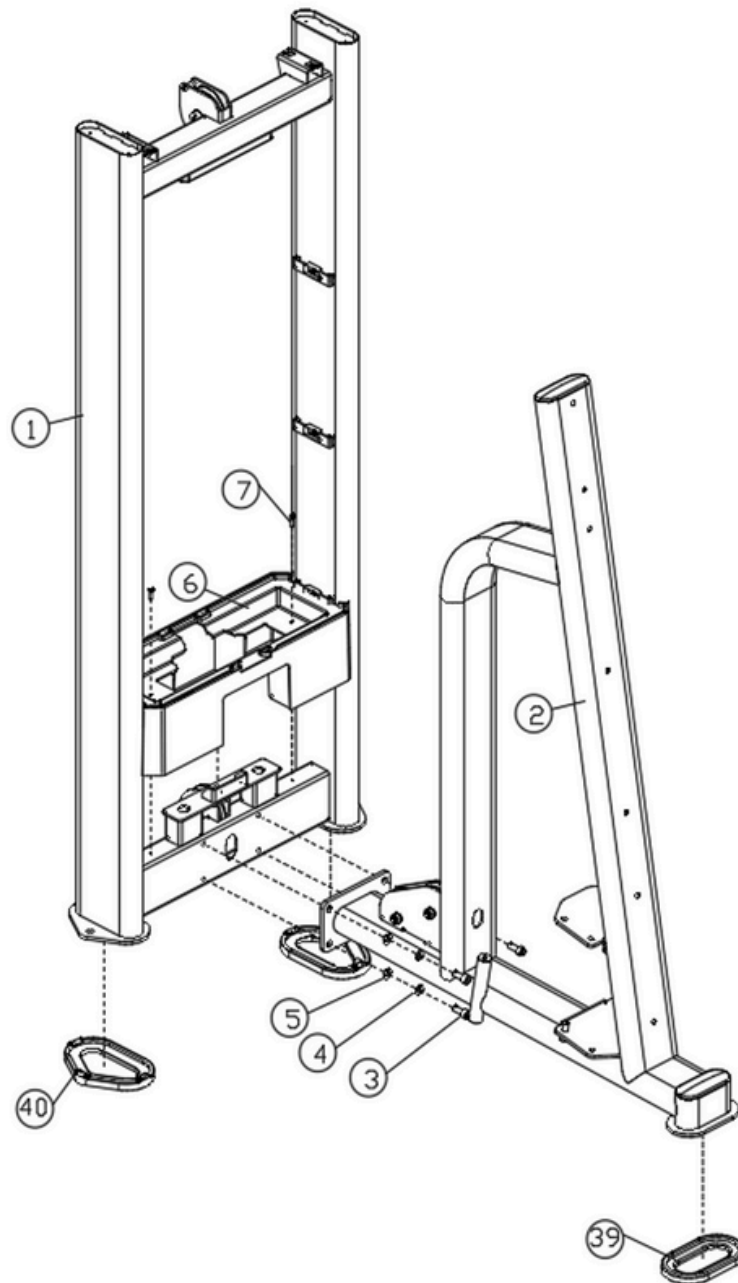
- 2 x M5\*16 hexagon socket head screws (#7)

Install the weight rack foot pads (#40) and flat oval foot pads (#39) into their corresponding positions.

Step 2:

Connect the Butterfly Clip Chest Frame (#2) to the Weight Frame (#1) as follows:

- 4 x M10\*25 hexagon socket head screws (#3)
- 4 x M10 spring washers (#4)
- 4 x M10-D20 flat washers (#5)



Step 3:

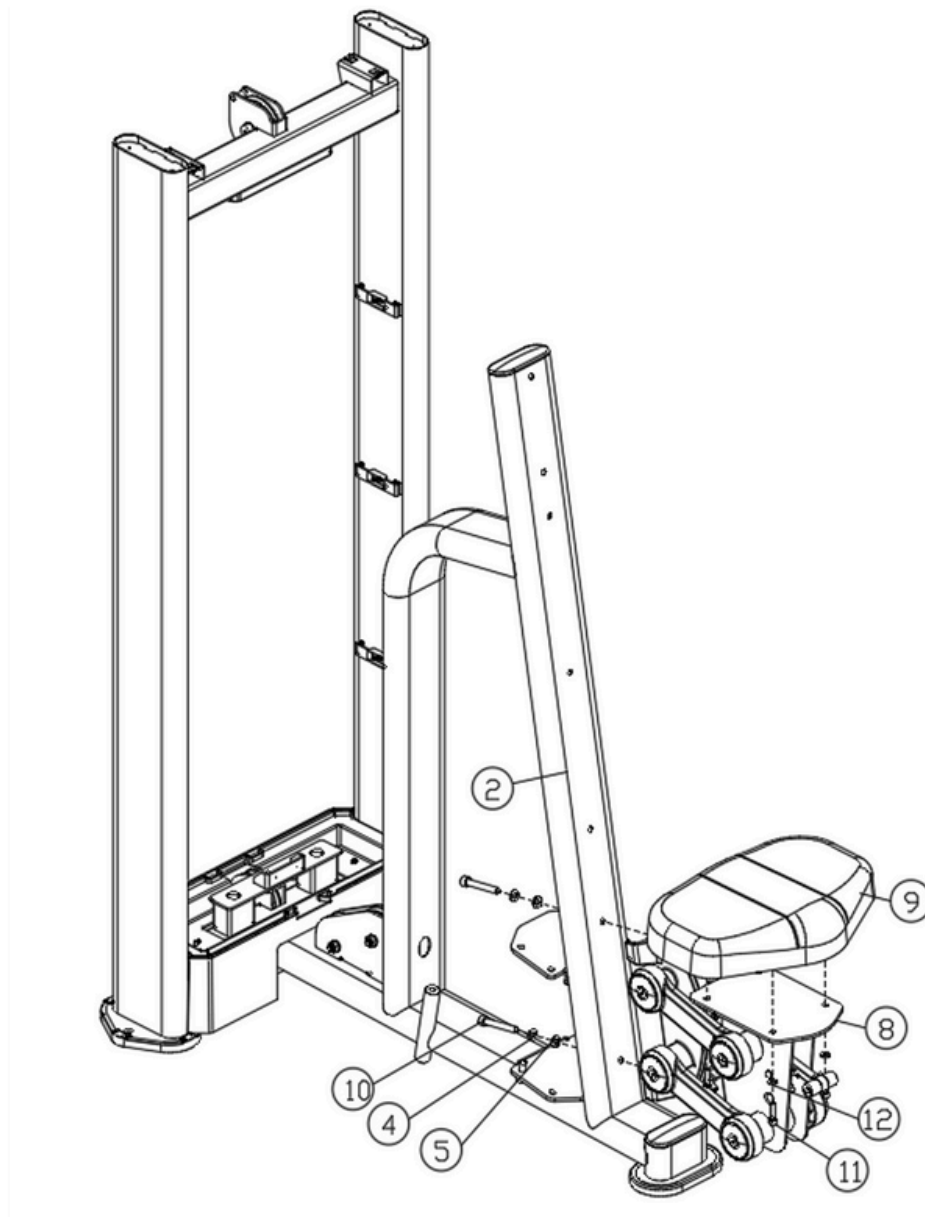
Attach the seat cushion (#9) to the seat frame (#8) using the following method:

- 4 x M8\*25 hexagon socket head screws (#11)
- 4 x M8-D16 flat washers (#12)

Step 4:

Connect the seat (#8) to the Butterfly Clip Side Frame (#2) as follows:

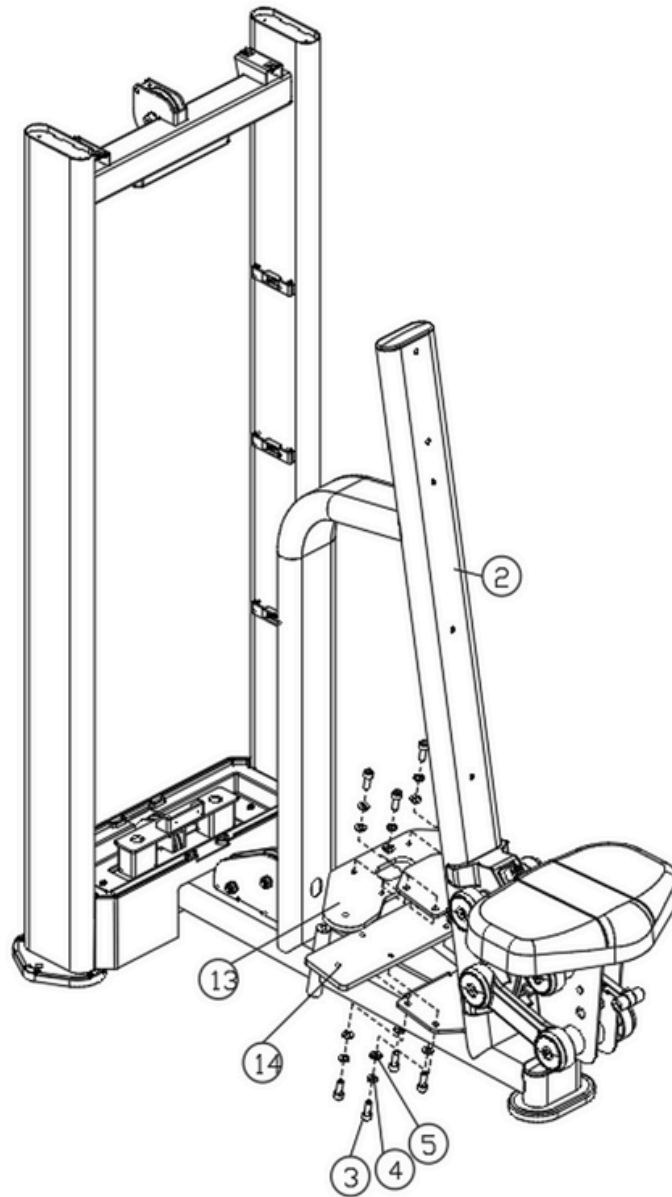
- 2 x M10\*70 hexagon socket head screws (#10)
- 2 x M10 spring washers (#4)
- M10-D20 flat washers (#5)



Step 5:

Use the following method to connect the butterfly chest clamp arm connecting plate (#13), the main shaft connecting plate (#14) and the butterfly chest clamp side frame (#2)

- 8 x M10\*25 hexagon socket head screws (#3)
- 8 x M10 spring washers (#4)
- 8 x M10-D20 flat washers (#5)



Step 6:

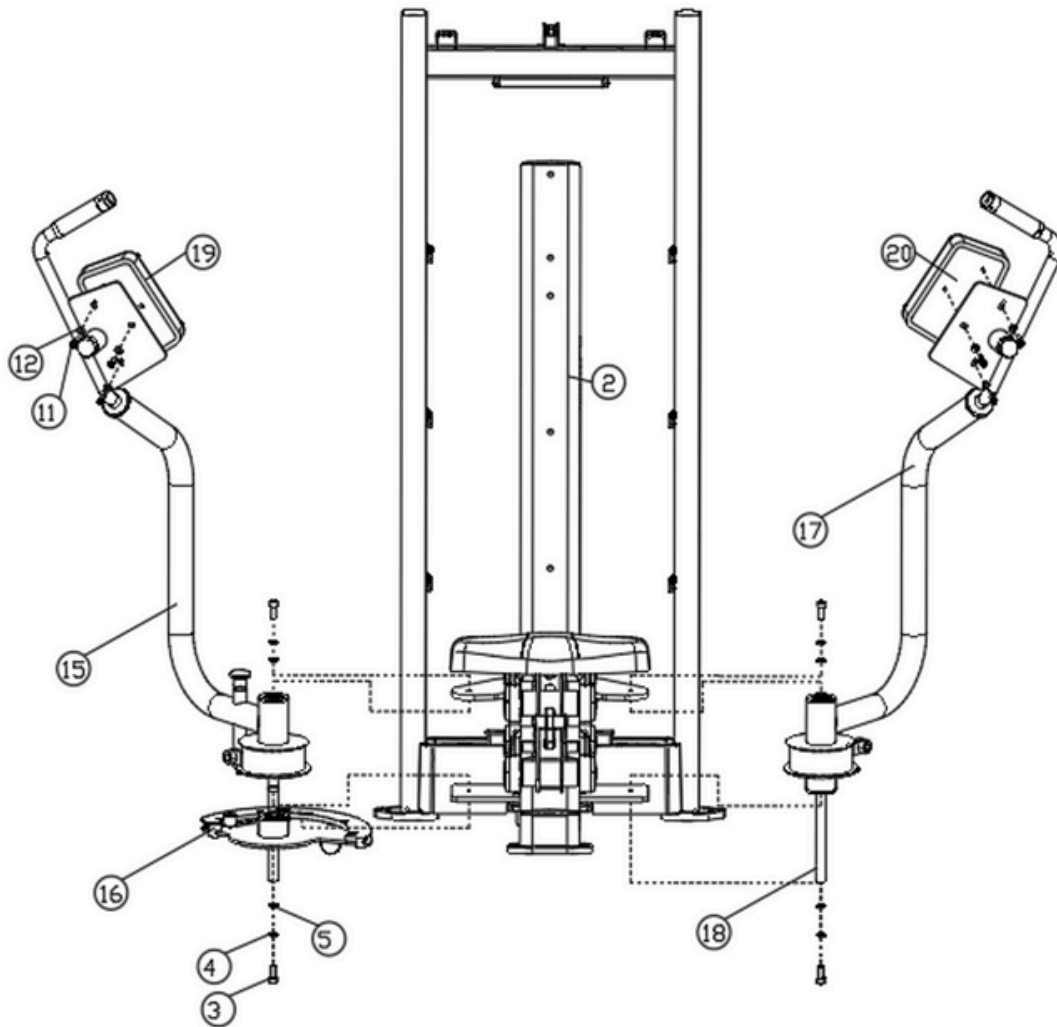
Connect the two force arms (#15 and #17) and the two spindles (#16 and #18) to the Butterfly Clip Chest Side Frame (#2) using:

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

Step 7:

Attach the left and right elbow pads (#19 and #20) to the lever arms (#15 and #17) using:

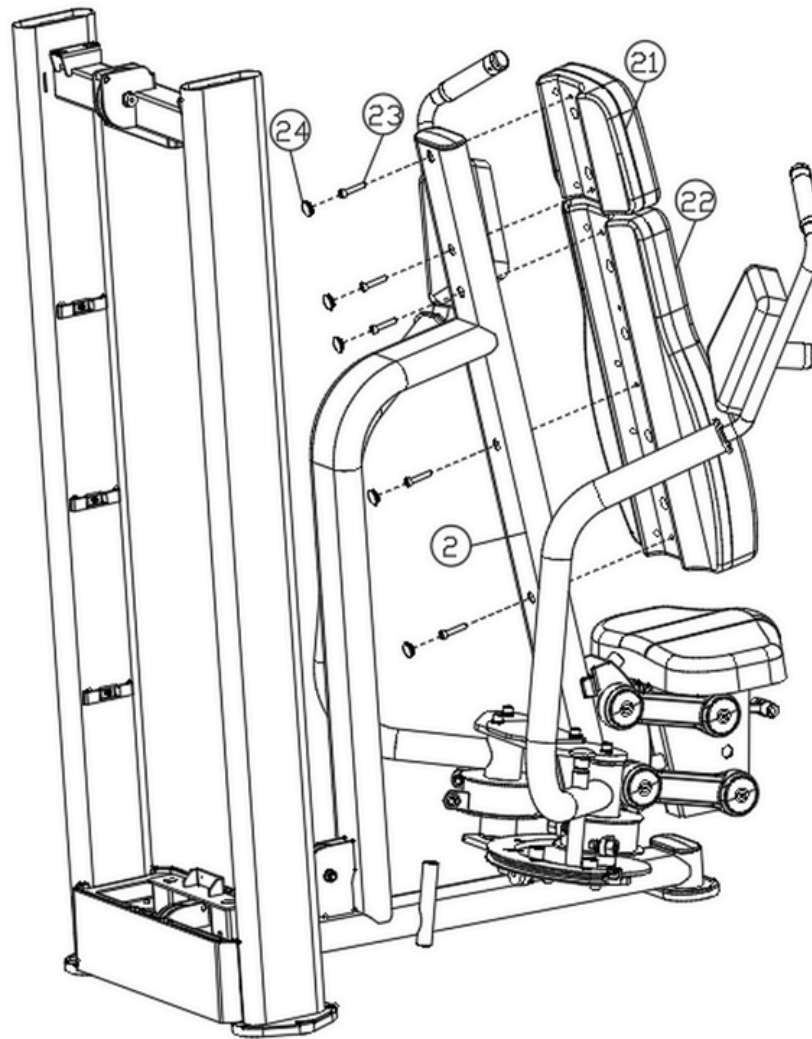
- 6 × M8×25 hexagon socket head screws (#11)
- 6 × M8-D16 flat washers (#12)



Step 8:

Secure the head pad (#21), back pad (#22), and Butterfly Clip Chest Side Frame (#2) using:

- 5 × M8×40 hexagon socket head screws (#23)
- 5 × Ø20 hole plugs (#24)



Step 9:

Slide the two rubber weight pads (#41) onto the two guide rods (#26).

Connect the two counterweight frame bases (#42) to the guide rods (#26) and insert the assembly into the counterweight rack (#1).

Secure with:

- 2 × M8×20 hexagon socket head screws (#11)
- 2 × M8 spring washers (#43)
- 2 × M8 flat washers (#12)

Step 10:

Install the counterweight blocks (#28) onto the guide rods (#26), with the isolation tabs facing upward.

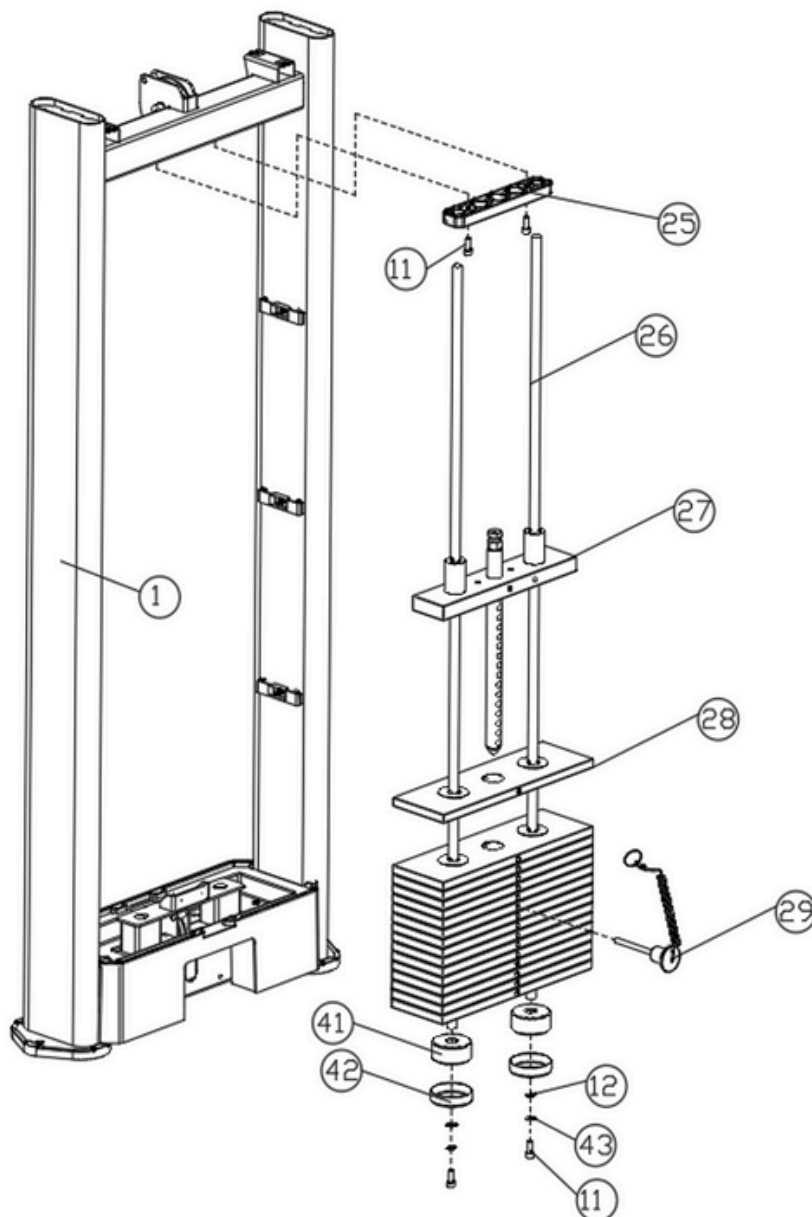
Mount the guide block assembly (#27) onto the guide rods.

Insert the counterweight pin (#29) into the counterweight block.

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

Secure the guide rod fixing plate (#25) to the frame using:

- 2 × M8 hexagon socket head screws (#11)



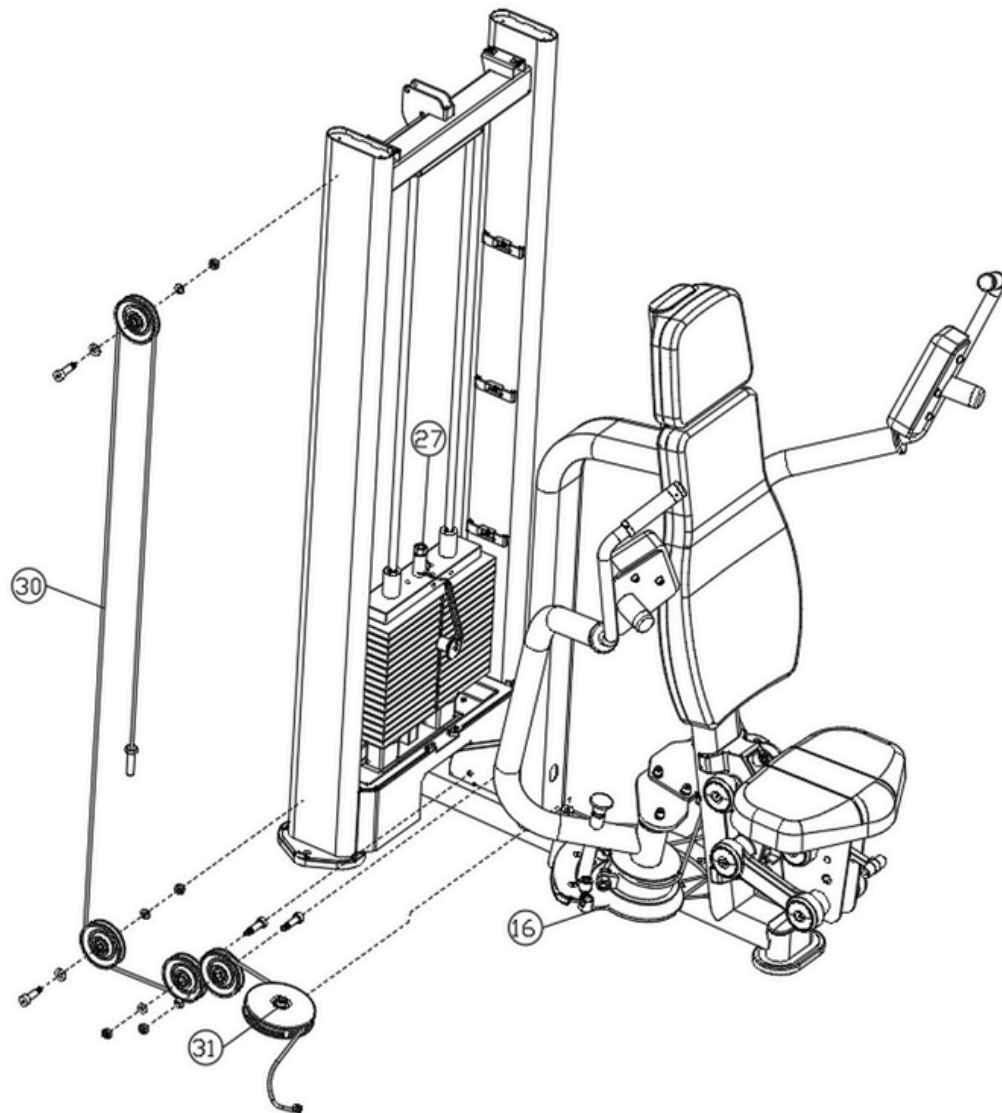


Step 11:

Remove the pre-installed reel.

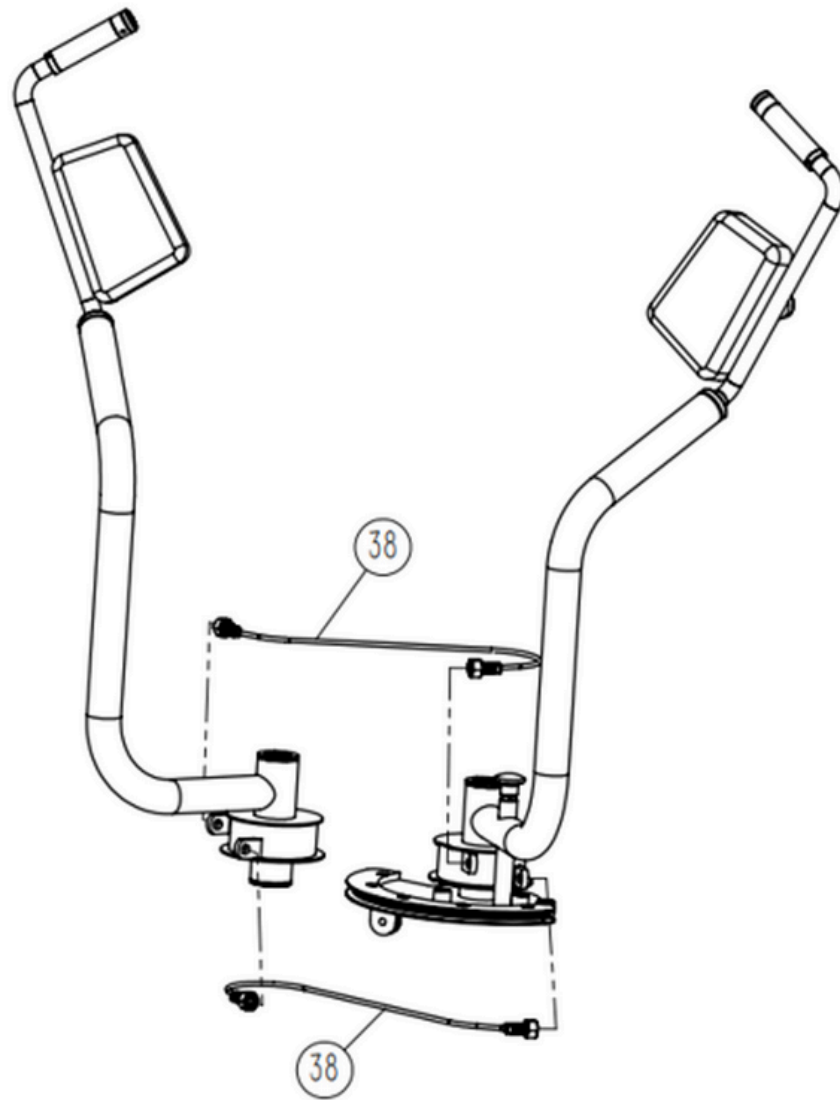
Thread the wire rope I (#30) around the reel and reattach it to its original position (reel box #31).

Connect one end of the rope to the guide block assembly (#27) and the other to the counterweight frame.



Step 12:

Attach wire rope II (#38) to the two lever arms as shown in the illustration.



Step 13:

Slide the two trim strips (#32) into the two fenders (#33).

Slide the trim plate (#34) into the baffles and attach them to the counterweight frame (#1).

Secure the upper guard (#35) to the frame using:

- 4 × M5 hexagon socket head screws (#7)

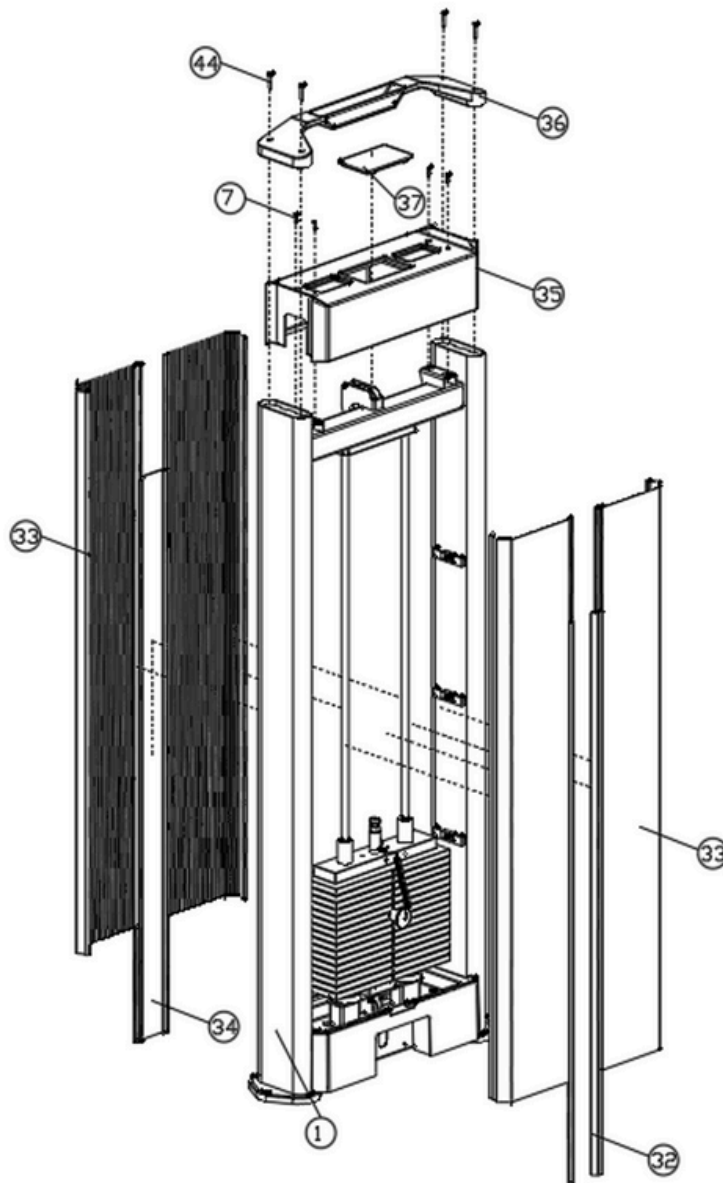
Step 14:

Secure the upper cover trim (#44) to the counterweight frame (#1) using:

- 4 × Hexagon socket head screws (#44)

Step 15:

Snap the upper shield cover (#37) onto the upper guard (#35).

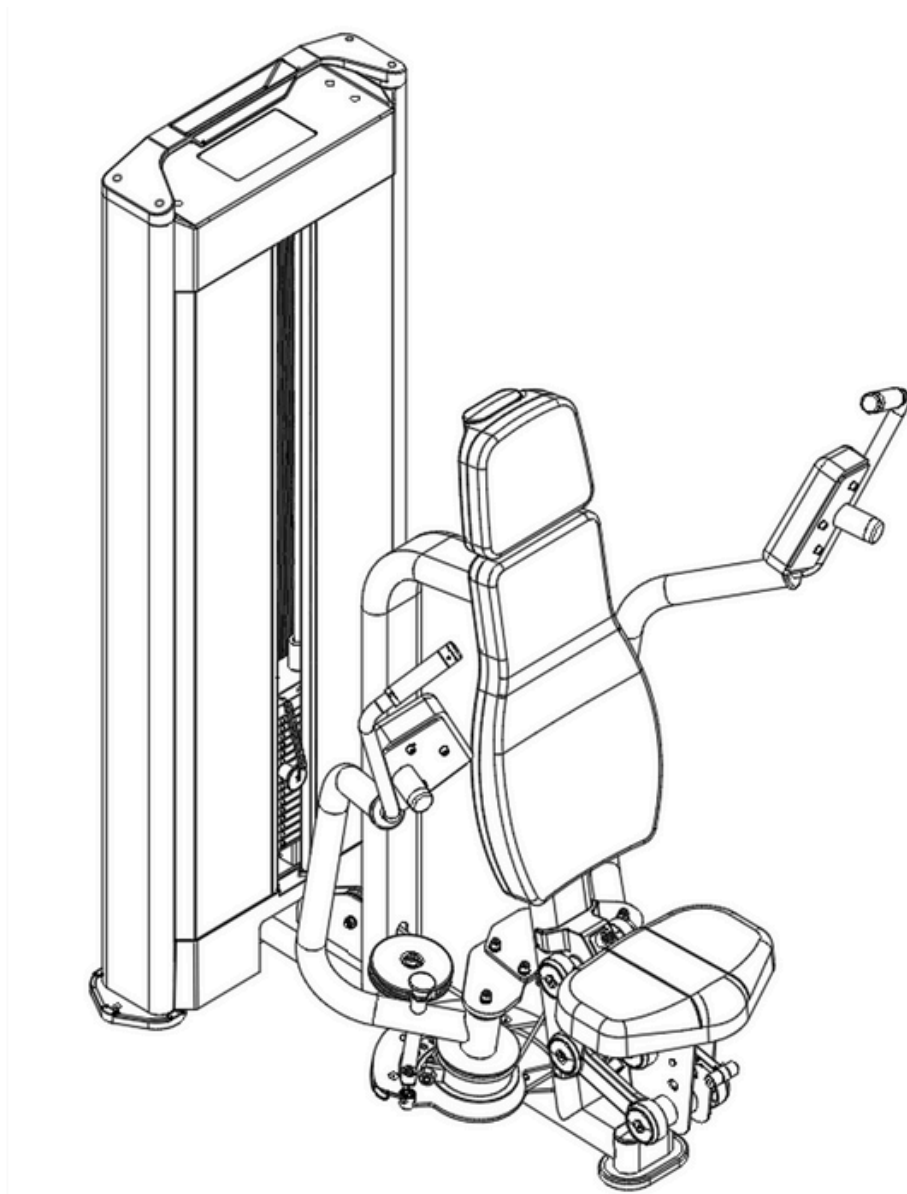


### Important Tips

Now that your Pectoral 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

Number	Name and specifications	quantity
1	Counterweight rack	1
2	Butterfly chest clip side frame	1
3	Hexagon socket head screw M10*25	16
4	Spring washer M10	18
5	Flat washer M10-D20	18
6	Counterweight lower guard	1
7	Hexagon socket head screw M5*16	4
8	Seat frame	1
9	cushion	1
10	Hexagon socket head screw M10*70	2
11	Hexagon socket head screw M8*25	14
12	Flat washer M8-D16	3
13	Butterfly chest clamp arm connection plate	1
14	Spindle connecting plate	1
15	Butterfly chest press right arm	1
16	Butterfly chest flange	1
17	Butterfly chest press left leg pad	1
18	Spindle- $\phi 20 \times 192$	2
19	Right elbow pad	1
20	Left elbow pad	1
21	Head pad	1
22	Back pad	1
23	Hexagon socket head screw M8*40	5
24	20-hole plug	5
25	Guide rod fixing plate	1
26	Guide rod assembly	2
27	Guide block assembly (center rod)	1
28	Counterweight	16
29	Counterweight latch	1
30	Wire Rope I	1
31	Reel Box	1
32	Decorative Strips	2
33	Bezel	4
34	Decorative panels	1
35	Upper guard	1
36	Upper cover decoration	1
37	Upper guard cover	1
38	Wire Rope II	2
39	Flat oval foot pad	1
40	Weight rack foot pads	2
41	Counterweight rubber pad	2
42	Counterweight base	2
43	Spring washer M8	2
44	Hexagon socket head screw M6*30	4