

FITNESS360[®]

FT7218

Lat Pull Down



Rubber Rod
Level
Hexagon wrench
Two person
Circlip pliers
Adjustable wrench

Step 1:

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

- 2x Hexagon socket head screw (#7)

Tighten all bolts with a wrench before proceeding.

Step 2:

Attach the High Tension Base Frame (#2), Low Tension Weight Frame Support Left (#11), and Low Tension Weight Frame Support to the Connect the right support (#13) to the counterweight rack (#1):

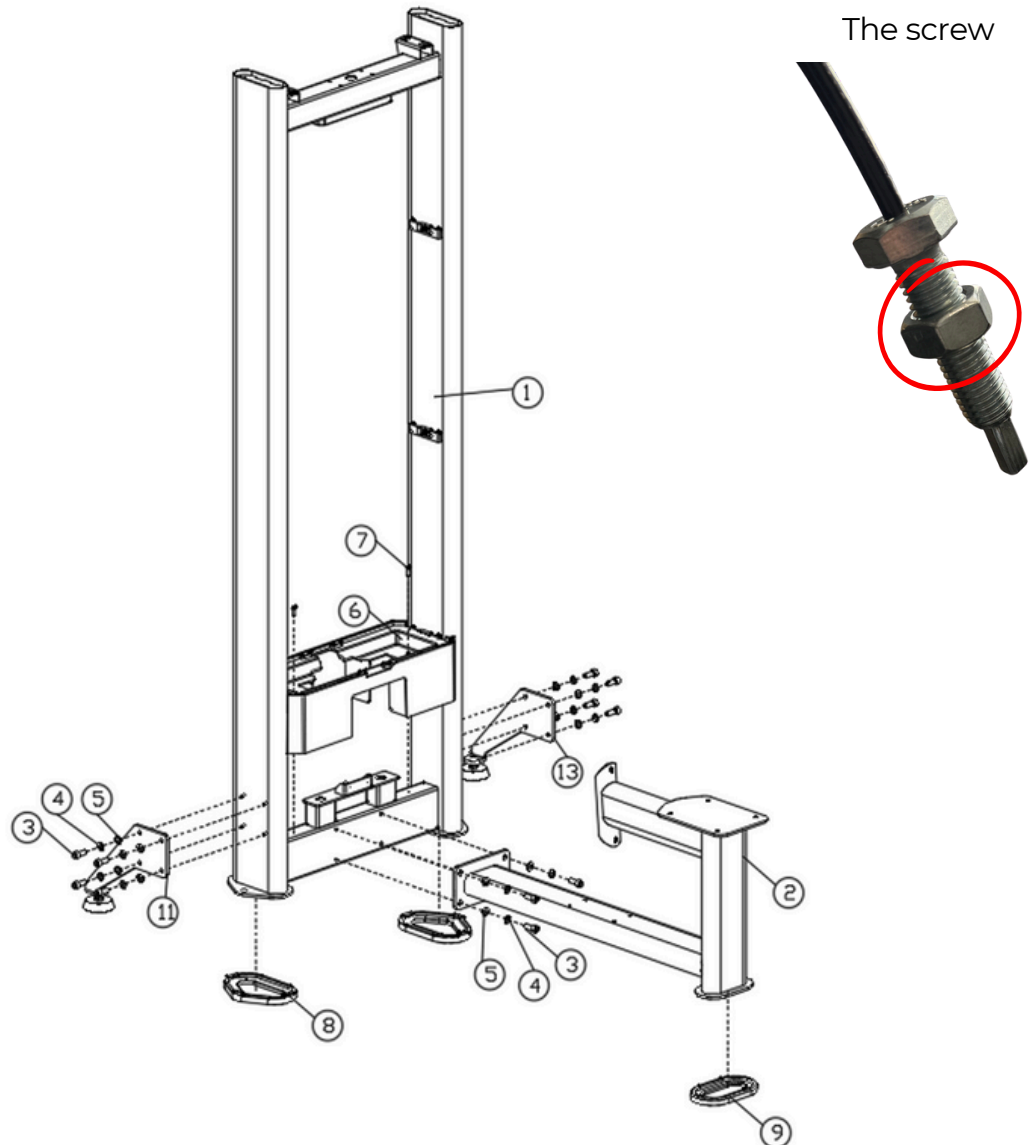
- 12 x Hexagon socket head screw (#3)
- 12 x Spring washer (#4) 12 × M10–D20 Flat Washers (9)
- 12x Flat washer (#5)

Step 3:

Install the two weight rack feet (#8) onto the weight rack (#1). Install the flat oval foot pad (#9) to the high-tension base frame (#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.

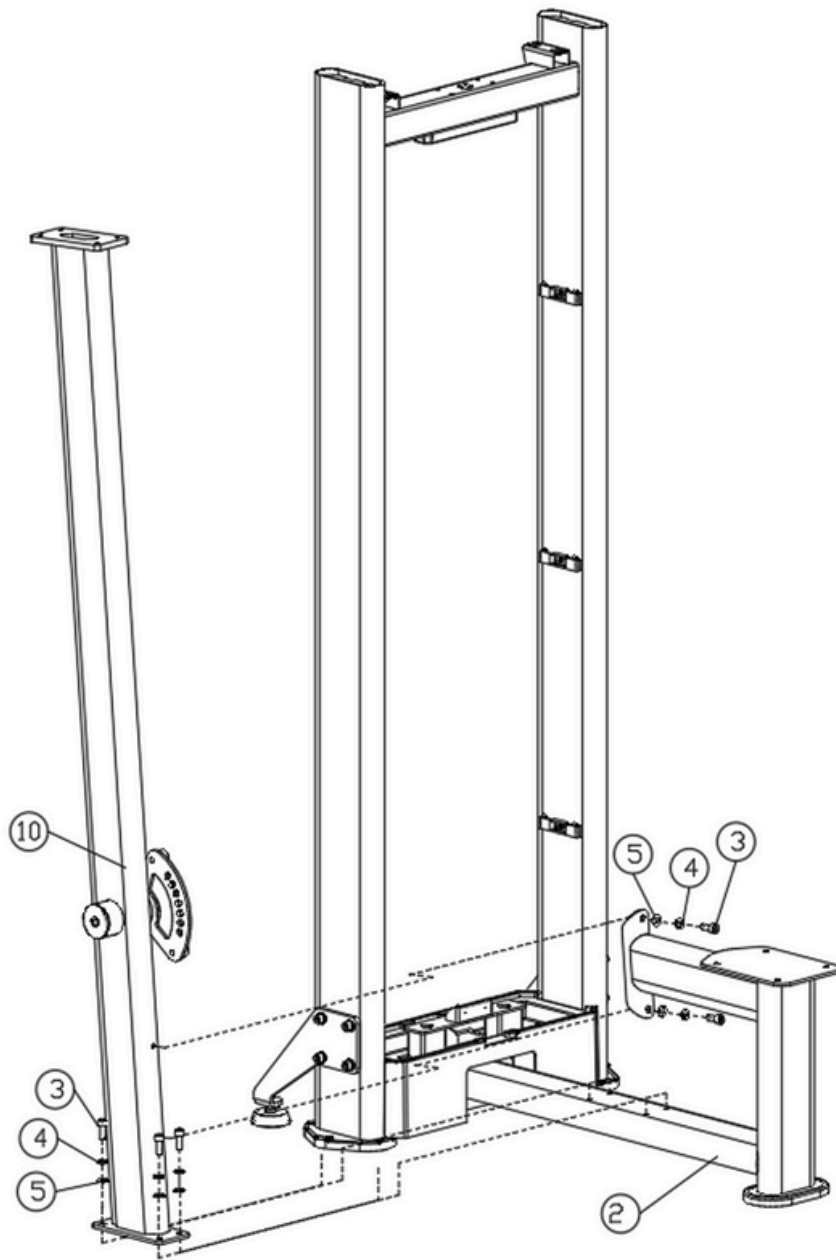
It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.



Step 4:

Connect the high-tension frame (#10) to the bottom frame (#2) using the following method:

- 6 x Hexagon socket head screw (#3)
- 6 x Spring washer (#4)
- 6 x Flat washer (#5)

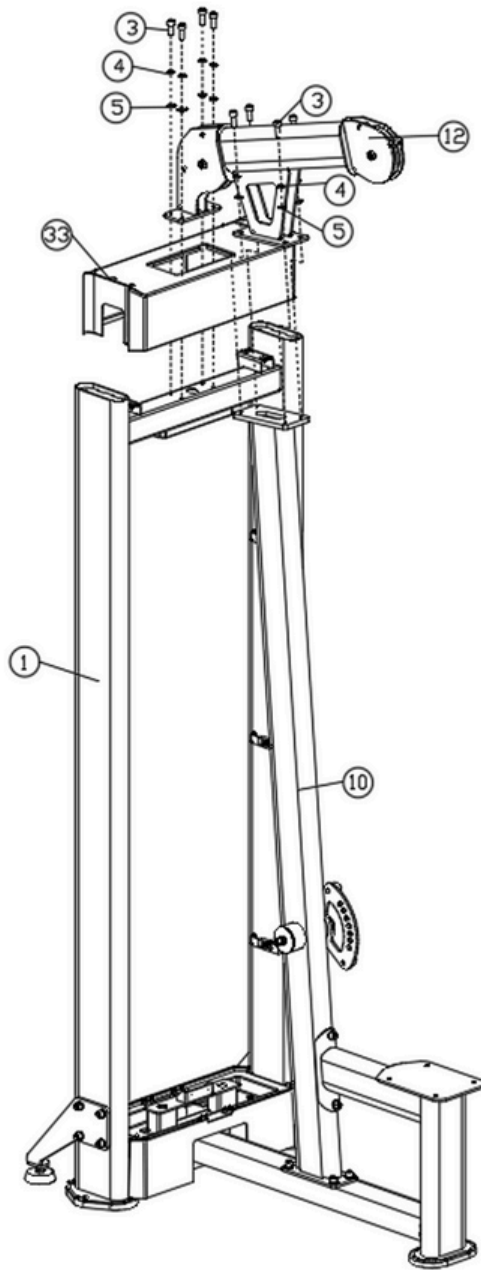


Step 5:

Connect the high-tension upper arm (#12) to the counterweight frame (#1) and the vertical frame (#10) using the following method:

- 8 x Hexagon socket head screw (#3)
- 8 x Spring washer (#4)
- 8 x Flat washer (#5)

NOTE: It is necessary to pass the high-tension upper arm (#12) through the upper guard (#33) before tightening the bolts.



Step 6:

Slide the two rubber weight pads (#17) onto the two guide rods (#16). Connect the two counterweight frame bases (#18) and the two guide rods (#16) and place them into the counterweight frame (#1) in the following manner:

- 2 x Hexagon socket head screw (#19)
- 2 x Spring washer (#20)
- 2 x Flat washer (#14)

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

Step 7:

Install the 18 counterweights (#21) onto the guide rods (#16) with the spacers facing up.

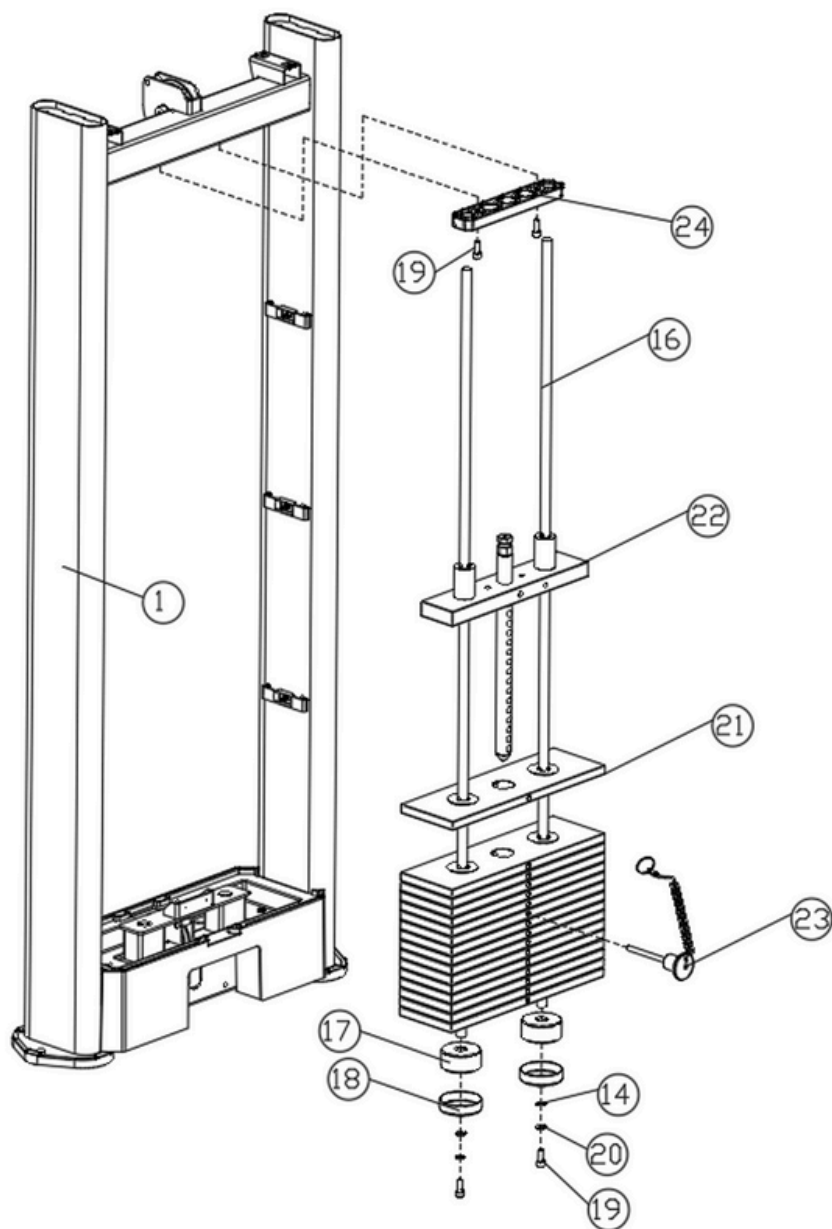
Install the guide block set (#22) onto the guide rod (#16).

Insert the counterweight pin (#23) into the counterweight (#21).

Slide the guide bar retaining plate (#24) onto the guide bar (#16).

Install the guide rod fixing plate (#24) to the counterweight frame (#1) as follows:

- 2 x Hexagon socket head screw (#19)



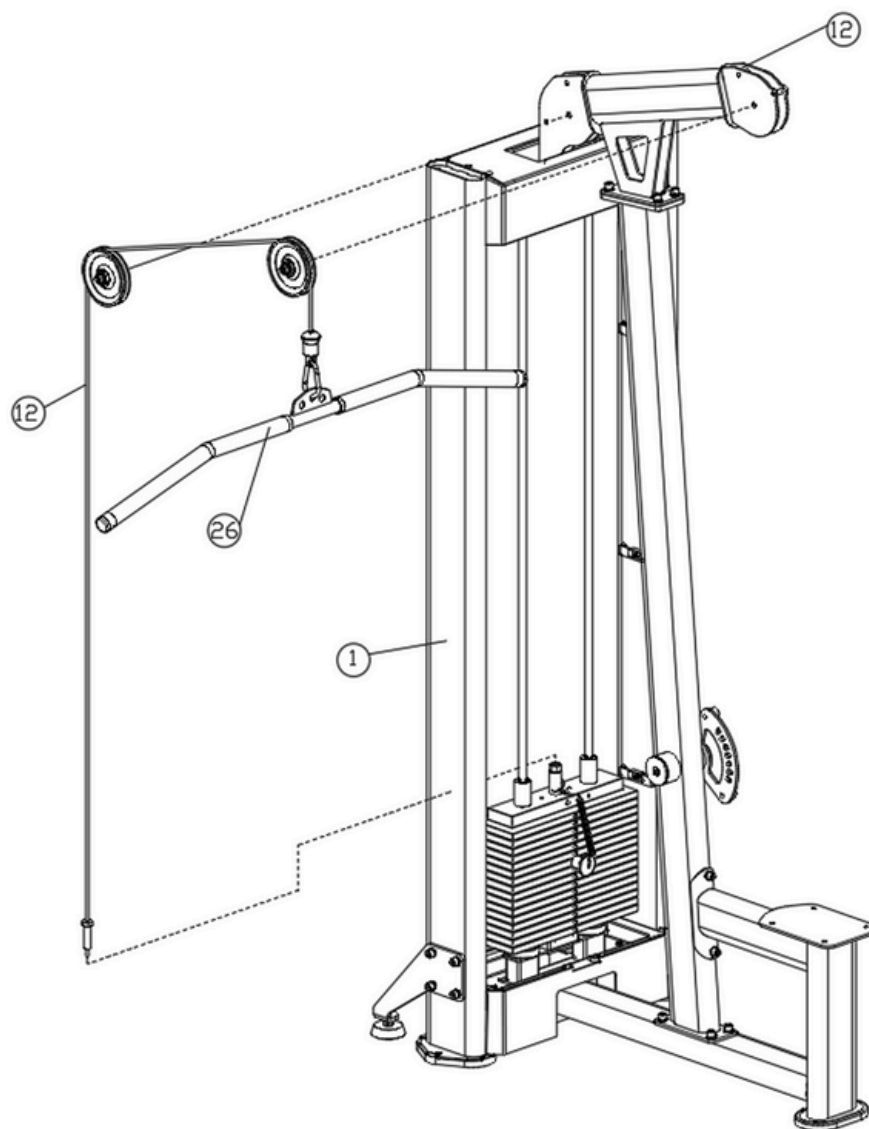
Step 8:

First disassemble the pre-installed 120 wire reel, insert the wire rope (#25) as shown in the figure, and then reinstall the 120 wire reel.

Note that these reels are installed synchronously with the wire rope.

Step 9:

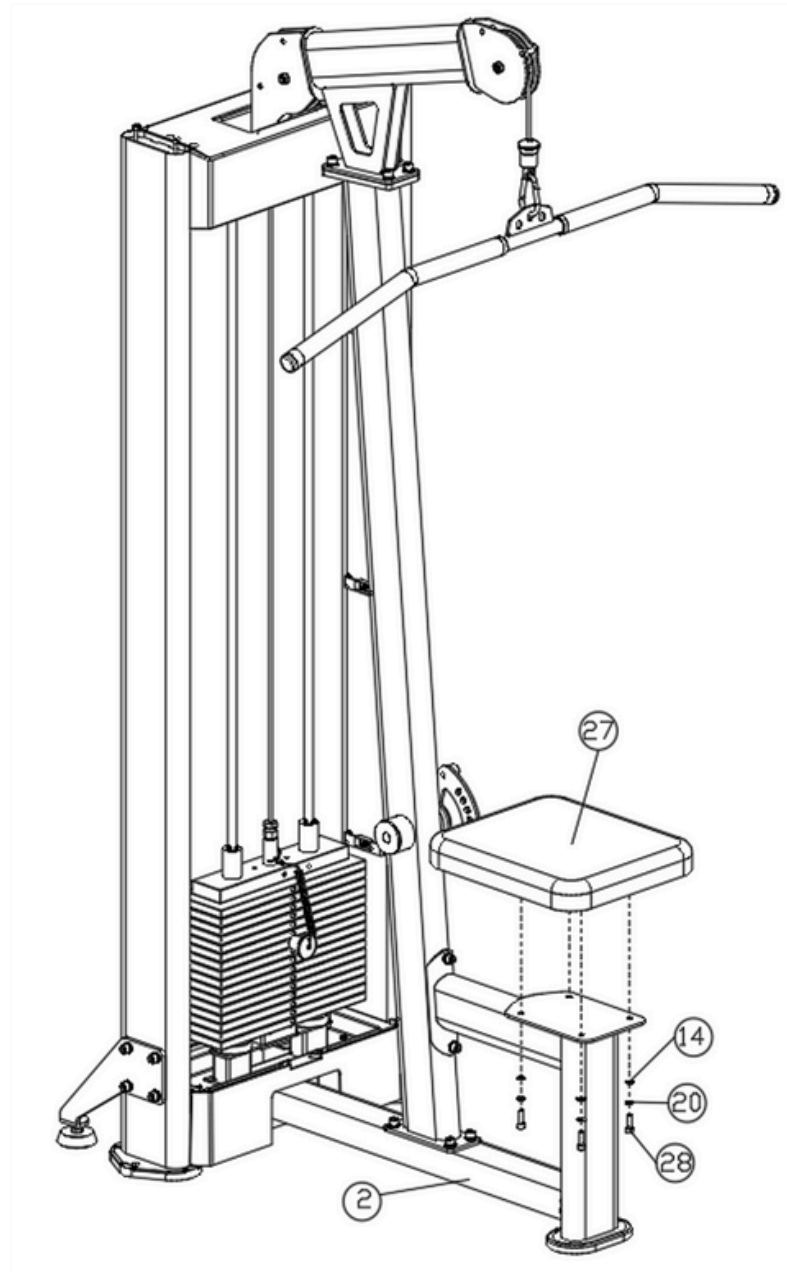
Connect one end of the wire rope (#25) to the counterweight frame (#1) and the other end to the high-tension handle (#26) are connected.



Step 10:

Connect the high-tension seat cushion (#27) and the high-tension base frame (#2) in the following way:

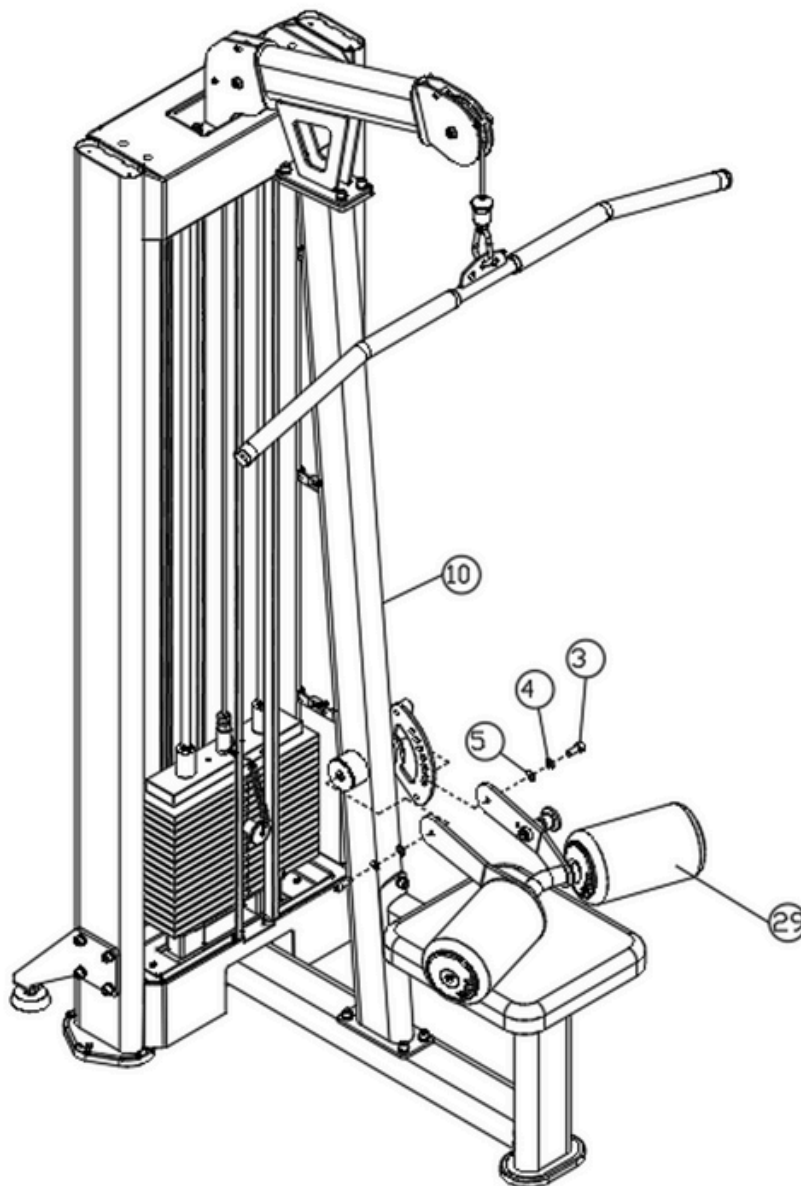
- 4 x Hexagon socket head screw (#28)
- 4 x Spring washer (#20)
- 4 x Flat washer (#14)



Step 11:

Connect the Leg Press Stand (#29) and the High Tension Stand (#10) using the following method:

- 2 x Hexagon socket head screw (#3)
- 2 x Spring washer (#4)
- 2 x Flat washer (#5)



Step 12:

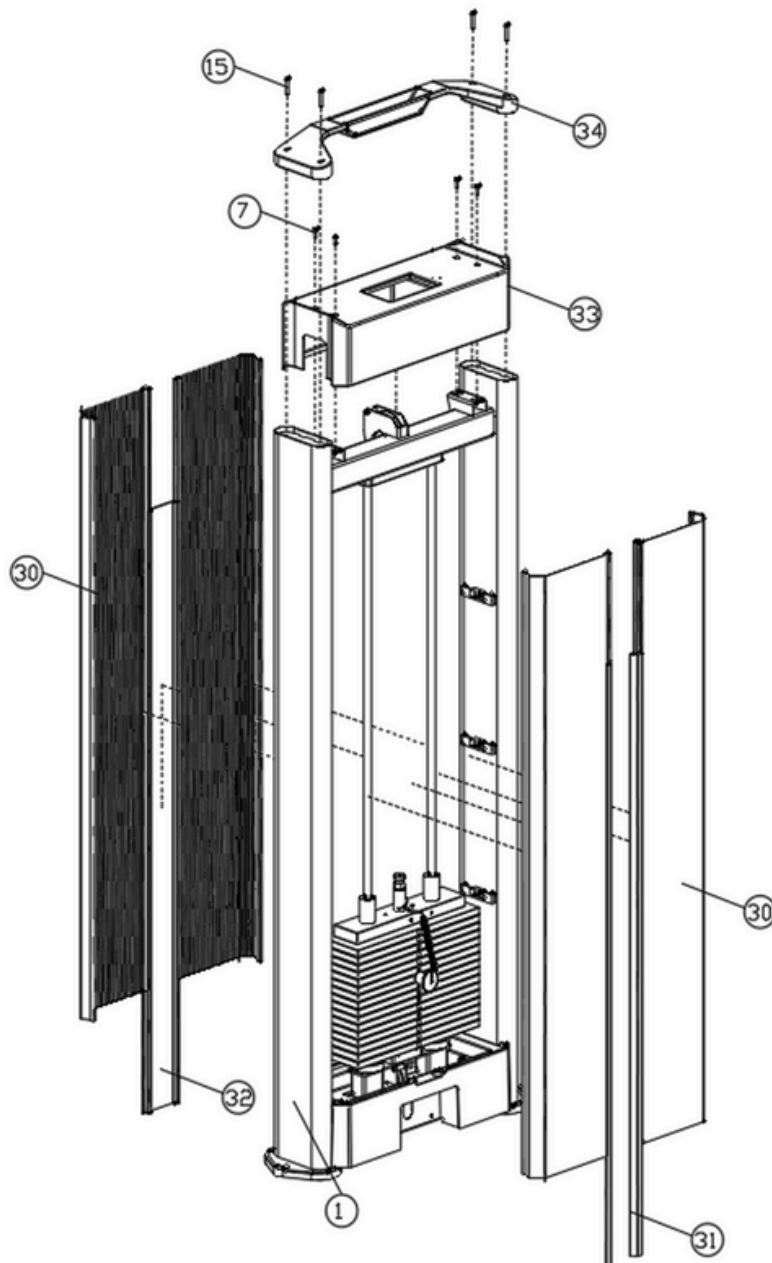
Slide the two trim strips (#31) into the two fenders (#30) and attach to the counterweight frame (#1) using the fender hold-down plates. Slide the trim plate (#32) into the two baffles (#30) and attach to the counterweight frame (#1) using the baffle hold-down plates.

Attach the upper guard (#33) to the counterweight frame (#1) in the following manner:

- 4 x Hexagon socket head screw (#9)

Attach the upper cover trim (#34) to the counterweight frame (#1) as follows:

- 4 x Hexagon socket head screw (#15)

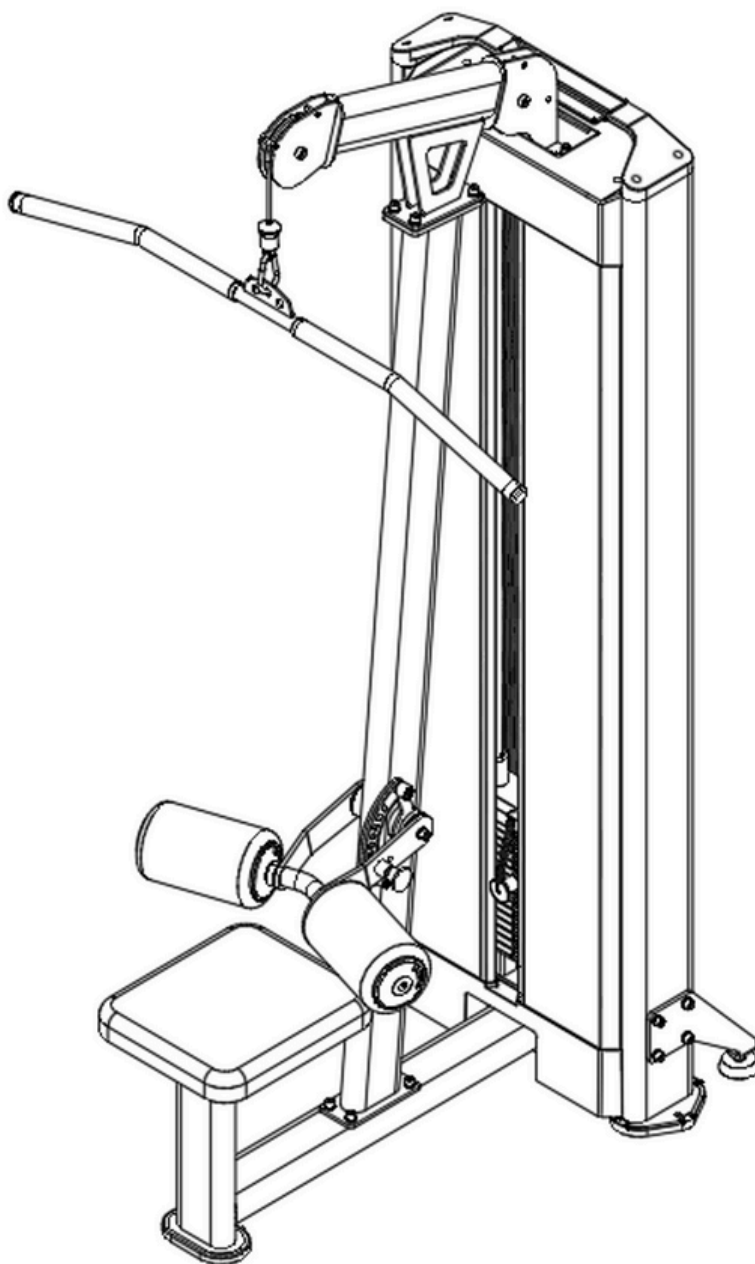


Important Tips

Now that your Lat Pull Down 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

1	Counterweight rack	1
2	High tensile chassis	1
3	Hexagon socket head screw (M10*25)	28
4	Spring washer (10)	28
5	Flat washer (10)	28
6	Counterweight lower guard	1
7	Hexagon socket head screw (M5*16)	6
8	Weight rack foot pads	2
9	Flat oval foot pad	1
10	High tensile stand	1
11	Low pull weight rack support left	1
12	High pull upper arm	1
13	Low pull weight rack support right	1
14	Flat washers (8)	2
15	Hexagon socket head screw (M6*30)	4
16	Universal weight guide rod	2
17	Counterweight rubber pad	2
18	Counterweight rack base	2
19	Hexagon socket head screw (M8*20)	4
20	Spring washers (8)	2
21	Counterweight	18
22	Guide block set	1
23	Counterweight latch	1
24	Guide rod fixing plate	1
25	Wire Rope	1
26	High-tension handle	1
27	High tensile cushion	1
28	Hexagon socket head screw (M8*30)	4
29	High Tension Leg Press	1
30	Bezel	4
31	Counterweight decorative strip	2
32	Counterweight source decorative plate	1
33	Counterweight upper guard	1
34	Upper guard decorative plate	1