

FITNESS360[®]

FT7220

Split Pull Down



Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Step 1:

Connect the Counterweight Lower Guard (#6) to the Counterweight Frame (#4) using:

- 2 × Hexagon socket head screws (#11)

Step 2:

Connect the High Pull Connection Frame (#3) to the Weight Frame (#4) and High Pull Side Frame (#1).

Also connect the Side Frame (#1) and the Linkage.

- 12 × Hexagon socket head screws (#8)
- 12 × Spring washers (#9)
- 12 × Flat washers (#10)

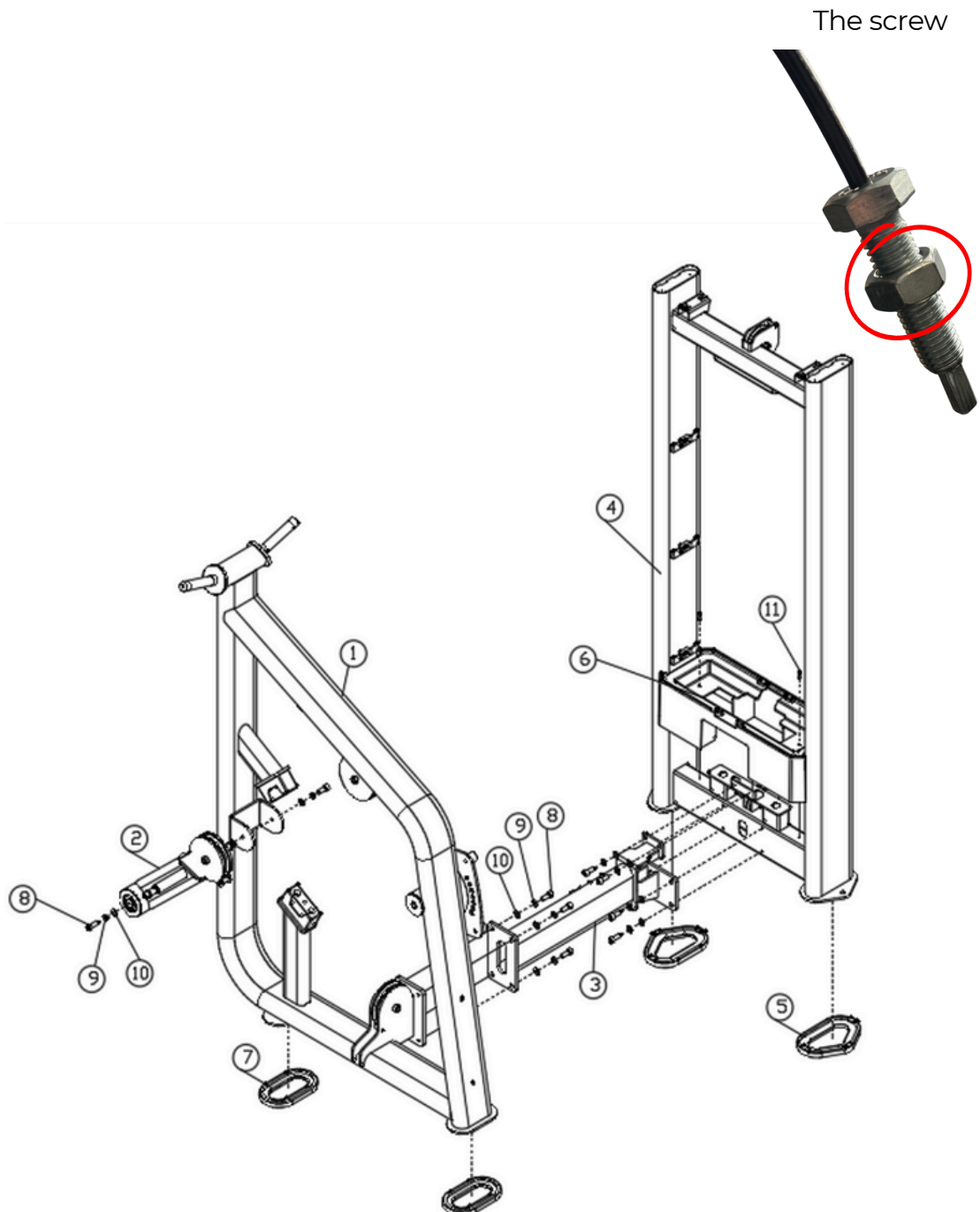
Step 3:

Install the two Weight Rack Feet (#5) onto the Weight Rack (#4).

Install the two Flat Oval Feet (#7) onto the High Pull Side Frame (#1).

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.

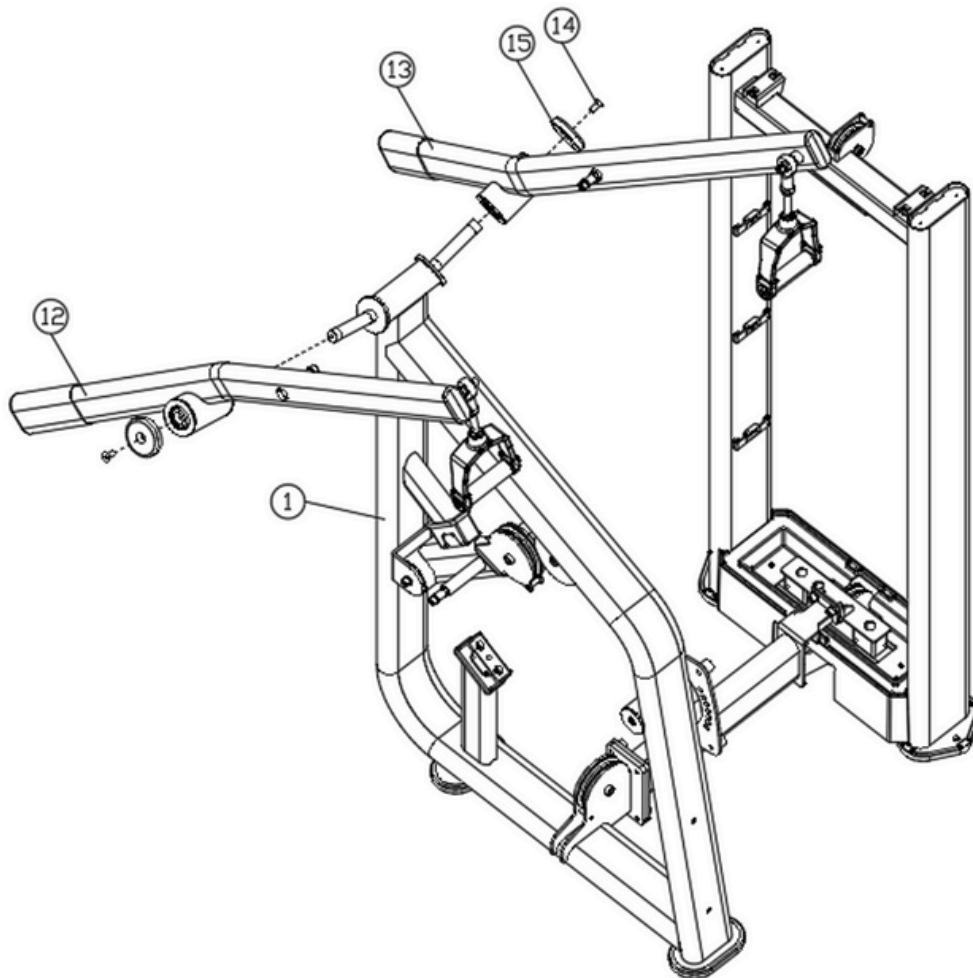


Step 4:

Connect the Left and Right High Pull Arms (#12, #13) to the High Pull Frame using:

- 2 × Hexagon socket head screws (#14)
- 2 × Spring washers (#4)
- 2 × 76 Aluminum Caps (#15)

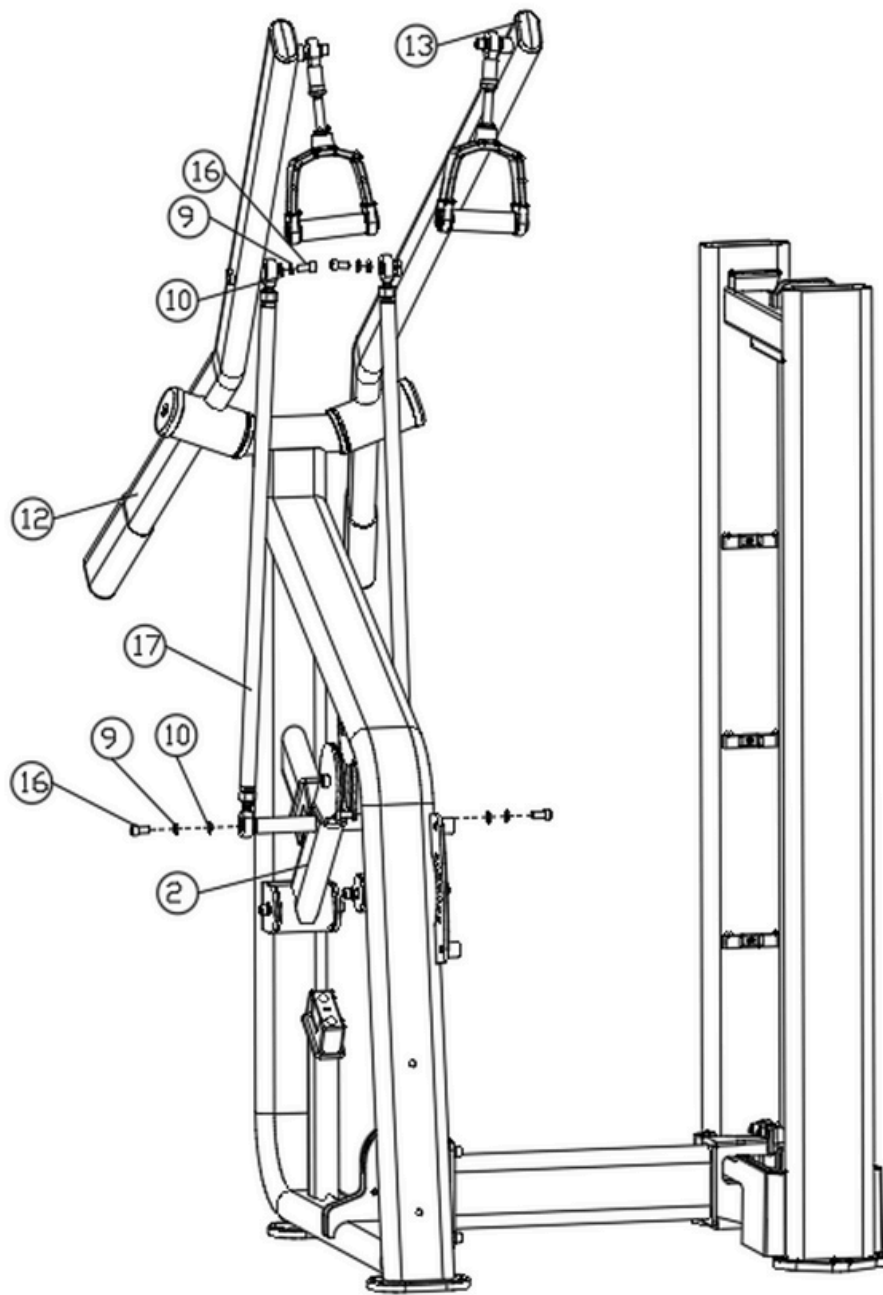
Tighten all bolts with a wrench before proceeding to the next step.



Step 5:

Connect the two High-Pull Rods (#17) to the Left and Right Lever Arms (#12, #13) using:

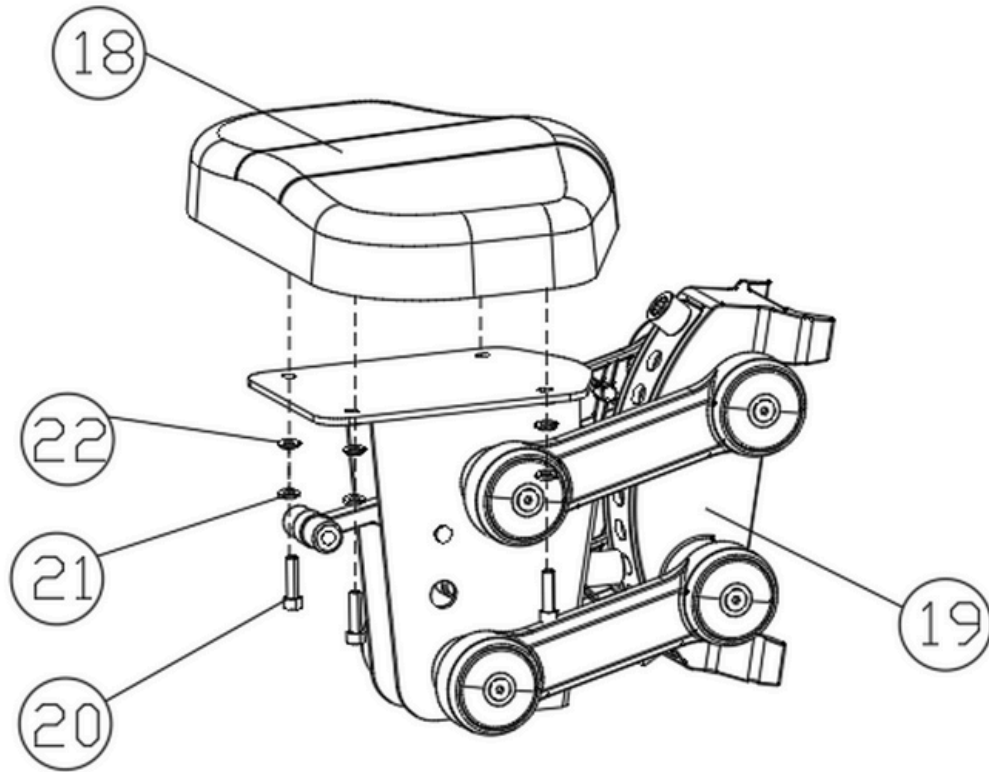
- 2 × Hexagon socket head screws (#16)
- 2 × Spring washers (#9)
- 2 × Flat washers (#10)



Step 6:

Attach the Cushion (#18) to the Seat (#19) using:

- 4 × Hexagon socket head screws (#20)
- 4 × Spring washers (#21)
- 4 × Flat washers (#22)



Step 7:

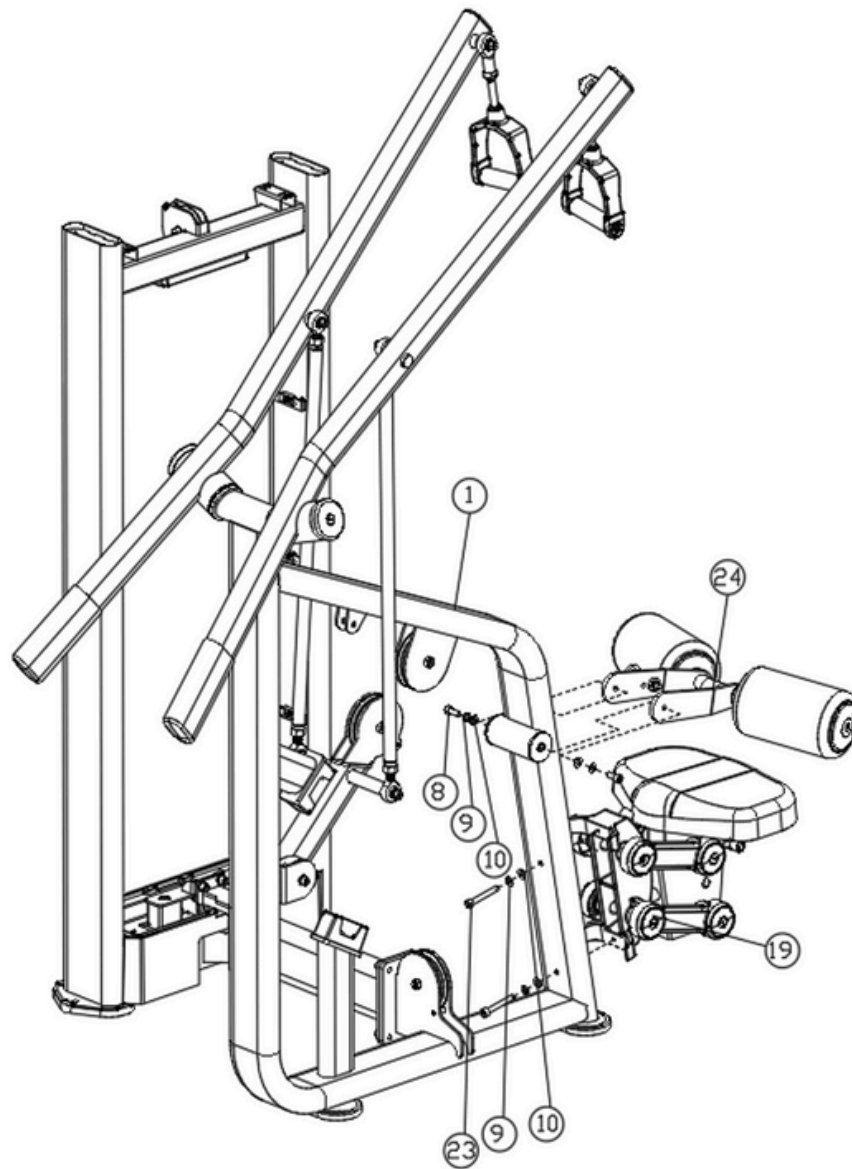
Connect the Seat (#19) to the High Pull Side Frame (#1) using:

- 2 × Hexagon socket head screws (#23)
- 2 × Spring washers (#9)
- 2 × Flat washers (#10)

Step 8:

Connect the High Pull Leg Press Stand (#24) to the High Pull Side Stand (#1) using:

- 2 × Hexagon socket head screws (#8)
- 2 × Spring washers (#9)
- 2 × Flat washers (#10)



Step 9:

Slide the two Rubber Weight Pads (#30) onto the two Guide Rods (#27).
Connect the two Counterweight Frame Bases (#31) and the two Guide Rods (#27) using:

- 2 × M8×20 Hexagon socket head screws (#32)
- 2 × M8 Spring washers (#21)
- 2 × M8 Flat washers (#22)

Step 10:

Install the Counterweight (#28) onto the Guide Rod (#27) with the spacers.

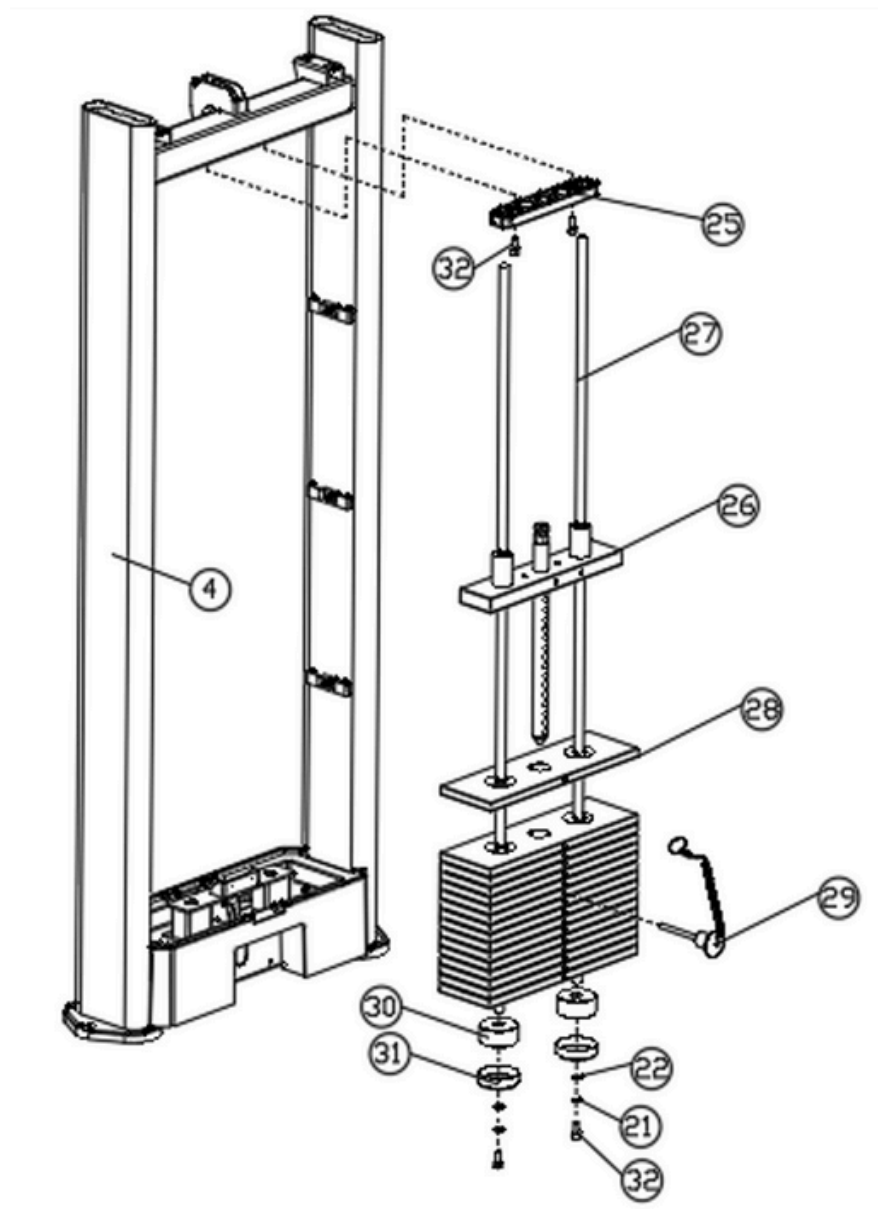
Install the Guide Block Assembly (#26) onto the Guide Rod (#27).

Insert the Counterweight Pin (#29) into the Counterweight (#28).

Install the Guide Bar Fixing Plate (#25) onto the Guide Bar (#27).

Attach the Guide Rod Fixing Plate (#32) to the Counterweight Frame (#2) using:

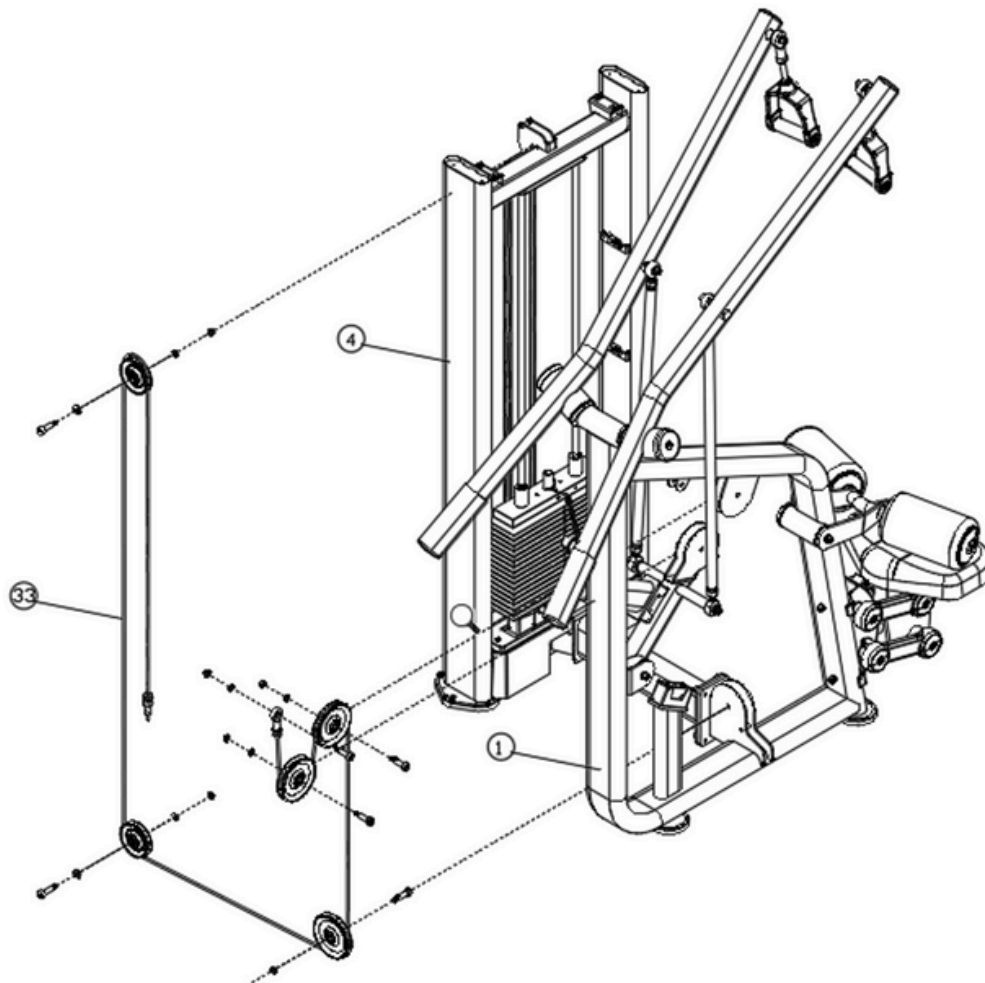
- 2 × M8×20 Hexagon socket head screws (#32)



Step 11:

Attach the fasteners on the Counterweight Frame (#7) and the High Pull Side Frame (#1). The reels must be disassembled one by one.

Use the following method to wind the High-Tension Weight Rope (#33) around the pulleys. Reset each reel according to its original installation.



Step 12:

Slide the two Trim Strips (#35) into the two Fenders (#34) and attach to the Counterweight Frame (#2). Slide the Trim Plate (#36) into the two Baffles (#34) and attach to the Counterweight Frame (#2).

Attach the Upper Guard (#37) to the Counterweight Frame (#2) using:

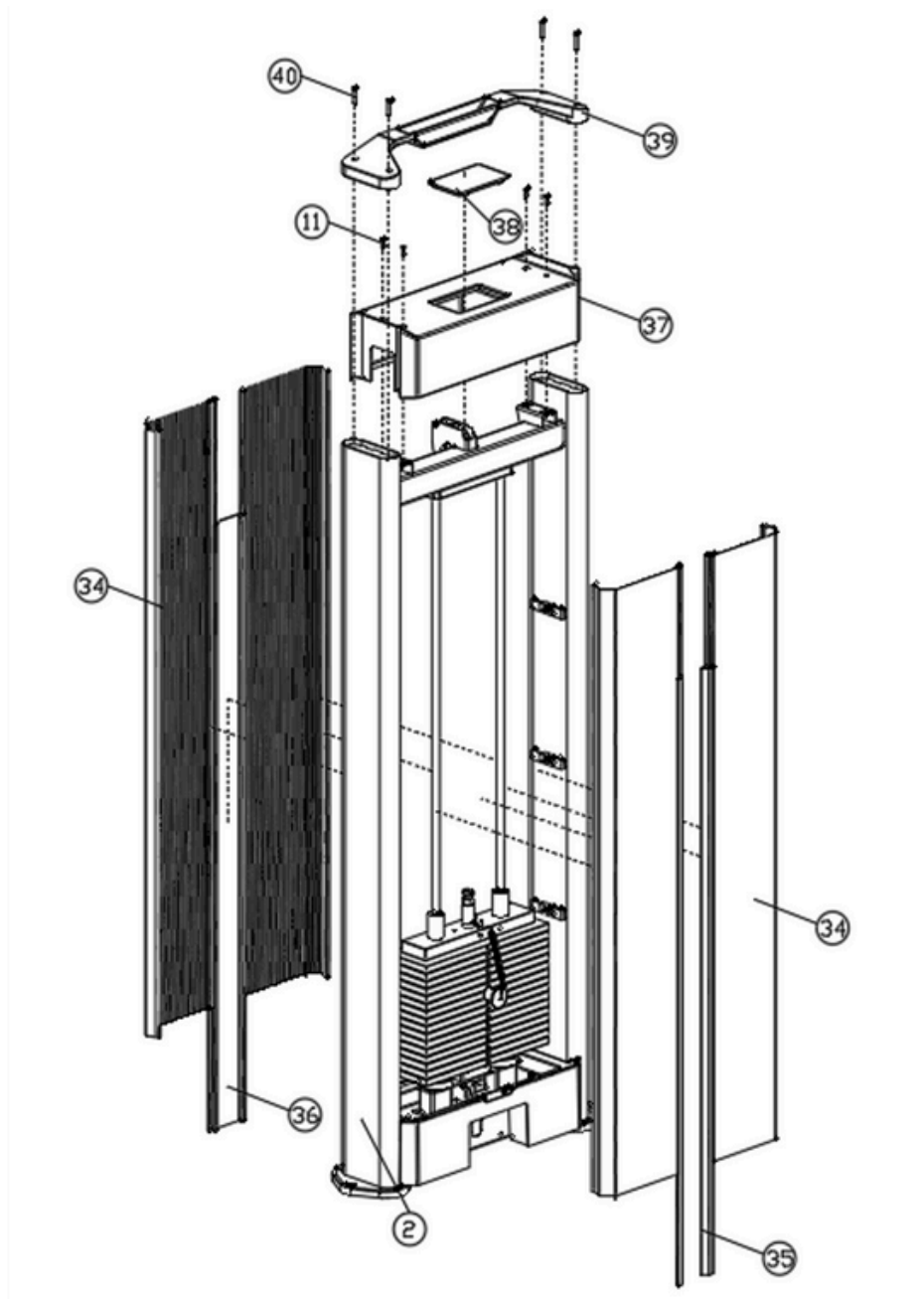
- 4 × M5×15 Hexagon socket head screws (#11)

Step 13:

Attach the Upper Cover Trim (#39) to the Counterweight Frame (#2) and snap it into the Upper Shield (#37).

Secure using:

- 4 × M6×30 Hexagon socket head screws (#40)

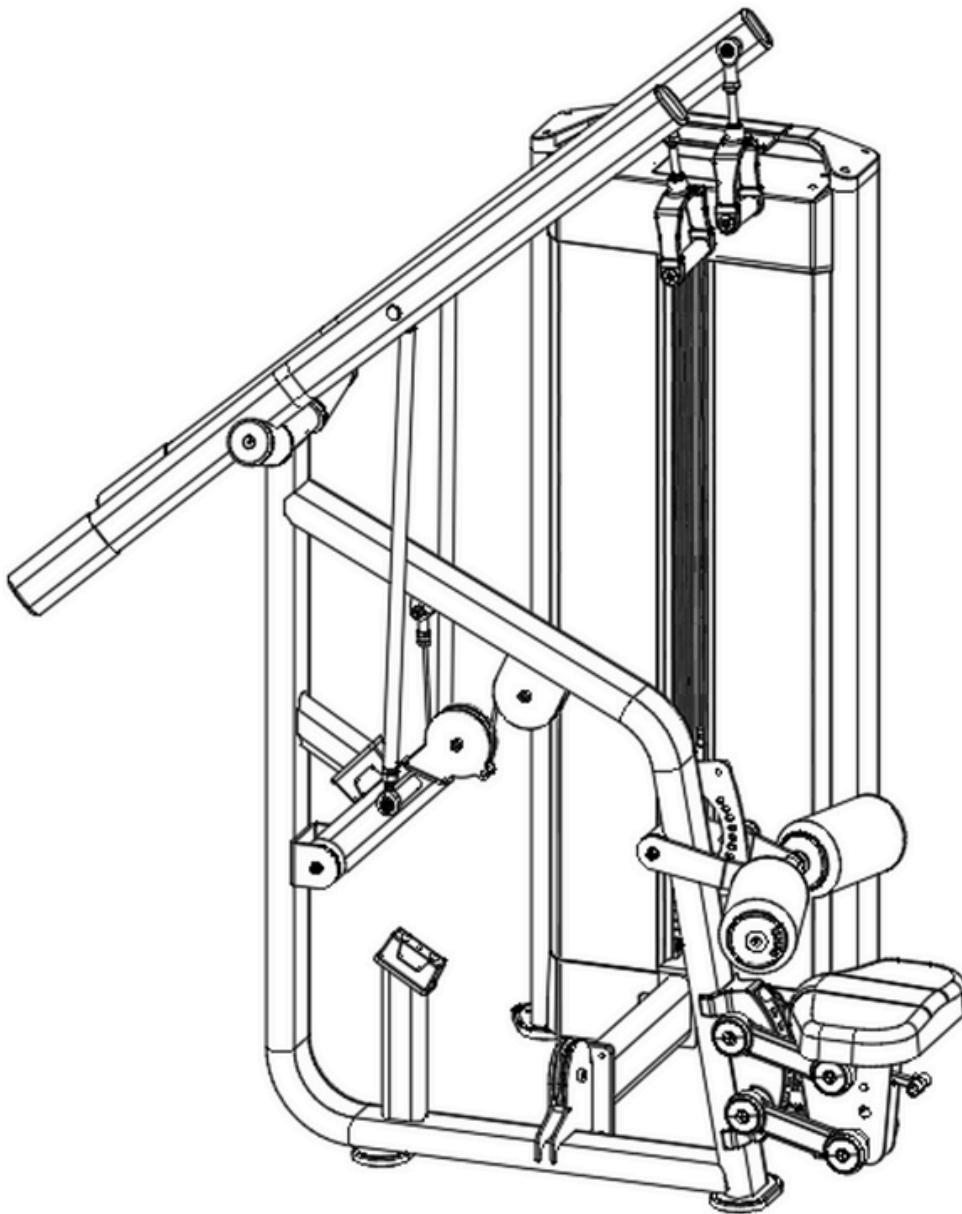


Important Tips

Now that your Split 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

NO	Name and specifications	quantity
1	High pull side frame	1
2	Linkage	1
3	High pull connection frame	1
4	Counterweight rack	1
5	Weight rack foot pads	2
6	Lower guard	1
7	Flat oval foot pad	2
8	Hexagon socket head screw (M10*25)	12
9	Spring washer (10)	20
10	Flat washer (10)	20
11	Hexagon socket head screw (M5*15)	6
12	High pull left moment arm	1
13	High pull right moment arm	1
14	Hexagon socket countersunk screw (M10*25)	2
15	76 aluminum cover	2
16	Hexagon socket head screw (M10*20)	4
17	High pull rod	2
18	cushion	1
19	Seats	1
20	Hexagon socket head screw (M8*30)	4
21	Spring washers (8)	8
22	Flat washers (8)	8
23	Hexagon socket head screw (M10*70)	2
24	High pull leg press	1
25	Guide rod fixing plate	1
26	Guide block set	1
27	Guide rod	2
28	Counterweight	14
29	Counterweight latch	1
30	Counterweight rubber pad	2
31	Counterweight rack base	2
32	Hexagon socket head screw (M8*20)	4
33	High Tension Wire Rope	1
34	Bezel	4
35	Decorative Strips	2
36	Decorative panels	1
37	Upper guard	1
38	Upper guard cover	1
39	Upper cover decoration	1
40	Hexagon socket head screw (M6*30)	4

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