

FITNESS360[®]

FT7221

Seated Row



Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Step 1:

Attach the counterweight lower guard (#2) to the counterweight frame (#1) using:

- 2 × Hexagon socket head screws (#3)

Install the 2 weight rack feet (#4) onto the weight rack (#1).

Step 2:

Attach the Seated Pullback Side Frame I (#5) to the Weight Frame (#1) using:

- 4 × Hexagon socket head screws (#6)
- 6 × Spring washers (#7)
- 6 × Flat washers (#8)
- 2 × Hexagon socket head screws (#9)

Step 3:

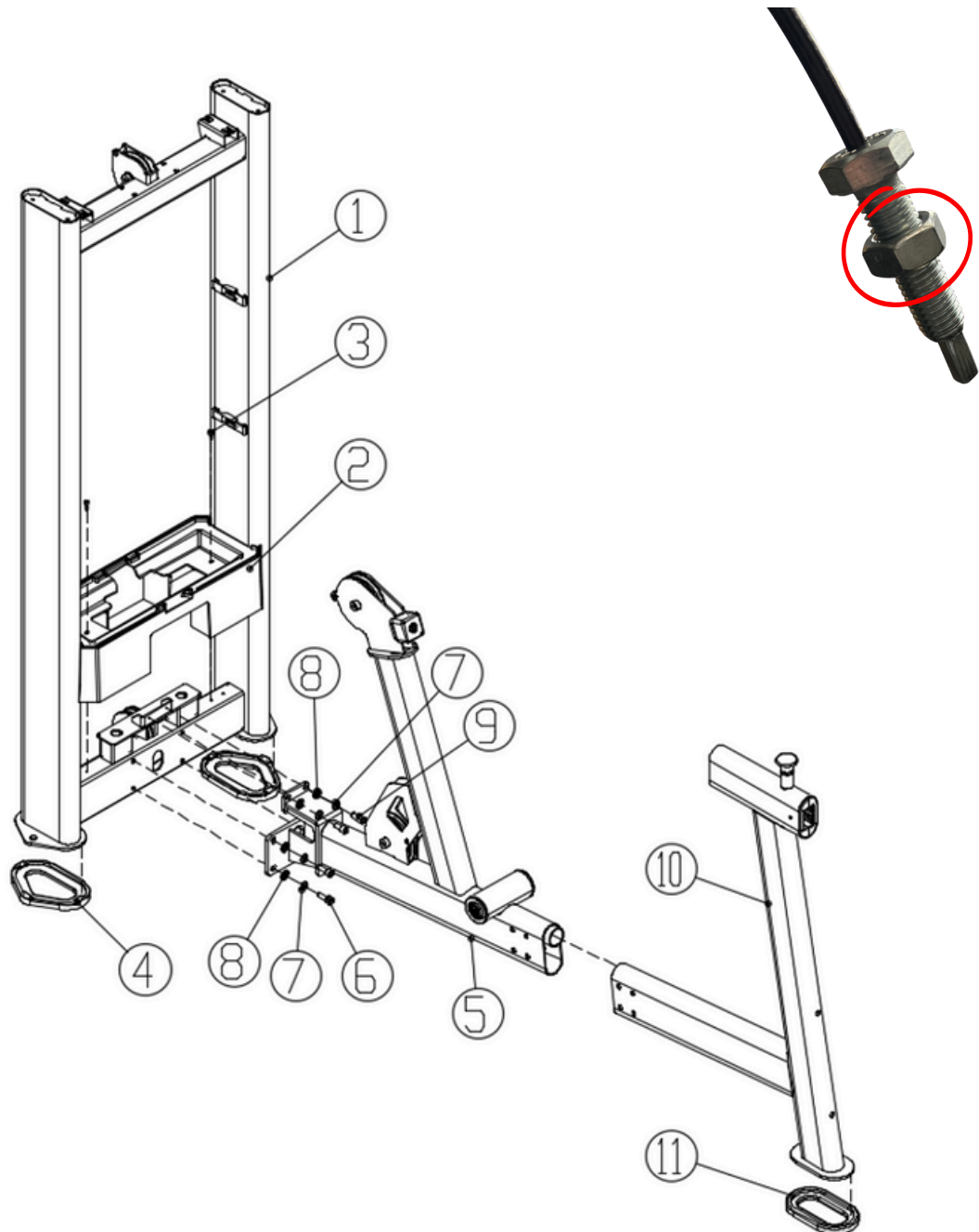
Install 1 flat oval foot pad (#11) onto the Seated Back Stretch Side Frame I (#12).

Attach the Sitting Back Side Frame II (#10) to the Sitting Back Side Frame I (#12).

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.

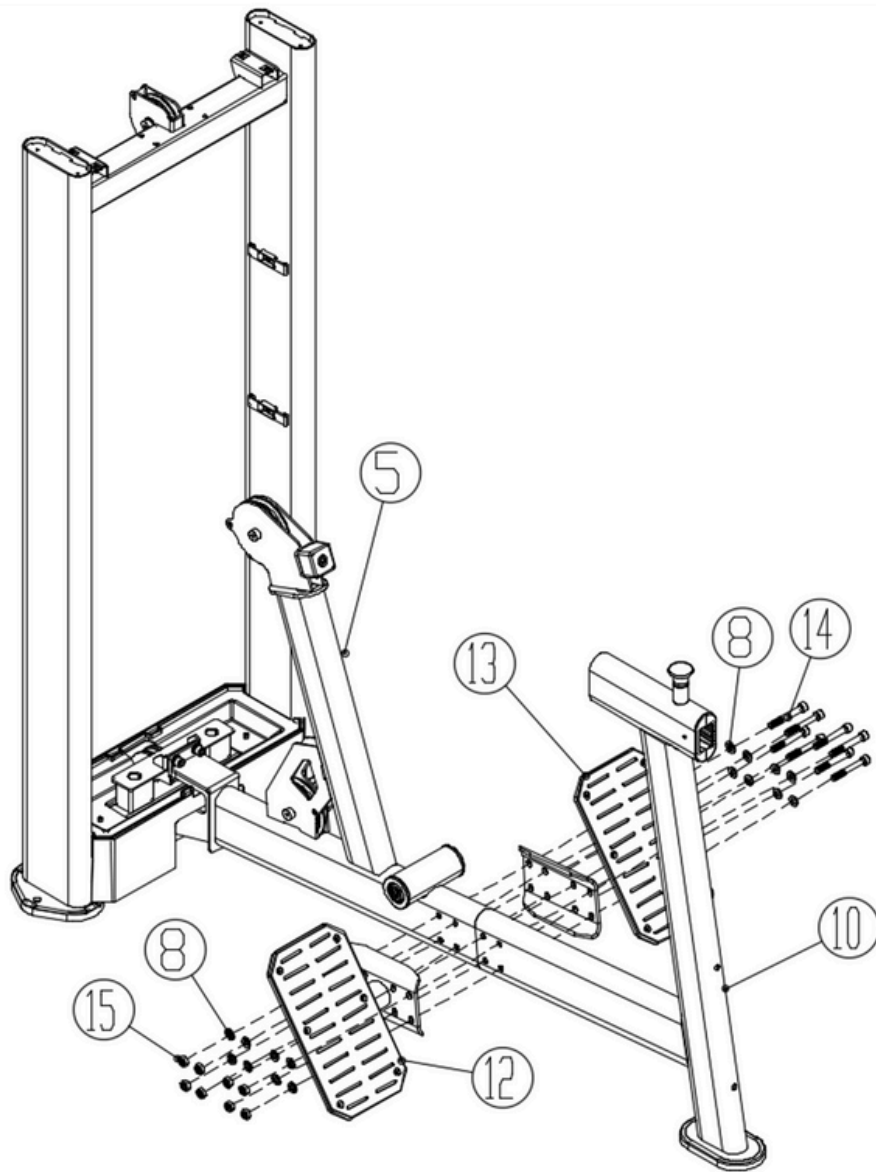
The screw



Step 4:

Use the following method to lower the left low pull pedal (#12), the right low pull pedal (#13) and the back side frame I (#5),

- 8 x Hexagon socket head screw (#14)
- 16 x Flat washer (#8)
- 8 x Hexagon self-locking nut (#15)



Step 5:

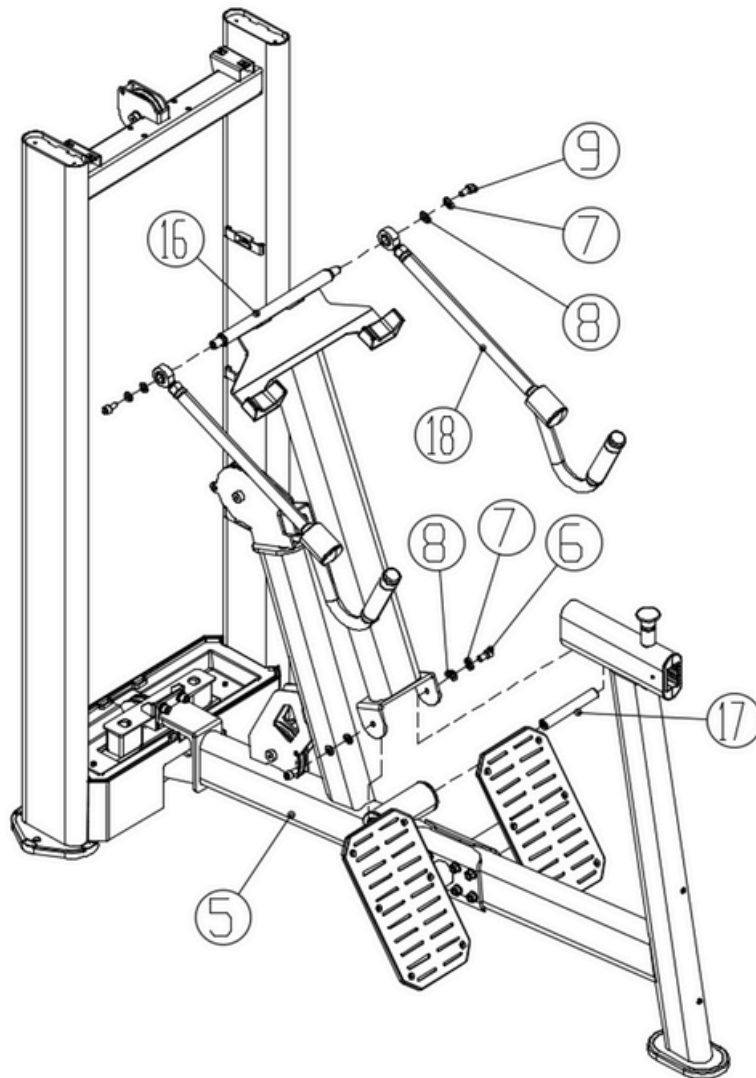
Attach the back-pull lever arm (#16), the back-pull lever arm shaft (#17), and secure them using:

- 2 x Hexagon socket head screws (#6)
- 2 x Spring washers (#7)
- 2 x Flat washers (#8)

Step 6:

Connect the two back lever rods (#18) to the back lever (#16) using:

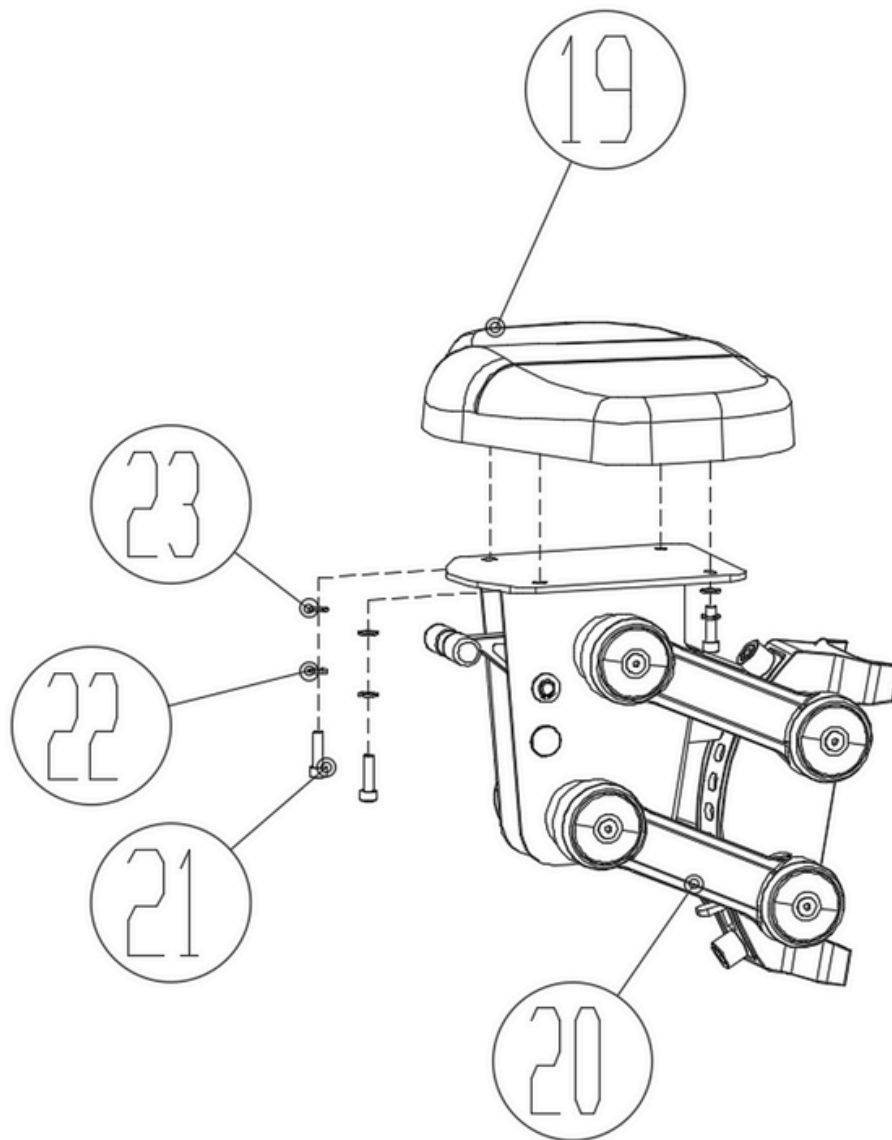
- 2 × Hexagon socket head screws (#9)
- 2 × Spring washers (#7)
- 2 × Flat washers (#8)



Step 7:

Connect the seat cushion (#19) to the seat frame (#20) using the following method:

- 4 x Hexagon socket head screw (#21)
- 4 x Spring washer (#22)
- 4 x Flat washer (#23)



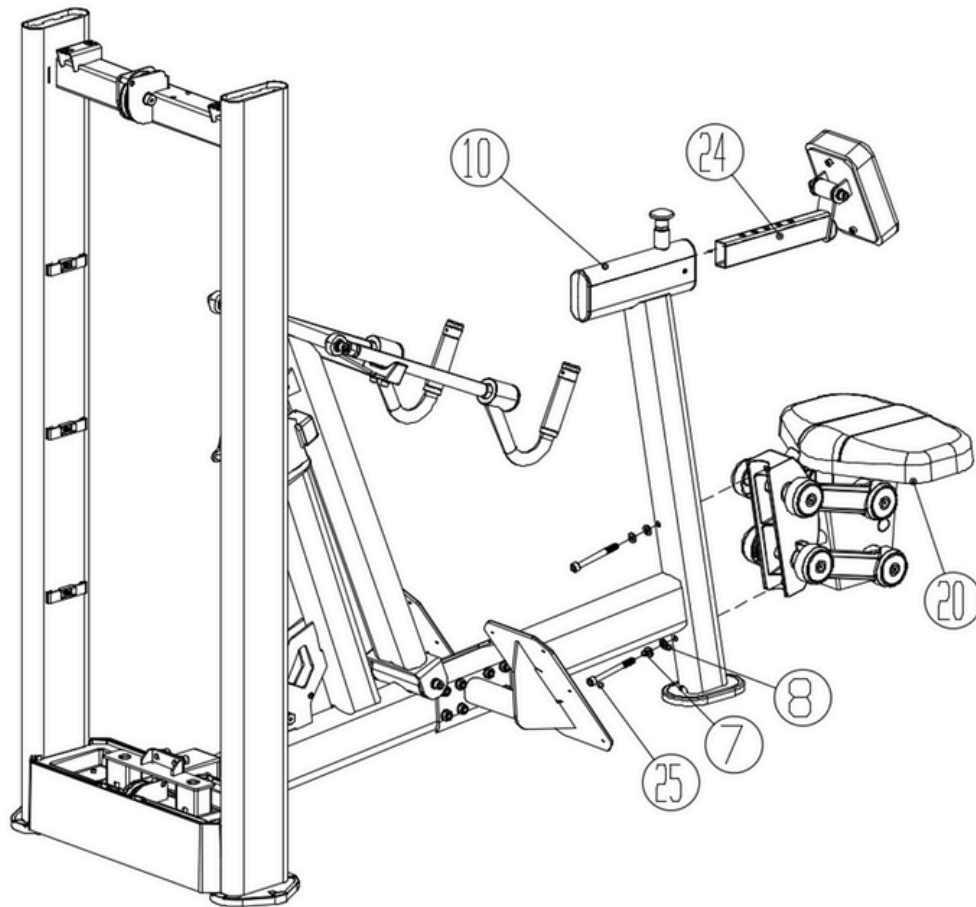
Step 8:

Connect the seat frame (#20) to the seat back side frame II (#10) using the following method:

- 2 x Hexagon socket head screw (#25)
- 2 x Spring washer (#7)
- 2 x Flat washer (#8)

Step 9:

As shown in the picture, connect the chest support kit (#24) and the seated back pull side frame II (#10).



Step 10:

Slide the two rubber weight pads (#27) onto the two guide rods (#26). Connect the two counterweight frame bases (#28) to the two guide rods (#26) and secure using:

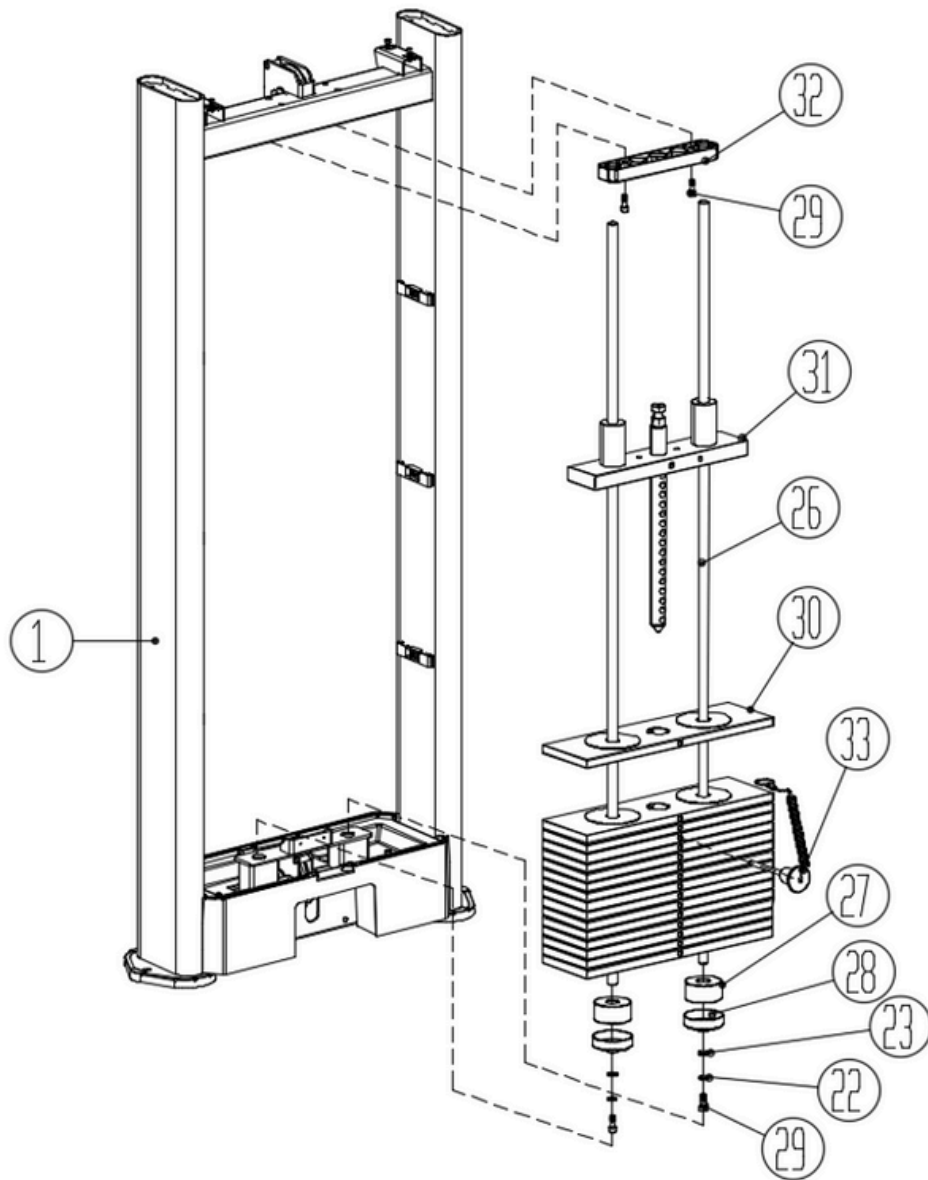
- 2 × Hexagon socket head screws (#29)
- 2 × Spring washers (#22)
- 2 × Flat washers (#23)

Step 11:

Install the 16 counterweights (#30) onto the guide rods (#26).
Attach the guide block assembly (#31) onto the guide rod (#26).
Insert the counterweight pin (#33) into the counterweights (#30).
Slide the guide bar retaining plate (#32) onto the guide bar (#26).

Fix the guide rod fixing plate (#32) to the counterweight frame (#1) using:

- 2 × Hexagon socket head screws (#29)

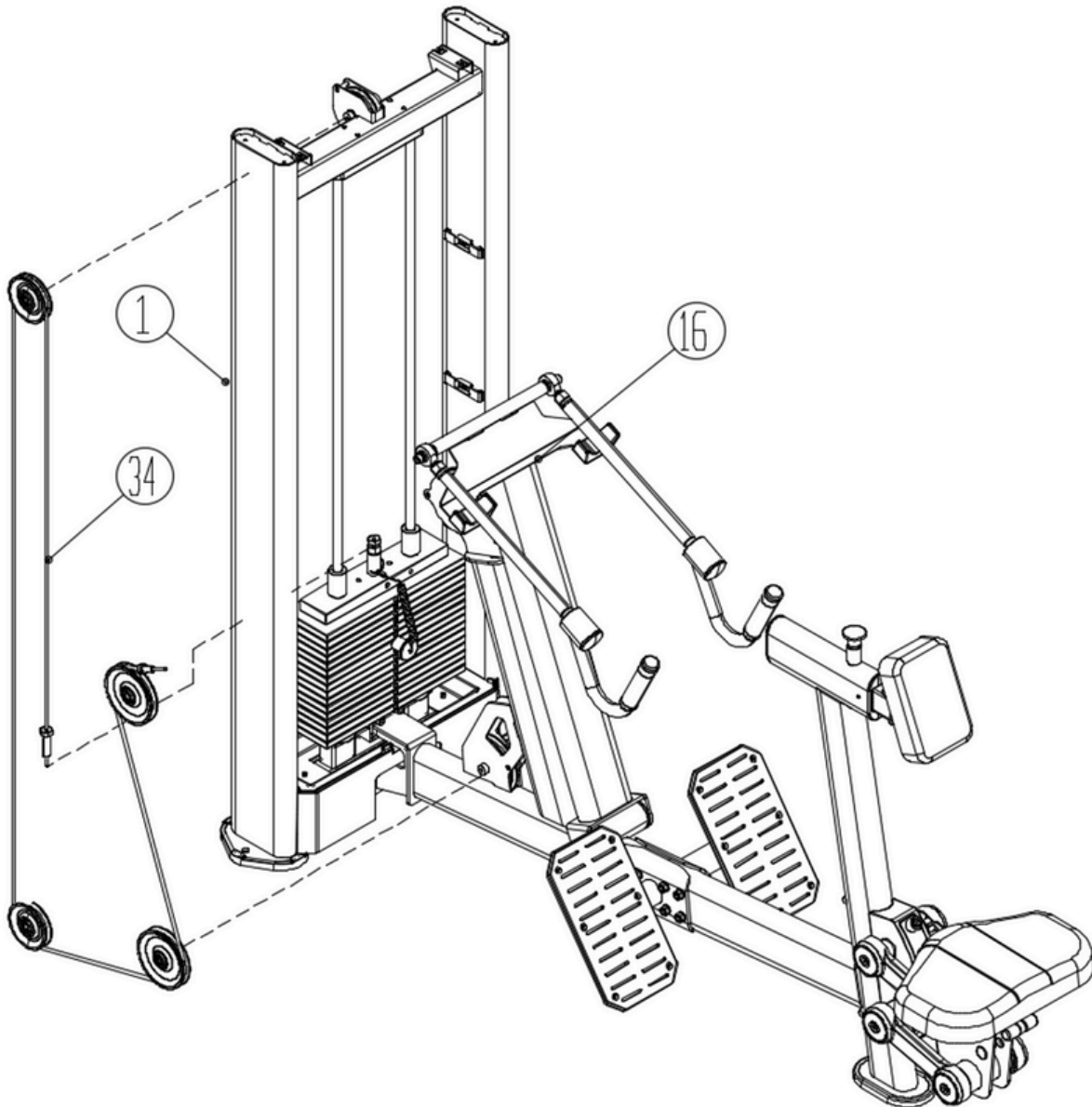


Step 12:

First disassemble the pre-installed 95 and 120 reels, insert the wire rope (#34) as shown in the figure, and then reinstall the reels. Note that these reels are installed synchronously with the wire rope (#34).

Step 13:

Connect one end of the wire rope (#34) to the pull arm (#16) and the other end to the counterweight frame (#1).



Step 14:

Slide the two trim strips (#36) into the two fenders (#35) and attach to the counterweight frame (#1) using the fender hold-down plates. Slide the trim plate (#37) into the two baffles (#35) and attach to the counterweight frame (#1) using the baffle hold-down plates.

Attach the upper guard (#38) to the counterweight frame (#1) as follows:

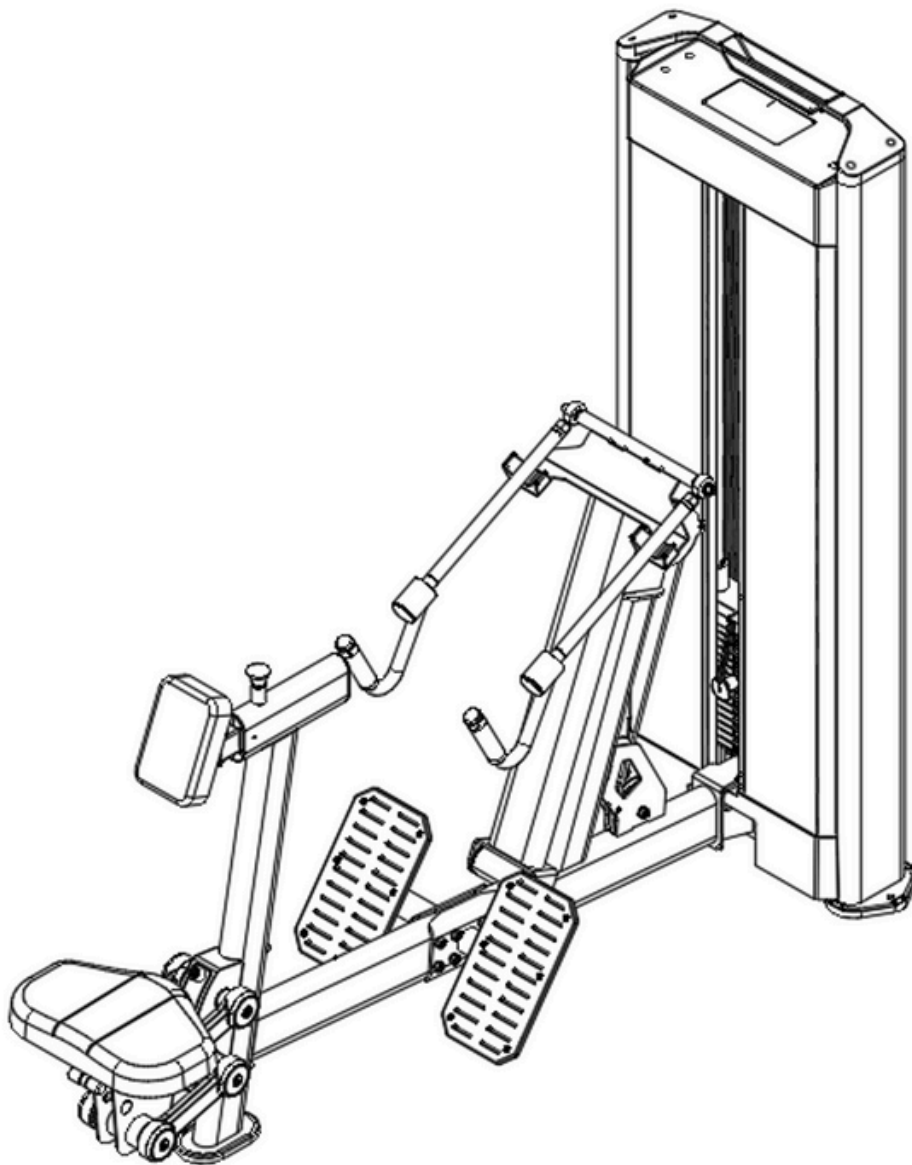
- 4 x Hexagon socket head screw (#3)

Important Tips

Now that your Seated Row 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	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	8
4	Weight rack foot pads	2
5	Seated back side frame I	1
6	Hexagon socket head screw (M10*25)	6
7	Spring washer (10)	12
8	Flat washer (10)	twenty four
9	Hexagon socket head screw (M10*20)	4
10	Seated back side frame II	1
11	Flat oval foot pad	1
12	Pull left pedal low	1
13	Pull right pedal low	1
14	Hexagon socket flat countersunk screw (M10*75)	8
15	Hexagonal self-locking nut (M10)	8
16	Pull back arm	1
17	Pull back lever arm shaft	1
18	Pull back lever	2
19	cushion	1
20	Seat frame	1
21	Hexagon socket head screw (M8*30)	4
22	Spring washers (8)	6
23	Flat washers (8)	6
24	Chest Kit	1
25	Hexagon socket flat countersunk screw (M10*120)	2
26	Universal weight guide rod	2
27	Counterweight rubber pad	2
28	Counterweight rack base	2
29	Hexagon socket head screw (M8*20)	4
30	Counterweight	16
31	Guide block set	1
32	Guide rod fixing plate	1
33	Counterweight latch	1
34	Wire Rope	1
35	Bezel	4
36	Counterweight decorative strip	2
37	Counterweight source decorative plate	1
38	Counterweight upper guard	1
39	Upper cover decoration	1
40	Upper guard cover	1
41	Hexagon socket head screw (M6*30)	4
Note: Pre-assembled parts are not listed in this table.		