

# ***FITNESS360***<sup>®</sup>

**FT7225**

**Abdominal**



Rubber mallet
Horizontal ruler
Allen wrench
Two people
Spring clamp
Adjustable wrench

Step 1:

Attach the Counterweight Lower Shroud (#8) to the Counterweight Frame (#1) using:

- 2 × Hexagon socket cheese head screws (#9)

Step 2:

Attach the Ab Connection Bracket (#2) to the Counterweight Bracket (#1) and the Ab Side Bracket (#3) using:

- 6 × Hexagon socket cheese head screws (#4)
- 6 × Spring washers (#5)
- 6 × Flat washers (#6)

Step 3:

Attach the Abdominal Connector II (#7) to the Abdominal Connector (#2) and the Abdominal Side Frame (#3) using:

- 6 × Hexagon socket cheese head screws (#4)
- 6 × Spring washers (#5)
- 6 × Flat washers (#6)

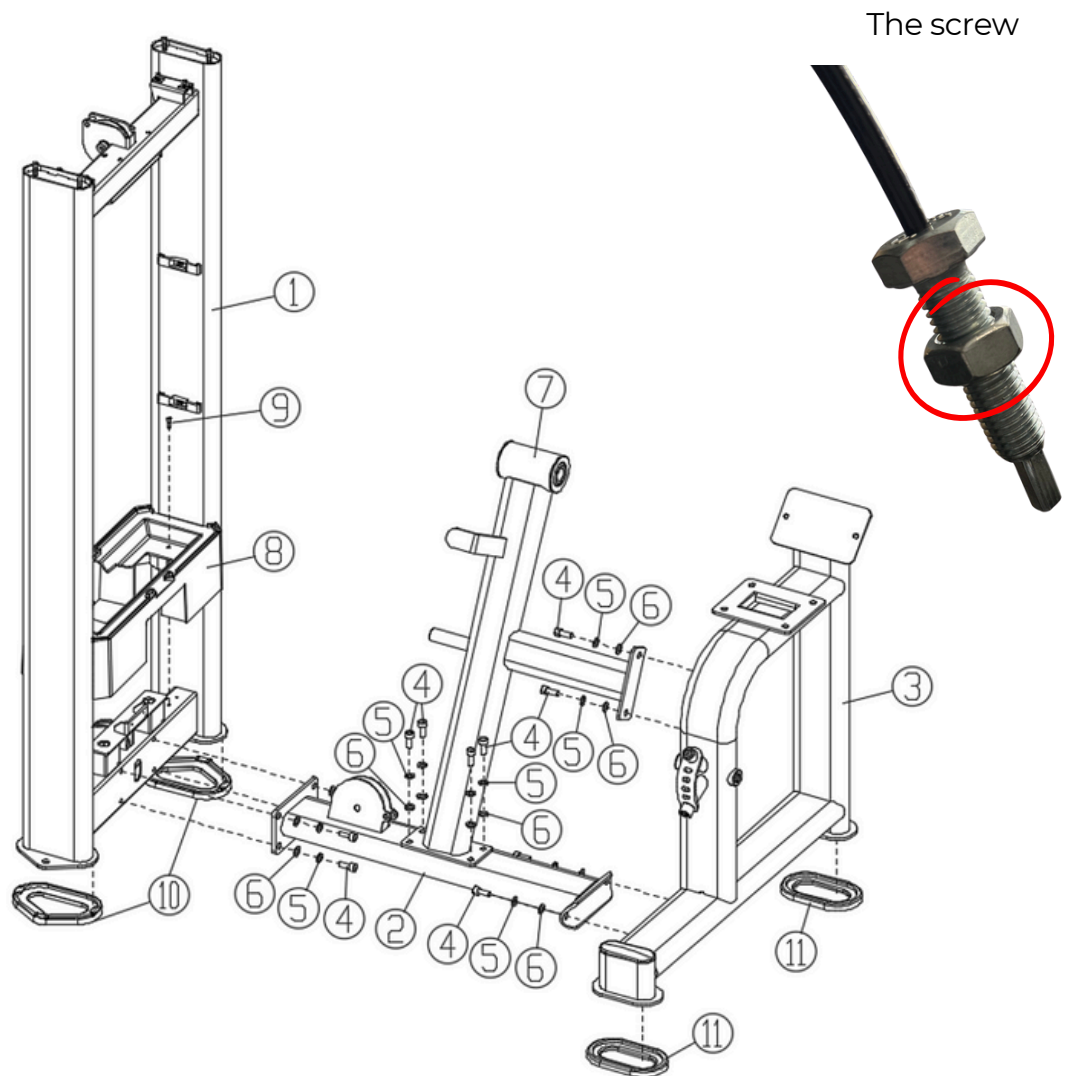
Step 4:

Attach two Counterweight Feet (#10) to the Counterweight Frame (#1).

Attach two Elliptical Foot Pads (#11) to the Abdominal Side Frame (#3).

**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.**

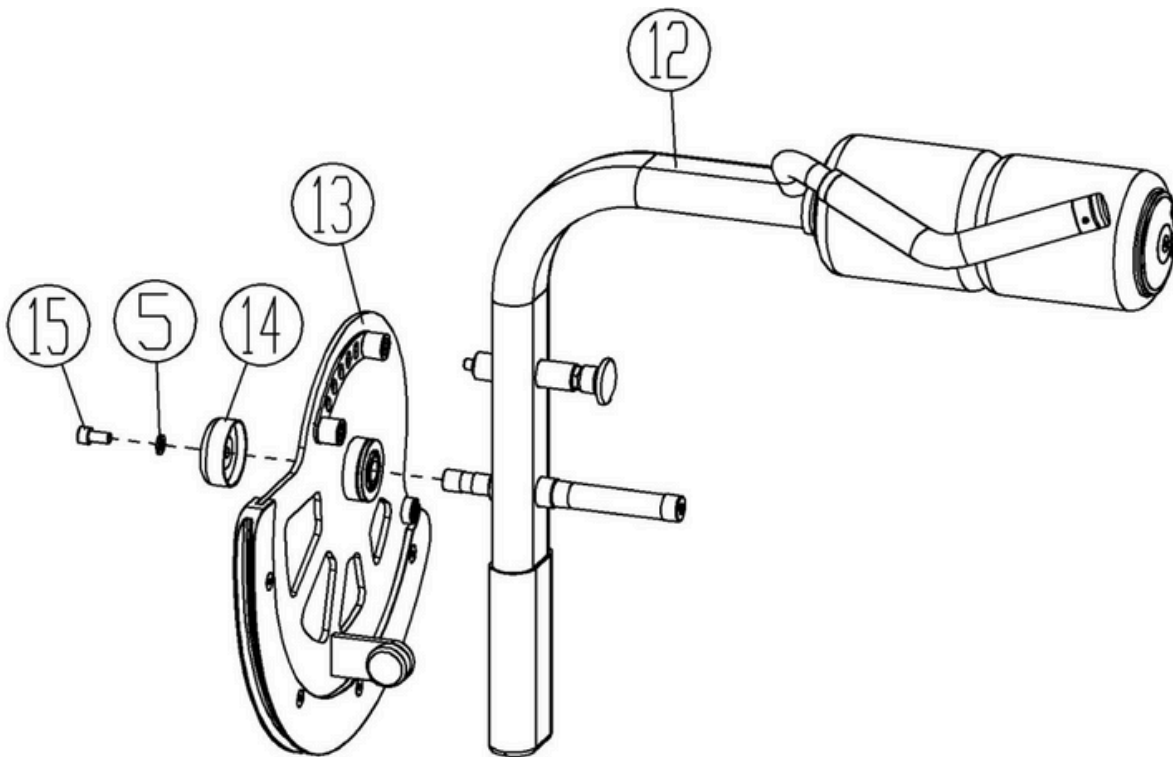
**It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.**



Step 5:

Attach the Flange (#13) and Aluminum Cap (#14) to the Abdominal Force Arm (#12) using:

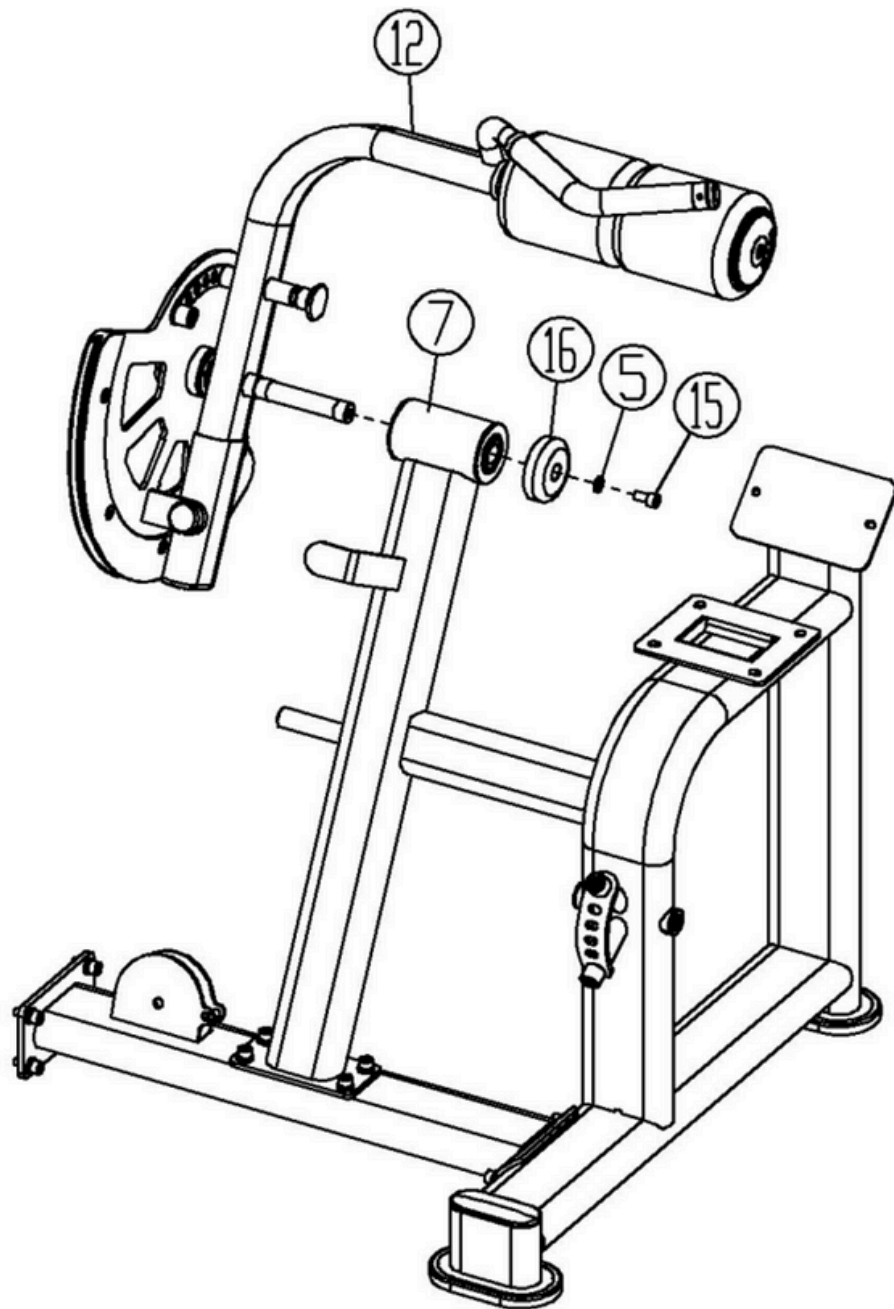
- 1 × Hexagon socket cheese head screw (#15)
- 1 × Spring washer (#5)



Step 6:

Attach the Abdominal Force Arm (#12) and Aluminum Cover (#16) to the Abdominal Connector II (#7) using:

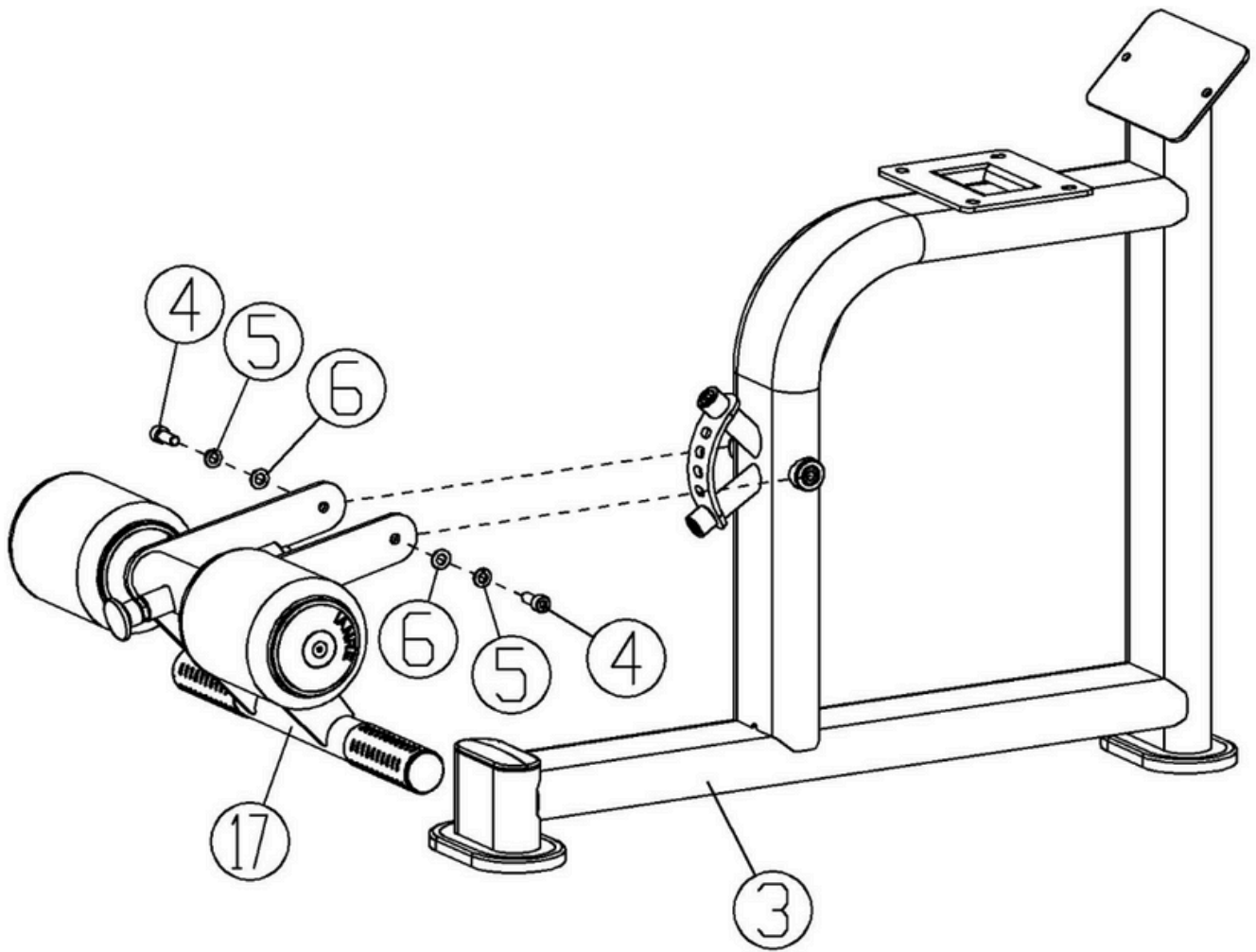
- 1 × Hexagon socket cheese head screw (#15)
- 1 × Spring washer (#5)



Step 7:

Attach the Abdominal Press Rack (#17) to the Abdominal Side Rack (#3) using:

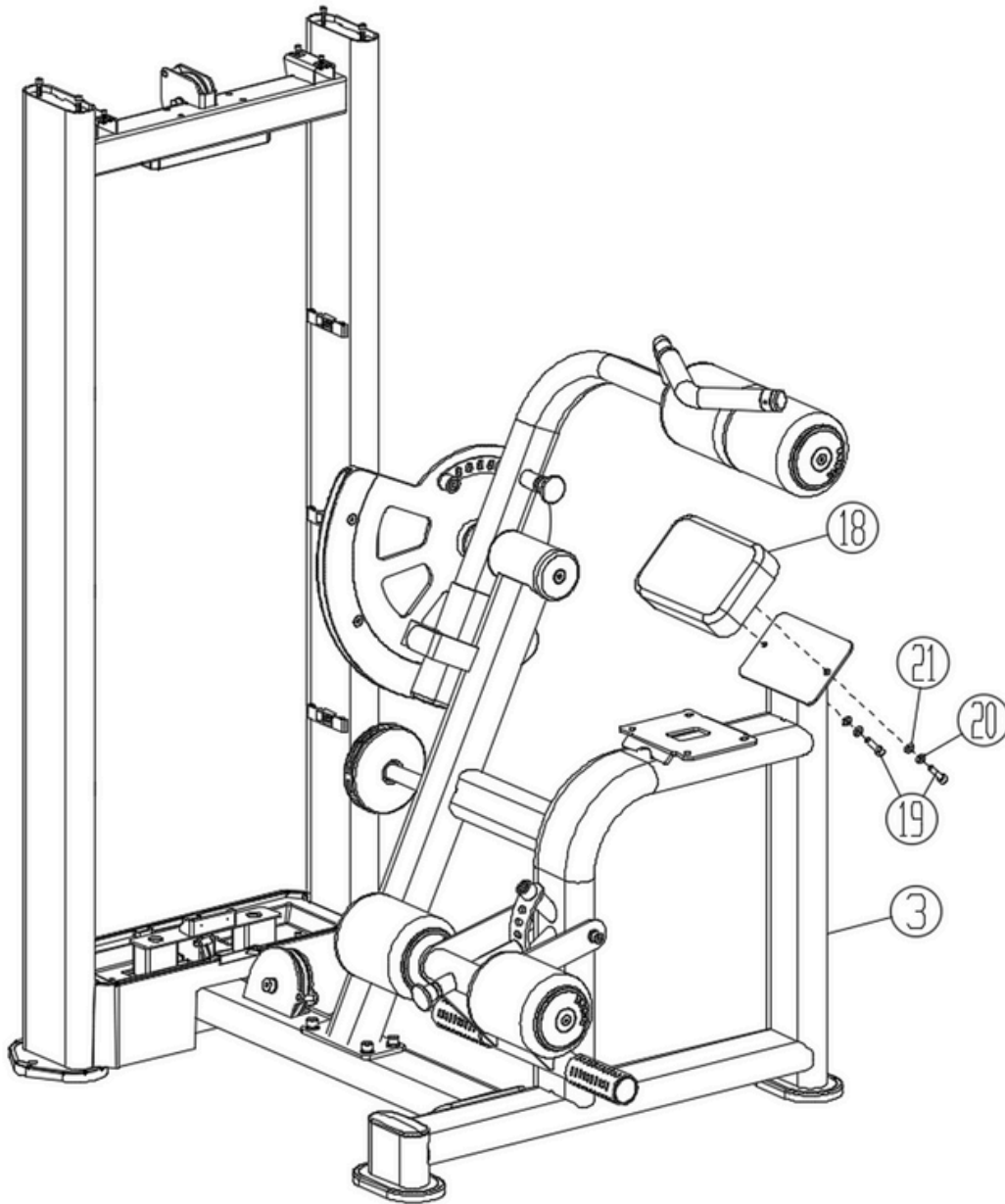
- 2 × Hexagon socket cheese head screws (#4)
- 2 × Spring washers (#5)
- 2 × Flat washers (#6)



Step 8:

Attach the Abdominal Back Pad (#18) to the Abdominal Side Frame (#3) using:

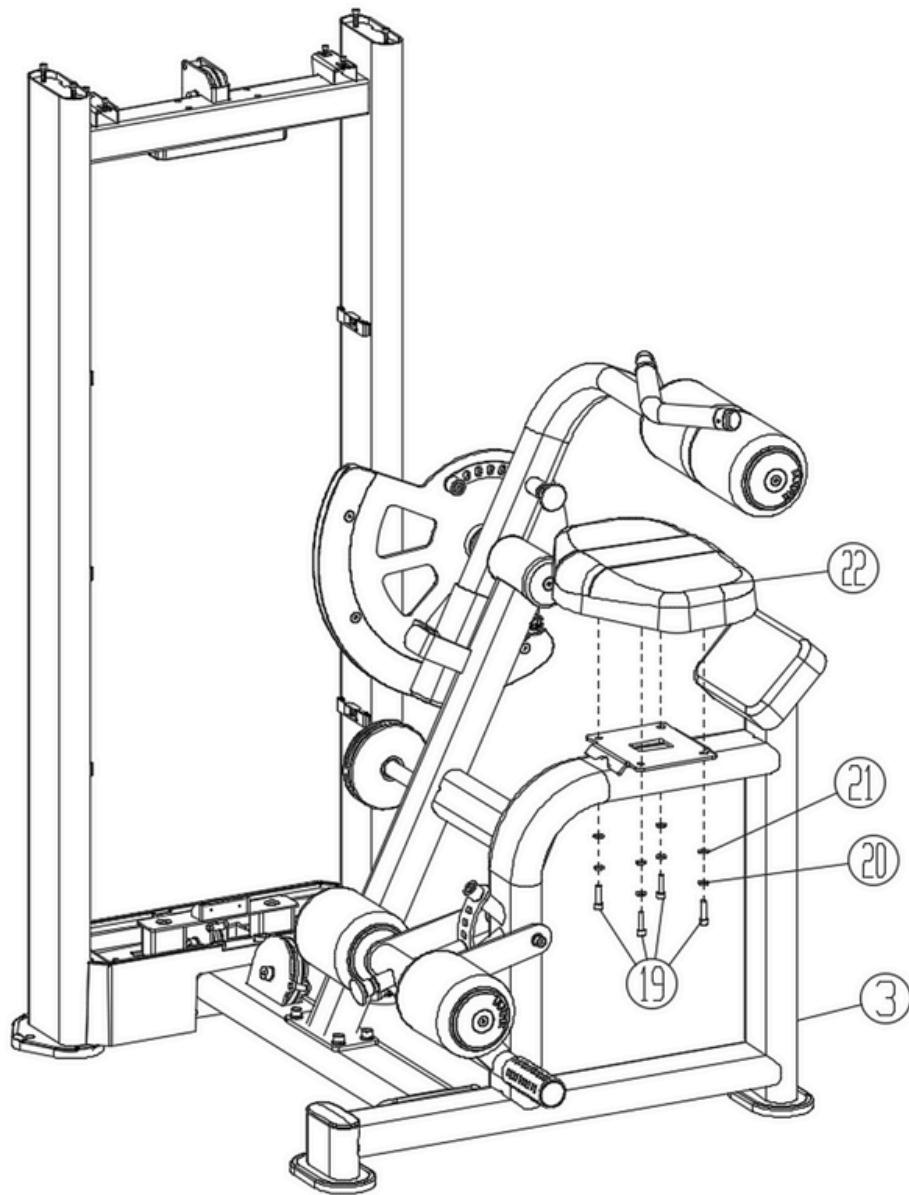
- 2 × Hexagon socket cheese head screws (#19)
- 2 × Spring washers (#20)
- 2 × Flat washers (#21)



Step 9:

Attach the Cushion (#22) to the Abdominal Side Frame (#3) using:

- 4 × Hexagon socket cheese head screws (#19)
- 4 × Spring washers (#20)
- 4 × Flat washers (#21)



Step 10:

Slide the two Counterweight Block Rubber Pads (#24) onto the two Guide Bars (#23).

Connect the two Counterweight Bases (#25) to the Guide Rods (#23) and place them inside the Counterweight Rack (#1) as follows:

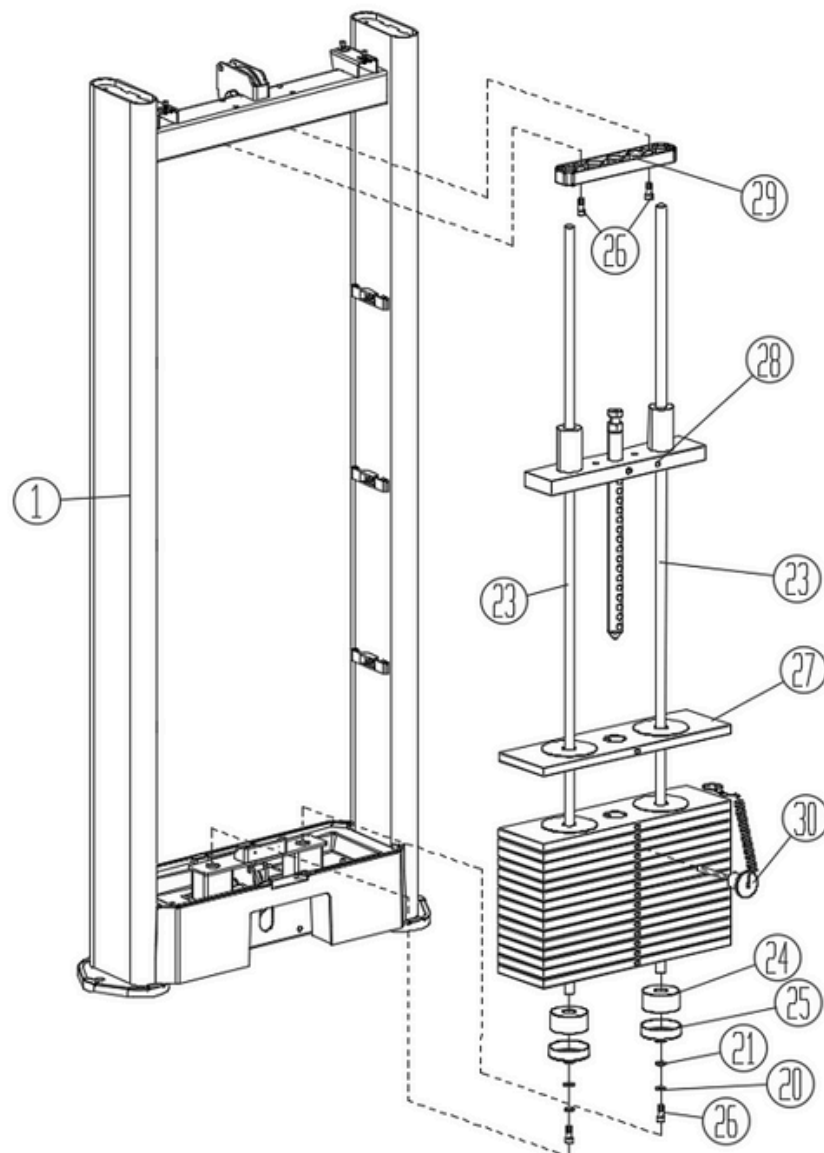
- 2 × Hexagon socket cheese head screws (#26)
- 2 × Spring washers (#20)
- 2 × Flat washers (#21)



Step 11:

Attach the 14 Counterweight Blocks (#27) onto the Guide Rods (#23), with the isolation tabs facing upward.

- Install the Guide Block Set (#28) onto the Guide Bars (#23).
- Insert the Weight Stack Pin (#30) into the Weight Stack (#27).
- Slide the Guide Bar Retainer Plate (#29) onto the Guide Bars (#23).
- Attach the Guide Bar Mounting Plate (#29) to the Counterweight Bracket (#1) using:
  - 2 × Hexagon socket cheese head screws (#26)



Step 12:

Attach the two 95 Wire Wheels (#32) to the Counterweight Rack (#1) using:

- 2 × Spools (#33)
- 2 × Hexagonal self-locking nuts (#35)
- 2 × Flat washers (#34)
- 2 × Flat washers (#6)

Attach the 120 Line Wheel (#36) to the Abdominal Connection Bracket (#2) using:

- 1 × Spool (#33)
- 1 × Hexagonal self-locking nut (#35)
- 1 × Flat washer (#34)
- 1 × Flat washer (#6)

Attach the two Wire Wheel Boxes (#37) and the 120 Wire Wheel (#36) to the Abdominal Connection Frame II (#7) using:

- 1 × Spool (#33)

Note: These sheaves must be installed in synchronization with the Cable (#31).

Step 13:

Attach the Snap End of the Wire Rope (#31) to the Flange (#13) using:

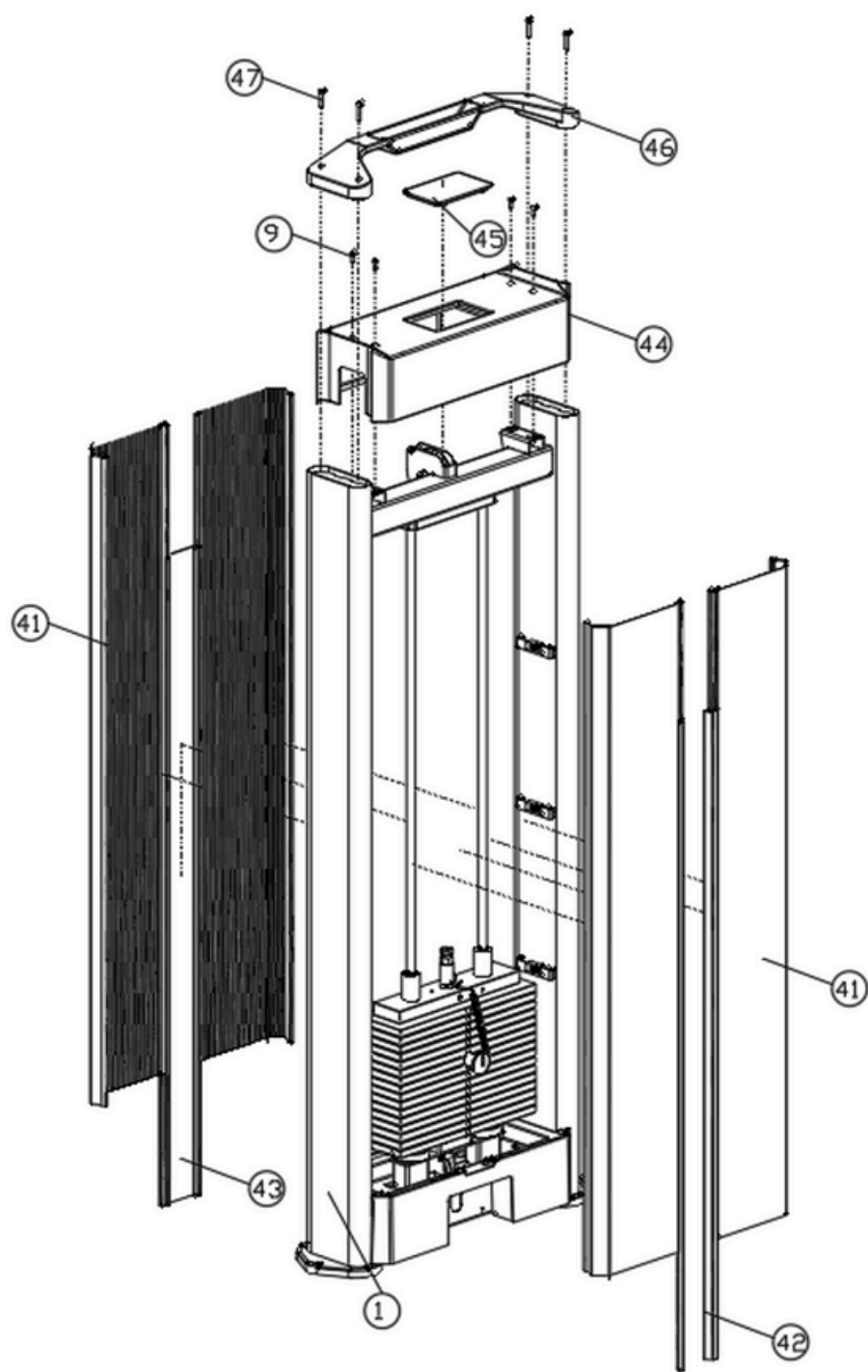
- 2 × Flat washers (#38)
- 2 × Inner lockers (#39)

Step 14:

Attach the Hex Nut (#40) to the bolt end of the Cable (#31).

- Attach the bolt end of the Wire Rope (#31) to the Counterweight Frame Center Bar (#1).



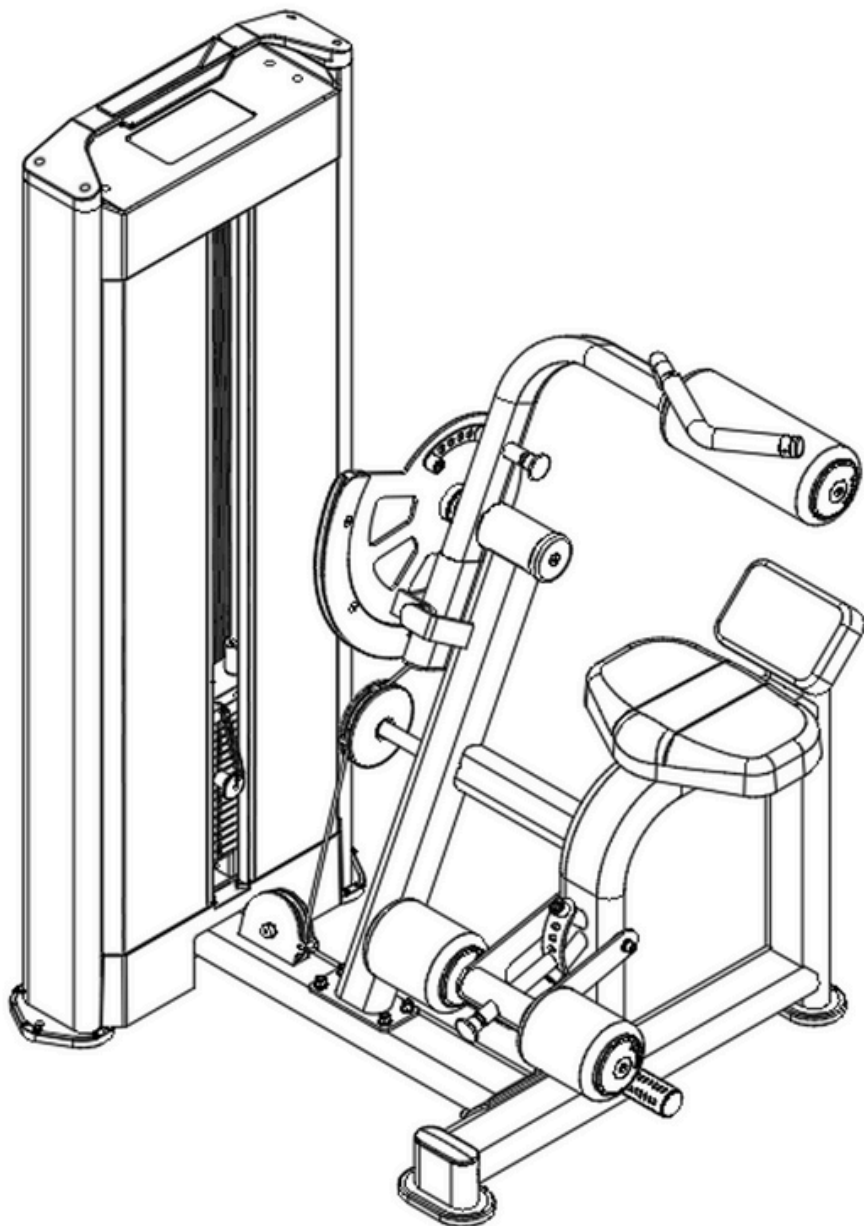


### Important Tips

Now that your Abdominal 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 specification	QTY
1	Frame	1
2	connection frame	1
3	side frame	1
4	Hexagon socket cheese head screws (M10*25)	14
5	spring washer (10)	16
6	flat washer (10)	14
7	connection frame II	1
8	counterweight lower shield	1
9	Hexagon socket cheese head screws (M5*16)	8
10	counterweight footrest	2
11	Flat ellipse foot mats	2
12	froce arm	1
13	Abdominal Flange	1
14	60aluminum cap	1
15	Hexagon socket cheese head screws (M10*20)	2
16	76aluminum cap	1
17	Abdominal Press Rack	1
18	backrest	1
19	Hexagon socket cheese head screws (M8*30)	6
20	spring washer (8)	8
21	flat washer (8)	8
22	Cushion	1
23	Universal Counterweight Guide Bar	2
24	Counterweight rubber pads	2
25	Counterweight frame base	2
26	Hexagon socket cheese head screws (M8*20)	4
27	weight stack	14
28	Guide block set	1
29	Guide bar mounting plate	1
30	weight stack pin	1
31	cable	1
32	95pulley	2
33	spool-32	4
34	flat washer (12)	3
35	Hexagonal self-locking nuts (M10)	3
36	120pulley	2
37	jury box	2
38	small washer (10)	2
39	inner locker (Φ20*S1)	2
40	hexagonal nut (M14)	1
41	shield	4
42	Counterweight Source Decorative Strip	2
43	Counterweight Source Decorative Plate	1
44	counterweight upper shroud	1
45	Upper Shroud Top Cover	1
46	Counterweight riser plug cover	1
47	Hexagon socket cheese head screws (M6*30)	4

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

