

FITNESS360[®]

FT7226

Rotary Torso



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)

Step 2:

Attach the Rotator Base (#4) to the Weight Rack (#1) using:

- 4 × Hexagon socket head screws (#5)
- 6 × Spring washers (#6)
- 6 × Flat washers (#7)
- 2 × Hexagon socket head screws (#8)

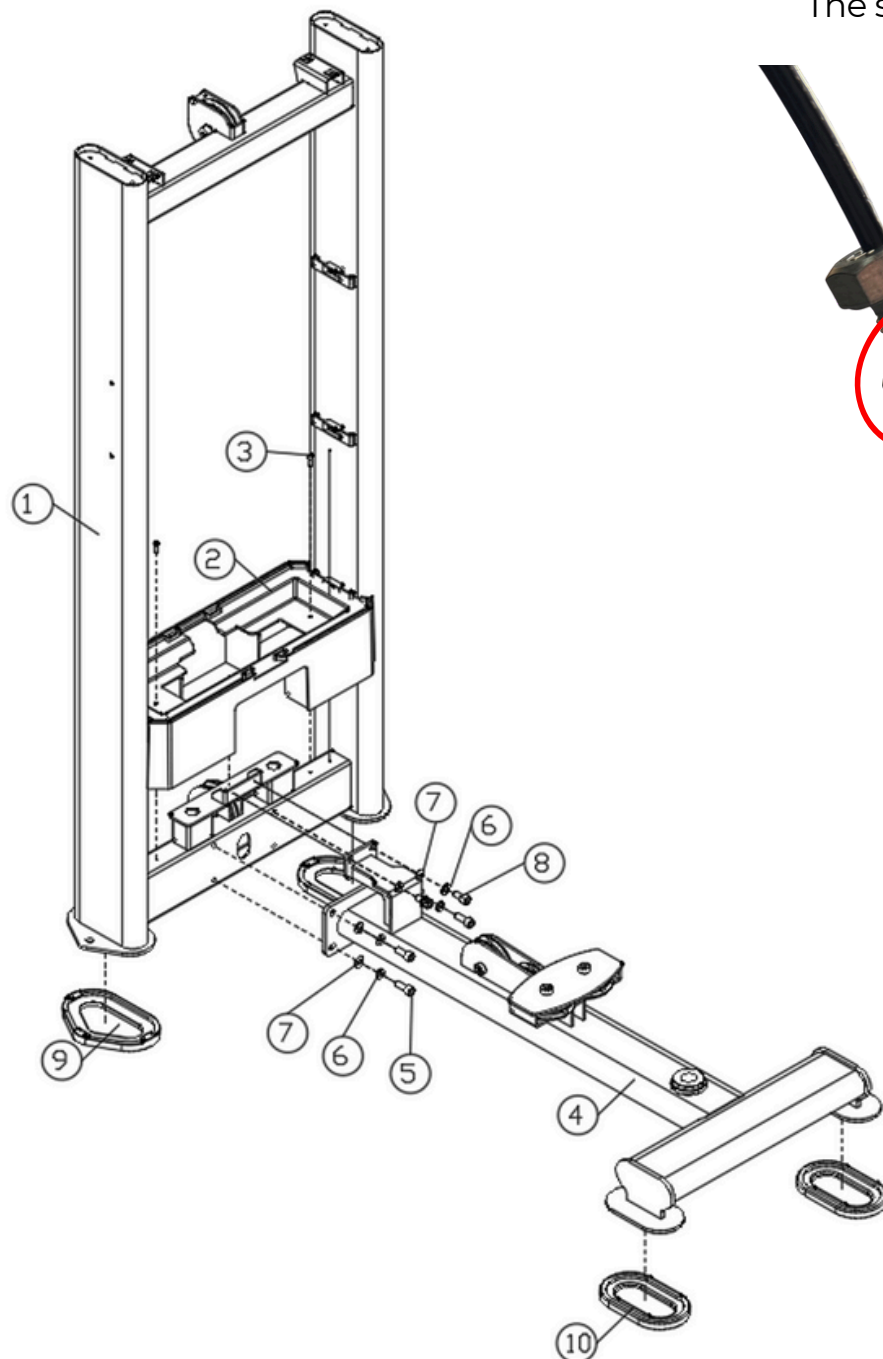
Step 3:

Install the two weight rack feet (#9) onto the Weight Rack (#1).

- Then, attach the two flat elliptical foot pads (#10) to the waist rotation trainer.

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

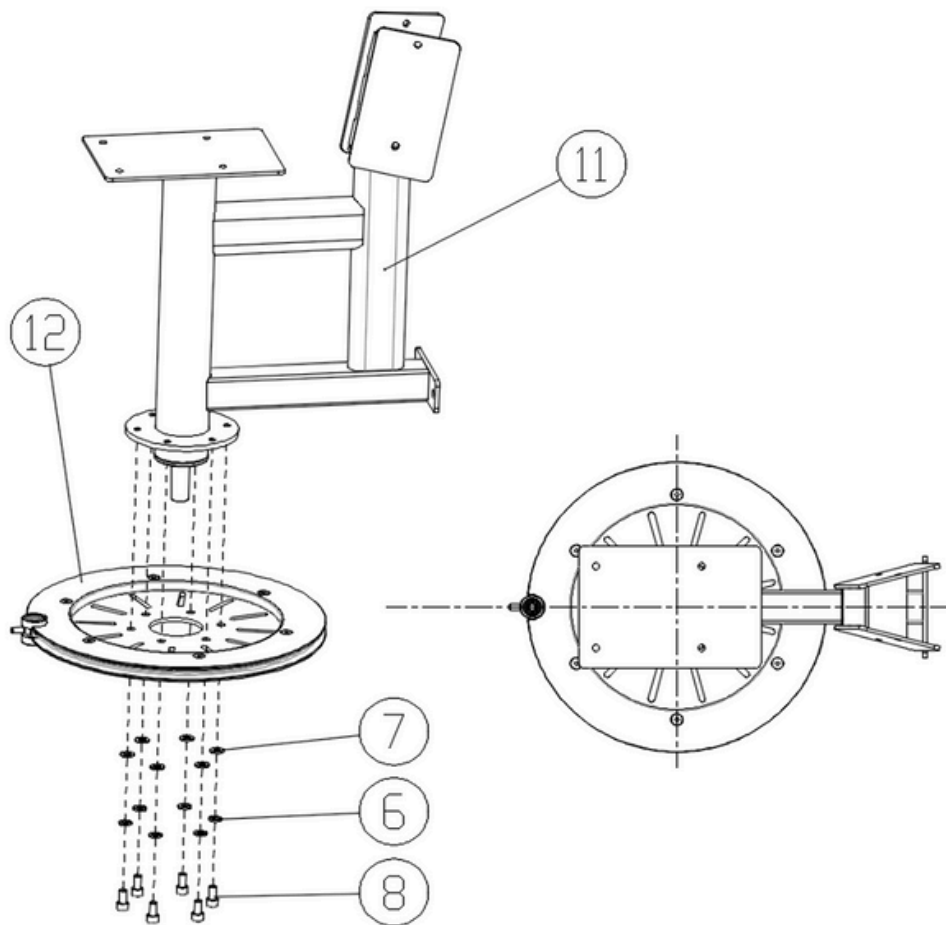


Step 4:

Attach the waist rotation trainer main frame (#11) to the cable reel (#12) using:

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

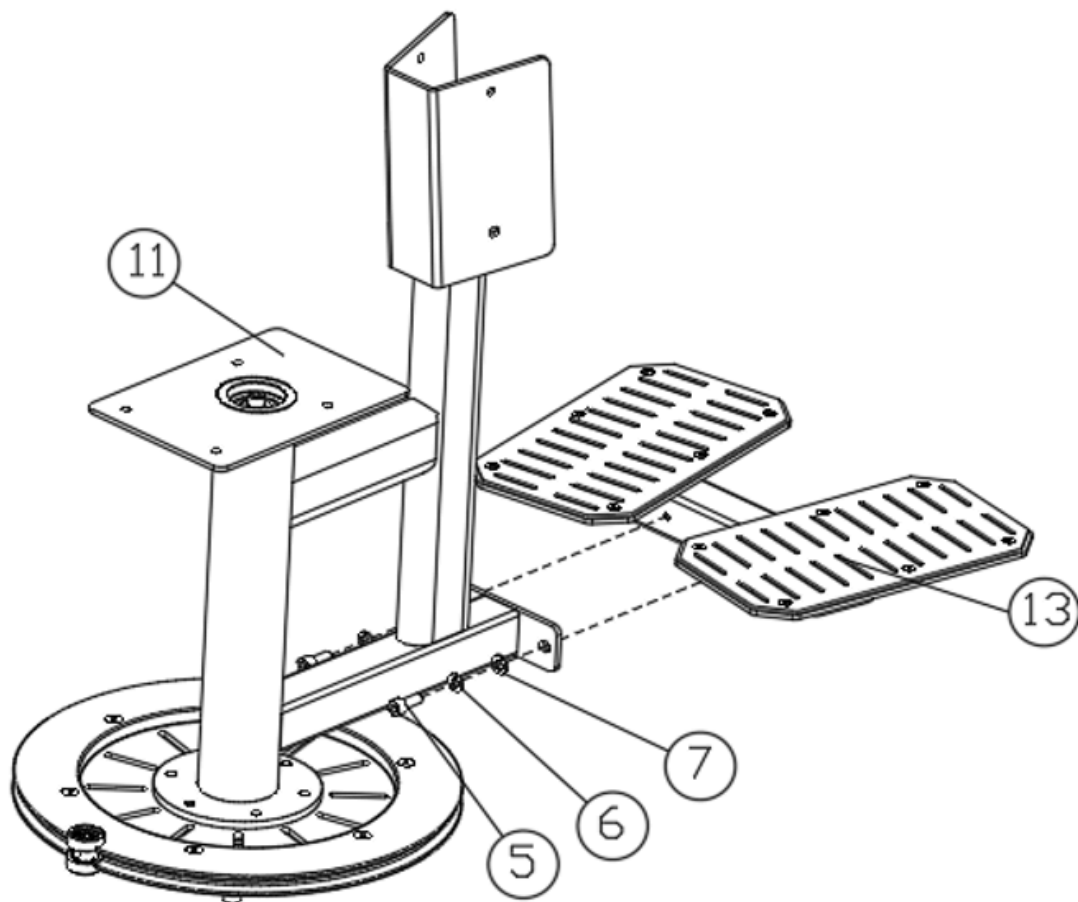
The correct relative positions of the waist rotation trainer main frame (#11) and the cable reel (#12) are shown in the figure.



Step 5:

Connect the waist rotation trainer pedal frame (#13) to the waist rotation trainer main frame (#11) in the following way:

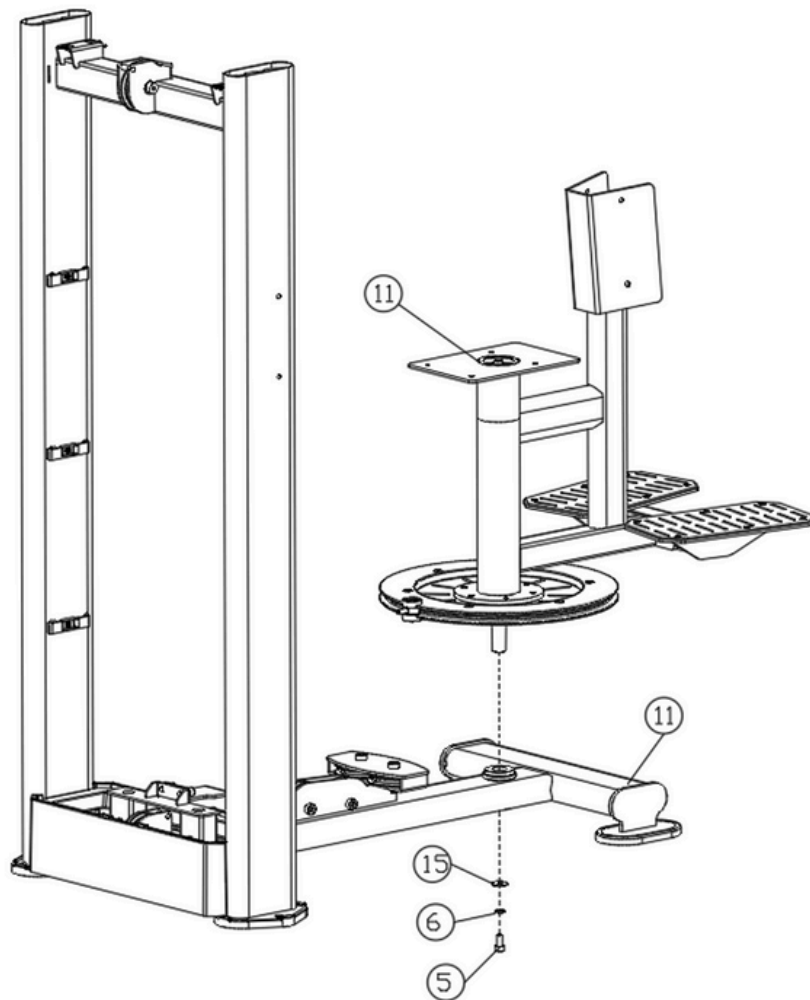
- 2 x Hexagon socket head screw (#5)
- 2 x Spring washer (#6)
- 2 x Flat washer (#7)



Step 6:

Attach the waist rotation trainer main frame (#11) to the waist rotation trainer base using:

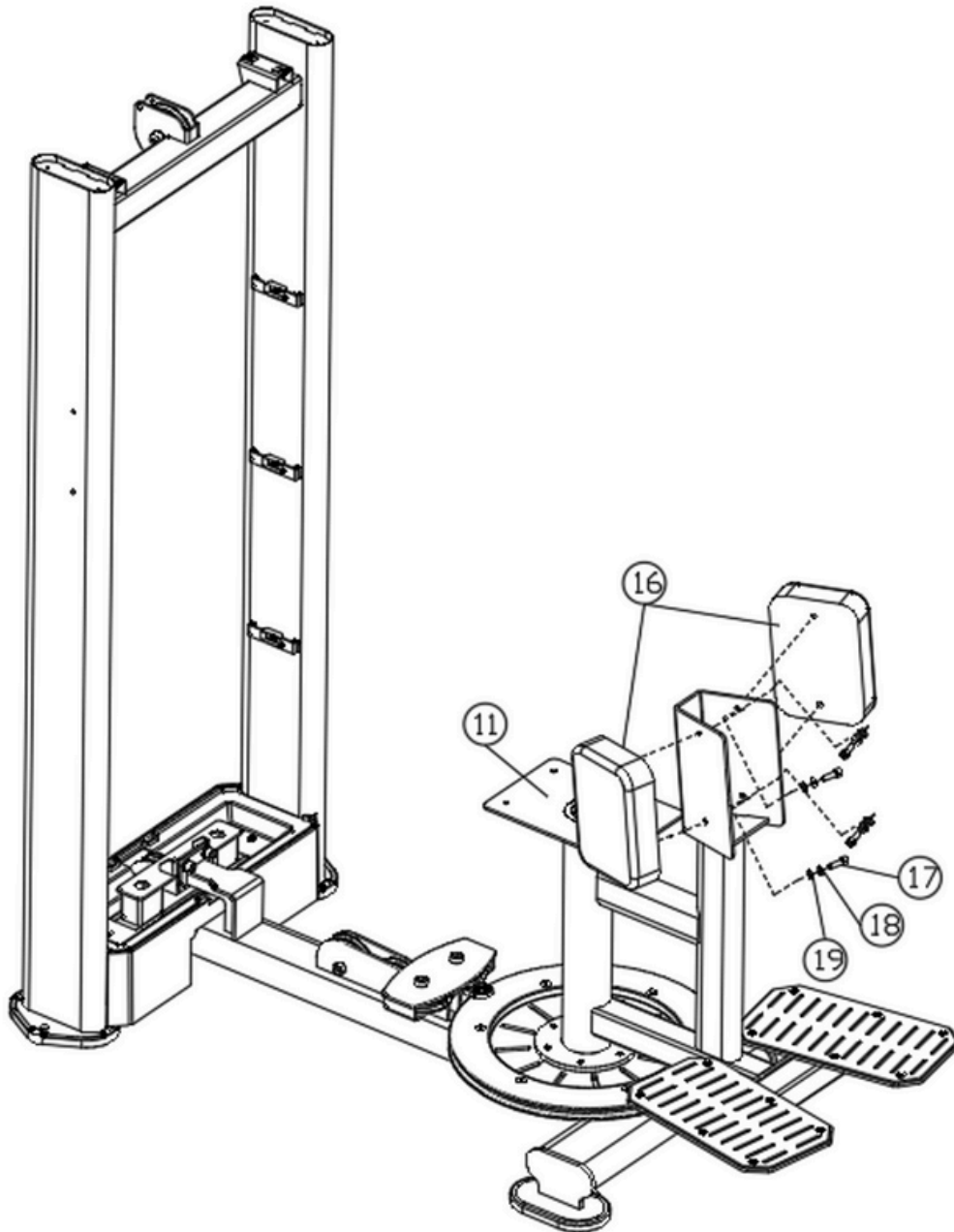
- 1 × Hexagon socket head screw (#5)
- 1 × Spring washer (#6)
- 1 × Large washer (#15)



Step 7:

Attach the two leg pads (#16) to the waist rotation trainer main frame (#11) using:

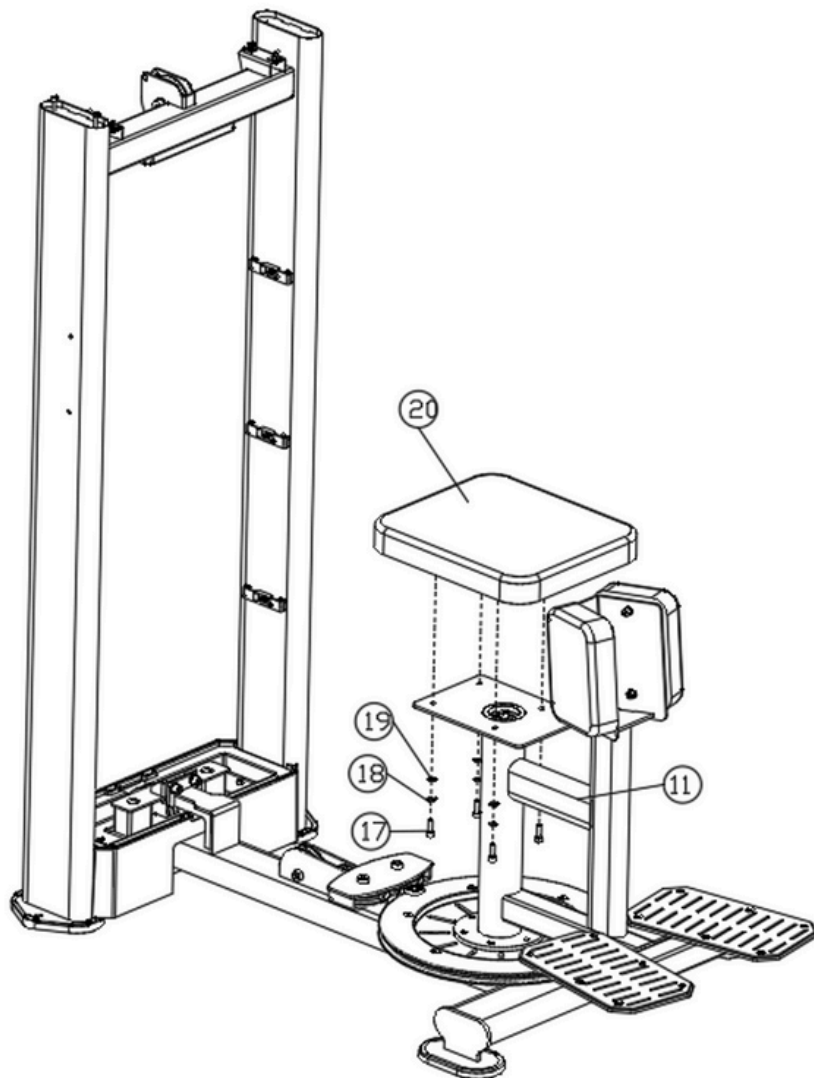
- 4 × Hexagon socket head screws (#17)
- 4 × Spring washers (#18)
- 4 × Flat washers (#19)



Step 8:

Slide the two rubber weight pads (#25) onto the guide rods (#24). Connect the two weight frame bases (#26) to the guide rods (#24) and insert them into the weight frame (#1) using:

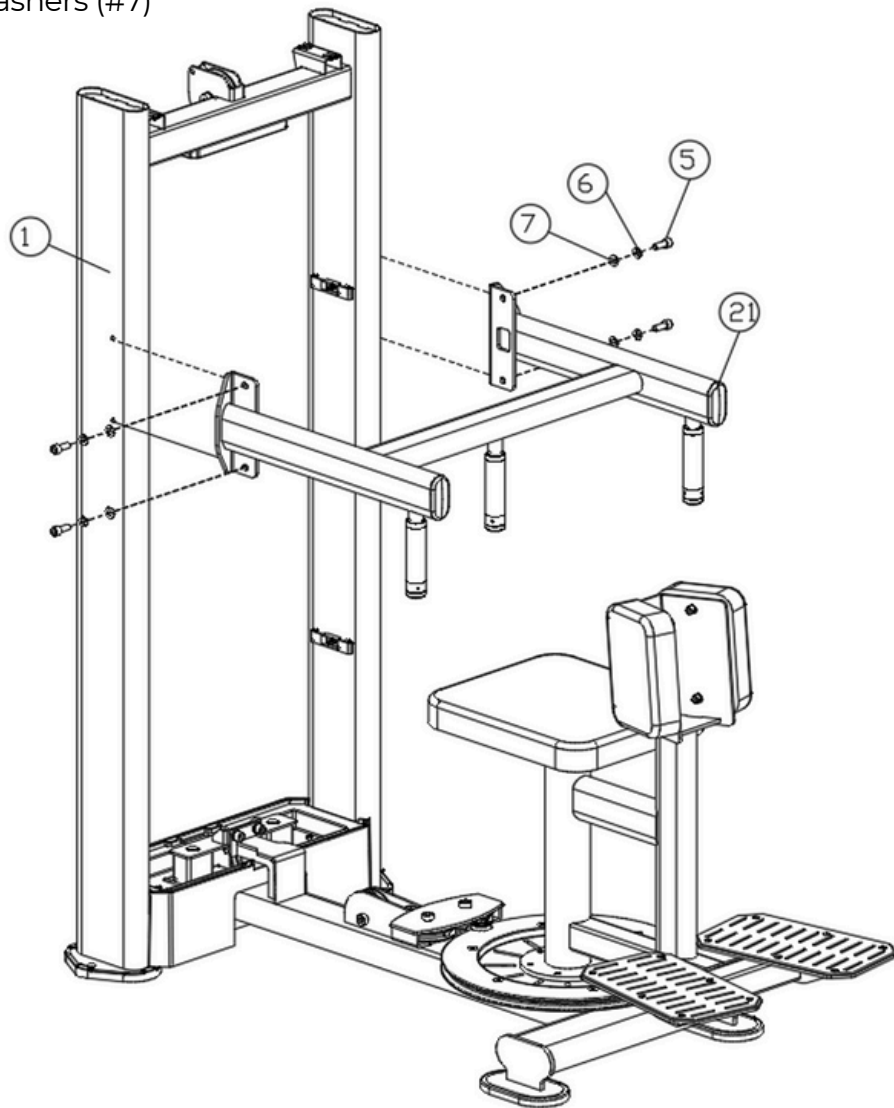
- 2 × hexagon socket head screws (#20)
- 2 × spring washers (#21)
- 2 × flat washers (#22)



Step 9:

Attach the lumbar rotation trainer handrail frame (#21) to the weight frame (#1) using:

- 4 × Hexagon socket head screws (#5)
- 4 × Spring washers (#6)
- 4 × Flat washers (#7)



Step 10:

Slide the two rubber weight pads (#23) onto the two guide rods (#22).

Attach the two counterweight frame bases (#24) to the guide rods (#22). Secure using:

- 2 × Hexagon socket head screws (#25)
- 2 × Spring washers (#18)
- 2 × Flat washers (#19)

Tighten bolts firmly with a wrench before proceeding.

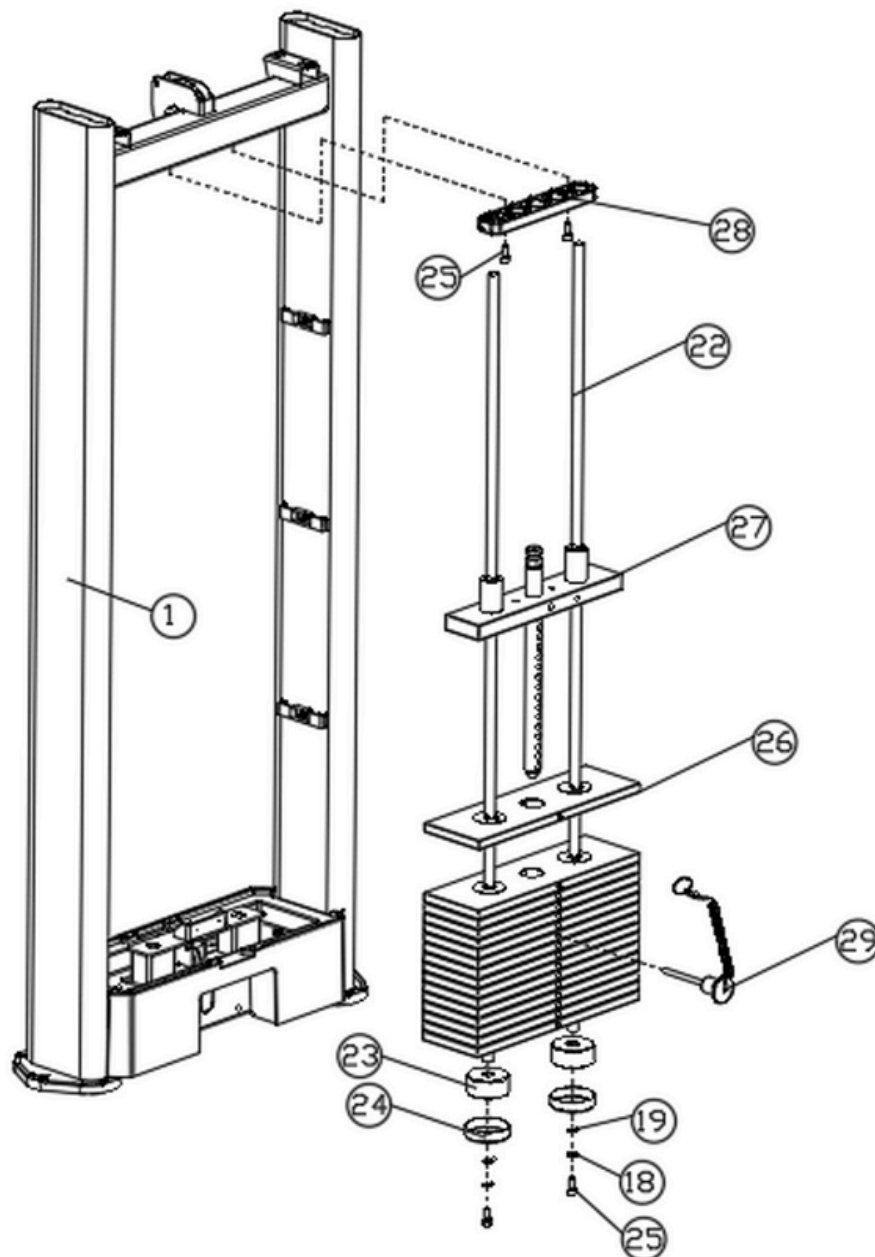
Step 11:

Install 14 counterweights (#26) onto the guide rods (#22).

Install the guide block assembly (#27) onto the guide rods (#22). Insert the counterweight pin (#29) into one of the counterweights (#26). Slide the guide bar retaining plate (#28) onto the guide rods (#22).

Fix the guide rod mounting plate (#28) to the counterweight frame (#1) using:

- 2 × Hexagon socket head screws (#25)

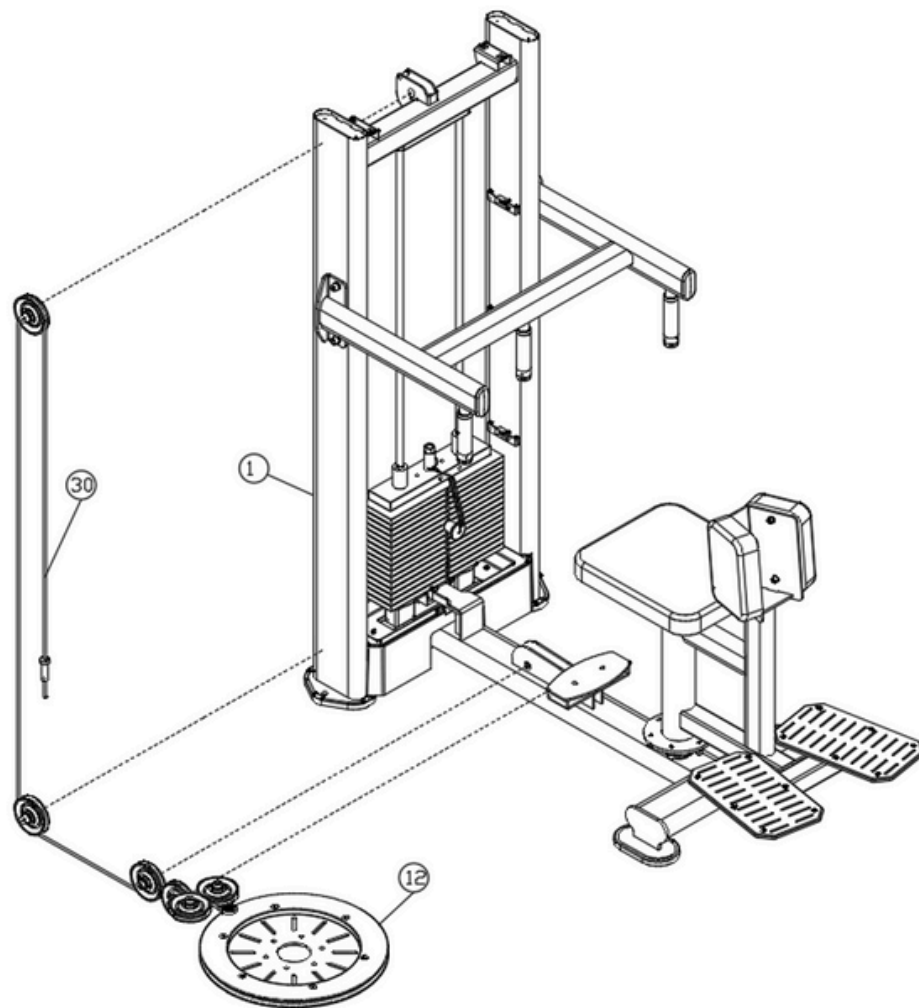


Step 12:

Insert the wire rope (#30) as shown in the diagram. Ensure the pre-installed wire reels rotate synchronously with the wire rope (#30).

Step 13:

Connect one end of the wire rope (#30) to the winding drum (#12) and the other end to the counterweight frame (#1).



Step 14:

Slide the two trim strips (#32) into the two fenders (#31).

Attach both to the counterweight frame (#1) using the fender hold-down plates.

Slide the trim plate (#33) into the two baffles (#31).

Secure to the counterweight frame (#1) with the baffle hold-down plates.

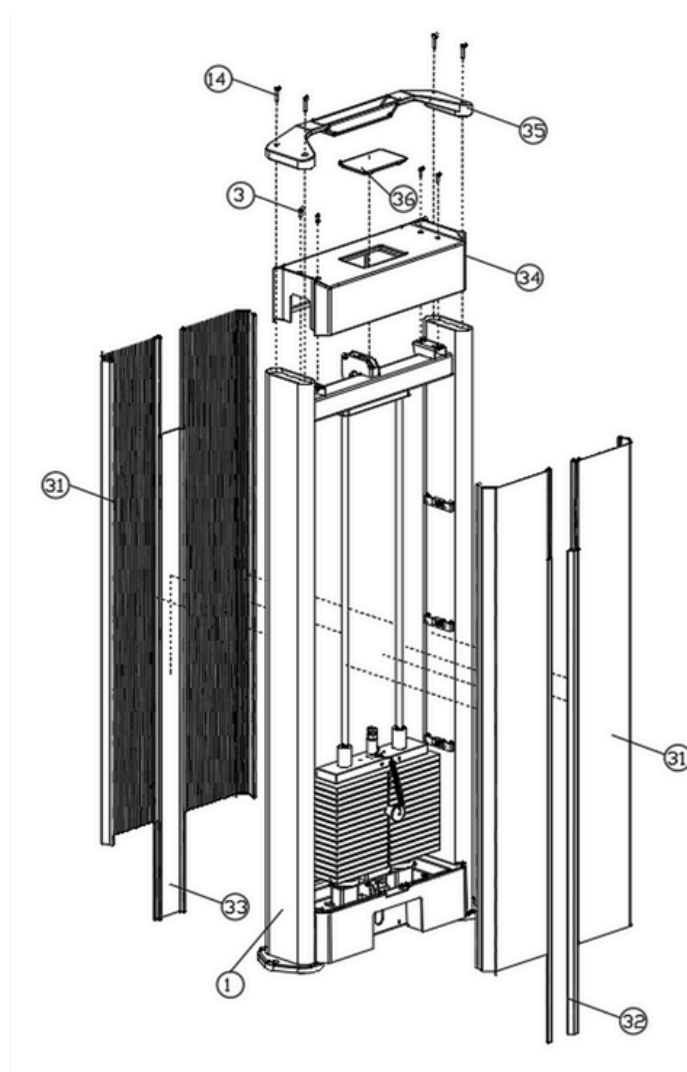
Attach the upper guard (#34) to the counterweight frame (#1) using:

- 4 × Hexagon socket head screws (#9)

Connect the upper shroud cover (#36) to the upper shroud (#34).

Attach the upper cover trim (#35) to the counterweight frame (#1) using:

- 4 × Hexagon socket head screws (#14)

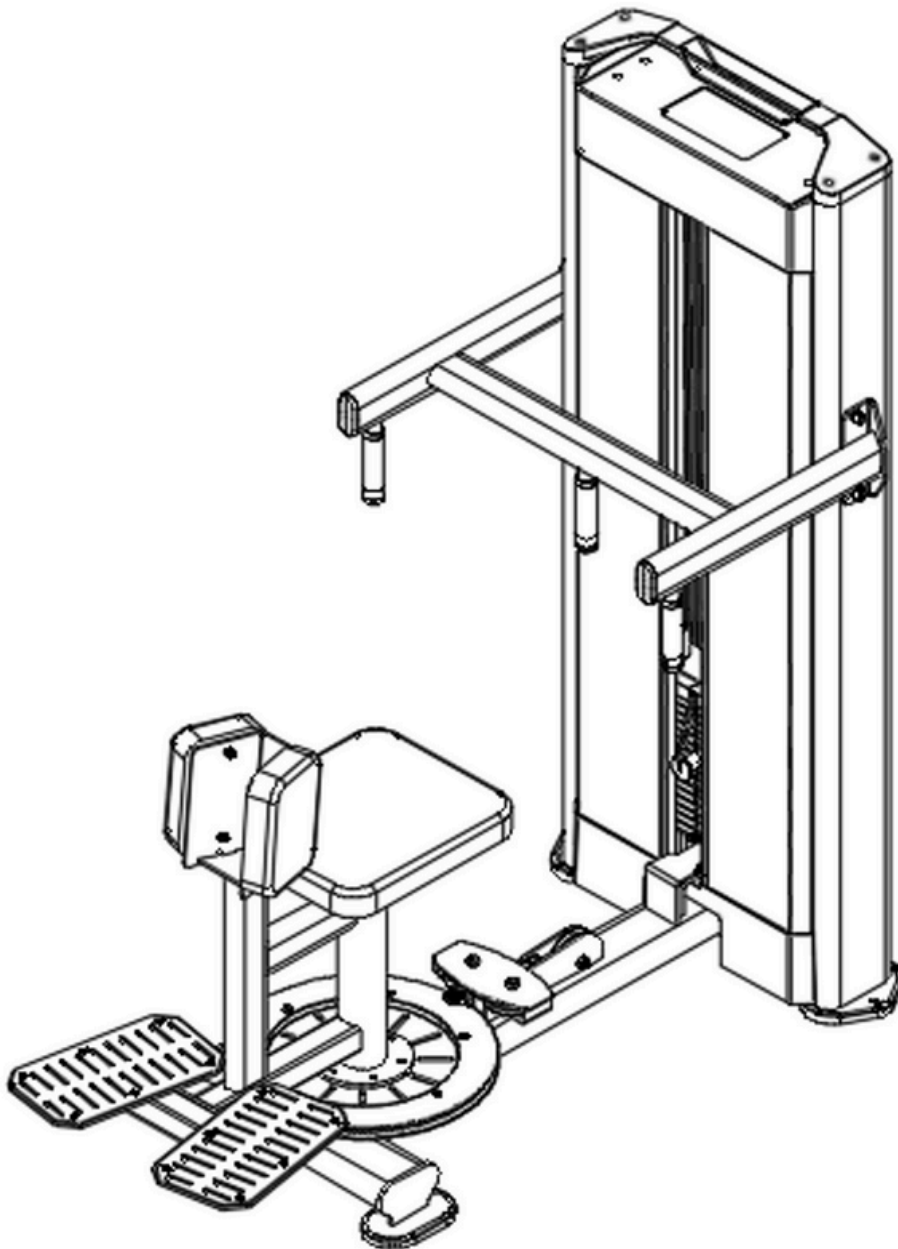


Important Tips

Now that your Rotary Torso 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)	6
4	Waist Rotation Trainer Base	1
5	Hexagon socket head screw (M10*25)	11
6	Spring washer (10)	19
7	Flat washer (10)	18
8	Hexagon socket head screw (M10*20)	8
9	Weight rack foot pads	2
10	Flat oval foot pad	2
11	Waist Rotation Trainer Main Frame	1
12	Waist Rotation Trainer Cable Reel	1
13	Waist Rotation Trainer Pedal Stand	1
14	Hexagon socket head screw (M6*30)	4
15	Large washer	1
16	Leg pads	2
17	Hexagon socket head screw (M8*25)	8
18	Spring washers (8)	10
19	Flat washers (8)	10
20	cushion	1
21	Waist Rotation Trainer Armrest	1
22	Universal weight guide rod	2
23	Counterweight rubber pad	2
24	Counterweight rack base	2
25	Hexagon socket head screw (M8*20)	4
26	Counterweight	14
27	Guide block set	1
28	Guide rod fixing plate	1
29	Counterweight latch	1
30	Wire Rope	1
31	Bezel	4
32	Counterweight decorative strip	2
33	Counterweight source decorative plate	1
34	Counterweight upper guard	1
35	Upper guard decorative plate	2
36	Upper guard cover	1

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