

FITNESS360[®]

FT7227

Biceps Curl



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

Step 1:

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

- 2 × M5×16 hexagon socket cheese head screws (#9)

Step 2:

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

- 8 × M10×25 hexagon socket cheese head screws (#4)
- 8 × M10 spring washers (#5)
- 8 × M10 flat washers (#6)

Step 3:

Connect the Biceps Connector II (#7) to the Biceps Connector (#2) and the Biceps Side Frame (#3) using:

- 8 × M10×25 hexagon socket cheese head screws (#4)
- 8 × M10 spring washers (#5)
- 8 × M10 flat washers (#6)

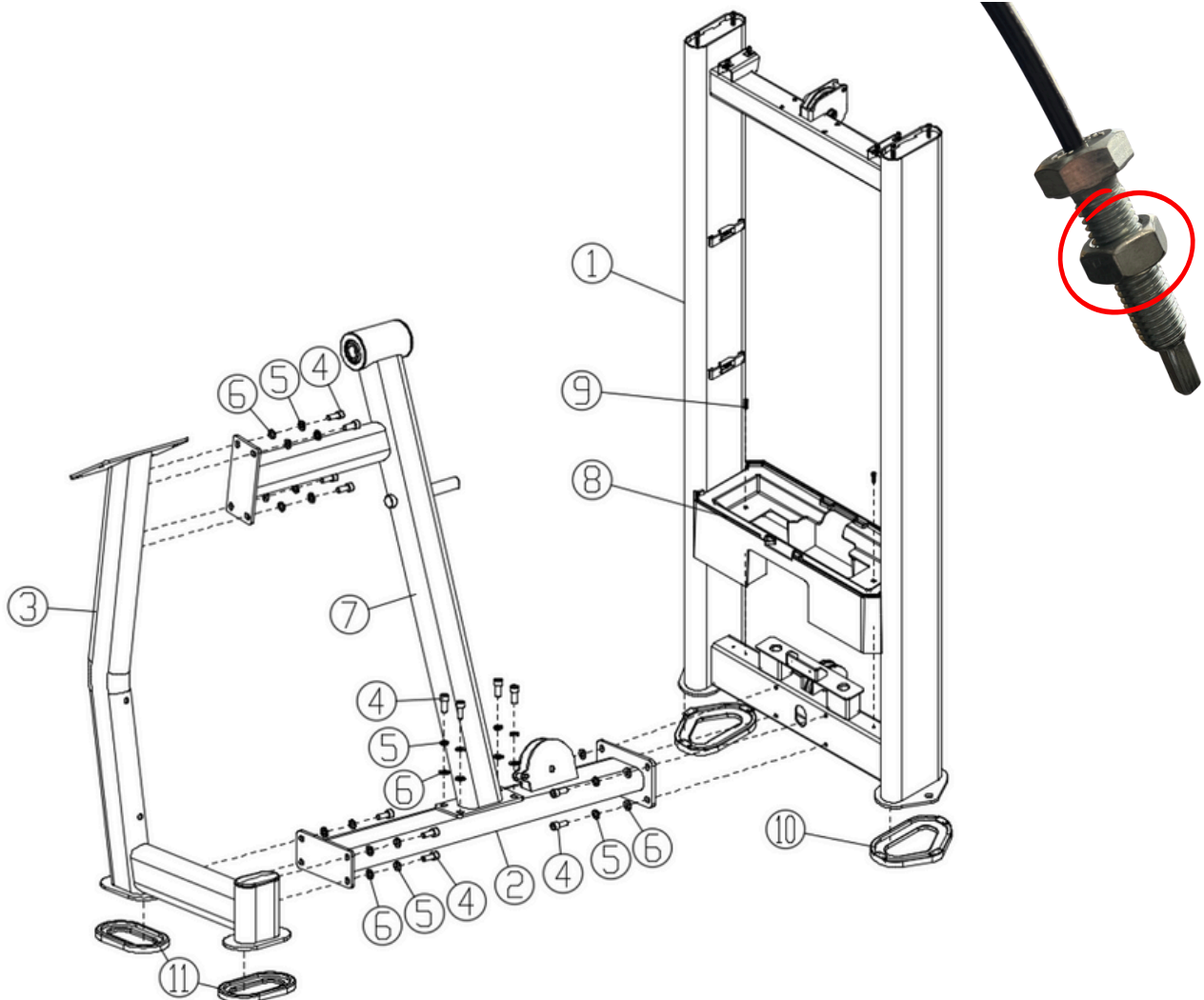
Step 4:

Install 2 Counterweight Feet (#10) onto the Counterweight Frame (#1)

Attach 2 flat elliptical foot pads (#11) to the Biceps 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.

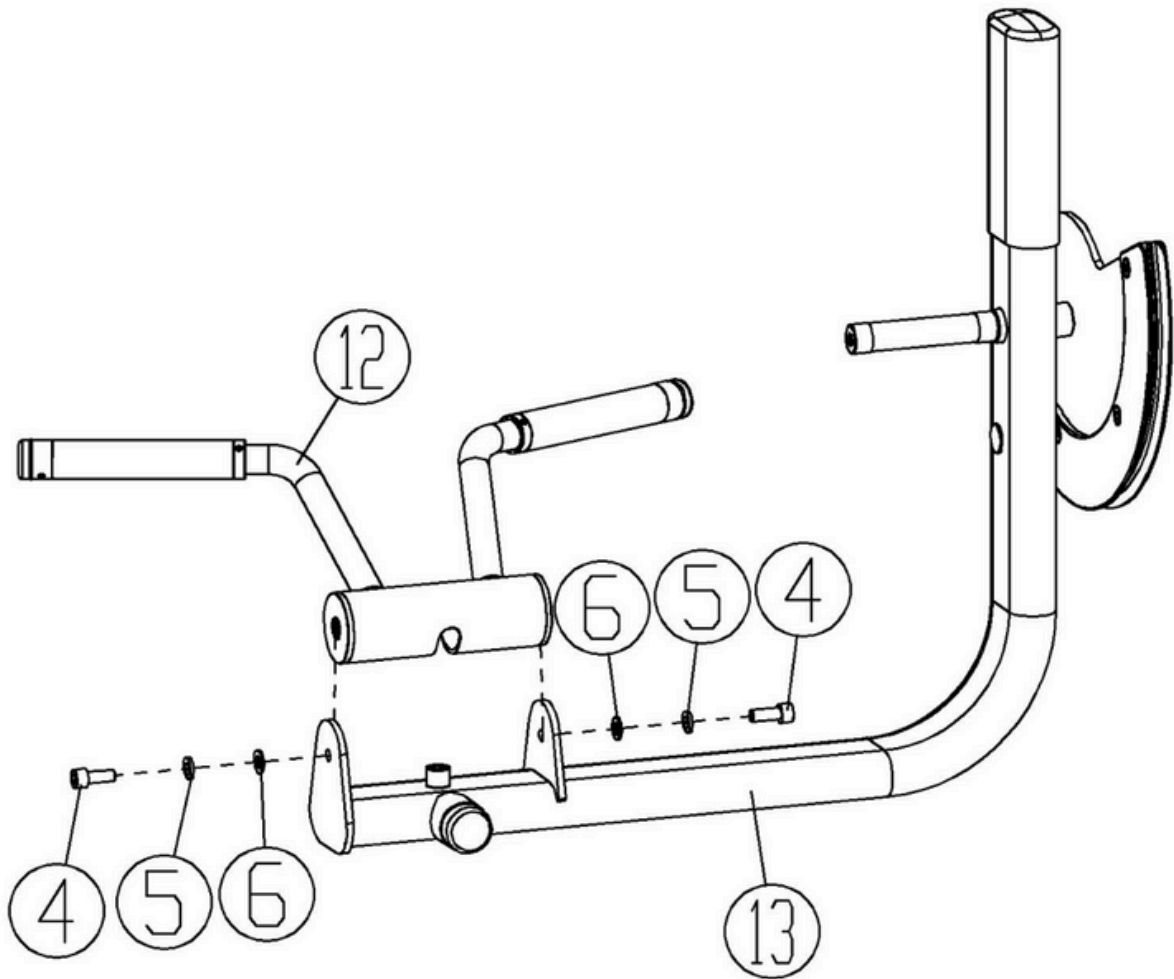
It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.



Step 5:

Connect the Biceps Handle (#12) to the Biceps Force Arm (#13) using:

- 2 × M10×25 hexagon socket cheese head screws (#4)
- 2 × M10 spring washers (#5)
- 2 × M10 flat washers (#6)

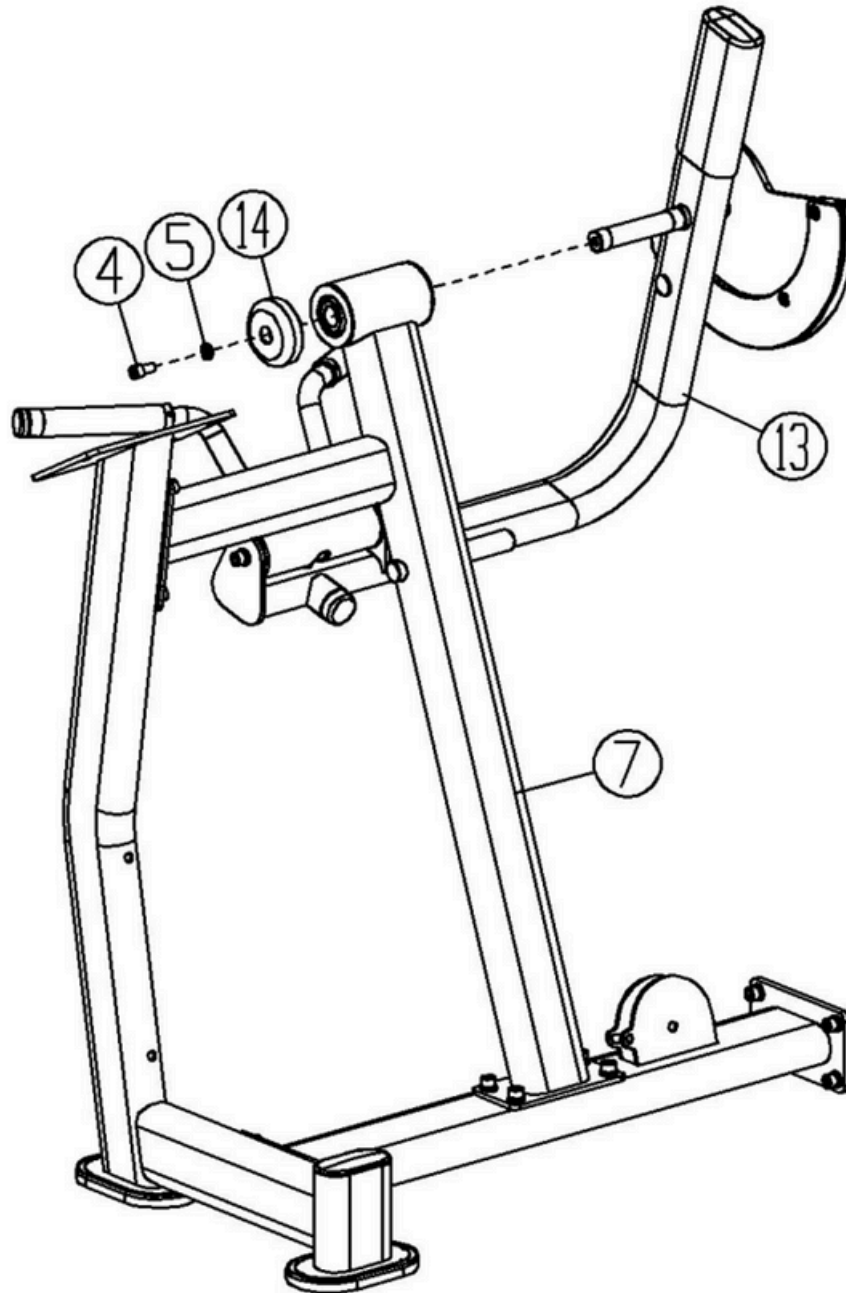


Step 6:

Attach the Biceps Force Arm (#13) and the Aluminum Cap (#14) to the Biceps Connector II (#7) using:

- 1 × M10×25 hexagon socket cheese head screw (#4)
- 1 × M10 spring washer (#5)

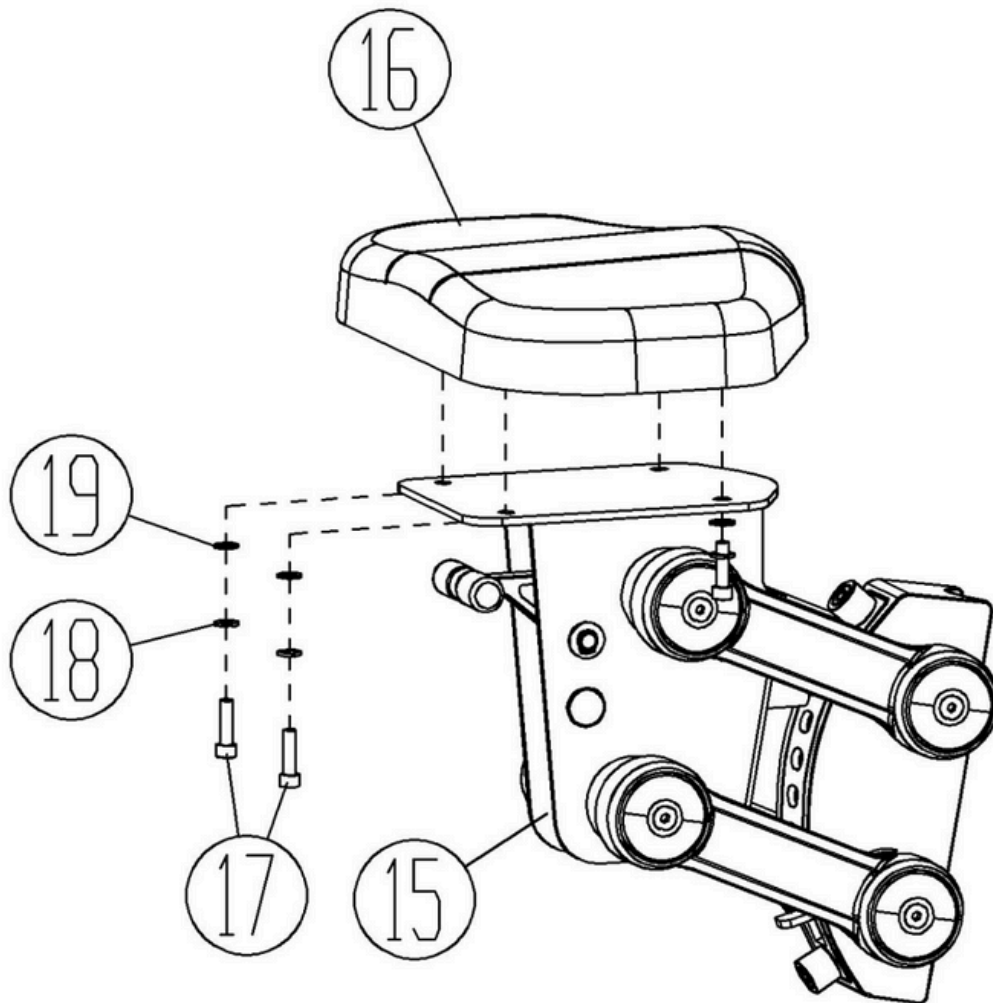
Tighten the bolt securely with a wrench before moving on.



Step 7:

Mount the Cushion (#16) onto the Seat Frame (#15) using:

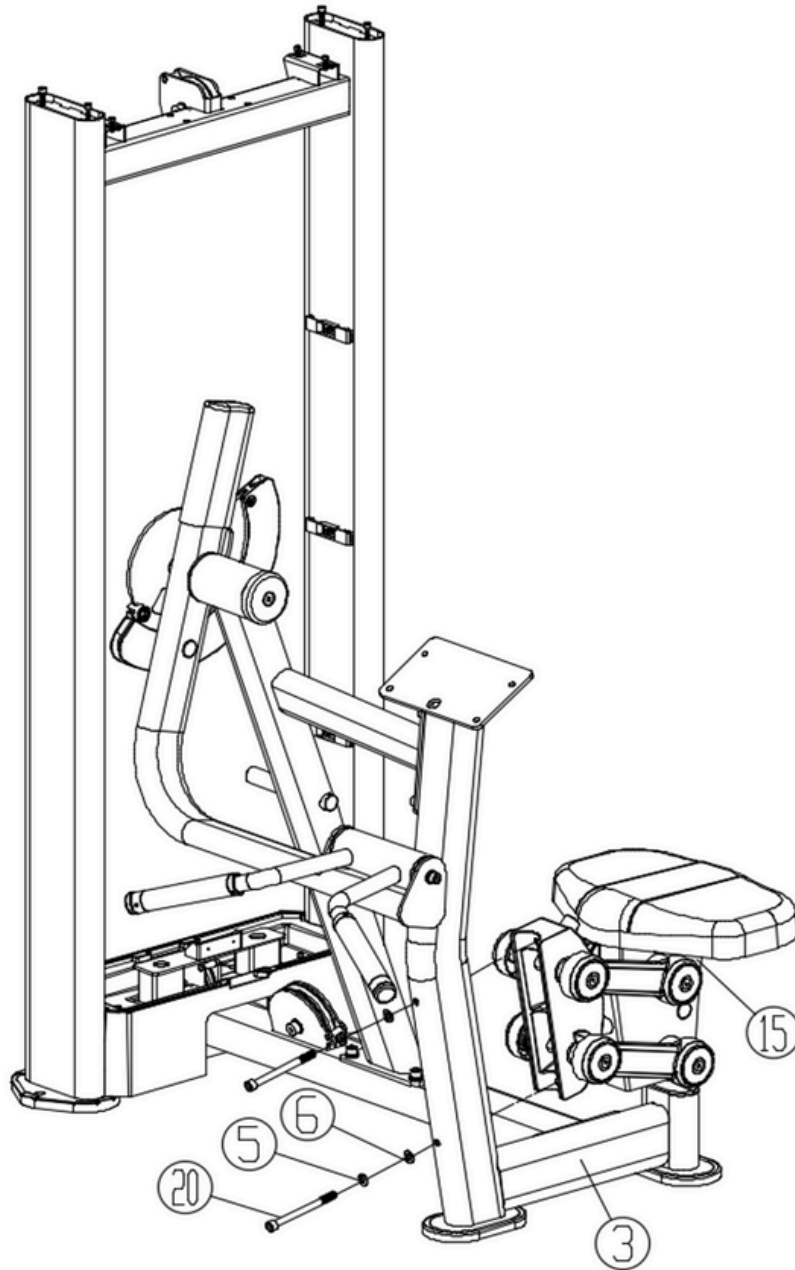
- 4 × M8×20 hexagon socket cheese head screws (#17)
- 4 × M8 spring washers (#18)
- 4 × M8 flat washers (#19)



Step 8:

Attach the Seat (#15) to the Biceps Side Frame (#3) using:

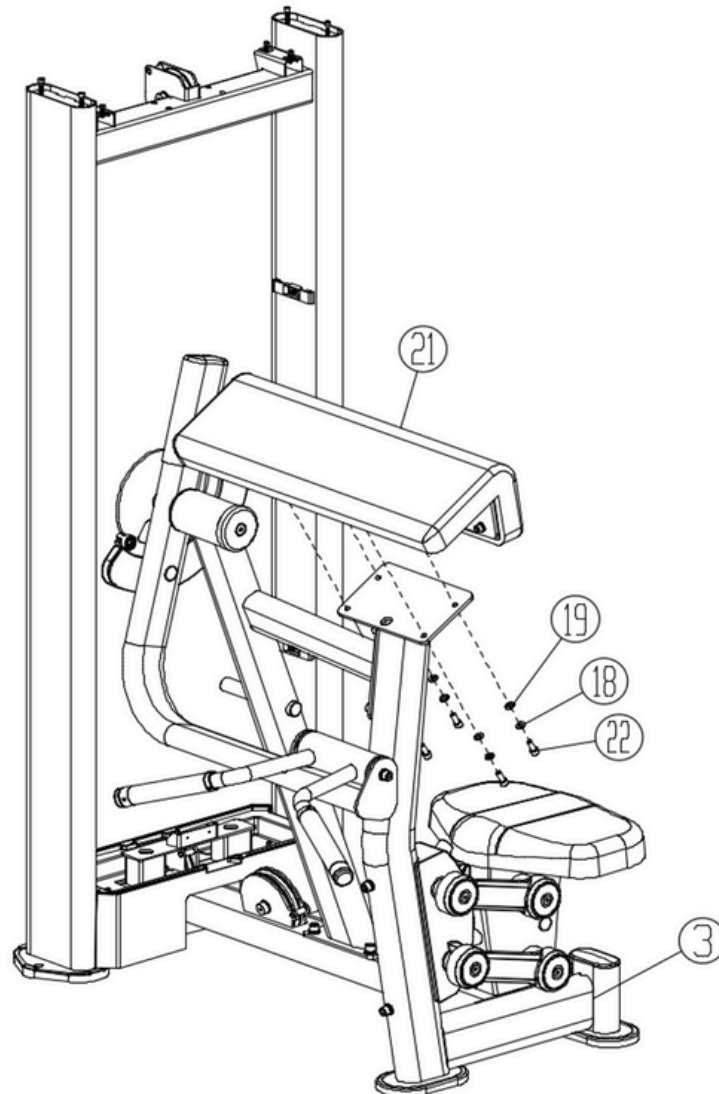
- 2 × M10×25 hexagon socket cheese head screws (#20)
- 2 × M10 spring washers (#5)
- 2 × M10 flat washers (#6)



Step 9:

Secure the Biceps Elbow Pad (#21) to the Biceps Side Bracket (#3) using:

- 4 × M8×20 hexagon socket cheese head screws (#22)
- 4 × M8 spring washers (#18)
- 4 × M8 flat washers (#19)



Step 10:

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

Insert the Guide Rods into the Counterweight Rack (#1).

Attach the Counterweight Bases (#25) at the bottom using:

- 2 × M8×20 hexagon socket cheese head screws (#22)
- 2 × M8 spring washers (#18)
- 2 × M8 flat washers (#19)

Step 11:

Slide the 12 Counterweight Blocks (#26) onto the Guide Rods (#23) with the isolation tabs facing up.

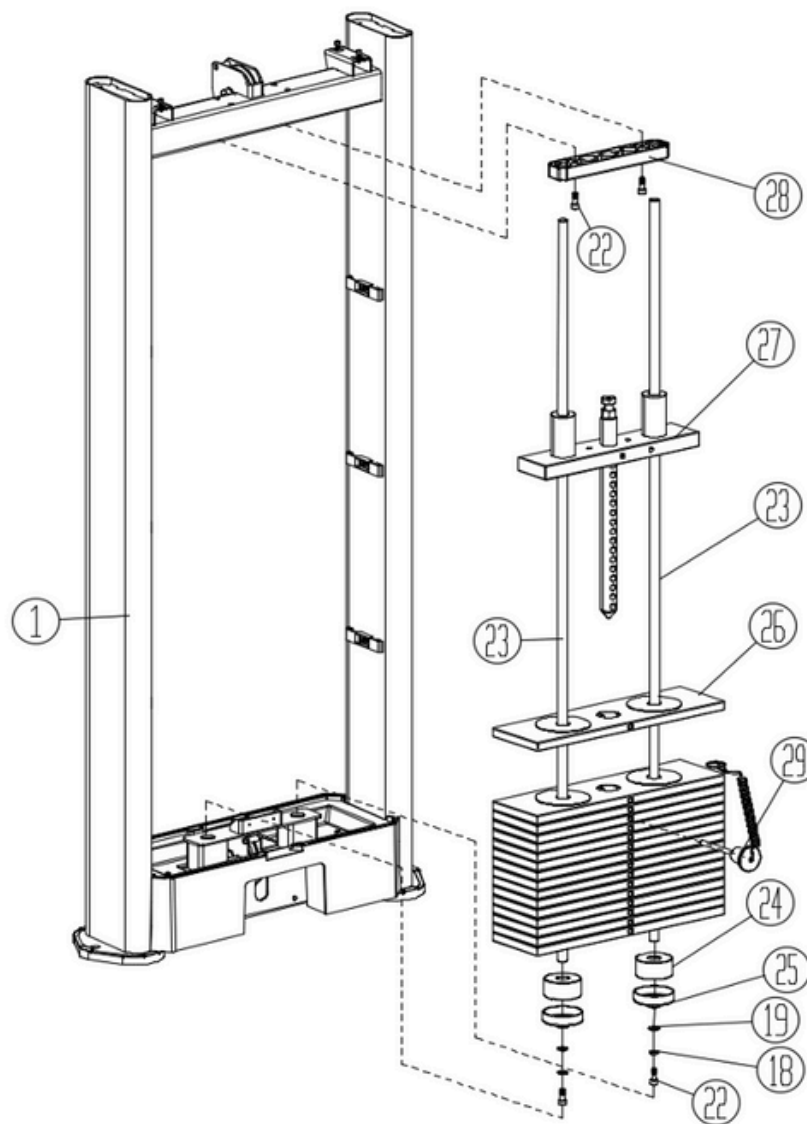
Install the Guide Block Set (#27) onto the Guide Rods (#23).

Insert the Counterweight Block Pins (#29) into the holes in the Counterweight Blocks.

Slide the Guide Bar Retainer Plate (#28) onto the Guide Rods (#23).

Attach the Guide Bar Mounting Plate (#28) to the Counterweight Bracket (#1) using:

- 2 × M8×20 Hexagon socket cheese head screws (#22)



Step 12:

Mount the wire wheels: Attach two 95 mm wire wheels (#31) to the Counterweight Rack (#1) using:

- 2 × Spool (#32)
- 2 × Hexagonal self-locking nuts (#34)
- 2 × Flat washers (#33)
- 2 × Flat washers (#6)

Mount the upper wire wheel: Attach the 120 mm wire wheel (#35) to the Biceps Head Attachment Bracket (#2) using:

- 1 × Spool (#32)
- 1 × Hexagonal self-locking nut (#34)
- 1 × Flat washer (#33)
- 1 × Flat washer (#6)

Install the spool boxes: Attach both Spool Boxes (#36) and Wire Wheel (#35) to the Biceps Head Connector II (#7) using:

- 1 × Spool (#32)

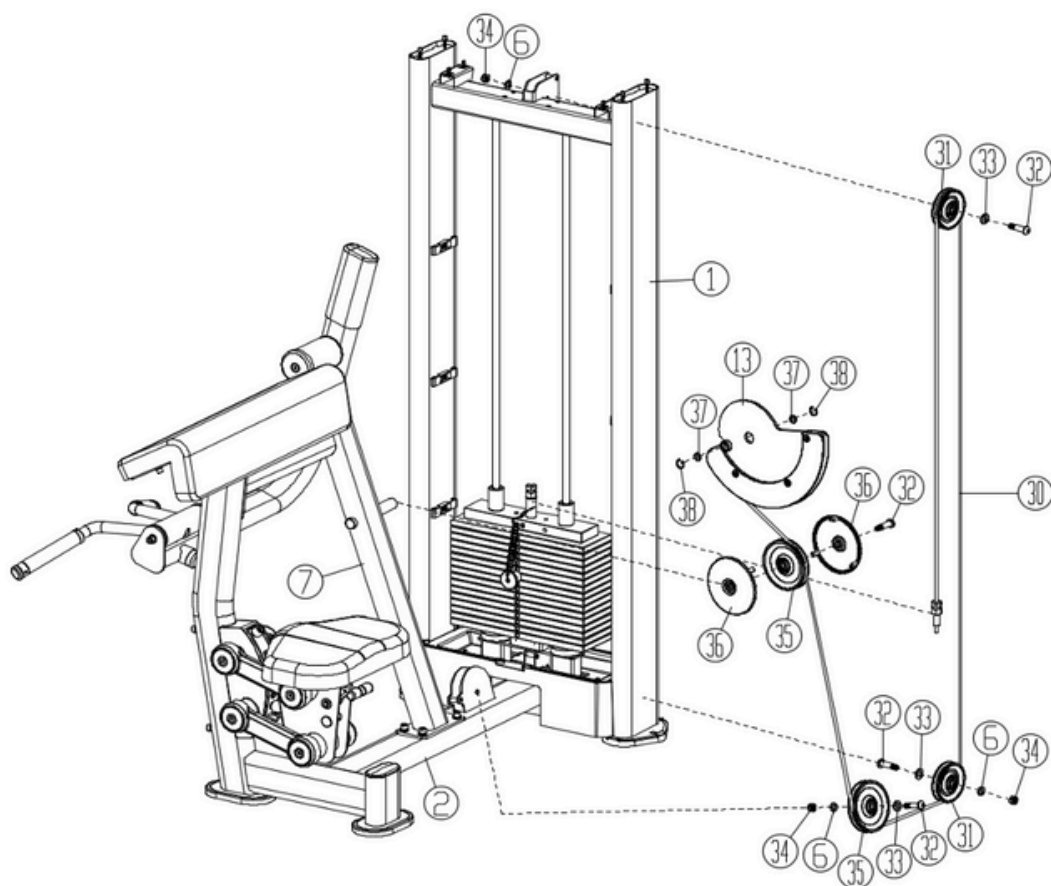
Step 13:

Secure the Snap End of the Wire Rope (#30) to the Biceps Force Arm Flange (#13) using:

- 2 × Flat washers (#37)
- 2 × X-inner lockers (#38)

Step 14:

Connect the Bolt End of the Wire Rope (#30) to the Counterweight Frame (#1) as shown in the diagram.



Step 15:

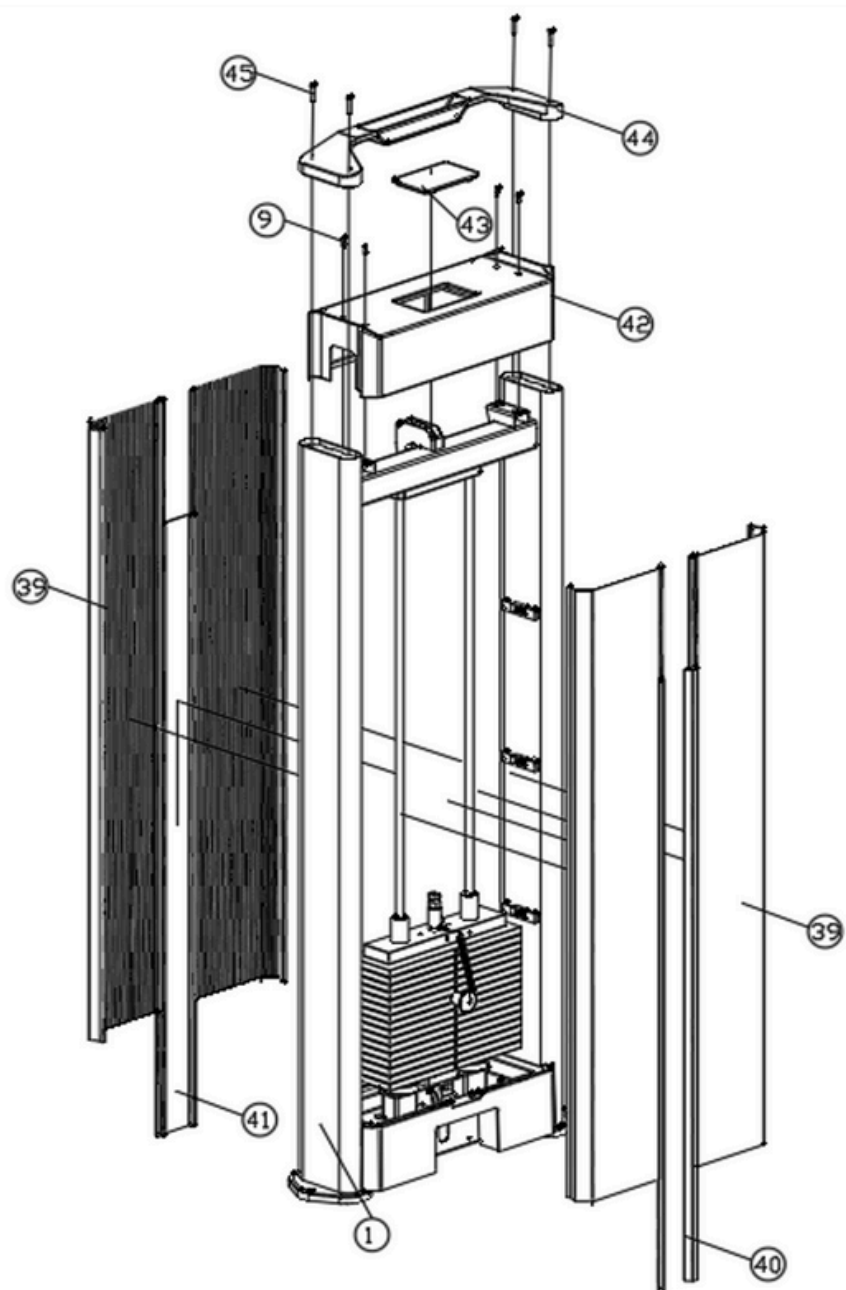
Slide the Trim Strips (#40) into the Baffles (#39).

Slide the Trim Plate (#41) into the Baffles (#39).

Use the Baffle Platen to mount the Baffles to the Counterweight Rack (#1).

Top Cover Assembly:

- Attach the Upper Shroud (#42) to the Counterweight Frame (#1) using:
 - 4 × M8 Hexagon socket cheese head screws (#9)
- Attach the Upper Shroud Top Cover (#43) to the Upper Shroud (#42).
- Attach the Top Cover Trim (#44) to the Counterweight Bracket (#1) using:
 - 4 × M8 Hexagon socket cheese head screws (#45)

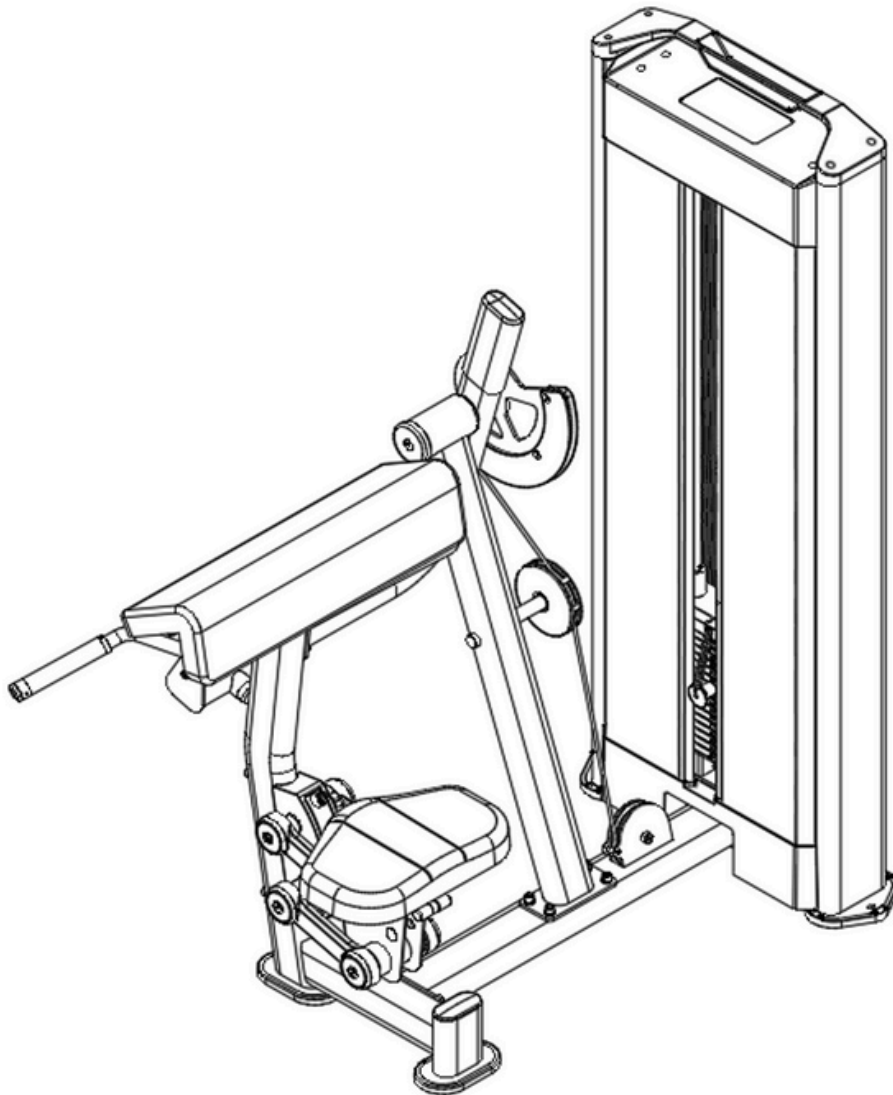


Important Tips

Now that your Biceps Curl 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	counterweight frame	1
2	biceps connecting frame	1
3	biceps side-bracket	1
4	Hexagon socket cheese head screws (M10*25)	19
5	spring washer (10)	21
6	Flat washer (10)	23
7	biceps connectorII	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	biceps grip	1
13	biceps strength arm	1
14	76aluminum cap	1
15	seating	1
16	cushions	1
17	Hexagon socket cheese head screws (M8*30)	4
18	spring washer (8)	8
19	flat washer (8)	8
20	Hexagon socket cheese head screws (M10*120)	2
21	Biceps elbow pads	1
22	Hexagon socket cheese head screws (M8*20)	8
23	Universal Counterweight Guide Bar	2
24	Counterweight rubber pads	2
25	counterweight base	2
26	Weight stack	12
27	Guide block set	1
28	Guide bar mounting plate	1
29	Weight stack pin	1
30	Cable	1
31	95pulley	2
32	spool-32	4
33	flat washer (12)	3
34	Hexagonal self-locking nuts (M10)	3
35	120pulley	2
36	junction box	2
37	small washer (10)	2
38	inner locker (Φ20*S1)	2
39	Shiled	4
40	Counterweight source trim	2
41	Counterweight Source Decorative Plate	1
42	Counterweight upper shield	1
43	Upper Shroud Top Cover	1
44	Top cover trim	1
45	Hexagon socket cheese head screws (M6*30)	4