

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:

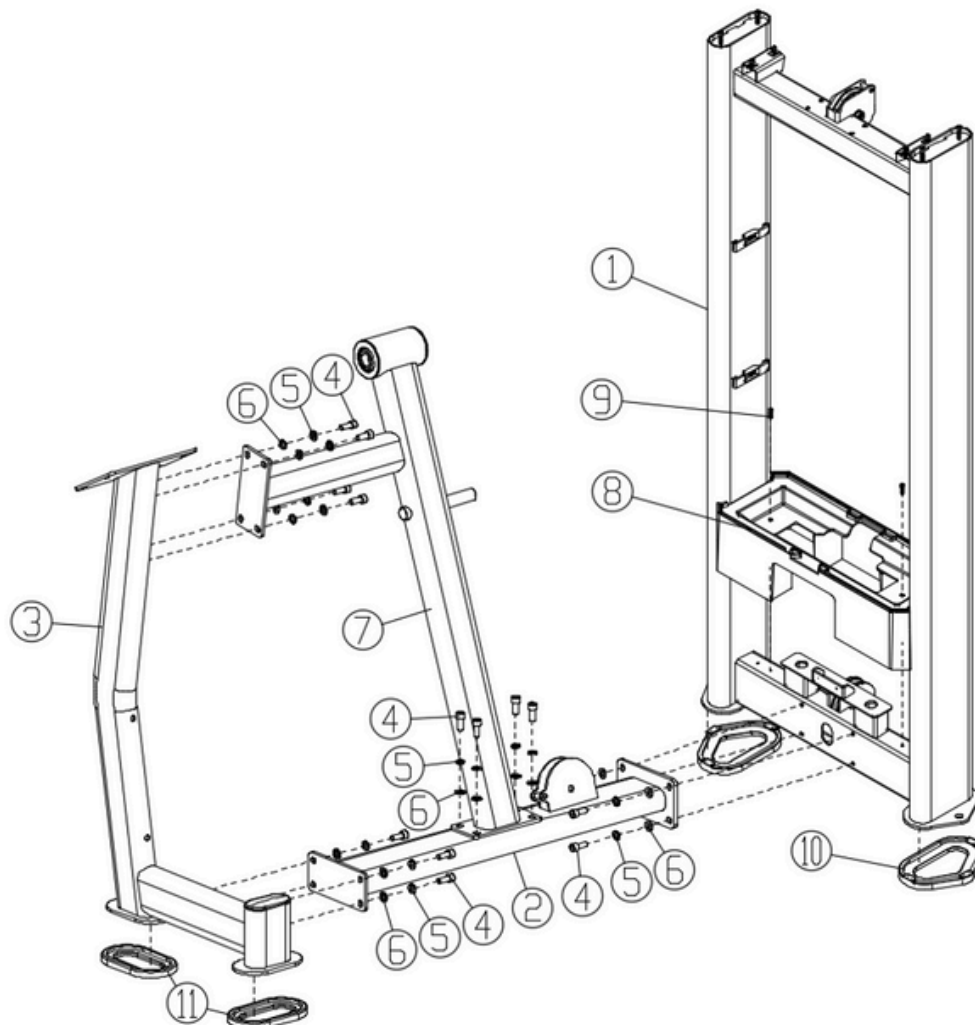
Connect the Biceps Connector II (#7) to the Biceps Connector (#2) and the Biceps Side Frame (#3) using:

- 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)

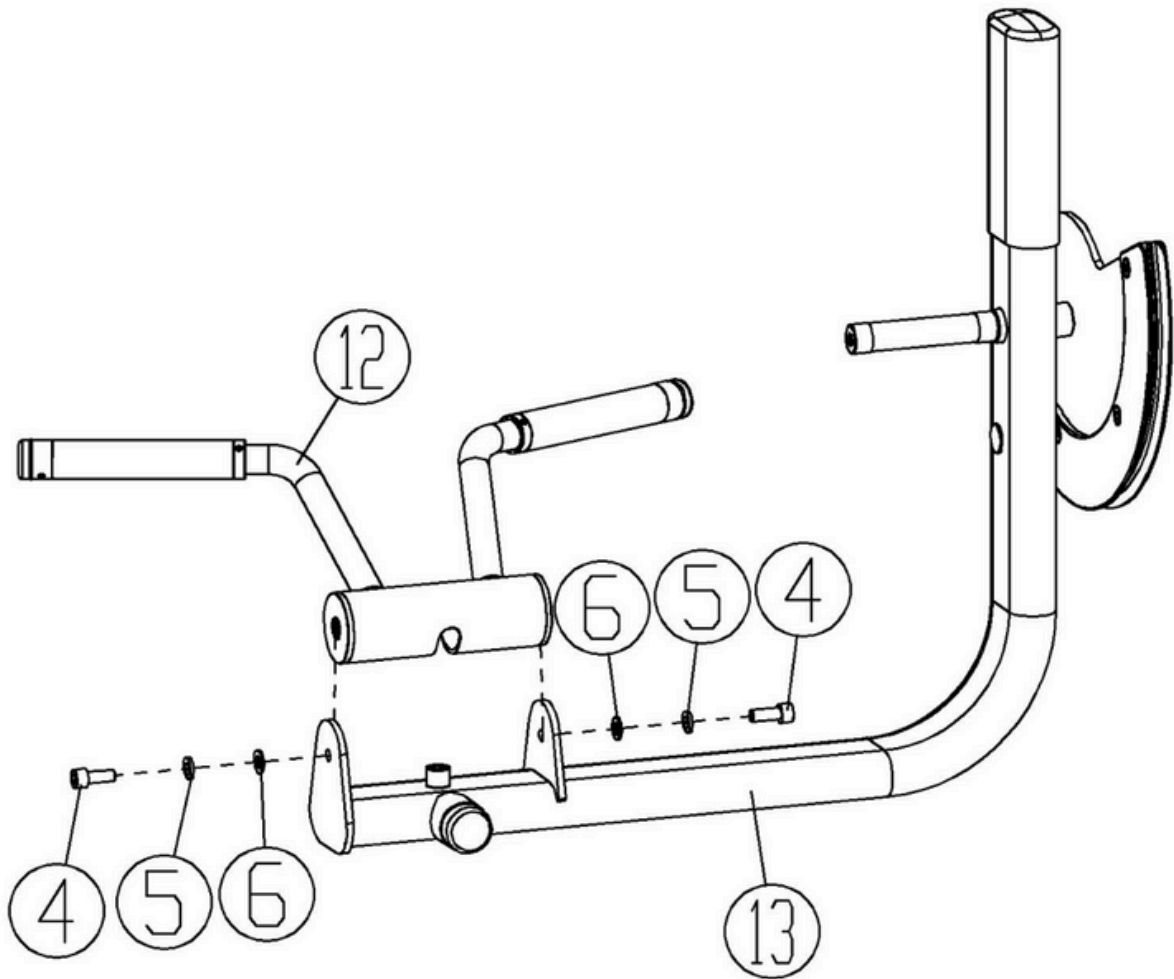
Attach 2 flat elliptical foot pads (#11) to the Biceps Side Frame (#3)



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)

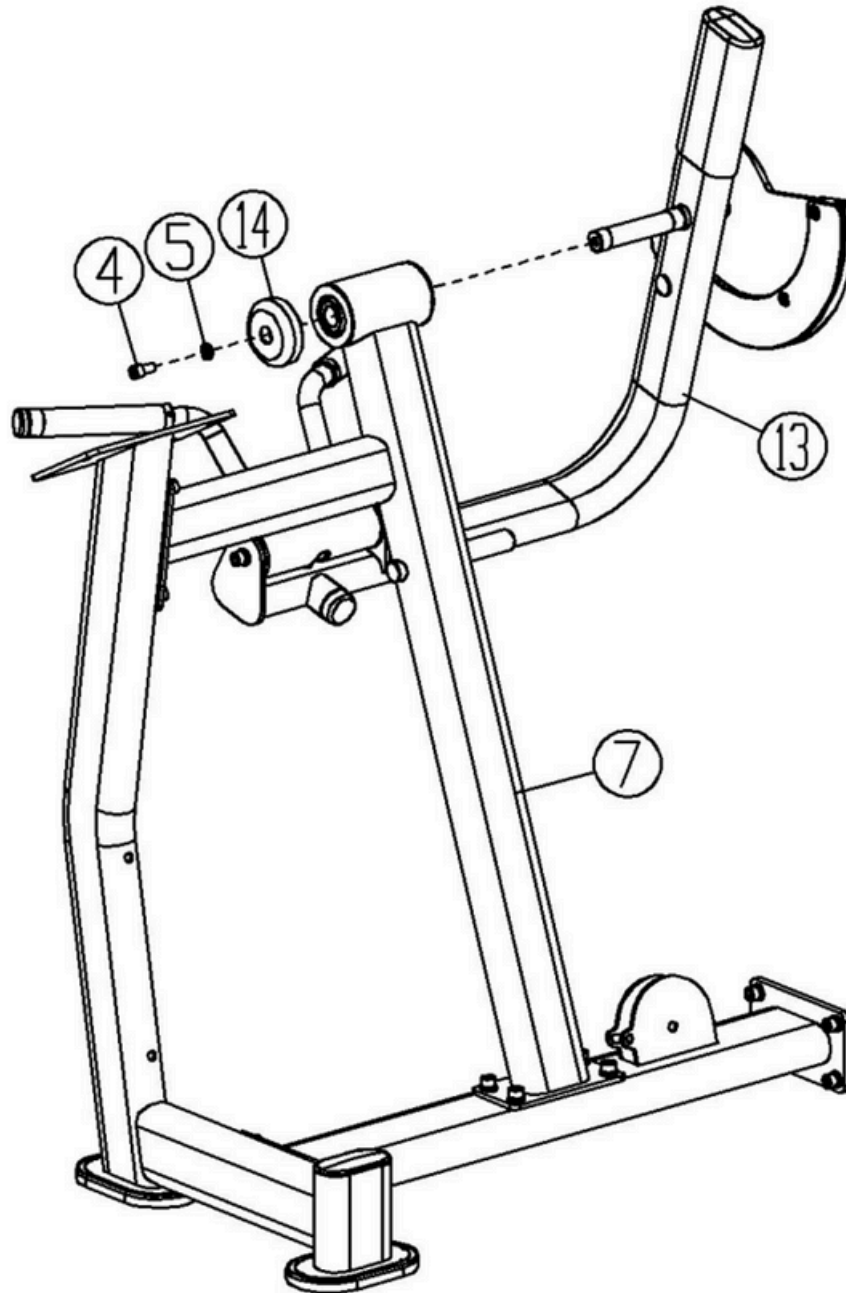


Step 6:

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)

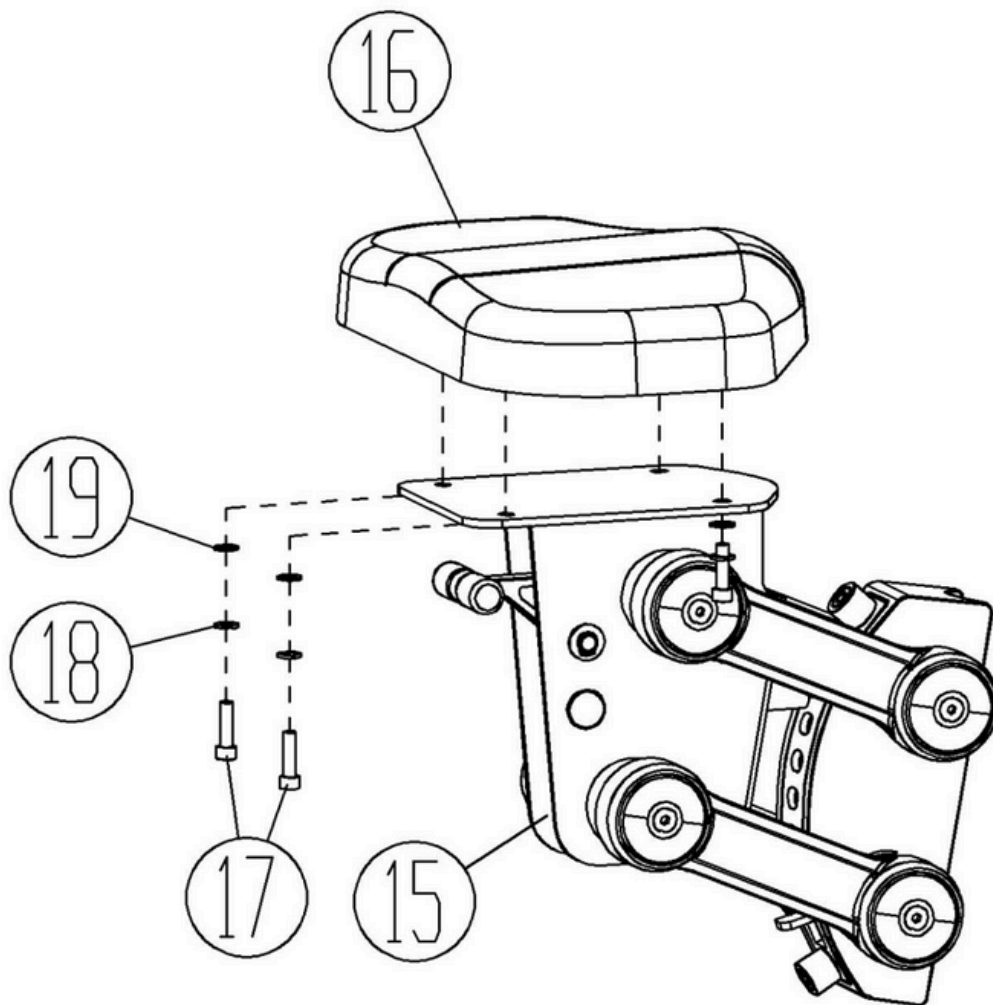
Tighten the bolt securely with a wrench before moving on.



Step 7:

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

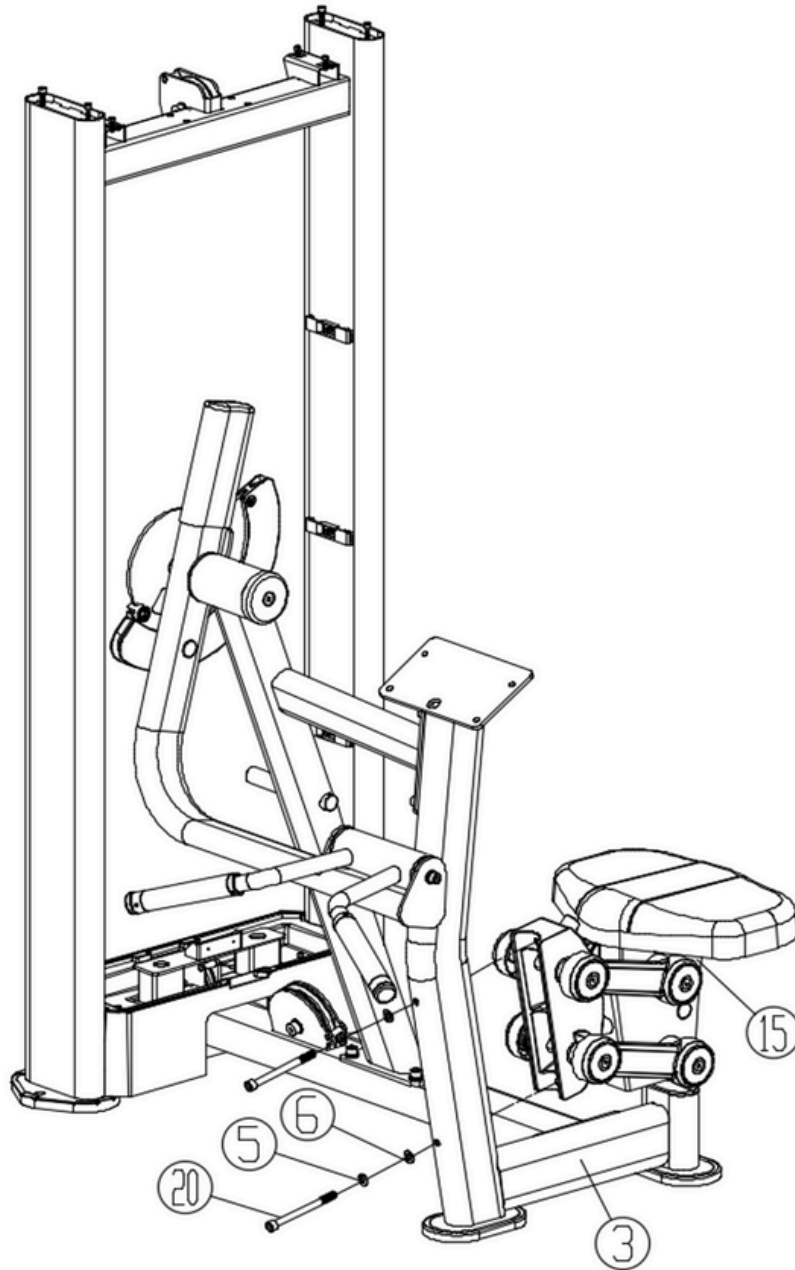
- 4 × M8×20 hexagon socket cheese head screws (#17)
- 4 × M8 spring washers (#18)
- 4 × M8 flat washers (#19)



Step 8:

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

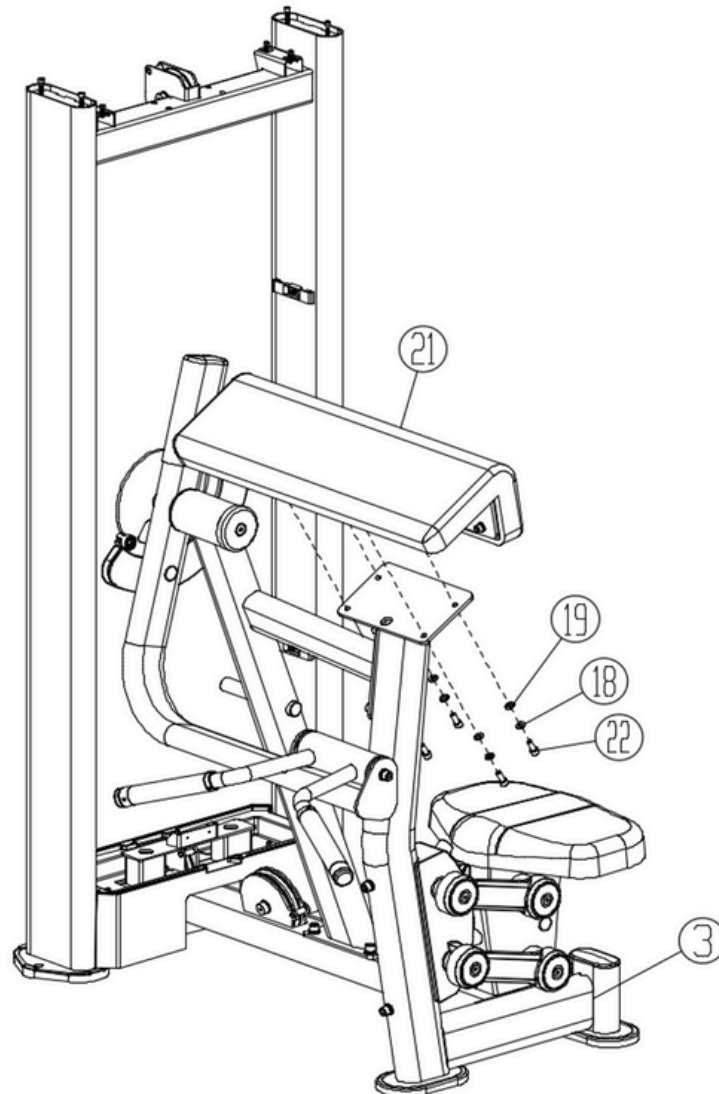
- 2 × M10×25 hexagon socket cheese head screws (#20)
- 2 × M10 spring washers (#5)
- 2 × M10 flat washers (#6)



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.

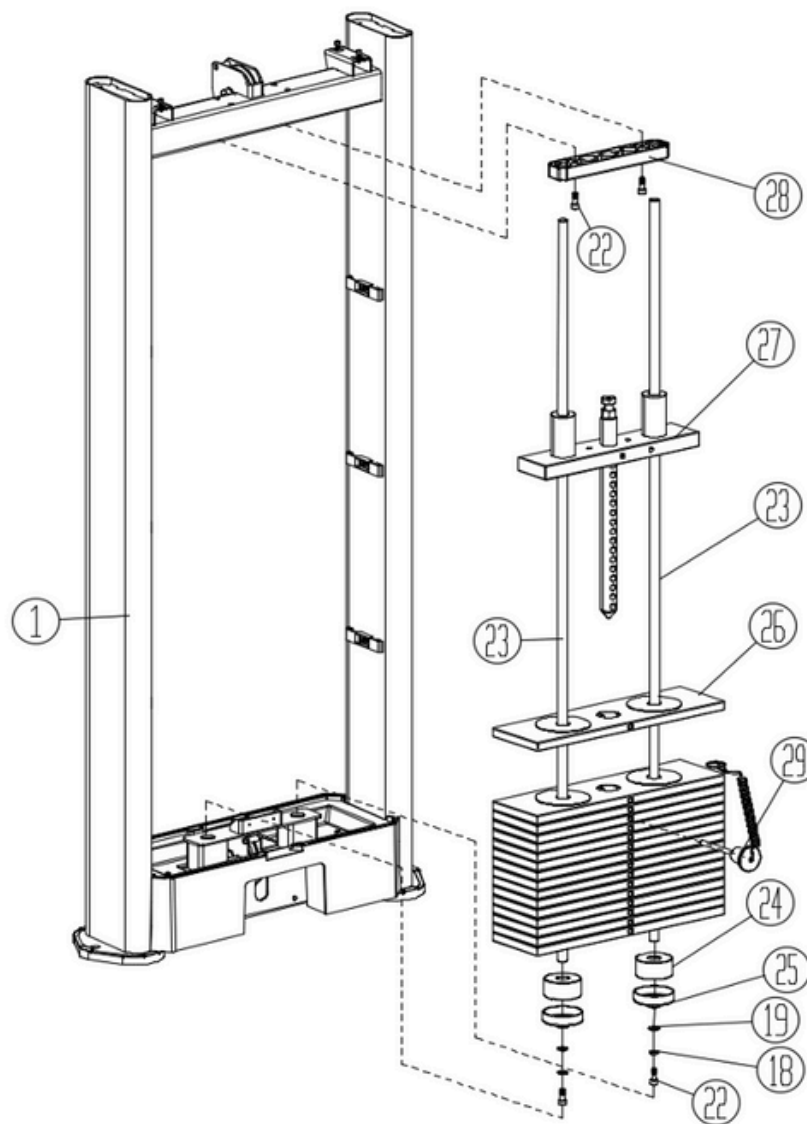
Install the Guide Block Set (#27) onto the Guide Rods (#23).

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)

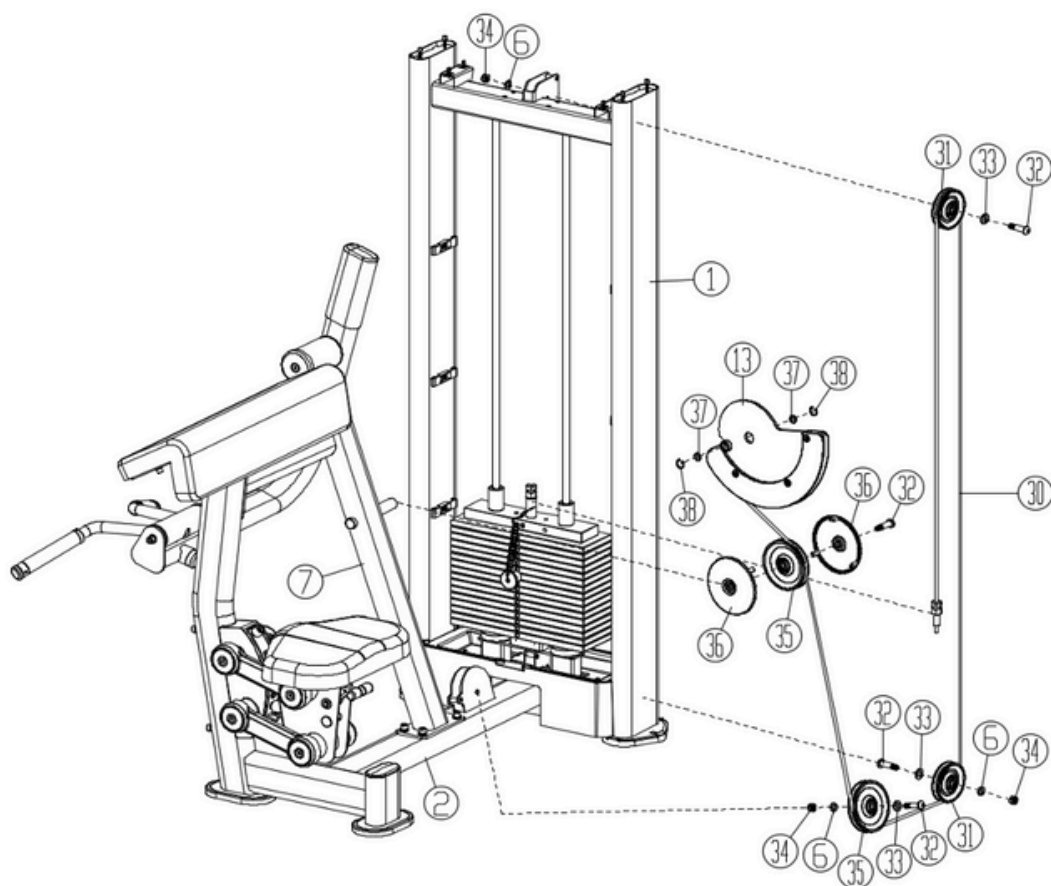
Step 13:

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:

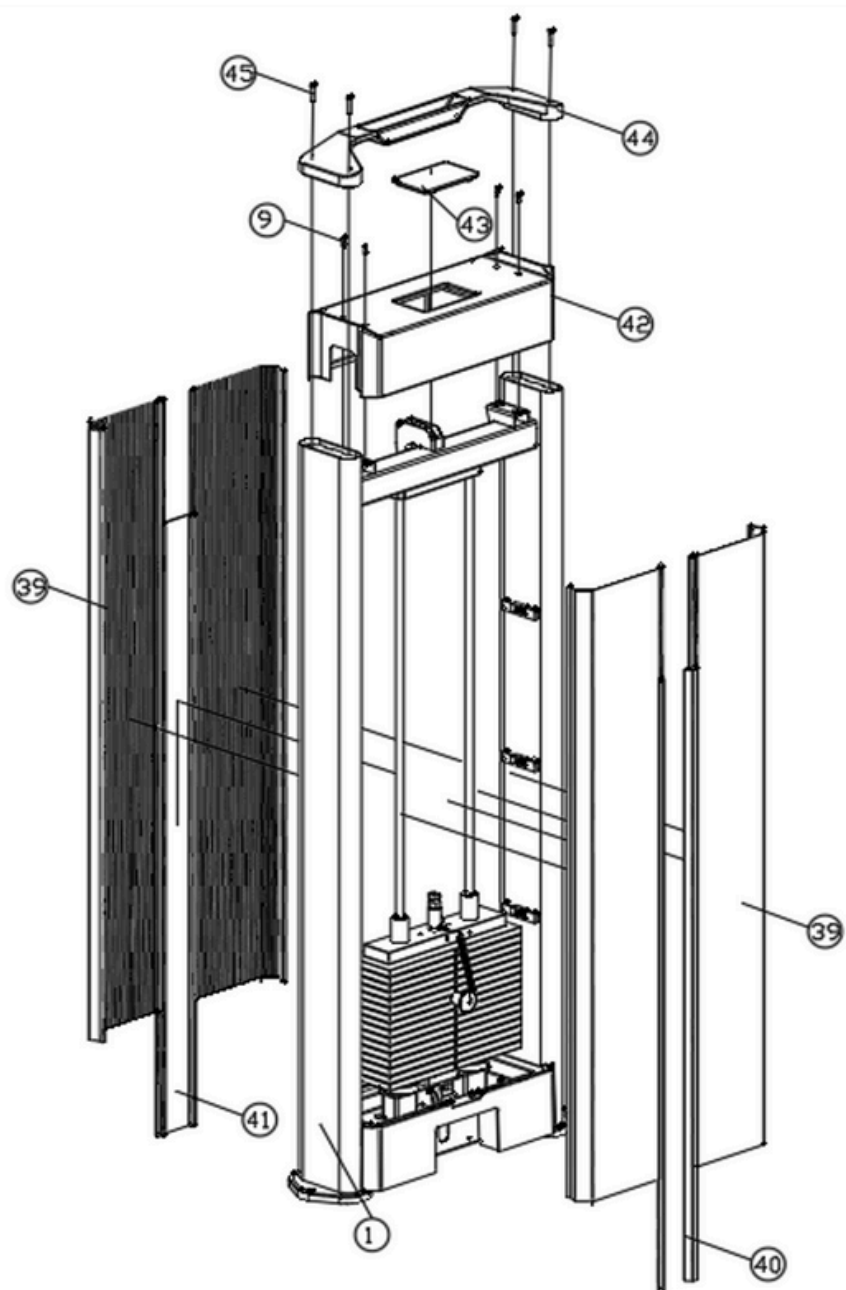
Slide the Trim Strips (#40) into the Baffles (#39).

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)

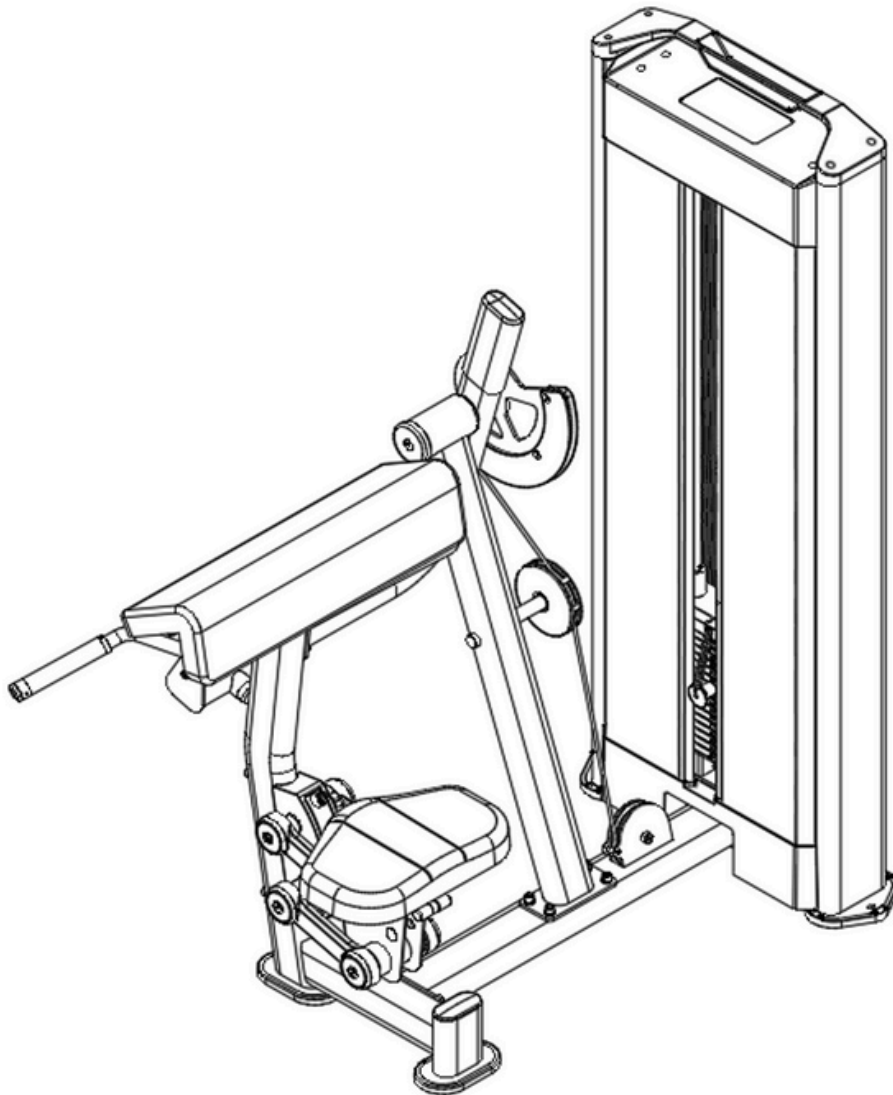


Important Tips

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