

FITNESS360[®]

FT7228

Seated Triceps Extension

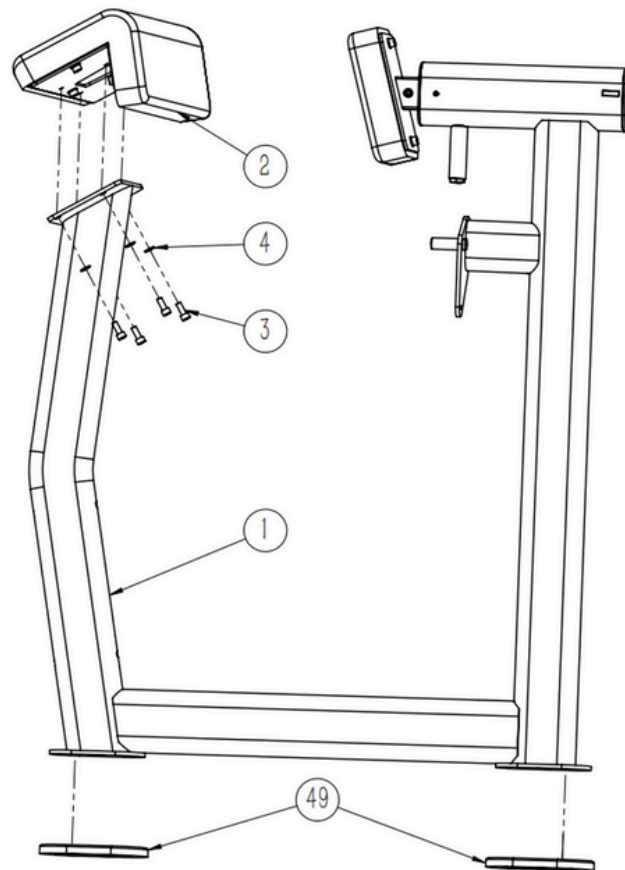


Rubber rod
Level ruler
Hexangon wrench
Two people
Adjustable wrench
Spring clamp

Step 1:

Attach the Tricep Extension Trainer Elbow Pad (#2) to the Side Rack (#1), and install the Foot Pads (#7) to the Side Rack Foot Plates using:

- 4 × M8×20 hexagon socket cheese head screws (#3)
- 4 × M8 flat washers (#4)



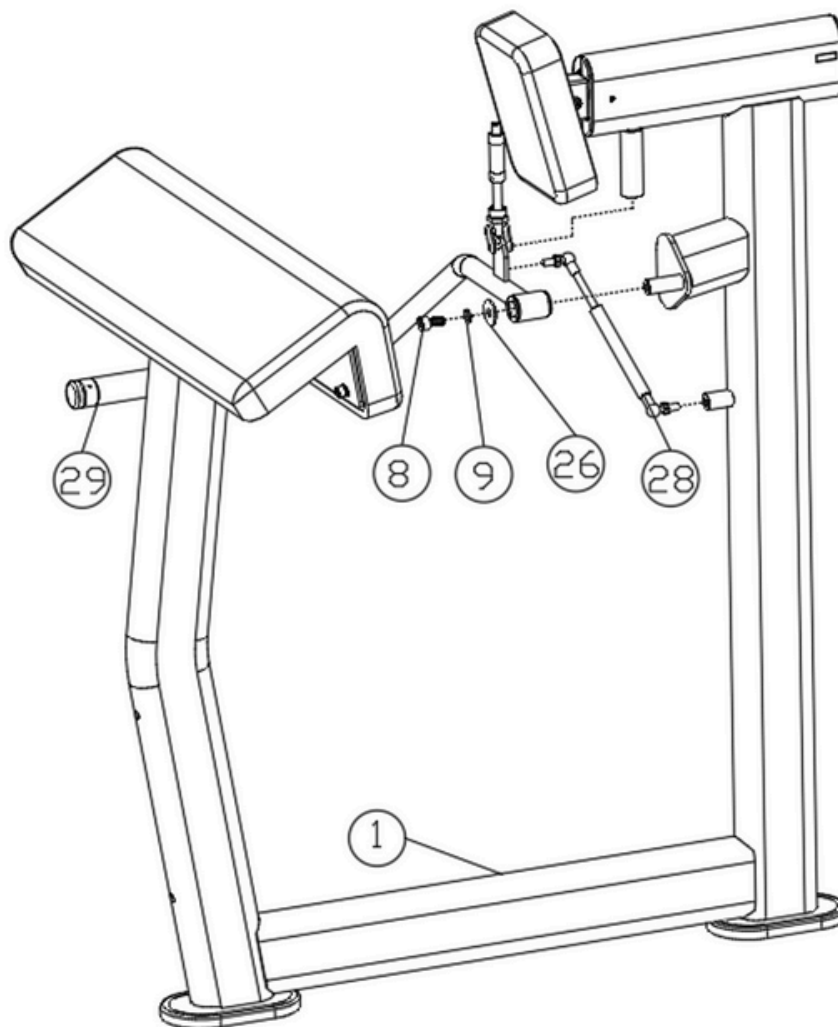
Step 2:

Attach the Tricep Extension Trainer Side Rack (1) to the Adjustment Handle (46) using the following method:

- 1 × M10×25 hexagon socket cheese head screw (#8)
- 1 × M10 spring washer (#9)
- 1 × M10-D30 flat washer (#26)

Step 3:

Connect the Tricep Extension Trainer Side Frame (#1) to the Adjustment Handle (#29) using the Gas Spring (#28).



Step 4:

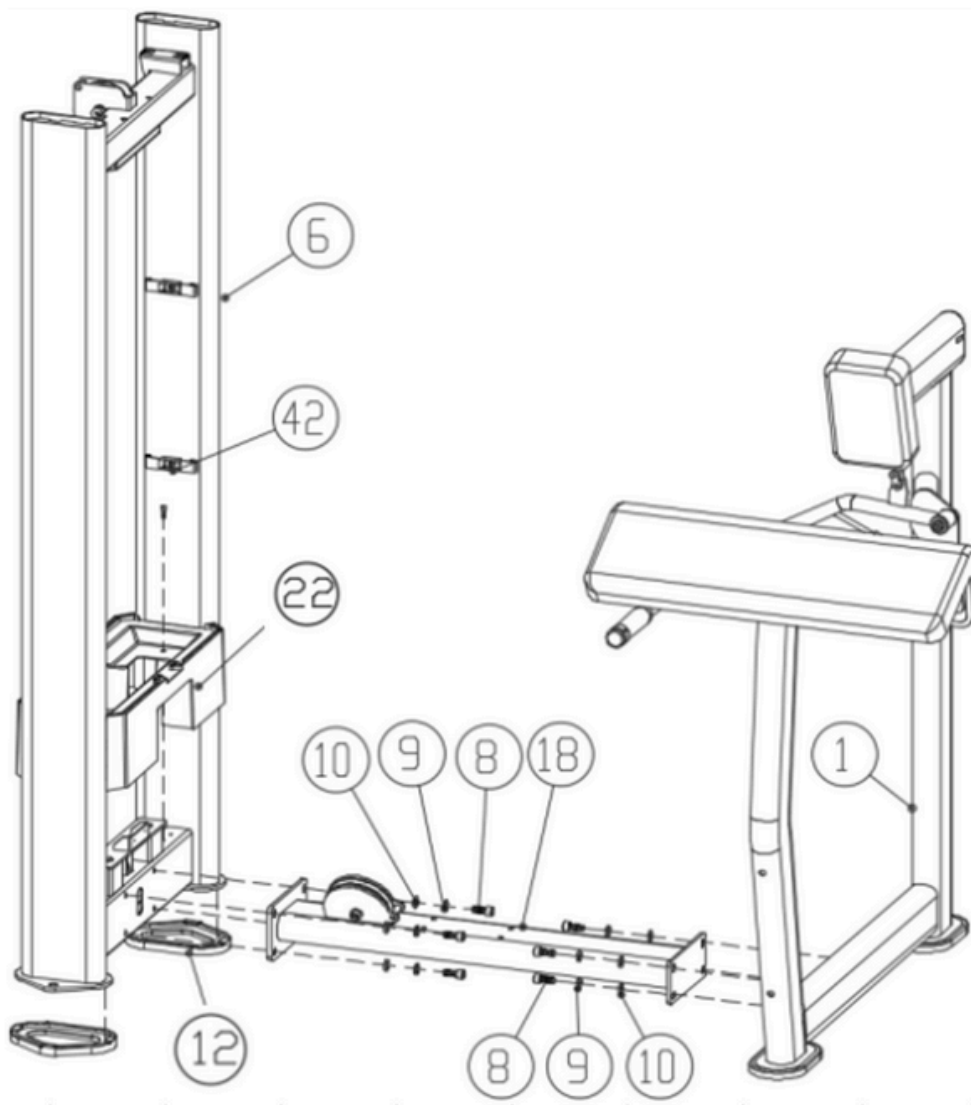
Connect the counterweight frame (#6) to the lower shroud (#22), and attach the foot pads (#12) to the counterweight frame using:

- 2 × M5×15 hexagon socket cheese head screws (#42)

Step 5:

Attach the Tricep Extension Trainer Side Rack (#1), Attachment Rack (#18), and Connecting Frame (#6) using:

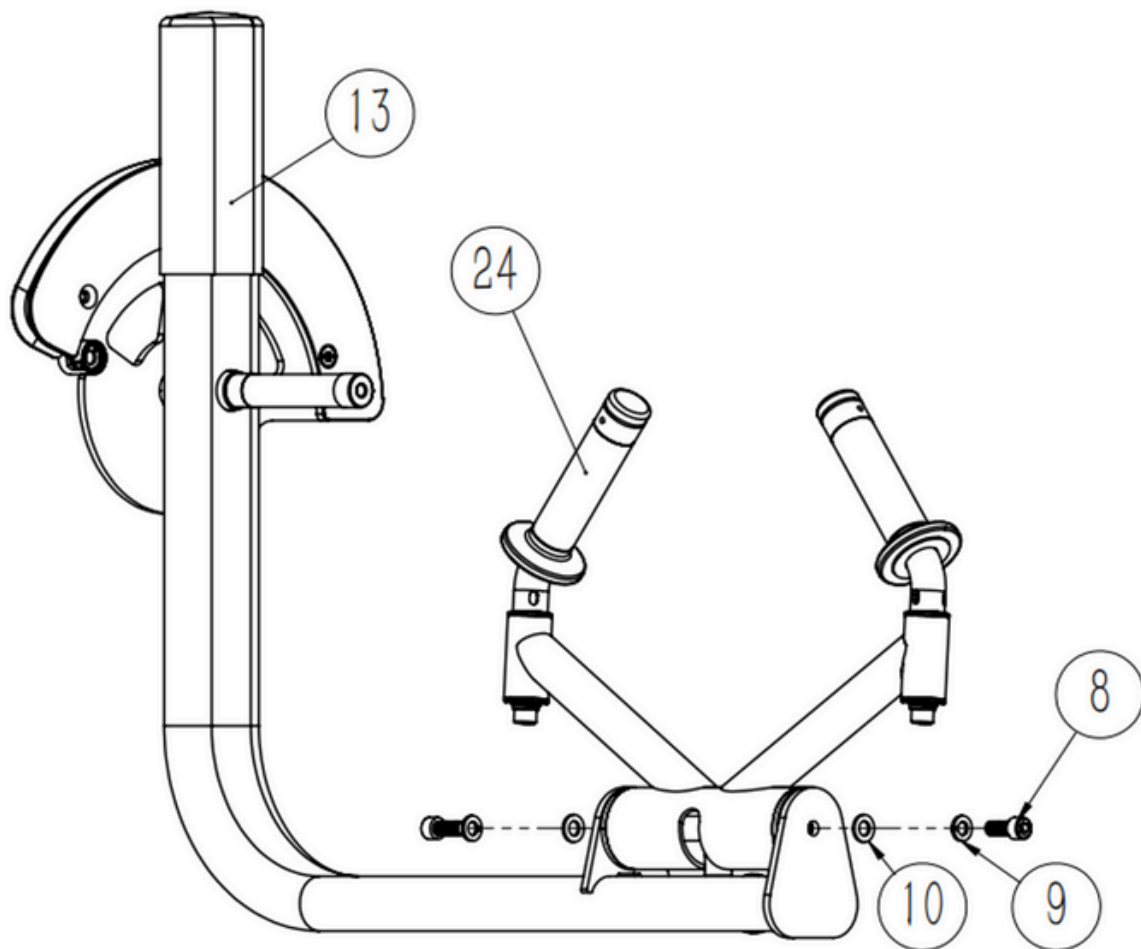
- 8 × M10×25 hexagon socket cheese head screws (#8)
- 8 × M10 spring washers (#9)
- 8 × M10 flat washers (#10)



Step 6:

Connect the triceps extension force arm (#13) to the triceps extension handle assembly (#24) using:

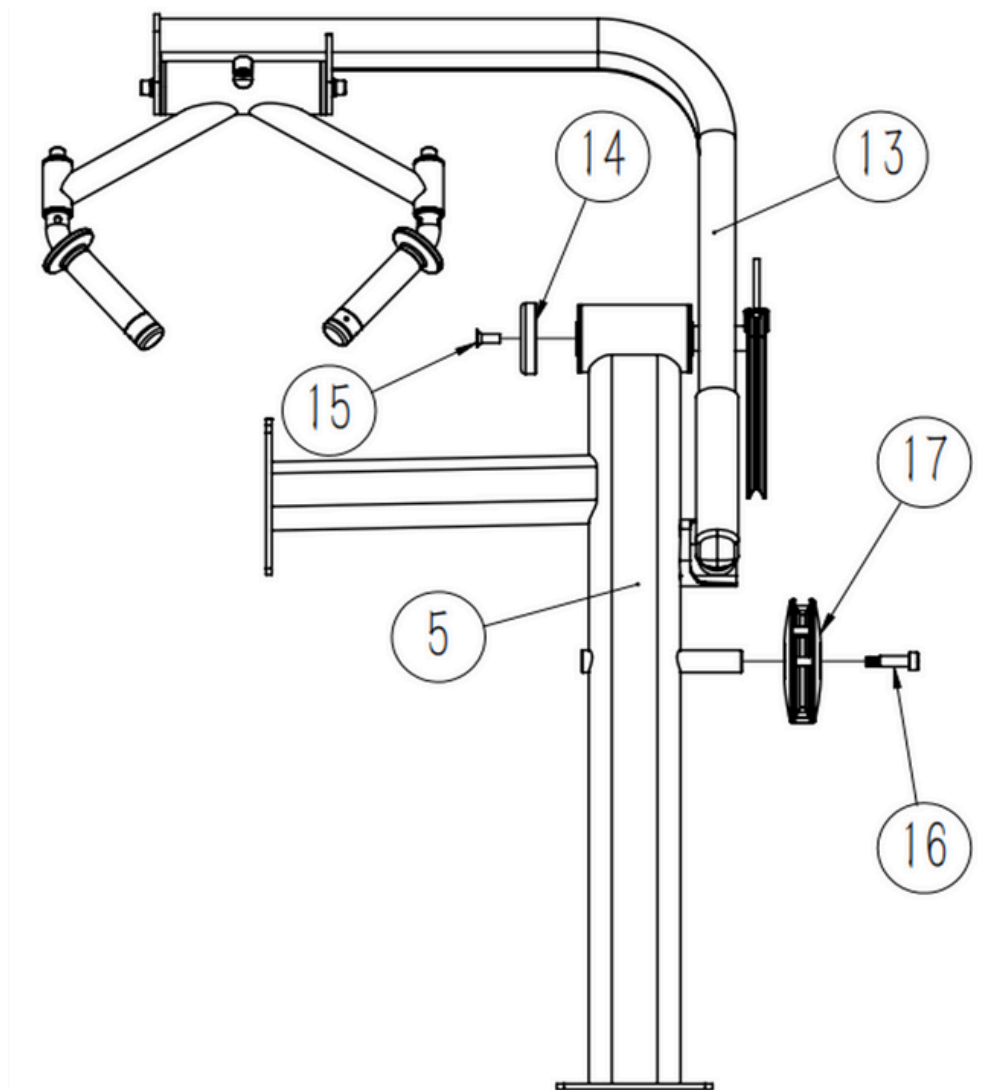
- 2 × M10×25 hexagon socket cheese head screws (#8)
- 2 × M10 spring washers (#9)
- 2 × M10 flat washers (#10)



Step 7:

Connect the Tricep Extension Trainer Force Arm (#13), Ø120 Wire Wheel Set (#17), and the Force Arm Holder (#5) using:

- 1 × Bearing end cap (#14)
- 1 × M10×25 hexagon socket countersunk head screw (#15)
- 1 × Spool (#16)



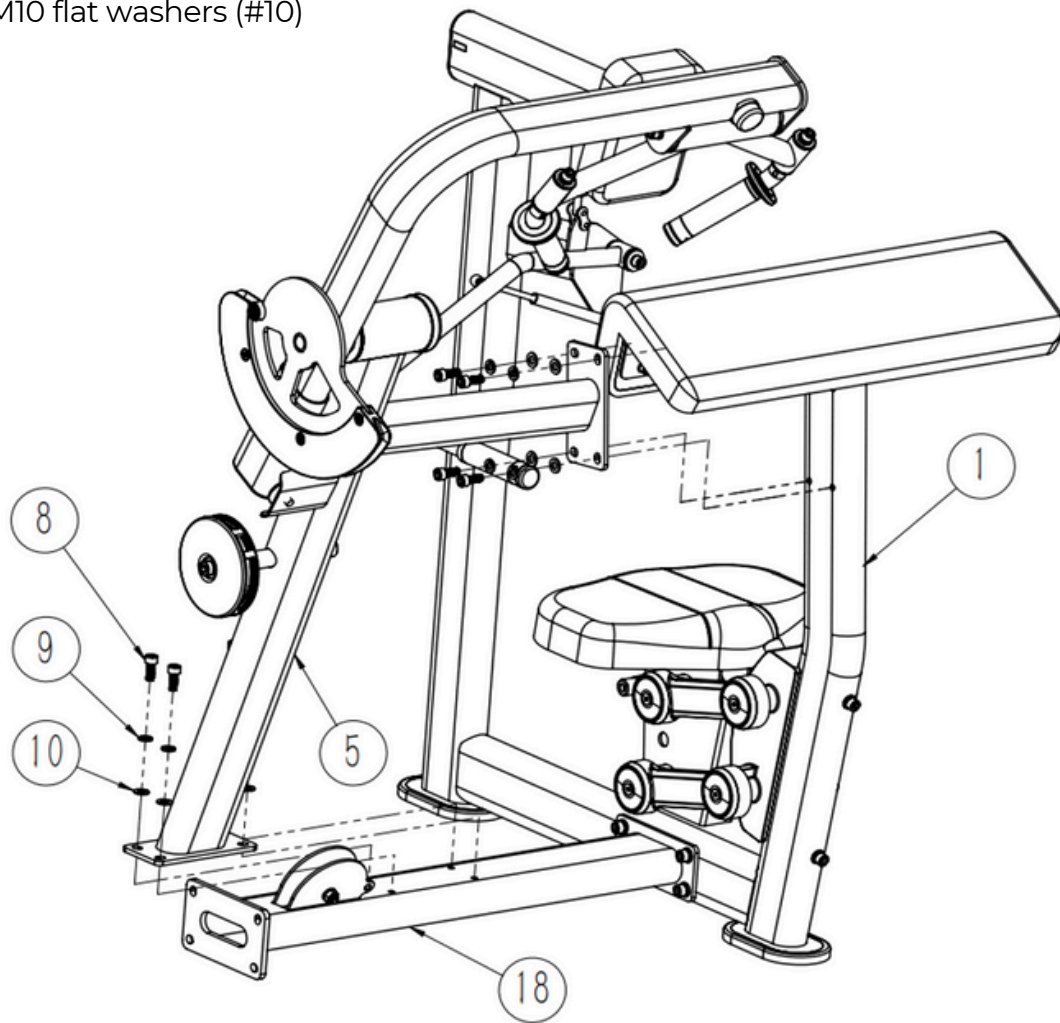
Step 8:

Attach the following components:

- Triple Extension Trainer Side Rack (#1)
- Attachment Rack (#18)
- Arm Holder (#5)

Use:

- 8 × M10×25 hexagon socket cheese head screws (#8)
- 8 × M10 spring washers (#9)
- 8 × M10 flat washers (#10)



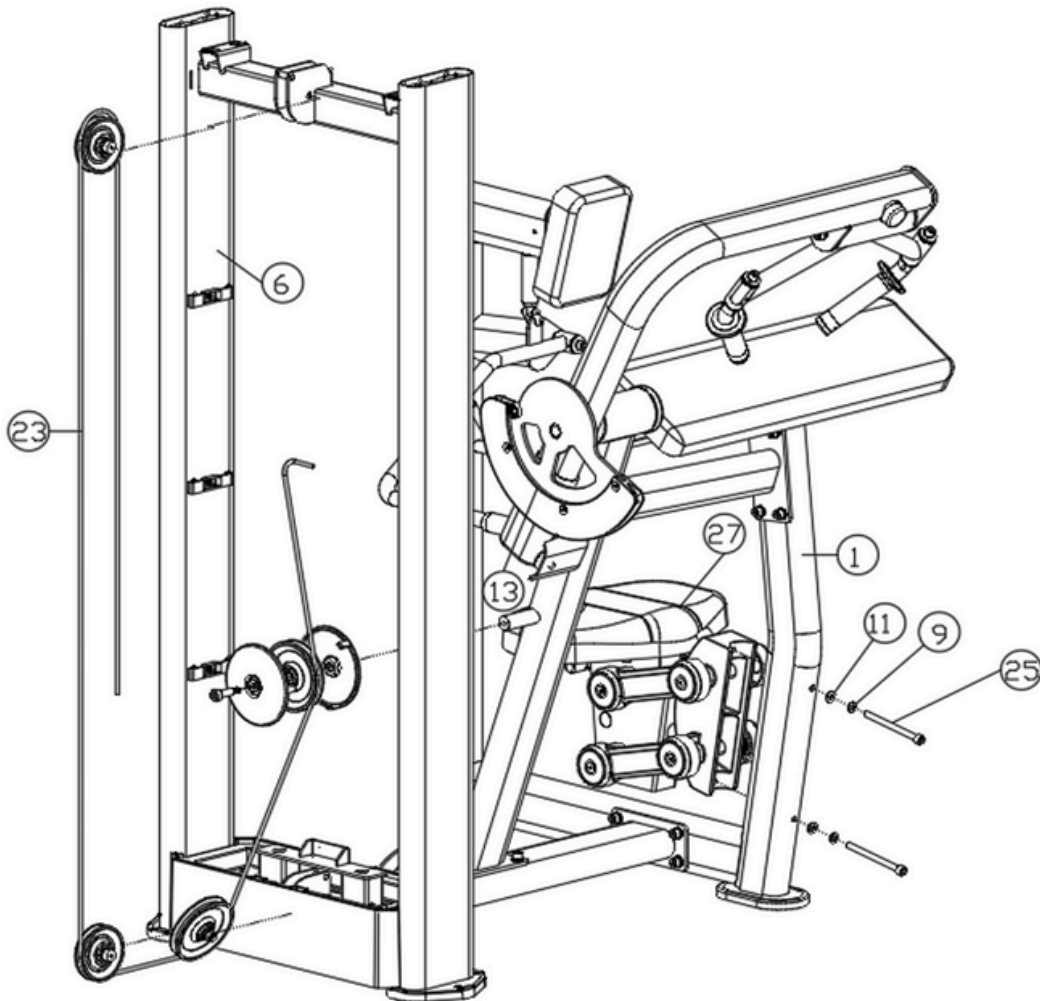
Step 9:

Attach the Tricep Extension Trainer Side Frame (#1) to the Seat Assembly (#27) using:

- 2 × M10×120 hexagon socket cheese head screws (#25)
- 2 × M10 spring washers (#9)
- 2 × M10 flat washers (#10)

Step 10:

Attach the wire rope (#23) to the force arm (#13) and the counterweight bracket (#6), ensuring you wrap it correctly around the pre-installed sheaves as shown.



Step 11:

Slide the two counterweight block rubber pads (#35) onto the guide rods (#32).

Connect the two counterweight bases (#36) to the guide rods (#32) and place them into the counterweight rack (#6).

Secure with:

- 2 × M8×20 hexagon socket cheese head screws (#3)
- 2 × M8 spring washers (#37)
- 2 × M8 flat washers (#4)

Step 12:

Attach the counterweight block (#34) to the guide bar (#32) with the isolation tabs facing upward.

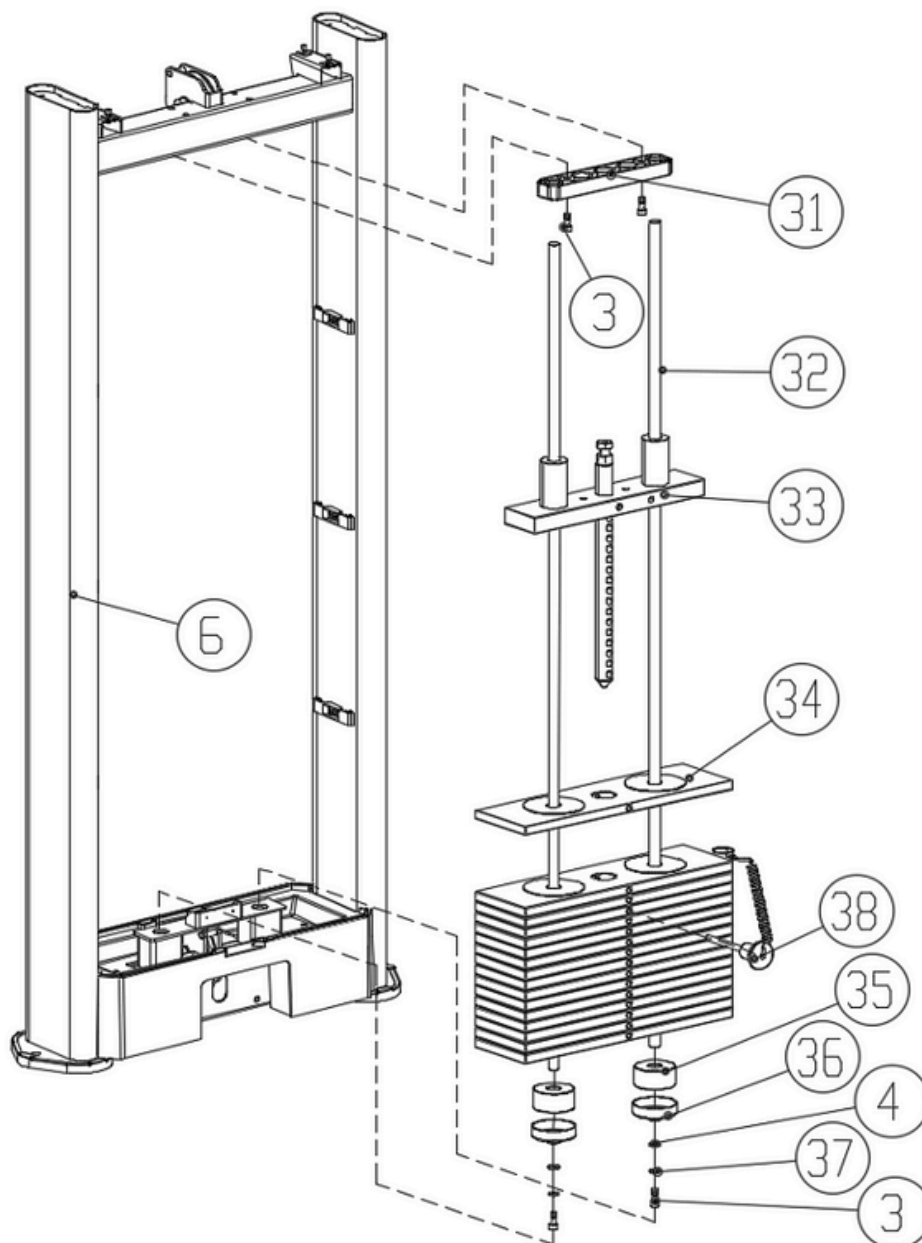
Mount the guide block set (#33) onto the guide bar.

Insert the counterweight block pin (#38) into the counterweight block.

Attach the guide bar fixing plate (#31) to the guide bar (#32).

Secure the guide bar mounting plate (#36) to the counterweight frame using:

- 2 × M8×20 hexagon socket cheese head screws (#3)



Step 13:

Pass the wire rope (#23) through the guide block set (#33) and counterweight block pins. Secure using:

- 1 × M10 flat washer (#10)
- 1 × Spool (#16)
- 1 × M12 flat washer
- 1 × 95 pulley (#20)
- 1 × M10 self-locking nut (#21)

Step 14:

Slide the two decorative strips (#39) into the two baffles (#41).

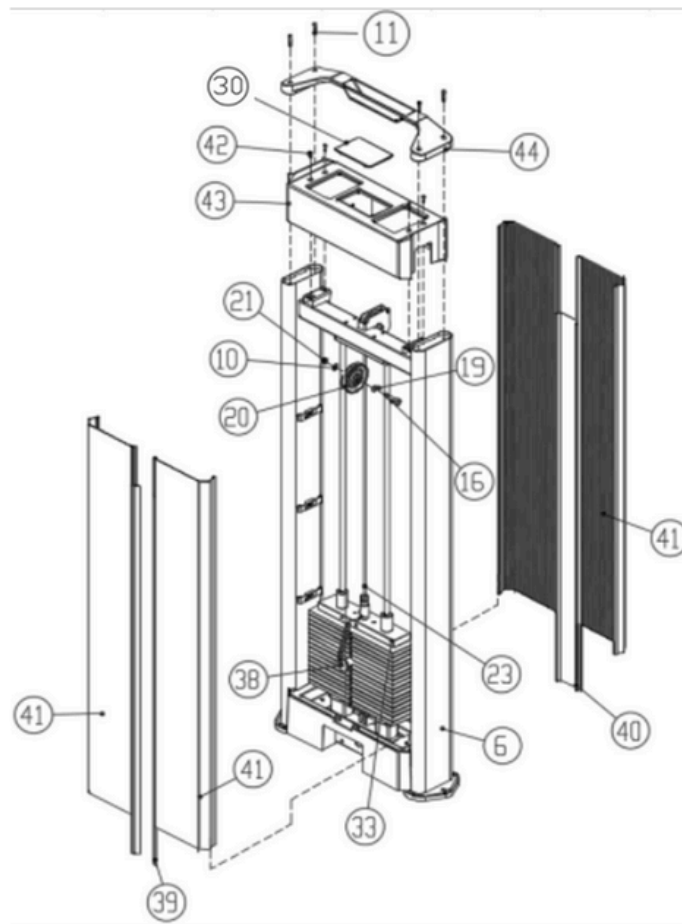
Slide the trim plate (#40) into the baffles and use the baffle platen to attach everything to the counterweight frame (#6).

Attach the upper shroud (#43) to the counterweight frame (#6) using:

- 4 × M5×16 hexagon socket cheese head screws (#42)

Attach the upper cover trim (#44) and snap the upper shroud top cover (#30) into place using:

- 4 × M6×30 hexagon socket cheese head screws (#11)

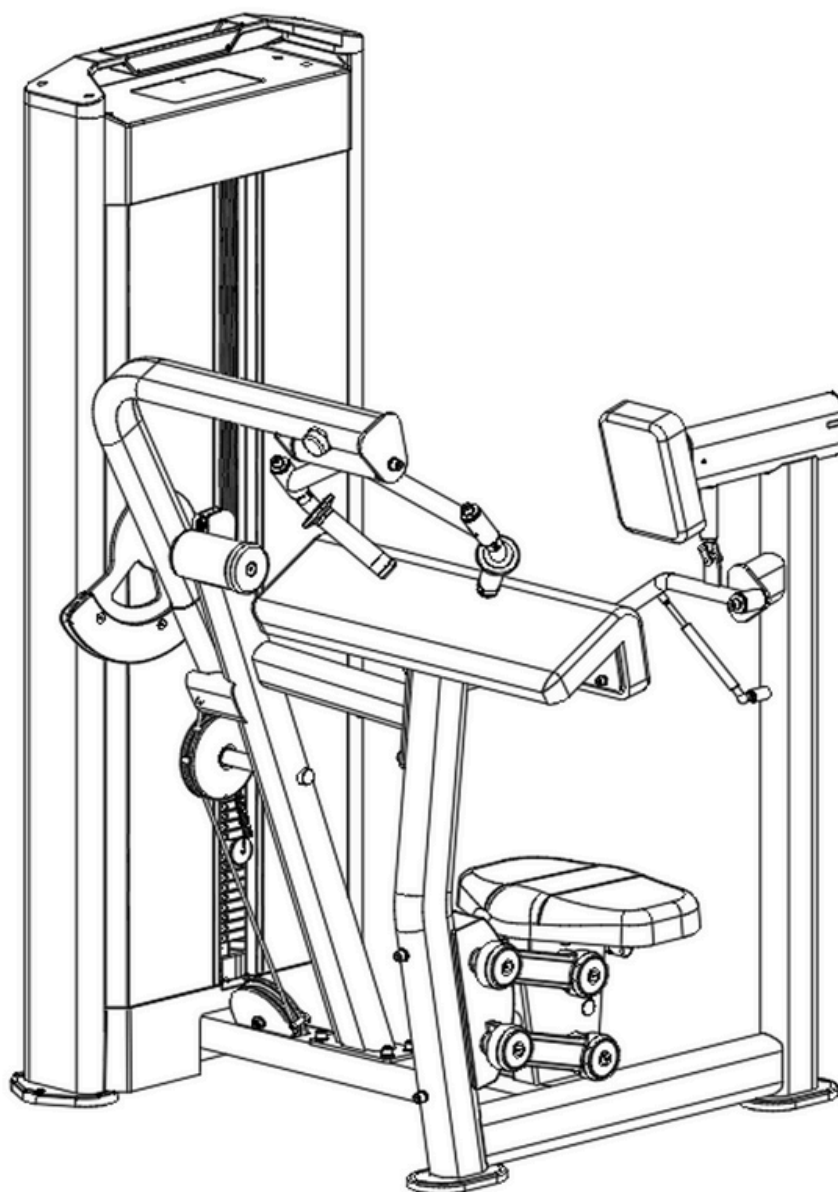


Important Tips

Now that your Seated Triceps Extension 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

1	side frame	1
2	elbow pad	1
3	Hexagon socket cheese head screwsM8*20	8
4	flat washerM8	6
5	Force Arm Holder	1
6	counterweight frame	1
7	footrest	2
8	Hexagon socket cheese head screwsM10*25	20
9	spring washerM10	21
10	flat washer M10	21
11	Hexagon socket cheese head screwsM6*30	4
12	counterweight footrest	2
13	Triceps Extension Force Arm (13)	1
14	Bearing end caps	1
15	Hexagon socket countersunk head screwsM10*2	1
16	spool	2
17	120pulley	1
18	connection frame	1
19	flat washer M12	1
20	95pulley	1
21	Self-locking nutsM10	1
22	lower shroud	1
23	cable	1
24	Tricep Extension Handle Assembly	1
25	Hexagon socket cheese head screwsM10*120	2
26	flat washer M10-D30	1
27	seating component	1
28	hydraulic rod	1
29	Adjustment Handle	1
30	Upper Shroud Top Cover	1
31	Guide bar mounting plate	1
32	guide bar	2
33	Guide block set	1
34	counterweight	16
35	counterweight rubber mat	2
36	counterweight base	2
37	spring washerM8	2
38	Counterweight block pins	1
39	decorative strip	2
40	decorative plate	1
41	baffle	4
42	Hexagon socket cheese head screwsM5*15	6
43	upper shroud	1
44	Top cover trim	1