

FITNESS360[®]

FT9030

Cable Station Single



Rubber rod
Level ruler
Hexagon wrench
Circlip pliers
Adjustable wrench
Note: When assembling, two or more persons are recommended to operate

Step 1:

Attach the Counterweight Rack Feet (#4) to the Counterweight Rack (#1) and then attach the Movable Feet (#5) to the Left and Right Support Plates (#7) (#8) and the Base Rack Assembly (#6) using the following method.

Next, attach the base frame assembly (#6) and the left and right support plates (#7) (#8) to the counterweight frame as shown (#1)

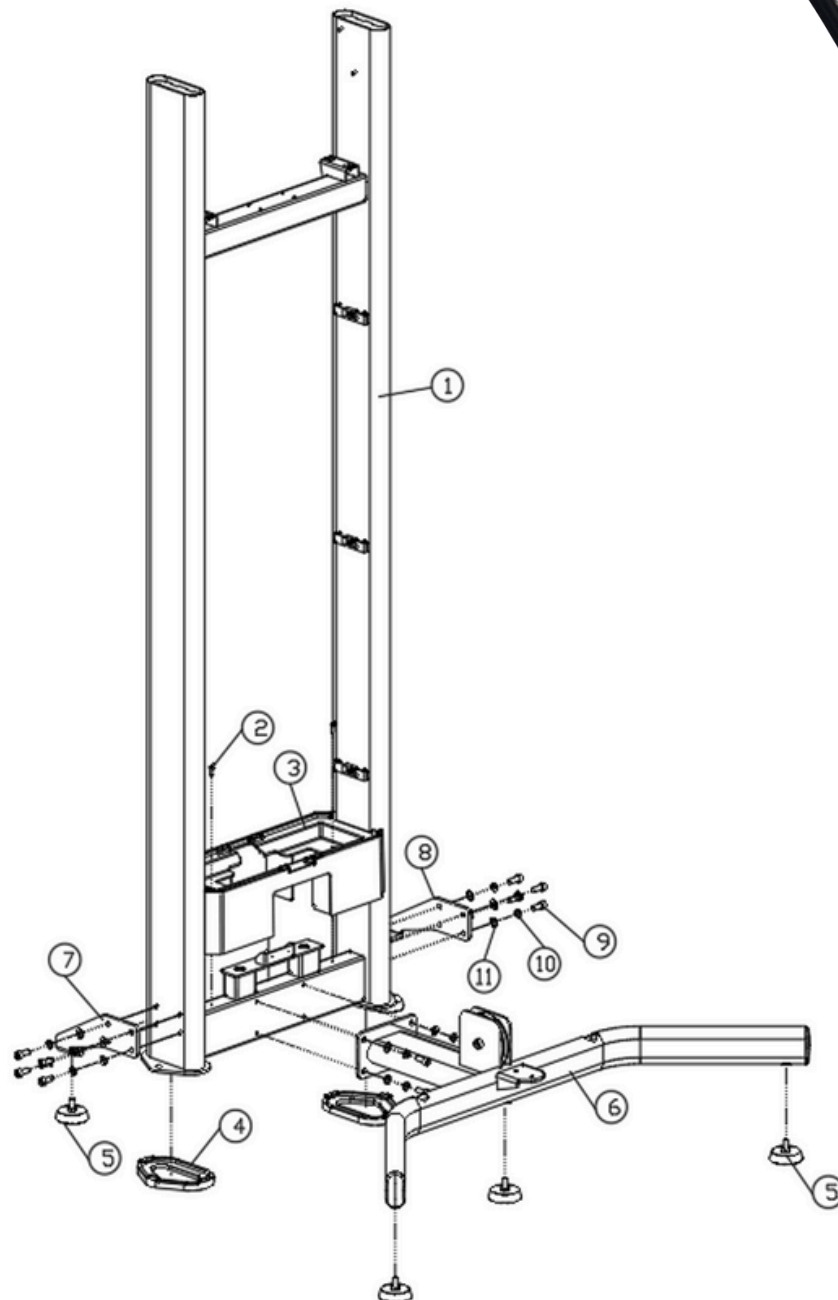
Step 2:

Attach the Counterweight Rack Lower Shroud (#3) to the Counterweight Rack (#1) as shown.

- 6 x Hexagon socket cheese head screws M10*25 (#9)
- 6x Spring washers M10 (#10)
- 6 x Flat washers M10-D20 (#11)
- 2 x Hexagon socket cheese head screws M5*15 (#2)

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

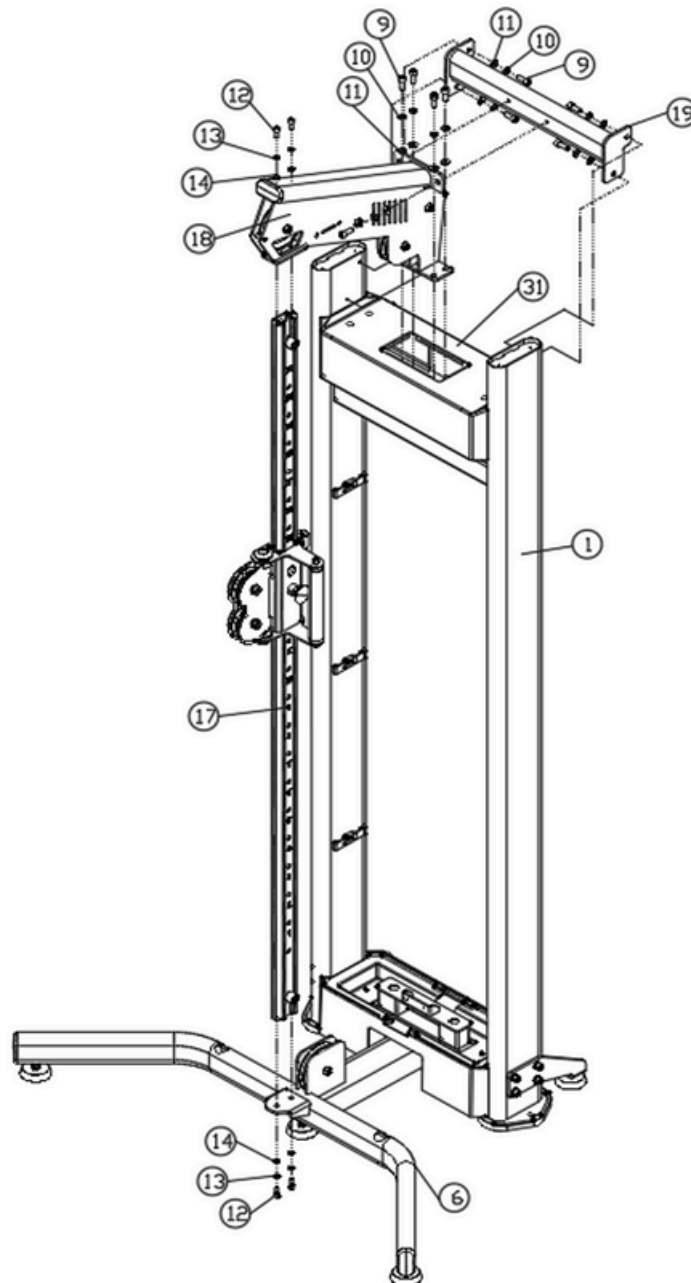


Step 3:

Place the upper crossbar retaining bar (#19), upper crossbar assembly (#18), and sliding bar assembly (#17). Bolting in sequence as shown requires that the upper shroud (#31) be snapped into the upper crossmember assembly (#18) first.

Use the following components:

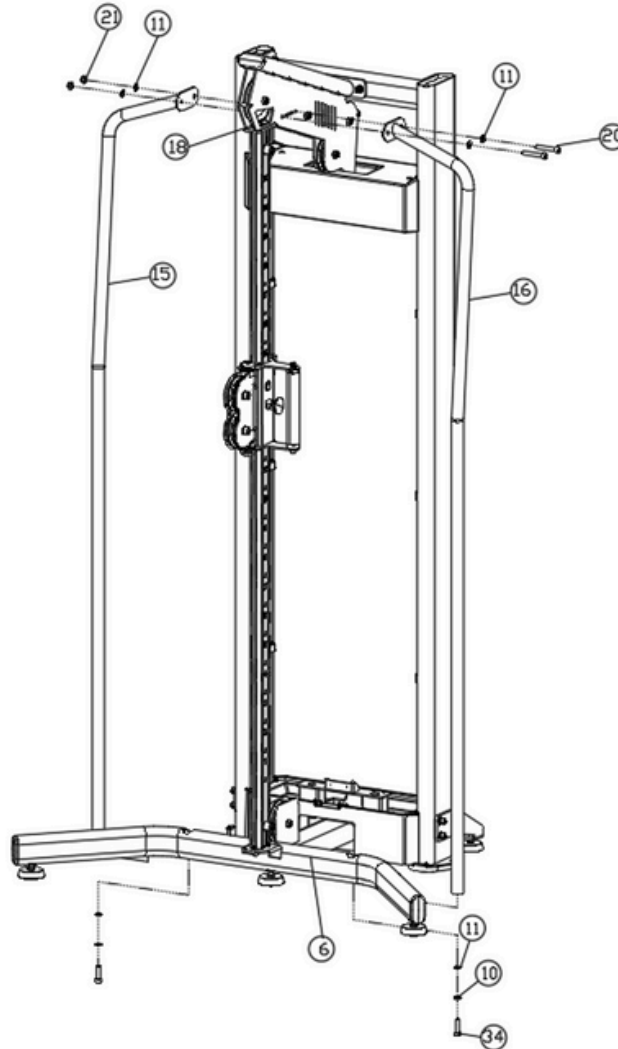
- 8 x Hexagon socket cheese head screws M10*25 (#9)
- 8 x Spring washers M10 (#10)
- 8 x Flat washers M10-D20 (#11)
- 4 x Hexagon socket cheese head screws M8*20(#12)
- 4 x Spring washers M8 (#13)
- 4xFlat washers M10-D16 (#14)



Step 4:

Bolt the left and right armrest frames (#15) (#16) to the base frame assembly (#6) and upper crossmember assembly (#18) as follows.

- 2 x Hexagon socket cheese head screws M10*60 (#20)
- 2 x Spring washers M10 (#10)
- 6 x Flat washers M10-D20 (#11)
- 2 x Hexagon socket cheese head screws M10*35 (#34)



Step 5:

Attach the Counterweight Block (#25) to the Guide Bar (#23) with the isolation tabs facing up.

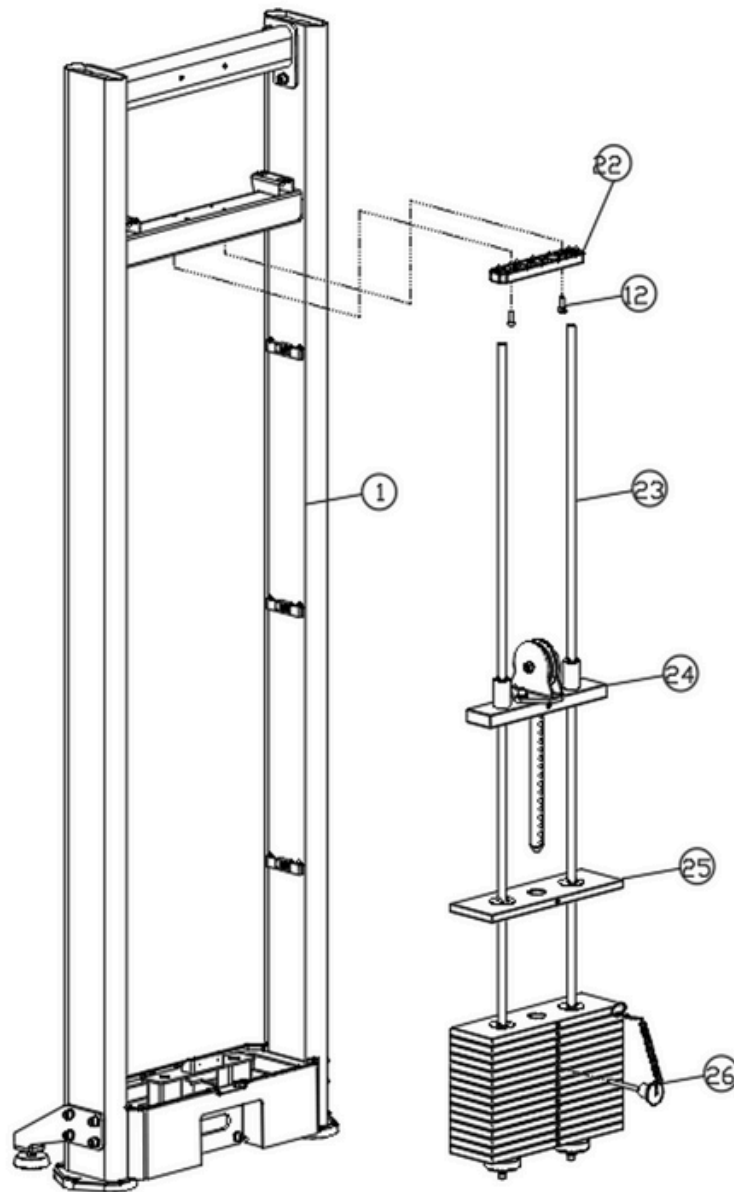
Install the guide block set (#24) onto the guide bar (#23). Insert the counterweight block pin (#26) into the counterweight block (#25).

Slide the guide bar retainer plate (#22) onto the guide bar (#23).

Step 6:

Attach the guide bar mounting plate (#22) to the counterweight bracket (#1)

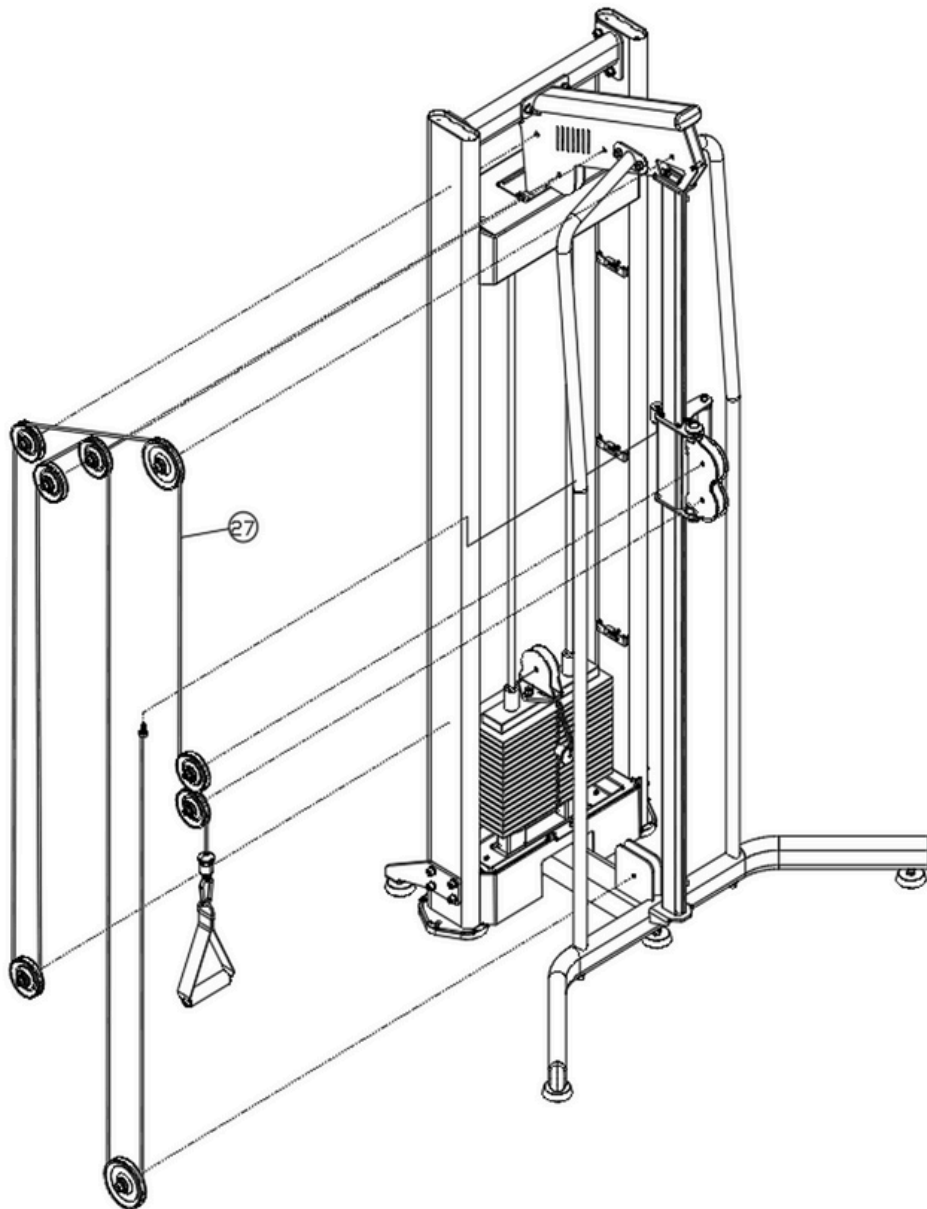
- 2 x Hexagon socket cheese head screws M8*20 (#12)



Step 7:

Thread the cable (#27) as shown in the picture, the pre-installed sheaves need to be disassembled and reassembled.

Note that these sheaves are installed in synchronization with the cable (#35)



Step 8:

Slide the two Trim Strips (#30) into the two Baffles (#28) and attach to the Counterweight Rack (#1) using the Baffle Platen. Slide the Trim Plate (#29) into the two Baffles (#28) and use the Baffle Platen to attach to the Counterweight Rack (#1).

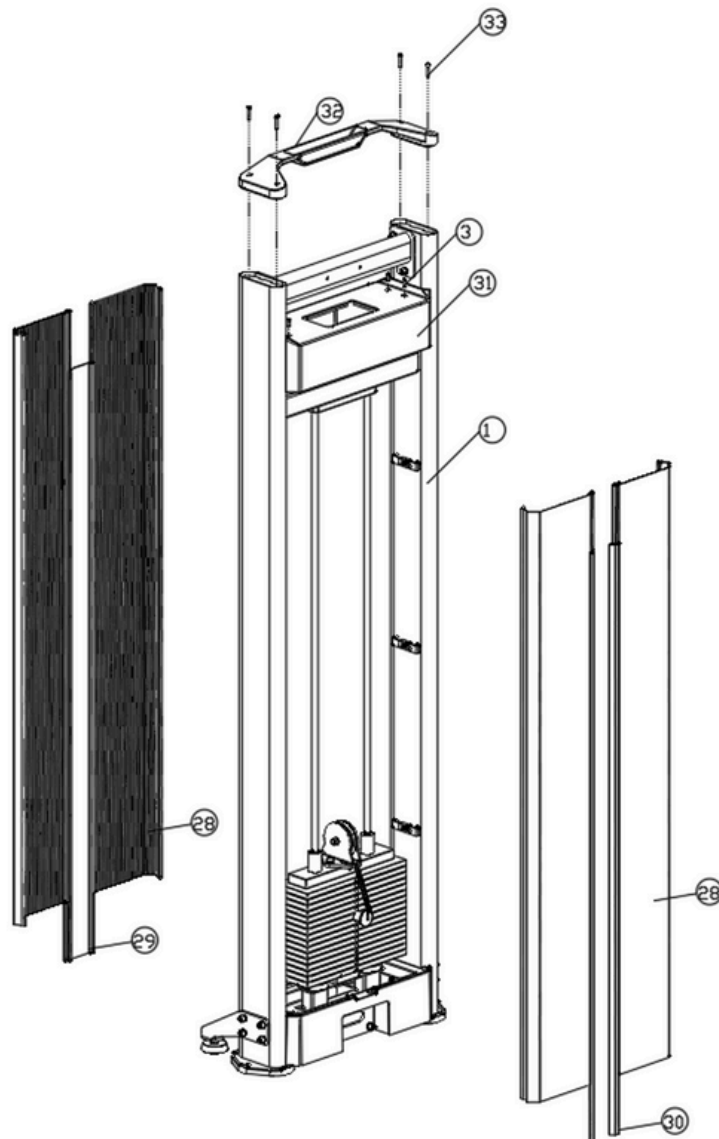
Attach the upper shroud (#31) to the counterweight frame (#1) by.

- 4 x M5*15Hexagon socket cheese head screws (#3)

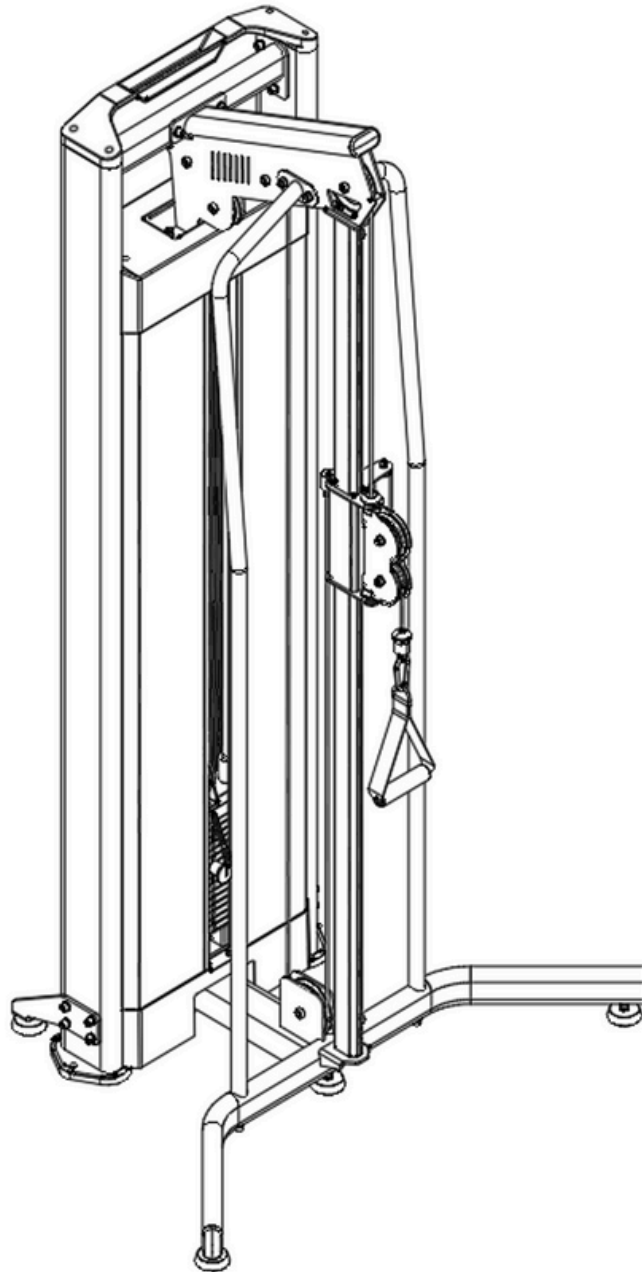
Step 9:

Attach the Top Cover Trim (#32) to the Counterweight Rack (#1) by

- 4 x M6*30Hexagon socket cheese head screws (#33)



Assemble



Important Tips

Now that your Cable Station Single 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.

Accessory List

NO	Name and speicifcation	QTY
1	counterweight frame	1
2	counterweight lower shield	1
3	Hexagon socket cheese head screws M5*16	6
4	counterweight footrest	2
5	Movable footrests	5
6	Chassis Frame Assembly	1
7	Left support plate	1
8	Right support plate	1
9	Hexagon socket cheese head screws M10*25	22
10	spring washer M10	26
11	flat washer M10-D20	28
12	Hexagon socket cheese head screws M8*20	6
13	spring washer M8	4
14	flat washer M8-D16	4
15	Left armrest shelf	1
16	Right armrest shelf	1
17	Sliding Bar Assembly	1
18	Upper beam assembly	1
19	Upper crossbeam fixing rod	1
20	Hexagon socket cheese head screws M10*60	2
21	Hexagonal Lock Nuts M10	2
22	Guide bar fixing plate	1
23	guide rods	2
24	Counterweight block guide assembly	1
25	counterweights	16
26	pin	1
27	Cable	1
28	baffle	4
29	decorative plate	1
30	decorative strip	4
31	upper shield	1
32	Upper shroud trim	1
33	Hexagon socket cheese head screws M6*30	4
34	Hexagon socket cheese head screws M10*35	2