

# ***FITNESS360<sup>®</sup>***

## **FT9031**

### **Cable Crossover**



Rubber rod
Level
Hexagon wrench
Two People
Adjustable wrench
Circlip pliers

#### Step 1:

Connect the cross base (#2) to the cross weight frame (#1) as follows:

- 4 x Hexagon socket head screw (#3)
- 4 x Spring washer (#4)
- 4 x Flat washer (#5)

#### Step 2:

Connect the counterweight lower guard (#6) to the cross counterweight frame (#1) using the following method:

- 2 x Hexagon socket head screw (#7)

#### Step 3:

Install the two counterweight stand foot pads (#8) and one flat oval foot pad (#9) in the corresponding positions as shown in the figure.

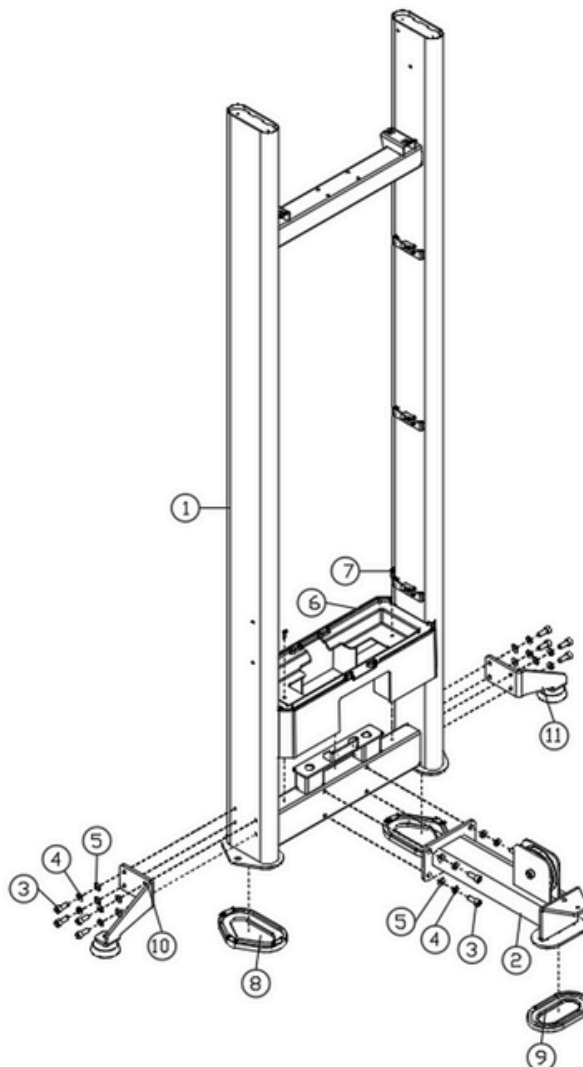
Step 4:

Connect the left and right support assemblies (#11) (#10) of the main frame to the cross counterweight frame (#1) using the following method.

- 8 x Hexagon socket head screw (#3)
- 8 x Spring washer (#4)
- 8 x Flat washer (#5)

**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 5:

Use the following method to connect the cross upper beam (#13) and the upper beam fixing rod (#12) with the cross counterweight. The upper guard (#15) needs to be inserted into the cross upper beam (#13):

Use the following components:

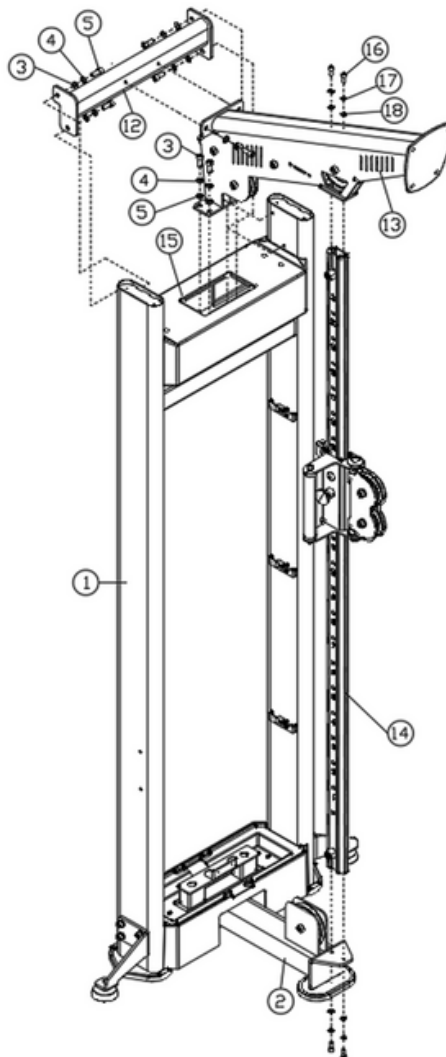
- 10 x Hexagon socket head screw (#3)
- 10 x Spring washer (#4)
- 10 x Flat washer (#5)

#### Step 6:

Use the following method to connect the L bird sliding adjustment group (#14) to the cross base (#2) and the cross upper beam (#13). Connect them separately:

Use the following components:

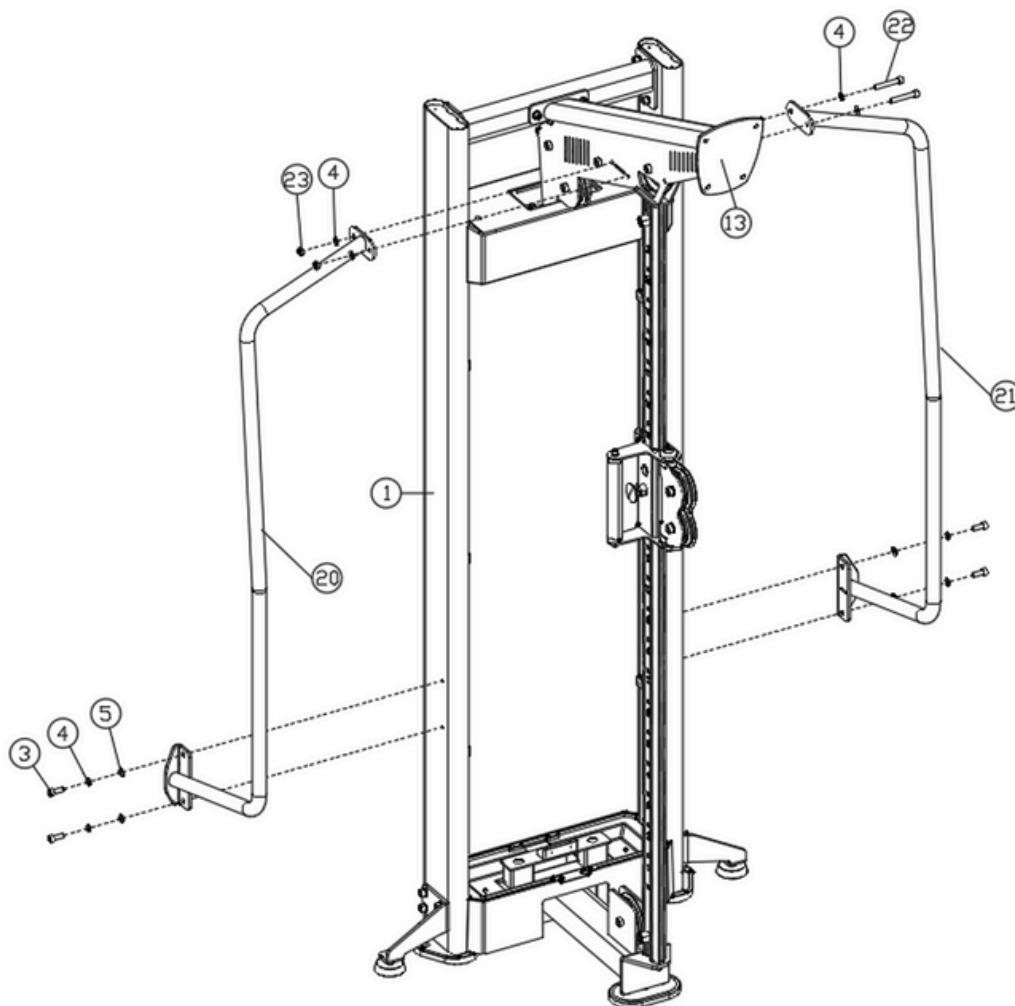
- 4 x Hexagon socket head screw (#16)
- 4 x Spring washer (#17)
- 4 x Flat washer (#18)



Step 7:

Use the following method to connect the left armrest (#20) and the right armrest (#21) of the Big Bird to the cross weight rack (#1). The cross-shaped upper beam (#13) connects:

- 2 x Hexagon socket head screw (#22)
- 4 x Hexagon socket head screw (#3)
- 4 x Spring washer (#4)
- 8 x Flat washer (#5)
- 2 x Hexagon lock nut (#23)



Step 8:

Place the pre-installed guide rod assembly (#25) into the counterweight frame (#1).

Install 16 counterweights (#27) onto the guide rod (#25) with the spacers facing upwards.

Install the guide block assembly (#26) onto the guide rod (#25).

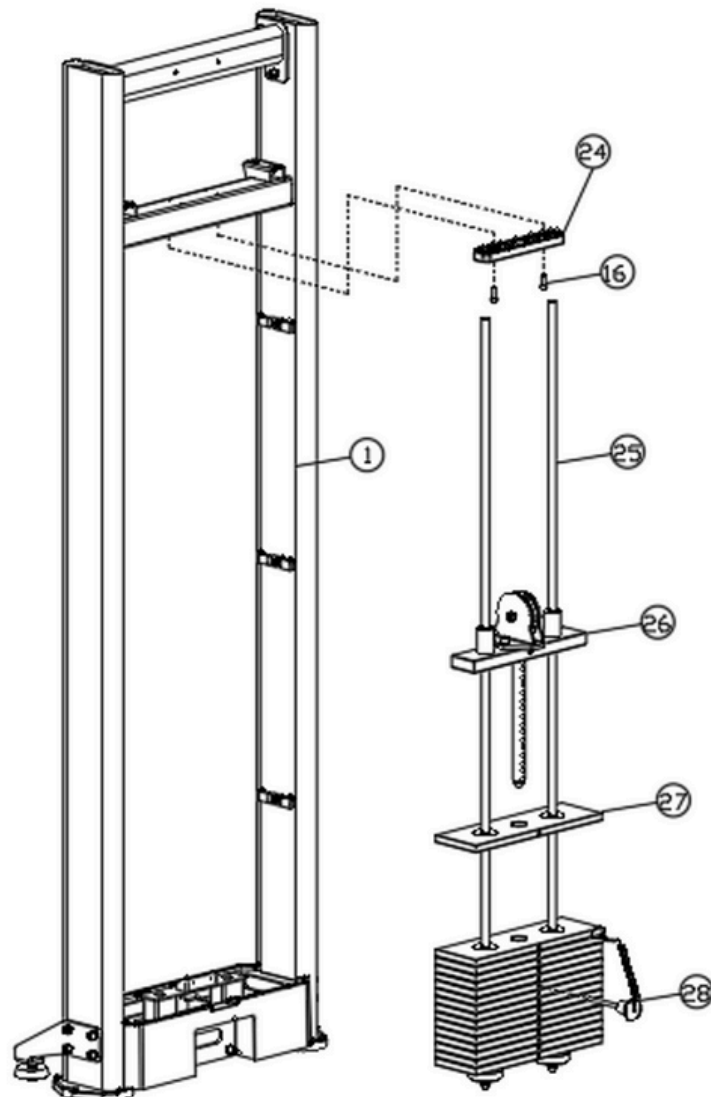
Install the guide bar fixing plate (#24) onto the guide bar (#25).

Install the guide rod retaining plate (#24) to the counterweight frame (1) as follows:

- 2 x M8\*25 hexagon socket head screws (#16)

Install the counterweight pin (28) into the counterweight (#27). Note that when installing the counterweight pin, place the wire rope.

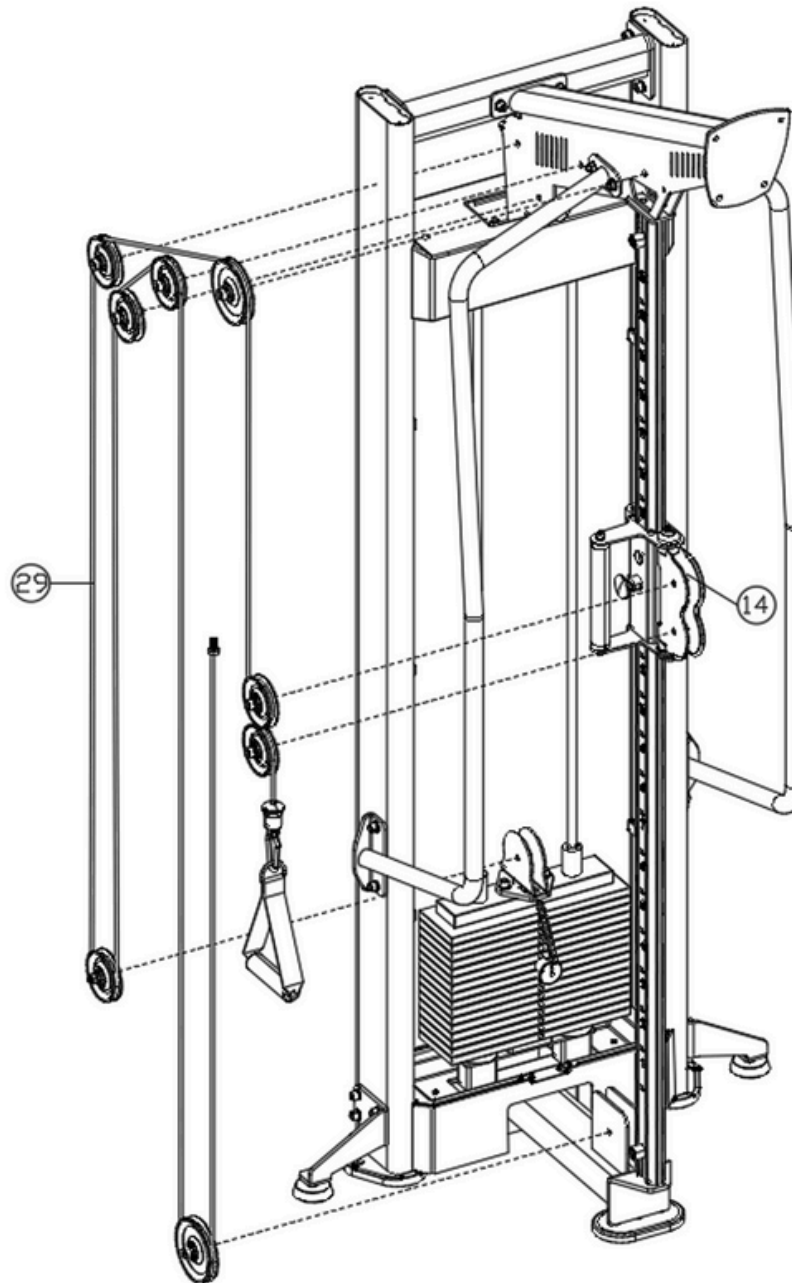
Pass one end of the guide through the latch and connect to the guide block assembly (#26).



Step 9:

Insert the wire rope (#29) as shown in the figure. The pre-installed wire wheel needs to be removed and then reinstalled.

Note that these reels are installed synchronously with the wire rope (#29). Connect both ends of the wire rope (#29) to the flying bird slide adjustment set (#14)



Step 10:

Slide the two trim strips (#34) into the two fenders (#32) and attach to the counterweight frame (#1) using the fender hold-down plates. Slide the trim plate (#33) into the two baffles (#32) and attach to the counterweight frame (#1) using the baffle pressure plate.

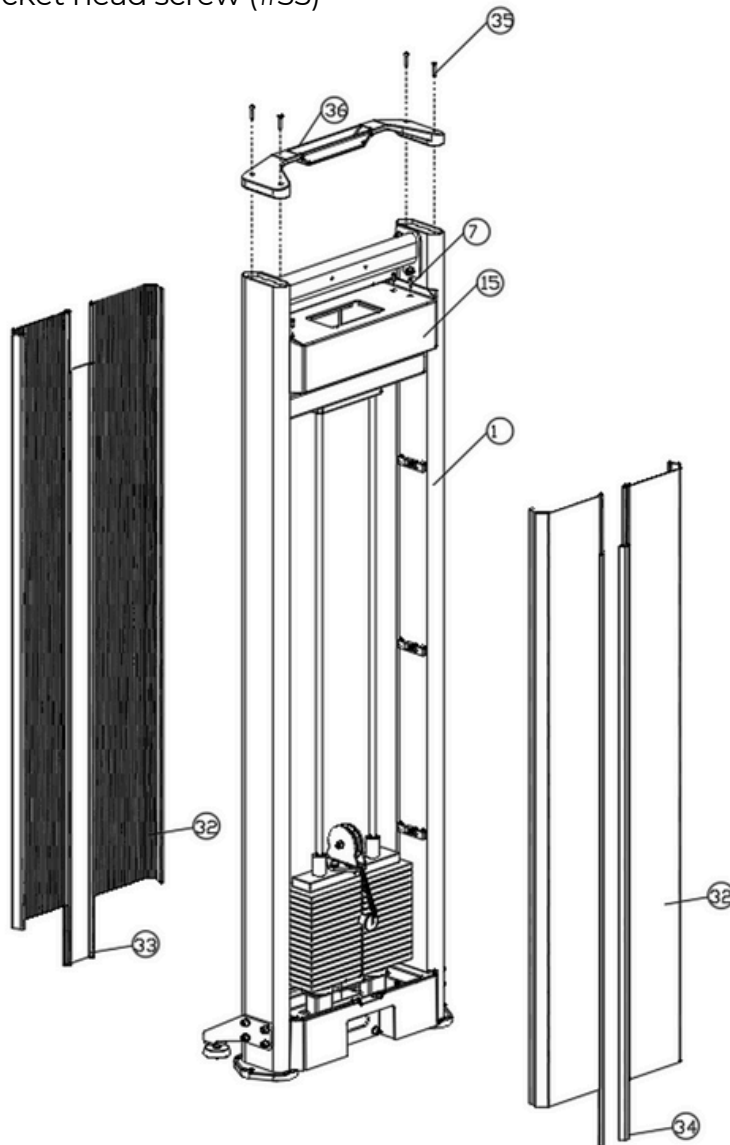
Attach the upper shroud (#15) to the counterweight frame (#1) as follows:

- 4 x Hexagon socket head screw (#7)

Step 11:

Attach the upper cover trim (#36) to the counterweight frame (#1) using the following method:

- 4 x Hexagon socket head screw (#35)

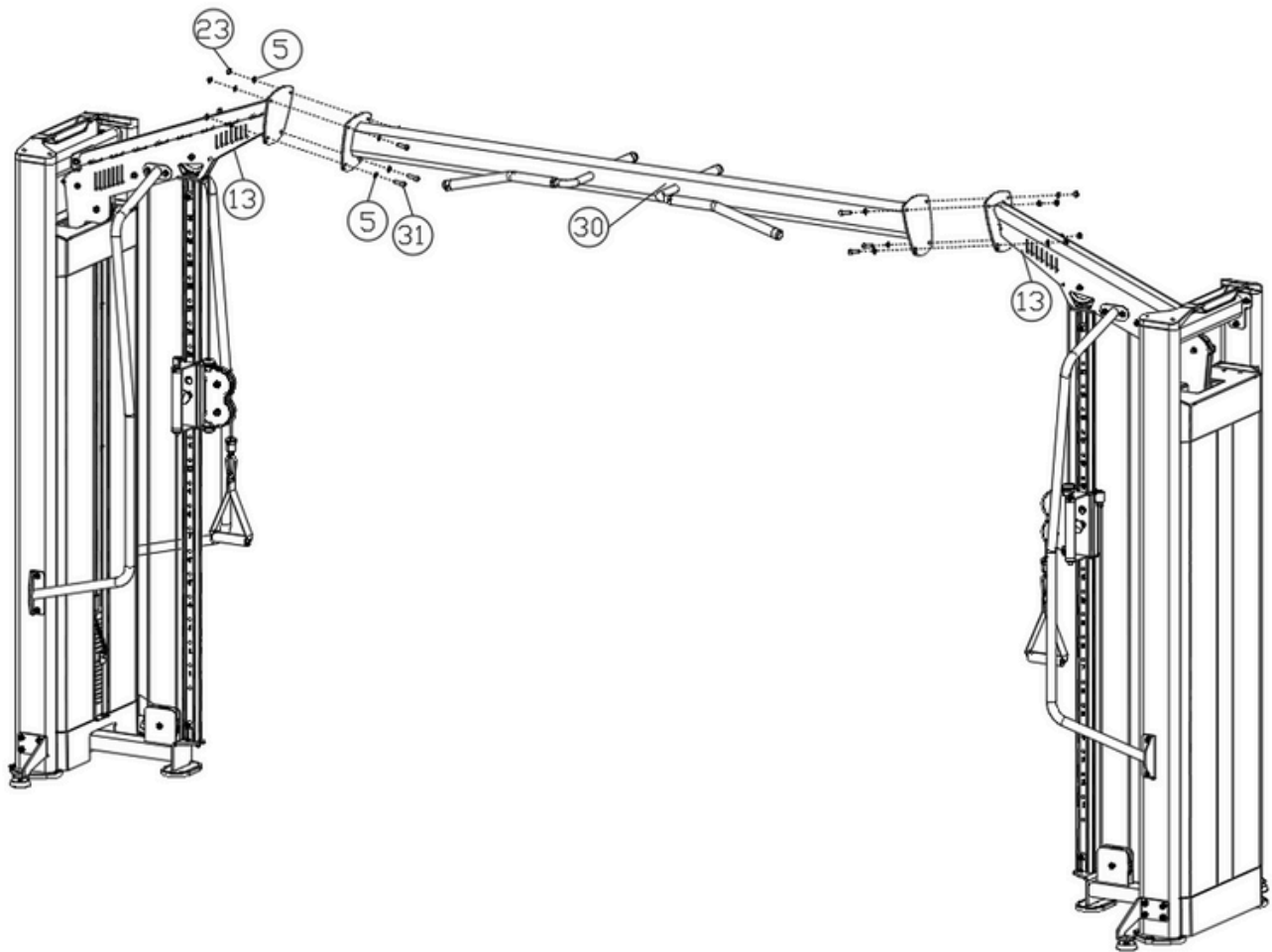




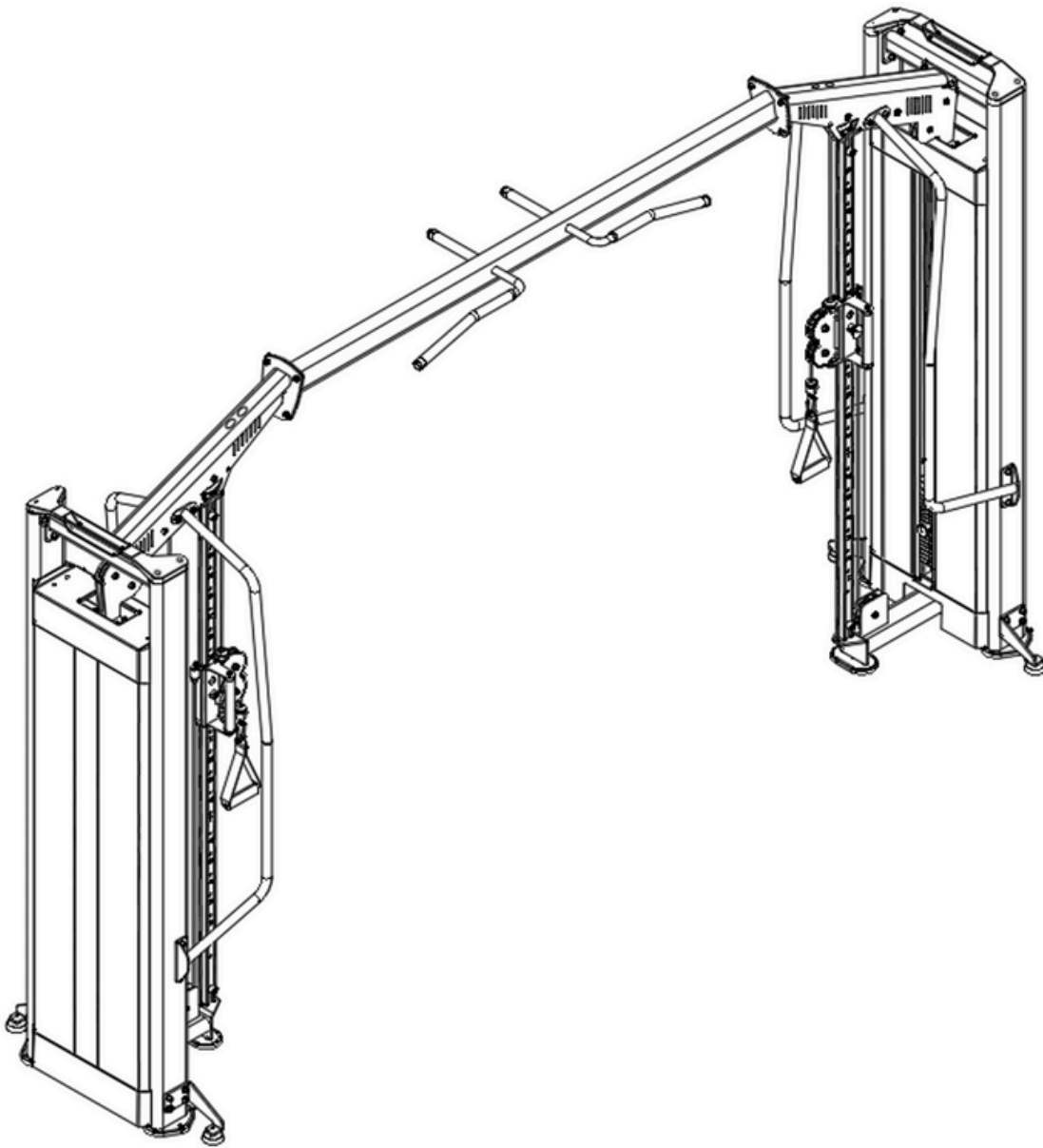
Step 12:

Connect the cross beam frame (#30) to the two cross upper beams (#13) using the following method:

- 8 x Hexagon socket head screw (#31)
- 16 x Flat washer (#5)
- 8 x Hexagon self-locking nut (#23)



## Assemble



### Important Tips

Now that your Cable Crossover 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

trial numb	Name and specifications	quantity
1	Cross weight rack	2
2	Cross base	2
3	Hexagon socket head screw (M10*25)	52
4	Spring washer (10)	52
5	Flat washer (10)	76
6	Counterweight lower guard	2
7	Hexagon socket head screw (M5*16)	12
8	Weight rack foot pads	4
9	Flat oval foot pad	2
10	Main frame right support assembly	2
11	Main frame left support assembly	2
12	Upper beam fixing rod	2
13	Cross tension upper beam	2
14	L Bird Slide Adjustment Group	2
15	Counterweight upper guard	2
16	Hexagon socket head screw (M8*20)	12
17	Spring washers (8)	8
18	Flat washers (8)	8
19	R Bird Slide Adjustment Group	2
20	Left handrail	2
21	Right handrail	2
22	Hexagon socket head screw M10X60	4
23	Hexagon lock nut M10	12
24	Guide rod fixing plate	2
25	Guide rod	4
26	Guide block set	2
27	Counterweight	
28	Counterweight latch	2
29	Wire Rope	2
30	Cross beam frame	1
31	Hexagon socket head screw M10X30	8
32	Bezel	8
33	Counterweight source decorative plate	2
34	Counterweight decorative strip	4
35	Hexagon socket head screw M6X30	8
36	Upper guardrail decoration	2