

# ***FITNESS360***<sup>®</sup>

**FT9032**

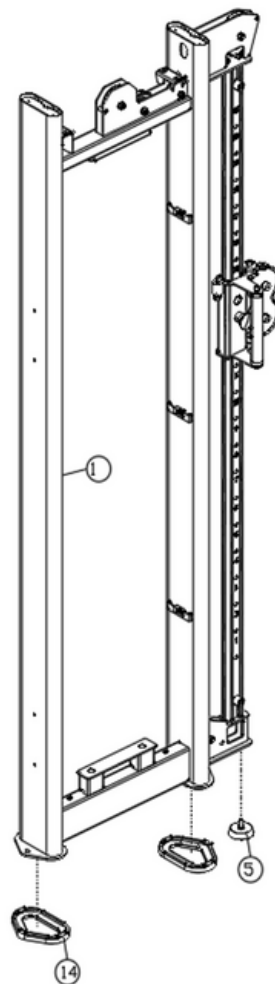
**Dual Adjustable Pulley**



Rubber mallet
Level ruler
Hexagon wrench
Two People
Adjustable wrench
Spring clamp

Step 1:

Attach the weight rack feet (14) to the right weight rack (1).



Step 2:

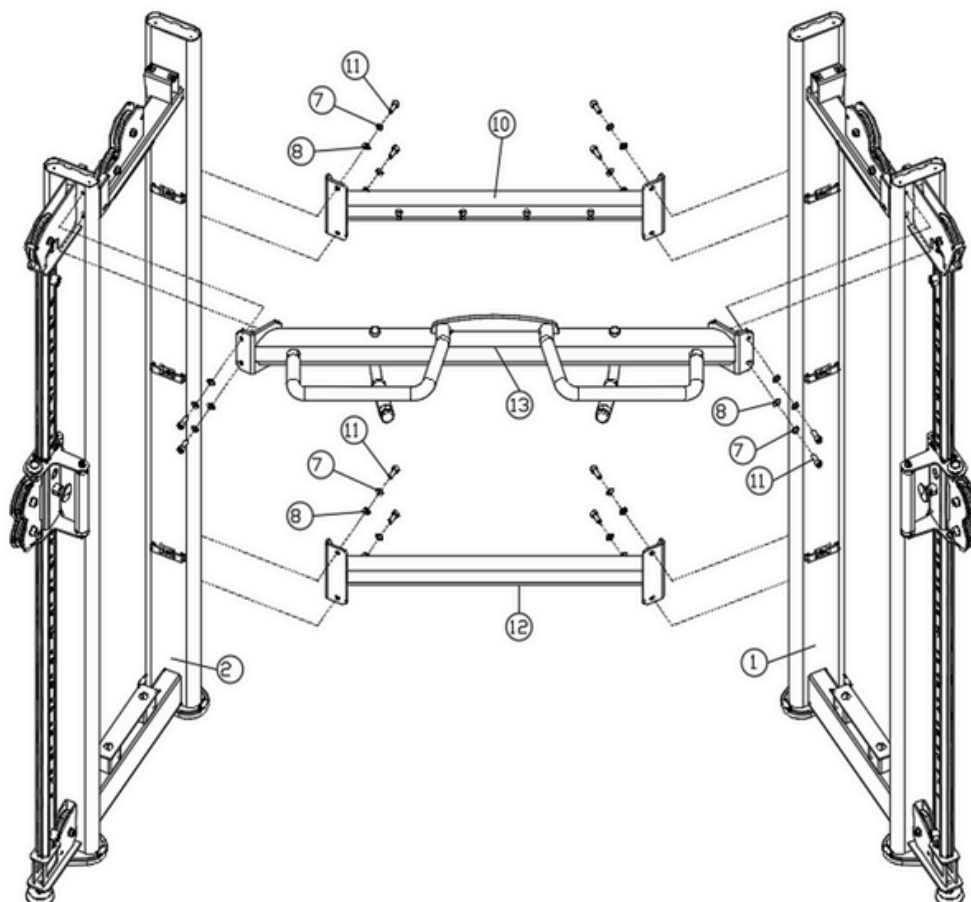
Attach the connecting bracket 1 (12), connecting bracket 2 (13), and top beam (10) to the right counterweight bracket (1) and the left counterweight bracket (2) by.

- 12 x M10\*25 Hexagon socket cheese head screws (11)
- 12 x M10 spring washer (7)
- 12 x M10 flat washer (8)

Tighten the bolts with a wrench before proceeding to the next step

**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:

Attach the counterweight lower shroud (21) to the right counterweight frame (1).

- 2 x M5\*16 Hexagon socket cheese head screws (22)

Step 4:

Slide the counterweight block (26) onto the guide bar (25) with the isolation tabs facing up.

Slide the guide block set (27) onto the guide bar (25).

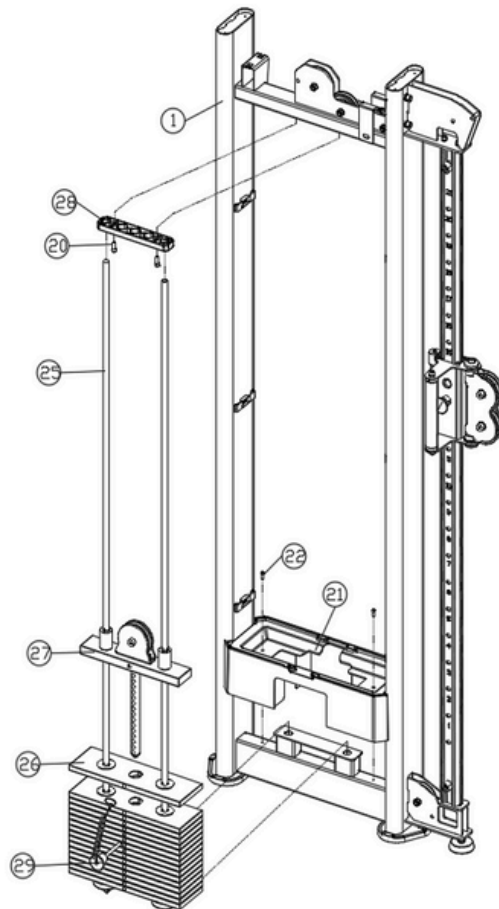
Attach the counterweight block pins (29) to the guide block set (27).

Slide the guide bar retaining plate (28) onto the guide bar (25).

Attach the guide bar mounting plate (28) to the right counterweight frame (1).

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

Repeat these steps to complete the left side



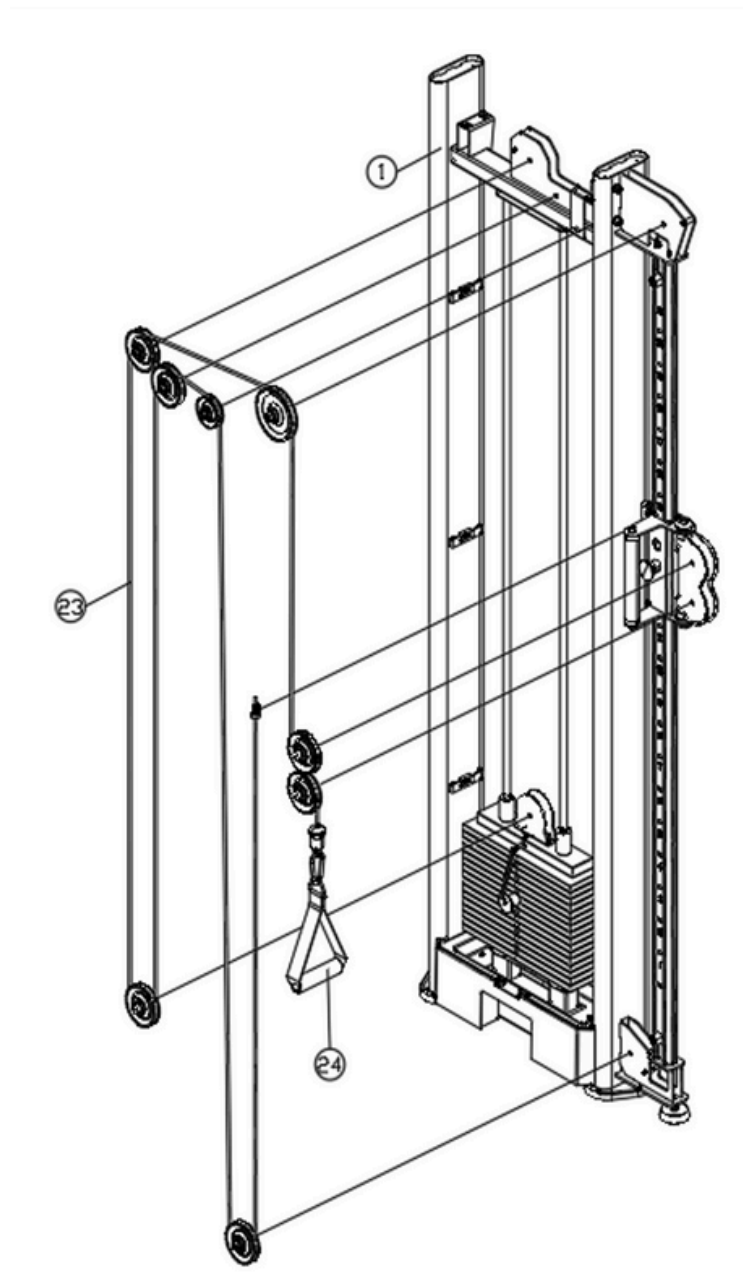
Step 5:

Detach the spool and wrap the rope around it and install it to the right counterweight bracket (1) as shown below using the following method.

These sheaves are synchronized with the Cable (23) by attaching the threaded end of the cable (23) to the right pulley.

Connect the snap end of the cable (23) to the functional trainerhandle (24).

Repeat these steps to complete the left side



Step 6:

Slide the two trim strips (3) into the two baffles (4) and use the baffle platen to attach to the counterweight frame (1).

Slide the trim plate (6) into the two baffles (4) and use the baffle platen to attach to the counterweight frame (1).

Attach the upper shield(9) to the counterweight frame (1).

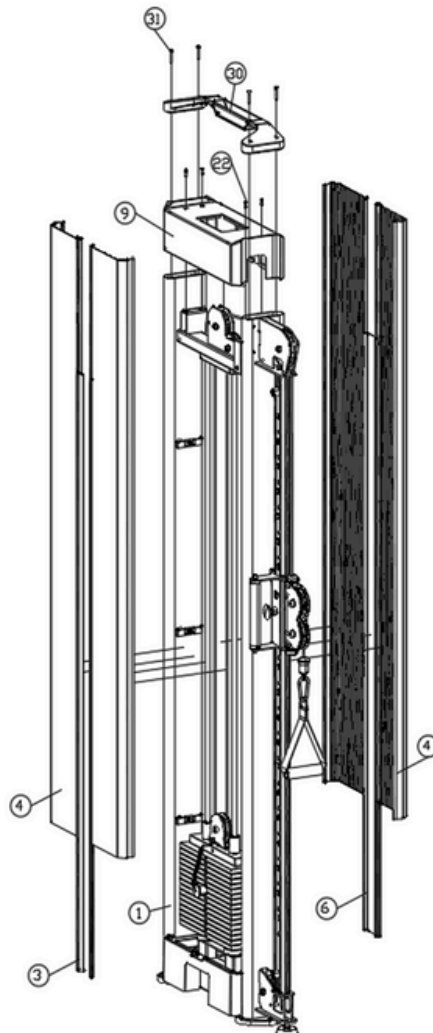
- 4 x Hexagon socket cheese head screws (22)

Step 7:

Attach the top cover trim (30) to the counterweight frame (1).

- 4 x Hexagon socket cheese head screws (31)

Repeat this step to complete the left side

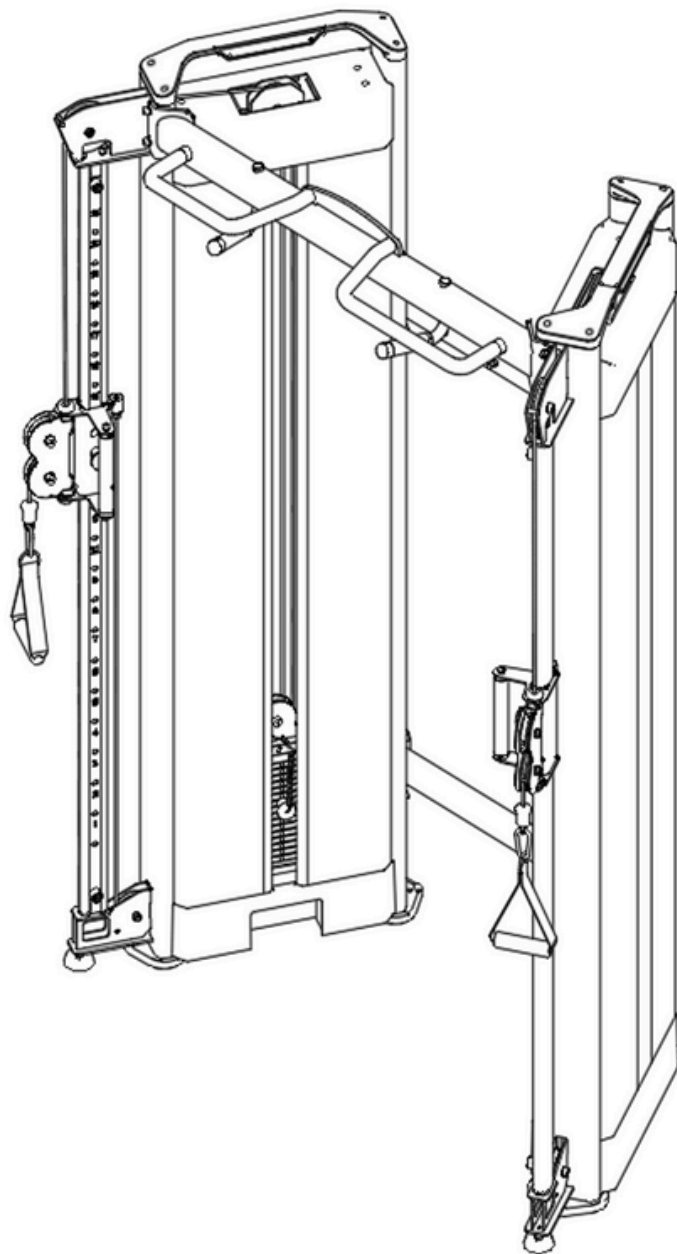


## Important Tips

Now that your Dual Adjustable Pulley 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.

## Assemble



## Accessory List

No	Name	QTY
1	right counterweight frame	1
2	left counterweight frame	1
3	decorative strip	4
4	baffle	8
5	movable footrest	2
6	decorative plate	2
7	spring washer M10	12
8	flat washer M10	12
9	upper shield	2
10	top beam	1
11	Hexagon socket cheese head screws M10*25	12
12	Connection rack 1	1
13	Connection rack 2	1
14	counter weight footrest	4
20	Hexagon socket cheese head screws M8*20	4
21	Lower shield	2
22	Hexagon socket cheese head screws M5*16	8
23	cable	2
24	functional handle	2
25	guide rod	2
26	weight stack	32
27	Guide block set	2
28	Guide bar fixing plate	2
29	weight stack pin	2
30	Upper shroud trim plate	2
31	Hexagon socket cheese head screws M6*30	8