FITNESS360®

FT9034

Cable Station 5

| Tools	Rubber rod
	Level ruler
	Allen wrench
	Circlip pliers
	adjustable wrench
Note: When assembling, it is recommended that two or more people operate the unit	

Step 1:

Connect parts #1, #2, #3, #4, #5, #6, and #7 to form #BCP1 using the following components:

- 8 × Hexagon socket cheese head screws M10×55 (#52)
- 8 × Hexagon socket cheese head screws M10×35 (#53)
- 16 × Hexagon socket cheese head screws M10×25 (#54)
- 32 × Flat washers M10-D20 (#60)
- 32 × Spring washers M10 (#57)

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.
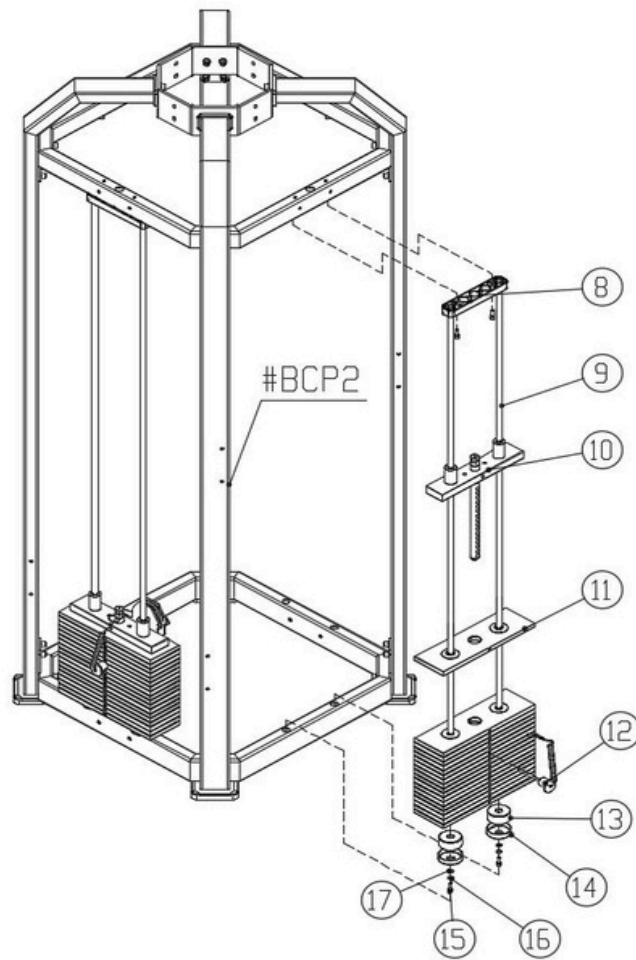
The screw
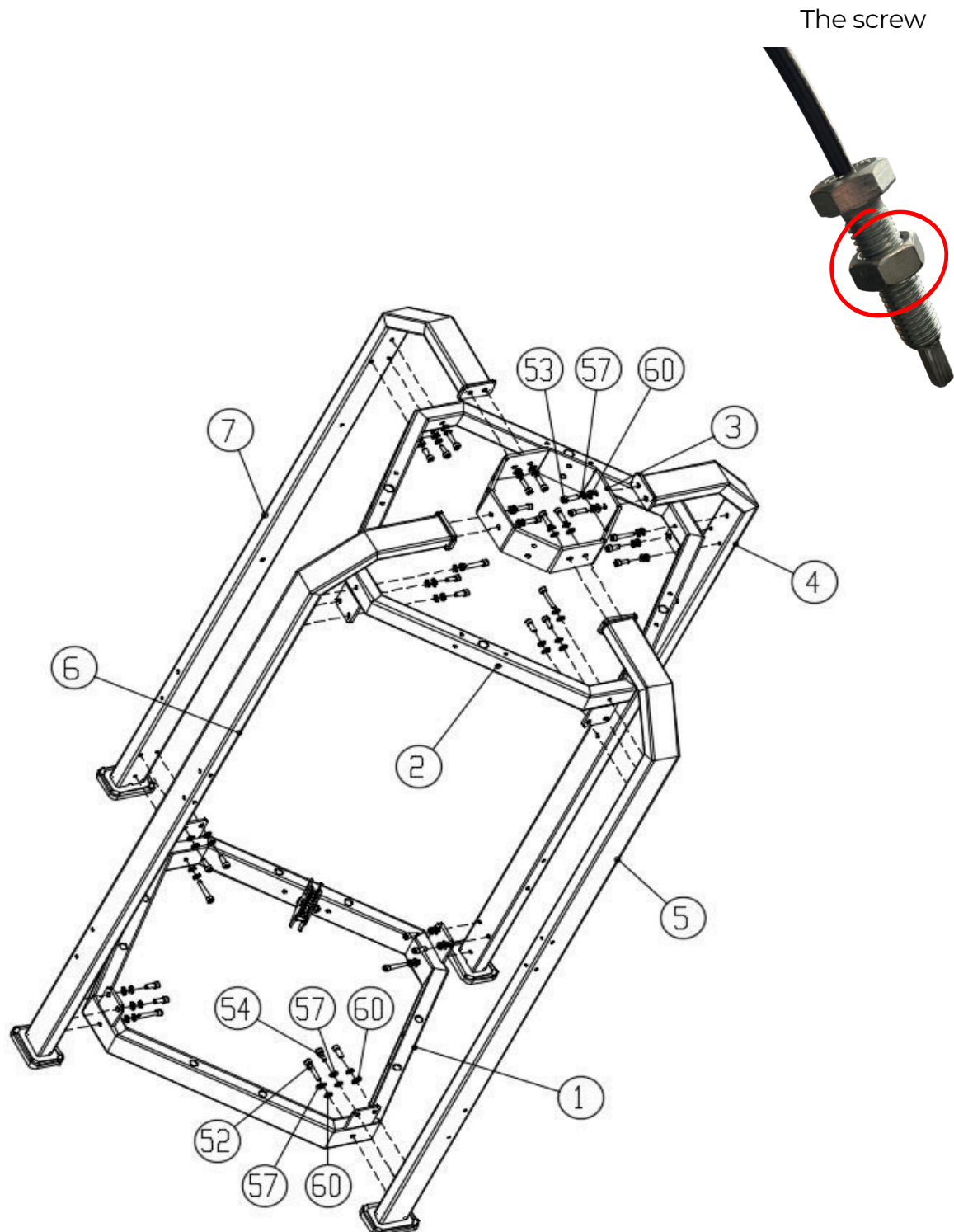
Step 2:

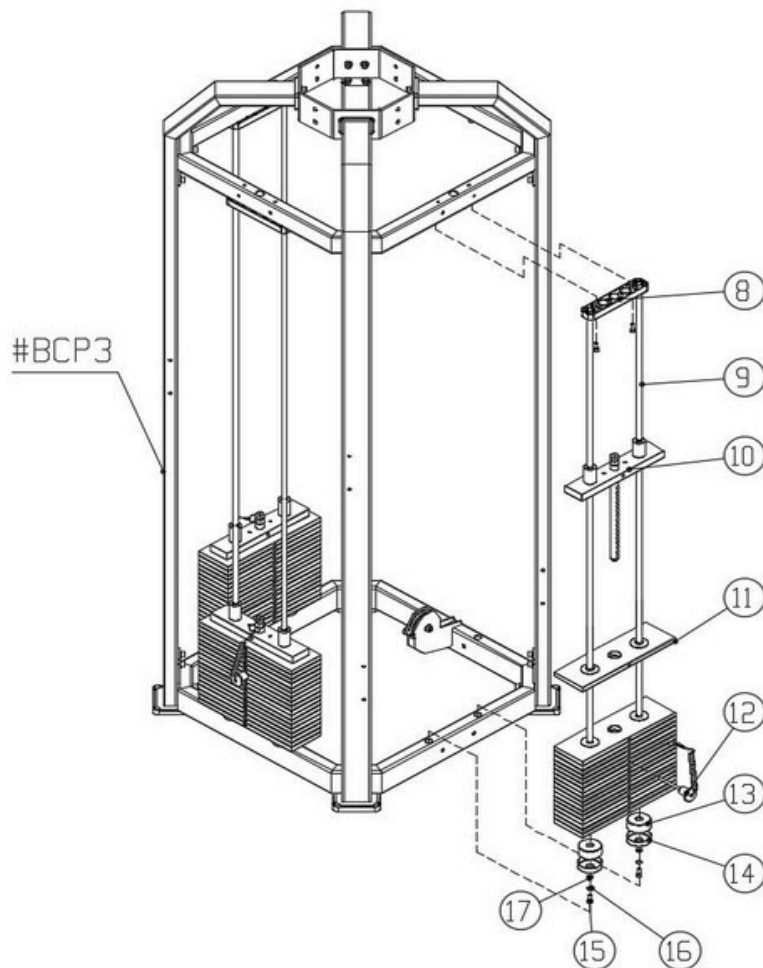Connect #BCP1, #8, #9, #10, #11, #12, #13, #14, #15, #16, #17 to form #BCP2 using the following method:

#BCP1

⑧
⑨
⑩
⑪
⑫
⑬
⑭
⑰
⑮ ⑯
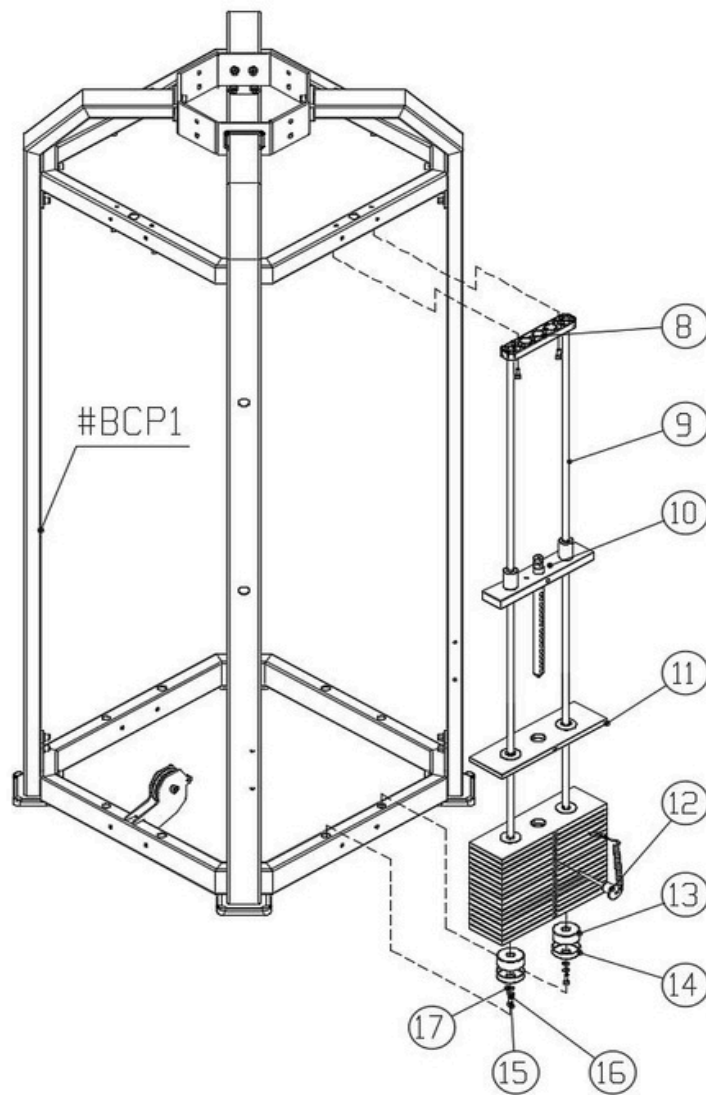
Step 3:

Connect #BCP2, #8, #9, #10, #11, #12, #13, #14, #15, #16, #17 to form #BCP3 using the following method:
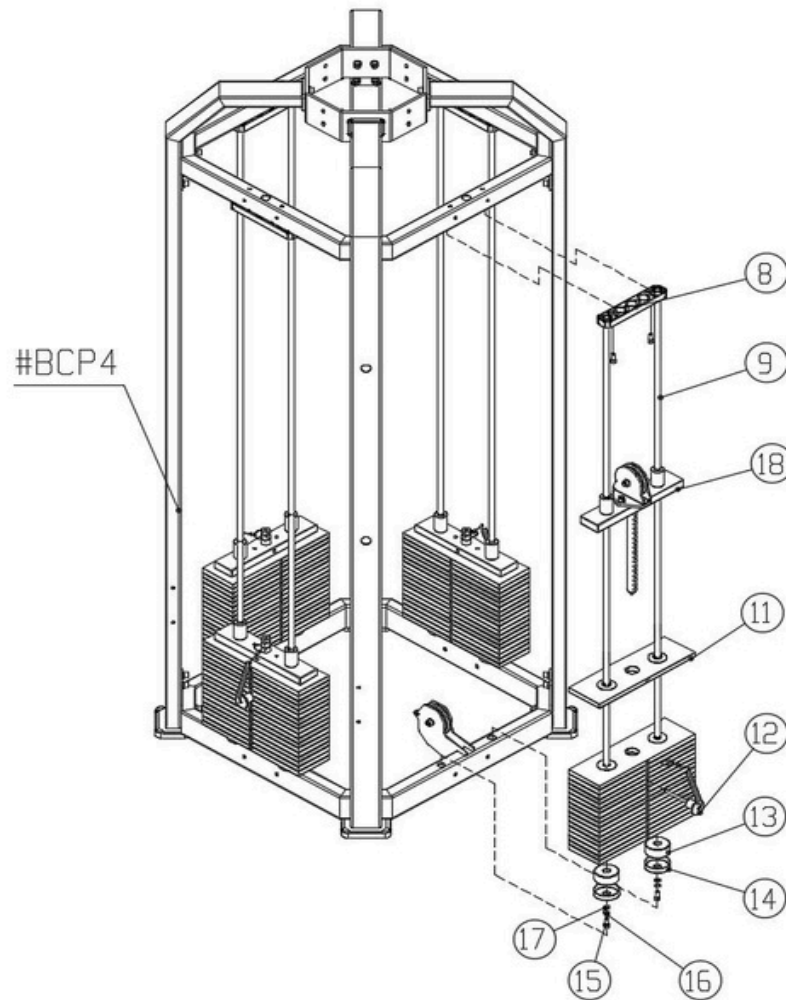
#BCP2

(8)
(9)
(10)
(11)
(12)
(13)
(14)
(17)
(15)
(16)

Step 4:

Connect #BCP3, #8, #9, #10, #11, #12, #13, #14, #15, #16, #17 to form #BCP4 using the following method:

#BCP3

(8)
(9)
(10)
(11)
(12)
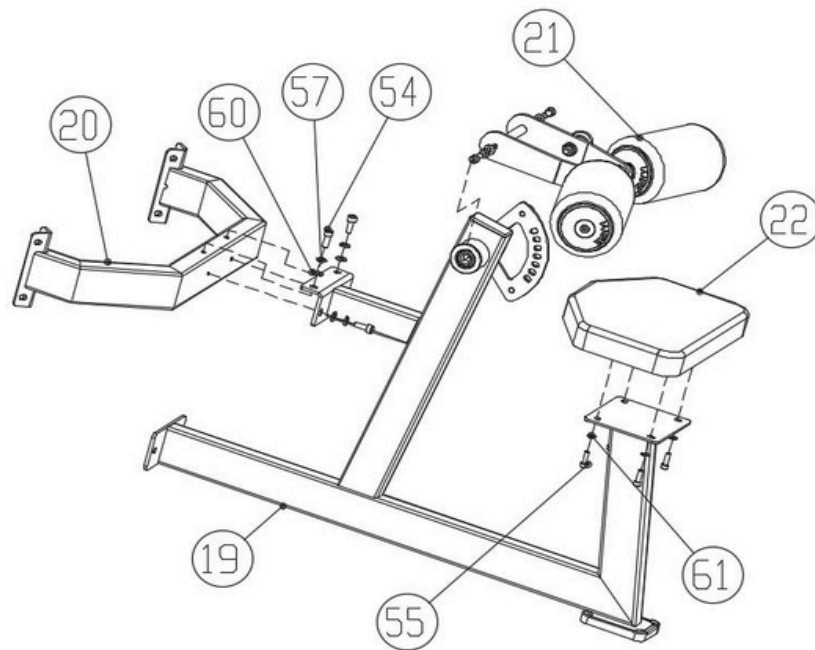(13)
(14)
(17)
(15)
(16)

Step 5:

Connect #BCP4, #8, #9, #11, #12, #13, #14, #15, #16, #17, #18 to form #BCP5 using the following method:

#BCP4

⑧
⑨
⑱
⑪
⑫
⑬
⑭
⑰
⑮ ⑯

Step 6:

Connect parts #19, #20, #21, and #22 to form #BCP6 using the following method:

- 4 × Hexagon socket cheese head screws M10×25 (#54)
- 4 × Flat washers M10–D20 (#60)
- 4 × Spring washers M10 (#57)
- 4 × Hexagon socket cheese head screws M8×25 (#55)
- 4 × Flat washers M8–D16 (#61)

Step 7:

Connect #BCP5, #BCP6, and #23 to form #BCP7 using the following method:
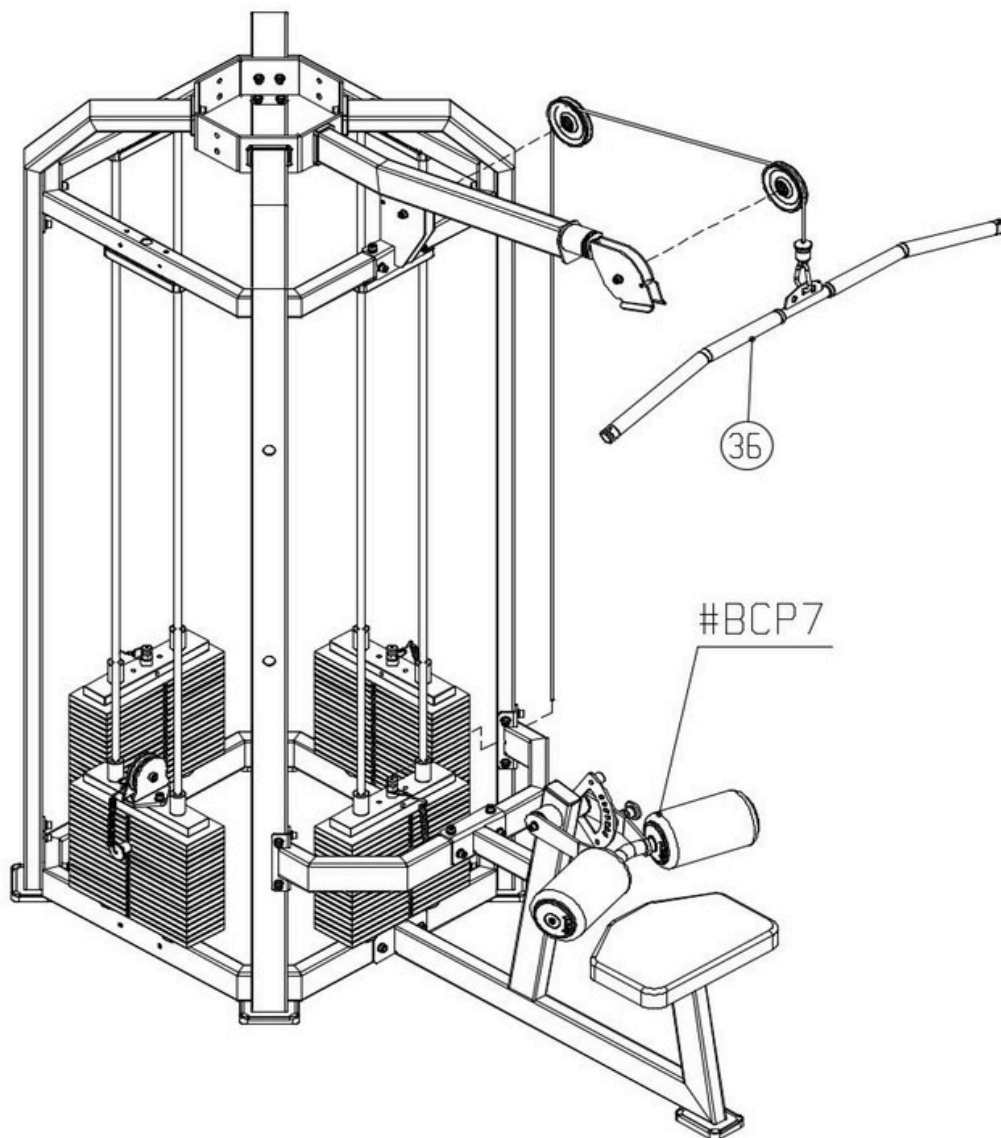
- 2 × Hexagon socket cheese head screws M10×60 (#51)
- 2 × Hexagon socket cheese head screws M10×35 (#53)
- 12 × Hexagon socket cheese head screws M10×25 (#54)
- 2 × Flat washers M10–D50 (#59)
- 16 × Flat washers M10–D20 (#60)
- 16 × Spring washers M10 (#57)
- 2 × Hexagonal self-locking nuts M10 (#62)
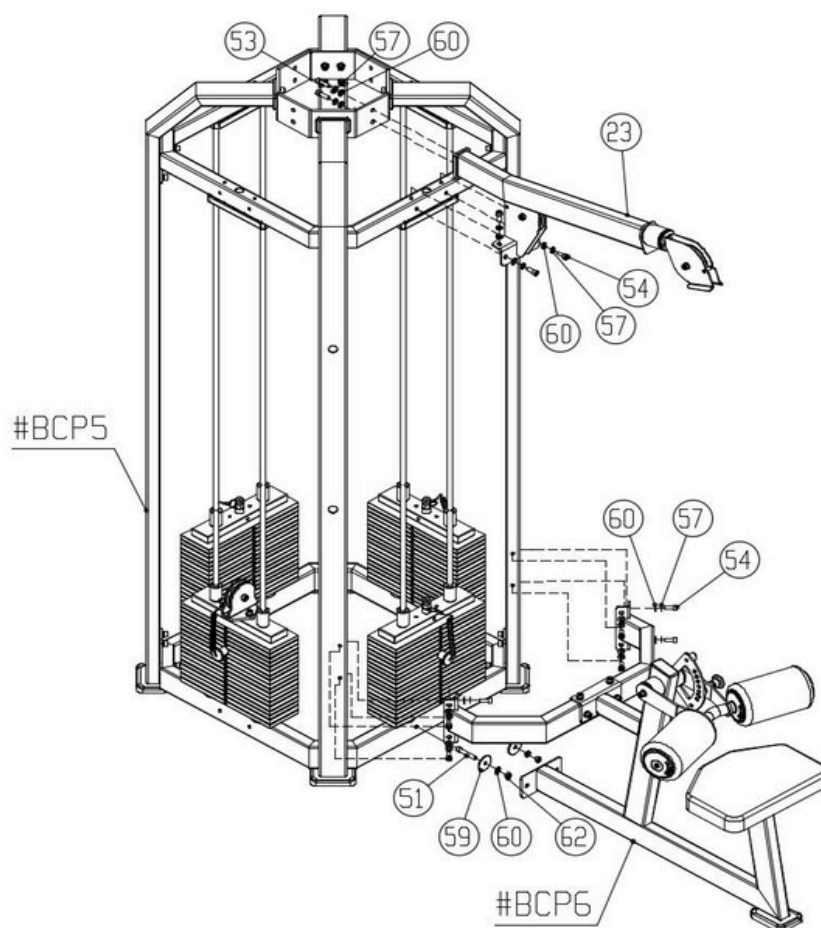
Step 8:

Connect #BCP7 and part #36 to form #BCP8.

Attach the lat pulldown bar (#36) to the upper guide pulley system on #BCP7 as illustrated. Ensure the bar is securely clipped into the cable eyelet and the pulleys are aligned correctly.
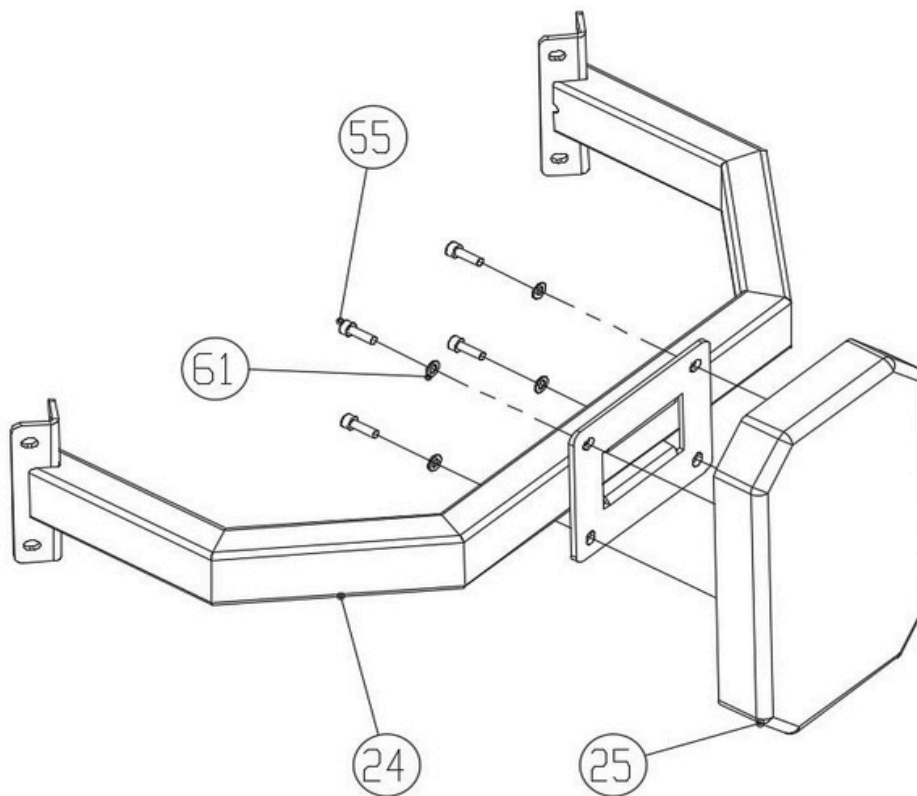
Step 9:

Connect part #24 and #25 to form #BCP9 using the following method:

- 4x Hexagon socket cheese head screws M8×25 (#55)
- 4x Flat washers M8–D16 (#61)

Tighten all screws securely to ensure the back pad (#25) is firmly attached to the frame (#24).
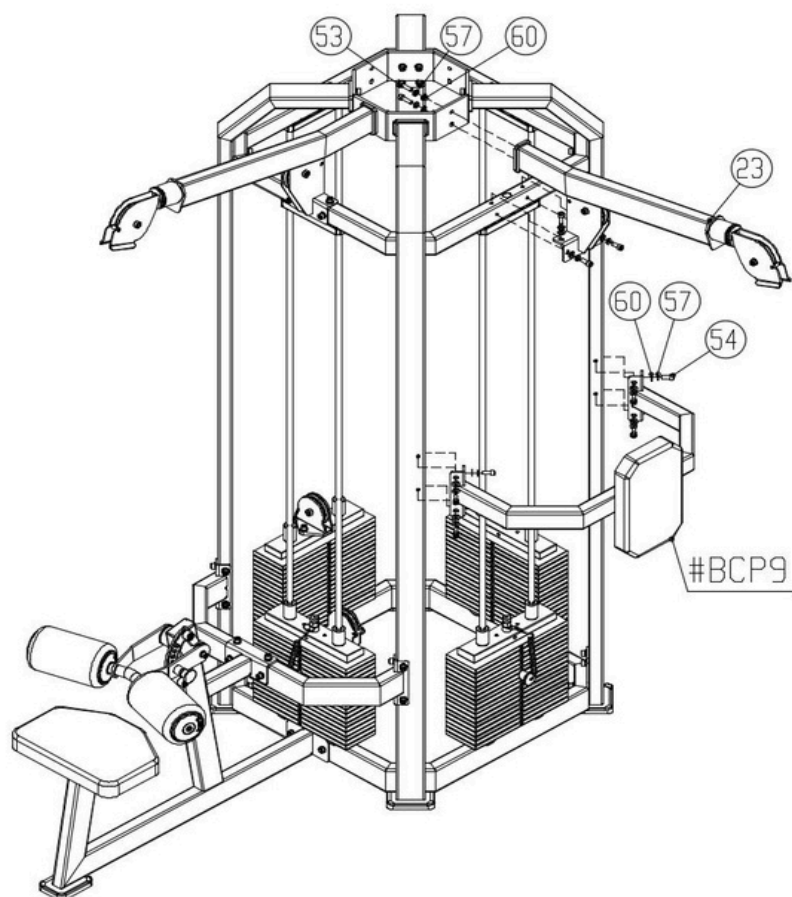

Step 10:

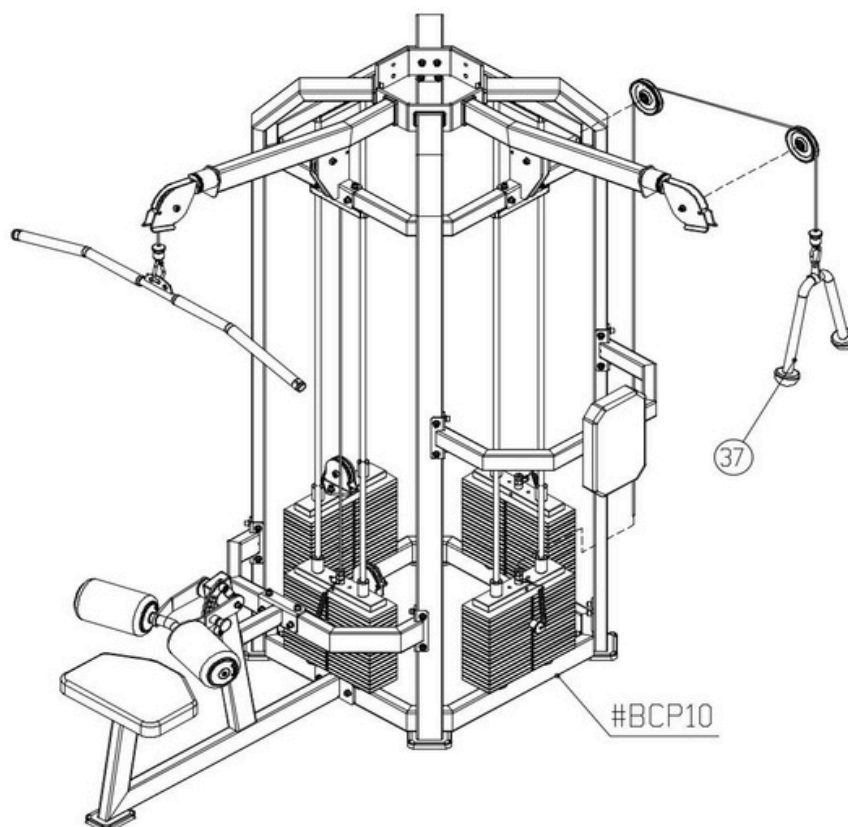Connect #BCP9 and #23 to form #BCP10 using the following method:

- 2x Hexagon socket cheese head screws M10×35 (#53)
- 8x Hexagon socket cheese head screws M10×25 (#54)
- 10x Flat washers M10–D20 (#60)
- 10x Spring washers M10 (#57)

Ensure all bolts are tightened evenly to keep the structure stable.
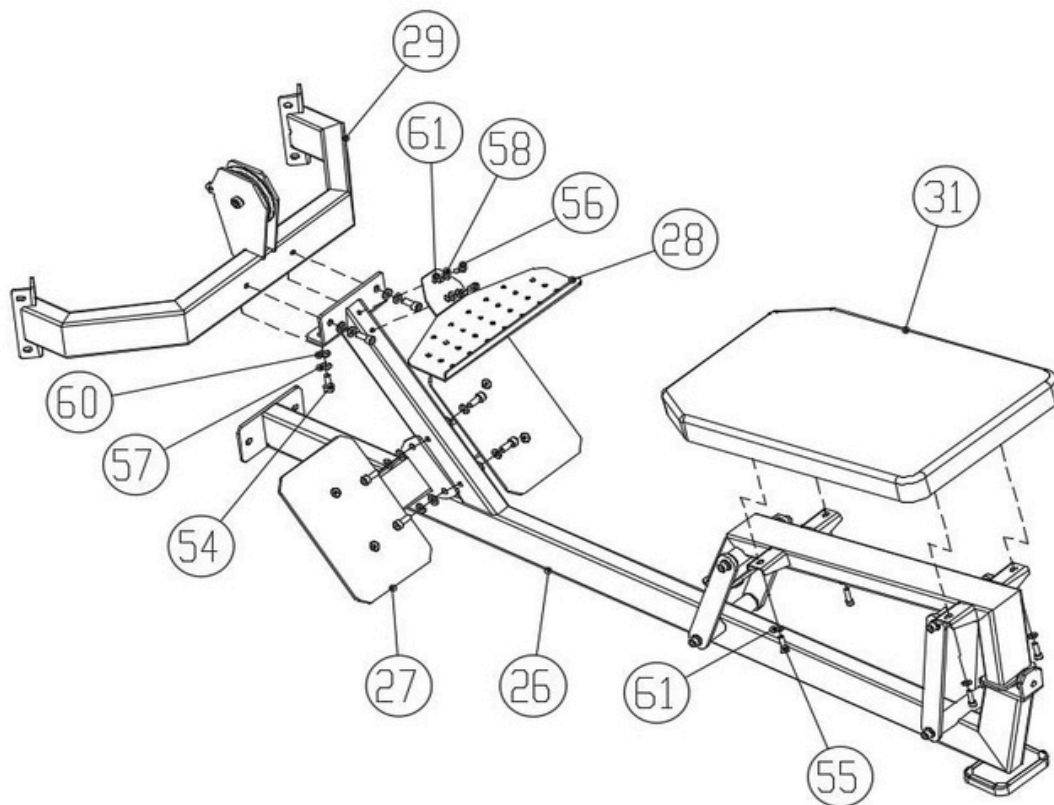
Step 11:

Connect #BCP10 and #37 to form #BCP11 using the following method:

Step 12:

Connect #26, #27, #28, #29, and #31 to form #BCP12 using the following method:
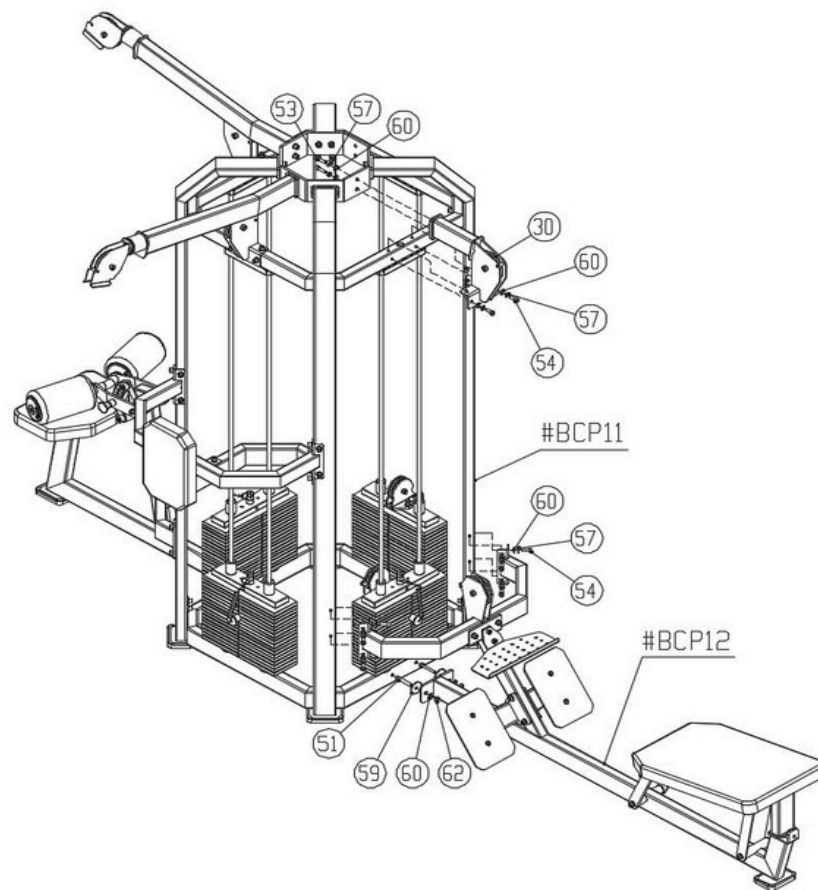
- 8 × Hexagon socket cheese head screws M10×25 (#54)
- 4 × Hexagon socket cheese head screws M8×25 (#55)
- 2 × Hexagon socket cheese head screws M8×16 (#56)
- 8 × Flat washers M10-D20 (#60)
- 6 × Flat washers M8-D16 (#61)
- 8 × Spring washers M10 (#57)
- 2 × Spring washers M8 (#58)

Step 13:

Connect #BCP11, #BCP12, and #30 to form #BCP13 using the following method:

- 2 × Hexagon socket cheese head screws M10×60 (#51)
- 2 × Hexagon socket cheese head screws M10×35 (#53)
- 12 × Hexagon socket cheese head screws M10×25 (#54)
- 2 × Flat washers M10-D50 (#59)
- 16 × Flat washers M10-D20 (#60)
- 16 × Spring washers M10 (#57)
- 2 × Hexagonal self-locking nuts M10 (#62)

Step 14:

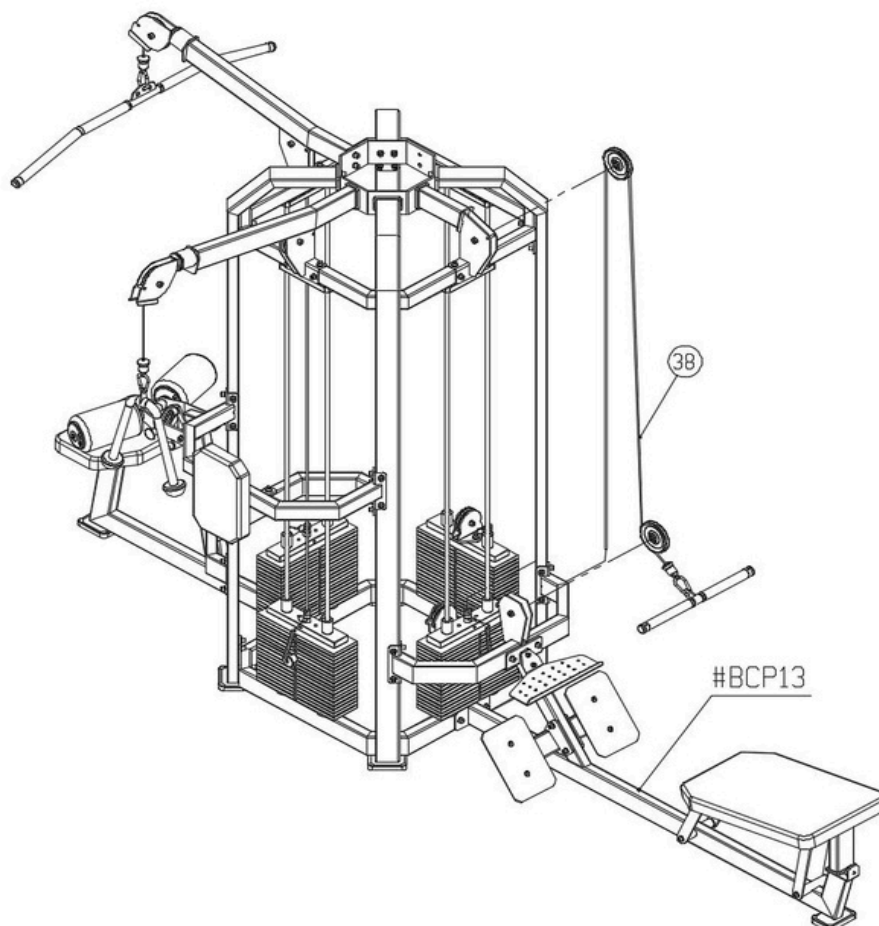Connect #BCP13 and #38 to form #BCP14 using the following method:

Step 15:

Connect #BCP14, #32, #33, #34, and #35 to form #BCP15 using the following method:

- 2 × Hexagon socket cheese head screws M10×60 (#51)
- 2 × Hexagon socket cheese head screws M10×35 (#53)
- 8 × Hexagon socket cheese head screws M10×25 (#54)
- 2 × Flat washers M10-D50 (#59)
- 12 × Flat washers M10-D20 (#60)
- 12 × Spring washers M10 (#57)
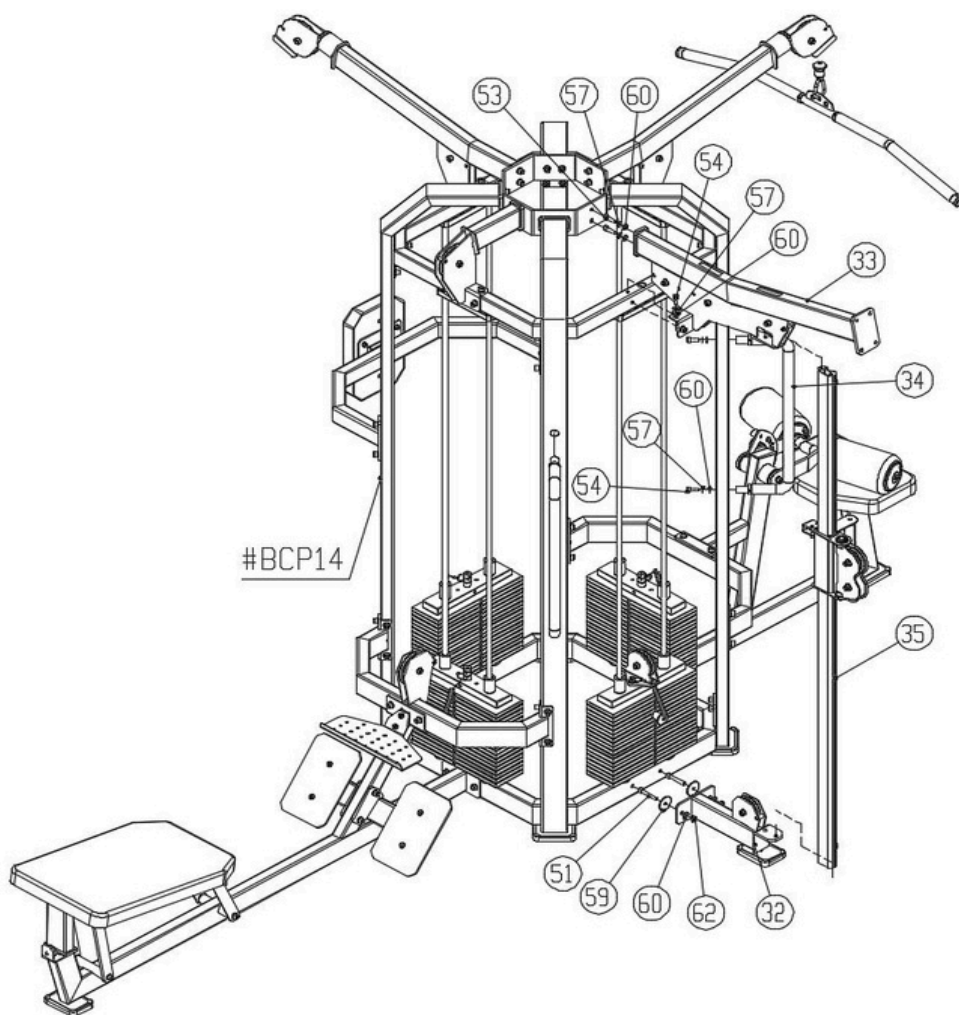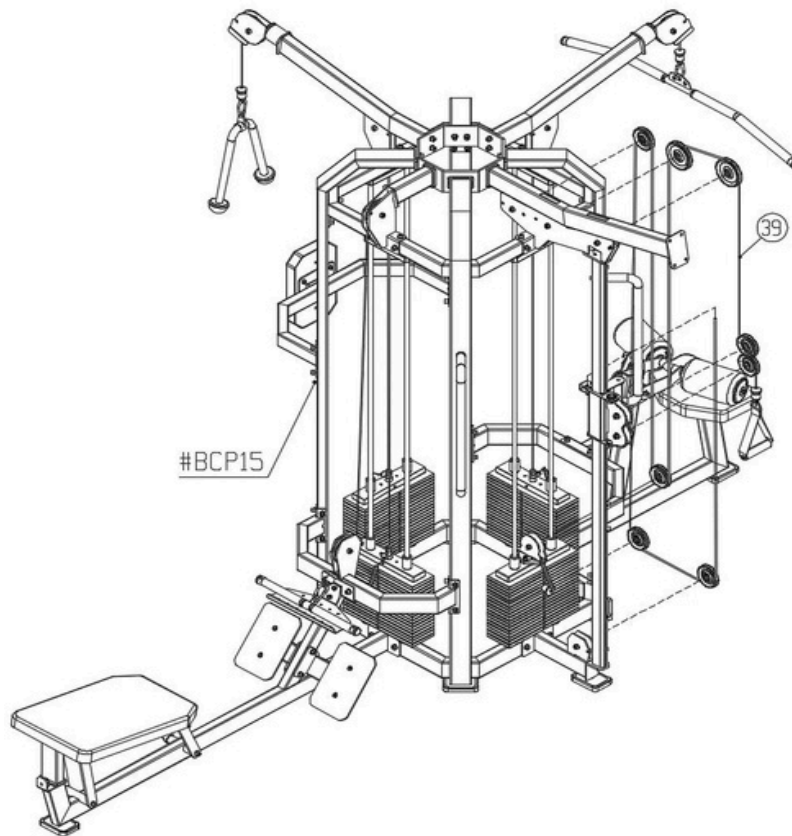- 2 × Hexagonal self-locking nuts M10 (#62)

Step 16:

Connect #BCP15 and #39 to form #BCP16 using the following method:

#BCP15

39

Step 17:

Connect #32, #40, #41, and #42 to form #BCP17 using the following method:

- 2 × Hexagon socket cheese head screws M10×110 (#63)
- 4 × Hexagon socket cheese head screws M10×70 (#64)
- 2 × Hexagon socket cheese head screws M10×25 (#54)
- 14 × Flat washers M10-D20 (#60)
- 2 × Spring washers M10 (#57)
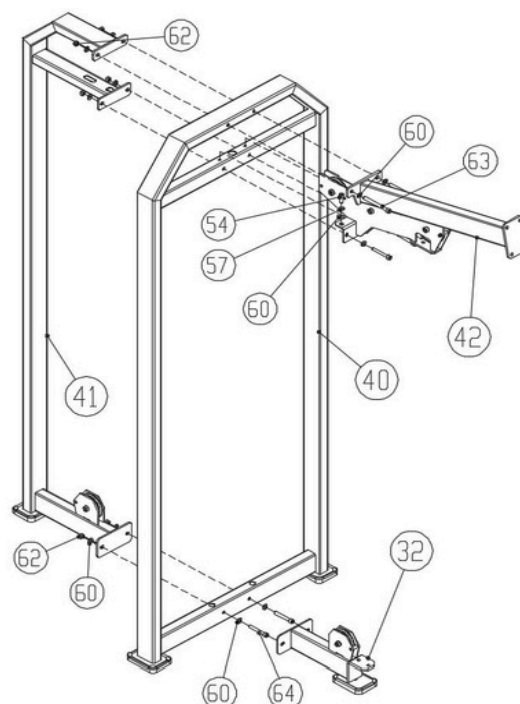- 6 × Hexagonal self-locking nuts M10 (#62)

Step 18:

Connect #BCP17 and #8, #9, #11, #12, #13, #14, #15, #16, #17, #18 to form #BCP18 using the following method:
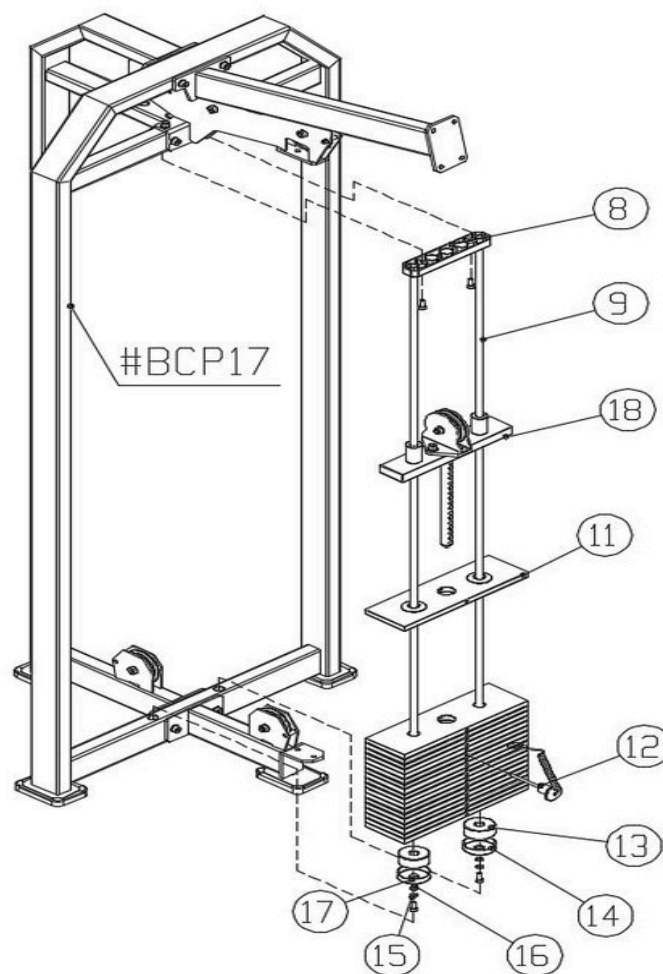
Step 19:

Connect #BCP18 and #43 to form #BCP19 using the following method:

#BCP18 — 43
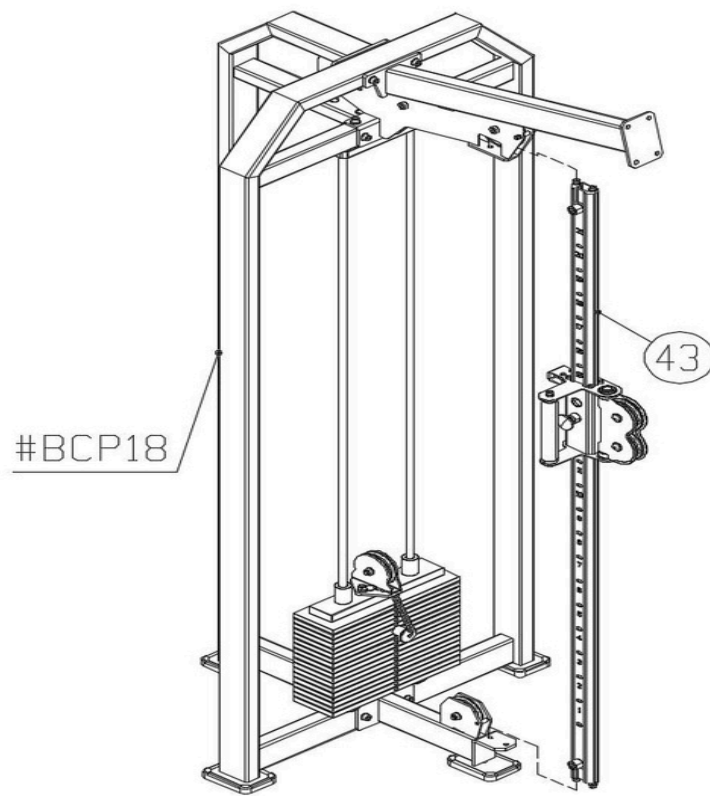
Step 20:

Connect #BCP19 and #44 to form #BCP20 using the following method:

#BCP19 — 44

Step 21:

Connect #BCP16, #BCP20, and #45 to form #BCP21 using the following method:

- 8 × Hexagon socket cheese head screws M10×30 (#65)
- 16 × Flat washers M10-D20 (#60)
- 8 × Hexagonal self-locking nuts M10 (#62)

Important Tips

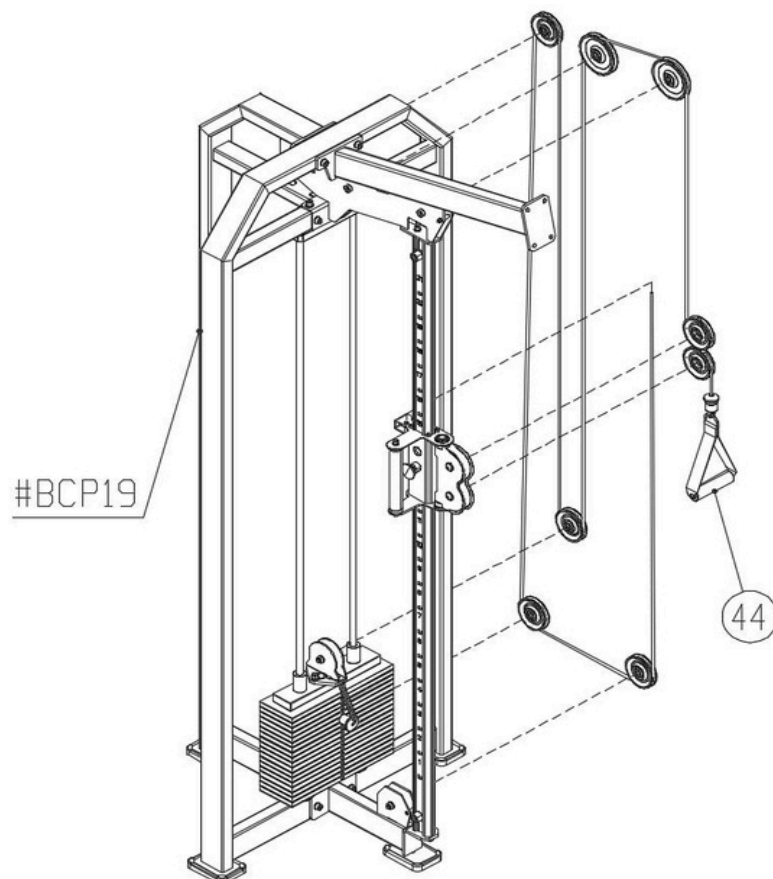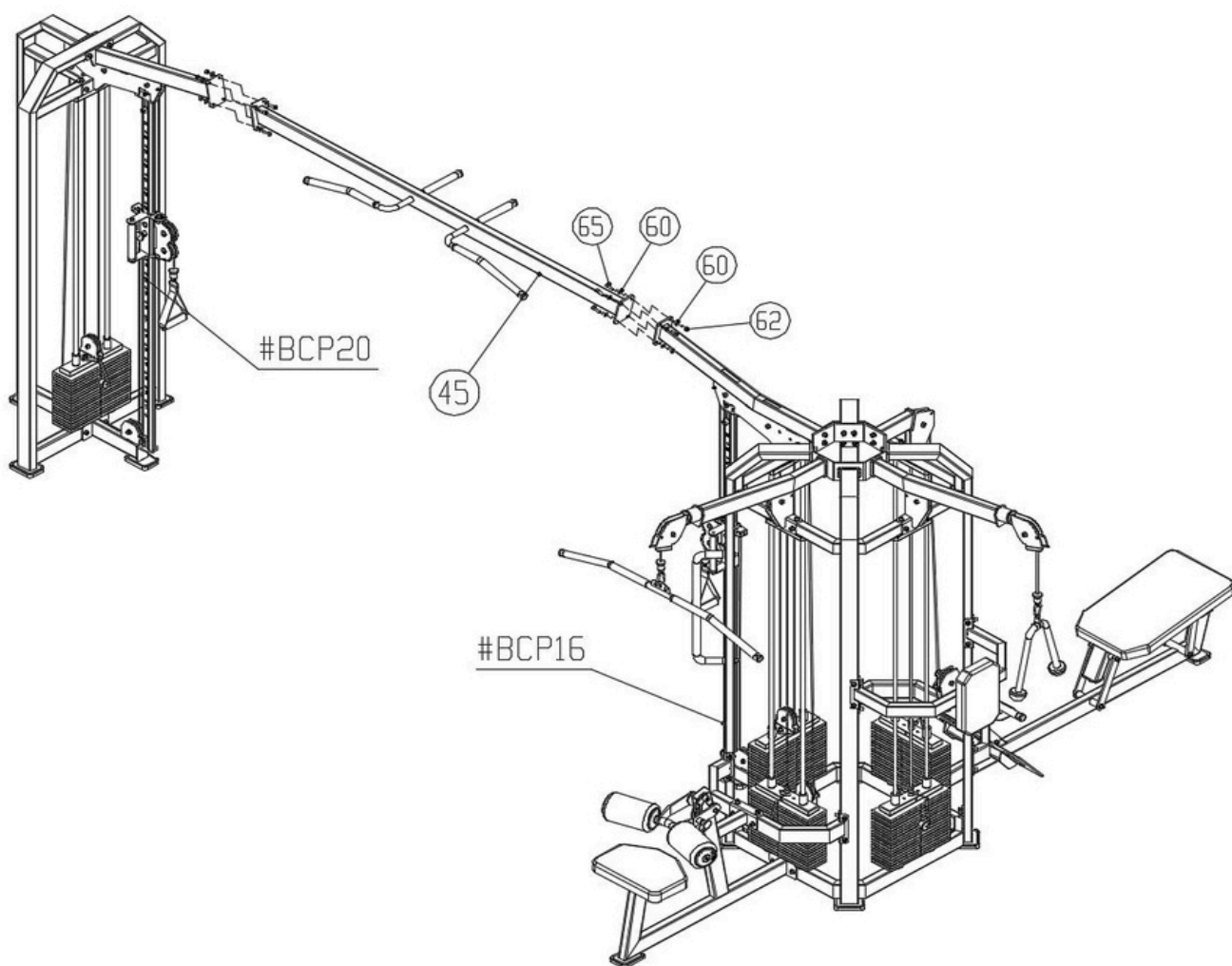Now that the Cable Station 5 is fully assembled, take a moment to ensure your unit is both level and vertically aligned.

Use a spirit level to check that the guide bars are straight in all directions.
If the unit is not level or plumb, loosen the necessary bolts, adjust the frame, and re-tighten securely.

NO	Name	QTY	NO	Name	QTY
1	sump	1	32	Flying Bird Chassis Assembly	2
2	abacus	1	33	Flying Bird Force Arm 1 Component	1
3	circular plate	1	34	Flying Bird Handrail	2
4	Connecting column 1	1	35	Flying Bird Slide Adjustment Group 1	1
5	Connecting column 2	1	36	Pull down wire rope	1
6	Connecting column 3	1	37	Triple rope wire rope	1
7	Connecting column 4	1	38	Low row functional zone wire rope	1
8	Guide bar fixing plate	5	39	Bird Area Wire Rope	1
9	guide bar	10	40	Flying Bird Counterweight Gantry	1
10	Guide block set	3	41	Flying Bird Rear Bracket Assembly	1
11	Weight plate	78	42	Flying Bird Force Arm 2 Assembly	1
12	Weight plate pin	5	43	Flying Bird Slide Adjustment Set 2	1
13	Weight plate rubber mat	10	44	Bird area wire rope 2	1
14	Counterweight frame base	10	45	Flying Bird Connecting Beam Assembly	1
15	xagon socket cheese head screws M8*	20		fasteners	
16	spring washer M8	10	51	Hexagon socket cheese head screws M10*60	6
17	flat washer M8	10	52	Hexagon socket cheese head screws M10*55	8
18	ble line counterweight guide block	2	53	Hexagon socket cheese head screws M10*35	18
19	high pulling main frame	1	54	Hexagon socket cheese head screws M10*25	74
20	High-pull connecting frame	1	55	Hexagon socket cheese head screws M8*25	12
21	is High Pull Back Muscle Press Rack	1	56	Hexagon socket cheese head screws M8*16	2
22	Universal Cushion	1	57	spring washer M10	98
23	ng Triple Head Force Arm Support As	2	58	spring washer M8	2
24	ding triple head back cushion frame	1	59	flat washer M10-D50	8
25	our-station, three-head back cushio	1	60	flat washer M10-D20	132
26	Low pull side frame set	1	61	flat washer M8-D16	14
27	Low Pull Foot Assembly	1	62	Hexagonal self-locking nuts M10	20
28	Low pull tray	1	63	Hexagon socket cheese head screws M10*110	2
29	Low pull connecting frame assembly	1	64	Hexagon socket cheese head screws M10*70	4
30	Low Tension Arm Connector Assembly	1	65	Hexagon socket cheese head screws M10*30	8
31	large backpack	1			

Note: Pre-assembled parts are not listed in this table.