

FITNESS360[®]

FT8054

Glute - Plate Loaded



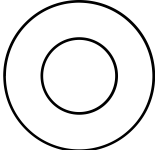
rubber hammer
spirit level
Allen wrench
More than 2 people
circlip pliers
Adjustable wrench

Fastener Overview

Below is an overview of the bolts, washers, and nuts used in this assembly. Please refer to this chart when identifying parts during each assembly step.



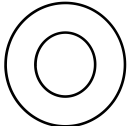
[51] (M10*25)



[53]flat washer M10-D20



[52] (M8*16)



[54]flat washer M8-D16

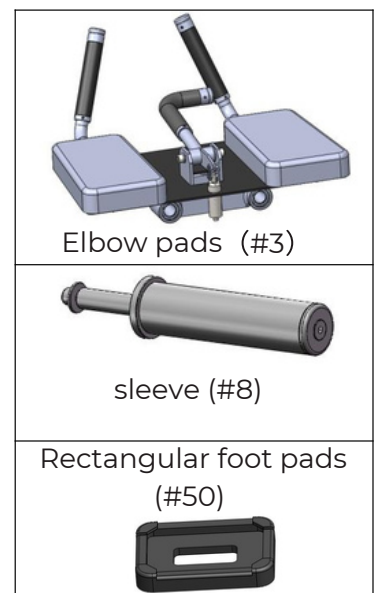
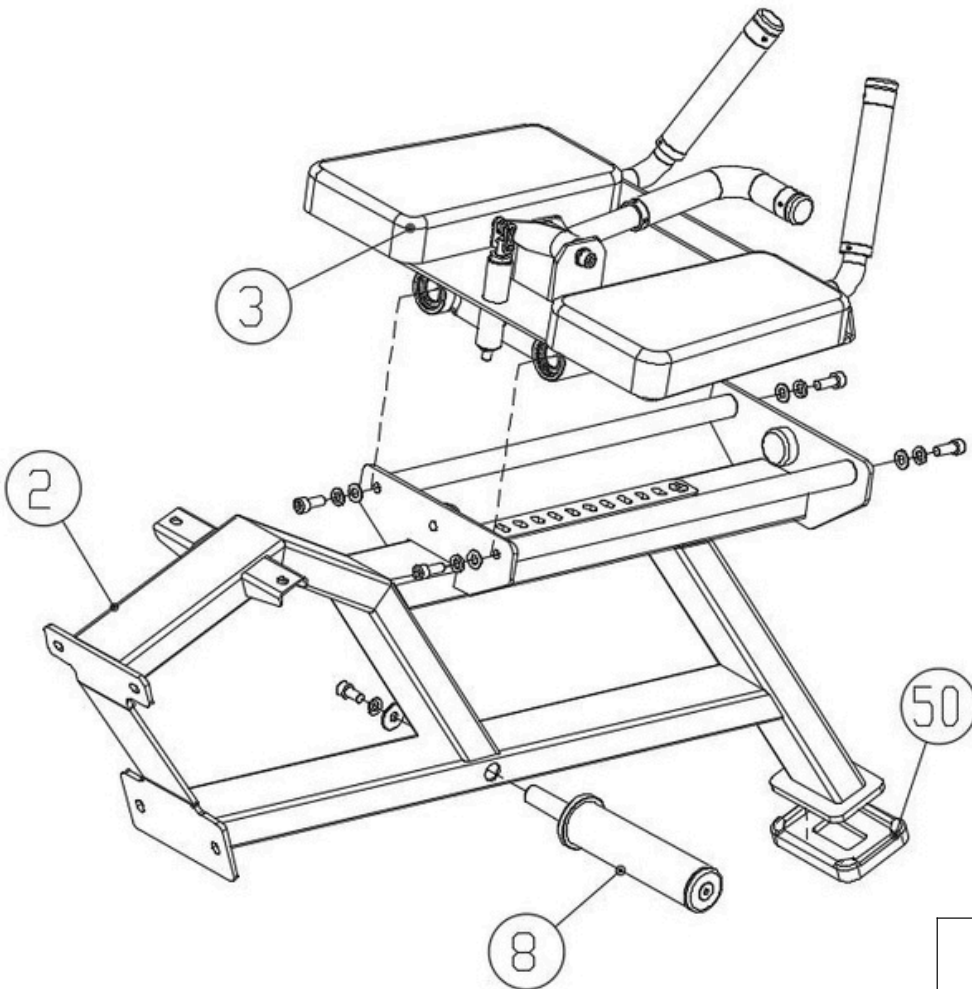


[55]spring washer M10

Step 1:

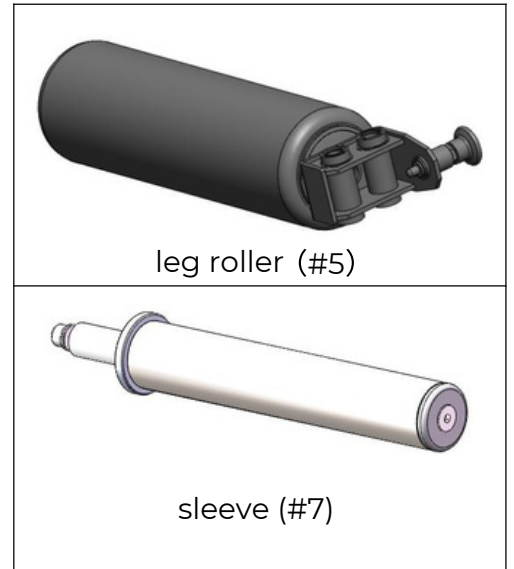
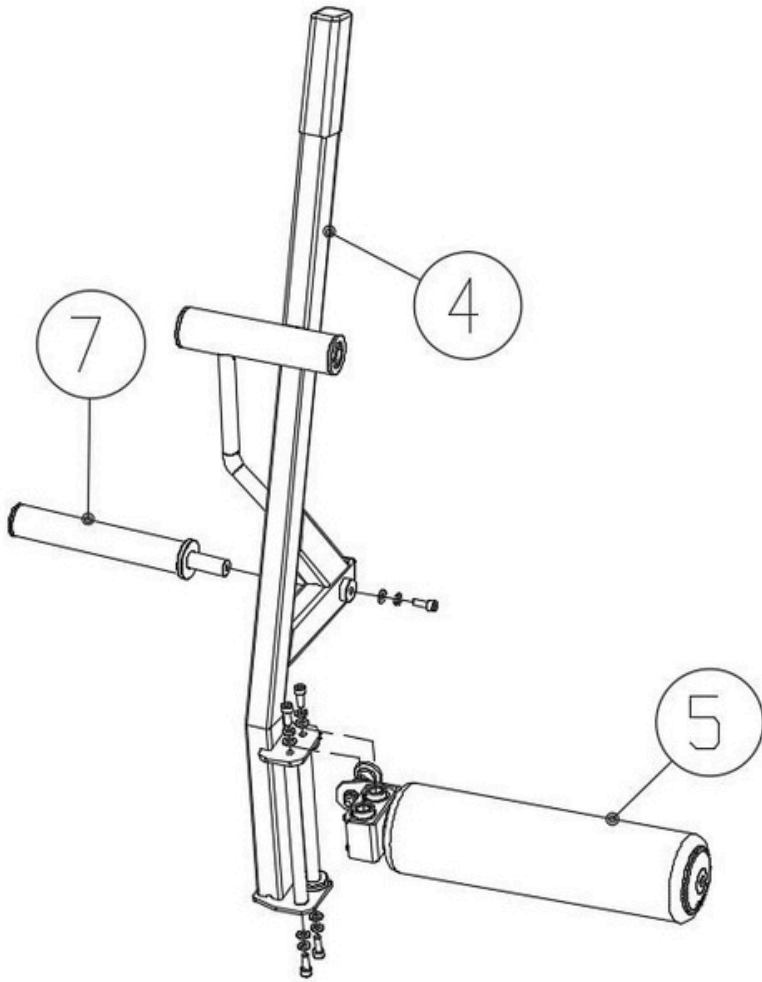
Attach the elbow pads (#3), sleeve (#8), and rectangular foot pads (#50) to the main frame (#2).

Follow the illustration and make sure all bolts are securely tightened before proceeding to the next step.



Step 2:

Attach the leg roller (#5) and sleeve (#7) to the axis of motion (#4).



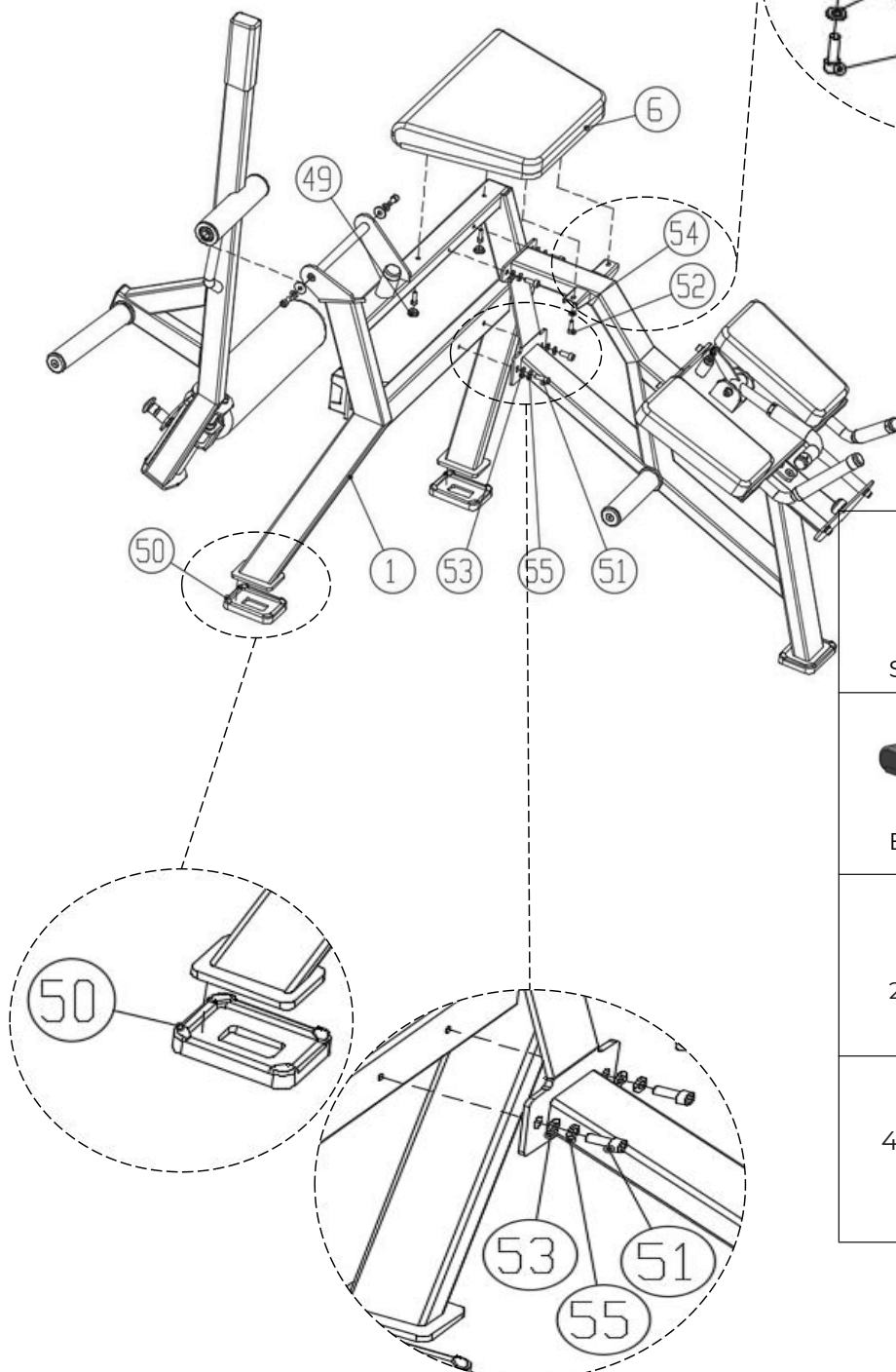
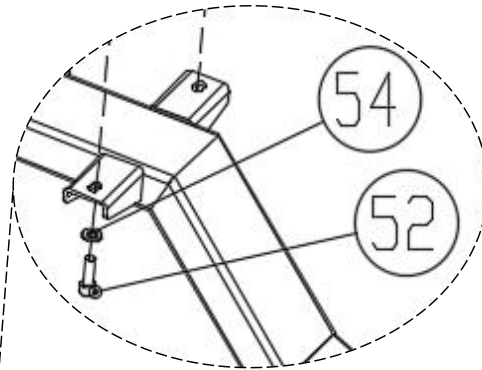
Step 3:

Attach the side frame (#1) and the belly pad (#6), then combine this with the assembly from Steps 1 and 2.

Next, install the 2x caps (#49) onto the side frame (#1).

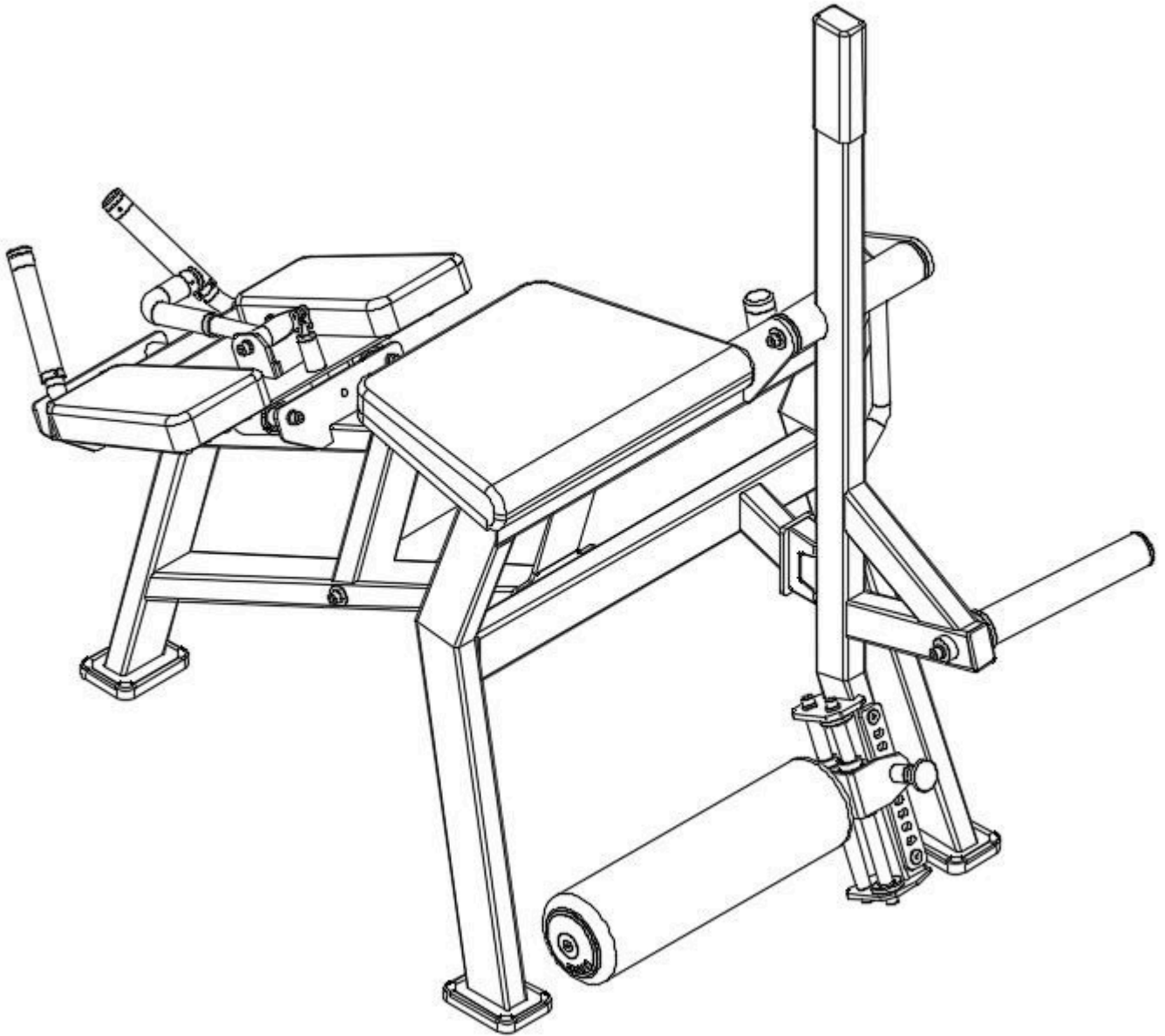
Finally, mount the rectangular foot pads (#50) onto the bottom of the side frame (#1).

- 4x Hexagon socket head screws M10*25 (#51)
- 4x Flat washers M10-D20 (#53)
- 4x Spring washers M10 (#55)
- 4x Hexagon socket head screws M8*25 (#52)
- 4x Flat washers M8-D16 (#54)



<p>Side frame (#1)</p>	<p>4x Hexagon socket head screws M8*25 (#52)</p>
<p>Belly pad (#6)</p>	<p>4x flat washer M10-D20 (#53)</p>
<p>2X cap (#49)</p>	<p>4x flat washer M8-D16 (#54)</p>
<p>4x Hexagon socket head screws M10*25 (#51)</p>	<p>4x spring washer M10 (#55)</p>

Fully Installation



Important Tips

Now that your Glute - Plate Loaded 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 specification	Qty
1	Side frame	1
2	Main frame	1
3	Elbow pads	1
4	Axis of motion	1
5	Leg roller	1
6	Belly pad	1
7	sleeve	1
8	sleeve	1
49	cap	2
50	Rectangular foot pads	3
51	Hexagon socket head screws M10*25	4
52	Hexagon socket head screws M8*25	4
53	flat washer M10-D20	4
54	flat washer M8-D16	4
55	Spring washer M10	4

Exploded view

