

FITNESS360[®]

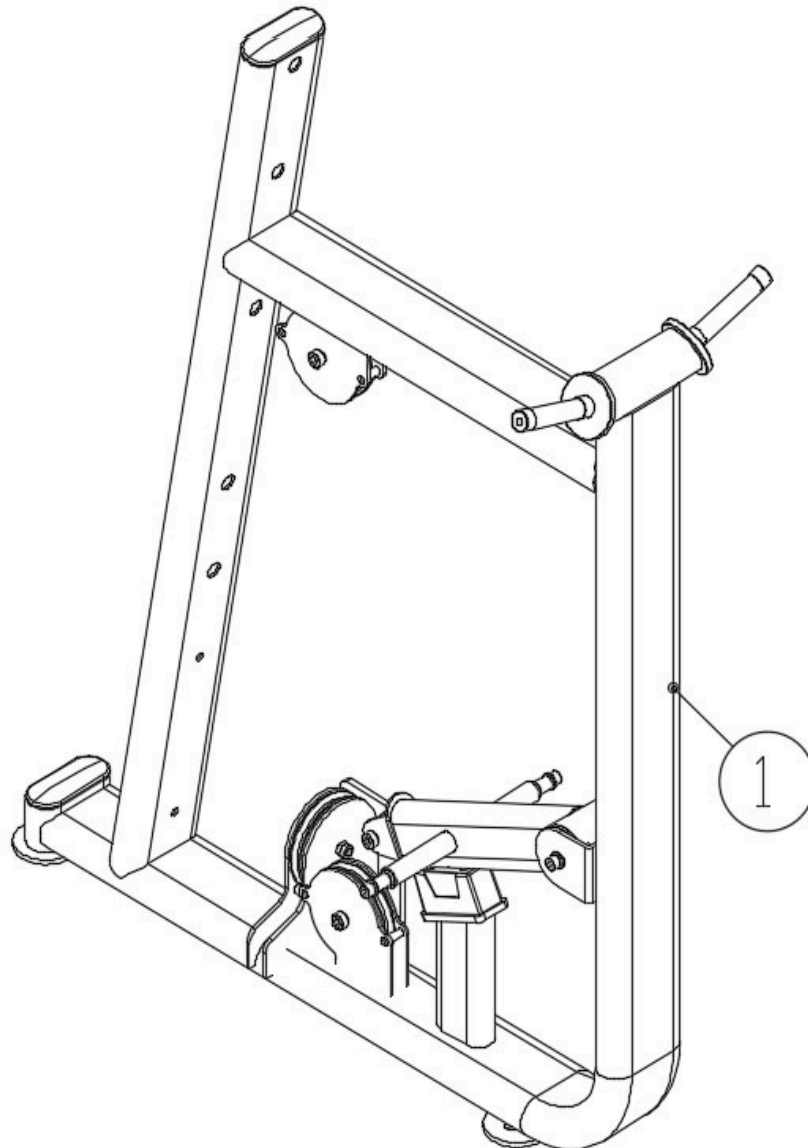
FT7213

Shoulder Press



Step 1:

Position the Dual Axis Seated Shoulder Push side frame assembly (#1) as shown in the illustration.



Step 2:

Attach the 2 rectangular foot pads (#7) to the Dual Axis Seated Shoulder Push Side Rack (#1). Then, mount the 2 weight rack foot pads (#6) to the weight rack (#2) and connect the weight rack (#2) to the lower shroud.

Components required:

- 2 × M5*15 hexagon socket cheese head screws (#5)

Step 3:

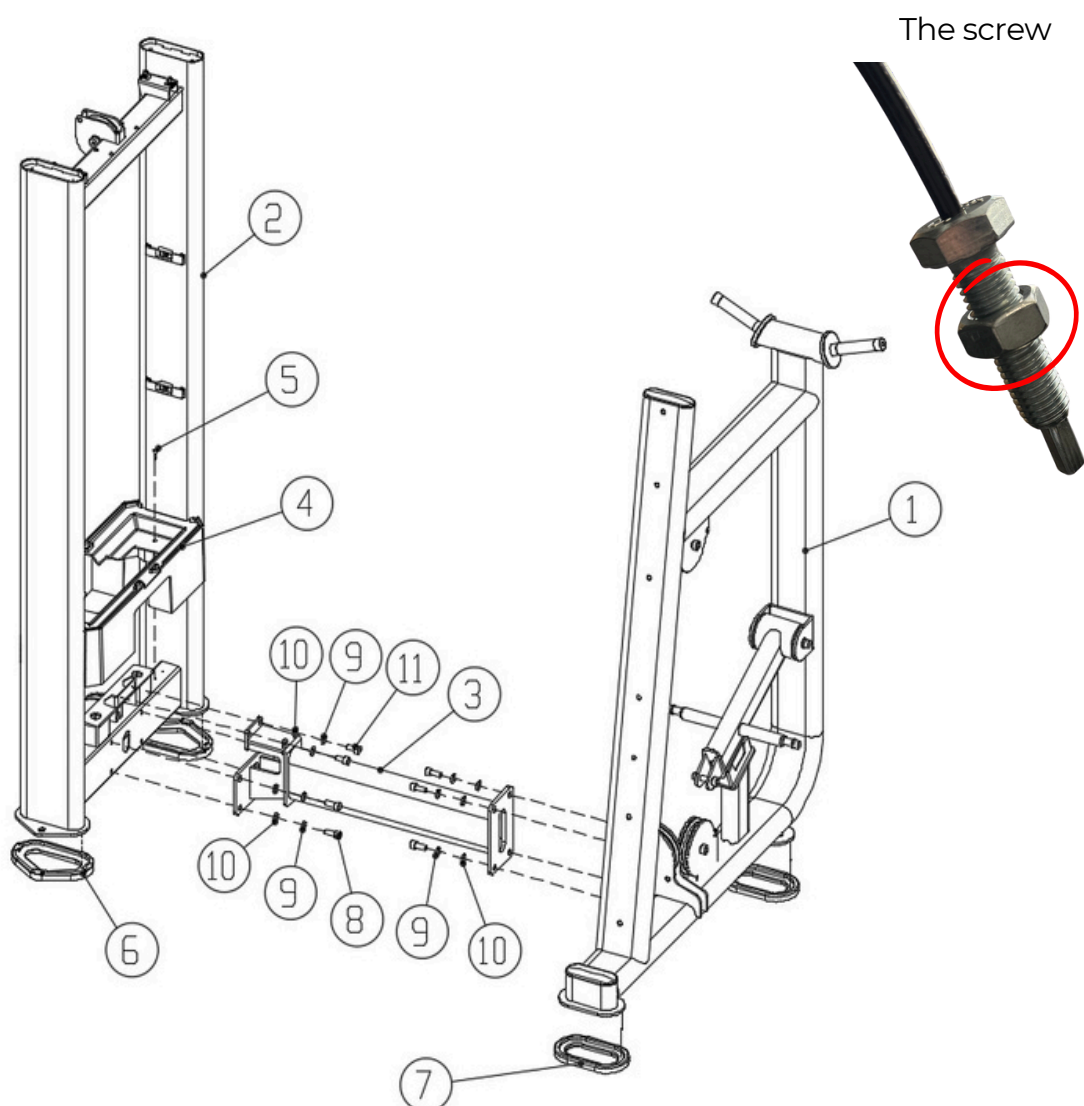
Join the side rack assembly (#1), attachment rack (#3), and counterweight rack (#2) using the following components:

Components required:

- 8 × M1025 hexagon socket cheese head screws (#8)
- 10 × M10 spring washers (#9)
- 10 × M10-D20 flat washers (#10)
- 2 × M1020 hexagon socket cheese head screws (#11)

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.

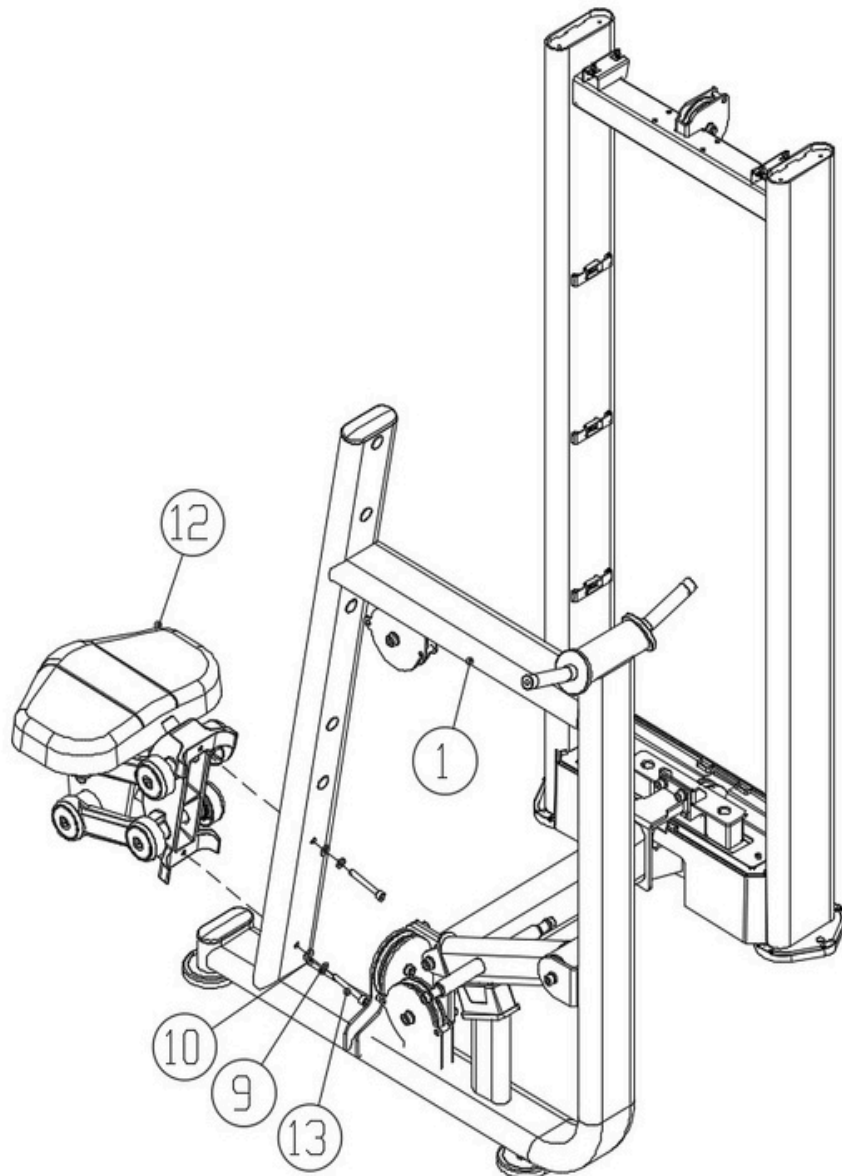


Step 4:

Attach the Seat Group Frame (#12) to the Dual Axis Seated Shoulder Push Side Frame Assembly (#1) using the following components:

Components required:

- 2 × M10×70 hexagon socket cheese head screws (#13)
- 2 × M10 spring washers (#9)
- 2 × M10-D20 flat washers (#10)



Step 5:

Attach the Head Pad (#15) and the Back Pad (#14) to the Dual Axis Seated Shoulder Side Frame Assembly (#1) using the following components:

Components required:

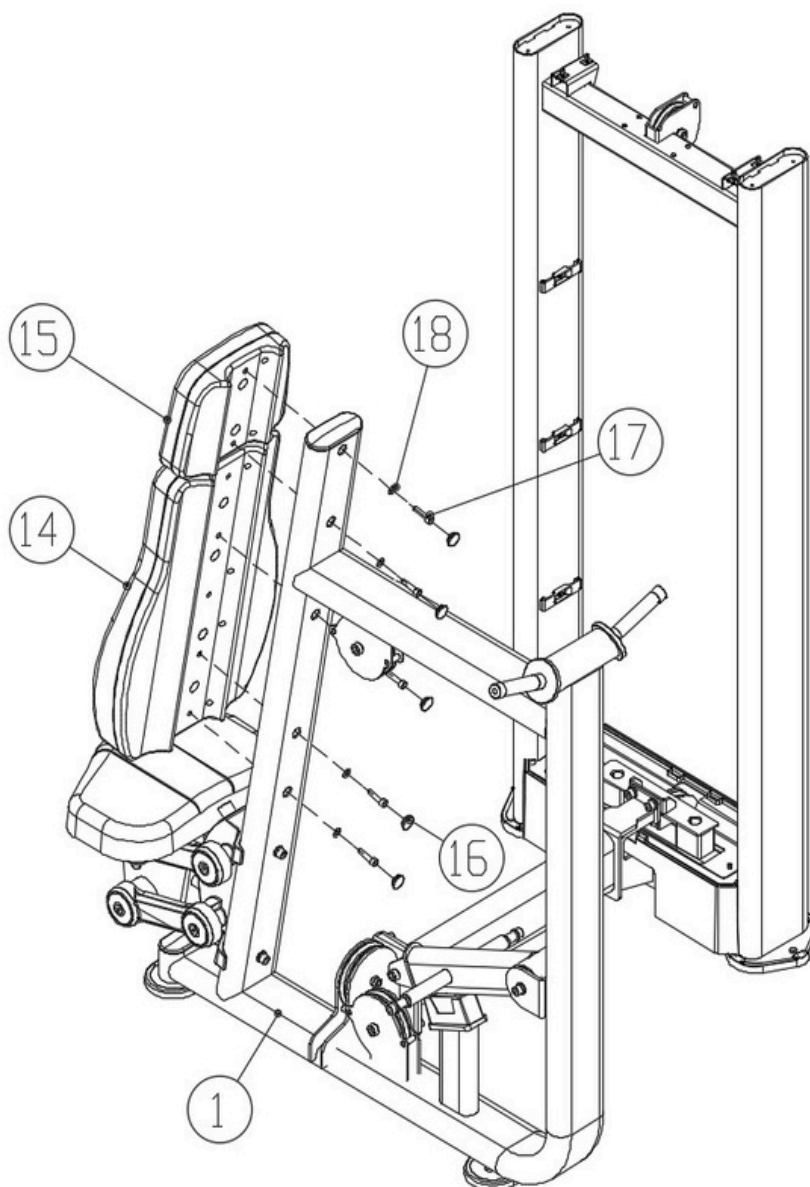
- 5 × M8×40 hexagon socket cheese head screws (#17)
- 5 × M8-D16 flat washers (#18)

Step 6:

Insert the 5 × 20-hole plugs (#16) into the designated holes on the Dual Axis Seated Shoulder Push Trainer Side Frame (#1).

Components required:

- 5 × 20-hole plugs (#16)



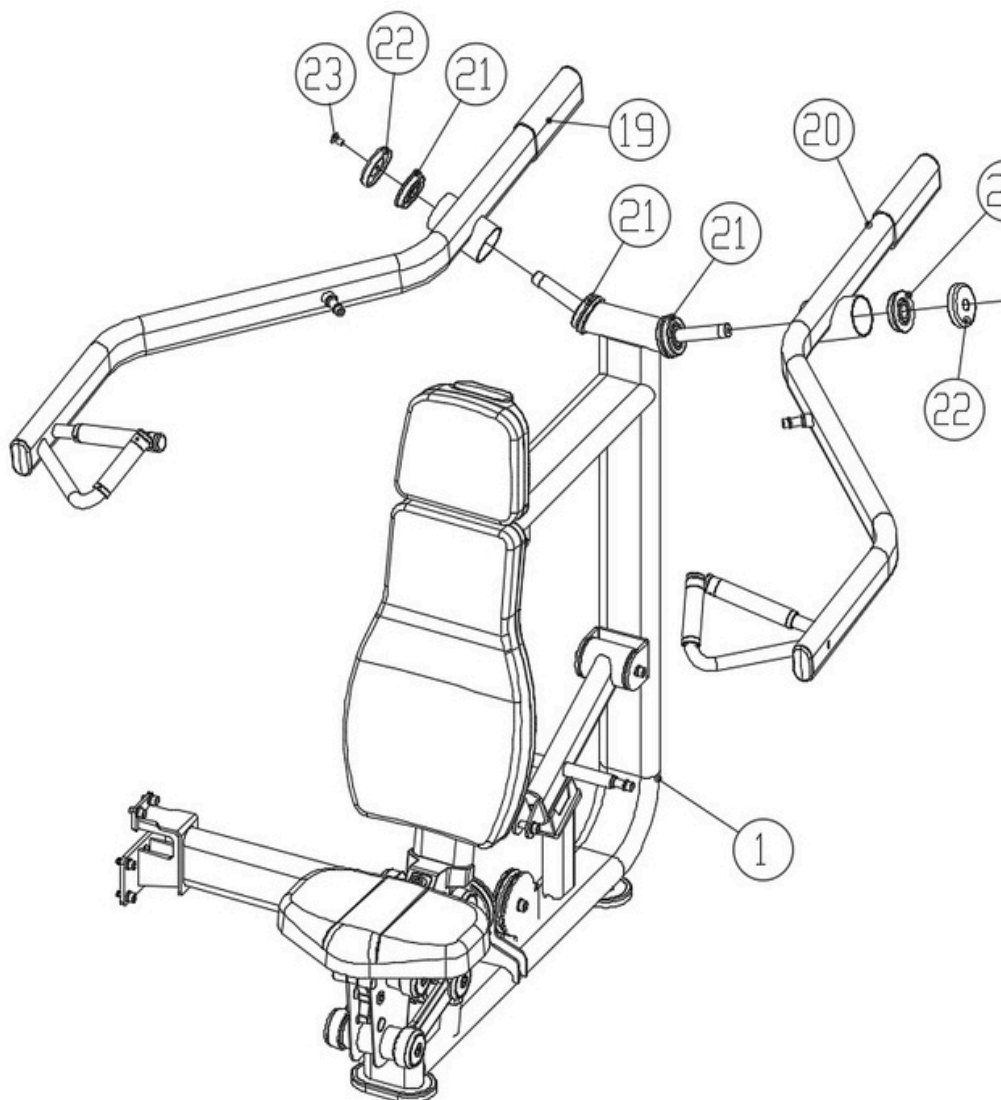
Step 7:

Attach the Dual Axis Seated Shoulder Push Right Force Arm (#20) and Left Force Arm (#19) to the Dual Axis Seated Shoulder Push Side Frame Set (#1) using the following components:

Components required:

- 4 × Ø76 deep groove ball bearings (#21)
- 2 × Ø80×16 aluminum caps (#22)
- 2 × M10×25 hexagon socket countersunk head screws (#23)

Note: Installation is symmetrical on both sides.

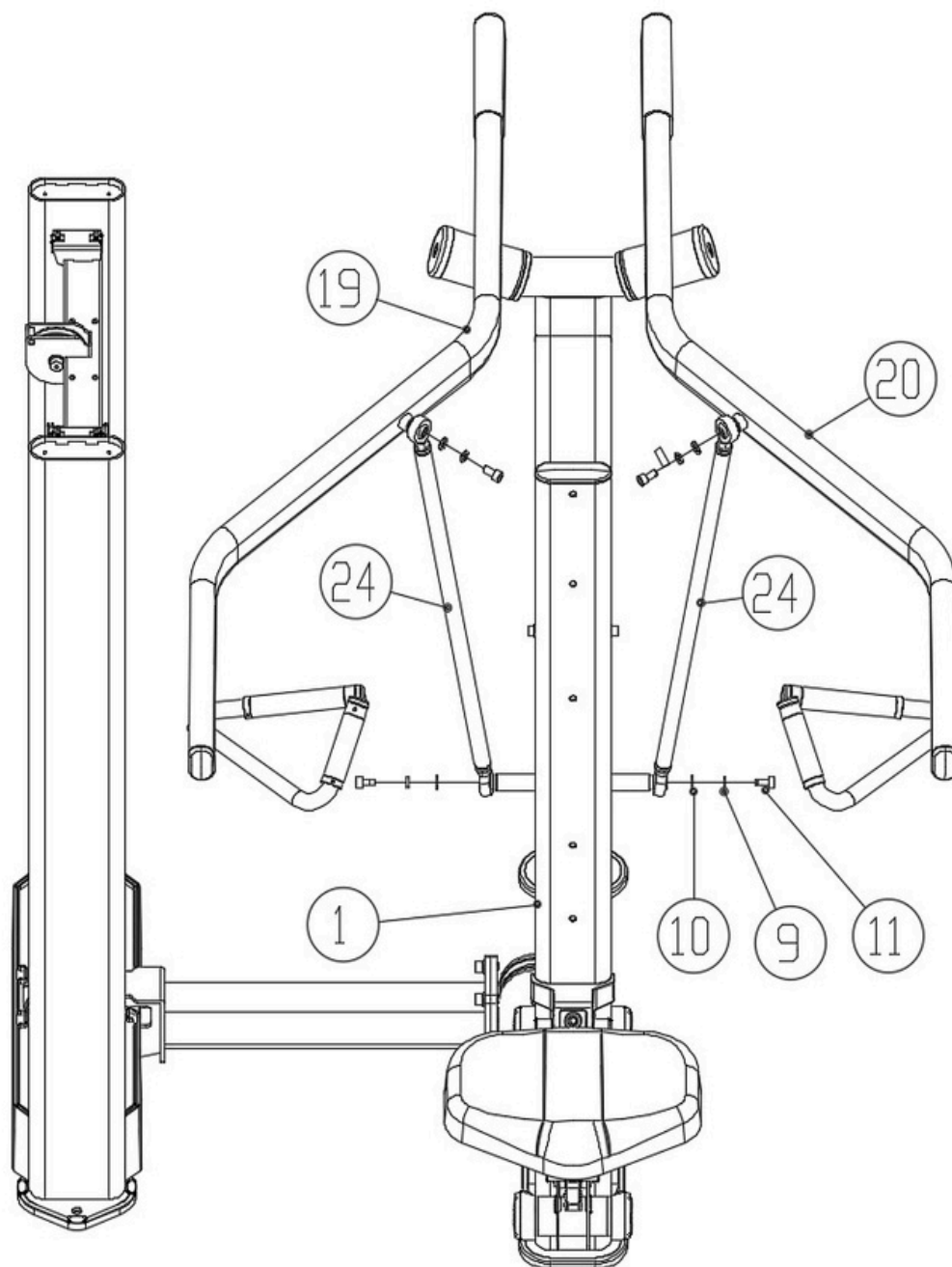


Step 8:

Connect the Twin Axis Seated Push Shoulder Side Frame Set (#1), the Right Force Arm (#20), and the Left Force Arm (#19) with the two Linkage Connecting Rods (#24) using the following components:

Components required:

- 4 × M10×20 hexagon socket cheese head screws (#11)
- 4 × M10 spring washers (#9)
- 4 × M10-D20 flat washers (#10)



Step 9:

Slide the two counterweight rubber pads (#26) over the two guide rods (#25). Then connect the two counterweight bases (#27) to the guide rods and place them inside the counterweights (#2) using the following components:

Components required:

- 2 × M8×20 hexagon socket cheese head screws (#28)
- 2 × M8 spring washers (#29)
- 2 × M8 flat washers (#18)

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

Step 10:

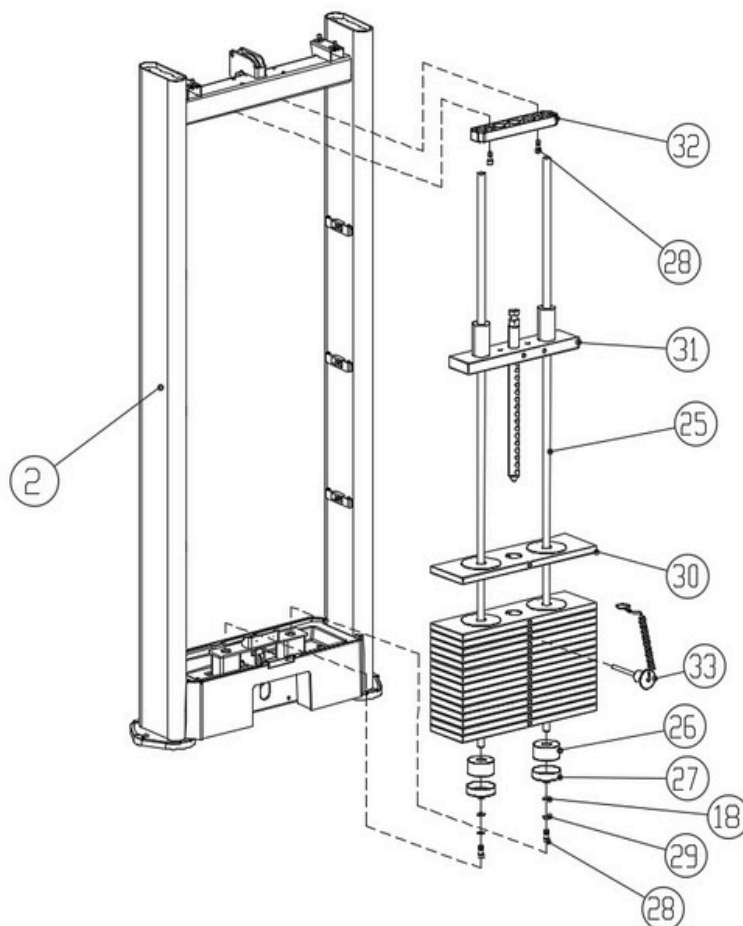
Attach the weight stack (#30) to the guide bar (#25) with the isolation tabs facing upwards. Proceed as follows:

- Install the guide block set (#31) onto the guide bar (#25).
- Insert the counterweight block pin (#33) into the counterweight block.
- Attach the guide bar mounting plate (#32) to the guide bar (#25).
- Then secure the guide bar mounting plate (#32) to the counterweight frame.

Components required:

- 2 × M8×20 hexagon socket cheese head screws (#28)

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



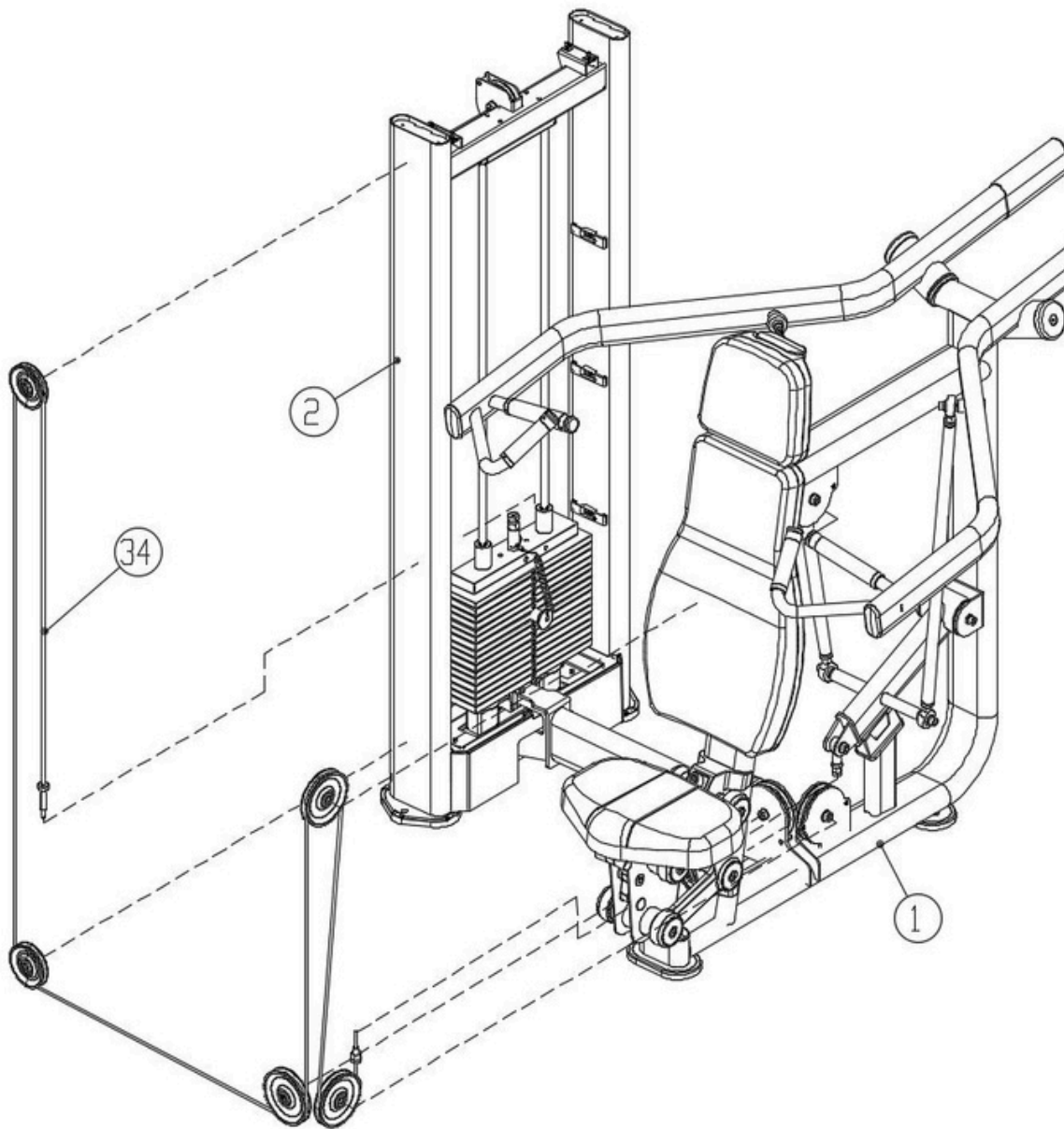
Step 11:

Thread the wire rope (#34) as shown in the picture, the pre-inst sheaves need to be disassembled and reassembled.

Ensure the pulleys are correctly synchronized with the wire rope (#34).

Step 12:

Connect one end of the wire rope (#34) to the dual-axis seated shoulder push assembly (#1), and the other end to the counterweight frame (#2).



Step 13:

Install the trim components onto the counterweight frame (#2) as follows:

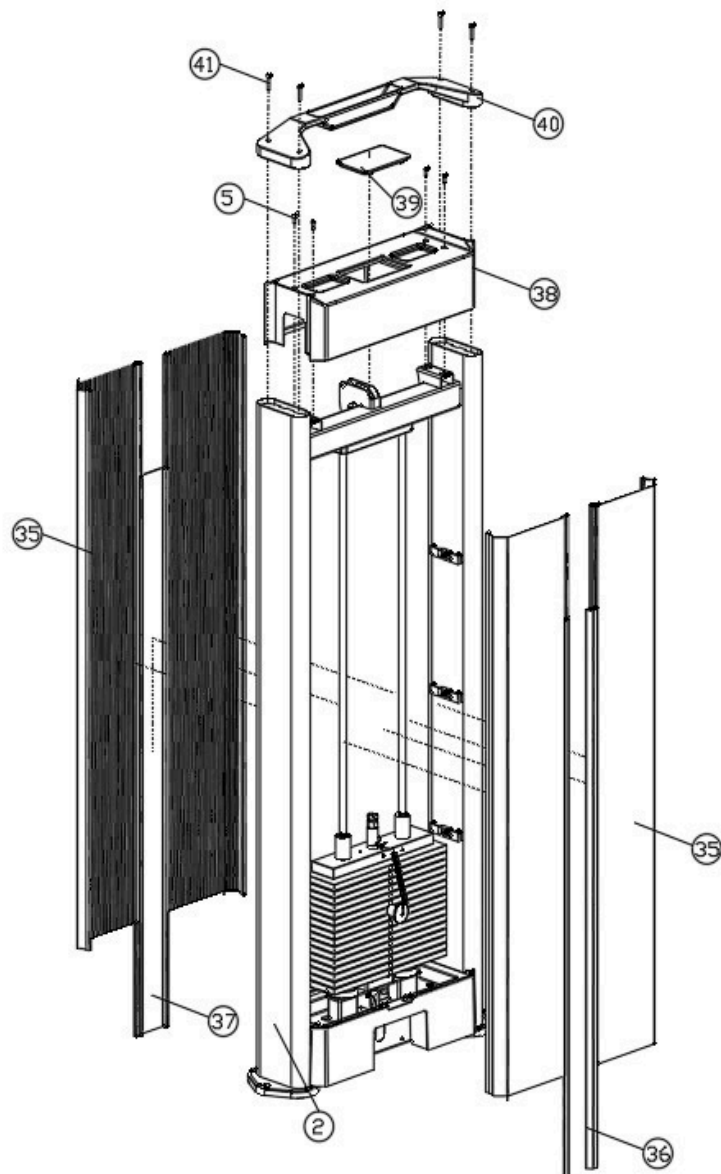
- Slide the two trim strips (#36) into the two baffles (#35).
- Slide the trim plate (#37) into the two baffles (#35), and use the plate to connect everything to the counterweight frame (#2).
- Attach the upper shroud (#38) to the counterweight frame (#2) using:
 - 4 × M5×15 hexagon socket cheese head screws (#5)

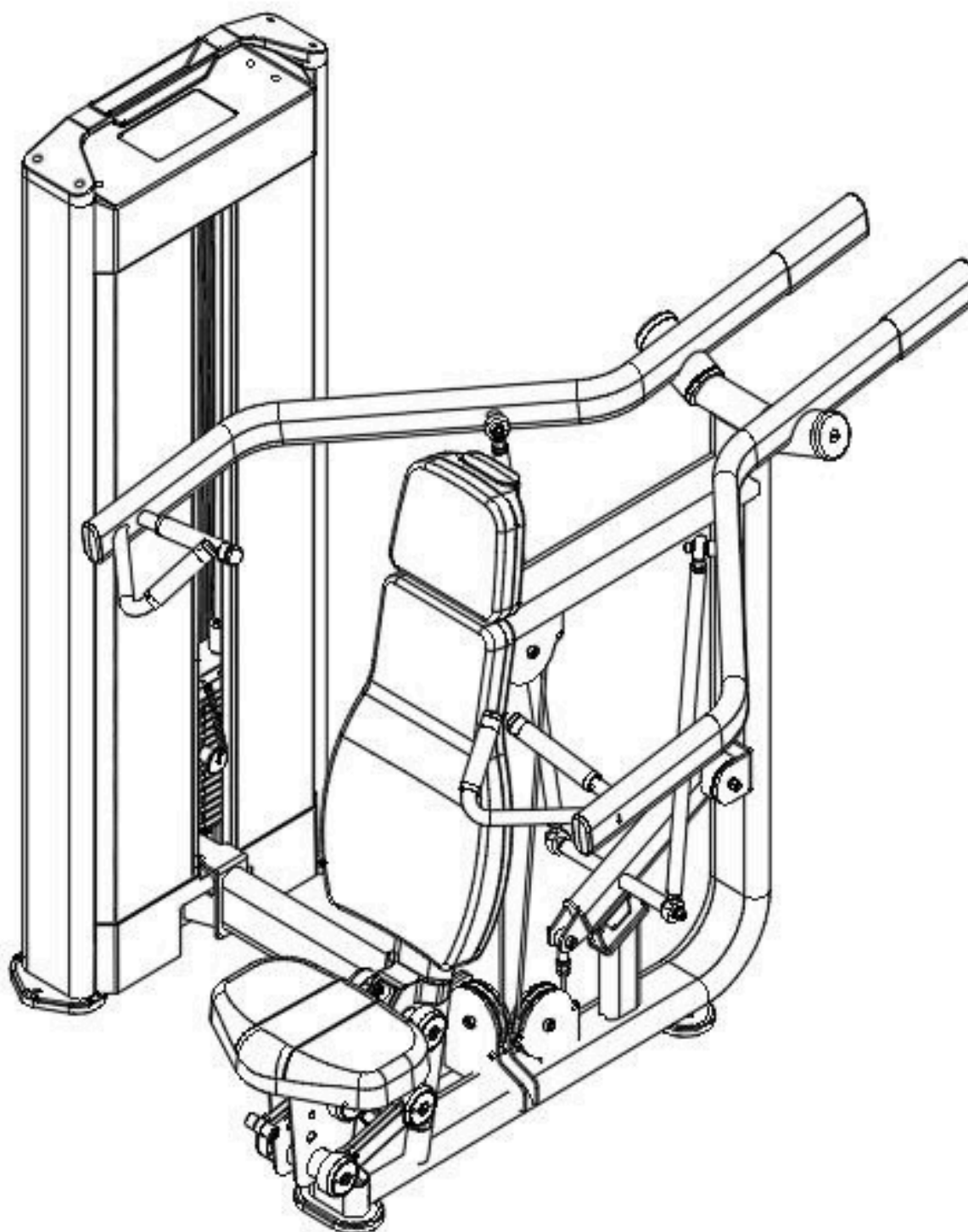
Step 14:

Finalize the top shroud assembly:

- Attach the upper cover trim (#40) to the counterweight frame (#2).
- Snap the upper shroud top cover (#39) into the upper shroud (#38).
- Secure with: 4 × M6×30 hexagon socket cheese head screws (#41)

Remember: Tighten all screws with a wrench before continuing to the next step.





Important Tips

Now that the Shoulder Press is fully assembled, take a moment to ensure the unit is both level and vertically aligned (plumb).

Use a spirit level to verify that the guide rods are upright in both directions. If the unit is not properly aligned, loosen the frame hardware, adjust the alignment, and then retighten all bolts securely.

Accessory List

| NO | Name and specification | QTY |
|----|--|-----|
| 1 | Double Axis Seated Push Shoulder Side Frame Assembly | 1 |
| 2 | counterweight frame | 1 |
| 3 | connection frame | 1 |
| 4 | lower shroud | 1 |
| 5 | Hexagon socket cheese head screws (M5*15) | 12 |
| 6 | counterweight footrest | 2 |
| 7 | Rectangular Foot Mat | 2 |
| 8 | Hexagon socket cheese head screws (M10*25) | 8 |
| 9 | spring washer (M10) | 16 |
| 10 | flat washer (M10-D20) | 16 |
| 11 | Hexagon socket cheese head screws (M10*20) | 6 |
| 12 | Seat frames | 1 |
| 13 | Hexagon socket cheese head screws (M10*70) | 2 |
| 14 | Backrest | 1 |
| 15 | headrest | 1 |
| 16 | 20-hole plug | 5 |
| 17 | Hexagon socket cheese head screws (M8*40) | 5 |
| 18 | flat washer (M8-D16) | 7 |
| 19 | Double Axis Seated Shoulder Push Left Power Arm | 1 |
| 20 | Double Axis Seated Shoulder Push Right Power Arm | 1 |
| 21 | φ76 Deep groove ball bearings | 4 |

| no | Name and specification | qty |
|----|---|-----|
| 22 | φ 80*16aluminum cap | 2 |
| 23 | Hexagon socket countersunk head screws (M10*25) | 2 |
| 24 | Biaxial seated push shoulder linkage connecting rod | 2 |
| 25 | guide bar | 2 |
| 26 | Counterweight rubber pads | 2 |
| 27 | counterweight base | 2 |
| 28 | Hexagon socket cheese head screws (M8*20) | 4 |
| 29 | spring washer (M8) | 2 |
| 30 | Weight stack | 14 |
| 31 | Guide block set | 1 |
| 32 | Guide bar mounting plate | 1 |
| 33 | Weight stack pin | 1 |
| 34 | cable | 1 |
| 35 | shield | 4 |
| 36 | decorative strip | 2 |
| 37 | decorative plate | 1 |
| 38 | upper shroud | 1 |
| 39 | Upper Shroud Top Cover | 1 |
| 40 | Top cover trim | 1 |
| 41 | Hexagon socket cheese head screws (M6*30) | 4 |

Note: Parts pre-installed are not listed in this table.