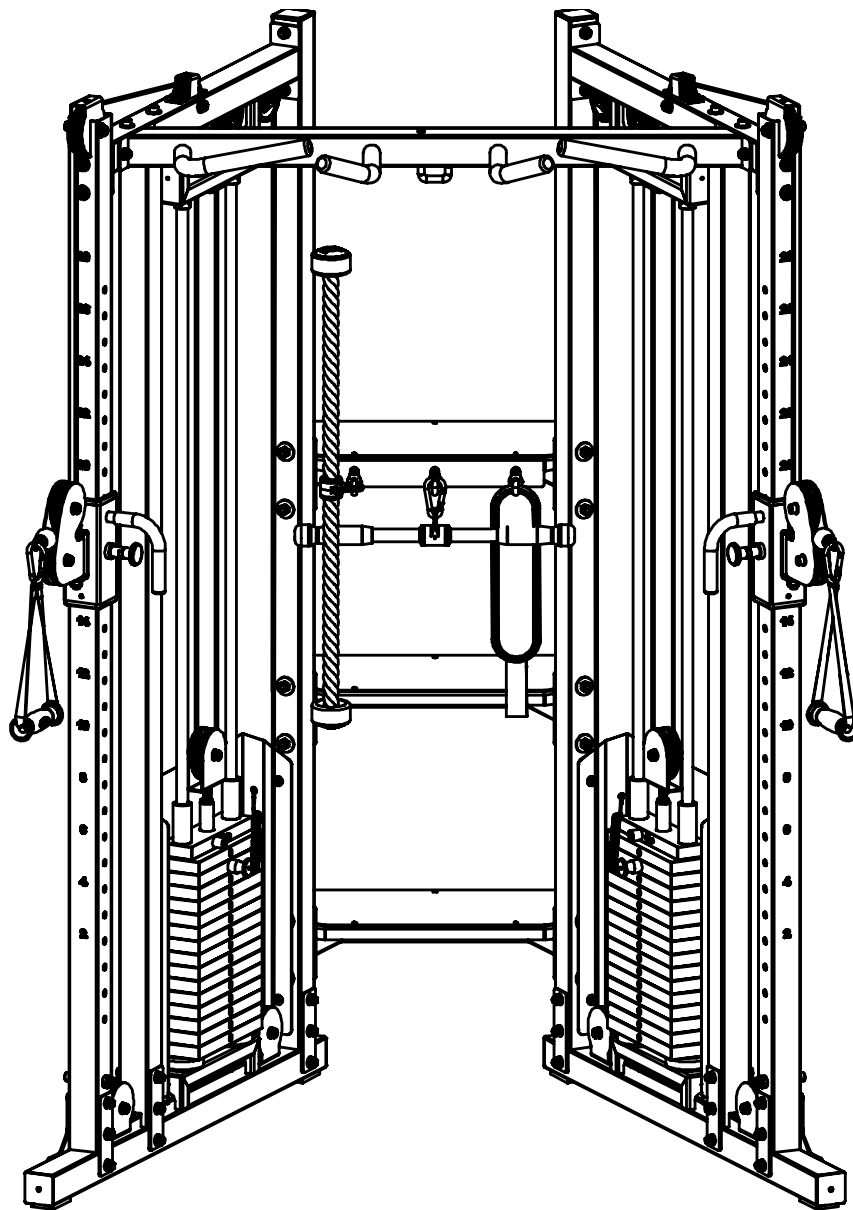




Model # FT60

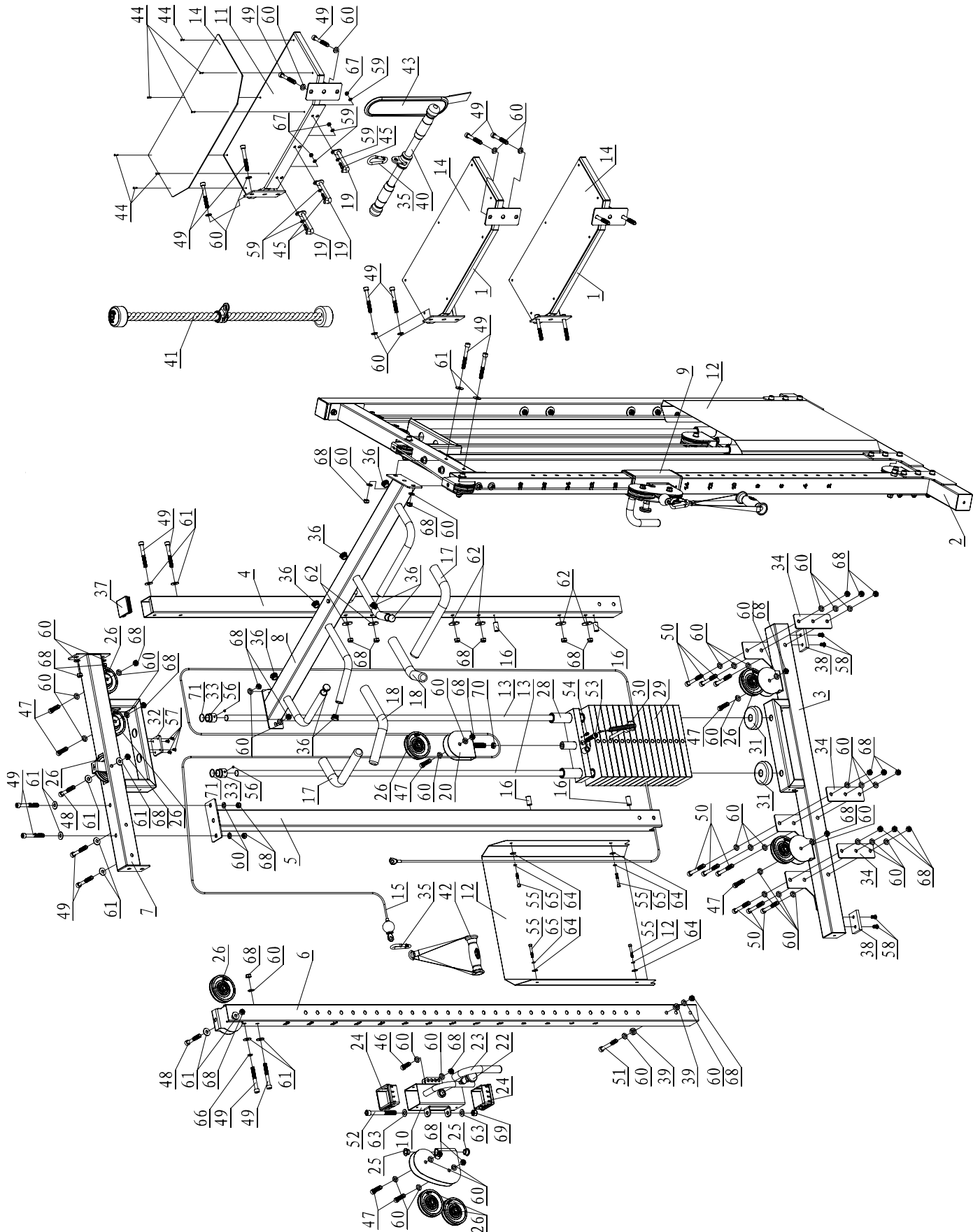
TAG FT60 Functional Trainer



www.tagfitness.net

630-375-1500

EXPLODED DRAWING



PARTS LIST

No.	Description	QT	No.	Description	QT
1	Tray	2	37	End Cap F60*2	2
2	Left Base Frame	1	38	Base Pad 70*45*10	4
3	Right Base Frame	1	39	Limit Sleeve $\Phi 22 \times \Phi 10 \times 8$	4
4	Rear Upright Frame	2	40	Short Handle $\Phi 25 \times 530$	1
5	Middle Upright Frame	2	41	Tricep Rope $\Phi 28.5 \times 915$	1
6	Front Upright Frame	2	42	Handle 132*260	2
7	Side Cross Frame	2	43	Ankle Strap 340*90*10	1
8	Upper Cross Frame	1	44	Screw $\Phi 4 \times 10$	21
9	Left Slide Bracket	1	45	Hex Round Bolt M6*15	3
10	Right Slide Bracket	1	46	Hex Round Bolt M10*35	2
11	Upper Tray	1	47	Hex Round Bolt M10*45	14
12	Shroud 600*505*88*1.2	2	48	Hex Round Bolt M10*75	4
13	Guide Rod $\Phi 20 \times 1692$	4	49	Hex Round Bolt M10*80	28
14	PS Plate 590*250*3	3	50	Hex Round Bolt M10*85	18
15	Cable $\Phi 5 \times 7885$	2	51	Hex Round Bolt M10*90	2
16	Fixing Sleeve $\Phi 15 \times \Phi 6.2 \times 29.5$	8	52	Hex Round Bolt M12*110	2
17	Sleeve $\Phi \times 24 \times 3 \times 370$	2	53	Hex Round Bolt M10*50	2
18	Sleeve $\Phi \times 24 \times 3 \times 320$	2	54	Hex Round Bolt M5*10	2
19	Hook Frame	3	55	Hex Round Bolt M6*40	8
20	Pulley Frame	2	56	Hex Cone Set Screw M6*4	4
21	Double Pulley Frame	2	57	Hex Sunk Screw M5*10	8
22	Pin	2	58	Hex Pan Bolt M8*15	8
23	Sleeve $\Phi 18 \times 3 \times 200$	2	59	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	6
24	Square Sleeve F75*2.5-F60	4	60	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	98
25	Metal Powder Bushing	4	61	Big Washer $\Phi 10.6 \times \Phi 26 \times 2$	24
26	Pulley $\Phi 95 \times 24$	18	62	Flat Washer $\Phi 11 \times \Phi 34 \times 3$	12
27	Selected Shaft $\Phi 25 \times 470 \times M12$	2	63	Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$	4
28	Top Weight Plate 247*65*25.4	2	64	Big Washer $\Phi 6.6 \times \Phi 18 \times 1.6$	8
29	Weight Stack 260*100*25.4	30	65	Spring Washer $\Phi 6$	8
30	Magnetic Pin 10*93	2	66	Spring Washer $\Phi 10$	2
31	Crash Pad $\Phi 80 \times 25$	4	67	Nut M6	3
32	Pad 60*50*6	2	68	Nut M10	66
33	Guide Rod	4	69	Nut M12	2
34	Plate 152*50*4	6	70	Thin Nut M12	2
35	Safety Hook $\Phi 8 \times 80$	3	71	O-Ring $\Phi 19 \times 1.8$	4
36	End Cap $\Phi 25 \times 2.5$	8			

ASSEMBLY

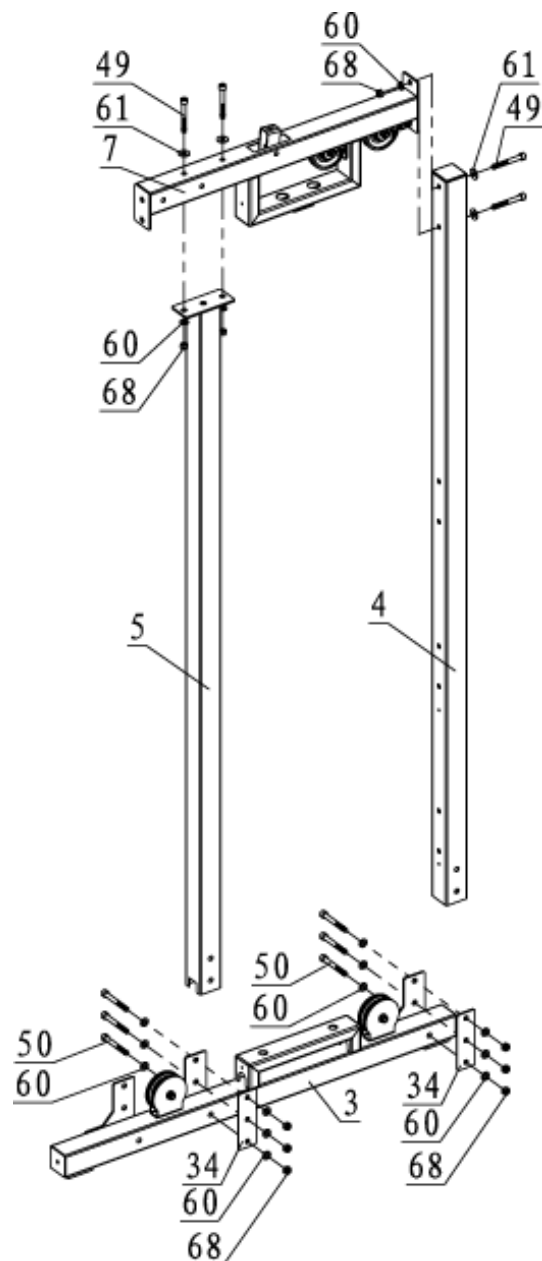
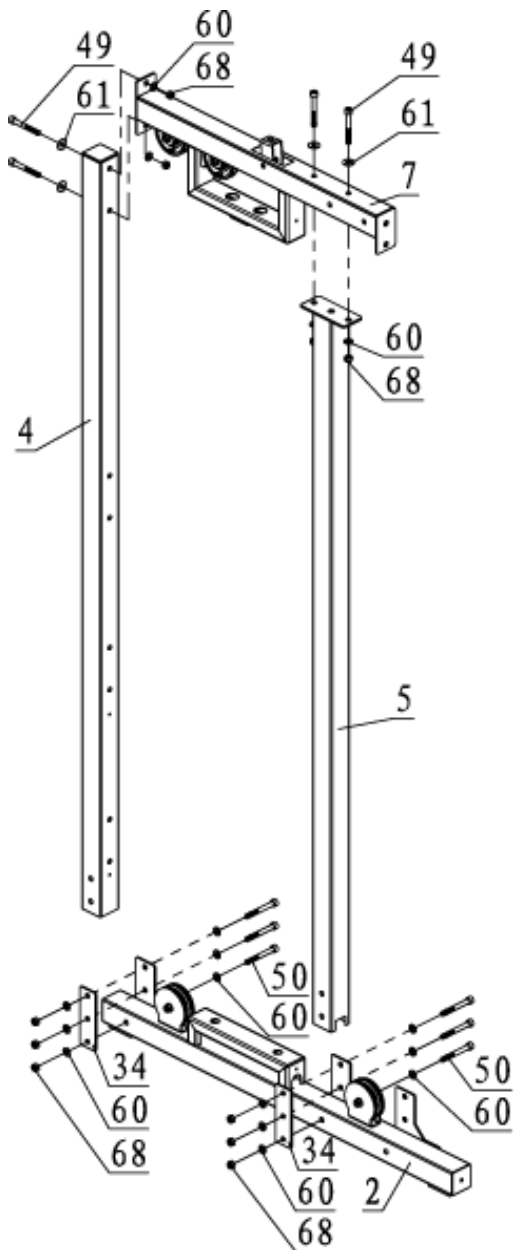
STEP 1 & 2

Install Rear Upright Frame (4) onto Left Base Frame (2), using Plate (34), Hex Round Bolt (50), Flat Washer (60) and Nut (68);

Install Middle Upright Frame (5) onto Left Base Frame (2), using Plate (34), Hex Round Bolt (50), Flat Washer (60) and Nut (68);

Install Side Cross Frame (7) onto Rear Upright Frame (4) and Middle Upright Frame (5), using Hex Round Bolt (49), Big Washer (61), Flat Washer (60) and Nut (68).

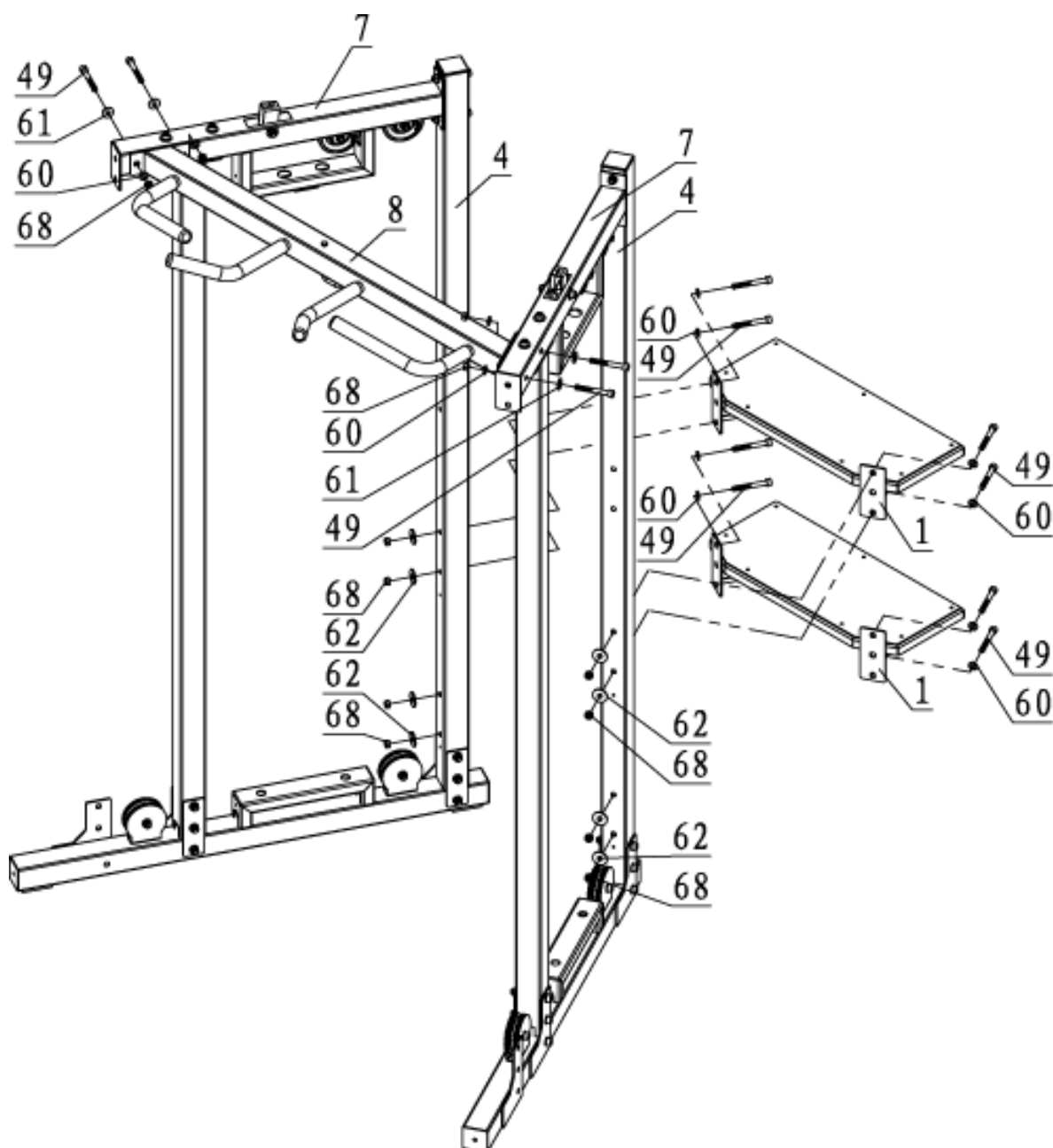
Install the other side with the same way.



STEP 3

Install 2 Tray (1) onto Rear Upright Frame (4), using Hex Round Bolt (49), Flat Washer (60), Flat Washer (62) and Nut (68);

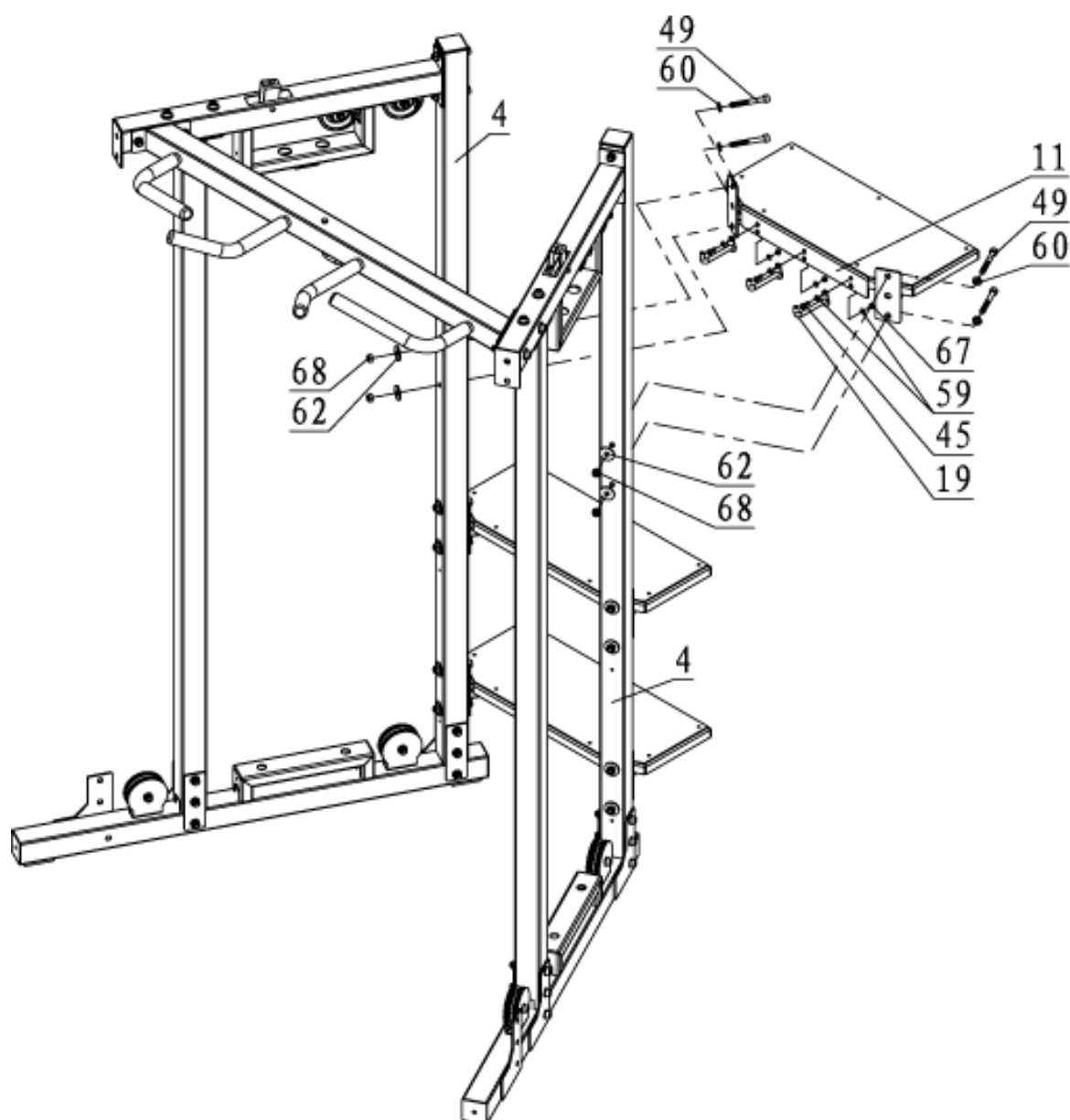
Install Upper Cross Frame (8) onto Side Cross Frame (7), using Hex Round Bolt (49), Big Washer (61), Flat Washer (60) and Nut (68);



STEP 4

Install Hook Frame (19) onto Upper Tray (11), using Hex Round Bolt (45), Flat Washer (59) and Nut (67);

Install Upper Tray (11) onto Rear Upright Frame (4), using Hex Round Bolt (49), Flat Washer (60), Flat Washer (62) and Nut (68).



STEP 5

Install Right Slide Frame (10) onto Front Upright Frame (6);

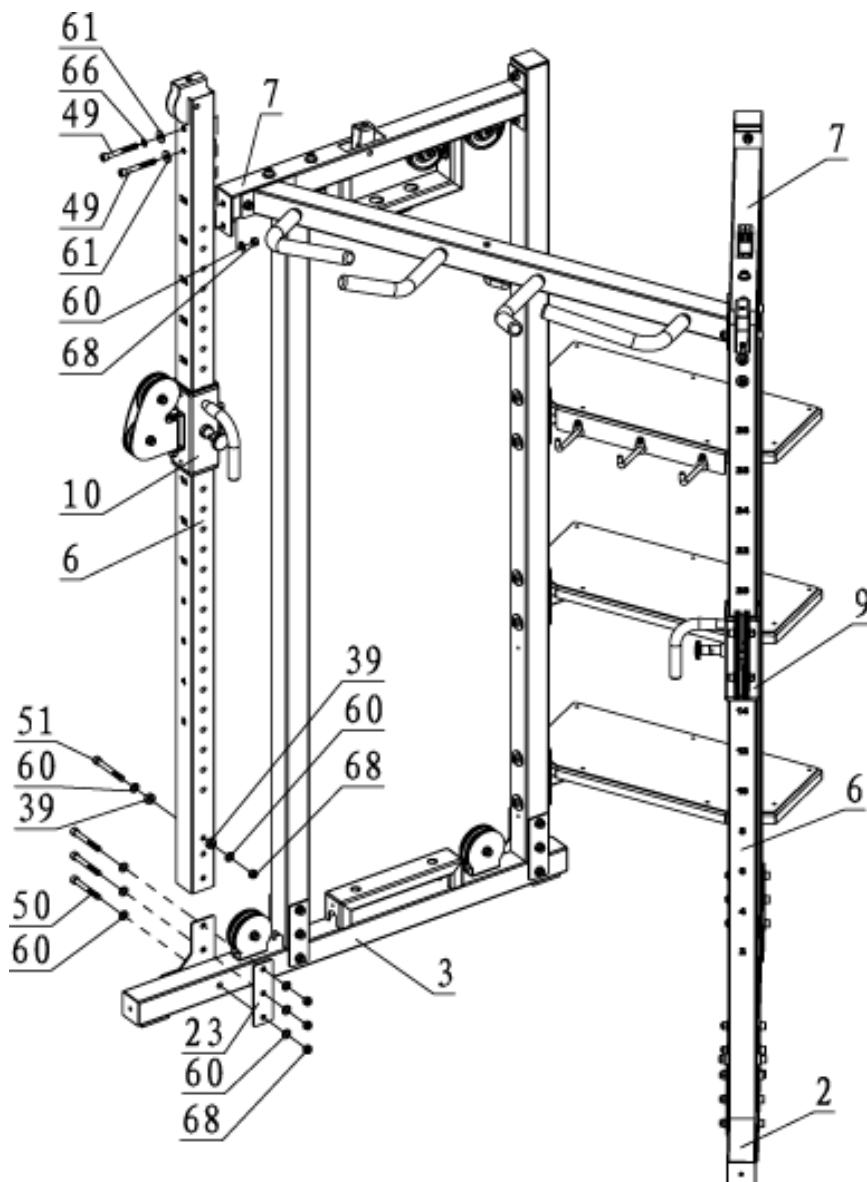
Install Front Upright Frame (6) onto Right Base Frame (3), using Plate (23), Hex Round Bolt (50), Flat Washer (60), and Nut (68);

Install Front Upright Frame (6) onto Side Cross Frame (7), using Hex Round Bolt (49), Spring Washer (66), Big Washer (61), Flat Washer (60), and Nut (68);

Install Limit Sleeve (39) onto Front Upright Frame (6), using Hex Round Bolt (51), Flat Washer (60), and Nut (68);

Please make sure that the Slide Frame can move smoothly after installing;

Install the other side with the same way.

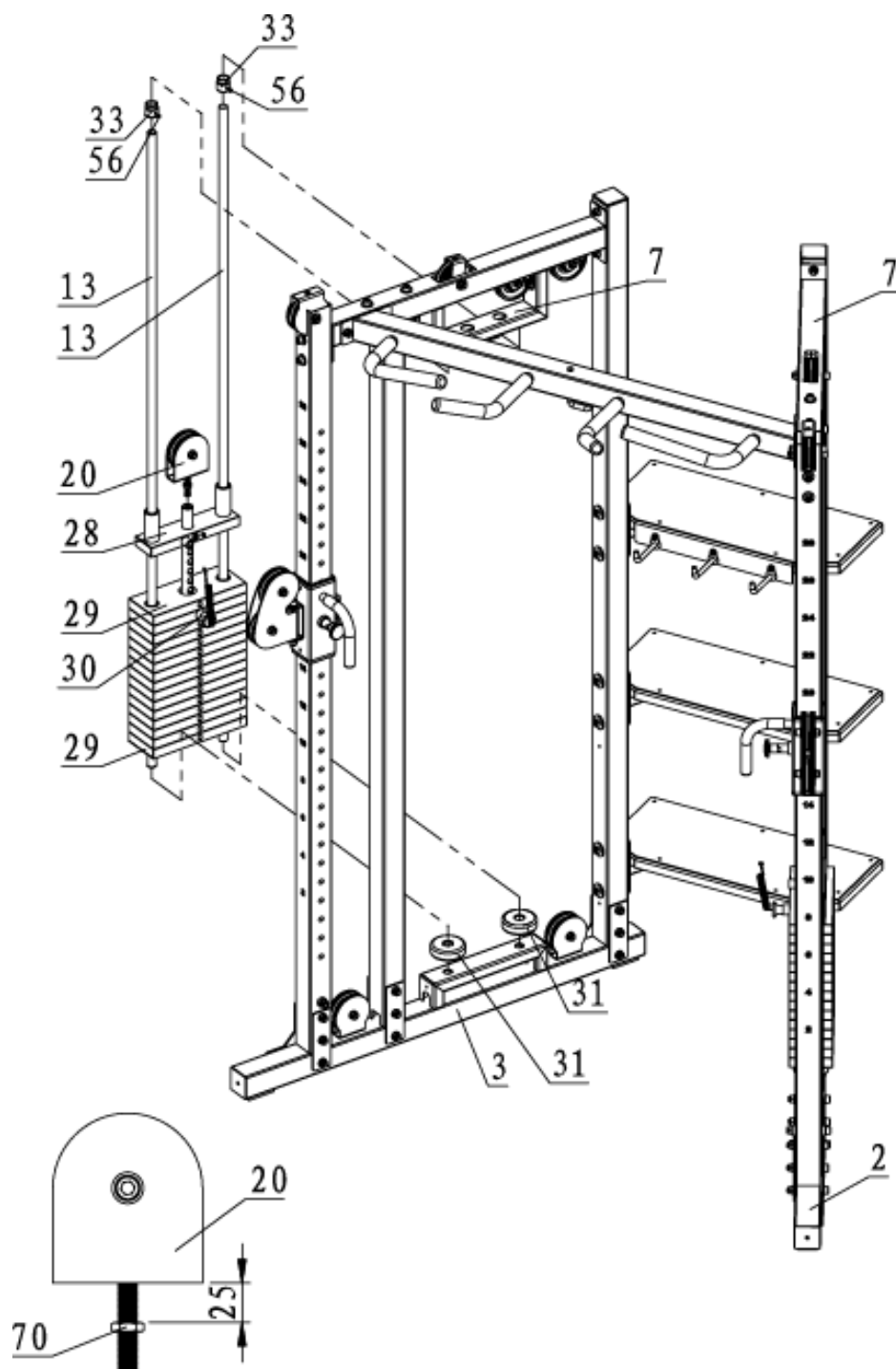


STEP 6

Install Guide Rod (13), Weight Stack (29), Top weight Plate (28) and Pulley (20) Assembly onto Right Base Frame (3) and Side Cross Frame (7), as the picture shows;

Please note that there is Thin Nut M12 (70) under the Pulley Frame;

Install the other side with the same way. And please tighten all the bolts.



STEP 7

Install Cable (15) as the order ABCDEFGHI;

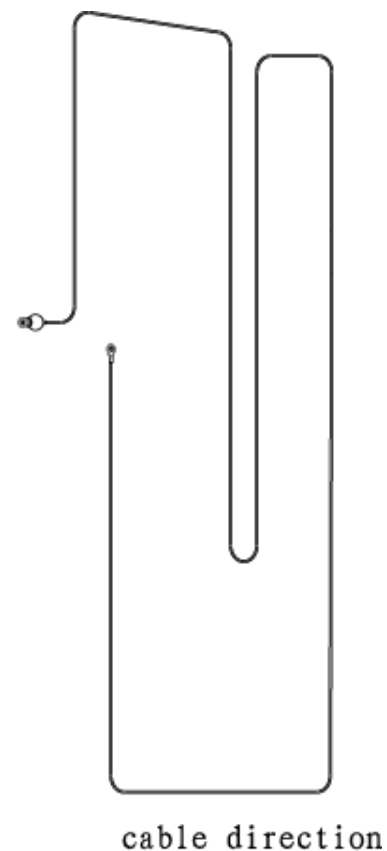
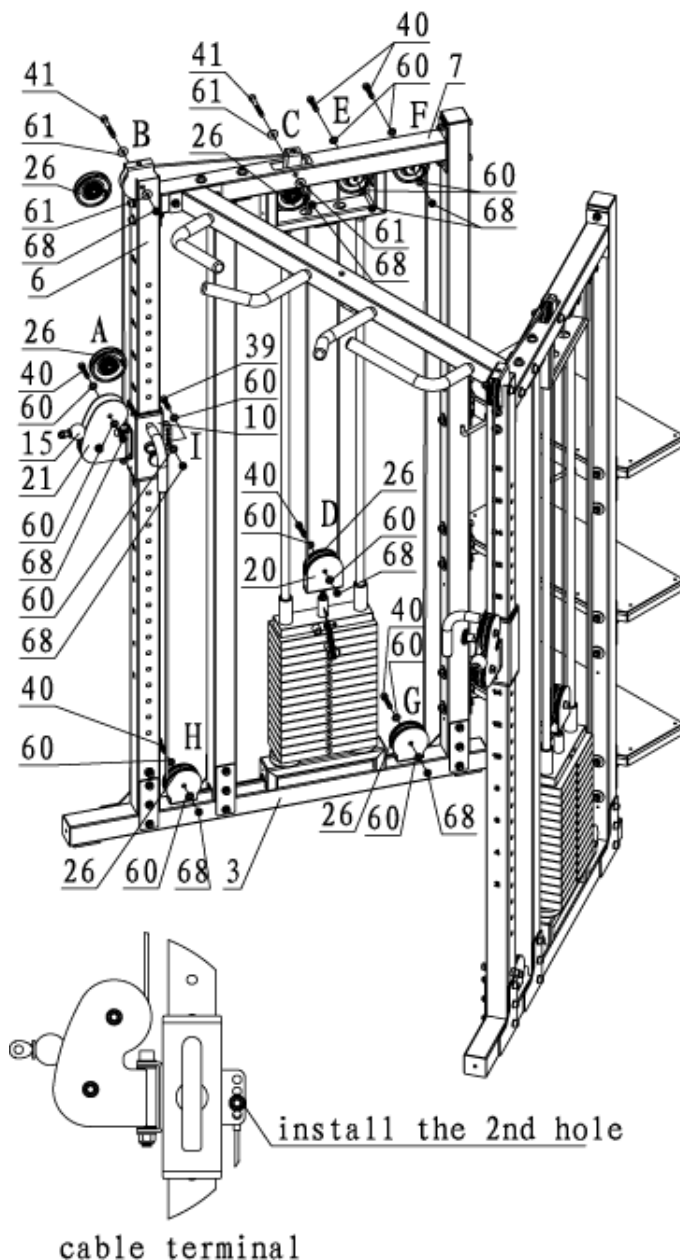
Please remove the fixed pulley firstly before installing the cable;

Please note that there is no any pulley in position B and C originally. And they need to be taken from the box and then fix them using Hex Round Bolt (41) and Big Washer (61) and Nut (68);

Install Cable terminal the second hole of the Slide Frame (10) as the picture shows, using Hex Round Bolt (39) and Flat Washer (60) and Nut (68).

Install the other side with the same way.

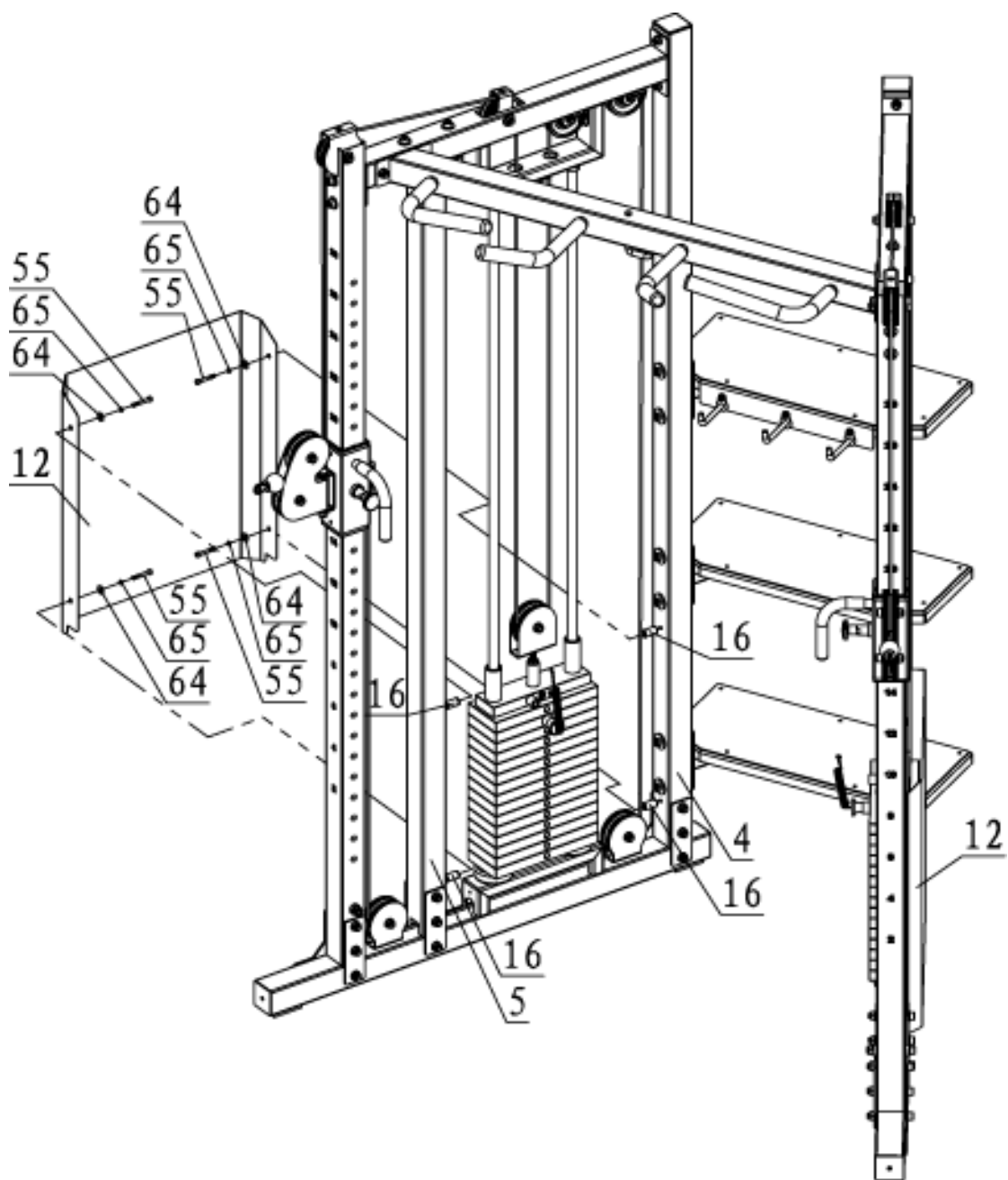
Please make sure that the cable slide smoothly and no stuck.



STEP 8

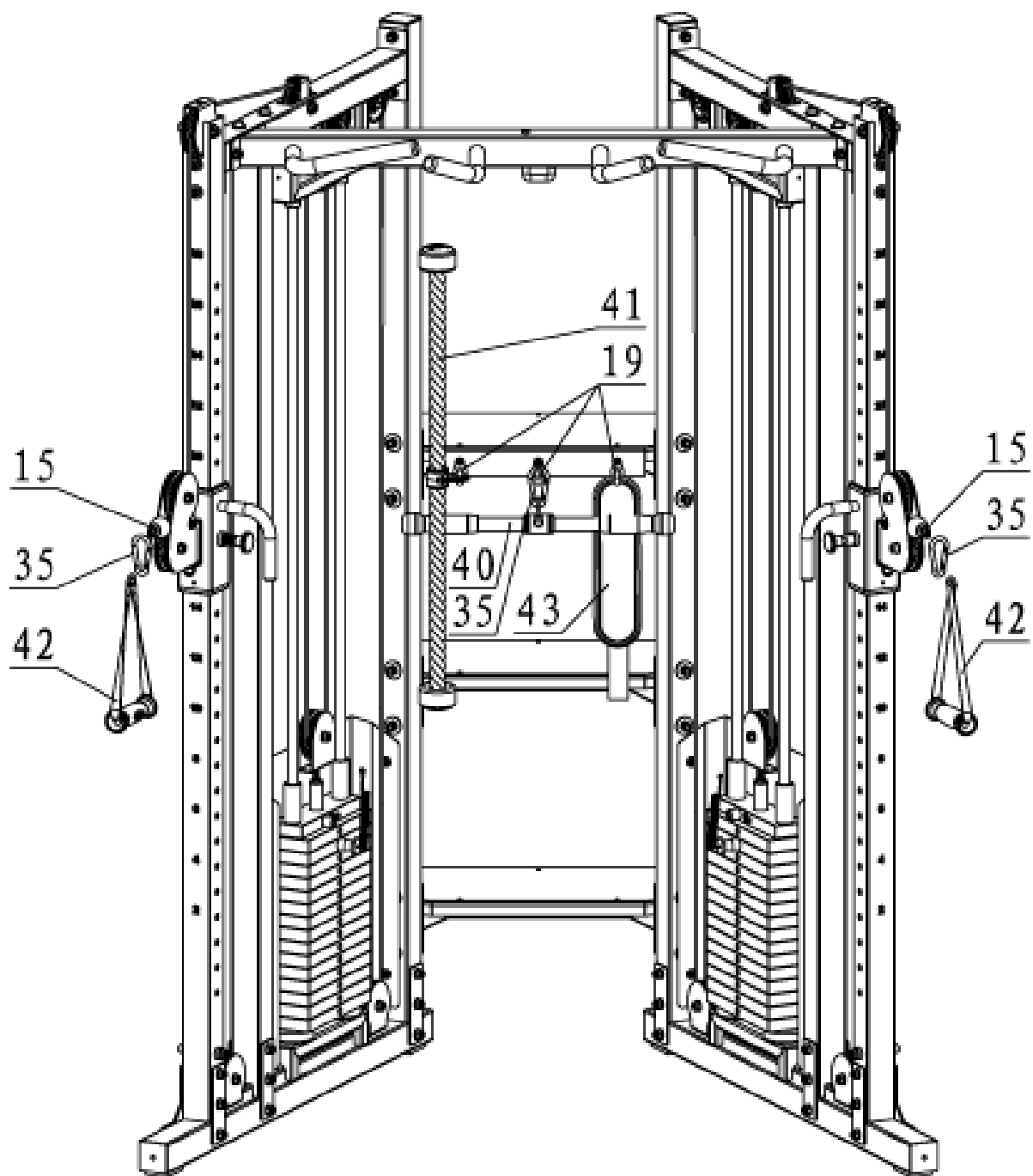
Install Shroud (12) onto Rear Upright Frame (4) and Middle Upright Frame (5), using Hex Round Bolt (55), Spring Washer (65), Big Washer (64). Please tighten all the bolts.

Install the other side with the same way.



STEP 9

Install Handle (42) onto Cable (15) using safety Hook (35);
Hang Tricep Rope (41) onto Hook Frame (19);
Hang Ankle Strap (43) onto Hook Frame (19);
Install Short Handle (40) onto Cable (15) using safety Hook (35).



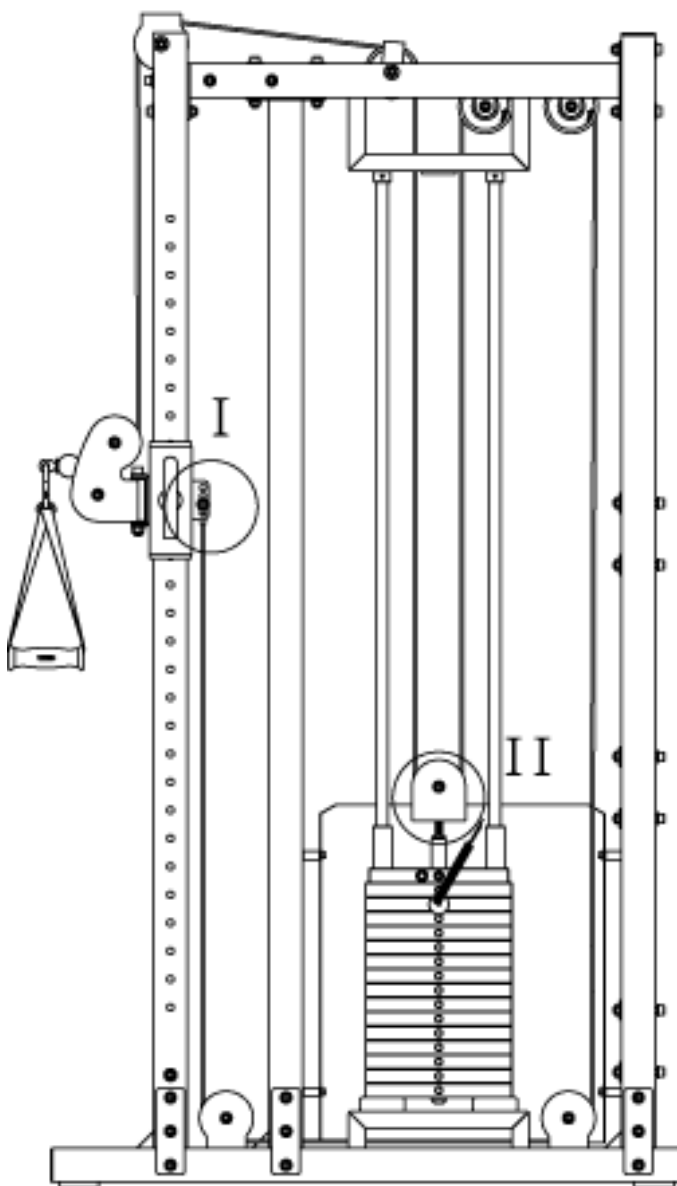
STEP 10

The Way to adjust the cable:

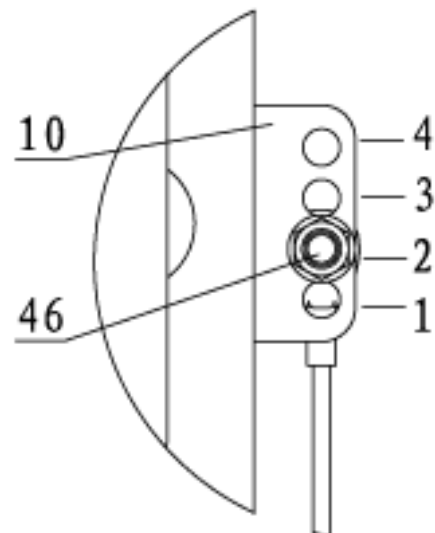
When the cable is long slightly, please remove the pulley from the pulley Frame (20), loosen the cable and Thin Nut (70), and then tighten the pulley Frame (20) until the cable length is right, as the picture 2 shows;

If this way cannot make the cable long enough, please put the cable terminal up to the upper hole as the picture 1 shows, and then do the same thing as the above.

When the cable is short, please do the opposite.



Picture I



Picture II

