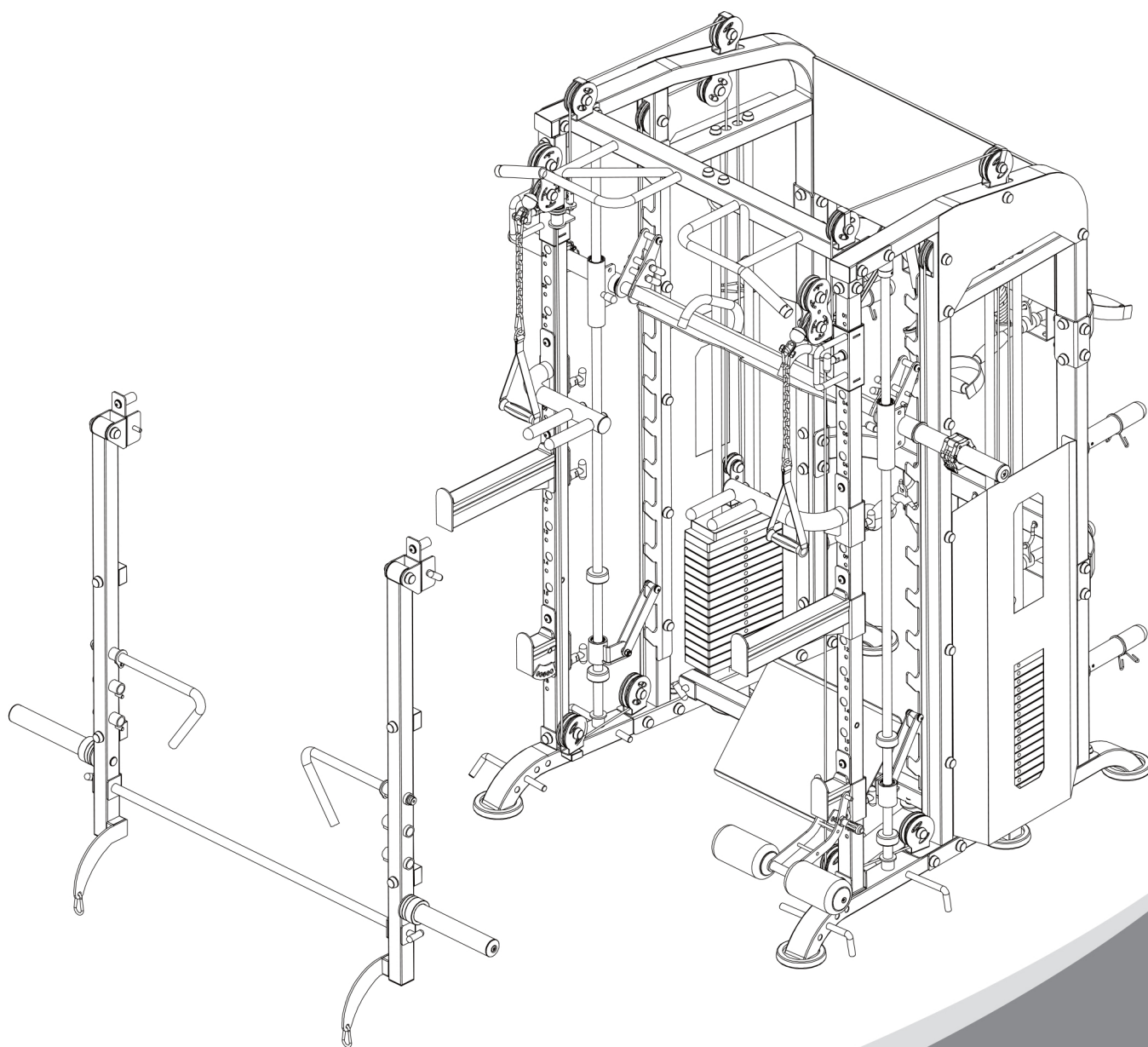


360PTX

MULTIFUNCTIONAL TRAINER

Assembly Manual



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Parts list

No.	Description	Note	Qty.
1	left base frame		1
2	right frame		1
3	left frame		1
4	right base frame		1
5	back link tube		2
6	reinforcing plate	t4.0x50x140	6
7	reinforcing plate	t3.0x50x110	2
8	front link tube		1
9	hexagon bolt	M10x70	12
10	lock nut	M10	60
11	big washer	Φ10	144
12	hexagon bolt	M10x90	24
13	hexagon bolt	M10x65	2
14	plastic cover		160
15	hanging ring		1
16	lock nut	M8	8
17	washer	Φ8	12
18	L shape plate		2
19	hexagon bolt	M10x95	4
20	hexagon bolt	M10x75	4
21	left upright frame		1
22	right upright frame		1
23	left upright board		1
24	right upright board		1
25	right sliding sleeve		1
26	left sliding sleeve		1
27	barbell rod		1
28	barbell rod ring		2
29	barbell rod end tube		2

Parts list

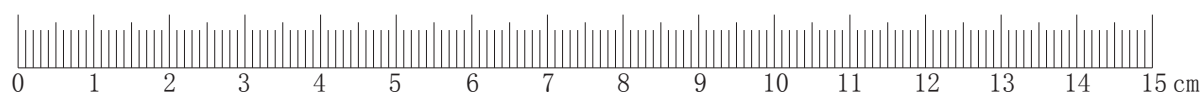
31	cover		2
32	pulley catch plate		4
33	guide rod	Φ25x1850	2
34	guide rod lock sleeve		2
35	safety hook left		1
36	safety hook right		1
37	sliding sleeve		2
39	socket set screw	M8x10	2
41	washer	Φ12	2
42	spring lock washer	Φ12	2
43	button head socket screw	M12x40	2
44	rubber pad	Φ60xΦ58xΦ26x25	4
45	weight stack	90kg	2
46	topmost weight stack		2
47	rubber pad	Φ60xΦ26x42	4
48	guide rod	Φ25x1660	4
49	selector rod		2
50	hexagon bolt	M10x85	6
51	pin	Φ10x85	2
52	wire	Φ5x7920mm	2
54	pulley	Φ95	12
55	pulley	Φ60	2
56	hexagon bolt	M10x45	8
57	washer	Φ10	2
58	shield		2
59	barbell plate holder		4
60	hook		6
62	T shape pin	Φ10x85	10
63	core trainer		1
64	lat pull dn roller		1

Parts list

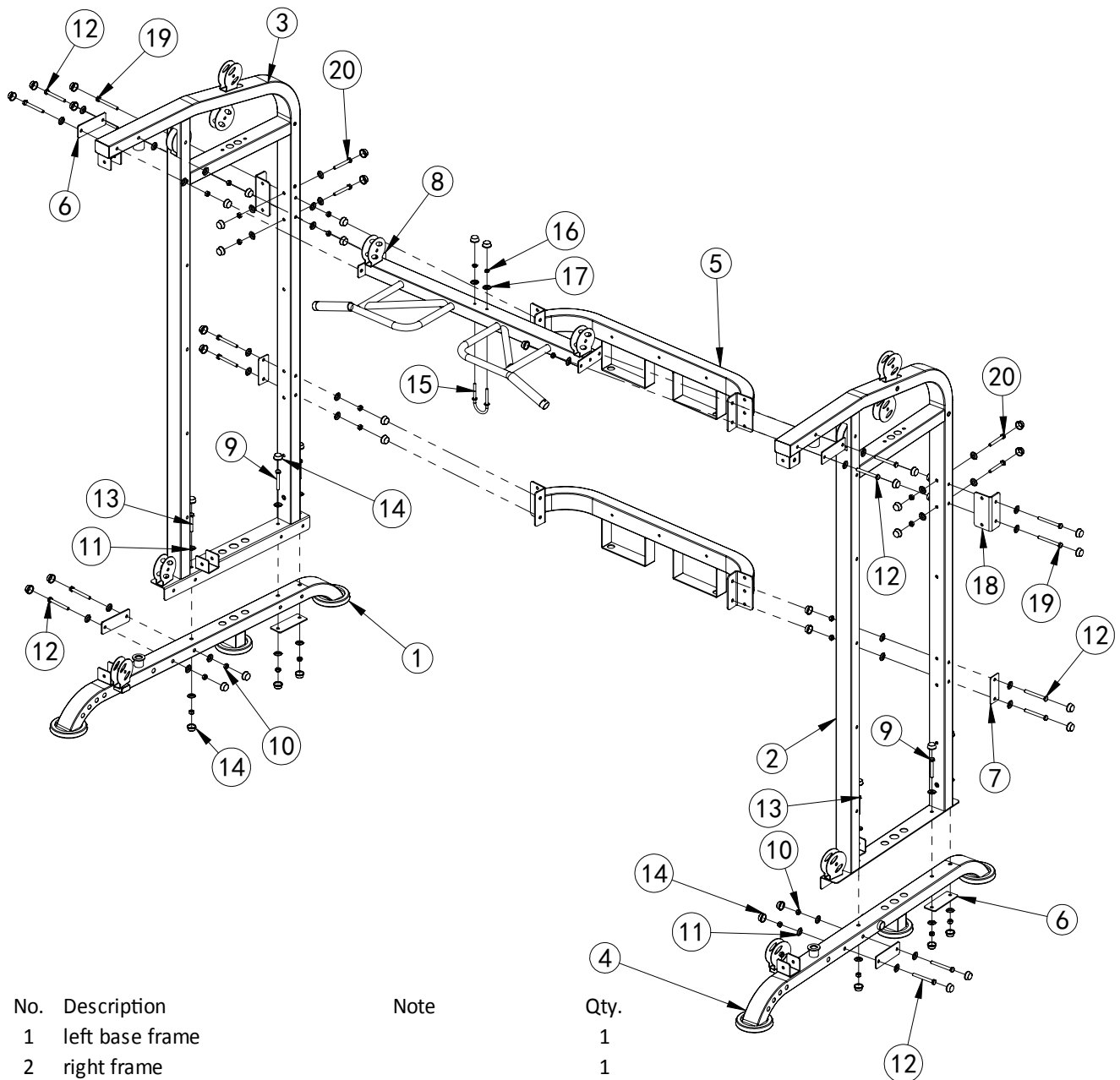
66	J hook left		1
67	barbell rod storage		1
68	spotting arm left		1
69	spotting arm right		1
70	T shape pin		1
71	dip bar right		1
72	dip bar left		1
73	pulley handle		2
74	footplate		1
75	triceps rope handle		1
76	function training bar		1
77	ankle cuff		1
78	v bar		1
79	close grip rowing handle		1
80	straight bar		1
81	lat pull bar		1
82	abdominal harness		1
83	L shape pin		4
84	hexagon bolt	M10x20	22
85	board		1
86	hexagon bolt	M8x20	4
87	spring collar		4
88	selector rod with barbell holder		2
89	push rod		1
90	link part		2
91	upright frame right		1
92	upright frame left		1
93	handle tube		2
94	footplate small		1

Parts list

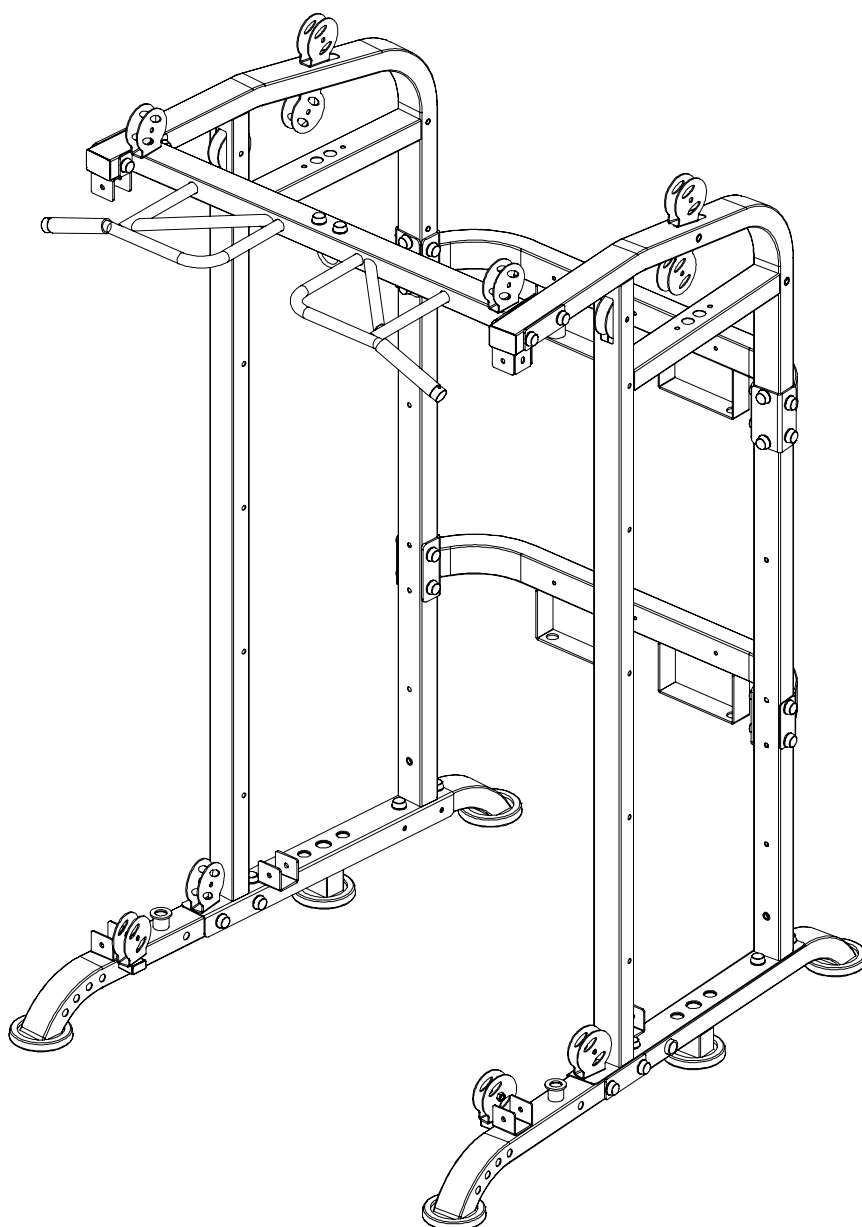
95	shaft	Φ25x56	2
96	hexagon bolt	M12x25	4
97	big washer	Φ12	4



Assembly step 1

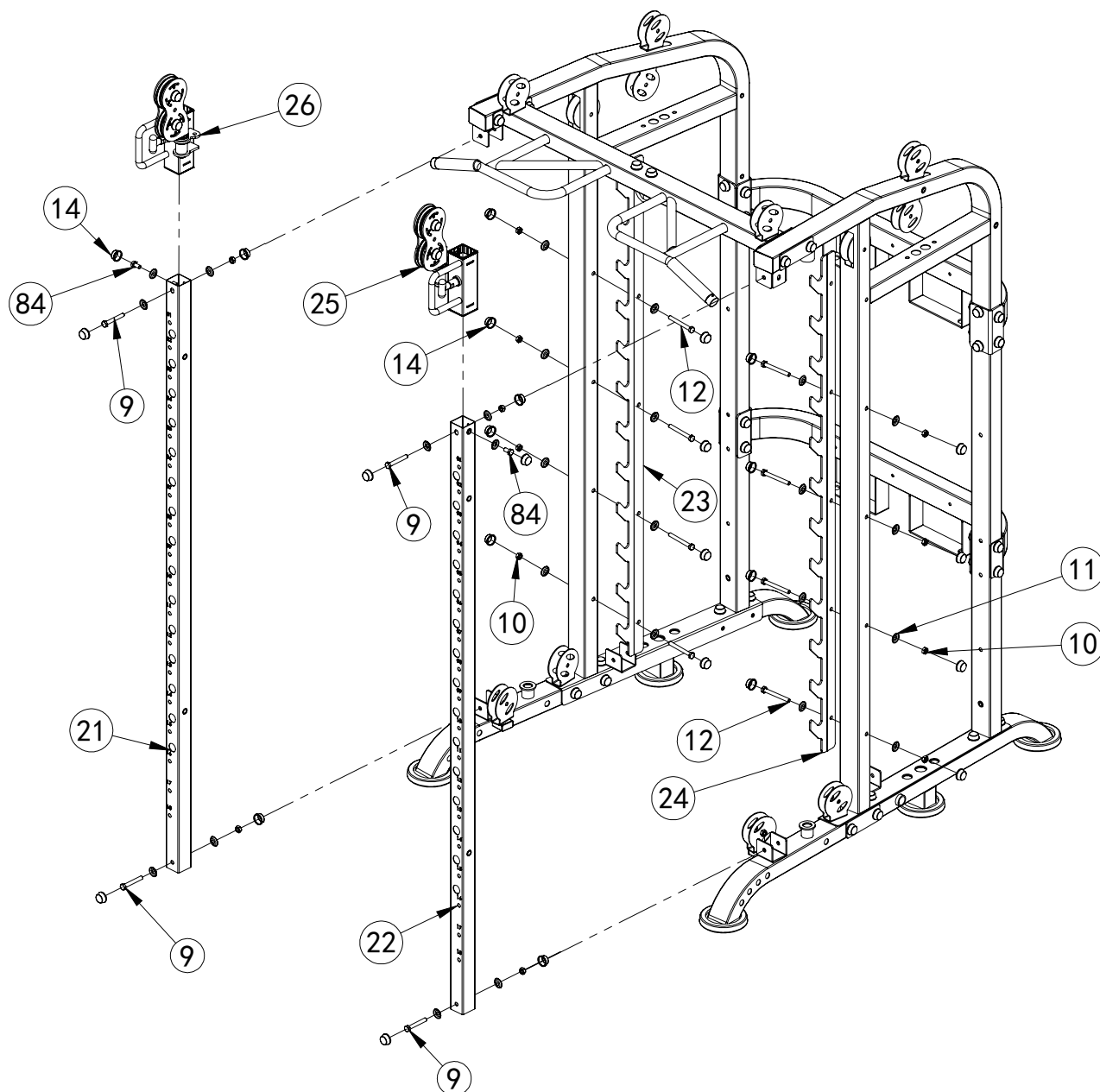


No.	Description	Note	Qty.
1	left base frame		1
2	right frame		1
3	left frame		1
4	right base frame		1
5	back link tube		2
6	reinforcing plate	t4.0x50x140	6
7	reinforcing plate	t3.0x50x110	2
8	front link tube		1
9	hexagon bolt	M10x70	4
10	lock nut	M10	26
11	big washer	Φ10	52
12	hexagon bolt	M10x90	12
13	hexagon bolt	M10x65	2
14	plastic cover		54
15	hanging ring		1
16	lock nut	M8	2
17	washer	Φ8	2
18	L shape plate		2
19	hexagon bolt	M10x95	4
20	hexagon bolt	M10x75	4

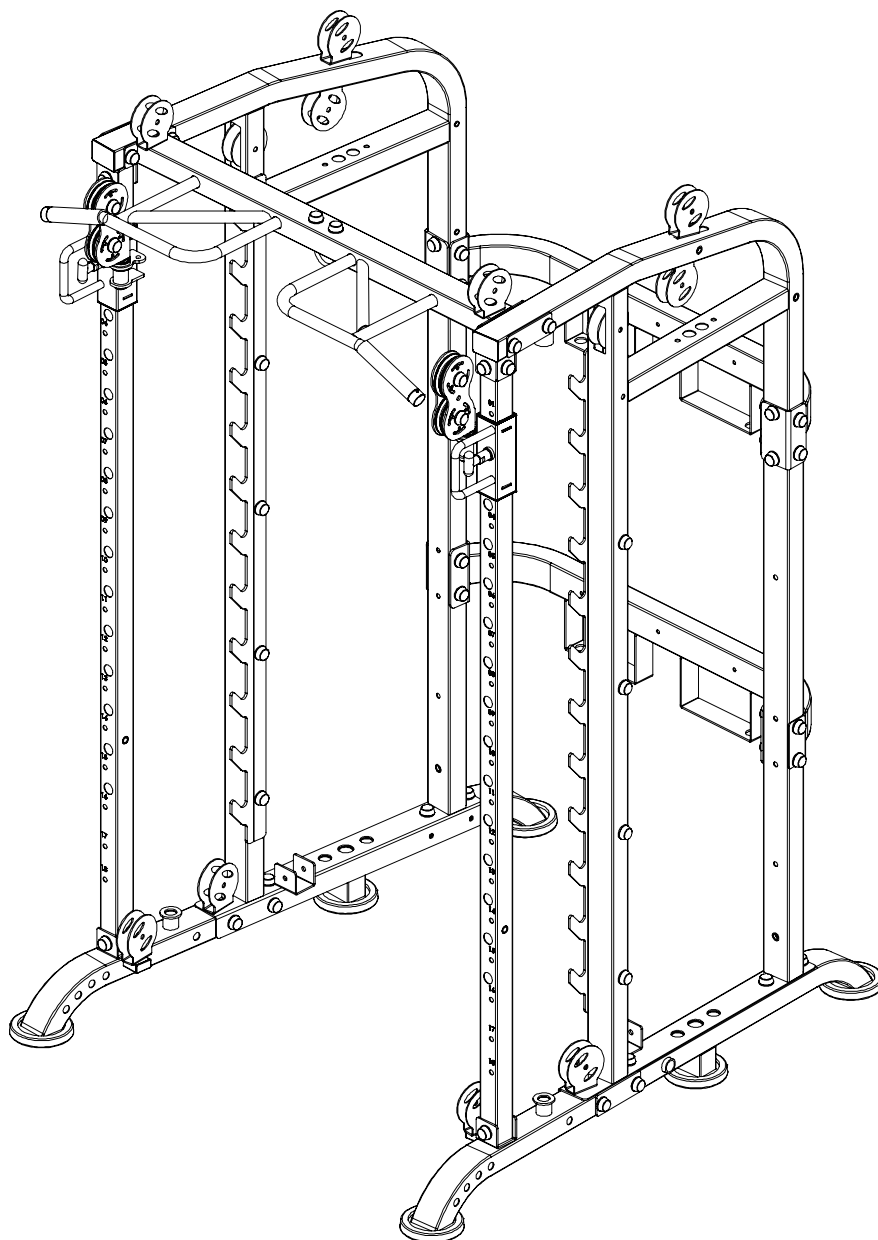


- 1 Fix left frame-3 and right frame-2 fastening on left base frame-1 right base frame-4 using M10x65 hexagon bolt-13, M10x90 hexagon bolt-12, M10x70 hexagon bolt-9, Φ 10 big washer-11, t4.0x50x140 reinforcing plate-6, M10 lock nut-10, plastic cover-14
- 2 Fix left frame-3 and right frame-2 fastening on back link tube-5 using M10x95 hexagon bolt-19, M10x75 hexagon bolt-20, M10x90 hexagon bolt-12, Φ 10 big washer-11, L shape plate-18, t3.0x50x110 reinforcing plate-7, M10 lock nut-10, plastic cover-14
- 3 Fix front connection frame-8 fastening on left frame-3 and right frame-2 using M10x90 hexagon bolt-12, Φ 10 big washer-11, t4.0x50x140 reinforcing plate-6, M10 lock nut-10, plastic cover-14
- 4 Fix hanging ring-15 on front link tube-8 using M8 lock nut-16 and Φ 8 big washer-17

Assembly step 2

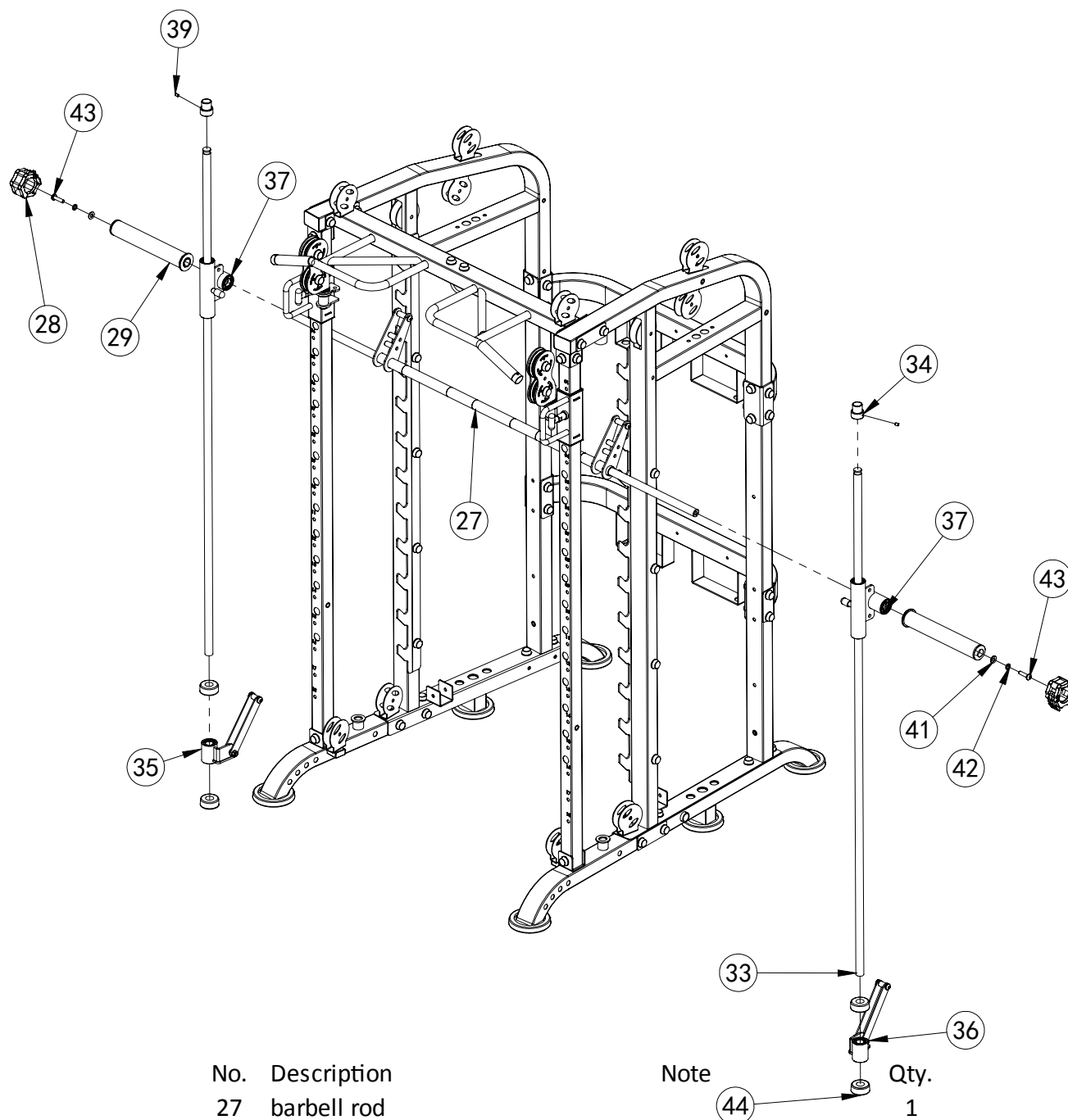


No.	Description	Note	Qty.
9	hexagon bolt	M10x70	4
10	lock nut	M10	12
11	big washer	Φ10	26
12	hexagon bolt	M10x90	8
14	plastic cover		26
21	left upright frame		1
22	right upright frame		1
23	left upright board		1
24	right upright board		1
25	right sliding sleeve		1
26	left sliding sleeve		1
84	hexagon bolt	M10x20	2



- 1 Fix left upright frame-21, right upright frame-22, right sliding sleeve-25 and left sliding sleeve-26 fastening on left right frame using M10x70 hexagon bolt-9, M10x20 hexagon bolt-84, $\Phi 10$ big washer-11, M10 lock nut-10, plastic cover-14
- 2 Fix left upright board-23 and right upright board-24 fastening on left right frame using M10x90 hexagon bolt-12, $\Phi 10$ big washer-11, M10 lock nut-10, plastic cover-14

Assembly step 3



No.	Description
27	barbell rod
28	barbell rod ring
29	barbell rod end tube
33	guide rod
34	guide rod lock sleeve
35	safety hook left
36	safety hook right
37	sliding sleeve
39	socket set screw
41	washer
42	spring lock washer
43	button head socket screw
44	rubber pad

Note

Φ25x1850

M8x10

Φ12

Φ12

M12x40

Φ60xΦ58xΦ26x25

Qty.

1

2

2

2

2

1

1

2

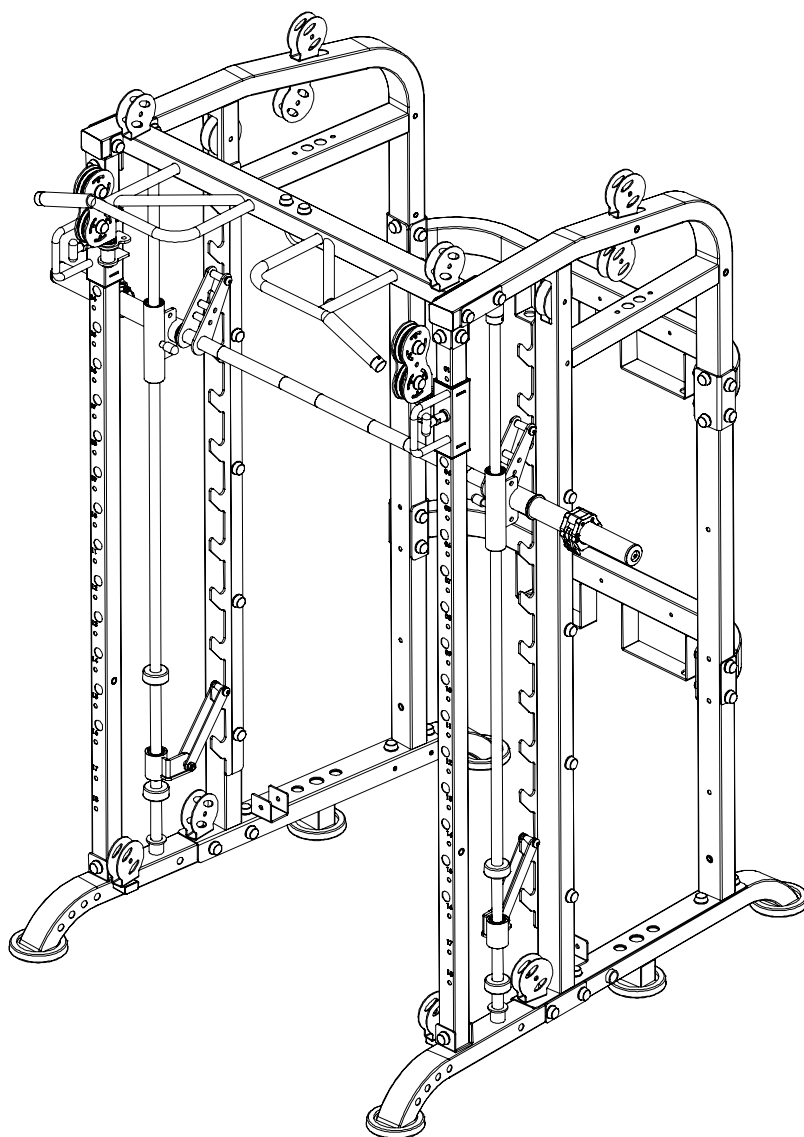
2

2

2

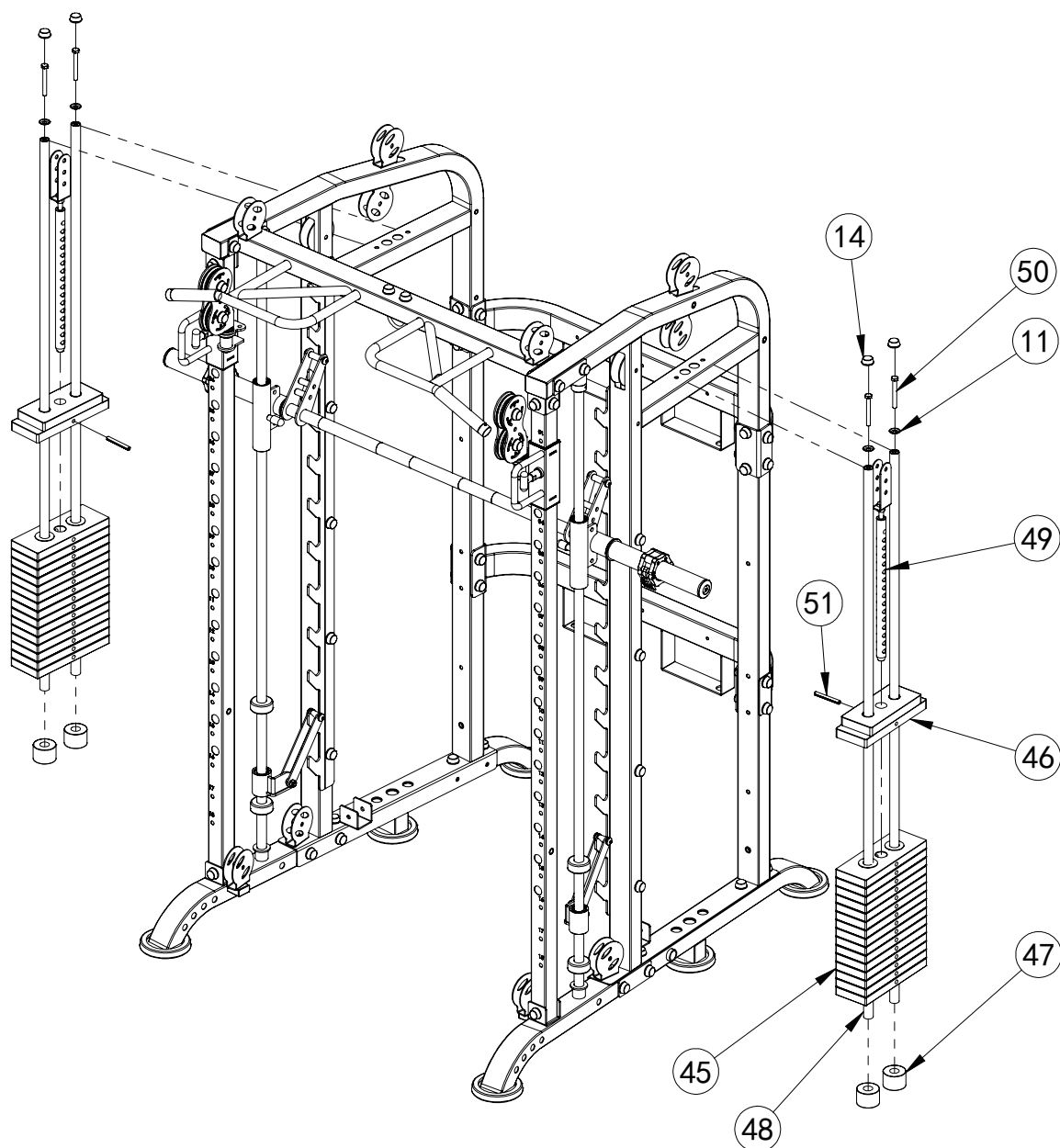
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4

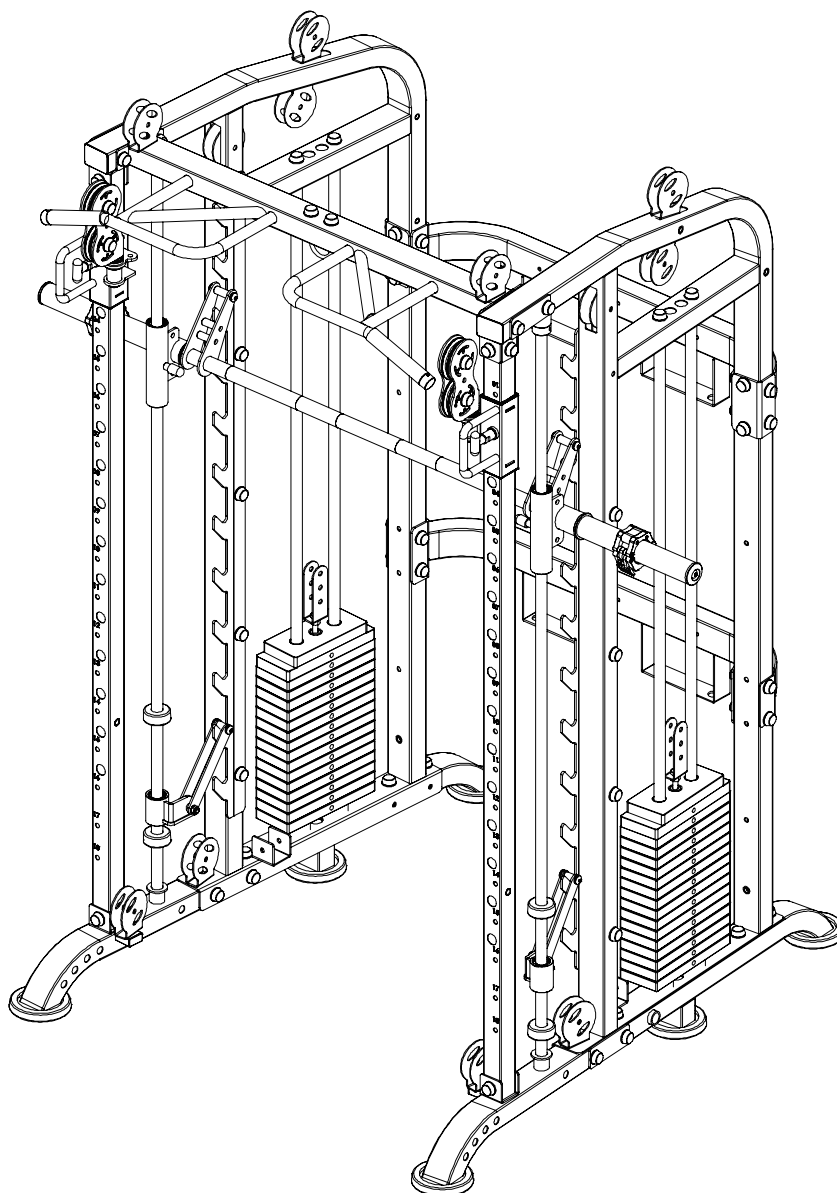


- 1 Put sliding sleeve-37, safety hook left-35, rubber cushion-44, guide rod lock sleeve-34 into guide rod-33
- 2 Fix guide rod fastening in left frame using socket set screw-39
- 3 Make barbell rod-27 through another sliding sleeve-37 hang on the hook
- 4 Put sliding sleeve-37, safety hook right-36, rubber cushion-44, guide rod lock sleeve-34 into guide rod-33
- 5 Fix guide rod fastening in right frame using socket set screw-39
- 6 Fix barbell rod end tube-29 fastening on barbell rod-27 using M12x40 button head socket screw-43, $\Phi 12$ washer-41, $\Phi 12$ spring washer-42

Assembly step 4



No.	Description	Note	Qty.
11	big washer	Φ10	4
14	plastic cover		4
45	weight stack	90kg	2
46	topmost weight stack		2
47	rubber pad	Φ60xΦ26x42	4
48	guide rod	Φ25x1660	4
49	selector rod		2
50	hexagon bolt	M10x85	4
51	pin	Φ10x85	2

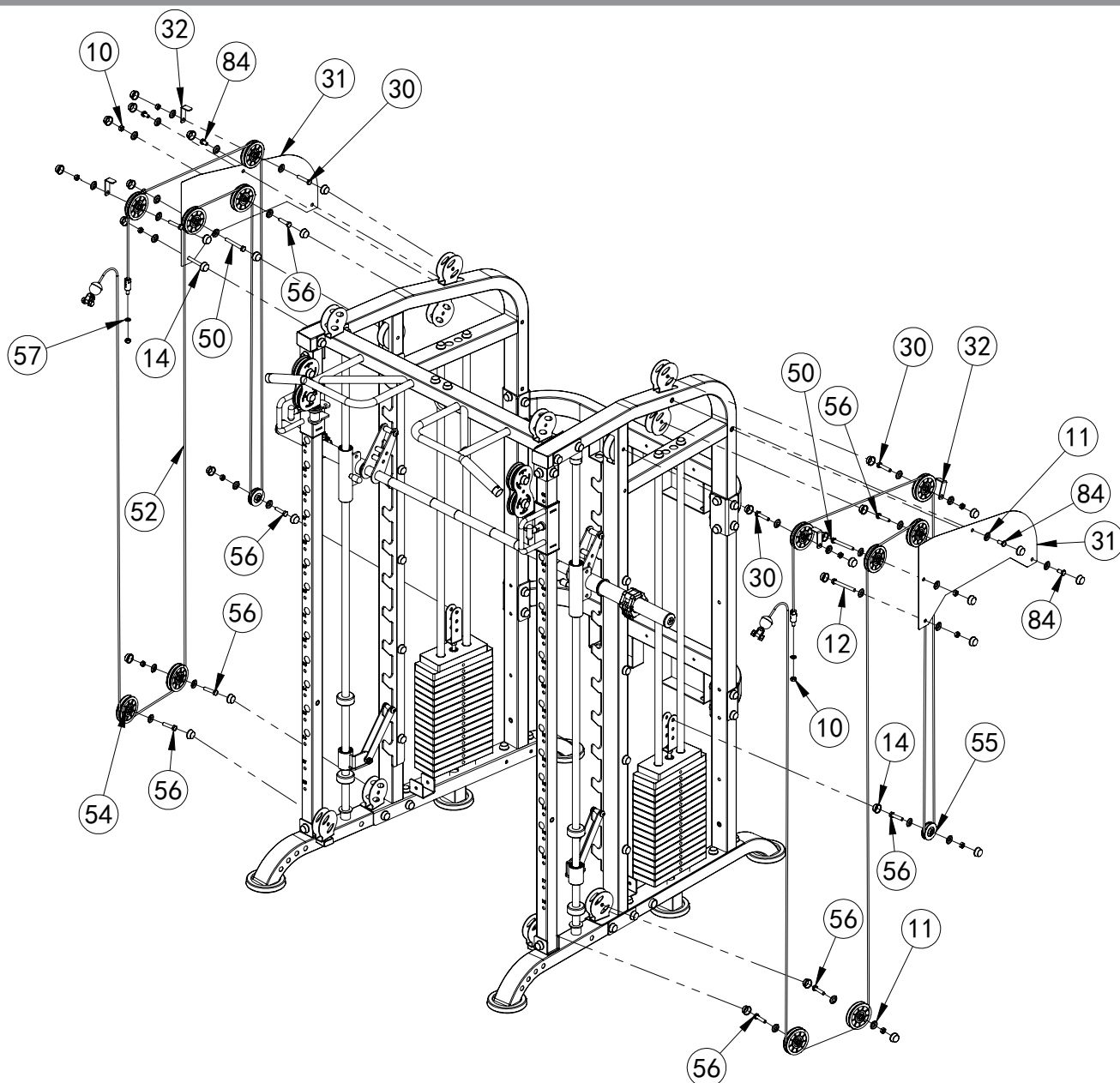


- 1 Put guide rod-48 one end into left and right frame in turn put rubber cushion-47, weight stack-45, topmost weight stack-46 to guide rod, and put the selector rod into weight stack use 10x85 pin fixed
- 2 Fix guide rod fastening on left and right frame using M10x85 hexagon bolt-50, $\Phi 10$ big washer-11 and plastic cover-14

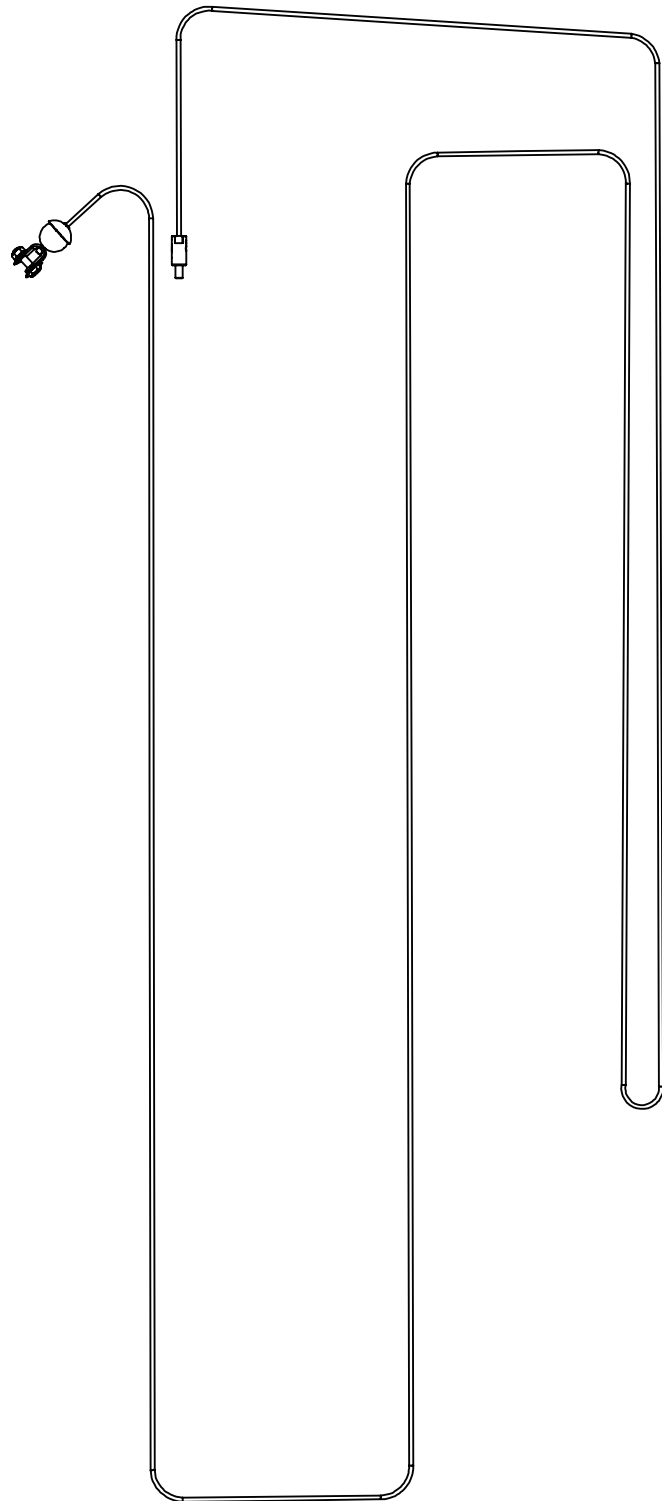
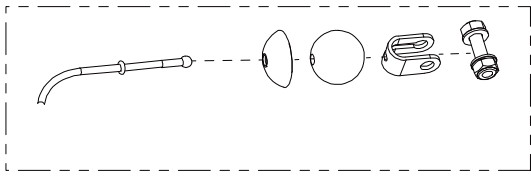
Note:

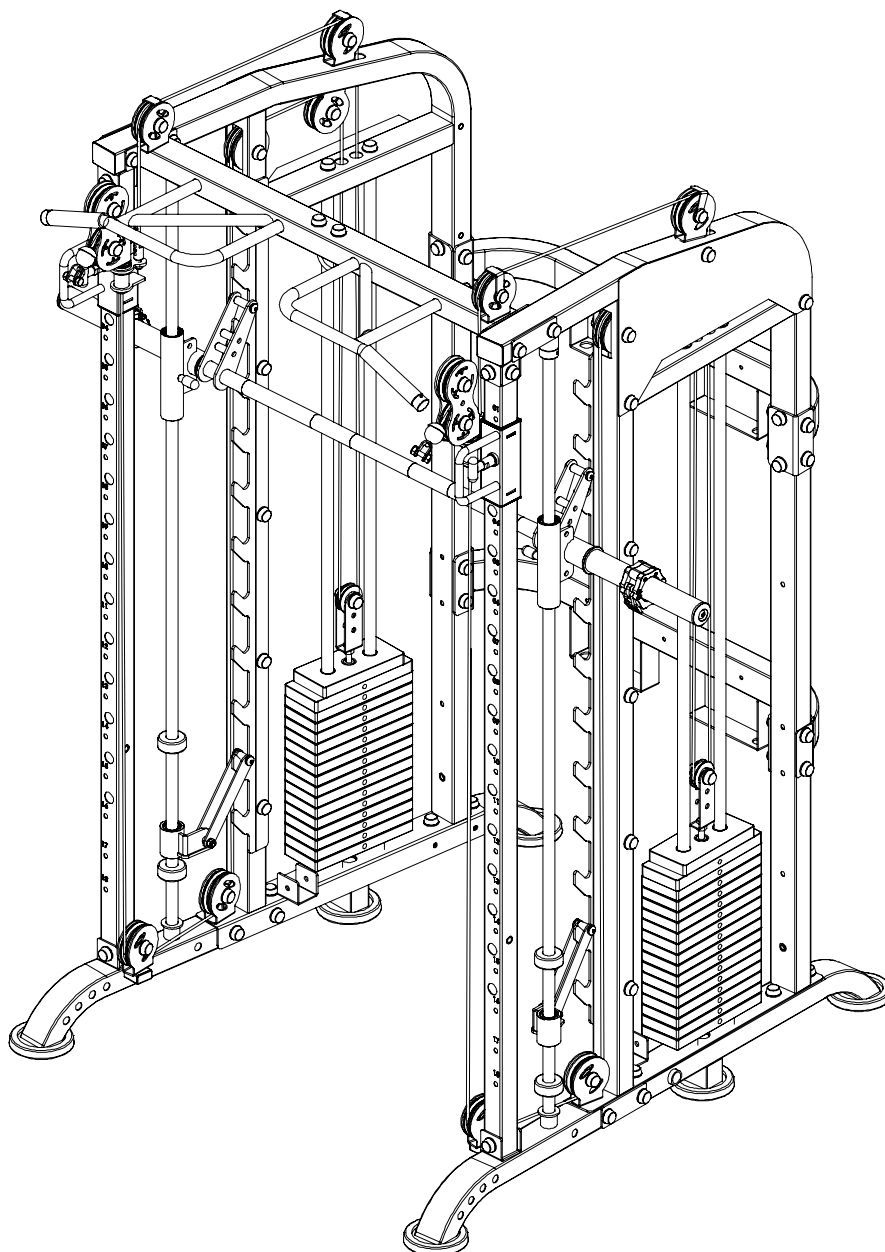
The number of weight stack is placed in order from large to small

Assembly step 5



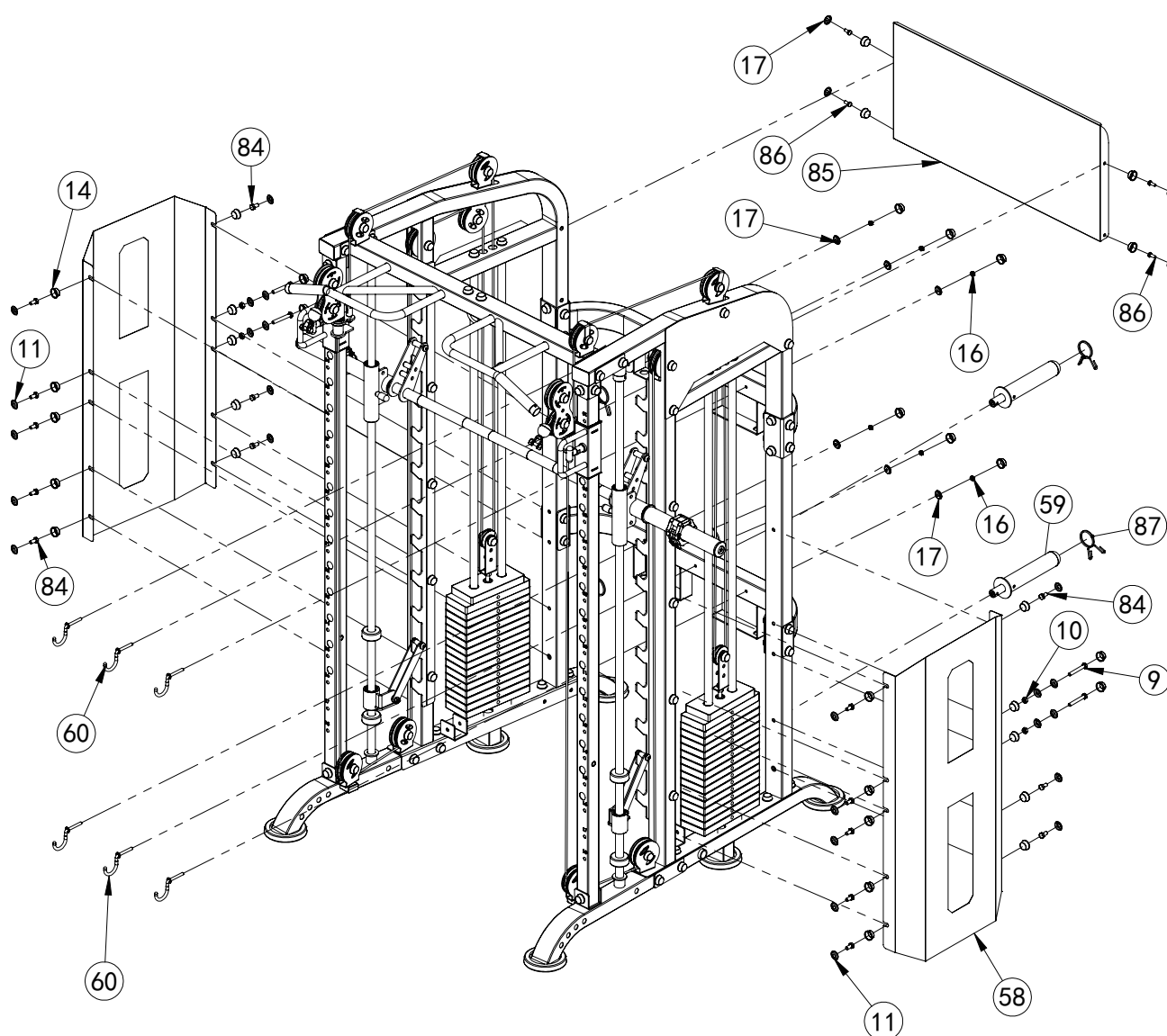
No.	Description	Note	Qty.
10	lock nut	M10	16
11	big washer	Φ10	34
12	hexagon bolt	M10x90	2
14	plastic cover		34
30	hexagon bolt	M10x50	4
31	cover		2
32	pulley catch plate		4
50	hexagon bolt	M10x85	2
52	wire	Φ5x7920mm	2
54	pulley	Φ95	12
55	pulley	Φ60	2
56	hexagon bolt	M10x45	8
57	washer	Φ10	2
84	hexagon bolt	M10x20	4



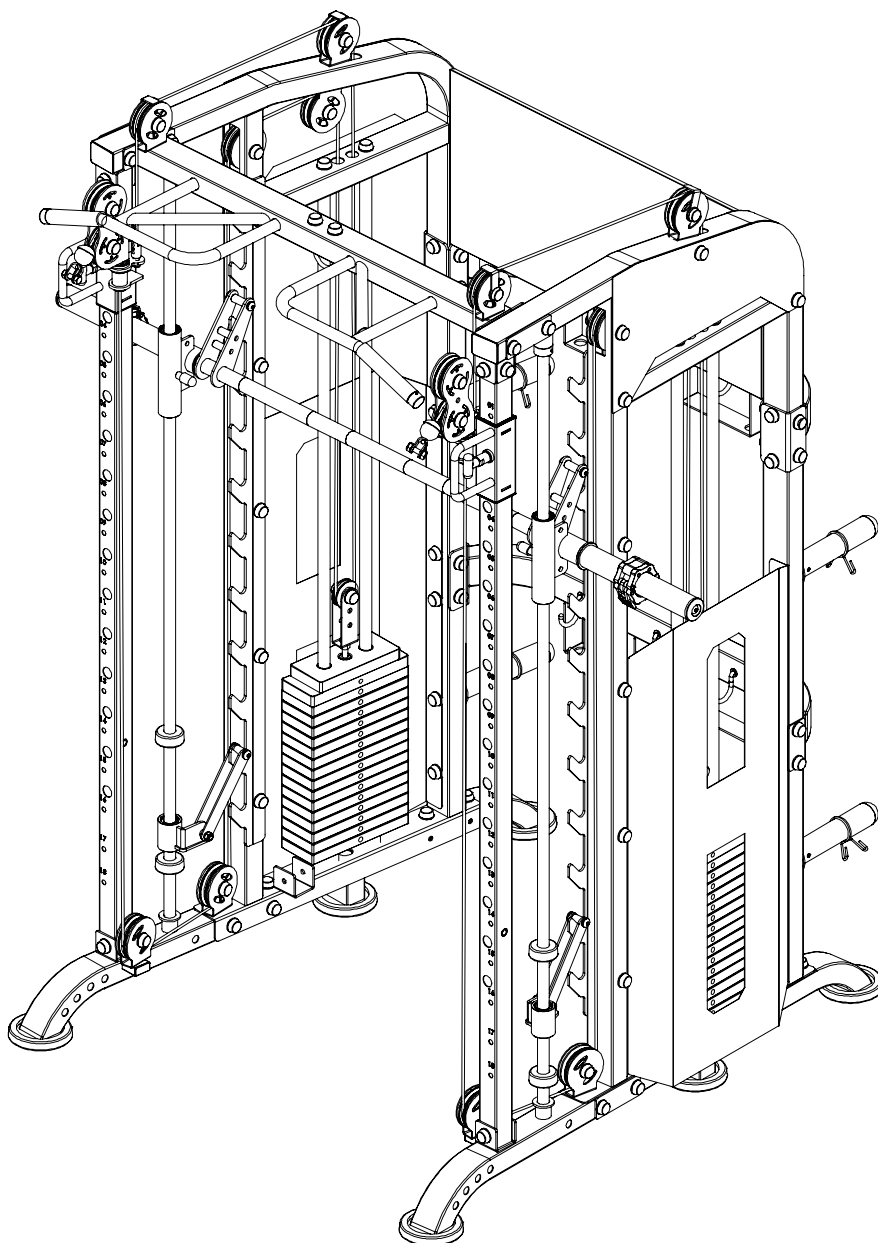


- 1 Fix pulley-54 and pulley-55 on left and right frame using M10x45 hexagon bolt-56, M10x50 hexagon bolt-30, $\Phi 10$ washer-11, M10 lock nut-10, pulley catch plate-32 and plastic cover-14
- 2 Fix cover-31 fastening on left and right frame using M10x20 hexagon bolt-84, M10x90 hexagon bolt-12, M10x85 hexagon bolt-50, $\Phi 10$ washer-11, M10 lock nut-10 and and plastic cover-14
- 3 Fix cable-52 on sliding sleeve-25and 26 using $\Phi 10$ washer-57, M10 lock nut-10

Assembly step 6

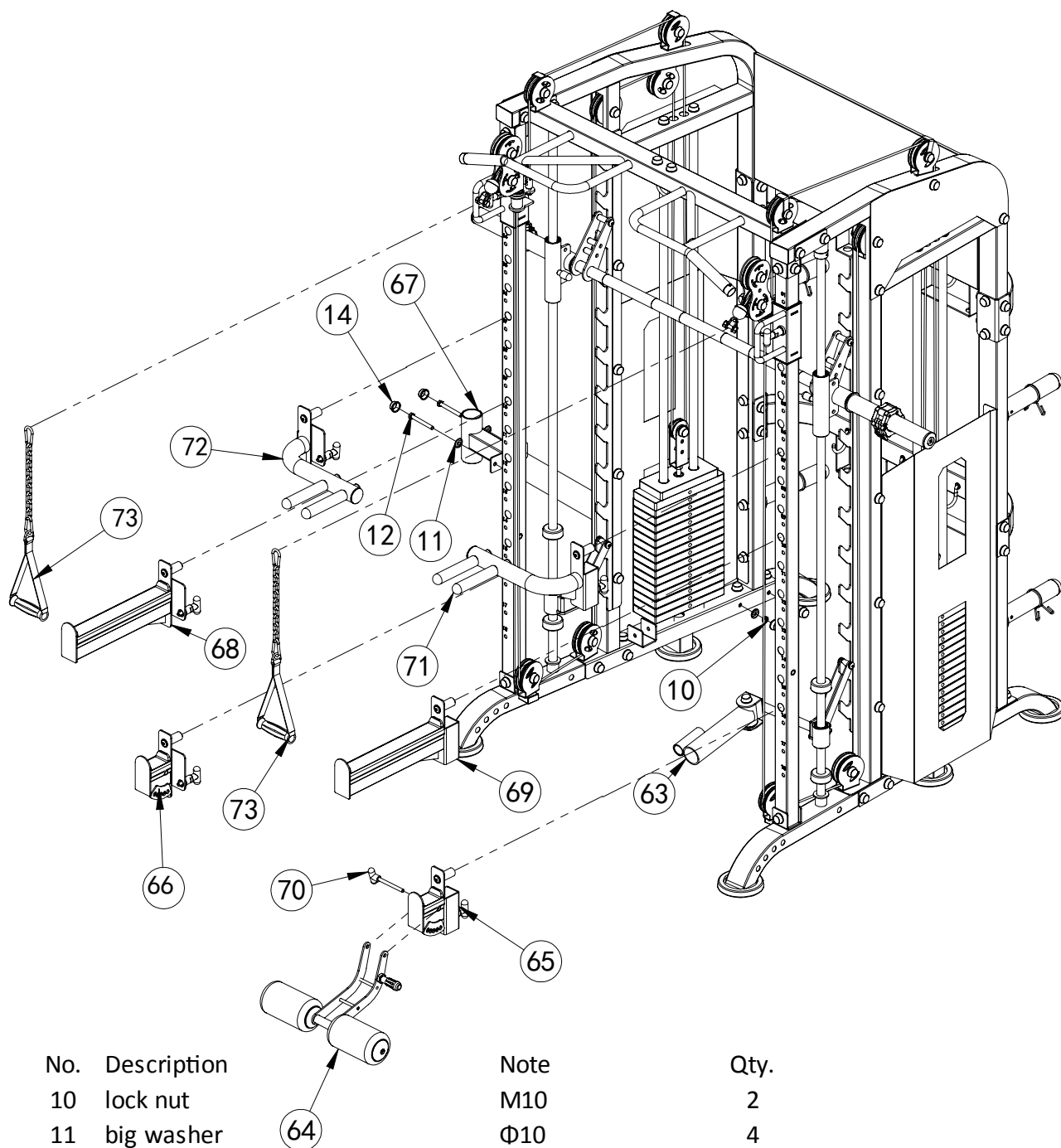


No.	Description	Note	Qty.
9	hexagon bolt	M10x70	4
10	lock nut	M10	4
11	big washer	Φ10	24
14	plastic cover		34
16	lock nut	M8	6
17	washer	Φ8	10
58	shield		2
59	barbell plate holder		4
60	hook		6
84	hexagon bolt	M10x20	16
85	board		1
86	hexagon bolt	M8x20	4
87	spring collar		4

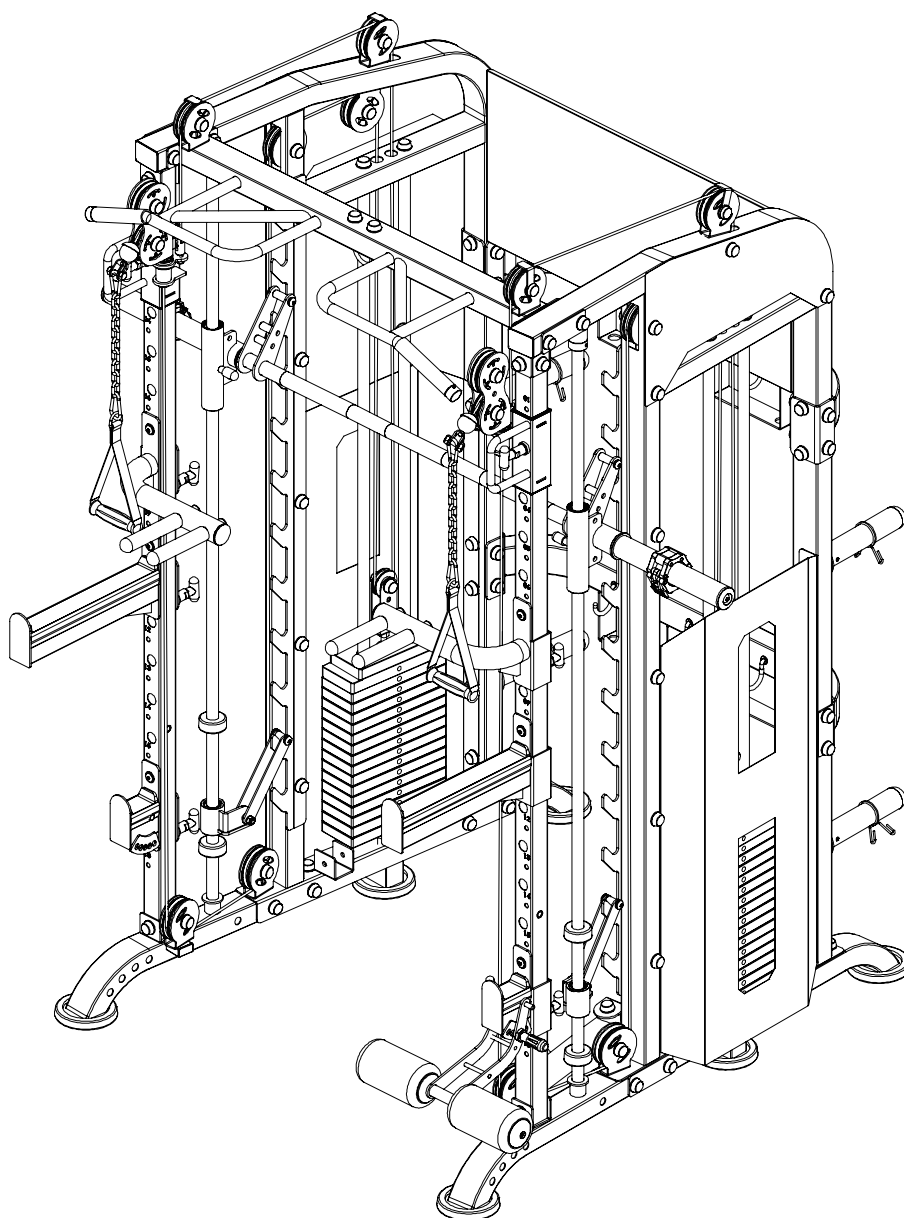


- 1 Fix hook-60 on back link tube-5 using $\Phi 8$ washer-17, M8 lock nut-16
- 2 Fix board-58, barbell plate holder-59 fastening on left and right frame using M10x20 hexagon bolt-84, M10x70 hexagon bolt-9
- 3 Fix shield-58 and sleeve-59 fastening on left and right frame using M10x25 hexagon bolt-25, M10x70 hexagon bolt-9 and plastic cover-14

Assembly step 7

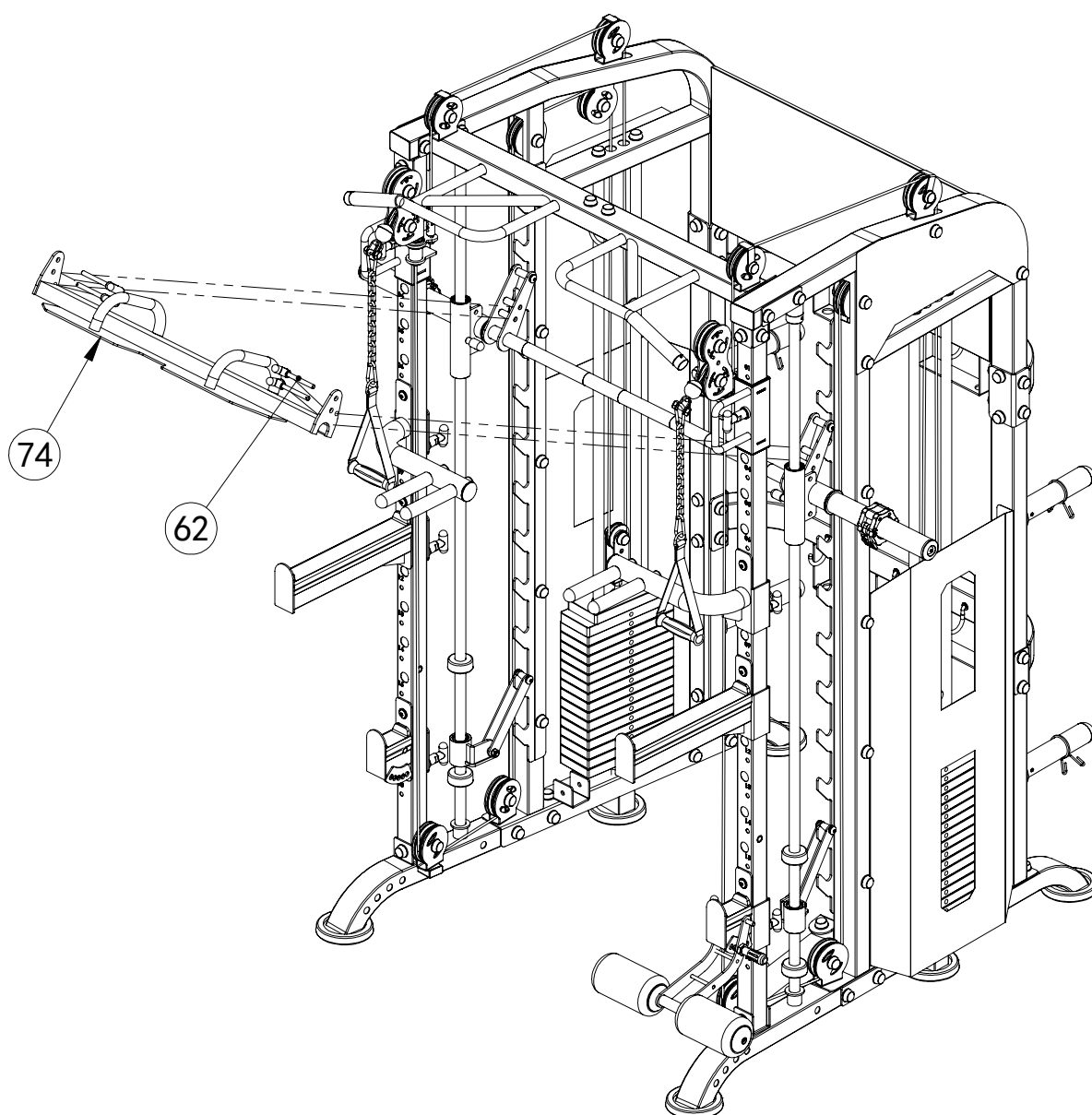


No.	Description	Note	Qty.
10	lock nut	M10	2
11	big washer	Φ10	4
12	hexagon bolt	M10x90	2
14	plastic cover		4
63	core trainer		1
64	lat pull dn roller		1
65	J hook right		1
66	J hook left		1
67	barbell rod storage		1
68	spotting arm left		1
69	spotting arm right		1
70	T shape pin		1
71	dip bar right		1
72	dip bar left		1
73	pulley handle		2

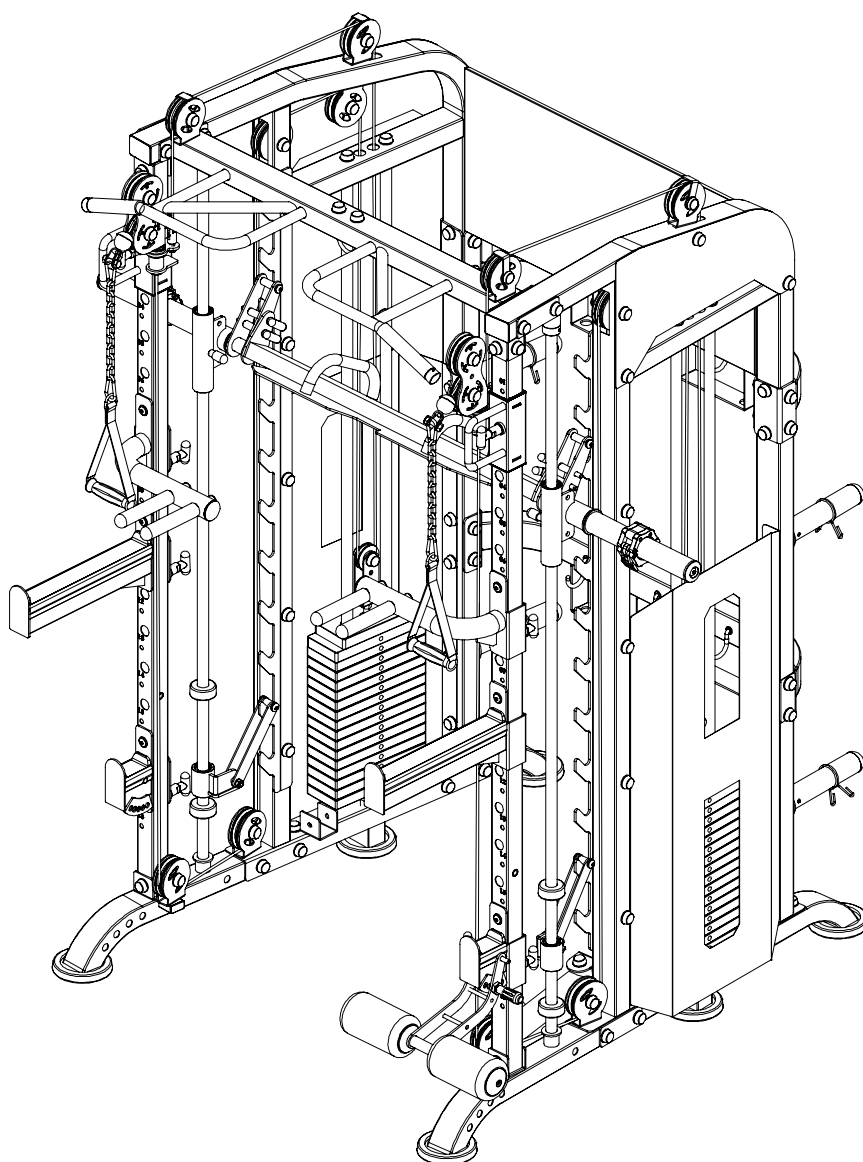


- 1 Fix barbell bar storage-67 fastening on left base frame-1 using M10x90 hexagon bolt-12, $\Phi 10$ big washer-11, M10 lock nut-10 and plastic cover-14
- 2 Fix core trainer-63 on right base frame-4
- 3 Fix dip bar left-72, dip bar right-71, spotting arm left-68, spotting arm right-69, J hook left-66, J hook right-65 on left and right upright frame
- 4 Fix lat pull dn roller-64 on J hook right-65 using T shape pin-70
- 5 Hang pulley handle-73 on sliding sleeve

Assembly step 8

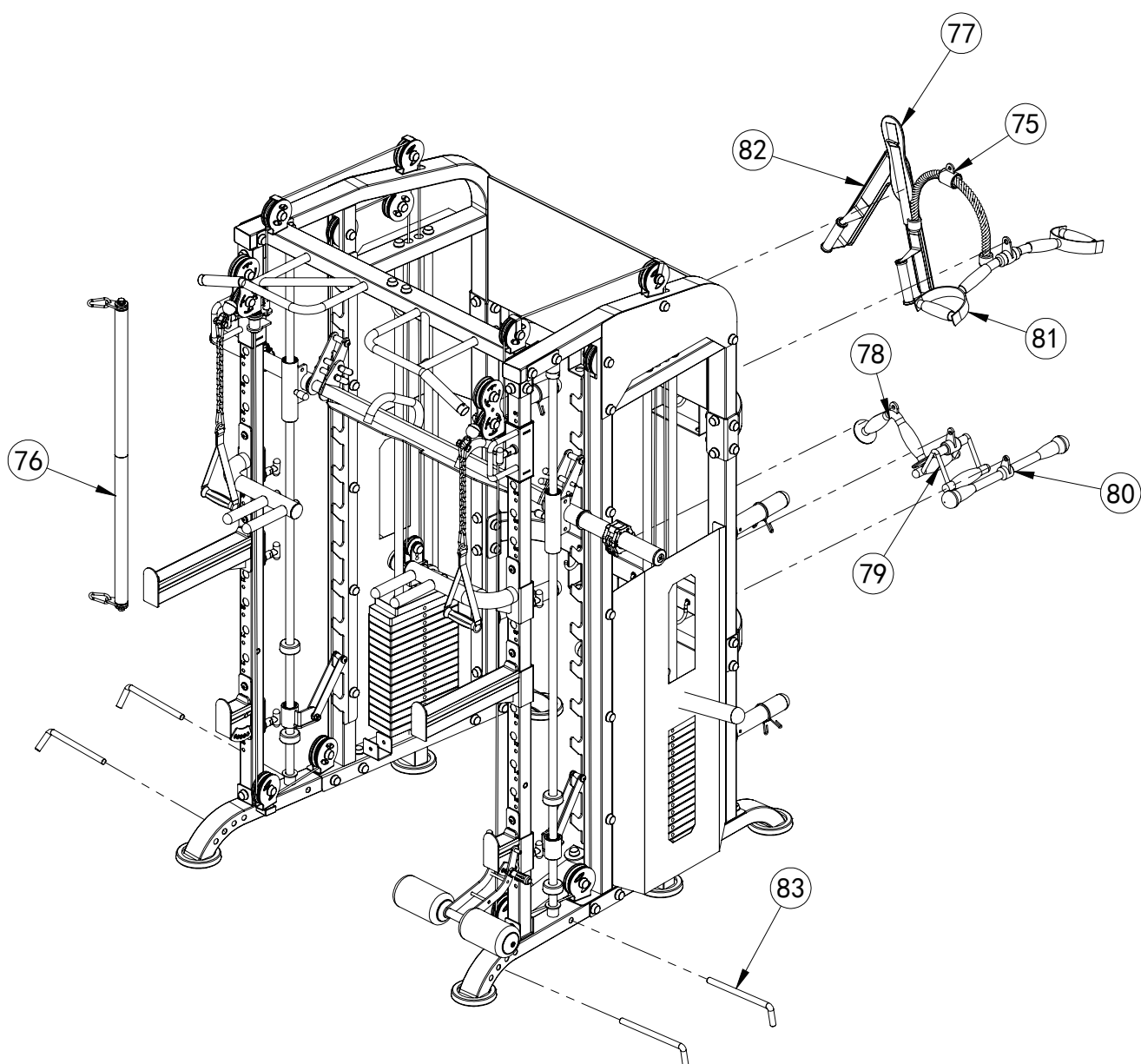


No.	Description	Note	Qty.
62	T shape pin	Φ10x85	4
74	footplate		1

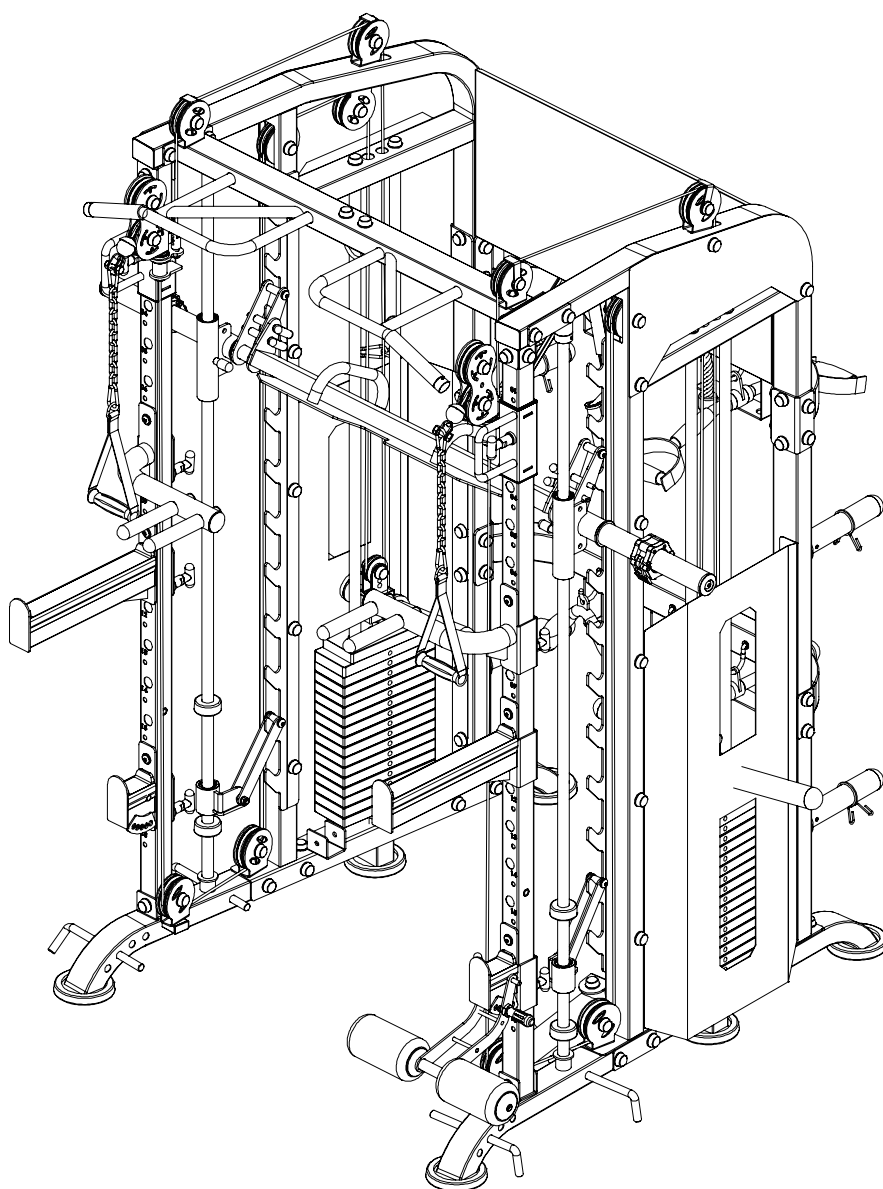


Fix footplate-74 on barbell bar using T shape pin-62

Assembly step 9

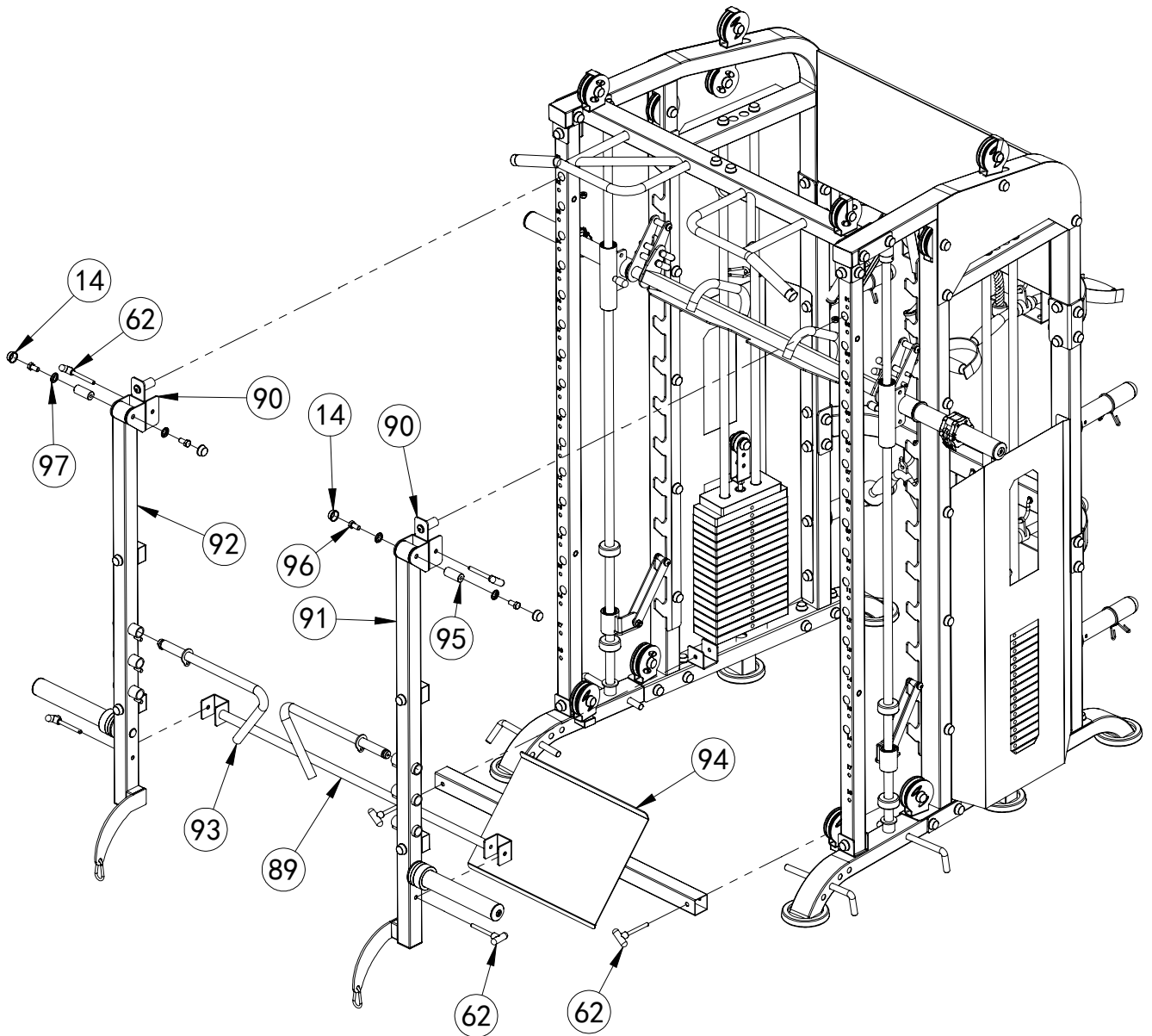


No.	Description	Note	Qty.
75	triceps rope handle		1
76	function training bar		1
77	ankle cuff		1
78	v bar		1
79	close grip rowing handle		1
80	straight bar		1
81	lat pull bar		1
82	abdominal harness		1
83	L shape pin		4

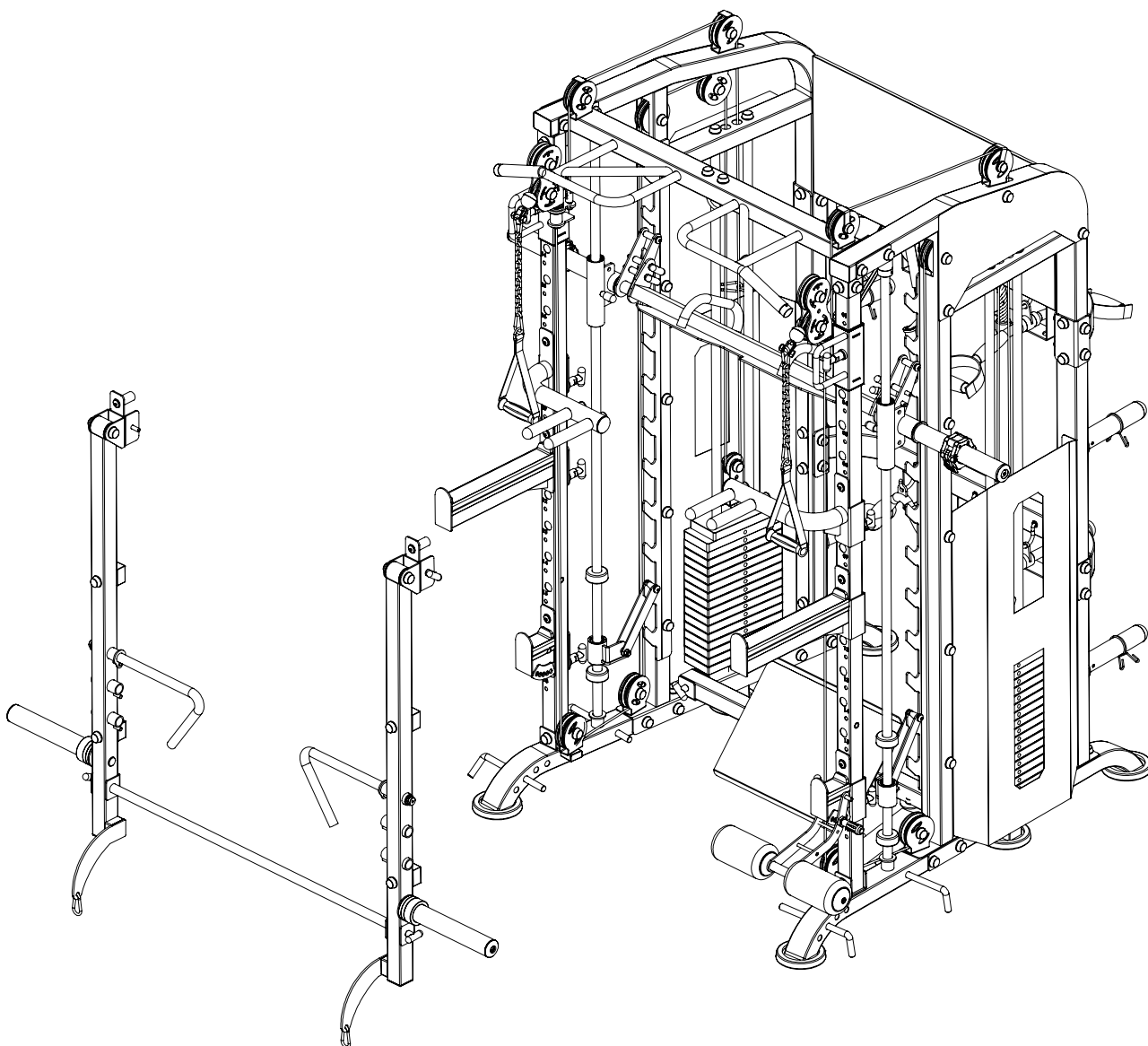


- 1 Hang triceps rope handle-75, ankle cuff-77, v bar-78, close grip rowing handle-79, straight bar-80, lat pull dn bar-81, back pull belt-82 on hook-60
- 2 Put L shape pin-83 into the main machine

Assembly step 10

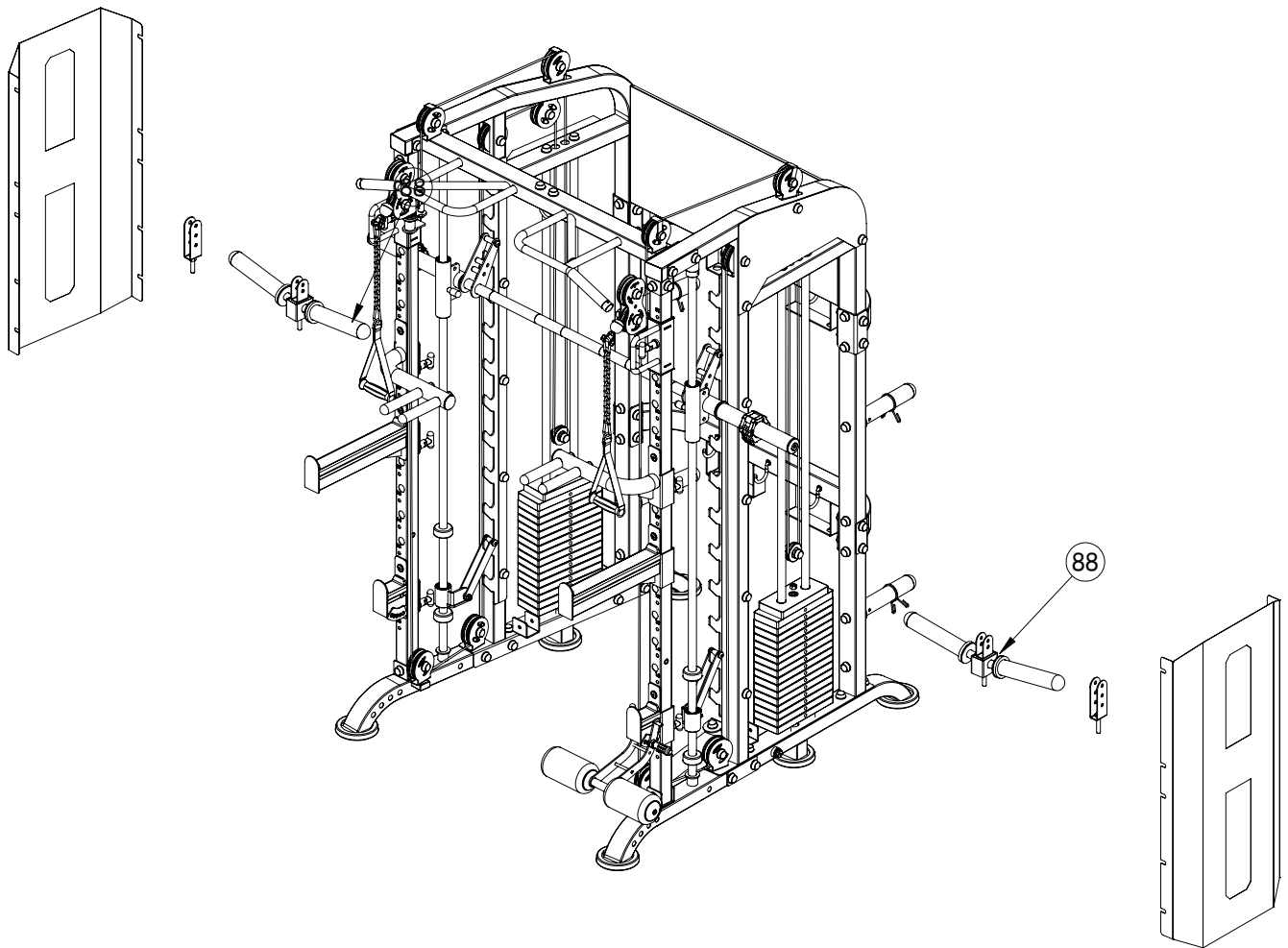


No.	Description	Note	Qty.
14	plastic cover		4
62	T shape pin	Φ10x85	6
89	push rod		1
90	link part		2
91	upright frame right		1
92	upright frame left		1
93	handle tube		2
94	footplate small		1
95	shaft	Φ25x56	2
96	hexagon bolt	M12x25	4
97	big washer	Φ12	4

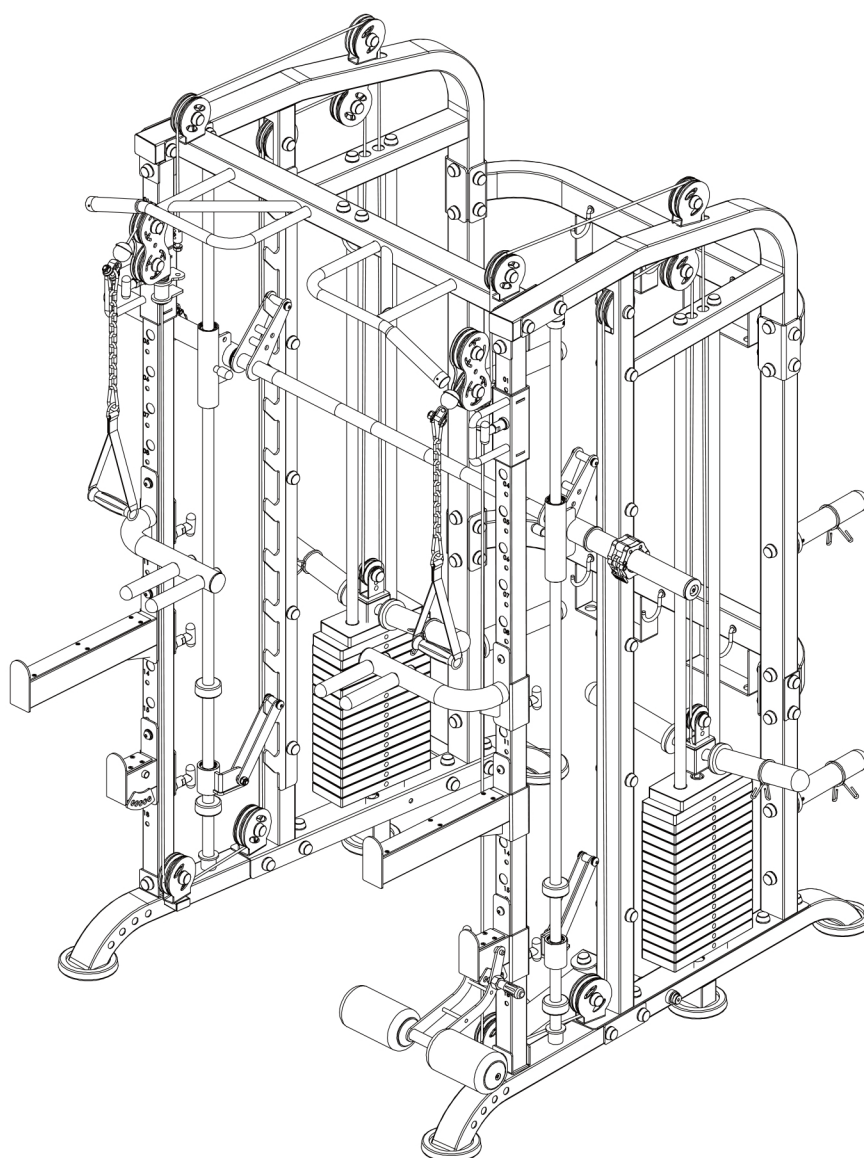


- 1 Connect handle tube-93 with upright frame right-93, upright frame left-92 using M12x25 hexagon bolt-96, $\Phi 12$ washer-97 and shaft-95
- 2 Connect footplate-94 with mian frame using T shape pin-62
- 3 Fix handle tube-93 on upright frame left-92 and upright frame right-91
- 4 Fix handle tube-93 on the main frame
- 5 Fix push rod-89 with upright frame left-92 and upright frame right-91 using T shape pin-62

Selector rod replacement instruction



No.	Description	Note	Qty.
88	selector rod with barbell holder		2



Remove selector rod-49 and shield-58, fix selector rod with barbell holder-88

Renouf
FITNESS

+61 (8) 9446 4816

72 Collingwood St, OSBORNE PARK,
WESTERN AUSTRALIA 6017
sales@renouffitness.com.au
www.renouffitness.com.au