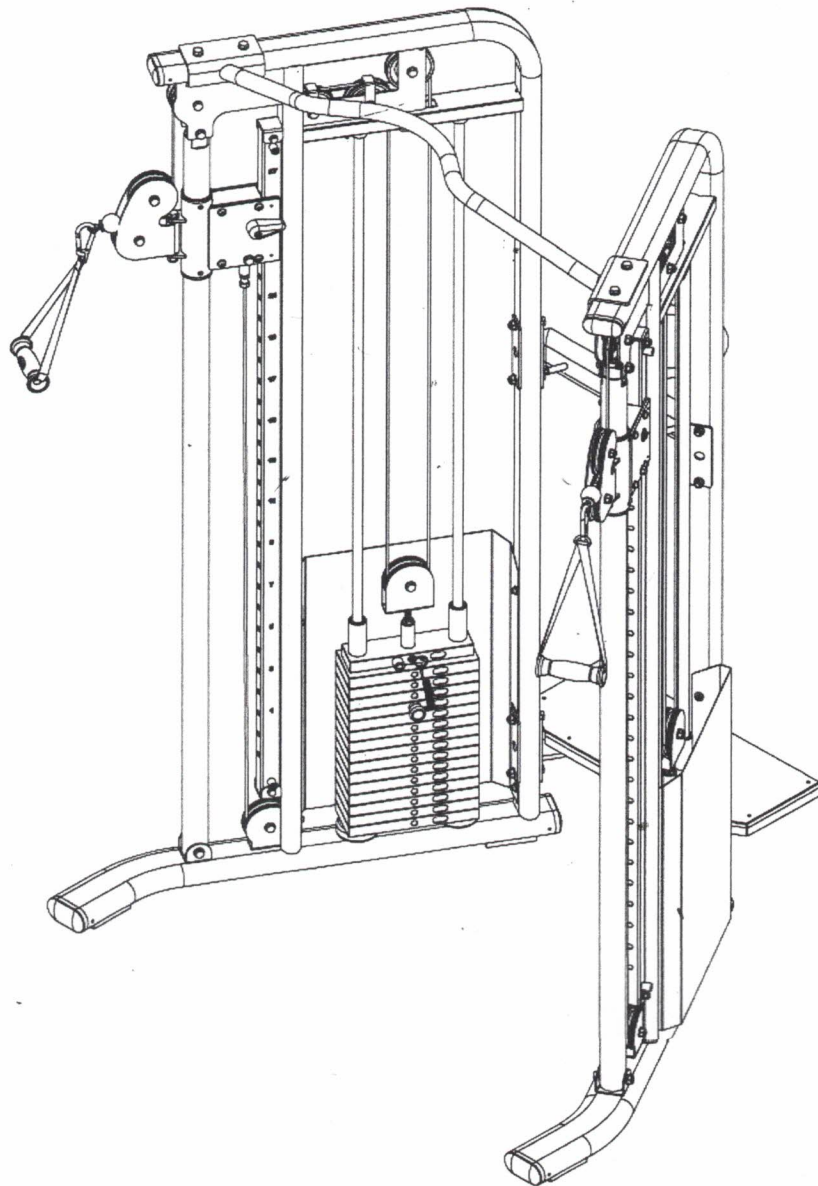


# TAG **YOU'RE FIT!**

Model # FT1

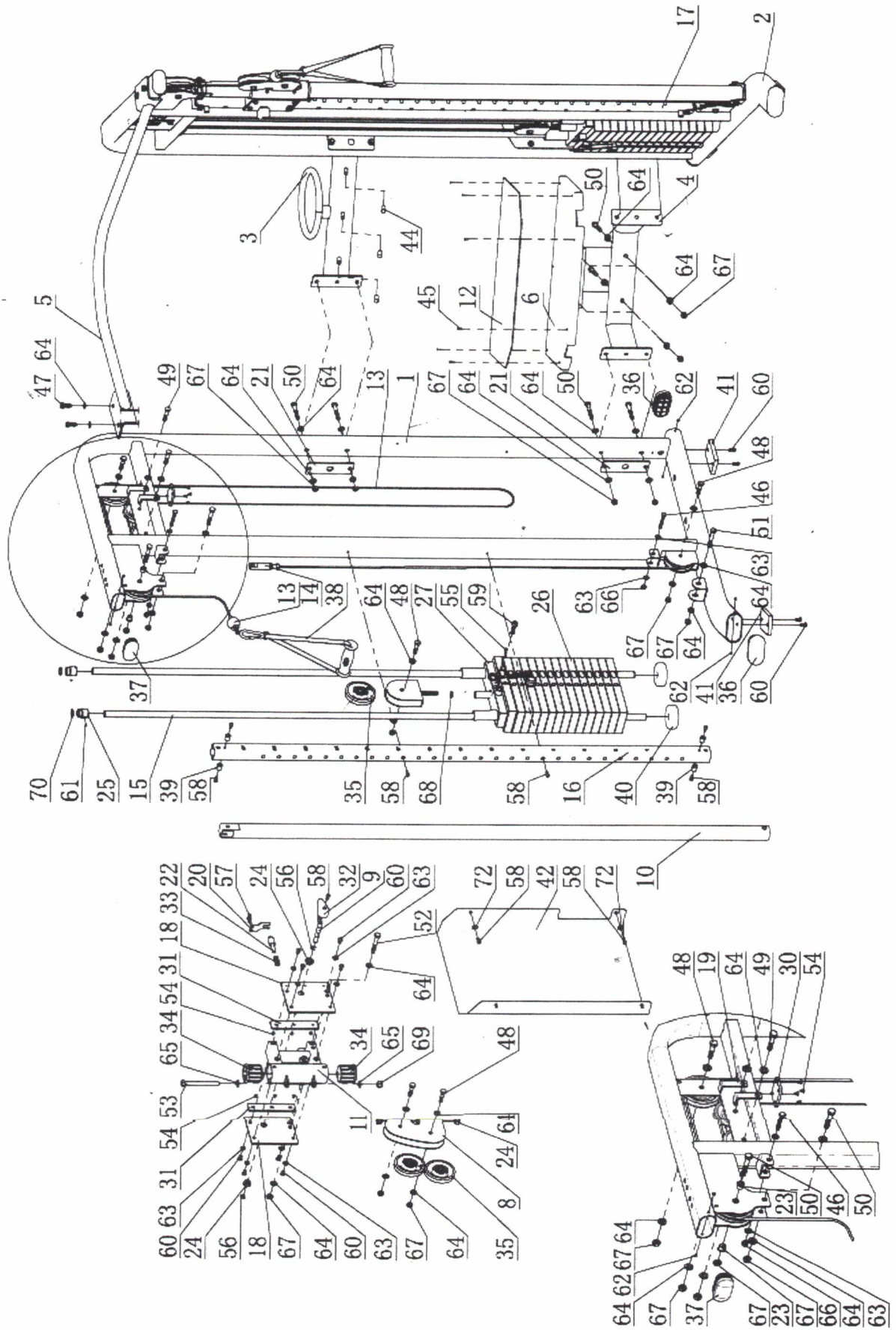
TAG FT1(FT79) Functional Trainer



[www.tagfitness.net](http://www.tagfitness.net)

630-375-1500

# EXPLODED DRAWING



# PARTS LIST

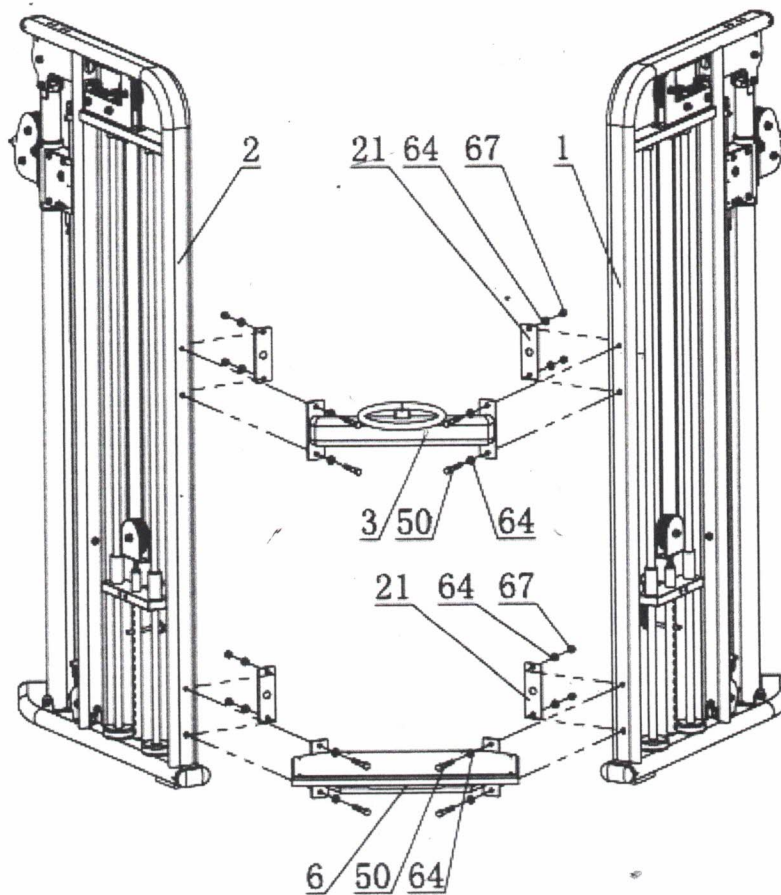
No.	Description	QTY	No.	Description	QTY
1	Right Frame	1	37	End Cap PT40*80*2	2
2	Left Frame	1	38	Handle Grip 132*260	2
3	Rear Top Support Frame	1	39	Rubber Sleeve $\Phi 15*\Phi 6*18$	8
4	Rear Lower Support Frame	1	40	Crash Pad $\Phi 80*25$	4
5	Upper Cross Frame	1	41	Foot Cushion 100*65*12	4
6	Tray	1	42	Right Metal Cover 600*432*1.2	1
7	Pulley Frame Assembly	2	43	Left Metal Cover 600*432*1.2	1
8	Double-Pulley Frame	2	44	Sleeve of Hook $\Phi 12*55$	3
9	Adjust Shaft	2	45	Screw $\Phi 4*10$	6
10	Guide Frame	2	46	Hex Bolt M8*60	4
11	Slide Frame	2	47	Hex Bolt M10*25	4
12	PS Plate 590*250*3	1	48	Hex Bolt M10*45	10
13	Cable Assembly $\Phi 5*6970$	2	49	Hex Bolt M10*50	4
14	Cable Adjust Sleeve	2	50	Hex Bolt M10*65	14
15	Guide Rod $\Phi 20*1743$	4	51	Hex Bolt M10*70	2
16	Right Adjust Bar F40*2*1600	1	52	Hex Bolt M10*75	2
17	Left Adjust Bar F40*2*1600	1	53	Hex Bolt M12*110	2
18	Plate of Slide Frame 150*140*5	4	54	Cross Sunk Screw M5*8	20
19	Cable Baffle 60*25*20*2	4	55	Hex Round Bolt M5*10	2
20	Adjust Plate 30*65*15*3	2	56	Ring with Open $\Phi 9$	4
21	3-Hole Plate 150*50*4	4	57	Hex Round Bolt M5*15	4
22	Pin Shaft $\Phi 18*69*\Phi 10$	2	58	Hex Round Bolt M6*15	22
23	Pulley Bushing $\Phi 18*14$	4	59	Hex Round Bolt M10*40	2
24	Metal Powder Bushing	8	60	Hex Pan Bolt M8*15	24
25	Guide Rod Bush $\Phi 30*\Phi 20.2*30$	4	61	Hex Cone Set Screw M6*4	4
26	Weight Stack 260*100*25.4	30	62	Hex Cone Set Screw M6*6	12
27	Top Weight Plate 247*65*25.4	2	63	Flat Washer $\Phi 9*\Phi 16*1.6$	24
28	Selected Shaft $\Phi 25*470*M12$	2	64	Flat Washer $\Phi 11*\Phi 20*2$	64
29	Magnetic Pin $\Phi 10*80$	2	65	Flat Washer $\Phi 13.5*\Phi 24*2.5$	4
30	Flat Washer 60*50*6	2	66	Nut M8	4
31	Slide Plate 150*34*4	4	67	Nut M10	32
32	Plastic Handle 32*75*30	2	68	Thin Nut M12	2
33	Pin Spring $\Phi 14*\Phi 1.2*32$	2	69	Nut M12	2
34	Hollow Sleeve	4	70	O-Ring $\Phi 19*1.8$	4
35	Pulley $\Phi 95*24$	16	71	Safety Hook $\Phi 8*80$	2
36	End Cap PT50*100*3	4	72	Big Washer $\Phi 6.6*\Phi 18*1.6$	8

# ASSEMBLY

## STEP 1

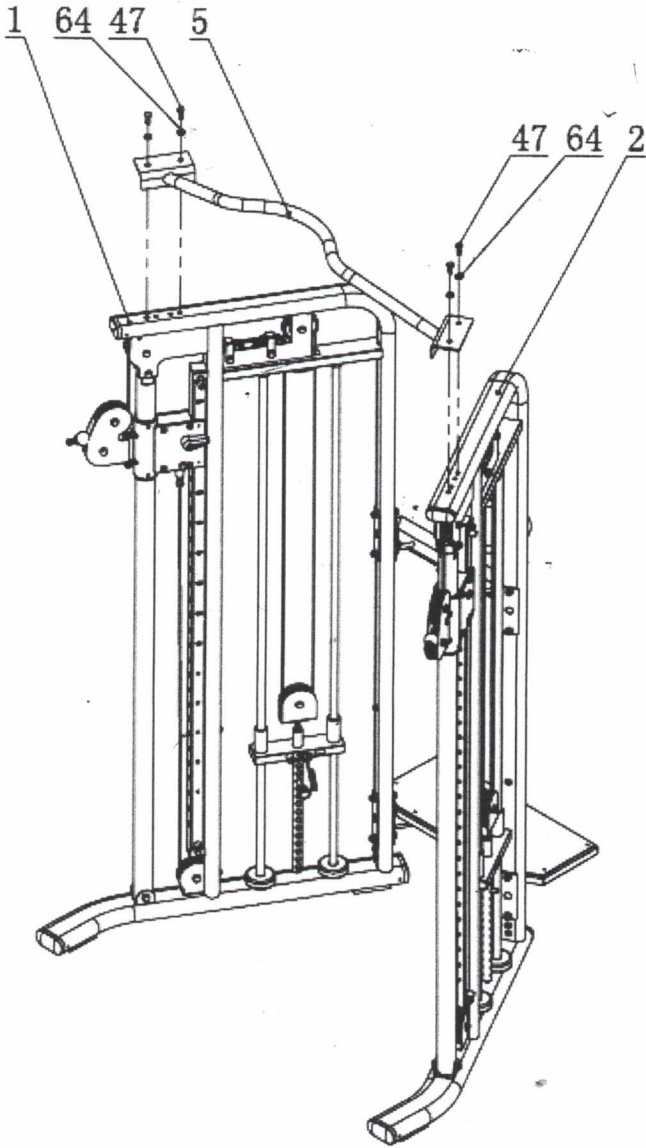
Install Rear Top Support Frame (3) onto Right Frame (1) and Left Frame (2), using 4 Hex Bolt M10\*65 (50), 8 Flat Washer  $\Phi 11*\Phi 20*2$  (64). Please don't tighten the bolts;

Install Tray (6) onto Right Frame (1) and Left Frame (2), using 4 Hex Bolt M10\*65 (50), 8 Flat Washer  $\Phi 11*\Phi 20*2$  (64). Please don't tighten the bolts.



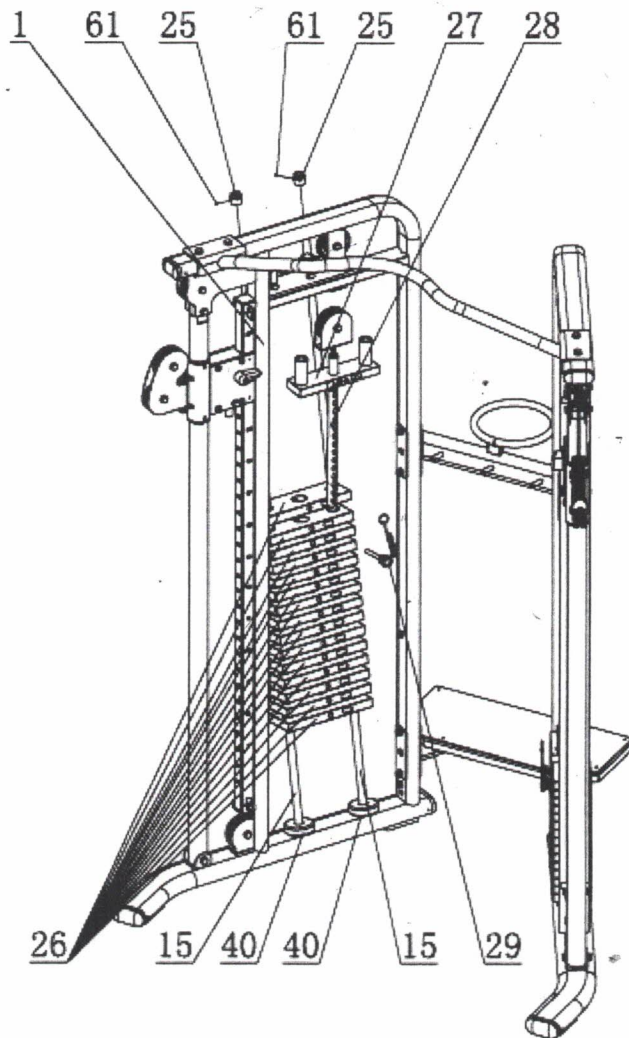
# STEP 2

Install Upper Cross Frame (5) onto Right Frame (1) and Left Frame (2), using 4 Hex Bolt M10\*25 (47), 4 Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (64).



## STEP 3

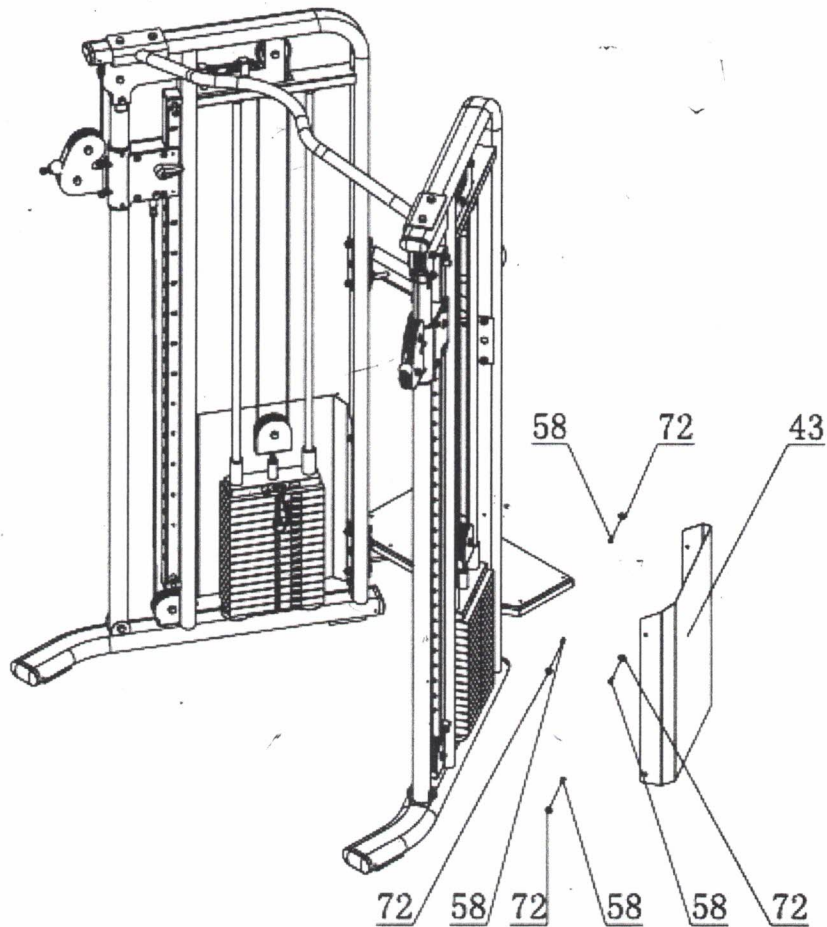
Take off 2 Guide Rod Bush (25) after loosening 2 Hex Cone Set Screw M6\*4(61), also take off Top Weight Plate (27), Selected Shaft (28) from Guide Rod (15);  
Install 15 Weight Stack (26) through from 2 Guide Rod (15) as show;  
Fix Top Weight Plate (27) and Selected Shaft (28) back,also 2 Guide Rod Bush (25) back to 2 Guide Rod(15), using 2 Hex Cone Set Screw M6\*4 (61), and tighten them;  
Install the other side with the same way.



## STEP 4

Install Left Metal Cover (43) onto Left Frame (2), using 4 Hex Round Bolt M6\*15 (58), 4 Big Washer  $\Phi 6.6 \times \Phi 18 \times 1.6$  (72);

Install the other side with the same way.



## STEP 5

Install 2 Handle Grip 132\*260 (38) onto 2 Cable Assembly  $\Phi 5 \times 6970$  (13) individually, using 2 Safety Hook  $\Phi 8 \times 80$  (71).

