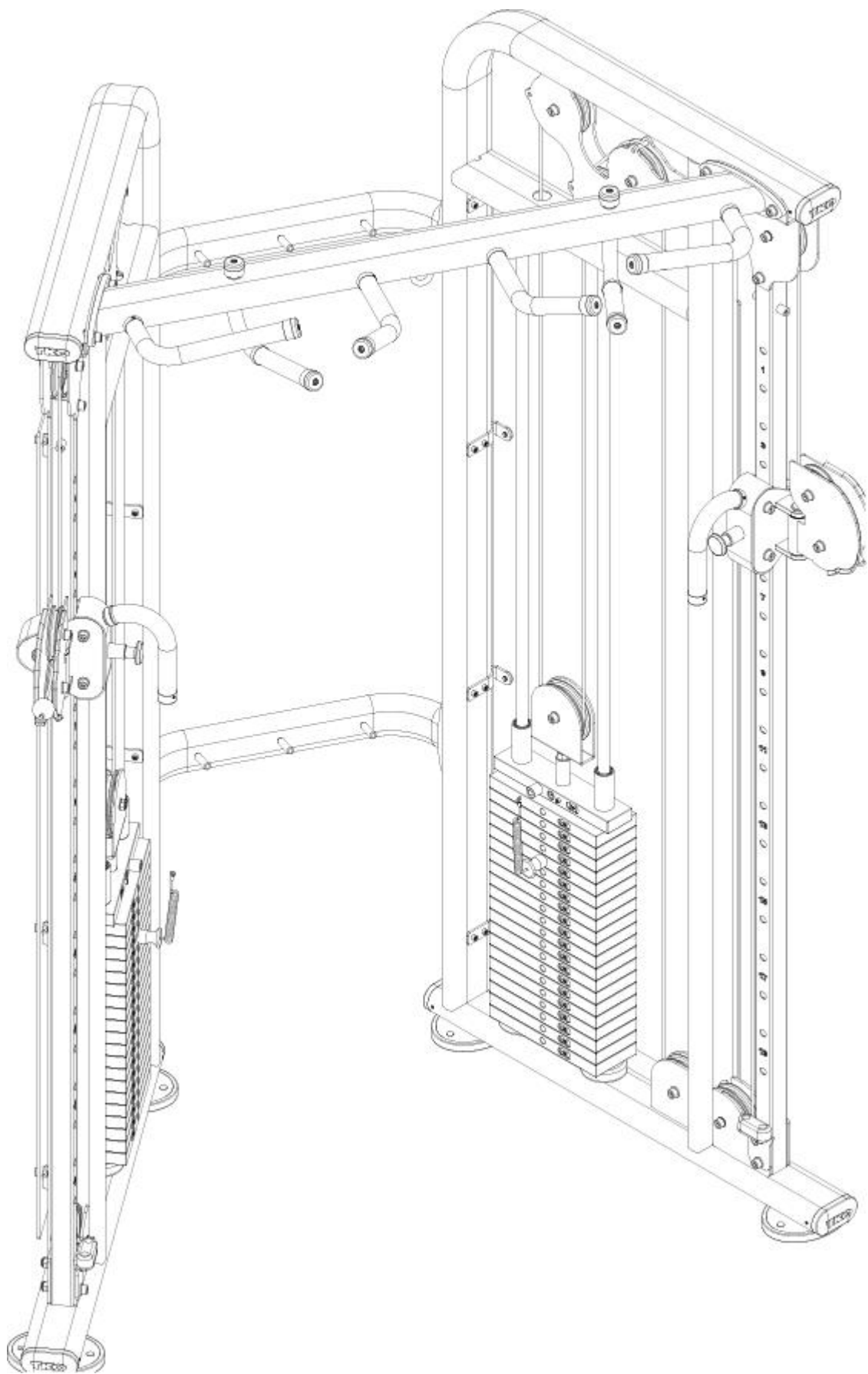




G8550FT FUNCTIONAL TRAINER  
OWNER'S MANUAL&PARTS LIST

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

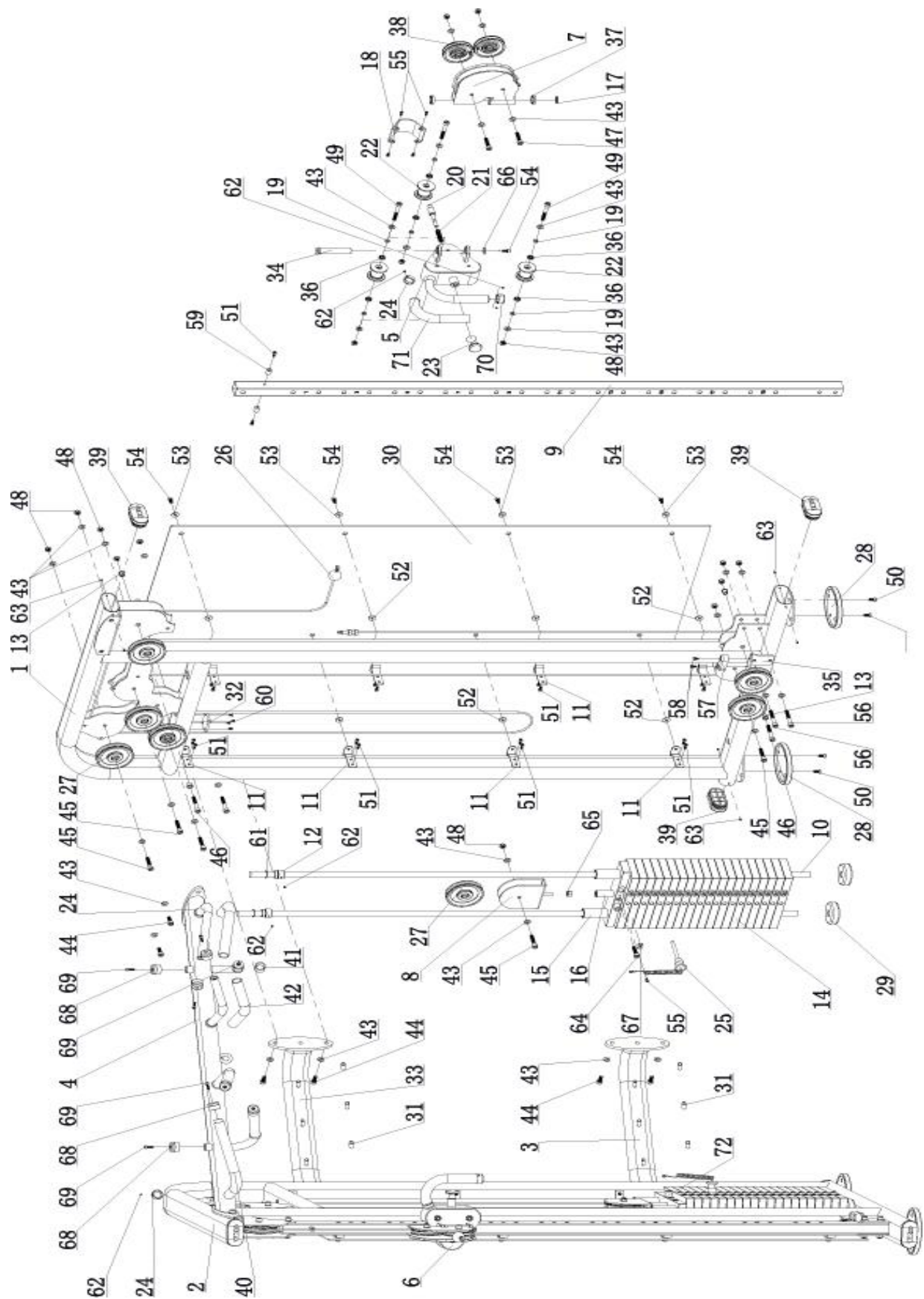
Phone# 630-375-1500



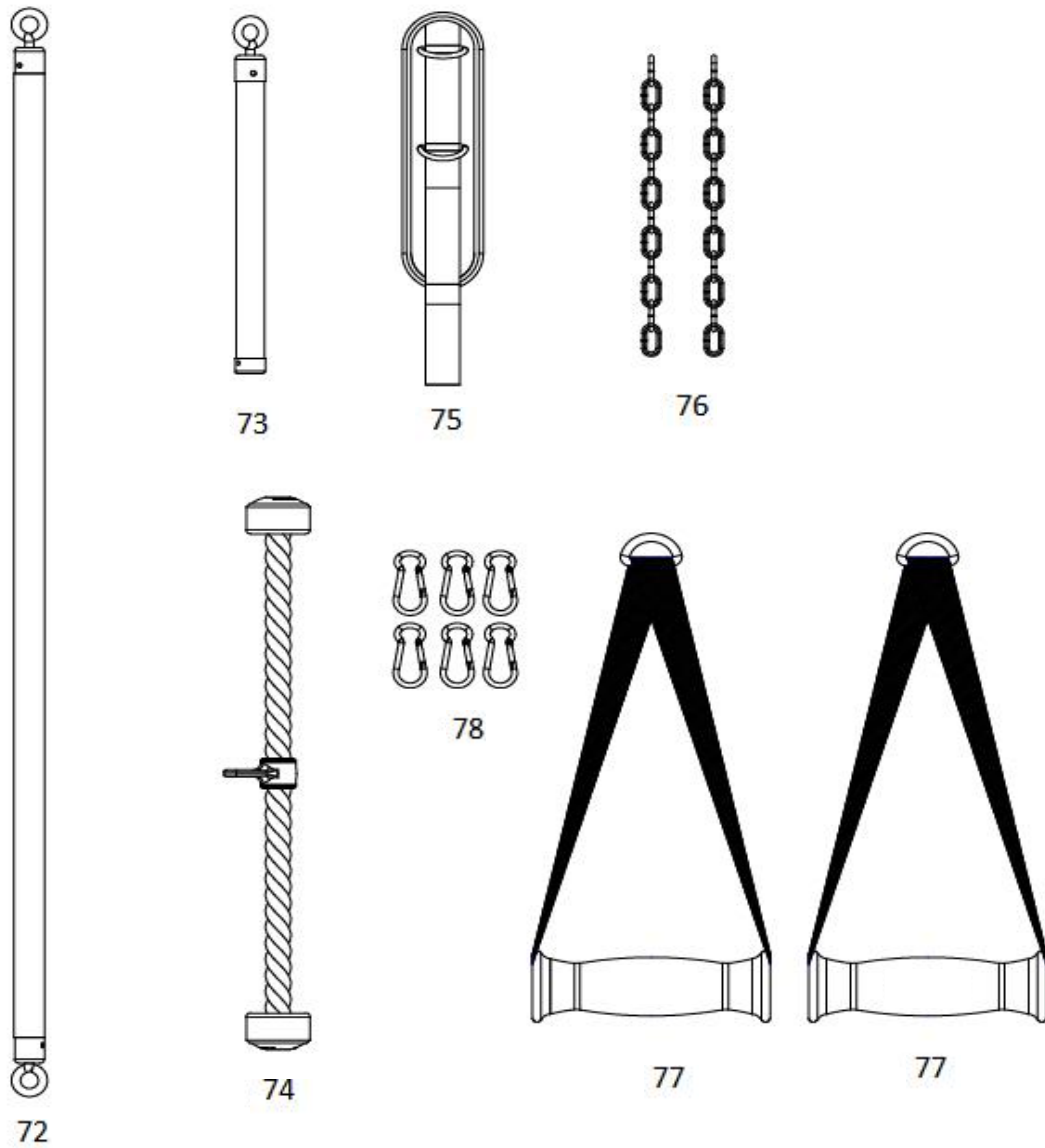
# PARTS LIST

| Part No. | Description                      | Q'ty | Part No. | Description                          | Q'ty |
|----------|----------------------------------|------|----------|--------------------------------------|------|
| 1        | Left Main Frame                  | 1    | 37       | Bearing 61804ZZ                      | 4    |
| 2        | Right Main Frame                 | 1    | 38       | Pulley $\Phi$ 95*24                  | 4    |
| 3        | Rear Cross Frame                 | 1    | 39       | End Cap PT50*100*3                   | 6    |
| 4        | Upper Cross Frame                | 1    | 40       | Foam Grip $\Phi$ 24*3*345            | 2    |
| 5        | Left Sliding Frame               | 1    | 41       | Foam Grip $\Phi$ 24*3*160            | 2    |
| 6        | Right Sliding Frame              | 1    | 42       | Foam Grip $\Phi$ 24*3*290            | 2    |
| 7        | Front Wheel Bracket              | 2    | 43       | Washer $\Phi$ 11* $\Phi$ 20*2        | 64   |
| 8        | Middle Wheel Bracket             | 2    | 44       | Hex Round Bolt M10*25                | 12   |
| 9        | Adjusting Square Tube            | 2    | 45       | Hex Round Bolt M10*50                | 10   |
| 10       | Guide Shaft $\Phi$ 20*1763       | 4    | 46       | Hex Round Bolt M10*65                | 6    |
| 11       | Cover Fixing Bracket 86*25*4     | 16   | 47       | Hex Round Bolt M10*45                | 4    |
| 12       | Bush for Guide Shaft             | 4    | 48       | Nut M10                              | 30   |
| 13       | Bush For Wheel $\Phi$ 8*14       | 8    | 49       | Hex Round Bolt M10*75                | 6    |
| 14       | 10 LB Weight Plate               | 40   | 50       | Hex Sunk Screw M8*20                 | 8    |
| 15       | Cover for Weight Plate           | 2    | 51       | Hex Round Bolt M6*15                 | 36   |
| 16       | Selecting Rod $\Phi$ 12*595      | 2    | 52       | Rubber Gasket $\Phi$ 7* $\Phi$ 22*3T | 16   |
| 17       | Washer for Ball Bearing          | 2    | 53       | Big Gasket $\Phi$ 8.6 $\Phi$ 22*2    | 16   |
| 18       | Adjusting Cover 107.6*62*3       | 2    | 54       | Hex Round Bolt M8*15                 | 18   |
| 19       | Bush for Sliding Wheel           | 12   | 55       | Hex Round Bolt M5*10                 | 10   |
| 20       | Pin $\Phi$ 18*111* $\Phi$ 12*M10 | 2    | 56       | Hex Round Bolt M10*70                | 4    |
| 21       | Spring $\Phi$ 14* $\Phi$ 1.5*55  | 2    | 57       | Limited Pad 30*70*20                 | 2    |
| 22       | Sliding Wheel $\Phi$ 54*49       | 6    | 58       | Cross Pan Screw M6*12                | 4    |
| 23       | Al. Knob $\Phi$ 40*30*M10        | 2    | 59       | Rubber Bush $\Phi$ 15* $\Phi$ 6*18   | 4    |
| 24       | Ring $\Phi$ 33*10                | 8    | 60       | Cross Sunk Screw M5*10               | 8    |
| 25       | Magnetic Pin                     | 2    | 61       | O Ring $\Phi$ 19*1.8                 | 4    |
| 26       | Cable Assembly                   | 2    | 62       | Hex Cone Set Screw M6*4              | 16   |
| 27       | Pulley $\Phi$ 115                | 14   | 63       | Hex Cone Set Screw M6*6              | 12   |
| 28       | PVC Foot Cap 169*129*16          | 4    | 64       | Hex Round Bolt M10*40                | 2    |
| 29       | Crash Pad $\Phi$ 80*25           | 4    | 65       | Flat Nut M12                         | 2    |
| 30       | Cover PVC 1700*600*4             | 2    | 66       | Big Gasket $\Phi$ 9* $\Phi$ 24*2     | 2    |
| 31       | Bumper Cushion $\Phi$ 12*55      | 6    | 67       | Weight Logo 30*15*2                  | 42   |
| 32       | Rubber Washer 60*50*6            | 2    | 68       | Ball $\Phi$ 25                       | 8    |
| 33       | Rear Upper Cross Frame           | 1    | 69       | Hex Round Bolt M6*20                 | 8    |
| 34       | T Spindle $\Phi$ 25*102          | 2    | 70       | Handle Cover $\Phi$ 33* $\Phi$ 26*19 | 2    |
| 35       | Limited Plate 65*30*80*4         | 2    | 71       | Adjusting Handle Foam                | 2    |
| 36       | Bearing 61800ZZ                  | 12   |          |                                      |      |

# FUNCTIONAL TRAINER



# Accessory List

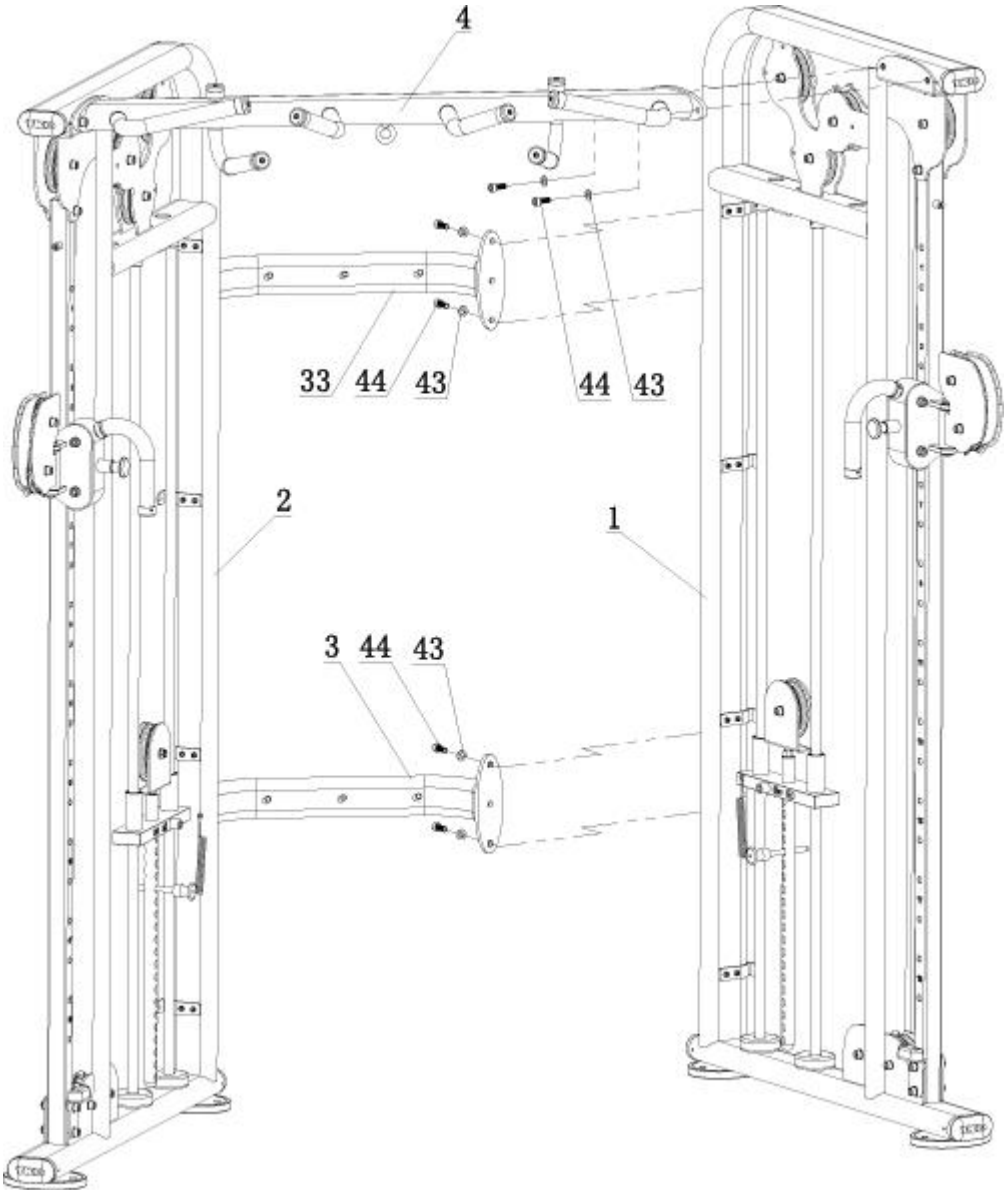


| Part No. | Description  | Q'ty | Part No. | Description | Q'ty |
|----------|--------------|------|----------|-------------|------|
| 72       | Handle Bar   | 1    | 76       | Chains      | 2    |
| 73       | Lifting Rod  | 1    | 77       | Hand Grip   | 2    |
| 74       | Tricep Rope  | 1    | 78       | Hook        | 6    |
| 75       | Ankle Straps | 1    |          |             |      |

# Assembly

## Step 1

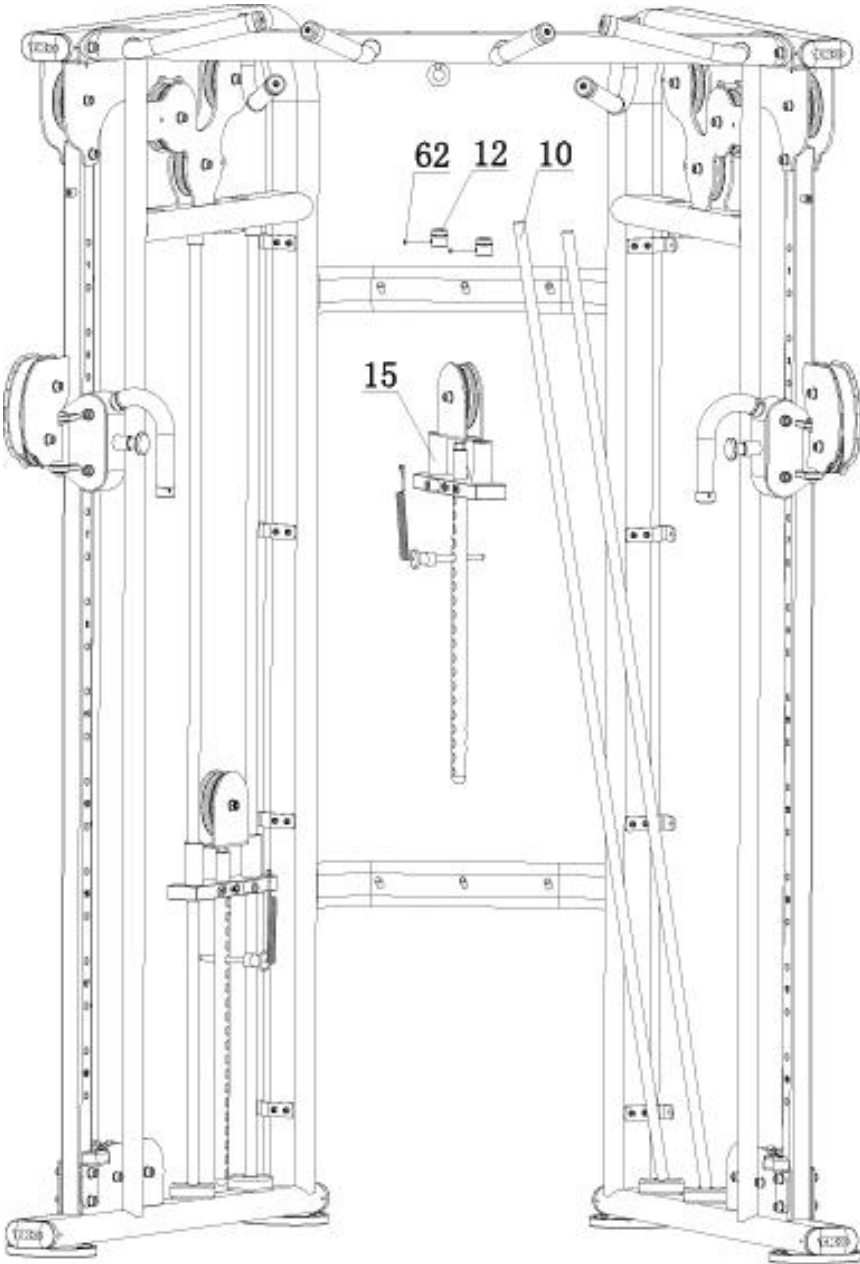
Please Connect Left Main Frame (1), Right Main Frame (2), Rear Cross Frame (3), Upper Cross frame (4) and Rear Upper Cross Frame (33), using Hex Round Bolt (44) and Washer (43).



# Assembly

## Step 1

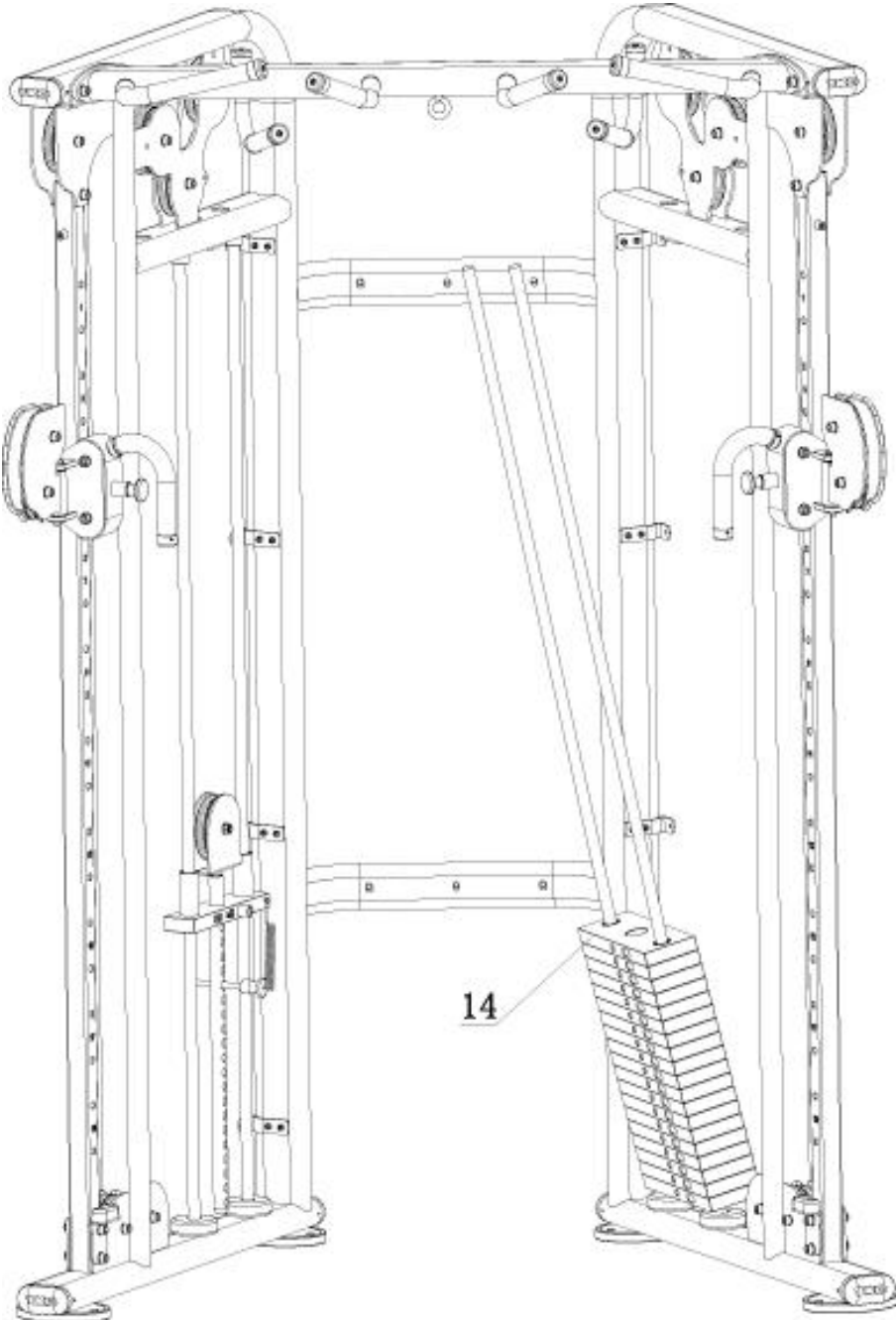
Please loosen Hex Cone Set Screw (62) and take Bush (12) off;  
After leaning Guide Shaft (10), take Cover (15) out.



# Assembly

## Step 3

Please place Weight Plate (14), 20 pieces for each side.

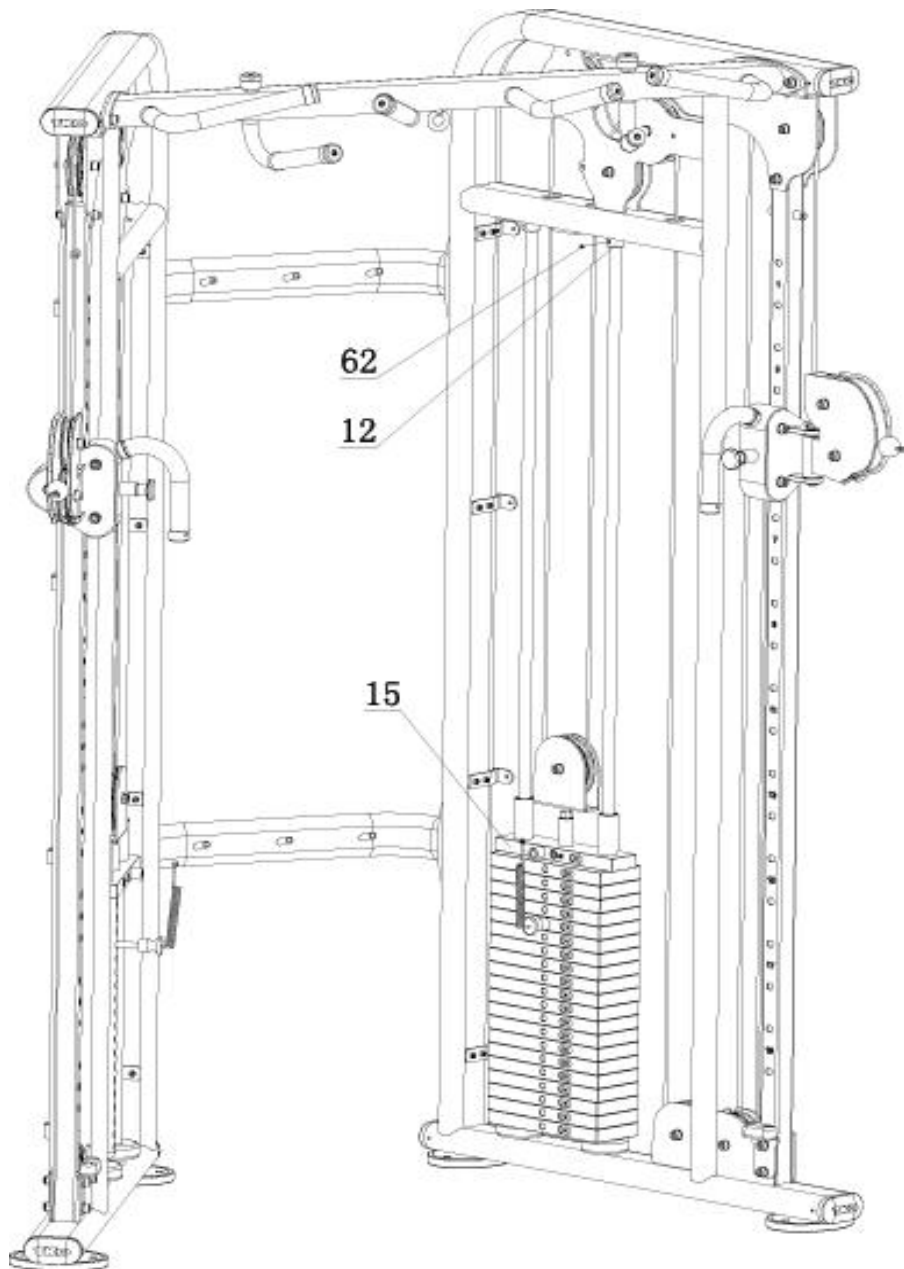




# Assembly

## Step 4

Please put Cover (15) to the place as the picture shows;  
Keep the Guide Shaft upright and put Bush (12) onto Guide Shaft;  
Use Hex Cone Set Screw (62) to tighten it and keep it not to lean;  
It is the same with another side.



# Assembly

## Step 5

Please put Cover to the place as the picture shows.

