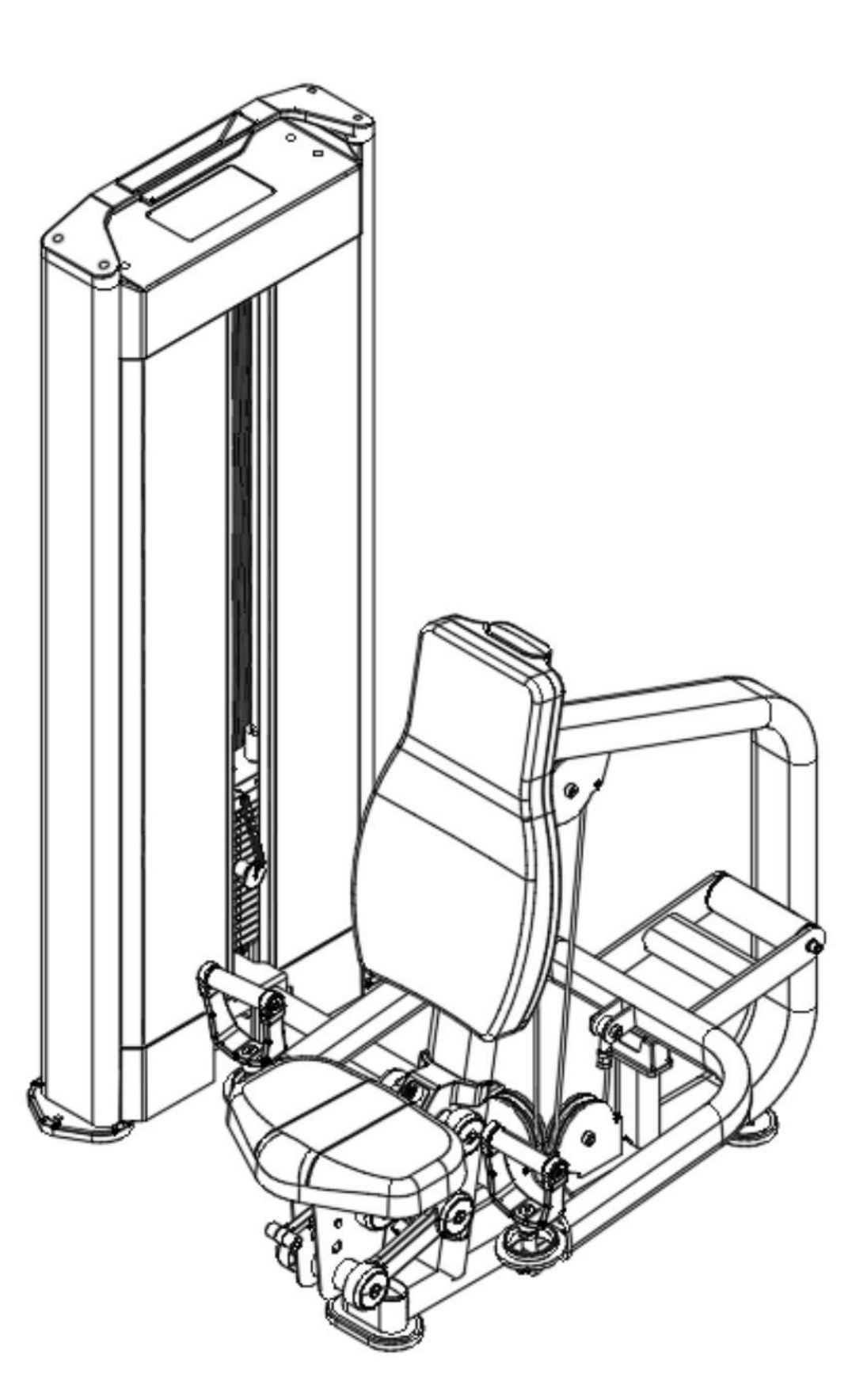
C402 Installation Guide

Pull Up Shoulder



Catalog

Brief introduction ………………………… 2
Assemble ………………………… 3
Accessory list ………………………… 11

brief introduction

Please take the time to read these instructions carefully before installation. Please refer to the list in the instruction manual to confirm the completeness and quantity check of all parts (if any parts are missing or damaged in transit, please call our after-sales service immediately). When installing the equipment, please follow the relevant instructions to install the equipment correctly.

This equipment is designed to provide the smoothest and most effective workout. After installation, you need to understand all the functions in order to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And promptly refer to the relevant instructions to inquire about the cause, if you can not solve the problem, please call our after-sales service. After carefully reading all the instructions, please continue

Rubber Hammer
Level ruler
Allen wrench
Two people
spring clamp
adjustable wrench

Assemble

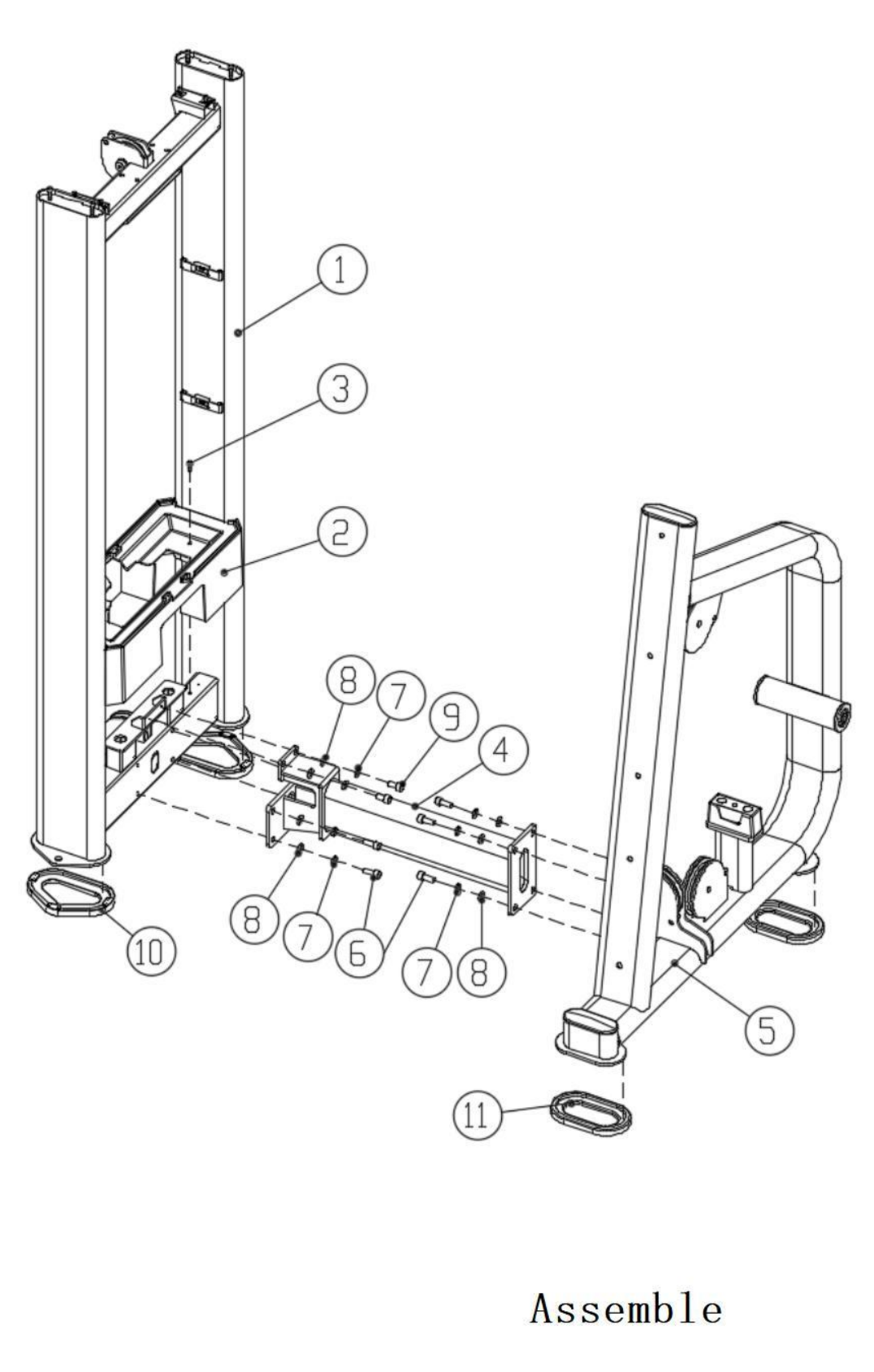
Step 1: Attach the Counterweight Lower Shroud (#2) to the Counterweight Frame (#1) by.

- 2 x Hexagon socket cheese head screws M5*16 (#3)

Step 2: Attach the Connecting Frame (#4), Side Frame Assembly (#5) to the Counterweight Frame (#1) in the following manner:

- 8 x Hexagon socket cheese head screws M10*25 (#6)
- 10 x Spring washers M10 (#7)
- 10 x Flat washers M10-D20 (#8)
- 2 x Hexagon socket cheese head screws M10*20 (#9)

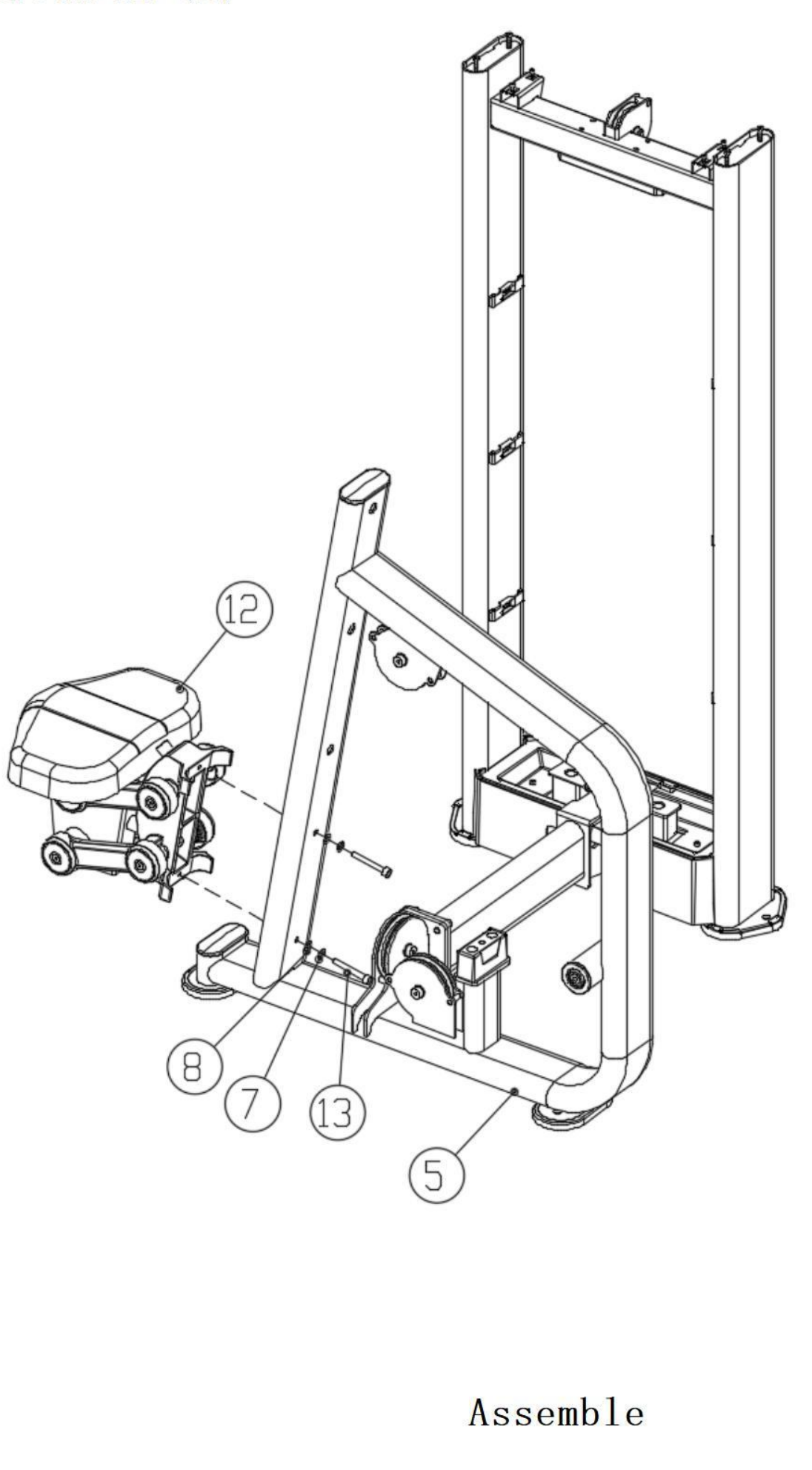
Step 3: Attach 2 Counterweight Rack Feet (#10) to Counterweight Rack (#1)
Install 2 flat elliptical feet (#11) to side frame assembly (#5)



Assemble

Step 4:Attach the Seat Assembly (#12) to the Side Frame Assembly (#5) using the following method:

- 2 x Hexagon socket cheese head screws M10*70 (#13)
- 2 x Spring washers M10 (#7)
- 2 x Flat washers M10-D20 (#8)

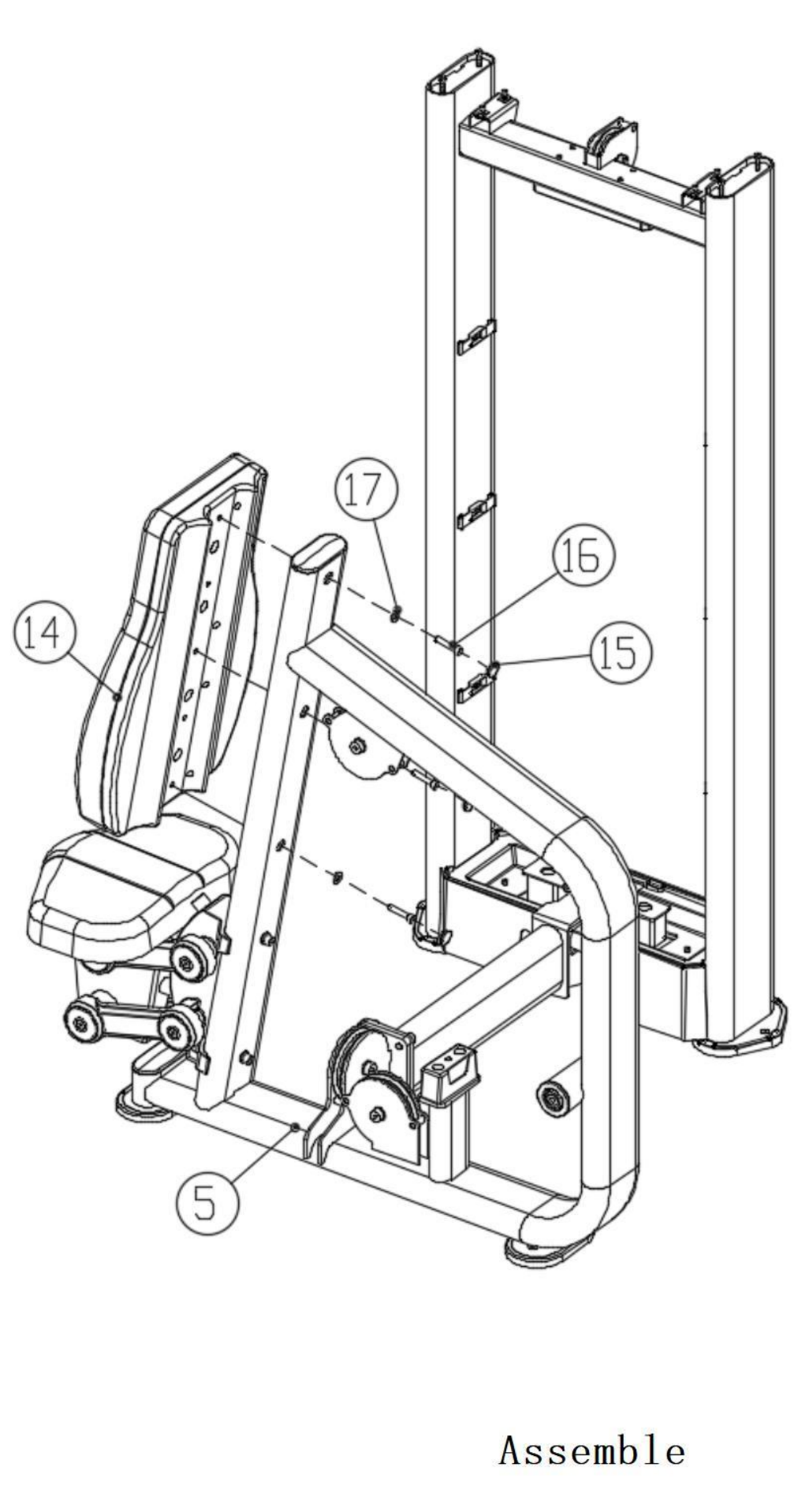


Assemble

Step 5:Attach the Back Pad (#14) to the Side Frame Assembly (#5) using the following method:

- 3 x Hexagon socket cylindrical head screw M8*40 (#16)
- 3 x Flat washers M8-D16 (#17)

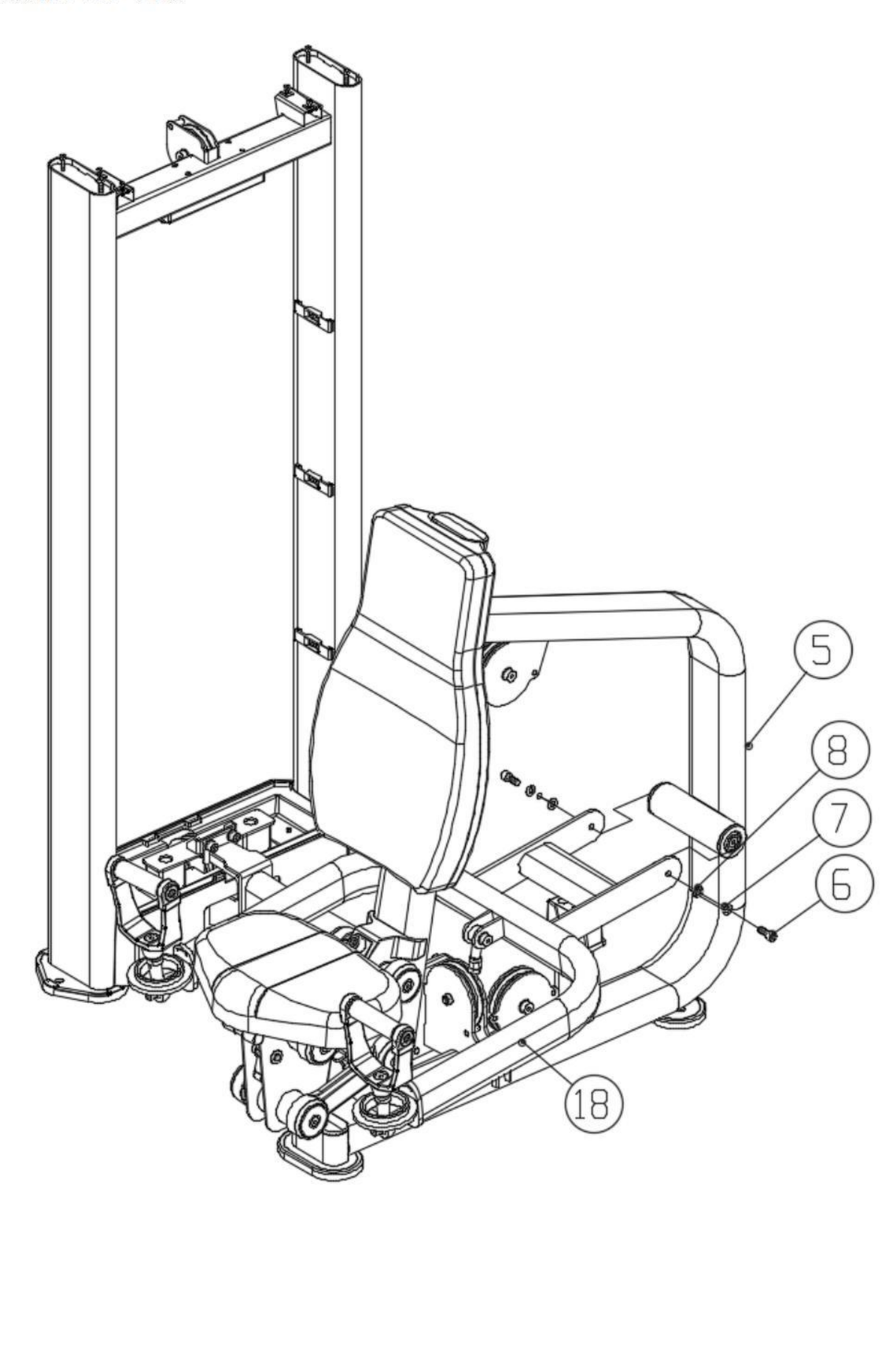
Step 6: Install 3 x 20 Plugs (#15) into Side Frame Assembly (#5)



Assemble

Step 7: Connect the Force Arm Assembly (#18) to the Side Frame Assembly (#5) by.

- 2 x Hexagon socket cheese head screwsM10*25 (#6)
- 2 x Spring matM10 (#7)
- 2 x falt matM10-20 (#8)



assemble

Step 8:Slide the two Counterweight Block Rubber Pads (#20) onto the two Guide Bars (
Connect the two counterweight bases (#21) to the two guide rods (#19) and place them in the counterweights (#1) as follows.

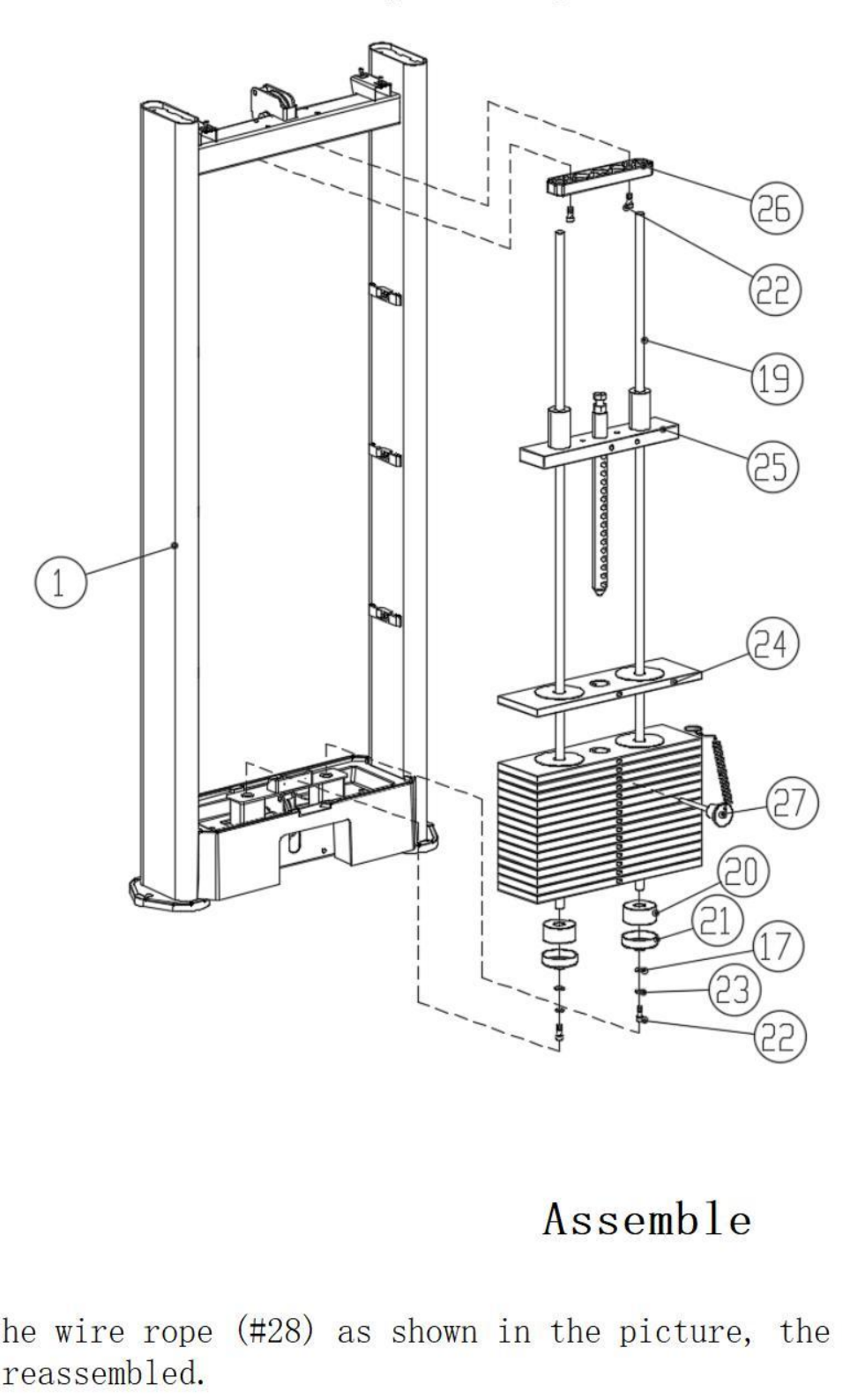
- 2 x Hexagon socket cheese head screws M8*20 (#22)
- 2 x spring washer M8 (#23)
- 2 x flat washer M8-D16 (#17)

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

Step 9: Install the 14 counterweight blocks (#24) onto the guide bars (#19) with the isolation tabs facing up.
Install the guide block set (#25) onto the guide bar (#19).
Insert the counterweight block pin (#27) into the counterweight block (#24).
Slide the guide bar retainer plate (#26) onto the guide bar (#19).
Attach the guide bar mounting plate (#26) to the counterweight bracket (#1) by.

- 2 x Hexagon socket cheese head screws M8*20 (#22)

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

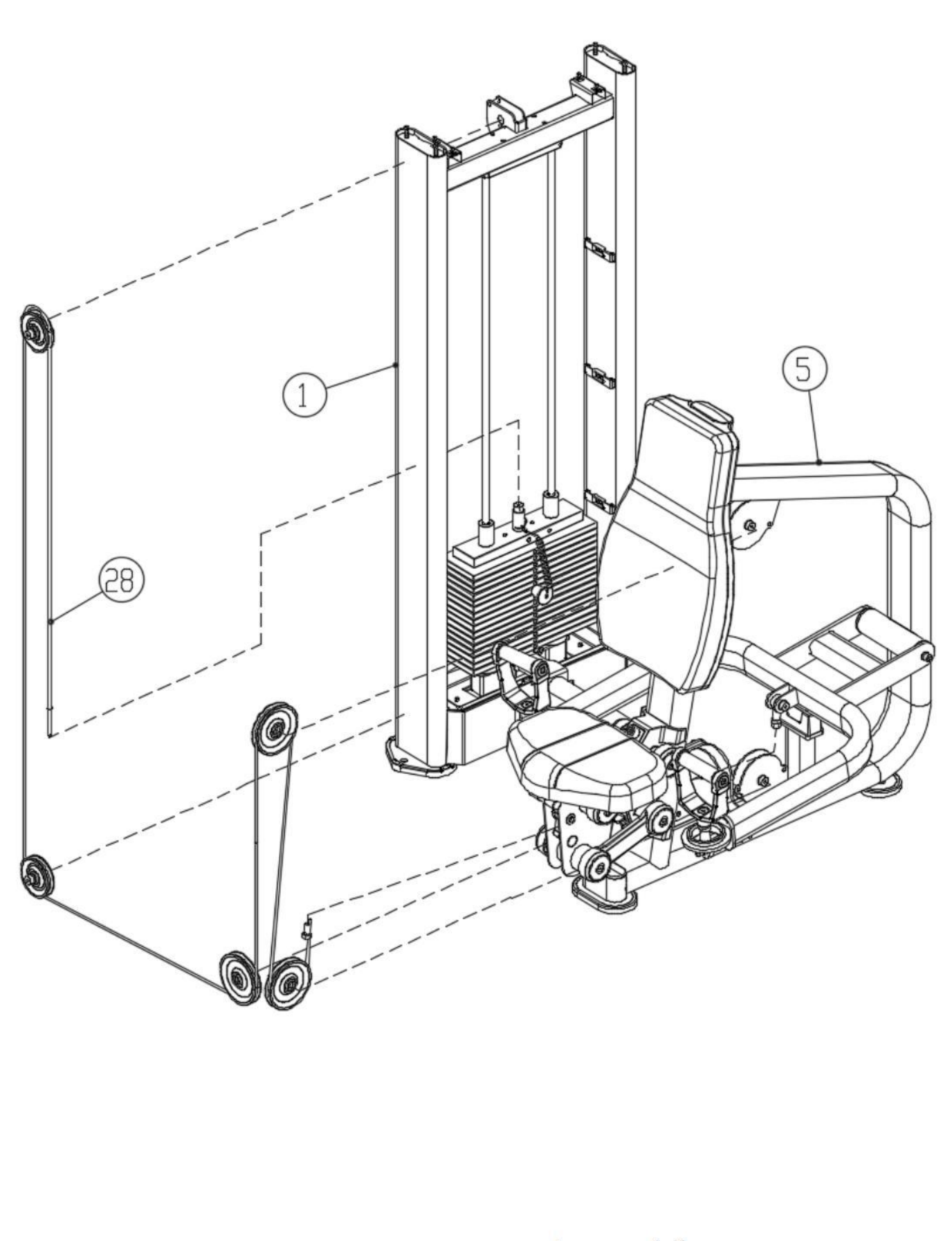


Assemble

Step 10: Thread the wire rope (#28) as shown in the picture, the pre-installed sheaves need to be disassembled and reassembled.

Note that these sheaves are installed in synchronization with the wire rope (#28)

Step 11: Connect one end of the wire rope (#28) to the force arm assembly (#18) and the other end to the counterweight frame (#1).



Assemble

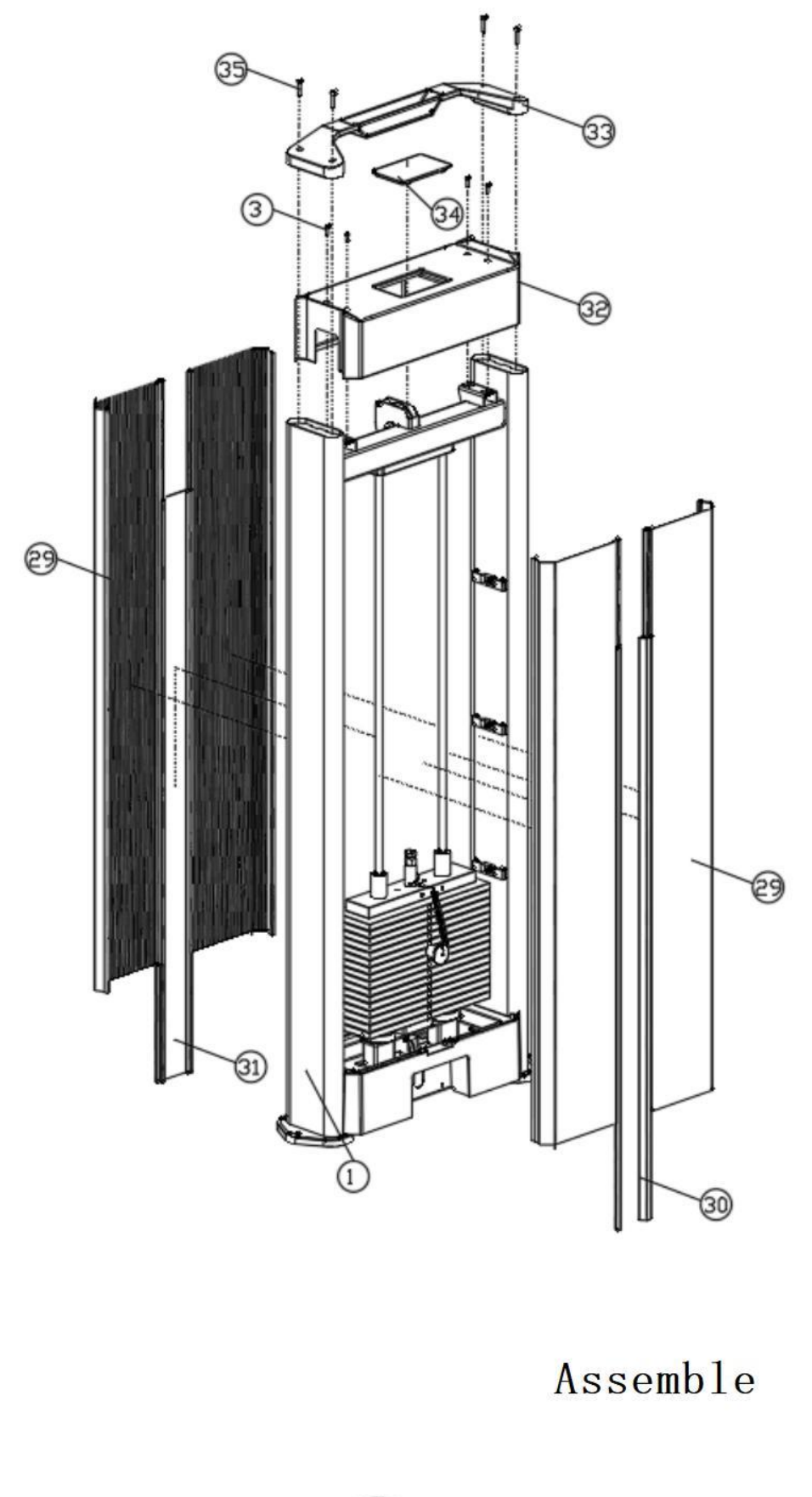
Step 12:Slide the two Trim Strips (#30) into the two Baffles (#29) and use the Baffle Platen to attach to the Counterweight Rack (#1).
Slide the Trim Plate (#31) into the two Baffles (#29) and use the Baffle Platen to attach to the Counterweight Rack (#1).
Attach the upper shroud (#32) to the counterweight frame (#1) by.

- 4 x Hexagon socket cheese head screws M5*16 (#3)

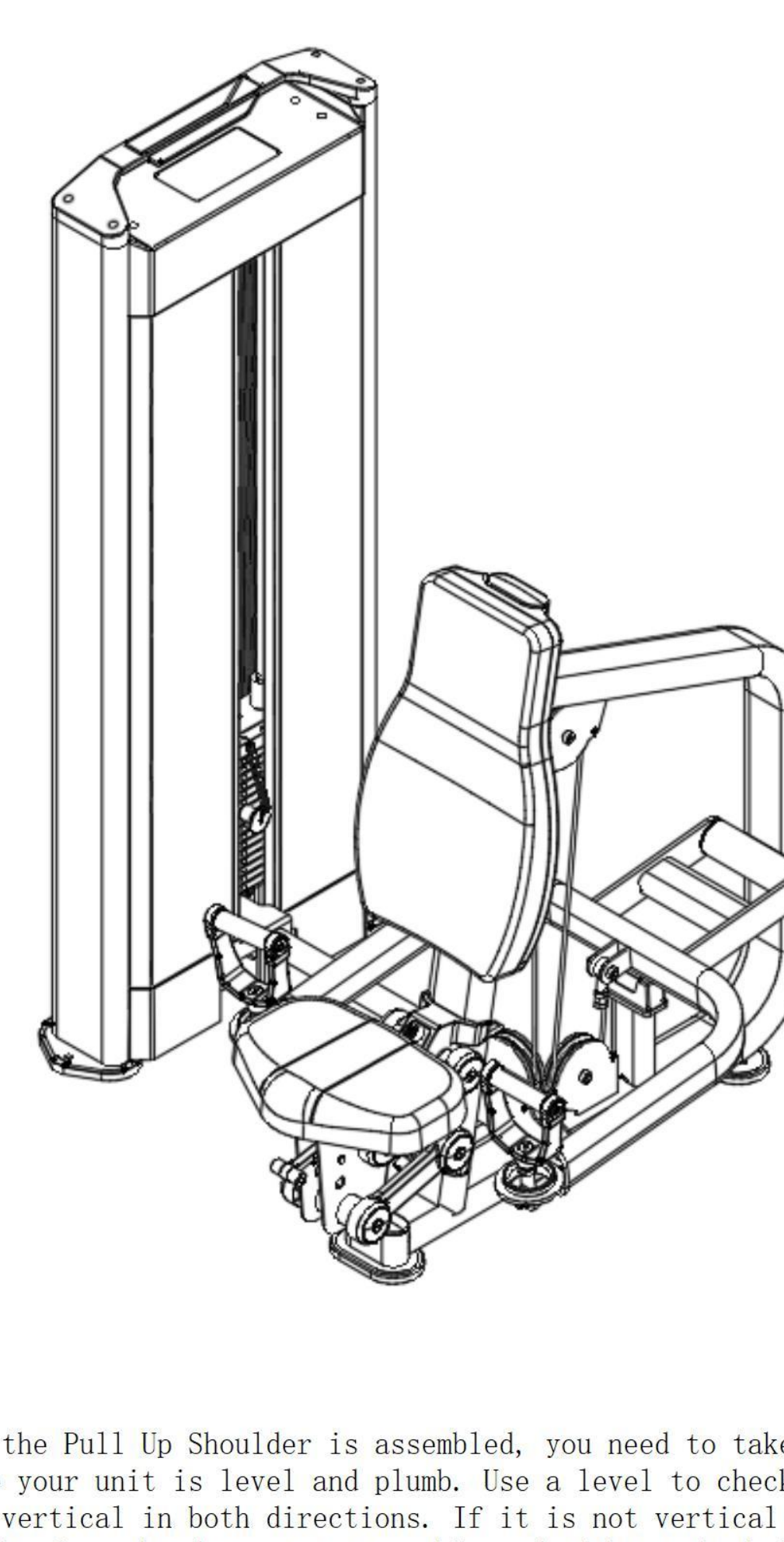
Step 13: Attach the Top Cover Trim (#33) to the Counterweight Frame (#1) by.

- 4 x Hexagon socket cheese head screws (#35)

Step 14: Snap Upper Shroud Top Cover (#34) to Upper Shroud (#32)



Assemble



Now that the Pull Up Shoulder is assembled, you need to take a moment to make sure your unit is level and plumb. Use a level to check that the guide rods are vertical in both directions. If it is not vertical you must loosen some of the frame hardware to reassemble and tighten the bolts.

accessory list

NO	Name and specification	QTY
1	counterweight frame	1
2	counterweight under guard	1
3	Hexagon socket cheese head screws(M5*16)	6
4	linking frame	1
5	Side frame assembly	1
6	Hexagon socket cheese head screws(M10*25)	8
7	Spring mat M10	10
8	flat mat M10-D20	10
9	Hexagon socket cheese head screws(M10*20)	2
10	counterweight footrest	2
11	Flat ellipse footmats	2
12	seating component	1
13	Hexagon socket cheese head screws(M10*70)	2
14	Cushion	1
15	20plug	3
16	Hexagon socket cylindrical head screws (M8*40)	3
17	flat washer(M8-D16)	3
18	Force Arm Assembly	1
19	Universal Counterweight Guide Bar	2
20	Counterweight rubber pads	2
21	Counterweight frame base	2

accessory list

NO	Name and specification	QTY
22	Hexagon socket cheese head screws (M8*20)	4
23	spring washer M8	2
24	Weight stack	14
25	Guide block set	1
26	Guide bar mounting plate	1
27	weight stack pin	1
28	cable	1
29	shield	4
30	Counterweight Source Decorative Strip	2
31	Counterweight Source Decorative Plate	1
32	counterweight upper shroud	1
33	Top cover decorations	1
34	Upper Shroud Top Cover	1
35	Hexagon socket cheese head screws (M6*30)	4

Note: Pre-assembled parts are not listed in this table.