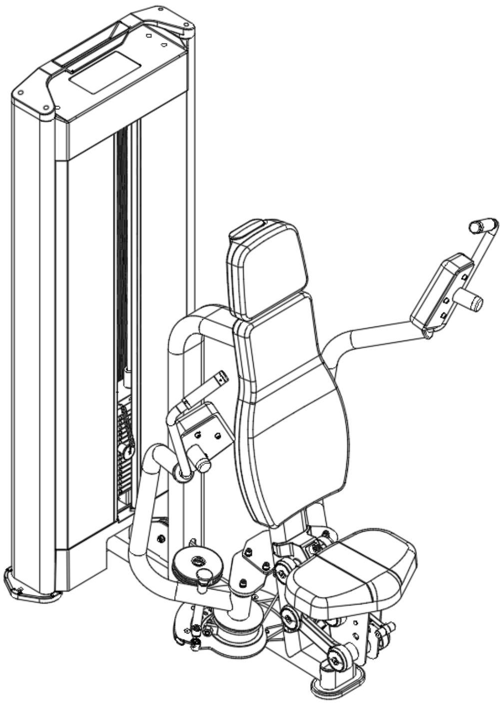
C407 Installation Guide

Pectoral Butterfly



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Introduction

Please take the time to read this instruction carefully before installation. Please refer to the various lists in the manual to confirm the integrity and quantity of all parts (if there are parts missing or damaged during transportation, please call our after-sales service immediately for instructions). Please install the equipment correctly according to the relevant instructions. This equipment is designed to provide the smoothest and most effective exercise. After installation, you need to understand all functions to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. Please refer to the relevant instructions in time to inquire about the cause. If you cannot solve it, please call our after-sales service. After reading all the instructions carefully, please continue

Rubber rod

Level

Hexagon wrench

Two people

Circlip pliers

Adjustable wrench

Assembly

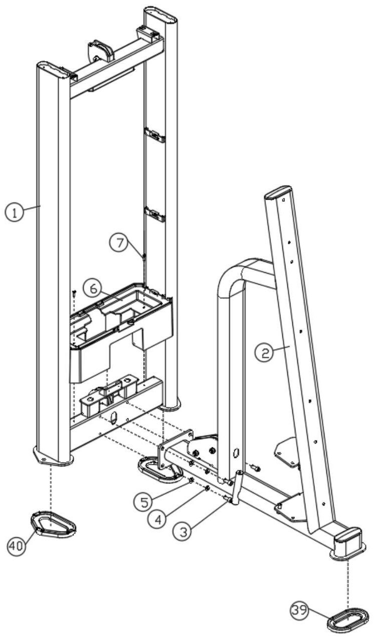
Step 1: Connect the counterweight lower guard (#6) to the counterweight frame (#1) using the following method:

- 2×M5*16 hexagon socket head screws (#7)

Install the weight rack foot pads (#40) and flat oval foot pads (#39) into their corresponding positions.

Step 2: Connect the Butterfly Clip Chest Frame (#2) to the Weight Frame (#1) as follows:

- 4×M10*25 hexagon socket head screws (#3)
- 4 × M10 spring washers (#4)
- 4 × M10-D20 flat washers (#5)



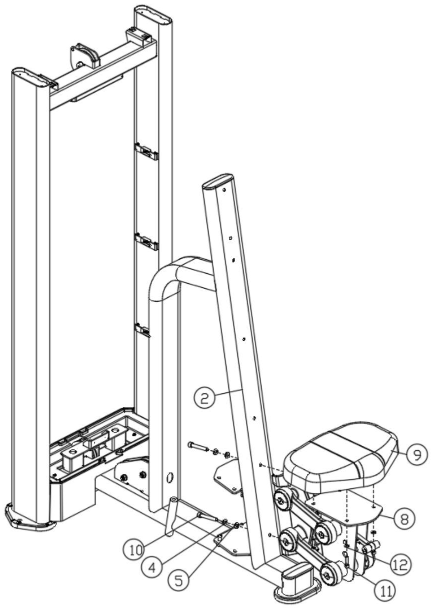
Assembly

Step 3: Attach the seat cushion (#9) to the seat frame (#8) using the following method:

- 4×M8*25 hexagon socket head screws (#11)
- 4 × M8-D16 flat washers (#12)

Step 4: Connect the seat (#8) to the Butterfly Clip Side Frame (#2) as follows:

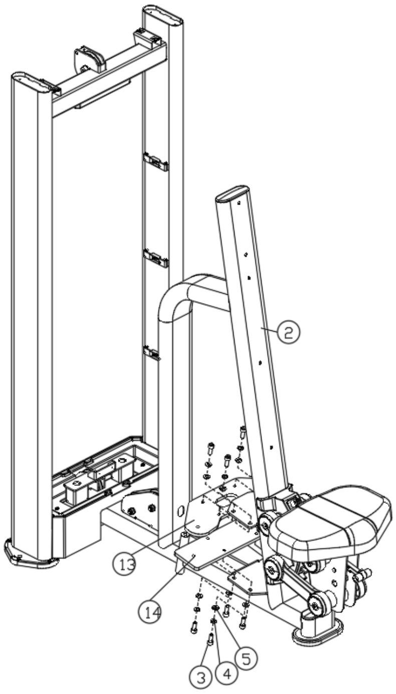
- 2×M10*70 hexagon socket head screws (#10)
- 2 x M10 spring washers (#4)
- x M10-D20 flat washers (#5)



Assembly

Step 5: Use the following method to connect the butterfly chest clamp arm connecting plate (#13), the main shaft connecting plate (#14) and the butterfly chest clamp side frame (#2) Connect it up:

- 8×M10*25 hexagon socket head screws (#3)
- 8 × M10 spring washers (#4)
- 8 × M10-D20 flat washers (#5)



Assembly

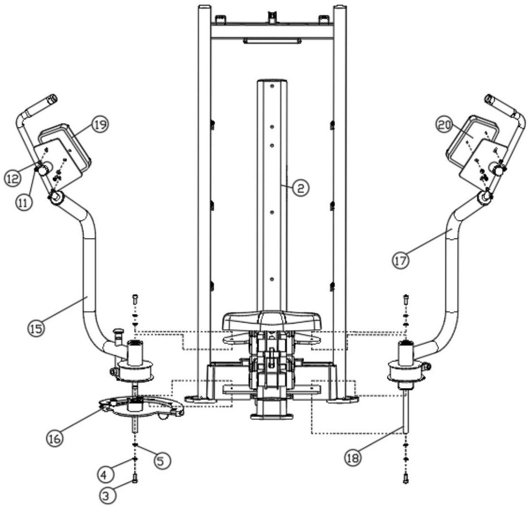
Step 6: Use the following method to connect the two force arms (#15/#17), two spindles-φ20*192 (#18), flange (#16) and

Butterfly Clip Chest Side Frame (#2) Connect:

- 4×M10*25 hexagon socket head screws (#3)
- 4 × M10 spring washers (#4)
- 4 × M10-D20 flat washers (#5)

Step 7: Connect the left and right elbow pads (#19/#20) to the two lever arms (#15/#17) of the butterfly press as follows:

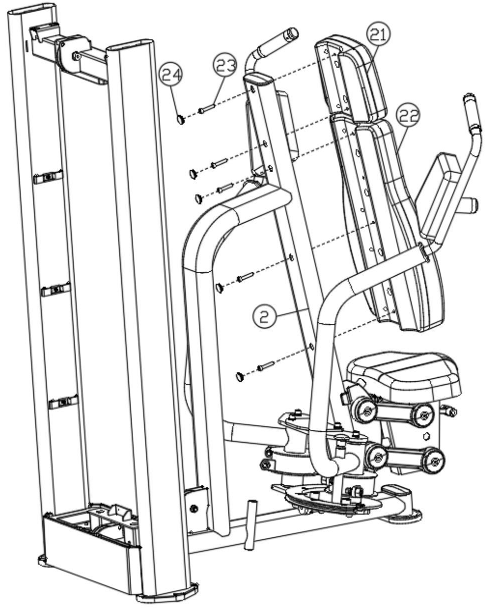
- 6×M8*25 hexagon socket head screws (#11)
- 6 × M8-D16 flat washers (#12)



Assembly

Step 8: Attach the head pad (#21), back pad (#22) and butterfly clip chest side frame (#2) using the following method:

- 5×M8*40 hexagon socket head screws (#23)
- 5×20 hole plug (#24)



Assembly

Step 13: Slide the two rubber weight pads (#41) onto the two guide rods (#26).

Connect the two counterweight frame bases (#42) and the two guide rods (#26) and place them into the counterweight frame (#1) in the following manner:

- 2xHexagon socket head screw (#11)
- 2xSpring washer (#43)
- 2xFlat washer (#12)

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

STEP 14: Install the counterweight (#28) onto the guide rod (#26) with the spacer facing up.

Install the guide block assembly (#27) onto the guide rod (#26).

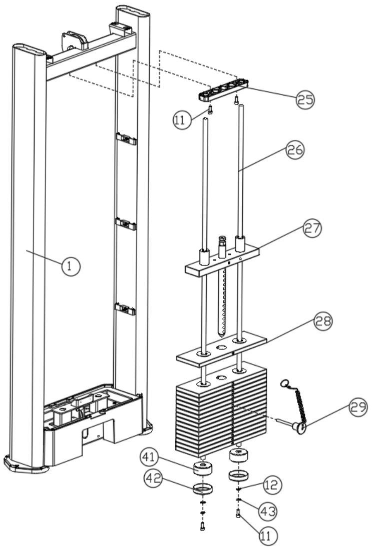
Insert the counterweight pin (#29) into the counterweight (#28).

Slide the guide bar retaining plate (#32) onto the guide bar (#26).

Install the guide rod fixing plate (#25) to the counterweight frame (#1) as follows:

- 2xHexagon socket head screw (#11)

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



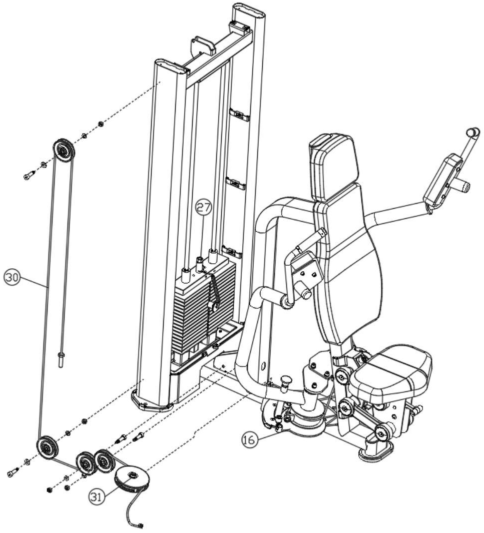
Assembly

Step 10: Remove the pre-installed reel, pass the wire rope I (#30) around the reel as shown below, and then reinstall the reel.

Original position Note that the reel box (#31) around which the wire rope is passed is installed on the butterfly clip chest side frame (#2);

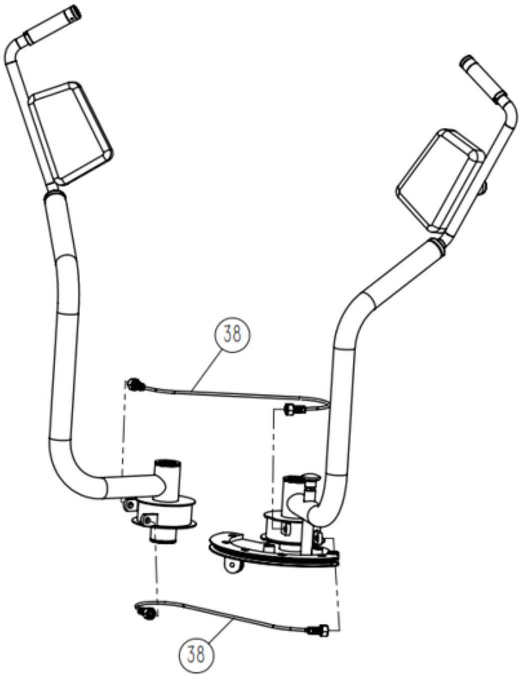
One end of the wire rope is connected to the guide block assembly (#27), and the other end is connected to the flange (#16);

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



Assembly

Step 11: Connect the wire rope II (#38) to the two lever arms as shown in the figure and adjust to the appropriate strength.



Assembly

Step 17: Slide the two trim strips (#32) into the two fenders (#33) and attach to the counterweight frame (#1) using the fender hold-down plates.

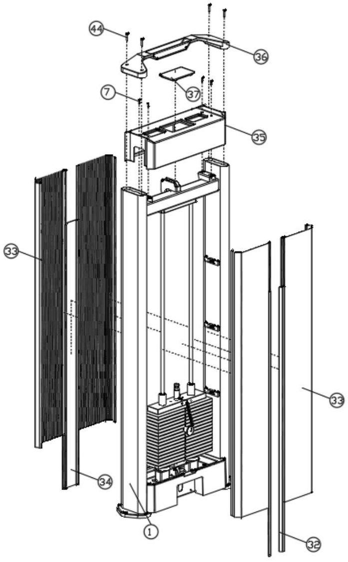
Slide the trim plate (#34) into the two baffles (#33) and attach to the counterweight frame (#1) using the baffle pressure plate.

Attach the upper guard (#35) to the counterweight frame (#1) as follows:
·4xHexagon socket head screw (#7)

Step 18: Attach the upper cover trim (#44) to the counterweight frame (#1) using the following method:

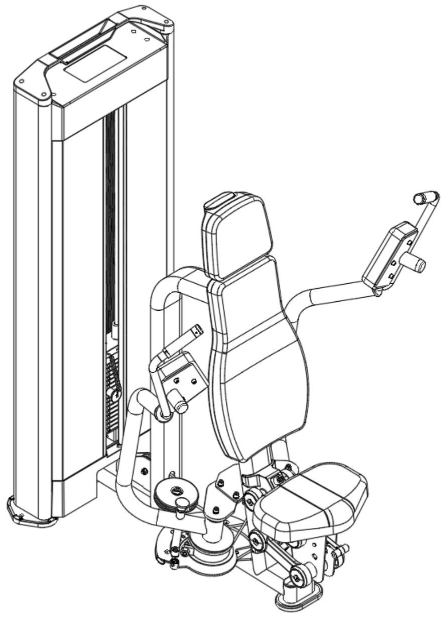
- 4xHexagon socket head screw (#44)

Step 19: Snap the upper shield cover (#37) onto the upper shield (#35)



Assembly

Step 14: Place the assembled trainer in the appropriate location.



Important Tips

Now that the Butterfly chest press 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 bars are plumb in both directions. If they are not plumb, you may have to loosen some of the frame hardware and reassemble and tighten the bolts.

Accessories List

Serial number	Name and specifications	quantity
1	Counterweight rack	1
2	Butterfly chest clip side frame	1
3	Hexagon socket head screw M10*25	16
4	Spring washer M10	18
5	Flat washer M10-D20	18
6	Counterweight lower guard	1
7	Hexagon socket head screw M5*16	4
8	Seat frame	1
9	cushion	1
10	Hexagon socket head screw M10*70	2
11	Hexagon socket head screw M8*25	14
12	Flat washer M8-D16	3
13	Butterfly chest clamp arm connection plate	1
14	Spindle connecting plate	1
15	Butterfly chest press right arm	1

16	Butterfly chest flange	1
17	Butterfly chest press left leg pad	1
18	Spindle-φ20*192	2
19	Right elbow pad	1
20	Left elbow pad	1
21	Head pad	1

Accessories List

Serial number	Name and specifications	quantity
22	Back pad	1
23	Hexagon socket head screw M8*40	5
24	20-hole plug	5
25	Guide rod fixing plate	1
26	Guide rod assembly	2
27	Guide block assembly (center rod)	1
28	Counterweight	16
29	Counterweight latch	1
30	Wire Rope Ⅰ	1
31	Reel Box	1
32	Decorative Strips	2
33	Bezel	4
34	Decorative panels	1
35	Upper guard	1
36	Upper cover decoration	1
37	Upper guard cover	1
38	Wire Rope Ⅱ	2
39	Flat oval foot pad	1
40	Weight rack foot pads	2
41	Counterweight rubber pad	2
42	Counterweight base	2
43	Spring washer M8	2

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

Accessories List

Serial number	Name and specifications	quantity
44	Hexagon socket head screw M6*30	4