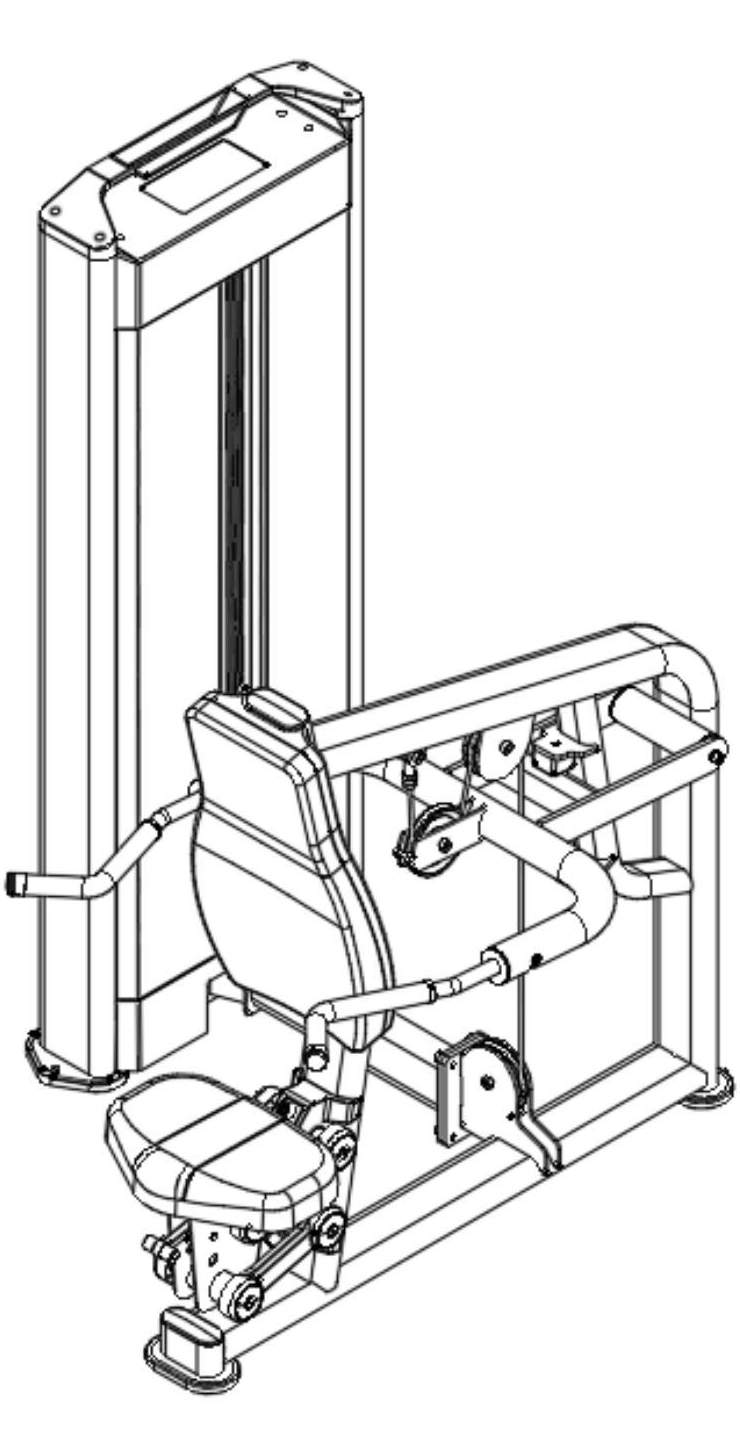
C411 Installation Guide

Tricep Dip



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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, you should call our after-sales service immediately). When installing the equipment, please follow the instructions to install the equipment correctly.

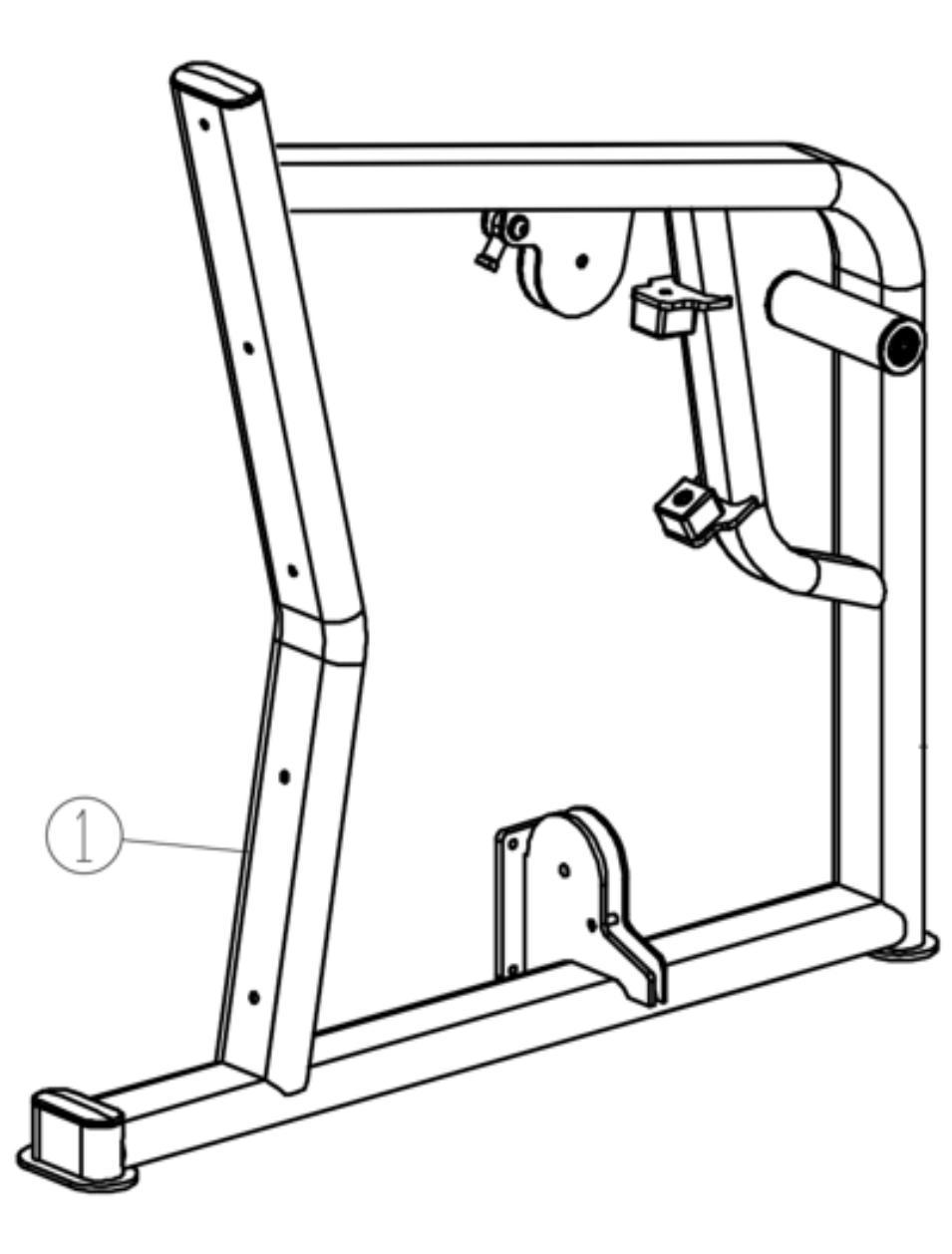
This equipment is designed to provide the smoothest and most effective workout. After installation, you need to understand all the functions in order to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And promptly 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 mallet
level ruler
Allen wrench
Two people
spring clamp
adjustable wrench

Assemble

Step 1:Locate the three-headed lower crimp frame (#1) shown below vertically on the ground plane:

Find the following screw standards:
- 4 x Hexagon socket cheese head screws (#6)
- 4 x Spring mat (#4)
- 4 x flat mat (#5)



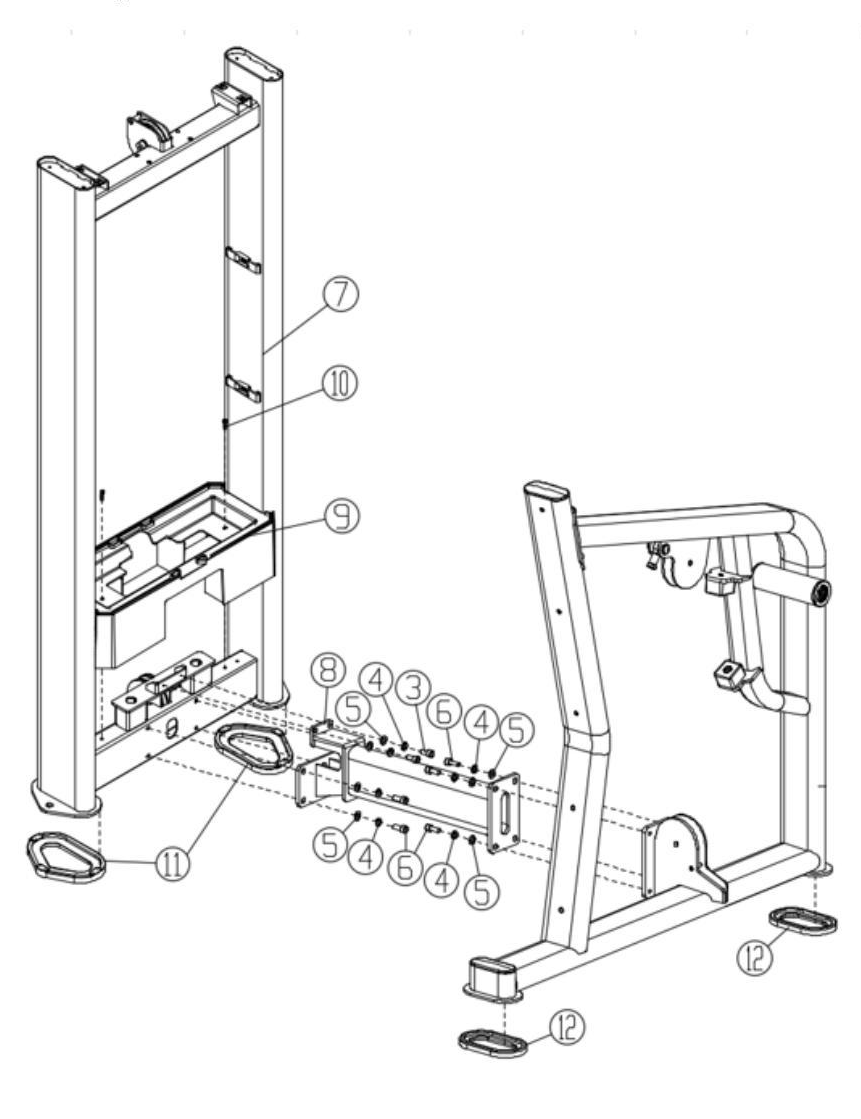
Assemble

Step 2: Attach the Counterweight Lower Shroud (#9) to the Counterweight Frame (#7) by.
- 2 x Hexagon socket cheese head screws (#10)

Step 3: Connect the Triple Downward Pressure Connector (#8) to the Counterweight Rack (#7) and Triple Downward Pressure Side Rack (#1) by.
- 8 x Hexagon socket cheese head screws (#6)
- 2 x Hexagon socket cheese head screws (#3)
- 10 x Spring mat (#4)
- 10 x flat mat (#5)

Step 4: Attach two counterweight feet (#11) to counterweight frame (#7)

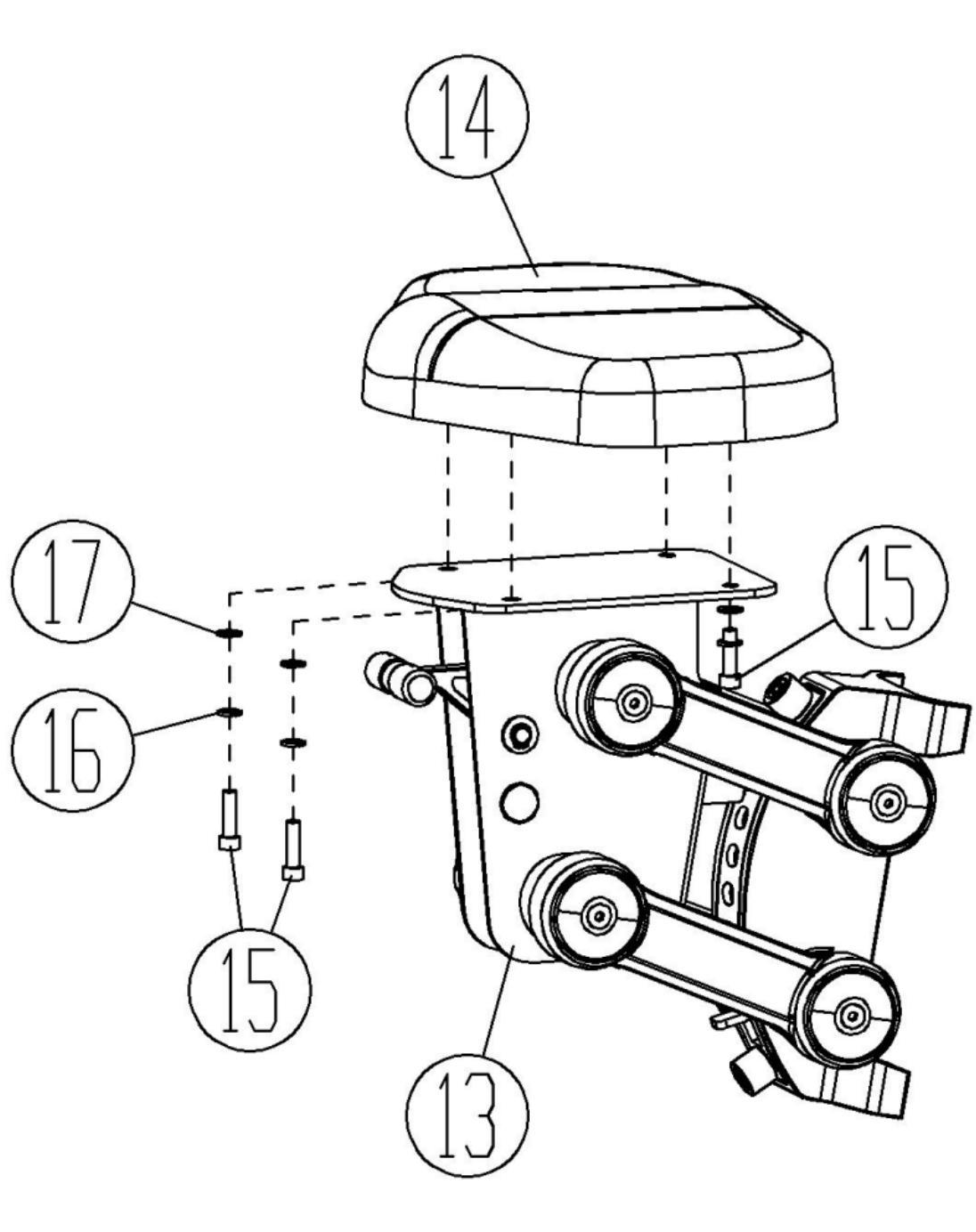
Attach two flat elliptical feet (#12) to the three-headed lower crimp frame (#1)



Assemble

Step 5: Attach the cushion (#14) to the seat (#13) using.
- 4 x Hexagon socket cheese head screws (#15)
- 4 x spring washer (#16)
- 4 x flat washer (#17)

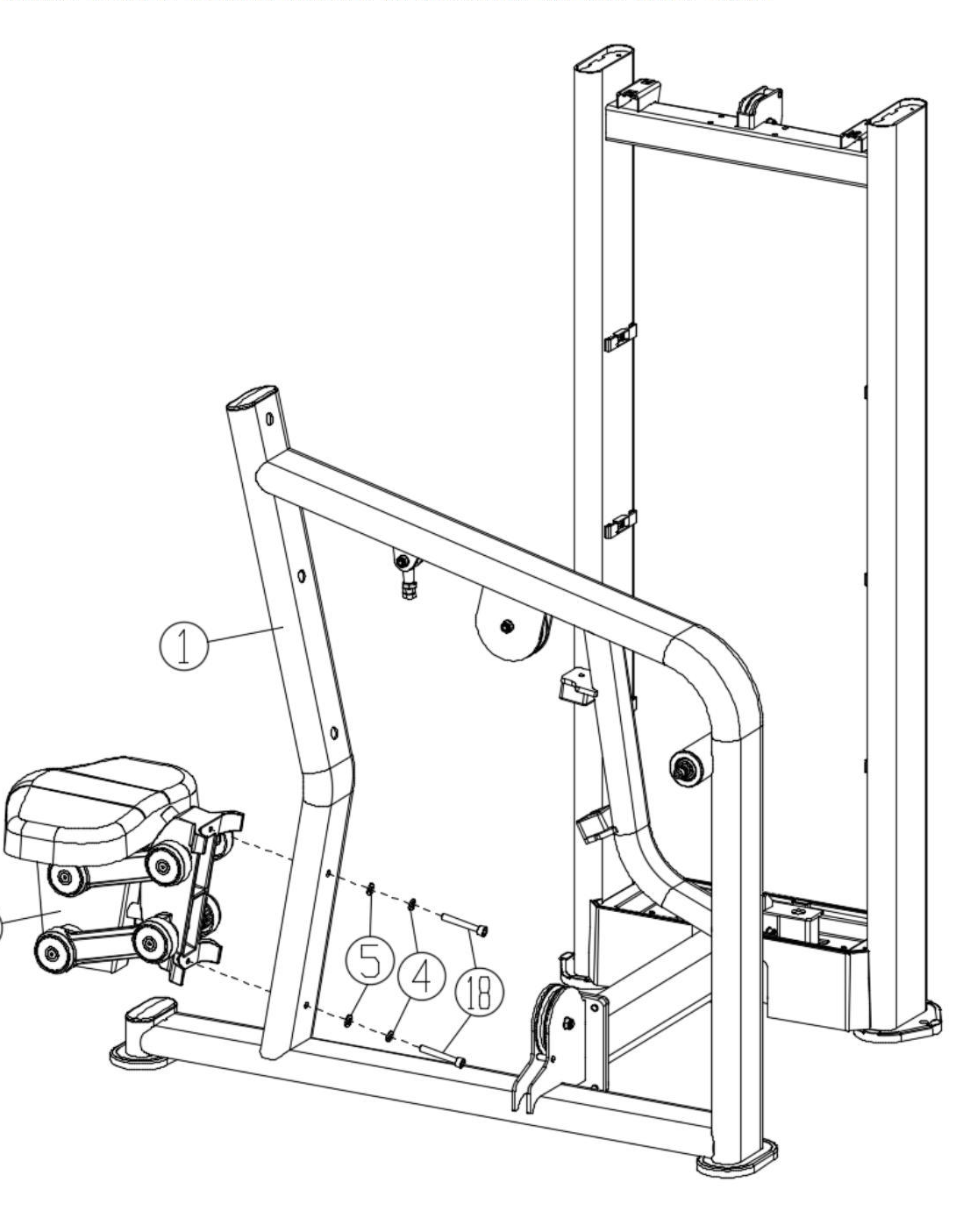
Tighten the bolts with a wrench before proceeding to the next step



Assemble

Step 6: Attach the seat (#13) to the 3-head lower compression frame (#1) (#2) by.
- 2 x Hexagon socket cheese head screws (#18)
- 2 x spring washer (#4)
- 2 x flat washer (#5)

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

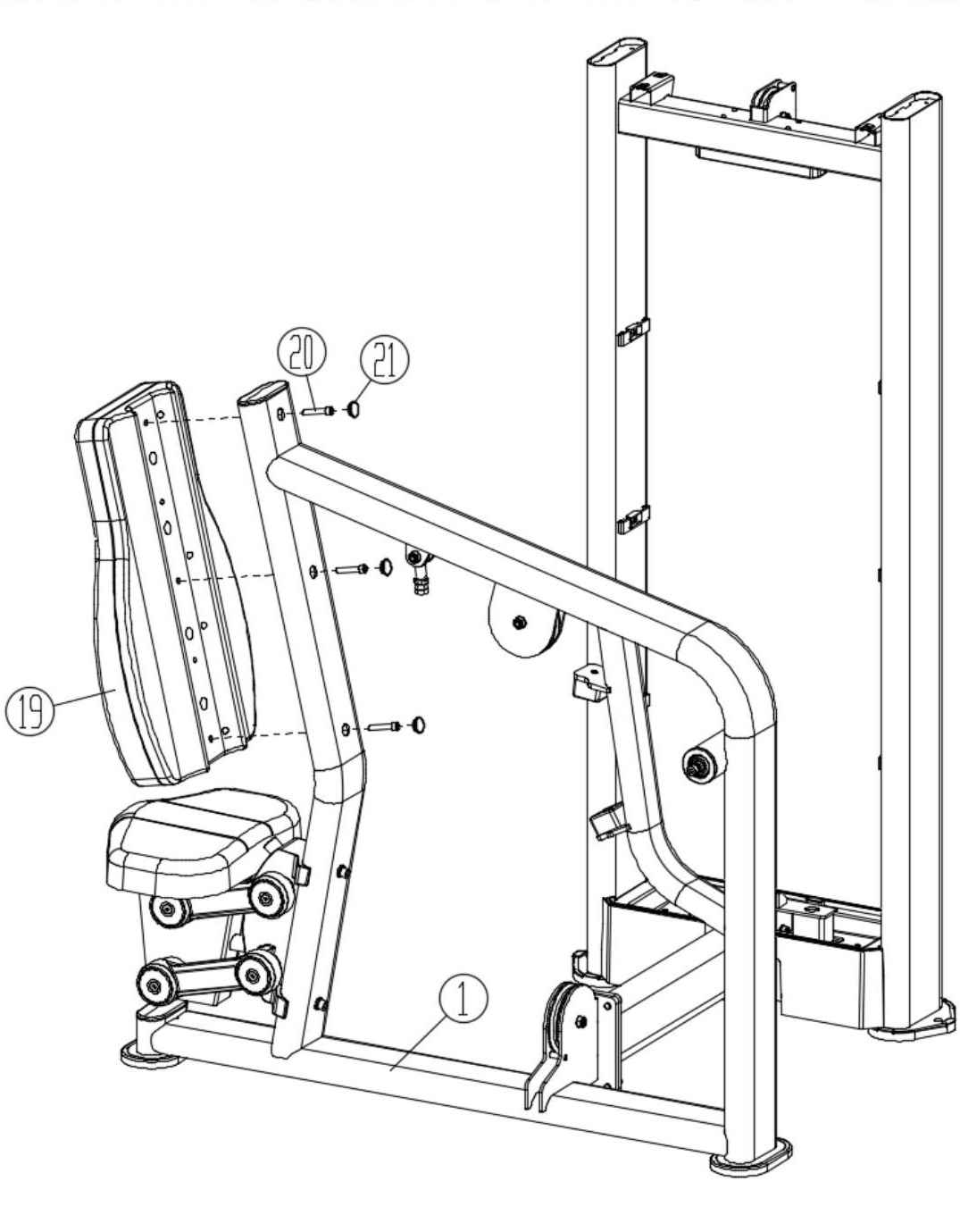


Assemble

Step 7: Attach the Back Pad (#19) to the Triple Down Crimp Edge Frame I (#1) by.
- 3 x Hexagon socket cheese head screws (#20)

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

Step 8:Attach the three hole plugs (#21) to the three-head lower crimp frame I (#1).

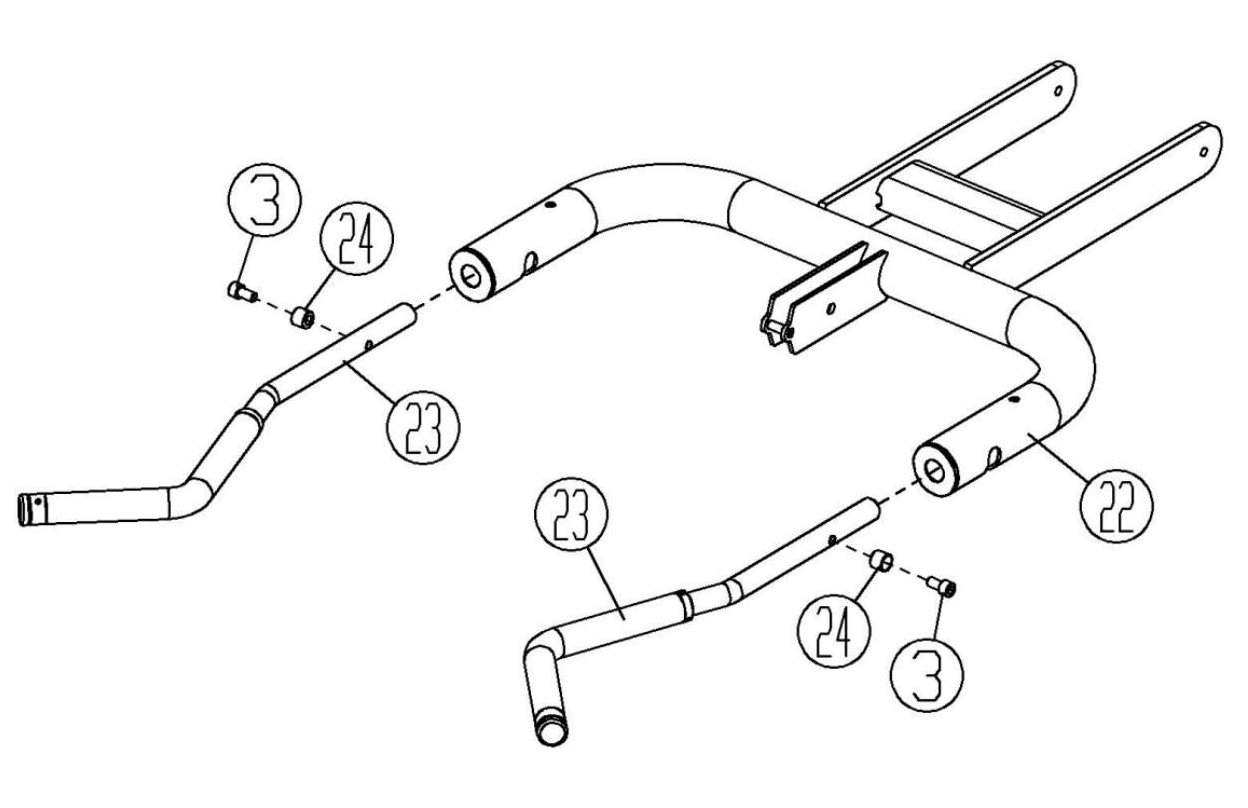


Assemble

Step 9:Attach the two Triple Head Down Pressure Handles (#23) to the Triple Head Down Pressure Arms ((#22).

Step 10: Attach the two Limit Sleeves (#24) to the two Triple Down Handles (#23) by.
- 2 x Hexagon socket cheese head screws (#3)

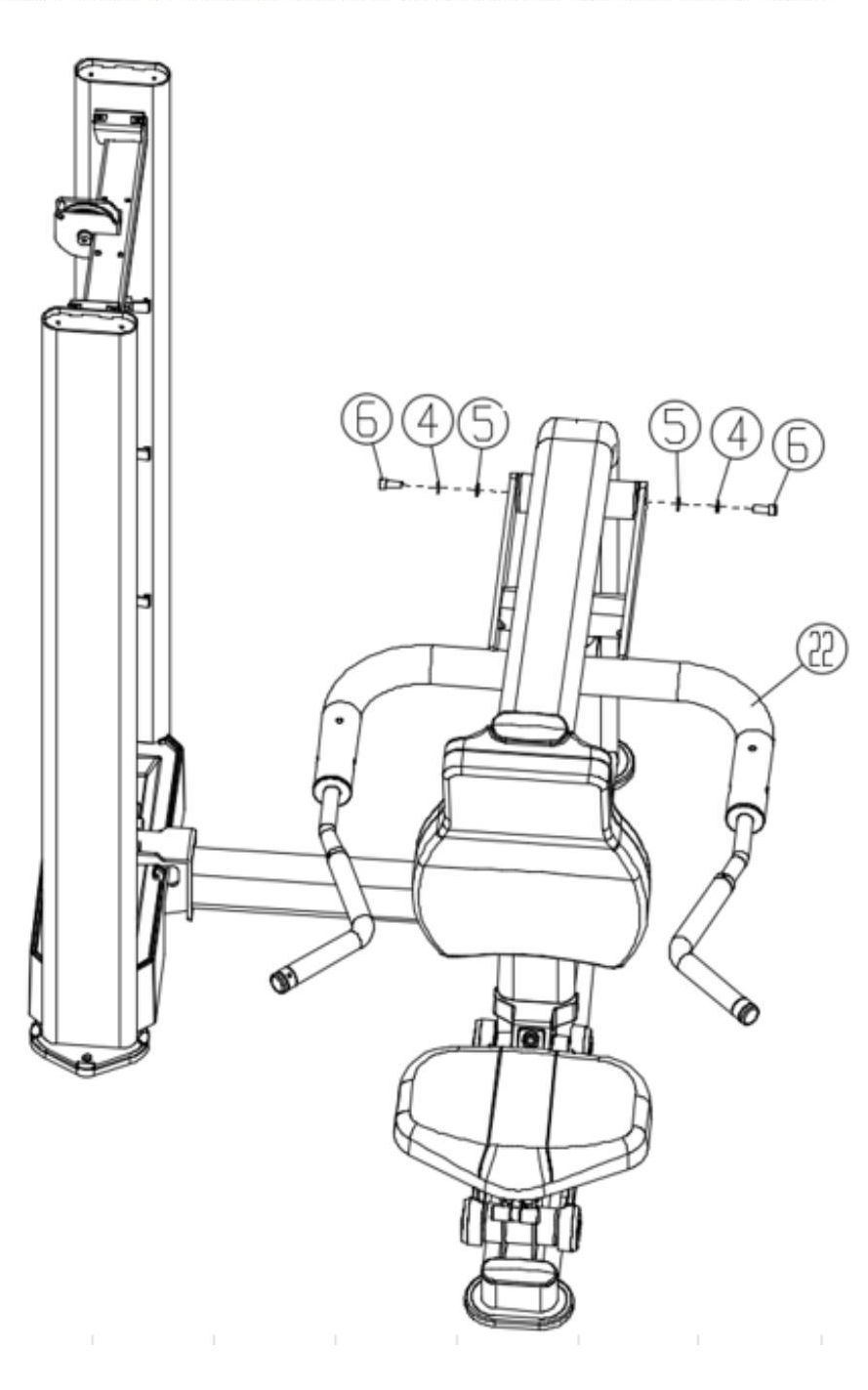
Tighten the bolts with a wrench before proceeding to the next step



Assemble

Step 11: Connect the Triple Down Pressure Arm (#22) to the Triple Down Crimp Frame II (#2) by.
- 2 x Hexagon socket cheese head screws (#6)
- 2 x spring mat (#4)
- 2 x flat washer (#5)

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



Assemble

Step 12: Slide the two Counterweight Block Rubber Pads (#26) onto the two Guide Bars (#25).

Connect the two counterweight bases (#27) to the two guide rods (#25) and place them in the counterweights (#7) as follows.
- 2 x Hexagon socket cheese head screws (#28)
- 2 xSpring mat (#16)
- 2 x flat washer (#17)

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

Step 13: Attach the 16 Counterweight Blocks (#29) to the Guide Rods (#25) with the isolation tabs facing up.

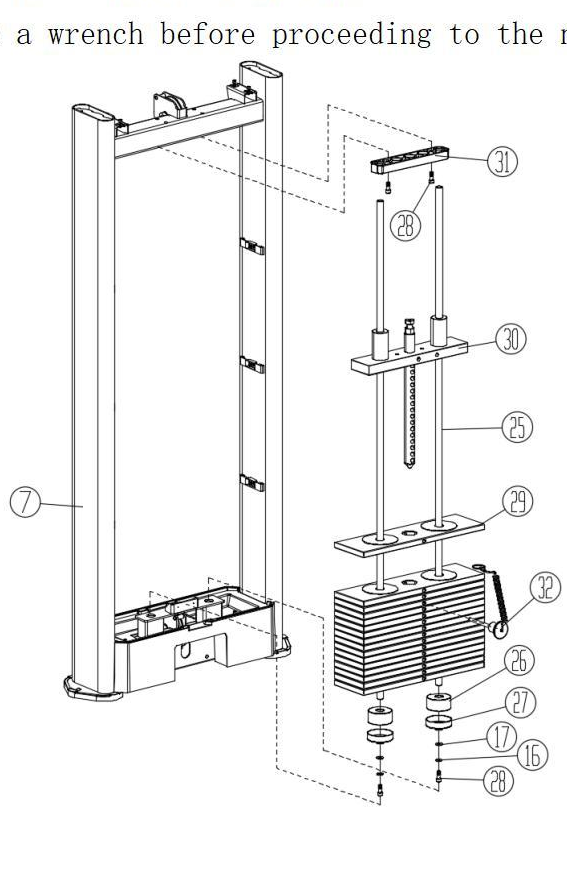
Install the guide block set (#30) onto the guide bar (#25).

Insert the counterweight block pin (#32) into the counterweight block (#29).

Slide the guide bar retainer plate (#31) onto the guide bar (#25).

Attach the guide bar mounting plate (#31) to the counterweight bracket (#7) by.
- 2 x Hexagon socket cheese head screws (#28)

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



Assemble

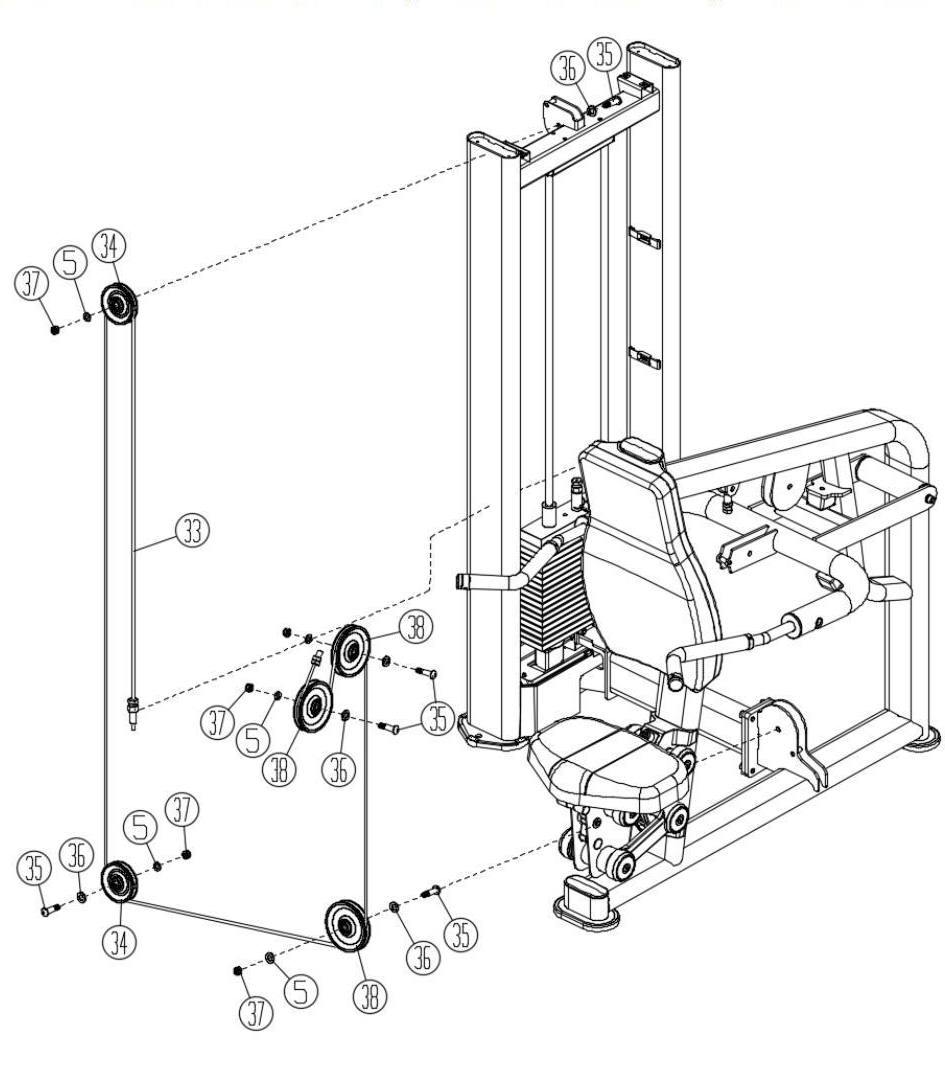
Step 14: Attach the two 95 wire wheels (#34) to the weight rack (#7) using.
- 2 x spool (#35)
- 2 x Hexagonal self-locking nuts (#37)
- 2 x flat washer (#36)
- 2 x flat washer (#5)

Attach the three 120 wire wheels (#38) to the Triple Down Crimp Frame II (#2) and the Triple Down Pressure Arm (#22) by:
- 3 x spool (#35)
- 3 x Hexagonal self-locking nuts (#37)
- 3 x flat washer (#36)
- 3 x flat washer (#5)

Note that these sheaves are installed in synchronization with the wire rope (#33).

Step 15:Attach the M14 bolt end of the wire rope (#33) to the counterweight bracket (#7).

Attach the M12 bolt end of the Wire Rope (#33) to the Triple Head Lower Crimp Edge Frame II (#2).



Assemble

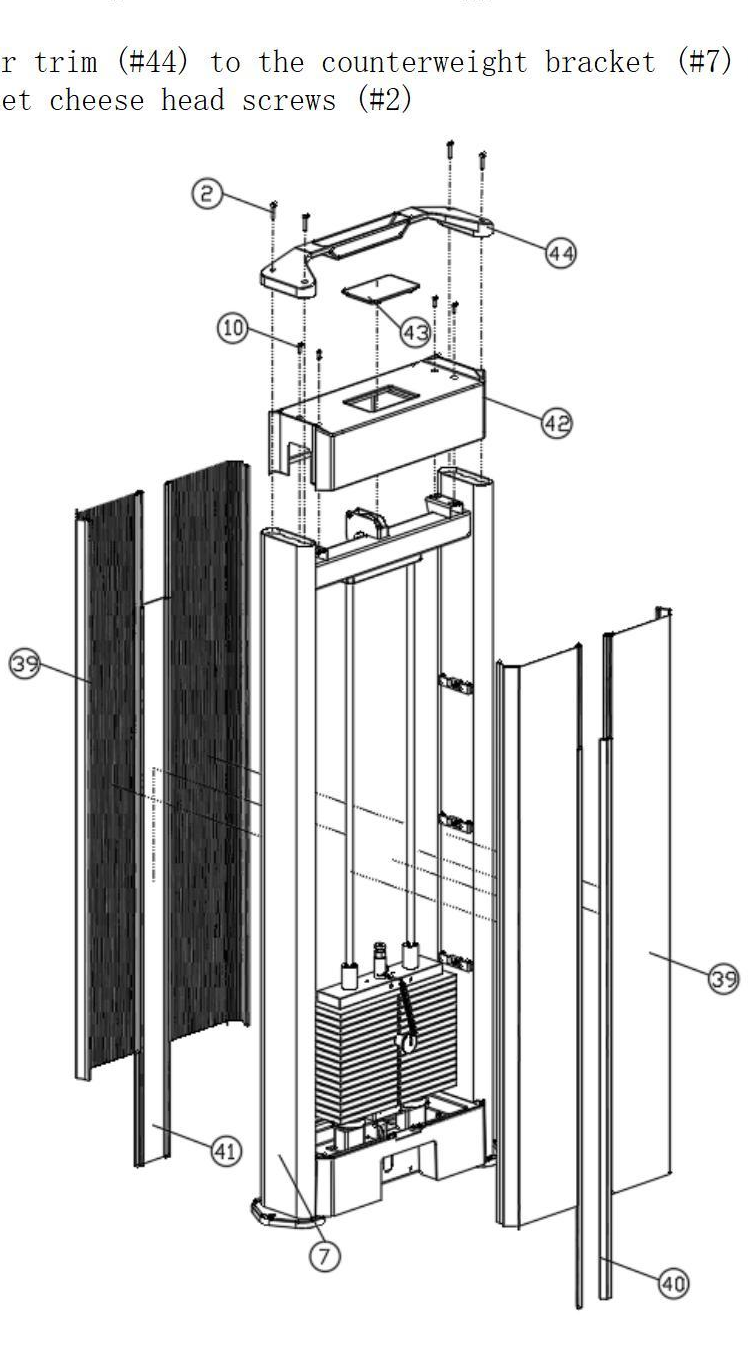
Step 16:Slide the two Trim Strips (#40) into the two Baffles (#39) and use the Baffle Platen to attach to the Counterweight Rack (#7).

Slide the Trim Plate (#41) into the two Baffles (#39) and use the Baffle Platen to attach to the Counterweight Rack (#7).

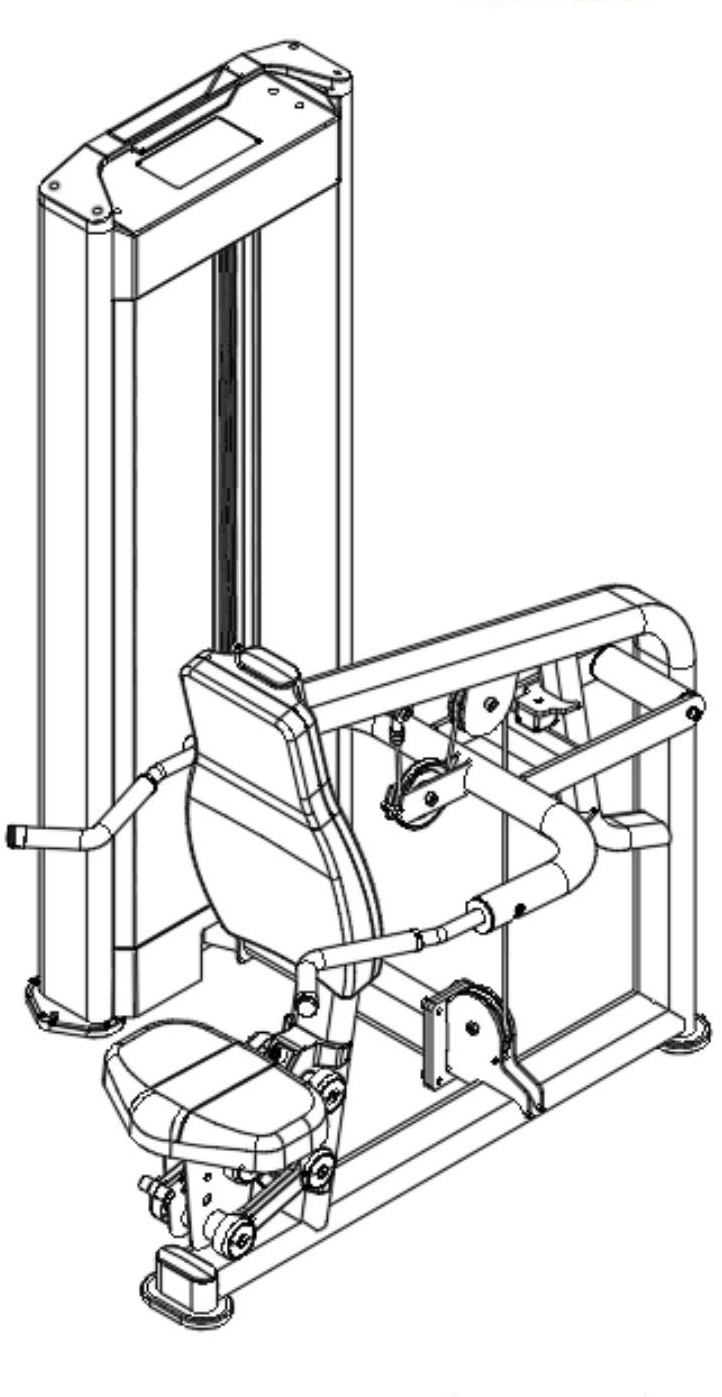
Attach the upper shroud (#42) to the counterweight frame (#7) by.
- 4 x Hexagon socket cheese head screws (#10)

Attach the upper shroud top cover (#43) to the upper shroud (#42).

Attach the top cover trim (#44) to the counterweight bracket (#7) using.
- 4 x Hexagon socket cheese head screws (#2)



Assemble



Important tips

Now that the Triceps Dip 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	Side frame	1
2	Hexagon socket cheese head screws (M6*30)	4
3	Hexagon socket cheese head screws (M10*20)	2
4	Spring mat (10)	14
5	flat mat (10)	19
6	Hexagon socket cheese head screws (M10*25)	10
7	weight stack frame	1
8	connection frame	1
9	counterweight underguard	1
10	Hexagon socket cheese head screws (M5*16)	8
11	counterweight footrest	2
12	Flat ellipse footmats	2
13	seat	1
14	cushion	1
15	Hexagon socket cheese head screws (M8*30)	4
16	spring washer (8)	6
17	flat washer (8)	6
18	Hexagon socket cheese head screws (M10*70)	2
19	backrest	1
20	Hexagon socket cheese head screws (M8*40)	4
21	20hole plug	3

Accessory list

NO	Name and specification	QTY
22	froce arm	1
23	handles	2
24	Limit Sleeve	2
25	Universal Counterweight Guide Bar	2
26	Counterweight rubber pads	2
27	Counterweight frame base	2
28	Hexagon socket cheese head screws (M8*20)	4
29	weight stack	16
30	Guide block set	1
31	Guide bar fixing plate	1
32	weight stack pin	1
33	cable	1
34	95pulley	2
35	spool-32	5
36	flat washer (12)	5
37	Hexagonal self-locking nuts (M10)	5
38	120pulley	3
39	shield plate	4
40	Counterweight Source Decorative Strip	2
41	Counterweight Source Decorative Plate	1
42	counterweight upper shield	1

Assemble

no	Name and specification	QTY
43	Upper Shroud Top Cover	1
44	Top cover decorations	1

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