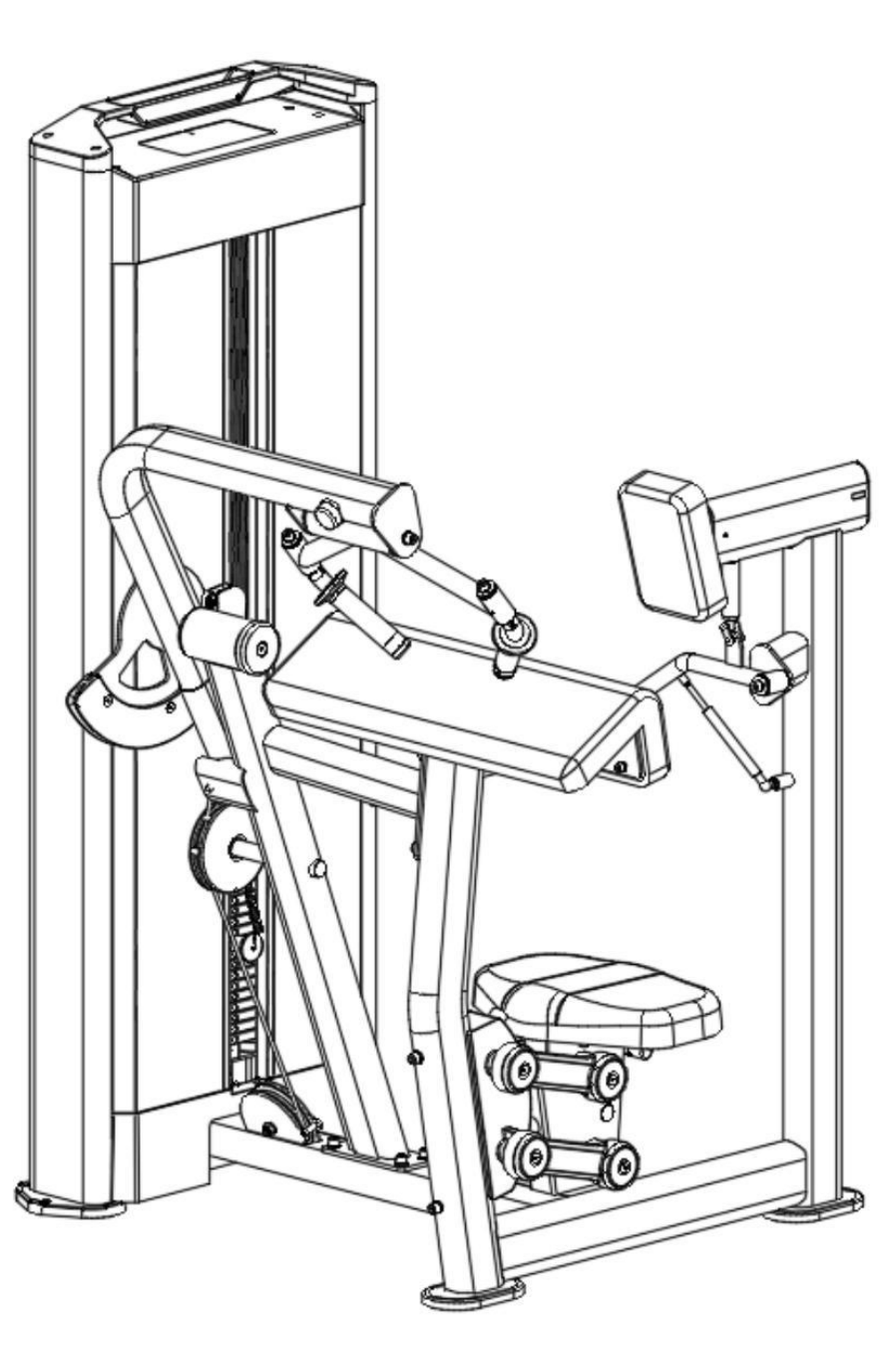
# C412 Installation Guide

## Triceps Extension



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## brief introduction

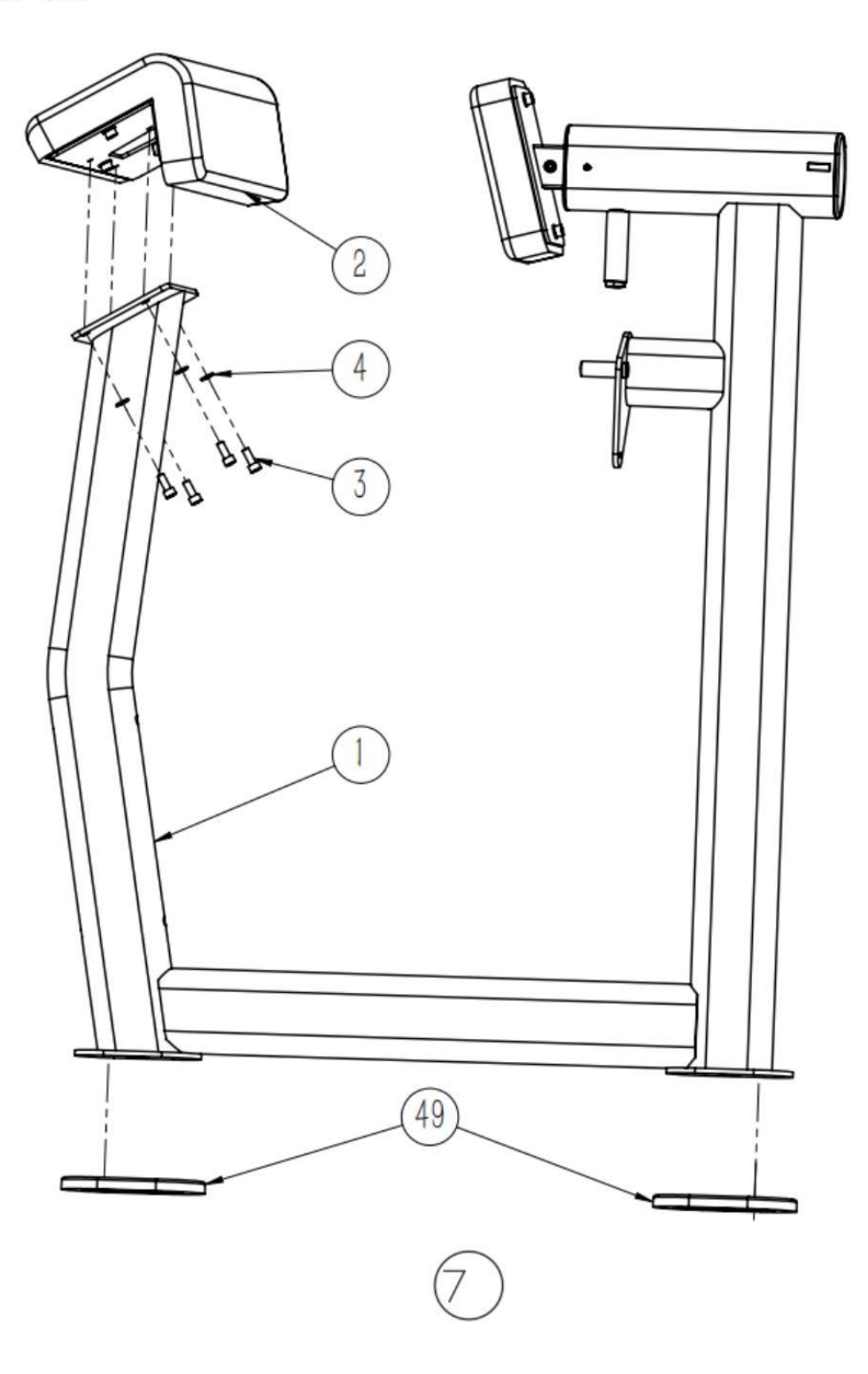
Please take the time to read this instruction carefully before installation. Please refer to the various lists in the manual to confirm the integrity and quantity of all parts (if there are parts missing or damaged during transportation, please call our after-sales service immediately for instructions). 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 mallet
level ruler
hexagon wrench
Two people
spring clamp
adjustable wrench

## assemble

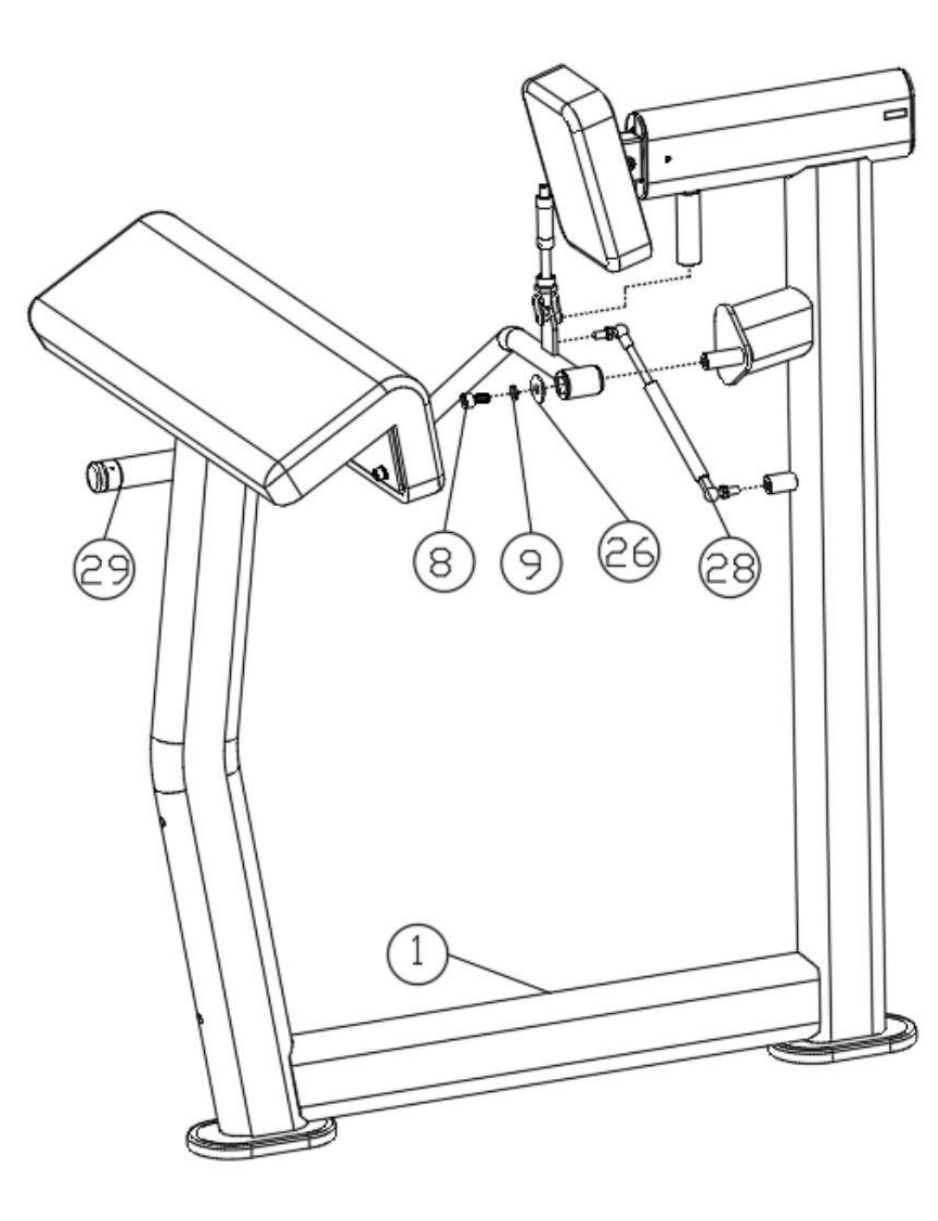
Step 1:Attach the Tricep Extension Trainer Side Rack (1) Tricep Extension Trainer Elbow Pad (2) using the following method:
and attach the Foot Pads (7) to the Side Rack Foot Plates.
- 4×M8*20Hexagon socket cheese head screws (3)
- 4×M8flat washer (4)



## assemble

Step 2:Attach the Tricep Extension Trainer Side Rack (1) to the Adjustment Handle (46) using the following method:
- 1×M10*25Hexagon socket cheese head screws (8)
- 1×M10spring washer (9)
- 1×M10-D30flat washer (26)

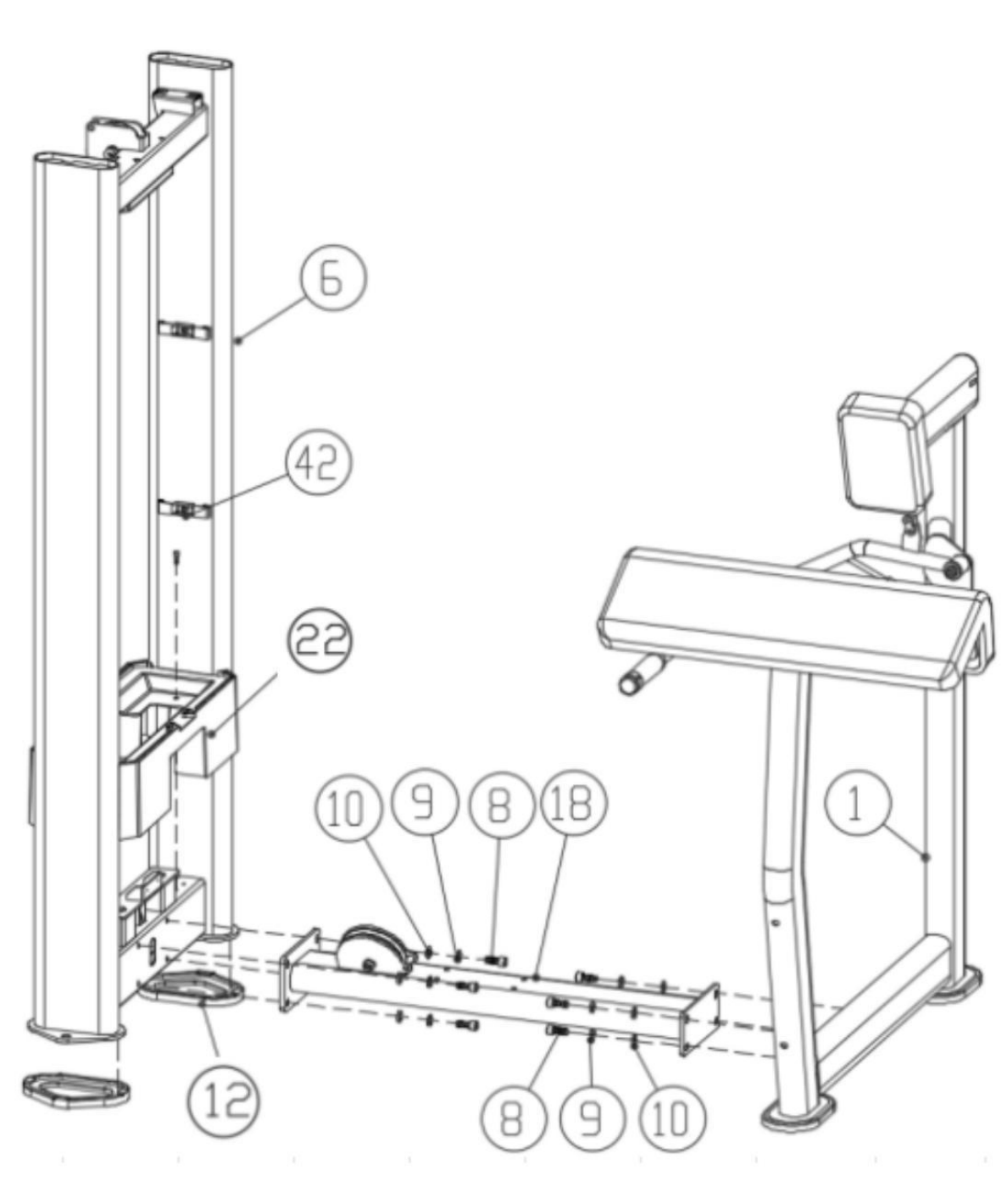
Step 3:Attach the Tricep Extension Trainer Side Frame (1) to the Adjustment Handle (29) with the Gas Spring (28):



## assemble

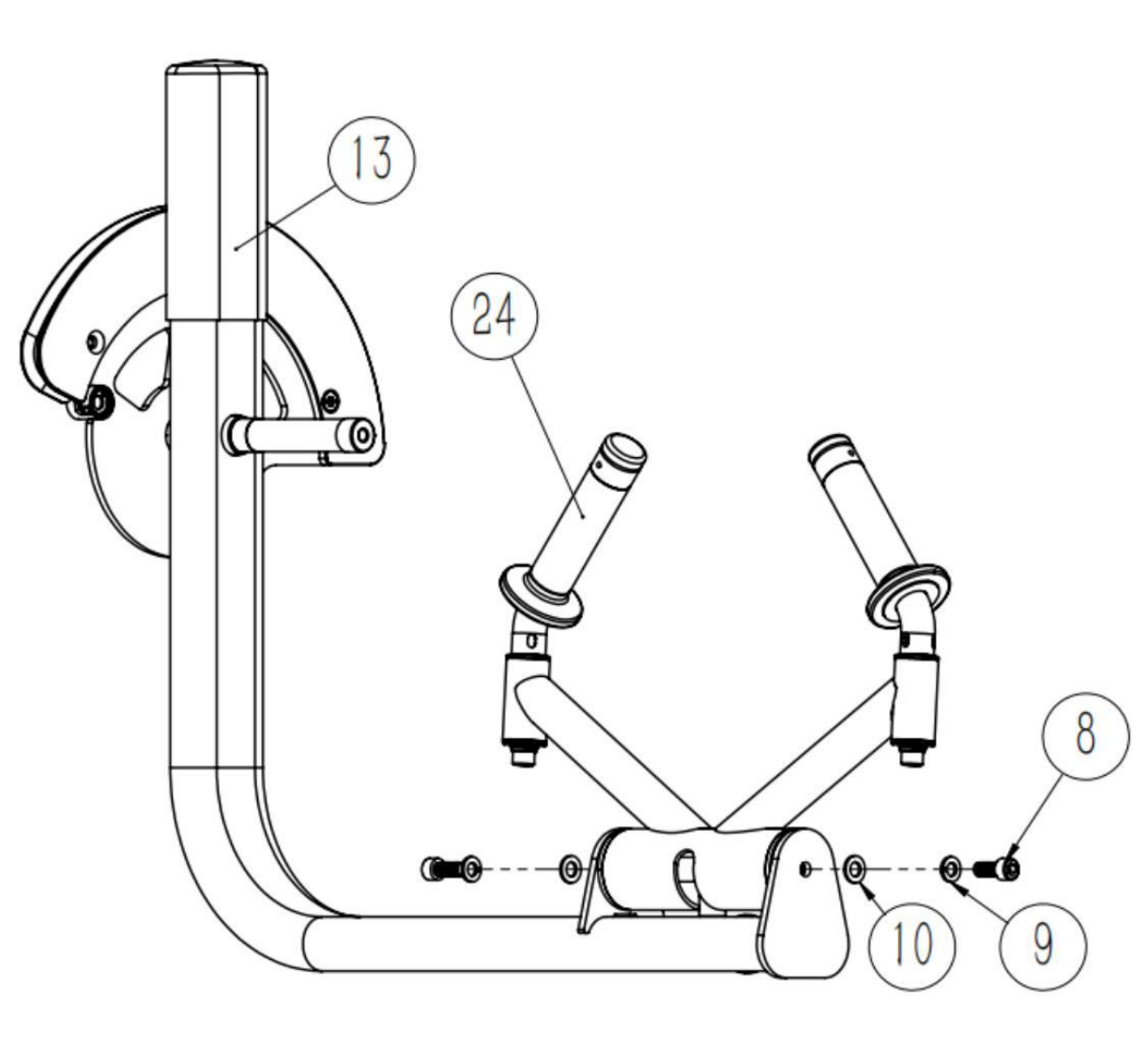
Step 4:Attach the counterweight frame (6) to the lower shroud (22) using the following method; attach the foot pads (12) to the counterweight frame (6).
- 2×M5*15Hexagon socket cheese head screws (42)

Step 5: Attach the Tricep Extension Trainer Side Rack (1), Attachment Rack (18) and Counterweight Rack (6) with.
- 8×M10*25Hexagon socket cheese head screws (8)
- 8×M10spring washer (9)
- 8×M10flat washer (10)



## assemble

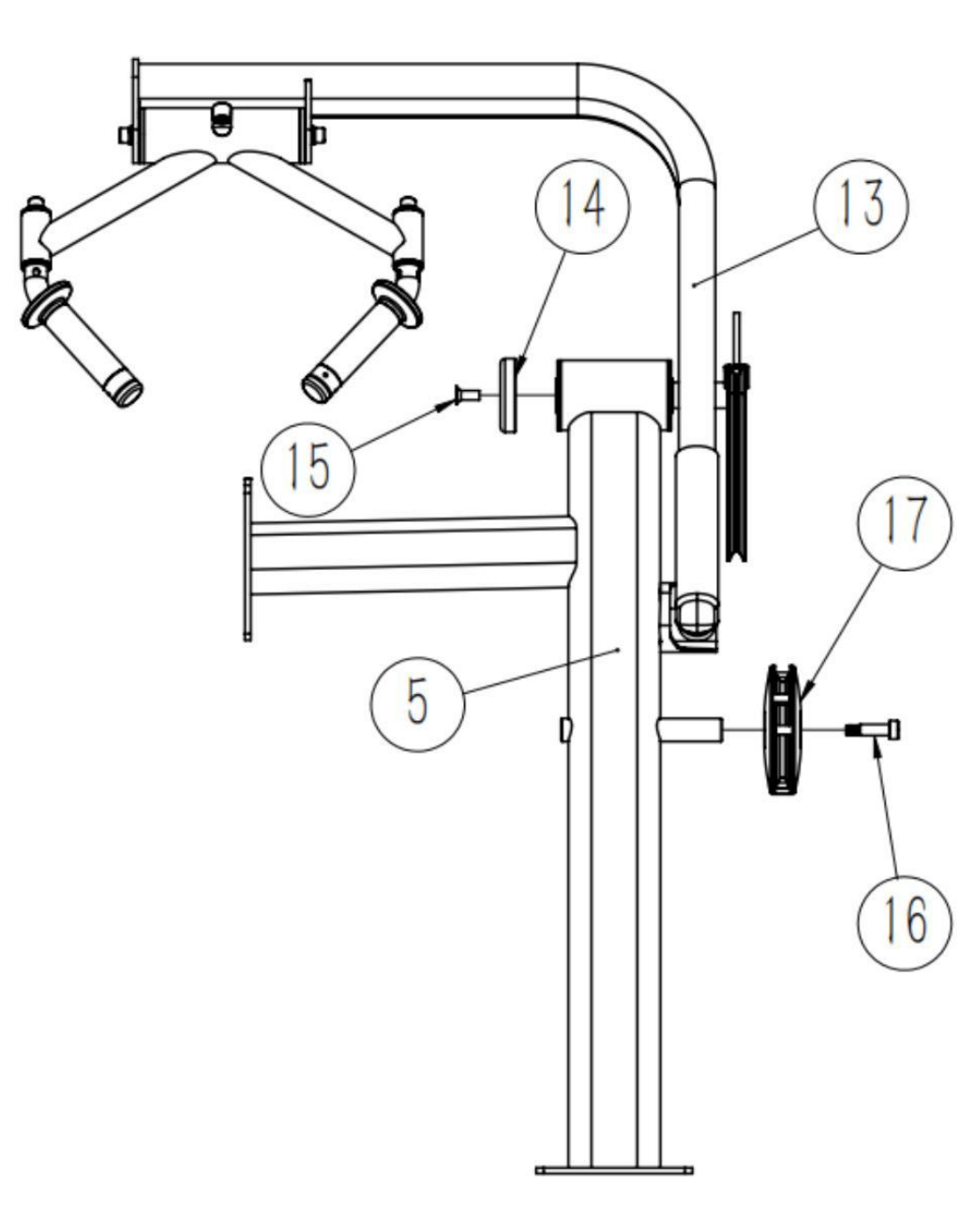
Step 6: Attach the triceps extension force arm (13) to the triceps extension handle assembly (24) using.
- 2×M10*25Hexagon socket cheese head screws (8)
- 2×M10spring washer (9)
- 2×M10flat washer (10)



## assemble

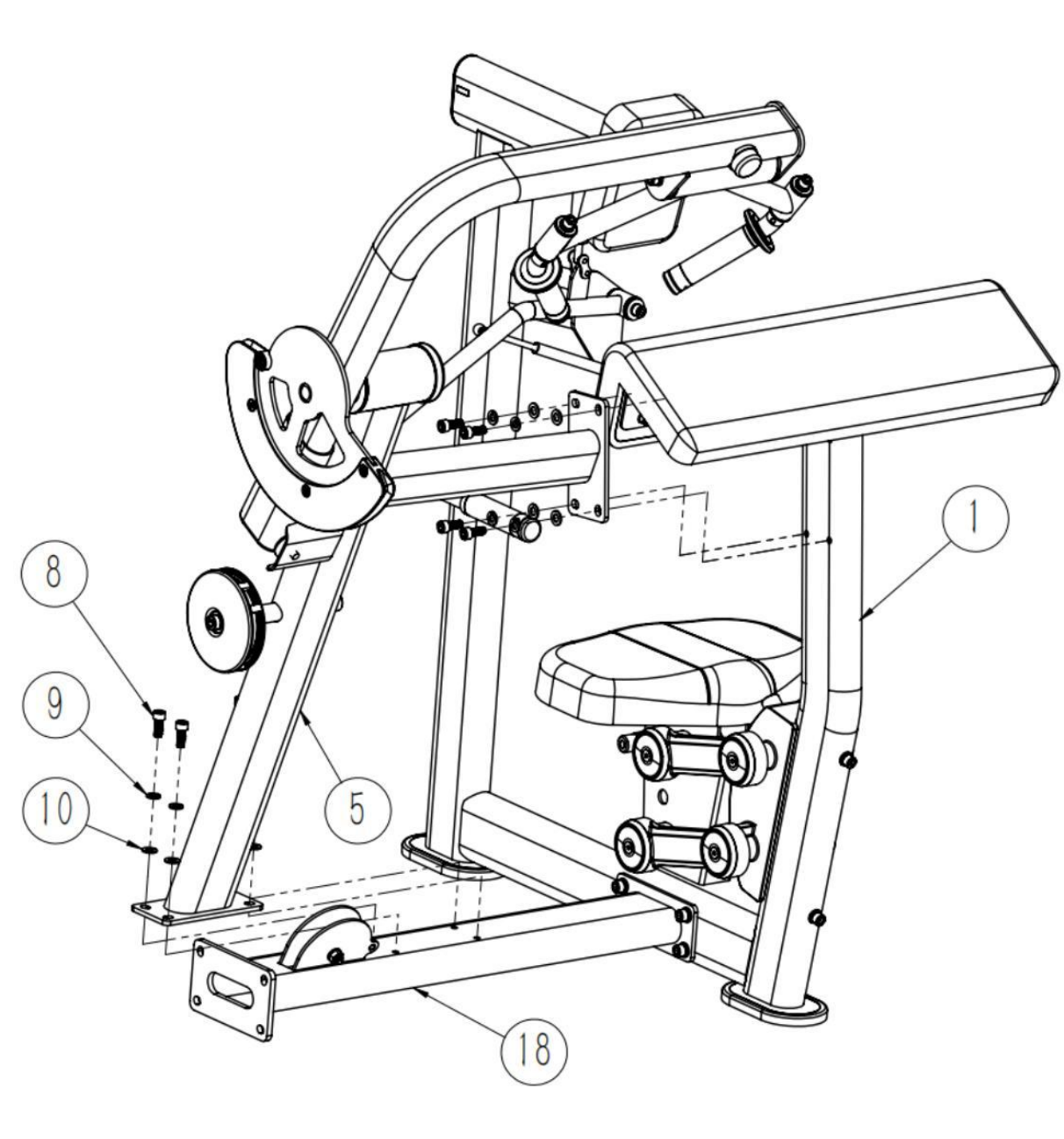
Step 7:Connect the triceps extension trainer force arm (13), φ120 wire wheel set (17) and the force arm holder (5) with the following method.
- 1×Bearing end caps (14)
- 1×M10*25Hexagon socket countersunk head screws (15)
- 1×spool (16)

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



## assemble

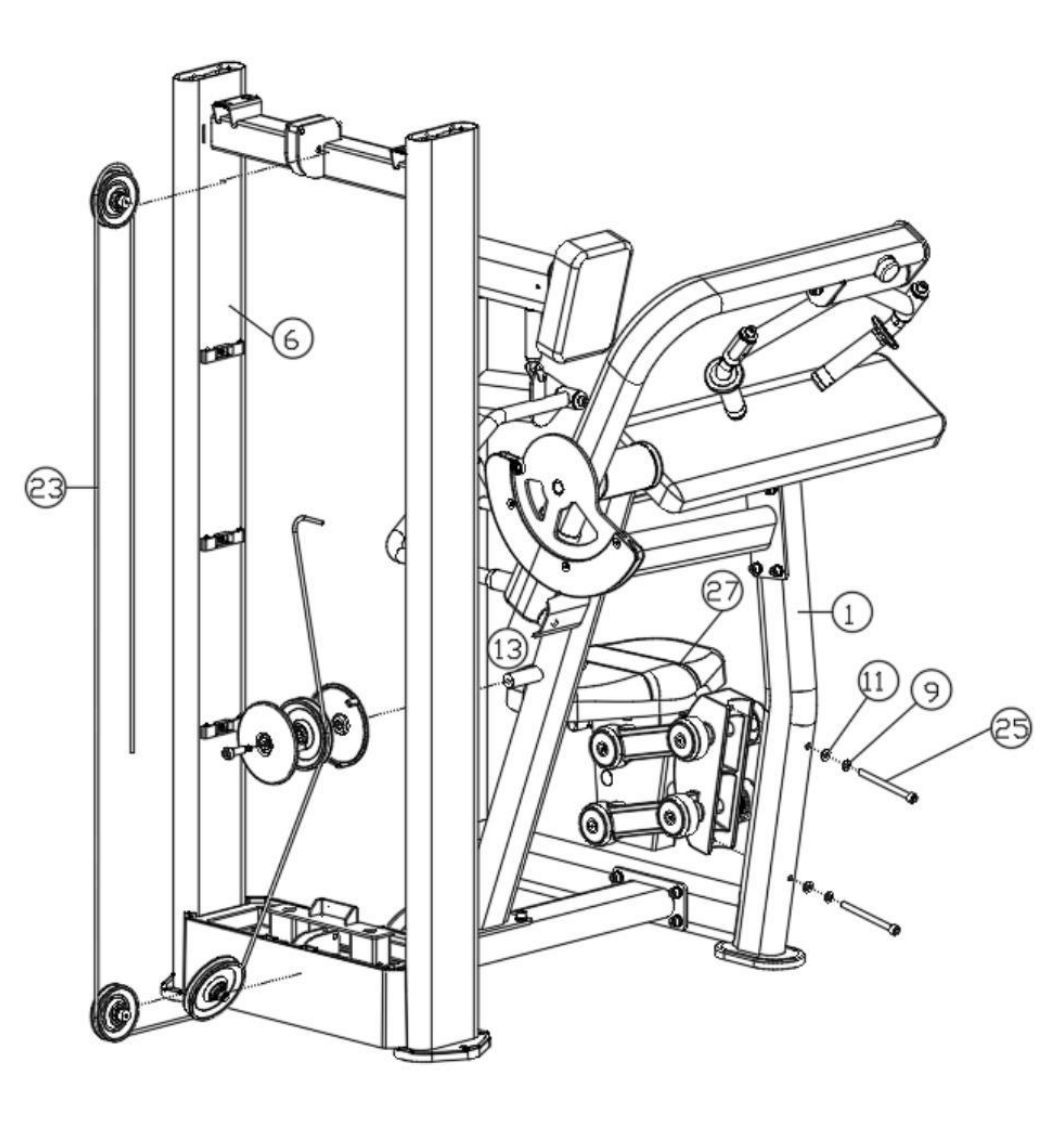
Step 8: Attach the Triple Extension Trainer Side Rack (1), Attachment Rack (18), and Arm Holder (5) as follows.
- 8×M10*25Hexagon socket cheese head screws (8)
- 8×M10spring washer (9)
- 8×M10flat washer (10)



## assemble

Step 9:Attach the Tricep Extension Trainer Side Frame (1) to the Seat Assembly (27) using the following method:
- 2×M10*120Hexagon socket cheese head screws (25)
- 2×M10spring washer (9)
- 2×M10flat washer (10)

Step 10: Attach the wire rope (23) to the force arm (13) and the counterweight bracket (6) after wrapping it around the pre-installed sheaves in the following manner.



## assemble

Step 11: Slide the two counterweight block rubber pads (35) onto the two guide bars (32)

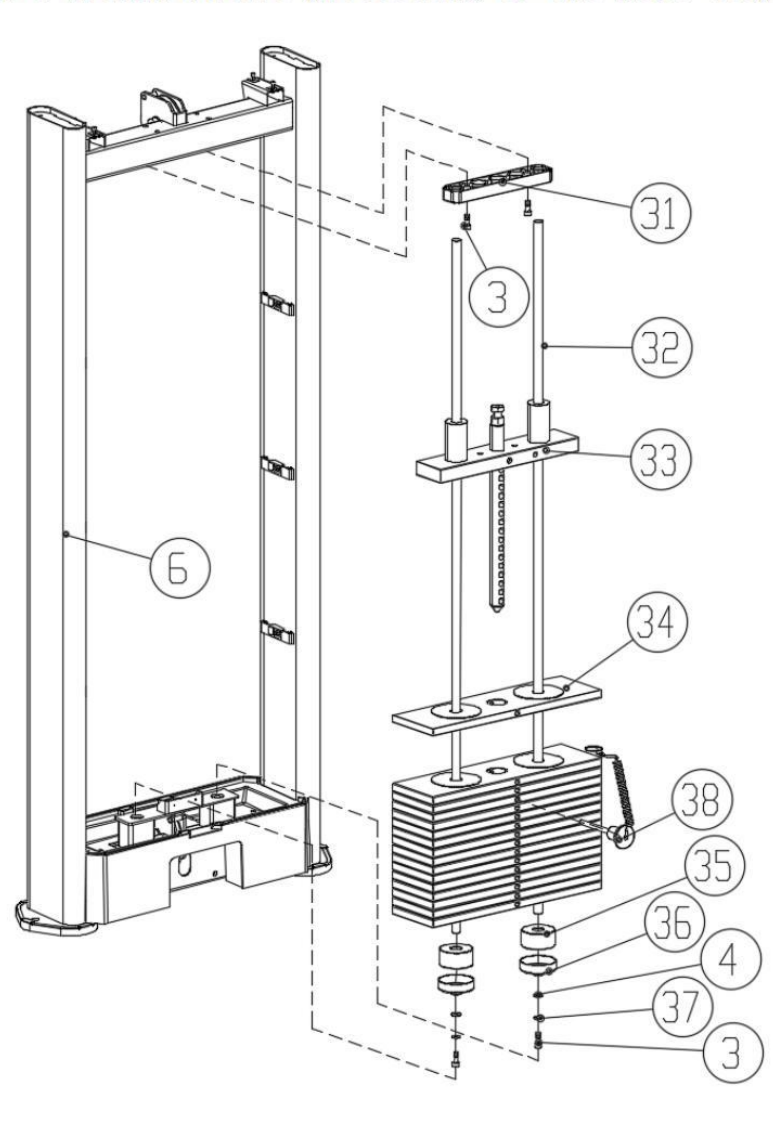
Connect the two counterweight bases (36) to the two guide rods (32) and place them in the counterweight rack (6) as follows.
- 2×M8*20Hexagon socket cheese head screws (3)
- 2×M8spring washer (37)
- 2×M8flat washer (4)

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

Step 12: Attach the counterweight block (34) to the guide bar (32) with the isolation tabs facing upwards

Attach the guide block set (33) to the guide bar (32).
Insert the counterweight block pin (38) into the counterweight block (34).
Attach the guide bar fixing plate (31) to the guide bar (32).
Attach the guide bar mounting plate (36) to the counterweight frame (1) by.
- 2×M8*20Hexagon socket cheese head screws (3)

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



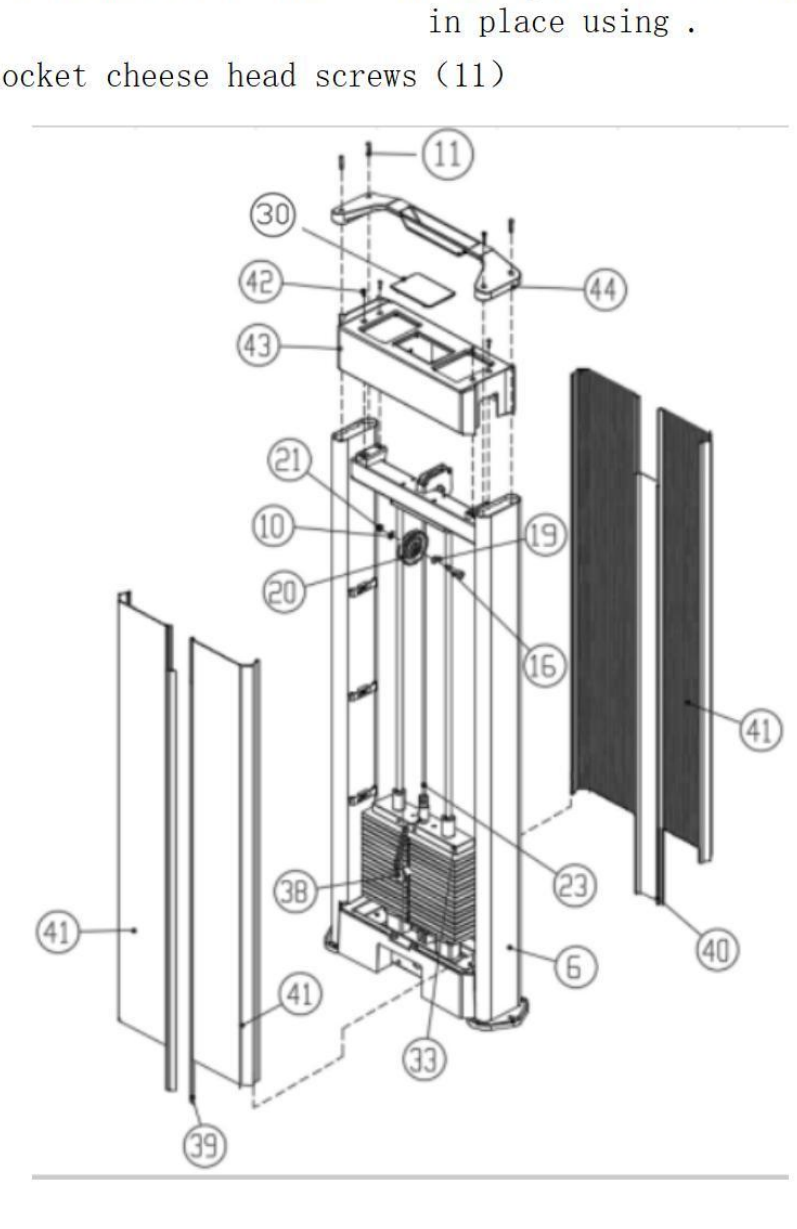
## assemble

Step 13: Attach the wire rope (23) to the counterweight frame (6) and to the guide block set (33) by passing the wire rope through the counterweight block pins as follows.
- 1×M10flat washer (10)
- 1×spool (16)
- 1×M12flat washer (19)
- 1×Φ95pulley (20)
- 1×M10Self-locking nuts (21)

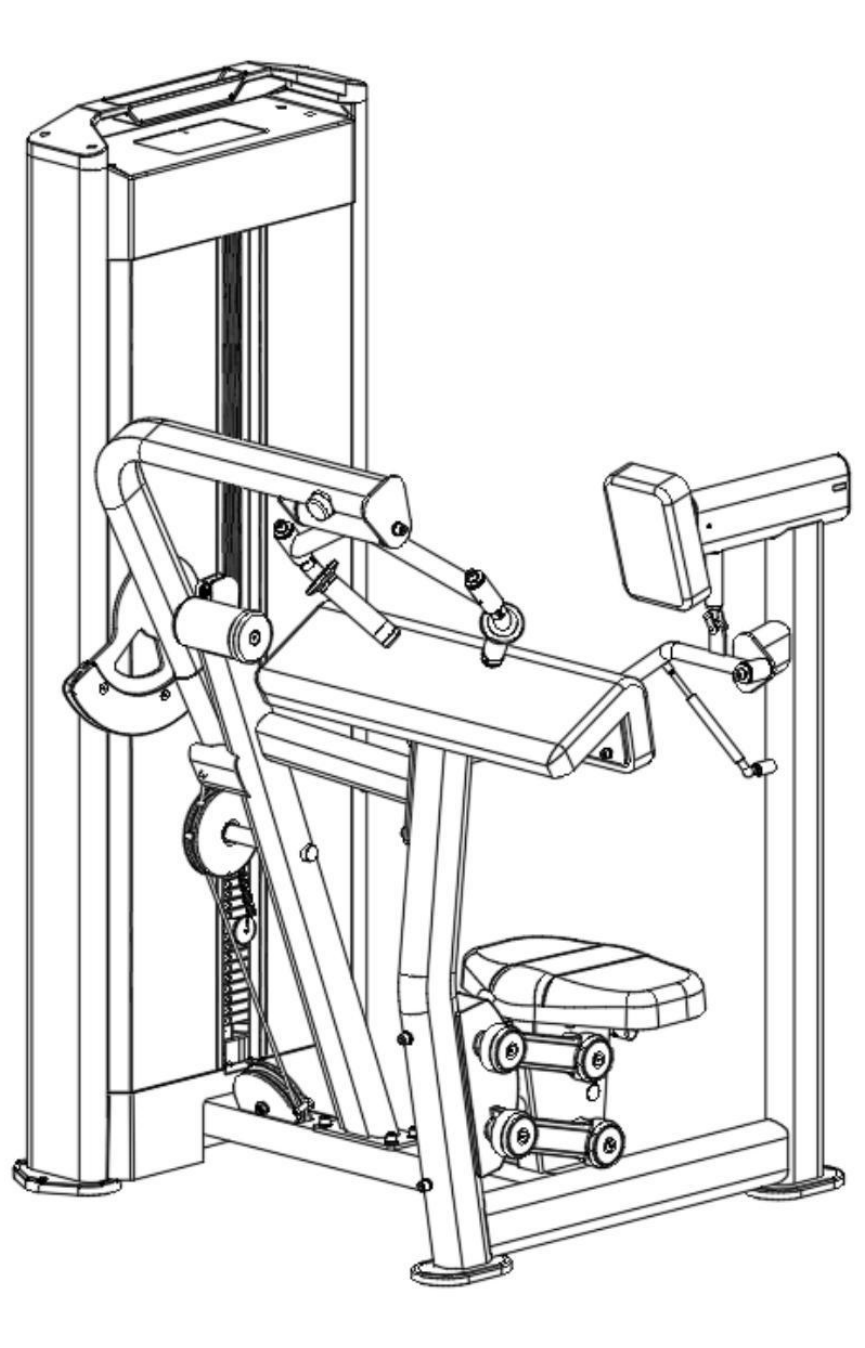
Tighten the bolts with a wrench before proceeding to the next step

Step 14: Slide the two decorative strips (39) into the two baffles (41) and attach to the counterweight frame (6) using the baffle platen.
Slide the trim plate (40) into the two baffles (41) and use the baffle platen to attach to the counterweight frame (6).
Attach the upper shroud (43) to the counterweight frame (6) by.
- 4×M5*16Hexagon socket cheese head screws (42)

Attach the upper cover trim (44) to the counterweight frame (6) and snap the upper shroud top cover (#30) in place using .
- 4×M6*30Hexagon socket cheese head screws (11)



## assemble



### Important tips

Now that the Triceps extension 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 specifications | Pcs |
|---|---|---|
| 1 | side frame | 1 |
| 2 | elbow pad | 1 |
| 3 | Hexagon socket cheese head screwsM8*20 | 8 |
| 4 | flat washerM8 | 6 |
| 5 | Force Arm Holder | 1 |
| 6 | counterweight frame | 1 |
| 7 | footrest | 2 |
| 8 | Hexagon socket cheese head screwsM10*25 | 20 |
| 9 | spring washerM10 | 21 |
| 10 | flat washer M10 | 21 |
| 11 | Hexagon socket cheese head screwsM6*30 | 4 |
| 12 | counterweight footrest | 2 |
| 13 | Triceps Extension Force Arm (13) | 1 |
| 14 | Bearing end caps | 1 |
| 15 | Hexagon socket countersunk head screwsM10*25 | 1 |
| 16 | spool | 2 |
| 17 | 120pulley | 1 |
| 18 | connection frame | 1 |
| 19 | flat washer M12 | 1 |
| 20 | 95pulley | 1 |
| 21 | Self-locking nutsM10 | 1 |

## Accessory list

| No | Name and specifications | Pcs |
|---|---|---|
| 22 | lower shroud | 1 |
| 23 | cable | 1 |
| 24 | Tricep Extension Handle Assembly | 1 |
| 25 | Hexagon socket cheese head screwsM10*120 | 2 |
| 26 | flat washer M10-D30 | 1 |
| 27 | seating component | 1 |
| 28 | hydraulic rod | 1 |
| 29 | Adjustment Handle | 1 |
| 30 | Upper Shroud Top Cover | 1 |
| 31 | Guide bar mounting plate | 1 |
| 32 | guide bar | 2 |
| 33 | Guide block set | 1 |
| 34 | counterweight | 16 |
| 35 | counterweight rubber mat | 2 |
| 36 | counterweight base | 2 |
| 37 | spring washerM8 | 2 |
| 38 | Counterweight block pins | 1 |
| 39 | decorative strip | 2 |
| 40 | decorative plate | 1 |
| 41 | baffle | 4 |
| 42 | Hexagon socket cheese head screwsM5*15 | 6 |
| 43 | upper shroud | 1 |
| 44 | Top cover trim | 1 |

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