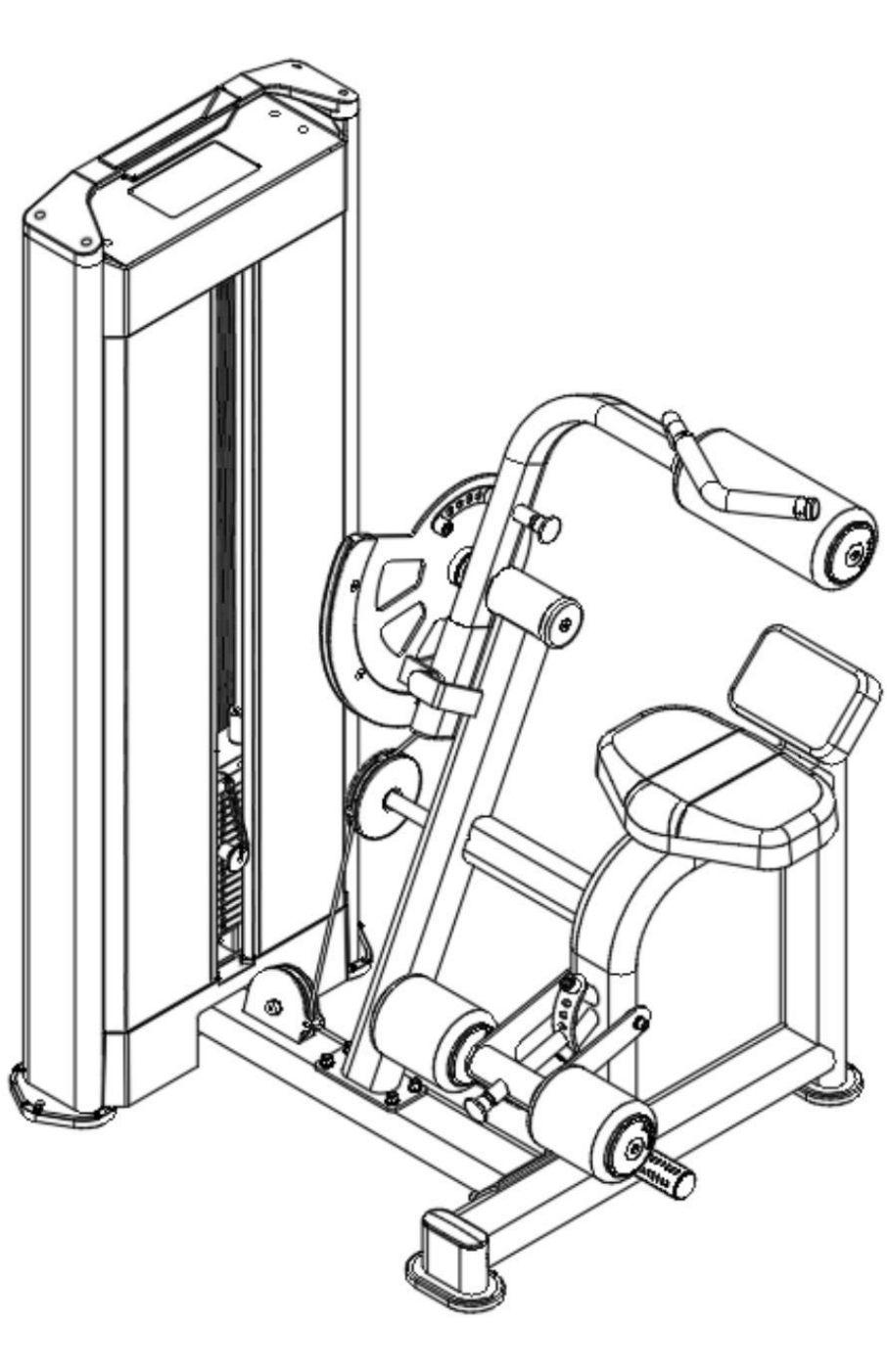
C418 Installation Guide

Upper / Mid Abdominal Trainer



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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 timely reference 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
horizontal ruler
Allen wrench
Two person
spring clamp
adjustable wrench

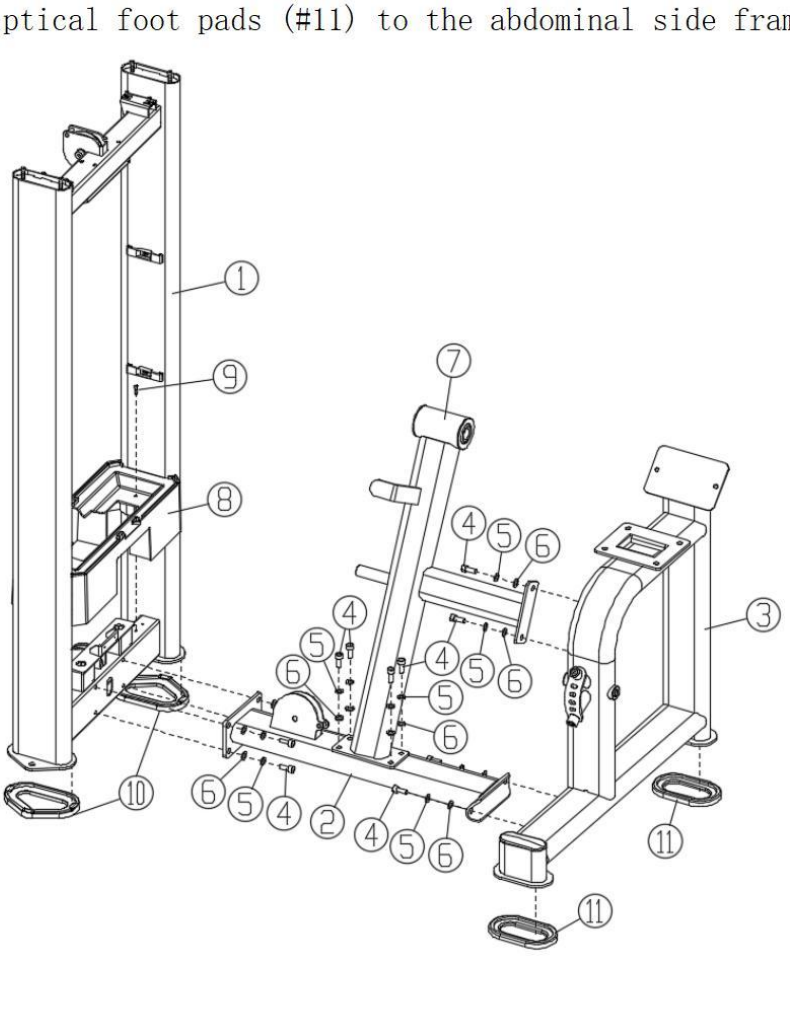
assemble

Step 1: Attach the Counterweight Lower Shroud (#8) to the Counterweight Frame (#1) by.
- 2 x Hexagon socket cheese head screws (#9)

Step 2: Attach the Ab Connection Bracket (#2) to the Counterweight Bracket (#1) and the Ab Side Bracket (#3) using.
- 6 x Hexagon socket cheese head screws (#4)
- 6 x Spring washer (#5) • 6 x flat washer (#6)

Step 3: Attach the Abdominal Connector II (#7) to the Abdominal Connector (#2) and the Abdominal Side Frame (#3) using.
- 6 x Hexagon socket cheese head screws (#4)
- 6 x spring washer (#5) • 6 x flat washer (#6)

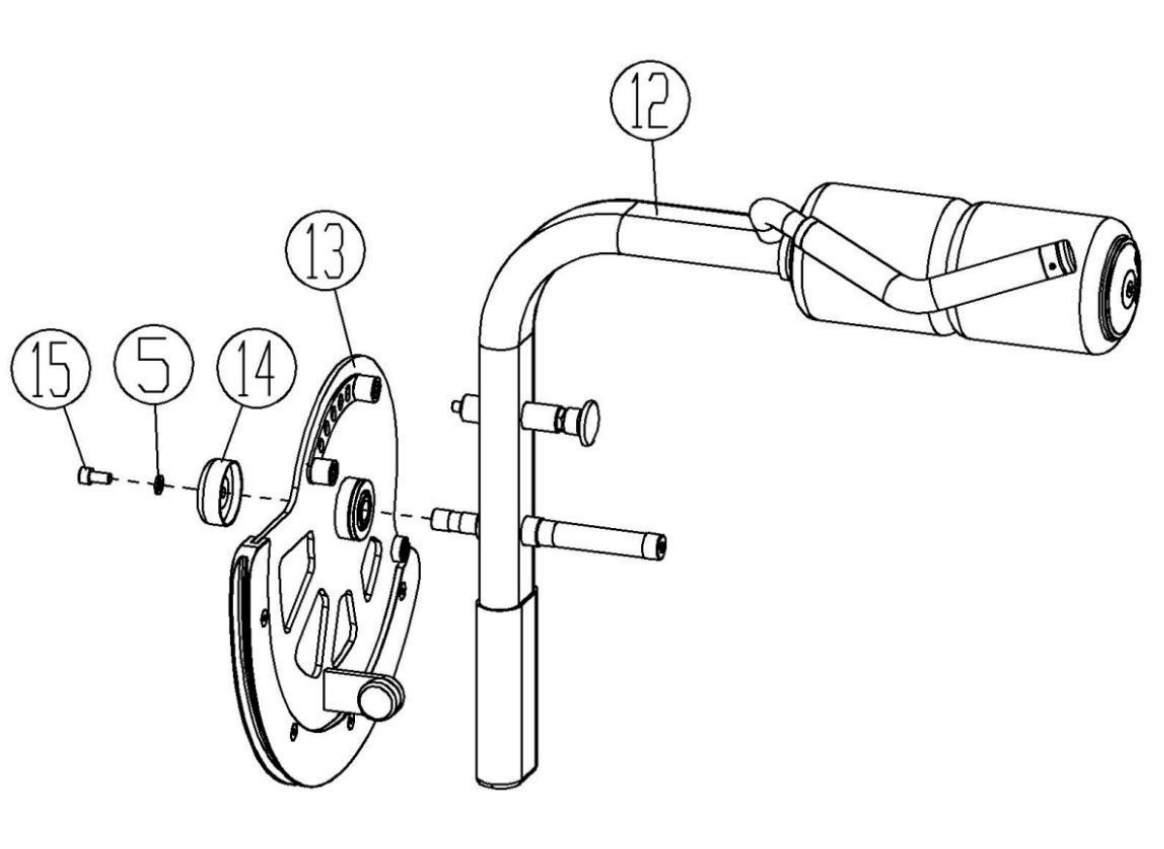
Step 4: Attach two counterweight feet (#10) to counterweight frame (#1)
Attach two flat elliptical foot pads (#11) to the abdominal side frame (#6)



assemble

Step 5: Attach the Flange (#13) and 60 Aluminum Cap (#14) to the Abdominal Force Arm (#12) using.
- 1 x Hexagon socket cheese head screws (#15)
- 1 x spring washer (#5)

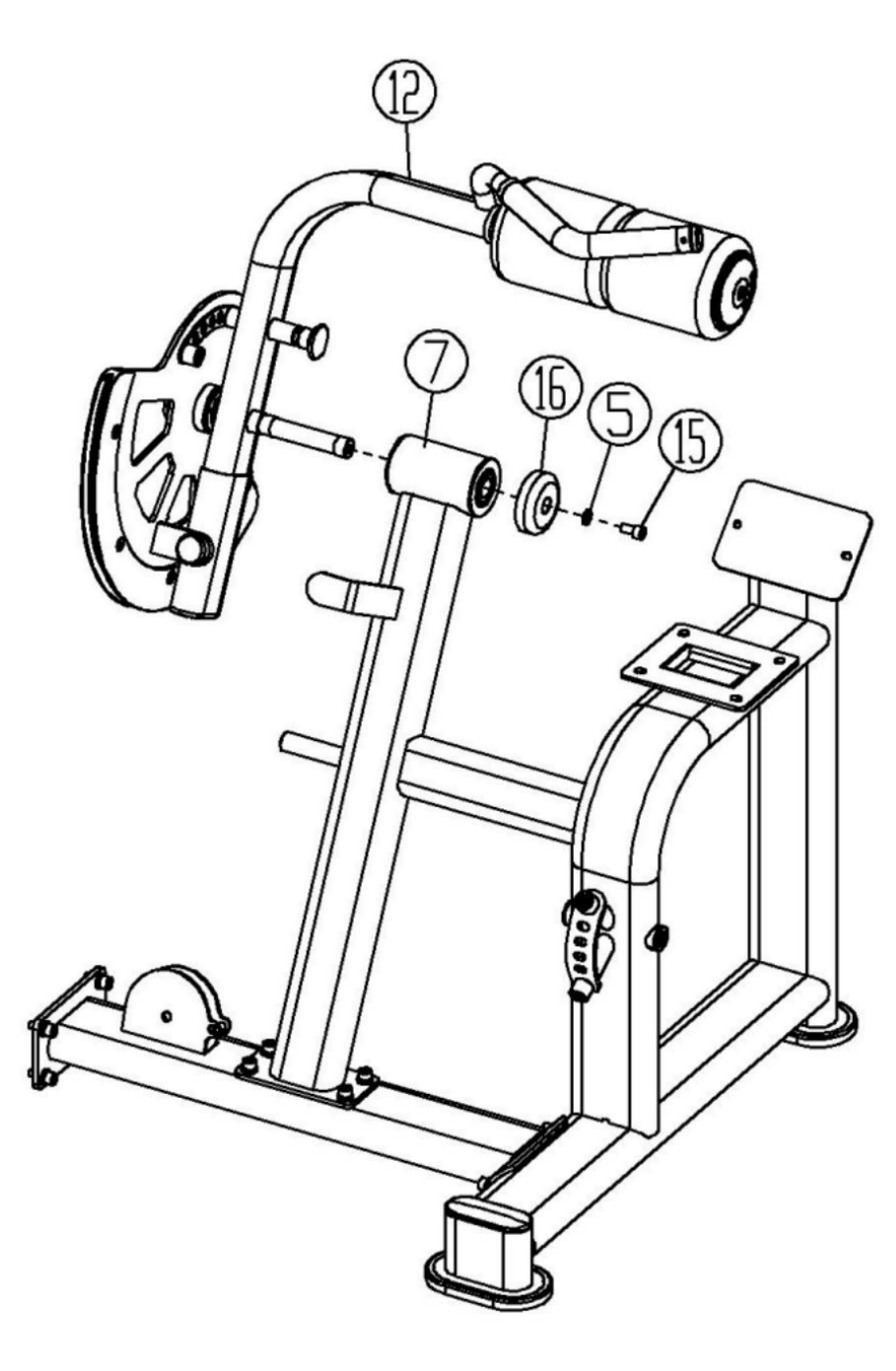
Tighten the bolts with a wrench before proceeding to the next step



assemble

Step 6: Attach the Abdominal Force Arm (#12) and 76 Aluminum Cover (#16) to the Abdominal Connector II (#7) using.
- 1 x Hexagon socket cheese head screws (#15)
- 1 x spring washer (#5)

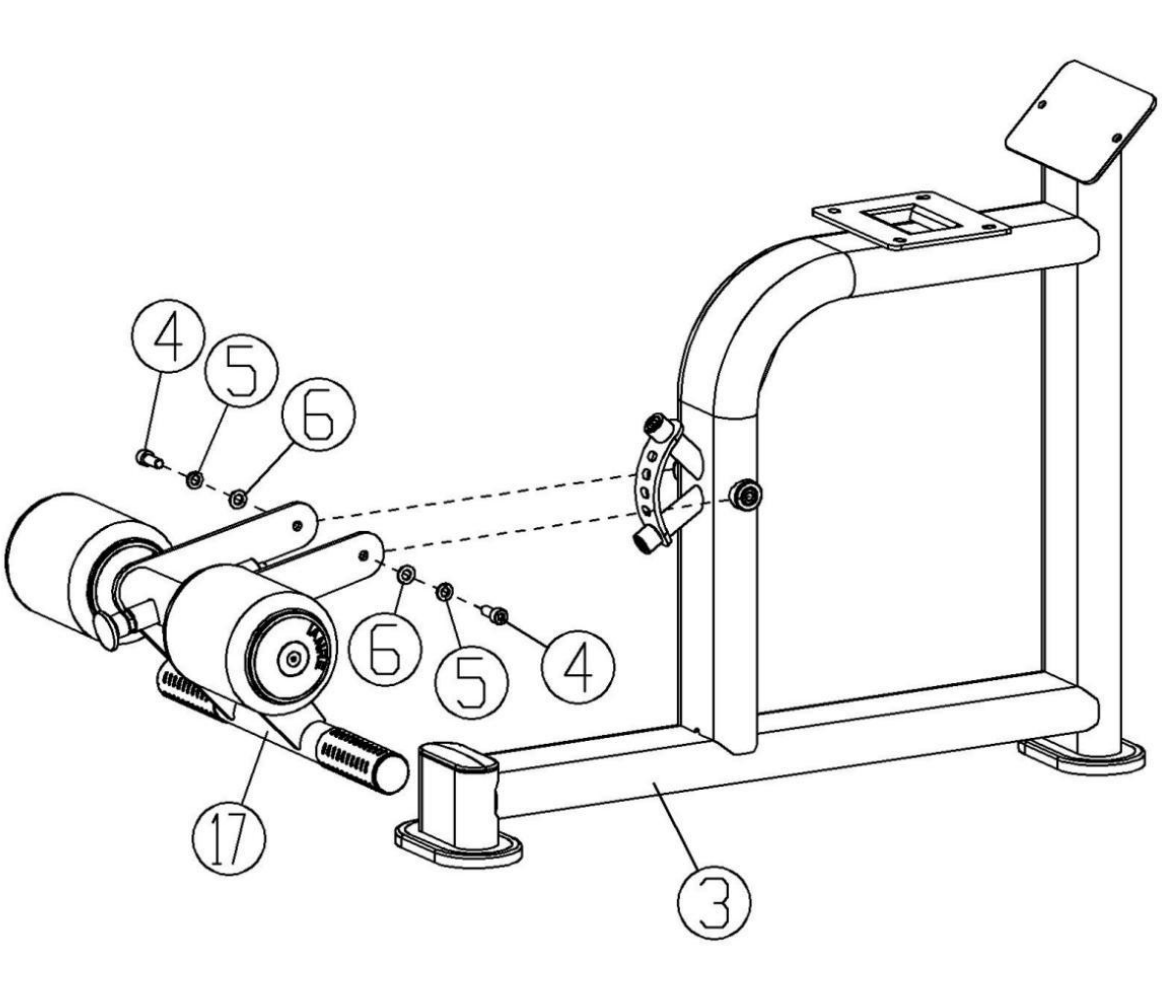
Tighten the bolts with a wrench before proceeding to the next step



assemble

Step 7:Attach the Abdominal Press Rack (#17) to the Abdominal Side Rack (#3) using.
- 2 x Hexagon socket cheese head screws (#4)
- 2 x spring washer (#5)
- 2 xflat washer (#6)

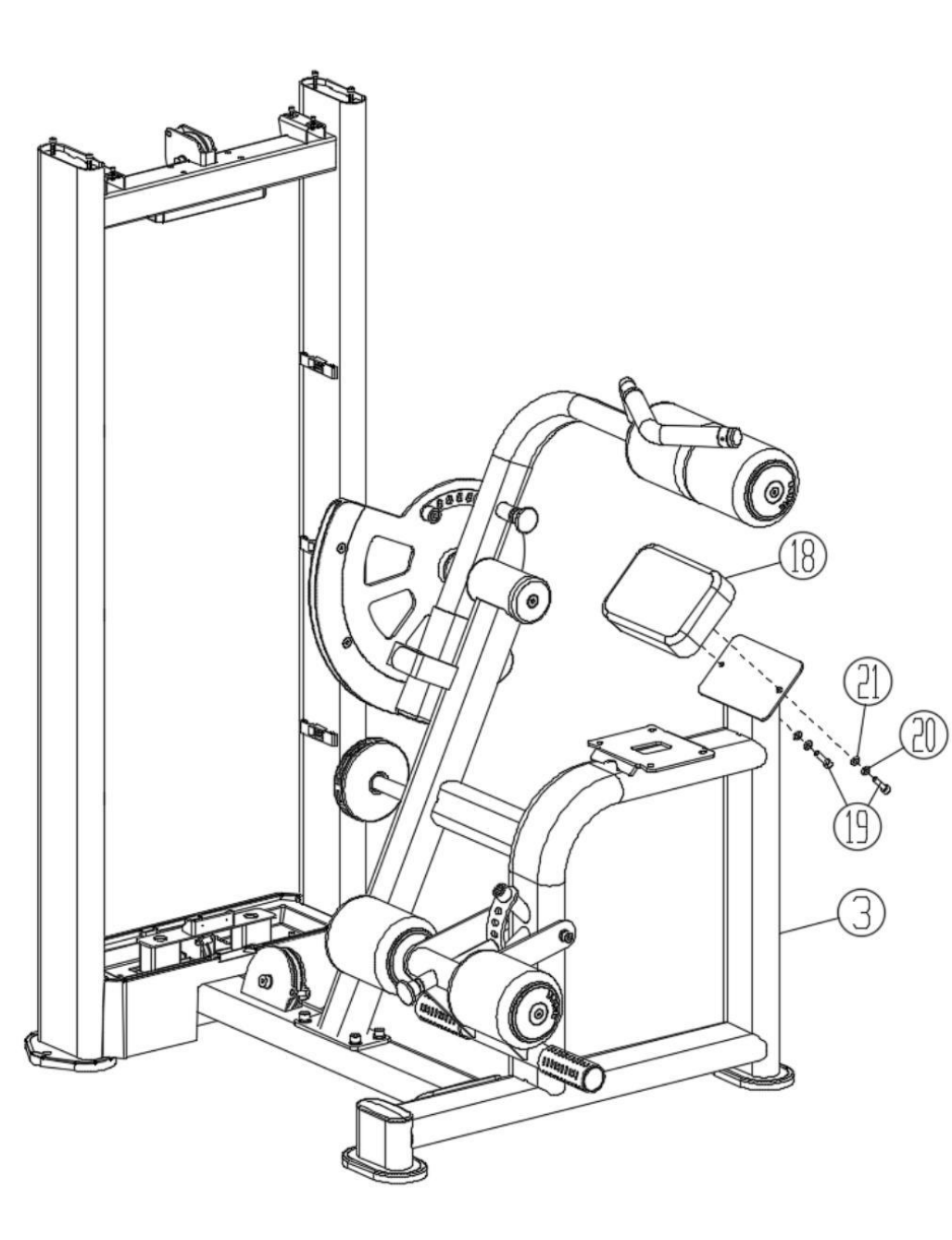
Tighten the bolts with a wrench before proceeding to the next step



assemble

Step 8: Attach the Abdominal Back Pad (#18) to the Abdominal Side Frame (#3) using.
- 2 x Hexagon socket cheese head screws (#19)
- 2 x Spring washer (#20)
- 2 x flat washer (#21)

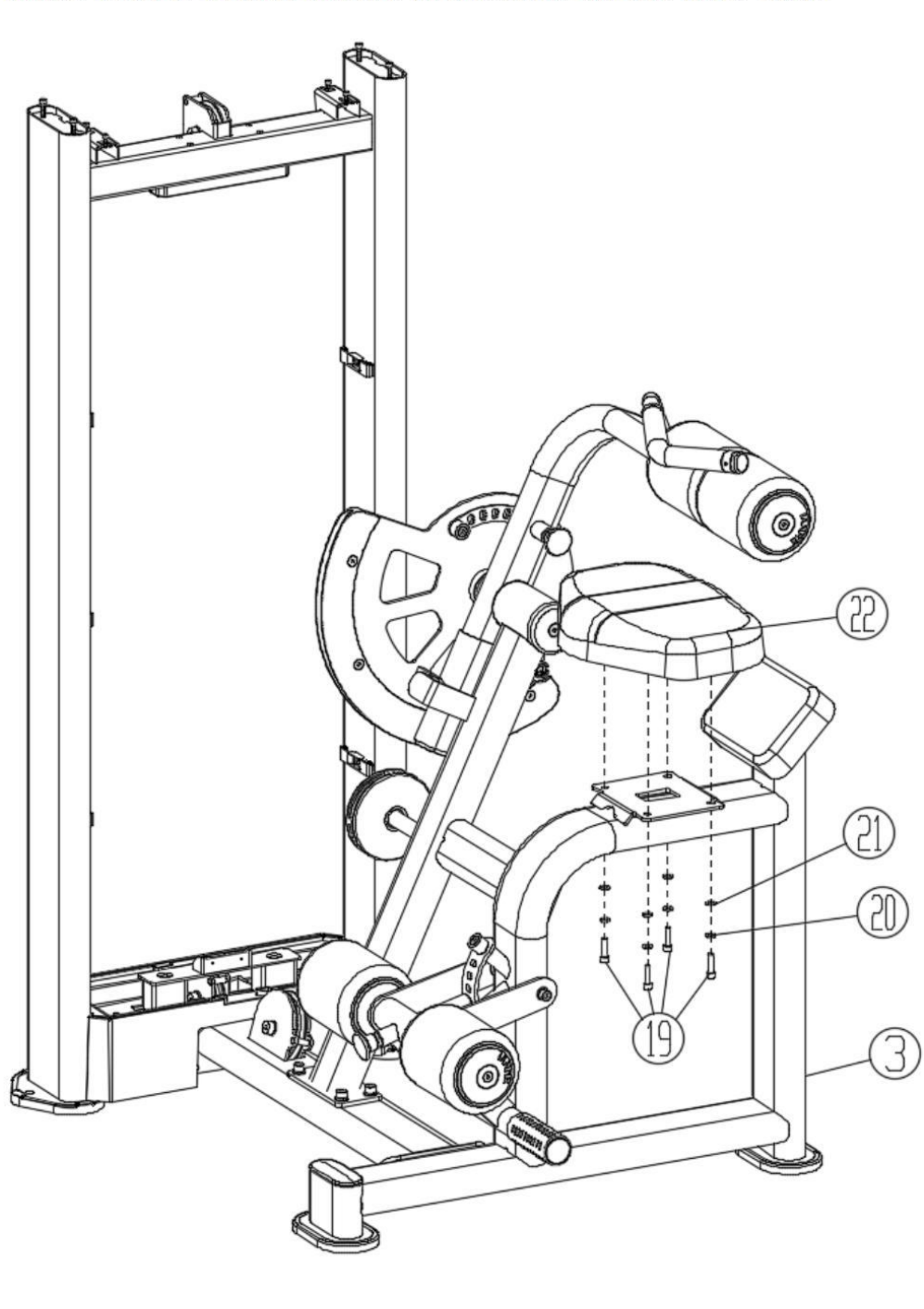
Tighten the bolts with a wrench before proceeding to the next step



assemble

Step 9: Attach the cushion (#22) to the abs side frame (#3) with.
- 4 x Hexagon socket cheese head screws (#19)
- 4 x spring washer (#20)
- 4 x flat washer (#21)

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



assemble

Step 10:Slide the two counterweight block rubber pads (#24) onto the two guide bars (#23).

Connect the two counterweight bases (#25) to the two guide rods (#23) and place them in the counterweight rack (#1) as follows.
- 2 x Hexagon socket cheese head screws (#26)
- 2 x spring washer (#20)
- 2 x flat washer (#21)

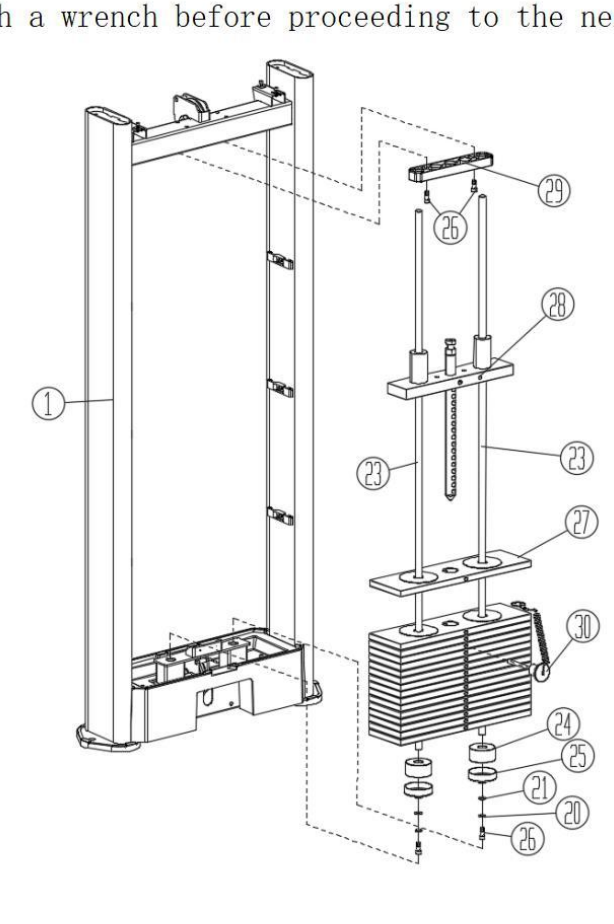
Tighten the bolts with a wrench before proceeding to the next step

Step 11: Attach the 14 Counterweight Blocks (#27) to the Guide Rods (#23) with the isolation tabs facing up.

Install the guide block set (#28) onto the guide bar (#23).
Insert the weight stack pin (#30) into the weight stack (#27).
Slide the guide bar retainer plate (#29) onto the guide bar (#23).

Attach the guide bar mounting plate (#29) to the counterweight bracket (#1) by.
- 2 x Hexagon socket cheese head screws (#26)

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



assemble

Step 12: Attach the two 95 wire wheels (#32) to the counterweight rack (#1) using.
- 2 x spool (#33) • 2 x Hexagonal self-locking nuts (#35)
- 2 x flat washer (#34) • 2 x flat washer (#6)

Attach the 120 Line Wheel (#36) to the Abdominal Connection Bracket (#2) using.
- 1 x Spool (#33) • 1 x Hexagonal self-locking nuts (#35)
- 1 x flat washer (#34) • 1 x flat washer (#6)

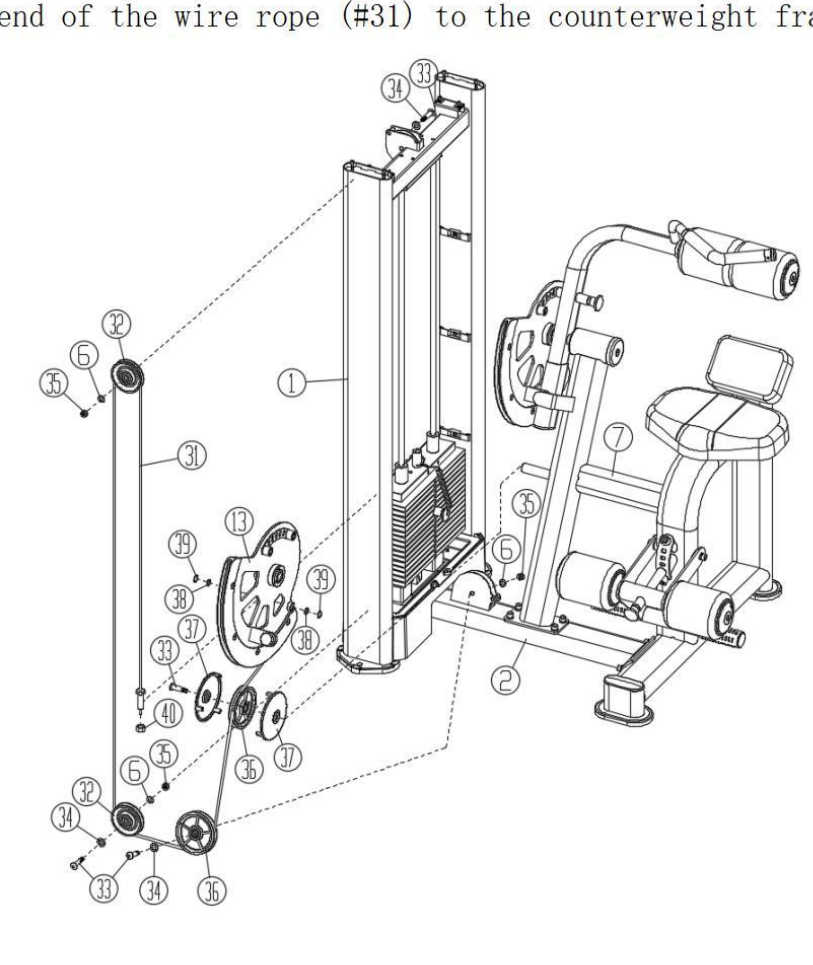
Attach the two wire wheel boxes (#37) and the 120 wire wheel (#36) to the Abdominal Connection Frame II (#7) using.
- 1 x spool (#33)

Note that these sheaves are installed in synchronization with the cable (#31).

Step 13:Attach the Snap End of the Wire Rope (#31) to the Flange (#13) in the following manner.
- 2 x flat washer (#38) • 2 x inner locker (#39)

Step 14:Attach the hex nut (#40) to the bolt end of the cable (#31).

Attach the bolt end of the wire rope (#31) to the counterweight frame center bar (#1).



assemble

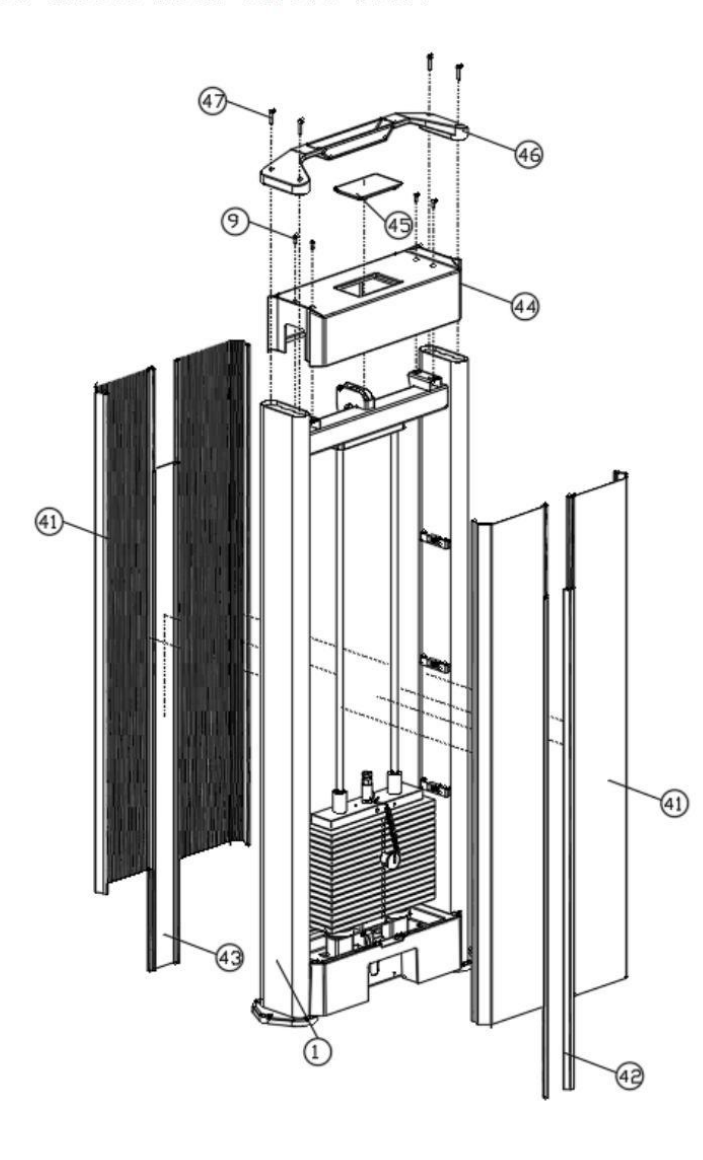
Step 15:Slide the two Trim Strips (#42) into the two Baffles (#41) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Slide the Trim Plate (#43) into the two Baffles (#41) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Attach the upper shroud (#44) to the counterweight frame (#1) by.
- 4 x Hexagon socket cheese head screws (#9)

Attach the upper shroud top cover (#45) to the upper shroud (#44).

Attach the two top cover trim pieces (#46) to the counterweight bracket (#1) using.
- 4 x Hexagon socket cheese head screws (#47)



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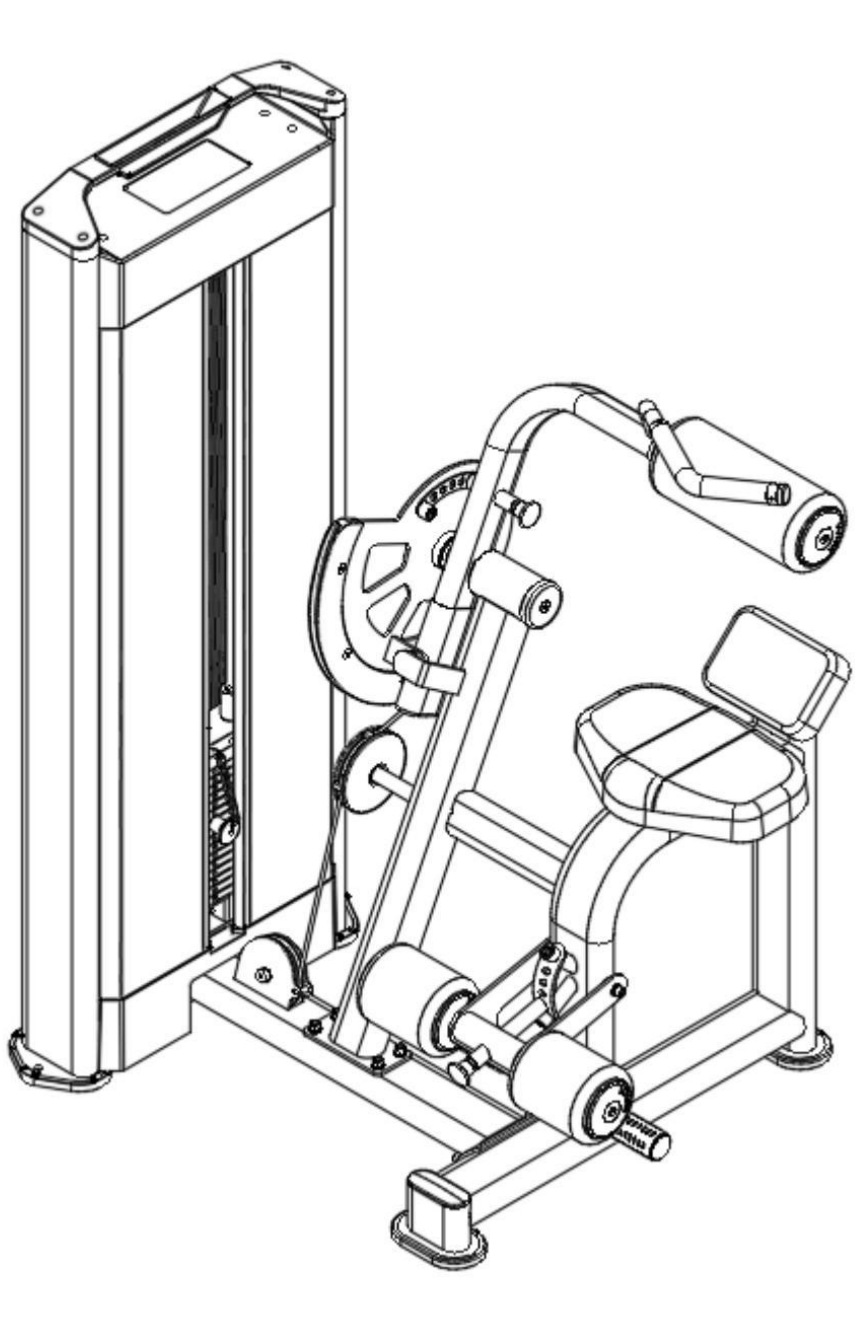

Important tips

Now that the Upper/Mid Abdominal Trainer 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	Frame	1
2	connection frame	1
3	side frame	1
4	Hexagon socket cheese head screws (M10*25)	14
5	spring washer (10)	16
6	flat washer (10)	14
7	connection frame II	1
8	counterweight lower shield	1
9	Hexagon socket cheese head screws (M5*16)	8
10	counterweight footrest	2
11	Flat ellipse foot mats	2
12	froce arm	1
13	Abdominal Flange	1
14	60aluminum cap	1
15	Hexagon socket cheese head screws (M10*20)	2
16	76aluminum cap	1
17	Abdominal Press Rack	1
18	backrest	1
19	Hexagon socket cheese head screws (M8*30)	6
20	spring washer (8)	8
21	flat washer (8)	8

accessory list

NO	Name and specification	QTY
22	Cushion	1
23	Universal Counterweight Guide Bar	2
24	Counterweight rubber pads	2
25	Counterweight frame base	2
26	Hexagon socket cheese head screws (M8*20)	4
27	weight stack	14
28	Guide block set	1
29	Guide bar mounting plate	1
30	weight stack pin	1
31	cable	1
32	95pulley	2
33	spool-32	4
34	flat washer (12)	3
35	Hexagonal self-locking nuts (M10)	3
36	120pulley	2
37	jury box	2
38	small washer (10)	2
39	inner locker (Φ20*S1)	2
40	hexagonal nut (M14)	1
41	shield	4
42	Counterweight Source Decorative Strip	2

accessory list

no	Name and specification	QTY
43	Counterweight Source Decorative Plate	1
44	counterweight upper shroud	1
45	Upper Shroud Top Cover	1
46	Counterweight riser plug cover	1
47	Hexagon socket cheese head screws (M6*30)	4

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