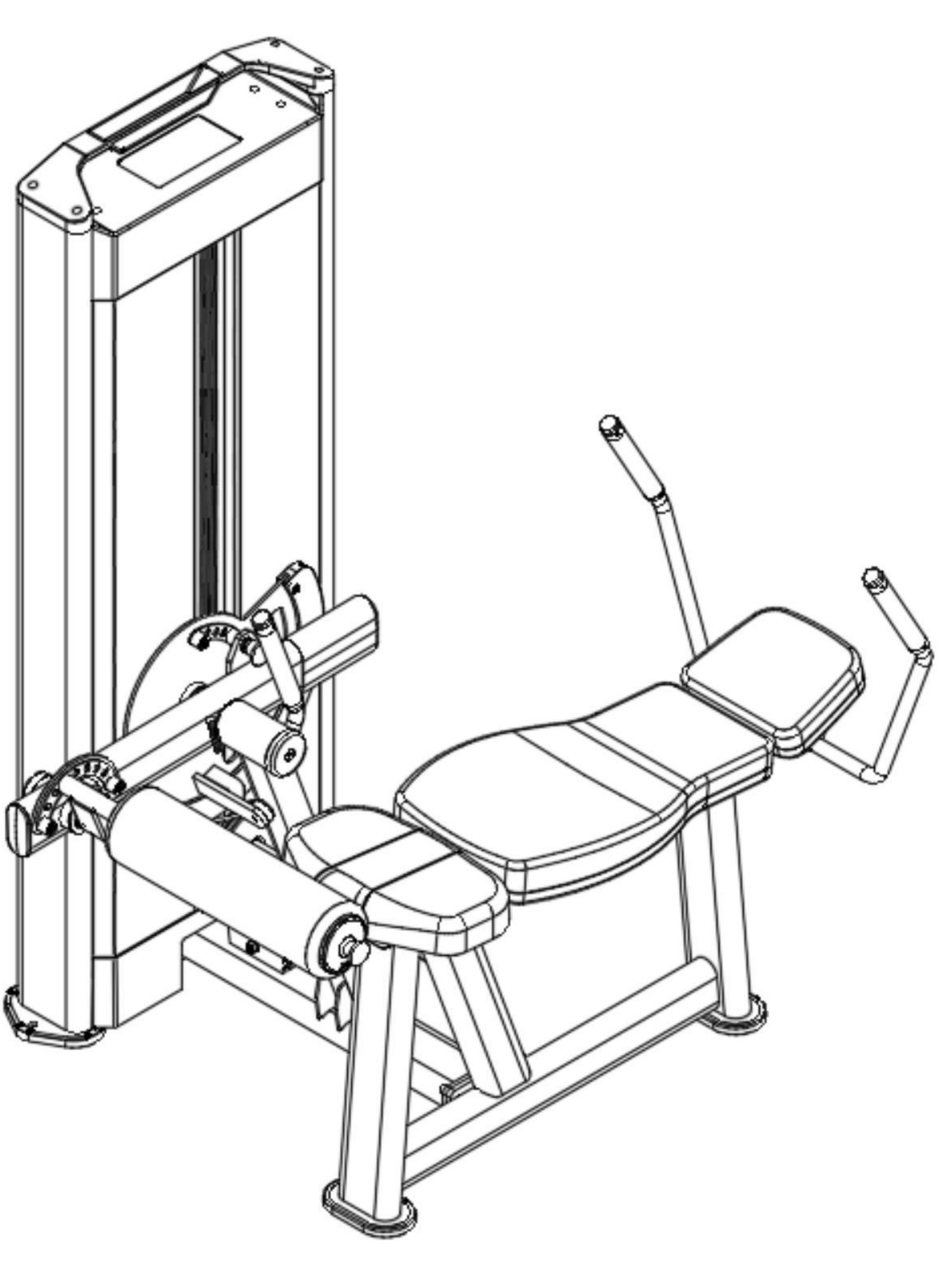
C418A Installation Guide

Lower Abdominal Trainer



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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 is any missing part or damage 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

tool	Rubber rod
	Level
	Hexagon wrench
	Circlip pliers
	Adjustable wrench

Note: It is recommended that two or more people work together during assembly.

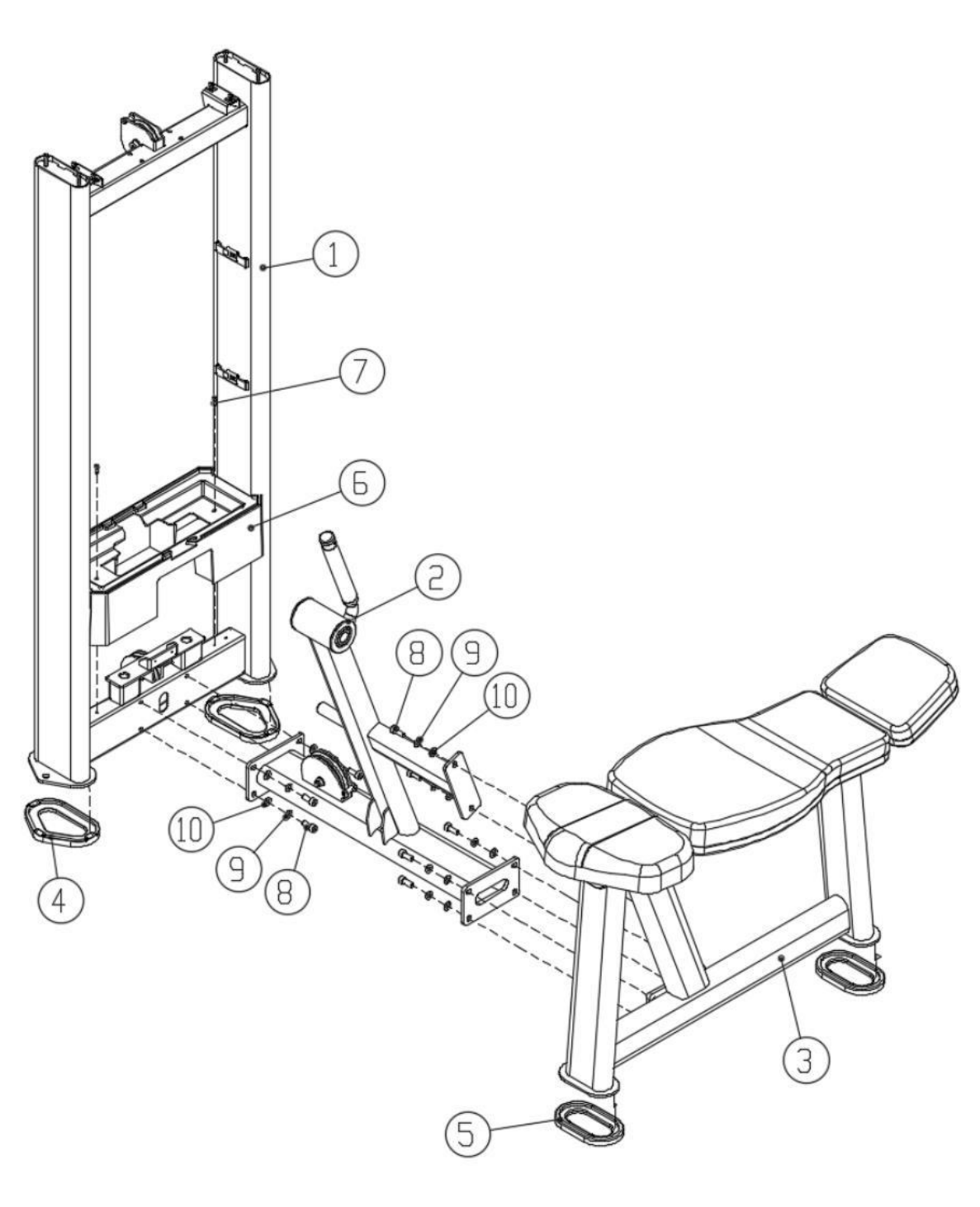
Assembly

Step 1: Connect the counterweight lower guard (#6) to the counterweight frame (#1) using the following method:
·2x Hexagon socket head screw M5*16 (#7)

Step 2: Connect the Horizontal Abdominal Muscle Attachment Frame Assembly (#2), Horizontal Abdominal Muscle Side Frame Assembly (#3) and the Weight Frame (#1) using the following method:

·10xHexagon socket head screw M10*25 (#8)
12x Spring Washers M10 (#9)
12x flat washers M10-D20 (#10)

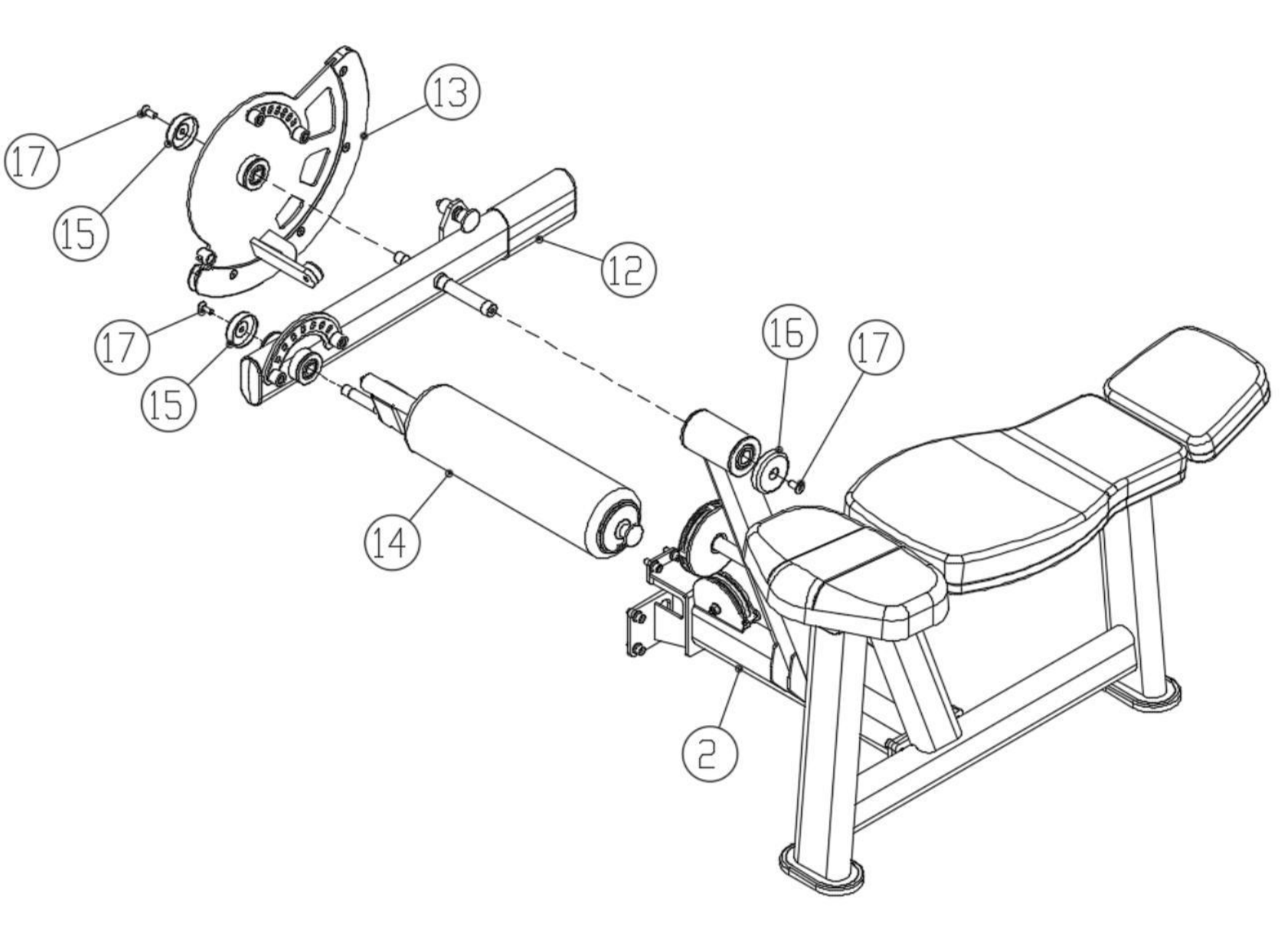
Step 3: Install the 2 weight rack feet (#4) to the weight rack (#1)
Install the 2 flat oval foot pads (#5) to the horizontal abdominal muscle side frame assembly (#3)



Assembly

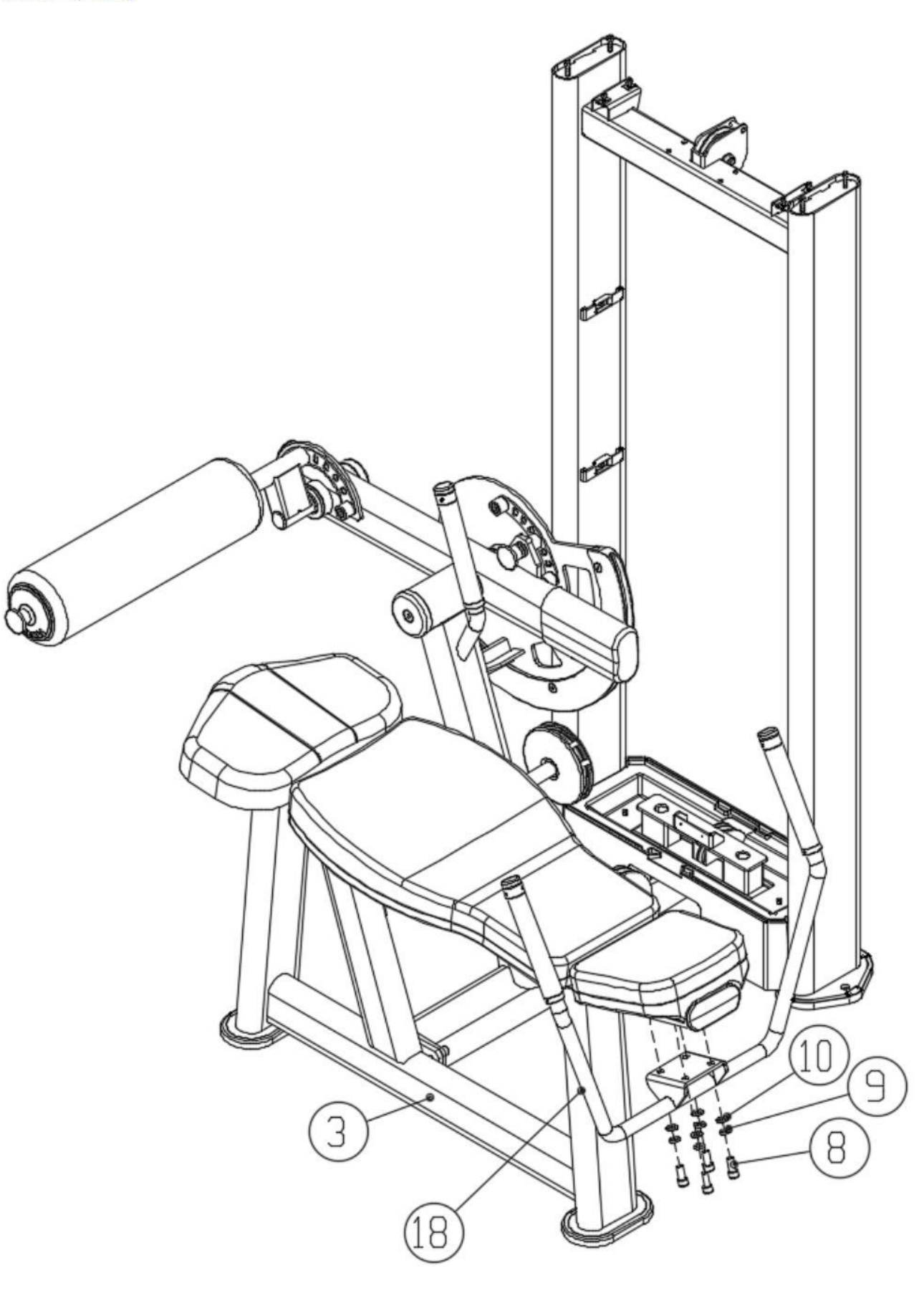
Step 4: Connect the leg press stand assembly (#14) to the horizontal abdominal muscle arm assembly (#12) in the following way;
• 1X 60 aluminum cover (#15) • 1X hexagon socket countersunk screw M10*25 (#17)

Step 5: Connect the horizontal abdominal muscle cable reel assembly (#13), the horizontal abdominal muscle lever arm assembly (#12) and the horizontal abdominal muscle connecting frame assembly (#2) in the following manner;
• 1X 60 aluminum cover (#15) • 2X hexagon socket countersunk screws M10*25 (#17)
1X 76 Aluminum Cap (#16)



Assembly

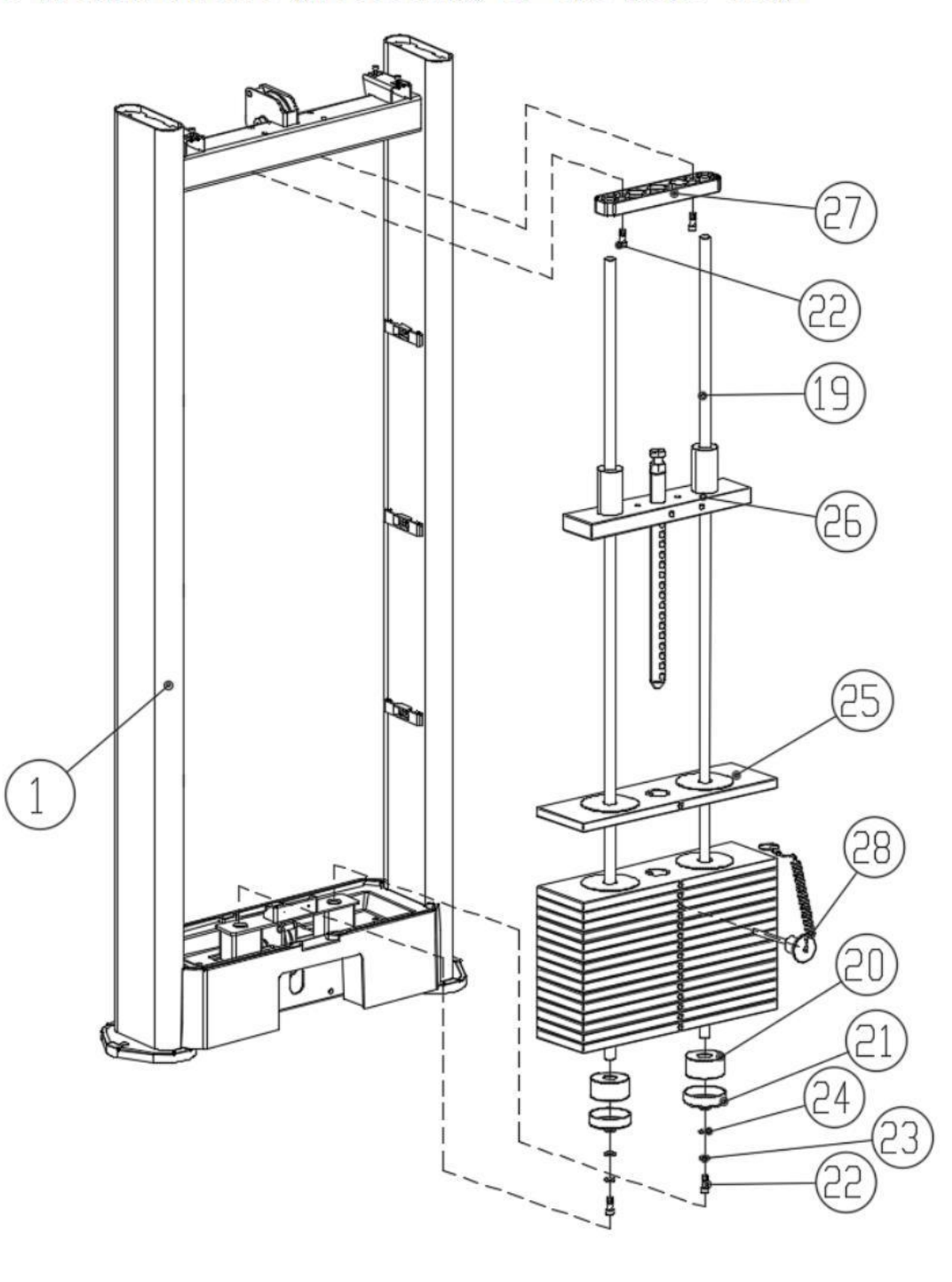
Step 6: Install the horizontal abdominal muscle armrest assembly (#18) onto the horizontal abdominal muscle side frame assembly (#3) in the following manner;
·4xHexagon socket head screw M10*25 (#8)
• 4x Spring Washers M10 (#9)
• 4x flat washers M10-D20 (#10)



Assembly

Step 7: Slide the two rubber weight pads (#20) onto the two guide rods (#19).
Connect the two counterweight frame bases (#21) and the two guide rods (#19) and place them into the counterweight frame (#1) in the following manner:
·2xHexagon socket head screw M8*25 (#22)
·2xSpring washer M8 (#23)
·2xFlat washer M8-D16 (#24)
Tighten the bolts with a wrench before proceeding to the next step

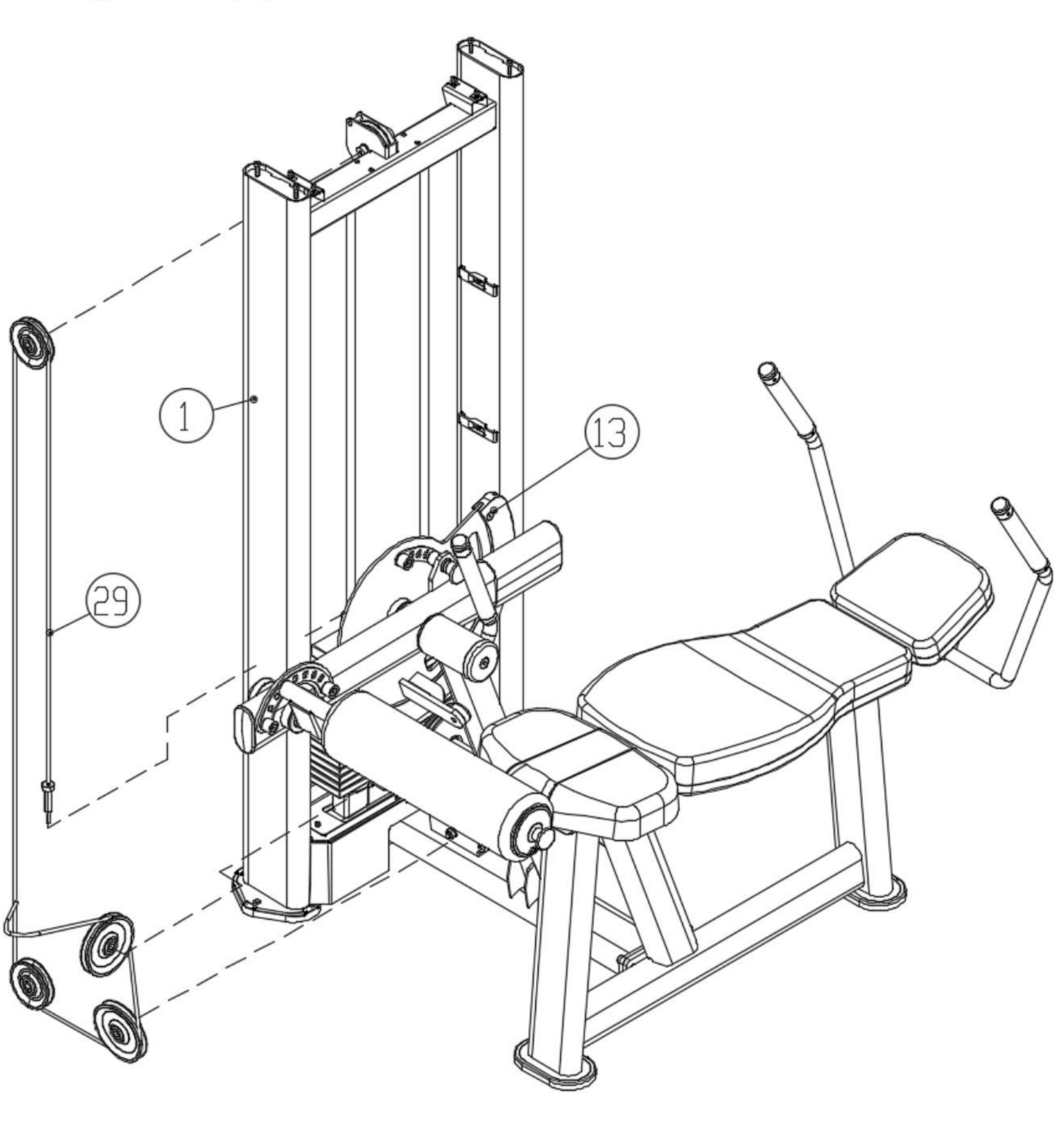
Step 8: Install the 14 counterweights (#25) onto the guide rods (#19) with the spacers facing up.
Install the guide block assembly (#26) onto the guide rod (#19).
Insert the counterweight pin (#28) into the counterweight (#25).
Slide the guide bar retaining plate (#27) onto the guide bar (#19).
Install the guide rod mounting plate (#27) to the counterweight frame (#1) as follows:
·2xHexagon socket head screw M8*25 (#22)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 9: Insert the wire rope (#29) as shown in the figure. The pre-installed wire wheel needs to be removed and then reinstalled.
Note that these reels are installed synchronously with the wire rope (#29)

Step 10: Connect one end of the wire rope (#29) to the winding drum (#12) and the other end to the counterweight frame (#1).

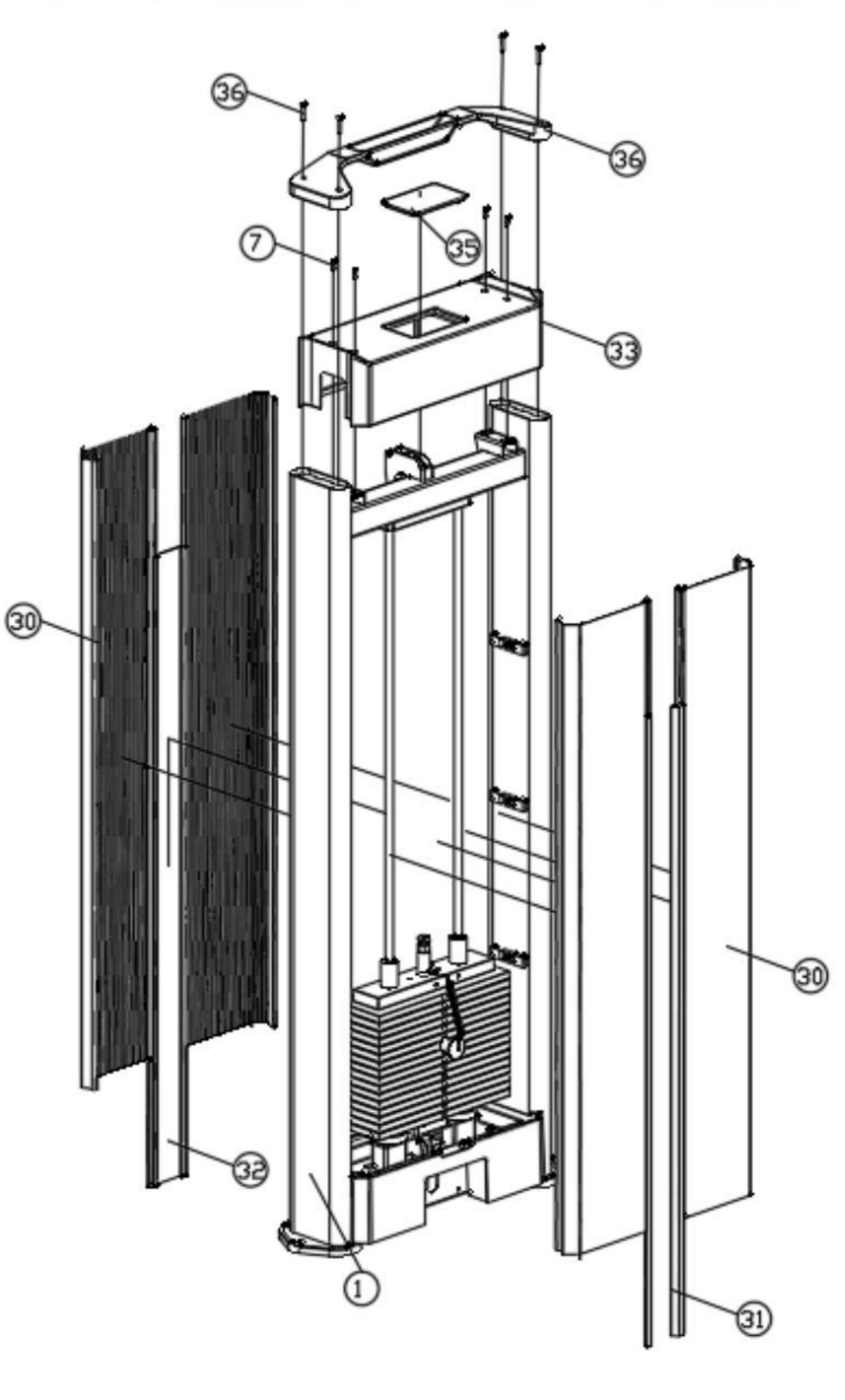


Assembly

Step 11: Slide the two trim strips (#31) into the two fenders (#30) and attach to the counterweight frame (#1) using the fender hold-down plates.
Slide the trim plate (#32) into the two baffles (#30) and attach to the counterweight frame (#1) using the baffle hold-down plates.
Attach the upper guard (#33) to the counterweight frame (#1) as follows:
·4xHexagon socket head screw M5*16 (#7)

Step 12: Attach the upper cover trim (#34) to the counterweight frame (#1) using the following method:
·4xHexagon socket head screw M6*30 (#36)

Step 13: Snap the upper shield cover (#35) onto the upper shield (#34)



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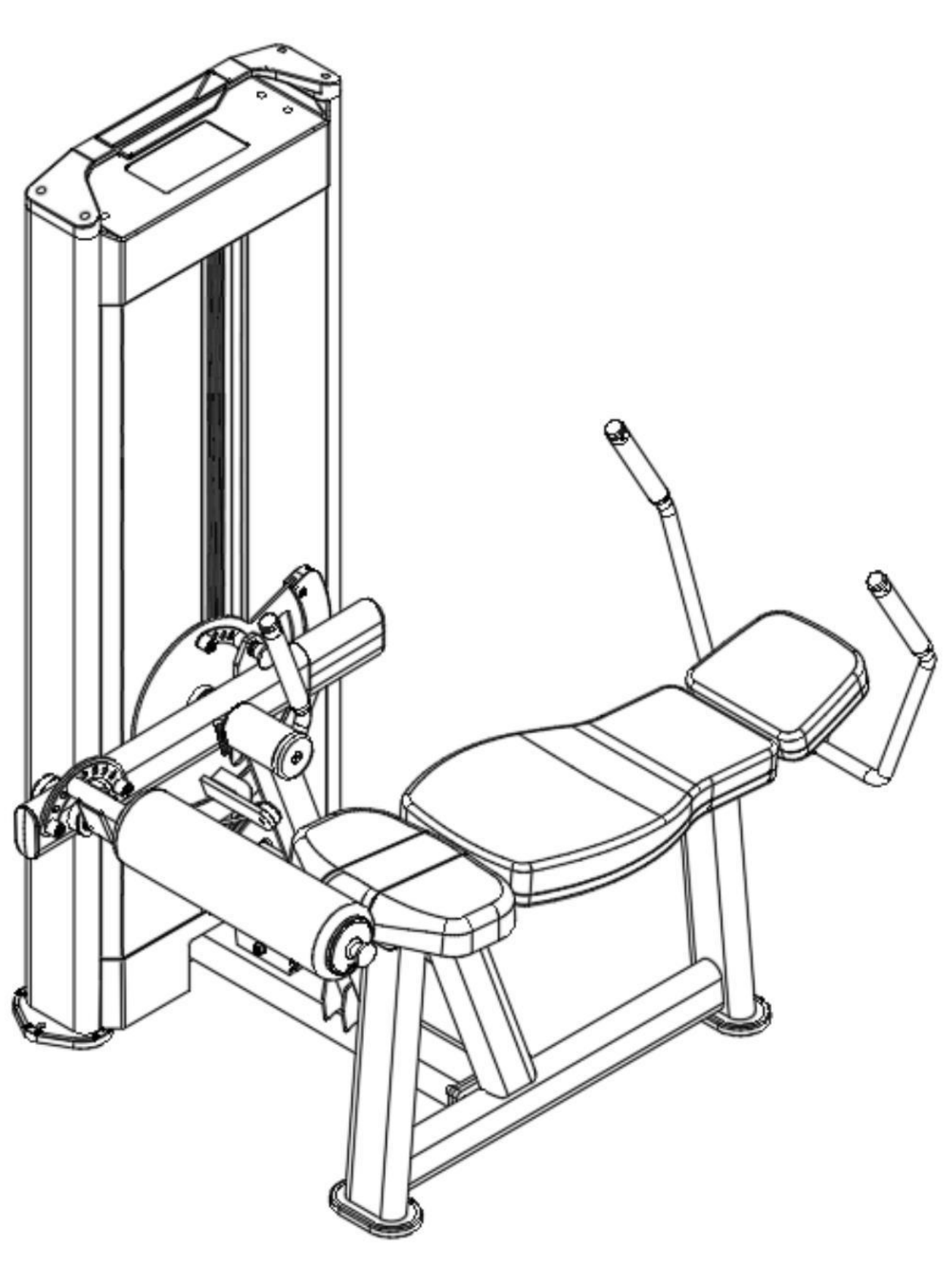

Important Tips

Now that the Lower 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 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	Horizontal abdominal muscle connection frame assembly	1
3	Horizontal Abdominal Muscle Side Rack Assembly	1
4	Weighted foot pads	2
5	Flat oval foot pad	2
6	Counterweight lower guard	1
7	Hexagon socket head screw (M5*16)	8
8	Hexagon socket head screw (M10*25)	14
9	Spring washer (10)	16
10	Flat washer (10)	16
12	Horizontal abdominal muscle arm assembly	1
13	Horizontal Abdominal Muscle Winding Reel Assembly	1
14	Leg press stand assembly	1
15	60 aluminum cover	2
16	76 aluminum cover	1
17	Hexagon socket countersunk screw (M10*25)	3
18	Horizontal abdominal muscle armrest assembly	1
19	Universal weight guide rod	2
20	Counterweight rubber pad	2
21	Counterweight rack base	2

Accessories List

Serial number	Name and specifications	quantity
22	Hexagon socket head screw (M8*20)	4
23	Spring washers (8)	2
24	Flat washers (8)	2
25	Counterweight	14
26	Guide block set	1
27	Guide rod fixing plate	1
28	Counterweight latch	1
29	Wire Rope	1
30	Bezel	4
31	Counterweight decorative strip	2
32	Counterweight source decorative plate	1
33	Counterweight upper guard	1
34	Upper cover decoration	1
35	Upper guard cover	1
36	Hexagon socket head screw (M6*30)	4

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