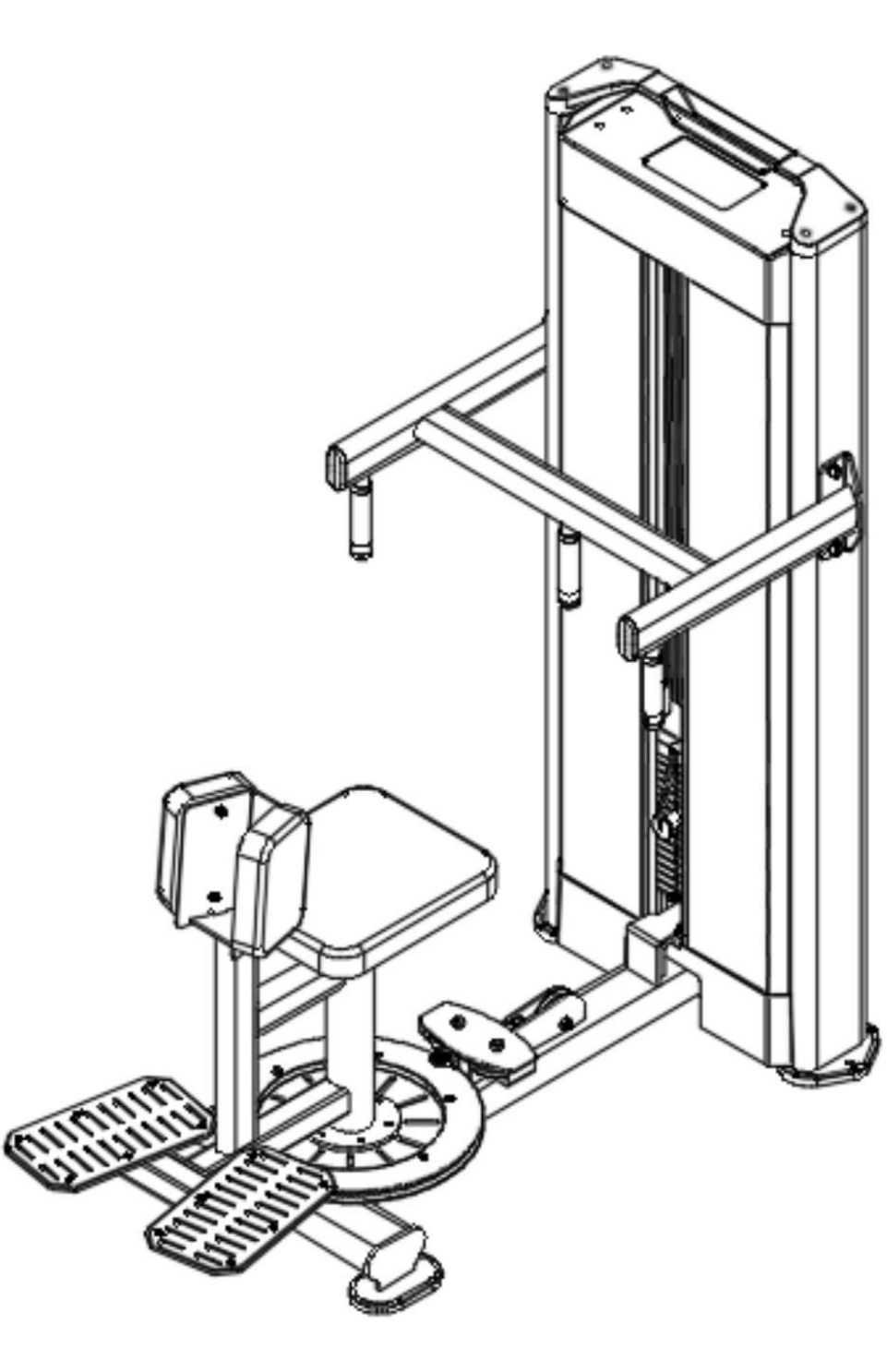
C419 Installation Guide

Rotary Torso



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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

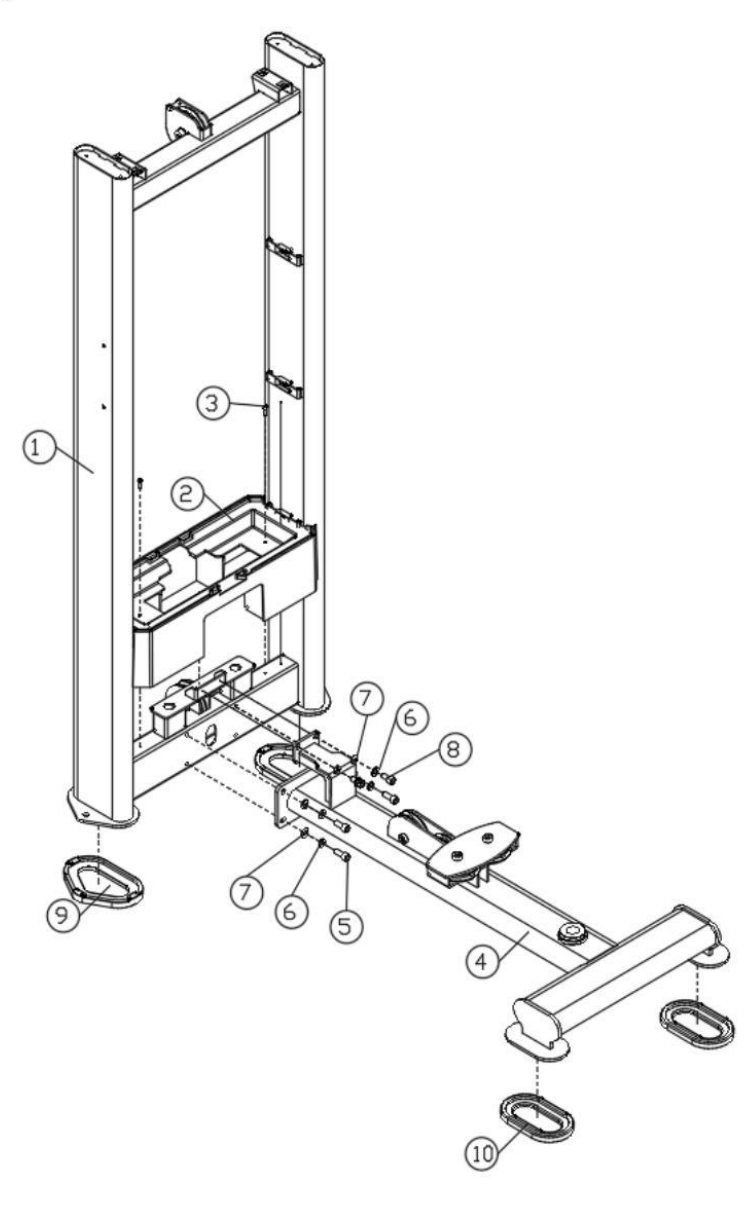
Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Assembly

Step 1: Connect the counterweight lower guard (#2) to the counterweight frame (#1) using the following method:
·2x Hexagon socket head screw (#3)

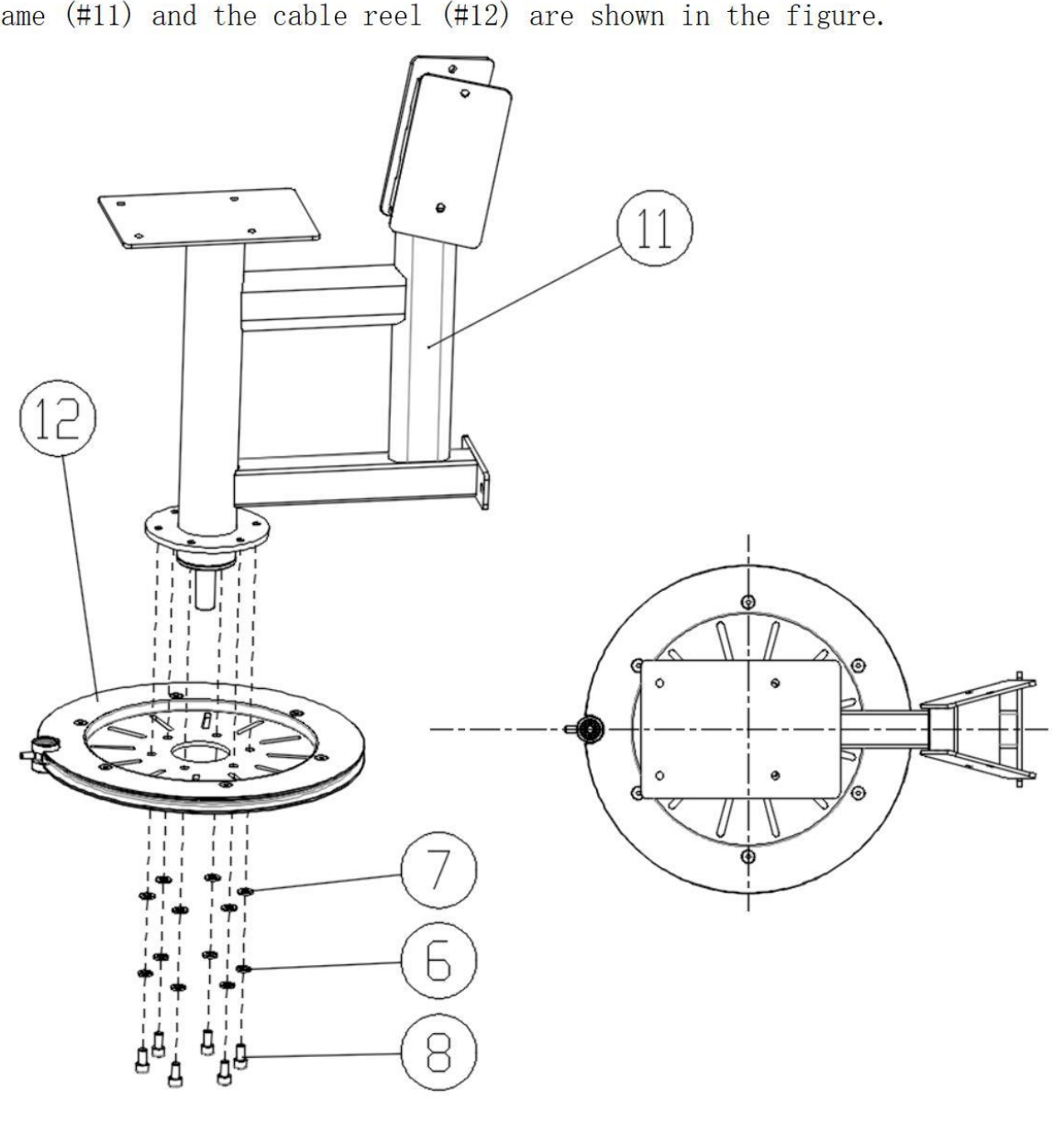
Step 2: Connect the Rotator Base (#4) to the Weight Rack (#1) as follows:
·4xHexagon socket head screw (#5)
·6xSpring washer (#6)
·6xFlat washer (#7)
·2xHexagon socket head screw (#8)

Step 3: Install the 2 weight rack feet (#9) to the weight rack (#1)
Attach the 2 flat elliptical foot pads (#10) to the waist rotation trainer base frame (#4)



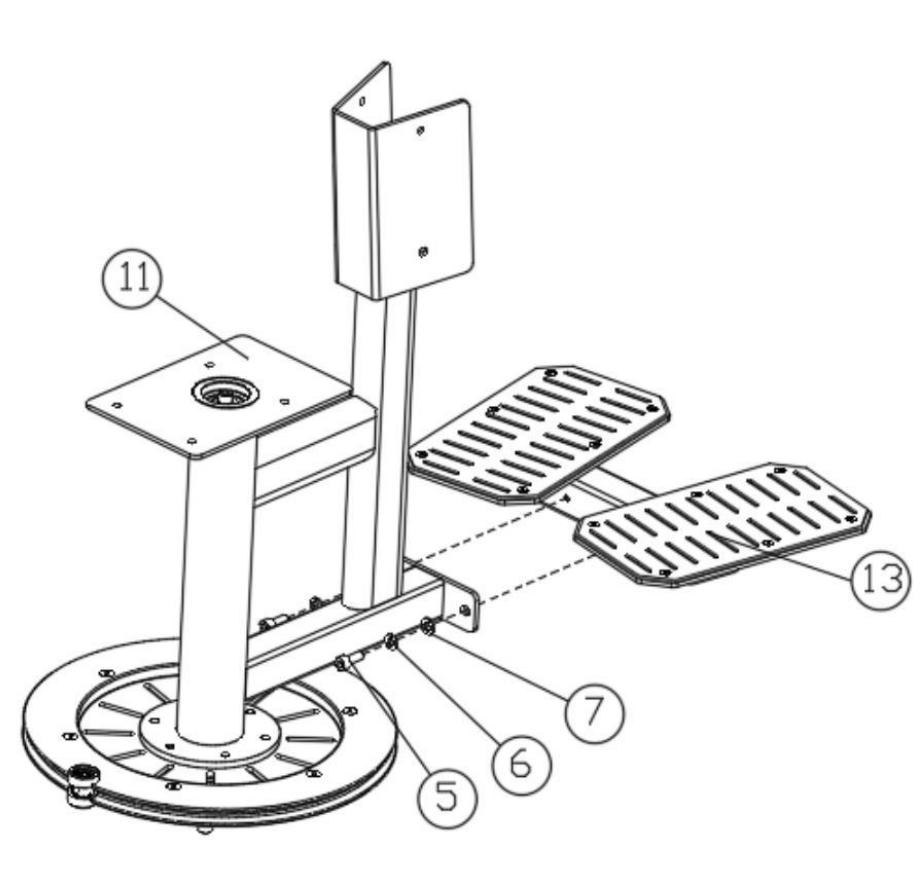
Assembly

Step 4: Connect the waist rotation trainer main frame (#11) and the cable reel (#12) in the following way:
·6xHexagon socket head screw (#8)
·6xSpring washer (#6)
·6xFlat washer (#7)
The correct relative positions of the waist rotation trainer main frame (#11) and the cable reel (#12) are shown in the figure.



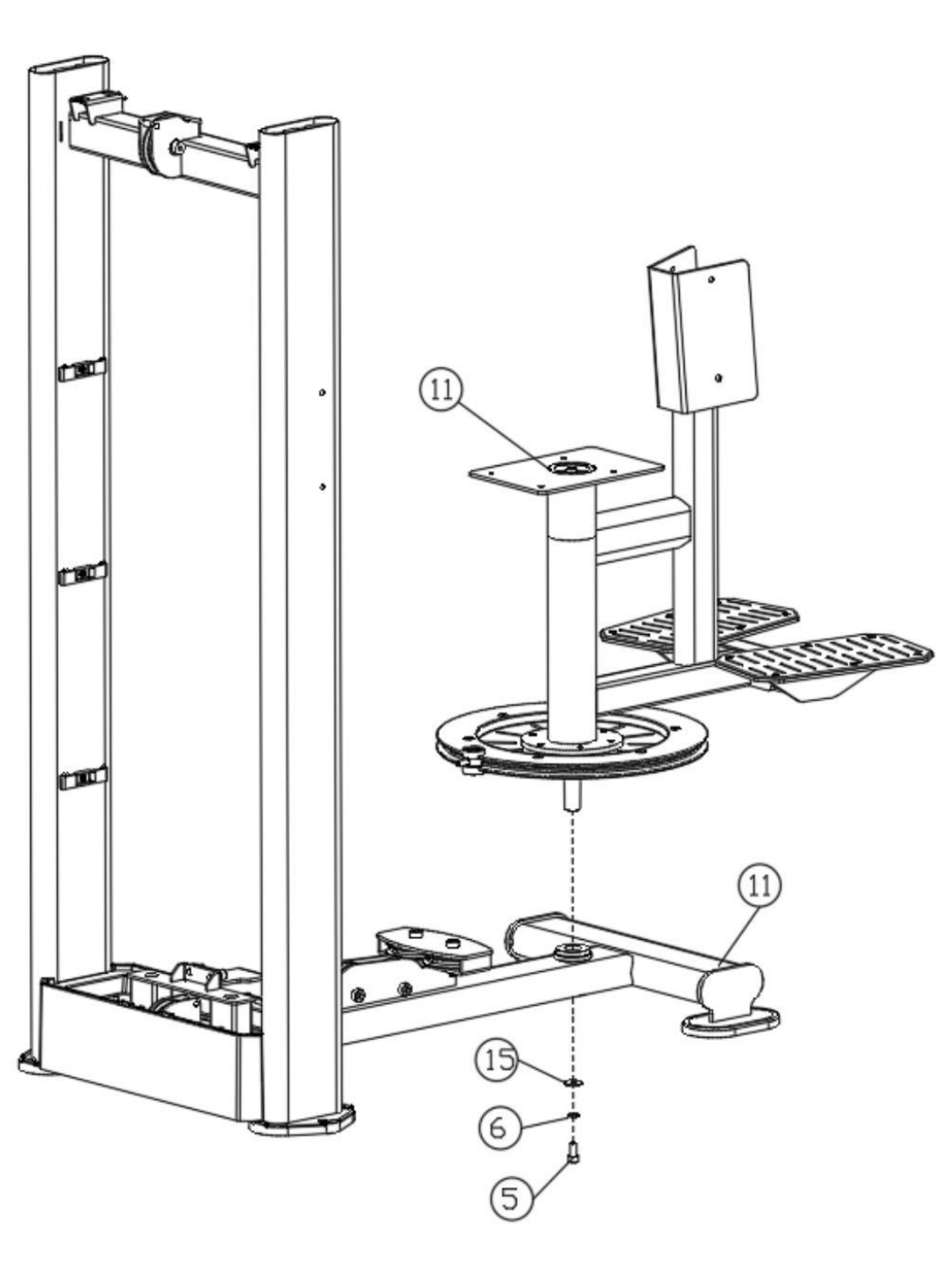
Assembly

Step 5: Connect the waist rotation trainer pedal frame (#13) to the waist rotation trainer main frame (#11) in the following way:
·2xHexagon socket head screw (#5)
·2xSpring washer (#6)
·2xFlat washer (#7)



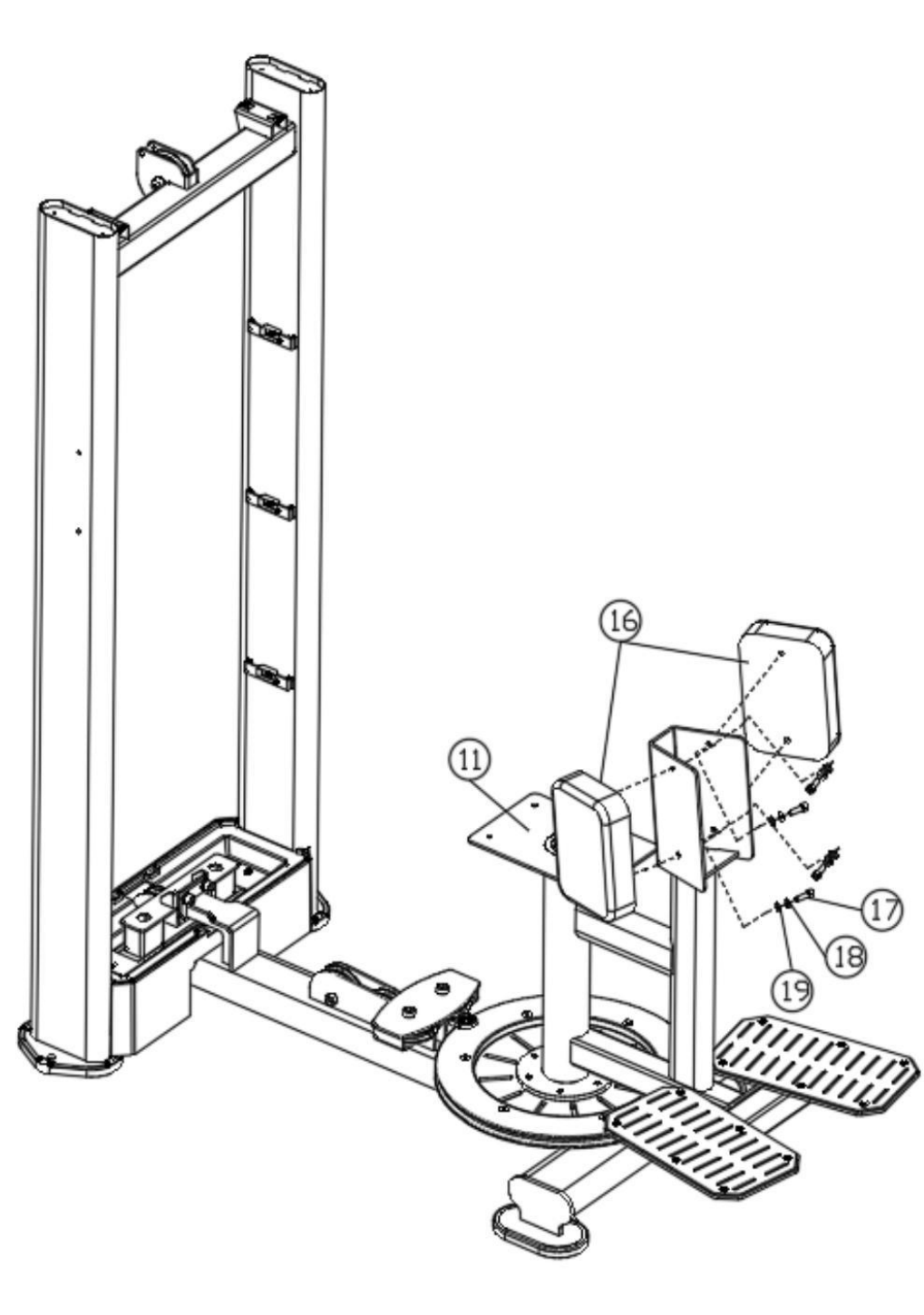
Assembly

Step 6: Connect the waist rotation trainer main frame (#11) to the waist rotation trainer bottom frame (#4) using the following method:
·1xHexagon socket head screw (#5)
·1xSpring washer (#6)
·1xLarge washer (#15)



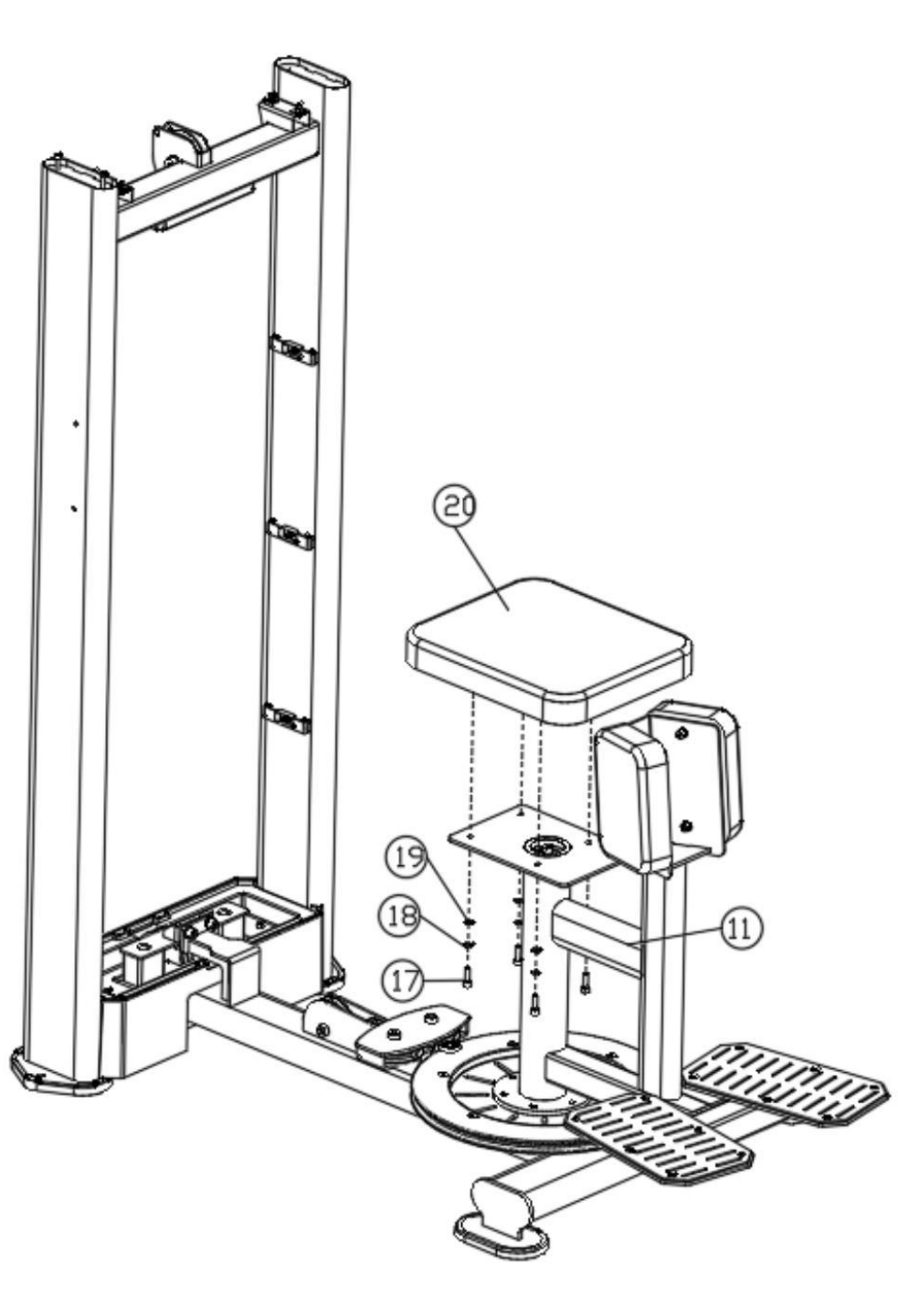
Assembly

Step 7: Connect the 2 Leg Pads (#16) to the Waist Rotation Trainer Main Frame (#11) using the following method:
·4xHexagon socket head screw (#17)
·4xSpring washer (#18)
·4xFlat washer (#19)



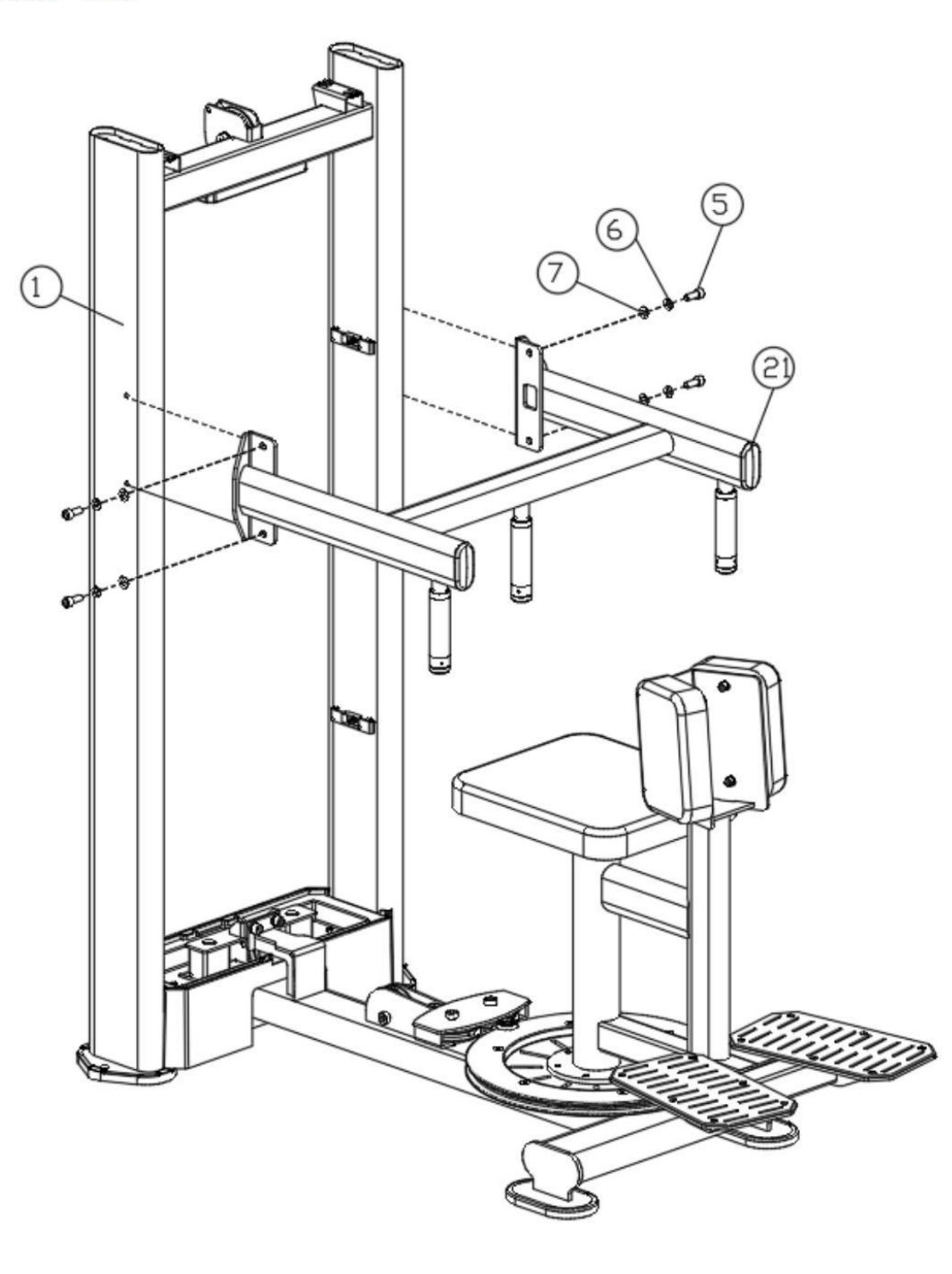
Assembly

Step 8: Connect the seat cushion (#20) to the waist rotation trainer main frame (#11) using the following method:
·4xHexagon socket head screw (#17)
·4xSpring washer (#18)
·4xFlat washer (#19)



Assembly

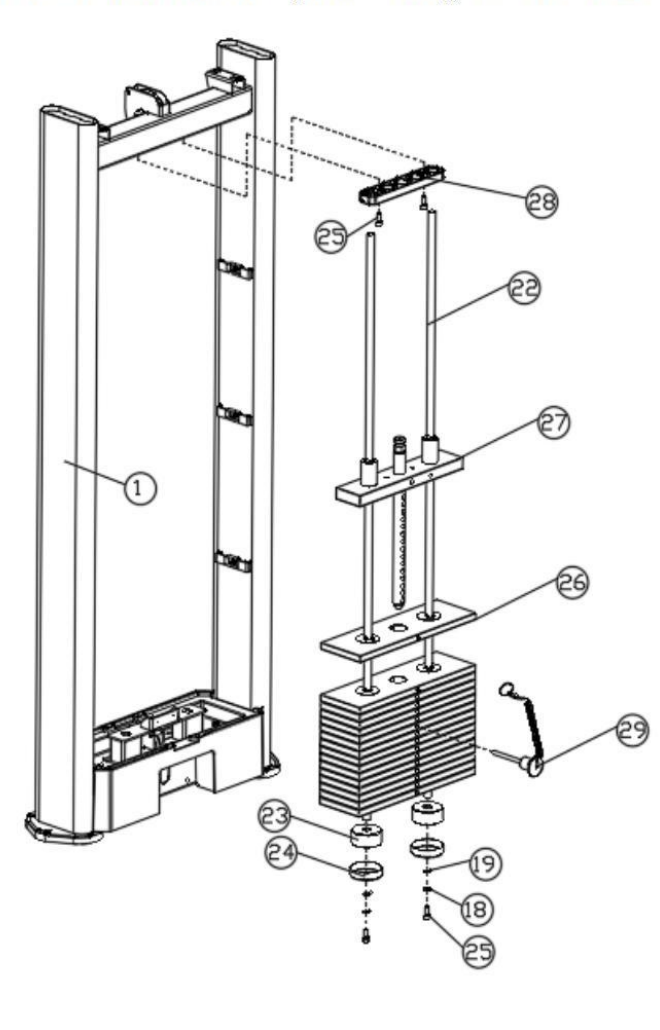
Step 9: Connect the Lumbar Rotation Trainer Handrail Frame (#21) to the Weight Frame (#1) as follows:
·4xHexagon socket head screw (#5)
·4xSpring washer (#6)
·4xFlat washer (#7)



Assembly

Step 10: Slide the two rubber weight pads (#23) onto the two guide rods (#22). Connect the two counterweight frame bases (#24) and the two guide rods (#22) and place them into the counterweight frame (#1) in the following manner:
·2xHexagon socket head screw (#25)
·2xSpring washer (#18)
·2xFlat washer (#19)
Tighten the bolts with a wrench before proceeding to the next step

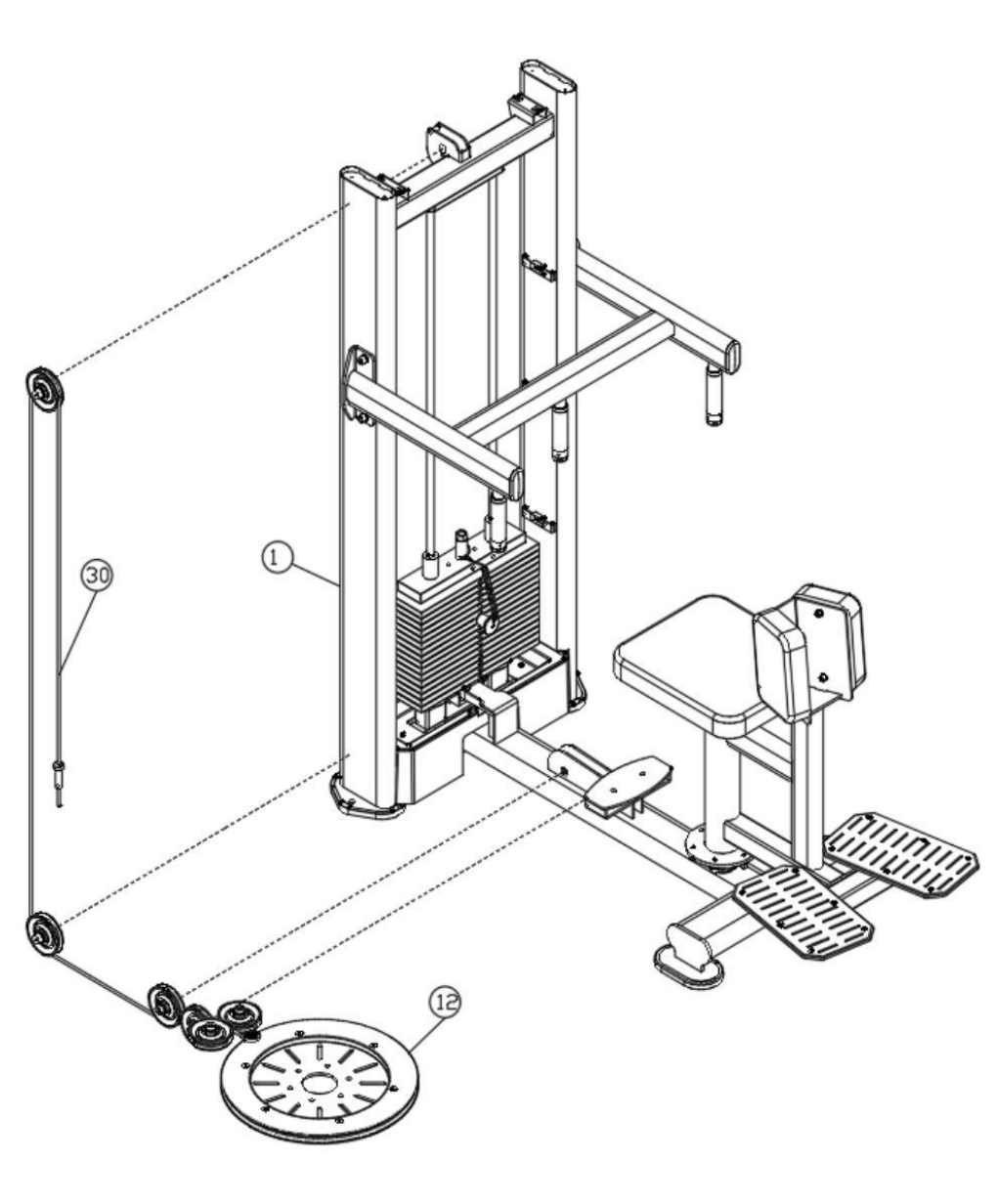
Step 11: Install the 14 counterweights (#26) onto the guide rods (#22) with the spacers facing up.
Install the guide block assembly (#27) onto the guide rod (#22).
Insert the counterweight pin (#29) into the counterweight (#26).
Slide the guide bar retaining plate (#28) onto the guide bar (#22).
Install the guide rod mounting plate (#28) to the counterweight frame (#1) as follows:
·2xHexagon socket head screw (#25)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 12: Insert the wire rope (#30) 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 (#30)

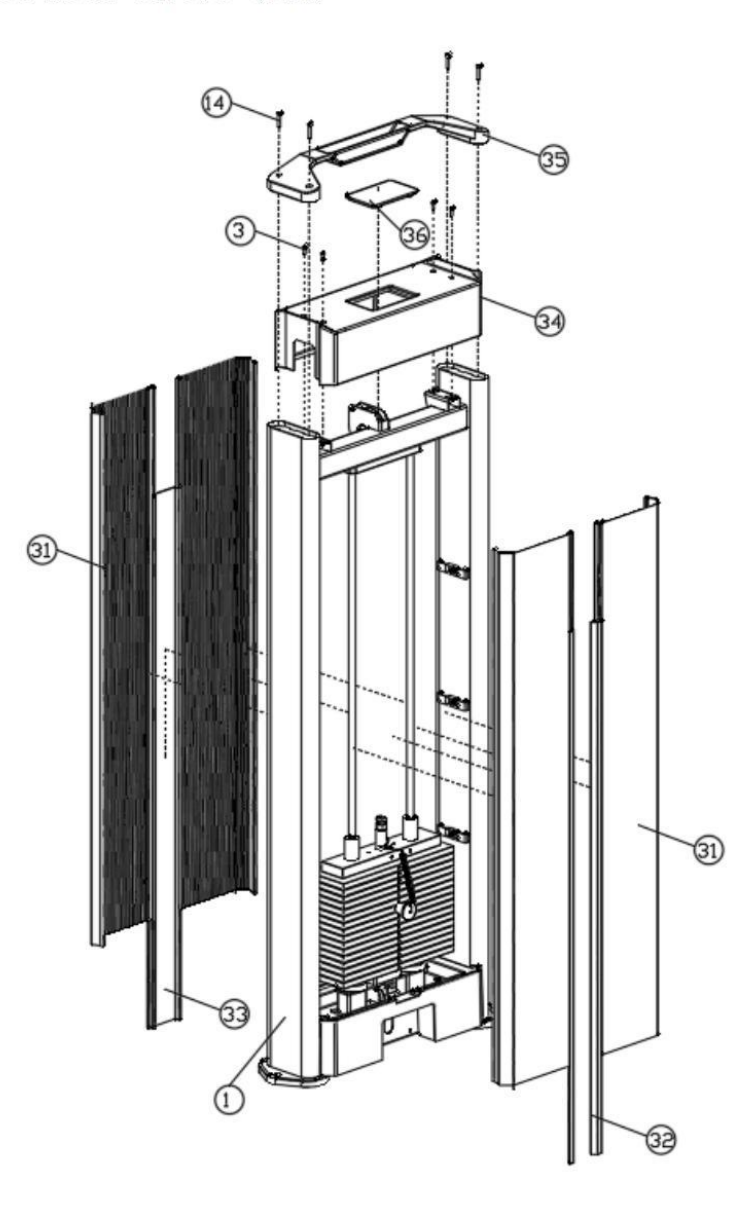
Step 13: Connect one end of the wire rope (#30) to the winding drum (#12) and the other end to the counterweight frame (#1).



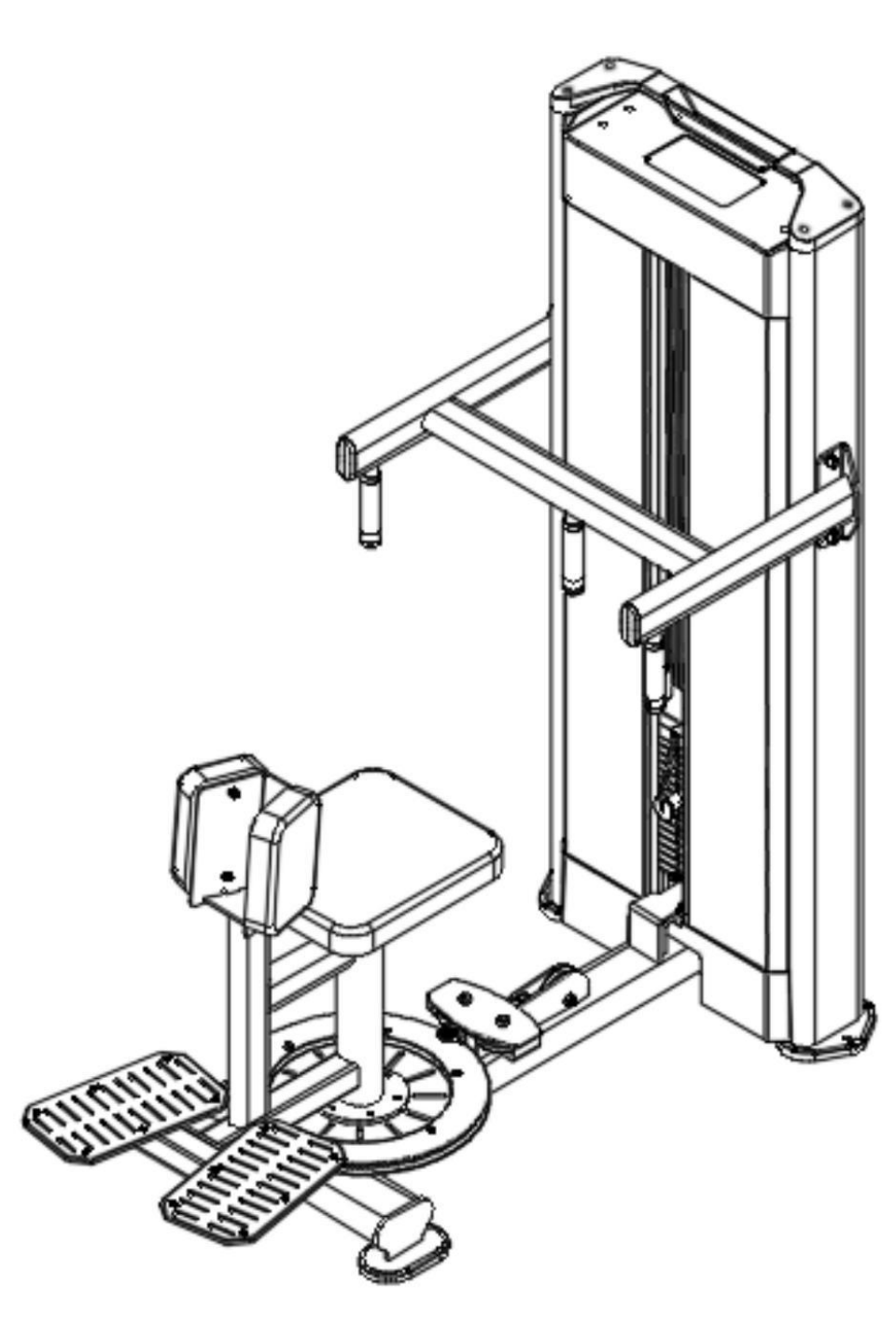
Assembly

Step 14: Slide the two trim strips (#32) into the two fenders (#31) and attach to the counterweight frame (#1) using the fender hold-down plates.
Slide the trim plate (#33) into the two baffles (#31) and attach to the counterweight frame (#1) using the baffle hold-down plates.
Attach the upper guard (#34) to the counterweight frame (#1) in the following manner:
• 4 x Hexagon socket head screws (#9)
Connect the upper shroud cover (#36) to the upper shroud (#34).

Attach the upper cover trim (#35) to the counterweight frame (#1) as follows:
• 4 x Hexagon socket head screws (#14)



Assembly



Important Tips

Now that the Rotary Torso 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	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	6
4	Waist Rotation Trainer Base	1
5	Hexagon socket head screw (M10*25)	11
6	Spring washer (10)	19
7	Flat washer (10)	18
8	Hexagon socket head screw (M10*20)	8
9	Weight rack foot pads	2
10	Flat oval foot pad	2
11	Waist Rotation Trainer Main Frame	1
12	Waist Rotation Trainer Cable Reel	1
13	Waist Rotation Trainer Pedal Stand	1
14	Hexagon socket head screw (M6*30)	4
15	Large washer	1
16	Leg pads	2
17	Hexagon socket head screw (M8*25)	8
18	Spring washers (8)	10
19	Flat washers (8)	10
20	cushion	1
21	Waist Rotation Trainer Armrest	1

Accessories List

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

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