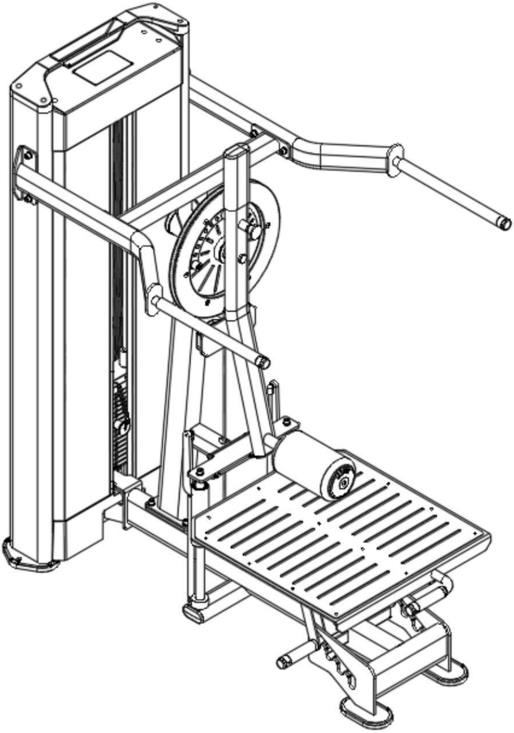
C420 Installation Guide

Multi Hip



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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

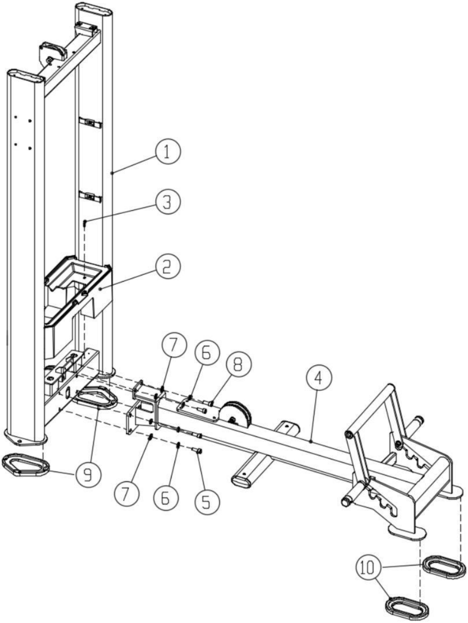
Step 1: Attach the Counterweight Lower Shroud (#2) to the Counterweight Frame (#1) by.

- 2 x Hexagon socket cheese head screws (#3)

Step 2:Attach the Hip Trainer Bottom Bracket (#4) to the Weight Rack (#1) using the following method:

- 4 x Hexagon socket cheese head screws (#5)
- 6 x spring washer (#6)
- 6 x flat washer (#7)
- 2 x Hexagon socket cheese head screws (#8)

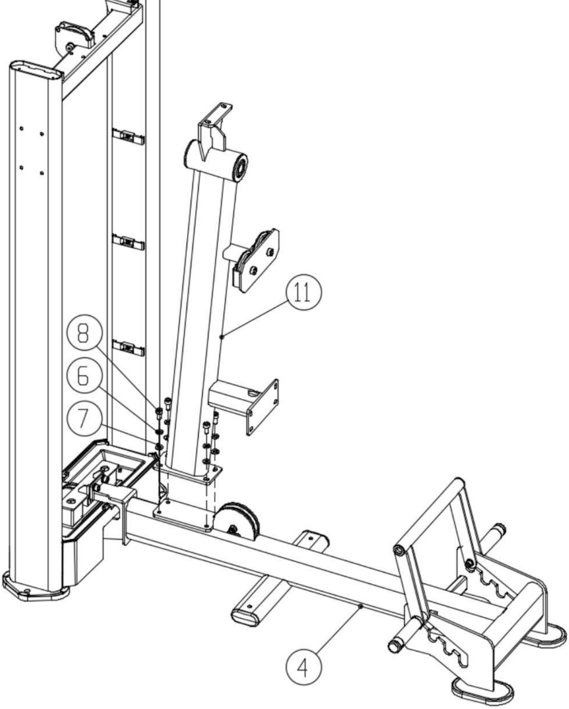
Step 3: Attach 2 Counterweight Rack Feet (#9) to Counterweight Rack (#1)
Attach 2 Flat Oval Foot Pads (#10) to Hip Trainer Bottom Bracket (#4)



assemble

Step 4:Attach the Hip Trainer Main Frame (#11) to the Bottom Bracket (#4) using the following method:

- 4 x Hexagon socket cheese head screws (#8)
- 4 x spring washer (#6)
- 4 x flat washer (#7)



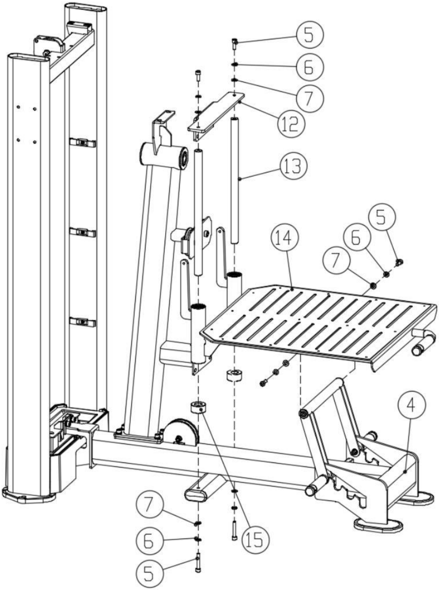
assemble

Step 5: Attach the foot chute mounting plate (#12), the hip trainer chute bar (#13), the pedal rack assembly (#14), and the chute bar rubber pads (#15) to the bottom bracket (#4) using.

- 4 x Hexagon socket cheese head screws (#5)
- 4 x spring washer (#6)
- 4 x flat washer (#7)

Step 6:Attach the Hip Trainer Pedal Rack Assembly (#14) to the Bottom Bracket (#4) using the following method:

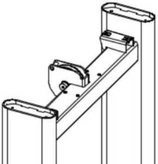
- 2 x Hexagon socket cheese head screws (#5)
- 2 x spring washer (#6)
- 2 x flat washer (#7)

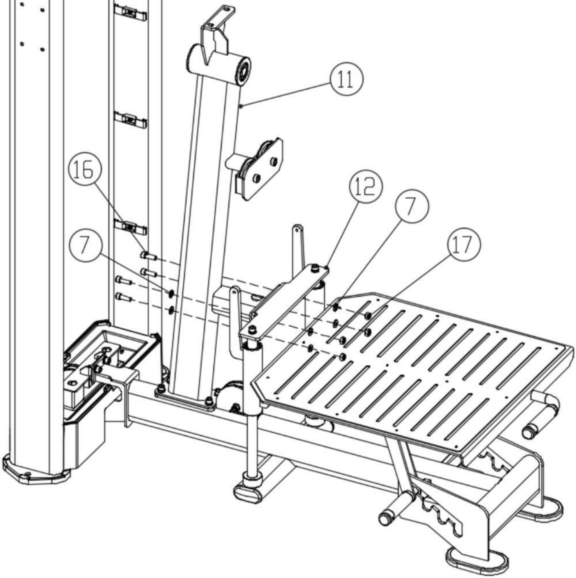


assemble

Step 7:Attach the Foot Chute Mounting Plate (#12) to the Hip Trainer Main Frame (#11) using.

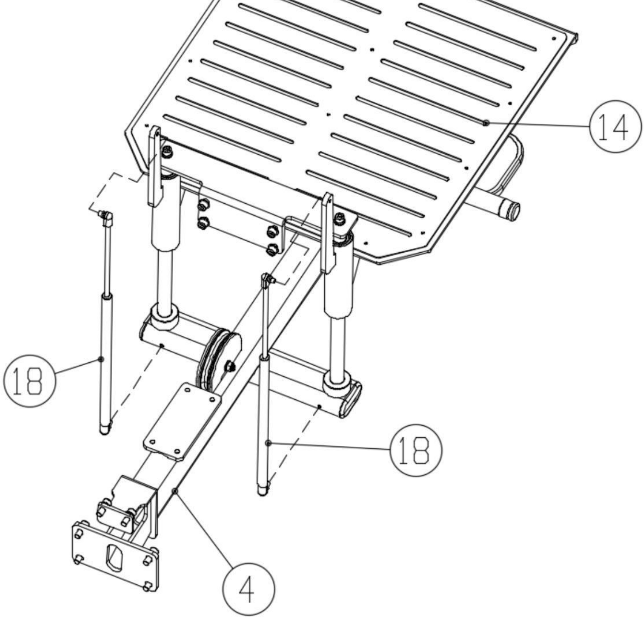
- 4 x Hexagon socket cheese head screws (#16)
- 8 x flat washer (#7)
- 4 x Hexagonal self-locking nuts (#17)





assemble

Step 8: Attach the 2 pieces of air rods (#18) to the Hip Trainer Bottom Bracket (#4) and the Pedal Rack Assembly (#14) as shown in the diagram.

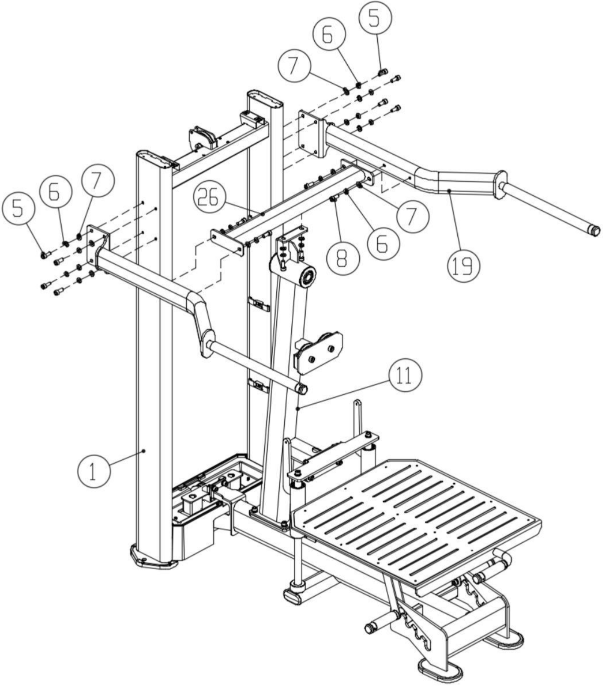


assemble

Step 9:Attach the two Hip Trainer Armrests (#19) to the Weight Rack (#1) in the following manner;

Connect the two hip trainer armrest holders (#19), and the main hip trainer holder (#11) with the hip trainer attachment bracket (#26)

- 8 x Hexagon socket cheese head screws (#5)
- 14 x spring washer (#6)
- 14 x flat washer (#7)
- 6 x Hexagon socket cheese head screws (#8)



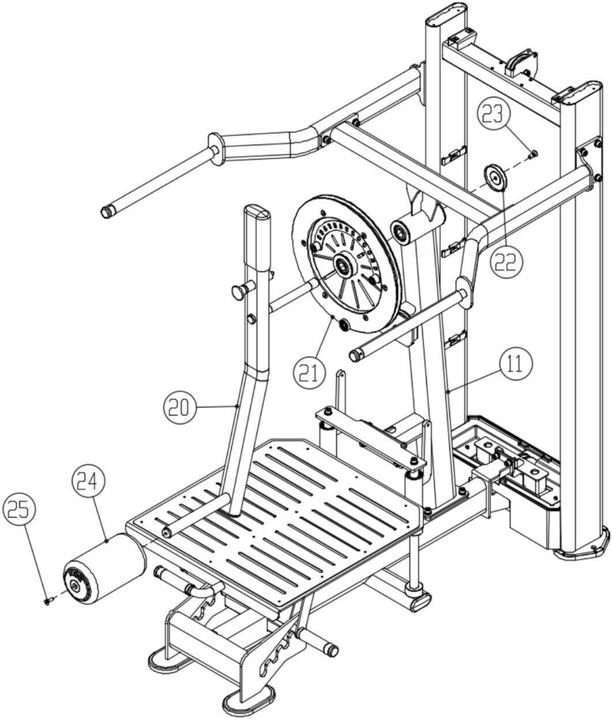
assemble

Step 10: Attach the Hip Trainer Force Arm (#20), Hip Trainer Wrap (#21), Type 76 Aluminum Cap (#22), and Hip Trainer Main Frame (#11) by.

- 1 x Hexagon socket countersunk head screws (#23)

Step 11:Attach the Leather Canister (#24) to the Hip Trainer Force Arm (#20) using.

- 1 x Hexagon socket countersunk head screws (#25)



assemble

Step 12: Slide the two Counterweight Block Rubber Pads (#29) onto the two Guide Bars (#28).

Connect the two counterweight bases (#30) to the two guide rods (#28) and place them in the counterweight rack (#1) as follows.

- 2 x Hexagon socket cheese head screws (#31)
- 2 x spring washer (#32)
- 2 x flat washer (#33)

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

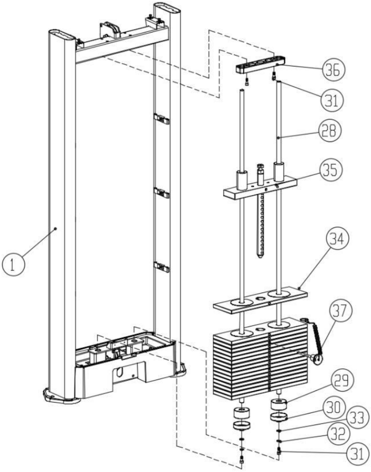
Step 13: Attach the 16 Counterweight Blocks (#34) to the Guide Rods (#28) with the isolation tabs facing up.
Install the guide block set (#35) onto the guide bar (#28).

Insert the counterweight block pin (#37) into the counterweight block (#34).
Slide the guide bar retainer plate (#36) onto the guide bar (#28).

Attach the guide bar mounting plate (#36) to the counterweight bracket (#1) by.

- 2 x Hexagon socket cheese head screws (#31)

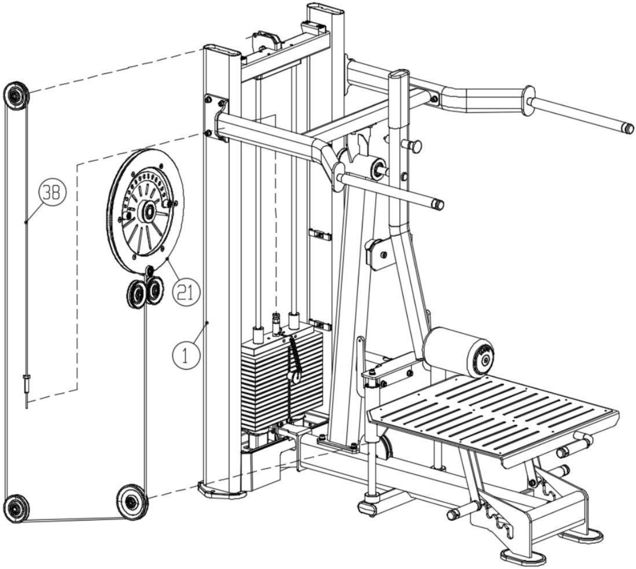
Tighten the bolts with a wrench before proceeding to the next step



Step 14: Thread the wire rope (#38) as shown in the picture, the pre-installed sheaves need to be disassembled and reassembled.

Note that these sheaves are installed in synchronization with the wire rope (#38)

Step 15: Connect one end of the wire (#38) to the bobbin (#21) and the other end to the counterweight (#1).



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 (#1).

Slide the Trim Plate (#41) into the two Baffles (#39) and use the Baffle Platen to attach to the Counterweight Rack (#1).

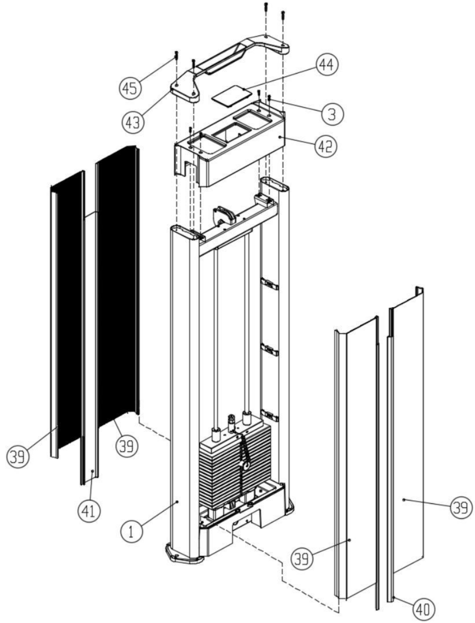
Attach the upper shroud (#42) to the counterweight frame (#1) by.

- 8 x Hexagon socket cheese head screws (#3)

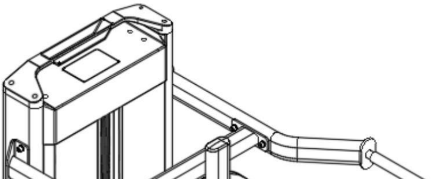
Step 17: Attach the Top Cover Trim (#43) to the Counterweight Rack (#1) by.

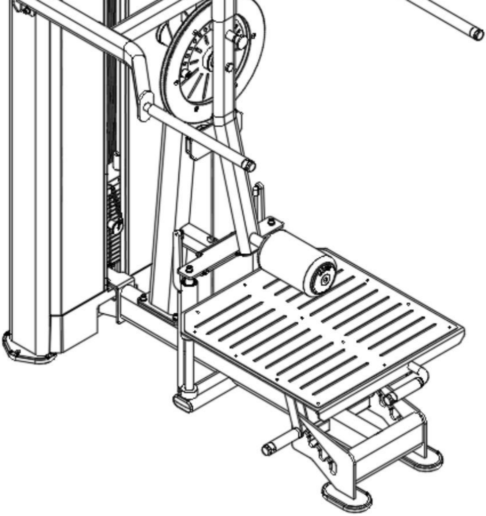
- 4 x Hexagon socket cheese head screws (#45)

Step 18: Snap Upper Shroud Top Cover (#44) to Upper Shroud (#42)



assemble





Important Notes

Now that the Multi Hip 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	counterweight frame	1
2	counterweight lower shield	1
3	Hexagon socket cheese head screws（M5*16）	12
4	Hip Trainer Bottom Bracket	1
5	Hexagon socket cheese head screws（M10*25）	18
6	spring washer（10）	30

7	flat washer (10)	38
8	Hexagon socket cheese head screws (M10*20)	12
9	counterweight footrest	2
10	Flat ellipse foot mats	2
11	Hip Trainer Main Frame	1
12	Foot chute fixing plate	1
13	Hip Trainer Chute Bar	2
14	Pedal Rack Assembly	1
15	Rubber pads for slide rods	2
16	Hexagon socket cheese head screws (M10*30)	4
17	Hexagonal self-locking nuts (M10)	4
18	pneumatic rod	2
19	Hip armrests	2
20	Hip Trainer Force Arm	1
21	Hip Trainer Wire Wrap	1

Accessory list

NO	Name and specifications	QTY
22	76 model alluminum cap	1
23	Hexagon socket countersunk head screws(M10*20)	1
24	leather cylinder	1
25	Hexagon socket countersunk head screws(M8*25)	1
26	Hip Trainer Connection Rack	1

28	Universal Counterweight Guide Bar	2
29	Counterweight rubber pads	2
30	counterweight base	2
31	Hexagon socket cheese head screws (M8*20)	4
32	spring washer (8)	2
33	flat washer (8)	2
34	Weight stack	16
35	Guide block set	1
36	Guide bar mounting plate	1
37	Weight stack pin	1
38	Cable	1
39	shield	4
40	Counterweight source trim	2
41	Counterweight Source Decorative Plate	1
42	Counterweight upper shroud	

Accessory list

NO	Name and specification	qty
43	Top cover trim	1
44	Upper Shroud Top Cover	1
45	Hexagon socket cheese head screws (M6*30)	4

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