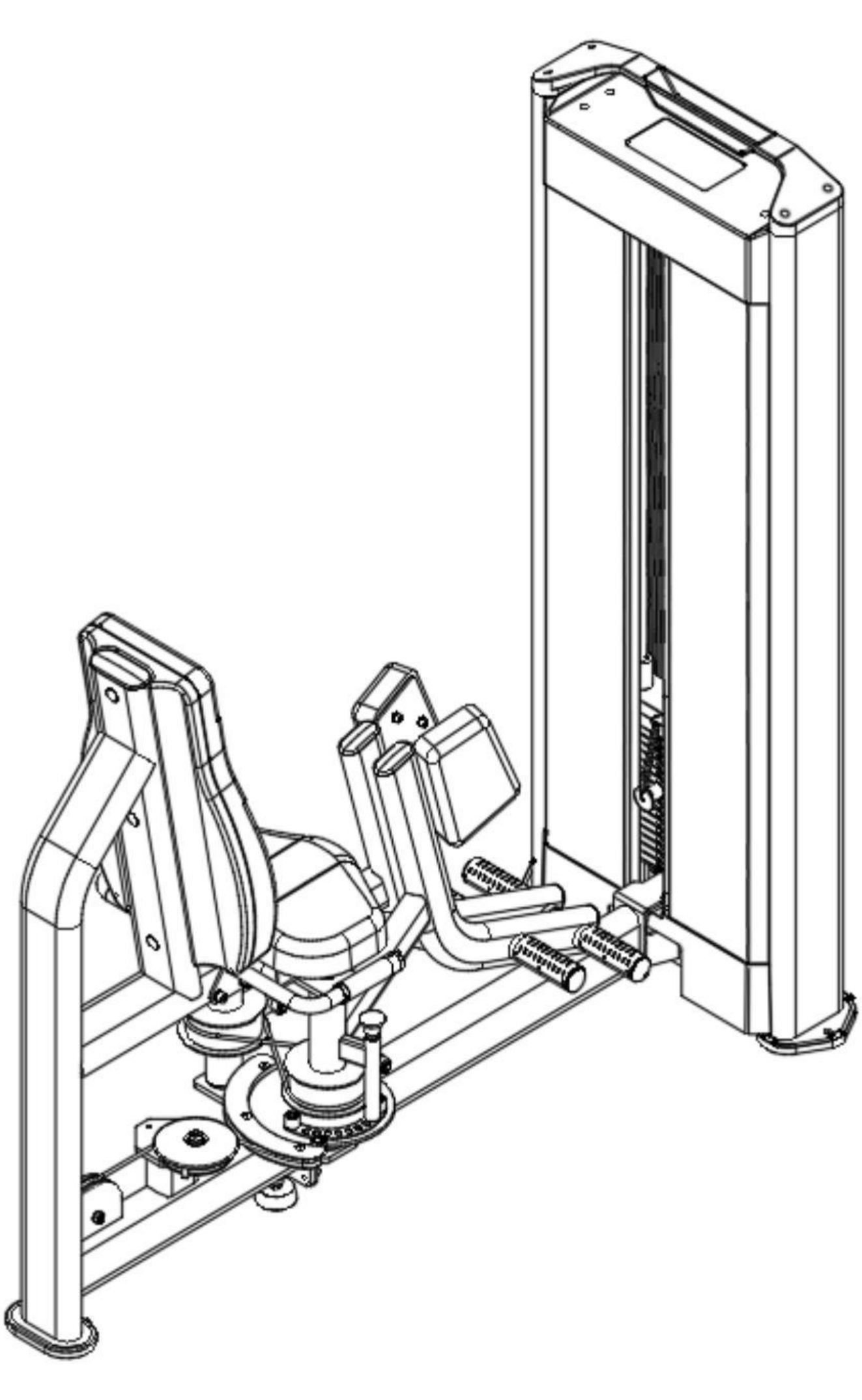
C422 Installation Guide

Inner Thigh Adductor



Catalog

Introduction ·· 2

assemble ·· 3

accessory list ·· 21

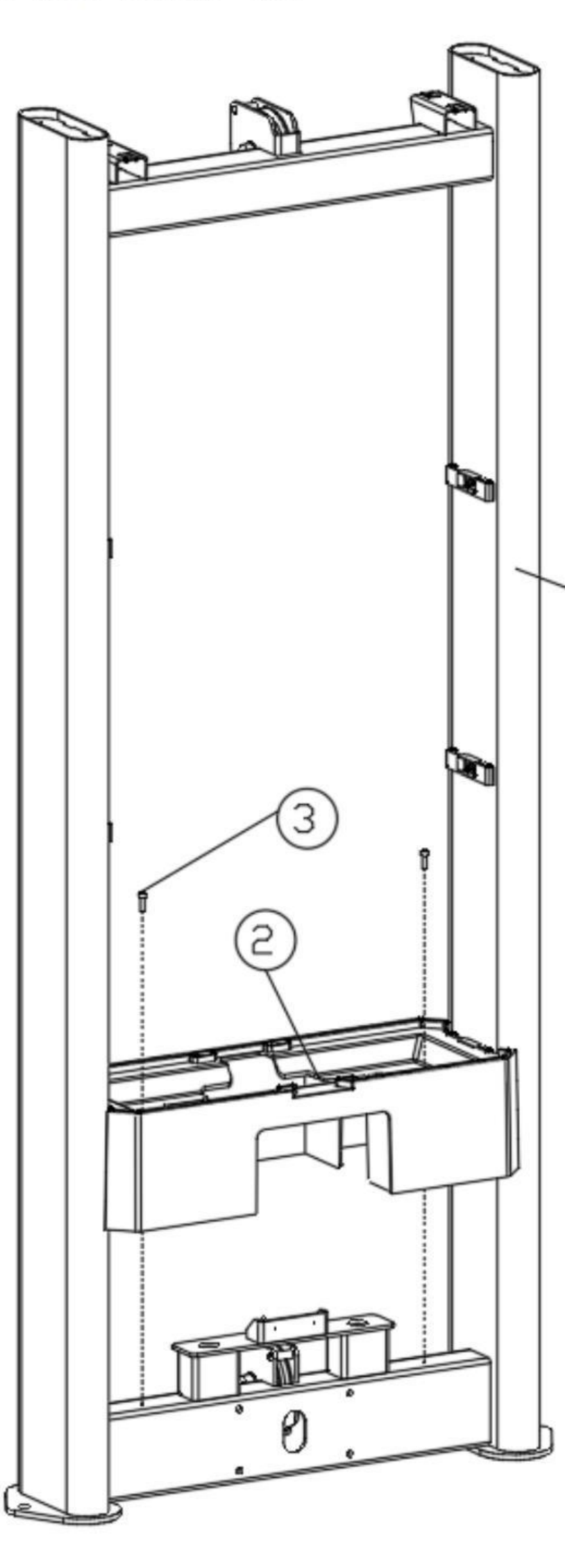
Introduction

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 promptly refer 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
Level ruler
allen wrench
Two people
spring clamp
adjustable wrench

assemble

Step 1: Attach the Counterweight Lower Shroud (#2) to the Counterweight Frame (#1) by.
- 2xHexagon socket cheese head screws (#3)



assemble

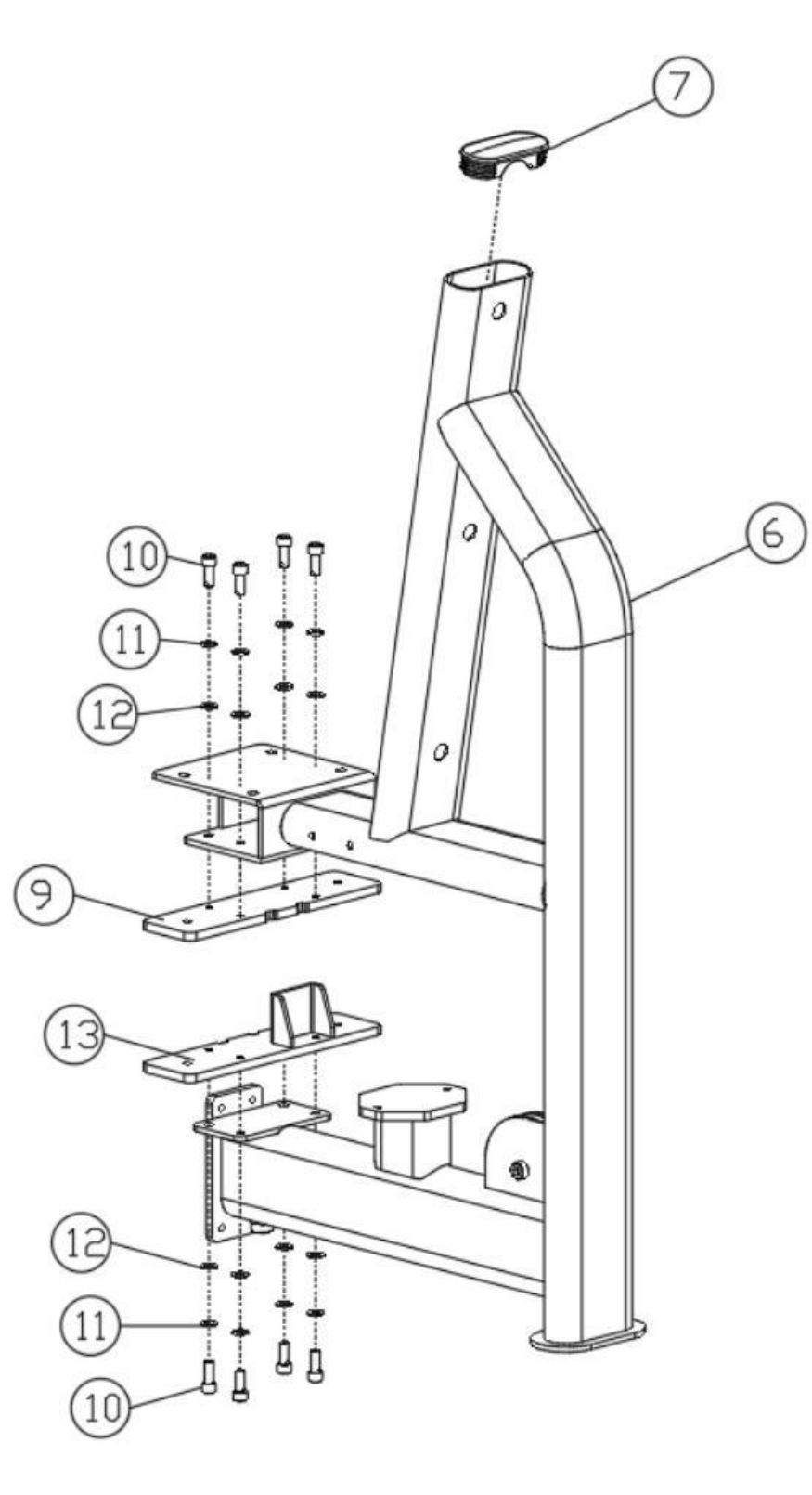
Step 2: Attach Plug Cover - 50x120 (#7) to Inner Thigh Side Frame (#6)

Step 3:Attach the medial-lateral thigh muscle attachment frame (#13) to the medial side thigh frame (#6) using.
- 4xHexagon socket cheese head screws (#10)
- 4xspring washer (#11)
- 4x flat washer (#12)

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

Step 4:Attach the Inner Thigh Attachment Plate (#9) to the Inner Thigh Side Bracket (#6) using.
- 4x Hexagon socket cheese head screws (#10)
- 4xHexagonal self-locking nuts (#11)
- 4x flat washer (#12)

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

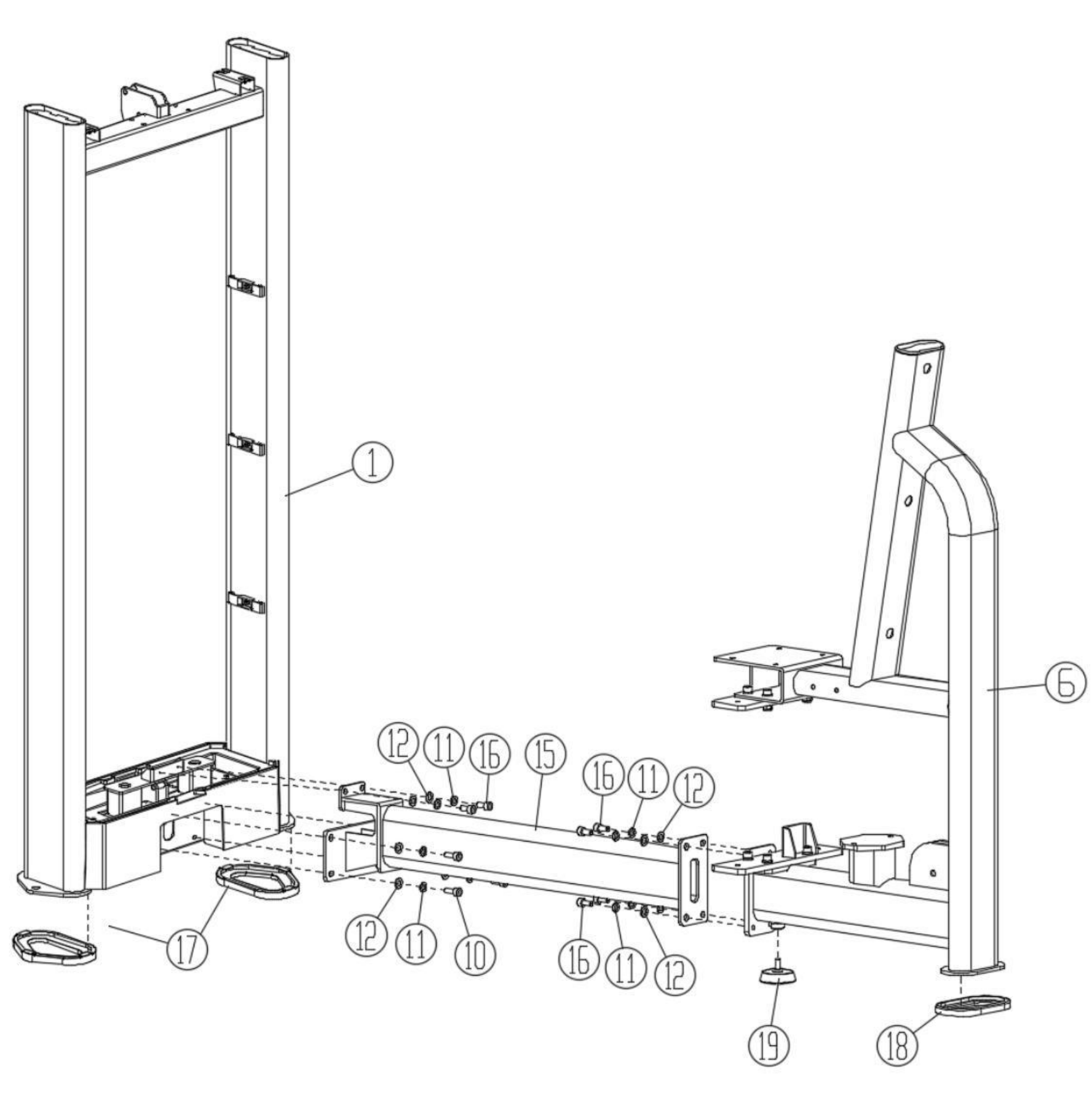


assemble

Step 5: Attach the Inner Thigh Attachment Bracket (#15) to the Counterweight Bracket (#1) and the Inner Thigh Side Bracket (#6) by.
- 6xHexagon socket cheese head screws (#16)
- 4xHexagon socket cheese head screws (#10)
- 10xspring washer (#11)
- 10xflat washer (#12)

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

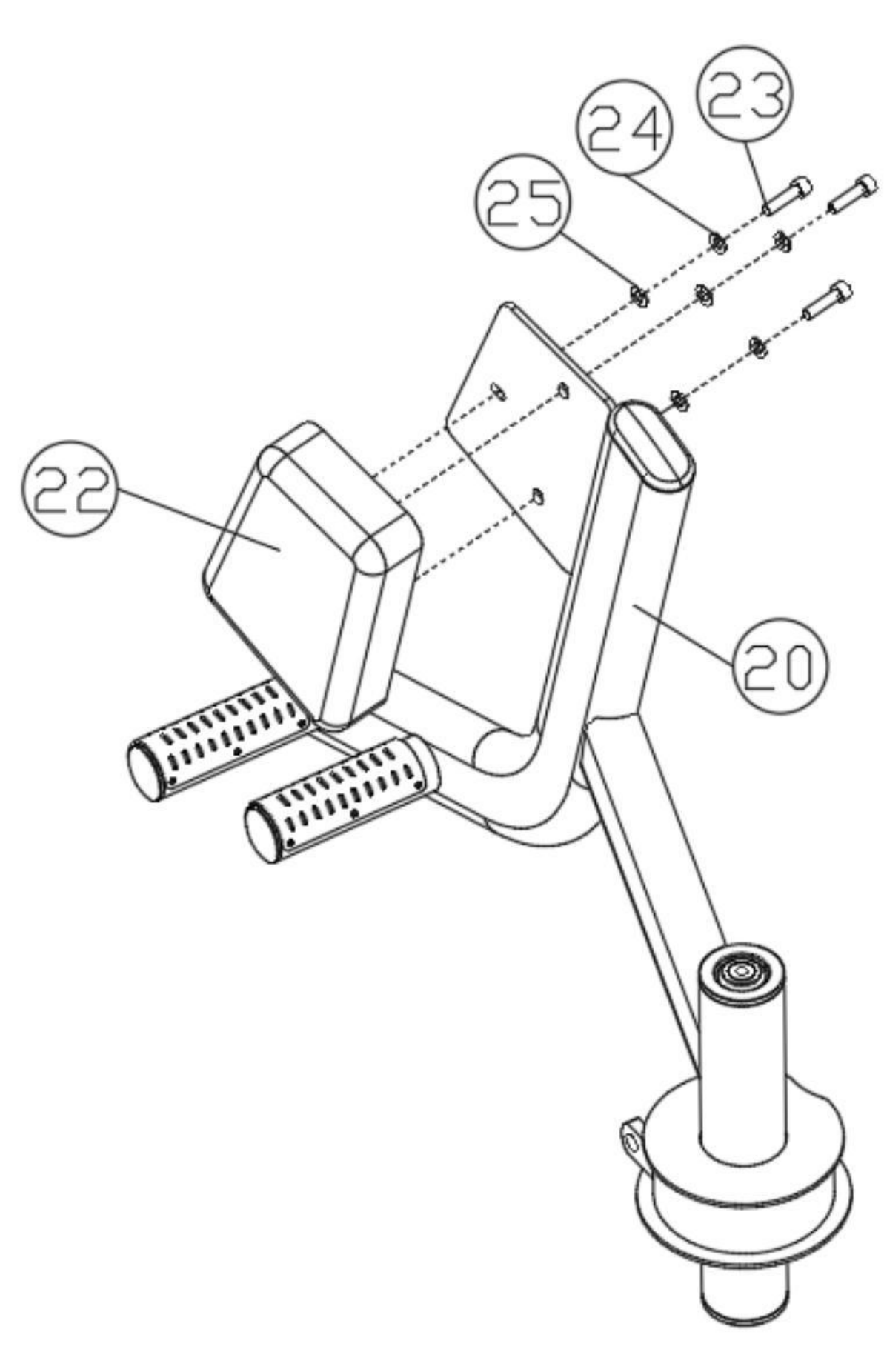
Step 6: Attach two counterweight feet (#17) to counterweight frame (#1)
Install flat oval foot pads (#18) and movable foot pads (#19) to inner thigh side frame (#6)



assemble

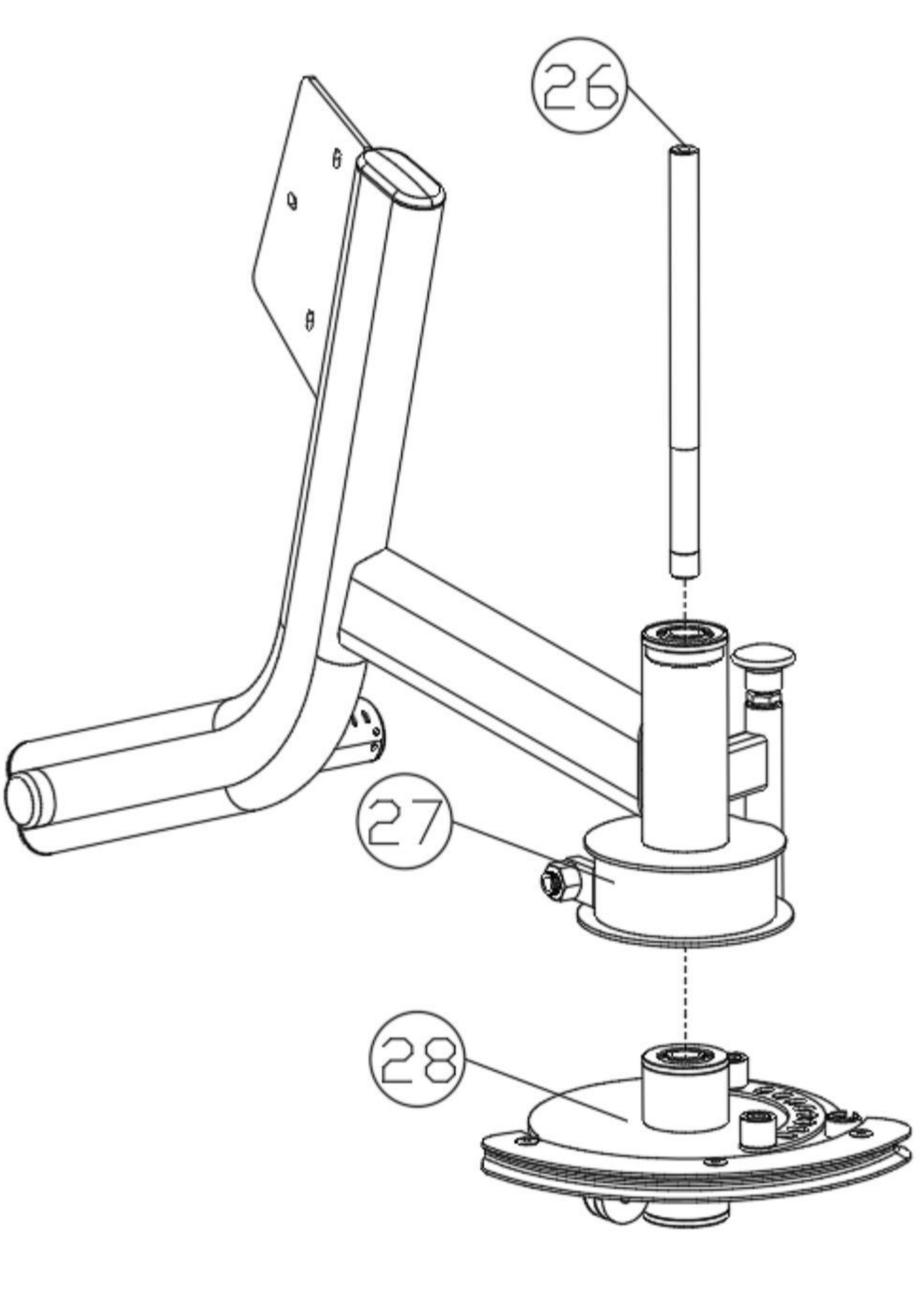
Step 7:Attach the inner thigh left leg pad (#22) to the left force arm (#20) using.
- 3xHexagon socket cheese head screws (#23)
- 3xspring washer (#24)
- 3xflat washer (#25)

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



assemble

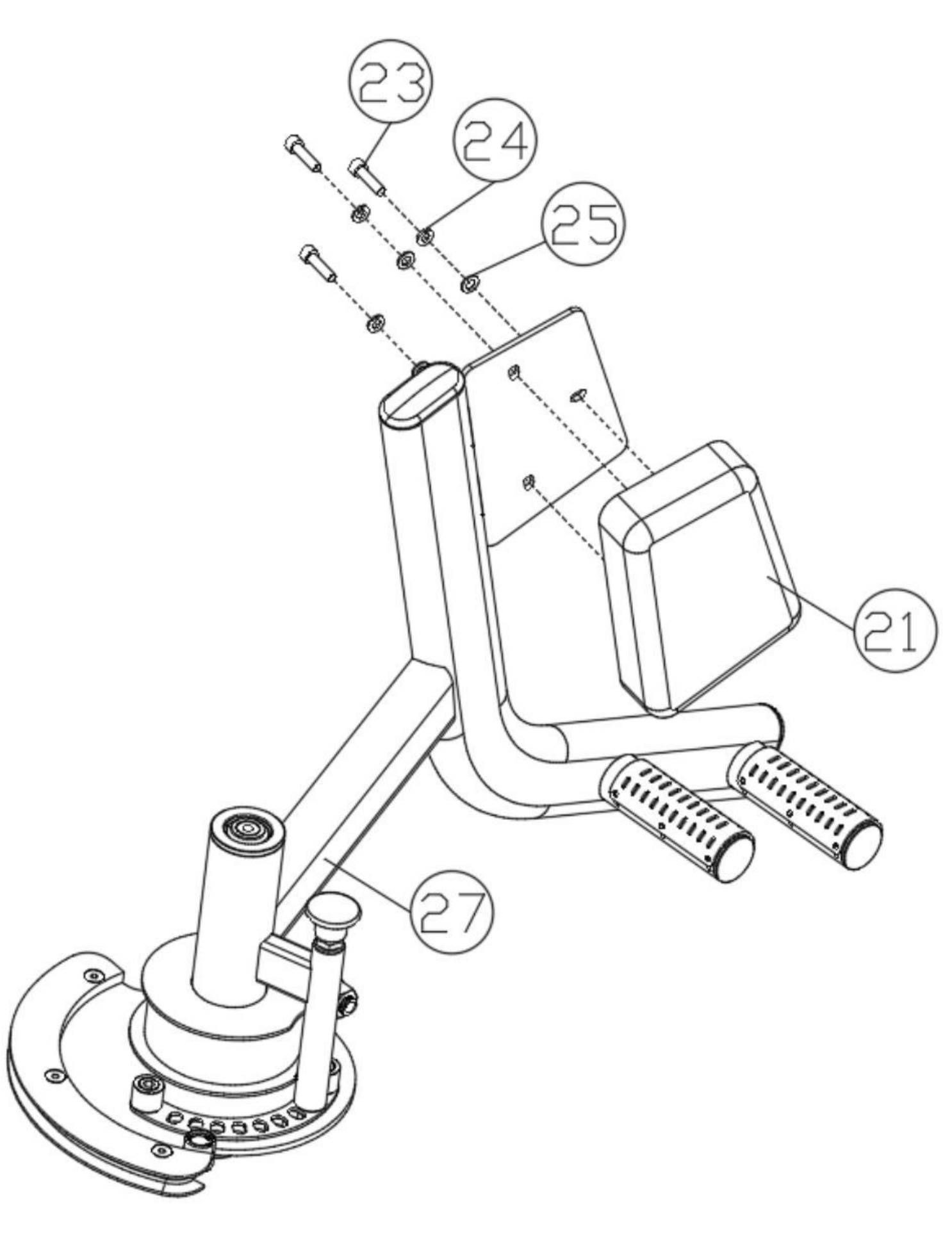
Step 8: Connect the Inner Thigh Force Arm Shaft (#26) to the Inner Thigh Right Force Arm (#27) and Inner Thigh Flange (#28).



assemble

Step 9:Attach the Inner Thigh Right Leg Pad (#21) to the Inner Thigh Right Force Arm (#27) with.
- 3x Hexagon socket cheese head screws (#23)
- 3xspring washer (#24)
- 3xflat washer (#25)

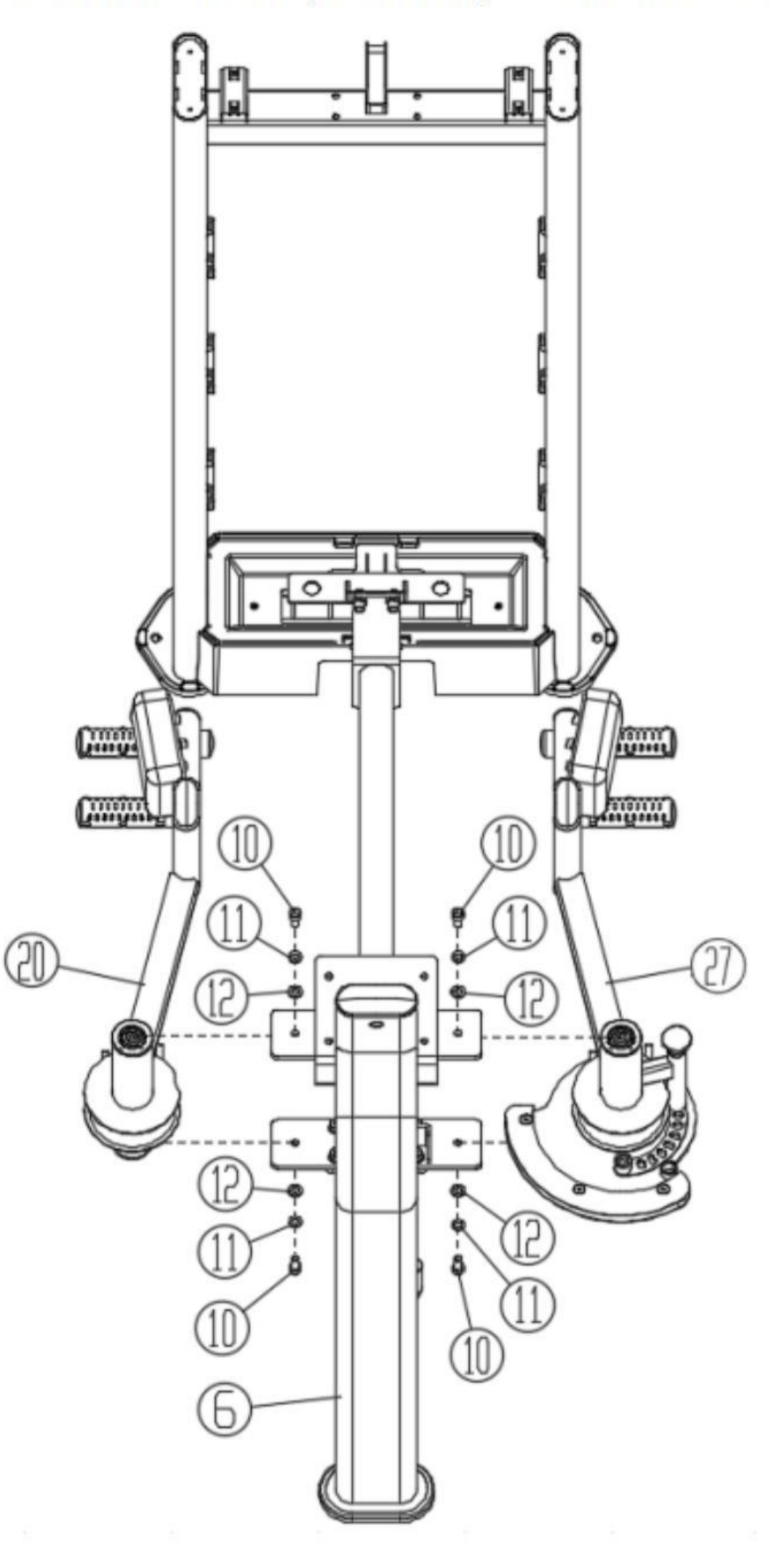
Tighten the bolts with a wrench before proceeding to the next step



assemble

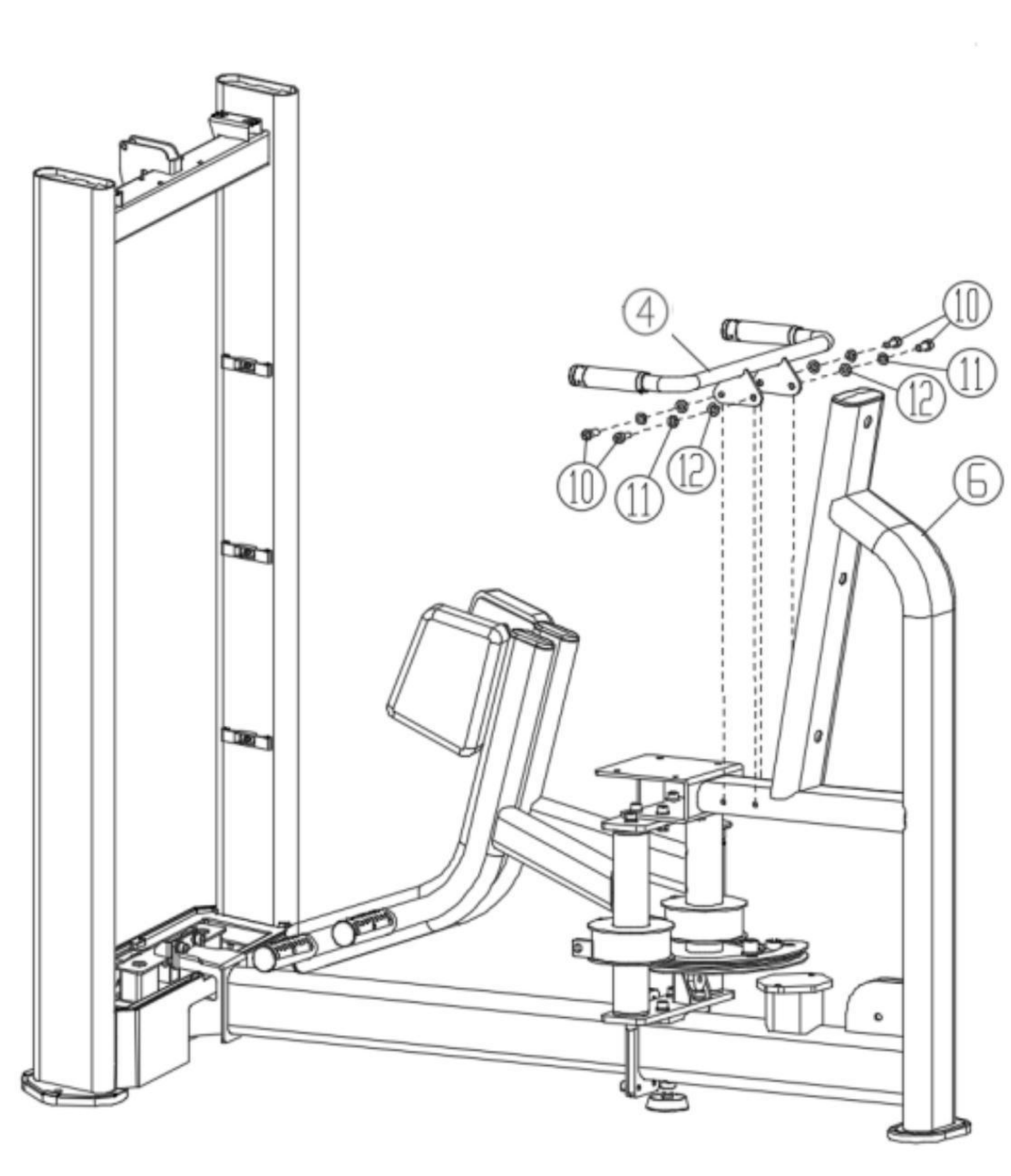
Step 10: Attach the Medial Thigh Left Force Arm (#20) and the Medial Thigh Right Force Arm (#27) to the Medial Thigh Side Frame (#6) by.
- 4xHexagon socket cheese head screws (#10)
- 4xspring washer (#11)
- 4xflat washer (#12)

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



Step 11: Attach the Universal Armrest (#43) to the Inner Thigh Side Frame (#6) using.
- 4xHexagon socket cheese head screws (#10)
- 4xspring washer (#11)
- 4xflat washer (#12)

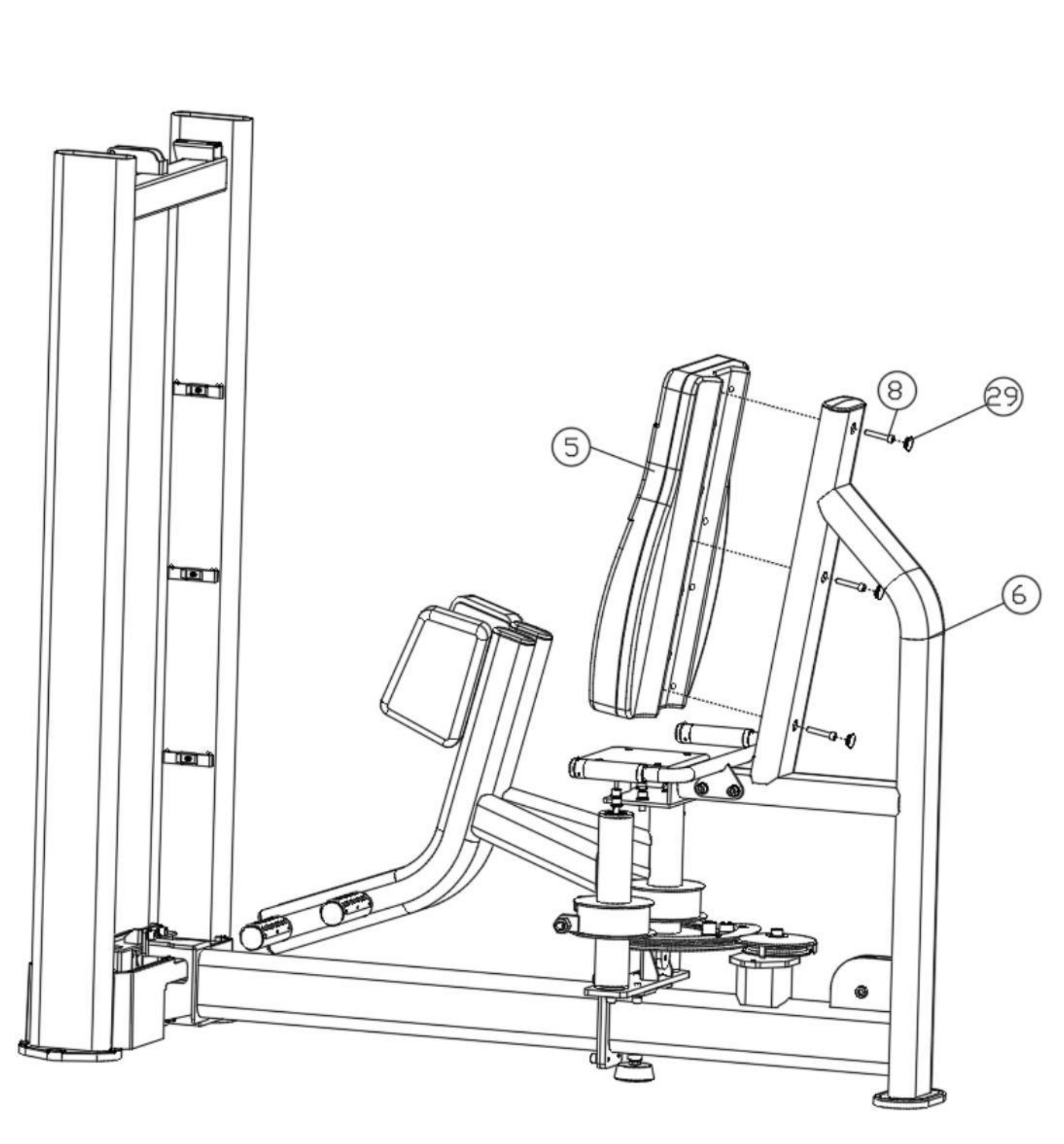
Tighten the bolts with a wrench before proceeding to the next step



Step 12: Attach the Back Pad (#5) to the Inner Thigh Side Frame (#6) by.
- 3x Hexagon socket cheese head screws (#8)

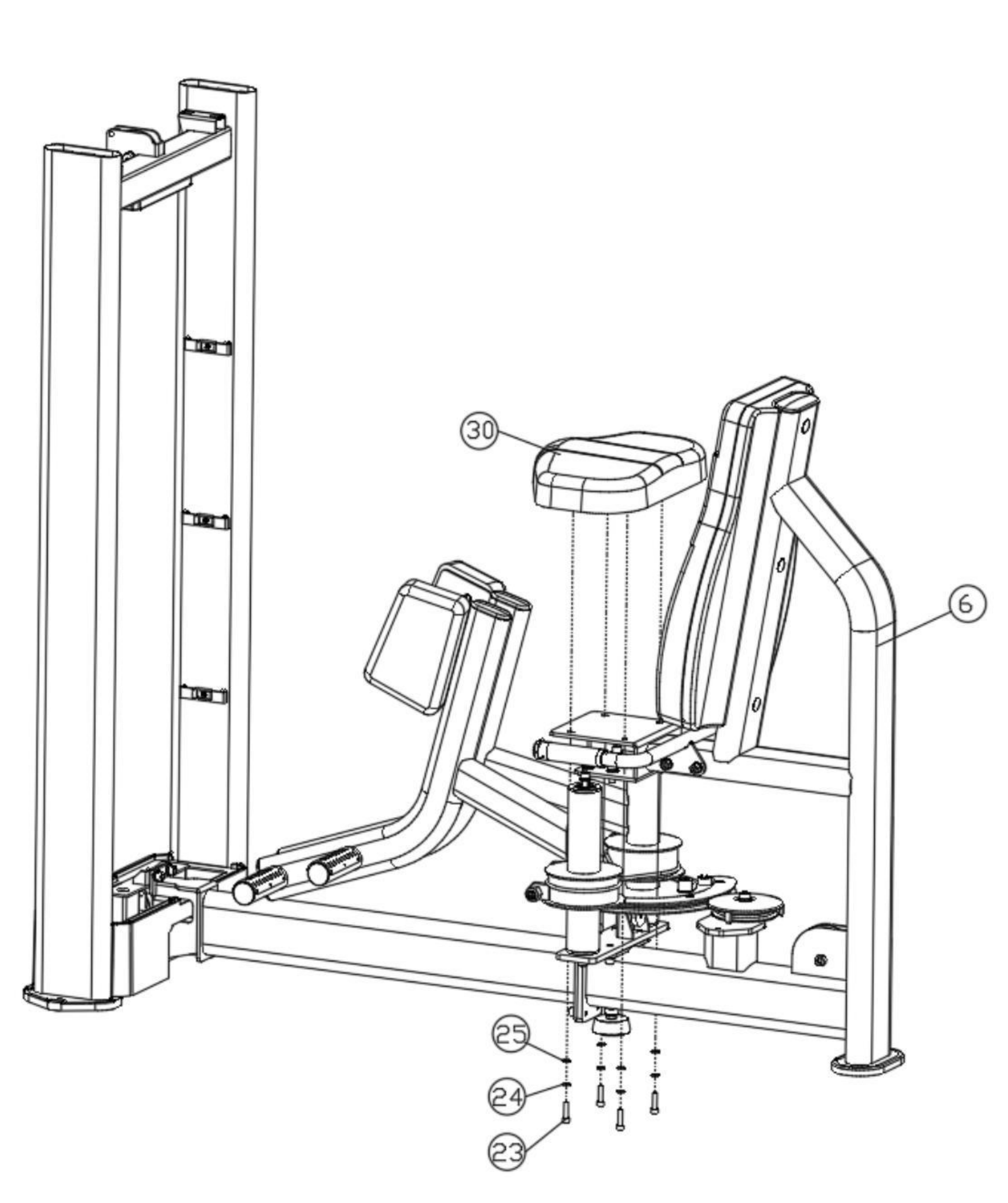
Tighten the bolts with a wrench before proceeding to the next step

Step 13: Attach the three hole plug (#29) to the inner thigh side frame (#6).



Step 14: Attach the Cushion (#30) to the Inner Thigh Side Frame (#6) by.
- 4xHexagon socket cheese head screws (#23)
- 4xspring washer (#24)
- 4xflat washer (#25)

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



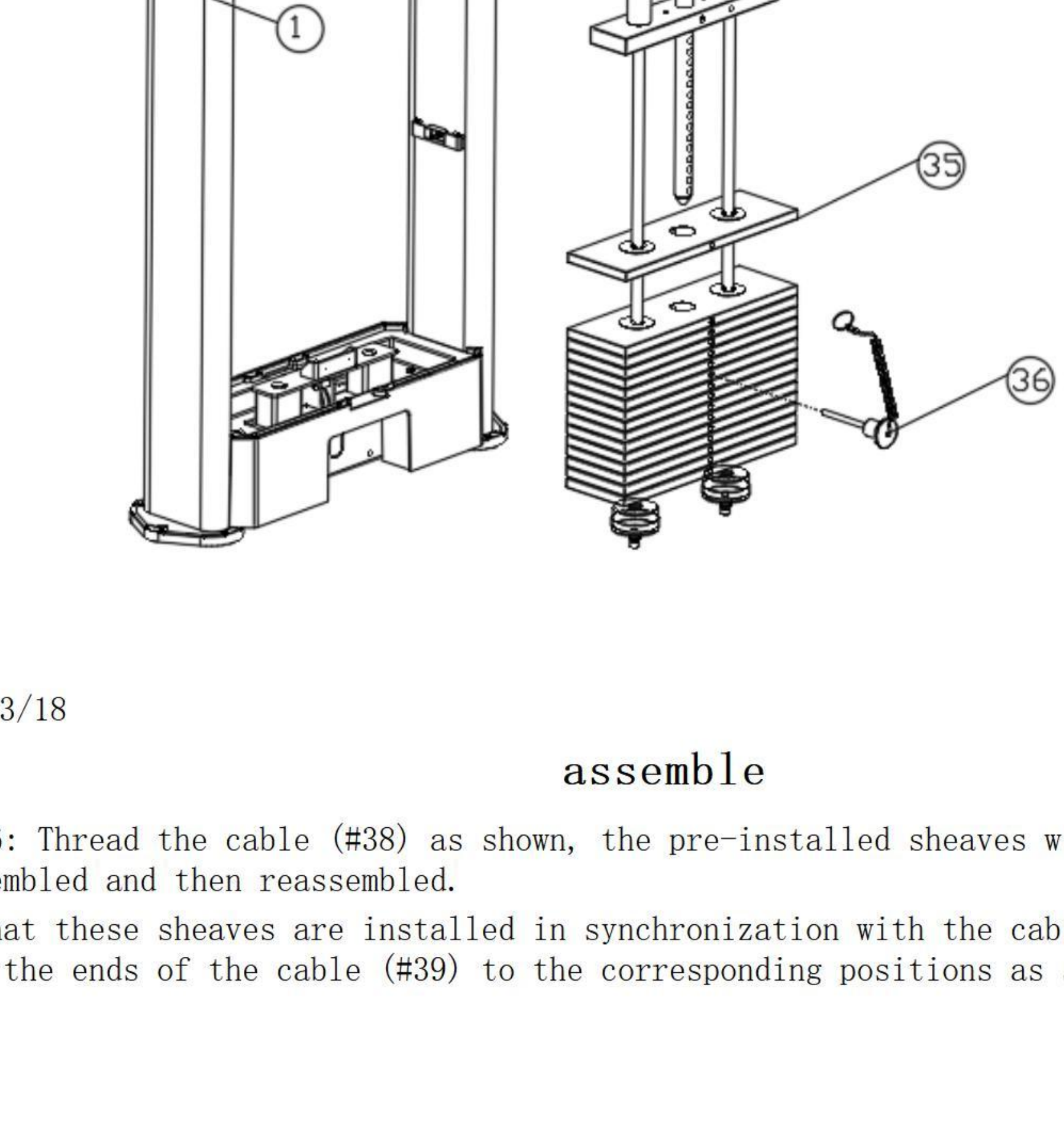
Step 15: Place the pre-installed Guide Bar Assembly (#33) into the Counterweight Frame (#1);

Install the 16-piece counterweight block (#35) onto the guide bar (#33) with the isolation tabs facing up;

Install the guide block assembly (#34) onto the guide bar (#33);
Attach the guide bar retainer plate (#31) to the guide bar (#33);
Attach the guide bar mounting plate (#31) to the counterweight frame (#1) by.
- 2×M8*25Hexagon socket cheese head screws (#32)

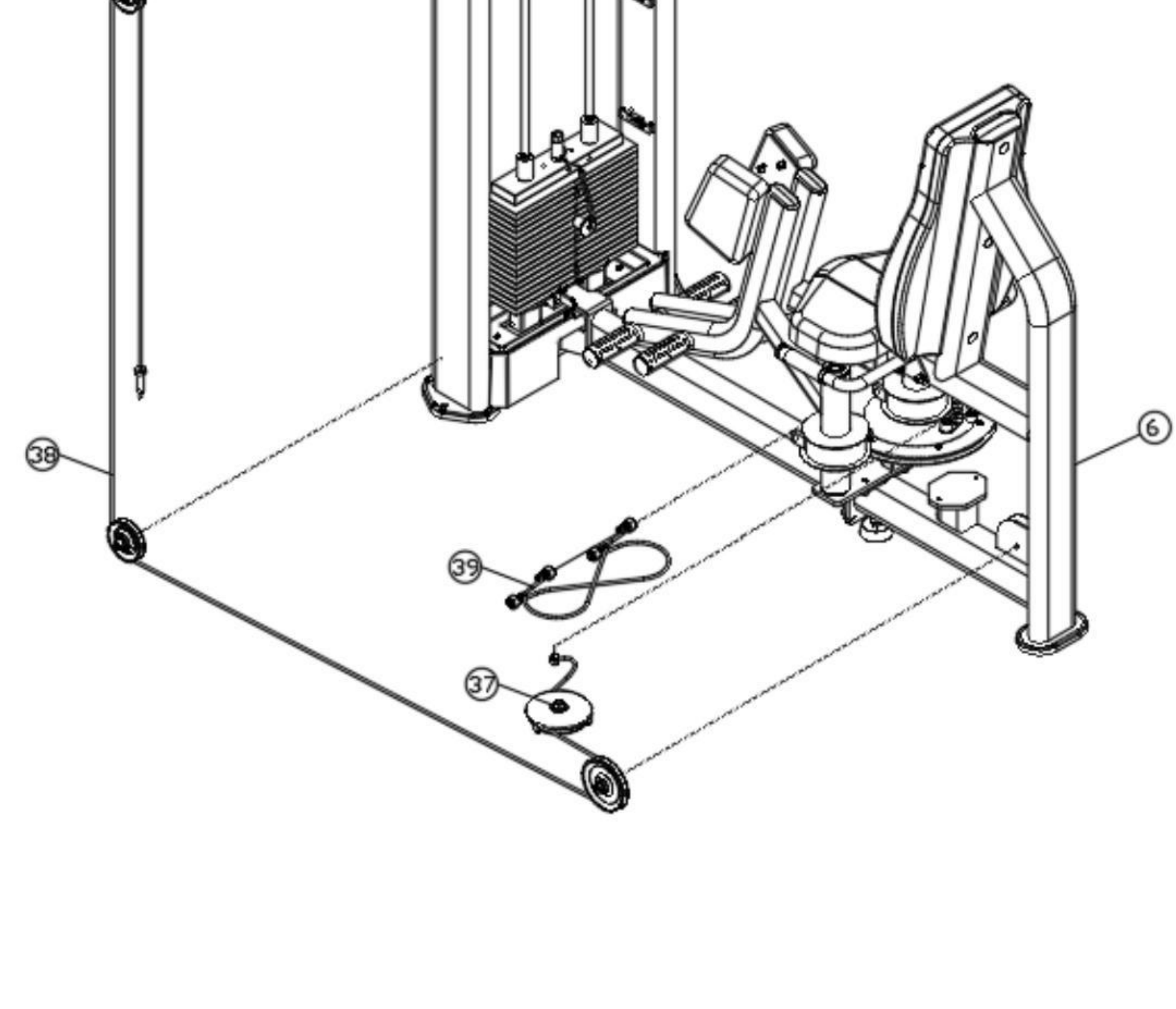
Install counterweight block pins (#36) into counterweight block (#35); note that when installing counterweight block pins, thread wire rope end through pins and attach to guide block assembly (#34).

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



Step 16: Thread the cable (#38) as shown, the pre-installed sheaves will need to be disassembled and then reassembled.

Note that these sheaves are installed in synchronization with the cable (#38)
Attach the ends of the cable (#39) to the corresponding positions as shown.



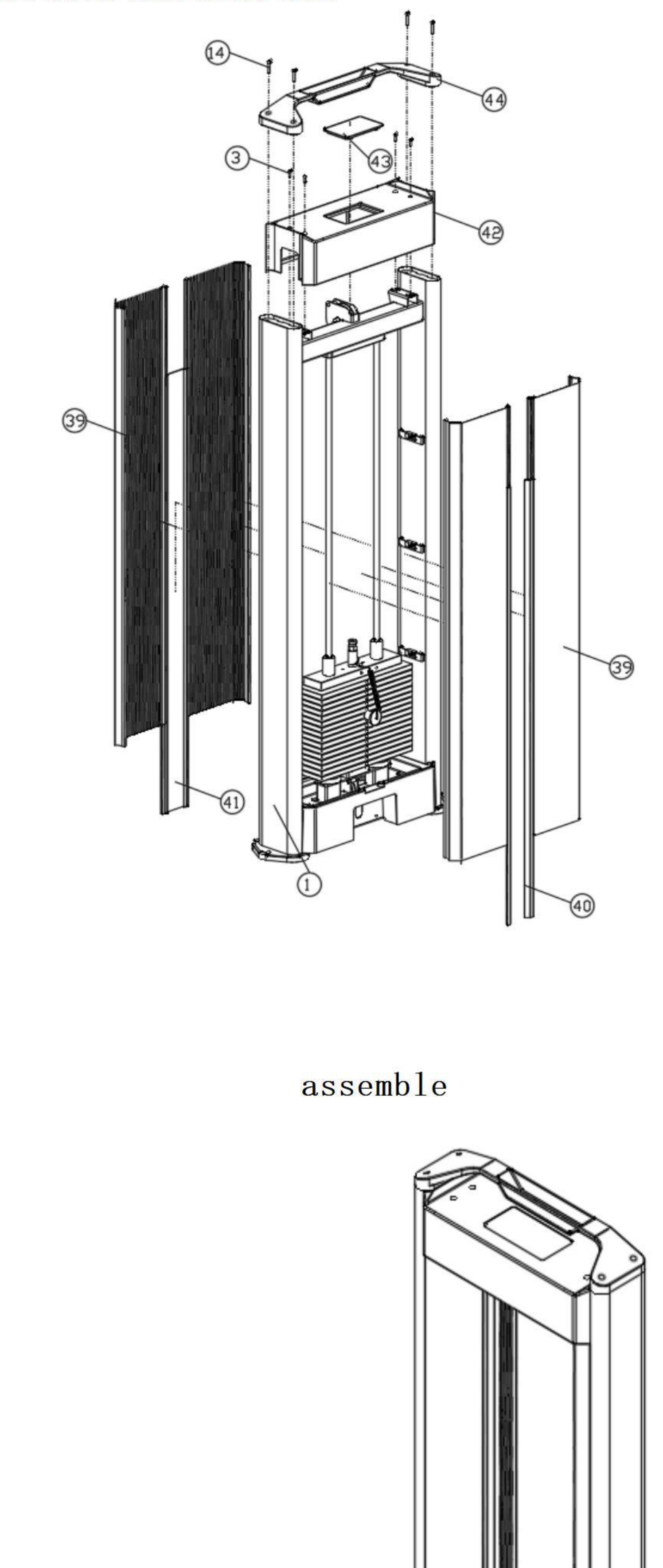
Step 17:Slide the two trim strips (#40) into the two stops (#39) that attach to the counterweight rack (#1).

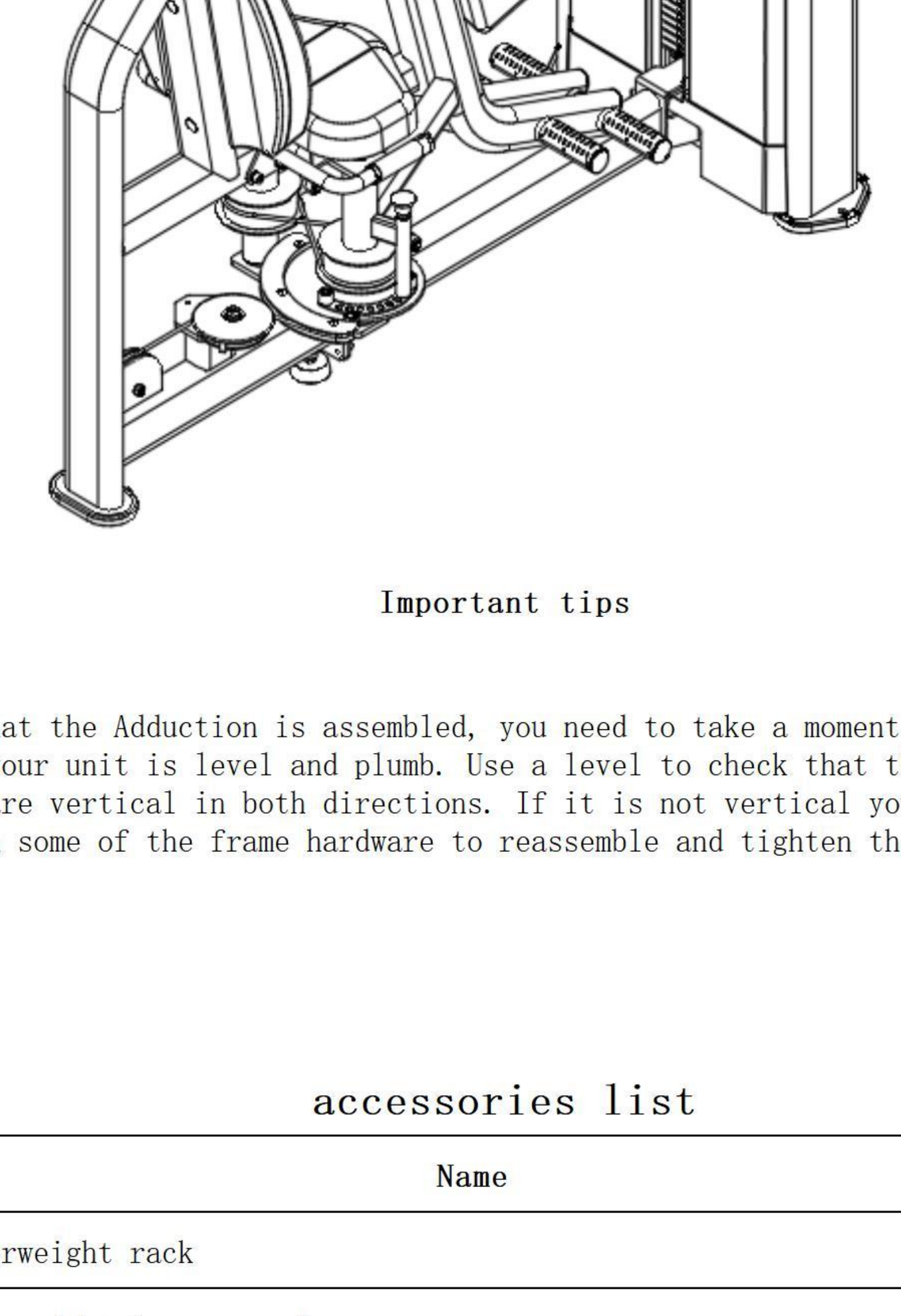
Slide the Trim Plate (#41) into the two Stoppers (#39) and attach to the Counterweight Rack (#1).

Attach the upper shroud (#42) to the counterweight frame (#1) by.
- 4 x Hexagon socket cheese head screws (#3))

Attach the upper shroud top (#43) to both upper shrouds (#42).

Attach the top cover trim (#44) to the counterweight bracket (#1) using.
- 4xHexagon socket cheese head screws (#14)





Important tips

Now that the Adduction 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.

accessories list

No	Name	pcs
1	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	6
4	Universal handrail assembly	1
5	Back pad	1
6	Inner thigh side rack	1
7	Plug cover-50x120	1
8	Hexagon socket head screw (M8*40)	3
9	Inner thigh connection plate	1
10	Hexagon socket head screw (M10*25)	20
11	Spring washer (10)	twenty two
12	Flat washer (10)	26
13	Thigh inner and outer muscle connection frame	1
14	Hexagon socket head screw (M6*30)	4
15	Inner thigh connector	1
16	Hexagon socket head screw (M10*20)	6
17	Weight rack foot pads	2
18	Flat oval foot pad	1
19	Activity mat	1
20	Left inner thigh moment arm	1
21	Right leg pad	1
22	Left leg pad	1

accessories list

No	Name	pcs
23	Hexagon socket head screw (M8*30)	10
24	Spring washers (8)	10
25	Flat washers (8)	10
26	Inner thigh arm axis (Φ20*310)	1
27	Inner thigh right moment arm	1
28	Flange components	1
29	20-hole plug	3
30	cushion	1
31	Guide rod fixing plate	1
32	Hexagon socket head screw (M8*20)	2
33	Guide rod	2
34	Guide block assembly	1
35	Counterweight	16
36	Counterweight latch	1
37	Reel box assembly	1
38	Inner thigh wire rope 1	1
39	Bezel	4
40	Counterweight decorative strip	2
41	Counterweight source decorative plate	1
42	Counterweight upper guard	1
43	Upper guard cover	1
44	Upper cover decoration	1