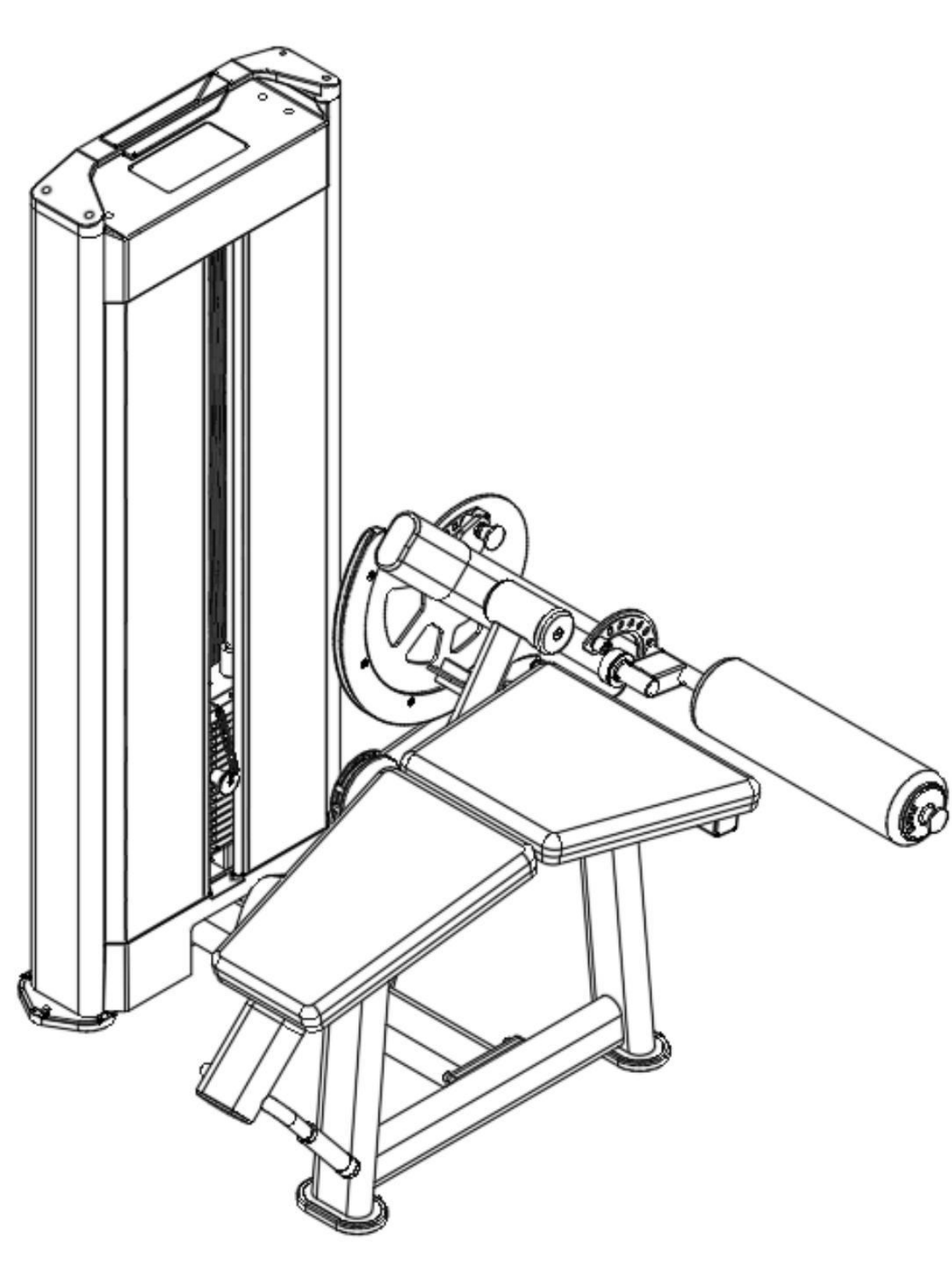
C426 Installation Guide

Prone Leg Curl



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catalogue

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 mallet
level ruler
allen wrench
Two people
spring clamp
adjustable wrench

assemble

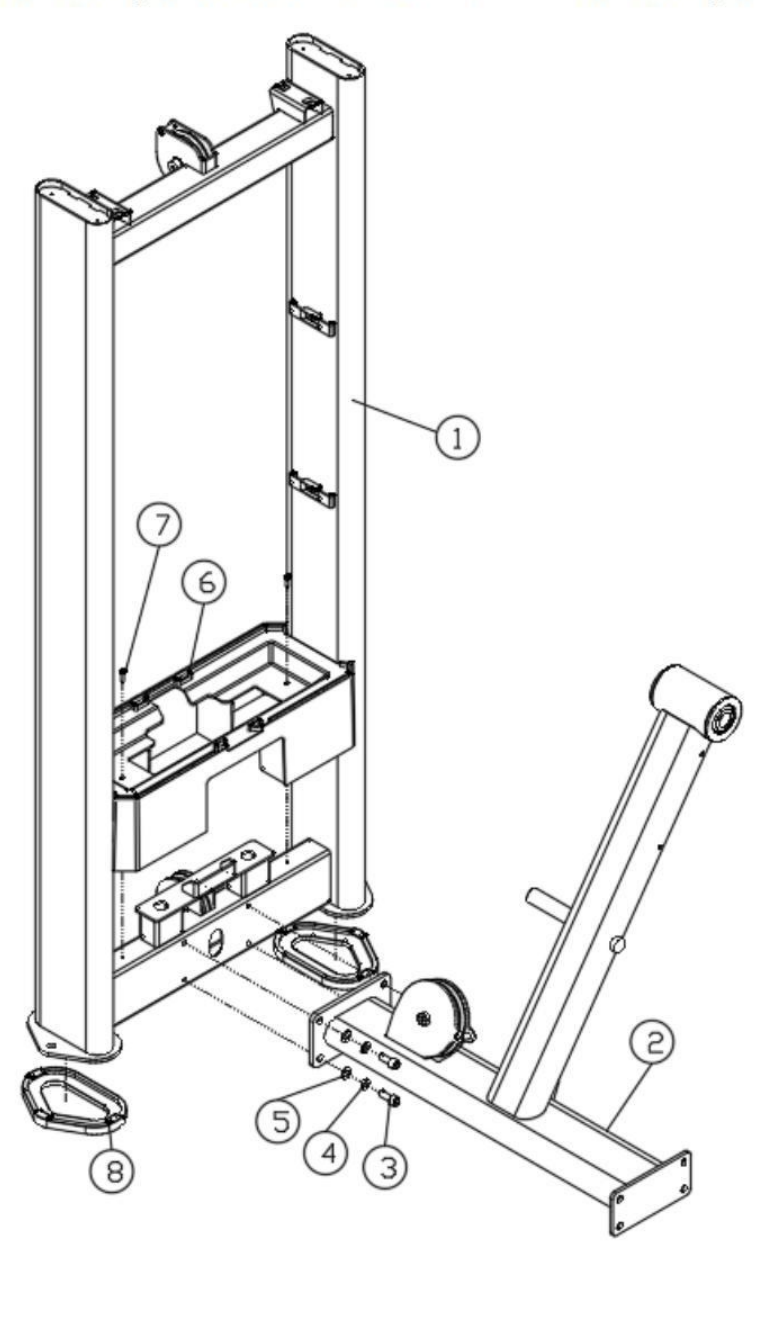
Step 1: Attach the Counterweight Lower Shroud (#6) to the Counterweight Frame (#1) by.

- 2 x Hexagon socket cheese head screws (#7)

Step 2: Connect the Horizontal Strand 2-head Connection Frame Ⅰ (#2) to the Counterweight Frame (#1) in the following way.

- 4 x Hexagon socket cheese head screws (#3)
- 4 x spring washer (#4)
- 4 x flat washer (#5)

Step 3: Attach 2 Counterweight Rack Feet (#8) to Counterweight Rack (#1)

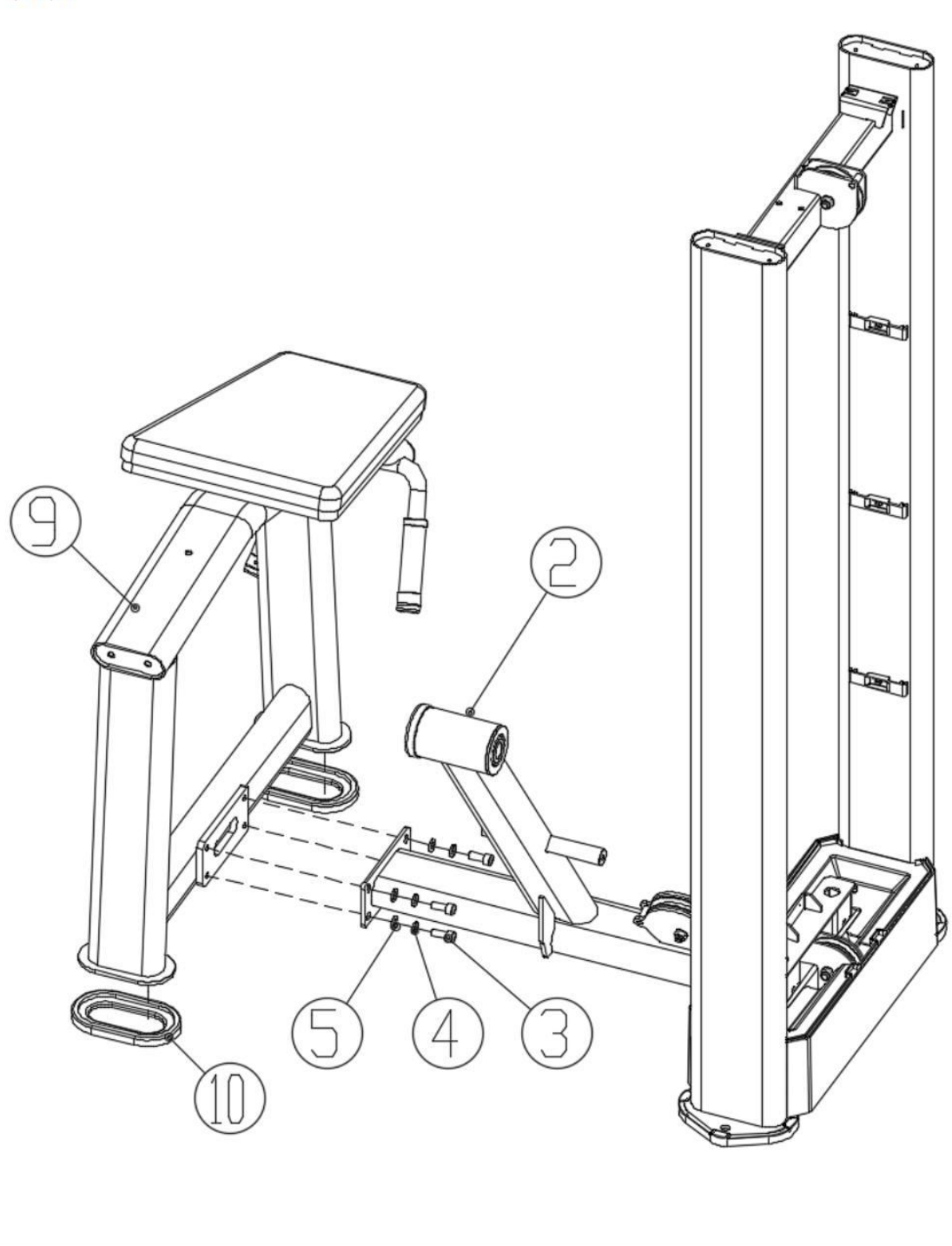


assemble

Step 4: Connect the Horizontal Strand 2-Head Side Frame (#9) to the Connection Frame Ⅰ (#2) in the following way:

- 4 x Hexagon socket cheese head screws (#3)
- 4 x spring washer (#4)
- 4 x flat washer (#5)

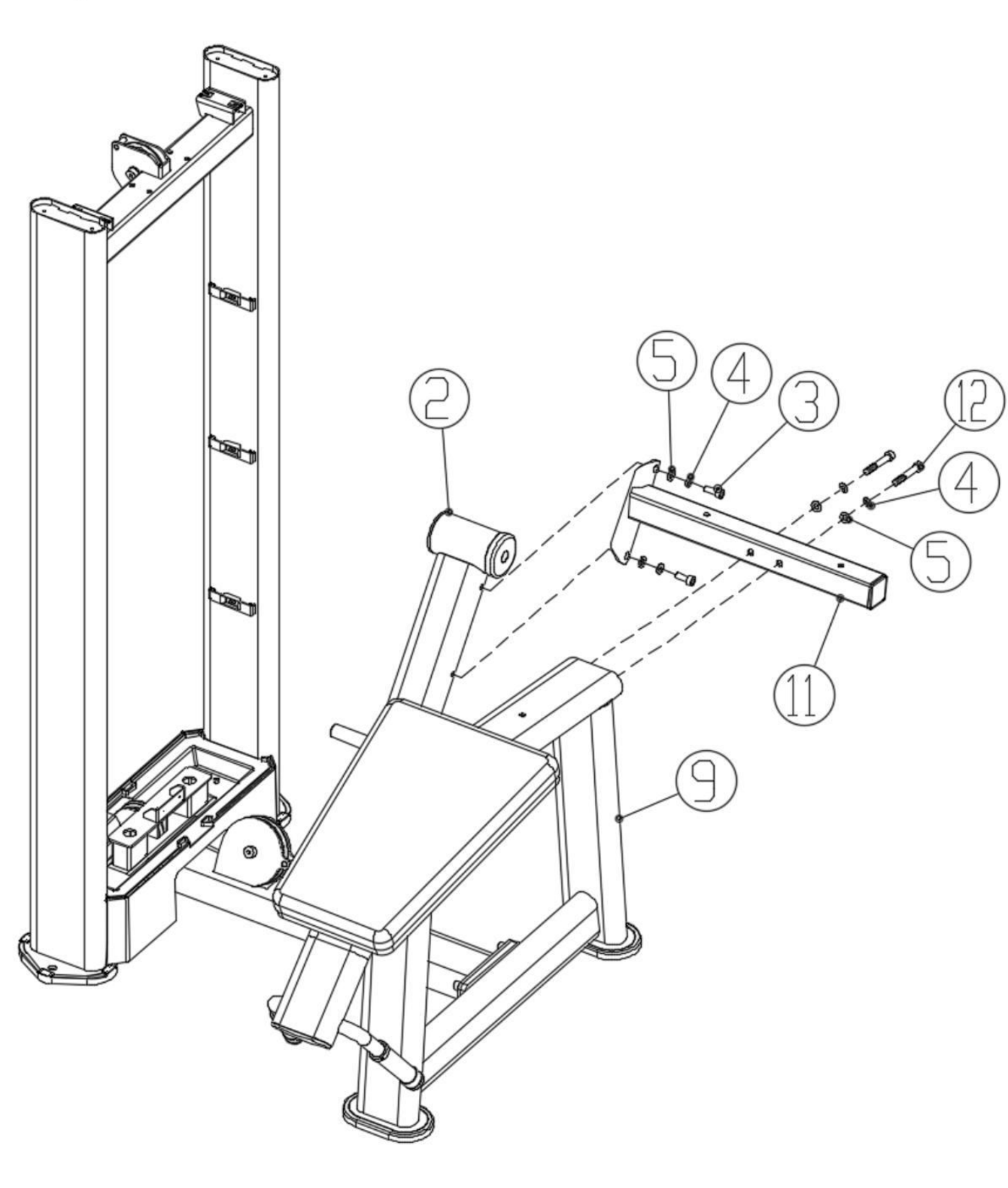
Step 5: Attach the 2 Flat Oval Feet (#10) to the Horizontal Strand 2-Headed Side Stand (#9).



assemble

Step 6: Connect the Horizontal Strand 2-Head Connection Frame II (#11) to the Connection Frame I (#2) and Side Frame (#9) by.

- 2 x Hexagon socket cheese head screws (#3)
- 4 x Spring washers (#4)
- 4 x flat washer (#5)
- 2 x Hexagon socket cheese head screws (#12)



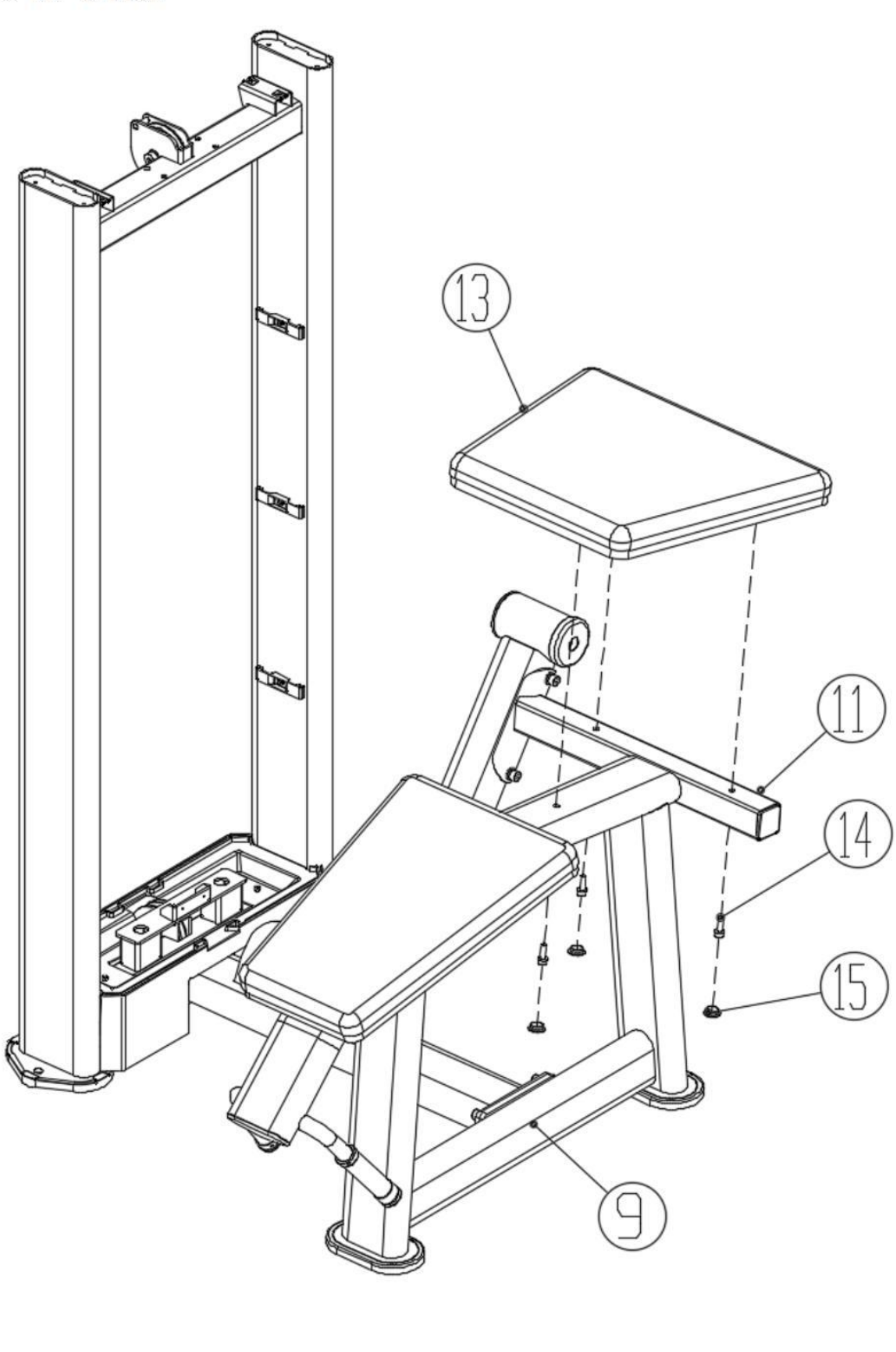
assemble

Step 7: Attach the Horizontal Strand 2-Head Seat Cushion (#13) to the Attachment Frame II (#11) and Side Frame (#9) by.

- 3 x Hexagon socket cheese head screws (#14)

Step 8: Attach the 1 Hole Plug (#15) to the Horizontal Strand 2-Head Side Stand (#9).

Step 9:Install the 2 Hole Plugs (#15) onto the Horizontal Strand 2-Head Connector Frame II (#11).



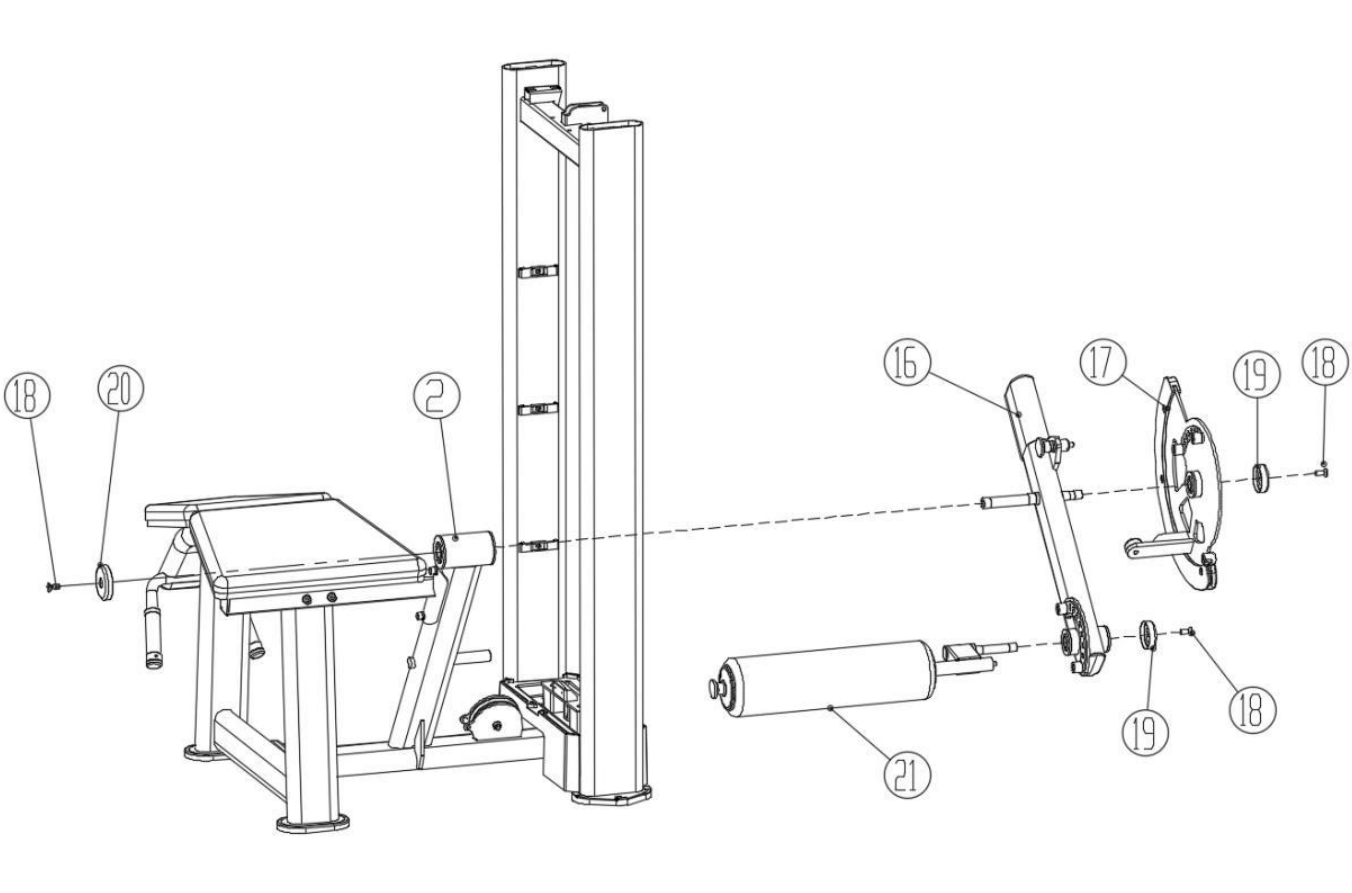
assemble

Step 10: Connect the Horizontal Strand Bit Arm (#16) and Flange (#17) to the Horizontal Strand Bit Connector I (#2) as follows.

- 2 x Hexagon socket countersunk head screws (#18)
- 1 x 60aluminum cap (#19)
- 1 x 76aluminum cap (#20)

Step 11: Attach the Horizontal Bicep Press Stand (#21) to the Horizontal Bicep Force Arm (#16) by.

- 1 x Hexagon socket countersunk head screws (#18)
- 1 x 60aluminum cap (#19)



assemble

Step 12: Slide the two counterweight block rubber pads (#23) onto the two guide bars (#22).

Connect the two counterweight bases (#24) to the two guide rods (#22) and place them in the counterweight rack (#1) as follows.

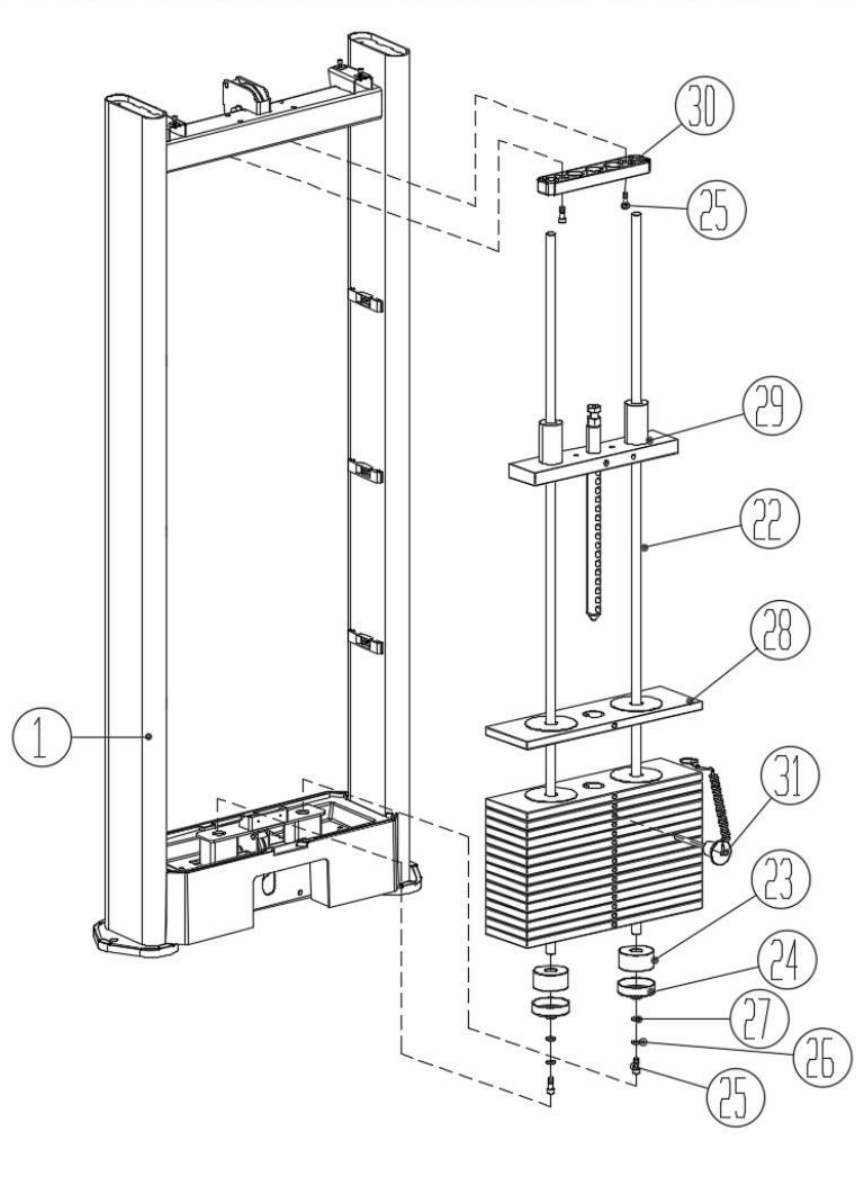
- 2 x Hexagon socket cheese head screws (#25)
- 2 x spring washer (#26)
- 2 x flat washer (#27)

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

Step 13: Attach the 16 Counterweight Blocks (#28) to the Guide Rods (#22) with the isolation tabs facing up.
Install the guide block set (#29) onto the guide bar (#22).
Insert the weight stack pin (#31) into the weight stack (#28).
Slide the guide bar retainer plate (#30) onto the guide bar (#22).
Slide the guide bar retainer plate (#30) onto the guide bar (#22).

- 2 x Hexagon socket cheese head screws (#25)

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



assemble

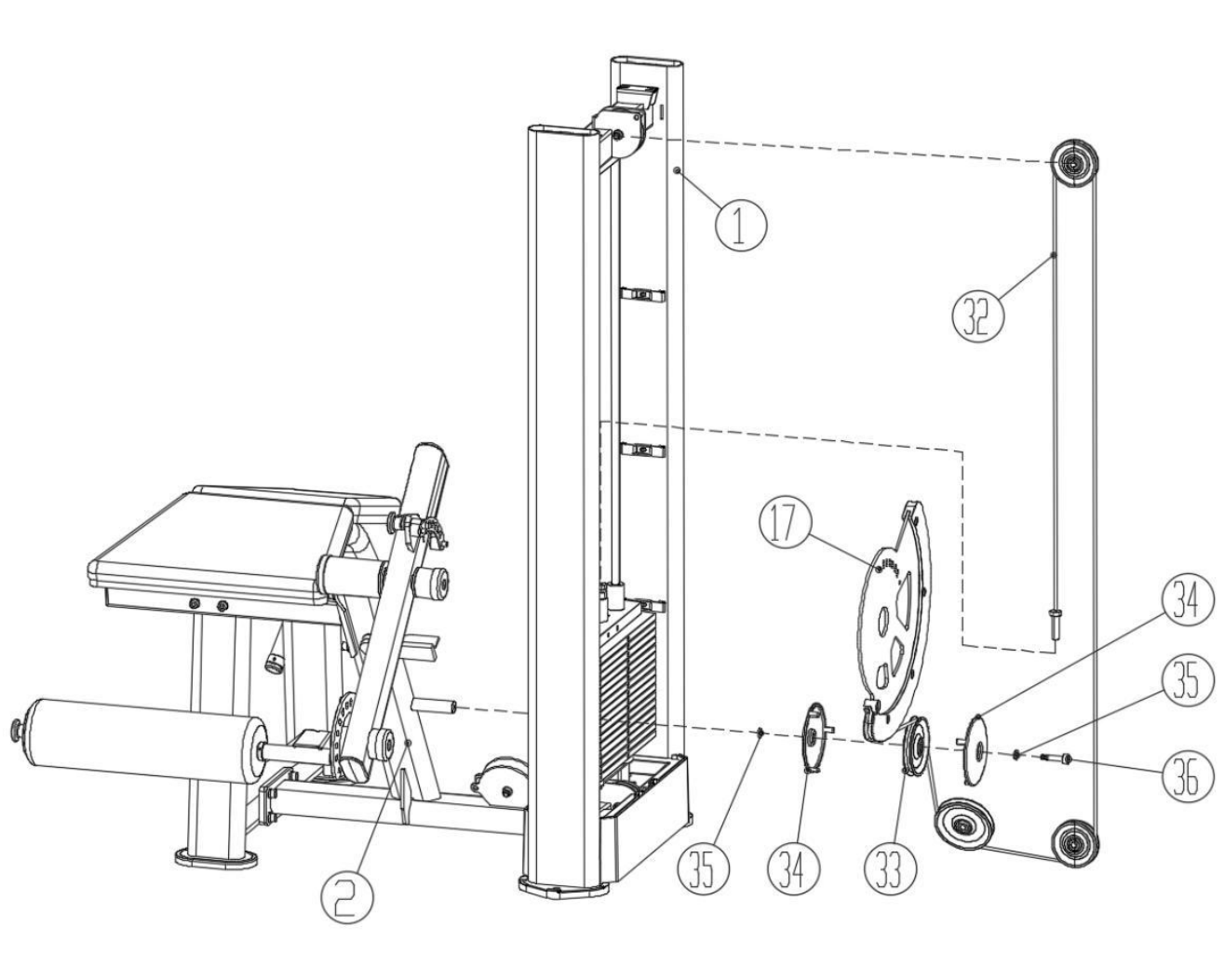
Step 14:Disassemble the pre-installed 95 and 120 wire sheaves first, thread in the wire rope (#32) as shown in the diagram and then re-install all the sheaves.

Connect the 120 wire wheel (#33) and 2 wire wheel boxes (#34) to the horizontal strand 2-head connector Ⅰ (#2) using the following method:

- 1 x spool (#36)
- 2 x Wire Wheel Box Bushings (#35)

Note that these sheaves are installed in synchronization with the wire rope (#32).

Step 15:Connect one end of the wire rope (#32) first to the flange (#17) and then the other end into the counterweight frame (#1).



assemble

Step 16:Slide the two Trim Strips (#38) into the two Baffles (#37) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Slide the Trim Plate (#39) into the two Baffles (#37) and use the Baffle Platen to attach to the Counterweight Rack (#1).

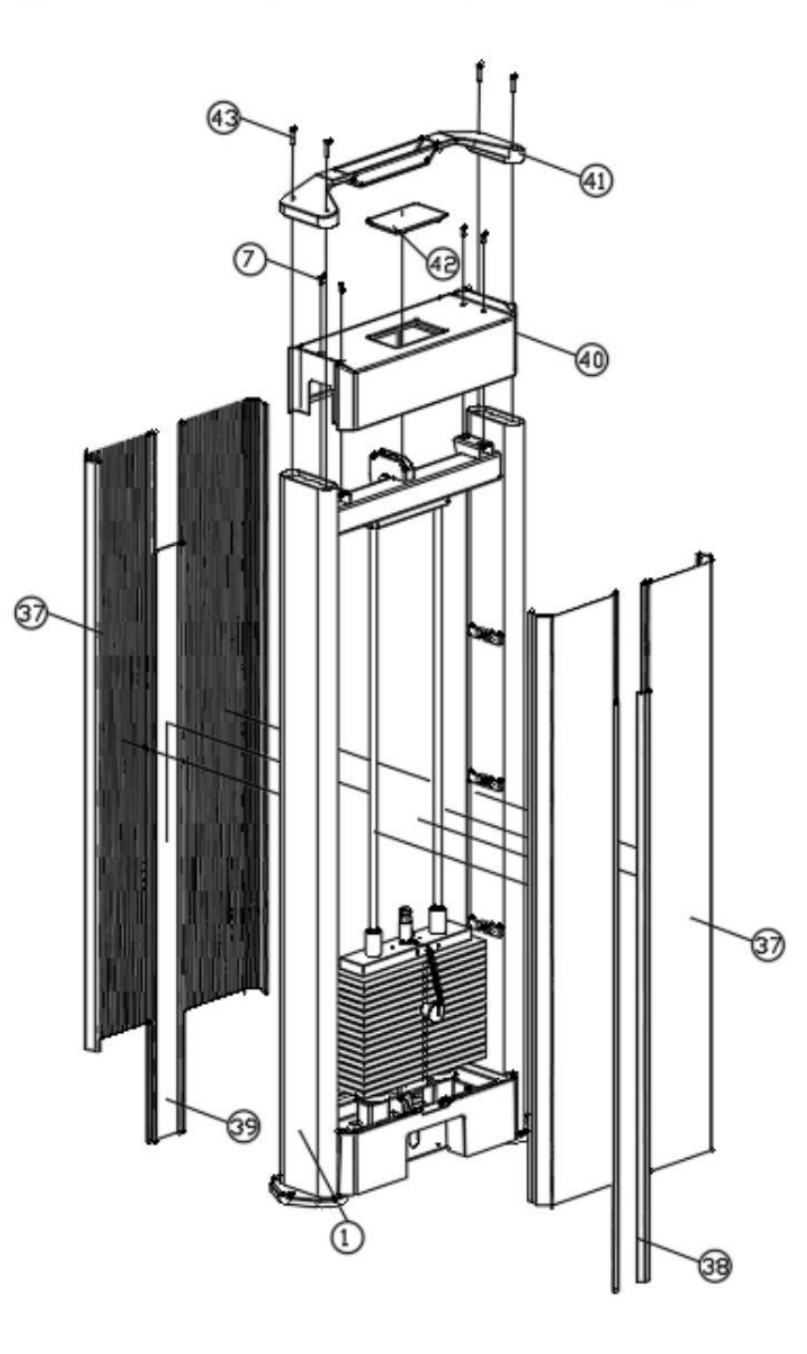
Attach the upper shroud (#40) to the counterweight frame (#1) by.

- 4 x Hexagon socket cheese head screws (#7)

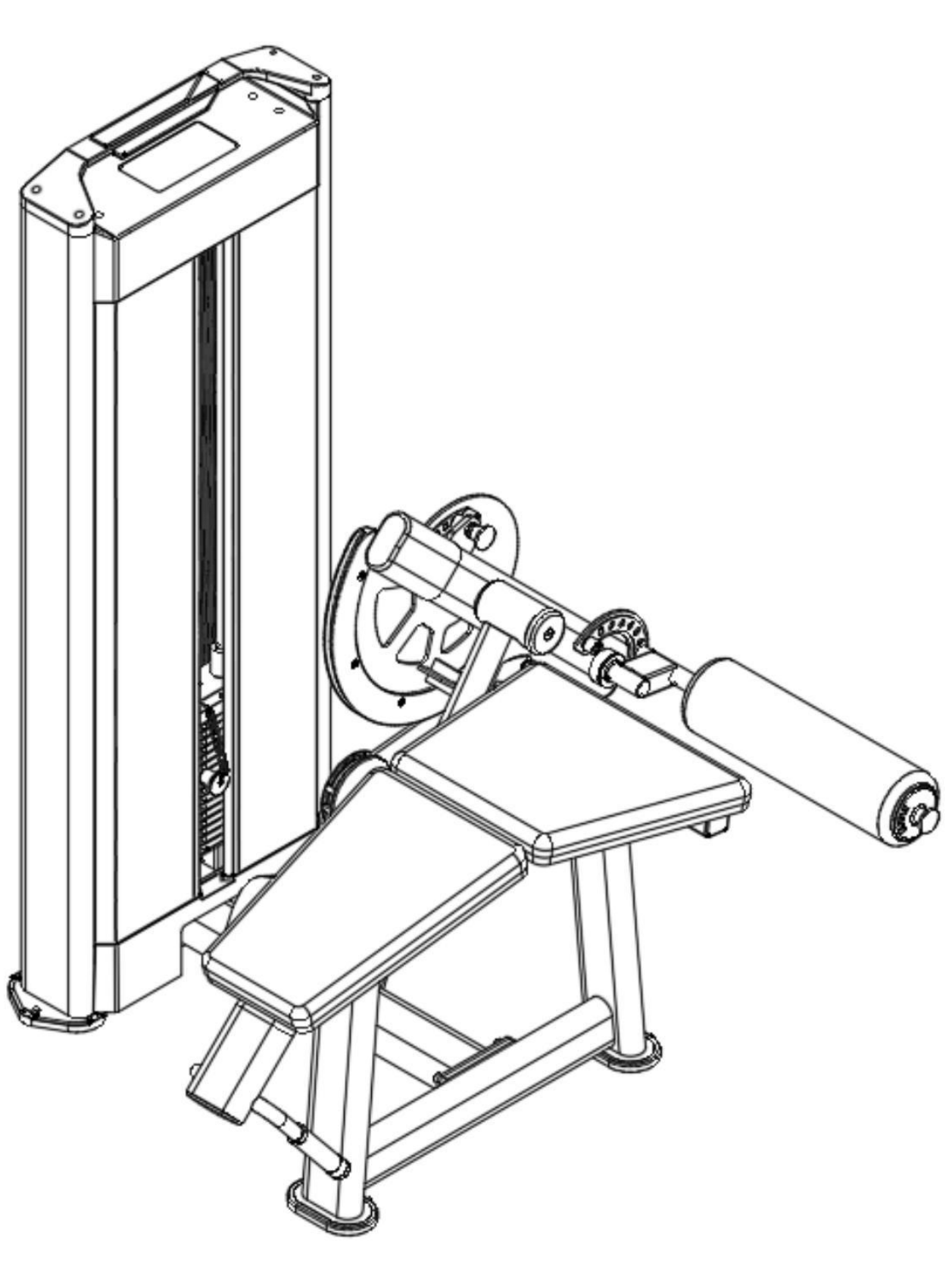
Step 17: Attach the Top Cover Trim (#41) to the Counterweight Rack (#1) by.

- 4 x Hexagon socket cheese head screws (#43)

Step 18: Snap the upper shroud top cover (#42) to the upper shroud (#40).



assemble



Important tips

Now that the Prone Leg Curl 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

NP	Name and specification	QTY
1	weight frame	1
2	connecting bracketⅠ	1
3	Hexagon socket cheese head screws (M10*25)	10
4	spring washer (10)	12
5	flat washer (10)	12
6	counterweight lower shield	1
7	Hexagon socket cheese head screws (M5*16)	8
8	counterweight footrest	2
9	side stand	1
10	Flat ellipse footmats	2
11	connecting bracketⅡ	1
12	Hexagon socket cheese head screws (M10*70)	2
13	Seat Cushion	1
14	Hexagon socket cheese head screws (M8*25)	3
15	hole plug	3
16	Force arm	1
17	flanges	1
18	Hexagon socket countersunk head screws (M10*25)	3
19	60 aluminum cap	2
20	76aluminum cap	1
21	leg press stand	1

accessory list

NO	Name and specification	QTY
22	Universal Counterweight Guide Bar	2
23	Counterweight rubber pads	2
24	Counterweight frame base	2
25	Hexagon socket cheese head screws (M8*20)	4
26	Spring washer (8)	2
27	flat washer (8)	2
28	weight stack	16
29	Guide block set	1
30	Guide bar fixing plate	1
31	weight stack pin	1
32	cable	1
33	120pulley	1
34	jury box	2
35	Wire Wheel Box Bushings	2
36	spool	1
37	shield	4
38	Counterweight Source Decorative Strip	2
39	Counterweight Source Decorative plate	1
40	counterweight upper shroud	1
41	Top cover decorations	1
42	Upper Shroud Top Cover	1
43	Hexagon socket cheese head screws (M6*30)	4

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