C428 Installation Guide

Seated Leg Press

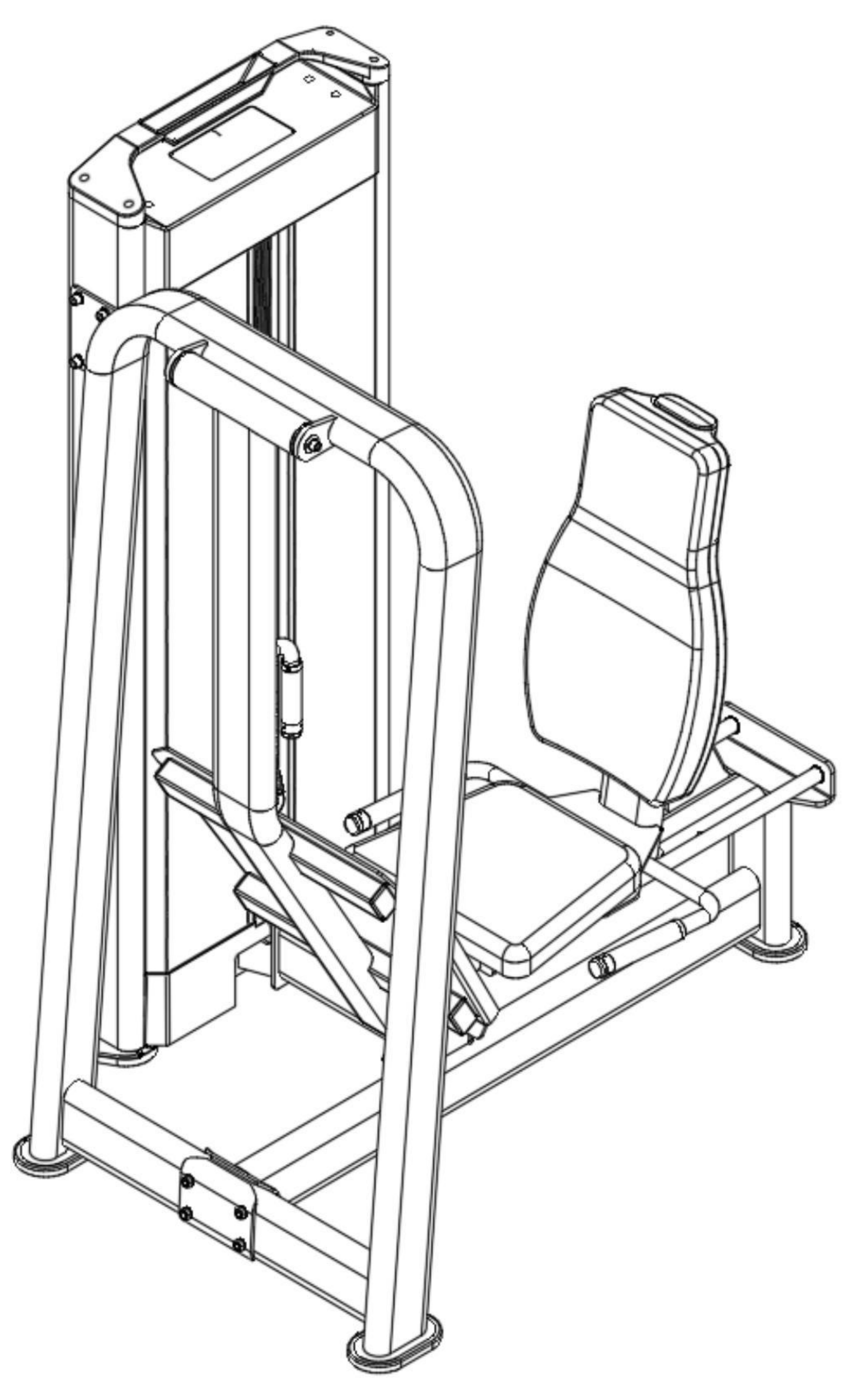


Table of contents

Introduction ………………………………………………… 2
Assembly ………………………………………………… 3
Accessories List ………………………………………………… 16

Introduction

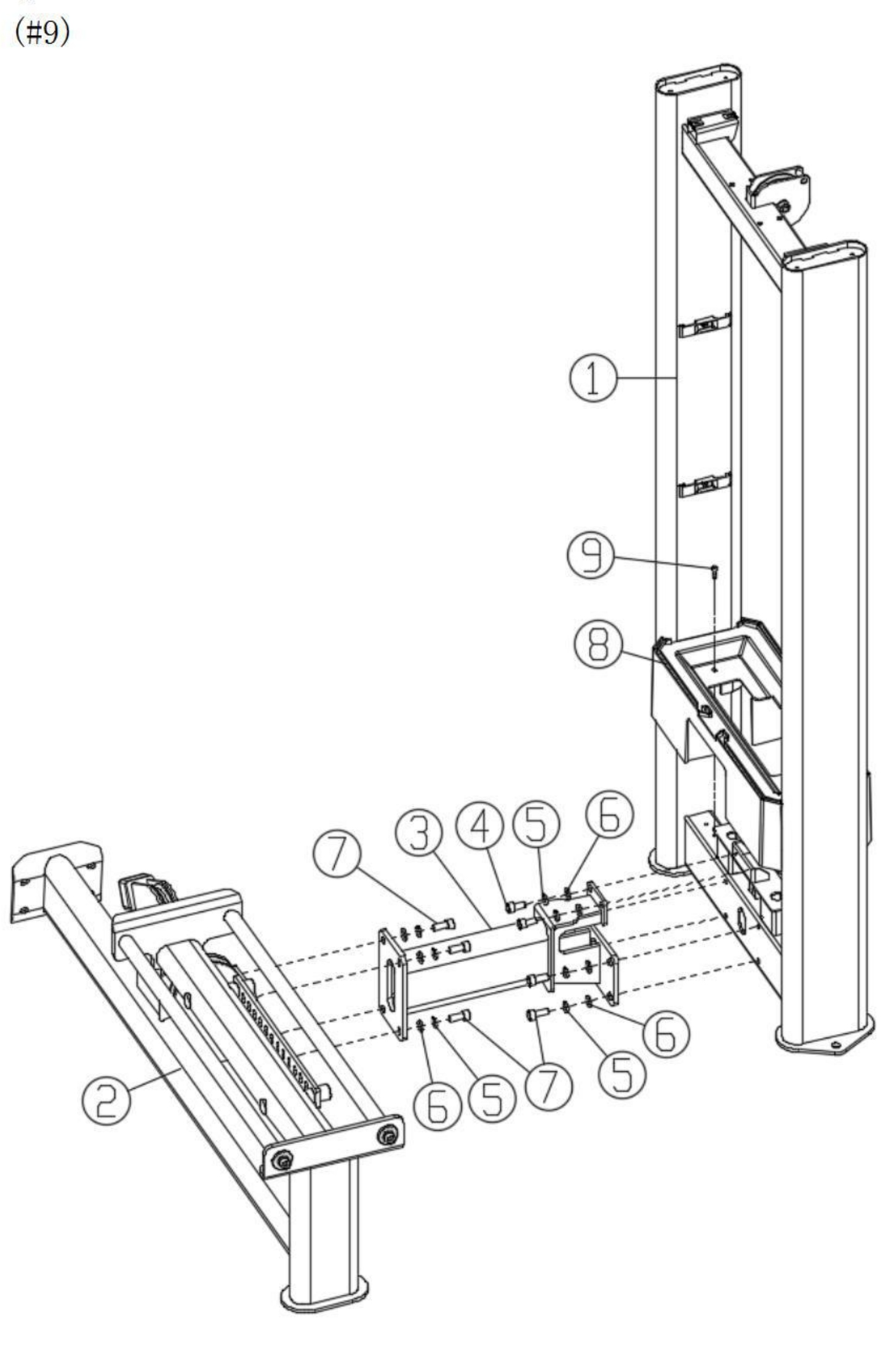
Please take the time to read this instruction carefully before installation. Please refer to the various lists in the manual to confirm the integrity and quantity of all parts (if there are parts missing or damaged during transportation, please call our after-sales service immediately for instructions). 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 pedal adapter (#3) to the weight rack (#1) and pedal base (#2) using the following method:
·2xHexagon socket head screw (#4)
·8xHexagon socket head screw (#7)
·10xSpring washer (#5)
·10xFlat washer (#6)
Tighten the bolts with a wrench before proceeding to the next step

Step 2: Connect the counterweight lower guard (#8) to the counterweight frame (#1) using the following method:
·2xHexagon socket head screw (#9)

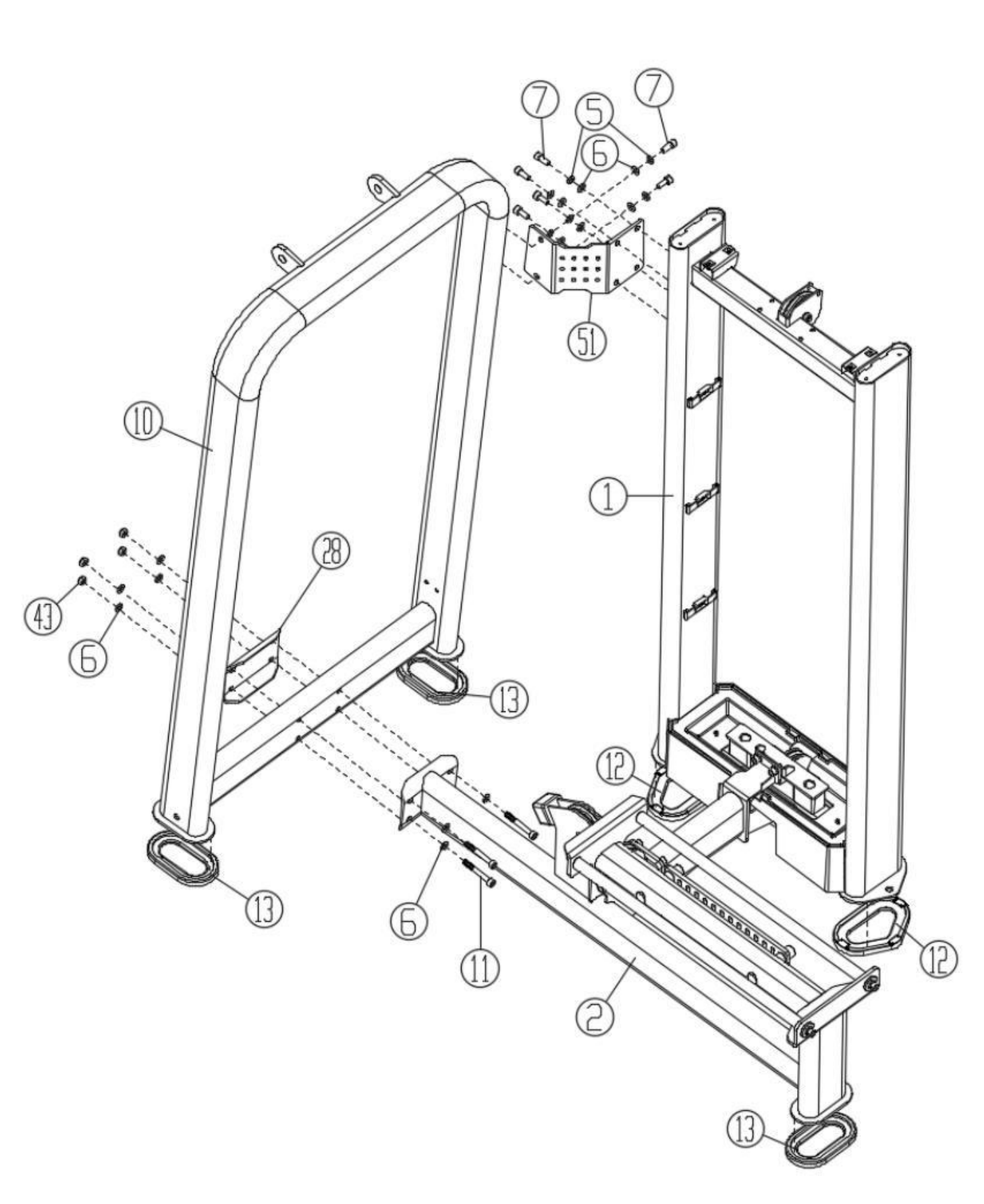


Assembly

Step 3: Connect the side frame (#10), the side frame connecting plate (#28) and the seat frame (#2) using the following method:
·4xHexagon socket head screw (#11)
·8xFlat washer (#6)
·4xHexagon self-locking nut (#43)
Tighten the bolts with a wrench before proceeding to the next step

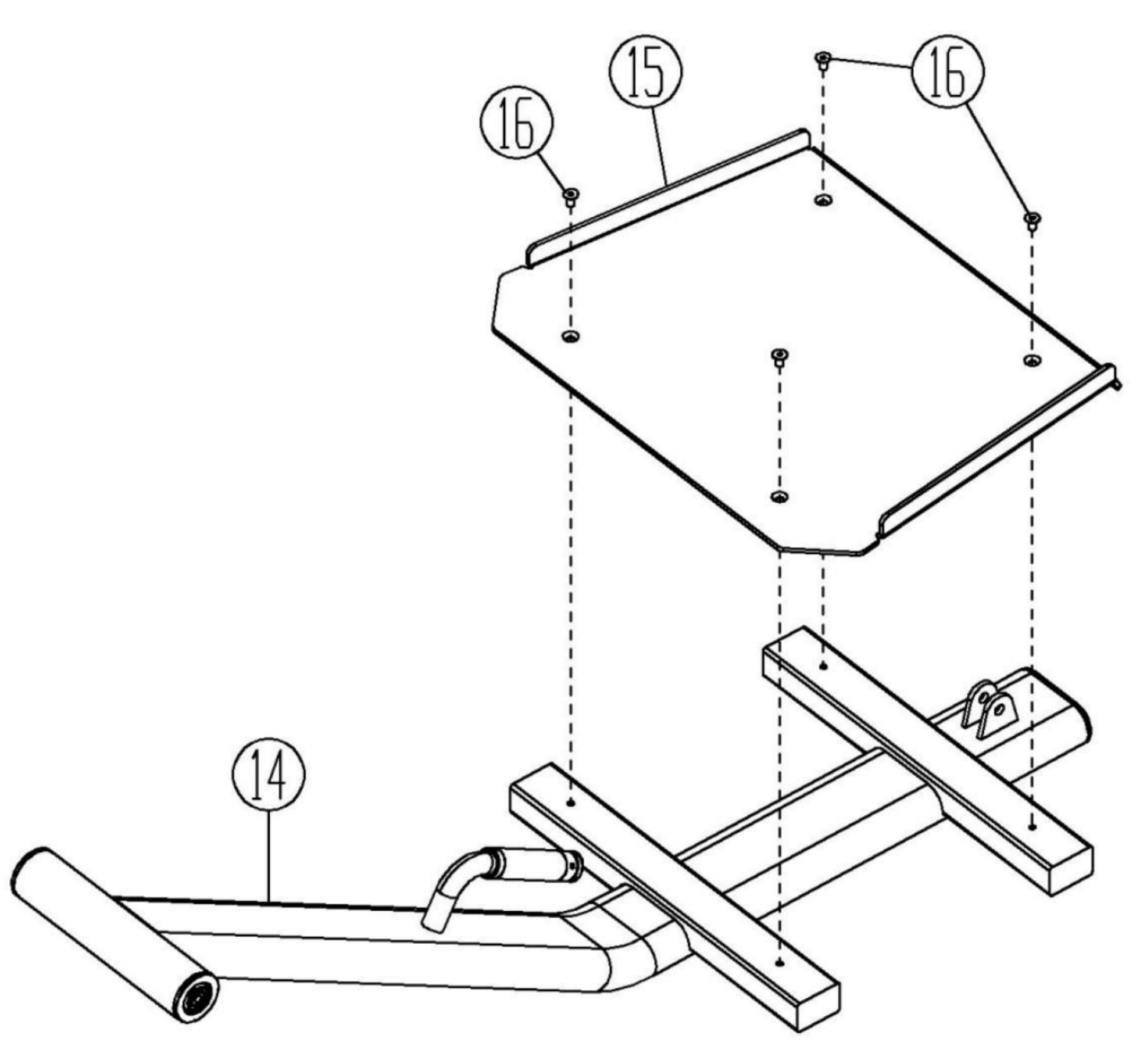
Step 4: Connect the seat pedal connecting plate (#51) to the seat pedal side frame (#10) and the weight frame (#1) using the following method:
·6xHexagon socket head screw (#7)
·6xSpring washer (#5)
·6xFlat washer (#6)
Tighten the bolts with a wrench before proceeding to the next step

Step 5: Install the two weight rack feet (#12) to the weight rack (#1)
Install the three flat oval foot pads (#13) to the side frame (#10) and the bottom frame (#2).



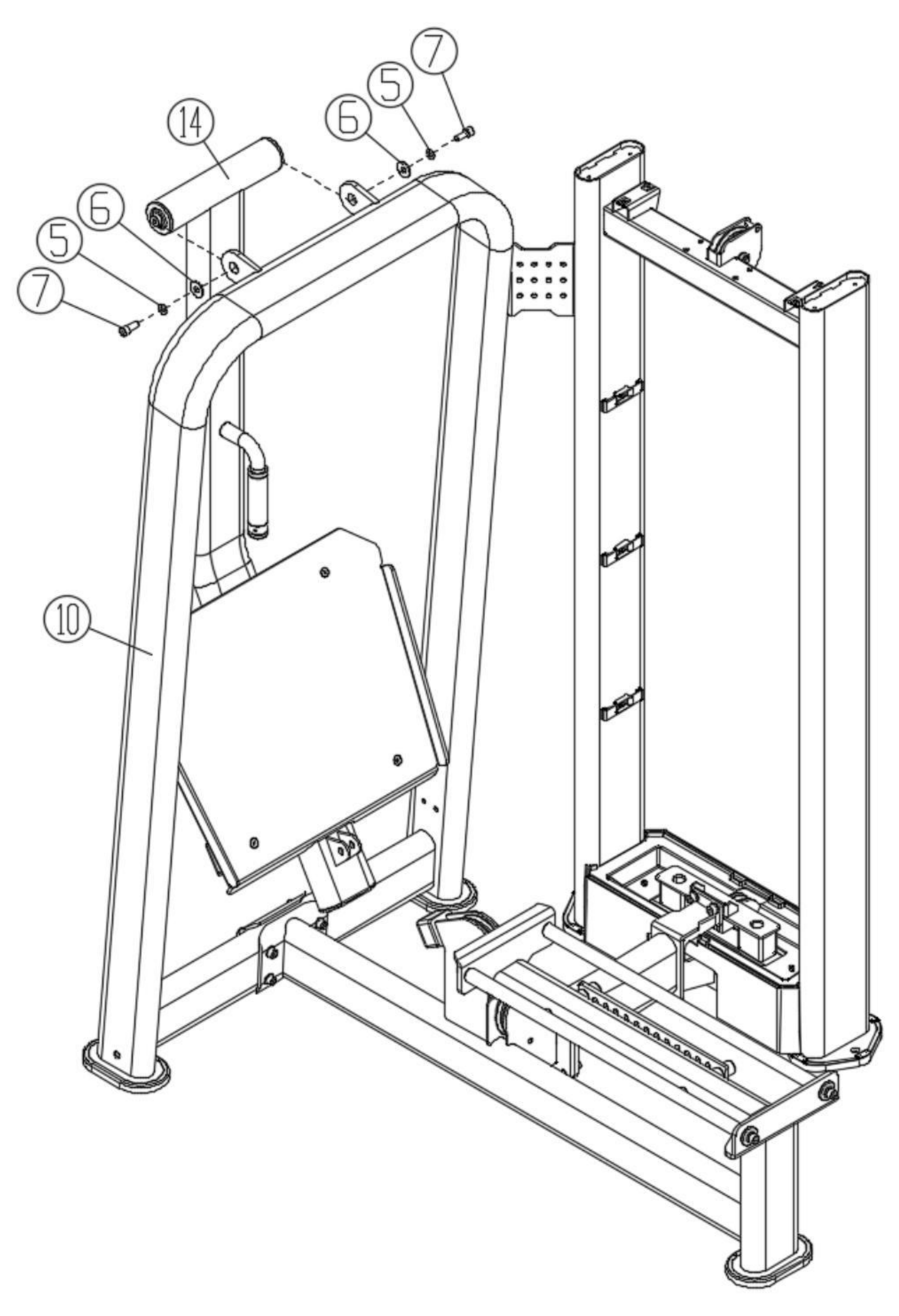
Assembly

Step 6: Connect the pedal board (#15) to the pedal arm (#14) as follows:
·4xHexagon socket countersunk head screw (#16)
Tighten the bolts with a wrench before proceeding to the next step



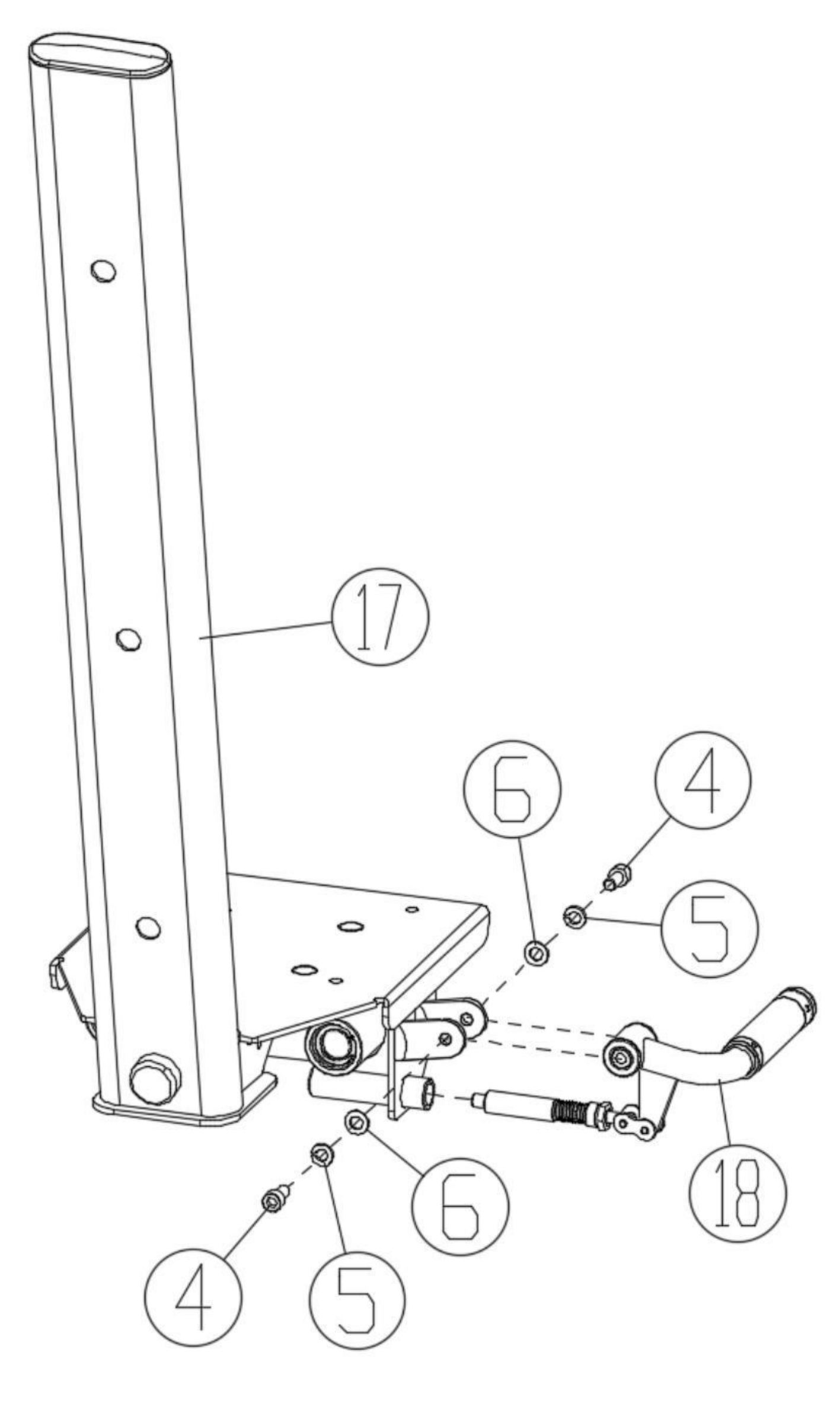
Assembly

Step 7: Connect the pedal lever arm (#14) to the pedal side frame (#10) using the following method:
·2xHexagon socket head screw (#7)
·2xSpring washer (#5)
·2xFlat washer (#6)
Tighten the bolts with a wrench before proceeding to the next step



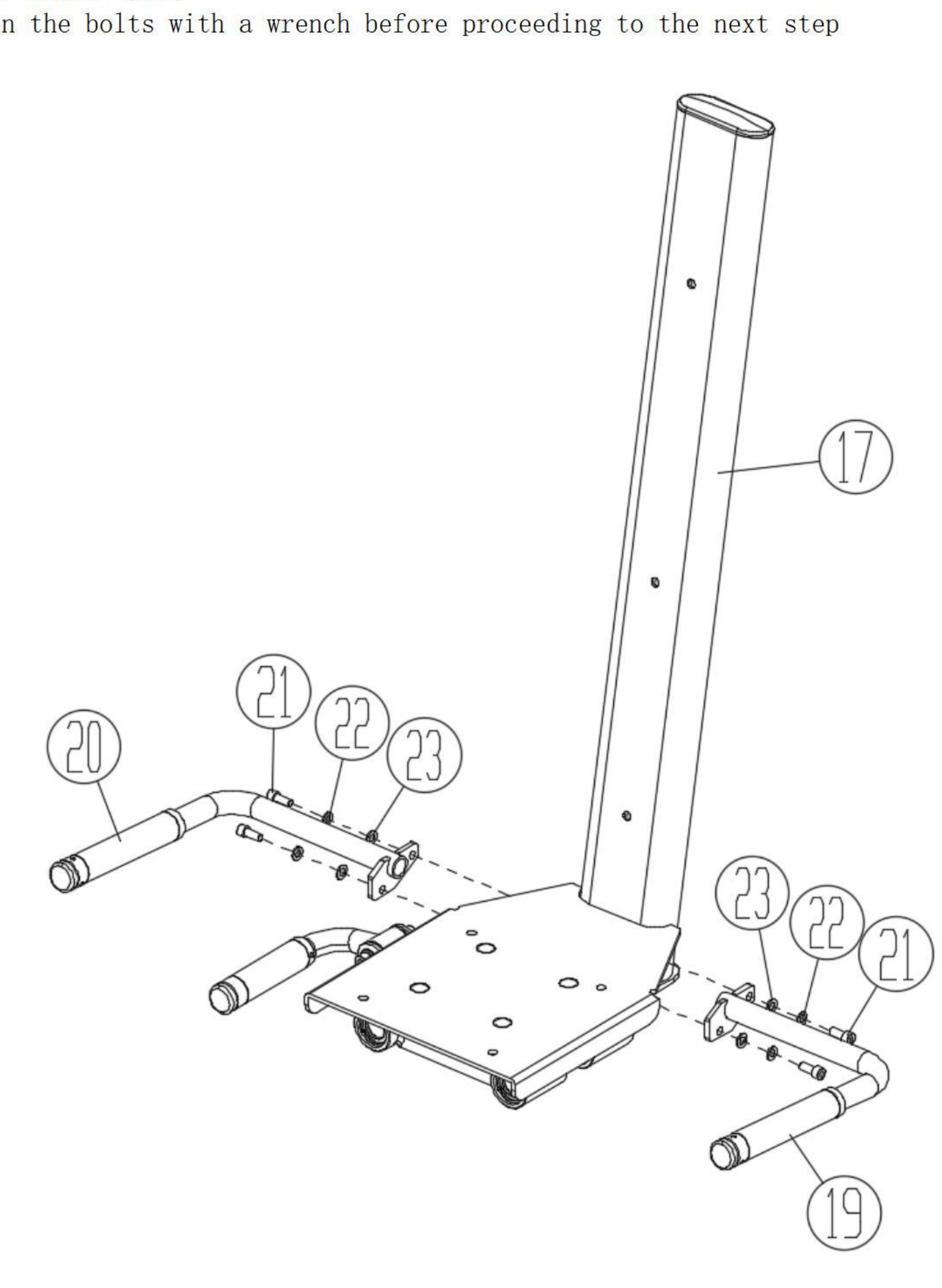
Assembly

Step 8: Connect the pedal adjustment handle (#18) to the pedal seat (#17) using the following method:
·2xHexagon socket head screw (#4)
·2xSpring washer (#5)
·2xFlat washer (#6)
Tighten the bolts with a wrench before proceeding to the next step



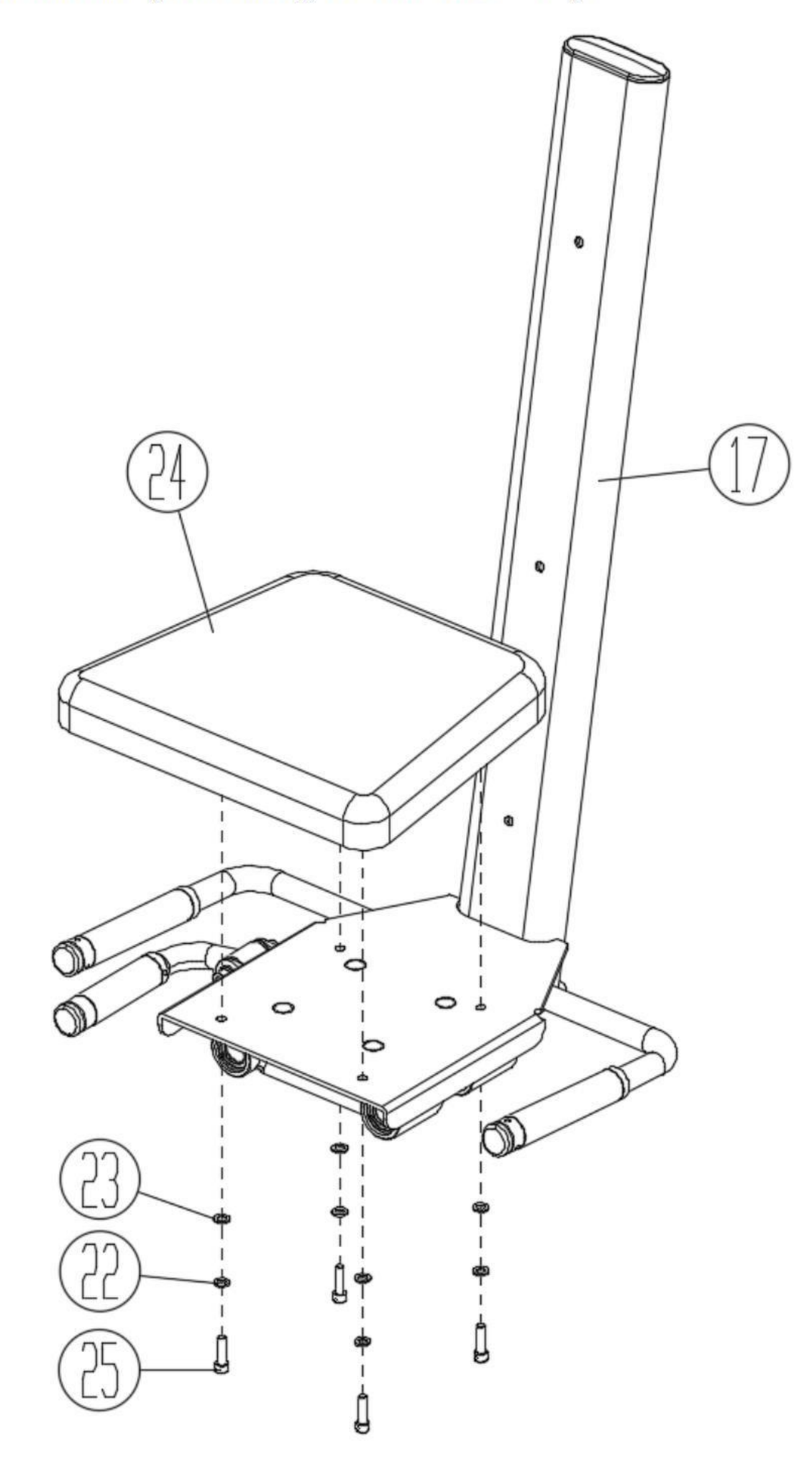
Assembly

Step 9: Connect the left pedal handle (#19) and the right pedal handle (#20) to the pedal seat (#17) using the following method:
·4xHexagon socket head screw (#21)
·4xSpring washer (#22)
·4xFlat washer (#23)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

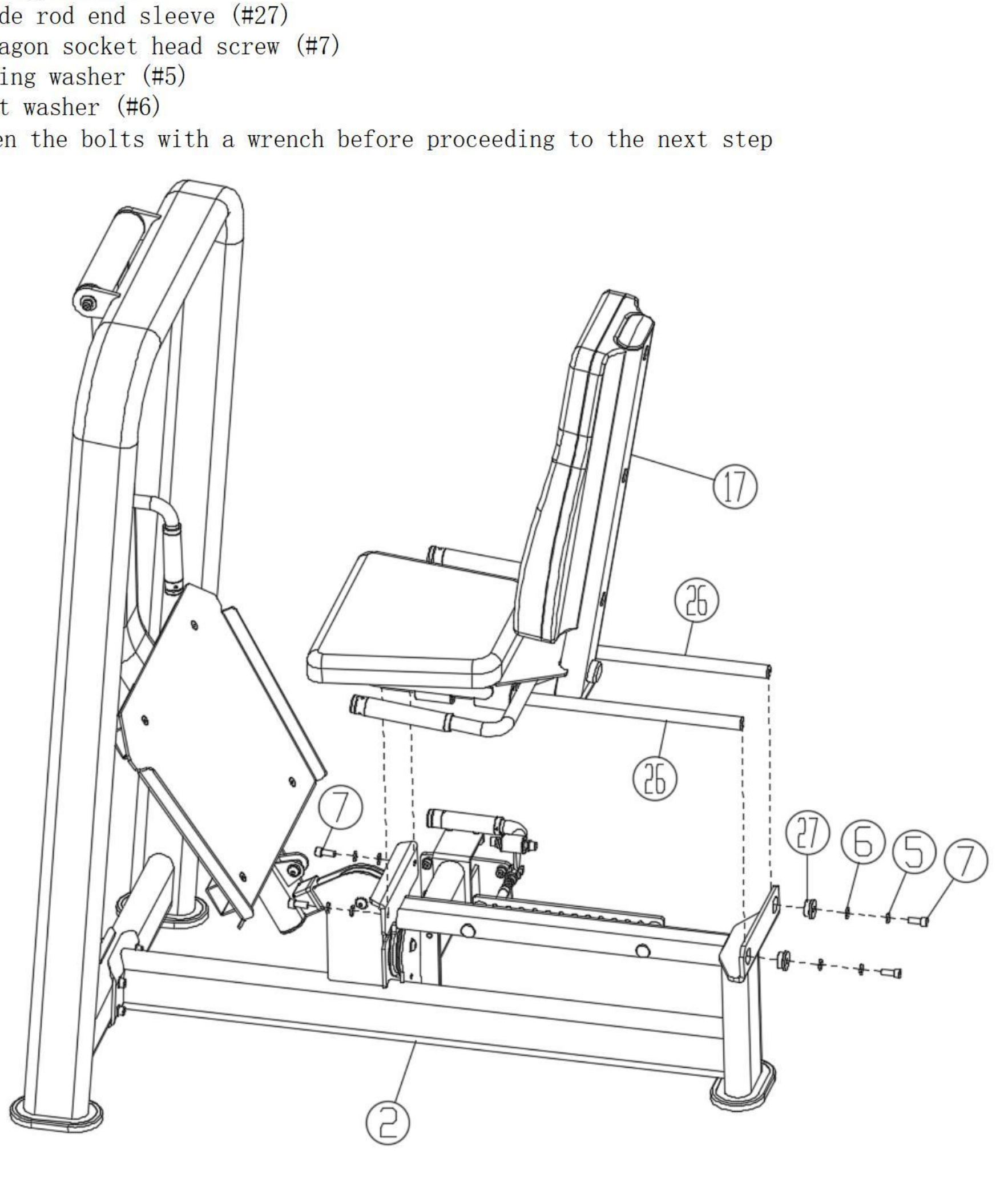
Step 10: Attach the pedal cushion (#24) to the pedal seat (#17) using the following method:
·4xHexagon socket head screw (#25)
·4xSpring washer (#22)
·4xFlat washer (#23)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

STEP 11: Install the two step rails (#26) to the step seat (#17).

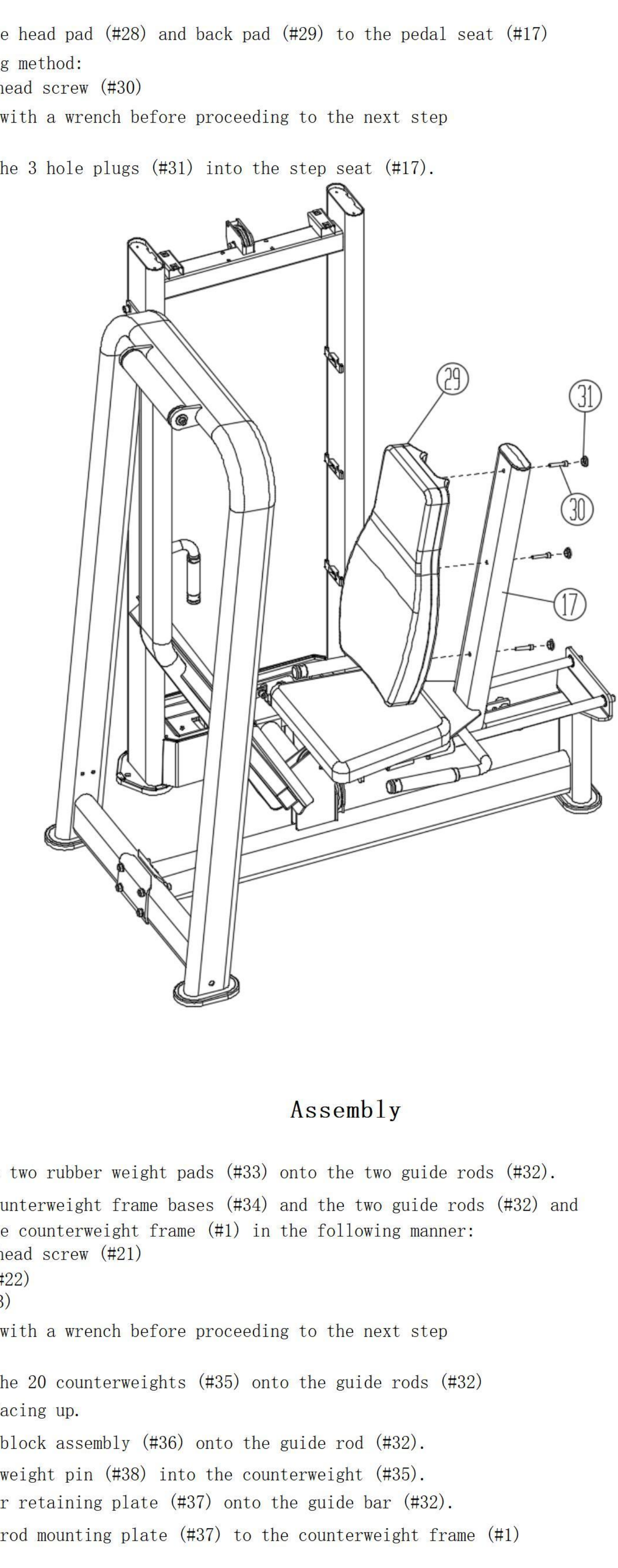
Step 12: Attach the pedal seat (#17) to the pedal base (#2) using the following method:
·2xSlide rod end sleeve (#27)
·4xHexagon socket head screw (#7)
·4xSpring washer (#5)
·4xFlat washer (#6)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 13: Attach the head pad (#28) and back pad (#29) to the pedal seat (#17) using the following method:
·3xHexagon socket head screw (#30)
Tighten the bolts with a wrench before proceeding to the next step

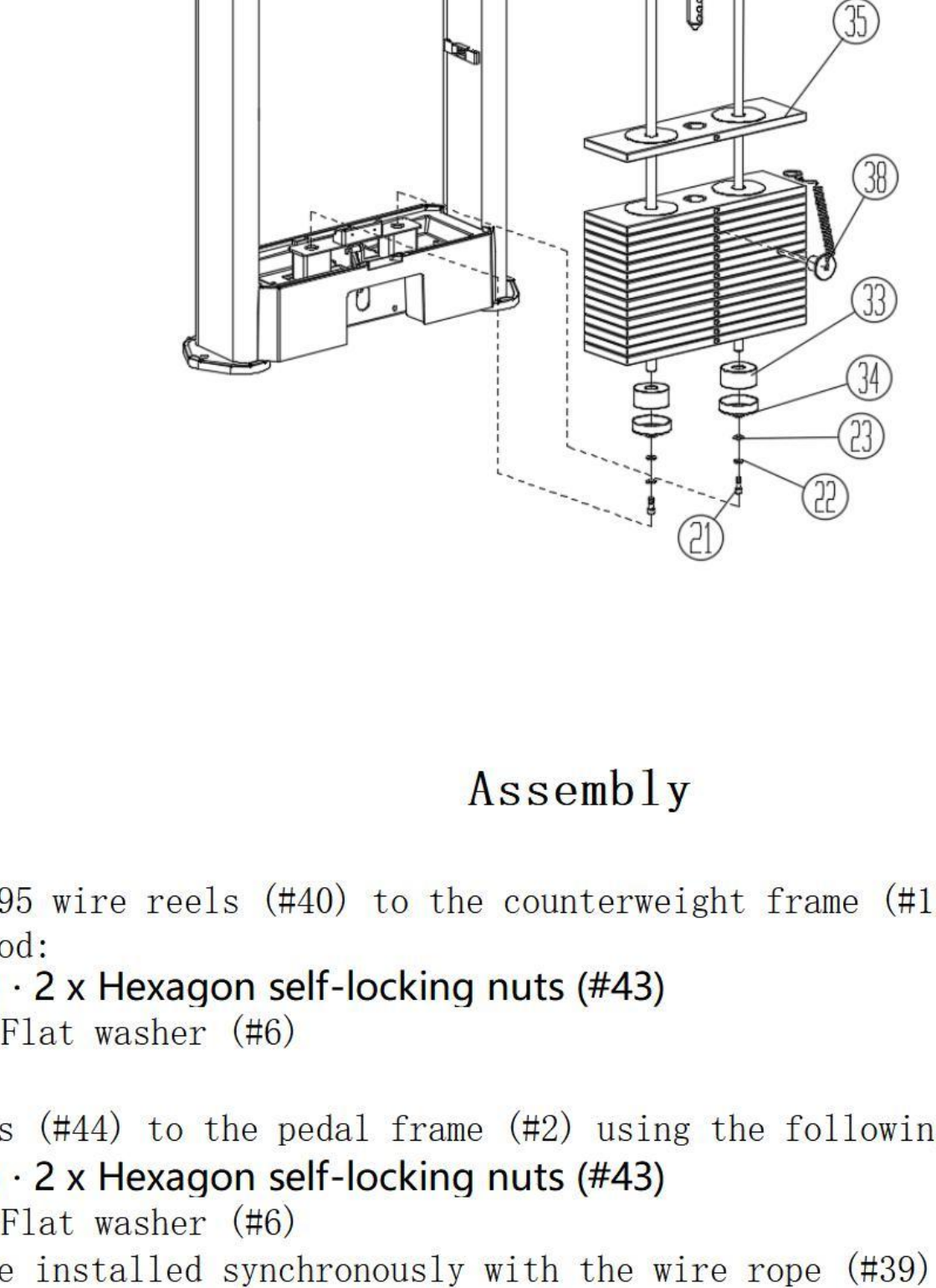
STEP 14: Install the 3 hole plugs (#31) into the step seat (#17).



Assembly

Step 15: Slide the two rubber weight pads (#33) onto the two guide rods (#32).
Connect the two counterweight frame bases (#34) and the two guide rods (#32) and place them into the counterweight frame (#1) in the following manner:
·2xHexagon socket head screw (#21)
·2xSpring washer (#22)
·2xFlat washer (#23)
Tighten the bolts with a wrench before proceeding to the next step

Step 16: Install the 20 counterweights (#35) onto the guide rods (#32) with the spacers facing up.
Install the guide block assembly (#36) onto the guide rod (#32).
Insert the counterweight pin (#38) into the counterweight (#35).
Slide the guide bar retaining plate (#37) onto the guide bar (#32).
Install the guide rod mounting plate (#37) to the counterweight frame (#1) as follows:
·2xHexagon socket head screw (#21)
Tighten the bolts with a wrench before proceeding to the next step

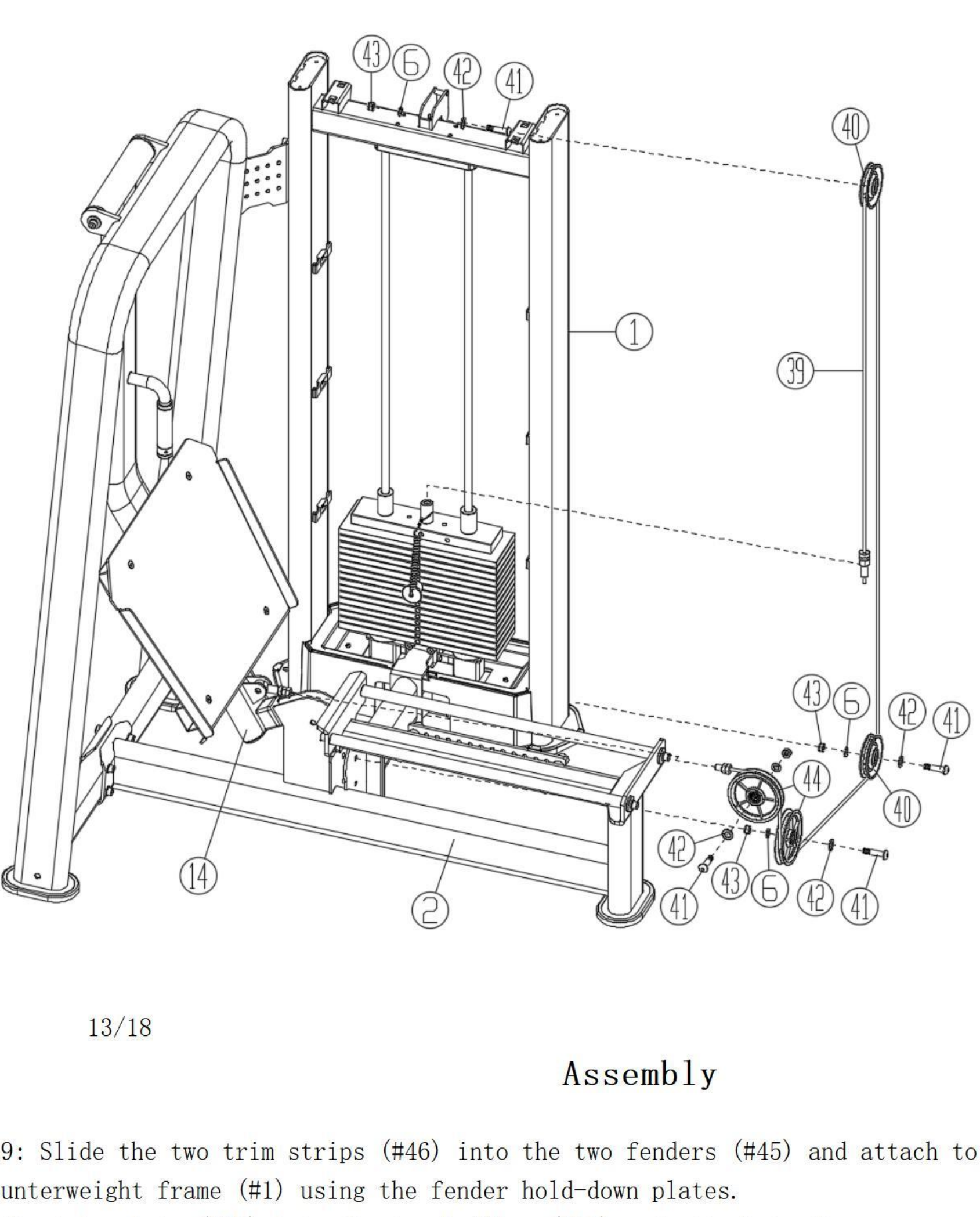


Assembly

Step 17: Attach the two 95 wire reels (#40) to the counterweight frame (#1) using the following method:
·2 x Wire wheel axle (#41) · 2 x Hexagon self-locking nuts (#43)
·2x Flat washer (#42)·2x Flat washer (#6)

Attach the two 120 spools (#44) to the pedal frame (#2) using the following method:
·2 x Wire wheel axle (#41) · 2 x Hexagon self-locking nuts (#43)
·2x Flat washer (#42)·2x Flat washer (#6)
Note that these reels are installed synchronously with the wire rope (#39)

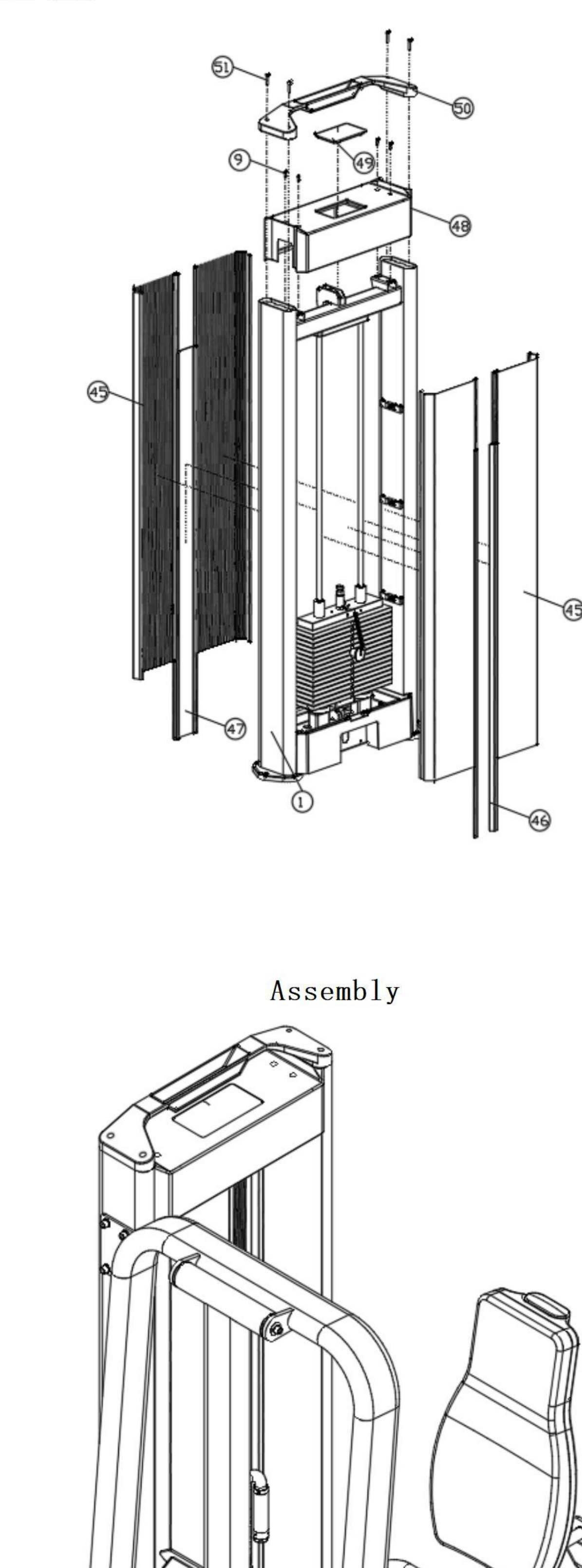
Step 18: Attach the M14 bolt end of the wire rope (#39) to the counterweight frame (#1).
Attach the M12 bolt end of the wire rope (#39) to the pedal arm (#14).



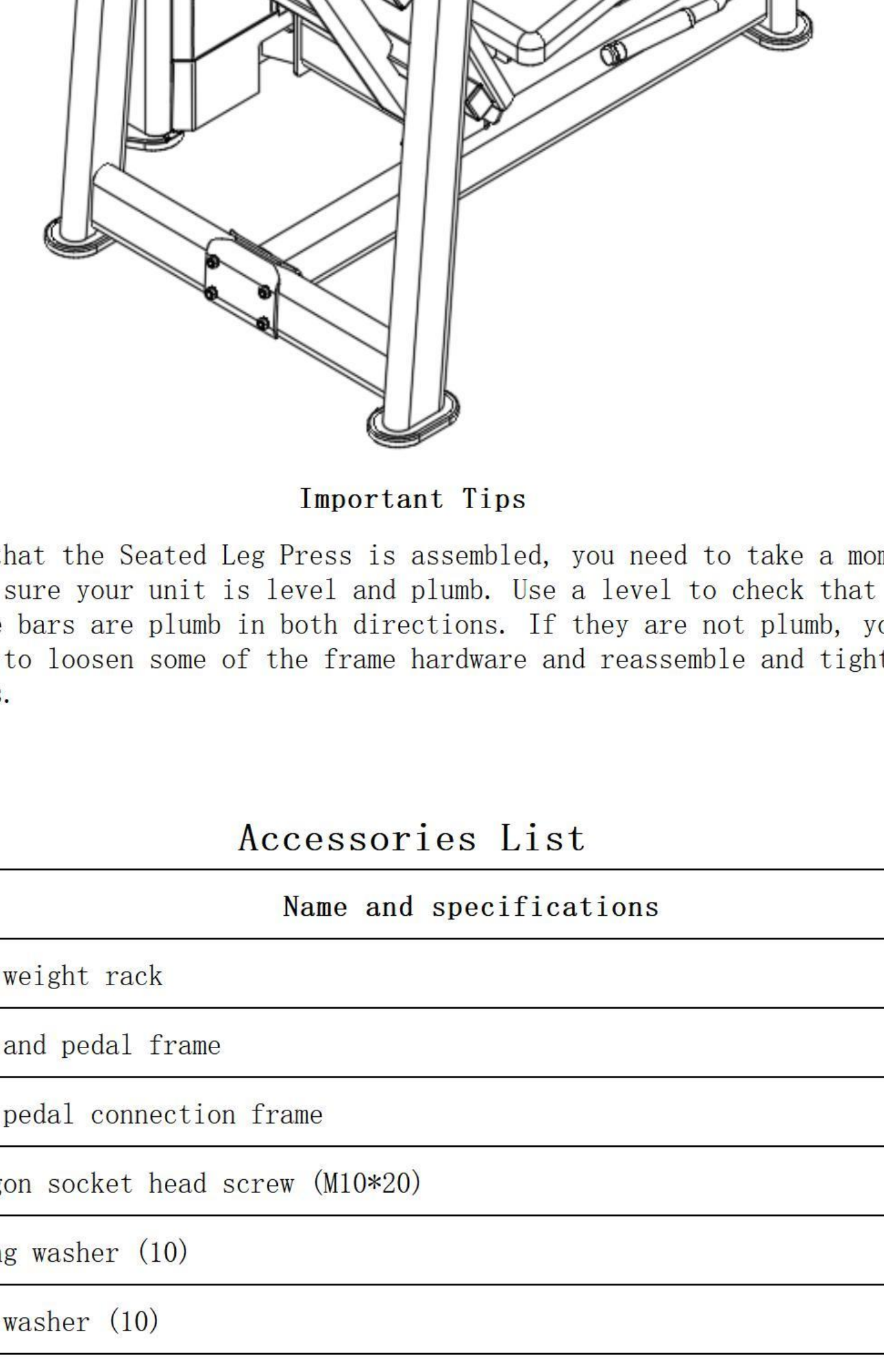
Assembly

Step 19: Slide the two trim strips (#46) into the two fenders (#45) and attach to the counterweight frame (#1) using the fender hold-down plates.
Slide the trim plate (#47) into the two baffles (#45) and attach to the counterweight frame (#1) using the baffle hold-down plates.
Attach the upper guard (#48) to the counterweight frame (#1) as follows:
·4xHexagon socket head screw (#9)
Connect the upper shroud cover (#49) to the upper shroud (#48).

Attach the upper cover trim (#50) to the counterweight front frame (#1) as follows:
·4xHexagon socket head screw (#51)



Assembly



Important Tips

Now that the Seated Leg Press 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	Seat weight rack	1
2	Seat and pedal frame	1
3	Seat pedal connection frame	1
4	Hexagon socket head screw (M10*20)	4
5	Spring washer (10)	20
6	Flat washer (10)	32
7	Hexagon socket head screw (M10*25)	16
8	Counterweight lower guard	1
9	Hexagon socket head screw (M5*16)	8
10	Sit and step side frame	1
11	Hexagon socket head screw (M10*75)	4
12	Weight rack foot pads	2
13	Flat oval foot pad	3
14	Sitting lever arm	1
15	Sit on the pedals	1
16	Hexagon socket flat countersunk screw (M8*15)	4
17	Pedal seat	1
18	Seat pedal adjustment handle	1
19	Sit on the left handle	1
20	Sit on the right handle	1
21	Hexagon socket head screw (M8*20)	4

Accessories List

Serial number	Name and specifications	quantity
22	Spring washers (8)	8
23	Flat washers (8)	8
24	Seat cushion	1
25	Hexagon socket head screw (M8*30)	4
26	Slide rail (φ25*700)	2
27	Slide rod end sleeve	2
28	Side frame connecting plate	1
29	Back pad	1
30	Hexagon socket head screw (M8*40)	3
31	20-hole plug	3
32	Universal weight guide rod	2
33	Counterweight rubber pad	2
34	Counterweight rack base	2
35	Counterweight	20
36	Guide block set	1
37	Guide rod fixing plate	1
38	Counterweight latch	1
39	Sitting wire rope	1
40	95 reel	2
41	Reel-32	4
42	Flat washers (12)	4

Accessories List

Serial number	Name and specifications	quantity
43	Hexagonal self-locking nut (M10)	8
44	120 reel	2
45	Bezel	4
46	Counterweight decorative strip	2
47	Counterweight source decorative plate	1
48	Counterweight upper guard	1
49	Upper guard cover	1
50	Upper cover decoration	1
51	Seat pedal connection plate	1
52	Hexagon socket head screw (M6*30)	4

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