C430 Installation Guide

Seated Calf

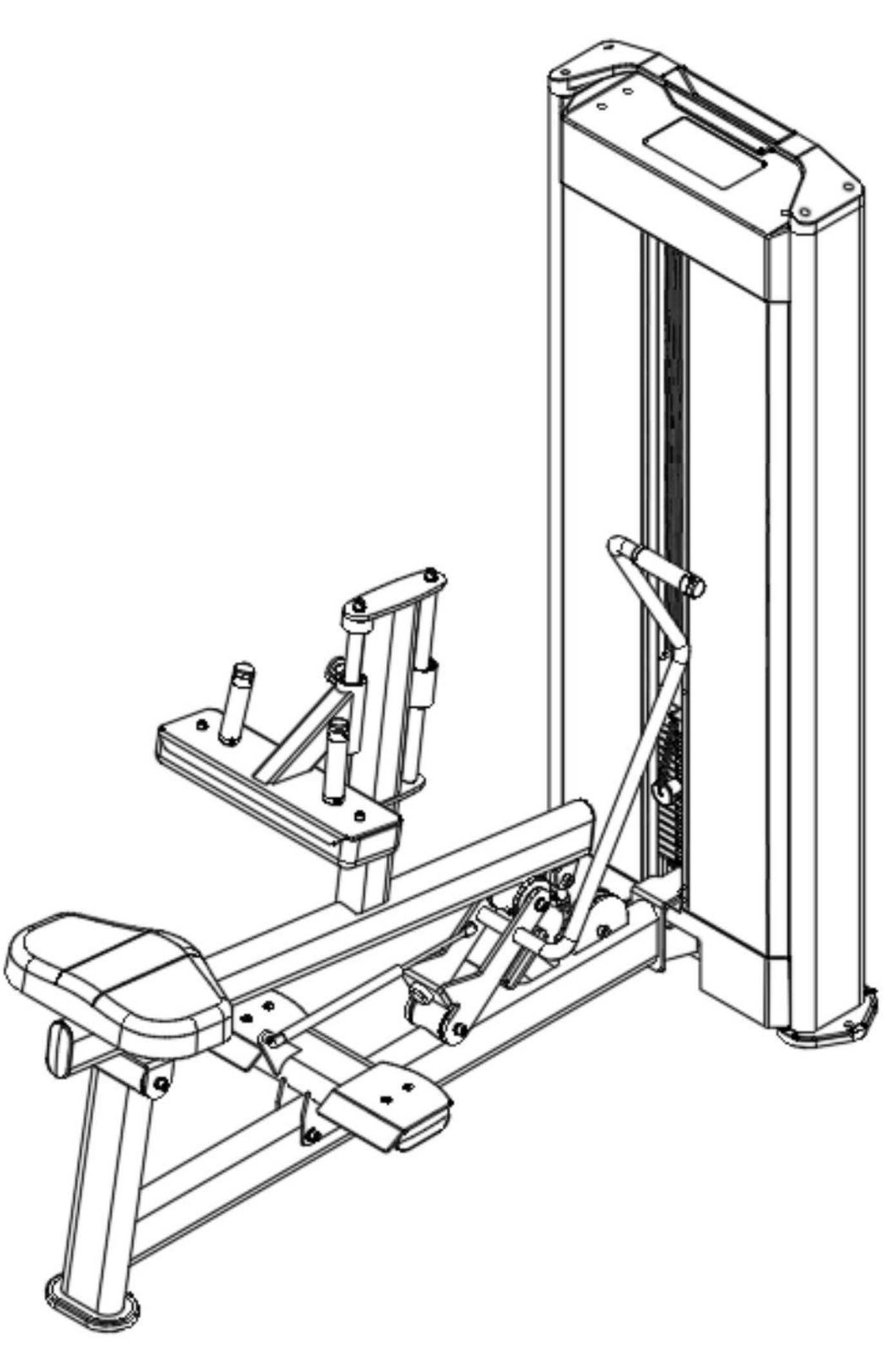


Table of contents

Introduction …………………………………………………… 2

Assembly …………………………………………………… 3

Accessories List …………………………………………………… 10

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

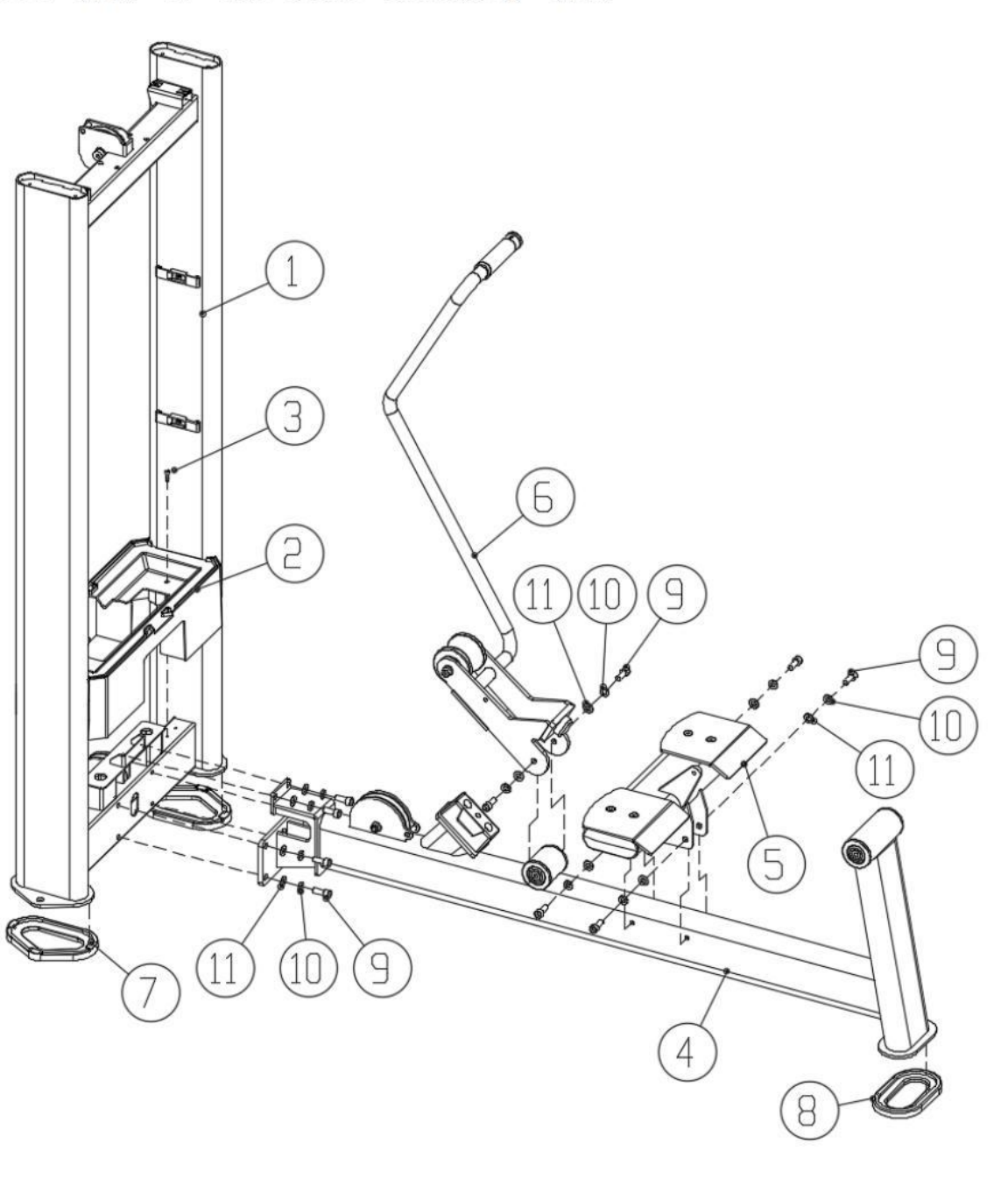
Assembly

Step 1: Connect the counterweight lower guard (#2) to the counterweight frame (#1) using the following method:
·2x Hexagon socket head screw M5*16 (#3)

Step 2: Connect the base frame assembly (#4) to the counterweight frame (#1) using the following method:
·6xHexagon socket head screw M10*25 (#9)
·6xSpring washer M10 (#10)
·6xFlat washer M10-D20 (#11)

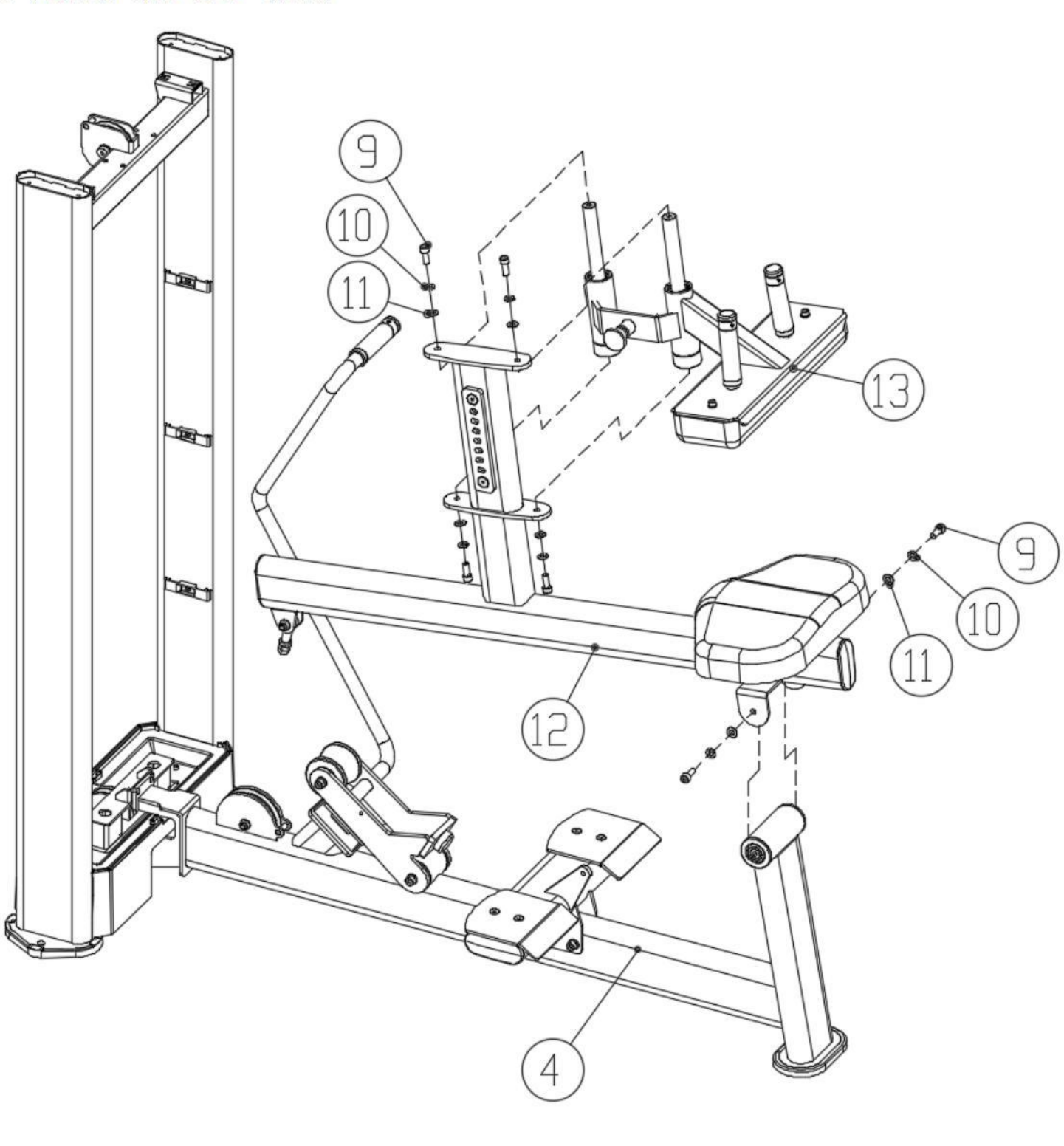
Step 3: Connect the footrest bracket assembly (#5), power assist assembly (#6) and bottom frame assembly (#4) as follows:
·6xHexagon socket head screw M10*25 (#9)
·6xSpring washer M10 (#10)
·6xFlat washer M10-D20 (#11)

Step 4: Install the 2 weight feet (#7) to the weight rack (#1)
Install the 2 flat oval feet (#8) to the base assembly (#4)



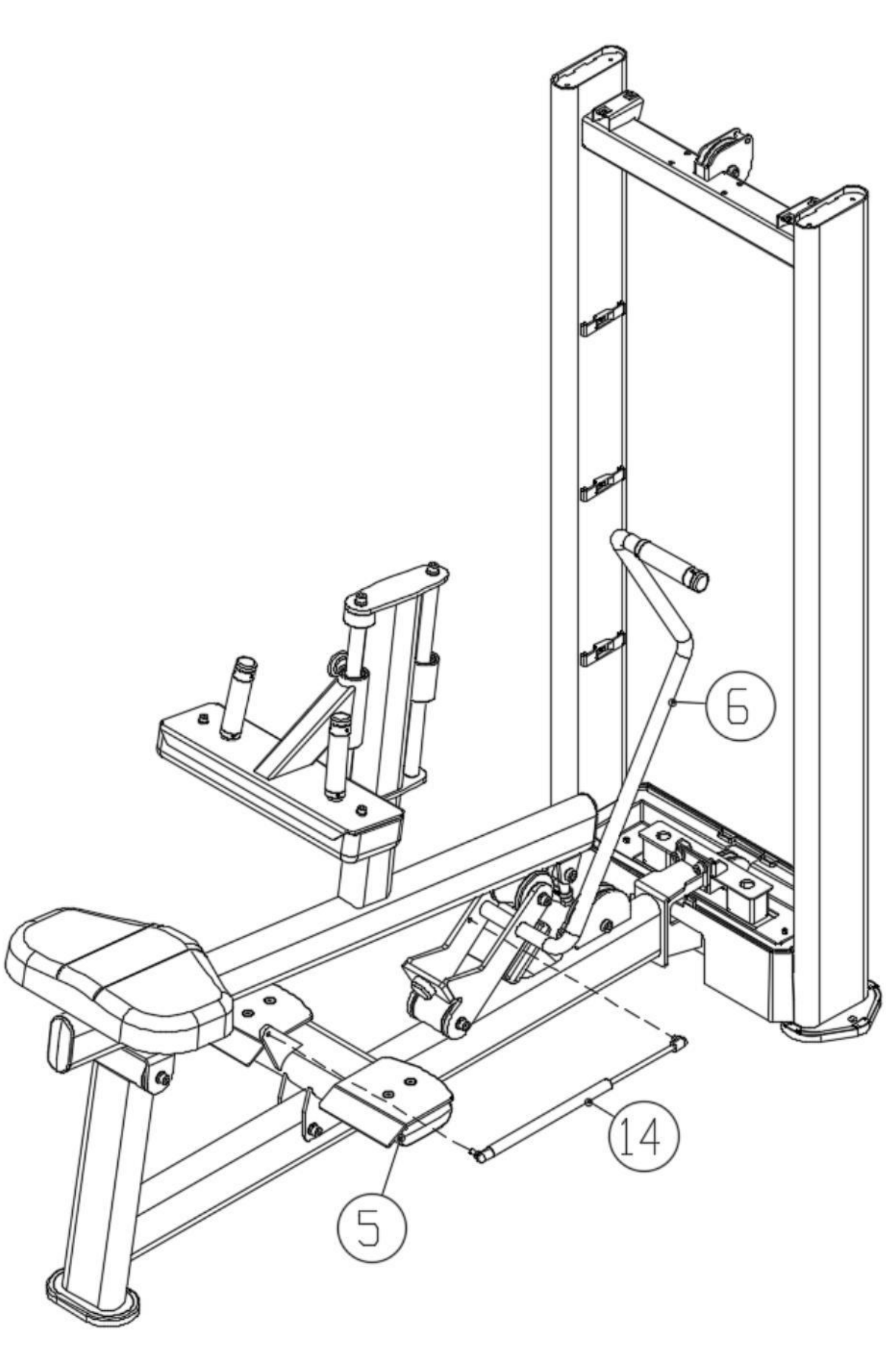
Assembly

Step 5: Connect the Seated Calf Slide Assembly (#13) to the Seated Calf Lever Assembly (#12) as follows:
Step 6: Connect the Seated Calf Arm Assembly (#12) to the Base Frame Assembly (#4) as follows:
·2xHexagon socket head screw M10*25 (#9)
·2xSpring washer M10 (#10)
·2xFlat washer M10-D20 (#11)



Assembly

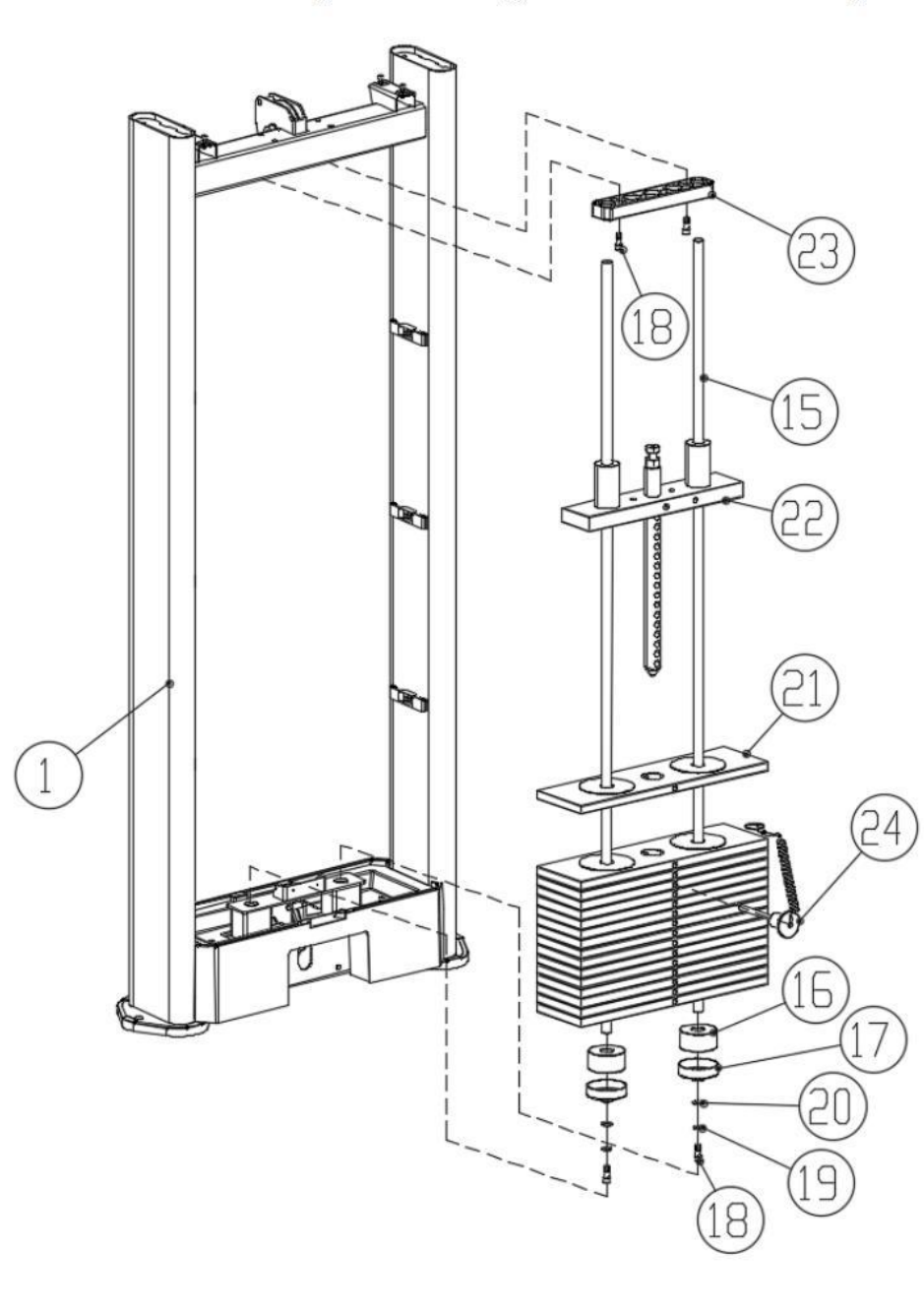
Step 7: Use the gas spring-100N-200 to connect the pedal bracket assembly (#5) and the power assist assembly (#6);



Assembly

Step 8: Slide the two rubber weight pads (#16) onto the two guide rods (#15).
Connect the two counterweight frame bases (#17) and the two guide rods (#15) and place them into the counterweight frame (#1) in the following manner:
·2xHexagon socket head screw M8*20 (#18)
·2xSpring washer M8 (#19)
·2xFlat washer M8-D16 (#20)
Tighten the bolts with a wrench before proceeding to the next step

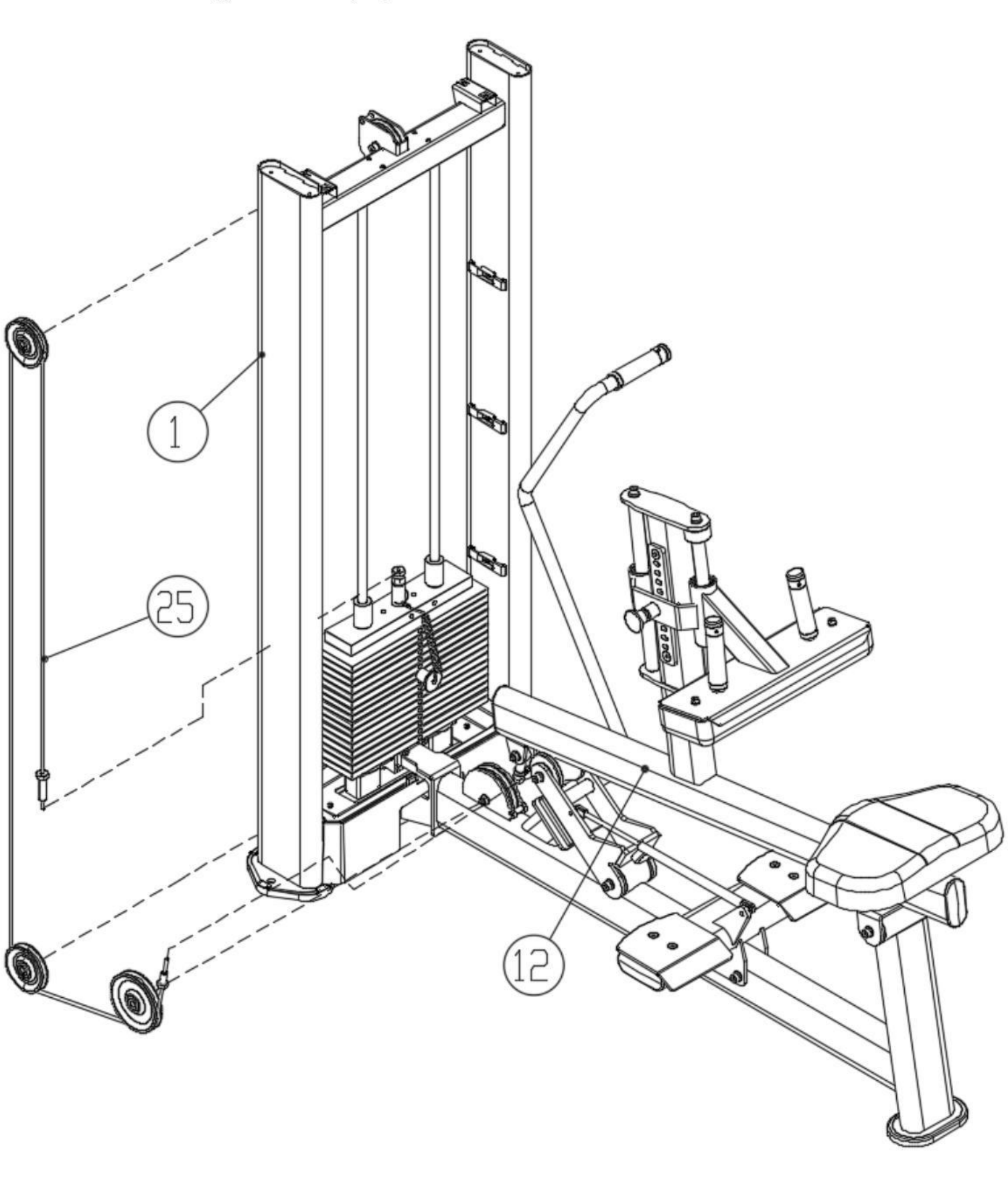
Step 9: Install the 16 counterweights (#21) onto the guide rods (#15) with the spacers facing up.
Install the guide block assembly (#22) onto the guide rod (#15).
Insert the counterweight pin (#24) into the counterweight (#21).
Slide the guide bar retaining plate (#23) onto the guide bar (#15).
Install the guide rod mounting plate (#23) to the counterweight frame (#1) as follows:
·2xHexagon socket head screw M8*20 (#18)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 10: Insert the wire rope (#25) 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 (#25)

Step 11: Connect one end of the wire rope (#25) to the seated calf arm assembly (#12), and then connect the other end to the weight rack (#1).

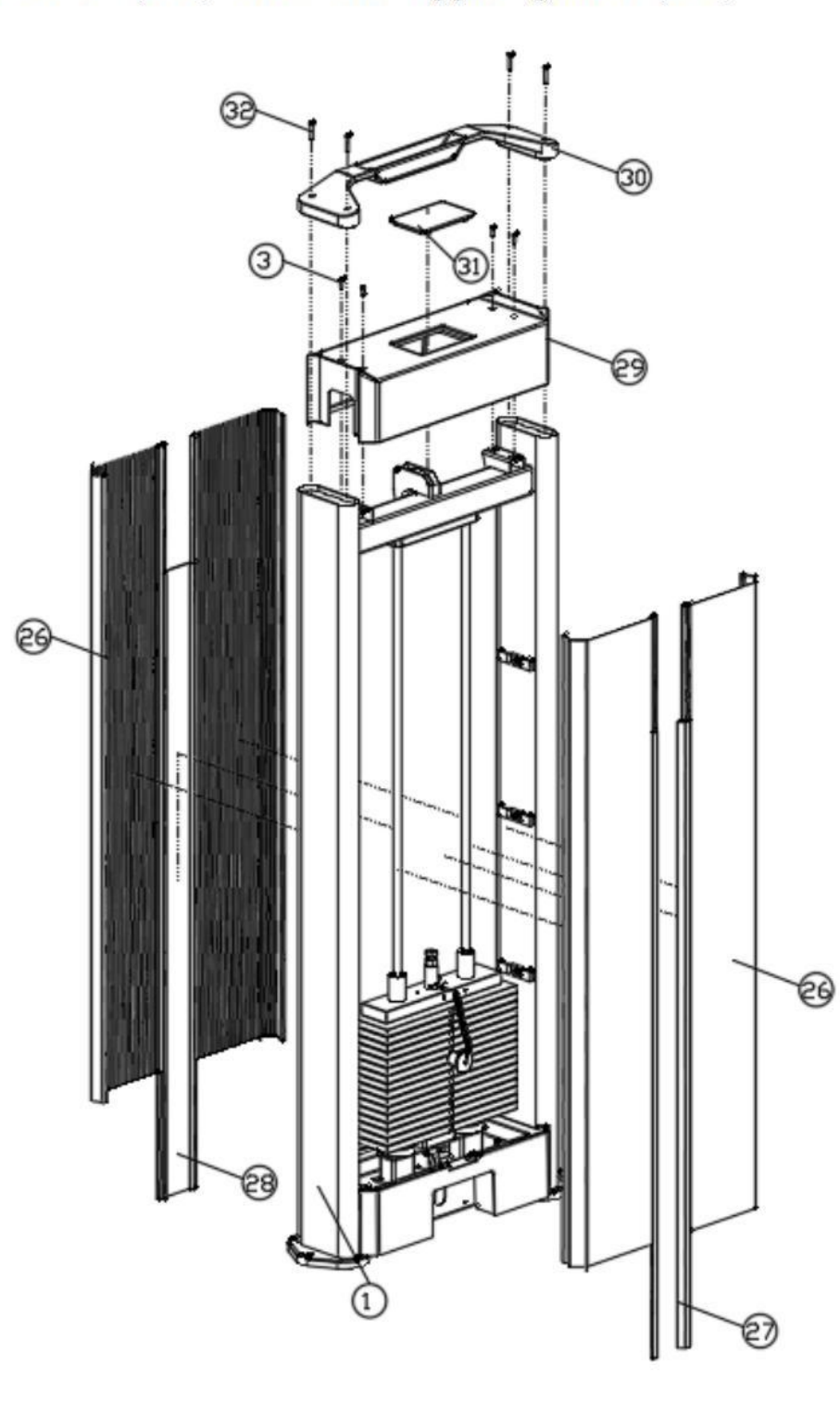


Assembly

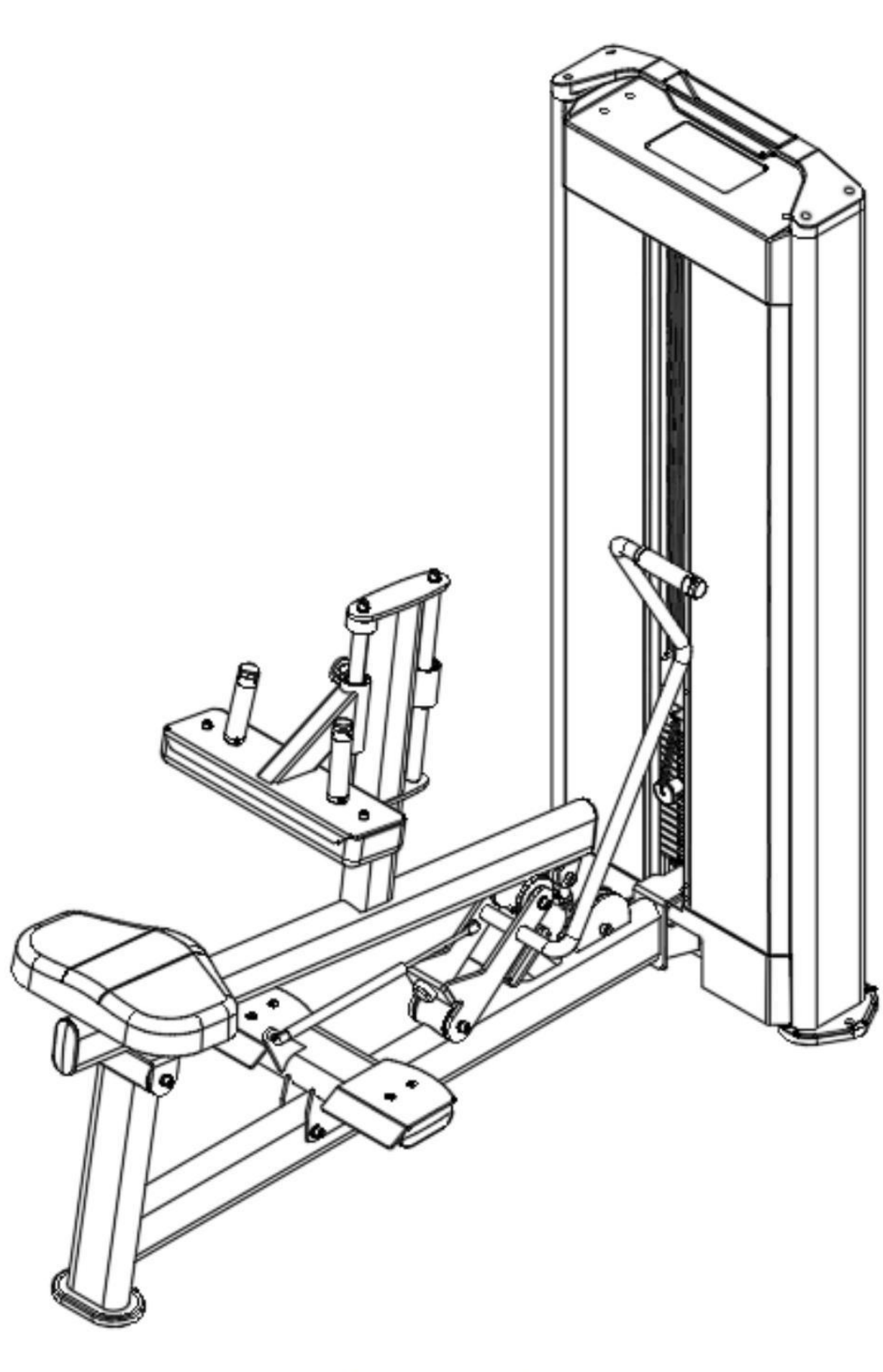
Step 12: Slide the two trim strips (#27) into the two fenders (#26) and attach to the counterweight frame (#1) using the fender hold-down plates.
Slide the trim plate (#28) into the two baffles (#26) and attach to the counterweight frame (#1) using the baffle hold-down plates.
Attach the upper guard (#29) to the counterweight frame (#1) as follows:
·4xHexagon socket head screw (#3)

Step 13: Attach the upper lid trim cover (#30) to the counterweight frame (#1) using the following method:
·4xHexagon socket head screw (#32)

Step 14: Snap the upper guard cover (#31) onto the upper guard (#29)



Assembly



Important Tips

Now that the Seated Calf Trainer 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)	8
4	Chassis components	1
5	Footrest bracket assembly	1
6	Power Components	1
7	Weight rack foot pads	2
8	Flat oval foot pad	2
9	Hexagon socket head screw (M10*25)	14
10	Spring washer (M10)	14
11	Flat washer (M10-D20)	14
12	Seated calf arm assembly	1
13	Seated Calf Slide Assembly	1
14	Gas spring-100N-200	1
15	Guide rod	2
16	Counterweight rubber pad	2
17	Counterweight rack base	2
18	Hexagon socket head screw (M8*20)	4
19	Spring washer (M8)	2
20	Flat washer (M8-D16)	2
21	Counterweight	16

Accessories List

Serial number	Name and specifications	quantity
22	Guide block set	1
23	Guide rod fixing plate	1
24	Counterweight latch	1
25	Wire Rope	1
26	Bezel	4
27	Decorative Strips	2
28	Decorative panels	1
29	Upper guard	1
30	Upper cover decoration	1
31	Upper guard cover	1
32	Hexagon socket head screw (M6*30)	4

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