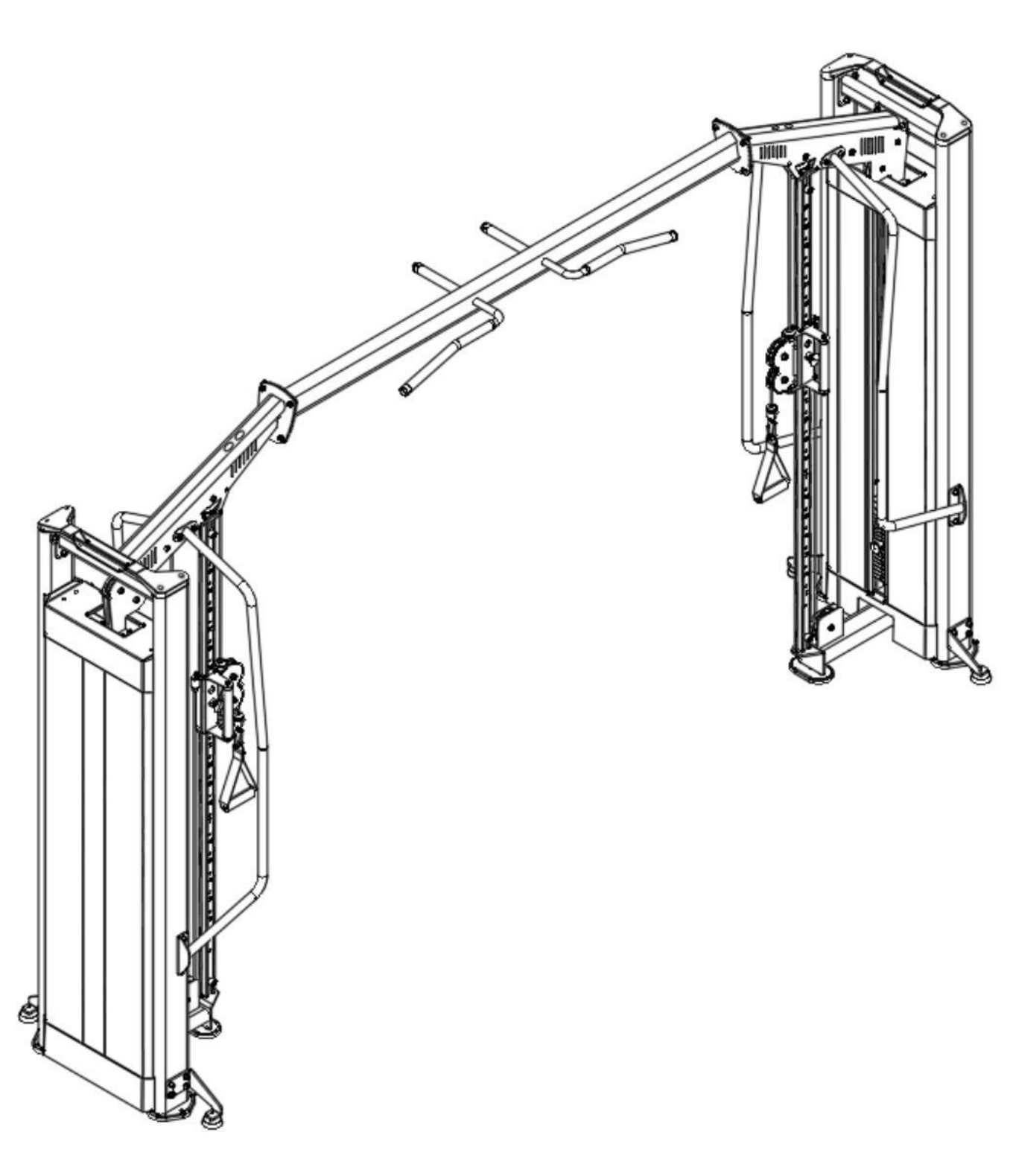
C432 Installation Guide

Adjustable Crossover



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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

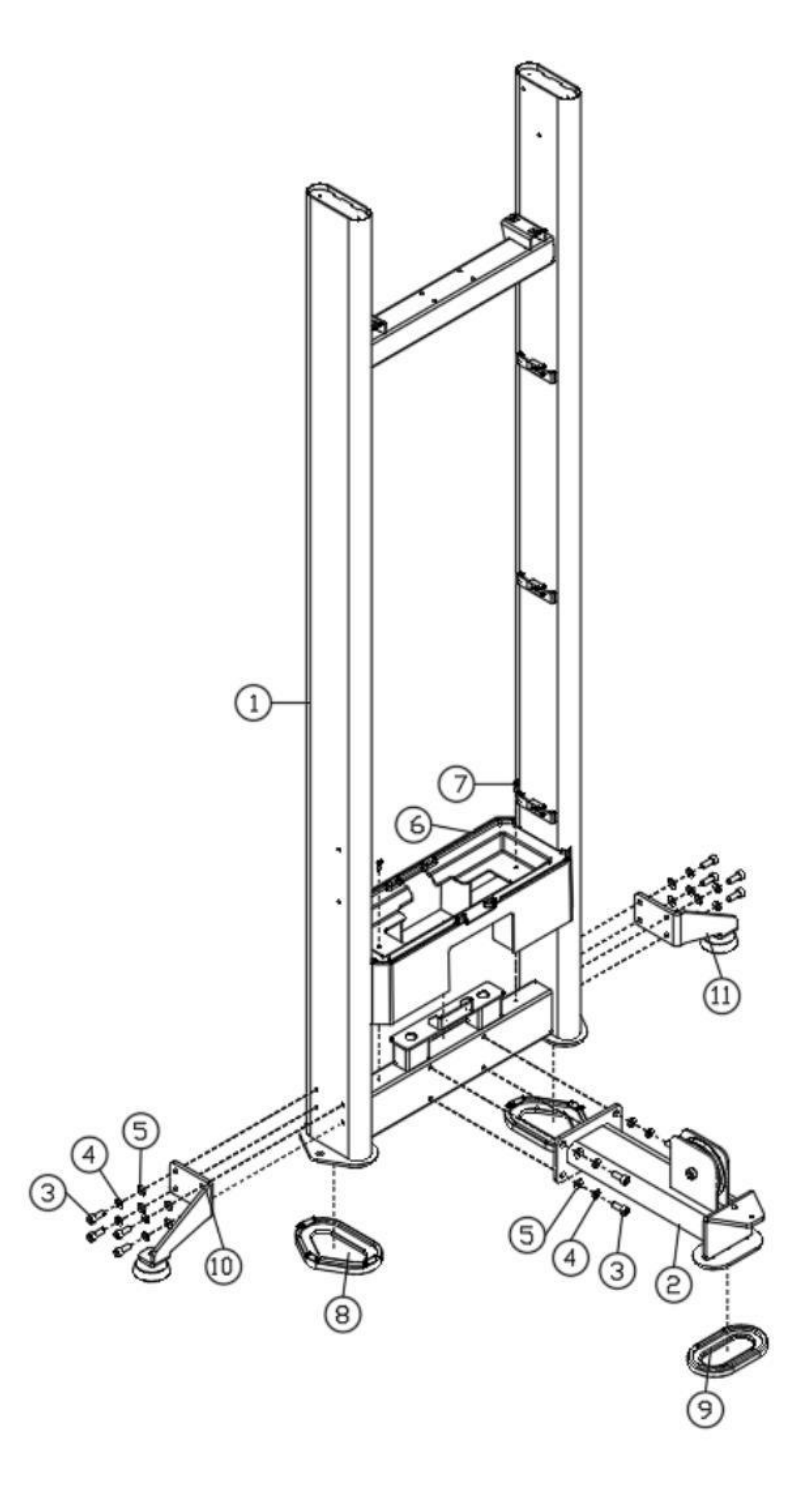
Assembly

Step 1: Connect the cross base (#2) to the cross weight frame (#1) as follows:
- 4xHexagon socket head screw (#3)
- 4xSpring washer (#4)
- 4xFlat washer (#5)

Step 2: Connect the counterweight lower guard (#6) to the cross counterweight frame (#1) using the following method:
- 2x Hexagon socket head screw (#7)

Step 3: Install the two counterweight stand foot pads (#8) and one flat oval foot pad (#9) in the corresponding positions as shown in the figure.

Step 4: Connect the left and right support assemblies (#11) (#10) of the main frame to the cross counterweight frame (#1) using the following method.
- 8xHexagon socket head screw (#3)
- 8xSpring washer (#4)
- 8xFlat washer (#5)



Assembly

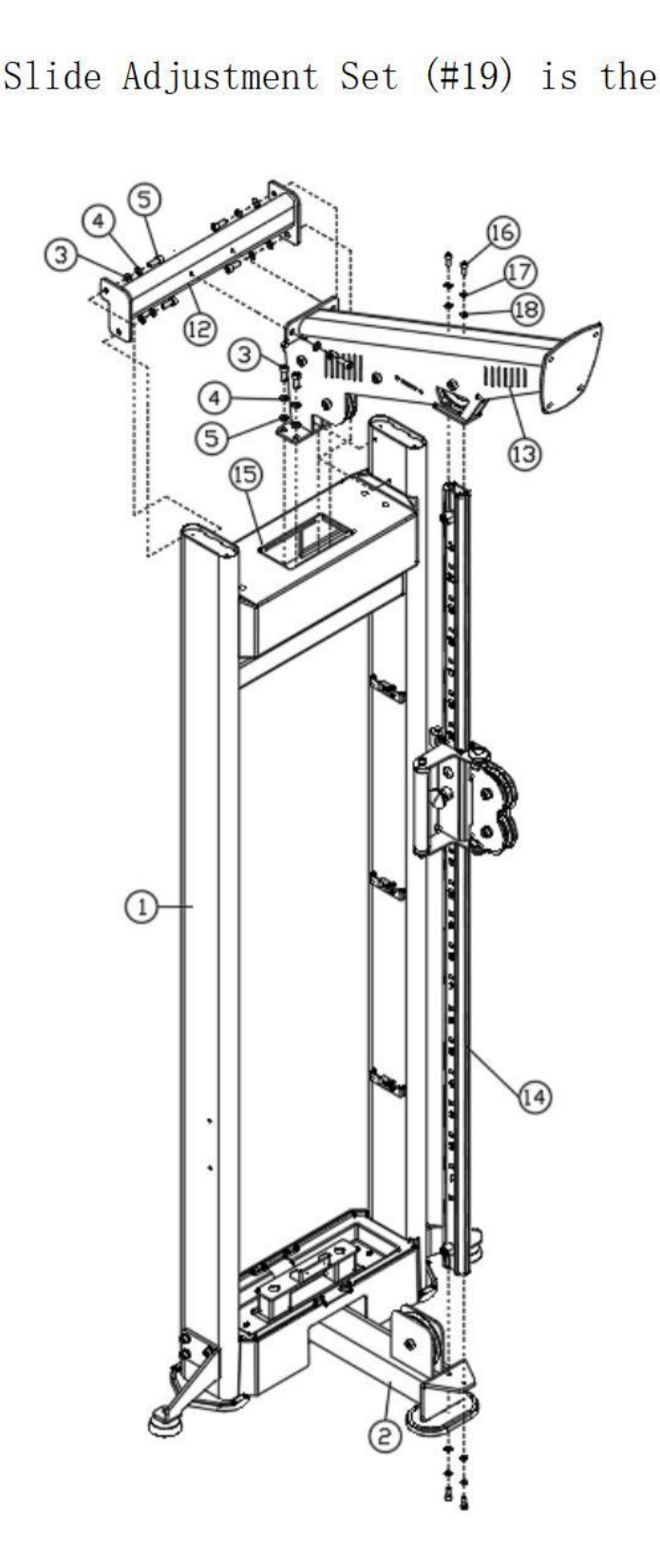
Step 5: Use the following method to connect the cross upper beam (#13) and the upper beam fixing rod (#12) with the cross counterweight

The upper guard (#15) needs to be inserted into the cross upper beam (#13):
- 10xHexagon socket head screw (#3)
- 10xSpring washer (#4)
- 10xFlat washer (#5)

Step 6: Use the following method to connect the L bird sliding adjustment group (#14) to the cross base (#2) and the cross upper beam (#13).

Connect them separately:
- 4xHexagon socket head screw (#16)
- 4xSpring washer (#17)
- 4xFlat washer (#18)

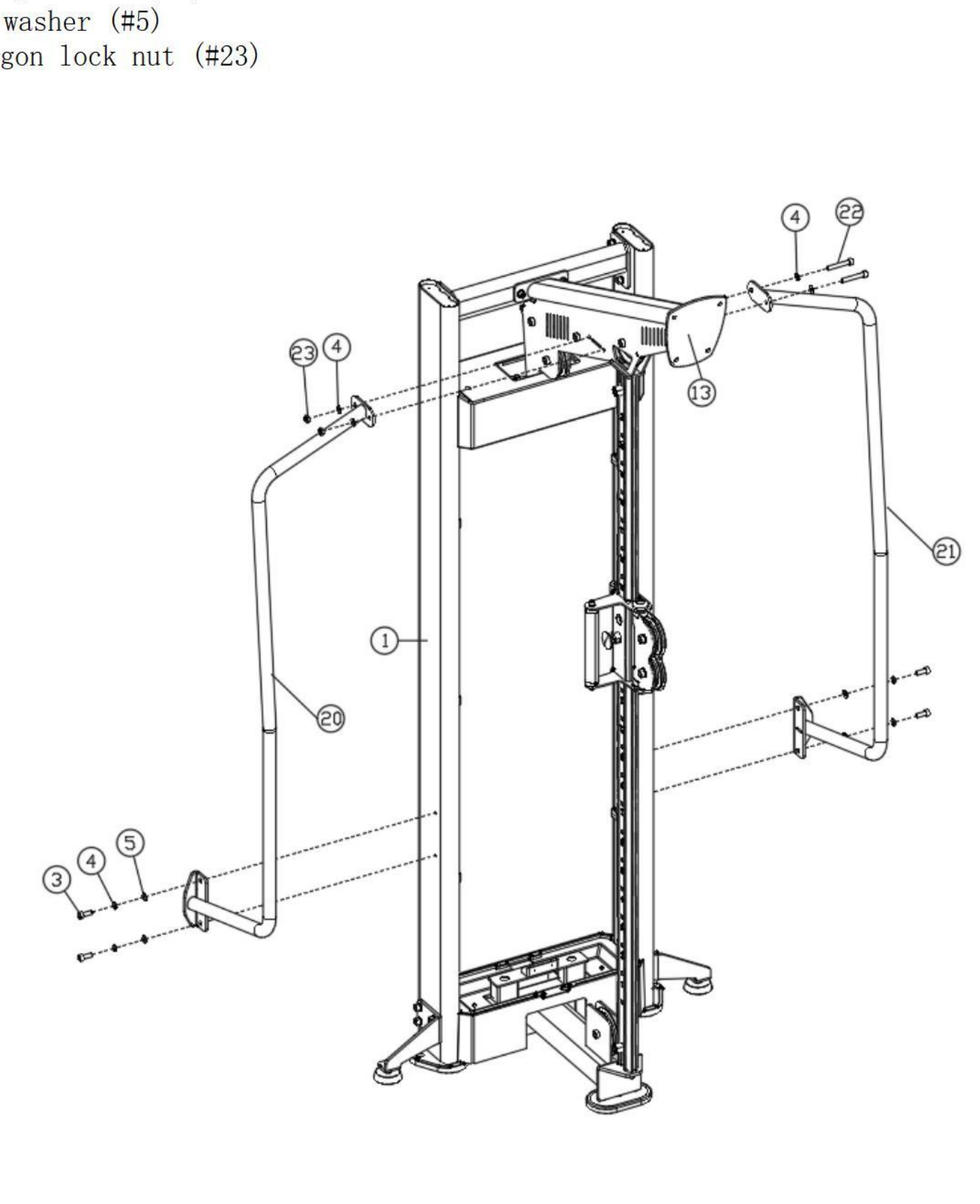
Note: The operation of R Bird Slide Adjustment Set (#19) is the same



Assembly

Step 7: Use the following method to connect the left armrest (#20) and the right armrest (#21) of the Big Bird to the cross weight rack (#1),

The cross-shaped upper beam (#13) connects:
- 2xHexagon socket head screw (#22)
- 4xHexagon socket head screw (#3)
- 4xSpring washer (#4)
- 8xFlat washer (#5)
- 2xHexagon lock nut (#23)



Assembly

Step 8: Place the pre-installed guide rod assembly (#25) into the counterweight frame (#1);

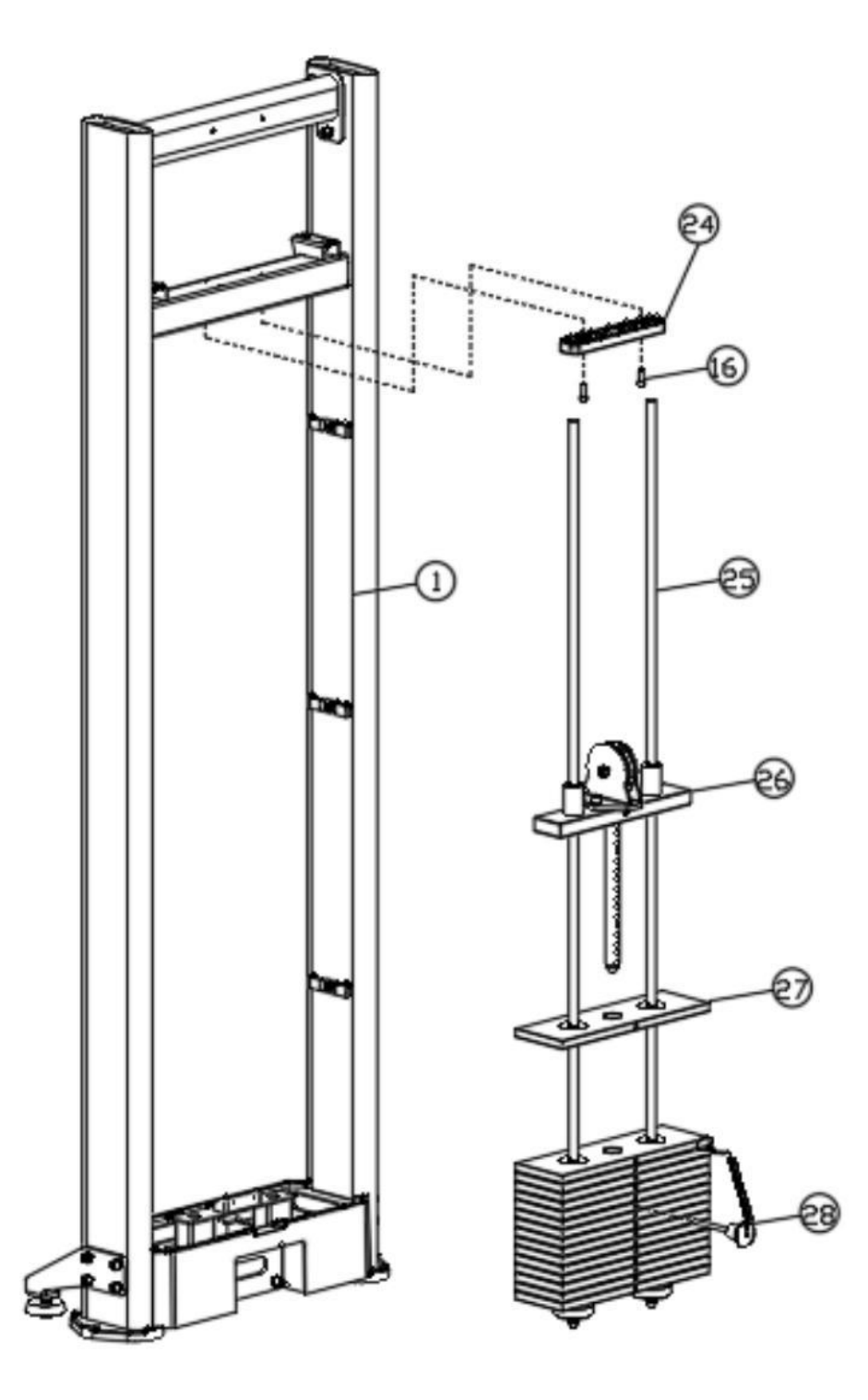
Install 16 counterweights (#27) onto the guide rod (#25) with the spacers facing upwards;

Install the guide block assembly (#26) onto the guide rod (#25);
Install the guide bar fixing plate (#24) onto the guide bar (#25);
Install the guide rod retaining plate (#24) to the counterweight frame (1) as follows:
- 2×M8*25 hexagon socket head screws (#16)

Install the counterweight pin (28) into the counterweight (#27). Note that when installing the counterweight pin, place the wire rope

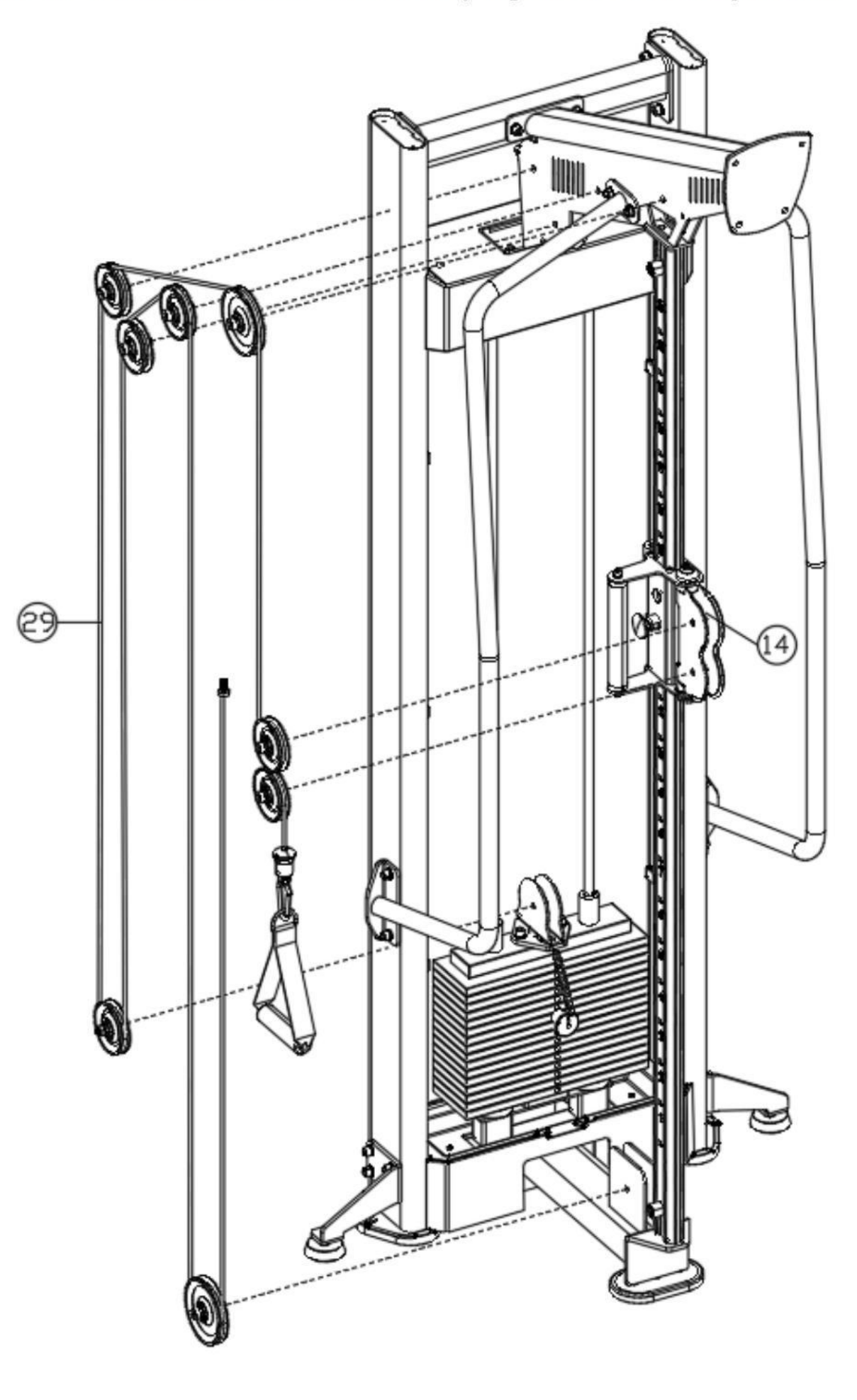
Pass one end of the guide through the latch and connect to the guide block assembly (#26).

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



Assembly

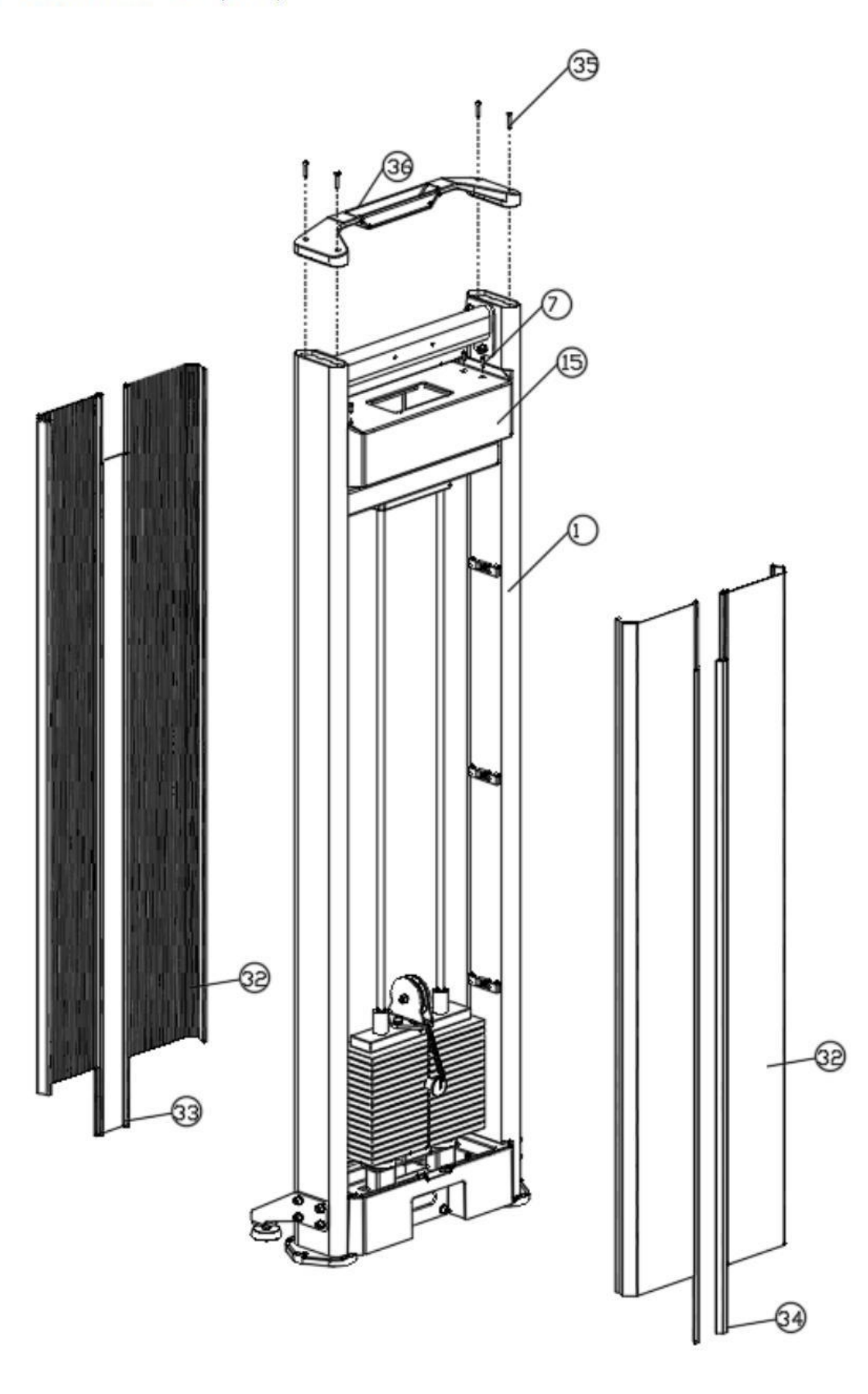
Step 9: Insert the cable (#29) as shown in the figure. The pre-installed wire wheel needs to be removed and then reinstalled.
Note that these reels are installed synchronously with cable (#29)
Connect both ends of the cable (#29) to the flying bird slide adjustment set (#14)



Assembly

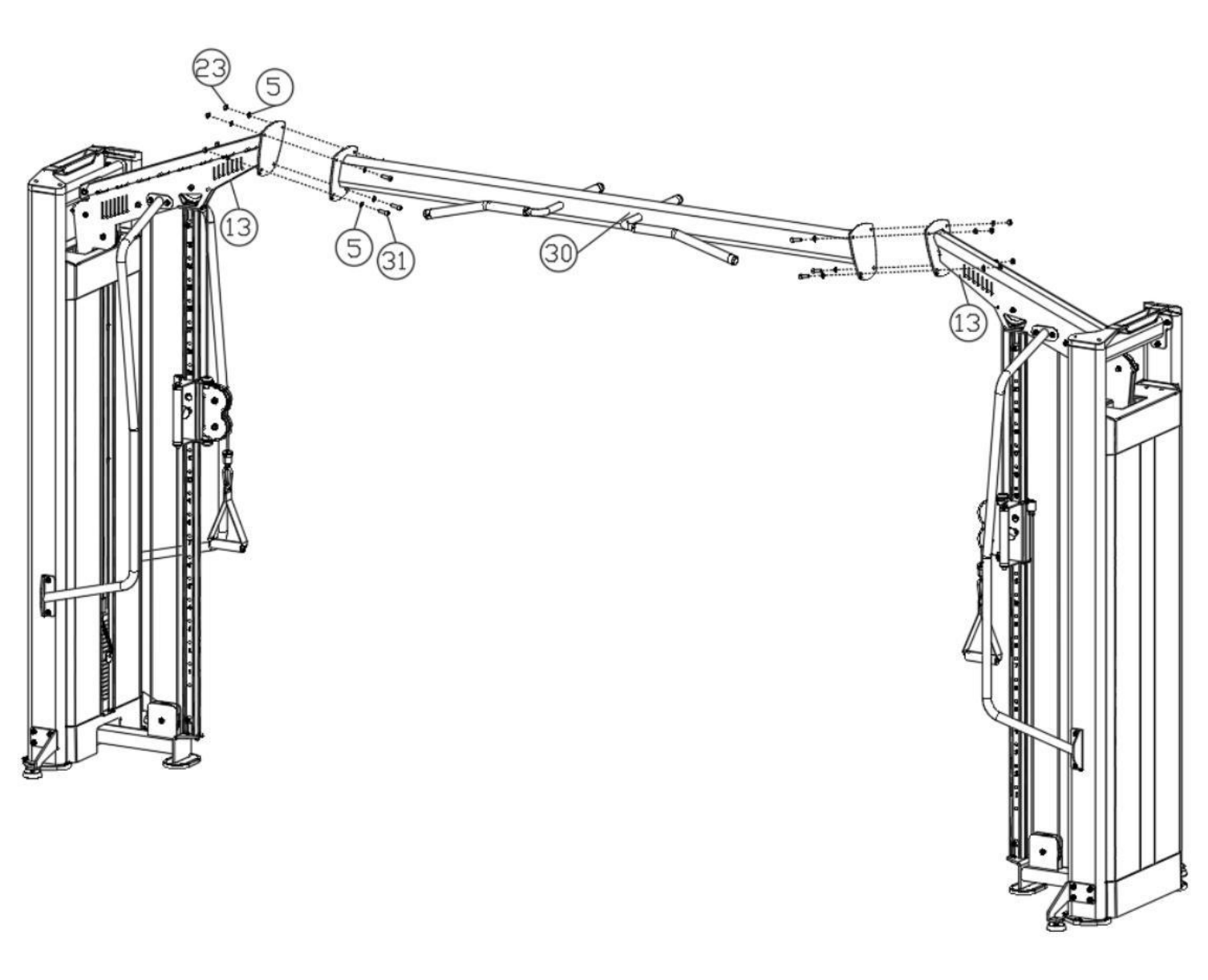
Step 10: Slide the two trim strips (#34) into the two fenders (#32) and attach to the counterweight frame (#1) using the fender hold-down plates.
Slide the trim plate (#33) into the two baffles (#32) and attach to the counterweight frame (#1) using the baffle pressure plate.
Attach the upper shroud (#15) to the counterweight frame (#1) as follows:
- 4xHexagon socket head screw (#7)

Step 11: Attach the upper cover trim (#36) to the counterweight frame (#1) using the following method:
- 4xHexagon socket head screw (#35)

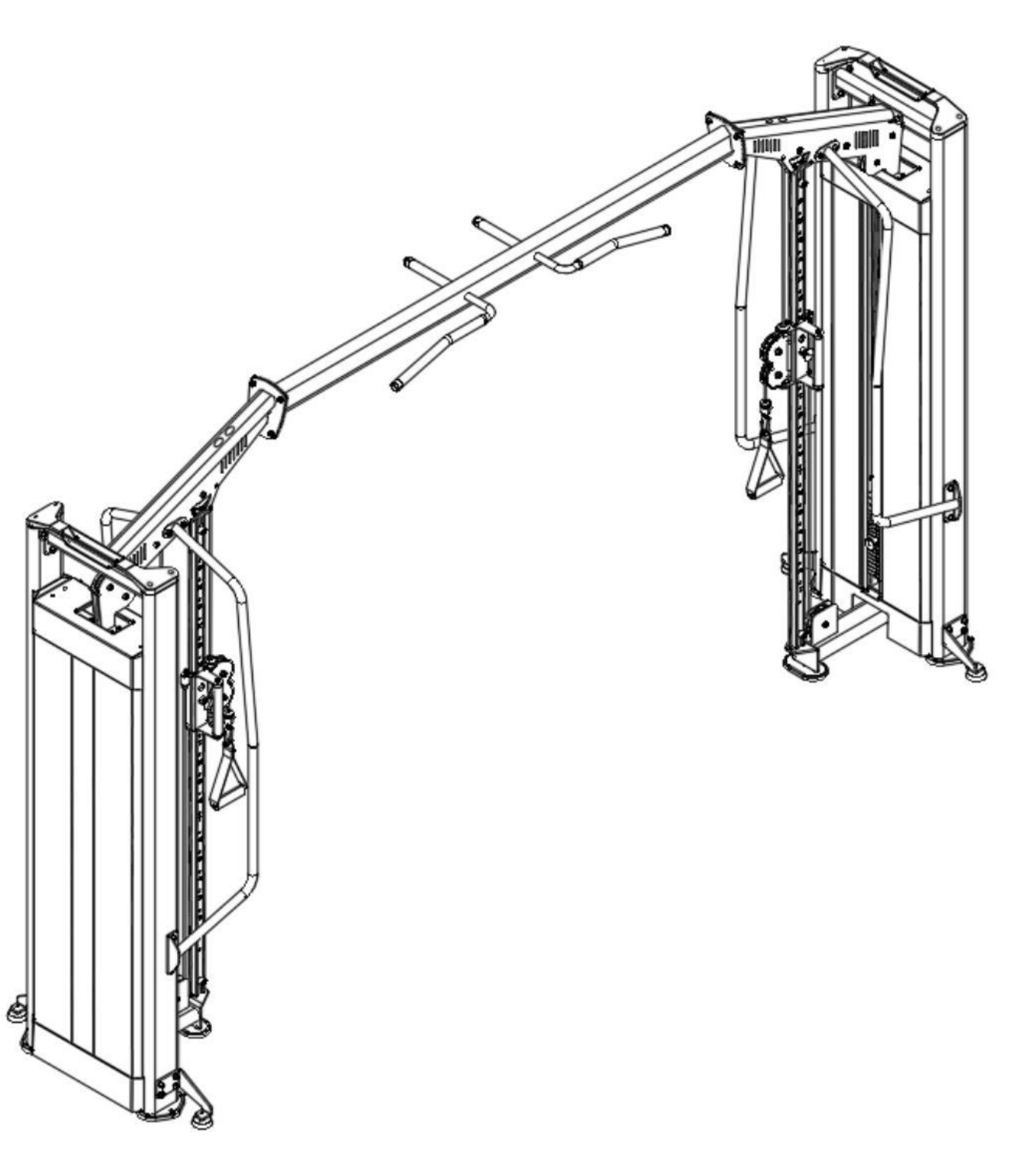


Assembly

Step 12: Connect the cross beam frame (#30) to the two cross upper beams (#13) using the following method:
- 8xHexagon socket head screw (#31)
- 16xFlat washer (#5)
- 8xHexagon self-locking nut (#23)



Assembly



Important Tips

Now that the Cable crossover 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 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

NUM	Name and specifications	QTY
1	Cross weight rack	2
2	Cross base	2
3	Hexagon socket head screw (M10*25)	52
4	Spring washer (10)	52
5	Flat washer (10)	76
6	Counterweight lower guard	2
7	Hexagon socket head screw (M5*16)	12
8	Weight rack foot pads	4
9	Flat oval foot pad	2
10	Main frame right support assembly	2
11	Main frame left support assembly	2
12	Upper beam fixing rod	2
13	Cross tension upper beam	2
14	L Bird Slide Adjustment Group	2
15	Counterweight upper guard	2
16	Hexagon socket head screw (M8*20)	12
17	Spring washers (8)	8
18	Flat washers (8)	8
19	R Bird Slide Adjustment Set	2
20	Left handrail	2
21	Right handrail	2
22	Hexagon socket head screw M10X60	4
23	Hexagon lock nut M10	12
24	Guide rod fixing plate	2
25	Guide rod	4
26	Guide block set	2
27	Counterweight	28
28	Counterweight latch	2
29	Cable	2
30	Cross beam frame	1
31	Hexagon socket head screw M10X30	8
32	Bezel	8
33	Counterweight source decorative plate	2
34	Counterweight decorative strip	4
35	Hexagon socket head screw M6X30	8
36	Upper guardrail decoration	2

Accessories List

Serial number	Name and specifications	quantity
1	Cross weight rack	2
2	Cross base	2
3	Hexagon socket head screw (M10*25)	52
4	Spring washer (10)	52
5	Flat washer (10)	76
6	Counterweight lower guard	2
7	Hexagon socket head screw (M5*16)	12
8	Weight rack foot pads	4
9	Flat oval foot pad	2
10	Main frame right support assembly	2
11	Main frame left support assembly	2
12	Upper beam fixing rod	2
13	Cross tension upper beam	2
14	L Bird Slide Adjustment Group	2
15	Counterweight upper guard	2
16	Hexagon socket head screw (M8*20)	12
17	Spring washers (8)	8
18	Flat washers (8)	8
19	R Bird Slide Adjustment Set	2
20	Left handrail	2
21	Right handrail	2
22	Hexagon socket head screw M10X60	4
23	Hexagon lock nut M10	12
24	Guide rod fixing plate	2
25	Guide rod	4
26	Guide block set	2
27	Counterweight	28
28	Counterweight latch	2
29	Cable	2
30	Cross beam frame	1
31	Hexagon socket head screw M10X30	8
32	Bezel	8
33	Counterweight source decorative plate	2
34	Counterweight decorative strip	4
35	Hexagon socket head screw M6X30	8
36	Upper guardrail decoration	2