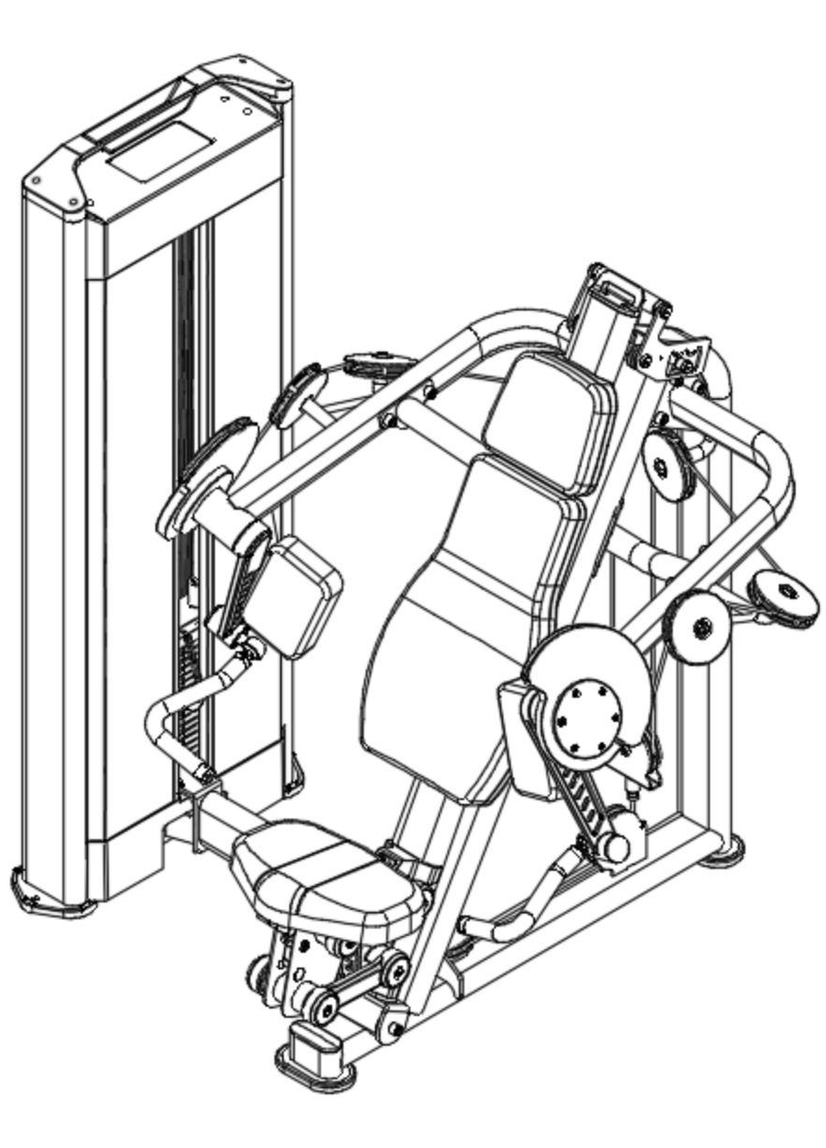
C4A10 Installation Guide

Converging Independent Biceps



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Introduction

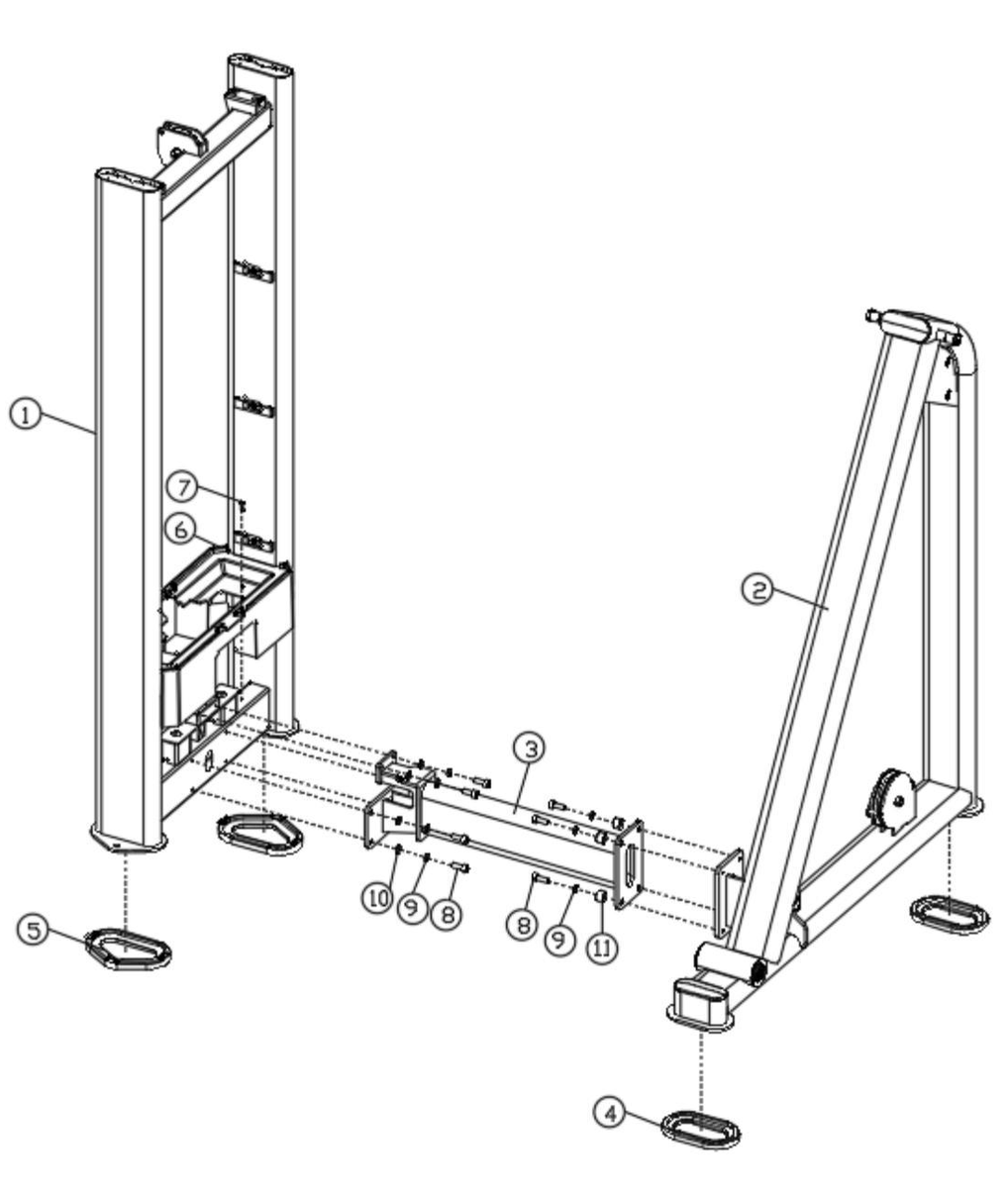
Please take the time to read this instruction carefully before installation. Please refer to the various lists in the manual to confirm the integrity and quantity of all parts (if there are parts missing or damaged during transportation, please call our after-sales service immediately for instructions). 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

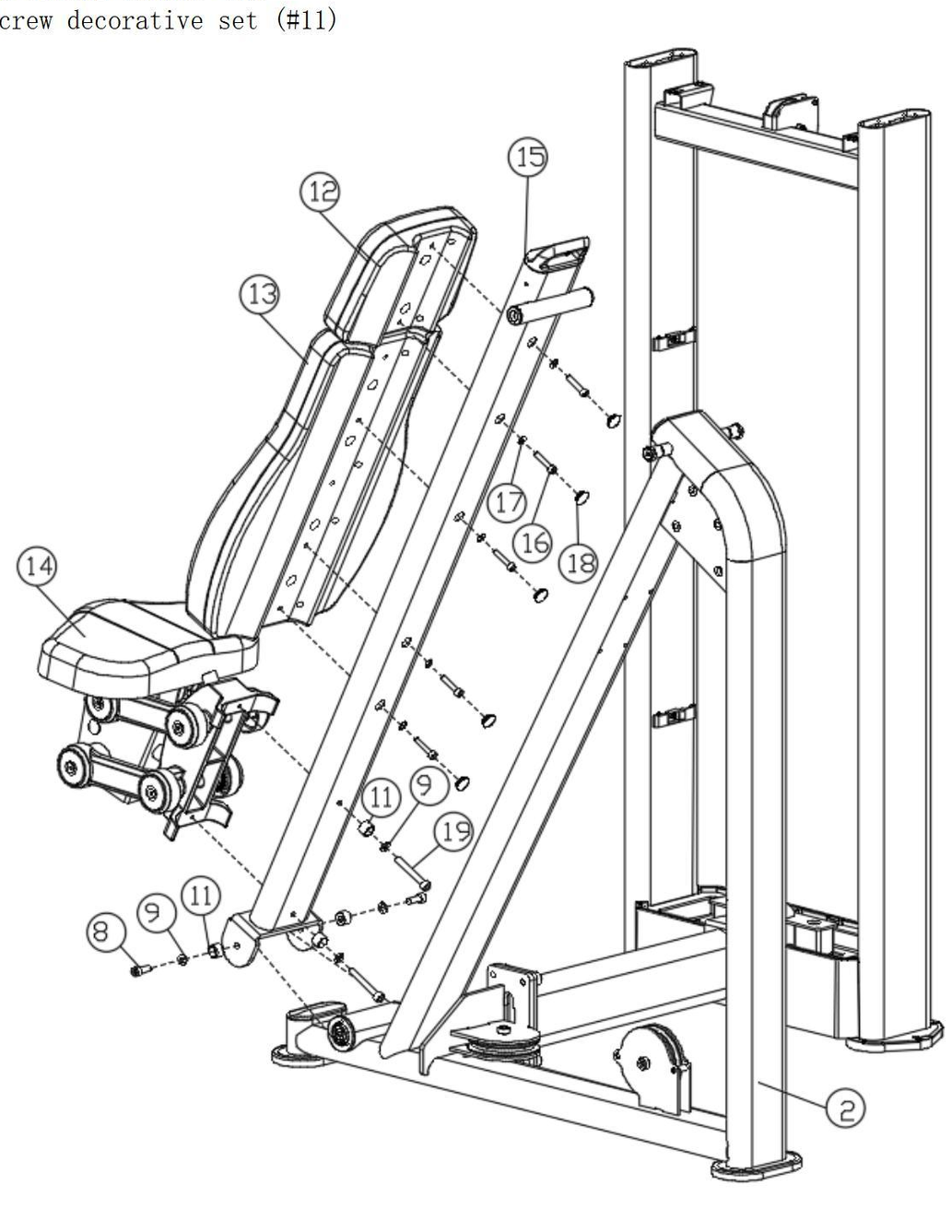
Step 1: Connect the functional main frame (#2), main connecting frame (#3) and counterweight frame (#1) as shown in the figure.
10×M10*25 hexagon socket head screw (#8)
10×M10 spring washer (#9)
6×M10-D20 flat washer (#10)
・4× Screw decorative set (#11)

Step 2: Assemble the two flat oval foot pads (#4) with the functional main frame (#2), and the two counterweight frame foot pads (#5) with the counterweight frame (#1).
Connect it up.



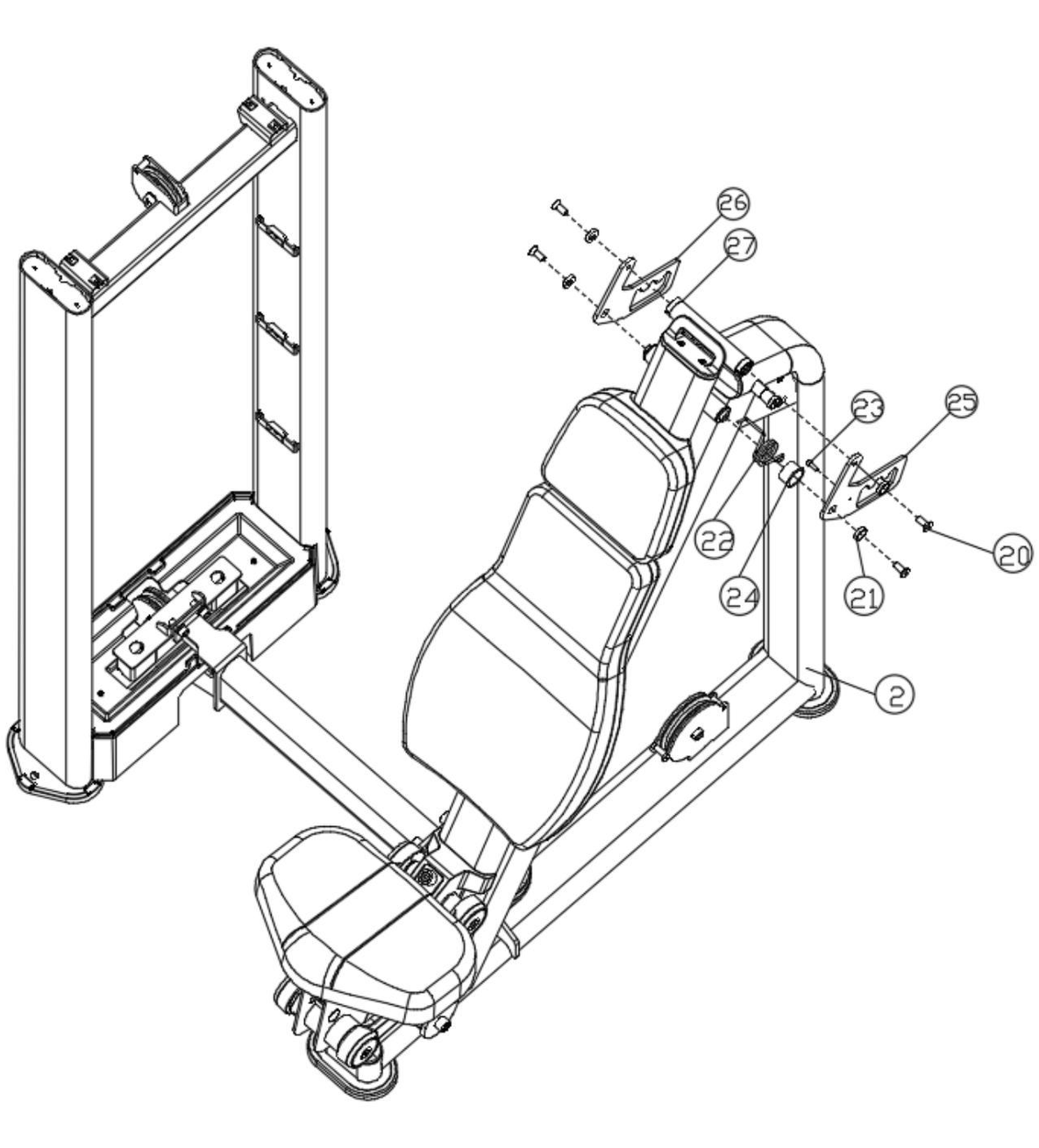
Assembly

Step 3: Assemble the universal seat (#14), backrest cushion (#13), headrest (#12) and backrest frame (#15);
5× M8*40 hexagon socket head screw (#16) • 2 × M10*70 hexagon socket head screw (#19)
・5 x M8 spring washers (#17) 2 x M10 spring washers (#9)
2× Screw decorative set (#11)
Finally, plug the 20-hole plug (#18)
Step 4: Connect the backrest frame assembly (#15) assembled in the previous step to the functional main frame (#2);
2×M10*25 hexagon socket head screw (#8)
2×M10 spring washer (#9)
2× Screw decorative set (#11)



Assembly

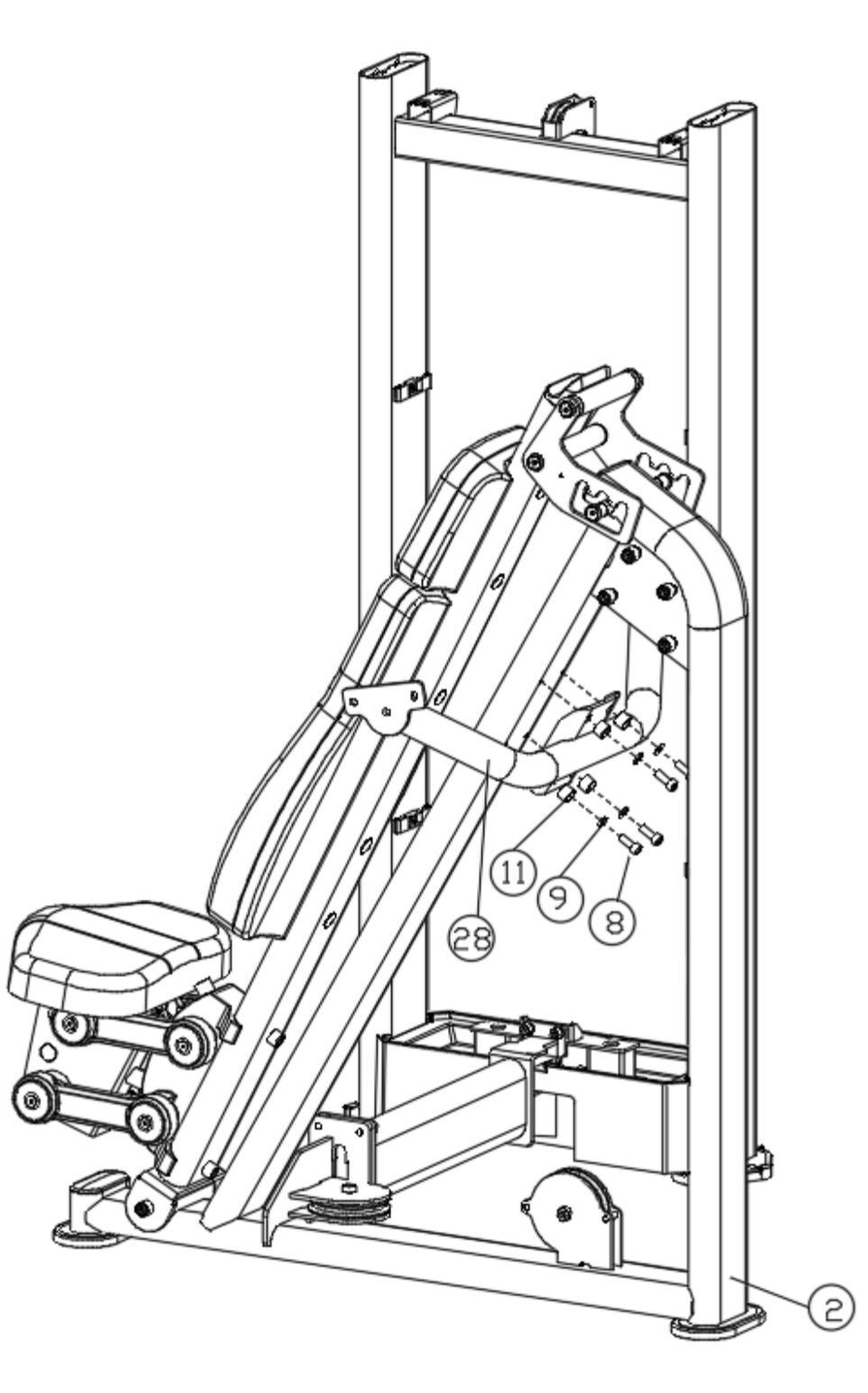
Step 5: Use the following method to replace the adjustment handle support plate (#25), the adjustment handle left support plate (#26), the adjustment handle (#27), and the torsion spring (#22), torsion spring spacer (#24) and plug cover (#21) are connected to the functional main frame (#2):
・4×M10*25 hexagon socket countersunk screw (#20)
1×M10*16 Hexagon socket head screw (#23)



Assembly

Step 6: Connect the arm support reinforcement frame (#28) to the functional main frame (#2) using the following method:

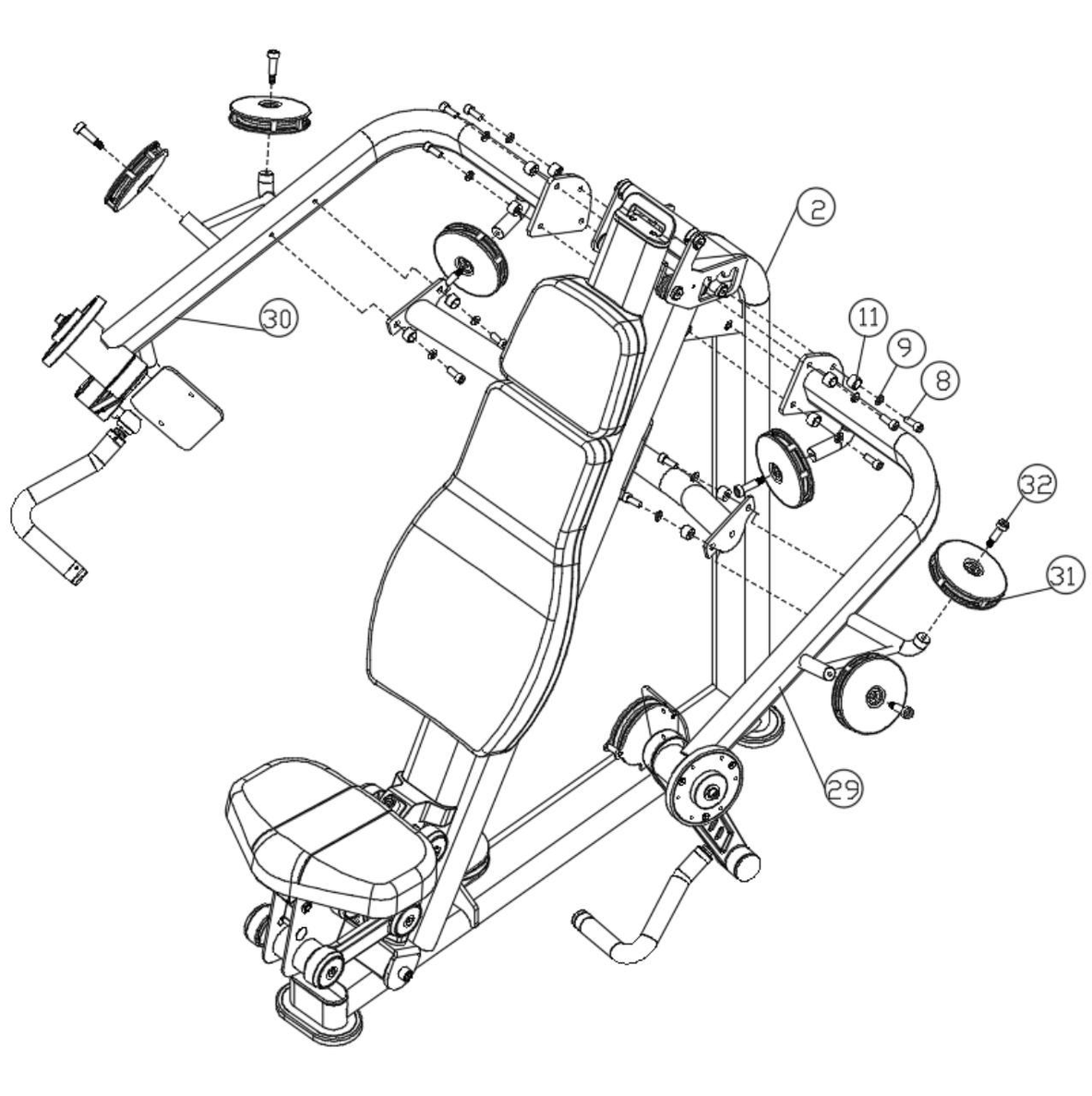
・4×M10*25 hexagon socket head screws (#8)
4 x M10 spring washers (#9)
・4 x Screw Decorative Set (#11)



Assembly

Step 7: Connect the left and right arm frames (#29) and (#30) to the functional main frame (#2) using the following method:
8×M10*25 hexagon socket head screw (#8)
8×M10 spring washer (#9)
8× Screw decorative set (#1)

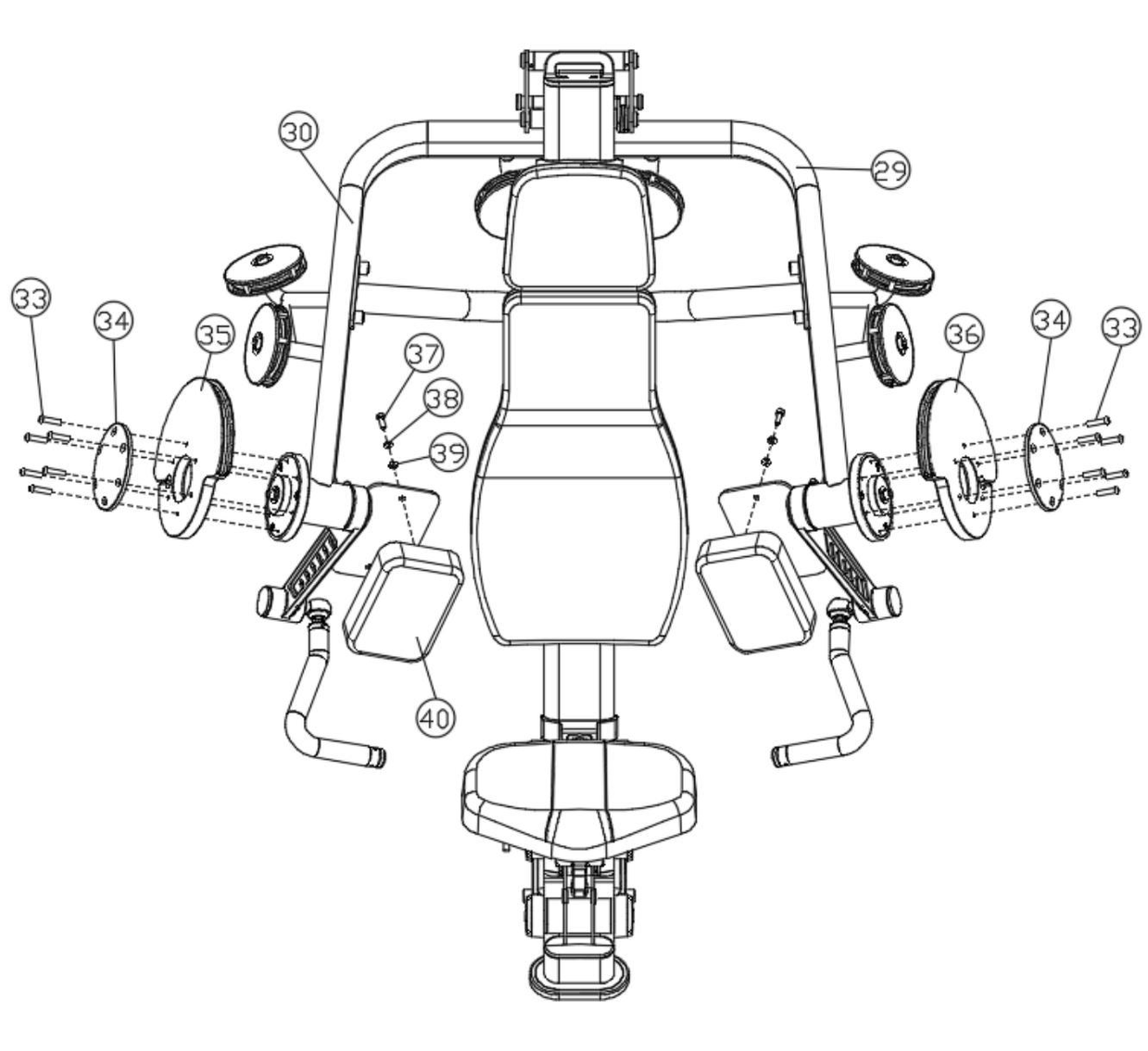
Step 8: Use the following method to install the 120 reel box assembly (#31) and the reel shaft-32 (#32) to the left and right arm brackets (#29) and (#30)



Assembly

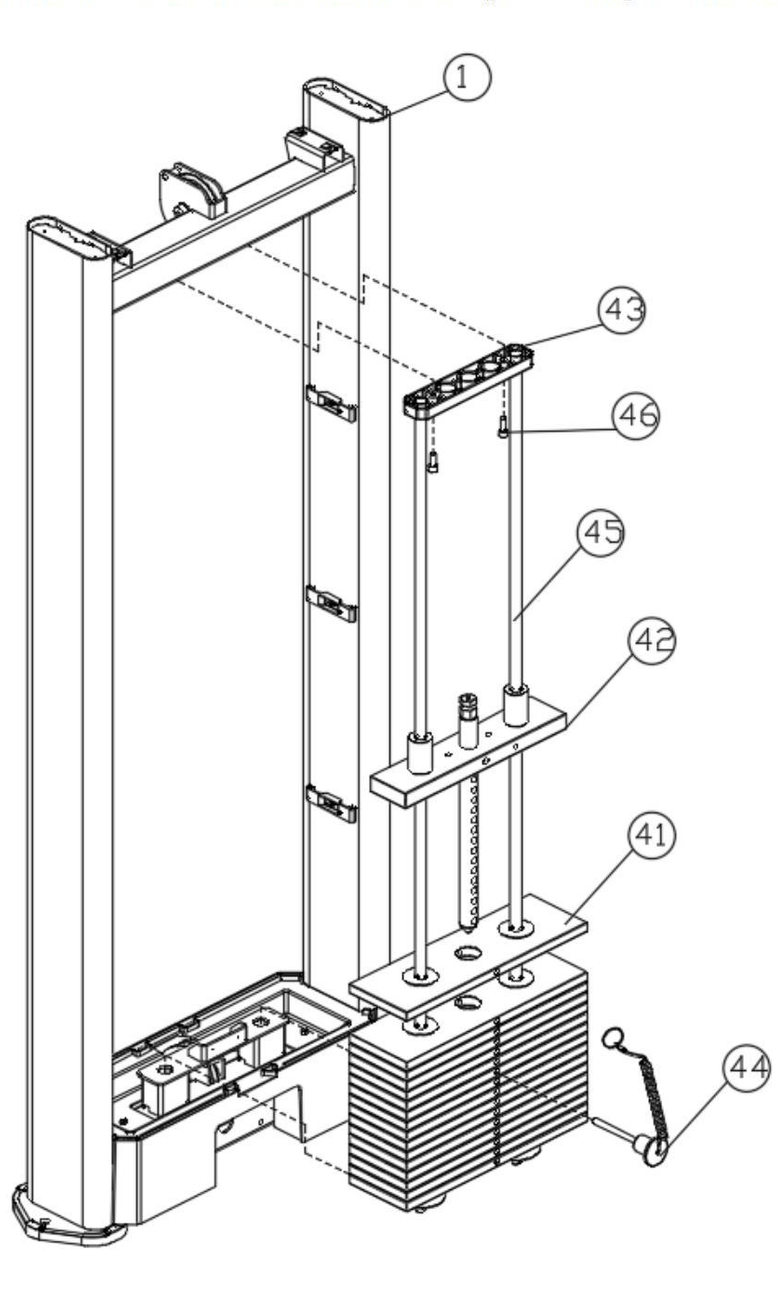
Step 9: Attach the left and right wire reels (#36), (#35) and flange covers (#34) to the left and right force arms (#29) using the following method:
(#30) Connect:
• 12 x Hexagon socket head screws M8X35 (#33)

Step 10: Connect the elbow pad (#40) to the left and right arm brackets (#29) and (#30) in the following manner.
・4×M8*25 hexagon socket head screws (#37)
4 x M8 spring washers (#38)
4 x M8 flat washers (#39)



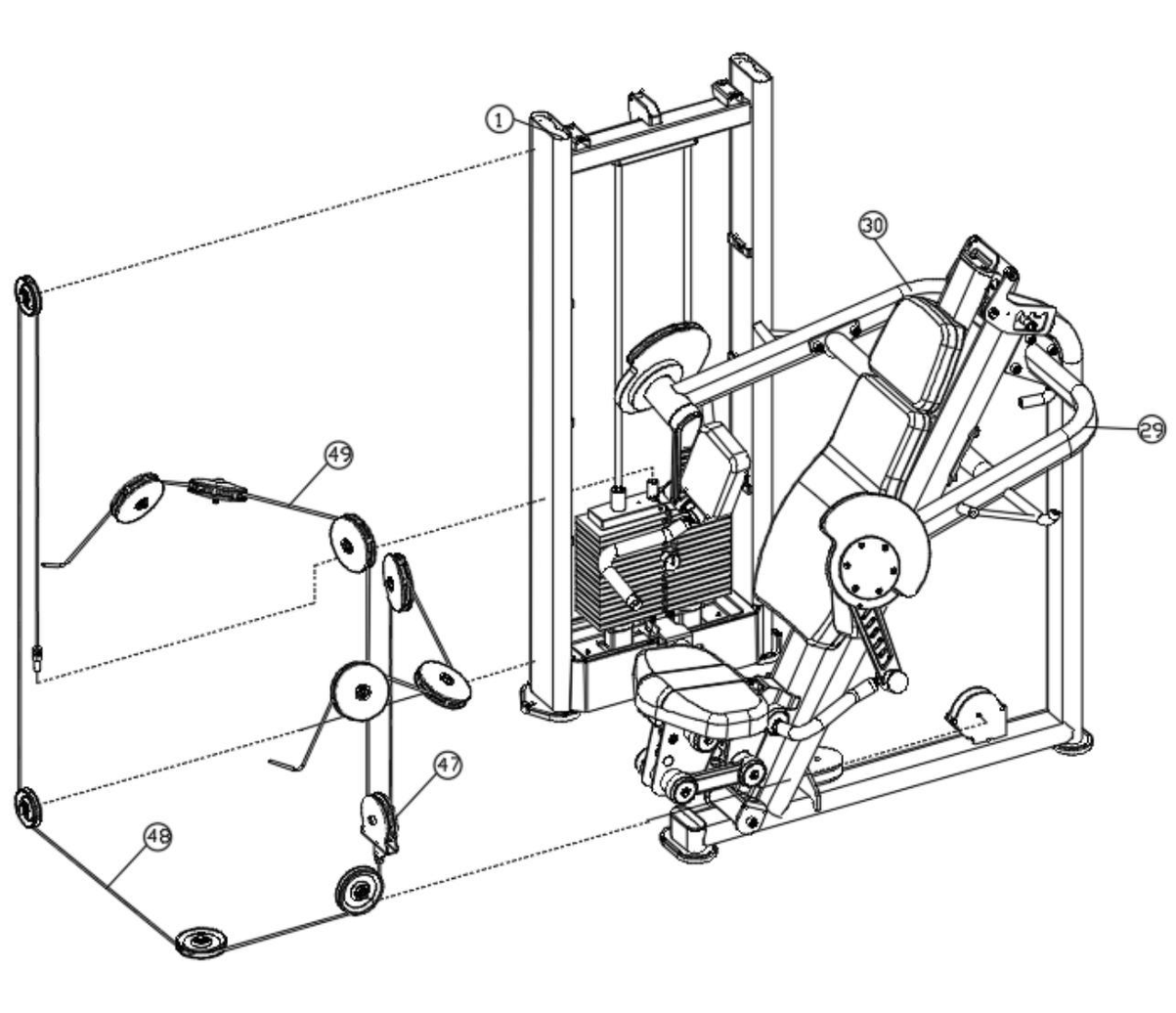
Assembly

Step 11: Connect the two guide rods (#45) and place them into the counterweight frame (#1) using the following method:
Install the counterweight (#41) onto the guide rod (#45) with the spacer facing up.
Install the guide block assembly (#42) onto the guide rod (#45).
Insert the counterweight pin (#44) into the counterweight (#41).
Install the guide bar fixing plate (#43) onto the guide bar (#45).
Install the guide rod retaining plate (#43) to the counterweight frame (#1) as follows:
• 2×M8*20 hexagon socket head screws (#46)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

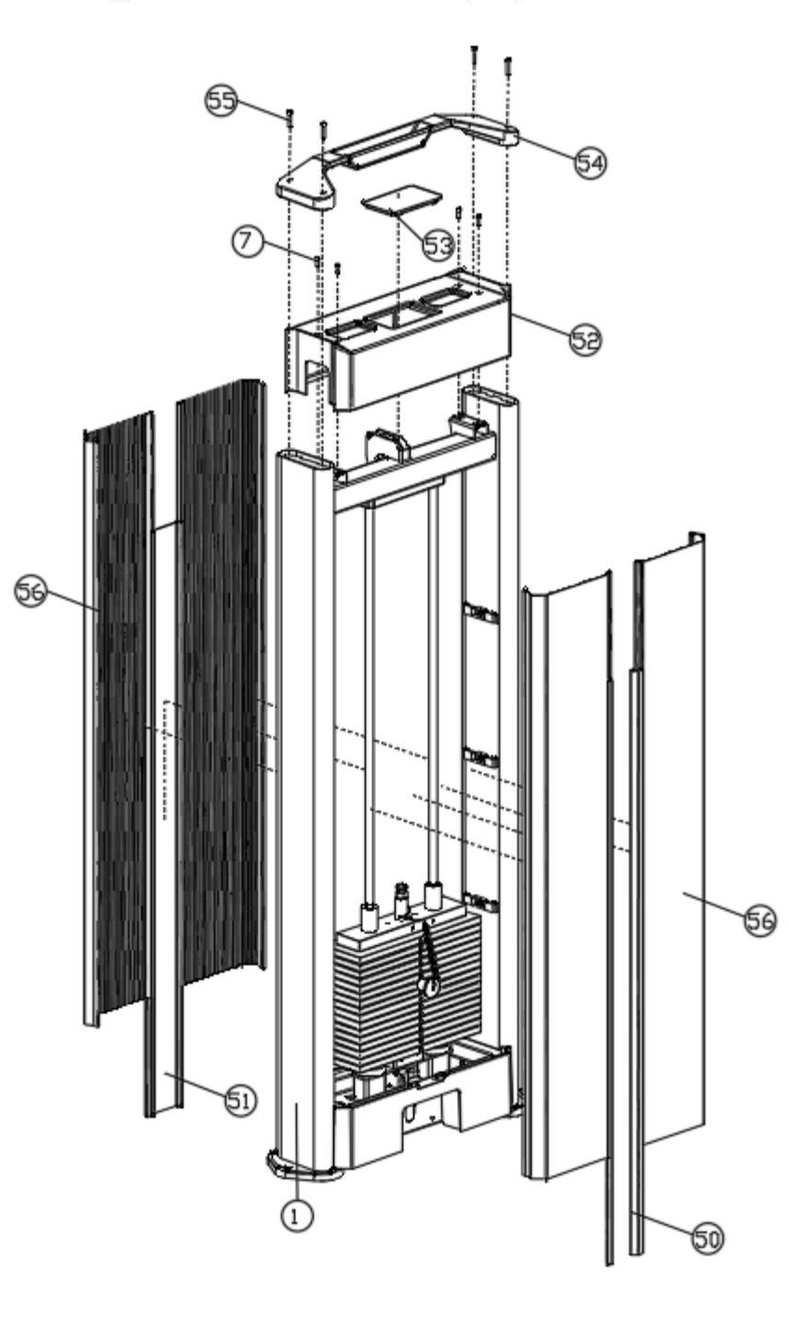
Step 12: Insert the wire rope 1 (#48) and wire rope 2 (#49) as shown in the figure. The pre-installed reel box needs to be removed and then reinstalled.
Note that these reels are installed synchronously with wire rope 1 (#48) and wire rope 2 (#49), which are connected to the counterweight frame (#1) and 120 Branch reel box assembly (#47)
Step 11: Connect one end of wire rope 2 (#49) to the left lever arm (#29) first, and then connect the other end to the right lever arm (#30).



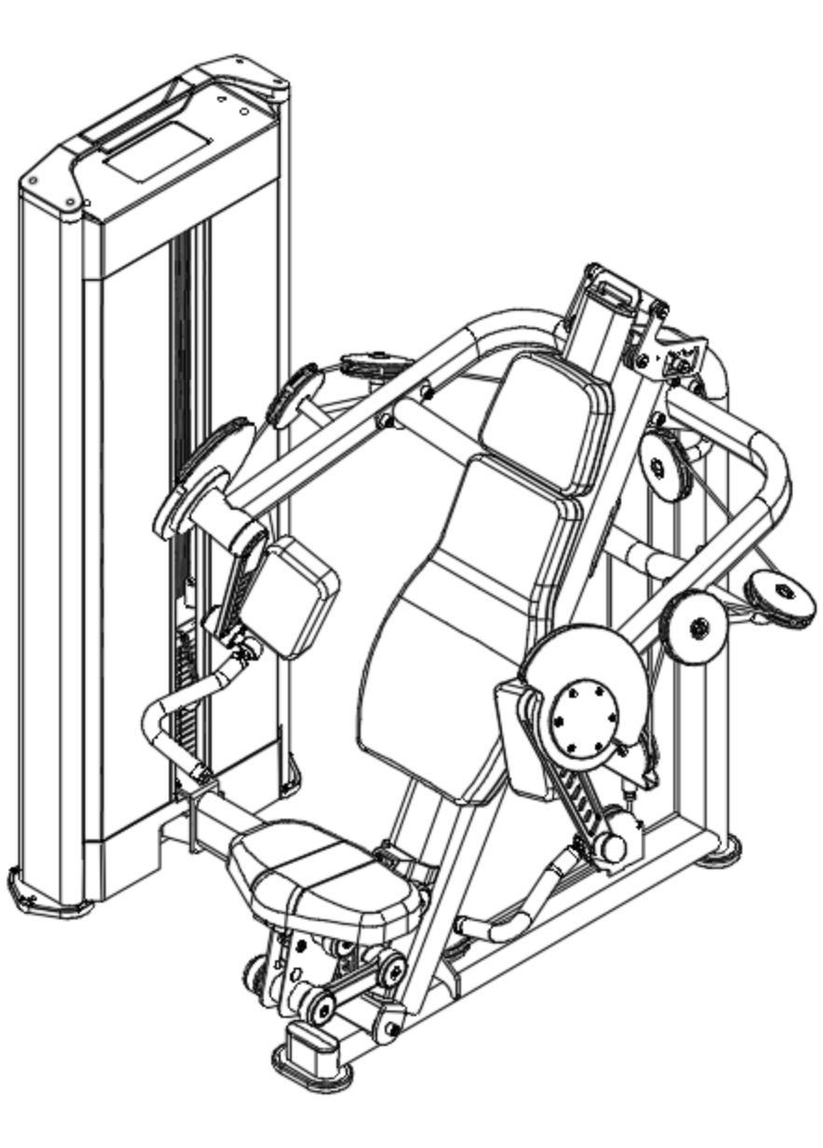
Assembly

Step 13: Slide the two trim strips (#50) into the two fenders (#56) and attach to the counterweight frame (#1) using the fender hold-down plates.
Slide the trim plate (#51) into the two baffles (#56) and attach to the counterweight frame (#1) using the baffle hold-downs.
Attach the upper guard (#52) to the counterweight frame (#1) as follows:
• 4×M5*15 hexagon socket head screws (#7)

Step 14: Attach the upper cover trim (#54) to the counterweight frame (#1) and snap the upper guard cover (#53) into place using the following method:
Enter the upper shield (#52);
• 4×M6*30 hexagon socket head screws (#55)



Assembly



Important Tips

Now that the C4A10 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

Accessories List

Serial number	Name and specifications	quantity
1	Counterweight rack	1
2	Functional main frame	1
3	Main connecting frame	1
4	Flat oval foot pad	2
5	Weight rack foot pads	2
6	Lower guard	1
7	Hexagon socket head screw (M5*15)	6
8	Hexagon socket head screw (M10*25)	16
9	Spring washer (M10)	18
10	Flat washer (M10-D20)	10
11	Screw decorative set	12
12	Head pad	1
13	Back cushion	1
14	Universal seat	1
15	Backrest	1
16	Hexagon socket head screw (M8*40)	5
17	Spring washer (M8)	5
18	20-hole plug	5
19	Hexagon socket head screw (M10*70)	2
20	Hexagon socket countersunk screw (M10*25)	4
21	Blocking cover	4

Accessories List

Serial number	Name and specifications	quantity
22	Torsion Spring	1
23	Hexagon socket head screw (M6*16)	1
24	Torsion spring spacer	1
25	Adjustable handle support	1
26	Adjust the left support plate of the handle	1
27	Adjustable handle	1
28	Arm support reinforcement frame	1
29	Left force arm	1
30	Right lever arm	1
31	120 reel box assembly	6
32	Reel-32	6
33	Hexagon socket head screw M8X35	12
34	Flange cover	2
35	Right winding reel	1
36	Left winding reel	1
37	Hexagon socket head screw (M8*25)	4
38	Spring washer (M8)	4
39	Flat washer (M8-D16)	4
40	Elbow pads	2
41	Counterweight	14
42	Guide block set	1
43	Guide rod fixing plate	1
44	Counterweight latch	1

Accessories List

Serial number	Name and specifications	quantity
45	Guide rod	2
46	Hexagon socket head screw (M8*20)	2
47	120 branch reel box assembly	1
48	Weight rope 1	1
49	Weight rope 2	1
50	Decorative Strips	2
51	Decorative panels	1
52	Upper guard	1
53	Upper guard cover	1
54	Upper cover decoration	1
55	Hexagon socket head screw (M6*30)	4
56	Bezel	4