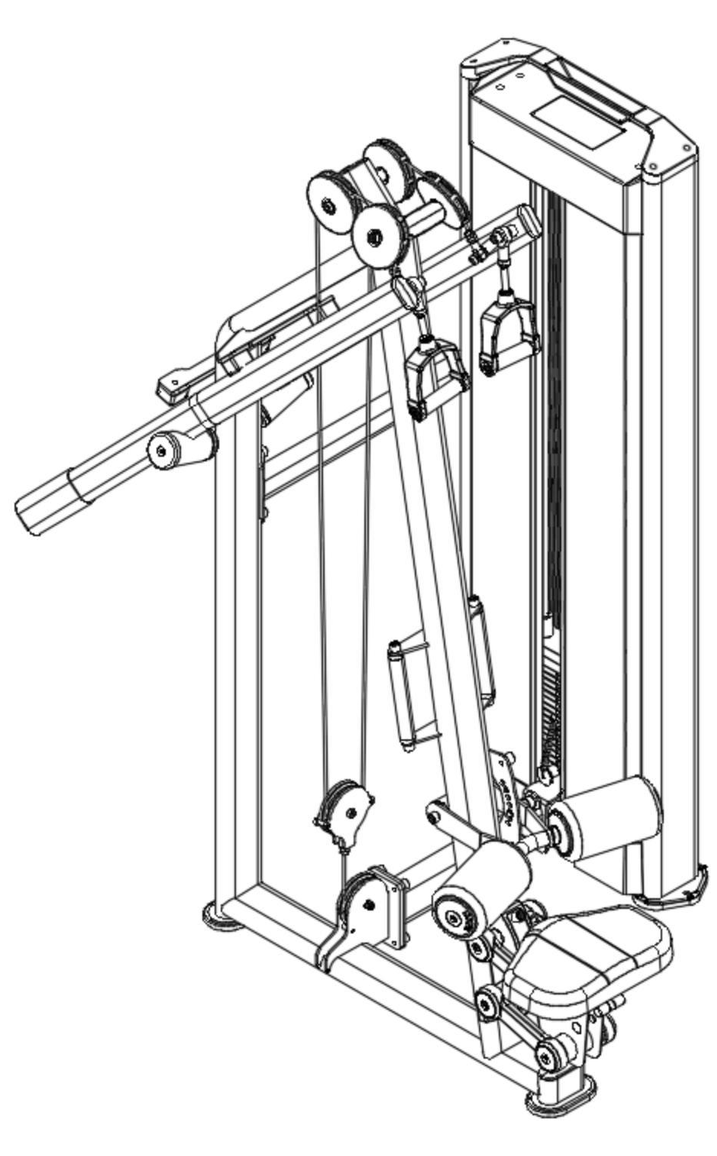
C4A15 Installation Guide

Converging Independent Lat Pull Down



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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: Use the following method to connect the main side frame (#6), universal connecting frame (#8),
Connect to the weight rack (#1) and install the weight rack foot pads (#4) and flat oval foot pads (#5)

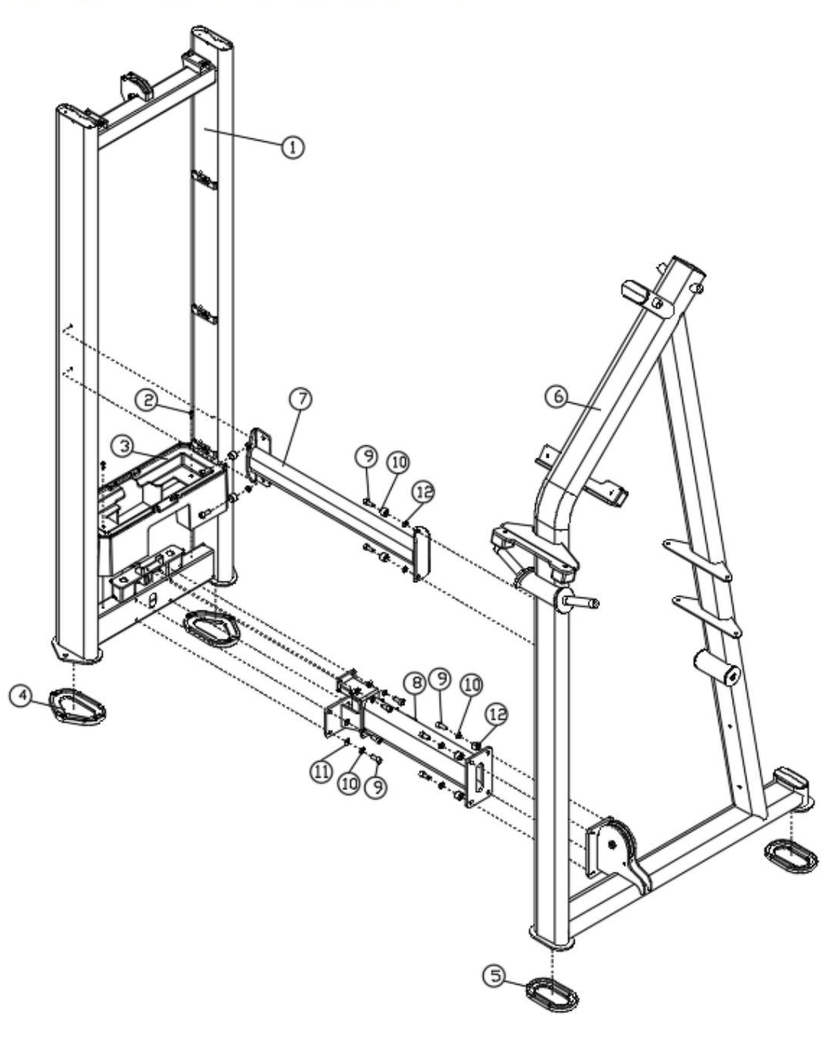
- 14x Hexagon socket head screw M10*25 (#9)
- 14x Spring washer M10 (#10)
- 6x Flat washer M10 (#11)
- 8x Threaded decorative sleeve (#12)

Step 2: Connect the counterweight lower guard (#3) to the counterweight frame (#1) using the following

- 2xHexagon socket head screw M5*16 (#2)

Step 3: Install the two counterweight rack foot pads (#4) and the left and right counterweight rack supports (#5) (#32) to the counterweight rack (#1)

- 8x Hexagon socket head screw (#7)
- 8x Spring washer (#8)
- 8x Flat washer (#9)



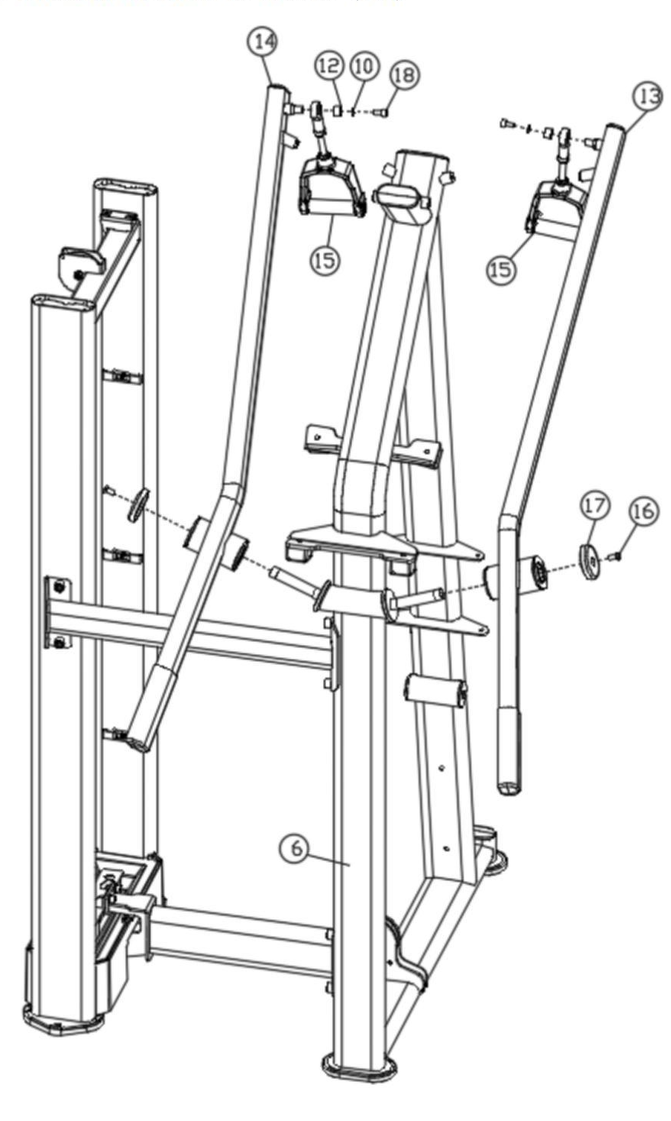
Assembly

Step 3: Connect the left and right lever arms (#13) (#14) and the 76 aluminum cover (#17) to the main side frame (#6) using the following method:

- 4xHexagon socket countersunk screw M10X25 (#16)

Step 4: Connect the handlebar (#15) to the left and right lever arms (#13) (#14) in the following manner:

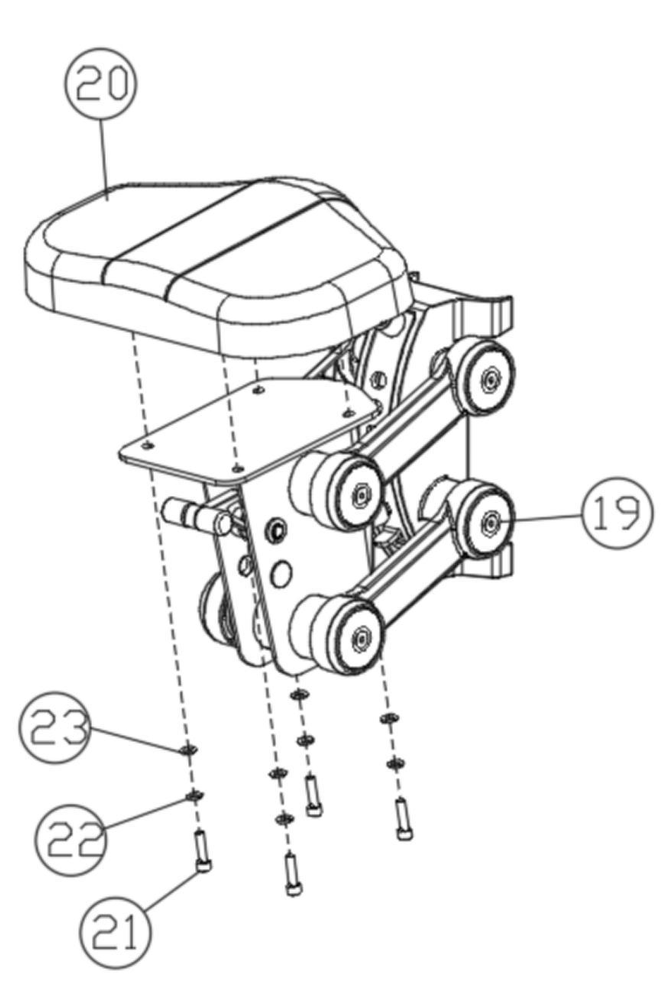
- 2x Hexagon socket head screw M10*25 (#9)
- 2x Spring washer M10 (#10)
- 2x Threaded decorative sleeve (#12)



Assembly

Step 5: Attach the seat cushion (#20) to the universal seat frame (#19) using the following method:

- 4x Hexagon socket head screw M8*25 (#21)
- 4x Spring washer M8 (#22)
- 4x Flat washer M8 (#23)



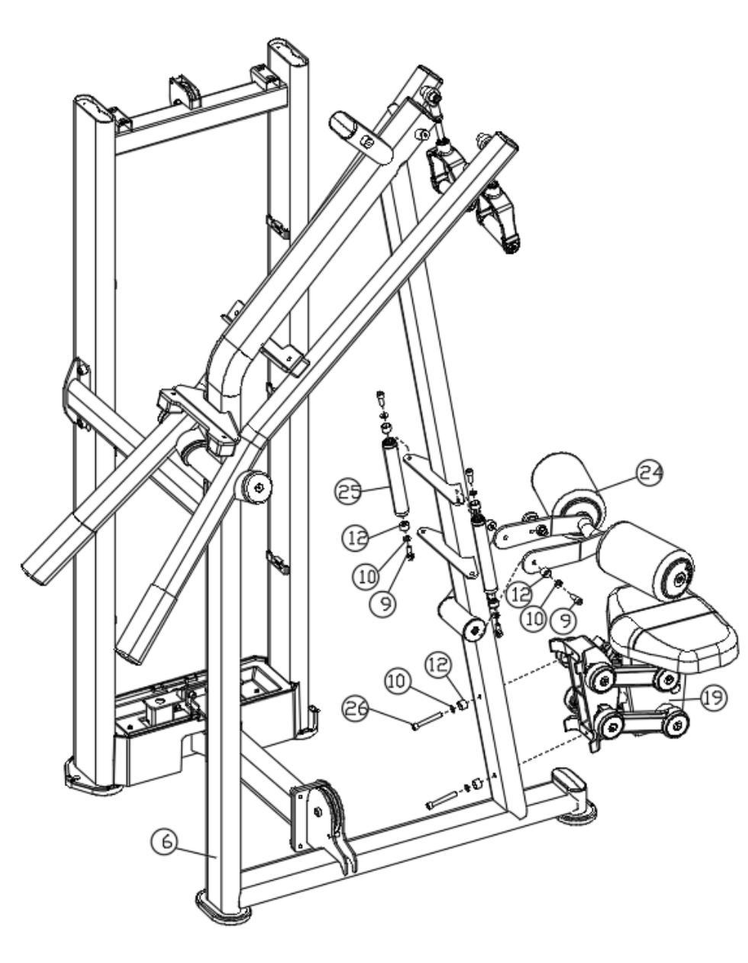
Assembly

Step 6: Connect the Universal Seat (#19) to the Main Side Frame (#6) using the following method:

- 2x Hexagon socket head screw M10*70 (#26)
- 2x Spring washer M10 (#10)
- 2x Threaded decorative sleeve (#12)

Step 7: Connect the leg press assembly (#24), handle bar (#25) and main side frame (#6) using the following method:

- 6x Hexagon socket head screw M10*25 (#9)
- 6x Spring washer M10 (#10)
- 6x Threaded decorative sleeve (#12)

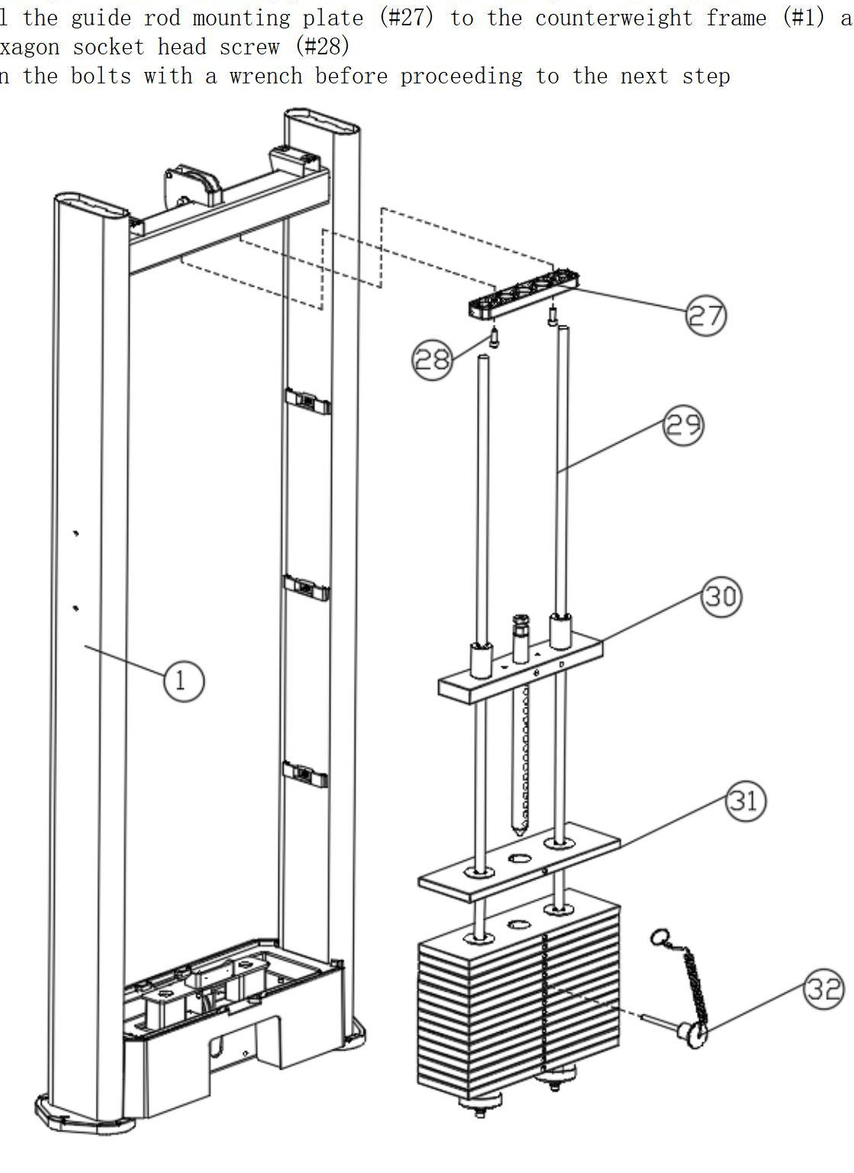


Assembly

Step 8: Install the 18 counterweights (#31) onto the guide rods (#29) with the spacers facing up.
Install the guide block assembly (#30) onto the guide rod (#29).
Insert the counterweight pin (#32) into the counterweight (#31).
Slide the guide bar retaining plate (#27) onto the guide bar (#29).
Install the guide rod mounting plate (#27) to the counterweight frame (#1) as follows:

- 2xHexagon socket head screw (#28)

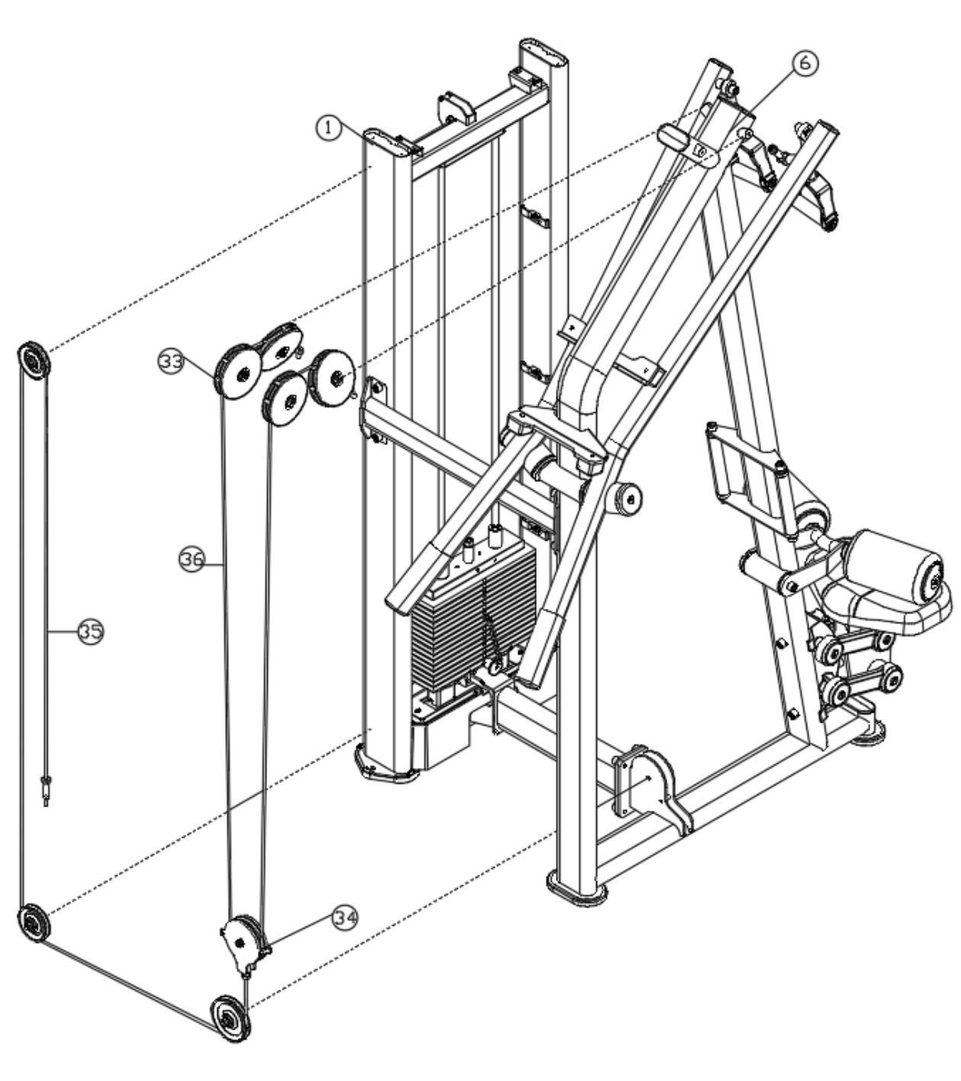
Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 9: First disassemble the pre-installed 120 wire wheel (#33), insert the wire rope 1 (#36) as shown in the figure, and install it to the main side frame (#6);
Note that these reels are installed synchronously with the wire rope.

Step 10: Connect one end of the wire rope 2 (#35) to the counterweight frame (#1) and the other end to the 120 wire wheel bracket (#34).
are connected.

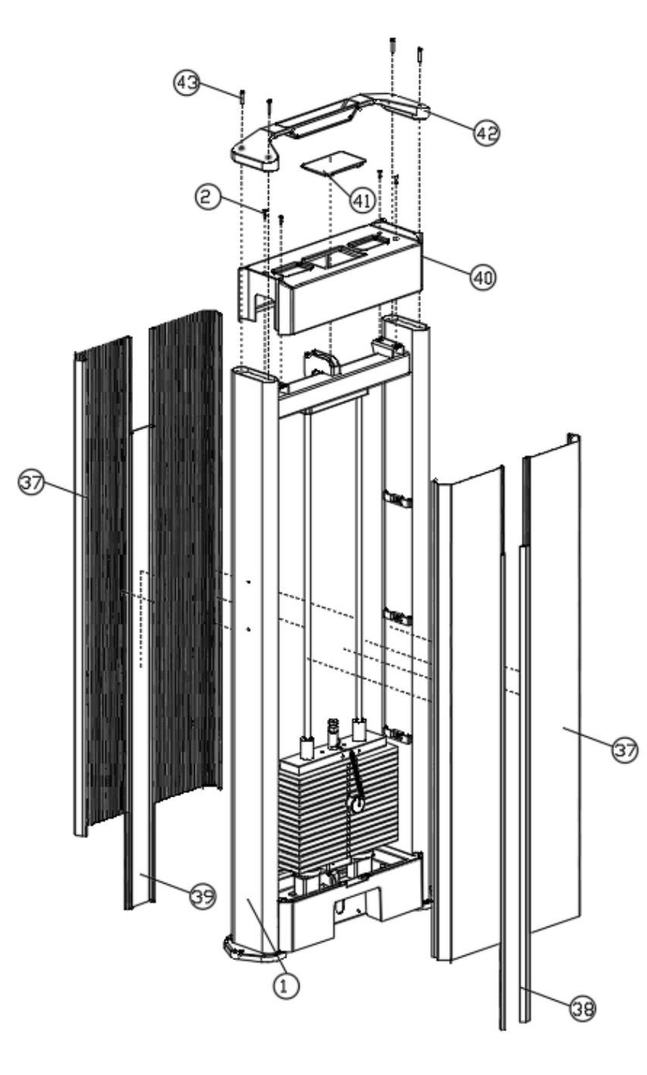


Assembly

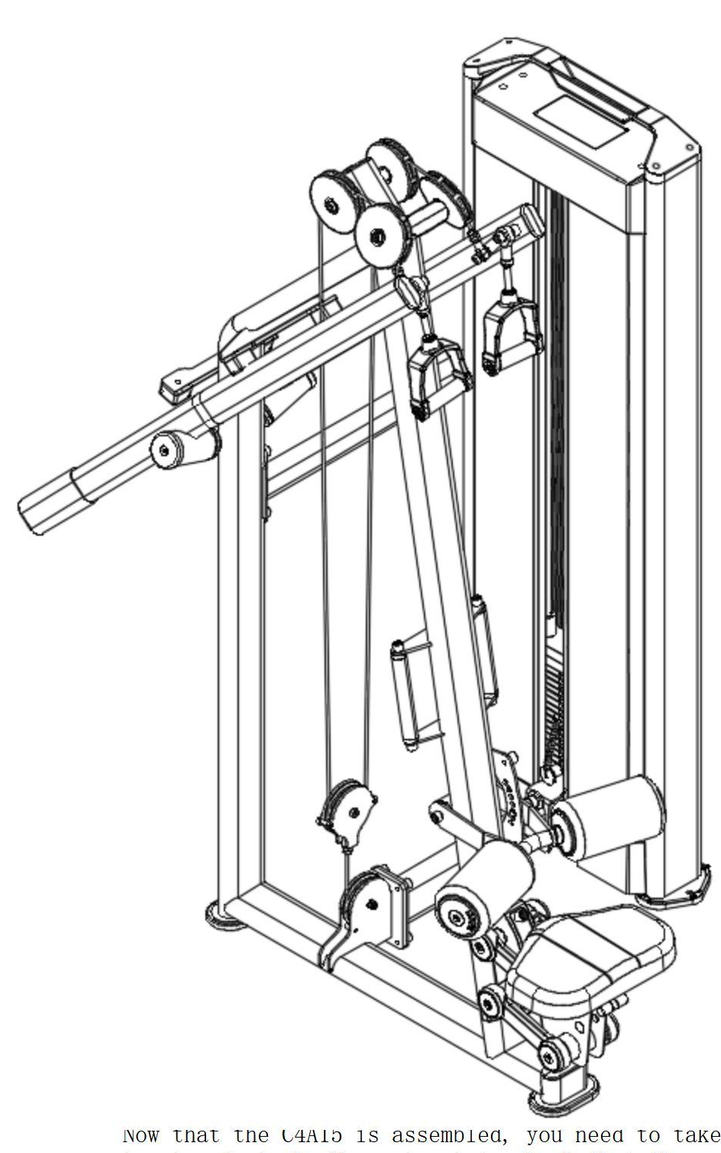
Step 11: Slide the two trim strips (#38) into the two fenders (#37) and attach to the counterweight frame (#1) using the fender hold-down plates.
Slide the trim plate (#39) into the two baffles (#37) and attach to the counterweight frame (#1) using the baffle pressure plate.
Attach the upper guard (#40) to the counterweight frame (#1) as follows:

- 4×M5*15 hexagon socket head screws (#2)

Step 12: Attach the upper cover trim (#42) to the counterweight frame (#1) in the following manner.
4×M6*30 hexagon socket head screws (#43)



Assembly



Important Tips

Now that the C4A15 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	Hexagon socket head screw (M5*16)	6
3	Counterweight lower guard	1
4	Weight rack foot pads	2
5	Flat oval foot pad	2
6	Main side frame	1
7	Strengthen the connecting frame	1
8	Universal connecting frame	1
9	Hexagon socket head screw (M10*25)	20
10	Spring washer (10)	24
11	Flat washer (10)	10
12	Threaded decorative sleeve	14
13	Left moment arm	1
14	Right moment arm	1
15	handle	2
16	Hexagon socket countersunk screw M10X25	2
17	76 aluminum cover	2
18	Hexagon socket head screw M10x20	2
19	Universal seat frame	1
20	cushion	1
21	Hexagon socket head screw (M8*30)	4

Accessories List

Serial number	Name and specifications	quantity
22	Spring washers (8)	4
23	Flat washers (8)	4
24	Leg press assembly	1
25	Handlebar	2
26	Hexagon socket countersunk screw M10X70	2
27	Guide rod fixing plate	1
28	Hexagon socket head screw (M8*20)	2
29	Universal weight guide rod	2
30	Guide block set	1
31	Counterweight	18
32	Counterweight latch	1
33	120 reel box	4
34	120 wire reel bracket	1
35	Wire Rope 1	1
36	Wire Rope 2	1
37	Bezel	4
38	Counterweight decorative strip	2
39	Counterweight source decorative plate	1
40	Counterweight upper guard	1
41	Upper guard cover	1
42	Upper cover decoration	1
43	Hexagon socket head screw (M6*30)	4

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