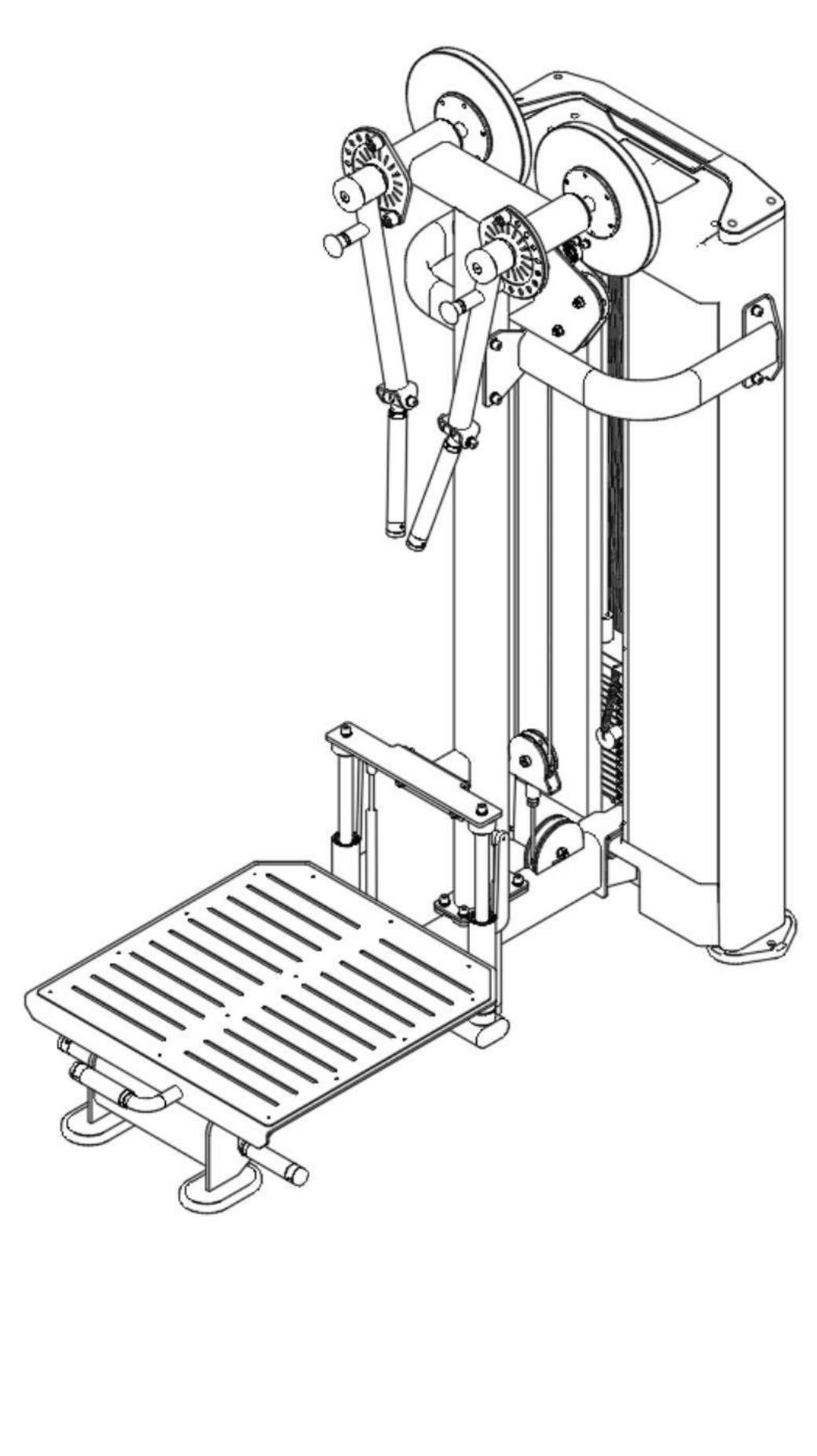
C4D02 Installation Guide

Shoulder / Chest Press



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Brief introduction

Please take the time to read these instructions carefully before installation. Please refer to the list in the instruction manual to confirm the completeness and quantity check of all parts (if any parts are missing or damaged in transit, you should call our after-sales service immediately) When installing the equipment, please follow the instructions to install the equipment correctly.

This equipment is designed to provide the smoothest and most effective workout. After installation, you need to understand all the functions in order to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve the problem, please call our after-sales service. After carefully reading all the instructions, please continue

Tool	rubber wrench
	lever ruler
	hexagon wrench
	spring clamp
	adjustable wrench
Note: When assembling, two or more persons are recommended to operate	

Assemble

Step 1: Attach the Counterweight Lower Shield (#2) to the Counterweight Frame (#1) by.

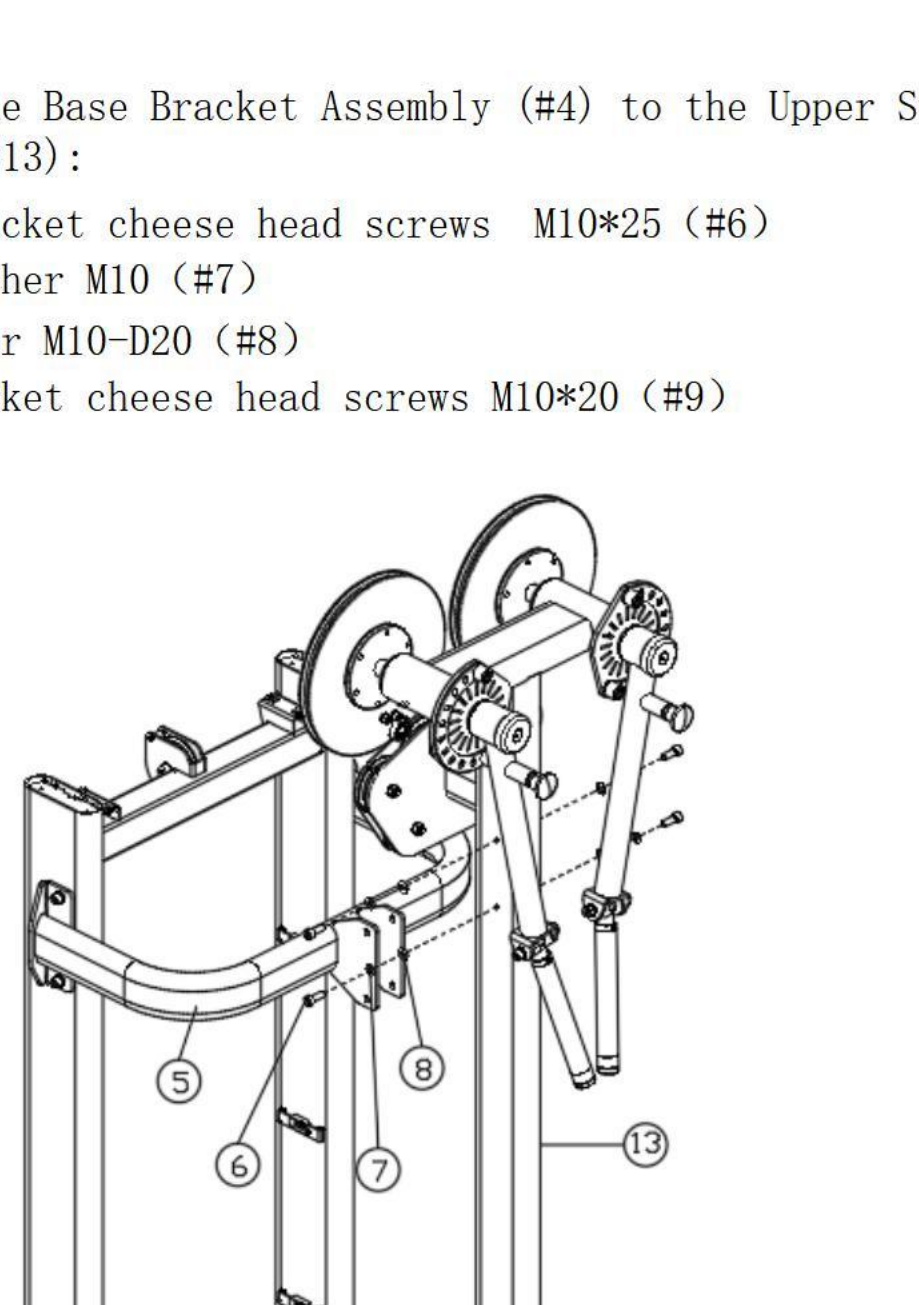
- 2 x Hexagon socket cheese head screws M5*16 (#3)

Step 2:Attach the Pedal Linkage Assembly (#10) to the Base Bracket Assembly (#4) using the following method:

Step 3: Attach the Base Bracket Assembly (#4), Upper Support Frame (#5) to the Counterweight Frame (#1) using the following method:

- 8 x Hexagon socket cheese head screws M10*25 (#6)
- 10 x spring washer M10 (#7)
- 10 x flat washer M10-D20 (#8)
- 2 x Hexagon socket cheese head screwsM10*20 (#9)

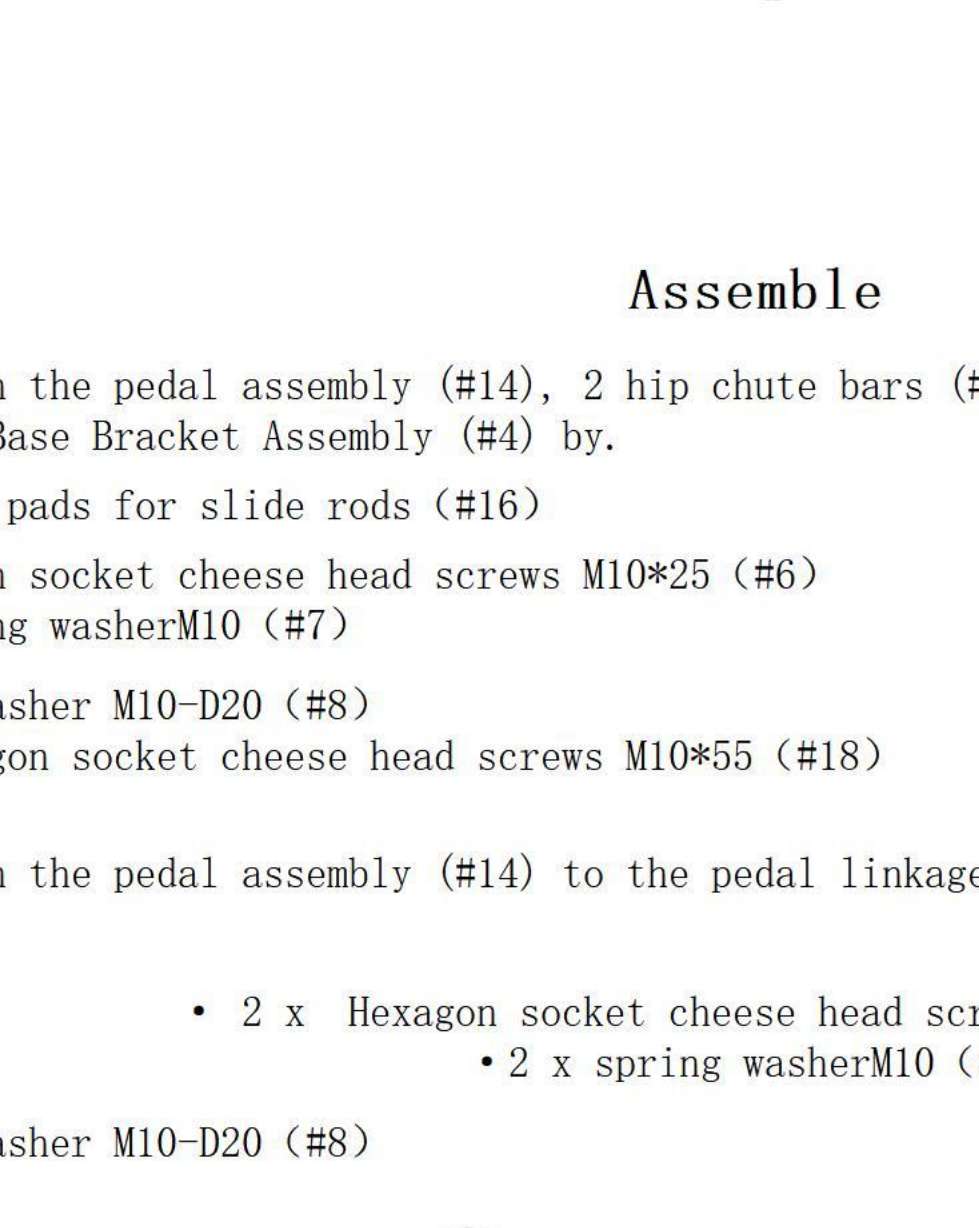
Step 4: Attach 2 Counterweight Rack Feet (#11) to Counterweight Rack (#1)
Install 2 flat oval feet (#12) to base bracket assembly (#4)



Assemble

Step 5: Attach the Base Bracket Assembly (#4) to the Upper Support Bracket (#5) with the Main Frame Assembly (#13):

- 4 x Hexagon socket cheese head screws M10*25 (#6)
- 8 x spring washer M10 (#7)
- 8 x flat washer M10-D20 (#8)
- 4 xHexagon socket cheese head screws M10*20 (#9)



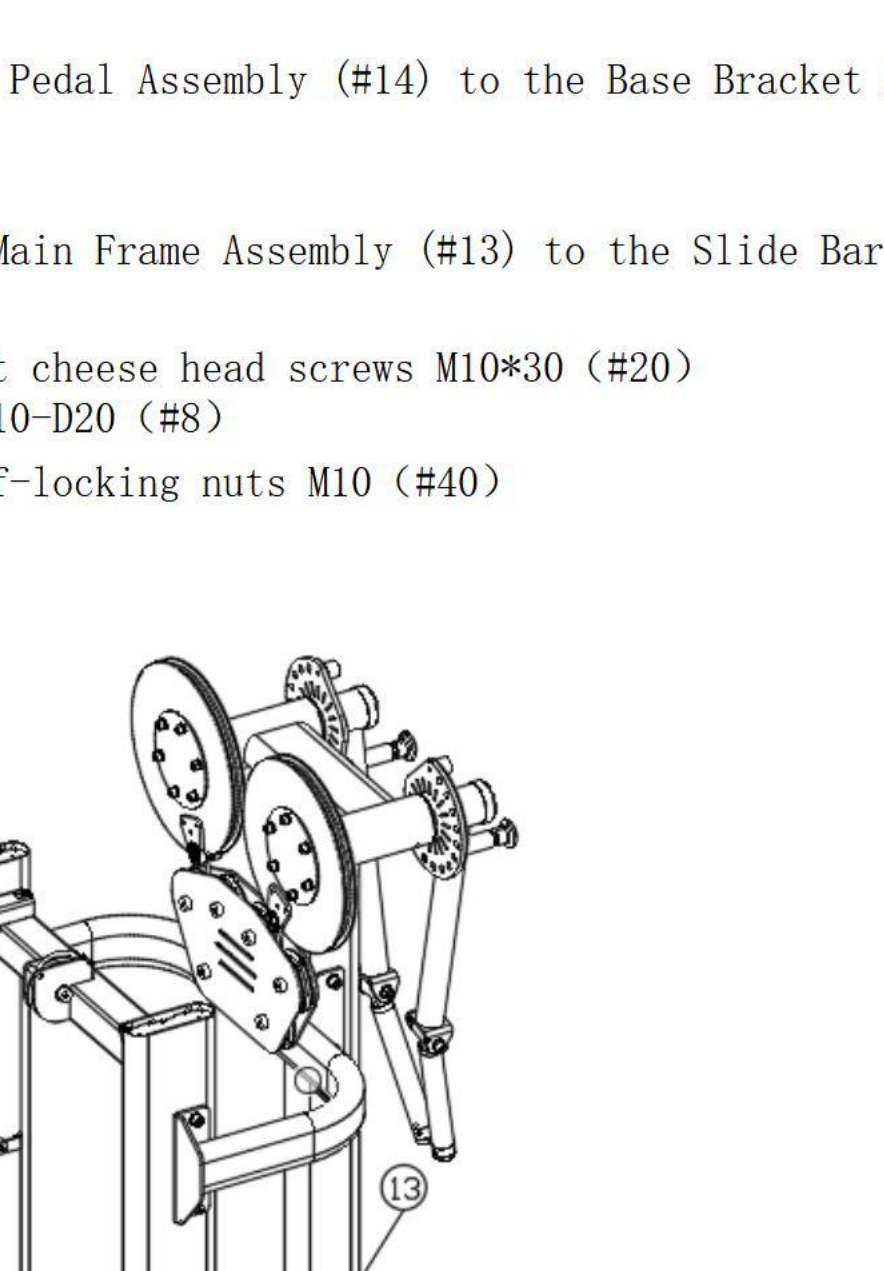
Assemble

Step 6: Attach the pedal assembly (#14), 2 hip chute bars (#15), and chute bar retaining plate (#17) to the Base Bracket Assembly (#4) by.

- 4 x Rubber pads for slide rods (#16)
- 2 x Hexagon socket cheese head screws M10*25 (#6)
  - 4 x spring washerM10 (#7)
- 4 x flat washer M10-D20 (#8)
  - 2 x Hexagon socket cheese head screws M10*55 (#18)

Step 7: Attach the pedal assembly (#14) to the pedal linkage assembly (#10) using the following method

- 2 x Hexagon socket cheese head screws M10*25 (#6)
  - 2 x spring washerM10 (#7)
- 2 x flat washer M10-D20 (#8)

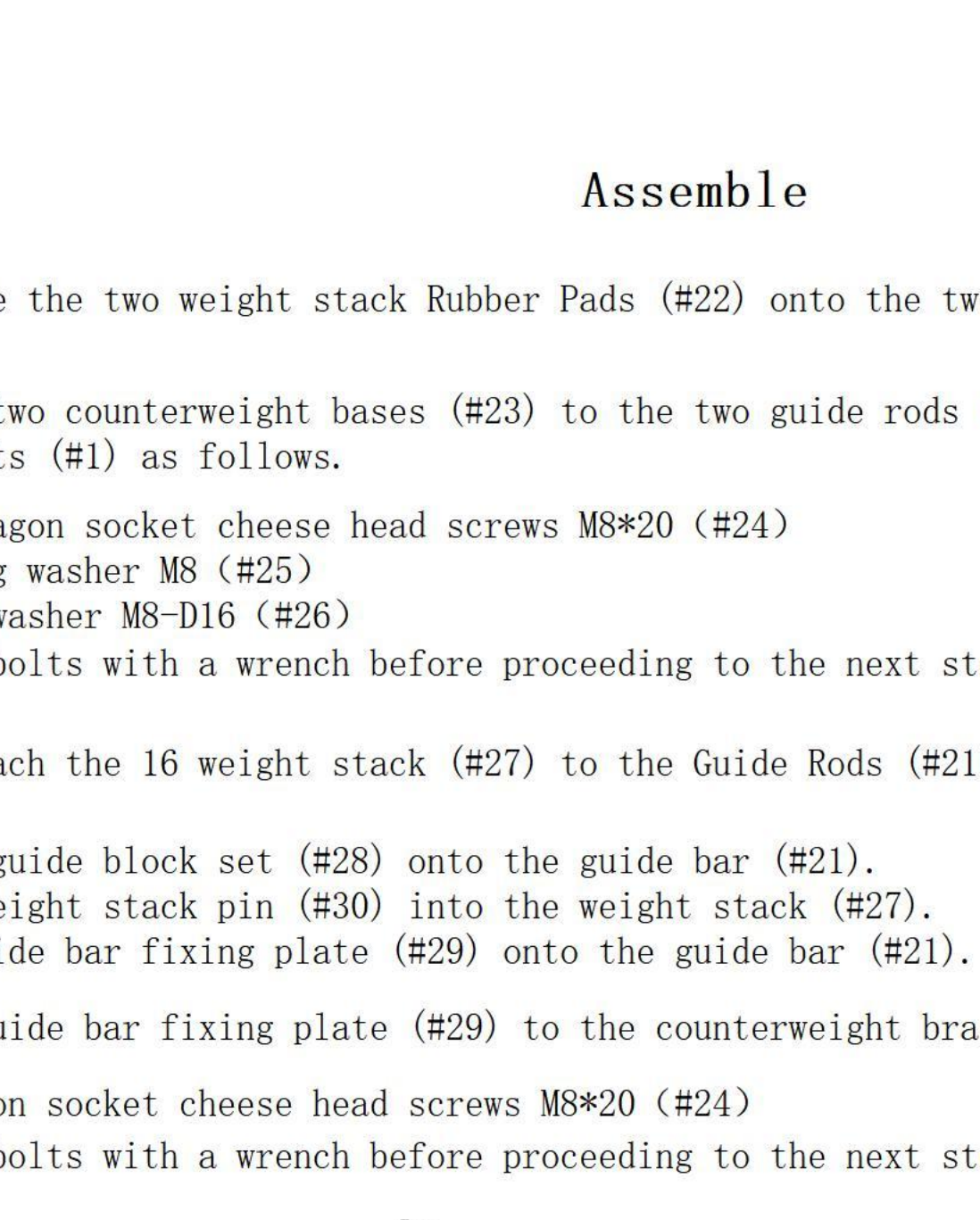


Assemble

Step 8:Connect the Pedal Assembly (#14) to the Base Bracket Assembly (#4) with 2 hydraulic rod (#19);

Step 9:Attach the Main Frame Assembly (#13) to the Slide Bar fixing Plate (#17) using the following method;

- 4xHexagon socket cheese head screws M10*30 (#20)
- 8xflat washer M10-D20 (#8)
- 4xHexagonal self-locking nuts M10 (#40)



Assemble

Step 10:Slide the two weight stack Rubber Pads (#22) onto the two Guide Bars (#21).

Connect the two counterweight bases (#23) to the two guide rods (#21) and place them in the counterweights (#1) as follows.

- 2 x Hexagon socket cheese head screws M8*20 (#24)
- 2 x spring washer M8 (#25)
- 2 x flat washer M8-D16 (#26)

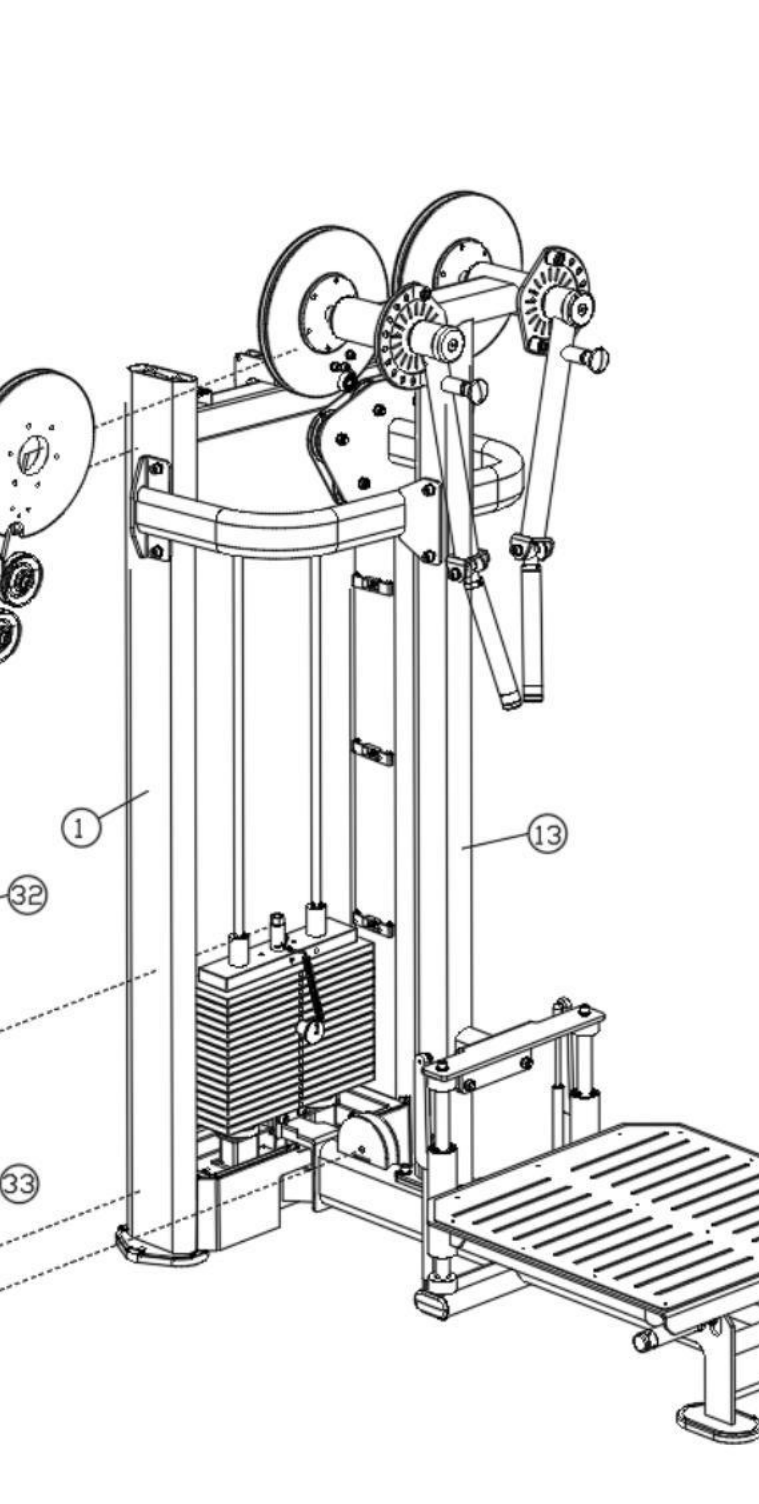
Tighten the bolts with a wrench before proceeding to the next step

Step 11: Attach the 16 weight stack (#27) to the Guide Rods (#21) with the isolation tabs facing up.
Install the guide block set (#28) onto the guide bar (#21).
Insert the weight stack pin (#30) into the weight stack (#27).
Slide the Guide bar fixing plate (#29) onto the guide bar (#21).

Attach the guide bar fixing plate (#29) to the counterweight bracket (#1) by.

- 2 x Hexagon socket cheese head screws M8*20 (#24)

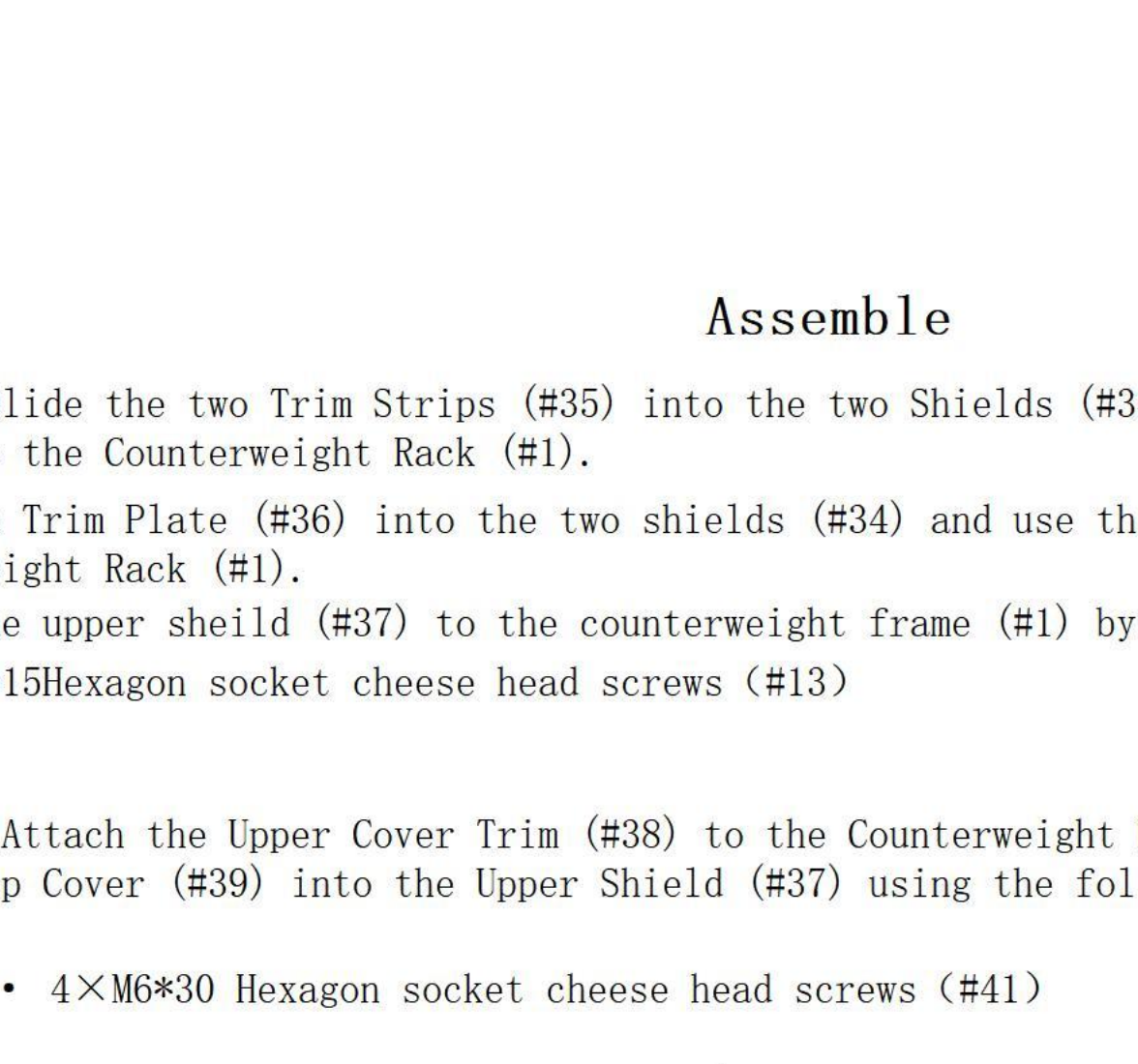
Tighten the bolts with a wrench before proceeding to the next step



Assemble

Step 12: Thread in the cable 1 (#31) and cable 2 (#32) as shown in the picture, the pre-installed sheaves need to be disassembled and then re-installed.

Note that these sheaves are installed in synchronization with cable 1 (#31) and cable 2 (#32)



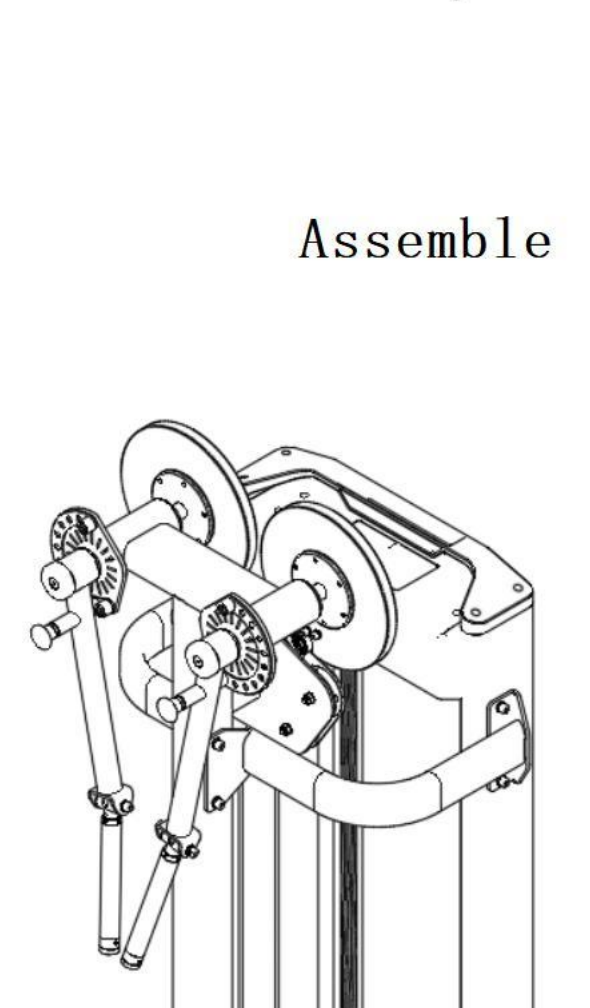
Assemble

Step 13:Slide the two Trim Strips (#35) into the two Shields (#34) and use the shield Platen to attach to the Counterweight Rack (#1).
Slide the Trim Plate (#36) into the two shields (#34) and use the shield Platen to attach to the Counterweight Rack (#1).
Attach the upper sheild (#37) to the counterweight frame (#1) by.

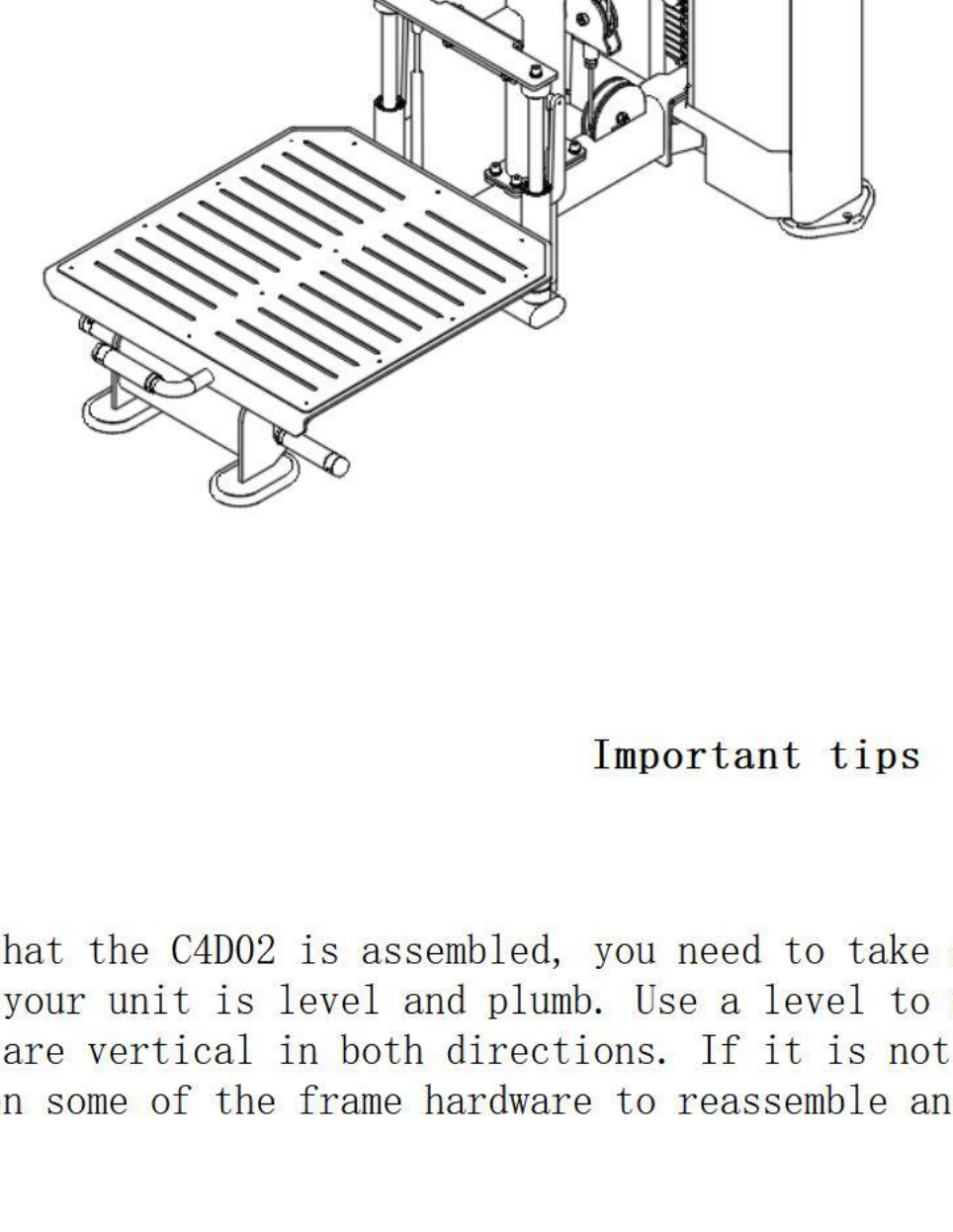
- 4×M5*15Hexagon socket cheese head screws (#13)

Step 14: Attach the Upper Cover Trim (#38) to the Counterweight Rack (#1) and snap the Upper Shield Top Cover (#39) into the Upper Shield (#37) using the following method;

- 4×M6*30 Hexagon socket cheese head screws (#41)



Assemble



Important tips

Now that the C4D02 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 vertical in both directions. If it is not vertical you must loosen some of the frame hardware to reassemble and tighten the bolts.

Accessory list

NO	Name and specification	QTY
1	Counterweight frame	1
2	Counterweight lower shield	1
3	Hexagon socket cheese head screws (M5*16)	6
4	Base Bracket Assembly	1
5	upper bracket	1
6	Hexagon socket cheese head screws (M10*25)	16
7	Spring washer (M10)	24
8	flat washer (M10-D20)	32
9	Hexagon socket cheese head screws (M10*20)	6
10	Pedal Linkage Assembly	1
11	counterweight footrest	2
12	Flat ellipse footmats	2
13	Main frame assembly	1
14	pedal assembly	1
15	Hip slide bar	2
16	Rubber pads for slide rods	4
17	slide bar fixing plate	1
18	Hexagon socket cheese head screws M10*55	2
19	hydraulic rod	2
20	Hexagon socket cheese head screws (M10*30)	4
21	guide bar	2

Accessory list

NO	Name and specification	QTY
22	Counterweight rubber pads	2
23	Counterweight frame base	2
24	Hexagon socket cheese head screws (M8*20)	4
25	Spring washer (M8)	2
26	flat washer M8-D16	2
27	weight stack	16
28	Guide block set	1
29	Guide bar fixing plate	1
30	weight stack pin	1
31	cable1	1
32	cable2	1
33	95 Branch Wheel Box Assembly	1
34	shield	4
35	decorative strip	2
36	decorative plate	1
37	upper shield	1
38	Upper shroud trim plate	1
39	Upper Shield Top Cover	1
40	Hexagonal self-locking nuts M10	4
41	Hexagon socket cheese head screws (M6*30)	4

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