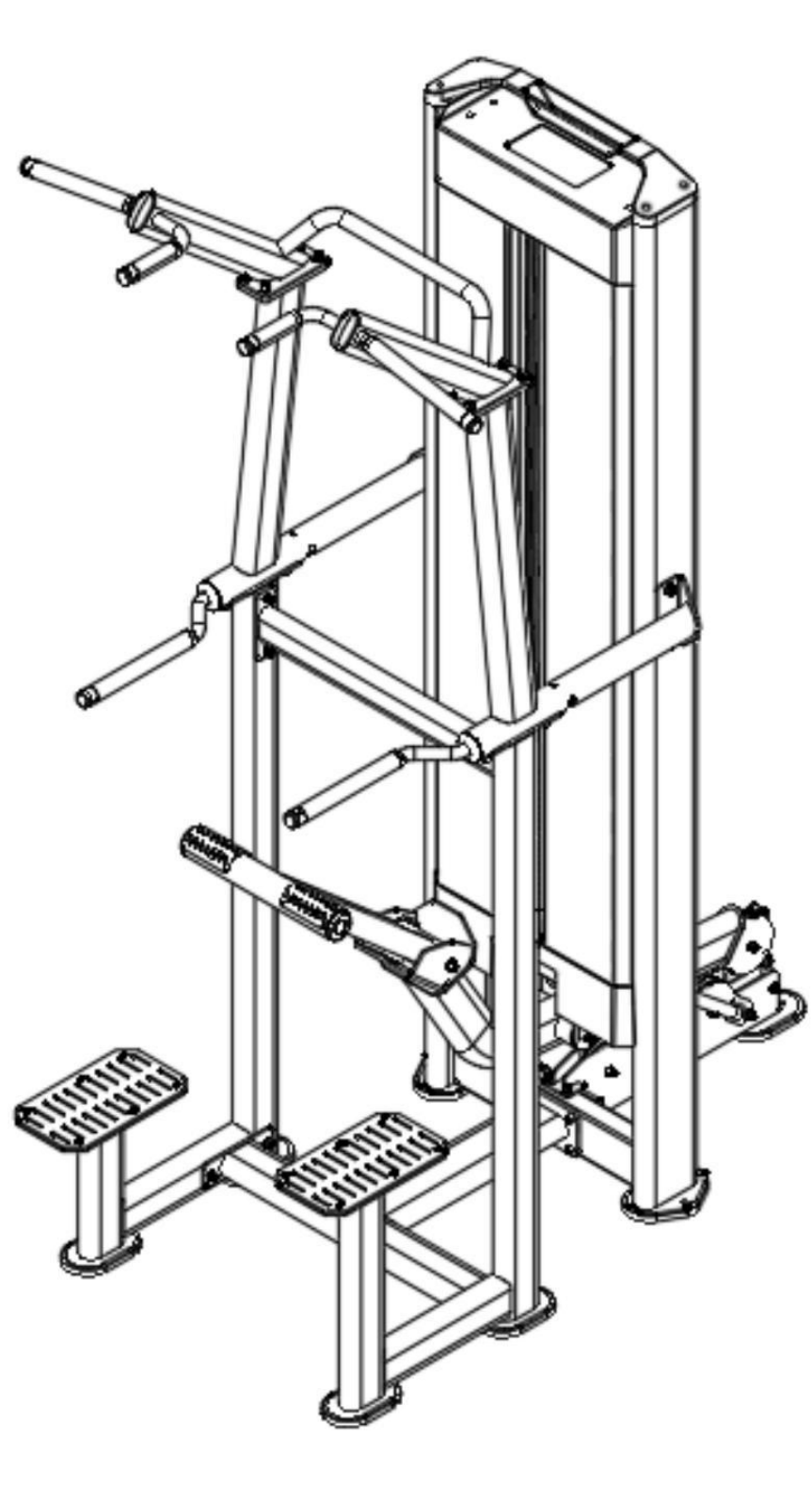
C4D07 Installation Guide

Standing Assisted Chin / Dip



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Introduction

Please take the time to read this instruction carefully before installation. Please refer to the instruction 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 to inquire about the reason in time . If you cannot solve it, please call our after-sales service. After reading all the instructions carefully, please continue.

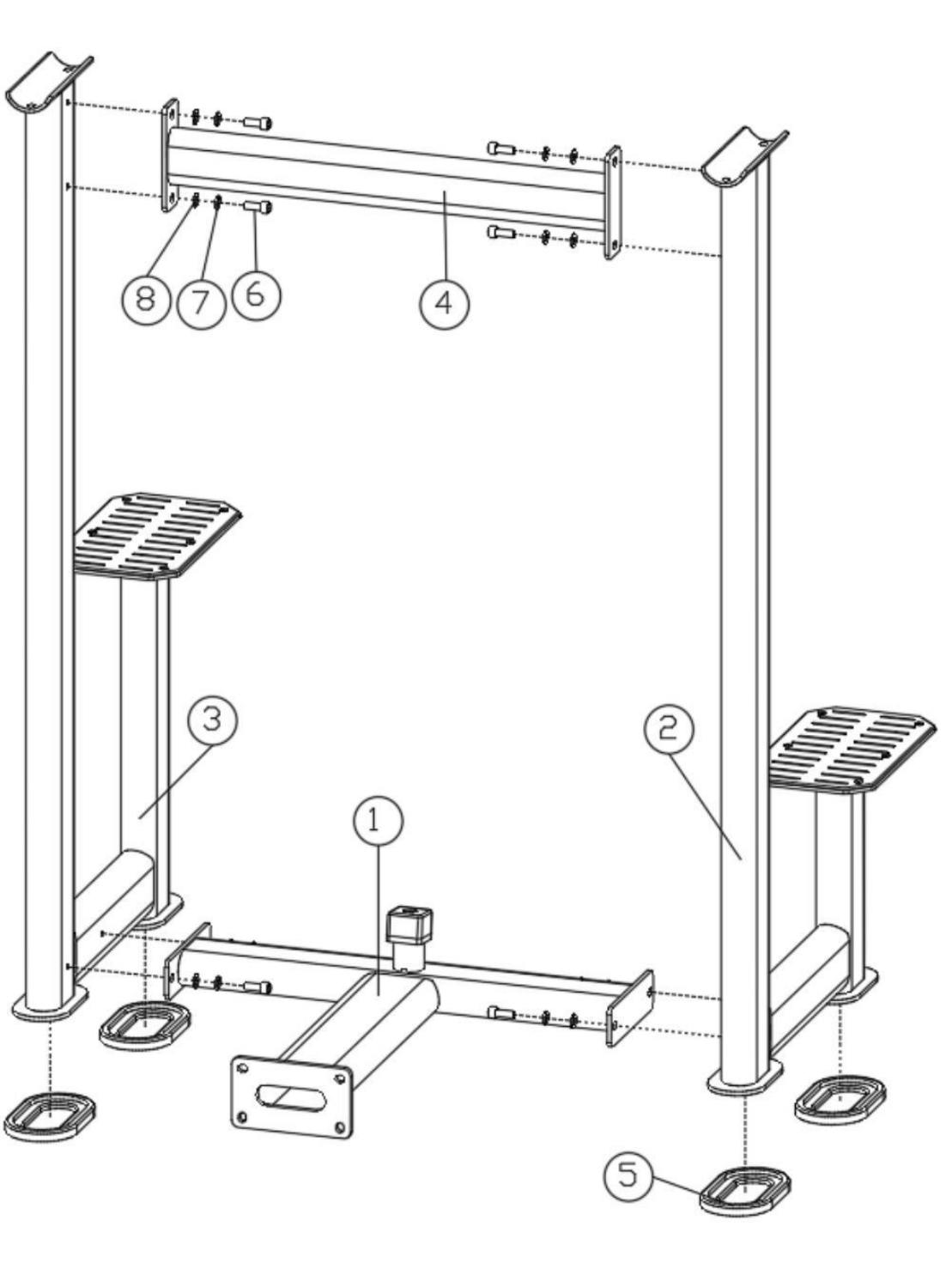
Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Assembly

Step 1: Install the four foot pads (5) on the foot plates of the left frame (2) and the right frame (3):

Step 2: Connect the bottom frame (1), left frame (2), right frame (3), and connecting frame (4) by the following method:
- 8×M10*25 hexagon socket head screws (6)
- 8 × M10 spring washers (7)
- 8 × M10 flat washers (8)

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



Assembly

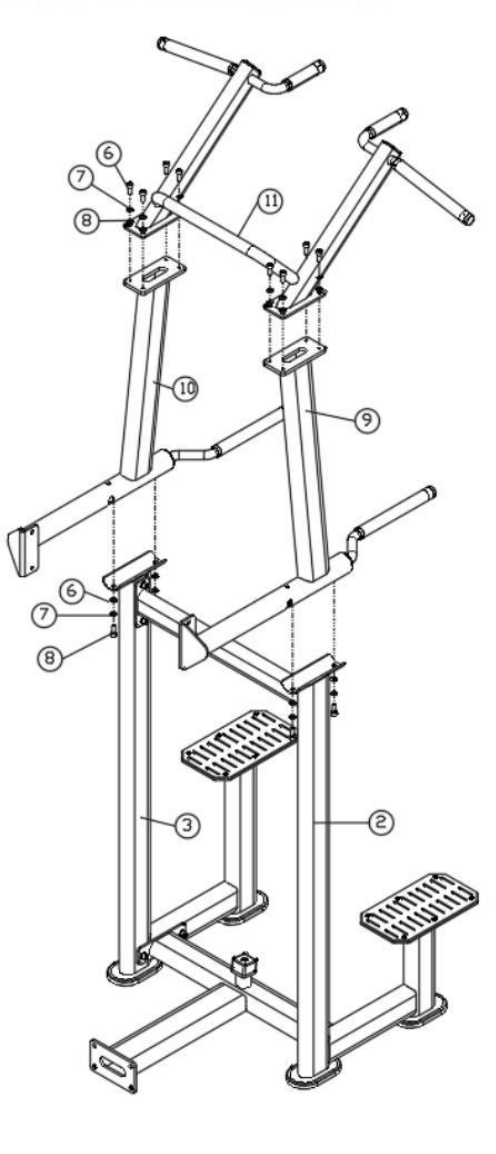
Step 3: Connect the left handrail side frame(9) to the left side frame(2) by the following method:

Use the same method to connect the right handrail side frame(10) to the right side frame (3):
- 4×M10*25 hexagon socket head screws (6)
- 4 × M10 spring washers (7)
- 4 × M10 flat washers (8)

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

Step 4: Connect the pull-up arm frame(11) to the left handrail side frame (9) and the right handrail side frame (10) by the following method:
- 8×M10*25 hexagon socket head screws (6)
- 8 × M10 spring washers (7)
- 8 × M10 flat washers (8)

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



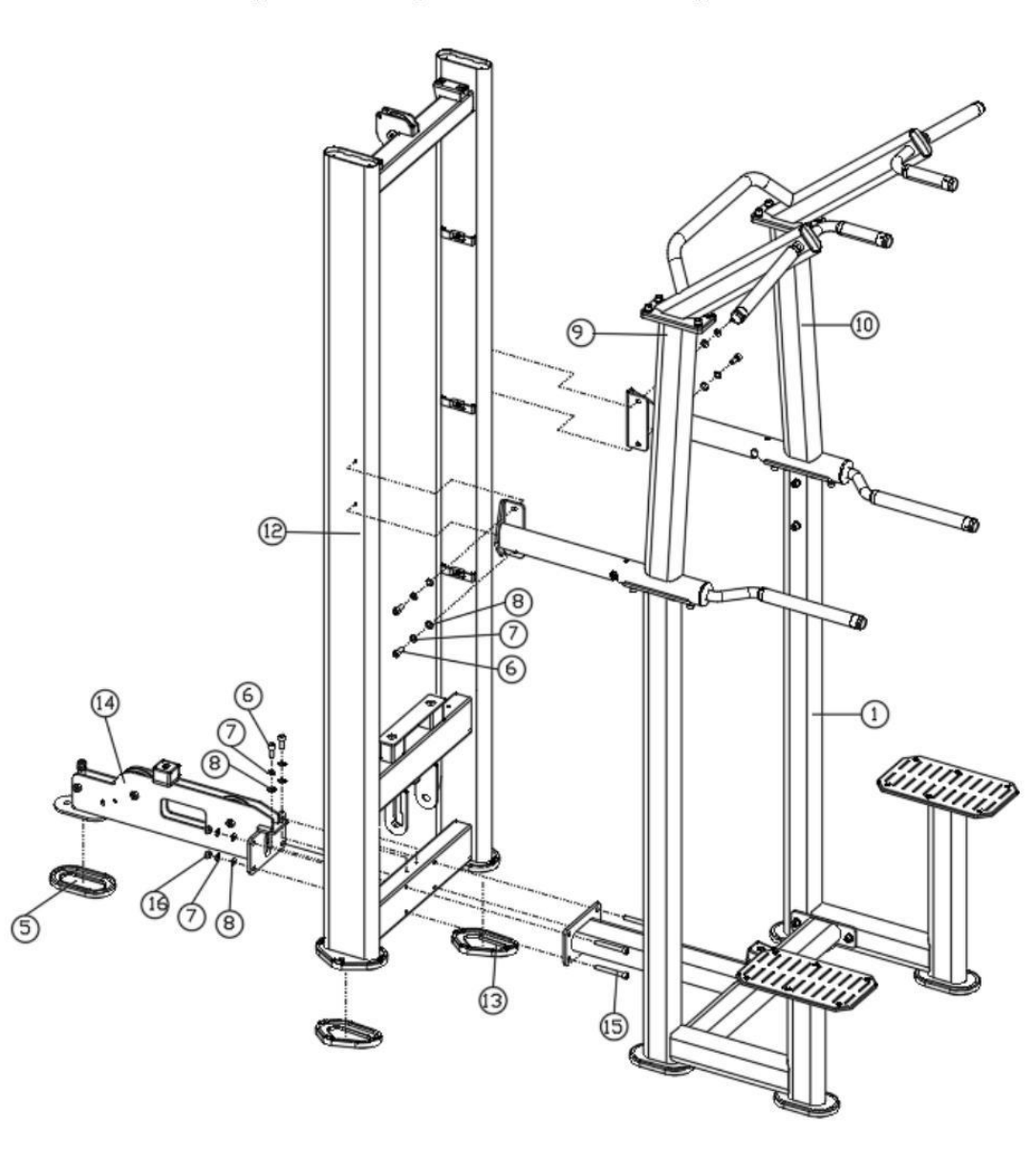
Assembly

Step 5: Install one foot pad(5) on the foot plate of the cable pulley frame (14) and two foot pads(13) on the foot plate of the weightstack frame(12):

Step 6: Connect the weightstack frame(12) to the base frame (1) and the pulley frame(14) by the following method;

Connect the counterweight frame (12) to the left handrail frame (9) and the right handrail frame (10):
- 6×M10*25 hexagon socket head screws (6)
- 4×M10*80 hexagon socket head screws (15)
- 10 × M10 spring washers (7)
- 10 × M10 flat washers (8)
- 4 × M10 hexagon nuts (16)

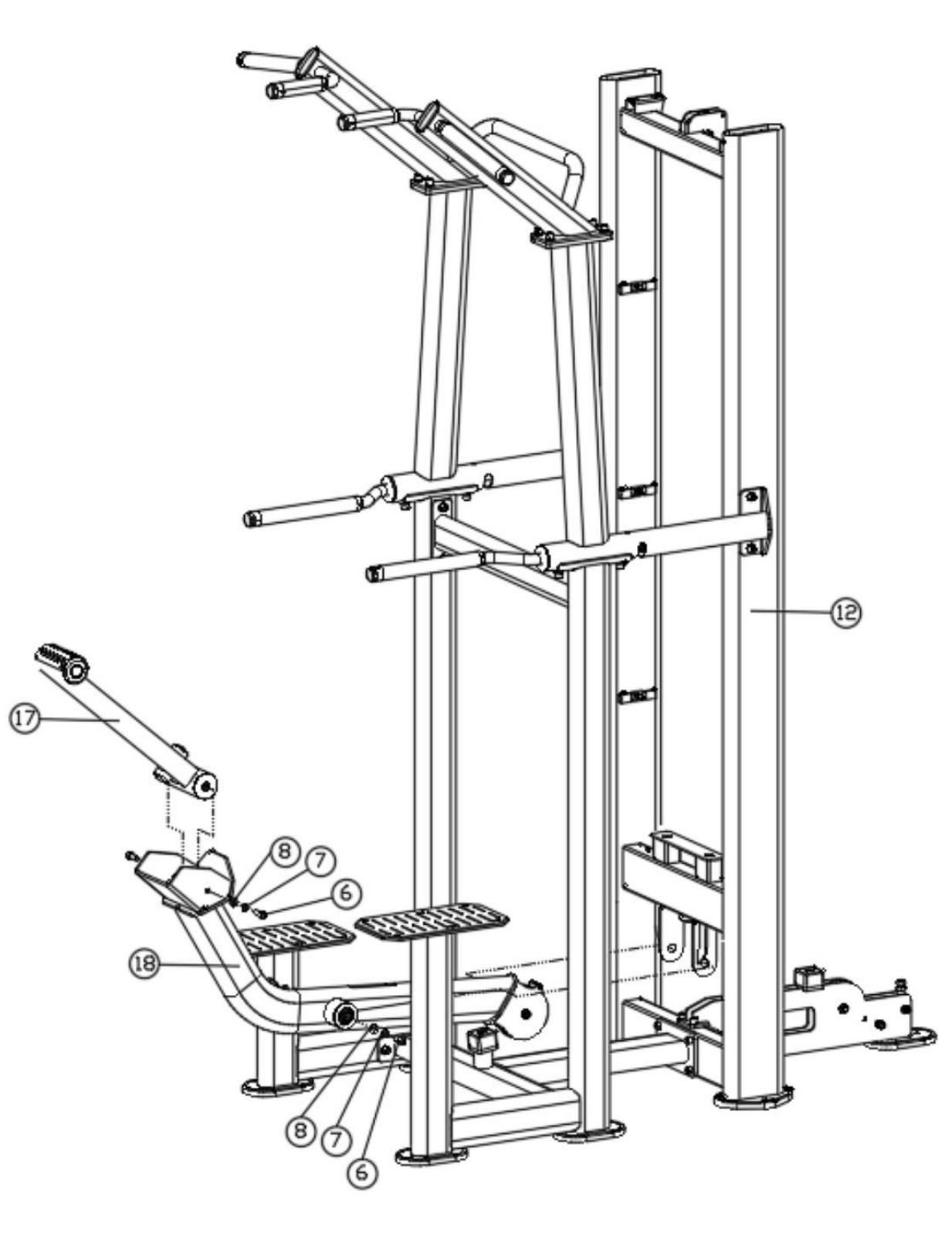
Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 7: Connect the lever arm(18)to the pedal frame(17)and the weightstack frame(12)respectively by the following method:
- 4×M10*25 hexagon socket head screws (6)
- 4 × M10 spring washers (7)
- 4 × M10 flat washers (8)

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

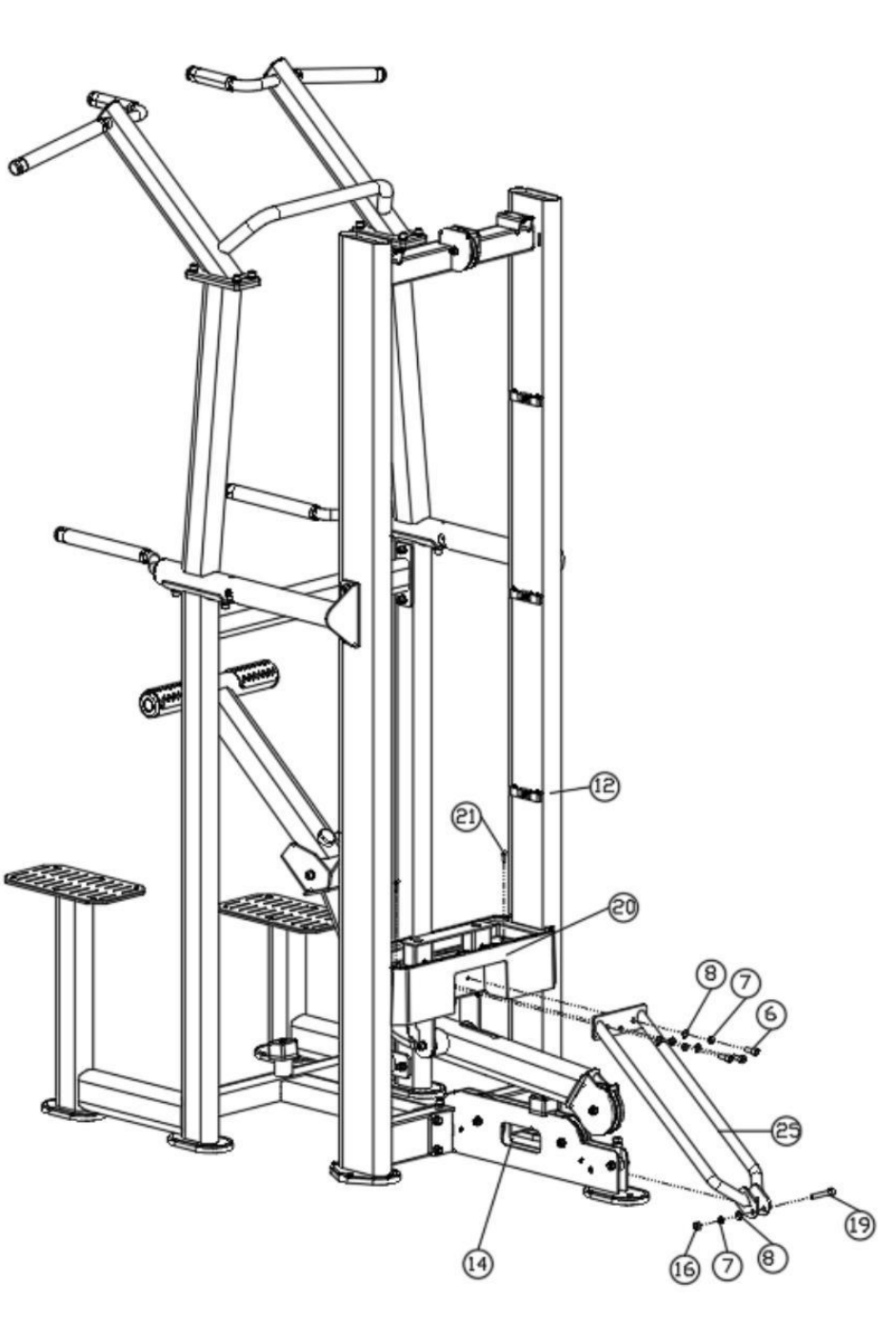


Assembly

Step 8: Install the weightstack frame shrould(20)onto the weightstack frame(12) by the following method:
- 2×M5*15 hexagon socket head screws (21)

Step 9: Connect the support frame (25) to the weightstack frame (12) and the pulley frame (14) by the following method:
- 1×M10*60 hexagon socket head screw (19)
- 3×M10*25 hexagon socket head screws (6)
- 4 × M10 spring washers (7)
- 4 × M10 flat washers (8)
- 1 × M10 hexagon nut (16)

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



Assembly

Step 10: Place the two pre-assembled guide rod assemblies (27) into the weightstack frame (12):

Step 11: Install the counterweight(29) onto the guide rod(27) with the spacer facing up.

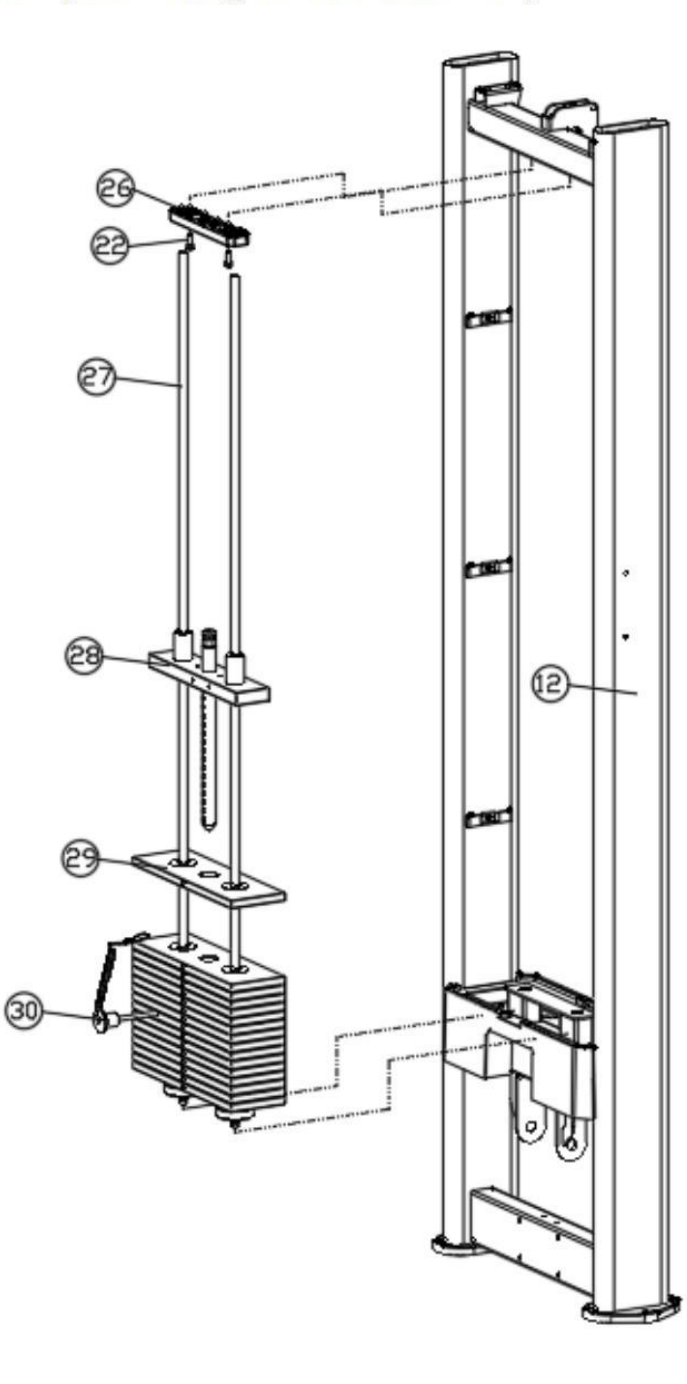
Install the guide block assembly (28) onto the guide rod (27).

Insert the weightstack pin (30) into the weightstack (29).

Install the guide rod fixing plate (26) onto the guide rod (27).

Install the guide rod retaining plate (26) to the weightstack frame (12) as follows:
- 2×M8*25 hexagon socket head screws (22)

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

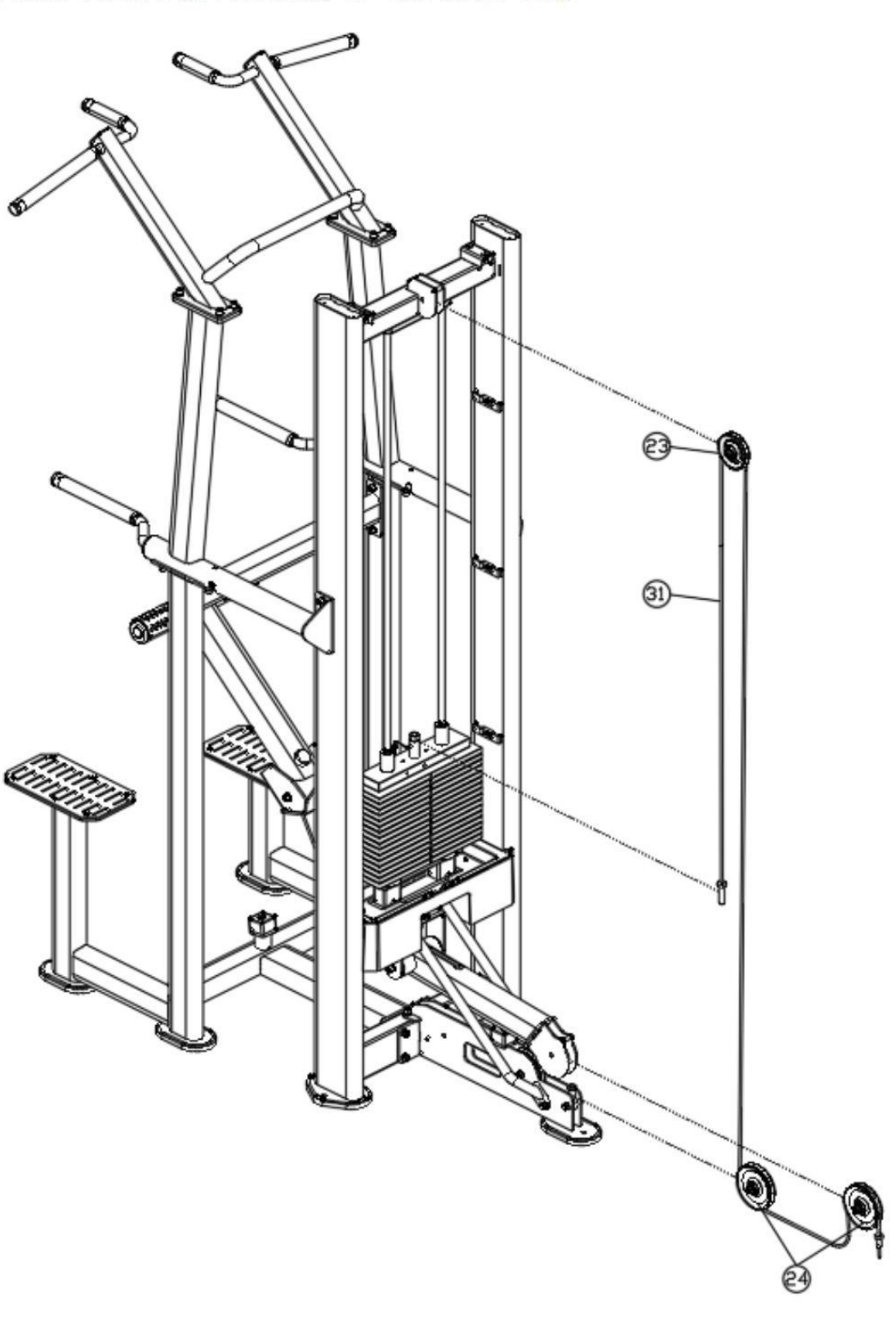


Assembly

Step 12: remove the pre-installed pully and pass the cable(31) around a 95 pulley(23) and two 120 pulley(24) and re-fix the pulleys in the original position in the following manner:

Pay attention: Please pass throught the weightstack pin when installing cable

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



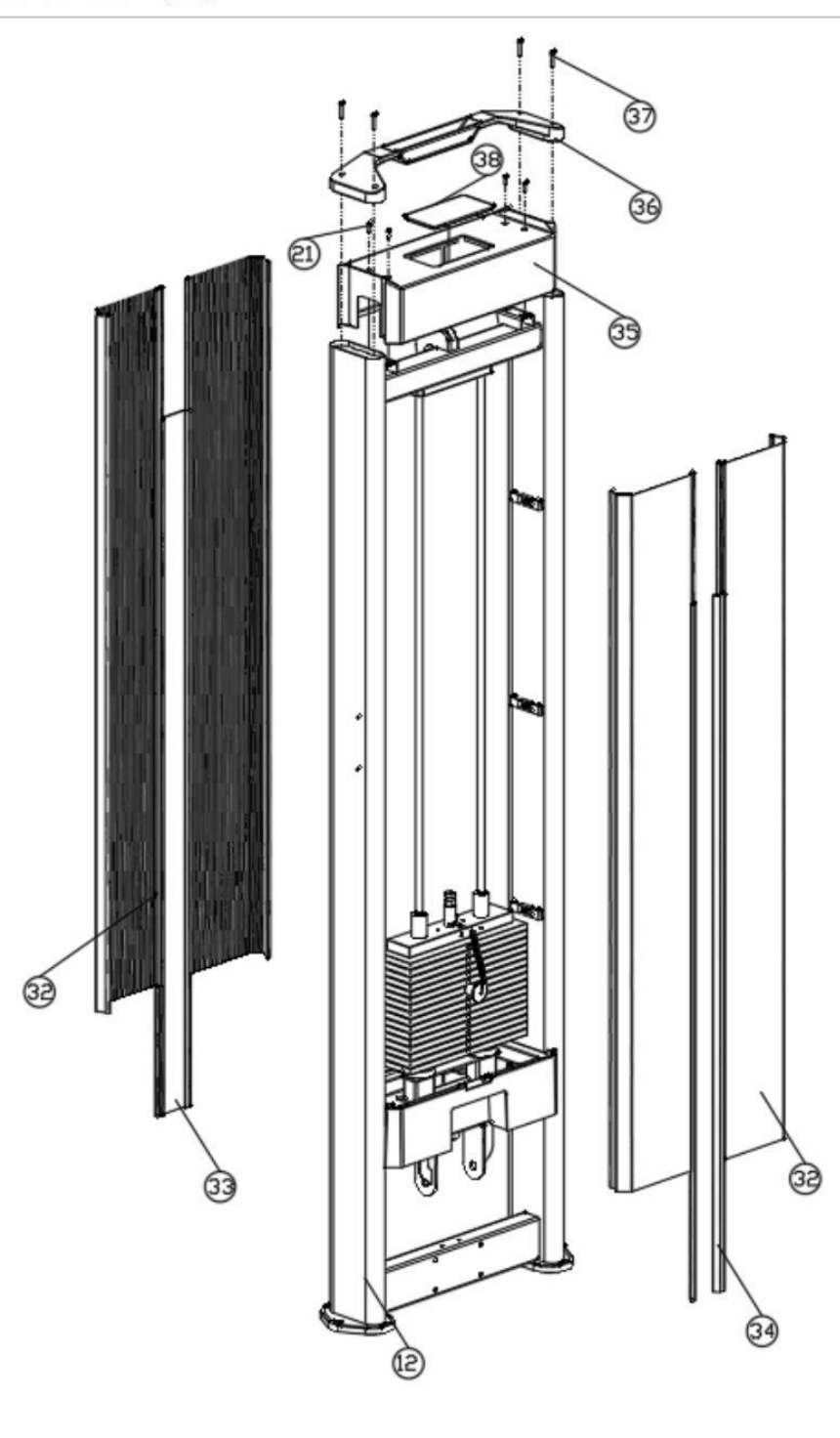
Assembly

STEP 13: Slide the two decorating strips (34) into the two fenders (32) and attach to the weightstack frame (12) using the fender hold-down plates.

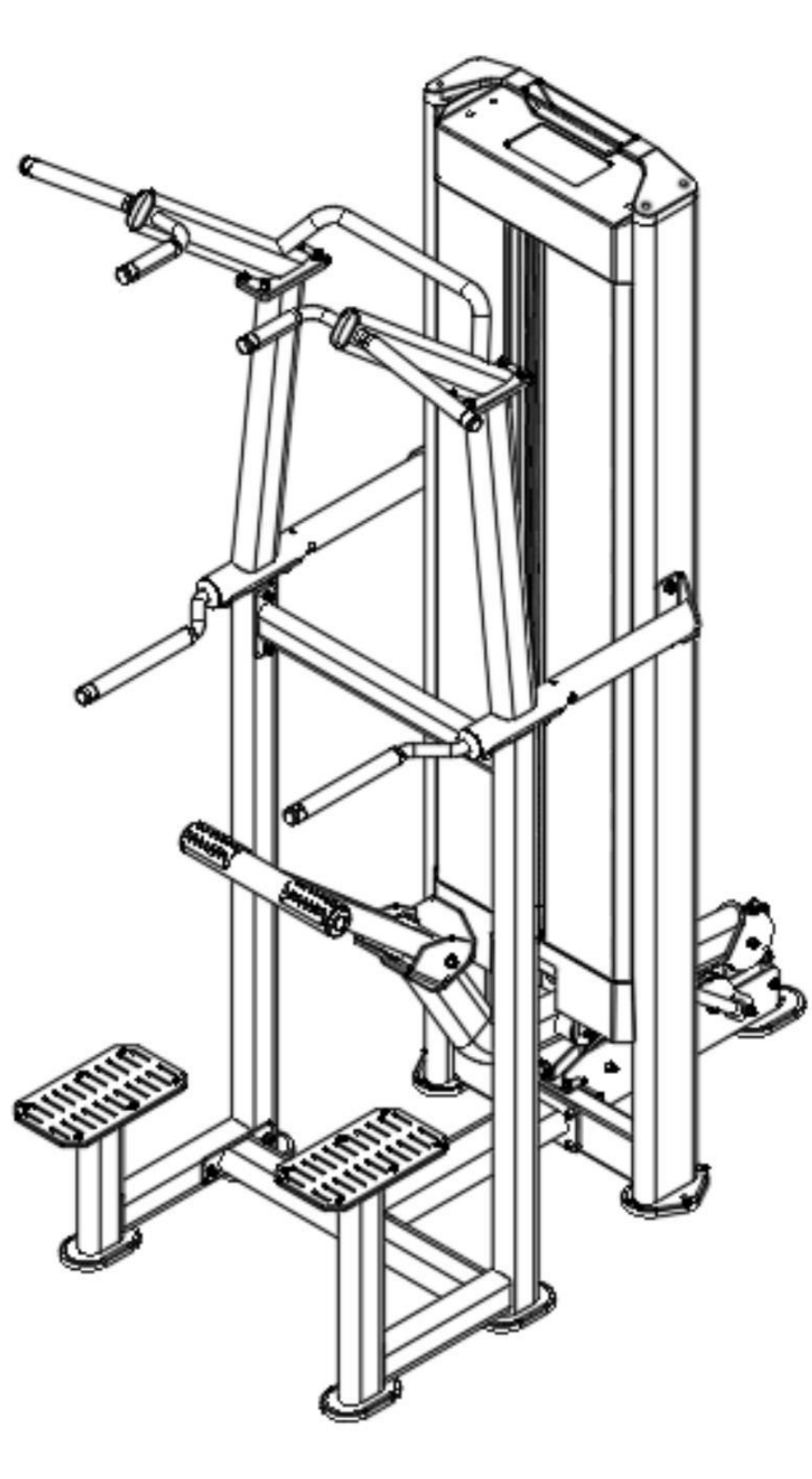
Slide the trim panel (33) into the two fenders (32) and attach to the weightstack frame (12) using the fender hold-down plates.

Attach the upper shroud (35) to the weightstack frame (12) as follows:
- 4×M5*15 hexagon socket head screws (#21)

Step 14: connect the upper cover trim (36) to the weightstack frame (12) and snap the upper guard cover (38) into the upper shroud(35) by the following method:
- 4×M6*30 hexagon socket head screws (37)



Assembly



Important Tips

Now that the Standing Assisted Chin/Dip is assembled, you need to take a moment to make sure your unit is horizonal straight 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 re-assemble and tighten the bolts.

Accessories List

Serial number	Name and specifications	quantity
1	Standing pull-up rack	1
2	Pull-up left frame I assembly	1
3	Pull-up right frame I assembly	1
4	Pull-up connection frame	1
5	Flat oval foot pad	4
6	Hexagon socket head screw (M10*25)	4
7	Spring washer (M10)	4
8	Flat washer (M10-D20)	4
9	Pull-up Left Frame II Assembly	1
10	Pull-up right frame II assembly	1
11	Pull-up arm rack	1
12	Counterweight rack	1
13	Breeding rack foot pads	2
14	Counterweight wire pulley frame	1
15	Hexagon socket head screw (M10*80)	4
16	M10 hexagon nut	5
17	Pedal stand	1
18	Lever	1
19	Hexagon socket head screw (M10*60)	2
20	Lower guard	1
21	Hexagon socket head screw (M5*15)	6

Accessories List

Serial number	Name and specifications	quantity
22	Hexagon socket head screw (M8*25)	2
23	95 reel	1
24	120 reel	2
25	Support frame	1
26	Guide rod fixing plate	1
27	Guide rod	2
28	Guide block set	1
29	Counterweight	14
30	Counterweight latch	1
31	Wire Rope	1
32	Bezel	4
33	Decorative panels	1
34	Decorative Strips	2
35	Upper guard	1
36	Upper guardrail decoration	1
37	Hexagon socket head screw (M6*30)	4
38	Upper guard cover	1
39		
40		
41		