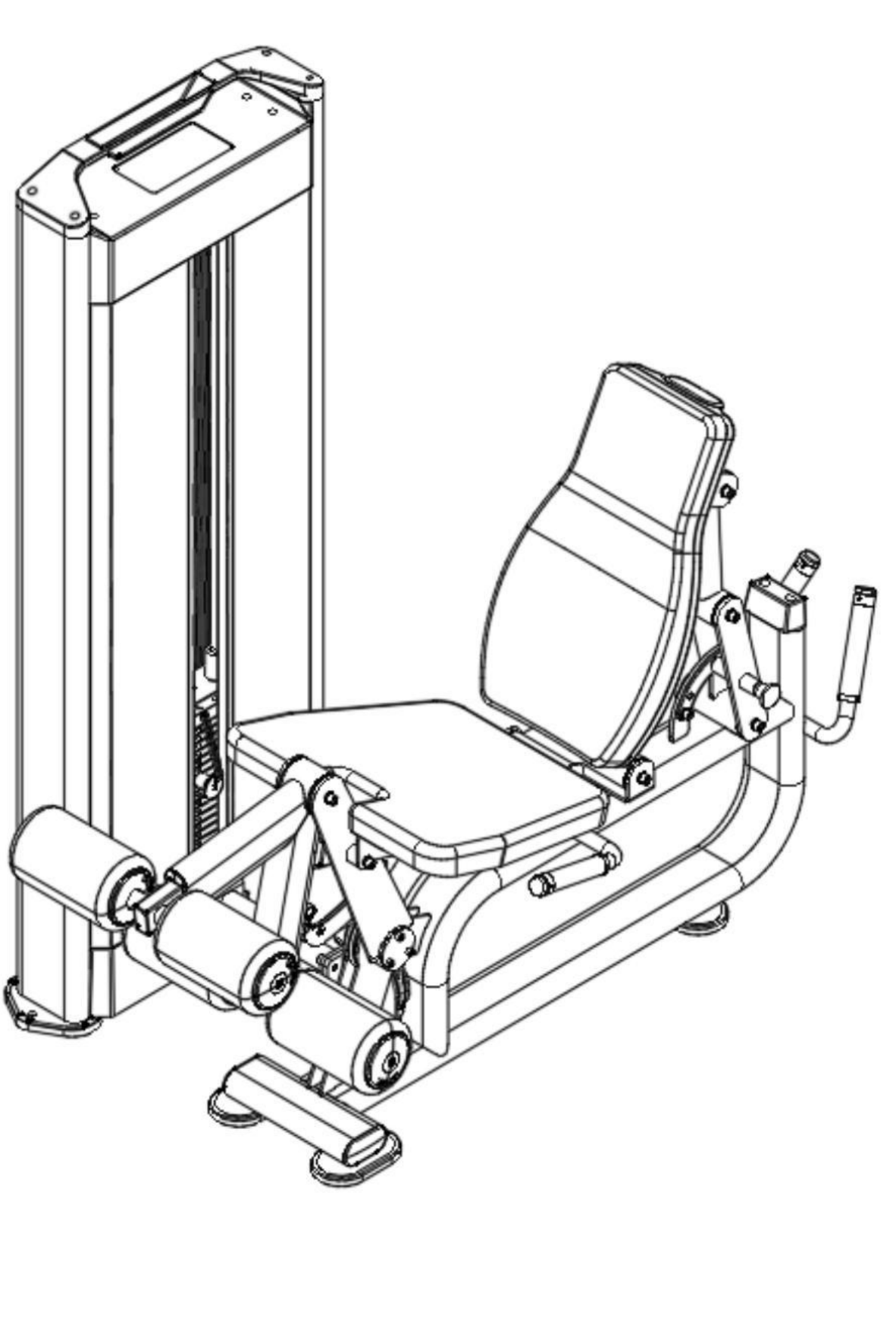
C4D09 Installation Guide

Leg Extension / Lying Leg Curl



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Brief 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

Tool	rubber mallet
	level ruler
	Hexagon wrench
	Circlip pliers
	Adjustable wrench
Note: When assembling, two or more persons are recommended to operate	

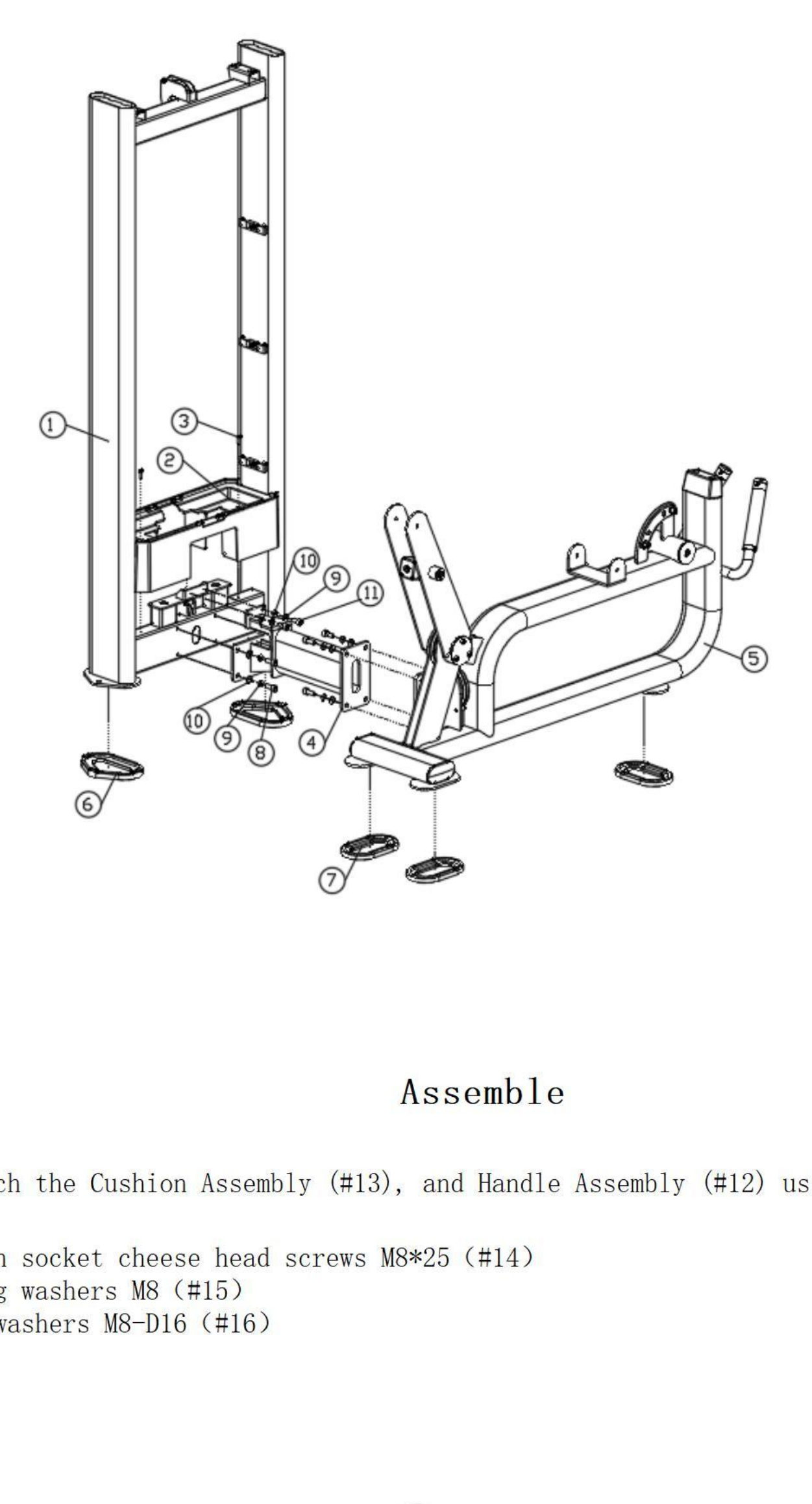
Assemble

Step 1:Bolt together components #1, #4, and #5 using the following method, which requires the lower shroud (#2) to be installed first

- 8xHexagon socket cheese head screws M10*25 (#8)
- 10xSpring washers M10 (#9)
- 10xFlat washers M10-D20 (#10)
- 2xHexagon socket cheese head screws M10*20 (#11)
- 2xHexagon socket cheese head screws M5*16 (#3)

Step 2: Attach 2 Counterweight Feet (#6) to Counterweight Rack (#1)

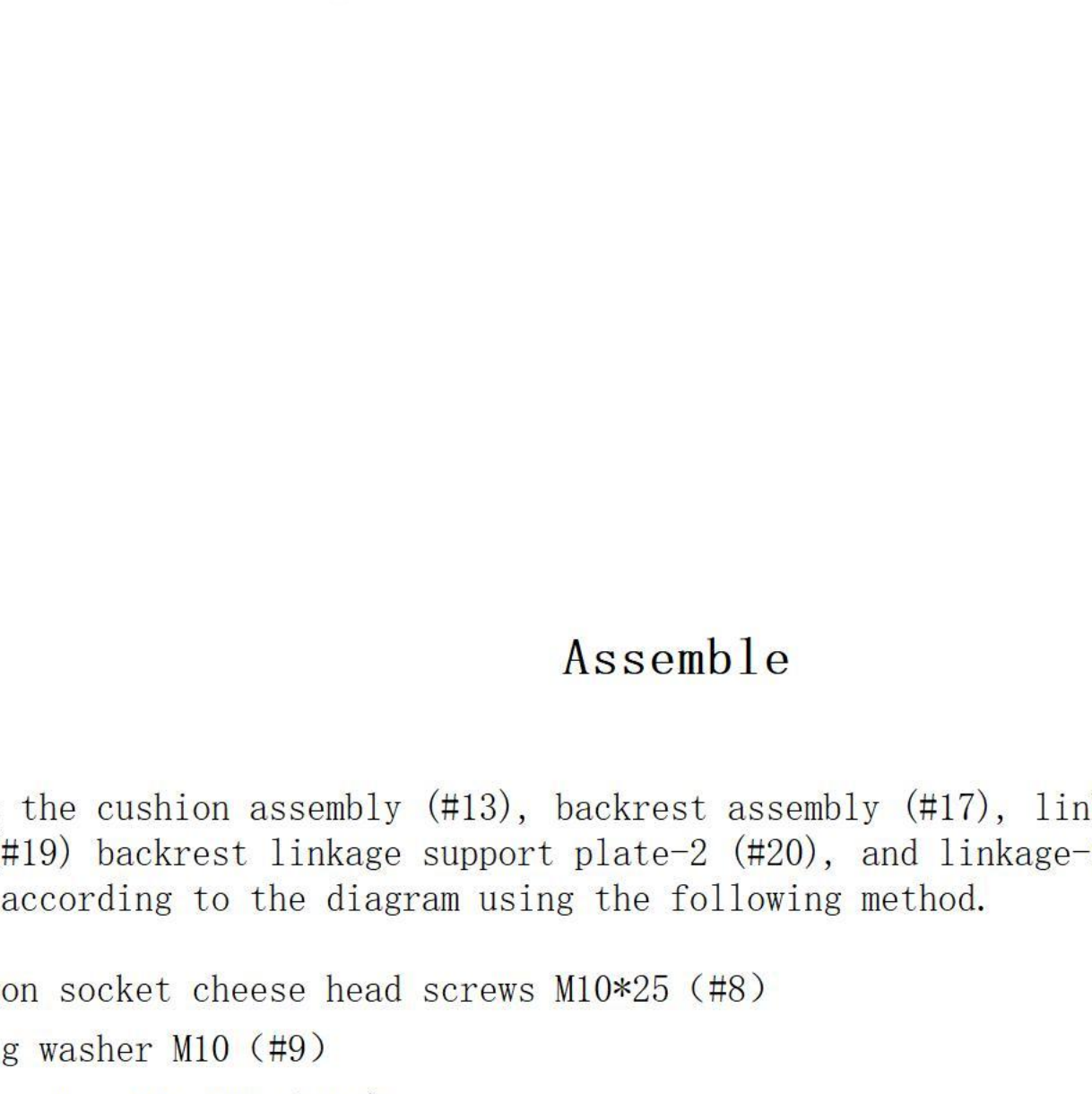
Step 3: Attach 3 Flat Oval Feet (#7) to Main Frame (#5)



Assemble

Step 4:Attach the Cushion Assembly (#13), and Handle Assembly (#12) using the following method.

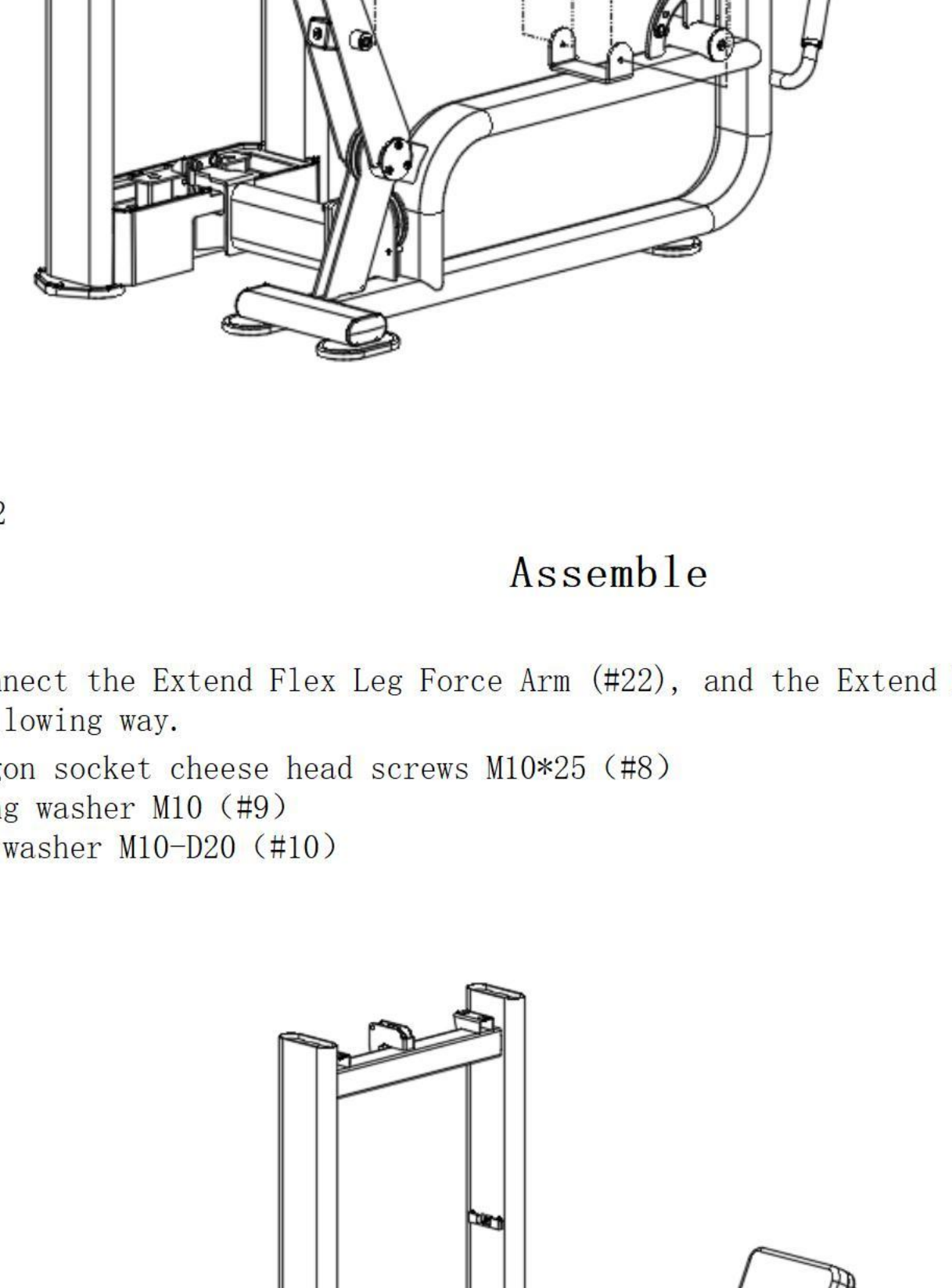
- 4xHexagon socket cheese head screws M8*25 (#14)
- 4x Spring washers M8 (#15)
- 4x Flat washers M8-D16 (#16)



Assemble

Step 5:Bolt the cushion assembly (#13), backrest assembly (#17), linkage-1 (#18), backrest linkage-1 (#19) backrest linkage support plate-2 (#20), and linkage-2 (#21) until they correspond according to the diagram using the following method.

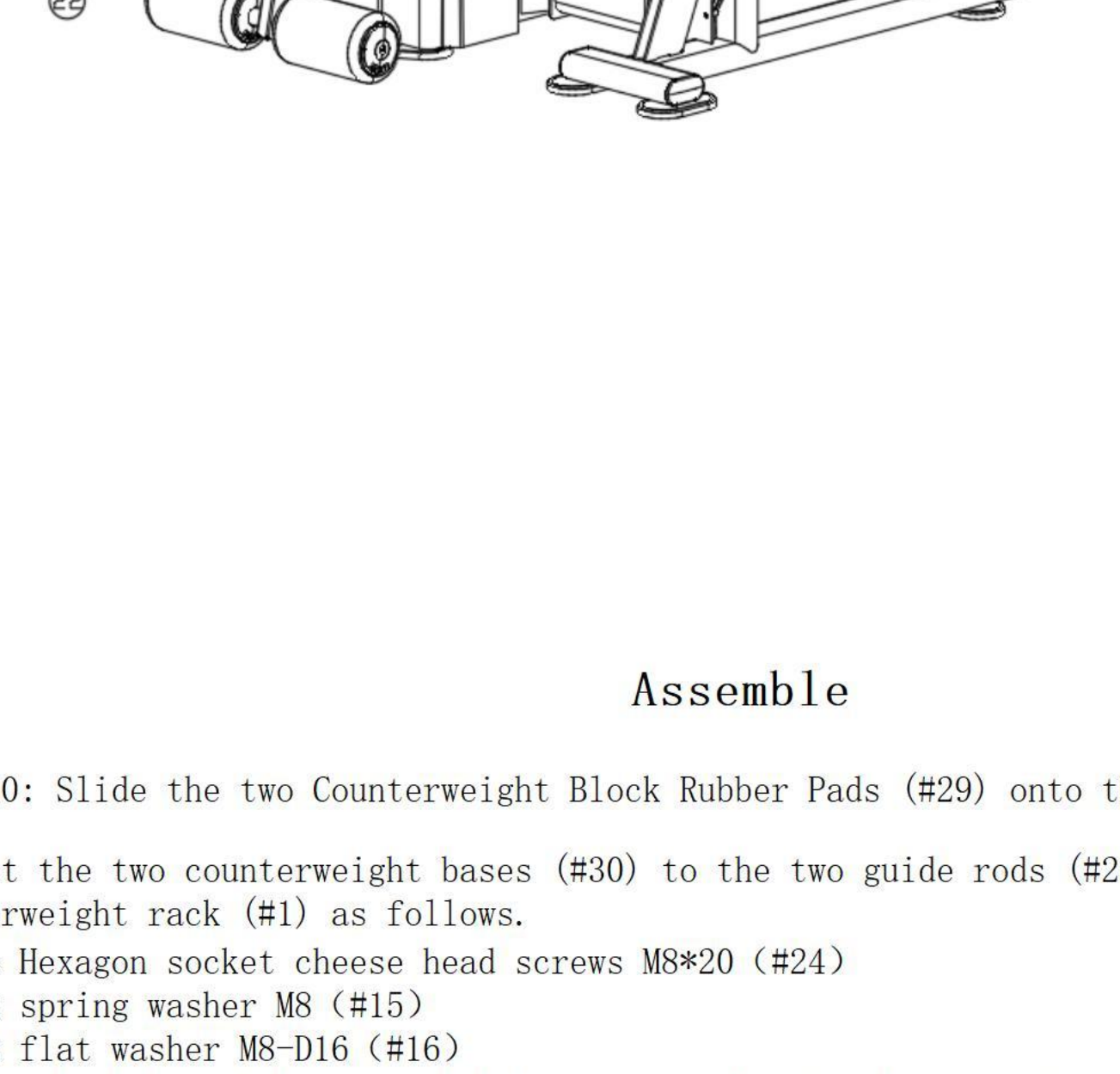
- 14xHexagon socket cheese head screws M10*25 (#8)
- 14xspring washer M10 (#9)
- 14xflat washer M10-D20 (#10)



Assemble

Step 6:Connect the Extend Flex Leg Force Arm (#22), and the Extend Flex Leg Main Frame (#5) in the following way.

- 2xHexagon socket cheese head screws M10*25 (#8)
- 2xspring washer M10 (#9)
- 2xflat washer M10-D20 (#10)



Assemble

Step 10: Slide the two Counterweight Block Rubber Pads (#29) onto the two Guide Bars (#25).

Connect the two counterweight bases (#30) to the two guide rods (#25) and place them in the counterweight rack (#1) as follows.

- 2 x Hexagon socket cheese head screws M8*20 (#24)
- 2 x spring washer M8 (#15)
- 2 x flat washer M8-D16 (#16)

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

Step 11: Attach the 16 Counterweight Blocks (#27) to the Guide Rods (#25) with the isolation tabs facing up.

Install the guide block set (#26) onto the guide bar (#25).

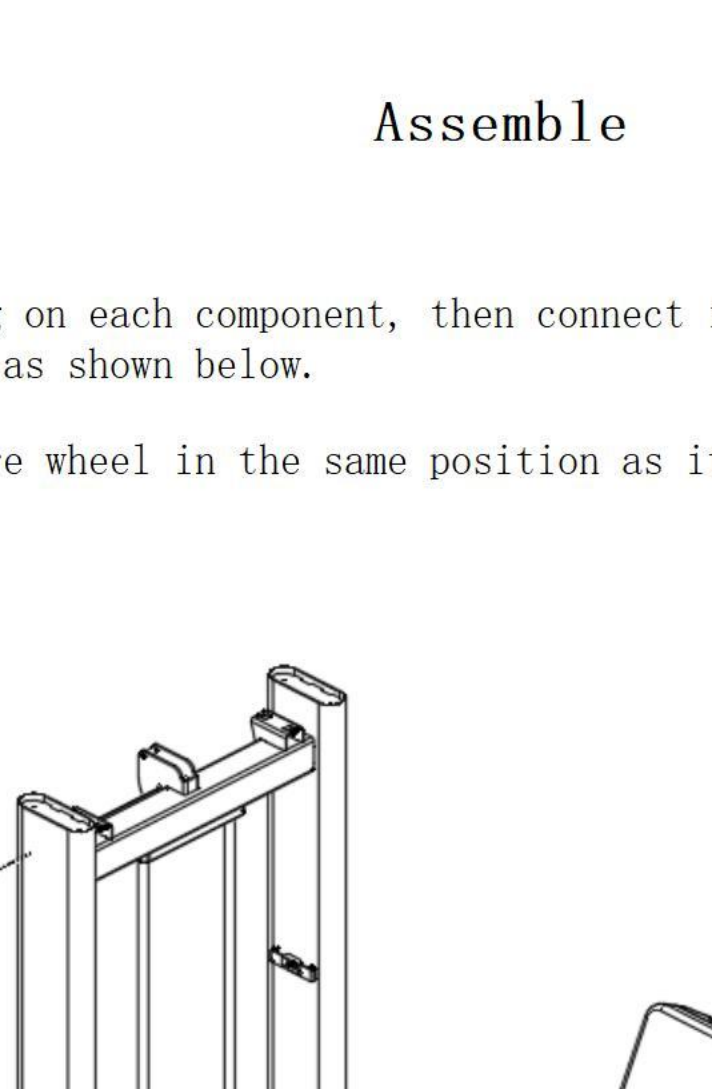
Insert the counterweight block pin (#28) into the counterweight block (#27).

Slide the guide bar retainer plate (#23) onto the guide bar (#25).

Attach the guide bar mounting plate (#23) to the counterweight frame (#1) by.

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

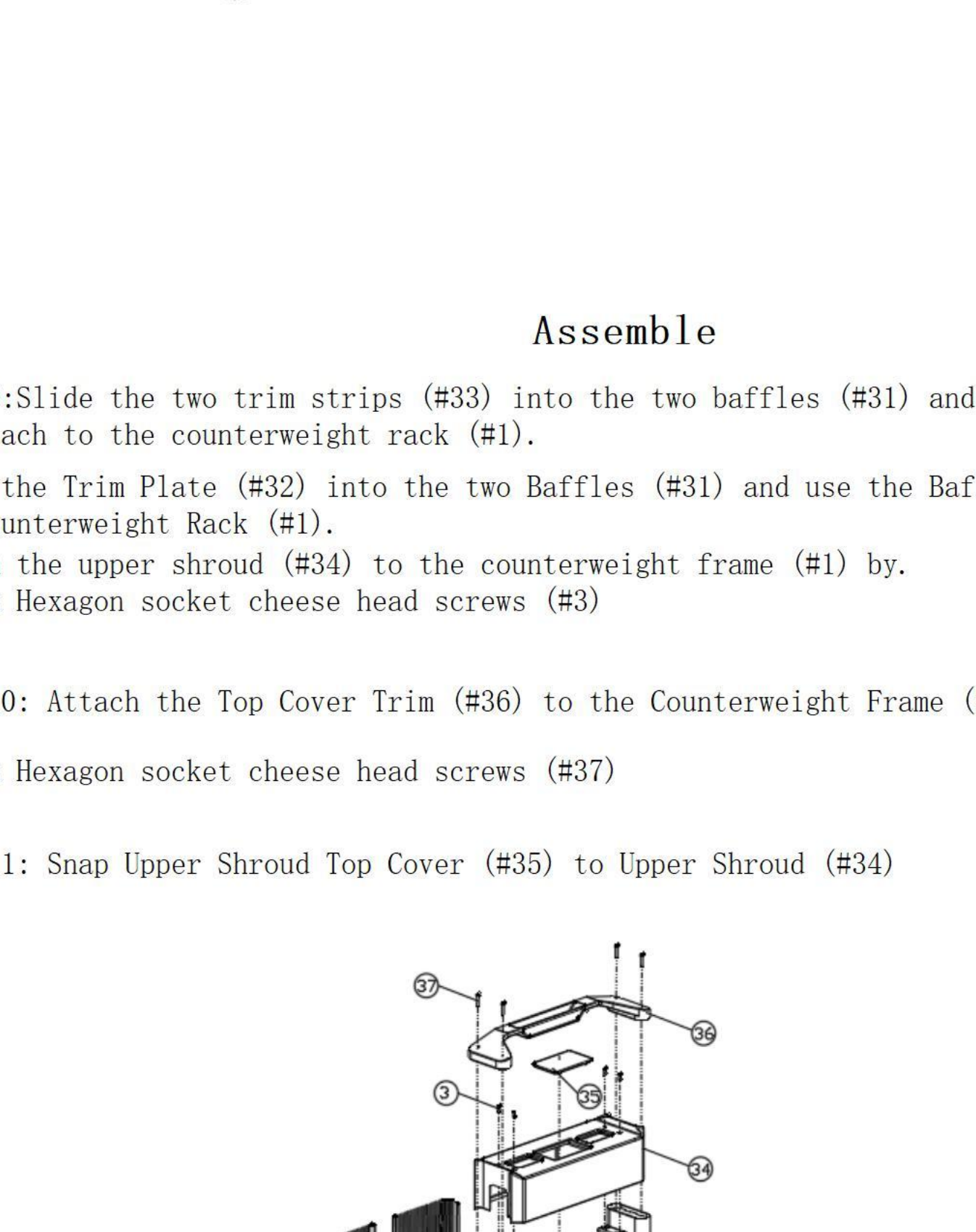
Tighten the bolts with a wrench before proceeding to the next step



Assemble

Step 8:Split the wiring on each component, then connect it with wire rope (#31) and individual wire wheels as shown below.

Finally recover the wire wheel in the same position as it was before the split.



Assemble

Step 9:Slide the two trim strips (#33) into the two baffles (#31) and use the baffle platen to attach to the counterweight rack (#1).

Slide the Trim Plate (#32) into the two Baffles (#31) and use the Baffle Platen to attach to the Counterweight Rack (#1).

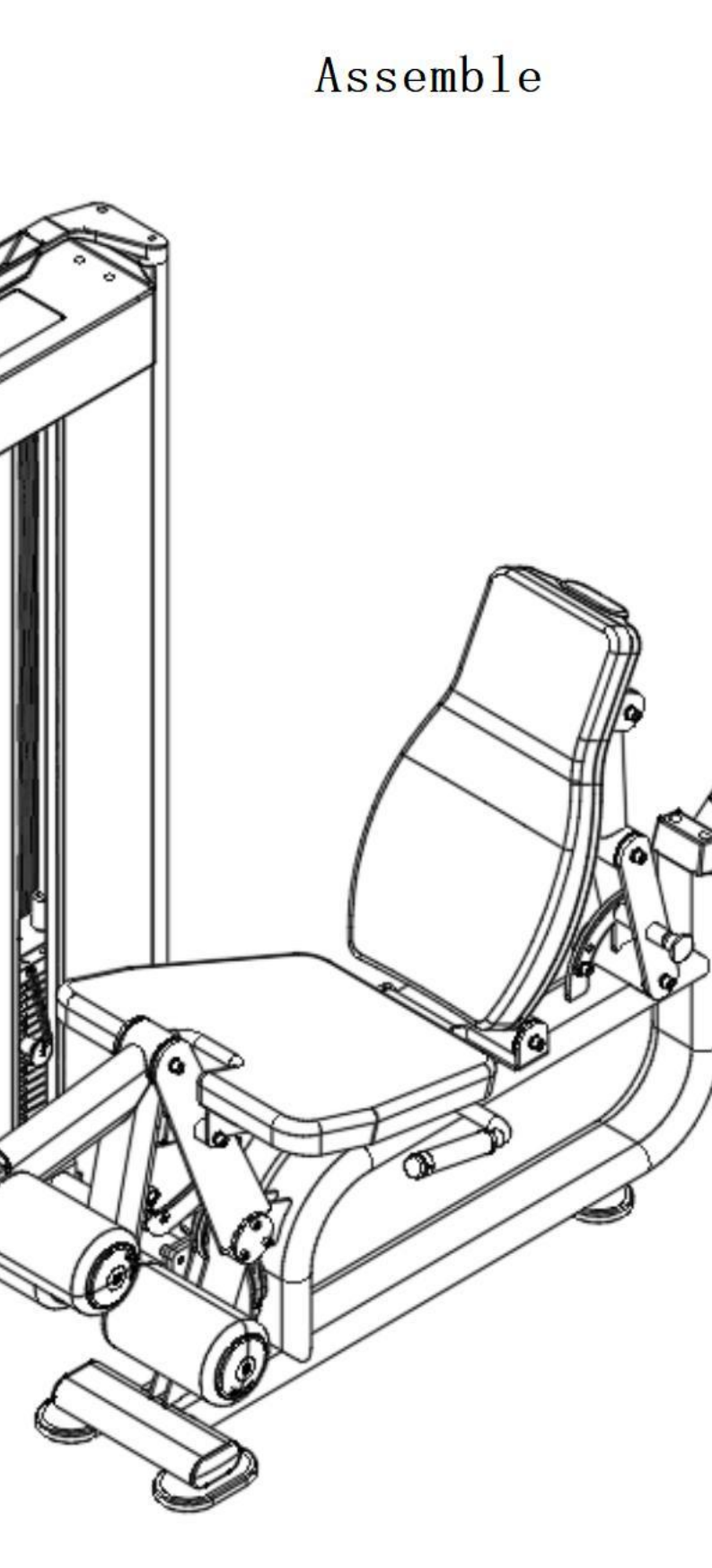
Attach the upper shroud (#34) to the counterweight frame (#1) by.

- 4 x Hexagon socket cheese head screws (#3)

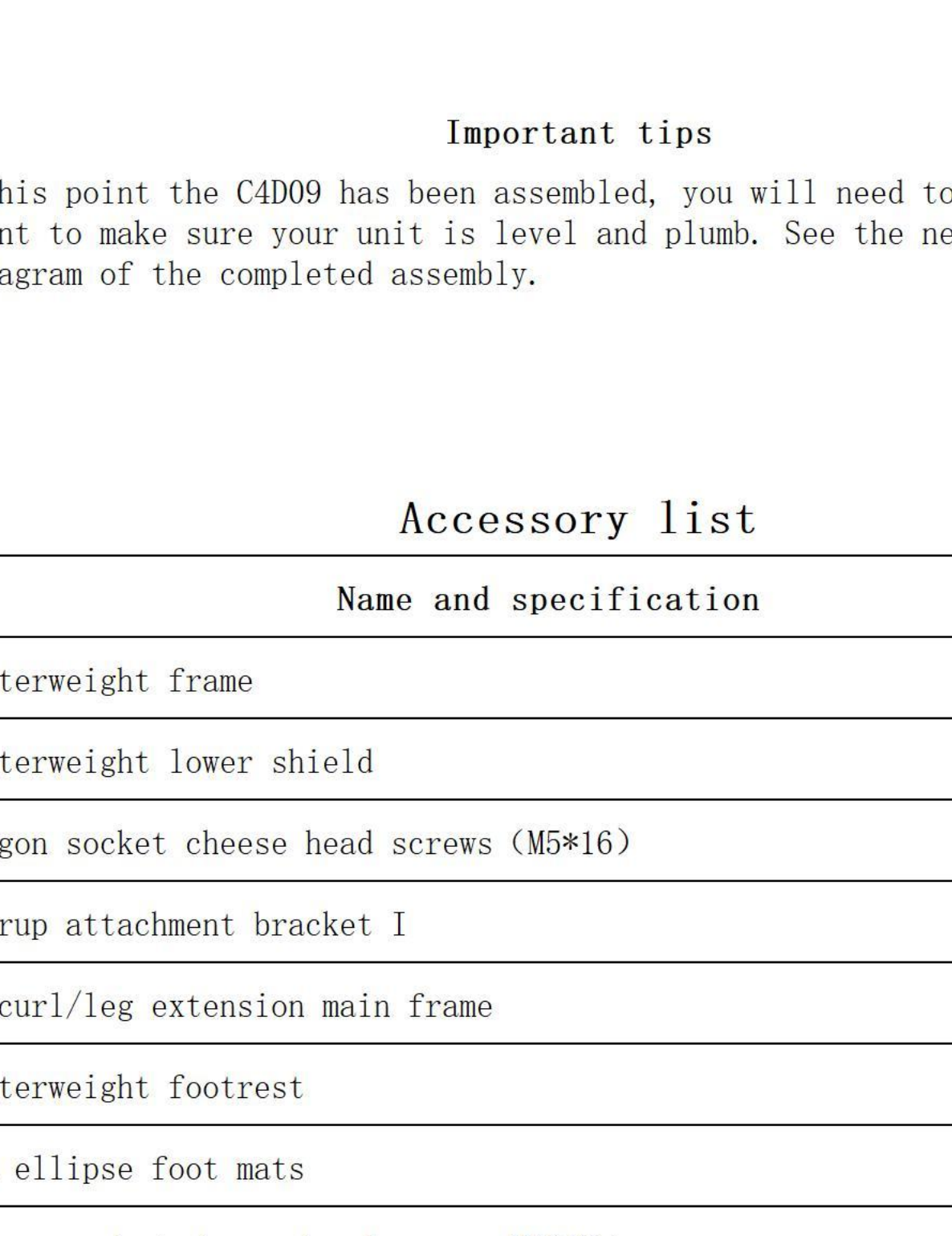
Step 10: Attach the Top Cover Trim (#36) to the Counterweight Frame (#1) by.

- 4 x Hexagon socket cheese head screws (#37)

Step 11: Snap Upper Shroud Top Cover (#35) to Upper Shroud (#34)



Assemble



Important tips

At this point the C4D09 has been assembled, you will need to take a moment to make sure your unit is level and plumb. See the next page for a diagram of the completed assembly.

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	Stirrup attachment bracket I	1
5	Leg curl/leg extension main frame	1
6	counterweight footrest	2
7	Flat ellipse foot mats	3
8	Hexagon socket cheese head screws M10*25	24
9	spring washer M10	26
10	flat washer M10-D20	26
11	Hexagon socket cheese head screws M10*20	2
12	handles	2
13	Cushion assembly	1
14	Hexagon socket cheese head screws M8*25	4
15	spring washer M8	6
16	flat washer M8-D16	6
17	backrest cushion	1
18	Linkage-1 assembly	1
19	Backrest Linkage-1 Assembly	1
20	Backrest Linkage Plate-2	1

Accessory list

NO	Name and specification	QTY
21	Linkage-2 assembly	1
22	force arm	1
23	Guide bar fixing plate	1
24	Hexagon socket cheese head screws (M8*20)	4
25	guide rods	2
26	Guide block set	1
27	counterweights	16
28	Counterweight block pins	1
29	Counterweight rubber pads	2
30	counterweight base	2
31	baffle	4
32	decorative plate	1
33	decorative strip	2
34	upper shield	1
35	Upper Shroud Top Cover	1
36	Upper shroud trim	1
37	Hexagon socket cheese head screws (M6*30)	4