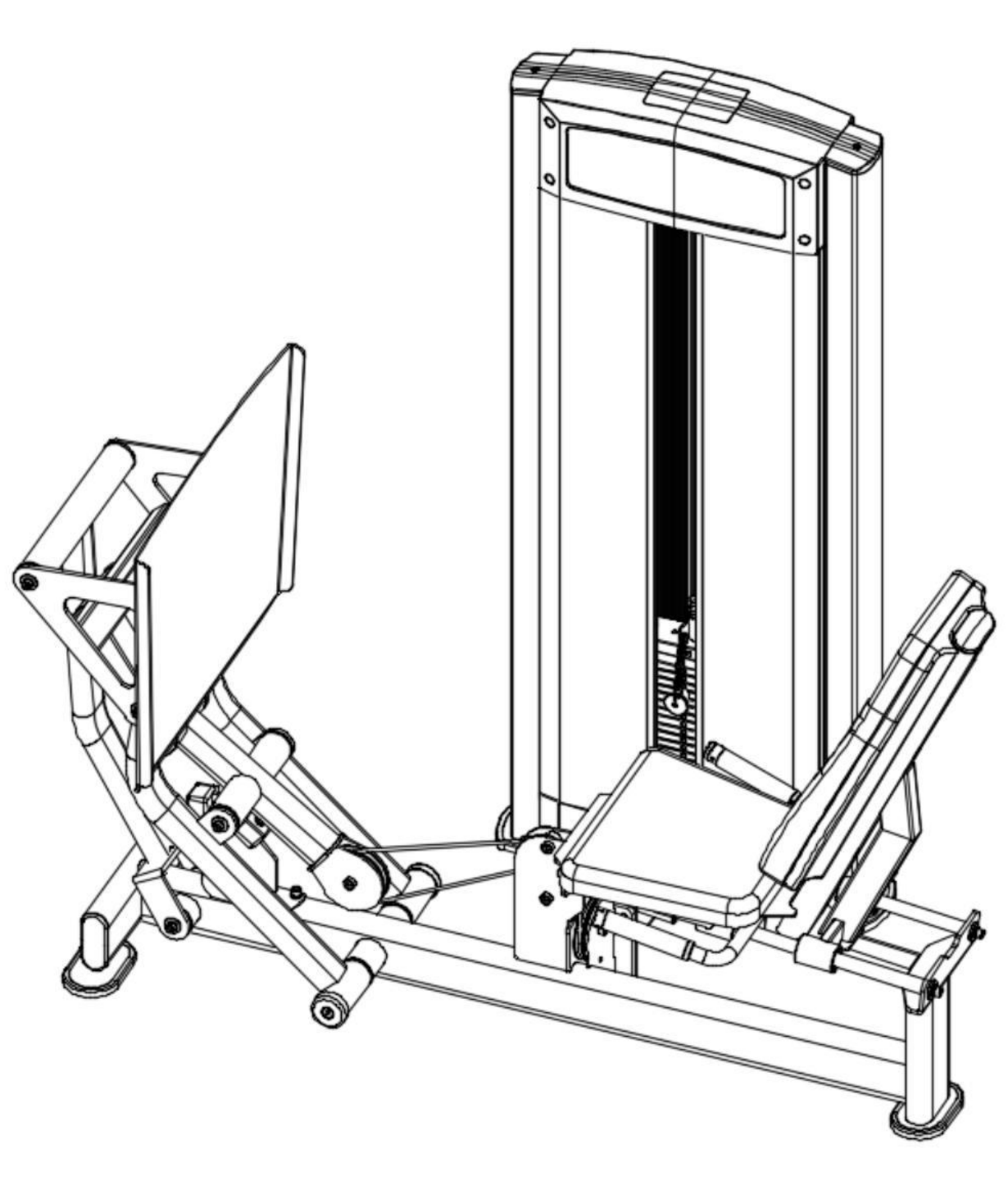
C4D11 Installation Guide

Leg Press / Seated Calf



Catalog

Brief introduction ………………………………………… 2

Assemble ………………………………………… 3

Accessory list ………………………………………… 11

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, please call our after-sales service immediately). When installing the equipment, please follow the relevant 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 promptly refer 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 mallet
	level ruler
	Allen wrench
	spring clamp
	adjustable wrench
Note: When assembling, two or more persons are recommended to operate	

Assemble

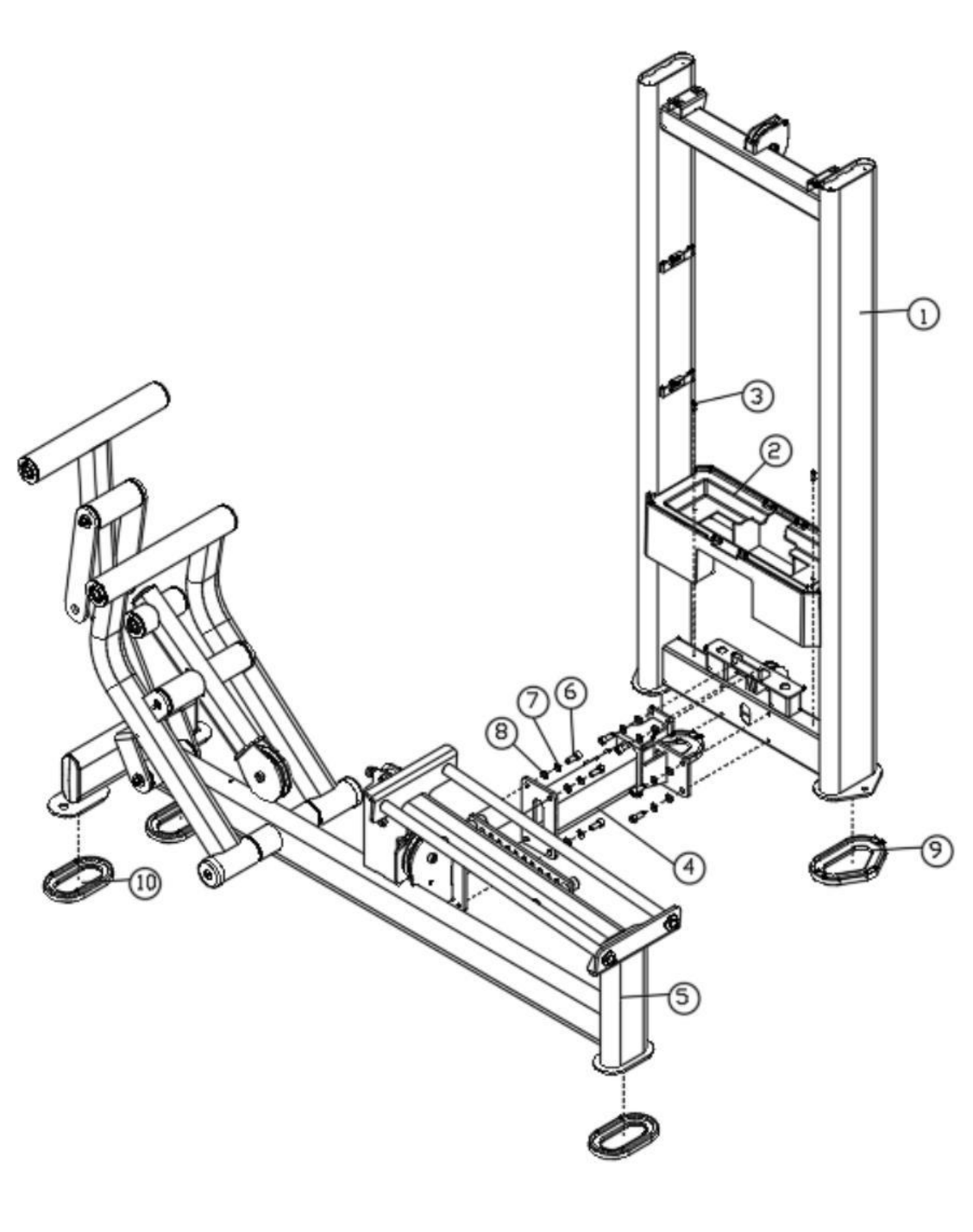
Step 1: Attach 2 Counterweight Rack Feet (#9) to Counterweight Rack (#1)
Install 3 flat elliptical feet (#10) to main frame assembly (#5)

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

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

Step 3: Connect the Stirrup Attachment I (#4), the Main Frame Assembly (#5), and the Counterweight Frame (#1) in the following manner:

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



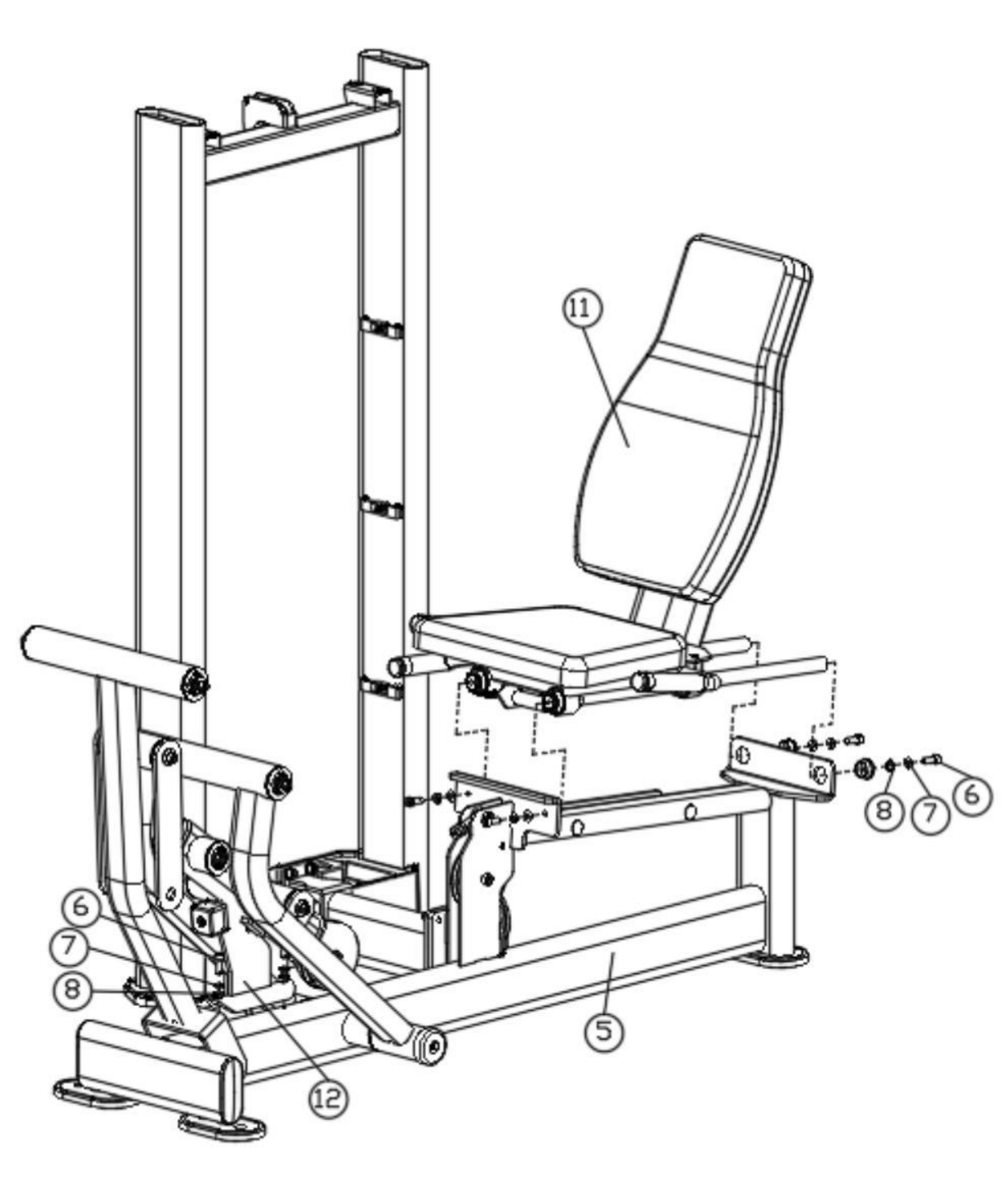
Assemble

Step 4:Attach the Sit Stirrup Seat Frame Assembly (#11) to the Main Frame Assembly (#5) using the following method:

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

Step 5:Attach the Force Arm Limit Assembly (#12) to the Main Frame Assembly (#5) using the following method:

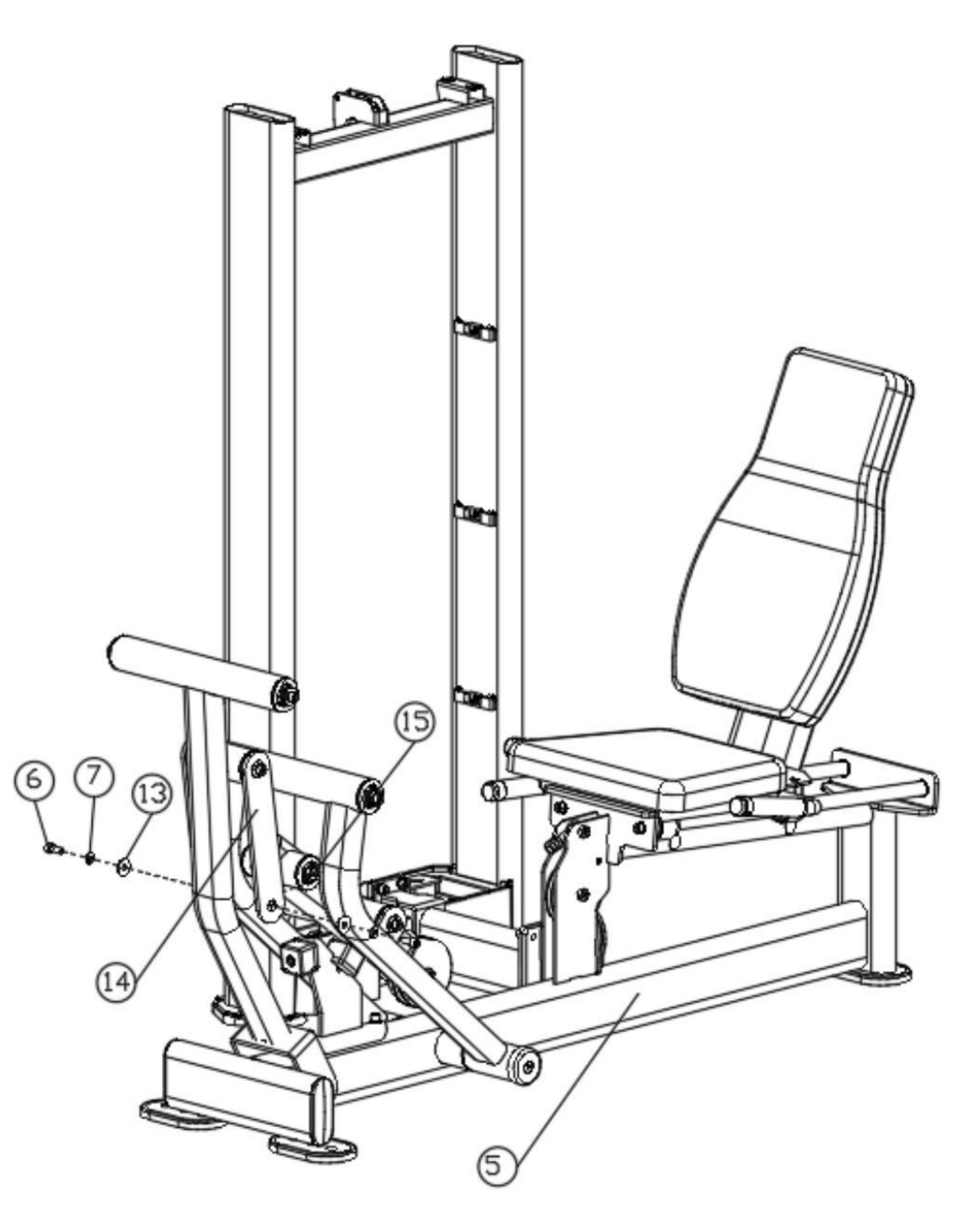
- 2 x Hexagon socket cheese head screws M10*25 (#6)
- 2 x spring washer M10 (#7)
- 2 x flat washer M10-D20 (#8)



assemble

Step 6: Attach the Oscillating Force Bar Assembly (#15) and the 2 Force Arm Linkage Fixing Plates (#14), which are pre-installed on the Main Frame Assembly (#5), in the following manner:

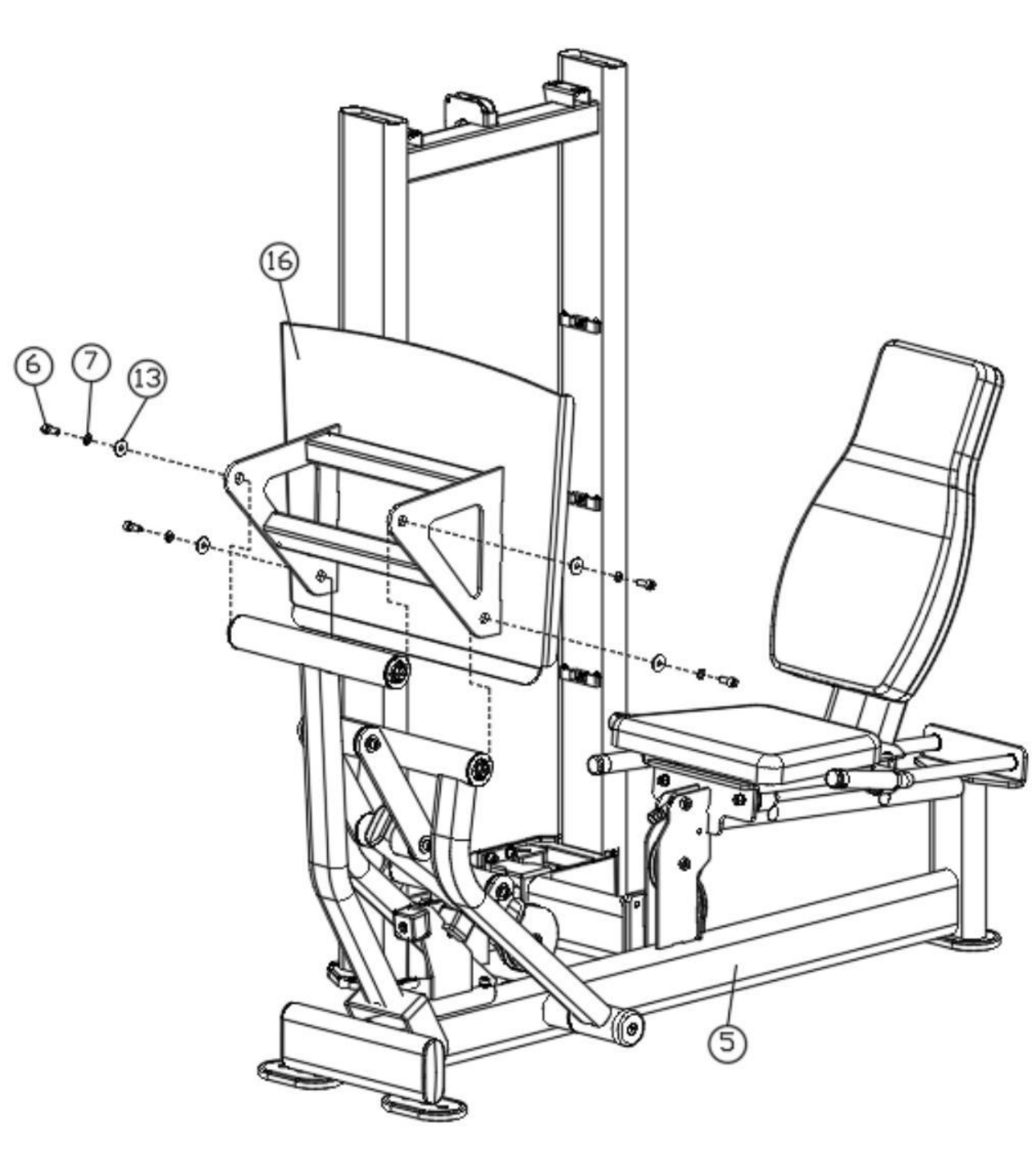
- 2 x Hexagon socket cheese head screws M10*25 (#6)
- 2 x spring washer M10 (#7)
- 2 x flat washer M10-D30 (#13)



assemble

Step 7:Attach the Stirrup Frame Assembly (#16) to the force arms pre-installed on the Main Frame Assembly (#5) using the following method;

- 4 x Hexagon socket cheese head screws M10*25 (#6)
- 4 x spring washer M10 (#7)
- 4 x flat washer M10-D30 (#13)



assemble

Step 8: Attach two counterweight rubber pads (#26) and two counterweight frame bases (#25) to two guide bars (#19).

Attach the two pre-installed guide bar sets (#19) to the counterweight frame (#1).

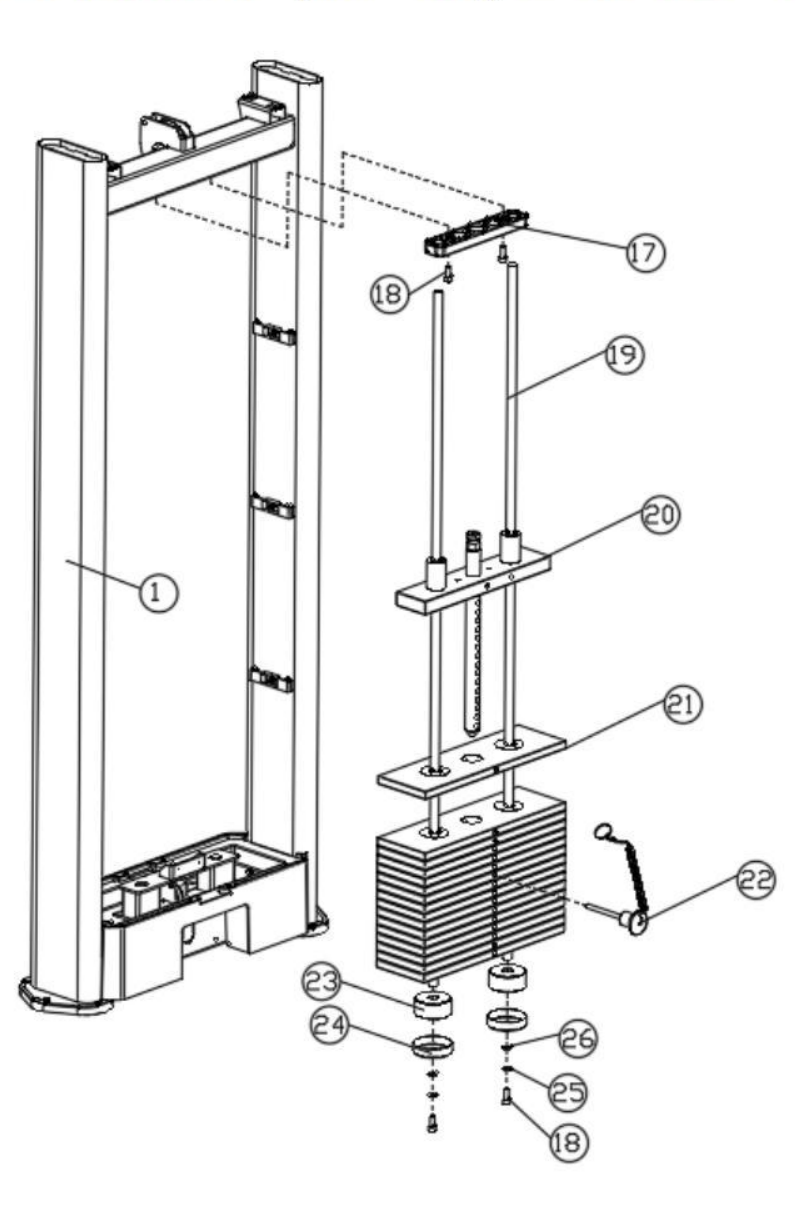
Install the 18 counterweight blocks (#21) onto the guide bar set (#19) with the isolation tabs facing up.

Install the guide block set (#20) onto the guide bar set (#18).
Insert the counterweight block pin (#22) into the counterweight block (#21).
Attach the guide bar retainer plate (#17) to the guide bar set (#19).

Attach the guide bar mounting plate (#17) to the counterweight frame (#1) using.

- 2×M8spring washer (#25)
- 2×M8flat washer (#26)
- 4 x Hexagon socket cheese head screws M8*20 (#18)

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

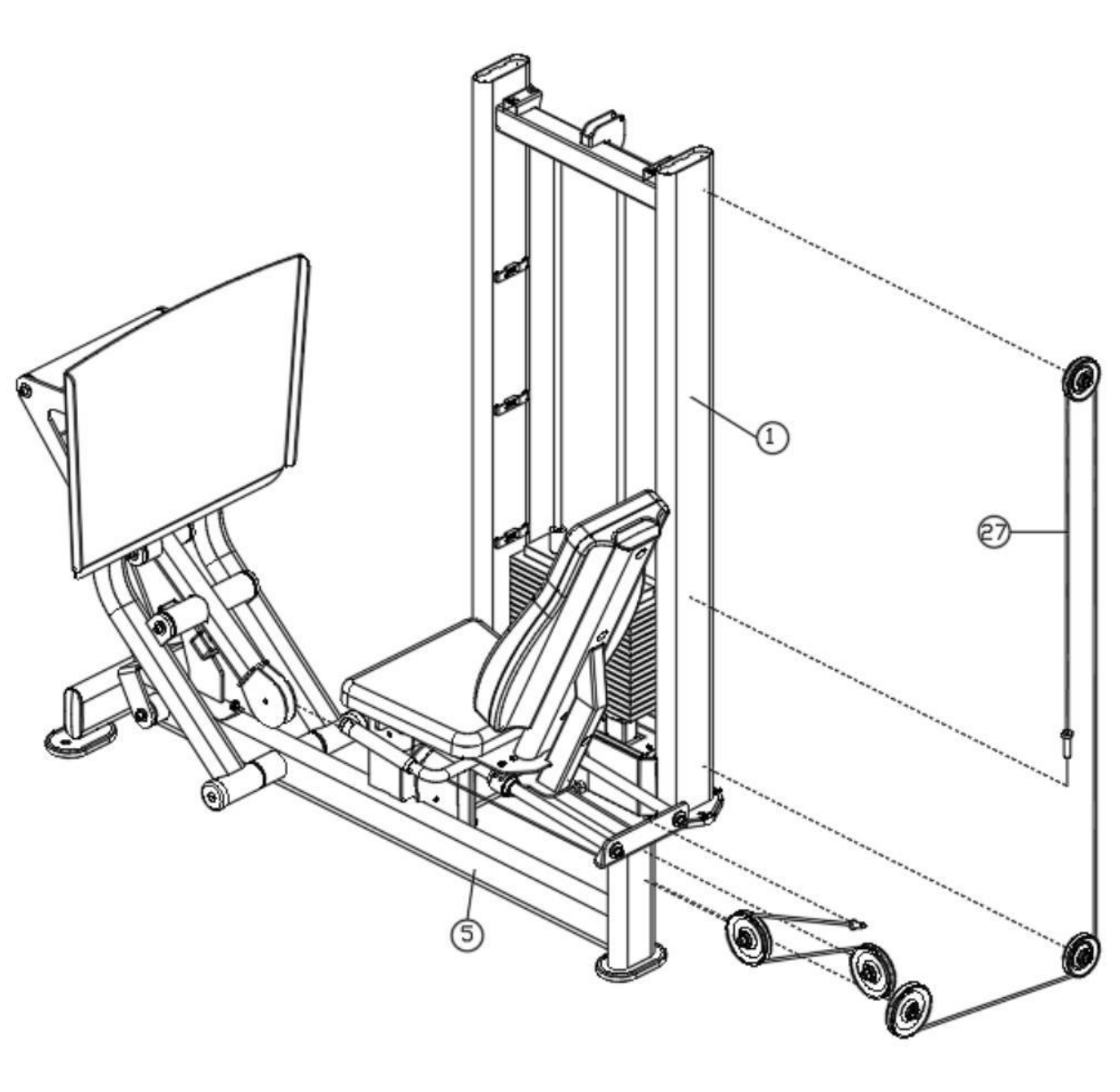


Assemble

Step 9: Thread the wire rope (#27) as shown in the picture, the pre-installed sheaves need to be disassembled and reassembled.

Note that these sheaves are installed in synchronization with the wire rope (#27), and that the wire rope is installed through the counterweight pins.

Step 10: Connect one end of the wire rope (#27) to the main frame assembly (#5) and the other end to the counterweight frame (#1).



assemble

Step 11:Slide the two Trim Strips (#30) into the two Baffles (#28) and use the Baffle Platen to attach to the Counterweight Rack (#1).

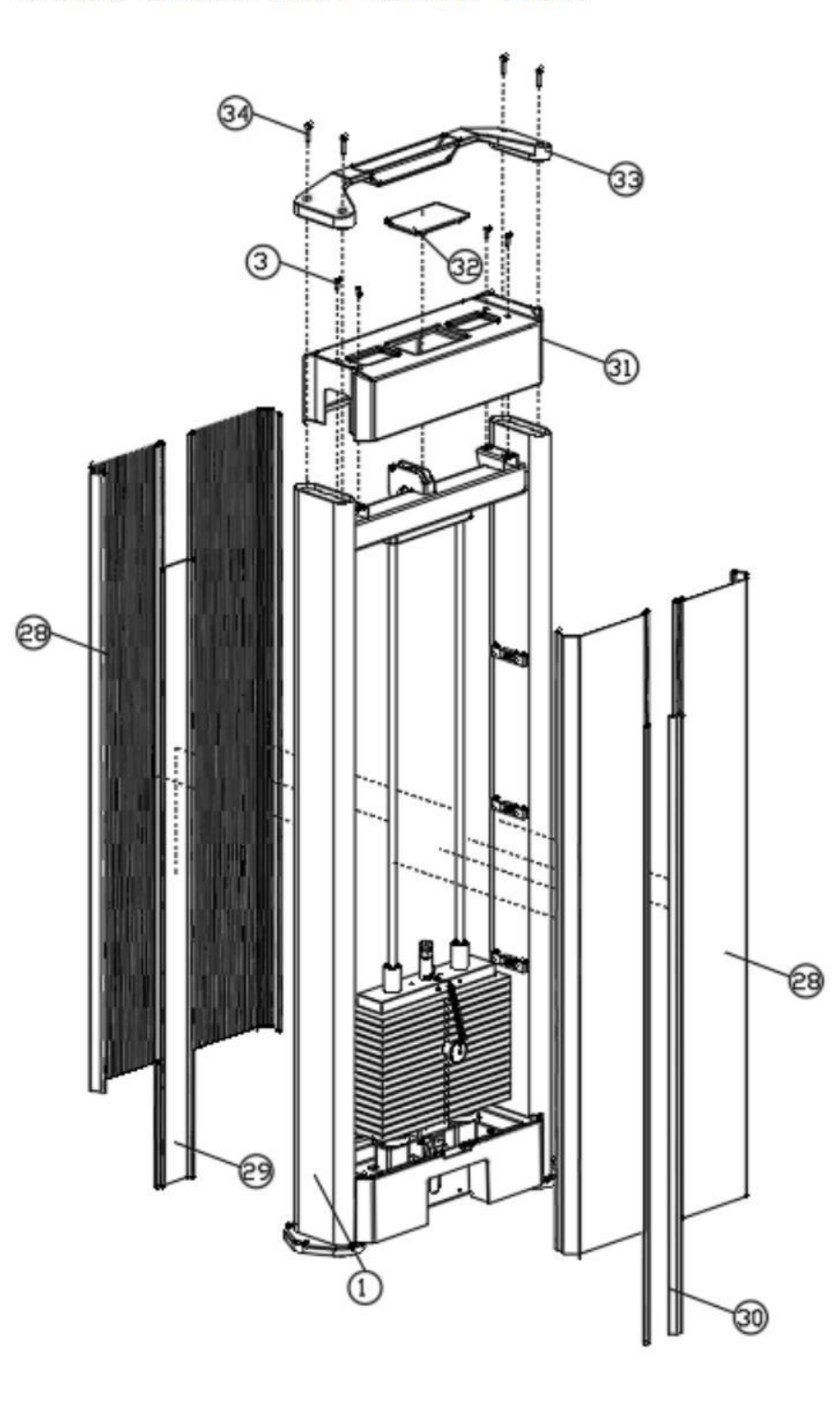
Slide the Trim Plate (#29) into the two Baffles (#28) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Attach the upper shroud (#31) to the counterweight frame (#1) by.

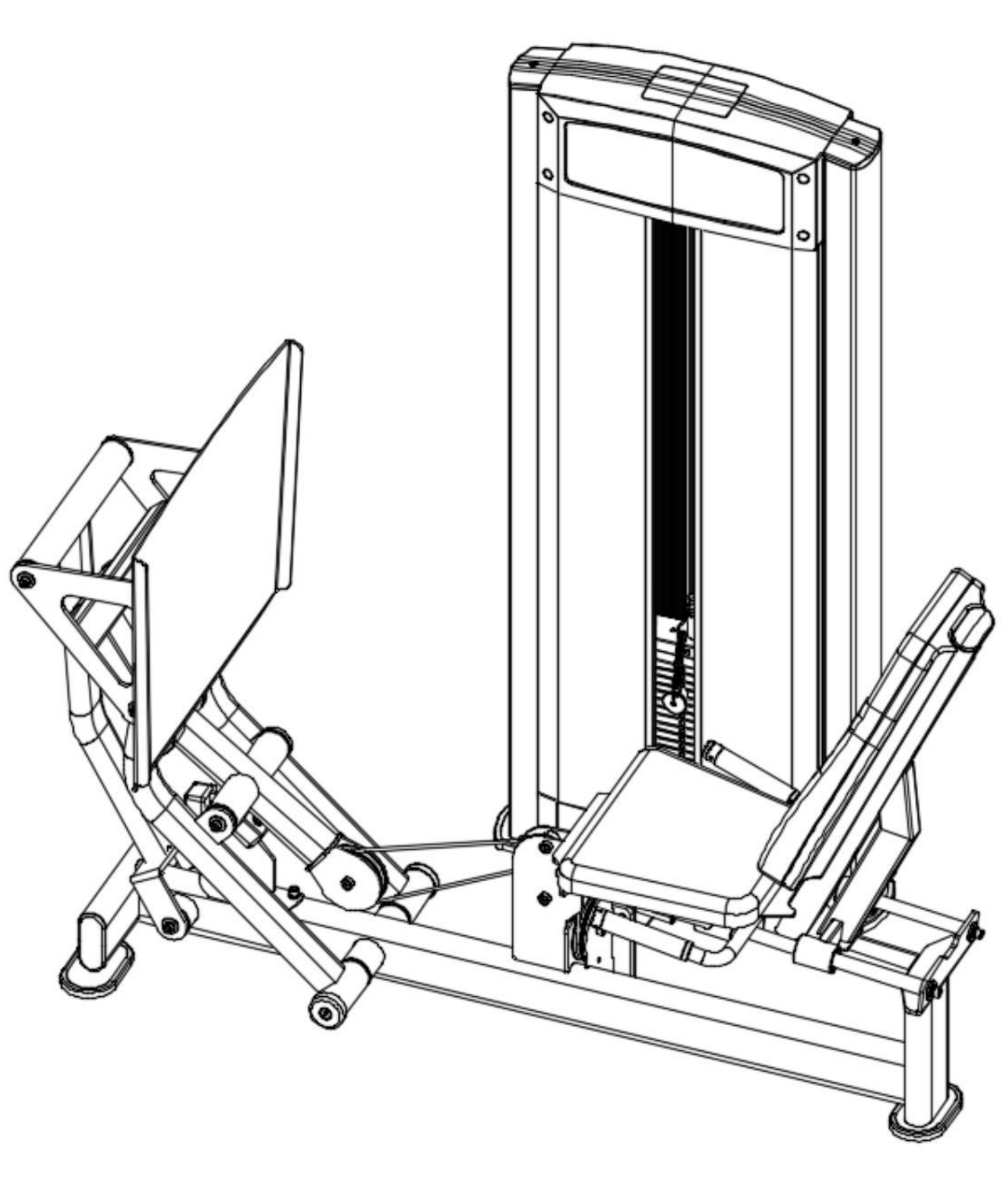
- 4×M5*15Hexagon socket cheese head screws (#3)

Step 12: Attach the Upper Cover Trim (#33) to the Counterweight Frame (#1) and snap the Upper Shroud Top Cover (#32) into the Upper Shroud (#31) using the following method;

- 4×M6*30Hexagon socket cheese head screws (#34)



Assemble



Important Notes

Now that the Leg Press/Seated Calf 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	QTU
1	counterweight frame	1
2	lower shield	1
3	Hexagon socket cheese head screws (M5*15)	2
4	Attachment for stirrups I	1
5	Main frame assembly	1
6	Hexagon socket cheese head screws (M10*25)	20
7	spring washer (M10)	20
8	Flat washer(M10-D20)	16
9	counterweight footrest	2
10	Flat ellipse foot mats	3
11	Seat Stirrup Seat Frame Assembly	1
12	Force Arm Limit Assembly	1
13	flat washer M10-D30	4
14	Force arm linkage fixing plate	2
15	Oscillating force bar assembly	1
16	Footrest assembly	1
17	Guide bar mounting plate	1
18	Hexagon socket cheese head screws (M8*20)	4
19	Guide bar	2
20	Guidance block set	1
21	Weight stack	18
22	Counterweight block pins	1
23	Counterweight rubber pads	2
24	Counterweight frame base	2
25	spring washer (M8)	2
26	flat washer (M8)	2
27	cable	1
28	shield	4
29	decorative plate	1
30	decorative strip	2
31	upper shroud	1
32	Upper Shroud Top Cover	1
33	Top cover decorations	1
34	Hexagon socket cheese head screws(M6*30)	4