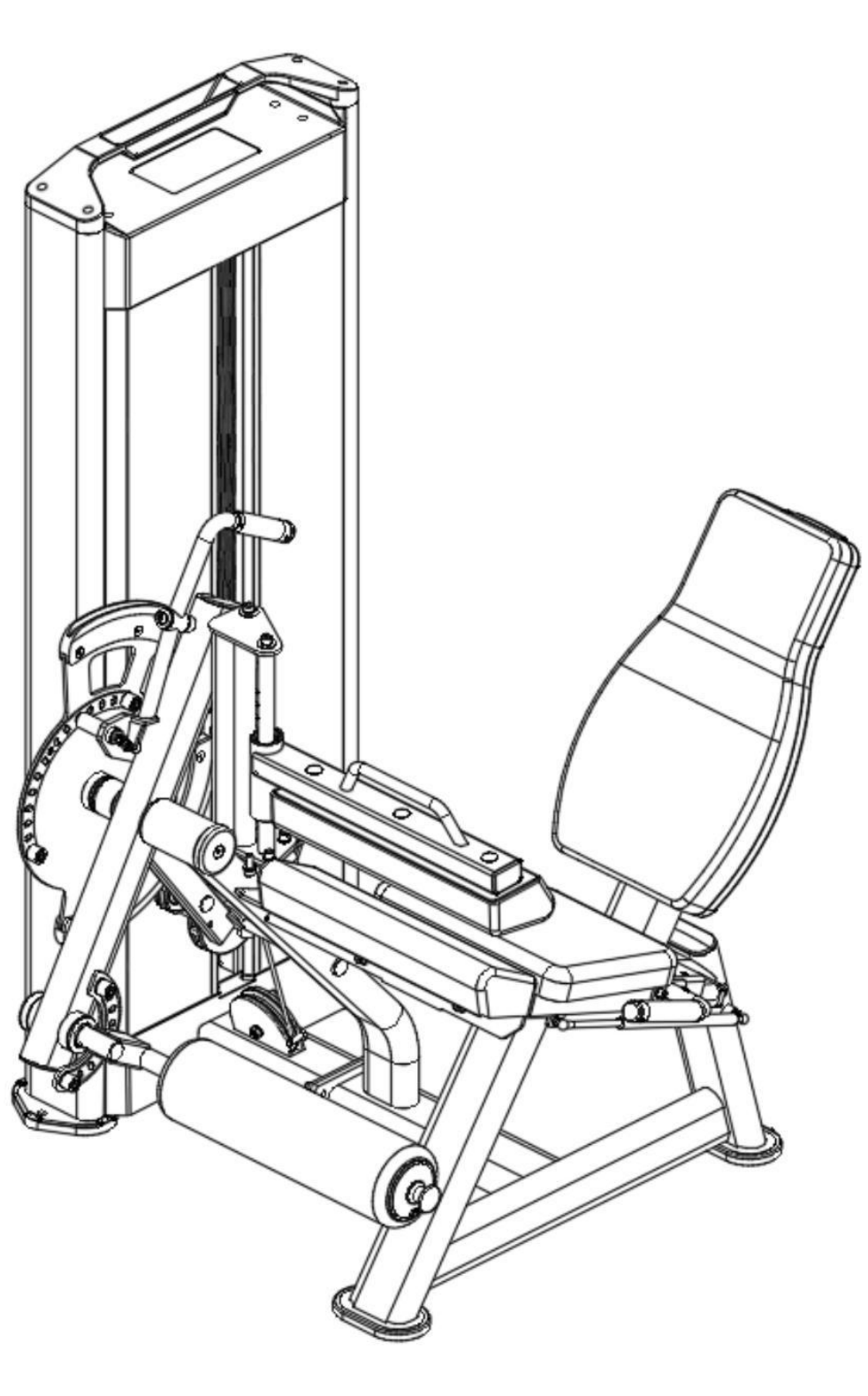
C4D12 Installation Guide

Leg Extension / Leg Curl



catalog

Brief introduction 2
assembly 3
accessory list 12

catalogue

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 mallet
level ruler
hexagon wrench
Two people
spring clamp
Adjustable wrench

assembly

Step 1:Connect the counterweight frame (1), the seated strand two-strand four-head connecting frame (2) and the side frames (3) using the following method:

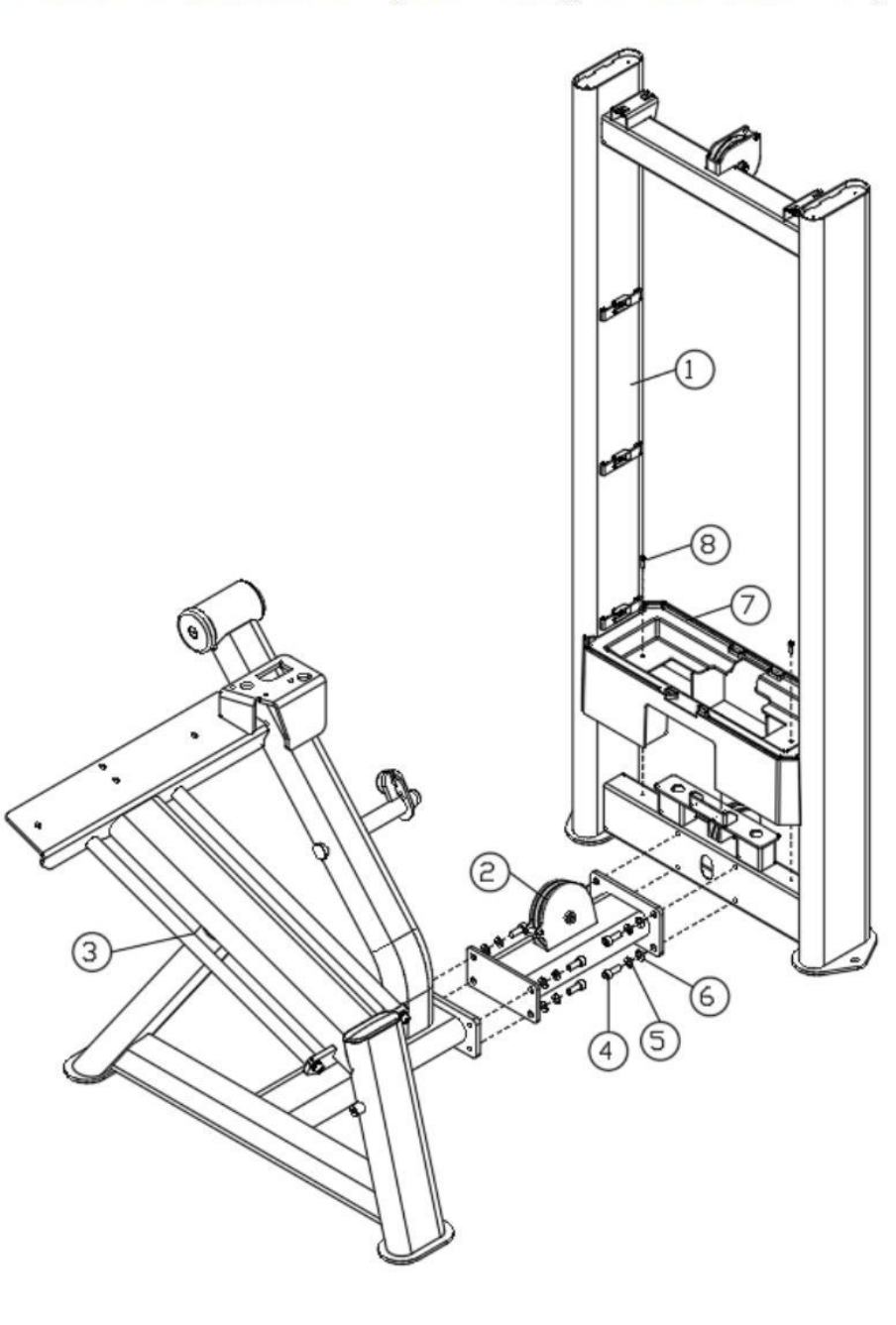
- 8×M10*25Hexagon socket cheese head screws (4)
- 8×M10spring washer (5)
- 8×M10-D20flat washer (6)

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

Step 2:Attach the counterweight frame (1) to the lower shroud (7) using the following method:

- 2×M5*16Hexagon socket cheese head screws (8)

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



assembly

Step 3: Attach force arm (9), swing arm (31), and seated strand two-strand flange (10) assemblies to the sidestand (3) using the following method:

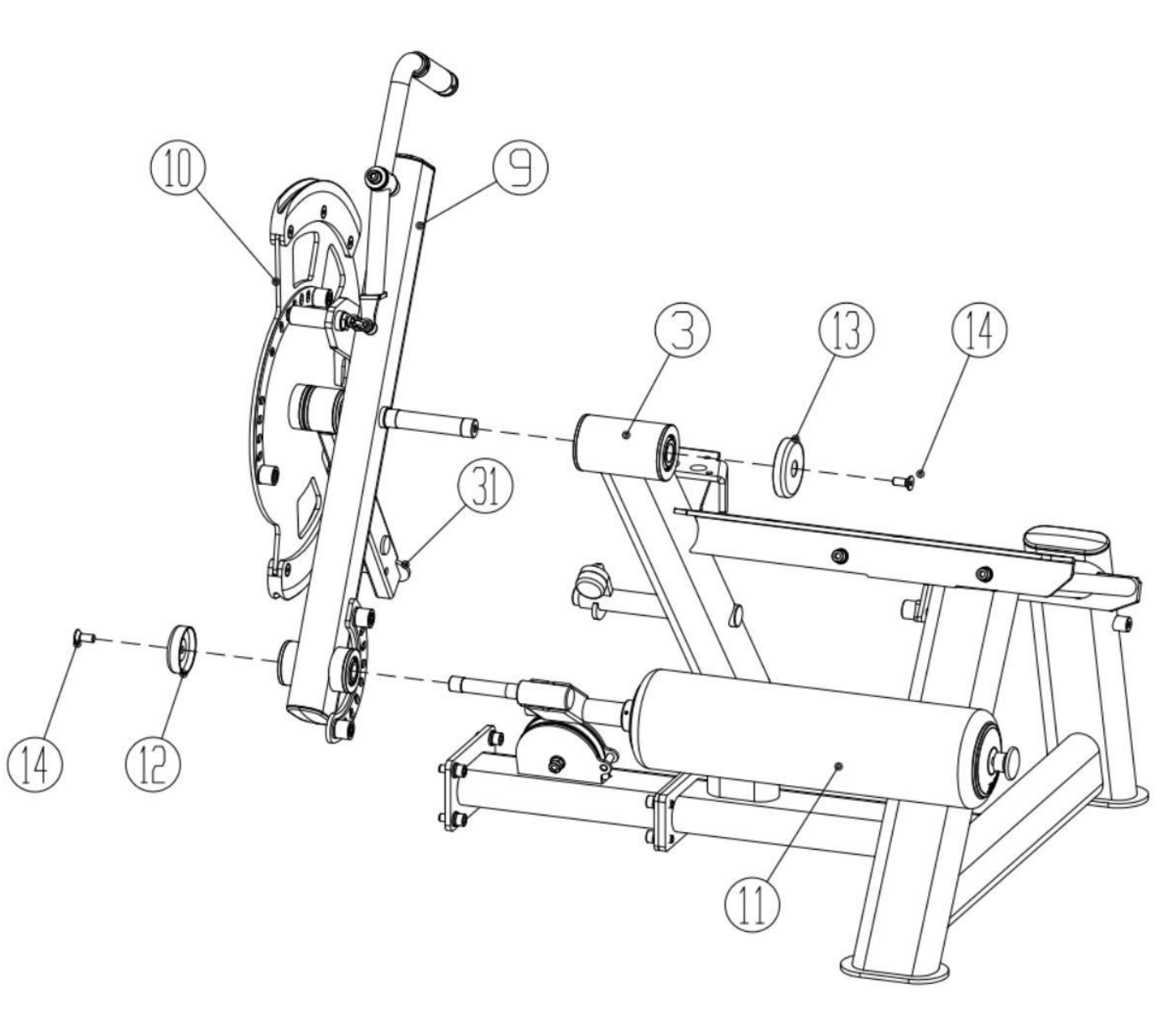
- 1×Aluminum cap-76 (13)
- 1×M10*25Hexagon socket flat countersunk head screws (14)

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

Step 4: Attach the leg press stand (11) to the seated biceps strength arm (9) using.

- 1×Aluminum caps-60 (12)
- 1×M10*25 hexagon socket flat countersunk head screws (14)

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

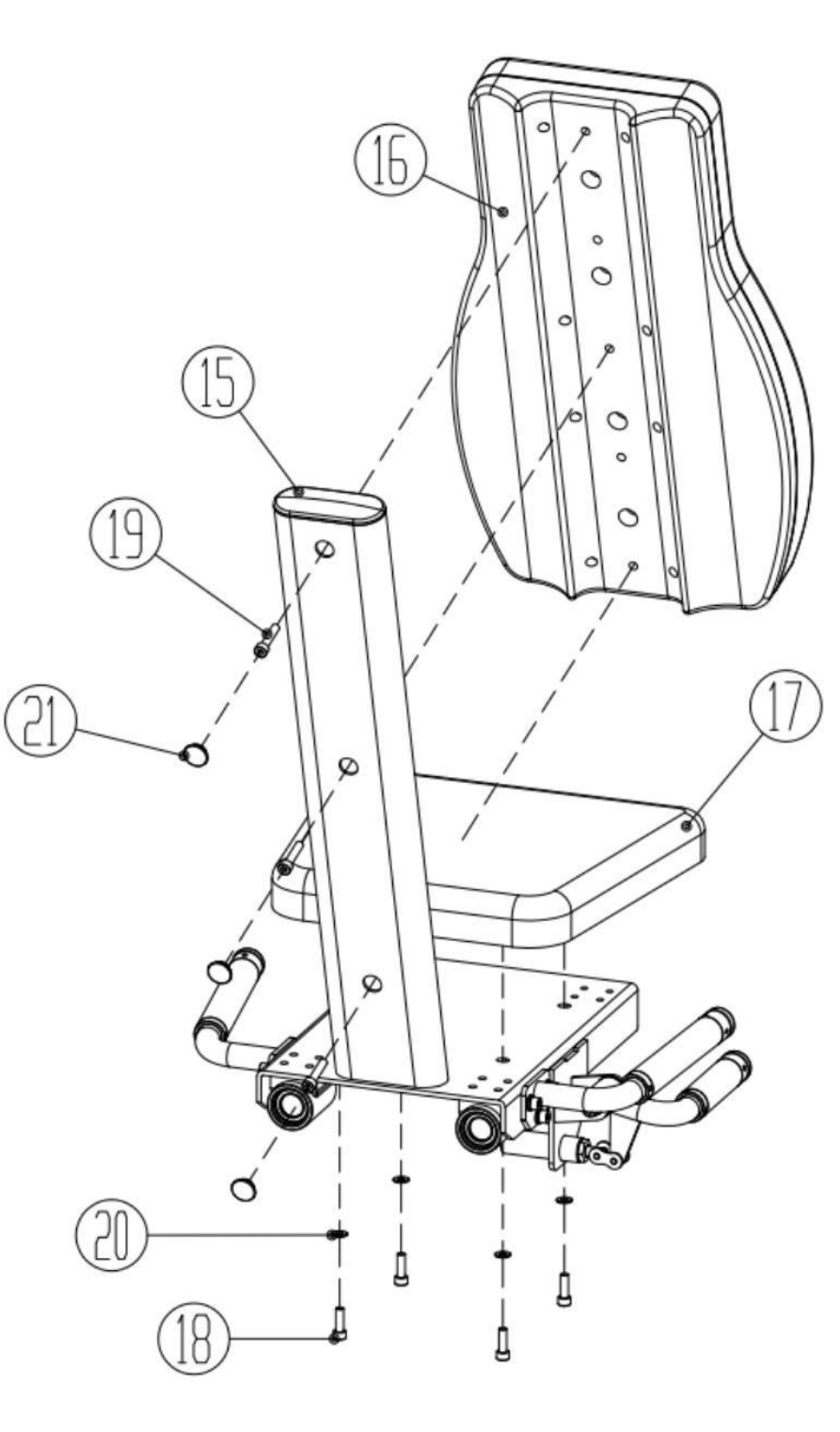


assembly

Step 5: Attach the back cushion (16), seat cushion (17) and seat frame (15) with.

- 4×M8*25Hexagon socket cheese head screws (18)
- 3×M8*40Hexagon socket cheese head screws (19)
- 4×M8flat washer (20)
- 3×20hole plug (21)

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



assembly

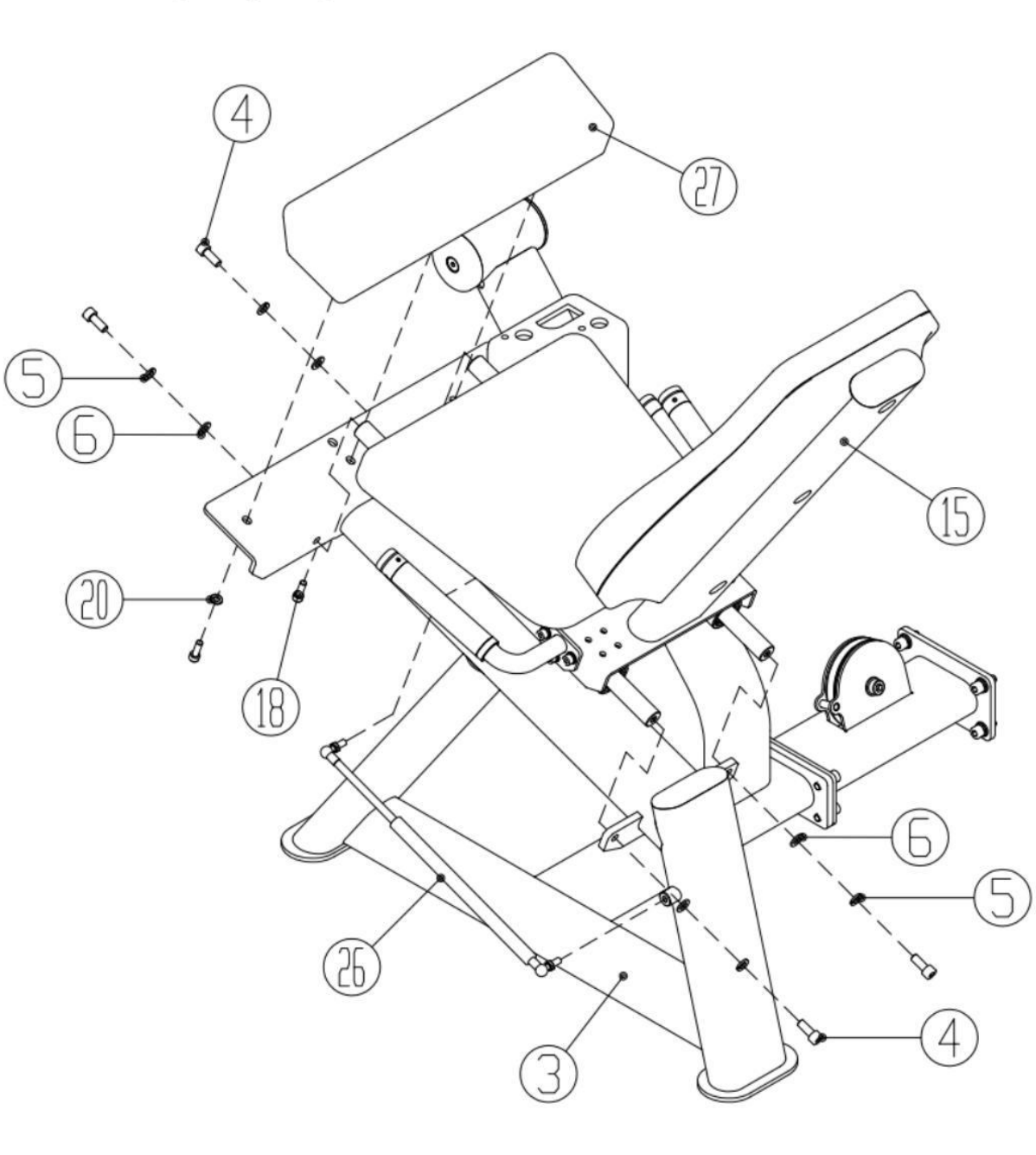
Step 6: Open the chute bar pre-installed on the side frame (3) and thread the seat frame (15) into the chute bar. Then reinstall the chute bar back onto the side frame (3).

Step 7: Attach the quadruple extension cushion (27) to the side frame (3) by.

- 3×M8*25Hexagon socket cheese head screws (18)
- 3×M8flat washer (20)

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

Step 8: Attach the gas spring (26) to the side frame (3) and seat frame (15).



assembly

Step 9:Attach the seated biceps adjustment frame (28), seated biceps leg press frame (29), and side frame (3) using the following method:

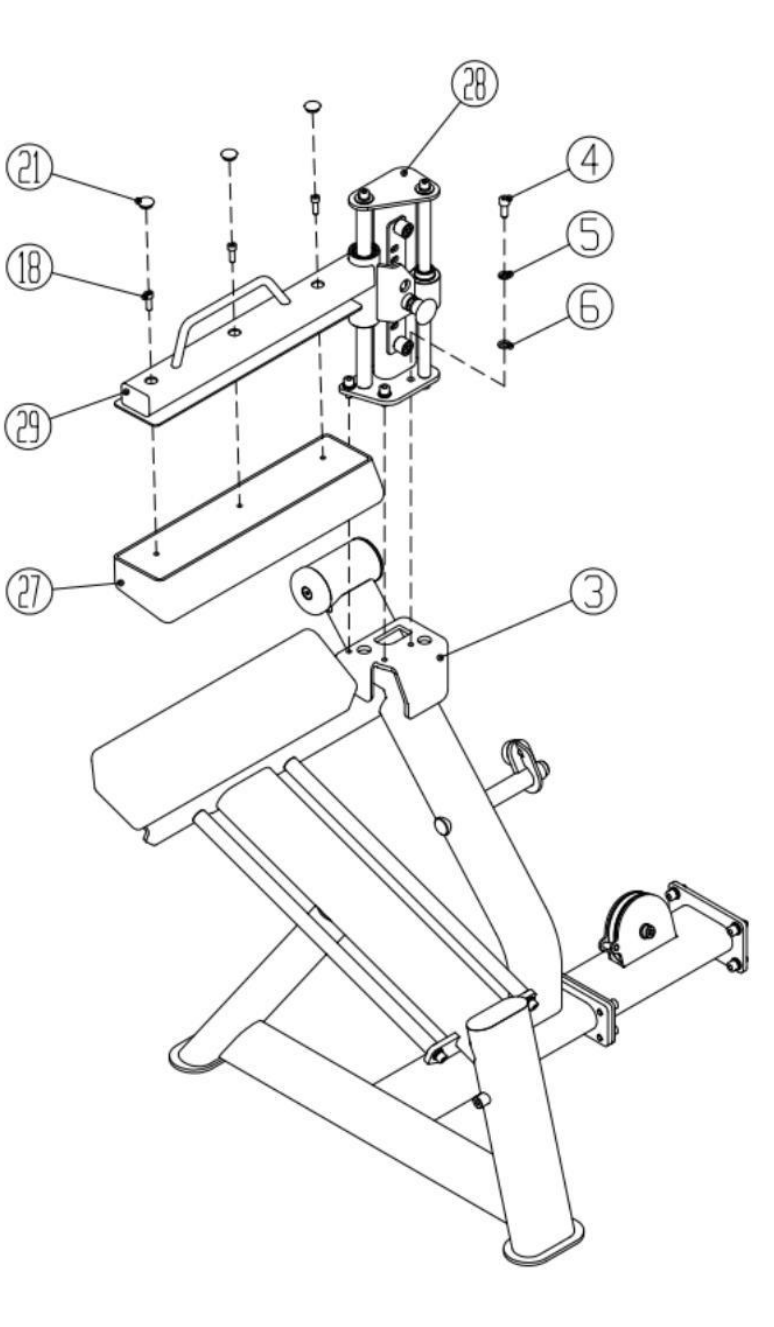
- 3×M10*25Hexagon socket cheese head screws (4)
- 3×M10spring washer (5)
- 3×M10-D20flat washer (6)

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

Step 10: Attach cushion (27) to the seated biceps leg press stand (29) using.

- 3×M8*25Hexagon socket cheese head screws (18)
- 3×20hole plug (21)

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



assembly

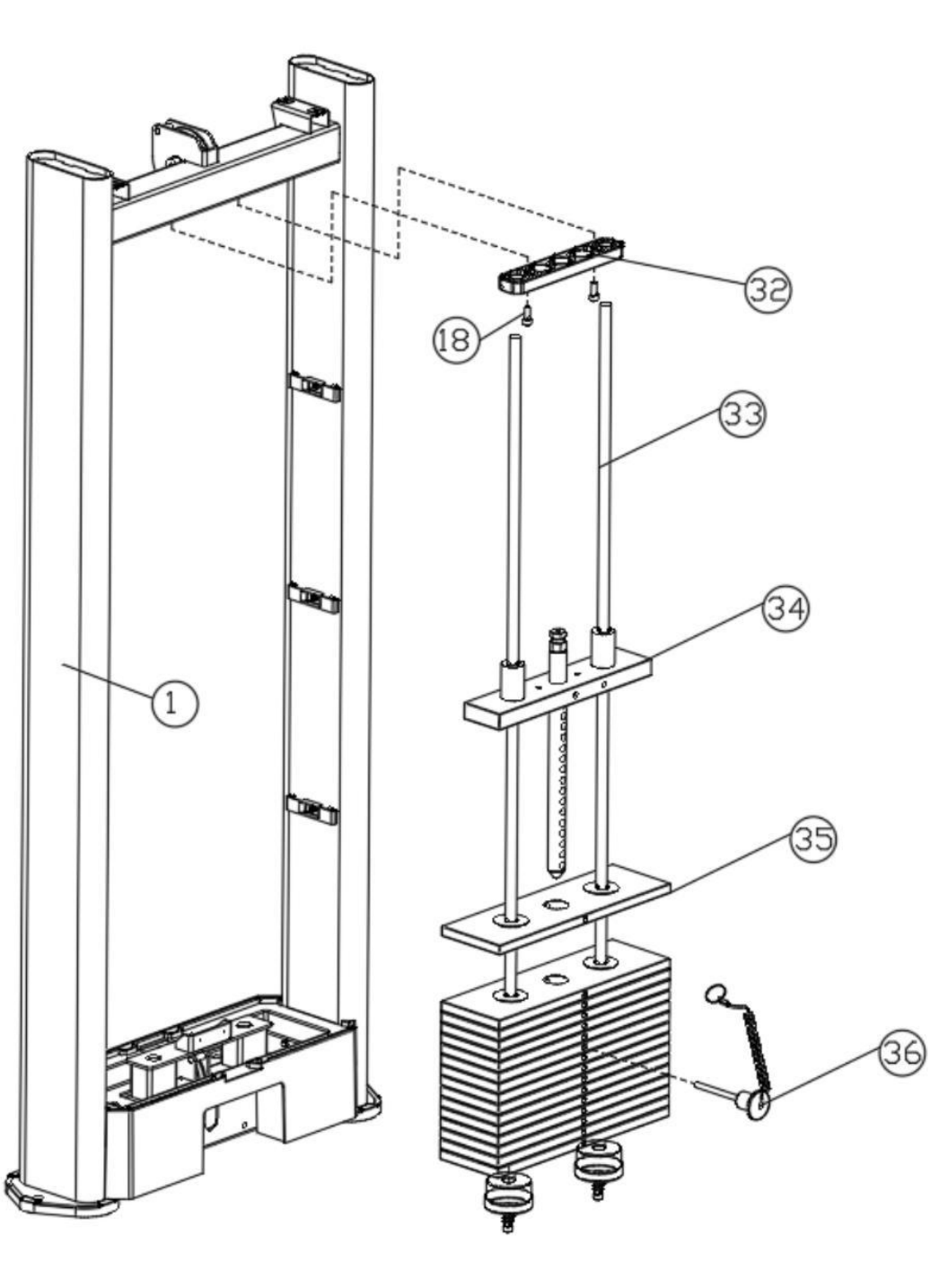
Step 12: Place the pre-installed guide bar assembly (33) into the counterweight frame (1);

Install the counterweight block (35) onto the guide bar (33) with the isolation tabs facing up;

Install the guide block assembly (34) onto the guide bar (33);
Attach the guide bar fixing plate (32) to the guide bar (33);
Attach the guide bar mounting plate (32) to the counterweight frame (1) by.

- 2×M8*25Hexagon socket cheese head screws (18)

Install the counterweight block pin (36) into the counterweight block (35);
Tighten the bolts with a wrench before proceeding to the next step



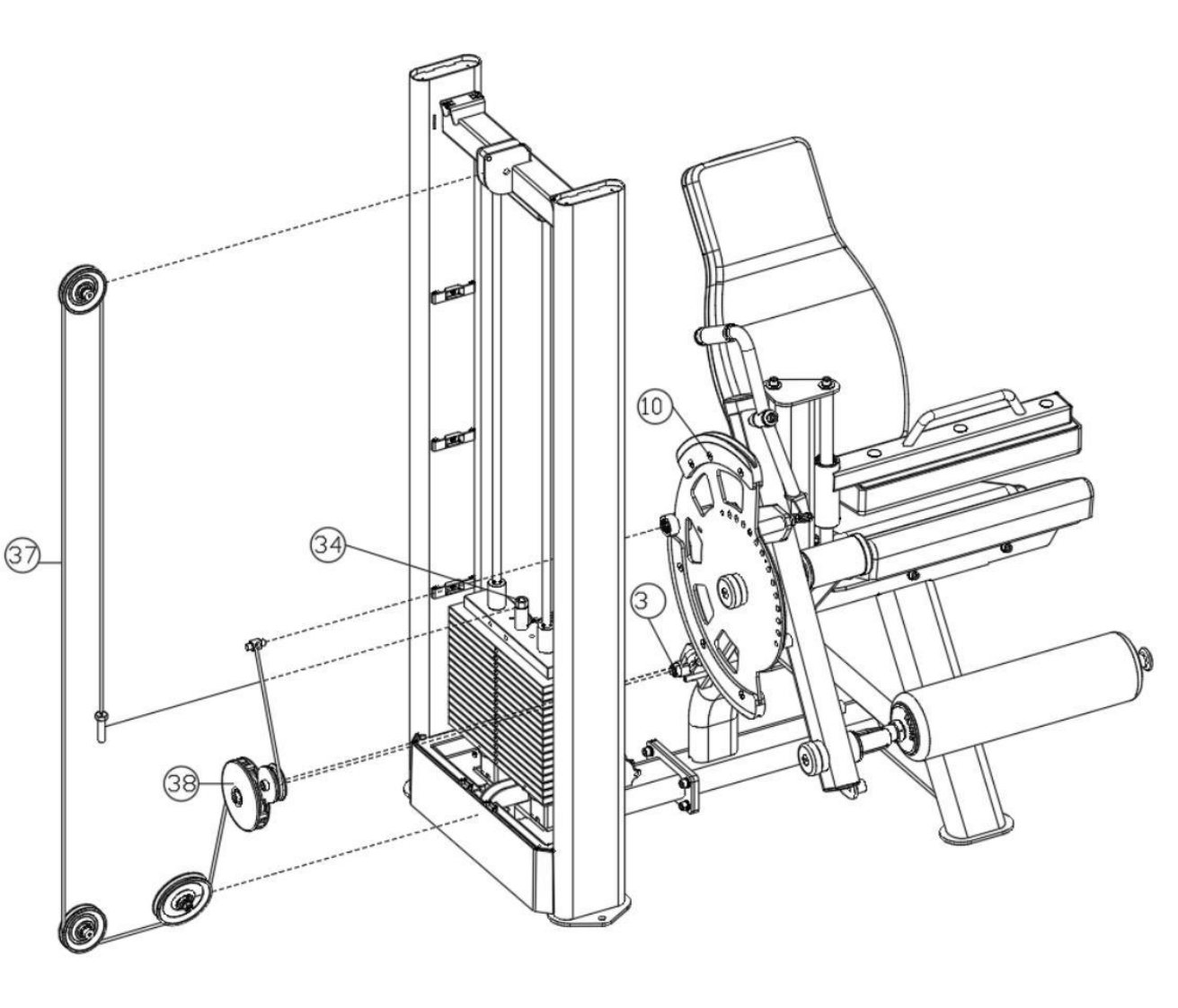
assembly

Step 13: Remove the pre-installed spools, wrap the wire rope around the spools as shown below, and reinstall the spools back into their original position.

Take care to install the wire rope-wound sheave box (38) to the seated strand two-strand four-prong attachment bracket (2);

One end of the wire rope is attached to the guide block assembly (34) and the other end is attached to the seated strand 2-head flange (10);

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



assembly

Step 14:Slide the two Trim Strips (#39) into the two Baffles (#40) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Slide the Trim Plate (#41) into the two Baffles (#40) and use the Baffle Platen to attach to the Counterweight Rack (#1).

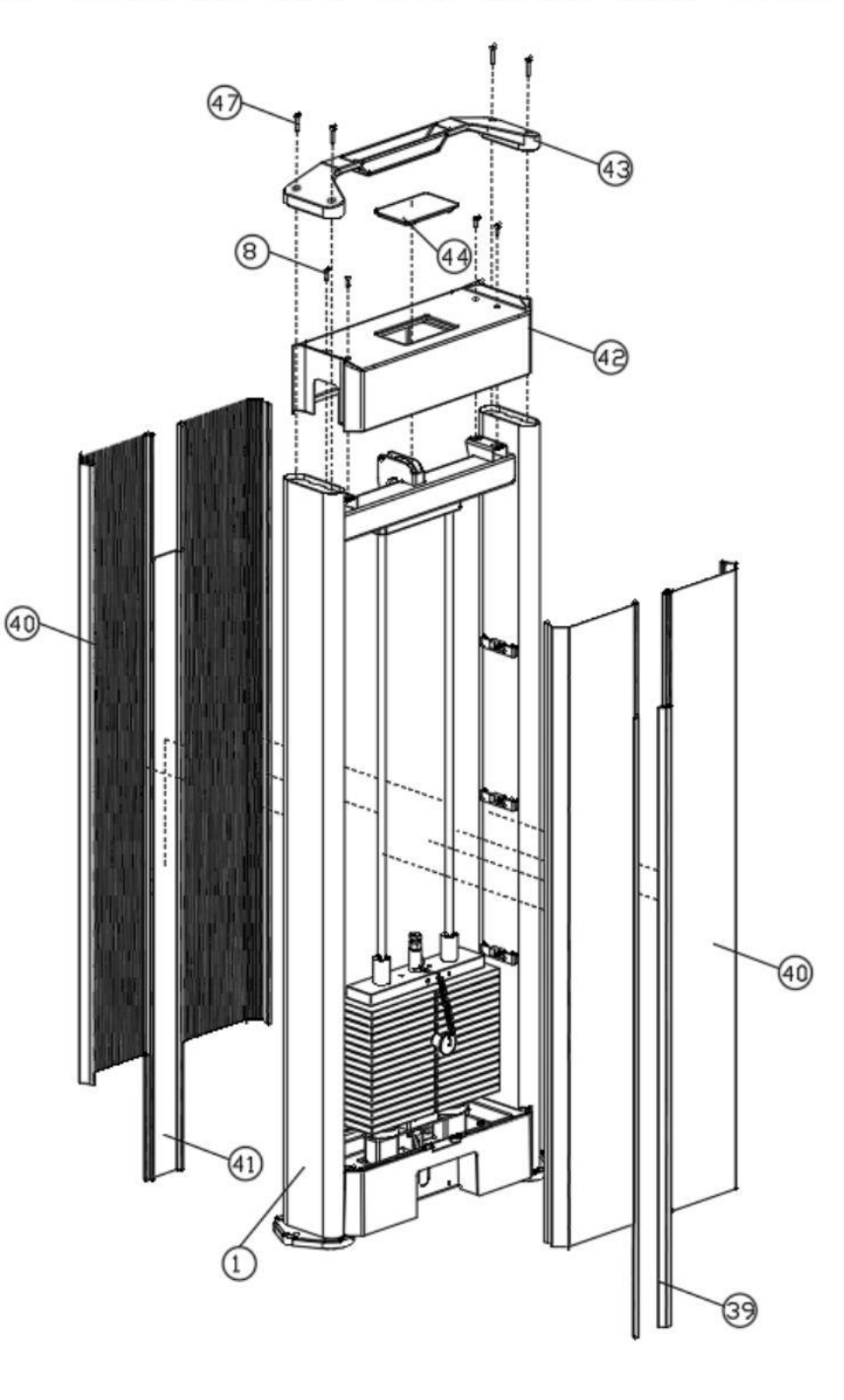
Attach the upper shroud (#42) to the counterweight frame (#1) by.

- 4 x Hexagon socket cheese head screws (#8)

Step 15: Attach the Top Cover Trim (#43) to the Counterweight Rack (#1) by.

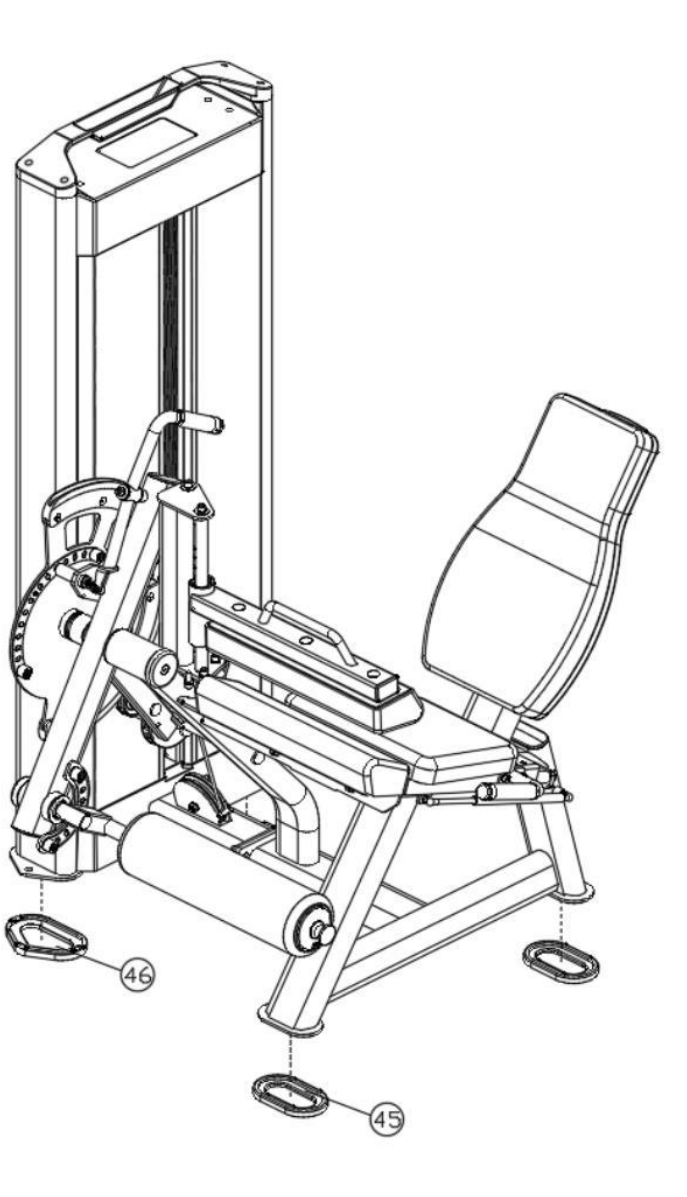
- 4 x Hexagon socket cheese head screws (#47)

Finally, snap the upper shroud top cover (#44) to the upper shroud (#42).



assembly

Step 16:Place the assembled trainer in a suitable position and install the corresponding four foot pads (45)/(46) for it.



important tips

Now that the C4D12 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	QTY
1	Counterweight frame	1
2	Connection frame	1
3	side frame	1
4	Hexagon socket cheese head screws M10*25	11
5	spring washer M10	11
6	flat washerM10-D20	11
7	lower shield	1
8	Hexagon socket cheese head screws M5*16	6
9	force arm	1
10	Flange	1
11	presser rack	1
12	aluminum cap-60	1
13	aluminum cap-76	1
14	Hexagon socket countersunk head screws M10*25	2
15	seat frame	1
16	backrest	1
17	cushions	1
18	Hexagon socket cheese head screws M8*25	10
19	Hexagon socket cheese head screws M8*40	3
20	flat washer M8-D16	7
21	20-hole plug	6
26	hydraulic rod	1
27	cushions	1
28	adjusting frame	1
29	presser rack	1
31	swing arm	1
32	Guide bar fixing plate	1
33	Guide bar assembly	2
34	Guide block assembly	1
35	counterweights	16
36	counterweights pin	1
37	cable	1
38	junction box	1
39	decorative strip	2
40	baffle	4
41	decorative plate	1
42	upper shroud	1
43	Upper shroud trim plate	1
44	Upper Shroud Top Cover	1
45	Flat ellipse foot mats	2
46	counterweights feetrest	2
47	Hexagon socket cheese head screws M6*30	4

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