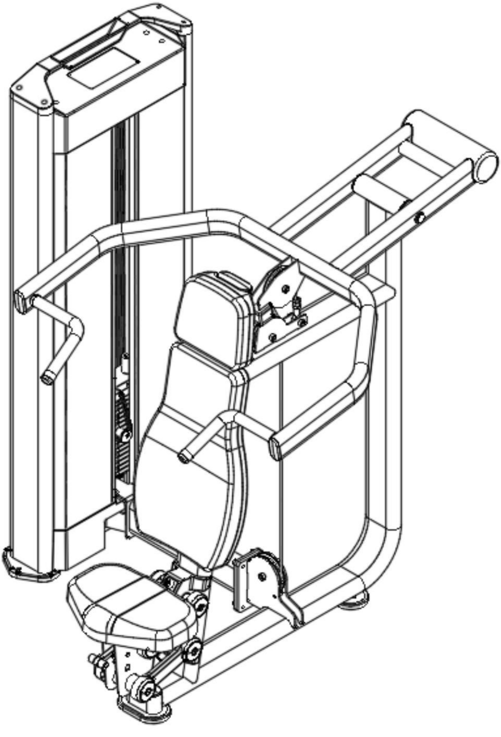
C401 Installation Guide

Seated Shoulder Press



catalogue

catalogue ………………………………………… 2

installation ………………………………………… 3

accessories list …………………………………………………… 14

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 rod

Level

Hexagon wrench

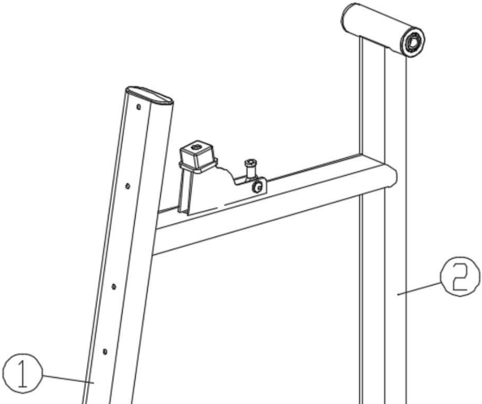
Two people

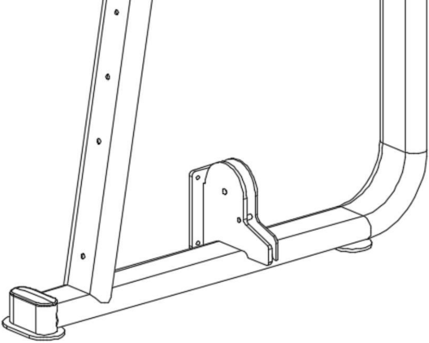
Circlip pliers

Adjustable wrench

installation

Step 1:Place the push shoulder bracket (#1) (#2) shown below vertically on the ground.:





installation

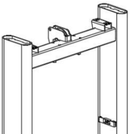
Step 2:Connect the counterweight lower guard (#10) to the counterweight frame (#7) in the following way::

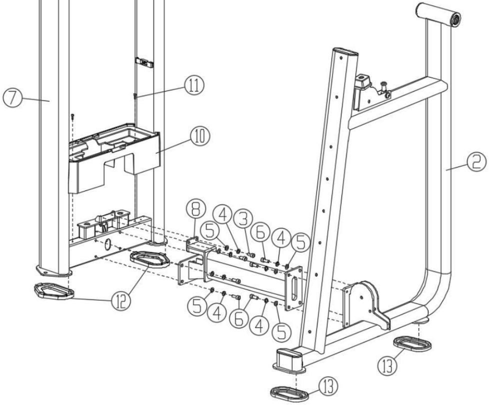
- 2 x Hexagon socket head screws (#11)

Step 3:Connect the shoulder push frame (#8) to the weight frame (#7) and the shoulder push frame (#1/2) in the following way::

- 8 x Hexagon socket head screws (#6)
- 2 x Hexagon socket head screws (#3)
- 10 x Spring washers (#4)
- 10 x Flat washers (#5)

Step 4:Install the two weight rack feet (#12) to the weight rack (#7)
Install the two flat oval feet (#13) to the shoulder bracket (#2)

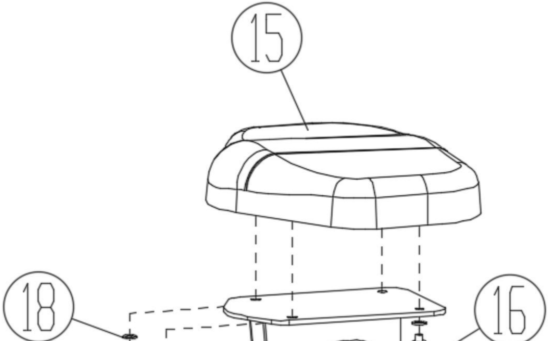


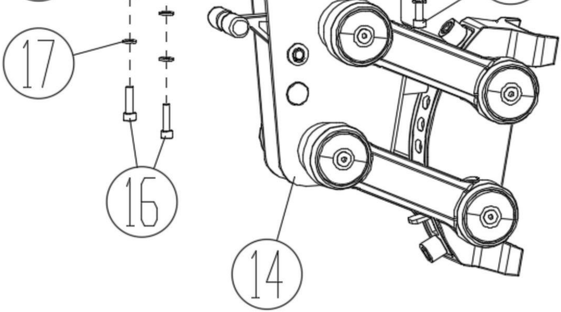


installation

Step 5:Connect the cushion (#15) to the seat (#14) in the following way::
- 4 x Hexagon socket head screws (#16)
- 4 x Spring washers (#17)
- 4 x Flat washers (#18)

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

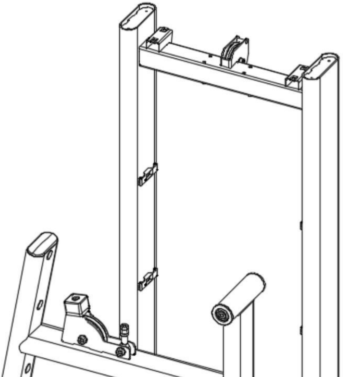


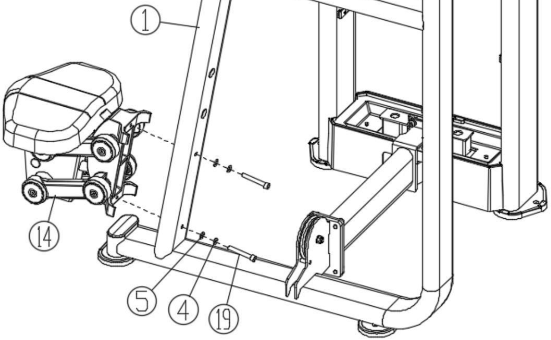


installation

Step 6:Connect the seat (#14) to the shoulder press frame (#1) in the following way:
- 2 x Hexagon socket head screws (#19)
- 2 x Spring washers (#4)
- 2 x Flat washers (#5)

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





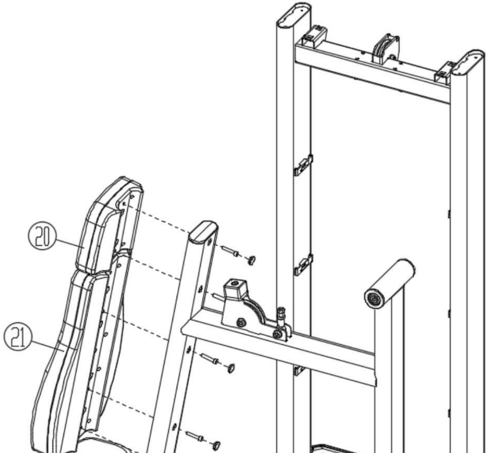
installation

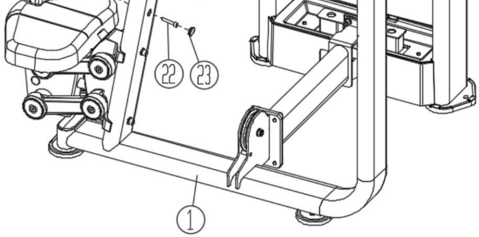
Step 7:Attach the head pad (#20) and back pad (#21) to the shoulder rail (#1) in the following manner:

- 5 x Hexagon socket head screws (#22)

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

Step 8:Install the 5-hole plug (#23) to the shoulder bracket (#1)。





installation

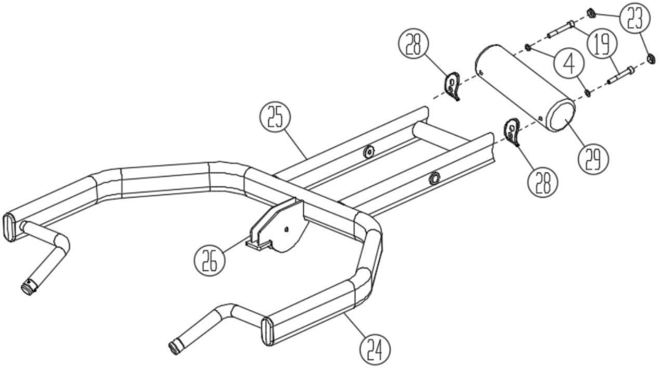
Step 9:Locate the lower lever arm (#24) (#25) (#26) and place it on the platform surface.:

Step 10:Connect the two arc pads (#28) and the shoulder counterweight (#29) to the lever arm (#25) in the following way:

- 2 x Hexagon socket head screws（#19）
- 2 x Spring washers（#4）

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

Step 11:Install the two hole plugs (#23) to the counterweight (#29)。



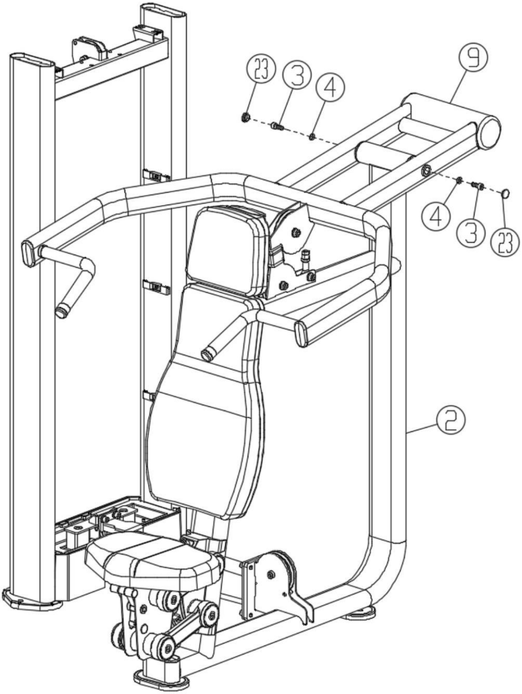
installation

Step 12:Connect the lever arm assembly (#9) to the shoulder push frame (#2) in the following way::

- 2 x Hexagon socket head screws (#3)
- 2 x Spring washers (#4)

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

Step 13:Install two hole plugs (#23) to the lever arm assembly (#9)。



installation

Step 14:Slide the two rubber weight pads (#31) onto the two guide rods (#30)。

Connect the two counterweight frame bases (#32) and the two guide rods (#30) and place them into the counterweight frame using the following method: (#7) :

- 2 x Hexagon socket head screws (#33)
- 2 x Spring washers (#17)
- 2 x Flat washers (#18)

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

Step 15:Install the 14 counterweights (#34) onto the guide rods (#30) with the spacers facing up.。

Install the guide block assembly (#35) onto the guide rod (#30)。

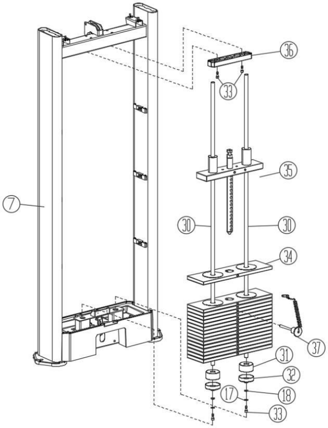
Insert the weight pin (#37) into the weight (#34) 。

Slide the guide bar fixing plate (#36) onto the guide bar (#30)。

Install the guide rod fixing plate (#36) to the counterweight frame in the following manner: (#7) :

- 2 x Hexagon socket head screws (#33)

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



Step 16:Attach the two 95 spools (#39) to the counterweight frame using the following method: (#7) :

- 2 x Reel (#40)
- 2 x Flat washers (#41)
- 2 x Hexagon self-locking nuts (#42)
- 2 x Flat washers (#5)

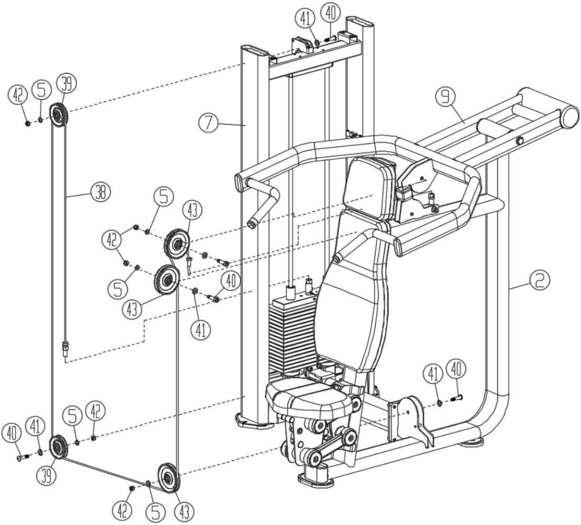
Connect the three 120 wire reels (#43) to the shoulder frame (#2) and the lever arm assembly (#9) using the following method::

- 3 x Reel (#40)
- 3 x Hexagon self-locking nuts (#42)

- 3 x Flat washers (#41)　　• 3 x Flat washers (#5)

Note that these reels are installed synchronously with the wire rope (#38)。

Step 17:Attach the M14 bolt end of the wire rope (#38) to the counterweight frame (#7)。
Attach the M12 bolt end of the wire rope (#38) to the shoulder bracket (#2)。



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Step 18:Slide the two trim strips (#45) into the two fenders (#44) and attach to the counterweight bracket (#7) using the fender pressure plate。

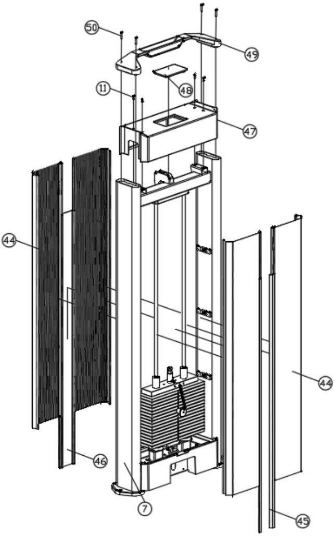
Slide the trim plate (#46) into the two baffles (#44) and attach to the counterweight frame (#7) using the baffle pressure plate.。
Attach the upper guard (#47) to the counterweight frame (#7) using the following method::

- 4 x Hexagon socket head screws (#11)

Connect the upper shield cover (#48) to the upper shield (#47)。

Attach the upper cover trim (#49) to the counterweight frame (#7) as follows:

- 4 x Hexagon socket head screws (#50)



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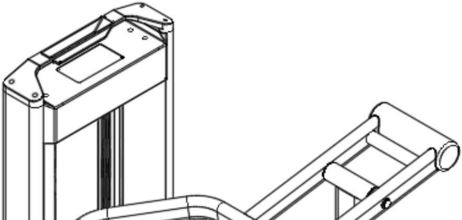

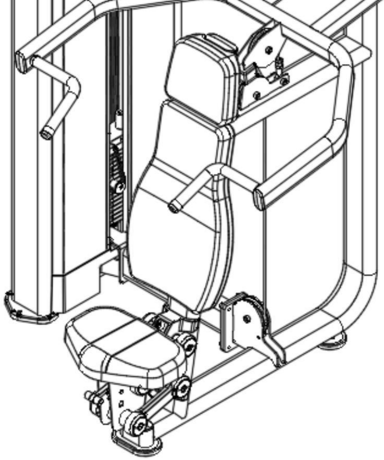

Important Tips

Now that the Seat Shoulder Press 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 bars are plumb in both directions. If they are not plumb, you may have to loosen some of the frame hardware and reassemble and tighten the bolts.

Accessories List

No	Name and specifications	Pcs
1	Shoulder push stand	1
2		
3	Hexagon socket head screws (M10*20)	2
4	Spring washers (10)	12
5	Flat washers (10)	15
6	Hexagon socket head screws (M10*25)	8
7	Counterweight rack	1
8	Shoulder push connector	1
9	Arm Group	1
10	Counterweight lower guard	1

11	Hexagon socket head screws (M5*16)	8
12	Weight rack foot pads	2
13	Flat oval foot pad	2
14	Seats	1
15	cushion	1
16	Hexagon socket head screws (M8*30)	4
17	Spring washers (8)	6
18	Flat washers (8)	6
19	Hexagon socket head screws (M10*70)	4
20	Head pad	1
21	Back pad	1

Accessories List

No	Name and specifications	pcs
22	Hexagon socket head screws (M8*40)	5
23	20-hole plug	7
24	Arm Group	1
25		
26		
28	Curved pad	2
29	Shoulder push counterweight	1
30	Universal weight guide rod	2
31	Counterweight rubber pad	2
32	Counterweight rack base	2
33	Hexagon socket head screws (M8*20)	4
34	weight stack	14
35	Guide block set	1
36	Guide rod fixing plate	1
37	Counterweight latch	1

38	Shoulder push wire rope	1
39	95 reel	2
40	Reel-32	5
41	Flat washers (12)	5
42	Hexagon self-locking nuts (M10)	5

Accessories List

No	Name and specifications	pcs
43	120 reel	3
44	Bezel	4
45	Counterweight source decorative strip	2
46	Counterweight source decorative plate	1
47	Counterweight upper guard	1
48	Upper guard cover	1
49	Upper cover decoration	1
50	Hexagon socket head screws (M6*30)	4

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