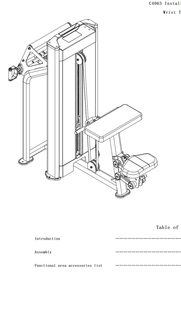
C6063 Installation Guide

Wrist Trainer



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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.

Rubber rod

Level

Hexagon wrench

Two people

Circlip pliers

Adjustable wrench

Assembly

Step 1: Install the main frame assembly (M1) and the front pulley assembly (M2) onto the counterweight frame assembly (M3) using the following method:
- 2xM8M3 hexagon socket head screw (M6)
- 12 ø8X3 spring washer (W7)
- 12 ø8 flat washer (W8)

Step 2: Install the lower guard (M10) onto the counterweight frame assembly (M3) using the following method.
- 2xM8M3 hexagon socket head screw (M6)

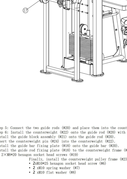
Finally, install the weight rack foot and (M4) and the flat oval foot pad (M5)

Assembly

Step 3: Install the support and (M11) on the main frame assembly (M1) in the following manner:
- 4xM10M3 hexagon socket head screw (M12)
- 4 ø10 spring washer (W13)
- 8 ø10 flat washer (W14)

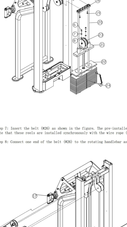
4 x ø8X3-S20 flat washer (W15)

Step 4: Use the connecting frame (M16) to connect the main frame assembly (M1) and the counterweight frame (M3):
- 2xM10M3 hexagon socket head screw (M6)
- 2xM10M3 hexagon socket head screw (M12)
- 10 ø8X3 spring washer (W7)
- 10 ø8X3-S20 flat washer (W8)



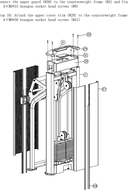
Assembly

Step 5: Install the handlebar assembly (M17) onto the weight rack assembly (M3) using the following method:
- 4xM10M3 hexagon socket head screw (M6)
- 4 ø10 spring washer (W7)
- 4 ø10 flat washer (W8)



Assembly

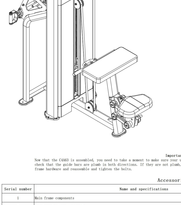
Step 6: Connect the two guide rods (M20) and place them into the counterweight frame (M3) using the following method:
Step 6: Install the counterweight (M22) onto the guide rod (M20) with the spacer facing up.
Install the guide block assembly (M21) onto the guide rod (M20).
Install the counterweight (M22) onto the guide block assembly (M21).
Install the guide bar fixing plate (M18) onto the guide bar (M20).
Install the guide rod fixing plate (M19) to the counterweight frame (M3) as follows:
- 2xM8M3 hexagon socket head screw (M6)
  - Finally, install the counterweight pulley frame (M23) to the guide block assembly (M21)
  - 2xM10M3 hexagon socket head screw (M6)
  - 2 ø10 spring washer (W7)
  - 2 ø10 flat washer (W8)



Assembly

Step 7: Insert the belt (M26) as shown in the figure. The pre-installed pulley needs to be removed and then reinstalled.
Note that these rails are installed simultaneously with the wire rope (M24).

Step 8: Connect one end of the belt (M26) to the rotating handlebar assembly (M17) and the other end to the straight pull rod handle (M25).

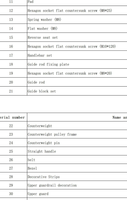


Assembly

Step 9: Slide the two trim strips (M28) into the two fenders (M27) and attach to the counterweight frame (M3) using the fender hold-down plates.

Connect the upper guard (M30) to the counterweight frame (M3) and finally snap on the upper guard cover (M31) using the following method:
- 4xM8M3 hexagon socket head screws (M6)

Step 10: Attach the upper cover trim (M32) to the counterweight frame (M3) using the following method:
- 4xM8M3M hexagon socket head screws (M12)



Assembly

Important Tips:
Now that the C6063 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

Serial number	Name and specifications	quantity
1	Main frame components	1
2	Counterweight rack assembly	1
3	Flat oval foot pad	2
4	Weight rack foot pads	2
5	Front wheel frame	2
6	Hexagon socket flat countersunk screw (M6M25)	18
7	Spring washer (W8)	26
8	Flat washer (W16)	20
9	Hexagon socket flat countersunk screw (M6M15)	4
10	Lower guard	1
11	Foot	1
12	Hexagon socket flat countersunk screw (M6M20)	4
13	Spring washer (W8)	4
14	Flat washer (W8)	4
15	Hexagon nand nut	1
16	Hexagon socket flat countersunk screw (M6M120)	2
17	Handlebar set	1
18	Guide rod fixing plate	1
19	Hexagon socket flat countersunk screw (M6M20)	2
20	Guide rod	2
21	Guide block set	1

Accessories List

Serial number	Name and specifications	quantity
22	Counterweight	16
23	Counterweight pulley frame	1
24	Counterweight pin	2
25	Straight handle	1
26	belt	1
27	Bezel	4
28	Decorative Strips	4
29	Upper guardrail decoration	1
30	Upper guard	1
31	Upper guard cover	1
32	Hexagon socket flat countersunk screw (M6M30)	4
33		
34		
35		
36		
37		
38		
39		