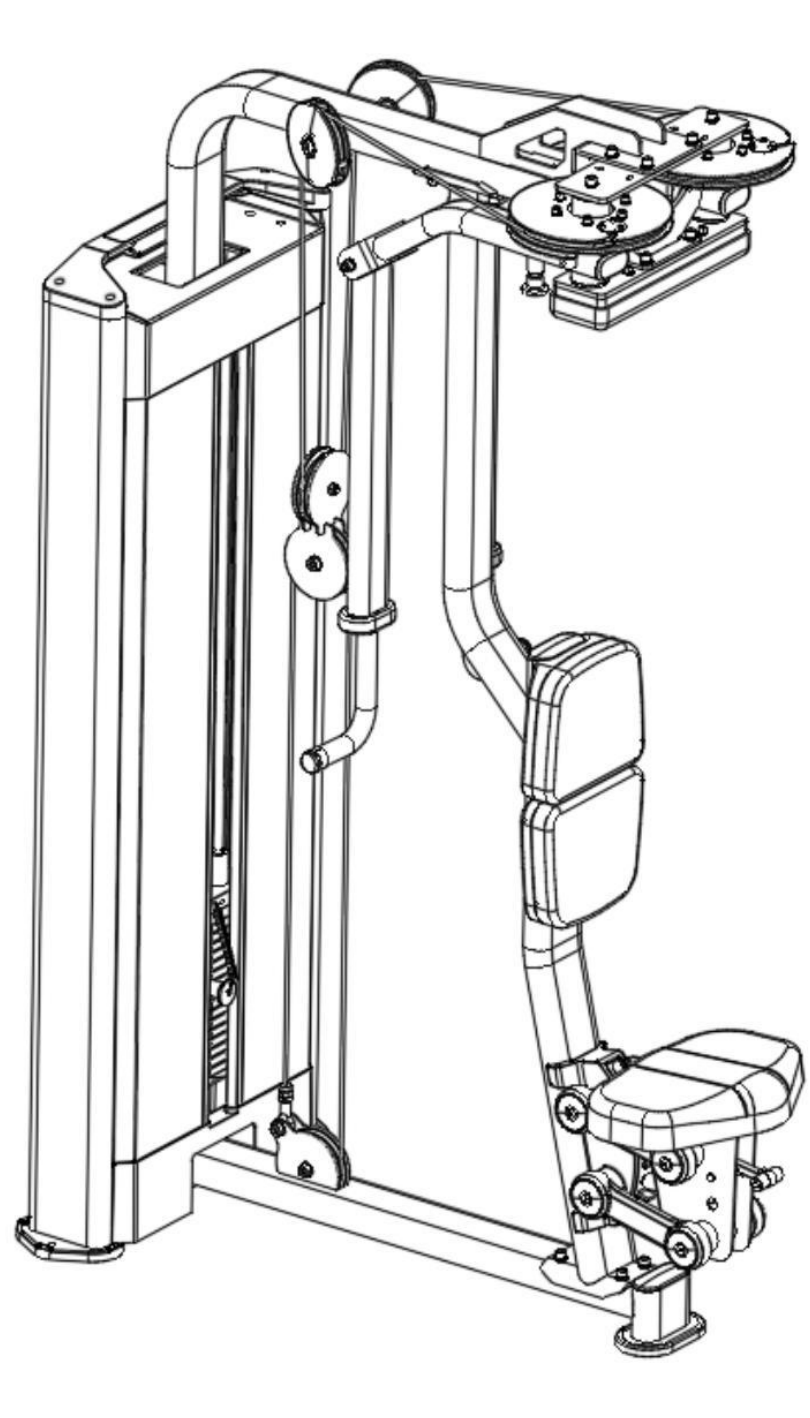
C409 Installation Guide

Pectoral Fly / Rear Deltoid



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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

rubber mallet
level ruler
Allen wrench
Two people
spring clamp
adjustable wrench

Assemble

Step 1:Attach the counterweight frame (1) to the lower shroud (6) with the counterweight foot pads (41) using the following method:

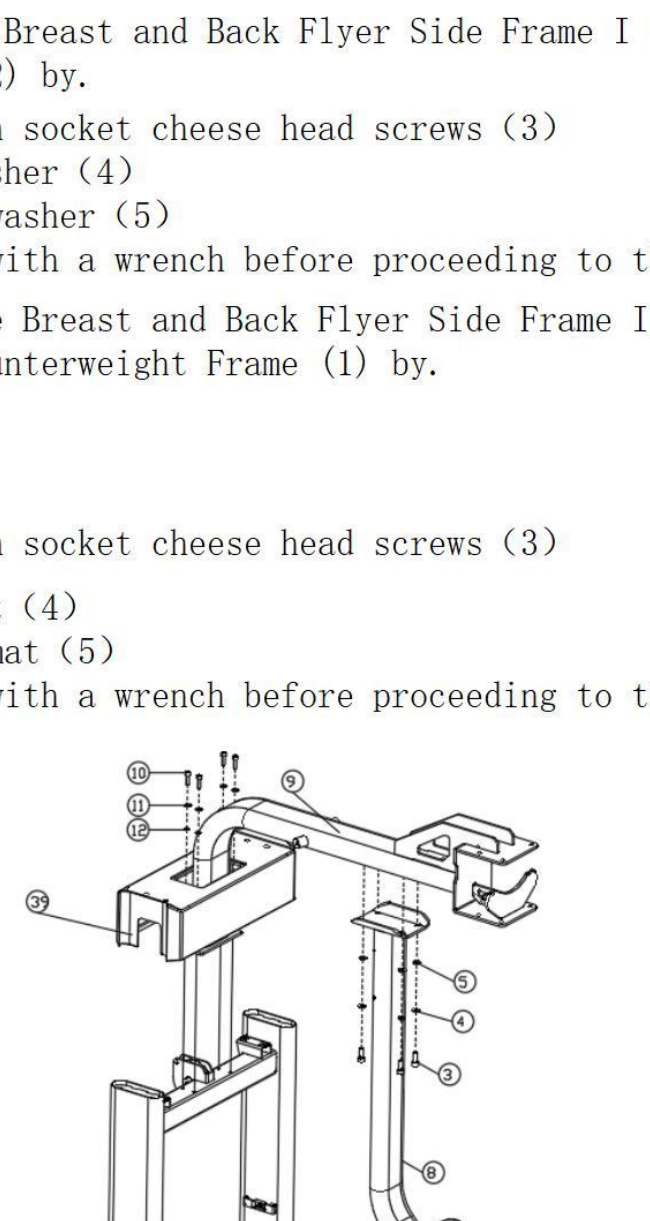
- 2×M5*16Hexagon socket cheese head screws (7)

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

Step 2: Attach the Chest and Back Flyer Attachment Bracket (2) to the Counterweight Bracket (1) and attach the Flat Oval Foot Pads (42) by.

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

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



Assemble

Step 3: Attach the Breast and Back Flyer Side Frame I (8) to the Breast and Back Flyer Attachment Frame (2) by.

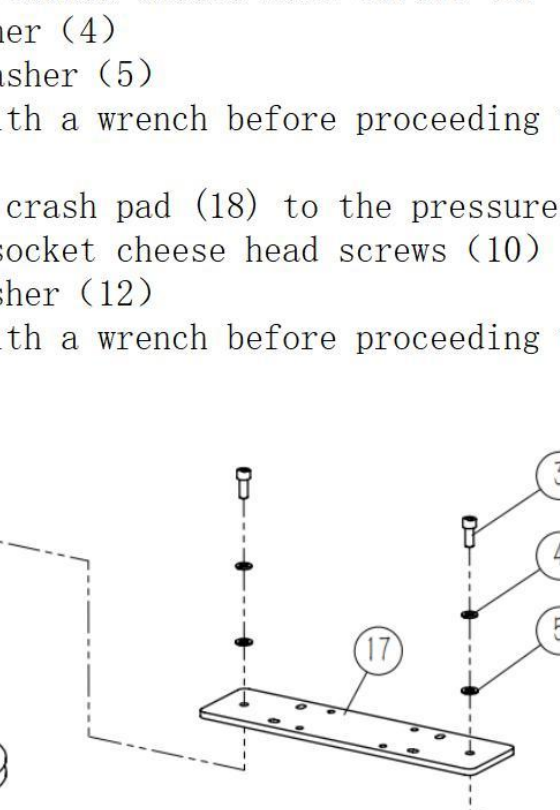
- 4×M10*25Hexagon socket cheese head screws (3)
- 4×M10spring washer (4)
- 4×M10-D20flat washer (5)

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

Step 4: Connect the Breast and Back Flyer Side Frame II (9) to the Breast and Back Flyer Side Frame I (8) and Counterweight Frame (1) by.

- 4×M10*25Hexagon socket cheese head screws (3)
- 4×M10Spring mat (4)
- 4×M10-D20flat mat (5)

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



Assemble

Step 5: Connect the left/right flange (15/16) with the two force arms (13) and the two spindles (14) using.

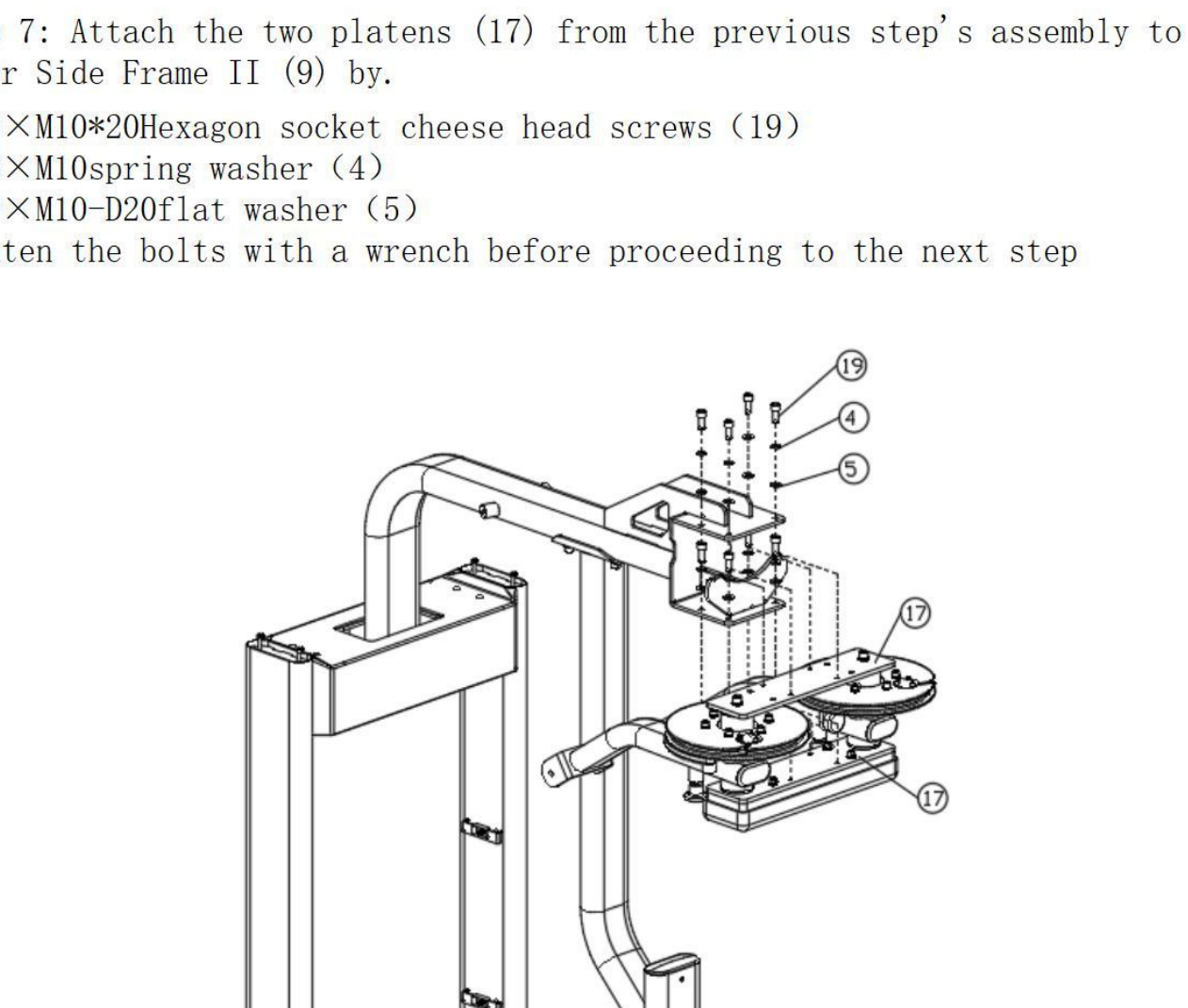
- 4×M10*25Hexagon socket cheese head screws (3)
- 4×M10spring washer (4)
- 4×M10-D20flat washer (5)

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

Step 6: Connect the crash pad (18) to the pressure plate (17) by.

- 4×M8*25Hexagon socket cheese head screws (10)
- 4×M8-D16flat washer (12)

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

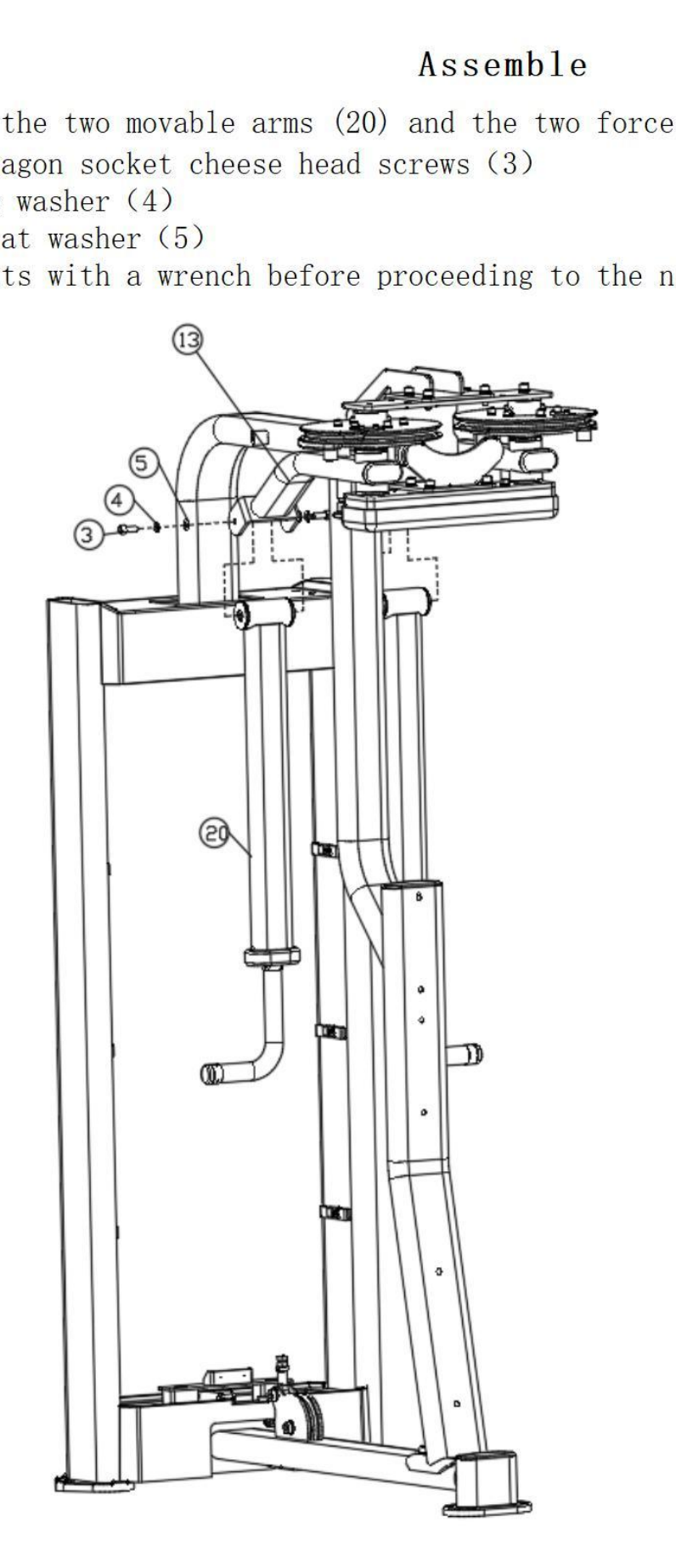


Assemble

Step 7: Attach the two platens (17) from the previous step's assembly to the Chest and Back Flyer Side Frame II (9) by.

- 8×M10*20Hexagon socket cheese head screws (19)
- 8×M10spring washer (4)
- 8×M10-D20flat washer (5)

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

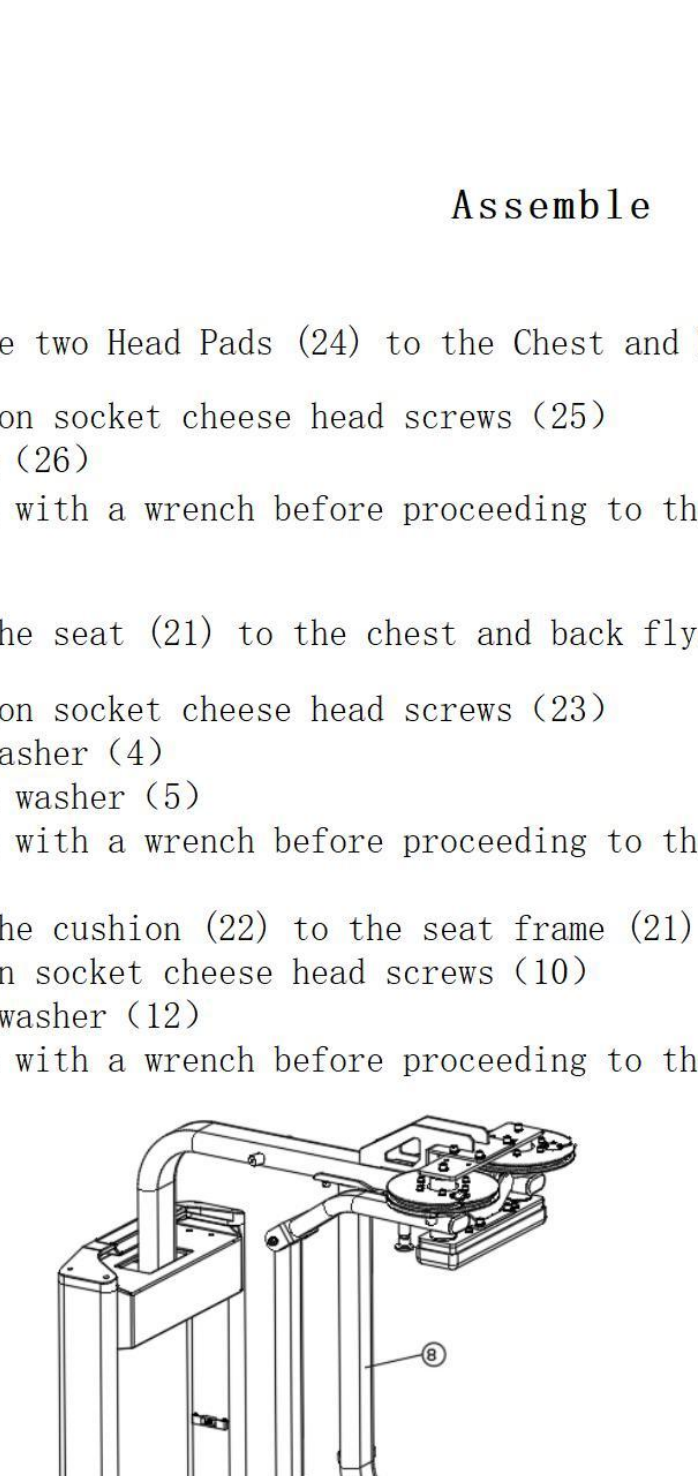


Assemble

Step 8:Connect the two movable arms (20) and the two force arms (13) with.

- 4×M10*25Hexagon socket cheese head screws (3)
- 4×M10spring washer (4)
- 4×M10-D20Flat washer (5)

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



Assemble

Step 9: Attach the two Head Pads (24) to the Chest and Back Flyer Side Frame I (8) by.

- 4×M10*40Hexagon socket cheese head screws (25)
- 4×20hole plug (26)

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

Step 10: Attach the seat (21) to the chest and back flyer side frame I (8) using.

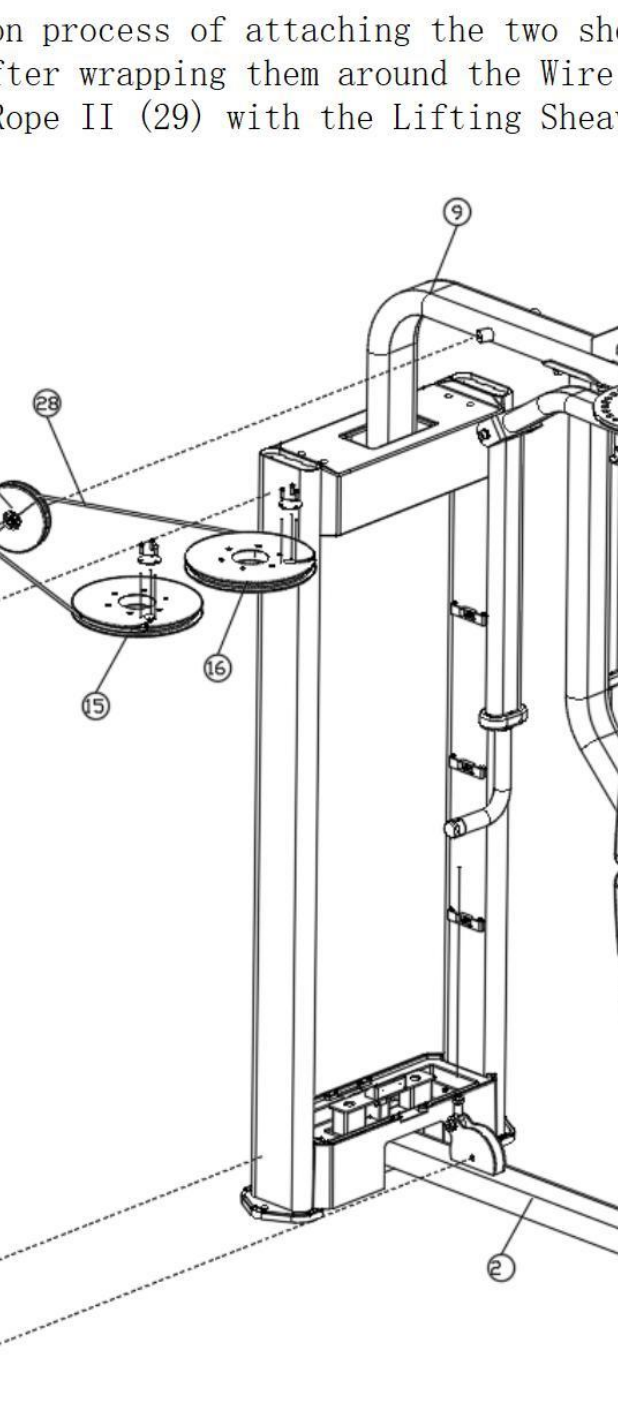
- 2×M10*70Hexagon socket cheese head screws (23)
- 2×M10spring washer (4)
- 2×M10-D20flat washer (5)

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

Step 11: Attach the cushion (22) to the seat frame (21) using.

- 4×M8*25Hexagon socket cheese head screws (10)
- 4×M8-D16flat washer (12)

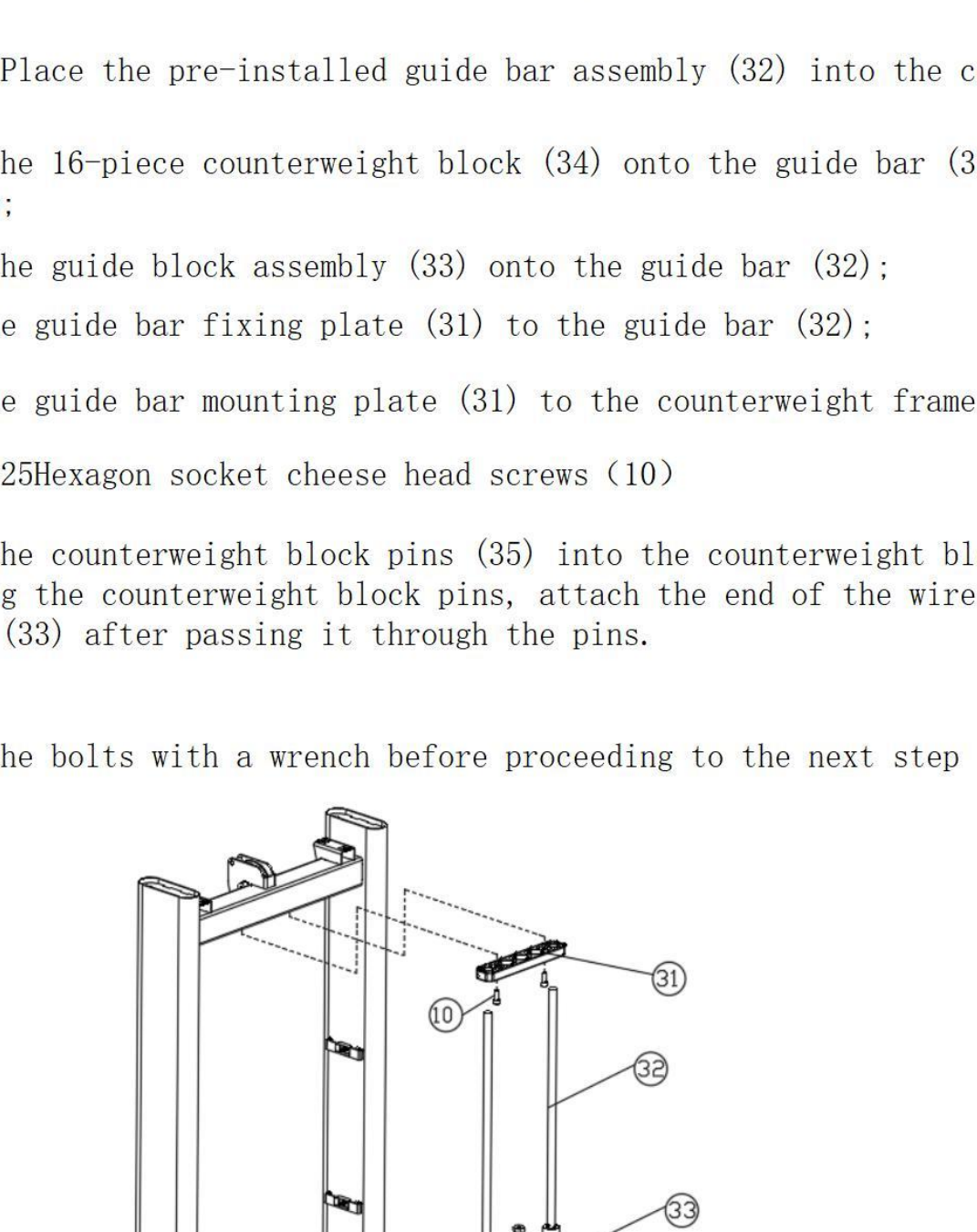
Tighten the bolts with a wrench before proceeding to the next step



Assemble

Step 12:Open the pre-installed wire sheave and install the wire rope I (28) and wire rope II (29) back to its original place after wrapping them around the wire sheave in the manner as shown in the figure below, with the ends of wire rope I (28) connected to the left/right flanges (15/16) respectively.

Note the installation process of attaching the two sheave boxes (27) to the Breastback Flyer Side Frame II (9) after wrapping them around the Wire Rope I (28) and connecting the Wire Rope I (28) to the Wire Rope II (29) with the Lifting Sheave Frame (30).



Assemble

Step 13: Place the pre-installed guide bar assembly (32) into the counterweight frame (1);

Install the 16-piece counterweight block (34) onto the guide bar (32) with the isolation tabs facing up;

Install the guide block assembly (33) onto the guide bar (32);

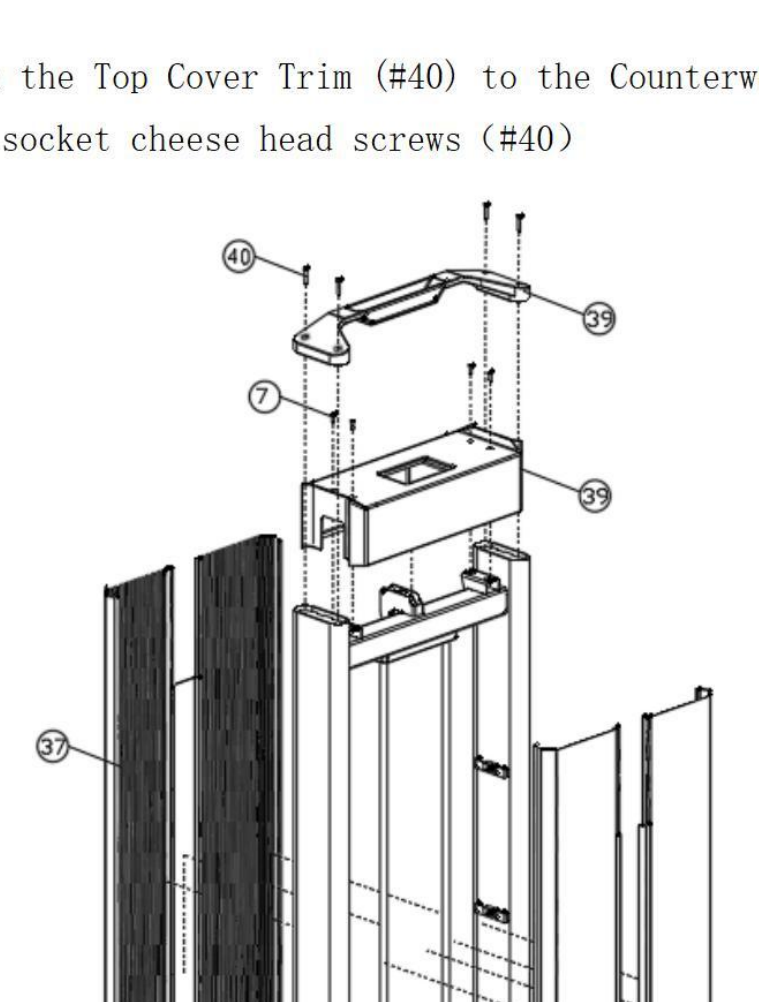
Attach the guide bar fixing plate (31) to the guide bar (32);

Attach the guide bar mounting plate (31) to the counterweight frame (1) by.

- 2×M8*25Hexagon socket cheese head screws (10)

Install the counterweight block pins (35) into the counterweight block (34); note that when installing the counterweight block pins, attach the end of the wire rope I to the guide block assembly (33) after passing it through the pins.

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



Assemble

Step 16:Slide the two Trim Strips (#36) into the two Baffles (#37) and use the Baffle Platen to attach to the Counterweight Rack (#1).

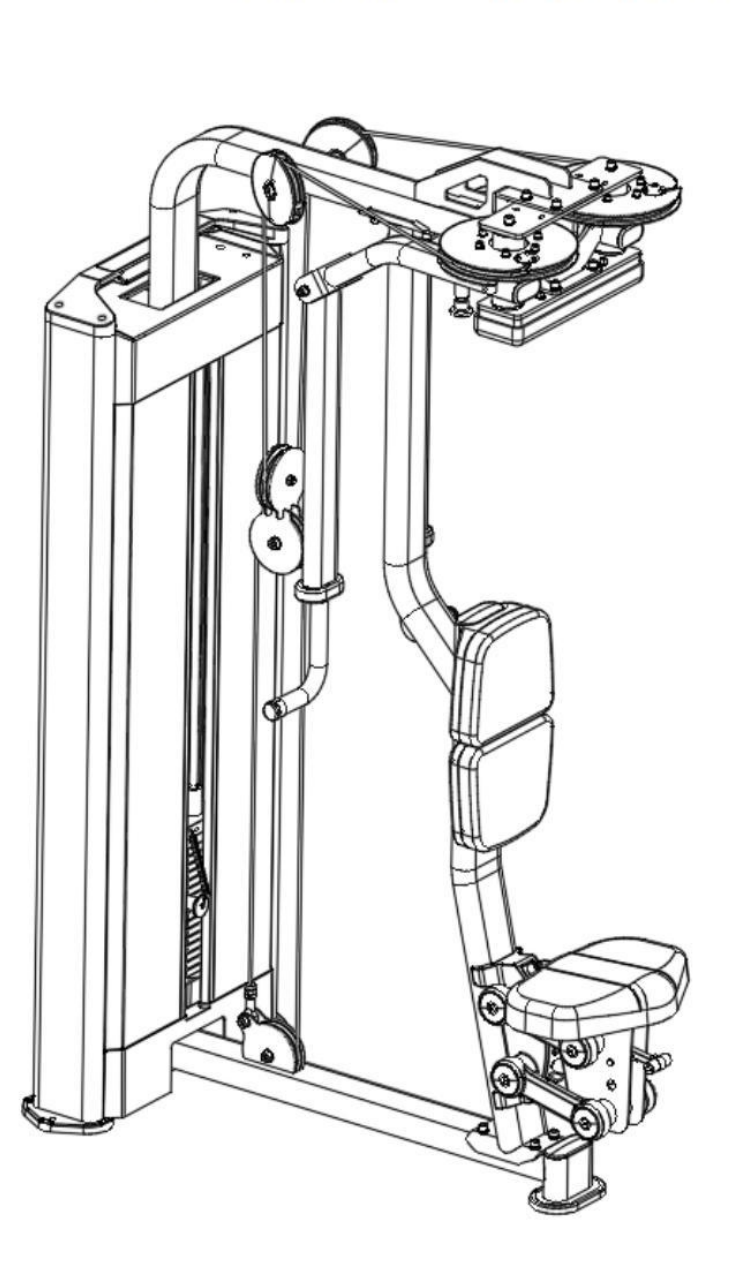
Slide the Trim Plate (#38) into the two Baffles (#37) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Attach the upper shroud (#40) to the counterweight frame (#1) by.

- 4 x Hexagon socket cheese head screws (#7)

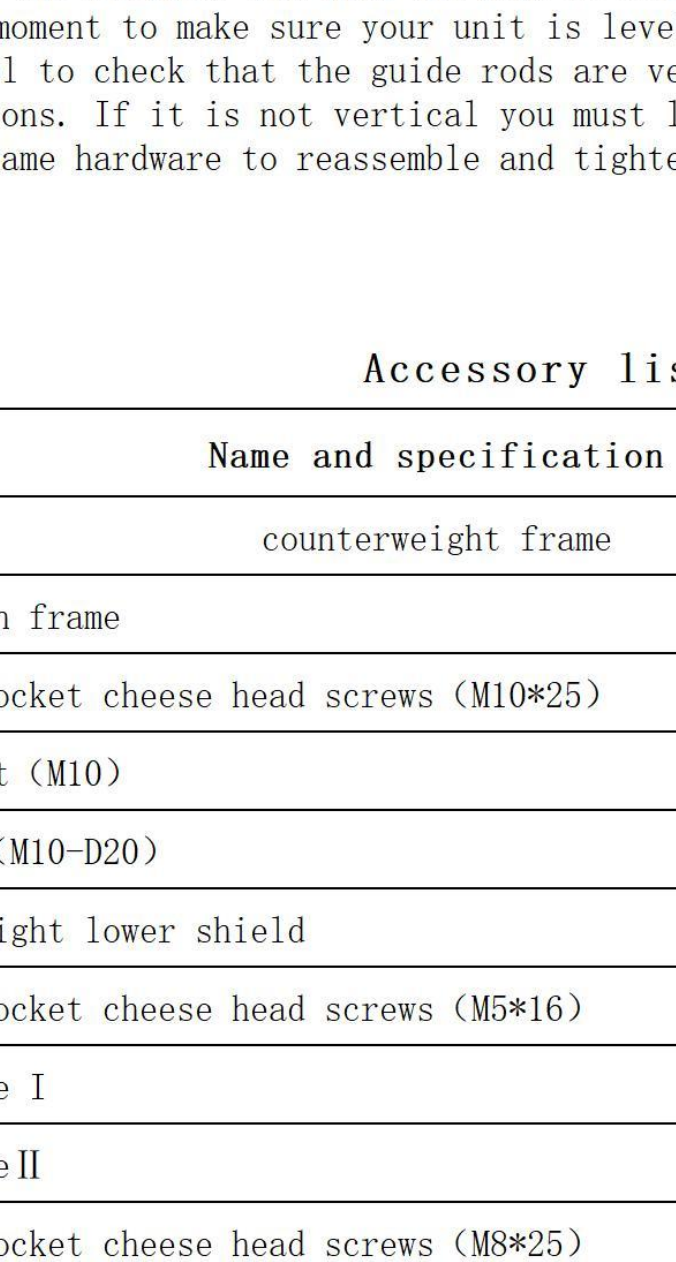
Step 17: Attach the Top Cover Trim (#40) to the Counterweight Frame (#1) by.

- 4 x Hexagon socket cheese head screws (#40)



Assemble

Step 16: Place the assembled trainer in the proper position.



Important tips

Now that the Pectoral Fly/Rear Deltoid 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	QTY
1	counterweight frame	1
2	Connection frame	1
3	Hexagon socket cheese head screws (M10*25)	20
4	Spring mat (M10)	30
5	flat mat (M10-D20)	30
6	counterweight lower shield	1
7	Hexagon socket cheese head screws (M5*16)	6
8	side frame I	1
9	side frame II	1
10	Hexagon socket cheese head screws (M8*25)	14
11	spring mat (M8)	4
12	flat mat (M8-D16)	12
13	force arm	2
14	main axis	2
15	Left Flange	1
16	Right Flange	1
17	press board	2
18	crash cushion	1
19	Hexagon socket cheese head screws (M10*20)	8
20	movement arm	2
21	seat frame	1

Accessory list

no	Name and specification	QTY
22	Cushion	1
23	Hexagon socket cheese head screws (M10*70)	2
24	headrest	2
25	Hexagon socket cheese head screws (M10*40)	4
26	20hole plug	4
27	jury box	2
28	cableI	1
29	cableII	1
30	Cable Sheave	1
31	Guide bar mounting plate	1
32	Guide bar assembly	2
33	Guide Block Assembly (Center Rod)	1
34	Weight stack	16
35	weight stack pin	1
36	decorative strip	2
37	shield	1
38	decorative plate	1
39	upper shield	1
40	Hexagon socket cheese head screws (M6*30)	4
41	counterweight footrest	2
42	Flat ellipse footmats	1

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