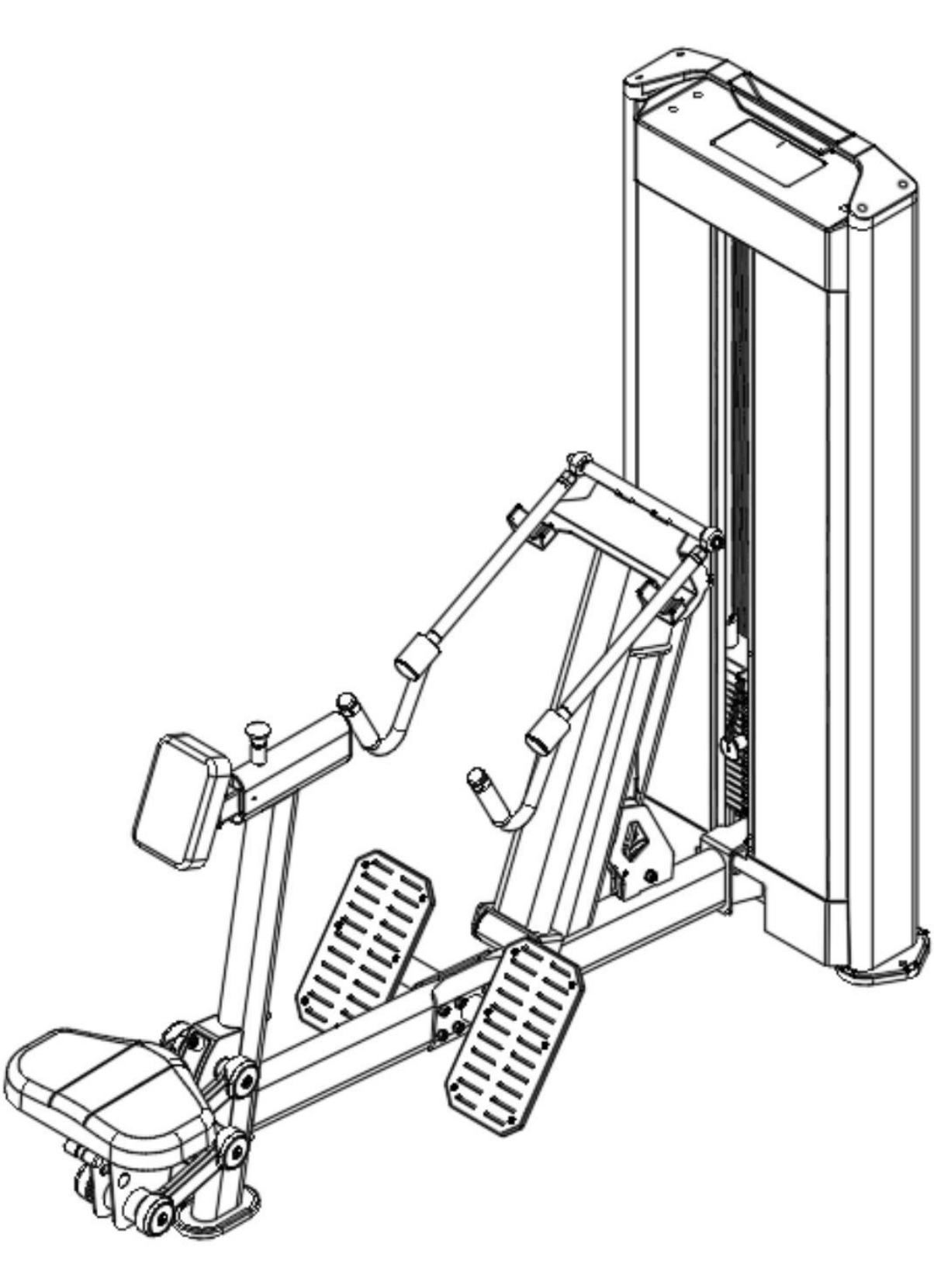
C414 Installation Guide

Mid Row



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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

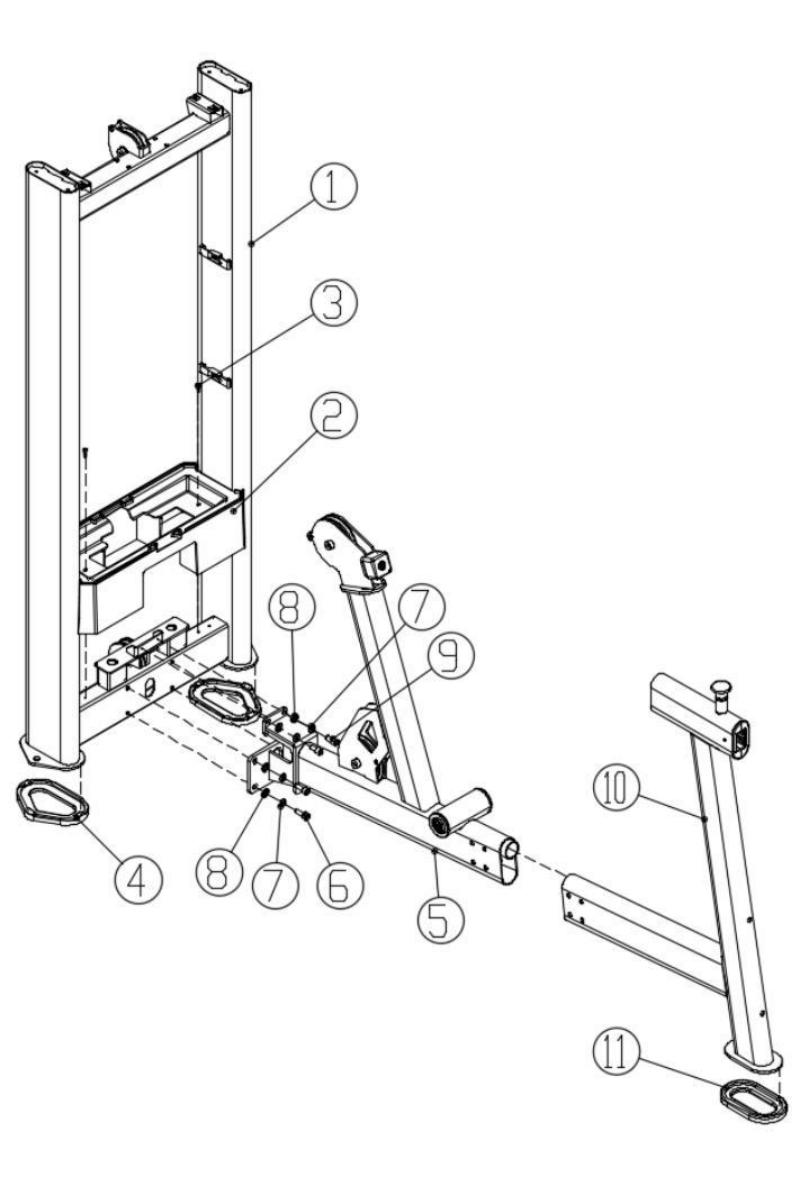
Assembly

Step 1: Connect the counterweight lower guard (#2) to the counterweight frame (#1) using the following method:
·2x Hexagon socket head screw (#3)
Install the 2 weight rack feet (#4) to the weight rack (#1)

Step 2: Connect the Seated Back Pull-Down Side Frame I (#5) to the Weight Frame (#1) using the following method:
·4xHexagon socket head screw (#6)
·6xSpring washer (#7)
·6xFlat washer (#8)
·2xHexagon socket head screw (#9)

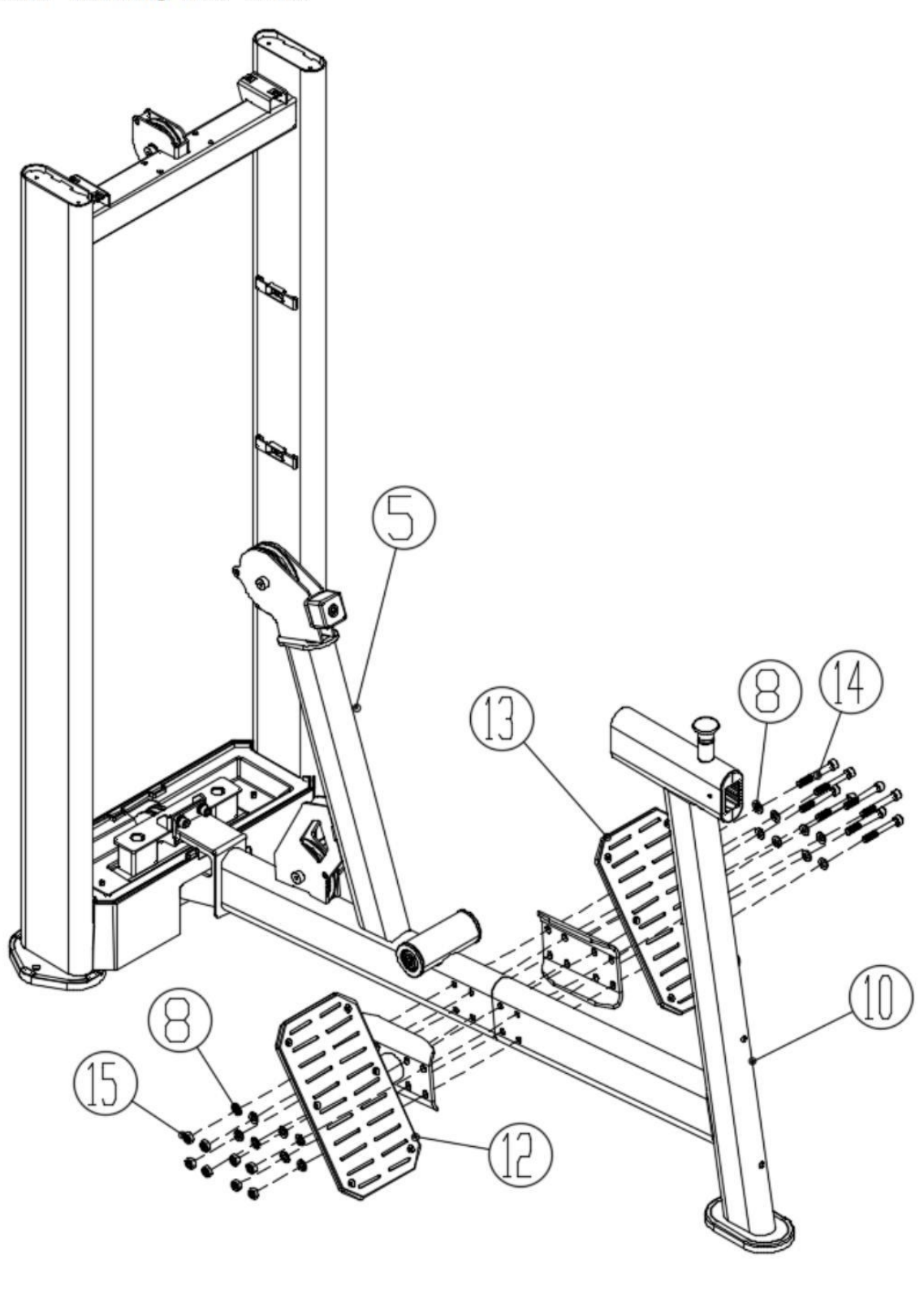
Step 3: Install 1 flat oval foot pad (#11) to the seated back stretch side frame II (#10)

Put the sitting back side frame II (#10) on the sitting back side frame I (#5) as shown in the figure.



Assembly

Step 4: Use the following method to lower the left low pull pedal (#12), the right low pull pedal (#13) and the back side frame Ⅰ (#5),
Seated back side frame Ⅱ (#10) connected:
·8xHexagon socket head screw (#14)
·16xFlat washer (#8)
·8xHexagon self-locking nut (#15)

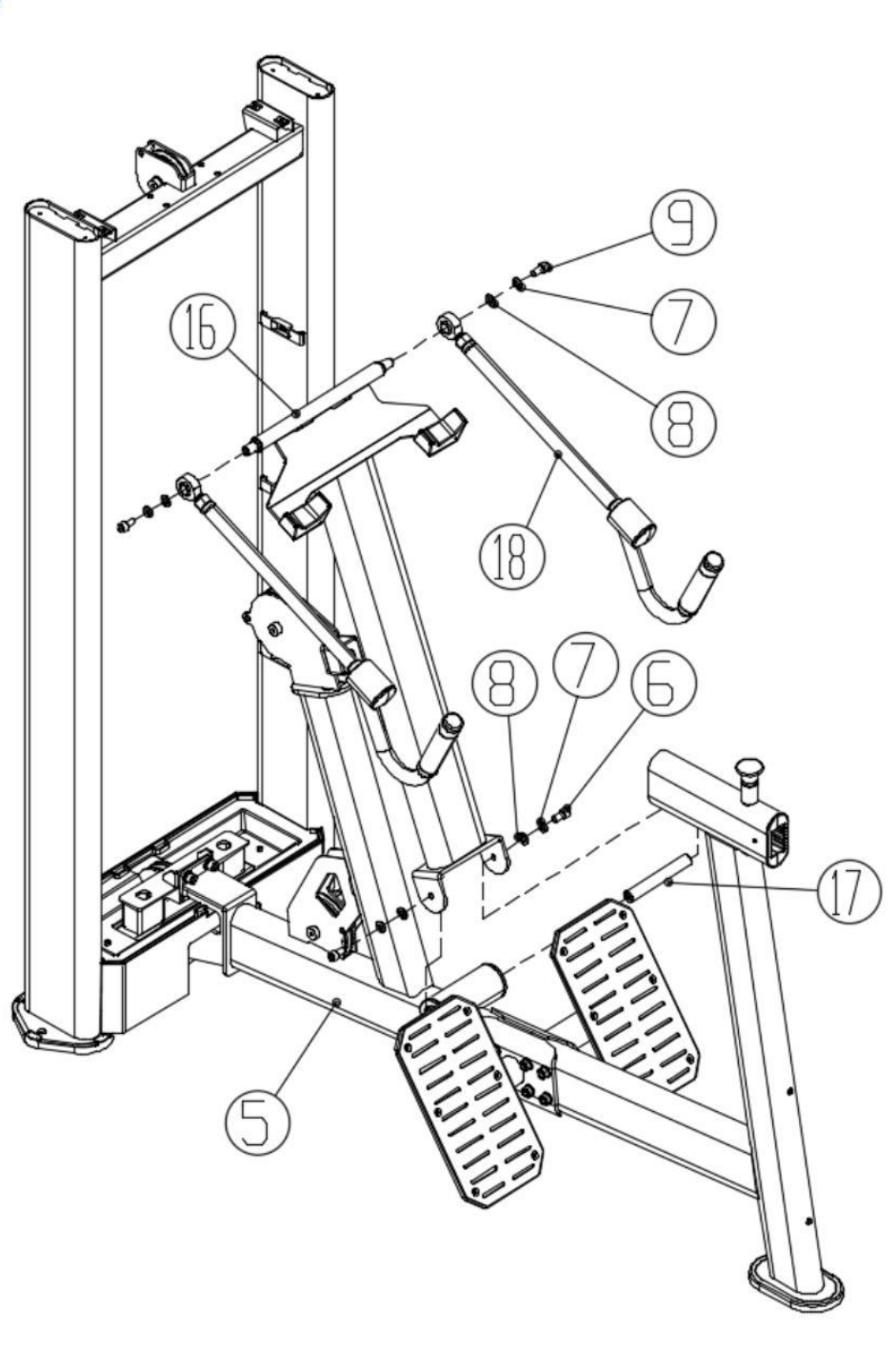


Assembly

Step 6: Connect the back-pull lever arm (#16), the back-pull lever arm shaft (#17) and the sitting back-pull side frame Ⅰ (#5) in the following way:
·2xHexagon socket head screw (#6)
·2xSpring washer (#7)
·2xFlat washer (#8)

Step 7: Connect the two back lever rods (#18) to the back lever (#16) using the following method:

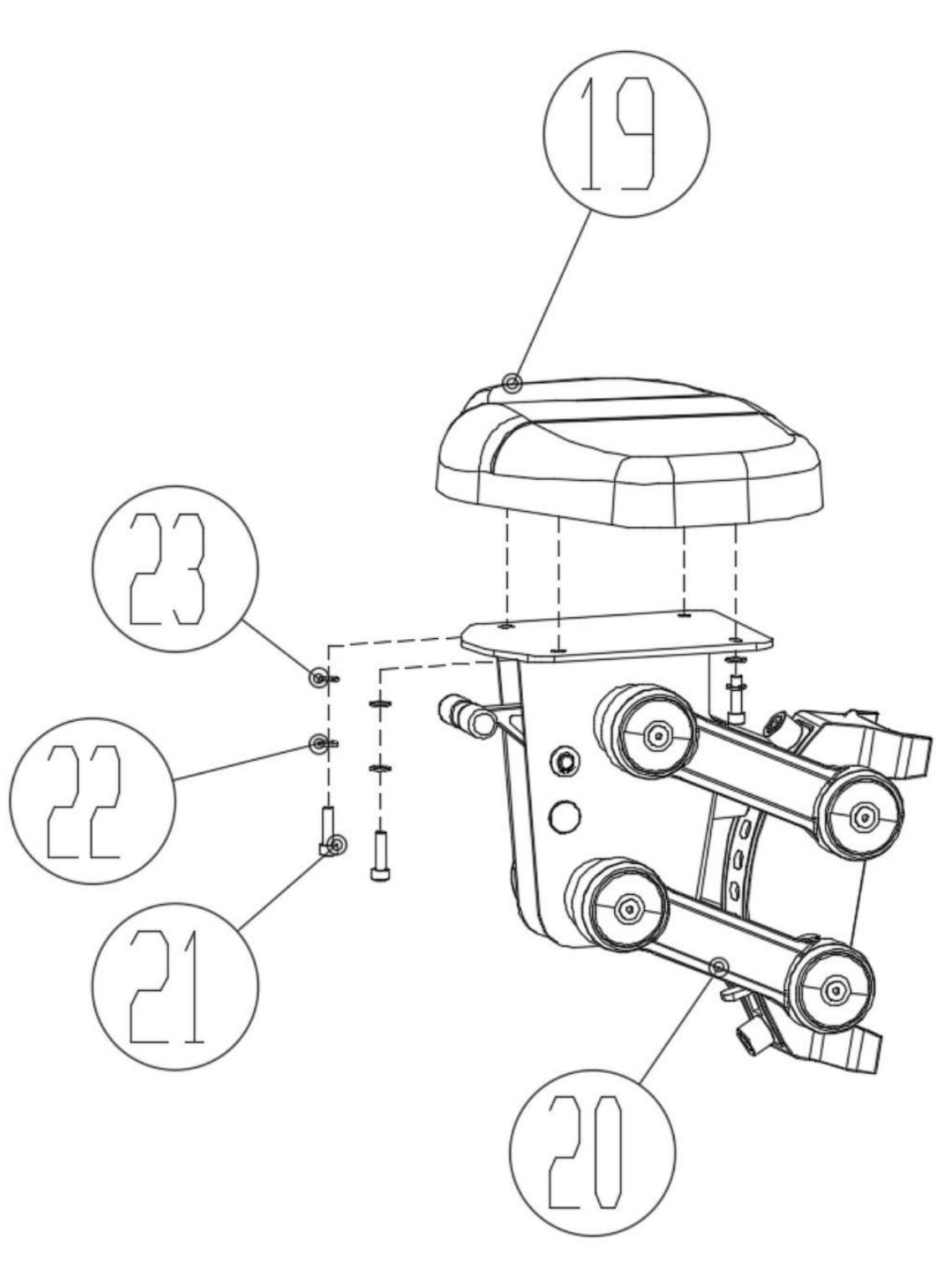
·2xHexagon socket head screw (#9)
·2xSpring washer (#7)
·2xFlat washer (#8)



Assembly

Step 8: Connect the seat cushion (#19) to the seat frame (#20) using the following method:

·4xHexagon socket head screw (#21)
·4xSpring washer (#22)
·4xFlat washer (#23)

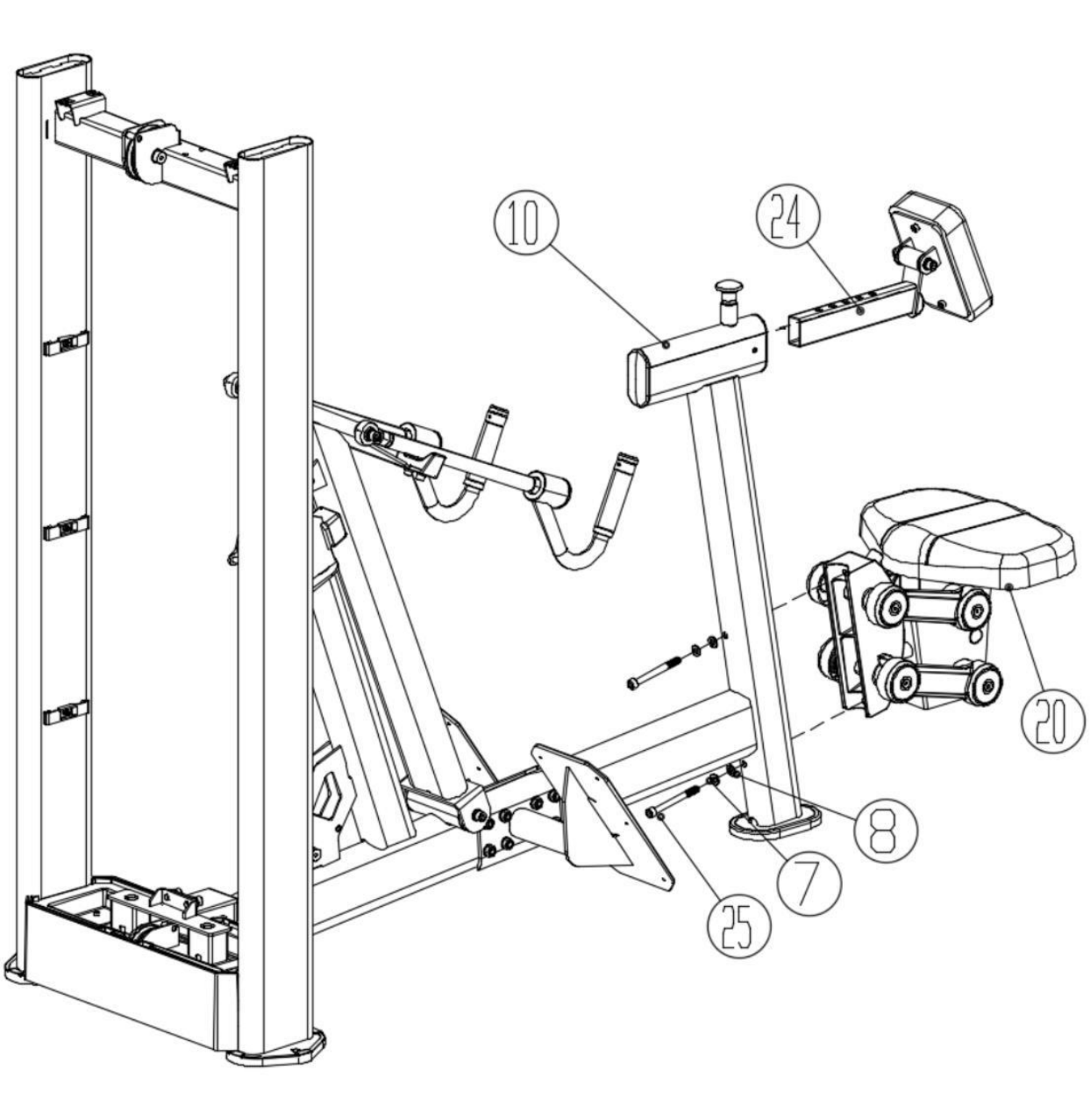


Assembly

Step 9: Connect the seat frame (#20) to the seat back side frame II (#10) using the following method:

·2xHexagon socket head screw (#25)
·2xSpring washer (#7)
·2xFlat washer (#8)

Step 10: As shown in the picture, connect the chest support kit (#24) and the seated back pull side frame II (#10).

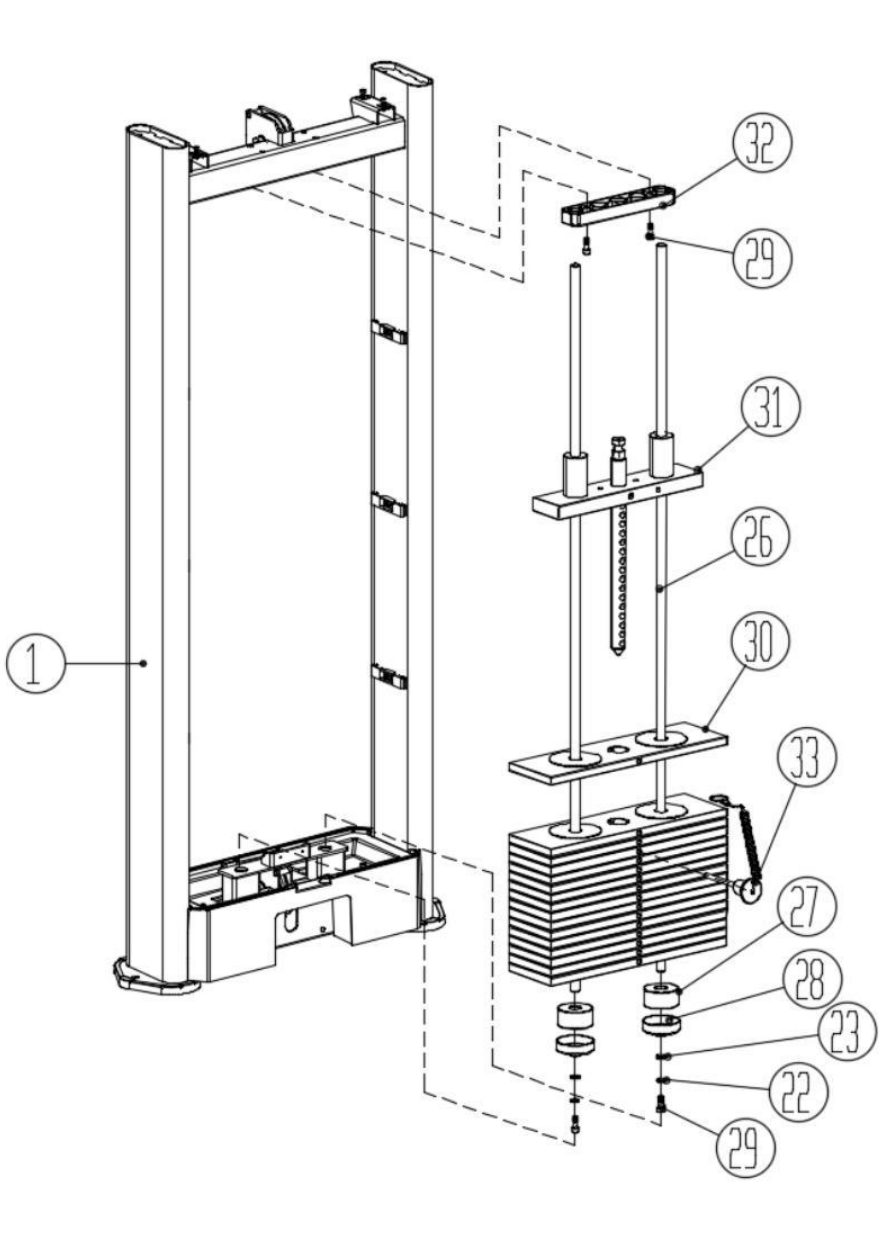


Assembly

Step 11: Slide the two rubber weight pads (#27) onto the two guide rods (#26).
Connect the two counterweight frame bases (#28) and the two guide rods (#26) and place them into the counterweight frame (#1) in the following manner:
·2xHexagon socket head screw (#29)
·2xSpring washer (#22)
·2xFlat washer (#23)
Tighten the bolts with a wrench before proceeding to the next step

STEP 12: Install the 16 counterweights (#30) onto the guide rods (#26) with the spacers facing up.

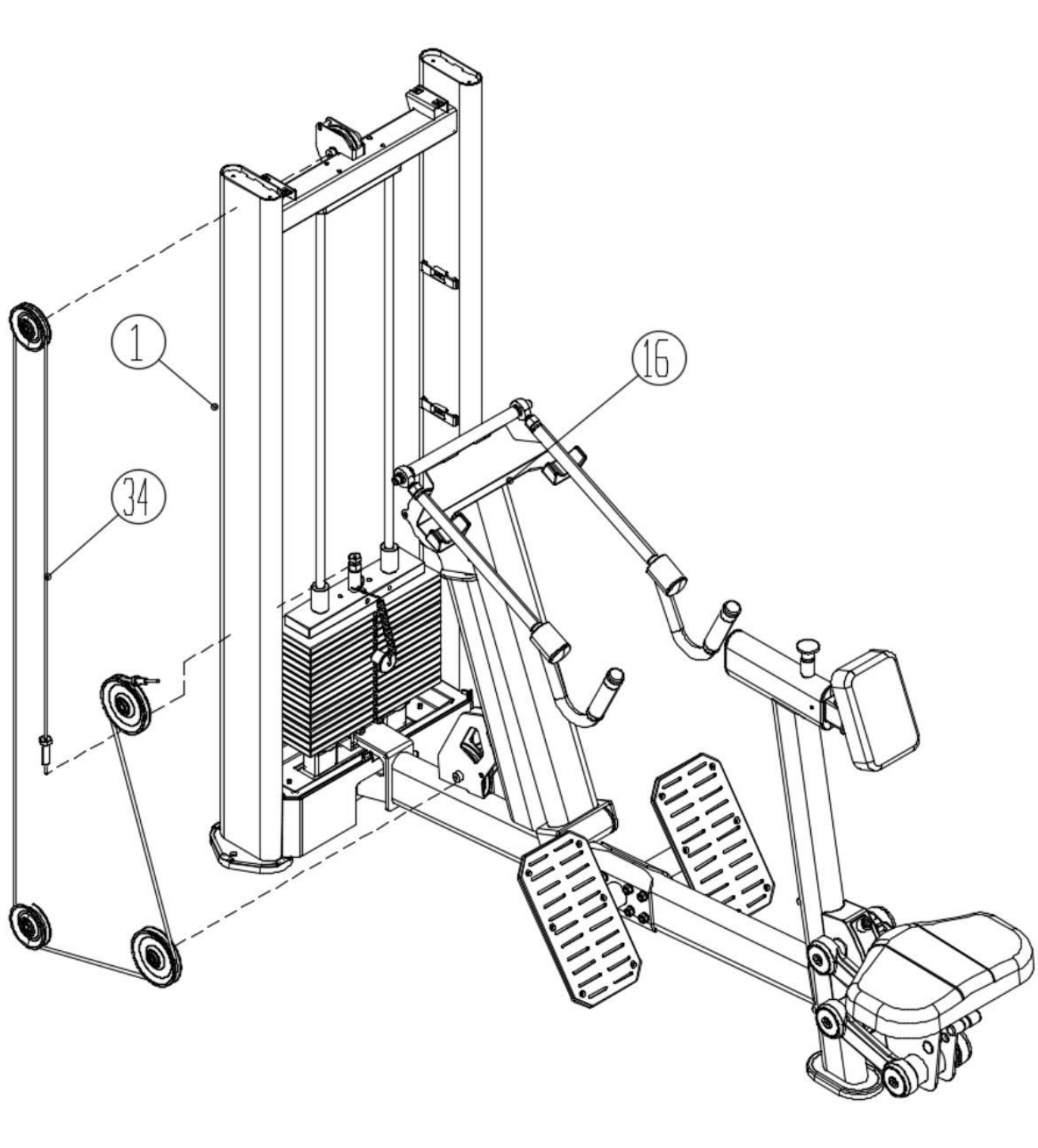
Install the guide block assembly (#31) onto the guide rod (#26).
Insert the counterweight pin (#33) into the counterweight (#30).
Slide the guide bar retaining plate (#32) onto the guide bar (#26).
Install the guide rod fixing plate (#32) to the counterweight frame (#1) as follows:
·2xHexagon socket head screw (#29)
Tighten the bolts with a wrench before proceeding to the next step



Assembly

Step 13: First disassemble the pre-installed 95 and 120 reels, insert the wire rope (#34) as shown in the figure, and then reinstall the reels.
Note that these reels are installed synchronously with the wire rope (#34).

Step 14: Connect one end of the wire rope (#34) to the pull arm (#16) and the other end to the counterweight frame (#1).



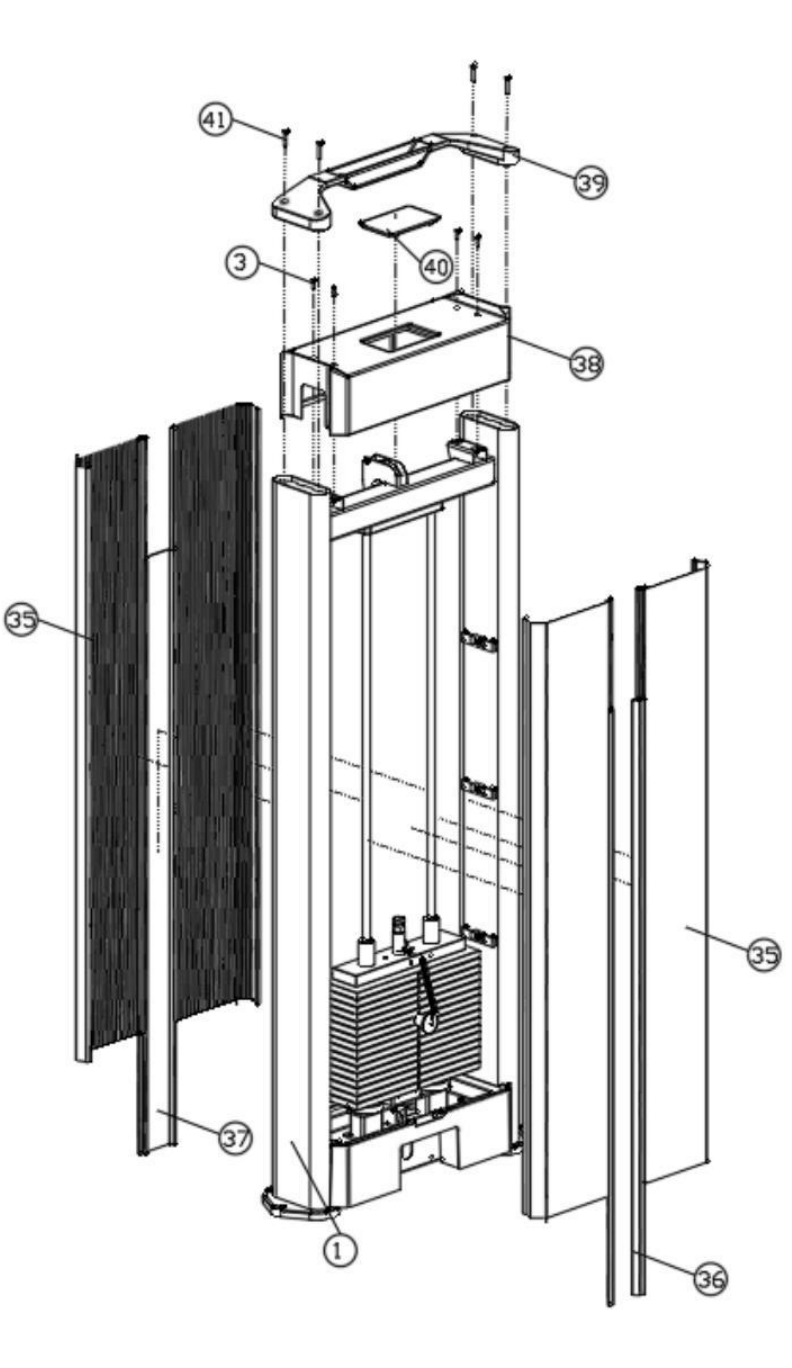
Assembly

Step 15: Slide the two trim strips (#36) into the two fenders (#35) and attach to the counterweight frame (#1) using the fender hold-down plates.
Slide the trim plate (#37) into the two baffles (#35) and attach to the counterweight frame (#1) using the baffle hold-down plates.
Attach the upper guard (#38) to the counterweight frame (#1) as follows:
·4xHexagon socket head screw (#3)

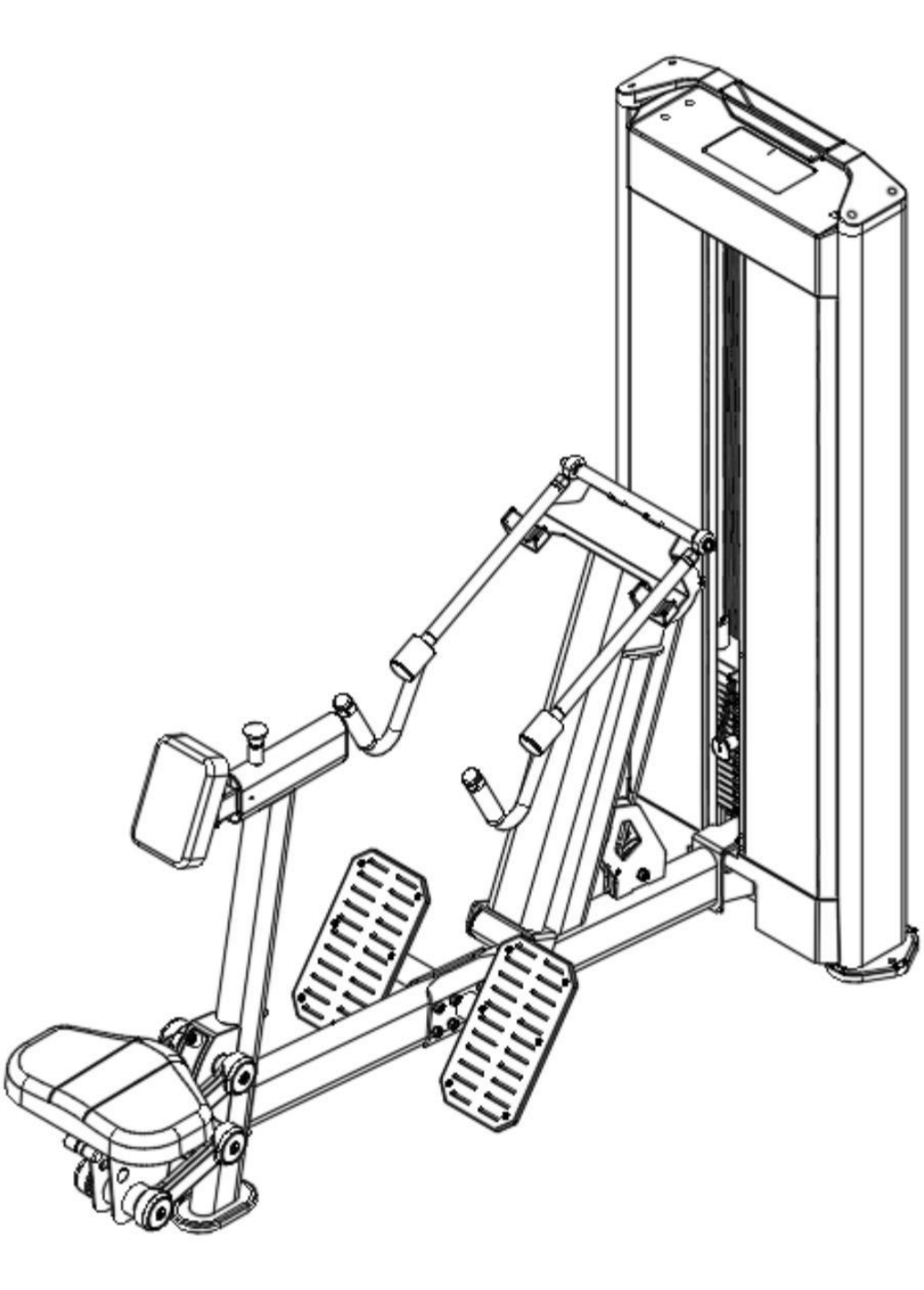
Step 16: Attach the upper cover trim (#39) to the counterweight frame (#1) using the following method:

·4xHexagon socket head screw (#41)

Step 17: Snap the upper guard cover (#40) onto the upper guard (#38)



Assembly



Important Tips

Now that the Mid Row 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

NUM	Name and specifications	QTY
1	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	8
4	Weight rack foot pads	2
5	Seated back side frame Ⅰ	1
6	Hexagon socket head screw (M10*25)	6
7	Spring washer (10)	12
8	Flat washer (10)	24
9	Hexagon socket head screw (M10*20)	4
10	Seated back side frame Ⅱ	1
11	Flat oval foot pad	1
12	Pull left pedal low	1
13	Pull right foot low	1
14	Hexagon socket flat countersunk screw (M10*75)	8
15	Hexagonal self-locking nut (M10)	8
16	Pull back arm	1
17	Pull back lever arm shaft	1
18	Pull back lever	2
19	cushion	1
20	Seat frame	1
21	Hexagon socket head screw (M8*30)	4

Accessories List

NUM	Name and specifications	QTY
22	Spring washers (8)	6
23	Flat washers (8)	6
24	Chest Kit	1
25	Hexagon socket flat countersunk screw (M10*120)	2
26	Universal weight guide rod	2
27	Counterweight rubber pad	2
28	Counterweight rack base	2
29	Hexagon socket head screw (M8*20)	4
30	Counterweight	16
31	Guide block set	1
32	Guide rod fixing plate	1
33	Counterweight latch	1
34	Wire Rope	1
35	Bezel	4
36	Counterweight decorative strip	2
37	Counterweight source decorative plate	1
38	Counterweight upper guard	1
39	Upper cover decoration	1
40	Upper guard cover	1
41	Hexagon socket head screw (M6*30)	4

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