C612 Installation Guide

Back Extension

Catalog

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Brief introduction

Please take the time to read these instructions carefully before installation. Please refer to the instruction manual to confirm the completeness and quantity check of all parts (if there are any part missing or damaged in transport, please contact us immediately for an explanation.) 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 timely reference 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

horizontal ruler

Allen wrench

Two persons

spring clamp

adjustable wrench

Assemble

Step 1:Attach the Back Extension Side Frame (1) and the Back Extension Armrest Frame (2) in the following way:

- 2*12M*20Hexagon socket cheese head screws (A)
- 2*12M*20Hexagon socket cheese head screws (B)

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

Step 2:Attach the Dorsal Stretch Side Frame (3) to the Dorsal Stretch Back Cushion (4) and Seat Cushion (5) using the following method:

- 6*12M*20Hexagon socket cheese head screws (A)
- 6*12M*20Hexagon nut (B)

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

Step 3: Attach the two foot pads (6) to the back extension side frame (1)

assemble

Step 4: Connect the counterweight lower shroud (12) to the counterweight frame (12) by:

- 2*12M*20Hexagon socket cheese head screws (A)

Step 5: Attach the counterweight frame Part (12) to the counterweight frame (12) using.

Step 6: Attach the Back Extension Attachment Bracket (12) to the Counterweight Bracket (12) using:

- 4*12M*20Hexagon socket cheese head screws (A)
- 4*12M*Hexagon nuts (T) - 4*12M*Flat washer (W)

Step 7: Attach the Dorsal Extension Connection Bracket (12) to the Dorsal Extension Side Bracket (12) using:

- 4*12M*20Hexagon socket cheese head screws (A)
- 4*12M*Hexagon nuts (T) - 4*12M*Flat washer (W)

Assemble

Step 8: Attach the dorsal extension force arm (12) to the dorsal extension flange (28) and 60 stainless cap (28) using.

- 4*12M*20Hexagon socket countersunk head screws (28)

Step 9:Attach the Dorsal Extension Connection Frame (12) to the Dorsal Extension Force Arm (12) and Rear Mount Box (12) using the following method:

- 4*12M*20Hexagon socket countersunk head screws (28)
- 4*12M*Flat washer (W)
- 4*12M*nut (T)

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

Step 10: Attach the counterweight block (28) to the guide bar (28).

Install the guide block set (28) into the guide bar (28).

Insert the counterweight block set (28) into the counterweight block (28).

Attach the guide bar retaining plate (28) to the guide bar (28).

Attach the guide bar mounting plate (28) to the counterweight frame (28) by:

- 2*12M*20Hexagon socket cheese head screws (A)

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

Assemble

Step 11: Slide the two counterweight block rubber pads (28) into the two guide bars (28)

Connect the two counterweight bases (28) to the two guide rods (28) and place them in the counterweight frame (28) as follows.

- 2*12M*20Hexagon socket cheese head screws (F)
- 2*12M*Hexagon nuts (T)
- 2*12M*Flat washer (W)

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

Step 12: Install the weight block (28) in the guide bar (28).

Install the guide block set (28) into the guide bar (28).

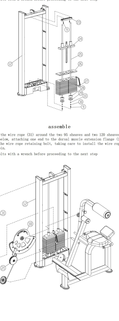
Insert the counterweight block set (28) into the counterweight block (28).

Attach the guide bar retaining plate (28) to the guide bar (28).

Attach the guide bar mounting plate (28) to the counterweight frame (28) by:

- 2*12M*20Hexagon socket cheese head screws (A)

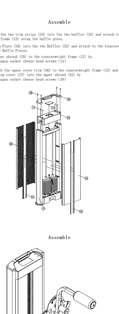
Tighten the bolts with a wrench before proceeding to the next step



assemble

Step 13: Loop the wire rope (28) around the two 85 sheaves and two 126 sheaves in the counterweight frame (28) and connect the two ends of the wire rope together. Place the two ends of the wire rope together and fix the wire rotating bolt, taking care to install the wire rope through the weight block pin.

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



Assemble

Step 14:Slide the two trim strips (28) into the two baffles (28) and attach to the counterweight frame (12) using the baffle press.

Slide the Trim Plate (28) into the two baffles (28) and attach to the Counterweight Frame (12) using the Baffle Plates.

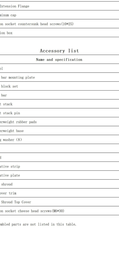
Attach the upper cover (28) to the counterweight frame (12) by:

- 4*12M*20Hexagon socket cheese head screws (12)

Step 15:Attach the upper cover trim (28) to the counterweight frame (12) and snap the upper shroud top cover (28) into the upper shroud (28) by:

- 4*12M*20Hexagon socket cheese head screws (28)

Assemble



Important Notes

Now that the Back Extension is assembled, you need to take a moment to inspect the machine to ensure that all bolts are tightened, that all cables and guide rods are secured in both directions. If it is not critical, you must loosen some of the frame hardware to reassemble and tighten the bolts.

Accessory list

no	Name and specification	QTY
1	Back Extension Side Rack	1
2	Back Stretching Armrest	1
3	cushion	1
4	Back Stretching Back Pad	1
5	Footrest	2
6	Hexagon socket cheese head screws (M8*M25)	32
7	spring washer (M8)	32
8	Flat washer (M8)	32
9	Hexagon socket cheese head screws (M8*M25)	28
10	Flat washer (M8)	8
11	Back Extension Connection Bracket	1
12	counterweight frame	1
13	counterweight lower shield	1
14	Hexagon socket cheese head screws (M8*M25)	6
15	counterweight footrest	2
16	Mechanism cap	1
17	Back Extension Arm	1
18	Back Extension Flange	1
19	Mechanism cap	1
20	Hexagon socket countersunk head screws(M8*25)	2
21	Junction box	1

Accessory list

no	Name and specification	QTY
22	Shaped	1
23	Guide bar mounting plate	1
24	Guide block set	2
25	guide bar	2
26	Weight stack	1
27	weight stack pin	1
28	Counterweight rubber pads	2
29	counterweight base	2
30	spring washer (M)	2
31	Baffle	2
32	Shield	4
33	decorative strip	2
34	decorative plate	1
35	upper shroud	1
36	Top cover trim	1
37	Upper Shroud Top Cover	1
38	Hexagon socket cheese head screws(M6*M30)	4

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