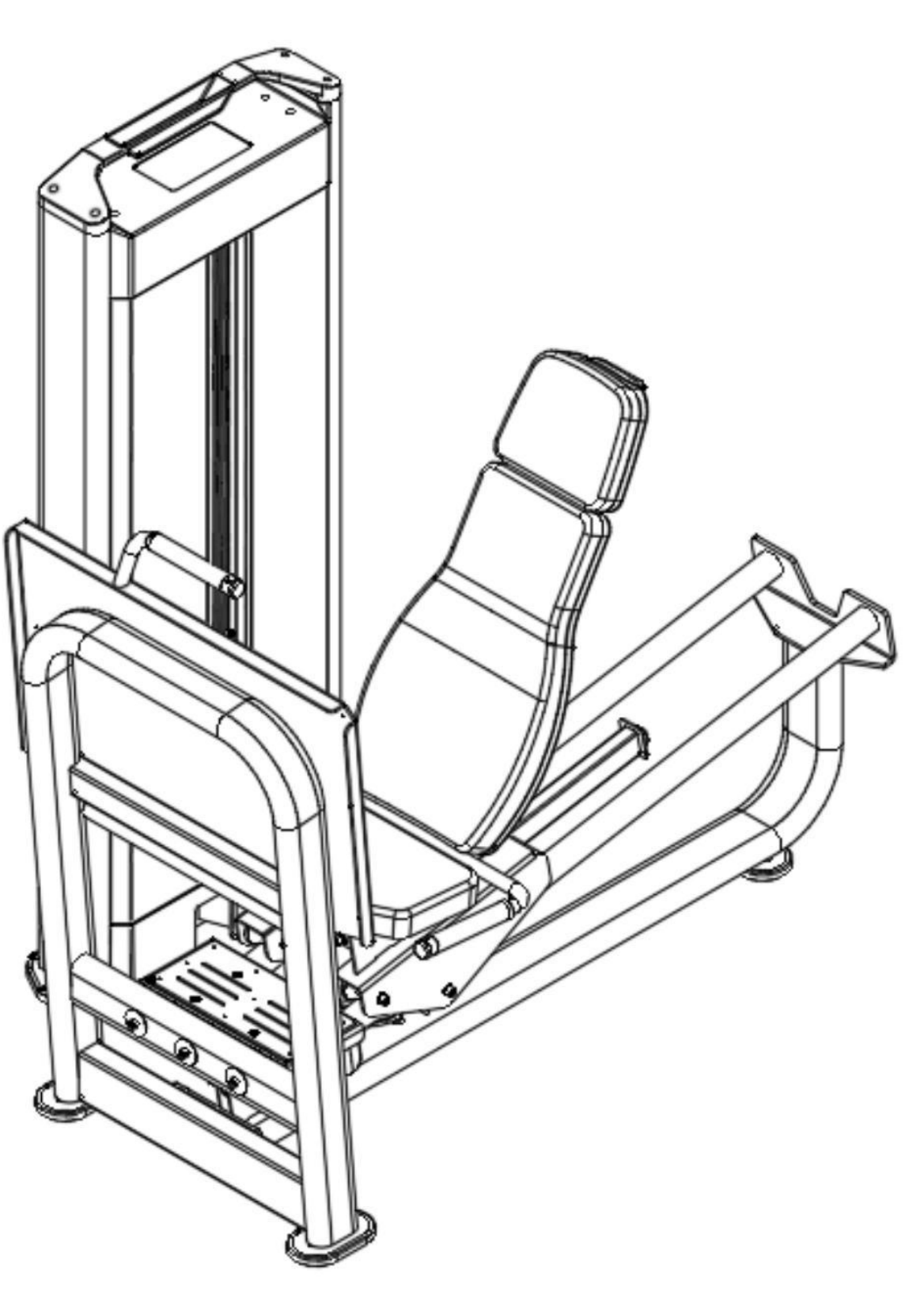
C428A Installation Guide

Seated Leg Press



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Introduction

Please take the time to read these instructions carefully before installation. Please refer to the list of items in the instruction manual to confirm the completeness and quantity check of all parts (if any part is missing or damaged during transportation, please call our after-sales service immediately). When installing the equipment, please follow the 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 problem during the use, you should stop using it immediately in order 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

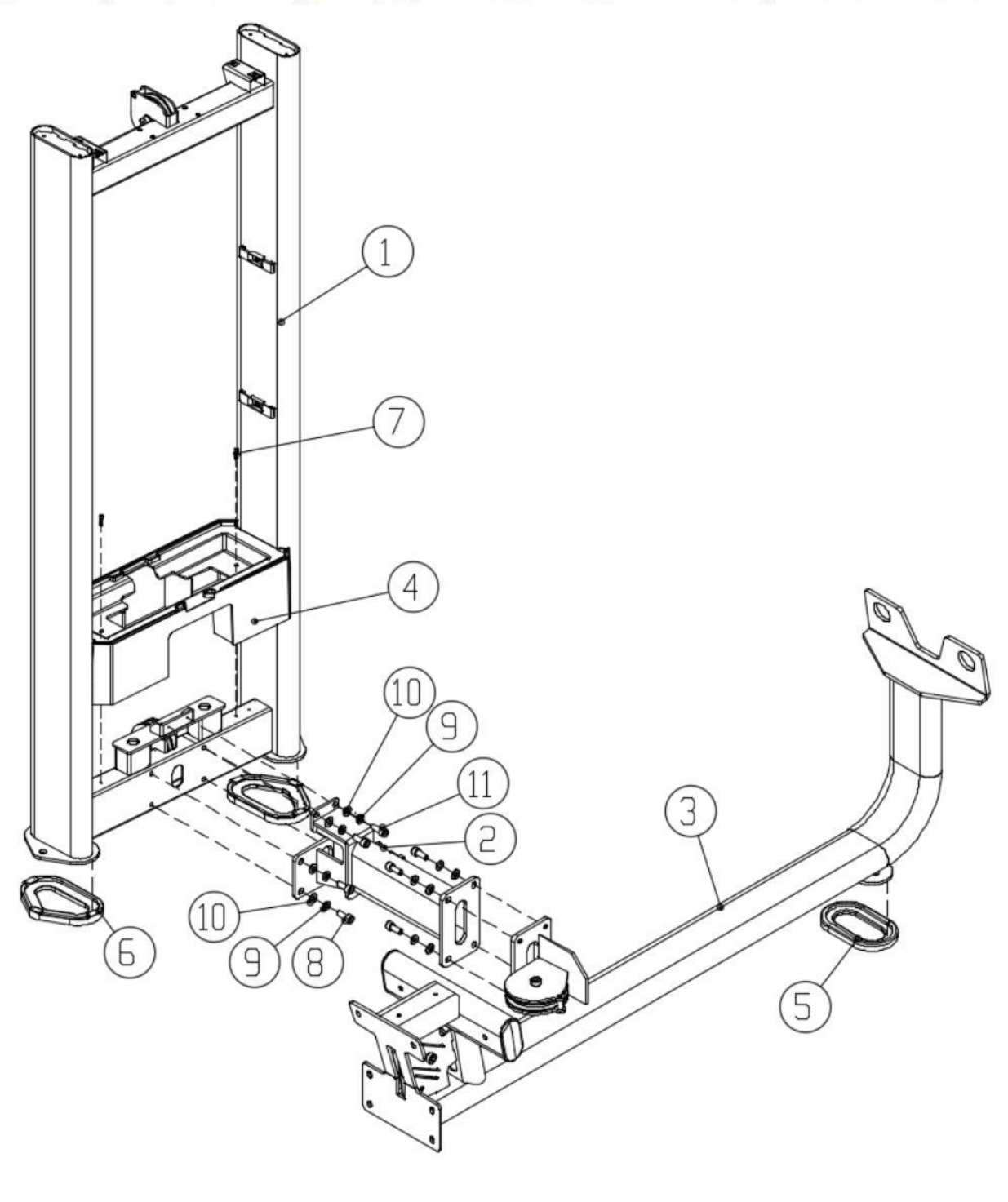
Tool	Rubber rod
	Level ruler
	Allen wrench
	spring clamp
	adjustable wrench
Note: When assembling, two or more persons are recommended to operate	

Assemble

Step 1: Attach the Counterweight Lower Shroud (#4) to the Counterweight Frame (#1)
- 2 x Hexagon socket cheese head screws M5*16 (#7)

Step 2:Connect the Seated Stirrup Connection Frame 1 (#2), Seated Stirrup Main Frame Assembly (#3) to the Counterweight Frame (#1) using the following method:
- 8 x Hexagon socket cheese head screwsM10*25 (#8)
- 10xSpring mat M10 (#9)
- 10xflat matM10-D20 (#10)
- 2 x Hexagon socket cheese head screwsM10*20 (#11)

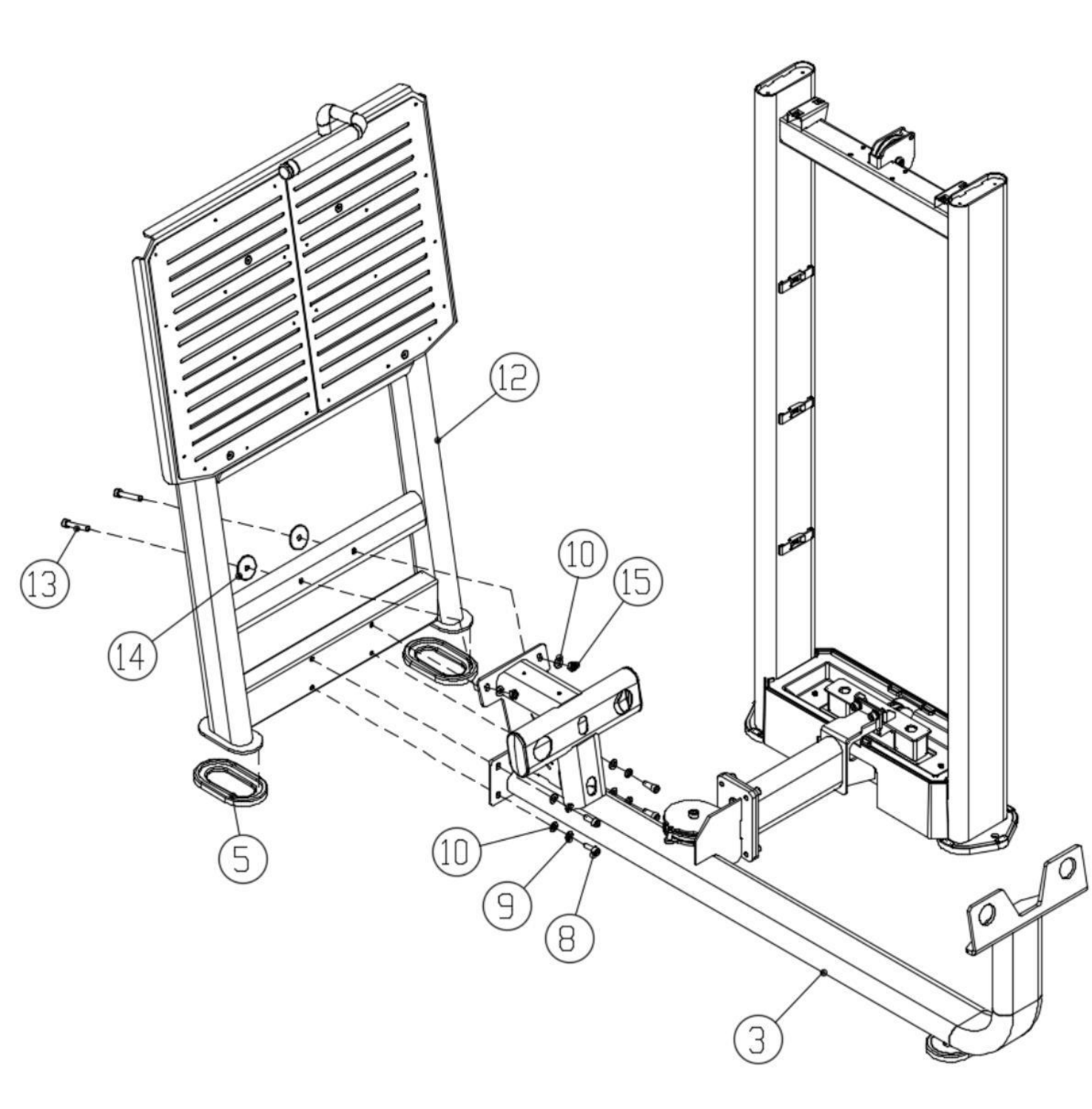
Step 3: Attach 2 Counterweight Rack Feet (#6) to Counterweight Rack (#1)
Attach 1 flat elliptical foot pad (#5) to the seated stirrup main frame assembly (#3)



Assemble

Step 4: Attach the 2 Flat Oval Foot Pads (#5) to the Seated Stirrup Riser Assembly (#12);

Step 5: Connect the Seated Stirrup Riser Assembly (#12) to the Seated Stirrup Main Frame Assembly (#3) using the following method:
- 4xHexagon socket cheese head screwsM10*25 (#8)
- 4xspring matM10 (#9)
- 4xflat matM10-D20 (#10)
- 2xHexagon socket cheese head screwsM10*60 (#13)
- 2xflat matM10-D50 (#14)
- 2xflat matM10-D20 (#10)
- 2xHexagonal locknutsM10 (#15)

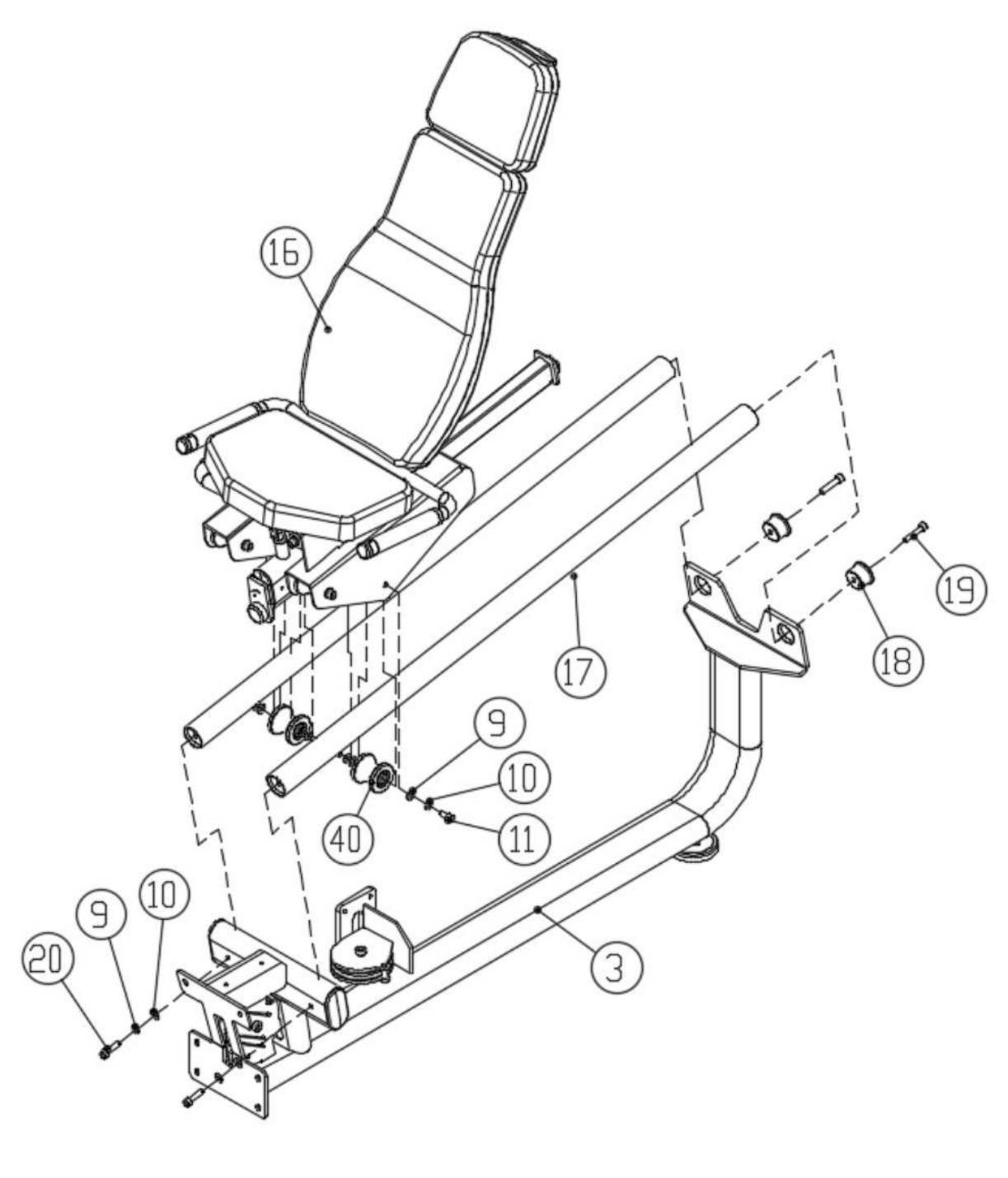


Assemble

Step 6:Attach the 2 Seated Stirrup Slides (#17), and 2 Slide Retainer Sleeves (#18) to the Seated Stirrup Main Frame Assembly (#3) using the following method;

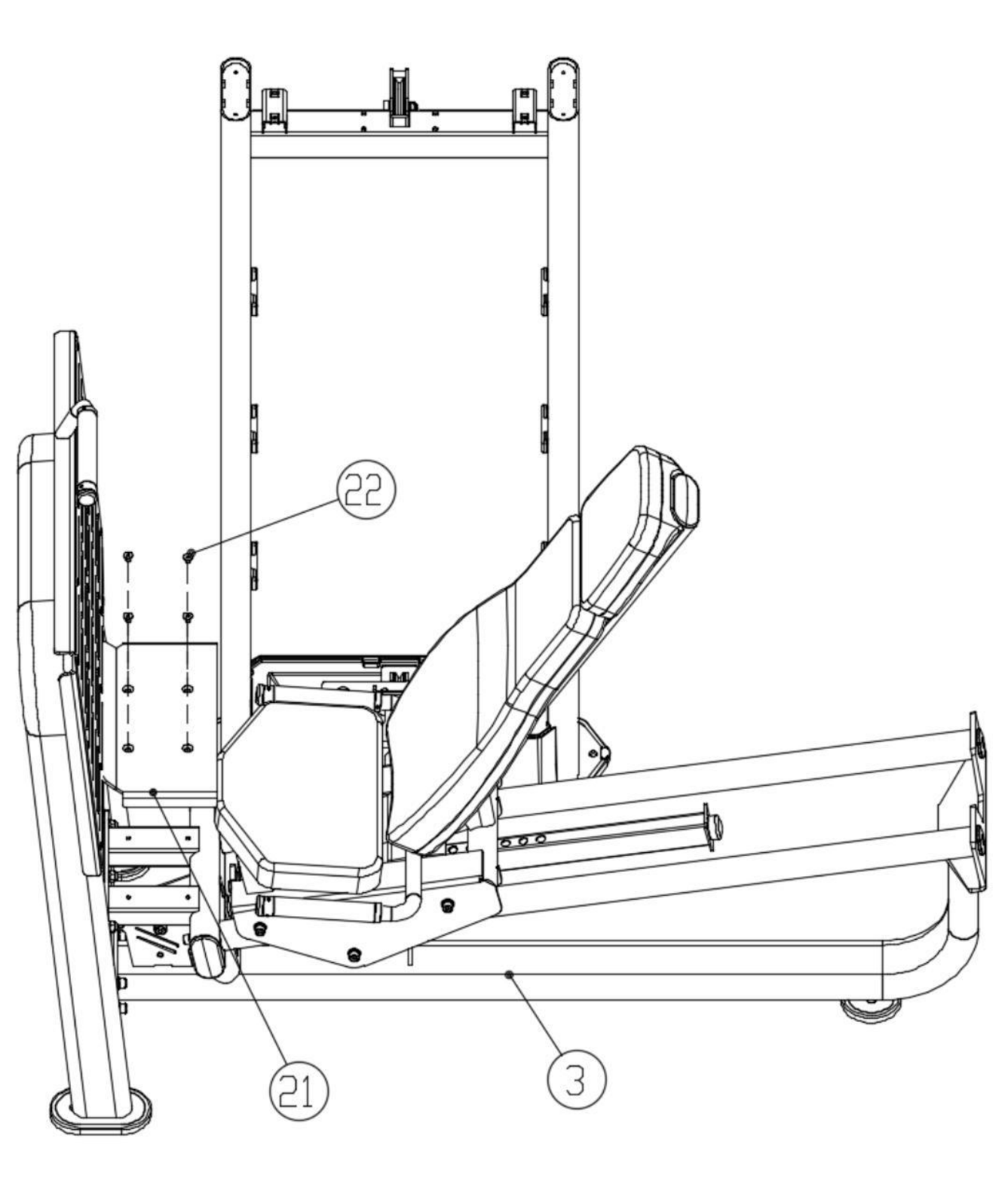
- 2xHexagon socket cheese head screwsM10*45 (#19)
- 2xHexagon socket cheese head screwsM10*35 (#20)
- 2xspring mat M10 (#9)
- 2xflat matM10-D20 (#10)

Step 7:Attach the Seated Stirrup Seat Assembly (#16) to the Seated Stirrup Slide (#17) using the following method; and use the 2 rollers (#40) to hold them in the way;
- 4 x Hexagon socket cheese head screwsM10*20 (#11)
- 4xspring washerM10 (#9)
- 4xflat washerM10-D20 (#10)



Assemble

Step 8: Attach the Seated Stirrup Entry Pedal (#21) to the Horizontal Ab Side Rack Assembly (#3) using the following methods;
- 2x Hexagon socket countersunk head screwsM8*12 (#22)



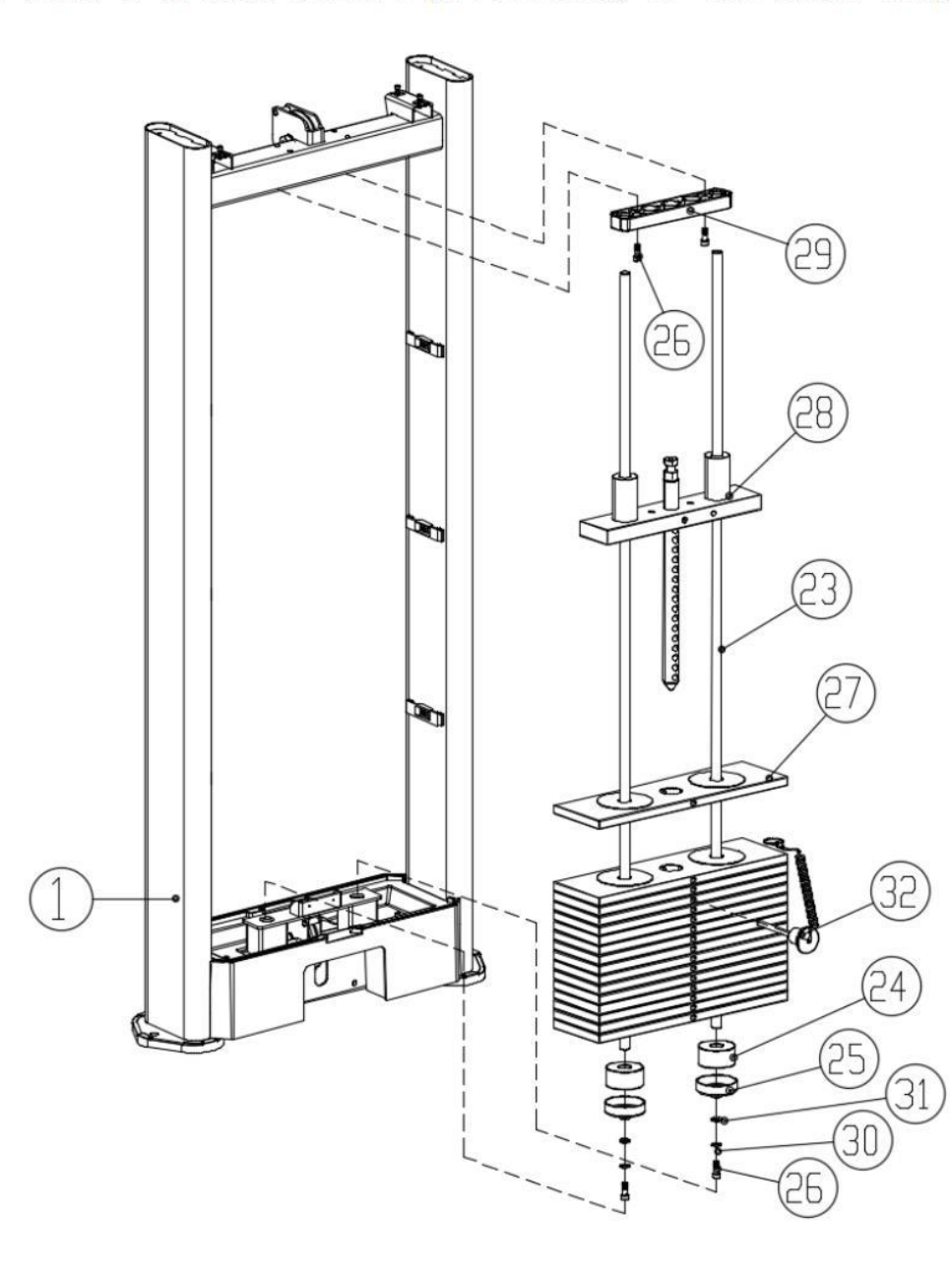
Assemble

Step 9:Slide the two counterweight block rubber pads (#24) onto the two guide bars (#23).
Connect the two counterweight bases (#25) to the two guide rods (#23) and place them in the counterweight rack (#1) as follows.
- 2 x Hexagon socket cheese head screws M8*25 (#26)
- 2 x spring washer M8 (#30)
- 2 x flat washer M8-D16 (#31)

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

Step 10: Install the 14 Counterweight Blocks (#27) onto the Guide Rods (#23) with the isolation tabs facing up.
Install the guide block set (#28) onto the guide bar (#23).
Insert the counterweight block pin (#32) into the counterweight block (#27).
Slide the guide bar retainer plate (#29) onto the guide bar (#23).
Attach the guide bar mounting plate (#29) to the counterweight bracket (#1) by.
- 2 x Hexagon socket cheese head screws M8*25 (#26)

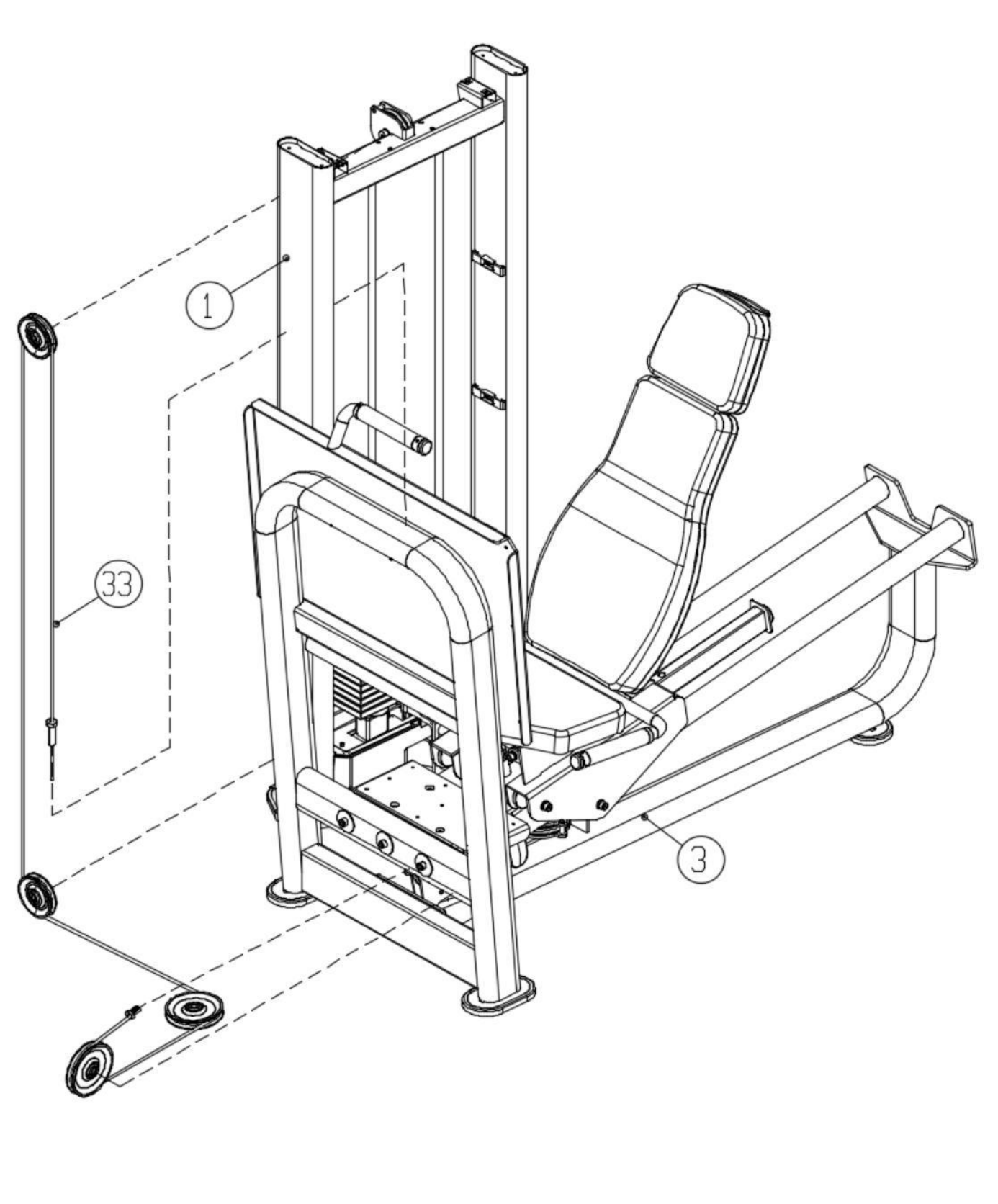
Tighten the bolts with a wrench before proceeding to the next step



Assemble

Step 11: Thread the wire rope (#33) as shown in the picture, the pre-installed sheaves need to be disassembled and reassembled.
Note that these sheaves are installed in synchronization with the wire rope (#33)

Step 12: Attach one end of the wire rope (#33) first to the Horizontal Abdominal Side Rack Assembly (#3) and then the other end into the Counterweight Rack (#1)



Assemble

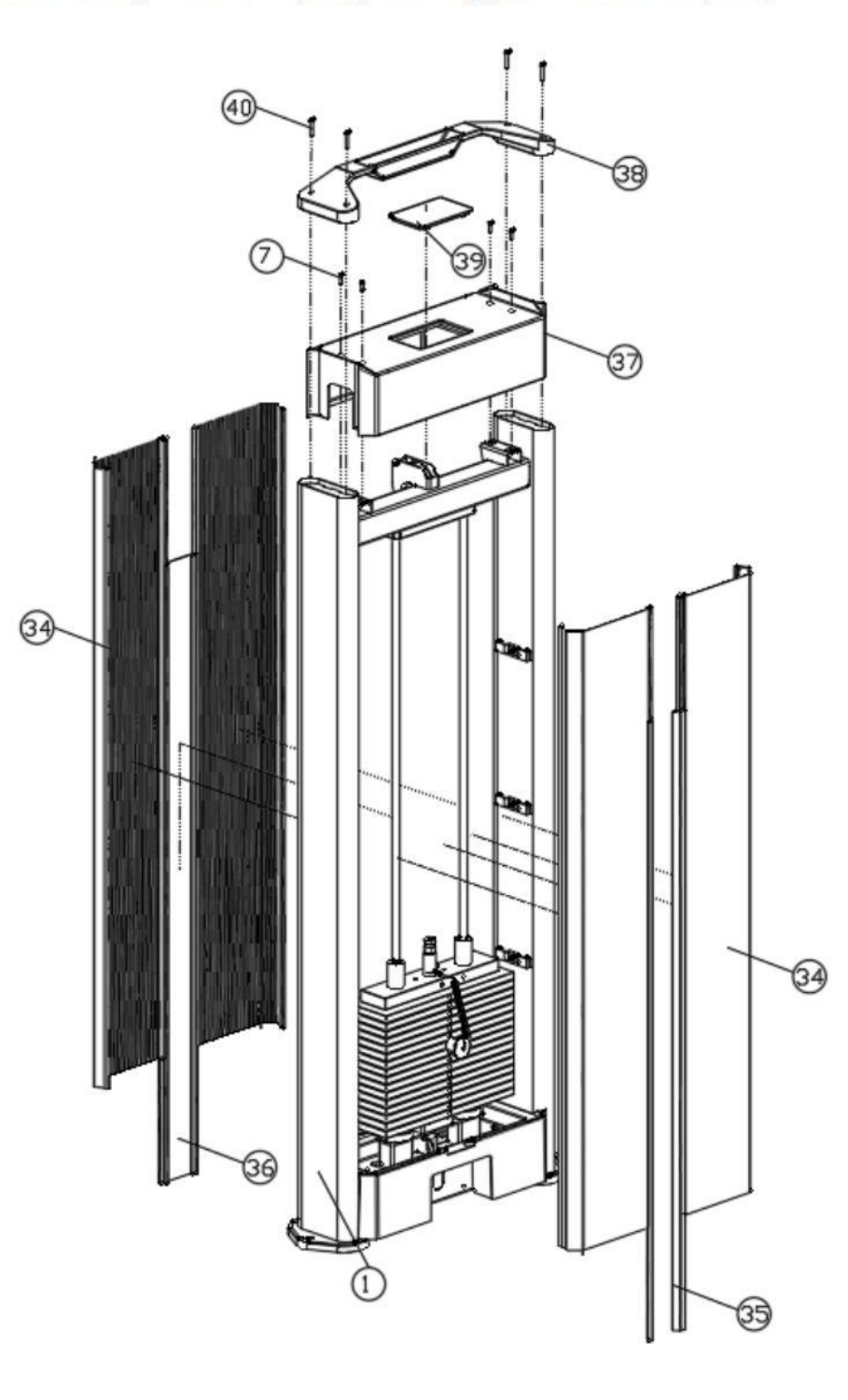
Step 13:Slide the two Trim Strips (#35) into the two Baffles (#34) and use the Baffle Platen to attach to the Counterweight Rack (#1).

Slide the Trim Plate (#36) into the two Baffles (#34) and use the Baffle Platen to attach to the Counterweight Rack (#1).

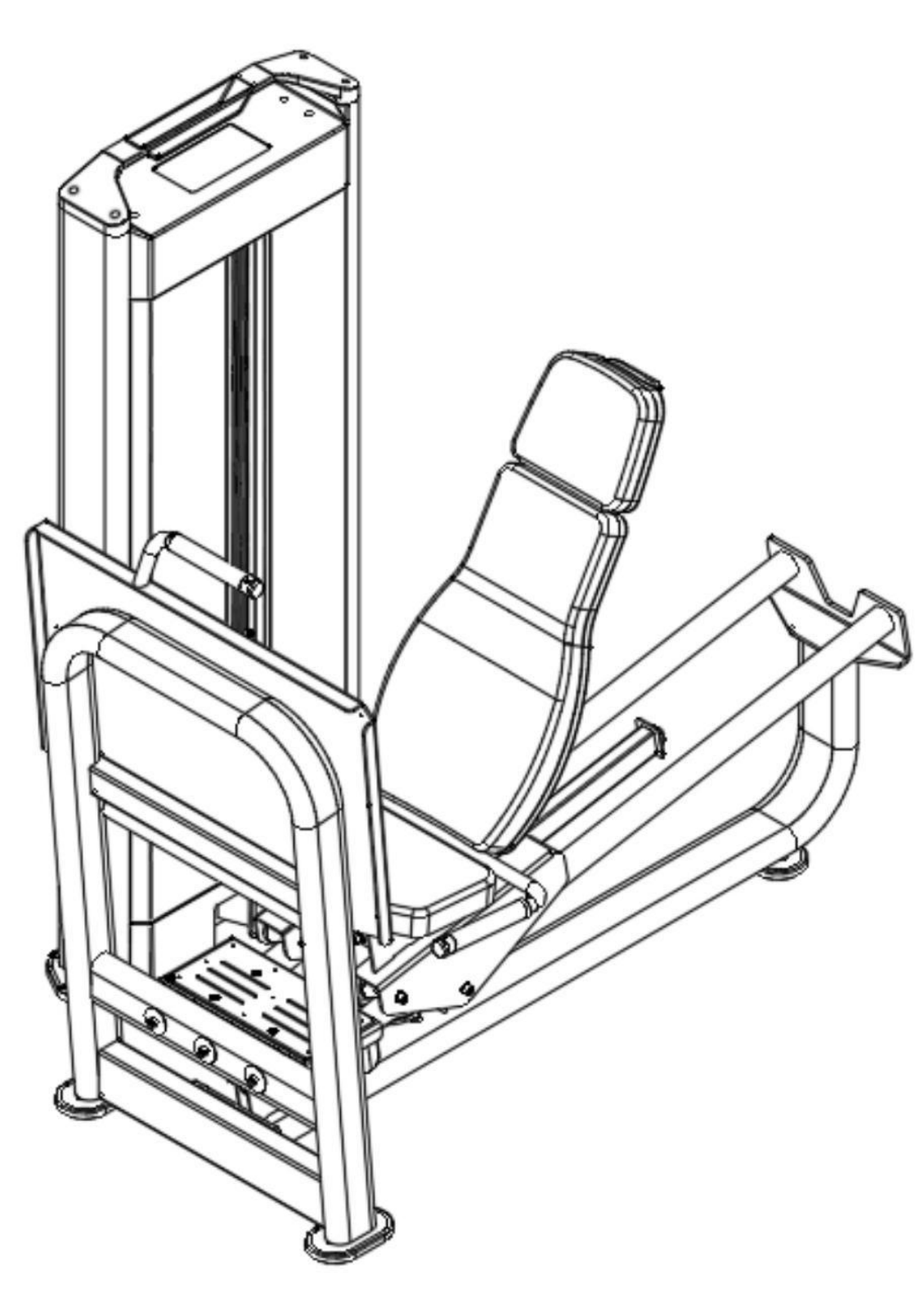
Attach the upper shroud (#37) to the counterweight frame (#1) by.
- 4 x Hexagon socket cheese head screws M5*16 (#7)

Step 14: Attach the Top Cover Trim (#38) to the Counterweight Rack (#1) by.
- 4 x Hexagon socket cheese head screws M6*30 (#40)

Step 15: Snap Upper Shroud Top Cover (#39) to Upper Shroud (#37)



Assemble



Important Notes

Now that the Seated leg 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 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	attachment bracket 1	1
3	Main Frame Assembly	1
4	counterweight underguard	1
5	Flat ellipse foot mats	3
6	counterweight footrest	2
7	Hexagon socket cheese head screws (M5*16)	6
8	Hexagon socket cheese head screws (M10*25)	12
9	spring washer (M10)	20
10	flat washer (M10-D20)	22
11	Hexagon socket cheese head screws (M10*20)	6
12	Seated Stirrup Riser Assembly	1
13	Hexagon socket cheese head screws(M10*60)	2
14	flat washer (M10-D50)	2
15	Hexagonal locknuts (M10)	2
16	Seat Assembly	1
17	Slide	2
18	Slide Retaining Sleeve	2
19	Hexagon socket cheese head screws(M10*45)	2
20	Hexagon socket cheese head screws(M10*35)	2
21	Entry Pedal	1

Accessory list

NO	Name and specification	QTY
22	Hexagon socket countersunk head screws(M8*12)	2
23	guide bar	2
24	Counterweight rubber pads	2
25	Counterweight frame base	2
26	Hexagon socket cheese head screws (M8*25)	4
27	Weight stack	14
28	Guide block set	1
29	Guide bar fixing plate	1
30	spring washer(M8)	2
31	flat washer (M8-D16)	2
32	weight stack pin	1
33	cable	1
34	shield	4
35	decorative strip	2
36	decorative plate	1
37	Upper shield	1
38	Top cover trim	1
39	Upper Shroud Top Cover	1
40	Hexagon socket cheese head screws (M6*30)	4

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