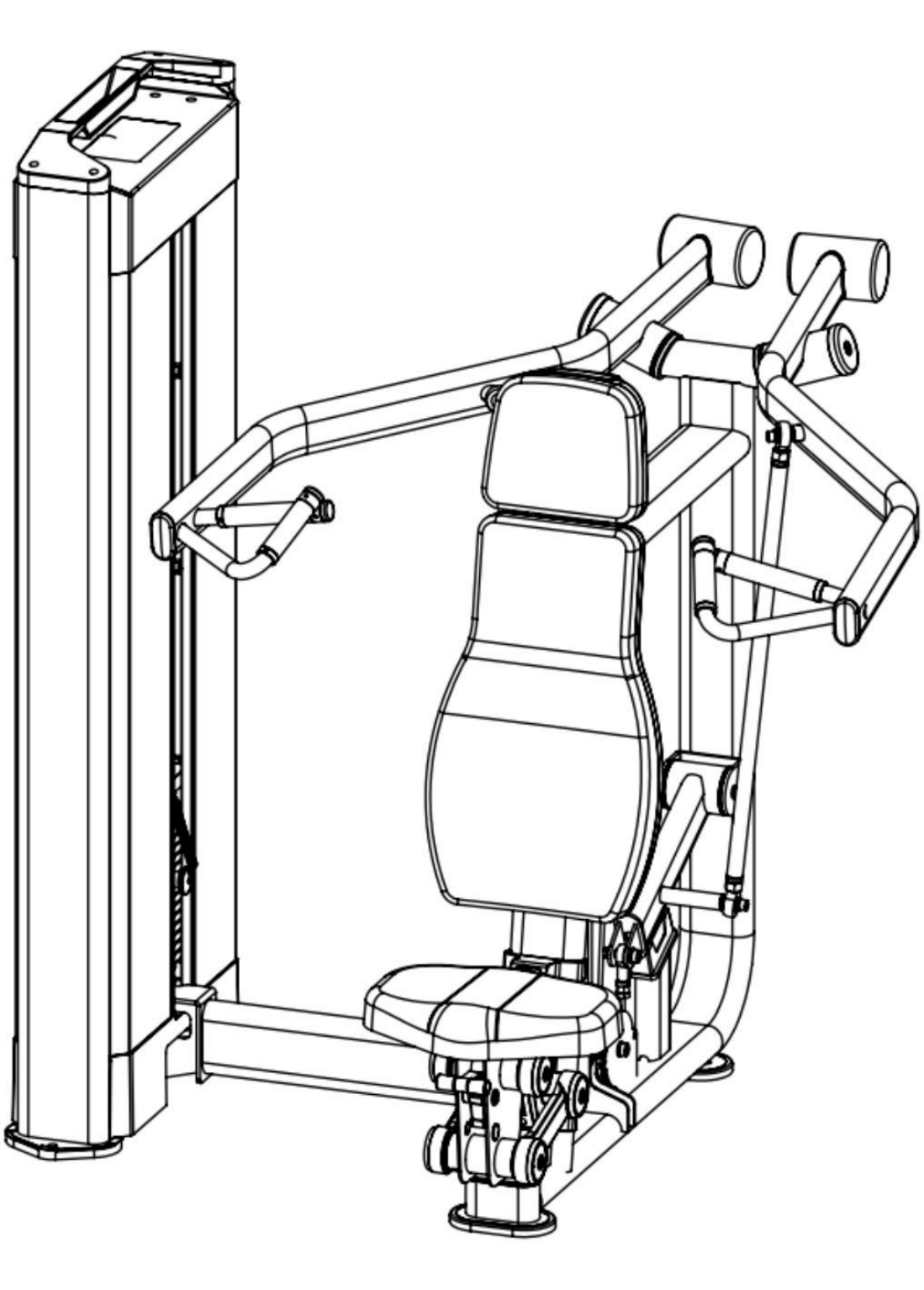
# C4A01 Installation Guide

## Converging Independent Shoulder Press



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## brief introduction

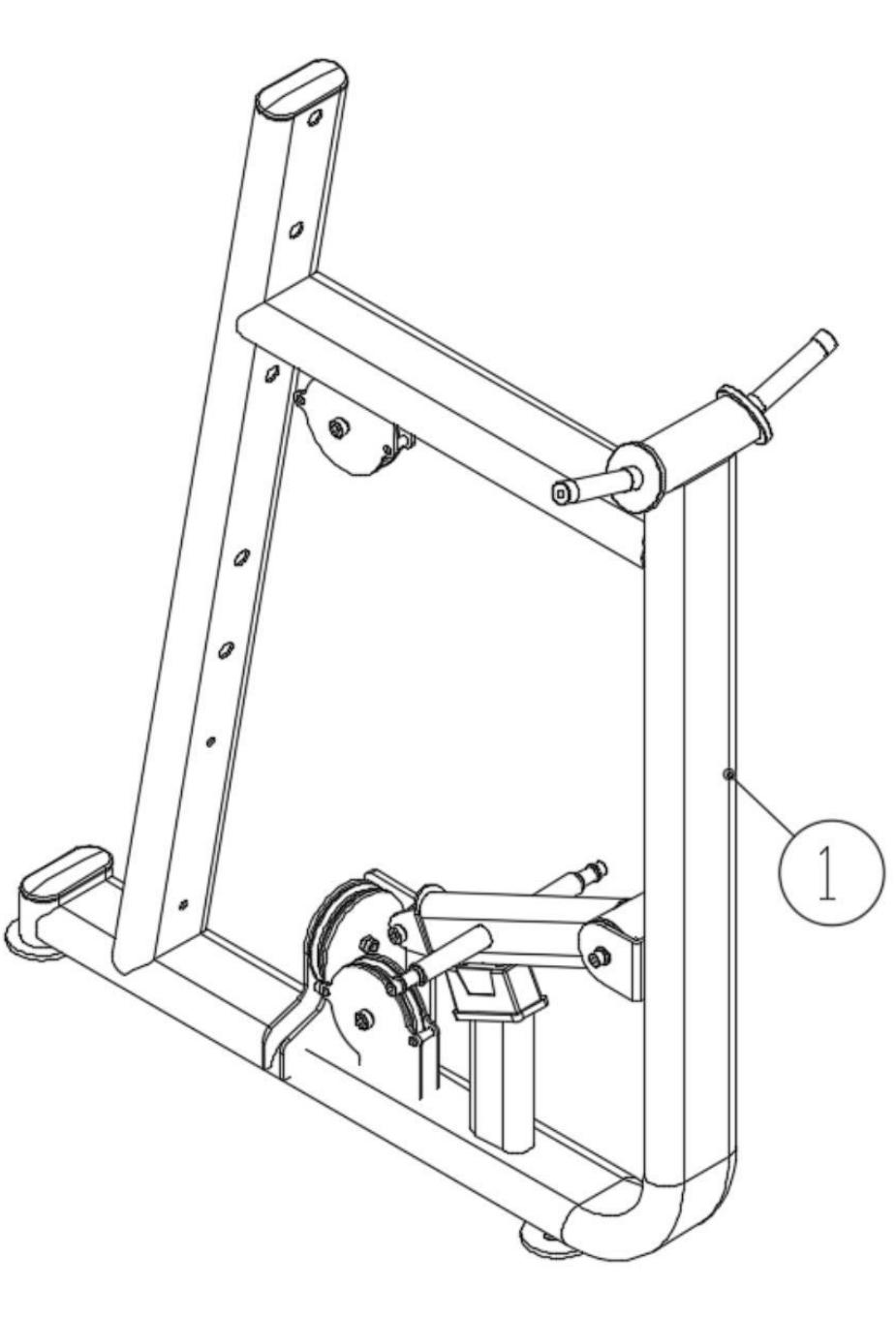
Please take the time to read these instructions carefully before installation. Please refer to the list in the instruction manual to confirm the completeness and quantity check of all parts (if any parts are missing or damaged in transit, you should call our after-sales service immediately) When installing 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 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 person
spring clamp
adjustable wrench

## Assemble

Step 1: Placement of Dual Axis Seated Shoulder Push Side Frame Assembly (#1)



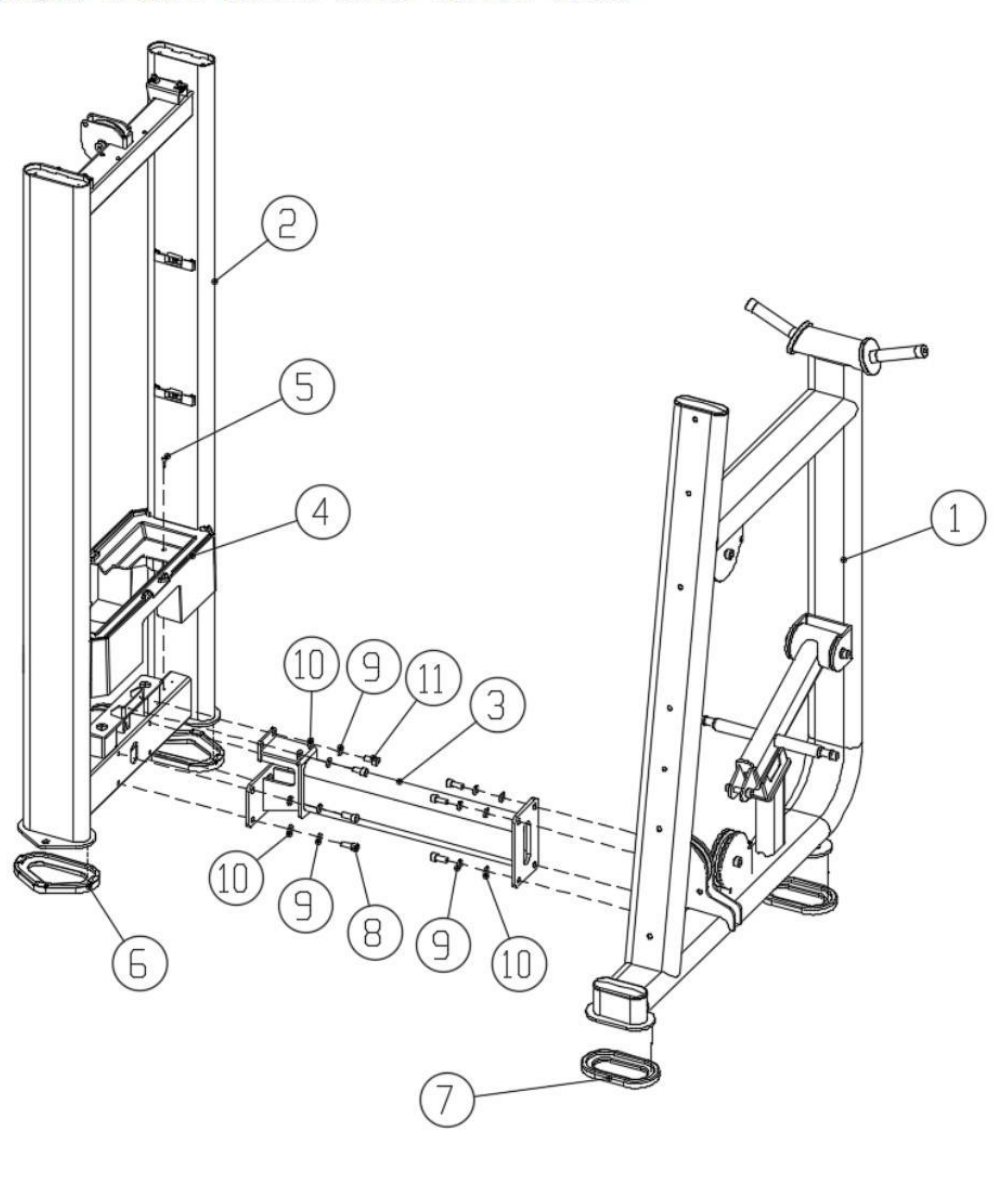
## Assemble

Step 2:Assemble the 2 Rectangular Foot Pads (#7) with the Dual Axis Seated Shoulder Push Trainer Side Rack (#1) and attach the 2 Weight Rack Foot Pads (#6) to the Weight Rack (#2); attach the Weight Rack (#2) to the Lower Shroud (#4) using the following method;

- 2×M5*15Hexagon socket cheese head screws (#5)

Step 3: Attach the Dual Axis Seated Shoulder Push Side Rack Assembly (#1), Attachment Rack (#3), and Counterweight Rack (#2) in the following manner:

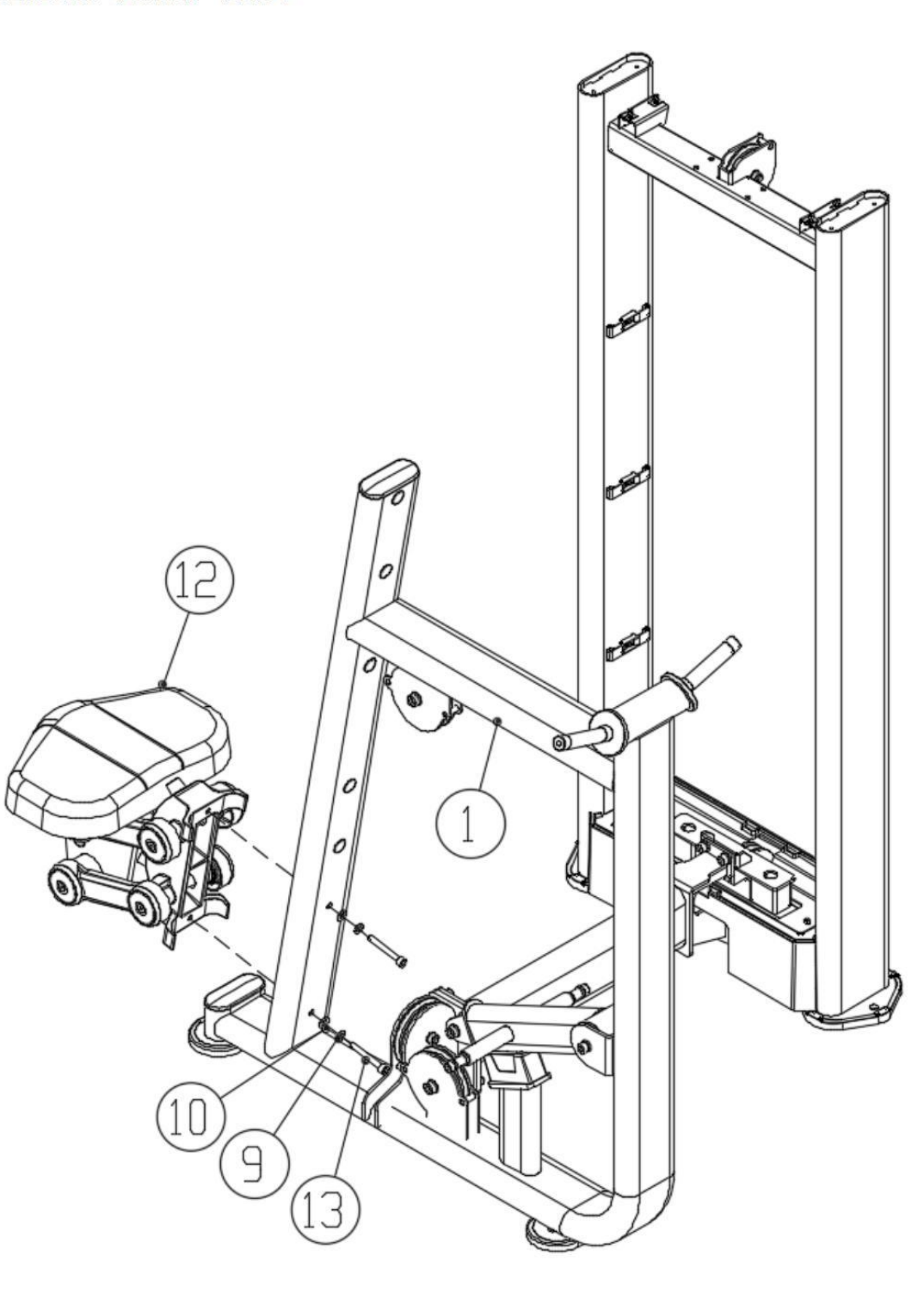
- 8×M10*25Hexagon socket cheese head screws (#8)
- 10×M10spring washer (#9)
- 10×M10-D20flat washer (#10)
- 2×M10*20Hexagon socket cheese head screws (#11)



## Assemble

Step 4:Attach the Dual Axis Seated Push Shoulder Side Frame Assembly (#1) to the Seat Group Frame (#12) using the following method:

- 2 x M10*70Hexagon socket cheese head screws (#13)
- 2 x M10spring washer (#9)
- 2 x M10-D20flat washer (#10)

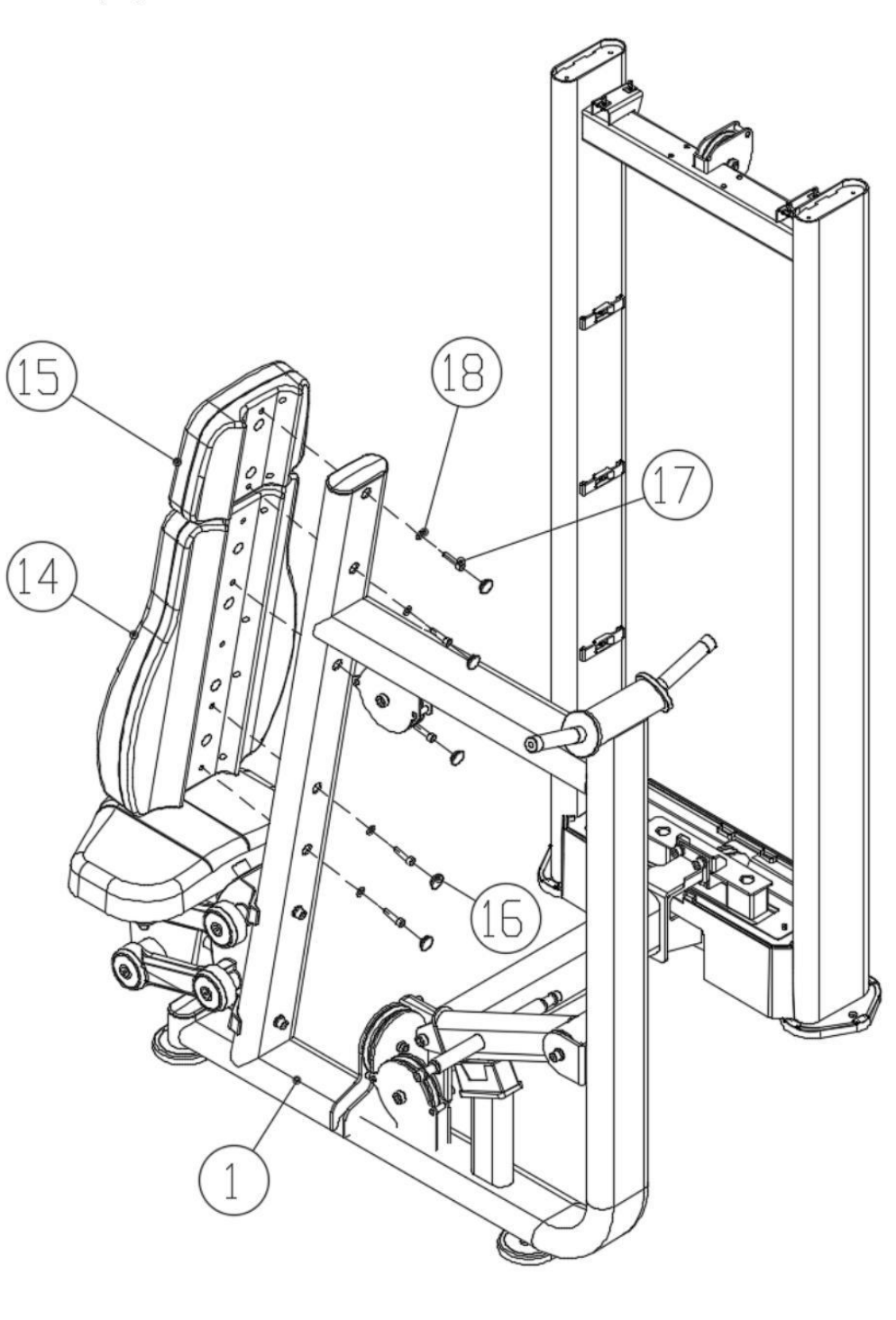


## Assemble

Step 5: Attach the Head Pad (#15), Back Pad (#14) to the Dual Axis Seated Push Shoulder Side Frame Assembly (#1) using the following:

- 5 x M8*40Hexagon socket cheese head screws(#17)
- 5 x M8-D16flat washer(#18)

Step 6: Attach the 5 20-Hole Plugs (#16) to the corresponding holes in the Dual Axis Seated Shoulder Push Trainer Side Frame (#1).

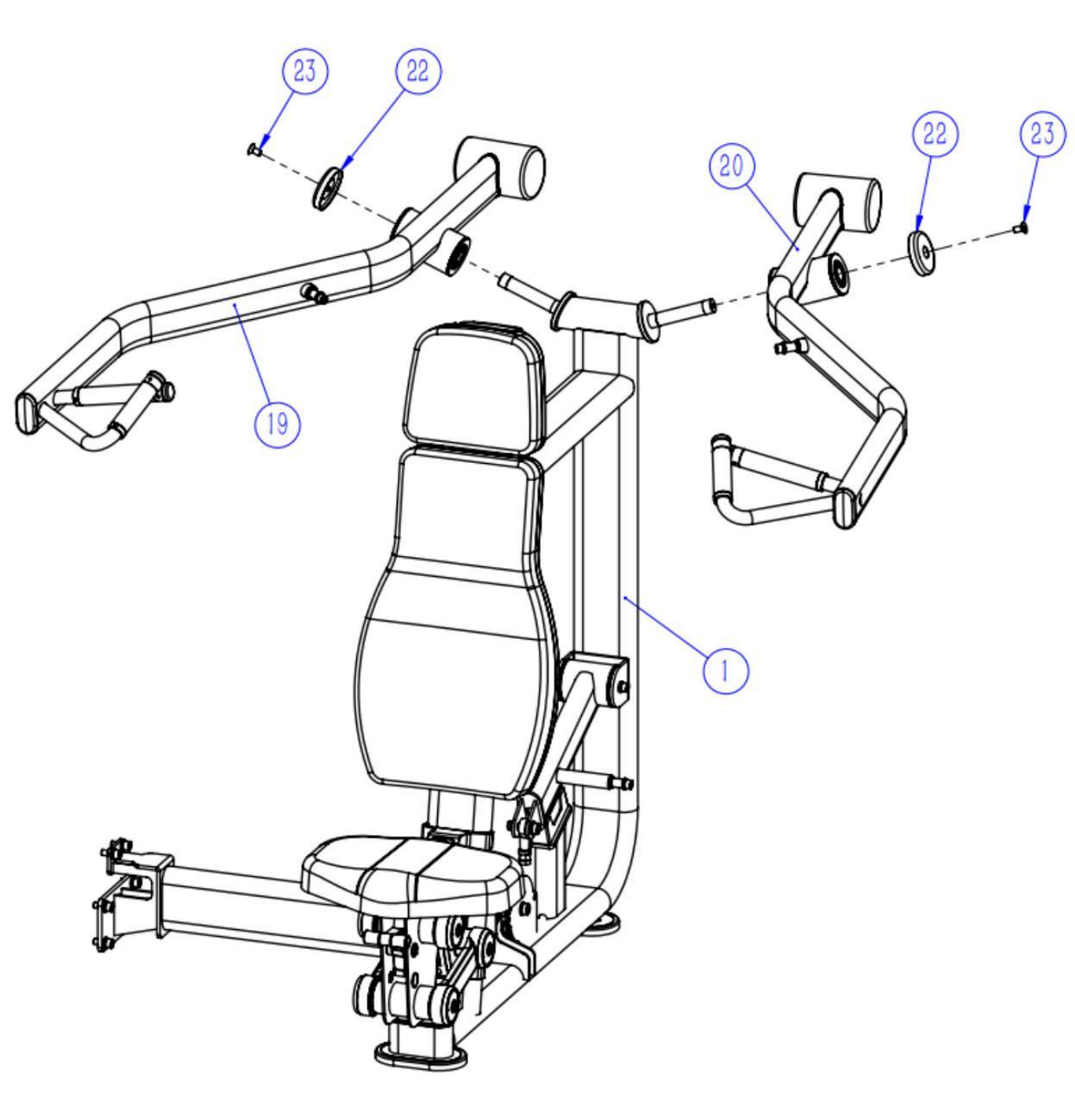


## Assemble

Step 7:Connect the Dual Axis Seated Shoulder Push Right Force Arm (#20), Dual Axis Seated Shoulder Push Left Force Arm (#19) to the Dual Axis Seated Shoulder Push Side Frame Set (#1) by using the following method::

- 2 xΦ80*16Aluminum cap (#22)
- 2 x M10*25Hexagon socket countersunk head screws(#23)

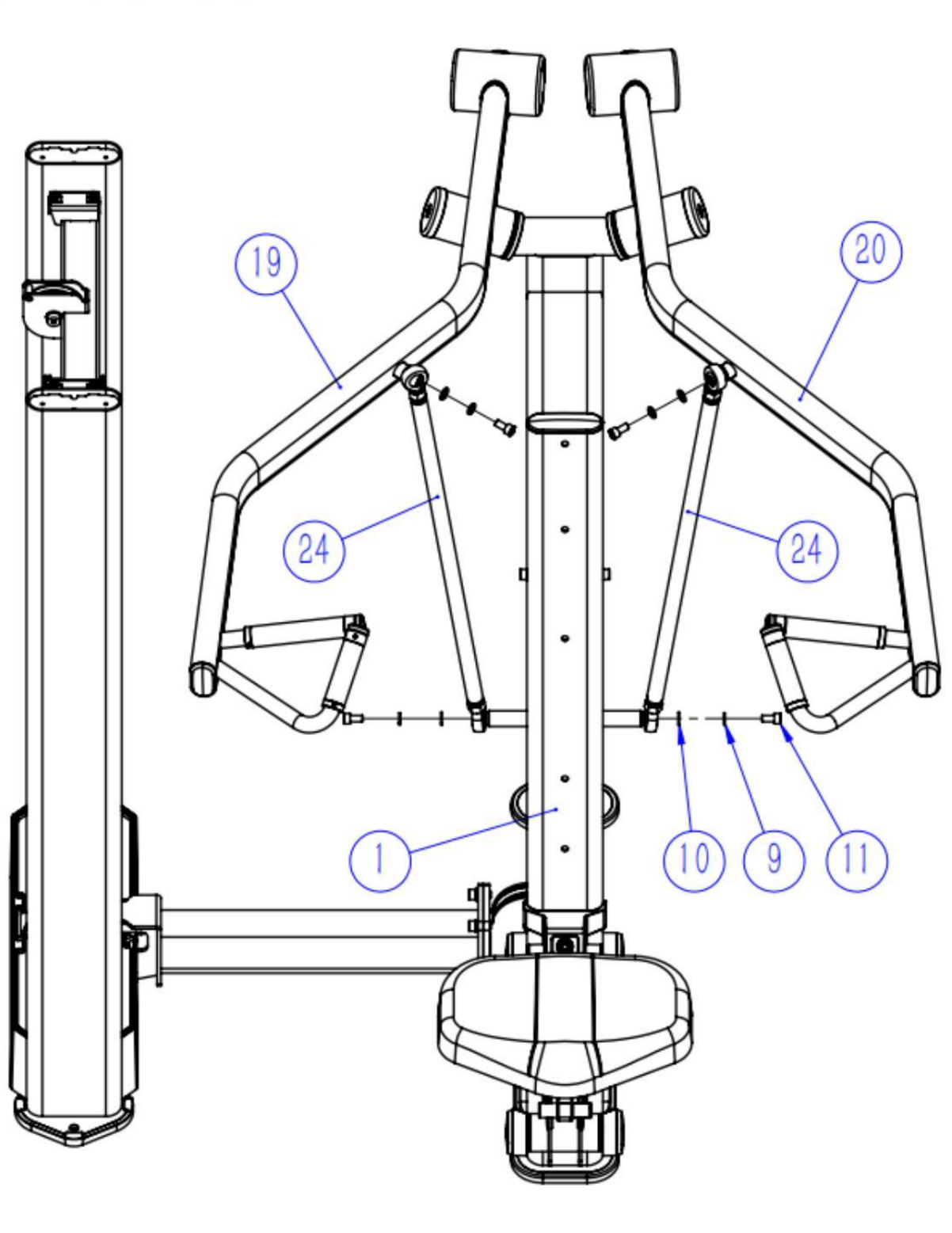
Note the symmetrical installation on both sides



## Assemble

Step 8: Connect the Twin Axis Seated Push Shoulder Side Frame Set (#1) and the Twin Axis Seated Push Shoulder Right Force Arm (#20) and the Twin Axis Seated Push Shoulder Left Force Arm (#19) with the 2 Twin Axis Seated Push Shoulder Linkage Connecting Rods (#24) by using the following method:

- 4×M10*20Hexagon socket cheese head screws (#11)
- 4×M10spring washer (#9)
- 4×M10flat washer (#10)



## Assemble

Step 9: Slide the two counterweight rubber pads (#26) over the two guide rods (#25)

Connect the two counterweight bases (#27) to the two guide rods (#25) and place them in the counterweights (#2) as follows.

- 2×M8*20Hexagon socket cheese head screws (#28)
- 2×M8spring washer (#29)
- 2×M8flat washer (#18)

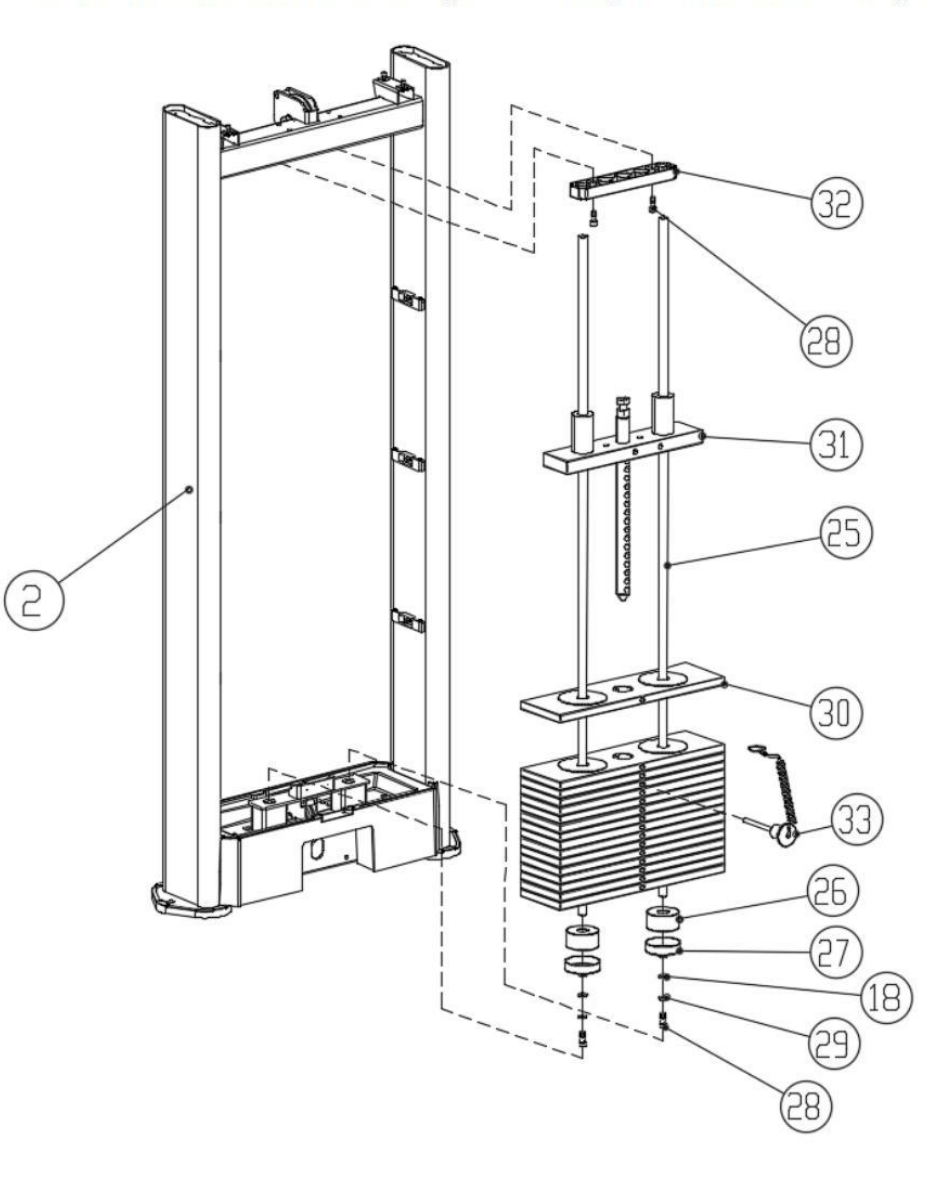
Tighten the bolts with a wrench before proceeding to the next step

Step 10: Attach the Weight stack (#30) to the guide bar (#25) with the isolation tabs facing upwards

Install the guide block set (#31) onto the guide bar (#25).
Insert the counterweight block pin (#33) into the counterweight block (#30).
Attach the guide bar mounting plate (#32) to the guide bar (#25).
Attach the guide bar mounting plate (#32) to the counterweight frame (#2) by.

- 2×M8*20Hexagon socket cheese head screws (#28)

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

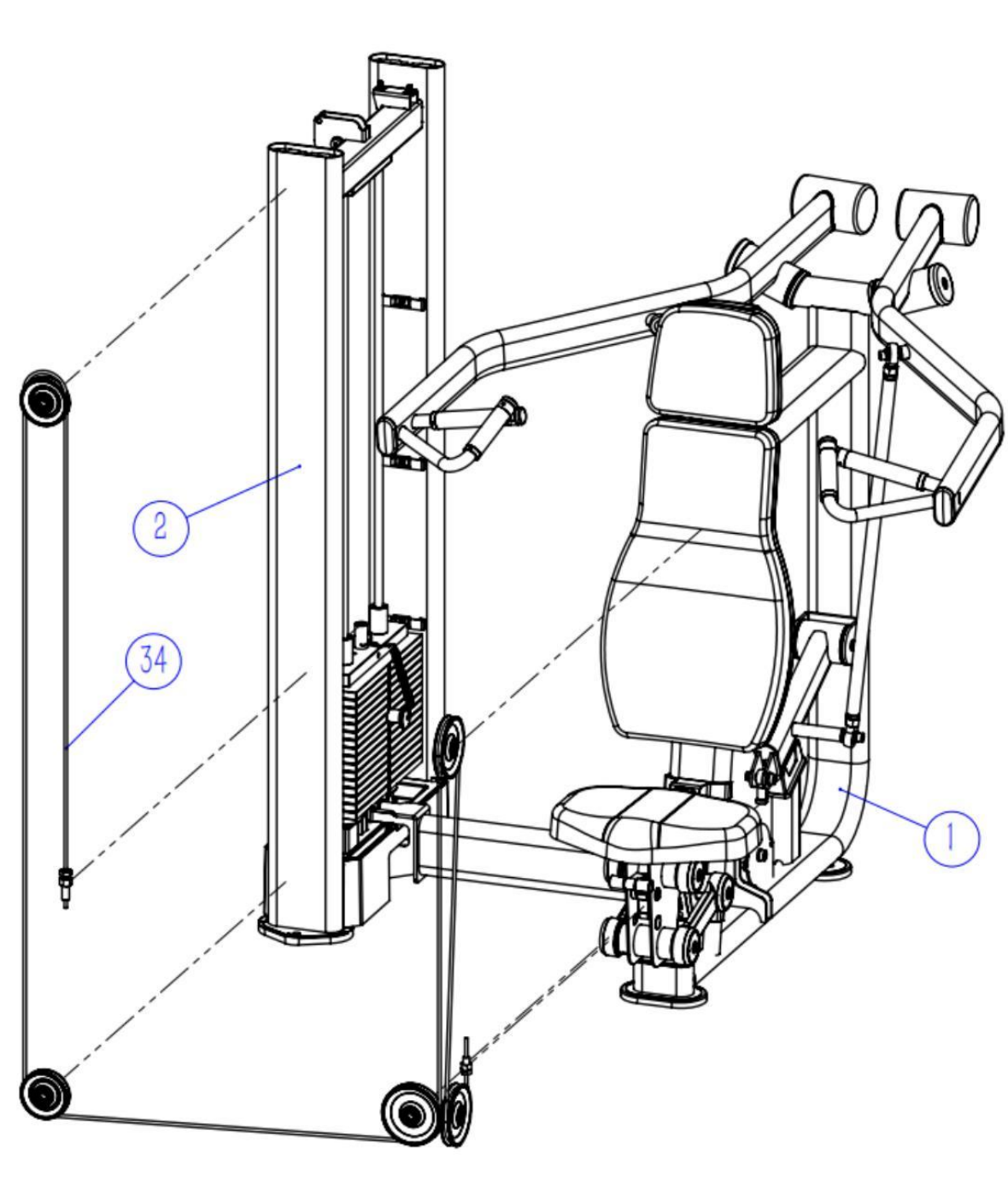


## Assemble

Step 11: Thread the wire rope (#34) 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 (#34)

Step 12: Connect one end of the wire rope (#34) to the double-axis seated shoulder pushers (#1) and the other end to the counterweight frame (#2).



## Assemble

Step 13:Slide the two Trim Strips (#36) into the two Baffles (#35) and use the Baffle Platen to attach to the Counterweight Rack (#2).

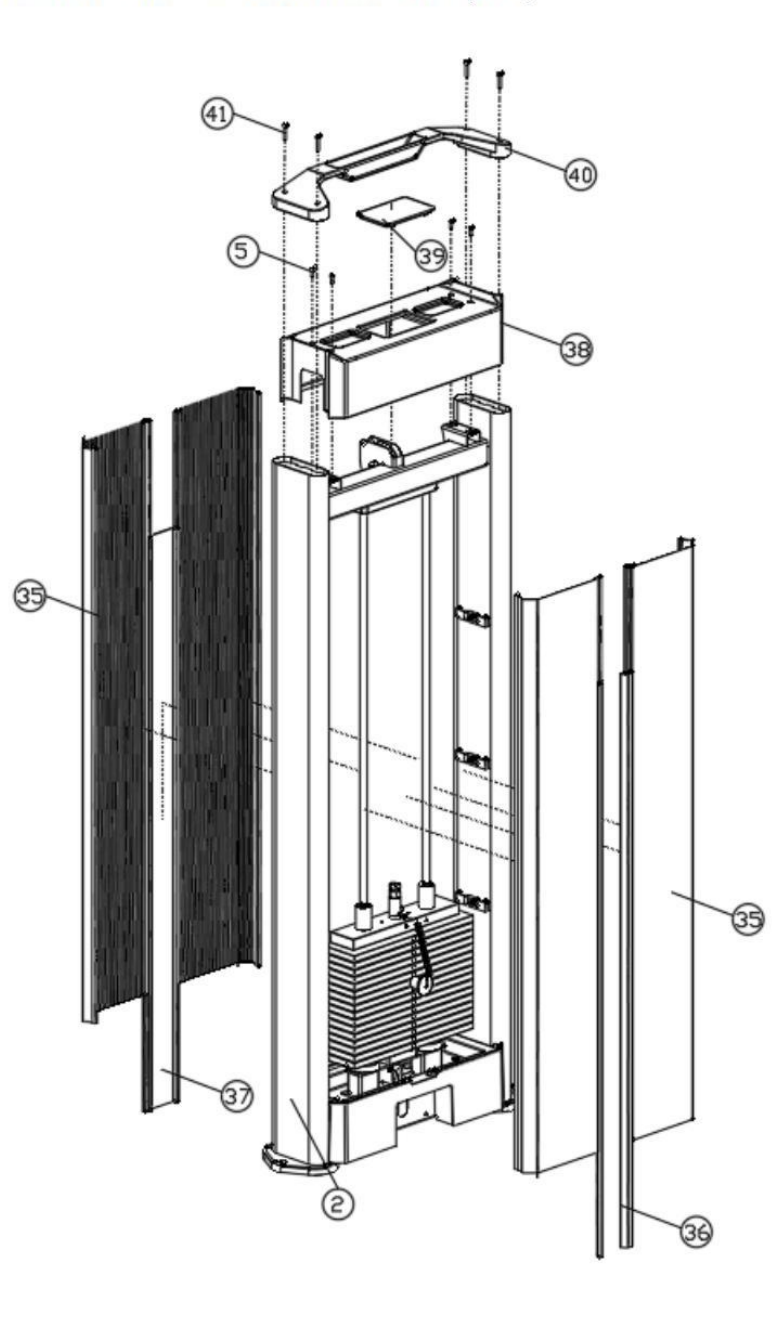
Slide the Trim Plate (#37) into the two Baffles (#35) and use the Baffle Platen to attach to the Counterweight Rack (#2).

Attach the upper shroud (#38) to the counterweight frame (#2) by.

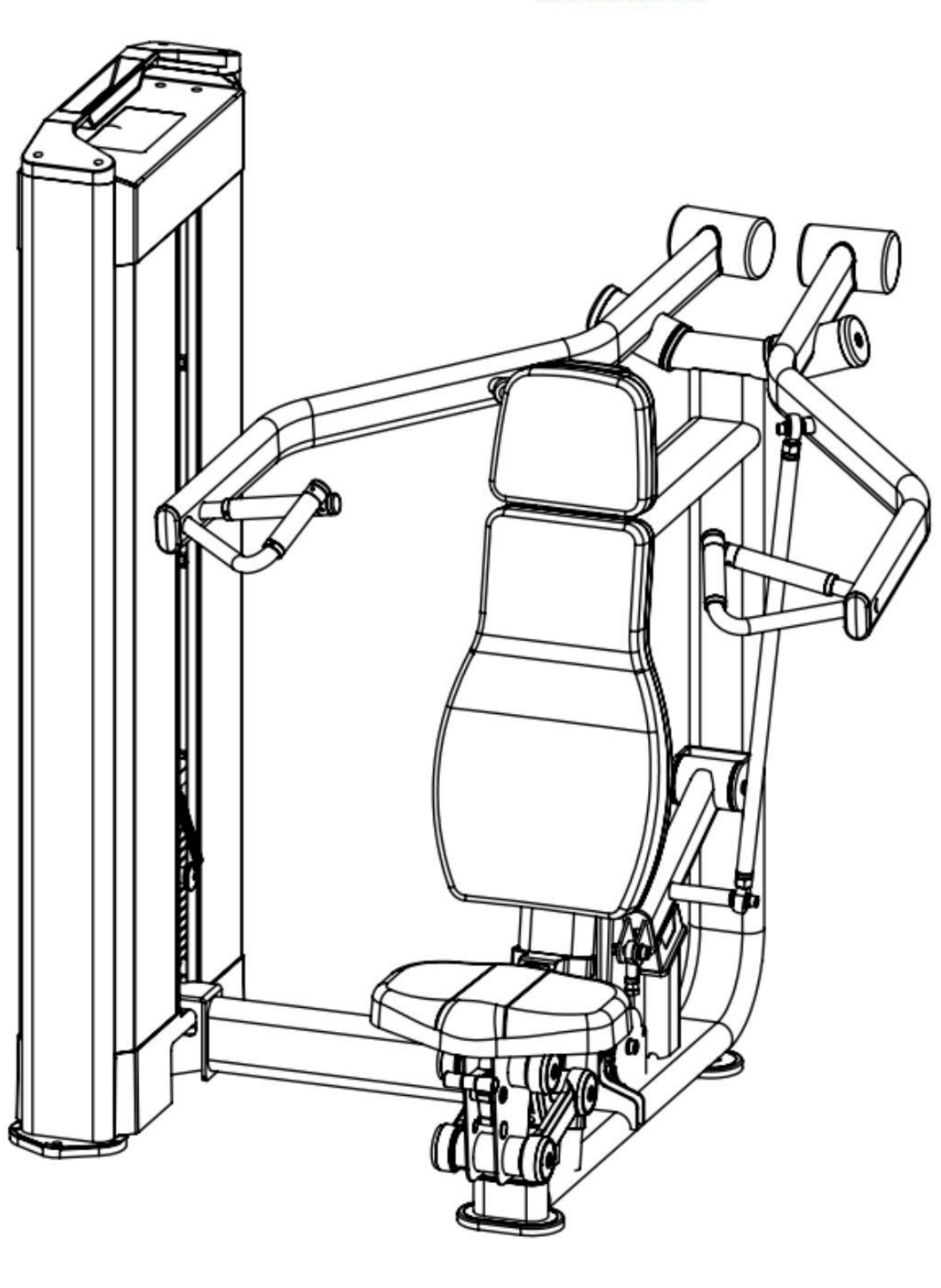
- 4×M5*15Hexagon socket cheese head screws (#5)

Step 14: Attach the Upper Cover Trim (#40) to the Counterweight Frame (#2) and snap the Upper Shroud Top Cover (#39) into the Upper Shroud (#38) as follows;

- 4×M6*30Hexagon socket cheese head screws (#41)



## Assemble



### Important Notes

Now that the Shoulder Press Converging 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 | Double Axis Seated Push Shoulder Side Frame Assembly | 1 |
| 2 | counterweight frame | 1 |
| 3 | connection frame | 1 |
| 4 | lower shroud | 1 |
| 5 | Hexagon socket cheese head screws (M5*15) | 12 |
| 6 | counterweight footrest | 2 |
| 7 | Rectangular Foot Mat | 2 |
| 8 | Hexagon socket cheese head screws (M10*25) | 8 |
| 9 | spring washer (M10) | 16 |
| 10 | flat washer(M10-D20) | 16 |
| 11 | Hexagon socket cheese head screws(M10*20) | 6 |
| 12 | Seat frames | 1 |
| 13 | Hexagon socket cheese head screws(M10*70) | 2 |
| 14 | Backrest | 1 |
| 15 | headrest | 1 |
| 16 | 20-hole plug | 5 |
| 17 | Hexagon socket cheese head screws(M8*40) | 5 |
| 18 | flat washer(M8-D16) | 7 |
| 19 | Double Axis Seated Shoulder Push Left Power Arm | 1 |
| 20 | Double Axis Seated Shoulder Push Right Power Arm | 1 |

## Accessory list

| no | Name and specification | qty |
|---|---|---|
| 22 | Φ80*16aluminum cap | 2 |
| 23 | Hexagon socket countersunk head screws(M10*25) | 2 |
| 24 | Biaxial seated push shoulder linkage connecting rod | 2 |
| 25 | guide bar | 2 |
| 26 | Counterweight rubber pads | 2 |
| 27 | counterweight base | 2 |
| 28 | Hexagon socket cheese head screws (M8*20) | 4 |
| 29 | spring washer (M8) | 2 |
| 30 | Weight stack | 14 |
| 31 | Guide block set | 1 |
| 32 | Guide bar mounting plate | 1 |
| 33 | Weight stack pin | 1 |
| 34 | cable | 1 |
| 35 | shield | 4 |
| 36 | decorative strip | 2 |
| 37 | decorative plate | 1 |
| 38 | upper shroud | 1 |
| 39 | Upper Shroud Top Cover | 1 |
| 40 | Top cover trim | 1 |
| 41 | Hexagon socket cheese head screws(M6*30) | 4 |

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