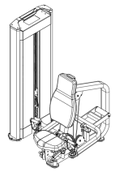
C402 · Seated Shoulder Shrug

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read the installation instructions carefully before assembly.

02 Check that all parts are present and that the quantities are correct. Contact after-sales service immediately if any part is missing or damaged during transport.

03 Follow these instructions to assemble the equipment correctly.

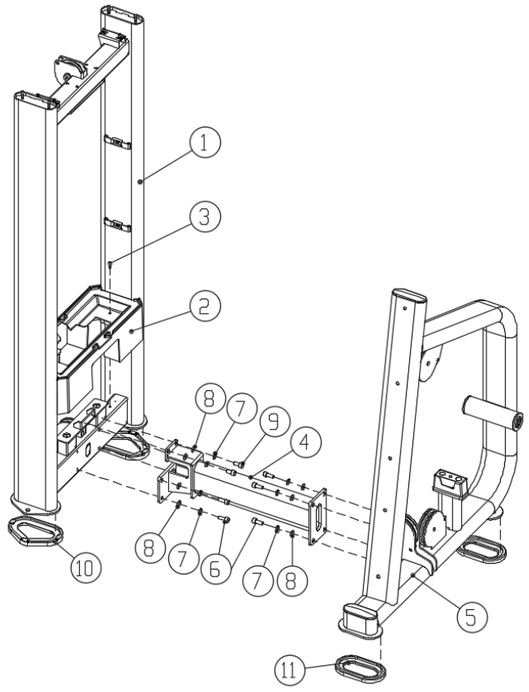
04 After assembly, understand all functions before using the equipment.

05 Stop using the equipment immediately if a problem occurs to prevent injury or equipment damage. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

- Rubber Mallet
- Snap-Ring Pliers
- Spirit Level
- Adjustable Wrench
- Hex Keys
- 2 People

Assembly



STEP 1, 2 & 3

STEP 1

Attach the lower weight stack shroud (#2) to the weight stack frame (#1) with two M5×16 hexagon socket head cap screws (#3).

HARDWARE

- Weight Stack Frame (#1) × 1
- Lower Weight Stack Shroud (#2) × 1
- Hexagon Socket Head Cap Screw (M5×16) (#3) × 2

STEP 2

Connect the connecting frame (#4) and side frame assembly (#5) to the weight stack frame (#1) with eight M10×25 hexagon socket head cap screws (#6), ten M10 spring washers (#7), ten M10-D20 flat washers (#8), and two M10×20 hexagon socket head cap screws (#9).

HARDWARE

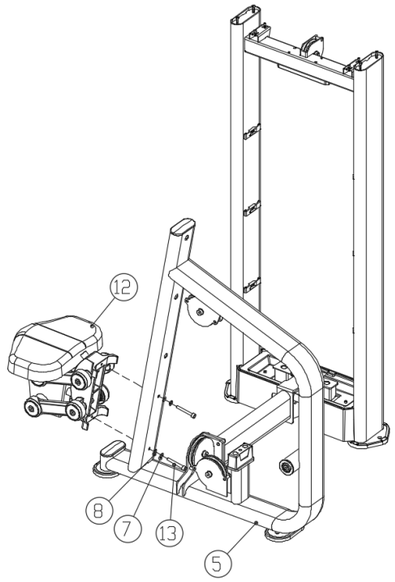
- Weight Stack Frame (#1) × 1
- Connecting Frame (#4) × 1
- Side Frame Assembly (#5) × 1
- Hexagon Socket Head Cap Screw (M10×25) (#6) × 8
- Spring Washer (M10) (#7) × 10
- Flat Washer (M10-D20) (#8) × 10
- Hexagon Socket Head Cap Screw (M10×20) (#9) × 2

STEP 3

Install two weight stack frame foot pads (#10) on the weight stack frame (#1). Install two flat oval foot pads (#11) on the side frame assembly (#5).

HARDWARE

- Weight Stack Frame (#1) × 1
- Side Frame Assembly (#5) × 1
- Weight Stack Frame Foot Pad (#10) × 2
- Flat Oval Foot Pad (#11) × 2



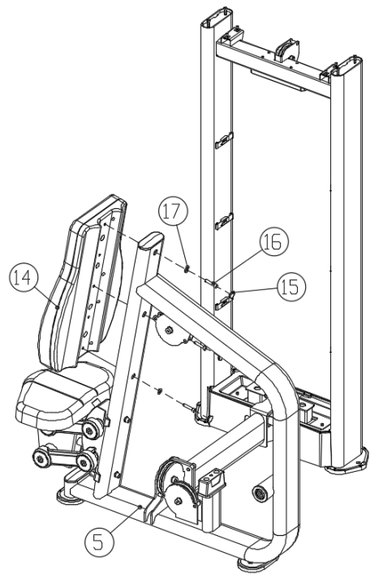
STEP 4

ACTION

Attach the seat assembly (#12) to the side frame assembly (#5) with two M10×70 hexagon socket head cap screws (#13), two M10 spring washers (#7), and two M10-D20 flat washers (#8).

HARDWARE

- Side Frame Assembly (#5) × 1
- Seat Assembly (#12) × 1
- Hexagon Socket Head Cap Screw (M10×70) (#13) × 2
- Spring Washer (M10) (#7) × 2
- Flat Washer (M10-D20) (#8) × 2



STEP 5 & 6

STEP 5

Attach the back pad (#14) to the side frame assembly (#5) with three M8×40 hexagon socket head cap screws (#16) and three M8-D16 flat washers (#17).

HARDWARE

- Side Frame Assembly (#5) × 1
- Back Pad (#14) × 1
- Hexagon Socket Head Cap Screw (M8×40) (#16) × 3
- Flat Washer (M8-D16) (#17) × 3

STEP 6

Install three 20 hole plugs (#15) in the side frame assembly (#5).

HARDWARE

- Side Frame Assembly (#5) × 1
- 20 Hole Plug (#15) × 3

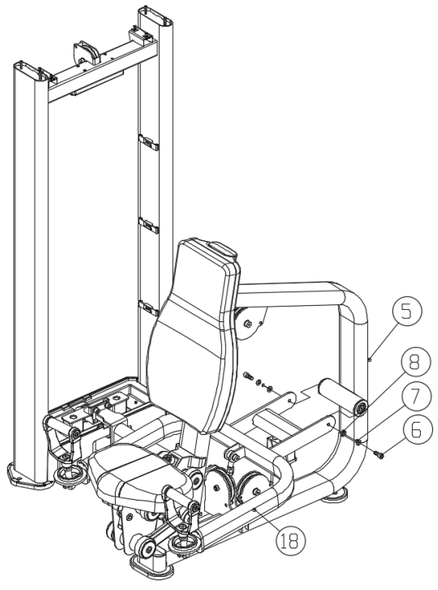
STEP 7

ACTION

Attach the force arm assembly (#18) to the side frame assembly (#5) with two M10×25 hexagon socket head cap screws (#6), two M10 spring washers (#7), and two M10-D20 flat washers (#8).

HARDWARE

- Side Frame Assembly (#5) × 1
- Force Arm Assembly (#18) × 1
- Hexagon Socket Head Cap Screw (M10×25) (#6) × 2
- Spring Washer (M10) (#7) × 2
- Flat Washer (M10-D20) (#8) × 2



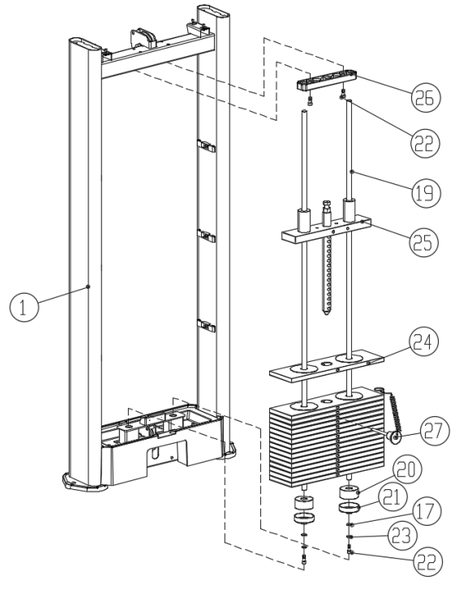
STEP 8 & 9

STEP 8

Slide the two weight stack rubber pads (#20) onto the two guide rods (#19). Attach the two weight stack bases (#21) to the guide rods with two M8×20 hexagon socket head cap screws (#22), two M8 spring washers (#23), and two M8-D16 flat washers (#17), then place the assembly into the weight stack frame (#1). Tighten the bolts before continuing.

HARDWARE

- Weight Stack Frame (#1) × 1
- Universal Weight Stack Guide Rod (#19) × 2
- Weight Stack Rubber Pad (#20) × 2
- Weight Stack Base (#21) × 2
- Hexagon Socket Head Cap Screw (M8×20) (#22) × 2
- Spring Washer (M8) (#23) × 2
- Flat Washer (M8-D16) (#17) × 2

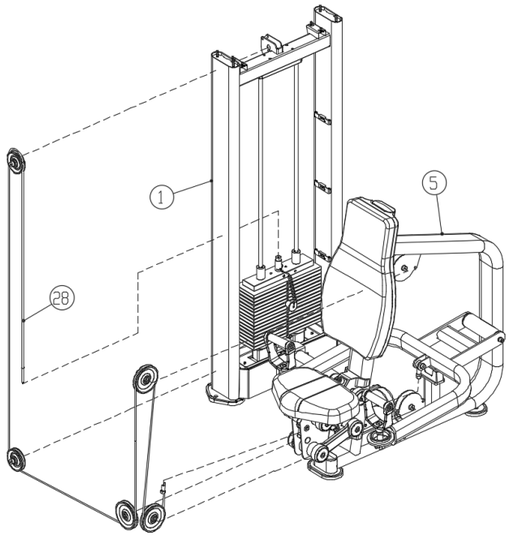


STEP 9

Install 14 weight plates (#24) on the guide rods (#19) with the spacer tabs facing upward. Install the guide block assembly (#25), insert the weight selector pin (#27), and slide the guide rod fixing plate (#26) onto the guide rods. Attach the fixing plate to the weight stack frame (#1) with two M8×20 hexagon socket head cap screws (#22). Tighten the bolts before continuing.

HARDWARE

- Weight Stack Frame (#1) × 1
- Universal Weight Stack Guide Rod (#19) × 2
- Hexagon Socket Head Cap Screw (M8×20) (#22) × 2
- Weight Plate (#24) × 14
- Guide Block Assembly (#25) × 1
- Guide Rod Fixing Plate (#26) × 1
- Weight Selector Pin (#27) × 1



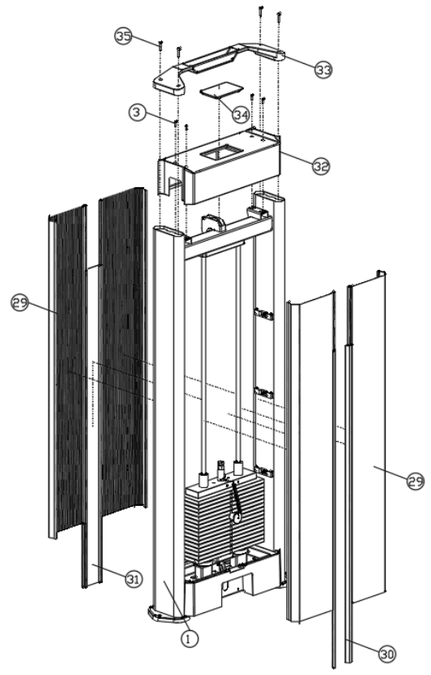
STEP 10 & 11

STEP 10
Route the cable (#28) as shown. Remove the preinstalled pulleys first, then reinstall them together with the cable.

HARDWARE
- Cable (#28) × 1

STEP 11
Connect one end of the cable (#28) to the force arm assembly (#18), then connect the other end inside the weight stack frame (#1).

HARDWARE
- Weight Stack Frame (#1) × 1
- Force Arm Assembly (#18) × 1
- Cable (#28) × 1



STEP 12, 13 & 14

STEP 12
Slide two decorative strips (#30) into two baffle panels (#29) and secure them to the weight stack frame (#1) with the baffle retaining plates. Slide the decorative panel (#31) into the other two baffle panels (#29) and secure them in the same way. Attach the upper weight stack shroud (#32) to the weight stack frame with four M5×16 hexagon socket head cap screws (#3).

HARDWARE
- Weight Stack Frame (#1) × 1
- Baffle Panel (#29) × 4
- Weight Stack Decorative Strip (#30) × 2
- Weight Stack Decorative Panel (#31) × 1
- Upper Weight Stack Shroud (#32) × 1
- Hexagon Socket Head Cap Screw (M5×16) (#3) × 4

STEP 13
Attach the top cover trim (#33) to the weight stack frame (#1) with four M6×30 hexagon socket head cap screws (#35).

HARDWARE
- Weight Stack Frame (#1) × 1
- Top Cover Trim (#33) × 1
- Hexagon Socket Head Cap Screw (M6×30) (#35) × 4

STEP 14
Snap the upper shroud top cover (#34) onto the upper weight stack shroud (#32).

HARDWARE
- Upper Weight Stack Shroud (#32) × 1
- Upper Shroud Top Cover (#34) × 1

FINAL CHECK

01 After assembly, check that the machine is level and vertical.

02 Use a spirit level to check that the guide rods are vertical in both directions.

03 If they are not vertical, loosen the relevant frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not included in this parts list.

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Lower Weight Stack Shroud	1
3	Hexagon Socket Head Cap Screw (M5×16)	6
4	Connecting Frame	1
5	Side Frame Assembly	1
6	Hexagon Socket Head Cap Screw (M10×25)	8
7	Spring Washer (M10)	10
8	Flat Washer (M10-D20)	10
9	Hexagon Socket Head Cap Screw (M10×20)	2
10	Weight Stack Frame Foot Pad	2
11	Flat Oval Foot Pad	2
12	Seat Assembly	1
13	Hexagon Socket Head Cap Screw (M10×70)	2
14	Back Pad	1
15	20 Hole Plug	3
16	Hexagon Socket Head Cap Screw (M8×40)	3
17	Flat Washer (M8-D16)	3
18	Force Arm Assembly	1
19	Universal Weight Stack Guide Rod	2
20	Weight Stack Rubber Pad	2
21	Weight Stack Base	2
22	Hexagon Socket Head Cap Screw (M8×20)	4
23	Spring Washer (M8)	2
24	Weight Plate	14
25	Guide Block Assembly	1
26	Guide Rod Fixing Plate	1
27	Weight Selector Pin	1
28	Cable	1
29	Baffle Panel	4
30	Weight Stack Decorative Strip	2
31	Weight Stack Decorative Panel	1
32	Upper Weight Stack Shroud	1
33	Top Cover Trim	1
34	Upper Shroud Top Cover	1
35	Hexagon Socket Head Cap Screw (M6×30)	4