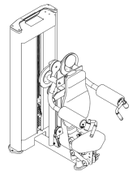
C403 · Seated Lateral Raise

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.

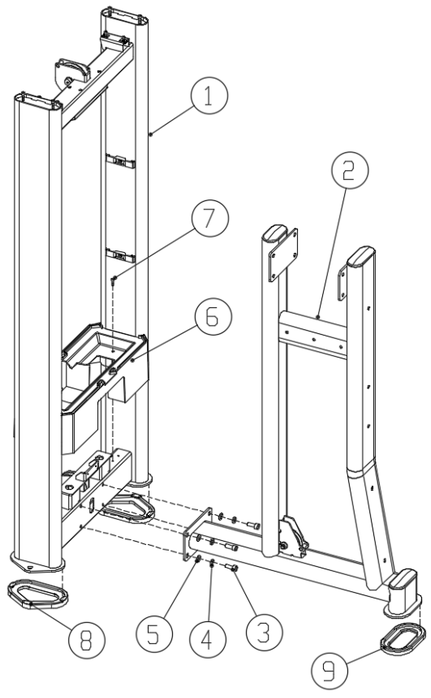
04 After assembly, understand all functions before using the equipment.

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 seated lateral raise side frame (#2) to the weight stack frame (#1) with four M10×25 hexagon socket head cap screws (#3), four spring washers (#4), and four flat washers (#5).

HARDWARE

- Weight Stack Frame (#1) × 1
- Seated Lateral Raise Side Frame (#2) × 1
- Hexagon Socket Head Cap Screw (M10×25) (#3) × 4
- Spring Washer (10) (#4) × 4
- Flat Washer (10) (#5) × 4

STEP 2

Attach the lower weight stack shroud (#6) to the weight stack frame (#1) with two M5×16 hexagon socket head cap screws (#7).

HARDWARE

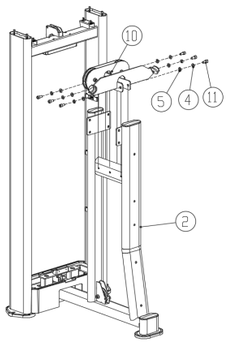
- Weight Stack Frame (#1) × 1
- Lower Weight Stack Shroud (#6) × 1
- Hexagon Socket Head Cap Screw (M5×16) (#7) × 2

STEP 3

Install two weight stack frame foot pads (#8) on the weight stack frame (#1). Install one flat oval foot pad (#9) on the seated lateral raise side frame (#2).

HARDWARE

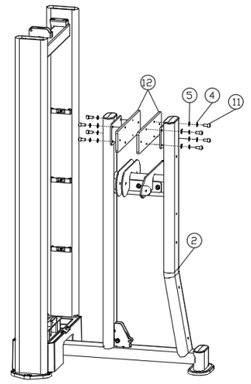
- Weight Stack Frame (#1) × 1
- Seated Lateral Raise Side Frame (#2) × 1
- Weight Stack Frame Foot Pad (#8) × 2
- Flat Oval Foot Pad (#9) × 1



STEP 4

ACTION
Attach the upper pulley bracket assembly (#10) to the seated lateral raise side frame (#2) with six M10×20 hexagon socket head cap screws (#11), six spring washers (#4), and six flat washers (#5).

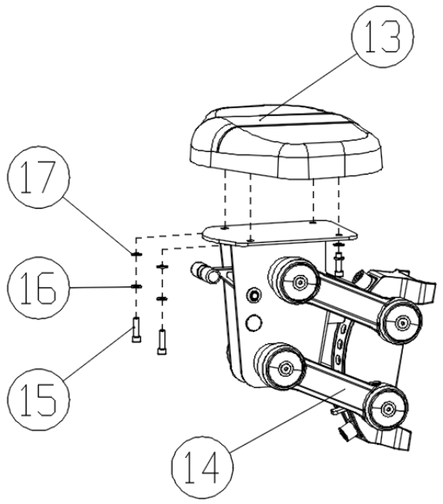
HARDWARE
- Seated Lateral Raise Side Frame (#2) × 1
- Upper Pulley Bracket Assembly (#10) × 1
- Hexagon Socket Head Cap Screw (M10×20) (#11) × 6
- Spring Washer (10) (#4) × 6
- Flat Washer (10) (#5) × 6



STEP 5

ACTION
Attach two seated lateral raise connecting plates (#12) to the side frame (#2) with eight M10×20 hexagon socket head cap screws (#11), eight spring washers (#4), and eight flat washers (#5).

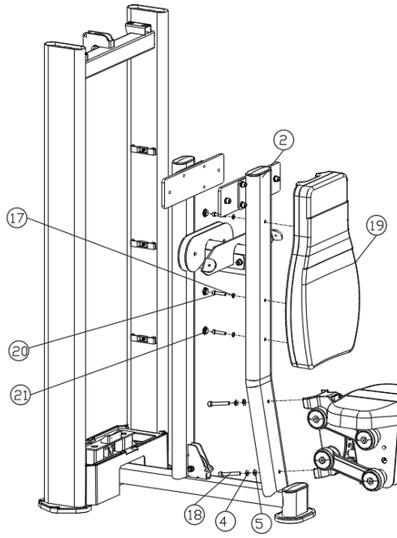
HARDWARE
- Seated Lateral Raise Side Frame (#2) × 1
- Seated Lateral Raise Connecting Plate (#12) × 2
- Hexagon Socket Head Cap Screw (M10×20) (#11) × 8
- Spring Washer (10) (#4) × 8
- Flat Washer (10) (#5) × 8



STEP 6

ACTION
Attach the seat pad (#13) to the seat frame (#14) with four M8×25 hexagon socket head cap screws (#15), four spring washers (#16), and four flat washers (#17).

HARDWARE
- Seat Pad (#13) × 1
- Seat Frame (#14) × 1
- Hexagon Socket Head Cap Screw (M8×25) (#15) × 4
- Spring Washer (8) (#16) × 4
- Flat Washer (8) (#17) × 4



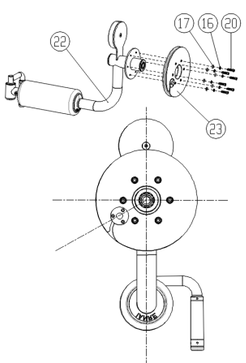
STEP 7 & 8

STEP 7
Attach the seat frame (#14) to the seated lateral raise side frame (#2) with two M10×70 hexagon socket head cap screws (#18), two spring washers (#4), and two flat washers (#5).

HARDWARE
- Seated Lateral Raise Side Frame (#2) × 1
- Seat Frame (#14) × 1
- Hexagon Socket Head Cap Screw (M10×70) (#18) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2

STEP 8
Attach the back pad (#19) to the seated lateral raise side frame (#2) with three M8×35 hexagon socket head cap screws (#20) and three flat washers (#17). Install three hole plugs (#21) in the side frame.

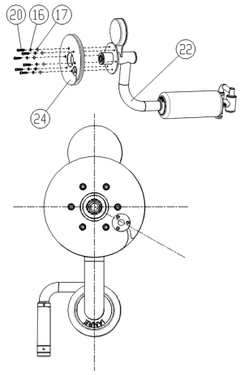
HARDWARE
- Seated Lateral Raise Side Frame (#2) × 1
- Back Pad (#19) × 1
- Hexagon Socket Head Cap Screw (M8×35) (#20) × 3
- Flat Washer (8) (#17) × 3
- Hole Plug (#21) × 3



STEP 9

ACTION
Attach cable cam I (#23) to the seated lateral raise force arm (#22) with six M8×35 hexagon socket head cap screws (#20), six spring washers (#16), and six flat washers (#17). Position cable cam I relative to the force arm exactly as shown.

HARDWARE
- Seated Lateral Raise Force Arm (#22) × 1
- Cable Cam I (#23) × 1
- Hexagon Socket Head Cap Screw (M8×35) (#20) × 6
- Spring Washer (8) (#16) × 6
- Flat Washer (8) (#17) × 6

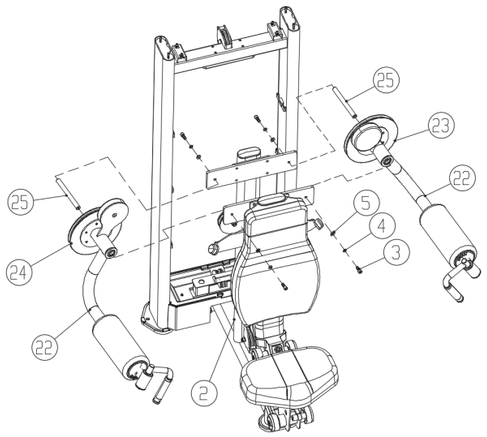


STEP 10

ACTION
Attach cable cam II (#24) to the seated lateral raise force arm (#22) with six M8×35 hexagon socket head cap screws (#20), six spring washers (#16), and six flat washers (#17). Position cable cam II relative to the force arm exactly as shown.

HARDWARE
- Seated Lateral Raise Force Arm (#22) × 1
- Cable Cam II (#24) × 1
- Hexagon Socket Head Cap Screw (M8×35) (#20) × 6
- Spring Washer (8) (#16) × 6
- Flat Washer (8) (#17) × 6

STEP 11 & 12



STEP 11

Attach the cable cam I assembly (#23/#22) and one seated shoulder press force arm shaft (#25) to the seated lateral raise side frame (#2) with two M10×25 hexagon socket head cap screws (#3), two spring washers (#4), and two flat washers (#5).

HARDWARE

- Seated Lateral Raise Side Frame (#2) × 1
- Seated Lateral Raise Force Arm (#22) × 1
- Cable Cam I (#23) × 1
- Seated Shoulder Press Force Arm Shaft (#25) × 1
- Hexagon Socket Head Cap Screw (M10×25) (#3) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2

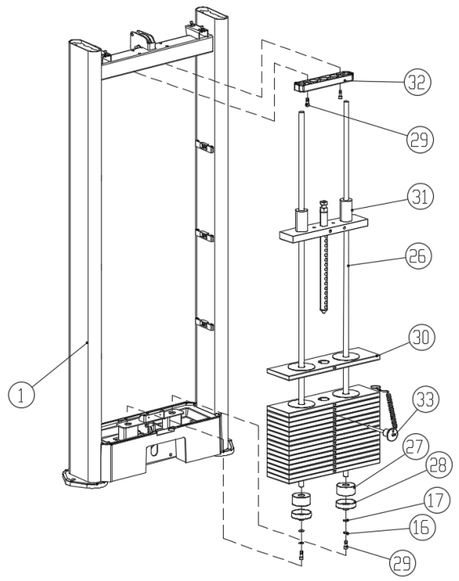
STEP 12

Attach the cable cam II assembly (#24/#22) and one seated shoulder press force arm shaft (#25) to the seated lateral raise side frame (#2) with two M10×25 hexagon socket head cap screws (#3), two spring washers (#4), and two flat washers (#5).

HARDWARE

- Seated Lateral Raise Side Frame (#2) × 1
- Seated Lateral Raise Force Arm (#22) × 1
- Cable Cam II (#24) × 1
- Seated Shoulder Press Force Arm Shaft (#25) × 1
- Hexagon Socket Head Cap Screw (M10×25) (#3) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2

STEP 13 & 14



STEP 13

Slide two weight stack rubber pads (#27) onto the two guide rods (#26). Attach the two weight stack bases (#28) to the guide rods with two M8×20 hexagon socket head cap screws (#29), two spring washers (#16), and two flat washers (#17), then place the assembly into the weight stack frame (#1). Tighten the bolts before continuing.

HARDWARE

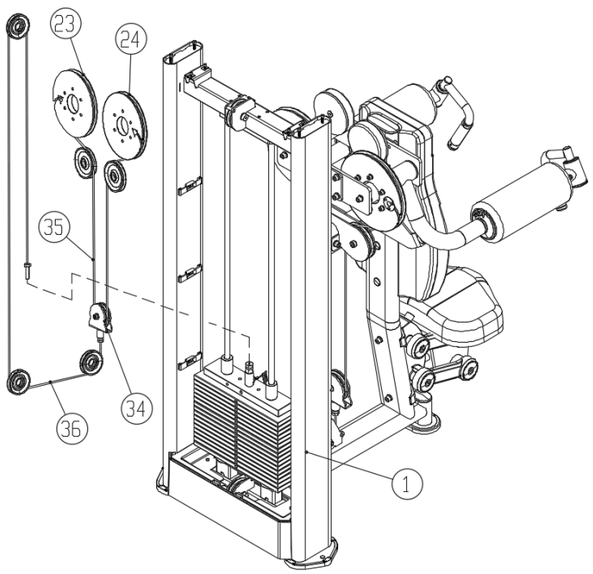
- Weight Stack Frame (#1) × 1
- Universal Weight Stack Guide Rod (#26) × 2
- Weight Stack Rubber Pad (#27) × 2
- Weight Stack Base (#28) × 2
- Hexagon Socket Head Cap Screw (M8×20) (#29) × 2
- Spring Washer (8) (#16) × 2
- Flat Washer (8) (#17) × 2

STEP 14

Install 14 weight plates (#30) on the guide rods (#26) with the spacer tabs facing upward. Install the guide block assembly (#31), insert the weight selector pin (#33), and slide the guide rod fixing plate (#32) onto the guide rods. Attach the fixing plate to the weight stack frame (#1) with two M8×20 hexagon socket head cap screws (#29). Tighten the bolts before continuing.

HARDWARE

- Weight Stack Frame (#1) × 1
- Universal Weight Stack Guide Rod (#26) × 2
- Hexagon Socket Head Cap Screw (M8×20) (#29) × 2
- Weight Plate (#30) × 14
- Guide Block Assembly (#31) × 1
- Guide Rod Fixing Plate (#32) × 1
- Weight Selector Pin (#33) × 1



STEP 15 & 16

STEP 15

Route cable I (#35) as shown. Remove the preinstalled pulleys first, then reinstall them together with the cable. Connect the two ends of cable I to cable cam I (#23) and cable cam II (#24).

HARDWARE

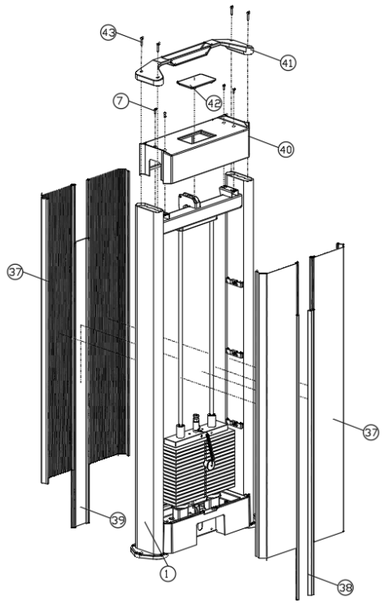
- Cable Cam I (#23) × 1
- Cable Cam II (#24) × 1
- Cable I (#35) × 1

STEP 16

Route cable II (#36) as shown. Remove the preinstalled pulleys first, then reinstall them together with the cable. Connect one end of cable II to the branch pulley housing (#34), then connect the other end inside the weight stack frame (#1).

HARDWARE

- Weight Stack Frame (#1) × 1
- Branch Pulley Housing (#34) × 1
- Cable II (#36) × 1



STEP 17, 18 & 19

STEP 17

Slide two decorative strips (#38) into two baffle panels (#37) and secure them to the weight stack frame (#1) with the baffle retaining plates. Slide the decorative panel (#39) into the other two baffle panels (#37) and secure them in the same way. Attach the upper weight stack shroud (#40) with four M5×16 hexagon socket head cap screws (#7).

HARDWARE

- Weight Stack Frame (#1) × 1
- Baffle Panel (#37) × 4
- Weight Stack Decorative Strip (#38) × 2
- Weight Stack Decorative Panel (#39) × 1
- Upper Weight Stack Shroud (#40) × 1
- Hexagon Socket Head Cap Screw (M5×16) (#7) × 4

STEP 18

Attach the top cover trim (#41) to the weight stack frame (#1) with four M6×30 hexagon socket head cap screws (#43).

HARDWARE

- Weight Stack Frame (#1) × 1
- Top Cover Trim (#41) × 1
- Hexagon Socket Head Cap Screw (M6×30) (#43) × 4

STEP 19

Snap the upper shroud top cover (#42) onto the upper weight stack shroud (#40).

HARDWARE

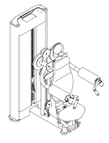
- Upper Weight Stack Shroud (#40) × 1
- Upper Shroud Top Cover (#42) × 1

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	Seated Lateral Raise Side Frame	1
3	Hexagon Socket Head Cap Screw (M10×25)	8
4	Spring Washer (10)	24
5	Flat Washer (10)	24
6	Lower Weight Stack Shroud	1
7	Hexagon Socket Head Cap Screw (M5×16)	8
8	Weight Stack Frame Foot Pad	2
9	Flat Oval Foot Pad	1
10	Upper Pulley Bracket Assembly	1
11	Hexagon Socket Head Cap Screw (M10×20)	14
12	Seated Lateral Raise Connecting Plate	2
13	Seat Pad	1
14	Seat Frame	1
15	Hexagon Socket Head Cap Screw (M8×25)	4
16	Spring Washer (8)	18
17	Flat Washer (8)	21
18	Hexagon Socket Head Cap Screw (M10×70)	2
19	Back Pad	1
20	Hexagon Socket Head Cap Screw (M8×35)	15
21	Hole Plug	3
22	Seated Lateral Raise Force Arm	2
23	Cable Cam I	1
24	Cable Cam II	1
25	Seated Shoulder Press Force Arm Shaft	2
26	Universal Weight Stack Guide Rod	2
27	Weight Stack Rubber Pad	2
28	Weight Stack Base	2
29	Hexagon Socket Head Cap Screw (M8×20)	4
30	Weight Plate	14
31	Guide Block Assembly	1
32	Guide Rod Fixing Plate	1
33	Weight Selector Pin	1
34	Branch Pulley Housing	1
35	Cable I	1
36	Cable II	1
37	Baffle Panel	4
38	Weight Stack Decorative Strip	2
39	Weight Stack Decorative Panel	1
40	Upper Weight Stack Shroud	1
41	Top Cover Trim	1
42	Upper Shroud Top Cover	1
43	Hexagon Socket Head Cap Screw (M6×30)	4