

C404 • Seated Chest Press

INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read this manual before assembly. Check all parts and quantities against the parts list. Contact after-sales service immediately if any part is missing or damaged in transit.
- 02 Assemble the machine exactly as instructed. Read all instructions before continuing.

Tools Required

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

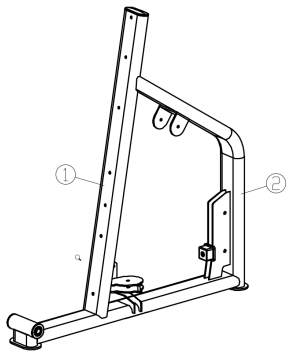
Assembly Notes

After assembly, learn all functions before use. Stop using the machine 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.

Assembly

STEP 1

ACTION
Position the Chest Press Side Frames (#1/#2) upright and perpendicular to the floor.



STEP 2, 3 & 4

STEP 2
Attach the Lower Weight Stack Shroud (#10) to the Weight Stack Frame (#7).

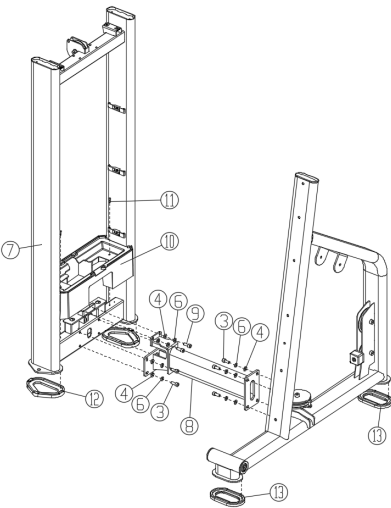
- HARDWARE**
- Socket Head Cap Screw (M5×16) (#11)

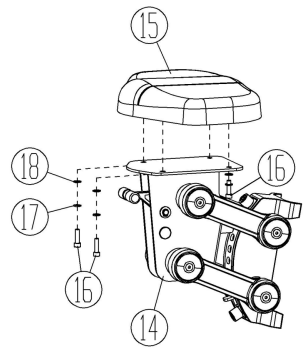
× 2

STEP 3
Connect the Chest Press Connector Frame (#8) to the Weight Stack Frame (#7) and Chest Press Side Frame Assembly (#44).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#3) × 8
 - Socket Head Cap Screw (M10×20) (#9) × 2
 - Spring Washer (10) (#6) × 10
 - Flat Washer (10) (#4) × 10

STEP 4
Install two Weight Stack Frame Foot Pads (#12) on the Weight Stack Frame (#7). Install two Flat Oval Foot Pads (#13) on the Chest Press Side Frame Assembly (#44).





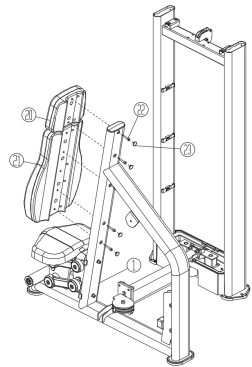
STEP 5

ACTION

Attach the Seat Pad (#15) to the Seat Frame (#14). Tighten all bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M8×30) (#16) × 4
- Spring Washer (8) (#17) × 4
- Flat Washer (8) (#18) × 4



STEP 7 & 8

STEP 7

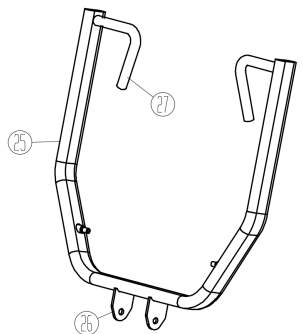
Attach the Head Pad (#20) and Back Pad (#21) to the Chest Press Side Frames (#1/#2). Tighten all bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M8×40) (#22) × 5

STEP 8

Install five Hole Plugs (#23) in Chest Press Side Frame I (#1).



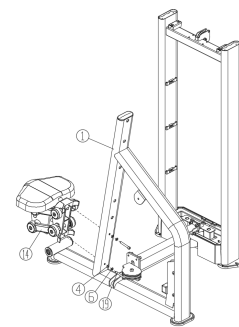
STEP 10

ACTION

Identify the Lever Arm components (#25/#26/#27) and the hardware shown.

HARDWARE

- Socket Head Cap Screw (M10×20) (#9) × 8
- Spring Washer (10) (#6) × 8
- Large Washer (10) (#30) × 2



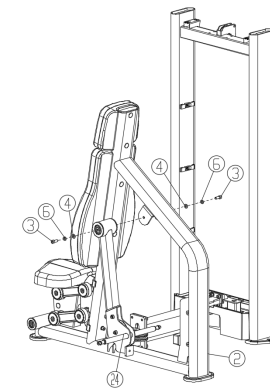
STEP 6

ACTION

Attach the Seat Frame (#14) to the Chest Press Side Frames (#1/#2). Tighten all bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M10×70) (#19) × 2
- Spring Washer (10) (#6) × 2
- Flat Washer (10) (#4) × 2



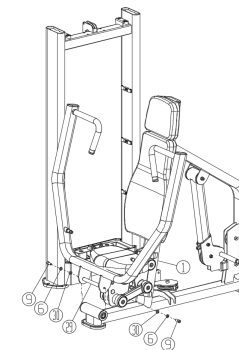
STEP 9

ACTION

Attach the Chest Press Linkage (#24) to the Chest Press Side Frames (#1/#2). Tighten all bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M10×25) (#3) × 2
- Spring Washer (10) (#6) × 2
- Flat Washer (10) (#4) × 2



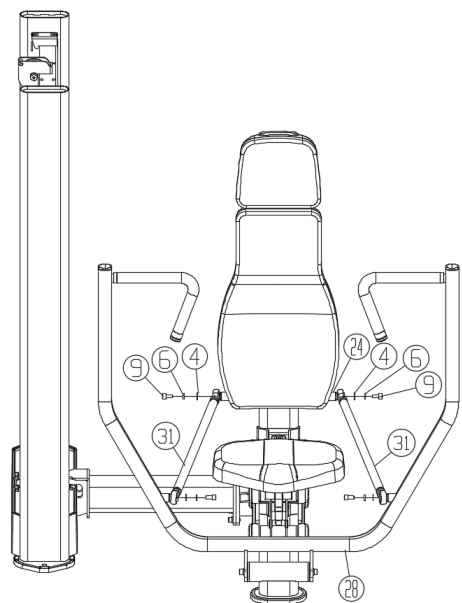
STEP 11

ACTION

Attach the Lever Arm Assembly (#25) and Chest Press Lever Arm Shaft (#29) to Chest Press Side Frame (#1). Tighten all bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M10×20) (#9) × 2
- Spring Washer (10) (#6) × 2
- Large Washer (10) (#30) × 2



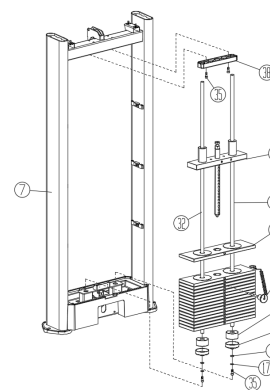
STEP 12

ACTION

Connect the two Chest Press Connecting Rods (#31) to the Lever Arm Assembly and Chest Press Linkage (#24). Tighten all bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M10×20) (#9) × 2
- Spring Washer (10) (#6) × 2
- Flat Washer (10) (#4) × 2



STEP 13 & 14

STEP 13

Slide the two Weight Stack Rubber Cushions (#33) onto the two Guide Rods (#32). Attach the two Weight Stack Bases (#34) to the Guide Rods (#32), then place the assembly into the Weight Stack Frame (#7). Tighten all bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M8×20) (#35) × 2
- Spring Washer (8) (#17) × 2
- Flat Washer (8) (#18) × 2

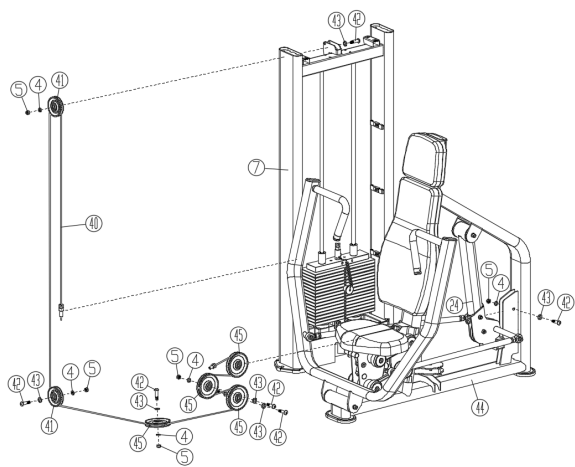
STEP 14

Install 16 Weight Plates (#36) on the Guide Rods (#32) with the spacer plates facing up. Install the Guide Block Assembly (#37), insert the Weight Stack Selector Pin (#39), and slide the Guide Rod Fixing Plate (#38) onto the Guide Rods. Attach the Guide Rod Fixing Plate (#38) to the Weight Stack Frame (#7). Tighten all bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M8×20) (#35) × 2

STEP 15 & 16



STEP 15

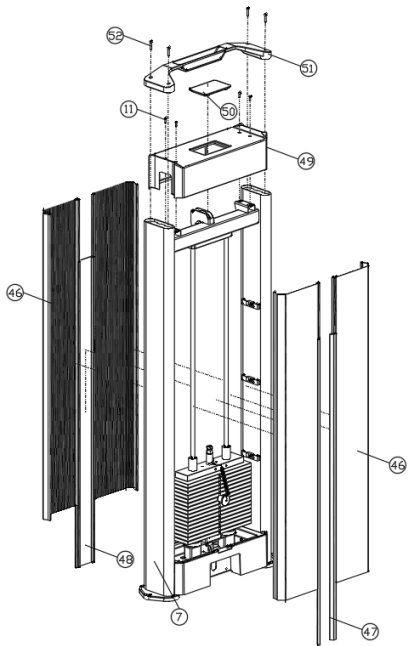
Attach two 95 Pulleys (#41) to the Weight Stack Frame (#7). Attach four 120 Pulleys (#45) to the Chest Press Side Frame Assembly (#44) and Chest Press Linkage (#24). Install these pulleys together with the Chest Press Cable (#40).

HARDWARE

- Pulley Shaft-32 (#42) × 2
- Hex Lock Nut (M10) (#5) × 2
- Flat Washer (12) (#43) × 2
- Flat Washer (10) (#4) × 2
- Pulley Shaft-32 (#42) × 4
- Hex Lock Nut (M10) (#5) × 4
- Flat Washer (12) (#43) × 4
- Flat Washer (10) (#4) × 4

STEP 16

Connect the M14 bolt end of the Chest Press Cable (#40) to the Weight Stack Frame (#7). Connect the M12 bolt end to the Chest Press Linkage (#24).



STEP 17

ACTION

Slide two Trim Strips (#47) into two Baffles (#46) and secure them to the Weight Stack Frame (#7) with the baffle pressure plates. Slide the Decorative Panel (#48) into two Baffles (#46) and secure it to the Weight Stack Frame (#7). Attach the Upper Weight Stack Shroud (#49), then install the Upper Shroud Top Cover (#50). Attach the Top Cover Trim (#51) to the Weight Stack Frame (#7).

HARDWARE

- Socket Head Cap Screw (M5×16) (#11) × 4
- Socket Head Cap Screw (M6×30) (#52) × 4

FINAL CHECK

- 01 Important Notice: Make sure the assembled machine is level and vertical. Use a spirit level to check that the Guide Rods are vertical in both directions. If they are not vertical, loosen the required frame hardware, realign the frame, and retighten the bolts.



Parts List

Pre-assembled parts are not listed in this parts list.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Chest Press Side Frame	1	14	Seat Frame	1	27	Lever Arm Assembly		40	Chest Press Cable	1
2	Chest Press Side Frame		15	Seat Pad	1	28	Lever Arm Assembly		41	95 Pulley	2
3	Socket Head Cap Screw (M10×25)	10	16	Socket Head Cap Screw (M8×30)	4	29	Chest Press Lever Arm Shaft (Ø20×192)	1	42	Pulley Shaft-32	6
4	Flat Washer (10)	22	17	Spring Washer (8)	6	30	Large Washer (10)	2	43	Flat Washer (12)	6
5	Hex Lock Nut (M10)	6	18	Flat Washer (8)	6	31	Chest Press Connecting Rod	2	44	Chest Press Side Frame Assembly	1
6	Spring Washer (10)	18	19	Socket Head Cap Screw (M10×70)	2	32	Universal Weight Stack Guide Rod	2	45	120 Pulley	4
7	Weight Stack Frame	1	20	Head Pad	1	33	Weight Stack Rubber Cushion	2	46	Baffle	4
8	Chest Press Connector Frame	1	21	Back Pad	1	34	Weight Stack Base	2	47	Weight Stack Trim Strip	2
9	Socket Head Cap Screw (M10×20)	8	22	Socket Head Cap Screw (M8×40)	5	35	Socket Head Cap Screw (M8×20)	4	48	Weight Stack Decorative Panel	1
10	Lower Weight Stack Shroud	1	23	20 Hole Plug	5	36	Weight Plate	14	49	Upper Weight Stack Shroud	1
11	Socket Head Cap Screw (M5×16)	8	24	Chest Press Linkage	1	37	Guide Block Assembly	1	50	Upper Shroud Top Cover	1
12	Weight Stack Frame Foot Pad	2	25	Lever Arm Assembly	1	38	Guide Rod Fixing Plate	1	51	Top Cover Trim	1
13	Flat Oval Foot Pad	2	26	Lever Arm Assembly		39	Weight Stack Selector Pin	1	52	Socket Head Cap Screw (M6×30)	4