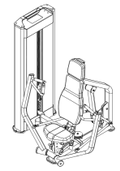
C404A · Converging Chest Press

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read all instructions carefully before assembly.

02 Check all parts and quantities against the lists. If any part is missing or damaged in transit, contact after-sales service before assembly.

03 Assemble the machine exactly as instructed.

Tools Required

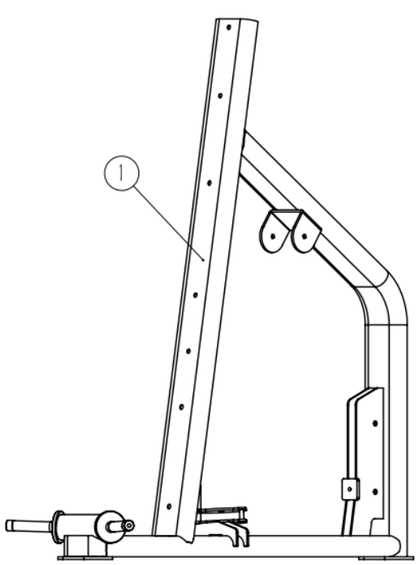
- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly Notes

01 After assembly, understand all functions before using the machine.

02 If a problem occurs during use, stop immediately to avoid injury or equipment damage. Check the instructions; if the problem cannot be resolved, contact after-sales service.

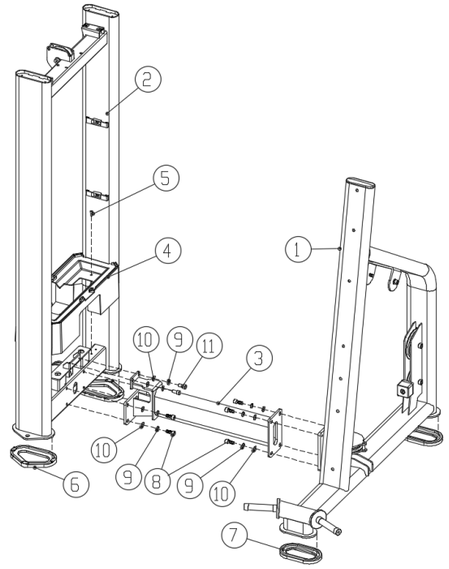
Assembly



STEP 1

ACTION

Position the dual-axis seated chest press side frame assembly (#1).



STEP 2 & 3

STEP 2

Install two rectangular foot pads (#7) on the dual-axis seated chest press side frame assembly (#1), and two weight-stack frame foot pads (#6) on the weight-stack frame (#2). Attach the lower shroud (#4) to the weight-stack frame (#2).

HARDWARE

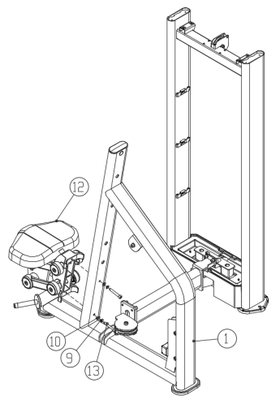
- Socket head cap screw (M5×15) (#5) × 2

STEP 3

Connect the dual-axis seated chest press side frame assembly (#1) and connector frame (#3) to the weight-stack frame (#2).

HARDWARE

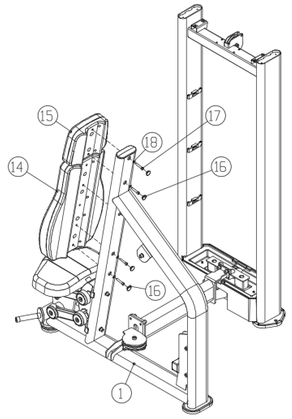
- Socket head cap screw (M10×25) (#8) × 8
- Spring washer (M10) (#9) × 10
- Flat washer (M10-D20) (#10) × 10
- Socket head cap screw (M10×20) (#11) × 2



STEP 4

ACTION
Attach the seat frame assembly (#12) to the dual-axis seated chest press side frame assembly (#1).

HARDWARE
- Socket head cap screw (M10×70) (#13) × 2
- Spring washer (M10) (#9) × 2
- Flat washer (M10-D20) (#10) × 2

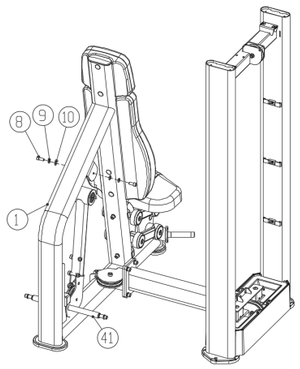


STEP 5 & 6

STEP 5
Attach the head pad (#15) and back pad (#14) to the dual-axis seated chest press side frame assembly (#1).

HARDWARE
- Socket head cap screw (M8×40) (#17) × 5
- Flat washer (M8-D16) (#18) × 5

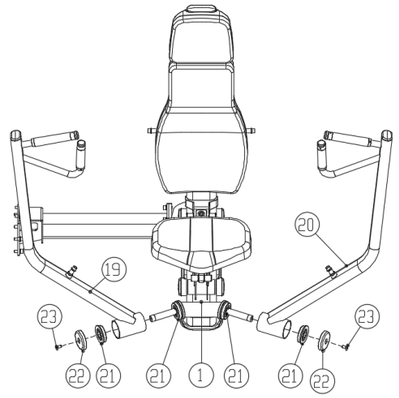
STEP 6
Install five 20 hole plugs (#16) in the corresponding holes of the dual-axis seated chest press side frame assembly (#1).



STEP 7

ACTION
Attach the dual-axis seated chest press linkage (#41) to the dual-axis seated chest press side frame assembly (#1).

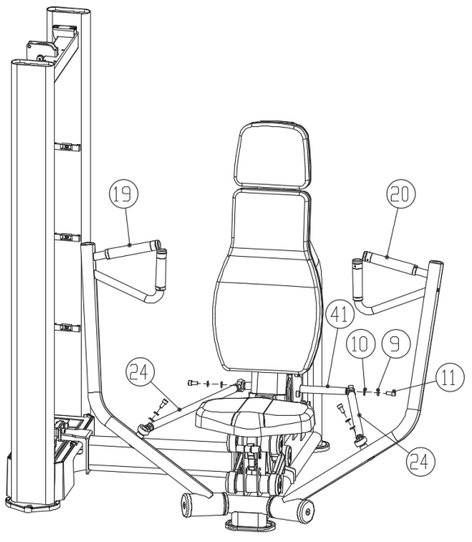
HARDWARE
- Socket head cap screw (M10×25) (#8) × 2
- Spring washer (M10) (#9) × 2
- Flat washer (M10-D20) (#10) × 2



STEP 8

ACTION
Attach the left press arm (#20) and right press arm (#19) to the dual-axis seated chest press side frame assembly (#1). Install both sides symmetrically.

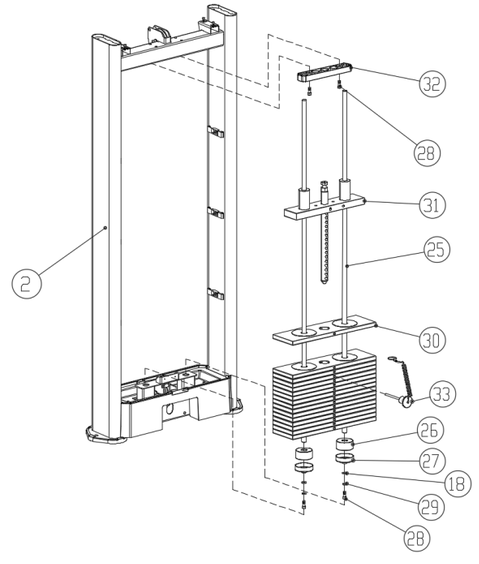
HARDWARE
- Ø76 deep-groove ball bearing (#21) × 4
- Ø80×16 aluminum cap (#22) × 2
- Hex socket countersunk head screw (M10×25) (#23) × 2



STEP 9

ACTION
Connect the dual-axis seated chest press linkage (#41) to the left press arm (#20) and right press arm (#19) using the linkage connecting rods (#24).

HARDWARE
- Socket head cap screw (M10×20) (#11) × 4
- Spring washer (M10) (#9) × 4
- Flat washer (M10-D20) (#10) × 4



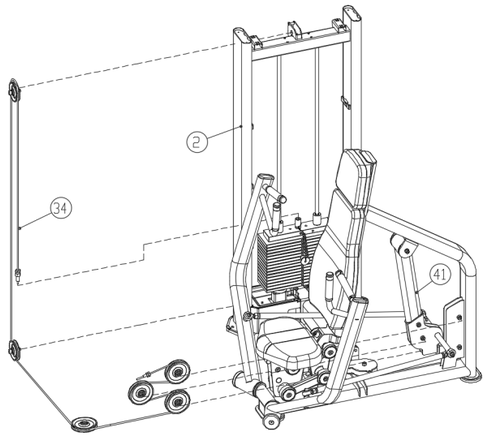
STEP 10 & 11

STEP 10
Slide two weight-stack rubber cushions (#26) onto the two guide rods (#25). Attach the two weight-stack bases (#27) to the guide rods (#25), then place them into the weight-stack frame (#2). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket head cap screw (M8×20) (#28) × 2
- Spring washer (M8) (#29) × 2
- Flat washer (M8-D16) (#18) × 2

STEP 11
Install the weight plates (#30) on the guide rods (#25) with the separator tabs facing up. Install the guide block assembly (#31), insert the weight-stack selector pin (#33) into the weight plates (#30), and install the guide-rod retaining plate (#32) on the guide rods (#25). Attach the retaining plate (#32) to the weight-stack frame (#2). Tighten the bolts with a wrench before continuing.

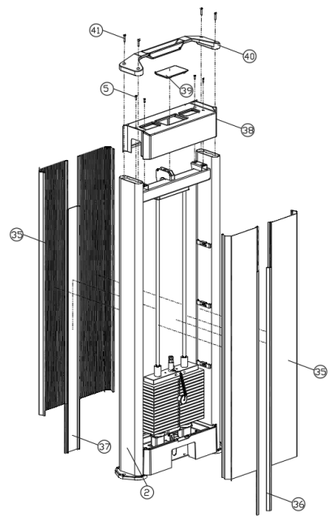
HARDWARE
- Socket head cap screw (M8×20) (#28) × 2



STEP 12 & 13

STEP 12
Route the cable (#34) as shown. Remove the preassembled pulleys first, then reinstall them. Install the pulleys together with the cable.

STEP 13
Connect one end of the cable (#34) to the dual-axis seated chest press linkage (#41) first, then connect the other end inside the weight-stack frame (#2).



STEP 14 & 15

STEP 14
Slide the two decorative strips (#36) into two shield panels (#35) and secure them to the weight-stack frame (#2) with the shield-panel clamp plates. Slide the decorative panel (#37) into two shield panels (#35) and secure it to the weight-stack frame (#2) with the shield-panel clamp plates. Attach the upper shroud (#38) to the weight-stack frame (#2).

HARDWARE
- Socket head cap screw (M5×15) (#5) × 4

STEP 15
Attach the top-cover trim (#40) to the weight-stack frame (#2), then snap the upper-shroud top cap (#39) into the upper shroud (#38).

HARDWARE
- Socket head cap screw (M6×30) (#41) × 4

FINAL CHECK

01 Important Notice: Assembly is complete. Make sure the machine is level and plumb. Use a spirit level to check that the guide rods are vertical in both directions. If they are not vertical, loosen the affected frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY
1	Dual-axis seated chest press side frame assembly	1
2	Weight-stack frame	1
3	Connector frame	1
4	Lower shroud	1
5	Socket head cap screw (M5×15)	12
6	Weight-stack frame foot pad	2
7	Rectangular foot pad	2
8	Socket head cap screw (M10×25)	10
9	Spring washer (M10)	18
10	Flat washer (M10-D20)	18
11	Socket head cap screw (M10×20)	6
12	Seat frame assembly	1
13	Socket head cap screw (M10×70)	2
14	Back pad	1
15	Head pad	1
16	20 hole plug	5
17	Socket head cap screw (M8×40)	5
18	Flat washer (M8-D16)	7
19	Right press arm	1
20	Left press arm	1
21	Ø76 deep-groove ball bearing	4
22	Ø80×16 aluminum cap	2
23	Hex socket countersunk head screw (M10×25)	2
24	Linkage connecting rod	2
25	Guide rod	2
26	Weight-stack rubber cushion	2
27	Weight-stack base	2
28	Socket head cap screw (M8×20)	4
29	Spring washer (M8)	2
30	Weight plate	14
31	Guide block assembly	1
32	Guide-rod retaining plate	1
33	Weight-stack selector pin	1
34	Cable	1
35	Shield panel	4
36	Decorative strip	2
37	Decorative panel	1
38	Upper shroud	1
39	Upper-shroud top cap	1
40	Top-cover trim	1
41	Socket head cap screw (M6×30)	4