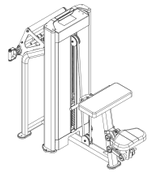
C4063 · Wrist Trainer

INSTALLATION MANUAL



Before Installation

Before You Start

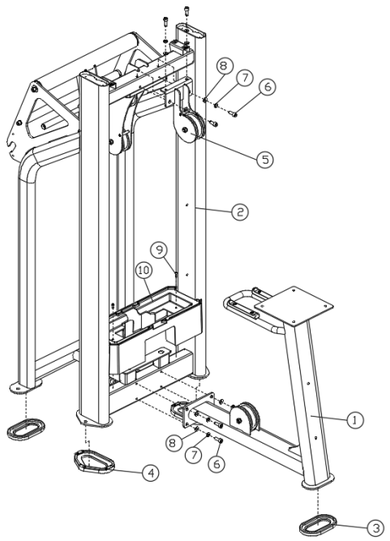
01 Read the entire manual before assembly. Check all parts and quantities against the lists. Report any missing or transport-damaged parts to after-sales service before assembly.

02 Assemble the equipment as instructed. After assembly, understand all functions before use. Stop use immediately if a problem occurs to prevent injury or equipment damage. Check the manual for the cause or contact after-sales service if the issue cannot be resolved.

Tools Required

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

Assembly



STEP 1 & 2

STEP 1

Attach the main frame assembly (#1) and front pulley frame (#5) to the weight stack frame assembly (#2).

HARDWARE

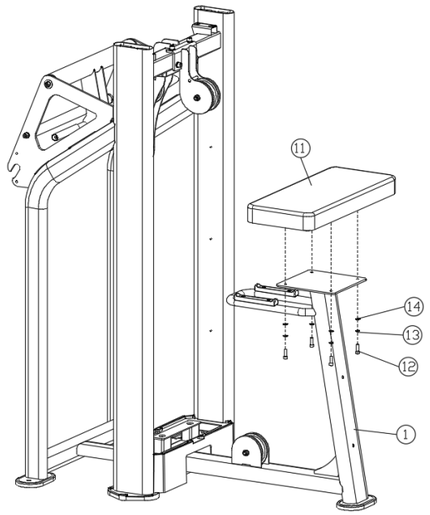
- Hex Socket Head Cap Screw (M10×25) (#6) × 12
- Spring Washer (M10) (#7) × 12
- Flat Washer (M10) (#8) × 12

STEP 2

Attach the lower shroud (#10) to the weight stack frame assembly (#2). Then install the weight stack frame foot pads (#4) and flat oval foot pads (#3).

HARDWARE

- Hex Socket Head Cap Screw (M5×15) (#9) × 2



STEP 3

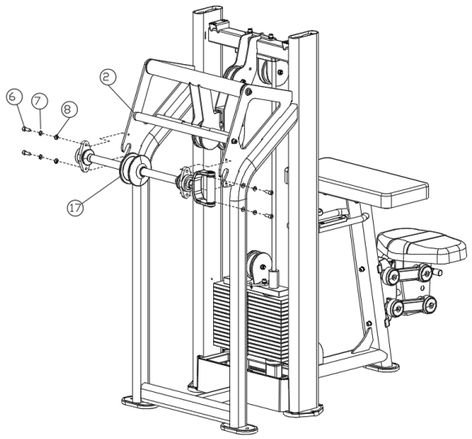
ACTION

Attach the support pad (#11) to the main frame assembly (#1).

HARDWARE

- Hex Socket Head Cap Screw (M8×25) (#12) × 4
- Spring Washer (M8) (#13) × 4
- Flat Washer (M8) (#14) × 4

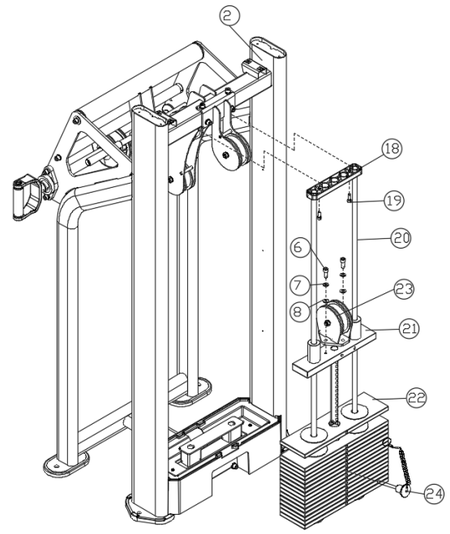
STEP 4



ACTION
Attach the rotating handle assembly (#17) to the weight stack frame assembly (#2).

HARDWARE
- Hex Socket Head Cap Screw (M10×25) (#6) × 4
- Spring Washer (M10) (#7) × 4
- Flat Washer (M10) (#8) × 4

STEP 5 & 6

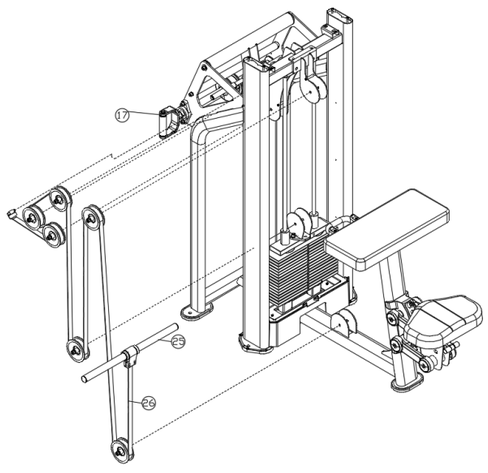


STEP 5
Install the two guide rods (#20) in the weight stack frame assembly (#2).

STEP 6
Install the weight plates (#22) on the guide rods (#20) with the separator plates facing up. Install the guide block assembly (#21), insert the weight stack selector pin (#24), and install the guide rod retaining plate (#18). Attach the retaining plate to the weight stack frame (#1). Then attach the weight stack pulley frame (#23) to the guide block assembly (#21).

HARDWARE
- Hex Socket Head Cap Screw (M8×20) (#19) × 2
- Hex Socket Head Cap Screw (M10×25) (#6) × 2
- Spring Washer (M10) (#7) × 2
- Flat Washer (M10) (#8) × 2

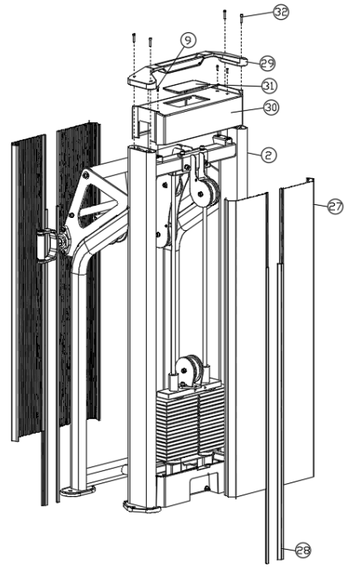
STEP 7 & 8



STEP 7
Route the belt (#26) as shown. Remove the preinstalled pulleys first and reinstall them together with the belt.

STEP 8
Connect one end of the belt (#26) to the rotating handle assembly (#17) and the other end to the straight bar handle (#25).

STEP 9 & 10



STEP 9
Slide two decorative strips (#28) into two shroud panels (#27) and secure them to the weight stack frame assembly (#2) with the shroud clamp plates. Attach the upper shroud (#30) to the weight stack frame assembly (#2), then snap the upper shroud top cover (#31) into place.

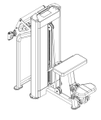
HARDWARE
- Hex Socket Head Cap Screw (M5×15) (#9) × 4

STEP 10
Attach the upper shroud trim (#29) to the weight stack frame assembly (#2).

HARDWARE
- Hex Socket Head Cap Screw (M6×30) (#21) × 4

FINAL CHECK

01 Important Notice: The wrist trainer is now assembled. Check that the machine is level and vertical. Use a spirit level to verify that the guide rods are vertical in both directions. If they are not vertical, loosen the necessary frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY
1	Main Frame Assembly	1
2	Weight Stack Frame Assembly	1
3	Flat Oval Foot Pad	3
4	Weight Stack Frame Foot Pad	2
5	Front Pulley Frame	1
6	Hex Socket Countersunk Screw (M10×25)	18
7	Spring Washer (M10)	20
8	Flat Washer (M10)	20
9	Hex Socket Countersunk Screw (M5×15)	4
10	Lower Shroud	1
11	Support Pad	1
12	Hex Socket Countersunk Screw (M8×25)	4
13	Spring Washer (M8)	4
14	Flat Washer (M8)	4
15	Reverse Seat Assembly	1
16	Hex Socket Countersunk Screw (M10×120)	2
17	Rotating Handle Assembly	1
18	Guide Rod Retaining Plate	1
19	Hex Socket Countersunk Screw (M8×20)	2
20	Guide Rod	2
21	Guide Block Assembly	1
22	Weight Plate	14
23	Weight Stack Pulley Frame	1
24	Weight Stack Selector Pin	1
25	Straight Bar Handle	1
26	Belt	1
27	Shroud Panel	4
28	Decorative Strip	4
29	Upper Shroud Trim	1
30	Upper Shroud	1
31	Upper Shroud Top Cover	1
32	Hex Socket Countersunk Screw (M6×30)	4