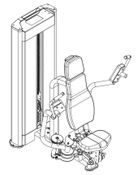
C407 · Pectoral Butterfly

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 according to these instructions. Read all instructions before continuing.

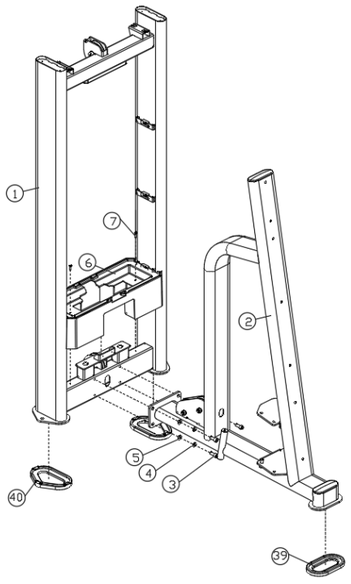
Tools Required

- 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



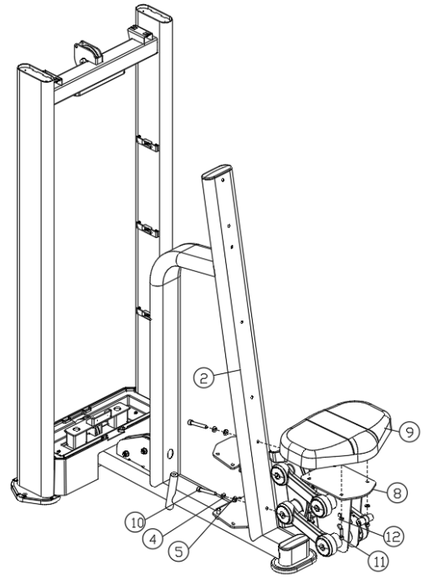
STEP 1 & 2

STEP 1
Attach the Lower Weight Stack Shroud (#6) to the Weight Stack Frame (#1). Install the Weight Stack Frame Foot Pads (#40) and Flat Oval Foot Pad (#39) in their corresponding positions.

HARDWARE
- Socket Head Cap Screw (M5×16) (#7) × 2

STEP 2
Connect the Pectoral Butterfly Side Frame (#2) to the Weight Stack Frame (#1).

HARDWARE
- Socket Head Cap Screw (M10×25) (#3) × 4
- Spring Washer (M10) (#4) × 4
- Flat Washer (M10-D20) (#5) × 4



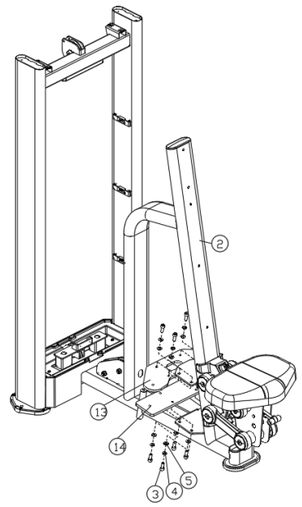
STEP 3 & 4

STEP 3
Attach the Seat Pad (#9) to the Seat Frame (#8).

HARDWARE
- Socket Head Cap Screw (M8×25) (#11) × 4
- Flat Washer (M8-D16) (#12) × 4

STEP 4
Attach the Seat Frame (#8) to the Pectoral Butterfly Side Frame (#2).

HARDWARE
- Socket Head Cap Screw (M10×70) (#10) × 2
- Spring Washer (M10) (#4) × 2
- Flat Washer (M10-D20) (#5) × 2



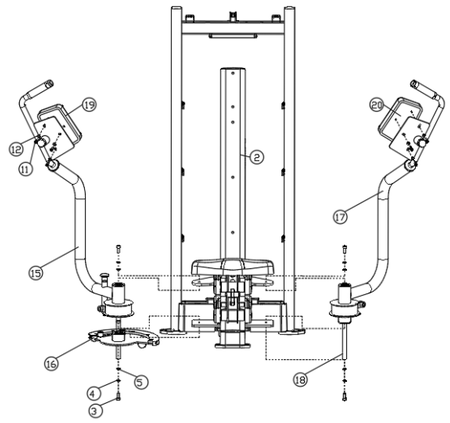
STEP 5

ACTION

Connect the Pectoral Butterfly Lever Arm Connecting Plate (#13) and Main Shaft Connecting Plate (#14) to the Pectoral Butterfly Side Frame (#2).

HARDWARE

- Socket Head Cap Screw (M10×25) (#3) × 8
- Spring Washer (M10) (#4) × 8
- Flat Washer (M10-D20) (#5) × 8



STEP 6 & 7

STEP 6

Connect the two Lever Arms (#15/#17), two Main Shafts (#18), and Flange Plate (#16) to the Pectoral Butterfly Side Frame (#2).

HARDWARE

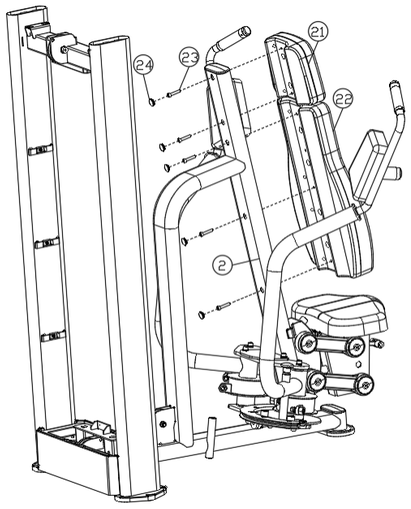
- Socket Head Cap Screw (M10×25) (#3) × 4
- Spring Washer (M10) (#4) × 4
- Flat Washer (M10-D20) (#5) × 4

STEP 7

Attach the Right and Left Elbow Pads (#19/#20) to the two Lever Arms (#15/#17).

HARDWARE

- Socket Head Cap Screw (M8×25) (#11) × 6
- Flat Washer (M8-D16) (#12) × 6



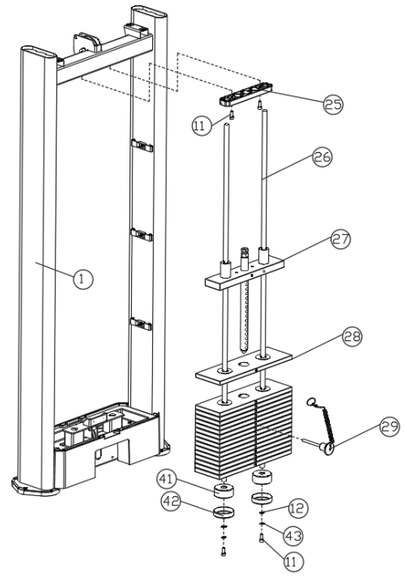
STEP 8

ACTION

Attach the Head Pad (#21) and Back Pad (#22) to the Pectoral Butterfly Side Frame (#2).

HARDWARE

- Socket Head Cap Screw (M8×40) (#23) × 5
- 20 Hole Plug (#24) × 5



STEP 9 & 10

STEP 9

Slide the two Weight Stack Rubber Cushions (#41) onto the two Guide Rod Assemblies (#26). Attach the two Weight Stack Bases (#42) to the Guide Rod Assemblies (#26), then place them into the Weight Stack Frame (#1). Tighten all bolts with a wrench before continuing.

HARDWARE

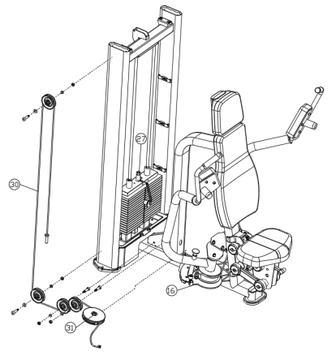
- Socket Head Cap Screw (M8×25) (#11) × 2
- Spring Washer (M8) (#43) × 2
- Flat Washer (M8-D16) (#12) × 2

STEP 10

Install the Weight Plates (#28) on the Guide Rod Assemblies (#26) with the spacer plates facing up. Install the Guide Block Assembly (#27) and insert the Weight Stack Selector Pin (#29). Slide the Guide Rod Fixing Plate (#32) onto the Guide Rod Assemblies (#26), then attach the Guide Rod Fixing Plate (#25) to the Weight Stack Frame (#1). Tighten all bolts with a wrench before continuing.

HARDWARE

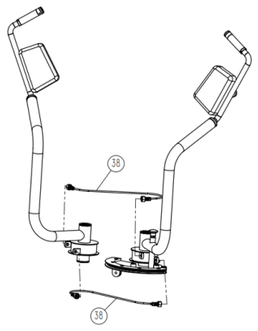
- Socket Head Cap Screw (M8×25) (#11) × 2



STEP 11

ACTION

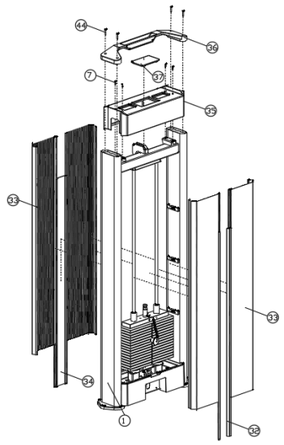
Remove the pre-installed pulleys. Route Cable I (#30) around the pulleys as shown, then reinstall the pulleys. Install the Pulley Housing (#31) around the cable and attach it to the Pectoral Butterfly Side Frame (#2). Connect one end of Cable I (#30) to the Guide Block Assembly (#27) and the other end to the Flange Plate (#16). Tighten all bolts with a wrench before continuing.



STEP 12

ACTION

Connect Cable II (#38) to the two Lever Arms as shown and adjust it to suitable tension.



STEP 13, 14 & 15

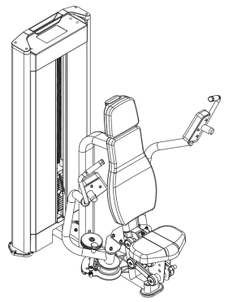
STEP 13
Slide two Trim Strips (#32) into two Baffles (#33) and secure them to the Weight Stack Frame (#1) with the baffle pressure plates. Slide the Decorative Panel (#34) into two Baffles (#33) and secure it to the Weight Stack Frame (#1). Attach the Upper Shroud (#35) to the Weight Stack Frame (#1).

HARDWARE
- Socket Head Cap Screw (M5×16) (#7) × 4

STEP 14
Attach the Top Cover Trim (#44) to the Weight Stack Frame (#1).

HARDWARE
- Socket Head Cap Screw (M6×30) (#44) × 4

STEP 15
Snap the Upper Shroud Top Cover (#37) onto the Upper Shroud (#35).



STEP 16

ACTION
Place the assembled machine in a suitable location.

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
1	Weight Stack Frame	1
2	Pectoral Butterfly Side Frame	1
3	Socket Head Cap Screw (M10×25)	16
4	Spring Washer (M10)	18
5	Flat Washer (M10-D20)	18
6	Lower Weight Stack Shroud	1
7	Socket Head Cap Screw (M5×16)	4
8	Seat Frame	1
9	Seat Pad	1
10	Socket Head Cap Screw (M10×70)	2
11	Socket Head Cap Screw (M8×25)	14

NO.	PART / SPECIFICATION	QTY
12	Flat Washer (M8-D16)	3
13	Pectoral Butterfly Lever Arm Connecting Plate	1
14	Main Shaft Connecting Plate	1
15	Pectoral Butterfly Right Lever Arm	1
16	Pectoral Butterfly Flange Plate	1
17	Pectoral Butterfly Left Leg Pad	1
18	Main Shaft (Ø20×192)	2
19	Right Elbow Pad	1
20	Left Elbow Pad	1
21	Head Pad	1
22	Back Pad	1

NO.	PART / SPECIFICATION	QTY
23	Socket Head Cap Screw (M8×40)	5
24	20 Hole Plug	5
25	Guide Rod Fixing Plate	1
26	Guide Rod Assembly	2
27	Guide Block Assembly (Center Rod)	1
28	Weight Plate	16
29	Weight Stack Selector Pin	1
30	Cable I	1
31	Pulley Housing	1
32	Trim Strip	2
33	Baffle	4

NO.	PART / SPECIFICATION	QTY
34	Decorative Panel	1
35	Upper Shroud	1
36	Top Cover Trim	1
37	Upper Shroud Top Cover	1
38	Cable II	2
39	Flat Oval Foot Pad	1
40	Weight Stack Frame Foot Pad	2
41	Weight Stack Rubber Cushion	2
42	Weight Stack Base	2
43	Spring Washer (M8)	2
44	Socket Head Cap Screw (M6×30)	4