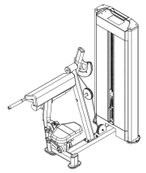
C410 · Biceps Curl

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.

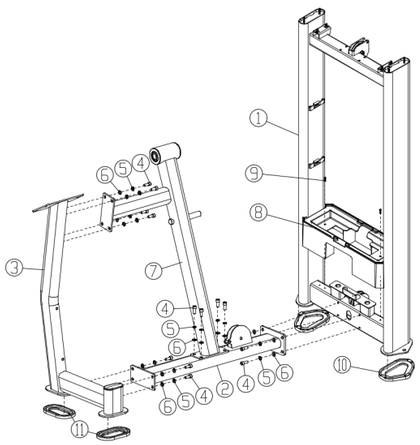
Tools Required

- 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, 3 & 4

STEP 1
Attach the Lower Weight Stack Shroud (#8) to the Weight Stack Frame (#1).

HARDWARE
- Socket Head Cap Screw (M5×16) (#9) × 2

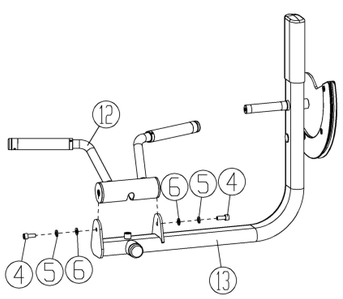
STEP 2
Connect the Biceps Connector Frame (#2) to the Weight Stack Frame (#1) and Biceps Side Frame (#3).

HARDWARE
- Socket Head Cap Screw (M10×25) (#4) × 8
- Spring Washer (10) (#5) × 8
- Flat Washer (10) (#6) × 8

STEP 3
Connect Biceps Connector Frame II (#7) to the Biceps Connector Frame (#2) and Biceps Side Frame (#3).

HARDWARE
- Socket Head Cap Screw (M10×25) (#4) × 8
- Spring Washer (10) (#5) × 8
- Flat Washer (10) (#6) × 8

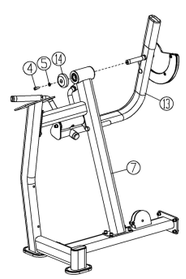
STEP 4
Install two Weight Stack Frame Foot Pads (#10) on the Weight Stack Frame (#1). Install two Flat Oval Foot Pads (#11) on the Biceps Side Frame (#3).



STEP 5

ACTION
Attach the Biceps Handle (#12) to the Biceps Lever Arm (#13). Tighten the bolts with a wrench before continuing.

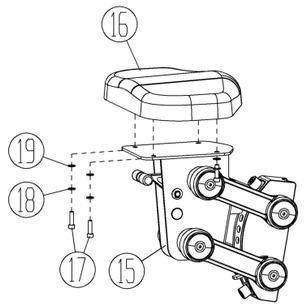
HARDWARE
- Socket Head Cap Screw (M10×25) (#4) × 2
- Spring Washer (10) (#5) × 2
- Flat Washer (10) (#6) × 2



STEP 6

ACTION
Attach the Biceps Lever Arm (#13) and 76 Aluminum Cap (#14) to Biceps Connector Frame II (#7). Tighten the bolts with a wrench before continuing.

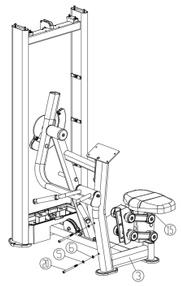
HARDWARE
- Socket Head Cap Screw (M10×25) (#4) × 1
- Spring Washer (10) (#5) × 1



STEP 7

ACTION
Attach the Seat Pad (#16) to the Seat (#15). Tighten the bolts with a wrench before continuing.

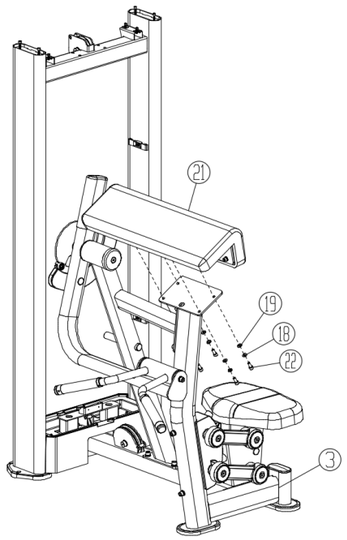
HARDWARE
- Socket Head Cap Screw (M8×30) (#17) × 4
- Spring Washer (8) (#18) × 4
- Flat Washer (8) (#19) × 4



STEP 8

ACTION
Attach the Seat (#15) to the Biceps Side Frame (#3). Tighten the bolts with a wrench before continuing.

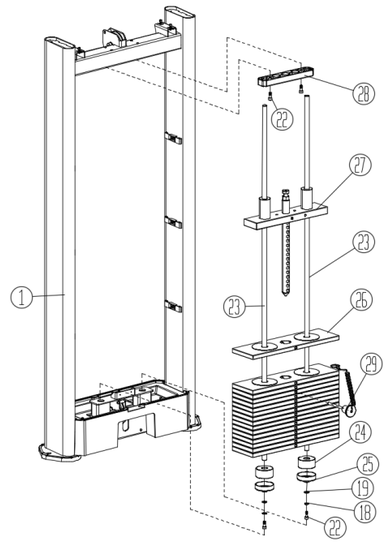
HARDWARE
- Socket Head Cap Screw (M10×120) (#20) × 2
- Spring Washer (10) (#5) × 2
- Flat Washer (10) (#6) × 2



STEP 9

ACTION
Attach the Biceps Elbow Pad (#21) to the Biceps Side Frame (#3). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#22) × 4
- Spring Washer (8) (#18) × 4
- Flat Washer (8) (#19) × 4



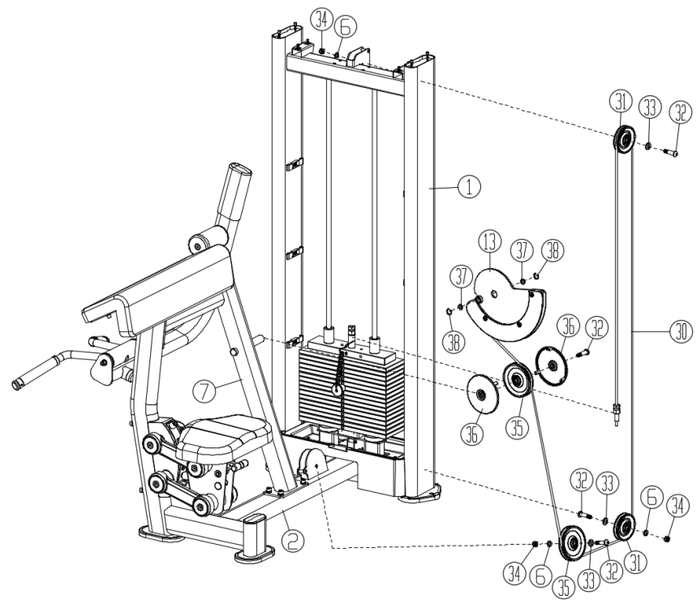
STEP 10 & 11

STEP 10
Slide the two Weight Stack Rubber Cushions (#24) onto the two Universal Weight Guide Rods (#23). Attach the two Weight Stack Bases (#25) to the Guide Rods (#23), then place them into the Weight Stack Frame (#1). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#22) × 2
- Spring Washer (8) (#18) × 2
- Flat Washer (8) (#19) × 2

STEP 11
Install 12 Weight Plates (#26) on the Guide Rods (#23) with the spacer plates facing up. Install the Guide Block Assembly (#27), insert the Weight Stack Selector Pin (#29), and slide the Guide Rod Fixing Plate (#28) onto the Guide Rods. Attach the Guide Rod Fixing Plate (#28) to the Weight Stack Frame (#1). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#22) × 2



STEP 12, 13 & 14

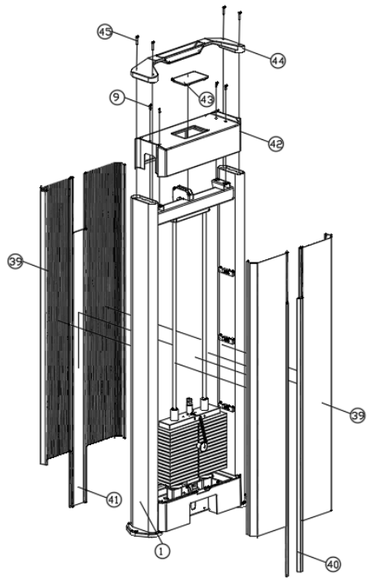
STEP 12
Attach two 95 Pulleys (#31) to the Weight Stack Frame (#1) using two Pulley Shafts (#32), two Hex Lock Nuts (#34), two Flat Washers (#33), and two Flat Washers (#6). Attach one 120 Pulley (#35) to the Biceps Connector Frame (#2) using one Pulley Shaft (#32), one Hex Lock Nut (#34), one Flat Washer (#33), and one Flat Washer (#6). Attach the two Pulley Housings (#36) and the other 120 Pulley (#35) to Biceps Connector Frame II (#7) using one Pulley Shaft (#32). Install these pulleys together with the Biceps Cable (#30).

HARDWARE
- Pulley Shaft-32 (#32) × 2
- Hex Lock Nut (M10) (#34) × 2
- Flat Washer (12) (#33) × 2
- Flat Washer (10) (#6) × 2
- Pulley Shaft-32 (#32) × 1
- Hex Lock Nut (M10) (#34) × 1
- Flat Washer (12) (#33) × 1
- Flat Washer (10) (#6) × 1
- Pulley Shaft-32 (#32) × 1

STEP 13
Connect the stop-end of the Biceps Cable (#30) to the flange of the Biceps Lever Arm (#13) using two Small Washers (#37) and two Internal Retaining Rings (#38).

HARDWARE
- Small Washer (10) (#37) × 2
- Internal Retaining Ring (20×S1) (#38) × 2

STEP 14
Connect the bolt end of the Biceps Cable (#30) to the Weight Stack Frame (#1).



STEP 15

ACTION

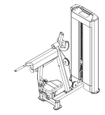
Slide two Weight Stack Trim Strips (#40) into two Baffles (#39) and secure them to the Weight Stack Frame (#1) with the baffle pressure plates. Slide the Weight Stack Decorative Panel (#41) into two Baffles (#39) and secure it to the Weight Stack Frame (#1). Attach the Upper Weight Stack Shroud (#42) to the Weight Stack Frame (#1), connect the Upper Shroud Top Cover (#43) to the Upper Shroud (#42), and attach the Top Cover Trim (#44) to the Weight Stack Frame (#1).

HARDWARE

- Socket Head Cap Screw (M5×16) (#9) × 4
- Socket Head Cap Screw (M6×30) (#45) × 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
1	Weight Stack Frame	1	16	Seat Pad	1	31	95 Pulley	2
2	Biceps Connector Frame	1	17	Socket Head Cap Screw (M8×30)	4	32	Pulley Shaft-32	4
3	Biceps Side Frame	1	18	Spring Washer (8)	8	33	Flat Washer (12)	3
4	Socket Head Cap Screw (M10×25)	19	19	Flat Washer (8)	8	34	Hex Lock Nut (M10)	3
5	Spring Washer (10)	21	20	Socket Head Cap Screw (M10×120)	2	35	120 Pulley	2
6	Flat Washer (10)	23	21	Biceps Elbow Pad	1	36	Pulley Housing	2
7	Biceps Connector Frame II	1	22	Socket Head Cap Screw (M8×20)	8	37	Small Washer (10)	2
8	Lower Weight Stack Shroud	1	23	Universal Weight Guide Rod	2	38	Internal Retaining Ring (20×S1)	2
9	Socket Head Cap Screw (M5×16)	8	24	Weight Stack Rubber Cushion	2	39	Baffle	4
10	Weight Stack Frame Foot Pad	2	25	Weight Stack Base	2	40	Weight Stack Trim Strip	2
11	Flat Oval Foot Pad	2	26	Weight Plate	12	41	Weight Stack Decorative Panel	1
12	Biceps Handle	1	27	Guide Block Assembly	1	42	Upper Weight Stack Shroud	1
13	Biceps Lever Arm	1	28	Guide Rod Fixing Plate	1	43	Upper Shroud Top Cover	1
14	76 Aluminum Cap	1	29	Weight Stack Selector Pin	1	44	Top Cover Trim	1
15	Seat	1	30	Biceps Cable	1	45	Socket Head Cap Screw (M6×30)	4