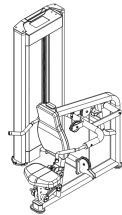


C411 • Triceps Dip

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

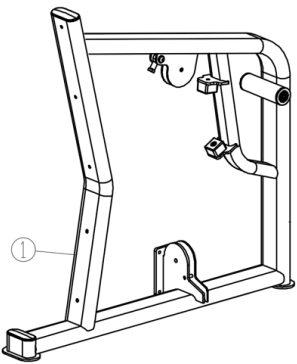
• Adjustable Wrench

• 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

ACTION
Position the Triceps Dip Side Frame (#1) upright and perpendicular to the floor. Prepare the specified fasteners.

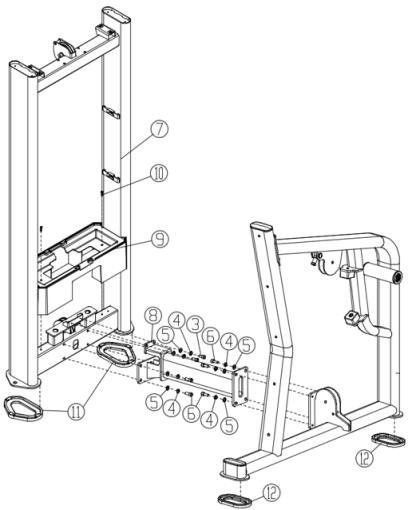
- HARDWARE**
- Socket Head Cap Screw (M10×25) (#6)

• Spring Washer (10) (#4)

• Flat Washer (10) (#5)
- × 4

× 4

× 4



STEP 2, 3 & 4

STEP 2
Attach the Lower Weight Stack Shroud (#9) to the Weight Stack Frame (#7).

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#10)
- × 2

STEP 3
Connect the Triceps Dip Connector Frame (#8) to the Weight Stack Frame (#7) and Triceps Dip Side Frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#6)

• Socket Head Cap Screw (M10×20) (#3)

• Spring Washer (10) (#4)

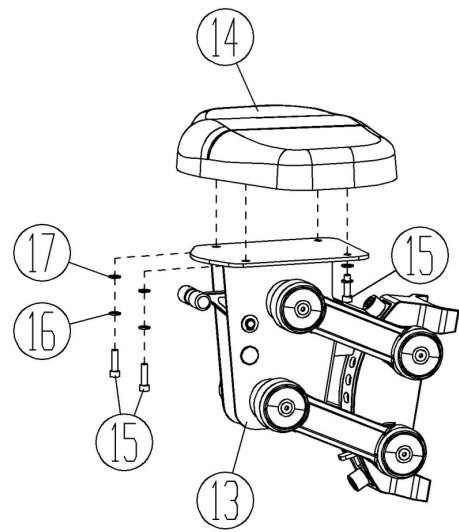
• Flat Washer (10) (#5)
- × 8

× 2

× 10

× 10

STEP 4
Install two Weight Stack Frame Foot Pads (#11) on the Weight Stack Frame (#7). Install two Flat Oval Foot Pads (#12) on the Triceps Dip Side Frame (#1).



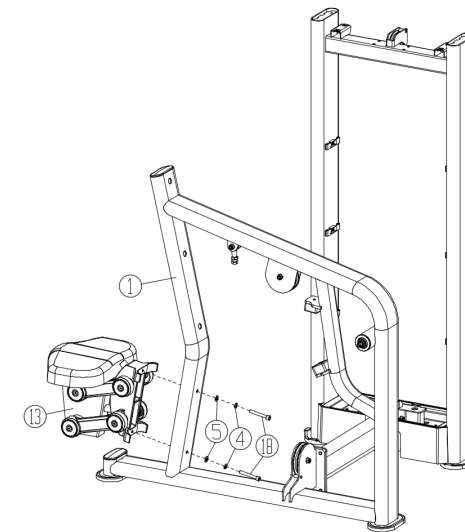
STEP 5

ACTION

Attach the Seat Pad (#14) to the Seat (#13). Tighten the bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M8×30) (#15) × 4
- Spring Washer (8) (#16) × 4
- Flat Washer (8) (#17) × 4



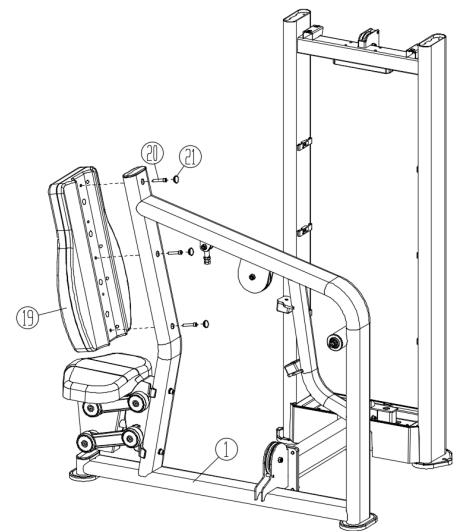
STEP 6

ACTION

Attach the Seat (#13) to Triceps Dip Side Frame I (#1) and Side Frame II (#2). Tighten the bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M10×70) (#18) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2



STEP 7 & 8

STEP 7

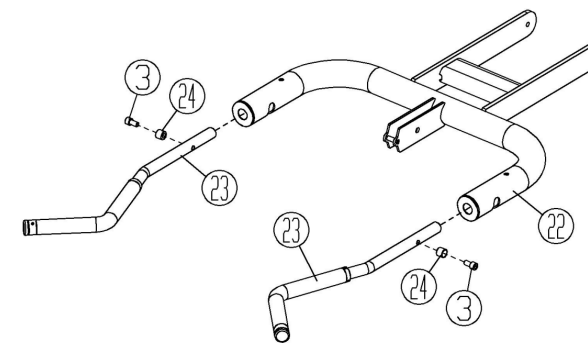
Attach the Back Pad (#19) to Triceps Dip Side Frame I (#1). Tighten the bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M8×40) (#20) × 3

STEP 8

Install three 20 Hole Plugs (#21) in Triceps Dip Side Frame I (#1).



STEP 9 & 10

STEP 9

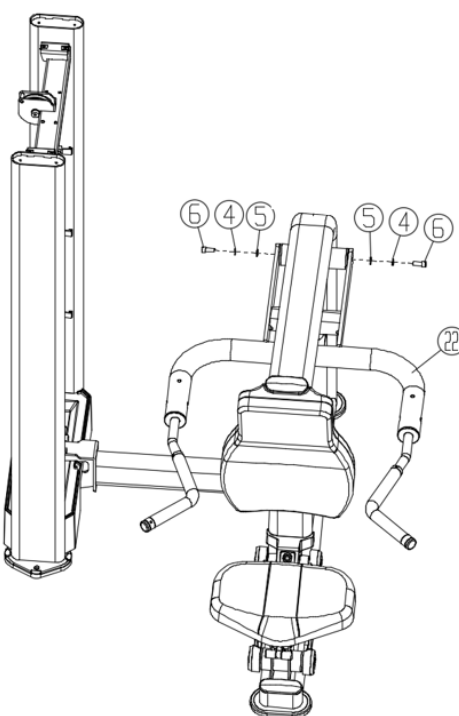
Install the two Triceps Dip Handles (#23) on the Triceps Dip Lever Arm (#22).

STEP 10

Attach the two Stop Collars (#24) to the two Triceps Dip Handles (#23). Tighten the bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M10×20) (#3) × 2



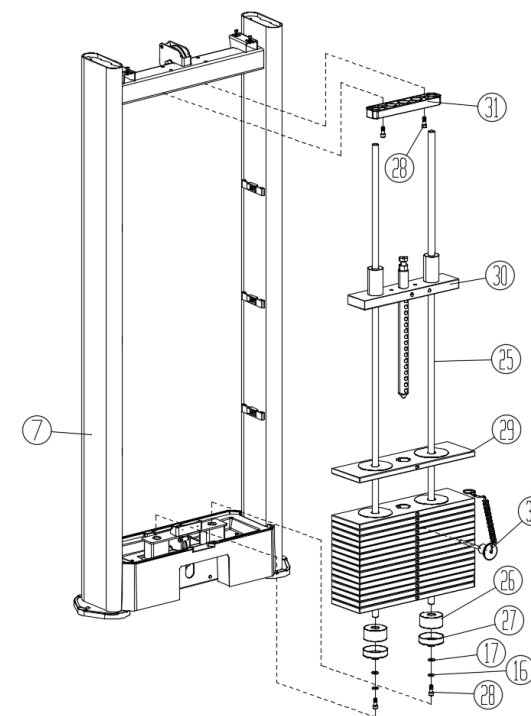
STEP 11

ACTION

Attach the Triceps Dip Lever Arm (#22) to Triceps Dip Side Frame II (#2). Tighten the bolts with a wrench before continuing.

HARDWARE

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



STEP 12 & 13

STEP 12

Slide the two Weight Stack Rubber Cushions (#26) onto the two Universal Weight Guide Rods (#25). Attach the two Weight Stack Bases (#27) to the Guide Rods (#25), then place them into the Weight Stack Frame (#7). Tighten the bolts with a wrench before continuing.

HARDWARE

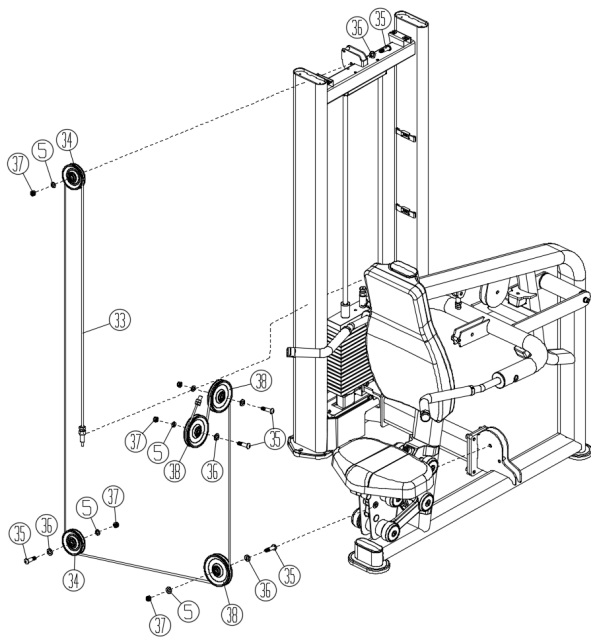
- Socket Head Cap Screw (M8×20) (#28) × 2
- Spring Washer (8) (#16) × 2
- Flat Washer (8) (#17) × 2

STEP 13

Install 16 Weight Plates (#29) on the Guide Rods (#25) with the spacer plates facing up. Install the Guide Block Assembly (#30), insert the Weight Stack Selector Pin (#32), and slide the Guide Rod Fixing Plate (#31) onto the Guide Rods. Attach the Guide Rod Fixing Plate (#31) to the Weight Stack Frame (#7). Tighten the bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M8×20) (#28) × 2

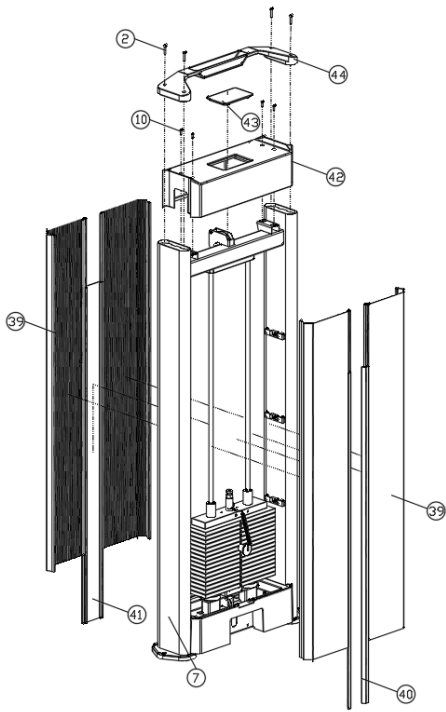


STEP 14 & 15

STEP 14
Attach two 95 Pulleys (#34) to the Weight Stack Frame (#7) using two Pulley Shafts (#35), two Hex Lock Nuts (#37), two Flat Washers (#36), and two Flat Washers (#5). Attach three 120 Pulleys (#38) to Triceps Dip Side Frame II (#2) and the Triceps Dip Lever Arm (#22) using three Pulley Shafts (#35), three Hex Lock Nuts (#37), three Flat Washers (#36), and three Flat Washers (#5). Install these pulleys together with the Triceps Dip Cable (#33).

- HARDWARE**
- Pulley Shaft-32 (#35) × 2
 - Hex Lock Nut (M10) (#37) × 2
 - Flat Washer (12) (#36) × 2
 - Flat Washer (10) (#5) × 2
 - Pulley Shaft-32 (#35) × 3
 - Hex Lock Nut (M10) (#37) × 3
 - Flat Washer (12) (#36) × 3
 - Flat Washer (10) (#5) × 3

STEP 15
Connect the M14 bolt end of the Triceps Dip Cable (#33) to the Weight Stack Frame (#7). Connect the M12 bolt end to Triceps Dip Side Frame II (#2).



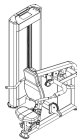
STEP 16

ACTION
Slide two Weight Stack Trim Strips (#40) into two Baffles (#39) and secure them to the Weight Stack Frame (#7) with the baffle pressure plates. Slide the Weight Stack Decorative Panel (#41) into two Baffles (#39) and secure it to the Weight Stack Frame (#7). Attach the Upper Weight Stack Shroud (#42) to the Weight Stack Frame (#7). Attach the Upper Shroud Top Cover (#43) to the Upper Shroud (#42), then attach the Top Cover Trim (#44) to the Weight Stack Frame (#7).

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#10) × 4
 - Socket Head Cap Screw (M6×30) (#2) × 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	Triceps Dip Side Frame	1	12	Flat Oval Foot Pad	2	23	Triceps Dip Handle	2	34	95 Pulley	2
2	Socket Head Cap Screw (M6×30)	4	13	Seat	1	24	Stop Collar	2	35	Pulley Shaft-32	5
3	Socket Head Cap Screw (M10×20)	2	14	Seat Pad	1	25	Universal Weight Guide Rod	2	36	Flat Washer (12)	5
4	Spring Washer (10)	14	15	Socket Head Cap Screw (M8×30)	4	26	Weight Stack Rubber Cushion	2	37	Hex Lock Nut (M10)	5
5	Flat Washer (10)	19	16	Spring Washer (8)	6	27	Weight Stack Base	2	38	120 Pulley	3
6	Socket Head Cap Screw (M10×25)	10	17	Flat Washer (8)	6	28	Socket Head Cap Screw (M8×20)	4	39	Baffle	4
7	Weight Stack Frame	1	18	Socket Head Cap Screw (M10×70)	2	29	Weight Plate	16	40	Weight Stack Trim Strip	2
8	Triceps Dip Connector Frame	1	19	Back Pad	1	30	Guide Block Assembly	1	41	Weight Stack Decorative Panel	1
9	Lower Weight Stack Shroud	1	20	Socket Head Cap Screw (M8×40)	4	31	Guide Rod Fixing Plate	1	42	Upper Weight Stack Shroud	1
10	Socket Head Cap Screw (M5×16)	8	21	20 Hole Plug	3	32	Weight Stack Selector Pin	1	43	Upper Shroud Top Cover	1
11	Weight Stack Frame Foot Pad	2	22	Triceps Dip Lever Arm	1	33	Triceps Dip Cable	1	44	Top Cover Trim	1