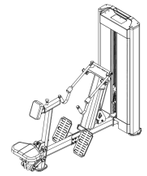
C414 · Mid Row

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.

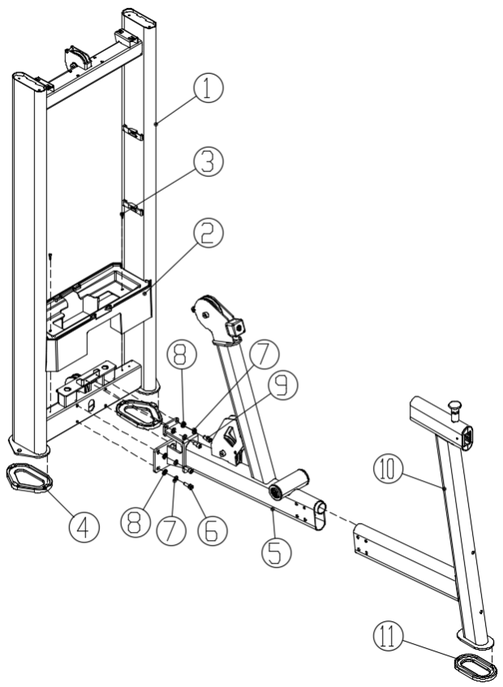
Tools Required

- 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

STEP 1

Attach the Lower Weight Stack Shroud (#2) to the Weight Stack Frame (#1). Install two Weight Stack Frame Foot Pads (#4) on the Weight Stack Frame (#1).

HARDWARE

- Socket Head Cap Screw (M5×16) (#3) × 2

STEP 2

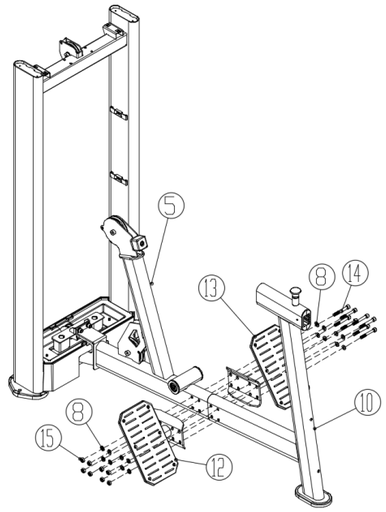
Connect Seated Row Side Frame I (#5) to the Weight Stack Frame (#1).

HARDWARE

- Socket Head Cap Screw (M10×25) (#6) × 4
- Spring Washer (10) (#7) × 6
- Flat Washer (10) (#8) × 6
- Socket Head Cap Screw (M10×20) (#9) × 2

STEP 3

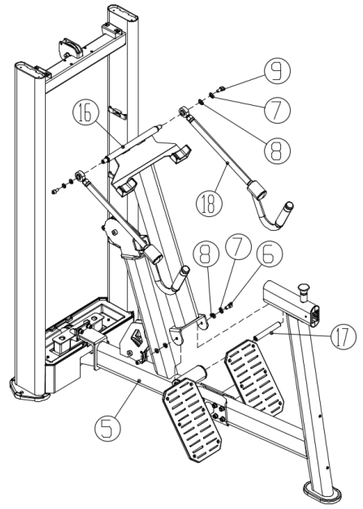
Install one Flat Oval Foot Pad (#11) on Seated Row Side Frame II (#10). Fit Seated Row Side Frame II (#10) onto Seated Row Side Frame I (#5) as shown.



STEP 4

ACTION
Connect the Left Footplate (#12) and Right Footplate (#13) to Seated Row Side Frame I (#5) and Seated Row Side Frame II (#10).

HARDWARE
- Hex Socket Countersunk Head Screw (M10×75) (#14) × 8
- Flat Washer (10) (#8) × 16
- Hex Lock Nut (M10) (#15) × 8



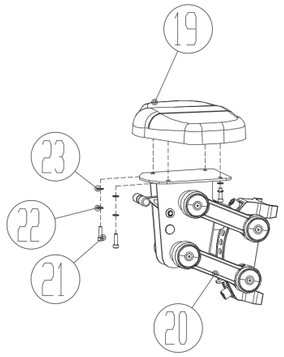
STEP 5 & 6

STEP 5
Connect the Row Lever Arm (#16) and Row Lever Arm Shaft (#17) to Seated Row Side Frame I (#5).

HARDWARE
- Socket Head Cap Screw (M10×25) (#6) × 2
- Spring Washer (10) (#7) × 2
- Flat Washer (10) (#8) × 2

STEP 6
Connect the two Row Lever Arm Link Rods (#18) to the Row Lever Arm (#16).

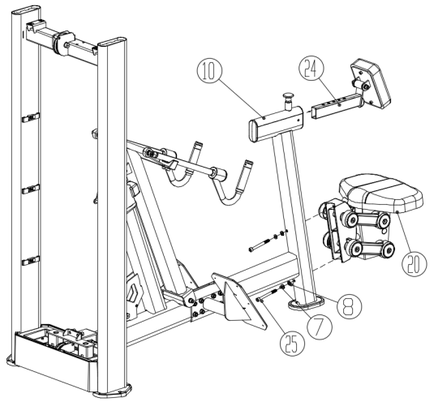
HARDWARE
- Socket Head Cap Screw (M10×20) (#9) × 2
- Spring Washer (10) (#7) × 2
- Flat Washer (10) (#8) × 2



STEP 7

ACTION
Attach the Seat Pad (#19) to the Seat Frame (#20).

HARDWARE
- Socket Head Cap Screw (M8×30) (#21) × 4
- Spring Washer (8) (#22) × 4
- Flat Washer (8) (#23) × 4

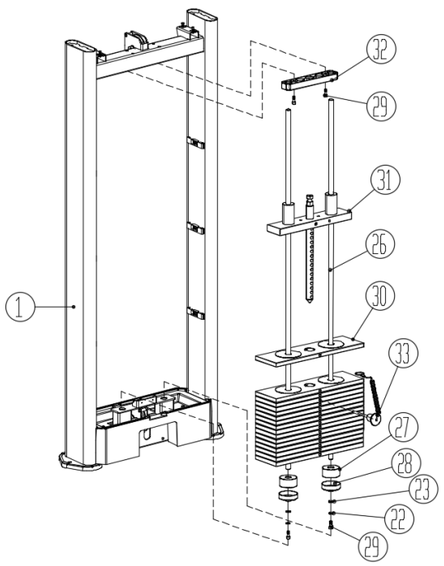


STEP 8 & 9

STEP 8
Attach the Seat Frame (#20) to Seated Row Side Frame II (#10).

HARDWARE
- Hex Socket Countersunk Head Screw (M10×120) (#25) × 2
- Spring Washer (10) (#7) × 2
- Flat Washer (10) (#8) × 2

STEP 9
Fit the Chest Support Assembly (#24) onto Seated Row Side Frame II (#10) as shown.



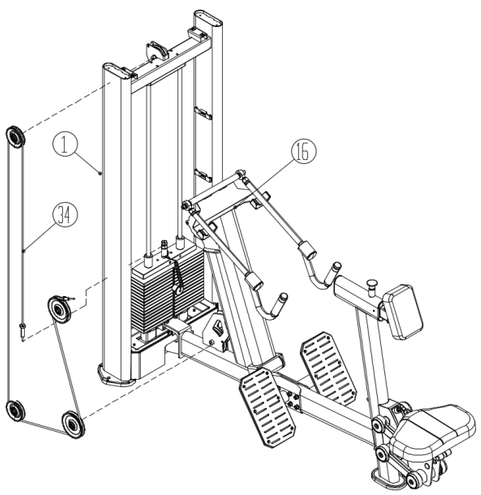
STEP 10 & 11

STEP 10
Slide the two Weight Stack Rubber Cushions (#27) onto the two Universal Weight Guide Rods (#26). Attach the two Weight Stack Bases (#28) to the Guide Rods (#26), then place them into the Weight Stack Frame (#1). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#29) × 2
- Spring Washer (8) (#22) × 2
- Flat Washer (8) (#23) × 2

STEP 11
Install 16 Weight Plates (#30) on the Guide Rods (#26) with the spacer plates facing up. Install the Guide Block Assembly (#31), insert the Weight Stack Selector Pin (#33), and slide the Guide Rod Fixing Plate (#32) onto the Guide Rods. Attach the Guide Rod Fixing Plate (#32) to the Weight Stack Frame (#1). Tighten the bolts with a wrench before continuing.

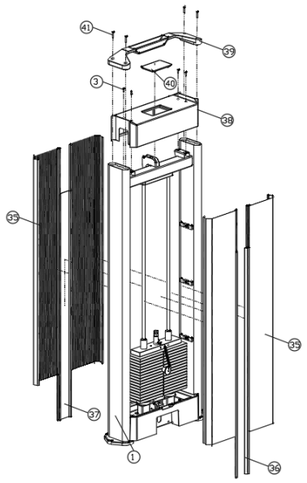
HARDWARE
- Socket Head Cap Screw (M8×20) (#29) × 2



STEP 12 & 13

STEP 12
Remove the pre-installed 95 and 120 pulleys. Route the Cable (#34) through the pulleys as shown, then reinstall the pulleys. Install the pulleys together with the Cable (#34).

STEP 13
Connect one end of the Cable (#34) to the Row Lever Arm (#16), then connect the other end inside the Weight Stack Frame (#1).



STEP 14, 15 & 16

STEP 14
Slide two Weight Stack Trim Strips (#36) into two Baffles (#35) and secure them to the Weight Stack Frame (#1) with the baffle pressure plates. Slide the Weight Stack Decorative Panel (#37) into two Baffles (#35) and secure it to the Weight Stack Frame (#1). Attach the Upper Weight Stack Shroud (#38) to the Weight Stack Frame (#1).

HARDWARE
- Socket Head Cap Screw (M5×16) (#3) × 4

STEP 15
Attach the Top Cover Trim (#39) to the Weight Stack Frame (#1).

HARDWARE
- Socket Head Cap Screw (M6×30) (#41) × 4

STEP 16
Snap the Upper Shroud Top Cover (#40) onto the Upper Weight Stack Shroud (#38).

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	Lower Weight Stack Shroud	1
3	Socket Head Cap Screw (M5×16)	8
4	Weight Stack Frame Foot Pad	2
5	Seated Row Side Frame I	1
6	Socket Head Cap Screw (M10×25)	6
7	Spring Washer (10)	12
8	Flat Washer (10)	24
9	Socket Head Cap Screw (M10×20)	4
10	Seated Row Side Frame II	1
11	Flat Oval Foot Pad	1
12	Left Footplate	1
13	Right Footplate	1
14	Hex Socket Countersunk Head Screw (M10×75)	8
15	Hex Lock Nut (M10)	8
16	Row Lever Arm	1
17	Row Lever Arm Shaft	1
18	Row Lever Arm Link Rod	2
19	Seat Pad	1
20	Seat Frame	1
21	Socket Head Cap Screw (M8×30)	4
22	Spring Washer (8)	6
23	Flat Washer (8)	6
24	Chest Support Assembly	1
25	Hex Socket Countersunk Head Screw (M10×120)	2
26	Universal Weight Guide Rod	2
27	Weight Stack Rubber Cushion	2
28	Weight Stack Base	2
29	Socket Head Cap Screw (M8×20)	4
30	Weight Plate	16
31	Guide Block Assembly	1
32	Guide Rod Fixing Plate	1
33	Weight Stack Selector Pin	1
34	Cable	1
35	Baffle	4
36	Weight Stack Trim Strip	2
37	Weight Stack Decorative Panel	1
38	Upper Weight Stack Shroud	1
39	Top Cover Trim	1
40	Upper Shroud Top Cover	1
41	Socket Head Cap Screw (M6×30)	4