C416A · Knee-on Assisted Chin / 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.

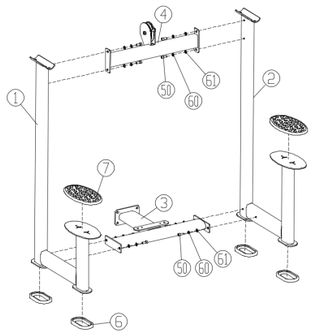
Tools Required

- 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

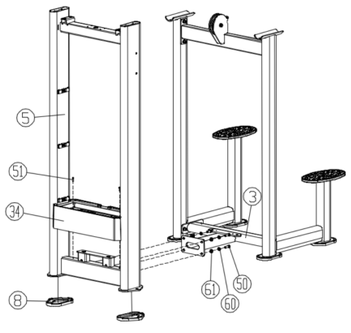


STEP 1 & 2

STEP 1
Connect the Chin-Up Base Frame (#3) and Chin-Up Connector Frame (#4) to Left Side Frame I (#1) and Right Side Frame I (#2).

HARDWARE
- Socket Head Cap Screw (M10×25) (#50) × 8
- Spring Washer (M10) (#60) × 8
- Flat Washer (M10-D20) (#61) × 8

STEP 2
Install four Flat Oval Foot Pads (#6) on Left Side Frame I (#1) and Right Side Frame I (#2). Install two Oval Step Plates (#7) on the two side frames.



STEP 3, 4 & 5

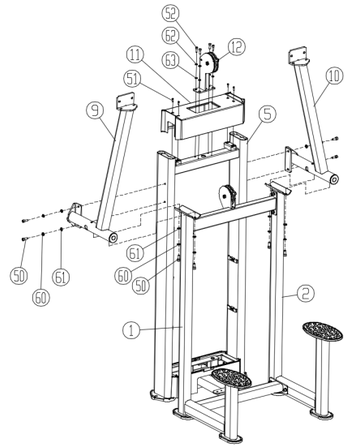
STEP 3
Install two Weight Stack Frame Foot Pads (#8) on the Weight Stack Frame (#5).

STEP 4
Connect the Chin-Up Base Frame (#3) to the Weight Stack Frame (#5).

HARDWARE
- Socket Head Cap Screw (M10×25) (#50) × 4
- Spring Washer (M10) (#60) × 4
- Flat Washer (M10-D20) (#61) × 4

STEP 5
Attach the Lower Weight Stack Shroud (#34) to the Weight Stack Frame (#5).

HARDWARE
- Socket Head Cap Screw (M5×16) (#51) × 2



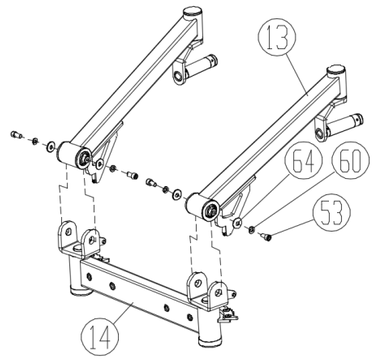
STEP 6

ACTION

Connect Chin-Up Connector Frame II (#12) to the Weight Stack Frame (#5), Left Side Frame II (#10) to Left Side Frame I (#2), and Right Side Frame II (#9) to Right Side Frame I (#1). At the same time, install the Upper Shroud (#11) with M5×16 Socket Head Cap Screw (#51).

HARDWARE

- Socket Head Cap Screw (M10×25) (#50) × 8
- Socket Head Cap Screw (M8×25) (#52) × 4
- Spring Washer (M10) (#60) × 8
- Spring Washer (M8) (#62) × 4
- Flat Washer (M10-D20) (#61) × 8
- Flat Washer (M8-D16) (#63) × 4
- Socket Head Cap Screw (M5×16) (#51)



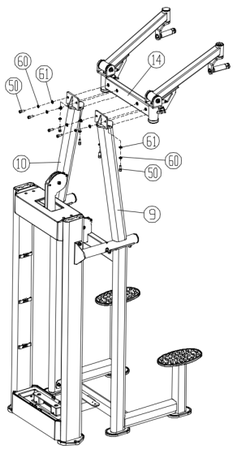
STEP 7

ACTION

Connect the two Rocker Arm Frames (#13) to the Rocker Arm Mounting Frame (#14).

HARDWARE

- Socket Head Cap Screw (M10×20) (#53) × 4
- Spring Washer (M10) (#60) × 4
- Flat Washer (M10-D30) (#64) × 4



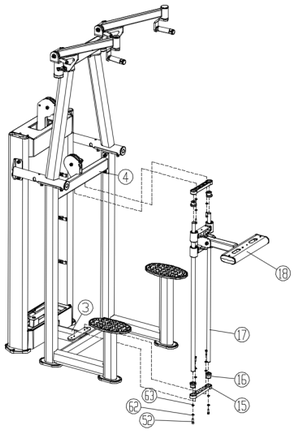
STEP 8

ACTION

Connect the Rocker Arm Mounting Frame (#14) to Left Side Frame II (#10) and Right Side Frame II (#9).

HARDWARE

- Socket Head Cap Screw (M10×25) (#50) × 8
- Spring Washer (M10) (#60) × 8
- Flat Washer (M10-D20) (#61) × 8



STEP 9, 10 & 11

STEP 9

Connect the bottom ends of the Chin-Up Guide Rods (#17) to the Guide Rod Mounts (#15).

HARDWARE

- Guide Rod End Sleeve (#16) × 4
- Socket Head Cap Screw (M8×25) (#52) × 2
- Spring Washer (M8) (#62) × 2
- Flat Washer (M8-D16) (#63) × 2

STEP 10

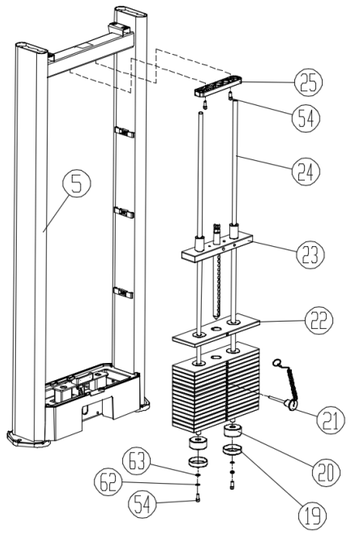
Install the Chin-Up Sliding Assembly (#18) on the Guide Rods (#17). Keep the threaded-hole side of the sliding component facing up.

STEP 11

Attach the Chin-Up Guide Rods (#17) to the Base Frame (#3) and Connector Frame (#4).

HARDWARE

- Socket Head Cap Screw (M8×25) (#52) × 4
- Spring Washer (M8) (#62) × 4
- Flat Washer (M8-D16) (#63) × 4



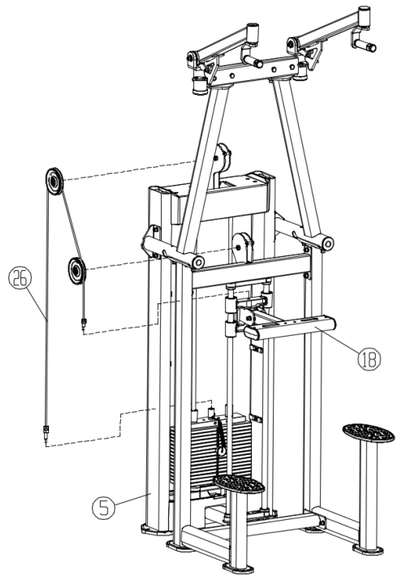
STEP 12 & 13

STEP 12
Slide the two Weight Stack Rubber Cushions (#20) onto the two Guide Rods (#24). Attach the two Weight Stack Bases (#19) to the Guide Rods (#24), then place them into the Weight Stack Frame (#5). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#54) × 2
- Spring Washer (M8) (#62) × 2
- Flat Washer (M8-D16) (#63) × 2

STEP 13
Install the Weight Plates (#22) on the Guide Rods (#24) with the spacer plates facing up. Install the Guide Block Assembly (#23), insert the Weight Stack Selector Pin (#21), and slide the Guide Rod Fixing Plate (#25) onto the Guide Rods. Attach the Guide Rod Fixing Plate (#25) to the Weight Stack Frame (#5). Tighten the bolts with a wrench before continuing.

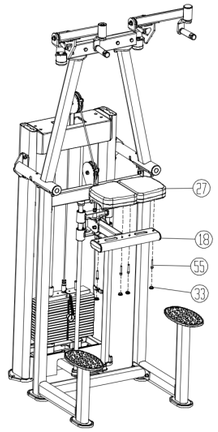
HARDWARE
- Socket Head Cap Screw (M8×20) (#54) × 2



STEP 14 & 15

STEP 14
Remove the pre-installed 120 pulleys. Route the Cable (#26) through the pulleys as shown, then reinstall the 120 pulleys. Install the pulleys together with the Cable.

STEP 15
Connect one end of the Cable (#26) inside the Weight Stack Frame (#5), then connect the other end to the Chin-Up Sliding Assembly (#18).

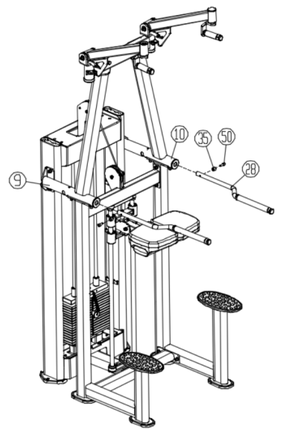


STEP 16 & 17

STEP 16
Attach the two Chin-Up Knee Pads (#27) to the Sliding Assembly (#18).

HARDWARE
- Socket Head Cap Screw (M8×40) (#55) × 4

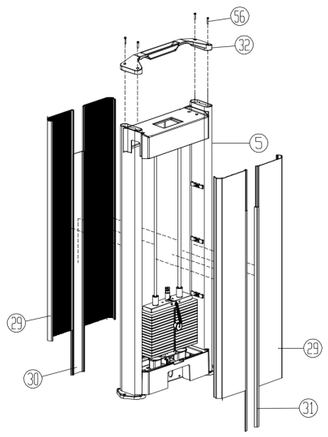
STEP 17
Install four Hole Plugs (#33) in the Chin-Up Sliding Assembly (#18).



STEP 18

ACTION
Attach the two Chin-Up Handrails (#28) to Left Side Frame II (#10) and Right Side Frame II (#9).

HARDWARE
- Socket Head Cap Screw (M10×25) (#50) × 2
- Stop Bolt Sleeve (#35) × 2



STEP 19 & 20

STEP 19
Slide two Trim Strips (#31) into two Baffles (#29) and secure them to the Weight Stack Frame (#5) with the baffle pressure plates. Slide the Decorative Panel (#30) into two Baffles (#29) and secure it to the Weight Stack Frame (#5).

STEP 20
Attach the Top Cover Trim (#32) to the Weight Stack Frame (#5).

HARDWARE
- Socket Head Cap Screw (M6×30) (#56) × 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
1	Left Side Frame I	1
2	Right Side Frame I	1
3	Chin-Up Base Frame	1
4	Chin-Up Connector Frame	1
5	Weight Stack Frame	1
6	Flat Oval Foot Pad	4
7	Oval Step Plate	2
8	Weight Stack Frame Foot Pad	2
9	Right Side Frame II	1
10	Left Side Frame II	1
11	Upper Shroud	1
12	Chin-Up Connector Frame II	1
13	Rocker Arm Frame	2
14	Rocker Arm Mounting Frame	1
15	Guide Rod Mount	2
16	Guide Rod End Sleeve	4

NO.	PART / SPECIFICATION	QTY
17	Chin-Up Guide Rod	2
18	Chin-Up Sliding Assembly	1
19	Weight Stack Base	2
20	Weight Stack Rubber Cushion	2
21	Weight Stack Selector Pin	1
22	Weight Plate	16
23	Guide Block Assembly	1
24	Guide Rod	2
25	Guide Rod Fixing Plate	1
26	Cable	1
27	Chin-Up Knee Pad	2
28	Chin-Up Handrail	2
29	Baffle	4
30	Decorative Panel	2
31	Trim Strip	2
32	Top Cover Trim	1

NO.	PART / SPECIFICATION	QTY
33	Hole Plug	4
34	Lower Weight Stack Shroud	1
35	Stop Bolt Sleeve	2
50	Socket Head Cap Screw (M10×25)	30
51	Socket Head Cap Screw (M5×16)	2
52	Socket Head Cap Screw (M8×25)	10
53	Socket Head Cap Screw (M10×20)	4
54	Socket Head Cap Screw (M8×20)	4
55	Socket Head Cap Screw (M8×40)	4
56	Socket Head Cap Screw (M6×30)	4
60	Spring Washer (M10)	32
61	Flat Washer (M10-D20)	28
62	Spring Washer (M8)	12
63	Flat Washer (M8-D16)	12
64	Flat Washer (M10-D30)	4