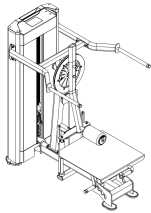


C420 • Multi Hip

INSTALLATION MANUAL



Before Installation

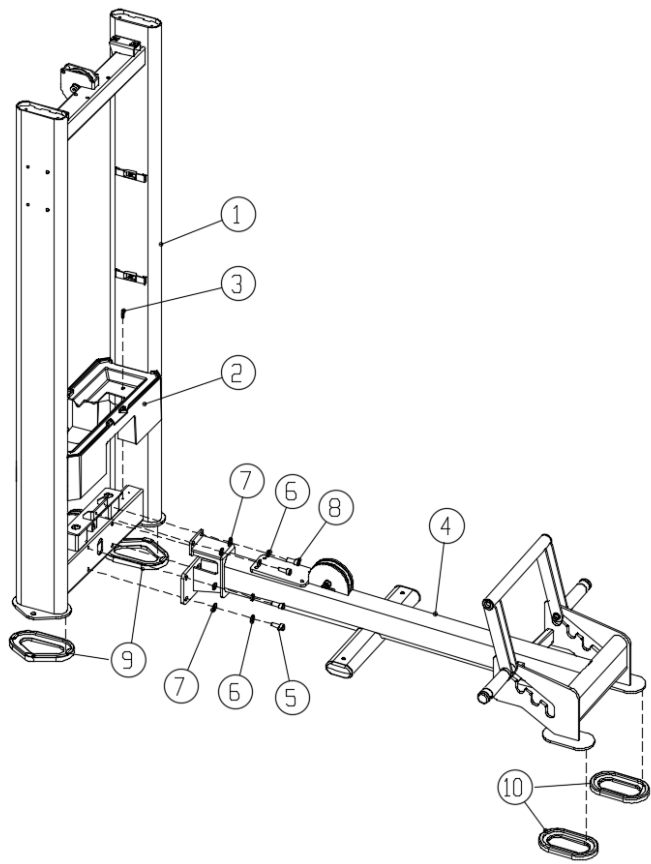
Before You Start

- 01 Read these instructions carefully before installation. Check all parts and quantities against the parts list. If any parts are missing or damaged in transit, contact after-sales service immediately. Assemble the equipment according to these instructions.
- 02 Understand all equipment functions before use. If a problem occurs during use, stop immediately to prevent injury or equipment damage. Refer to these instructions for troubleshooting and contact after-sales service if the problem cannot be resolved. Continue only after reading all instructions.

Tools Required

- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly



STEP 1, 2 & 3

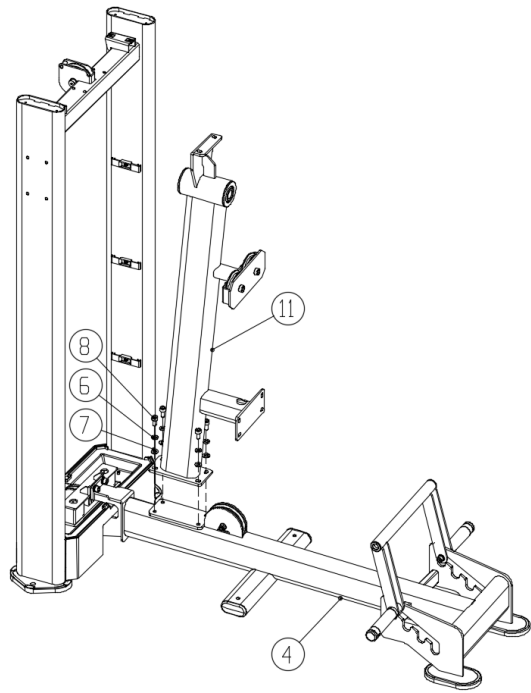
STEP 1
Attach the lower weight stack shroud (#2) to the weight stack frame (#1).

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

STEP 2
Attach the Multi Hip base frame (#4) to the weight stack frame (#1).

- HARDWARE**
- Hex Socket Head Cap Screw (M10×25) (#5) × 4
 - Spring Washer (10) (#6) × 6
 - Flat Washer (10) (#7) × 6
 - Hex Socket Head Cap Screw (M10×20) (#8) × 2

STEP 3
Install two weight stack frame foot pads (#9) on the weight stack frame (#1). Install two flat oval foot pads (#10) on the Multi Hip base frame (#4).



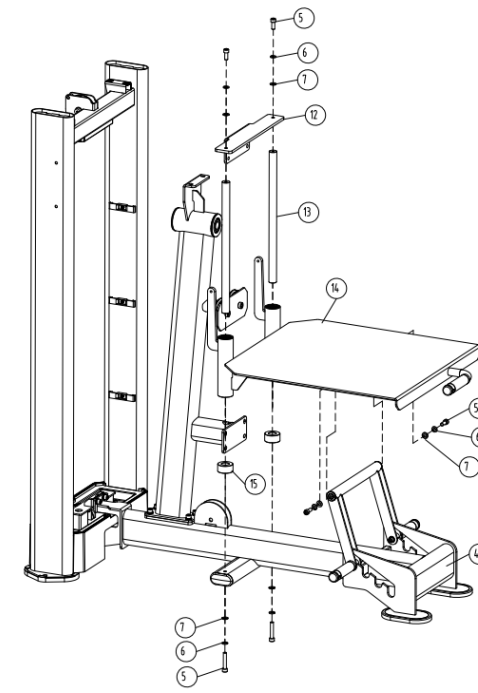
STEP 4

ACTION

Attach the Multi Hip main frame (#11) to the base frame (#4).

HARDWARE

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



STEP 5 & 6

STEP 5

Attach the footplate slide rail fixing plate (#12), Multi Hip slide rails (#13), footplate frame assembly (#14), and slide rail rubber pads (#15) to the base frame (#4).

HARDWARE

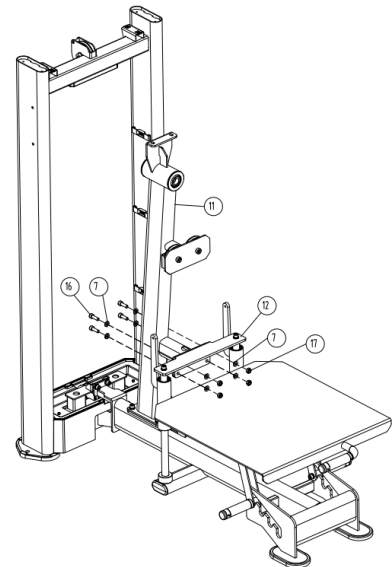
- Hex Socket Head Cap Screw (M10×25) (#5) × 4
- Spring Washer (10) (#6) × 4
- Flat Washer (10) (#7) × 4

STEP 6

Attach the Multi Hip footplate frame assembly (#14) to the base frame (#4).

HARDWARE

- Hex Socket Head Cap Screw (M10×25) (#5) × 2
- Spring Washer (10) (#6) × 2
- Flat Washer (10) (#7) × 2



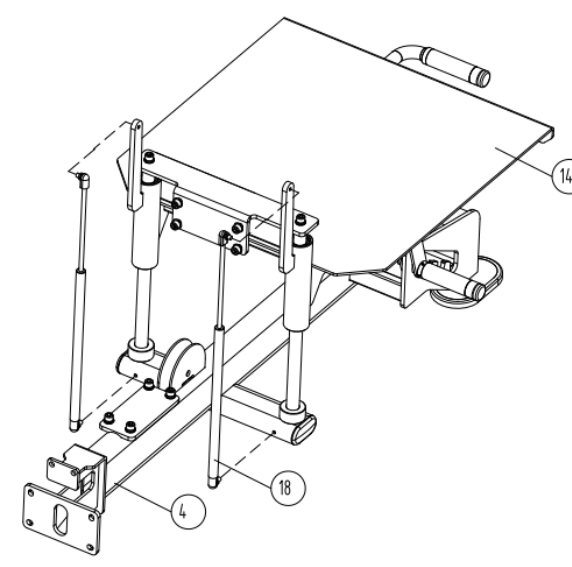
STEP 7

ACTION

Attach the footplate slide rail fixing plate (#12) to the Multi Hip main frame (#11).

HARDWARE

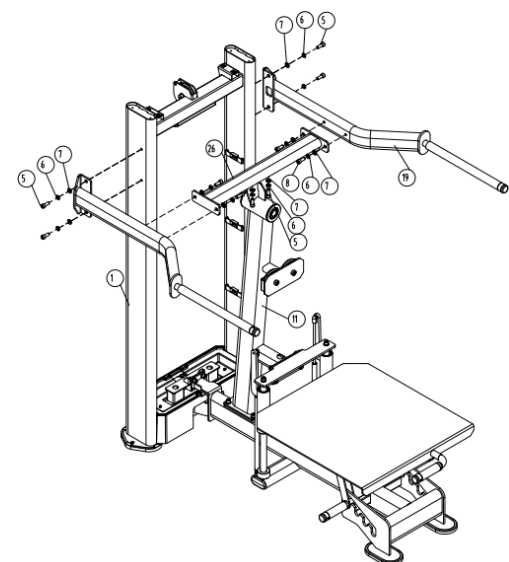
- Hex Socket Head Cap Screw (M10×30) (#16) × 4
- Flat Washer (10) (#7) × 8
- Hex Lock Nut (M10) (#17) × 4



STEP 8

ACTION

As shown, connect the two gas springs (#18) to the Multi Hip base frame (#4) and footplate frame assembly (#14).



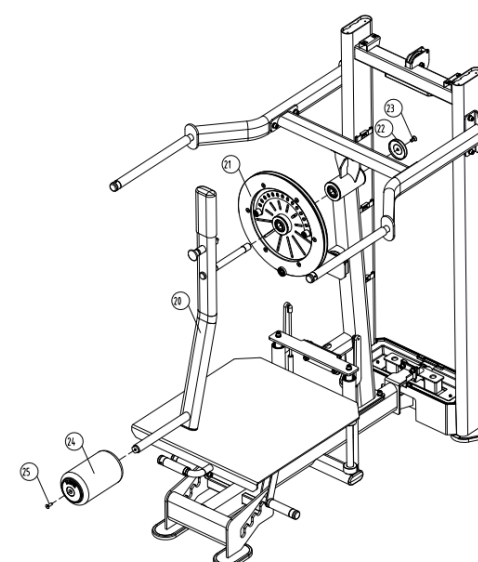
STEP 9

ACTION

Attach the two Multi Hip handrail frames (#19) to the weight stack frame (#1). Use the Multi Hip connecting frame (#26) to connect the two handrail frames (#19) to the Multi Hip main frame (#11).

HARDWARE

- Hex Socket Head Cap Screw (M10×25) (#5) × 8
- Spring Washer (10) (#6) × 14
- Flat Washer (10) (#7) × 14
- Hex Socket Head Cap Screw (M10×20) (#8) × 6



STEP 10 & 11

STEP 10

Attach the Multi Hip lever arm (#20), Multi Hip cable drum (#21), and Type 76 aluminum cap (#22) to the Multi Hip main frame (#11).

HARDWARE

- Hex Socket Countersunk Head Screw (M10×20) (#23) × 1

STEP 11

Attach the upholstered roller (#24) to the Multi Hip lever arm (#20).

HARDWARE

- Hex Socket Countersunk Head Screw (M8×25) (#25) × 1

STEP 12 & 13

STEP 12

Slide two weight plate rubber pads (#29) onto the two guide rods (#28). Attach two weight stack bases (#30) to the two guide rods (#28), then place them into the weight stack frame (#1). Tighten the bolts with a wrench before proceeding.

HARDWARE

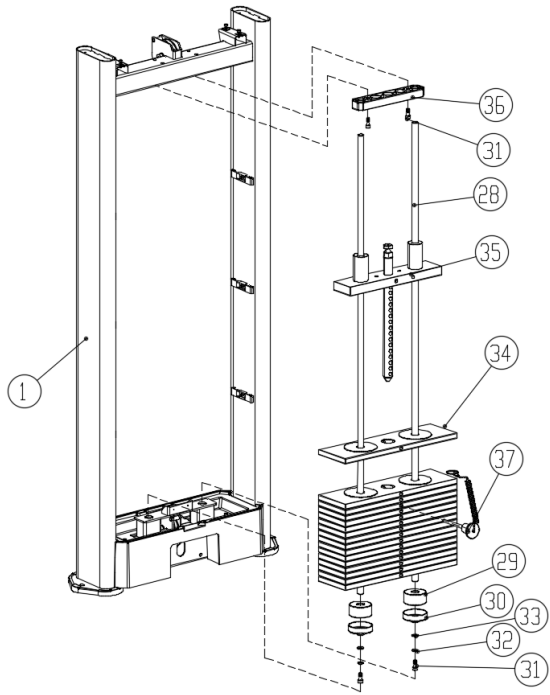
- Hex Socket Head Cap Screw (M8×20) (#31) × 2
- Spring Washer (8) (#32) × 2
- Flat Washer (8) (#33) × 2

STEP 13

Install 16 weight plates (#34) onto the guide rods (#28) with the spacers facing upward. Install the guide block assembly (#35) onto the guide rods (#28). Insert the weight stack selector pin (#37) into the weight plates (#34). Slide the guide rod fixing plate (#36) onto the guide rods (#28), then attach it to the weight stack frame (#1). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw (M8×20) (#31) × 2



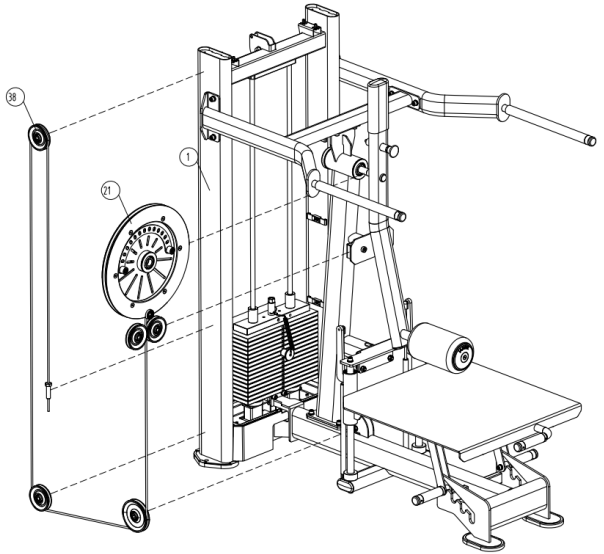
STEP 14 & 15

STEP 14

Route the cable (#38) as shown. Remove the pre-installed pulleys first and reinstall them during cable routing. Install these pulleys together with the cable (#38).

STEP 15

Connect one end of the cable (#38) to the cable drum (#21), then connect the other end inside the weight stack frame (#1).



STEP 16, 17 & 18

STEP 16

Slide the two decorative strips (#40) into two shroud panels (#39) and secure them to the weight stack frame (#1) using the shroud retaining plates. Slide the decorative panel (#41) into two shroud panels (#39) and secure it to the weight stack frame (#1) using the shroud retaining plates. Attach the upper weight stack shroud (#42) to the weight stack frame (#1).

HARDWARE

- Hex Socket Head Cap Screw (M5×16) (#3) × 8

STEP 17

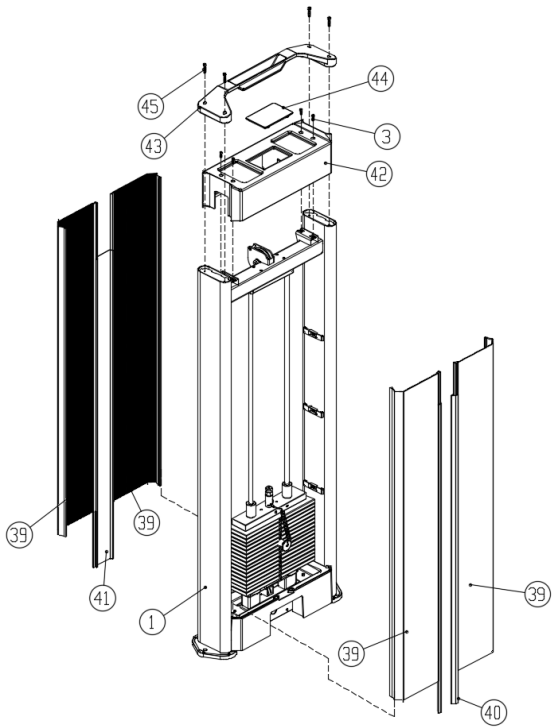
Attach the top cover trim (#43) to the weight stack frame (#1).

HARDWARE

- Hex Socket Head Cap Screw (M6×30) (#45) × 4

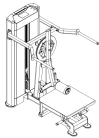
STEP 18

Snap the upper shroud top cover (#44) onto the upper weight stack shroud (#42).



FINAL CHECK

- 01 The Multi Hip is now assembled. Check that the unit is level and vertical. Use a spirit level to verify that the guide rods are vertical in both directions. If they are not vertical, loosen the necessary frame hardware, realign the frame, and retighten the bolts.



Parts List

Pre-assembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	16	Hex Socket Head Cap Screw (M10×30)	4	32	Spring Washer (8)	2
2	Lower Weight Stack Shroud	1	17	Hex Lock Nut (M10)	4	33	Flat Washer (8)	2
3	Hex Socket Head Cap Screw (M5×16)	12	18	Gas Spring	2	34	Weight Plate	16
4	Multi Hip Base Frame	1	19	Multi Hip Handrail Frame	2	35	Guide Block Assembly	1
5	Hex Socket Head Cap Screw (M10×25)	18	20	Multi Hip Lever Arm	1	36	Guide Rod Fixing Plate	1
6	Spring Washer (10)	30	21	Multi Hip Cable Drum	1	37	Weight Stack Selector Pin	1
7	Flat Washer (10)	38	22	Type 76 Aluminum Cap	1	38	Cable	1
8	Hex Socket Head Cap Screw (M10×20)	12	23	Hex Socket Countersunk Head Screw (M10×20)	1	39	Shroud Panel	4
9	Weight Stack Frame Foot Pad	2	24	Upholstered Roller	1	40	Weight Stack Decorative Strip	2
10	Flat Oval Foot Pad	2	25	Hex Socket Countersunk Head Screw (M8×25)	1	41	Weight Stack Decorative Panel	1
11	Multi Hip Main Frame	1	26	Multi Hip Connecting Frame	1	42	Upper Weight Stack Shroud	
12	Footplate Slide Rail Fixing Plate	1	28	Universal Weight Stack Guide Rod	2	43	Top Cover Trim	1
13	Multi Hip Slide Rail	2	29	Weight Plate Rubber Pad	2	44	Upper Shroud Top Cover	1
14	Footplate Frame Assembly	1	30	Weight Stack Base	2	45	Hex Socket Head Cap Screw (M6×30)	4
15	Slide Rail Rubber Pad	2	31	Hex Socket Head Cap Screw (M8×20)	4			