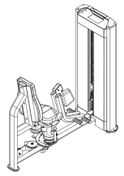
C422 · Inner Thigh Adduction

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.

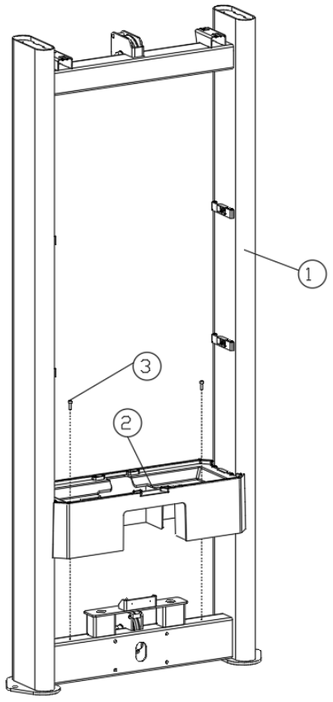
Tools Required

- 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



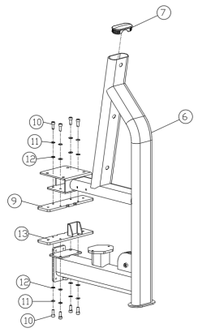
STEP 1

ACTION

Attach the Lower Weight Stack Shroud (#2) to the Weight Stack Frame (#1).

HARDWARE

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



STEP 2, 3 & 4

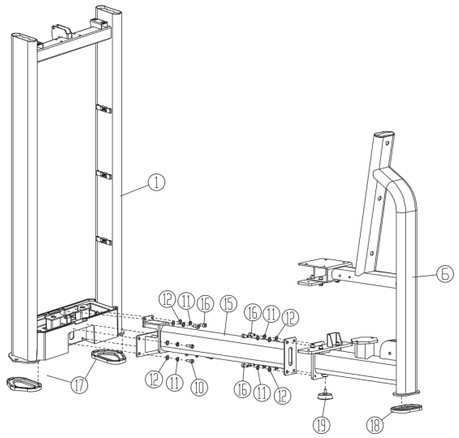
STEP 2
Install the 50×120 End Cap (#7) on the Inner Thigh Side Frame (#6).

STEP 3
Connect the Inner / Outer Thigh Connector Frame (#13) to the Inner Thigh Side Frame (#6). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Button Head Screw (M10×25) (#10) × 4
- Spring Washer (10) (#11) × 4
- Flat Washer (10) (#12) × 4

STEP 4
Attach the Inner Thigh Connecting Plate (#9) to the Inner Thigh Side Frame (#6). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (#10) × 4
- Hex Lock Nut (#11) × 4
- Flat Washer (10) (#12) × 4

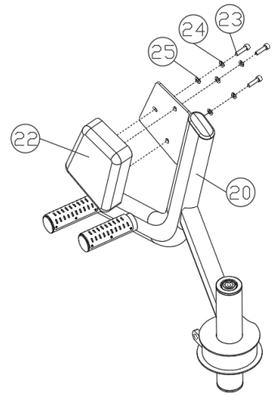


STEP 5 & 6

STEP 5
Connect the Inner Thigh Connector Frame (#15) to the Weight Stack Frame (#1) and Inner Thigh Side Frame (#6). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (M10×20) (#16) × 6
- Socket Head Cap Screw (#10) × 4
- Spring Washer (10) (#11) × 10
- Flat Washer (10) (#12) × 10

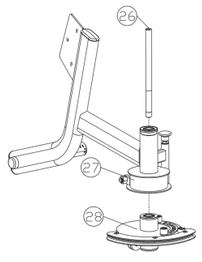
STEP 6
Install two Weight Stack Frame Foot Pads (#17) on the Weight Stack Frame (#1). Install the Flat Oval Foot Pad (#18) and Adjustable Foot Pad (#19) on the Inner Thigh Side Frame (#6).



STEP 7

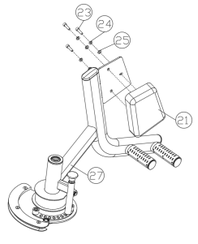
ACTION
Attach the Inner Thigh Left Leg Pad (#22) to the Left Lever Arm (#20). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (M8×30) (#23) × 3
- Spring Washer (8) (#24) × 3
- Flat Washer (8) (#25) × 3



STEP 8

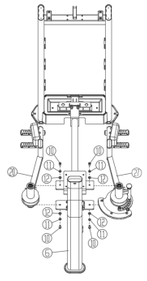
ACTION
Connect the Inner Thigh Lever Arm Shaft (#26) to the Inner Thigh Right Lever Arm (#27) and Inner Thigh Flange (#28).



STEP 9

ACTION
Attach the Inner Thigh Right Leg Pad (#21) to the Inner Thigh Right Lever Arm (#27). Tighten the bolts with a wrench before continuing.

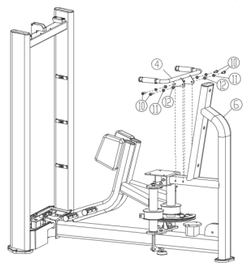
HARDWARE
- Socket Head Cap Screw (M8×30) (#23) × 3
- Spring Washer (8) (#24) × 3
- Flat Washer (8) (#25) × 3



STEP 10

ACTION
Connect the Inner Thigh Left Lever Arm (#20) and Inner Thigh Right Lever Arm (#27) to the Inner Thigh Side Frame (#6). Tighten the bolts with a wrench before continuing.

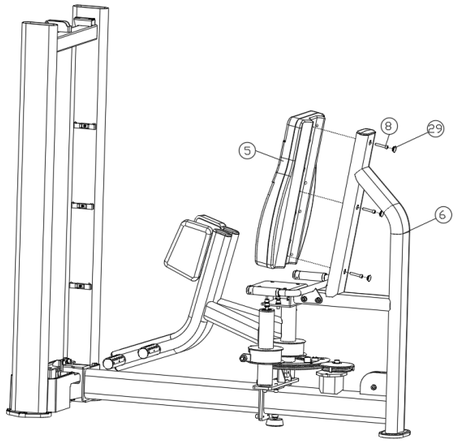
HARDWARE
- Socket Head Cap Screw (#10) × 4
- Spring Washer (10) (#11) × 4
- Flat Washer (10) (#12) × 4



STEP 11

ACTION
Connect the Universal Handrail (#43) to the Inner Thigh Side Frame (#6). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (#10) × 4
- Spring Washer (10) (#11) × 4
- Flat Washer (10) (#12) × 4

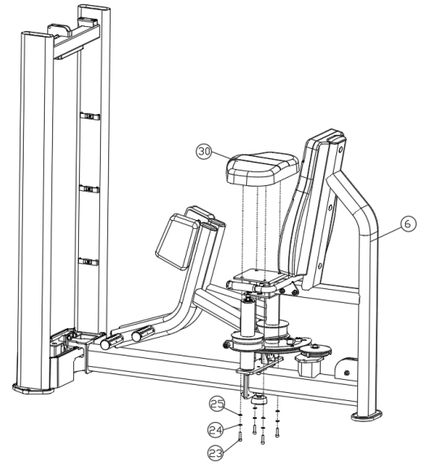


STEP 12 & 13

STEP 12
Attach the Back Pad (#5) to the Inner Thigh Side Frame (#6). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (M8×40) (#8) × 3

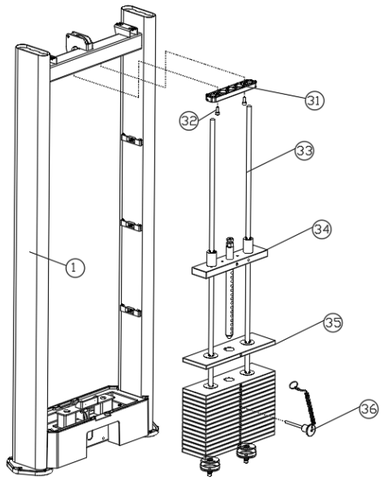
STEP 13
Install three Hole Plugs (#29) in the Inner Thigh Side Frame (#6).



STEP 14

ACTION
Attach the Seat Pad (#30) to the Inner Thigh Side Frame (#6). Tighten the bolts with a wrench before continuing.

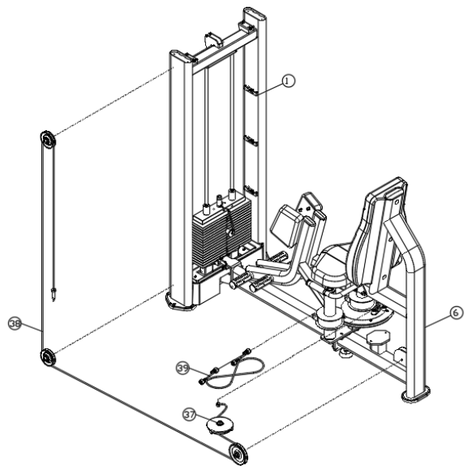
HARDWARE
- Socket Head Cap Screw (M8×30) (#23) × 4
- Spring Washer (8) (#24) × 4
- Flat Washer (8) (#25) × 4



STEP 15

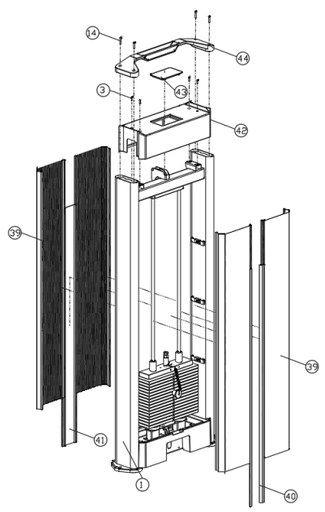
ACTION
Place the pre-assembled Guide Rod Assembly (#33) into the Weight Stack Frame (#1). Install 16 Weight Plates (#35) on the Guide Rods (#33) with the spacer plates facing up. Install the Guide Block Assembly (#34) and Guide Rod Fixing Plate (#31). Attach the Guide Rod Fixing Plate (#31) to the Weight Stack Frame (#1). Install the Weight Stack Selector Pin (#36) into the Weight Plates (#35). Pass one end of the cable through the Selector Pin and connect it to the Guide Block Assembly (#34). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#32) × 2



STEP 16

ACTION
Route the Inner Thigh Cable 1 (#38) as shown. Remove the pre-installed pulleys first, then reinstall them. Install the pulleys together with the Cable (#38). Connect both ends of the Cable (#39) to the corresponding positions as shown.



STEP 17

ACTION
Slide two Weight Stack Trim Strips (#40) into two Baffles (#39) and attach them to the Weight Stack Frame (#1). Slide the Weight Stack Decorative Panel (#41) into two Baffles (#39) and attach 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 two Upper Weight Stack Shrouds (#42). Attach the Top Cover Trim (#44) to the Weight Stack Frame (#1).

HARDWARE
- Socket Head Cap Screw (M5×16) (#3) × 4
- Socket Head Cap Screw (M6×30) (#14) × 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	Weight Stack Frame	1
2	Lower Weight Stack Shroud	1
3	Socket Head Cap Screw (M5×16)	6
4	Universal Handrail Assembly	1
5	Back Pad	1
6	Inner Thigh Side Frame	1
7	50×120 End Cap	1
8	Socket Head Cap Screw (M8×40)	3
9	Inner Thigh Connecting Plate	1
10	Hex Socket Button Head Screw (M10×25)	20
11	Spring Washer (10)	22
12	Flat Washer (10)	26
13	Inner / Outer Thigh Connector Frame	1
14	Socket Head Cap Screw (M6×30)	4
15	Inner Thigh Connector Frame	1
16	Socket Head Cap Screw (M10×20)	6
17	Weight Stack Frame Foot Pad	2
18	Flat Oval Foot Pad	1
19	Adjustable Foot Pad	1
20	Inner Thigh Left Lever Arm	1
21	Right Leg Pad	1
22	Left Leg Pad	1
23	Socket Head Cap Screw (M8×30)	10
24	Spring Washer (8)	10
25	Flat Washer (8)	10
26	Inner Thigh Lever Arm Shaft (Ø20×310)	1
27	Inner Thigh Right Lever Arm	1
28	Flange Assembly	1
29	20 Hole Plug	3
30	Seat Pad	1
31	Guide Rod Fixing Plate	1
32	Socket Head Cap Screw (M8×20)	2
33	Guide Rod	2
34	Guide Block Assembly	1
35	Weight Plate	16
36	Weight Stack Selector Pin	1
37	Pulley Box Assembly	1
38	Inner Thigh Cable 1	1
39	Baffle	4
40	Weight Stack Trim Strip	2
41	Weight Stack Decorative Panel	1
42	Upper Weight Stack Shroud	1
43	Upper Shroud Top Cover	1
44	Top Cover Trim	1