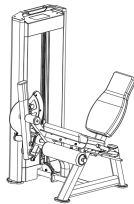


C424 • Leg Extension - Integrated Side Frame

INSTALLATION MANUAL



Before Installation

Before You Start

- 01
- Read the complete instructions before assembly and follow each installation step.
- 02
- Check all parts and quantities before assembly. Contact after-sales service immediately if any part is missing or damaged in transit.

Tools Required

- Rubber Mallet

• Spirit Level

• Hex Keys
- Snap-Ring Pliers

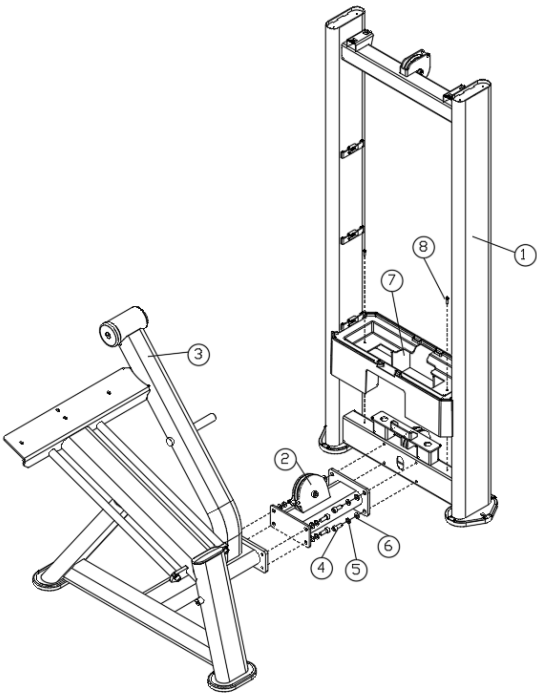
• Adjustable Wrench

• 2 People

Assembly Notes

After assembly, learn all equipment functions before use. Stop using the machine immediately if a problem occurs to prevent injury or equipment damage. Refer to the instructions or contact after-sales service if the problem cannot be resolved.

Assembly



STEP 1 & 2

STEP 1
Connect the weight stack frame (#1), leg extension connecting frame (#2), and leg extension side frame (#3) with 8 M10×25 socket head cap screws (#4), 8 M10 spring washers (#5), and 8 M10-D20 flat washers (#6). Tighten the bolts with a wrench before proceeding.

- HARDWARE**

• Socket head cap screw M10×25 (#4)

• Spring washer M10 (#5)

• Flat washer M10-D20 (#6)
- × 8

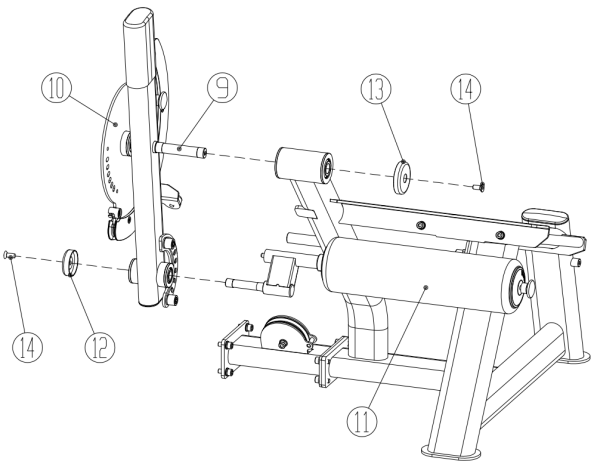
× 8

× 8

STEP 2
Attach the lower shroud (#7) to the weight stack frame (#1) with 2 M5×16 socket head cap screws (#8). Tighten the bolts with a wrench before proceeding.

- HARDWARE**

• Socket head cap screw M5×16 (#8)
- × 2



STEP 3 & 4

STEP 3
Connect the leg extension movement arm (#9) and leg extension flange (#10) to the leg extension side frame (#3). Install 1 aluminum cap - 76 (#13) and 2 M10×25 countersunk socket screws (#14). Tighten the bolts with a wrench before proceeding.

- HARDWARE**

• Aluminum cap - 76 (#13)

• Countersunk socket screw M10×25 (#14)
- × 1

× 2

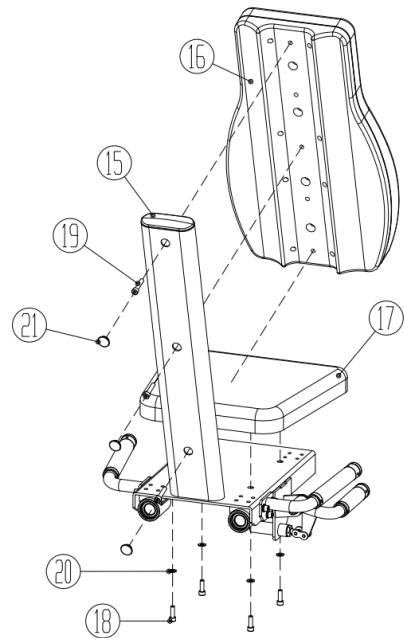
STEP 4
Connect the leg extension roller frame (#11) to the leg extension movement arm (#9). Install 1 aluminum cap - 60 (#12) and 1 M10×25 countersunk socket screw (#14). Tighten the bolt with a wrench before proceeding.

- HARDWARE**

• Aluminum cap - 60 (#12)

• Countersunk socket screw M10×25 (#14)
- × 1

× 1



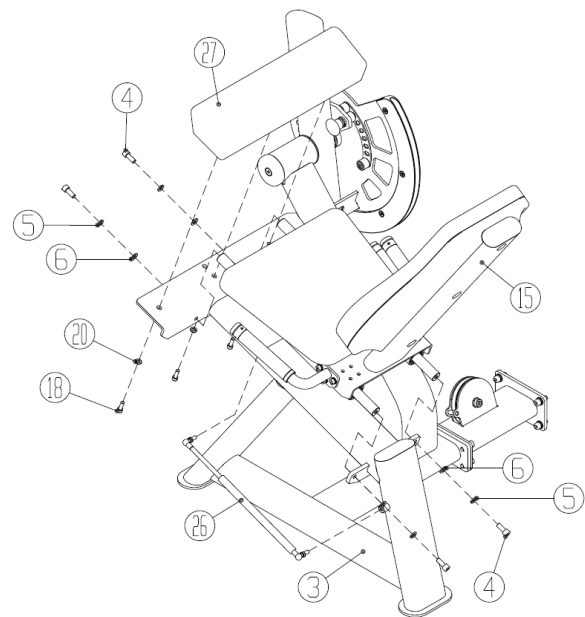
STEP 5

ACTION

Attach the back pad (#16) and seat pad (#17) to the leg extension seat frame (#15) with 4 M8×25 socket head cap screws (#18), 3 M8×40 socket head cap screws (#19), 4 M8 flat washers (#20), and 3 hole plugs (#21). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Socket head cap screw M8×25 (#18) × 4
- Socket head cap screw M8×40 (#19) × 3
- Flat washer M8-D16 (#20) × 4
- Hole plug 20 (#21) × 3



STEP 6, 7 & 8

STEP 6

Open the preinstalled slide rod on the leg extension side frame (#3). Slide the leg extension seat frame (#15) onto the slide rod, then reinstall the slide rod on the side frame (#3).

STEP 7

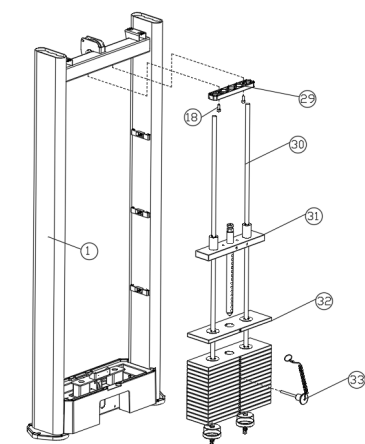
Attach the leg extension seat pad (#27) to the leg extension side frame (#3) with 3 M8×25 socket head cap screws (#18) and 3 M8 flat washers (#20). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Socket head cap screw M8×25 (#18) × 3
- Flat washer M8-D16 (#20) × 3

STEP 8

Connect the gas spring (#26) to the leg extension side frame (#3) and leg extension seat frame (#15).



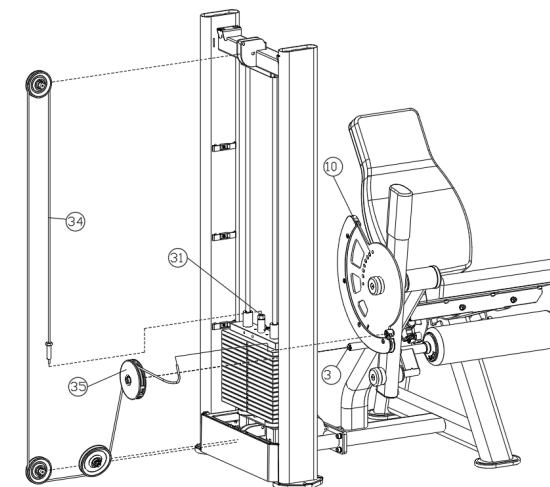
STEP 9

ACTION

Place the preassembled guide rod assemblies (#30) into the weight stack frame (#1). Install the weight plates (#32) on the guide rods (#30) with the spacer sides facing upward. Install the guide block assembly (#31), then the guide rod retaining plate (#29), on the guide rods. Secure the guide rod retaining plate (#29) to the weight stack frame (#1) with 2 M8×25 socket head cap screws (#18). Insert the weight selector pin (#33) into the weight plates (#32). Tighten the bolts with a wrench before proceeding.

HARDWARE

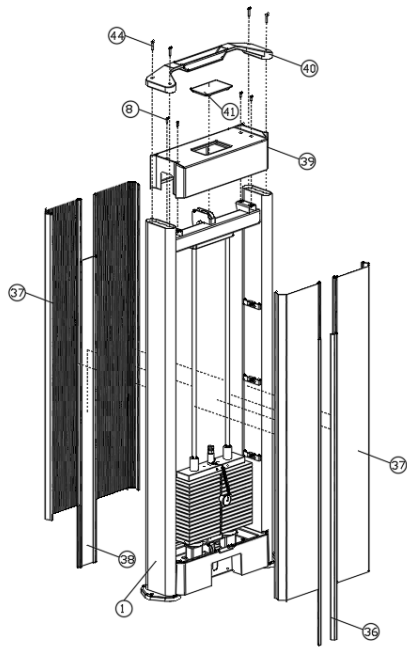
- Socket head cap screw M8×25 (#18) × 2



STEP 10

ACTION

Remove the preinstalled pulleys. Route the cable (#34) around the pulleys as shown, then reinstall the pulleys in their original positions. Install the pulley housing (#35) on part #2 as specified in the source. Connect one end of the cable to the guide block assembly (#31) and the other end to the leg extension flange (#10). Tighten the bolts with a wrench before proceeding.



STEP 11 & 12

STEP 11

Slide the two trim strips (#36) into two guard panels (#37) and connect them to the weight stack frame (#1) with the guard panel retaining plates. Slide the decorative panel (#38) into the two guard panels (#37) and connect it to the weight stack frame (#1). Attach the upper shroud (#39) to the weight stack frame (#1) with 4 socket head cap screws identified as #13 in this step.

HARDWARE

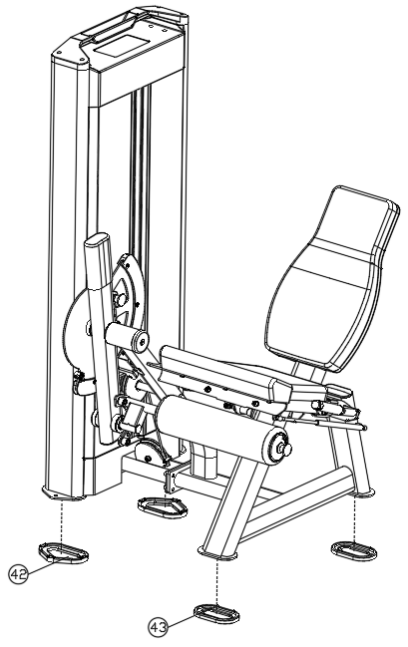
- Socket head cap screw (#13) × 4

STEP 12

Attach the top cover trim (#40) to the weight stack frame (#1) with 4 socket head cap screws (#44). Finally, snap the upper shroud top cover (#41) onto the upper shroud (#39).

HARDWARE

- Socket head cap screw M6×30 (#44) × 4



STEP 13

ACTION

Move the assembled machine to a suitable position. Install the four corresponding foot pads: 2 weight stack frame foot pads (#42) and 2 flat oval foot pads (#43).

HARDWARE

- Weight stack frame foot pad (#42) × 2
- Flat oval foot pad (#43) × 2

FINAL CHECK

- 01 Important: After assembly, make sure the 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

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight stack frame	1	14	Countersunk socket screw M10×25	2	32	Weight plate	16
2	Leg extension connecting frame	1	15	Leg extension seat frame	1	33	Weight selector pin	1
3	Leg extension side frame	1	16	Back pad	1	34	Cable	1
4	Socket head cap screw M10×25	8	17	Seat pad	1	35	Pulley housing	1
5	Spring washer M10	8	18	Socket head cap screw M8×25	7	36	Trim strip	2
6	Flat washer M10-D20	8	19	Socket head cap screw M8×40	3	37	Guard panel	4
7	Lower shroud	1	20	Flat washer M8-D16	7	38	Decorative panel	1
8	Socket head cap screw M5×16	6	21	Hole plug 20	3	39	Upper shroud	1
9	Leg extension movement arm	1	26	Gas spring	1	40	Top cover trim	1
10	Leg extension flange	1	27	Leg extension seat pad	1	41	Upper shroud top cover	1
11	Leg extension roller frame	1	29	Guide rod retaining plate	1	42	Weight stack frame foot pad	2
12	Aluminum cap - 60	1	30	Guide rod assembly	2	43	Flat oval foot pad	2
13	Aluminum cap - 76	1	31	Guide block assembly	1	44	Socket head cap screw M6×30	4