C428 · Seated Leg Press

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 against the parts list before assembly. Contact after-sales service immediately if any part is missing or damaged in transit.

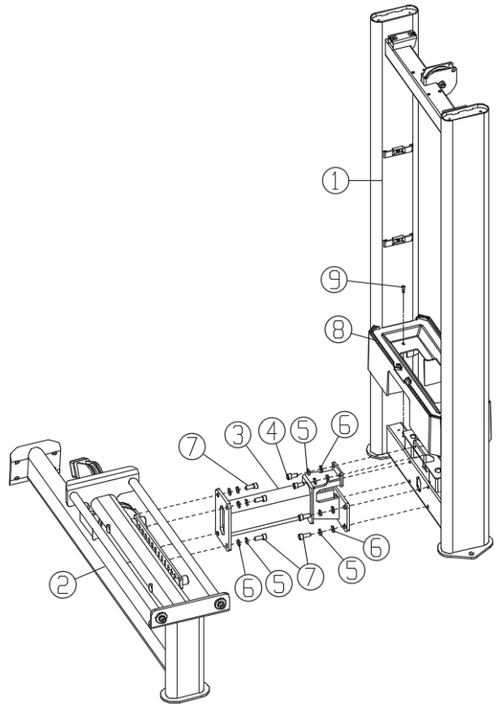
Tools Required

- 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

Attach the seated leg press connecting frame (#3) to the weight stack frame (#1) and bottom frame (#2) with 2 socket head cap screws (#4), 8 socket head cap screws (#7), 10 spring washers (#5), and 10 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Socket head cap screw (M10×20) (#4) × 2
- Socket head cap screw (M10×25) (#7) × 8
- Spring washer (10) (#5) × 10
- Flat washer (10) (#6) × 10

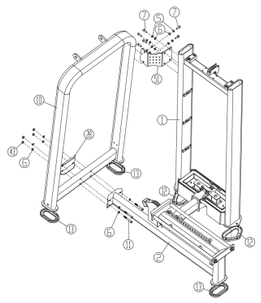
STEP 2

Attach the lower weight stack shroud (#8) to the weight stack frame (#1) with 2 socket head cap screws (#9).

HARDWARE

- Socket head cap screw (M5×16) (#9) × 2

STEP 3, 4 & 5



STEP 3

Attach the seated leg press side frame (#10) and side frame connecting plate (#28) to the bottom frame (#2) with 4 socket head cap screws (#11), 8 flat washers (#6), and 4 hex self-locking nuts (#43). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Socket head cap screw (M10×75) (#11) × 4
- Flat washer (10) (#6) × 8
- Hex self-locking nut (M10) (#43) × 4

STEP 4

Attach the seated leg press connecting plate (#51) to the side frame (#10) and weight stack frame (#1) with 6 socket head cap screws (#7), 6 spring washers (#5), and 6 flat washers (#6). Tighten the bolts with a wrench before proceeding.

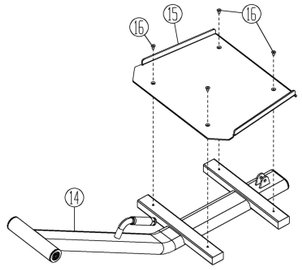
HARDWARE

- Socket head cap screw (M10×25) (#7) × 6
- Spring washer (10) (#5) × 6
- Flat washer (10) (#6) × 6

STEP 5

Install 2 weight stack frame foot pads (#12) on the weight stack frame (#1). Install 3 flat oval foot pads (#13) on the side frame (#10) and bottom frame (#2).

STEP 6



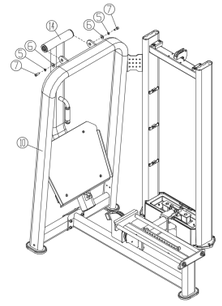
ACTION

Attach the footplate (#15) to the movement arm (#14) with 4 countersunk socket screws (#16). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Countersunk socket screw (M8×15) (#16) × 4

STEP 7



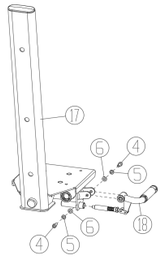
ACTION

Attach the movement arm (#14) to the side frame (#10) with 2 socket head cap screws (#7), 2 spring washers (#5), and 2 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Socket head cap screw (M10×25) (#7) × 2
- Spring washer (10) (#5) × 2
- Flat washer (10) (#6) × 2

STEP 8



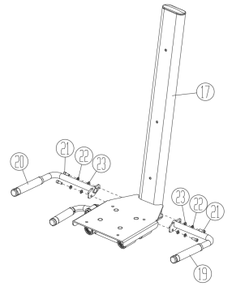
ACTION

Attach the adjustment handle (#18) to the seat frame (#17) with 2 socket head cap screws (#4), 2 spring washers (#5), and 2 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Socket head cap screw (M10×20) (#4) × 2
- Spring washer (10) (#5) × 2
- Flat washer (10) (#6) × 2

STEP 9



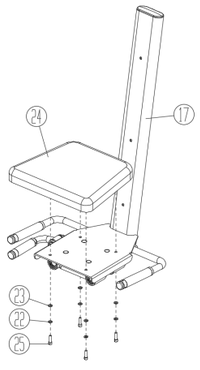
ACTION

Attach the left handle (#19) and right handle (#20) to the seat frame (#17) with 4 socket head cap screws (#21), 4 spring washers (#22), and 4 flat washers (#23). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Socket head cap screw (M8×20) (#21) × 4
- Spring washer (8) (#22) × 4
- Flat washer (8) (#23) × 4

STEP 10



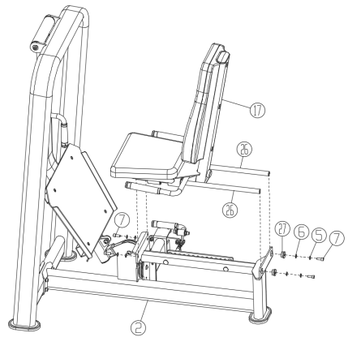
ACTION

Attach the seat pad (#24) to the seat frame (#17) with 4 socket head cap screws (#25), 4 spring washers (#22), and 4 flat washers (#23). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Socket head cap screw (M8×30) (#25) × 4
- Spring washer (8) (#22) × 4
- Flat washer (8) (#23) × 4

STEP 11 & 12



STEP 11

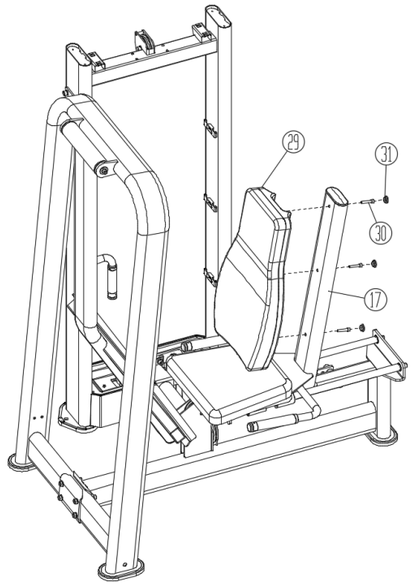
Install the 2 slide rods (#26) on the seat frame (#17).

STEP 12

Attach the seat frame (#17) to the bottom frame (#2) with 2 slide rod end sleeves (#27), 4 socket head cap screws (#7), 4 spring washers (#5), and 4 flat washers (#6). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Slide rod end sleeve (#27) × 2
- Socket head cap screw (M10×25) (#7) × 4
- Spring washer (10) (#5) × 4
- Flat washer (10) (#6) × 4

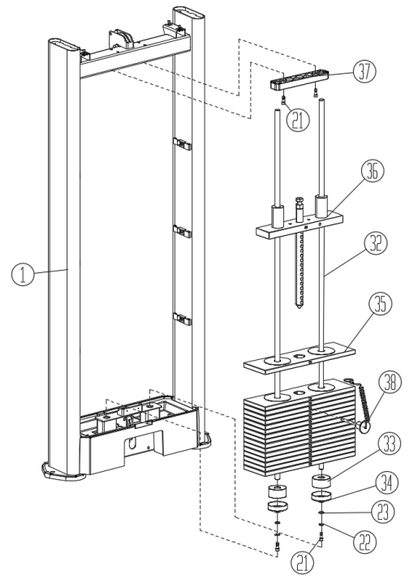


STEP 13 & 14

STEP 13
Attach the head pad (#28) and back pad (#29) to the seat frame (#17) with 3 socket head cap screws (#30). Tighten the bolts with a wrench before proceeding.

HARDWARE
- Socket head cap screw (M8×40) (#30) × 3

STEP 14
Install 3 hole plugs (#31) in the seat frame (#17).



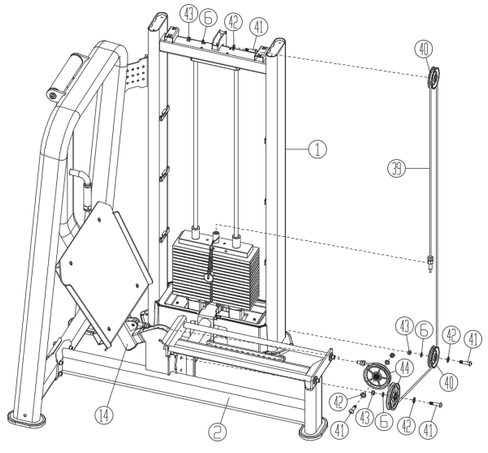
STEP 15 & 16

STEP 15
Slide 2 weight stack rubber cushions (#33) onto the 2 guide rods (#32). Attach the 2 weight stack bases (#34) to the guide rods (#32) with 2 socket head cap screws (#21), 2 spring washers (#22), and 2 flat washers (#23), then place the assembly into the weight stack frame (#1). Tighten the bolts with a wrench before proceeding.

HARDWARE
- Socket head cap screw (M8×20) (#21) × 2
- Spring washer (8) (#22) × 2
- Flat washer (8) (#23) × 2

STEP 16
Install 20 weight plates (#35) on the guide rods (#32) with the spacer sides facing upward. Install the guide block assembly (#36), insert the weight selector pin (#38) into the weight plates (#35), and slide the guide rod retaining plate (#37) onto the guide rods. Secure the retaining plate (#37) to the weight stack frame (#1) with 2 socket head cap screws (#21). Tighten the bolts with a wrench before proceeding.

HARDWARE
- Socket head cap screw (M8×20) (#21) × 2

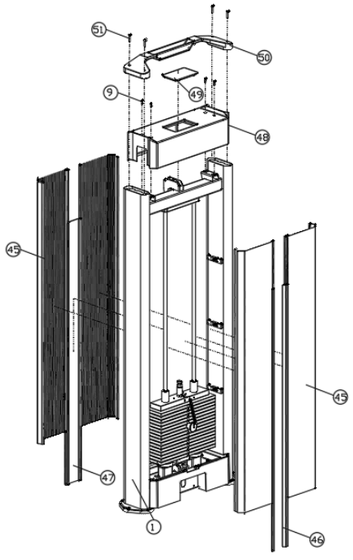


STEP 17 & 18

STEP 17
Connect the 2 95 pulleys (#40) to the weight stack frame (#1) and the 2 120 pulleys (#44) to the bottom frame (#2). Use a total of 4 pulley shafts (#41), 4 hex self-locking nuts (#43), 4 flat washers (#42), and 4 flat washers (#6). Install these pulleys together with the cable (#39).

HARDWARE
- Pulley shaft - 32 (#41) × 4
- Hex self-locking nut (M10) (#43) × 4
- Flat washer (12) (#42) × 4
- Flat washer (10) (#6) × 4

STEP 18
Connect the M14 bolt end of the cable (#39) to the weight stack frame (#1). Connect the M12 bolt end to the movement arm (#14).



STEP 19

ACTION
Slide the 2 trim strips (#46) into 2 guard panels (#45) and connect them to the weight stack frame (#1) with the guard panel retaining plates. Slide the decorative panel (#47) into the 2 guard panels (#45) and connect it to the weight stack frame (#1). Attach the upper shroud (#48) to the weight stack frame (#1) with 4 socket head cap screws (#9). Connect the upper shroud top cover (#49) to the upper shroud (#48). Attach the top cover trim (#50) to the weight stack frame (#1) with 4 socket head cap screws identified as #51 in this step.

HARDWARE
- Socket head cap screw (M5×16) (#9) × 4
- Socket head cap screw (#51) × 4

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
1	Seated leg press weight stack frame	1
2	Seated leg press bottom frame	1
3	Seated leg press connecting frame	1
4	Socket head cap screw (M10×20)	4
5	Spring washer (10)	20
6	Flat washer (10)	32
7	Socket head cap screw (M10×25)	16
8	Lower weight stack shroud	1
9	Socket head cap screw (M5×16)	8
10	Seated leg press side frame	1
11	Socket head cap screw (M10×75)	4
12	Weight stack frame foot pad	2
13	Flat oval foot pad	3
14	Seated leg press movement arm	1
15	Seated leg press footplate	1
16	Countersunk socket screw (M8×15)	4
17	Seated leg press seat frame	1
18	Seated leg press adjustment handle	1
19	Seated leg press left handle	1
20	Seated leg press right handle	1
21	Socket head cap screw (M8×20)	4
22	Spring washer (8)	8
23	Flat washer (8)	8
24	Seated leg press seat pad	1
25	Socket head cap screw (M8×30)	4
26	Seated leg press slide rod (Ø25×700)	2
27	Slide rod end sleeve	2
28	Side frame connecting plate	1
29	Back pad	1
30	Socket head cap screw (M8×40)	3
31	Hole plug 20	3
32	Universal weight guide rod	2
33	Weight stack rubber cushion	2
34	Weight stack base	2
35	Weight plate	20
36	Guide block assembly	1
37	Guide rod retaining plate	1
38	Weight selector pin	1
39	Seated leg press cable	1
40	95 pulley	2
41	Pulley shaft - 32	4
42	Flat washer (12)	4
43	Hex self-locking nut (M10)	8
44	120 pulley	2
45	Guard panel	4
46	Weight stack trim strip	2
47	Weight stack decorative panel	1
48	Upper weight stack shroud	1
49	Upper shroud top cover	1
50	Top cover trim	1
51	Seated leg press connecting plate	1
52	Socket head cap screw (M6×30)	4