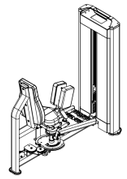
C460 · Hip Adductor / Abductor

INSTALLATION MANUAL



Before Installation

Before You Start

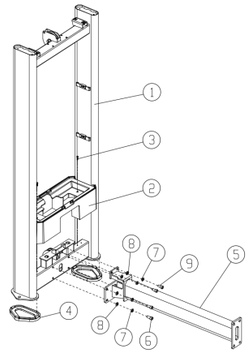
01 Read the entire manual before assembly. Check all parts and quantities against the lists. Report any missing or transport-damaged parts to after-sales service before assembly.

02 Assemble the equipment as instructed. After assembly, understand all functions before use. Stop use immediately if a problem occurs to prevent injury or equipment damage. Check the manual for the cause or contact after-sales service if the issue cannot be resolved.

Tools Required

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

Assembly



STEP 1, 2 & 3

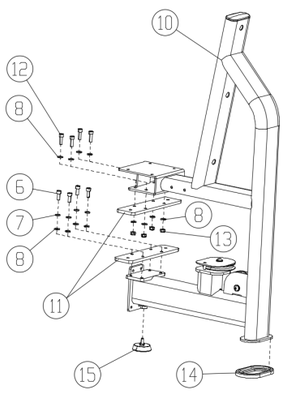
STEP 1
Attach the lower weight stack shroud (#2) to the weight stack frame (#1).

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

STEP 2
Install two weight stack frame foot pads (#4) on the weight stack frame (#1).

STEP 3
Attach the adductor / abductor connecting frame (#5) to the weight stack frame (#1).

HARDWARE
- Hex Socket Head Cap Screw (M10×25) (#6) × 4
- Spring Washer (10) (#7) × 6
- Flat Washer (10) (#8) × 6
- Hex Socket Head Cap Screw (M10×20) (#9) × 2



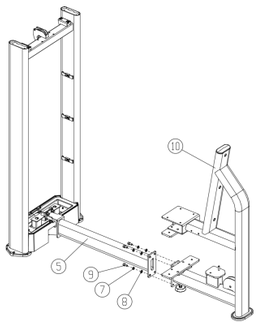
STEP 4, 5 & 6

STEP 4
Attach two adductor / abductor connecting plates (#11) to the adductor / abductor side frame (#10).

HARDWARE
- Hex Socket Head Cap Screw (M10×25) (#6) × 4
- Spring Washer (10) (#7) × 4
- Flat Washer (10) (#8) × 12
- Hex Socket Head Cap Screw (M10×30) (#12) × 4
- Hex Lock Nut (M10) (#13) × 4

STEP 5
Install the flat oval foot pad (#14) on the adductor / abductor side frame (#10).

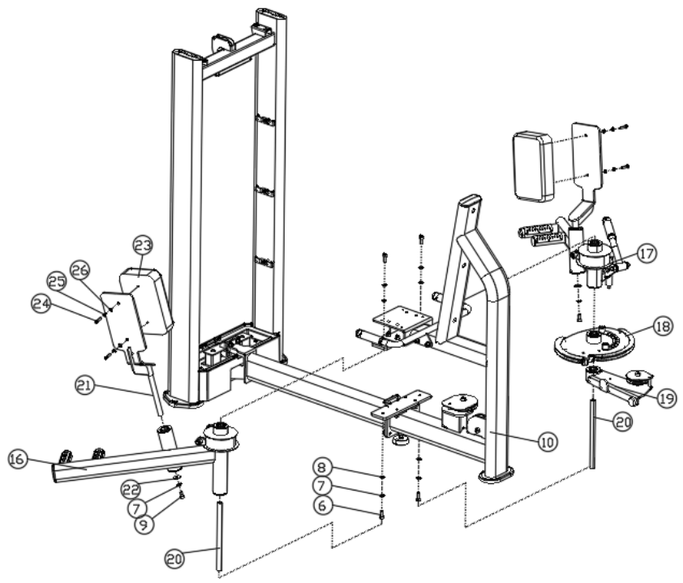
STEP 6
Install the movable foot pad (#15) on the adductor / abductor side frame (#10).



STEP 7

ACTION
Attach the adductor / abductor connecting frame (#5) to the adductor / abductor side frame (#10).

HARDWARE
- Hex Socket Head Cap Screw (M10×20) (#9) × 4
- Spring Washer (10) (#7) × 4
- Flat Washer (10) (#8) × 4



STEP 8, 9, 10 & 11

STEP 8
Attach the adductor / abductor left lever arm (#16) and main shaft (#20) to the adductor / abductor side frame (#10).

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

STEP 9
Attach the adductor / abductor right lever arm (#17), flange plate (#18), linkage plate (#19), and main shaft (#20) to the adductor / abductor side frame (#10).

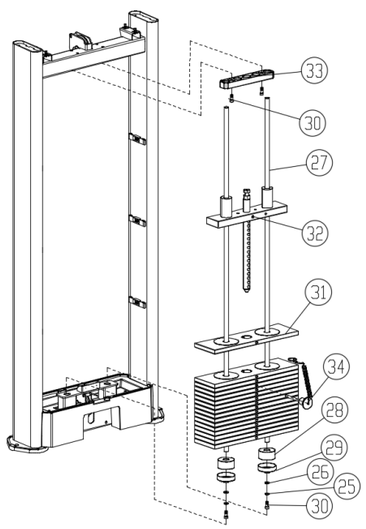
HARDWARE
- Hex Socket Head Cap Screw (M10×25) (#6) × 2
- Spring Washer (10) (#7) × 2
- Flat Washer (10) (#8) × 2

STEP 10
Attach the adductor / abductor moving arms (#21) to the left lever arm (#16) and right lever arm (#17), respectively.

HARDWARE
- Hex Socket Head Cap Screw (M10×20) (#9) × 2
- Spring Washer (10) (#7) × 2
- Large Washer (10) (#22) × 2

STEP 11
Attach the adductor / abductor thigh pads (#23) to the moving arms (#21).

HARDWARE
- Hex Socket Head Cap Screw (M8×30) (#24) × 4
- Spring Washer (8) (#25) × 4
- Flat Washer (8) (#26) × 4



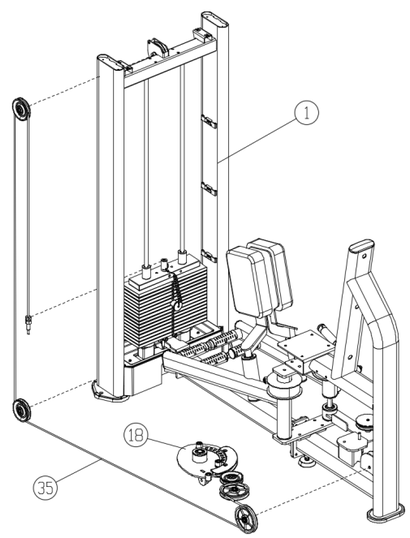
STEP 12 & 13

STEP 12
Slide two weight plate rubber cushions (#28) onto the two guide rods (#27). Attach two weight stack bases (#29) to the guide rods (#27), then place them in the weight stack frame (#1). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw (M8×20) (#30) × 2
- Spring Washer (8) (#25) × 2
- Flat Washer (8) (#26) × 2

STEP 13
Install 16 weight plates (#31) on the guide rods (#27) with the separator plates facing up. Install the guide block assembly (#32) on the guide rods. Insert the weight stack selector pin (#34) into a weight plate (#31). Slide the guide rod retaining plate (#33) onto the guide rods and attach it to the weight stack frame (#1). Tighten the bolts with a wrench before continuing.

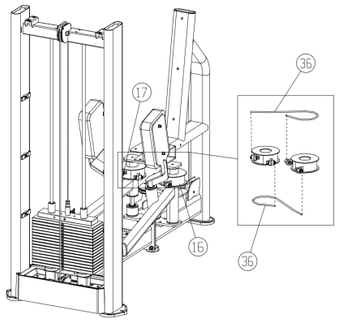
HARDWARE
- Hex Socket Head Cap Screw (M8×20) (#30) × 2



STEP 14 & 15

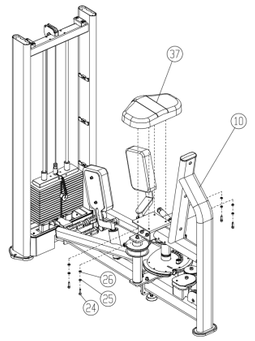
STEP 14
Remove the preinstalled 95 pulleys and 120 pulleys. Route Cable I (#35) as shown, then reinstall all pulleys. Install the pulleys and cable together as shown.

STEP 15
Connect one end of Cable I (#35) to the flange plate (#18), then connect the other end inside the weight stack frame (#1).



STEP 16

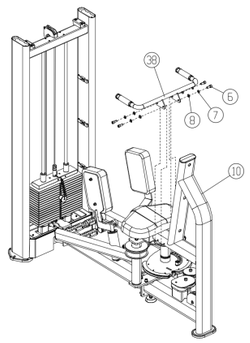
ACTION
Route Cable II (#36) as shown, then connect it to the left lever arm (#16) and right lever arm (#17).



STEP 17

ACTION
Attach the seat pad (#37) to the adductor / abductor side frame (#10).

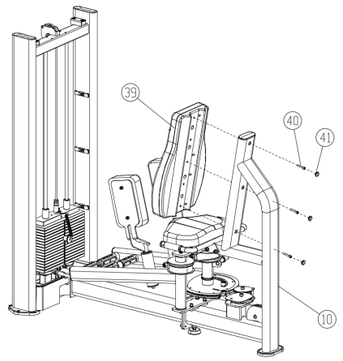
HARDWARE
- Hex Socket Head Cap Screw (M8×30) (#24) × 4
- Spring Washer (8) (#25) × 4
- Flat Washer (8) (#26) × 4



STEP 18

ACTION
Attach the handles (#38) to the adductor / abductor side frame (#10).

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

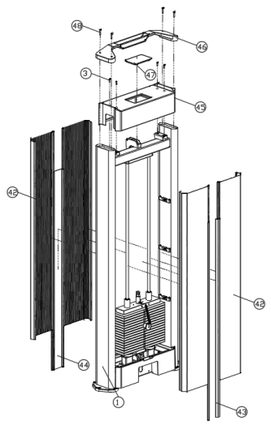


STEP 19 & 20

STEP 19
Attach the back pad (#39) to the adductor / abductor side frame (#10).

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

STEP 20
Install three 20 hole plugs (#41) on the adductor / abductor side frame (#10).



STEP 21, 22 & 23

STEP 21
Slide two decorative strips (#43) into two shroud panels (#42), then secure them to the weight stack frame (#1) with the shroud clamp plates. Slide the decorative panel (#44) into two shroud panels (#42) and secure it to the weight stack frame (#1) with the shroud clamp plates. Attach the upper weight stack shroud (#45) to the weight stack frame (#1).

HARDWARE
- Hex Socket Head Cap Screw (M5×16) (#3) × 4

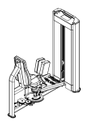
STEP 22
Attach the upper shroud top trim (#46) to the weight stack frame (#1).

HARDWARE
- Hex Socket Head Cap Screw (M6×30) (#48) × 4

STEP 23
Snap the upper shroud top cover (#47) onto the upper weight stack shroud (#45).

FINAL CHECK

01 Important Notice: The C3056 is now assembled. Check that the machine 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

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Lower Weight Stack Shroud	1
3	Hex Socket Head Cap Screw (M5×16)	8
4	Weight Stack Frame Foot Pad	2
5	Adductor / Abductor Connecting Frame	1
6	Hex Socket Head Cap Screw (M10×25)	16
7	Spring Washer (10)	24
8	Flat Washer (10)	30
9	Hex Socket Head Cap Screw (M10×20)	8
10	Adductor / Abductor Side Frame	1
11	Adductor / Abductor Connecting Plate	2
12	Hex Socket Head Cap Screw (M10×30)	4
13	Hex Lock Nut (M10)	4
14	Flat Oval Foot Pad	1
15	Movable Foot Pad	1
16	Adductor / Abductor Left Lever Arm	1
17	Adductor / Abductor Right Lever Arm	1
18	Flange Plate	1
19	Linkage Plate	1
20	Main Shaft	2
21	Adductor / Abductor Moving Arm	2
22	Large Washer (10)	2
23	Adductor / Abductor Thigh Pad	2
24	Hex Socket Head Cap Screw (M8×30)	8
25	Spring Washer (8)	10
26	Flat Washer (8)	10
27	Universal Weight Stack Guide Rod	2
28	Weight Plate Rubber Cushion	2
29	Weight Stack Base	2
30	Hex Socket Head Cap Screw (M8×20)	4
31	Weight Plate	16
32	Guide Block Assembly	1
33	Guide Rod Retaining Plate	1
34	Weight Stack Selector Pin	1
35	Cable I	1
36	Cable II	2
37	Seat Pad	1
38	Handle	2
39	Back Pad	1
40	Hex Socket Head Cap Screw (M8×40)	3
41	20 Hole Plug	3
42	Shroud Panel	4
43	Weight Stack Decorative Strip	2
44	Weight Stack Decorative Panel	1
45	Upper Weight Stack Shroud	1
46	Upper Shroud Top Trim	1
47	Upper Shroud Top Cover	1
48	Hex Socket Head Cap Screw (M6×30)	4