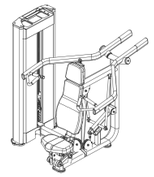
C4A01 · Converging Independent Shoulder Press

INSTALLATION MANUAL



Before Installation

Before You Start

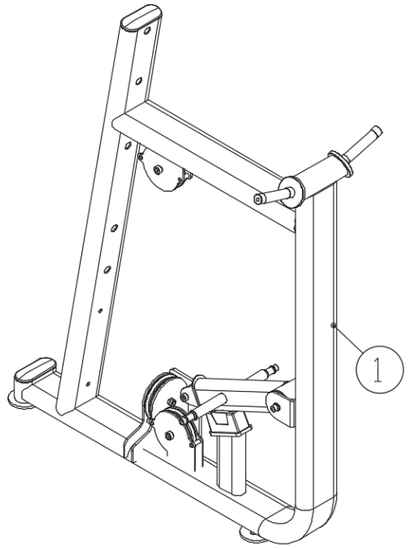
01 Read the entire manual before assembly. Check all parts and quantities against the lists. Report any missing or transport-damaged parts to after-sales service before assembly.

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

Assembly



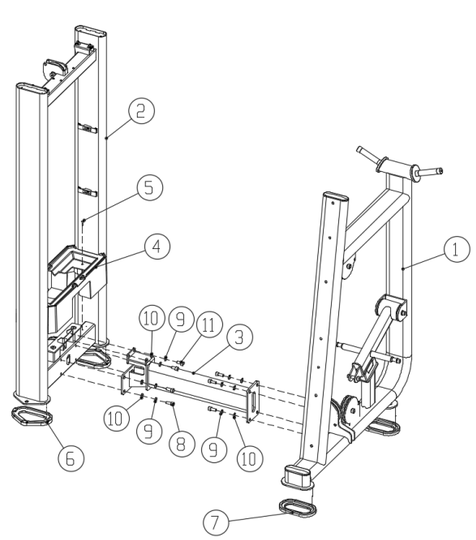
STEP 1

ACTION

Connect the shoulder press side frame assembly (#1), connecting frame (#3), and weight stack frame (#2) as shown. Then fit the weight stack frame foot pads (#6) and flat oval foot pads (#7) onto the corresponding components.

HARDWARE

- Hex Socket Head Cap Screw (M10×25) (#8) × 10
- Spring Washer (M10) (#9) × 10
- Threaded Decorative Sleeve (#10) × 10



STEP 2 & 3

STEP 2

Attach the lever arm stop bracket assembly (#11) to the shoulder press side frame assembly (#1) as shown.

HARDWARE

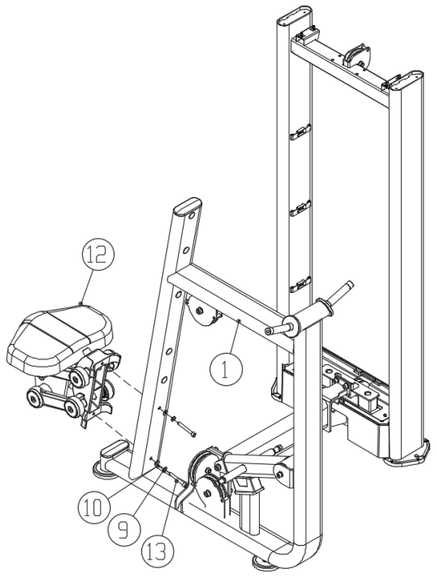
- Hex Socket Head Cap Screw (M10×25) (#8) × 4
- Spring Washer (M10) (#9) × 4
- Threaded Decorative Sleeve (#10) × 4

STEP 3

Attach the backrest adjustment plate (#12) to the shoulder press side frame assembly (#1) as shown.

HARDWARE

- Hex Socket Countersunk Screw (M10×16) (#13) × 4



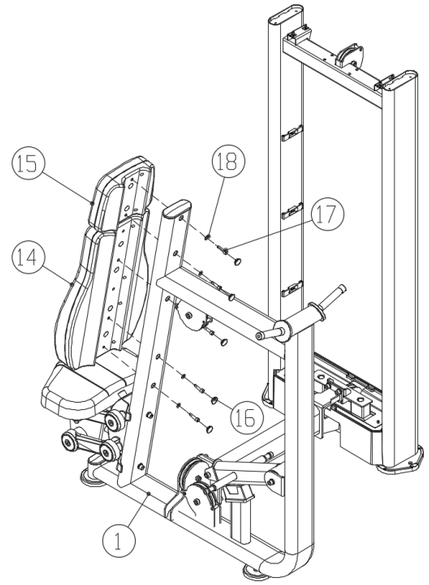
STEP 4 & 5

STEP 4
Assemble the universal seat (#14), back pad (#15), and head pad (#16) to the backrest frame (#17). Insert the 20 hole plugs (#18) last.

HARDWARE
- Hex Socket Head Cap Screw (M8×40) (#19) × 5
- Hex Socket Head Cap Screw (M10×70) (#21) × 2
- Spring Washer (M8) (#20) × 5
- Spring Washer (M10) (#9) × 2
- Threaded Decorative Sleeve (#10) × 2

STEP 5
Attach the assembled backrest frame assembly (#17) to the shoulder press side frame assembly (#1).

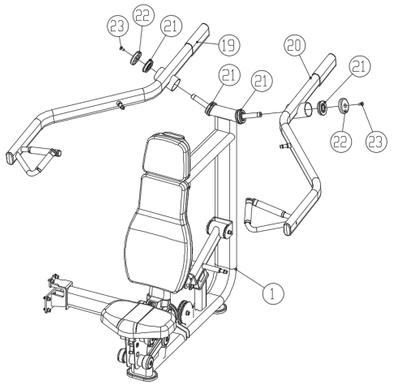
HARDWARE
- Hex Socket Head Cap Screw (M10×25) (#8) × 2
- Spring Washer (M10) (#9) × 2
- Threaded Decorative Sleeve (#10) × 2



STEP 6

ACTION
Attach the right backrest adjustment handle support plate (#22), left backrest adjustment handle support plate (#24), adjustment handle (#29), torsion spring (#26), torsion spring spacer (#25), and backrest adjustment pin shaft (#28) to the shoulder press side frame assembly (#1).

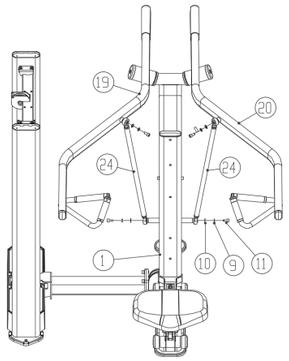
HARDWARE
- Hex Socket Countersunk Screw (M10×25) (#30) × 6
- Spacer (#22) × 6
- Hex Socket Head Cap Screw (M10×16) (#27) × 1



STEP 7

ACTION
Attach the right lever arm frame assembly (#31) and left lever arm frame assembly (#32) to the shoulder press side frame assembly (#1). Install both sides symmetrically.

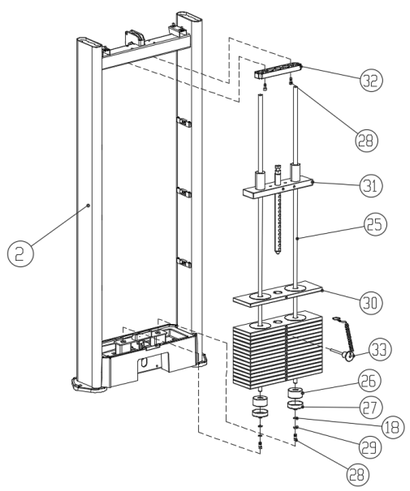
HARDWARE
- 76 Aluminum Cap (#33) × 2
- Hex Socket Countersunk Screw (M10×25) (#30) × 2



STEP 8

ACTION
Install the two guide rods (#38) in the weight stack frame (#2). Install the weight plates (#34) on the guide rods with the separator plates facing up. Install the guide block assembly (#35), insert the weight stack selector pin (#37), and install the guide rod retaining plate (#36). Tighten the bolts with a wrench before continuing.

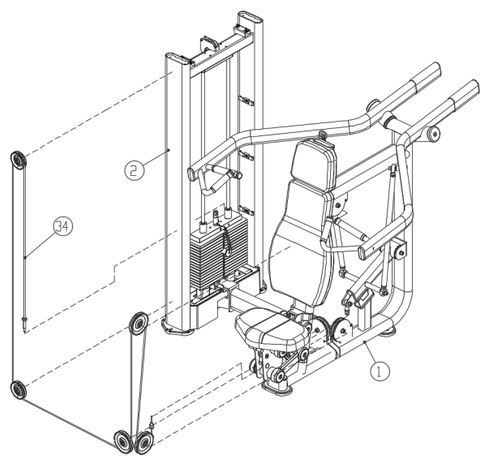
HARDWARE
- Hex Socket Head Cap Screw (M8×20) (#39) × 2



STEP 9 & 10

STEP 9
Route Weight Cable 1 (#40) through the 120 pulley box (#43) as shown. Connect one end to the right and left lever arm assemblies (#31, #32) and the other end to the 120 pulley box bracket (#42).

STEP 10
Connect one end of Weight Cable 2 (#41) to the 120 pulley box bracket (#42), then connect the other end inside the weight stack frame (#2).



STEP 11 & 12

STEP 11
Slide two decorative strips (#42) into two shroud panels (#48) and secure them to the weight stack frame (#2) with the shroud clamp plates. Slide the decorative panel (#43) into two shroud panels (#48) and secure it to the weight stack frame. Attach the upper shroud (#44) to the weight stack frame (#2).

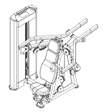
HARDWARE
- Hex Socket Head Cap Screw (M5×15) (#5) × 4

STEP 12
Attach the upper cover trim (#46) to the weight stack frame (#2), then snap the upper shroud top cover (#45) into the upper shroud (#46).

HARDWARE
- Hex Socket Head Cap Screw (M6×30) (#47) × 4

FINAL CHECK

01 Important Notice: The C4A01 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	Shoulder Press Side Frame Assembly	1
2	Weight Stack Frame	1
3	Connecting Frame	1
4	Lower Shroud	1
5	Hex Socket Head Cap Screw (M5×15)	6
6	Weight Stack Frame Foot Pad	2
7	Flat Oval Foot Pad	2
8	Hex Socket Head Cap Screw (M10×25)	16
9	Spring Washer (M10)	18
10	Threaded Decorative Sleeve	18
11	Lever Arm Stop Bracket	1
12	Backrest Adjustment Plate	1
13	Hex Socket Countersunk Screw (M10×16)	2
14	Universal Seat	1
15	Back Pad	1
16	Head Pad	1

NO.	PART / SPECIFICATION	QTY
17	Backrest Frame	1
18	20 Hole Plug	5
19	Hex Socket Head Cap Screw (M8×40)	5
20	Spring Washer (M8)	5
21	Hex Socket Head Cap Screw (M10×70)	2
22	Spacer	6
23	Right Backrest Adjustment Handle Support Plate	1
24	Left Backrest Adjustment Handle Support Plate	1
25	Torsion Spring Spacer	1
26	Torsion Spring	1
27	Hex Socket Head Cap Screw (M6×16)	1
28	Backrest Adjustment Pin Shaft	1
29	Adjustment Handle	1
30	Hex Socket Countersunk Screw (M10×25)	8
31	Right Lever Arm Frame Assembly	1
32	Left Lever Arm Frame Assembly	1

NO.	PART / SPECIFICATION	QTY
33	76 Aluminum Cap	2
34	Weight Plate	14
35	Guide Block Assembly	1
36	Guide Rod Retaining Plate	1
37	Weight Stack Selector Pin	1
38	Guide Rod	2
39	Hex Socket Head Cap Screw (M8×20)	2
40	Weight Cable 1	1
41	Weight Cable 2	1
42	Decorative Strip	2
43	Decorative Panel	1
44	Upper Shroud	1
45	Upper Shroud Top Cover	1
46	Upper Cover Trim	1
47	Hex Socket Head Cap Screw (M6×30)	4
48	Shroud Panel	4