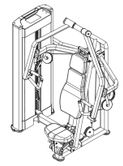
# C4A05 · Converging Independent Chest Press

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.

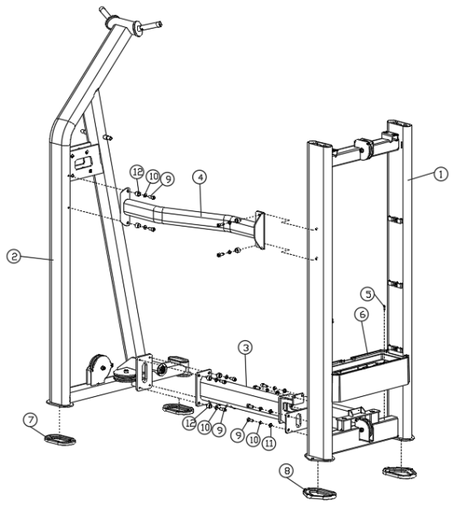
02 Assemble the equipment as instructed. After assembly, understand all functions before use. Stop use immediately if a problem occurs to prevent injury or equipment damage. Check the manual for the cause or contact after-sales service if the issue cannot be resolved.

### Tools Required

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

## Assembly

### STEP 1 & 2



**STEP 1**

Connect the main side frame (#2), main connecting frame (#3), reinforcement connecting frame (#4), and weight stack frame (#1) as shown.

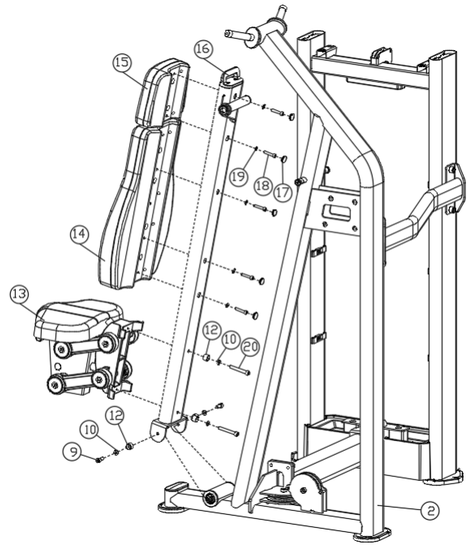
**HARDWARE**

- Hex Socket Head Cap Screw (M10×25) (#9) × 14
- Spring Washer (M10) (#10) × 14
- Flat Washer (M10-D20) (#11) × 6
- Screw Decorative Sleeve (#12) × 8

**STEP 2**

Install two flat oval foot pads (#7) on the main side frame (#2) and two weight stack frame foot pads (#8) on the weight stack frame (#1).

### STEP 3 & 4



**STEP 3**

Assemble the universal seat (#13), back pad (#14), and head pad (#15) to the backrest frame (#6). Insert the 20 hole plugs (#17) last.

**HARDWARE**

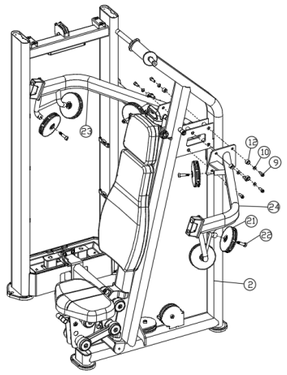
- Hex Socket Head Cap Screw (M8×40) (#18) × 5
- Hex Socket Head Cap Screw (M10×70) (#20) × 2
- Spring Washer (M8) (#19) × 5
- Spring Washer (M10) (#10) × 2
- Screw Decorative Sleeve (#12) × 2

**STEP 4**

Attach the backrest frame assembly (#16) assembled in the previous step to the main side frame (#2).

**HARDWARE**

- Hex Socket Head Cap Screw (M10×25) (#9) × 2
- Spring Washer (M10) (#10) × 2
- Screw Decorative Sleeve (#12) × 2

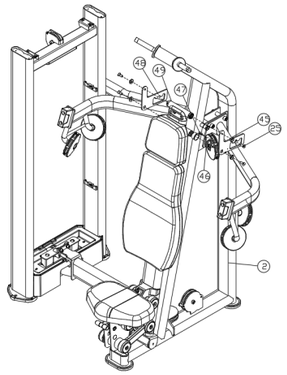



## STEP 5 & 6

**STEP 5**
Attach the left lever arm stop bracket (#23) and right lever arm stop bracket (#24) to the main side frame (#2).

**HARDWARE**
- Hex Socket Head Cap Screw (M10×25) (#9) × 8
- Spring Washer (M10) (#10) × 8
- Screw Decorative Sleeve (#12) × 8

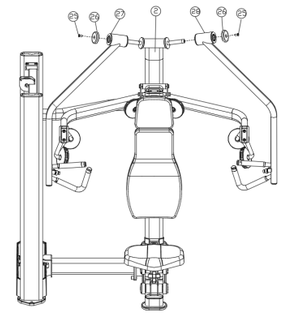
**STEP 6**
Install the 120 pulley box assemblies (#21) on the left and right lever arm stop brackets (#23, #24) using pulley shaft-32 (#22).




## STEP 7

**ACTION**
Attach the adjustment handle support plate (#48), adjustment handle (#49), torsion spring (#46), and plug caps (#45) to the main side frame (#2).

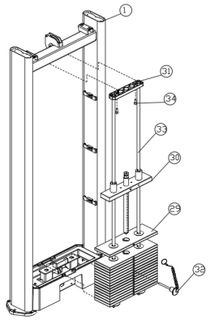
**HARDWARE**
- Hex Socket Countersunk Screw (M10×25) (#25) × 4
- Hex Socket Head Cap Screw (M10×16) (#47) × 1




## STEP 8

**ACTION**
Attach the left and right lever arms (#25, #26) and the 76 aluminum cap (#26) to the main side frame (#2).

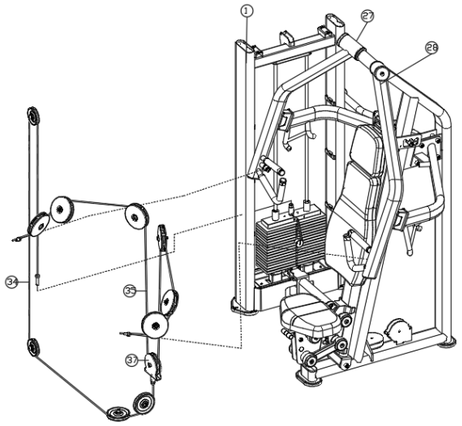
**HARDWARE**
- Hex Socket Countersunk Screw (M10×25) (#25) × 2




## STEP 9

**ACTION**
Install the two guide rods (#33) in the weight stack frame (#1). Install the weight plates (#29) on the guide rods with the separator plates facing up. Install the guide block assembly (#30), insert the weight stack selector pin (#32), and install the guide rod retaining plate (#31). Tighten the bolts with a wrench before continuing.

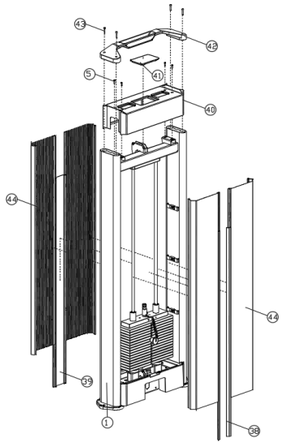
**HARDWARE**
- Hex Socket Head Cap Screw (M8×20) (#34) × 2




## STEP 10 & 11

**STEP 10**
Route Cable 1 (#34) as shown. Remove the preinstalled pulley boxes first and reinstall them after routing the cable. Install the pulleys together with the cable, connecting the weight stack frame (#1) to the 120 branch pulley box assembly (#37).

**STEP 11**
Connect one end of Cable 2 (#35) to the left lever arm (#27) and the other end to the right lever arm (#28).




## STEP 12 & 13

**STEP 12**
Slide two decorative strips (#38) into two shroud panels (#44) and secure them to the weight stack frame (#1) with the shroud clamp plates. Slide the decorative panel (#39) into two shroud panels (#44) and secure it to the weight stack frame. Attach the upper shroud (#40) to the weight stack frame (#1).

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

**STEP 13**
Attach the upper cover trim (#42) to the weight stack frame (#1), then snap the upper shroud top cover (#41) into the upper shroud (#40).

**HARDWARE**
- Hex Socket Head Cap Screw (M6×30) (#43) × 4

## FINAL CHECK

01 Important Notice: The C4A05 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

| NO. | PART / SPECIFICATION | QTY |
|---|---|---|
| 1 | Weight Stack Frame | 1 |
| 2 | Main Side Frame | 1 |
| 3 | Main Connecting Frame | 1 |
| 4 | Reinforcement Connecting Frame | 1 |
| 5 | Hex Socket Head Cap Screw (M5×15) | 6 |
| 6 | Lower Shroud | 1 |
| 7 | Flat Oval Foot Pad | 2 |
| 8 | Weight Stack Frame Foot Pad | 2 |
| 9 | Hex Socket Head Cap Screw (M10×25) | 24 |
| 10 | Spring Washer (M10) | 26 |
| 11 | Flat Washer (M10-D20) | 6 |
| 12 | Screw Decorative Sleeve | 20 |
| 13 | Universal Seat | 1 |
| 14 | Back Pad | 1 |
| 15 | Head Pad | 1 |
| 16 | Backrest Frame | 1 |
| 17 | Hex Socket Head Cap Screw (M8×40) | 5 |
| 18 | Spring Washer (M8) | 5 |
| 19 | 20 Hole Plug | 5 |
| 20 | Hex Socket Head Cap Screw (M10×70) | 2 |
| 21 | 120 Pulley Box Assembly | 6 |
| 22 | Pulley Shaft-32 | 6 |
| 23 | Left Lever Arm Stop Bracket | 1 |
| 24 | Right Lever Arm Stop Bracket | 1 |
| 25 | Hex Socket Countersunk Screw (M10×25) | 4 |
| 26 | 76 Aluminum Cap | 2 |
| 27 | Left Lever Arm | 1 |
| 28 | Right Lever Arm | 1 |
| 29 | Weight Plate | 14 |
| 30 | Guide Block Assembly | 1 |
| 31 | Guide Rod Retaining Plate | 1 |
| 32 | Weight Stack Selector Pin | 1 |
| 33 | Guide Rod | 2 |
| 34 | Hex Socket Head Cap Screw (M8×20) | 2 |
| 35 | Weight Cable 1 | 1 |
| 36 | Weight Cable 2 | 1 |
| 37 | 120 Branch Pulley Box Assembly | 1 |
| 38 | Decorative Strip | 2 |
| 39 | Decorative Panel | 1 |
| 40 | Upper Shroud | 1 |
| 41 | Upper Shroud Top Cover | 1 |
| 42 | Upper Cover Trim | 1 |
| 43 | Hex Socket Head Cap Screw (M6×30) | 4 |
| 44 | Shroud Panel | 4 |
| 45 | Plug Cap | 4 |
| 46 | Torsion Spring | 1 |
| 47 | Hex Socket Head Cap Screw (M6×16) | 1 |
| 48 | Adjustment Handle Support Plate | 2 |
| 49 | Adjustment Handle | 1 |