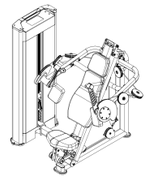
C4A11 · Diverging Triceps Extension

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.

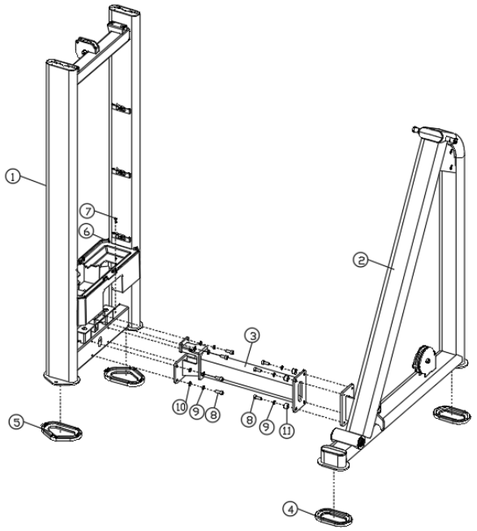
02 Assemble the equipment as instructed. After assembly, understand all functions before use. Stop use immediately if a problem occurs to prevent injury or equipment damage. Check the manual for the cause or contact after-sales service if the issue cannot be resolved.

Tools Required

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

Assembly

STEP 1 & 2

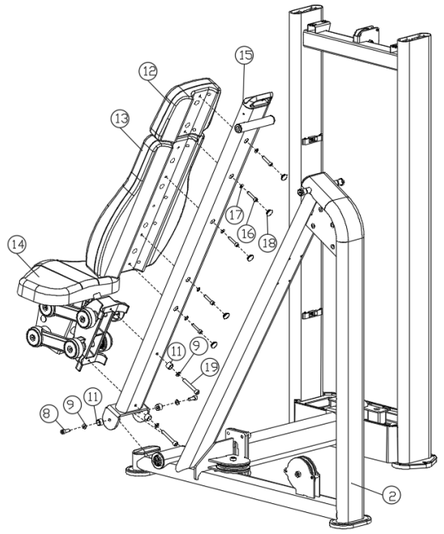


STEP 1
Connect the main frame (#2), main connecting frame (#3), and weight stack frame (#1) as shown.

HARDWARE
- Hex Socket Head Cap Screw (M10×25) (#8) × 10
- Spring Washer (M10) (#9) × 10
- Flat Washer (M10-D20) (#10) × 6
- Screw Decorative Sleeve (#11) × 4

STEP 2
Install two flat oval foot pads (#4) on the main frame (#2) and two weight stack frame foot pads (#5) on the weight stack frame (#1).

STEP 3 & 4

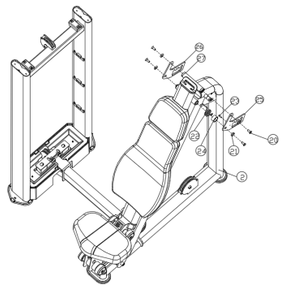


STEP 3
Assemble the universal seat (#14), back pad (#13), and head pad (#12) to the backrest frame (#15). Insert the 20 hole plugs (#18) last.

HARDWARE
- Hex Socket Head Cap Screw (M8×40) (#16) × 5
- Hex Socket Head Cap Screw (M10×70) (#19) × 2
- Spring Washer (M8) (#17) × 5
- Spring Washer (M10) (#9) × 2
- Screw Decorative Sleeve (#11) × 2

STEP 4
Attach the backrest frame assembly (#15) assembled in the previous step to the main frame (#2).

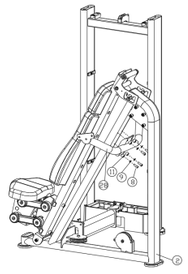
HARDWARE
- Hex Socket Head Cap Screw (M10×25) (#8) × 2
- Spring Washer (M10) (#9) × 2
- Screw Decorative Sleeve (#11) × 2



STEP 5

ACTION
Attach the adjustment handle support plate (#25), left adjustment handle support plate (#26), adjustment handle (#27), torsion spring (#22), torsion spring spacer (#24), and plug caps (#21) to the main frame (#2).

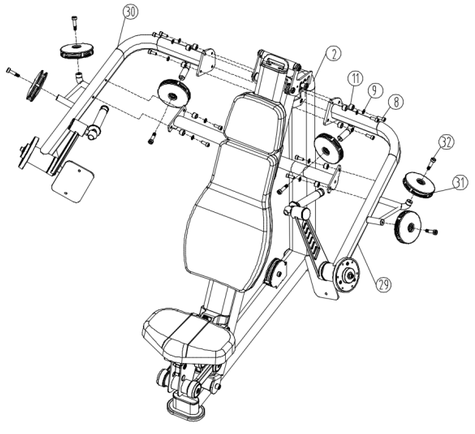
HARDWARE
- Hex Socket Countersunk Screw (M10×25) (#20) × 4
- Hex Socket Head Cap Screw (M10×16) (#23) × 1



STEP 6

ACTION
Attach the lever arm support reinforcement frame (#28) to the main frame (#2).

HARDWARE
- Hex Socket Head Cap Screw (M10×25) (#8) × 4
- Spring Washer (M10) (#9) × 4
- Screw Decorative Sleeve (#11) × 4

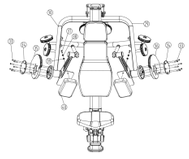


STEP 7 & 8

STEP 7
Attach the left lever arm frame (#29) and right lever arm frame (#30) to the main frame (#2).

HARDWARE
- Hex Socket Head Cap Screw (M10×25) (#8) × 8
- Spring Washer (M10) (#9) × 8
- Screw Decorative Sleeve (#1) × 8

STEP 8
Install the 120 pulley box assemblies (#31) on the left and right lever arm frames (#29, #30) using pulley shaft-32 (#32).



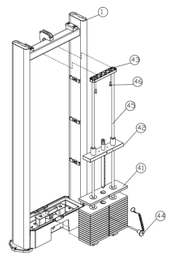
STEP 9 & 10

STEP 9
Attach the left cable drum (#36), right cable drum (#35), and flange decorative covers (#34) to the left and right lever arm frames (#29, #30).

HARDWARE
- Hex Socket Button Head Screw (M8×35) (#33) × 12

STEP 10
Attach the elbow pads (#40) to the left and right lever arm frames (#29, #30).

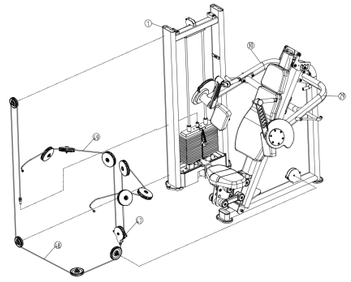
HARDWARE
- Hex Socket Head Cap Screw (M8×25) (#37) × 4
- Spring Washer (M8) (#38) × 4
- Flat Washer (M8-D16) (#39) × 4



STEP 11

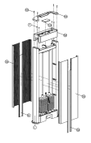
ACTION
Install the two guide rods (#45) in the weight stack frame (#1). Install the weight plates (#41) on the guide rods with the separator plates facing up. Install the guide block assembly (#42), insert the weight stack selector pin (#44), and install the guide rod retaining plate (#43). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw (M8×20) (#46) × 2



STEP 12

ACTION
Route Weight Cable 1 (#48) and Weight Cable 2 (#49) as shown. Remove the preinstalled pulley boxes first and reinstall them after routing the cables. Install the pulleys together with the cables and connect them to the weight stack frame (#1) and 120 branch pulley box assembly (#47) as shown. Connect one end of Weight Cable 2 (#49) to the left lever arm frame (#29) and the other end to the right lever arm frame (#30).



STEP 13 & 14

STEP 13
Slide two decorative strips (#50) into two shroud panels (#56) and secure them to the weight stack frame (#1) with the shroud clamp plates. Slide the decorative panel (#51) into two shroud panels (#56) and secure it to the weight stack frame. Attach the upper shroud (#52) to the weight stack frame (#1).

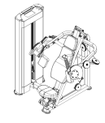
HARDWARE
- Hex Socket Head Cap Screw (M5×15) (#7) × 4

STEP 14
Attach the upper cover trim (#54) to the weight stack frame (#1), then snap the upper shroud top cover (#53) into the upper shroud (#52).

HARDWARE
- Hex Socket Head Cap Screw (M6×30) (#55) × 4

FINAL CHECK

01 Important Notice: The triceps extension machine 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 Frame	1
3	Main Connecting Frame	1
4	Flat Oval Foot Pad	2
5	Weight Stack Frame Foot Pad	2
6	Lower Shroud	1
7	Hex Socket Head Cap Screw (M5×15)	6
8	Hex Socket Head Cap Screw (M10×25)	16
9	Spring Washer (M10)	18
10	Flat Washer (M10-D20)	10
11	Screw Decorative Sleeve	12
12	Head Pad	1
13	Back Pad	1
14	Universal Seat	1
15	Backrest Frame	1
16	Hex Socket Head Cap Screw (M8×40)	5
17	Spring Washer (M8)	5
18	20 Hole Plug	5
19	Hex Socket Head Cap Screw (M10×70)	2
20	Hex Socket Countersunk Screw (M10×25)	4
21	Plug Cap	4
22	Torsion Spring	1
23	Hex Socket Head Cap Screw (M6×16)	1
24	Torsion Spring Spacer	1
25	Adjustment Handle Support Plate	1
26	Left Adjustment Handle Support Plate	1
27	Adjustment Handle	1
28	Lever Arm Support Reinforcement Frame	1
29	Left Lever Arm Frame	1
30	Right Lever Arm Frame	1
31	120 Pulley Box Assembly	6
32	Pulley Shaft-32	6
33	Hex Socket Button Head Screw (M8×35)	12
34	Flange Decorative Cover	2
35	Right Cable Drum	1
36	Left Cable Drum	1
37	Hex Socket Head Cap Screw (M8×25)	4
38	Spring Washer (M8)	4
39	Flat Washer (M8-D16)	4
40	Elbow Pad	2
41	Weight Plate	14
42	Guide Block Assembly	1
43	Guide Rod Retaining Plate	1
44	Weight Stack Selector Pin	1
45	Guide Rod	2
46	Hex Socket Head Cap Screw (M8×20)	2
47	120 Branch Pulley Box Assembly	1
48	Weight Cable 1	1
49	Weight Cable 2	1
50	Decorative Strip	2
51	Decorative Panel	1
52	Upper Shroud	1
53	Upper Shroud Top Cover	1
54	Upper Cover Trim	1
55	Hex Socket Head Cap Screw (M6×30)	4
56	Shroud Panel	4