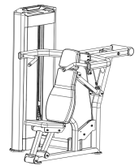
C4D01 · Shoulder / Chest Press

INSTALLATION MANUAL



Before Installation

Before You Start

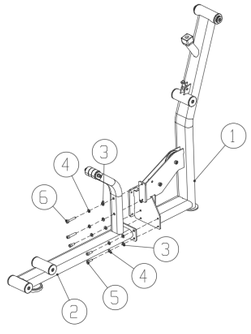
01 Read these instructions carefully before installation. Check all parts against the parts lists for completeness and correct quantities. If any part is missing or damaged during transit, contact after-sales service immediately. Assemble the equipment according to these instructions.

02 This equipment is designed for smooth and effective exercise. After assembly, familiarize yourself with all functions before use. If a problem occurs during use, stop using the equipment immediately to avoid personal injury or equipment damage. Check the relevant instructions to identify the cause; if the problem cannot be resolved, contact after-sales service. Proceed only after reading all instructions carefully.

Tools Required

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

Assembly

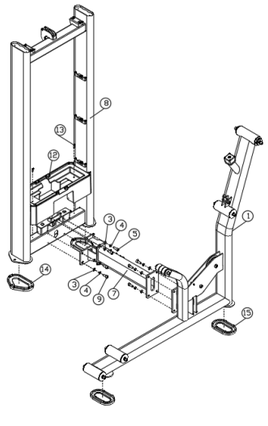


STEP 1

ACTION
Connect the Shoulder / Chest Press side frame I (#1) to the Shoulder / Chest Press side frame II (#2).

HARDWARE

- Hex Socket Head Cap Screw M10×20 (#5) × 4
- Hex Socket Head Cap Screw M10×55 (#6) × 2
- Spring Washer (10) (#4) × 6
- Flat Washer (10) (#3) × 6



STEP 2, 3 & 4

STEP 2
Connect the lower weight stack shroud (#12) to the weight stack frame (#8).

HARDWARE

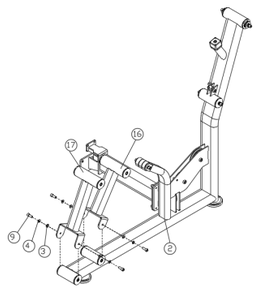
- Hex Socket Head Cap Screw M5×16 (#13) × 2

STEP 3
Connect the Shoulder / Chest Press connecting frame (#7) to the weight stack frame (#8) and the Shoulder / Chest Press side frame I (#1).

HARDWARE

- Hex Socket Head Cap Screw M10×20 (#5) × 2
- Hex Socket Head Cap Screw M10×25 (#9) × 8
- Spring Washer (10) (#4) × 10
- Flat Washer (10) (#3) × 10

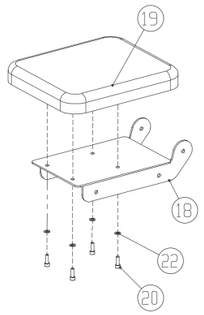
STEP 4
Install the two weight stack frame foot pads (#14) on the weight stack frame (#8) and the two flat oval foot pads (#15) on the Shoulder / Chest Press side frame I (#1).



STEP 5

ACTION
Connect Linkage I (#16) and Linkage II (#17) to the Shoulder / Chest Press side frame II (#2). Tighten the bolts with a wrench before continuing.

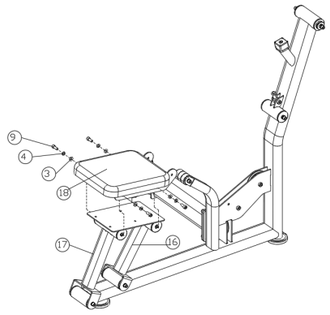
HARDWARE
- Hex Socket Head Cap Screw M10×25 (#9) × 4
- Spring Washer (10) (#4) × 4
- Flat Washer (10) (#3) × 4



STEP 6

ACTION
Attach the seat pad (#19) to the seat frame (#18). Tighten the bolts with a wrench before continuing.

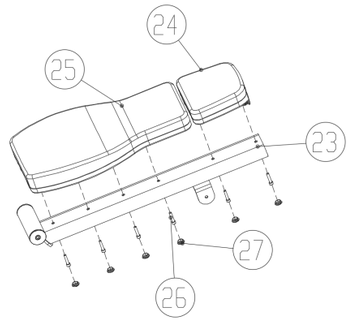
HARDWARE
- Hex Socket Head Cap Screw M8×30 (#20) × 4
- Flat Washer (8) (#22) × 4



STEP 7

ACTION
Connect the seat frame (#18) to Linkage I (#16) and Linkage II (#17). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M10×25 (#9) × 4
- Spring Washer (10) (#4) × 4
- Flat Washer (10) (#3) × 4



STEP 8 & 9

STEP 8
Attach the head pad (#24) and back pad (#25) to the backrest frame (#23). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M8×40 (#26) × 6

STEP 9
Install the six hole plugs (#27) in the backrest frame (#23).

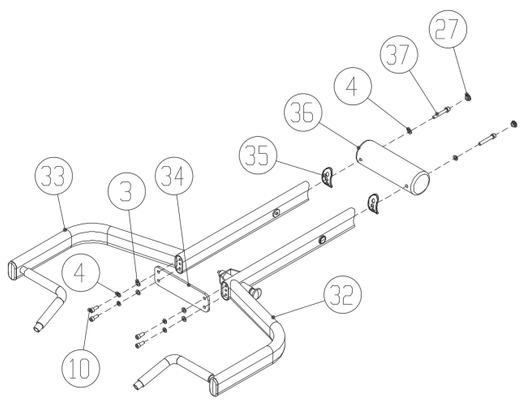
STEP 10

ACTION
Connect the backrest frame (#23) and Linkage III (#28) to the Shoulder / Chest Press side frame I (#1) and the seat frame (#18). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M10×25 (#9) × 6
- Spring Washer (10) (#4) × 6
- Flat Washer (10) (#3) × 6

STEP 11

ACTION
Use the main shaft (#30) to connect the adjustment frame (#29) and the lever arm bushings (#31) to the Shoulder / Chest Press side frame I (#1).



STEP 12, 13 & 14

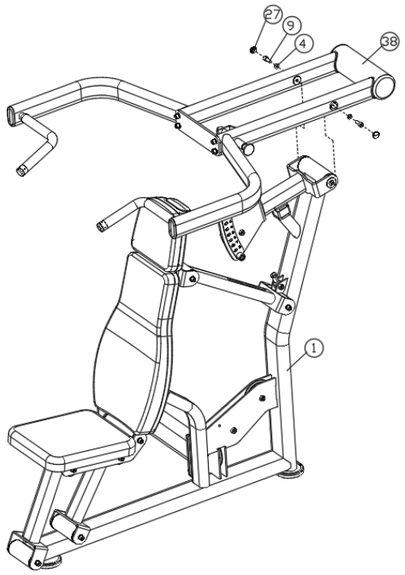
STEP 12
Connect the lever arm connecting plate (#34) to the left lever arm (#32) and right lever arm (#33). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M10×30 (#10) × 4
- Spring Washer (10) (#4) × 4
- Flat Washer (10) (#3) × 4

STEP 13
Connect the two curved pads (#35) and counterweight (#36) to the left lever arm (#32) and right lever arm (#33). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M10×70 (#37) × 2
- Spring Washer (10) (#4) × 2

STEP 14
Install the two hole plugs (#27) in the counterweight (#36).

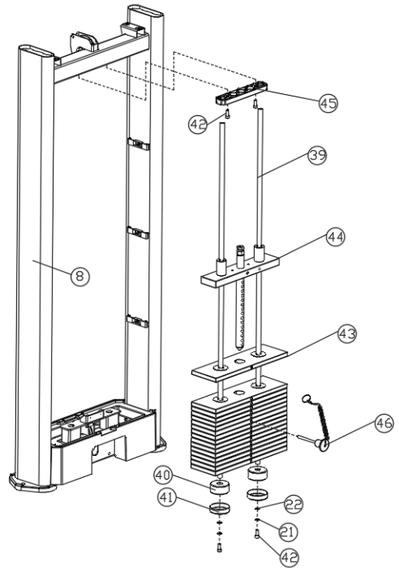


STEP 15 & 16

STEP 15
Connect the lever arm assembly (#38) to the Shoulder / Chest Press side frame I (#1). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M10×25 (#9) × 2
- Spring Washer (10) (#4) × 2

STEP 16
Install the two hole plugs (#27) in the lever arm assembly (#38).



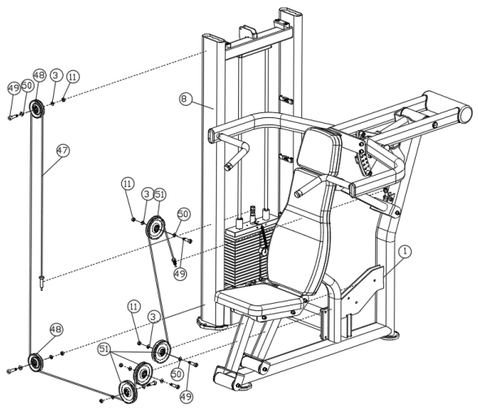
STEP 17 & 18

STEP 17
Slide the two weight stack rubber pads (#40) onto the two guide rods (#39), connect the two weight stack bases (#41) to the two guide rods (#39), and place the assembly in the weight stack frame (#8). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M8×20 (#42) × 2
- Spring Washer (8) (#21) × 2
- Flat Washer (8) (#22) × 2

STEP 18
Install 16 weight plates (#43) on the guide rods (#39) with the separator sheets facing upward, install the guide block assembly (#44), insert the weight stack selector pin (#46) into the weight plates (#43), slide the guide rod retaining plate (#45) onto the guide rods (#39), and secure the guide rod retaining plate (#45) to the weight stack frame (#8). Tighten the bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M8×20 (#42) × 2

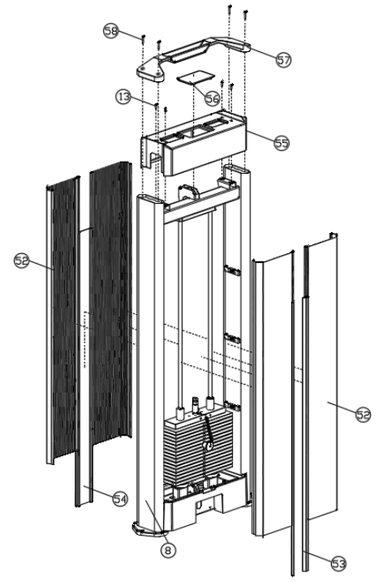


STEP 19 & 20

STEP 19
Attach the two 95 pulleys (#48) to the weight stack frame (#8) and the four 120 pulleys (#51) to the Shoulder / Chest Press side frame I (#1) and adjustment frame (#29); install these pulleys together with the Shoulder / Chest Press cable (#47).

HARDWARE
- Pulley Shaft-32 (#49) × 2
- Hex Self-Locking Nut M10 (#11) × 2
- Flat Washer (12) (#50) × 2
- Flat Washer (10) (#3) × 2
- Pulley Shaft-32 (#49) × 4
- Hex Self-Locking Nut M10 (#11) × 4
- Flat Washer (12) (#50) × 4
- Flat Washer (10) (#3) × 4

STEP 20
Connect the M14 bolt end of the Shoulder / Chest Press cable (#47) to the weight stack frame (#8), and connect the M12 bolt end of the Shoulder / Chest Press cable (#47) to the Shoulder / Chest Press side frame I (#1).



STEP 21 & 22

STEP 21
Slide the two weight stack decorative strips (#53) into the two shroud panels (#52) and secure them to the weight stack frame (#8) with the shroud retaining plate; slide the weight stack decorative panel (#54) into the two shroud panels (#52) and secure it to the weight stack frame (#8) with the shroud retaining plate; attach the upper weight stack shroud (#55) to the weight stack frame (#8).

HARDWARE
- Hex Socket Head Cap Screw M5×15 (#13) × 4

STEP 22
Attach the upper shroud decorative panel (#57) to the weight stack frame (#8), and snap the upper shroud top cover (#56) into the upper weight stack shroud (#55).

HARDWARE
- Hex Socket Head Cap Screw M6×30 (#58) × 4

FINAL CHECK

01 Assembly is complete. Check that the machine is level and plumb. 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 included in this parts list.

NO.	PART / SPECIFICATION	QTY
1	Shoulder / Chest Press Side Frame I	1
2	Shoulder / Chest Press Side Frame II	1
3	Flat Washer (10)	34
4	Spring Washer (10)	32
5	Hex Socket Head Cap Screw M10×20	6
6	Hex Socket Head Cap Screw M10×55	2
7	Shoulder / Chest Press Connecting Frame	1
8	Weight Stack Frame	1
9	Hex Socket Head Cap Screw M10×25	18
10	Hex Socket Head Cap Screw M10×30	4
11	Hex Self-Locking Nut M10	6
12	Lower Weight Stack Shroud	1
13	Hex Socket Head Cap Screw M5×16	6
14	Weight Stack Frame Foot Pad	2
15	Flat Oval Foot Pad	2
16	Linkage I	1
17	Linkage II	1
18	Seat Frame	1
19	Seat Pad	1
20	Hex Socket Head Cap Screw M8×30	4
21	Spring Washer (8)	2
22	Flat Washer (8)	6
23	Backrest Frame	1
24	Head Pad	1
25	Back Pad	1
26	Hex Socket Head Cap Screw M8×40	6
27	Hole Plug	10
28	Linkage III	1
29	Adjustment Frame	1
30	Main Shaft	1
31	Lever Arm Bushing	2
32	Left Lever Arm	1
33	Right Lever Arm	1
34	Lever Arm Connecting Plate	1
35	Curved Pad	2
36	Counterweight	1
37	Hex Socket Head Cap Screw M10×70	2
38	Lever Arm Assembly	1
39	Universal Weight Stack Guide Rod	2
40	Weight Stack Rubber Pad	2
41	Weight Stack Base	2
42	Hex Socket Head Cap Screw M8×20	4
43	Weight Plate	16
44	Guide Block Assembly	1
45	Guide Rod Retaining Plate	1
46	Weight Stack Selector Pin	1
47	Shoulder / Chest Press Cable	1
48	95 Pulley	2
49	Pulley Shaft-32	6
50	Flat Washer (12)	6
51	120 Pulley	4
52	Shroud Panel	4
53	Weight Stack Decorative Strip	2
54	Weight Stack Decorative Panel	1
55	Upper Weight Stack Shroud	1
56	Upper Shroud Top Cover	1
57	Upper Shroud Decorative Panel	1
58	Hex Socket Head Cap Screw M6×30	4