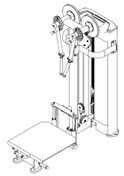
C4D02 · Shoulder / Chest Press

INSTALLATION MANUAL



Before Installation

Before You Start

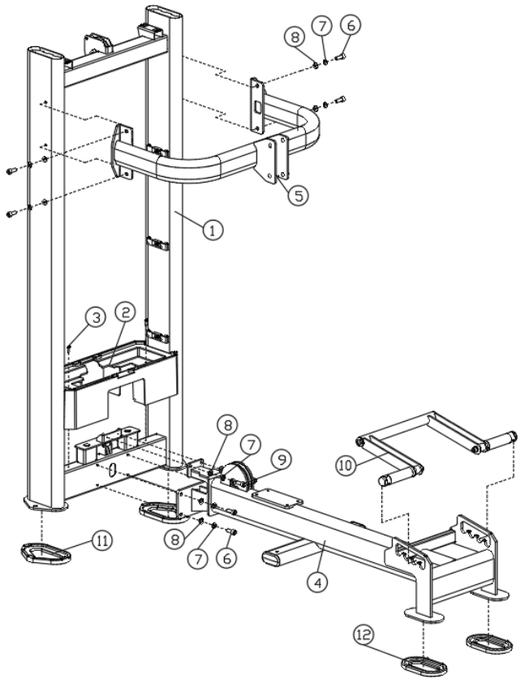
01 Read these instructions carefully before installation. Check all parts against the parts lists for completeness and correct quantities. If any part is missing or damaged during transit, contact after-sales service immediately. Assemble the equipment according to these instructions.

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

Assembly



STEP 1, 2, 3 & 4

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

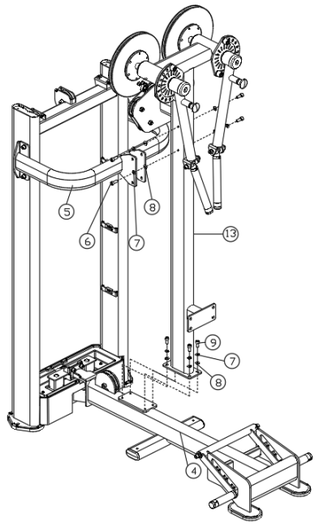
HARDWARE
- Hex Socket Head Cap Screw M5×16 (#3) × 2

STEP 2
Install the footplate linkage assembly (#10) on the base support frame assembly (#4).

STEP 3
Connect the base support frame assembly (#4) and upper support frame (#5) to the weight stack frame (#1).

HARDWARE
- Hex Socket Head Cap Screw M10×25 (#6) × 8
- Spring Washer M10 (#7) × 10
- Flat Washer M10-D20 (#8) × 10
- Hex Socket Head Cap Screw M10×20 (#9) × 2

STEP 4
Install the two weight stack frame foot pads (#11) on the weight stack frame (#1) and the two flat oval foot pads (#12) on the base support frame assembly (#4).



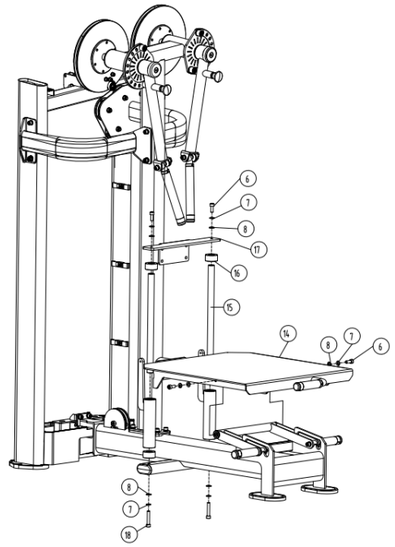
STEP 5

ACTION

Use the main frame assembly (#13) to connect the base support frame assembly (#4) to the upper support frame (#5).

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#6) × 4
- Spring Washer M10 (#7) × 8
- Flat Washer M10-D20 (#8) × 8
- Hex Socket Head Cap Screw M10×20 (#9) × 4



STEP 6 & 7

STEP 6

Install the footplate assembly (#14), two hip slide rails (#15), four slide rail rubber pads (#16), and slide rail retaining plate (#17) on the base support frame assembly (#4).

HARDWARE

- Slide Rail Rubber Pad (#16) × 4
- Hex Socket Head Cap Screw M10×25 (#6) × 2
- Spring Washer M10 (#7) × 4
- Flat Washer M10-D20 (#8) × 4
- Hex Socket Head Cap Screw M10×55 (#18) × 2

STEP 7

Connect the footplate assembly (#14) to the footplate linkage assembly (#10).

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#6) × 2
- Spring Washer M10 (#7) × 2
- Flat Washer M10-D20 (#8) × 2

STEP 8 & 9

STEP 8

Connect the footplate assembly (#14) to the base support frame assembly (#4) with two gas springs (#19).

STEP 9

Connect the main frame assembly (#13) to the slide rail retaining plate (#17).

HARDWARE

- Hex Socket Head Cap Screw M10×30 (#20) × 4
- Flat Washer M10-D20 (#8) × 8
- Hex Self-Locking Nut M10 (#40) × 4

STEP 10 & 11

STEP 10

Slide the two weight stack rubber pads (#22) onto the two guide rods (#21), connect the two weight stack bases (#23) to the guide rods (#21), and place the assembly in the weight stack frame (#1). Tighten the bolts with a wrench before continuing.

HARDWARE

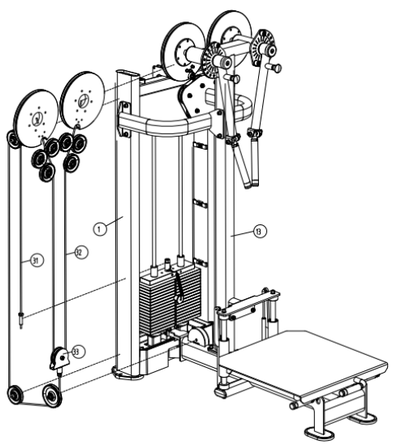
- Hex Socket Head Cap Screw M8×20 (#24) × 2
- Spring Washer M8 (#25) × 2
- Flat Washer M8-D16 (#26) × 2

STEP 11

Install 16 weight plates (#27) on the guide rods (#21) with the separator sheets facing upward, install the guide block assembly (#28), insert the weight stack selector pin (#30) into the weight plates (#27), slide the guide rod retaining plate (#29) onto the guide rods (#21), and secure it to the weight stack frame (#1). Tighten the bolts with a wrench before continuing.

HARDWARE

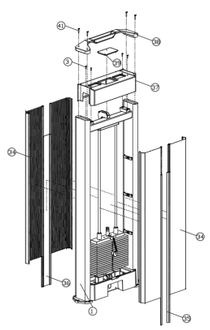
- Hex Socket Head Cap Screw M8×20 (#24) × 2



STEP 12

ACTION

Route Cable 1 (#31) and Cable 2 (#32) through the pulley path, removing the preinstalled pulleys first and reinstalling them with the cables in place; install the pulleys together with both cables.



STEP 13 & 14

STEP 13

Slide the two decorative strips (#35) into the two shroud panels (#34) and secure them to the weight stack frame (#1) with the shroud retaining plate; slide the decorative panel (#36) into the two shroud panels (#34) and secure it to the weight stack frame (#1) with the shroud retaining plate; attach the upper shroud (#37) to the weight stack frame (#1) using four hex socket head cap screws M5×15 (#13).

HARDWARE

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

STEP 14

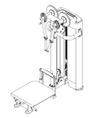
Attach the upper shroud decorative panel (#38) to the weight stack frame (#1), then snap the upper shroud top cover (#39) into the upper shroud (#37) using four hex socket head cap screws M6×30 (#41).

HARDWARE

- Hex Socket Head Cap Screw M6×30 (#41) × 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	Weight Stack Frame	1
2	Lower Weight Stack Shroud	1
3	Hex Socket Head Cap Screw M5×16	6
4	Base Support Frame Assembly	1
5	Upper Support Frame	1
6	Hex Socket Head Cap Screw M10×25	16
7	Spring Washer M10	24
8	Flat Washer M10-D20	32
9	Hex Socket Head Cap Screw M10×20	6
10	Footplate Linkage Assembly	1
11	Weight Stack Frame Foot Pad	2
12	Flat Oval Foot Pad	2
13	Main Frame Assembly	1
14	Footplate Assembly	1

NO.	PART / SPECIFICATION	QTY
15	Hip Slide Rail	2
16	Slide Rail Rubber Pad	4
17	Slide Rail Retaining Plate	1
18	Hex Socket Head Cap Screw M10×55	2
19	Gas Spring	2
20	Hex Socket Head Cap Screw M10×30	4
21	Guide Rod	2
22	Weight Stack Rubber Pad	2
23	Weight Stack Base	2
24	Hex Socket Head Cap Screw M8×20	4
25	Spring Washer M8	2
26	Flat Washer M8-D16	2
27	Weight Plate	16
28	Guide Block Assembly	1

NO.	PART / SPECIFICATION	QTY
29	Guide Rod Retaining Plate	1
30	Weight Stack Selector Pin	1
31	Cable 1	1
32	Cable 2	1
33	95 Branch Pulley Housing Assembly	1
34	Shroud Panel	4
35	Decorative Strip	2
36	Decorative Panel	1
37	Upper Shroud	1
38	Upper Shroud Decorative Panel	1
39	Upper Shroud Top Cover	1
40	Hex Self-Locking Nut M10	4
41	Hex Socket Head Cap Screw M6×30	4