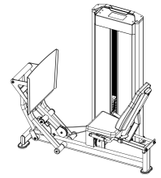
C4D11 · Leg Press / Seated Calf

INSTALLATION MANUAL



Before Installation

Before You Start

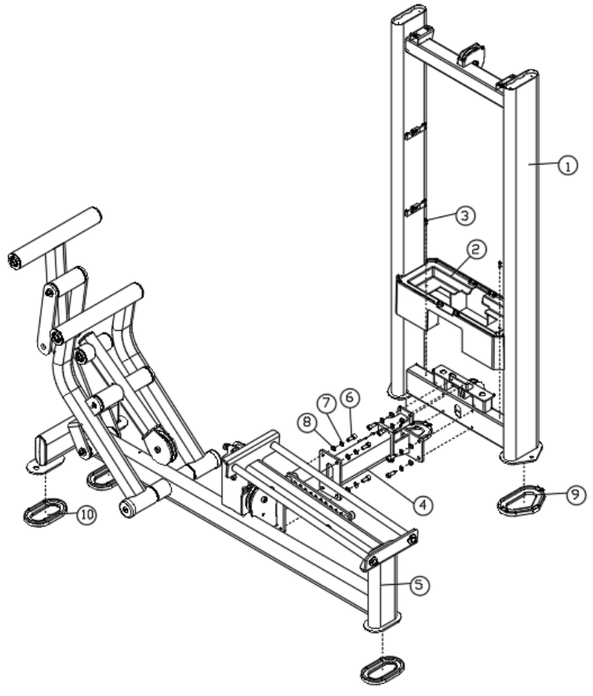
01 Read these instructions carefully before installation. Check all parts against the parts lists for completeness and correct quantities. If any part is missing or damaged during transit, contact after-sales service immediately. Assemble the equipment according to these instructions.

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

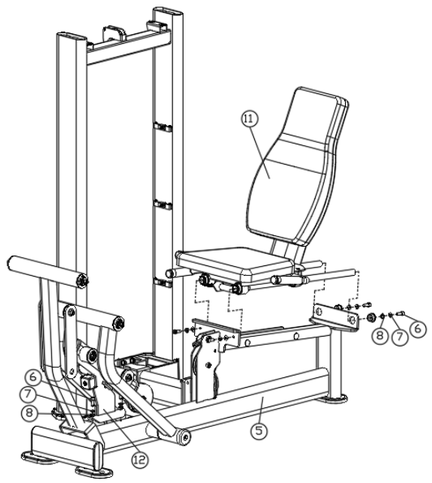
STEP 1
Install the two weight stack frame foot pads (#9) on the weight stack frame (#1), and install the three flat oval foot pads (#10) on the main frame assembly (#5).

STEP 2
Connect the lower weight stack shroud (#2) to the weight stack frame (#1) using two hex socket head cap screws M5×16 (#3).

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

STEP 3
Connect the seat/footplate connecting frame I (#4) and main frame assembly (#5) to the weight stack frame (#1).

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



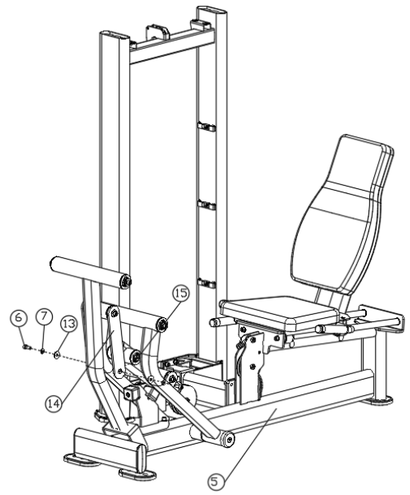
STEP 4 & 5

STEP 4
Install the Leg Press seat frame assembly (#11) on the main frame assembly (#5).

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

STEP 5
Install the lever arm stop assembly (#12) on the main frame assembly (#5).

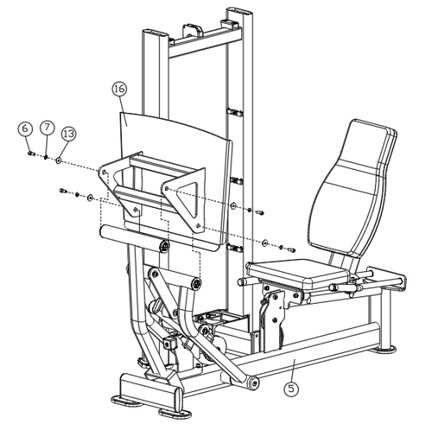
HARDWARE
- Hex Socket Head Cap Screw M10×25 (#6) × 2
- Spring Washer M10 (#7) × 2
- Flat Washer M10-D20 (#8) × 2



STEP 6

ACTION
Connect the swing assist lever assembly (#15), preinstalled on the main frame assembly (#5), to the two lever arm linkage retaining plates (#14).

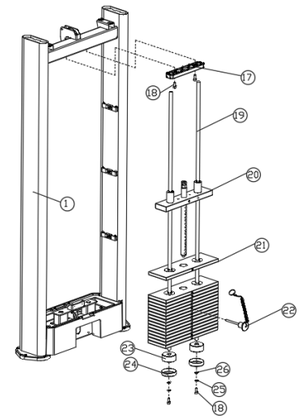
HARDWARE
- Hex Socket Head Cap Screw M10×25 (#6) × 2
- Spring Washer M10 (#7) × 2
- Flat Washer M10-D30 (#13) × 2



STEP 7

ACTION
Connect the footplate frame assembly (#16) to the lever arm preinstalled on the main frame assembly (#5).

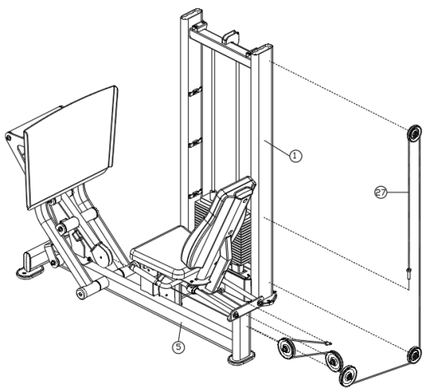
HARDWARE
- Hex Socket Head Cap Screw M10×25 (#6) × 4
- Spring Washer M10 (#7) × 4
- Flat Washer M10-D30 (#13) × 4



STEP 8

ACTION
Install two weight stack rubber pads (#26) and two weight stack bases (#25) on the two guide rods (#19). Install the two preassembled guide rod assemblies (#19) in the weight stack frame (#1). Install 18 weight plates (#21) on the guide rod assemblies (#19) with the separator sheets facing upward. Install the guide block assembly (#20) on the guide rod assembly (#18). Insert the weight stack selector pin (#22) into the weight plates (#21). Install the guide rod retaining plate (#17) on the guide rod assemblies (#19), then secure it to the weight stack frame (#1). Tighten the bolts with a wrench before continuing.

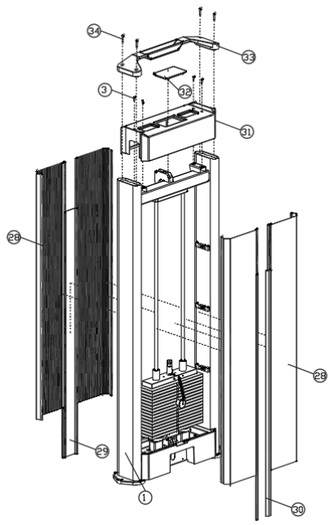
HARDWARE
- Spring Washer M8 (#25) × 2
- Flat Washer M8 (#26) × 2
- Hex Socket Head Cap Screw M8×20 (#18) × 4



STEP 9 & 10

STEP 9
Route the cable (#27) through the pulleys as shown. Remove the preinstalled pulleys first, then reinstall them with the cable in place. Pass the cable through the weight stack selector pin during installation.

STEP 10
Connect one end of the cable (#27) to the main frame assembly (#5), then connect the other end to the weight stack frame (#1).



STEP 11 & 12

STEP 11
Slide the two decorative strips (#30) into the two shroud panels (#28) and secure them to the weight stack frame (#1) with the shroud retaining plate; slide the decorative panel (#29) into the two shroud panels (#28) and secure it to the weight stack frame (#1) with the shroud retaining plate; attach the upper shroud (#31) to the weight stack frame (#1) using four hex socket head cap screws M5×15 (#3).

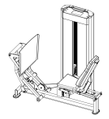
HARDWARE
- Hex Socket Head Cap Screw M5×15 (#3) × 4

STEP 12
Attach the upper cover decorative trim (#33) to the weight stack frame (#1), snap the upper shroud top cover (#32) into the upper shroud (#31), and secure the assembly using four hex socket head cap screws M6×30 (#34).

HARDWARE
- Hex Socket Head Cap Screw M6×30 (#34) × 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

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Lower Weight Stack Shroud	1
3	Hex Socket Head Cap Screw M5×15	2
4	Seat/Footplate Connecting Frame I	1
5	Main Frame Assembly	1
6	Hex Socket Head Cap Screw M10×25	20
7	Spring Washer M10	20
8	Flat Washer M10-D20	16
9	Weight Stack Frame Foot Pad	2
10	Flat Oval Foot Pad	3
11	Leg Press Seat Frame Assembly	1
12	Lever Arm Stop Assembly	1
13	Flat Washer M10-D30	4
14	Lever Arm Linkage Retaining Plate	2
15	Swing Assist Lever Assembly	1
16	Footplate Frame Assembly	1
17	Guide Rod Retaining Plate	1
18	Hex Socket Head Cap Screw M8×20	4
19	Guide Rod	2
20	Guide Block Assembly	1
21	Weight Plate	18
22	Weight Stack Selector Pin	1
23	Weight Stack Rubber Pad	2
24	Weight Stack Base	2
25	Spring Washer M8	2
26	Flat Washer M8	2
27	Cable	1
28	Shroud Panel	4
29	Decorative Panel	1
30	Decorative Strip	2
31	Upper Shroud	1
32	Upper Shroud Top Cover	1
33	Upper Cover Decorative Trim	1
34	Hex Socket Head Cap Screw M6×30	4