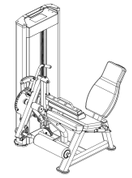
C4D12 · Leg Extension / Leg Curl

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read all instructions carefully before assembly.

02 Check all parts and quantities against the manual. If any part is missing or damaged in transit, contact after-sales service immediately.

03 Assemble the machine exactly as instructed.

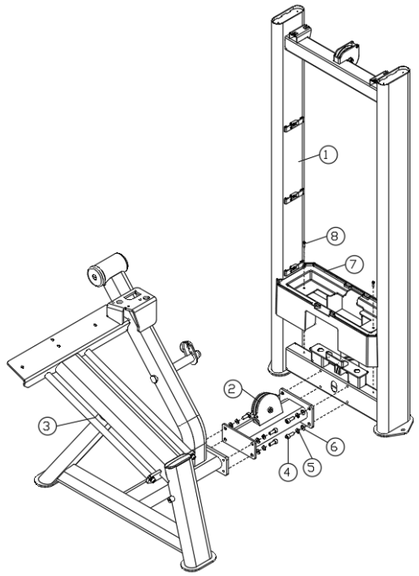
Tools Required

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

Assembly Notes

After assembly, learn all functions before use. Stop using the machine immediately if a problem occurs to avoid injury or equipment damage. Check this manual for the cause; contact after-sales service if the problem cannot be resolved.

Assembly



STEP 1 & 2

STEP 1

Connect the weight stack frame (#1), leg extension/leg curl connecting frame (#2), and side frame (#3) using the listed hardware. Tighten all bolts with a wrench before continuing.

HARDWARE

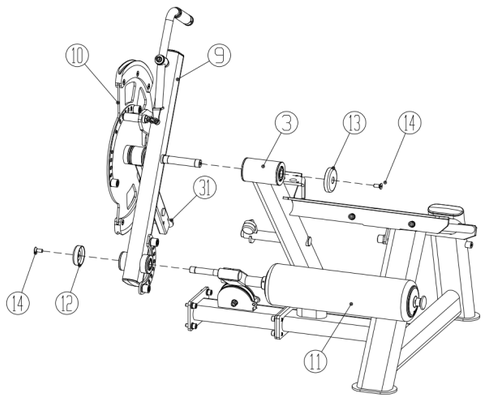
- Hex Socket Head Cap Screw M10×25 (#4) × 8
- Spring Washer M10 (#5) × 8
- Flat Washer M10-D20 (#6) × 8

STEP 2

Attach the lower shroud (#7) to the weight stack frame (#1) using the listed hardware. Tighten all bolts with a wrench before continuing.

HARDWARE

- Hex Socket Head Cap Screw M5×16 (#8) × 2



STEP 3 & 4

STEP 3

Attach the leg extension/leg curl lever arm (#9), swing arm (#31), and flange assembly (#10) to the side frame (#3) using the listed hardware. Tighten the bolt with a wrench before continuing.

HARDWARE

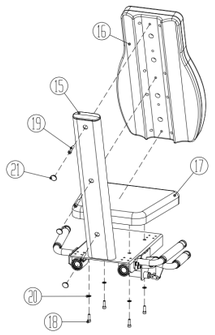
- Aluminum Cap-76 (#13) × 1
- Hex Socket Countersunk Head Screw M10×25 (#14) × 1

STEP 4

Attach the leg pad frame (#11) to the leg extension/leg curl lever arm (#9) using the listed hardware. Tighten the bolt with a wrench before continuing.

HARDWARE

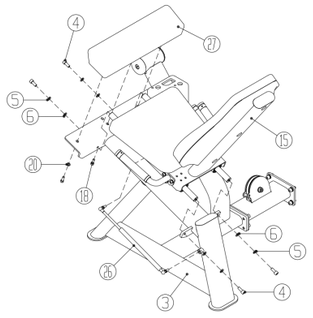
- Aluminum Cap-60 (#12) × 1
- Hex Socket Countersunk Head Screw M10×25 (#14) × 1



STEP 5

ACTION
Attach the back pad (#16) and seat pad (#17) to the seat frame (#15) using the listed hardware. Tighten all bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M8×25 (#18) × 4
- Hex Socket Head Cap Screw M8×40 (#19) × 3
- Flat Washer M8-D16 (#20) × 4
- 20 Hole Plug (#21) × 3



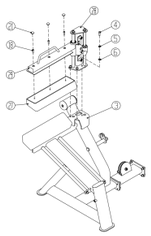
STEP 6, 7 & 8

STEP 6
Remove the preinstalled slide rod from the side frame (#3), slide the seat frame (#15) onto the rod, then reinstall the slide rod on the side frame.

STEP 7
Attach the leg extension pad (#27) to the side frame (#3) using the listed hardware. Tighten all bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M8×25 (#18) × 3
- Flat Washer M8-D16 (#20) × 3

STEP 8
Connect the gas spring (#26) between the side frame (#3) and seat frame (#15).



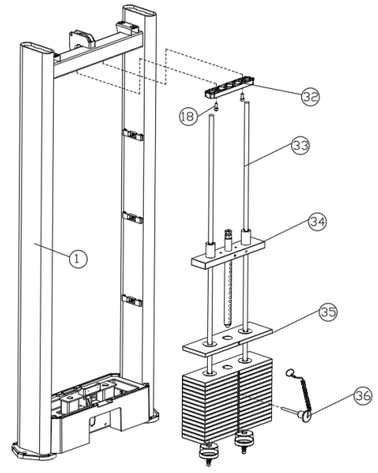
STEP 9 & 10

STEP 9
Connect the leg curl adjustment frame (#28) and leg curl pad frame (#29) to the side frame (#3) using the listed hardware. Tighten all bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M10×25 (#4) × 3
- Spring Washer M10 (#5) × 3
- Flat Washer M10-D20 (#6) × 3

STEP 10
Attach the leg extension pad (#27) to the leg curl pad frame (#29) using the listed hardware. Tighten all bolts with a wrench before continuing.

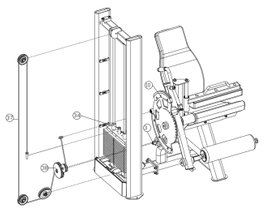
HARDWARE
- Hex Socket Head Cap Screw M8×25 (#18) × 3
- 20 Hole Plug (#21) × 3



STEP 11

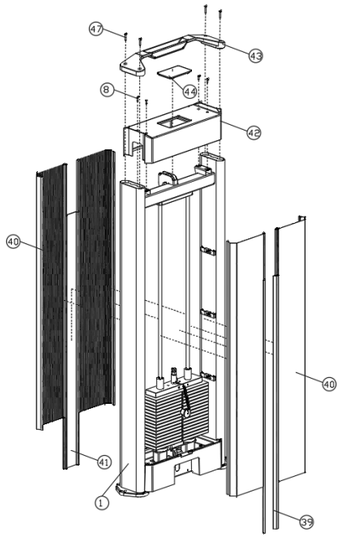
ACTION
Place the preassembled guide rod assemblies (#33) in the weight stack frame (#1). Install the weight plates (#35) on the guide rods with the spacers facing upward. Install the guide block assembly (#34), then the guide rod retaining plate (#32). Secure the retaining plate to the weight stack frame with the listed hardware. Insert the weight selector pin (#36) into the weight plates. Tighten all bolts with a wrench before continuing.

HARDWARE
- Hex Socket Head Cap Screw M8×25 (#18) × 2



STEP 12

ACTION
Remove the preinstalled pulleys, route the steel cable (#37) around the pulleys as shown, then reinstall the pulleys. Install the pulley housing (#38) on the leg extension/leg curl connecting frame (#2). Connect one end of the cable to the guide block assembly (#34) and the other end to the flange (#10). Tighten all bolts with a wrench before continuing.



STEP 13, 14 & 15

STEP 13
Slide the two decorative strips (#39) into two shroud rails (#40). Slide the decorative panel (#41) into the other two shroud rails (#40), then secure them to the weight stack frame (#1) with the shroud retaining plates. Attach the upper shroud (#42) to the weight stack frame using the listed hardware.

HARDWARE
- Hex Socket Head Cap Screw M5×16 (#8) × 4

STEP 14
Attach the upper shroud trim panel (#43) to the weight stack frame (#1) using the listed hardware. Then snap the upper shroud top cover (#44) onto the upper shroud (#42).

HARDWARE
- Hex Socket Head Cap Screw M6×30 (#47) × 4

STEP 15
Place the assembled machine in a suitable location. Install two flat oval foot pads (#45) and two weight stack frame foot pads (#46).

FINAL CHECK

01 Important Notice: Make sure the assembled machine is level and the guide rods are vertical in both directions. Check the guide rods with a spirit level. 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 list.

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Leg Extension/Leg Curl Connecting Frame	1
3	Side Frame	1
4	Hex Socket Head Cap Screw M10×25	11
5	Spring Washer M10	11
6	Flat Washer M10-D20	11
7	Lower Shroud	1
8	Hex Socket Head Cap Screw M5×16	6
9	Leg Extension/Leg Curl Lever Arm	1
10	Leg Extension/Leg Curl Flange	1
11	Leg Pad Frame	1
12	Aluminum Cap-60	1
13	Aluminum Cap-76	1
14	Hex Socket Countersunk Head Screw M10×25	2
15	Seat Frame	1
16	Back Pad	1
17	Seat Pad	1
18	Hex Socket Head Cap Screw M8×25	10
19	Hex Socket Head Cap Screw M8×40	3
20	Flat Washer M8-D16	7
21	20 Hole Plug	6
26	Gas Spring	1
27	Leg Extension Pad	1
28	Leg Curl Adjustment Frame	1
29	Leg Curl Pad Frame	1
31	Leg Extension/Leg Curl Swing Arm	1
32	Guide Rod Retaining Plate	1
33	Guide Rod Assembly	2
34	Guide Block Assembly	1
35	Weight Plate	16
36	Weight Selector Pin	1
37	Steel Cable	1
38	Pulley Housing	1
39	Decorative Strip	2
40	Shroud Rail	4
41	Decorative Panel	1
42	Upper Shroud	1
43	Upper Shroud Trim Panel	1
44	Upper Shroud Top Cover	1
45	Flat Oval Foot Pad	2
46	Weight Stack Frame Foot Pad	2
47	Hex Socket Head Cap Screw M6×30	4