

# The Commercial Glute Ham Developer Pro

***By Fringe Sport***

[Contents of Shipment and Breakdown](#)

[Assembly Explained](#)

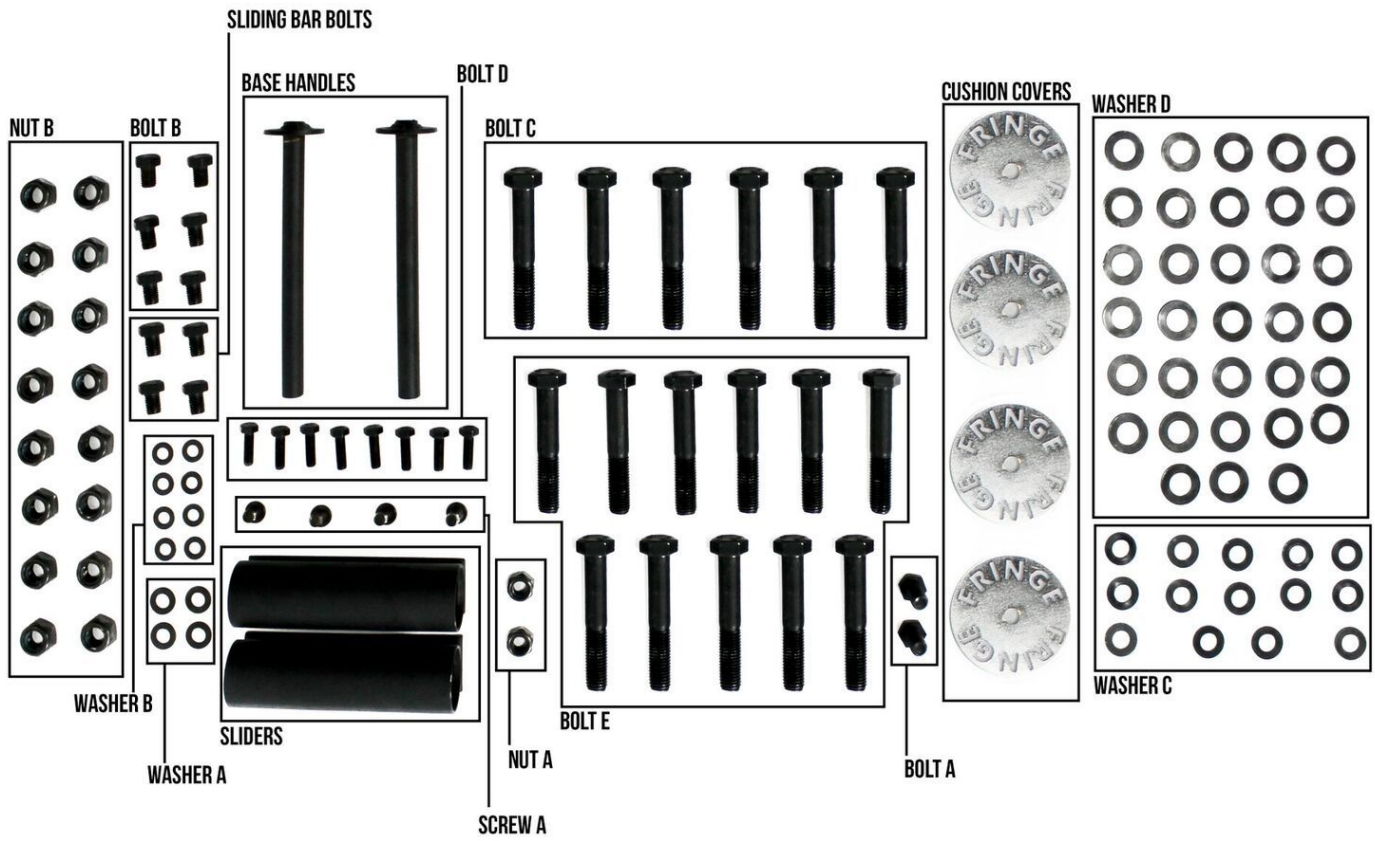
[Posterior Exercises Explained](#)

[Risks Explained](#)

# Contents of Shipment and Breakdown

---





BOX 1

- Base Legs x 2

BOX 2

- Wheeled Cross Brace
- Large Cross Brace
- Bent Support Leg for Adjustable Foot Stand
- Straight Support Leg for the Half-Circle Cushions
- Cushion Stand Base with Handles Attached

BOX 3

- Adjustable Foot Stand
- Footstand Back Panel
- Half-Circle Cushions x 2
- Base Handles x 2

- Sliding Metal Bars x 2 (comes with 4 1" washers and 4 3/4" bolts attached)
  - Sliders x 2
  - Cylinder Foot Cushions for Foot Stand x 4
  - Cushion Covers (for Cylinder Foot Cushions) x 4
  - HARDWARE (see labeled picture above)
    - 2 bolts that are 1.5" long - **Bolt A**
    - 2 nuts that are 3/4" long - **Nut A**
    - 4 rounded screws that are 1" long - **Screw A**
    - 4 washers that are 3/4" in diameter - **Washer A**
    - 6 bolts that are 3/4" long - **Bolt B**
    - 6 bolts that are 4 2/3" long - **Bolt C**
    - 8 bolts that are 1 1/3" long - **Bolt D**
    - 8 washers that are about 1/2" in diameter - **Washer B**
    - 11 bolts that are 4" long - **Bolt E**
    - 14 washers total that are 1" in diameter (4 washers extra) - **Washer C**
    - 16 nuts that are 1" in diameter - **Nut B**
    - 33 washers total that are 1 1/3" in diameter (4 washers extra) - **Washer D**
- \*\*\*Not included with the rest of the hardware: 4 1" washers (not pictured) and 4 3/4" bolts that come attached to the sliding metal bars labeled above.*
- \*\*Some other pieces of hardware not described in this manual may have extras in case the user needs them. This is not consistent across packaging, so no extras are guaranteed. However, if you find you are missing any part, don't hesitate to reach out to [team@fringesport.com](mailto:team@fringesport.com)!*

# Assembly Explained

---

You will need a 1" socket wrench, a  $\frac{3}{4}$ " socket wrench, a Phillips Head screwdriver, a standard 1" wrench, and a standard  $\frac{3}{4}$ " wrench to complete the following instructions.

1. Start by building the the bottom of the structure and then move up, taking the **Base Legs x 2** out of Box 3. Lay them down flat so that the rubber pads on the bottom are flush with the ground. The ends of the legs that have two holes will be the back part of the machine and will hold the wheels. The ends of the legs that have three holes will be the front and will hold the handles.
2. Then, take the **Wheeled Cross Brace** and secure it to the front of the **Base Legs x 2** using **4 Bolt Es, 8 Washer Ds, and 4 Nut Bs**. Make sure that the bottom side of the cross brace is not flush with the ground as both sides are not identical. The top of the brace should be level across the top and not sunken in. Make sure that the bolt head is on the outside of the machine and that the nut is on the inside of the machine.
3. Next, go to the middle of the machine and secure the **Large Cross Brace** using **4 Bolt Es, 8 Washer Ds, and 4 Nut Bs**. Make sure that the bottom side of the cross brace is not flush with the ground as both sides are not identical. The top of the brace should be level across the top and not sunken in. There needs to be space between the cross brace and the ground so that the bolt has room to stay secure. Make sure that the bolt head is on the outside of the machine and that the nut is on the inside of the machine.
4. After, take the **Base Handles x 2** and secure them to the front of the machine. Make sure the handles go into the machine, so that the handles protrude from the insides of the base legs.
5. Now, have a partner, lift the base using the handles so that you can take **2 Bolt Es and 2 Washer Ds** and insert them (with the bolt head on the bottom side) into the **Large Cross Brace**. You will need this in place to secure the **Straight Support Leg for the Half-Circle Cushions**.
6. Once that is secured, take the **Straight Support Leg for the Half-Circle Cushions** and secure it to the **Large Cross Brace** using the already protruding bolts along with **2 Washer Ds and 2 Nut Bs** on top. Make sure the *hook side is facing up* and that the *flat side is the side that is secured to the leg*.

7. Next, take the **Bent Support Leg for Adjustable Foot Stand** and secure the bottom with the *hook side facing down* using **2 Bolt Cs, 4 Washer Ds, and 2 Nut Bs**. Make sure that the bolt head is on the outside of the machine and that the nut is on the inside of the machine.
8. Continue to secure the **Bent Support Leg for Adjustable Foot Stand** using **2 Bolt Cs, 4 Washer Ds, and 2 Nut Bs** to attach it to the **Straight Support Leg for the Half-Circle Cushions**. Make sure that the bolt head is on the outside of the machine with the nut on the inside of the machine.
9. Once the two supporting legs are in place, you can secure the front of the **Cushion Stand Base with Handles Attached** using **2 Bolt Cs, 4 Washer Ds, and 2 Nut Bs**. Then secure the top, using **1 Bolt E and 1 Washer D**. Make sure that the bolt head is on the outside of the machine.
10. Now, secure the **Half-Circle Cushions x 2** using **8 Bolt Ds and 8 Washer Bs**.
11. After, secure the **Sliding Metal Bars x 2**. They come with **4 1" washers and 4 3/4" bolts** attached. You will need to remove the washers and bolts to secure the bars to the machine. Once the hardware is removed, slide on the **Sliders x 2**.
12. Then, secure the bars with the sliders to the **Bent Support Leg for Adjustable Foot Stand** using the included hardware. Be careful to not bend the metal as it can happen if the hardware is screwed in too tightly.
13. Now, secure the **Adjustable Foot Stand** to the top, flat part of the **Bent Support Leg for Adjustable Foot Stand** using **6 Bolt Bs and 6 Washer Cs**. Make sure that the knob is facing the inside of the machine.
14. Once it is in place, slide on the **Cylinder Foot Cushions for Foot Stand x 4**. Then, slide on the **Metal Fringe Sport Covers for Cylinder Cushions x 4**. Make sure that they are on correctly, by checking to see if they read "Fringe" Next, secure them using **4 Screw As and 4 Washer As**.
15. After, secure the **Foot Stand Back Panel** to the **Adjustable Foot Stand** so that the panel is closest to the back of the machine. Use **2 Bolt As, 4 Washer Cs, and 2 Nut As**. Make sure that the bolt head is on the outside of the machine with the nut on the inside of the machine.
16. Double check that every attachment is secure. Then, go kick your rear into high gear using your new and freshly assembled Commercial Glute Ham Developer Pro!

# Posterior Exercises Illustrated

---

## EXERCISE 1: Hip Extensions

### STEP 1



STEP 2



AMRAP.



## EXERCISE 2 Hyperextensions

### *Step 1*



Step 2



AMRAP.

## Risks Explained

---

### Warning!

1. These items are heavy and sharp on some edges and could hurt you if you do not properly put the items together according to the instructions laid out in this manual. Read the owner's manual completely and carefully before assembling, servicing, or using the equipment. The owner must comply with all safety guidelines in this manual. It is also the owner's responsibility to instruct users on the safe and proper operation of the equipment. All users should read these labels before using equipment. All users should consult a physician before assembling this heavy equipment and before doing any exercises. Do not allow children to play on or use equipment as this could result in serious injury or even a fatality. Do not stand on equipment. Do not jump from equipment. Do not use this equipment in any way other than is illustrated by the manufacturer in this manual.