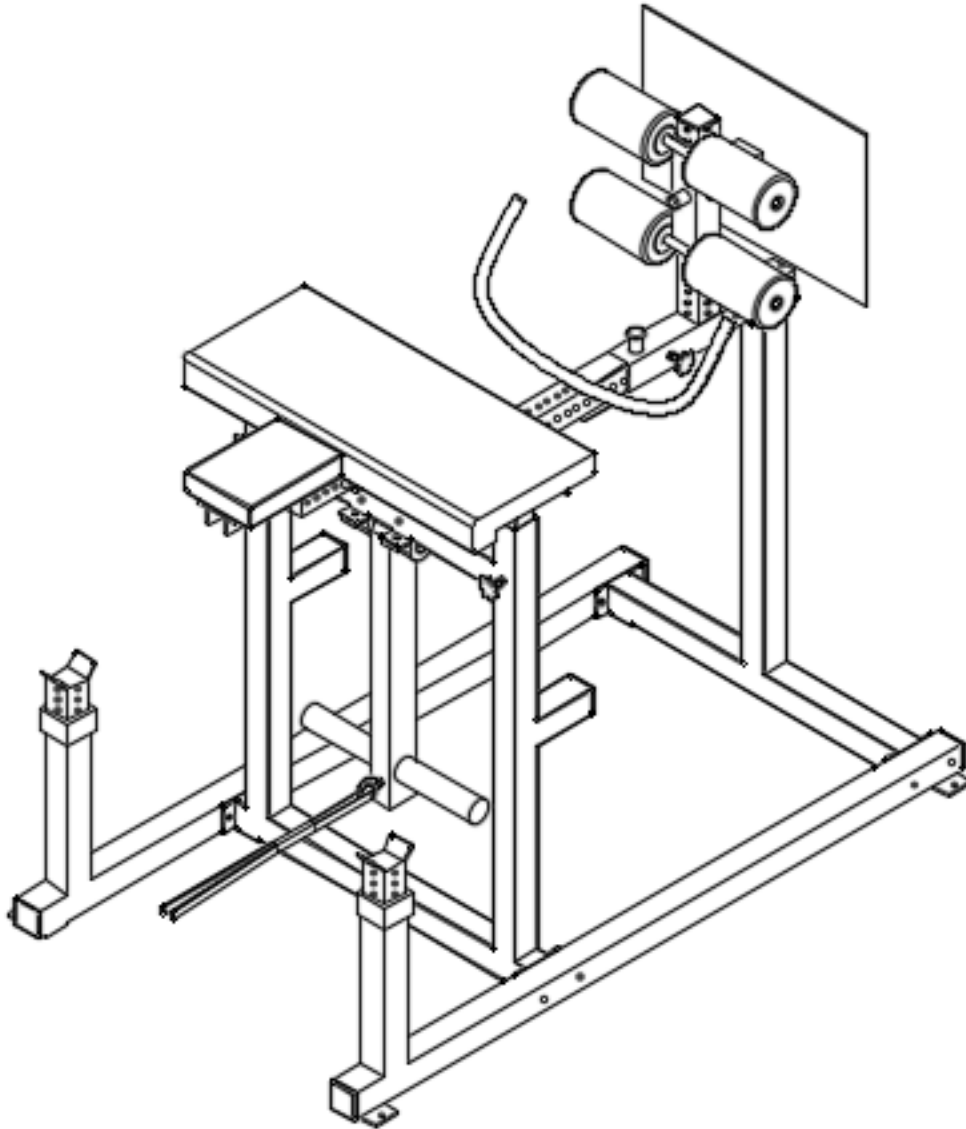


Glute Ham Raise Combo w/ Seal Row Attachment



 **WARNING**

Read all safety warnings, instructions and illustrations provided for this piece of strength equipment. Failure to follow all instructions listed below may result in serious injury or death. User assumes all potential risks of assembly or use of this product.

PERSONAL SAFETY

- Stay alert, watch what you are doing when assembling and operating the strength equipment. Do not use the strength equipment while you are tired or under the influence of drugs, alcohol or medication. A moment of inattention while operating or assembling the strength equipment may result in serious or fatal injury.

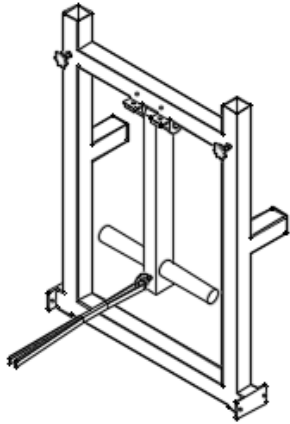
EQUIPMENT USE AND CARE

- Visually inspect all components in order to identify potential deformation or damage. If damages are observed, discontinue assembly and contact the manufacturer at shipping@texasstrengthsystems.com, wesz@texasstrengthsystems.com.
- There are components involved with the assembly of this piece of strength equipment that are above 50lbs and it is recommended that you have an additional person to assist in the positioning of these items.
- Ensure that all components are securely fastened before use.

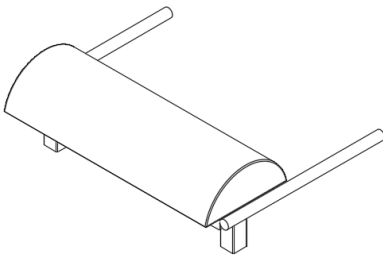
Required Tools

- Crescent Wrench
- 9/16" Socket and Wrench

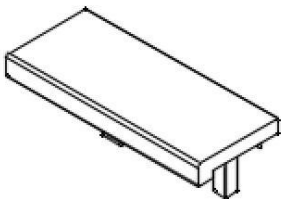
Parts



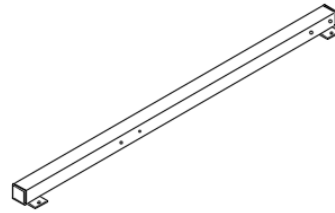
GHRC-001 | (x1) | Part A



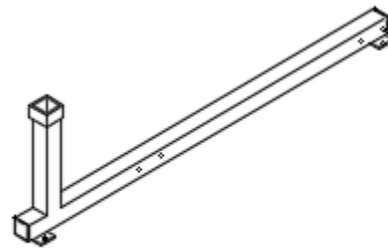
GHRC-002 | (x1) | Part B



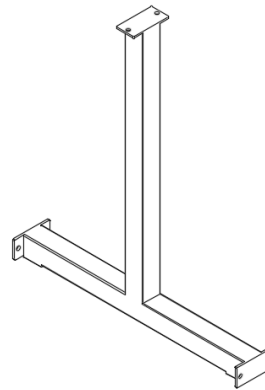
GHRC-003 | (x1) | Part C



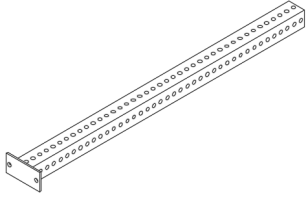
GHRC-004 | (x2) | Part D



GHRC-004.1 | (x2) | Part D1
(Upgrade)



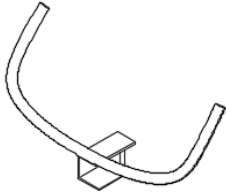
GHRC-005 | (x1) | Part E



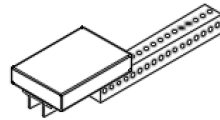
GHRC-006 | (x1) | Part F



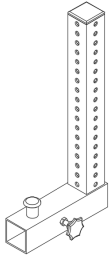
GHRC-200 | (x2) | Part J
(Upgrade)



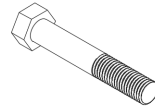
GHRC-007 | (x1) | Part G



GHRC-010 | (x1) | Part K



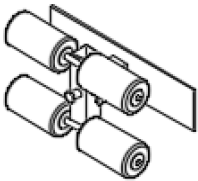
GHRC-008 | (x1) | Part H



3/8" x 3.75" Bolt | (x12) | Part L



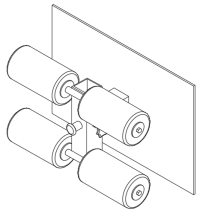
3/8" Flat Washer | (x12) | Part M



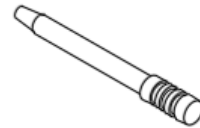
GHRC-009 | (x1) | Part I



3/8" Lock Nut | (x12) | Part N



GHRC-100 | (x1) | Part II
(Upgrade)



Height Pin | (x3) | Part O
(Upgrade)

Assembly

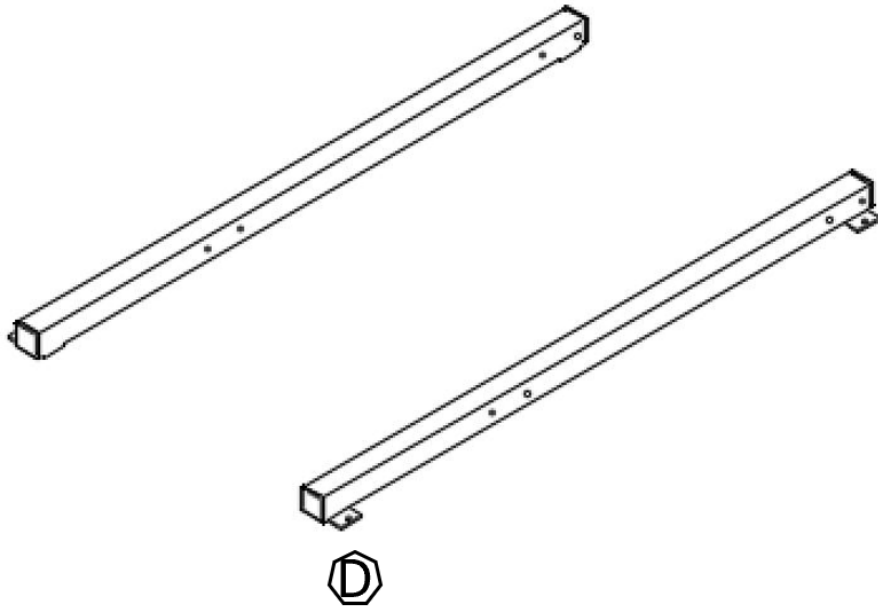


Image 1

Place part D as seen in image 1.

Can be replaced with part D1

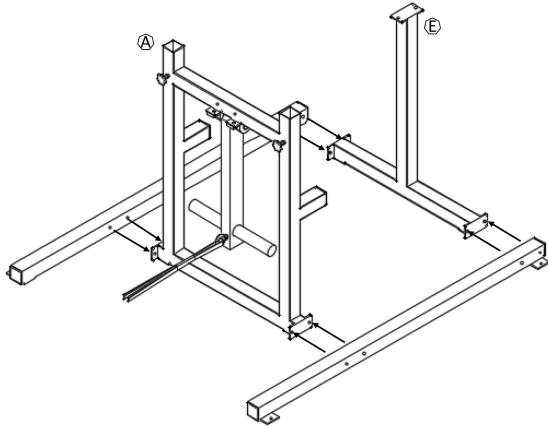


Image 2

Place parts A and E in between parts D as seen in image 2.

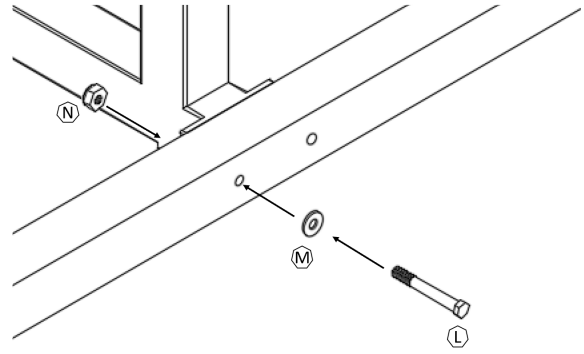


Image 3

Place parts L, M, and N as seen in image 3. This organization of hardware will be the same for all locations marked by arrows in image 2.

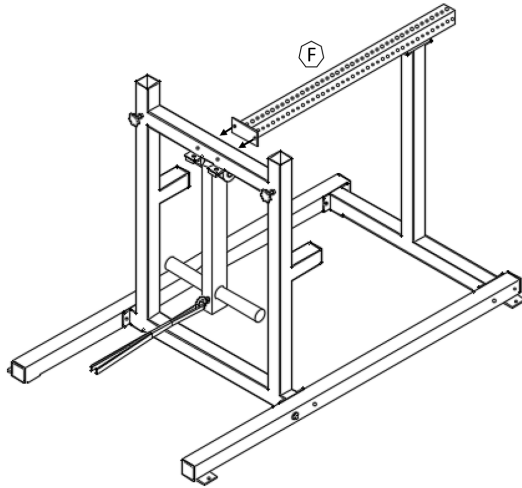


Image 4

Place part F as seen in image 4.

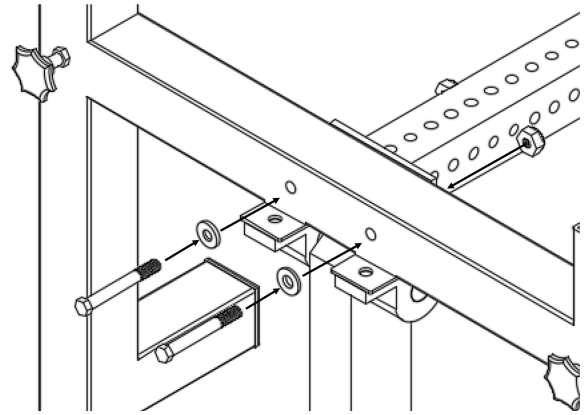


Image 5

The organization of hardware to connect part F and A can be seen in image 5. Ensure that this connection is only hand tightened.

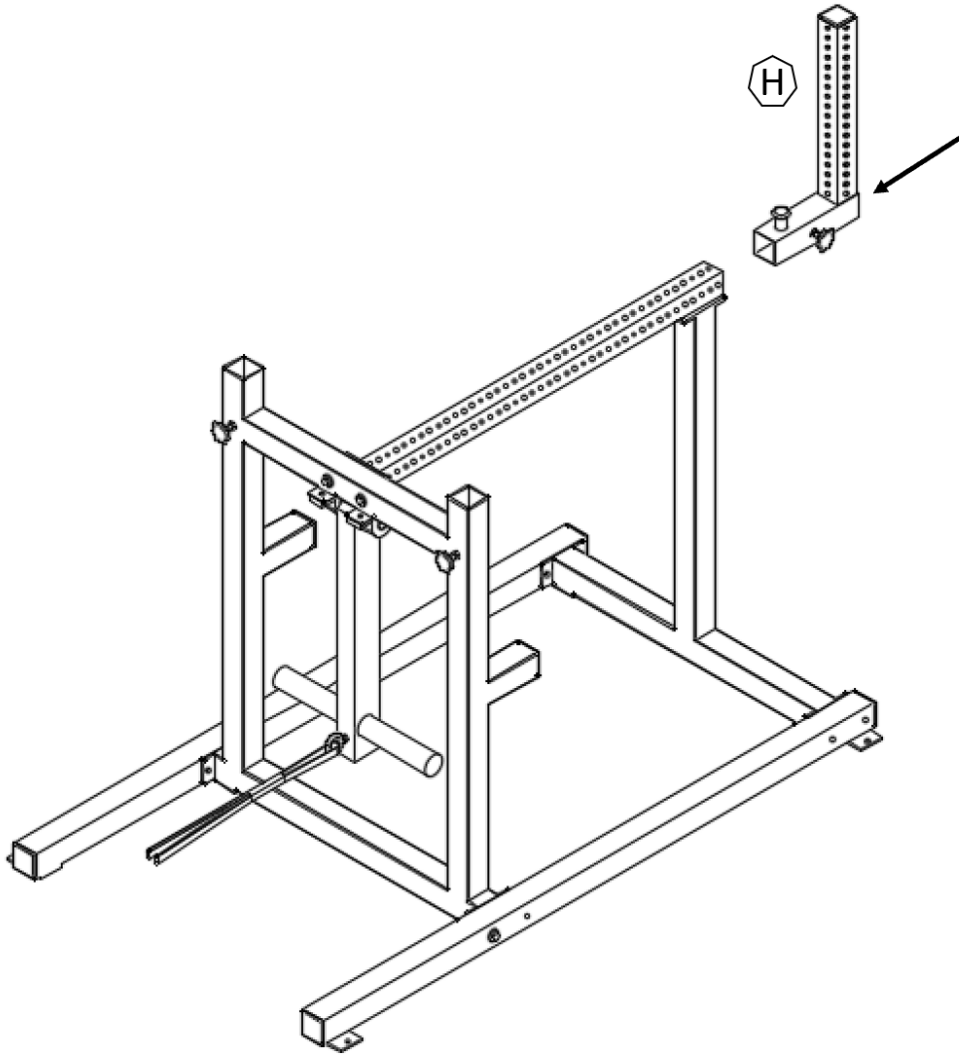


Image 6

Place part H over part E by pulling the pop pin on part H.

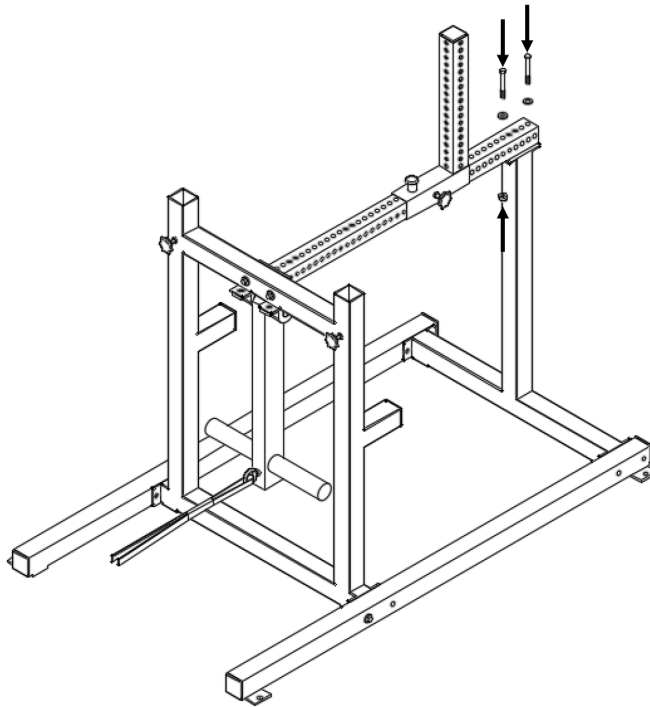


Image 7

Part F will then be attached to part E as seen in image 7. All hardware placed on part F from image 5 and 7 can now be tightened using a 9/16" socket and crescent wrench.

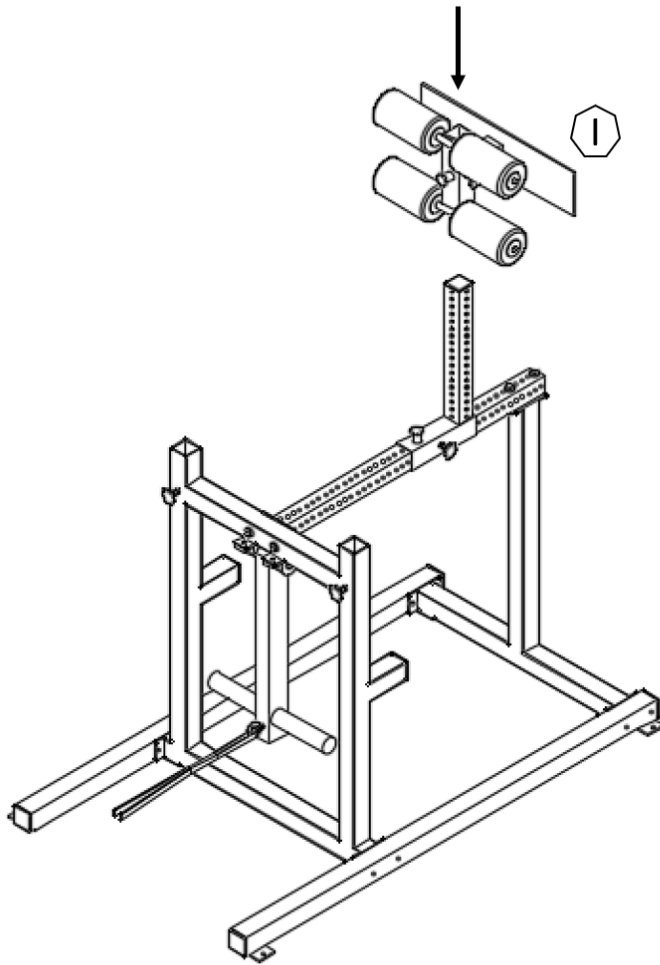


Image 8

Part I will then be placed over part H as seen in image 8.

Part I can be replaced with part II

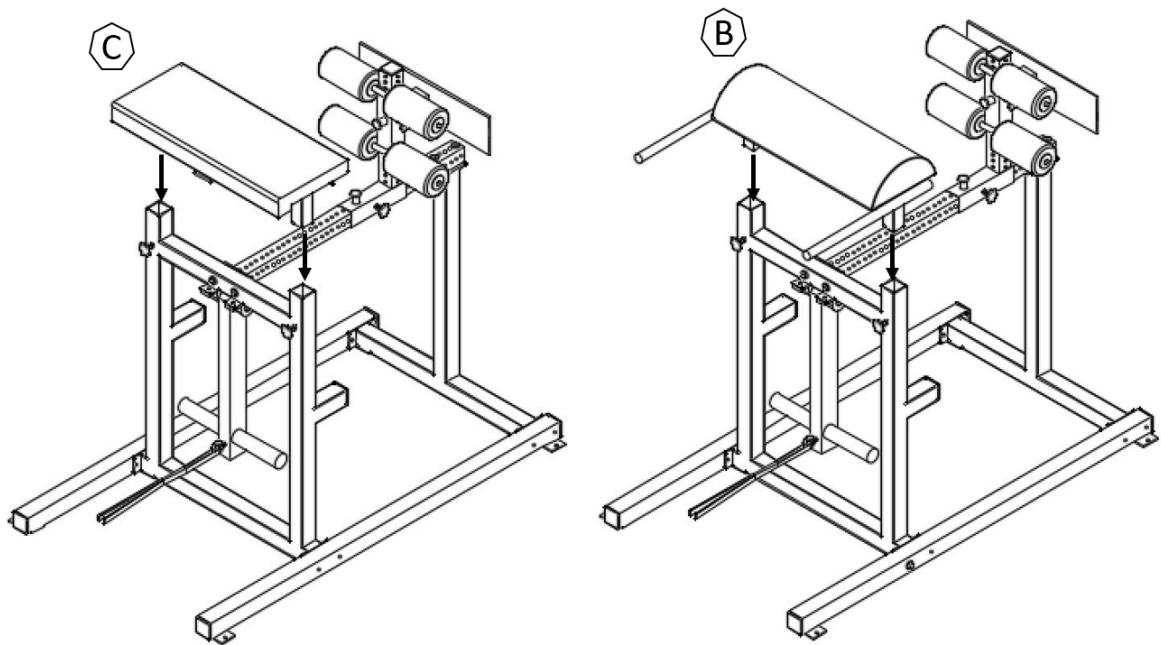


Image 9

Place parts B and C on part A as desired

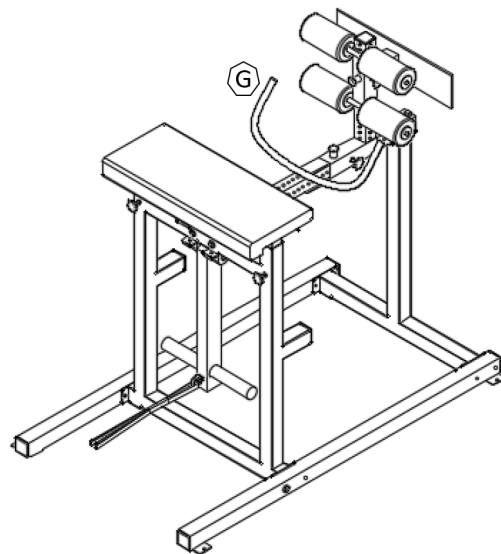


Image 10

With part C attached part G can be attached as desired as seen in image 10.

Seal Row Attachments

(If Purchased)

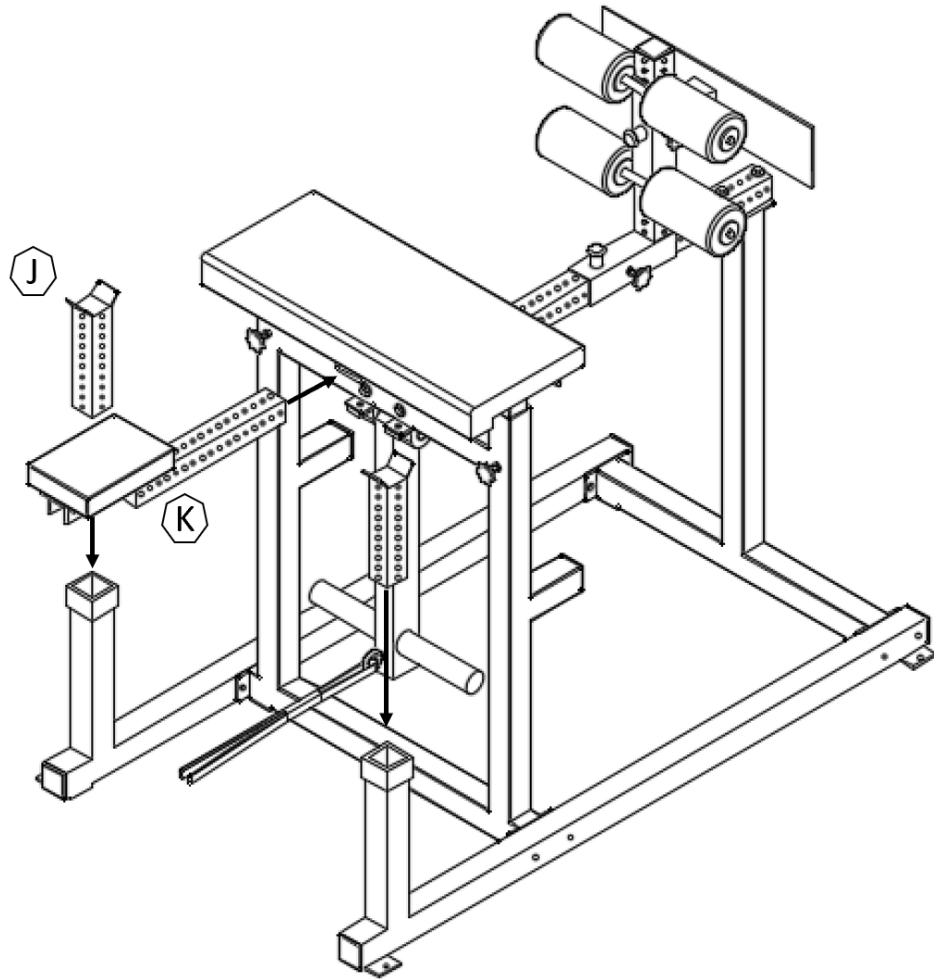


Image 11

If the seal row upgrade was purchased place parts J and K as seen in image 11.

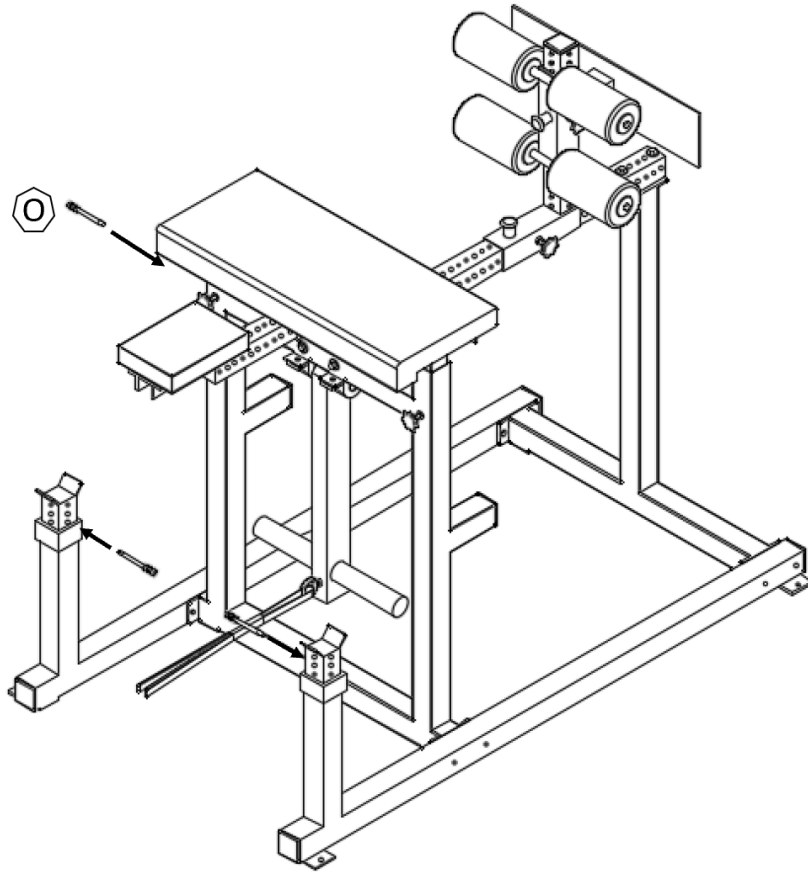
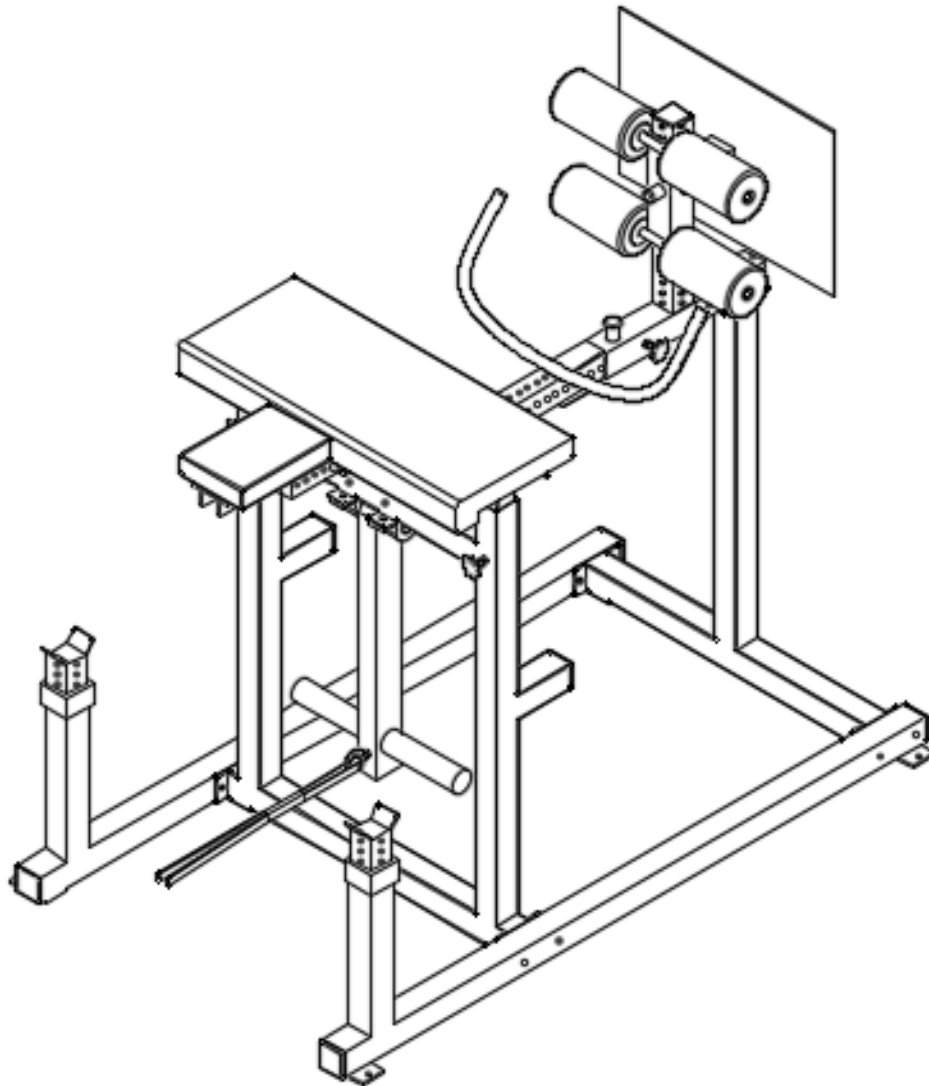


Image 12

Place part O in at desired height as seen in image 12.



You have now completed assembling your very own Glute Ham Raise Combo! Thank you for choosing Texas Strength Systems for your fitness needs. If you have any questions, comments, or concerns please don't hesitate to contact our staff.

Contact Information

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Phone: (210) 233-6110, (210)-920-4877