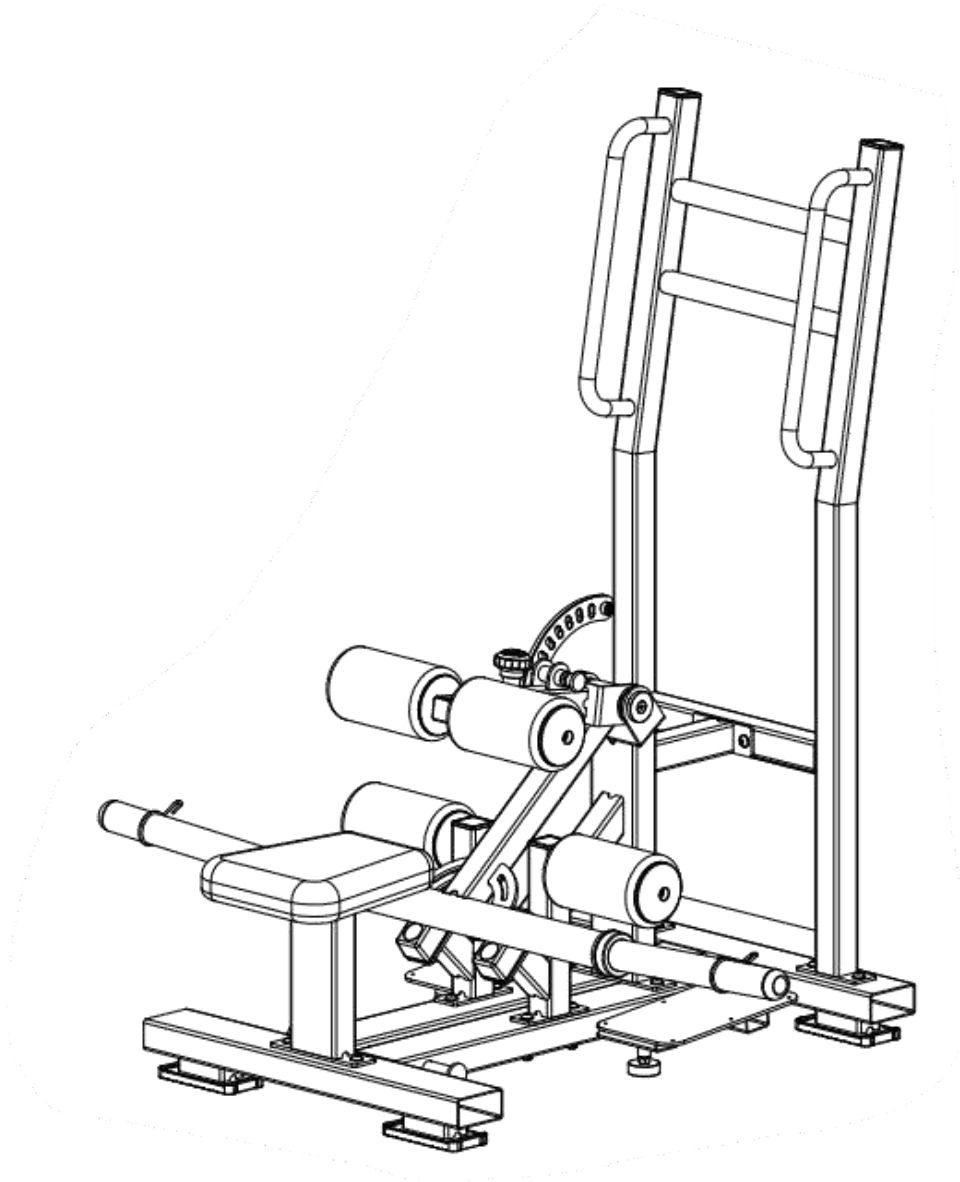
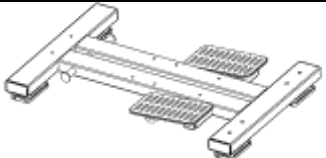
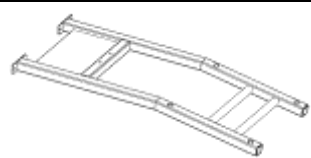
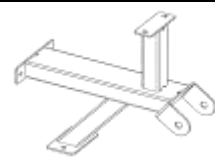
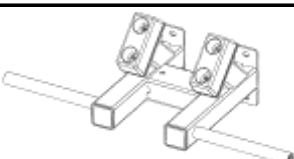
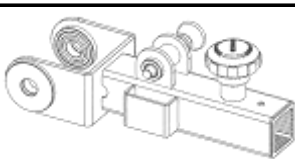
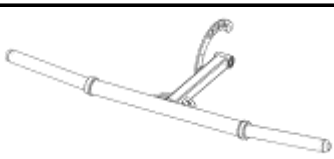
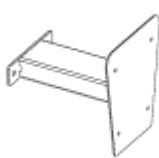
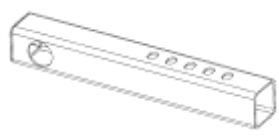


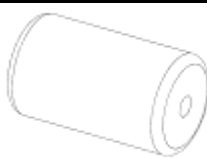











PL-ST-HT Standing Hip Thrust

Assembly Instruction

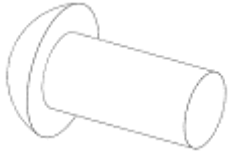




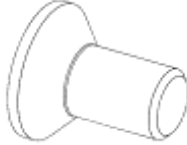

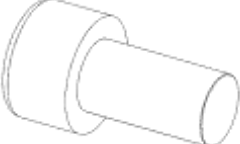
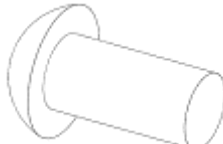
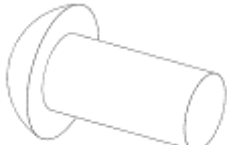


Parts list (individually packaged)

		
1	2	3
		
4	5	6
		
7	8	9
		
10	11	12
		
13	14	15
		
16	17	18
		
19	20	

Item NO	Name	Qty
1	GC-5064-01S base assembly	1
2	GC-5064-02S column assembly	1
3	GC-5064-03 Support seat welding group	1
4	GC-5064-06S Foam fixing component	1
5	GC-5064-04S upper boom assembly	1
6	GC-5064-05S lower boom assembly	1
7	GC-5064-07S seat cushion assembly	1
8	Stainless steel pipe components	1
9	Foam tube components	1
10	GC-5063-04 handle assembly	2
11	07-6059-0005 Foam roller F4	4
12	07-6059-0003 Foam bucket inner cover	4
13	07-6059-0004 foam cover	4
14	5 Series Seat Cushion No. 17	1
15	butterfly clip	2
16	G-5056-2004 Aluminum alloy flat end cap	2
17	GC-5064-0004 connecting shaft	1
18	GC-5064-0003 stainless steel plate	1
19	4005-0204 spacer ring	4
20	Q1010-5016 limit sleeve column	2

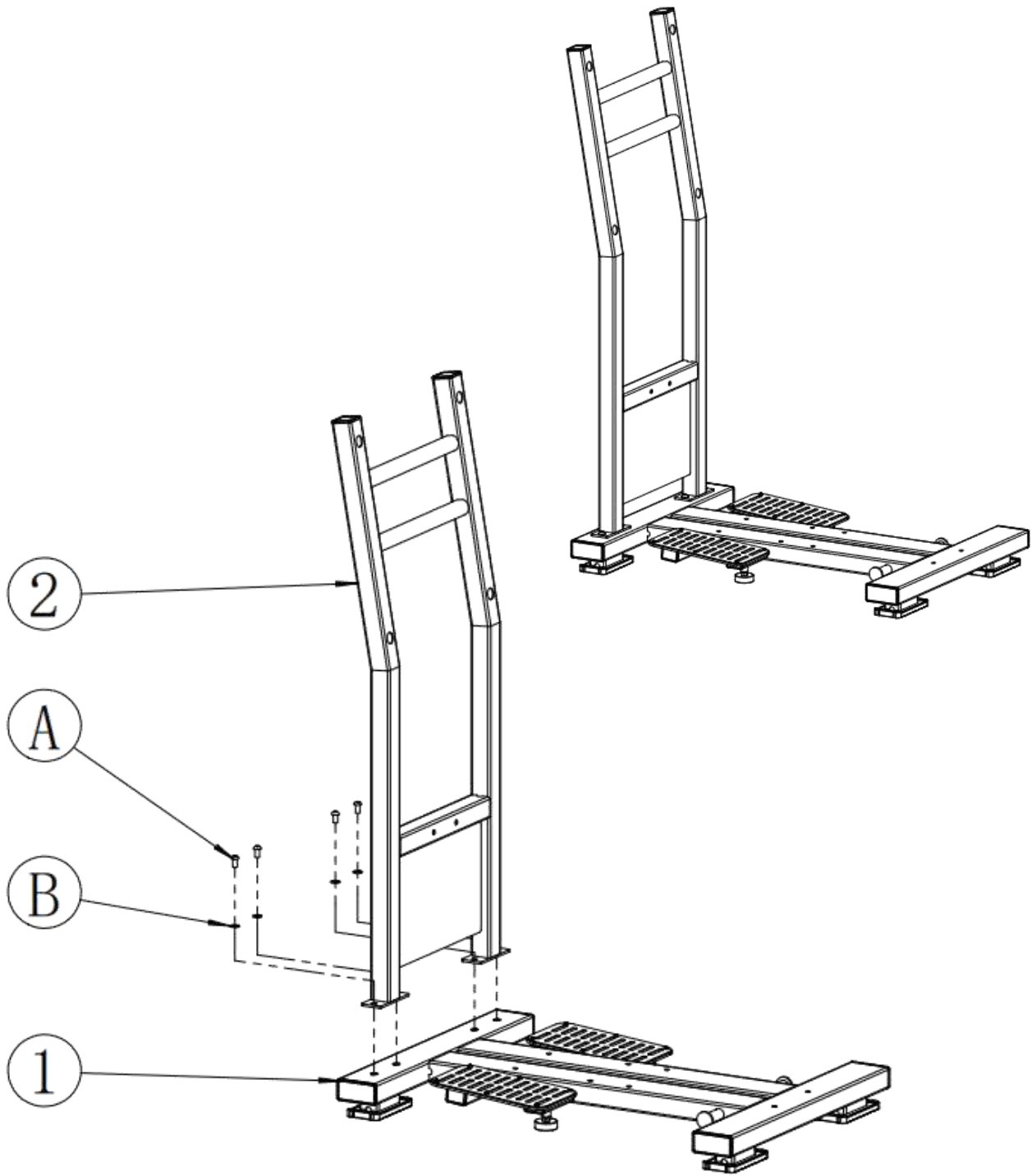
Blister package screw list

		
A	B	C
		
D	E	F
		
G	H	J
		
K		

Item NO	Name	Qty
A	Hexagon socket head screws (galvanized) M10X20	8
B	Flat washer (galvanized) Φ10	32
C	Hexagon socket head screw (half thread, galvanized) M10X70	12
D	Lock nut (galvanized) M10	12
E	Hexagon socket head screws (galvanized) M10X30	4
F	Hexagon countersunk head screws (galvanized) M10X20	2
G	Flat washer (galvanized) Φ8	4
H	M8X16L-N1 hexagon socket head screw	2
J	Hexagon socket head screws (galvanized) M8X25	4
K	Hexagon socket head screws (galvanized) M8X16	1

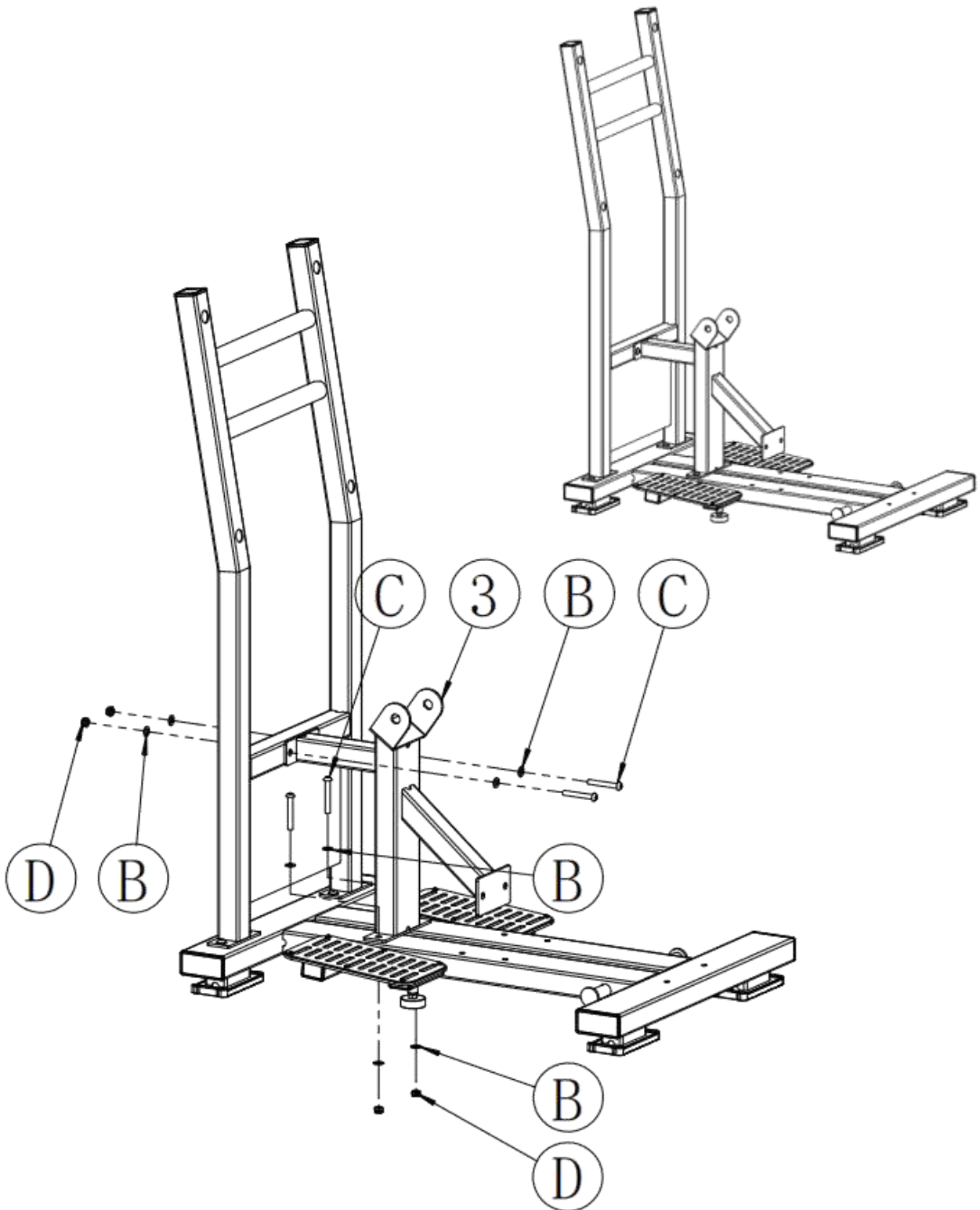
Assembly steps

Step	Item NO	Name	Qty
1	1	GC-5064-01S base assembly	1
	2	GC-5064-02S column assembly	1
	A	Hexagon socket head screws (galvanized) M10X20	4
	B	Flat washer (galvanized) $\Phi 10$	4



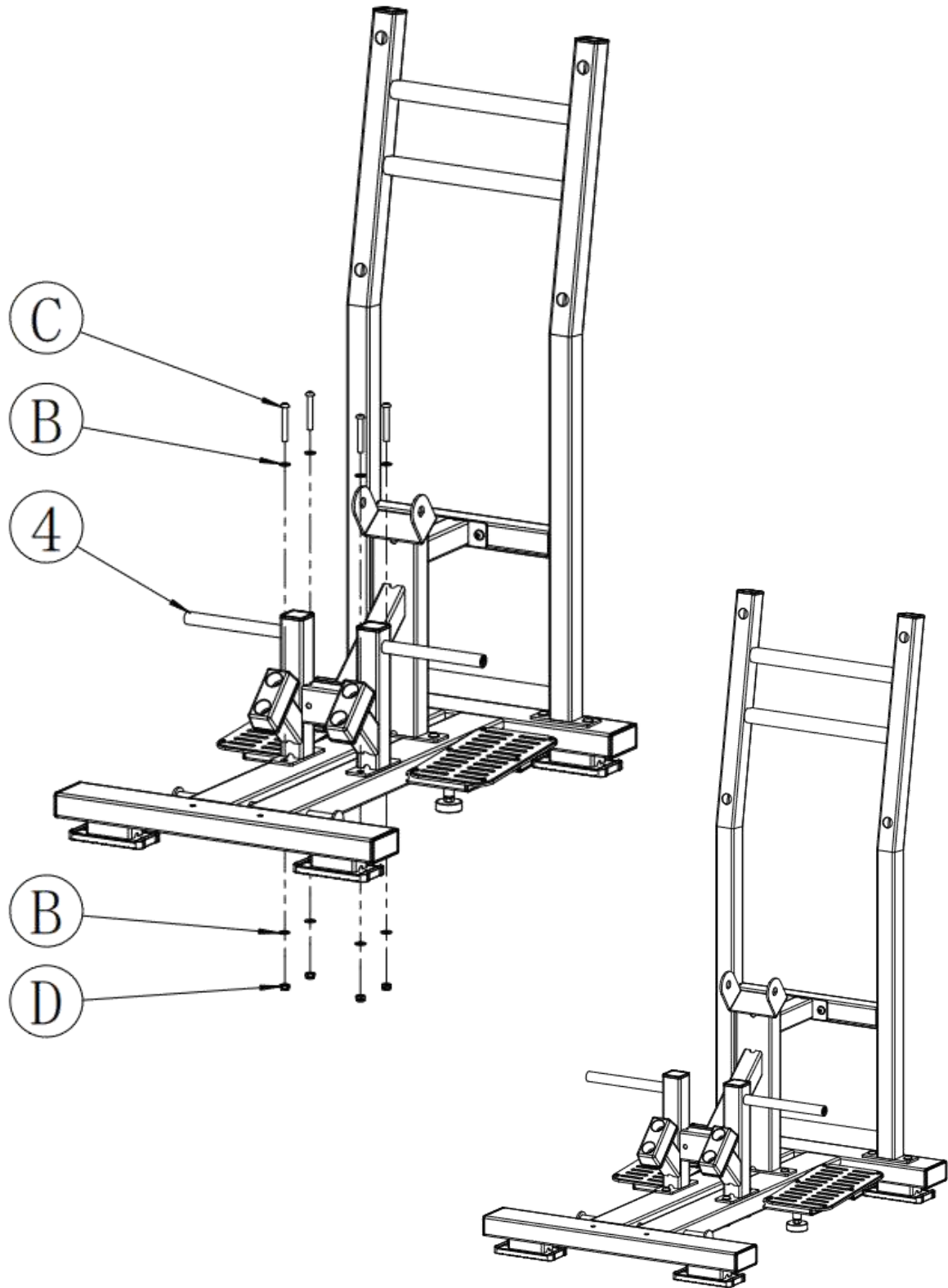
Assembly steps

Step	Item NO	Name	Qty
2	3	GC-5064-03 Support seat welding group	1
	B	Flat washer (galvanized) $\Phi 10$	8
	C	Hexagon socket head screw (half thread, galvanized) M10X70	4
	D	Lock nut (galvanized) M10	4



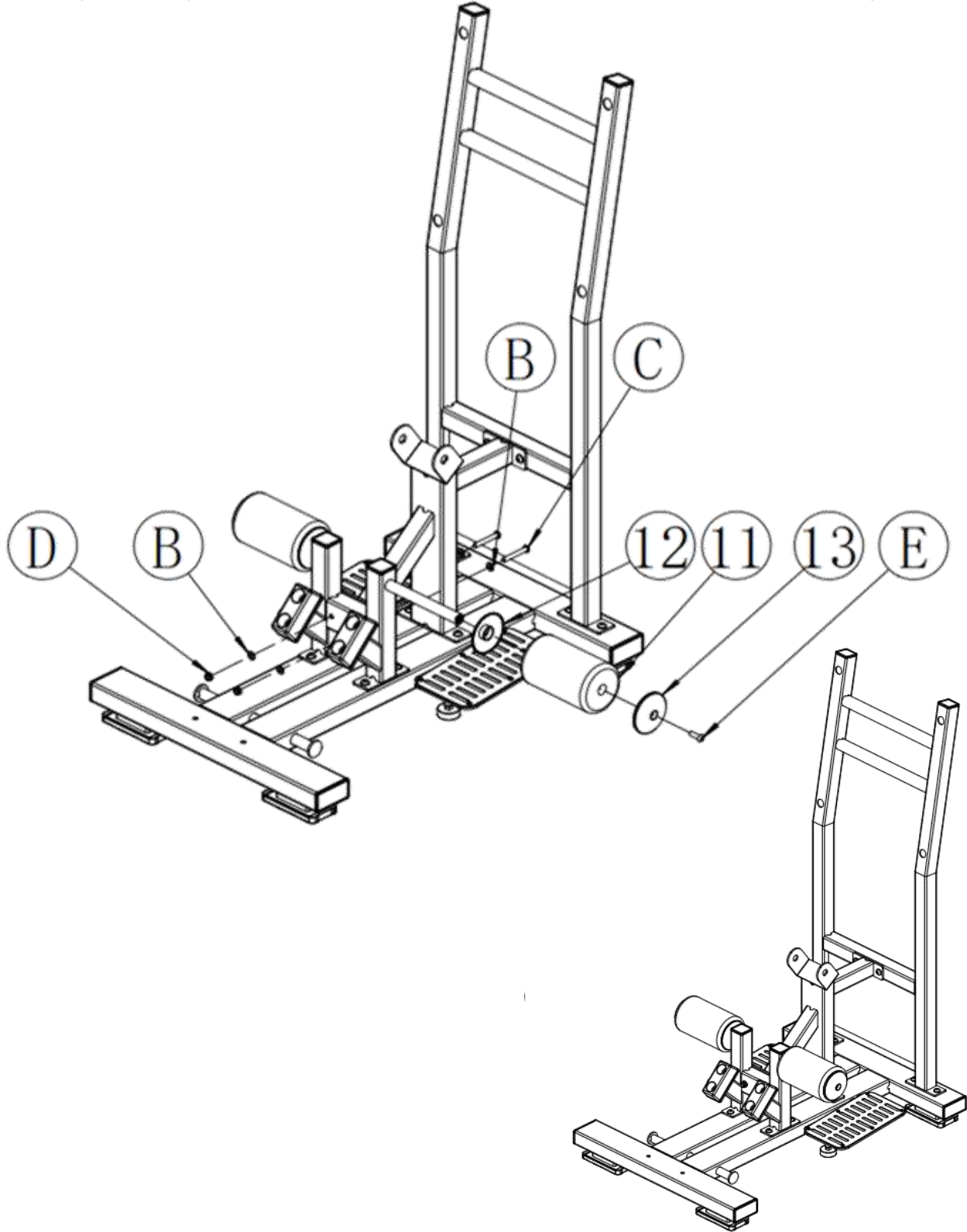
Assembly steps

Step	Item NO	Name	Qty
3	4	GC-5064-06S Foam fixing component	1
	B	Flat washer (galvanized) $\Phi 10$	8
	C	Hexagon socket head screw (half thread, galvanized) M10X70	4
	D	Lock nut (galvanized) M10	4



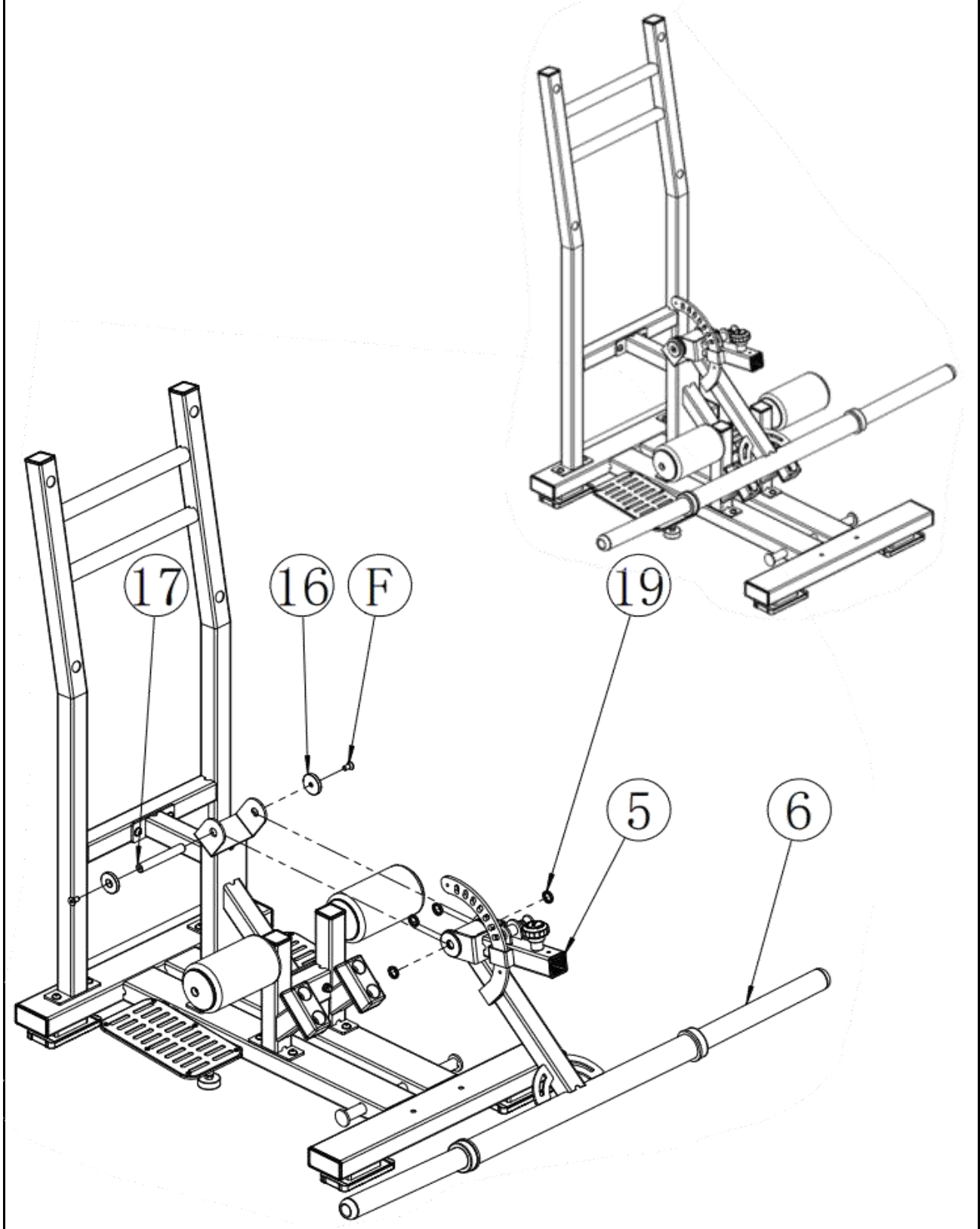
Assembly steps

Step	Item NO	Name	Qty
4	11	07-6059-0005 Foam roller F4	2
	12	07-6059-0003 Foam bucket inner cover	2
	13	07-6059-0004 foam cover	2
	B	Flat washer (galvanized) $\Phi 10$	4
	C	Hexagon socket head screw (half thread, galvanized) M10X70	2
	D	Lock nut (galvanized) M10	2
	E	Hexagon socket head screws (galvanized) M10X30	2



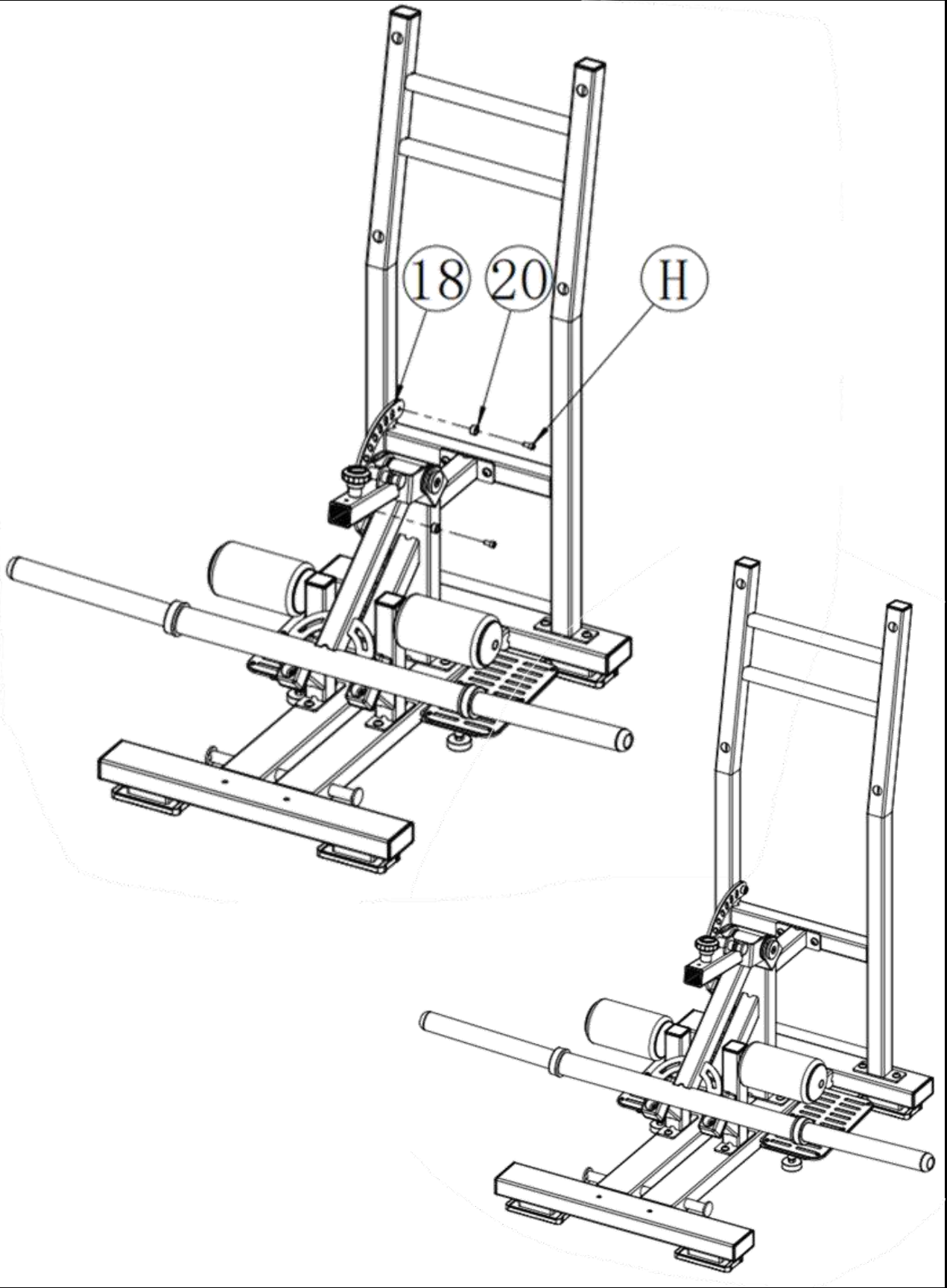
Assembly steps

Step	Item NO	Name	Qty
5	5	GC-5064-04S upper boom assembly	1
	6	GC-5064-05S lower boom assembly	1
	16	G-5056-2004 Aluminum alloy flat end cap	2
	17	GC-5064-0004 connecting shaft	1
	19	4005-0204 spacer ring	4
	F	Hexagon countersunk head screws (galvanized) M10X20	2



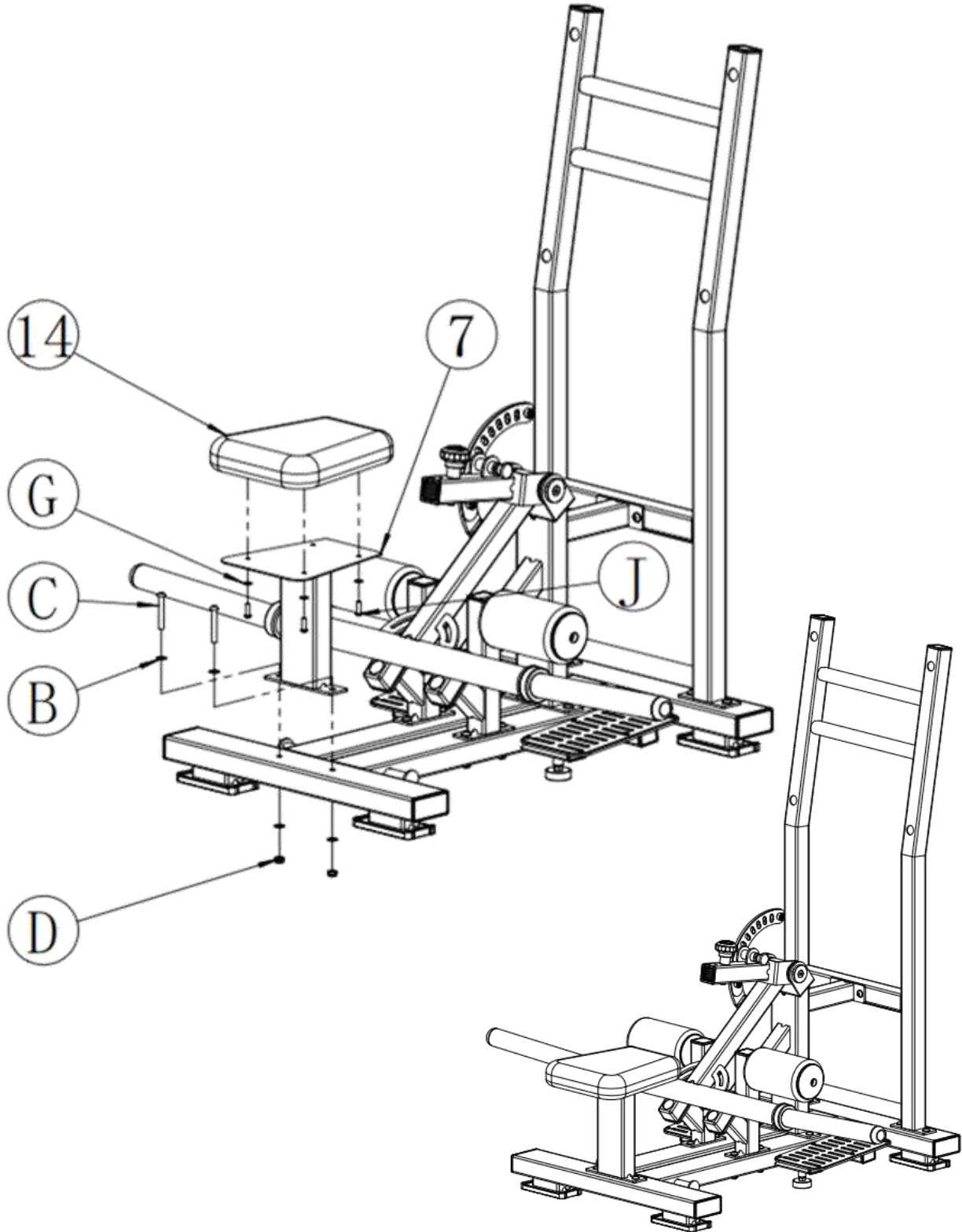
Assembly steps

Step	Item NO	Name	Qty
6	18	GC-5064-0003 stainless steel plate	1
	20	Q1010-5016 limit sleeve column	2
	H	M8X16L-N1 hexagon socket head screw	2



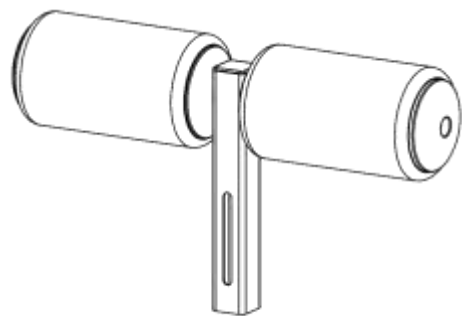
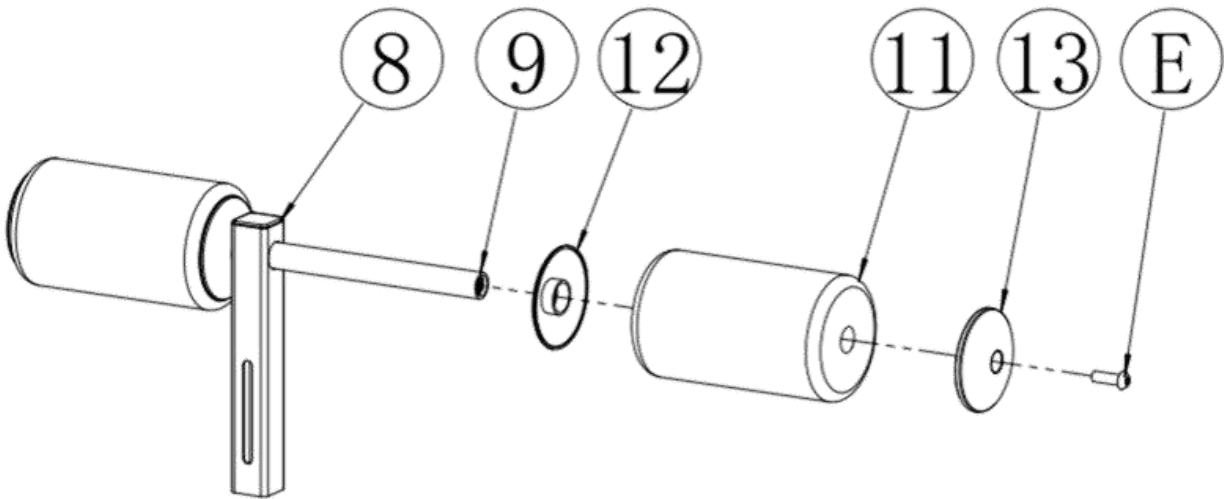
Assembly steps

Step	Item NO	Name	Qty
7	7	GC-5064-07S seat cushion assembly	1
	14	5 Series Seat Cushion No. 17	1
	B	Flat washer (galvanized) $\Phi 10$	4
	C	Hexagon socket head screw (half thread, galvanized) M10X70	2
	D	Lock nut (galvanized) M10	2
	G	Flat washer (galvanized) $\Phi 8$	4
	J	Hexagon socket head screws (galvanized) M8X25	4



Assembly steps

Step	Item NO	Name	Qty
8	8	Stainless steel pipe components	1
	9	Foam tube components	1
	11	07-6059-0005 Foam roller F4	2
	12	07-6059-0003 Foam bucket inner cover	2
	13	07-6059-0004 foam cover	2
	E	Hexagon socket head screws (galvanized) M10X30	2



Assembly steps

Step	Item NO	Name	Qty
9	10	GC-5063-04 handle assembly	2
	15	butterfly clip	2
	A	Hexagon socket head screws (galvanized) M10X20	4
	B	Flat washer (galvanized) Φ10	4
	K	Hexagon socket head screws (galvanized) M8X16	1

