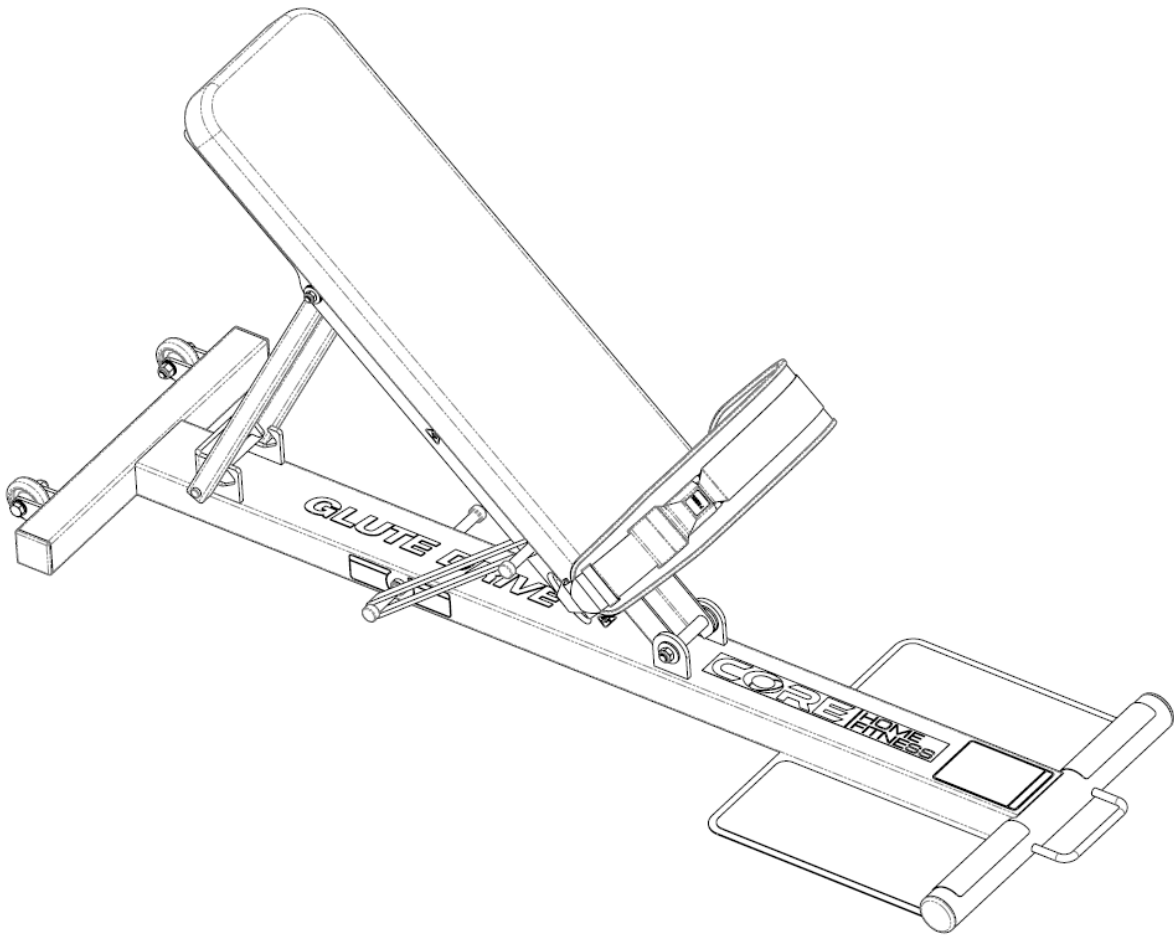


CORE Home Glute Drive

OWNER'S MANUAL



CORE | HOME
FITNESS

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INTRODUCTION

Thank you for choosing the **CORE Home Glute Drive**. This unit has been designed to provide the user the most rewarding experience based upon the carefully planned features it possesses. The design elements of this product will provide you with a comfortable, intuitive, safe and reliable experience, guiding you to a habit-forming lifestyle. Our mission is to provide products to mold lifelong habits for health and fitness, and the **CORE Home Glute Drive** will provide the path to meet your goals.

ABOUT THIS MANUAL

This manual is applicable to the **CORE Home Glute Drive**. The manual is divided into seven sections, as follows:

Introduction

Provides an overview of each section within the manual.

Safety Instructions

Provides guidelines for safely operating the **CORE Home Glute Drive**.

Assembly and Setup

Provides instructions for unpacking and setting up the **CORE Home Glute Drive**.

Exercise Guidelines

Provides general guidelines to be followed when using the **CORE Home Glute Drive**.

Preventative Maintenance

Describes the preventative maintenance measures required to keep the **CORE Home Glute Drive** in top condition.

Labels and Placards

Provides illustrations and part number information for labels and placards used on **CORE Home Glute Drive**.

Warranty and Disclaimer

Provides warranty and servicing information for the **CORE Home Glute Drive**.

SAFETY INSTRUCTIONS

Read this Owner's Manual carefully before assembling, servicing or using your **CORE Home Glute Drive**.

WARNING: SERIOUS INJURY MAY OCCUR IF THESE SAFETY PRECAUTIONS ARE NOT OBSERVED. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT OUR PRODUCT SUPPORT FOR CLARIFICATION.

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that all exercise machines and the **CORE Home Glute Drive** equipment are used properly to avoid injury.
2. Make sure there is enough room for safe access and operation of the **CORE Home Glute Drive**.
3. Keep hands, feet, head, limbs, fingers, and hair clear at all times from moving parts to avoid injury. Use appropriate positioning, speed and controlled movements.
4. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by **CORE HOME FITNESS**.
5. DO NOT wear loose or dangling clothing while using the **CORE Home Glute Drive**. Keep away from all moving parts.
6. Obtain a medical examination prior to beginning an exercise program.
7. If at any time during exercise you feel faint, dizzy or experience pain, STOP IMMEDIATELY and consult your physician before continuing.
8. Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
9. DO NOT attempt to fix a broken or jammed unit. Notify authorized personnel.
10. Use the **CORE Home Glute Drive** only for the intended use. Obtain instruction on proper use of the unit. It is the purchaser's sole responsibility to properly instruct all users and supervising personnel as to the proper operating procedures of all equipment. DO NOT modify the unit.
11. USE A SPOTTER.
12. MAINTAIN PLACARDS AND LABELS: Do not remove labels for any reason; they contain important information. If illegible or missing, contact the **CORE HOME FITNESS** Parts Department for replacement.
13. Make sure that each machine is set up and operated on a solid level surface. DO NOT install equipment on an uneven surface.
14. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to ensuring smooth and reliable operation of the **CORE Home Glute Drive** as well as keeping your liability to a minimum. Inspect the unit prior to use. Give particular attention to the area most susceptible to wear. DO NOT use if the unit is damaged or inoperable.
15. Ensure that adjustment, maintenance and/or repair of the **CORE Home Glute Drive** is performed by qualified personnel ONLY. Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components, then remove the **CORE Home Glute Drive** from service until repairs are made.
15. Keep a repair log of all maintenance activities.
16. **CORE Home Glute Drive** is in compliance with EN 957-part 2 class H (H = domestic).
17. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.
18. Do not exceed the max user weight of 300 lbs. (136.1 kg).
19. Do not exceed the maximum lifting load of 190 lbs. (86.2 kg).
20. Do not use resistance bands or weight not included with unit.

NOTE: *It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.*

ASSEMBLY AND SETUP – CORE Home Glute Drive

UNPACKING PARTS AND MATERIALS

The **CORE Home Glute Drive** comes packed fully assembled, carefully remove the unit from its box and dispose of packing materials. Unit will ship in box in the storage position adjusted to the flat setting for storage. The CORE Home Glute Drive has transportation wheels and a user carry handle on the opposite end to allow easy transport to desired location.

- Remove the shipping straps from the outside of shipping carton.
- Remove the packing materials, foam inserts, and ALL parts from shipping carton. Keep the contents of carton in a *separate area* to facilitate use. To ensure personal safety during set up, place all packing materials *outside* the set-up area.

Take time now to enter your **CORE Home Glute Drive** serial number in the space below. If parts are missing, or if you have any operational questions, please call CORE HOME FITNESS's Service department; have your serial number ready.

Serial No. _____

TOOLS REQUIRED PREVENTIVE MAINTENANCE

CORE Home Glute Drive comes fully assembled but the tools required for preventive maintenance are as follows:

- Three wrenches or sockets 10mm, 13mm and 16mm
- One Allen Key 4mm

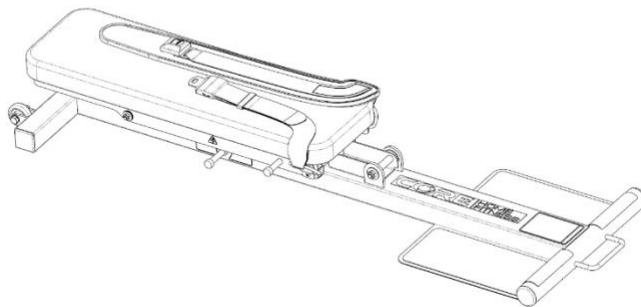
Positioning REQUIREMENTS

Keep at least 50" (1.27 m) clear on each side of the Glute Drive. This is the recommended safe distance for access and passage around the bench.

Setup and Assembly

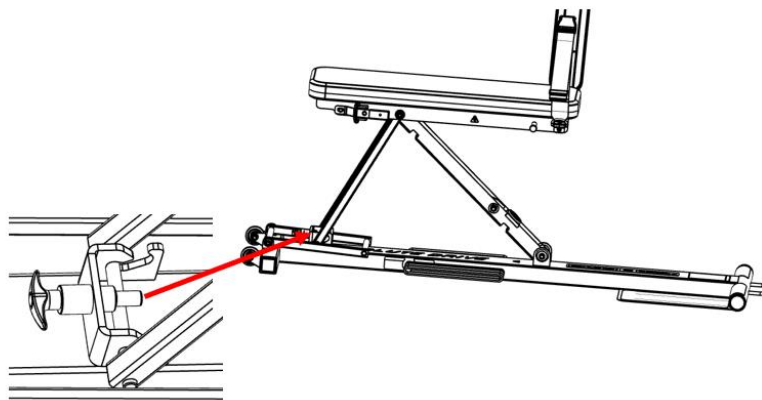
1. Unpacking the Home Glute Drive

Carefully place the box right side up as indicated on packaging in an open area and remove packing straps. Remove top of box, carefully remove packing materials. Lift unit from box holding on to main frame base and rear legs, do not lift from back pad. Place unit in desired area and remove wrapping.



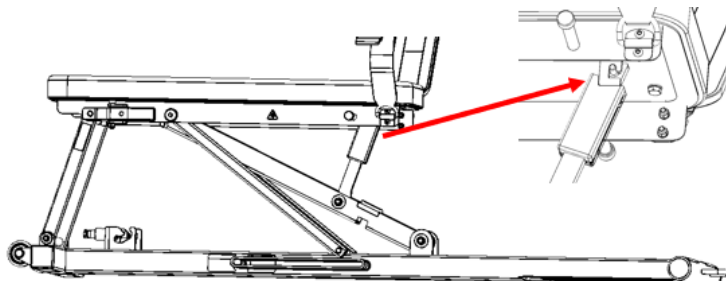
2. Set up for Glute Drive use

For use in the Glute Drive position carefully lift back pad from the top (transport wheel end) and place the rear support legs into the channel lock as shown. Pull the lock pin as you place the support in the channel lock and then **ensure the lock pin is fully engaged** as shown. See user exercise guide for additional instruction on positioning, adding resistance and belt adjustment.

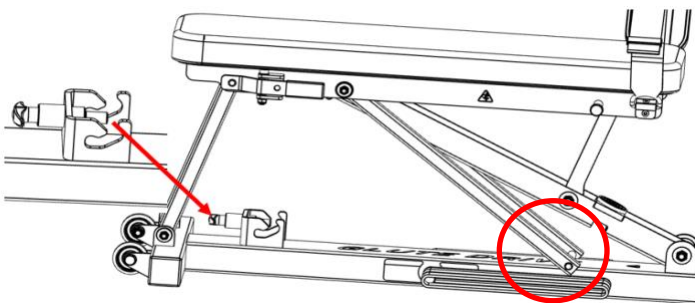
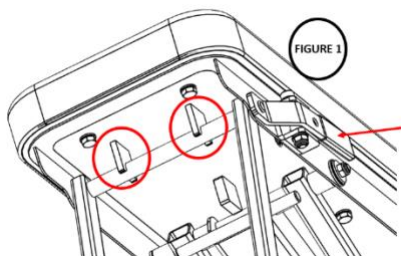


3. Set up for exercise bench use

For use in the flat bench position lift pad from foot platform end and hook the arm into the keyhole slots. As shown in the diagram.

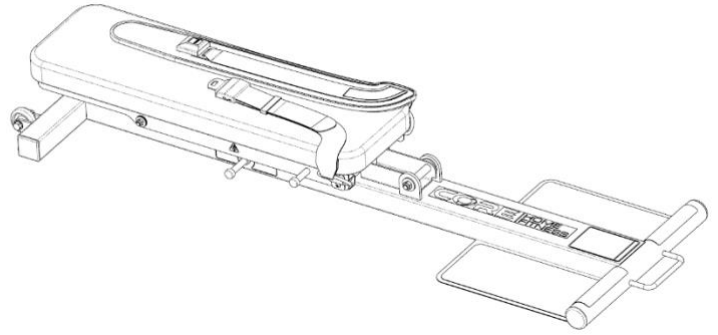


Pull the pop pin t-handle to disengage and lower the rear support leg, allowing the weldment to rest on the main frame as shown. Lift the rear tube weldment (transport wheel end) and depress the lever on the bench to allow the positioning of the rear tube weldment into the brackets as shown in figure 1.



4. **Fold down for storage**

For storage in the flat position remove both the front support from the channel lock and the rear support from the channel lock and carefully lower the unit into the flat position. Transport wheel on the rear of the unit and a carry handle on the front of the unit will allow you to roll to the desired location. **ONLY** store in the flat position, **DO NOT** stand the unit up.



EXERCISE GUIDELINES

GENERAL GUIDELINES

As with any exercise program, strength training involves an element of risk. The information provided in this section will help you and/or your members make safe and productive use of your **CORE Home Glute Drive**.

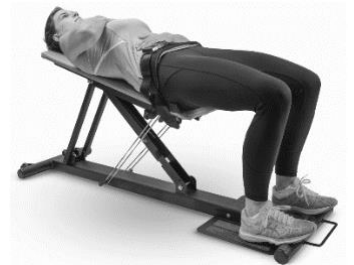
- ALWAYS consult a physician before beginning any strength-training program. This is particularly important for persons with known health conditions and/or persons that are not familiar with the risks involved with weight training.
- All training sessions should be supervised by trained personnel.
- BE SURE that all warning labels and placards affixed to the **CORE Home Glute Drive** remain on the unit. DO NOT alter warning labels and placards. BE SURE that each user reads and understands the information shown on all labels and placards (safety, instructional and/or other).
- Instruct all users on the proper use of the **CORE Home Glute Drive**, as well as those actions that should be avoided.
- Your **CORE Home Glute Drive** have been designed to accommodate a wide variety of body types.

GLUTE DRIVE EXERCISES

Once you have set your Home Glute Drive in the Glute Drive position there are a few variations you can choose to target the Glute by performing the hip thrust movement. Place you back on the back pad with your feet on the front foot plate as shown. Secure the waist belt just above the hips across the lower abdomen and once buckled pull the excess strap to tighten securely. Place the desired amount of resistance on the two band pegs on each side of the unit. (Light, Medium and Heavy Bands are provided). Recommendations for weight and repetitions are to choose a weight you can perform 10 to 20 repetitions with.

Glute Drive (two legs)

Both legs with feet centered on foot platform as shown, knees should be at a 90 Degree angle once you extend this hip upward. From the lower position extend the hips upward as shown and pause briefly at the top end range of motion on each repetition. Hands can be placed across the torso as shown.



Glute Drive (single leg)

Start position with foot centered on foot platform as shown extend hip up with support leg while holding other leg upright as shown knee should be at a 90 Degree angle once you extend this hip upward. From the lower position extend the hips upward as shown and pause briefly at the top end range of motion on each repetition. Hands can be placed across the torso as shown.



Glute Drive (band abduction)

Both legs with feet centered on foot platform as shown, place the light elastic band around thighs as shown to provide additional outward resistance. Keep the knees slightly apart and knees should be at a 90 Degree angle once you extend the hips upward. From the lower position extend the hips upward as shown and pause briefly at the top end range of motion on each repetition while keeping the knees slightly apart against the resistance on the added band. Hands can be placed across the torso as shown.



GLUTE DRIVE BENCH EXERCISES

Once you have set your Home Glute Drive in the locked bench position you can use this bench for numerous exercises including but not limited to the exercises shown below.

Dumbbell Chest Press

Back on back pad with feet slightly apart and on the floor for stability. Press the dumbbells from chest height to straight above chest as shown.



Dumbbell One Arm Back Row

One knee and one arm on the pad as shown to stabilize the torso. Pull the dumbbell from the extended arm position to chest height as shown.



Abdominal Jackknife

With back centered on the pad extend the legs forward and the arms overhead using the abdominal muscles as shown and then pull back to the start position as shown.



Abdominal Ball Torso Twist

With hips placed in the center of the pad grasp a ball, or other weighted object, hold hip position as shown contracting the abdominal muscles and rotate slightly to each side as shown.



PREVENTIVE MAINTENANCE

PRODUCT USE AND MAINTENANCE

Repair of the **CORE Home Glute Drive** should be performed only by authorized persons.

NEVER modify the **CORE Home Glute Drive** or attempt to make adjustment(s) to, or the repair of, the unit equipment without first calling **CORE HOME FITNESS** Product Support. Always notify authorized personnel to make such repairs.

Instruct all users to report any equipment or training irregularities to supervisory personnel IMMEDIATELY.

MAINTENANCE SCHEDULE

CORE HOME FITNESS strongly recommends performing regular preventive maintenance on your **CORE Home Glute Drive**. Without regularly scheduled maintenance, normal wear and tear may cause cumulative effects, such as misalignment or premature wear, resulting in downtime. For this reason, we highly recommend following the maintenance schedules. Additionally, unusual symptoms, such as excessive noise during use, stiffness or free play in moving parts, etc., should be investigated and necessary corrective actions (adjustment or parts replacement) should be performed. If any components are found to be worn or damaged, the unit should be removed from service until repairs can be made. Only components supplied or approved by CORE HOME FITNESS shall be used to maintain and/or repair the unit.

DAILY MAINTENANCE

- Wipe down and inspect the framework and other structural components (see **FRAMEWORK MAINTENANCE** for requirements). Check all attaching hardware for security. Tighten as needed.
- Clean and inspect the upholstered cushions and the hand grips (see **UPHOLSTERY MAINTENANCE** on page 9 for requirements).

WEEKLY MAINTENANCE

- Check all labels and placards affixed to the unit for legibility and security. Replace illegible labels and placards as needed (see **LABELS AND PLACARDS** on page 10 for illustrations and part numbers of standard labels and placards used on **CORE HOME FITNESS** products).

QUARTERLY MAINTENANCE

- Apply wax to powder-coated areas of the framework and other structural components.

MAINTENANCE PROCEDURES

FRAMEWORK MAINTENANCE

CAUTION: DO NOT use lacquer thinner, acetone, or other solvents to clean powder-coated finishes on the framework or other structural components. Solvents will dull the finish and contain components that may remove the epoxy-based powder from the frame.

Framework and other structural components should be wiped down daily using a cloth moistened with water. This will increase the longevity of protective powder-coat finishes. The framework should be inspected while cleaning for evidence of fatigue cracks, scratches or chips in the finish, loose hardware, and other areas that may require attention.

Apply easy-application car wax to all powder-coated surfaces quarterly. Regular waxing will aid in preventing premature rusting due to corrosives found in perspiration and will allow loose particles to be removed more easily when performing the daily wipe-down.

Procedures to repair scratches and chips depend on the severity of the damage:

- Surface scratches can generally be repaired by polishing with an automotive rubbing compound.
- Deep scratches and chips must be repaired by filling the damaged area using a “touch-up” bottle of color-matched paint (available through the **CORE HOME FITNESS** Parts Department). Fill the damaged area sparingly, using two or more coats. Allow the area to dry thoroughly between coats. Once the touch-up is complete, it can be left “as is”, or it can be blended and color-sanded to the surrounding surface.

NOTE: The process of blending and sanding repaired areas to the surrounding surface is difficult. It should be attempted ONLY by persons knowledgeable in this area.

UPHOLSTERY MAINTENANCE

CAUTION: DO NOT use cleaners such as Lysol®, Armor All®, Windex®, or other abrasive detergents to clean upholstered surfaces. These products will remove moisture from the Naugahyde® upholstery, resulting in premature cracking.

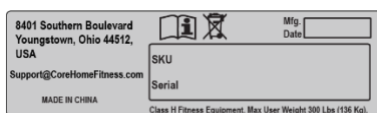
Upholstered cushions should be cleaned daily to prevent damaged due to corrosives found in perspiration.

Wipe the top and sides of upholstered cushions using a cloth moistened with a solution of one-part lanolin hand cleaner to nine parts water. After cleaning, wipe down using a dry towel to remove any residue.

LABELS AND PLACARDS



TW76000003-1



TS35000030-1



TB35000002-1



TW76000002-2



TW76000000-1



TW760000147-1

WARRANTY & DISCLAIMER

CORE HOME FITNESS warrants all frameworks for a period of 10 years. All moving parts are warranted for 2 year. 10-year limited warranty on structural frame not including coatings. 90 days on resistance bands & upholstery stitching only. Warranty is for parts only. Warranty is good and available to the original purchaser only as noted by **CORE HOME FITNESS** invoice and is not transferable nor assumable. **CORE HOME FITNESS** cannot warrant products that have been abused, neglected and or poorly maintained. All equipment should be reviewed at the time of delivery for damage, breakage, loosening of nuts and bolts, components and or any other moving parts. Any and all claims for warranty must be received in writing within 70 days of defect. Do not alter, modify or redesign any **CORE HOME FITNESS** products or use any replacement parts or materials other than those components original to **CORE HOME FITNESS** as it will limit the warranty and liability of **CORE HOME FITNESS**. **CORE HOME FITNESS** reserves the right to change, replace or modify products, parts, accessories and or design without notice. Deposits on cancelled orders will be subject to handling and restocking charges.

WHAT IS COVERED

This **CORE Home Glute Drive** are warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The original purchaser or any person receiving the Product as a gift from the original purchaser.

TRANSPORTATION & INSURANCE INFORMATION FOR SERVICE

Please contact CORE Home Fitness for specific details related to product transportation & insurance

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Products environment, rust or corrosion as a result of the Product(s) location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Owner's Manual.

OWNERS MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS & SERVICE

Simply e-mail or call Customer Support Services at Support@CoreHomeFitness.com 1 -800-520-1663

Monday through Friday from 8:00 a.m. to 5:00 p.m. Pacific Standard Time, and tell them your name, address and the model number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service.

Before shipping:

1. Obtain a serial number from the product serial label.
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the serial number on the outside of the carton
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards. **CORE HOME FITNESS** wants you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

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