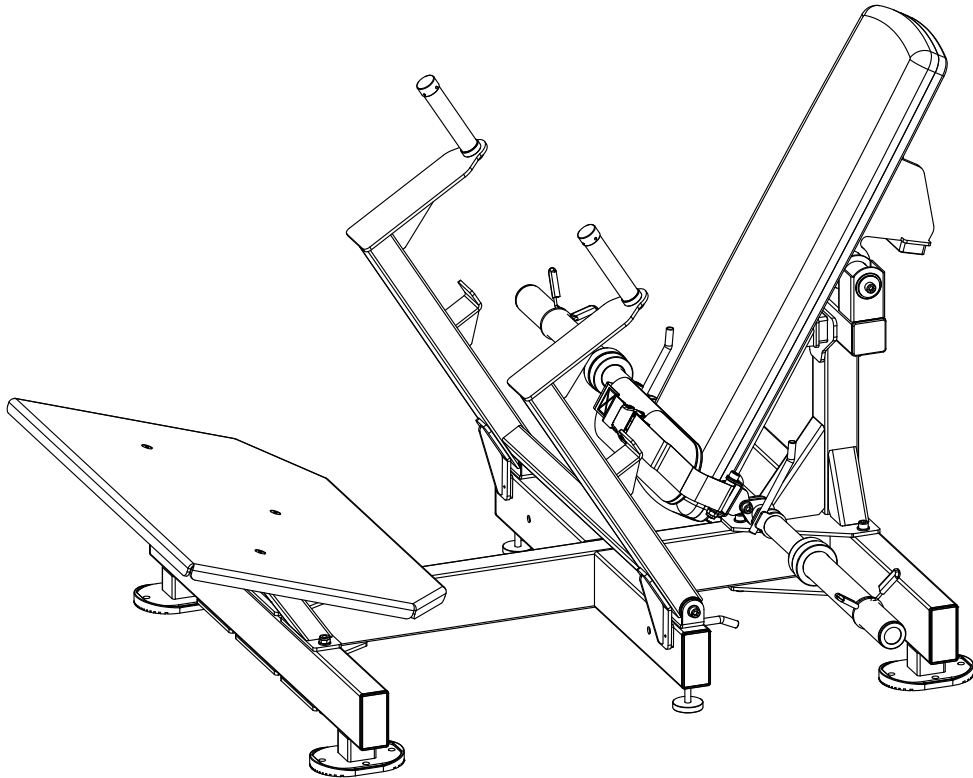


# OWNER'S MANUAL

**CPL-HPT-955**

## HIP THRUST



**CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.

# CONTENTS

02 General warnings and maintenance advice

03-06 Assembly Instructions

Explained as a series of steps, with each step containing:

- Pictures, descriptions and quantities of the parts required
- Notes
- Diagram showing how the parts fit together

07 Part List

# ***Assembly Instructions***

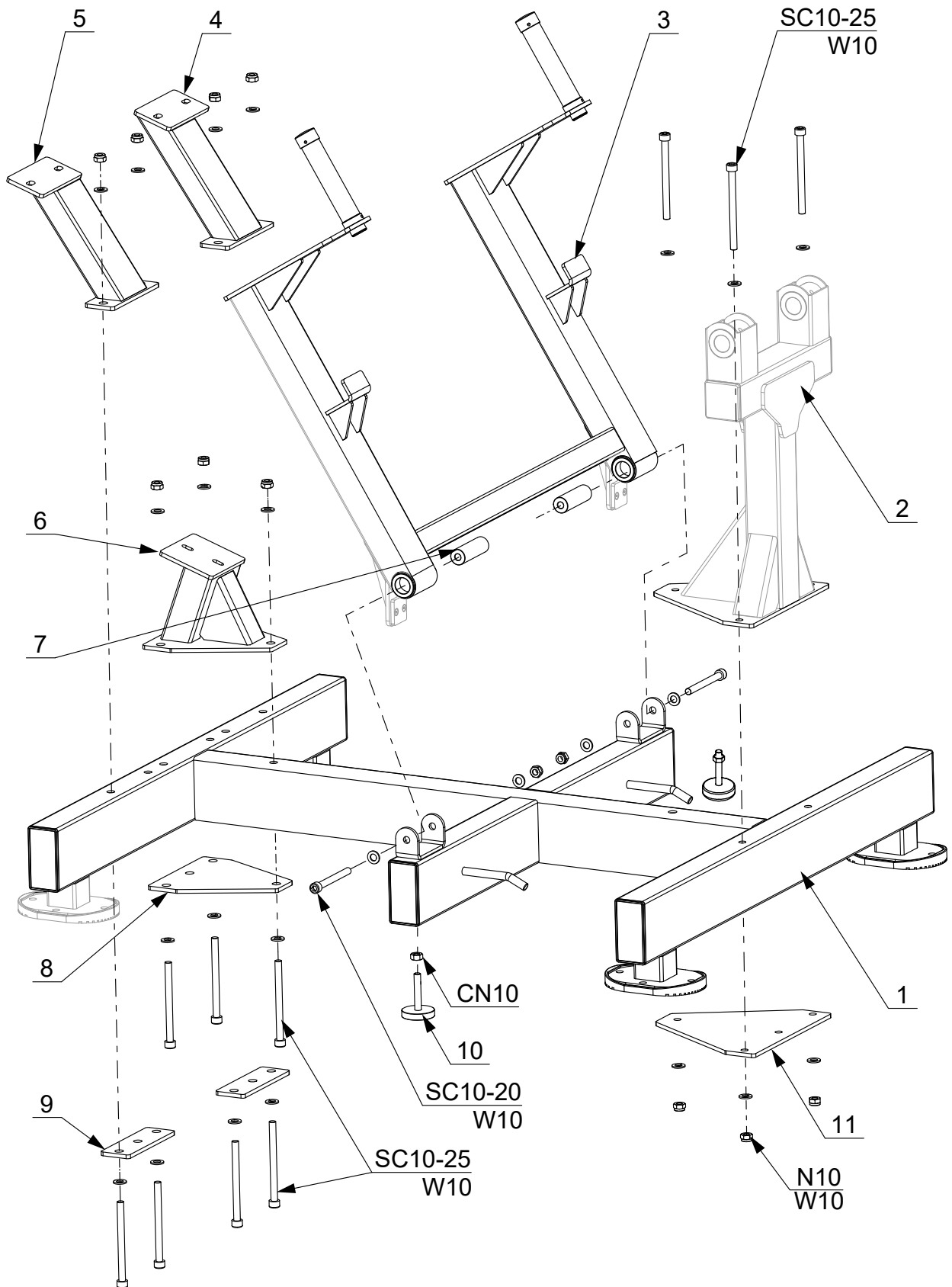
## **Before Your Begin**

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

# STEP 1

50%



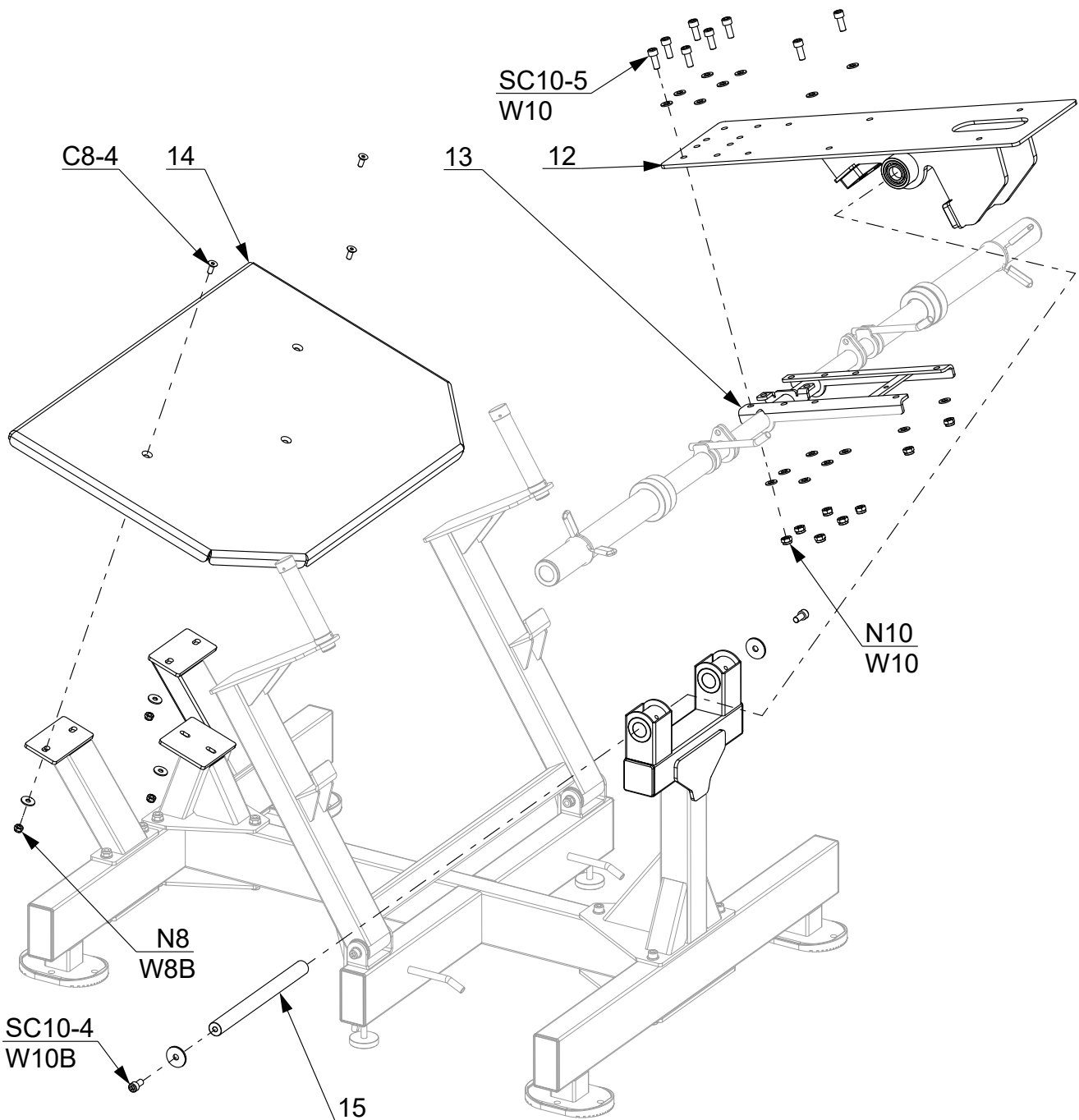
## INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

50%



## STEP 2

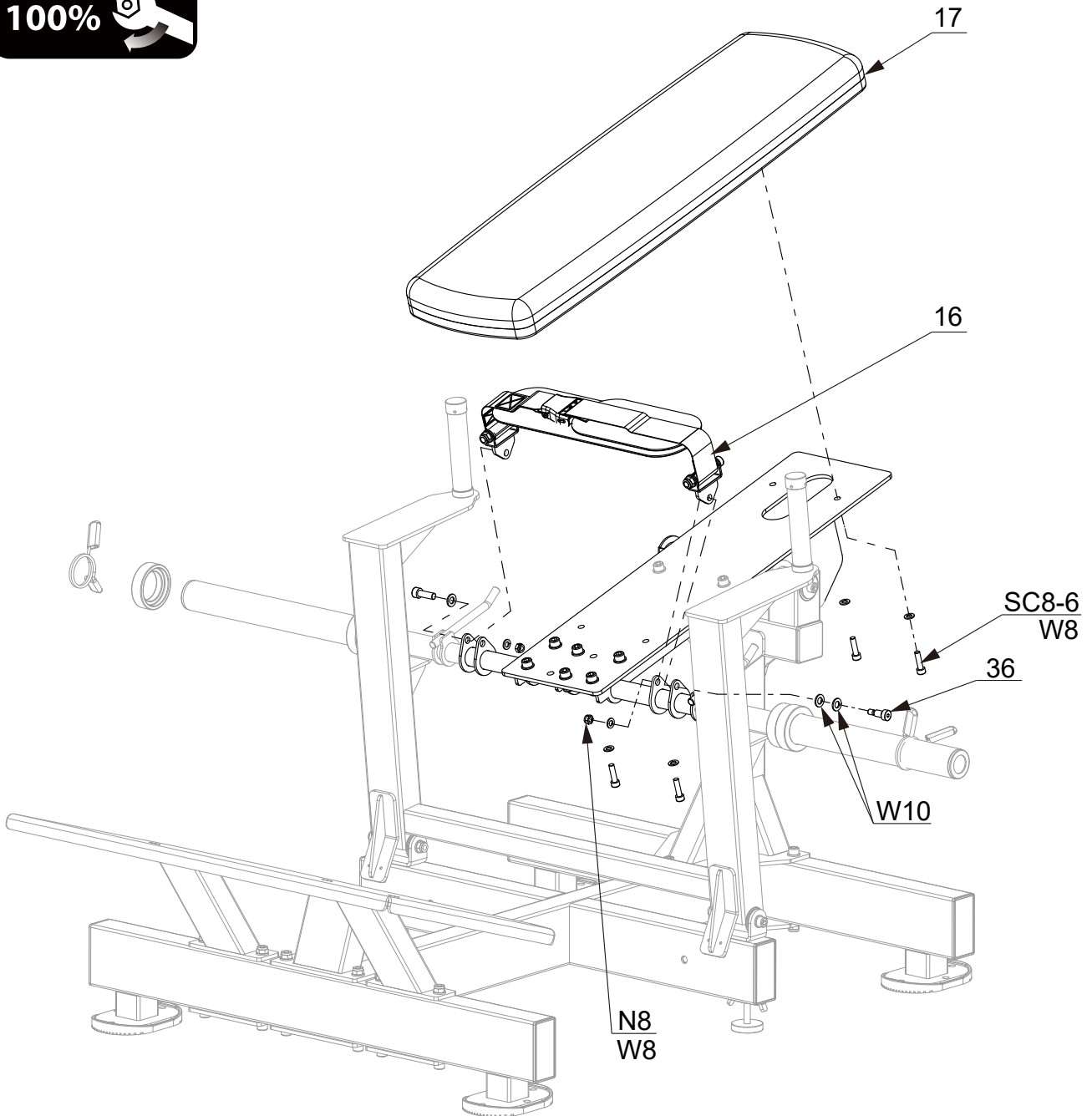


### INFORMATION

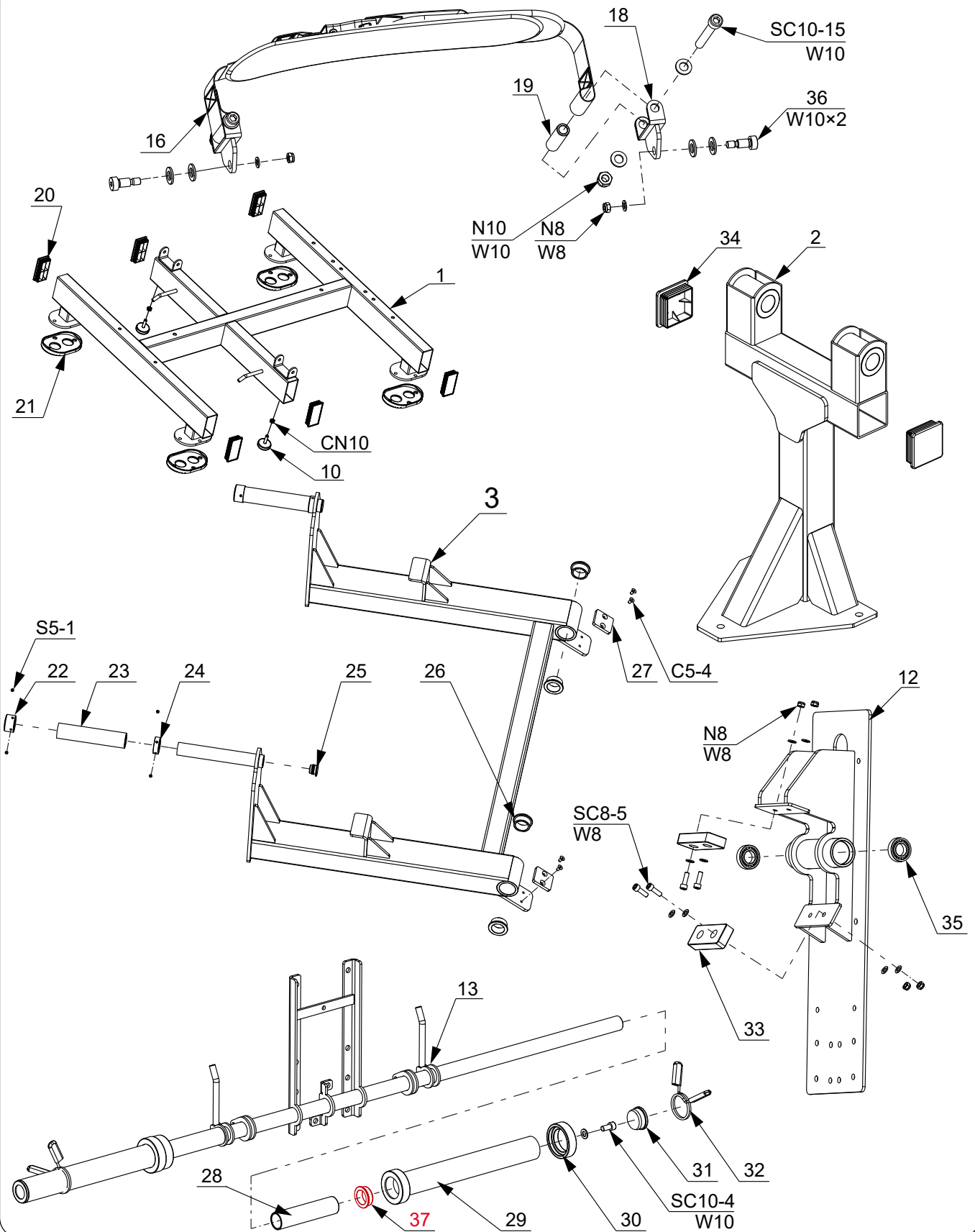
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

## STEP 3

100%



# PREASSEMBLED STEP



# PARTS LIST

PART #	DESCRIPTION	QTY
1	Base Frame	1
2	Back Upright Frame	1
3	Holding Frame	1
4	Pedal Support Tube 1	1
5	Pedal Support Tube 2	1
6	Pedal Support Frame	1
7	Shaft	2
8	Backup Plate 1	1
9	Backup Plate 2	1
10	ADJ Foot	2
11	Backup Plate 2	1
12	Swaying Frame	1
13	Weight Bar	1
14	Pedal	1
15	Shaft D25 L=290	1
16	Lifting Belt	1
17	Back Pad	1
18	Belt Connection Frame	2
19	Sleeve Tube	2
20	Rectangle Tube Cap	6
21	Foot Pad	4
22	Handle Cap	2
23	Hand Grip	2
24	Limit Ring	2
25	D25 Tube Cap	2
26	Bushing	4
27	Plastic Pad	2
28	Tube Spacer	2
29	Weight Bar Sleeve	2
30	Rubber Spacer	2
31	Rubber Cap	2
32	Barbell Clip	2
33	Plastic Pad	2
34	Square Tube Cap	2
35	Bearing 6005	2
36	Shoulder Bolt 10×20	2
37	Plastic Bushing ID30.3	2
W8	Washer 8	10
W8B	Big Washer 8	3
W10	Washer 10	50
W10B	Washer 10	2
N8	Nut M8	9
N10	Nut M10	22
CN10	Common Nut M10	2

PART #	DESCRIPTION	QTY
C5-4	Counter Sunk Head Screw M5×10	4
C8-4	Counter Sunk Head Screw M8×20	3
S5-1	Socket Set Screw M5×4	8
SC8-5	Socket Head Cap Screw M8×25	4
SC8-6	Socket Head Cap Screw M8×30	4
SC10-4	Socket Head Cap Screw M10×20	2
SC10-5	Socket Head Cap Screw M10×25	8
SC10-15	Socket Head Cap Screw M10×75	2
SC10-20	Socket Head Cap Screw M10×100	2
SC10-25	Socket Head Cap Screw M10×125	10