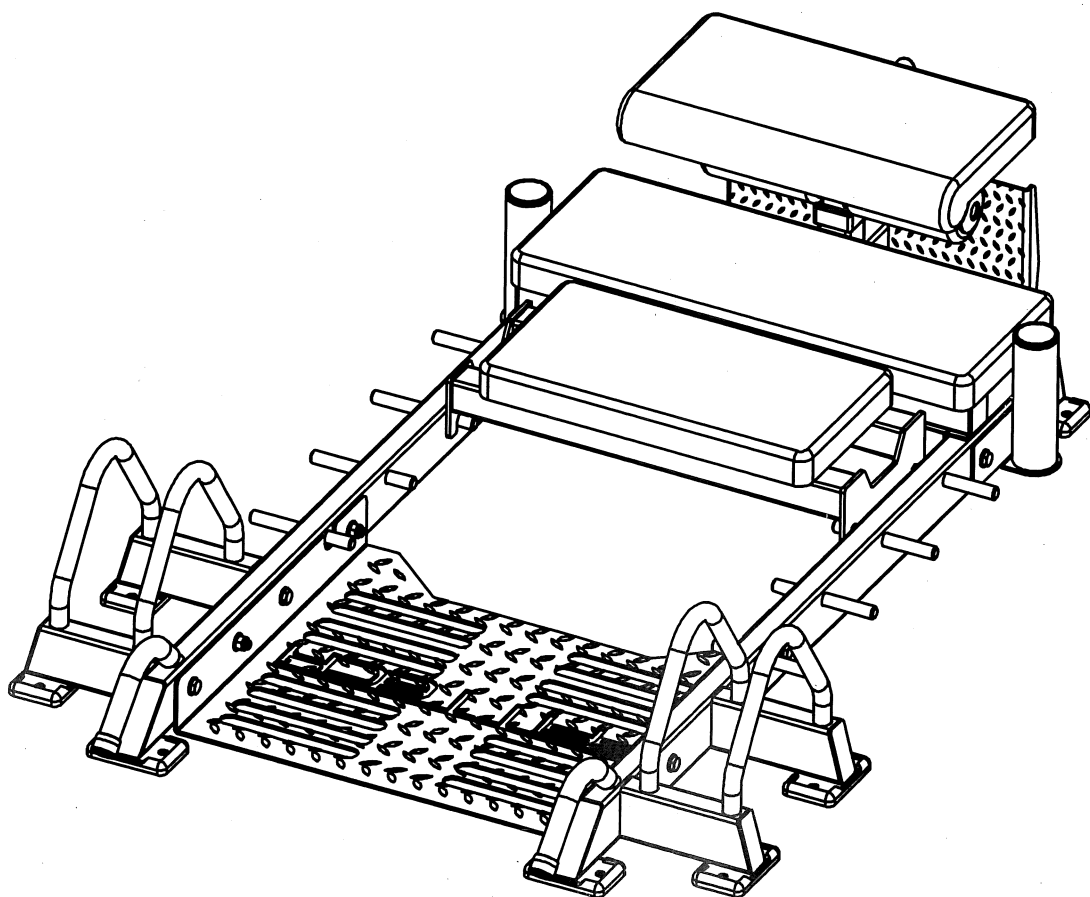
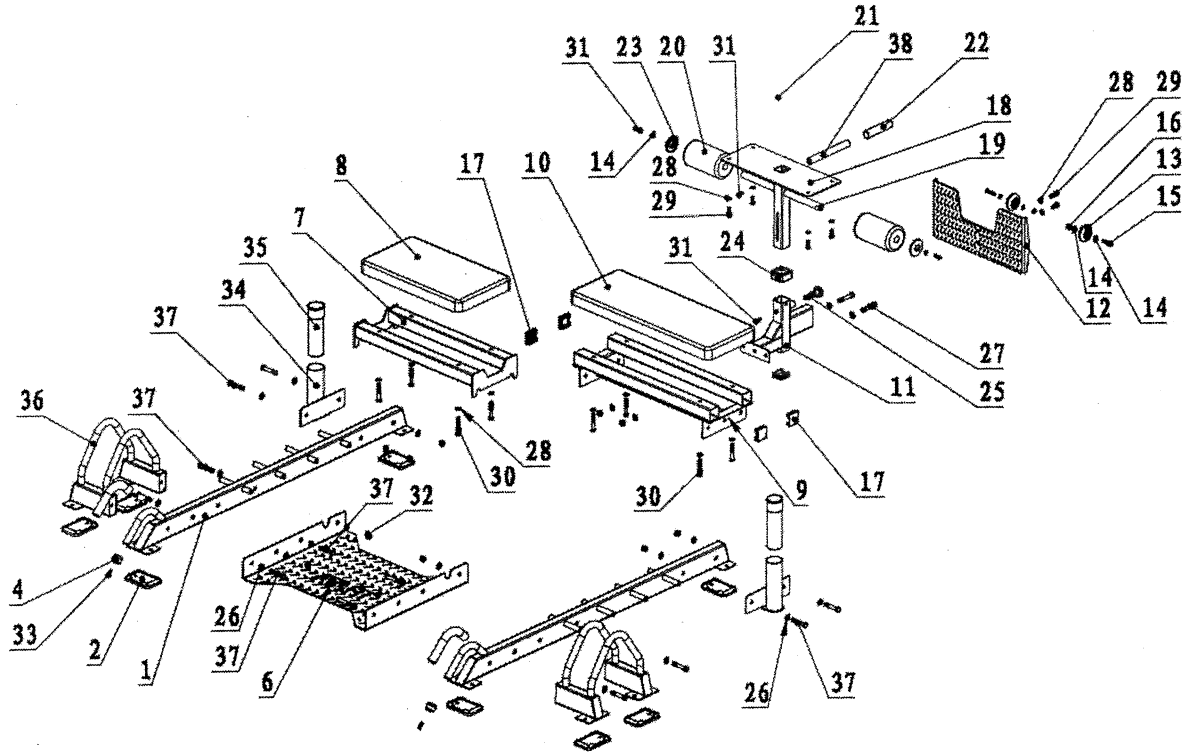


HIP EXTENSION BENCH

Item No.: P.GLUTE



EXPLODED DRAWING & PARTS LIST



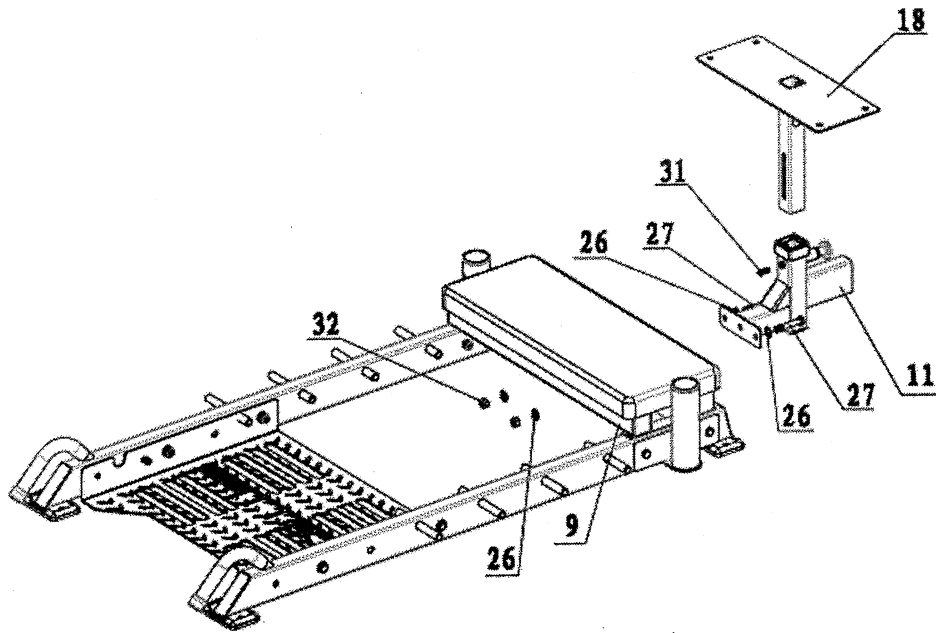
PART LIST

NO	DESCRIPTION	Q'TY	NO	DESCRIPTION	Q'TY
1	Left Frame	1	20	Foam Roller	2
2	Foot Cushion	8	21	Short Cushion 525*280	1
3	Rear Handle Sleeve	2	22	Front Handle Sleeve	1
4	Round End Cap $\Phi 25$	2	23	Foam End Cap $\phi 65*\phi 26*18$	2
5	Right Frame	1	24	Square Sleeve	1
6	Rear pedal 650*560	1	25	Pin	1
7	Movable Cushion Frame	1	26	Flat Washer $\Phi 13.5*\Phi 24*2.5$	24
8	Short Cushion 525*290	1	27	Hex Bolt M12*70	2
9	Front Cushion Frame	1	28	Flat Washer $\Phi 11*\Phi 20*2$	14
10	Long Cushion 730*270	1	29	Hex Bolt M10*25	6
11	Adjustable Frame	1	30	Hex Bolt M10*65	8
12	Pedal Frame	1	31	Hex Bolt M8*25	4
13	Wheel	2	32	Nut M12	10
14	Flat Washer $\Phi 9*\Phi 16*1.6$	6	33	Hex Bolt M6*20	2
15	Hex Bolt M8*45	2	34	Bar Holder	2
16	Nut M8	2	35	Pipe Sleeve	2
17	Square Plug 50mm	5	36	Weight Plate Frame	2
18	Inner Adjustable Frame	1	37	Hex Bolt M12*65	12
19	Foam Pipe	1	38	Handle	1

ASSEMBLY

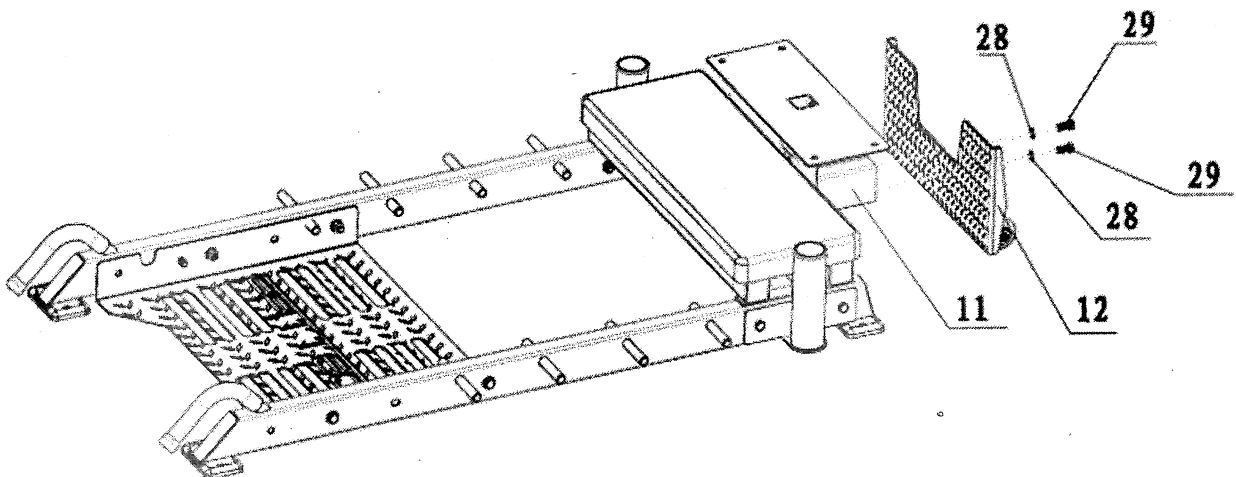
Step 1

Loosen the Hex Bolt M8*25(31), Through the Inner Adjustable Frame(18) into the Adjustable Frame(11).
Install Adjustable Frame (11) to the Front Cushion Frame (9), using Hex Bolt M12*70(27), Flat Washer $\Phi 13.5*\Phi 24*2.5$ (26) and Nut M12(32).



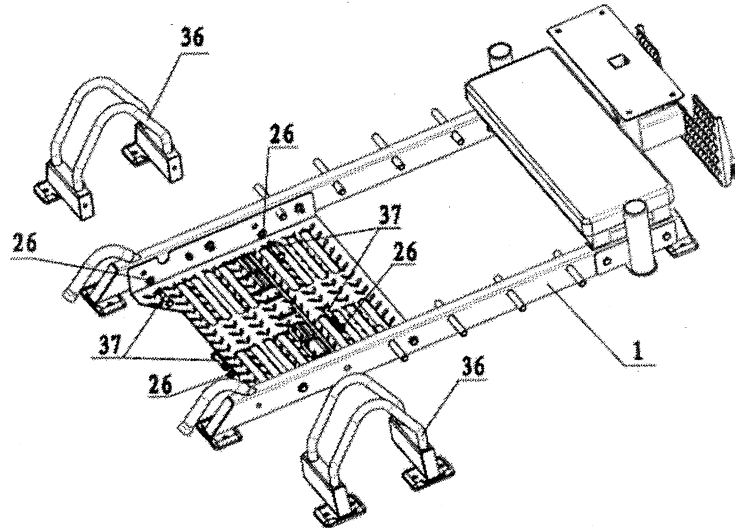
Step 2

Attach the Pedal Frame(12) to the Adjustable Frame (11), using Hex Bolt M10*25(29), Flat Washer $\Phi 11*\Phi 20*2$ (28).



Step 3

Install Weight Plate Frame(36) to the Left &Right Frame (1&2), using Hex Bolt M12*65(37), Flat Washer $\Phi 13.5*\Phi 24*2.5$ (26).



Step 4

Through Handle(38) into the hole on the Inner Adjustable Frame(18), Tighten the Hex Bolt M8*25(31).

Assemble the foam pipe (19) into the Inner Adjusting Frame(18), then put Foam(20), and End Cap(23) to the foam pipe (19), then tighten the Hex Bolt M8*25(31)

Assemble Short Cushion(8) to Inner Adjustable Frame(18), using Hex Bolt M10*25(29), and Flat Washer $\Phi 11*\Phi 20*2$ (28).

