

Gluteus Drive

OWNER'S MANUAL

Model No:

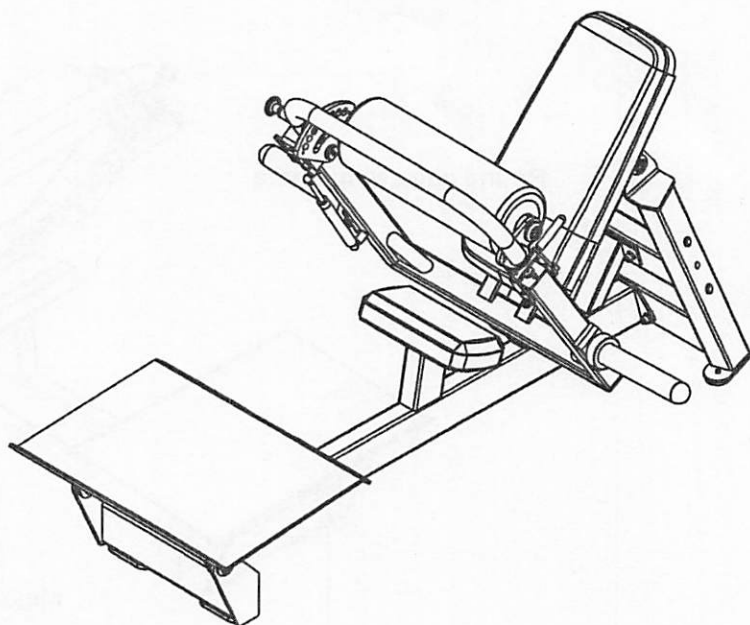
Serial No:

QUESTIONS

If you have questions or if parts are damaged or missing, please contact your distributor immediately.

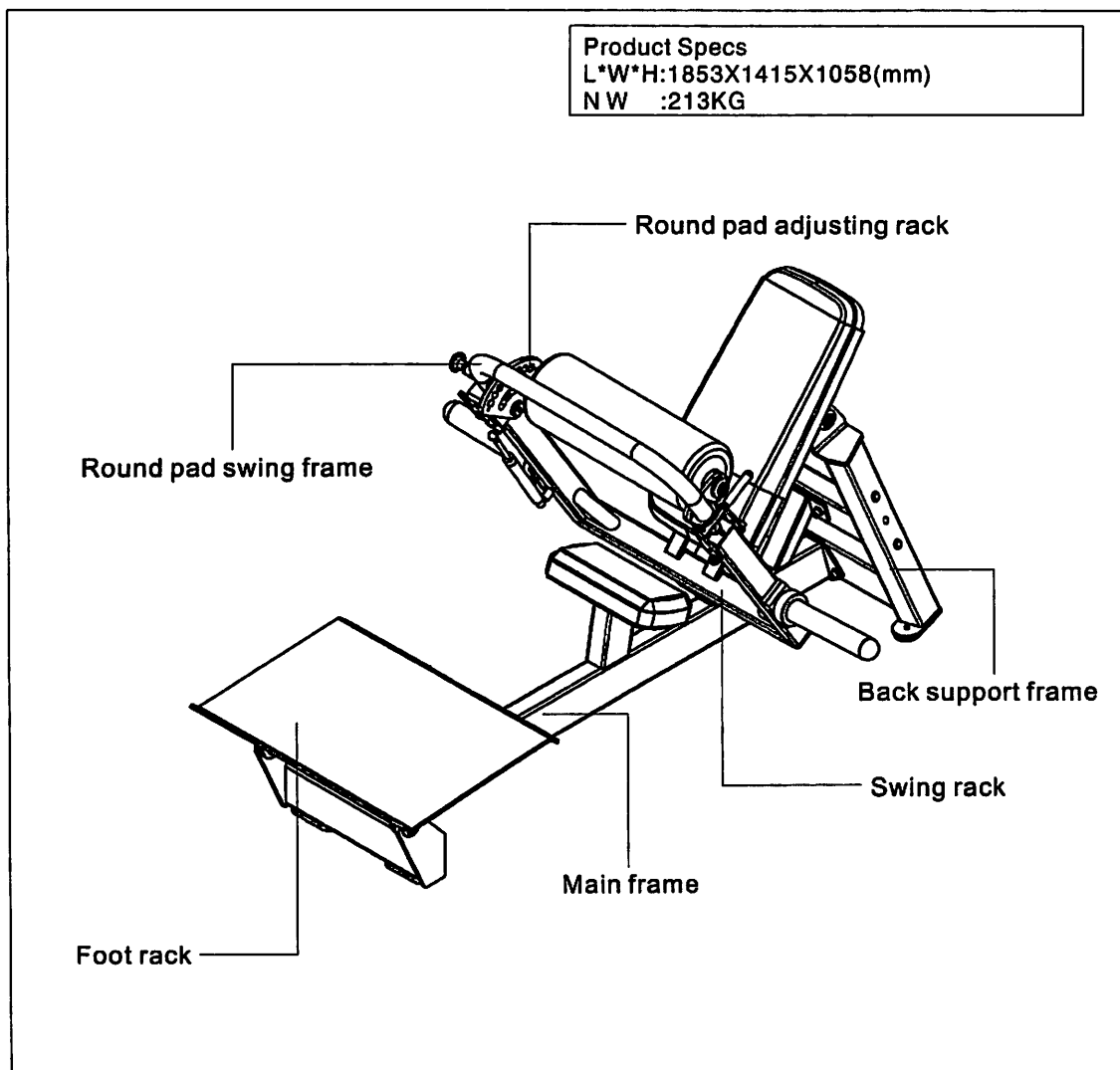
▲ CAUTION

Read all precautions and instructions in this manual before using or assembling this equipment. Keep this manual for future reference.



Thank you for selecting the "POWER LIFE" strength line equipments. This line is designed to improve your training status and we will be willing to hear all your suggestions or advice to effectively improve our quality and service.

To better use our machine, please read our manuals carefully and familiarize yourself with parts that are labeled in the drawing below. Wish the products could be more supportive for your life and health



IMPORTANT PRECAUTIONS

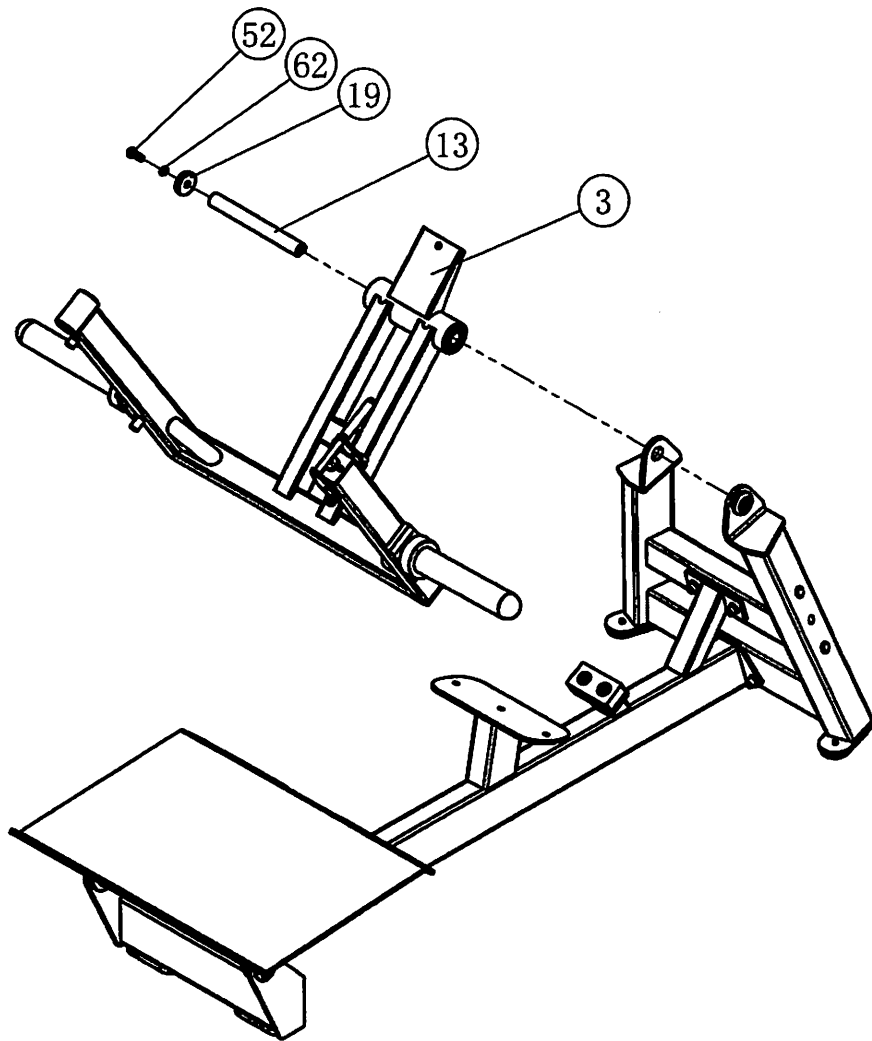
1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Please make sure that you have read all important precautions and instructions in this manual before using your strength equipment.
3. Please make an overall checking before using the machine. Please do not use the damaged machine and should try to ask "customer care" department to repair the damage instead of trying to fix by yourself
4. Make sure that all parts are properly tightened before each use of the strength equipment.
5. Use the strength machine only on a level surface and also ensure that there is enough space around the strength equipment for the intended exercise.
6. The strength equipment is designed to support a maximum total weight of 440LBS (200KG) and max user weight 350LBS (159KG).
7. Keep children and pets away from the strength equipment at all times.
8. Try to wear a bit tight clothes and athletic shoes for foot protection during exercise.
9. Please do not put your finger or foot on the machine when others are doing exercises.
10. If you feel faint or experience pain while exercising, stop immediately and turn to your physician for help .
11. All equipments shall be used in a proper location with sufficient supervision.

Assembly Introduction

1. Be careful when you open the package and make sure no damage to the equipment surface.
2. Ensure there are enough people in help to move the machine to avoid any equipment damage.
3. Check all the parts and hardware are complete before assembly.
4. Make sure there are at least above 2 people to do the assembly process to guarantee the correct assembly location.
5. Please refer to the "Assembly Step" of the manual to make sure no "wrong assembly" or "missing assembly"
6. Use the correct tools for assembly to avoid unnecessary damage to equipment or staff.
7. Make sure all the assembly has been completed and hardware has been tightened before you move the equipment.
8. Only when you complete your assembly process, you could fasten all the bolts to make sure all the bolts are applied correctly.
9. After assembly, try to do a slight "trial usage" to the equipment before your normal exercise to make sure the equipment is completely and correctly assemble.

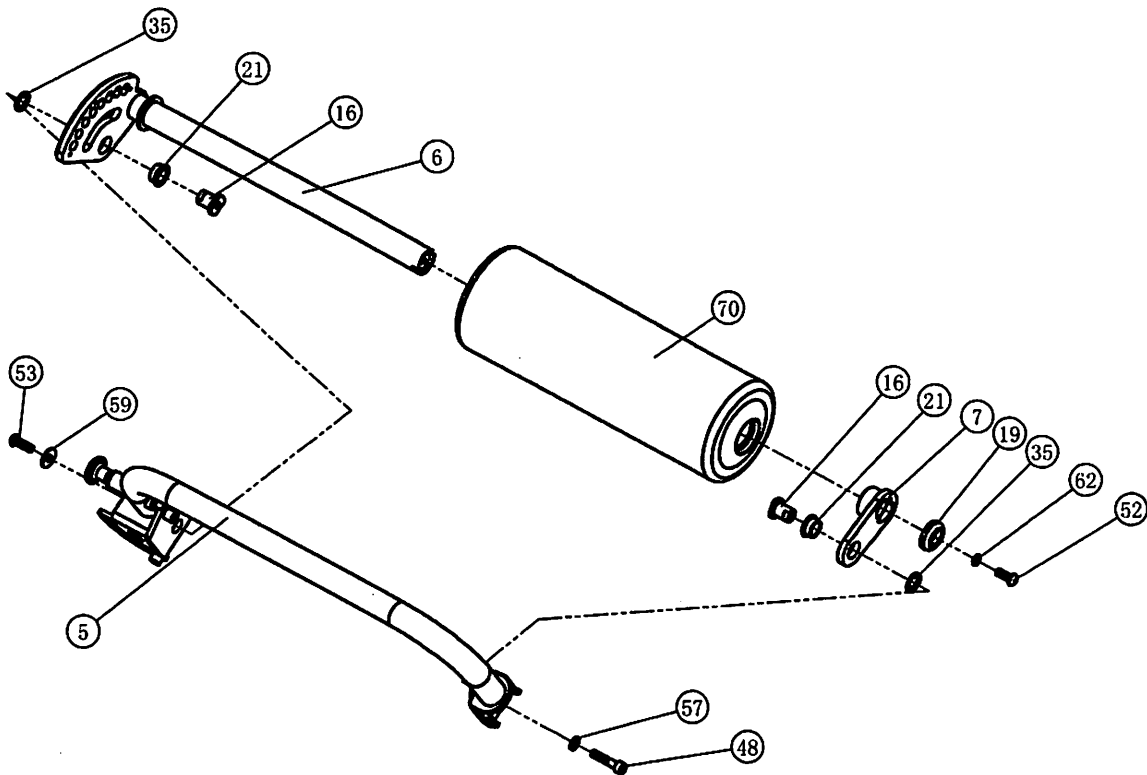
Assembly step

Steps	No.	Description	Specifications	Qty
1	3	Swing rack		1
	13	Spindle2		1
	19	End cover		2
	52	Hexagon socket screw for umbrella head	M10*25	2
	62	Spring washer	M10	2



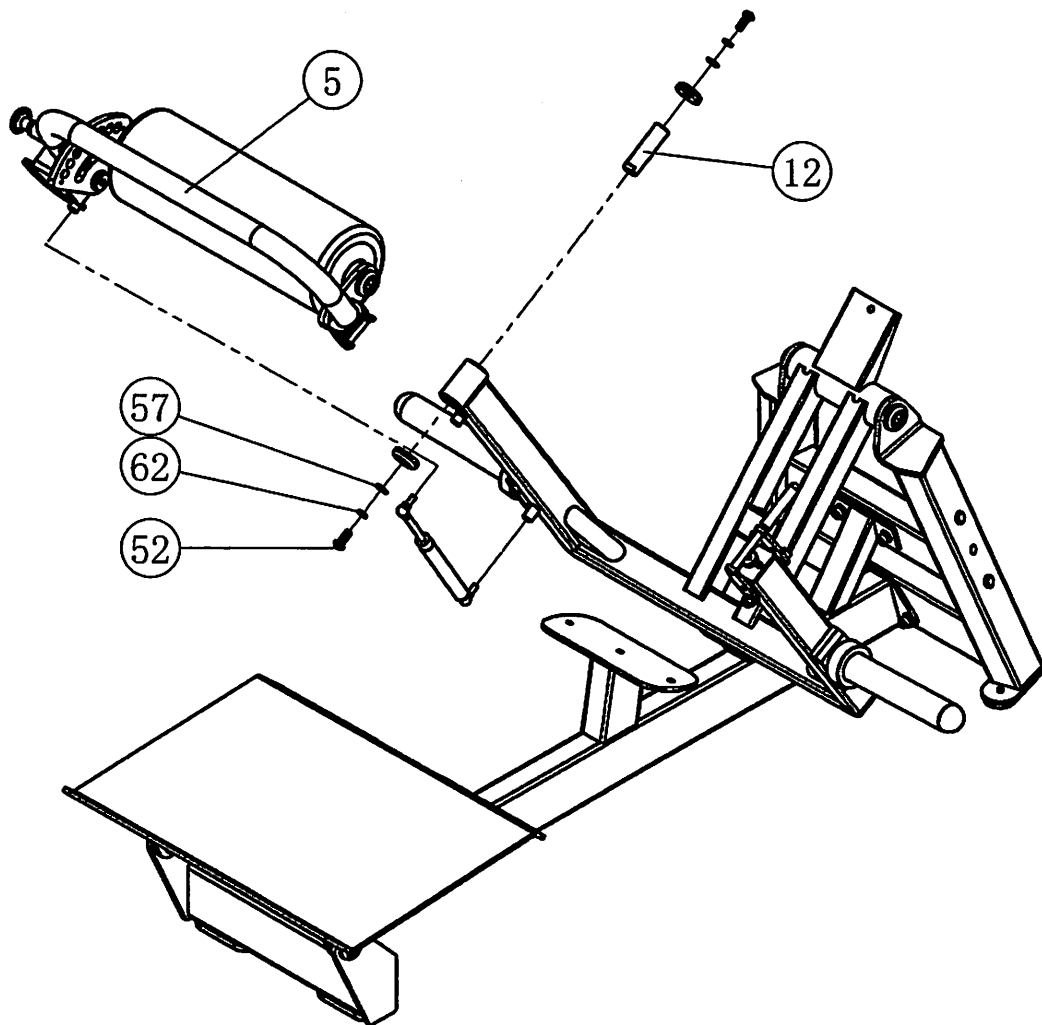
Assembly step

Steps	No.	Description	Specifications	Qty
2	5	Round pad swing frame		1
	6	Round pad adjusting rack		1
	7	Round pad support frame		1
	16	Connecting shaft		2
	19	End cover		1
	21	Metallurgy set		2
	35	Plastic washer		2
	48	Socket cap screw	M10*45	1
	52	Hexagon socket screw for umbrella head	M10*25	1
	53	Hexagon socket screw for umbrella head	M10*30	1
	57	Flat washer	$\Phi 20 \times \Phi 10.5 \times 2$	1
	59	Big washer	$\Phi 30 \times \Phi 10.5 \times 2.5$	1
	62	Spring washer	M10	1
	70	Leg pad		1



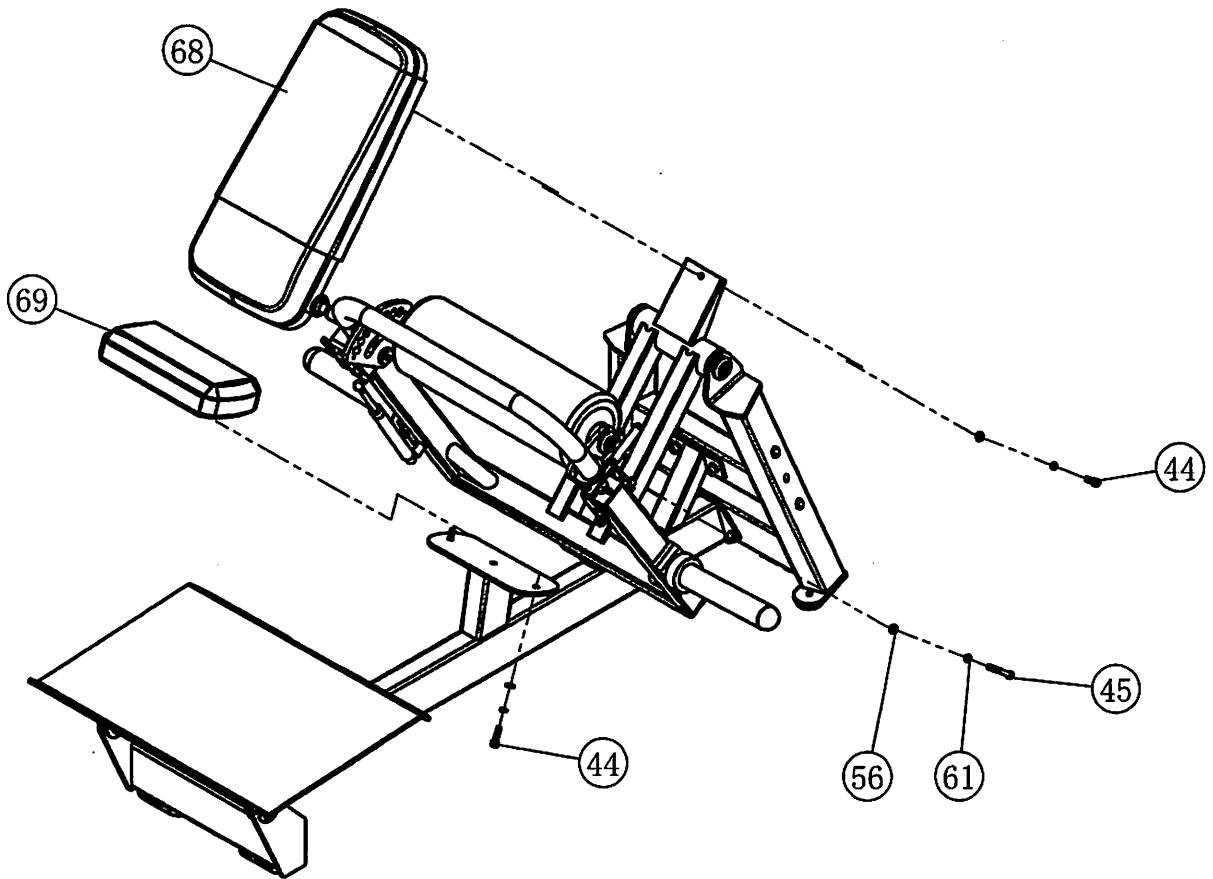
Assembly step

Steps	No.	Description	Specifications	Qty
3	5	Round pad swing frame		1
	12	Spindle1		1
	19	End cover		2
	52	Hexagon socket screw for umbrella head	M10*25	2
	57	Flat washer	Φ20*Φ10.5*2	2
	62	Spring washer	M10	2

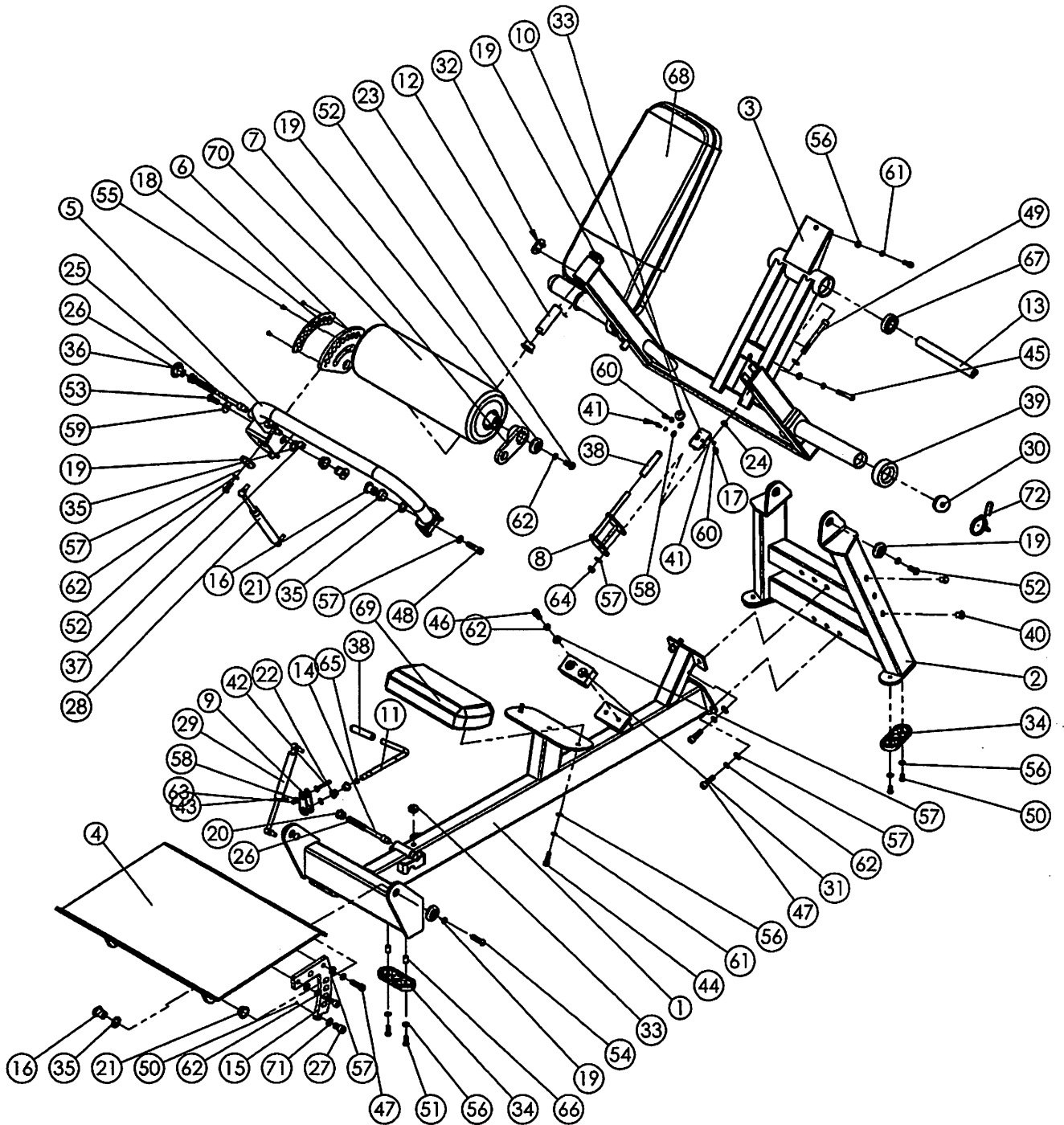


Assembly step

Steps	No.	Description	Specifications	Qty
4	44	Socket cap screw	M8*30	3
	45	Socket cap screw	M8*70	1
	56	Flat washer	$\Phi 16^* \Phi 8.4^* 1.6$	4
	61	Spring washer	M8	4
	68	Cushion group		1
	69	Cushion group		1



Exploded View



Parts List

No.	Description	Specifications	Qty
1	Main frame		1
2	Back support frame		1
3	Swing rack		1
4	Foot rack		1
5	Round pad swing frame		1
6	Round pad adjusting rack		1
7	Round pad support frame		1
8	Supporting frame		1
9	Connecting frame		1
10	Sping support		1
11	Adjusting crank		1
12	Spindle1		1
13	Spindle2		1
14	Adjusting column		1
15	Adjusting plate		1
16	Connecting shaft		4
17	Tension spring		1
18	Adjusting patch		1
19	End cover		7
20	M20 nut		2
21	Metallurgy set		4
22	Copper bush		2
23	Self-lubricating bearing		2
24	Self-lubricating bearing		2
25	Adjusting column		1
26	Spring		2
27	Socket cap screw	M12*20	1
28	Gas spring cylinder		1
29	Gas spring cylinder		1
30	Aluminum plug		2
31	Cushion		1
32	Cushion		1
33	Cushion		2
34	Ground stick pad		4
35	Plastic washer		4
36	Knob		1
37	Stop collar		1
38	Small handle gloves		2
39	Cushion		2
40	eEnd cover		4
41	Socket cap screw	M5*10	3
42	Socket cap screw	M5*35	1

Parts List

No.	Description	Specifications	Qty
43	Socket cap screw	M8*20	1
44	Socket cap screw	M8*30	3
45	Socket cap screw	M8*70	1
46	Socket cap screw	M10*25	2
47	Socket cap screw	M10*35	6
48	Socket cap screw	M10*45	1
49	Socket cap screw	M10*100	1
50	Hexagon socket screw for umbrella head	M8*16	4
51	Hexagon socket screw for umbrella head	M8*25	4
52	Hexagon socket screw for umbrella head	M10*25	5
53	Hexagon socket screw for umbrella head	M10*30	1
54	Hexagon socket screw for umbrella head	M10*40	2
55	Cross recessed countersunk head screw	M5*10	3
56	Flat washer	Φ16*Φ8.4*1.6	12
57	Flat washer	Φ20*Φ10.5*2	11
58	Big washer	Φ15*Φ5.3*1.2	4
59	Big washer	Φ30*Φ10.5*2.5	1
60	Spring washer	M5	3
61	Spring washer	M8	4
62	Spring washer	M10	15
63	Nut	M5	1
64	Nut	M10	1
65	Circlip for shaft	d0=12	2
66	Rivet nut with small countersunk head	M8*18	4
67	Step rolling bearing		2
68	Cushion group		1
69	Cushion group		1
70	Leg pad		1
71	Sping washer	M12	1
72	Sping clip		2
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