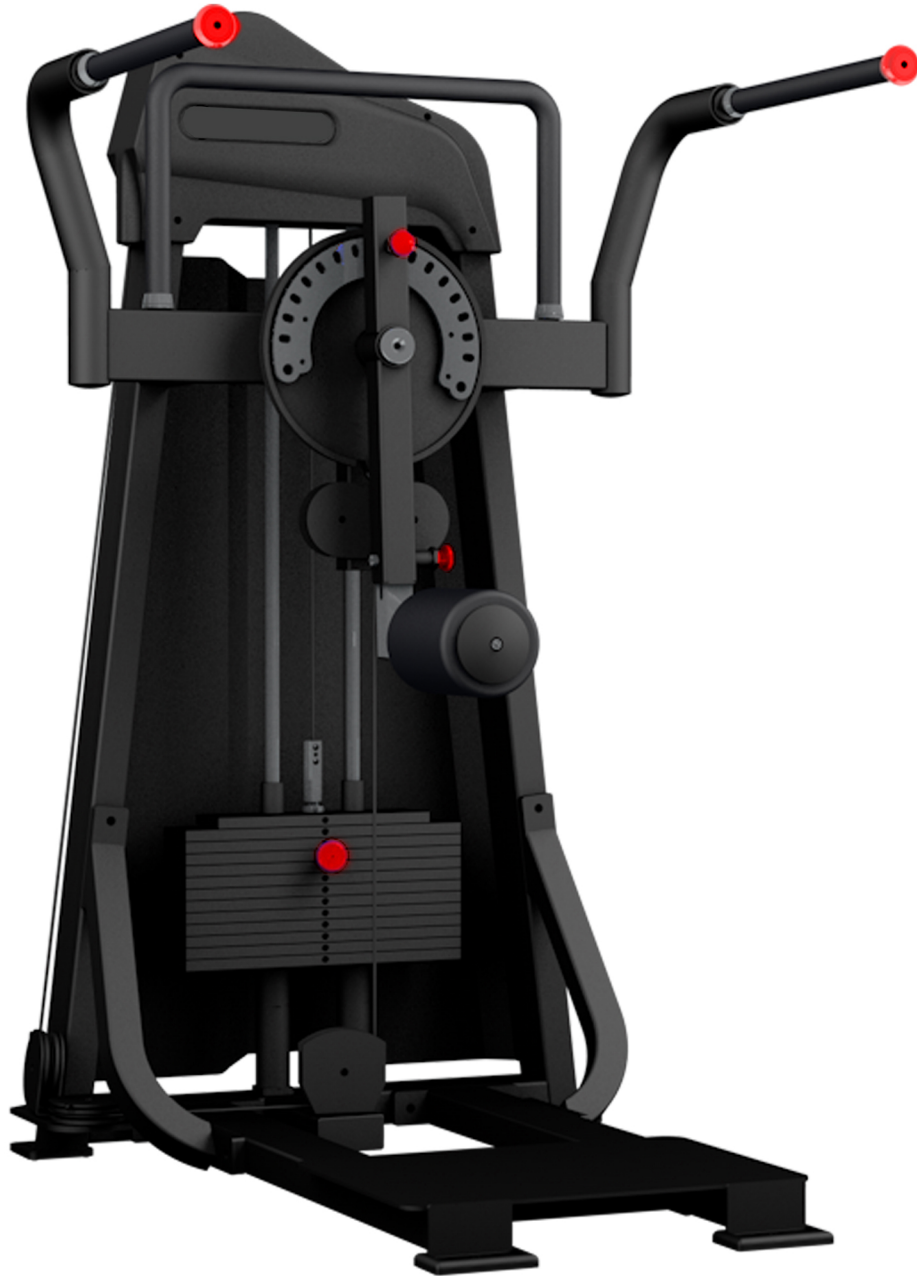


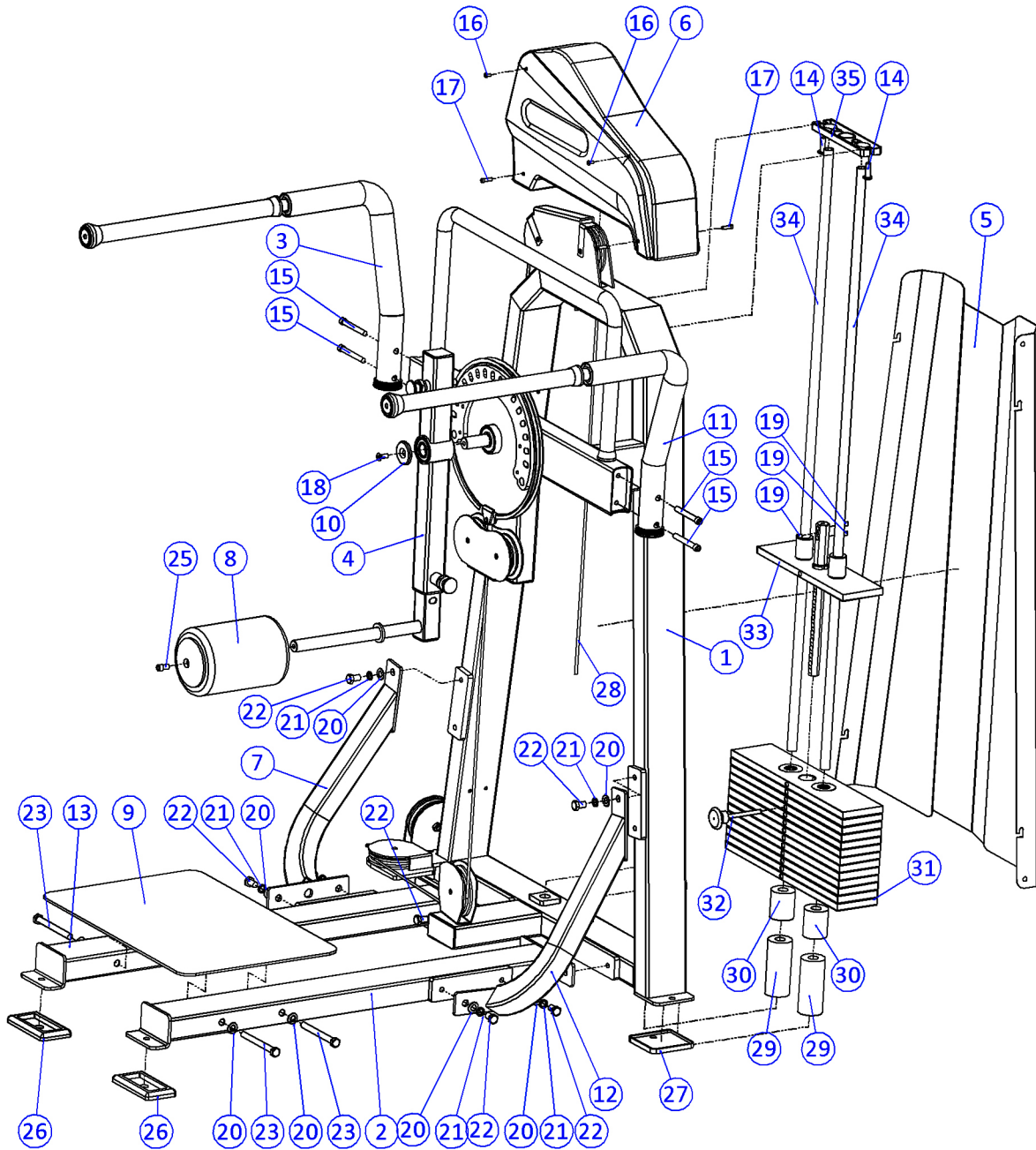
# INSTRUCTIONS

SB-MHIP200S



MULTI-HIP

# PARTS DIAGRAM EXPLODED VIEW

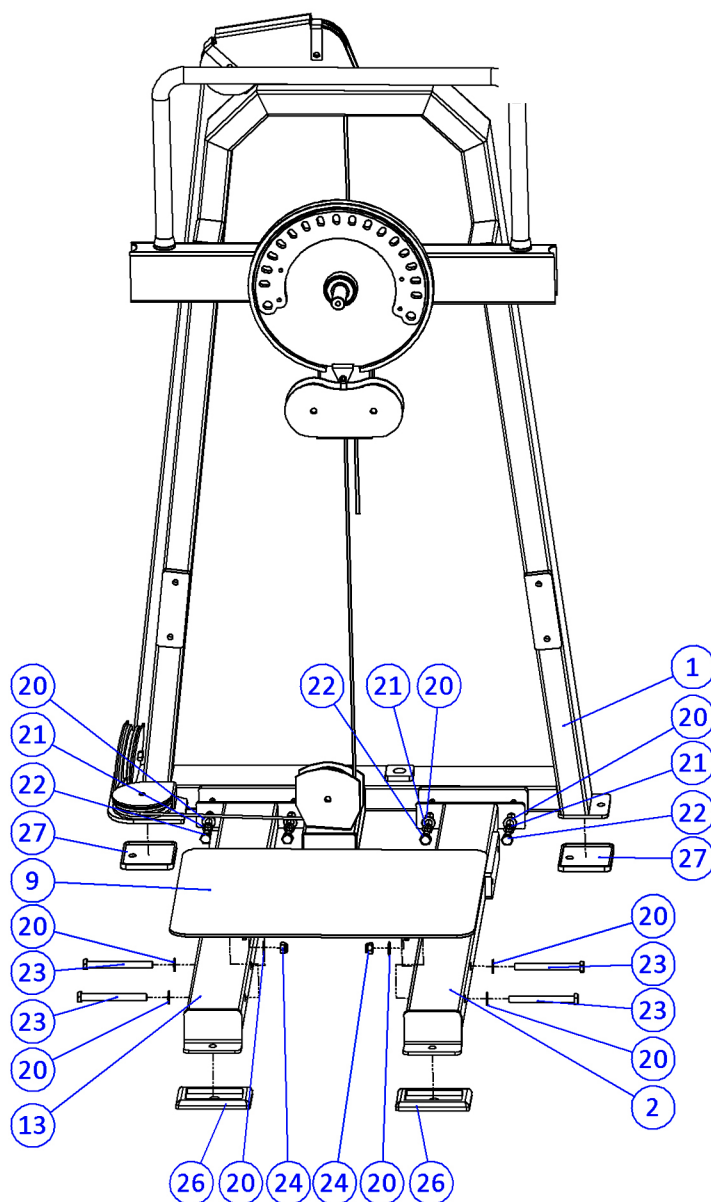


# LIST OF PRODUCT ACCESSORIES

SERIAL NUMBER	PART NUMBER	SPAR PART NAME	STANDARD SIZES	AMOUNT (PIECE)
1	100	DOOR FRAME COMBINATION	-----	1
2	200	CONNECTING PIPE COMBINATION	-----	1
3	300	SUPPORT ARM COMBINATION	-----	1
4	400	COMBINATION OF DISK AND FRAME	-----	1
5	B7042	OUTER CASING	L1210	1
6	W7020	DOOR TOP CAP SHELL	-----	1
7	700	SUPPORT PIPE COMBINATION	-----	1
8	W5002	SHORT FOAM	-----	1
9	900	PEDAL COMBINATION	-----	1
10	W5050	ALUMINUM FLAT HEAD COVER	D50	1
11	镜向0300	SUPPORT ARM COMBINATION	-----	1
12	镜向0700	SUPPORT PIPE COMBINATION	-----	1
13	镜向0200	CONNECTING PIPE COMBINATION	-----	1
14	S5103-02	HEXAGON SOCKET HEAD SCREW	M10*30	2
15	S5106-07	HEXAGON SOCKET HEAD SCREW	M10*80	4
16	S5109-01	CROSS SEMICIRCULAR HEAD SCREW	M5*10	2
17	S5124-02	HEXAGON SOCKET HEAD SCREW	M6*20	4
18	S5102-03	HEXAGON SOCKET COUNTERSUNK HEAD SCREW	M8*16	1
19	S5120-02	TOP SILK M8	M8*10	3
20	S5301	FLAT GASKET	T1.5*D13*D24	18
21	S5702	SPRING WASHER	"D12.5*D18*T2.5"	10
22	S5108-03	OUTER HEXAGON SCREW	M12*20	10
23	S5108-09	OUTER HEXAGON SCREW	M12*120	4
24	S5203	LOCKNUT	M12	4
25	S5106	HEXAGON SOCKET HEAD SCREW	M10	1
26	W7010	FOOT PAD	50*100	2
27	W7009	FOOT PAD	3X100X90	2
28	W5045	WIREROPE	Φ6	4.1
29	W7027	COUNTERWEIGHT SUPPORT TUBE	-----	2
30	W7011	SHORT COUNTERWEIGHT SUPPORT TUBE	-----	2
31	W7023	COUNTERWEIGHT PIECE	-----	14
32	W7026	ADJUSTING BOLT OF COUNTERWEIGHT PLATE	-----	1
33	W7025	TOP PIECE ON WEIGHT PIECE	-----	1
34	G7008	GUIDE BAR	L1330	2
35	W7005	GUIDE ROD FIXING PLATE	-----	1

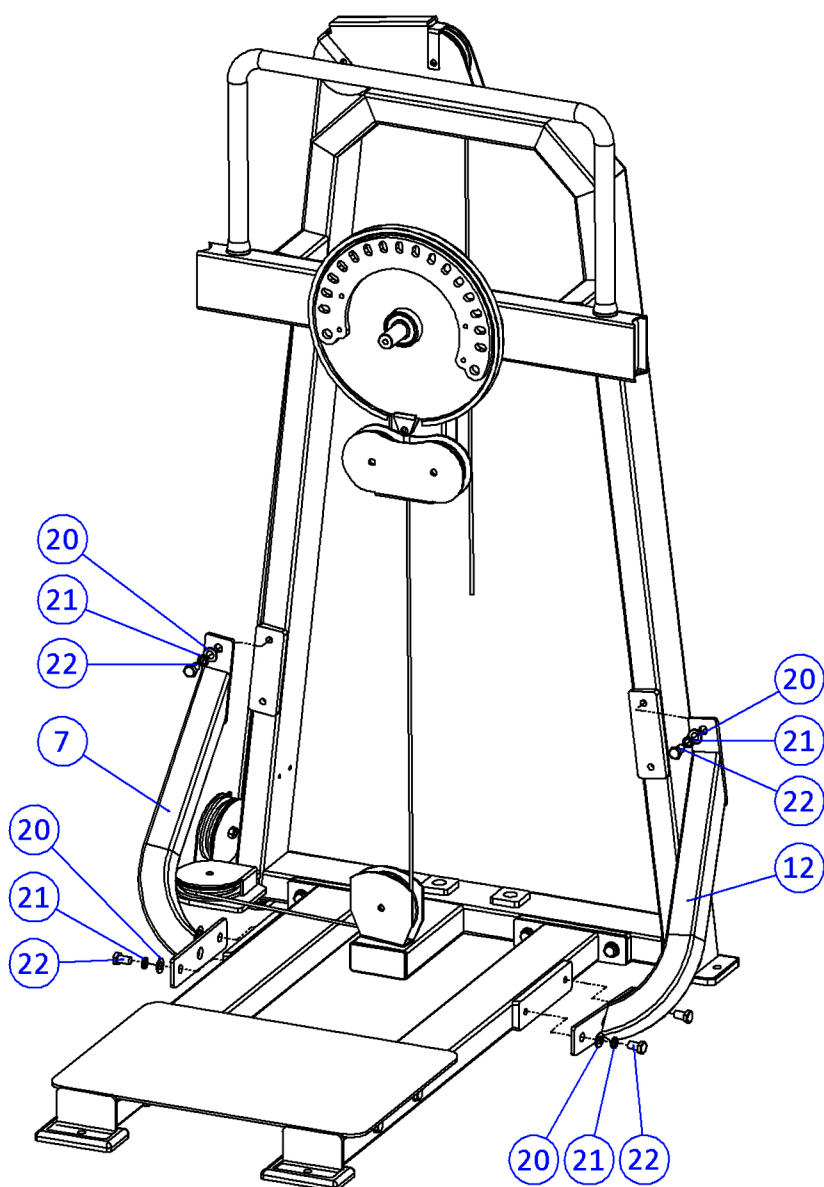
# INSTALLATION DETAILS

**STEP 1:** INSTALL THE DOOR FRAME ASSEMBLY AND THE LEFT AND RIGHT CONNECTING PIPE ASSEMBLIES ON THE UPPER AND LOWER FOOT PADS TOGETHER, AND INSTALL THE FOOT PEDAL ASSEMBLY ON THE LEFT AND RIGHT CONNECTING PIPE ASSEMBLIES.



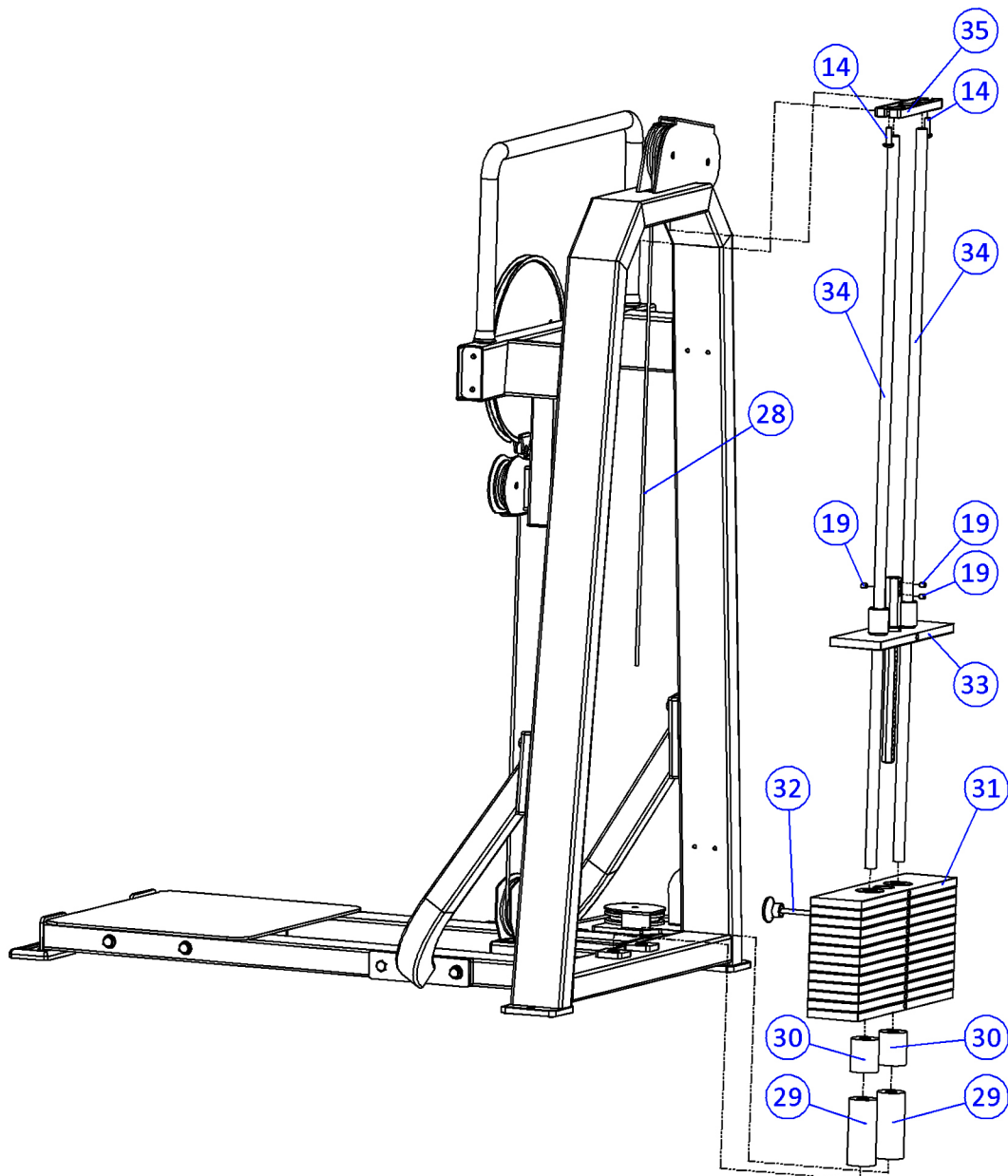
# INSTALLATION DETAILS

**STEP 2:** INSTALL THE LEFT AND RIGHT SUPPORT PIPE ASSEMBLIES.



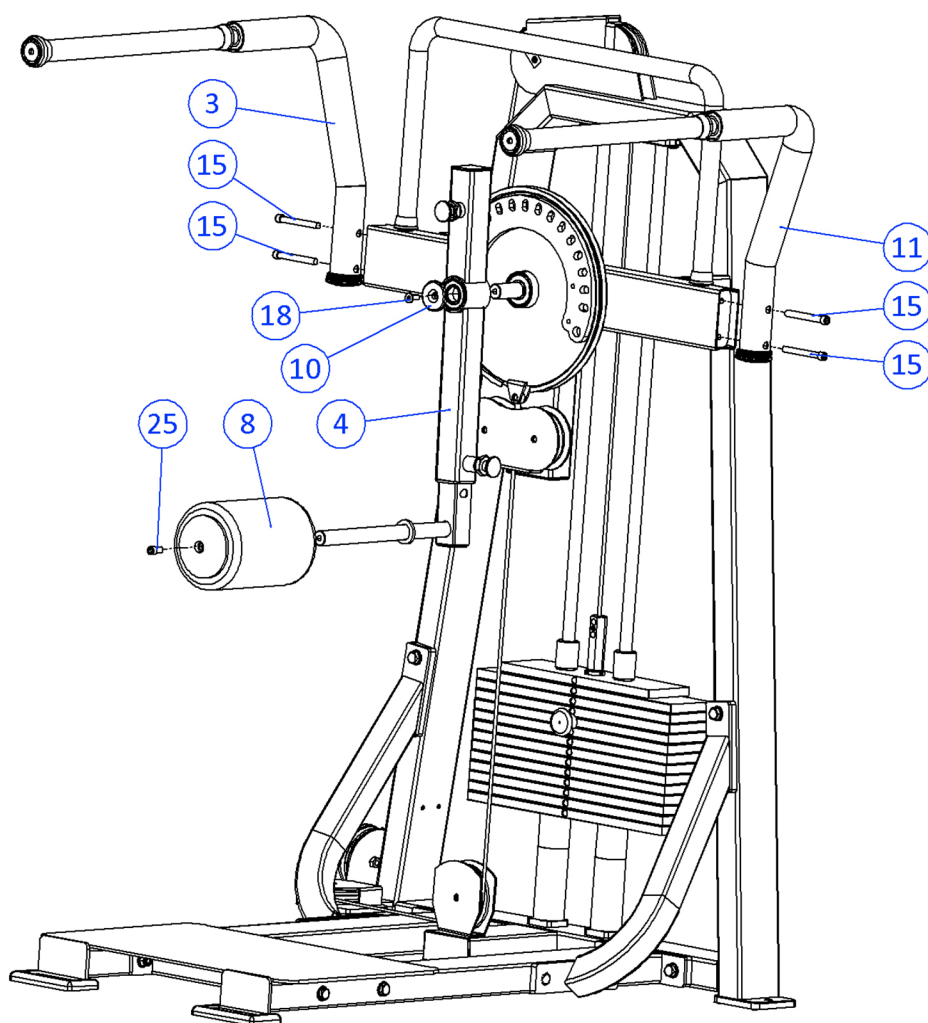
# INSTALLATION DETAILS

**STEP 3:** INSTALL THE GUIDE ROD, COUNTERWEIGHT, ETC., AND ATTACH THE STEEL WIRE THE ROPE IS STRUNG INTO THE PULLEY AND INSTALLED ON THE LOCK HEAD OF THE ADJUSTING LEVER OF THE COUNTERWEIGHT PLATE, AND THE ROPE IS INSERTED INTO



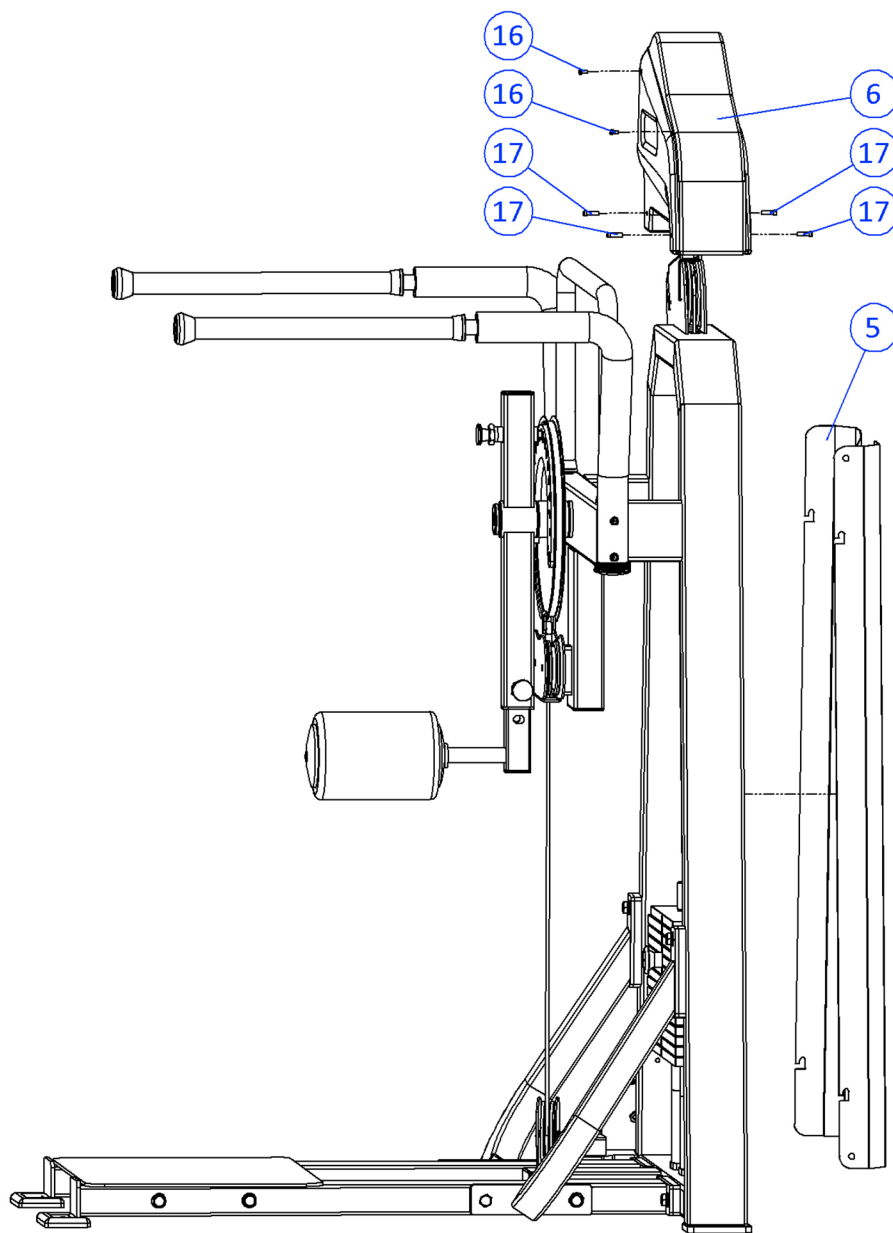
# INSTALLATION DETAILS

**STEP 4:** INSTALL THE LEFT AND RIGHT ARM ASSEMBLIES, THE TRAY FRAME ASSEMBLIES AND SHORT FOAM.



# INSTALLATION DETAILS

**STEP 5:** INSTALL THE OUTER GUARD PLATE AND THE DOOR TOP CAP SHELL.





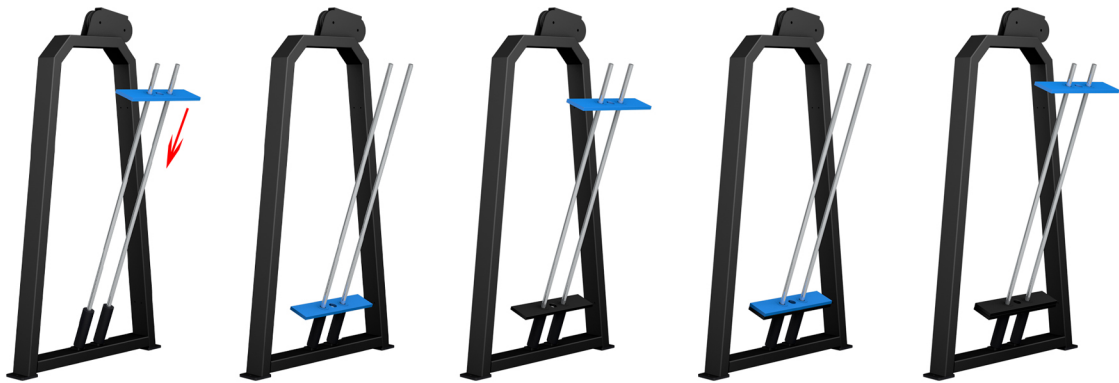
## APPENDIX 1: ORIENTATION DISTINGUISHING METHOD OF COUNTERWEIGHT SHEET

THE SIDE WITH RUBBER COLLAR IS UPWARD



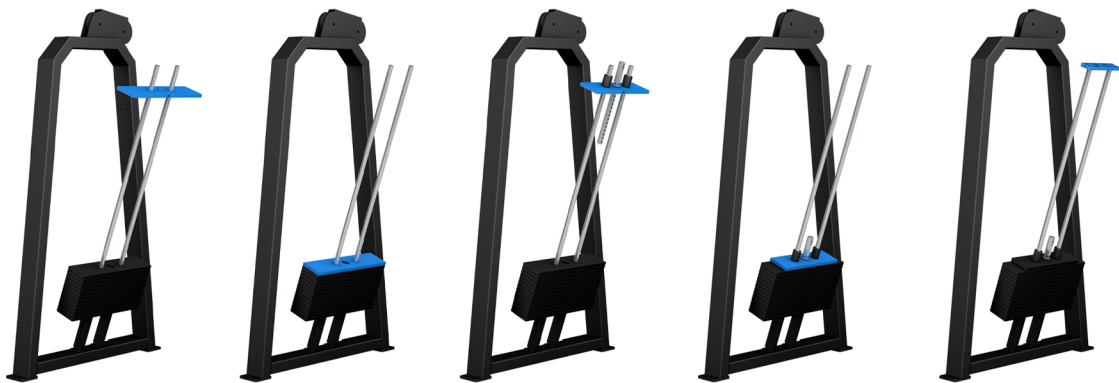
THE SIDE WITH THE ADJUSTING JACK FACES THE TRAINER

## APPENDIX 1: INSTALLATION SEQUENCE OF COUNTERWEIGHT



1. INSERT THE FIRST COUNTERWEIGHT PIECE FROM TOP TO BOTTOM.

2. EACH OF THE NEXT STEPS IS THE SAME AS THE FIRST.



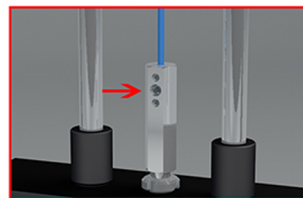
3. THE NUMBER OF INSTRUMENTS WITH SINGLE PIECE WEIGHT OF 10LB AND COUNTERWEIGHT OF 200LB IS  $19 + 1$  (HEAD PIECE).

4. AFTER INSTALLING THE HEAD PIECE, PUT ON THE PLASTIC FIXING PLATE.

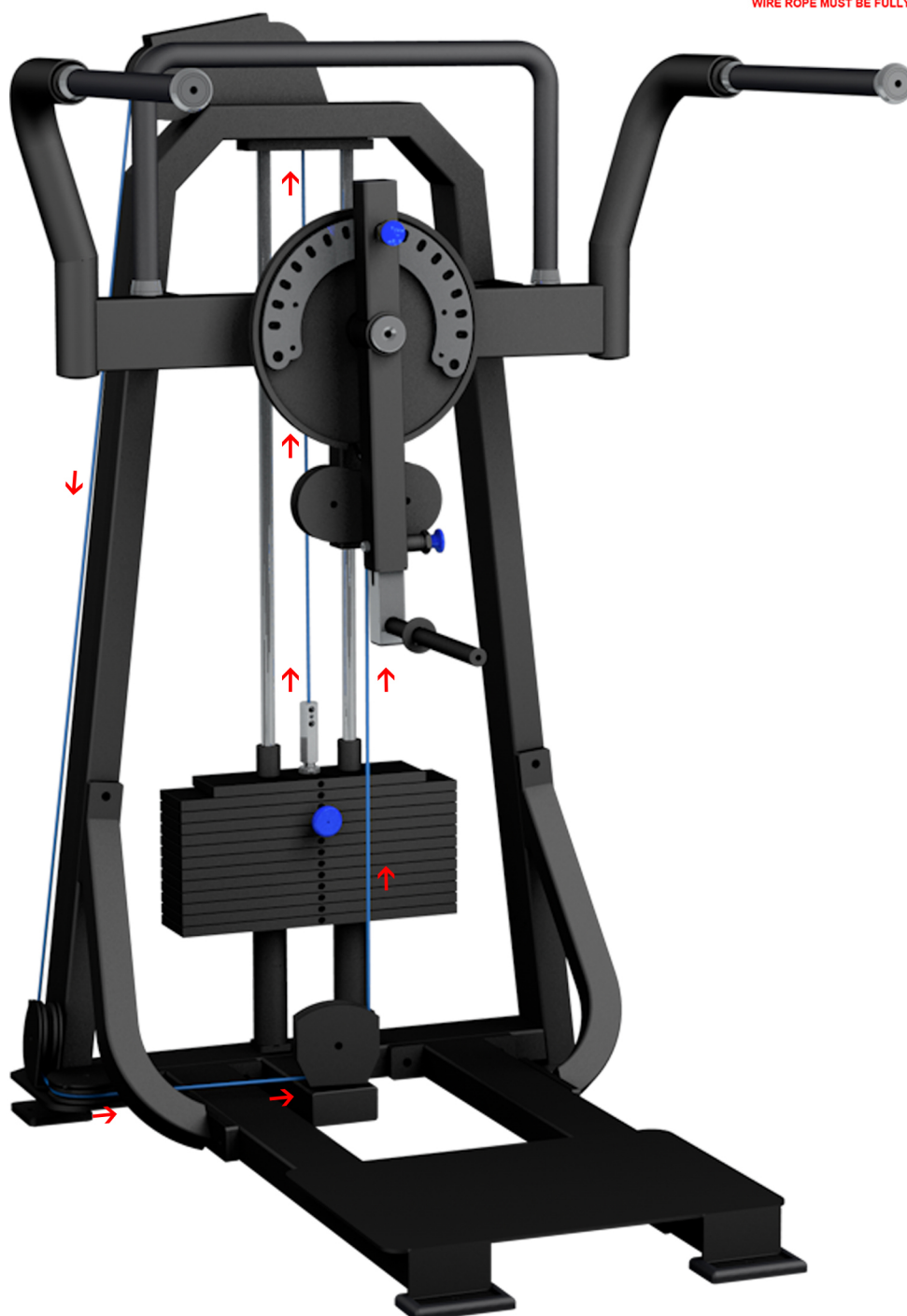


5. FIRST MOVE THE PLASTIC FIXING PLATE TO THE POSITION SHOWN IN THE FIGURE, AND THEN TIGHTEN IT WITH SCREWS TO COMPLETE THE WHOLE INSTALLATION PROCESS OF COUNTERWEIGHT PIECE.

## INSTALL THE STEEL WIRE ROPE



**WARNING: THE SCREWS AT EACH JOINT OF THE WIRE ROPE MUST BE FULLY TIGHTENED!**



# PRODUCT OVERVIEW PICTURES



PRODUCT NAME: MULTI-HIP

MAIN PIPE FRAME: 50\*100MM

COUNTERWEIGHT OF PRODUCTS: 200LB

PRODUCT CUSHION: PU SURFACE FOAM

WIRE ROPE: 6MM

PRODUCT FEATURES:HIP MUSCLES, BIG HIPS.

PRODUCT DIMENSIONS:1188\*1009\*1641MM

EXERCISE SITE:HIP MUSCLES, BIG HIPS

# FOR YOUR SAFETY

- ◆ 1. CONSULT YOUR PHYSICIAN OR HEALTH CARE PROVIDER BEFORE USING YOUR MACHINE AND/OR EXERCISE EQUIPMENT.
- ◆ 2. ONLY ONE (1) PERSON IS PERMITTED ON THE TREADMILL AT ANY TIME.
- ◆ 3. IN ORDER TO AVOID ACCIDENTS, INJURIES, OR DEATH, PLEASE KEEP CHILDREN, DISABLED PEOPLE, AND PETS AWAY FROM THE TREADMILL AT ALL TIMES. ESPECIALLY WHEN IN USE.
- ◆ 4. IF YOU HAVE A PHYSICAL DISABILITY OR AN ATHLETIC DISABILITY, IT IS REQUIRED THAT YOU CONSULT YOUR PHYSICIAN OR HEALTH CARE PROVIDER BEFORE PROCEEDING WITH ANY EXERCISE PROGRAM.
- ◆ 5. BEFORE USING THIS PRODUCT, PLEASE READ THIS MANUAL CAREFULLY. SB FITNESS EQUIPMENT IS NOT RESPONSIBLE FOR ANY PERSONAL INJURY OR DAMAGE CAUSED BY USING THIS PRODUCT UNDER ANY CIRCUMSTANCES OR NEGLIGENCE CAUSED BY THE USER.

# ASSEMBLY INSTRUCTIONS AND PROCEDURES

- ◆ 1. THE PURPOSE OF THIS SECTION OF THE USER MANUAL IS TO ENSURE THAT THE MACHINE CAN BE INSTALLED EASILY AND CORRECTLY. PLEASE FOLLOW INSTRUCTIONS CAREFULLY AND ENTIRELY.
- ◆ 2. BECAUSE OF ITS LARGE SIZE AND WEIGHT MACHINE SHOULD BE ASSEMBLED NEAR THE LOCATION WHERE IT WILL BE USED.
- ◆ 3. PLACE ALL PARTS OF THE MACHINE IN THE EMPY AREA AND REMOVE ALL PACKING MATERIAL. DO NOT DISCARD THE PACKAGING MATERIAL UNTIL THE ASSEMBLY IS COMPLETE.
- ◆ 4. ALL BOLTS MUST BE TIGHTENED DURING ASSEMBLY UNLESS OTHERWISE SPECIFIED, AND ALL BOLTS MUST BE TIGHTENED AFTER ASSEMBLY, IN ORDER FOR ASSEMBLY TO BE COMPLETE.
- ◆ 5. WHEN ASSEMBLING THE MACHINE, MAKE SURE THAT ALL PARTS ARE ASSEMBLED ACCORDING TO THE ASSEMBLY DIAGRAM.

# WARRANTY INFORMATION

## ◆ WHAT IS COVERED SB

SB FITNESS WARRANTS TO THE ORIGINAL PURCHASER OF THIS MACHINE THAT THE FRAME OF THE PRODUCT SHALL BE FREE FROM DEFECT IN MATERIALS AND WORKMANSHIP FOR A PERIOD OF ONE YEAR FROM THE DATE OF PURCHASE. ALL OTHER PARTS AND COMPONENTS OF THE PRODUCT SHALL BE FREE FROM DEFECT IN MATERIAL AND WORKMANSHIP FOR A PERIOD OF ONE YEAR FROM THE DATE OF PURCHASE WHEN THE PRODUCT IS USED UNDER AS RECOMMENDED BY SB FITNESS UNDER NORMAL USES AND CONDITIONS. DURING THE WARRANTY PERIOD SB FITNESS WILL AT NO ADDITIONAL CHARGE TO YOU, REPAIR OR REPLACE (AT SB FITNESS' OPTION) THE FRAME OR ANY PART OF THE PRODUCT IF IT BECOMES DEFECTIVE, MALFUNCTIONS, OR OTHERWISE FAILS TO CONFORM WITH THIS LIMITED WARRANTY. ALL LABOR SHALL BE THE RESPONSIBILITY OF THE OWNER.

# WARRANTY INFORMATION

## ◆ WHAT IS NOT COVERED

THIS LIMITED WARRANTY APPLIES ONLY FOR PRODUCT SOLD IN THE UNITED STATES UNDER THE SB FITNESS BRAND NAME. THIS WARRANTY DOES NOT COVER NORMAL WEAR AND TEAR ON ITEMS SUCH AS. BUT NOT LIMITED TO, TRANSPORTATION WHEELS, FOOT PEDALS, RUBBER GRIPS. PLASTIC END CAPS. SCRATCHED PARTS, BROKEN COVERS, COSMETIC DAMAGE, AND EXCLUDES PAINT & FINISH. WEAR ITEMS PERTAIN TO COMPONENTS THAT MIGHT NEED TO BE REPLACED DUE TO WEAR AND TEAR RESULTING FROM NORMAL USAGE. THIS WARRANTY IS VOID IF THE PRODUCT IS IMPROPERLY STORED, ASSEMBLED. ALTERED AND/OR MODIFIED IN ANY WAY. MISUSED. ABUSED, IS SUBJECT TO ACCIDENT, IS IMPROPERLY MAINTAINED, AND THIS WARRANTY DOES NOT COVER REPAIR FOR ANY NOISES SUCH AS: SQUEAKS. CLUNKS, THUMPS RESULTING FROM POOR OR LACK OF PREVENTIVE MAINTENANCE. THIS LIMITED WARRANTY DOES NOT EXTEND TO ANY PRODUCT THAT IS DAMAGED OR RENDERED DEFECTIVE; (A) AS A RESULT OF ACCIDENT, MISUSE. OR ABUSE; (B) USE WITH THE PRODUCT OF ANY PART NOT MANUFACTURED OR SOLD BY SB FITNESS; (C) BY MODIFICATION OF THE PRODUCT; (D) BY NORMAL WEAR AND TEAR; (E) OPERATION USING INCORRECT POWER SUPPLIES; OR (F) AS A RESULT OF SERVICE BY ANYONE OTHER THAN SB FITNESS. OR AN AUTHORIZED SB FITNESS SERVICE PROVIDER.

# ASSUMPTION OF RISK



## WARNING



THIS PRODUCT HAS BEEN MANUFACTURED WITH SAFETY IN MIND. WARRANTY APPLIES ONLY WHEN USED AS INSTRUCTED. FAILURE TO COMPLY WITH THE WARNINGS AND PRECAUTIONS DESCRIBED IN THIS DOCUMENT MAY CAUSE PERSONAL INJURY AND RESULT IN WARRANTY BEING VOIDED. PLEASE NOTE THAT SB FITNESS ASSUMES NO RESPONSIBILITY FOR ANY ACCIDENTS RESULTING FROM USE.

## CALIFORNIA PROPOSITION



## 65 WARNING



**WARNING:** THIS PRODUCT CAN EXPOSE YOU TO CHEMICALS INCLUDING ARSENIC, WHICH IS KNOWN TO THE STATE OF CALIFORNIA TO CAUSE CANCER. FOR MORE INFORMATION, GO TO [WWW.P65WARNINGS.CA.GOV.XN--IVG](http://WWW.P65WARNINGS.CA.GOV.XN--IVG)