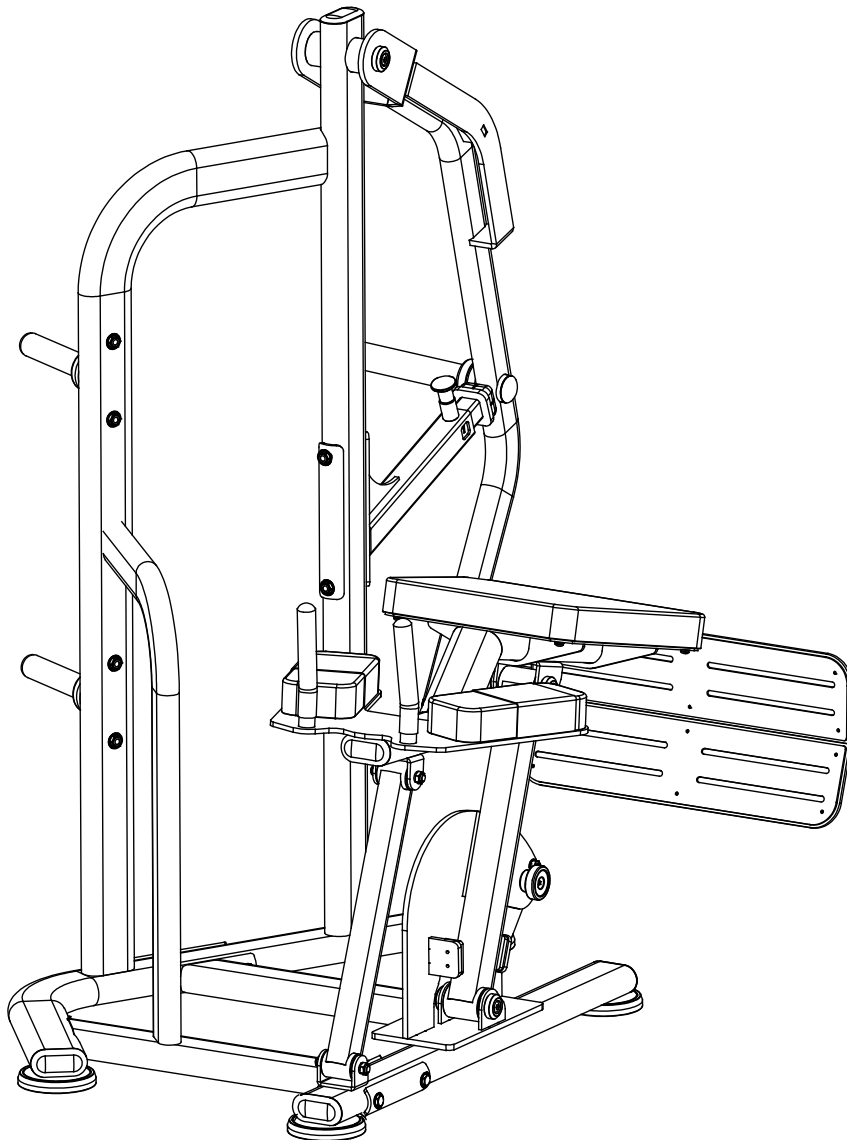




Pro Strength Booty Shaper (PL-PS-BS)



Installation Manual

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01/ Safety Instructions:

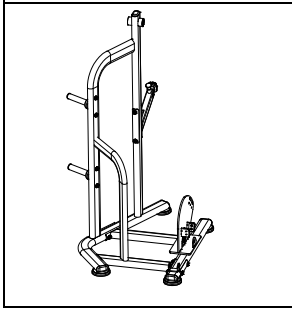
Thank you for choosing our company's product. Correct use of the trainer ensures your safety and convenience. Before using the trainer, please read the following carefully:

1. Before using this product, carefully read all the instructions and strictly follow the methods described in the manual. Keep this manual throughout the entire lifespan of the product.
2. The product owner should ensure that all users are aware of all safety precautions.
3. Ensure the indoor air is fresh and circulated, and make sure there is enough space for movement when using the machine.
4. Users are responsible for ensuring the proper maintenance of the equipment. After installation and before each use, check that all fasteners are securely tightened and that there are no protruding parts. Regularly inspect the condition of parts prone to wear and tear.
5. In case of damage to your equipment, please contact the dealer and the company's after-sales service department immediately to replace all worn or defective parts. Do not use the equipment until it is completely repaired.
6. Before use, please wear appropriate sportswear and sports shoes. Do not wear skirts or jewelry, and tie up your hair to avoid interference during exercise.
7. Warm up before exercising with the machine.
8. If you experience abnormal symptoms such as dizziness, pain, or vomiting, stop exercising immediately and consult a doctor.
9. Children should use the machine for selective training under adult supervision.
10. **Warning!** Keep hands and feet away from moving parts.
11. **Warning!** Do not exceed the set adjustments.
12. **Warning!** Keep children or pets away from the machine during exercise.
13. **Warning!** All adjustment devices must be properly adjusted during use.
14. **Warning!** Please use the machine correctly for exercise. Using incorrect methods or exercising beyond the capabilities of the machine may cause harm to your health.
15. It is recommended to use this equipment only within supervised areas.

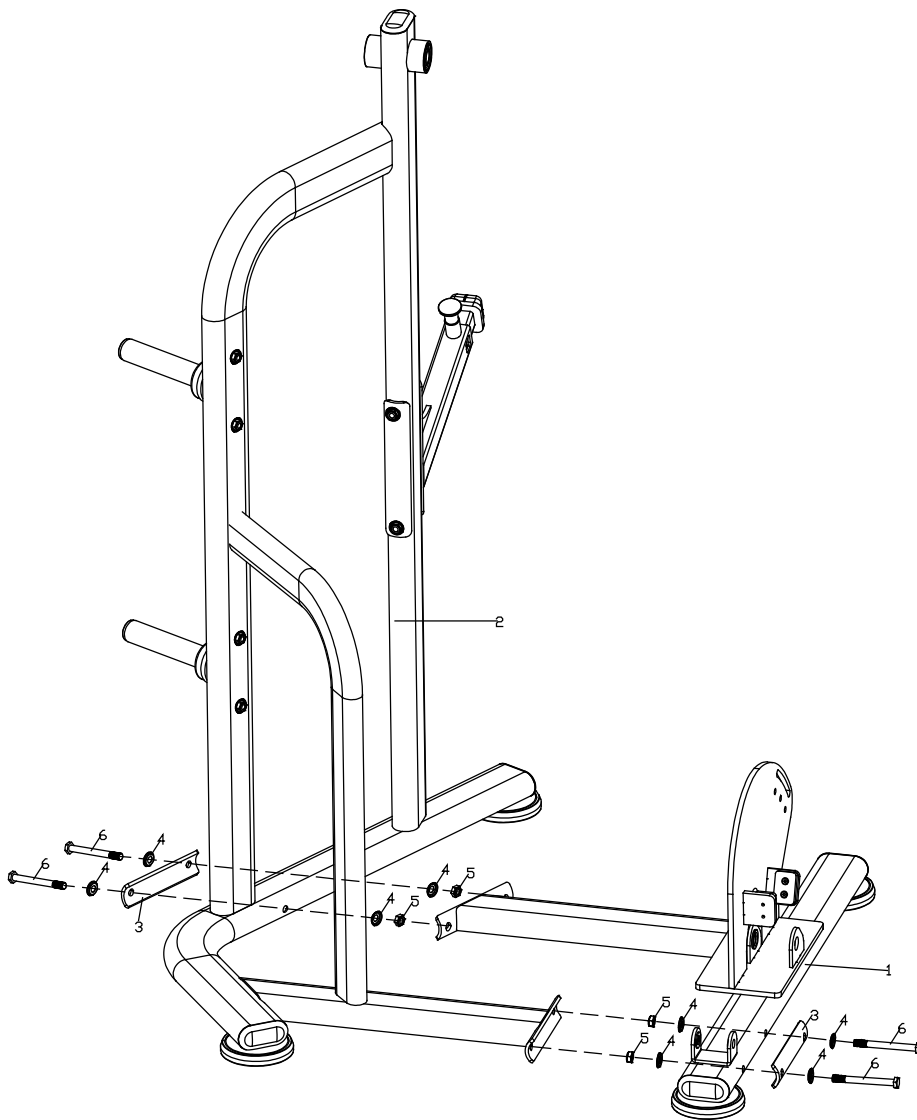
02/Installation Steps

1. Installation step one

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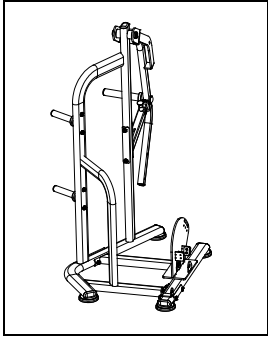


Parts Checklist			
No.	Name	Specs	Qty.
1	Ground Fixing		1
2	Main Frame		1
3	Curved Connection Plate	200*52. 5*T6	2
4	Drum Pad	Φ 12	8
5	Hexagon Lock Nut	M12	4
6	Socket Cap Screw	M12*125	4

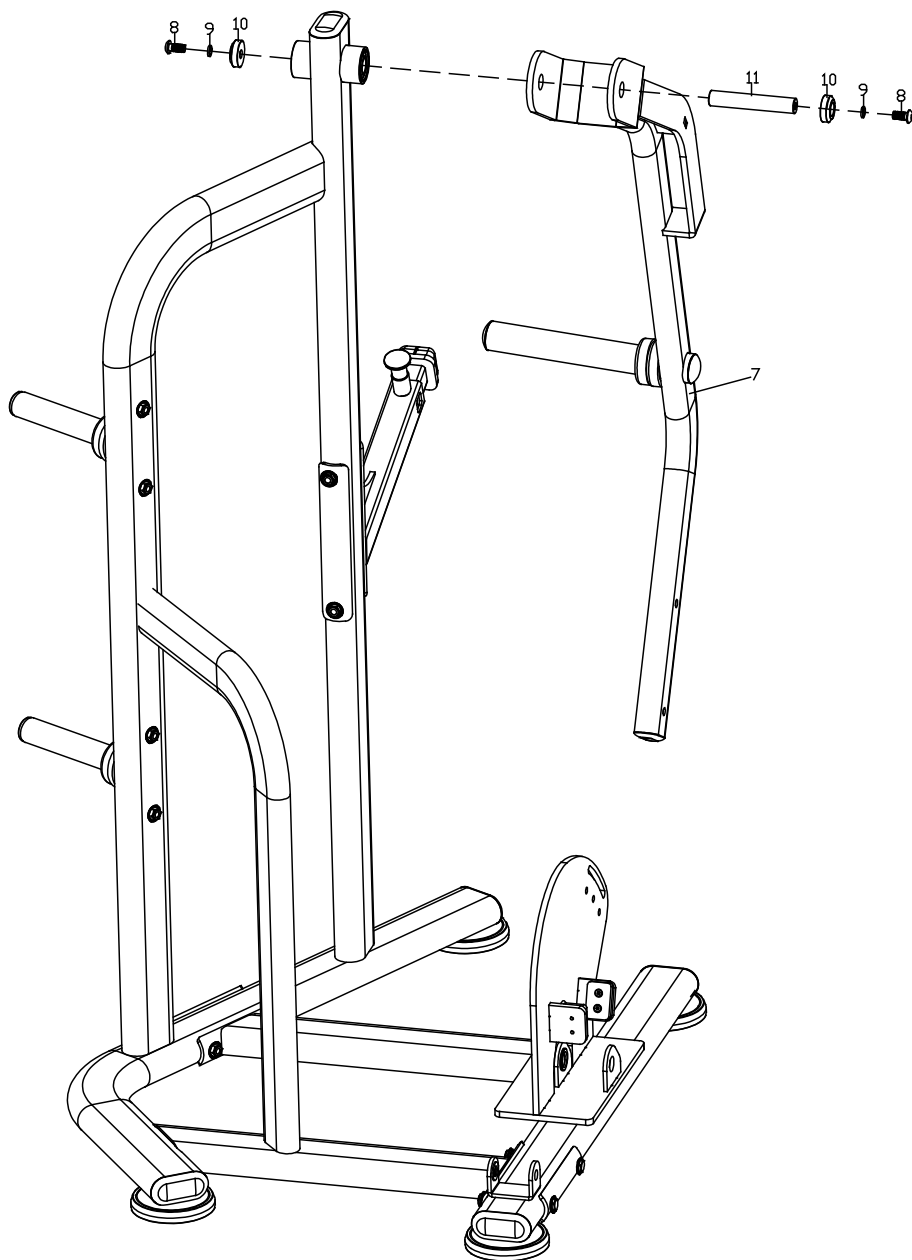


2. Installation Step Two

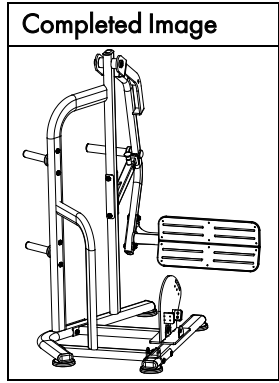
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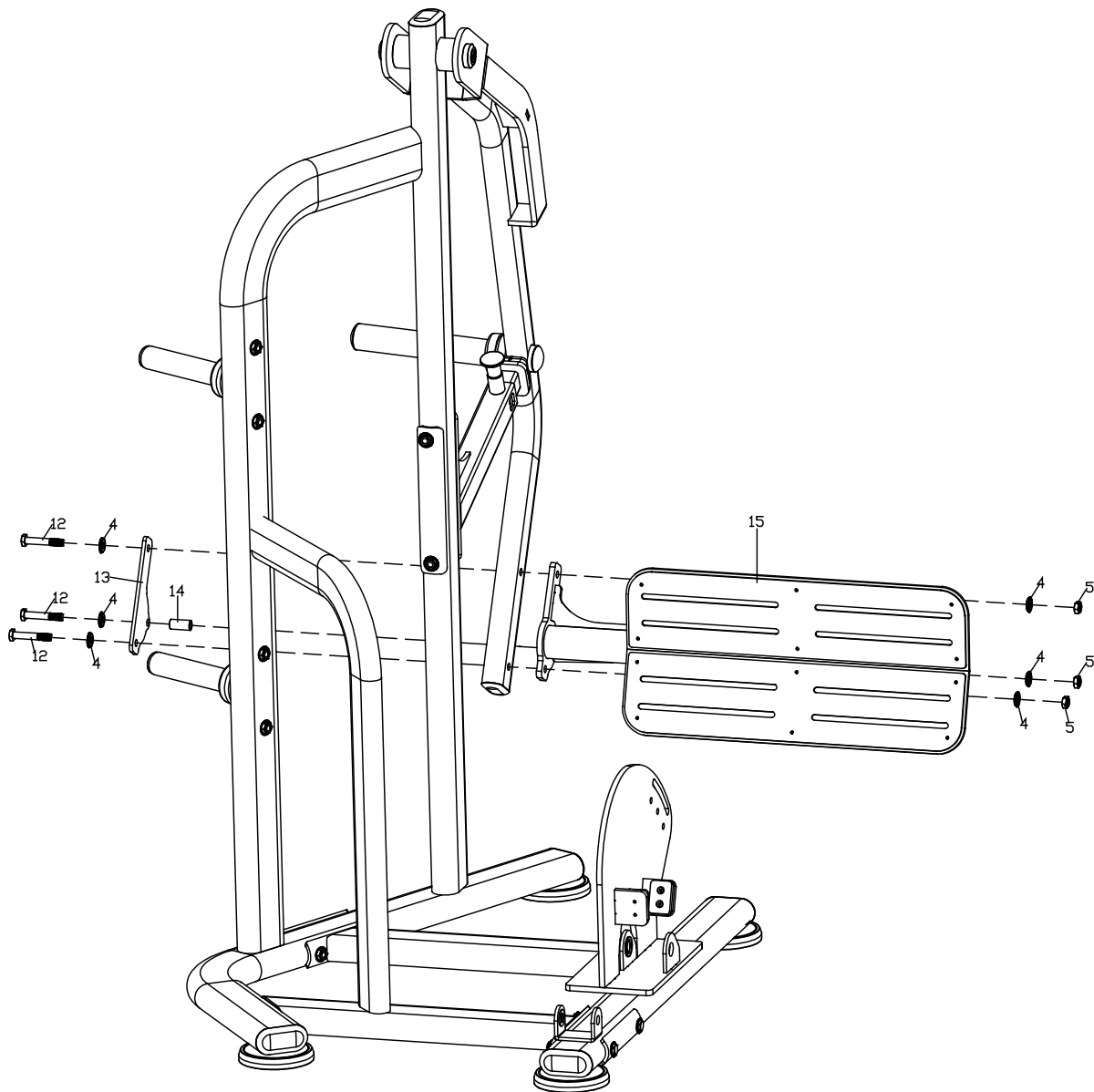
Parts Checklist			
No.	Name	Specs	Qty.
7	Foot Swing Arm		1
8	Socket Head Cap Screw	M12*25	2
9	Spring Washer	Φ 12	2
10	End Cap	Φ 43.5*14.5	2
11	Shaft	Φ 25*143	1



3. Installation Step Three

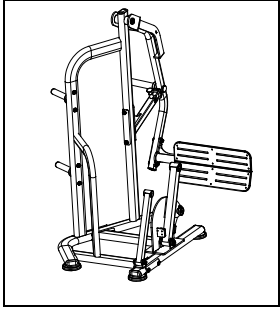


Parts Checklist			
No.	Name	Specs	Qty.
4	Drum Pad	Φ12	6
5	Hex Lock Nut	M12	3
12	Socket Head Cap Screw	M12*75	3
13	Outer Guard Plate	215*85.3*T6	1
14	Support Sleeve	Ø18*38	1
15	Foot Pedal		1

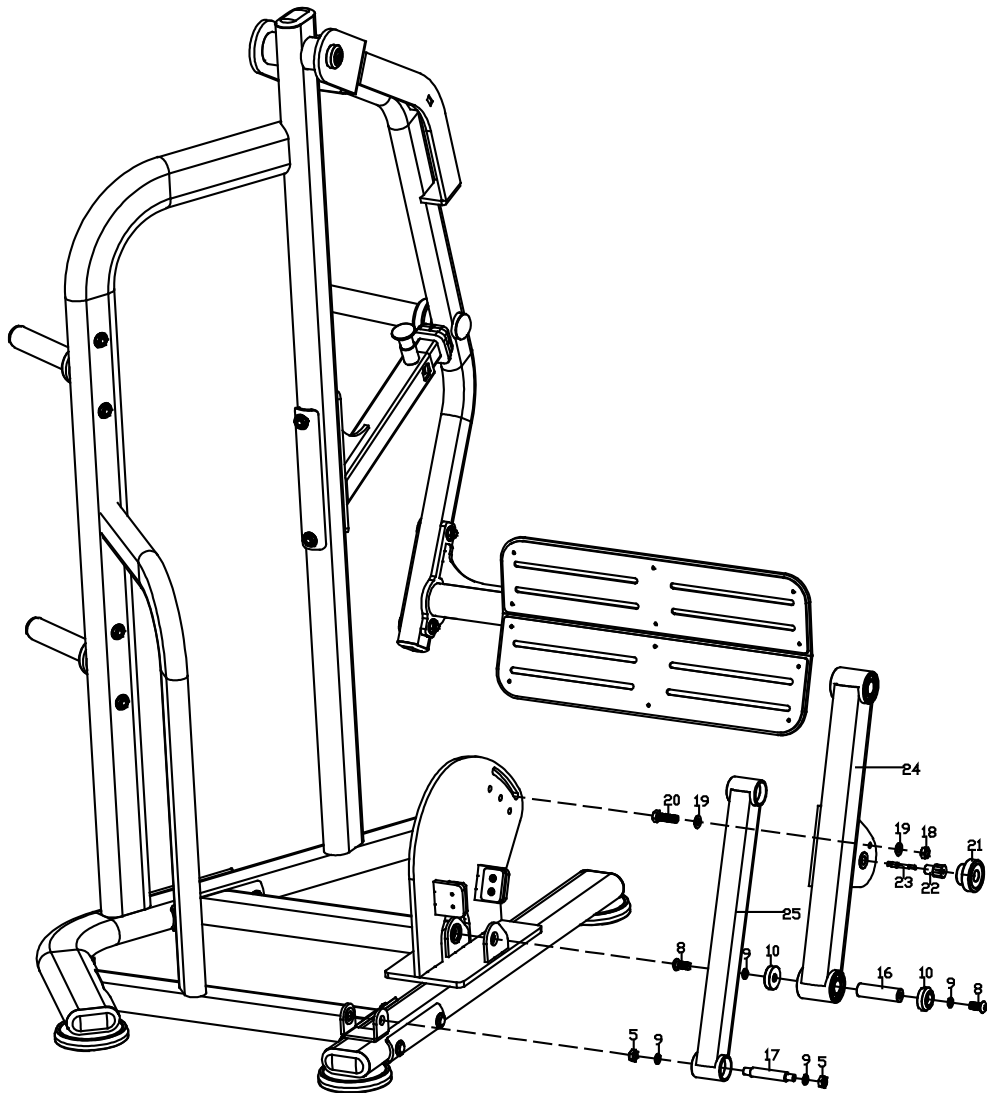


4. Installation Step Four

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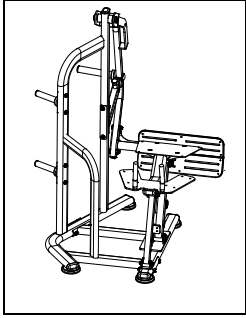


Parts Checklist			
No.	Name	Specs	Qty.
5	Hex Lock Nut	M12	2
8	Socket Head Cap Screw	M12*25	2
9	Spring Washer	∅ 12	4
10	End Cap	∅ 43.5*14.5	2
16	Rotating Shaft	∅25*86	1
17	Rotating Axis	∅ 17*105	1
18	Hex Nut	M12	1
19	Flat Washer	∅ 12	2
20	Socket Head Cap Screw	M12*45	1
21	Knob Handle	∅ 60*35	1
22	Knob Pin	∅ 23.7*38.3	1
23	Knob Pin2	∅ 9*56.75	1
24	Front Rotating		1
25	Rear Rotating		1

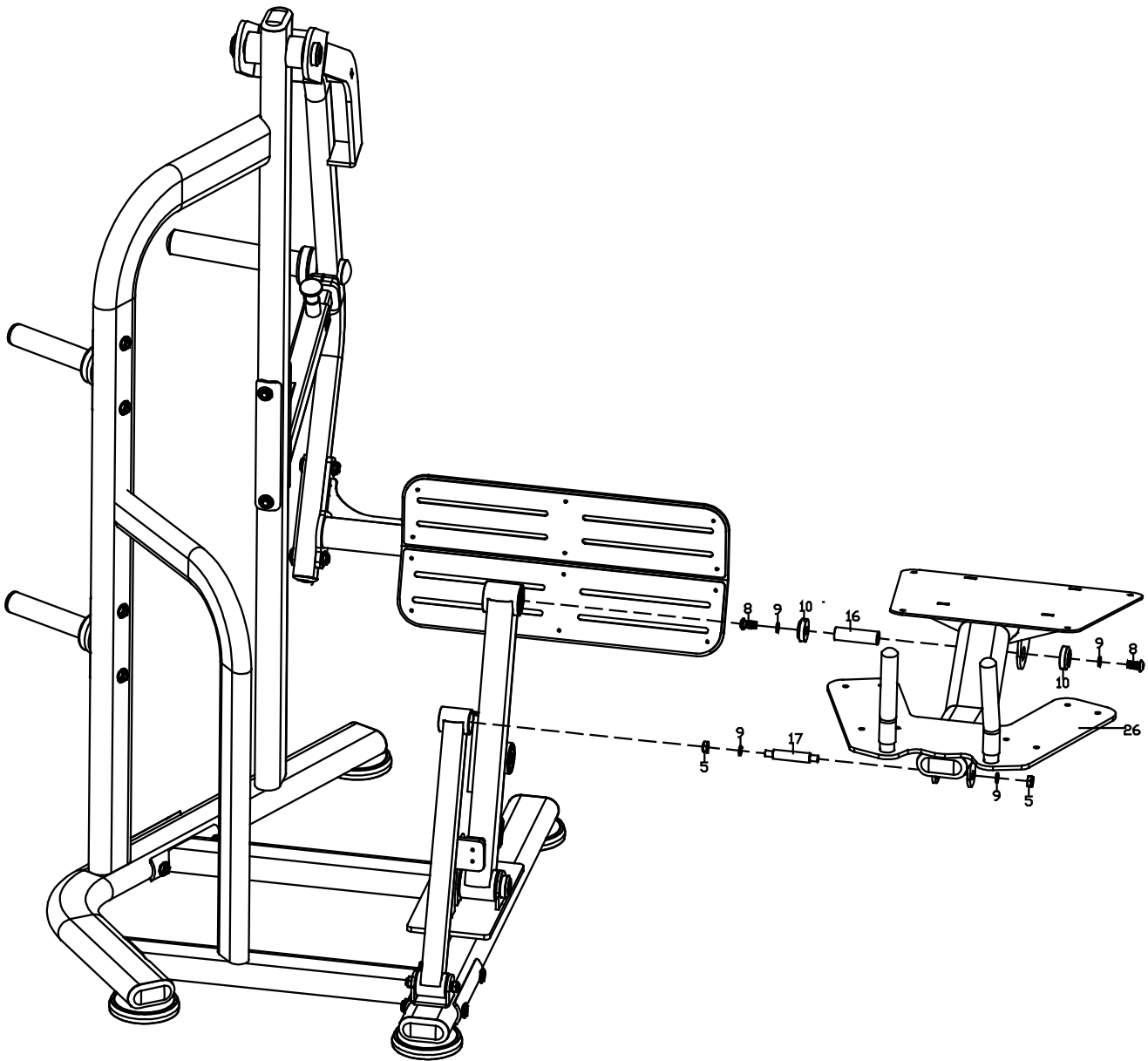


5. Installation Step Five

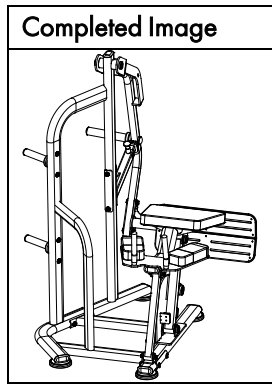
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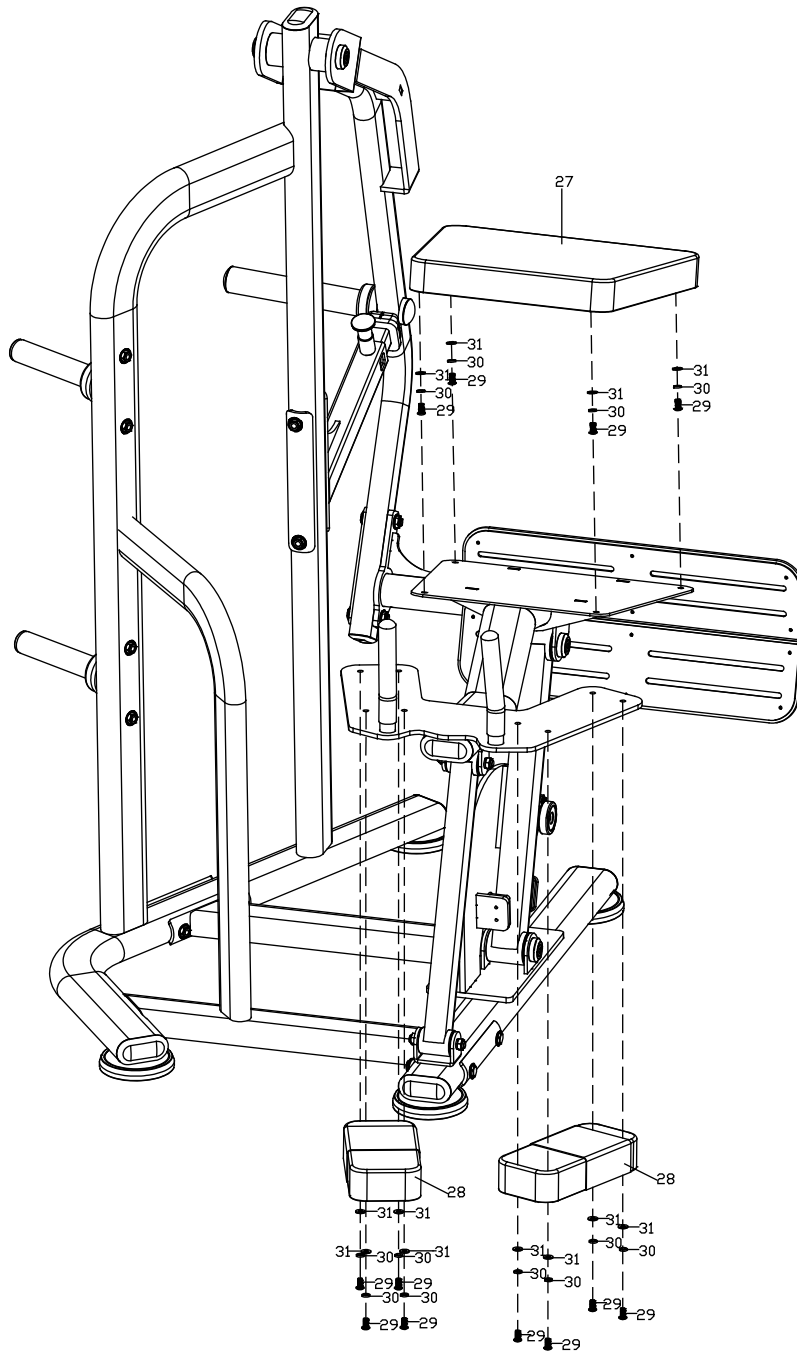
Parts Checklist			
No.	Name	Specs	Qty.
5	Hex Lock Nut	M12	2
8	Socket Head Cap Screw	M12*25	2
9	Flat Washer	∅ 12	4
10	End Cap	∅ 43.5*14.5	2
16	Rotating Shaft	∅25*86	1
17	Rotating Axis	∅ 17*105	1
26	Armrest Swivel Fixing		1



6. Installation Sept Six



Parts Checklist			
No.	Name	Specs	Qty.
27	Seat Cushion	489*410*60	1
28	Armrest Pad	280*133*60	2
29	Socket Head Cap Screw	M8*25	12
30	SpringWasher	∅ 8	12
31	Flat Washer	∅ 8	12



Note: Installation complete, tighten all bolts in each part, and use screw caps for all drum pad positions.

03/Product Description:

This indoor fitness equipment is designed for aerobic cardiovascular exercise, focusing on improving cardiovascular function while also aiding muscle training. It targets various muscle groups, promoting strength and aesthetic goals. Illustrated diagrams demonstrate correct equipment usage and muscle training methods for easy understanding. Weight selection through the weight stack assembly allows convenient adjustment of resistance levels. The machine's design conforms to the human body's movement trajectory, ensuring safety and durability.

- We use large-diameter steel pipes for manufacturing and electrostatic spray coating for durability, ensuring the safety, reliability, and longevity of the machine.

03/Product Description:

Name	Pro Strength Booty Shaper	SKU	PL-PS-BS
Dimension	80" x 60" x 57"		
Net Weight	564 lb		

05/ Maintenance Guide

1. Regularly inspect and tighten bolts in all parts of the machine, ensuring that moving parts are flexible and free of abnormal noises.
2. Keep the machine clean, but avoid using strong cleaning solvents for wiping.
3. If any load-bearing parts show signs of wear or damage, replace them immediately. Do not use the machine until it is fully repaired.