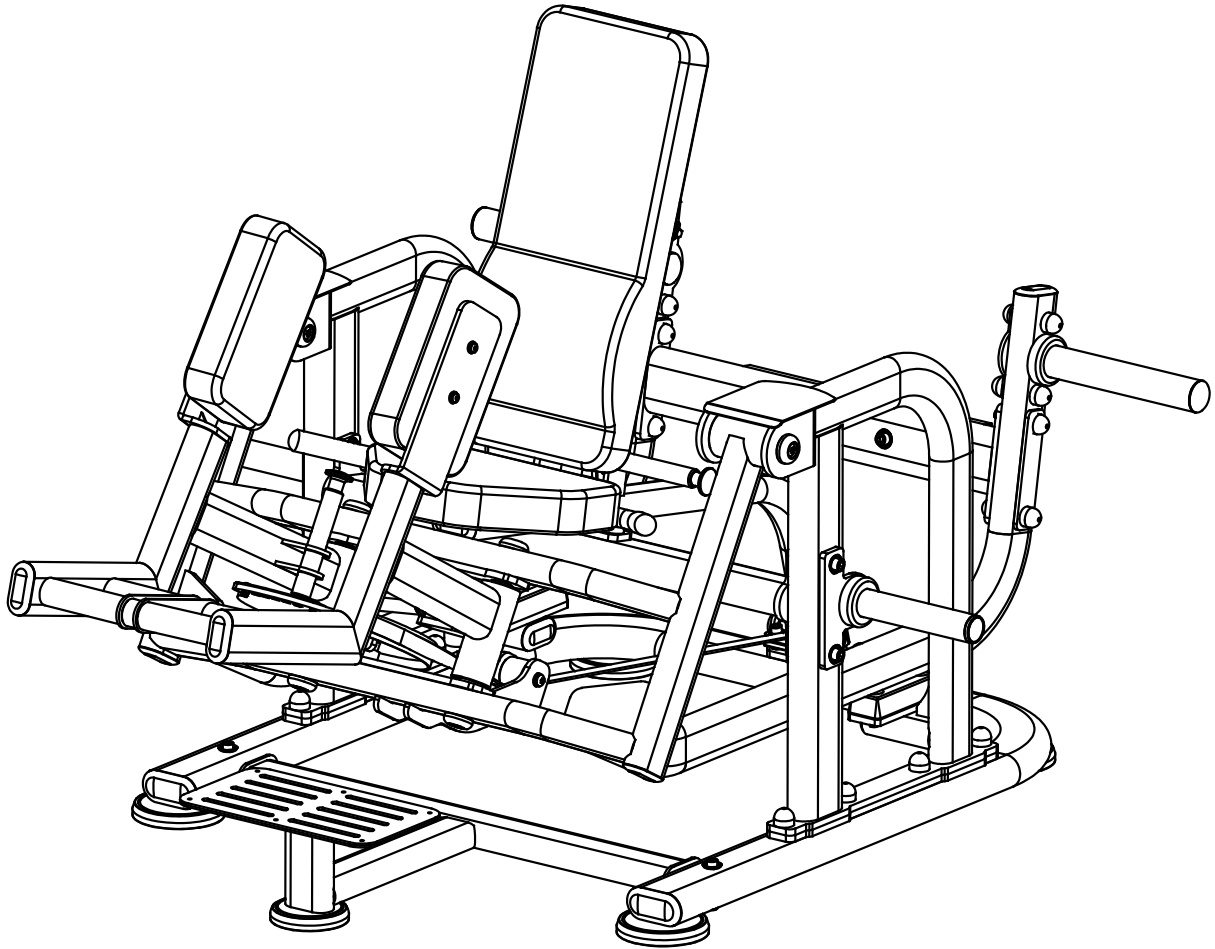




# **Pro Strength Glute/Outer Thigh (PL-PS-GOT)**



## **Installation Manual**

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- 02/ Installation Steps Diagram and Checklist
- 03/ Product Description
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## 01/Safety Instructions:

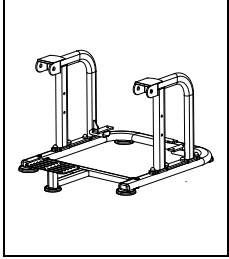
**Thank you for choosing our company's product. Correct use of the trainer ensures your safety and convenience. Please carefully read the following before using the trainer:**

1. Before using this product, it is essential to carefully read all user manuals and strictly adhere to the instructions provided. Keep this user manual throughout the entire lifespan of the product.
2. The product owner should ensure that all users are acquainted with all usage precautions.
3. Maintain fresh, well-ventilated indoor air while using this machine, ensuring there is sufficient space for movement.
4. Users are responsible for ensuring proper maintenance of the equipment. After installation and before each use, check that all fasteners are properly tightened without any excess protrusion. Regularly inspect easily worn parts.
5. In the event of damage to your equipment, please immediately contact the dealer and the company's after-sales service department to replace all worn or defective parts. Do not use the equipment until it is fully repaired.
6. Before use, please wear suitable sportswear and sports shoes, avoid wearing skirts or jewelry, and tie up your hair to prevent interference during exercise.
7. Perform warm-up exercises before exercising on this machine.
8. If you experience abnormal symptoms such as dizziness, pain, or vomiting, please stop exercising immediately and consult a doctor.
9. Children should use this machine for selective training under adult supervision.
10. **Warning!** Keep hands and feet away from moving parts.
11. **Warning!** Do not exceed the adjustment settings.
12. **Warning!** Do not allow children or pets near the equipment during exercise.
13. **Warning!** Ensure all adjustment devices are properly positioned during use.
14. **Warning!** Please use the machine correctly for exercise. Using incorrect methods or attempting exercises beyond the machine's capabilities may cause harm to your health.
15. It is recommended to use this equipment only within supervised areas.

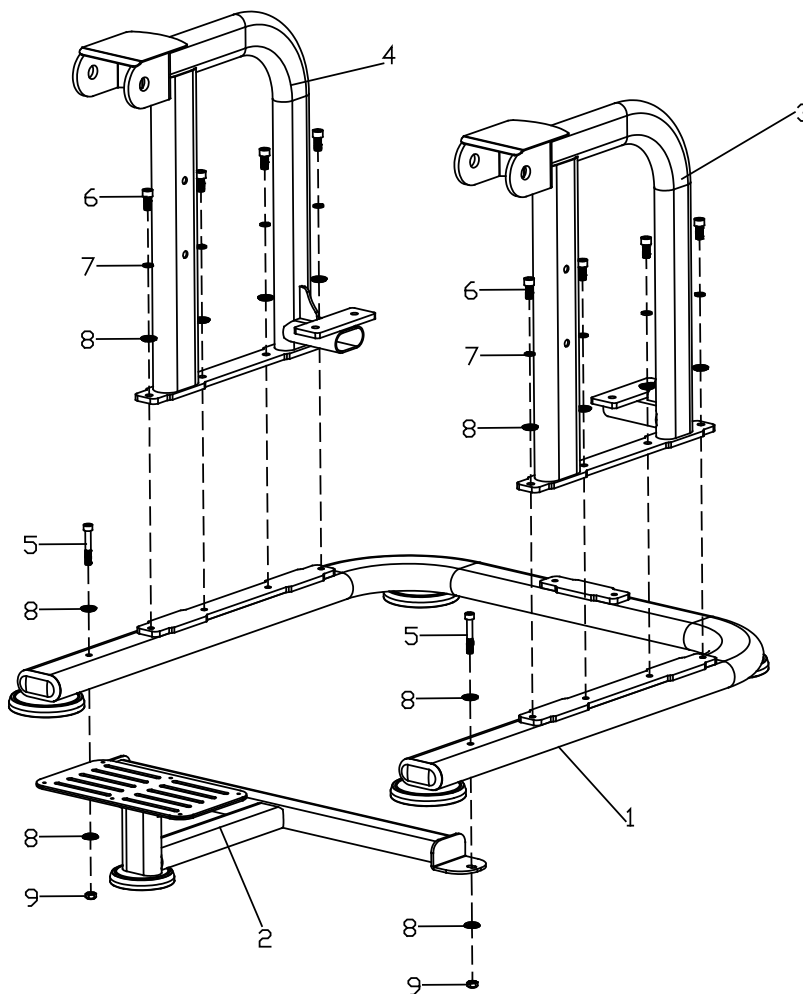
## 02/Installation Steps Diagram

### 1. Installation Step 1

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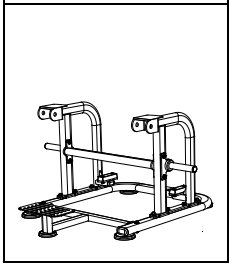


| Installation Check List |                         |        |      |
|-------------------------|-------------------------|--------|------|
| No.                     | Name                    | Specs. | Qty. |
| 1                       | base                    |        | 1    |
| 2                       | pedal                   |        | 2    |
| 3                       | left frame              |        | 1    |
| 4                       | right frame             |        | 1    |
| 5                       | inner hex cylinder iolt | M10x65 | 2    |
| 6                       | Inner hex cylinder bolt | M12x25 | 8    |
| 7                       | spring washer           | Φ 12   | 8    |
| 8                       | drum washer             | Φ 12   | 12   |
| 9                       | hexagon lock nut        | M10    | 2    |

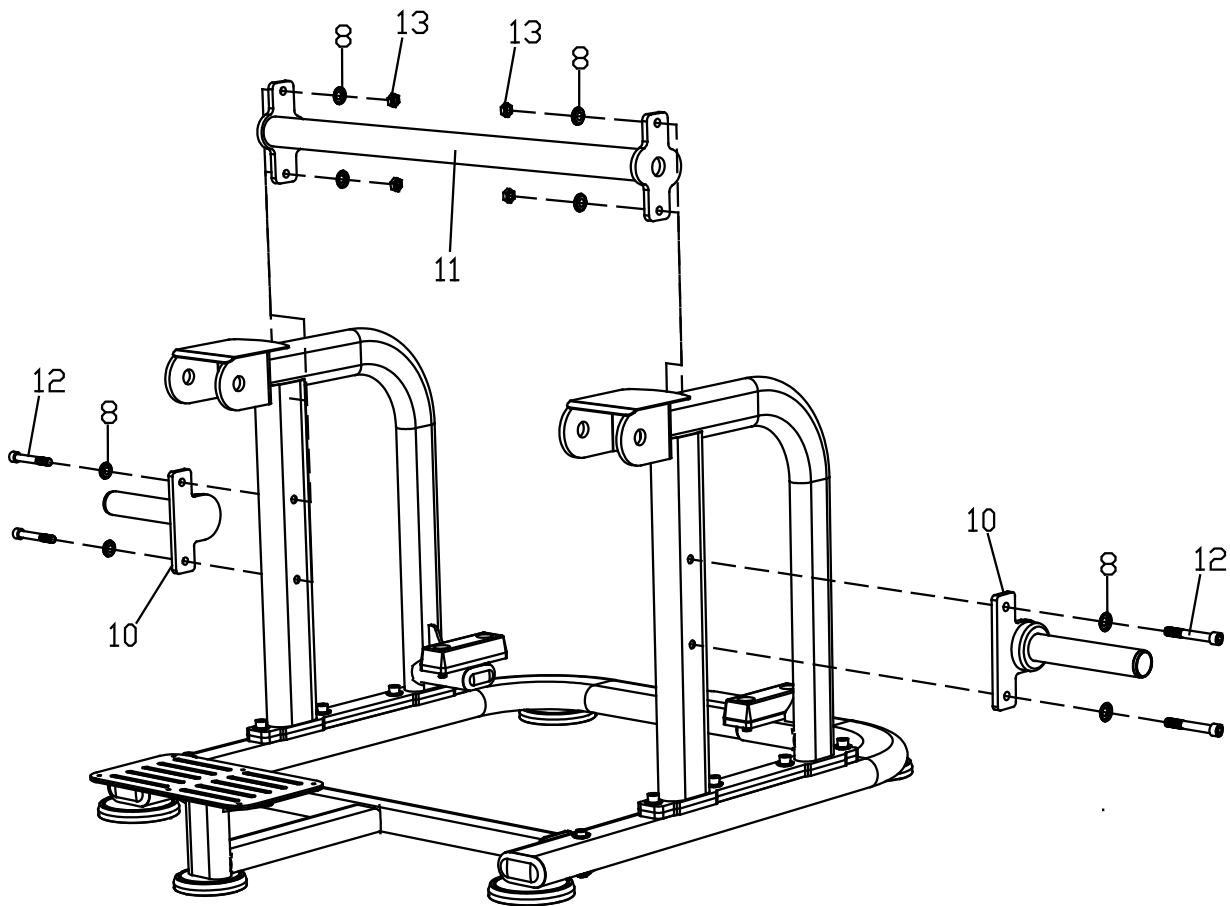


## 2. Installation Step 2

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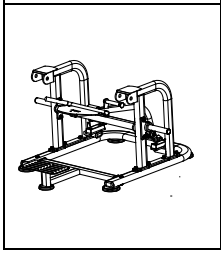


| Installation Check List |                            |        |      |
|-------------------------|----------------------------|--------|------|
| No.                     | Name                       | Specs. | Qty. |
| 8                       | drumwasher                 | Φ 12   | 8    |
| 10                      | bell clapper hanging rod   |        | 2    |
| 11                      | support                    |        | 1    |
| 12                      | inner hex socket head bolt | M12*85 | 4    |
| 13                      | hexagon locking nut        | M12    | 4    |

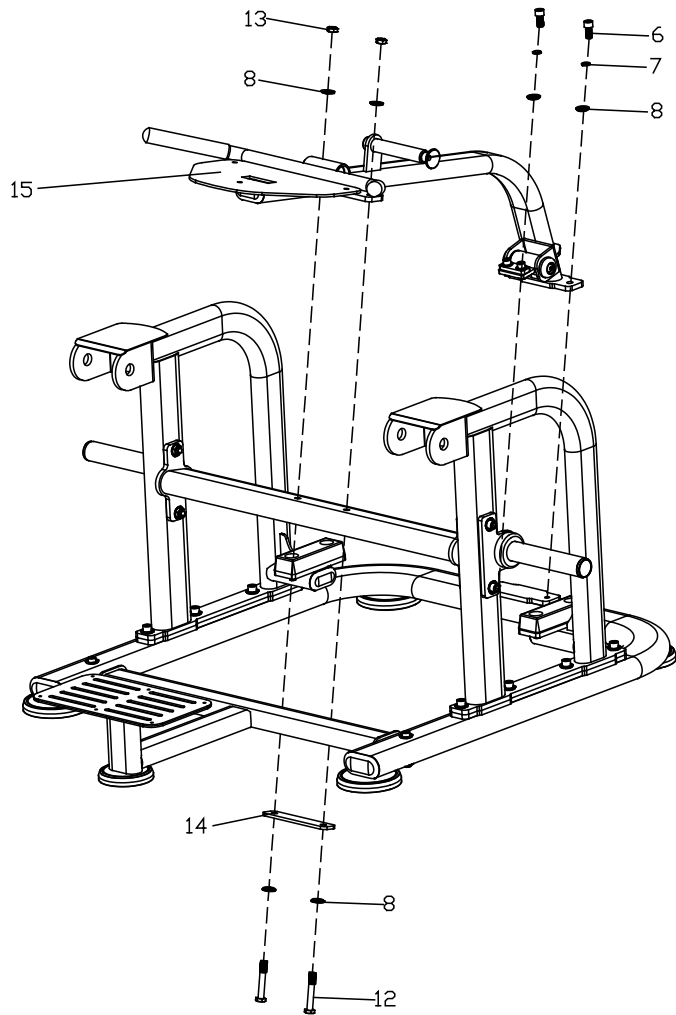


### 3. Installation Step 3

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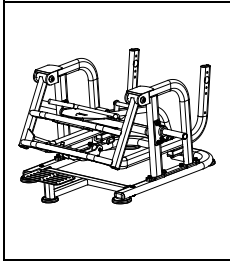


| Installation checklist |                            |           |      |
|------------------------|----------------------------|-----------|------|
| No.                    | Name                       | Specs     | Qty. |
| 6                      | inner hex socket head bolt | M12*25    | 2    |
| 7                      | spring washer              | Φ 12      | 2    |
| 8                      | drum pad                   | Φ 12      | 6    |
| 12                     | inner hex cap screw        | M12*85    | 2    |
| 14                     | connection plate           | 180*40*T6 | 1    |
| 15                     | seat frame                 |           | 1    |

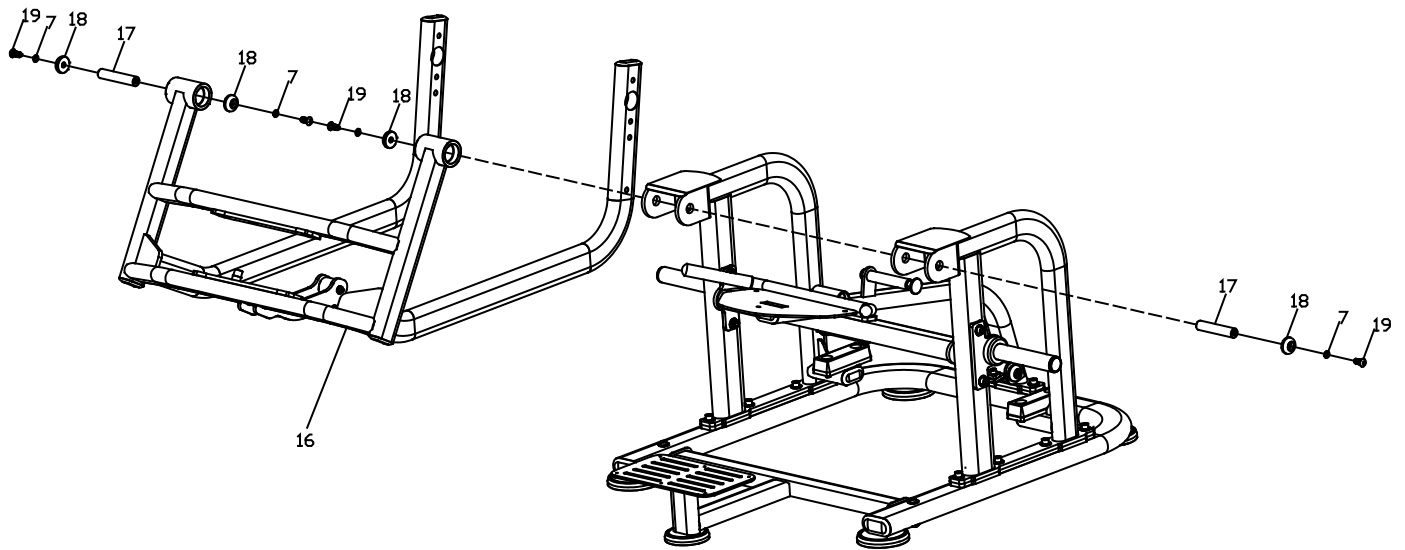


## 4. Installation Step 4

### Completed Image

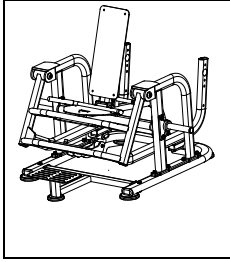


| Installation checklist |                                 |                  |      |
|------------------------|---------------------------------|------------------|------|
| No.                    | Name                            | Specs.           | Qty. |
| 7                      | spring washer                   | $\Phi 12$        | 4    |
| 16                     | support component               |                  | 1    |
| 17                     | boom pivot shaf                 | $\Phi 25*127$    | 2    |
| 18                     | end cap                         | $\Phi 43.5*14.5$ | 4    |
| 19                     | inner hex socket flat head bolt | M12*25           | 4    |

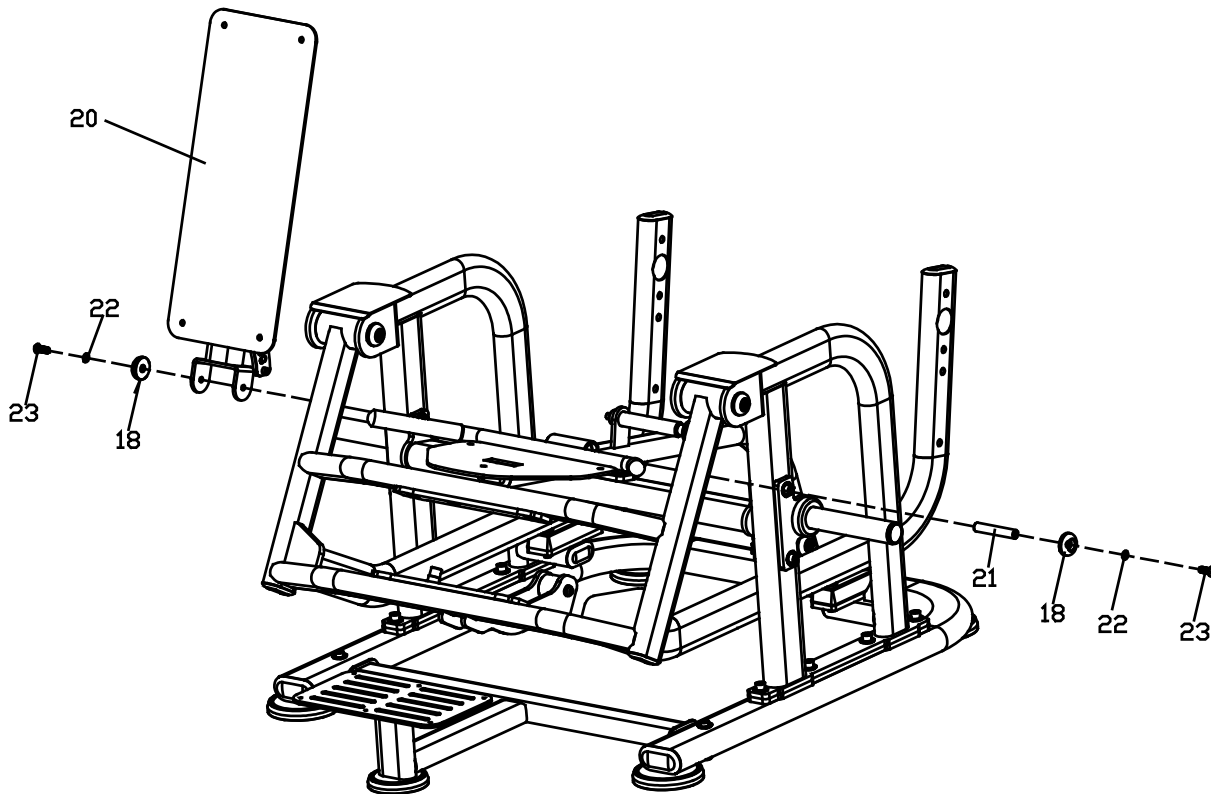


## 5. Installation Step 5

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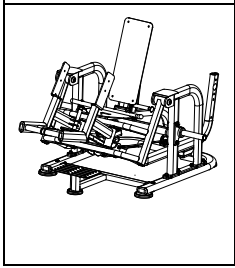
| Installation checklist |                             |                  |      |
|------------------------|-----------------------------|------------------|------|
| No.                    | Name                        | Specs            | Qty. |
| 18                     | end cap                     | $\Phi 43.5*14.5$ | 2    |
| 20                     | foot pedal                  |                  | 1    |
| 21                     | rotating shaft              | $\Phi 17*97$     | 1    |
| 22                     | spring washer.              | $\Phi 10$        | 2    |
| 23                     | inner socket head cap screw | M10*25           | 2    |



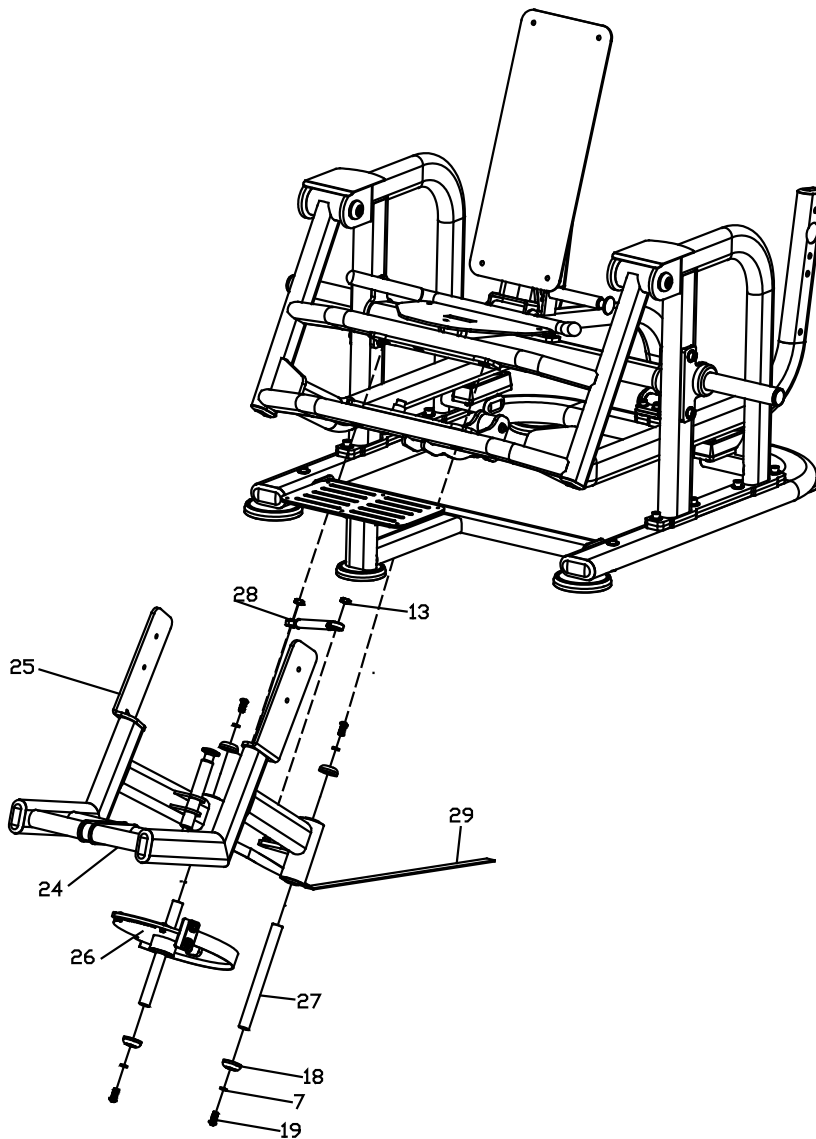


## 6. Installation Step 6

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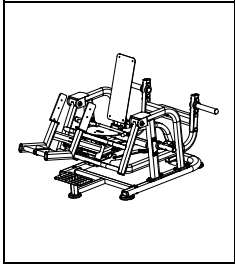


| Installation checklist |                                 |            |      |
|------------------------|---------------------------------|------------|------|
| No.                    | Name                            | Specs      | Qty. |
| 7                      | spring washer                   | Φ 12       | 4    |
| 13                     | hex lock nut                    | M12        | 2    |
| 18                     | end cover                       | Φ43.5*14.5 | 4    |
| 19                     | inner hex socket flat hard bolt | M12*25     | 4    |
| 24                     | left arm component              |            | 1    |
| 25                     | Right arm component             |            | 1    |
| 26                     | pulley component                |            | 1    |
| 27                     | center shaft                    | Φ25*258    | 2    |
| 28                     | Fish-eye terminal               |            | 1    |
| 29                     | flat belt                       | 23*T3*1078 | 1    |

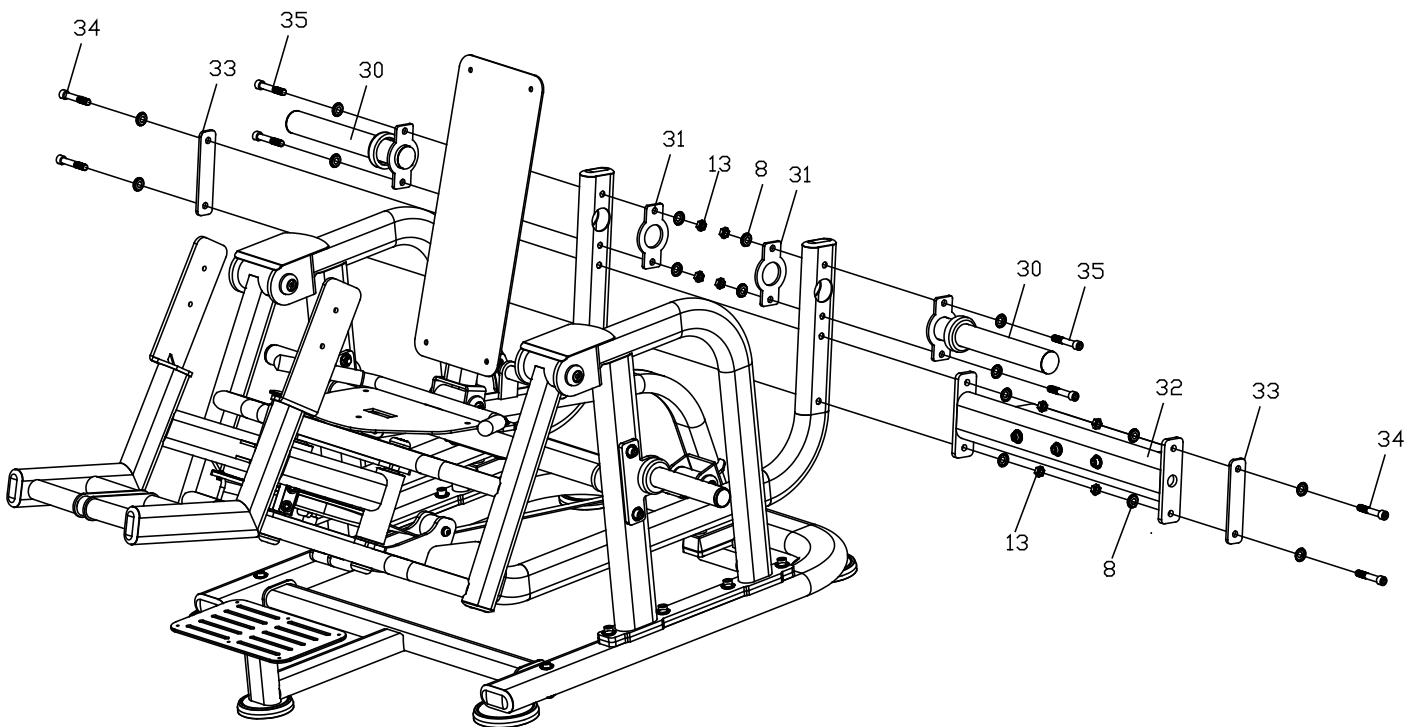


## 7. Installation Step 7

### Completed Image



| Installation checklist |                              |           |      |
|------------------------|------------------------------|-----------|------|
| No.                    | Name                         | Specs     | Qty. |
| 8                      | brake pad                    | Φ 12      | 16   |
| 13                     | hex lock nut                 | M12       | 8    |
| 30                     | striker                      |           | 2    |
| 31                     | striker mounting plate       | 135*45*T6 | 2    |
| 32                     | external connector component |           | 1    |
| 33                     | connection plate.            | 180*40*T6 | 2    |
| 34                     | socket head cap screw        | M12*75    | 4    |
| 35                     | hex socket round head bolt   | M12*70    | 4    |

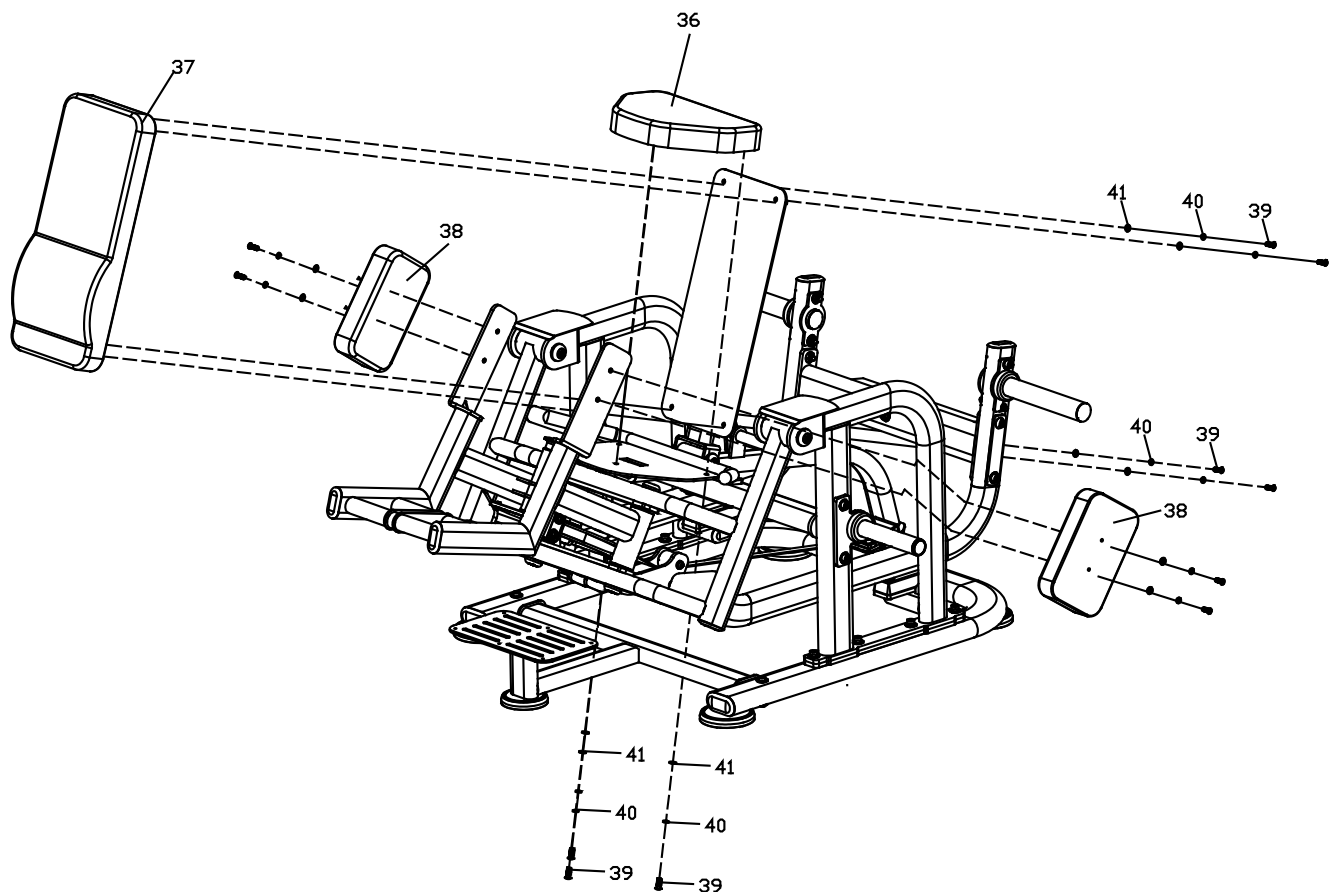


## 8. Installation Step 8

### Completed Image



| Installation checklist |                           |            |      |
|------------------------|---------------------------|------------|------|
| No.                    | Name                      | Specs      | Qty. |
| 36                     | seat cushion              | 390*280*60 | 1    |
| 37                     | back cushion              | 280*660    | 1    |
| 38                     | leg cushion               | 290*180*60 | 2    |
| 39                     | hex socket flat head bolt | M8*25      | 11   |
| 40                     | flat washer               | Φ8         | 11   |
| 41                     | spring washer             | Φ8         | 11   |



**Note:** Installation completed, tighten all bolts in each part, and use screw caps for all positions where washers are used.

### 03/Product Description

This machine is indoor fitness equipment suitable for aerobic exercise, primarily focusing on improving cardiovascular function while assisting in muscle training. By exercising various muscle groups such as chest muscles, it aims to achieve body strengthening and shaping.

This machine utilizes instructional diagrams to illustrate the correct usage of equipment and muscle exercises, with clear visuals for easy understanding.

With the weight stack assembly, this machine provides weight selection options, allowing you to conveniently adjust the intensity and resistance according to your needs.

- We use large steel pipes and electrostatic spraying for safety, reliability, and durability.

### 04/Product Specifications

|            |                                |     |           |
|------------|--------------------------------|-----|-----------|
| Name       | Pro Strength Glute/Outer Thigh | SKU | PL-PS-GOT |
| Dimensions | 56" x 66" x 48"                |     |           |
| Net Weight | 400 lb                         |     |           |

### 05/Maintenance Guide

Bolts in all parts of the machine should be regularly checked and kept tight. Rotating parts should be flexible and free of abnormal sounds.

The machine should be kept clean, but do not use strong cleaning solvents to wipe it.

If any load-bearing parts are worn or damaged, they should be replaced immediately. The machine should only be used after repairs are completed.