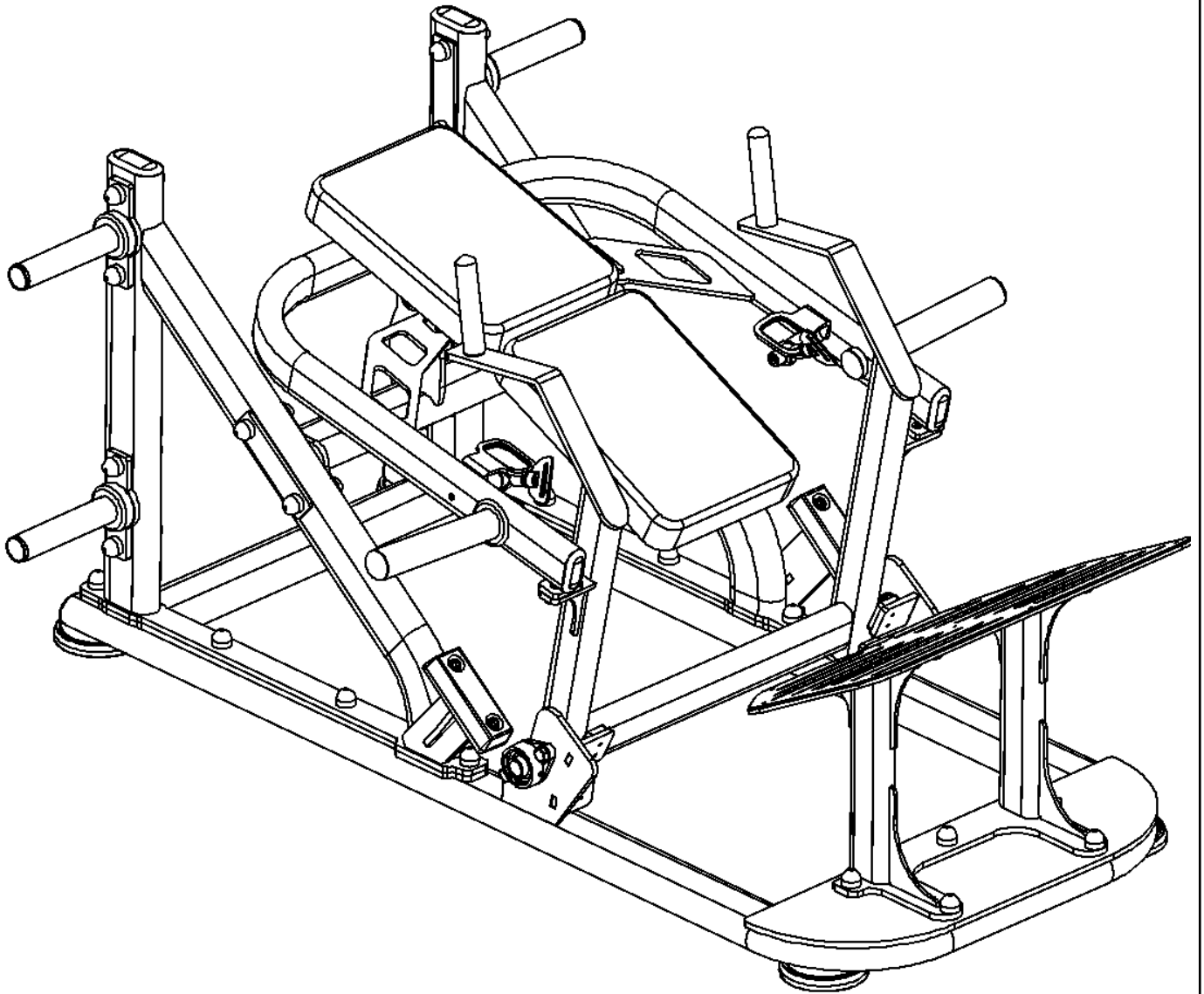


Pro Strength Hip Thruster



PL-PS-HT ASSEMBLY INSTRUCTION HIP THRUST

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01/IMPORTANT NOTICE

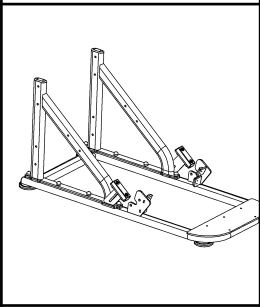
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. **DO NOT** operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, **DO NOT** wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. **WARNING:** Keep hands and feet away from moving parts.
11. **WARNING:** **DO NOT** beyond adjustable setting range.
12. **WARNING:** Keep children or pets away from the machine when operating it.
13. **WARNING:** Keep all control apparatus in proper position.
14. **WARNING:** Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

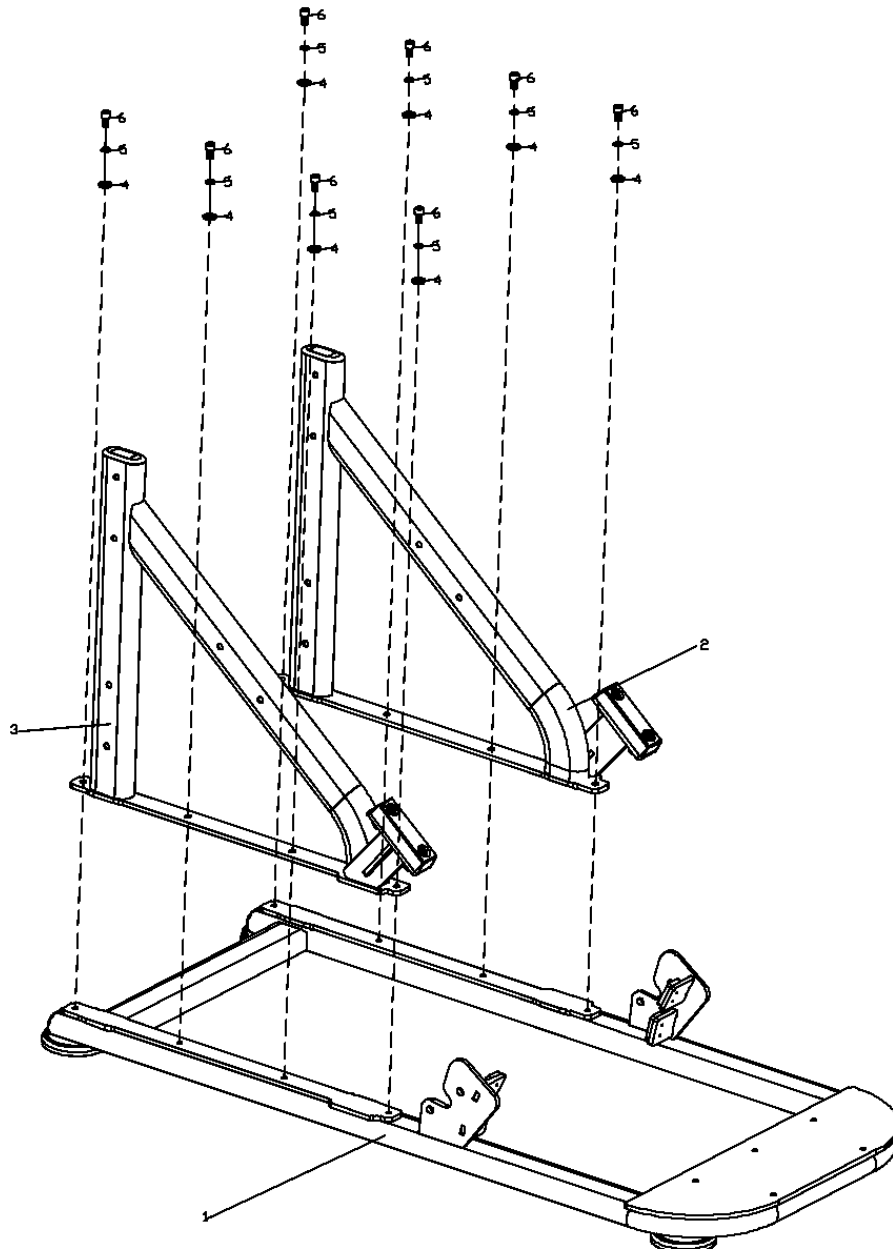
02/ASSEMBLY PROCEDURE

1) Step 1

Finished diagram

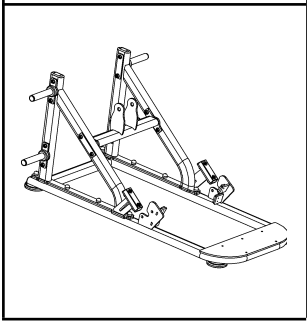


Bill of materials			
No.	Name	Spec	Qty
1	Bottom tube		1
2	Side frame		1
3	Side frame 1		1
4	Flat washer	Φ12	8
5	Spring washer	Φ12	8
6	Hexagon socket cylinder head bolt	M12*20	8



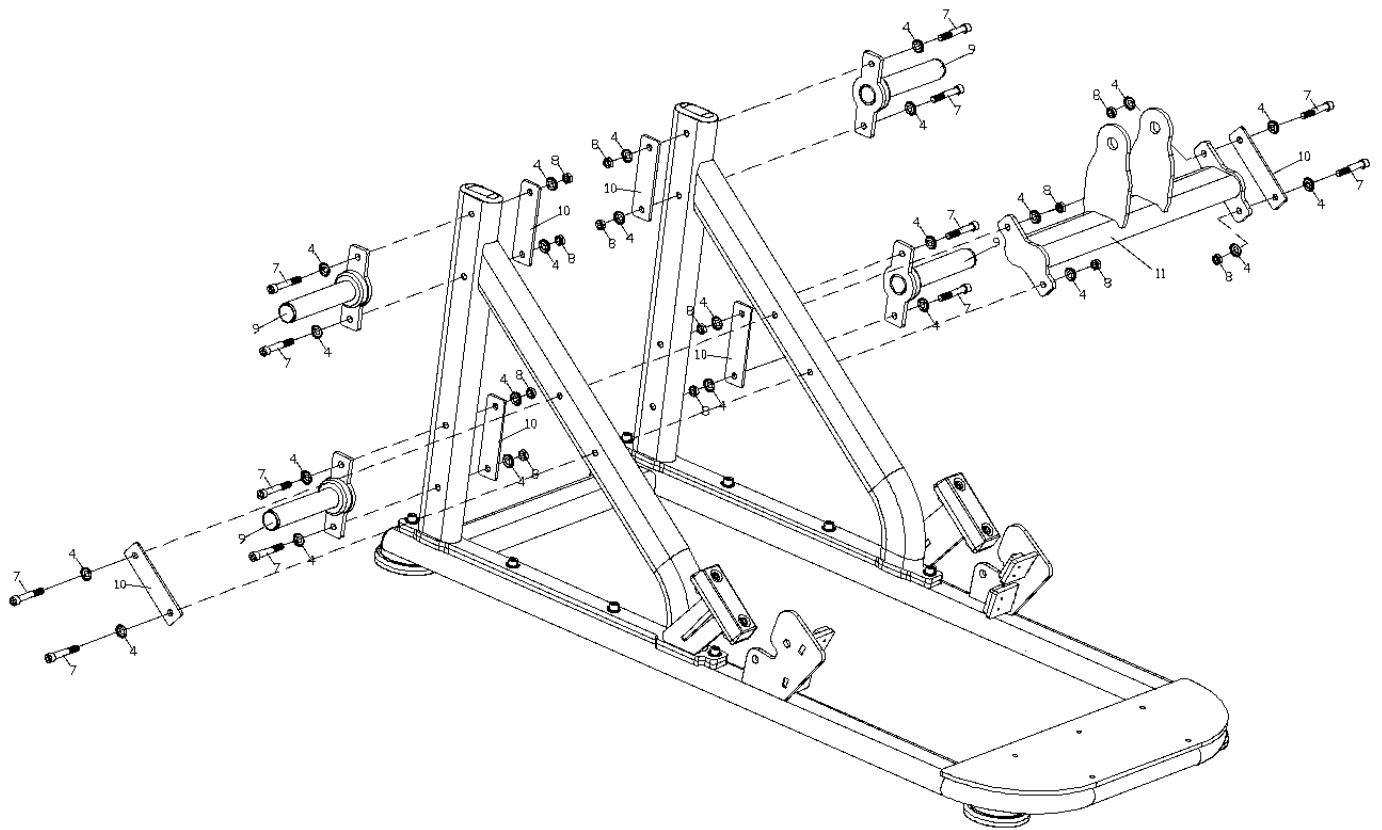
2) Step 2

Finished diagram



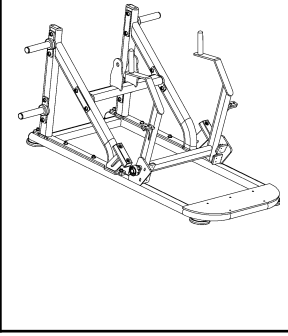
Bill of materials

No.	Name	Spec	Qty
4	Flat washer	Φ12	24
7	Hexagon socket cylinder head bolt	M12*80	12
8	Hexagon lock nut	M12	12
9	Weight plate bracket		4
10	Weight plate bracket subplate	180*45*T6	6
11	Connecting tube		1

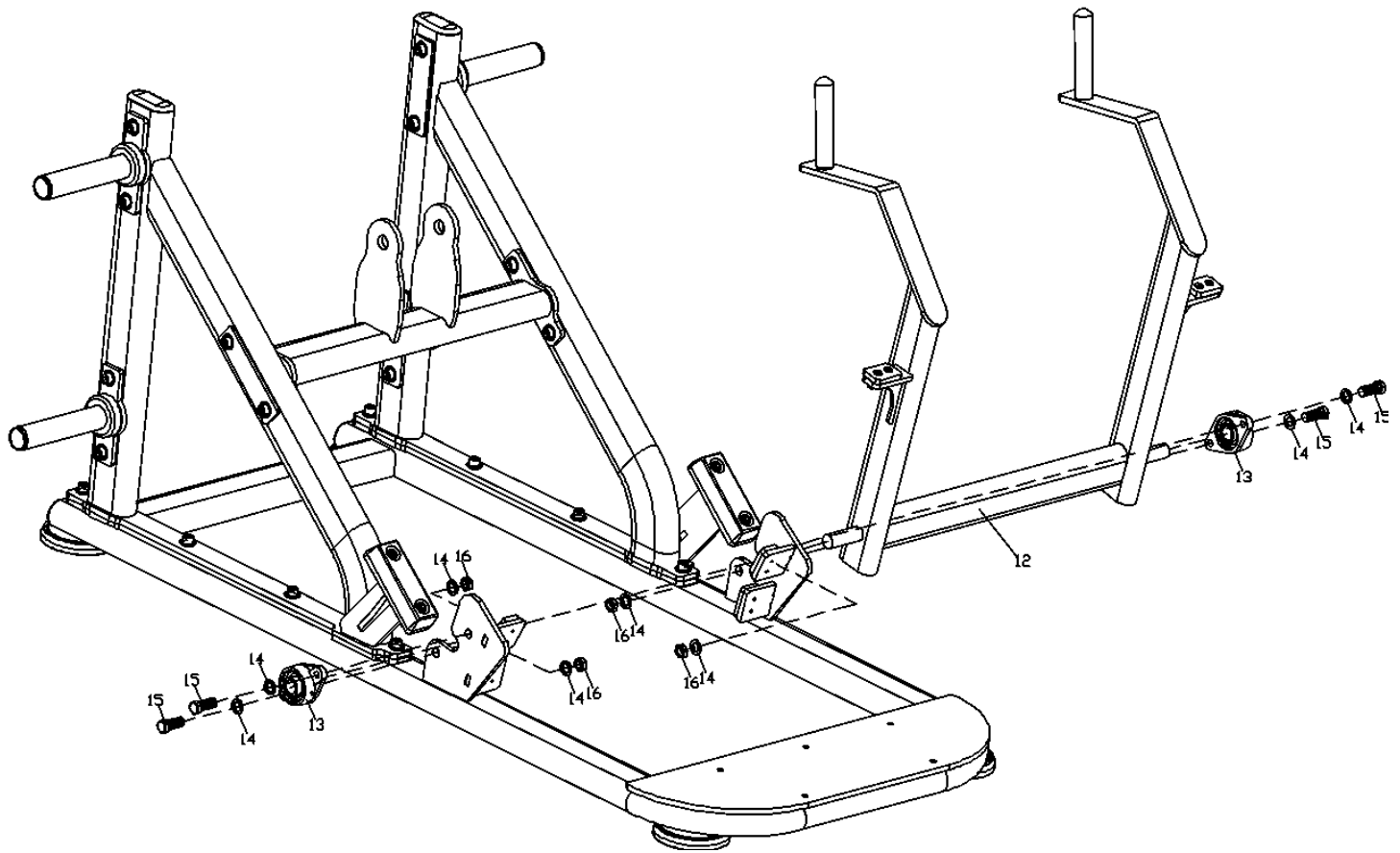


3) Step 3

Finished diagram

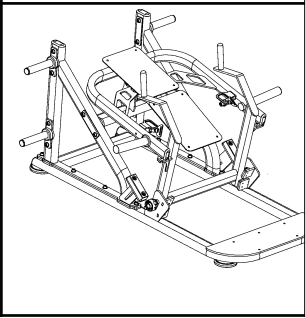


Bill of materials			
No.	Name	Spec	Qty
12	Handle frame		1
13	Bearing	UCFL205	2
14	Flat washer	Φ16	8
15	Hexagon socket cylinder head bolt	M16*50	4
16	Hexagon lock nut	M16	4

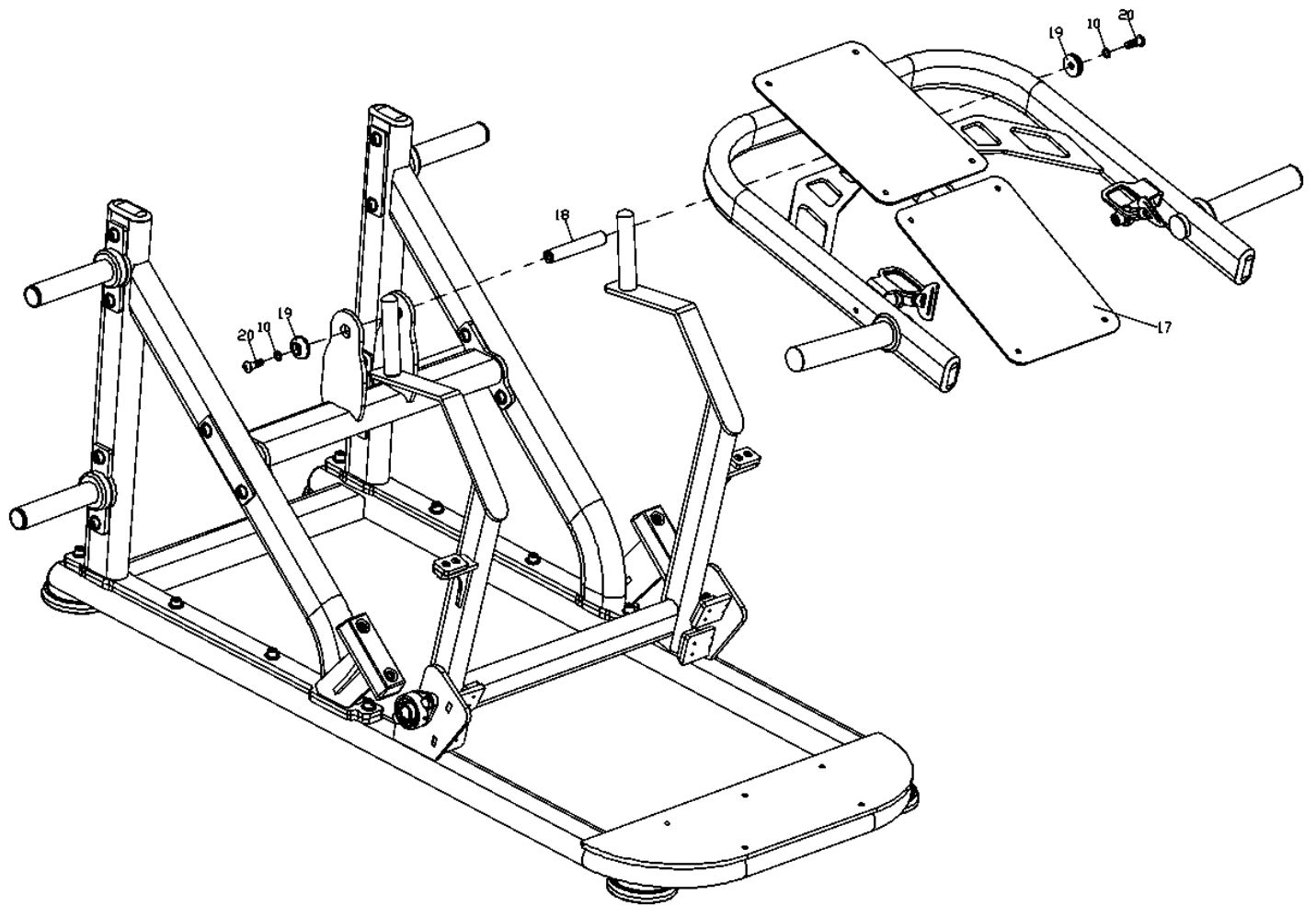


4) Step 4

Finished diagram

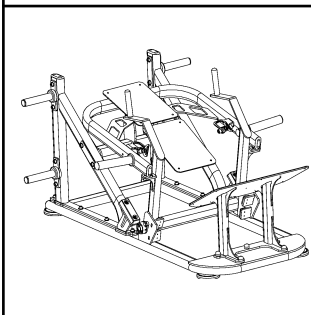


Bill of materials			
No.	Name	Spec	Qty
5	Spring washer	Φ12	2
17	Frame rotation axis		1
18	Rotation axis	Φ25*143	1
19	End cover	Φ43.5*14.5	2
20	Hexagon socket cylinder head bolt	M12*25	2

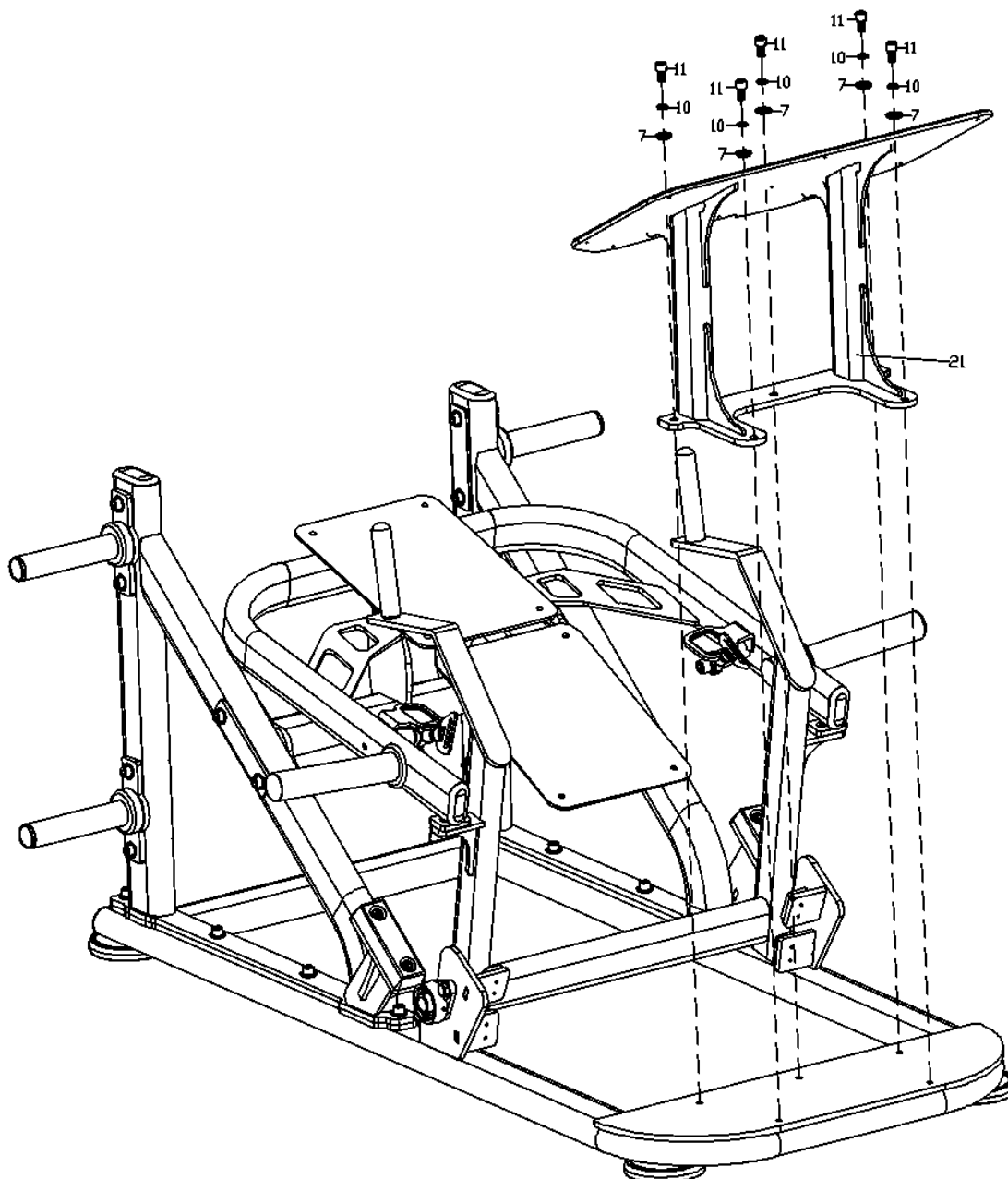


5) Step 5

Finished diagram

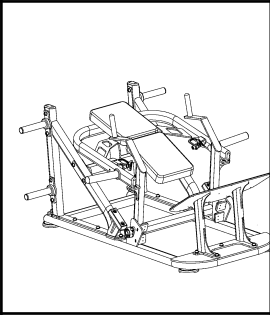


Bill of materials			
No.	Name	Spec	Qty
4	Flat washer	Φ12	4
5	Spring washer	Φ12	4
6	Hexagon socket cylinder head bolt	M12*20	4
21	Foot pedal		1

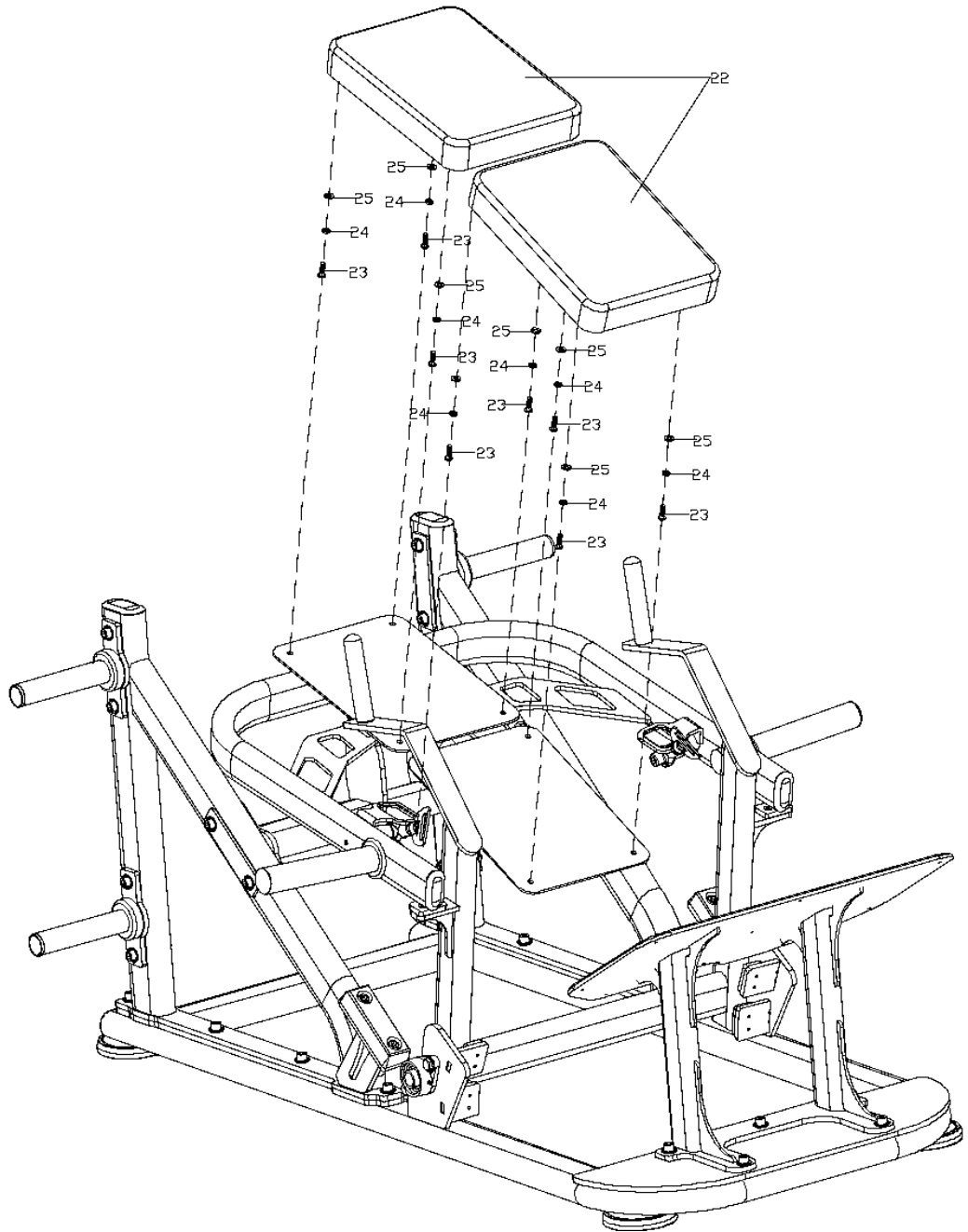


6) Step 6

Finished diagram



Bill of materials			
No.	Name	Spec	Qty
22	Back cushion	420*300*60	2
23	Hexagon socket flat head bolt	M8*25	8
24	Spring washer	φ 8	8
25	Flat washer	φ 8	8



03/ PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn. User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

The design and manufacture of the machine meets the human motion curve, and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

04/ PRODUCT PARAMETER

Name	Hip Thrust	SKU	PL-PS-HT
Dimensions	73" x 60" x 47"		
Weight	380 lb		

05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened, rotating parts should be flexible without abnormal sound.
2. The machine should be keep clean. Please DO NOT clean the machine with strong cleaning solvent.
3. Any worn or damaged stress parts should be repaired or changed immediately.