

P3 Poor Man Glute Ham Developer

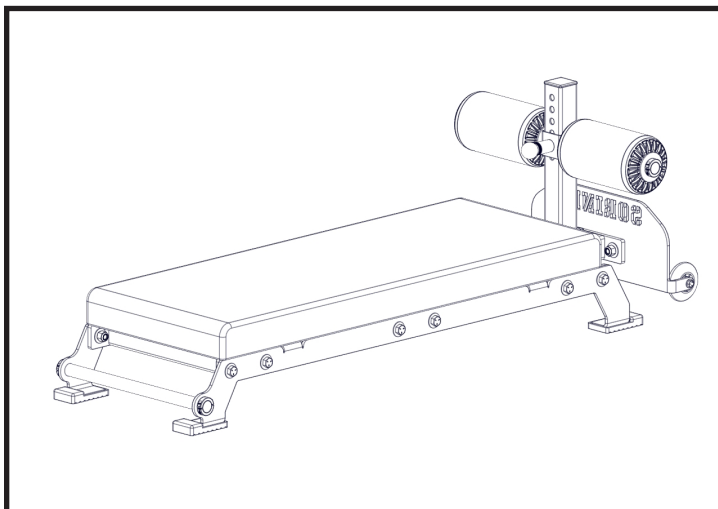
ASSEMBLY INSTRUCTIONS

Tools needed:

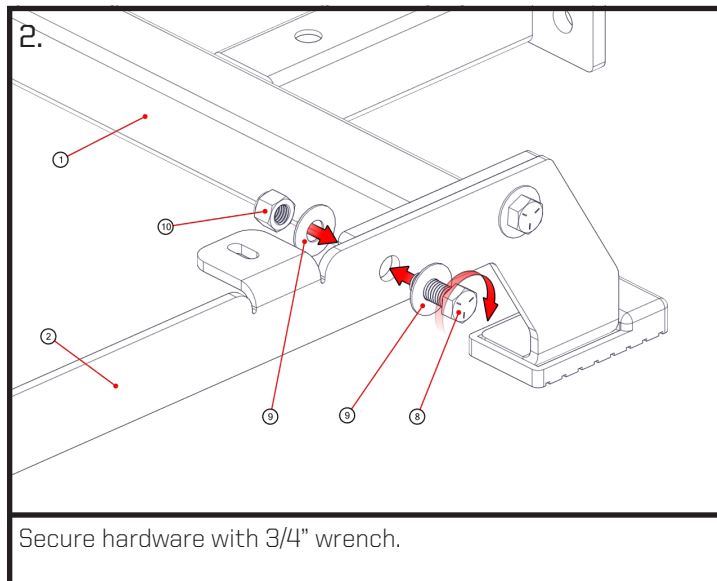
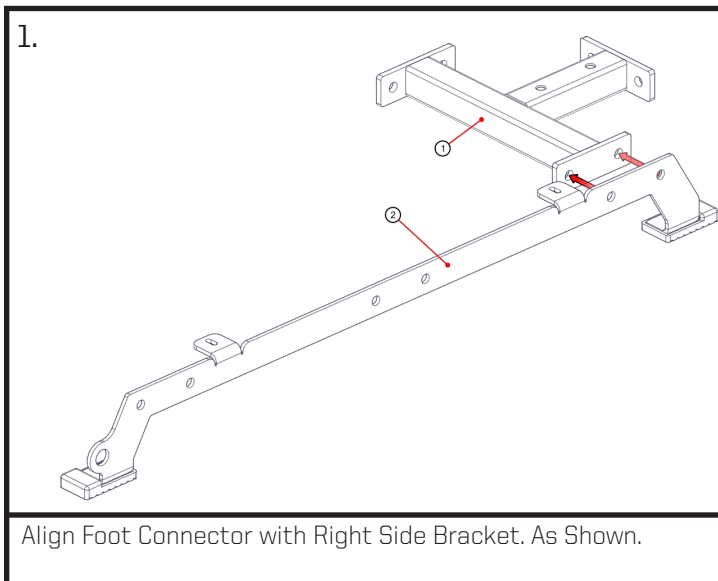
- 1/2" wrench
- 3/4" wrench
- 3/16" allen wrench

DISCLAIMER:

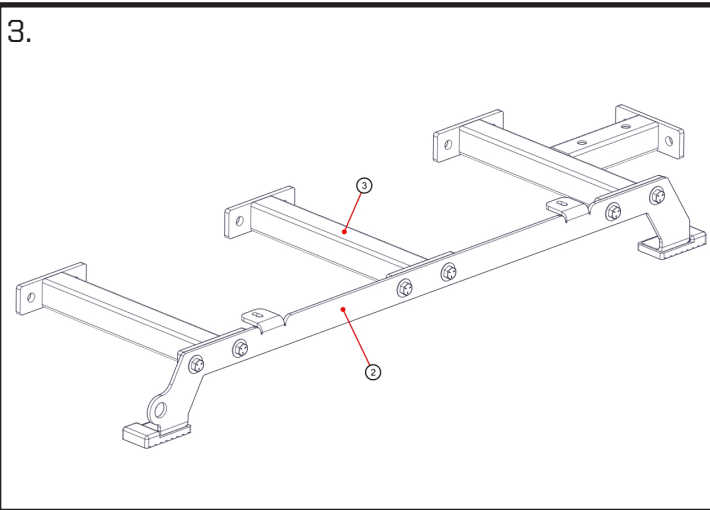
RESISTANCE TRAINING, GYMNASTICS TRAINING, AND ACTIVITIES AT HEIGHT ARE POTENTIALLY DANGEROUS AND MAY LEAD TO SEVERE INJURY OR EVEN DEATH. THIS EQUIPMENT MUST BE USED BY COMPETENT AND RESPONSIBLE PERSONS OR UNDER THE GUIDANCE AND SUPERVISION OF COMPETENT PERSONS. BE SURE YOU ARE VERSED IN PROPER TECHNIQUE AND METHODS BEFORE USING ANY EQUIPMENT. THE USER ASSUMES ALL RISKS AND RESPONSIBILITIES FOR ALL DAMAGE, INJURY OR DEATH WHICH MAY OCCUR DURING INCORRECT USE OF THIS EQUIPMENT. SORINEX BEARS NO LIABILITY ABOVE REPLACEMENT VALUE OF THE EQUIPMENT IN QUESTION.



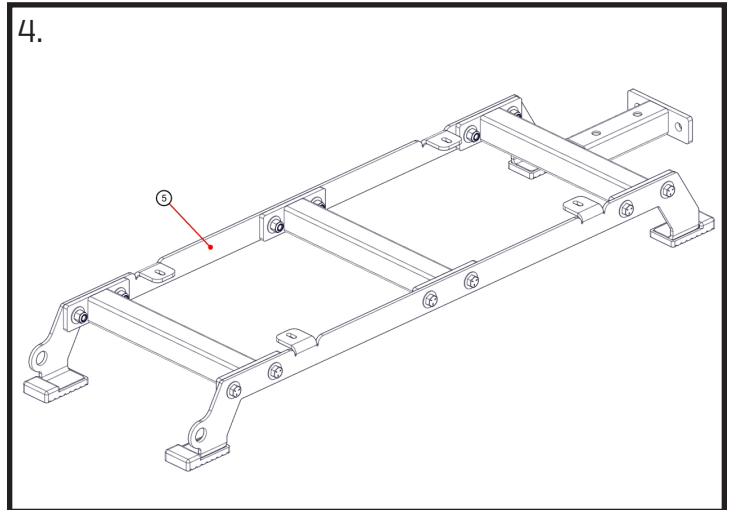
| Item Number | PartNo | Part Name | QTY. |
|-------------|--------|---------------------------------------|------|
| 1 | 003112 | P3GHD - Foot Connector | 1 |
| 2 | 003116 | P3GHD - Right Side Bracket | 1 |
| 3 | 003113 | P3GHD - Crossbar | 2 |
| 4 | 003114 | P3GHD - Tower | 1 |
| 5 | 003115 | P3GHD - Left Side Bracket | 1 |
| 6 | 003117 | P3GHD - Adjustable Roller Pads | 1 |
| 7 | 003118 | P3GHD - Footplate | 1 |
| 8 | 002402 | 1/2-13 x 1 1/4" Bolt | 14 |
| 9 | 000113 | 1/2" Washer | 32 |
| 10 | 000115 | 1/2-13 Nyloc Nut | 14 |
| 11 | 000800 | 2" Rubber Foot | 4 |
| 12 | 000042 | 1/2" Pop Pin | 1 |
| 13 | 000150 | Inline Wheel & Bearing Assembly | 2 |
| 14 | 001023 | 9" Round Roller Pad | 2 |
| 15 | 000204 | 1" Plastic Washer | 4 |
| 16 | 000205 | 1" Split Shaft Collar | 4 |
| 17 | 003119 | P3GHD - Handle | 1 |
| 18 | 003120 | P3GHD - Pad | 1 |
| 19 | 000136 | 1/2-13 x 3" Bolt | 2 |
| 20 | 000918 | 1/2-13 Jam Nut | 2 |
| 21 | 000506 | 5/16-18 1 1/4" Bolt | 4 |
| 22 | 000521 | 5/16" Lock Washer | 4 |
| 23 | 000518 | 5/16 Washer | 4 |
| 24 | 002644 | 5/16-18 x 1-3/4" Bolt | 2 |
| 25 | 000163 | 5/16-18 Nut | 2 |
| 26 | 000337 | 1/4" Washer | 6 |
| 27 | 000046 | 2" x 2" Black Texture Plastic End Cap | 1 |



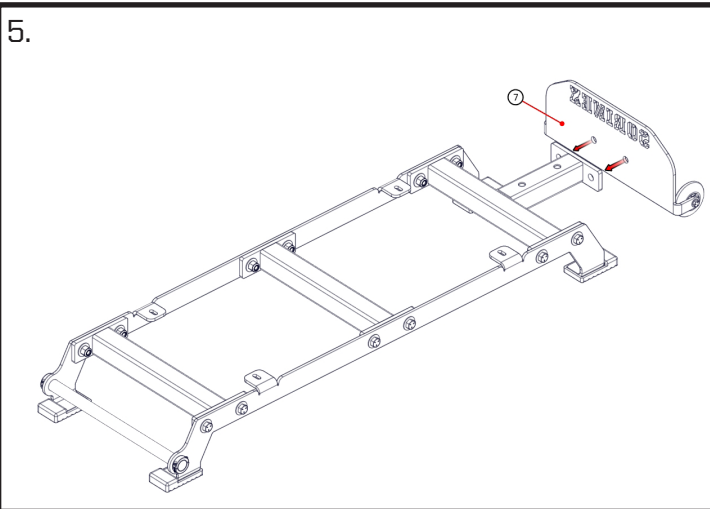
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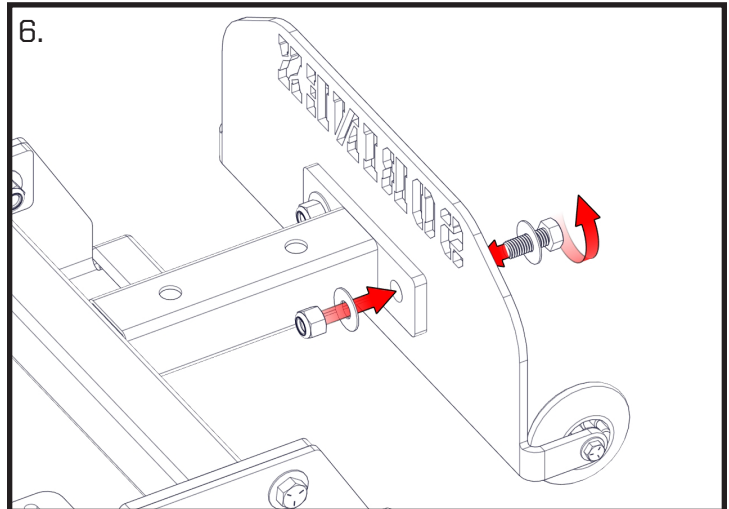
Align both Crossbars as shown and secure with hardware.



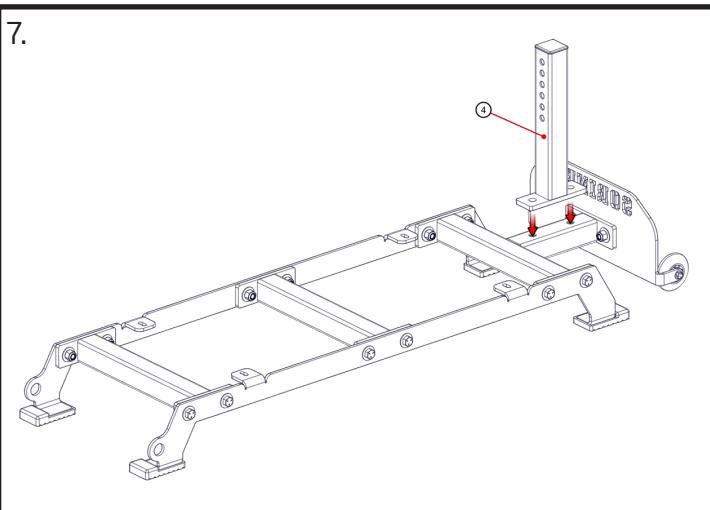
Repeat steps to secure Left Side Bracket.



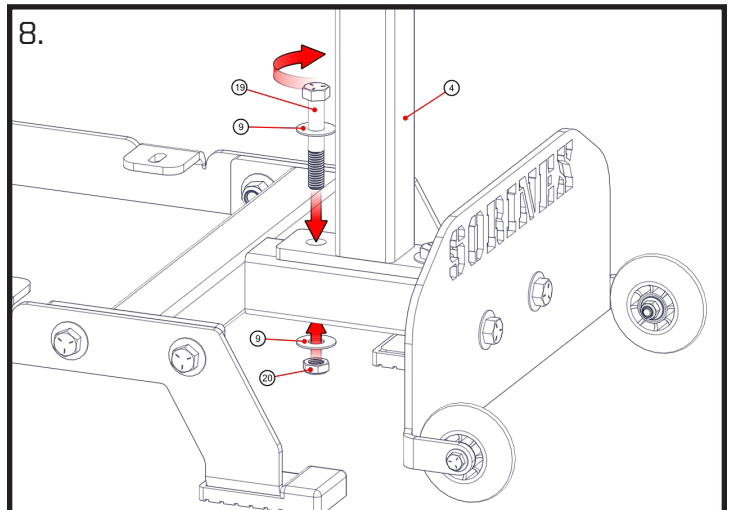
Align Foot Plate to Foot Connector. Wheels should face outward.



Secure with hardware.



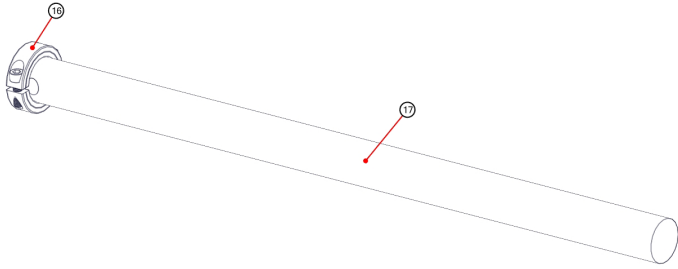
Align Tower to Foot Connector, as shown. Tower adjustment holes should face inward.



With 3/4" wrench secure Tower with hardware.

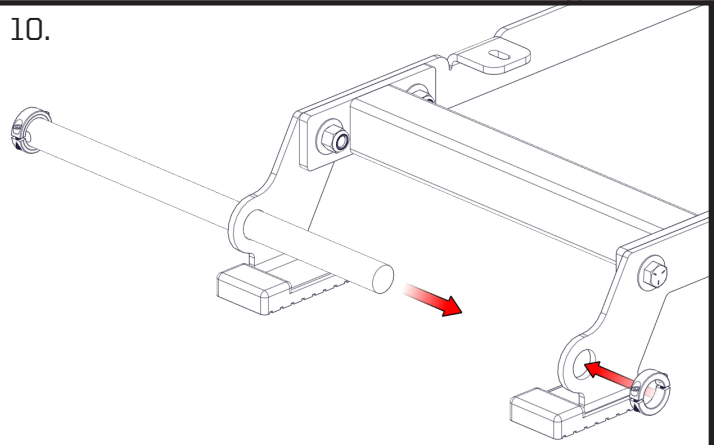
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9.



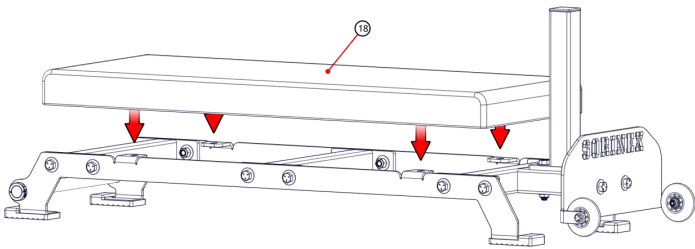
Align the Split Shaft Collar onto the Handle so that it is flush to one side of the bar. Secure with 3/16" allen wrench.

10.



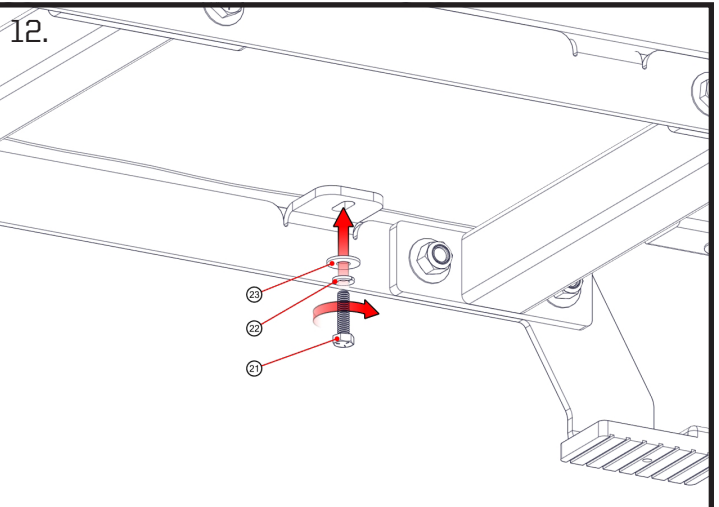
Align Handle and secured Collar through the Left and Right Side Bracket holes. Secure other side with Split Shaft Collar.

11.



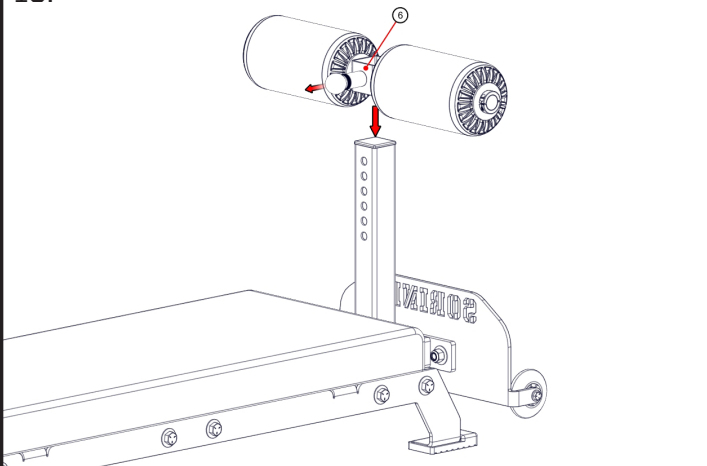
Align Pad to Left and Right Side Bracket. As shown. Make sure Pad sits flush and does not rest against Tower.

12.



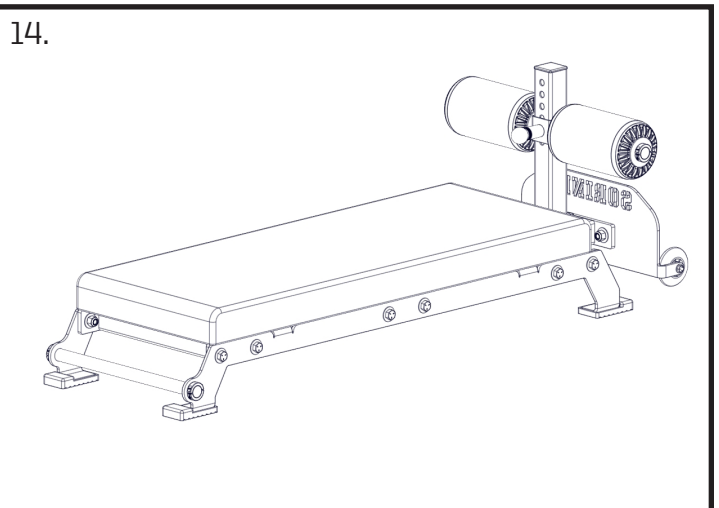
Use 1/2" wrench to secure hardware to Pad.

13.



Attach Adjustable Roller Pad by pulling Pop Pin and aligning onto Tower. Adjust as desired.

14.



P3 Poor Man Glute Ham Developer is fully assembled and ready to use.

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