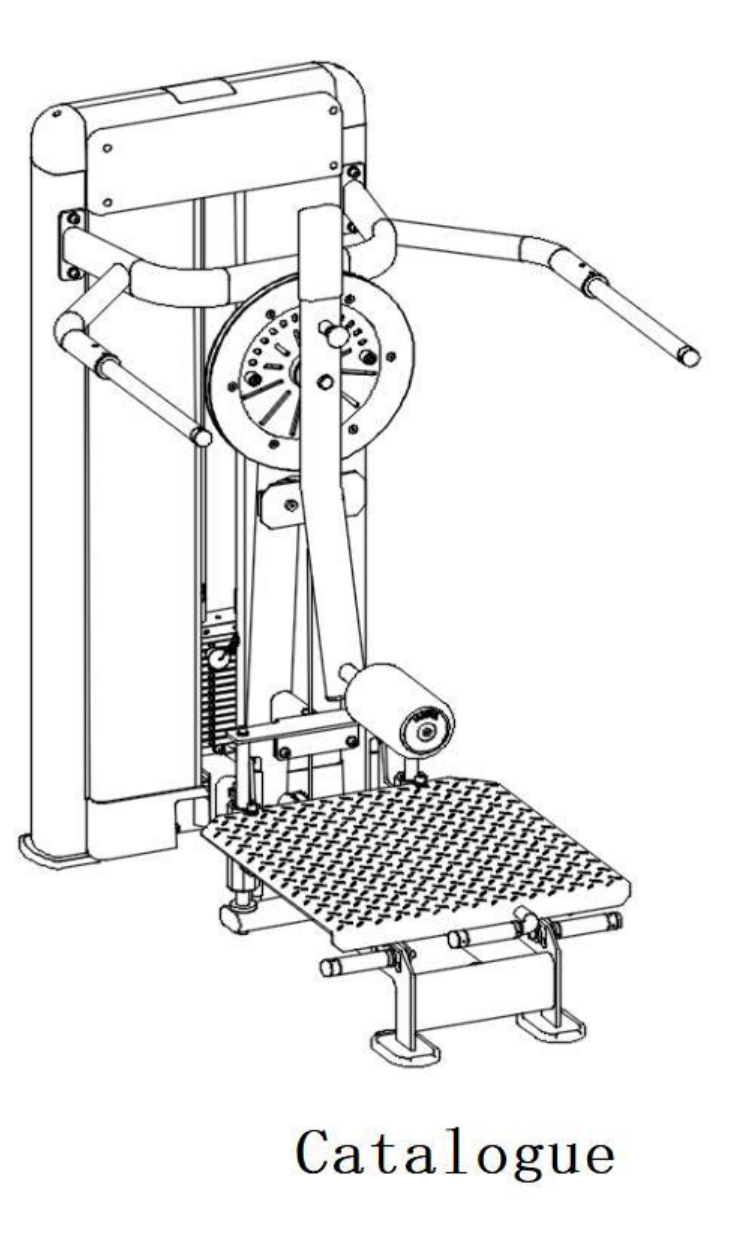
61A20 Installation Guide
Multi Hip



Catalogue

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Briefs

Please take the time to carefully read the instructions before installing .Please refer to the manual to determine the list of all components were packaged well. （If there have some parts missed or damaged please immediately call our customer service department）Please refer to the installation instruction while installing.

This device designed to provide the most effective and smoothest training movements. After installing, you can only know how to use the products after you know all the functions. If there is any question, please check the installation insturction and find out the wrong steps during the installing. If still not work, please contact the distributors authorised by original factory. The code and manual will be needed.

Tools

Rubber stick

Levelling instrument

Socket head screw wrench

More than 2 person

Circlip pliers

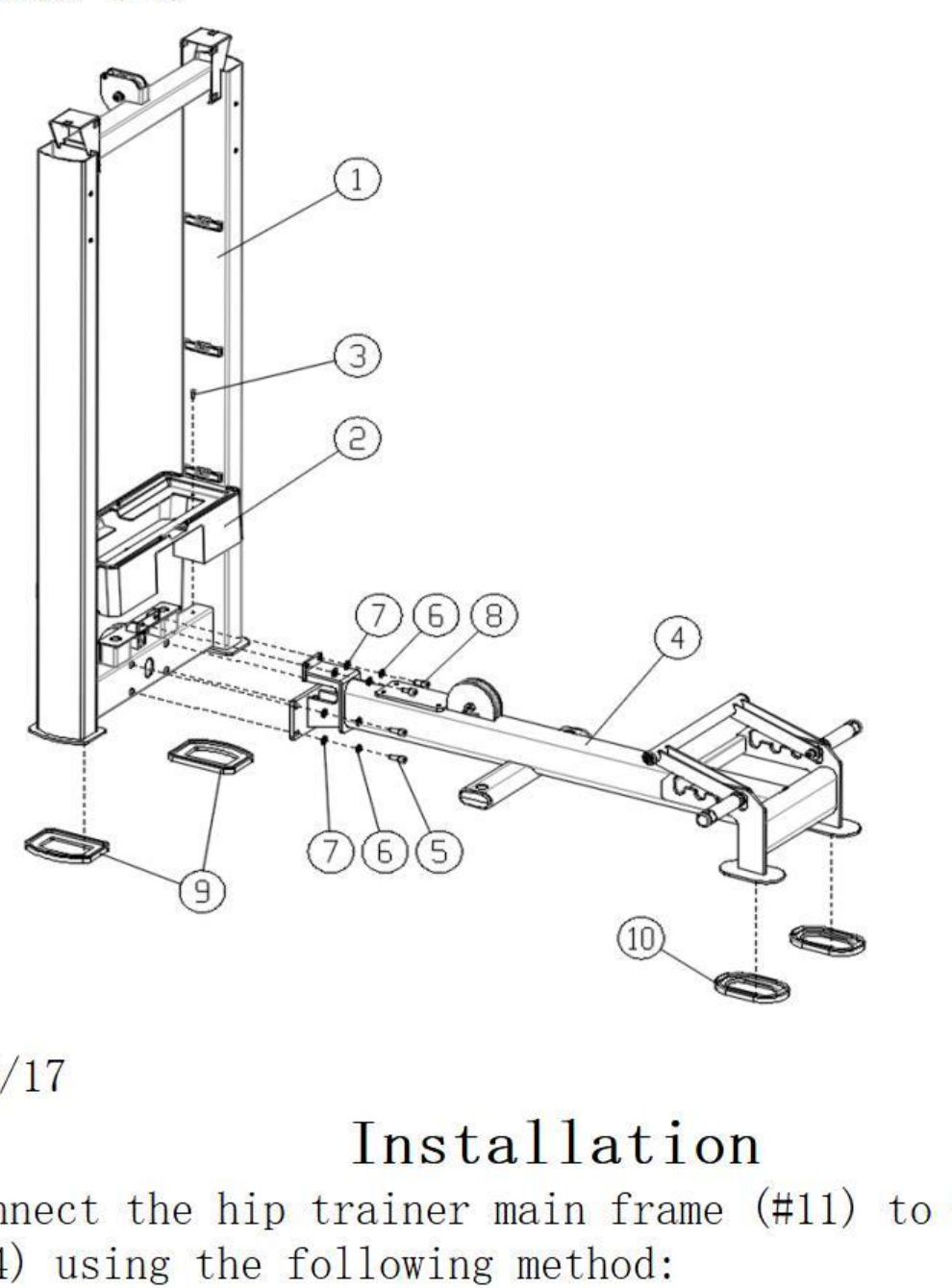
The adjustable wrench

Installation

Step 1: Connect the counterweight lower shield (#2) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#3)

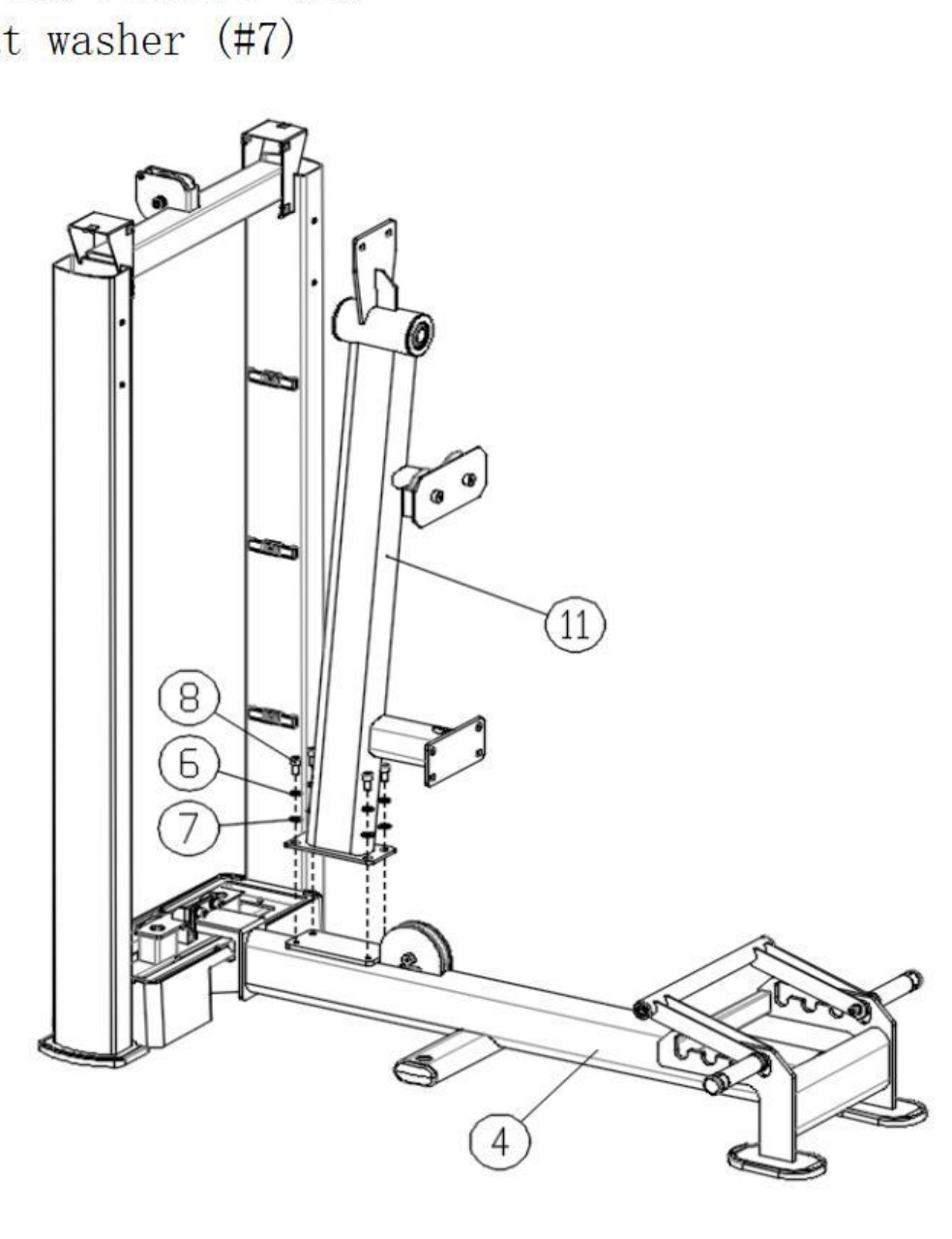
Step 2: Connect the hip trainer bottom bracket (#4) to the counterweight frame (#1) using the following method:
- 4 x Hexagon socket cheese head screws (#5)
- 6 x Spring washers (#6)
- 6 x Flat washer (#7)
- 2 x Hexagon socket cheese head screws (#8)

Step 3: Install the 2 counterweight frame feet (#9) to the counterweight frame (#1)
Attach 2 flat oval foot pads (#10) to hip trainer bottom bracket (#4)



Installation

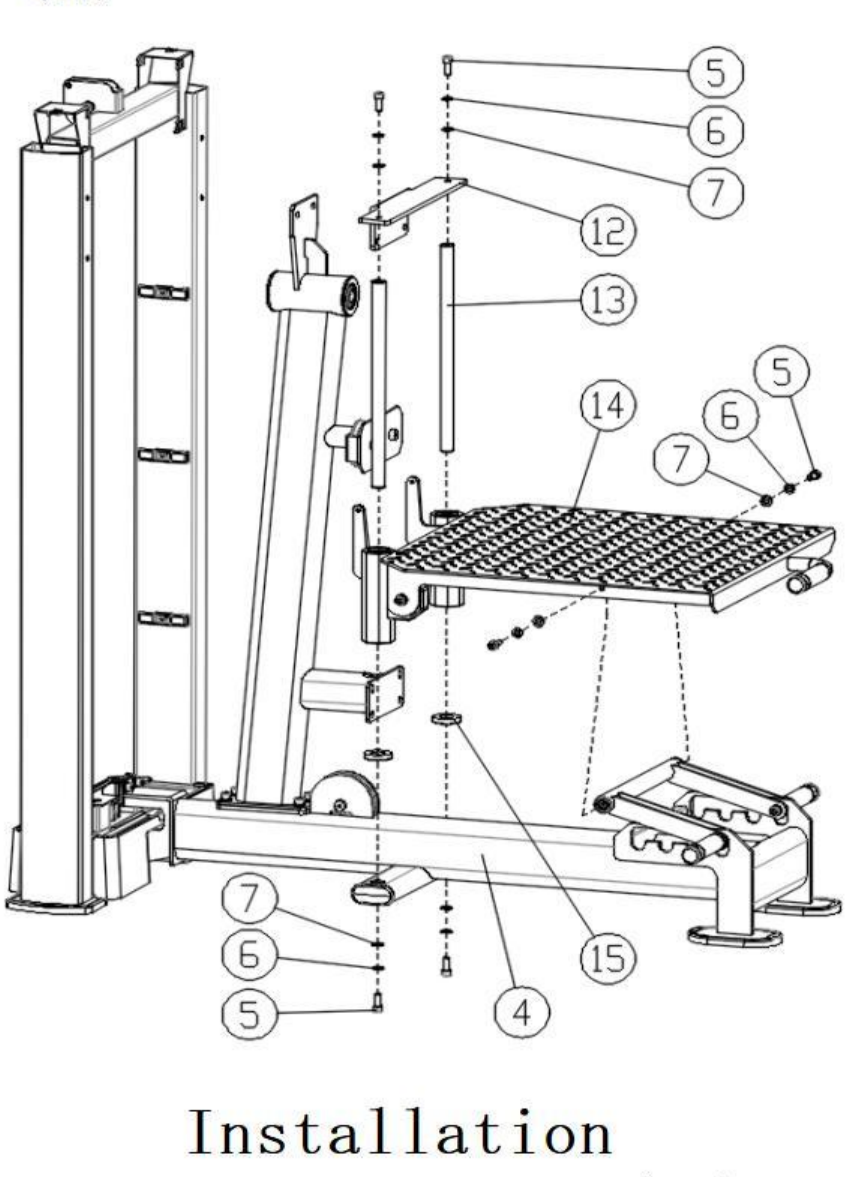
Step 4: Connect the hip trainer main frame (#11) to the bottom bracket (#4) using the following method:
- 4 x Hexagon socket cheese head screws (#8)
- 4 x Spring washers (#6)
- 4 x Flat washer (#7)



Installation

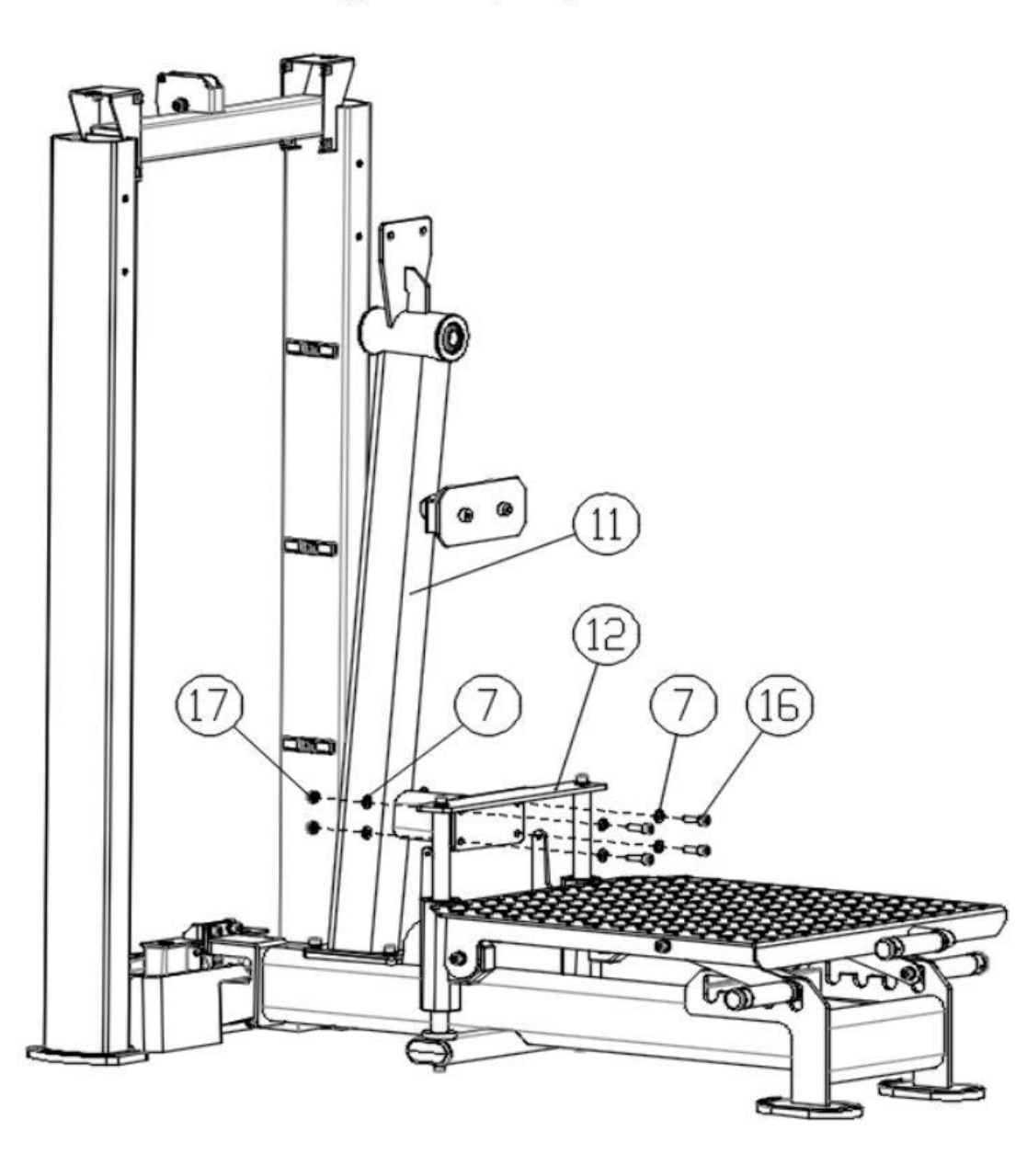
Step 5: Connect the foot chute fixing plate (#12), hip trainer chute bar (#13), pedal holder assembly (#14), chute bar rubber pad (#15) to the bottom bracket (#4) using the following method.
- 4 x Hexagon socket cheese head screws (#5)
- 4 x Spring washers (#6)
- 4 x Flat washer (#7)

Step 6: Attach the hip trainer pedal frame assembly (#14) to the bottom bracket (#4) using the following method:
- 2 x Hexagon socket cheese head screws (#5)
- 2 x Spring washers (#6)
- 2 x Flat washer (#7)



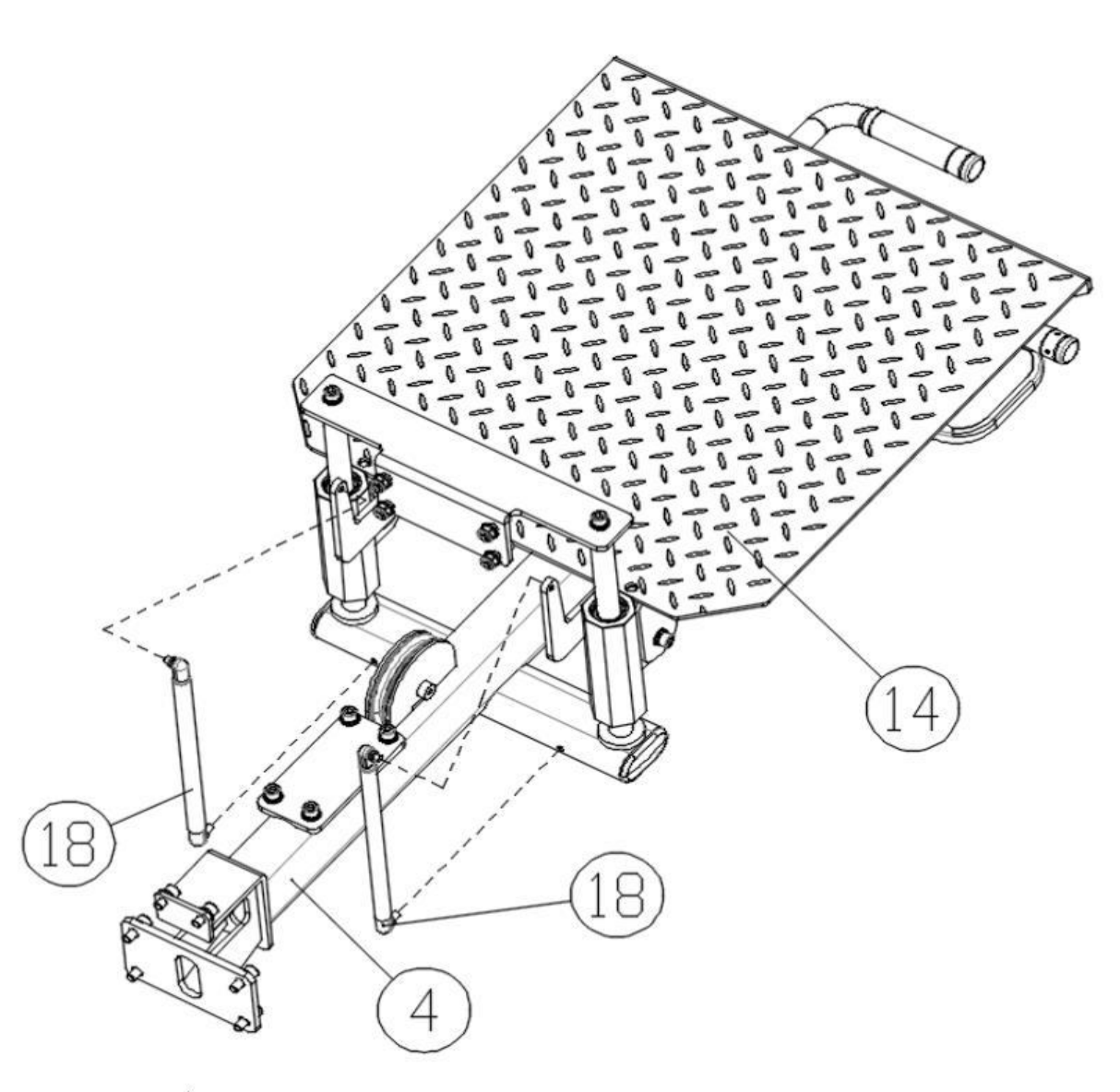
Installation

Step 7: Connect the foot chute fixing plate (#12) to the hip trainer main frame (#11) using the following method.
- 4 x Socket cap screw (#16)
- 8 x Flat Washer (#7)
- 4 x Hex self-locking nut (#17)



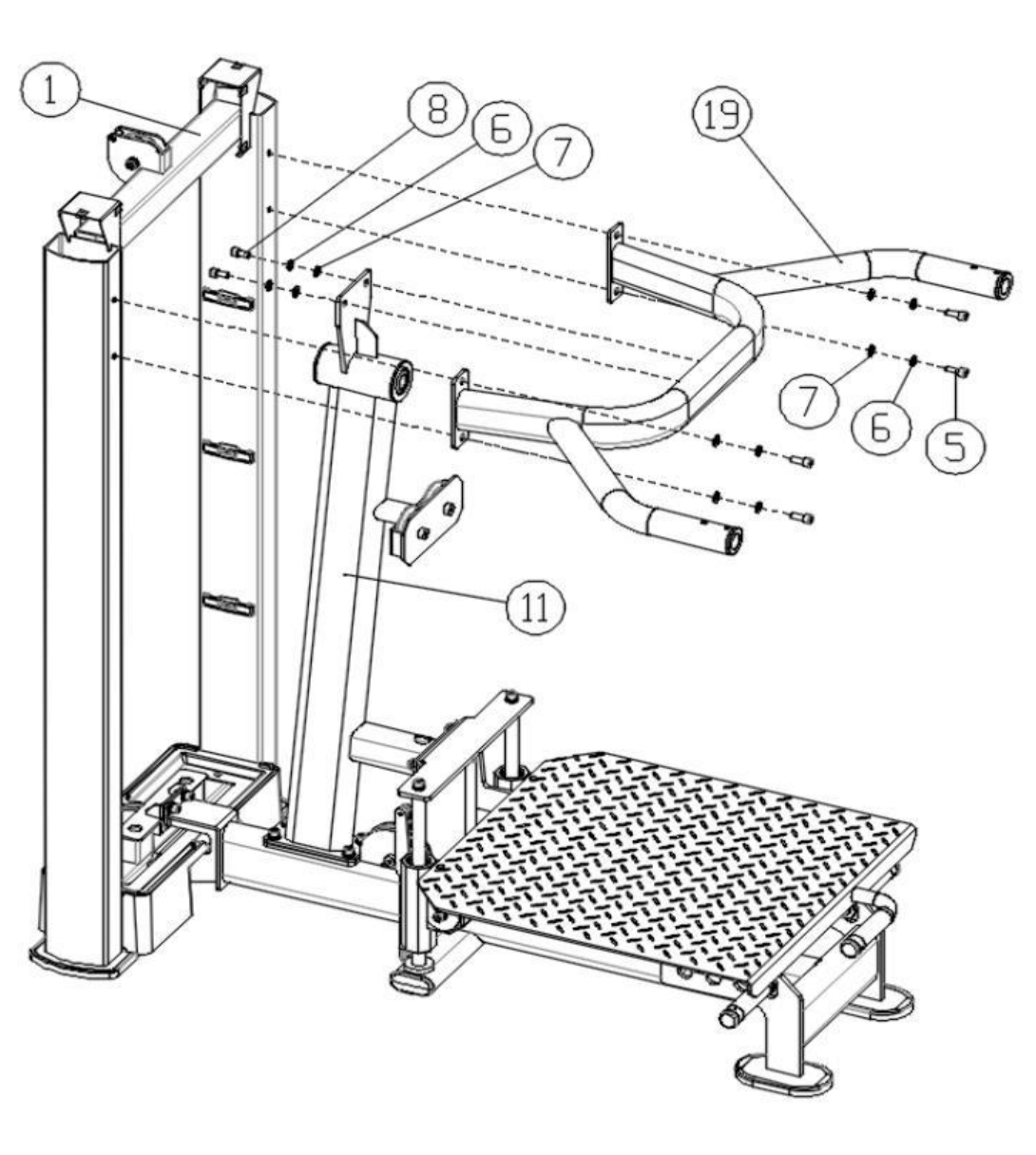
Installation

Step 8: Connect the 2 pieces of air rod (#18) with the hip trainer bottom bracket (#4) and pedal frame assembly (#14) respectively as shown in the picture



Installation

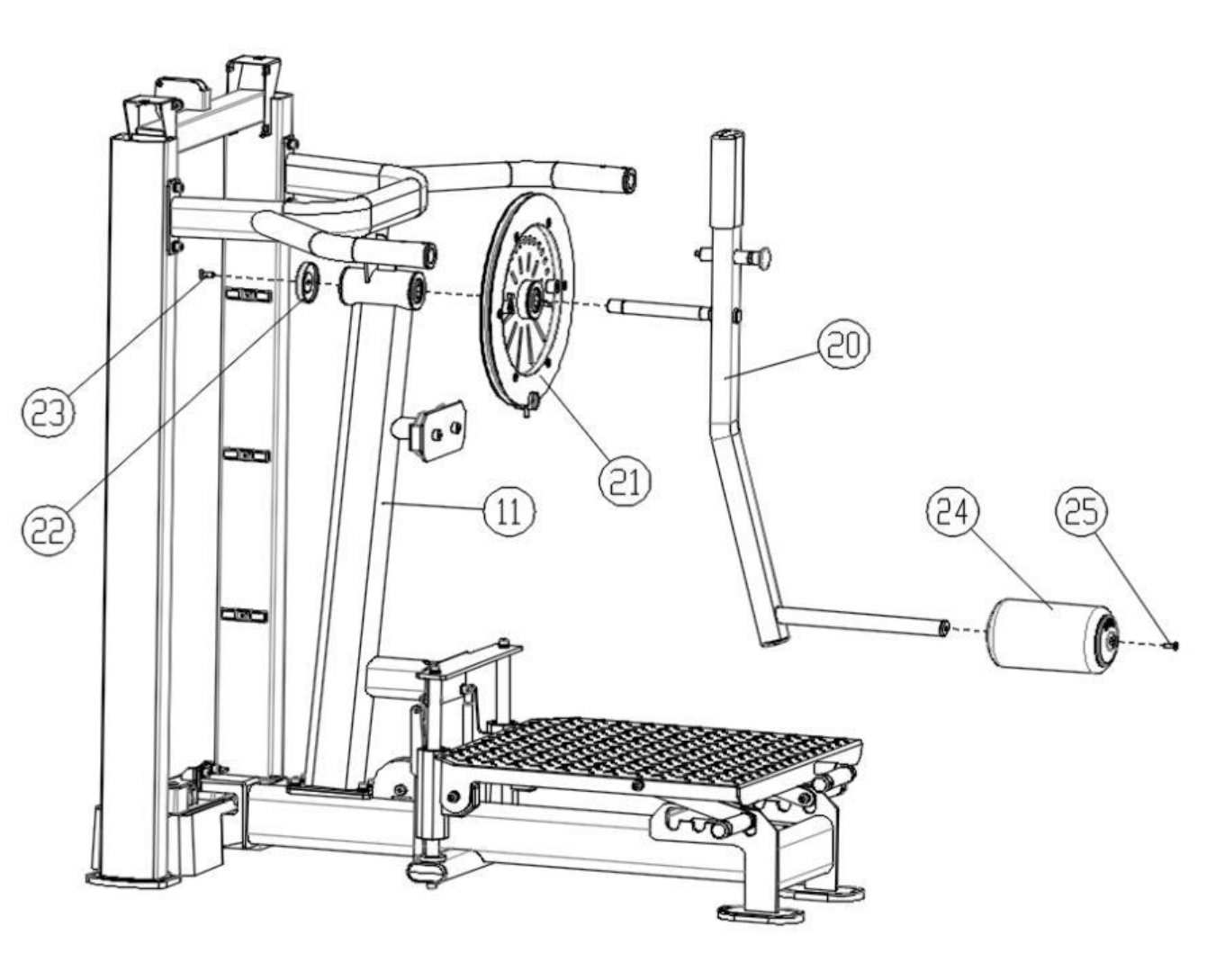
Step 9: Connect the hip trainer upper support frame (#19) to the weight frame (#1) and the hip trainer main frame (#11) using the following method.
- 4 x Hexagon socket cheese head screws (#5)
- 6 x Spring washers (#6)
- 6 x Flat washer (#7)
- 2 x Hexagon socket cheese head screws (#8)



Installation

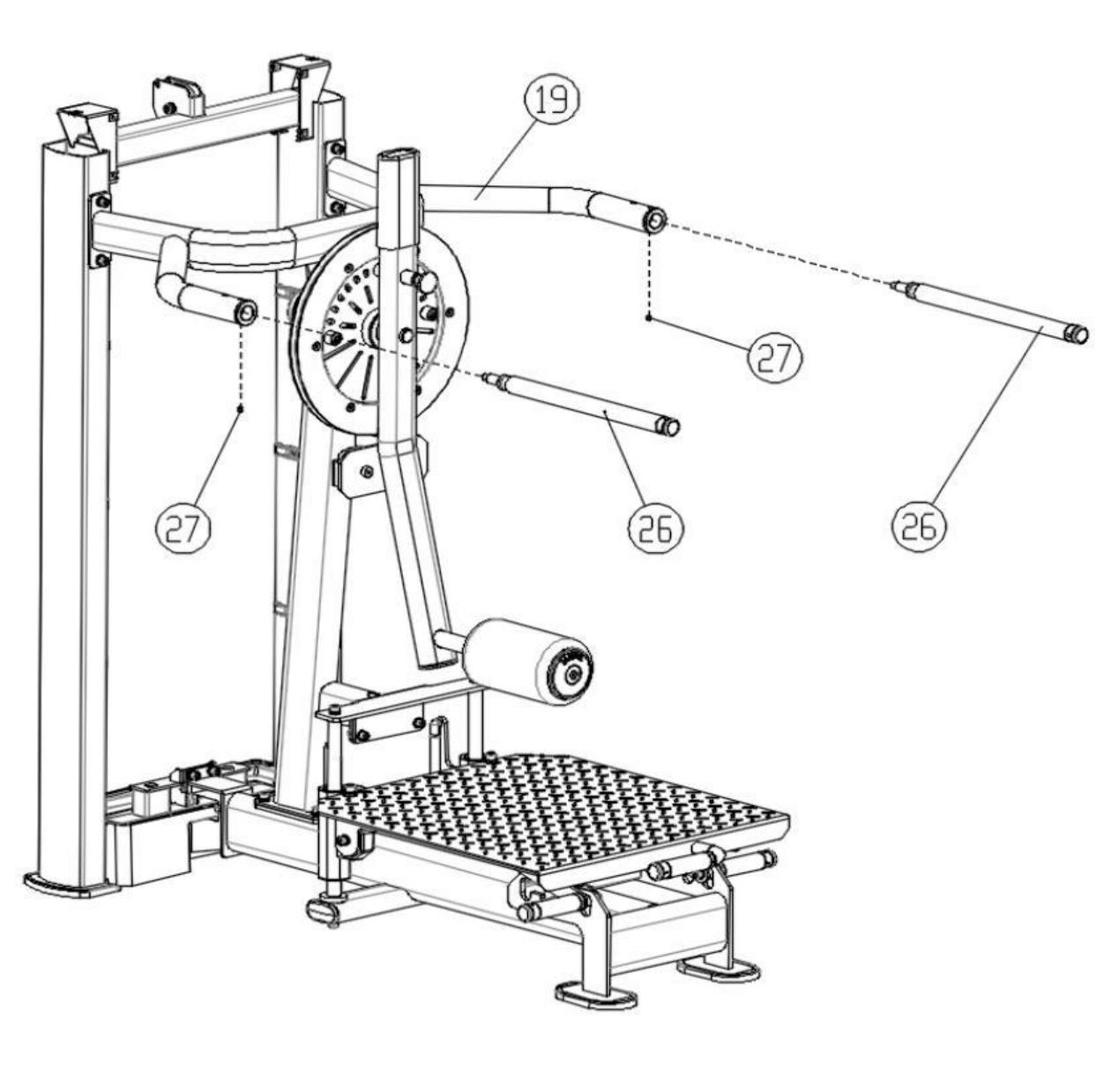
Step 10: Connect the Hip Trainer Force Arm (#20), Hip Trainer Winding Disc (#21), Type 76 Aluminum Cover (#22), and Hip Trainer Main Frame (#11) using the following method.
- 1 x Hexagon socket flat countersunk head screws (#23)

Step 11: Connect the leather cylinder (#24) to the hip trainer force arm (#20) using the following method.
- 1 x Hexagon socket flat countersunk head screws (#25)



Installation

Step 12: Connect the 2 hip trainer arm bars (#26) to the upper support brace (#19) using the following method.
- 2 x Hexagon socket set screws with tapered end (#27)

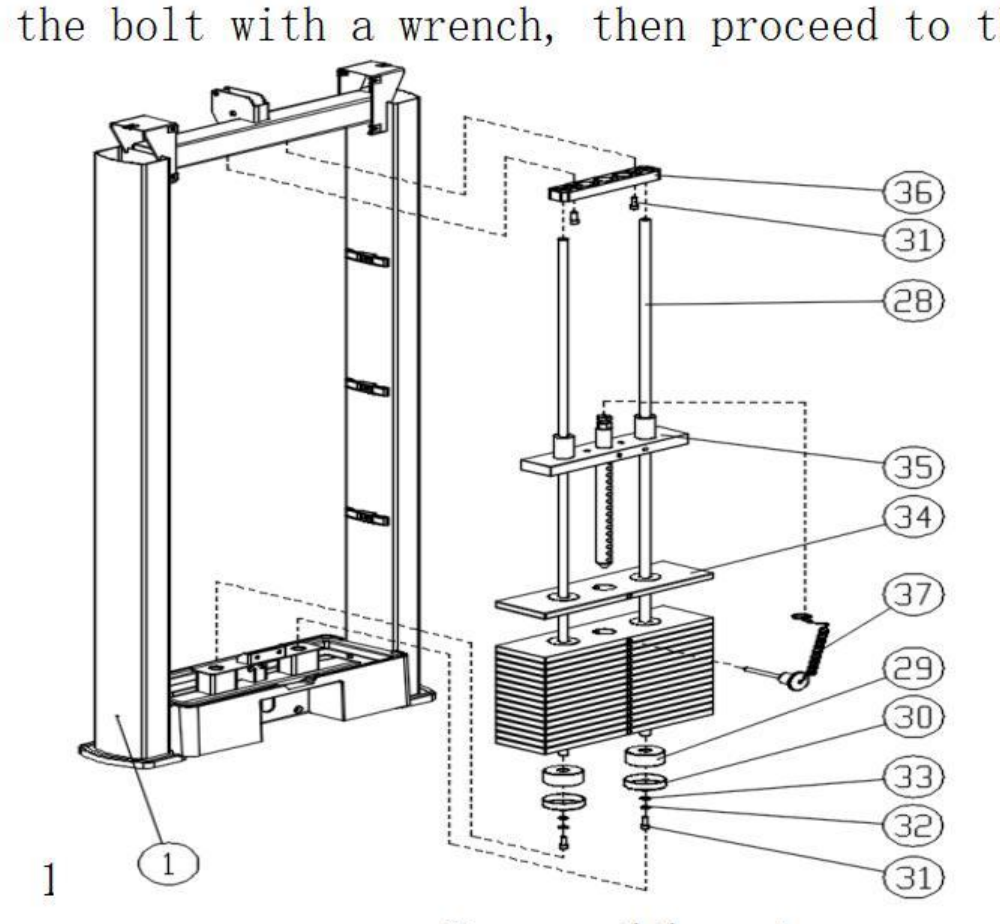


Installation

Step 13: Slide the two counterweight rubber pads (#29) onto the two guide bars (#28).
Connect the two counterweight bases (#30) to the two guide bars (#28) and place them in the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#31)
- 2 x Spring washers (#32) • 2 x Flat washer (#33)

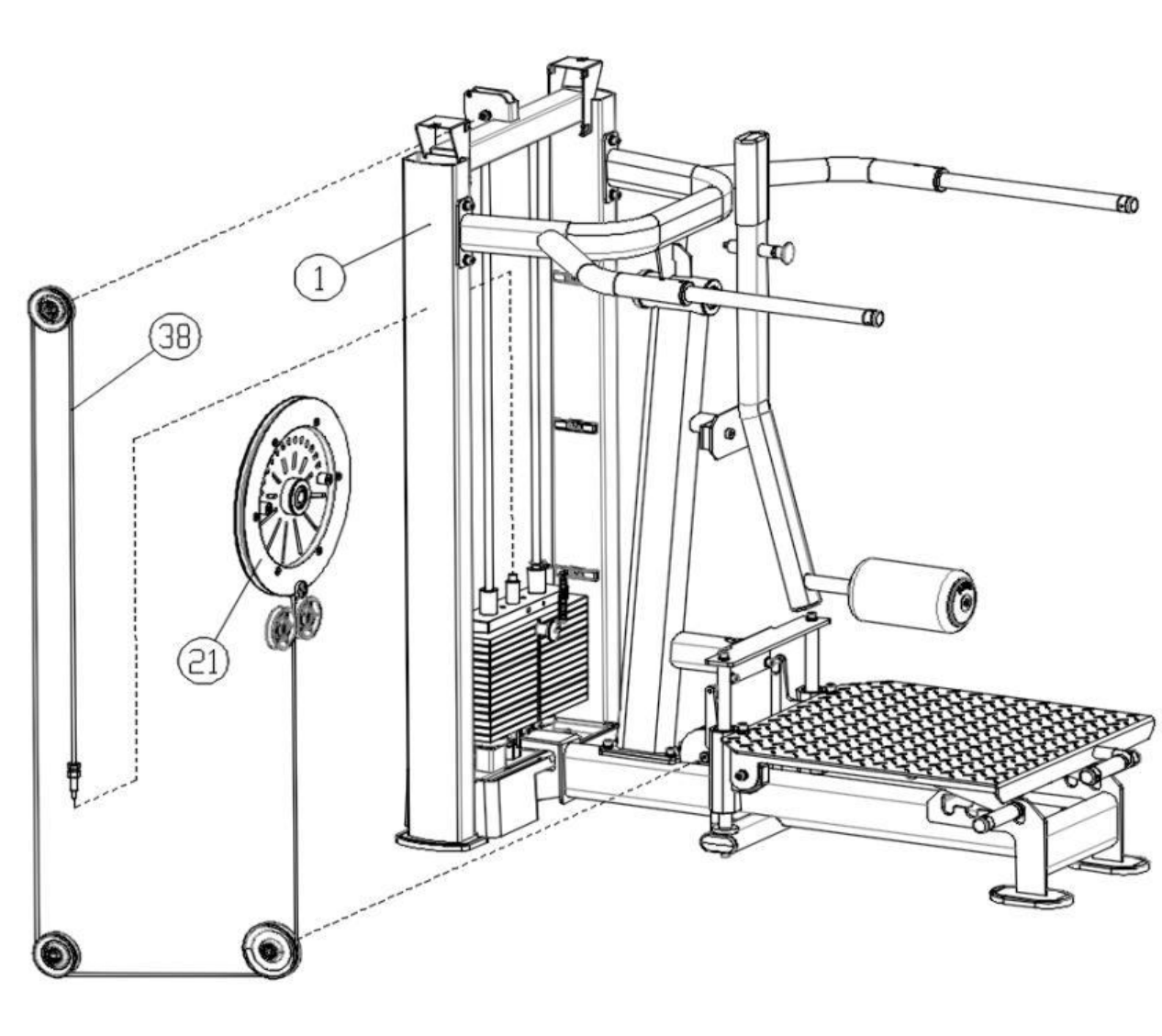
Tighten the bolt with a wrench, then proceed to the next step
Step 14: Install the 14 counterweights (#34) onto the guide bar (#28) with the isolation tabs facing up.
Install the guide block set (#35) to the guide bar (#28).
Insert the counterweight block pin (#37) into the counterweight block (#34).
Slide the guide bar retainer plate (#36) onto the guide bar (#28).
Attach the guide bar fixing plate (#36) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#31)

Tighten the bolt with a wrench, then proceed to the next step



Installation

Step 15: Thread the wire rope (#38) as shown, the pre-assembled spool needs to be disassembled first and then reassembled
Note that these spools are installed in sync with the wire rope (#38)
Step 16: Connect one end of the wire (#38) to the winding reel (#21) and the other end to the counterweight frame (#1)



Installation

Step 17:Slide the two trim strips (#40) into the two baffles (#39) and attach to the counterweight frame (#1) using the baffle pressure plate.
Slide the trim plate (#41) into the two baffles (#39) and attach to the counterweight frame (#1) using the baffle pressure plate.

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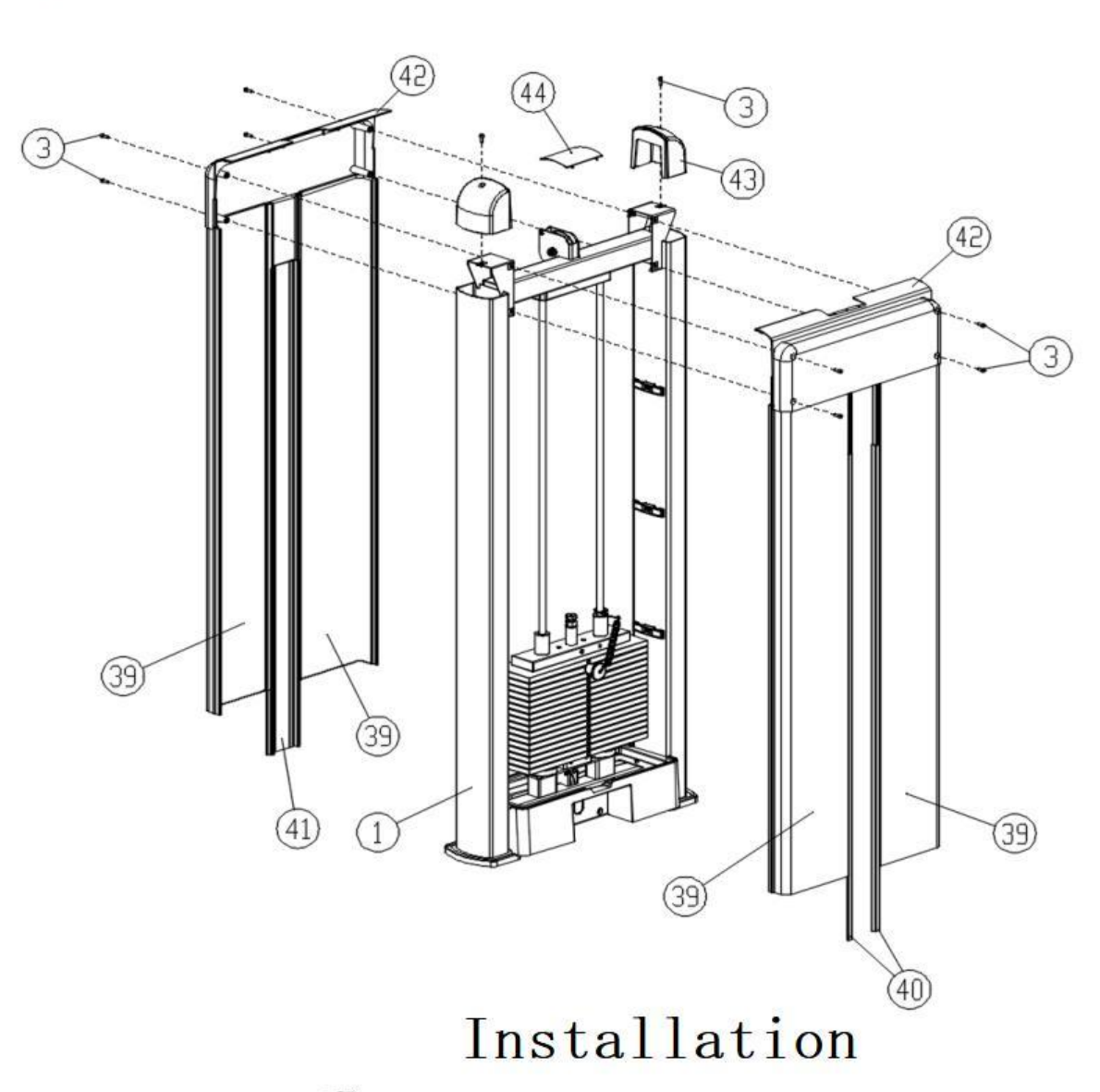
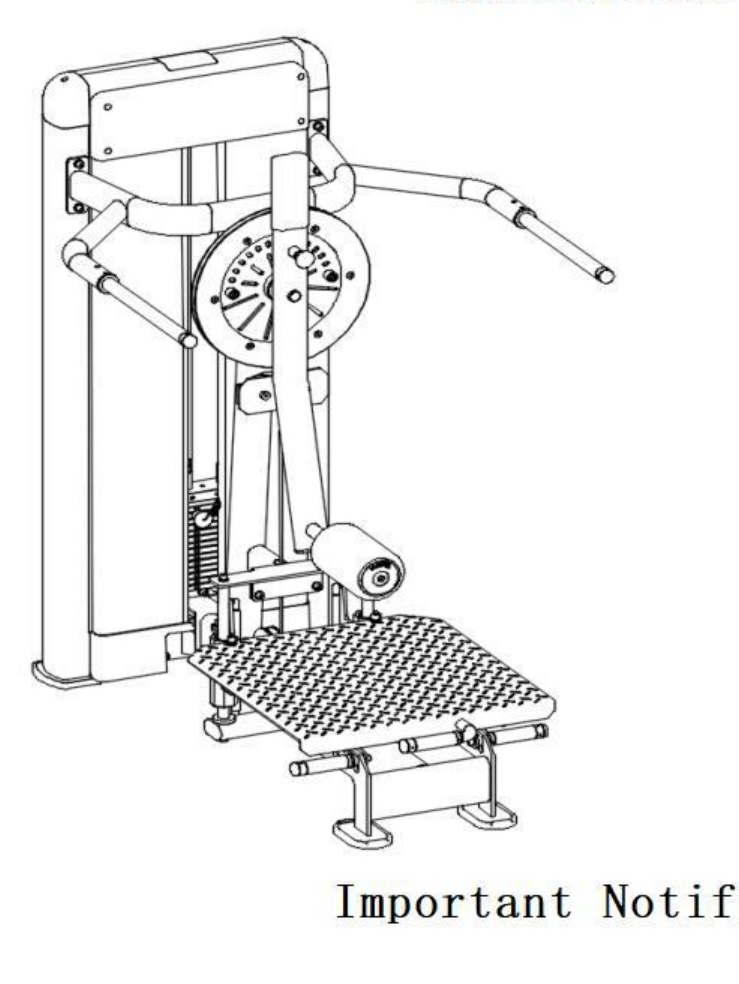
Attach the two upper shrouds (#42) to the counterweight frame (#1) using the following method.
- 8 x Hexagon socket cheese head screws (#3)

Step 18: Connect the two counterweight riser plugs (#43) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#3)

Step 19: Snap the upper shroud top cover(#44) to the upper shroud(#42)



Installation



Important Notification

Now that the Multi Hip is assembled, you'll need to take a moment to make sure your unit is level and plumb. Use a spirit level to check that the guide bars are perpendicular in both directions. Some framing hardware must be loosened to reassemble and bolts tightened if not plumb.

Accessories List

No.	Name & Specification	Qty
1	Counterweight frame	1
2	Counterweight lower shield	1
3	Hexagon socket cheese head screws (M5*16)	12
4	Hip trainer bottom bracket	1
5	Hexagon socket cheese head screws(M10*25)	14
6	Spring washers (10)	22
7	Flat washer (10)	30
8	Hexagon socket cheese head screws (M10*20)	8
9	Counterweight frame foot pads	2
10	Flat oval foot pad	2
11	Hip trainer main frame	1
12	Foot chute fixing plate	1
13	Hip trainer slide bar	2
14	Pedal rack assembly	1
15	Rubber pad for slide bar	2
16	Hexagon socket cheese head screws (M10*30)	4
17	Hexagonal self-locking nut (M10)	4
18	Air rod	2
19	Hip trainer upper support frame	1
20	Hip trainer force arm	1
21	Hip trainer winding disc	1

Accessories List

No.	Name & Specification	Qty
22	Type 76 aluminum cap	1
23	exagon socket flat countersunk head screws(M10*20	1
24	Leather cylinder	1
25	Iexagon socket flat countersunk head screws(M8*25)	1
26	Hip trainer handrail bar	2
27	Hexagon socket set screws with tapered end(M8*10)	2
28	Universal counterweight guide bar	2
29	Weight block rubber pad	2
30	Counterweight base	2
31	Hexagon socket cheese head screws(M8*20)	4
32	Spring washers (8)	2
33	Flat washers (8)	2
34	Counterweight block	14
35	Guide block set	1
36	Guide bar fixing plate	1
37	Counterweight block pins	1
38	Steel wire rope	1
39	Stopper plate	4
40	Weight source decorative strip	2
41	Counterweight source decorative plate	1
42	Counterweight upper shield	2

Accessories List

No.	Name & Specification	Qty
43	Counterweight riser plug cover	2
44	Upper shroud top cover	1

Note: Pre-assembled parts are not listed in this table.