61A21 Installation Guide

Gluteus Maximus Trainer

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Introduction

Please take some time to read this instruction carefully before installation. Please refer to the lists in the instruction manual to confirm the integrity and quantity of all parts (if any part is missing or damaged during transportation, please call our company for after-sales immediately). When installing, please follow instructions for proper installation of equipment.

This device is designed to provide the smoothest and most efficient workout possible. After installation, you need to understand all the functions to use it correctly. If you find any problems during use, you should stop using it immediately to avoid bodily injury and equipment damage. And timely refer to the relevant instructions to check the reasons, if you can't solve it, please call our after-sales service. After reading all the instructions carefully, please continue :

Rubber Stick

Level

Allen Wrench

Two People

Circlip Plier

Adjustable Wrench

Installation

Step 1: Attach the hip trainer pads (1) to the hip side shelf (4) using the following method:

- 3 × M8×25 Hexagon socket cheese head screws (3)
- 3 × 4×9 Flat washers (2)

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

Installation

Step 2: Connect the hip bottom bracket (6) to the hip footrest (7) using the following method:

- 4 xM10×20 Hexagon socket cheese head screws (3)
- 4 xM10 Spring washers (2)
- 4 xM10 Flat washers (5)

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

Installation

Step 3: Attach the hip trainer bottom frame (6) to the hip side frame (4) using:

- 3 xM10×20、4×10×25 Hexagon socket cheese head screws (3)
- 6 xM10 Spring washers (2)
- 6 xM10 Flat washers (5)

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

Installation

Step 3: Attach the hip trainer base frame (6), attachment frame (8) and hip counterweight frame (9) using:

- 6xM10×20、6xM10×25 Hexagon socket cheese head screws (3)
- 10xM10 Spring washers (2)
- 10xM10 Flat washers (5)

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

Installation

Step 5: Slide the two counterweight rubber pads (35) onto the two guide bars (32)

Connect the two counterweight bases (36) to the two guide bars (32) and place them in the counterweight frame (6) using the following method.

- 2×M8×20Hexagon socket cheese head screws (3)
- 2×M8Spring washers (37)
- 2×M8Flat washers (4)

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

Step 6: Attach the counterweight block (34) to the guide bar (32) with the isolation piece facing upward

Install the guide block set (33) to the guide bar (32).

Insert the counterweight pin (38) into the counterweight block (34).

Attach the guide bar fixing plate (31) to the guide bar (32). Attach the guide bar fixing plate (36) to the counterweight frame (1) using the following method.

- 2×M8×20Hexagon socket cheese head screws (3)

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

Installation

Step 7: Install the wire rope (23) on the counterweight frame (6) and pass the wire rope through the counterweight block pins (38) using the following method and then install it on the guide block set (32).

- 1×M10Flat washers (10)
- 1×M10Lock washers (19)
- 1×M10Self-locking nuts (21)
- 1×Wire spool (16)
- 1×8×8Cable (29)

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

Step 8:Slide the two trim strips (39) into the two baffles (41) and attach them to the counterweight frame (6) using the baffle pressure plate.

Slide the trim plate (40) into the two baffles (41) and attach to the counterweight frame (6) using the baffle pressure plate.

Attach the two upper shrouds (42) to the counterweight frame (6) using the following method.

- 8×M5×20Hexagon socket cheese head screws (42)

Connect the two counterweight riser plug caps (44) to the counterweight frame (6) using the following method.

- 2×M3×16Hexagon socket cheese head screws (42)

Installation

Important notice

Now the Gluteus Maximus Trainer is assembled, you need to make sure your setup is level and vertical.Use a level to check that the guide rods are vertical in both directions.Some frame hardware must be loosened to reassemble and bolts tightened if not plumb.