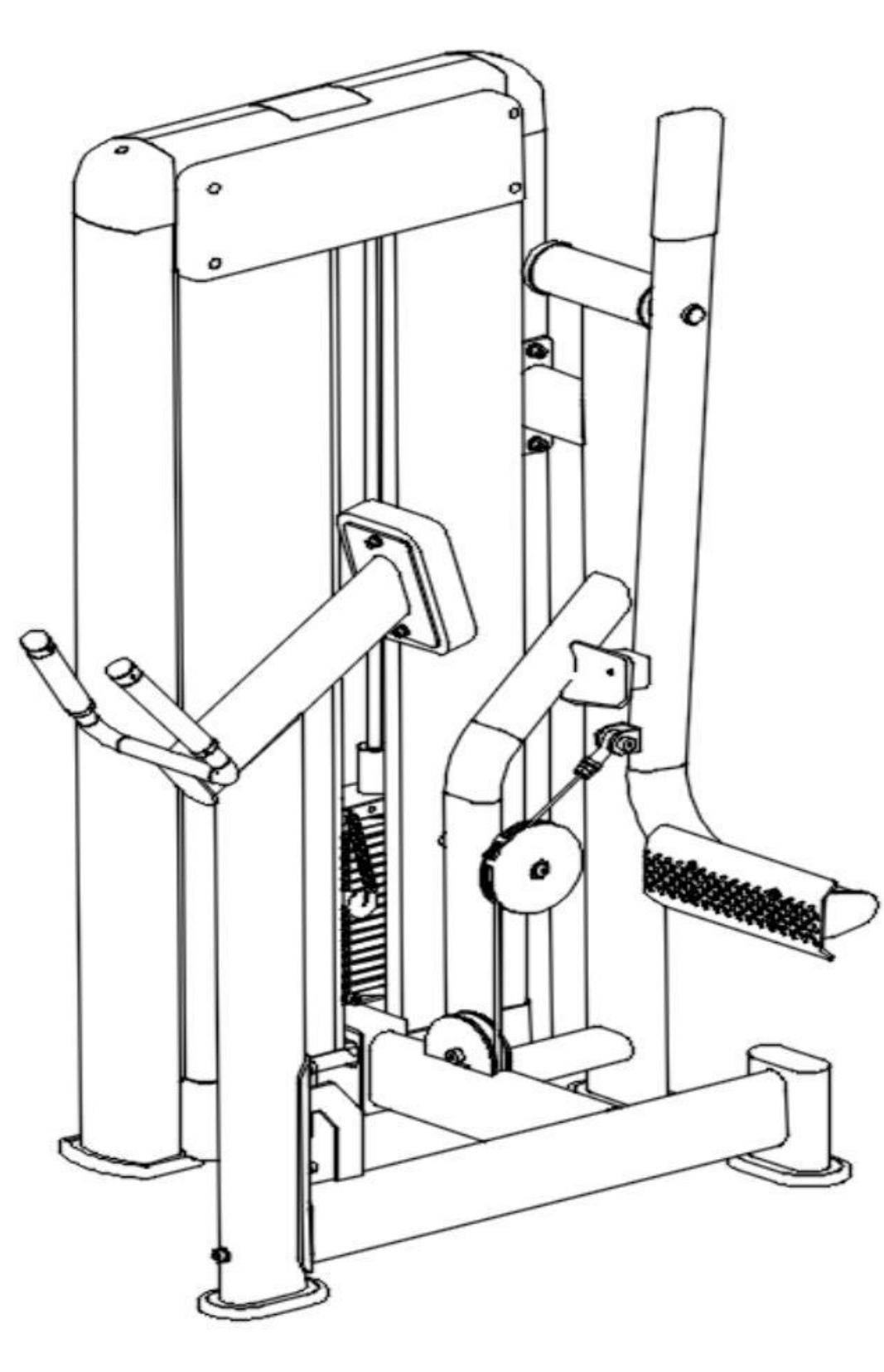
61A21A Installation Guide

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

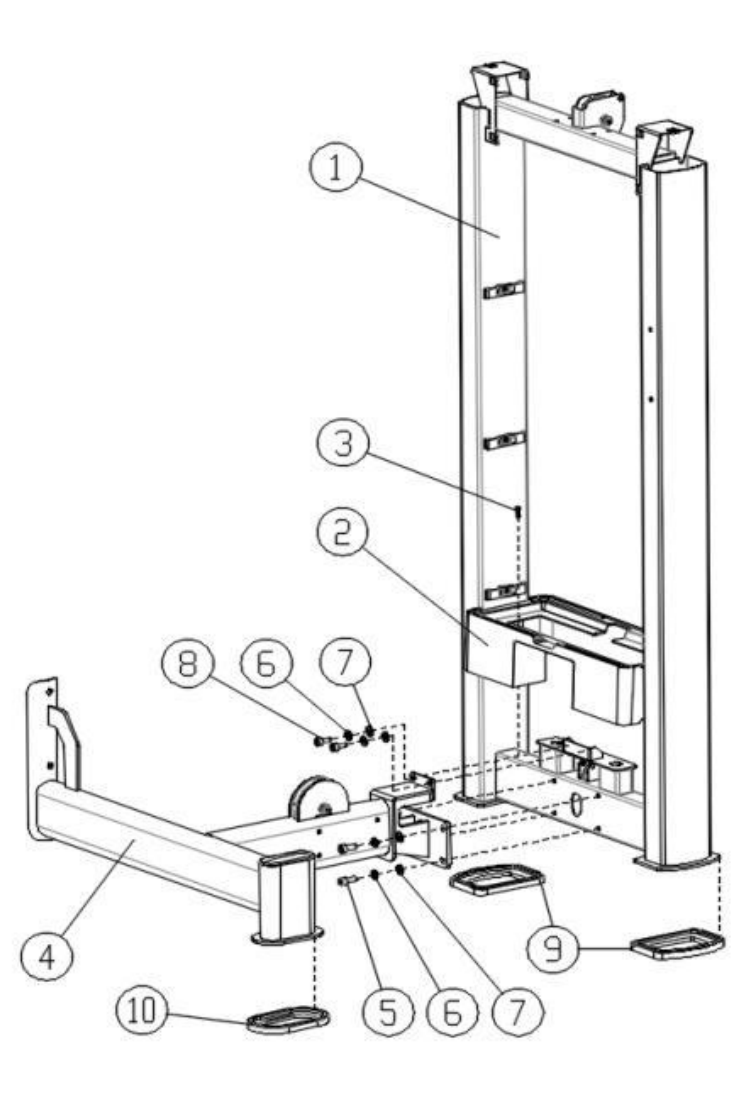
Adjustable Wrench

Installation

Step 1: Connect the Lower Shield (#2) to the Housing Frame (#1) with the following :
- 2 x Hexagon Socket Head Cap Screws (#3)

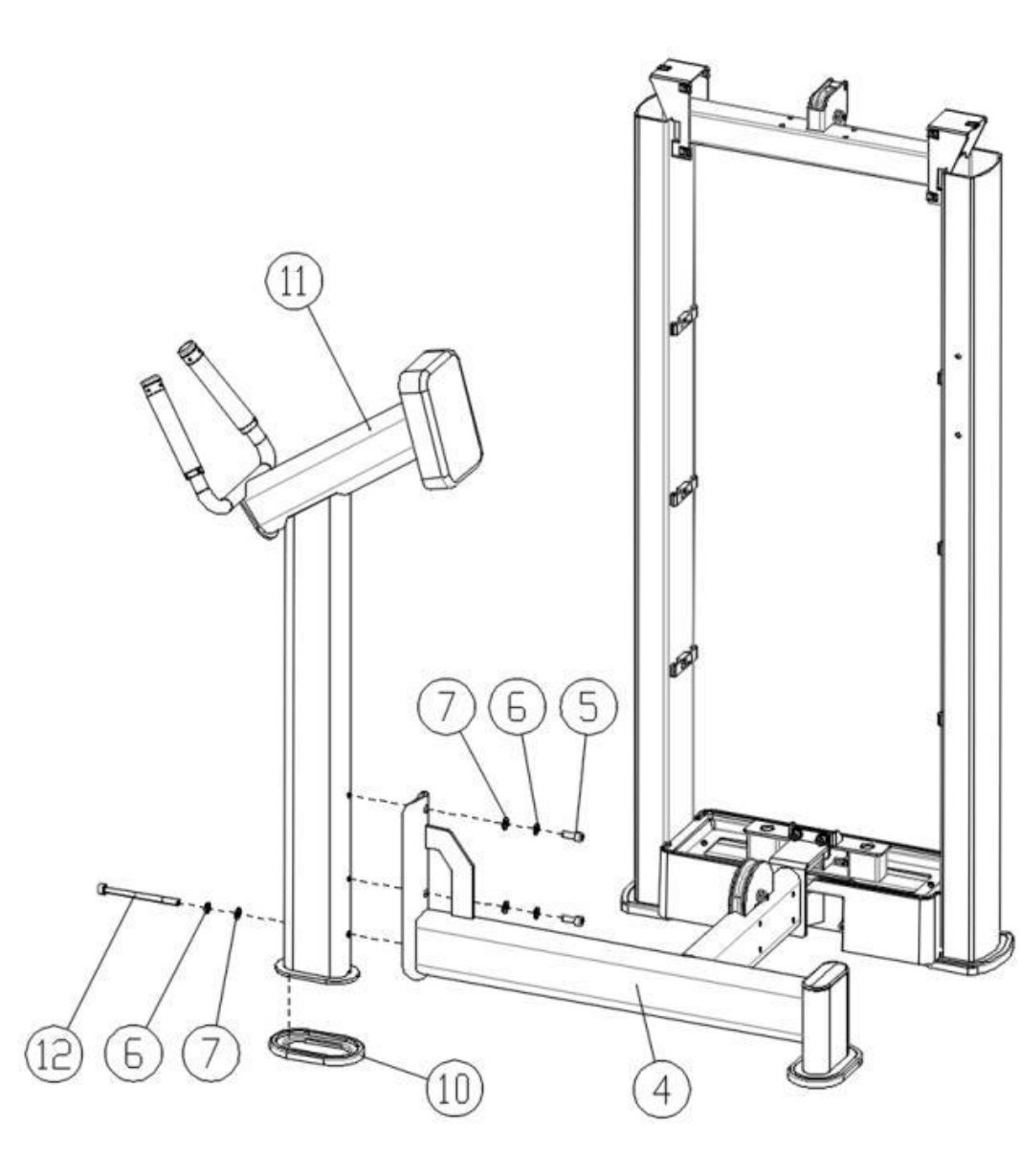
Step 2: Connect the Glute Trainer Frame Base (#4) to the Housing Frame (#1) with the following :
- 4 x Hexagon Socket Head Cap Screws (#5)
- 6 x Spring Washer (#6)
- 6 x Flat Washers (#7)
- 2 x Hexagon Socket Head Cap Screws (#8)

Step 3: Puth the 2 Weight Stack Feet Covers (#9) on the Housing Frame (#1)
Attach 1 Flat Oval Foot Pad (#10) to the Glute Trainer Frame Base (#4)



Installation

Step 4: Connect the Glute Trainer Main Frame (#11) to the Glute Trainer Frame Base (#4) with the folloiwing :
- 2 x Hexagon Socket Head Cap Screws (#5)
- 3 x Spring Washer (#6)
- 3 x Flat Washers (#7)
- 1 x Hexagon Socket Head Cap Screws (#12)



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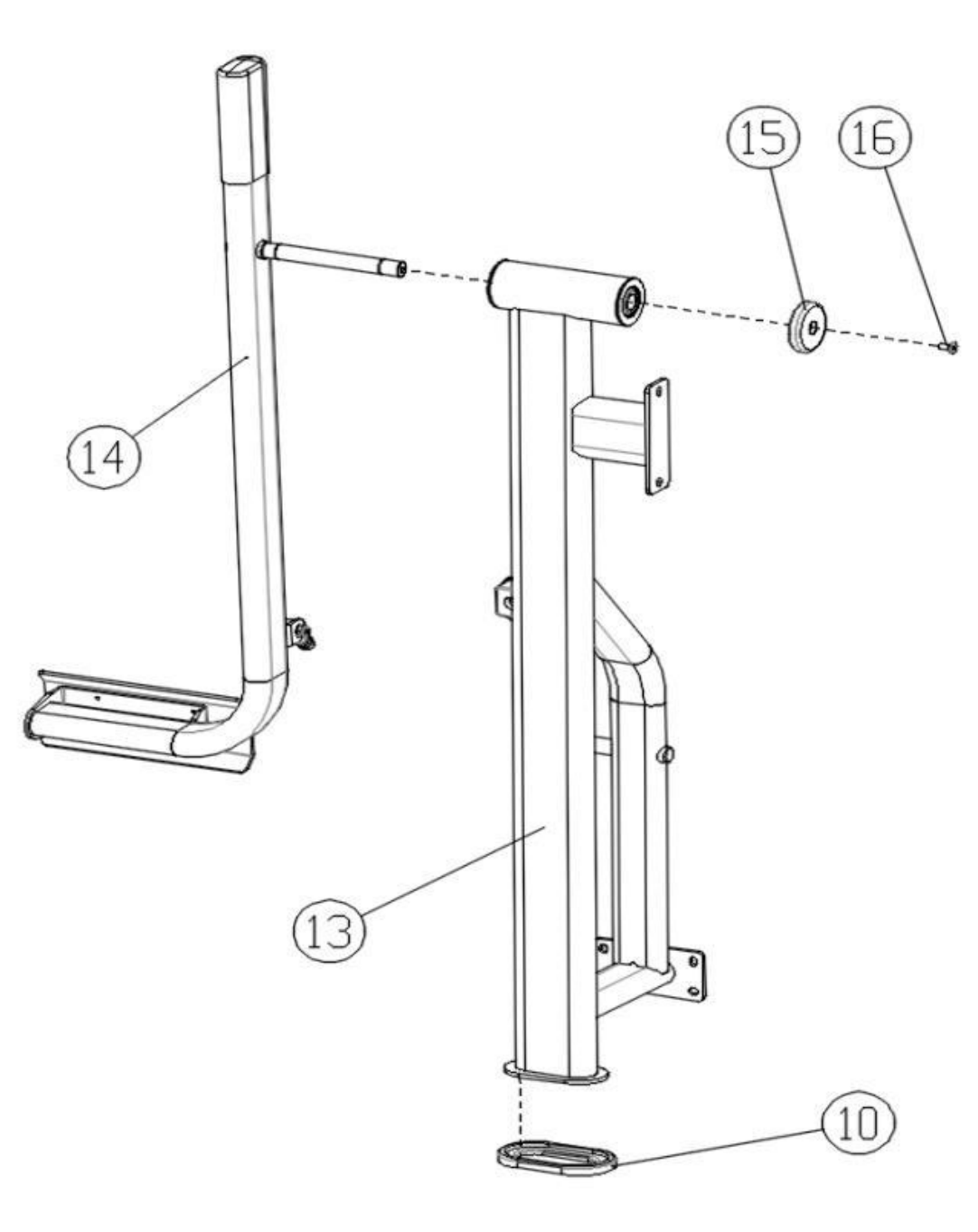
Step 5: Connect Glute Trainer Arm (#14), Aluminum Cap (#15) and Spindle Bracket (#13) with the following :
- 1 x Hexagon Socket Flat Head Screws (#16)

Step 6: Put 1 Flat Oval Foot Cover (#10) on the Glute Trainer Spindle Bracket (#13)



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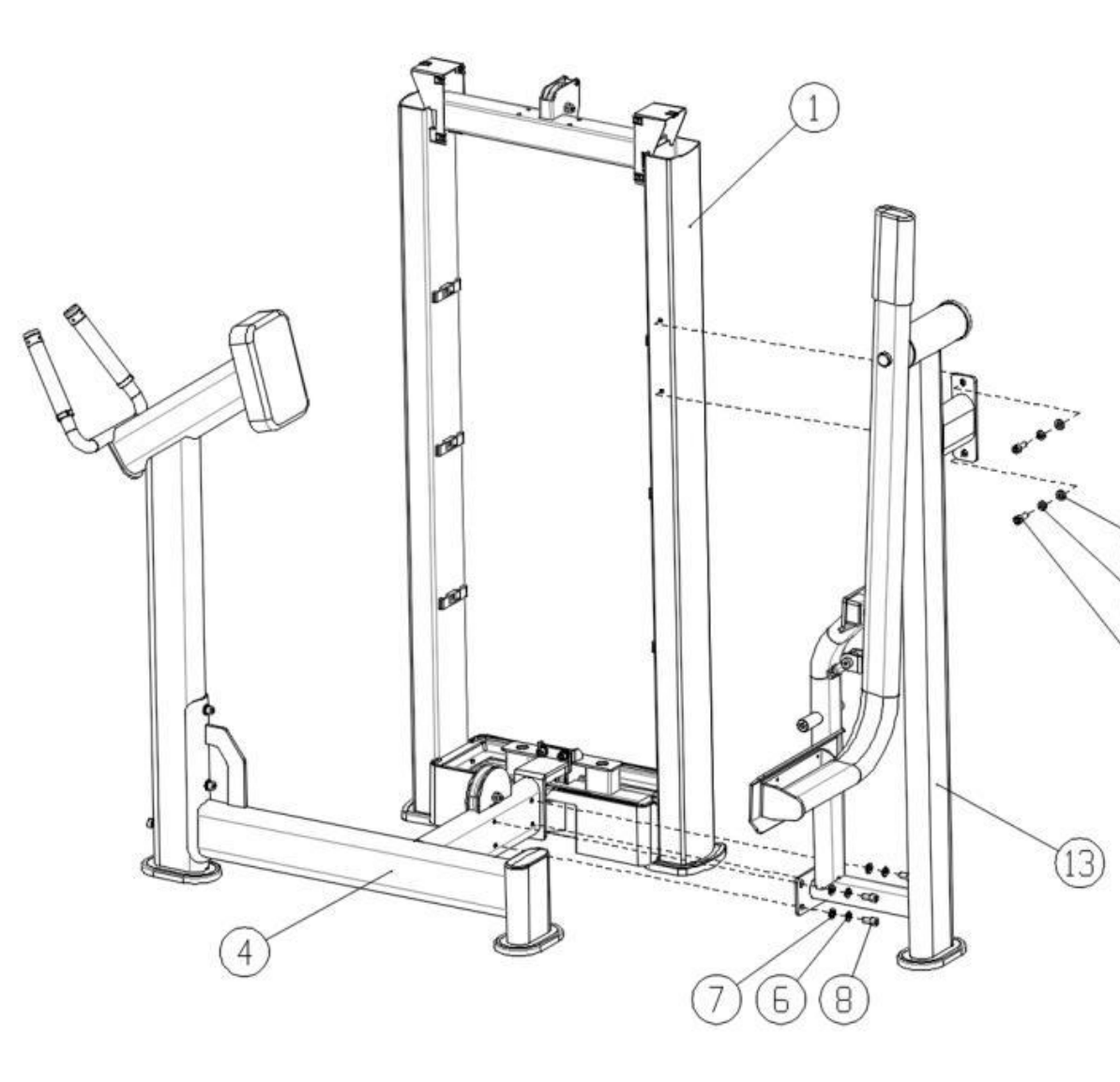
Step 7: Connect the Glute Trainer Spindle Bracket (#13) to the Glute Trainer Frame Base (#4) and Housing Frame (#1) with the following :
- 2 x Hexagon Socket Head Cap Screws (#5)
- 6 x Spring Washer (#6)
- 6 x Flat Washers (#7)
- 4 x Hexagon Socket Head Cap Screws (#8)



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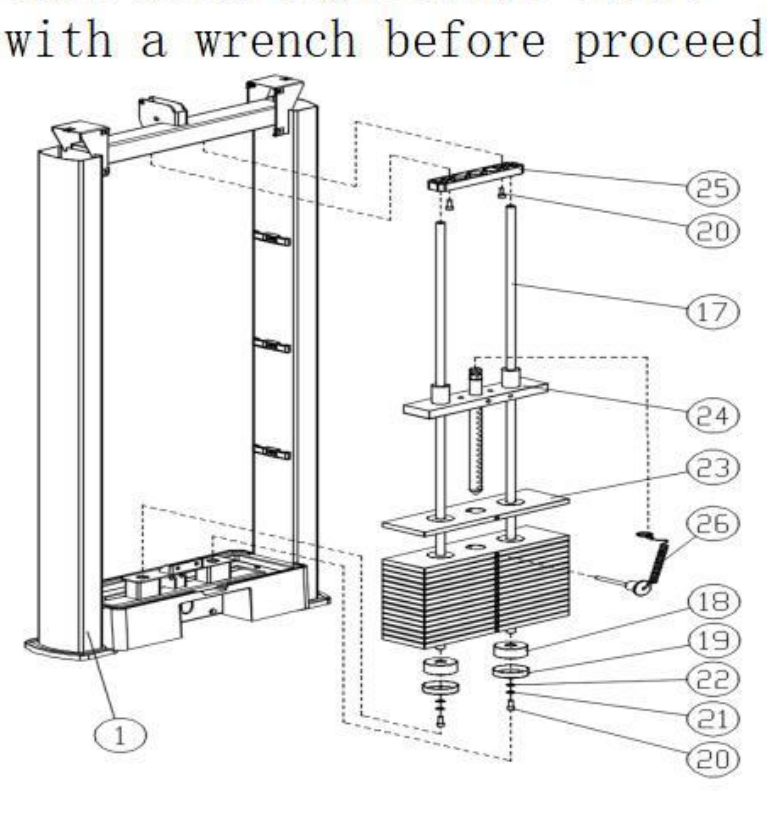
Step 8: Slide the two Weight Stack Rubber Pads (#18) to the two Guide Rods (#17).
Connect the two Housing Frame Bases (#19) to the two Guide Rods (#17) and place into the Housing Frame (#1) with the following :
- 2 x Hexagon Socket Head Cap Screws (#20)
- 2 x Spring Washer (#21)
- 2 x Flat Washers (#22)

Tighten the bolts with a wrench before proceeding to the next step

Step 9: Install the 16 pcs of Weight Stacks (#23) to the Guide Rods (#17), keep the spacers facing up.
Install the Top Plate set (#24) to the Guide Rods (#17).
Insert the Weight Stack Pin (#26) into the Weight Stacks (#23).
Slide the Guide Rod Fixed Plate (#25) to the Guide Rods (#17).
Install the Guide Rod Fixed Plate (#25) to the Housing Frame (#1) with the following :
- 2 x Hexagon Socket Head Cap Screws (#20)

Tighten the bolts with a wrench before proceeding to the next step



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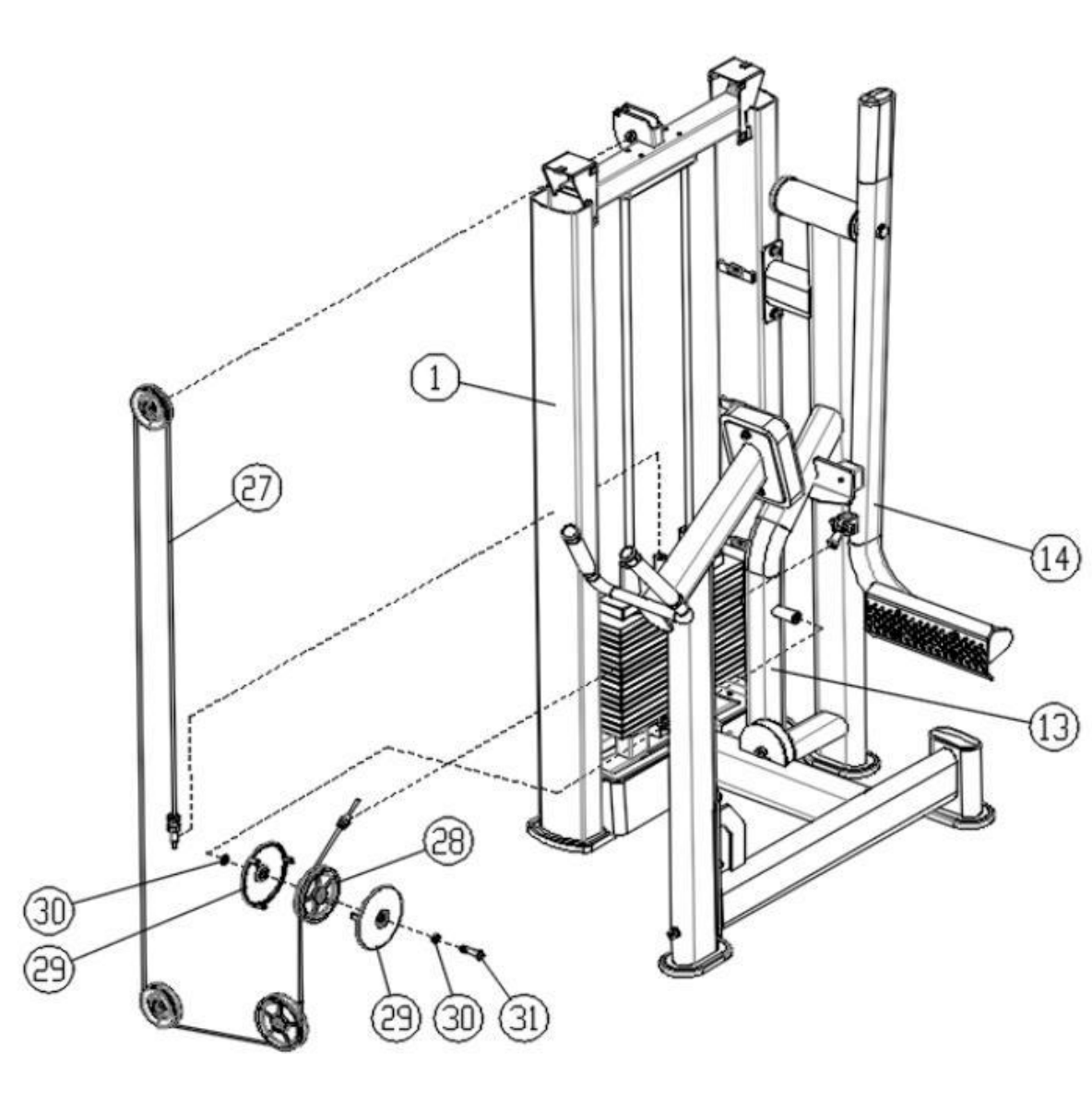
Step 10: Thread the Cable (#27) as shown in the picture.
The pre-installed Pulleys need to be disassembled and then re-installed
Please pay attention : These Pulleys should be installed synchronously with the Cable (#27)

Step 11: Connect the 120 Pulley (#28), Pulley Box (#29), Pulley Box Bushing (#30) and Glute Trainer Spindle Bracket (#13) with the following :
- 1 x Pulley Shaft (#31)

Step 12: Connect one end of the Cable (#27) to the Glute Trainer Arm (#14) first, and then connect the other end to the Housing Frame (#1)



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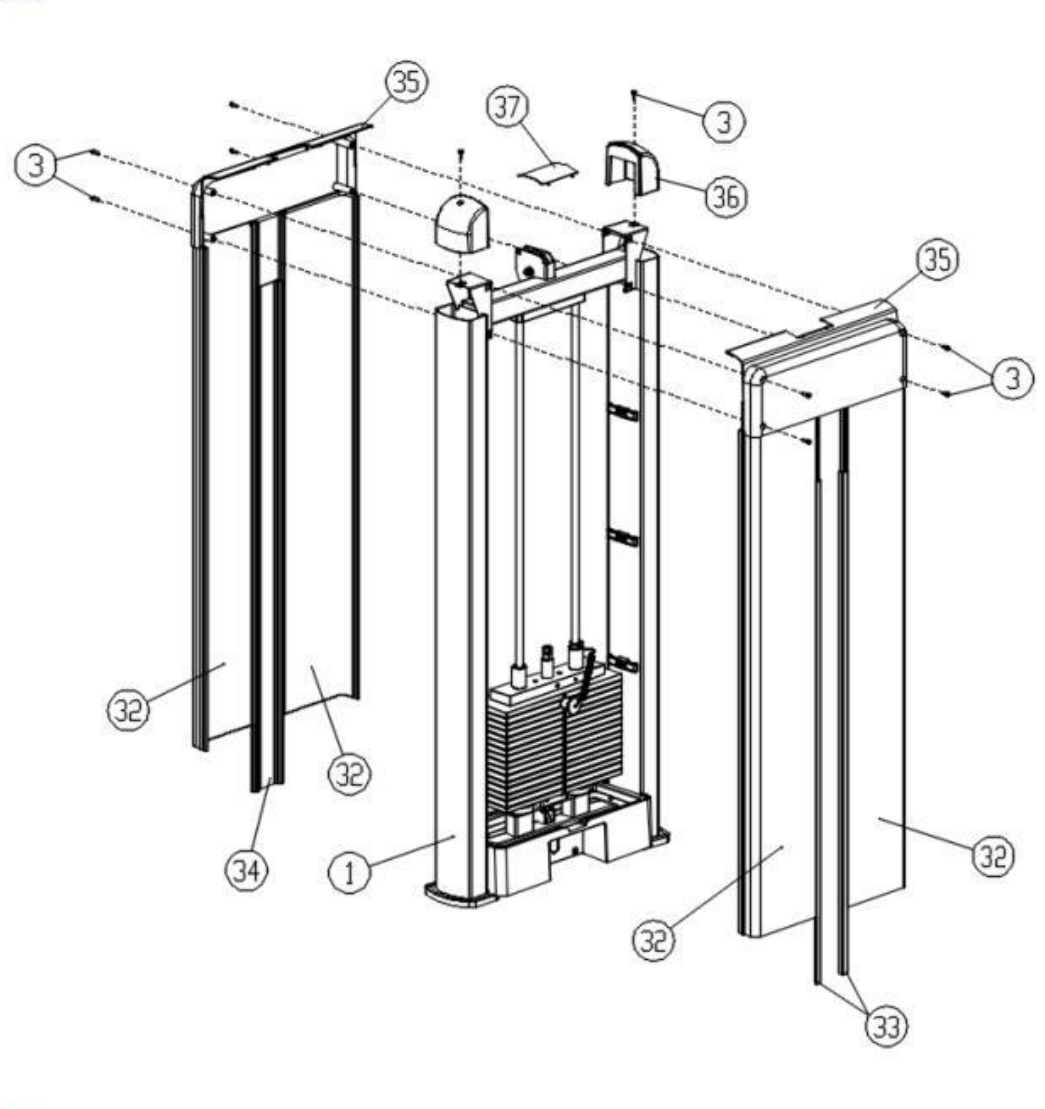
Step 13: Slide the two Front Housings (#32) into the two Housing Strips (#33), using the Baffle Plate to attach to the Housing Frame (#1).
Slide the Trim Plate (#34) into the two Front Housings (#32) and attach to the Housing Frame (#1) using the Baffle Plate.
Connect the two Top Covers (#35) to the Housing Frame (#1) with the following :
- 8 x Hexagon Socket Head Cap Screws (#3)

Step 14: Connect the two Weight Stack Frame Upper Caps (#36) to the Housing Frame (#1) with the following :
- 2 x Hexagon Socket Head Cap Screws (#3)

Step 15: Snap the Upper Shield Top Cover (#37) to the Top Cover (#35)



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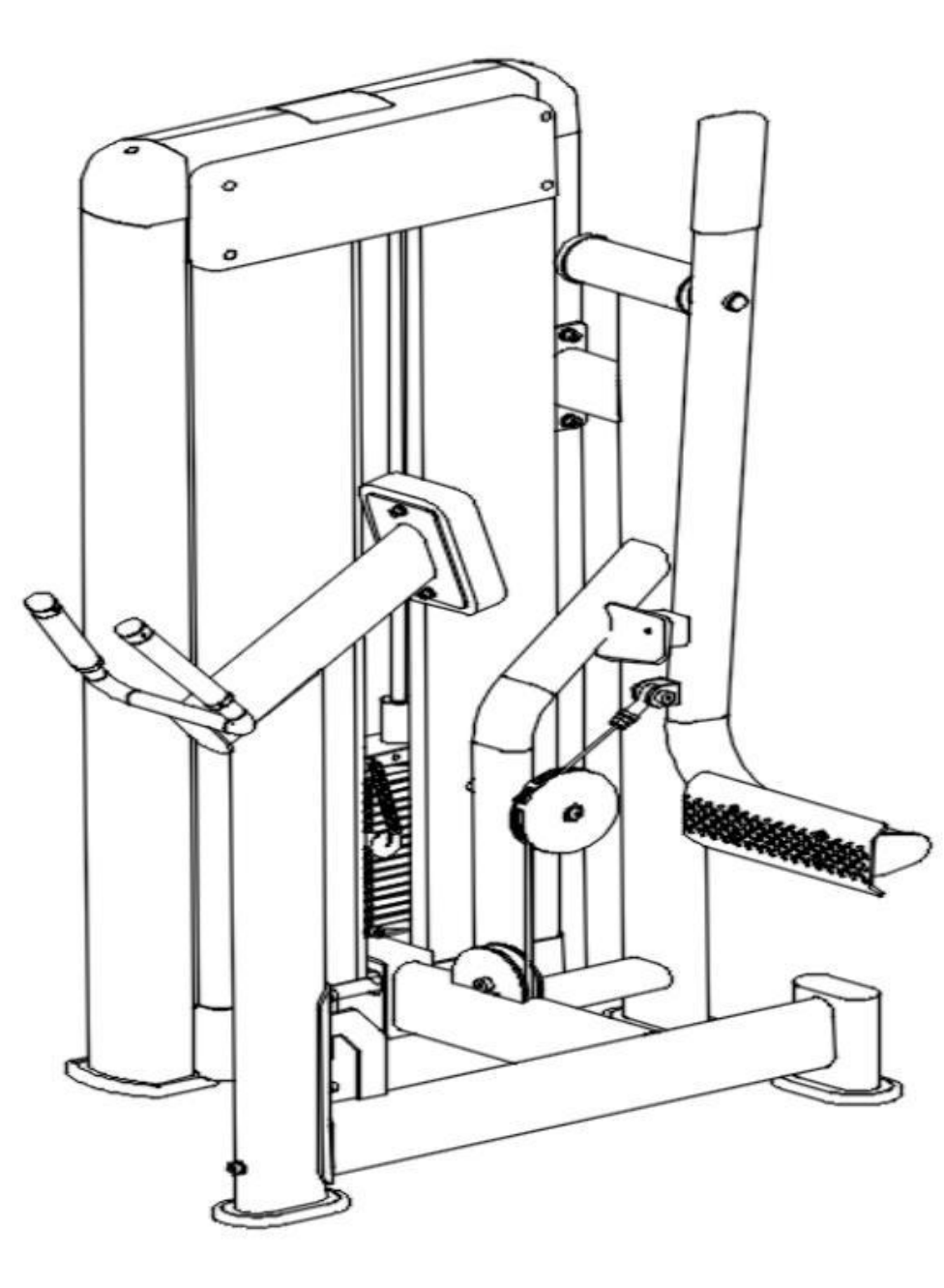

Important notice

Now the C1021 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

Accessories List

No	Names and Specifications	Quantity
1	Housing Frame	1
2	Lower Shield	1
3	Hexagon Socket Head Cap Screws (M5*16)	12
4	Glute Trainer Frame Base	1
5	Hexagon Socket Head Cap Screws (M10*25)	8
6	Spring Washers (M10)	15
7	Flat Washers (M10)	15
8	Hexagon Socket Head Cap Screws (M10*20)	6
9	Weight Stack Feet Cover	2
10	Flat Oval Feet Cover	3
11	Glute Trainer Main Frame	1
12	Hexagon Socket Head Cap Screws (M10*120)	1
13	Hip Trainer Spindle Bracket	1
14	Glute Trainer Arm	1
15	76 Aluminum Cap	1
16	Hexagon Socket Flat Head Screws (M10*20)	1
17	Universal Weight Stack Guide Rod	2
18	Weight Stack Rubber Pad	2
19	Housing Frame Base	2
20	Hexagon Socket Head Cap Screws (M8*20)	4
21	Spring Washers (M10)	2

Accessories List

No	Names and Specifications	Quantity
22	Flat Washers (M10)	2
23	Weight Stacks	16
24	Guide Rod	1
25	Guide Rod Fixed Plate	1
26	Weight Stacks Pin	1
27	Cable	1
28	120 Pulley	1
29	Pulley Box	2
30	Pulley Box Bushing	2
31	Pulley Shaft	1
32	Housings	4
33	Weight Stack Housing Stripe	2
34	Weight Stack Trim Plate	1
35	Top Cover	2
36	Weight Stack Frame Upper Cap	2
37	Upper Shield Top Cover	1

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