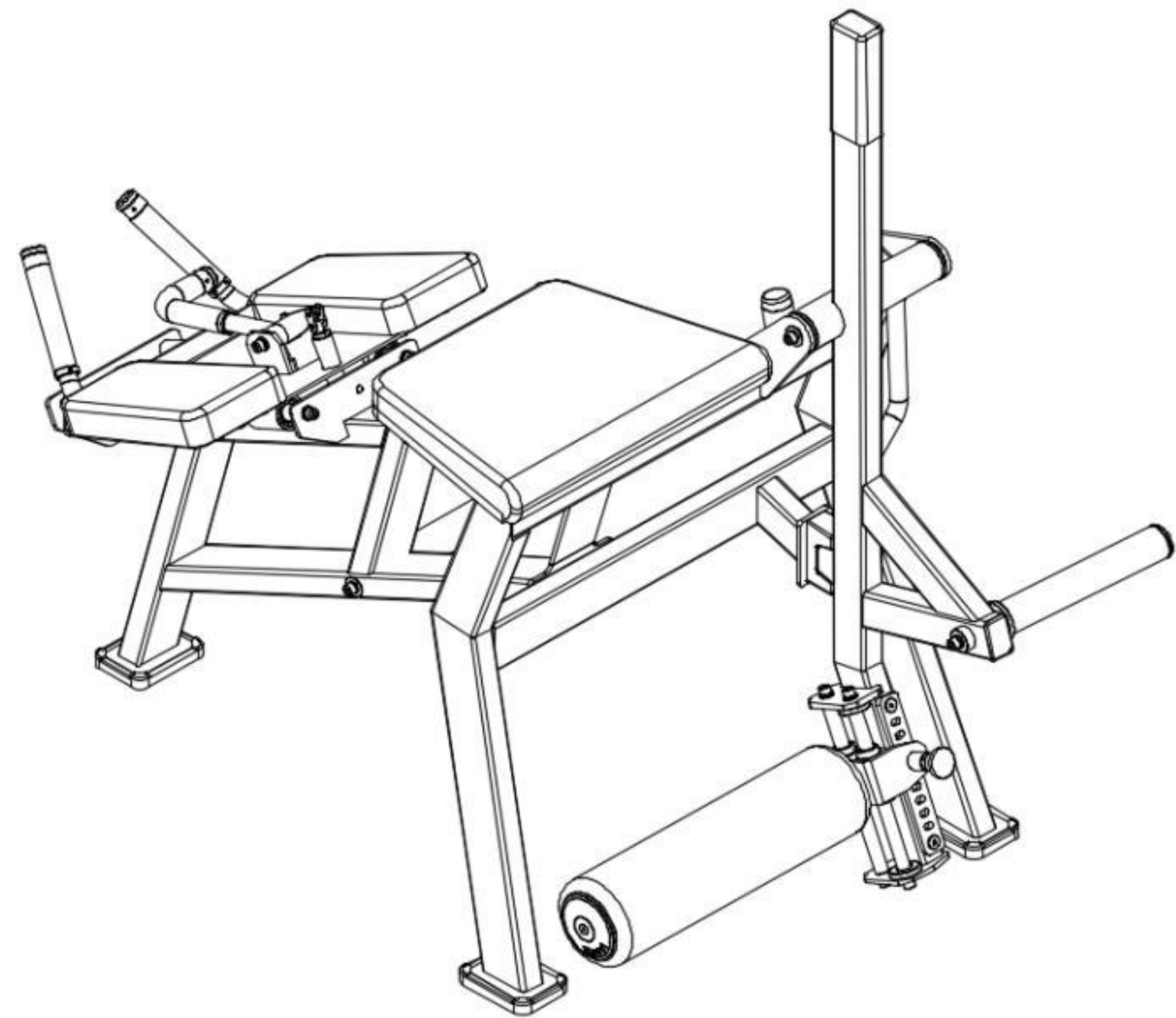
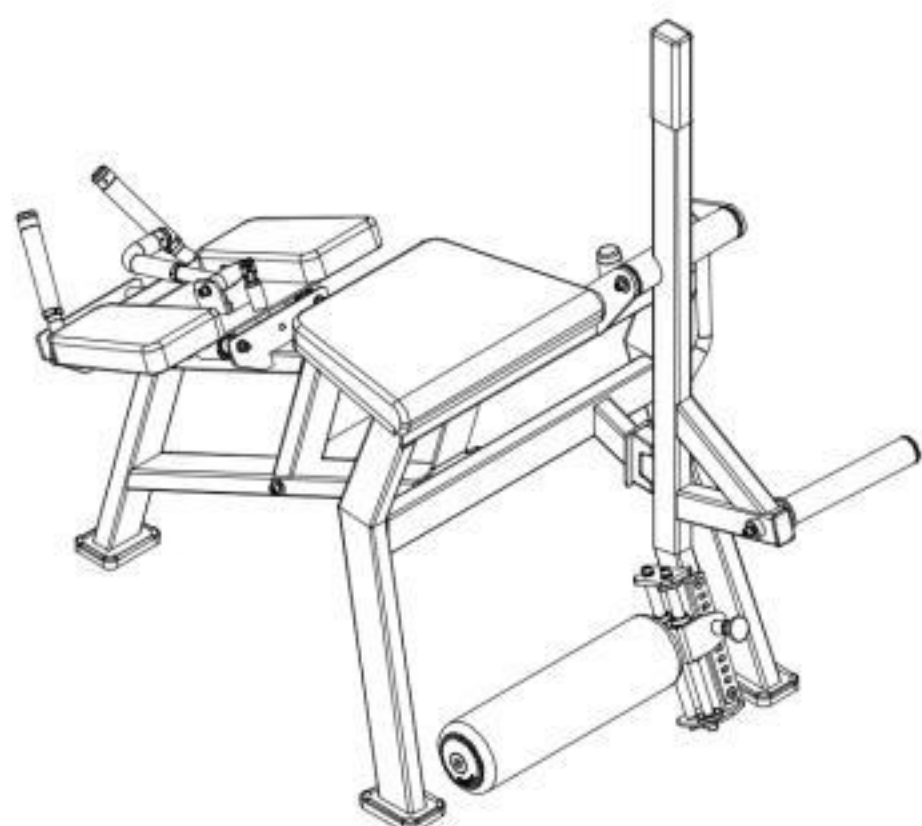


82030 Installation Guide		
Plate Loaded Glute		
		
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### Important Tips

Now that the Plate Loaded Glute is assembled, you need to take some time to make sure your unit is horizontal and vertical.



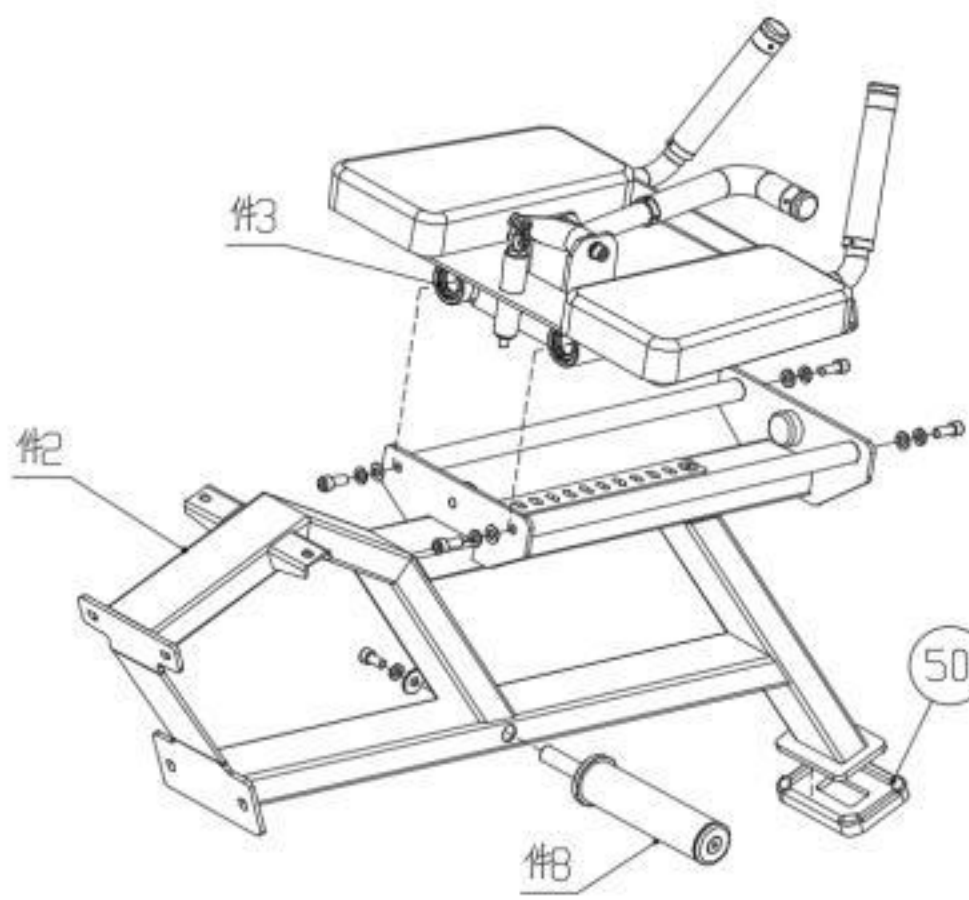
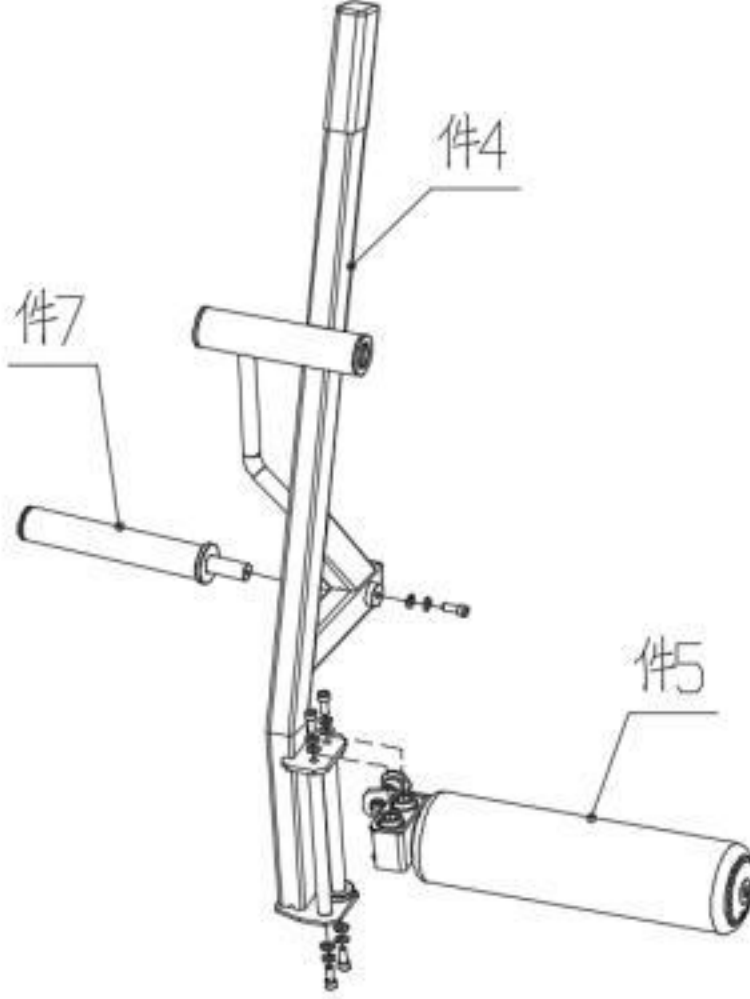
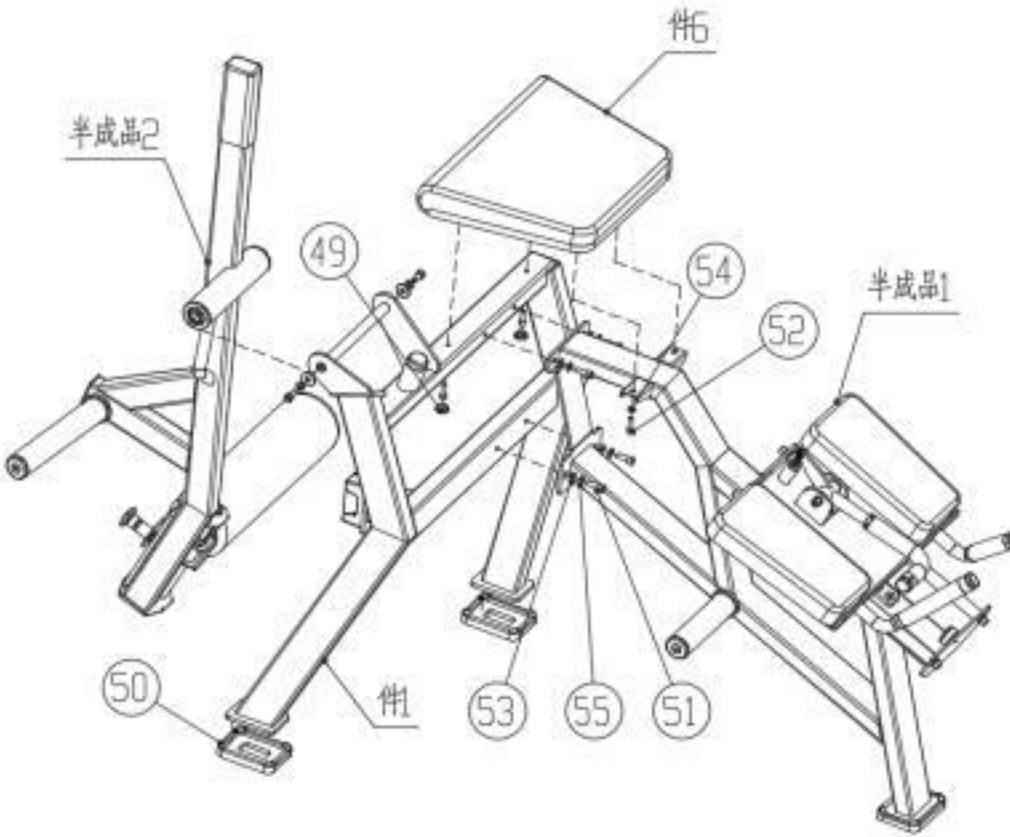
Accessories List							
NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	#1		1	5	#5		1
2	#2		1	6	#6		1
3	#3		1	7	#7		1
4	#4		1	8	#8		1

NO.	Name	QTY	NO.	Name	QTY
49	20-hole plug	2	53	flat washer M10-D20	4
50	Rectangular Foot Pad	3	54	flat washer M8-D16	4
51	Hexagon socket cheese head screws M10*25	4	55	Spring washer M10	4
52	Hexagon socket cheese head screws M8*25	4			

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

Brief	
Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing the equipment, please follow the instructions for proper installation.	
This equipment is designed to provide the most fluid and effective exercise training. After installation, you need to understand all the functions in order to use correctly, the use of the process found in the problem should immediately stop using to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve please call the company after-sales. After carefully reading all the instructions, please continue	
Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench
Note: When assembling, it is recommended that two or more people operate	

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Installation	
Step 1:Join # 2, #3, and #8 to form #Semi-Finished Product 1 by.	
Step 2: Attach 1 Rectangular Foot (#50) to #Semi-Finished 1	
Step 3:Join #4, #5 and # 7 to form # semi-finished product 2 using the following method:	
Step 3:Connect #1, #6, #Semi-Finished 1, #Semi-Finished 2 using the following method:	
<ul style="list-style-type: none"><li>• 4xHexagon socket cheese head screws M10*25 (#51)</li><li>• 4xspring washer M10 (#55)</li><li>• 4xflat washer M10-D20 (#53)</li><li>• 4xHexagon socket cheese head screws M8*25 (#52)</li><li>• 4x flat washer M8-D16 (#54)</li></ul>	
	

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