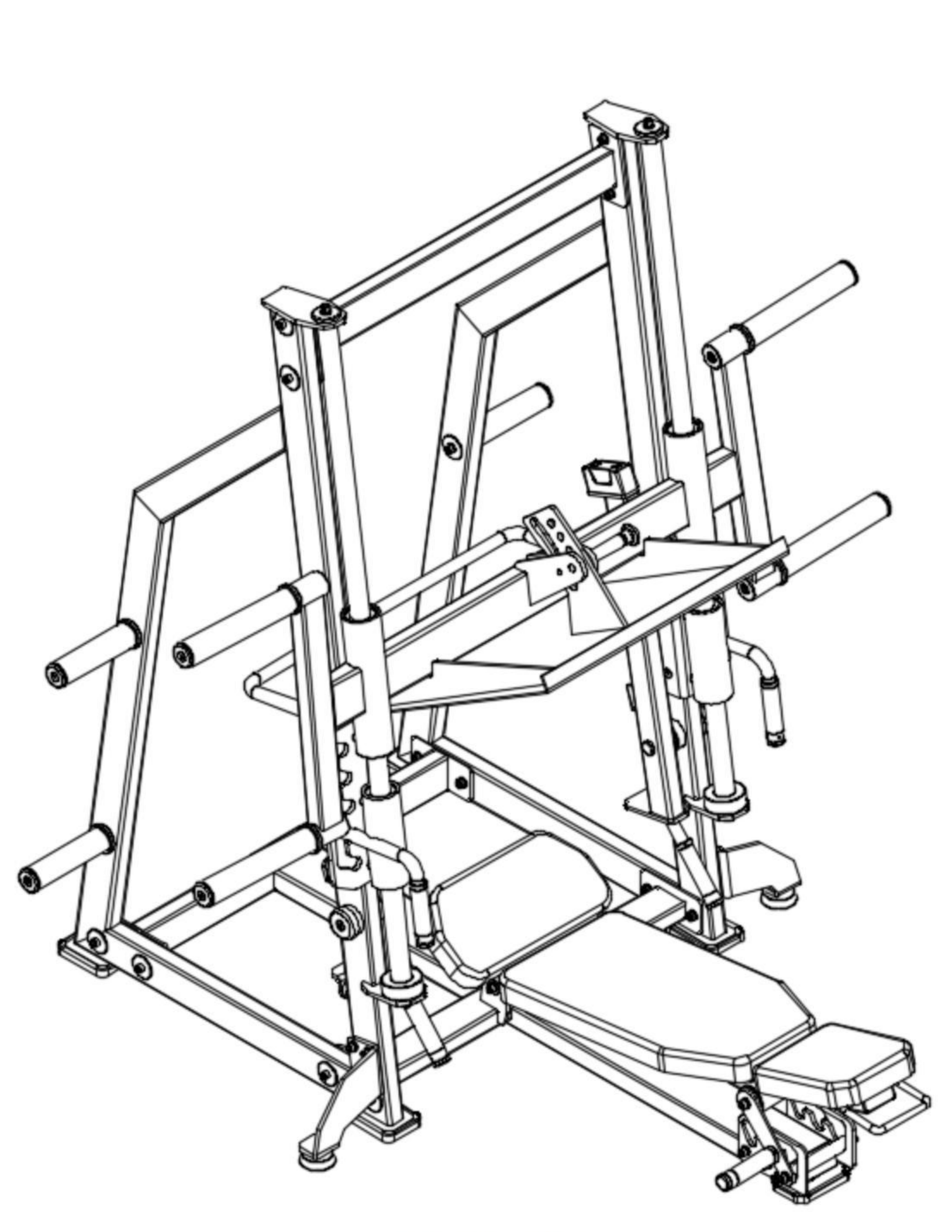
G2D32 Installation Guide

3D Hip Thruster



Catalog

Introduction........................ 3

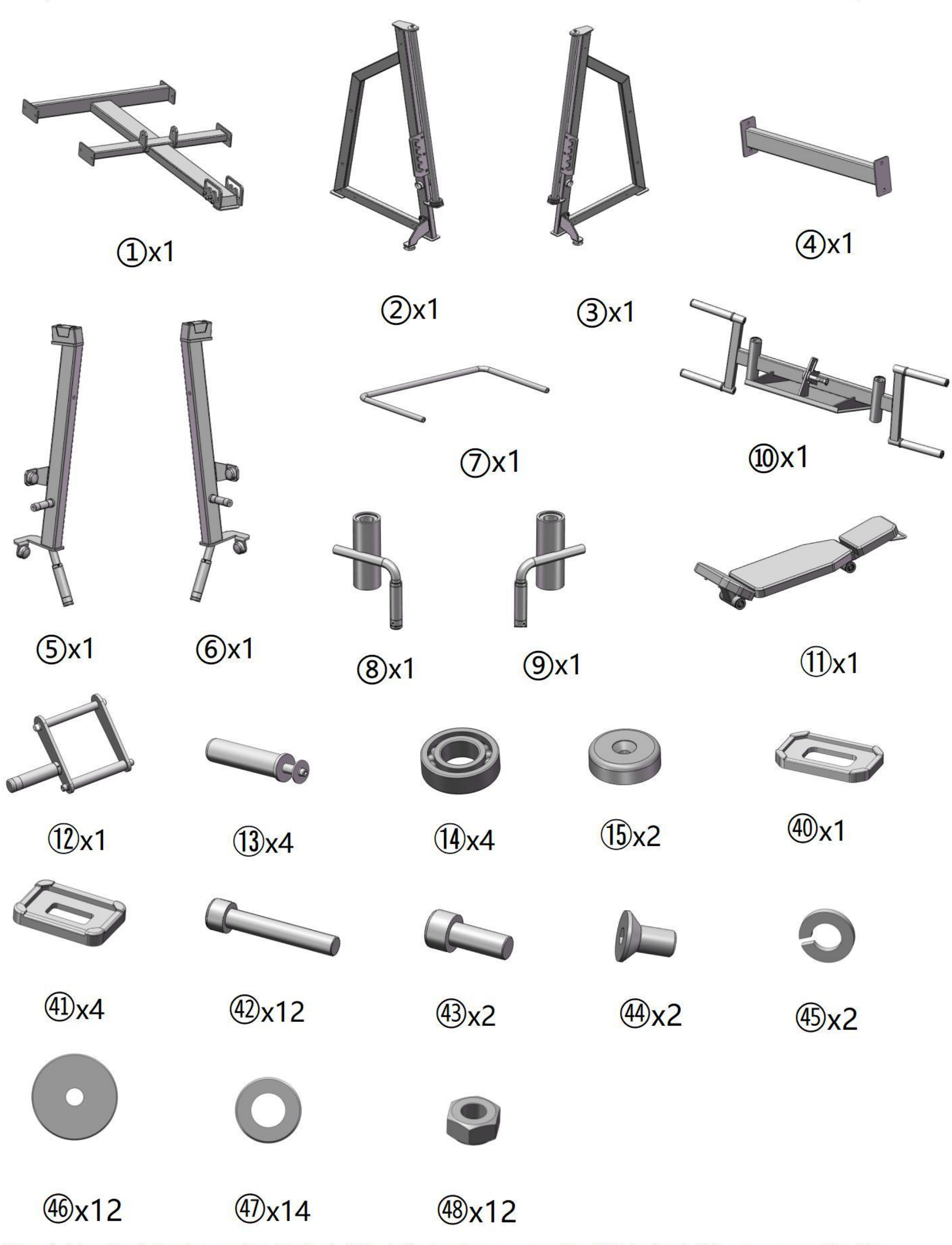
Assemble 4

Introduction

Please take the time to read these instructions carefully before installation. Please refer to the various lists in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged during transportation, please call our company immediately for after-sales instructions). Please install the equipment correctly according to the relevant instructions during installation.

This equipment is designed to provide the smoothest and most efficient workout movements possible. After installation, you need to understand all the functions to use it correctly. If you find problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And promptly refer to the relevant instructions to check the reason. If the problem cannot be solved, please call our after-sales service. After reading all instructions carefully, please continue

rubber rod
spirit level
Allen wrench
Two people
circlip pliers
Adjustable wrench

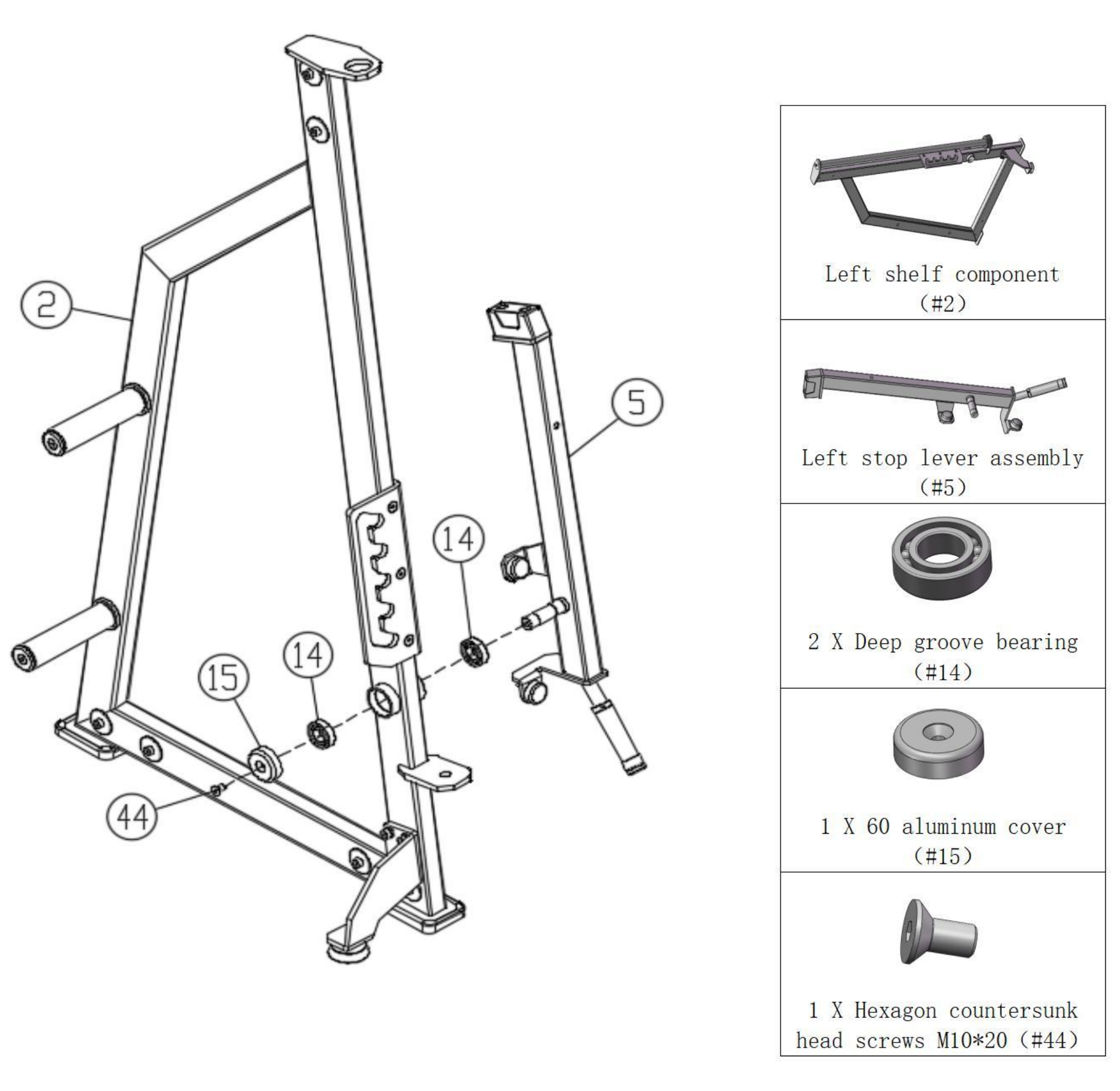


①x1
②x1
③x1
④x1
⑤x1
⑥x1
⑦x1
⑩x1
⑧x1
⑨x1
⑪x1
⑫x1
⑬x4
⑭x4
⑮x2
㊵x1
㊶x4
㊷x12
㊸x2
㊹x2
㊺x2
㊻x12
㊼x14
㊽x12

Step 1: Use the following method to install the left stop lever assembly (#5) to the left frame assembly. The assembly accessories include 2 deep groove bearings and use 60 aluminum caps to plug them.;

· 1x Hexagon countersunk head screws M10*20（#44）

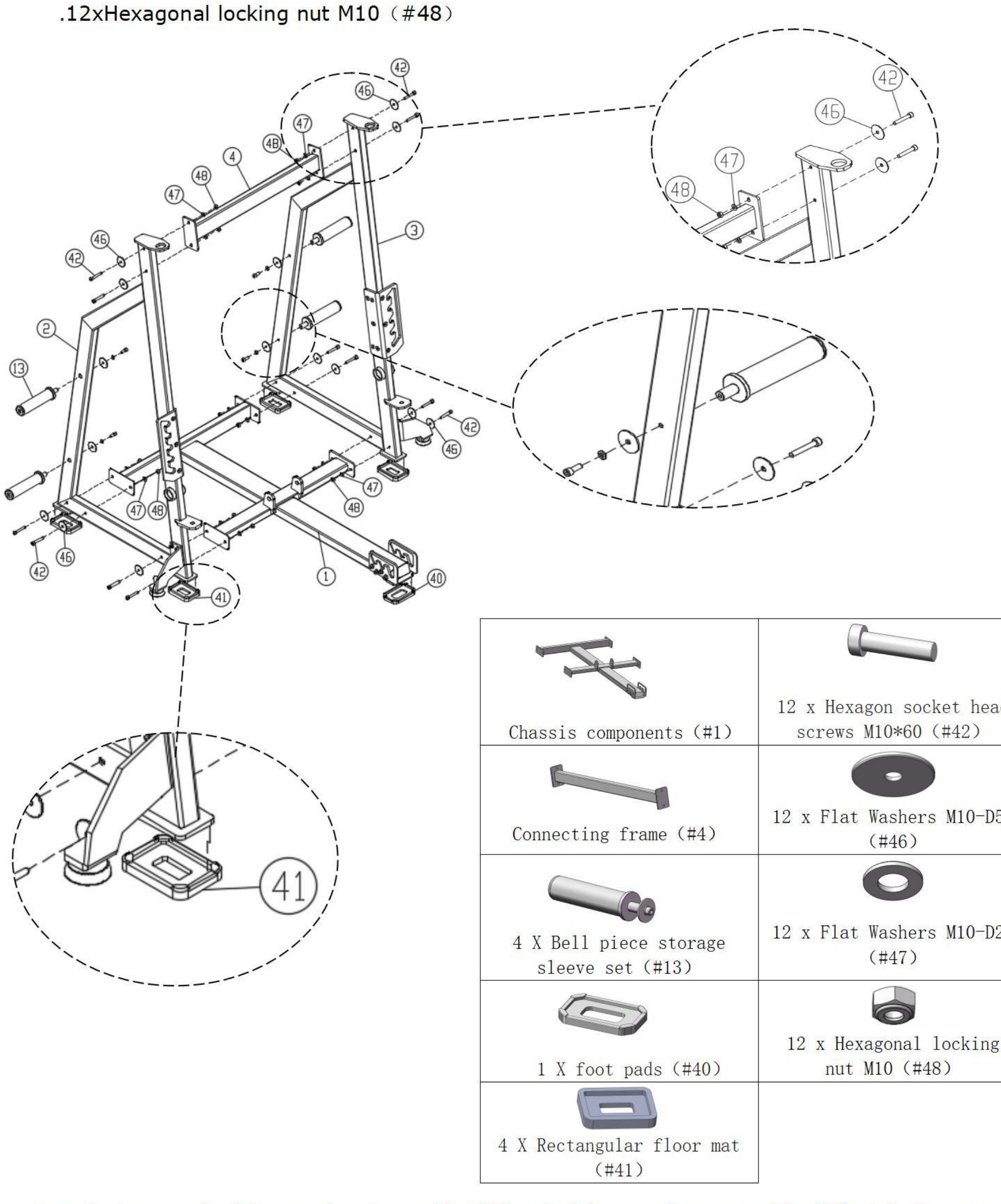
In the same way, use the above method to complete the assembly of the right shelf.



2
5
14
15
14
44
Left shelf component (#2)
Left stop lever assembly (#5)
2 X Deep groove bearing (#14)
1 X 60 aluminum cover (#15)
1 X Hexagon countersunk head screws M10*20 (#44)

Step 2: Use the following method to install the left frame assembly (#2) and right frame assembly (#3) on the bottom frame assembly (#1); use the connecting frame (#4) to install the left frame assembly (#2) and right frame assembly Connect the components (#3); install the 4 bell storage sleeve sets (#13) and 4 rectangular foot pads (#41) to the left rack component (#2) and the right rack component (#3) respectively , install the foot pads on the chassis assembly (#1);

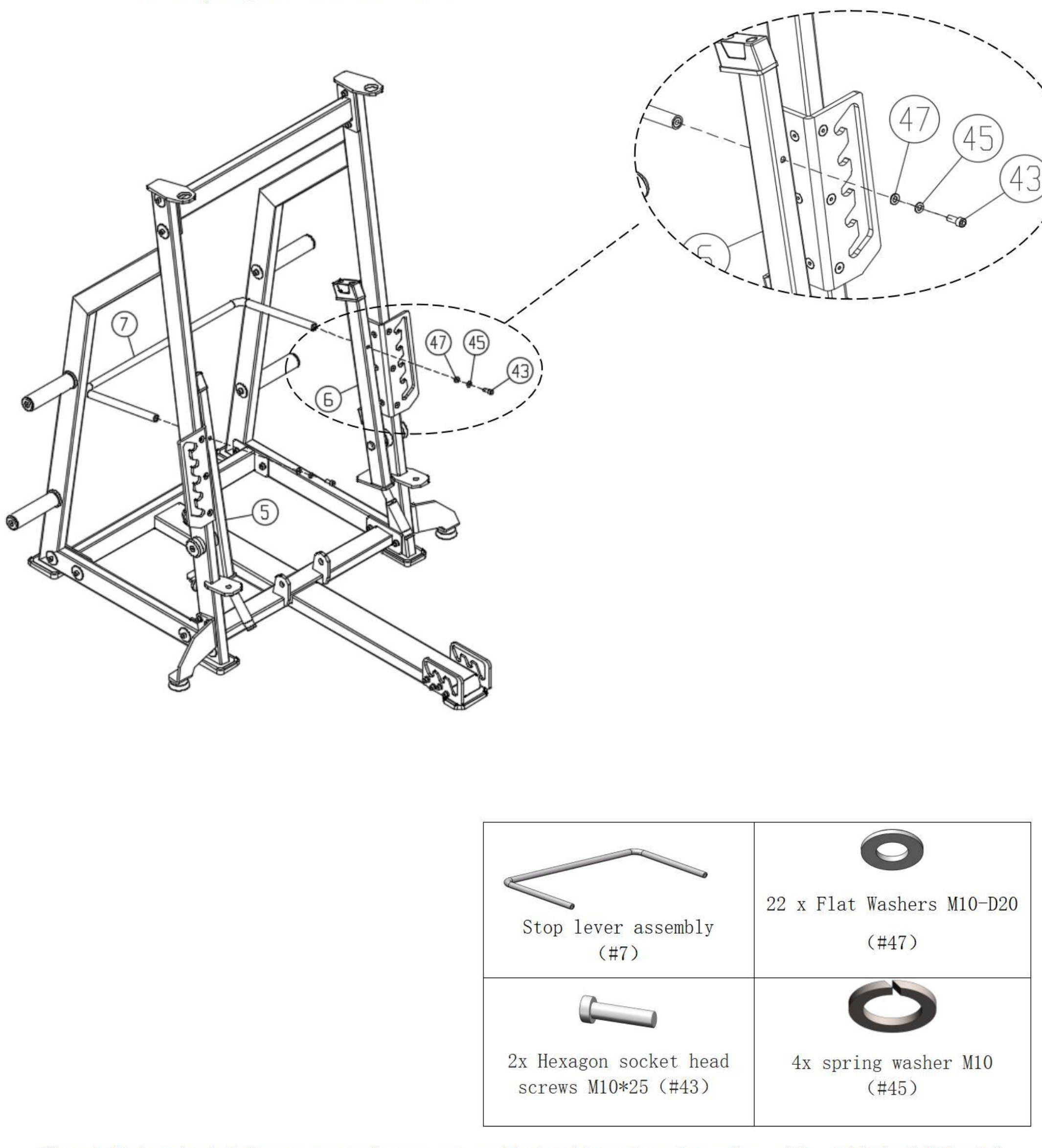
.12xHexagon socket head screws M10*60（#42）
.12x Flat Washers M10-D50（#46）
.12x Flat Washers M10-D20（#47）
.12xHexagonal locking nut M10（#48）



42
46
47
48
2
13
3
1
40
41
Chassis components (#1)
12 x Hexagon socket head screws M10*60 (#42)
Connecting frame (#4)
12 x Flat Washers M10-D50 (#46)
4 X Bell piece storage sleeve set (#13)
12 x Flat Washers M10-D20 (#47)
1 X foot pads (#40)
12 x Hexagonal locking nut M10 (#48)
4 X Rectangular floor mat (#41)

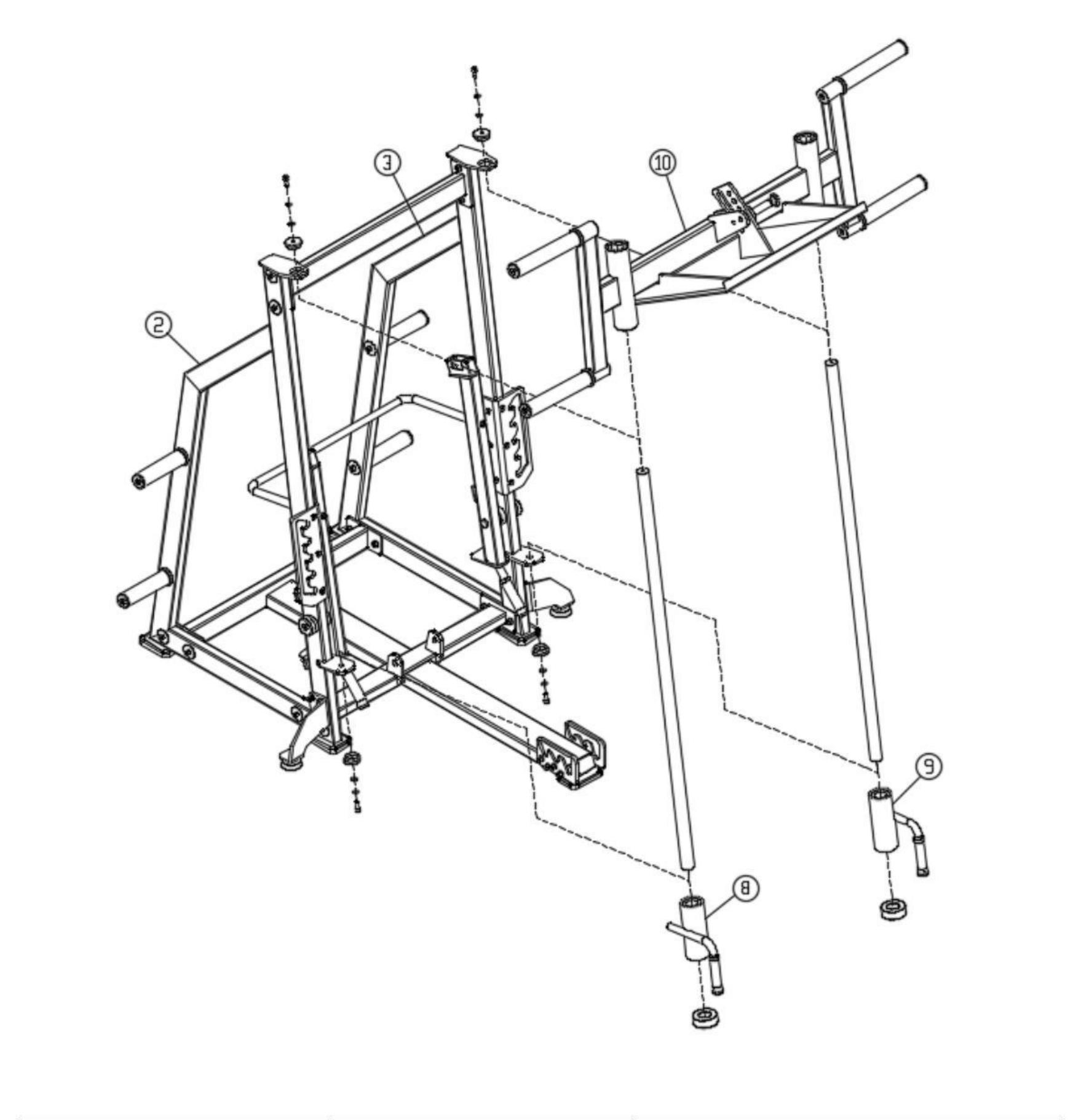
Step 3: Connect the left stop lever assembly (#5) and right stop lever assembly (#6) with the stop lever assembly (#7) using the following method;

. 2x Hexagon socket head screws M10*25（#43）
. 2x Flat Washers M10-D20 （#47）
. 2x spring washer M10 （#45）



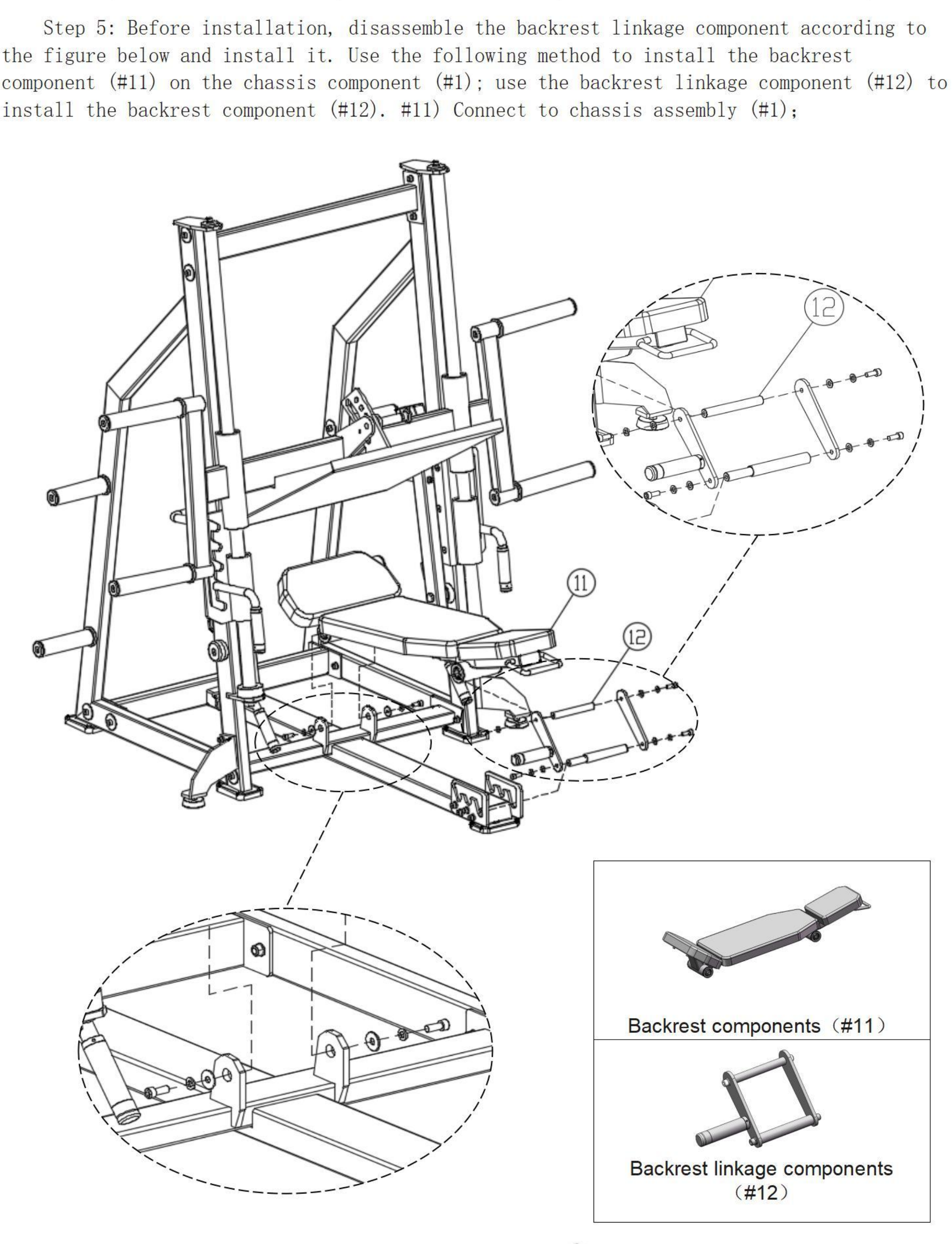
7
6
5
47
45
43
Stop lever assembly (#7)
22 x Flat Washers M10-D20 (#47)
2x Hexagon socket head screws M10*25 (#43)
4x spring washer M10 (#45)

Step 4: Before installation, remove the pre-assembled guide rod, and use the guide rod to install the left limit handle (#8), right limit handle (#9) and sliding frame assembly (#10) according to the following method stand up;

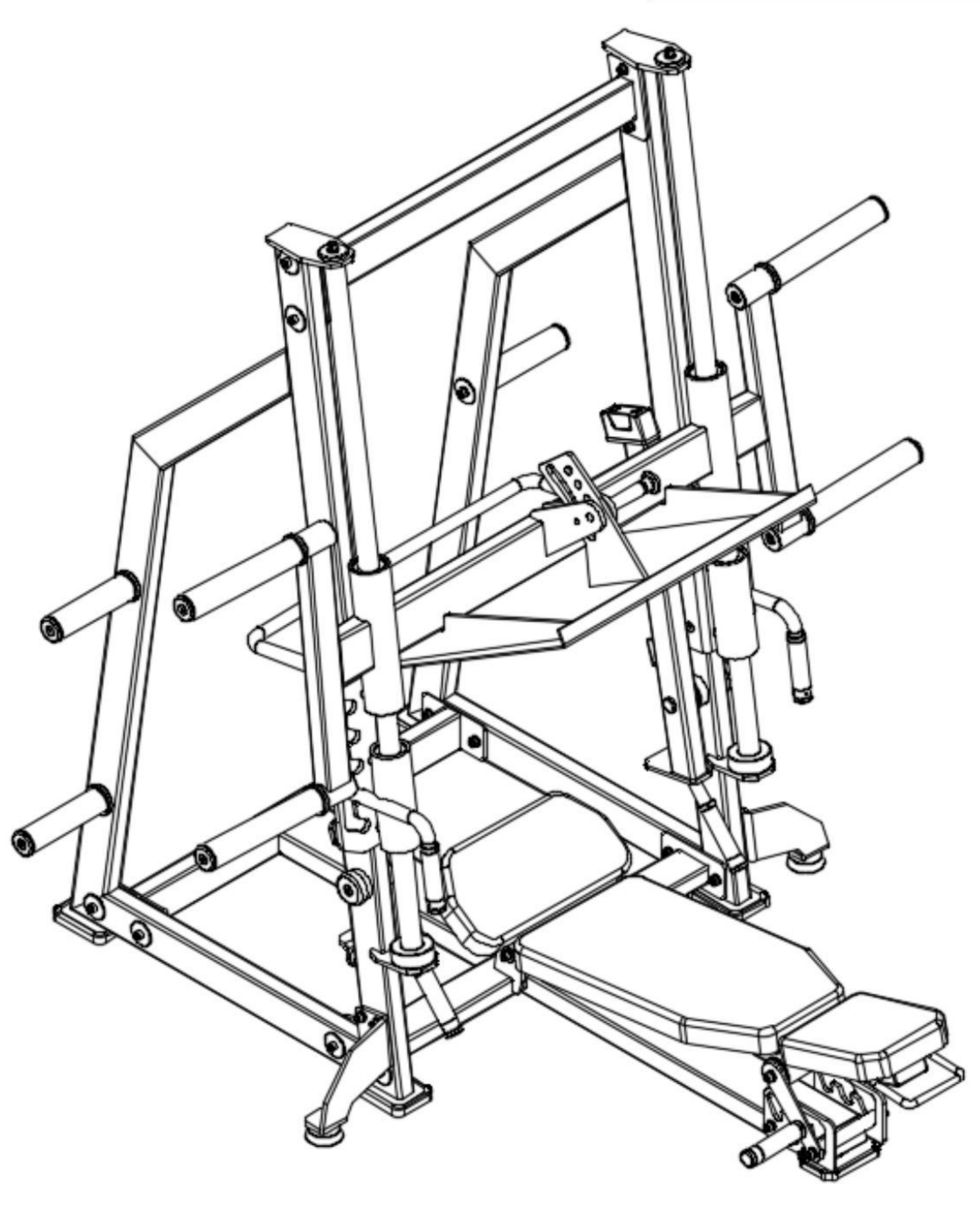


2
3
10
8
9
Left limit handle（#8）
Right limit handle (#9)
Slide frame assembly（#10）

Step 5: Before installation, disassemble the backrest linkage component according to the figure below and install it. Use the following method to install the backrest component (#11) on the chassis component (#1); use the backrest linkage component (#12) to install the backrest component (#12). #11) Connect to chassis assembly (#1);



11
12
12
Backrest components（#11）
Backrest linkage components（#12）

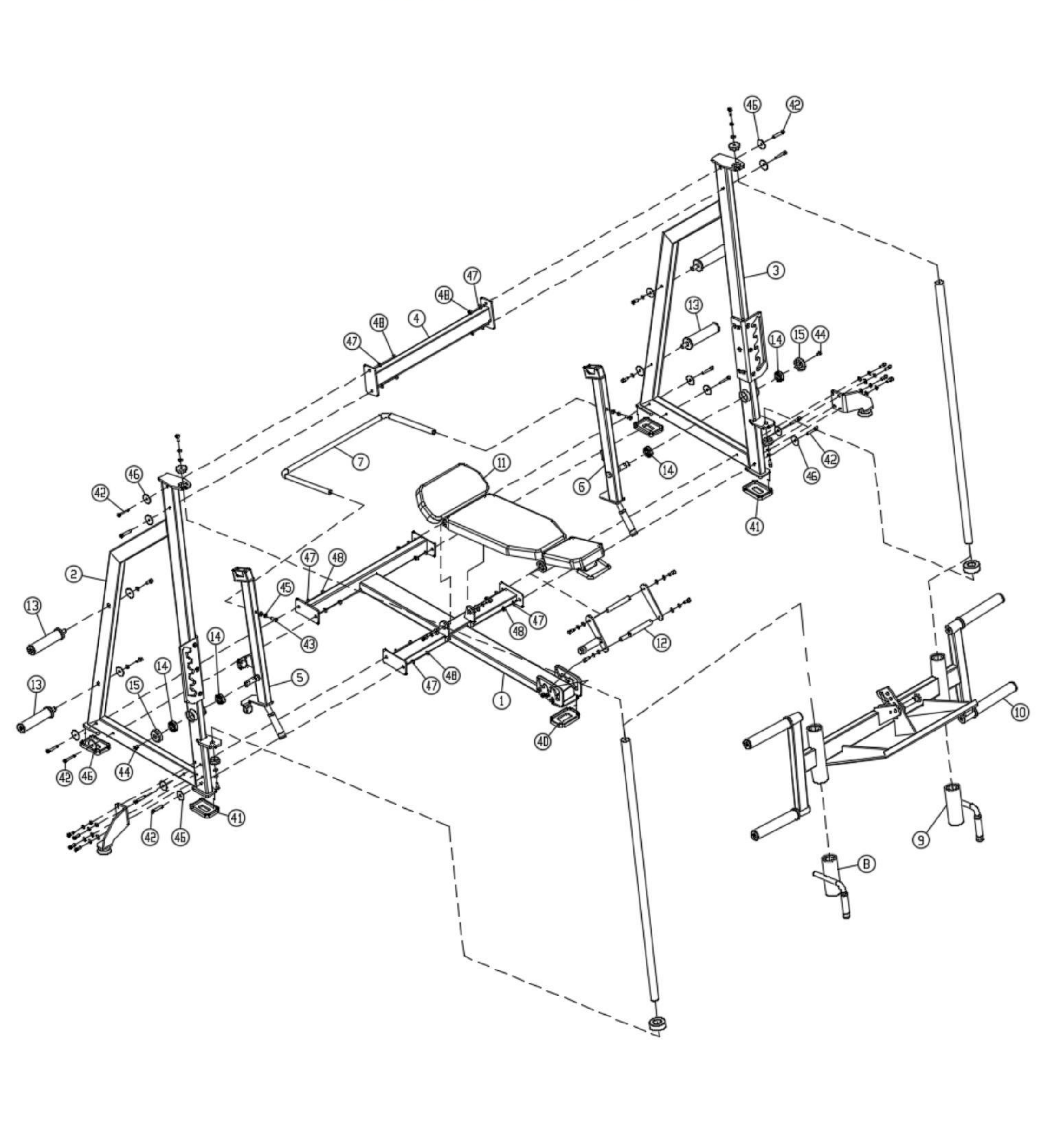


Important hint

Now that the Vertical leg kick trainer is assembled, you need to take a moment to make sure your unit is level and vertical

Accessories list

No	Name and specification	QTY
1	Chassis components	1
2	Left shelf component	1
3	Right shelf component	1
4	Connecting frame	1
5	Left stop lever assembly	1
6	Right stop lever assembly	1
7	Stop lever assembly	1
8	Left limit handle	1
9	Right limit handle	1
10	Slide frame assembly	1
11	Backrest components	1
12	Backrest linkage components	1
13	Bell piece storage sleeve set	4
14	Deep groove bearing	4
15	60 aluminum cover	2
40	foot pads	1
41	Rectangular floor mat	4
42	Hexagon socket head screws M10*60	12
43	Hexagon socket head screws M10*25	2
44	Hexagon countersunk head screws M10*20	2
45	spring washer M10	2
46	Flat Washers M10-D50	12
47	Flat Washers M10-D20	14
48	Hexagonal locking nut M10	12

exploded view