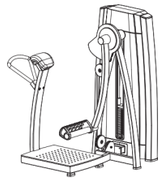
7321 · Gluteus Maximus Trainer

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read this manual before installation and check all packaged components against the parts list.

02 If any part is missing or damaged, contact customer service before installation.

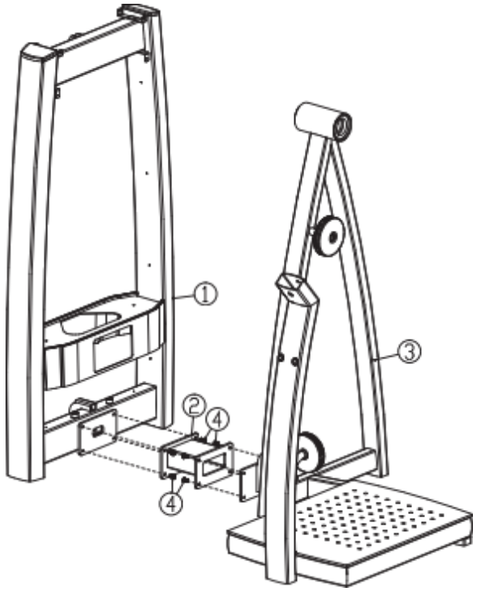
Tools Required

- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly Notes

After assembly, review all functions before use. If a problem occurs, recheck the installation steps. If the problem remains, contact an authorized distributor and provide the product code and manual.

Assembly



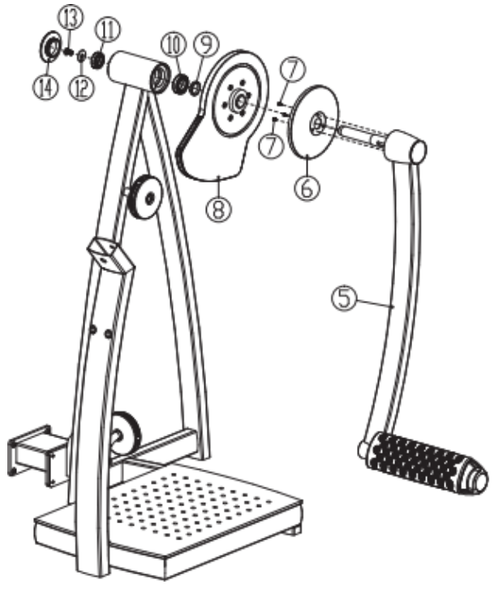
STEP 1

ACTION

Connect the weight stack frame (#1), joint (#2), and body frame (#3). Secure them with eight M10×16 button head hex socket screws (#4).

HARDWARE

- Weight Stack Frame (#1) × 1
- Joint (#2) × 1
- Body Frame (#3) × 1
- Button Head Hex Socket Screws (M10×16) (#4) × 8



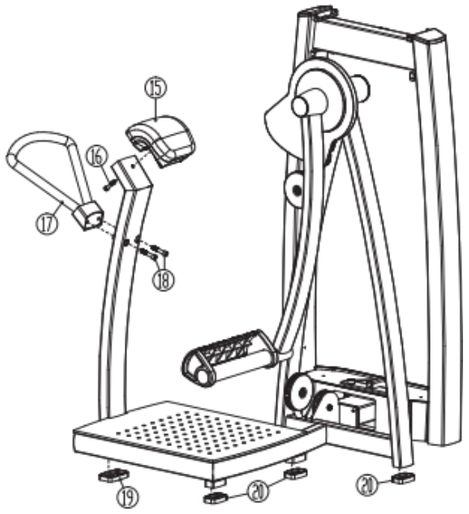
STEP 2

ACTION

Install the force arm (#5), decorative cover (#6), and flange plate (#8) with the bearing sleeve (#9), bearings (#10, #11), M12 large washer (#12), M12×20 screw (#13), and end cover (#14) as shown. Secure the decorative cover with three M5×10 screws (#7).

HARDWARE

- Force Arm (#5) × 1
- Decorative Cover (#6) × 1
- Button Head Hex Socket Screws (M5×10) (#7) × 3
- Flange Plate (#8) × 1
- Bearing Sleeve (#9) × 1
- Deep Groove Ball Bearing 6007 (#10) × 1
- Deep Groove Ball Bearing 6028 (#11) × 1
- M12 Large Washer (#12) × 1
- Button Head Hex Socket Screw (M12×20) (#13) × 1
- 100 End Cover (#14) × 1



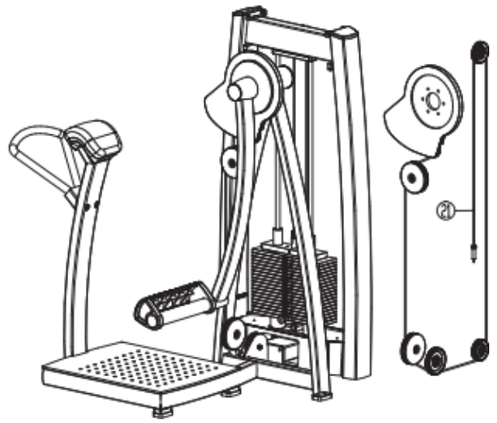
STEP 3

ACTION

Install the chest pad (#15) with the M10×50 screw (#16). Install the handrail (#17) with two M12×60 screws (#18), then install the foot pads (#19, #20) as shown.

HARDWARE

- Chest Pad (#15) × 1
- Hex Socket Head Cap Screw (M10×50) (#16) × 1
- Handrail (#17) × 1
- Hex Socket Head Cap Screws (M12×60) (#18) × 2
- 58×10 1 Foot Pad (#19) × 1
- 48×76 Foot Pad (#20) × 4



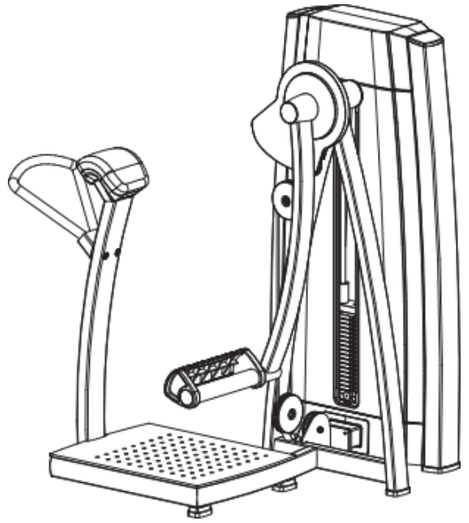
STEP 4

ACTION

Route and install the cable (#21) as shown.

HARDWARE

- Cable (#21) × 1



STEP 5

ACTION

Install the covers as shown.

FINAL CHECK

01 After assembly, make sure the machine is square and vertical. Use a spirit level to check the guide bar in two directions. If it is not vertical, loosen the vertical-frame hardware, realign the frame, and retighten the bolts.



Parts List

Some preassembled spare parts are not included in this list.

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Joint	1
3	Body Frame	1
4	Button Head Hex Socket Screws (M10×16)	8
5	Force Arm	1
6	Decorative Cover	1
7	Button Head Hex Socket Screws (M5×10)	3
8	Flange Plate	1
9	Bearing Sleeve	1
10	Deep Groove Ball Bearing 6007	1
11	Deep Groove Ball Bearing 6028	1
12	M12 Large Washer	1
13	Button Head Hex Socket Screw (M12×20)	1
14	100 End Cover	1
15	Chest Pad	1
16	Hex Socket Head Cap Screw (M10×50)	1
17	Handrail	1
18	Hex Socket Head Cap Screws (M12×60)	2
19	58×10 1 Foot Pad	1
20	48×76 Foot Pad	4
21	Cable	1