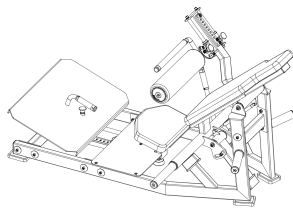


82032A • Hip Thrust Machine

INSTALLATION MANUAL



Before Installation

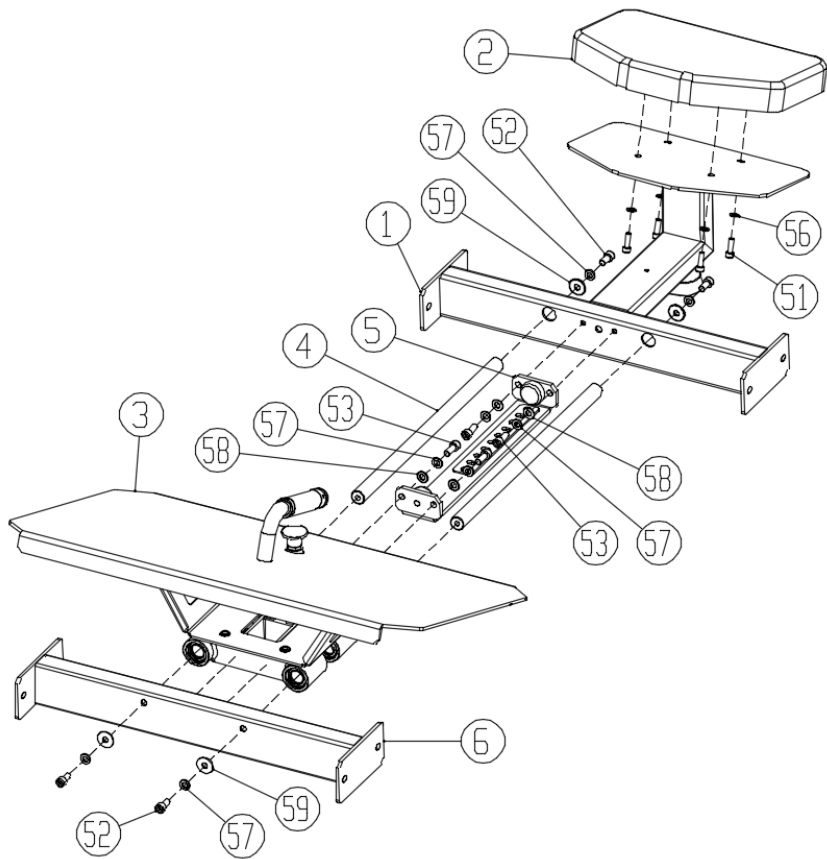
Before You Start

- 01 Read all instructions carefully before assembly.
- 02 Check all parts and quantities against the lists. If any part is missing or damaged during transport, contact after-sales service before assembly.
- 03 Assemble the equipment exactly as instructed.
- 04 After assembly, understand all functions before using the equipment.
- 05 If a problem occurs during use, stop immediately to prevent injury or equipment damage. Check the instructions; if the problem cannot be resolved, contact after-sales service.

Tools Required

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

Assembly



STEP 1, 2 & 3

STEP 1
Install the seat pad (#2) onto base connector frame 1 (#1).

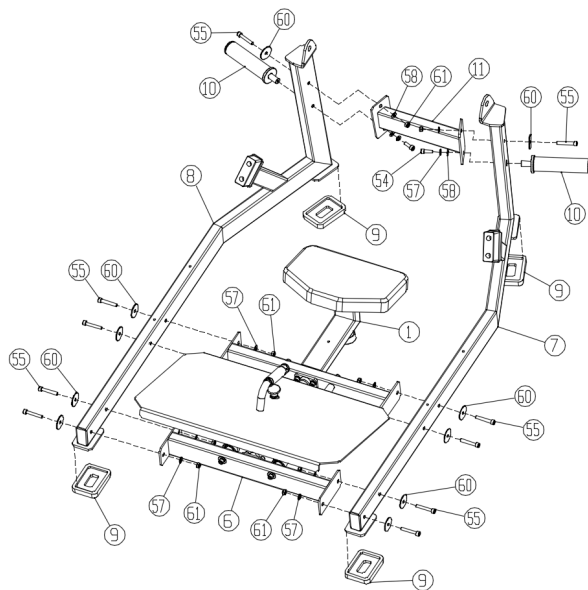
- HARDWARE**
- Hex Socket Head Cap Screw M8×25 (#51) × 4
 - Flat Washer M8-D16 (#56) × 4

STEP 2
Install the footplate assembly (#3), two slide rails (#4), and base connector frame 2 (#6) onto base connector frame 1 (#1).

- HARDWARE**
- Hex Socket Head Cap Screw M10×20 (#52) × 4
 - Spring Washer M10 (#57) × 4
 - Flat Washer M10-D30 (#59) × 4

STEP 3
Install the footplate adjustment assembly (#5) onto base connector frame 1 (#1) and base connector frame 2 (#6).

- HARDWARE**
- Hex Socket Head Cap Screw M10×25 (#53) × 4
 - Spring Washer M10 (#57) × 4
 - Flat Washer M10-D20 (#58) × 4



STEP 4 & 5

STEP 4

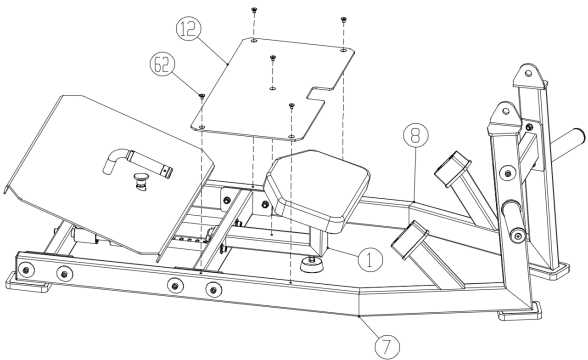
Install four rectangular foot pads (#9) on the left frame assembly (#7) and right frame assembly (#8).

STEP 5

Install base connector frame 1 (#1), base connector frame 2 (#6), the center connector frame (#11), and two weight plate sleeve assemblies (#10) onto the left frame assembly (#7) and right frame assembly (#8).

HARDWARE

- Hex Socket Head Cap Screw M10×30 (#54) × 2
- Hex Socket Head Cap Screw M10×60 (#55) × 10
- Spring Washer M10 (#57) × 2
- Flat Washer M10-D20 (#58) × 12
- Flat Washer M10-D50 (#60) × 10
- Hex Lock Nut M10 (#61) × 10



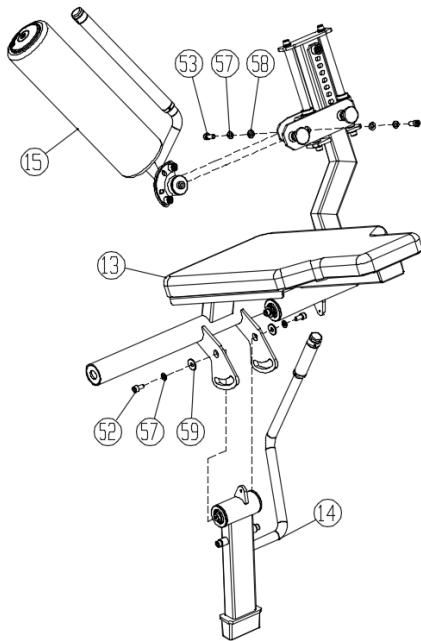
STEP 6

ACTION

Install the entry step (#12) onto base connector frame 1 (#1), the left frame assembly (#7), and right frame assembly (#8).

HARDWARE

- Hex Socket Countersunk Screw M8×12 (#62) × 5



STEP 7 & 8

STEP 7

Install the small lever arm assembly (#15) onto the backrest frame assembly (#13).

HARDWARE

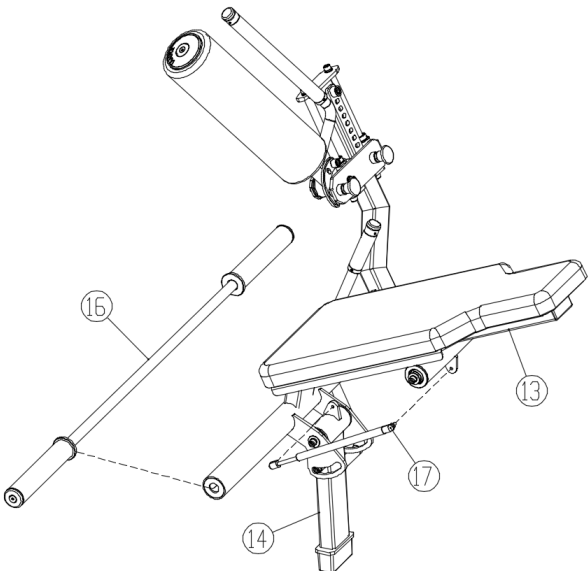
- Hex Socket Head Cap Screw M10×25 (#53) × 2
- Spring Washer M10 (#57) × 2
- Flat Washer M10-D20 (#58) × 2

STEP 8

Install the stop frame assembly (#14) onto the backrest frame assembly (#13).

HARDWARE

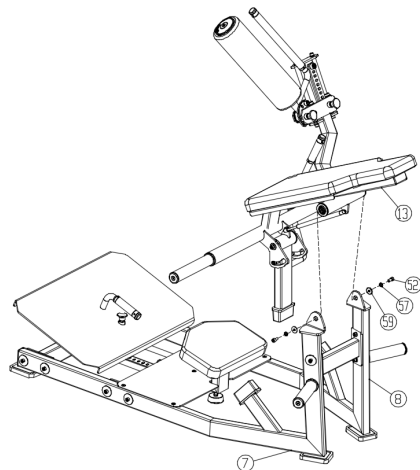
- Hex Socket Head Cap Screw M10×20 (#52) × 2
- Spring Washer M10 (#57) × 2
- Flat Washer M10-D30 (#59) × 2



STEP 9

ACTION

Install the weight plate peg assembly (#16) onto the backrest frame assembly (#13). Connect the backrest frame assembly (#13) to the stop frame assembly (#14) with the gas spring (#17).



STEP 10

ACTION

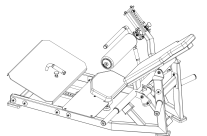
Install the backrest frame assembly (#13) onto the left frame assembly (#7) and right frame assembly (#8).

HARDWARE

- Hex Socket Head Cap Screw M10×20 (#52) × 2
- Spring Washer M10 (#57) × 2
- Flat Washer M10-D30 (#59) × 2

FINAL CHECK

- 01 After assembly, check that the machine is level and vertically aligned.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Base Connector Frame 1	1	11	Center Connector Frame	1	54	Hex Socket Head Cap Screw M10×30	2
2	Seat Pad	1	12	Entry Step	1	55	Hex Socket Head Cap Screw M10×60	10
3	Footplate Assembly	1	13	Backrest Frame Assembly	1	56	Flat Washer M8-D16	4
4	Slide Rail	2	14	Stop Frame Assembly	1	57	Spring Washer M10	16
5	Footplate Adjustment Assembly	1	15	Small Lever Arm Assembly	1	58	Flat Washer M10-D20	18
6	Base Connector Frame 2	1	16	Weight Plate Peg Assembly	1	59	Flat Washer M10-D30	8
7	Left Frame Assembly	1	17	Gas Spring	1	60	Flat Washer M10-D50	10
8	Right Frame Assembly	1	51	Hex Socket Head Cap Screw M8×25	4	61	Hex Lock Nut M10	10
9	Rectangular Foot Pad	4	52	Hex Socket Head Cap Screw M10×20	8	62	Hex Socket Countersunk Screw M8×12	5
10	Weight Plate Sleeve Assembly	2	53	Hex Socket Head Cap Screw M10×25	6			