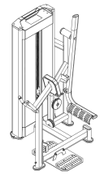
C421A · Gluteus Maximus Trainer

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read the installation instructions carefully before assembly.

02 Check that all parts are present and that the quantities are correct. Contact after-sales service immediately if any part is missing or damaged during transport.

03 Follow these instructions to assemble the equipment correctly.

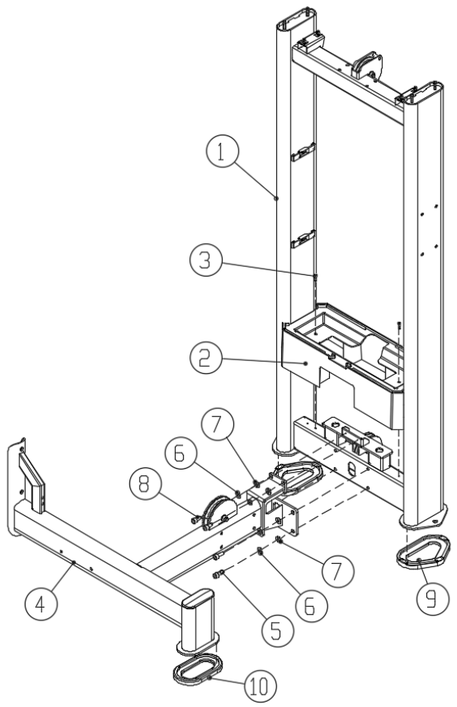
04 After assembly, understand all functions before using the equipment.

05 Stop using the equipment immediately if a problem occurs to prevent injury or equipment damage. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

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

Assembly



STEP 1, 2 & 3

STEP 1

Attach the lower weight stack shroud (#2) to the weight stack frame (#1) with two M5×16 hexagon socket head cap screws (#3).

HARDWARE

- Weight Stack Frame (#1) × 1
- Lower Weight Stack Shroud (#2) × 1
- Hexagon Socket Head Cap Screw (M5×16) (#3) × 2

STEP 2

Attach the glute trainer base frame (#4) to the weight stack frame (#1) with four M10×25 hexagon socket head cap screws (#5), six M10 spring washers (#6), six M10-D20 flat washers (#7), and two M10×20 hexagon socket head cap screws (#8).

HARDWARE

- Weight Stack Frame (#1) × 1
- Glute Trainer Base Frame (#4) × 1
- Hexagon Socket Head Cap Screw (M10×25) (#5) × 4
- Spring Washer (M10) (#6) × 6
- Flat Washer (M10-D20) (#7) × 6
- Hexagon Socket Head Cap Screw (M10×20) (#8) × 2

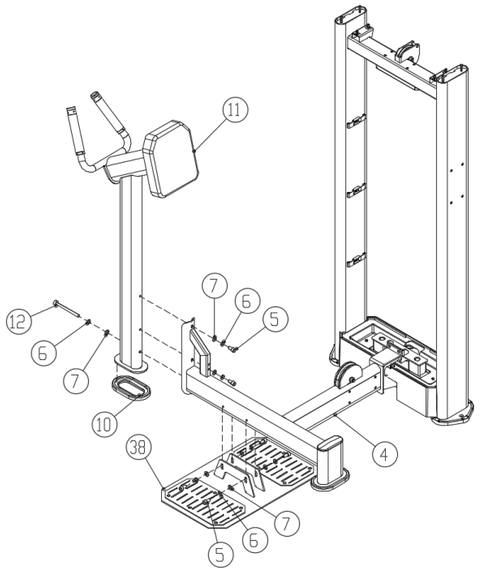
STEP 3

Install two weight stack frame foot pads (#9) on the weight stack frame (#1). Install one flat oval foot pad (#10) on the glute trainer base frame (#4).

HARDWARE

- Weight Stack Frame (#1) × 1
- Glute Trainer Base Frame (#4) × 1
- Weight Stack Frame Foot Pad (#9) × 2
- Flat Oval Foot Pad (#10) × 1

STEP 4 & 5



STEP 4

Attach the glute trainer side frame (#11) to the base frame (#4) with two M10×25 hexagon socket head cap screws (#5), three M10 spring washers (#6), three M10-D20 flat washers (#7), and one M10×120 hexagon socket head cap screw (#12).

HARDWARE

- Glute Trainer Base Frame (#4) × 1
- Hexagon Socket Head Cap Screw (M10×25) (#5) × 2
- Spring Washer (M10) (#6) × 3
- Flat Washer (M10-D20) (#7) × 3
- Glute Trainer Side Frame (#11) × 1
- Hexagon Socket Head Cap Screw (M10×120) (#12) × 1

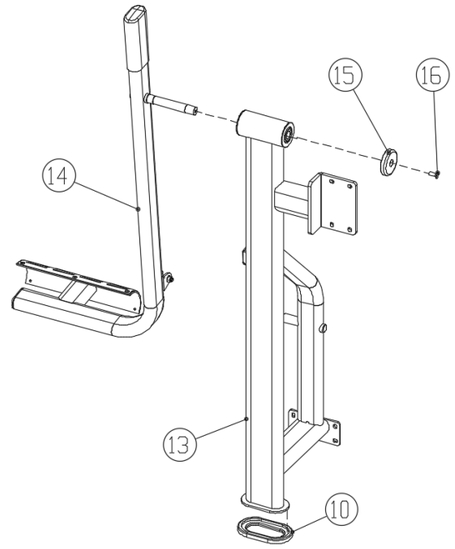
STEP 5

Attach the footplate (#38) to the base frame (#4) with four M10×25 hexagon socket head cap screws (#5), four M10 spring washers (#6), and four M10-D20 flat washers (#7).

HARDWARE

- Glute Trainer Base Frame (#4) × 1
- Hexagon Socket Head Cap Screw (M10×25) (#5) × 4
- Spring Washer (M10) (#6) × 4
- Flat Washer (M10-D20) (#7) × 4
- Footplate (#38) × 1

STEP 6 & 7



STEP 6

Attach the glute trainer force arm (#14) and 76 aluminum cap (#15) to the main shaft support (#13) with one M10×20 hexagon socket countersunk head screw (#16).

HARDWARE

- Glute Trainer Main Shaft Support (#13) × 1
- Glute Trainer Force Arm (#14) × 1
- 76 Aluminum Cap (#15) × 1
- Hexagon Socket Countersunk Head Screw (M10×20) (#16) × 1

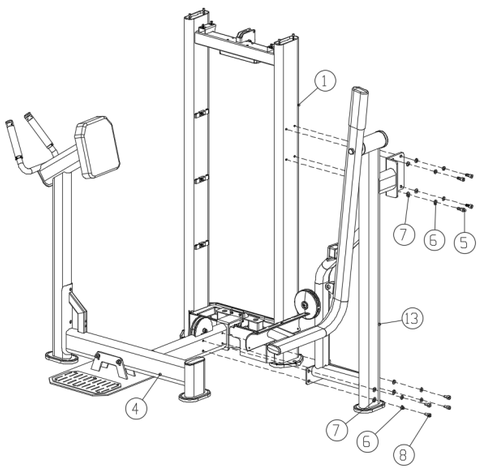
STEP 7

Install one flat oval foot pad (#10) on the glute trainer main shaft support (#13).

HARDWARE

- Flat Oval Foot Pad (#10) × 1
- Glute Trainer Main Shaft Support (#13) × 1

STEP 8



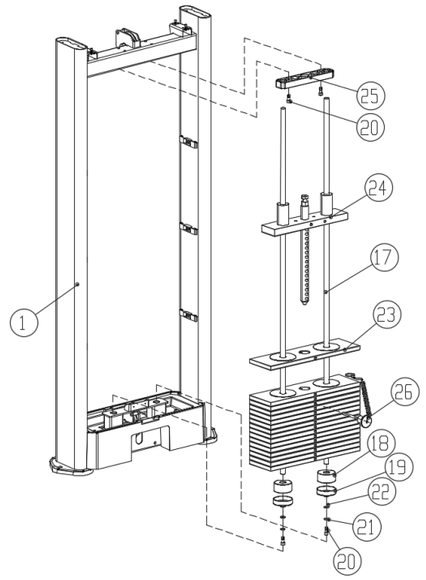
ACTION

Attach the glute trainer main shaft support (#13) to the base frame (#4) and weight stack frame (#1) with four M10×25 hexagon socket head cap screws (#5), eight M10 spring washers (#6), eight M10-D20 flat washers (#7), and four M10×20 hexagon socket head cap screws (#8).

HARDWARE

- Weight Stack Frame (#1) × 1
- Glute Trainer Base Frame (#4) × 1
- Hexagon Socket Head Cap Screw (M10×25) (#5) × 4
- Spring Washer (M10) (#6) × 8
- Flat Washer (M10-D20) (#7) × 8
- Hexagon Socket Head Cap Screw (M10×20) (#8) × 4
- Glute Trainer Main Shaft Support (#13) × 1

STEP 9 & 10



STEP 9

Slide the two weight stack rubber pads (#18) onto the two guide rods (#17). Attach the two weight stack bases (#19) to the guide rods with two M8×25 hexagon socket head cap screws (#20), two M8 spring washers (#21), and two M8-D16 flat washers (#22), then place the assembly into the weight stack frame (#1). Tighten the bolts before continuing.

HARDWARE

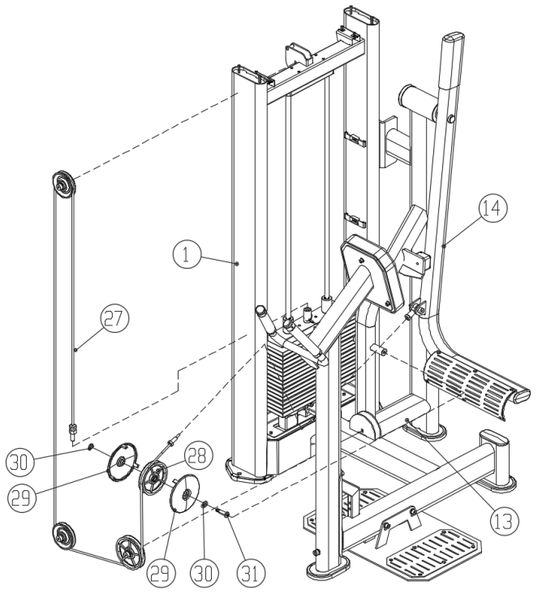
- Weight Stack Frame (#1) × 1
- Universal Weight Stack Guide Rod (#17) × 2
- Weight Stack Rubber Pad (#18) × 2
- Weight Stack Base (#19) × 2
- Hexagon Socket Head Cap Screw (M8×25) (#20) × 2
- Spring Washer (M8) (#21) × 2
- Flat Washer (M8-D16) (#22) × 2

STEP 10

Install 16 weight plates (#23) on the guide rods (#17) with the spacer tabs facing upward. Install the guide block assembly (#24), insert the weight selector pin (#26), and slide the guide rod fixing plate (#25) onto the guide rods. Attach the fixing plate to the weight stack frame (#1) with two M8×25 hexagon socket head cap screws (#20). Tighten the bolts before continuing.

HARDWARE

- Weight Stack Frame (#1) × 1
- Universal Weight Stack Guide Rod (#17) × 2
- Hexagon Socket Head Cap Screw (M8×25) (#20) × 2
- Weight Plate (#23) × 16
- Guide Block Assembly (#24) × 1
- Guide Rod Fixing Plate (#25) × 1
- Weight Selector Pin (#26) × 1



STEP 11, 12 & 13

STEP 11
Route the cable (#27) as shown. Remove the preinstalled pulleys first, then reinstall them together with the cable.

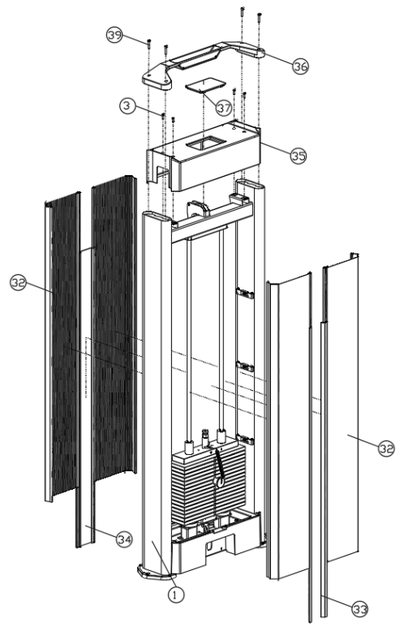
HARDWARE
- Cable (#27) × 1

STEP 12
Attach the 120 pulley (#28), two pulley housings (#29), and two pulley housing bushings (#30) to the glute trainer main shaft support (#13) with the pulley axle (#31).

HARDWARE
- Glute Trainer Main Shaft Support (#13) × 1
- 120 Pulley (#28) × 1
- Pulley Housing (#29) × 2
- Pulley Housing Bushing (#30) × 2
- Pulley Axle (#31) × 1

STEP 13
Connect one end of the cable (#27) to the glute trainer force arm (#14) first, then connect the other end inside the weight stack frame (#1).

HARDWARE
- Weight Stack Frame (#1) × 1
- Glute Trainer Force Arm (#14) × 1
- Cable (#27) × 1



STEP 14, 15 & 16

STEP 14
Slide the two decorative strips (#33) into two baffle panels (#32) and secure them to the weight stack frame (#1) with the baffle retaining plates. Slide the decorative panel (#34) into the other two baffle panels (#32) and secure them to the weight stack frame. Attach the upper weight stack shroud (#35) to the weight stack frame with four M5×16 hexagon socket head cap screws (#3).

HARDWARE
- Weight Stack Frame (#1) × 1
- Hexagon Socket Head Cap Screw (M5×16) (#3) × 4
- Baffle Panel (#32) × 4
- Weight Stack Decorative Strip (#33) × 2
- Weight Stack Decorative Panel (#34) × 1
- Upper Weight Stack Shroud (#35) × 1

STEP 15
Attach the top cover trim (#36) to the weight stack frame (#1) with four M6×30 hexagon socket head cap screws (#39).

HARDWARE
- Weight Stack Frame (#1) × 1
- Top Cover Trim (#36) × 1
- Hexagon Socket Head Cap Screw (M6×30) (#39) × 4

STEP 16
Snap the upper shroud top cover (#37) onto the upper weight stack shroud (#35).

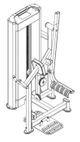
HARDWARE
- Upper Weight Stack Shroud (#35) × 1
- Upper Shroud Top Cover (#37) × 1

FINAL CHECK

01 After assembly, check that the machine is level and vertical.

02 Use a spirit level to check that the guide rods are vertical in both directions.

03 If they are not vertical, loosen the relevant frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not included in this parts list.

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Lower Weight Stack Shroud	1
3	Hexagon Socket Head Cap Screw (M5×16)	12
4	Glute Trainer Base Frame	1
5	Hexagon Socket Head Cap Screw (M10×25)	14
6	Spring Washer (M10)	21
7	Flat Washer (M10-D20)	21
8	Hexagon Socket Head Cap Screw (M10×20)	6
9	Weight Stack Frame Foot Pad	2
10	Flat Oval Foot Pad	3
11	Glute Trainer Side Frame	1
12	Hexagon Socket Head Cap Screw (M10×120)	1
13	Glute Trainer Main Shaft Support	1
14	Glute Trainer Force Arm	1
15	76 Aluminum Cap	1
16	Hexagon Socket Countersunk Head Screw (M10×20)	1
17	Universal Weight Stack Guide Rod	2
18	Weight Stack Rubber Pad	2
19	Weight Stack Base	2
20	Hexagon Socket Head Cap Screw (M8×20)	4
21	Spring Washer (M8)	2
22	Flat Washer (M8-D16)	2
23	Weight Plate	16
24	Guide Block Assembly	1
25	Guide Rod Fixing Plate	1
26	Weight Selector Pin	1
27	Cable	1
28	120 Pulley	1
29	Pulley Housing	2
30	Pulley Housing Bushing	2
31	Pulley Axle	1
32	Baffle Panel	4
33	Weight Stack Decorative Strip	2
34	Weight Stack Decorative Panel	1
35	Upper Weight Stack Shroud	1
36	Top Cover Trim	1
37	Upper Shroud Top Cover	1
38	Footplate	1
39	Hexagon Socket Head Cap Screw (M6×30)	4