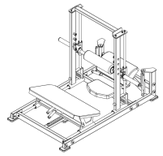
G2D32 · 3D Hip Thrust

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read all instructions before assembly. Check all parts and quantities against the parts list. Contact after-sales service immediately if any part is missing or damaged in transit. Install the equipment according to these instructions.

02 After assembly, learn all equipment functions before use. Stop using the machine immediately if a problem occurs to prevent injury or equipment damage. Refer to the instructions or contact after-sales service if the problem cannot be resolved.

Tools Required

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

Fastener Reference



#9
Socket head cap screw
M10×25



#10
Spring washer M10



#11
Flat washer M10-D20



#14
Socket head cap screw
M8×25



#15
Spring washer M8



#16
Flat washer M8-D16

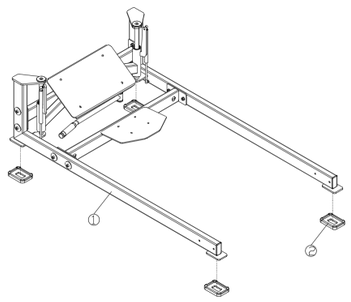


#19
Socket head cap screw
M10×60

#59
Hex self-locking nut M10

Assembly

STEP 1



ACTION

Fit the rectangular foot pads (#2) onto the base assembly (#1).

HARDWARE

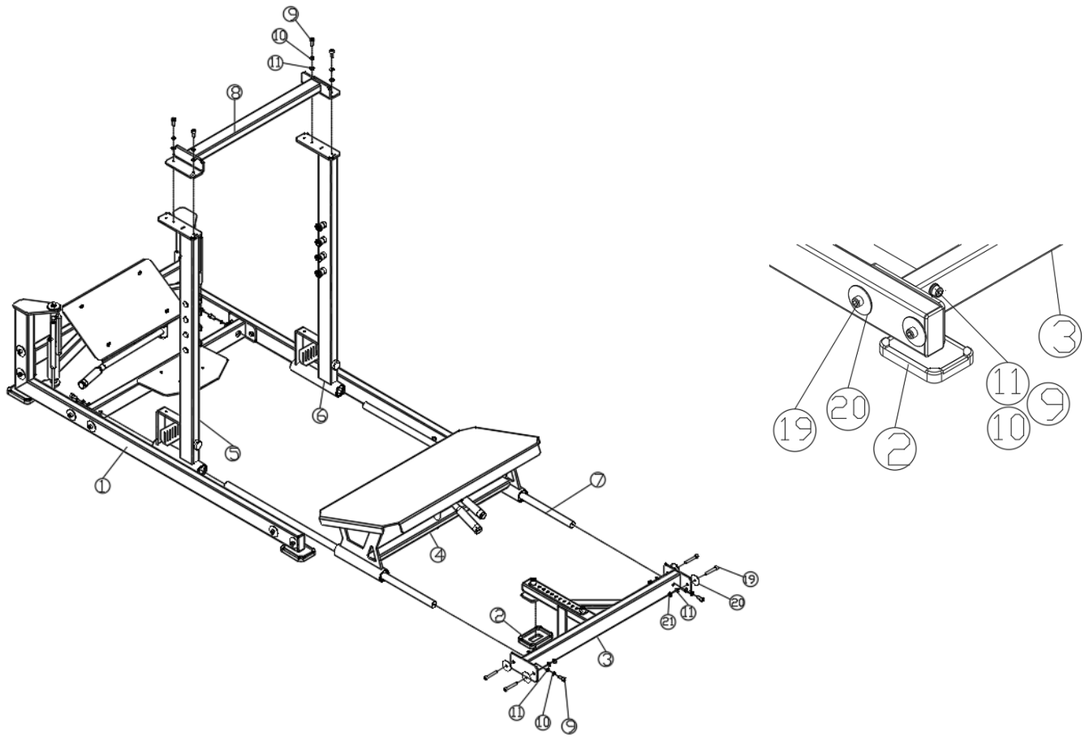


#1 × 1
Base assembly



#2 × 1
Rectangular foot pad

STEP 2



ACTION

Attach the base connecting frame A assembly (#3), hip thrust footplate frame assembly (#4), right sliding frame upright assembly (#5), left sliding frame upright assembly (#6), movement arm slide rail rod (#7), and sliding frame connecting fixing rod (#8) to the base assembly (#1), then fit the rectangular foot pad (#2) onto the base connecting frame A assembly (#3).

HARDWARE



#3 **× 1**
Base connecting frame A assembly



#4 **× 1**
Hip thrust footplate frame assembly



#5 **× 1**
Right sliding frame upright assembly



#6 **× 1**
Left sliding frame upright assembly



#21 **× 4**
Hex self-locking nut M10



#19 **× 4**
Socket head cap screw M10×60

#7 **× 1**
Movement arm slide rail rod

#8 **× 1**
Sliding frame connecting fixing rod



#11 **× 12**
Flat washer M10-D20



#9 **× 8**
Socket head cap screw M10×25

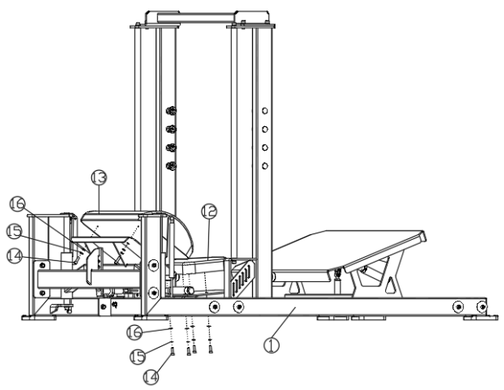


#20 **× 4**
Flat washer M10-D50



#10 **× 8**
Spring washer M10

STEP 3



ACTION

Attach the hip thrust back pad (#13) and universal seat pad (#12) to the base assembly (#1).

HARDWARE



#13 **× 1**
Hip thrust back pad



#12 **× 1**
Universal seat pad



#14 **× 8**
Socket head cap screw M8×25

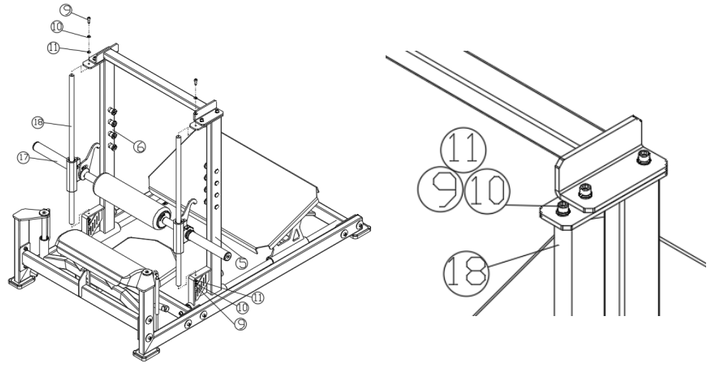


#15 **× 8**
Spring washer M8



#16 **× 8**
Flat washer M8-D16

STEP 4



ACTION

Slide the barbell bar assembly (#17) onto the lever slide rails (#18), then secure it to the left sliding frame upright assembly (#6) and right sliding frame upright assembly (#5) with the bolts and tighten them.

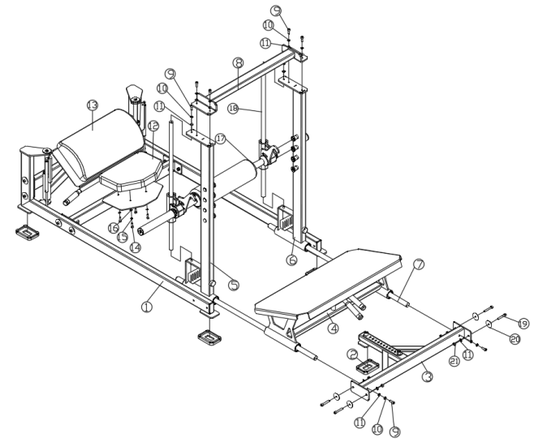
HARDWARE

#9 × 4	#10 × 4
Socket head cap screw M10×25	Spring washer M10

FINAL CHECK

01 4 × M10 spring washers (#10)

Exploded View



Parts List

NO.	PART / SPECIFICATION	QTY
1	Base assembly	1
2	Rectangular foot pad	5
3	Base connecting frame A assembly	1
4	Hip thrust footplate frame assembly	1
5	Right sliding frame upright assembly	1
6	Left sliding frame upright assembly	1
7	Movement arm slide rail rod	2
8	Sliding frame connecting fixing rod	1
9	Socket head cap screw M10×25	12
10	Spring washer M10	12
11	Flat washer M10-D20	16
12	Universal seat pad	1
13	Hip thrust back pad	1
14	Socket head cap screw M8×25	8
15	Spring washer M8	8
16	Flat washer M8-D16	8
17	Barbell bar assembly	1
18	Lever slide rail	2
19	Socket head cap screw M10×60	4
20	Flat washer M10-D50	4
21	Hex self-locking nut M10	4