



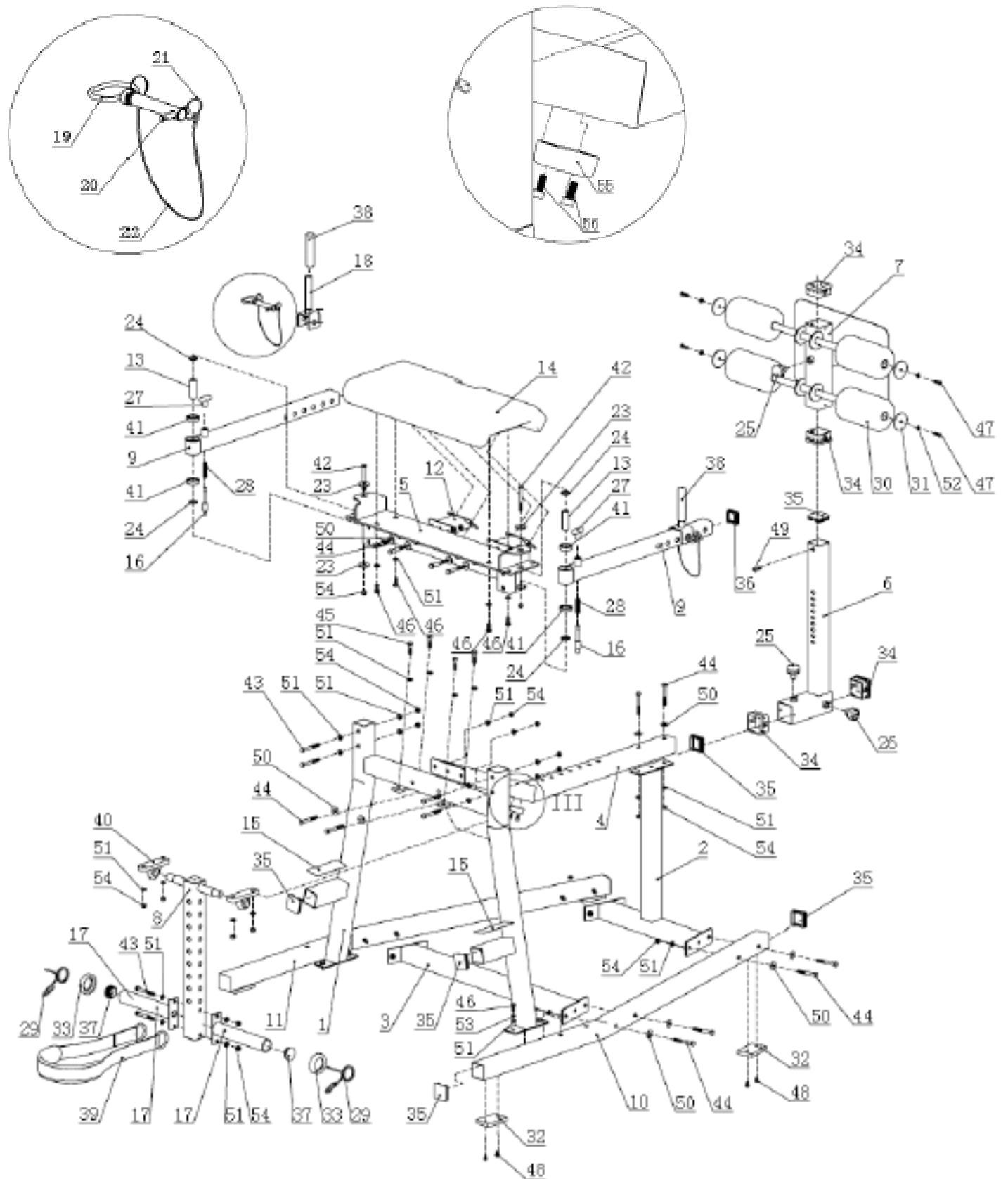
OWNER'S MANUAL

MPN(s): GHDPND1-GHDPND2

SKU(s): 400857

UPC(s): 840009205514

PARTS DIAGRAM / EXPLODED VIEW



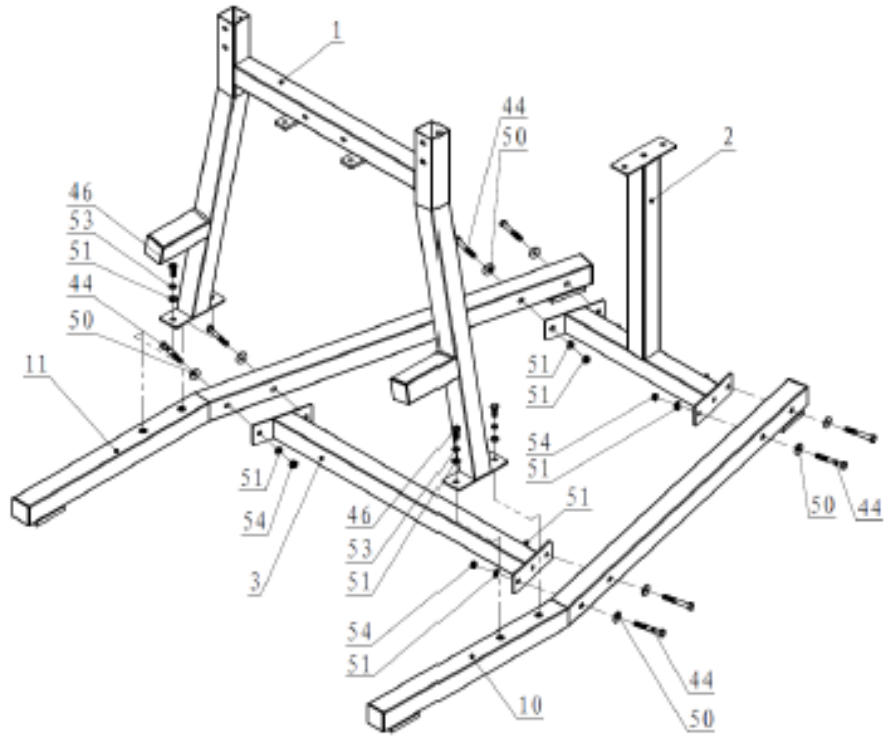
KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
1	1	Front Upright Frame	1	29	1	Clip $\Phi 50 \times \Phi 5$	2
2	1	Rear Upright Frame	1	30	1	Foam	4
3	2	Base Connect Frame	1	31	1	Foam Baffle	4
4	2	Upper Connect Frame	1	32	1	Rubber Foot	4
5	1	Support Frame	1	33	1	Rubber Bumper $\Phi 77 \times \Phi 47.5 \times 13$	2
6	2	Adjustable Frame	1	34	2	Sleeve $\square 75 \times 2.5$	4
7	1	Pedal Frame	1	35	2	End Cap $\square 60 \times 2.5$	9
8	2	Swing Frame	1	36	2	End Cap $\square 50 \times 2.5$	2
9	2	Handle Frame	2	37	1	End Cap $\Phi 48 \times 2.5$	2
10	2	Right Base Frame	1	38	1	Handle Bar Grip	2
11	2	Left Base Frame	1	39	1	Swing Band	1
12	1	Side support Frame	2	40	1	Bearing UCP205	2
13	2	Rotation Shaft $\Phi 25 \times \Phi 10.2 \times 73$	2	41	2	Bearing 6005RZ	4
14	1	Pad	1	42	1	Hex Bolt M10*95	22
15	1	Non-slip Sticker	2	43	1	Hex Bolt M10*85	6
16	2	Pin Shaft	2	44	1	Hex Bolt M10*80	16
17	1	Plate Bar Holder	2	45	1	Hex Bolt M10*40	4
18	1	Adjustable Handle bar Frame	2	46	1	Hex Bolt M10*25	12
19	1	Pin	2	47	1	Hex Bolt M8*25	4
20	1	Pin $\Phi 11 \times \Phi 8 \times 50$	2	48	1	Pan Head, Hex Bolt M8*15	8
21	1	Ring $\Phi 1.5 \times 31$	4	49	1	Hexagon Socket Head Bolt M10*20	1
22	1	Cable $\Phi 5.5 \times \Phi 1.6 \times 330$	2	50	1	Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$	16
23	1	Big Flat Washer $\Phi 38 \times \Phi 11 \times 5$	4	51	1	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	48
24	2	Spacer Bush $\Phi 25$	4	52	1	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
25	2	Knob	2	53	1	Spring Washer $\Phi 10$	4
26	2	Lock Knob	1	54	1	Nut M10	28
27	2	T-shape Handle	2	55	2	Stopper	1
28	2	Spring $\Phi 14 \times \Phi 1.5 \times 55$	2	56	2	Hexagon Socket Head Bolt M6*15	2



ASSEMBLY INSTRUCTIONS

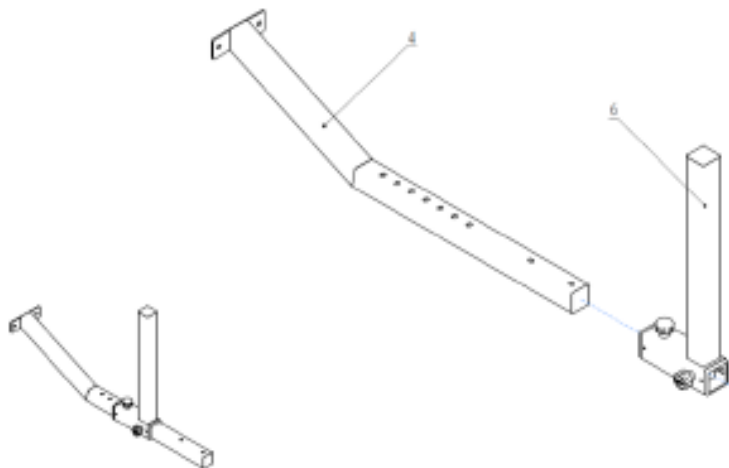
STEP 1

Fix Front Upright Frame (1), Rear Upright Frame (2) and Base connect Frame (3) to the Left & Right Base Frame (11&10) using Hex Bolt M10*25 (46), Hex Bolt M10*80 (44), Spring Washer $\Phi 10$ (53), Flat Washer $\Phi 10.5*\Phi 30*2.5$ (50) and Flat Washer $\Phi 11*\Phi 20*2$ (51).



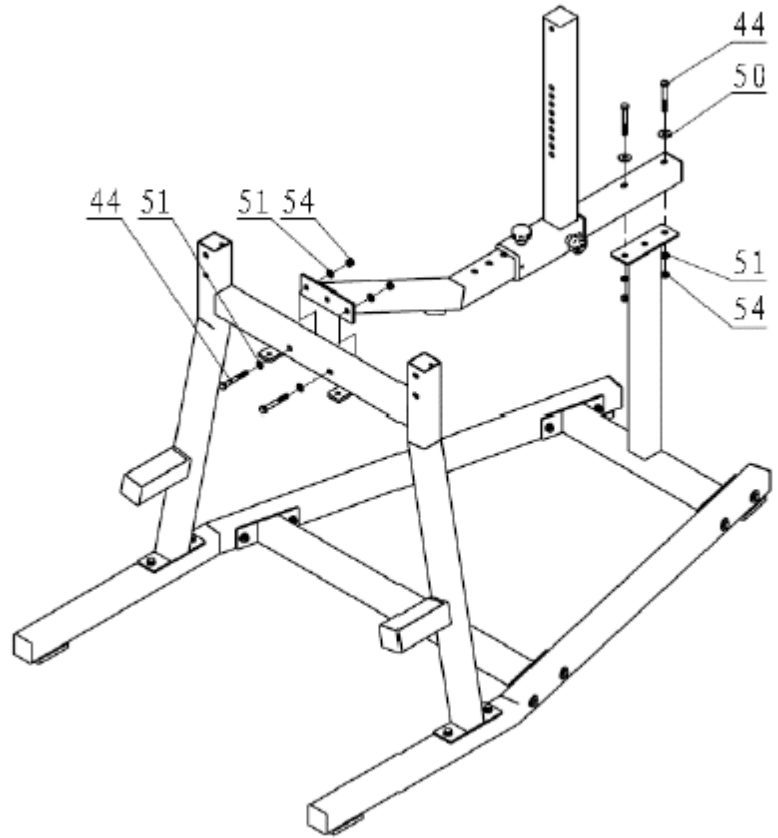
STEP 2

Fix Upper Connect Frame (4) to the Adjustable Frame (6).



STEP 3

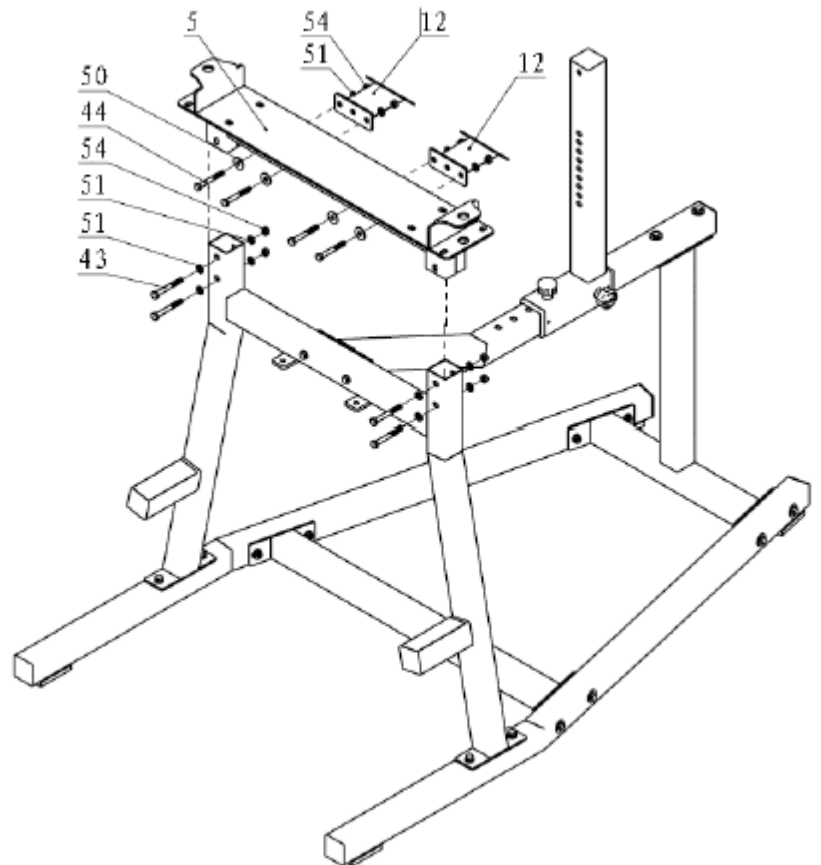
Fix Upper Connect Frame (4) to Front & Rear Upright Frame (1&2) using Hex Bolt M10*80 (44), Flat Washer $\Phi 10.5*\Phi 30*2.5$ (50), Flat Washer $\Phi 11*\Phi 20*2$ (51) and Nut M10 (54).



STEP 4

Fix the side Support Frame (12) to the Support Frame (5), Using Hex Bolt M10*80 (44), Flat Washer $\Phi 10.5*\Phi 30*2.5$ (50), Flat Washer $\Phi 11*\Phi 20*2$ (51) and Nut M10 (54).

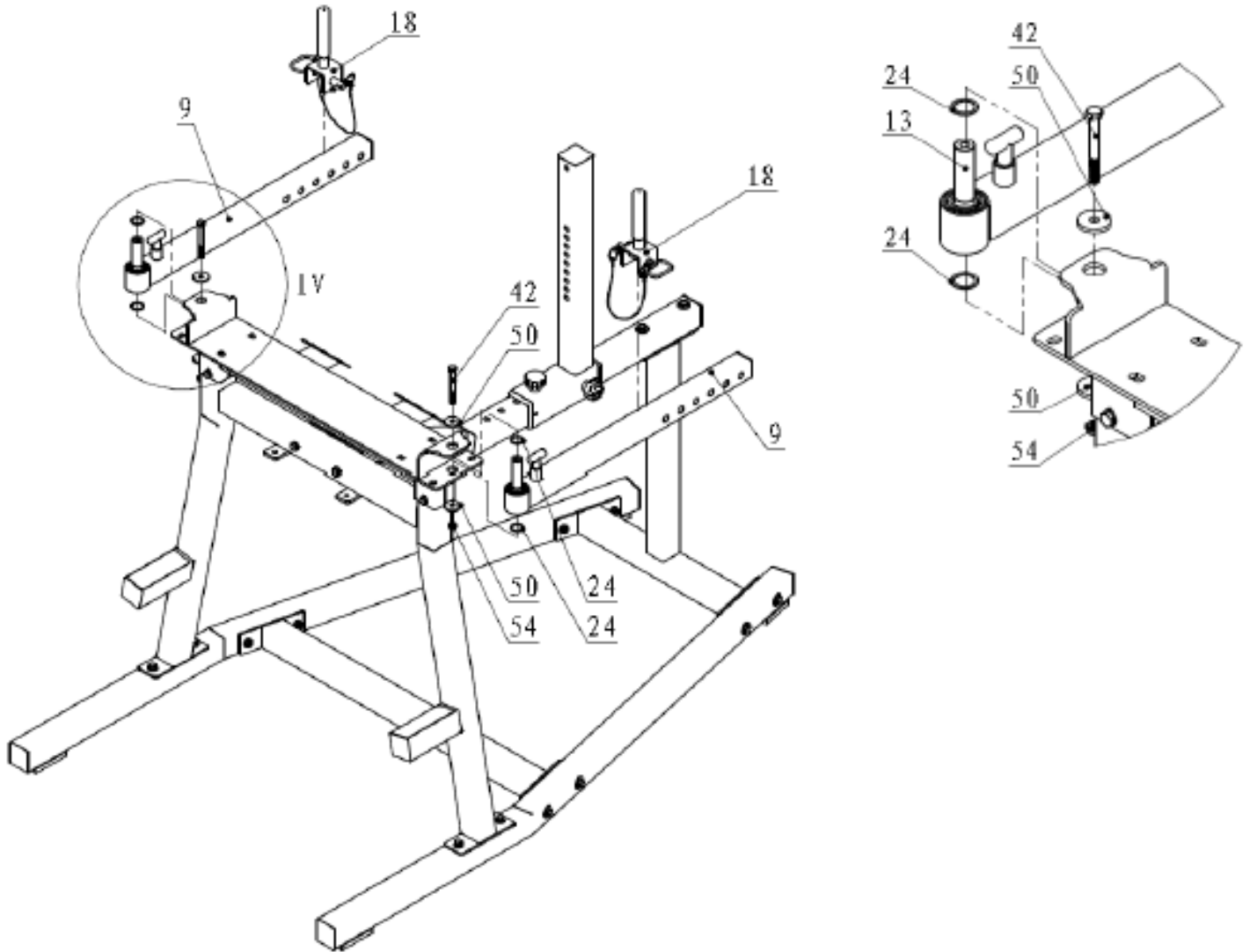
Then fix Support Frame (5) to the Front Upright Frame (1), Using Hex Bolt M10*85 (43), Flat Washer $\Phi 11*\Phi 20*2$ (51) and Nut M10 (54).



STEP 5

Fix Handle Frame (9) to the Support Frame (5), Using Rotate Shaft (13), Spacer Bushing (24), Hex Bolt M10*95 (42), Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (50) and Nut M10 (54).

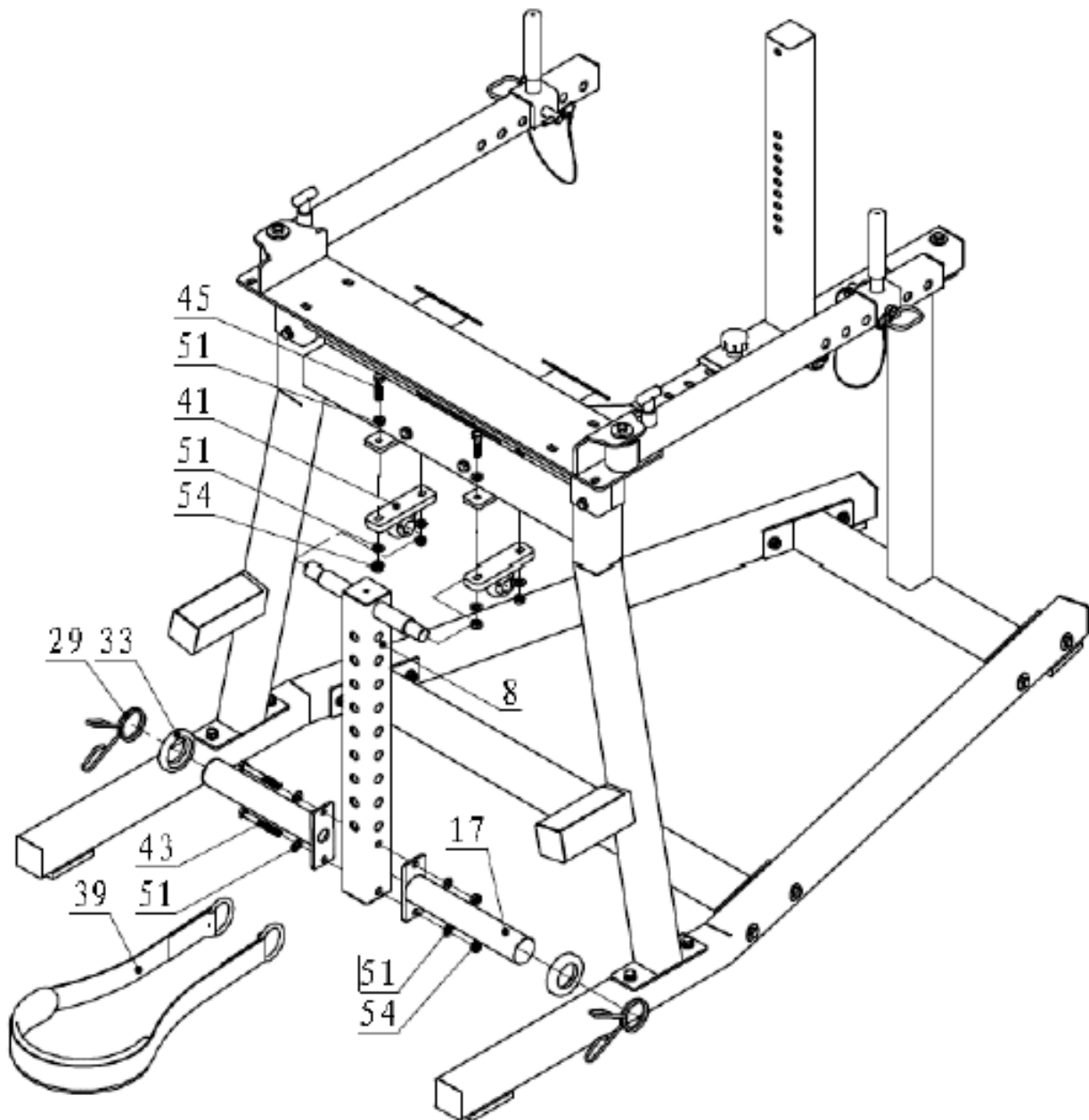
Then Fix Adjustable Handle bar (18) to the Handle Frame (9).



STEP 6

Put Bearing 6005RZ (41) on Swing Frame (8), then Fix Swing Frame (5) and Bearing 6005RZ (41) to Front Upright Frame (1), using Hex Bolt M10*40 (45), Flat Washer $\Phi 11*\Phi 20*2$ (51) and Nut M10 (54).

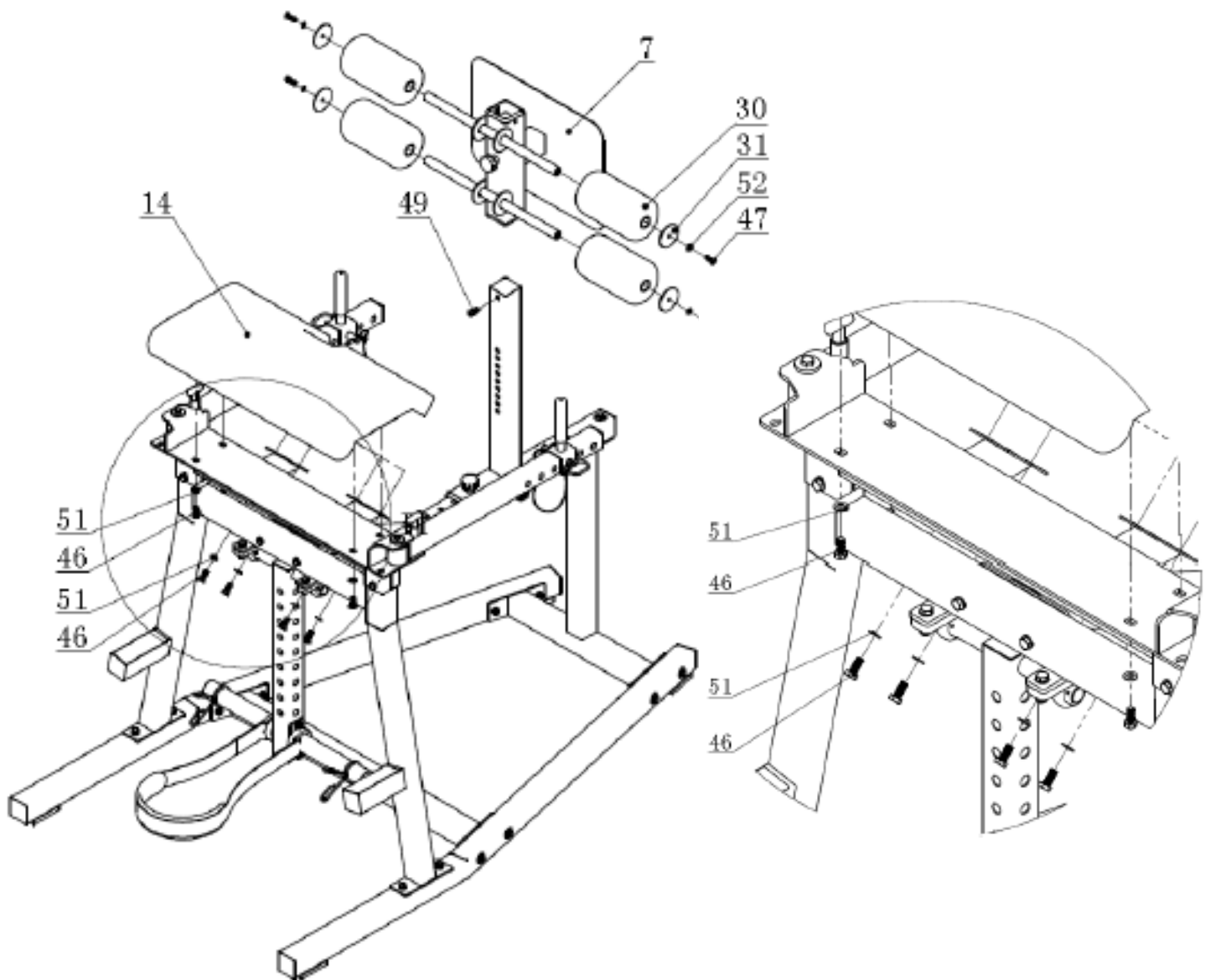
FIX Plate Bar Holder (17) to the Swing Frame (8), using Hex Bolt M10*85 (43), Flat Washer $\Phi 11*\Phi 20*2$ (51) and Nut M10 (54). Then put Swing Band (39) on Plate Bar Holder (17) using Clip $\Phi 50*\Phi 5$ (29) fix it as show.



STEP 7

Fix Pad (14) to the Support Frame (5), Using Hex Bolt M10*25 (46) and Flat Washer $\Phi 11*\Phi 20*2$ (51). Fix Pedal Frame (7) to the Adjustable Frame (6), Using Hex Bolt M10*20(49), then Fix Foam (30) to the Paddle Frame (7), Using Hex Bolt M8*25 (47) and Flat Washer $\Phi 9*\Phi 16*1.6$ (52).

PLEASE TIGHTEN ALL THE BOLTS AND NUTS.





This concludes the GHPND Owner's Manual.

*If applicable to your product, make sure to
tighten all nut-and-bolt combinations before use.*

Enjoy!

DISCLAIMER

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

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