

FLOOR GLUTE HAMSTRING DEVELOPER

GBFGHD

400939

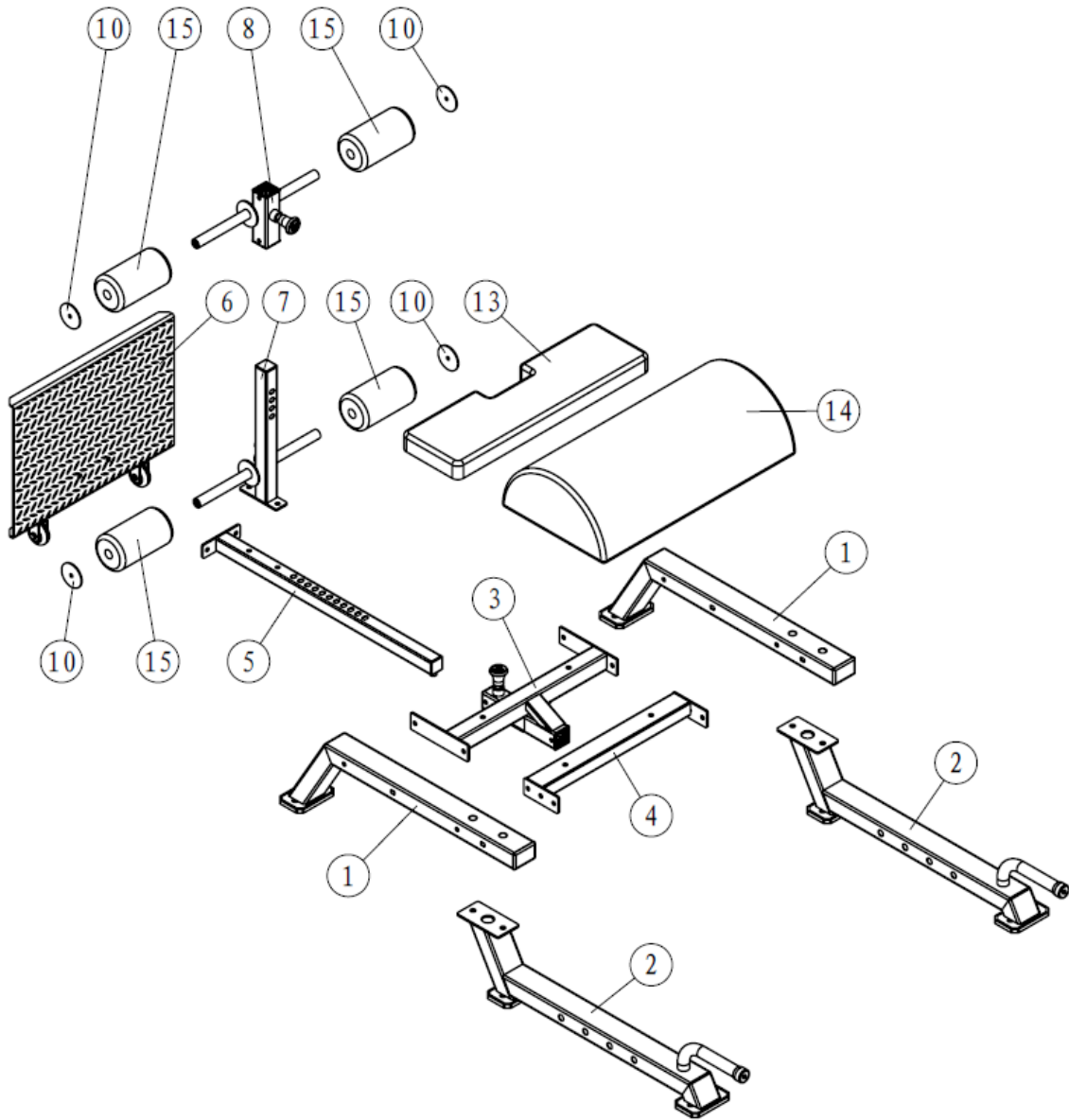


Operator's Manual



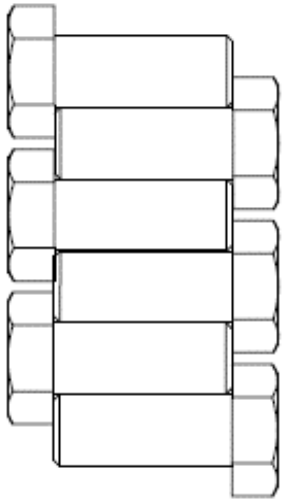
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW

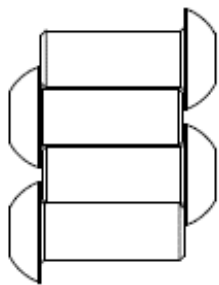


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
1	1	MAIN FRAME	2	7	1	FIXING FRAME	1
2	1	BASE FRAME	2	8	1	ADJUSTABLE FRAME	1
3	1	SUPPORT FRAME	1	10	1	FOAM BAFFLE	4
4	1	CROSS CONNECTION FRAME	1	13	1	CUSHION	1
5	1	CONNECTION FRAME	1	14	1	SEMICIRCLE CUSHION	1
6	1	PEDAL	1	15	1	FOAM	4

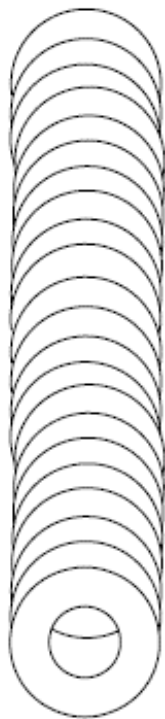
HARDWARE PACK (1/2)



No. 26 M10X25 (6)



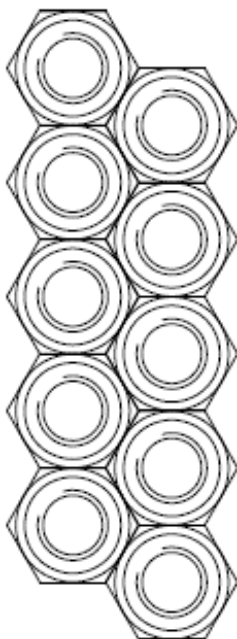
No. 24 M8X20 (4)



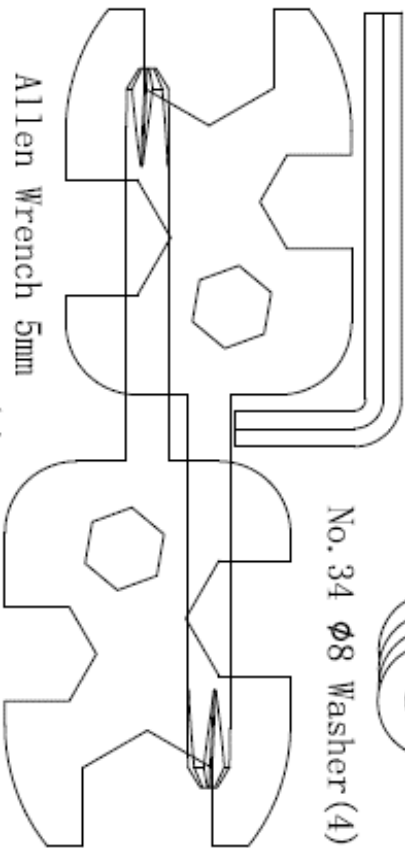
No. 35 ϕ 10 Washer (22)



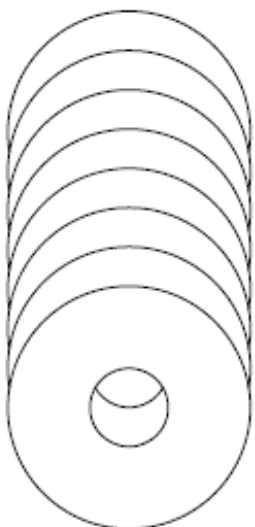
No. 34 ϕ 8 Washer (4)



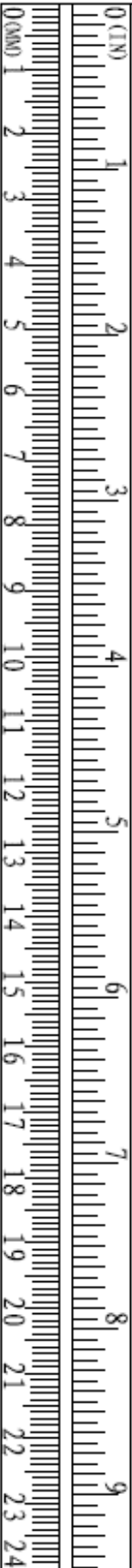
No. 33 M10 Nut (10)



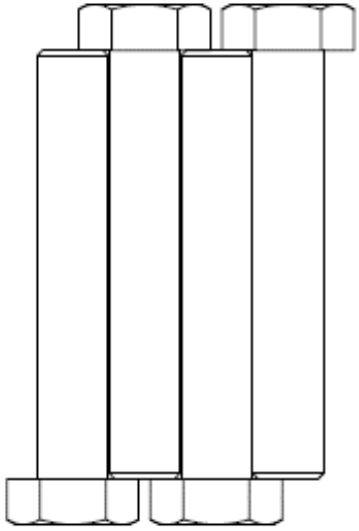
Allen Wrench 5mm
Universal Wrench (2)



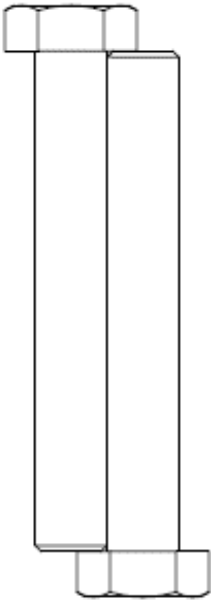
No. 36 ϕ 11X ϕ 34X3 Washer (8)



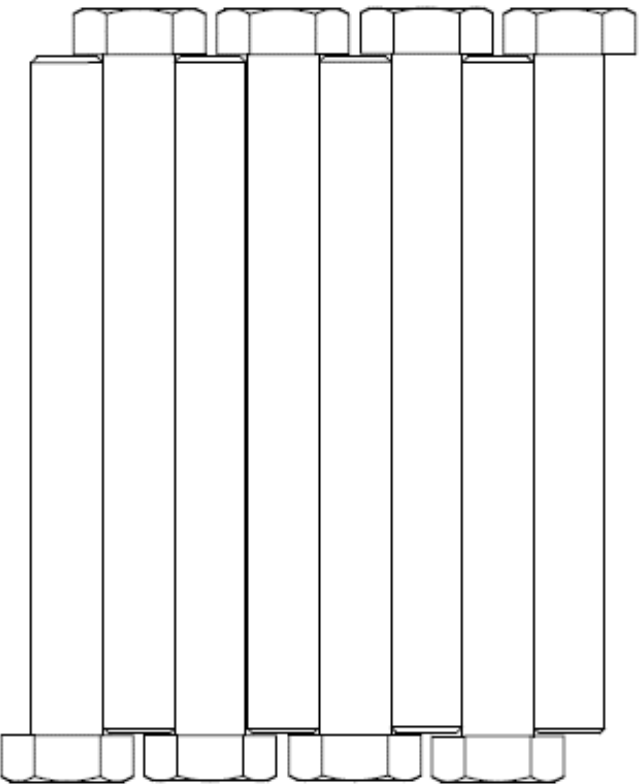
HARDWARE PACK (2/2)



No. 27 M10X60 (4)



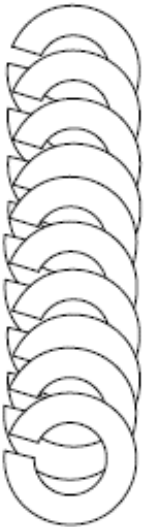
No. 28 M10X70 (2)



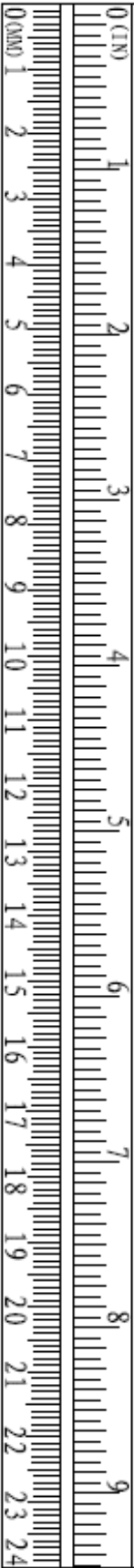
No. 29 M10X95 (8)



No. 30 ϕ 8 Spring Washer (4)



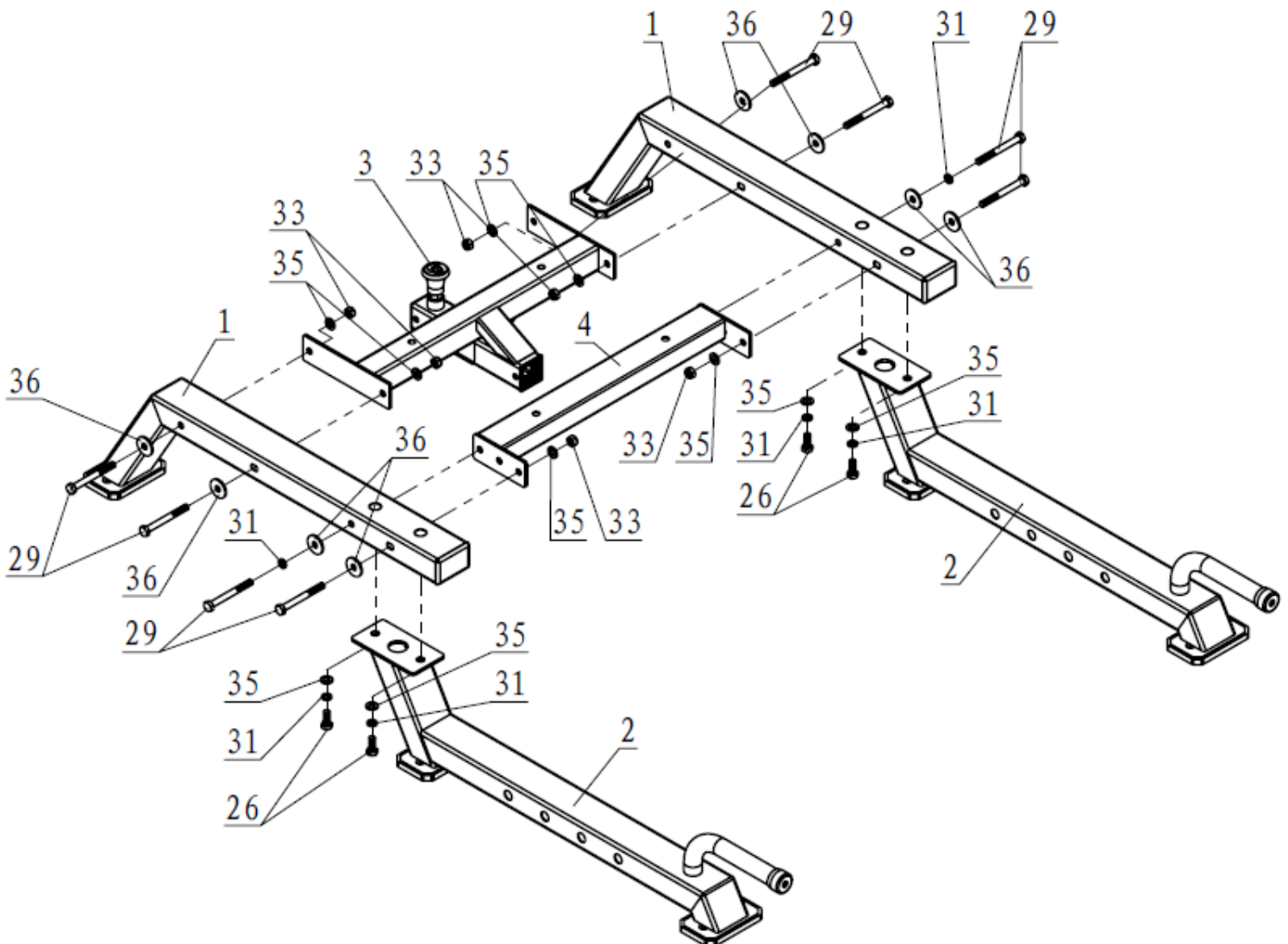
No. 31 ϕ 10 Spring Washer (10)



ASSEMBLY INSTRUCTIONS

STEP 1

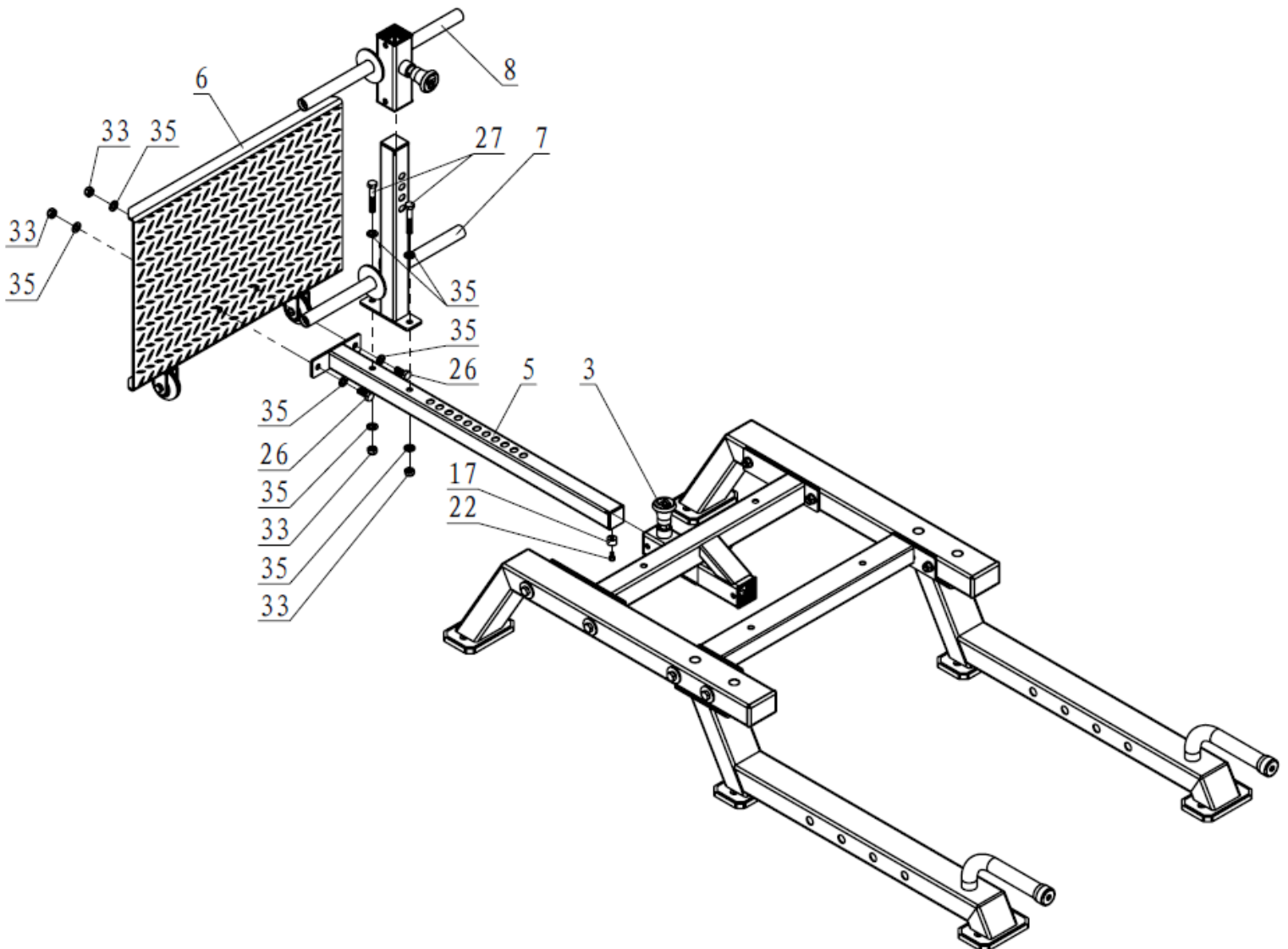
1. Assemble Base Frame (2) with Main Frame (1), Using Flat Washer $\Phi 11*\Phi 20*2$ (35), Spring Washer $\Phi 10$ (31) and Hex Bolt M10*25 (26).
2. Connect Support Frame (3) with Base Frame (2) and Main Frame (1), Using Flat Washer $\Phi 11*\Phi 34*3$ (36), Flat Washer $\Phi 11*\Phi 20*2$ (35), Nut M10 (33) and Hex Bolt M10*95 (29).
3. Connect Cross Connection Frame (4) with Base Frame (2) and Main Frame (1), Using Flat Washer $\Phi 11*\Phi 34*3$ (36), Flat Washer $\Phi 11*\Phi 20*2$ (35), Nut M10 (33), Spring Washer $\Phi 10$ (31) and Hex Bolt M10*95 (29).



ASSEMBLY INSTRUCTIONS

STEP 2

1. Remove the Plastic Sleeve (17) from the Vertical Connection Frame (5), then assemble Vertical Connection Frame (5) with Support Frame (3), reinstall the Plastic Sleeve (17) and fixing by Hexagon socket head bolt M6*10 (22).
2. Assemble the Pedal (6) with Connection Frame (5), using Flat Washer $\Phi 11*\Phi 20*2$ (35), Nut M10 (33) and Hex Bolt M10*25 (26).
3. Connect the Fixing Frame (7) and Connection Frame (5), using Flat Washer $\Phi 11*\Phi 20*2$ (35), Nut M10 (33) and Hex Bolt M10*60 (27).
4. Put the Adjustable Frame (8) insert the Fixing Frame (7).

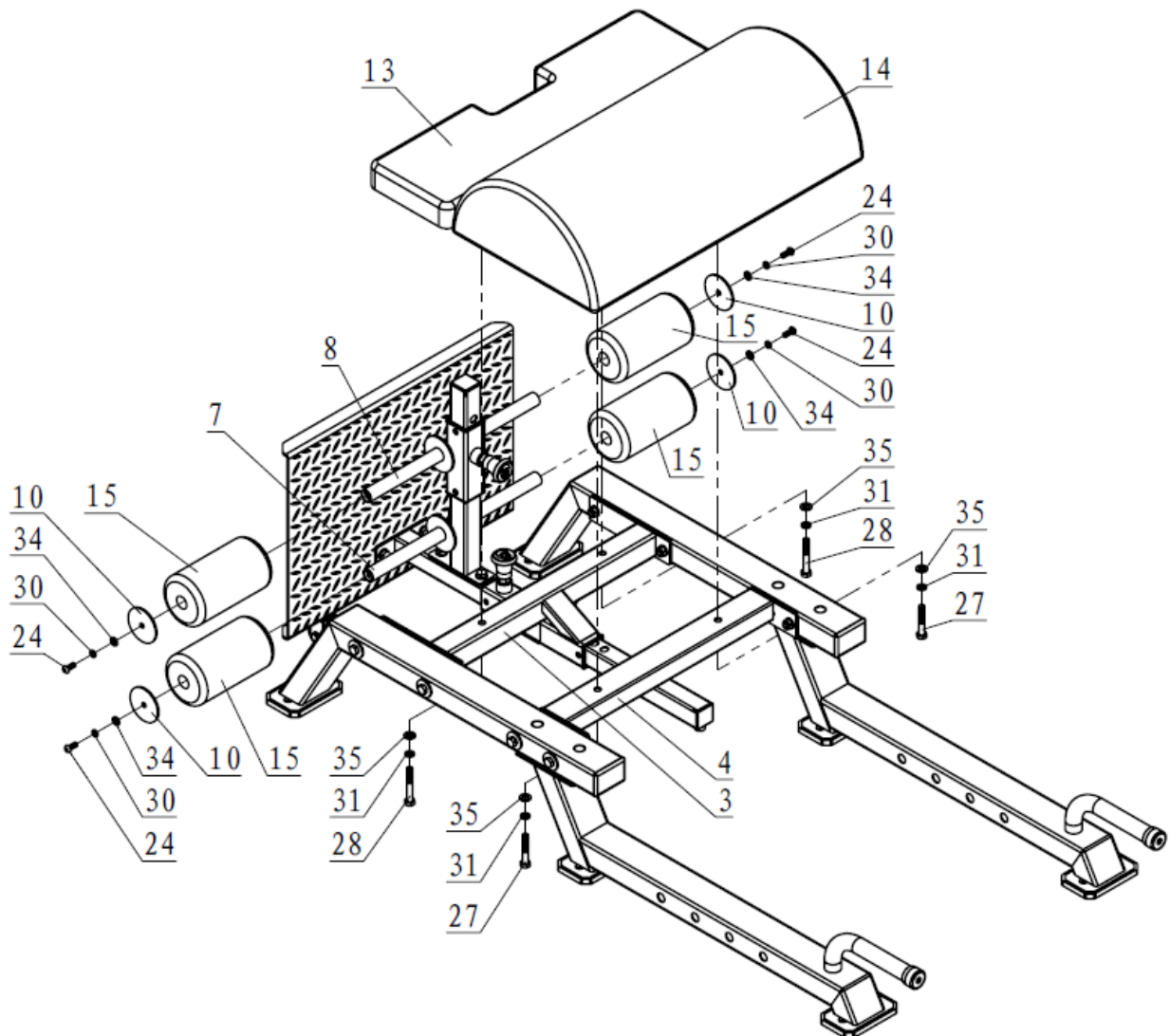


ASSEMBLY INSTRUCTIONS

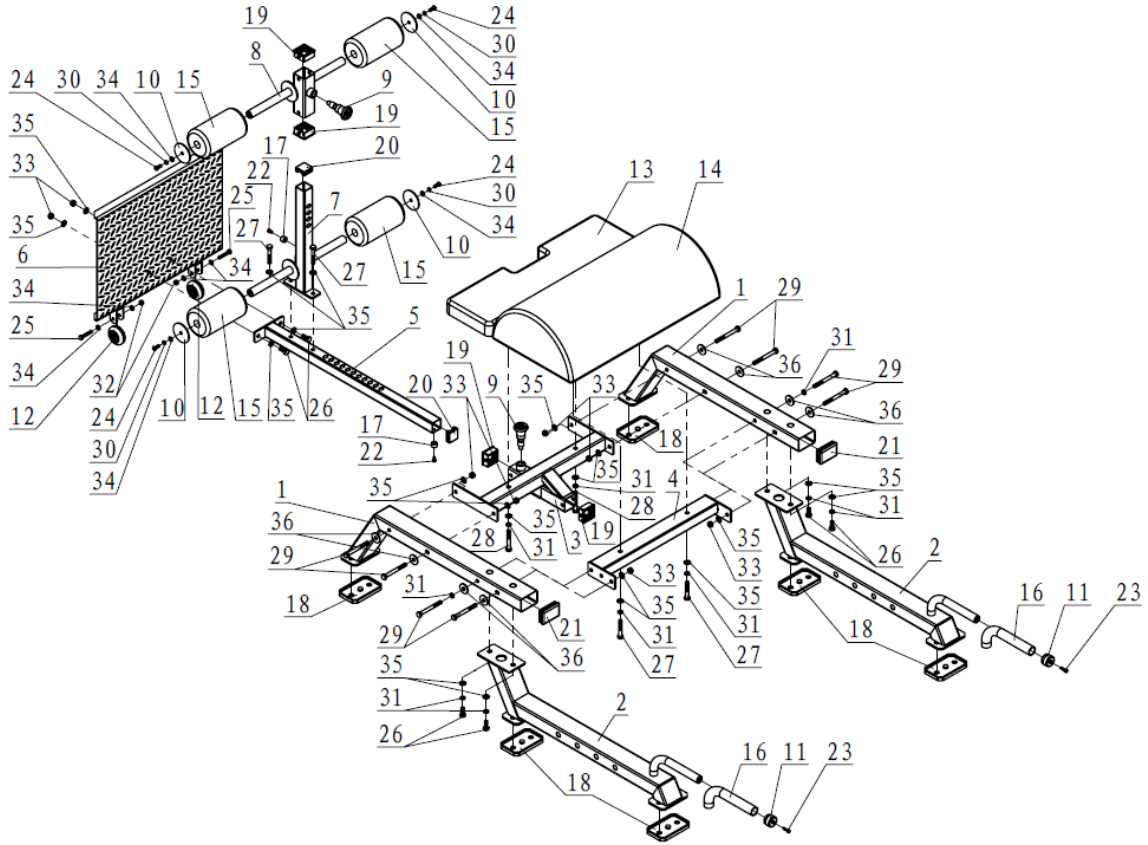
STEP 3

1. Connect the Cushion (13) to Support Frame (3), using Flat Washer $\Phi 11*\Phi 20*2$ (35), Spring Washer $\Phi 10$ (31) and Hex Bolt M10*70 (28).
2. Connect the Semicircle Cushion (14) to Cross Connection Frame (4), using Flat Washer $\Phi 11*\Phi 20*2$ (35), Spring Washer $\Phi 10$ (31) and Hex Bolt M10*60 (27).
3. Install Foam (15) on the Fixing Frame (7) and Adjustable Frame (8), using the Foam Baffle (10), Flat Washer $\Phi 9*\Phi 16*1.6$ (34), Spring Washer $\Phi 8$ (30), and Pan Head, Hex Bolt M8*20 (24).

THEN TIGHTEN THE NUTS AND BOLTS.



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	MAIN FRAME	2	19	HOLLOW SLEEVE	4
2	BASE FRAME	2	20	END CAP 40*40*2MM	2
3	SUPPORT FRAME	1	21	END CAP 50*75*2MM	2
4	CROSS CONNECTION FRAME	1	22	HEX SOCKET HEAD BOLT M6*10	2
5	CONNECTION FRAME	1	23	HEX SOCKET HEAD BOLT M6*20	2
6	PEDAL	1	24	PAN HEAD, HEX BOLT M8*20	4
7	FIXING FRAME	1	25	HEX BOLT M8*45	2
8	ADJUSTABLE FRAME	1	26	HEX BOLT M10*25	6
9	PIN	2	27	HEX BOLT M10*60	4
10	FOAM BAFFLE	4	28	HEX BOLT M10*70	2
11	Φ25 METAL END CAP	2	29	HEX BOLT M10*95	8
12	PU WHEEL	2	30	SPRING WASHER Φ8	4
13	CUSHION	1	31	SPRING WASHER Φ10	10
14	SEMICIRCLE CUSHION	1	32	NUT M8	2
15	FOAM	4	33	NUT M10	10
16	HANDLEBAR GRIP	2	34	FLAT WASHER Φ9*Φ16*1.6	8
17	PLASTIC SLEEVE Φ18*Φ6.5*12	2	35	FLAT WASHER Φ11*Φ20*2	22
18	RUBBER MAT	6	36	FLAT WASHER Φ11*Φ34*3	8

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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