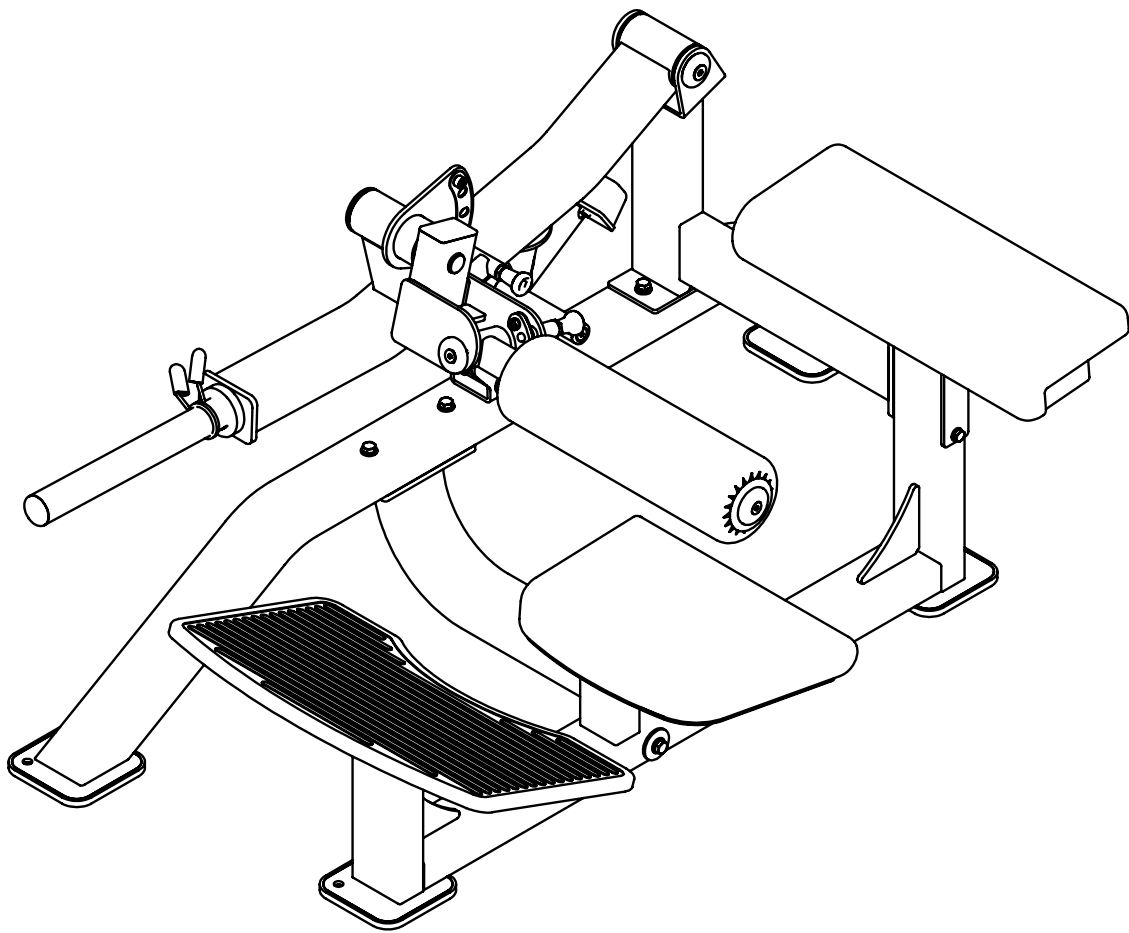


DH022 REV: B

HIP THRUSTER

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

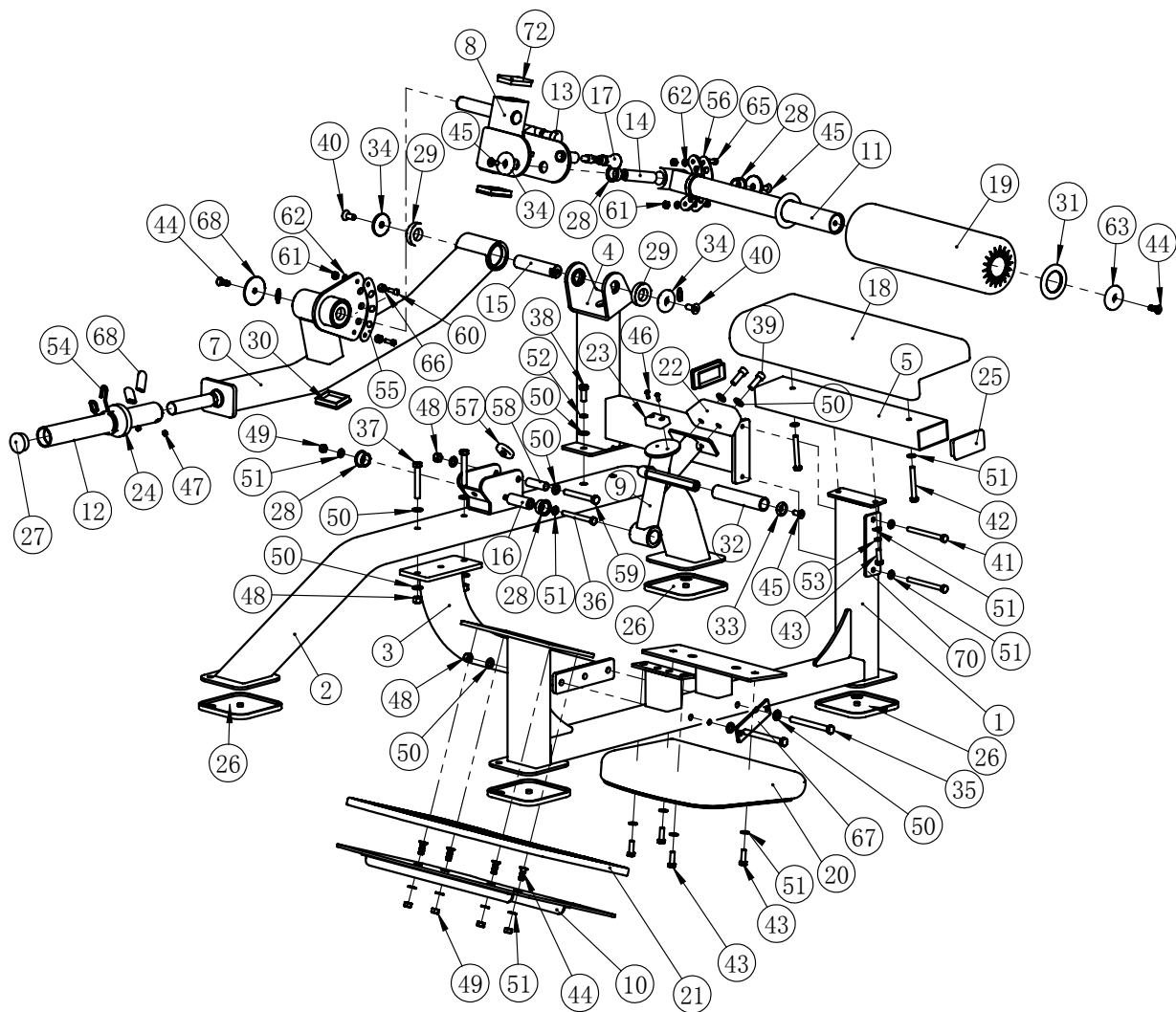
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty	Item No.	Description	Qty
1	Seat Pad Frame	1	37	Hex Bolt M12*80	2
2	Main Frame	1	38	Hex Bolt M12*30	2
3	Bottom Cross Brace	1	39	Socket Head Cap Bolt M12*35	2
4	Upper Connecting Frame	1	40	Flat Head Cap Screw M12*30	2
5	Head Pad Fixed Frame	1	41	Hex Bolt M10*120	2
7	Wobble Frame	1	42	Hex Bolt M10*80	2
8	Regulating Frame	1	43	Hex Bolt M10*30	6
9	Limit Frame	1	44	Flat Head Cap Screw M10*30	5
10	Foot Tread Rack	1	45	Flat Head Cap Screw M10*25	4
11	FOAM Frame	1	46	Button Head Cap Screw M6*15	2
12	Barbell Rod	1	47	Socket Set Screw M8*10	2
13	Pin	1	48	Nylon lock Nut M12	5
14	Shaft $\phi 25.4 \times 102$	1	49	Nylon lock Nut M10	5
15	Shaft $\phi 30 \times 134$	1	50	Flat Washer $\phi 24 \times \phi 13 \times 2$	14
16	Shaft $\phi 25.4 \times \phi 10.5 \times 69.5$	1	51	Flat Washer $\phi 20 \times \phi 11 \times 2$	16
17	Pin	1	52	Spring Washer $\phi 12$	2
18	Head Pad	1	53	Spring Washer $\phi 10$	2
19	FOAM	1	54	Cirelip $\phi 48$	1
20	Seat Pad	1	55	Adjustable Plate	1
21	Rubber Foot Plate Cover	1	56	Adjustable Plate	1
22	Rubber Bumper	1	57	Cushion	1
23	Rubber Bumper	1	58	Plastic Bushing	1
24	Bumper	1	59	Hex Bolt M12*100	1
25	Tube Plug $\square 50 \times 100$	2	60	Socket Head Cap Bolt M8*25	2
26	Rubber Foot	4	61	Nylon lock Nut M8	4
27	Tube Plug $\phi 48$	1	62	Flat Washer $\phi 16 \times \phi 9 \times 1.5$	4
28	Bushing	4	63	Aluminum End Cap $\phi 60 \times \phi 10.5 \times 10.9$	1
29	Bearing	4	65	Socket Head Cap Bolt M8*20	2
30	Tube Plug $\square 50.8 \times 76.2$	3	66	Limit Sleeve $\phi 17 \times 10.5$	2
31	Aluminum Grip Ring	2	67	Narrow External Fixation Plate	1
32	Aluminum Grip	1	68	Aluminum End Cap $\phi 70$	1
33	Aluminum Cap $\phi 32 \times \phi 25 \times 7$	1	70	rubber sleeve	1
34	Aluminum End Cap $\phi 60 \times \phi 12.5 \times 10.6$	4	71	External Circlip	1
35	Hex Bolt M12*130	2	72	Tube Plug F50 \times 75	2
36	Hex Bolt M10*100	1			

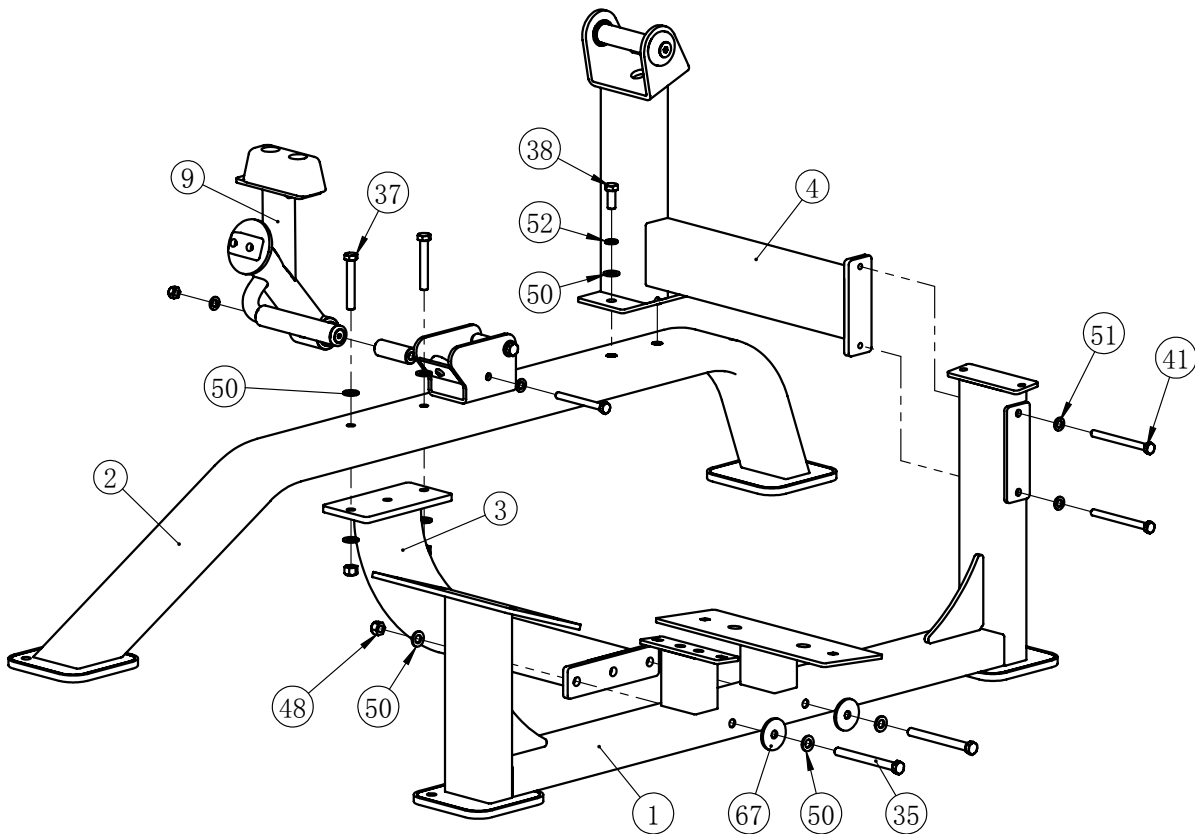
Exploded View and Parts List



Assembly

STEP 1

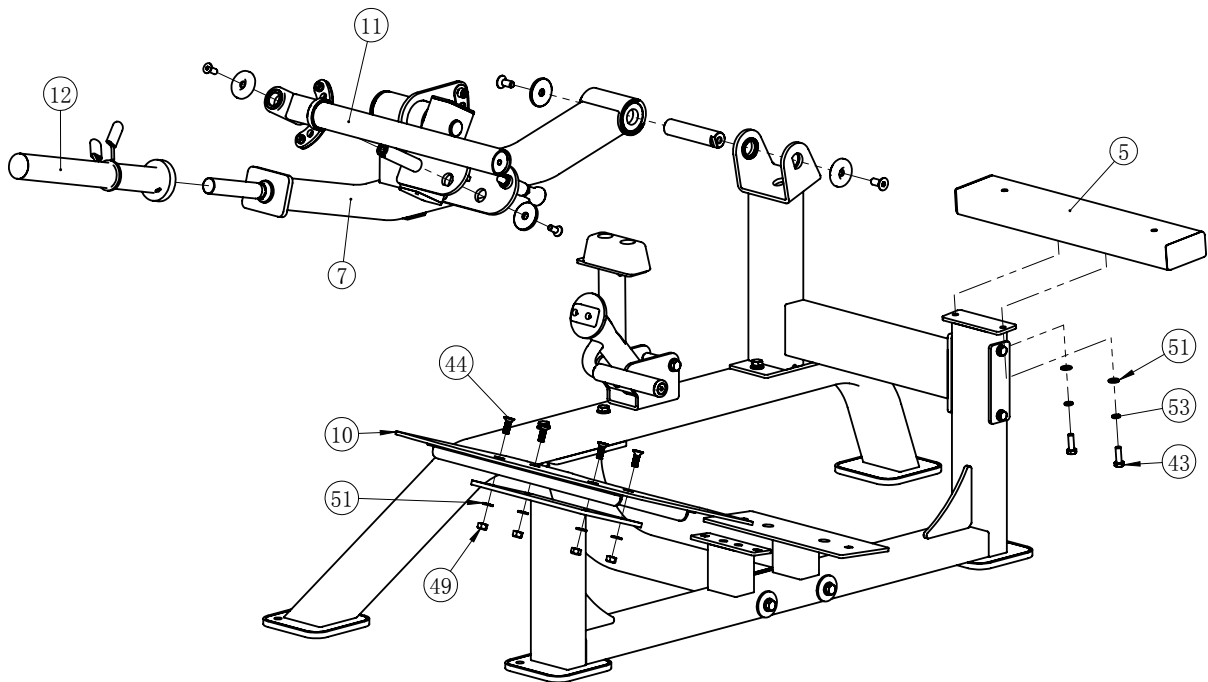
Item No.	Description	Qty	Item No.	Description	Qty
1	Seat Pad Frame	1	38	Hex Bolt M12*30	2
2	Main Frame	1	41	Hex Bolt M10*120	2
3	Bottom Cross Brace	1	48	Nylon lock Nut M12	4
4	Upper Connecting Frame	1	50	Flat Washer $\phi 24^* \phi 13^* 2$	10
9	Limit Frame	1	51	Flat Washer $\phi 20^* \phi 11^* 2$	2
35	Hex Bolt M12*130	2	52	Spring Washer $\phi 12$	2
37	Hex Bolt M12*80	2	67	Narrow External Fixation Plate	1



Assembly

STEP 2

Item No.	Description	Qty	Item No.	Description	Qty
5	Head Pad Fixed Frame	1	45	Flat Head Cap Screw M10*25	1
7	Wobble Frame	1	49	Nylon lock Nut M10	4
10	Foot Tread Rack	1	51	Flat Washer $\phi 20 \times \phi 11 \times 2$	6
11	FOAM Frame	1	53	Spring Washer $\phi 10$	2
12	Barbell Rod	1	64	Aluminum End Cap $\phi 70$	1
43	Hex Bolt M10*30	2			
44	Flat Head Cap Screw M10*30	4			



Assembly

STEP 3

Item No.	Description	Qty	Item No.	Description	Qty
18	Head Pad	1	42	Hex Bolt M10*80	2
19	FOAM	1	43	Hex Bolt M10*30	4
20	Seat Pad	1	45	Flat Head Cap Screw M10*25	1
21	Rubber Foot Plate Cover	1	51	Flat Washer $\phi 20^* \phi 11^* 2$	6
31	Aluminum Grip Ring	2	63	Aluminum End Cap $\phi 60^* \phi 10.5^* 10.9$	1

