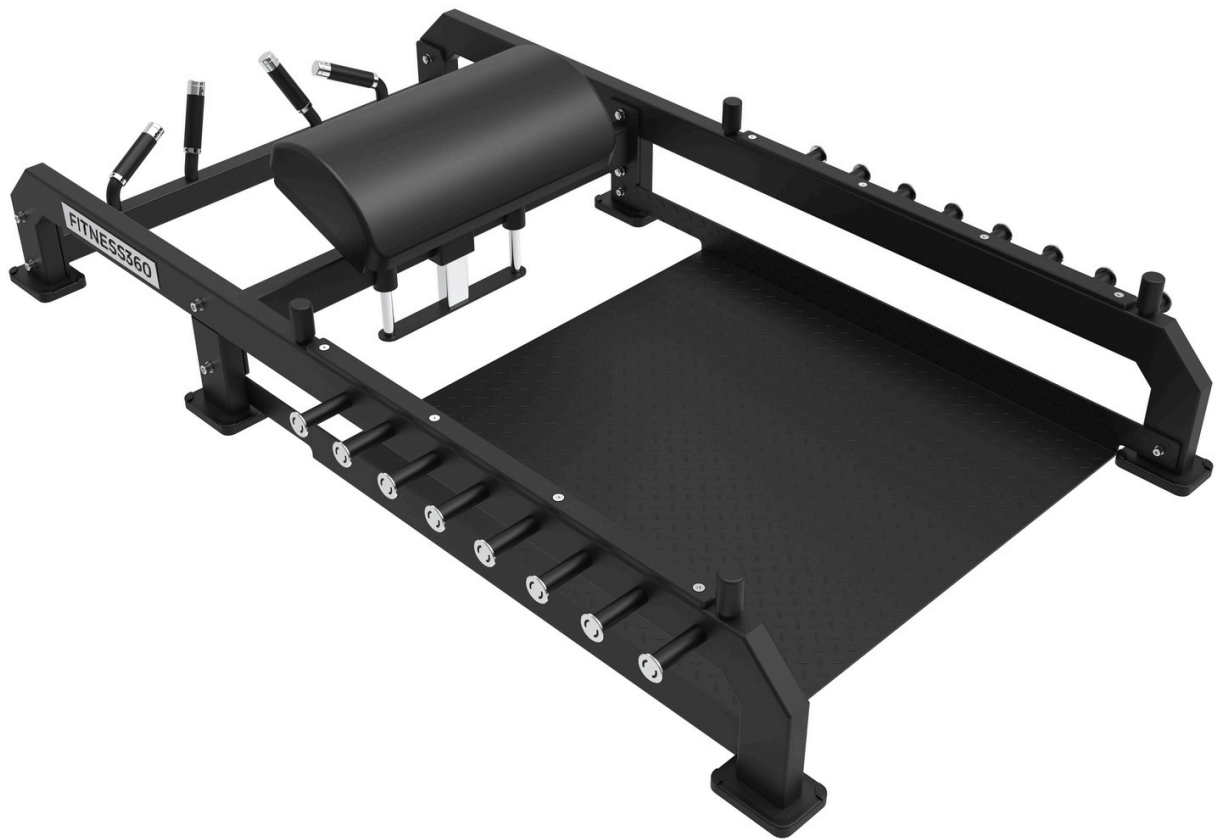


FITNESS360[®]

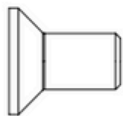
FT9046

Hip Thrust Bænk

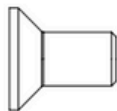


Rubber rod
Spirit Level
Hexagon wrench
Two people
Circlip pliers
Adjustable Wrench

Fasteners



[6] (M8*16)



[9] (M10*25)

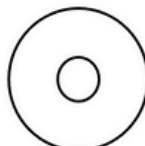
[13] (M10*30)



[16] (M8*20)



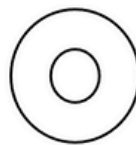
[14] (Spring washer M10)



[15] Flat washer M10-D20



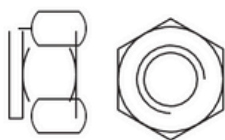
[17] (Spring washer M8)



[18] Flat washer M8-D16



[20] (M10*65)



[21] (Hexagonal nut M10)

Step 1:

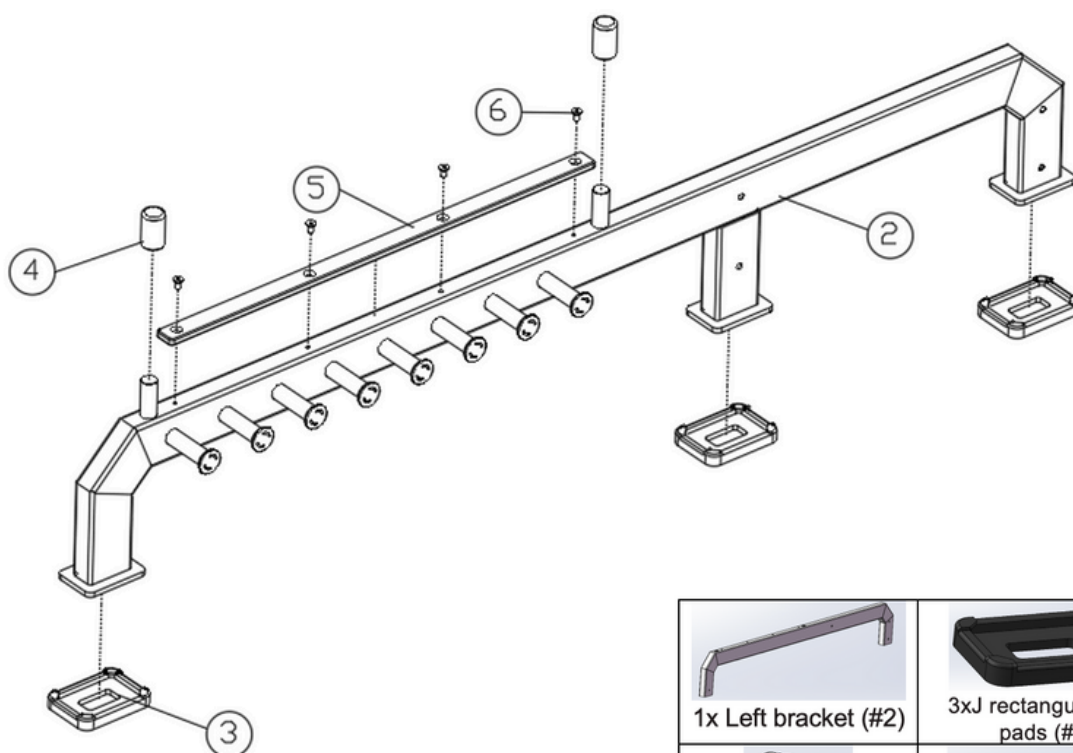
Use the hexagon socket screws (#6) to attach the buffer plate (#5) and stopper sleeves (#4) to the right bracket (#1).

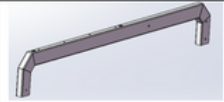
Then, attach the three rectangular foot pads (#3) as shown in the illustration.

You will need:

- 4 × Hexagon socket countersunk screws M8×16 (#6)

Tighten all bolts securely with a wrench before moving on to the next step.



 1x Left bracket (#2)	 3xJ rectangular foot pads (#3)
 2x stopper sleeves (#4)	 1x cushioning plate (#5)
 4x hexagon socket countersunk screws M8*16 (#6)	

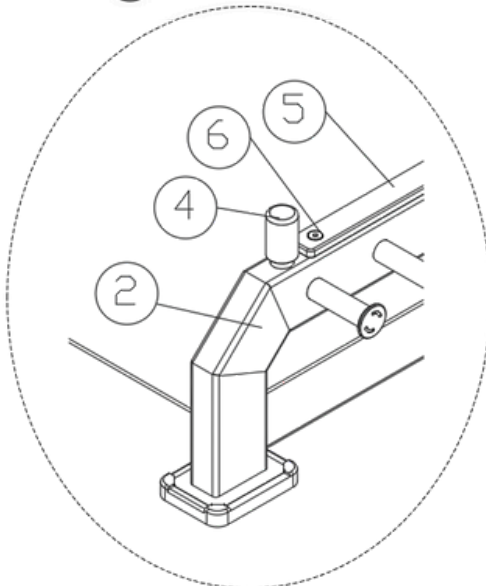
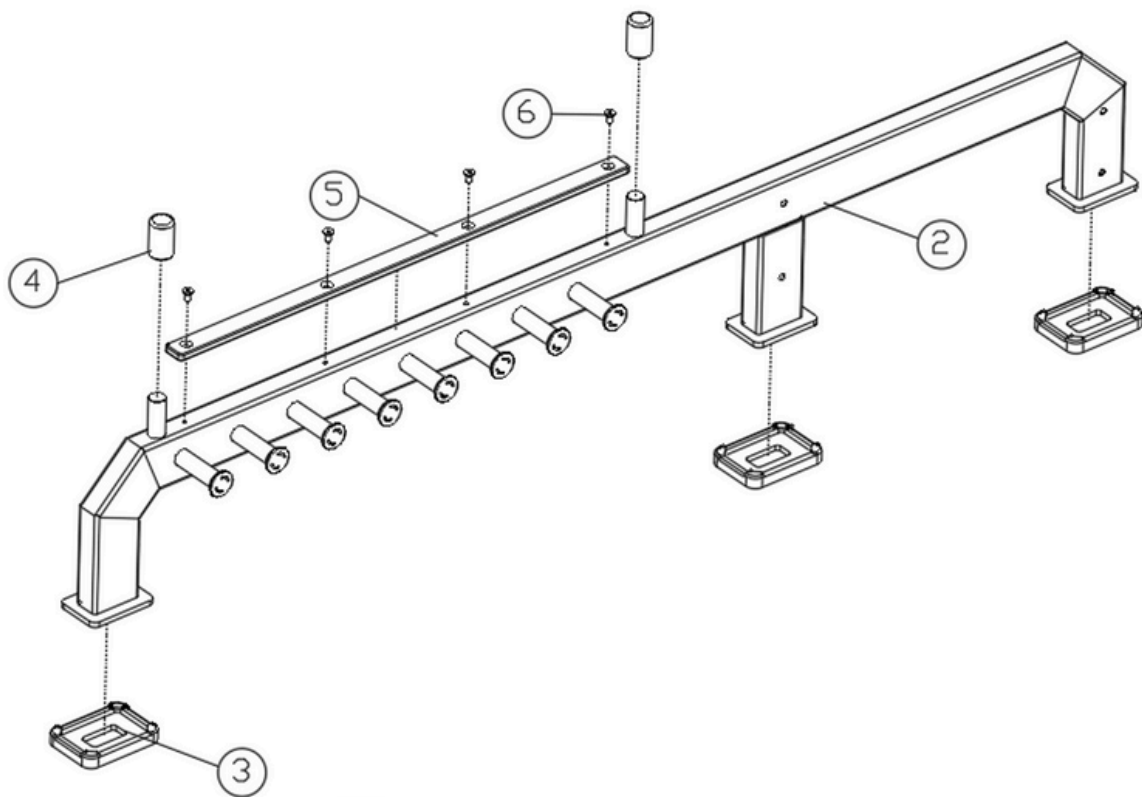
Step 2:

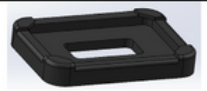
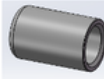
Use the hexagon socket screws (#6) to attach the buffer plate (#5) and the stopper sleeves (#4) to the left bracket (#2).

Then, position the three rectangular foot pads (#3) as shown in the illustration.

You will need:

- 1 × Left bracket (#2)
- 3 × Rectangular foot pads (#3)
- 2 × Stopper sleeves (#4)
- 1 × Buffer plate (#5)
- 4 × Hexagon socket countersunk screws M8×16 (#6)

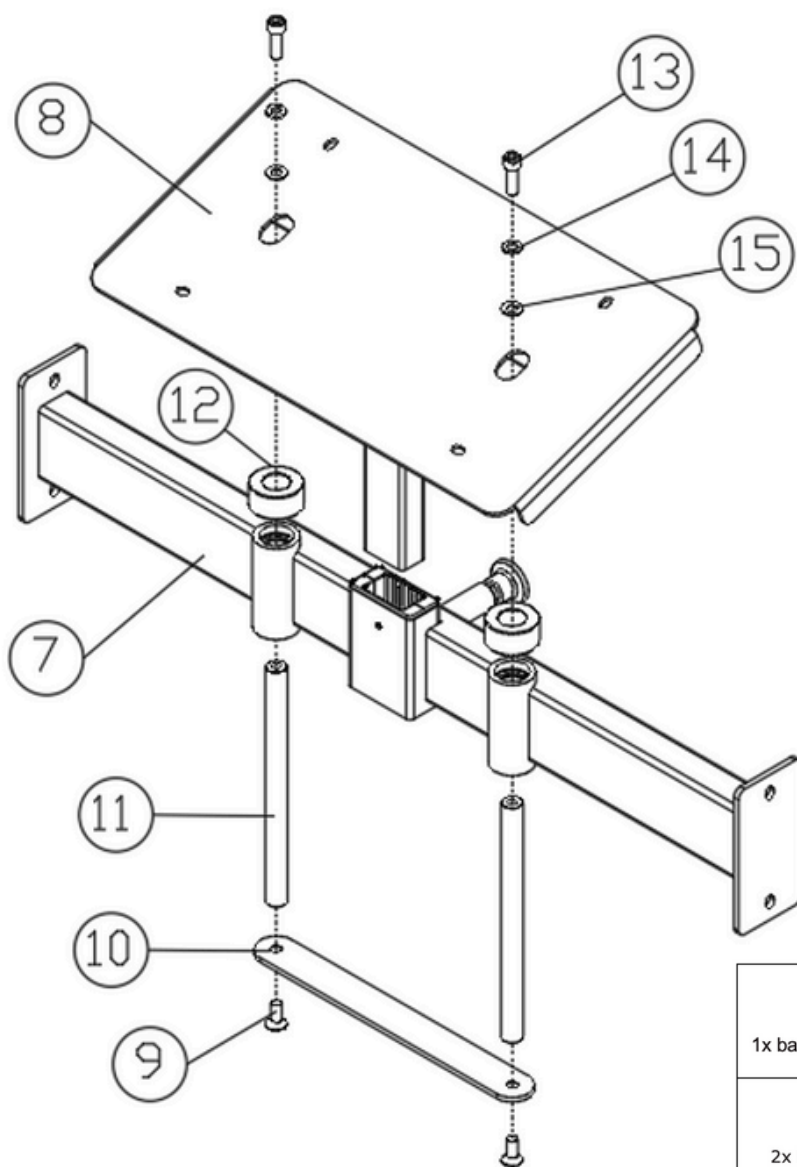


 1x Left bracket (#2)	 3xJ rectangular foot pads (#3)
 2x stopper sleeves (#4)	 1x cushioning plate (#5)
 4x hexagon socket countersunk screws M8*16 (#6)	

Step 3:

Install the hanging rod assembly (#10) to the left shelf set (#1) and the right shelf set 1 in the following way;

- 8 x Hexagon socket head screws M10*25 (#22)
- 8 x Flat Washer M10-D20 (#28)
- 8 x Bullet Ring M8 (#31)

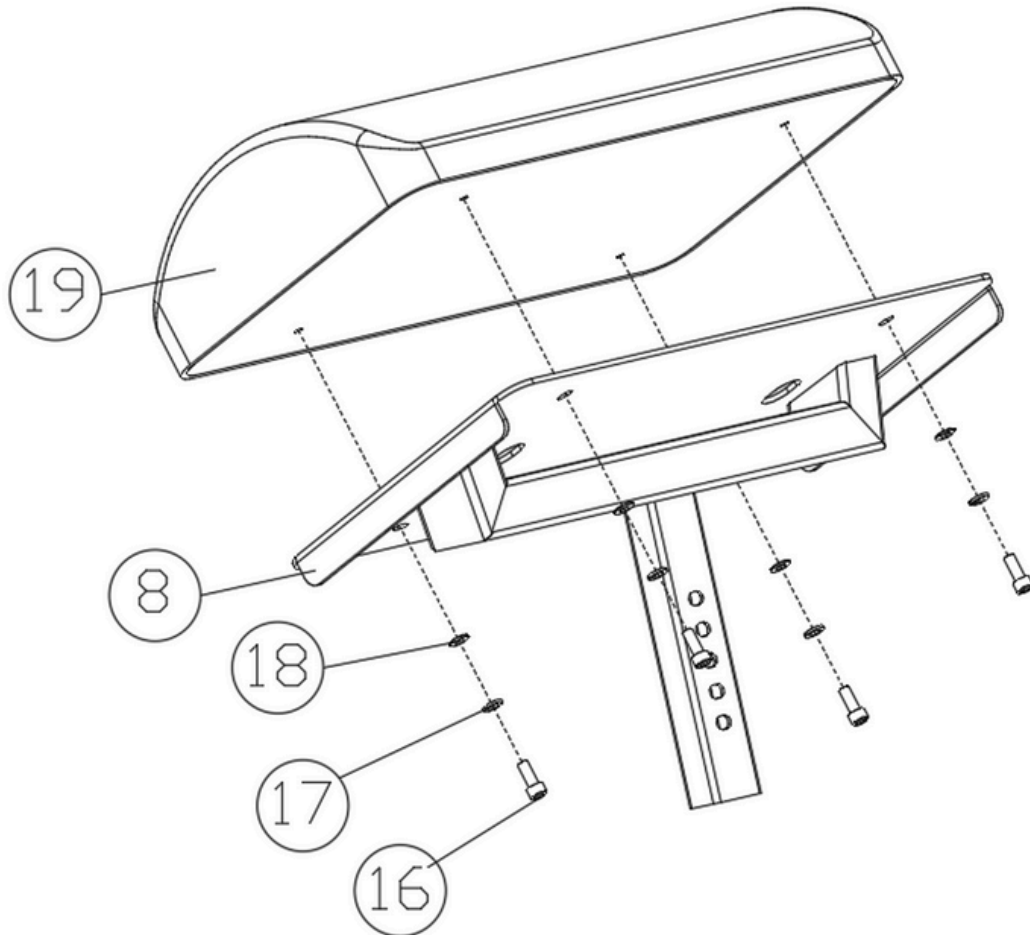


 1x backrest bracket (#7)	 1 x Back Pad Bracket (#8)
 2x Hexagon socket countersunk screws M10X25 (#9)	 1 x Sliding sleeve shaft positioning plate (#10)
 2 x lever arm adjustment sleeve shafts (#11)	 2 x Rail Rod Rubber Pads (#12)
 2 x Hexagon socket head screws M10* 30 (# 13)	 2x Spring washers M10 (#14)
 2x flat washers M10-D20 (#15)	

Step 4:

Connect the back pad bracket (#8) and the hip bridge back pad (#19) as shown in the figure.

- 4x Hexagon socket head screws M8X20 (#16)
- 4x flat washers M8-D16 (#18) 4x spring washers M8 (#17)

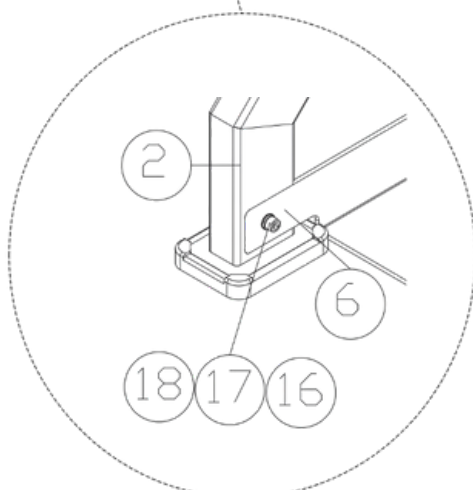
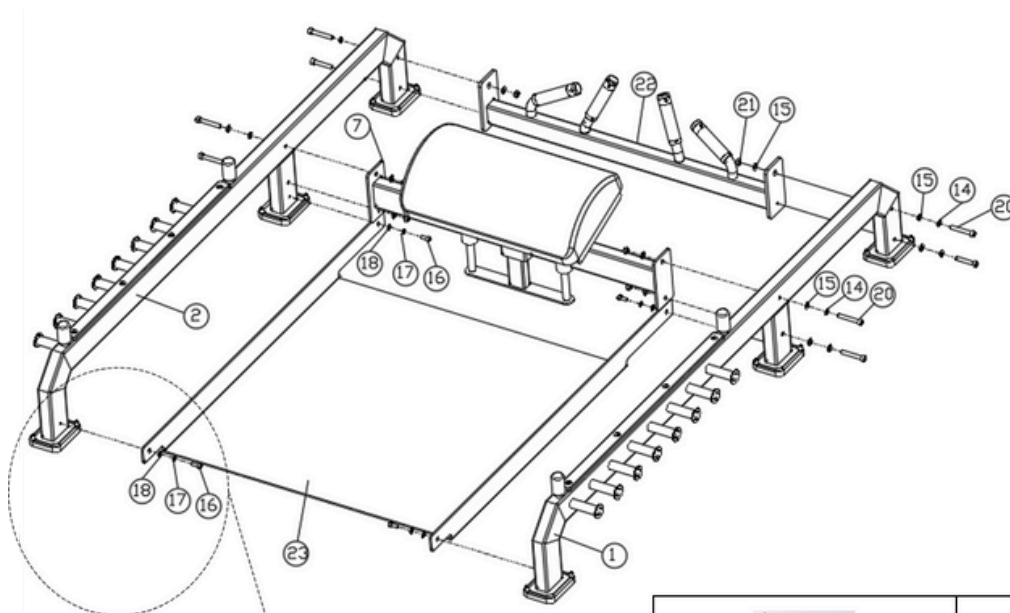


 1 x Hip Bridge Back Pad (#19)	 1x back pad bracket (#8)
 2 x Hexagon socket head screws M8 * 20 (# 16)	 2x Spring washers M8 (#17)
 2x flat washers M8-D16 (#18)	

Step 5:

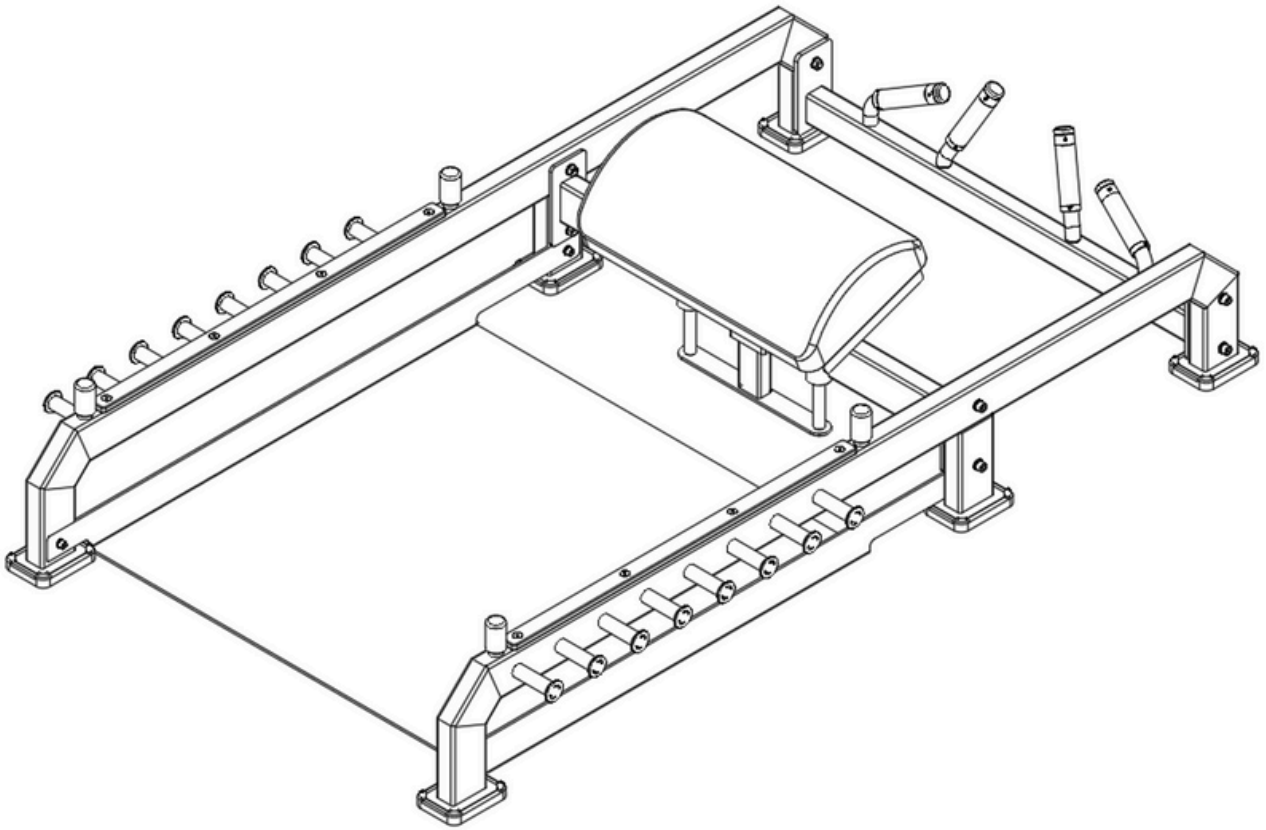
Connect the right bracket assembly (#1), left bracket assembly (#2), pedal (#23), connecting rod assembly (#22), and backrest bracket assembly (#7) as shown in the illustration.

- 4 × Hexagon socket head screws M8×20 (#16)
- 4 × Flat washers M8-D16 (#18)
- 4 × Spring washers M8 (#17)
- 8 × Hexagon socket head screws M8×65 (#20)
- 16 × Flat washers M10-D20 (#15)
- 8 × Spring washers M10 (#14)
- 4 × Hexagonal nuts M10 (#21)



	
1x backrest bracket (#7)	1 x Connecting rod assembly (#22)
	
1x pedal (#23)	1x right bracket assembly (#1)
	
1x Left bracket assembly (#2)	4x M10 hexagon nuts (#21)
	
8 x Hexagon socket head screws M10* 65 (# 20)	8x Spring washers M10 (#14)
	
16x flat washers M10- D20 (#15)	4 x Hexagon socket head screws M8 * 20 (# 16)
	
4x Spring washers M8 (#17)	4x flat washers M8-D16 (#18)

Assembly



Important Tips

Now that Hip Thrust Bænk is fully assembled, take a moment to ensure the unit is both level and vertically aligned (plumb).

Use a spirit level to verify that the guide rods are upright in both directions. If the unit is not properly aligned, loosen the frame hardware, adjust the alignment, and then retighten all bolts securely.

Accessory List

Serial number	Name and specifications	quantity
1	Right bracket	1
2	Left bracket	1
3	Rectangular foot pads	6
4	Pillar sleeve	4
5	Buffer pad	2
6	Hexagon socket countersunk screw M8X16	8
7	Backrest bracket	1
8	Back pad bracket	1
9	Hexagon socket countersunk screw M10X25	2
10	Sliding sleeve shaft positioning plate	1
11	Lever adjustment sleeve shaft	1
12	Slide rod rubber pad	2
13	Hexagon socket head screw M10X30	2
14	Spring washer M10	10
15	Flat washer M10-D20	18
16	Hexagon socket head screw M8X20	8
17	Spring washer M8	8
18	Flat washers M8 -D16	8
19	Hip Bridge Back Pad	1
20	Hexagon socket head screw M10X65	8
<u>twenty one</u>	Hexagonal nut M10	6
<u>twenty two</u>	Connect the fixing rod assembly	1
<u>twenty three</u>	pedal	1

Exploded view

