

FITNESS360[®]

FT3001

Glute Ham Developer (GHD)



SAFETY PRECAUTION

Before using your equipment, please take a few moments to read these safety instructions carefully. Following these guidelines will help reduce the risk of injury and ensure safe, long-lasting use of your equipment.

a. Assembly

- Assemble the equipment according to the instructions provided.
- Only use the supplied parts intended specifically for this product.
- Before assembly, check that all components listed in the parts list are included

b. Read the Manual

- Read and understand this Owner's Manual before using the equipment.
- Familiarize yourself with all warning labels and recommended operating procedures.
- If you are unsure about proper use, consult your retailer or a qualified fitness professional.

c. Keep Documentation and Labels Intact

Retain this Owner's Manual for future reference and ensure all warning labels remain legible and intact. Replacement manuals and labels are available from your retailer.

d. Assistance During Assembly

- We recommend that two people assemble this equipment.

e. Consult a Physician

Consult your physician before beginning any exercise program, particularly if you have any medical conditions or concerns.

f. Children and Safety

Never allow children to use or play around the equipment without adult supervision.

g. Inspect Cables Regularly

- Regularly inspect cables for signs of wear or damage.
- Do not use the equipment if any cable is frayed or damaged.

h. Keep Clear of Moving Parts

Keep hands, limbs, loose clothing, jewelry, and long hair away from moving parts.

i. Use Appropriate Weight Loads

Do not attempt to lift more weight than you can safely control.

j. Exercise Responsibly

Train within your recommended fitness level. Do not exercise to exhaustion. Stop immediately if you experience pain, dizziness, or discomfort.

k. Inspect Equipment Before Use

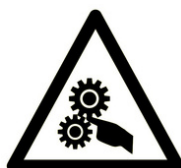
Check the machine regularly for loose hardware, worn parts, cracks, or other damage. Do not use the equipment until defective parts have been repaired or replaced.

l. Keep Sharp Objects Away

Do not place sharp objects around or near the machine.

m. Maximum User Weight

Maximum user weight: 120 kg.



ASSEMBLY INSTRUCTIONS

I. Assembly Notice

Please read the following instructions carefully before assembling your machine.

- Ensure there is sufficient space to assemble and safely operate the machine.
- Protect your floor by placing cardboard or another protective material underneath the machine during assembly.
- Some nuts and bolts are lightly coated with grease to prevent corrosion. Keep a clean cloth nearby to wipe your hands if necessary.
- Plastic end caps and plugs are pre-installed before shipment. They are shown in the assembly drawings for reference should replacement parts ever be required.
- The machine uses bolts of different lengths. Always use the correct bolt specified for each assembly step.
- Take care not to damage any wires or cables during assembly.

II. Before You Begin

- Assemble the machine in a spacious, well-ventilated, and well-lit area.
- Due to the size and weight of the machine, assembly should be carried out by at least two people.
- We recommend assembling the machine close to its final installation location, as it may be difficult to move after assembly.

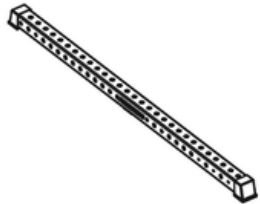
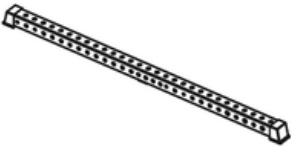
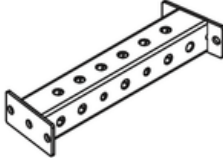
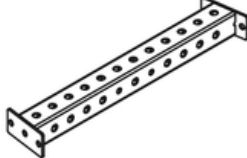
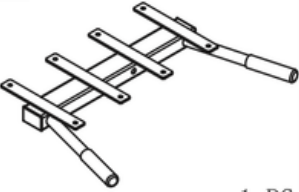
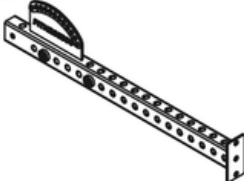
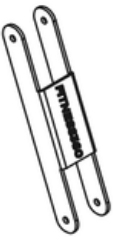
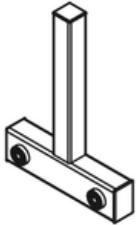
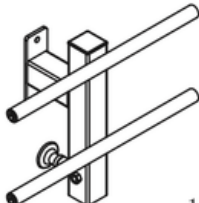
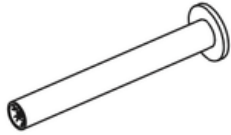
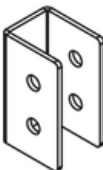
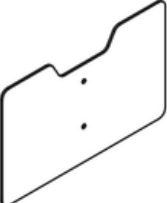
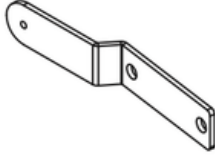
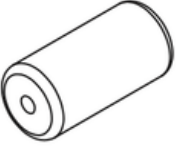
Required Tools

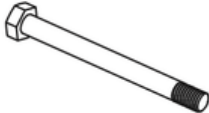
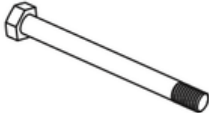
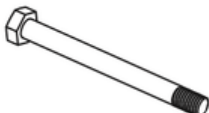
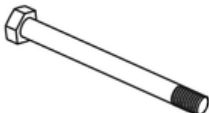
- Standard screwdriver
- Adjustable wrench or socket wrench
- WD-40® lubricant or petroleum jelly (if required)

III. Assembly

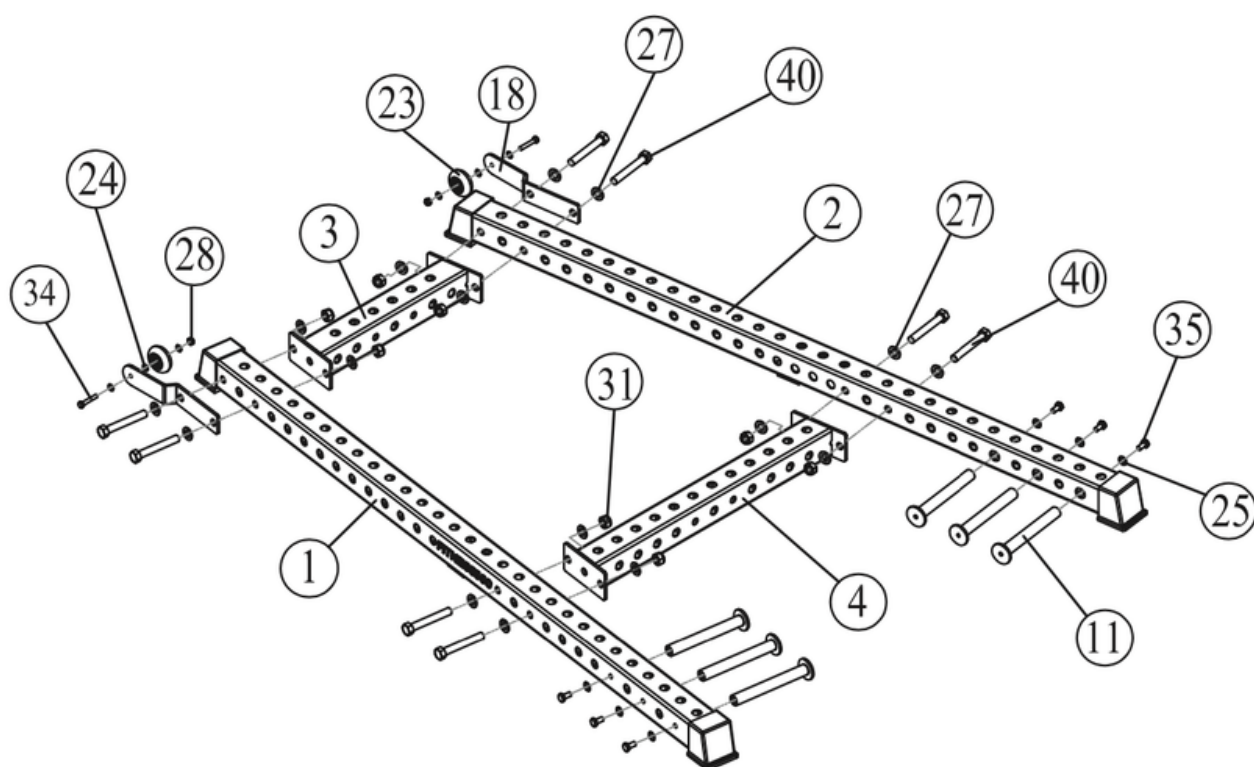
Follow the assembly instructions step by step. Tighten all bolts securely after each step unless otherwise specified.

PART LIST

1  1 PC	2  1 PC	3  1 PC	4  1 PC
5  1 PC	6  1 PC	7  1 PC	8  1 PC
9  1 PC	10  1 PC	11  6 PC	12  1 PC
13  1 PC	14  1 PC	15 225*160  4 PC	16 210*160  2 PC
17  1 PC	18  2 PC	19  2 PC	20  4 PC
21  4 PC	22  1 PC	23  2 PC	24 M8 Washer  6 PC
25 M10 Washer  18 PC	26 M12 Washer  8 PC	27 M16 Washer  48 PC	28 M8 Nut  2 PC

29 M10 Nut  2 PC	30 M12 Nut  4 PC	31 M16 Nut  24 PC	32 M8*25 Bolt  4 PC
33 M8*12 Bolt  1 PC	34 M8*45 Bolt  2 PC	35 M10*20 Bolt  6 PC	36 M10*25 Bolt  2 PC
37 M10*30 Bolt  8 PC	38 M12*100 Bolt  4 PC	39 M16*85 Bolt  2 PC	40 M16*110 Bolt  22 PC

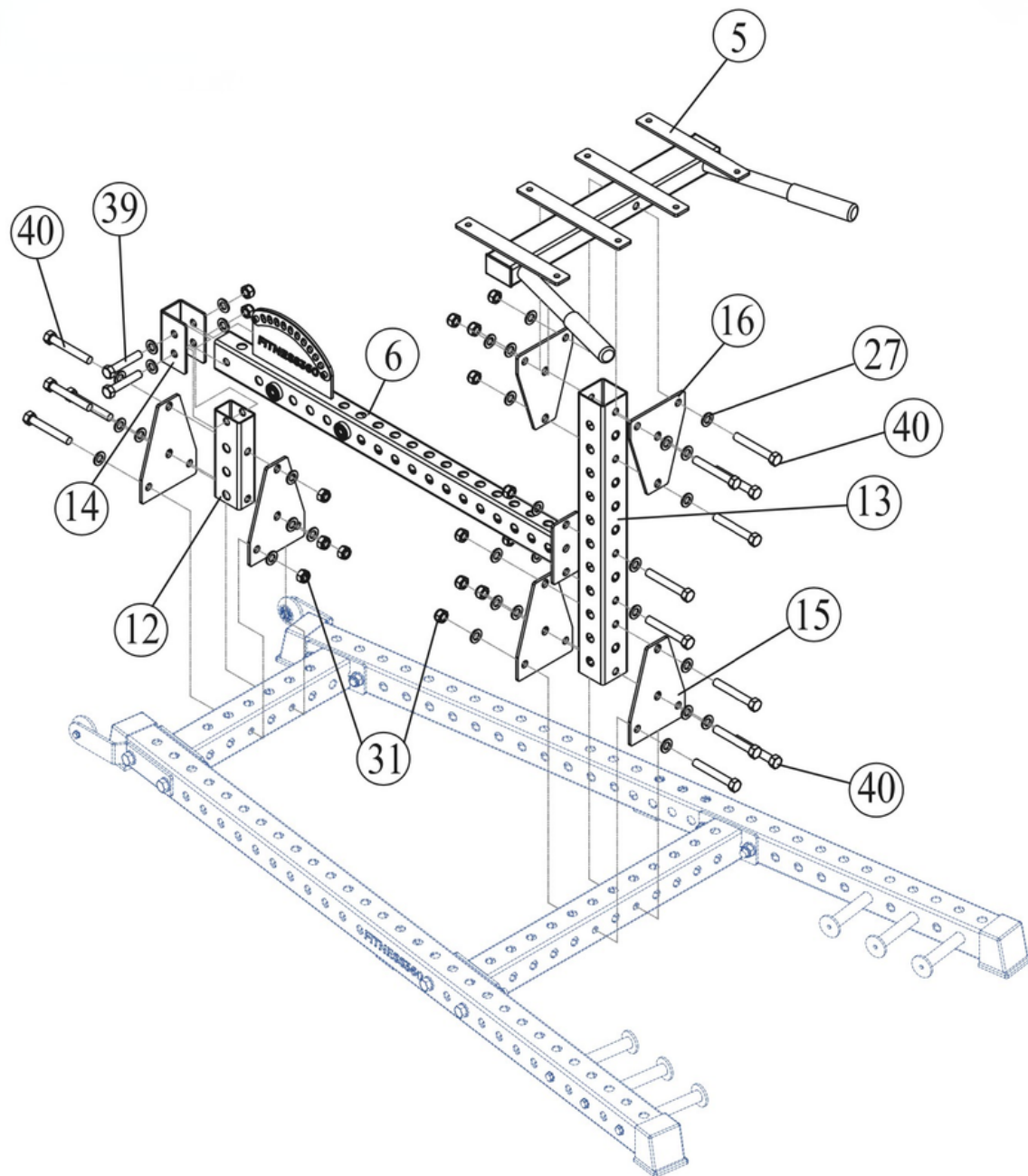
STEP 1



34#		M8*45	Qty:2
35#		M10*20	Qty:6
40#		M16*110	Qty:8

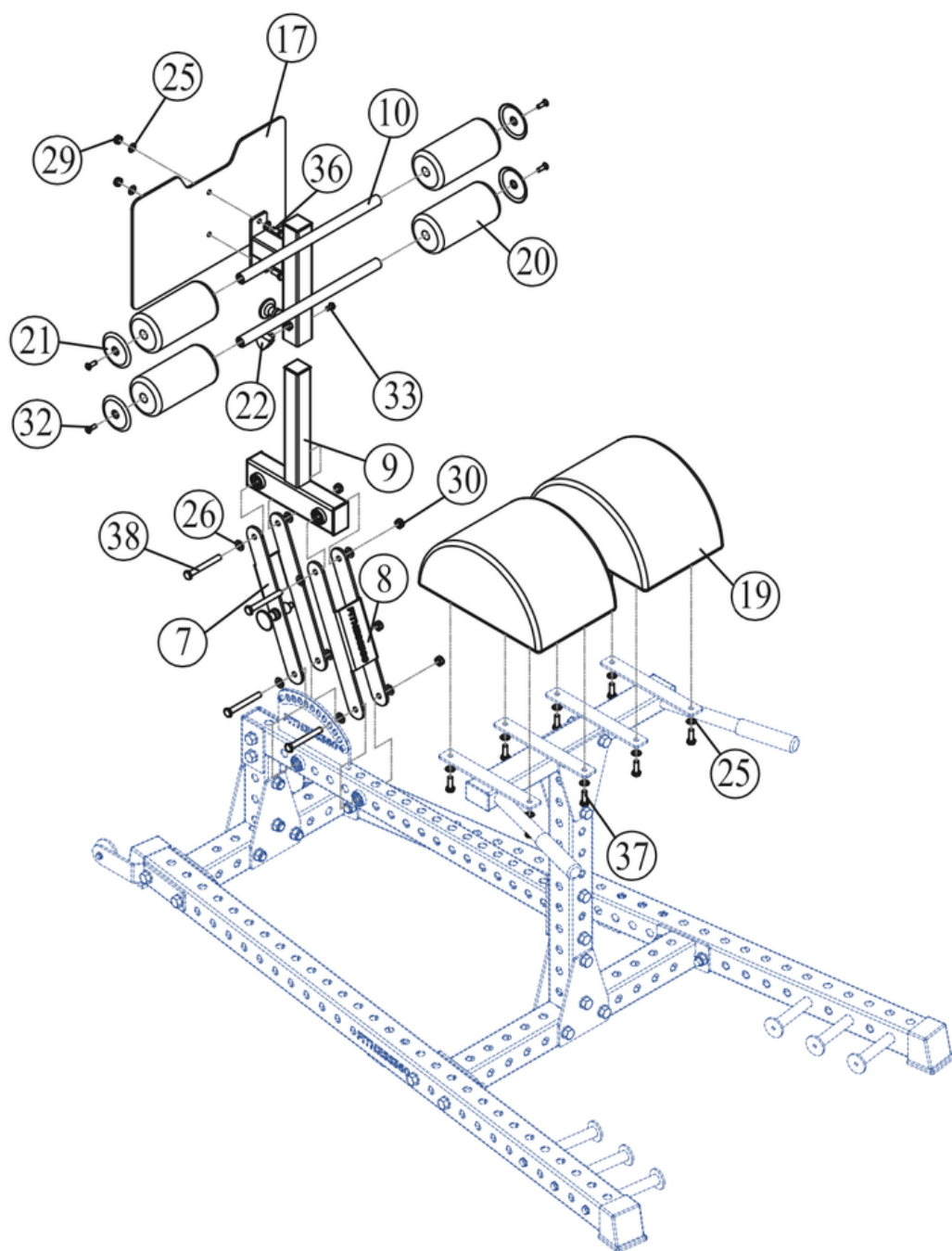
24#		8	Qty:6
25#		10	Qty:6
27#		16	Qty:16
28#		M8	Qty:2
31#		M16	Qty:8

STEP 2



39#		M16*85	Qty:2	27#		16	Qty:32
40#		M16*110	Qty:14	31#		M16	Qty:16

STEP 3



32#		M8*25	Qty:4
33#		M8*12	Qty:1
36#		M10*25	Qty:2
37#		M10*30	Qty:8
38#		M12*100	Qty:4

25#		10	Qty:12
26#		12	Qty:8
29#		M10	Qty:2
30#		M12	Qty:4