

# ***FITNESS360***<sup>®</sup>

**FT8063**

**Hip Thrust - Plate Loaded**



tool	rubber rod
	spirit level
	Allen wrench
	circlip pliers
	Adjustable wrench
Note: When assembling, it is recommended that two or more people operate	

#### Step 1:

Use the bottom connecting frame (#3) and the middle connecting frame (#4) to connect the left frame component (#1) and the right frame component (#2):

- 6 x Hexagon socket head screws M10\*60 (#51)
- 6 x Flat Washers M10-D50 (#54)
- 6 x Flat Washers M10-D20 (#56)
- 6 x Hexagonal locking nut M10 (#58)

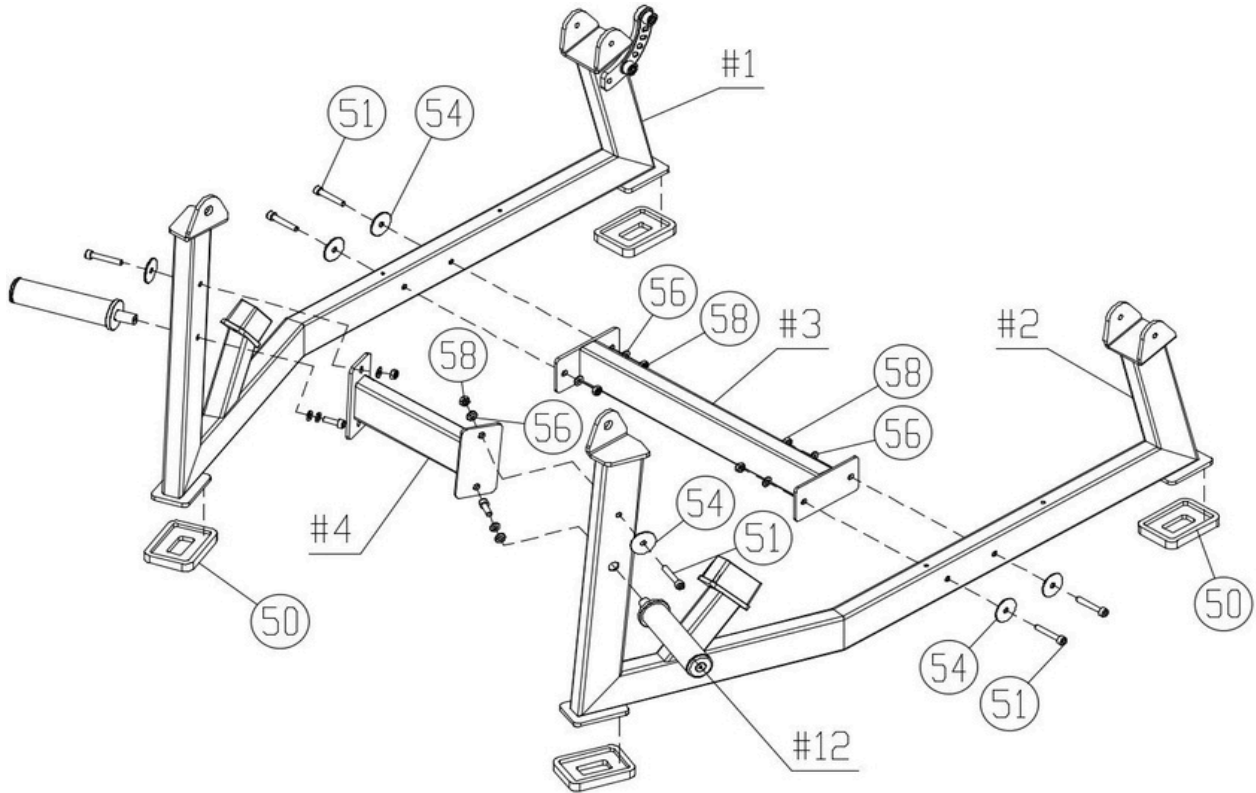
#### Step 2:

Install the 2 rectangular feet (#50) to the left frame assembly (#1).

Install 2 rectangular feet (#50) to the right frame assembly (#2).

Step 3:

Install the two bell storage sleeve assemblies (#12) onto the left frame assembly (#1) and right frame assembly (#2) respectively.



Step 4:

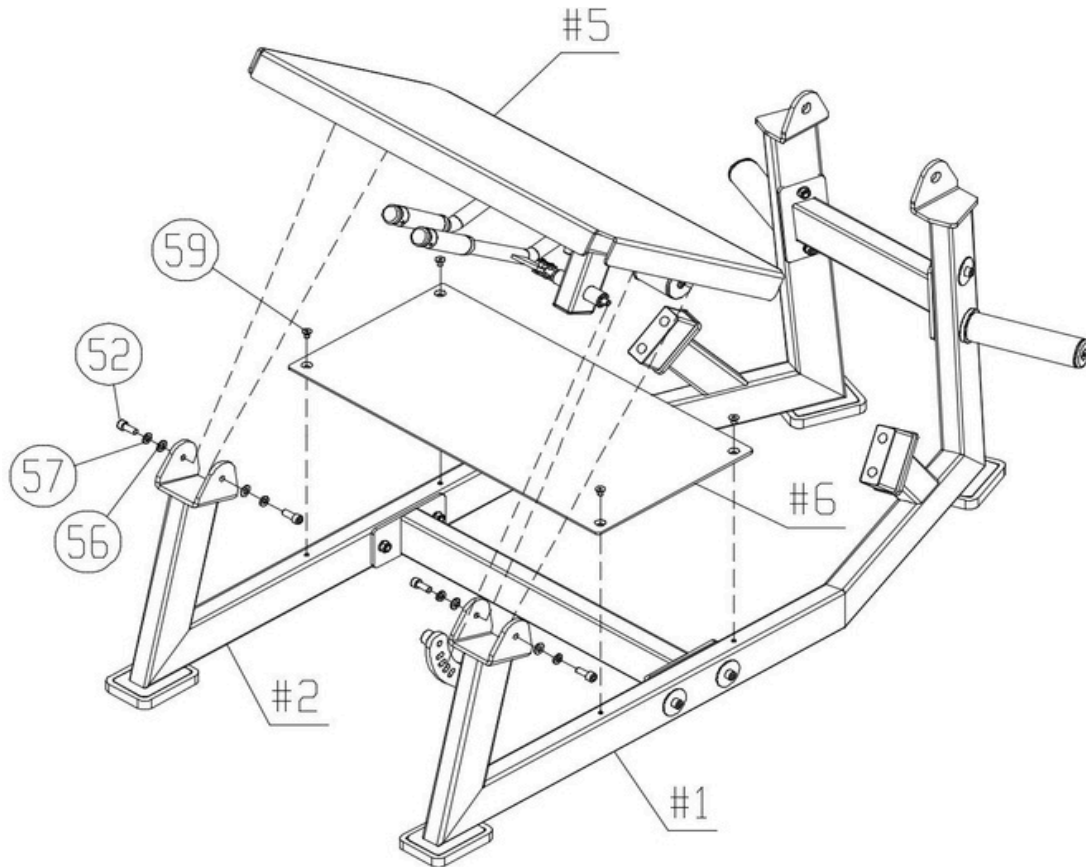
Install the pedal frame assembly (#5) to the left frame assembly (#1) and right frame assembly (#2) using the following method.

- 4 x Hexagon socket head screws M10\*25 (#52)
- 4 x spring washer M10 (#57)
- 4 x Flat Washers M10-D20 (#56)

Step 5:

Install the in-position pedal (#6) to the left frame assembly (#1) and right frame assembly (#2) using the following method.

- 4x Hexagon countersunk head screws M8\*12 (#59)



Step 6:

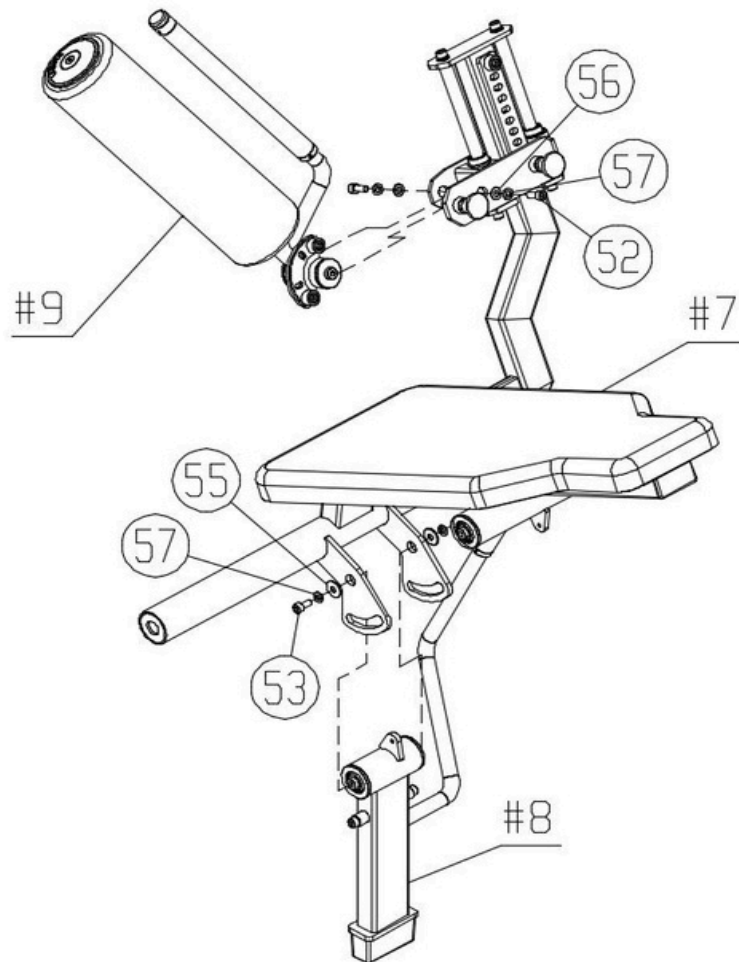
Install the moment arm assembly (#9) to the back seat frame assembly (#7) using the following method;

- 2 x Hexagon socket head screws M10\*25 (#52)
- 2 x spring washer M10 (#57)
- 2 x Flat Washers M10-D20 (#56)

Step 7:

Install the stop frame assembly (#8) to the back chair frame assembly (#7) using the following method:

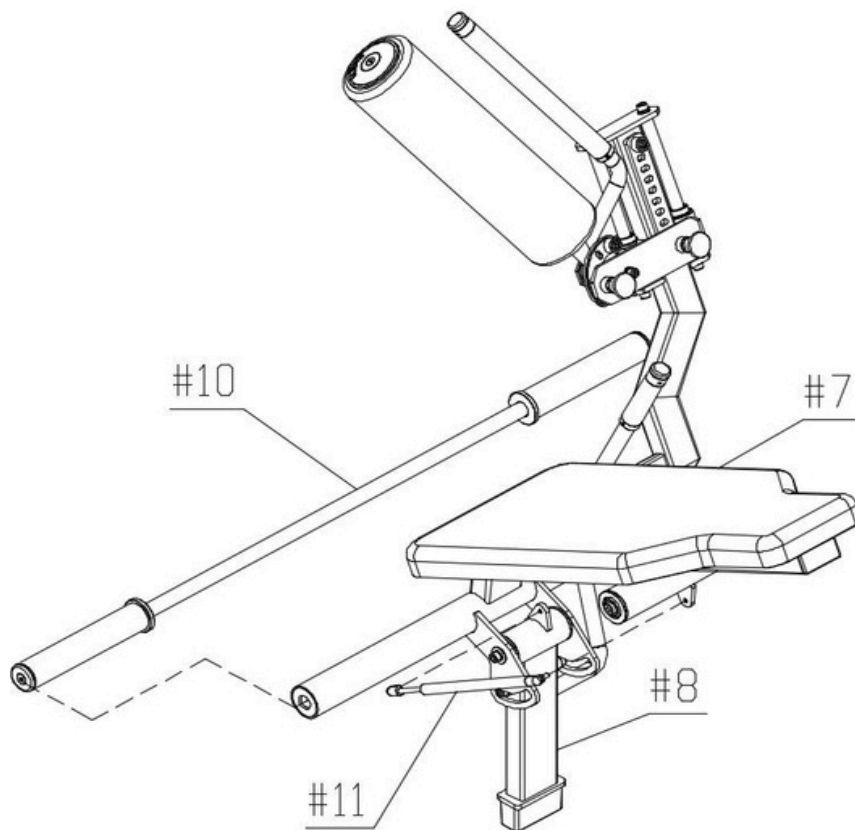
- 2 x Hexagon socket head screws M10\*20 (#53)
- 2 x spring washer M10 (#57)
- 2 x Flat Washers M10-D30 (#55)



Step 7:

Install the bell sleeve assembly (#10) to the back seat frame assembly (#7) using the following method:

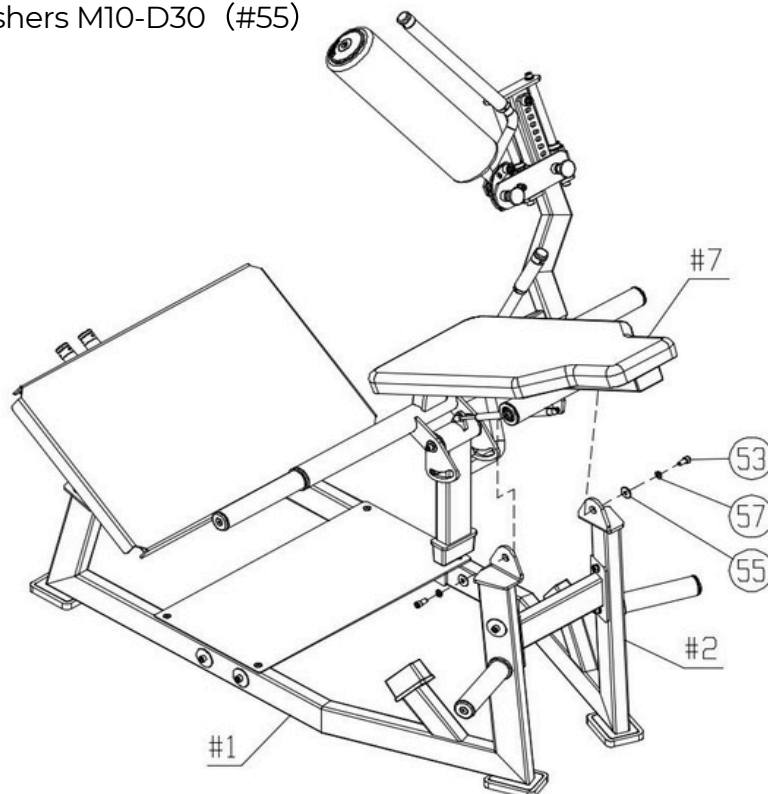
Use the gas spring (#11) to connect the back seat frame assembly (#7) and the stop frame assembly (#8)



#### Step 9:

Install the back chair frame assembly (#7) to the left frame assembly (#1) and right frame assembly (#2) using the following method:

- 2 x Hexagon socket head screws M10\*20 (#53)
- 2 x spring washer M10 (#57)
- 2 x Flat Washers M10-D30 (#55)















## Important Tips

Now that your Hip Thrust - Plate Loaded unit is fully assembled, take a moment to ensure that it is both level and plumb. Use a spirit level to check the vertical alignment of the guide rods in all directions.

If they are not perfectly vertical, loosen the frame bolts slightly, adjust the alignment, and re-tighten all bolts securely.

## Accessory List

NO	Name	PIC	QTY	NO	Name	Pic	QTY
#1	Left Frame Assembly		1	#7	Chair frame ass		1
#2	Right Frame Assembly		1	#8	Top Frame Assen		1
#3	Bottom Connection Frame		1	#9	Force arm assem		1
#4	Central connecting frame		1	#10	Int Sleeve Asse		1
#5	Pedal Rack Assembly		1	#11	Hydraulic rod		1
#6	entry pedal		1	#12	Int Sleeve Asse		2
50	Rectangular feet		4	55	flat washer M10-D30		4
51	Hexagon socket cheese head screws M10*60		6	56	flat washer M10-D20		12
52	Hexagon socket cheese head screws M10*25		6	57	Spring washer M10		10
53	Hexagon socket cheese head screws M10*20		4	58	Hexagonal self-locking nuts M10		6
54	flat washer M10-D50		6	59	Hexagon socket countersunk head sc		4