

FITNESS360[®]

FT7205

Glute Kickback



Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

Step 1:

Connect the Counterweight Lower Guard (#2) to the Counterweight Frame (#1) using:

- 2 × Hexagon socket head screws M5×16 (#3)

Step 2:

Attach the Glute Trainer Base (#4) to the Weight Rack (#1) as follows:

- 4 × Hexagon socket head screws M10×25 (#5)
- 6 × Spring washers M10 (#6)
- 6 × Flat washers M10–D20 (#7)
- 2 × Hexagon socket head screws M10×20 (#8)

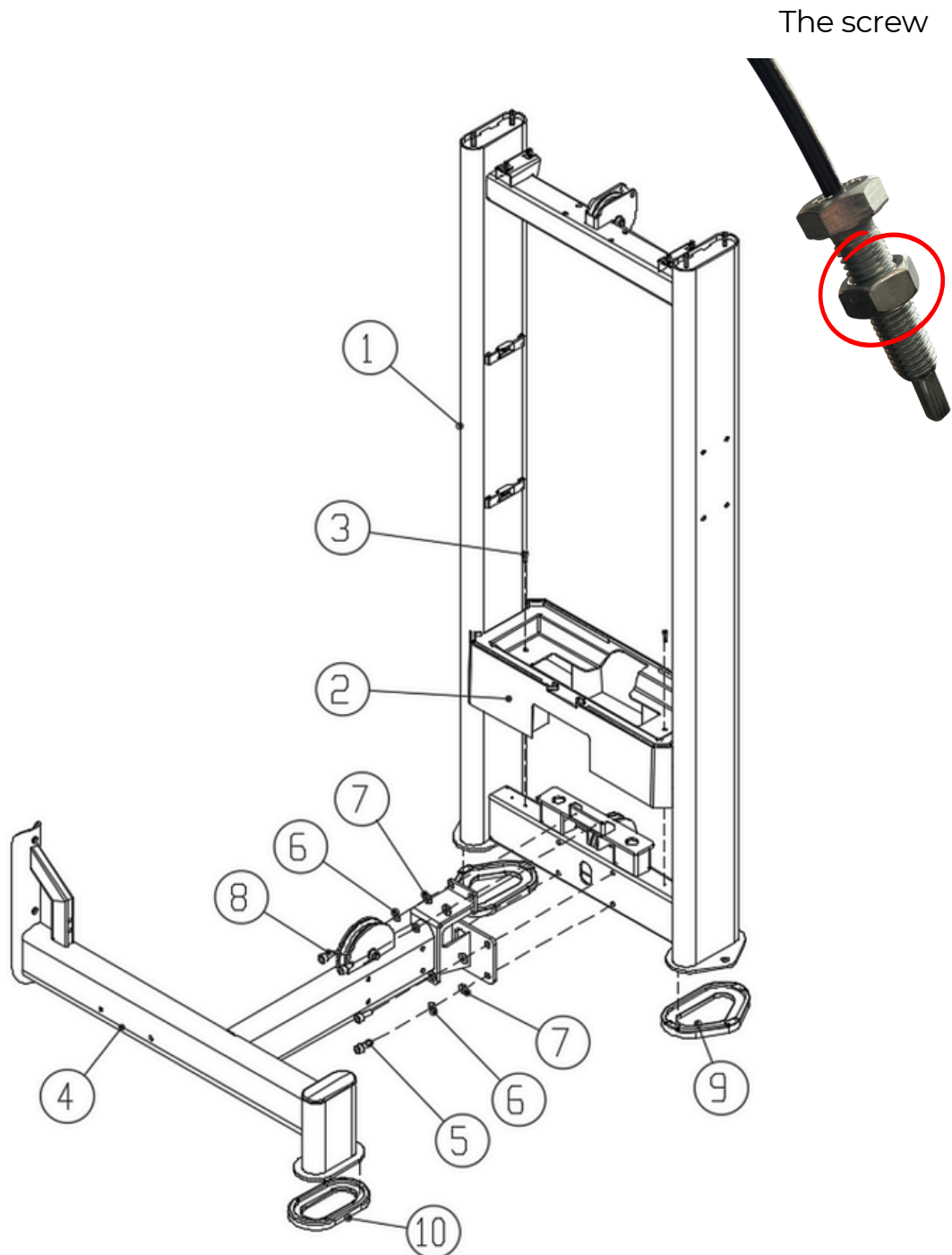
Step 3:

Install the two Weight Rack Feet (#9) onto the Weight Rack (#1).

Attach one Flat Elliptical Foot Pad (#10) to the Glute Trainer Base Frame (#4).

Note: The wire must be inserted into the frame before bolting it together. Refer to the assembly illustration for a detailed view of the correct placement.

It is easier to guide the wire through the top if you first unscrew and remove the nut. Once the wire is in place, reattach and tighten the nut securely.



Step 4:

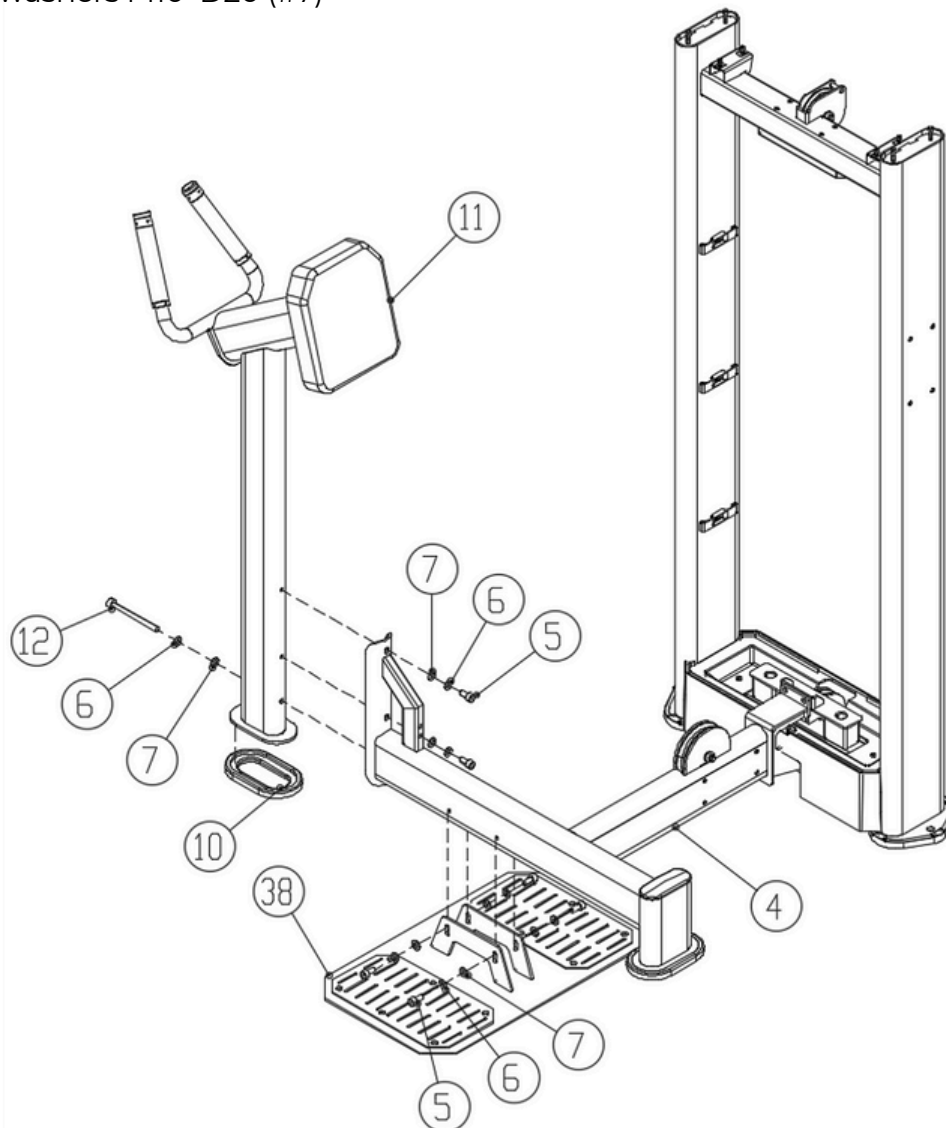
Attach the Glute Trainer Side Frame (#11) to the Base Frame (#4) as follows:

- 2 × Hexagon socket head screws M10×25 (#5)
- 3 × Spring washers M10 (#6)
- 3 × Flat washers M10–D20 (#7)
- 1 × Hexagon socket head screw M10×120 (#12)

Step 5:

Connect the Footrest (#38) to the Base Frame (#4) as follows:

- 4 × Hexagon socket head screws M10×25 (#5)
- 4 × Spring washers M10 (#6)
- 4 × Flat washers M10–D20 (#7)



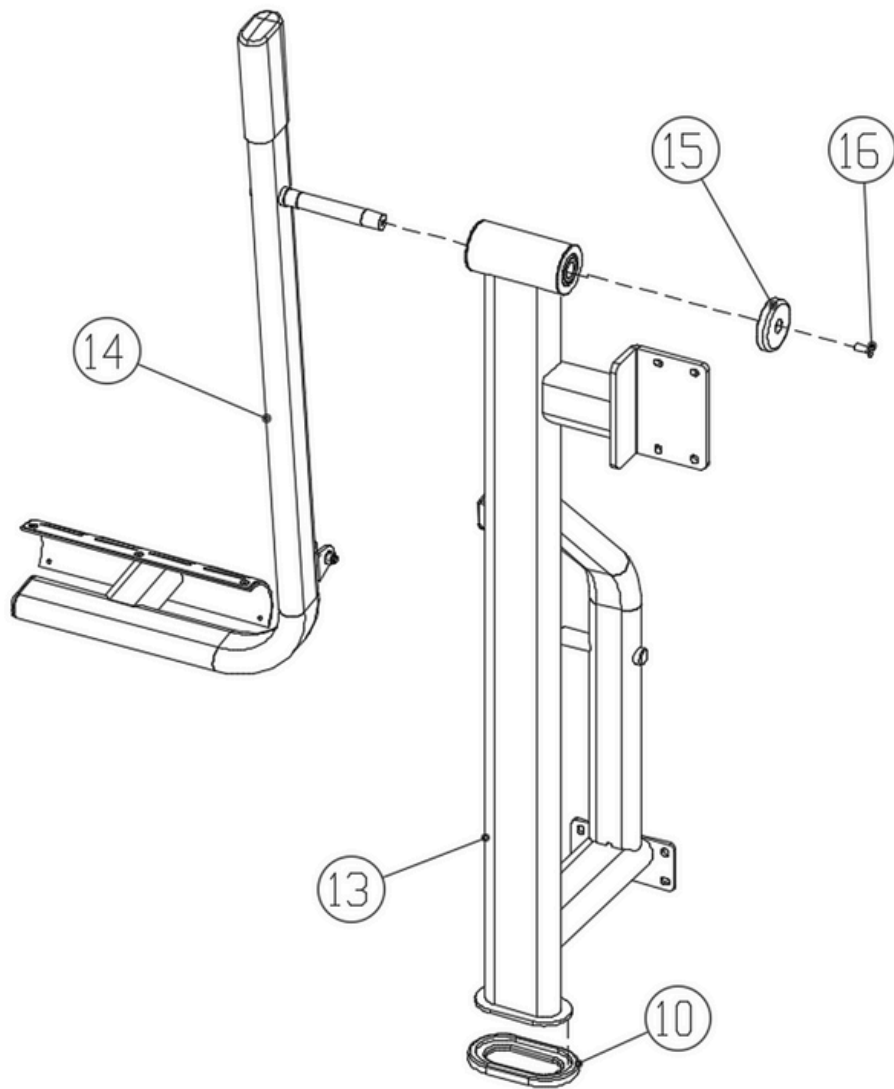
Step 6:

Connect the hip trainer arm (#14), aluminum cover (#15), and spindle bracket (#13).

- 1 × Hexagon socket flat countersunk screw M10×20 (#16)

Step 7:

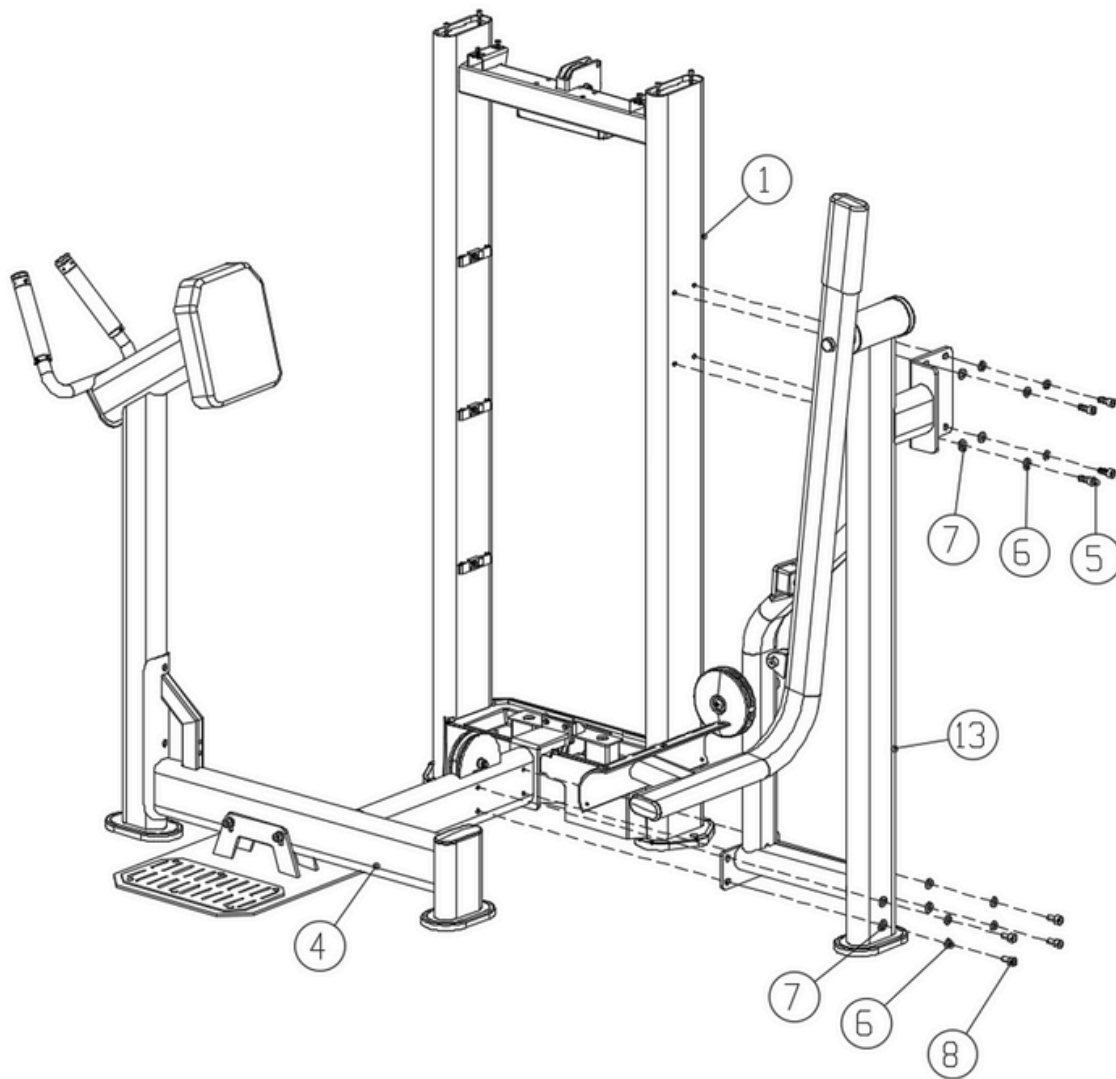
Install 1 flat elliptical foot pad (#10) to the hip trainer spindle bracket (#13).



Step 8:

Fix the hip trainer spindle bracket (#13) to the base frame (#4).

- 4 × Hexagon socket head screw M10×25 (#5)
- 8 × Spring washer M10 (#6)
- 8 × Flat washer M10–D20 (#7)
- 4 × Hexagon socket head screw M10×20 (#8)



Step 9:

Slide the two rubber weight pads (#18) onto the two guide rods (#17). Connect the two counterweight frame bases (#19) and place them with the guide rods (#17).

- 2 × Hexagon socket head screw M8×25 (#20)
- 2 × Spring washer M8 (#21)
- 2 × Flat washer M8–D16 (#22)

Step 10:

Install the 16 counterweights (#23) onto the guide rods (#17).

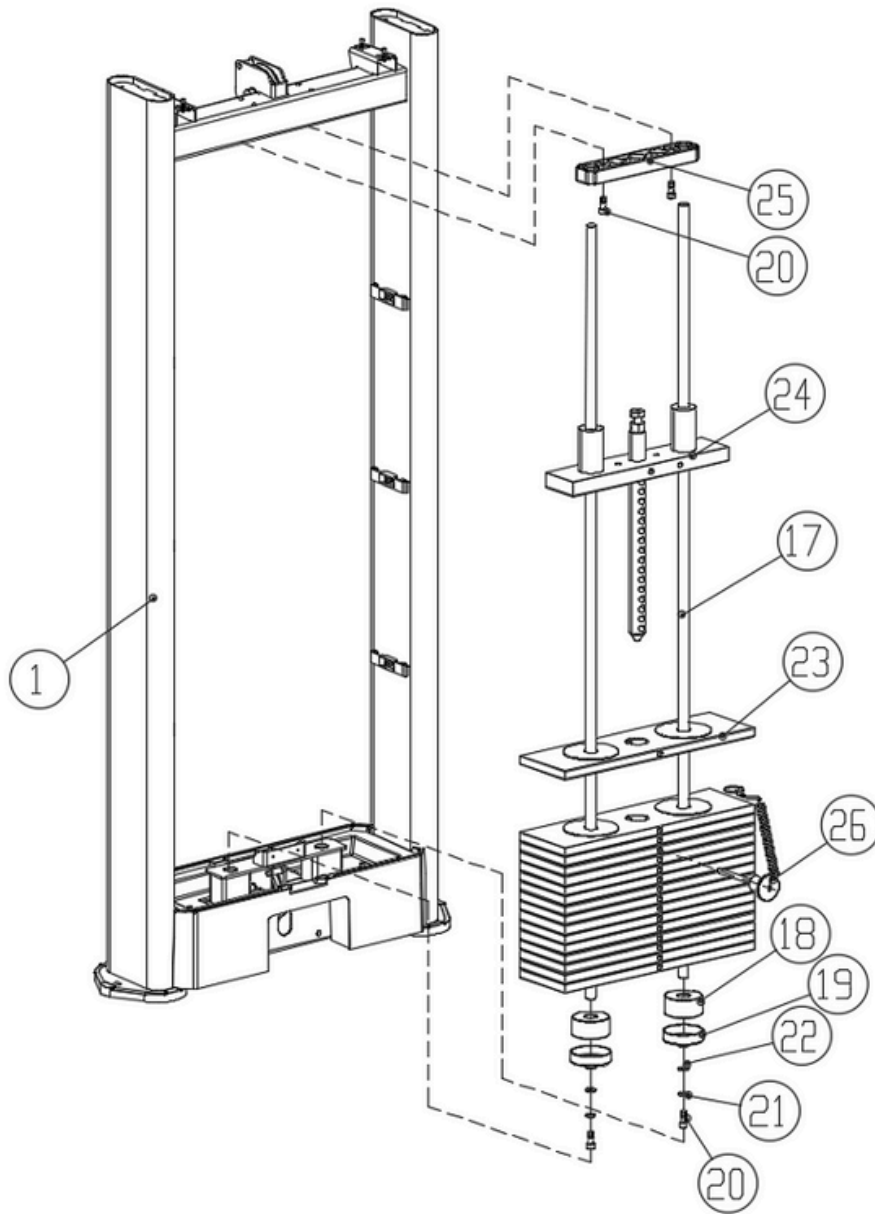
Install the guide block assembly (#24) onto the guide rod (#17).

Insert the counterweight pin (#26) into the counterweights (#23).

Slide the guide bar retaining plate (#25) onto the guide bar (#17).

Attach the guide rod fixing plate (#25) to the counterweight frame (#1).

- 2 × Hexagon socket head screw M8×25 (#20)



Step 11:

Insert the wire rope (#27) as shown in the figure. Note: pre-installed reels should rotate synchronously with the wire rope (#27).

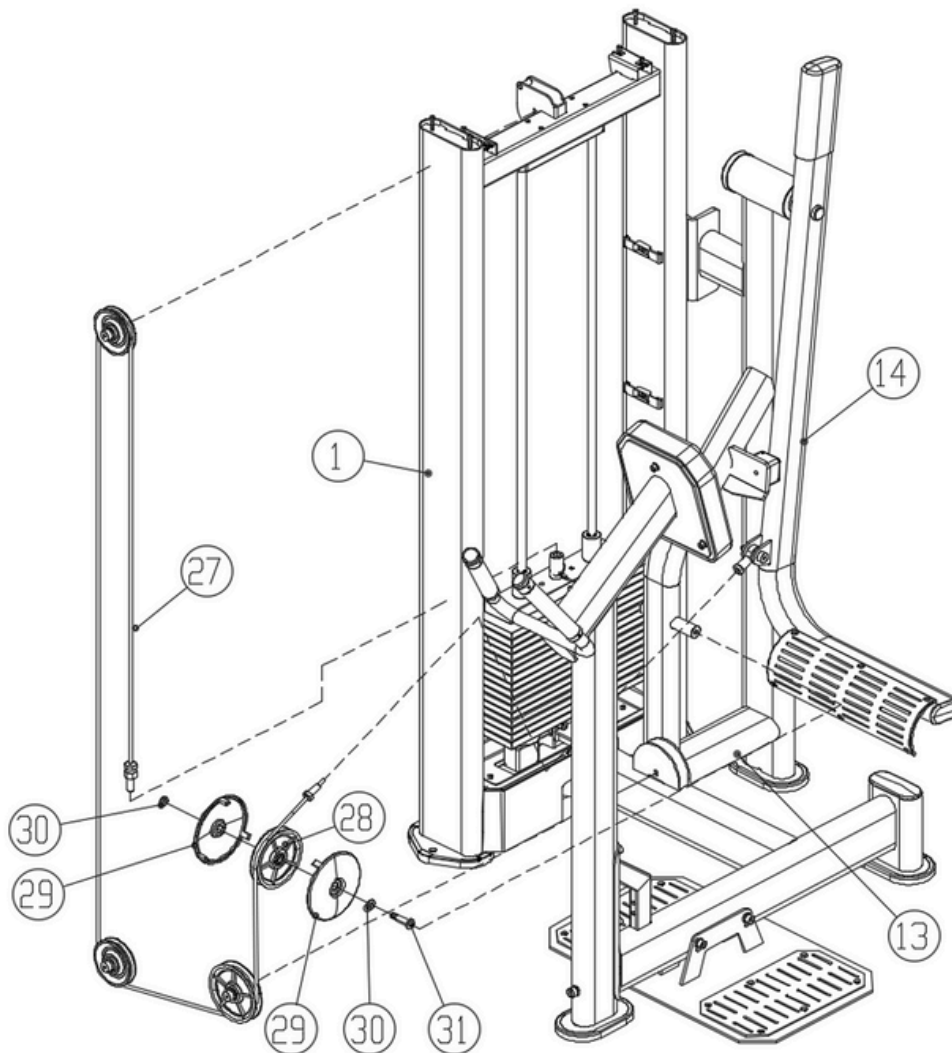
Step 12:

Attach the 120 reel (#28), reel box (#29), reel box bushing (#30), and hip trainer arm. Connect the spindle support (#13).

- 1 × Spool (#31)

Step 13:

Connect one end of the steel cable (#27) to the hip trainer arm (#14) and guide it inside.



Step 14:

Slide the two trim strips (#33) into the two fenders (#32). Attach the trim plate (#34) into the baffles (#32) and mount it on the counterweight frame.

- 4 × Hexagon socket head screw M5×16 (#3)

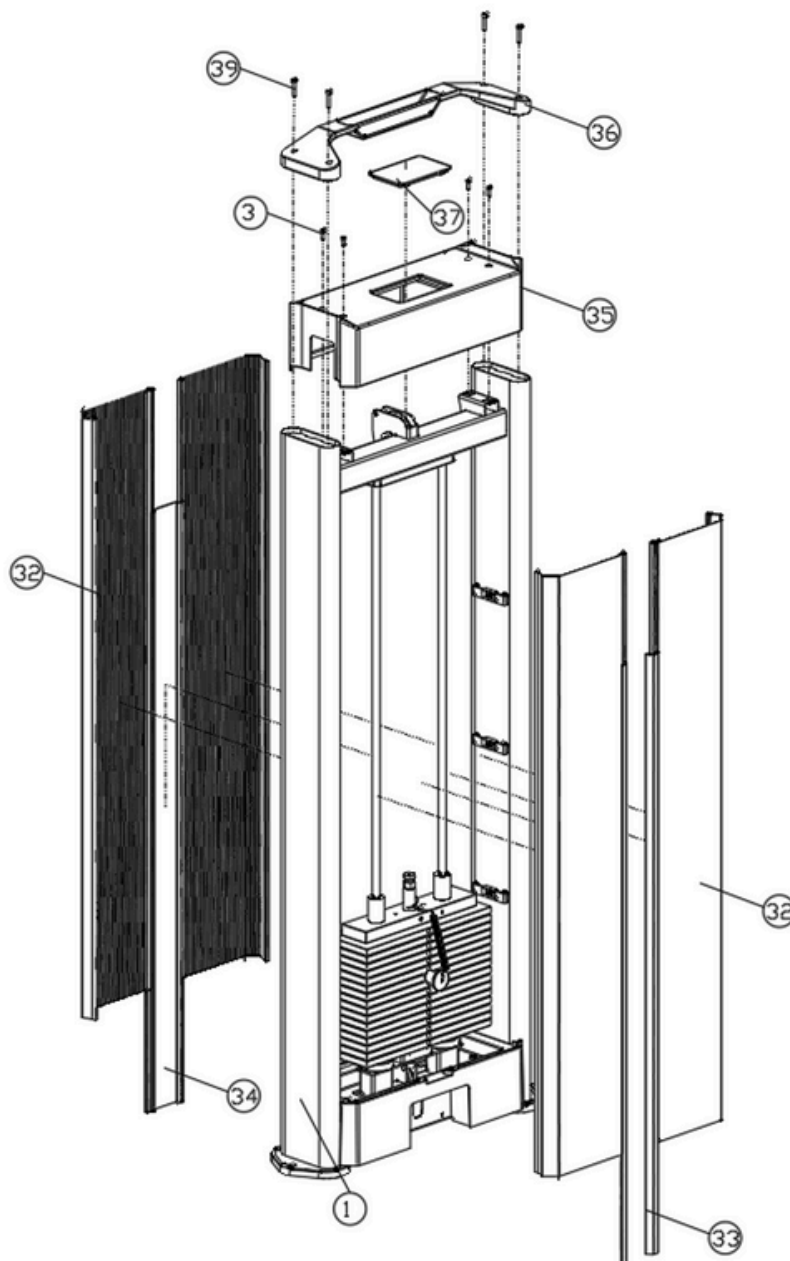
Step 15:

Attach the upper cover trim (#36) to the counterweight frame (#1).

- 4 × Hexagon socket head screw M6×30 (#39)

Step 16:

Snap the upper guard cover (#37) onto the upper guard (#35).

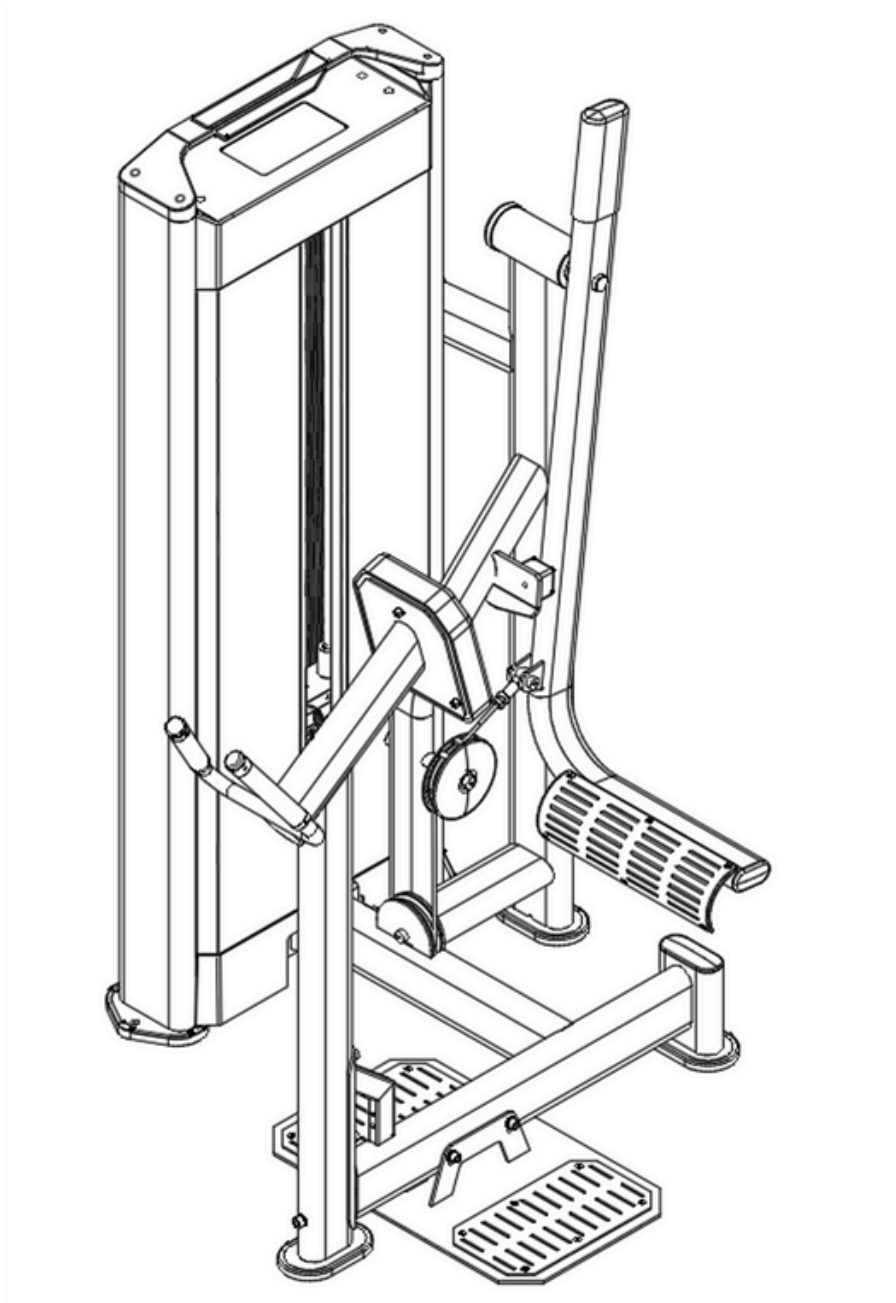


Important Tips

Now that your Glute Kickback 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.

Assembly



Accessory List

NO	Name and specifications	quantity
1	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	12
4	Buttocks Trainer Base	1
5	Hexagon socket head screw (M10*25)	14
6	Spring washer (M10)	twenty on
7	Flat washer (M10-D20)	twenty on
8	Hexagon socket head screw (M10*20)	6
9	Weight rack foot pads	2
10	Flat oval foot pad	3
11	Buttocks Trainer Side Frame	1
12	Hexagon socket head screw (M10*120)	1
13	Buttocks trainer spindle bracket	1
14	Hip trainer lever arm	1
15	76 aluminum cover	1
16	Hexagon socket flat countersunk screw (M10*20)	1
17	Universal weight guide rod	2
18	Counterweight rubber pad	2
19	Counterweight rack base	2
20	Hexagon socket head screw (M8*20)	4
21	Spring washer (M8)	2
22	Flat washer (M8-D16)	2
23	Counterweight	16
24	Guide block set	1
25	Guide rod fixing plate	1
26	Counterweight latch	1
27	Wire Rope	1
28	120 reel	1
29	Reel Box	2
30	Reel box bushing	2
31	Reel	1
32	Bezel	4
33	Counterweight decorative strip	2
34	Counterweight source decorative plate	1
35	Counterweight upper guard	1
36	Upper cover decoration	1
37	Upper guard cover	1
38	Pedals	1
39	Hexagon socket head screw (M6*30)	4

Note: Pre-assembled parts are not listed in this table.