

FITNESS360[®]

FT7206

Glute



Rubber mallet
Horizontal ruler
Allen wrench
Two people
Spring clamp
Adjustable wrench

Step 1:

Attach the rectangular foot pad (#2) to the foot plate of the hip trainer base frame assembly (#1).

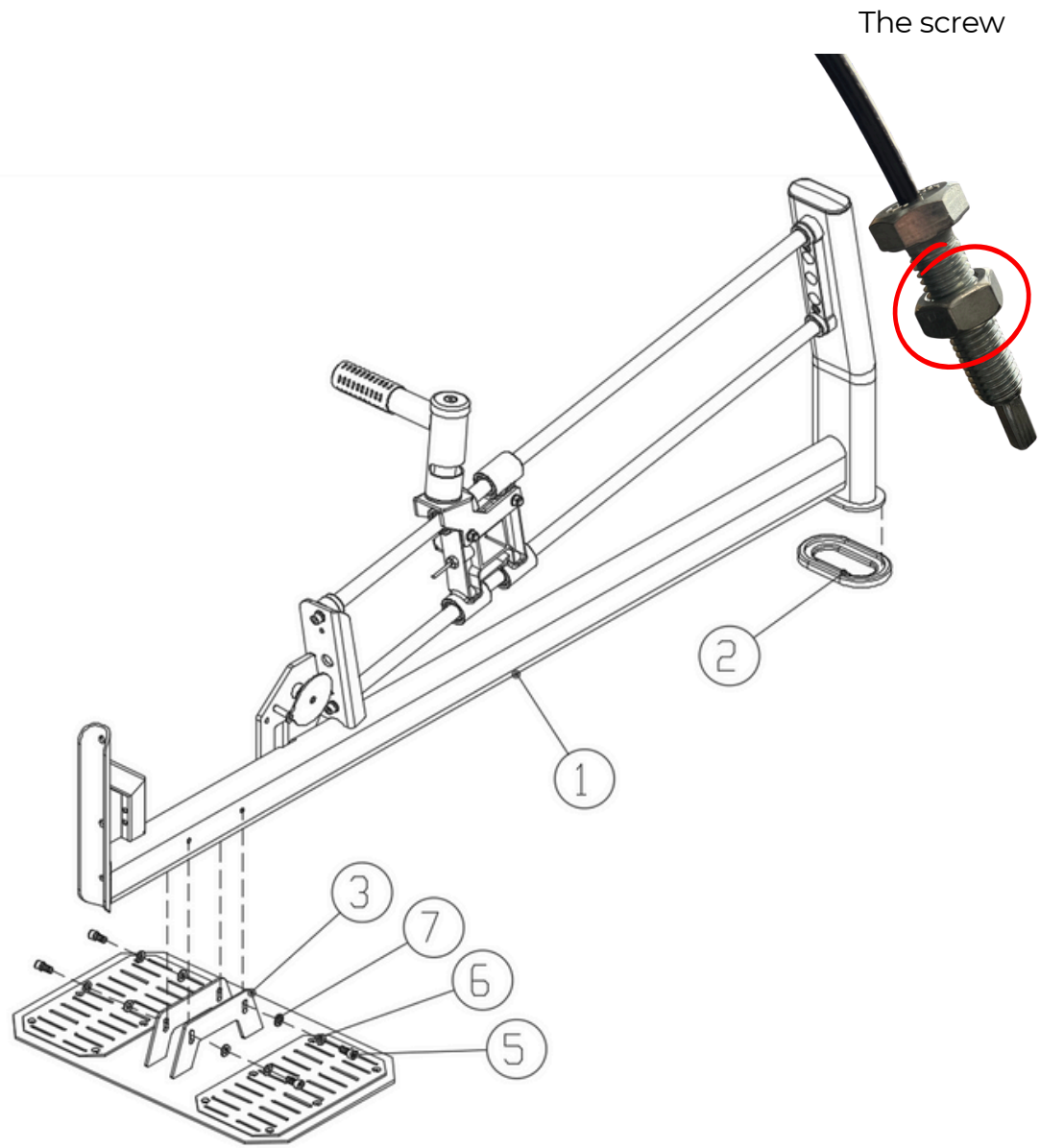
Step 2:

Attach the foot pedal (#3) to the bottom frame assembly (#1) of the glute trainer using the following hardware:

- 4 × M10*20 hexagon socket cheese head screws (#5)
- 4 × M10 spring washers (#6)
- 4 × M10 flat washers (#7)

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.



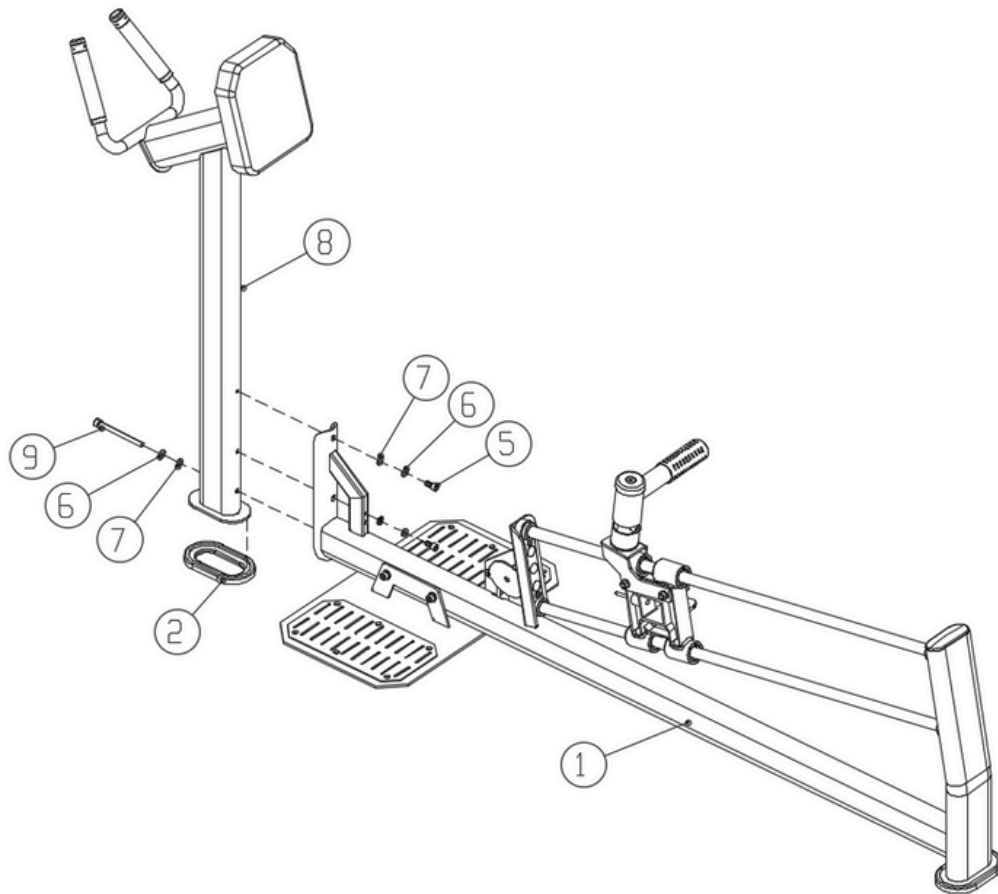
Step 3:

Attach a Rectangular Foot Pad (#2) to the Hip Trainer Side Frame Assembly (#8)

Step 4:

Attach the Hip Trainer Bottom Frame Assembly (#1) to the Hip Trainer Side Frame Assembly (#8) using the following method:

- 2 x M10*20Hexagon socket cheese head screws (#5)
- 1 x M10*140Hexagon socket cheese head screws (#9)
- 3 x M10spring washer (#6)
- 3 x M10flat washer (#7)



Step 5:

Attach the two counterweight rack foot pads (#12) to the foot plates of the counterweight rack (#10).

Step 6:

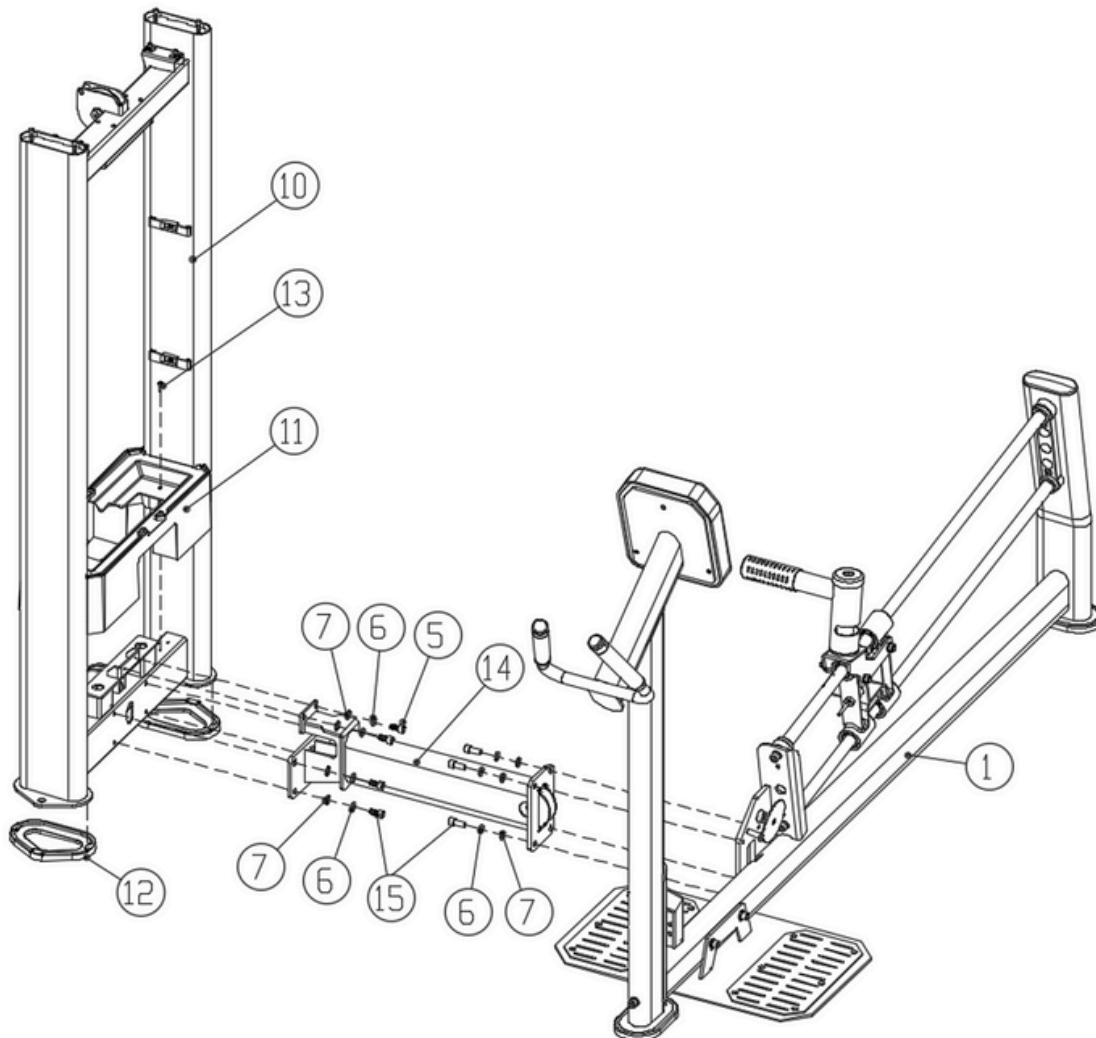
Attach the counterweight rack lower shroud (#11) to the counterweight rack (#10) using the following hardware:

- 2 x M5*20 hexagon socket cheese head screws (#13)

Step 7:

Attach the Hip Trainer Bottom Frame (#1), Weighted Frame (#10), and Attachment Frame (#14) in the following manner:

- 8 x M10*25Hexagon socket cheese head screws (#15)
- 10 x M10spring washer (#6)
- 10 x M10flat washer (#7)
- 2 x M10*20Hexagon socket cheese head screws (#5)



Step 8:

Slide the two counterweight block rubber pads (#17) onto the two guide bars (#16).

Attach the two counterweight bases (#18) to the two guide rods (#16) and place them in the counterweights (#10) using the following hardware:

- 2 x M8*20 hexagon socket cheese head screws (#19)
- 2 x M8 spring washers (#20)
- 2 x M8*16 flat washers (#21)

Step 9:

Attach the 14 counterweight blocks (#22) to the guide rods (#16) with the isolation tabs facing up.

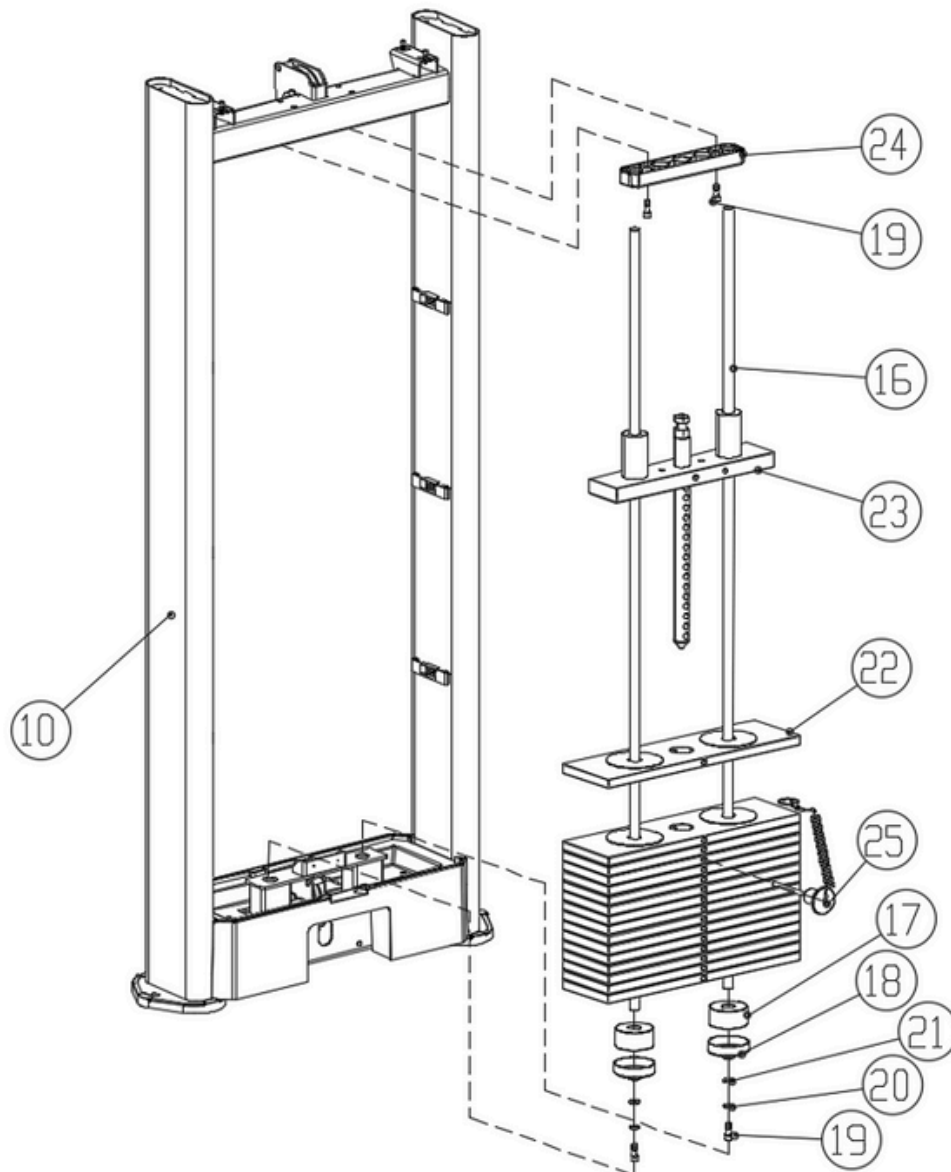
Install the guide block set (#23) onto the guide bar (#16).

Insert the counterweight block pin (#25) into the counterweight block (#22).

Slide the guide bar retainer plate (#24) onto the guide bar (#16).

Attach the guide bar mounting plate (#24) to the counterweight bracket using the following hardware:

- 2 × M8*20 hexagon socket cheese head screws (#19)



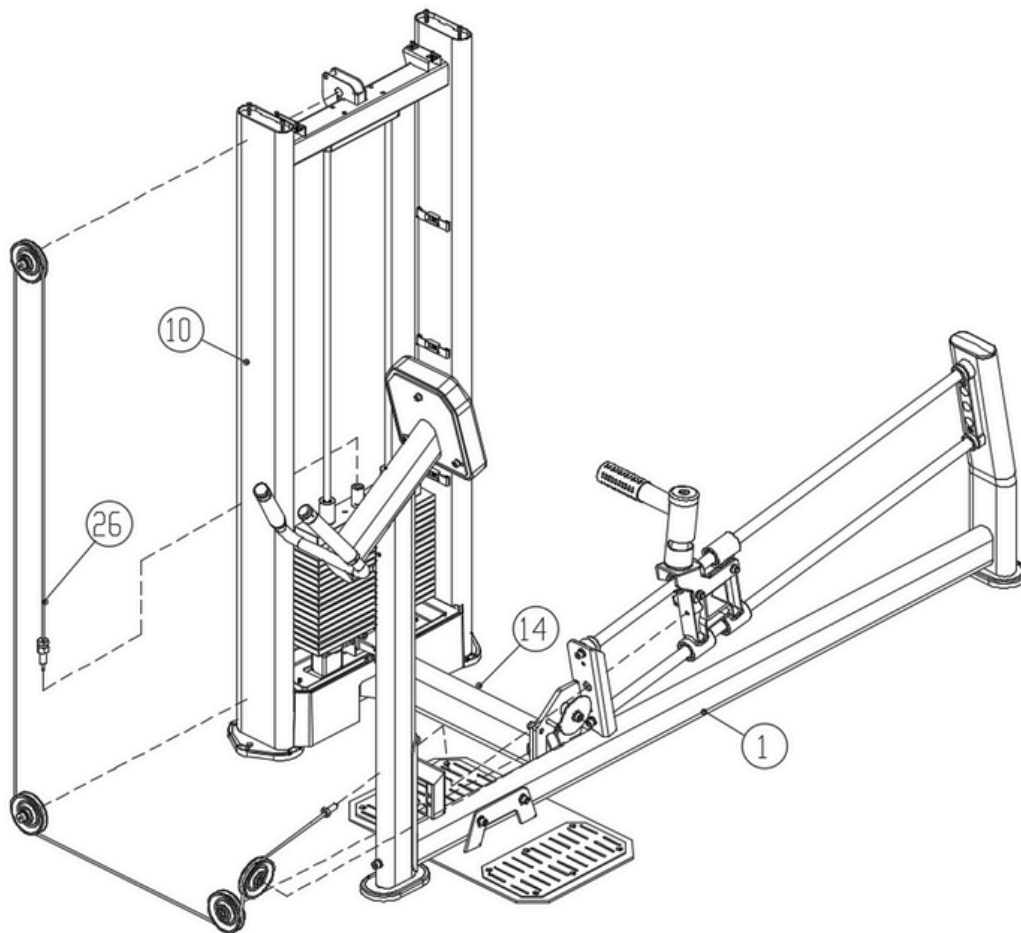
Step 10:

Thread the wire rope (#26) as shown in the illustration. The pre-installed sheaves must be disassembled and reassembled.

Note: Ensure that the sheaves are installed in synchronization with the wire rope (#26).

Step 11:

Connect one end of the wire rope (#26) to the base frame (#1) and the other end to the counterweight frame (#10).



Step 12:

Slide the two trim strips (#28) into the two baffles (#27) and use the baffle platen to attach them to the counterweight rack (#10).

Slide the trim plate (#29) into the two baffles (#27) and use the baffle platen to attach it to the counterweight rack (#10).

Attach the upper shroud (#30) to the counterweight frame (#10) using:

- 4 × hexagon socket cheese head screws (#13)

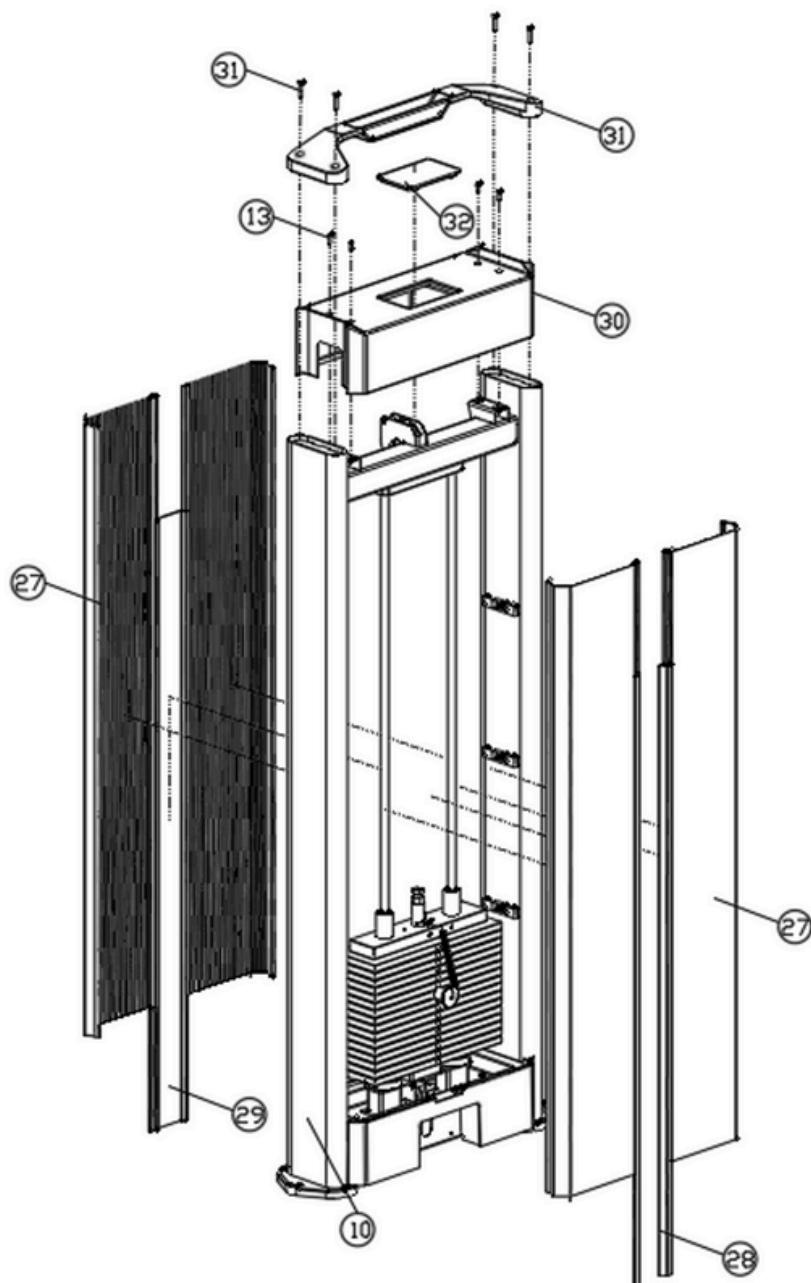
Step 13:

Attach the top cover trim (#31) to the counterweight frame (#10) using:

- 4 × hexagon socket cheese head screws (#33)

Step 14:

Snap the upper shroud top cover (#32) onto the upper shroud (#30).

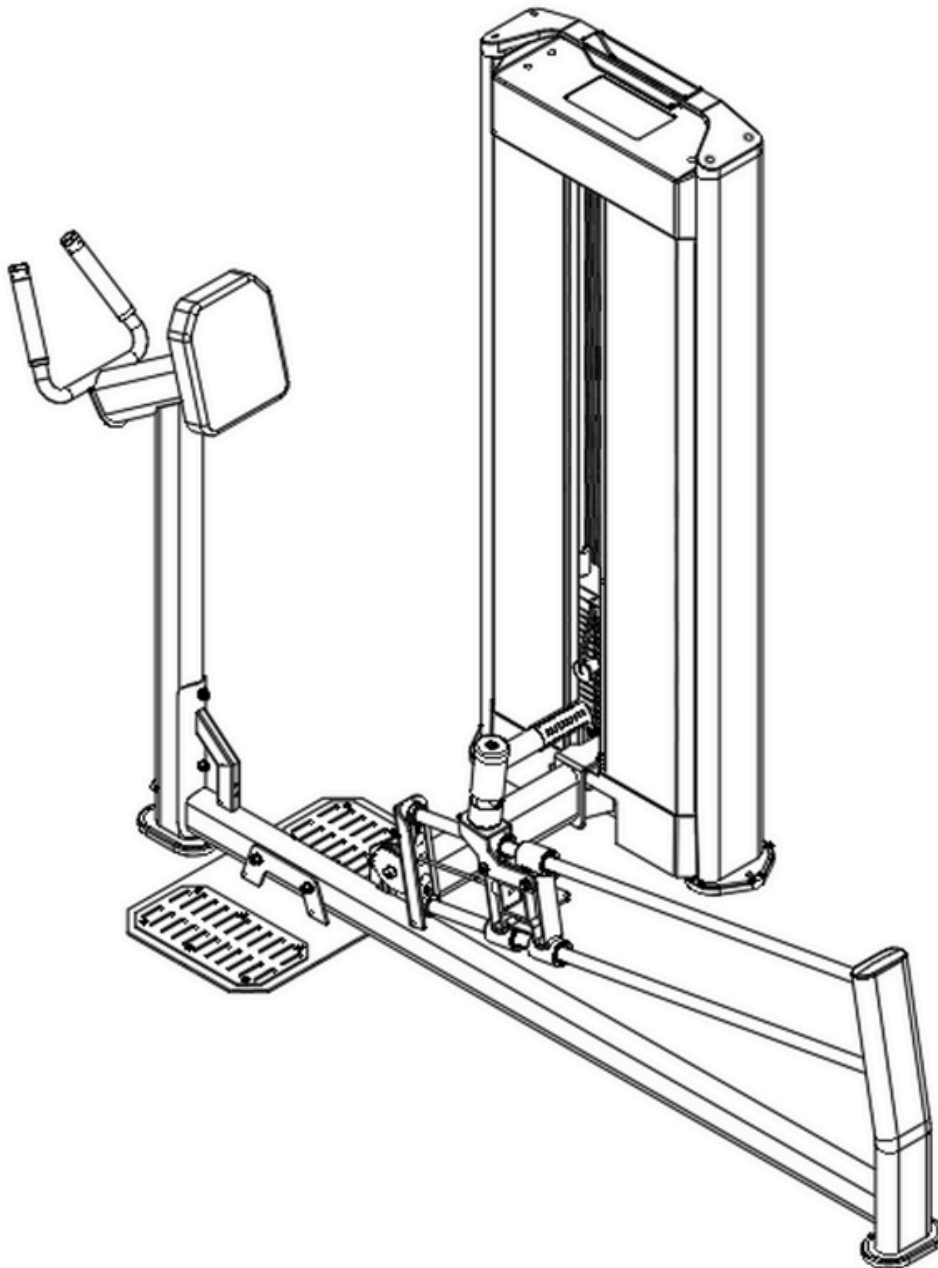


Important Tips

Now that your Glute 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 specification	QTY
1	Hip Trainer Base Assembly	1
2	Rectangular Foot Mat	2
3	footrest	1
5	Hexagon socket cheese head screws (M10*20)	8
6	spring washer (M10)	17
7	flat washer (M10-D20)	17
8	Hip Trainer Side Frame Assembly	1
9	Hexagon socket cheese head screws (M10*140)	1
10	counterweight	1
11	Undercover for counterweights	1
12	counterweights feet	2
13	Hexagon socket cheese head screws (M5*20)	8
14	connection frame	1
15	Hexagon socket cheese head screws (M10*25)	8
16	guide bar	2
17	Counterweight rubber pads	2
18	counterweight base	2
19	Hexagon socket cheese head screws (M8*20)	4
20	spring washer (M8)	2
21	flat washer (M8-D16)	2
22	Weight stack	14
23	Guide block set	1
24	Guide bar mounting plate	1
25	Counterweight block pins	1
26	Cable	1
27	shield	4
28	decorative strip	2
29	decorative plate	1
30	upper shroud	1
31	Top cover trim	1
32	Upper Shroud Top Cover	1
33	Hexagon socket cheese head screws (M6*30)	4
Note: Pre-assembled parts are not listed in this table.		