

FITNESS360[®]

FT7229

Hip Thrust



Rubber mallet
Level ruler
Allen wrench
Spring Clamp
Adjustable wrench
Note: When assembling, two or more persons are recommended to operate

Step 1:

Attach the hip bridge sidestand (#3), hip bridge connecting frame assembly (#2), and counterweight frame (#1) using the following methods:

- 4 x Hexagon socket cheese head screws M10X25 (#6)
- 6 x Hexagon socket cheese head screws M10X20 (#9)
- 10 x spring washer M10 (#7)
- 10 x flat washer M10-D20 (#8)

Step 2:

Attach the Counterweight Lower Guard (#4) to the Counterweight Rack (#1) using the following method:

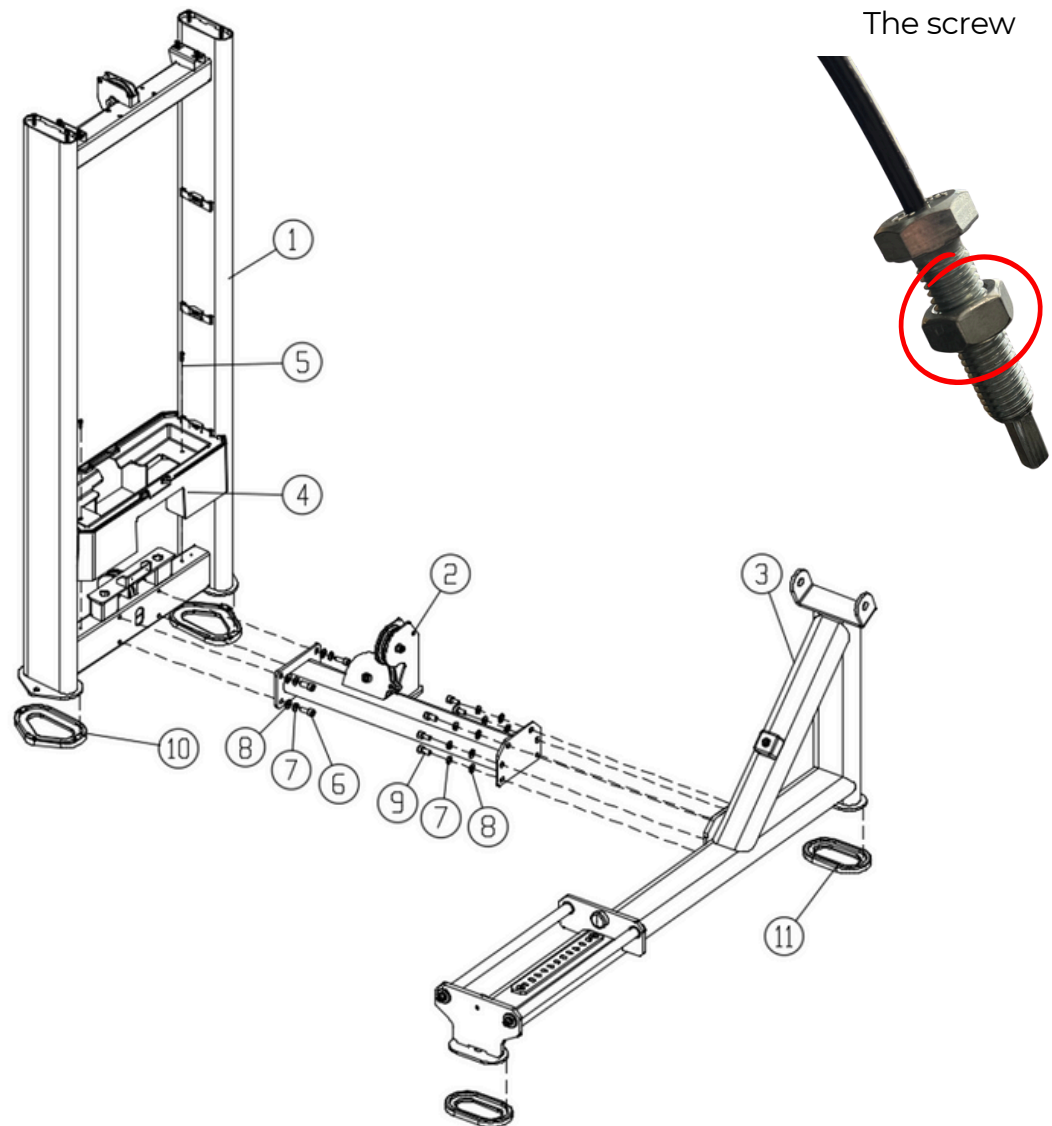
- 2 x Hexagon socket cheese head screws M5X20 (#5)

Step 3:

Attach the 2 Counterweight Rack Feet (#10) to the Counterweight Rack (#1). Install the 2 flat elliptical feet (#11) to the hip bridge side frame (#3);

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 Foot Assembly (#12) to the Hip thrust Side Frame (#3) using the following method:

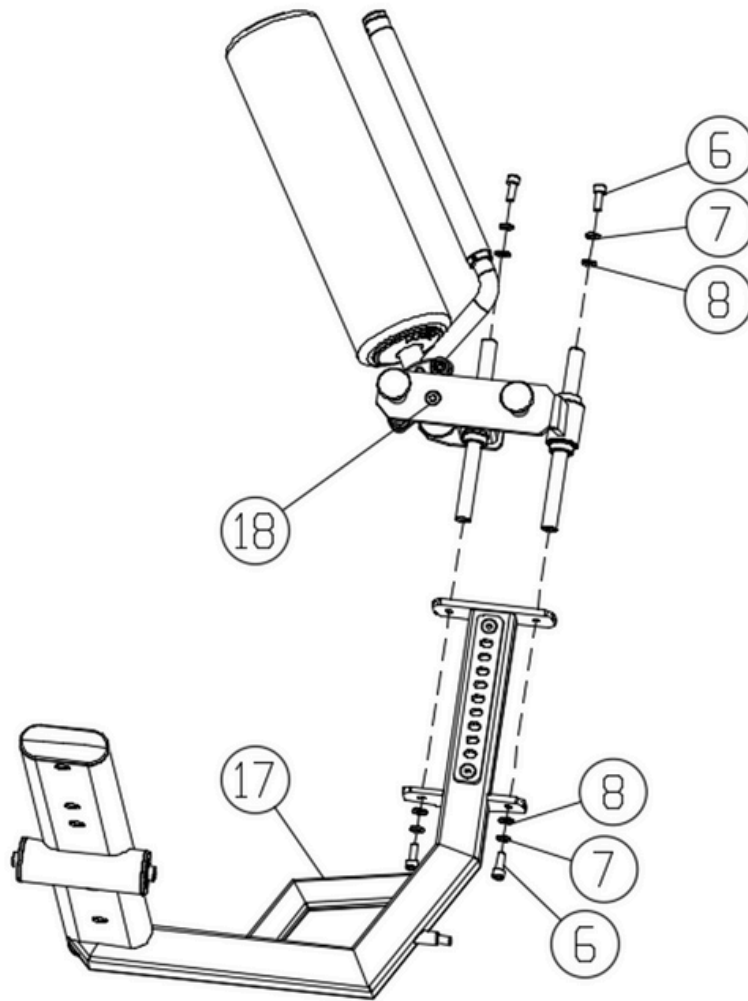
- 4 x Hexagon socket cheese head screws M10X25 (#6)
- 4 x spring washer M10 (#7)
- 4 x flat washer M10-D20 (#8)
- 4 x Chute rod end bushings (#16)

Attach the Cushion Assembly (#13) to the Hip thrust Side Frame (#3) using the following method:

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- This diagram shows an exploded view of a mechanical assembly. The main components are labeled with circled numbers:
- 3**: A large, angled structural member or bracket.
 - 6**: Small circular fasteners or pins, shown in two locations.
 - 7**: Small circular fasteners or pins, shown in two locations.
 - 8**: Small circular fasteners or pins, shown in two locations.
 - 12**: A rectangular plate or base with a textured surface.
 - 16**: A long, thin structural member or arm.
- Dashed lines indicate the assembly path and alignment of the components.

Attach the Force Arm Assembly (#18) to the Backplate Bracket Assembly (#17) using the following method:

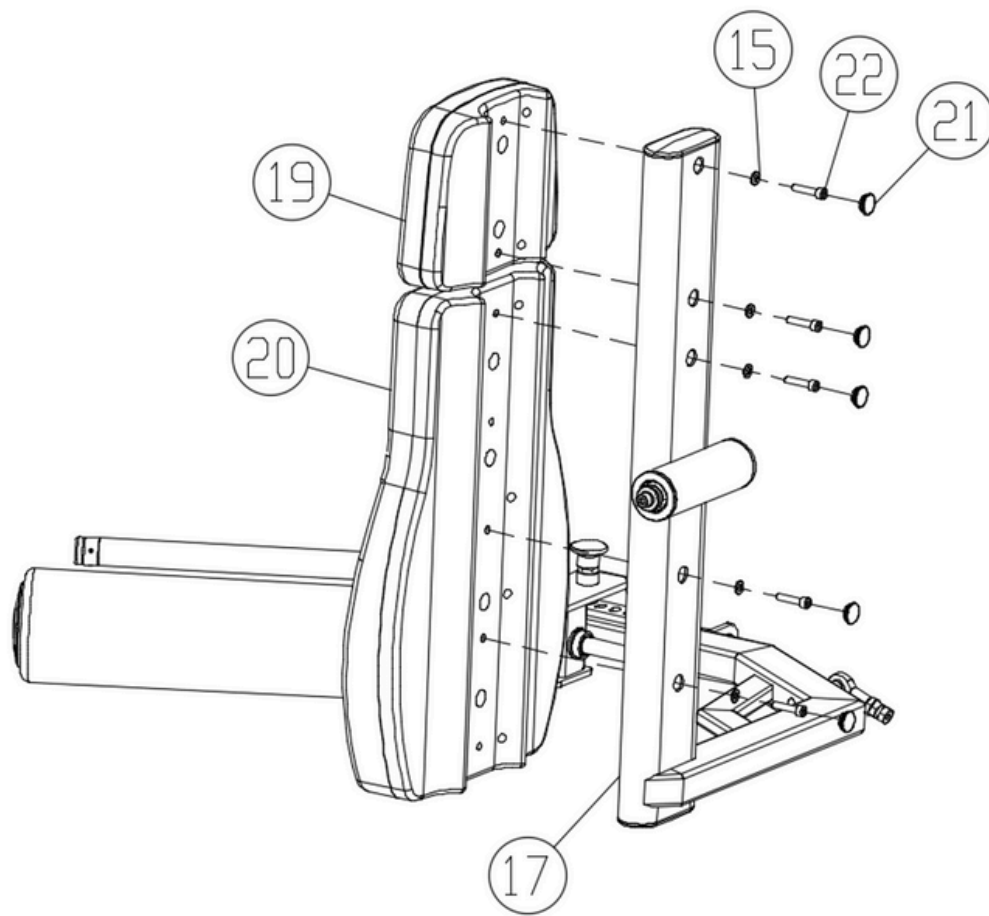
- 4 x Hexagon socket cheese head screws M10X25 (#6)
- 4 x spring washer M10 (#7)
- 4 x flat washer M10-D20 (#8)



Step 7:

Attach the Head Pad Assembly (#19), Back Pad Assembly (#20) to the Back Plate Bracket Assembly (#17) using the following method:

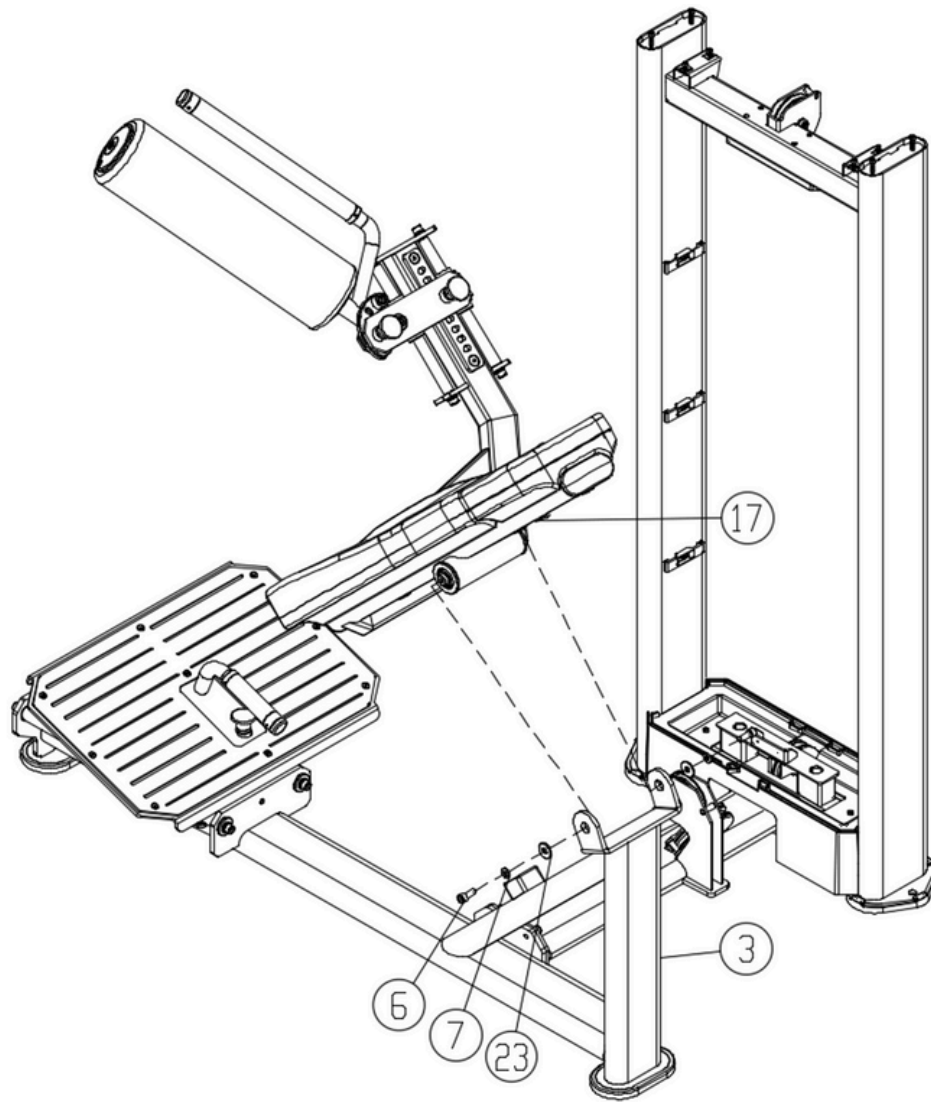
- 5 x Hexagon socket cheese head screws M8*35 (#22)
- 5 x flat washer M8-D16 (#15)
- 5 x 20plug (#21)



Step 8:

Attach the Backplate Bracket Assembly (#17) to the Hip thrust Side Frame (#3) using the following method:

- 4 x Hexagon socket cheese head screws M10X25 (#6)
- 4 x Spring washer (#7)
- 4 x Flat washer (#23)



Step 9:

Slide the two counterweight rubber pads (#25) onto the two guide rods (#24). Connect the two counterweight bases (#26) to the two guide rods (#24) and place them in the counterweights (#7) as follows.

- 2 x Hexagon socket cheese head screws M8X20 (#27)
- 2 x spring washer M8 (#28)
- 2 x flat washer M8-D16 (#15)

Tighten the bolts with a wrench before proceeding to the next step

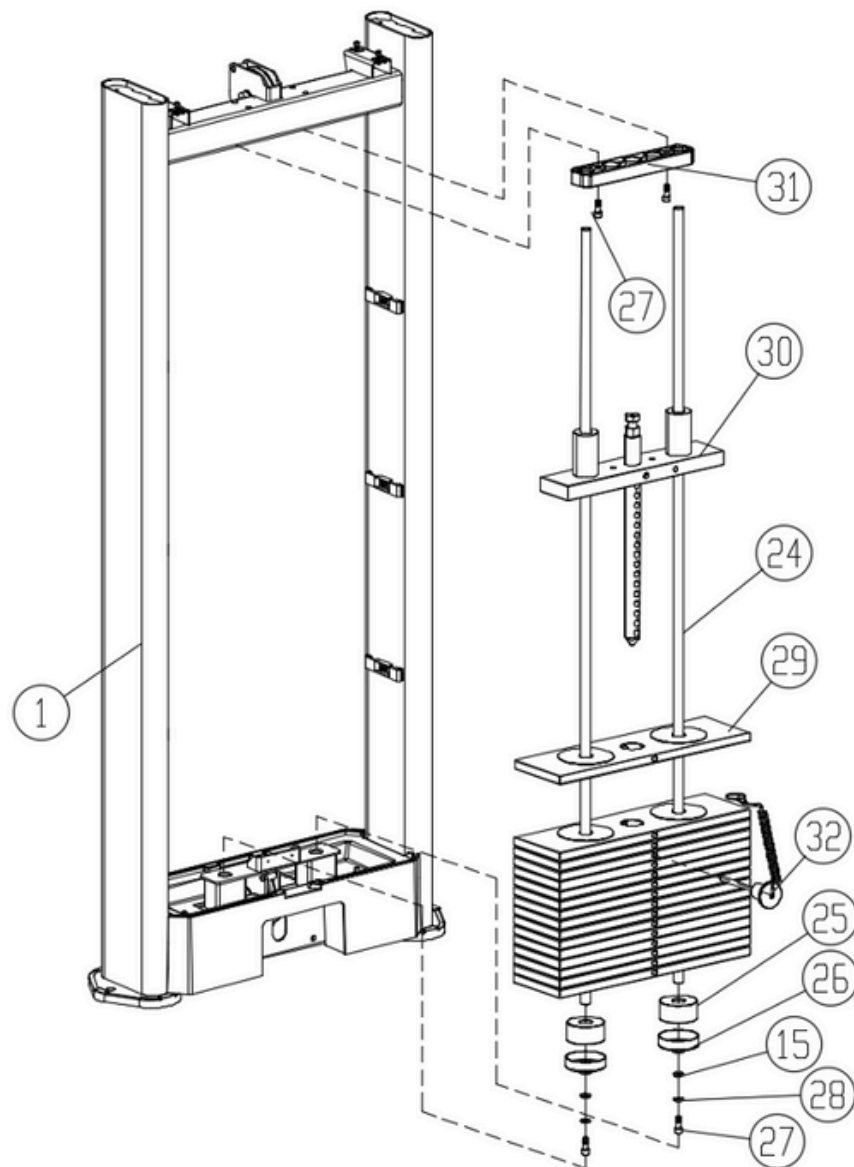
Step 10:

Attach the 12 Counterweight Blocks (#29) to the Guide Rods (#24) with the isolation tabs facing up.

Install the guide block set (#30) onto the guide bar (#24). Insert the weight stack pin (#32) into the weight stack (#29).

Slide the guide bar retainer plate (#31) onto the guide bar (#24). Attach the guide bar mounting plate (#31) to the counterweight bracket (#7) by.

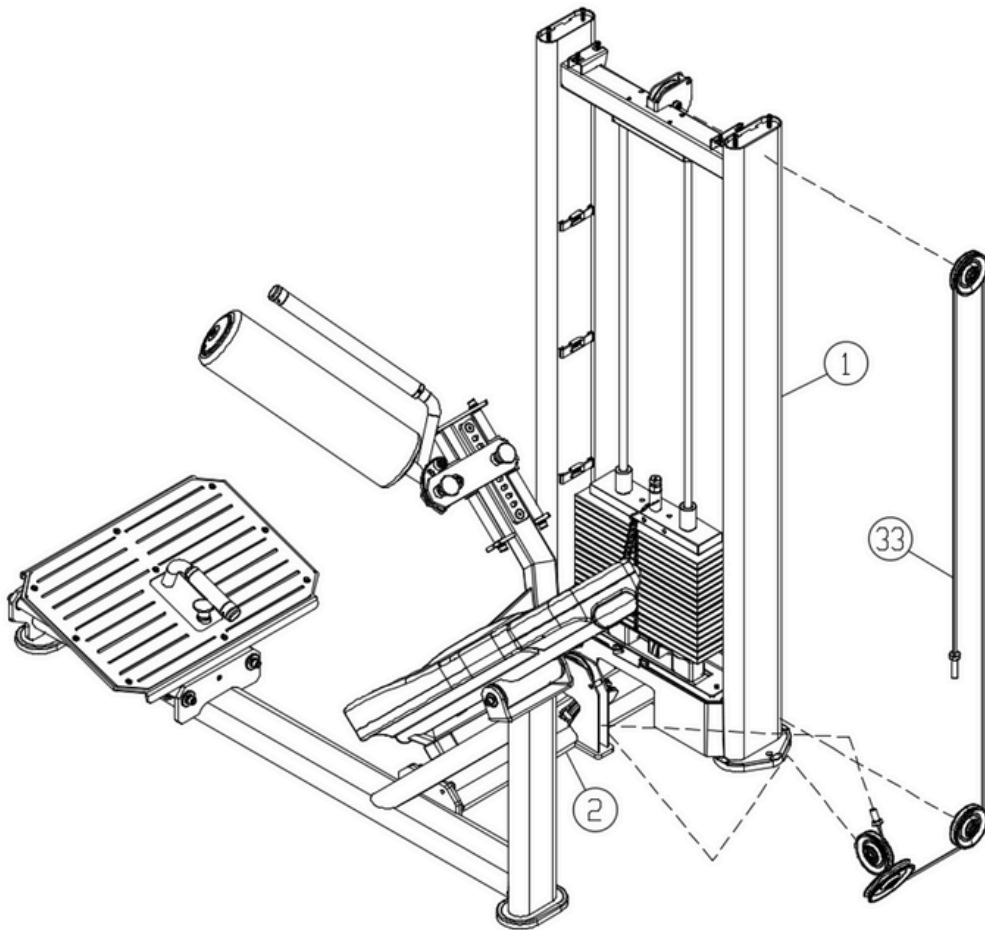
- 2 x Hexagon socket cheese head screws M8X20 (#27)



Step 11:

Thread the wire rope (#33) as shown in the picture, the pre-installed sheaves need to be disassembled and reassembled.

Note that these sheaves are installed in synchronization with the wire rope (#33)



Step 12:

Slide the two Trim Strips (#35) into the two Baffles (#34) and use the Baffle Platen to attach to the Counterweight Rack (#7).

Slide the Trim Plate (#36) into the two Baffles (#34) and use the Baffle Platen to attach to the Counterweight Rack (#7). Attach the upper shroud (#37) to the counterweight frame (#7) by.

- 4 x Hexagon socket cheese head screws M5X20 (#5)

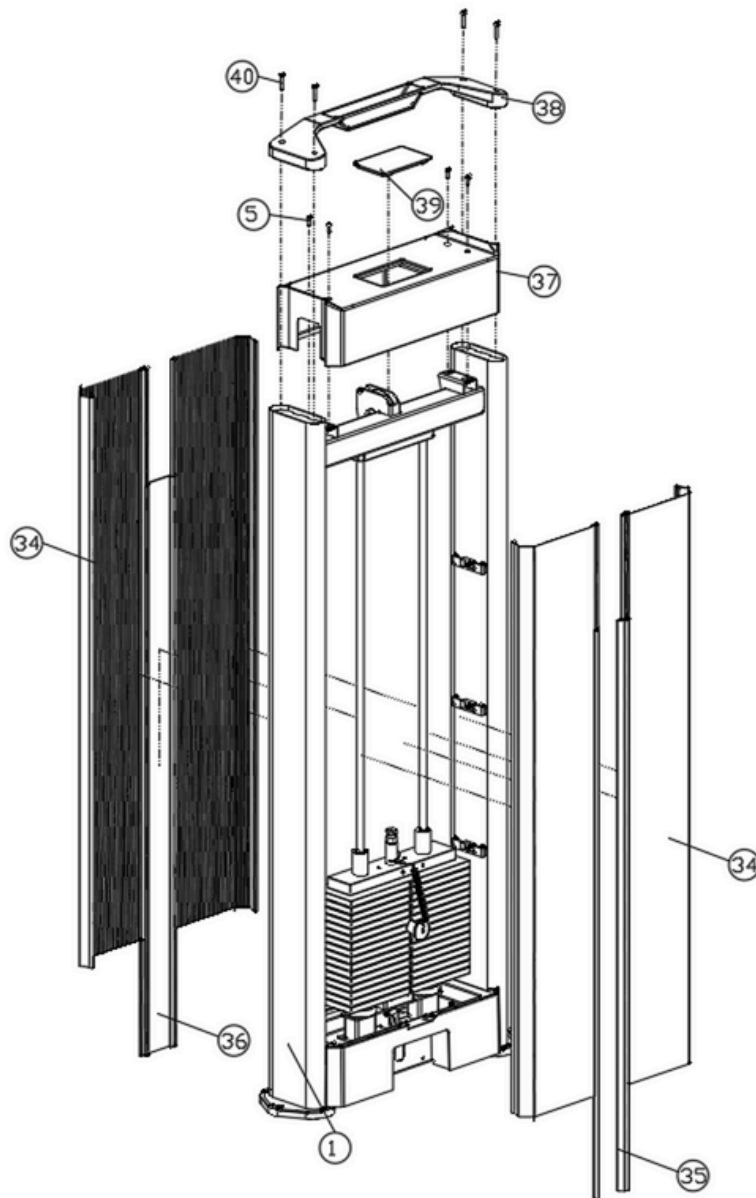
Step 13:

Attach the Top Cover Trim (#38) to the Counterweight Frame (#7) by

- 4 x Hexagon socket cheese head screws M6X30 (#40)

Step 14:

Snap Upper Shroud Top Cover (#39) to Upper Shroud (#37)



Important Tips

Now that your Hip Thrust 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

