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)
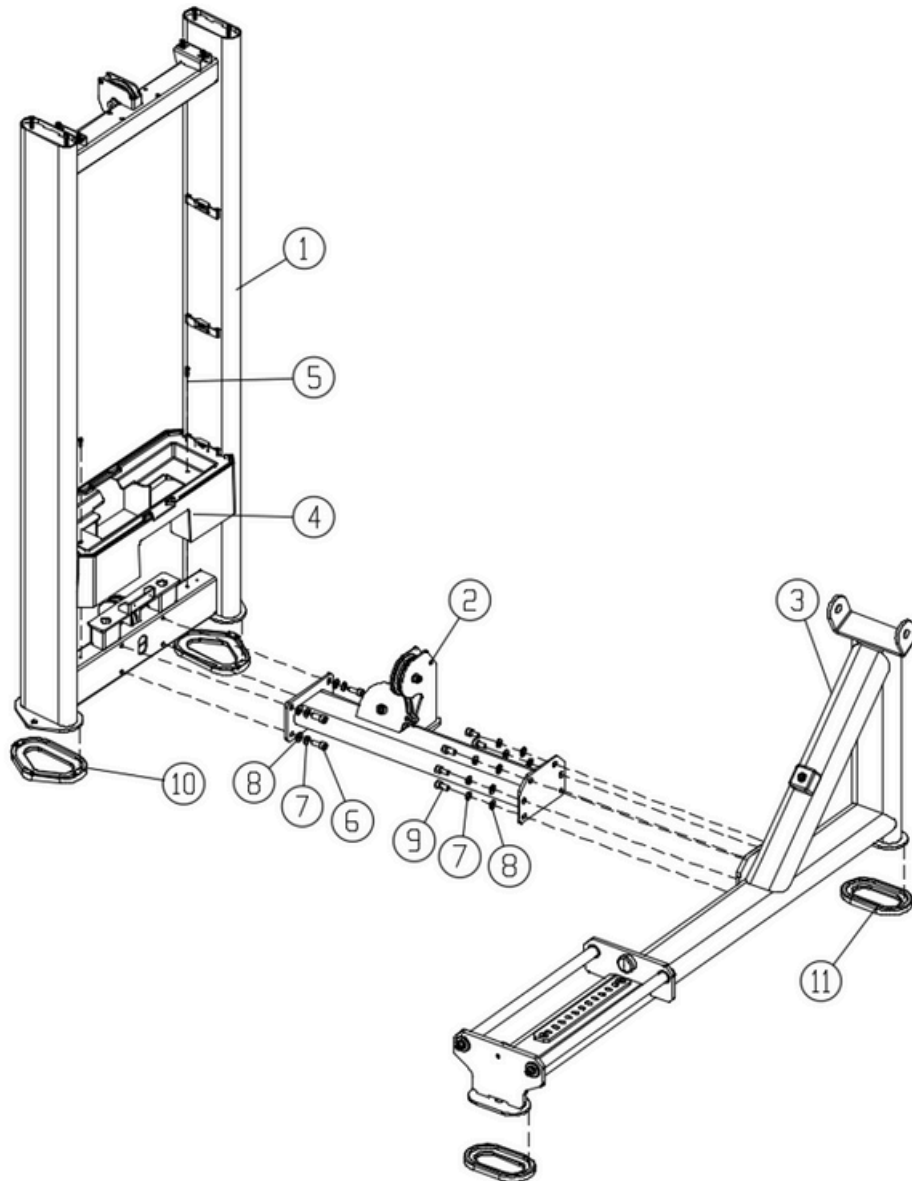- 10 x spring washer M10（#7)
- 10 x flat washer M10-D20（#8)

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);
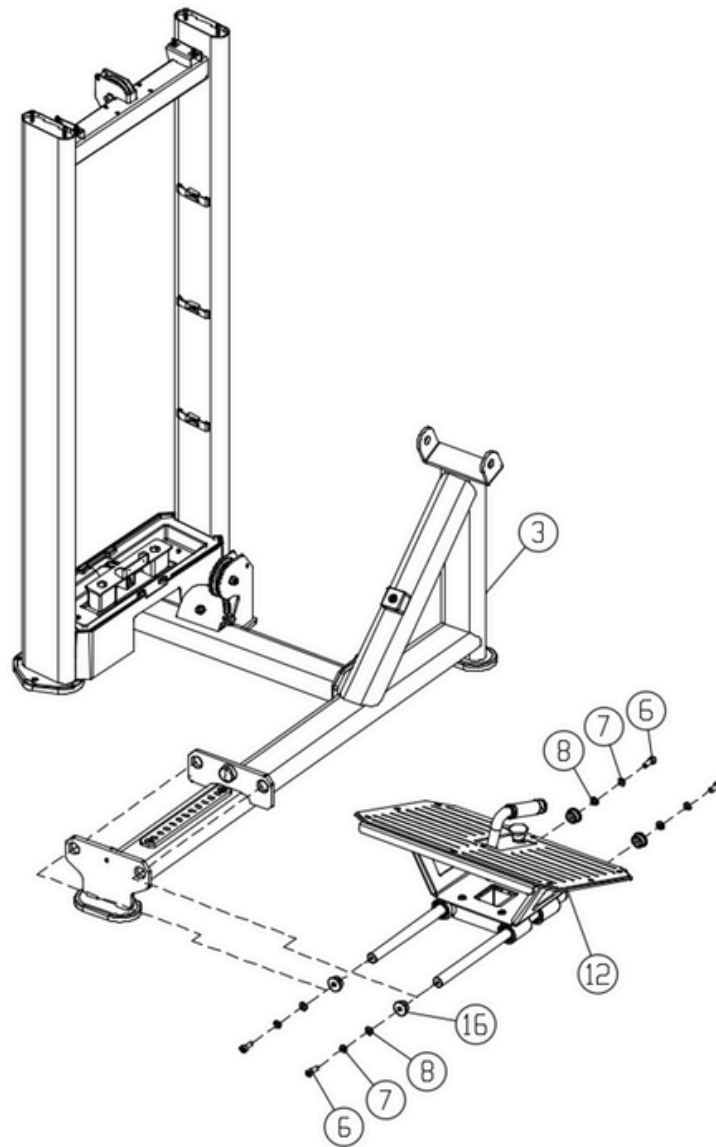

Step 4:

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)

Step 5:

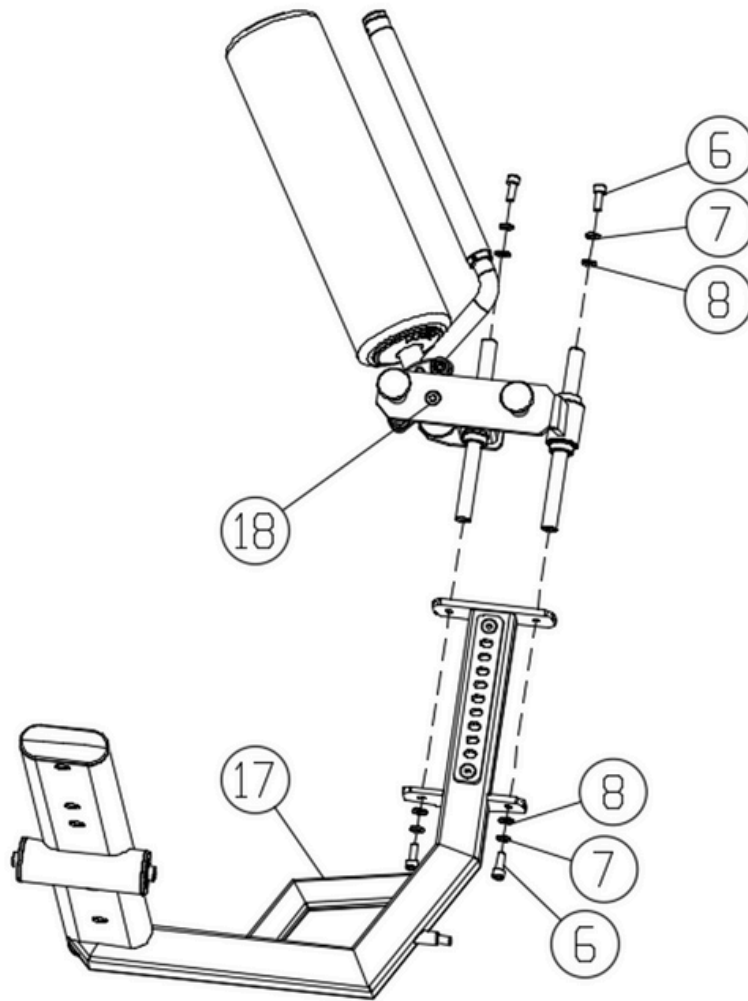Attach the Cushion Assembly (#13) to the Hip thrust Side Frame (#3) using the following method:

- 4 x Hexagon socket cheese head screws M8X25（#14)
- 4 x flat washer M8-D16（#15)

Step 6:

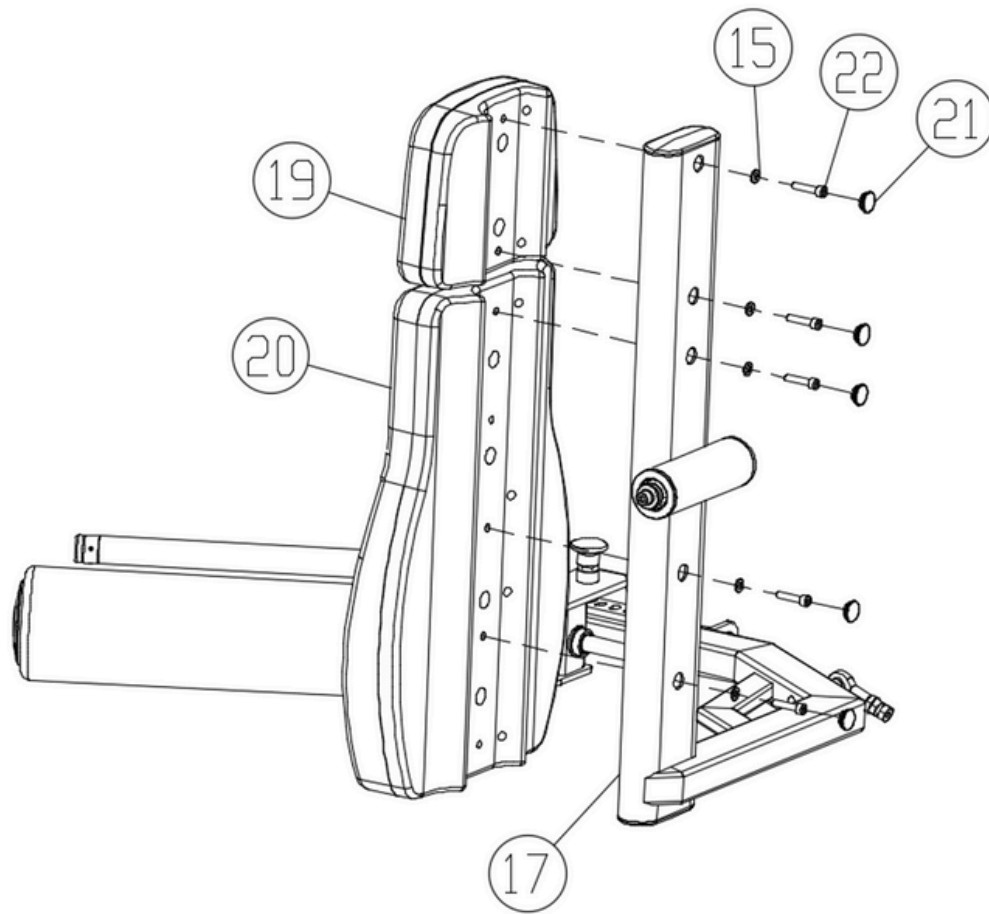Attach the Force Arm Assembly (#18) to the Backplate Bracket Assembly (#17) using the following method:

- 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.
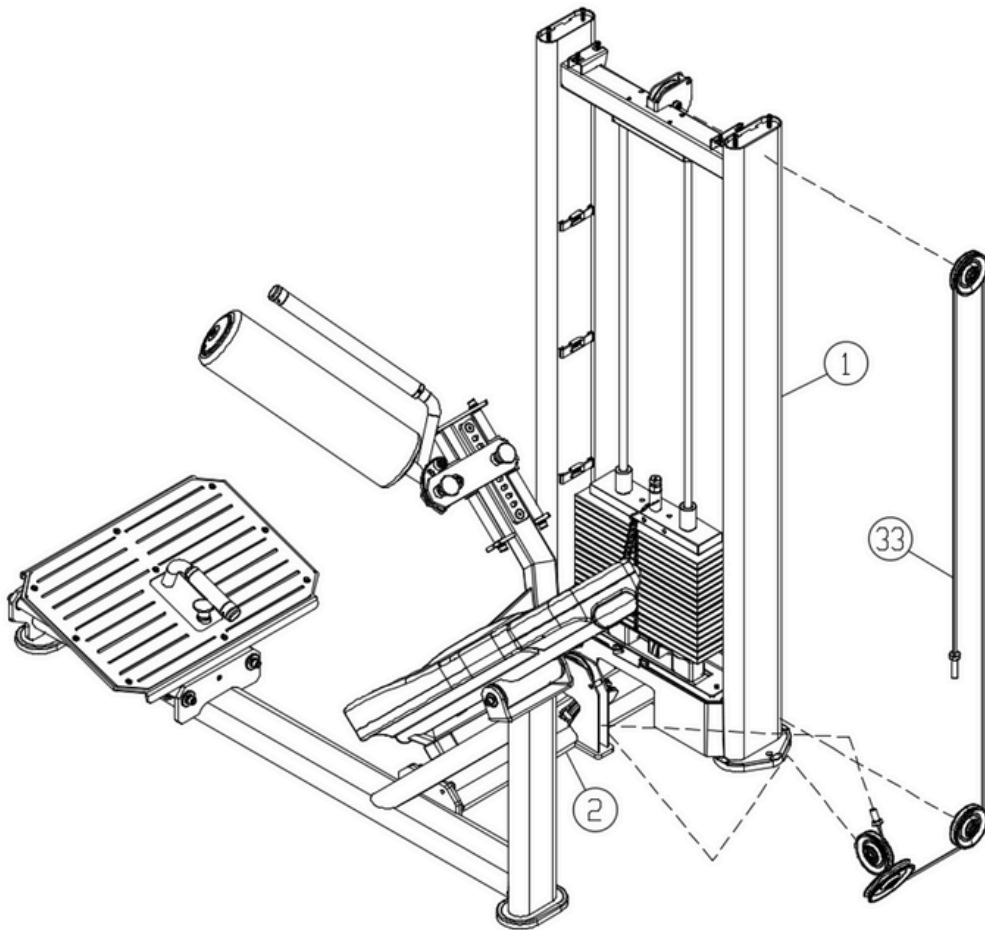
- 2 x Hexagon socket cheese head screws M8X20 (#27)
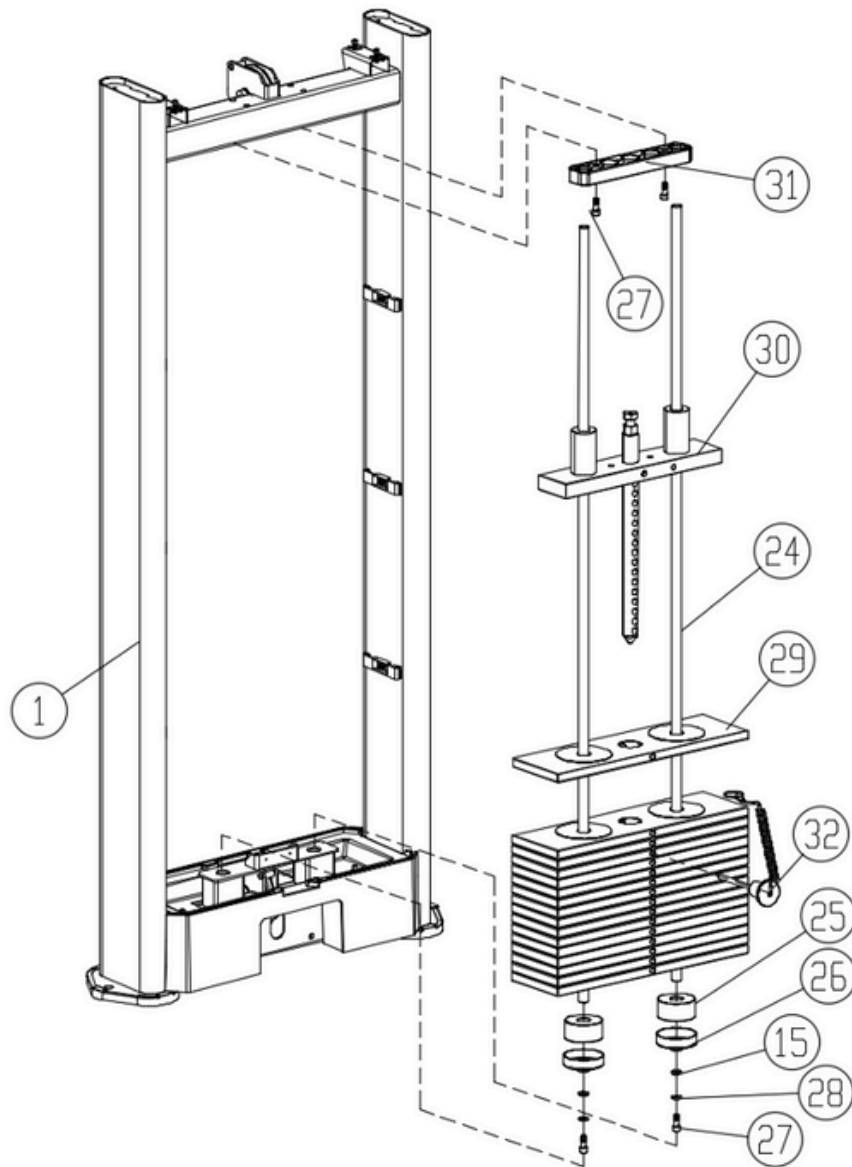
Step 11:

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.

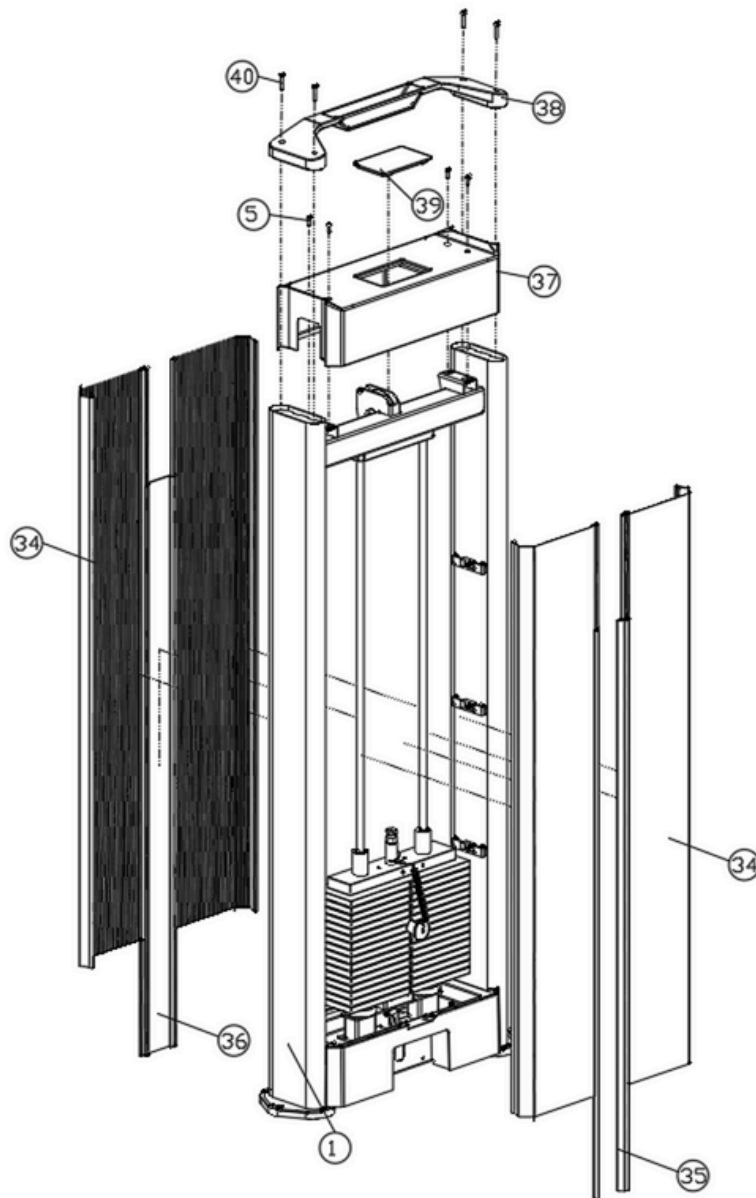• 4 x Hexagon socket cheese head screws M5X20（#5)

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