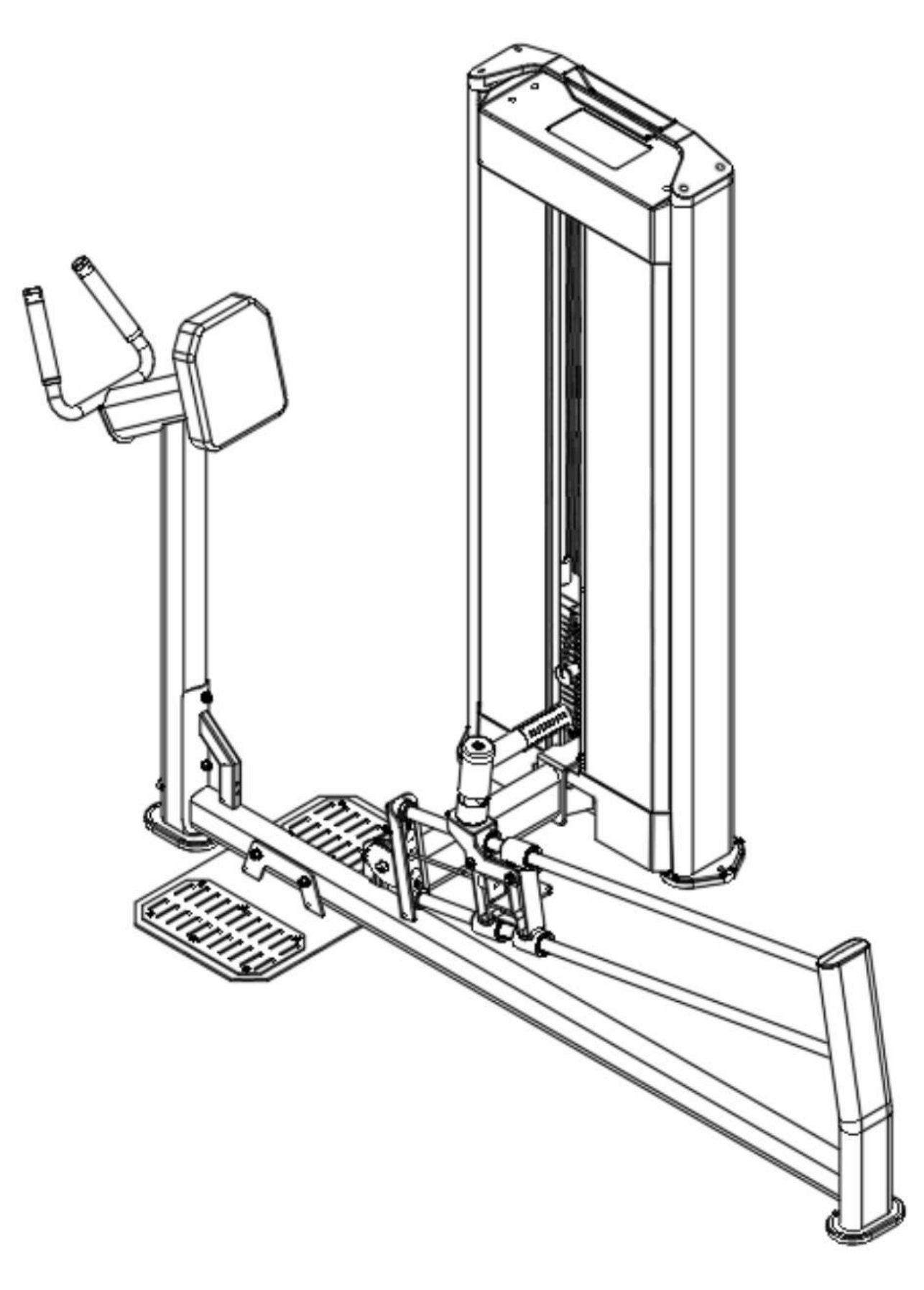
C421 Installation Guide

Gluteus Maximus Trainer



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Brief

Please take the time to read these instructions carefully before installation. Please refer to the list in the instruction manual to confirm the completeness and quantity check of all parts (if any parts are missing or damaged in transit, you should call our after-sales service immediately) When installing the equipment, please follow the instructions to install the equipment correctly.

This equipment is designed to provide the smoothest and most effective workout. After installation, you need to understand all the functions in order to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve the problem, please call our after-sales service. After carefully reading all the instructions, please continue

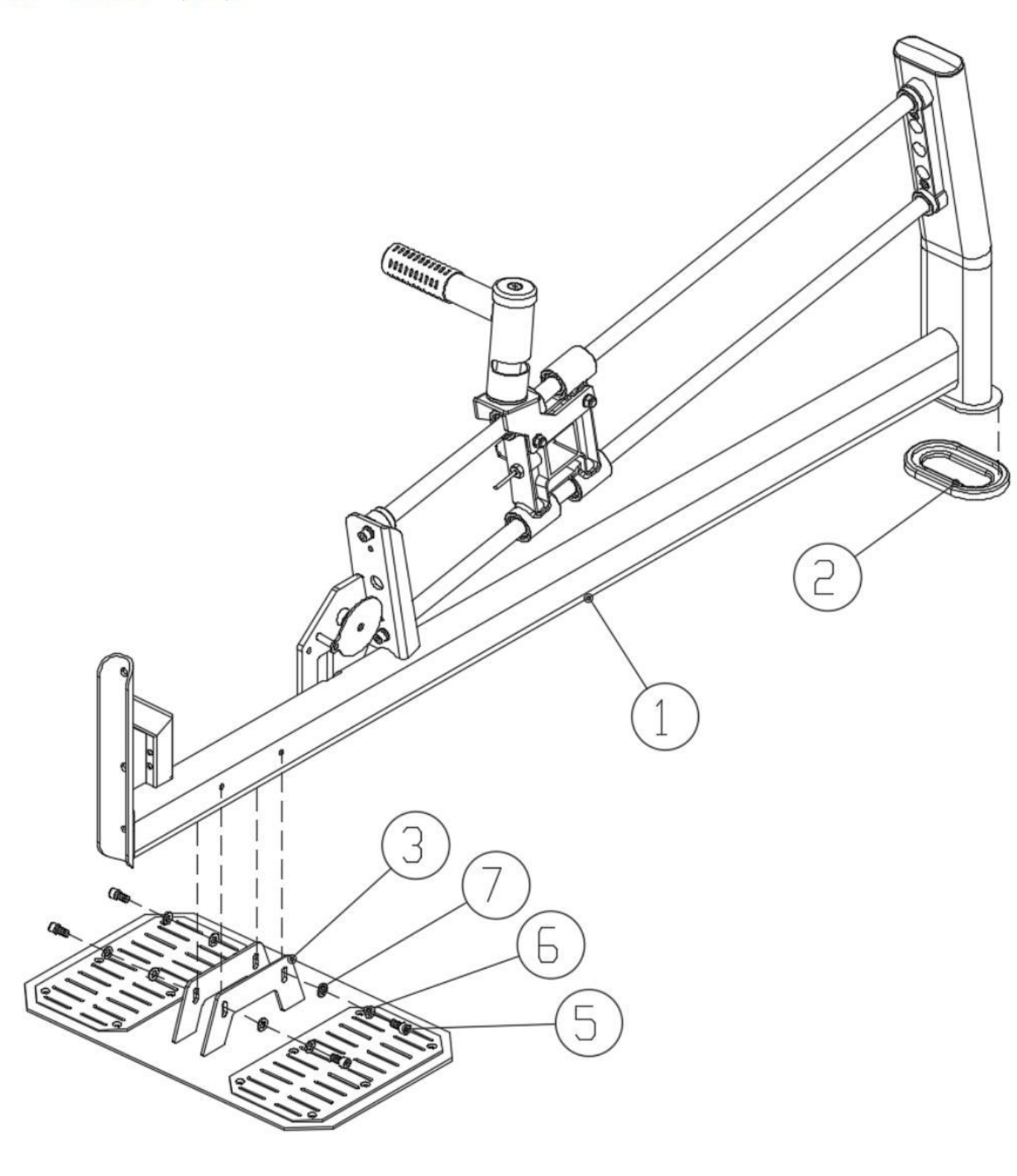
rubber mallet
horizontal ruler
Allen wrench
Two person
spring clamp
adjustable wrench

Assemble

Step 1:Attach a 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 method:

- 4×M10*20Hexagon socket cheese head screws (#5)
- 4×M10spring washer (#6)
- 4×M10flat washer (#7)

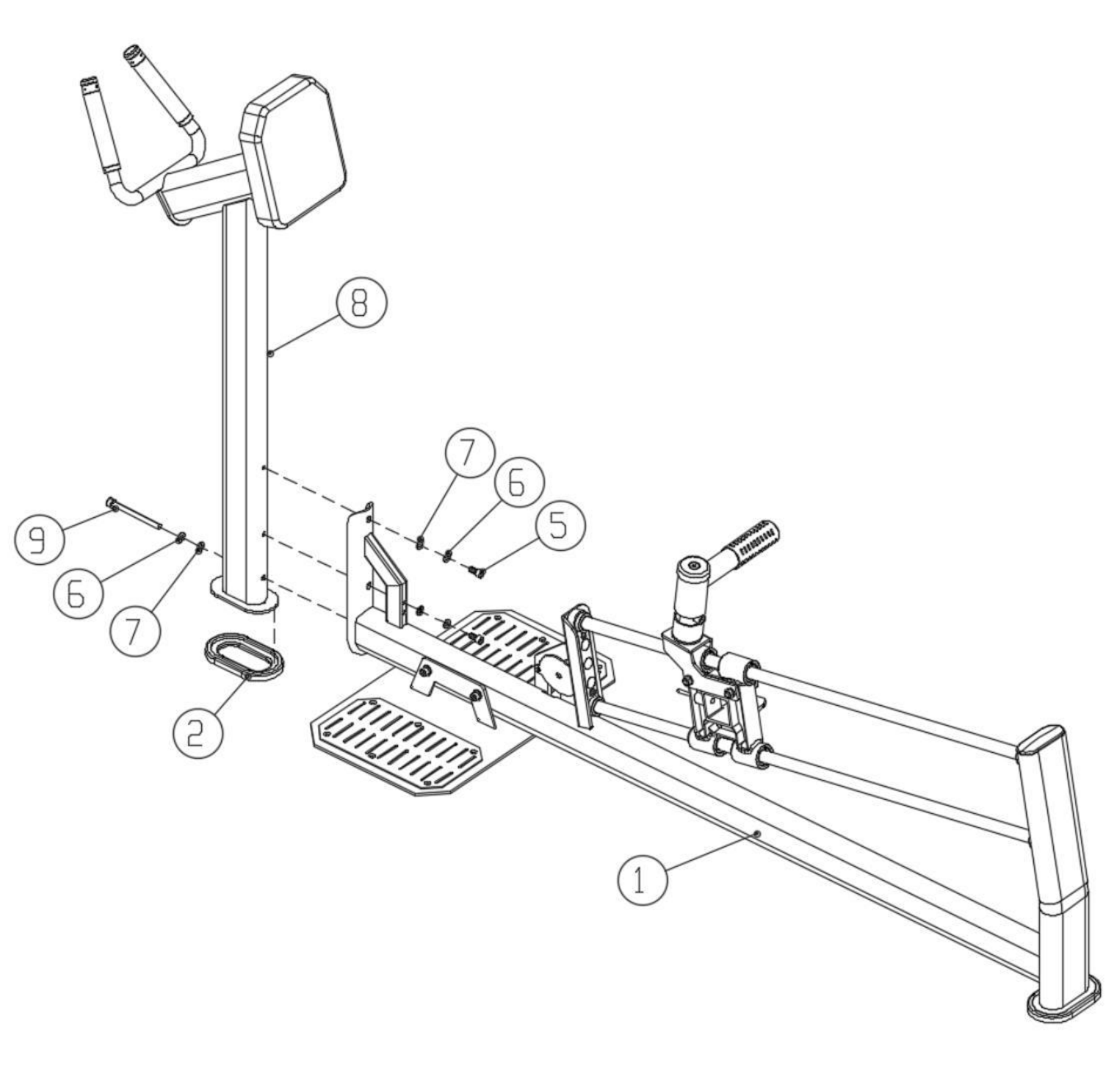


Assemble

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



Assemble

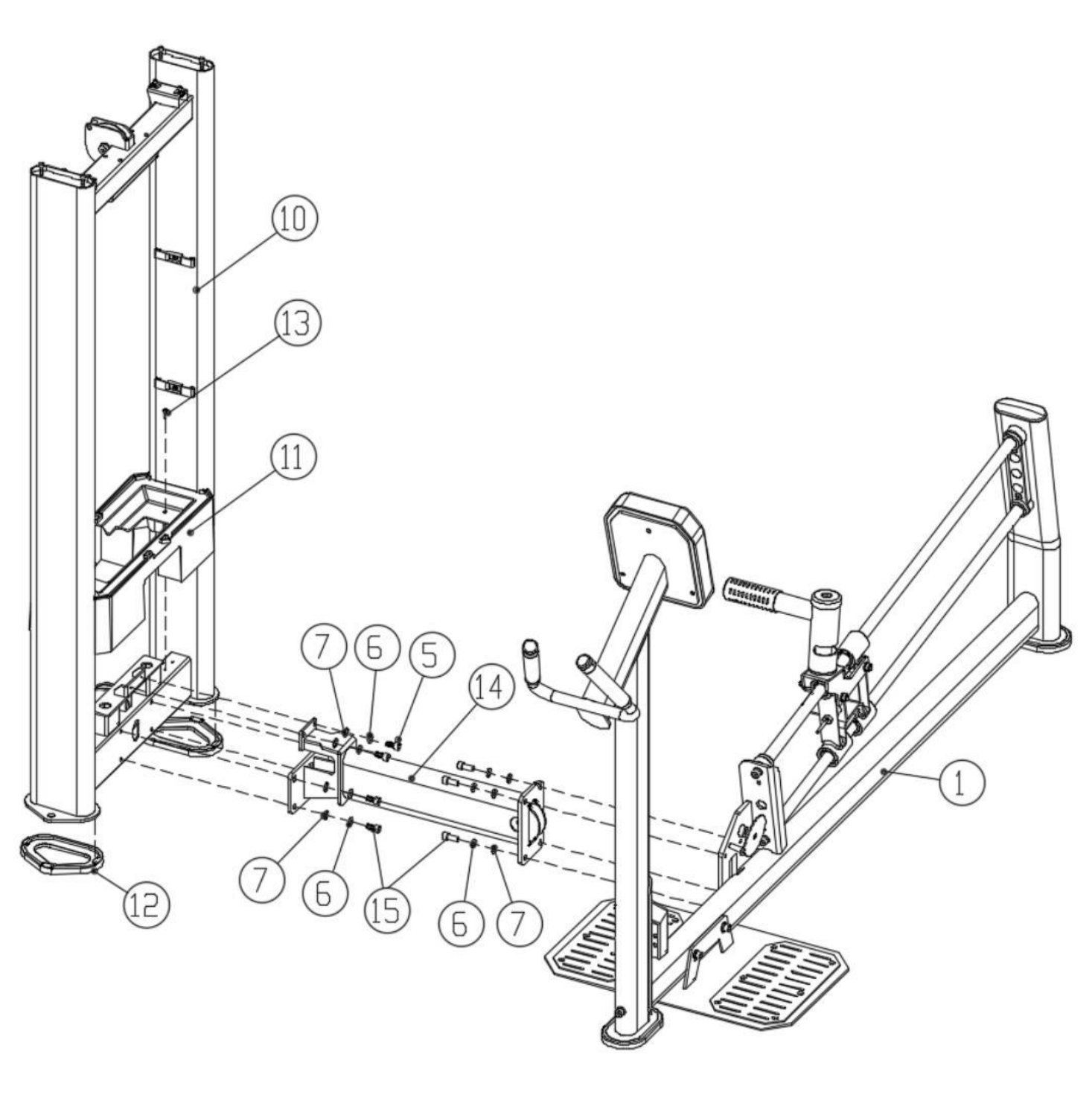
Step 5: Attach the 2 Counterweight Rack Foot Pads (#12) to the foot plates of the Counterweight Rack (#10);

Step 6:Attach the Counterweight Rack Lower Shroud (#11) to the Counterweight Rack (#10) using the following method:

- 2×M5*20Hexagon 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×M10*25Hexagon socket cheese head screws (#15)
- 10×M10spring washer (#6)
- 10×M10flat washer (#7)
- 2×M10*20Hexagon socket cheese head screws (#5)



Assemble

Step 8:Slide the two Counterweight Block Rubber Pads (#17) onto the two Guide Bars (#16).

Connect the two counterweight bases (#18) to the two guide rods (#16) and place them in the counterweights (#10) as follows.

- 2 x M8*20 Hexagon socket cheese head screws (#19)
- 2 x M8 spring washer (#20)
- 2 x M8*D16 flat washer (#21)

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

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).

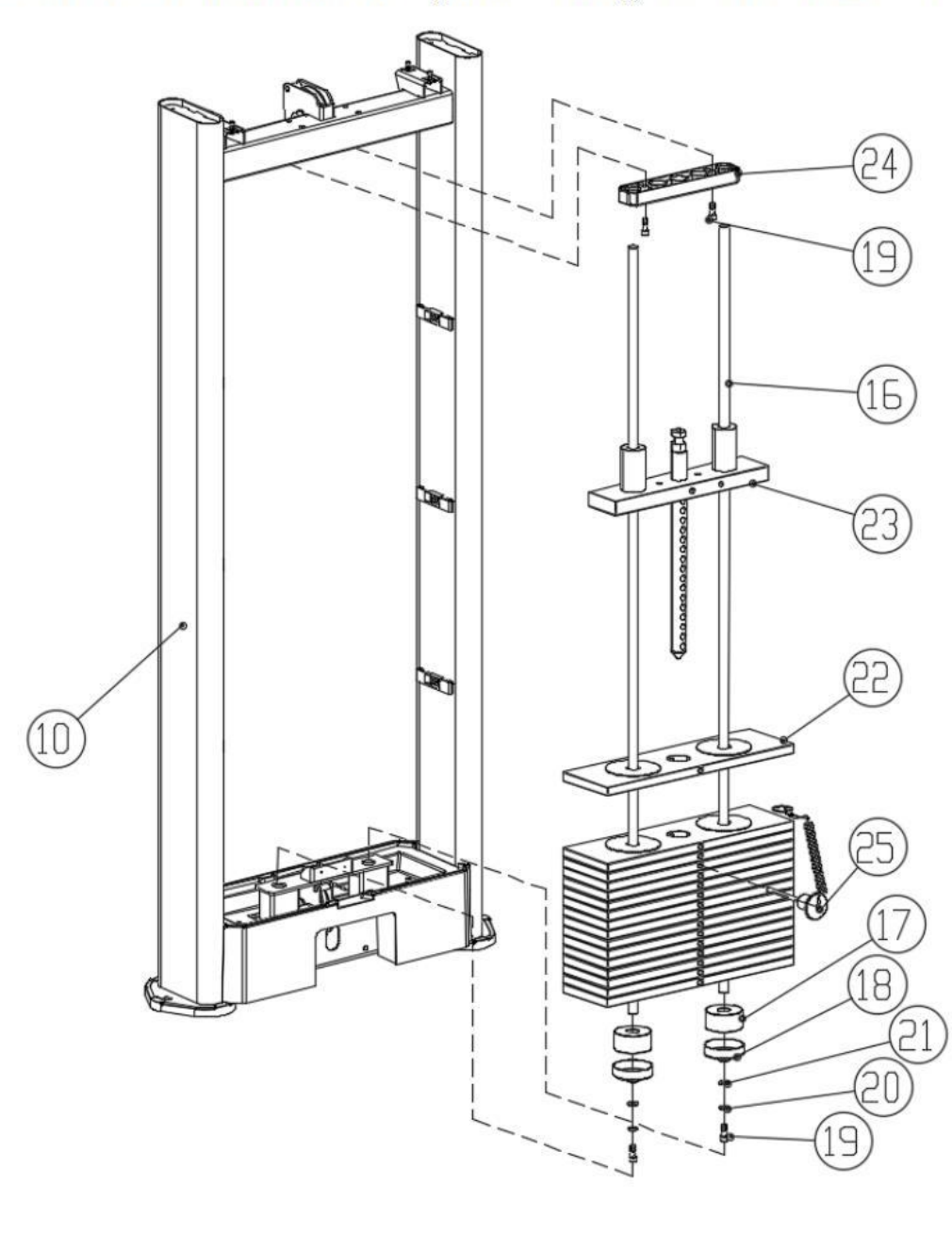
Insert the counterweight block pin (#25) into the counterweight block (#22).

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

Attach the guide bar mounting plate (#24) to the counterweight bracket (#10) by.

- 2 x M8*20 Hexagon socket cheese head screws (#19)

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

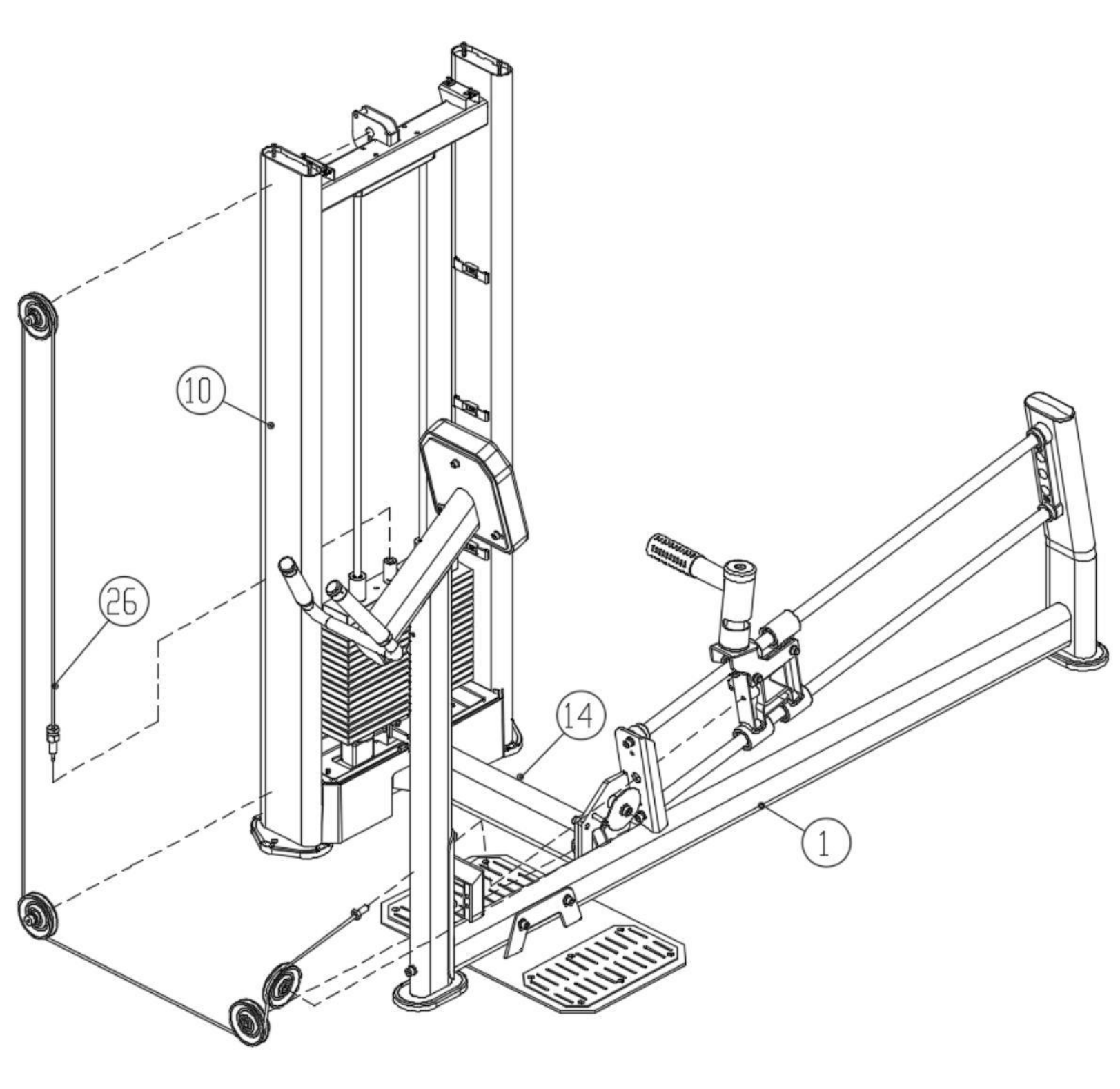


Assemble

Step 10: Thread the wire rope (#26) 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 (#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).



assemble

Step 12:Slide the two Trim Strips (#28) into the two Baffles (#27) and use the Baffle Platen to attach to the Counterweight Rack (#10).

Slide the Trim Plate (#29) into the two Baffles (#27) and use the Baffle Platen to attach to the Counterweight Rack (#10).

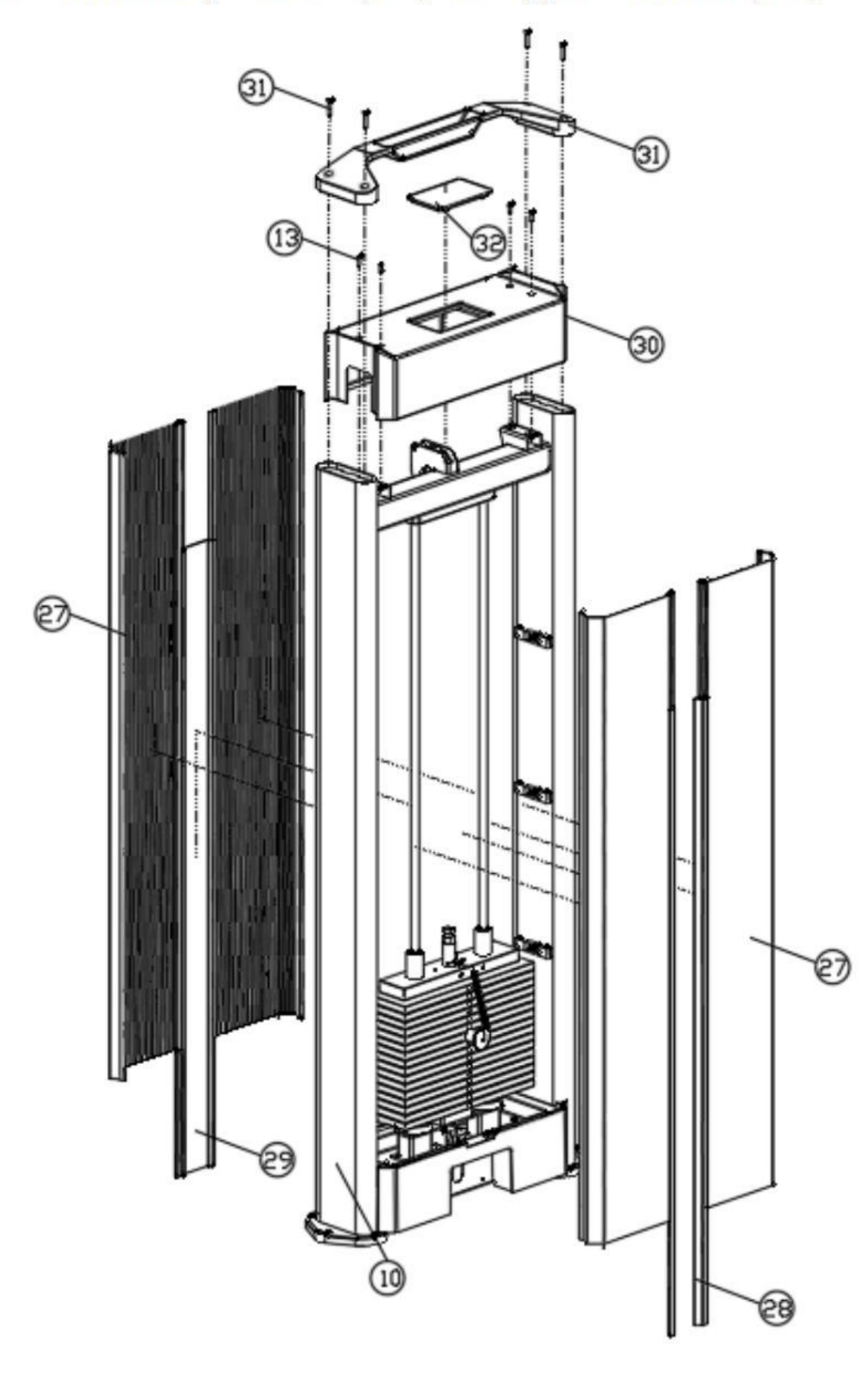
Attach the upper shroud (#30) to the counterweight frame (#10) by.

- 4 x Hexagon socket cheese head screws (#13)

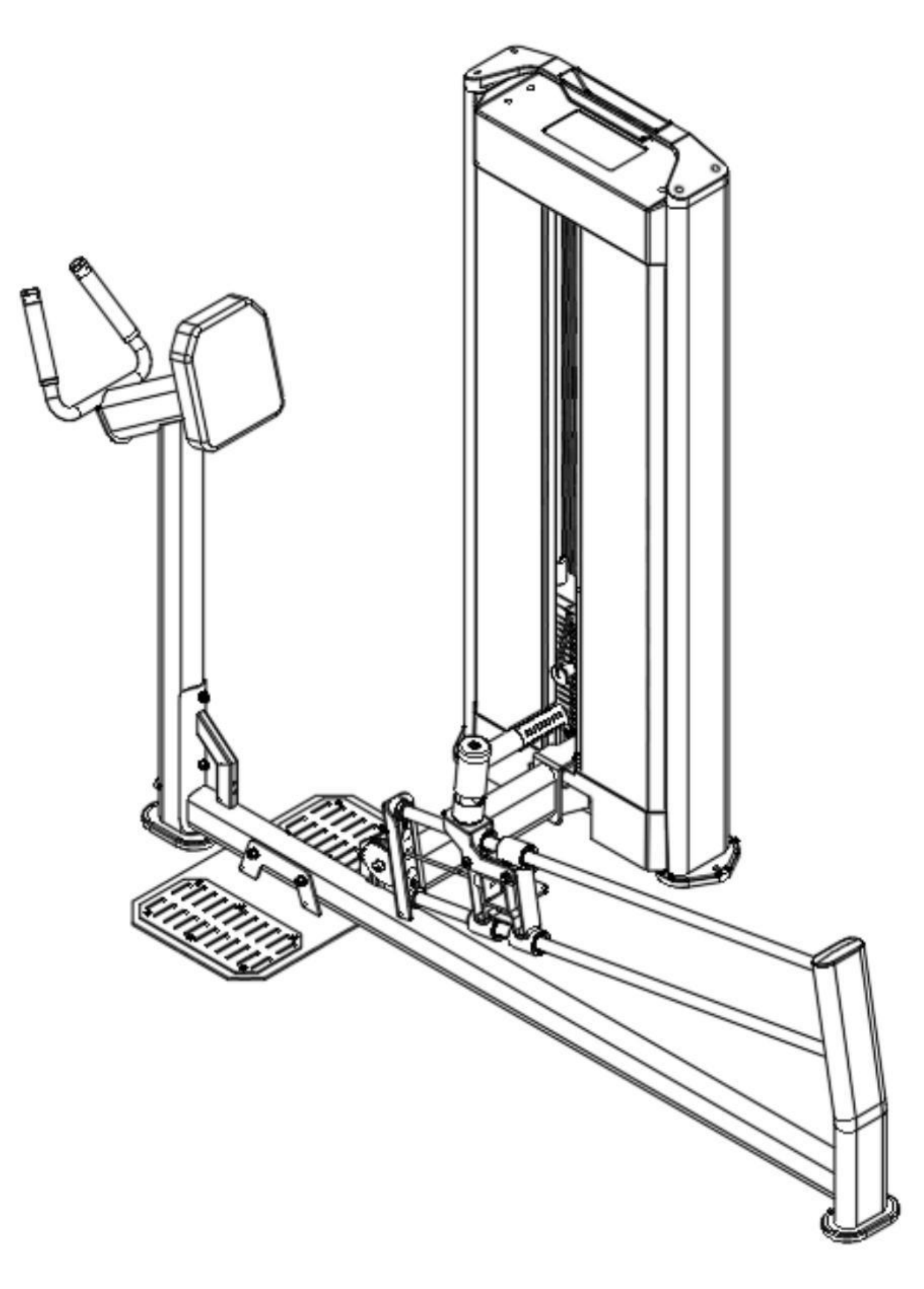
Step 13: Attach the Top Cover Trim (#31) to the Counterweight Frame (#10) by.

- 4 x Hexagon socket cheese head screws (#33)

Step 14: Snap Upper Shroud Top Cover (#32) to Upper Shroud (#30)



Assemble



Important tips

Now that the Gluteus Maximus Trainer is assembled, you need to take a moment to make sure your unit is level and plumb. Use a level to check that the guide rods are vertical in both directions. If it is not vertical you must loosen some of the frame hardware to reassemble and tighten the bolts.

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

Accessory list

NO	Name and specification	QTY
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.