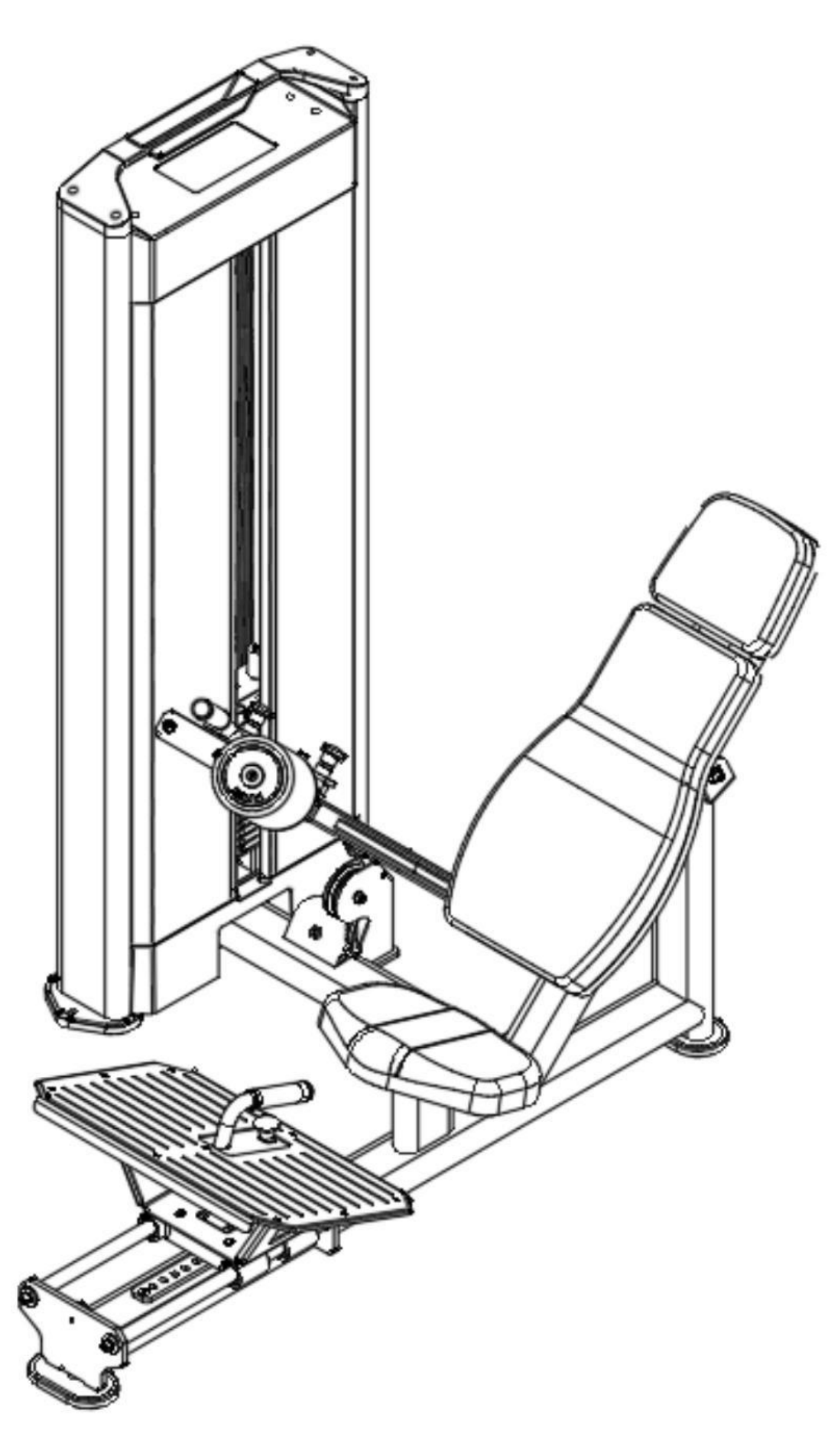
C458 Installation Guide

Hip Thruster



Catalog

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catalogue

Please take the time to read this instruction carefully before installation. Please refer to the various lists in the manual to confirm the integrity and quantity of all parts (if there are parts missing or damaged during transportation, please call our after-sales service immediately for instructions). Please install the equipment correctly according to the relevant instructions. This equipment is designed to provide the smoothest and most effective exercise. After installation, you need to understand all functions to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. Please refer to the relevant instructions in time to inquire about the cause. If you cannot solve it, please call our after-sales service. After reading all the instructions carefully, please continue

Tool	rubber mallet
	levele ruler
	Allen wrench
	spring clamp
	adjustable wrench
Note: When assembling, two or more persons are recommended to operate	

assemble

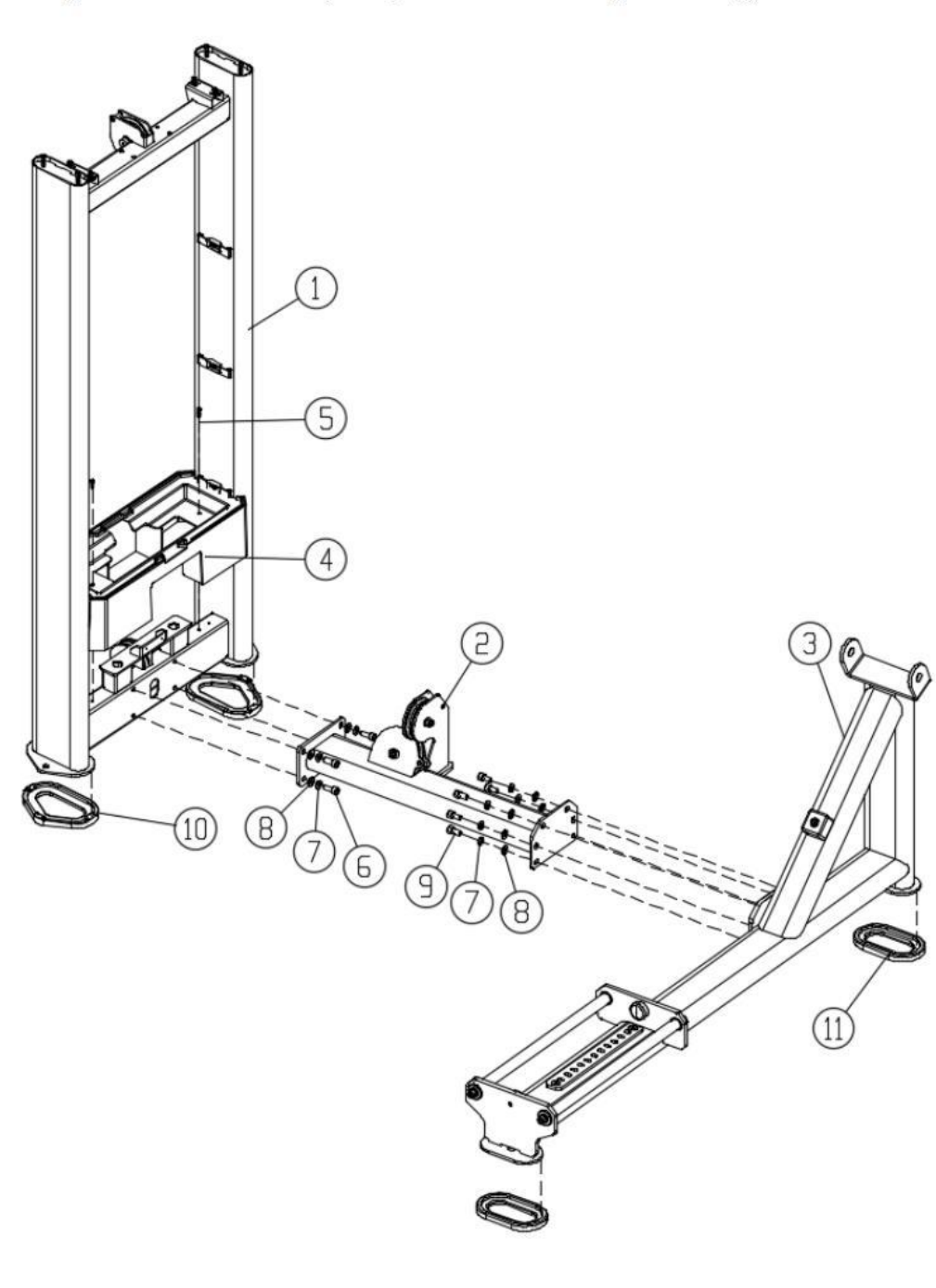
Step 1: Attach the hip bridge sidestand (#3), hip bridge connecting frame assembly (#2), and counterweight frame (#1) using the following methods

- 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);



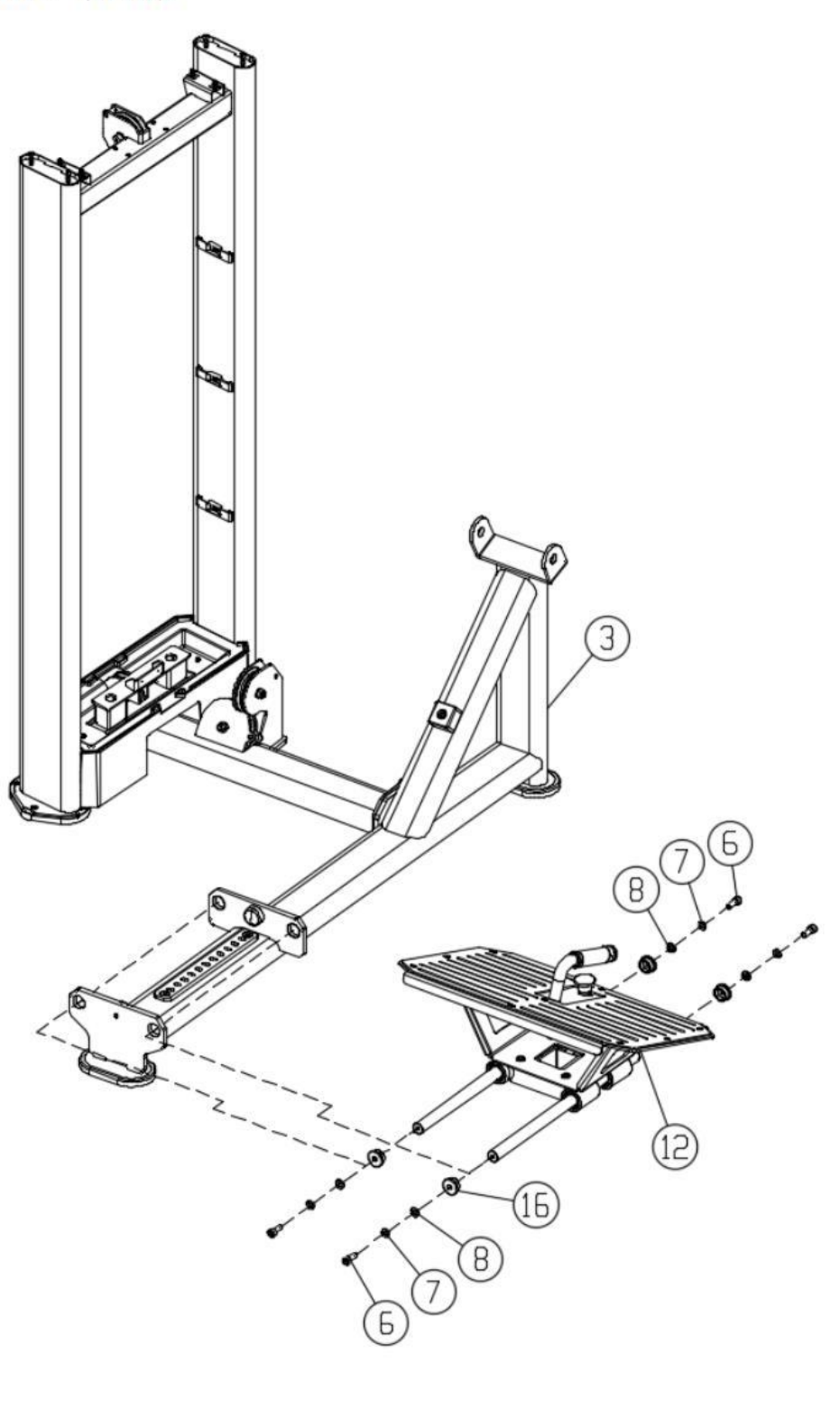
assemble

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;

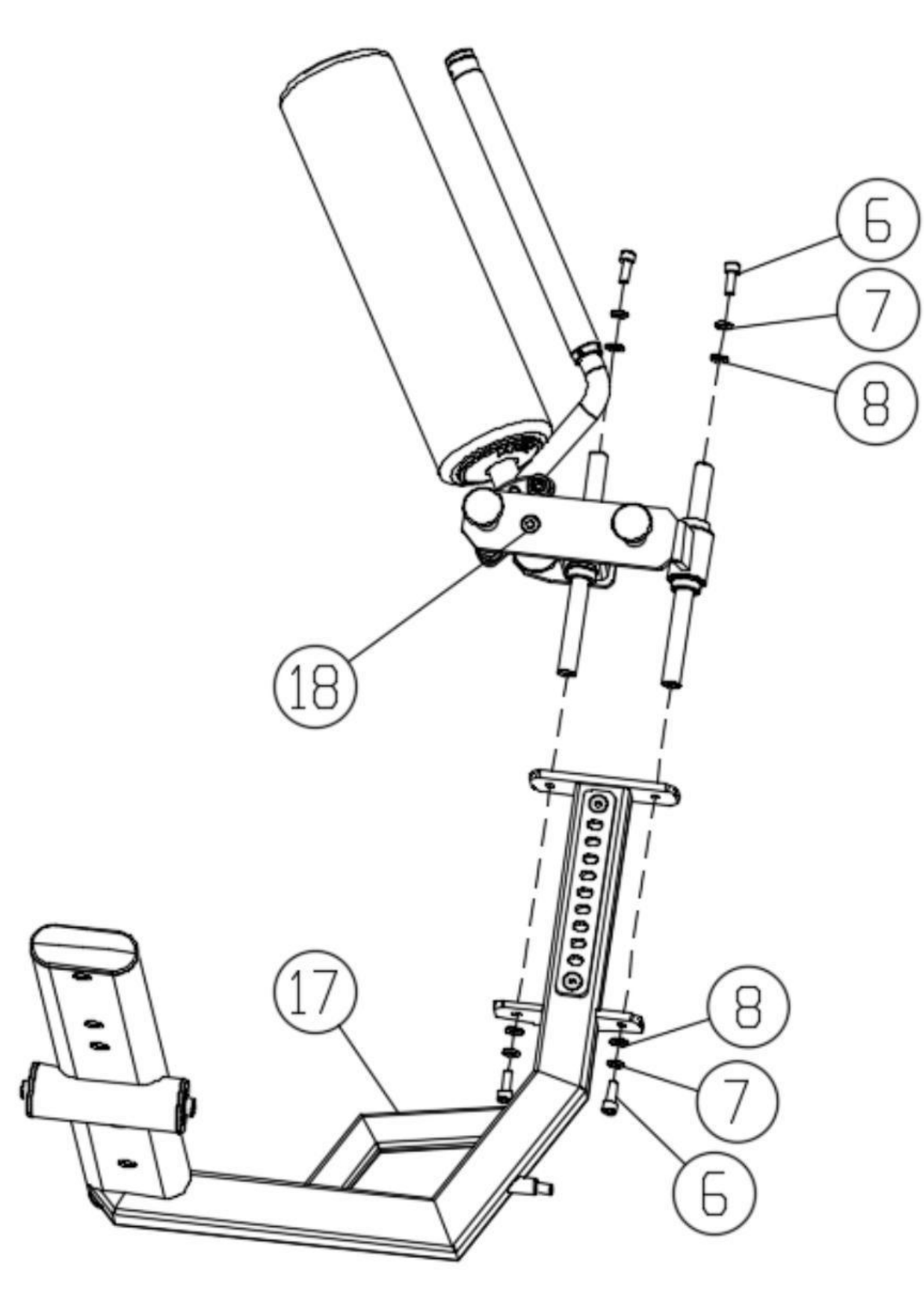
- 4 x Hexagon socket cheese head screws M8X25 (#14)
- 4 x flat washer M8-D16 (#15)



assemble

Step 6:Attach the Force Arm Assembly (#18) to the Backplate Bracket Assembly (#17) using the following method;

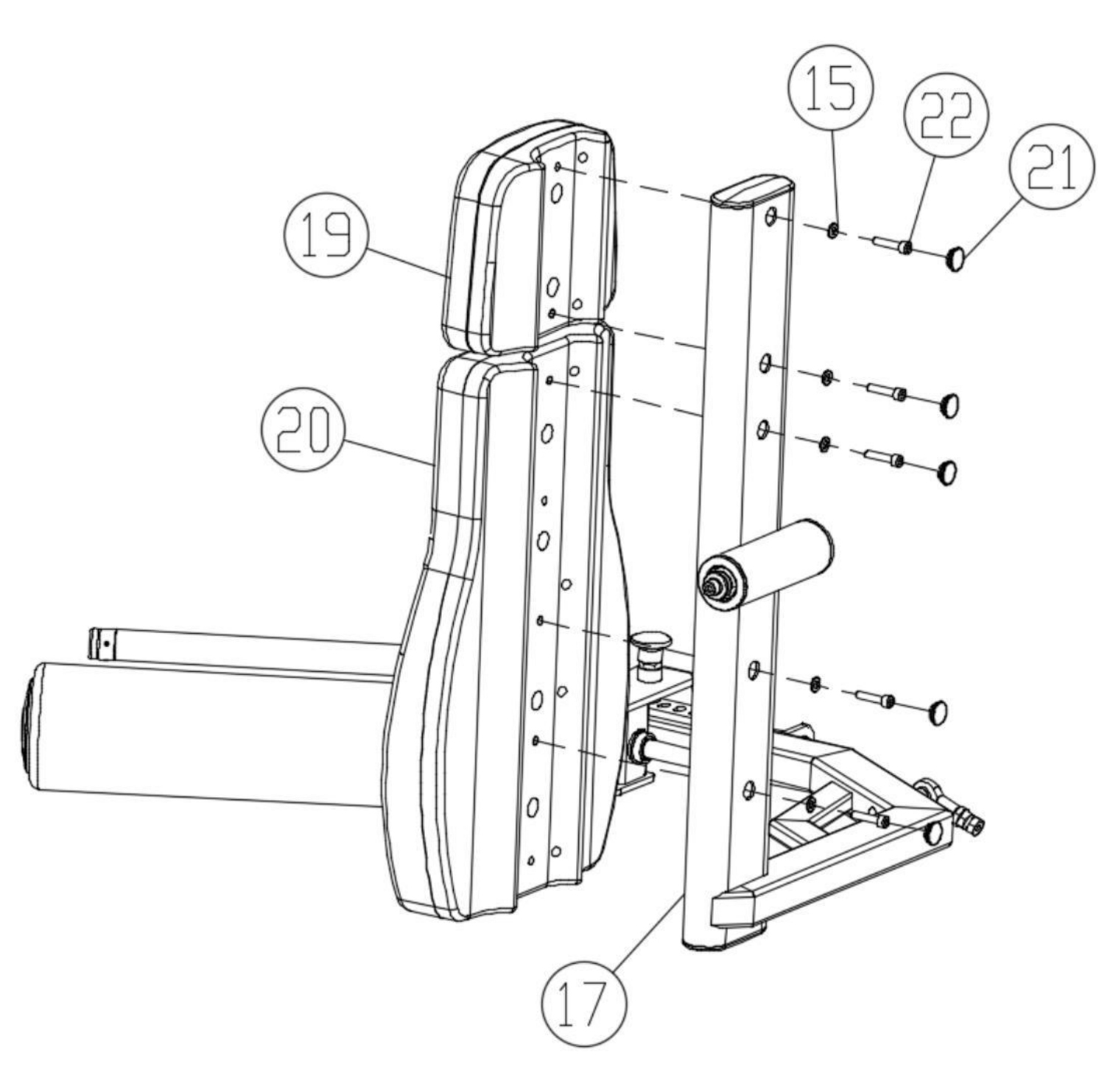
- 4 x Hexagon socket cheese head screws M10X25 (#6)
- 4 x spring washer M10 (#7)
- 4 x flat washer M10-D20 (#8)



assemble

Step 7:Attach the Head Pad Assembly (#19), Back Pad Assembly (#20) to the Back Plate Bracket Assembly (#17) using the following method;

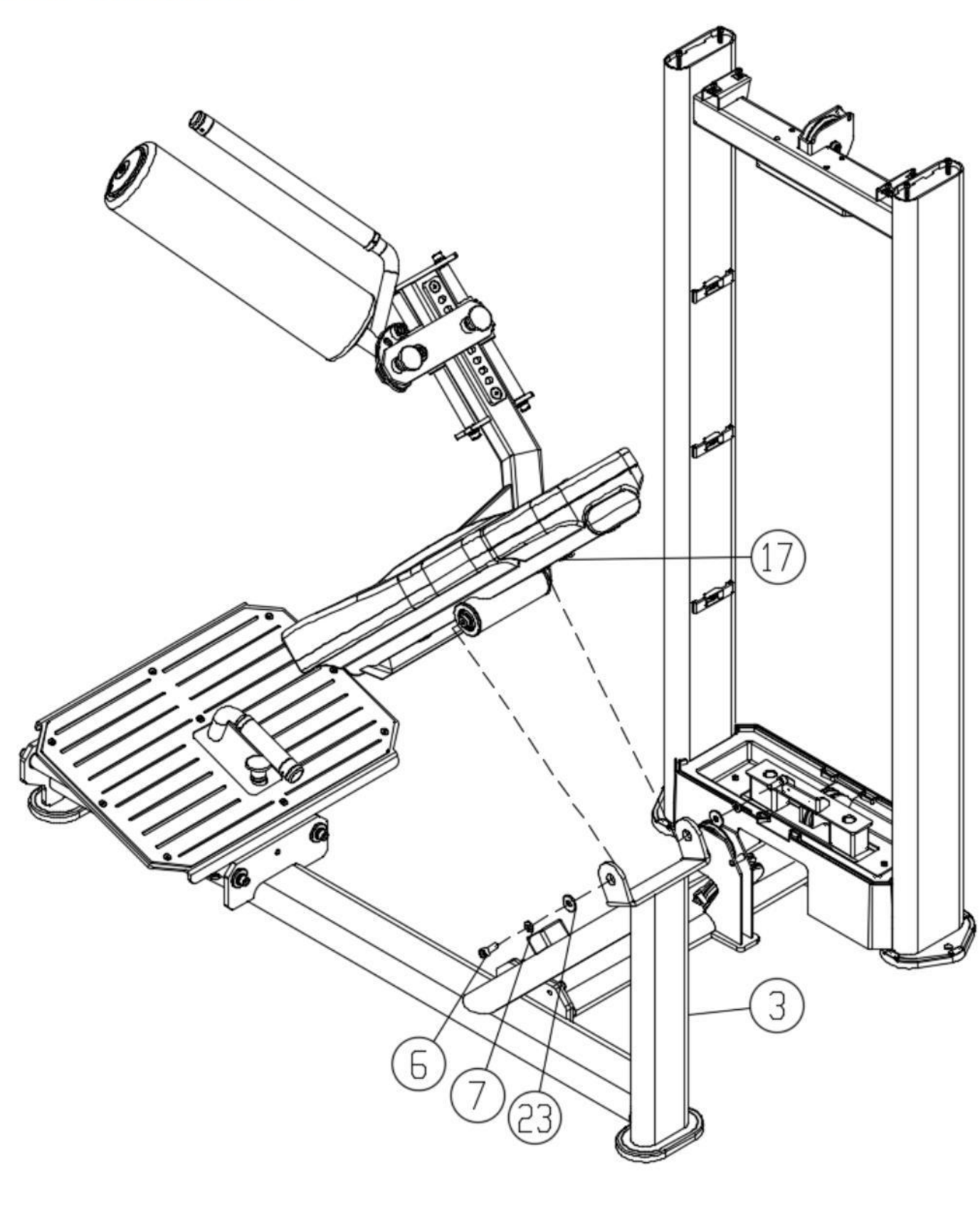
- 5 x Hexagon socket cheese head screws M8*35 (#22)
- 5 x flat washer M8-D16 (#15)
- 5 x 20plug (#21)



assemble

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 M10 (#7)
- 4 x flat washer M10-D30 (#23)



assemble

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.

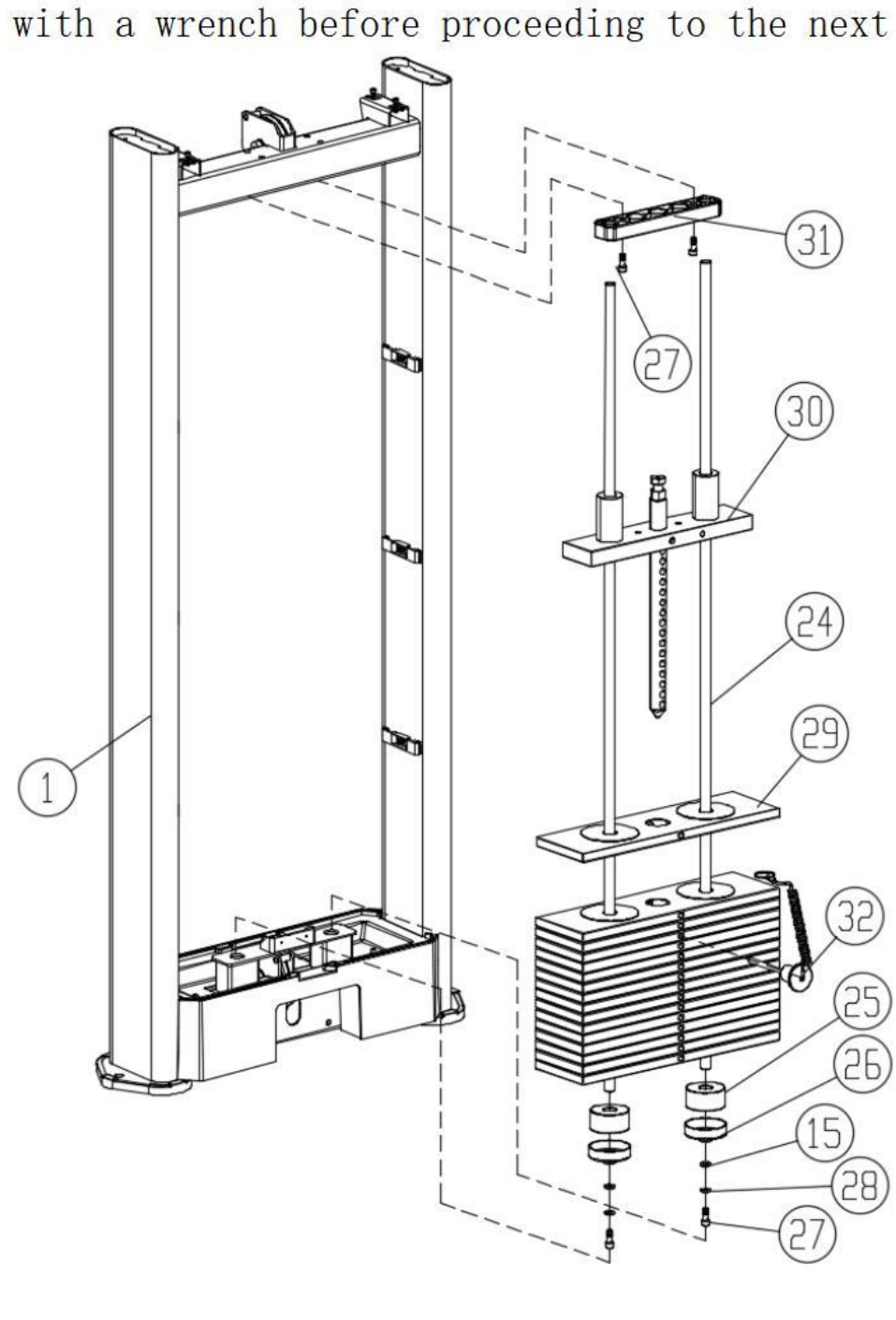
- 2 x Hexagon socket cheese head screws M8X20 (#27)
- 2 x spring washer M8 (#28)
- 2 x flat washer M8-D16 (#15)

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.

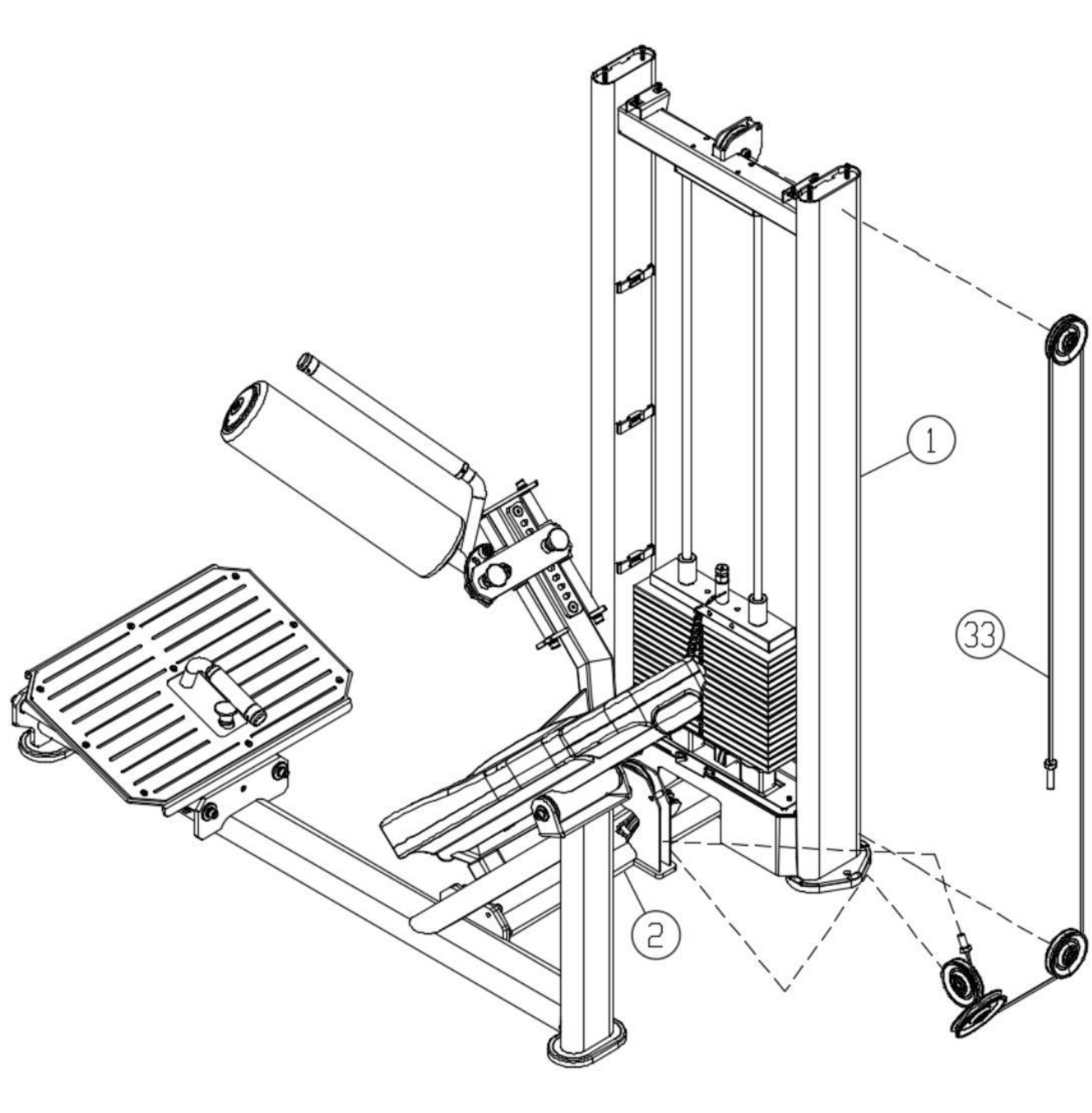
- 2 x Hexagon socket cheese head screws M8X20 (#27)

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



assemble

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)



assemble

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).

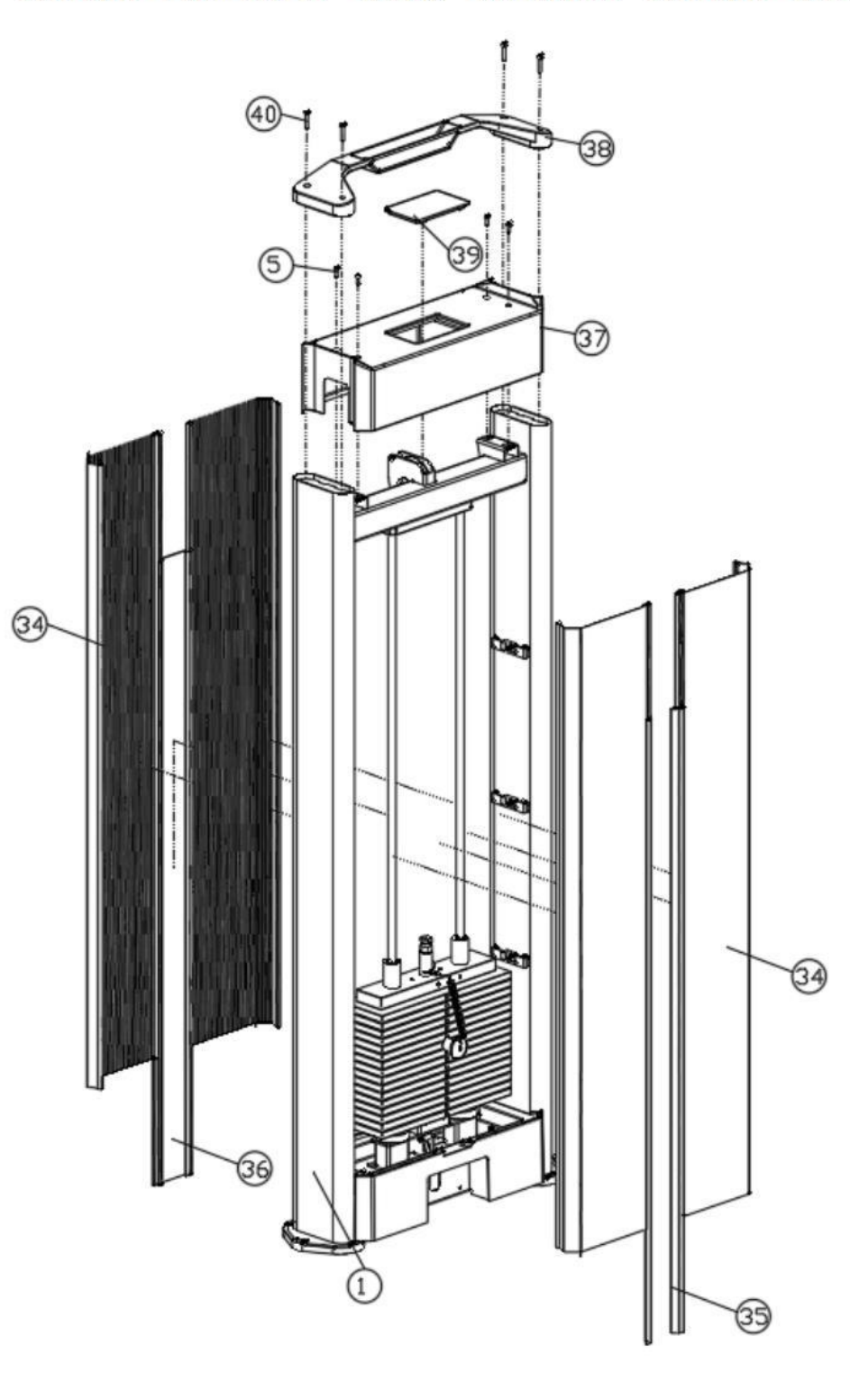
Attach the upper shroud (#37) to the counterweight frame (#7) by.

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

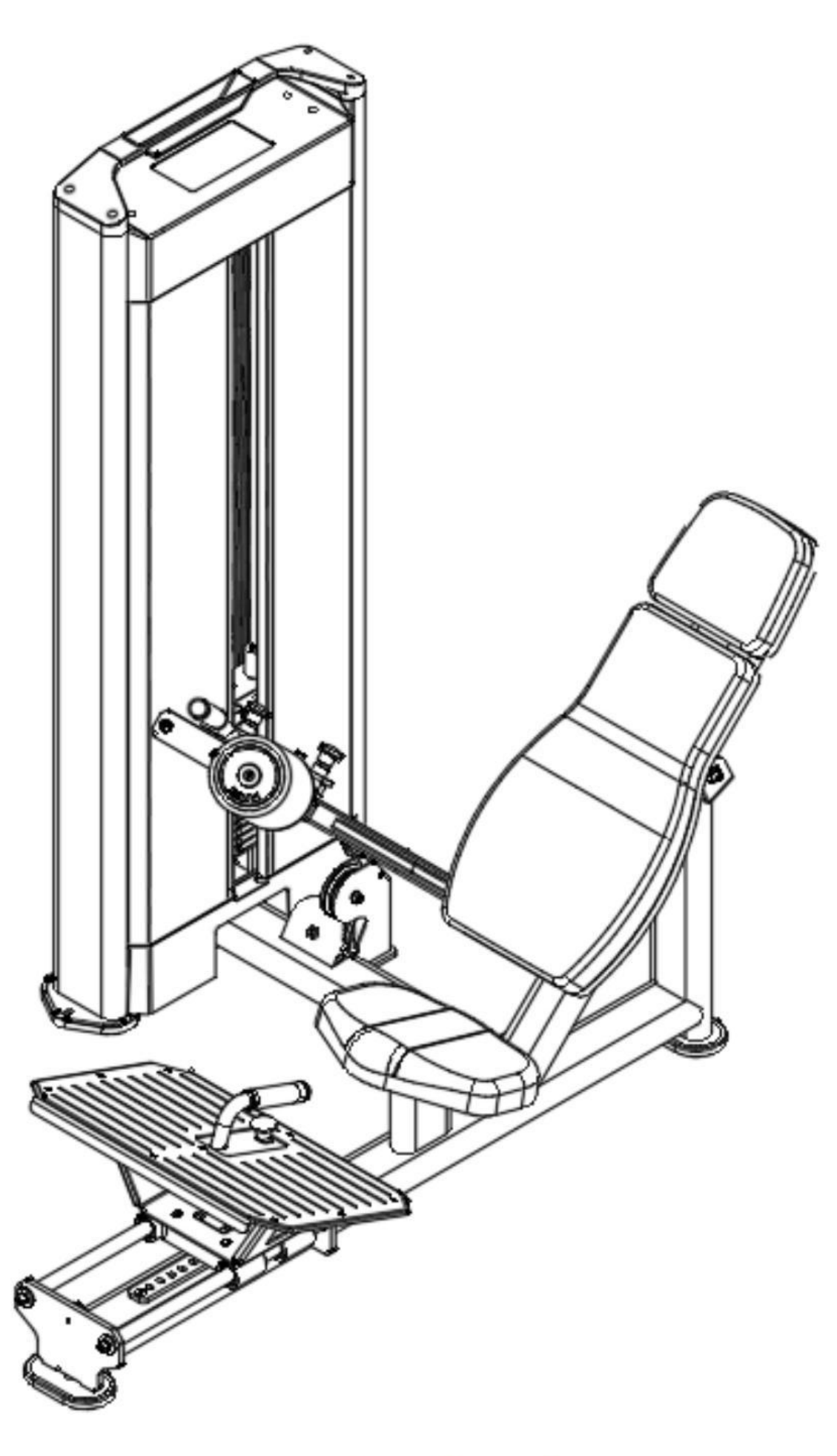
Step 13: Attach the Top Cover Trim (#38) to the Counterweight Frame (#7) by.

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

Step 14: Snap Upper Shroud Top Cover (#39) to Upper Shroud (#37)



assemble



important tips

Now that the Hip thrust 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.

Accessories List

NUM	name	QTY	NUM	name	QTY
1	Counterweight rack	1	**33**	Wire Rope	1
2	Hip bridge connection frame assembly	1	**34**	Bezel	4
3	Hip bridge side frame	1	**35**	Counterweight decorative strip	2
4	Counterweight lower guard plate	1	**36**	Counterweight source decorative plate	1
5	Hexagon socket head screw M5X20	6	**37**	Counterweight upper guard	1
6	Hexagon socket head screw M10X25	16	**38**	Upper cover decoration	1
7	Spring washer M10	22	**39**	Upper guard cover	1
8	Flat washer M10-D20	18	**40**	Hexagon socket head screw M6*30	4
9	Hexagon socket head screw M10X20	6			
10	Weight rack foot pads	2			
11	Flat oval foot pad	2			
12	Pedal components	1			
13	Seat cushion components	1			
14	Hexagon socket head screw M8x25	4			
15	Flat washer M8-D16	9			
16	Slide rod end sleeve	4			
17	Back panel bracket assembly	1			
18	Arm assembly	1			
19	Headrest assembly	1			
20	Back pad assembly	1			
21	20 plug	5			
22	Hexagon socket head screw M8*35	5			
23	Flat washer M10-D30	4			
24	Guide rod	2			
25	Counterweight rubber pad	2			
26	Counterweight rack base	2			
27	Hexagon socket head screw M8x20	4			
28	Spring washer M8	2			
29	Counterweight	12			
30	Guide block set	1			
31	Guide rod fixing plate	1			
32	Counterweight latch	1			

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