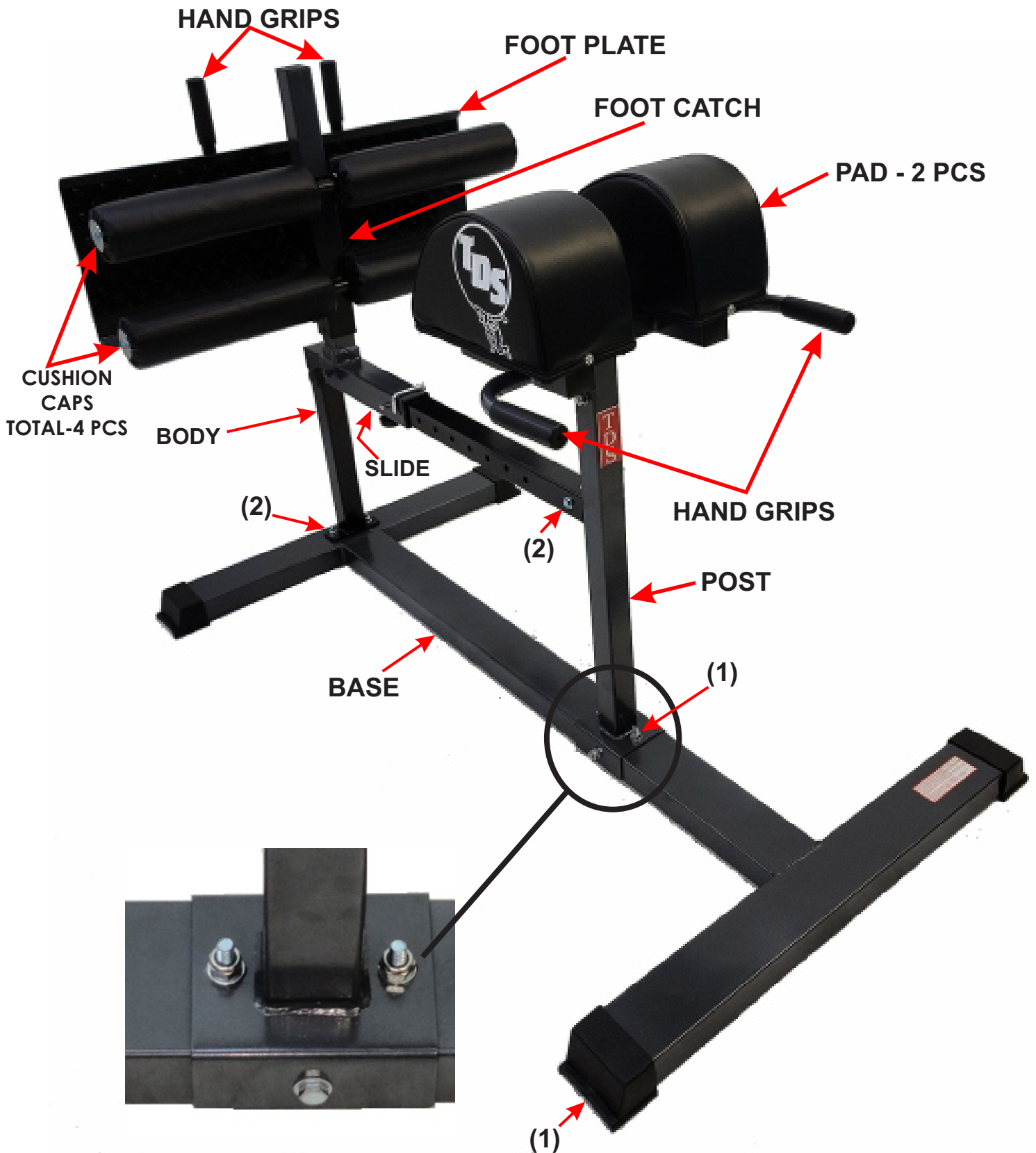
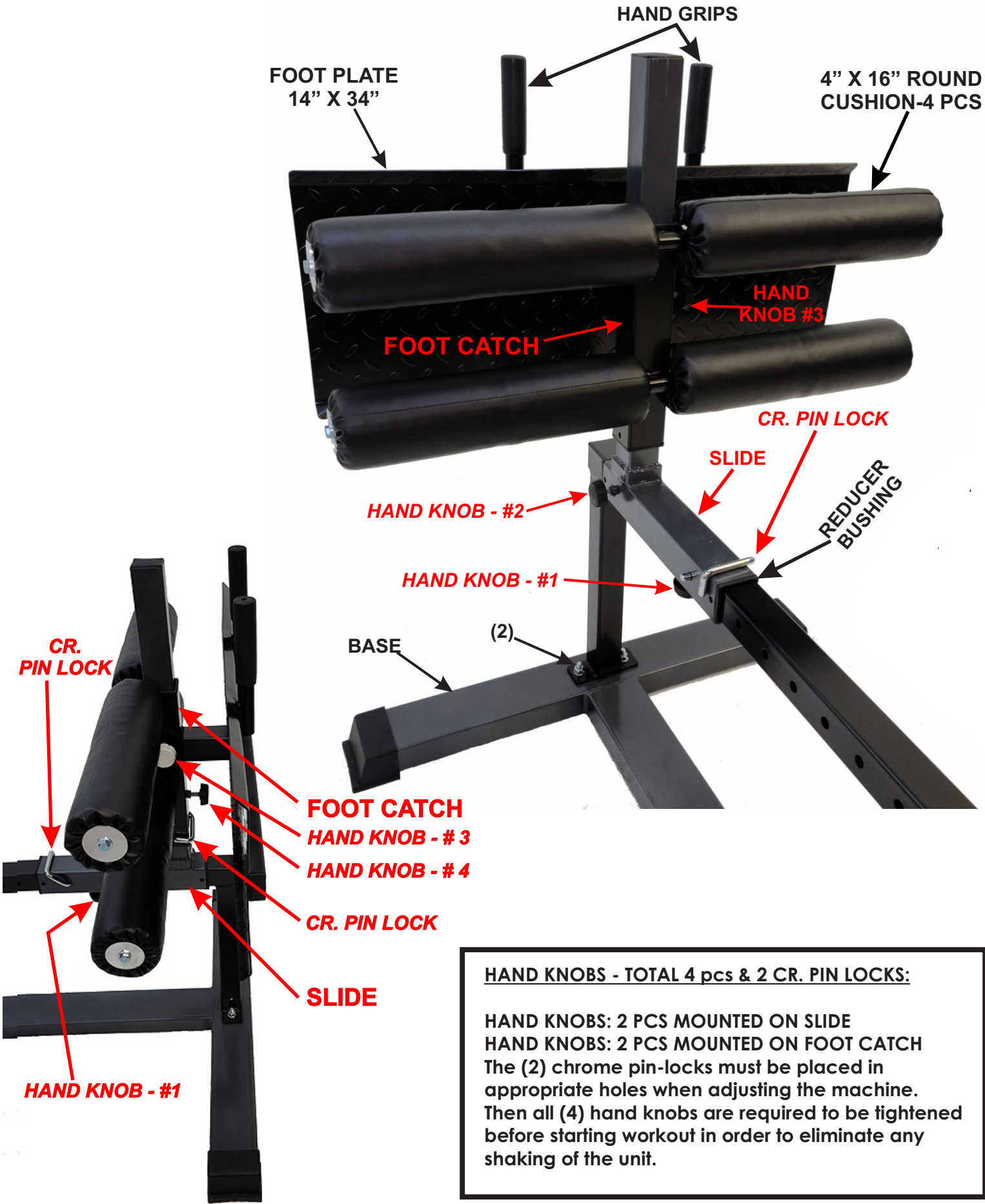


C-82626 GLUTE & HAMSTRING MACHINE

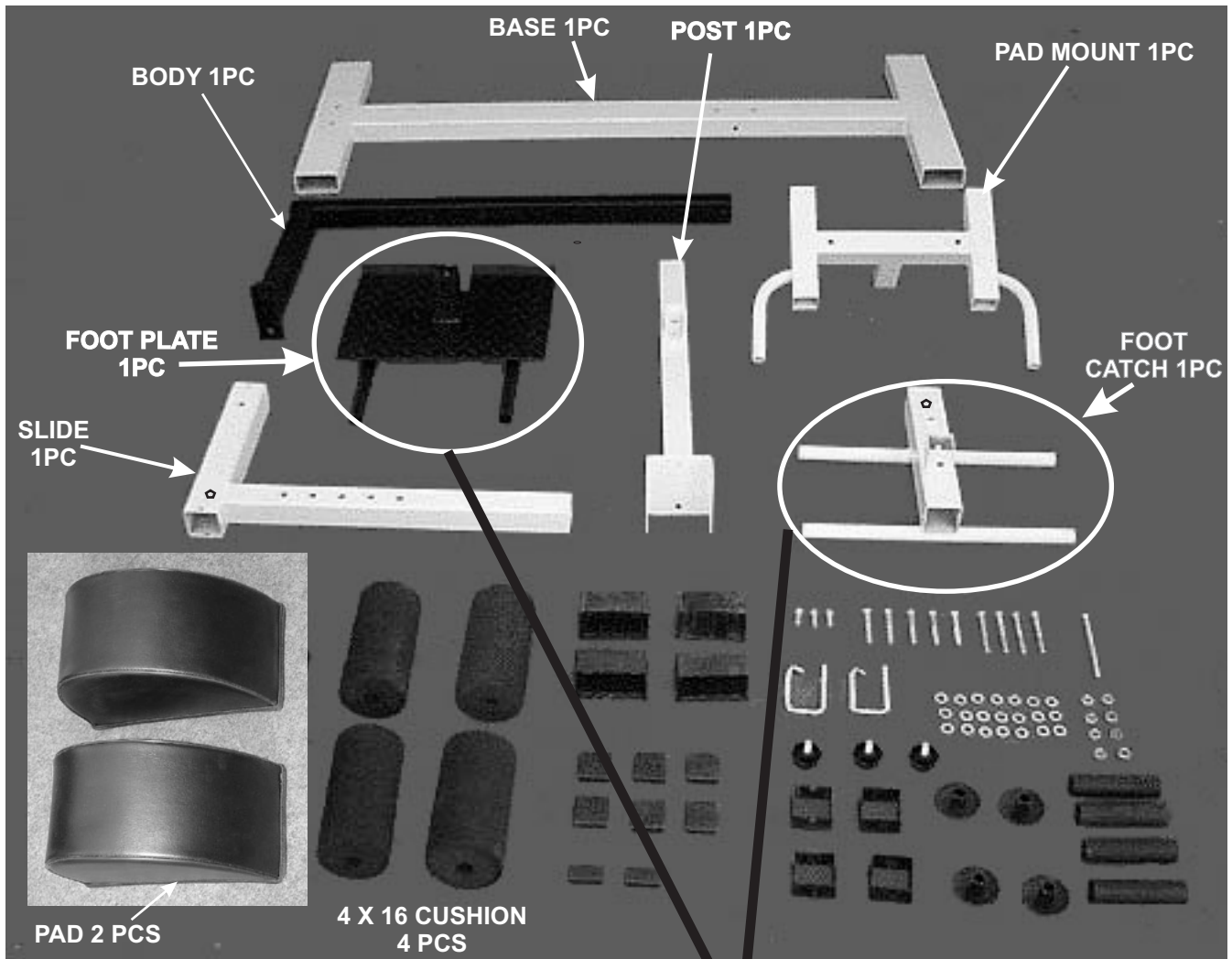




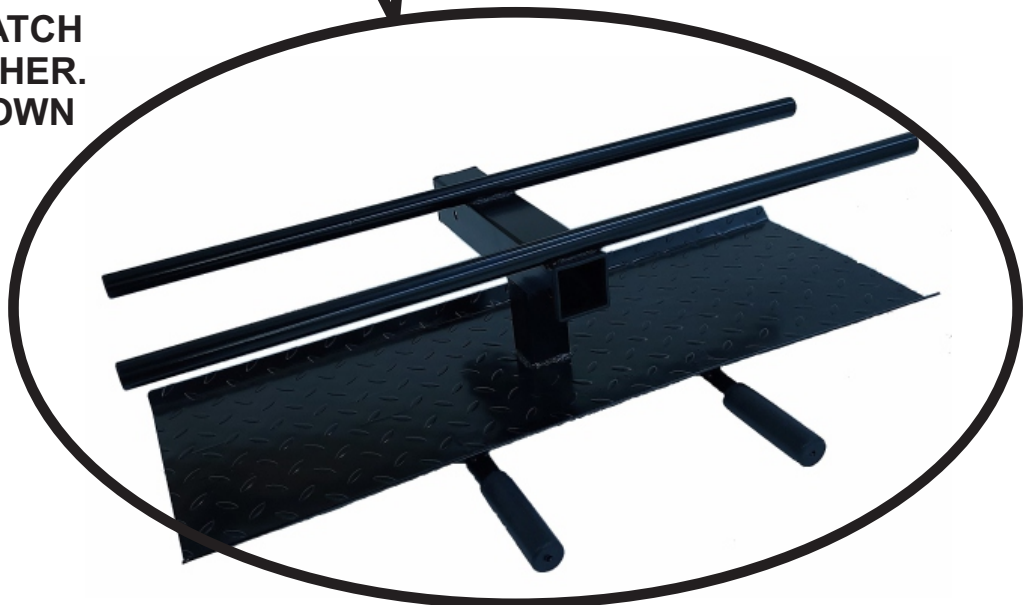
HAND KNOBS - TOTAL 4 pcs & 2 CR. PIN LOCKS:

HAND KNOBS: 2 PCS MOUNTED ON SLIDE
 HAND KNOBS: 2 PCS MOUNTED ON FOOT CATCH
 The (2) chrome pin-locks must be placed in appropriate holes when adjusting the machine. Then all (4) hand knobs are required to be tightened before starting workout in order to eliminate any shaking of the unit.

C-82626 GLUTE & HAMSTRING MACHINE PACKING LIST



NOTE:
FOOT PLATE AND FOOT CATCH
ARE NOW WELDED TOGETHER.
THE WELDED PIECE IS SHOWN
HERE.



C-82626 GLUTE AND HAMSTRING MACHINE
ASSEMBLY INSTRUCTIONS

THIS UNIT REQUIRES (1) 9/16 WRENCH AND (1) 11/16 WRENCH FOR ASSEMBLY. DO NOT TIGHTEN HARDWARE UNTIL INSTRUCTED TO.

(1) PUSH (4) 2 X 4 FOOT ONTO BASE. ATTACH POST TO BASE WITH (2) 3/8 X 3 BOLTS, (1) 3/8 X 5 BOLT, (6) 3/8 FLAT WASHERS AND (3) 3/8 LOCKNUTS.

(2) PUSH (2) REDUCER BUSHINGS INTO SLIDE. PLACE SLIDE OVER BODY. ATTACH BODY TO BASE WITH (2) 3/8 X 3 BOLTS, (4) 3/8 FLAT WASHERS AND (2) 3/8 LOCKNUTS. ATTACH BODY TO POST WITH (3) 3/8 X 1 BOLTS AND (3) 3/8 FLAT WASHERS. PLACE UNIT ON LEVEL SURFACE AND TIGHTEN HARDWARE. INSTALL (1) PIN LOCK AND (2) HAND KNOBS.

(3) ATTACH PADS TO PAD MOUNT WITH (4) 3/8 X 2 1/2 BOLTS AND (4) 3/8 FLAT WASHERS. CENTER PAD ON PAD MOUNT AND TIGHTEN HARDWARE. DO NOT OVER TIGHTEN. ATTACH PAD MOUNT TO POST WITH (2) 3/8 X 2 1/2 BOLTS, (4) 3/8 FLAT WASHERS AND (2) 3/8 LOCKNUTS. TIGHTEN HARDWARE.

(4) PUSH (2) REDUCER BUSHINGS INTO FOOT CATCH. NOTE FOOT PLATE & FOOT CATCH ARE WELDED TOGETHER. PLACE FOOT CATCH OVER SLIDE. SET HEIGHT WITH (1) CR. PIN LOCK AND (1) HAND KNOB. PUSH (4) 4 X 16 CUSHIONS ONTO FOOT CATCH. INSTALL (4) CUSHION CAPS WITH (4) 3/8" X 1" BOLTS & (4) 3/8" LARGE WASHERS. INSTALL (6) 2 PLUGS AND (2) 1 X 2 PLUGS. LUBE SLIDE AND BODY WITH LEMON PLEDGE FURNITURE POLISH. GRIPS, REDUCERS, FEET AND PLUGS MAY BE INSTALLED AT FACTORY.

HARDWARE LIST

(4) 3/8 X 1 BOLT
(8) 3/8 X 2 1/2 BOLT
(4) 3/8 X 3 BOLT
(1) 3/8 X 5 BOLT
(29) 3/8 FLAT WASHER
(11) 3/8 LOCKNUT
(2) PIN LOCK
(4) HAND KNOB
(6) 2 PLUG
(2) 2 X 4 PLUG
(4) 2 X 4 FOOT
(4) REDUCER BUSHING
(4) HAND GRIP
(4) 3/8" LARGE WASHERS

NOTE: ALL SIZES ARE IN INCHES