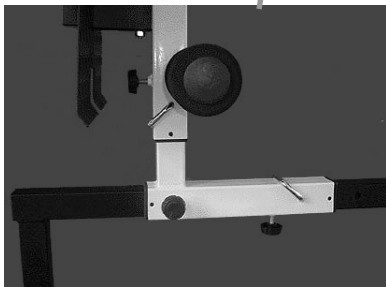
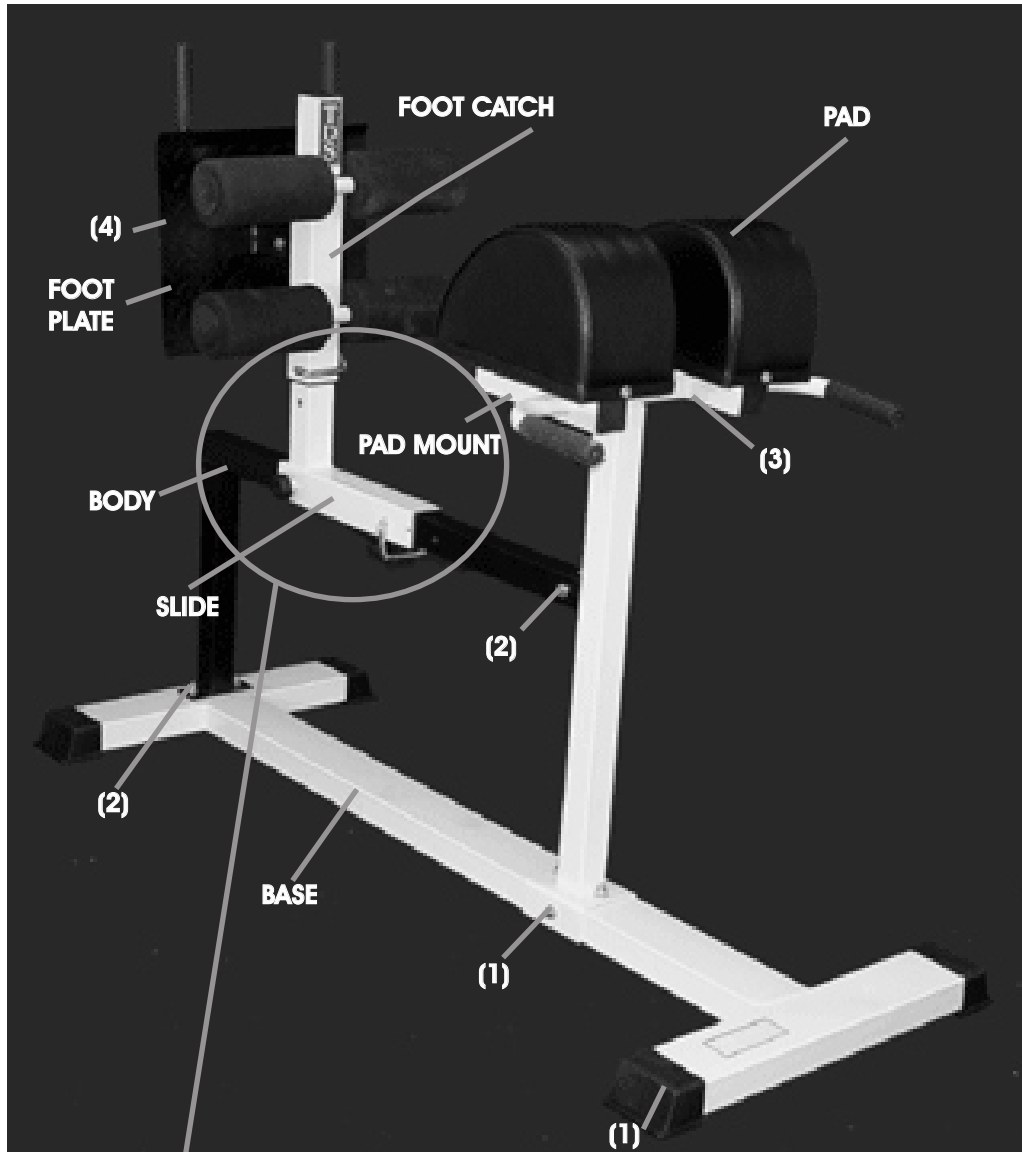


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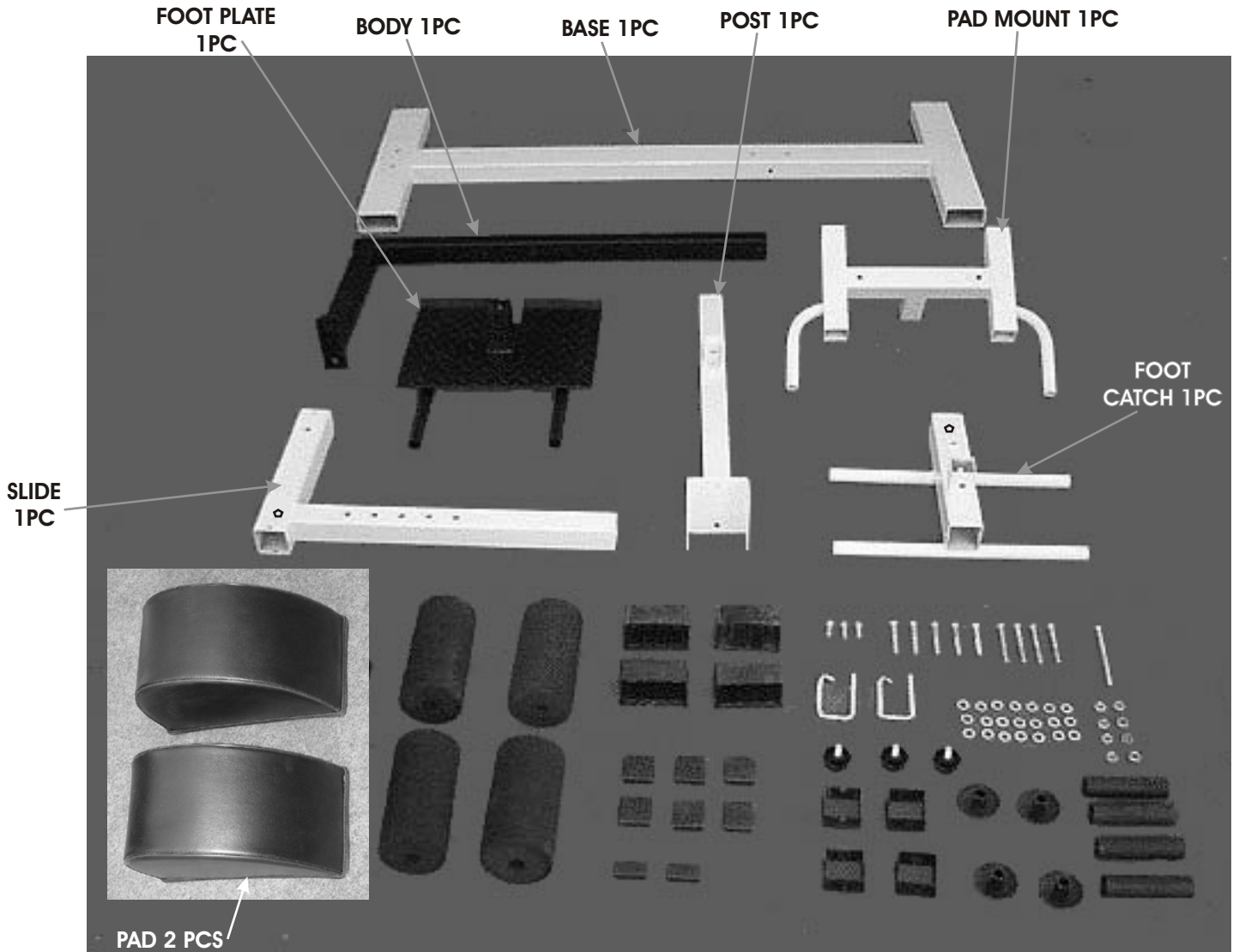
GLUTE & HAMSTRING MACHINE



NOTE:
LOCATION OF (3) HAND KNOBS.
KNOBS MUST BE TIGHT PRIOR TO
USING, MACHINE TO PREVENT
MOVEMENT.

**THIS EQUIPMENT
DESIGNED BY TDS IN USA
MANUFACTURED IN CHINA**

C-82626-W GLUTE & HAMSTRING MACHINE PACKING LIST



4 X 8 CUSHION
4 PCS

HARDWARE 1 PKG

LITERATURE 1 PKG

C-82626-W GLUTE AND HAMSTRING MACHINE
ASSEMBLY INSTRUCTIONS

THIS UNIT REQUIRES (1) 9/16 WRENCH AND (1) 1 1/16 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.** LUBE (2) HAND GRIPS WITH DISH SOAP. PUSH (2) HAND GRIPS ONTO PAD MOUNT. 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. ATTACH FOOT PLATE TO FOOT CATCH WITH (2) 3/8 X 2 1/2 BOLT, (4) FLAT WASHERS AND (2) 3/8 LOCKNUT. TIGHTEN HARDWARE. PLACE FOOT CATCH OVER SLIDE. SET HEIGHT WITH (1) PIN LOCK AND (1) HAND KNOB. LUBE (2) HAND GRIPS WITH DISH SOAP. ATTACH (2) HAND GRIPS TO FOOT PLATE. LUBE (4) 4 X 8 CUSHION BORE WITH DISH SOAP. PUSH (4) 4 X 8 CUSHIONS ONTO FOOT CATCH. INSTALL (4) CUSHION CAPS. 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

(3) 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
(3) HAND KNOB
(6) 2 PLUG
(2) 2 X 4 PLUG
(4) 2 X 4 FOOT
(4) REDUCER BUSHING
(4) HAND GRIP

NOTE: ALL SIZES ARE IN INCHES