



Hip Press Plate Loaded ASSEMBLY INSTRUCTIONS



Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.

Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.

Tools Required for Installation:
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
A1	Connection Frame (1)	1
A2	Connection Frame (2)	1
A3	Connection Frame (3)	1
A4	Side Frame	1 pair
A5	Arm Support Frame	1
A6	Arm	1 pair
A7	Arm Connecting Frame	1
A8	Pedal Frame	1
A9	Cushion Frame	1
A10	Armrest	1 pair
A11	Adjustable Handle	1
A12	Bottom Frame	1
1	Footpads	5
2	Hexagon Socket Flat Head Screws M12x70	28
3	Flat Pad (1)	28
4	Flat Pad (2)	30
5	Self Locking Nut M12	26
6	Square End Cap	4
7	Hexagon Socket Head Screws M10x35	4
8	Dampening Piece	2

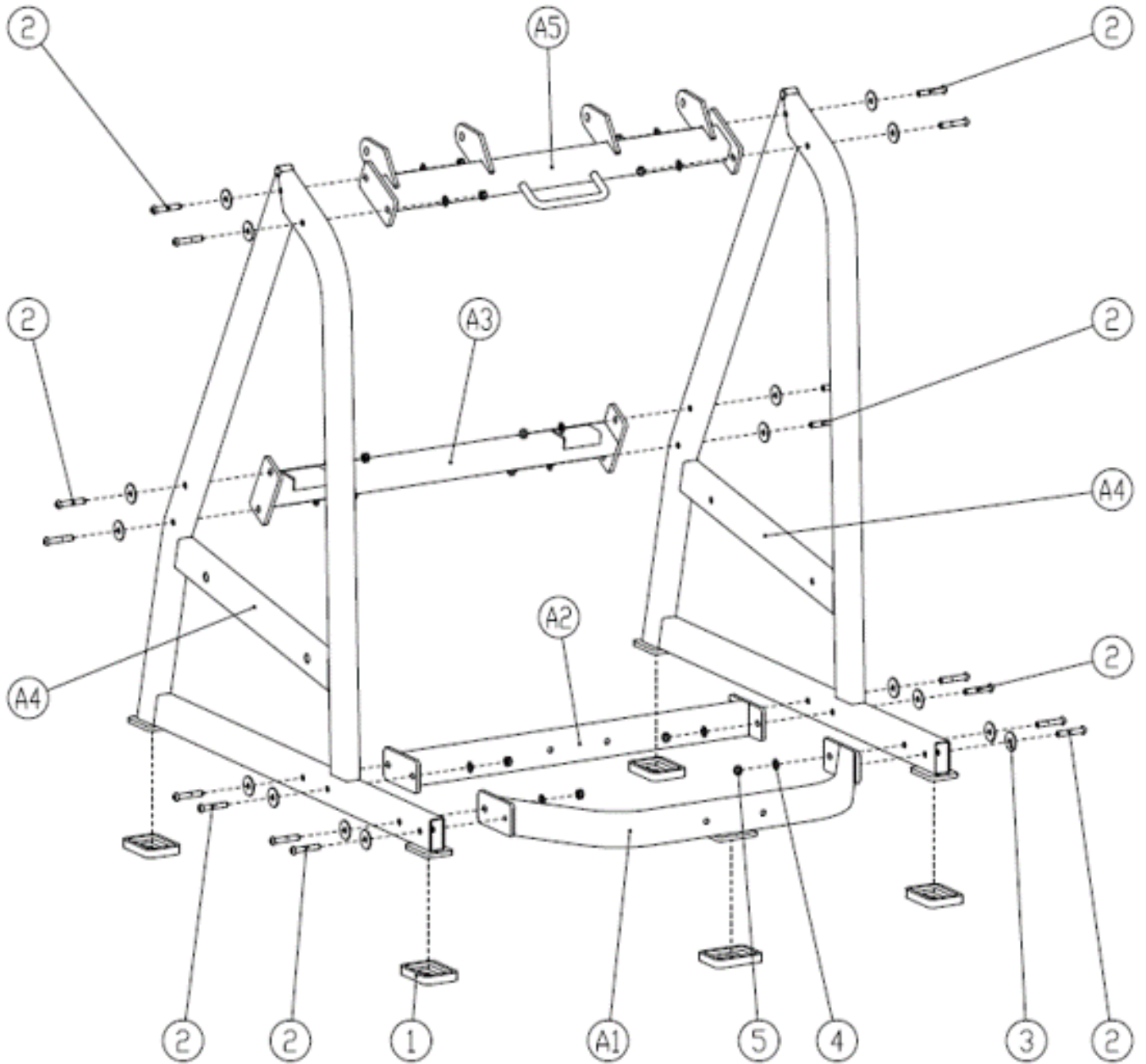
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
9	Sleeve Rubber Pad	4
10	Sleeve End Cap	4
11	Sleeve Tube	8
12	Sleeve End Cap	8
13	Hexagon Socket Head Screws M10x15	12
14	Deep Groove Ball Bearing	4
15	Flat Pad	4
16	Arm Axis	2
17	Hexagon Socket Countersunk Head Screws M8x15	4
18	Foot Pedal	1
19	Hexagon Socket Head Screws M12x20	4
20	Sleeve End Cap	4
21	Sleeve Rod	4
22	Square End Cap	4
23	Handle Limit Ring	3
24	handle Cover	2
25	Handle End cap	3
26	Headrest Group	1
27	Back Cushion	1
28	Hexagon Socket Head Screws M10x20	10

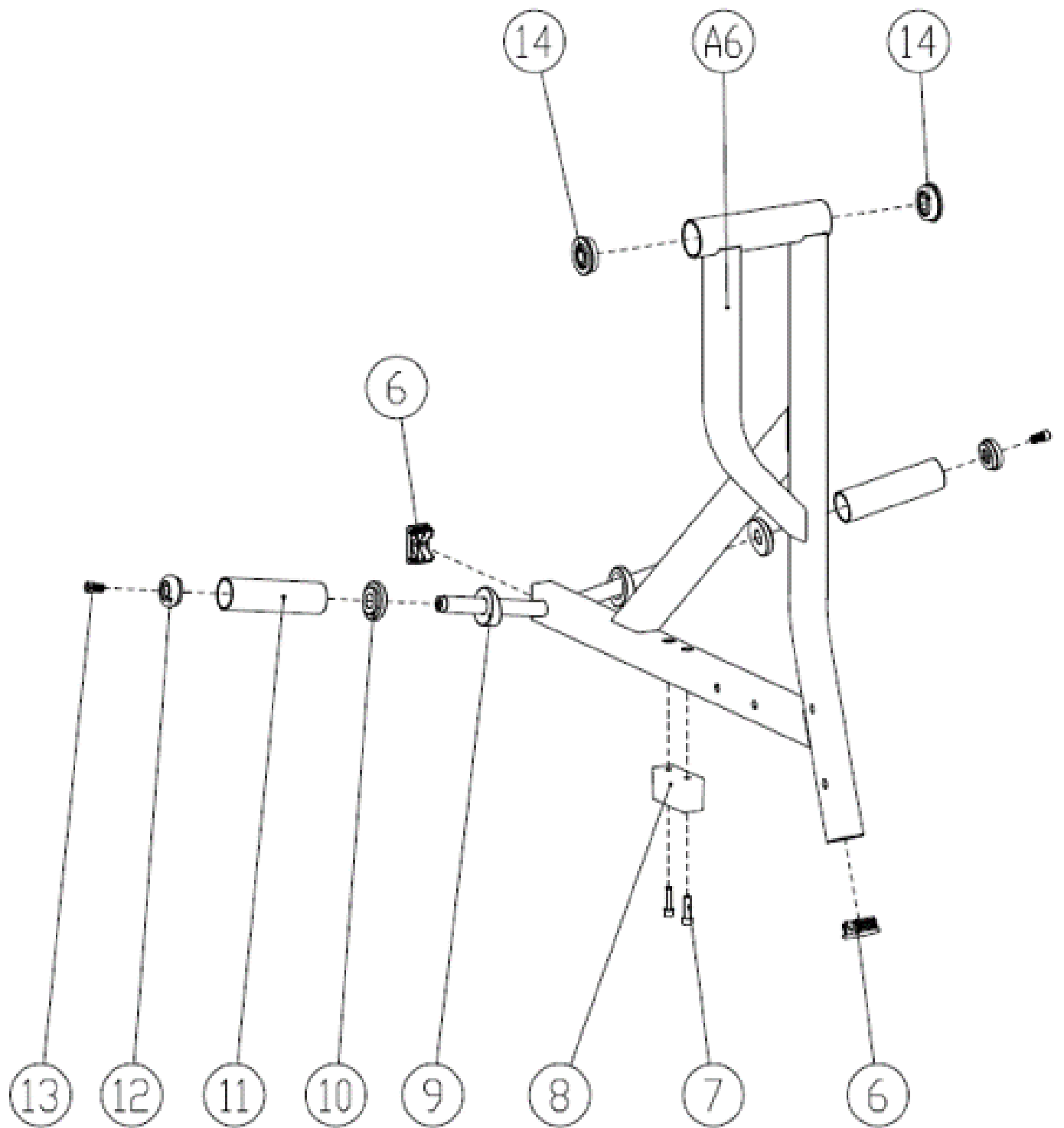
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
29	Flat Pad	10
30	Cushion Group	1
31	Washer	8
32	Sleeve	4
33	Flat Pad	8
34	Hexagon Socket Head Screws M8x30	10
35	Cushion Pin	1
36	Pull Pin Spring	1
37	Pull Out Bolt	1
38	Connecting Chain	1
39	Universal Bushing	2
40	Adjustable Handle Axis	1
41	Handle Cover	1
42	Bolt	2
43	Slide bar Rubber Pad	4
44	Slide Bar	2
45	Slide Rod Ends	2
46	Hexagon Socket Countersunk Head Screws M10x20	2
47	Adjustable Plate	1

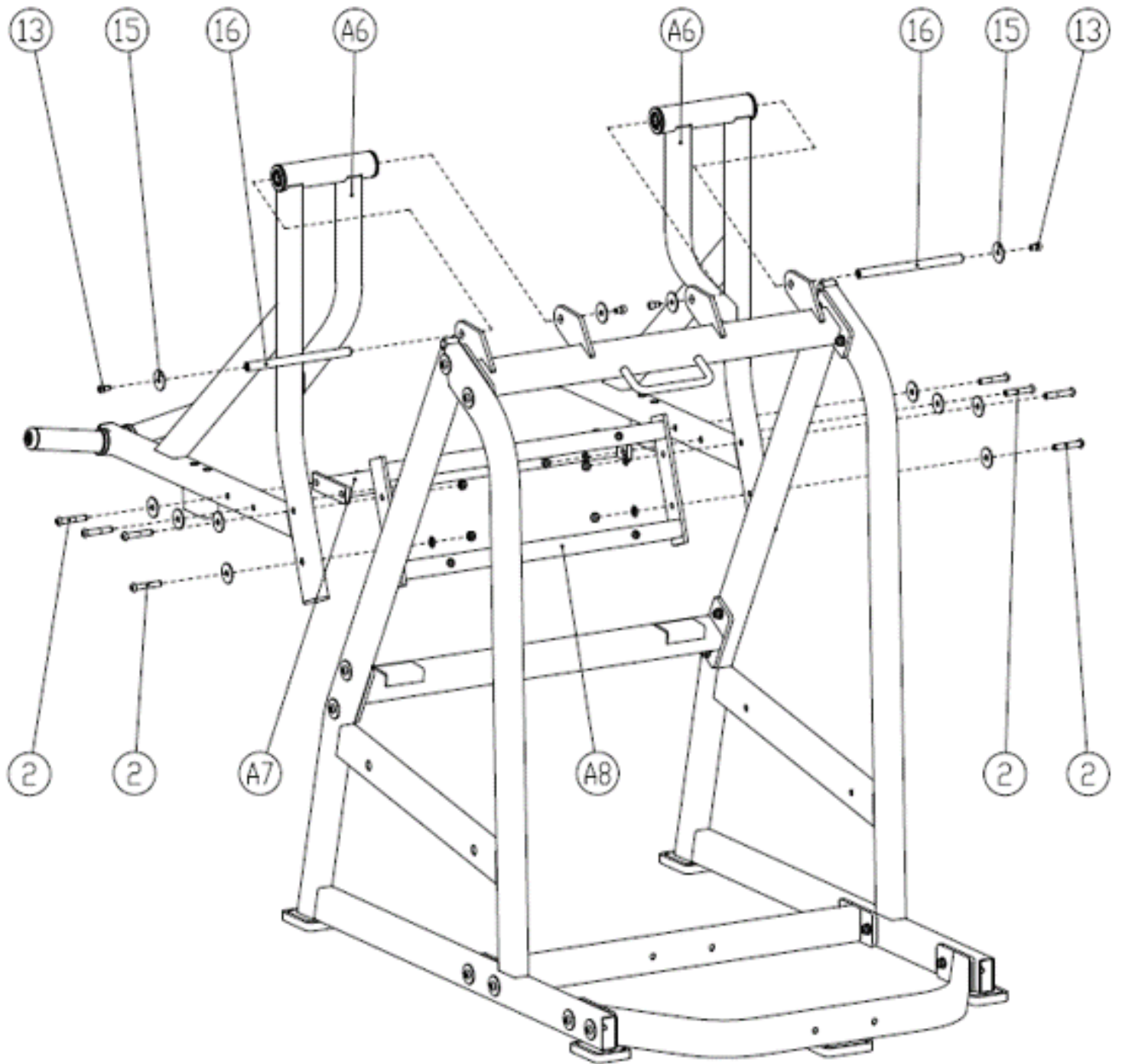
Frame Assembly



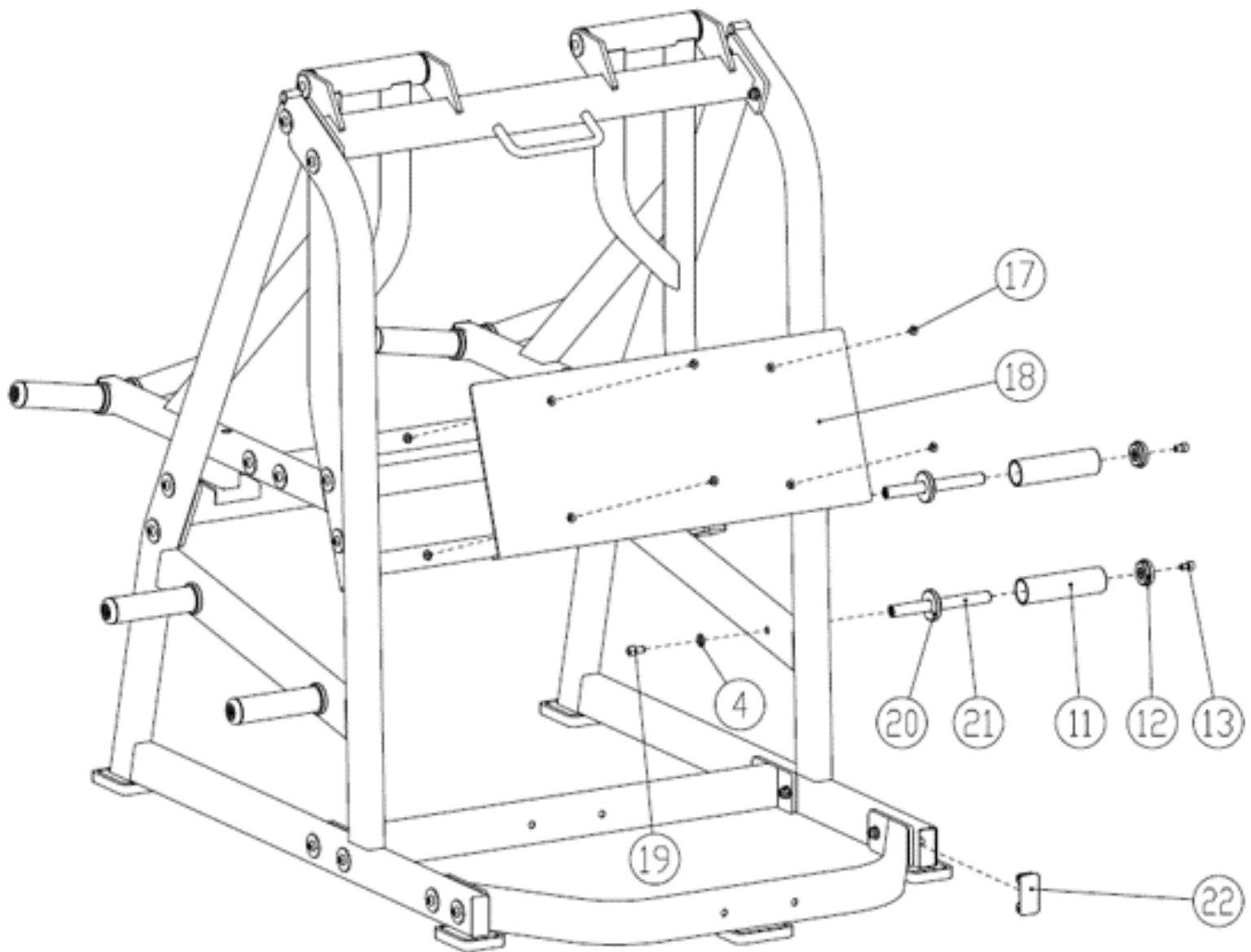
Right Arm Assembly



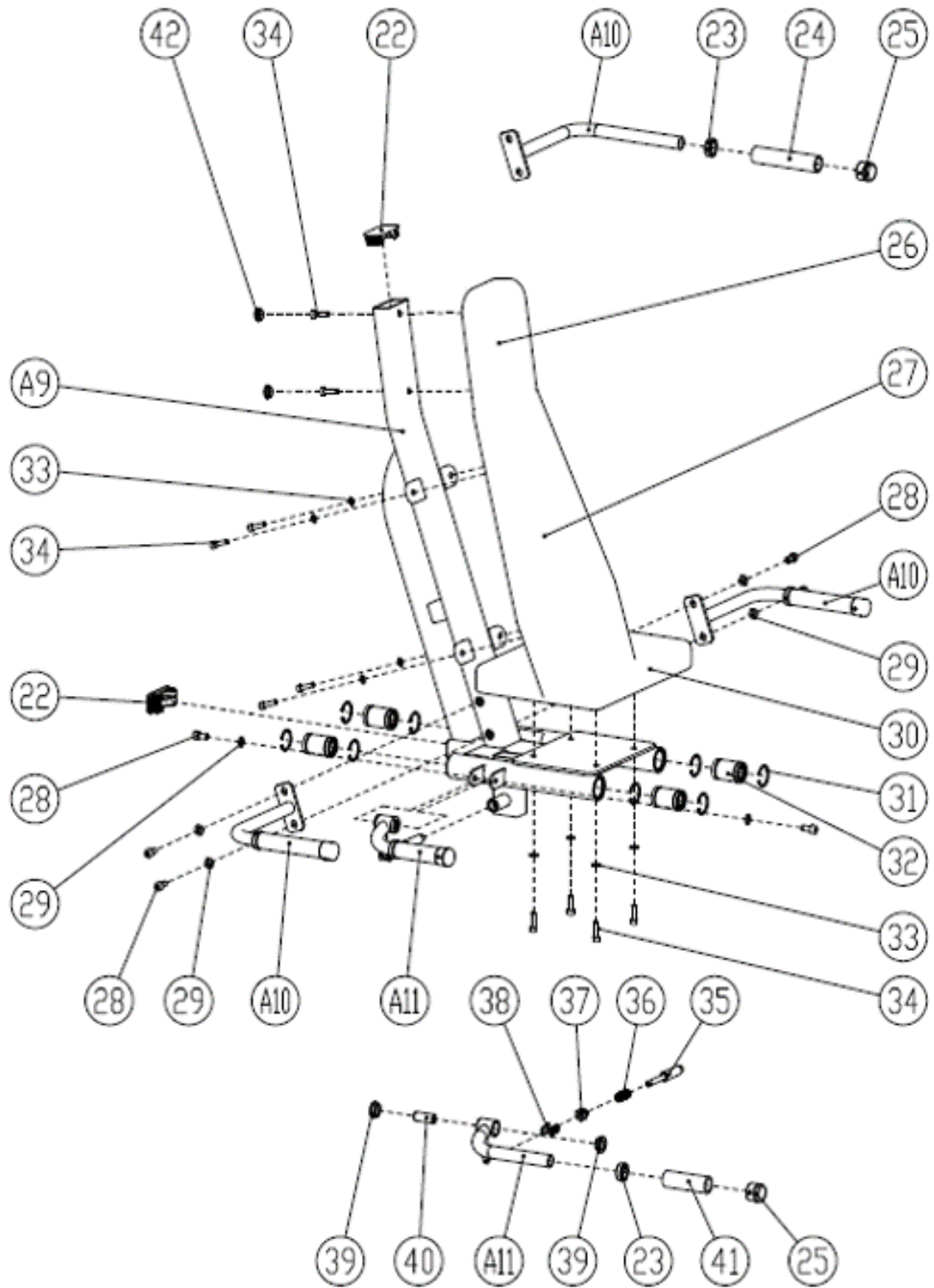
Installation of Pedal Frame



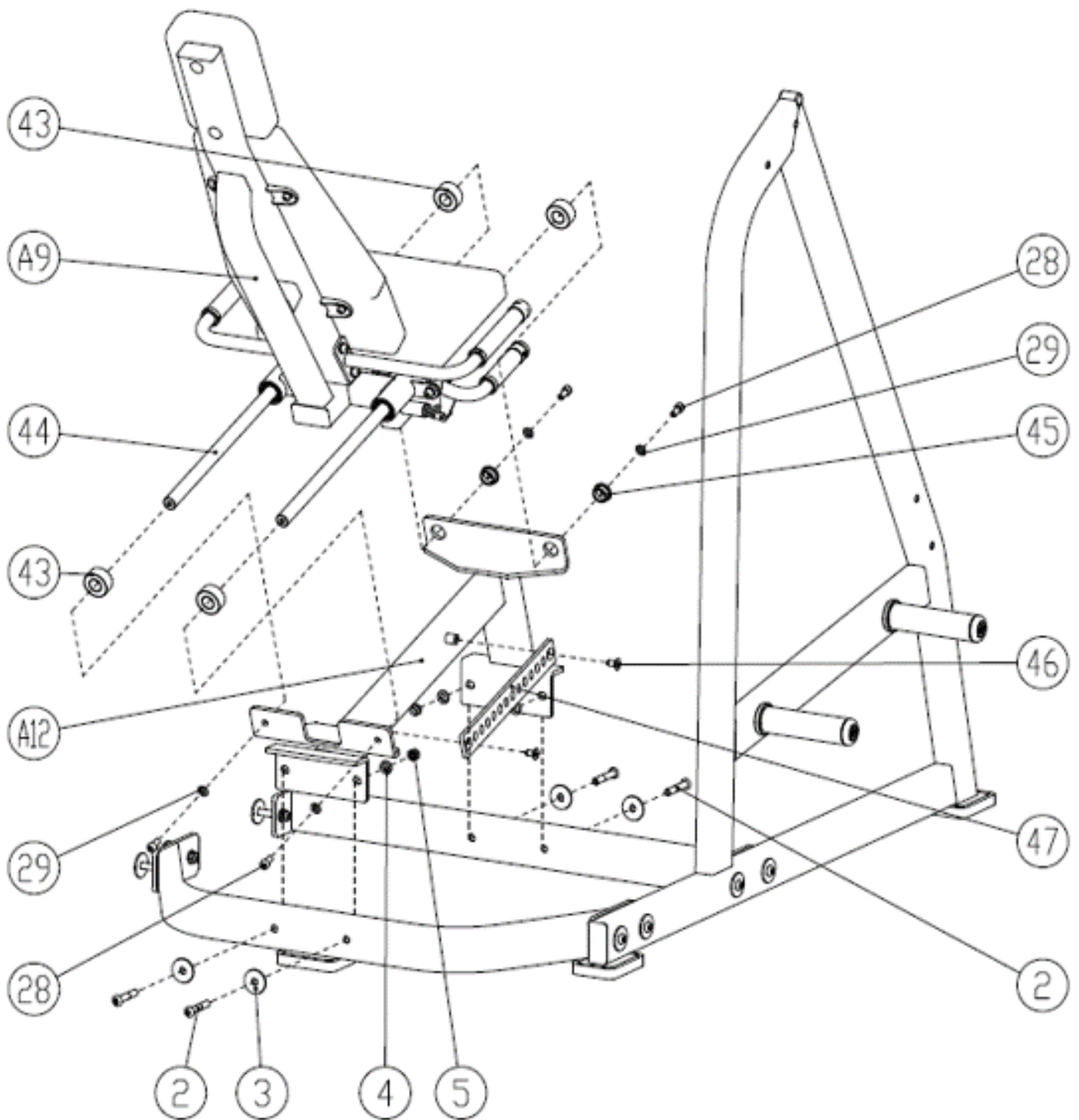
Installation of Right Frame



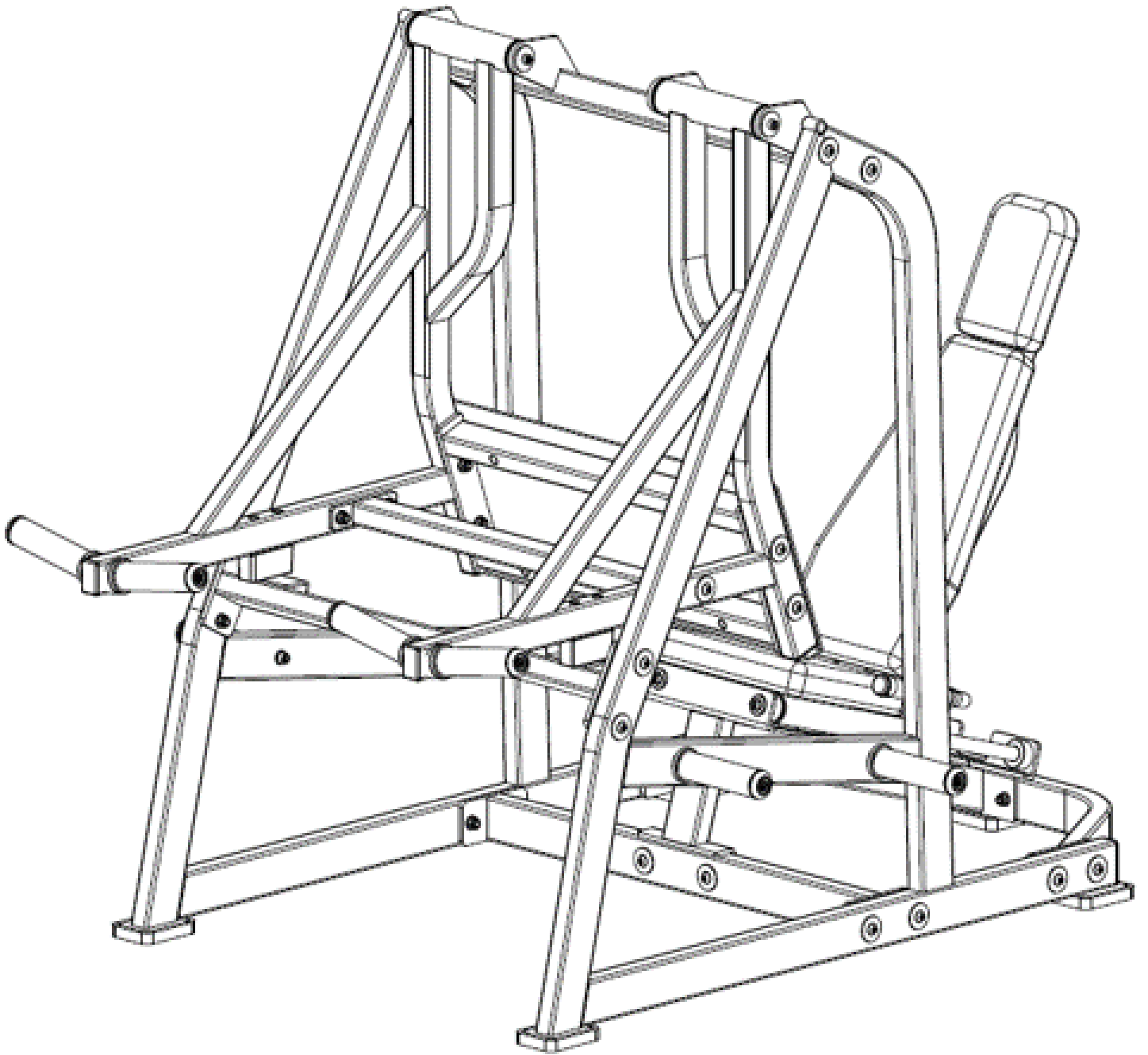
Seat Assembly



Chassis Installation



Final Product



Have a question about assembly?



Please contact a Gym Bro Fitness Team Member!

Hours of Operation:

Monday-Friday 9:00am - 5:00pm (PST)

Saturday 9:00am - 3:00pm (PST)

Sunday CLOSED

Phone: (662)GYM-BROS

Email: info@gymbrofitness.com

Visit Our Website: www.gymbrofitness.com