

**Hip Thrust
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	Hip Thrust Connection Frame (1)	1
A2	Hip Thrust Connection Frame (2)	1
A3	Side Frame	1 pair
A4	Hip Thrust Pedal (1)	1
A5	Hip Thrust Pedal (2)	1
A6	Hip Thrust Back Seat Frame	1
A7	Hip Thrust Stop Frame	1
A8	Hip Thrust Left Arm	1 pair
1	Hexagon Socket Flat Head Screws M12x70	6
2	Flat Pad (1)	6
3	Flat Pad (2)	8
4	Self Locking Nut M12	6
5	Footpads	4
6	Universal Sleeve End Cap	2
7	Sleeve Rod	2
8	Sleeve Tube	2
9	Sleeve End Cap	4
10	Hexagon Socket Head Screws M10x15	14
11	Hexagon Socket Head Screws M12x30	2
12	Hexagon Socket Countersunk Head Screws M8x15	14

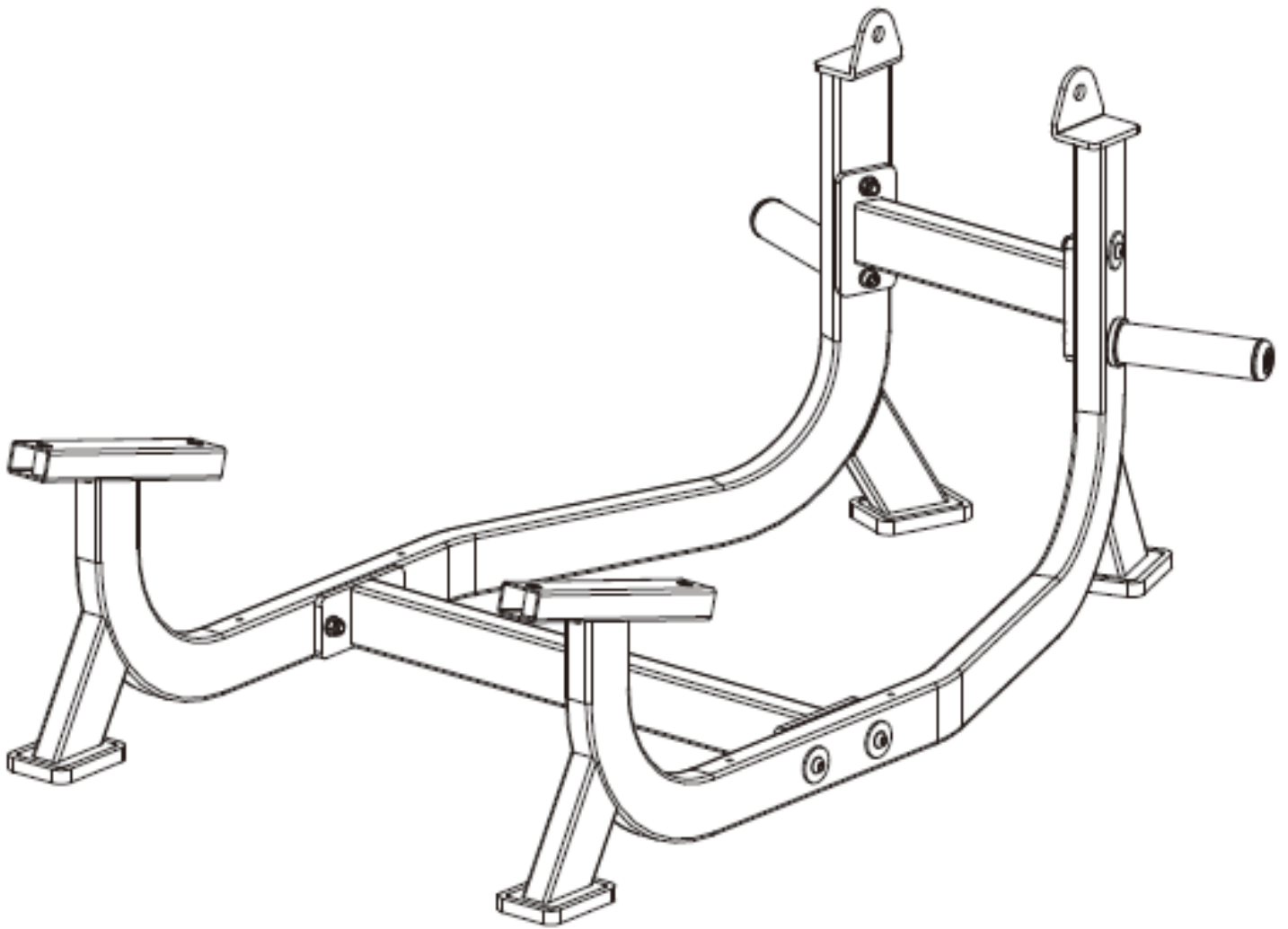
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
13	Headrest Group	1
14	Back Pad Group	1
15	Deep Groove Ball Bearings	4
16	Flat Pad	8
17	Hexagon Socket Head Screws M8x30	6
18	Hip Thrust Backrest Main Axis	1
19	Rectangular Pipe Plug	2
20	Air Rod	1
21	Hip Thrust Backrest Axis	1
22	Dampening Piece	1
23	Hexagon Socket Head Screws M10x35	2
24	Handle End Cap	2
25	Handle Cover	2
26	Handle Limit Ring	2
27	Arm Adjustable Plate	2
28	Hip Thrust Arm Axis	2
29	Isolation Pad	4
30	Deep Groove Ball Bearings	4
31	Backrest Frame Sleeve Axis	1
32	Sleeve End Cap	2

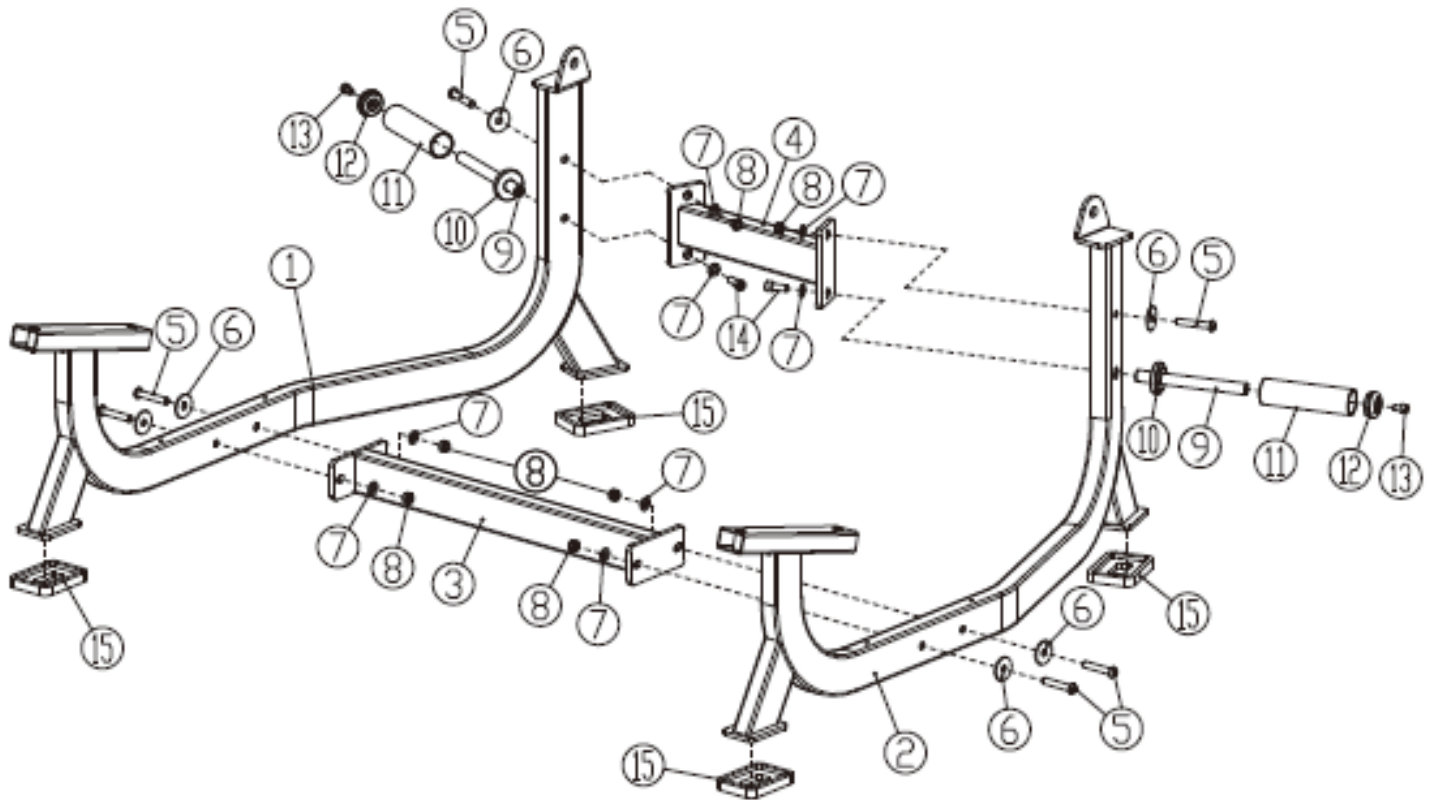
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
33	Sleeve Tube	2
34	Isolation Cover	2
35	Leather Barrel End Cap	2
36	Cylindrical Leather Pad	2
37	Leather Barrel End Cap	2
38	Hexagon Socket Head Screws M8x20	2
39	Hip Thrust Pin Group	2

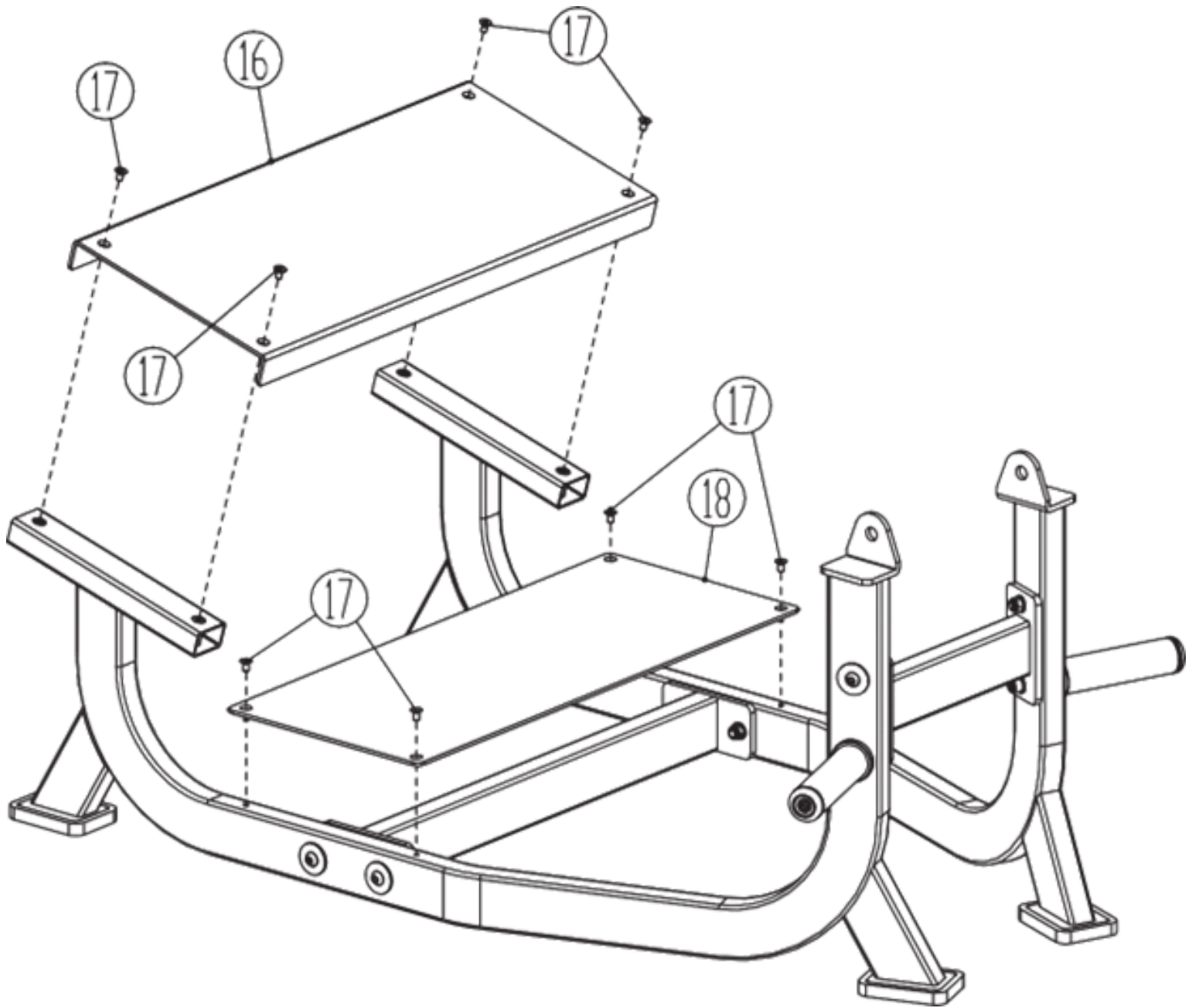
Frame Assembly



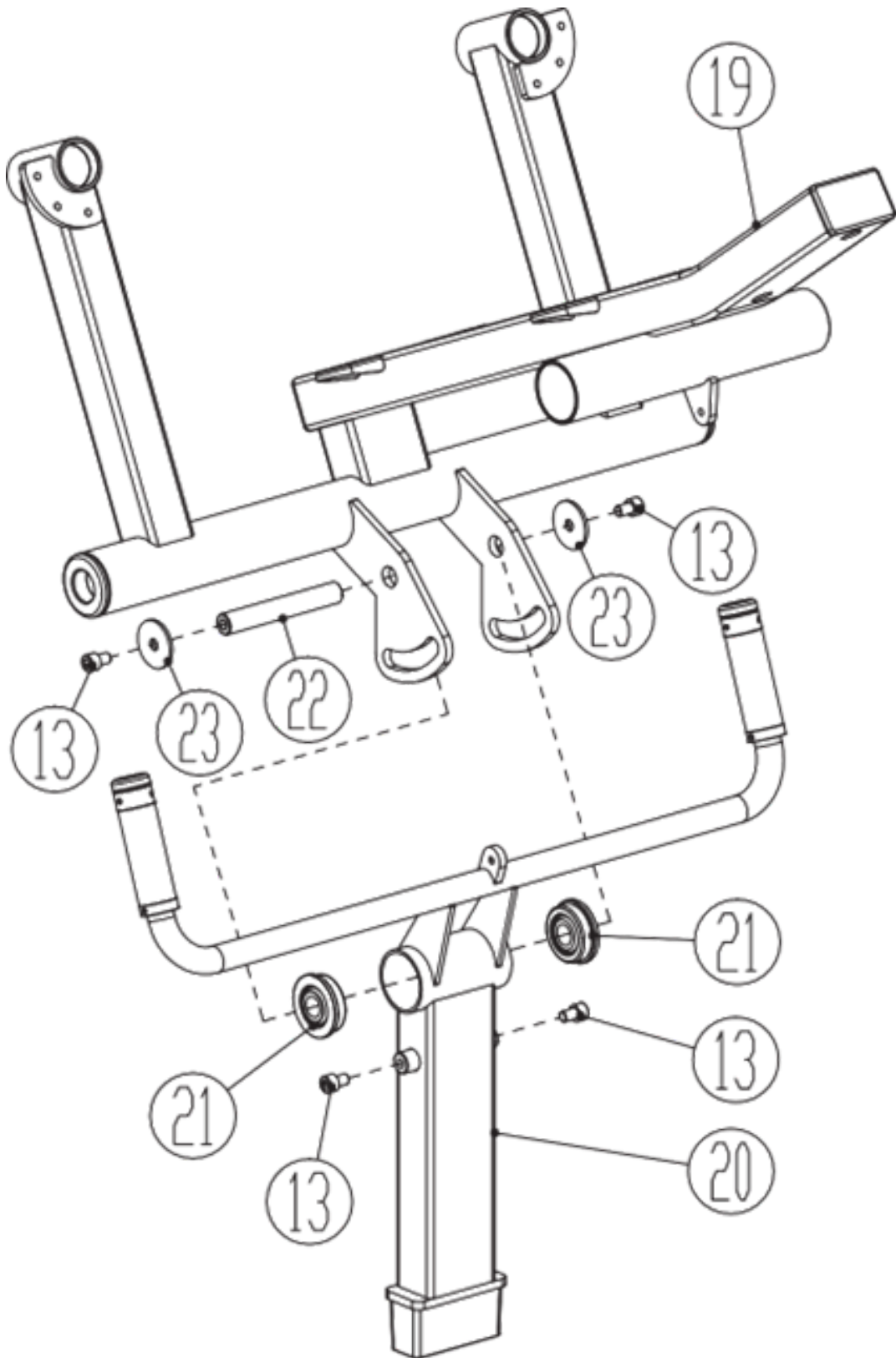
Frame Assembly



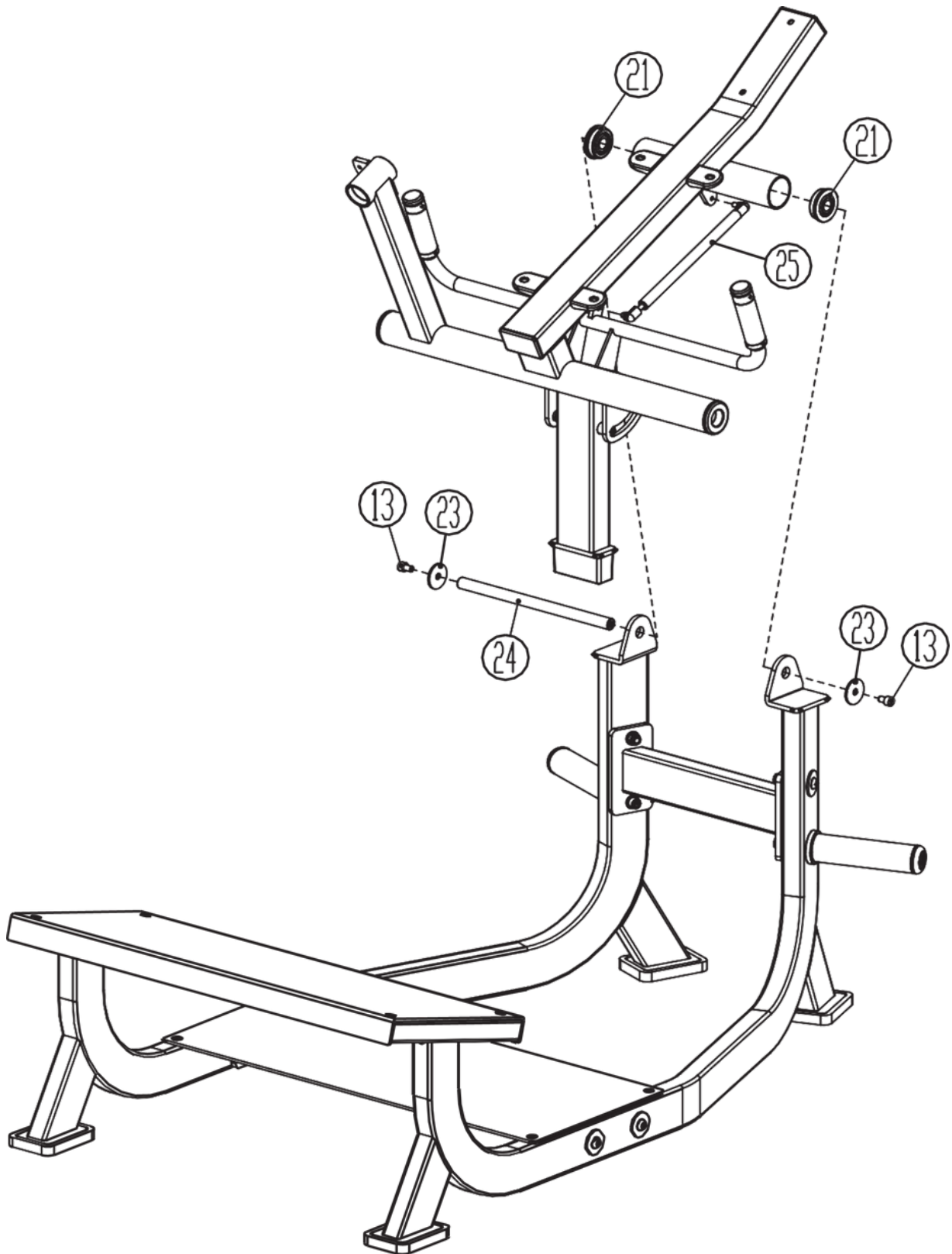
Foot Platform Installation



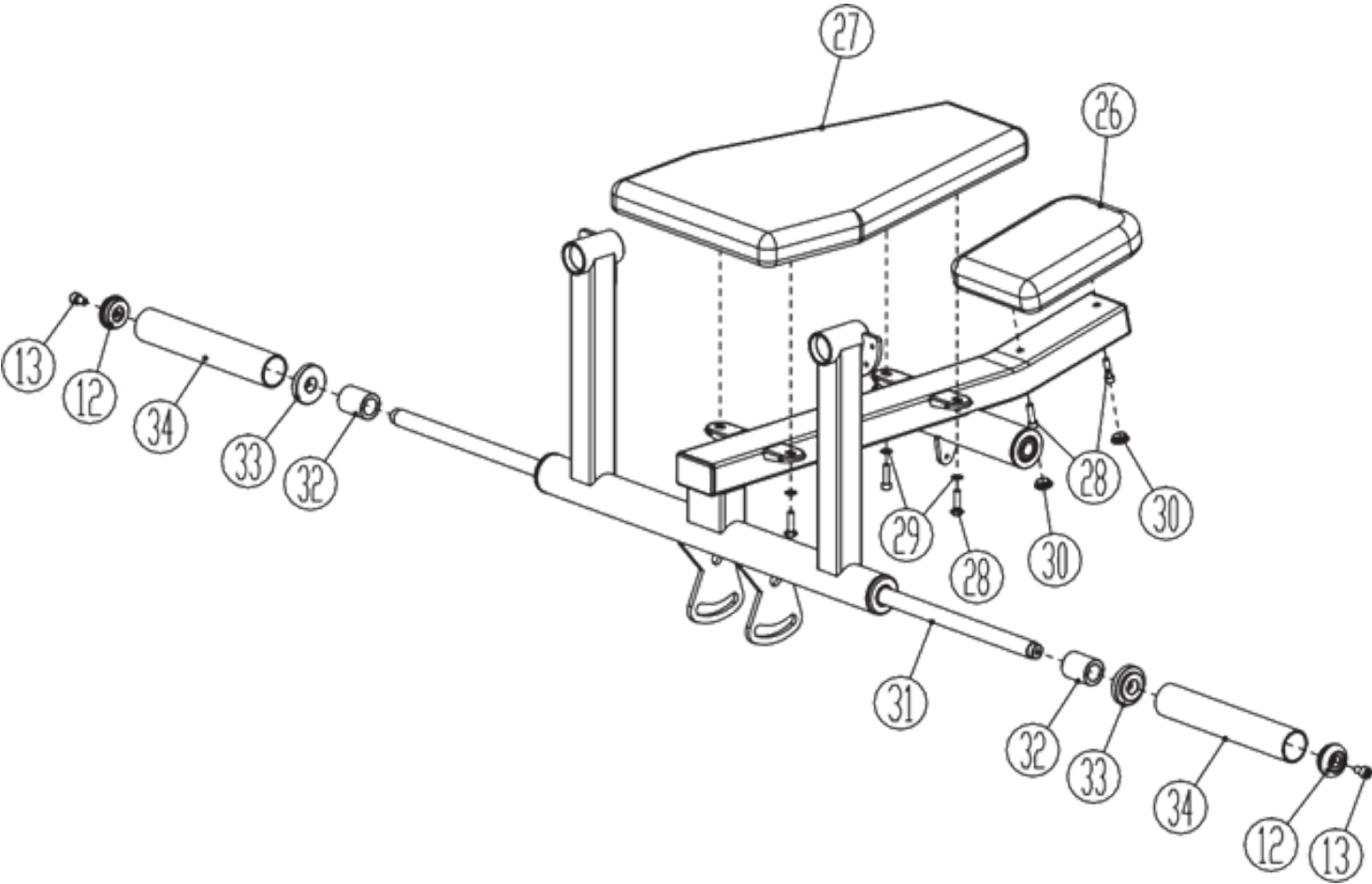
Stop Rack Assembly



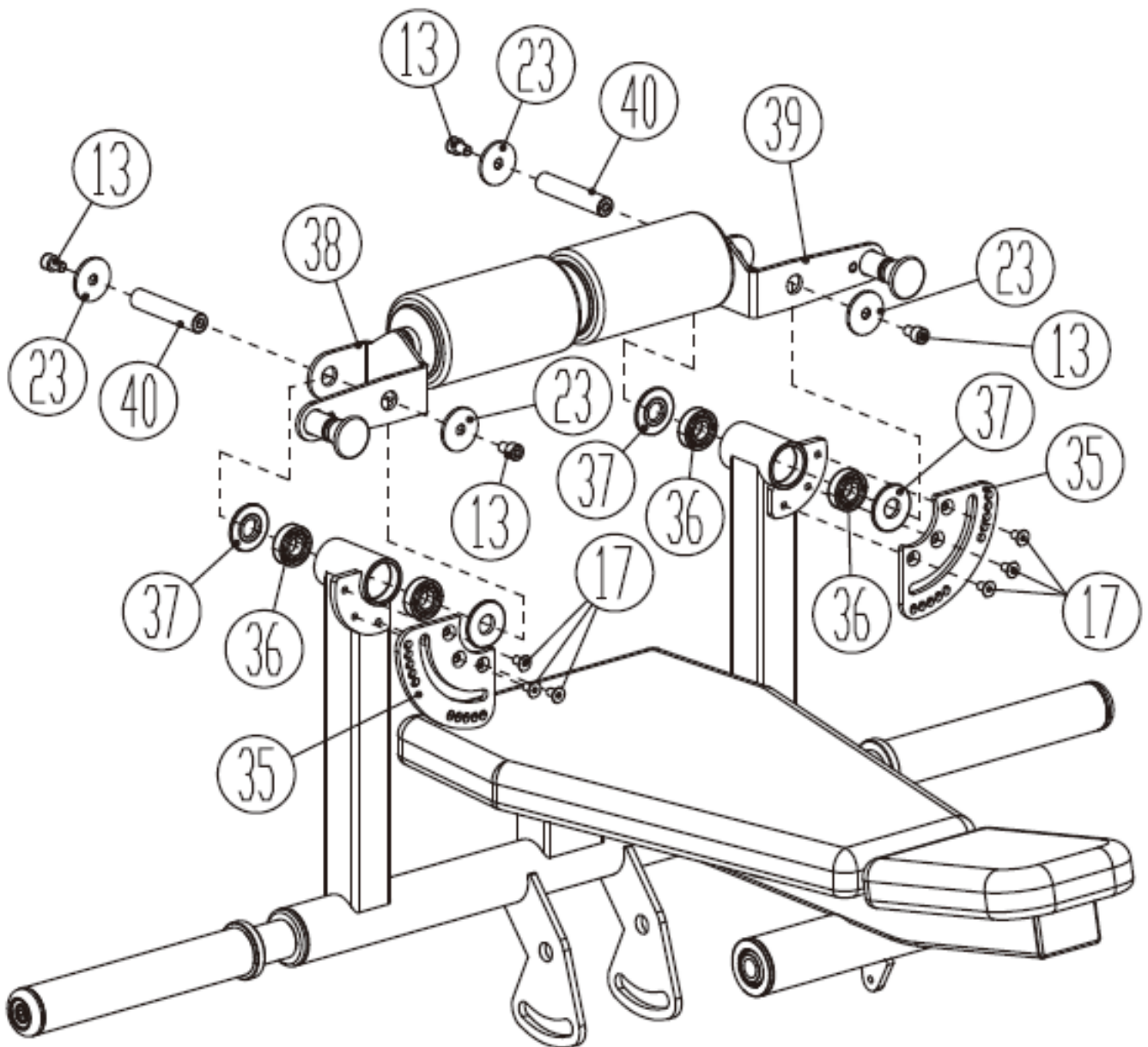
Backrest Installation



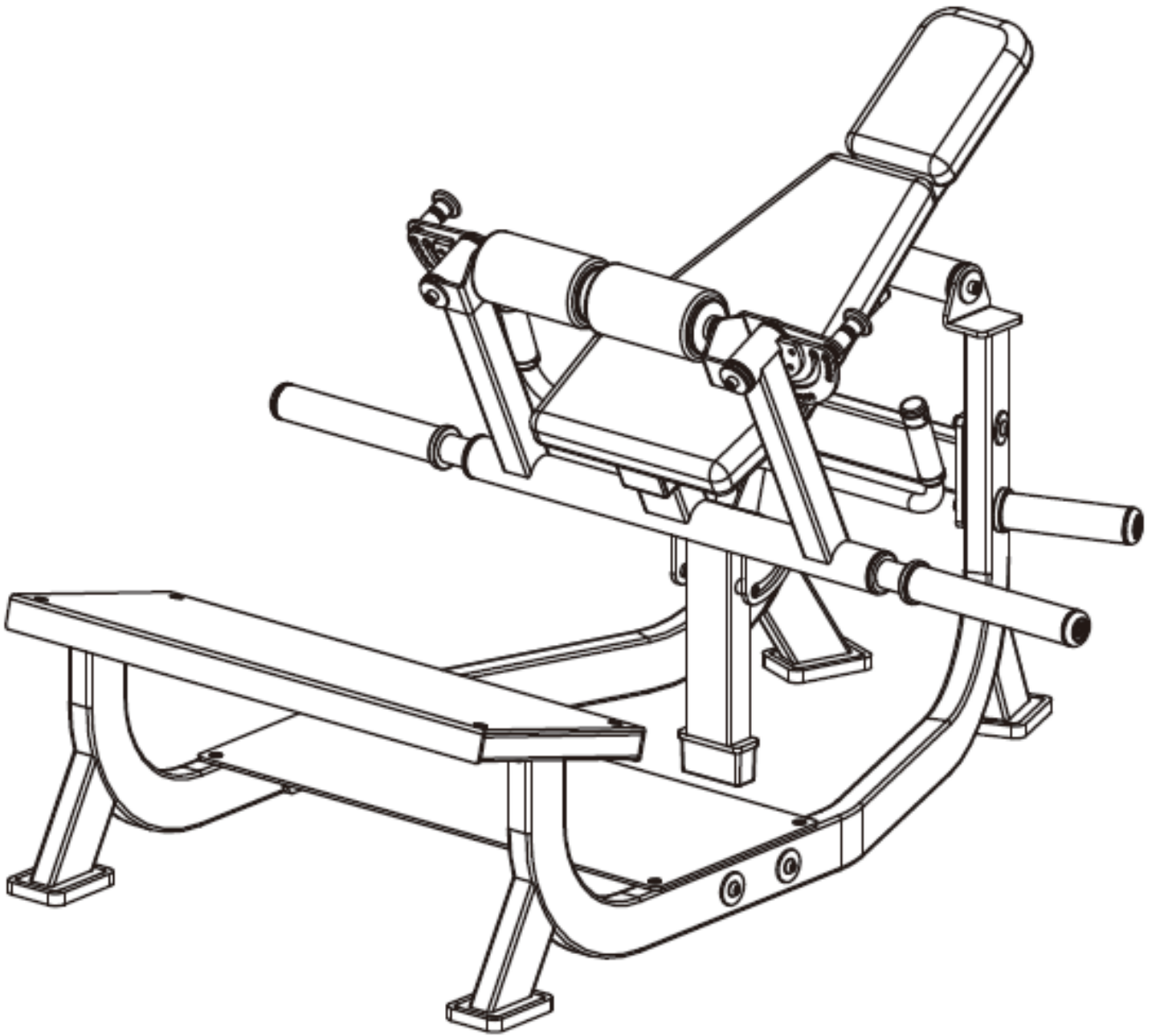
Cushion and Barbell Rod Installation



Force Arm 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

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