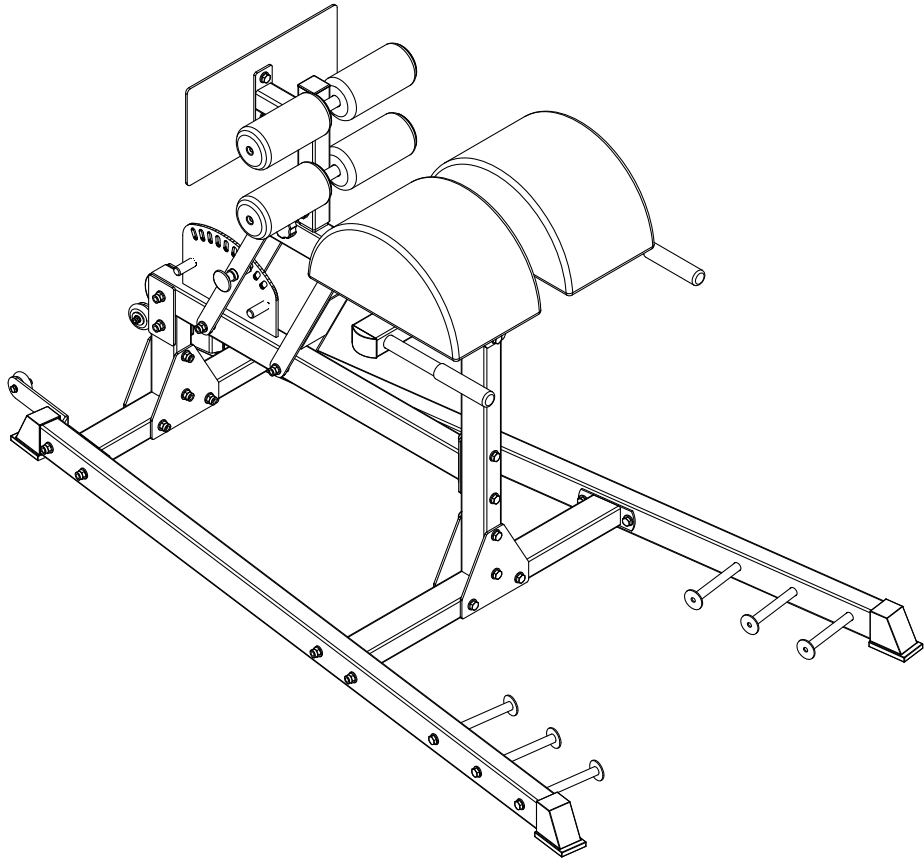


# GLUTE HAM DEVELOPER



AF1018S

***OWNER'S MANUAL***

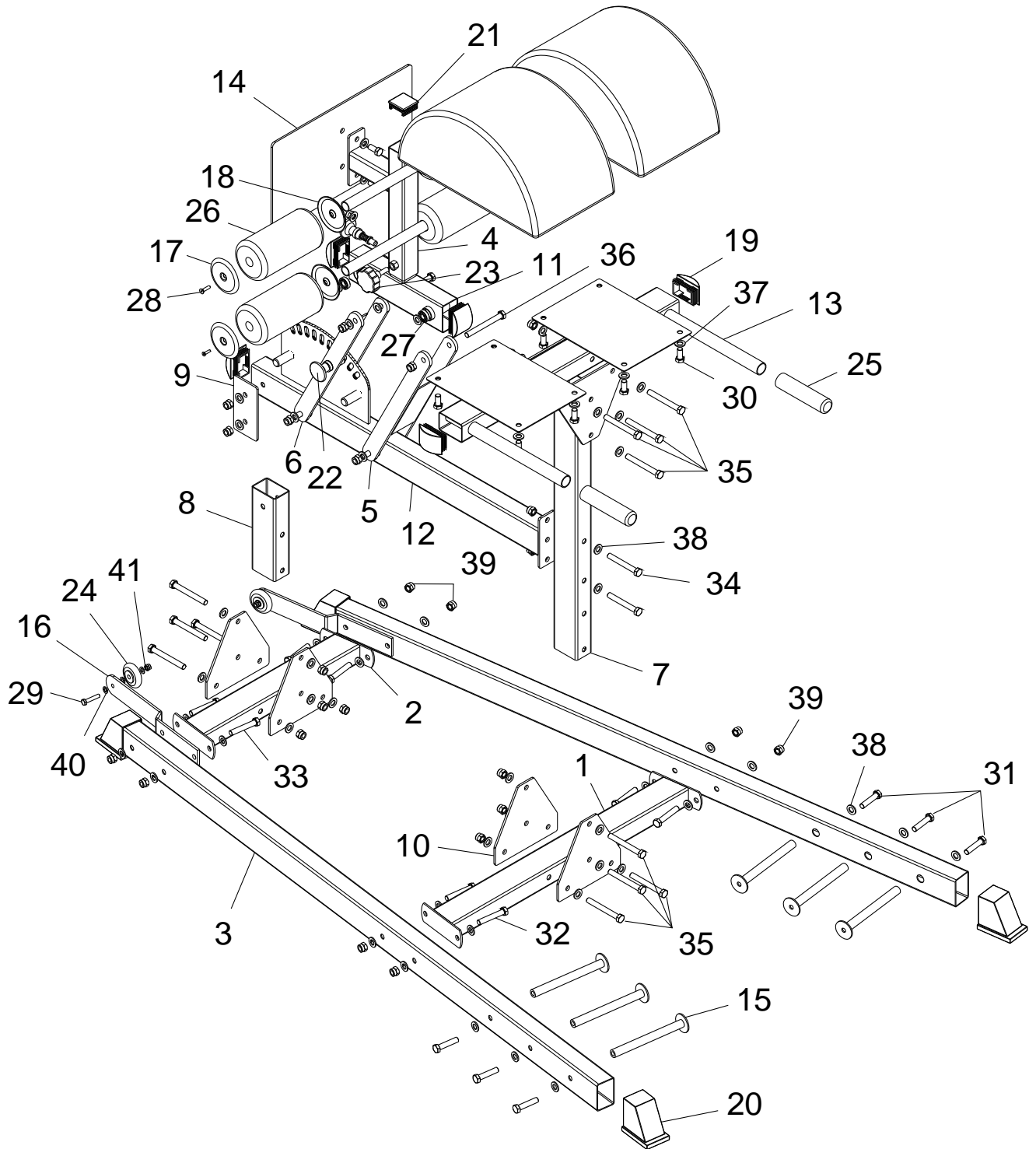
# **SAFETY PRECAUTION**

## **Safety First**

Regardless of how enthusiastic you may be about getting on your equipment and exercising, take the time to ensure that your safety is not jeopardized. A moment's lack of attention can result in an accident, as can failure to observe certain simple safety precautions.

- a. Assemble the equipment according to the assembly instructions and only use the individual part enclosed for assembly of the equipment and which are listed in the parts list as being specifically for this equipment. Before you start assembly, check against the delivery to make sure that everything has been delivered and check against the packing list to make sure all parts have been enclosed.
- b. Read, study and understand the Owner's Manual and all the warning labels on this product. Furthermore, it is recommended to familiarize yourself and others with the proper operation and workout recommendations for this product prior to use. Some of this information can be obtained in this owner's Manual, as-well-as from your local retailer.
- c. It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacements Owner's Manual and labels are available from your local retailer.
- d. It is recommended that another person assist you with the assembly this unit.
- e. Consult with your physician before beginning any exercise program. It is recommended that you undergo a complete physical examination.
- f. Use proper discretion when children are present.
- g. Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- h. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- i. Do not attempt to lift more weight than you can control safely.
- j. Work within your recommended exercise level. **DO NOT** work to exhaustion. If you feel any pain or discomfort, stop your workout immediately.
- k. Inspect the machine for any sign of wear on parts, hardware becoming loose or cracks on welds. If a problem is found do not use or allow the machine to be used until the defective part is repaired or replaced.
- l. **DO NOT** place any sharp objects around the machine.

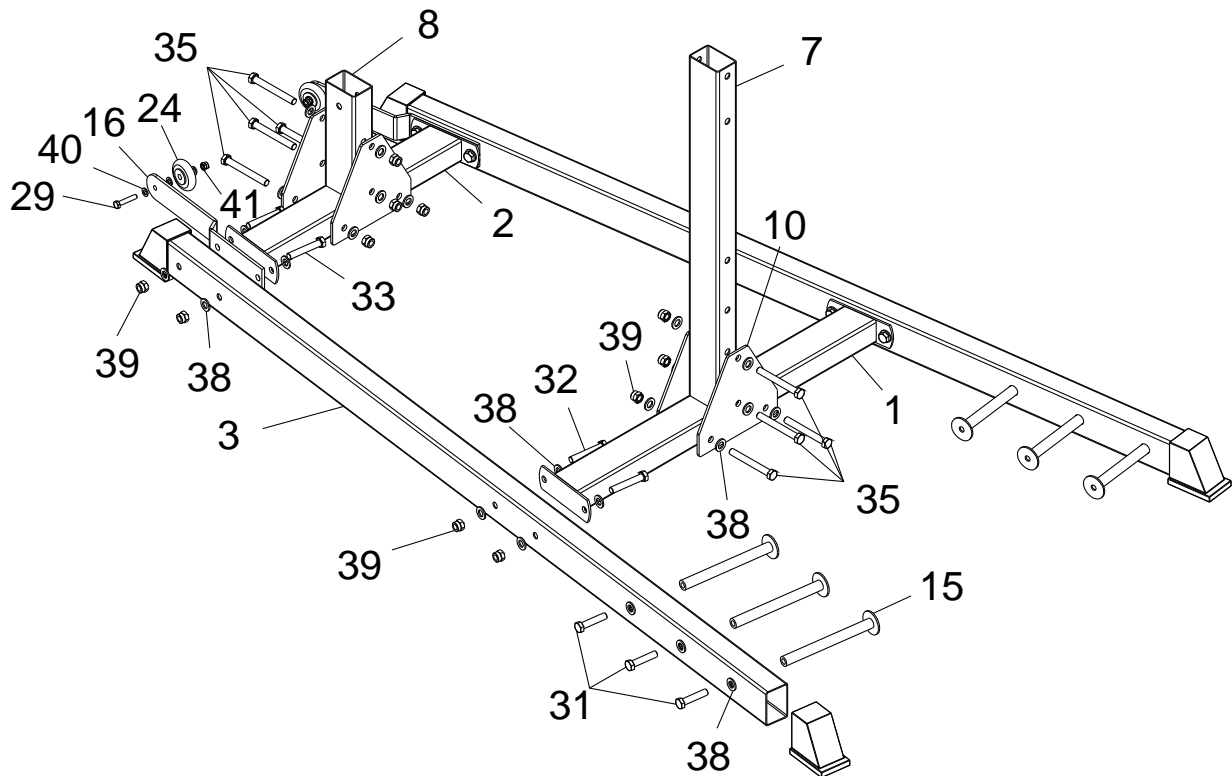
# EXPLODED DRAWING



<b>NO.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
1	Long Connection Tube	1
2	Short Connection Tube	1
3	Main Base	2
4	Foam Tube Support	1
5	Rear Moving Supporting Rod	1
6	Front Supporting Rod	1
7	Upright Support	1
8	Short Upright Support	1
9	Splint	2
10	Connect Plate	6
11	Adjustable Tube	1
12	Connection Tube	1
13	Back Cushion Support	1
14	Foot Plate	1
15	Tube	6
16	Wheel Support	2
17	Foam Cover A	4
18	Foam Cover B	4
19	Rectangle Plug	5
20	End Cap	4
21	Square Plug	1
22	Fast Pin	2
23	Plum Bolt	1
24	Wheel	2
25	Handle	2
26	Foam with cover	4
27	Bearing	8
28	Screw M8*25	4
29	Bolt M8*40	2
30	Bolt M10*25	8
31	Bolt M12*25	8
32	Bolt M12*70	4
33	Bolt M12*75	6
34	Bolt M12*95	2
35	Bolt M12*100	12
36	Bolt M12*105	4
37	Washer 10	8
38	Washer 12	74
39	Lock Nut M12	30
40	Washer 8	6
41	Lock Nut M8	2

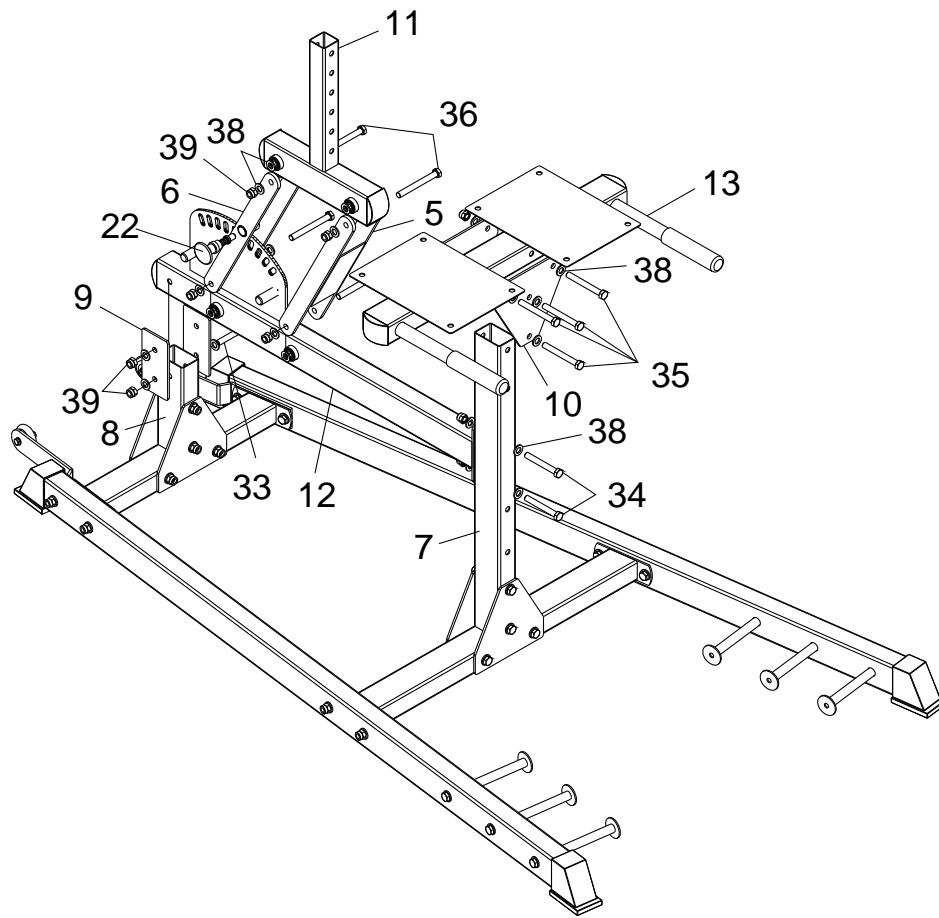
## ASSEMBLY INSTRUCTIONS

### STEP 1



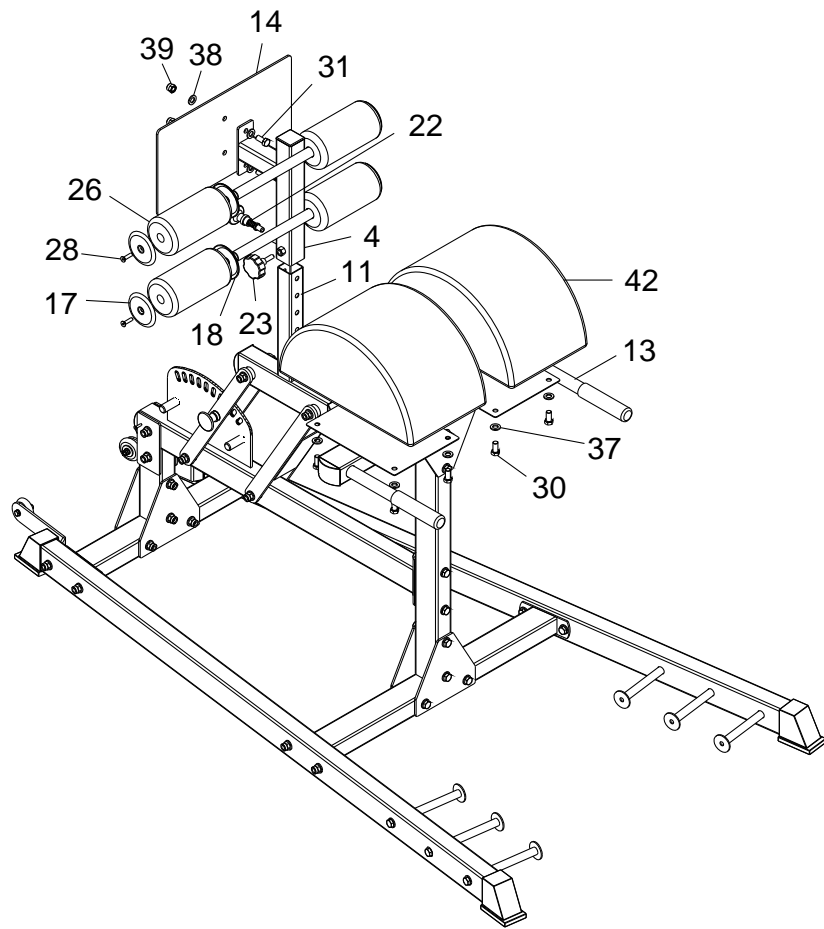
1. Attach long connection tube (1) to main base (3) with four bolts M12\*70 (32), eight washers 12 (38) and four lock nuts M12 (39).
2. Attach short connection tube (2) to main base (3) with four bolts M12\*75 (33), wheel support (16), eight washers 12 (38) and four lock nuts M12 (39).
3. Attach wheel (24) to wheel support (16) with two bolts M8\*40 (29), six washers 8 (40) and two lock nuts M8 (41).
4. Attach upright support (7) to long connection tube (1) with connect plate (10), four bolts M12\*100 (35), eight washers 12 (38) and lock nuts M12 (39).
5. Attach short upright support (8) to short connection tube (2) with connect plate (10), four bolts M12\*100 (35), eight washers 12 (38) and four lock nuts M12 (39).
6. Attach tube (15) to main base (3) with six bolts M12\*25 (31) and six washers 12 (38).

## STEP 2



1. Attach connection tube (12) to short upright support (8) with splint (9) two bolts M12\*75 (33), four washers 12 (38) and two lock nuts M12 (39).
2. Attach connection tube (12) to upright support (7) with two bolts M12\*95 (34), four washers 12 (38) and two lock nuts M12 (39).
3. Attach back cushion support (13) to upright support (7) with connect plate (10), four bolts M12\*100 (35), eight washers 12 (38) and four lock nuts M12 (39).
4. Attach front supporting rod (6) and rear moving supporting rod (5) to connection tube (12) with fast pin (22), two bolts M12\*105 (36), eight washers 12 (38) and two lock nuts M12 (39).
5. Attach adjustable tube (11) to front supporting rod (6) and rear moving supporting rod (5) with two bolts M12\*105 (36), eight washers 12 (38) and two lock nuts M12 (39).

## STEP 3



1. Attach foam tube support (4) to adjustable tube (11) with fast pin (22) and plum bolt (23).
2. Attach foam with cover (26) to foam tube support (4) with foam cover A&B (17&18), four screws M8\*25 (28).
3. Attach Foot Plate (14) to foam tube support (4) with two bolts M12\*25 (31), four washers 12 (38) and two lock nuts M12 (39).
4. Attach Cushion (42) to back cushion support (13) with eight bolts M10\*25 (30) and eight washers 10 (37).

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