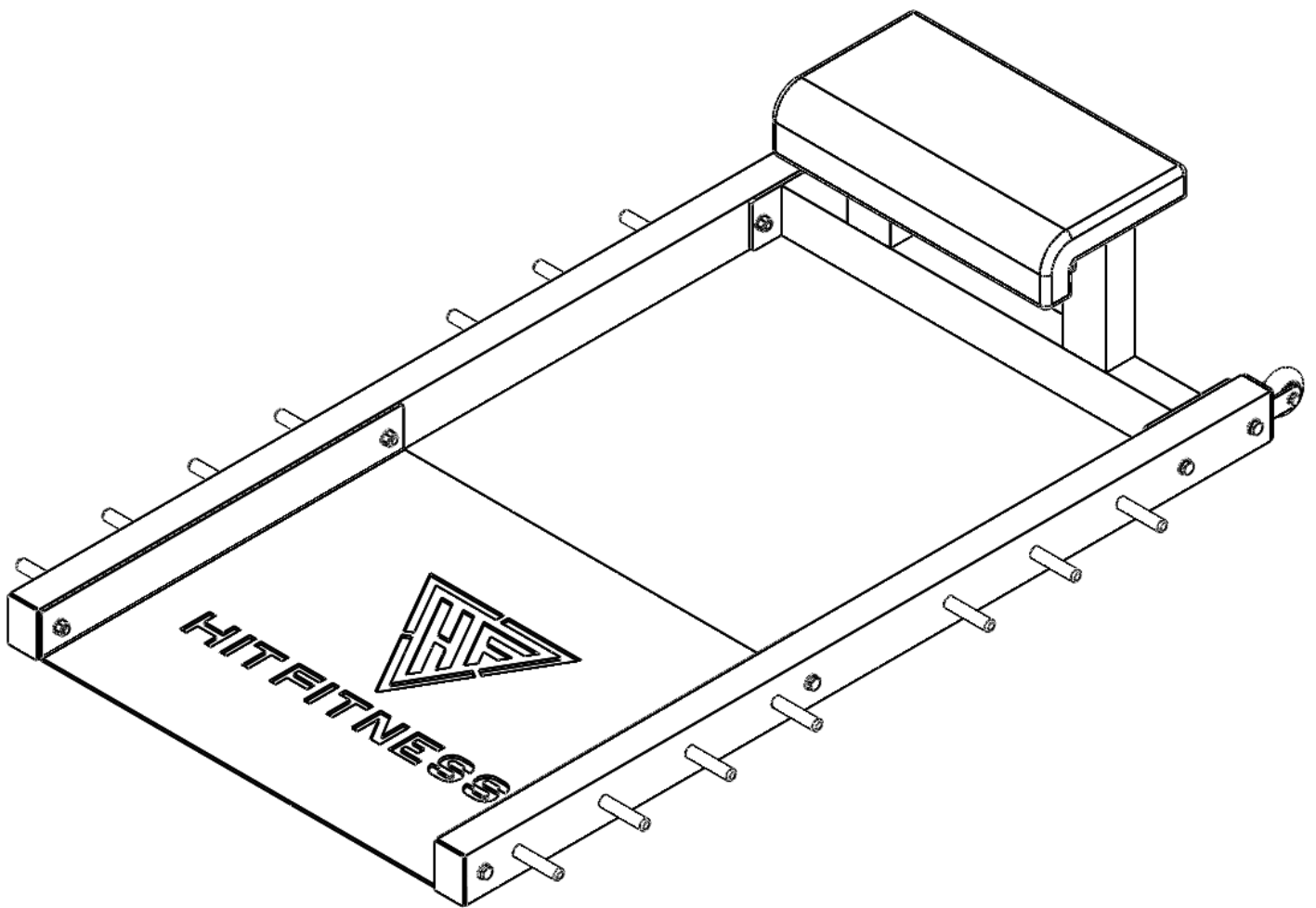


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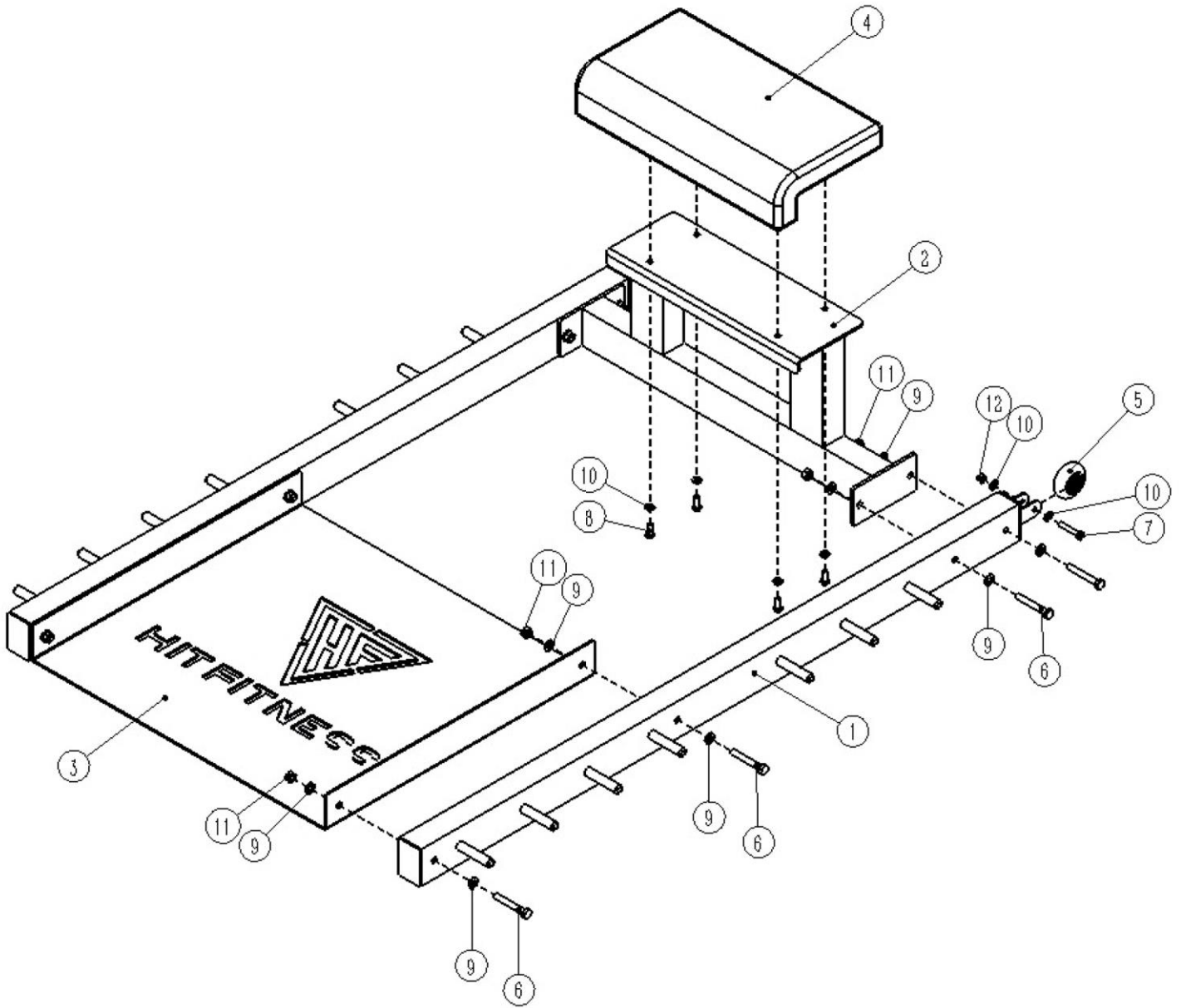
HIP THRUST BENCH



OWNER'S MANUAL

PART LIST

PART NO:	DESCRIPTION	Q'TY
1.	LEFT&RIGHT FRAME	2
2.	CUSHION INSTALLATION FRAME	1
3.	FOOT PLATE	1
4.	CUSHION	1
5.	WHEEL	2
6.	HEX BOLT M10*70	8
7.	HEX BOLT M8*45	2
8.	HEX BOLT M8*20	4
9.	WASHER Φ 10	16
10.	WASHER Φ 8	8
11.	NYLON NUT M10	8
12.	NYLON NUT M8	2



STEP 1

1. CONNECT (1) AND (5) WITH (7,10,12);
2. CONNECT (1) AND (3) WITH (6,9,11);
3. CONNECT (1) AND (2) WITH (6,9,11);
4. CONNECT (4) AND (2) WITH (8,10), AS SHOWN.

NOTE: PLEASE FASTEN ALL BOLTS BEFORE USING THIS HIP THRUST BENCH!