

STANDING HIP THRUST MACHINE

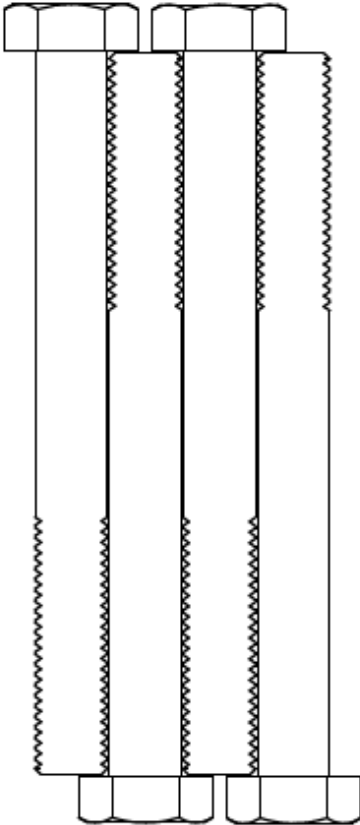
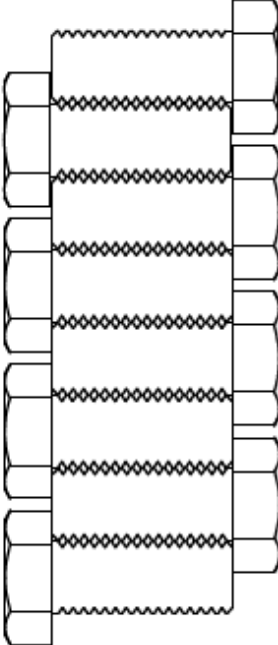
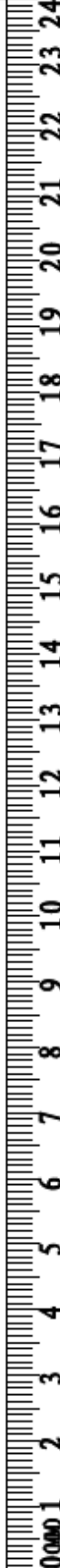
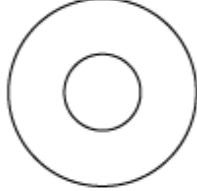
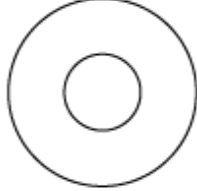
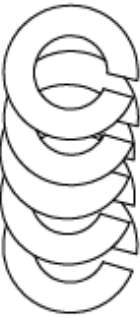
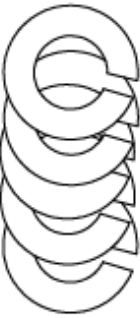
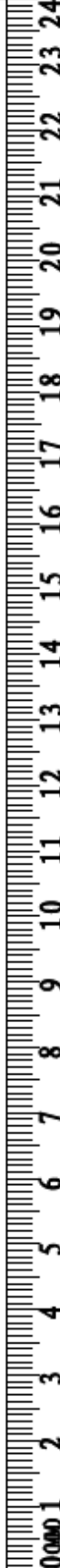
402104 - STNDHIP1-STNDHIP2



Operator's Manual

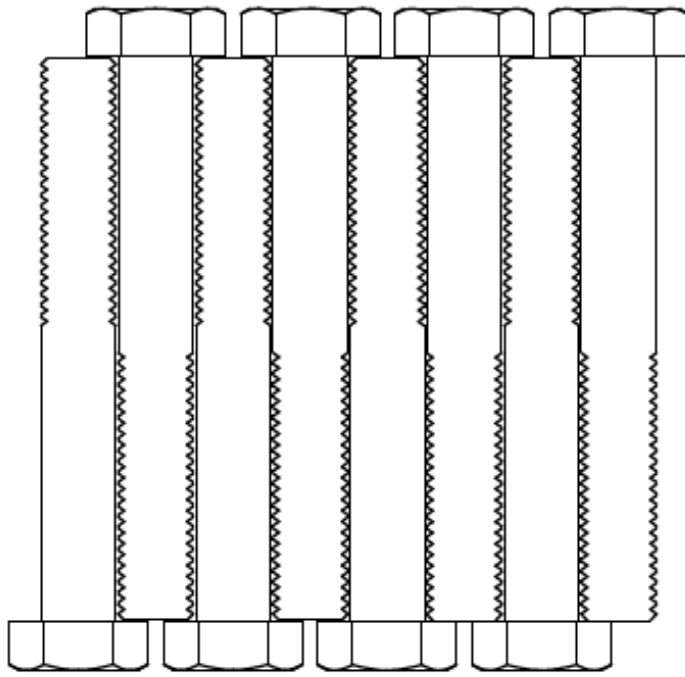


Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

HARDWARE PACK _(1/2)		SHT003
	No. 44 M10X100 (4)	
		
	No. 51 M10 Nut (12)	
		
	No. 49 ø10 Big Washer (1)	
		
	No. 47 ø10 Spring Washer (5)	
		

HARDWARE PACK_(2/2)

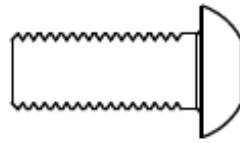
SHT003



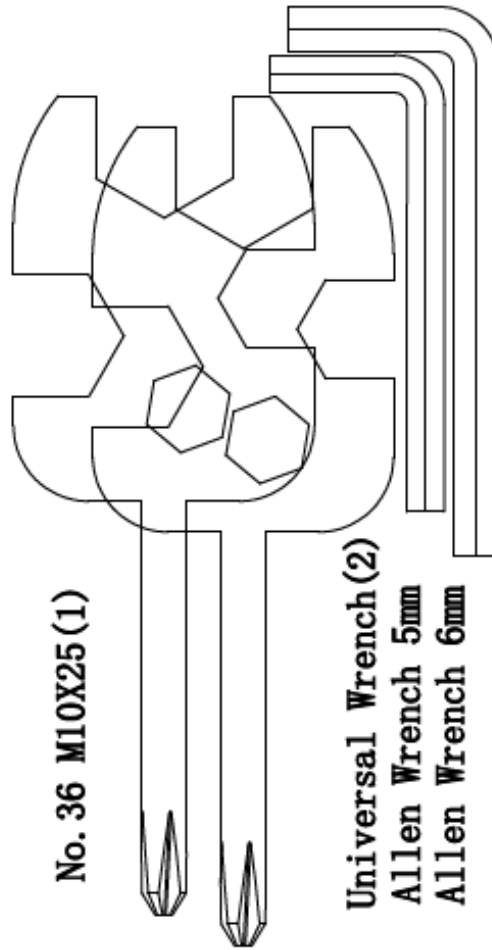
No. 43 M10X75 (8)



No. 34 M8X25 (1)



No. 36 M10X25 (1)



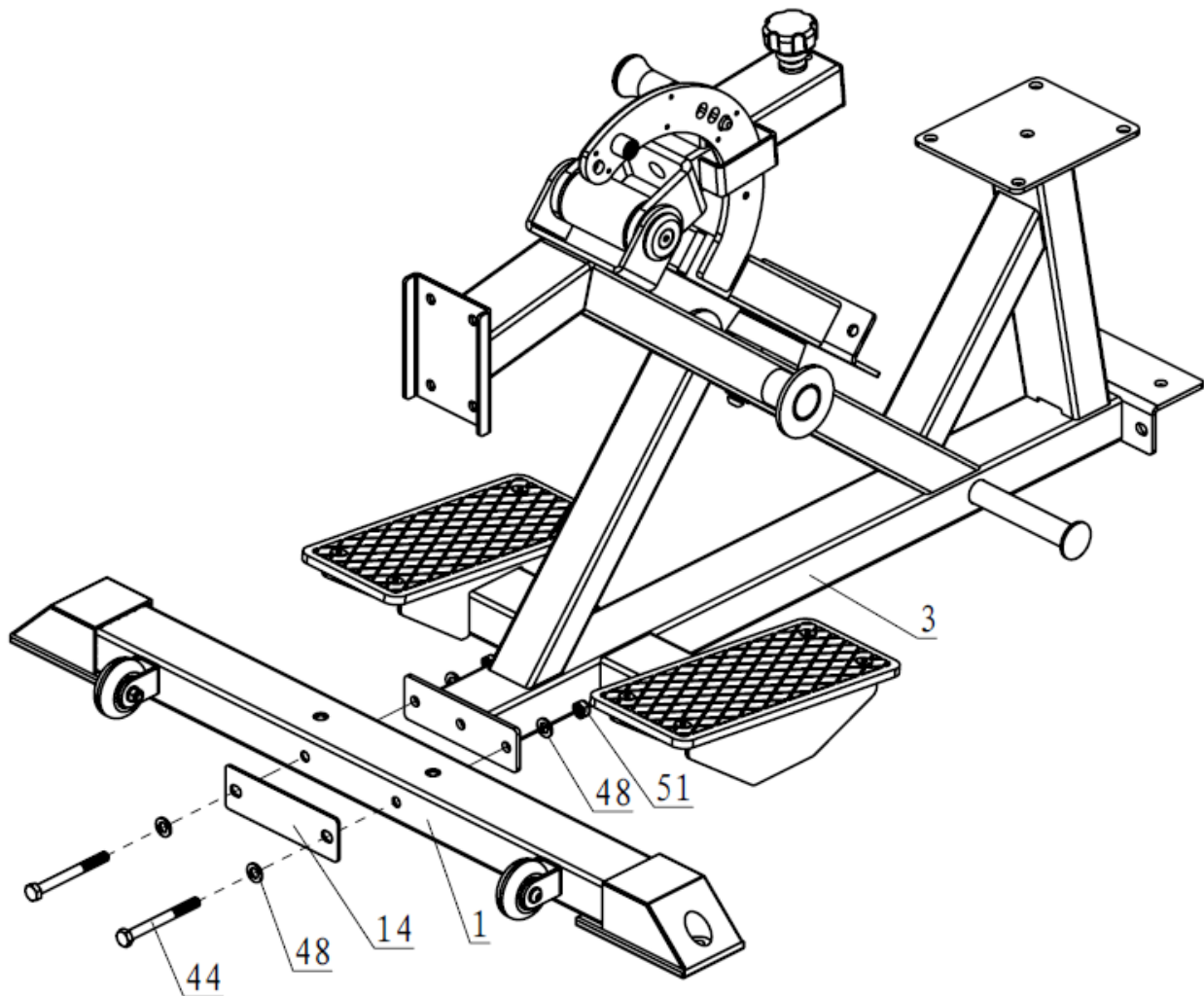
Universal Wrench (2)
Allen Wrench 5mm
Allen Wrench 6mm



ASSEMBLY INSTRUCTIONS

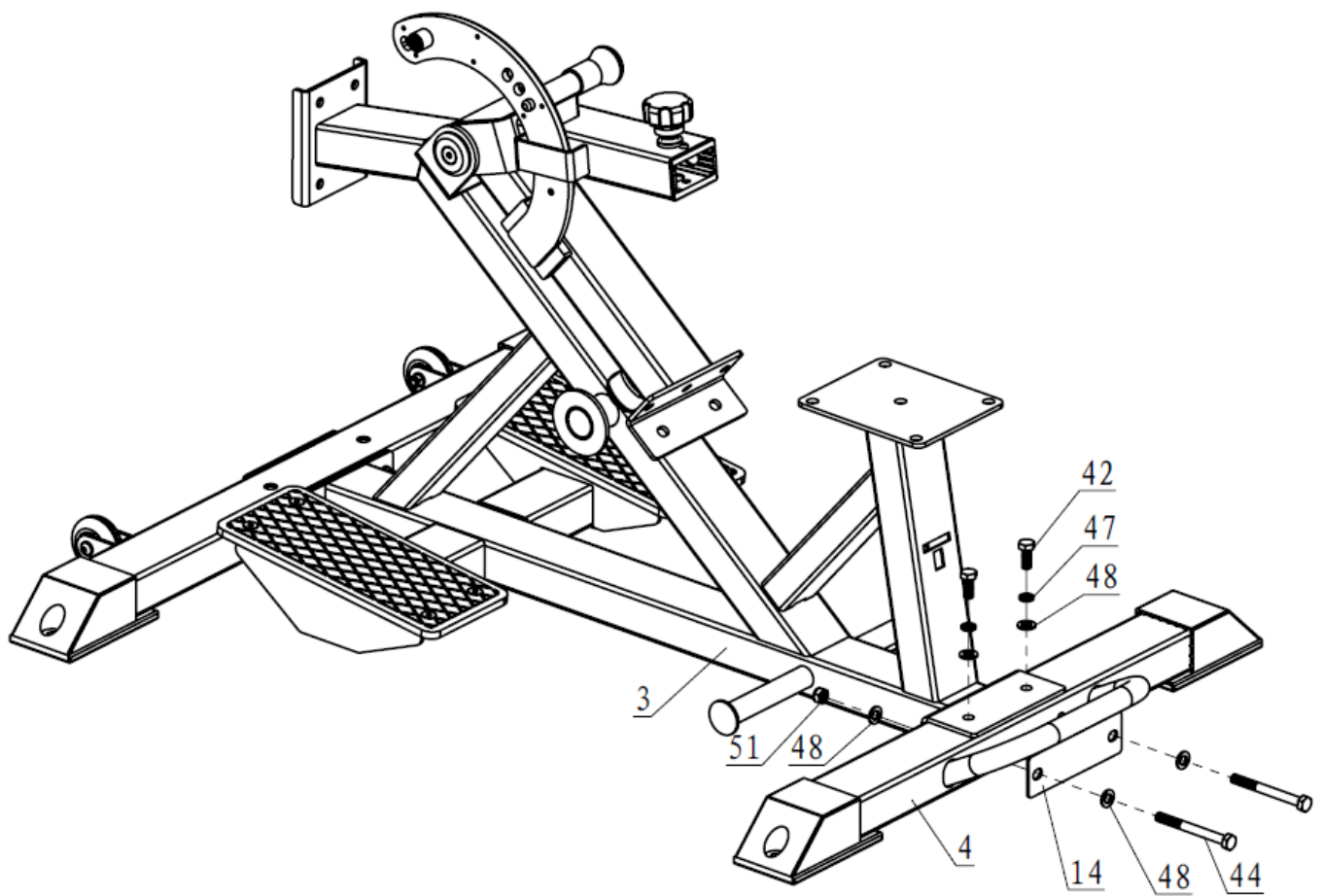
Step 1

1. Assemble the Front Floor Frame (1) and Base Frame (3) using Hex Bolt M10*100 (44), Flat Washer (48), Connecting Plate (14) and Nut M10 (51).



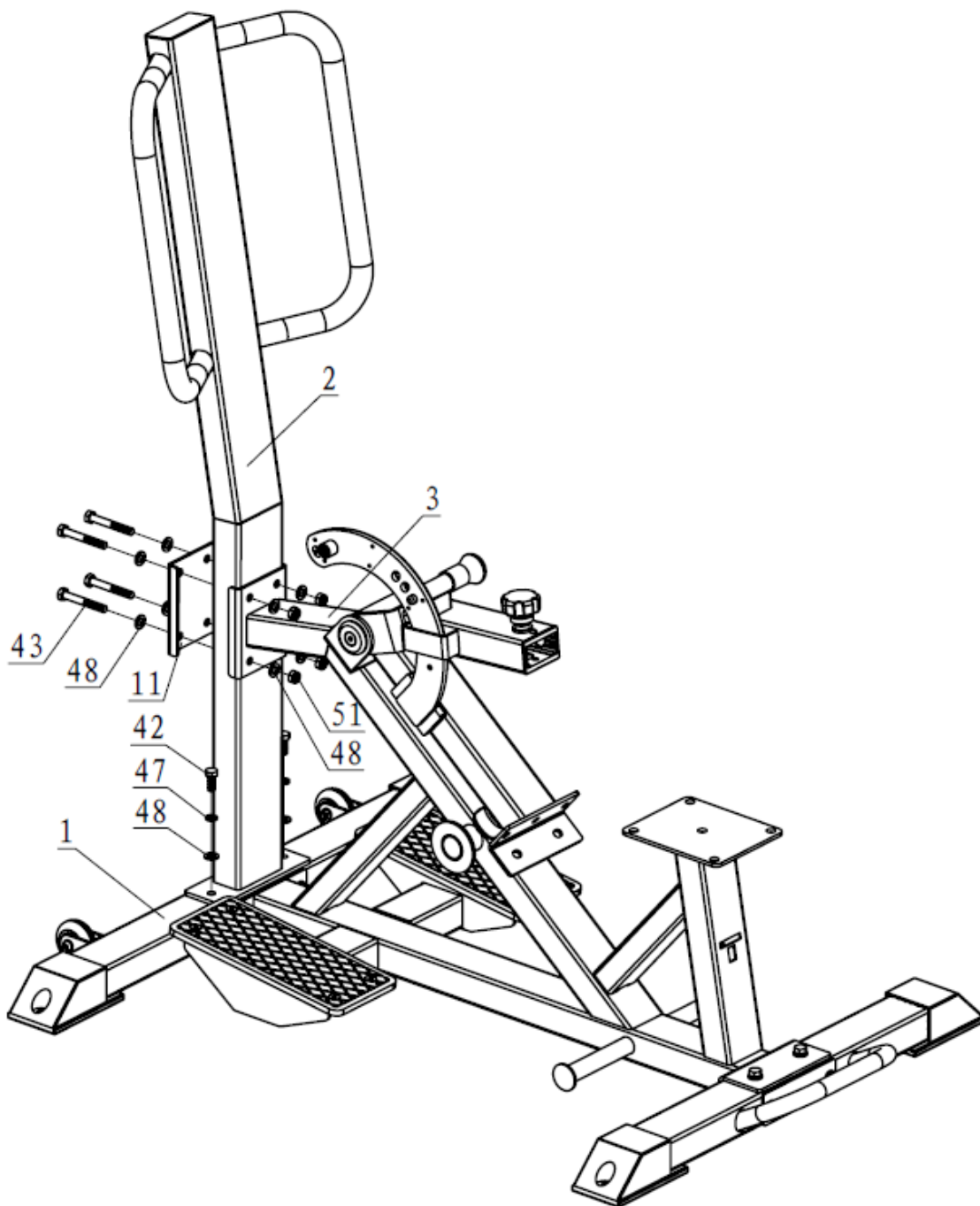
Step 2

1. Secure the Rear Floor Frame (4) to the Base Frame (3) using Hex Bolt M10*100 (44), Flat Washer (48), Connecting Plate (14), Nut M10 (51), Hex Bolt M10*25 (42) and Spring Washer (47).



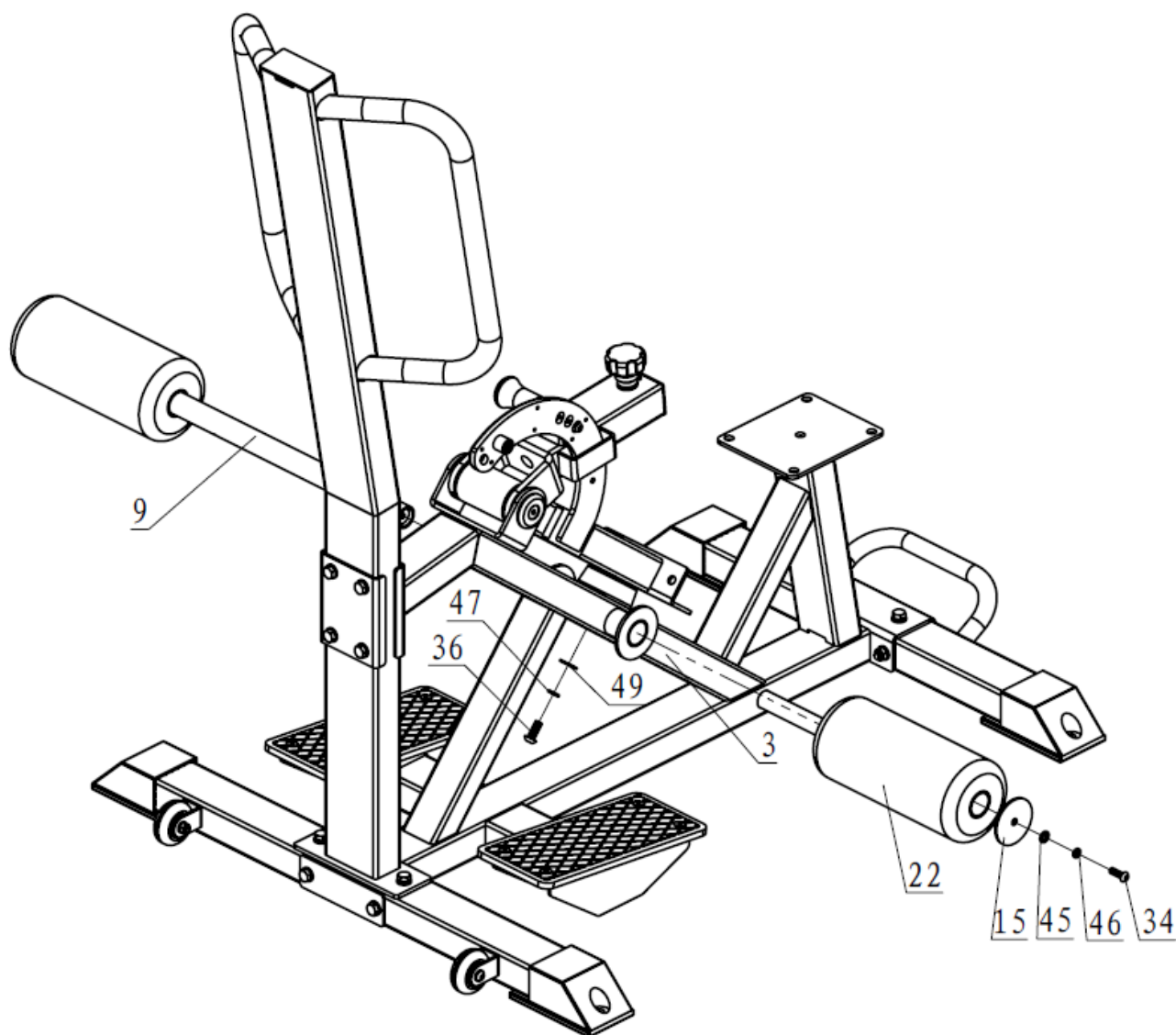
Step 3

1. Secure the Upright Frame (2) to the Front Floor Frame (1) using Hex Bolt M10*25 (42), Flat Washer (48) and Spring Washer (47). Then secure the Upright Frame (2) to the Base Frame (3) using Hex Bolt M10*75 (43), Flat Washer (48), U-shaped Connecting Plate (11) and Nut M10 (51).



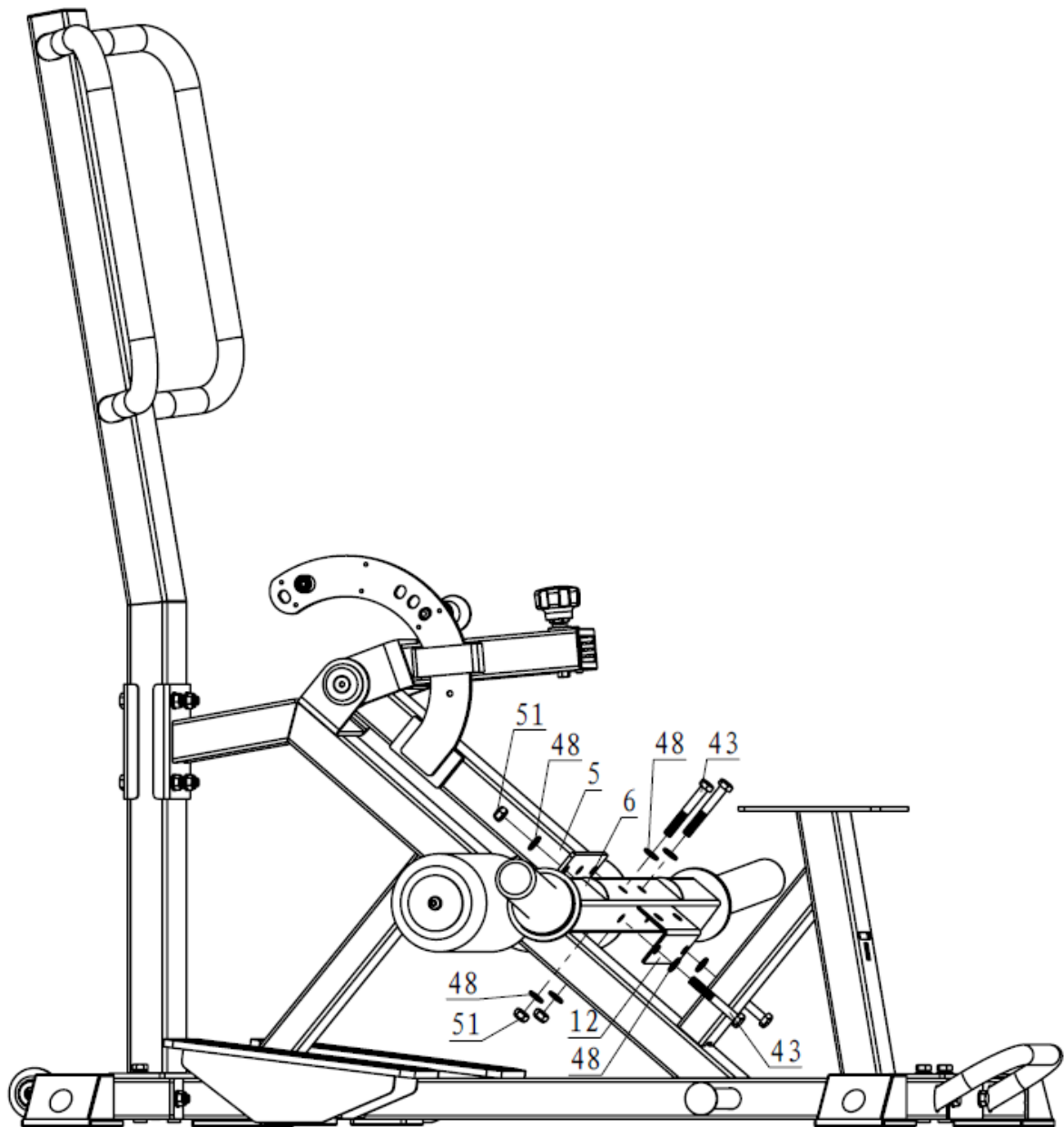
Step 4

1. Remove one end of the Footrest Foam Pad (22), Foam Retainer (15), Flat Washer (45), Spring Washer (46) and Hex Socket Button Head Bolt (34) from the Leg Pad Bracket (9).
2. Thread the Leg Pad Bracket (9) onto the Base Frame (3), then reinstall the removed Footrest Foam Pad (22), Foam Retainer (15), Flat Washer (45), Spring Washer (46), and Hex Socket Button Head Bolt (34) back onto the Leg Pad Bracket (9).
3. Secure with Large Washer (49), Spring Washer (47), and Hex Socket Button Head Bolt (36).



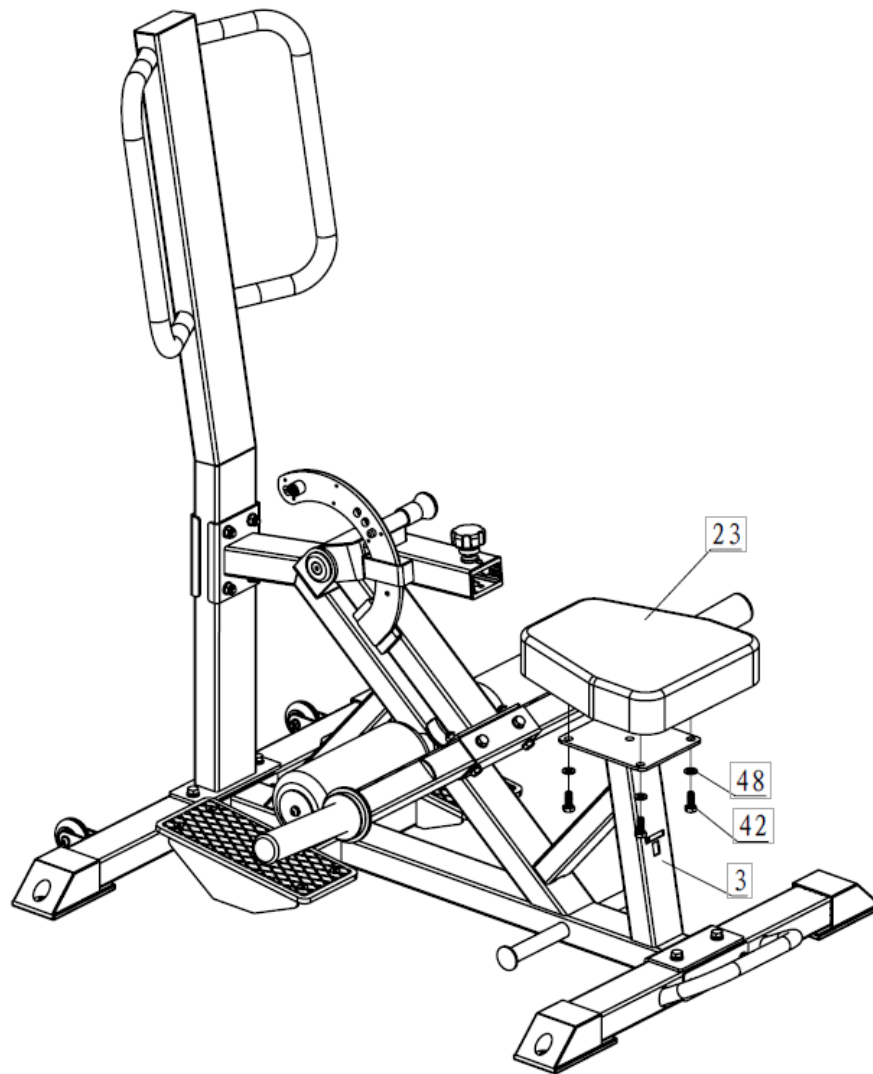
Step 5

1. Secure the Weight Plate Rack (6) to the Weight Plate Connecting Bracket (5) using Hex Bolt M10*75 (43), Flat Washer (48), L-shaped Outer Guard Plate (12) and Nut M10 (51).



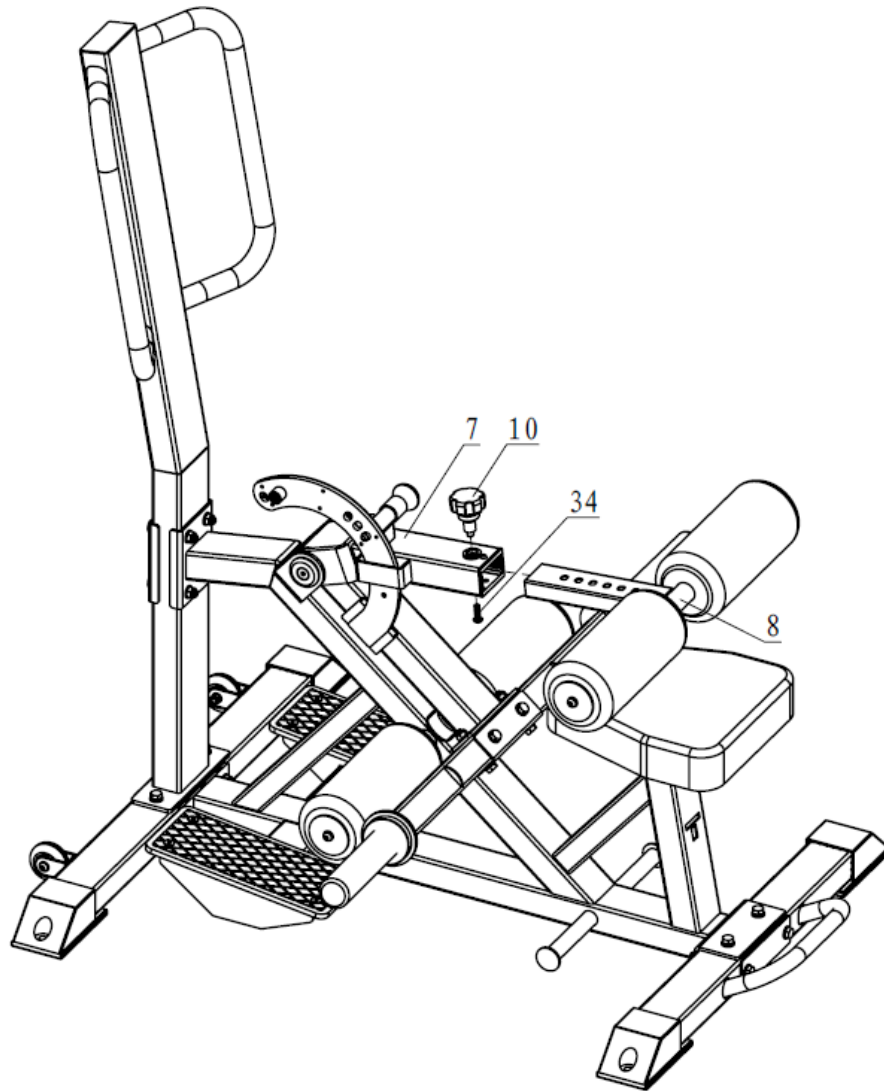
Step 6

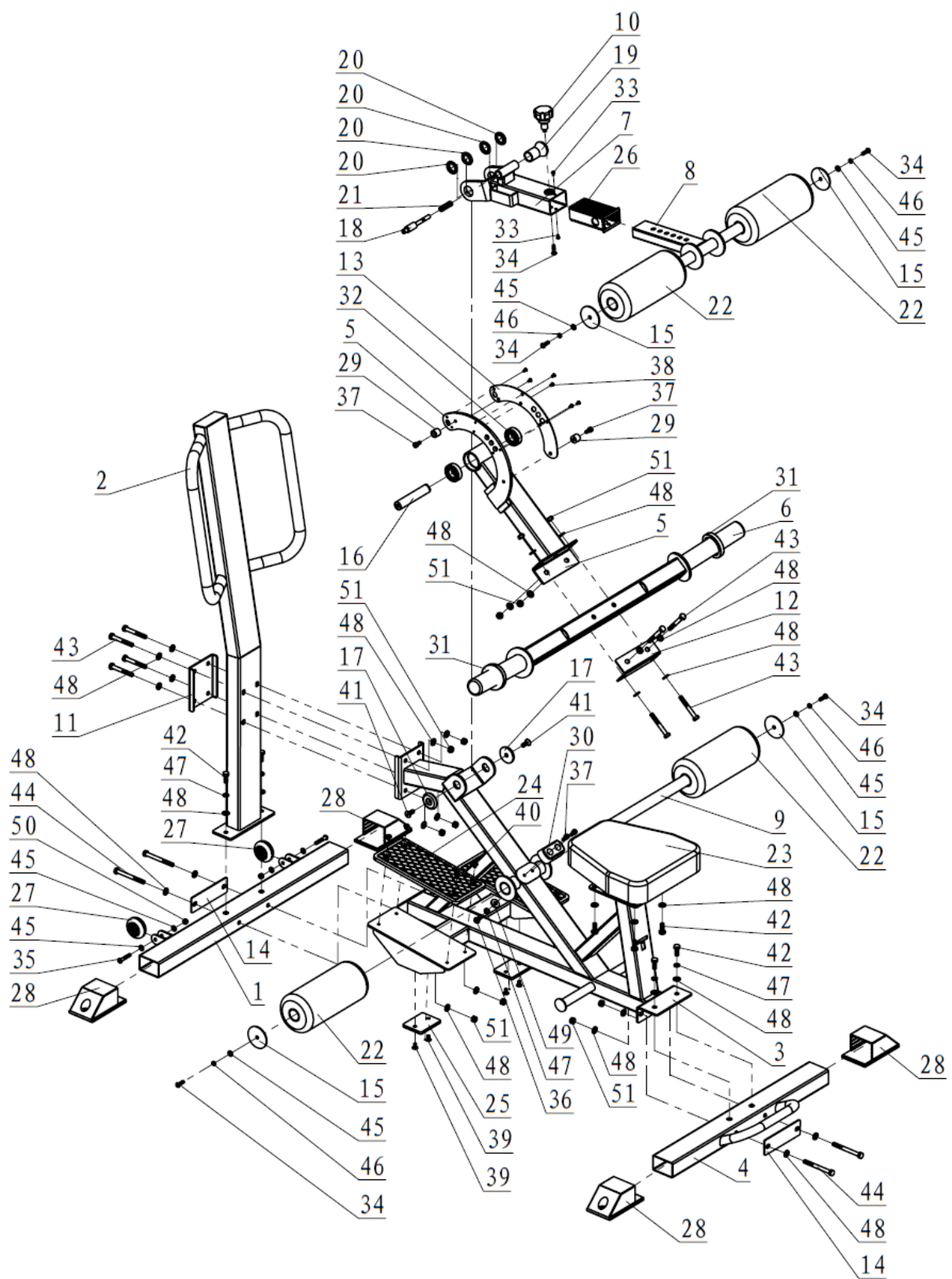
1. Secure the Seat Pad (23) onto Base Frame (3) using Hex Bolt M10*25 (42) and Flat Washer (48).



Step 7

1. First loosen the $\Phi 55$ Locking Knob (10) and pull out the pin. Then insert the Leg Pad Adjustment Frame (8) into the Outer Adjustment Frame (7), then secure it in position with Hex Socket Button Head Bolt (34). Tighten all bolts.





FULL PARTS LIST

KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	FRONT FLOOR FRAME	1	27	PU CASTER	2
2	UPRIGHT FRAME	1	28	TUBE SLEEVE J50×75	4
3	BASE FRAME	1	29	PLASTIC SLEEVE	2
4	REAR FLOOR FRAME	1	30	CUSHION PAD	1
5	WEIGHT PLATE CONNECTING BRACKET	1	31	WEIGHT PLATE CUSHION PAD	2
6	WEIGHT PLATE RACK	1	32	DEEP GROOVE BALL BEARING 6205ZZ	2
7	OUTER ADJUSTMENT FRAME	1	33	HEX SOCKET BUTTON HEAD BOLT M5×8	2
8	LEG PAD ADJUSTMENT FRAME	1	34	HEX SOCKET BUTTON HEAD BOLT M8×25	5
9	LEG PAD BRACKET	1	35	HEX SOCKET BUTTON HEAD BOLT M8×45	2
10	Φ55 LOCKING KNOB	1	36	HEX SOCKET BUTTON HEAD BOLT M10×25	1
11	U-SHAPED CONNECTING PLATE	1	37	HEX SOCKET CYLINDER HEAD BOLT M8×15	4
12	L-SHAPED OUTER GUARD PLATE	1	38	HEX SOCKET HEAD SCREW M5×10	6
13	SELECTED PLATE GUARD	1	39	HEX SOCKET HEAD SCREW M8×15	4
14	CONNECTING PLATE	2	40	HEX SOCKET HEAD SCREW M8×10	8
15	FOAM RETAINER	4	41	HEX SOCKET HEAD SCREW M10X25	2
16	ROTATING SHAFT	1	42	HEX BOLT M10×25	8
17	END CAP Φ50	2	43	HEX BOLT M10×75	8
18	PIN SHAFT	1	44	HEX BOLT M10×100	4
19	PULL HANDLE	1	45	FLAT WASHER Φ9×Φ16×1.6	8
20	COPPER BUSHING	4	46	SPRING WASHER Φ8	4
21	SPRING Φ14*Φ1.2*45	1	47	SPRING WASHER Φ10	5
22	FOOTREST FOAM PAD	4	48	FLAT WASHER Φ11×Φ20×2	32
23	SEAT PAD	1	49	LARGE WASHER Φ10.6×Φ26×2	1
24	FOOT PEDAL PAD	2	50	NUT M8	2
25	REAR FLOOR MAT	2	51	NUT M10	12
26	LONG HOLLOW TUBE	1			

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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1-888-410-1503

info@titan.fitness

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