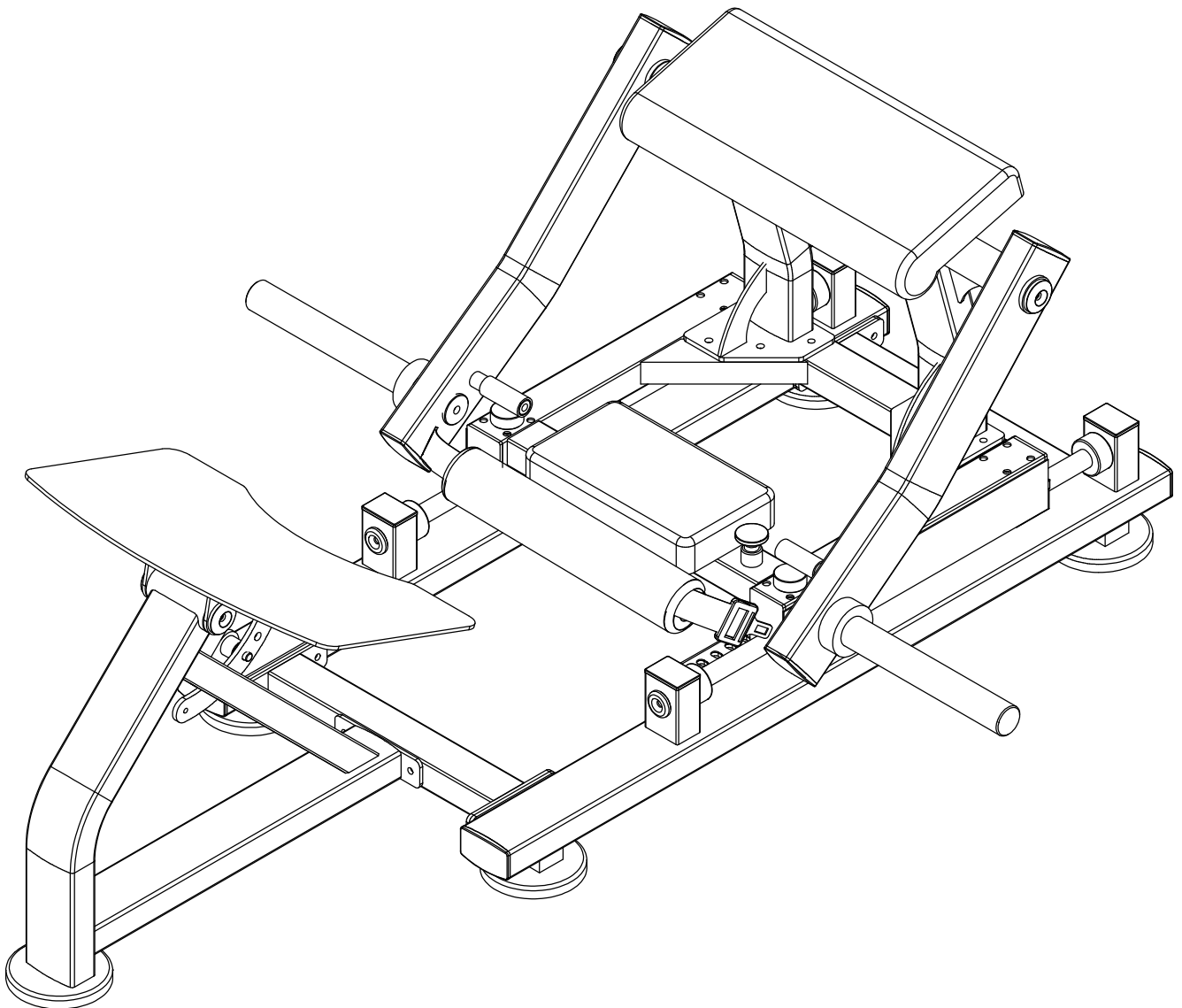




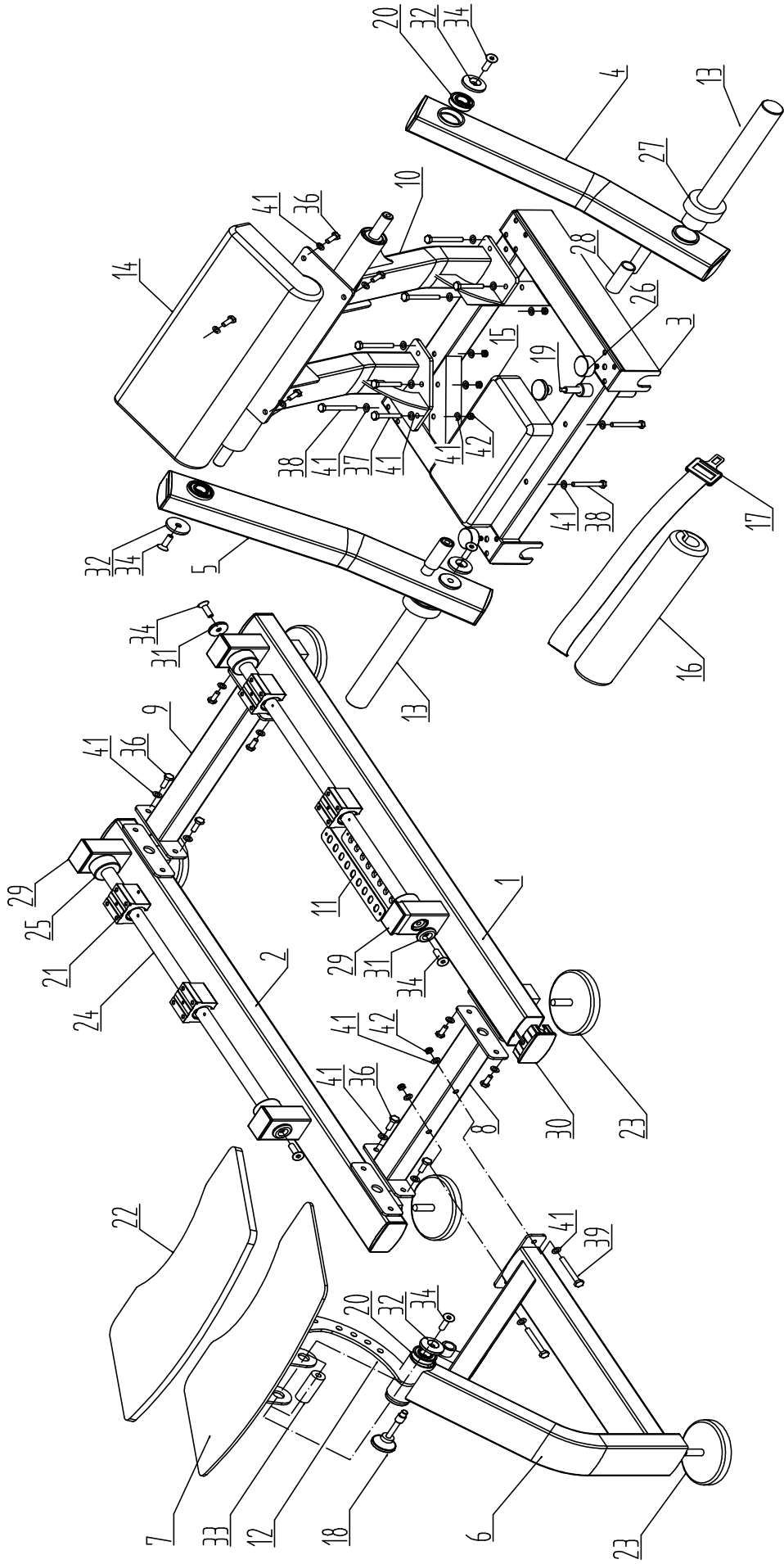
HIT FITNESS

Hit Fitness Comm Glute Hip Drive

HIT00745



EXPLOSIVE VIEW



COMPONENT LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

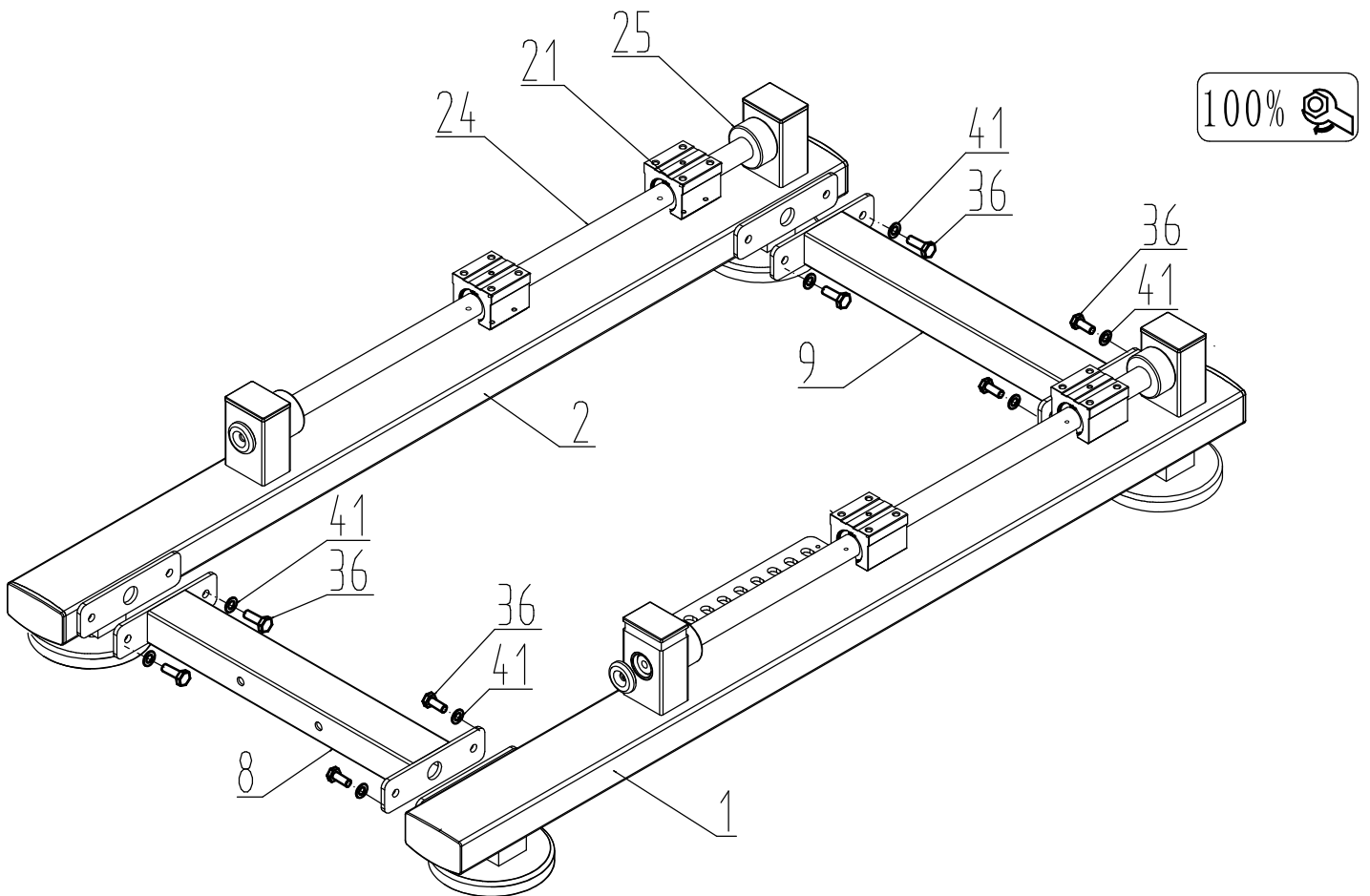
ITEM NO.	DESCRIPTION	QTY.
1	Left underframe	1
2	Right underframe	1
3	Sliding frame	1
4	Left swing arm	1
5	Right swing arm	1
6	Front frame	1
7	Pedal frame	1
8	Front connection	1
9	Rear connection	1
10	Upright frame	1
11	Sliding adjustment plate - chrome plated	1
12	Pedal adjustment plate - chrome plated	1
13	Plate Bar	2
14	Shoulder pad	1
15	Seat pad	1
16	Protection pad	1
17	Safety belt	1
18	Short pin set	1
19	Long pin set	1
20	6205 Deep groove ball bearing	6
21	30uu Linear bearing aluminum based	4
22	Pedal cushion	1
23	Foot plate	5
24	Guide rod	2
25	Cushion 1	4
26	Cushion 2	3
27	Cushion 3	2
28	Nylon sleeve	2
29	50*70 Tube plug	4
30	58*101 Tube plug	8
31	Φ43 Aluminum end cap	4
32	Φ54 Aluminum end cap	6
33	Galvanized shaft	1
34	M10*30 Hex bolt	10
35	M10*35 Hex bolt	3
36	M10*25 Hex bolt	12
37	M10*65 Hex bolt	4
38	M10*75 Hex bolt	6
39	M10*90 Hex bolt	2

40	M12*30 Hex bolt	2
41	Φ10 Washer	37
42	M10 Nylon Nut	13
43	M8*60 Hex bolt	16
44	Φ8 Washer	16

ASSEMBLY INSTRUCTION:

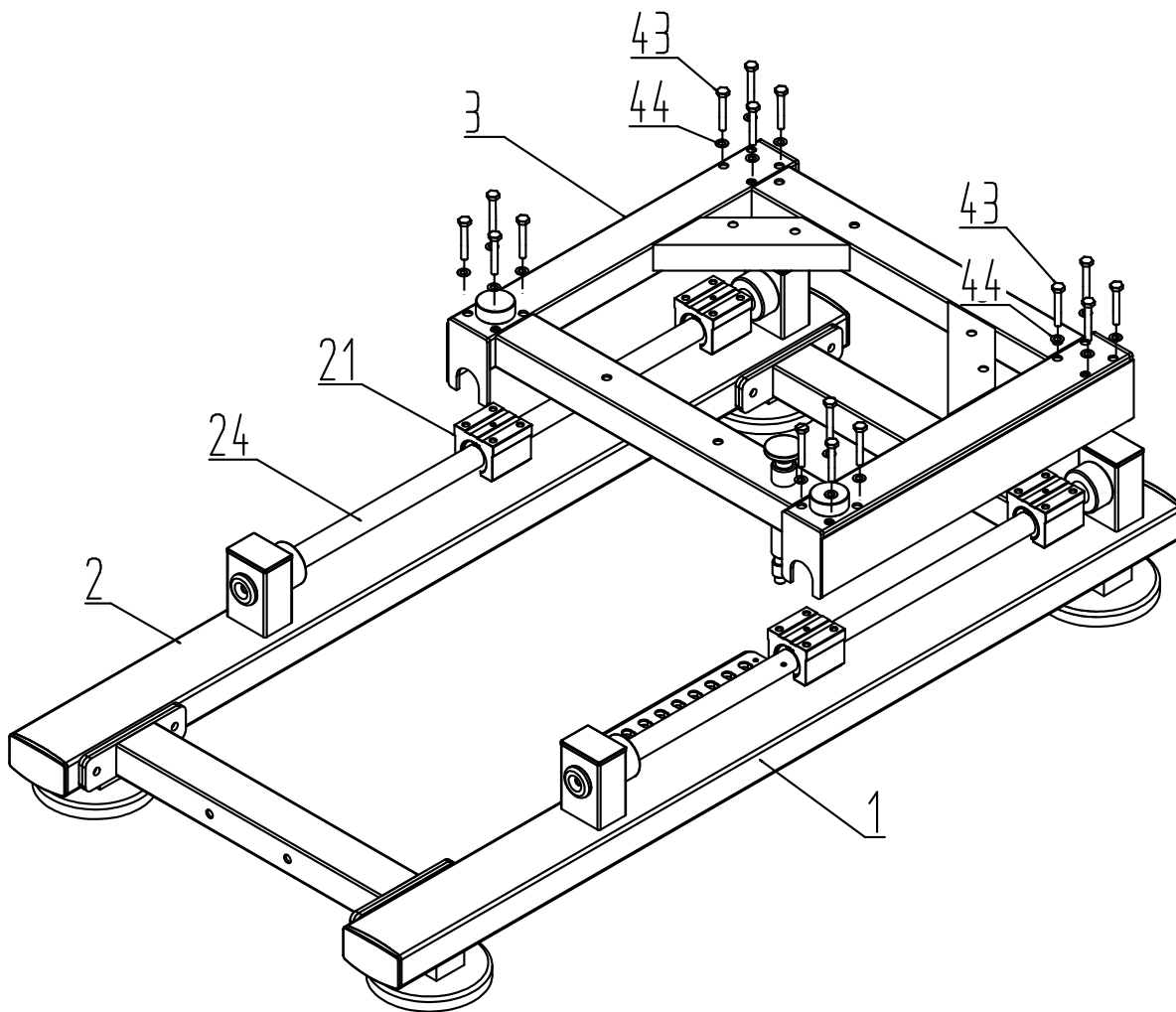
Step1:

Fix Front connect frame8 and Rear connect frame9 to Left underframe1 and Right underframe2 with M10*25 Hex bolt36 and $\Phi 10$ washer41.



Step2:

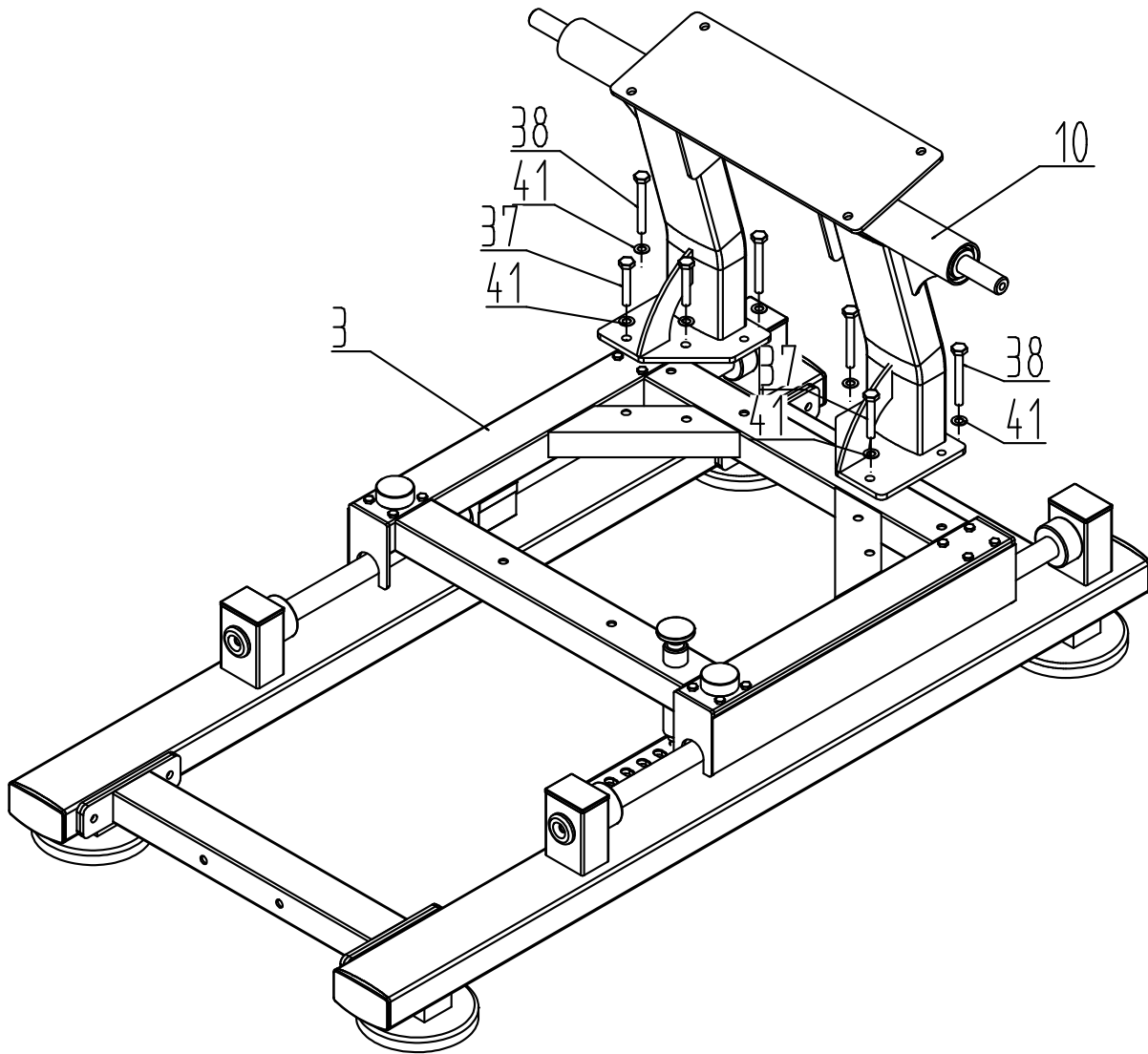
Fix Sliding frame3 to 4 Linear bearings on Left underframe1 and Right underframe2 with M8*60 Hex bolt43 and $\Phi 8$ washer44.



100% 

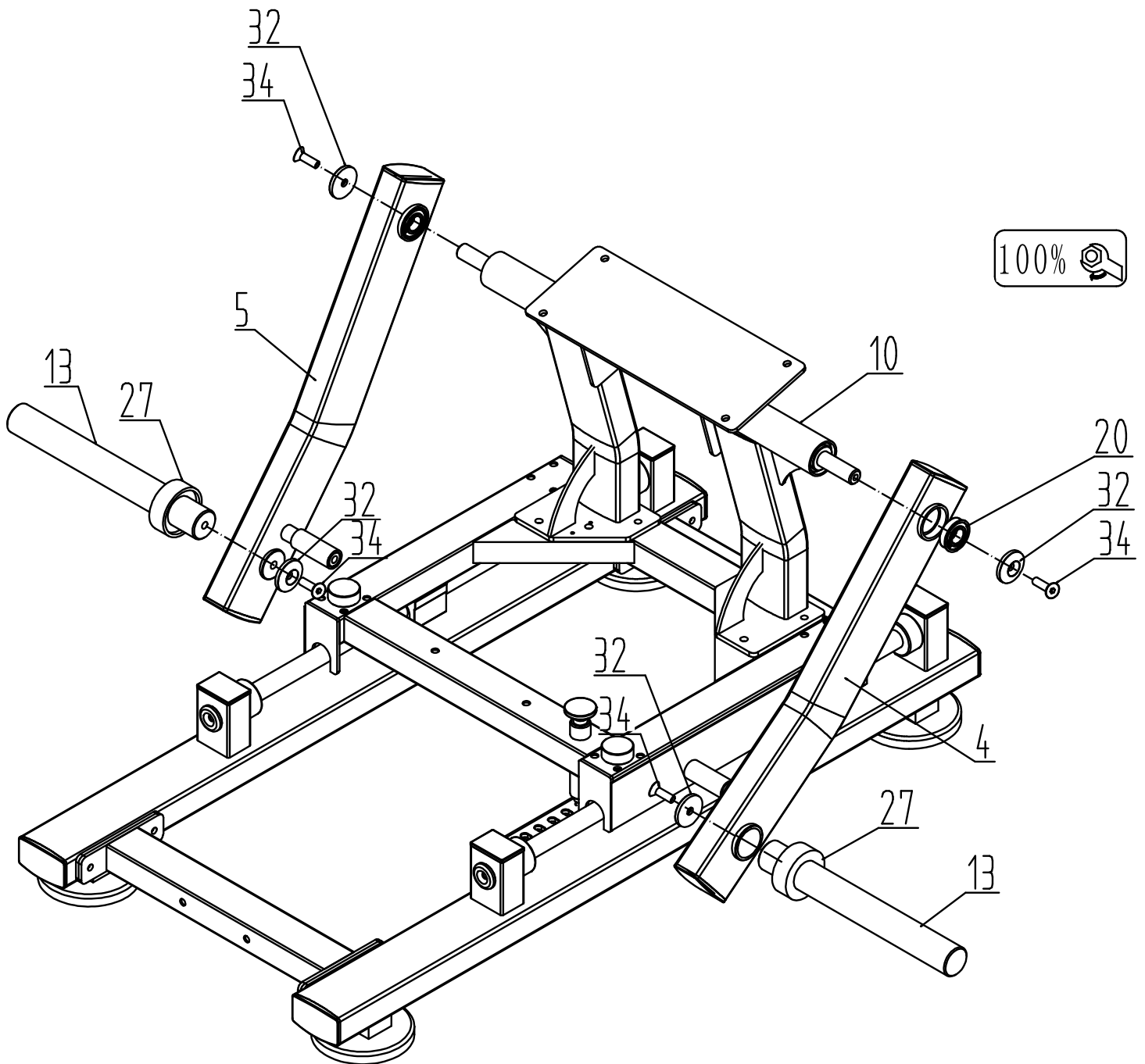
Step3:

Fix Upright frame10 to Sliding frame3 with M10*65 Hex bolt37, M10*75 Hex bolt38 and Φ 10 washer41 and M10 Nylon Nut 42



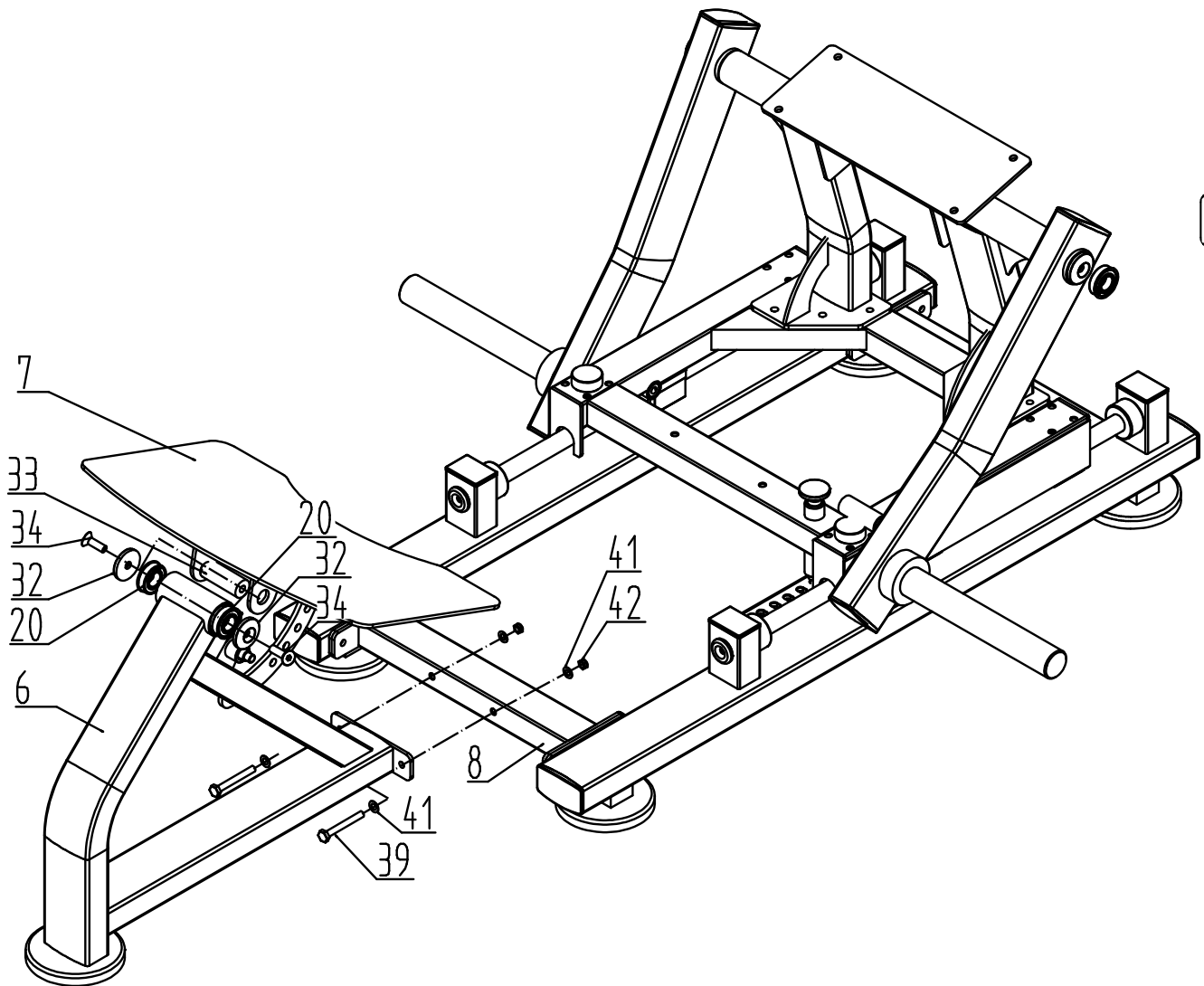
Step4:

1. Fix Left swing arm4 and Right swing arm5 to Upright frame10 with 6205 Deep groove ball bearing20, Φ 54 Aluminum end cap32 and M10*30 Hex bolt34.
2. Insert Cushion 3(27) and Plate Bar13 to Left swing arm4 and Right swing arm5.



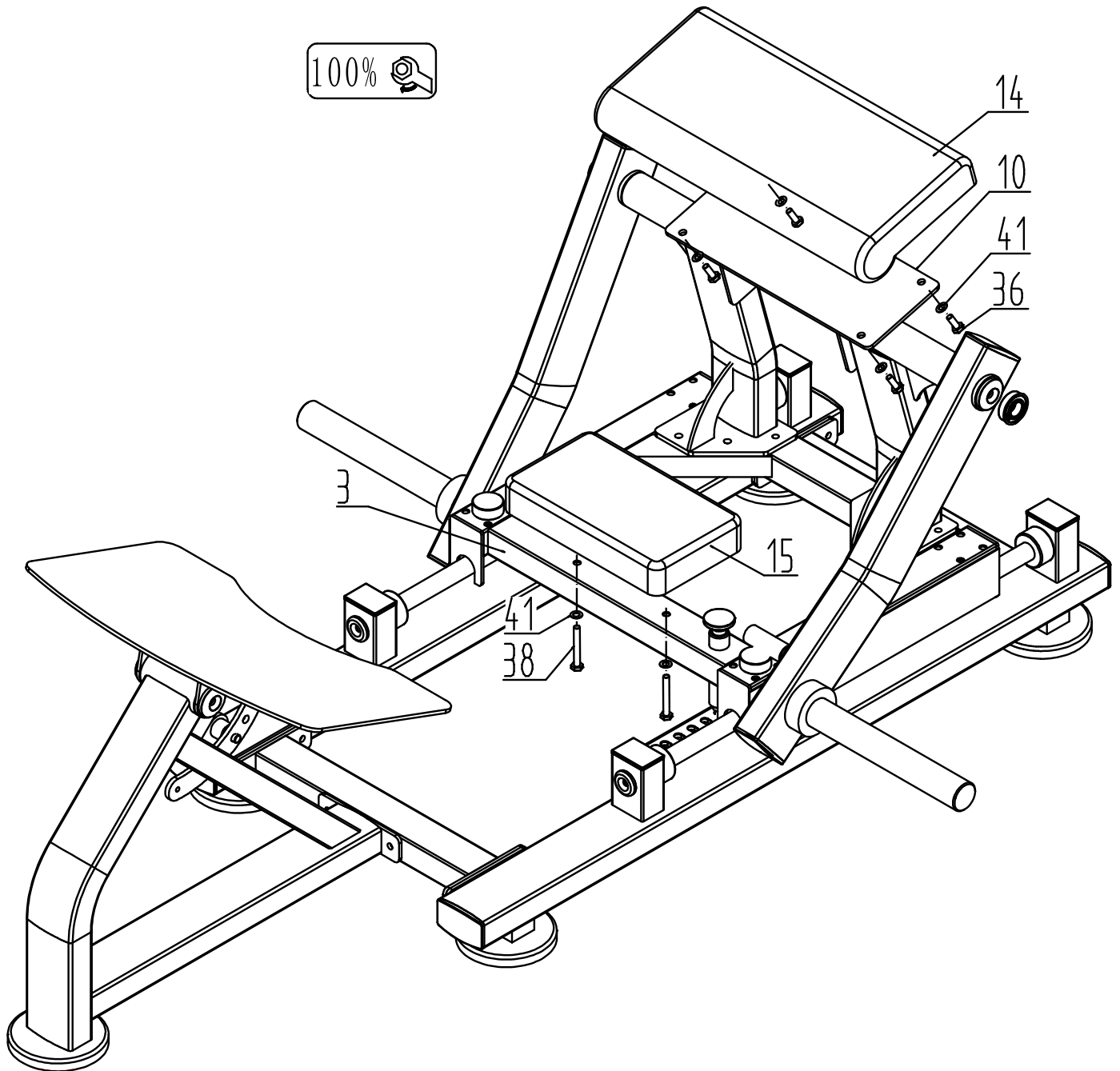
Step5:

1. Fix Front frame6 to Front connection8 with M10*90 Hex bolt39, M10 Nylon Nut42 and Φ 10 washer41.
2. Fix Pedal frame7 to Front frame6 with 6205 Deep groove ball bearing20, Φ 54 Aluminum end cap32, Galvanized shaft33 and M10*30 Hex bolt34.



Step6:

1. Fix Shoulder pad14 to upright frame10 with Φ 10 Washer41 and M10*25 Hex bolt36.
2. Fix Seat pad15 to Sliding frame3 with Φ 10 Washer41 and M10*70 Hex bolt38.



Step7:

Fix Protection pad16 and Safety belt17 to Left swing arm4 and Right swing arm5 with M12*30 Hex bolt40.

