

ITF8613

HIP THRUST BENCH

OWNER'S MANUAL

25J

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

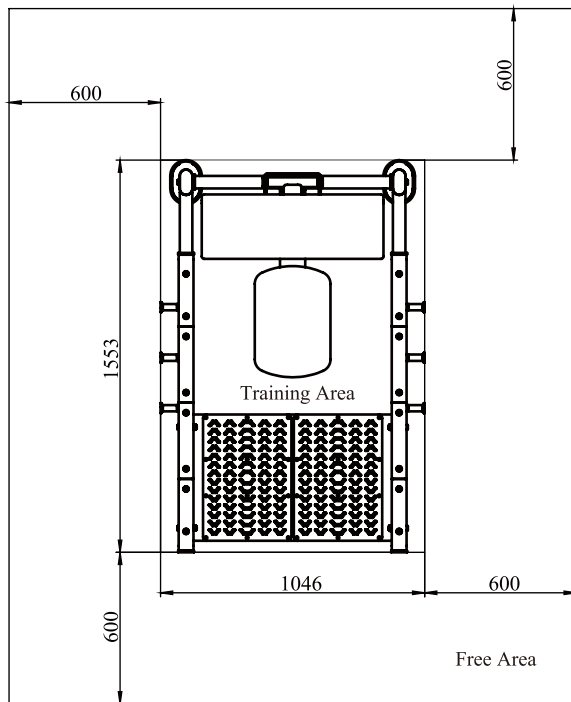
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum User Weight: 150kg/ 330lbs

Maximum Training Load: 250kg/ 550lbs

Product Dimension: 1046*1553*489mm

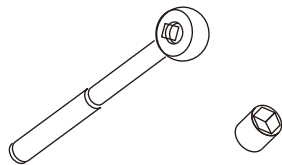
Product Total Surface: 1046*1553mm

Instructions

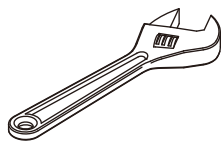
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

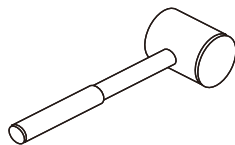
Tools Required



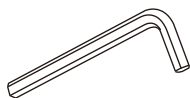
Ratchet Wrench and Socket



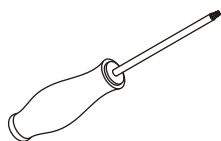
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

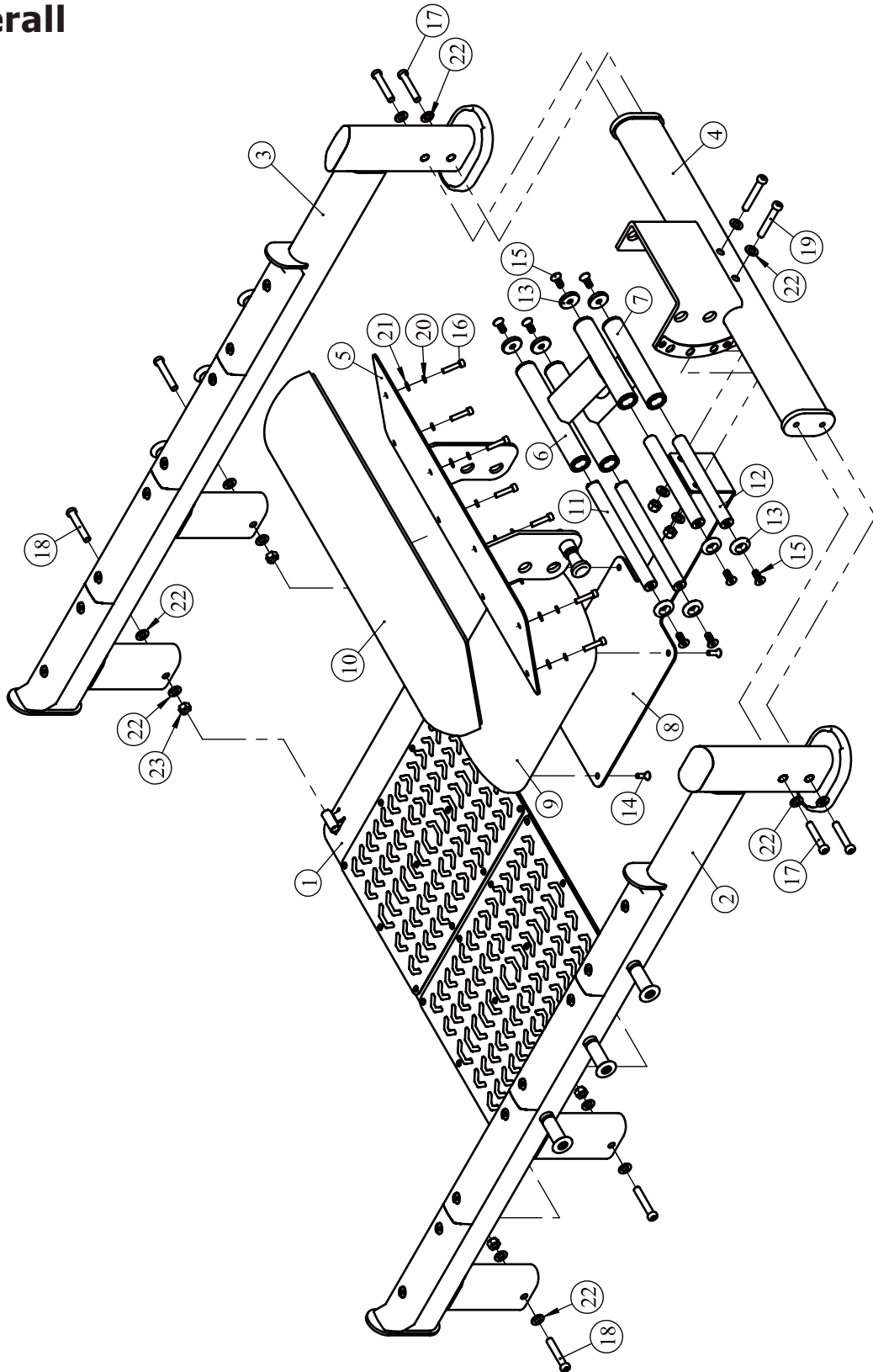
Exploded View and Parts List

Overall

ItemNo.	Part No.	Description	QTY
1	ITF861301ASSY	Ground Frame ASSY	1
2	ITF861302ASSY	Side Stand Frame I ASSY	1
3	ITF861303ASSY	Side Stand Frame II ASSY	1
4	ITF861304ASSY	Rear Connecting Frame ASSY	1
5	ITF861305ASSY	Cushion Frame ASSY	1
6	ITF861306ASSY	Swing Frame I ASSY	1
7	ITF861307ASSY	Swing Frame II ASSY	1
8	ITF86132000	Seat Cushion Board	1
9	BB-SO5100	Seat Cushion	1
10	ABS10190800V1	Curved Back Cushion	1
11	ITF86132100	Shaft Φ 25.4*268	2
12	IT90101100	Shaft Φ 25.4*222	2
13	IN-D21202000	Aluminum Cap Φ 38	8
14	CNLM8*25*25DS20	Flat Head Cap Screw M8*25	4
15	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	8
16	GB70M8*35*35DN20	Socket Head Cap Screw M8*35	8
17	GB70BTM12*65DN18NL	Socket Head Cap Screw M12*65	4
18	GB70BTM12*70DN18	Socket Head Cap Screw M12*70	4
19	GB70BTM12*75DN18	Socket Head Cap Screw M12*75	2
20	GB938N19	Spring Washer Φ 8	8
21	GB958DN2	Flat Washer Φ 9* Φ 16*1.6	8
22	GB9512DN2	Flat Washer Φ 13* Φ 24*2.5	16
23	NM12DN2	Nylon Lock Nut M12	6
24	NBS5DHS	Hex Key S=5	1
25	NBS6DHS	Hex Key S=6	1
26	NBS8DHS	Hex Key S=8	1

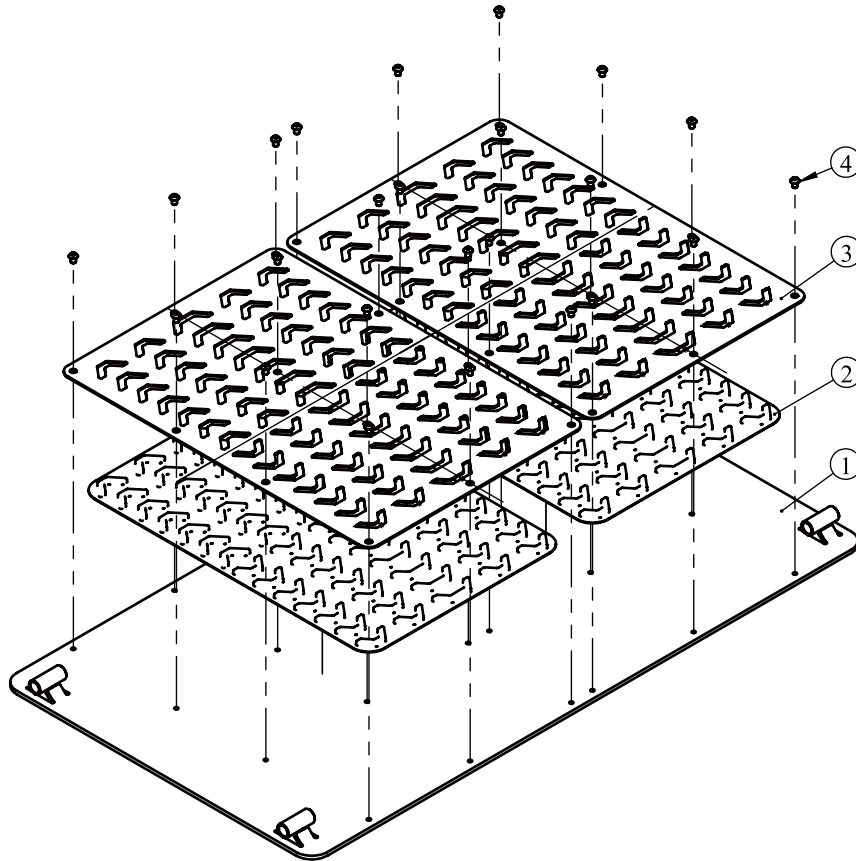
Exploded View and Parts List

Overall



Exploded View and Parts List

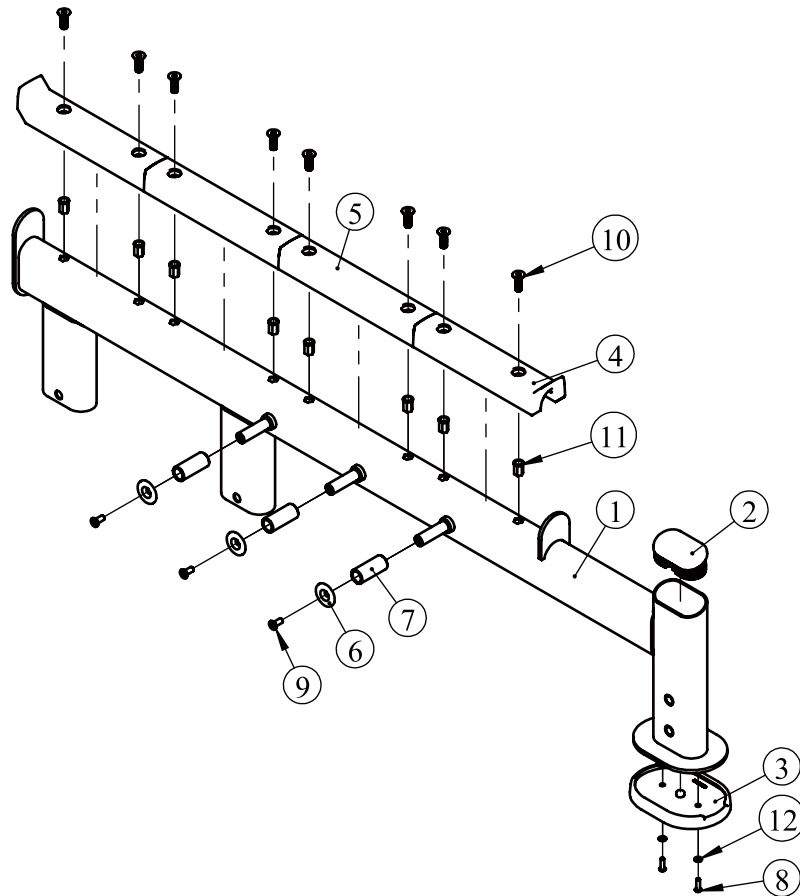
Ground Frame ASSY



GradeNo.	Part No.	Description	QTY
1.1	ITF86130100	Ground Frame	1
1.2	ITF86133100	Rubber Pedal	2
1.3	ITF86132300	Pedal	2
1.4	PNLM6*8DY18NL	Button Head Cap Screw M6*8	24

Exploded View and Parts List

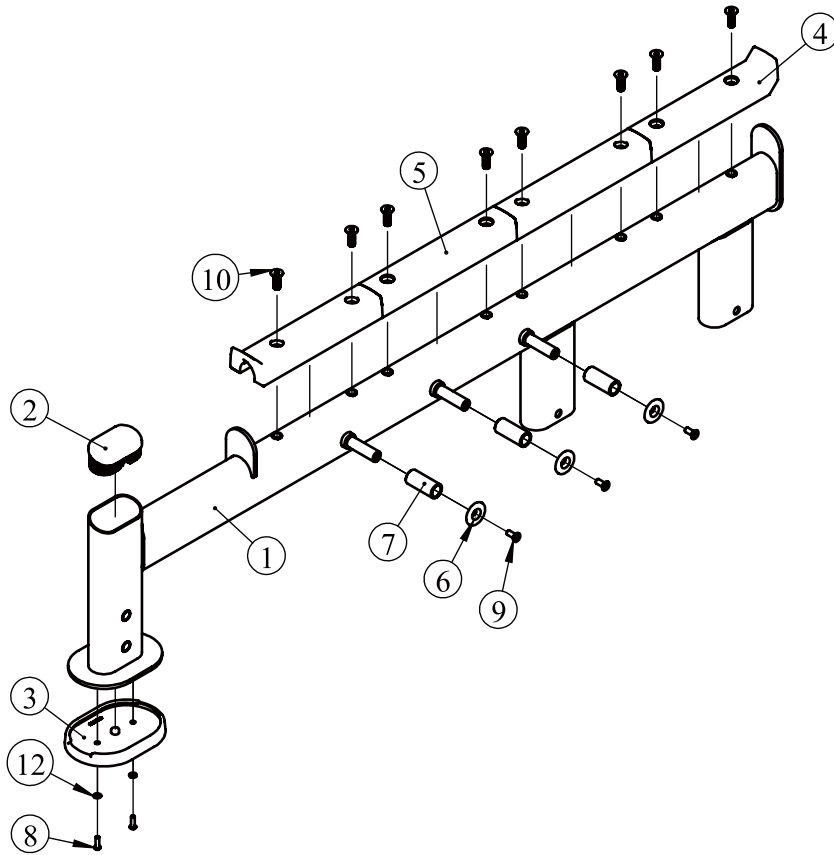
Side Stand Frame I ASSY



GradeNo.	Part No.	Description	QTY
2.1	ITF86130200	Side Stand Frame I	1
2.2	ITF88013100	Slanted pipe plug	1
2.3	ITF88013200	Floor Mat	1
2.4	PL3502900	Short Protective Sheath	2
2.5	PL4002800	Long Protective Sheath	2
2.6	ECP1012400	Aluminum CapΦ40	3
2.7	ECP1013000	Rotating Sleeve	3
2.8	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.10	CNLM10*30DHS18NL	Flat Head Cap Screw M10*30	8
2.11	GB17880.5M10*19.5DS17	Rivet Nuts M10	8
2.12	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2

Exploded View and Parts List

Side Stand Frame II ASSY

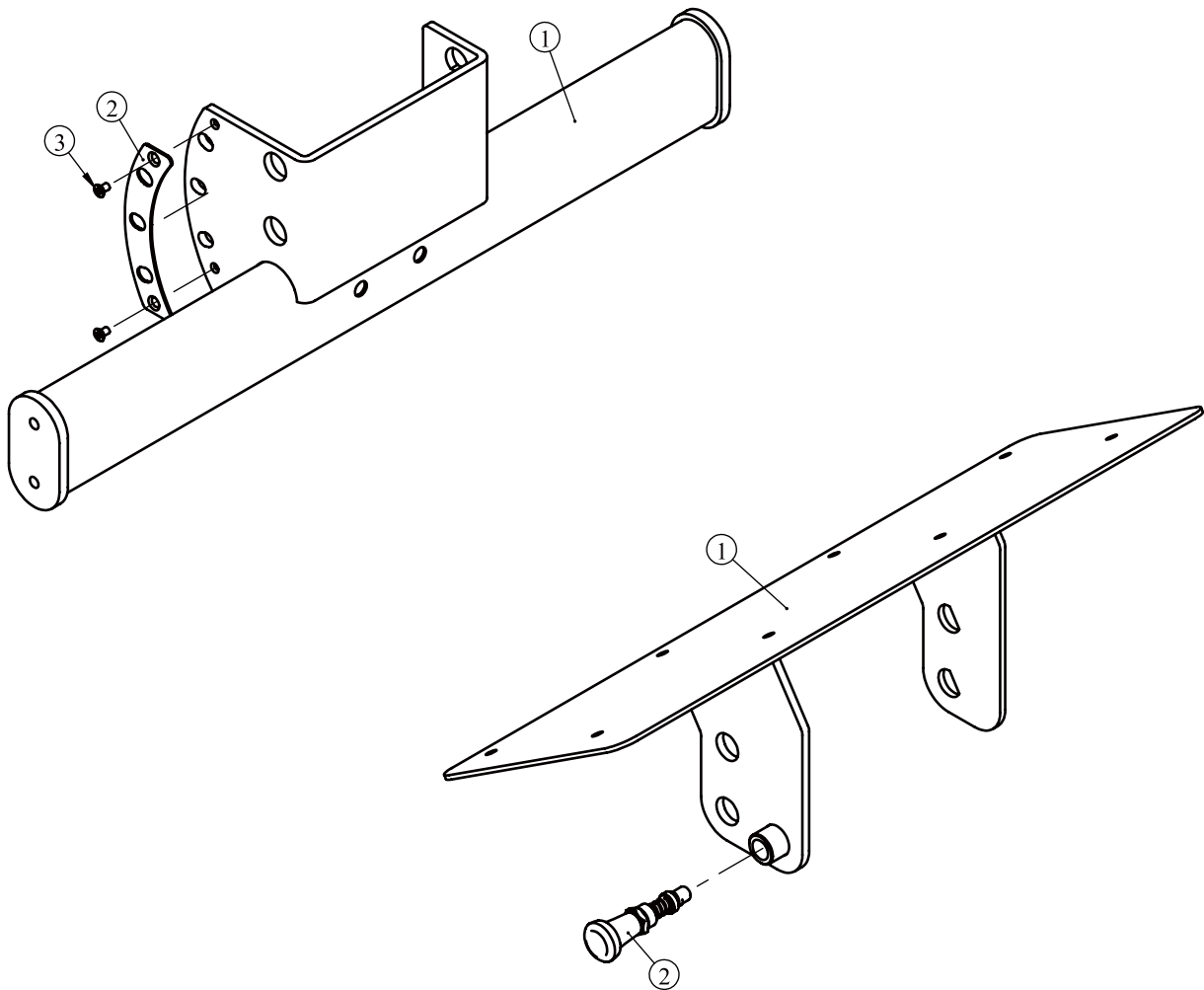


GradeNo.	Part No.	Description	QTY
3.1	ITF86130300	Side Stand Frame II	1
3.2	ITF88013100	Slanted pipe plug	1
3.3	ITF88013200	Floor Mat	1
3.4	PL3502900	Short Protective Sheath	2
3.5	PL4002800	Long Protective Sheath	2
3.6	ECP1012400	Aluminum CapΦ40	3
3.7	ECP1013000	Rotating Sleeve	3
3.8	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
3.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
3.10	CNLM10*30DHS18NL	Flat Head Cap Screw M10*30	8
3.11	GB17880.5M10*19.5DS17	Rivet Nuts M10	8
3.12	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2

Exploded View and Parts List

Rear Connecting Frame ASSY

Cushion Frame ASSY

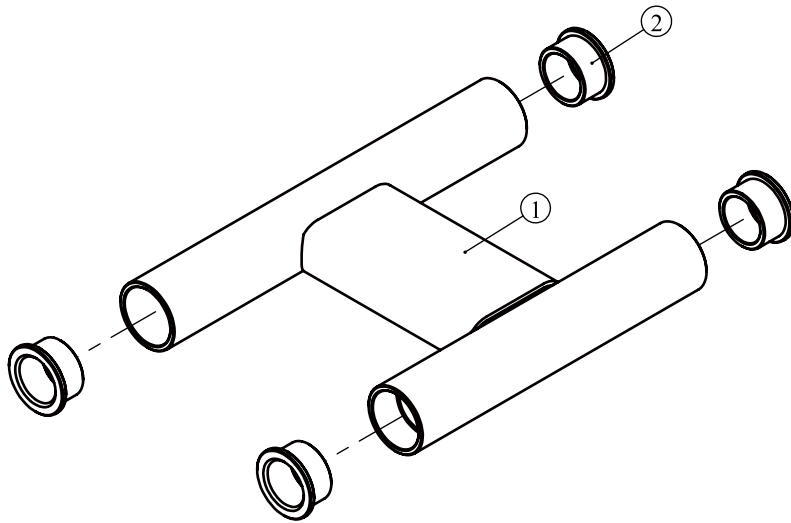


GradeNo.	Part No.	Description	QTY
4.1	ITF86130400	Rear Connecting Frame	1
4.2	ITF86132200	Lining plate	1
4.3	GB819M6*10N19	Flat Head Cap Screw M6*10	2

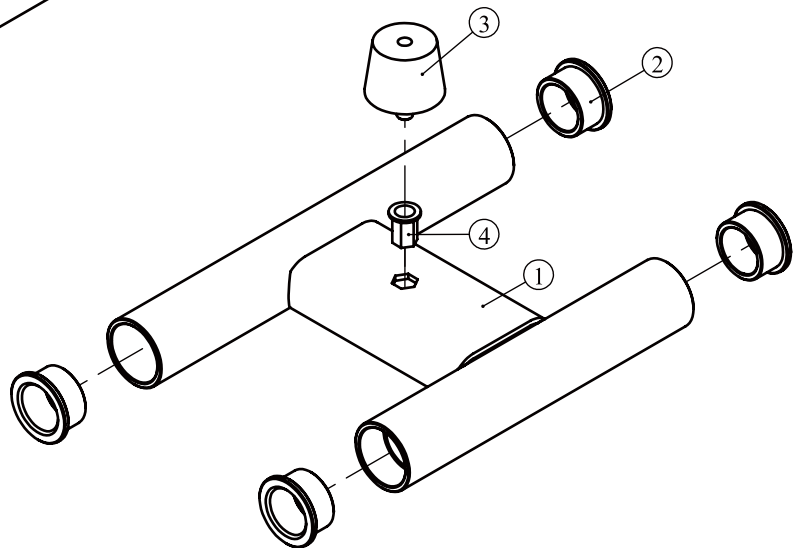
GradeNo.	Part No.	Description	QTY
5.1	ITF86130500	Cushion Frame	1
5.2	ITF861310ASSY	Plug Pin ASSY	1

Exploded View and Parts List

Swing Frame I ASSY



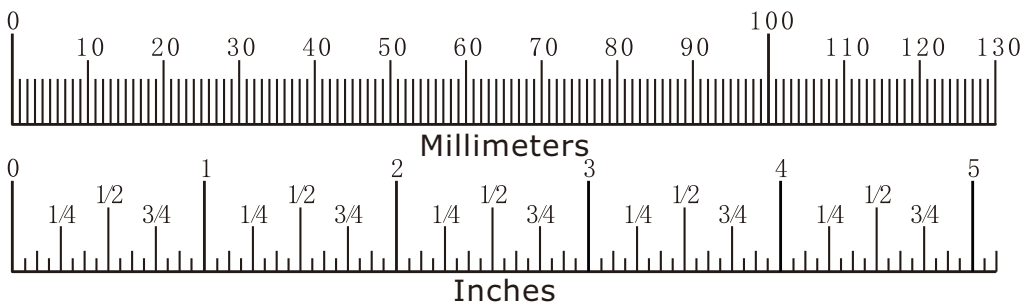
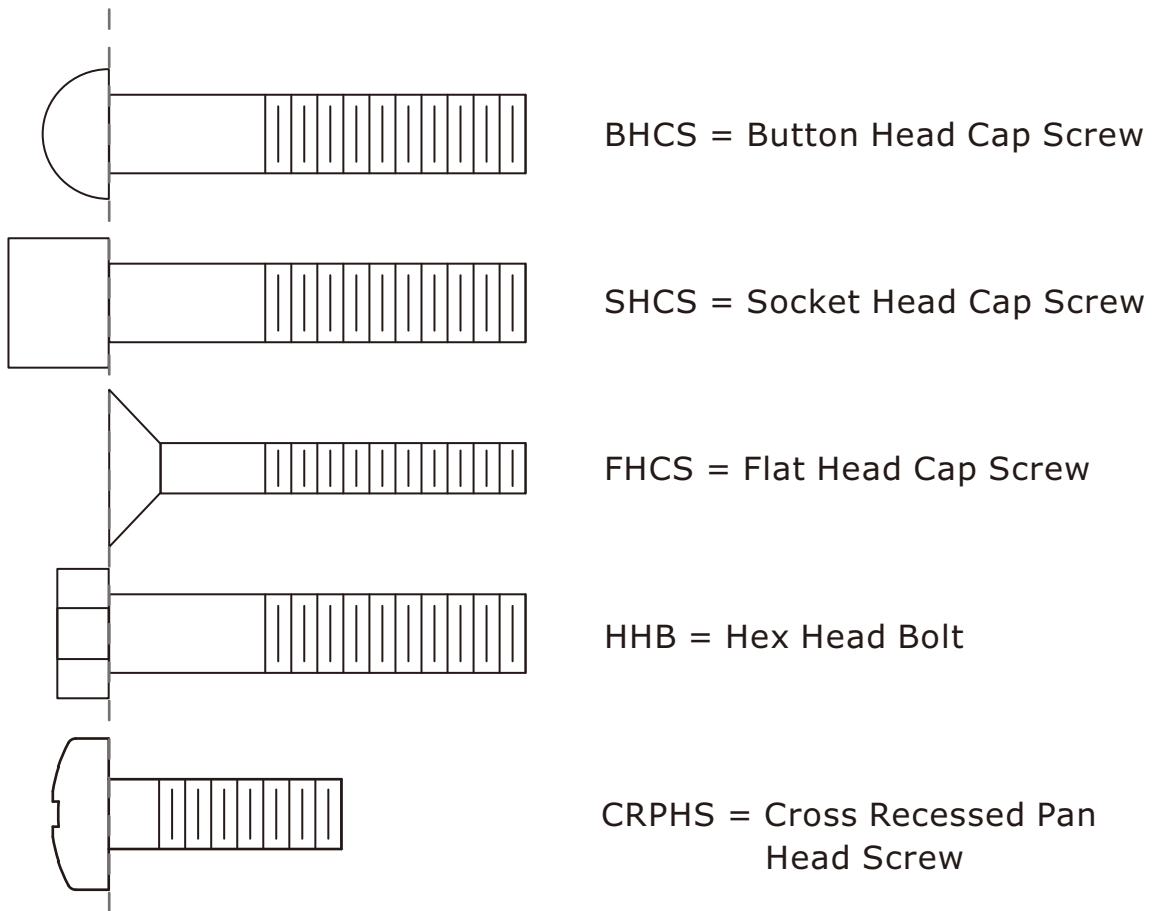
Swing Frame II ASSY



GradeNo.	Part No.	Description	QTY
6.1	ITF86130600	Swing Frame I	1
6.2	M02502000	Copper Bushing	4

GradeNo.	Part No.	Description	QTY
7.1	ITF86130700	Swing Frame II	1
7.2	M02502000	Copper Bushing	4
7.3	AC3170B5200V1	Safety Bumper	1
7.4	GB17880.5M8*16.5DCS17	Rivet Nuts M8	1

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

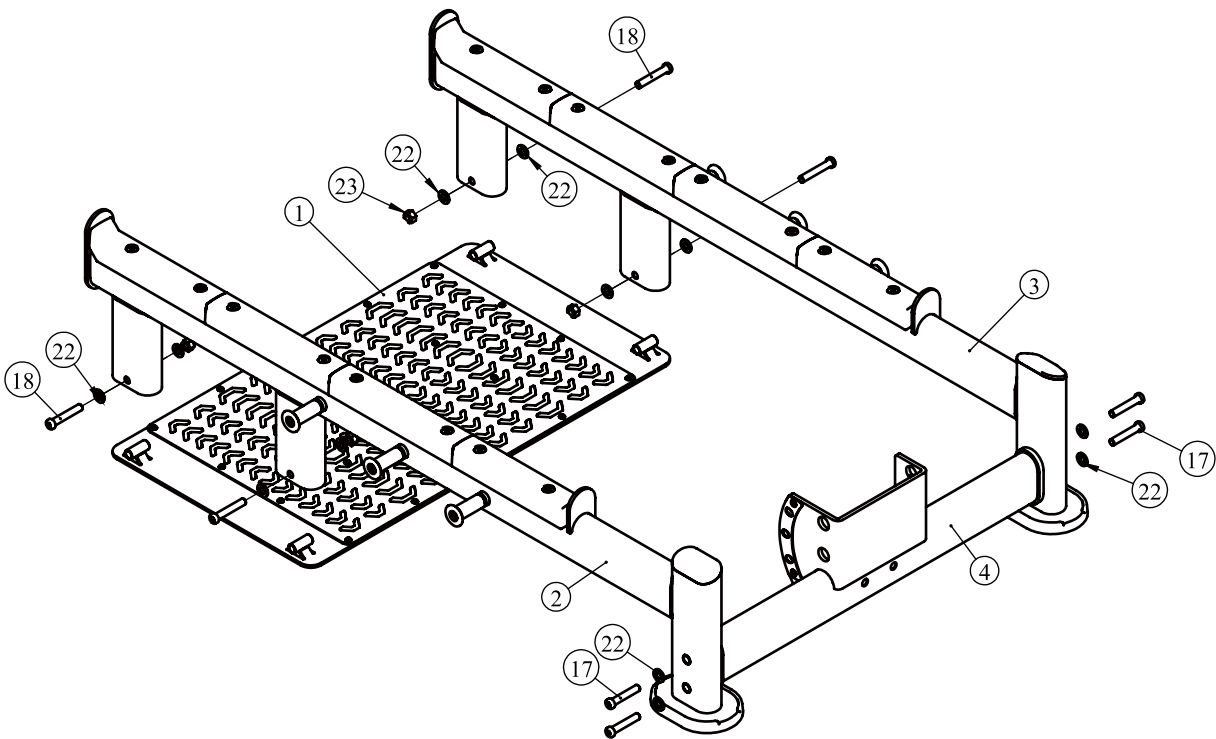
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Side Stand Frame I ASSY (#2) and the Side Stand Frame II ASSY (#3) to the Ground Frame ASSY (#1), using:
 - four M12*70 SHCS (#18)
 - eight $\Phi 13*\Phi 24*2.5$ Flat Washer (#22)
 - four M12 Nylon Lock Nut (#23)
2. Attach the Rear Connecting Frame ASSY (#4) to the Side Stand Frame I ASSY (#2) and the Side Stand Frame II ASSY (#3), using:
 - four M12*65 SHCS (#17)
 - four $\Phi 13*\Phi 24*2.5$ Flat Washer (#22)

Note: Wrench Tighten Bolts.

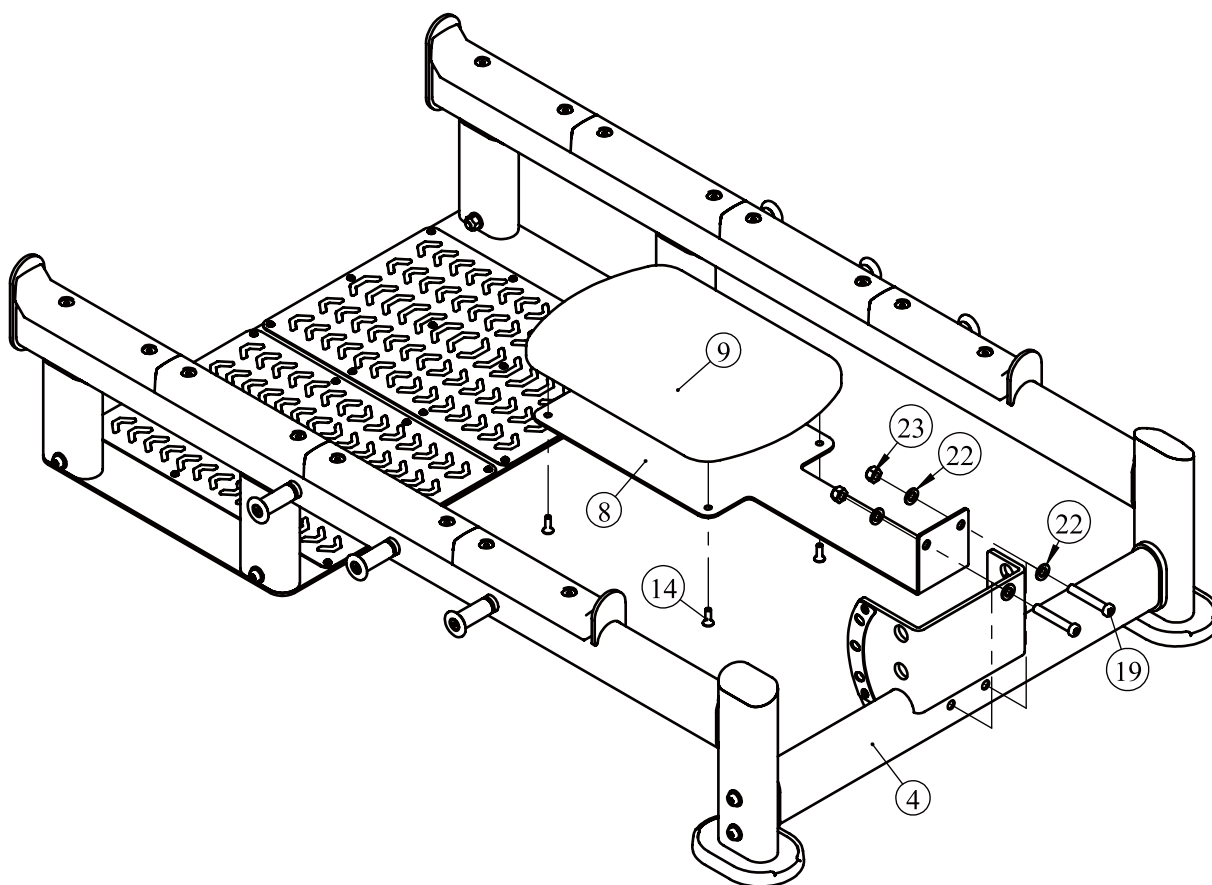


Assembly

STEP 2

1. Attach the Seat Cushion (#9) to the Seat Cushion Board (#8), using:
four M8*25 FHCS (#14)
2. Attach the Seat Cushion Board (#8) to the Rear Connecting Frame ASSY (#4), using:
two M12*75 SHCS (#19)
four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#22)
two M12 Nylon Lock Nut (#23)

Note: Wrench Tighten Bolts.



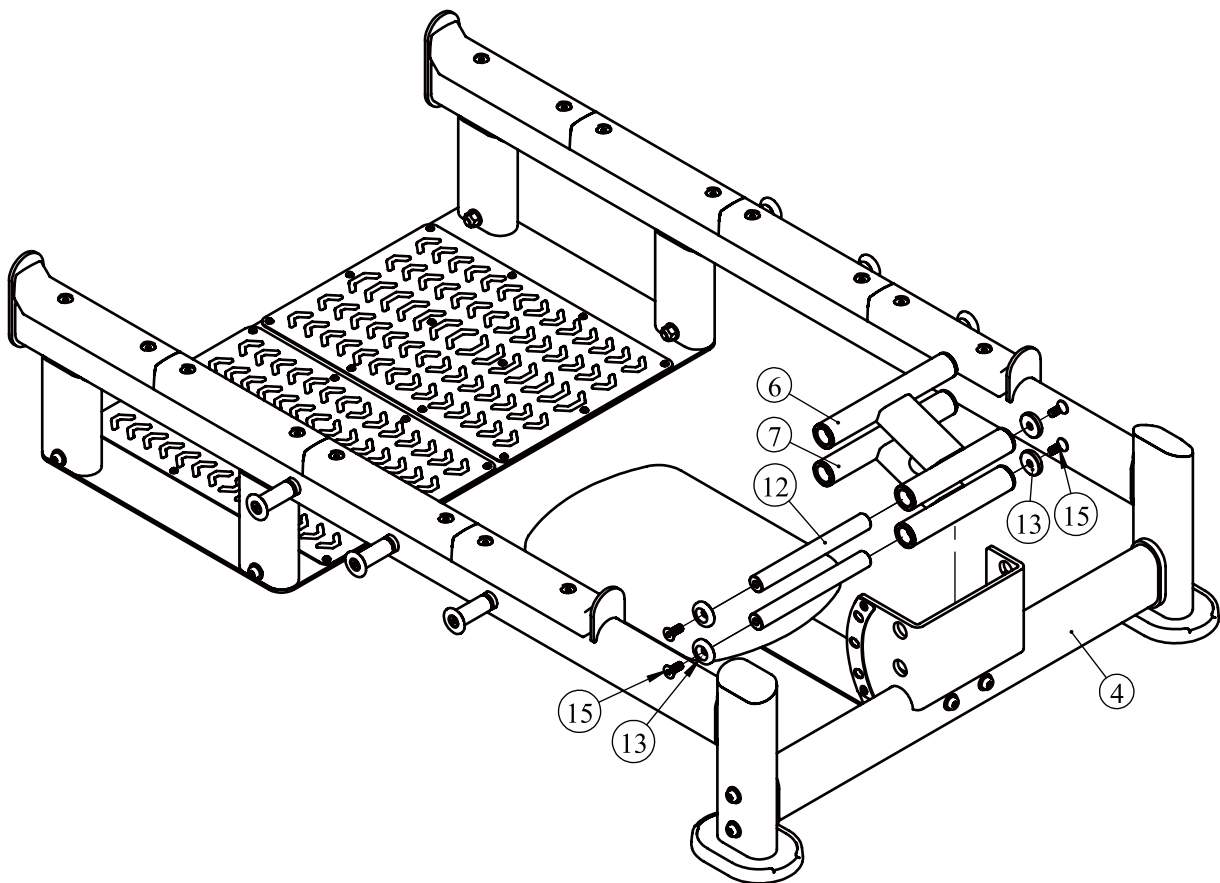
Assembly

STEP 3

Attach the Swing Frame I ASSY (#6) and the Swing Frame II ASSY (#7) to Rear Connecting Frame ASSY (#4), using:

- two $\Phi 25.4 \times 222$ Shaft (#12)
- four $\Phi 38$ Aluminum Cap (#13)
- four M10*25 FHCS (#15)

Note: The Safety Bumper of #7 is facing upwards. Wrench Tighten Bolts.



Assembly

STEP 4

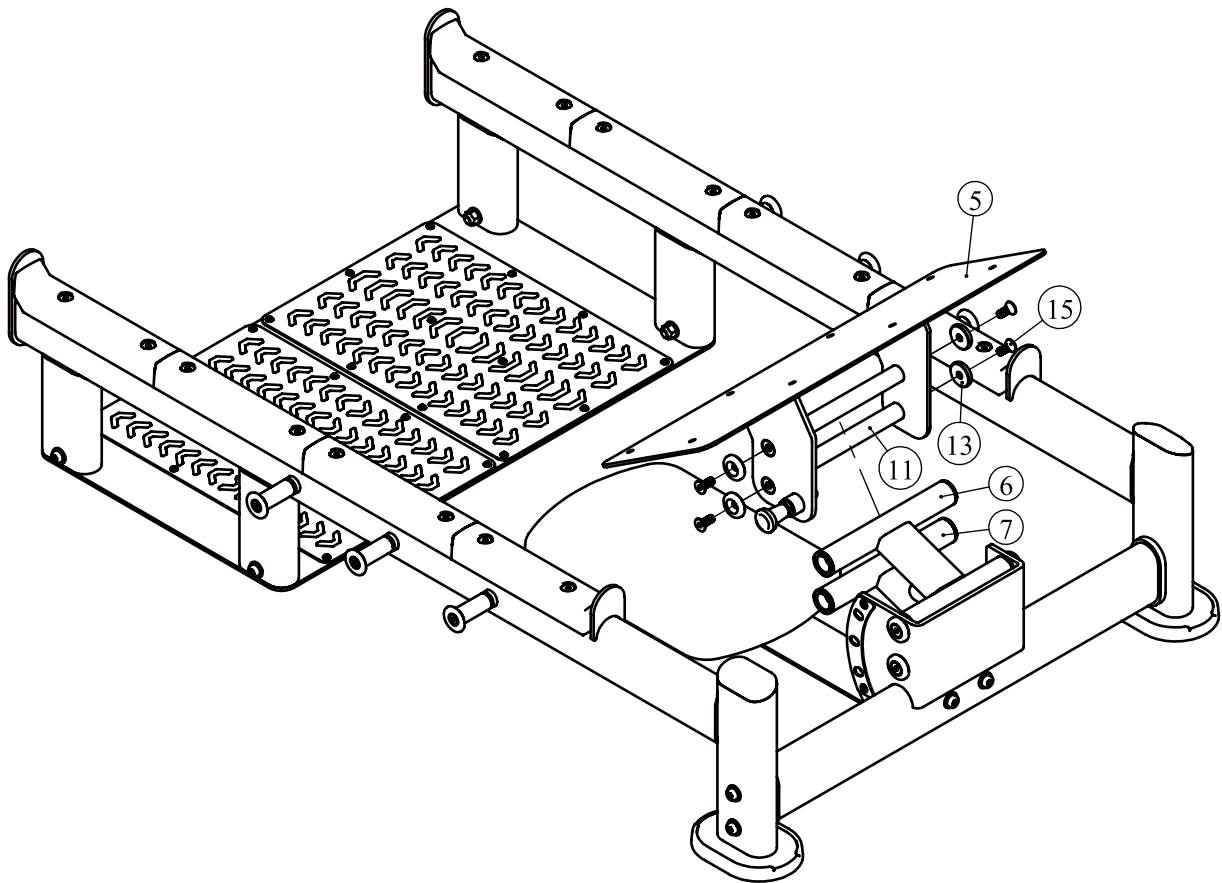
Attach the Cushion Frame ASSY (#5) to the Swing Frame I ASSY (#6) and the Swing Frame II ASSY (#7), using:

two $\Phi 25.4 \times 268$ Shaft (#11)

four $\Phi 38$ Aluminum Cap (#13)

four M10*25 FHCS (#15)

Note: Wrench Tighten Bolts.



Assembly

STEP 5

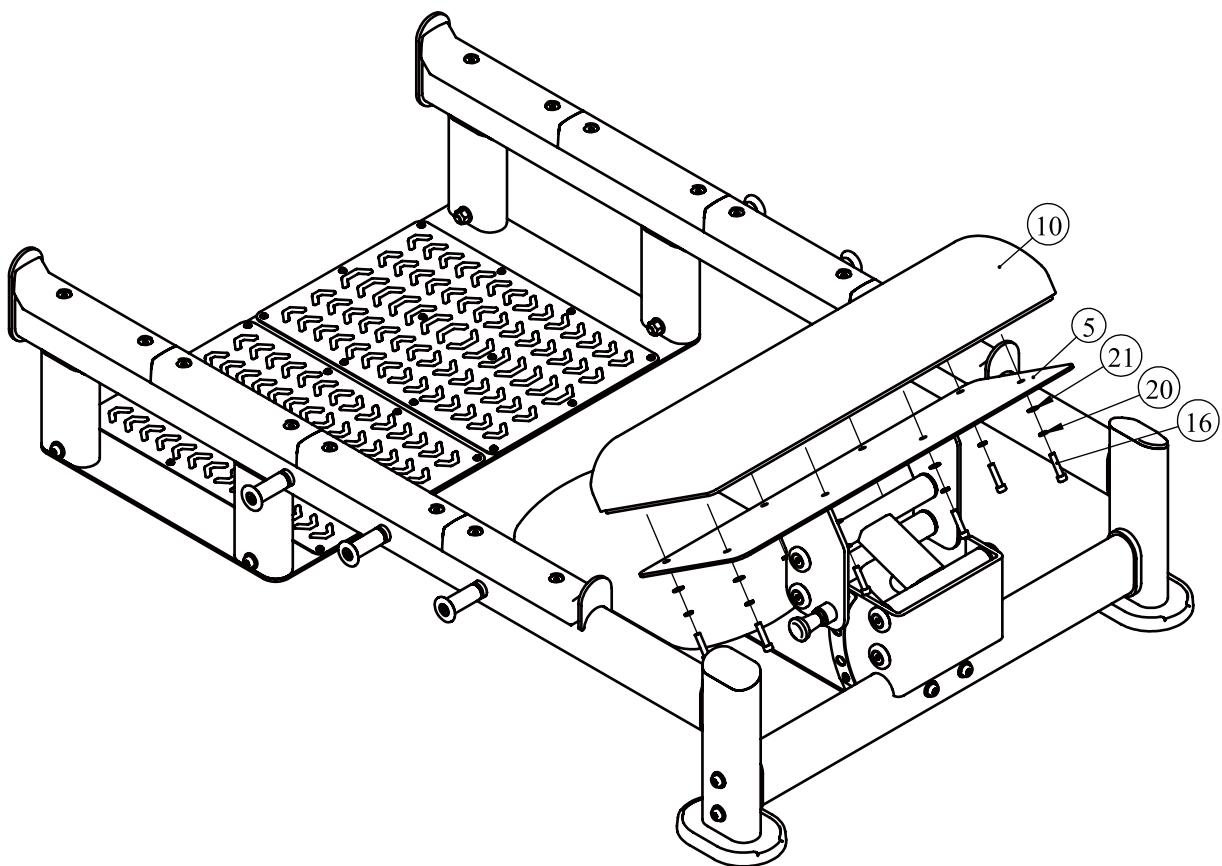
Attach the Curved Back Cushion (#10) to the Cushion Frame ASSY (#5), using:

eight M8*35 SHCS (#16)

eight Φ 8 Spring Washer (#20)

eight Φ 9* Φ 16*1.6 Flat Washer (#21)

Note: Wrench Tighten Bolts.



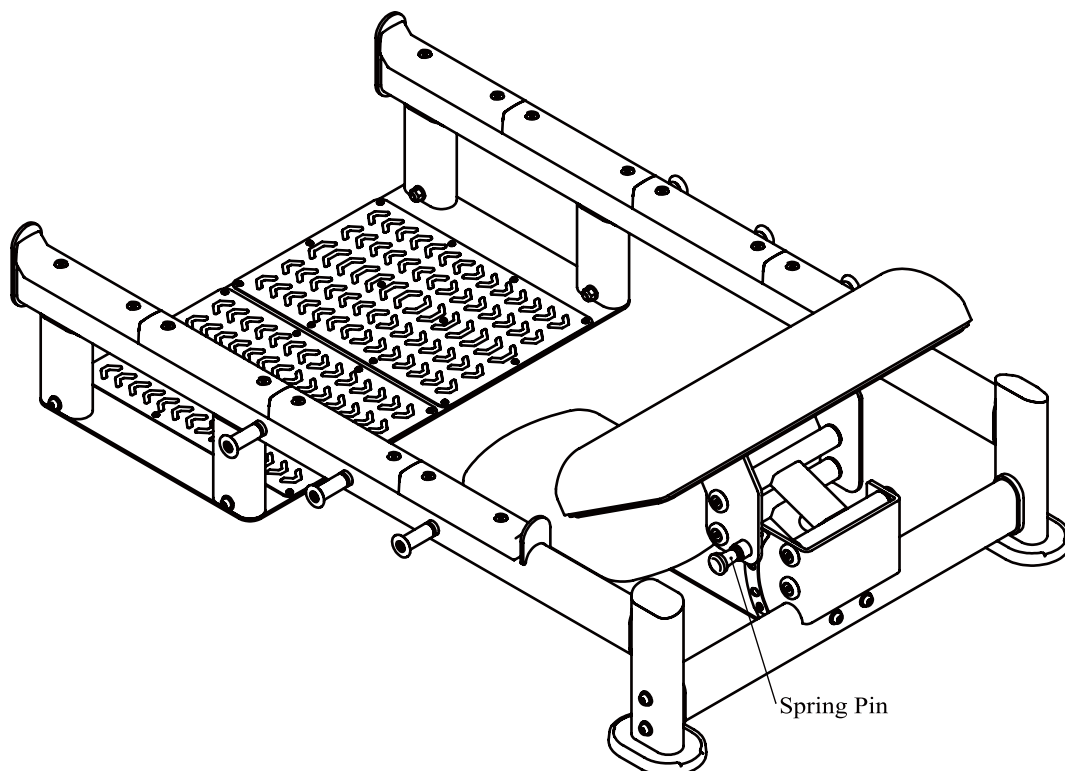
Exercise Instructions

Desired position adjustment

1. Pull the spring pin, adjust the Curved Back Cushion to the desired position and then release the spring pin.
2. Make sure the pin gets into the hole completely.

Exercise Instructions

1. Adjust the spring pin to the desired position.
2. Lean the back against the back cushion and place the feet on the foot pedal.
3. Place the barbell bar above the hip and push the hip upwards by squeezing the hip muscles until the body forms a straight line from the shoulder to the knee.
4. Slowly return to the initial position.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

