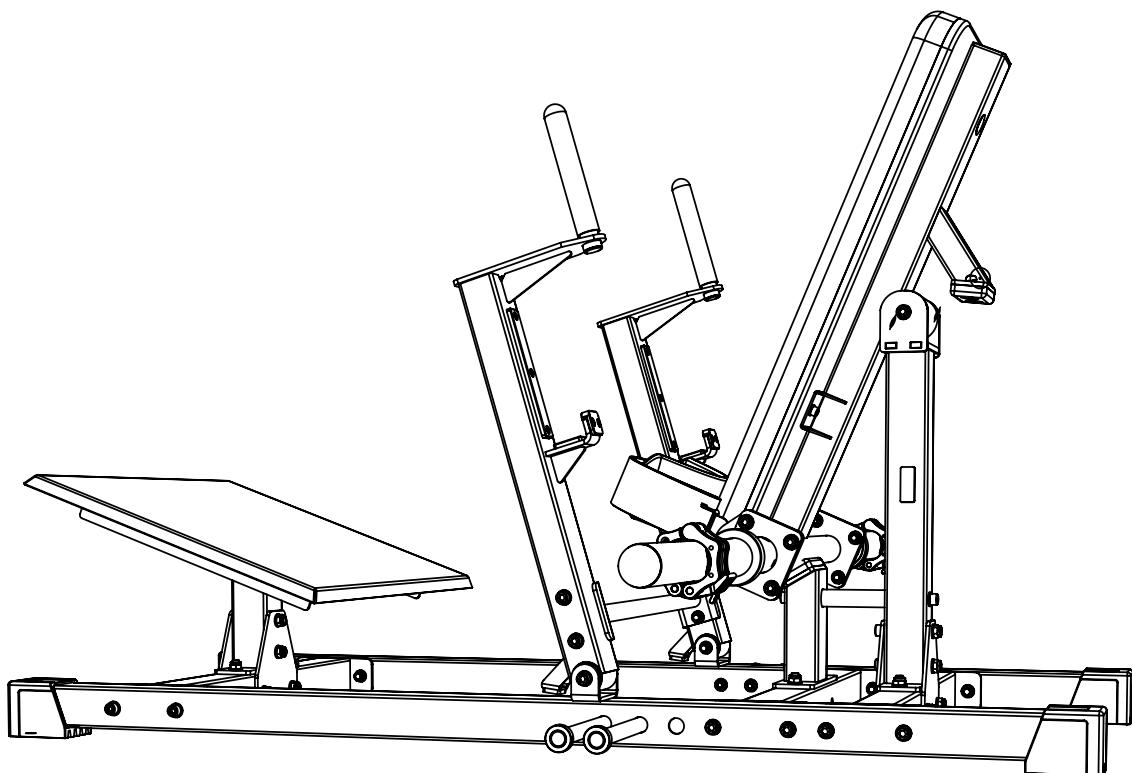




HIP THRUSTER

USER MANUAL



NOTE!

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.

Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.

Failure to follow safety instructions could result in serious injury.

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SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this machine. In order to ensure safe Read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.



WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

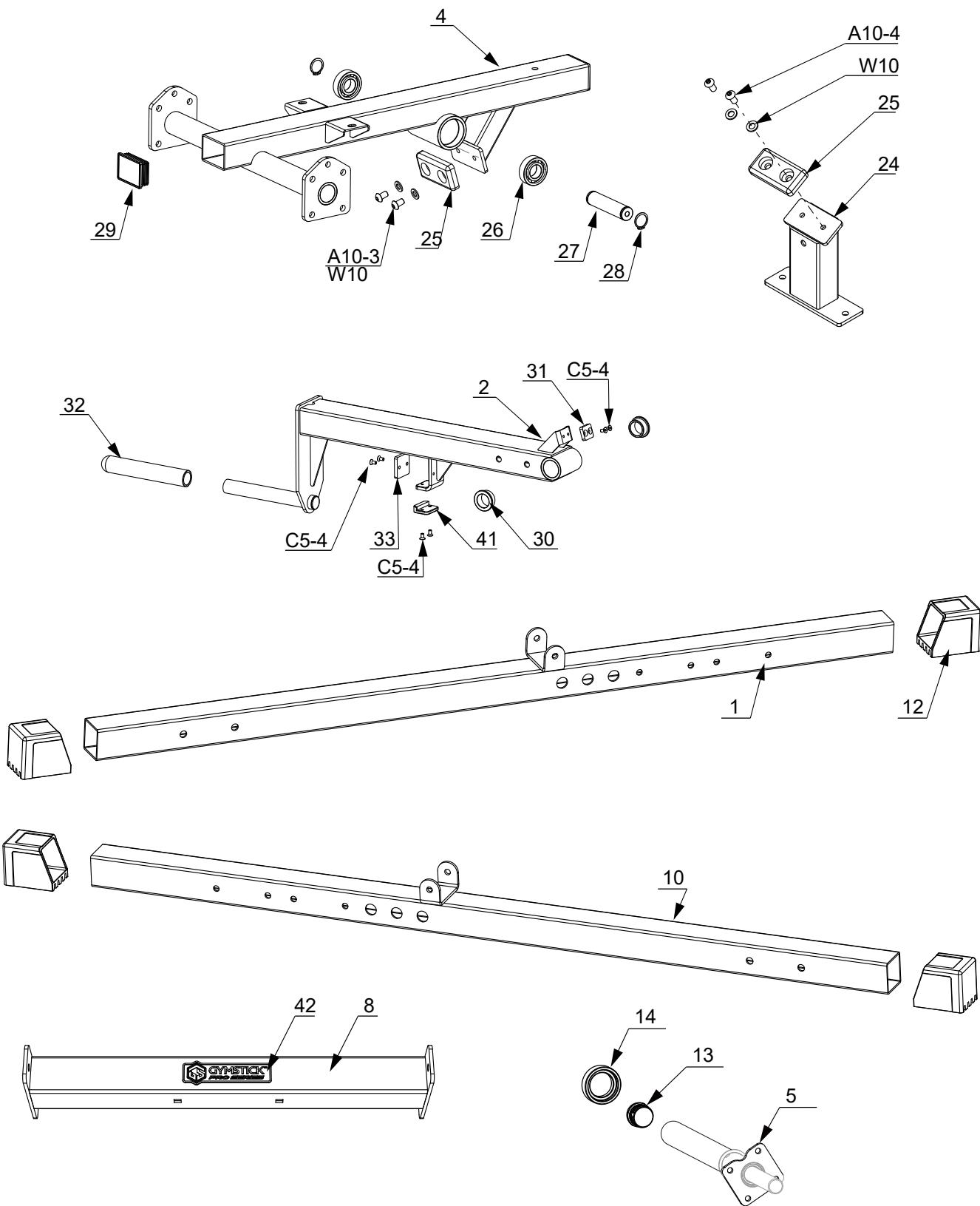
- ▲ This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- ▲ Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 2 meters from the machine. Do not place any sharp objects around the machine.
- ▲ Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- ▲ Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ Assemble the machine exactly as in the description in this instruction manual.
- ▲ Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- ▲ Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the machine.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ This machine can be used for only one person's training at a time.
- ▲ Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- ▲ Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- ▲ Before exercising, always warm-up your body thoroughly by dynamic stretching our a warm-up routine.
- ▲ This machine is intended for commercial and professional use.
- ▲ This machine must be assembled by adults.
- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ Maximum user weight: 150 kg.
- ▲ Maximum weight capacity: 200 kg.

PARTS LIST

PART #	DESCRIPTION	QTY
1	Bottom Lengthwise Tube 1	1
2	Holding Tube Assembly	2
3	Support Tube Assembly	1
4	Swivelling Tube Assembly	1
5	Holding Bar Assembly	2
6	Pedal	1
7	Fixing Plate	4
8	Bottom Lateral Tube	3
9	Backing Plate	3
10	Bottom Lengthwise Tube 2	1
11	Linkage Tube Assembly	1
12	Rubber Foot	4
13	Cap	2
14	Rubber Spacer	2
15	Barbell Clamp	1
16	Shaft 1	1
17	Carriage Bolt	6
18	Backrest Pad	1
20	Belt	1
22	Shoulder Screw 10×16	2
23	Hole Cap	1
24	Support Tube Assembly 2	1
25	Rubber Buffer	2
26	Bearing	2
27	Shaft 2	1
28	Retaining ring	2
29	Square Tube Cap	2
30	Bushing	2
31	Nylon Plate 1	1
32	Hand Grip	2
33	Nylon Plate 2	1
34	Pedal Support Assembly	1
37	Connecting Tube Assy	1
38	Band Rod	4
39	Limit Ring	4
41	Nylon Plate	2
42	Logo Plate	1
W8	Washer 8	5
W10	Washer 10	96
N8	Nut M8	2
N10	Nut M10	44
C5-4	Countersunk Head Screw M5×10	18
S6-2	Socket Set Screw M6×6	8
A10-3	Allen Bolt M10x15	2
A10-4	Allen Bolt M10x20	2

PART #	DESCRIPTION	QTY
SC8-6	Socket Cap Head Screw M8×30	3
SC10-4	Socket Cap Head Screw M10×20	4
SC10-5	Socket Cap Head Screw M10×25	9
SC10-6	Socket Cap Head Screw M10×30	9
SC10-16	Socket Cap Head Screw M10×80	12
SC10-17	Socket Cap Head Screw M10×85	8
SC10-18	Socket Cap Head Screw M10×90	4
SC10-21	Socket Cap Head Screw M10×105	2

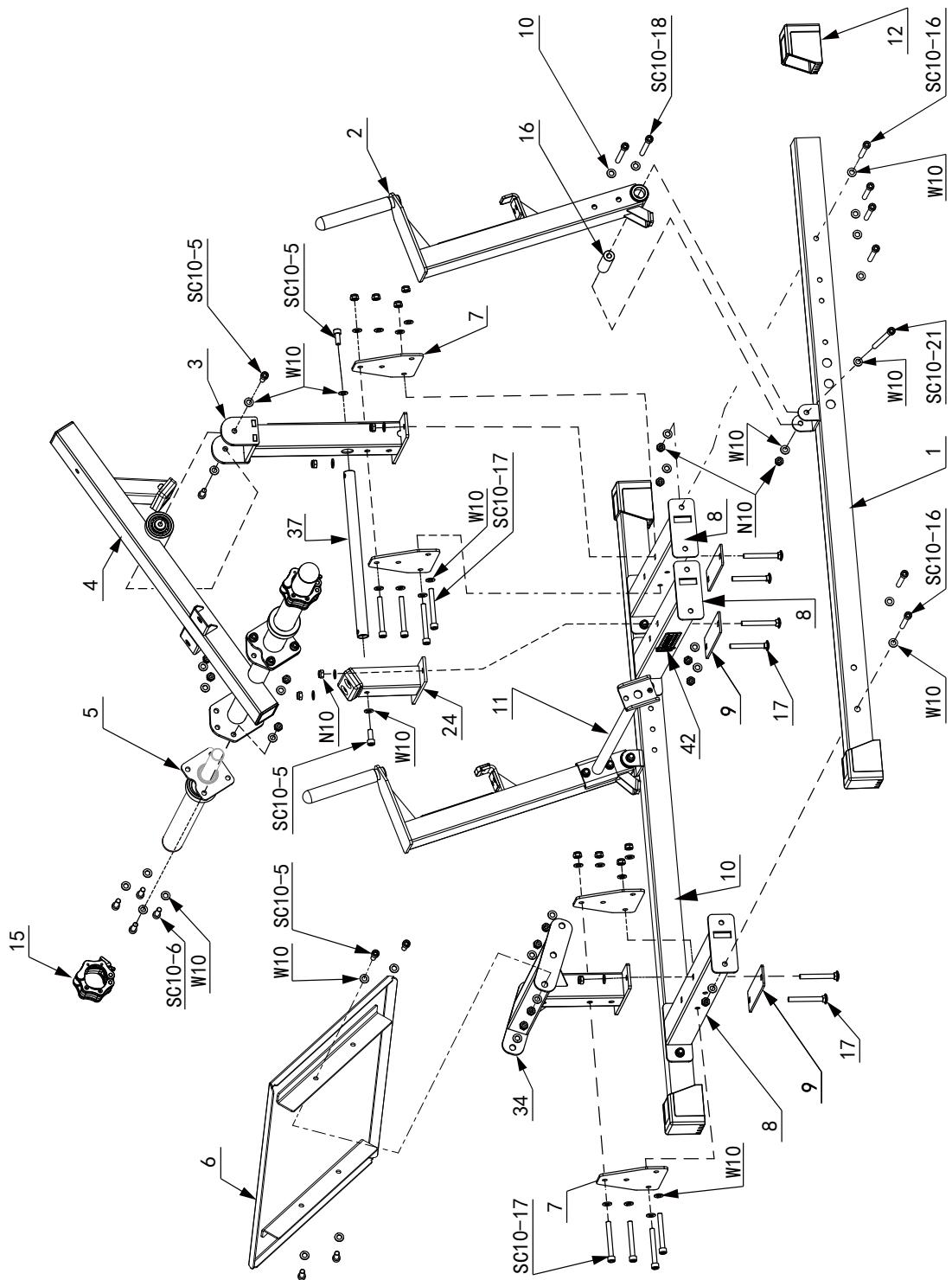
ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS

STEP 1

50%



ASSEMBLY INSTRUCTIONS

INFORMATION

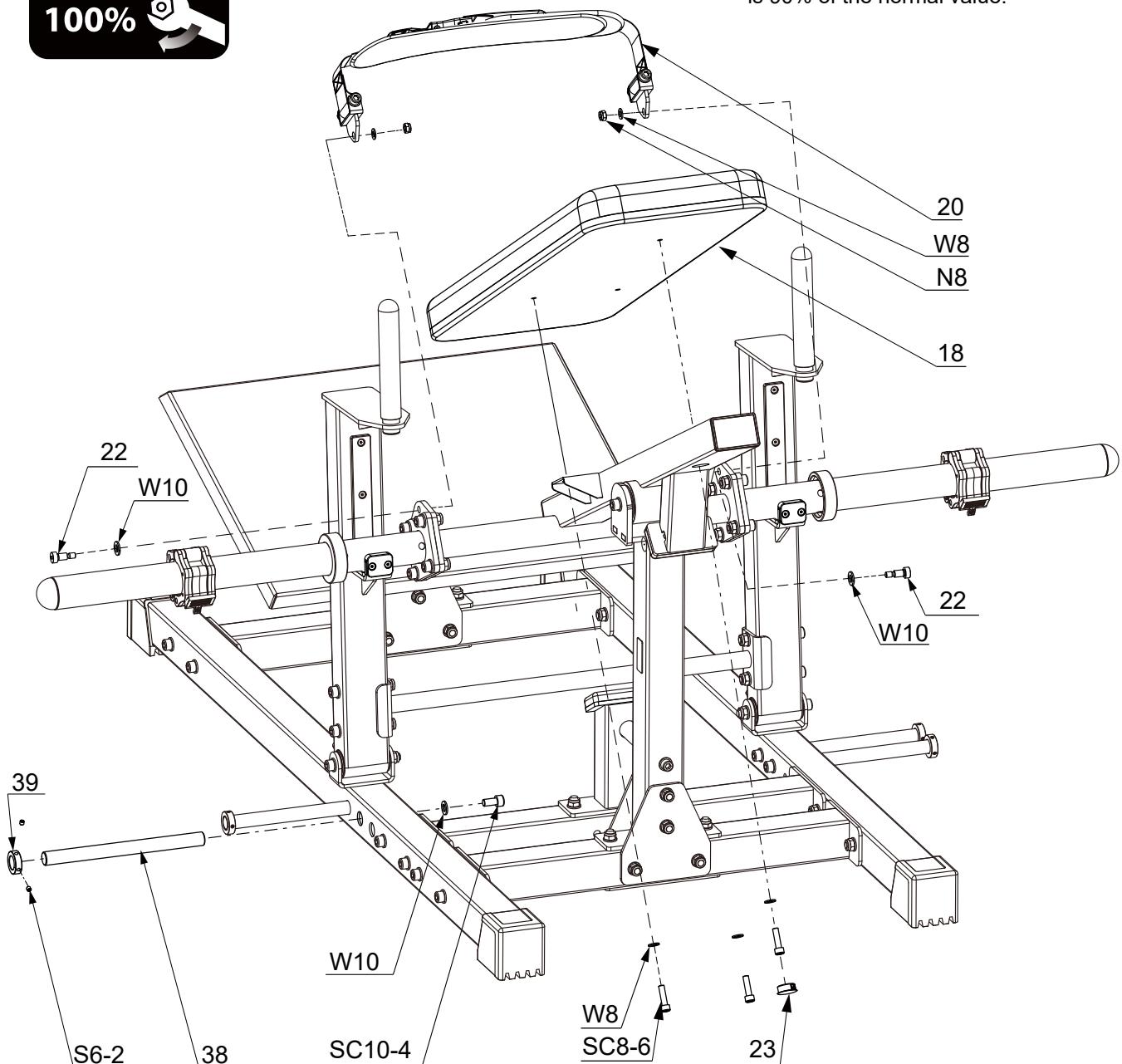
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

100% 

STEP 2

NOTE:

After being Fastened with screws, the part 19# and part 22# should be rotatable. So, the tightening torque is 90% of the normal value.



IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for professional use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not apply to the following parts:

- Wearing parts (e.g. cushions, bearings, cables, pulleys, etc.)

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Use of unauthorised service partners
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions

MANUFACTURED FOR

Gymstick International Oy

Ratavartijankatu 11

15170 Lahti, FINLAND

DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

