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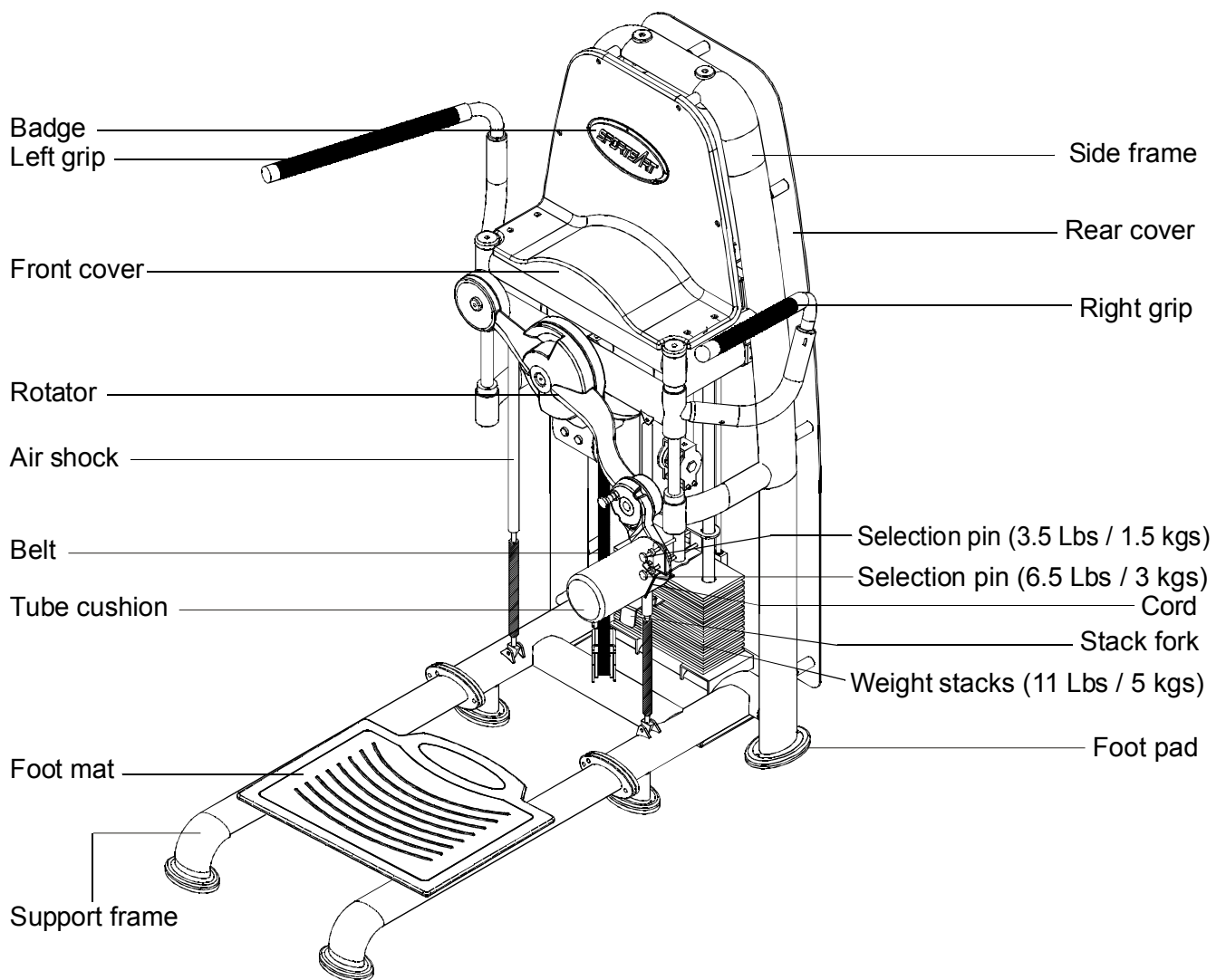
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

TOTAL HIP

A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. Introduction

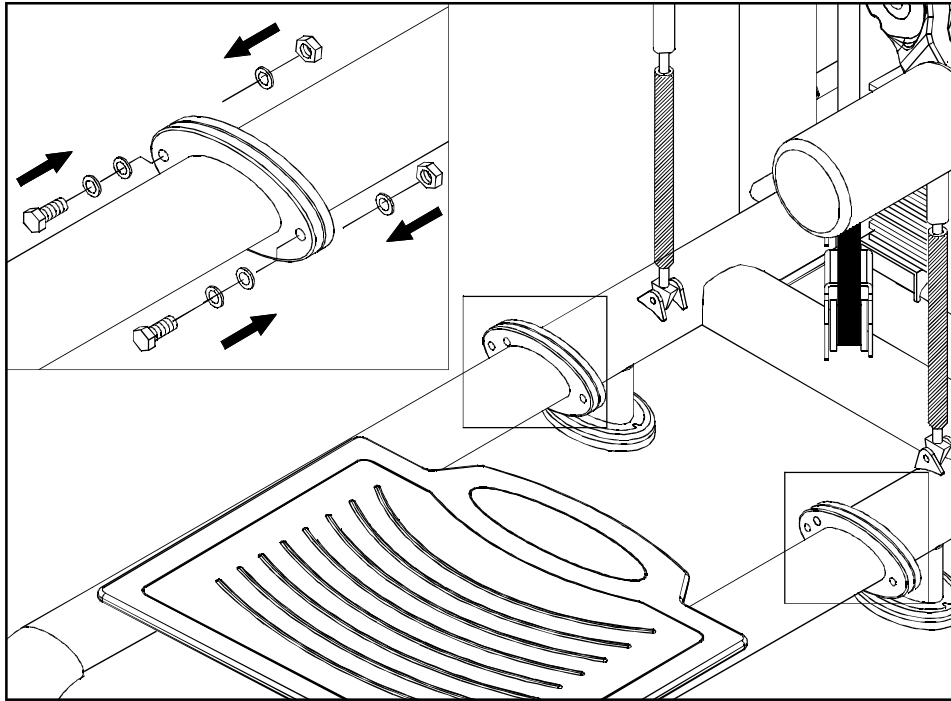


C. List of Parts

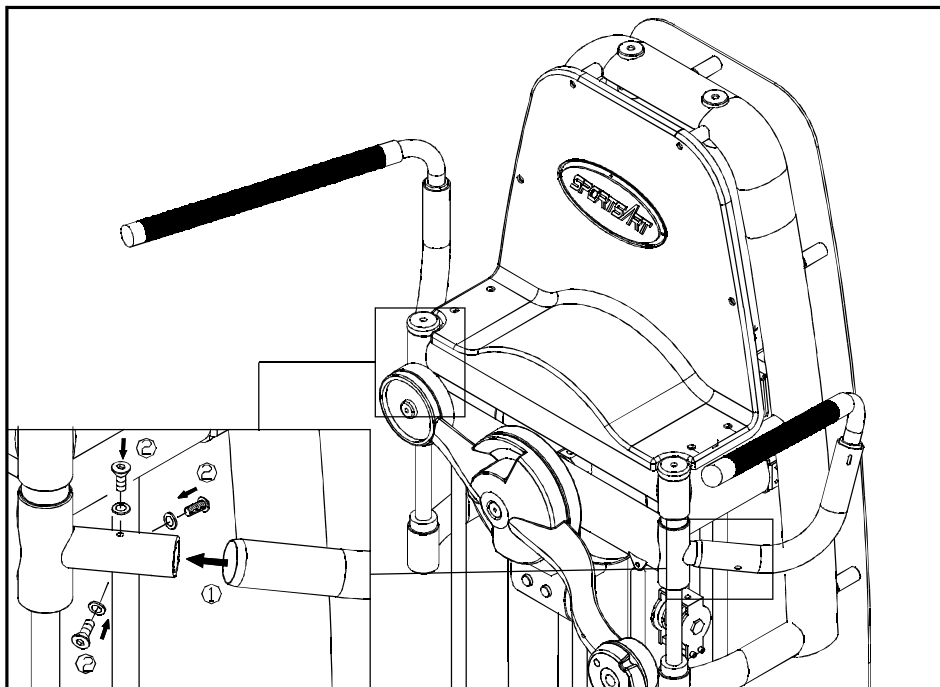
1. One side frame
2. One support frame
3. One tube cushion
4. One left grip
5. One right grip
6. Four hexagon head bolts, M10 x P1.5 x L30, for side frame and support frame
7. Four spring washers, M10, for side frame and support frame
8. Four hexagon nylon nut, M10 x P1.5, for side frame and support frame
9. Eight washers D16 x d10.2 x t1.0, for side frame and support frame
10. Six hexagon socket raised head bolts M8 x L20, for side frame and grips (R & L)
11. Six hexagon D18 x d8.5 x t2, for side frame and grips (R & L)
12. One double-end open wrench, 17mm x 23mm
13. One double-end open wrench, 8mm x 17mm
14. One hex key wrench, M6
15. One hex key wrench, M5
16. User's manual

D. STEP BY STEP INSTRUCTION:

1. It will be much safer, when assembled by at least three persons.
2. While assembling, someone must hold the frame, and then tighten the support frame and side frame by screws. (See Fig.1)



3. While assembling the grip, please fit the grip firstly (see) and then fix it with screws (see).



4. Fit the tube cushion onto the rotator as Fig.3 shown, then fix it with screws.

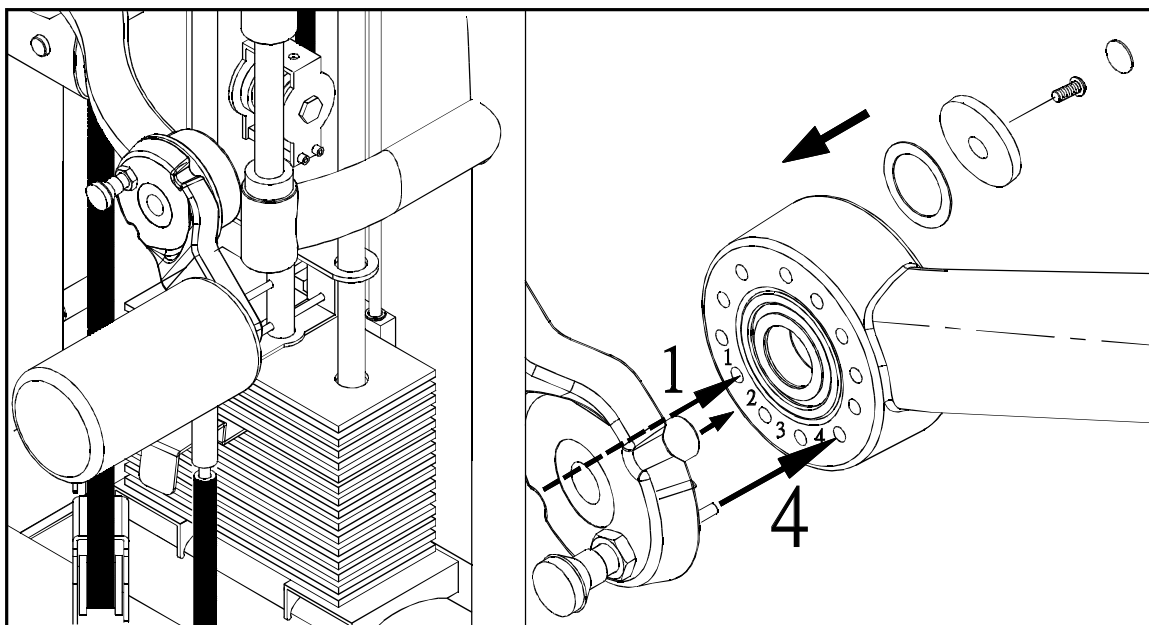


Fig.3

E. HOW TO USE THE MINOR WEIGHT STACK:

1. To adjust the minor weight stack, insert the upper pin to add 3.5Lbs/1.5kgs or the lower pin to add 6.5Lbs/3kgs.
2. Pull the pin to release the weight. (See fig.4)

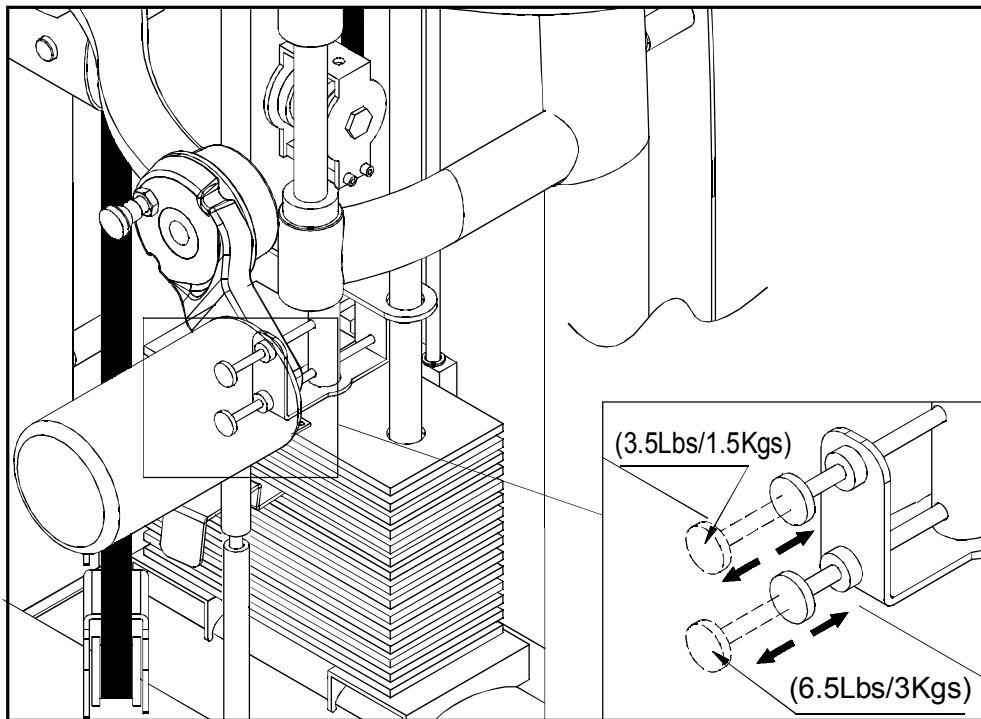


Fig.4

F. BELT ADJUSTMENT:

1. If the belt is too tight or too loose, first loosen nut A as shown then adjust nut B. If the belt length is too long , adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position, then tighten nut A. (The gap between nut A and B must be within 35mm. (See fig.5)

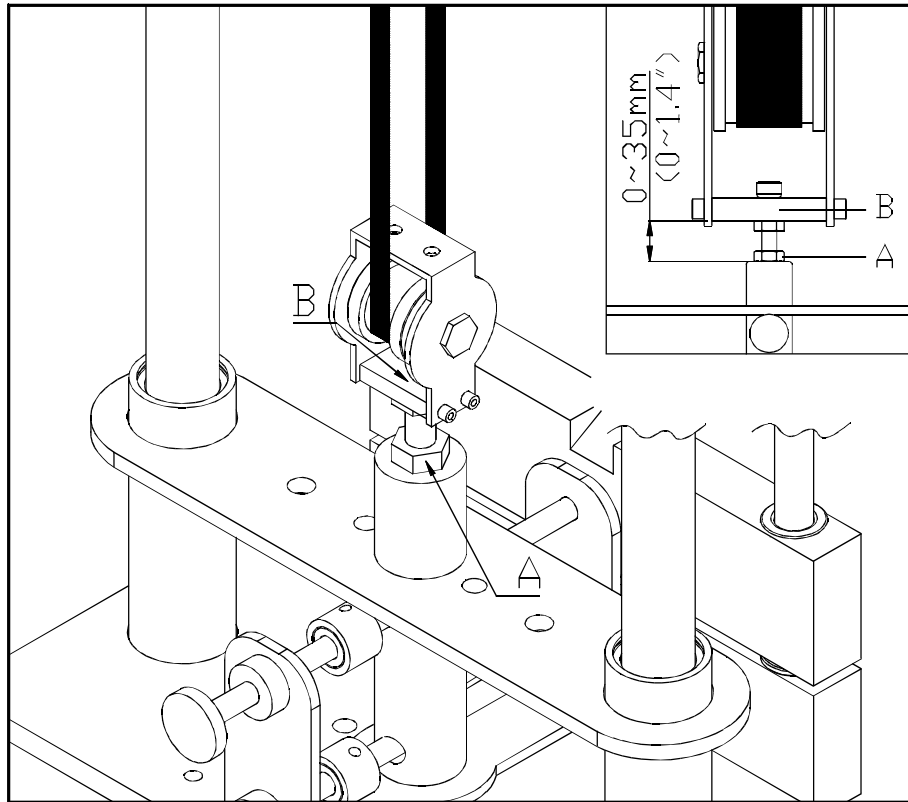


Fig.5

G. STEP BY STEP INSTRUCTION:

1. Set pin for adjusting rotator is for adjusting the rotator to the initiative position which is suitable for the user. (See fig.6)

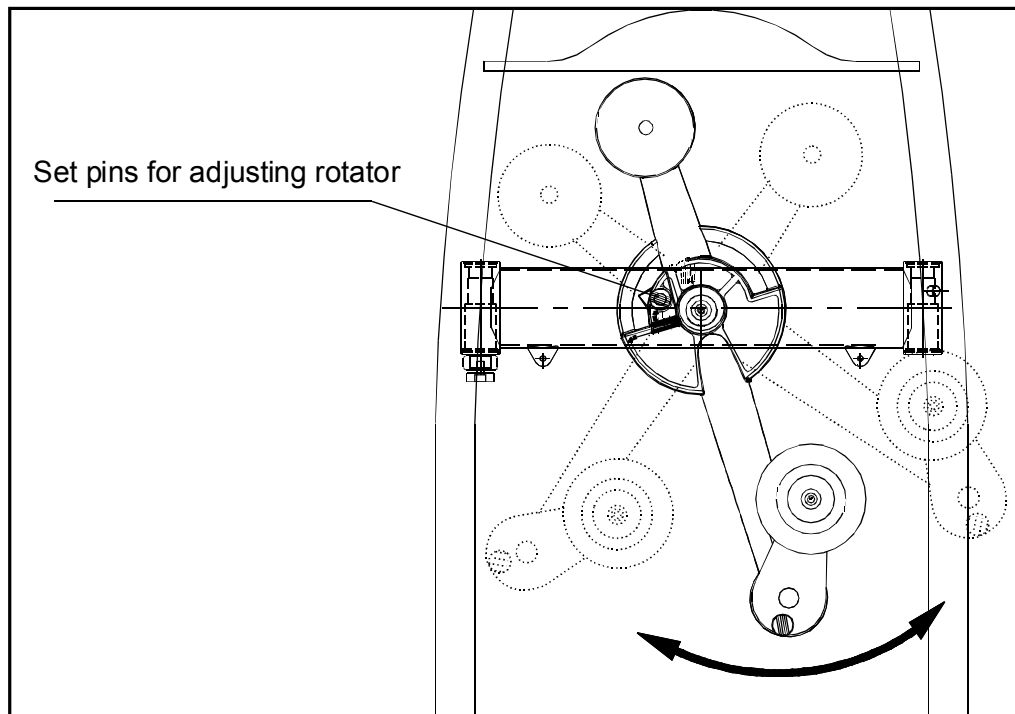


Fig.6

2. The set pin for adjusting the adjusting plate is to tie the user to the appropriate position. (See Fig.7)

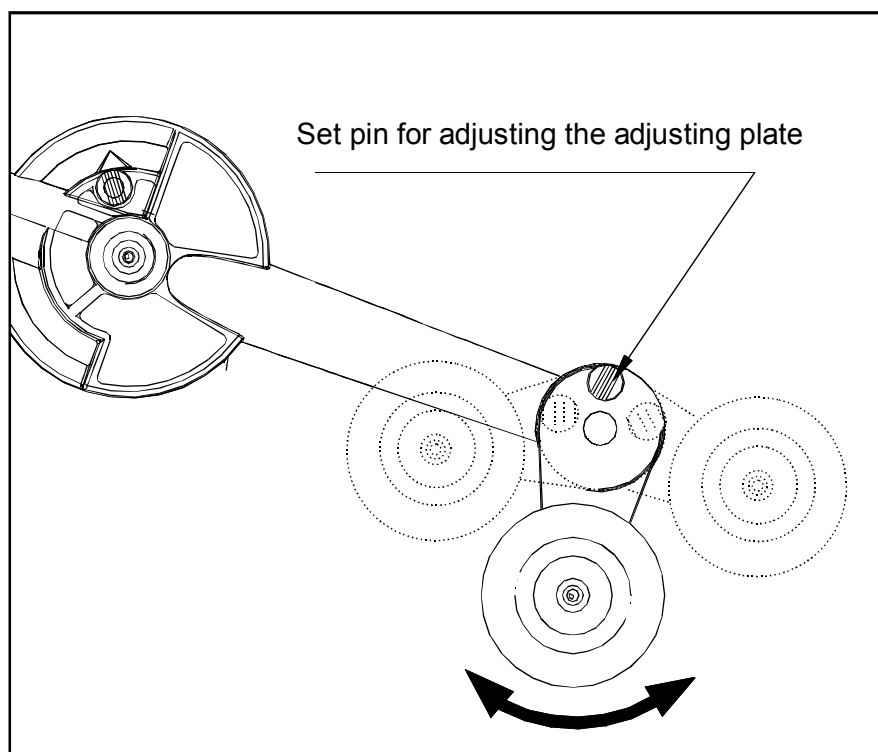
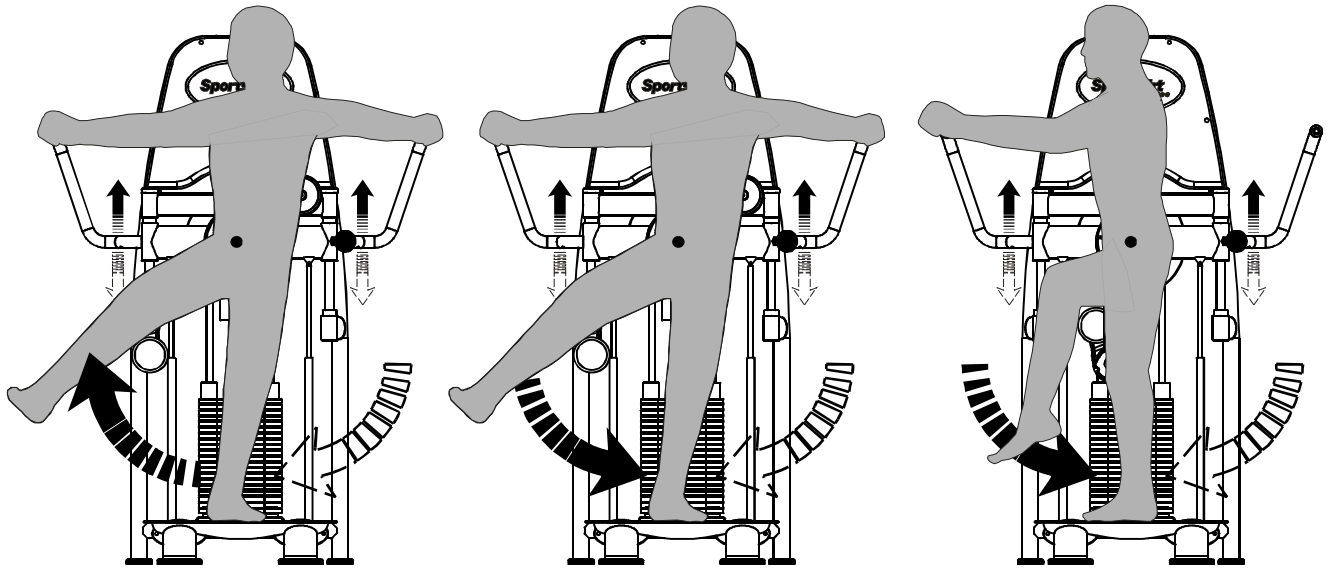


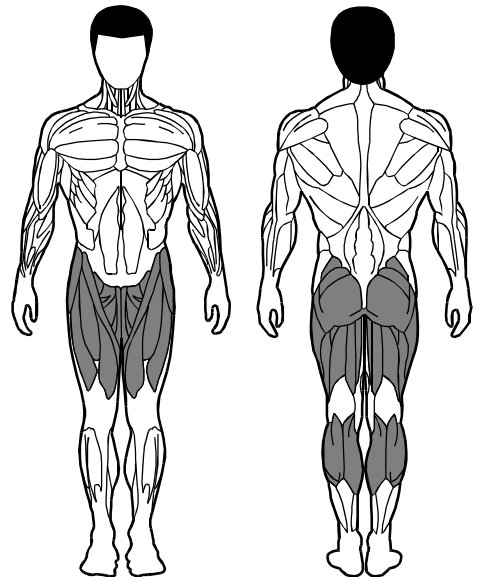
Fig.7

Usage Instruction:



TOTAL HIP

- ① Select a resistance level that enables you to perform the movement correctly.
- ② Adjust seat height so that thighs are fixed under the pads.
- ③ Sit down in an upright position, slightly leaning back from the hips.
- ④ Grasp the handles and pull down to shoulder height.
- ⑤ Perform the exercise in a controlled manner. Exhale when pulling against resistance.



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CAUTION

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.