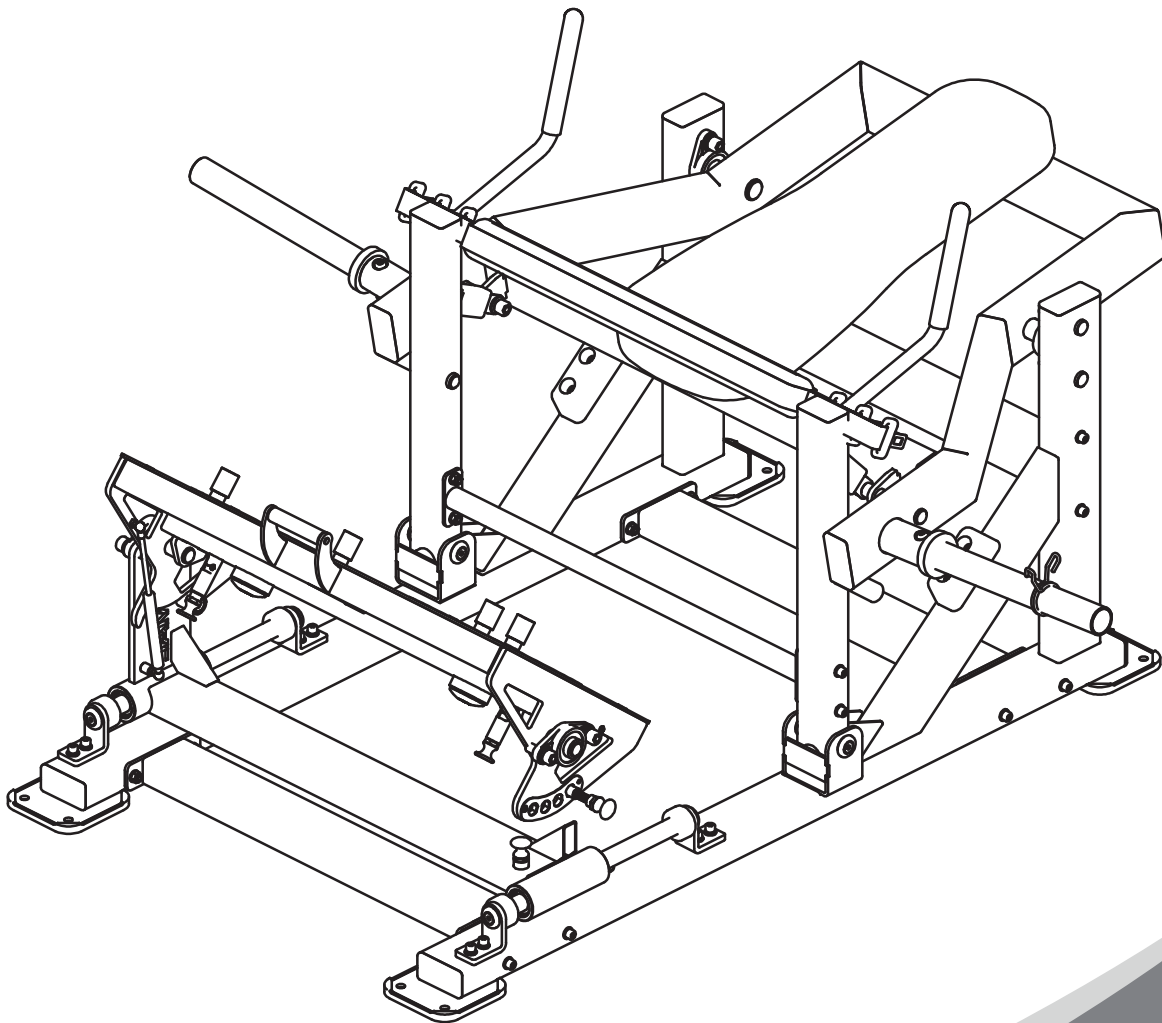


PSSS0278

Swivel Plate Glute Drive RAINER

OWNER'S MANUAL



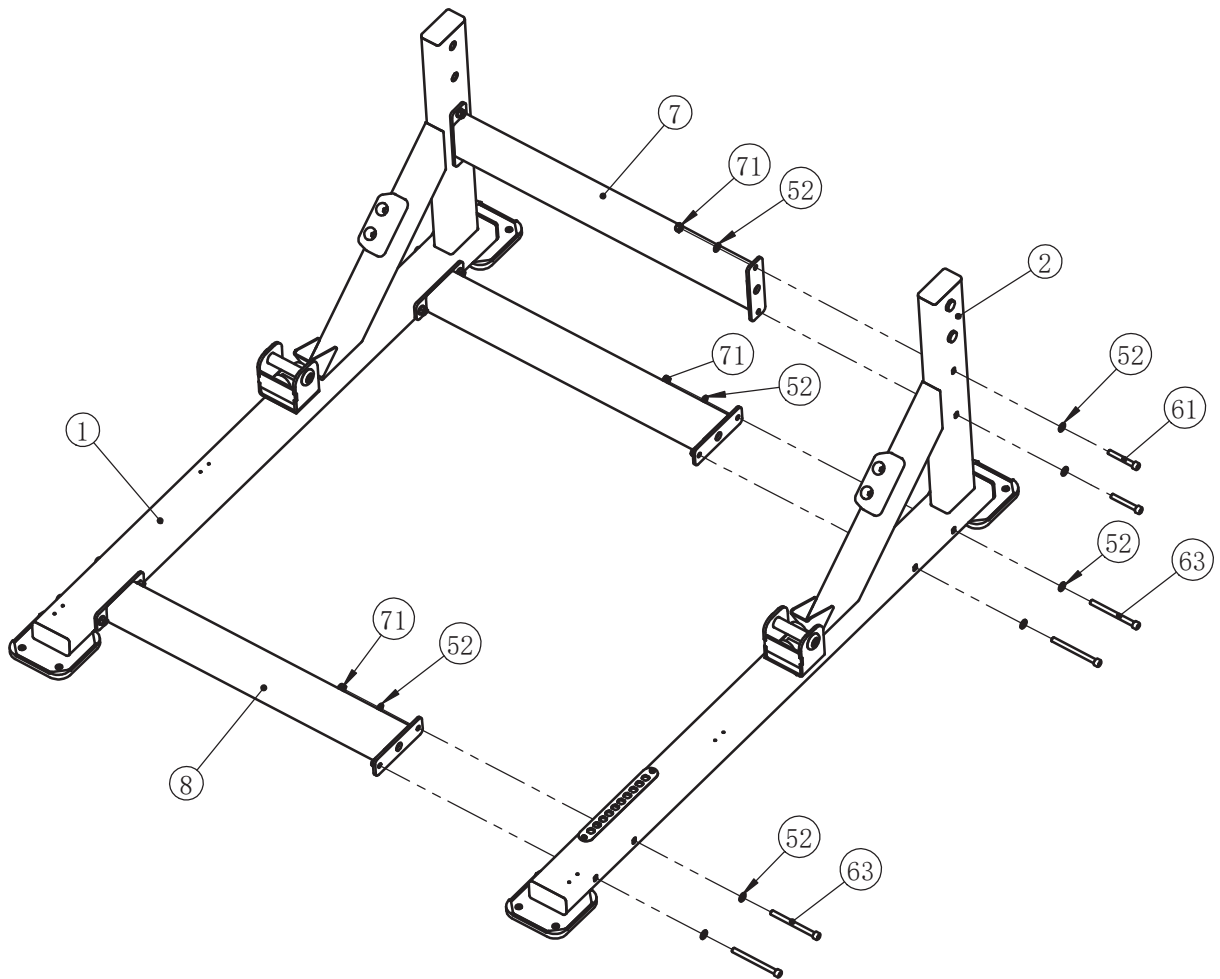
! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

Assembly

STEP 1

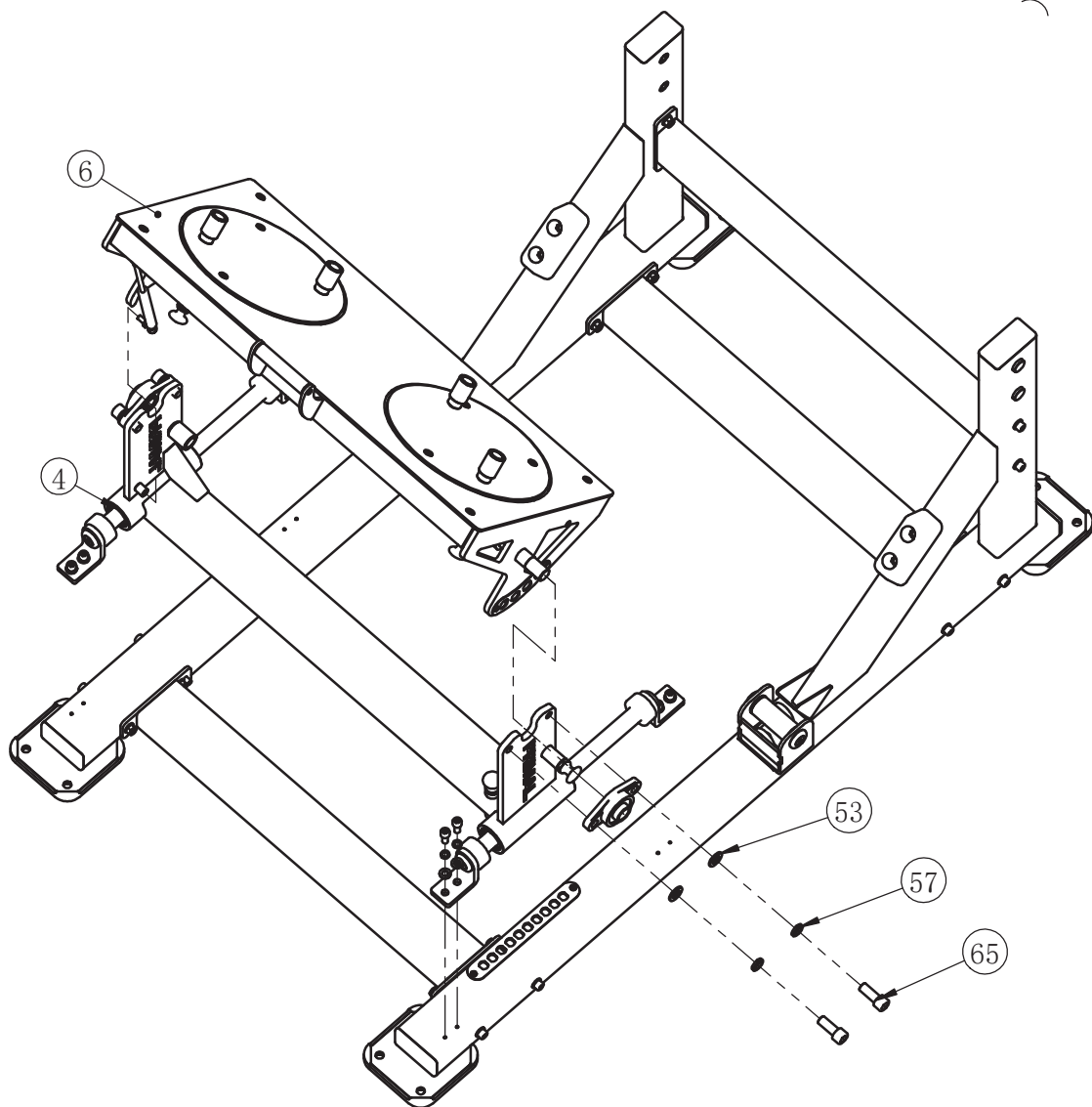
Item No	Description	QTY	Item No	Description	QTY
1	Left stand	1	52	Flat Washer $\phi 11 \times \phi 20 \times 2$	24
2	Right standing frame	1	61	Socket Head Cap Screw M10 $\times$ 70	4
7	Connecting frame	1	63	Socket Head Cap Screw M10 $\times$ 120	8
8	Connecting frame2	2	71	Nylon Lock Nut M10	12



Assembly

STEP 2

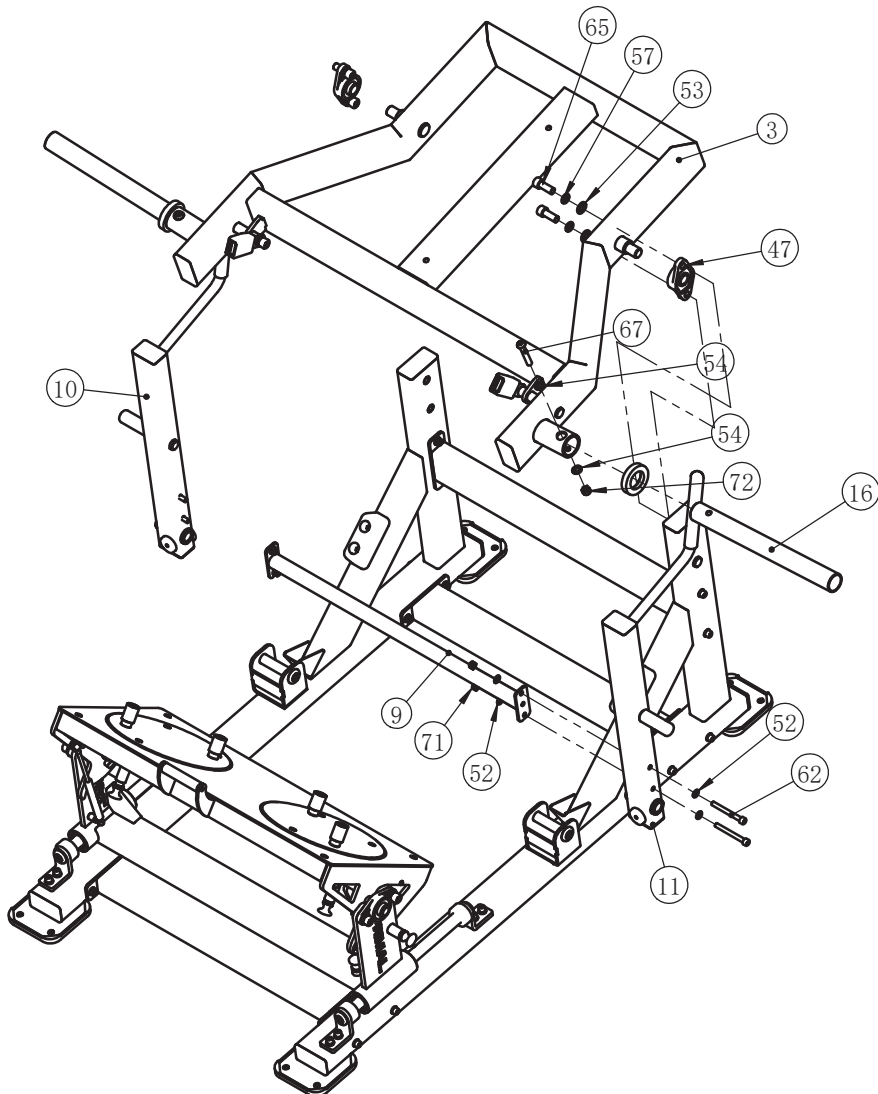
Item No	Description	QTY
4	carriage	1
6	Pedal stand	1
53	Flat Washer $\phi 17.5 \times \phi 30 \times 3$	2
57	Spring Washer $\phi 16$	2
65	Socket Head Cap Screw M16 $\times$ 40	4



Assembly

STEP 3

Item No	Description	QTY	Item No	Description	QTY
3	Boom frame	1	54	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	4
9	Connecting frame3	1	57	Spring Washer $\phi 16$	4
10	Left limit bracket	1	62	Socket Head Cap Screw M10 $\times$ 95	4
11	Right limit bracket	1	65	Socket Head Cap Screw M16 $\times$ 40	4
16	Barbell tube	2	67	Button Head Cap Screw M12 $\times$ 75	2
52	Flat Washer $\phi 11 \times \phi 20 \times 2$	8	71	Nylon Lock Nut M10	4
53	Flat Washer $\phi 17.5 \times \phi 30 \times 3$	4	72	Nylon Lock Nut M12	2



Assembly

STEP 4

Item No	Description	QTY
24	Belt combination	1
30	Back Pad	1
52	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
61	Socket Head Cap Screw M10 $\times$ 70	2

