

**IRONEDGE.**

# Glute Hamstring Developer

## Setup Instructions

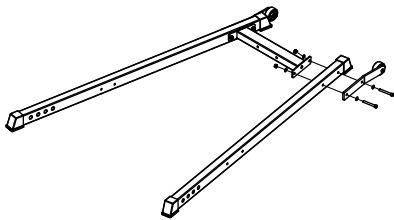
⚠ CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.



# Table Of Contents

|                            |      |
|----------------------------|------|
| Assembly Instructions..... | 2-14 |
| Part List.....             | 15   |

# STEP 1



Assemble The BottomSupport Tube (#1),Bottom Connection Tube (#2) And The Wheel Carrier (#3).

## Parts



Part No: 1  
Name: Bottom Support Tube

Q'TY: 2



Part No: 2  
Name: Bottom Connection Tube

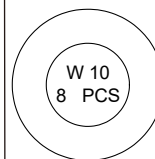
Q'TY: 1



Part No: 3  
Name: Wheel Carrier

Q'TY: 2

## Fixings



SC10-16 4 PCS

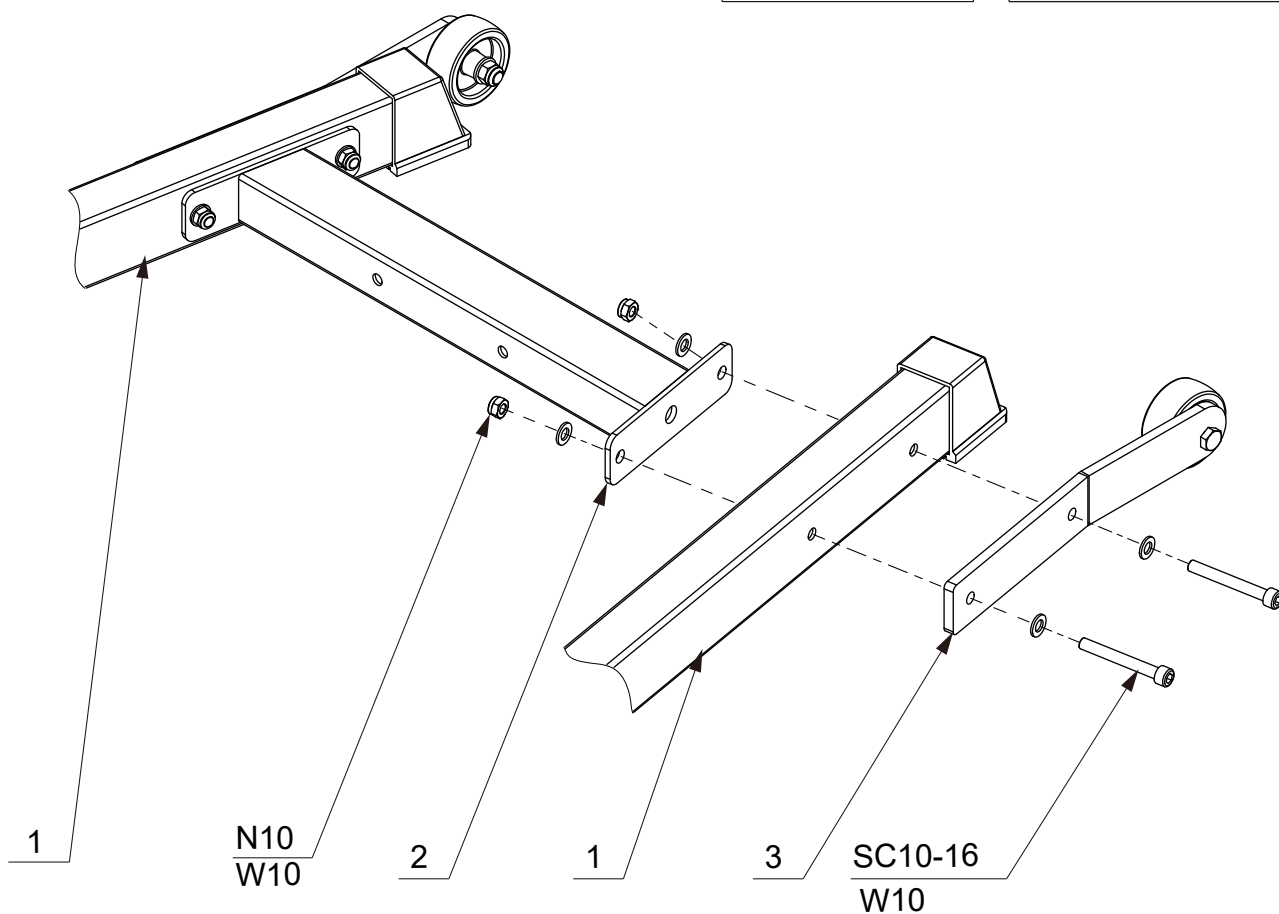
## Tools



17 mm



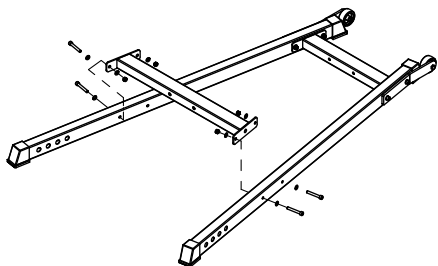
8 mm



50%



## STEP 2



### Parts



Part No: 4  
Name: Bottom Connection  
Tube  
Q'TY: 1

### Tools



17 mm

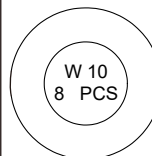


8 mm

### Fixings



N10  
4 PCS

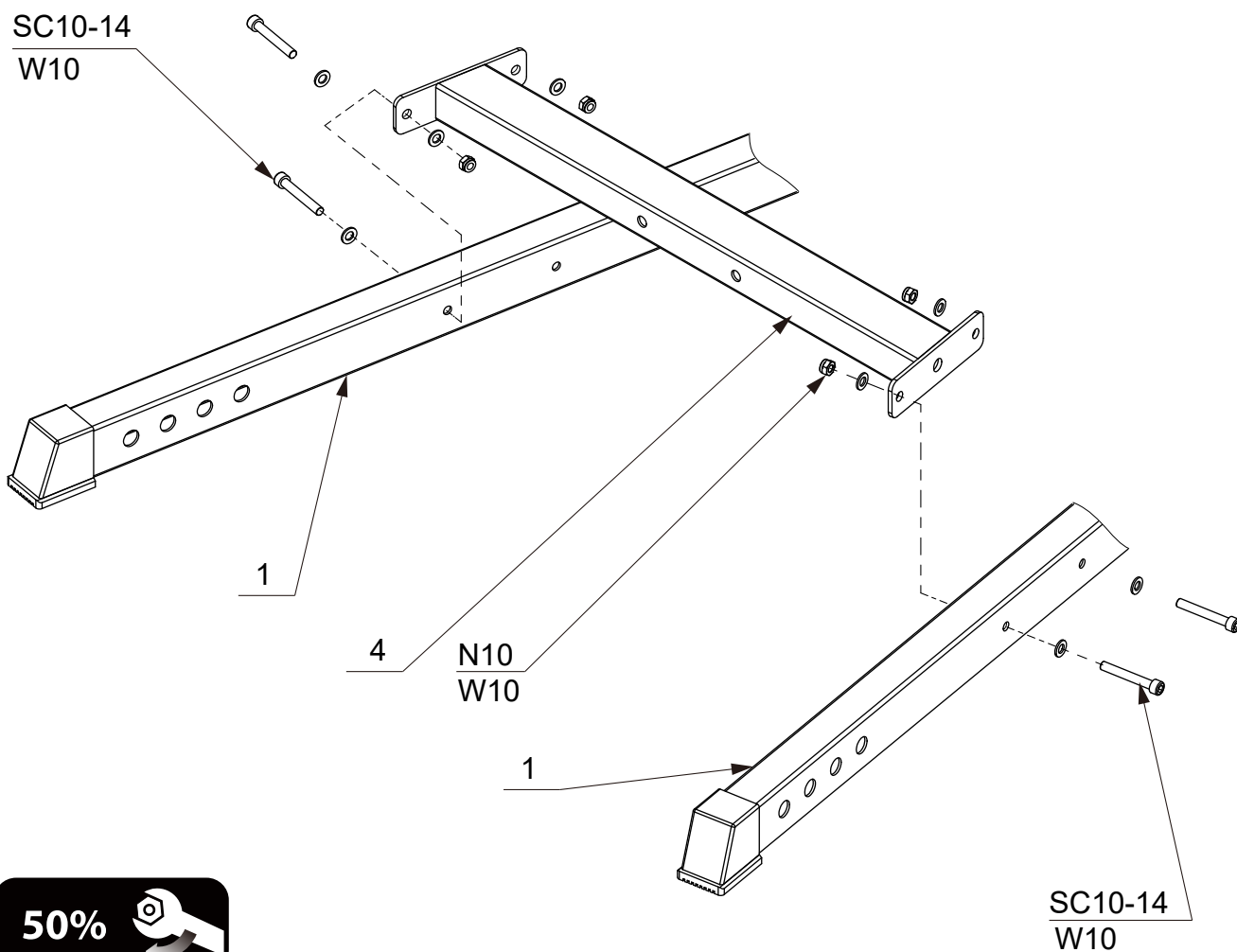


W 10  
8 PCS

SC10-14 4 PCS

Install The Bottom Connection Tube (#4).

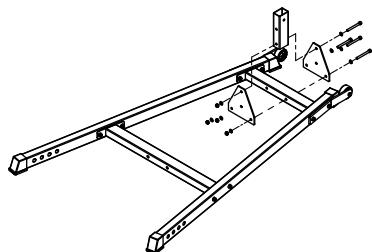
SC10-14  
W10



50%



# STEP 3



## Tools



17 mm  
8 mm

## Parts

Part No: 5  
Name: Short Upright  
Tube  
Q'TY: 1



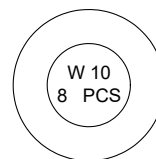
Part No: 6  
Name: Connection  
Plate  
Q'TY: 2



## Fixings



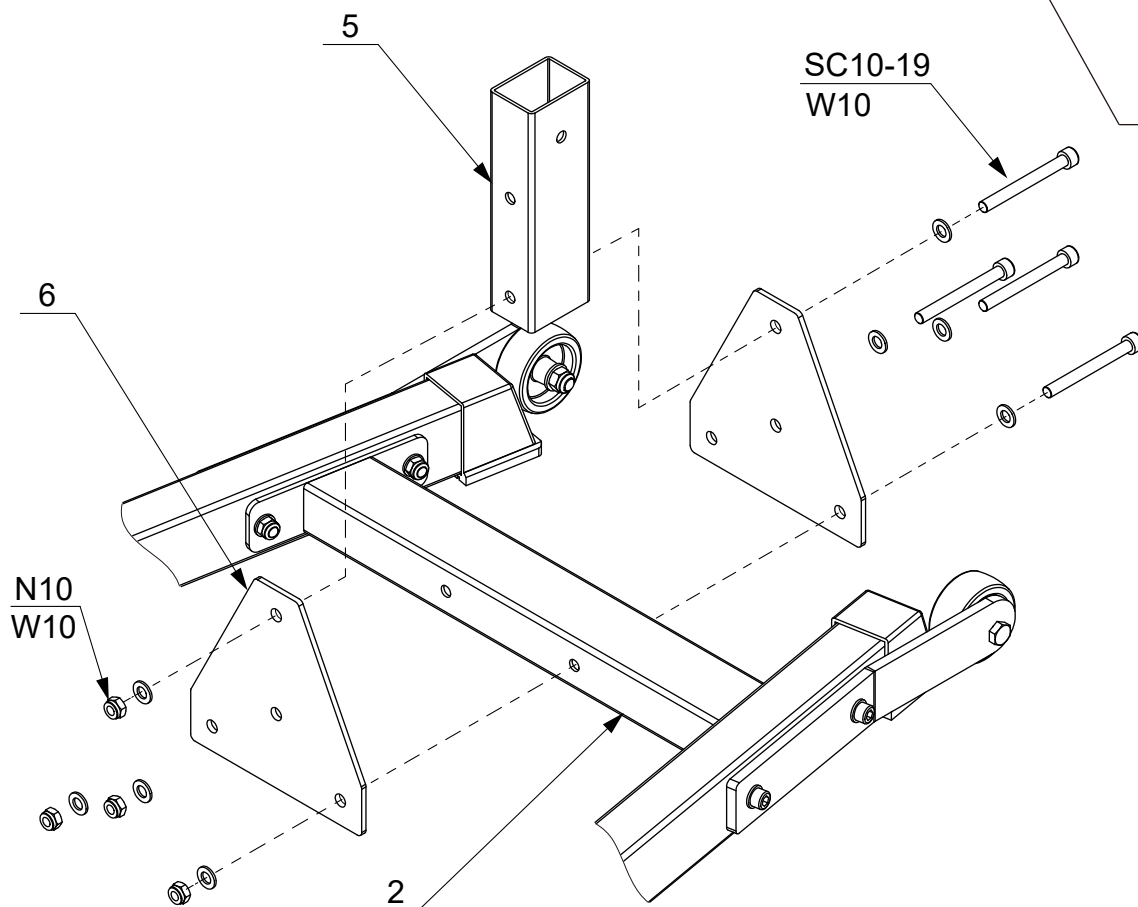
N10  
4 PCS



W10  
8 PCS

SC10-19 4 PCS

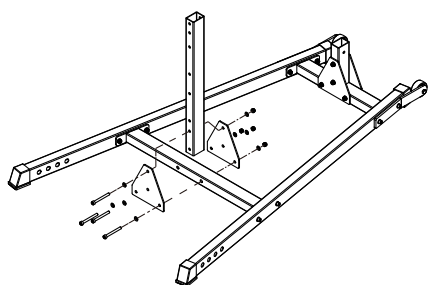
Install The Short Upright Tube(#5) On  
The Connection Tube (#2).



50%



# STEP 4



## Tools



8 mm



17 mm

## Parts

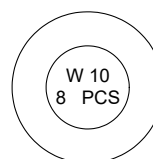
Part No: 7  
Name: Upright Tube  
Q'TY:1



## Fixings



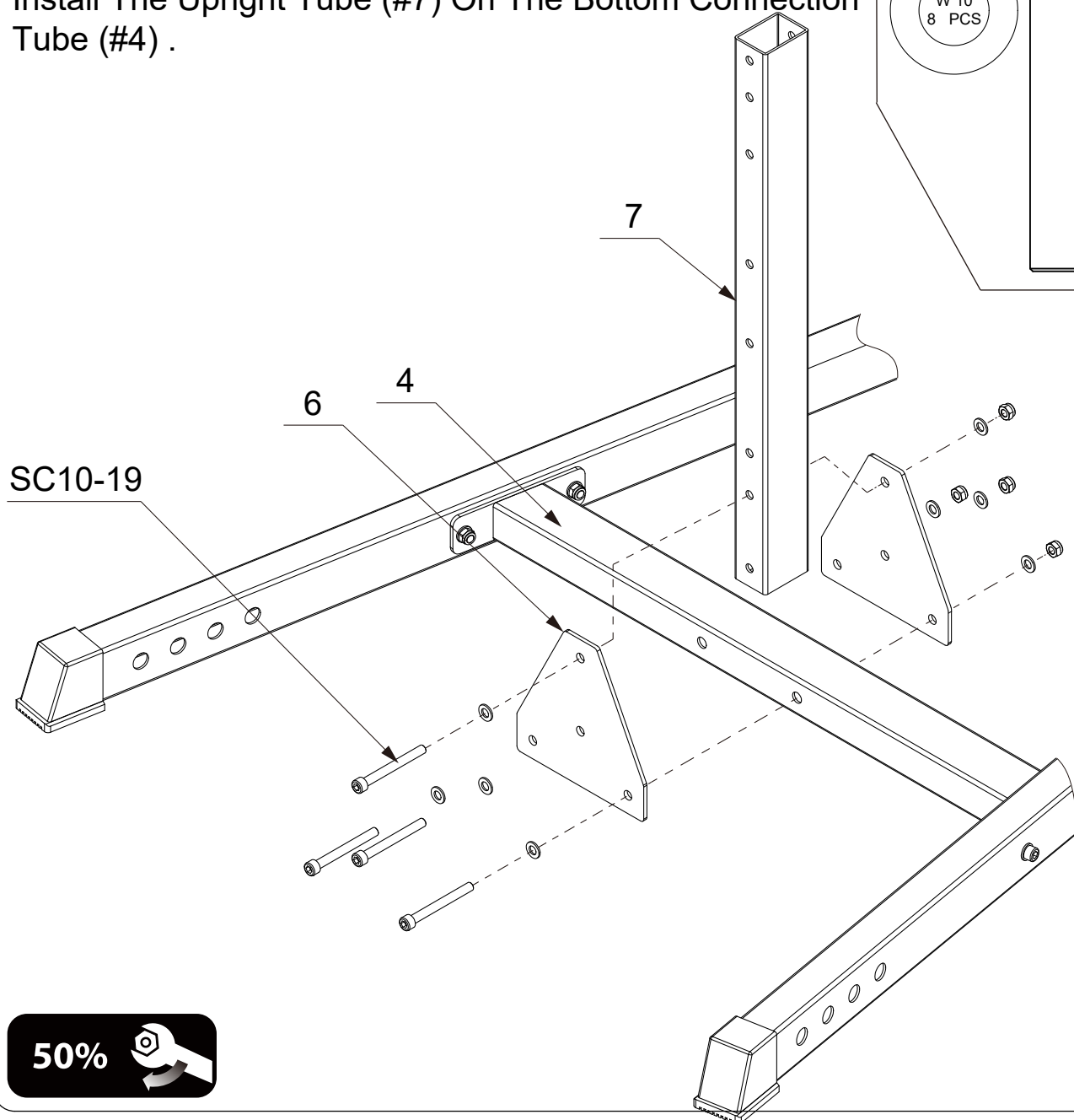
N10  
4 PCS



W 10  
8 PCS

SC10-19 4 PCS

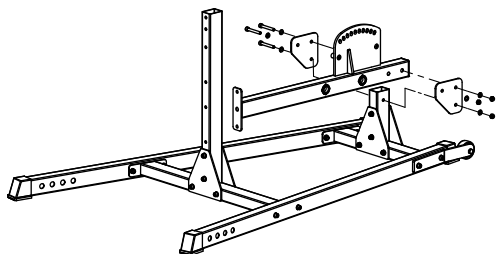
Install The Upright Tube (#7) On The Bottom Connection Tube (#4) .



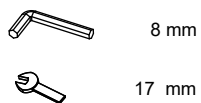
50%



# STEP 5



## Tools



## Parts



Part No: 8  
Name: Arm Mounting  
Tube  
Q'TY:1



Part No: 9  
Name:  
Connection Plate 2  
Q'TY:2

## Fixings

SC10-15 3 PCS

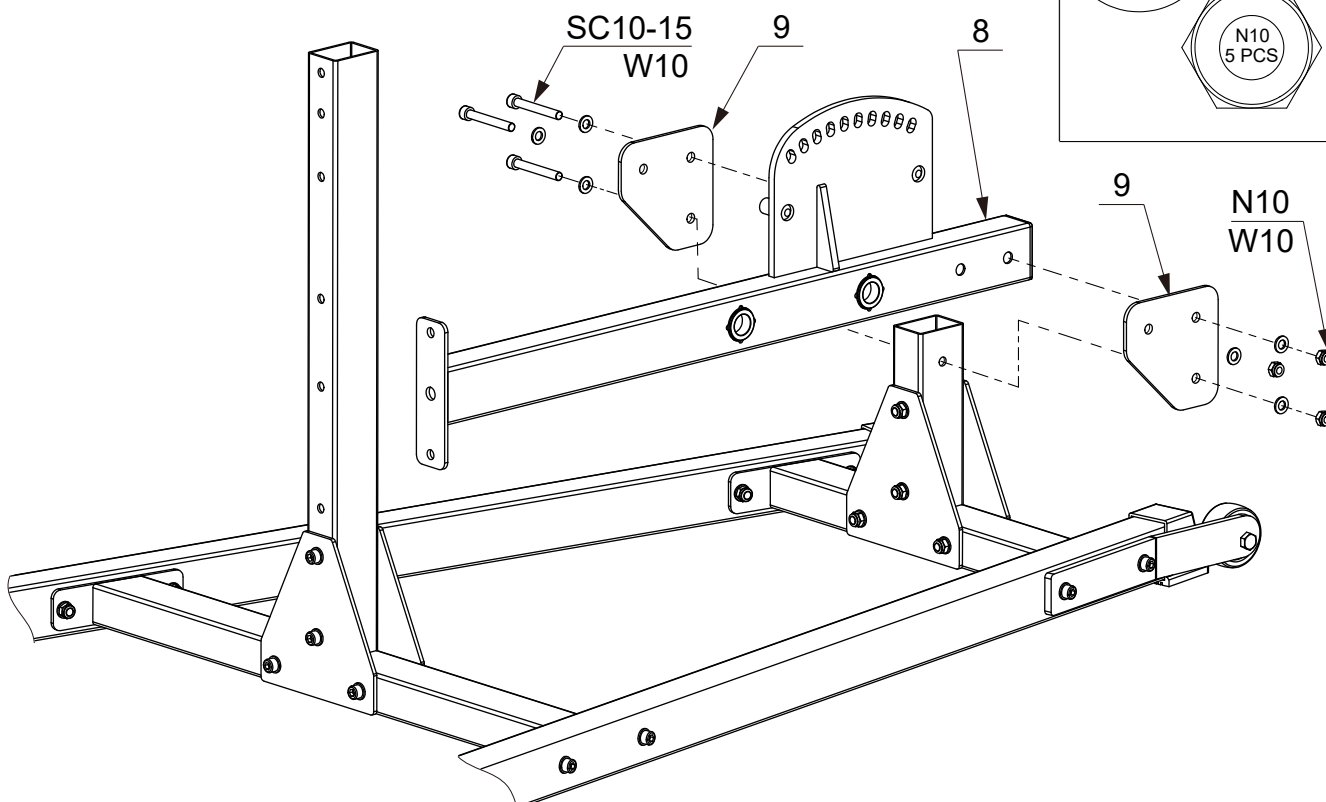
SC10-18 2 PCS

W 10  
10 PCS

N10  
5 PCS

N10  
W10

Assemble The Arm Mounting Tube (#8) With  
Part #9 .

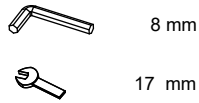


50%

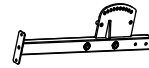


# STEP 6

## Tools



## Parts

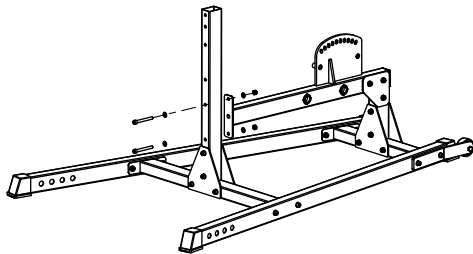
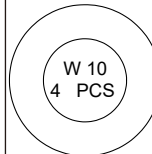


Part No: 8  
Name: Arm Mounting  
Tube  
Q'TY:1

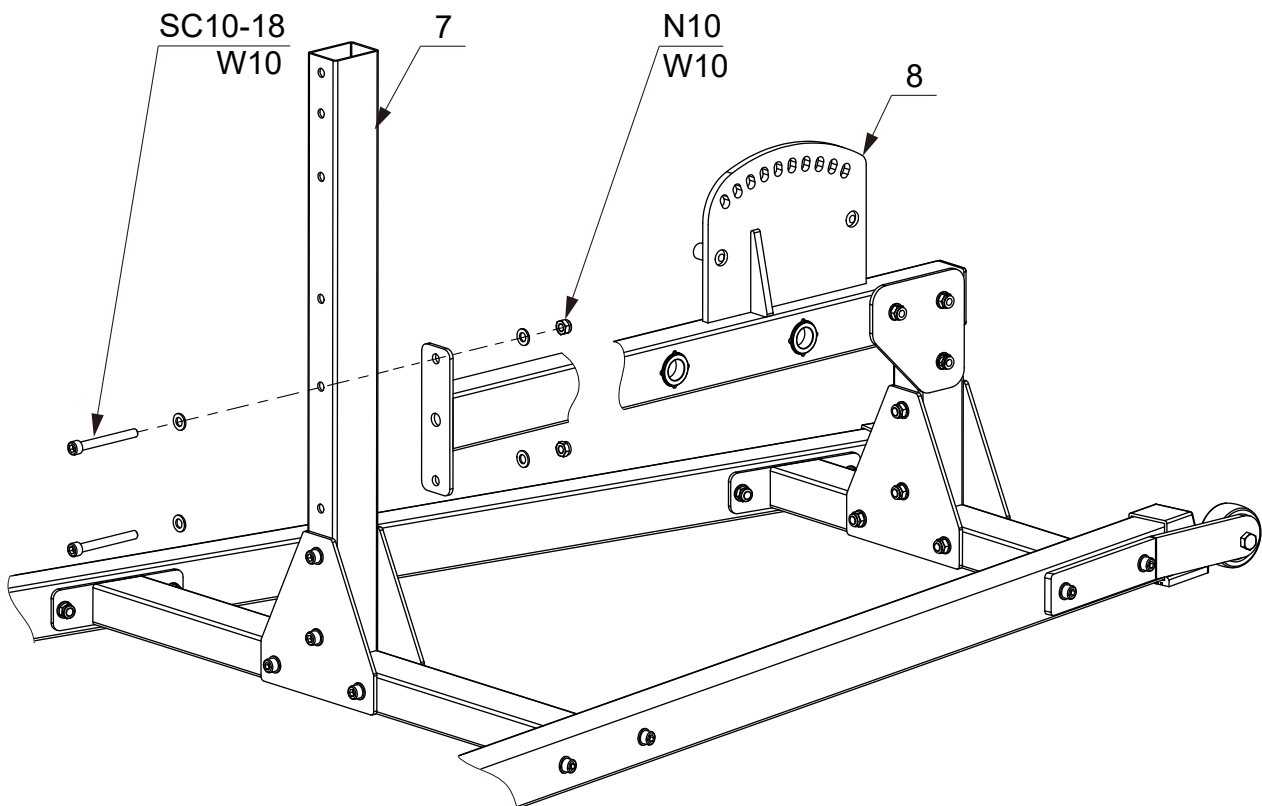
## Fixings



SC10-18 2 PCS



Assemble The Arm Mounting Tube (#8) With  
Part #7 .

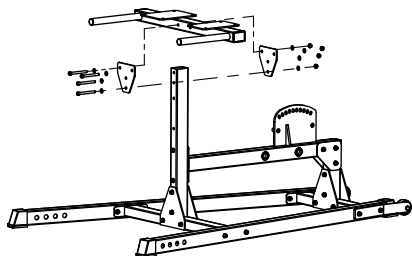


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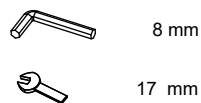




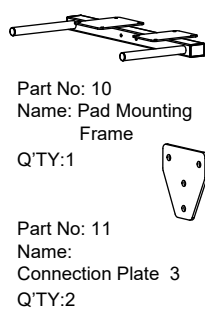
# STEP 7



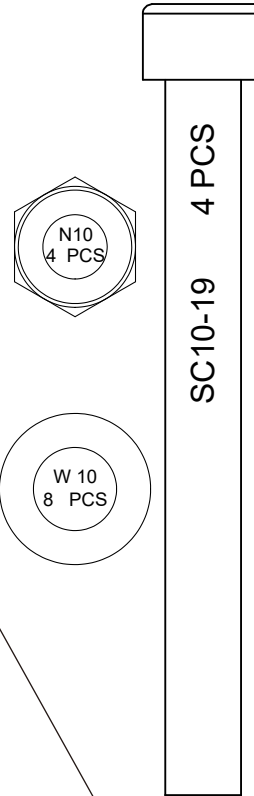
## Tools



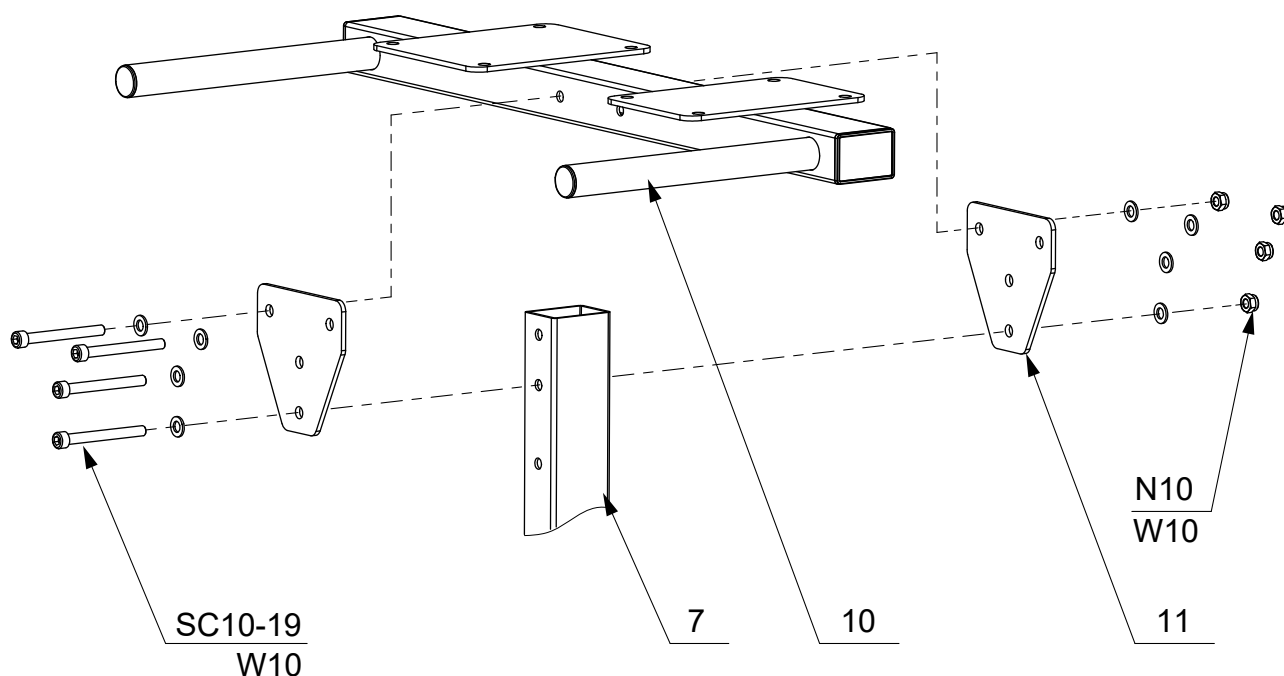
## Parts



## Fixings



Assemble The Pad Mounting Frame(#10) With Part #7.

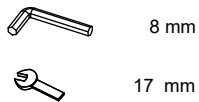


50%



# STEP 8

## Tools



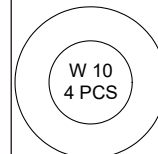
## Parts

Part No: 12  
Name: Swiveling Arm 1  
Q'TY:1

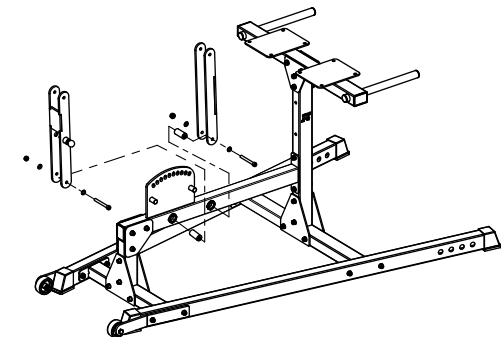
Part No: 13  
Name: Swiveling Arm 2  
Q'TY:1

Part No: 14  
Name: Shaft  
Q'TY:2

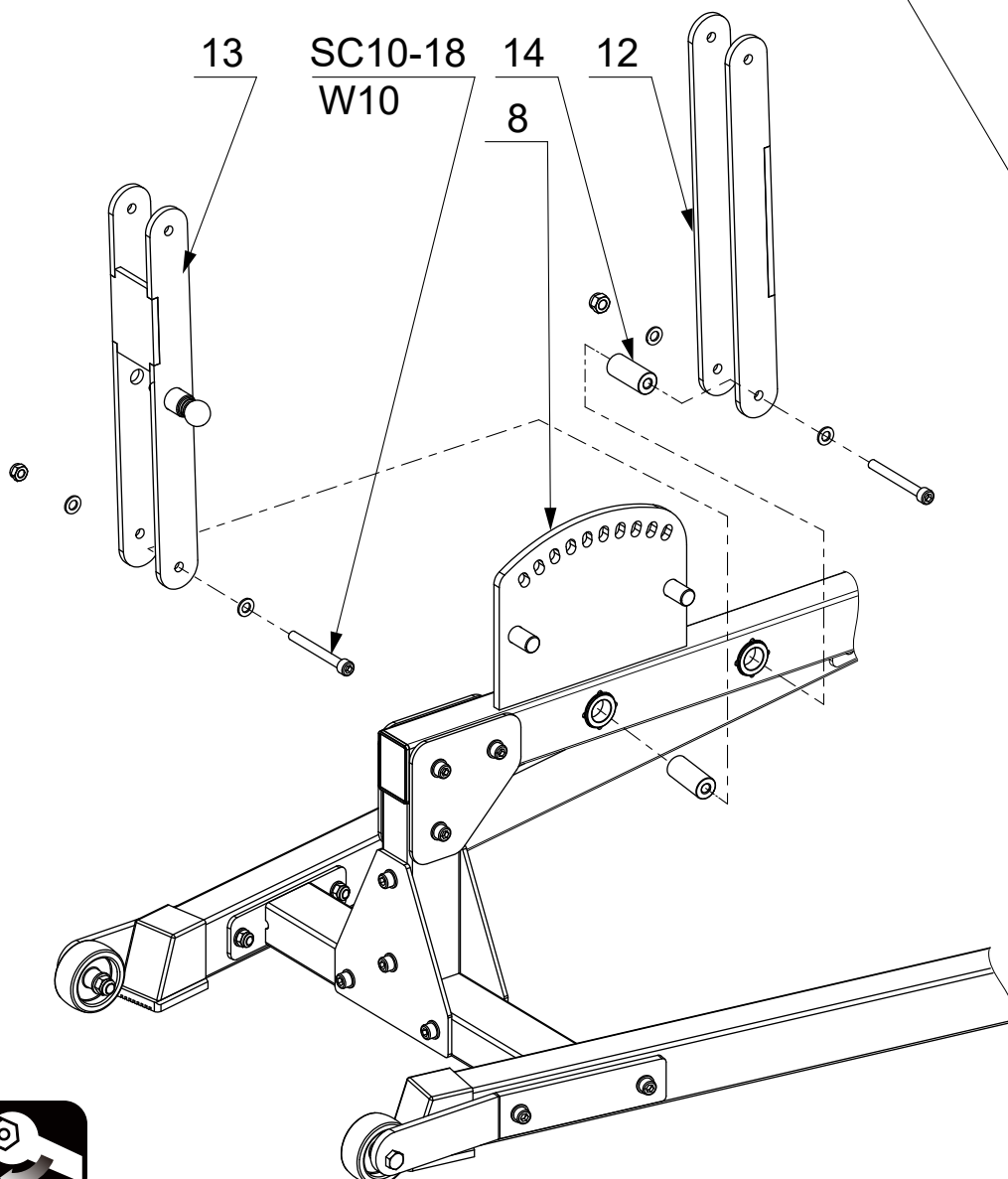
## Fixings



SC10-18 2 PCS



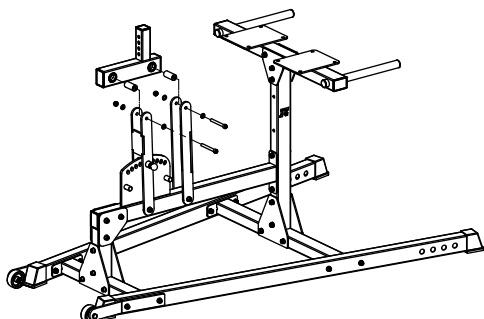
Assemble The Swiveling Arm (#12 & #13) With Part # 8.



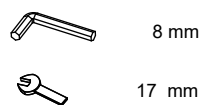
50%



# STEP 9



## Tools



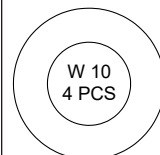
## Parts

Part No: 15  
Name: Swaying Tube  
Q'TY:1

Part No: 14  
Name: Shaft  
Q'TY:2

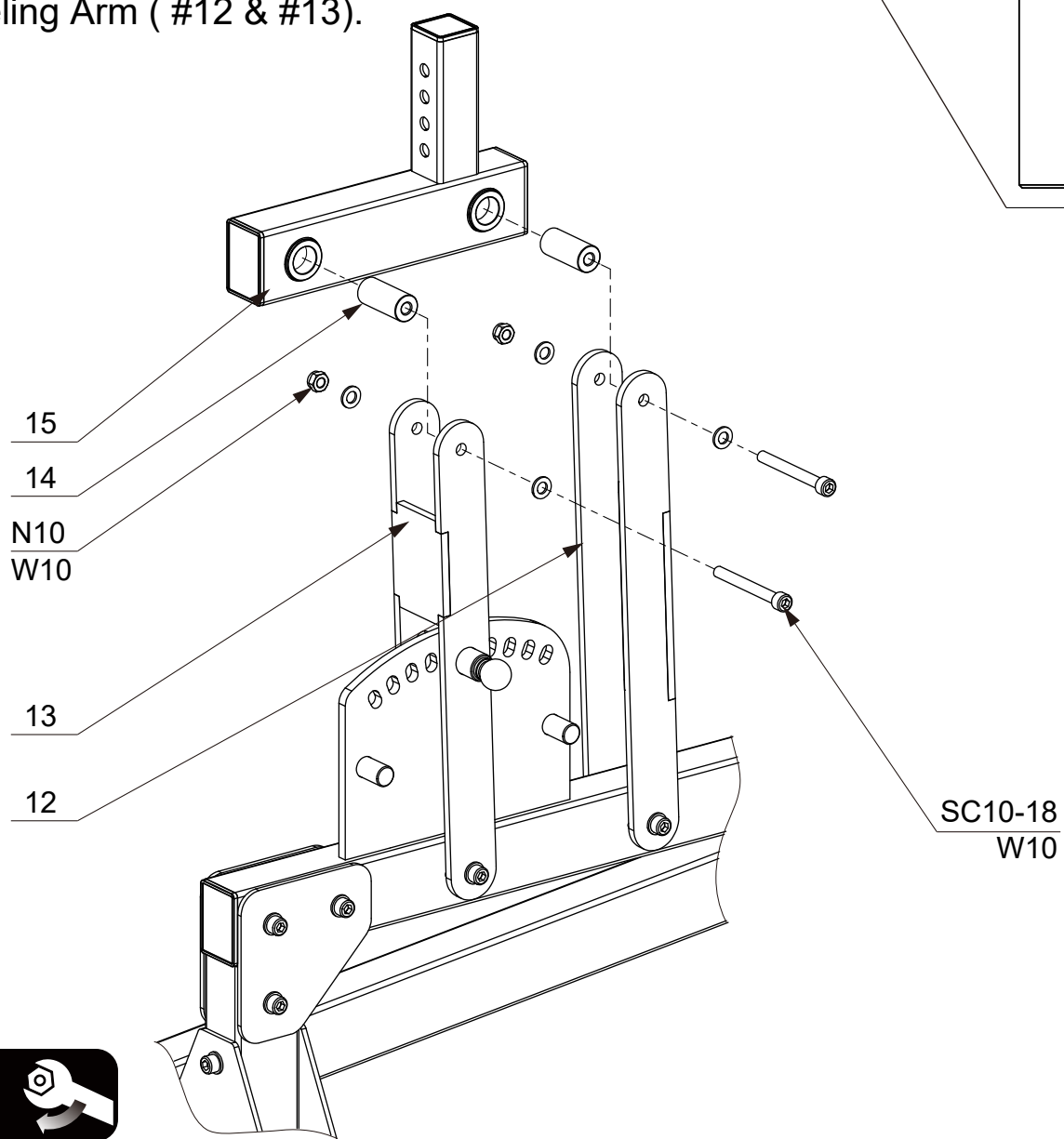


## Fixings



SC10-18 8 PCS

Assemble The Swaying Tube (#15) With Swiveling Arm ( #12 & #13).



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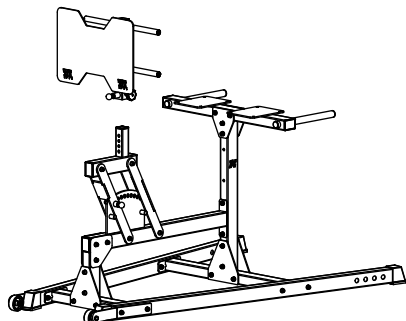


# STEP 10

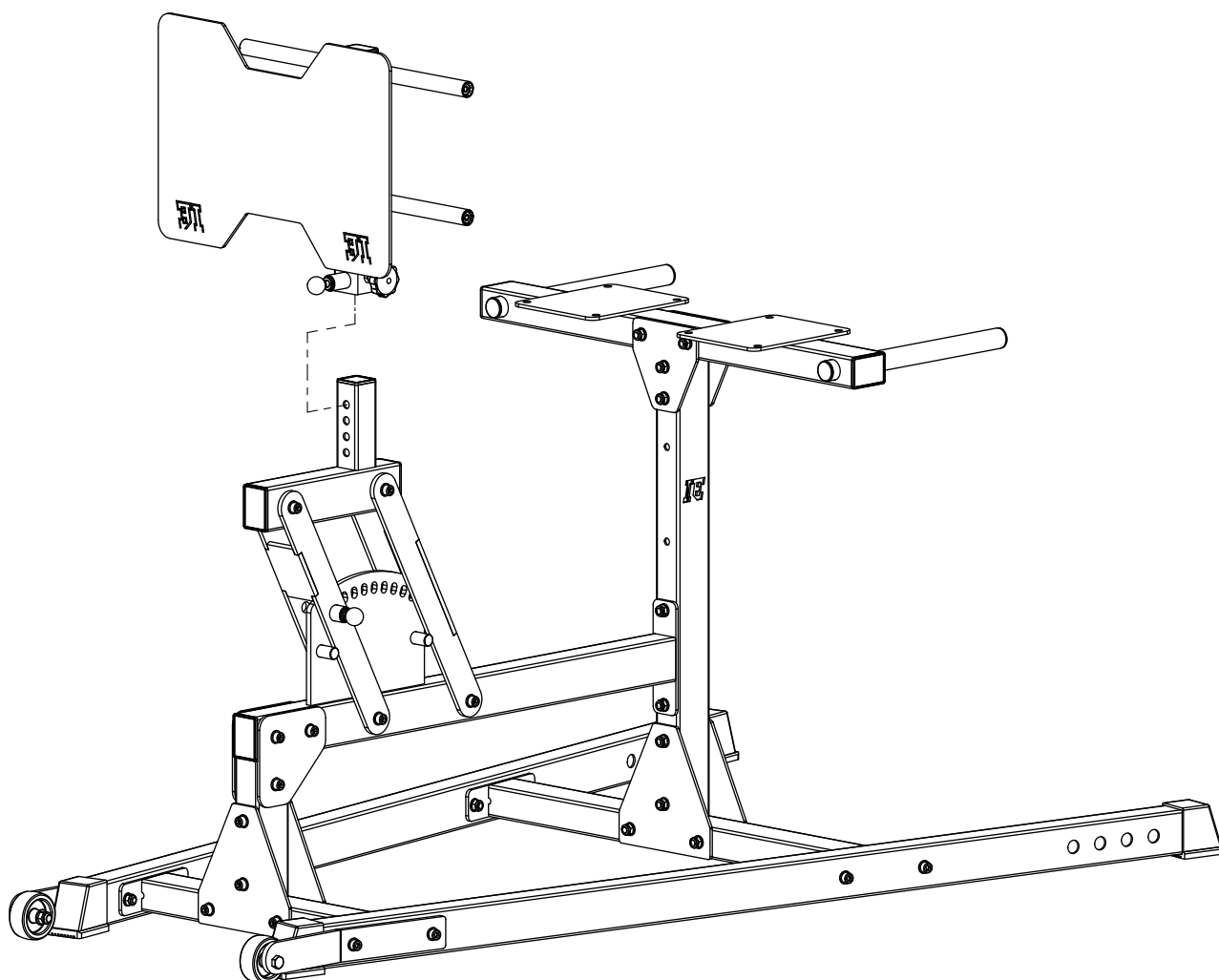
## Parts



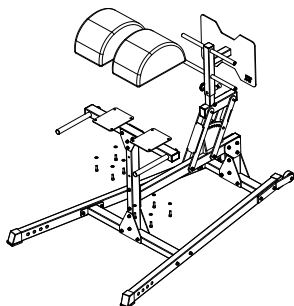
Part No: 16  
Name: Pedal  
Q'TY:1



Install The Pedal .



# STEP 11



## Tools



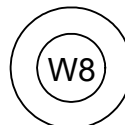
6 mm

## Parts

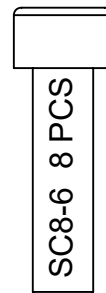


Part No: 17  
Name: Arched Pad  
Q'TY: 2

## Fixings

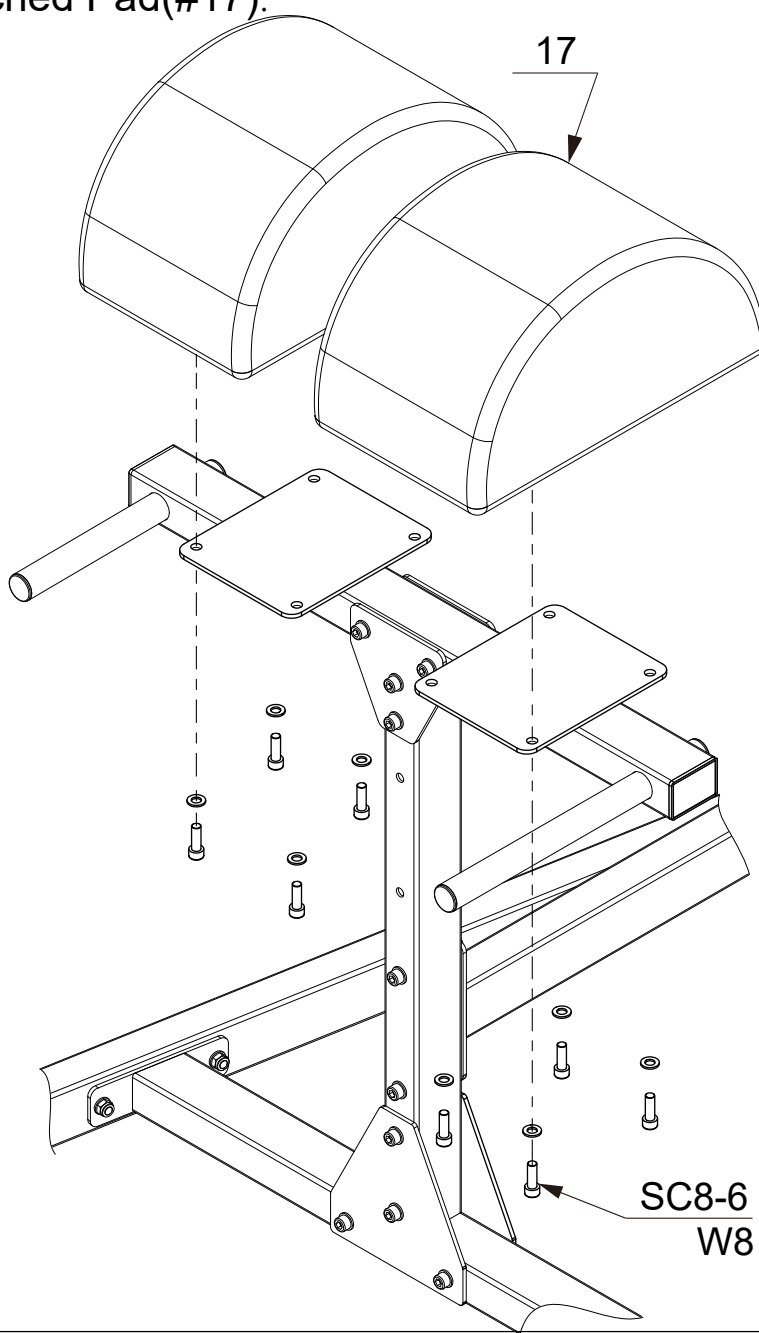


8 PCS



SC8-6 8 PCS

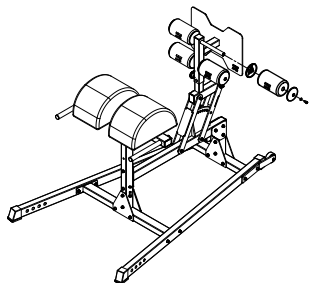
Install The Arched Pad(#17).



50%



# STEP 12



## Tools



6 mm

## Parts

Part No: 18  
Name: Foam Roller  
Q'TY: 4



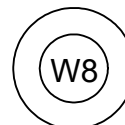
Part No: 19  
Name: Inner Roller Cap  
Q'TY: 4



Part No: 20  
Name: Outer Roller Cap  
Q'TY: 4



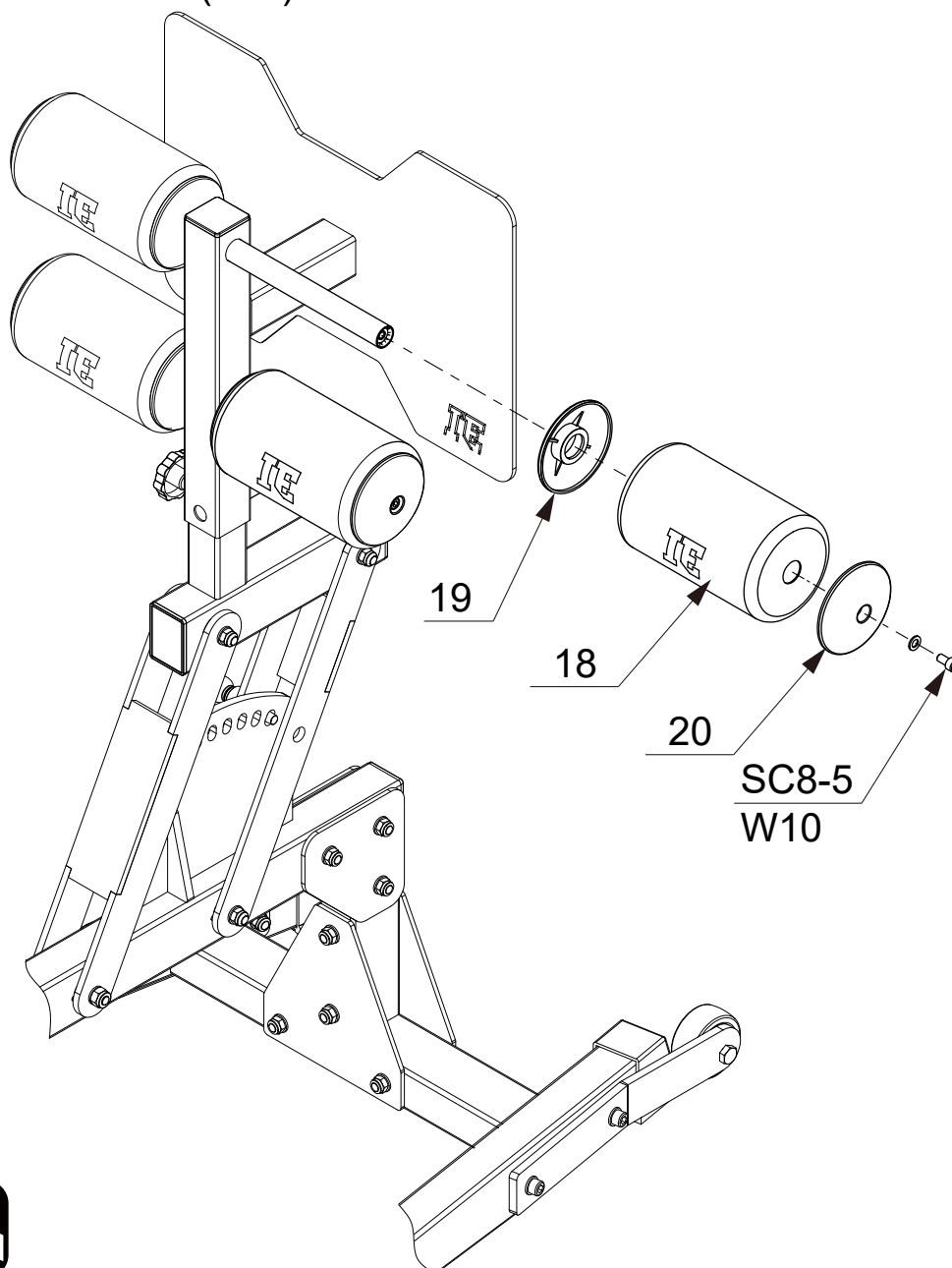
## Fixings



4 PCS

SC8-5 4 PCS

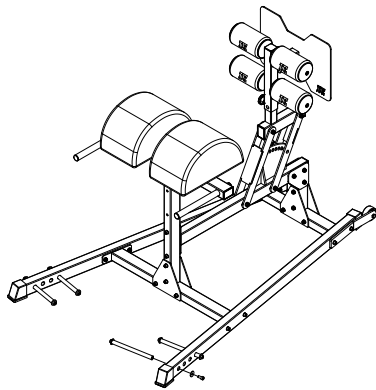
Install The Foam Roller(#18).



50%



# STEP 13



Install The Band Rods.

## Tools



8 mm

## Parts

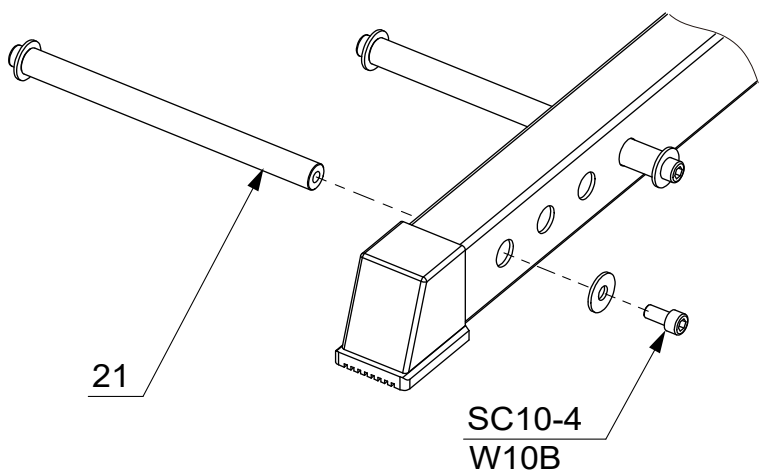
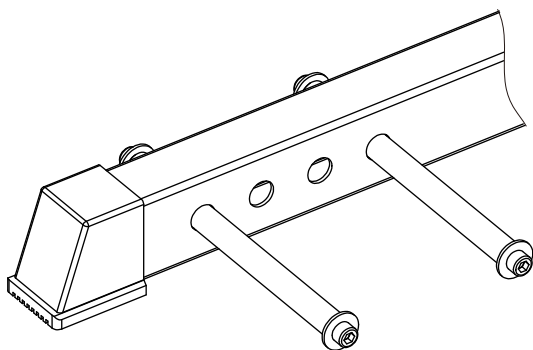


Part No: 21  
Name: Band Rod  
Q'TY: 4

## Fixings

SC10-4 4PCS

W10B  
4PCS



100%



# PARTS LIST

[illegible]