



IRONEDGE

Rotary Hip

Setup Instructions

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

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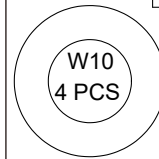
STEP 1

Parts

Part No: 1
Name: Weight Frame
Q'TY: 1
Part No: 2
Name: Brace
Q'TY: 1



Fixings



SC10-5 4 PCS

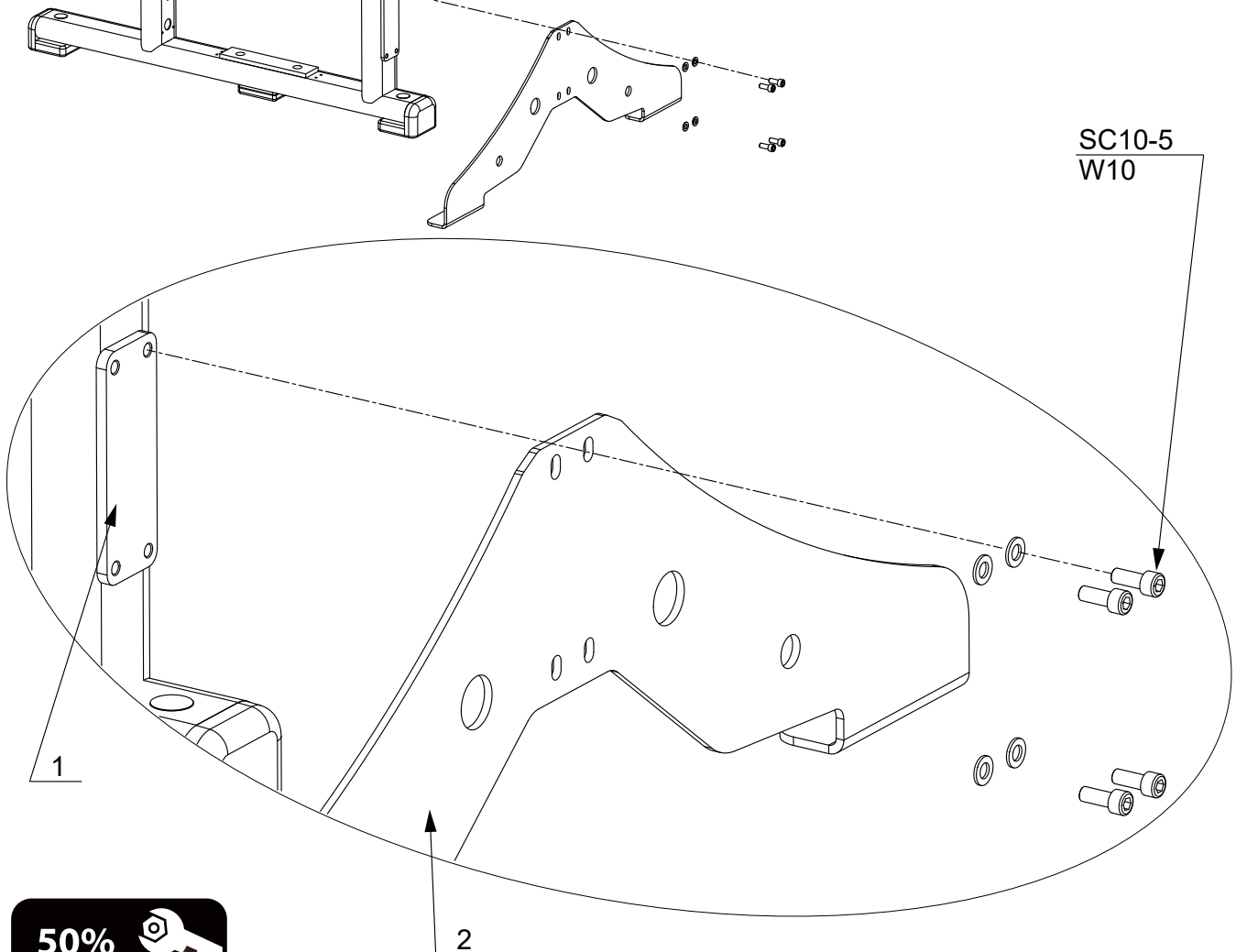
Tools



8 mm

Assemble The Weight
Frame(#1) And The Brace(#2)

SC10-5
W10



50%



STEP 2

Parts

Part No: 3
Name: U Plate
Q'TY: 4



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



Tools



10 mm

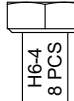


8 mm

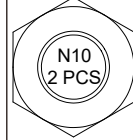


17 mm

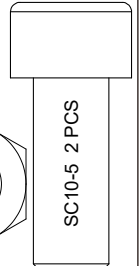
Fixings



H6-4
8 PCS



N10
2 PCS



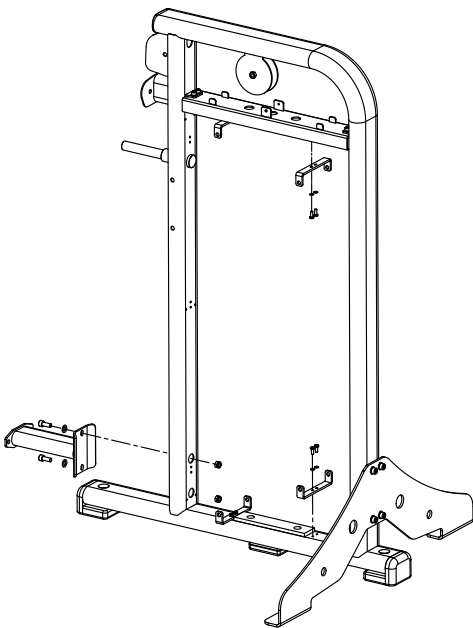
SC10-5 2 PCS



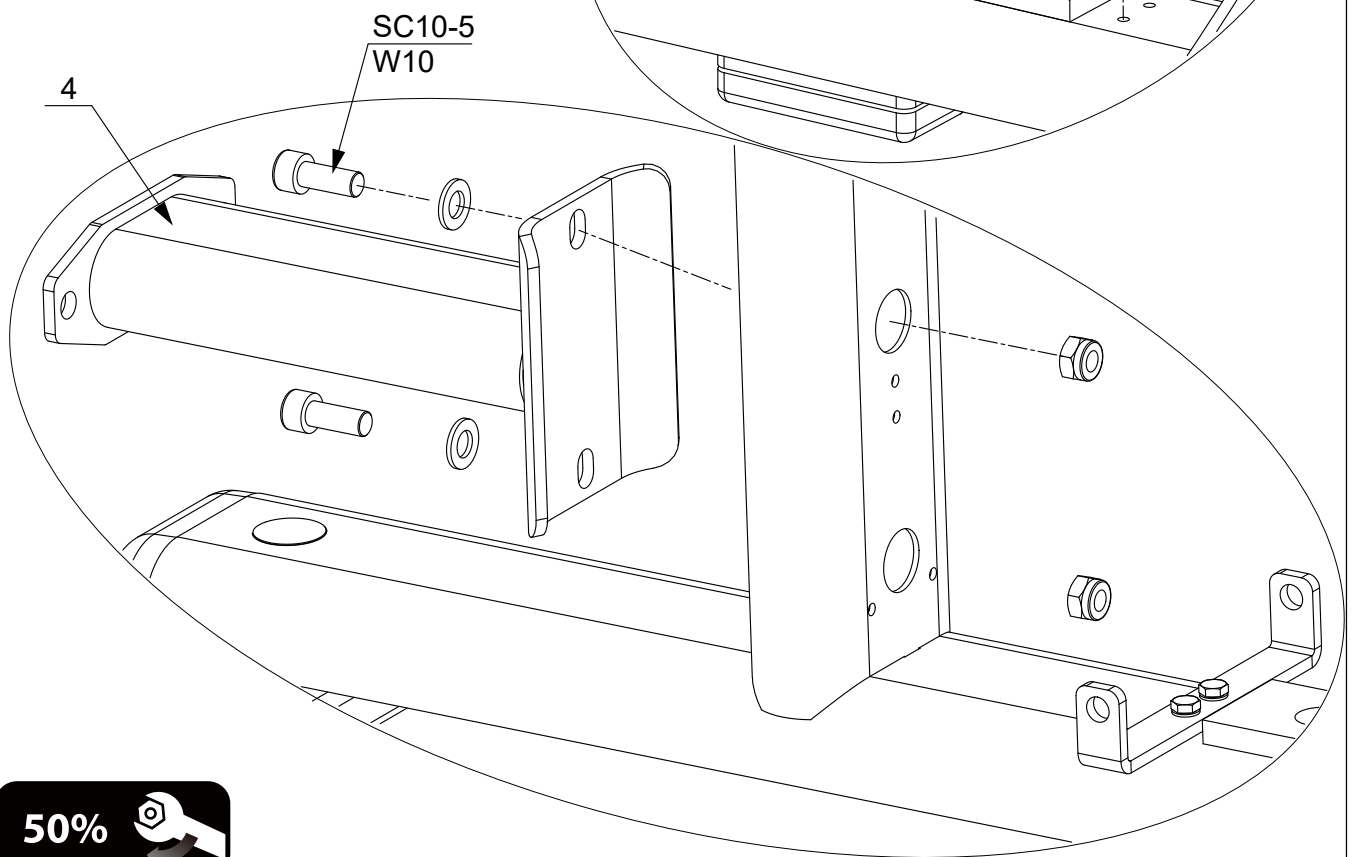
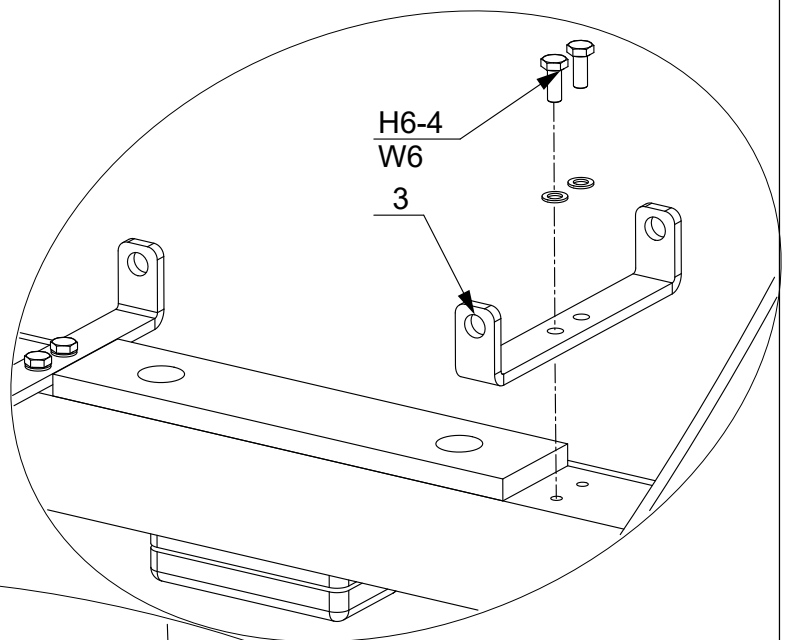
W6
8 PCS



W10
4 PCS



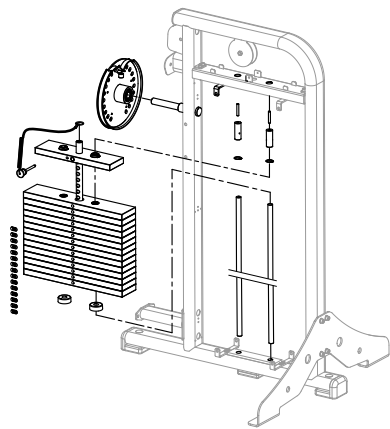
Install The U Plate(#3) And
The Connection Tube(#4).



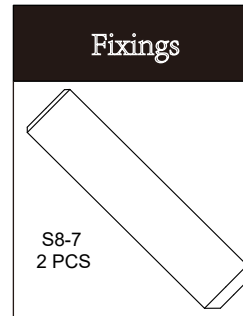
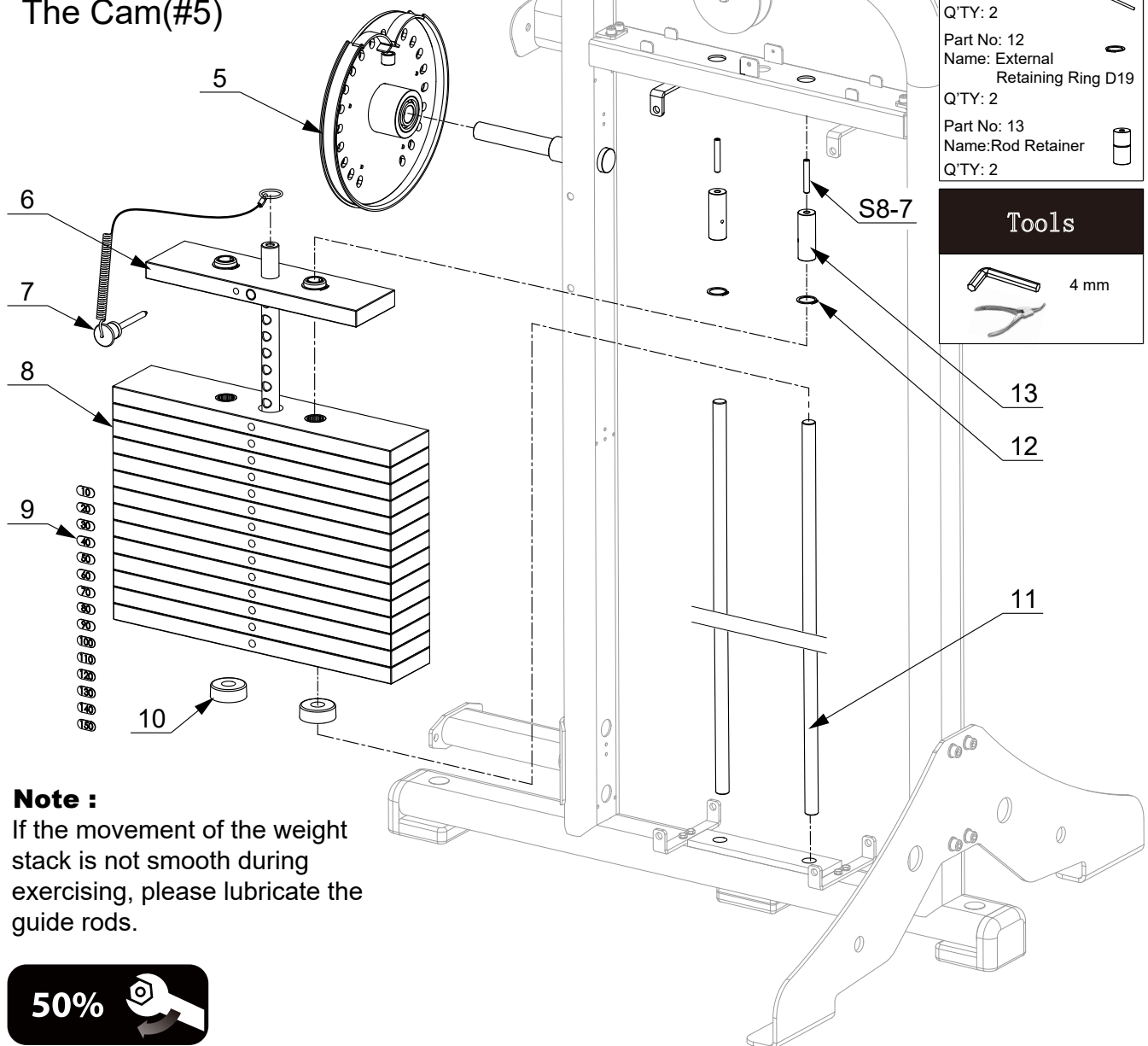
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STEP 3



Install The Weight Stack And The Cam(#5)



Fixings

Parts

Part No: 5
Name: Cam
Q'TY: 1



Part No: 6
Name: Top Weight Plate 7.5Kg
Q'TY: 1



Part No: 7
Name: Weight Pin
Q'TY: 1



Part No: 8
Name: Weight Plate 9Kg
Q'TY: 14



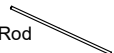
Part No: 9
Name: Weight Label
Q'TY: 1



Part No: 10
Name: Rubber Buffer
Q'TY: 2



Part No: 11
Name: Guide Rod
Q'TY: 2



Part No: 12
Name: External Retaining Ring D19
Q'TY: 2



Part No: 13
Name: Rod Retainer
Q'TY: 2



Tools



4 mm

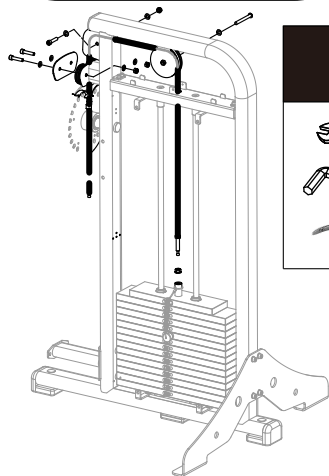
Note :

If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

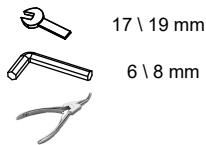
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STEP 4



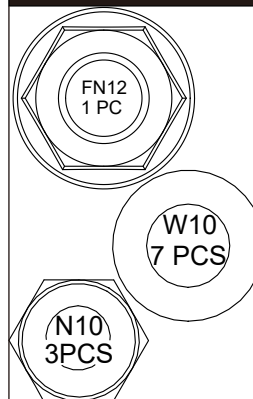
Tools



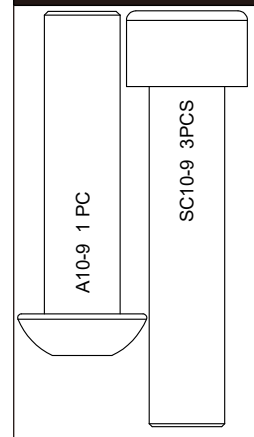
Parts

- Part No: 14
Name: Pulley Cover
Q'TY: 1
- Part No: 15
Name: Small Pulley
Q'TY: 2
- Part No: 16
Name: External Retaining Ring D12
Q'TY: 1
- Part No: 17
Name: Cable End Clip
Q'TY: 1
- Part No: 18
Name: Cable
Q'TY: 1
- Part No: 44
Name: Pulley OD114
Q'TY: 2

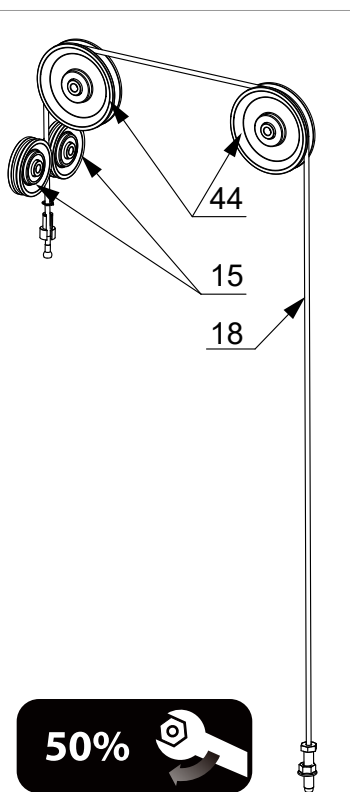
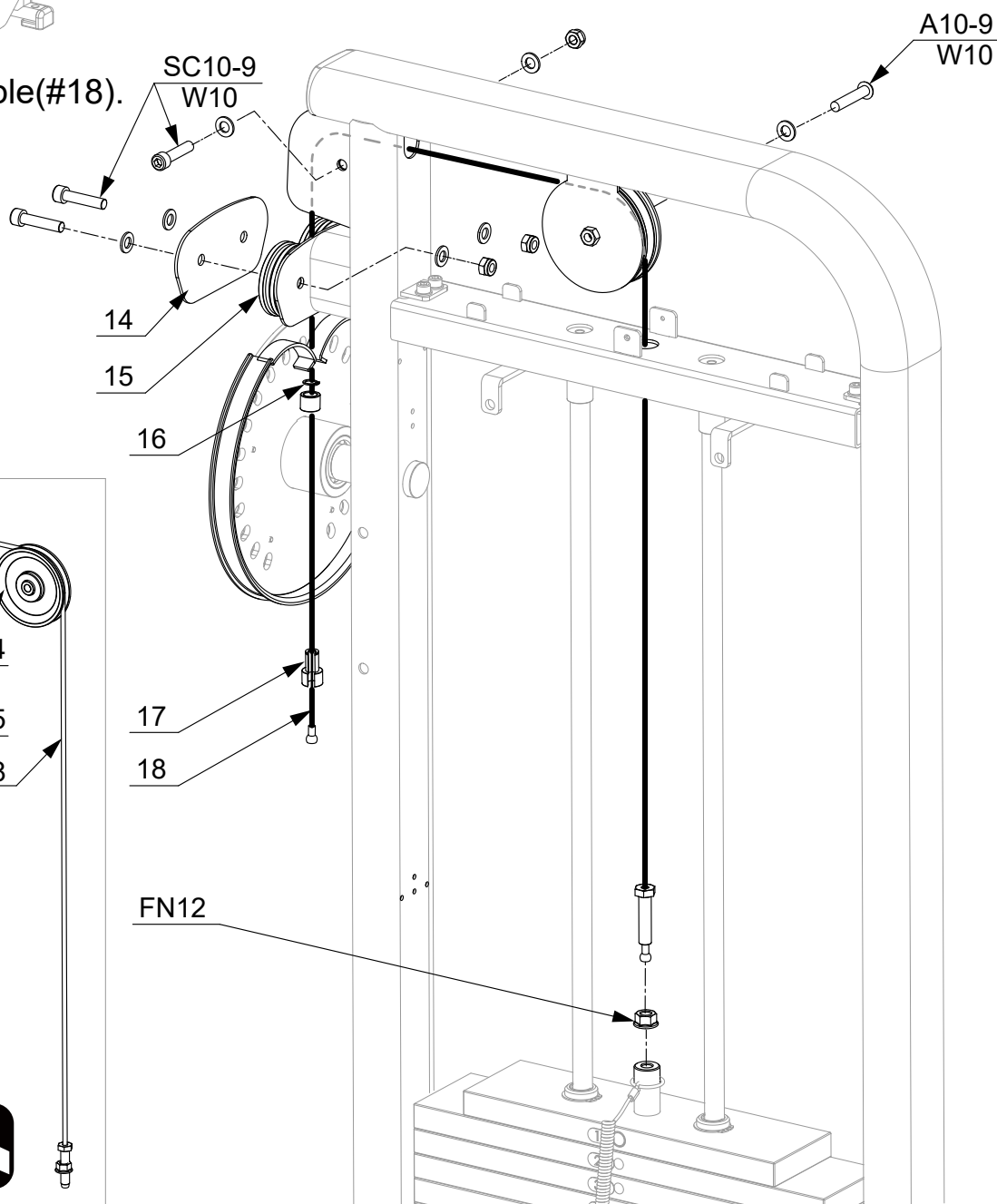
Fixings



Fixings



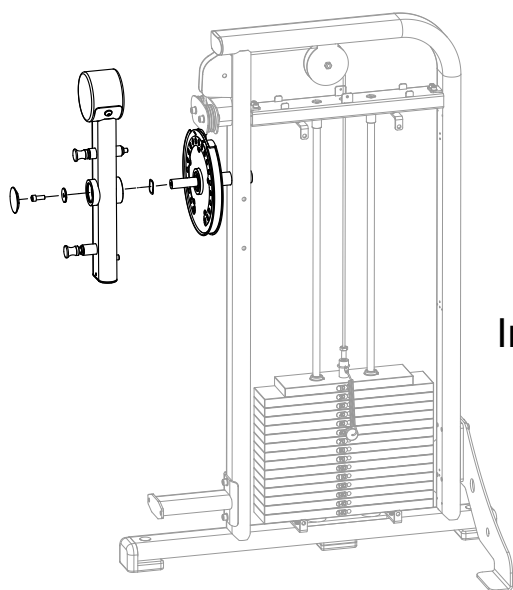
Install the Cable(#18).



50%



STEP 5



Fixings

SC10-5 1 PCS

Tools



8 mm

Parts

Part No: 19
Name:Rotatable Arm
Q'TY: 1

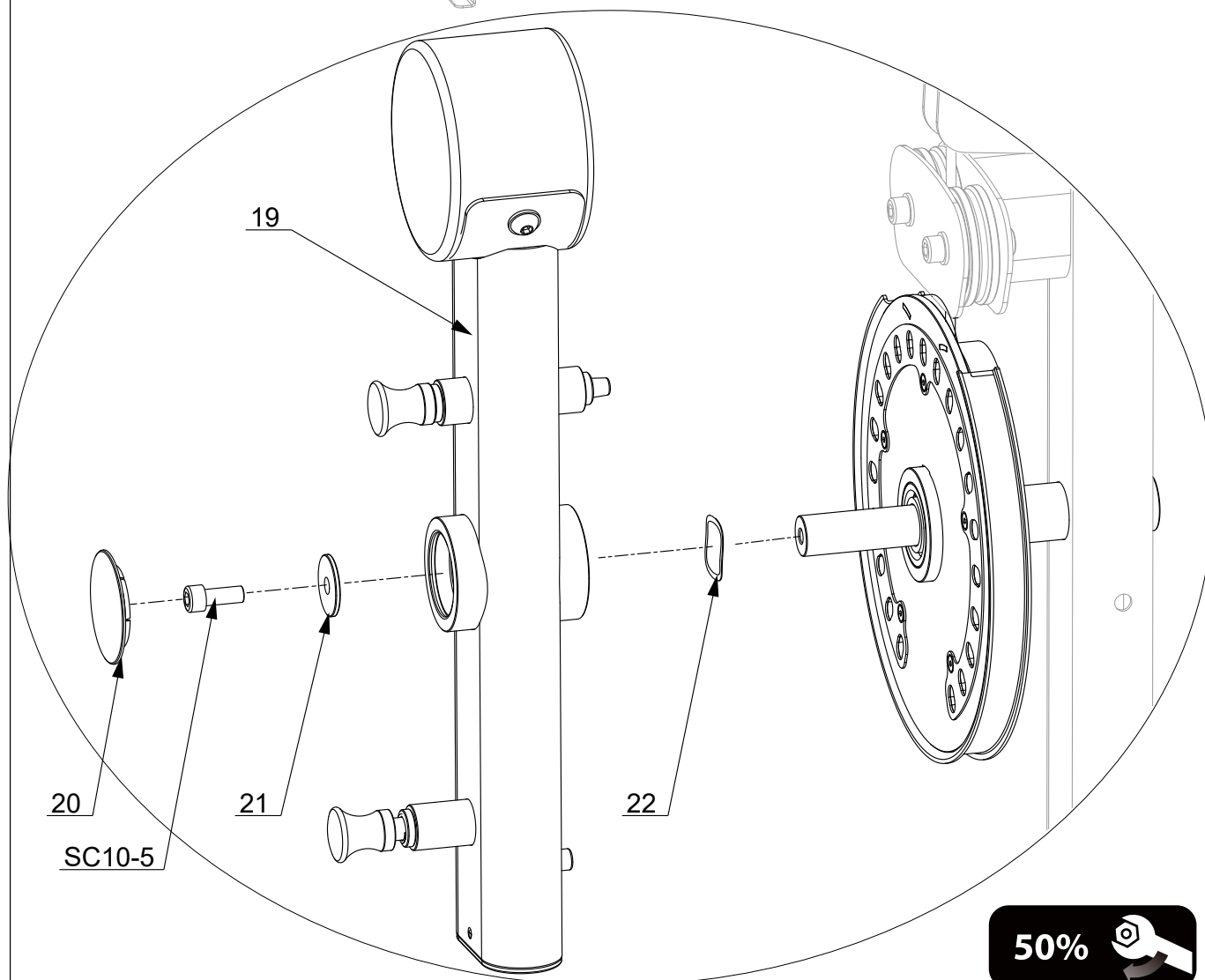
Part No: 20
Name:Plastic Cap
Q'TY: 1

Part No: 21
Name:Washer OD38
Q'TY: 1

Part No: 22
Name:Wave Washer
Q'TY: 1



Install The Rotatable Arm(#19)

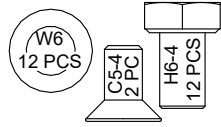


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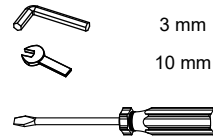


STEP 6

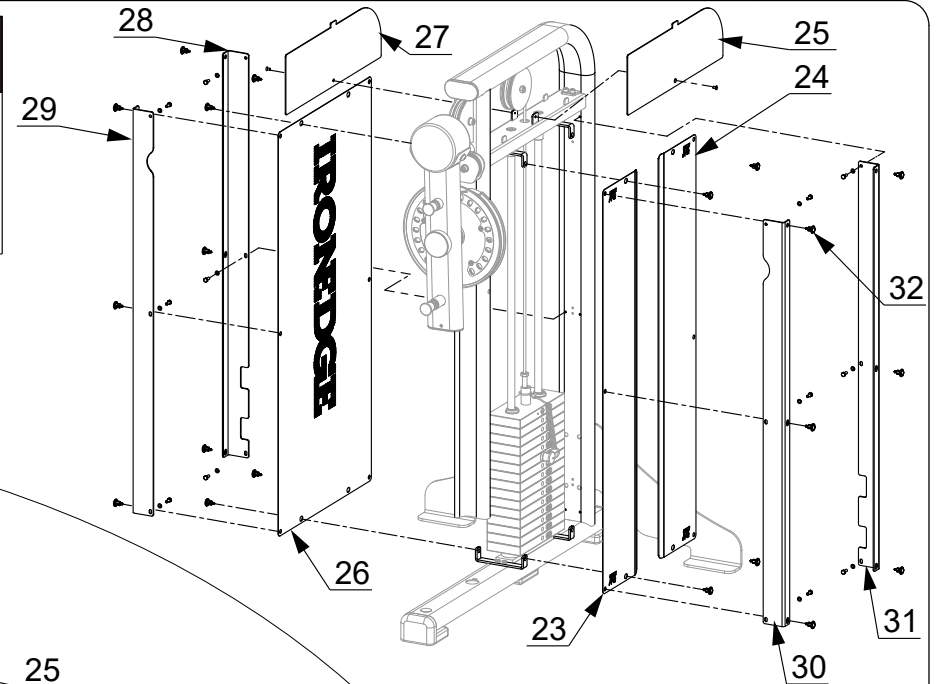
Fixings



Tools



Fix The Front Lower Shield(#23) , Front Upper Shield (#25),Back Lower Shield(#26) And The Back Upper Shield(#27).



Parts

- Part No: 23
Name: Front Lower Shield
Q'TY:1
- Part No: 24
Name: Front Lower Shield
Q'TY:1
- Part No: 25
Name:Front Upper Shield
Q'TY:1
- Part No: 26
Name:Back Lower Shield
Q'TY:1
- Part No: 27
Name:Back Upper Shield
Q'TY:1
- Part No: 28
Name:L Plate
Q'TY:1
- Part No: 29
Name:L Plate
Q'TY:1
- Part No: 30
Name:L Plate
Q'TY:1
- Part No: 31
Name:L Plate
Q'TY:20
- Part No: 32
Name:Panel Clip
Q'TY:20

Parts

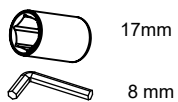
- Part No: 31
Name:L Plate
Q'TY:20
- Part No: 32
Name:Panel Clip
Q'TY:20

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STEP 7

Tools



Parts

Part No: 33
Name: Platform
Q'TY: 1

Part No: 34
Name: Base Tube
Q'TY: 2

Part No: 35
Name: Hole Cap D25
Q'TY: 4

Fixings

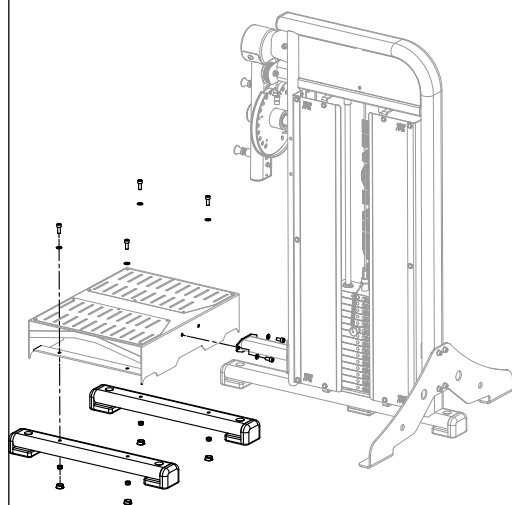
SC10-5 4 PCS

SC10-4 2 PCS

W10
6 PCS

N10
4 PC

Install The Platform(#33)
On The Base Tube(#34).



SC10-5
W10

33

SC10-4
W10

34

N10

35

50%



STEP 8

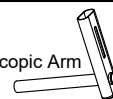
Tools



6 mm

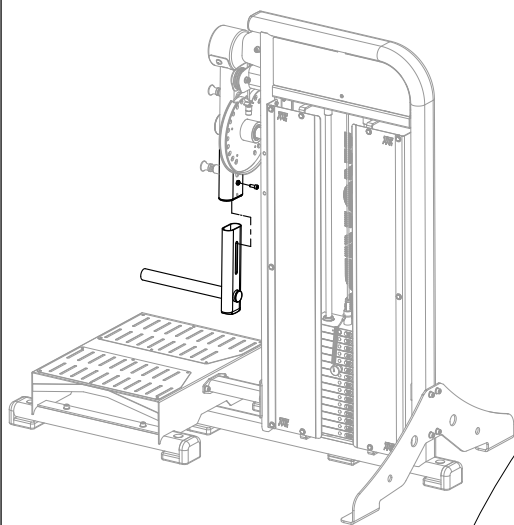
Parts

Part No: 36
Name: Telescopic Arm
Q'TY: 1

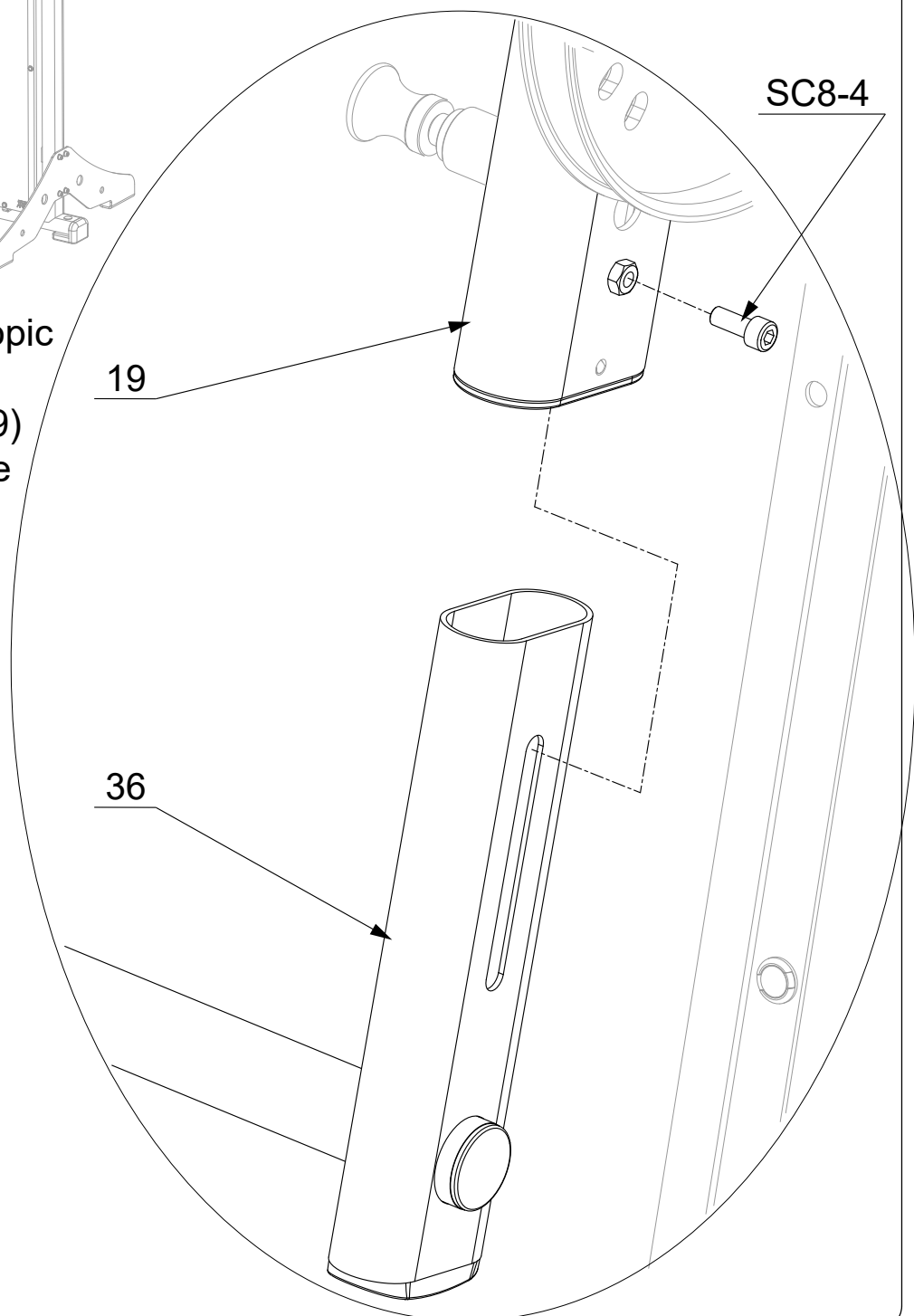


Fixings

SC8-4 1 PC



Insert The Telescopic Arm(#36) Into The Rotatable Arm(#19) ,Then Fix It By The Bolt(SC8-4).

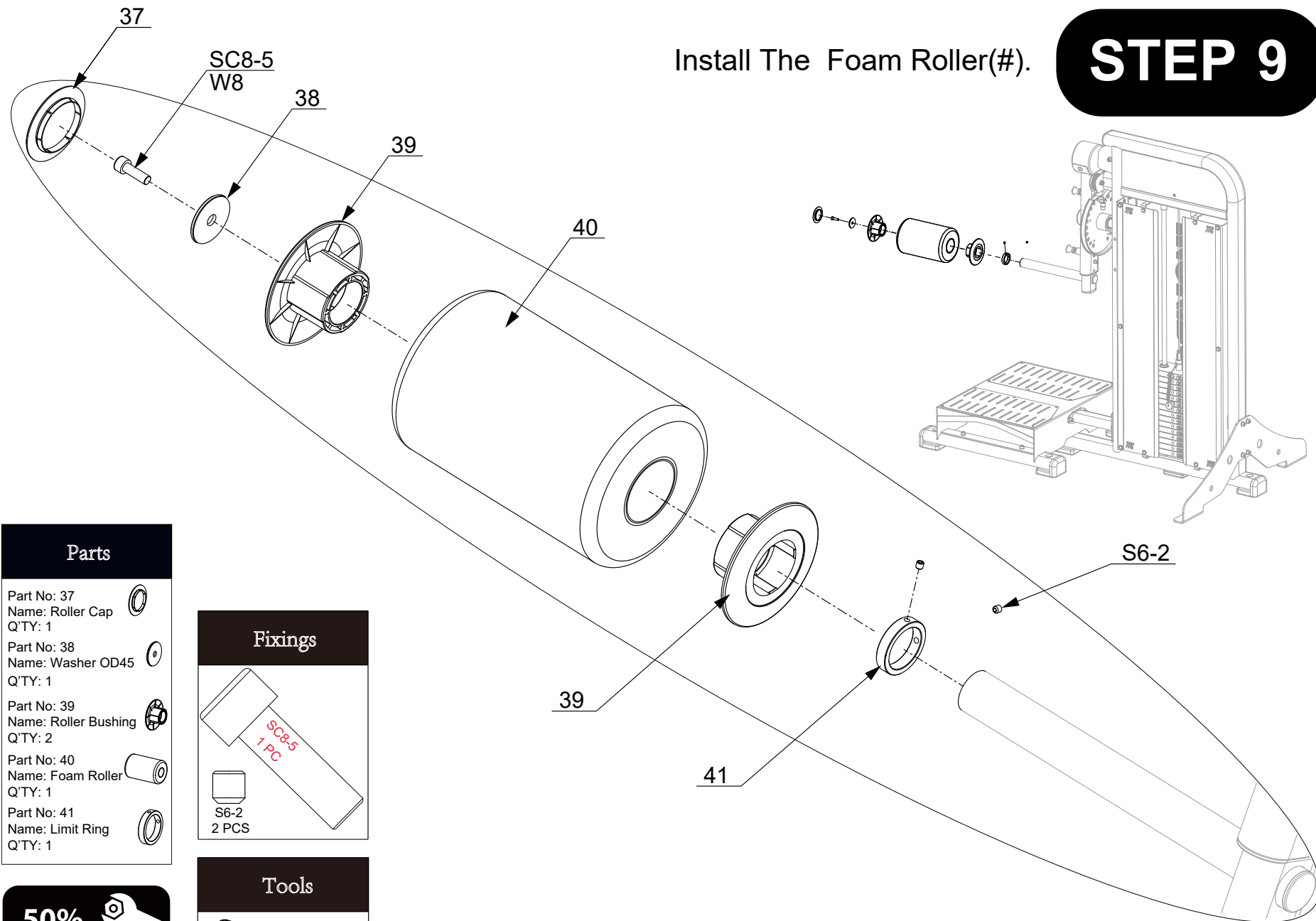


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Install The Foam Roller(#).

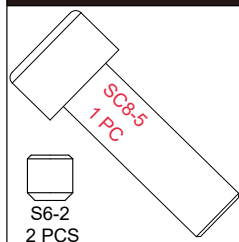
STEP 9



Parts

- Part No: 37
Name: Roller Cap
Q'TY: 1
- Part No: 38
Name: Washer OD45
Q'TY: 1
- Part No: 39
Name: Roller Bushing
Q'TY: 2
- Part No: 40
Name: Foam Roller
Q'TY: 1
- Part No: 41
Name: Limit Ring
Q'TY: 1

Fixings



Tools

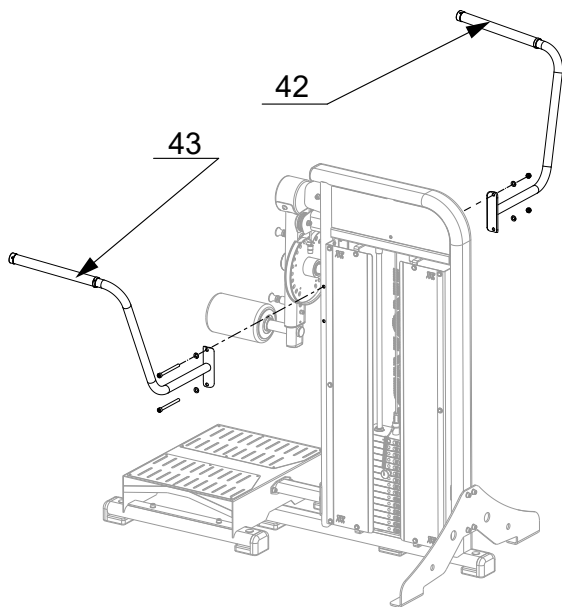


3 \ 6 mm

50%



STEP 10



Install The Hand Rail (#42 & #43)

Tools

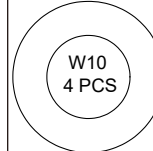
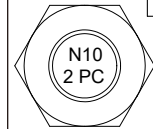


Parts

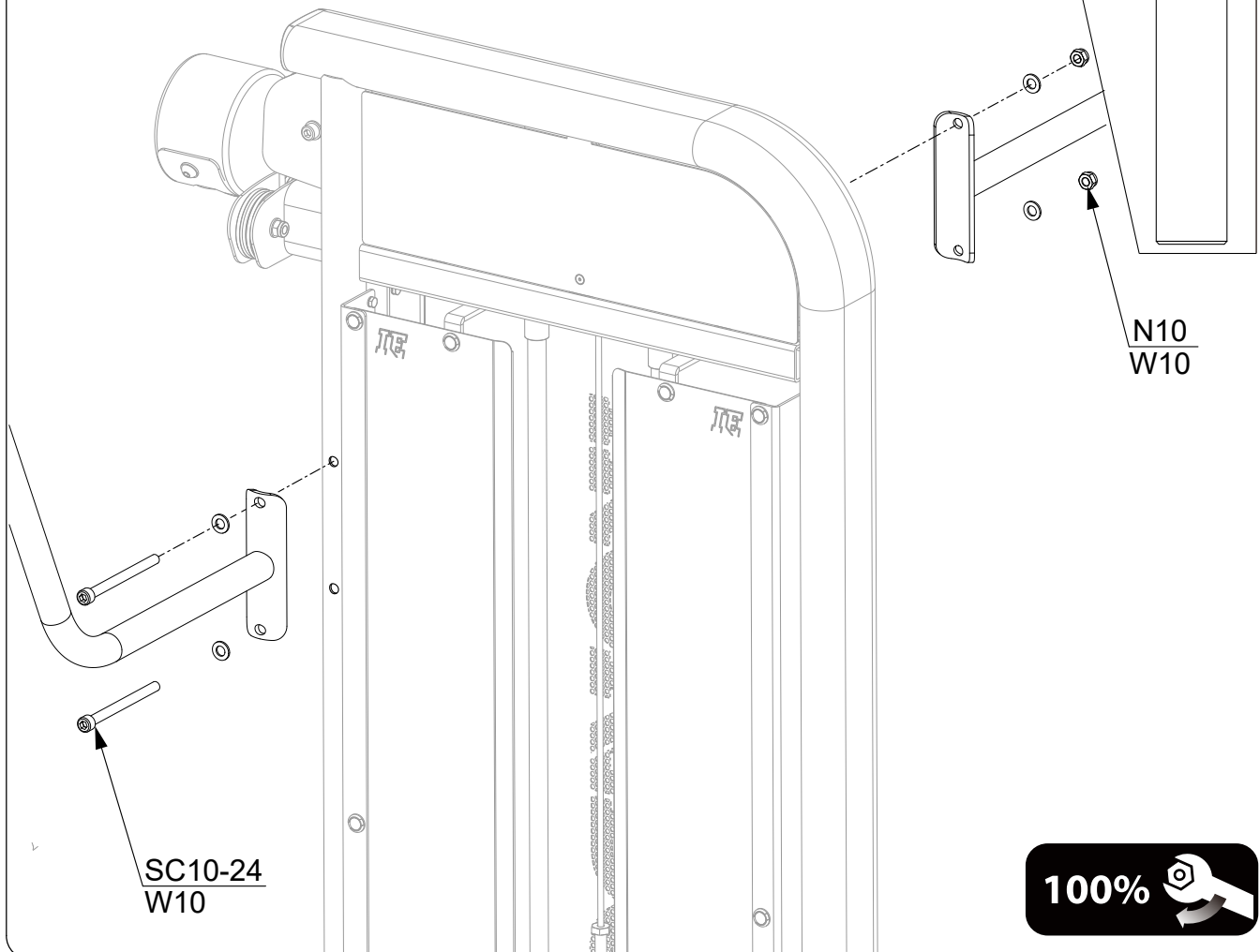
Part No: 42
Name: Hand Rail
Q'TY:1

Part No: 43
Name: Hand Rail
Q'TY:1

Fixings



SC10-24 2 PCS



PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Frame	1
2	Brace	1
3	U Plate	4
4	Connection Tube	1
5	Cam	1
6	Top Weight Plate 7.5Kg	1
7	Weight Pin	1
8	Weight Plate 9Kg	14
9	Weight Label	1
10	Rubber Buffer	2
11	Guide Rod	2
12	External Retaining Ring D19	2
13	Rod Retainer	2
14	Pulley Cover	1
15	Small Pulley	2
16	External Retaining Ring D12	1
17	Cable End Clip	1
18	Cable	1
19	Rotatable Arm	1
20	Plastic Cap	1
21	Washer OD38	1
22	Wave Washer	1
23	Front Lower Shield	1
24	Front Lower Shield	1
25	Front Upper Shield	1
26	Back Lower Shield	1
27	Back Upper Shield	1
28	L Plate	1
29	L Plate	1
30	L Plate	1
31	L Plate	1
32	Panel Clip	20
33	Platform	1
34	Base Tube	2
35	Hole Cap D25	4
36	Telescopic Arm	1
37	Roller Cap	1
38	Washer OD45	1
39	Roller Bushing	2
40	Foam Roller	1
41	Limit Ring	1
42	Hand Rail	1
43	Hand Rail	1
44	Pulley OD114	2
W6	Washer 6	20
W10	Washer 10	25
N10	Lock Nut M10	11
FN12	Flange Nut M12	1
A10-9	Button Head Screw M10×45	1
C5-4	Countersunk Head Screw M5×10	2
H6-4	Hex Head Bolt M6×10	20
S6-2	Socket Set Screw M6×6	2
S8-7	Socket Set Screw M8×35	2
SC8-4	Socket Head Cap Screw M8×20	1
SC8-5	Socket Head Cap Screw M8×25	1
SC10-4	Socket Head Cap Screw M10×20	2

PART#	DESCRIPTION	QTY
SC10-5	Socket Head Cap Screw M10×25	11
SC10-9	Socket Head Cap Screw M10×45	3
SC10-24	Socket Head Cap Screw M10×120	2