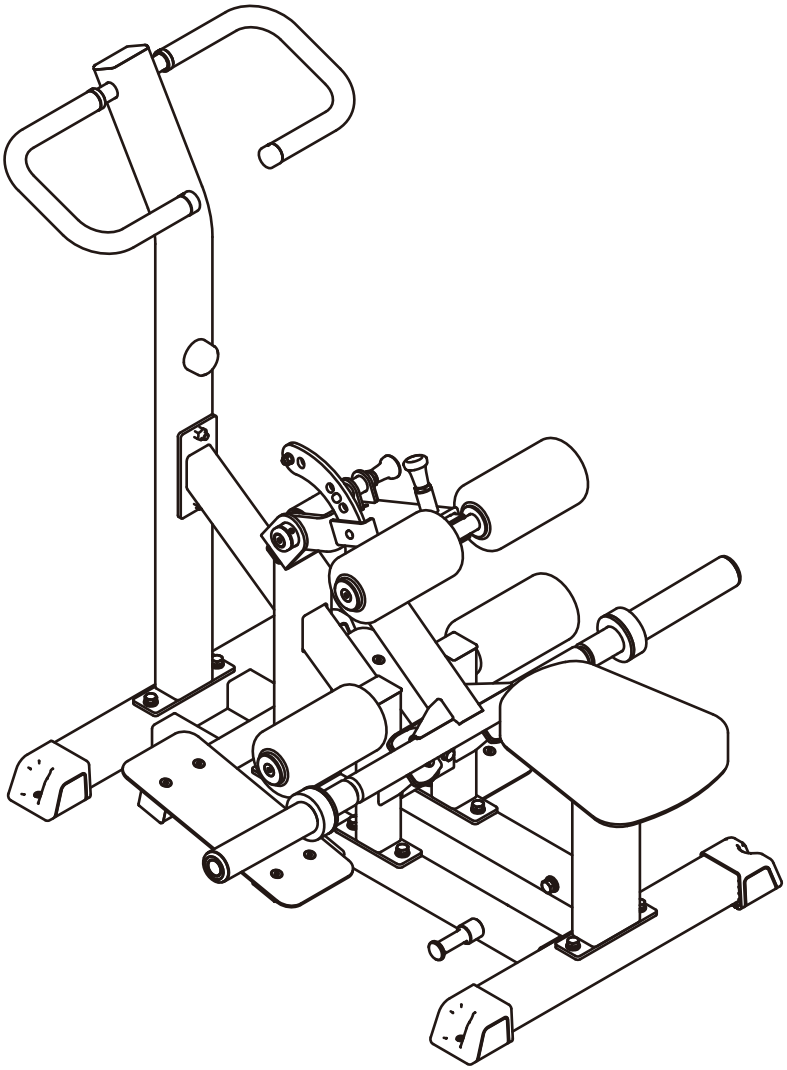


IFP1616

VERTICAL HIP THRUST

OWNER'S MANUAL

23J

CAUTION! Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

CAUTION!

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

Important Safety Instructions---------- 3

Instructions---------- 5

Exploded View and Parts List---------- 6

Measurement Guide---------- 13

Assembly Instructions---------- 14

Assembly---------- 15

Adjust and Exercise Instruction---------- 18

Maintenance Schedule---------- 19

General Maintenance Information---------- 20

Weight Training Tips---------- 21

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
   These instructions are written to ensure your safety and to protect the unit.

2. Use the equipment only for its intended purpose as described in this guide.
   Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.

3. The product should only be used on a level surface and is with 0.6 meters space around the product.
   Do not use the equipment outdoors.

4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
   Teenagers should use this equipment with adult supervision.

5. Do not overexert yourself or work to exhaustion.
   Do not attempt to lift more weight than you can control safely.
   If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

6. This equipment is not used as medical apparatus and instruments.

7. Never operate the unit when it has been dropped or damaged.
   Never drop or insert anything into any opening in the equipment.
   Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
   Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
   Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.

8. Be careful when getting on or off the equipment.

9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

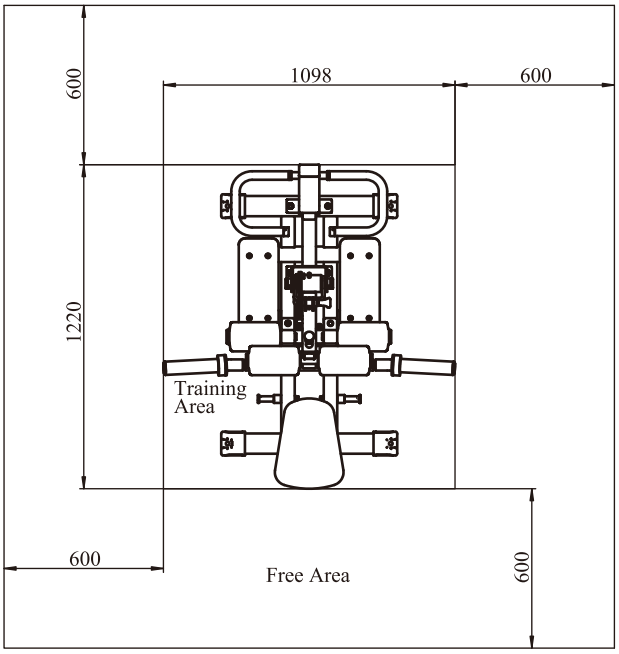
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 2*75kg/165lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1220*1098*1165mm

Product Total Surface: 1220*1098mm

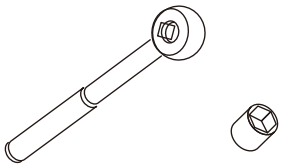
Product Total Mass:

Instructions

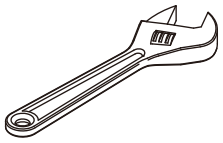
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

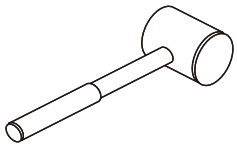
Tools Required



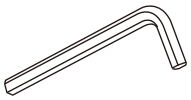
Ratchet Wrench and Socket



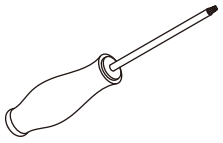
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

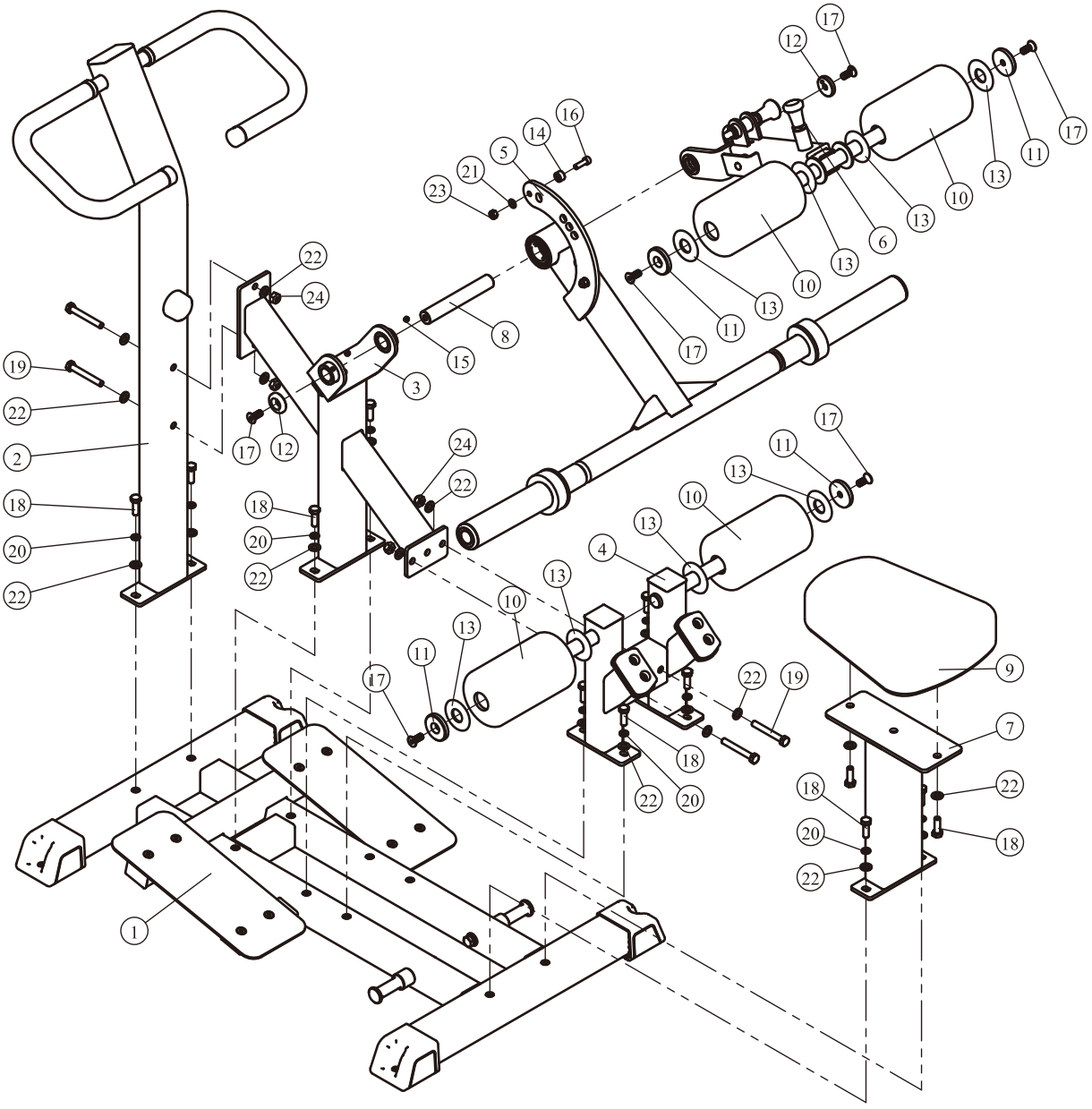
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP161601ASSY	Bottom Support Frame ASSY	1
2	IFP161602ASSY	Handle Frame ASSY	1
3	IFP16160300	Support Frame	1
4	BB-SHT04ASSY	Bumper Bracket ASSY	1
5	BB-SHT05ASSY	Swing Frame ASSY	1
6	IFP161604ASSY	Foam Support Frame ASSY	1
7	BB-SHT0800	Seat Support	1
8	BB-SHT1200	Shaft	1
9	IT93041200V3	Seat Pad	1
10	IF81023500V6	Foam	4
11	V31900	Aluminum Cap Φ50.8*Φ10.3*8	4
12	IN-D21202000	Aluminum Cap Φ38*Φ10.5*8	2
13	HF1652100	Plastic Cap Φ60*Φ25.7*3	8
14	IN-S10111200	Rubber Sleeve Φ17*10.5	1
15	GB77M8*6DHS2	Set Screw M8*6	2
16	GB70M8*25DHS20	Socket Head Cap Screw M8*25	1
17	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	6
18	GB5781M10*30DHS20	Hex Head Bolt M10*30	12
19	GB5780M10*75DHS20	Hex Head Bolt M10*75	4
20	GB9310DHS12	Lock Washer Φ10	10
21	GB958DHS2	Flat Washer Φ9*Φ18*1.6	1
22	GB9510DHS2	Flat Washer Φ11*Φ20*2	20
23	NM8DHS2	Nylon Lock Nut M8	1
24	NM10DHS2	Nylon Lock Nut M10	4

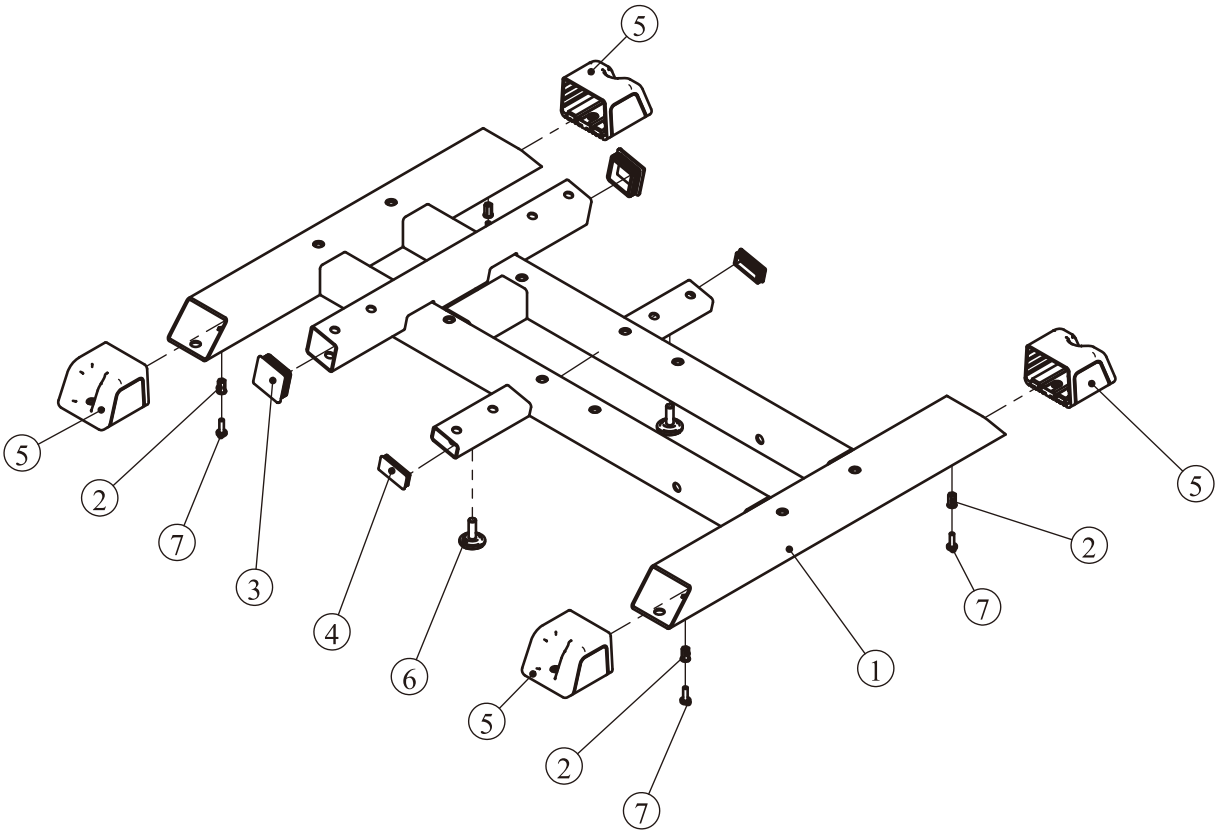
Exploded View and Parts List

Overall



Exploded View and Parts List

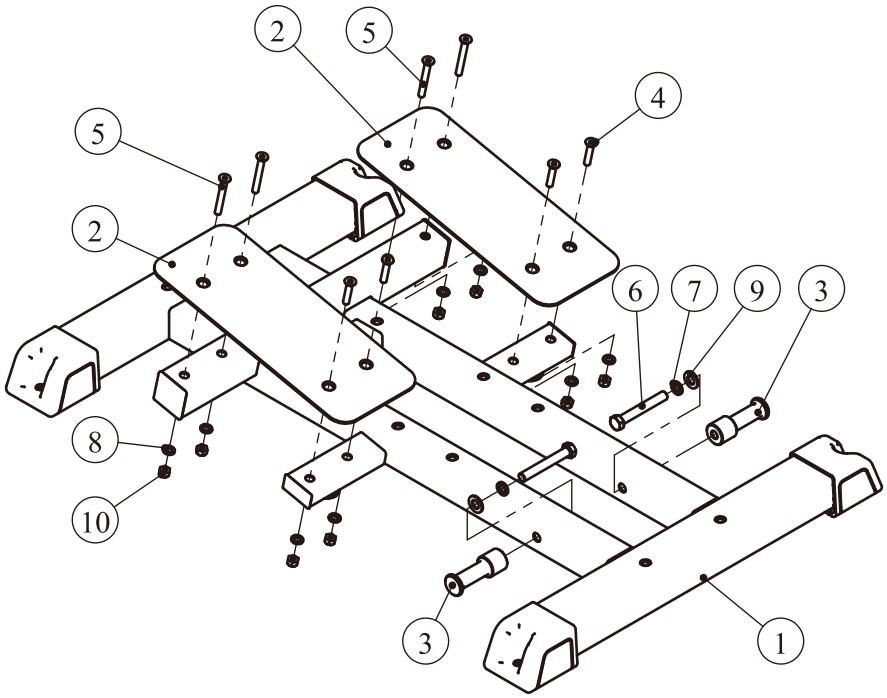
Bottom Support Frame Sub ASSY



Grade No.	Part No.	Description	QTY
1.1.1	IFP16160100	Bottom Frame	1
1.1.2	GB17880.5M6*16.5DS17	Rivet Nut M6	4
1.1.3	KSPFID3000	Tube Plug □50.8	2
1.1.4	BNH0008	Tube Plug □25*50	2
1.1.5	IFP12013300	Foot Cap	4
1.1.6	DC135K34000	Adjustable Foot Plate	2
1.1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4

Exploded View and Parts List

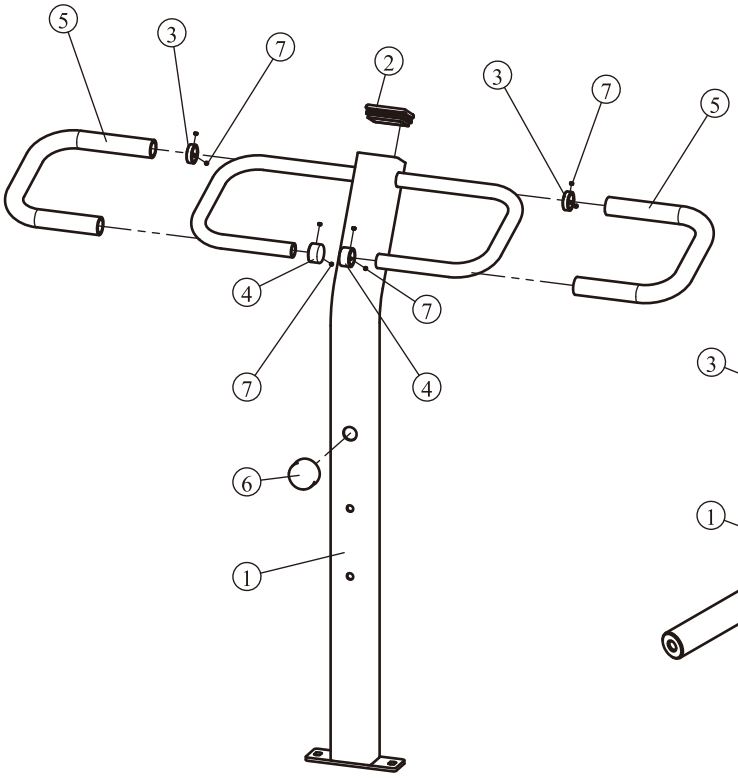
Bottom Support Frame ASSY



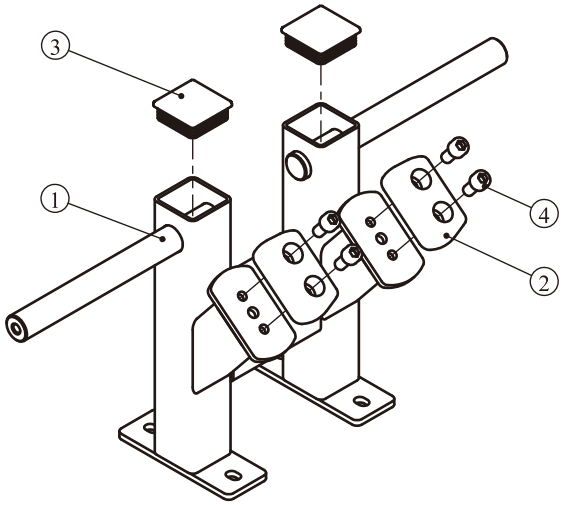
Grade No.	Part No.	Description	QTY
1.1	IFP16160100ASSY	Bottom Support Frame Sub ASSY	1
1.2	IFP16160500	Pedal	2
1.3	BB-PL2300	Rod	2
1.4	CNLM8*40DHS20	Flat Head Cap Screw M8*40	4
1.5	CNLM8*65DHS20	Flat Head Cap Screw M8*65	4
1.6	GB5780M12*85DHS20	Hex Head Bolt M12*85	2
1.7	GB93DHS12	Lock Washer Φ12	2
1.8	GB958DHS2	Flat Washer Φ9*Φ18*1.6	8
1.9	GB9512DHS2	Flat Washer Φ13*Φ24*2.5	2
1.10	NM8DHS2	Nylon Lock Nut M8	8

Exploded View and Parts List

Handle Frame ASSY



Bumper Bracket ASSY

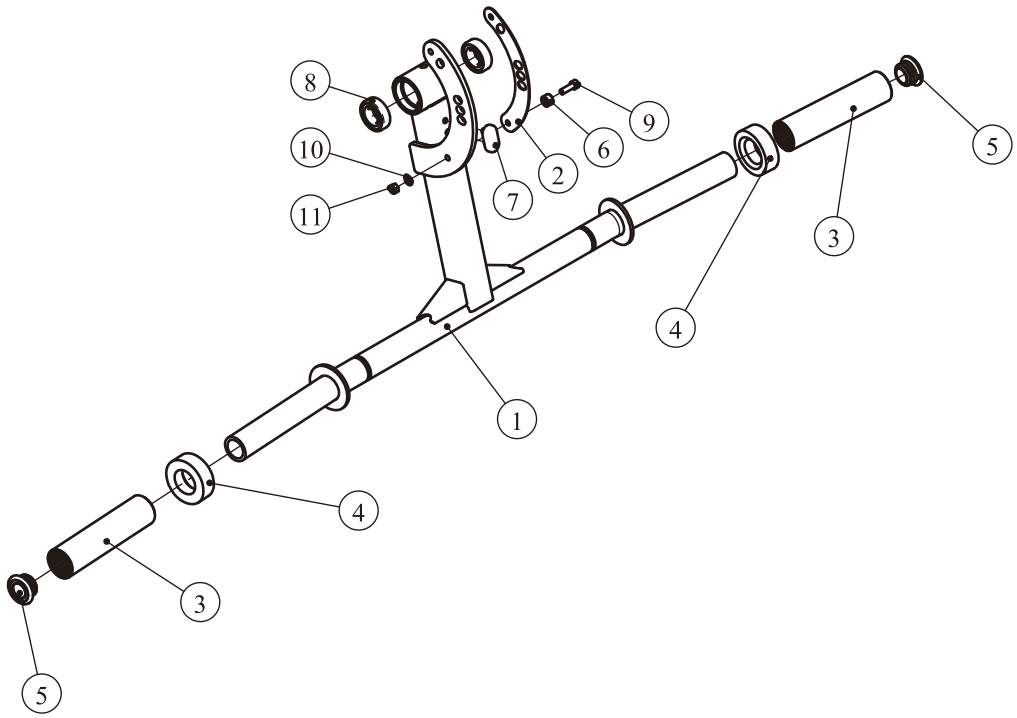


Grade No.	Part No.	Description	QTY
2.1	IFP16160200	Handle Frame	1
2.2	KPSFID2800	Tube Plug □50.8*76.2	1
2.3	V39500	Aluminum Grip Ring Φ25.4	2
2.4	V39600	Aluminum Grip Cap Φ25.4	2
2.5	C013PL2000	Grip	2
2.6	CW40393-101	Bumper	1
2.7	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8

Grade No.	Part No.	Description	QTY
5.1	BB-SHT0400	Bumper Bracket	1
5.2	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	4
5.3	KPSFID3000	Plug □50.8	2
5.4	RS17000400	Bumper	2

Exploded View and Parts List

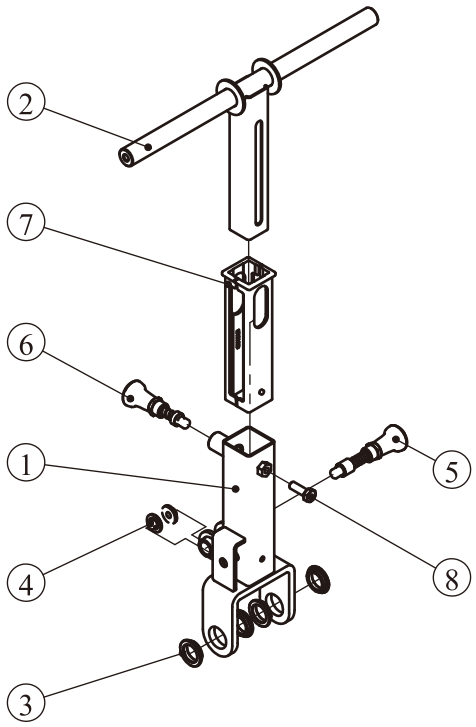
Swing Frame ASSY



Grade No.	Part No.	Description	QTY
5.1	BB-SHT0500	Swing Frame	1
5.2	BB-SHT1100	Lining Board	1
5.3	BB-SHT1500	Weight Horn Sleeve	2
5.4	HF985A1500	Rubber Bumper	2
5.5	IFP12013500	Plug Φ49	2
5.6	IN-S10111200	Rubber Sleeve Φ17*10.5	1
5.7	BG10004600V1	Bumper	1
5.8	GB2766205-2ZC3	Bearing 6205-2Z	2
5.9	GB70M8*25DHS20	Socket Head Cap Screw M8*25	1
5.10	GB958DHS2	Flat Washer Φ9*Φ18*1.6	1
5.11	NM8DHS2	Nylon Lock Nut M8	1

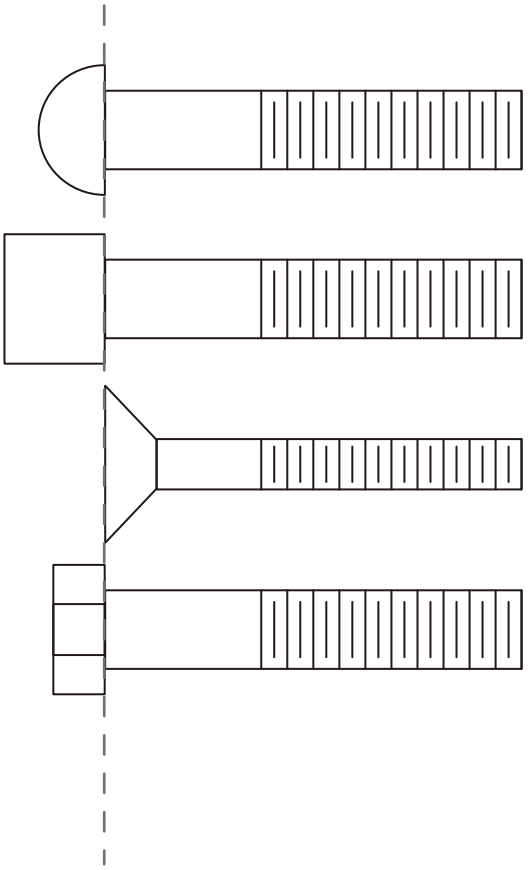
Exploded View and Parts List

Foam Support Frame ASSY



Grade No.	Part No.	Description	QTY
6.1	BB-SHT0600	Adjusting Frame	1
6.2	BB-SHT0700	Foam Support Frame	1
6.3	FE97085100	Copper Bearing	4
6.4	BNH0547	Nylon Washer	2
6.5	IT95021600	Locking Pin 1	1
6.6	IT95251600	Locking Pin 2	1
6.7	HF1651600B	Long Half Set	2
6.8	PNLM10*30DHS20	Hex Head Bolt M10*30	1

Measurement Guide

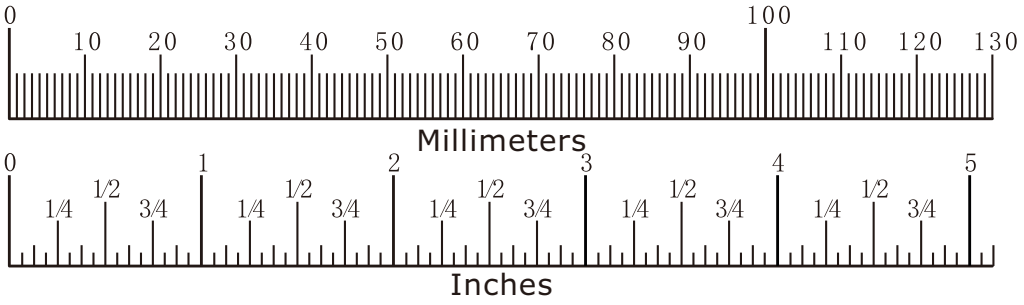


BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

FHCS = Flat Head Cap Screw

HHB = Hex Head Bolt



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

⚠ NOTE

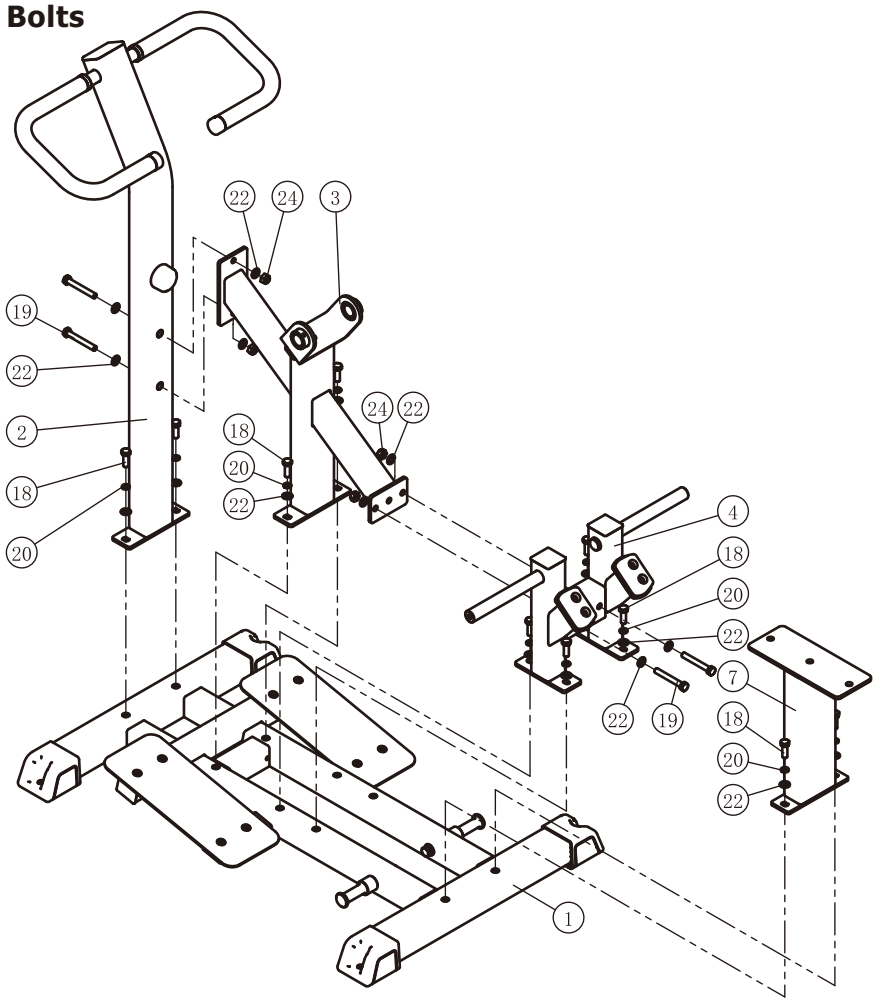
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Bumper Bracket ASSY (#4) and the Seat Support Frame (#7) to the Bottom Support Frame ASSY (#1) using:
   six M10*30 HHB (#18) six Φ10 Spring Washer (#20)
   six Φ11*Φ20*2 Flat Washer (#22)
2. Attach the Support Frame (#3) to the Bumper Bracket ASSY (#4) and the Bottom Support Frame ASSY (#1) using:
   two M10*30 HHB (#18) two M10*75 HHB (#12)
   two Φ10 Spring Washer (#20) six Φ11*Φ20*2 Flat Washer (#22)
   two M10 Nylon Lock Nut (#24)
3. Attach the Swing Frame ASSY (#5) and the Foam Support Frame ASSY (#6) to the Support Frame (#1) using:
   one Shaft (#8) two M10*75 HHB (#19)
   two Φ10 Spring Washer (#20) six Φ11*Φ20*2 Flat Washer (#22)
   two M10 Nylon Lock Nut (#24)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 2

Attach the Barbell Bar Rack ASSY (#3) to the Stand Frame ASSY (#2) using:

one Shaft (#9)

two Φ38*Φ10.5*8 Aluminum Cap (#12)

one Φ17*10.5 Rubber Sleeve (#14)

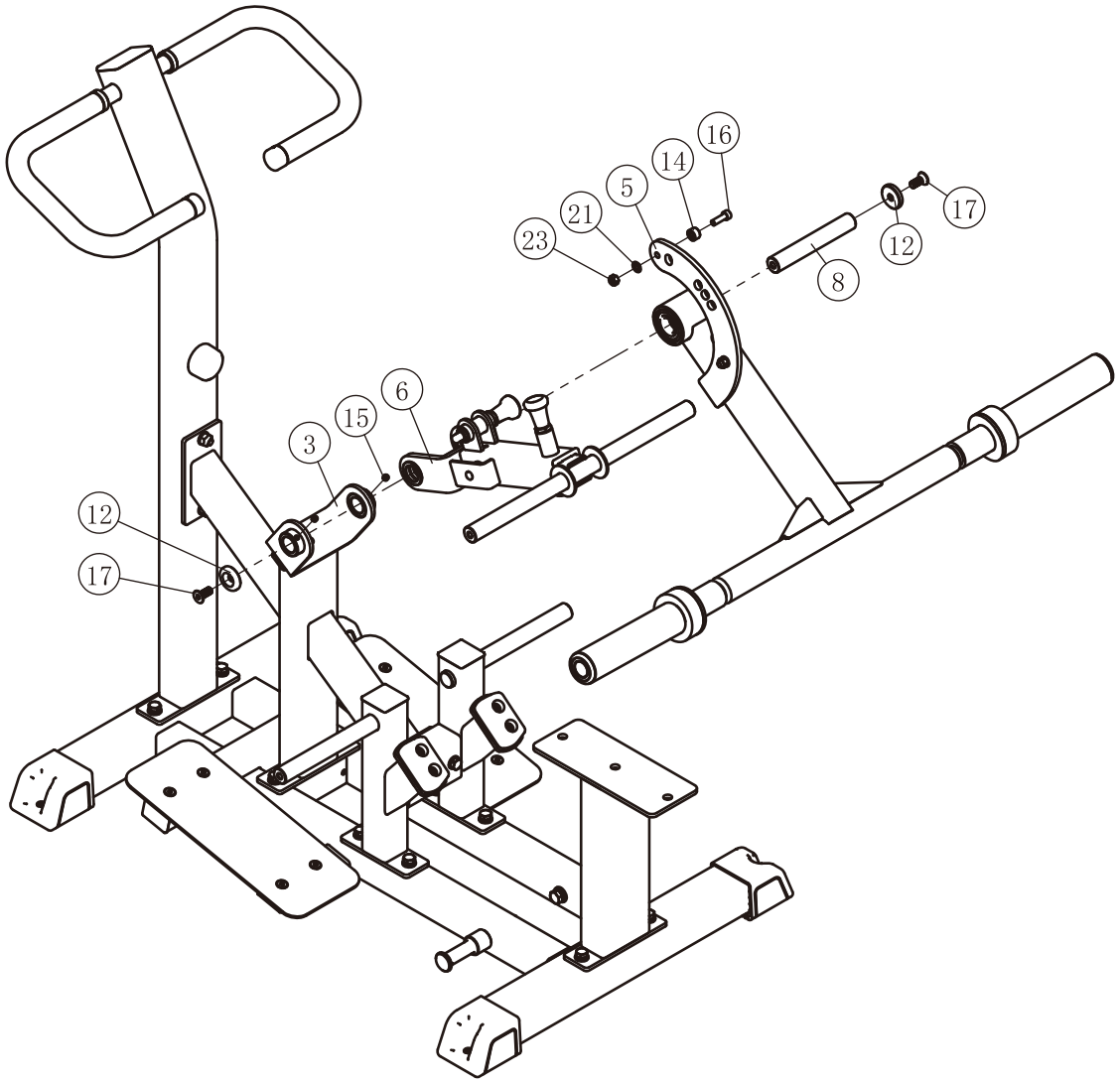
two M8*6 Set Screw (#15)

one M8*25 SHCS (#16)

one Φ9*Φ18*1.6 Flat Washer (#21)

one M8 Nylon Lock Nut (#23)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

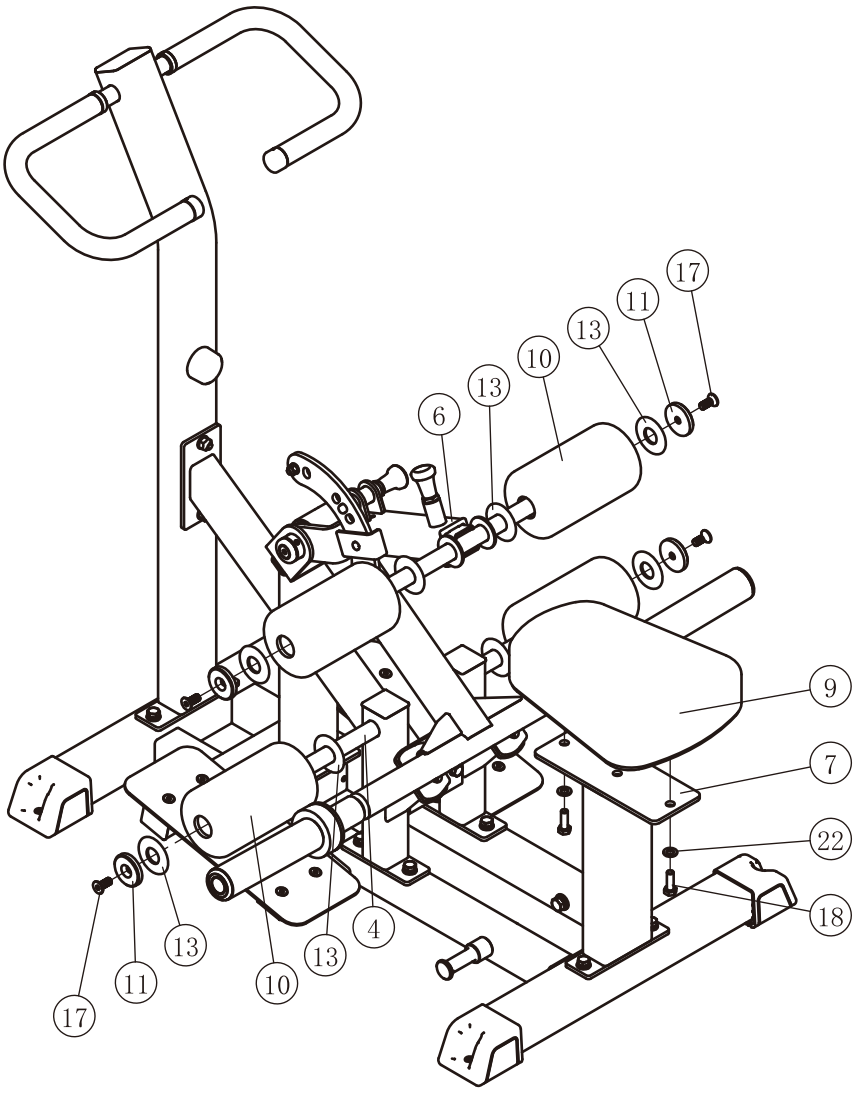


Assembly

STEP 3

1. Attach the Foam (#10) to the Bumper Bracket ASSY (#4) and the Foam Support Frame ASSY (#6) using:
   four Φ50.8*Φ10.3*8 Aluminum Cap (#11) eight Φ60*Φ25.7*3 Plastic Cap (#13)
   four M10*25 (#17)
2. Attach the Seat Pad (#9) to the Seat Support (#7) using:
   two M10*30 HHB (#18) two Φ11*Φ20*2 Flat Washer (#22)

Note: Wrench Tighten Bolts.



Adjust and Exercise Instruction

The Use Position adjustment

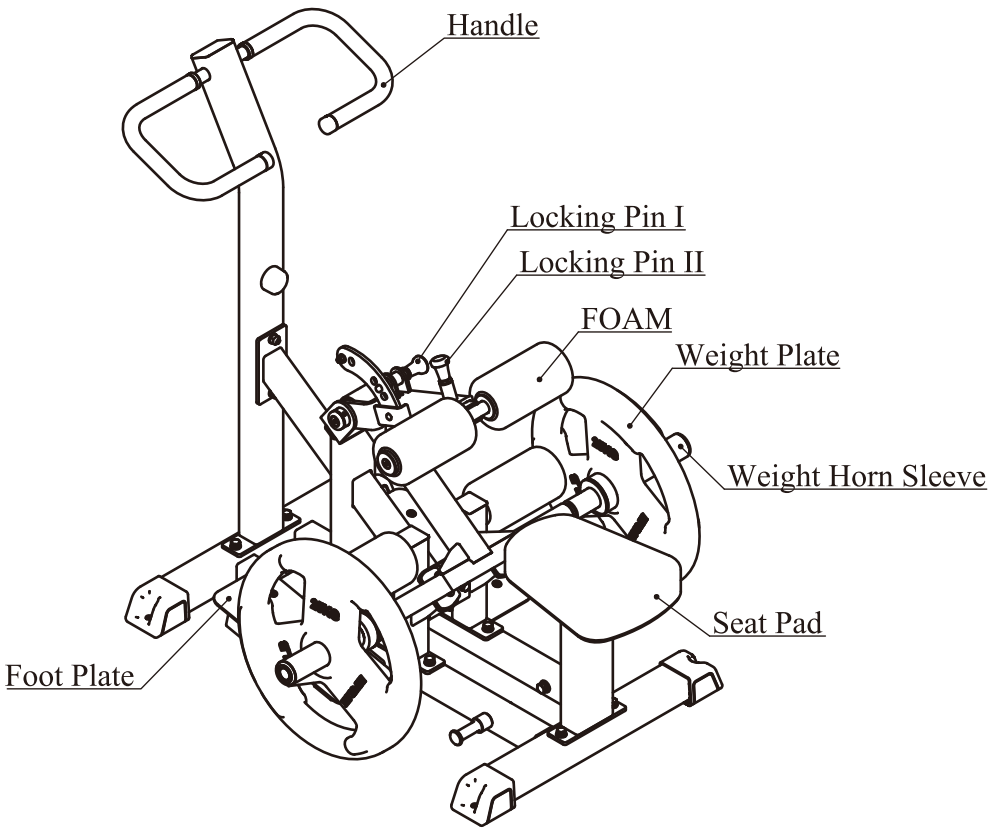
1. Pull the Locking Pin and adjust the FOAM to the desired position.
2. Make sure the pin gets into the hole completely.

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than Φ50mm and external diameter is less than Φ450mm.
2. The total weight can not be greater than 150kg.
3. This equipment does not contains Weight Plates.

Exercise Instruction

1. Select an appropriate weight on both weight horns.
2. Grasp the handles and Keep feet on the pedals, slowly Stand up as straight as possible.
3. Slowly return to the starting position.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:
* Check all pieces for signs of visible wear or damage.
* Check springs in snap hooks and pull-pins for proper tension and alignment.
* If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:
* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
* Replace ripped or warn upholstery immediately.
* Keep sharp or pointed objects clear of all upholstery.

Decals:
* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:
* Inspect all nuts and bolts for any loosening and tighten if needed.
* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:
* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:
* We uses only high quality belt, and mil-spec cables.
* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:
* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
* Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:
* Wipe down adjusting tubes with a dust free rag before applying lubricant.
* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:
* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.


SYSTEM CERTIFICATION
ISO 9001
SGS
SYSTEM CERTIFICATION
ISO 14001
SGS
SYSTEM CERTIFICATION
OHSAS 18001
SGS
SYSTEM CERTIFICATION
ISO 10015
SGS