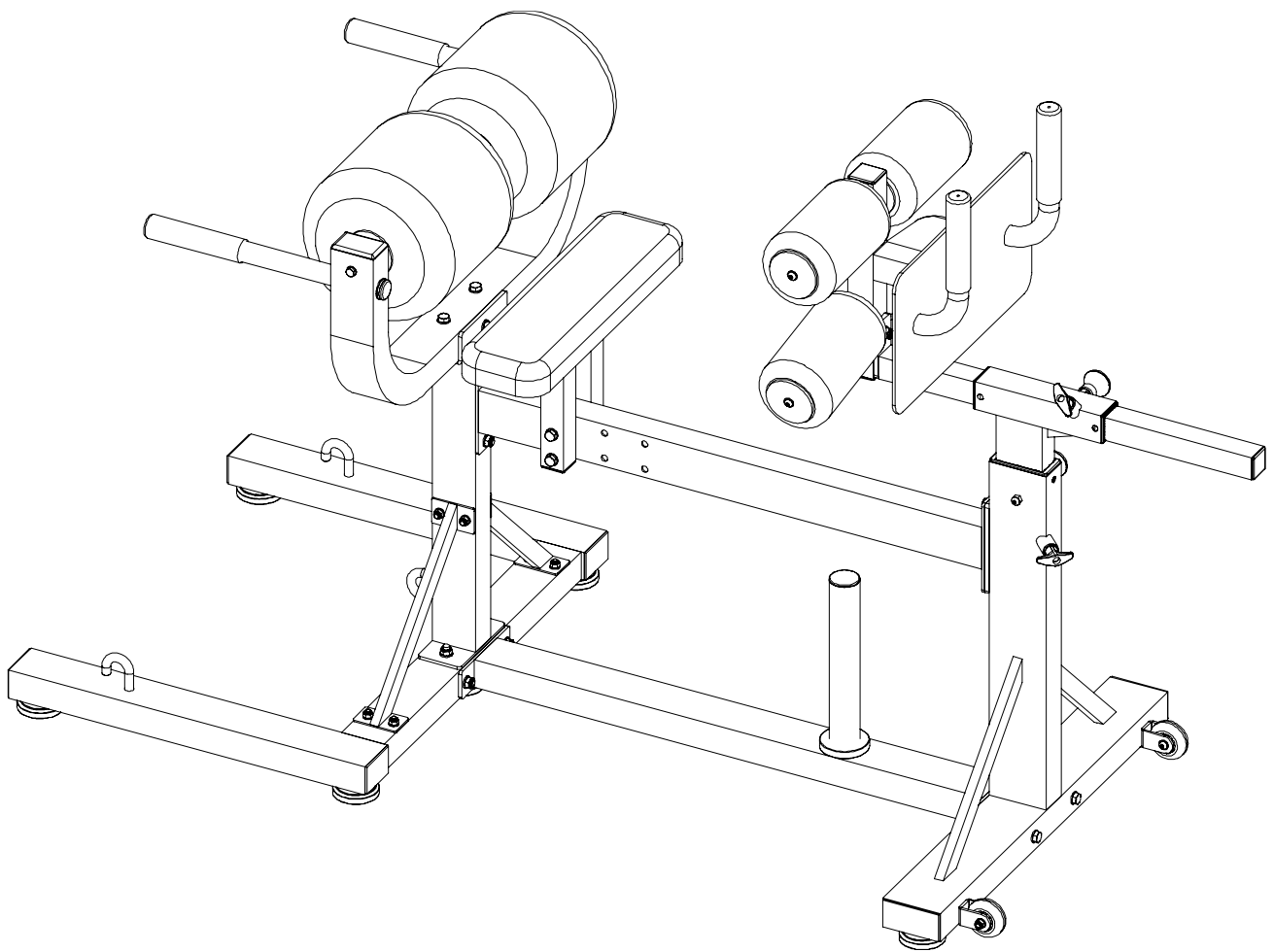
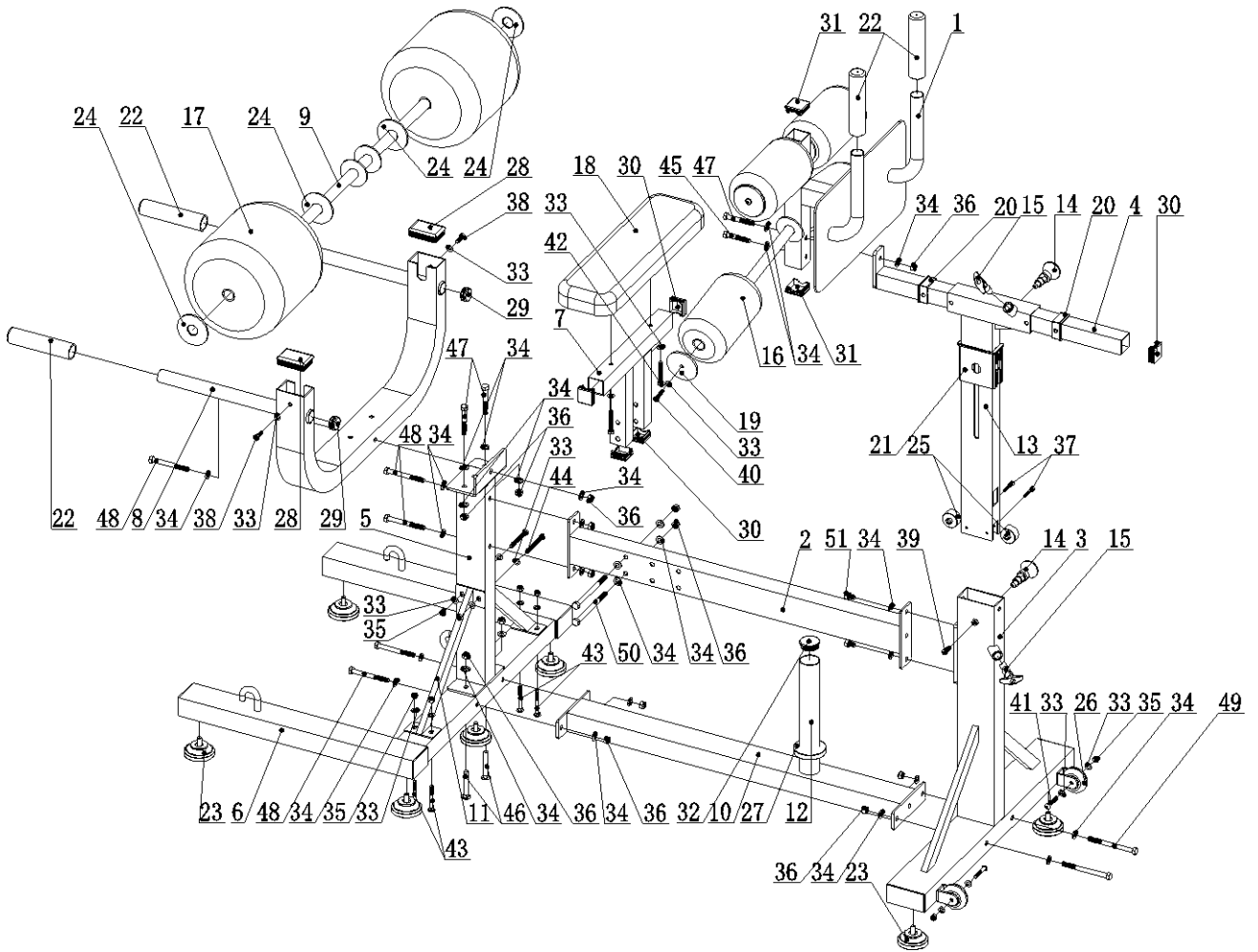


GLUTE HAM DEVELOPER

GHD-55S



EXPLODED DRAWING



PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Small Adjustable Assembly	1	27	Rubber Bumper	1
2	Cross Frame	1	28	Plug 50*75*2mm	2
3	Big Adjustable Assembly	1	29	Round Cap Φ 32*2mm	2
4	Slip Adjustable Bar Assembly	1	30	Plug 40*2mm	5
5	Front Support Frame	1	31	Plug 45*2mm	2
6	Front Base Frame	1	32	Round Cap Φ 48*2mm	1
7	Support Frame for Pad	1	33	Flat washer M8	20
8	Support Tube	1	34	Flat washer M10	29
9	Foam Frame	1	35	Nut M8	8
10	Base Frame Assembly	1	36	Nut M10	14
11	Side Support Bar	2	37	Screw M6*40	2
12	Bar Holder	1	38	Hex Bolt M8*25	2
13	Inner Adjustable Assembly	1	39	Allen Bolt M8*25	1
14	Knob	2	40	Allen Bolt M8*35	4
15	Lock Nut M10	2	41	Allen Bolt M8*45	2
16	Foam for foot	4	42	Hex Bolt M8*55	2
17	Big Foam Φ 260* Φ 26*255mm	2	43	Carriage Bolt M8*65	4
18	Thin Pad 505*150*50mm	1	44	Hex Bolt M8*70	2
19	Foam Roller Plate	4	45	Hex Bolt M10*60	2
20	Sleeve 50*2-40mm	2	46	Carriage Bolt M10*70	2
21	Sleeve 50*100*3-40*80mm	1	47	Hex Bolt M10*70	3
22	Handle Grip Φ 32*165mm	4	48	Hex Bolt M10*95	5
23	Leveler Φ 70*45*M10	7	49	Hex Bolt M10*120	2
24	Nylon Plate Φ 80*4mm	4	50	Hex Bolt M10*145	2
25	Guide wheel Φ 39* Φ 6.2*32mm	2	51	Hex Bolt M10*15	2
26	Wheel Φ 63*24mm	2			

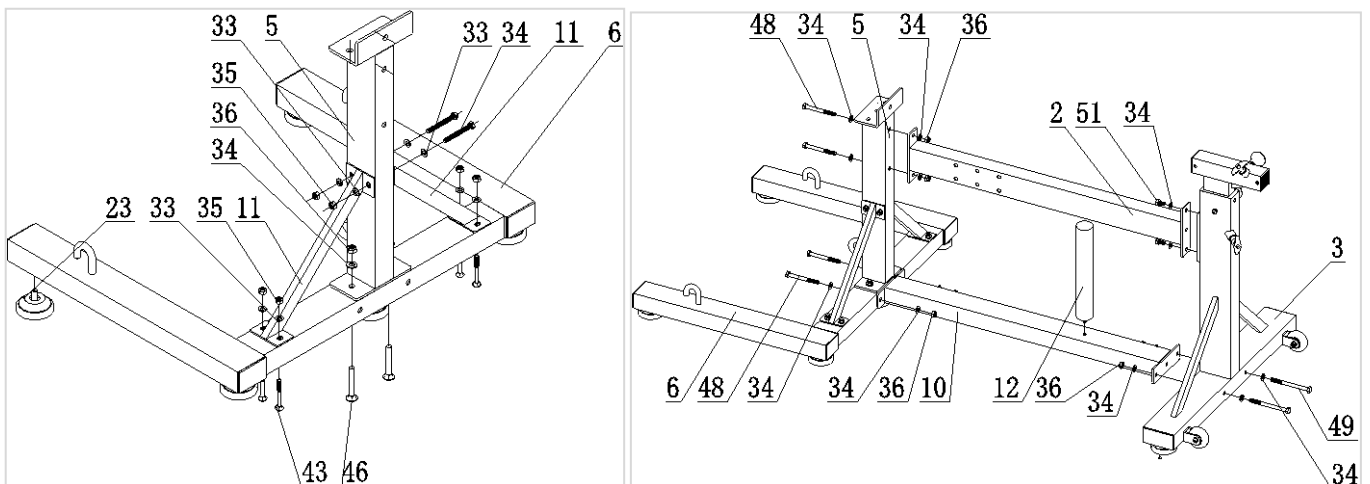
ASSEMBLY

STEP 1

Install Leveler (23) to Front Base Frame (6);

Assemble Front Support Frame (5), Front Base Frame (6) and Side Support Bar (11) using Flat washer M8 (33), Flat washer M10 (34), Nut M8 (35), Nut M10 (36), Carriage Bolt M8*65(43) and Carriage Bolt M10*70(46).

Please don't tighten the bolt and nut.



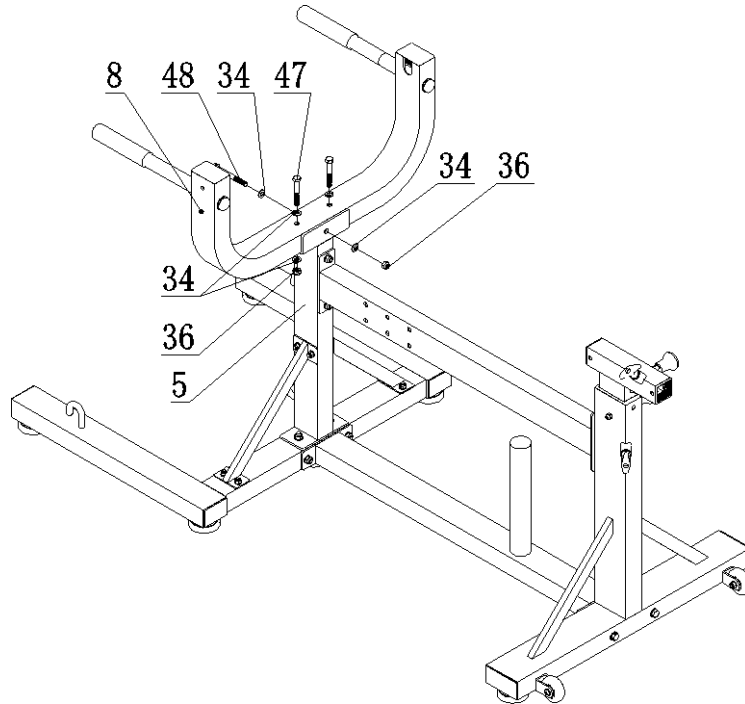
STEP 2

Assemble Big Adjustable Assembly (3), Front Base Frame (6) and Base Frame Assembly (10) using Flat washer M10 (34), Nut M10 (36), Hex Bolt M10*95 (48) and Hex Bolt M10*120(49); Assemble Big Adjustable Assembly (3), Front Support Frame (5) and Cross Bar (2) using Flat washer M10 (34), Nut M10 (36), Hex Bolt M10*95 (48) and Hex Bolt M10*15(51); Install Bar Holder (12) to Base Frame Assembly(10).

Please don't tighten the bolt and nut.

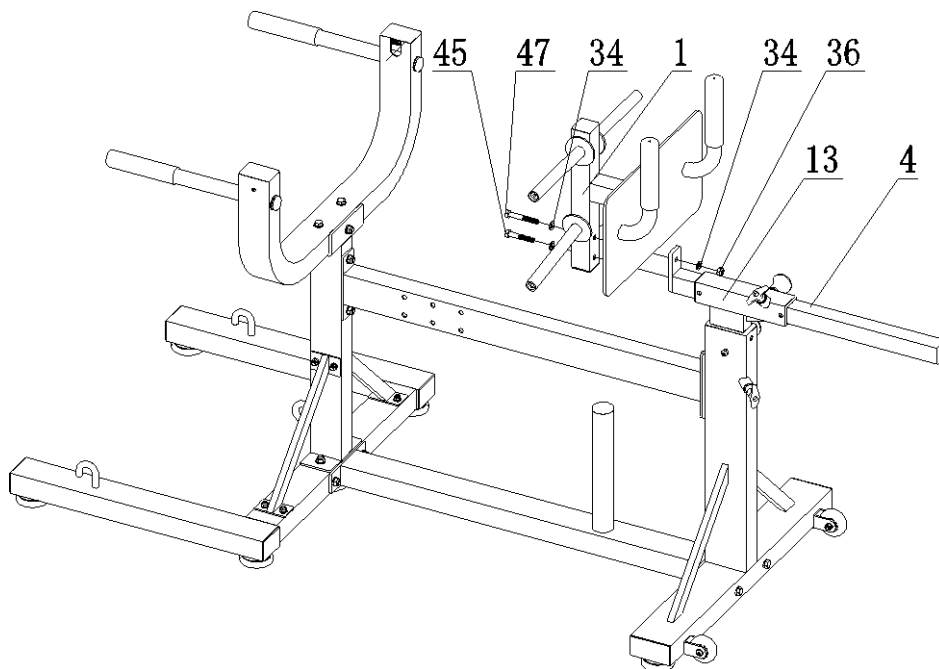
STEP 3

Install Support Tube (8) to Front Support Frame (5) using Flat washer M10 (34), Nut M10 (36), Hex Bolt M10*70 (47) and Hex Bolt M10*95 (48).



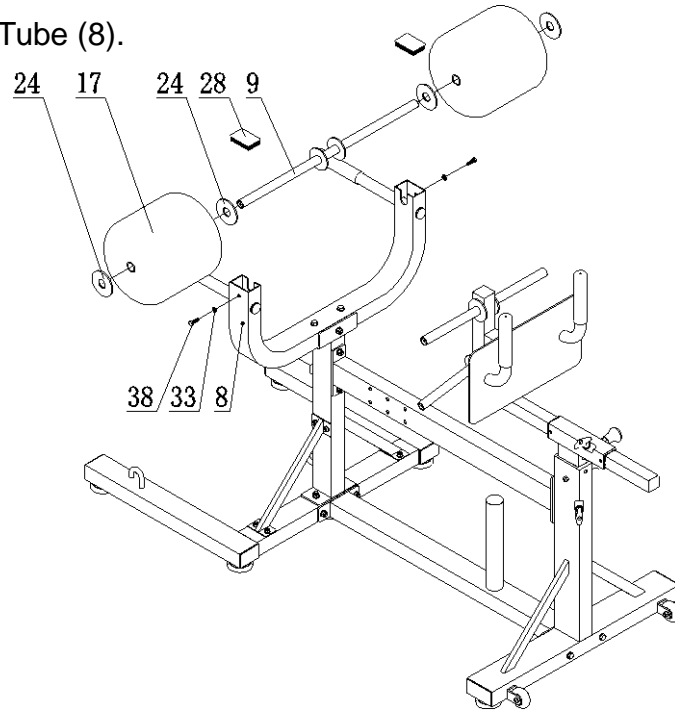
STEP 4

Assemble Small Adjustable Assembly (1) and Slip Adjustable Bar Assembly (4) using Flat washer M10 (34), Nut M10 (36), Hex Bolt M10*60 (45) and Hex Bolt M10*70 (47); Then install Slip Adjustable Bar Assembly (4) to Big Adjustable Assembly (13).



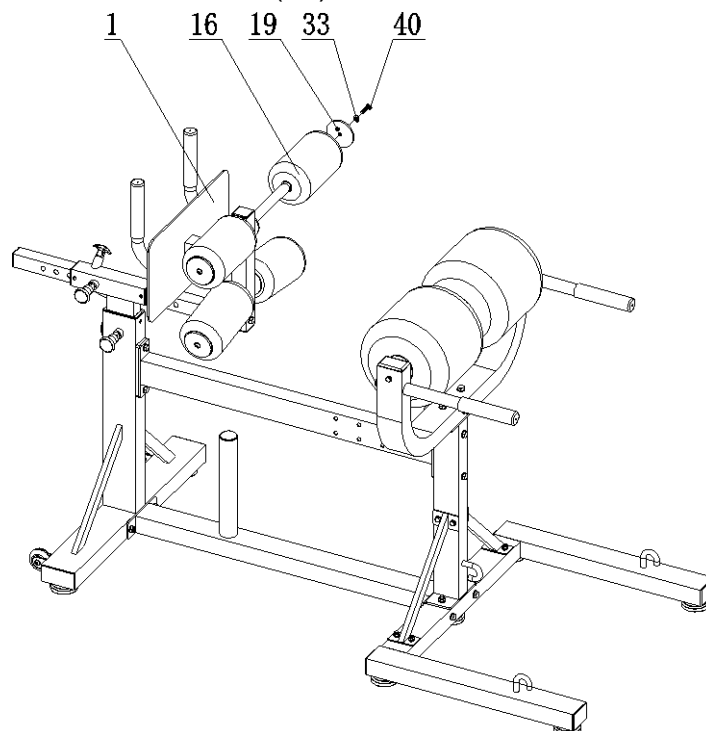
STEP 5

Remove Plug 50*75*2mm (28) from Support Tube (8) ,install Big Foam (17) and Foam Roller Plate (24) to Foam Frame (9) , then install Foam Frame (9) to Support Tube (8) using Flat washer M8 (33) and Hex Bolt M8*25 (38) fix Plug 50*75*2mm (28) back to original position of Support Tube (8).



STEP 6

Install Foam (16) and Foam Roller Cap (19) to Small Adjustable Assembly (1) using Flat washer M8 (33) and Allen Bolt M8*25 (33).



STEP 7

Install Thin Pad (18) to Support Frame for Pad (7) using Flat washer M8 (33) and Allen Bolt M8*55 (42); Install Support Frame for Pad (7) to Cross Frame (2) using Flat washer M10 (34), Hex Bolt M10*145 (50) and Nut (36).

Please tighten all bolt and nut.

