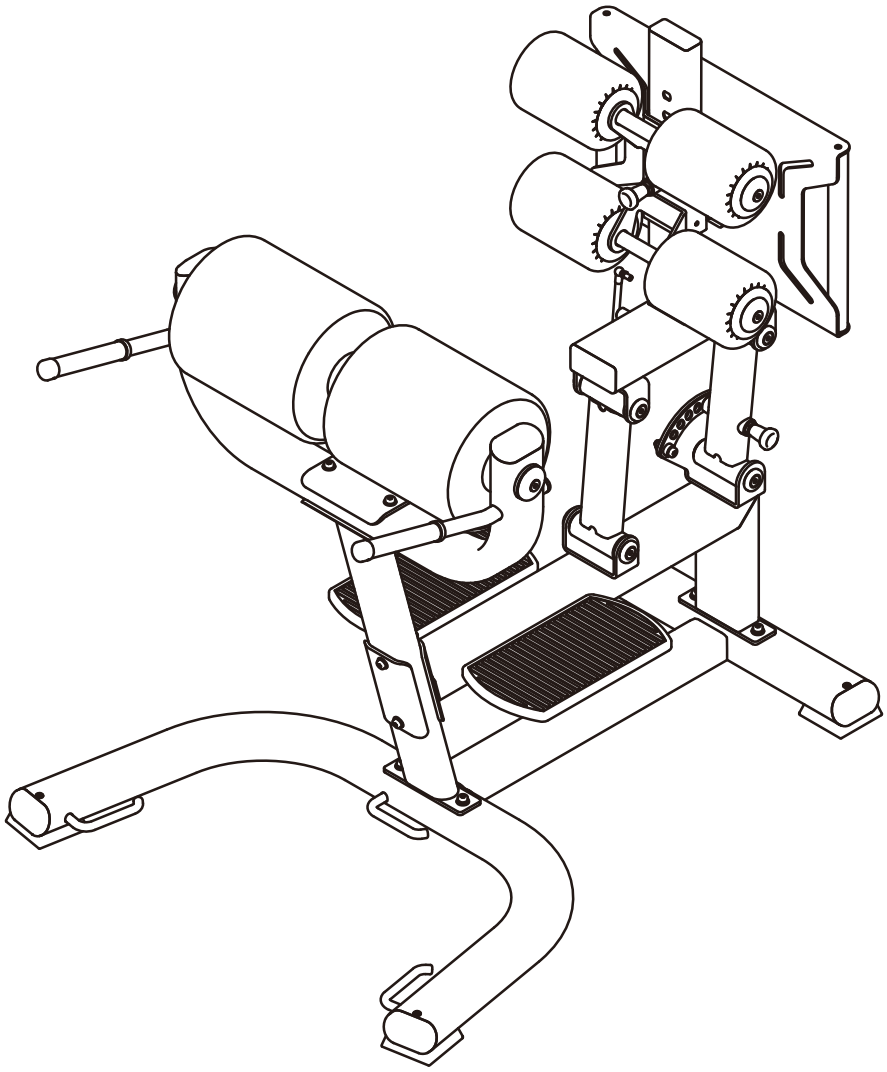

ITF8406

GLUTE & HAM BENCH
OWNER'S MANUAL

25F

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.

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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.

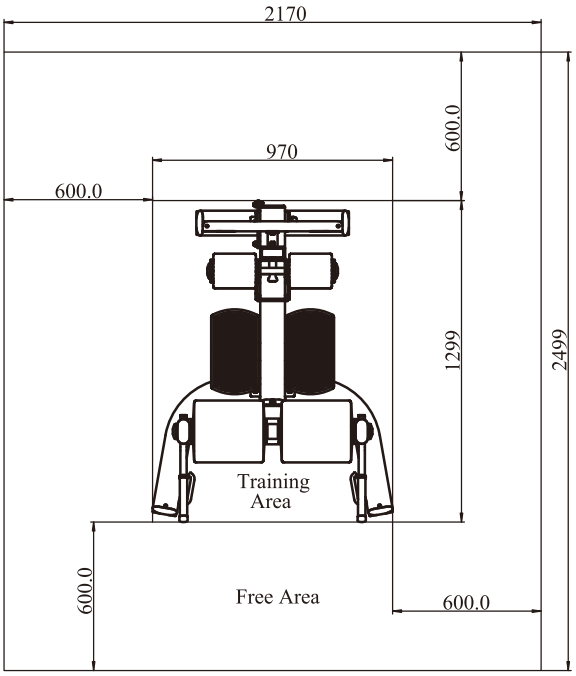
Important Safety Instructions

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 User Weight: 150kg/ 330lbs

Product Dimension: 1299*970*1281mm

Product Total Surface: 1299*970mm

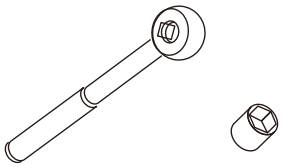
Product Total Mass:

Instructions

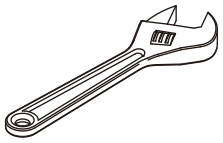
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

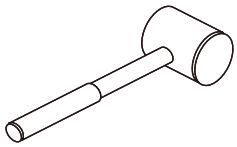
Tools Required



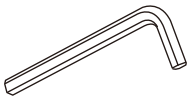
Ratchet Wrench and Socket



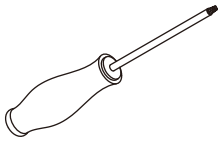
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

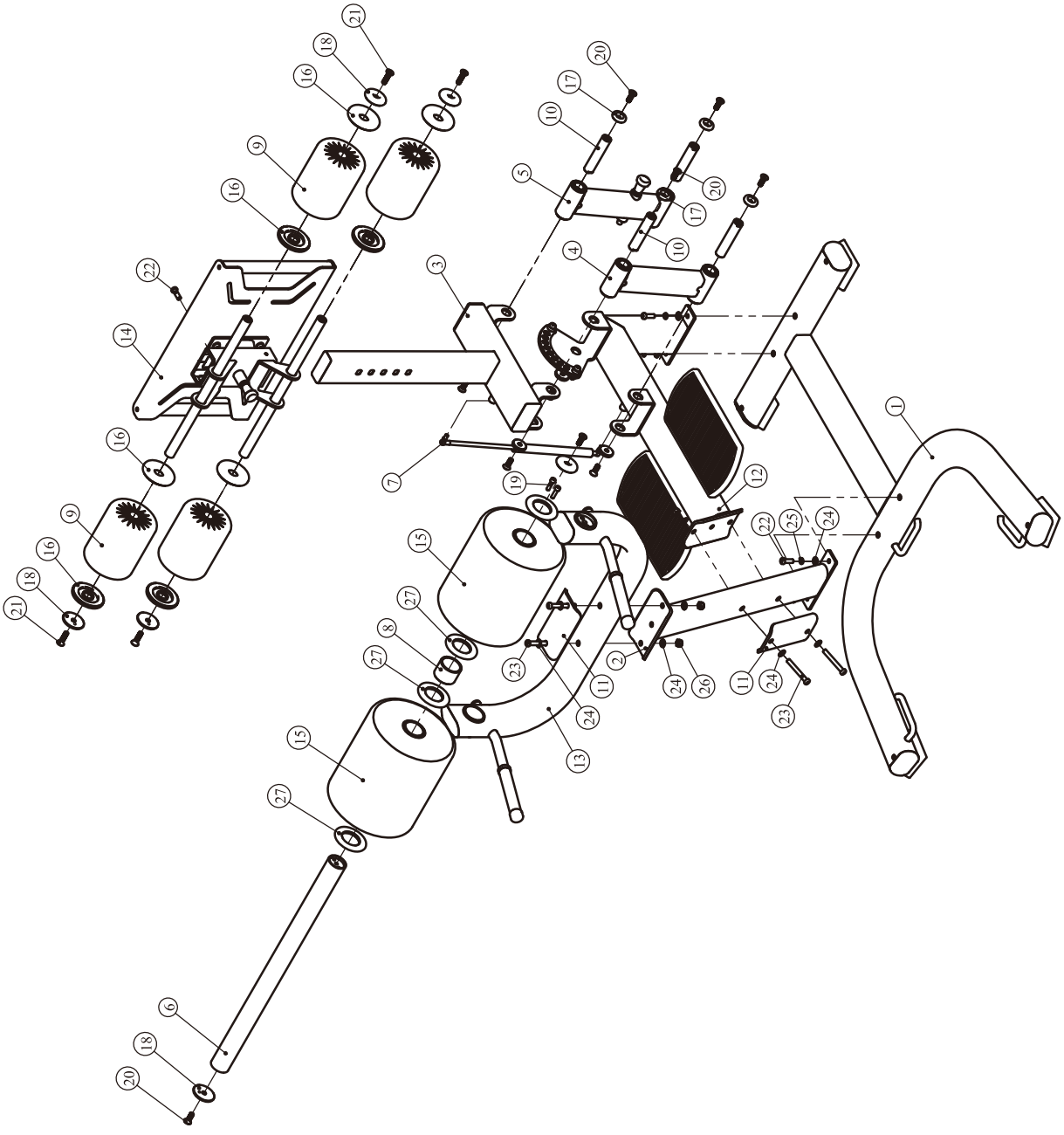
Exploded View and Parts List

Overall

ItemNo.	Part No.	Description	QTY
1	ITF840601ASSY	Floor Frame ASSY	1
2	ITF84060400	Front Stand Frame ASSY	1
3	ITF840605ASSY	Adjustment Frame ASSY	1
4	ITF840608ASSY	Connecting rod Frame 1 ASSY	1
5	ITF840609ASSY	Connecting rod Frame 2 ASSY	1
6	ITF84061000	Leg Pad Frame	1
7	QDY22-480-400N	Gas springs	1
8	ITF84062700	casing	1
9	IT90021700V1TKO	Short FOAM	4
10	IF81211700	Rotating Shaft（Φ25.4*120）	4
11	IZ70010202	arc plate	2
12	ITF840602ASSY	Connect Frame ASSY	1
13	ITF840603ASSY	FOAM Support Frame ASSY	1
14	ITF840606ASSY	Rear Pedal Frame ASSY	1
15	ITF84065100	Big FOAM	2
16	IT70165000	Aluminum CapΦ90	8
17	IN-D21202000	Aluminum CapΦ38	8
18	IT90041700	Aluminum CapΦ60	6
19	GB70M8*30DHS20	Socket Head Cap Screw M8*30	2
20	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	8
21	CNLM10*40*40DS20NL	Flat Head Cap Screw M10*40	6
22	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	5
23	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	4
24	GB9510DN2	Flat Washer Φ11*Φ20*2	12
25	GB9310N19	Spring Washer Φ10	4
26	NM10DN2	Nylon Lock Nut M10	4
27	IT80053700	Block Ring Φ90	4
28	NBS6DHS	Hex Key S=6	2

Exploded View and Parts List

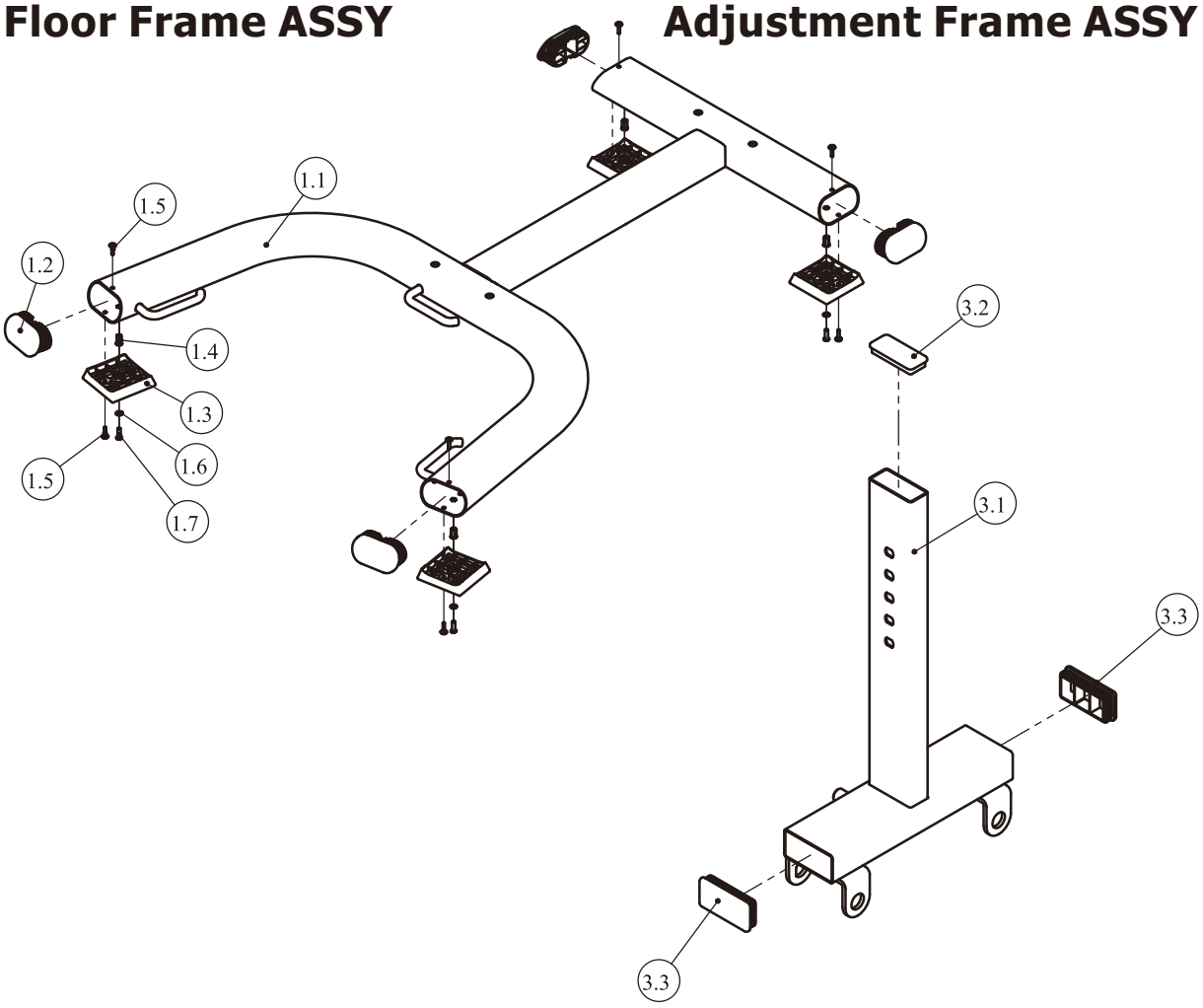
Overall



Exploded View and Parts List

Floor Frame ASSY

Adjustment Frame ASSY



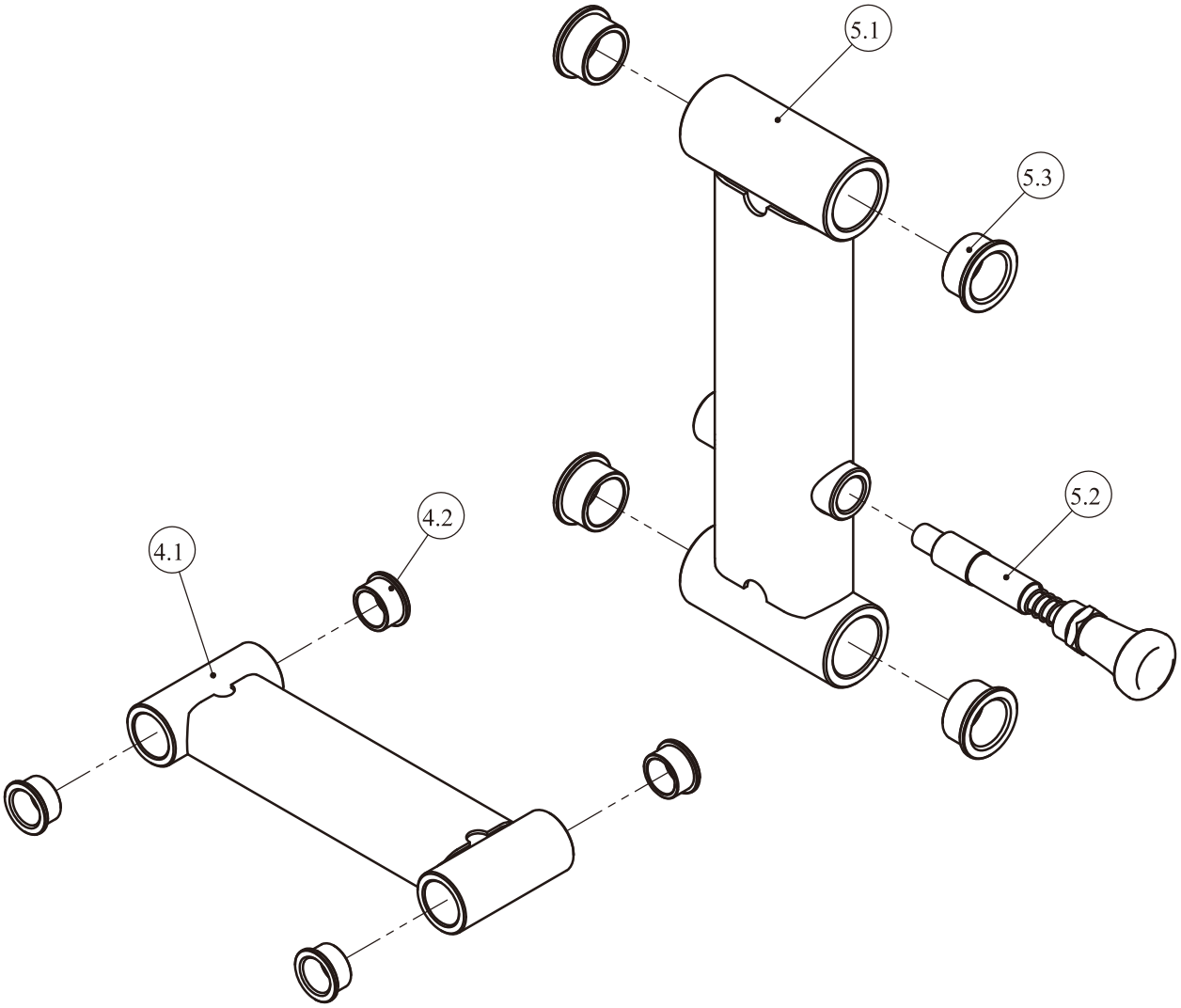
ItemNo.	Part No.	Description	QTY
1.1	ITF84060100	Floor Frame	1
1.2	ITF88013100	Slanted Pipe Plug	4
1.3	ITF88023100	Floor Mat	4
1.4	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat HeadM6*16.5	4
1.5	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	8
1.6	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	4
1.7	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	4

ItemNo.	Part No.	Description	QTY
3.1	ITF84060500	Adjustment Frame	1
3.2	V311600	Pipe Plug	1
3.3	V511200	Pipe Plug	2

Exploded View and Parts List

Connecting rod Frame 1 ASSY

Connecting rod Frame 2 ASSY

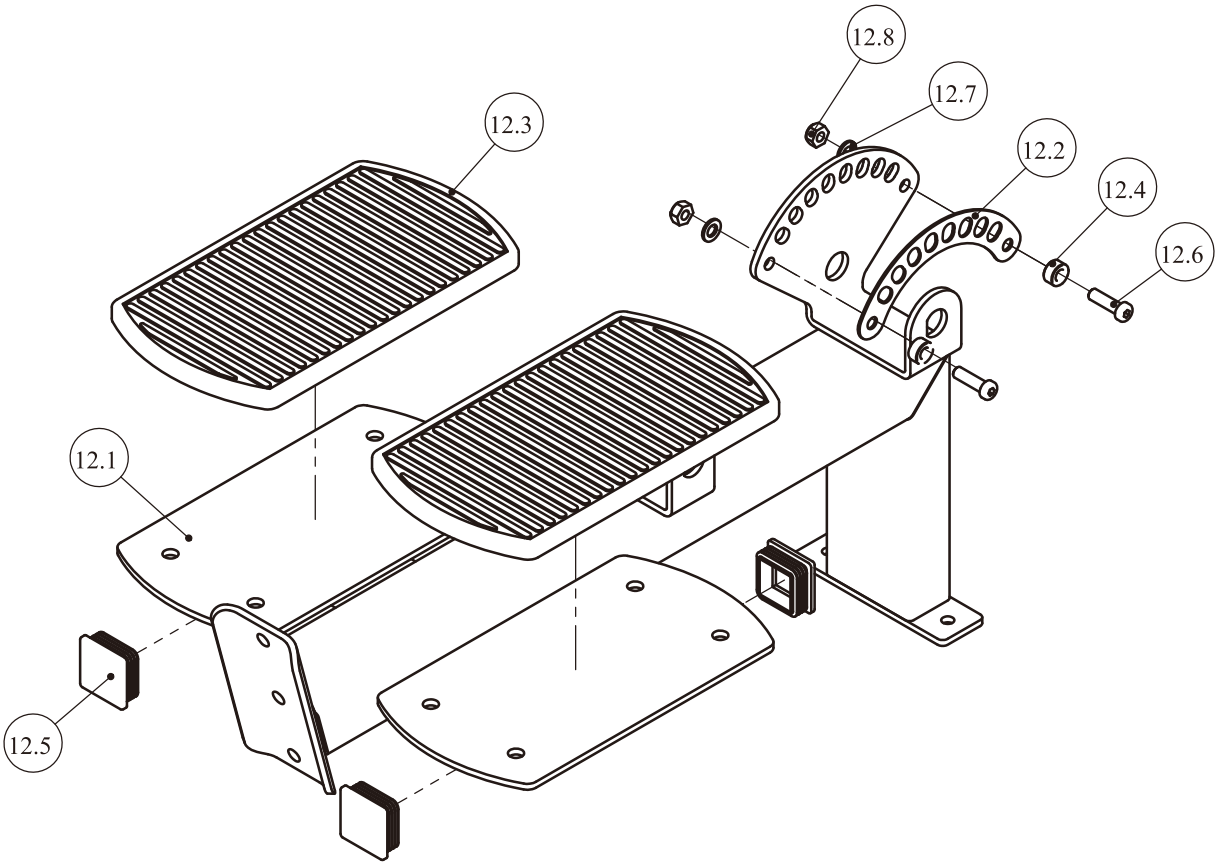


ItemNo.	Part No.	Description	QTY
4.1	ITF84060800	Connecting rod Frame 1	1
4.2	M02502000	Copper Bushing	4

ItemNo.	Part No.	Description	QTY
5.1	ITF84060900	Connecting rod Frame 2	1
5.2	SL70461800	Pin ASSY	1
5.3	M02502000	Copper Bushing	4

Exploded View and Parts List

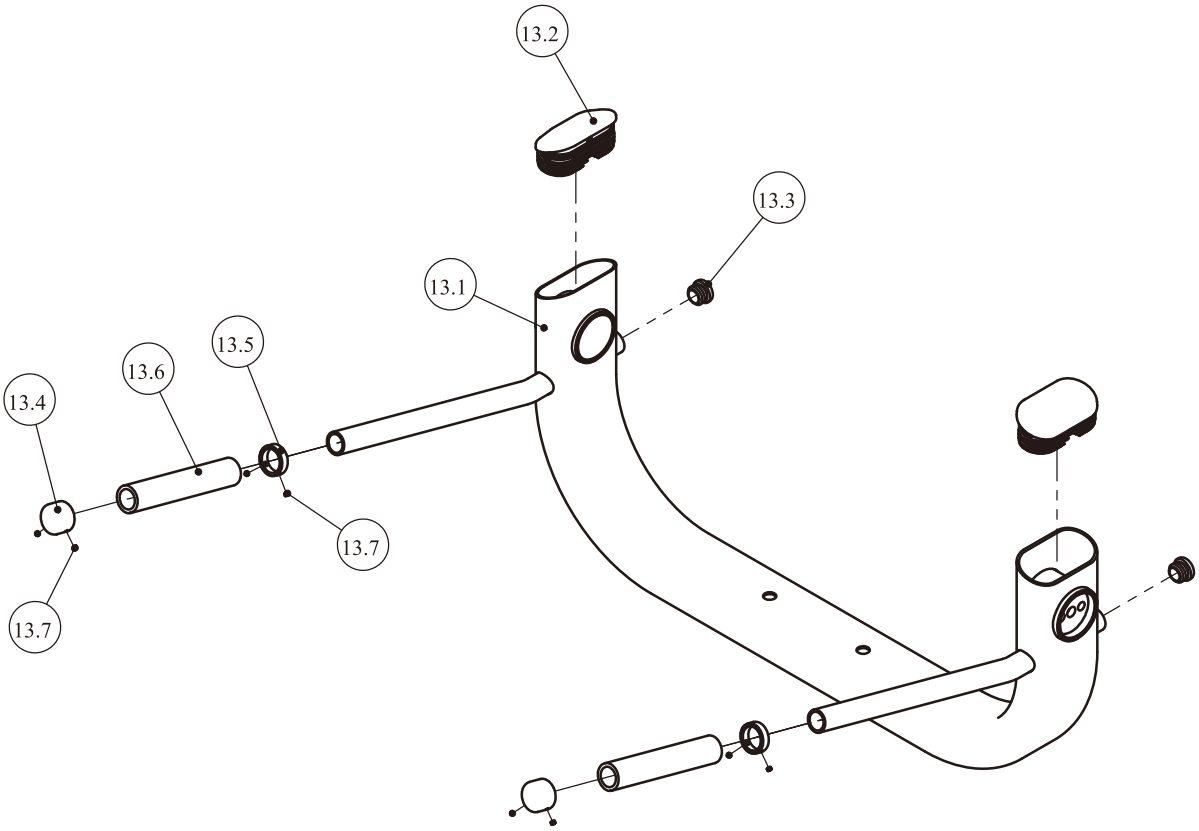
Connect Frame ASSY



ItemNo.	Part No.	Description	QTY
12.1	ITF84060200	Connect Frame	1
12.2	ITF84062500	Stainless steel plate	1
12.3	TMS80005400	pedal rubber pads	2
12.4	ODY510400	Spacer	2
12.5	BNH0012	Pipe Plug	4
12.6	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	2
12.7	GB9510DN2	Flat Washer Φ11*Φ20*2	2
12.8	NM10DN2	Nylon Lock Nut M10	2

Exploded View and Parts List

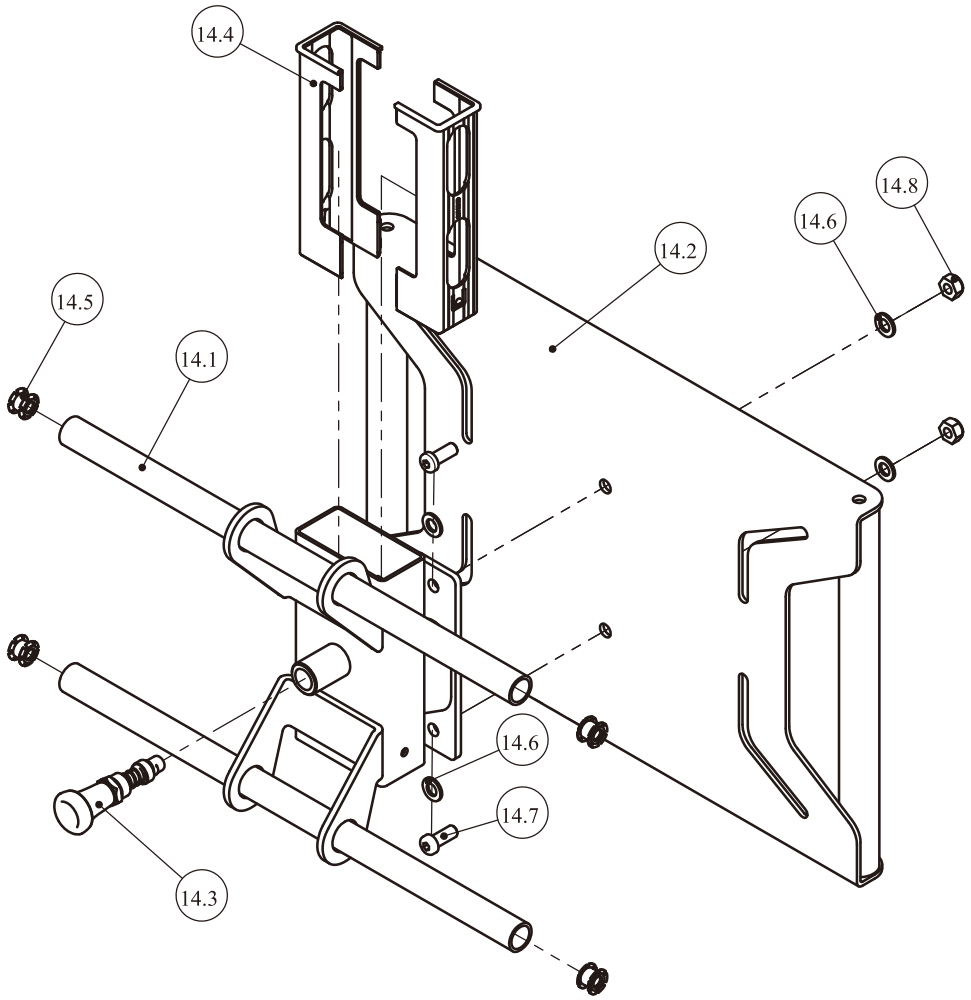
FOAM Support Frame ASSY



ItemNo.	Part No.	Description	QTY
13.1	ITF84060300	FOAM Support Frame	1
13.2	ITF88013100	Slanted Pipe Plug	2
13.3	BNH0002	Pipe Plug	2
13.4	V39600	Aluminum Retaining Ring	2
13.5	V39500	Aluminum Cap	2
13.6	026-01PL0206-14	Glove	2
13.7	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	8

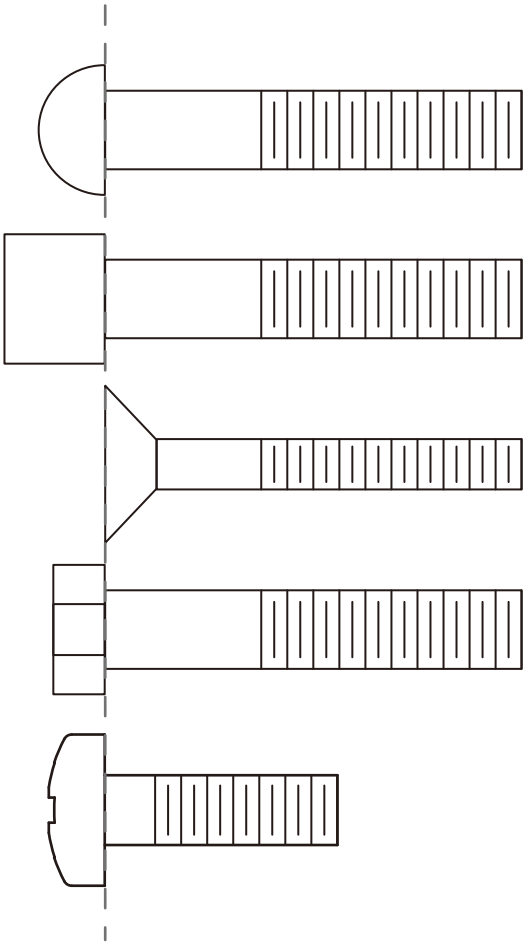
Exploded View and Parts List

Fehind Pedal Frame ASSY



ItemNo.	Part No.	Description	QTY
14.1	ITF84060600	Fehind Pedal Frame	1
14.2	ITF84060700	Pedal Frame	1
14.3	ITF840209ASSY	Pin ASSY	1
14.4	SL70473100	Long Half Sleeve	2
14.5	IF81165000	Lock Nut Φ25*2.5*21.6*M10	4
14.6	GB9510DN2	Flat Washer Φ11*Φ20*2	4
14.7	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	2
14.8	NM10DN2	Nylon Lock Nut M10	2

Measurement Guide



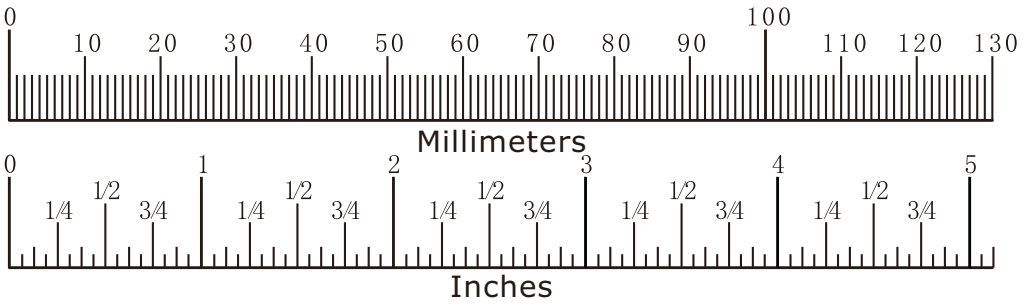
BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

FHCS = Flat Head Cap Screw

HHB = Hex Head Bolt

CRPHS = Cross Recessed Pan Head Screw



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

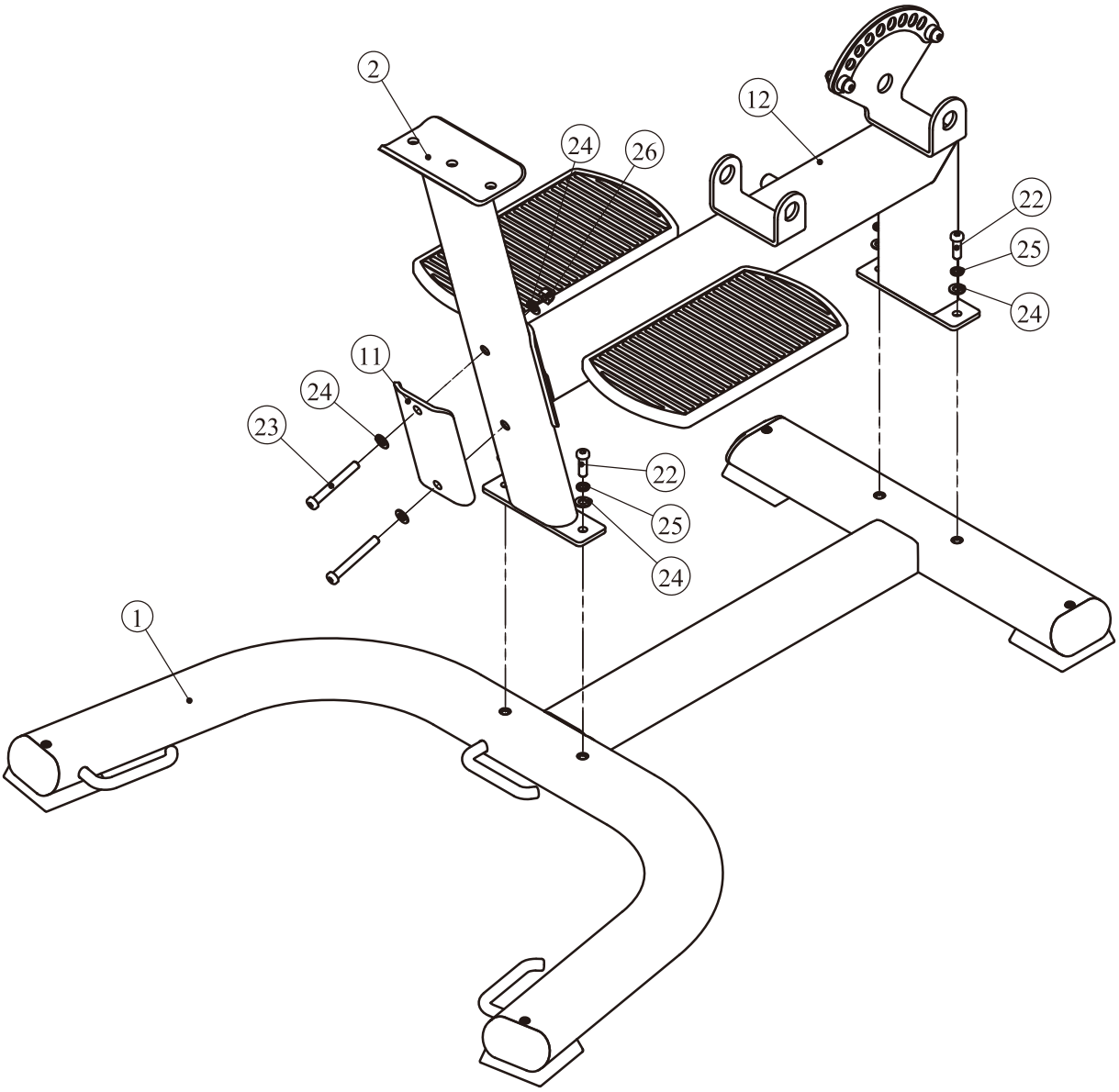
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Attach one Front Stand Frame ASSY (#2), one Connect Frame ASSY (#12) to Floor Frame ASSY (#1), using:

one arc plate (#11)
four Socket Head Cap Screw M10*30 (#22)
two Socket Head Cap Screw M10*80 (#23)
eight Flat Washer Φ11*Φ20*2 (#24)
four Spring Washer Φ10 (#25)
two Nylon Lock Nut M10 (#26)



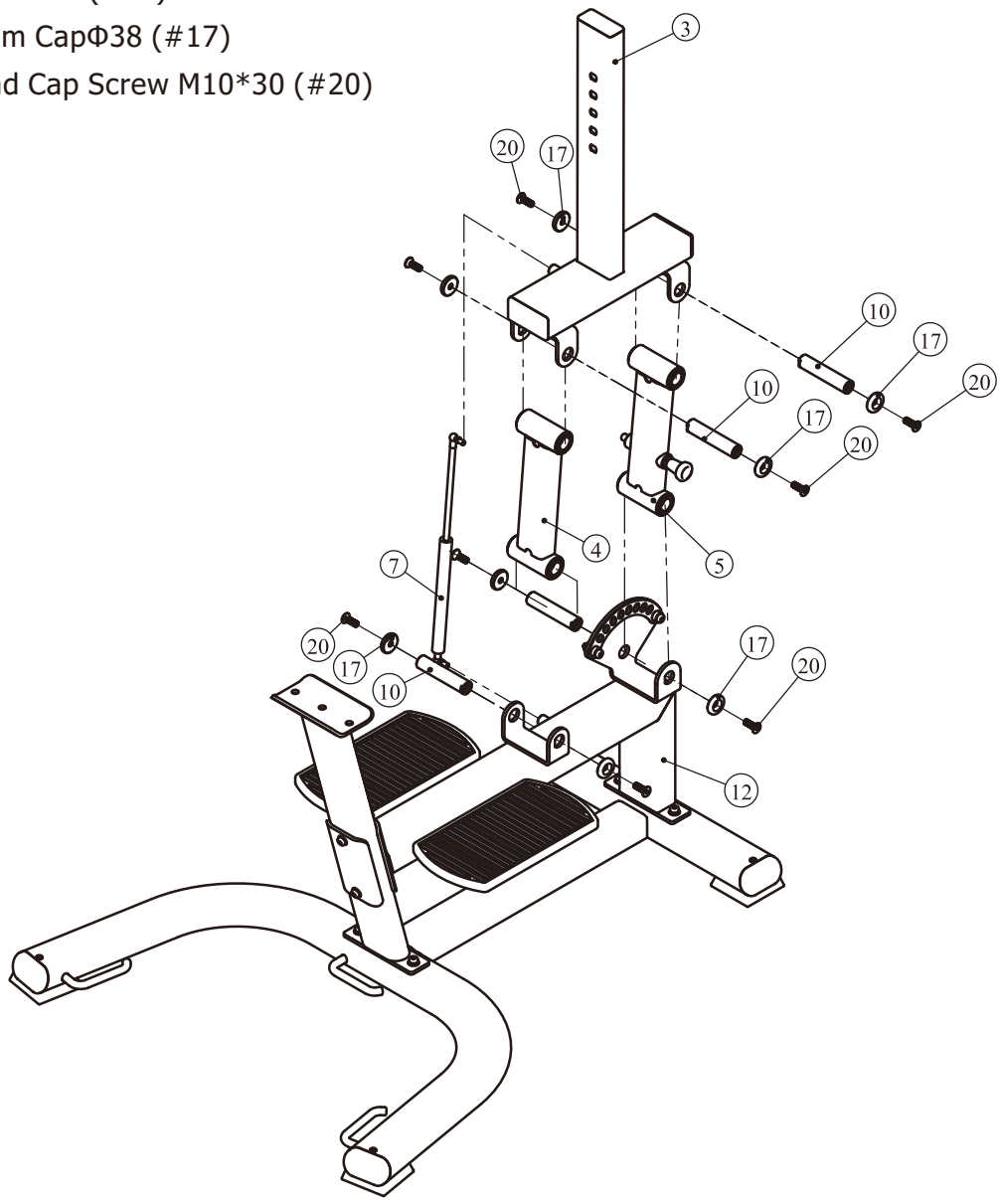
Assembly

STEP 2

1. Attach one Connecting rod Frame 1 ASSY (#4), one Connecting rod Frame 2 ASSY (#5) and One Gas springs (#7) to Connect Frame ASSY (#12), using:
   two Rotating Shaft (#10)
   four Aluminum CapΦ38 (#17)
   four Flat Head Cap Screw M10*30 (#20)

Note: No Need To Tighten Bolts.

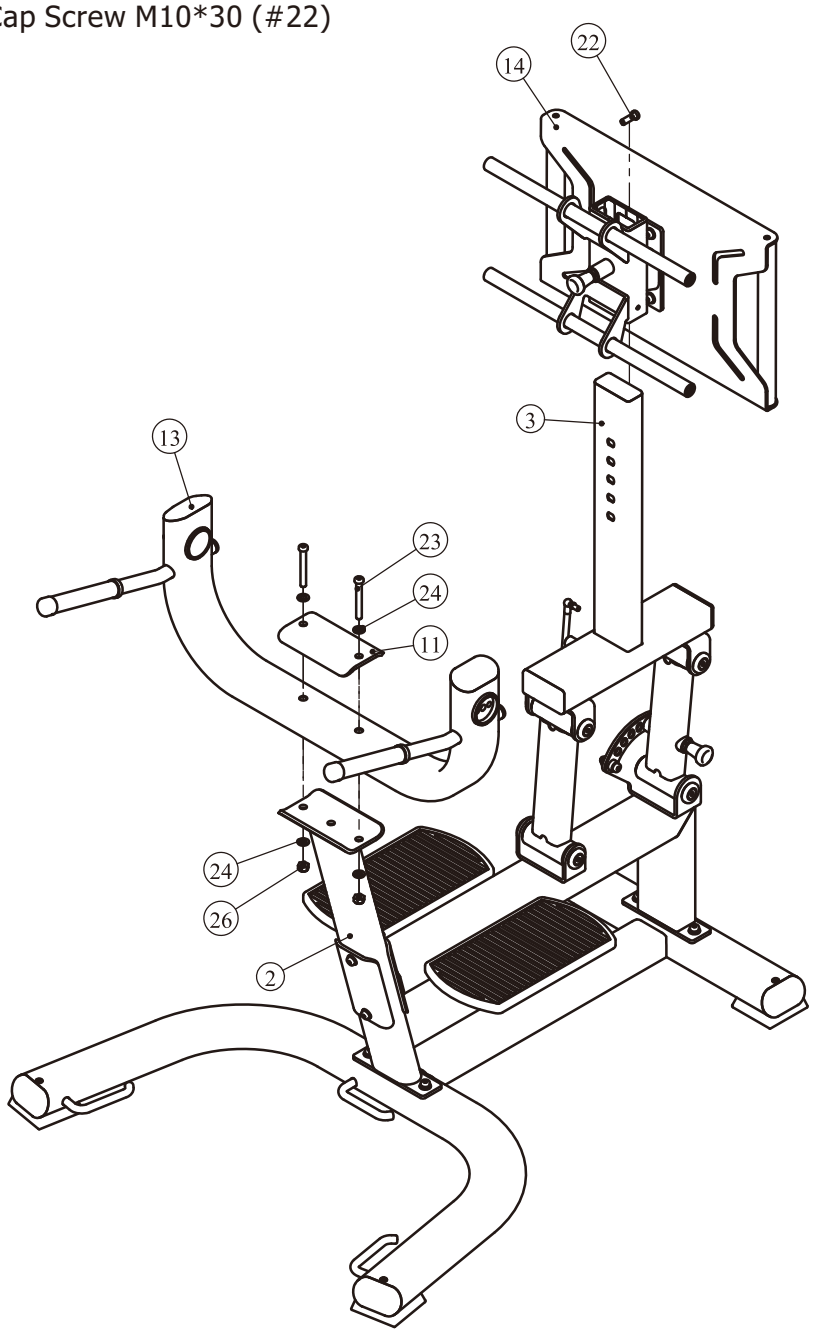
2. Attach one Connecting rod Frame 1 ASSY (#4), one Connecting rod Frame 2 ASSY (#5) and One Gas springs (#7) to Adjustment Frame ASSY (#3), using:
   two Rotating Shaft (#10)
   four Aluminum CapΦ38 (#17)
   four Flat Head Cap Screw M10*30 (#20)



Assembly

STEP 3

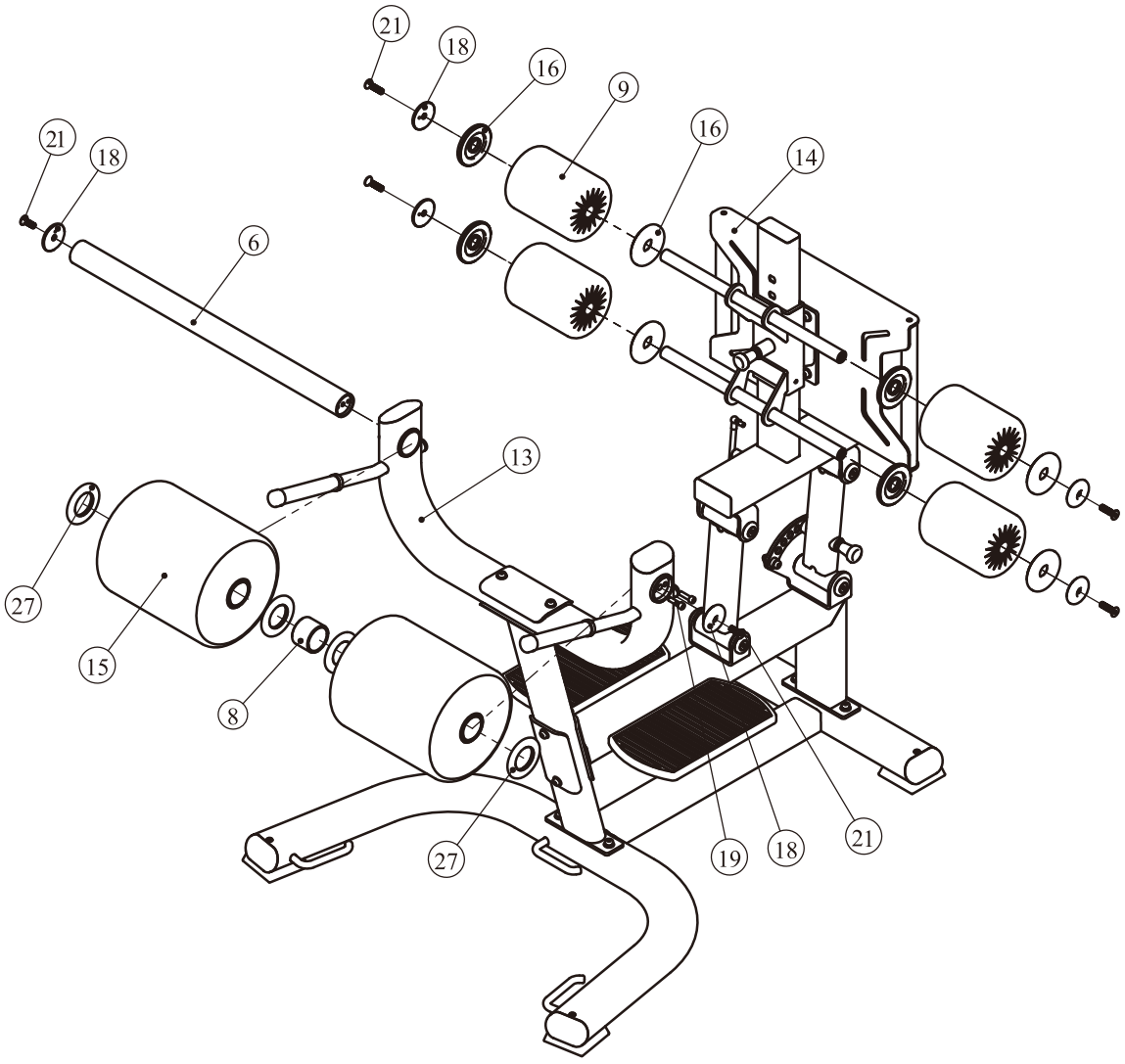
1. Attach one FOAM Support Frame ASSY (#13) to Front Stand Frame ASSY (#2),
   one arc plate (#11)
   two Socket Head Cap Screw M10*80 (#23)
   four Flat Washer Φ11*Φ20*2 (#24)
   two Nylon Lock Nut M10 (#26)
2. Attach one Rear Pedal Frame ASSY (#14) to Adjustment Frame ASSY (#3), using:
   one Socket Head Cap Screw M10*30 (#22)



Assembly

STEP 4

1. Attach one Leg Pad Frame (#8) and two Big FOAM (#15) to FOAM Support Frame ASSY (#13), using:
   one casing (#8)
   two Aluminum CapΦ60 (#18)
   two Socket Head Cap Screw M8*30 (#19)
   two Flat Head Cap Screw M10*40 (#21)
   four Block Ring Φ90 (#27)
2. Attach four Short FOAM (#9) to Rear Pedal Frame ASSY (#14), using:
   eight Aluminum CapΦ90 (#16)
   four Aluminum CapΦ60 (#18)
   four Flat Head Cap Screw M10*40 (#21)



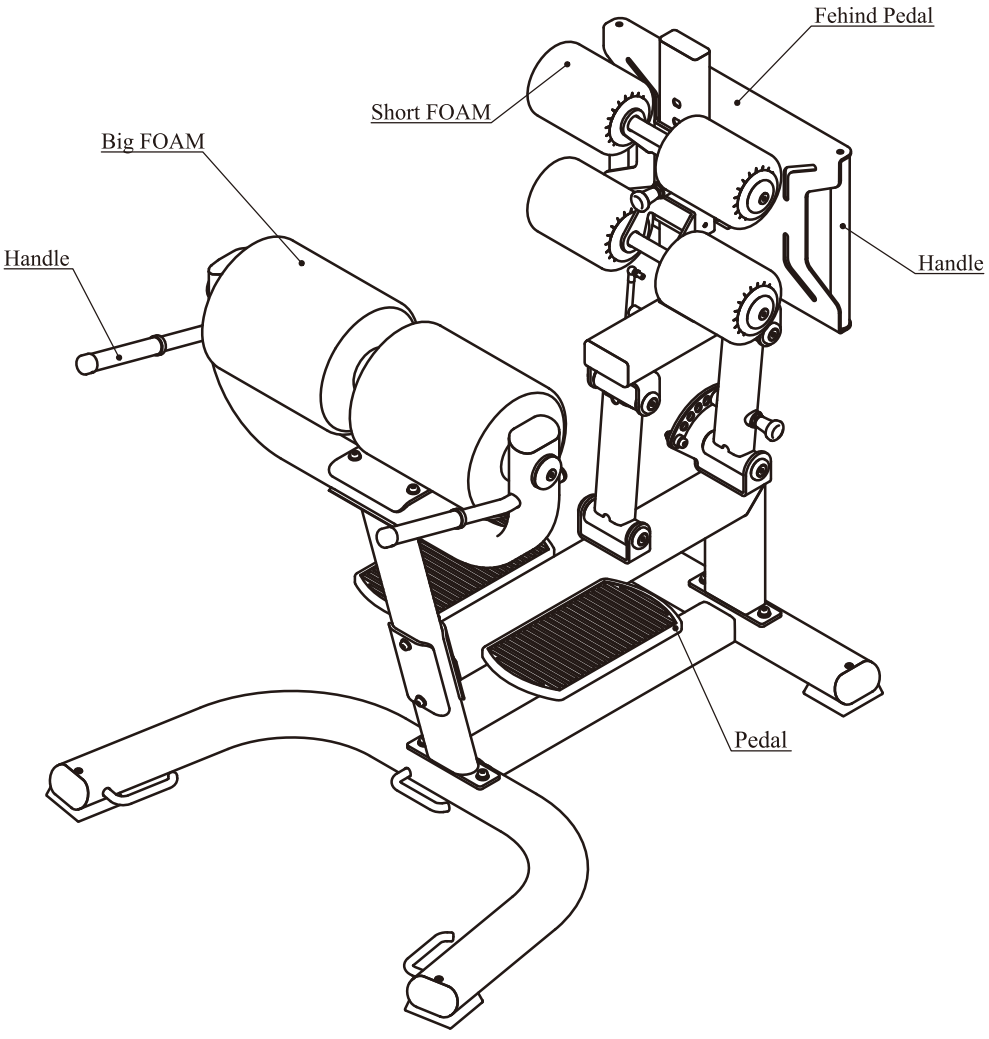
Adjust Instructions and Exercise Instructions

Desired position adjustment

1. Pull the pin, adjust the Connecting rod Frame to the desired position and then release the pin.
2. Pull the pin, adjust the Rear Pedal Frame to the desired position and then release the pin.
3. Make sure the pin gets into the hole completely.

Exercise Instructions

Place both feet on the Rear Pedal Frame, kneel on the Big FOAM with your thighs, and use your glutes to drive your back.



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