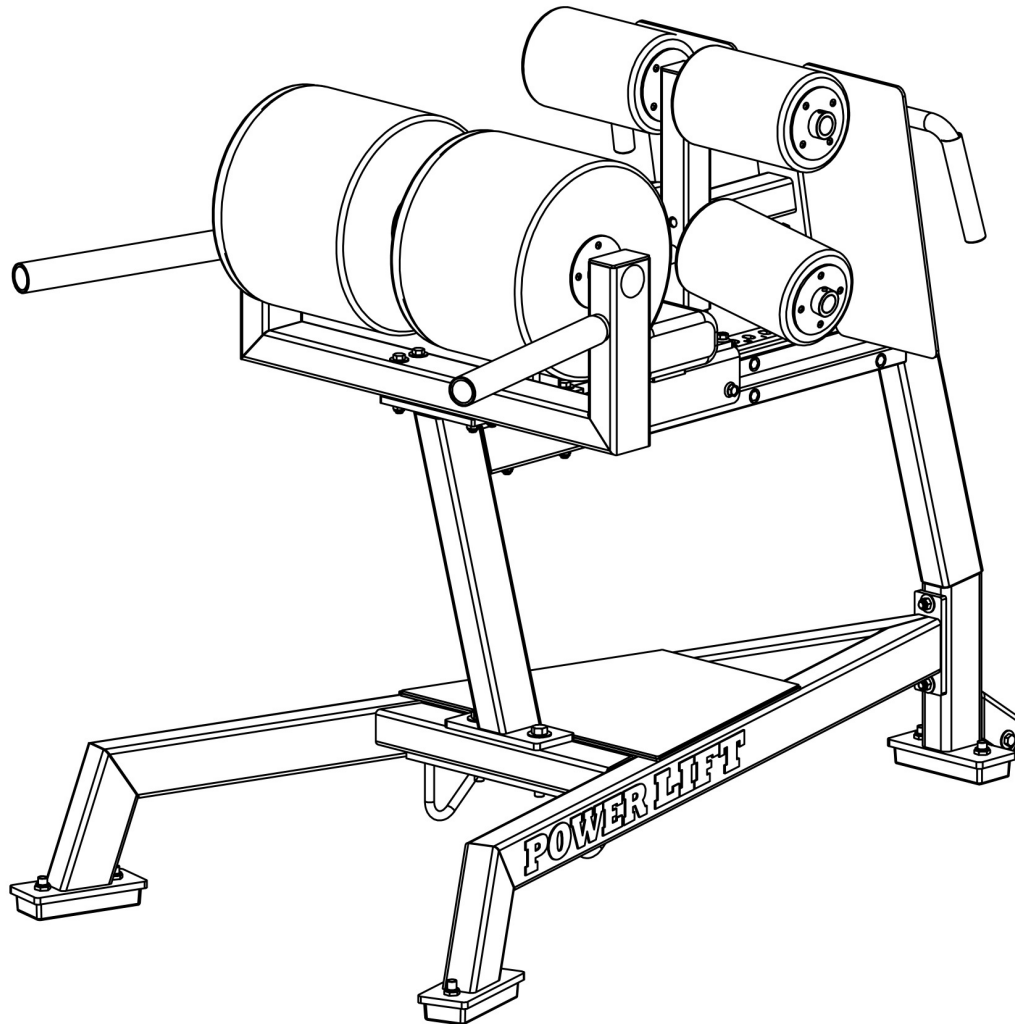


Rotating Glute Ham Bench



Assembly notes:

Fasteners provided to assemble machine:

- (4) 3/8"X4" Bolts
- (2) 1/2"X3-3/4" Bolts
- (4) 3/8"X3" Bolts
- (4) 3/8"X3/4" Flange Bolts
- (2) 1/2"X1-1/4" Bolts
- (6) 1" Shaft collars with set screws
- (4) 3/8"X1-1/4" Bolts

Tools required (Not Included):

- 9/16" Open-End Wrench
- 9/16" Socket
- 3/4" Open-End Wrench
- 3/4" Socket
- 1/8" Allen Wrench

Note: When assembling unit DO NOT tighten any fasteners until specified.

POWER LIFT®

PART NUMBER

29000E_assembly cover

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

Date

7/8/19

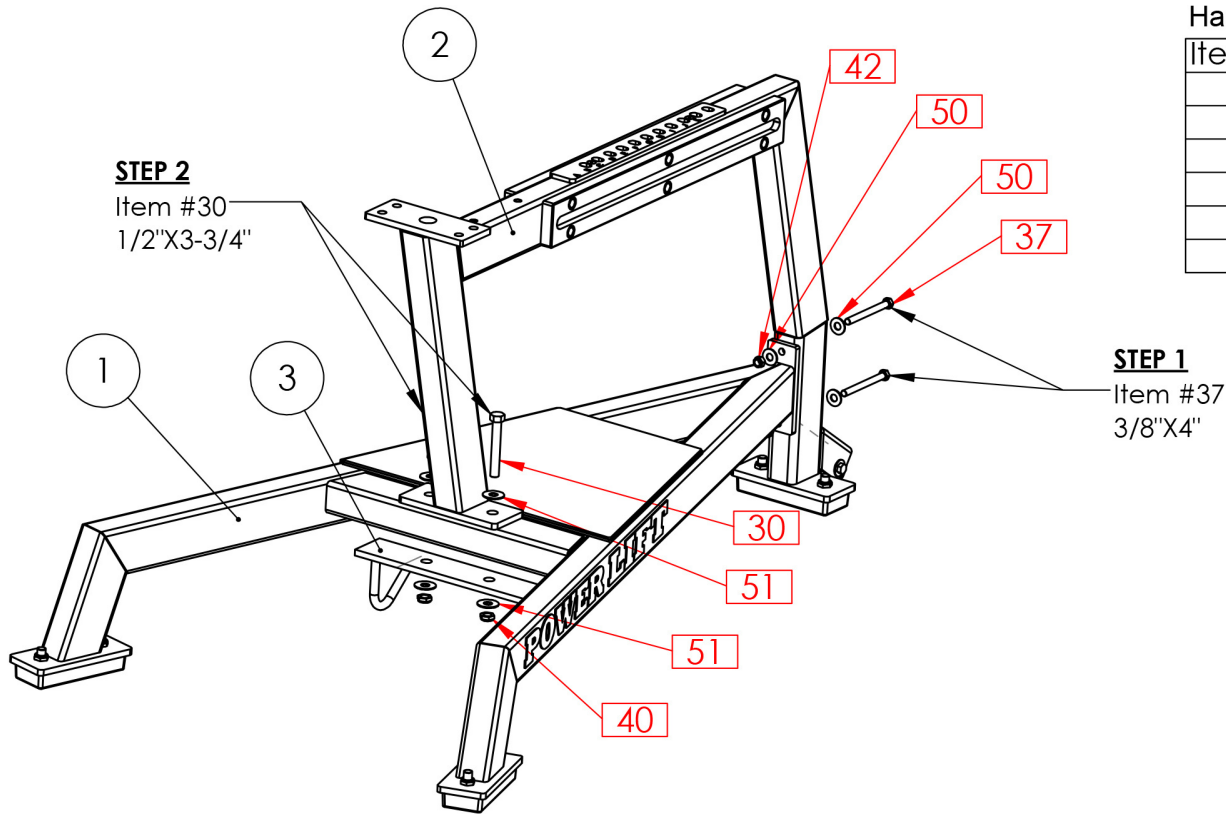
Instructions

- 1.) Assemble item 2 to item 1 using (2) 3/8"X4" bolts provided.
- 2.) Assemble items 2 and 3 to item 1 using (2) 1/2"X3-3/4" bolts provided.

Note: When assembling unit **DO NOT** tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
30	99434	1/2"X3-3/4" BOLT	2
37	99549	3/8"X4" BOLT	2
40	99571	1/2"-13 THIN NUT	2
42	99540	3/8"-16 NUT	2
50	99531	3/8" FLATWASHER	4
51	99585	1/2" FLATWASHER	4



Frame Detail

Item No.	Part Number	Part Name	Qty
1	29511B	BASE	1
2	29560B	CENTER FRAME	1
3	29030	BAND ATTACH	1

POWER LIFT®

PART NUMBER

29000E_page1

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

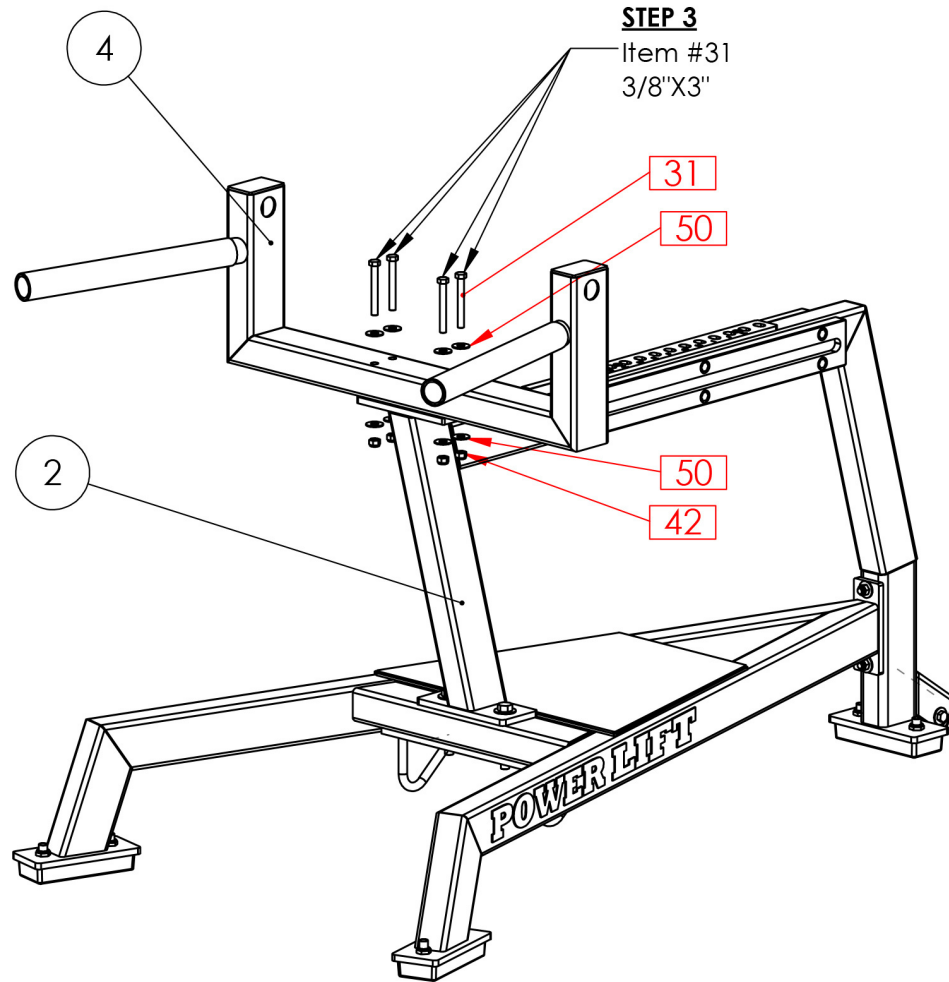
Date

7/8/19

Instructions

3.) Assemble item 4 to item 2 using (4) 3/8"X3" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.



Hardware Detail

Item No.	Part Number	Part Name	Qty
31	99528	3/8"X3" BOLT	4
42	99540	3/8"-16 NUT	4
50	99531	3/8" FLATWASHER	8

Frame Detail

Item No.	Part Number	Part Name	Qty
2	29560B	CENTER FRAME	1
4	26557	ROLLER PAD FRAME	1

POWER LIFT®

PART NUMBER

29000E_page2

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

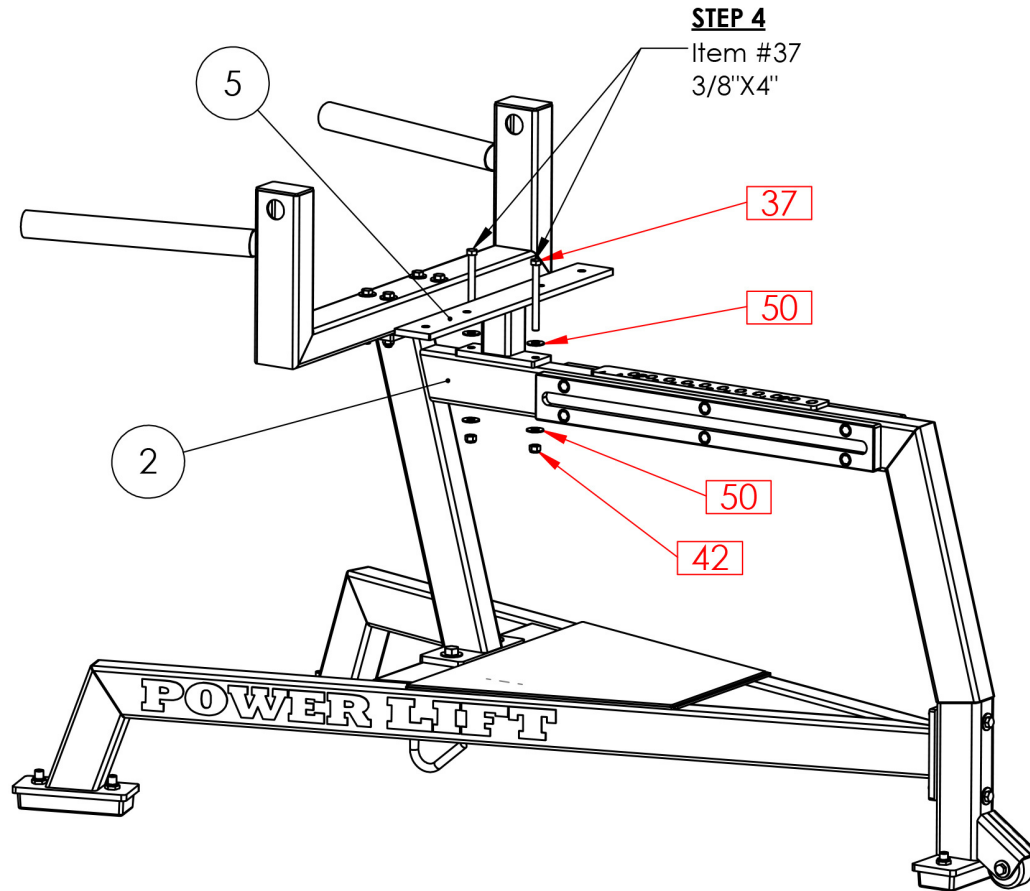
A

Date

7/8/19

Instructions

- 4.) Assemble item 5 to item 2 using (2) 3/8"X4" bolts provided.
- 5.) Tighten all bolts starting from the bottom and working to the top.



Hardware Detail

Item No.	Part Number	Part Name	Qty
37	99549	3/8"X4" BOLT	2
42	99540	3/8"-16 NUT	2
50	99531	3/8" FLATWASHER	4

Frame Detail

Item No.	Part Number	Part Name	Qty
2	29560B	CENTER FRAME	1
5	29561	KNEE SUPPORT	1

POWER LIFT®

PART NUMBER

29000E_page3

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

Date

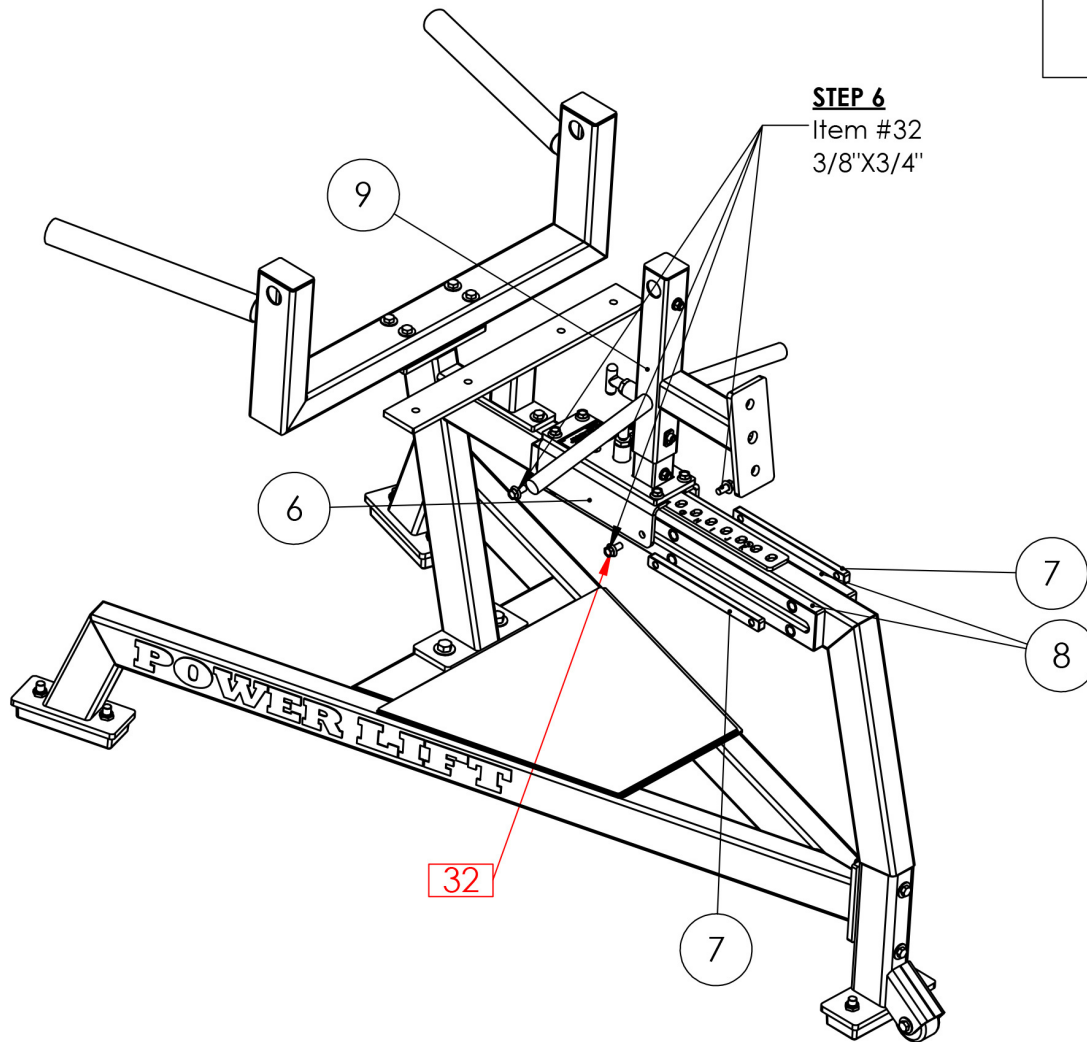
7/8/19

Instructions

6.) Place item 7 into grooves of item 8 on both sides and attach items 7 to item 9 using (4) 3/8"X3/4" flange bolts provided. (A helper may be needed to hold plates when tightening.)

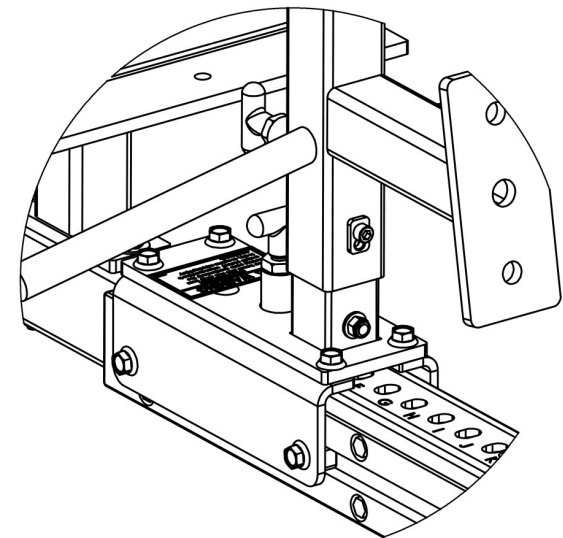
7.) Check item 9 to make sure it is straight.

STEP 6
Item #32
3/8"X3/4"



Hardware Detail

Item No.	Part Number	Part Name	Qty
32	99004	3/8"X3/4" FLANGE BOLT	4



Frame Detail

Item No.	Part Number	Part Name	Qty
7	29094	SADDLE INSERT PLATE	2
8	29093	TRACK	2
9	29530	SADDLE	1

POWER LIFT®

PART NUMBER

29000E_page4

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

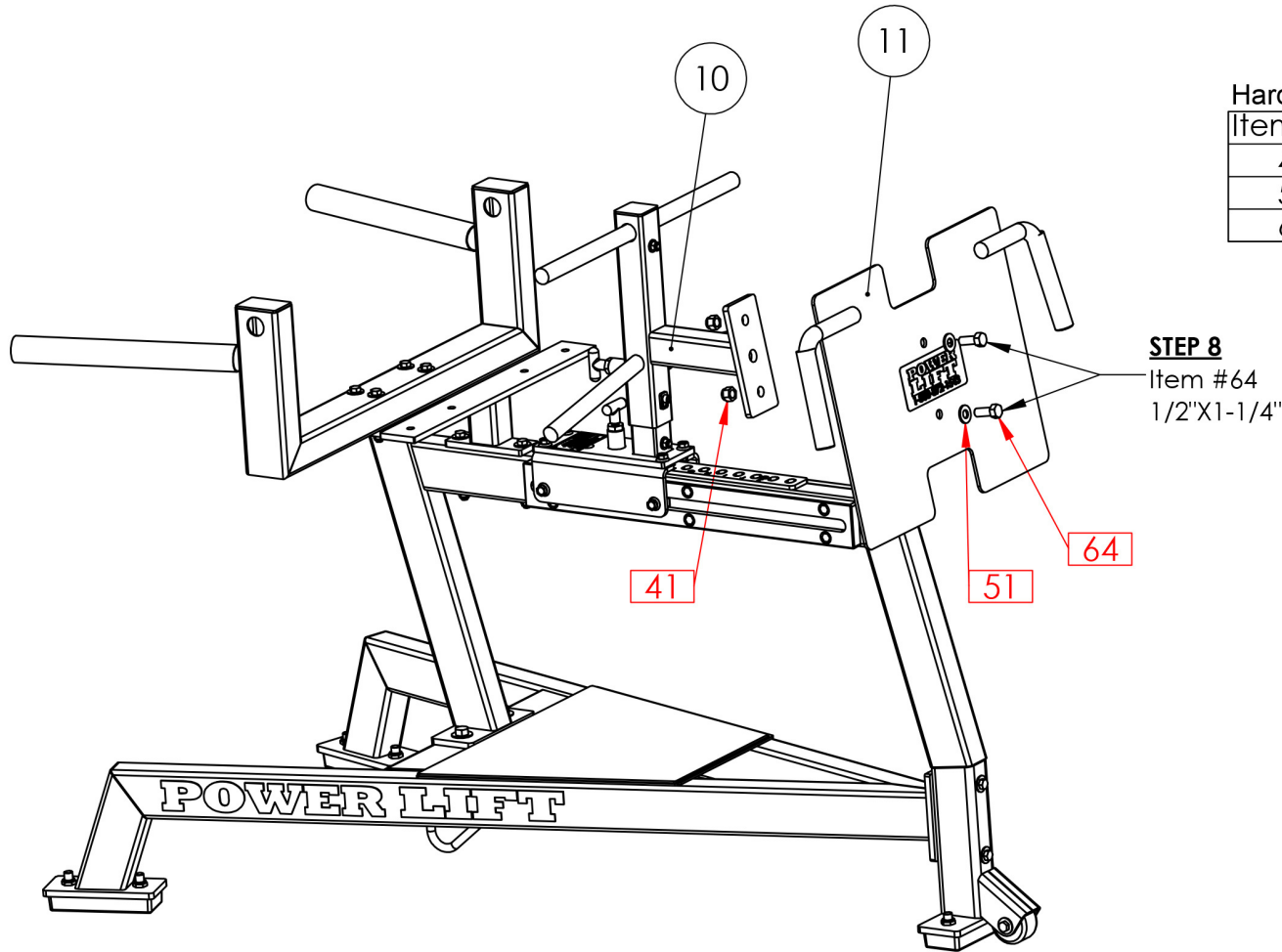
A

Date

7/8/19

Instructions

- 8.) Assemble item 11 to item 10 using (2) 1/2"X1-1/4" bolts provided.
- 9.) Tighten all bolts starting from the bottom.



Hardware Detail

Item No.	Part Number	Part Name	Qty
41	99620	1/2"-13 NUT	2
51	99585	1/2" FLATWASHER	2
64	99582	1/2"X1-1/4" BOLT	2

Frame Detail

Item No.	Part Number	Part Name	Qty
10	29566B	VERTICAL ADJUSTMENT	1
11	29038	FOOTPLATE	1

POWER LIFT®

PART NUMBER

29000E_page5

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

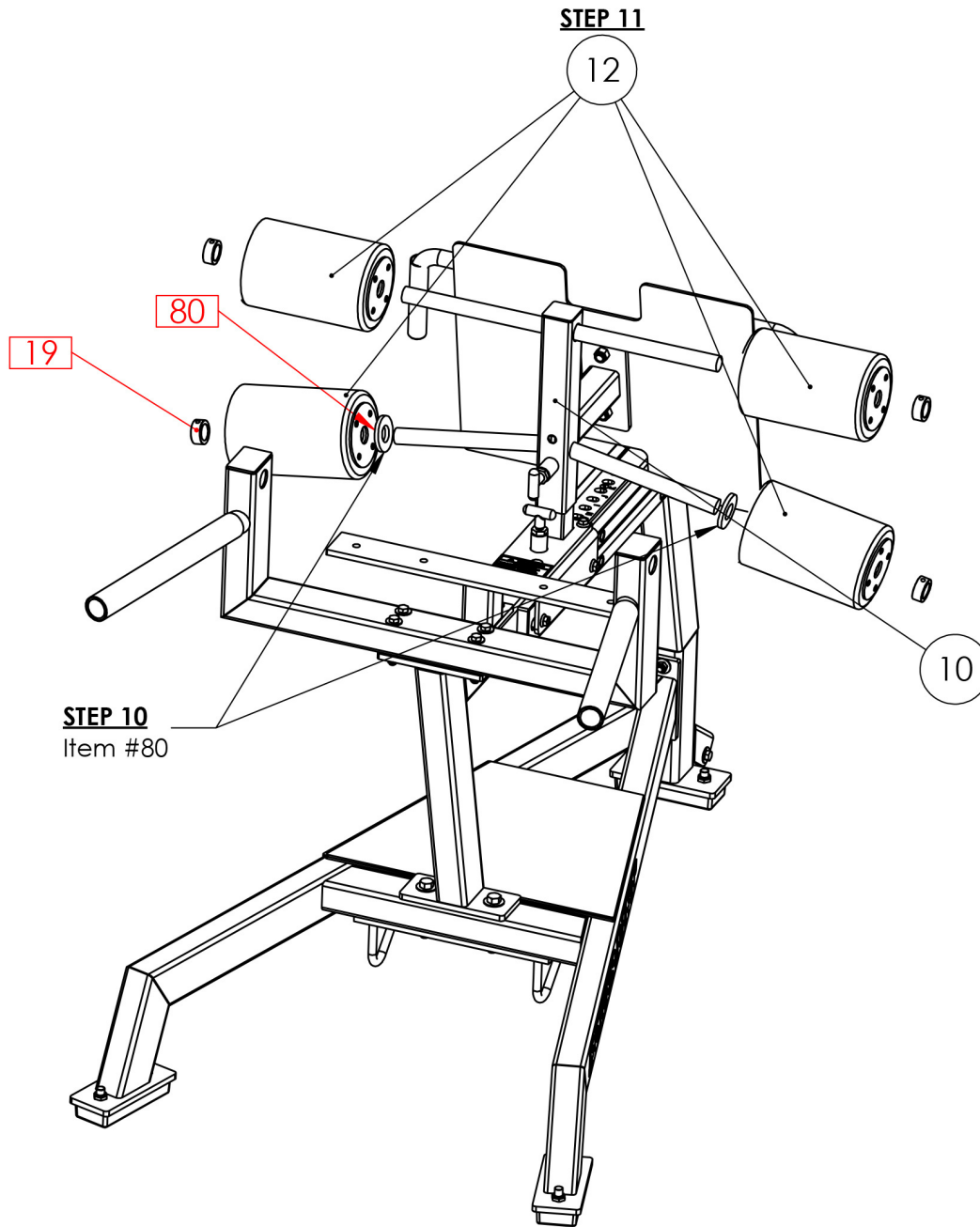
Date

7/8/19

Instructions

10.) Insert item 80 onto the bottom pegs of item 10.

11.) Insert item 12 onto each peg of item 10, and then item 19 on each end. (Tighten set screws on item 19.)



Hardware Detail

Item No.	Part Number	Part Name	Qty
19	99503	1" SHAFT COLLAR	4
80	29126	PLATE, SPACER	2

Frame Detail

Item No.	Part Number	Part Name	Qty
10	29566B	VERTICAL ADJUSTMENT	1
12	99579B	ROUND ANKLE PAD	4

POWER LIFT ®

PART NUMBER

29000E_page6

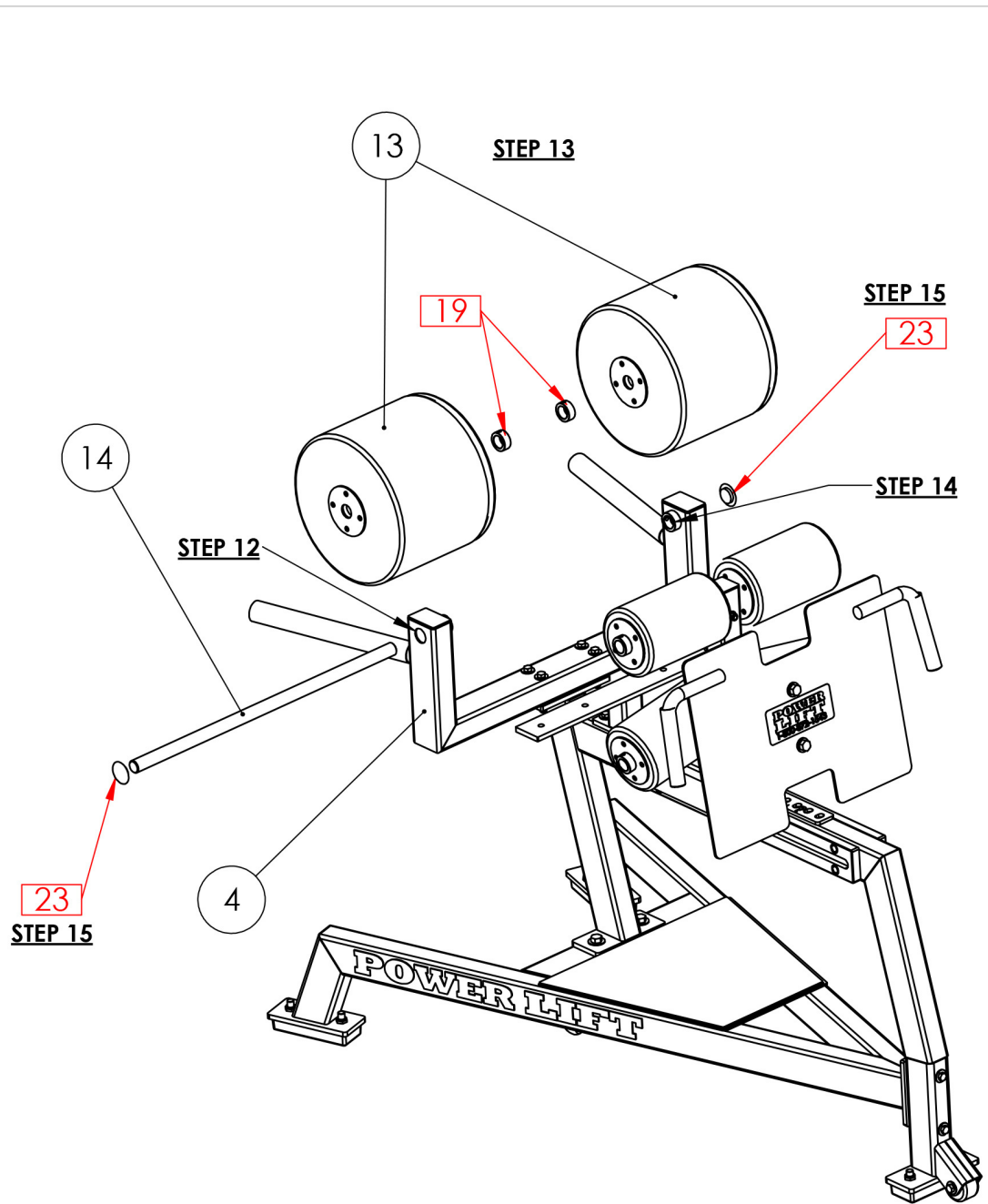
THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

Date

7/8/19



Instructions

12.) Insert item 14 through the side hole on item 4.

13.) Slide item 13 followed by (2) 1" shaft collars and the other item 13 onto item 14.

14.) Next, Insert item 14 through the hole on the other side of item 4, and line up spot drill on item 14 with shaft collar. (Tighten set screws.)

15.) Insert item 23 onto each hole on outside of item 4.

Hardware Detail

Item No.	Part Number	Part Name	Qty
19	99503	1" SHAFT COLLAR	2
23	99595	1-3/16" PLUG	2

Frame Detail

Item No.	Part Number	Part Name	Qty
4	26557	ROLLER PAD FRAME	1
13	26574C	LARGE ROLLER PAD	2
14	29012	SHAFT	1

POWER LIFT ®

PART NUMBER
29000E_page7

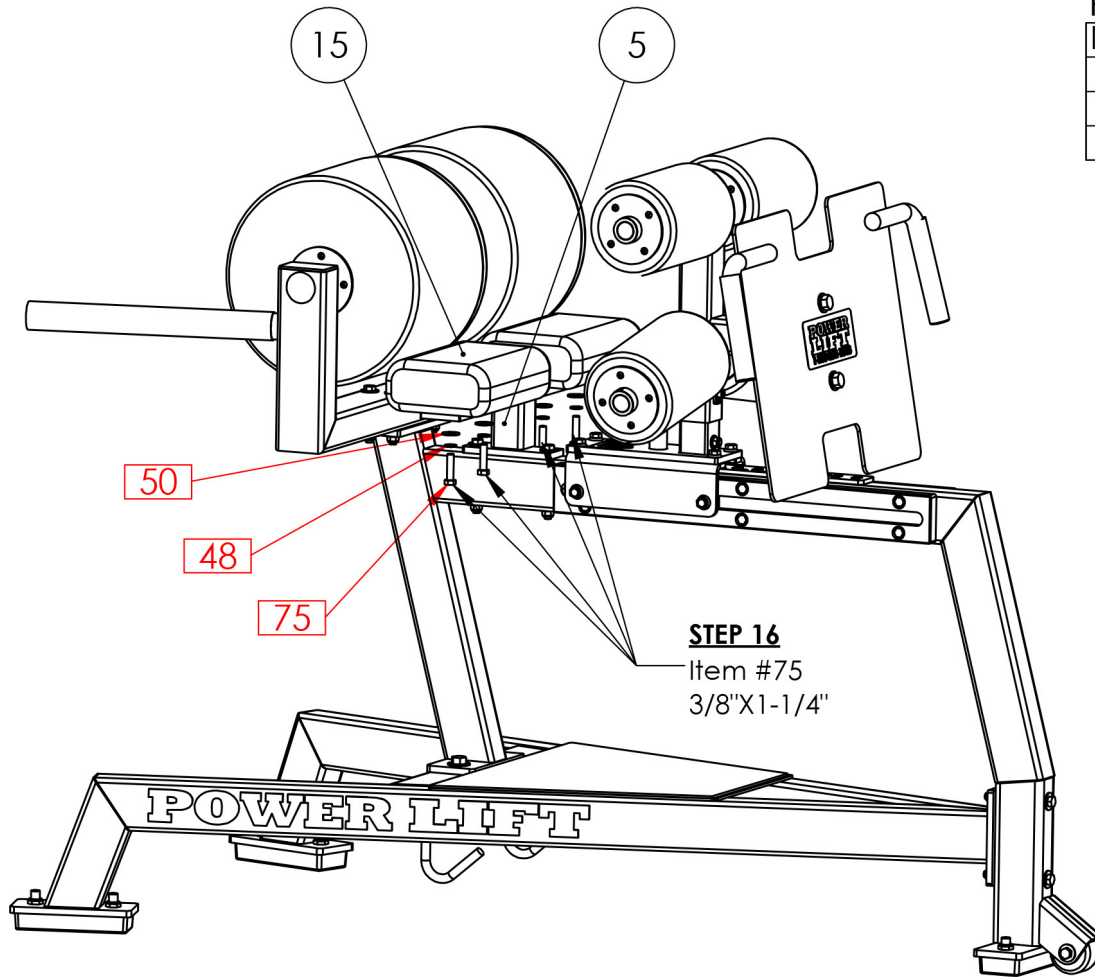
THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV. A	Date 7/8/19
--------	-------------

Instructions

16.) Attach items 15 to item 5 using (4) 3/8"X1-1/4" bolts provided.
(Tighten bolts, but DO NOT over tighten bolts into pads.)

17.) Check adjustments for smooth operation.



Hardware Detail

Item No.	Part Number	Part Name	Qty
48	99530	3/8" LOCK WASHER	4
50	99531	3/8" FLATWASHER	4
75	99954	3/8"X1-1/4" FLANGE BOLT	4

Frame Detail

Item No.	Part Number	Part Name	Qty
5	29561	KNEE SUPPORT	1
15	99580	KNEE PAD	2

POWER LIFT ®

PART NUMBER

29000E_page8

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

Date

7/8/19