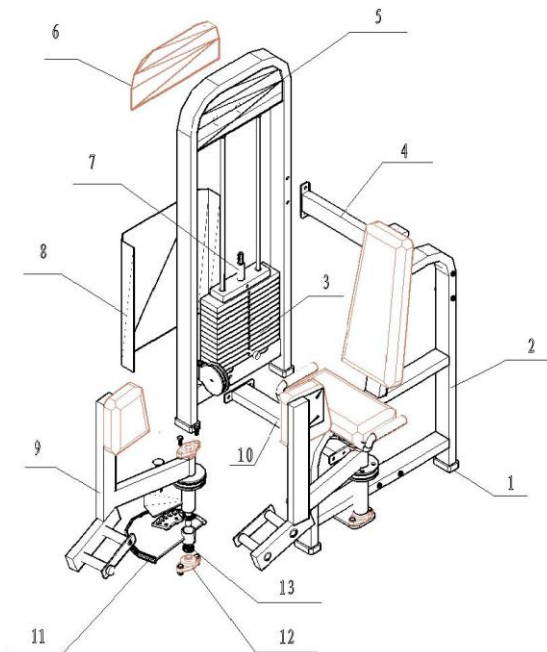
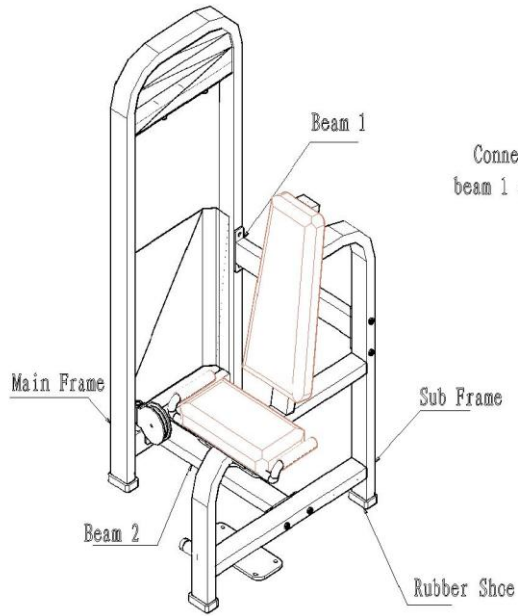


M2-1003 Hip Abductor

Installation Instruction

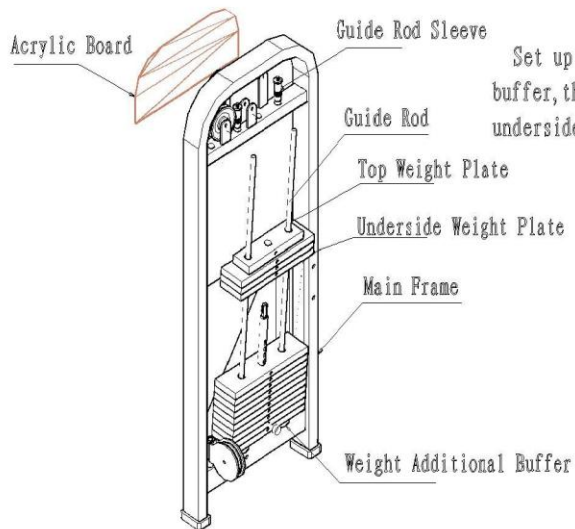


- 1 Rubber Shoe
- 2 Sub Frame
- 3 Weight Plate
- 4 Beam 1
- 5 Main Frame
- 6 Acrylic Board
- 7 Pole
- 8 Back Board
- 9 Arm
- 10 Beam 2
- 11 Torque Dish
- 12 Bearing Block
- 13 Bearing



Connect the main frame and the sub frame with beam 1 and beam 2, and put on rubber shoes.

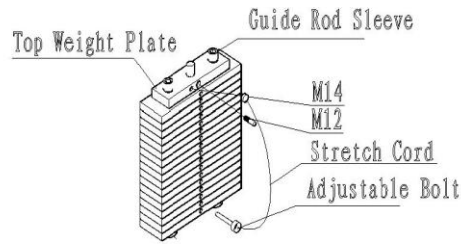
2



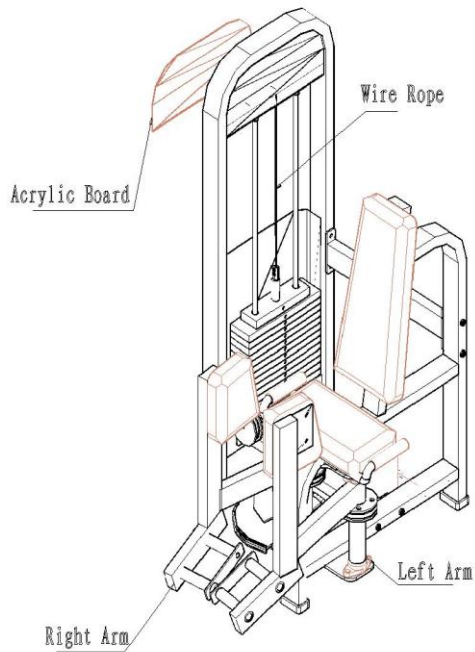
Set up the guide rod, the weight additional buffer, the top weight plate (1 pcs) and the underside weight plates (13pcs).

3

Put the adjustable bolt into the bottom weight stack, then connect the adjustable bolt and the top weight stack with stretch cord by M14 .Then connect the rod and the top weight stack with M12.



4



Install the left and right arm, and string the wire rope, and install the acrylic board finally.

5