



Owner's Manual

Hip Thrust/ Glute Builder- Plate Loaded

FL1844



Scan Here For
Installation Video:



Language: English

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1. Introduction

This user manual is specific to your **FL1844**.

This user manual contains important assembly, maintenance, and warranty information, which you should keep for reference. You should also read the entire Owner's Manual, because it has additional important general information and instructions which you should follow. If you do not have a copy of the Owner's Manual, you can download it at no cost at www.bodykore.com.

When reading this user manual, you will note various important symbols and warnings, which are explained below:

	This symbol indicates a potentially hazardous situation which, if not avoided, could result in damage to the product or yourself.
	This symbol indicates a potentially hazardous situation, which, if not avoided, may result in injury or possibly death. It is an alert against unsafe practices.
	This symbol alerts the reader to information which is particularly important.

2. Important Safety Guidelines for Owners

Follow these guidelines to maintain proper working condition of the equipment:



Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by us as such attachments might cause injuries.



Qualified technicians must perform all regular maintenance.

Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as a worn cable or cracked weld.

Strength training requires a significant focus by the facility and its staff to maintain the quality of the fitness environment. If possible, the facility should provide direct supervision of the fitness equipment at all times by people knowledgeable about the safe operation of the equipment and trained to recognize potential problems.

Make sure the equipment is stable and placed on a solid, level surface. The equipment is designed to be freestanding; however, equipment can be bolted to the floor for extra stability. Consult a qualified general contractor for proper fastening methods.

Make sure that the equipment is installed with enough free space for safe operation. With most equipment, the general rule is to allow about a 4-foot (1.2-meter) circle of space from the user's center. For Functional Training equipment, make sure that the operating space is large enough to allow the cables to be fully extended in all possible directions.

Check the equipment thoroughly based on the recommended inspection schedules outlined in this manual, including daily, weekly, monthly and annual checks.

Place an "out-of-order" sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until repaired.

Whenever a weight can drop and hit a user, such as with an Olympic bench, We highly recommend that a helper or spotter be used.

Do not place the equipment outdoors or on wet surfaces.

3. FL1844 Components



1. Upper body pivot bench full spinal stabilization and support.
2. Heavy reinforced padded waist harness provides optimal lifting application.
3. Oversized angled foot platform to accommodate users of all sizes.

4. Dual sided safety catches and releases mechanism for ease of use.
5. Bottom dropout safety stop.
6. Extended lumbar support.

4. Assembly Instructions

Assembly of the **FL1844** takes about 120 minutes to complete. If this is the first time you have assembled this type of equipment, plan on allowing more time.



Be careful to open boxes and assemble components in the sequence presented in this manual.



Note: With so many assembled parts, proper alignment and adjustment is critical. Hand tighten fasteners until full frame is completely assembled. Then tighten using appropriate tools.

Open the Box

Use wire cutters to open the box and remove the packing materials.

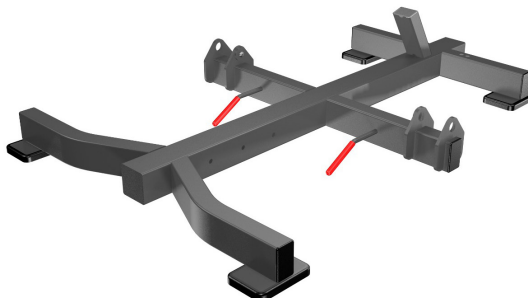
This photograph shows how the **FL1844** will look when you have completed its assembly.



5. Assembly Guide

Step 1

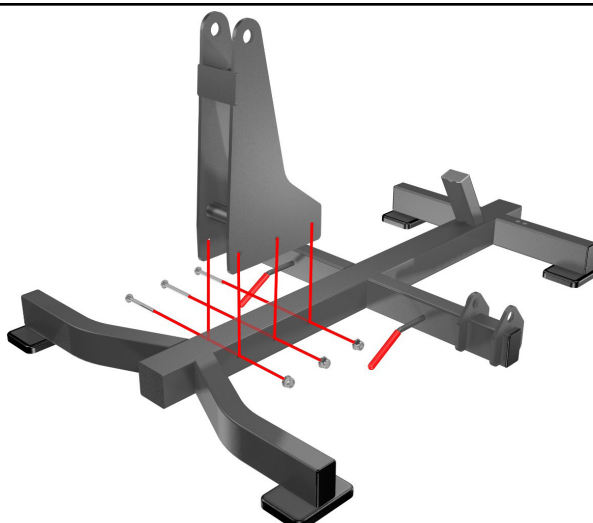
Start with base frame.



Step 2

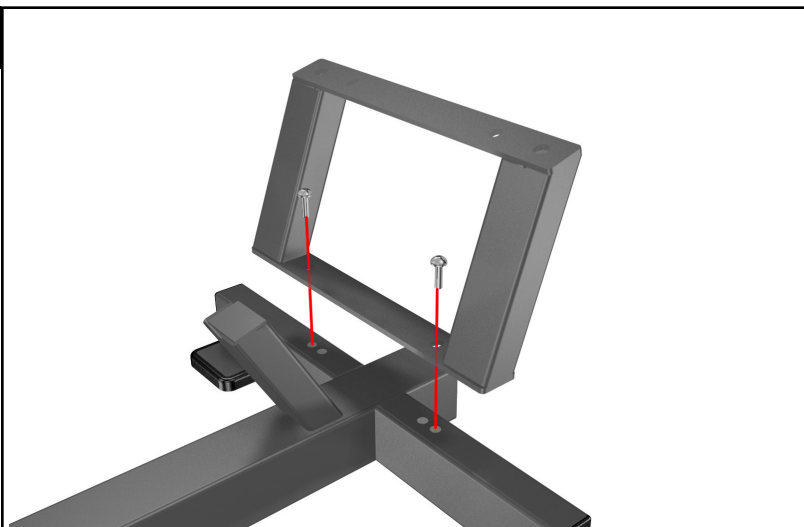
Connect Back Bracket
onto base frame.

Connect bracket with (3)
M10 Bolts with washer and
nuts.



Step 3

Connect Footplate
Bracket with (2) M6 Bolts.

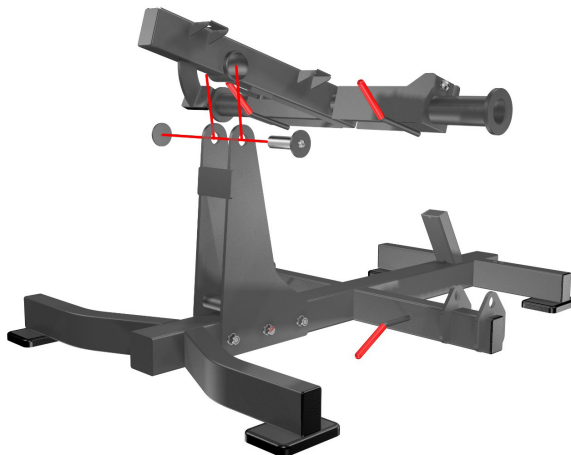


5. Assembly Guide

Step 4

Run pin through backrest frame to backrest bracket.

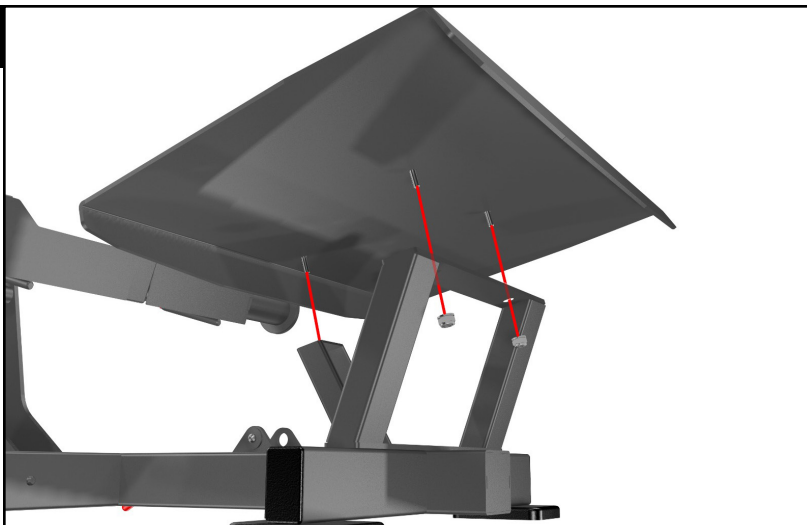
Connect M3 bolt with washer on both sides of the pin.



Step 5

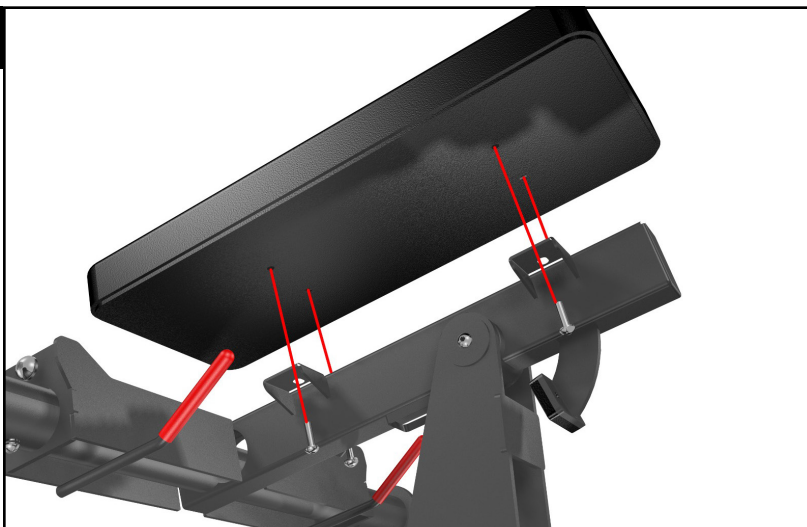
Connect footplate to footplate bracket with (2) M4 bolts and nuts.

Last M4 bolt can bolt directly to threaded hole on the bracket.



Step 6

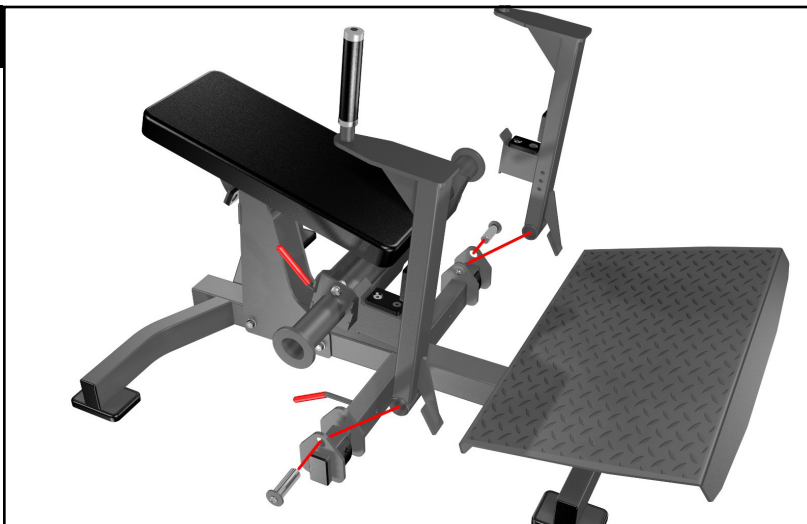
Connect Backpad to backrest frame using (4) M3 Bolts.



5. Assembly Guide

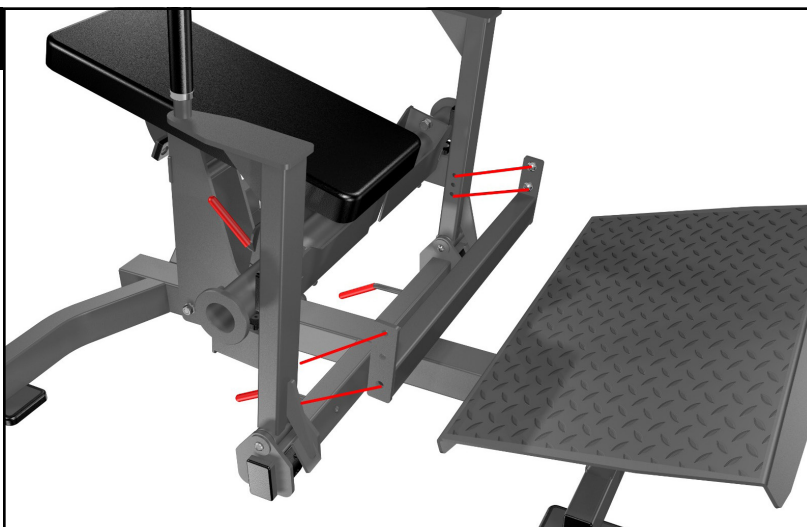
Step 7

Connect both sides of pivot handles to bottom frame by running pin through.



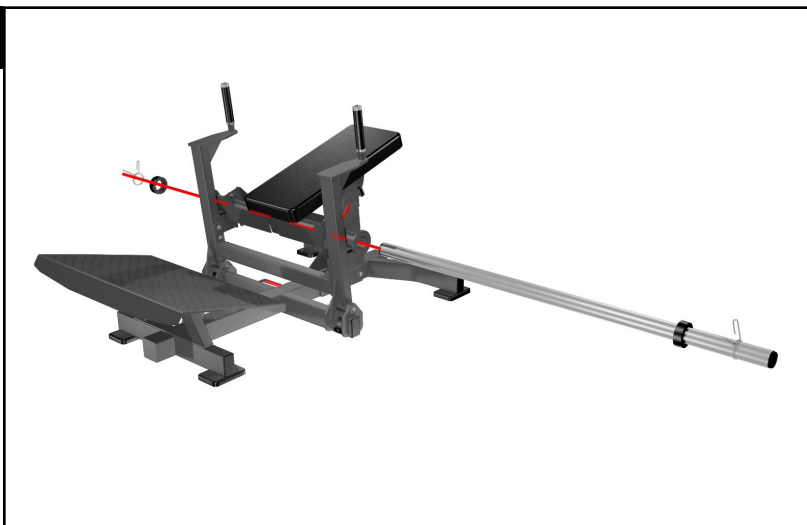
Step 8

Connect both pivot handles together with connection beam and (4) M6 bolts.



Step 9

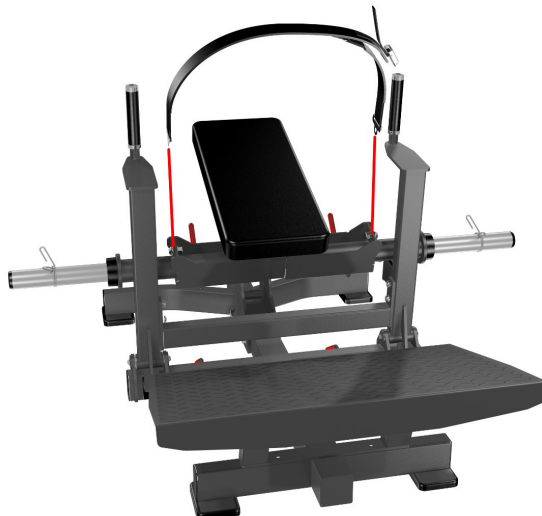
Run weight bar through frame and secure with M2 bolt in the middle of the bar.



5. Assembly Guide

Step 10

Connect seat belt to backrest frame using (2) M8 bolts with washer and nuts.



Completed Product



6. Daily Inspection

You will need to do the following tasks each day to maintain the equipment and keep it operating smoothly and safely. Each of these tasks is covered in this section. You should perform those tasks that are appropriate for the equipment you are maintaining, and skip those tasks that do not apply.



Clean and inspect equipment frames.

Check warning labels and instruction placards for readability.

Clean any upholstery on the equipment.

Inspect pads for wear.

Clean Upholstery

Clean upholstery daily with a mild soap and water solution in a spray bottle. Lightly spray upholstered surfaces and wipe dry with a clean cloth. Cleaning upholstery daily removes surface dirt and perspiration.



IMPORTANT:

To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, and petroleum. Use a mild detergent-based cleaner instead.

Inspect Pads for Wear

Inspect pads for cracks in the upholstery, loose staples, and loose mounting bolts. Replace pads as needed.

Clean and Inspect Frames

Clean frames daily with a mild soap and water solution in a spray bottle. Wipe the equipment down with a damp cloth and dry completely. Be sure to wipe down both painted parts and chrome parts. Cleaning frames daily removes any grease and dirt.

For chrome parts, use a commercial chrome cleaner to restore and maintain the luster.

As you clean, inspect the frames for cracks, rust, or other damage. Make sure welds are solid and fasteners are properly secured.

7. Weekly Inspection

This section covers the tasks you should do each week to maintain the equipment. Choose the appropriate tasks for your equipment, depending on what you are maintaining.



Condition and deep clean upholstery.

Check seat adjustment and test pop pins.

Clean Upholstery

Clean upholstery daily with a mild soap and water solution in a spray bottle. Lightly spray upholstered surfaces and wipe dry with a clean cloth. Cleaning upholstery daily removes surface dirt and perspiration.



IMPORTANT:

To clean the upholstery, do not use cleaning products that have any of these ingredients: solvents, alcohol, ammonia, and petroleum. Use a mild detergent-based cleaner instead.

8. Monthly Inspection

Each month, the following tasks should be performed to maintain the equipment. Choose the appropriate tasks based on what you are maintaining.



Inspect frames.

Inspect all fasteners.

Inspect Frames

Inspect frames monthly for proper function and integrity. Check for cracks, chipped paint, or rust. Touch up dings and chips in the paint as needed. Replace any component at first signs of wear.

Inspect frames for cracks particularly at the joints. If any cracks are found, immediately take the equipment out of service, and repair it using a qualified maintenance technician.

To remove surface rust from the frame, rub lightly with a fine wet/dry sand paper or fine steel wool. Maintain paint luster with an application of a mild automotive wax product.

To maintain the powder coated and chrome parts, use a mild detergent-based cleaner for light dirt and grime removal. For removing heavier dirt and grease and for polishing, use a good car polish. For scuffs and marks that are not removed by the above methods, use a soft scrub cleanser. Do not use solvents, lacquer thinner, acetone, or finger nail polish remover.

9. Warranty

Fitness Equipment Limited Warranty

Description	Warranty
FRAME (NOT COATINGS)***	LIFETIME
OTHER ITEMS NOT SPECIFIED	3 YEARS
UPHOLSTERY / GRIPS	1 YEAR
ACCESSORIES	6 MONTHS

Conditions and Restrictions:



1. Warranty period starts on date of purchase.
2. This warranty applies only against defects discovered within the warranty period and warranty claims must be made within the warranty period.
3. Parts repaired or replaced under the terms of warranty will be warranted for the remainder of the original warranty only.
4. To claim under this warranty, buyer must notify BodyKore or BodyKore dealer within thirty (30) calendar days after date of discovery of any defects. Warranty claims can be submitted to warranty@bodykore.com. Defected product must be available for visual inspection by BodyKore or BodyKore dealer with proof of the original serial number that is on the original packaging.