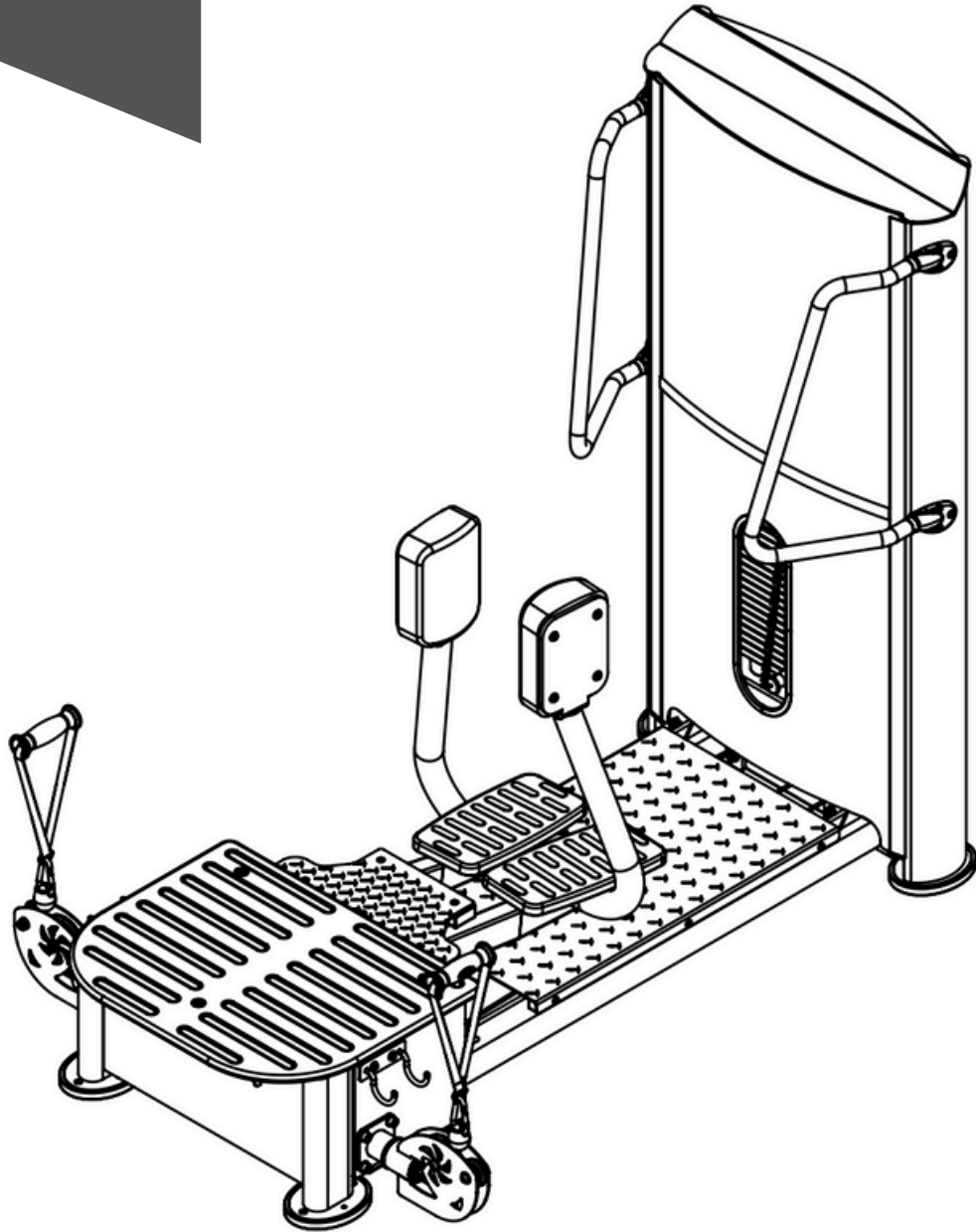


Owners Manual

Model #ABS1015

Total Glute™



We Change Lives from the Core®

Warranty information inside



TABLE OF CONTENTS

Important Safety Instructions.....	pg. 03
Instructions.....	pg. 04
Parts List.....	pg. 05
Exploded View.....	pg. 06
Hardware Kit.....	pg. 07
Measurement Guide.....	pg.10
Assembly Instruction.....	pg.11
Assembly.....	pg.12
General Maintenance Schedule.....	pg.27
General Maintenance Information.....	pg.28
Training Tips.....	pg.29
Warranty.....	pg.30



CAUTION

Read all precautions and instructions in the manual before using this equipment.

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, as such attachments might cause injuries.
3. The product should only be used on a level surface and with 0.5 meters space around the product. Do not store the equipment outdoors.
4. The equipment is not intended for use by children under the age of 16. Children over the age of 16 should use the 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 intended to be used as or with medical apparatus/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.

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, and by following these precautions, we believe you will enjoy your new equipment and the many benefits it will provide.



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. If parts are found to be missing, please contact either your authorized dealer or us directly and reference the part name and number from the parts list. 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 or contact us directly to continue troubleshooting. Be sure to have the serial number, related part names and numbers and your manual handy when calling. Do not continue assembly, or use the equipment until all parts have been accounted for and troubleshooting is complete.

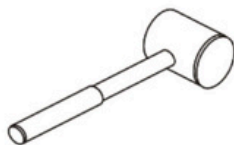
Tools Required



Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench set



Phillips Screwdriver

PARTS LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

NO.	NAME	SPECIFICATION	QUANTITY
1	Stacks Tower		1
2	Main Frame		1
3	Left Turn Frame		1
4	Right Turn Frame		1
5	Cover Supporting Frame		1
6	Left Swing Frame		1
7	Right Swing Frame		1
8	Guide	Φ20*1180*M10	2
9	Pulley Frame		2
10	Pedal	419*175*5	1
11	Bottom Cover	740*436*25*3	1
12	Pulley Fixing Frame		2
13	Foot Pad	320*160*20	2
14	Top Pulley Frame		1
15	Pulley Packing Plate	132*42*16	1
16	Pulley Frame		1
17	Leg Pad	220*160*70	2
18	Inner Connction Plate	85*85*3	2
19	Connection Rod	Φ20*85*M14	1
20	Magnetic Pin	Φ8*80	1
21	19+1 selector rod	Φ25*360	1
22	Front Upper Cover	714*605*3	1
23	Front Bottom Cover	632*605*3	1
24	Back Cover	712*605*3	2
25	Back Cover Strip	32*25*3*1420	2
26	Front Cover Strip	32*25*3*1344	2
27	Round Fixing Plate	Φ40*Φ10.5*3	2
28	Hook		2
29	Positioning Frame		1
30	Left Handle Frame		1
31	Right Handle Frame		1
32	Cable A	Φ5*4970	1
33	Cable B	Φ5*6175	1
34	Plastic Strip	10*8*2.5*980	1
35	Rubber Pad		1
36	Small Bumper	Φ40*Φ35.5*27	2
37	Foot Pad	169*129*16	4
38	Handle Combo	132*260	2
39	Top Plate	280*90*74	1
40	Bearing Shim	Φ30*Φ25.2*1	2
41	Hole Cover	65*60*42	4
42	Axis	Φ10*33	1
43	Handle Grip	Φ21*3*995(TPV)	2
44	Ankle Strap	340*90*10	1
45	Inner Sleeve	Φ14*Φ10*19	2
46	Bumper	Φ38*Φ7*15	1
47	End Cap	J25*50*2	5
48	End Cap	F25*2	4
49	Guide Sleeve	Φ30*Φ20.2*30	2
50	Cable Terminal	60*25*20*2	1
51	SKG Weight Stacks	450*100*16.5	19
52	Bumper	Φ55*Φ20.5*50	2
53	Φ114 Pulley	Φ114*25.4	1
54	Φ95 Pulley	Φ95*24	7
55	Φ78 Pulley	Φ78*Φ10.2*19	6
56	Φ50 Pulley	Φ50*25.5	2
57	Cover Strip	25*12*564	2
58	Handle Ring	Φ28*Φ22.5*12	4
59	J40X60 End Cap	J40*60*2.5	2
60	Rubber Bumper	38*25*10	1
61	Safety Hook	Φ8*80	2
62	Joint Bearing SI12TK	SI12TK	1
63	Joint Bearing SI14TK	SI14TK	1
64	Joint Bearing SI14TK	SI14TK	1
65	Deep Groove Ball Bearing	61804ZZ	2
66	Deep Groove Ball Bearing	6206ZZ	4
67	Bearing	6005ZZ	4
68	Circlip For Shaft	Φ10	2
69	Circlip For Shaft	Φ25	2
70	O-ring	Φ19*1.8	2
71	Hex Screw	M6*4	6
72	Hex Bolt	M5*10	1
73	Hex Bolt	M8*25	8
74	Hex Bolt	M10*15	2
75	Hex Bolt	M10*30	8
76	Hex Bolt	M10*40	4
77	Hex Bolt	M10*45	8
78	Hex Bolt	M10*50	6
79	Hex Bolt	M10*125	8
80	Hex Bolt	M12*40	1
81	Hex Pan Head Bolt	M8*15	2
82	Hex Pan Head Bolt	M8*20	4
83	Hex Pan Head Bolt	M10*20	10
84	Hex Pan Head Bolt	M10*25	3
85	Hex Pan Head Bolt	M10*45	4
86	Hex Pan Head Bolt	M10*70	1
87	Hex Countersunk Bolt	M8*15	8
88	Hex Countersunk Bolt	M10*20	1
89	Hex Pan Head Bolt	M6*12	19
90	Hex Pan Head Bolt	M8*25	10
91	Hex Countersunk Bolt	M6*12	5
92	Cross Head Countersunk Bolt	M4*15	2
93	Cross Head Pan Head Bolt	M6*15	20
94	Spring Washer	Φ8	10
95	Spring Washer	Φ10	12
96	Spring Washer	Φ12	1
97	Flat Washer	Φ6.6*Φ12*1.6	24
98	Flat Washer	Φ9*Φ16*1.6	26
99	Flat Washer	Φ11*Φ20*2	72
100	Big Washer	Φ9*Φ24*2	2
101	Flat Washer	Φ10.5*Φ30*2.5	8
102	Big Washer	Φ10.6*Φ26*2	1
103	Lock Washer	Φ10	2
104	Nut	M8	4
105	Nut	M10	33
106	Thin Nut	M10	2
107	Flat Nut	M14	1
108	Flat Nut	M14L	1
109	Thin Nut	M12(thickness 6mm)	2
110	Φ32 Ring	Φ32	2
111	L-shape Plate	30*70*35*3	2
112	Small Guide Rod	Φ13*1090*M6	1
113	Sleeve	Φ25*Φ19*Φ14.2*10	1
114	Hex Bolt	M6*15	6
115	Spring Washer	Φ6	6



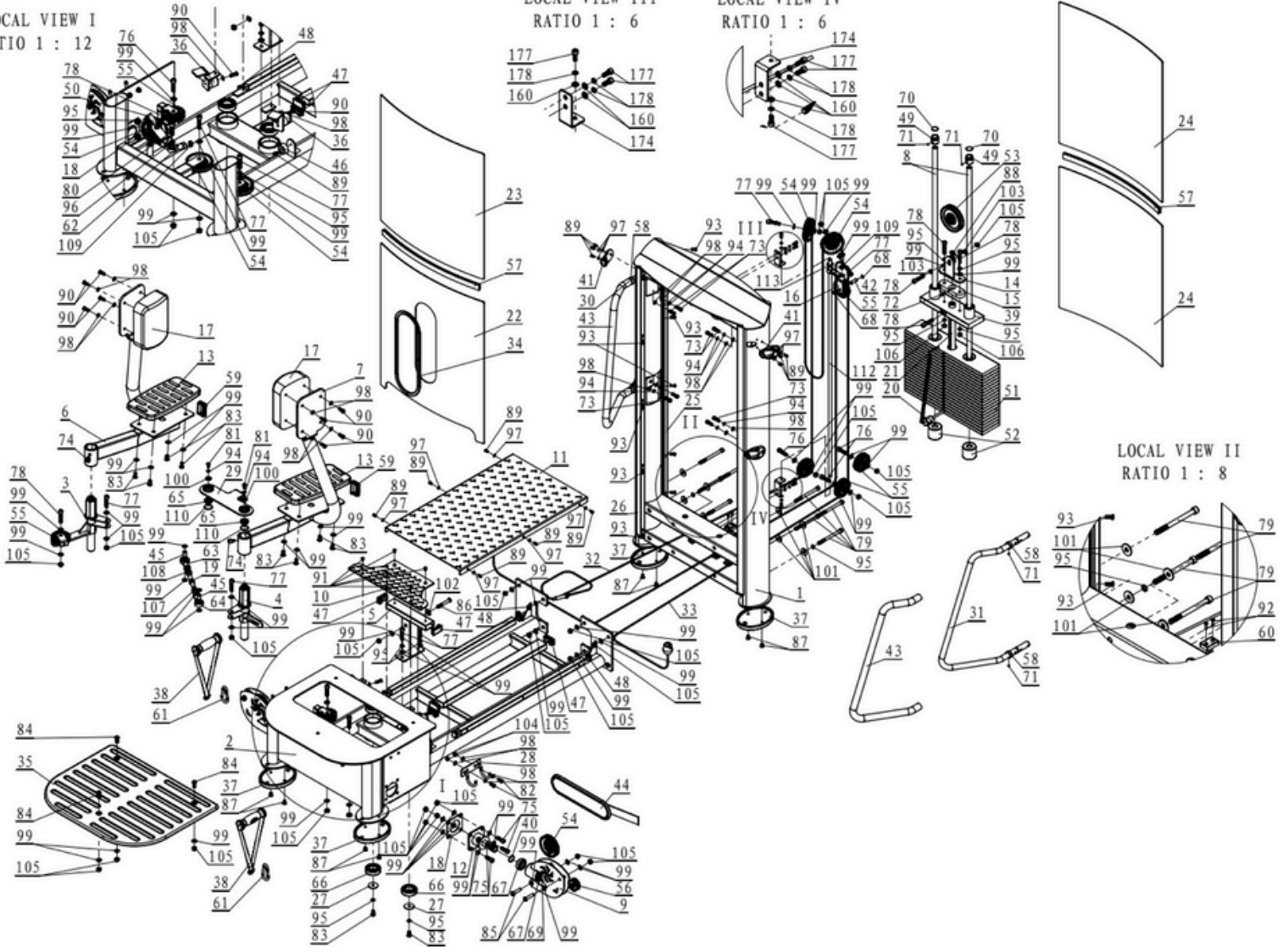
EXPLODED VIEW

LOCAL VIEW I
RATIO 1 : 12

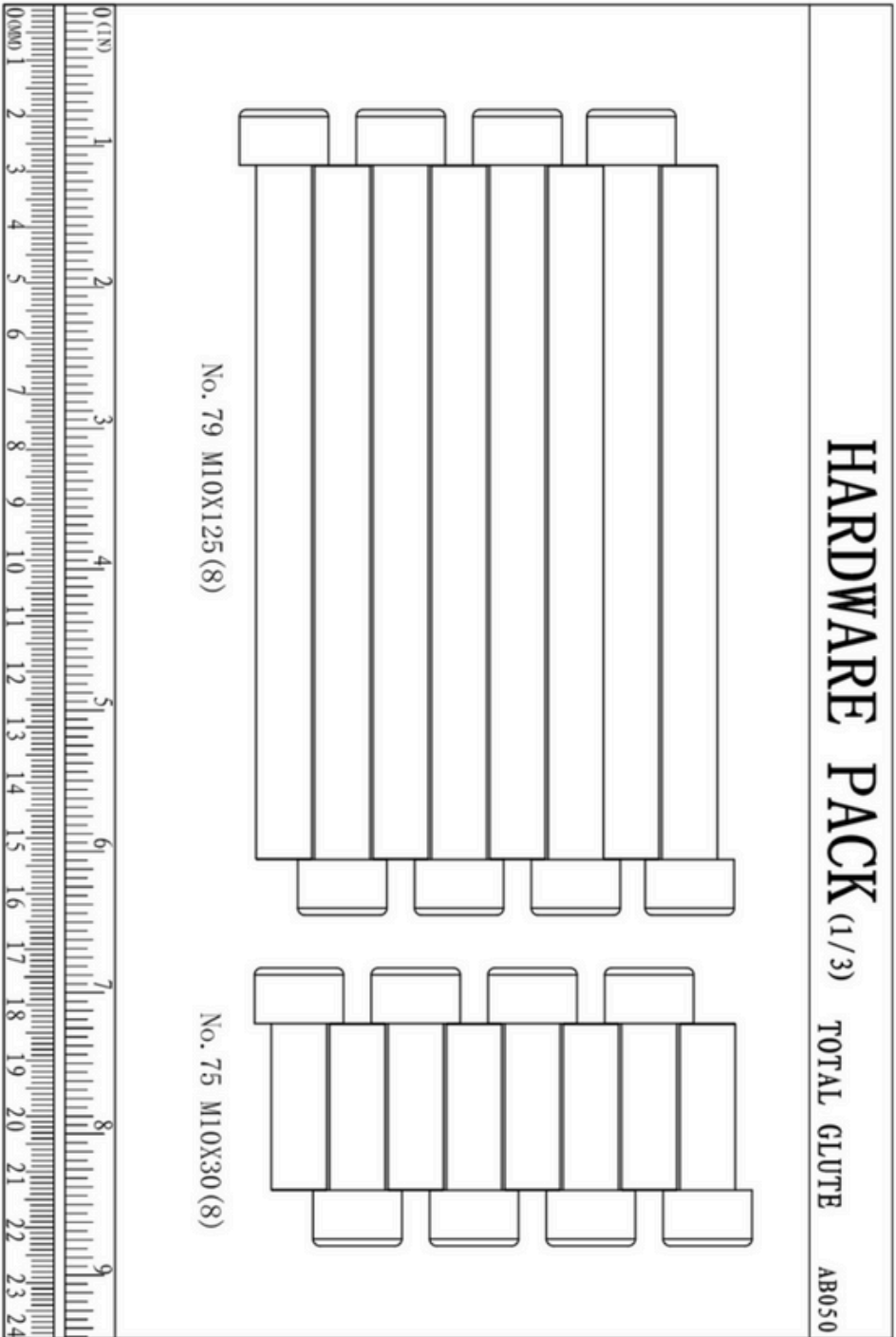
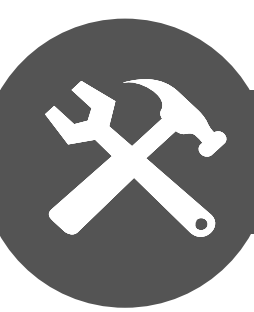
LOCAL VIEW III
RATIO 1 : 6

LOCAL VIEW IV
RATIO 1 : 6

LOCAL VIEW II
RATIO 1 : 8



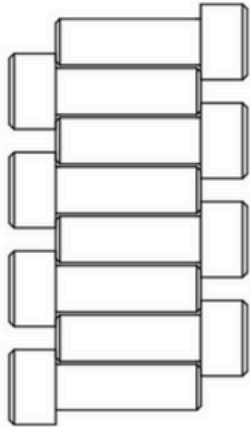
HARDWARE KIT



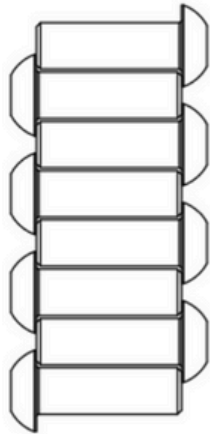


HARDWARE KIT

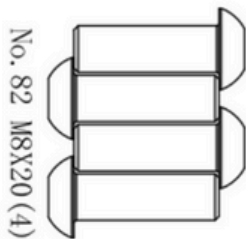
HARDWARE PACK (2/3) TOTAL GLUTE AB050



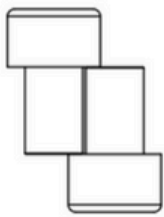
No. 73 M8X25 (8)



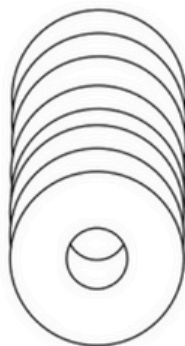
No. 90 M8X25 (8)



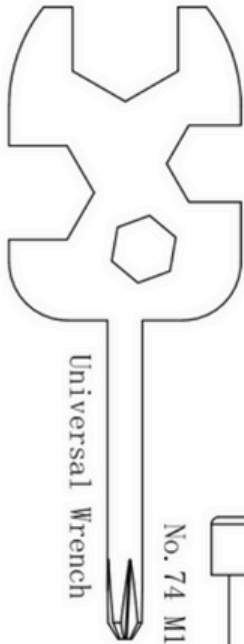
No. 82 M8X20 (4)



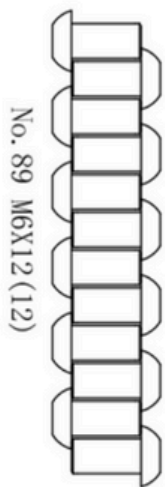
No. 74 M10X15 (2)



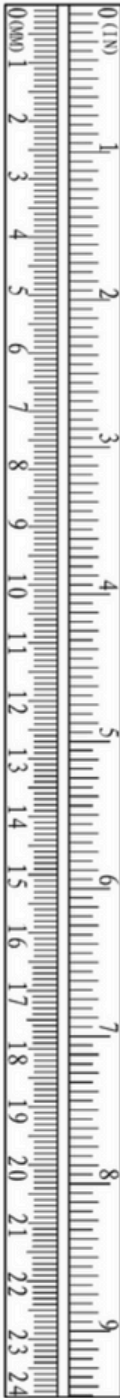
No. 101 Φ10.5*Φ30*2.5 Washer (8)



Universal Wrench



No. 89 M6X12 (12)



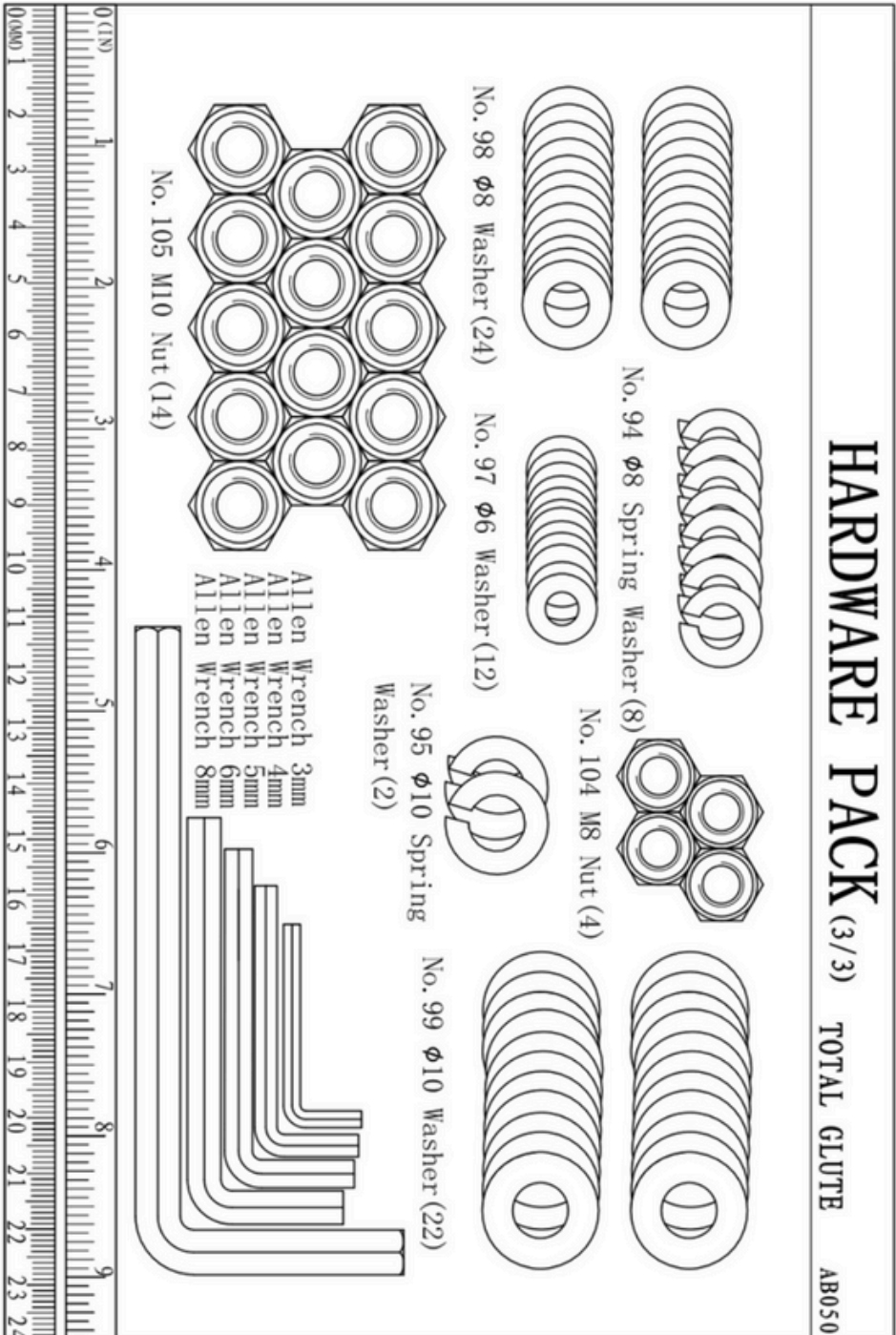


HARDWARE KIT

HARDWARE PACK (3/3)

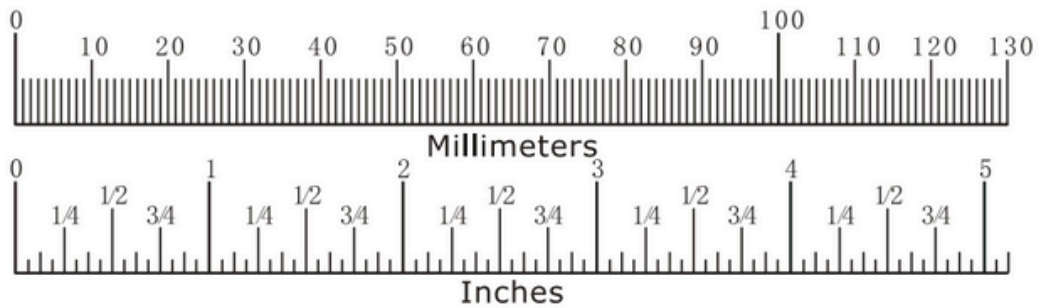
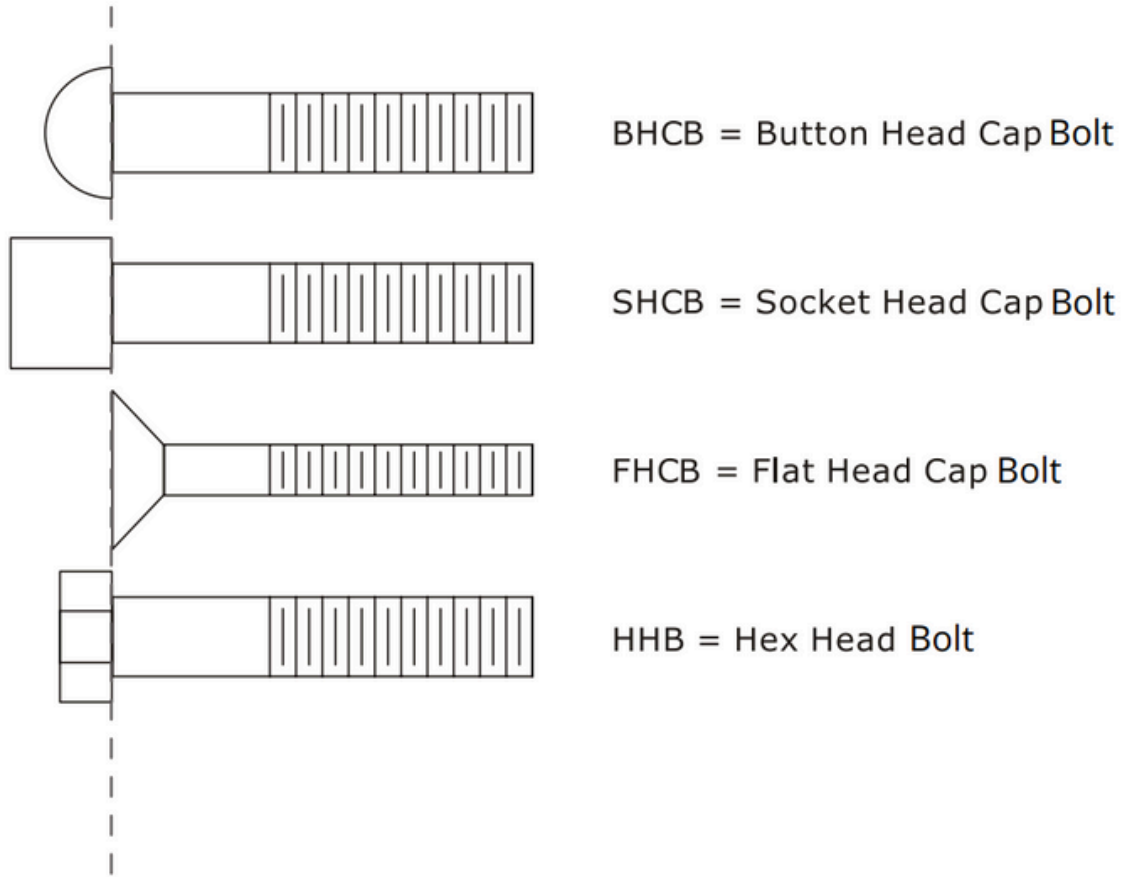
TOTAL GLUTE

AB050





MEASUREMENT GUIDE



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 an adult	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 INSTRUCTION



Assembly of the equipment takes professional installers about 1.5 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. If you are in doubt about any part of this assembly, we recommend you contact a professional installer to complete the assembly. You may find it quicker, safer, and easier to assemble this equipment with the help of an assistant, as some 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 or damage to the area or equipment.



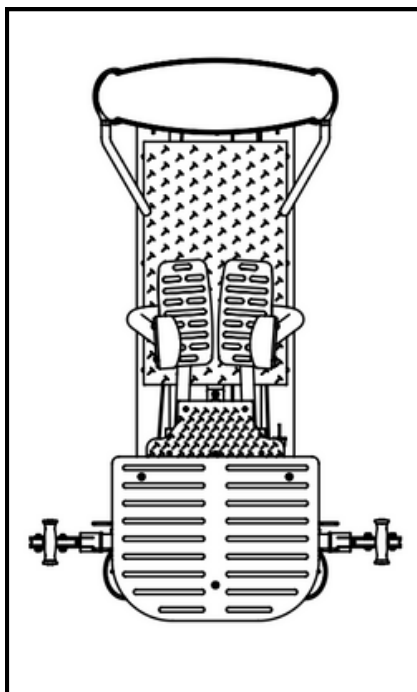
Note

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.

Training Area and Free Area

69 in / 173 cm

92 in / 232 cm



Free Area

Please allow for free area beyond the training area of 24 in / 60 cm on all sides of the unit to ensure that the training area is not impeded.

Specifications

Maximum Wt. Capacity: 415 lbs / 190 kg

Maximum User Weight: 415 lbs / 190 kg

Product Total Surface: 67.5*44.5 in / 172*113 c

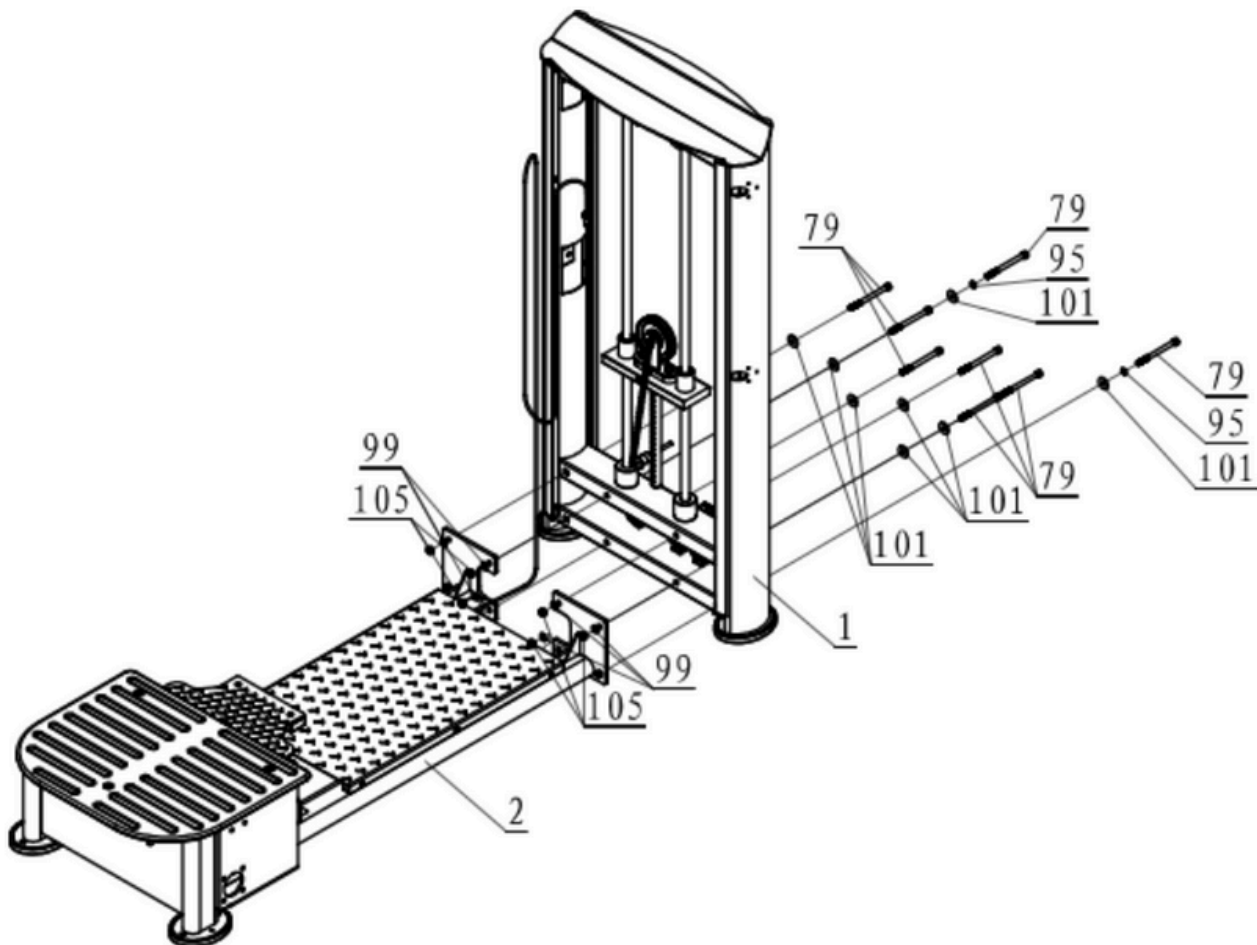


ASSEMBLY

STEP 1

1. Attach the Stack Tower (#1) to the Main Frame (#2) using:
 - 8 M10*125 Hex Bolts (#79)
 - 2 Φ 10 Spring Washers (#95)
 - 8 Flat Washers Φ 10.5* Φ 30*2.5 (#101)
 - 6 Flat Washers Φ 11* Φ 20*2 (#99)
 - 6 M10 Nuts (#105)

Tighten all connections from this step.

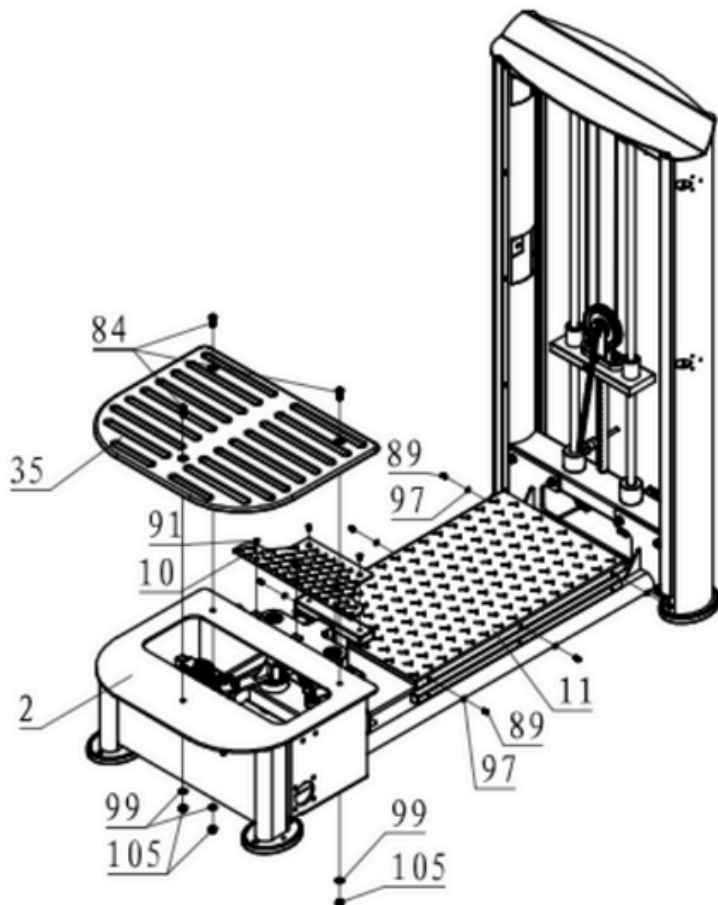




ASSEMBLY

● STEP 2

1. In preparation for running the cable assembly remove the following pieces from the Main Frame:
 - Remove the 3 M10*25 Bolts (#84), Flat Washers $\Phi 11 \times \Phi 20 \times 2$ (#99), and M10 Nuts (#105) that hold the Rubber Pad (#35) in place. Remove the Rubber Pad (#35) and set aside with it's hardware
 - Remove the 5 M6*12 Hex Countersunk Bolts (#91) that hold the Pedal (#10) in place. Remove the Pedal (#10) and set aside with it's hardware
 - Remove the 6 M6*12 Pan Head Bolts (#89) and 6 matching Flat Washers (#97) that hold the Bottom Cover (#11) in place. Remove the Bottom Cover (#11) and set wise with it's hardware.

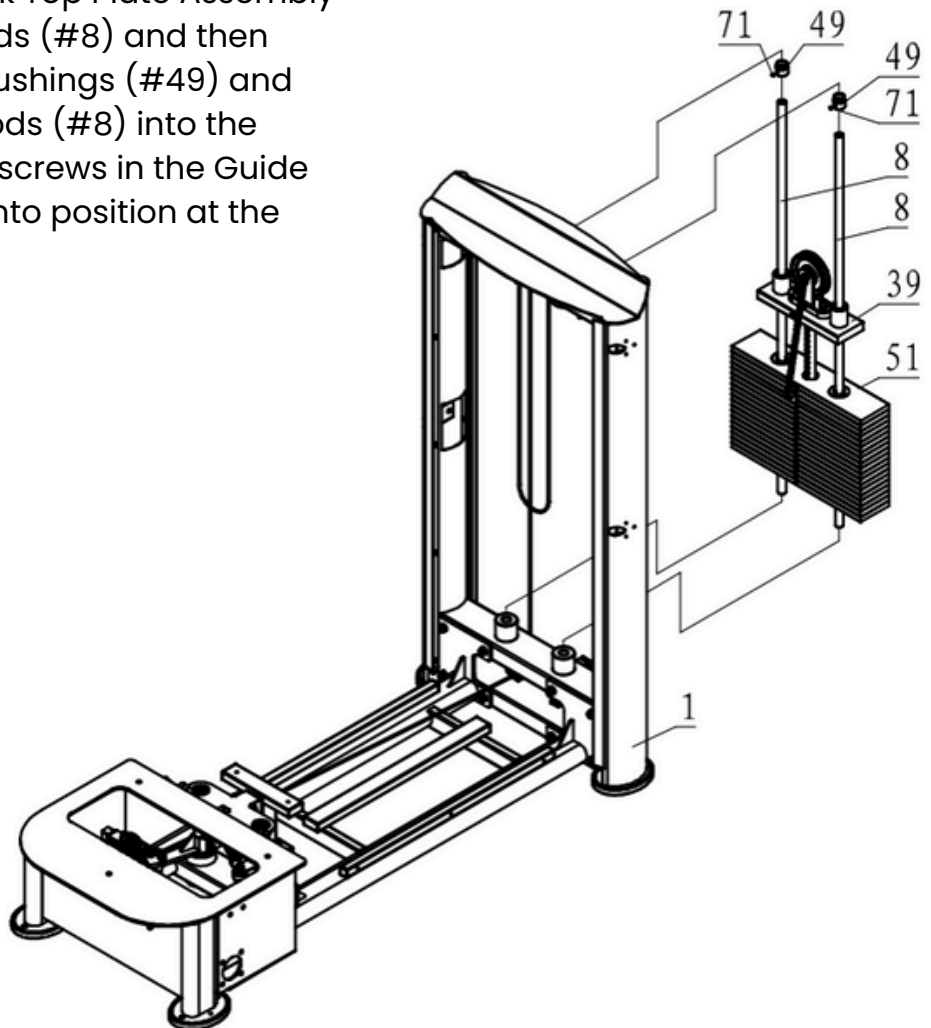




ASSEMBLY

● STEP 3

1. Loosen the Guide Rod Bushings (#49) to allow the Guide Rods (#8) to tip backwards. Remove the Guide Rod Bushings (#49) and set aside to build the weight stack.
2. Remove Weight Stack Top Plate (#39) Assembly from the Guide Rods (#8) and set aside with the Guide Rod Bushings (#49)
3. Build the weight stack using 19 Weight Plates (#51). Make sure that the round plastic sleeve of the weight stack guide inserts are facing upwards.
4. Reinstall the Weight Stack Top Plate Assembly (#39) onto the Guide Rods (#8) and then reinstall the Guide Rod Bushings (#49) and then secure the Guide Rods (#8) into the frame by locking the set screws in the Guide Rod Bushings (#49) up into position at the very top of the frame.

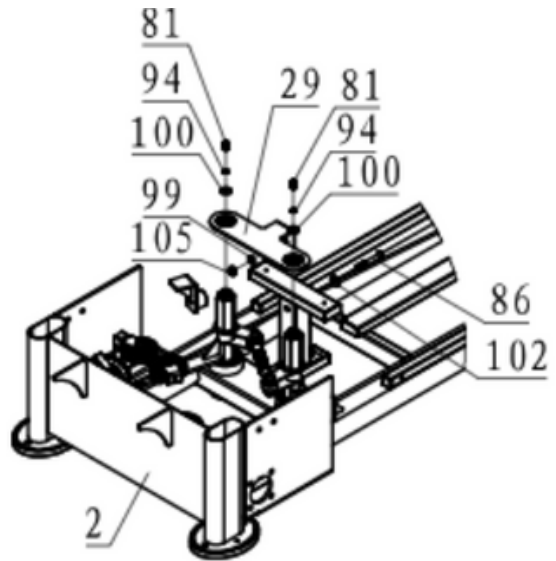




ASSEMBLY

● STEP 4

1. Temporarily remove the Positioning Frame (#29) by removing:
 - 2 M8*15 Pan Head Bolts (#81)
 - 2 Spring Washers $\Phi 8$ (#94)
 - 2 Flat Washers $\Phi 9*\Phi 24*2$ (#100)
 - 1 M10*70 Pan Head Bolt (#86)
 - 1 Big Washer $\Phi 10.6*\Phi 26*2$ (#102)
 - 1 Flat Washer $\Phi 11*\Phi 20*2$ (#99)
 - 1 M10 Nut (#105)



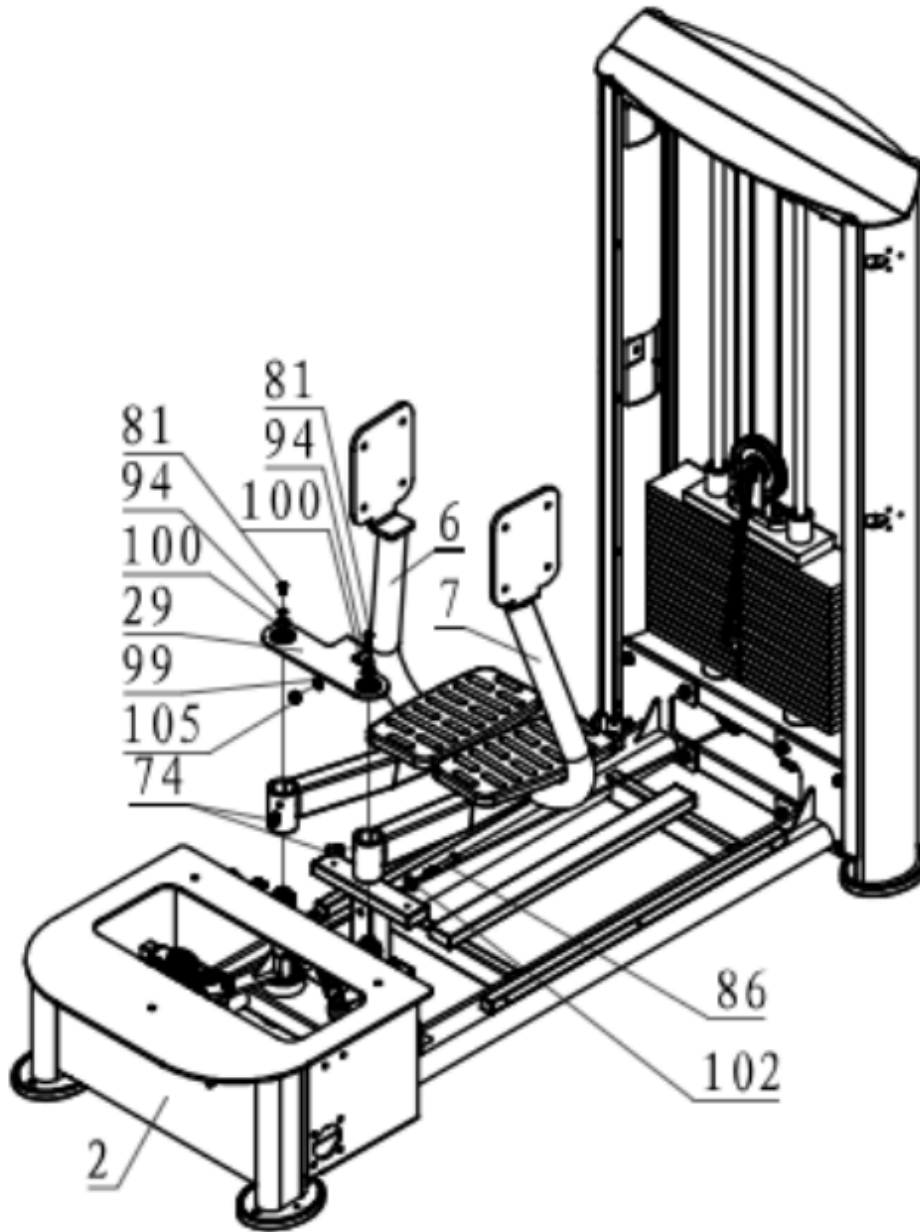
2. Attach the Left Swing Frame (#6) and Right Swing Frame (#7) to the Base Frame (#2) making sure the foot pedals face towards the inside of the unit using:
 - 2 M10*15 Bolts (#74)
3. Reattach the Positioning Frame (#29) using the hardware from Step 4.1.

See Image on next page.



ASSEMBLY

● STEP 4 (CONTINUED)



Tighten all connections from this step.

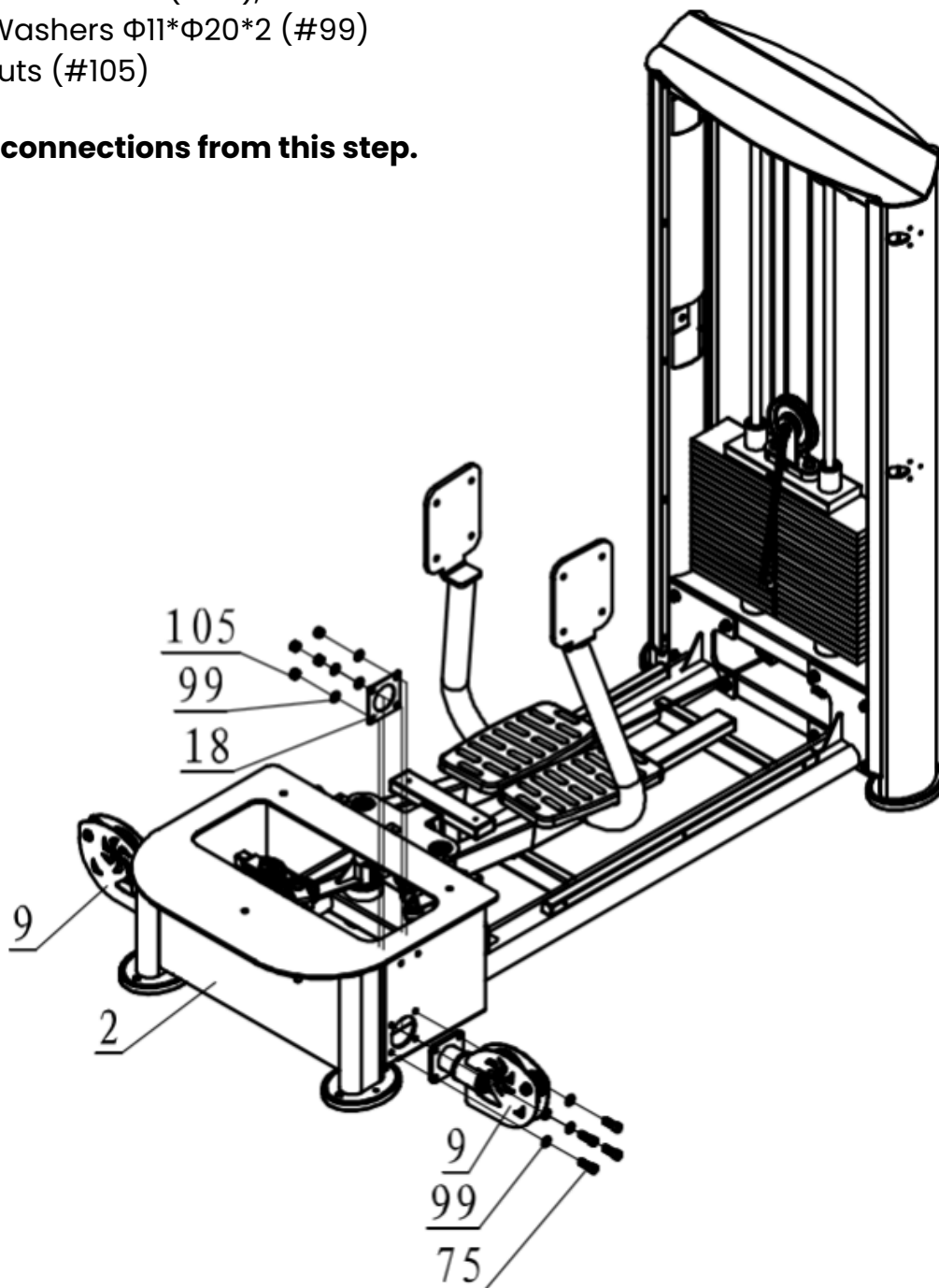


ASSEMBLY

● STEP 5

1. Attached the 2 Pulley Frames (#9) to the Main Frame (#2) using:
 - 2 Inner Connection Plates (#18)
 - 8 M10*30 Hex Bolts (#75),
 - 16 Flat Washers $\Phi 11*\Phi 20*2$ (#99)
 - 8 M10 Nuts (#105)

Tighten all connections from this step.





ASSEMBLY

STEP 6-A

1. The main Leg Cable (#32) will come bundled and pre-installed in the base of the Main Frame (#2). Unfasten the cable and then begin the process of threading the cable assembly through the Stack Tower (#1).
2. Following the trail of capital letters from A to B to C to D and finally to E; you will need to remove each pulley in turn at each point to thread the cable through and then immediately reattach the pulley. DO NOT OVER-TIGHTEN the pulleys. They should be secure but spin freely.

A - Cable Starting mount Point.

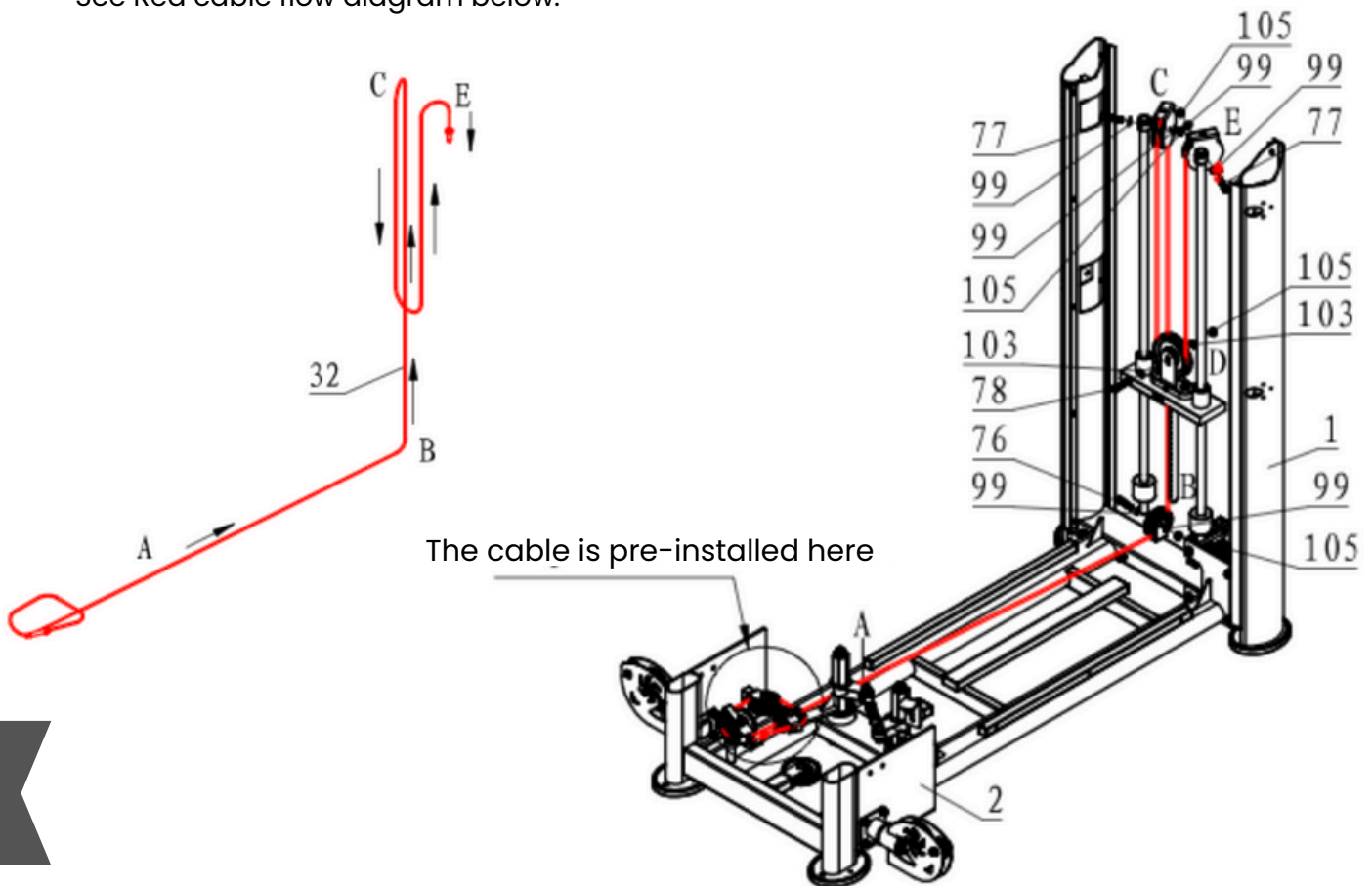
B - Pulley at base of Stack Tower (#1) - (hardware parts #76, #99, and #105)

C - Pulley at top LEFT of Stack Tower (#1) (hardware parts #77, #99, and #105)

D - Pulley connected to the Wight Stack Top Plate (#39) (hardware parts #78, #103, and #105)

E - Pulley at top RIGHT of Stack Tower (#1) (hardware parts #77, #99, and #105)

See Red cable flow diagram below.

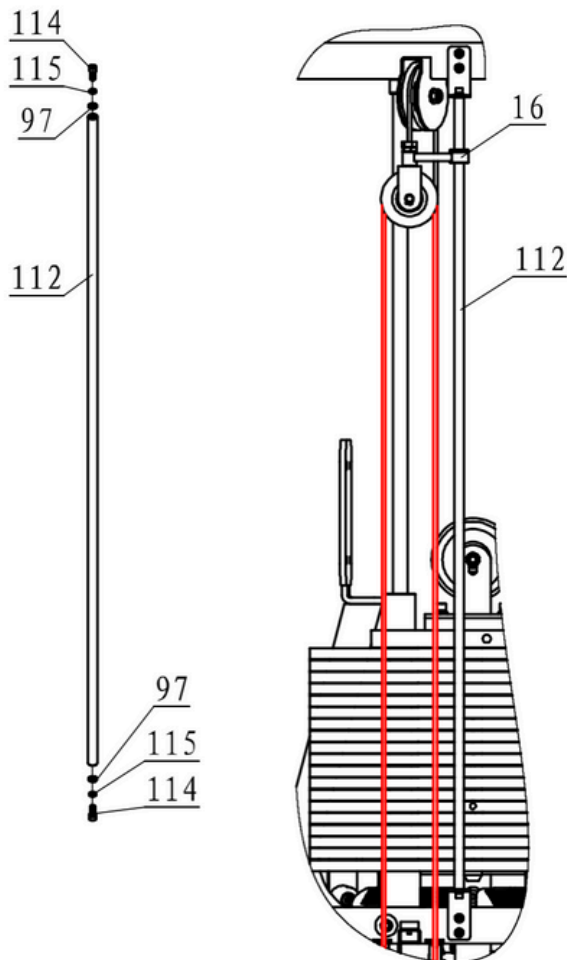




ASSEMBLY

● STEP 6-B

1. Prepare the Pulley Guide Rod (#112) for installation by removing the hardware from each end and setting aside. Slide the Pulley Frame (#16) onto the Guide Rod.
2. Mount the Pulley Guide Rod (#112) to the Stack Tower (#1) and secure in place using the hardware you just removed from the Guide Rod in part 1:
 - 2 Flat Washers ($\Phi 6.6 \times \Phi 12 \times 1.6$) (#97)
 - 2 Spring Washers ($\Phi 6.6$) (#115)
 - 2 M6*15 Hex Bolts (#114)
3. Make sure that the Guided Pulley (#16) can move smoothly up and down. Add silicone lubrication if needed.

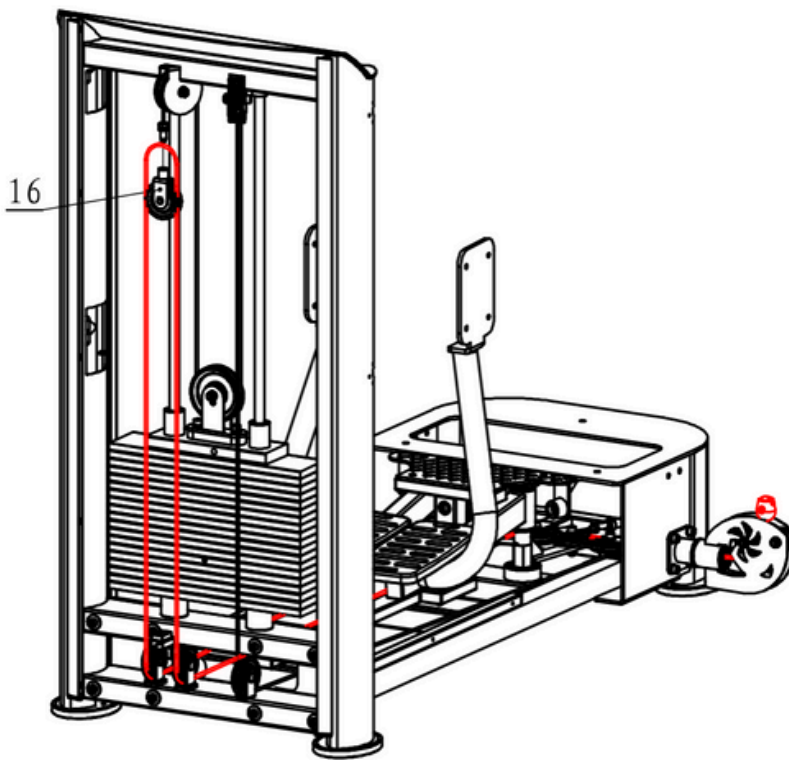




ASSEMBLY

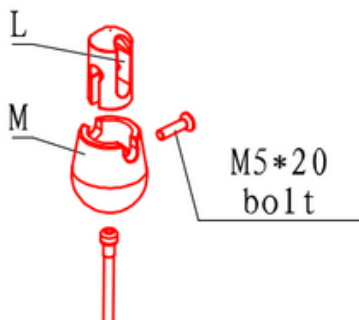
● STEP 6-C

1. Attach the Pulley Frame (#16) to the end of the Leg Cable (#32) where it ended after passing through the pulley at Point E in Step 6A.2.

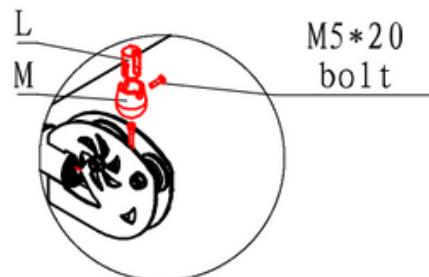


2. Remove the M5*20 Bolt in the fitting at one end of the Arm Cable (#33). Slide cover M down to remove end cap L and then set all three parts aside temporarily.

Local View I



Local View II

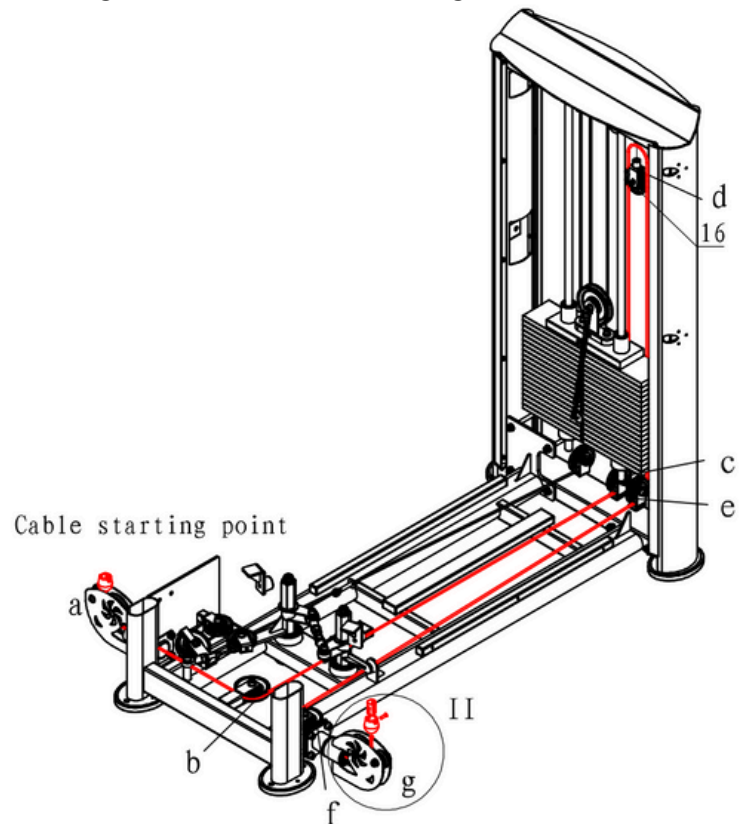
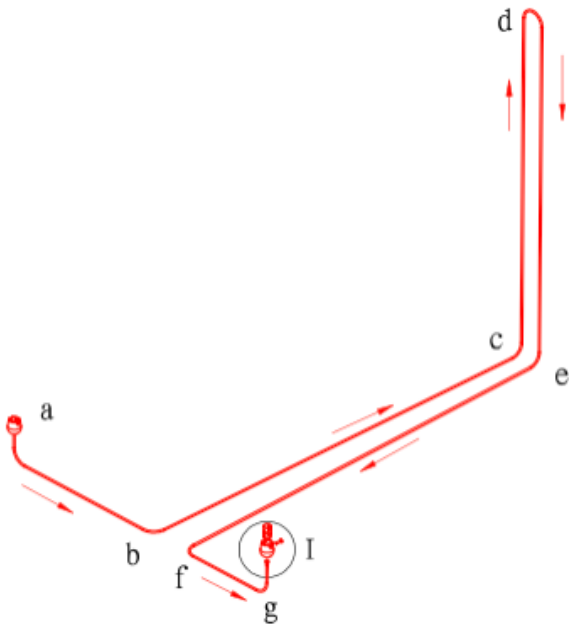




ASSEMBLY

STEP 6-D

1. With the free end of the Arm Cable (#33) follow the lower case letter series from a to b to c to d to e to f and out at g (see diagram below). You should not need to remove any of the pulleys during this step (unless you find it more convenient to do so. If you do remove any of the pulleys, do not over-tighten when reinstalling!)



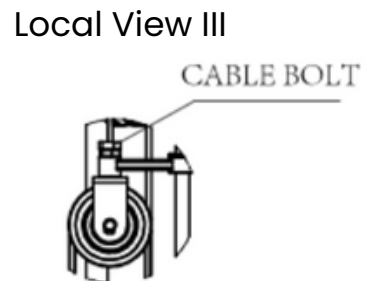
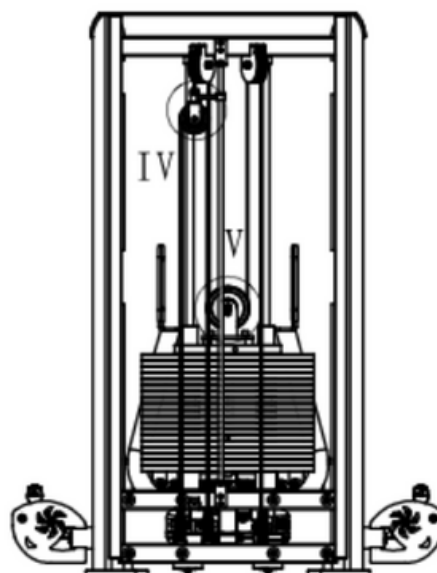
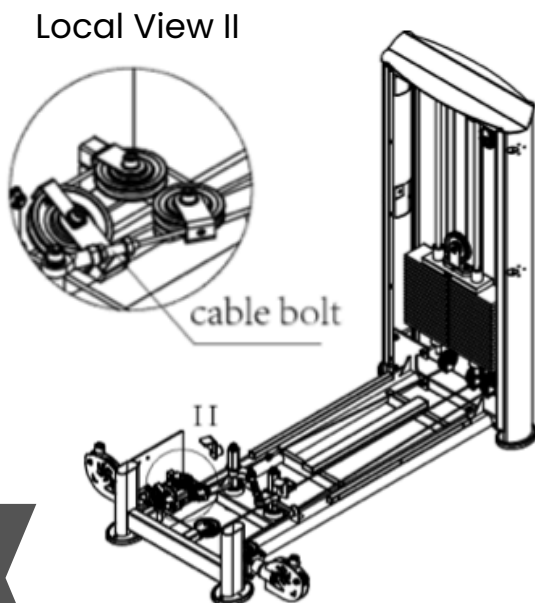
2. 1. Following the reverse steps of Step 6-B.2 above, retrieve the parts set aside in that step. Slip the outer housing M over the cable, then attach end cap L. Secure M to L using the M5*20 bolt.



ASSEMBLY

● STEP 6-E

1. There are three points for adjusting the tension of the cables that may require some balancing to ensure that both cables are not slack or overly tight (preventing the weight stack pin from entering the weight stack. (As location II is more difficult to get to after assembly is completed, it is recommended to make major adjustments there now and fine tune at locations III & IV).
2. To REMOVE slack from the system; start by screwing the cable bolts INTO the sleeve at location II and at location III where the cable passes through the Pulley Frame (#16). You can also adjust the pulley at the top of the weight stack (location IV) downward in it's mount points.
3. To ADD slack from the system; start by screwing the cable bolts OUT OF the sleeve at location II and at location III where the cable passes through the Pulley Frame (#16). You can also adjust the pulley at the top of the weight stack (location IV) upwards in it's mount points.
4. When satisfied that the unit is adjusted correctly proceed to the next step.

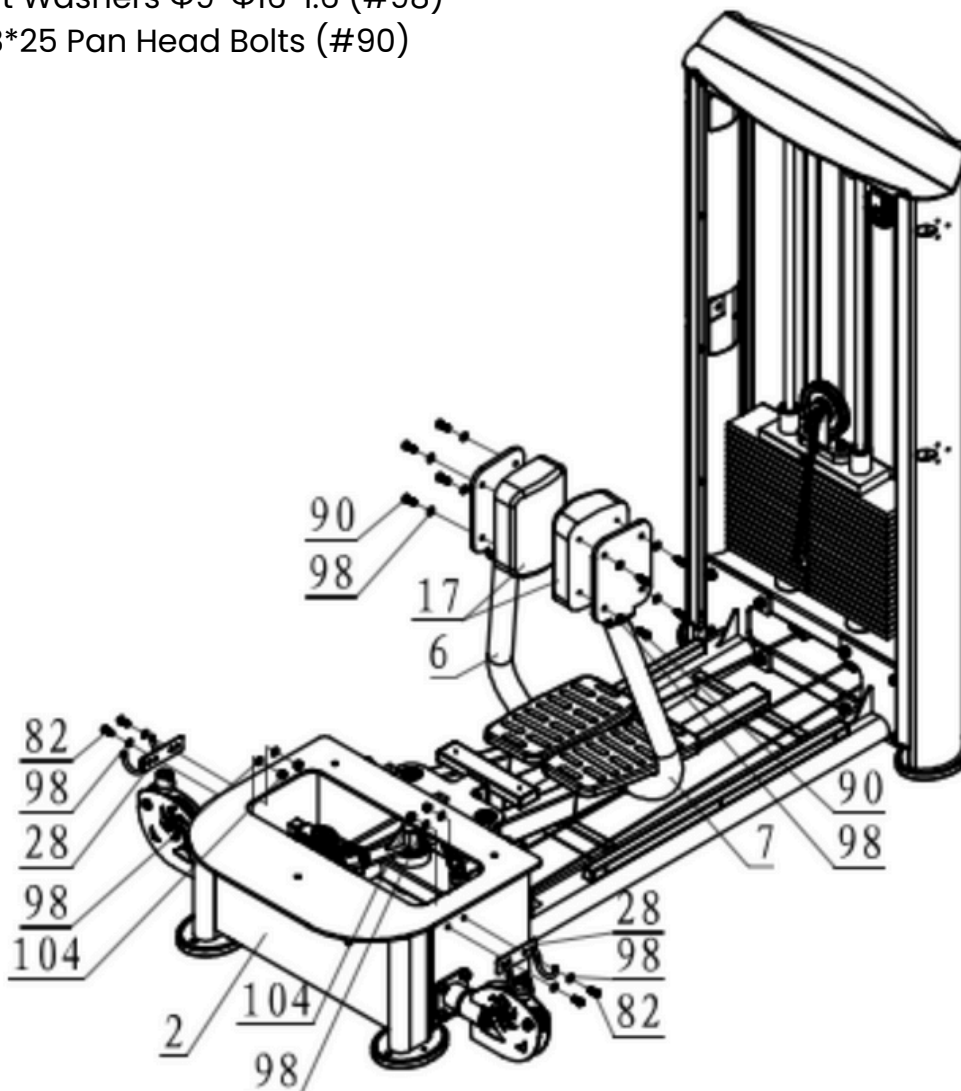




ASSEMBLY

● STEP 7

1. Attach the 2 Handle Hooks (#28) to the Main Frame (#2) using:
 - 4 M8*20 Hex Bolts (#82)
 - 8 Flat Washers $\Phi 9 \times \Phi 16 \times 1.6$ (#98)
 - 4 M8 Nuts (#104)
2. Attach the 2 Leg Pads (#17) to the Left and Right Swing Frames (#6 & #7) using:
 - 8 Flat Washers $\Phi 9 \times \Phi 16 \times 1.6$ (#98)
 - 8 M8*25 Pan Head Bolts (#90)

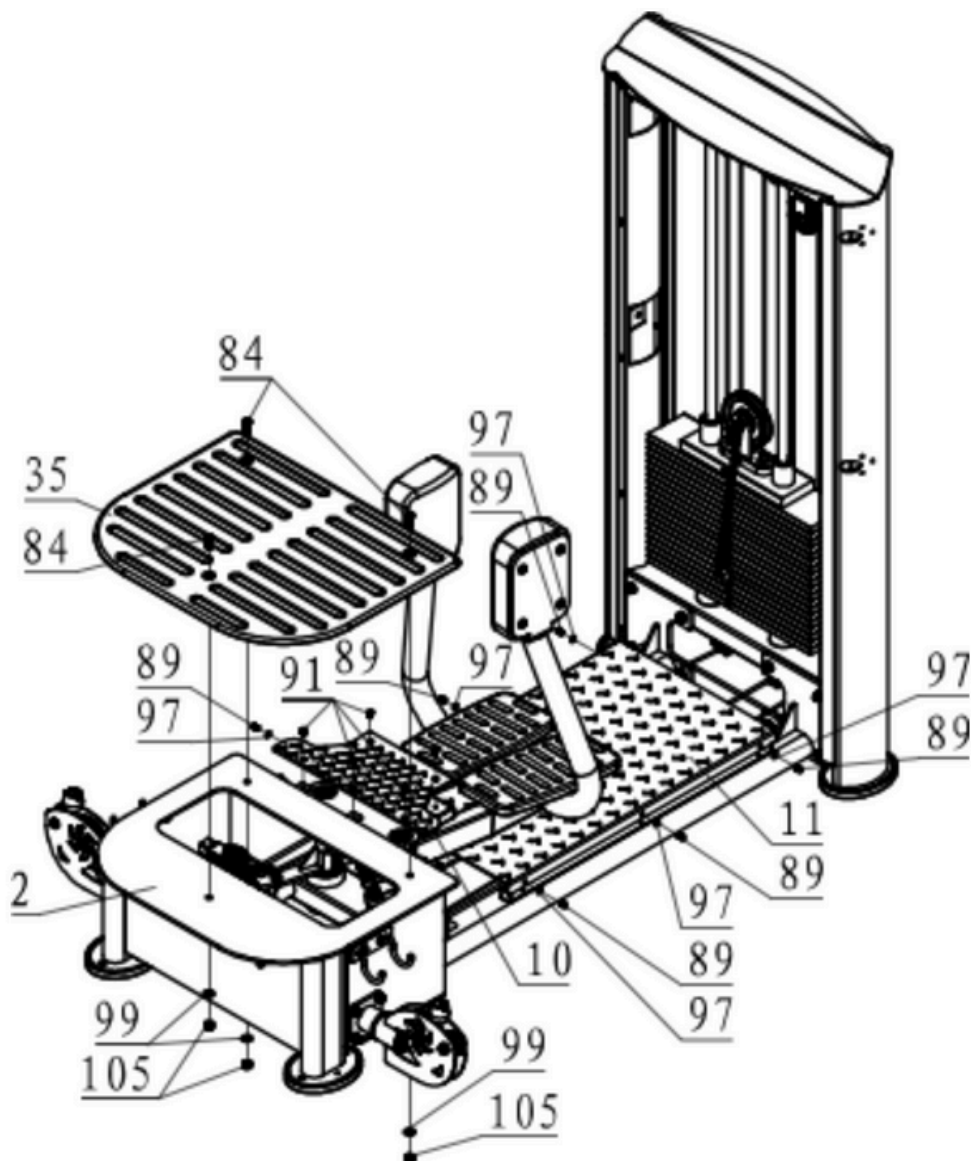




ASSEMBLY

STEP 8

1. Re-install the three pieces set aside in Step 2:
 - The Rubber Pad (#35) using 3 M10*25 Bolts (#84), Flat Washers $\Phi 11 \times \Phi 20 \times 2$ (#99), and M10 Nuts (#105).
 - The Pedal (#10) using 5 M6*12 Hex Countersunk Bolts (#91).
 - The Bottom Cover (#11) 6 M6*12 Pan Head Bolts (#89) and 6 matching Flat Washers (#97).





ASSEMBLY

● STEP 9

1. Attach the Left Handle Frame (#30) and the Right Handle Frame (#31) angled inward along with the 4 Hole Covers (#41) to Stack Tower (#1) using:

For Handle Frames to Tower:

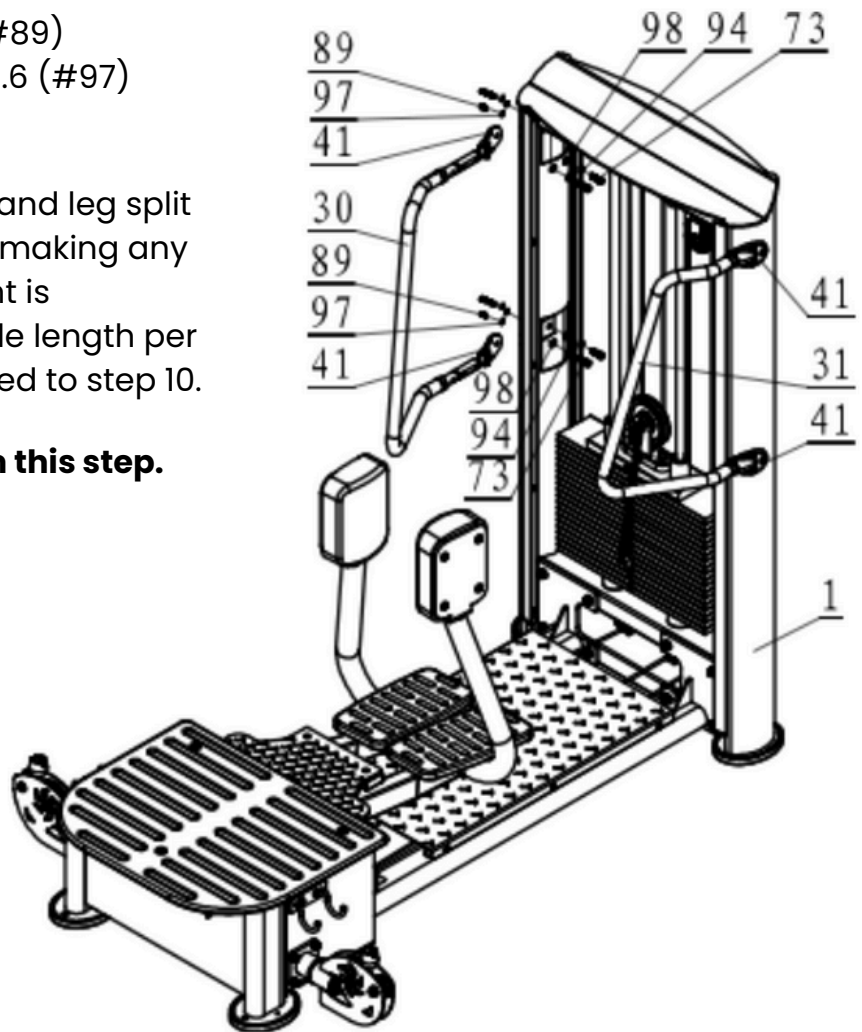
- 8 M8 25 Hex Bolt (#73)
- 8 Spring Washers $\Phi 8$ (#94)
- 8 Flat Washers $\Phi 9 \times \Phi 16 \times 1.6$ (#98)

For Hole Covers to Tower:

- 6 M6*12 Pan Head Bolts (#89)
- 6 Flat Washers $\Phi 6.6 \times \Phi 12 \times 1.6$ (#97)

2. Check to ensure that pull up and leg split actuation is smooth and not making any unusual sounds. If adjustment is necessary please adjust cable length per Step 6. When satisfied, proceed to step 10.

Tighten all connections from this step.



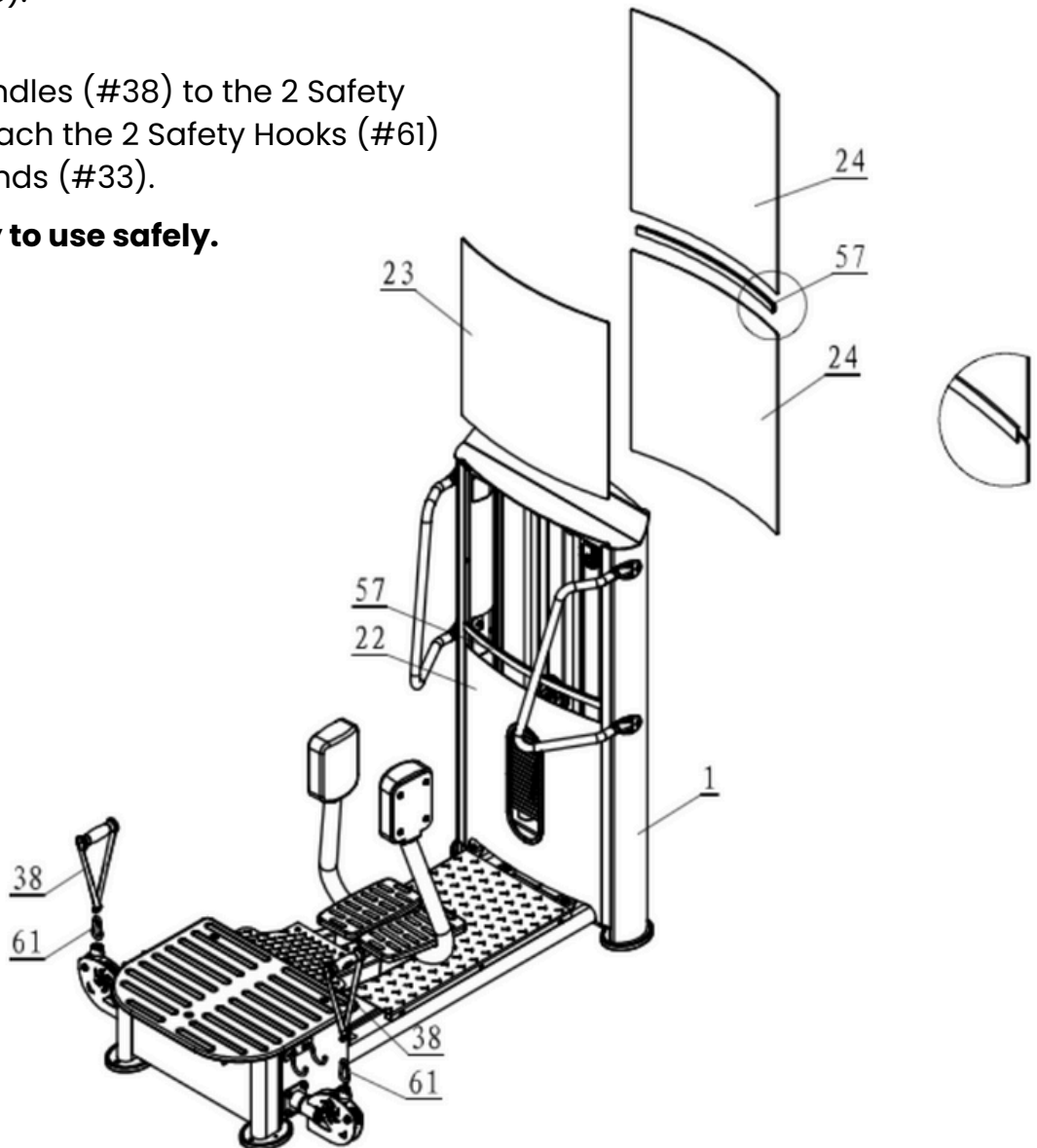


ASSEMBLY

● STEP 10

1. Install the Front Bottom Cover (#13) by sliding it down the mount tracks. Next slide the Cover Strip (#36) down to sit atop the Front Bottom Cover (#13). Finally slide the Front Upper Cover (#12) down until it touches the Cover Strip (#36).
2. Install the first Back Cover (#32) by sliding it down the mount tracks on the back of the machine to the base. Next slide the Cover Strip (#36) down to sit atop the Back Cover (#32). Finally slide the second Back Cover (#32) down until it touches the Cover Strip (#36).
3. Attach the 2 Handles (#38) to the 2 Safety Hooks (#61). Attach the 2 Safety Hooks (#61) to the 2 Cable Ends (#33).

Unit is now ready to use safely.



GENERAL 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							

A fitness facility should have a regular maintenance schedule in place that this equipment can be added into. 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 worn 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 unit.

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 properly.

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:

- 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:

- Before applying lubricant, wipe down applicable parts with a dust free rag.
- 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



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.

Total Glute™

Manufacturer's Limited Warranty

The manufacturer warrants that your Total Glute™ is free of defect in materials and workmanship and will, at its option, repair or replace any defective Total Glute™ that is returned to it. Except as described in the following sentence, all parts and components of the Total Glute™ are warranted from the original date of purchase as below:

Frame - 3 years

All other parts - 1 year

Cable - 6 months

Padding - 90 days

1. This warranty is valid only in accordance with the condition set forth below:
Normal wear and tear (including lost parts) are not covered by this warranty.
2. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair or unauthorized modification.
3. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability of fitness for a particular purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. The manufacturer reserves the right to remedy any warranty claims via parts and repair prior to replacement. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Procedure for Warranty Repairs or Replacement:

If warranty service is necessary, the original purchaser must either call or email for instructions.

Proof of Purchase will be required for all warranty claims.

Our phone number is: (866) 219-5335 x0 (outside the U.S. 1-908-879-2713 x0)

www.theabscompany.com

Total Glute™

Thank you for purchasing the Total Glute™ Our customer service staff is ready to help and to answer any questions. Our phone number is: (866) 219-5335 x-0 Parts@TheAbsCompany.com

Please call us if you have any questions.
Customer service staff can be reached
Monday to Friday from 9:00 AM to 5:00 PM Eastern Standard Time.

You can also send us an email, or visit our website
for additional customer service information.

Prior to calling or emailing, please have the following information ready:

- Customer Name and Address
 - Telephone Number
 - Proof of Purchase
- Product Model Number
 - Serial Number



We Change Lives from the Core®

The Abs Company, 8429 Lorraine Rd, Lakewood Ranch, FL 34202

1-866-219-5335 - www.TheAbsCompany.com

© 2022 The Abs Company. All Rights Reserved.

© 2024 The Abs Company. All Rights Reserved. U.S. and International Patents
Pending.