

CFF GLUTE HAM RAISE/DEVELOPER

GHD/GHR Assembly & Care Instructions



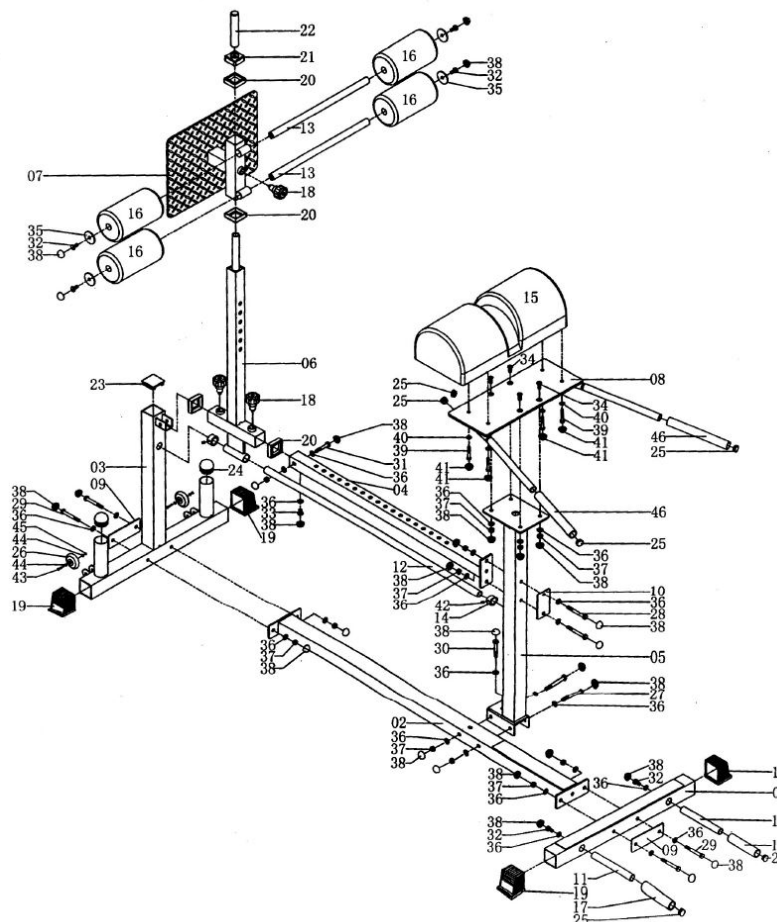
THANK YOU!

Thank you for purchasing the CFF Glute Ham Raise/Developer (CFF-GHD). Please review these instructions to ensure your GHD is correctly assembled, stable and lasts.

INCLUDED IN THIS DOCUMENT

- exploded drawing & parts list
- assembly steps
- caring for your GHD

EXPLODED DRAWING & PARTS LIST



PLEASE MAKE SURE YOU HAVE ALL THE PIECES!

No.	Description	Qty	No.	Description	Qty
1	Rear Bottom Tube	1	24	Round Inner Cap, Φ50mm	2
2	Bottom Connect Tube	1	25	Round Inner End Cap, Φ25mm	6
3	Front Upright Frame	1	26	Wheel	2
4	Slide Pipe Group	1	27	Hex Bolt, M10x90mm	2
5	Rear Upright Frame	1	28	Hex Bolt, M10x85mm	2
6	Adjustable Upright Support	1	29	Hex Bolt, M10x80mm	4
7	Adjustable Foot Pedal	1	30	Hex Bolt, M10x65mm	1
8	Cushion, Fixed Group	1	31	Hex Bolt, M10x60mm	1
9	Steel Plate, Reinforcement	2	32	Hex Bolt, M10x25mm	6
10	Steel Plate, Reinforcement, Short	1	33	Hex Bolt, M10x15mm	1
11	Handle Bar	2	34	Countersunk Screws, M10x25mm	4
12	Guide Tube	1	35	Washer, Φ50mm	4
13	Foam Tube	2	36	Washer, Φ10mm	26
14	Steel Sleeve	2	37	Nylon Nut, M10	13
15	Cushion	1	38	End Cap, Bolt Head M10	4
16	Foam 1	4	39	Hex Bolt, M8x50mm	4
17	Foam 2	2	40	Washer, Φ8mm	4
18	Spring Knob	3	41	End Cap, Bolt Head M8	4
19	Square End Cap, 60mm	4	42	Screw, M8x10mm	2
20	Square Sleeve, 50x45mm	4	43	Hex Bolt, M6x45mm	2
21	Square End Cover	1	44	Washer, Φ6mm	4
22	Round End Cap, Φ25x140mm	1	45	Nylon Nut, M6	2
23	Square Inner End Cap, 60mm	1	46	Foam 3	2

ASSEMBLY STEPS

FIG 1

1. Attach bottom tube [1] to bottom connect tube [2] using reinforcement steel plate [9], hex bolt M10x80mm [29], washer Φ 10mm [36] & nylon nut M10 [37].
2. Attach rear upright frame [5] to bottom connect tube [2] using hex bolt M10x90mm [27], washer Φ 10mm [36] & nylon nut M10 [37].
3. Attach slide pipe group [4] to rear upright frame [5] using reinforcement steel plate (short) [10], hex bolt M10x85mm [28], washer Φ 10mm [36] & nylon nut M10 [37].
4. Attach handle bar [11] to rear bottom tube [1] using hex bolt M10x20mm [32] & washer Φ 10mm [36].

FIG-1:

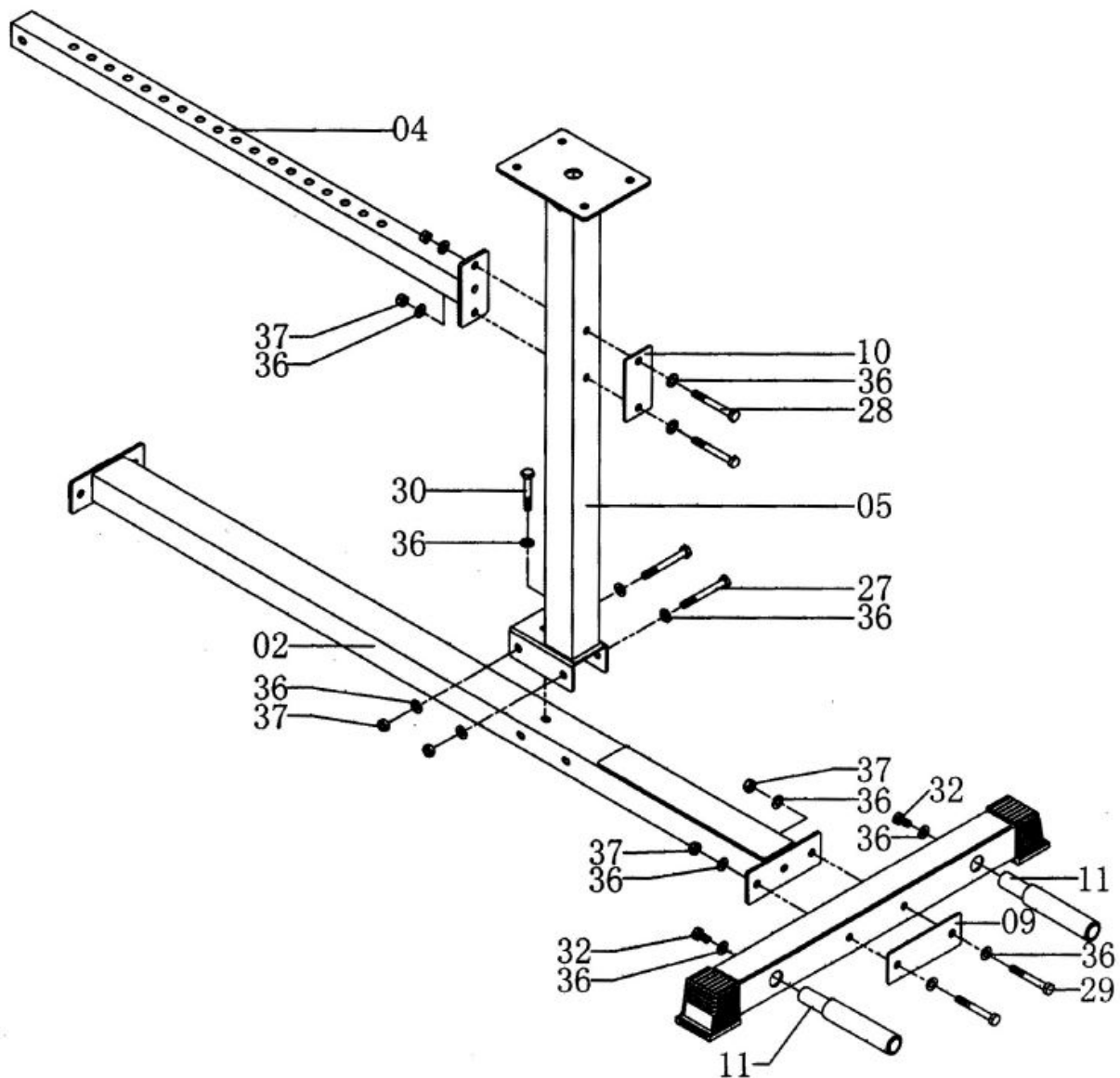


FIG 2

5. Slide adjustable upright support [6] onto the slide pipe group [4], secure with spring knob [18].
6. Slide guide tube [12] through adjustable upright support [6]. Slip a steel sleeve [14] on end before inserting into rear upright frame [5].
7. Slip the other steel sleeve [14] onto other end of guide tube [12], attach front upright frame [3] to connect bottom tube [2] using reinforcement steel plate [9], hex bolt M10x80mm [29], washer Φ 10mm [36], & nylon nut M10 [37].
8. Make sure slide pipe group [4] & guide tube [12] align with front upright frame [3] (square bracket & round hole), then attach using hex bolt M10x60mm [31], hex bolt M10x15mm [33], washer Φ 10mm [36] & nylon nut M10 [37].
9. Lockdown steel sleeves [14] on ends of guide tube [12] using screw M8x10mm [42].
10. Attach cushion fixed group [8] to rear upright frame [5] using countersunk screws M10x25mm [34], washer Φ 10mm [36] & nylon nut M10 [37].

FIG-2:

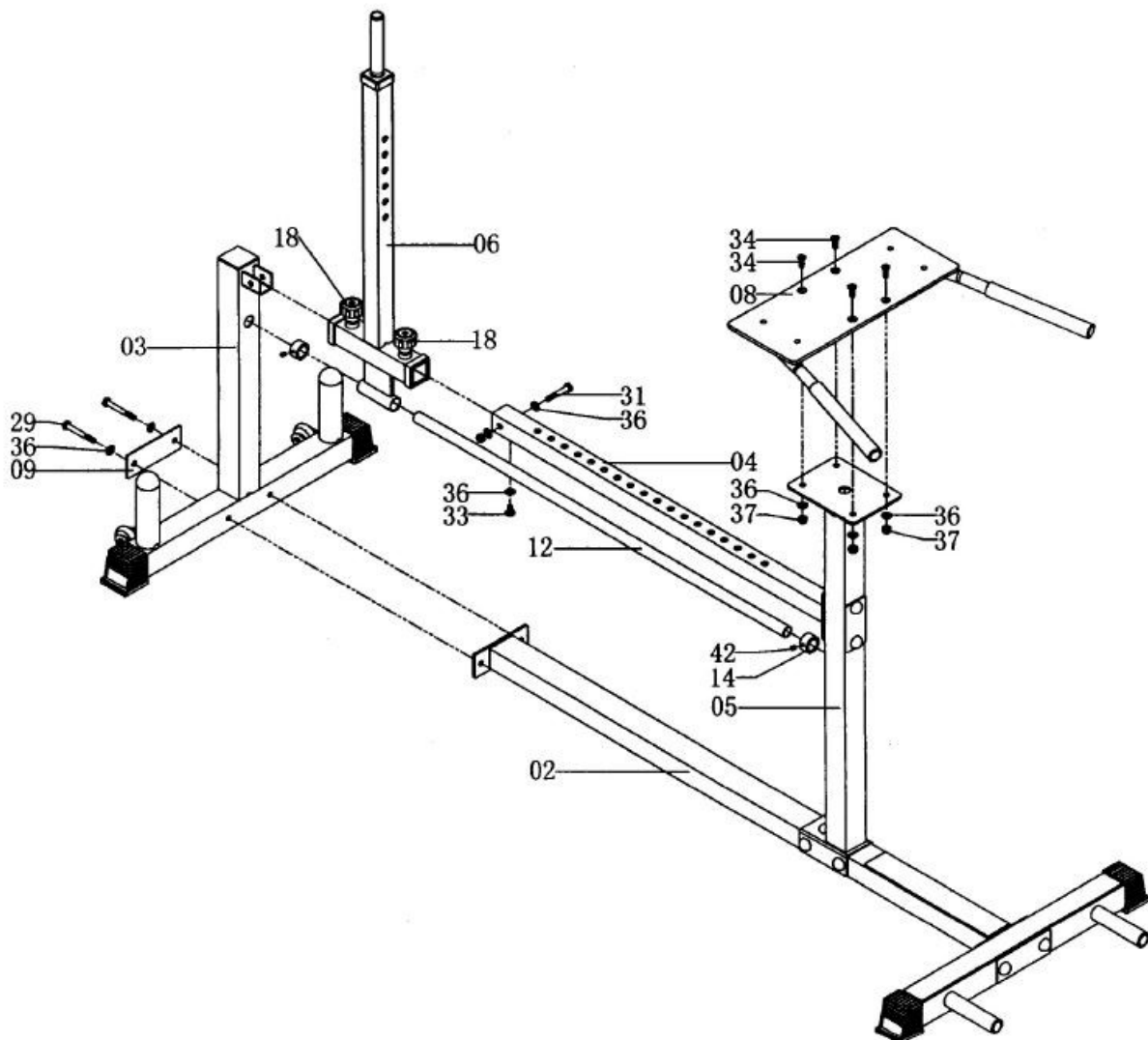
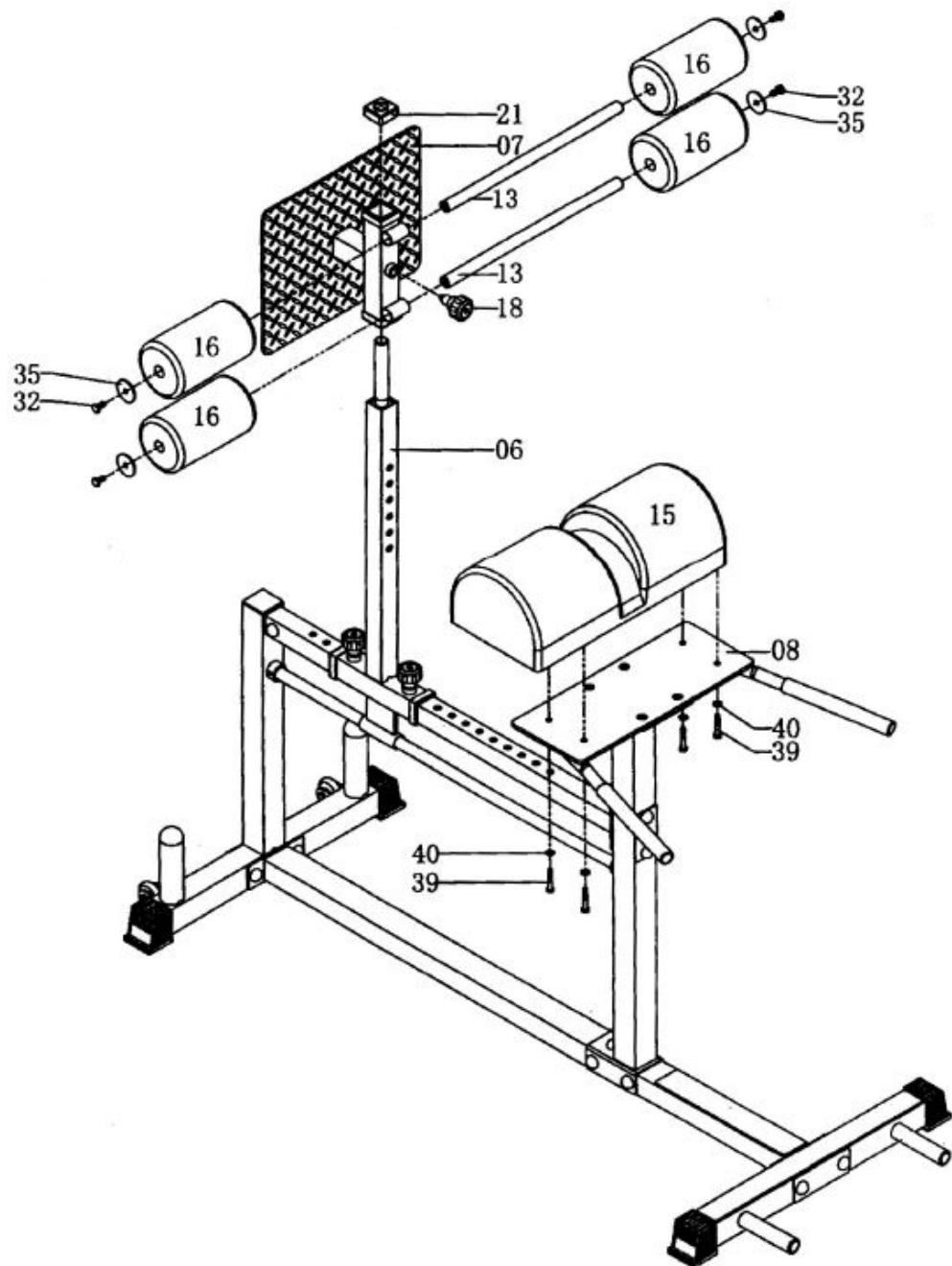


FIG 3

11. Attach cushion [15] to cushion fixed group [8] using hex bolt M8x50mm [39] & washer Φ 8mm [40].
12. Slide adjustable foot pedal [7] onto adjustable upright support [6]. Secure with spring knob [18].
13. Attach foam tube [13] to adjustable foot pedal [7].
14. Attach foam [16] to foam tube [13] using hex bolt M10x20mm [32] & washer Φ 50mm [35].
15. Attach square end cover to adjustable upright support [6].
16. Finally, tighten all nuts & bolts, and cover bolt heads with end caps [38, 41].

FIG-3:



CARING FOR YOUR GHD

MAKE YOUR INVESTMENT LAST

Cleaning

After each use, wipe your GHD down with a clean, dry towel. If deeper cleaning is required, a damp towel and mild detergent should suffice. Avoid harsh chemical cleaning products, as they may damage the finish.

Re-tightening hardware

Periodically inspect the GHD for signs of wear or loosening hardware. Make sure all nuts & bolts are tight. This GHD is designed to support a good amount of weight and deliver reliable service over many years, but it will only do so when properly assembled and maintained.

CONTACT CFF WITH ANY QUESTIONS

WE WANT YOU HAPPY!

phone: (717) 207-7171

email: sales@cffit.com

We're here if you need us. (And we appreciate your feedback!)

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