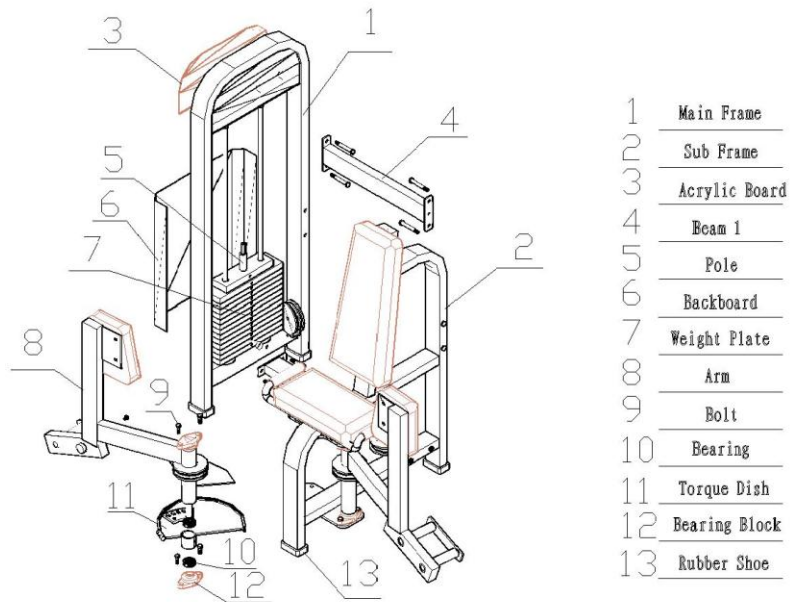
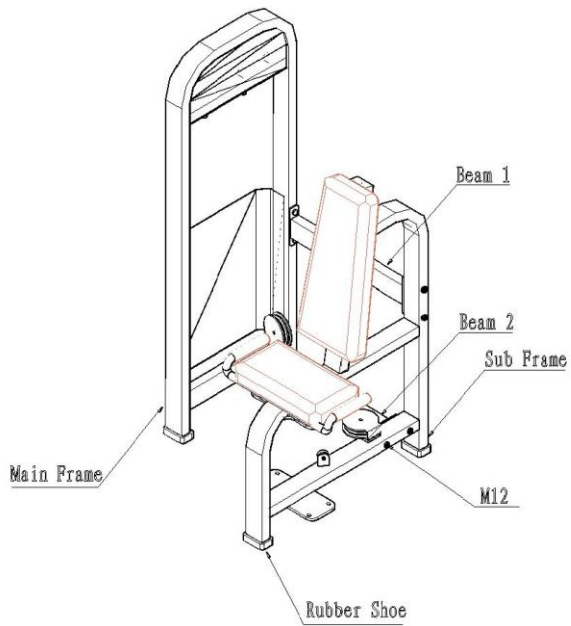


# M2-1004 Hip Adductor

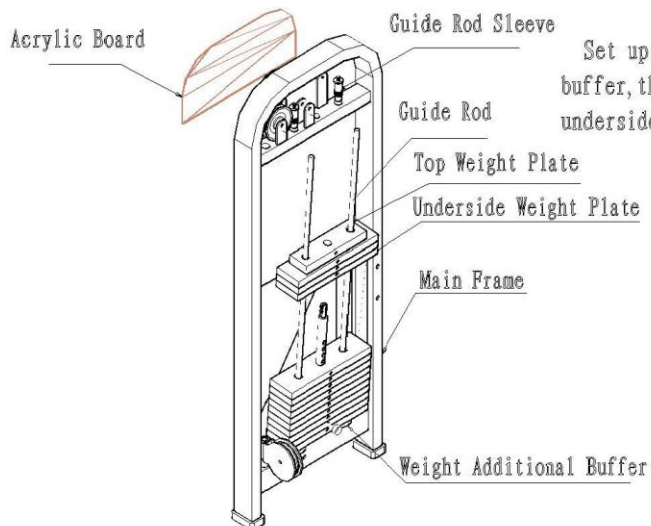
## Installation Instruction





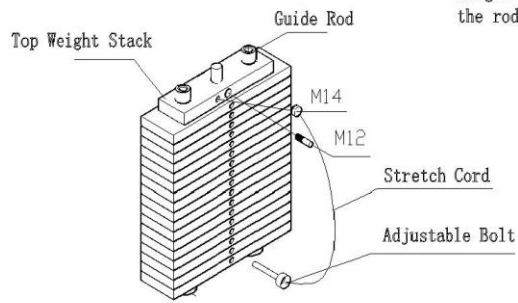
Connect the main frame and the sub frame with beam 1 and beam 2, and fix with M12 screw, and put on the rubber shoe.

2



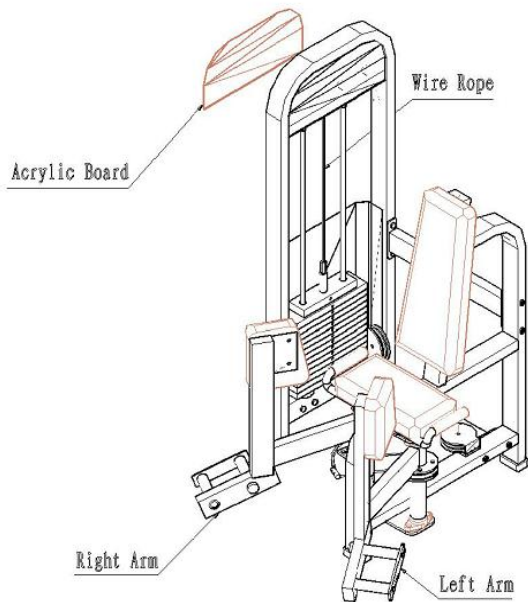
Set up the guide rod, the weight additional buffer, the top weight plate(1 pcs) and the underside weight plates(13pcses).

3



Put the adjust bolt into the bottom weight stack, then connect the adjust 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