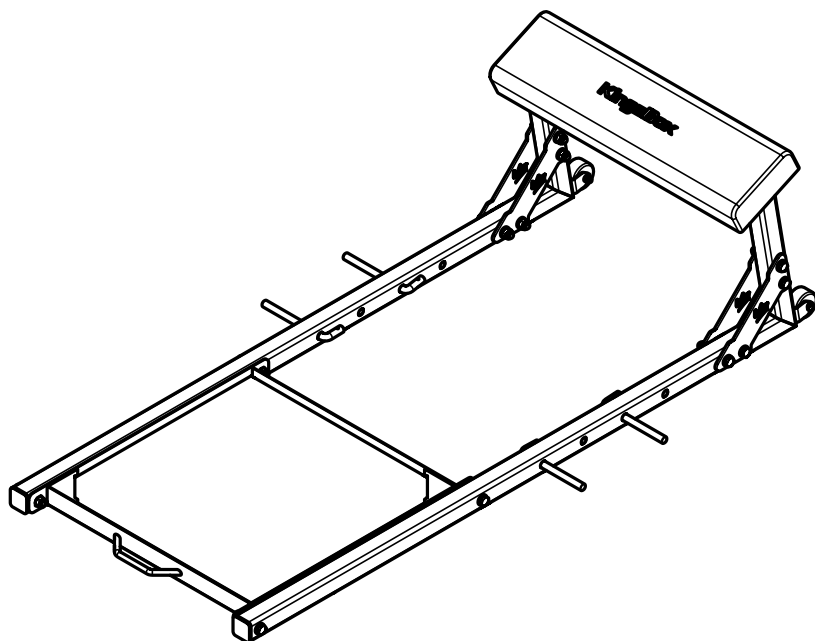


# Royal Hip Thruster



**KingsBox®**  
BUILDING BETTER HUMANS

## **ATTENZIONE!**

**Se la struttura non viene fissata a terra e/o al muro, può rib-altarsi e/o provocare danni a persone o oggetti in immediata vicinanza.**

I bulloni per il fissaggio del rig a muro e/o al pavimento non sono inclusi nel pacco, in quanto per diversi tipi di muro e pavimentazione bisogna utilizzare diversi tipi di bulloni d'ancoraggio.

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## **OPOZORILO!**

**Če se struktura prevrne, lahko pride do resnih telesnih poškodb. Da bi preprečili nevarnost, da se ta struktura prevrne, mora biti pritrjena na steno in / ali v tla.**

Vijaki za pritrjevanje strukture na steno oz. tla niso priloženi, saj različne sestave zidov oz. tal zahtevajo različne vrste pritrdilnih elementov. Uporabite take, ki ustrezajo sestavi vaše stene oz. tal.

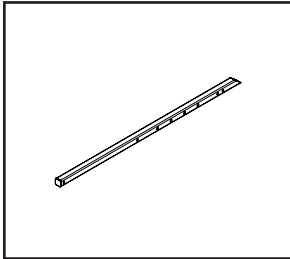
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## **WARNING!**

**If the structure is not secured to the ground and / or to the wall, it may overturn and / or cause damage to person or object in the immediate vicinity.**

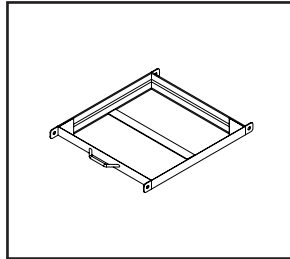
The fixing bolts for wall and / or floor are not included in the pack-age, since different types of anchor bolts must be used for different wall / floor types.

# Assembly elements:



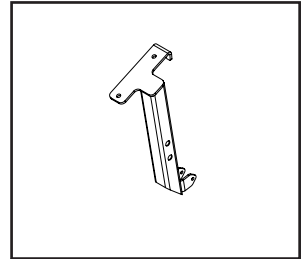
**Position 1**

**Hip Thruster Leg**



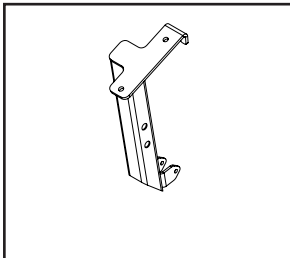
**Position 2**

**Hip Thruster Frame**



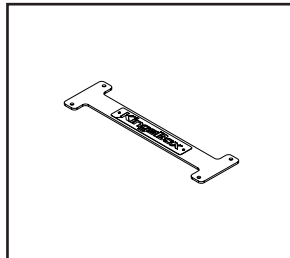
**Position 3**

**Hip Thruster Vertical Leg R**



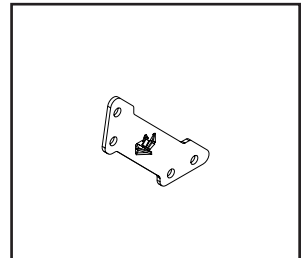
**Position 4**

**Hip Thruster Vertical Leg L**



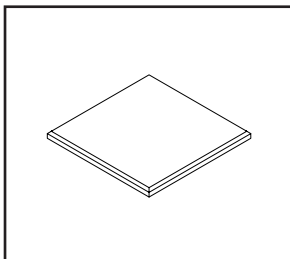
**Position 5**

**Hip Thruster KB Plate**



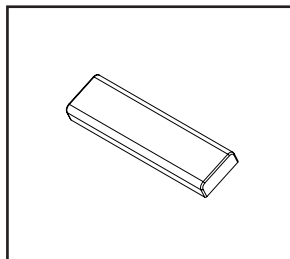
**Position 6**

**Hip Thruster Link**



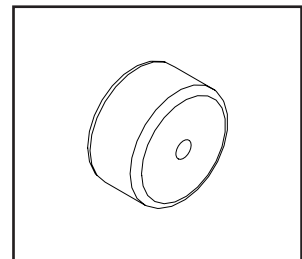
**Position 7**

**Rubber 50x50x3**



**Position 8**

**Hip Thruster Pillow**



**Position 9**

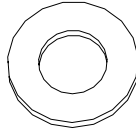
**Wheel 50 mm BV**

# Assembly elements:



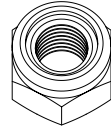
**Position 10**

**M10x60**



**Position 11**

**M10 Washer**



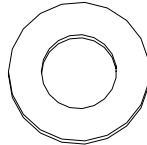
**Position 12**

**M10 Nuts**



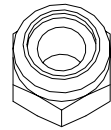
**Position 13**

**M6x50**



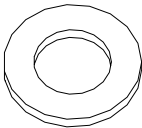
**Position 14**

**M6 Washer**



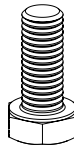
**Position 15**

**M6 Nuts**



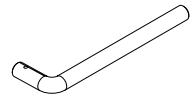
**Position 16**

**M8 Washer**



**Position 17**

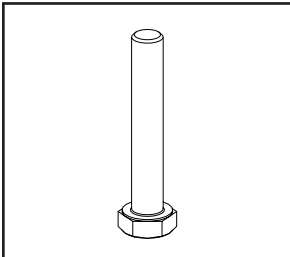
**M8x25**



**Position 18**

**Hip Thruster Pin**

# Assembly elements:

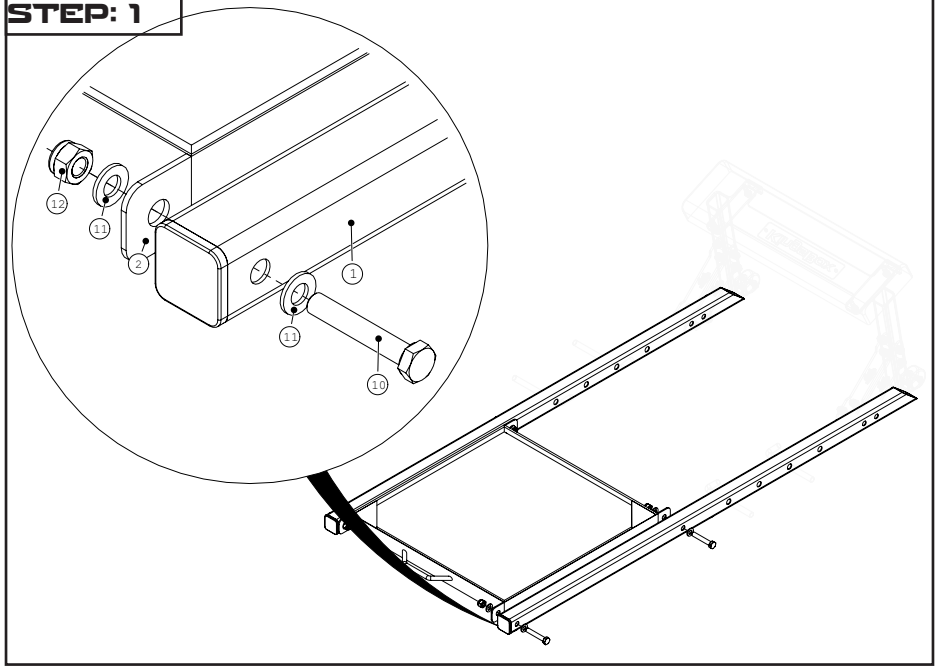


**Position 19**

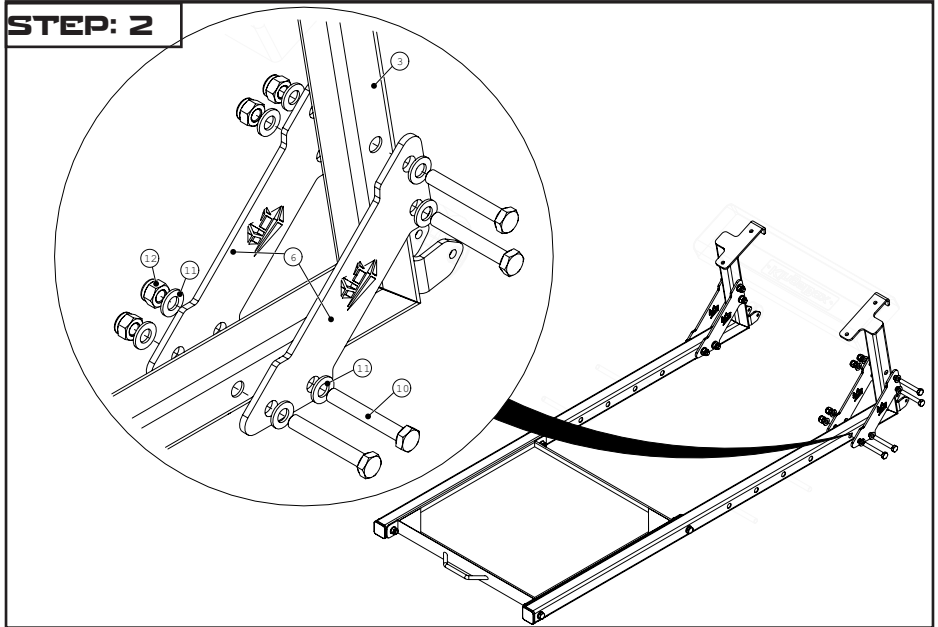
**M10x60**

# Assembly instruction:

## STEP: 1

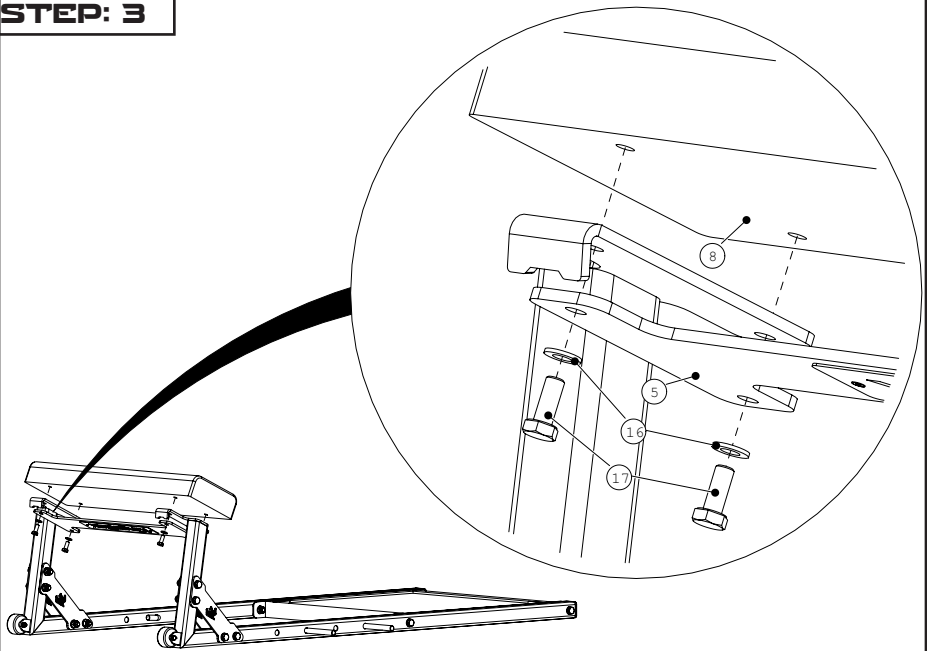


## STEP: 2



# Assembly instruction:

## STEP: 3



## STEP: 4

