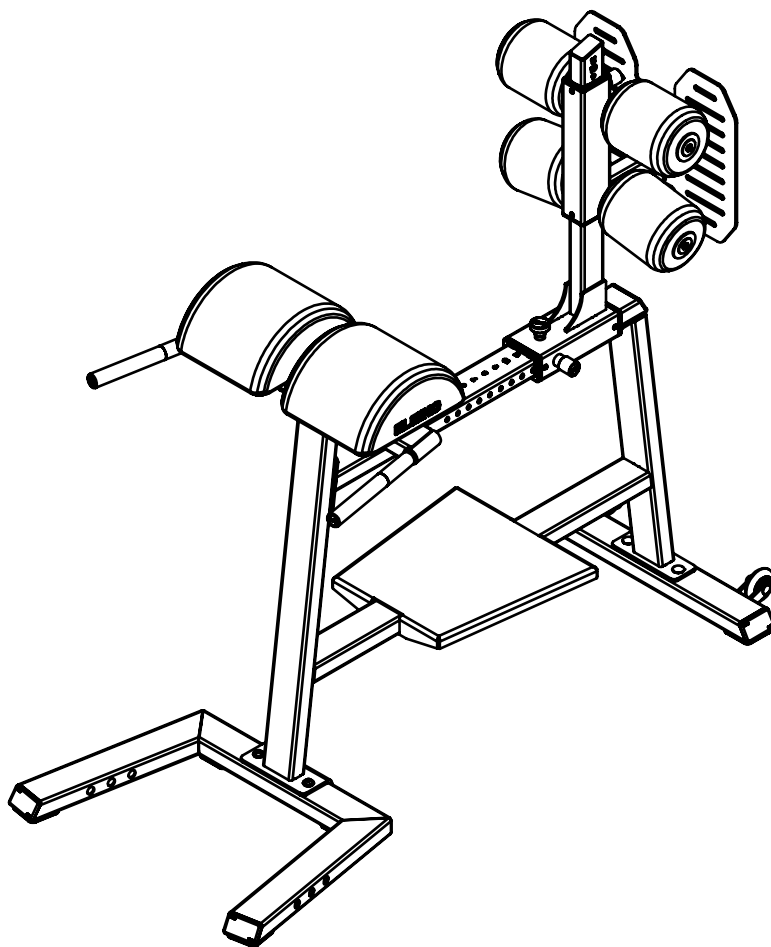


# ELEIKO GHD

Art.no. 3085624, 3085625



**ELEIKO**

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# READ BEFORE INSTALLATION AND USE

Install and use this equipment in a place where access and supervision are specifically controlled by the owner.

Be sure to install the equipment on a stable base and level the equipment properly. Eleiko recommends that all equipment is installed by a licensed contractor or an Eleiko installer.

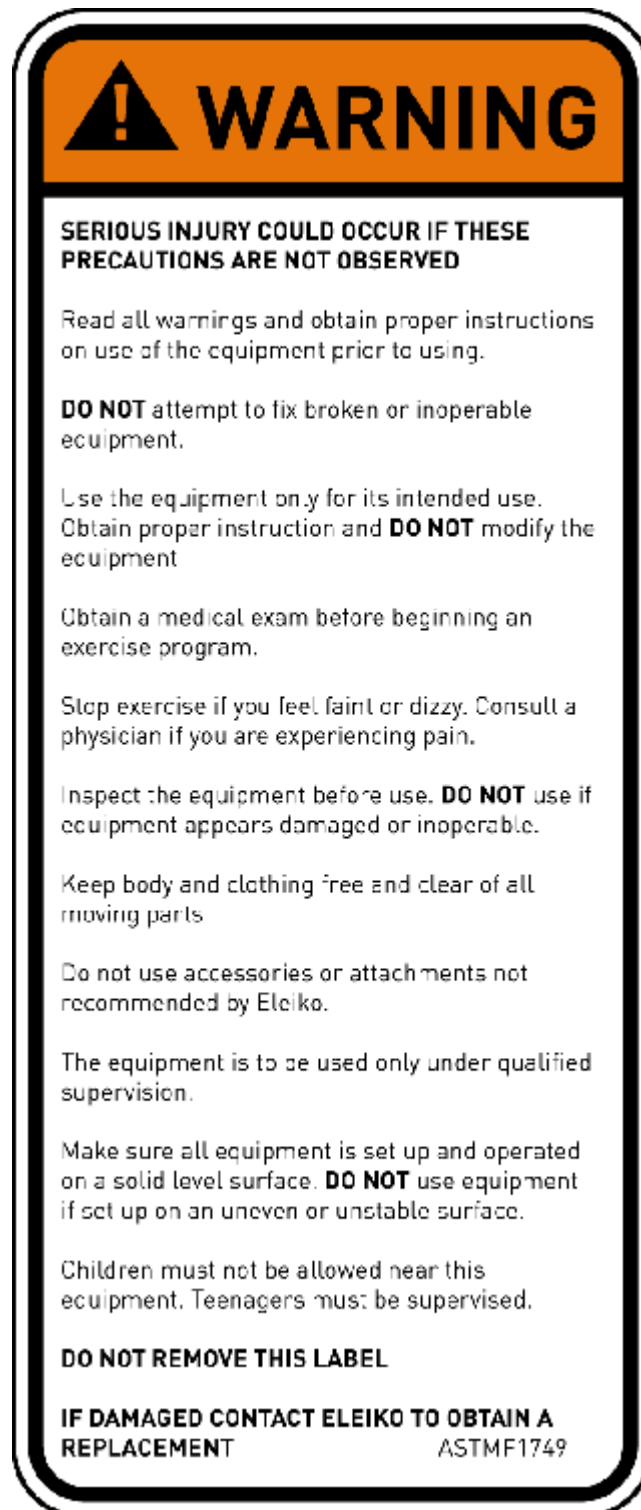
This equipment is intended for indoor use only.

## SAFETY INSTRUCTIONS

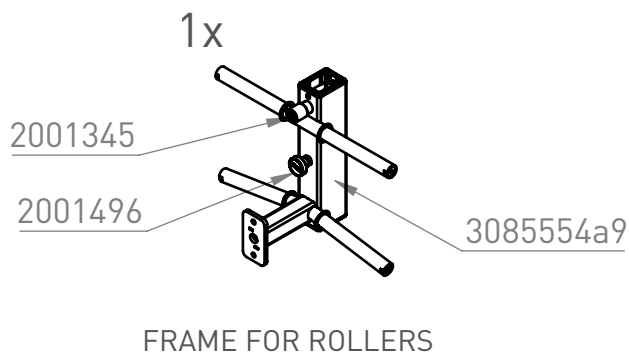
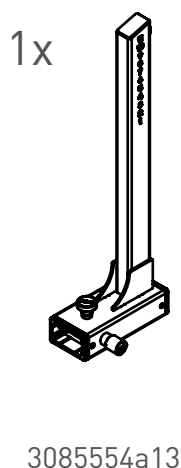
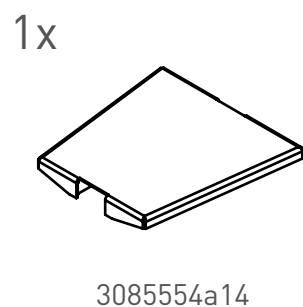
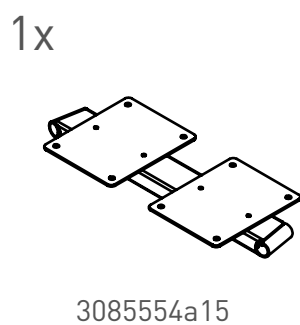
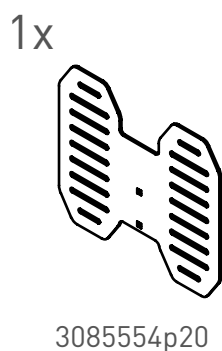
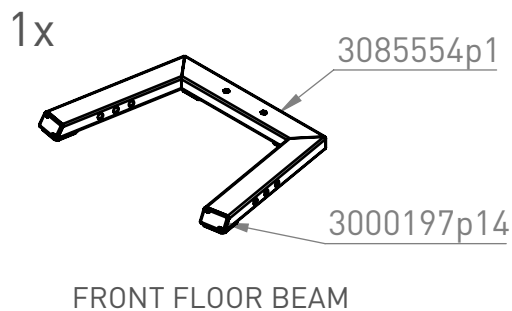
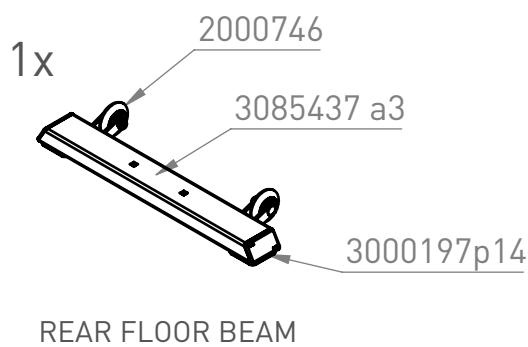
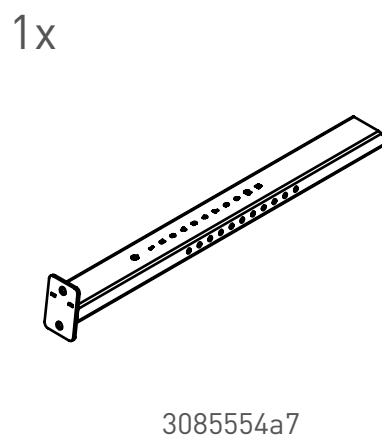
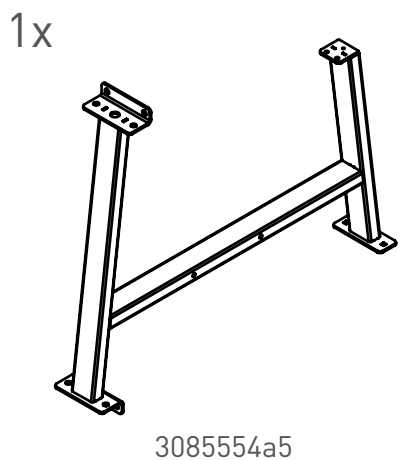
It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions **MUST** be read before the use of any Eleiko equipment. Only use the equipment as it is intended.
2. A user **MUST** get a medical examination and proper instructions before using any Eleiko equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an Eleiko technician.
4. **DO NOT** replace components of Eleiko equipment with other, none Eleiko, equipment (magnetic safety pin, frames, bars etc.). Do not improvise! If there are any doubts, consult an Eleiko representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the Eleiko equipment. Eleiko is not responsible if a label is removed. Replace damaged labels immediately.
8. Eleiko packaging for products can be made of wood. Be aware of splinters! You **MUST** use protective gloves and proper work wear.
9. Eleiko packaging material could be a risk when handling. Be aware of crushing! You **MUST** use work wear including protective gloves and hard shoes.
10. Eleiko products and packing material are heavy, You **MUST** use proper lifting techniques, work wear and hard shoes.

# WARNING LABELS

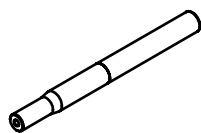


# LIST OF COMPONENTS



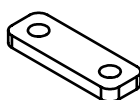
# LIST OF COMPONENTS

2x



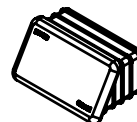
3002034 p11

1x



3085554p32

1x



3000197p14

4x



3002274 p14

8x



3002274 p30

1x



3085554p24

3x



3080009 p23

2x



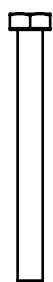
2000719

6x



2000718

2x



M6S M10 x 100  
2001385-L100

4x



CARRIAGE BOLT M10 x 30  
2001436-L30

10x



M10 x 30 WITH FLANGE  
2001435-L30

2x



K6S M10 x 30  
2000675-L30

10x



K6S M10 x 20  
2000675-L20

1x



K6S M8 x 25  
2000747-L25

4x



K6S M8 x 12  
2000747-L12

2x

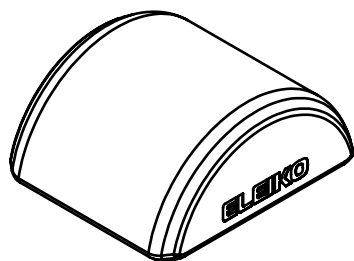


K6S M8 x 5  
2000782-L8

# LIST OF COMPONENTS

## UPHOLSTERY

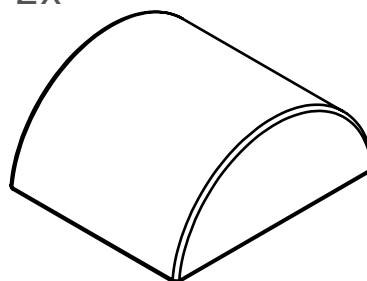
2x



POLYURETHANE  
2001275

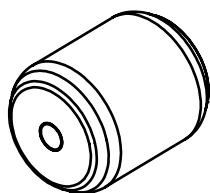
OR

2x



SKAI LEATHER  
2001528

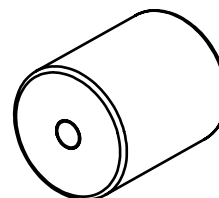
4x



POLYURETHANE  
2001274

OR

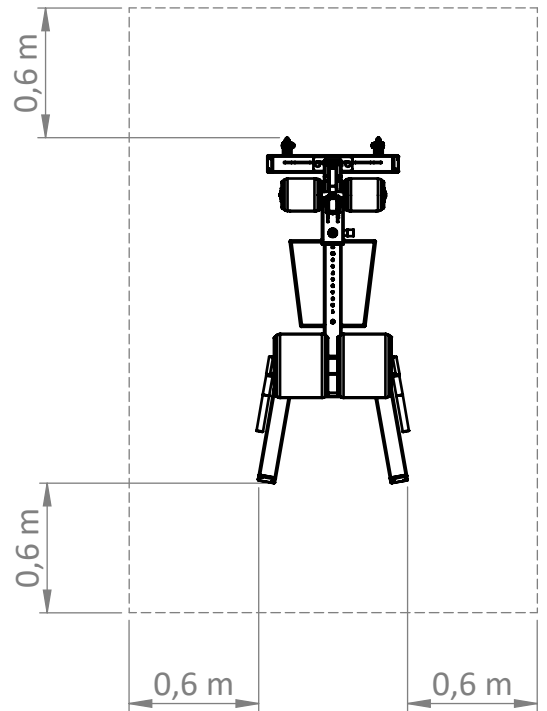
4x



SKAI LEATHER  
2001392

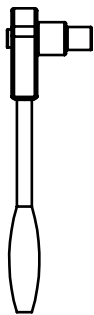
# ASSEMBLY INSTRUCTIONS

Before assembly, make sure you have enough clearance on all sides of the equipment, not less than 0,6 meters. Take in account the accessibility to remove and replace bar and weights.



## TOOLS NEEDED

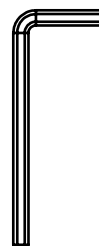
You need the following tools to assemble the equipment.



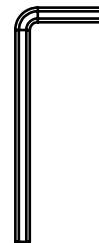
Socket Wrench Size 17mm



Wrench Size 17mm



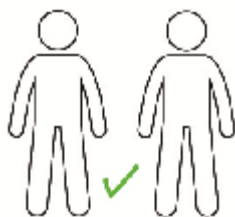
Allen Key Size 6



Allen Key Size 5



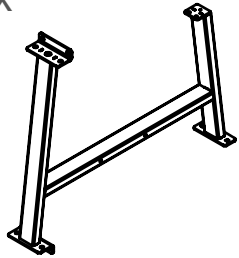
Allen Key Size 3



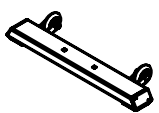
NOTE: Do not use electric power tools for assembly.




- 1.
- 1x




3085554a5
  - 1x




REAR FLOOR BEAM
  - 2x



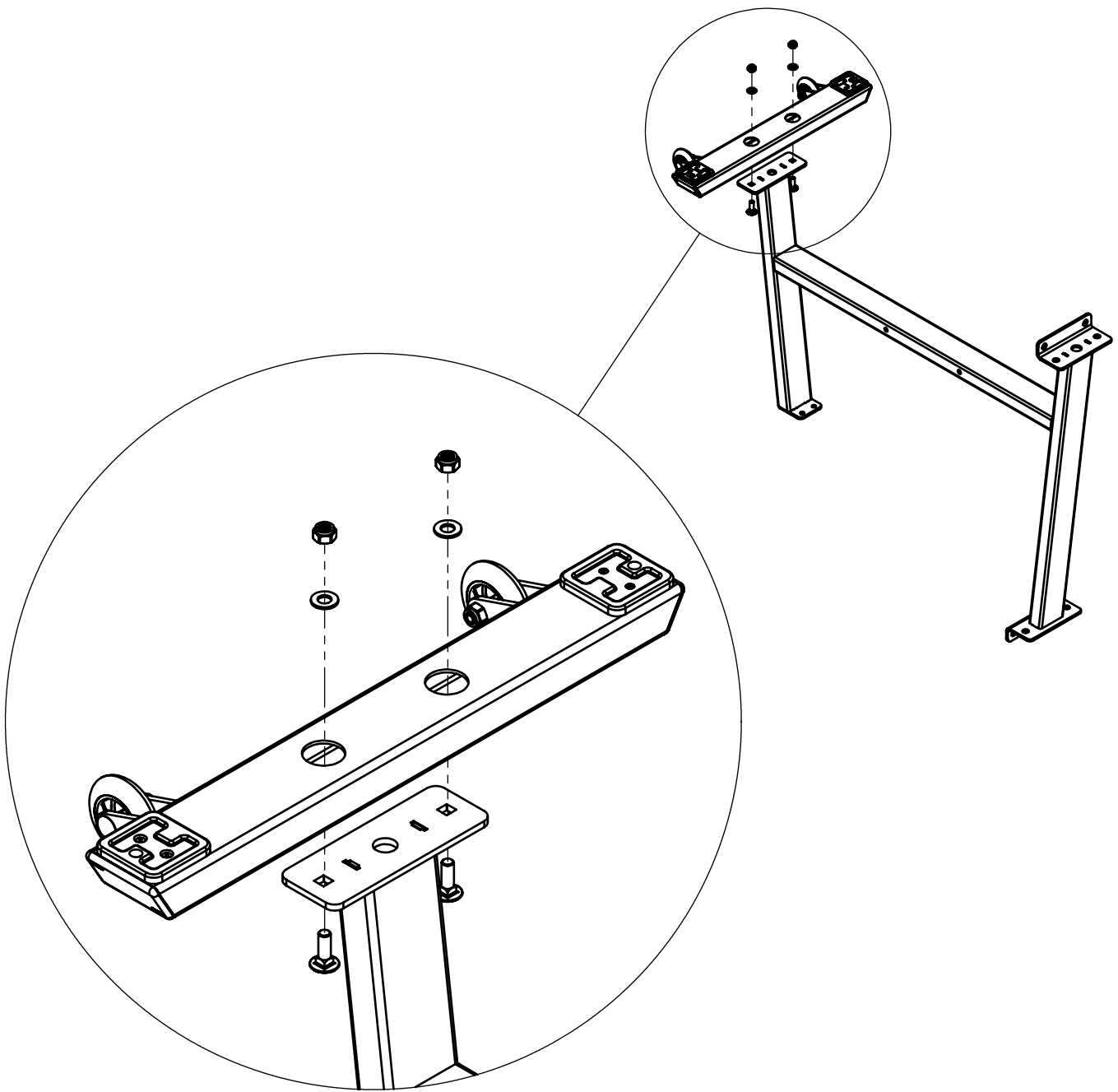
CARRIAGE BOLT  
M10 x 30
  - 2x



2000719
  - 2x

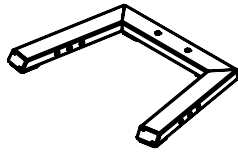


2000718



2.

1x



FRONT FLOOR BEAM

1x

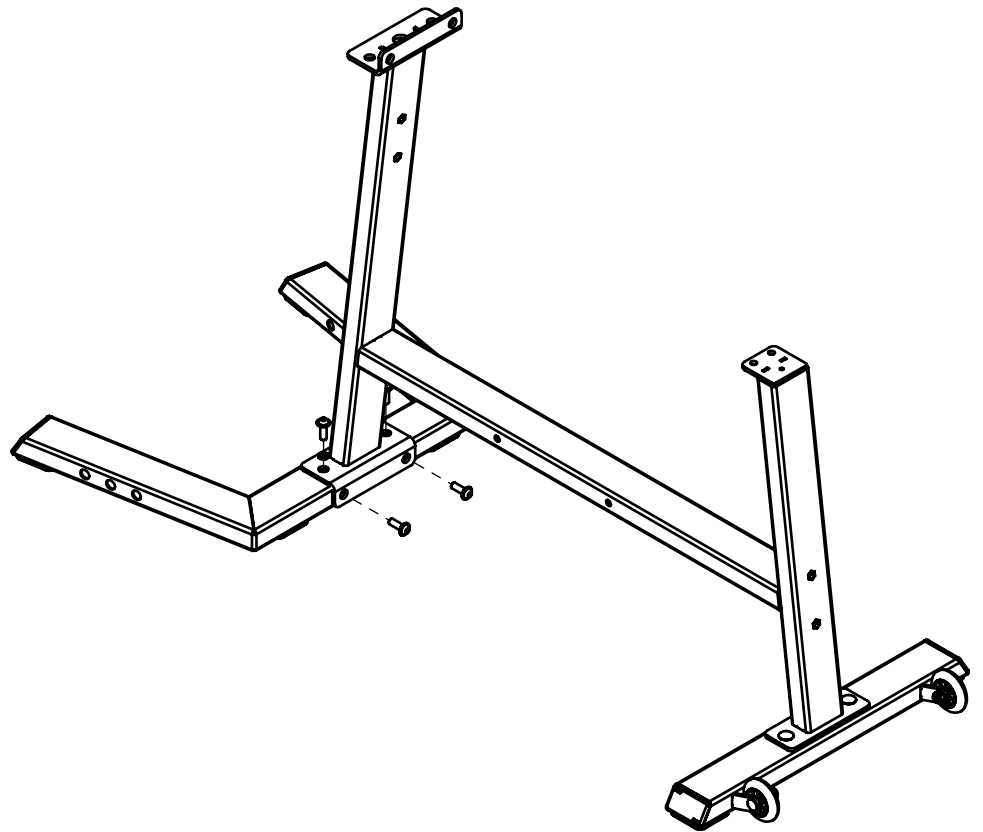


3080009 p23

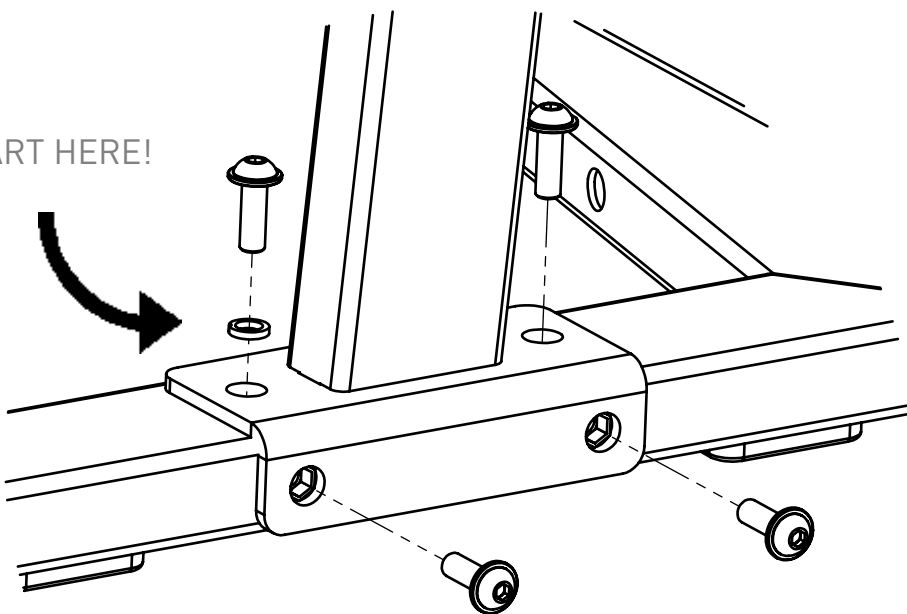
4x



M10 x 30 WITH FLANGE

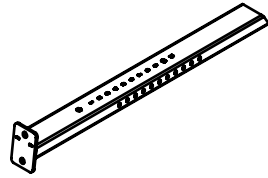


START HERE!



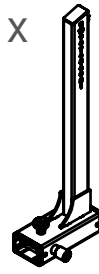
3.

1x

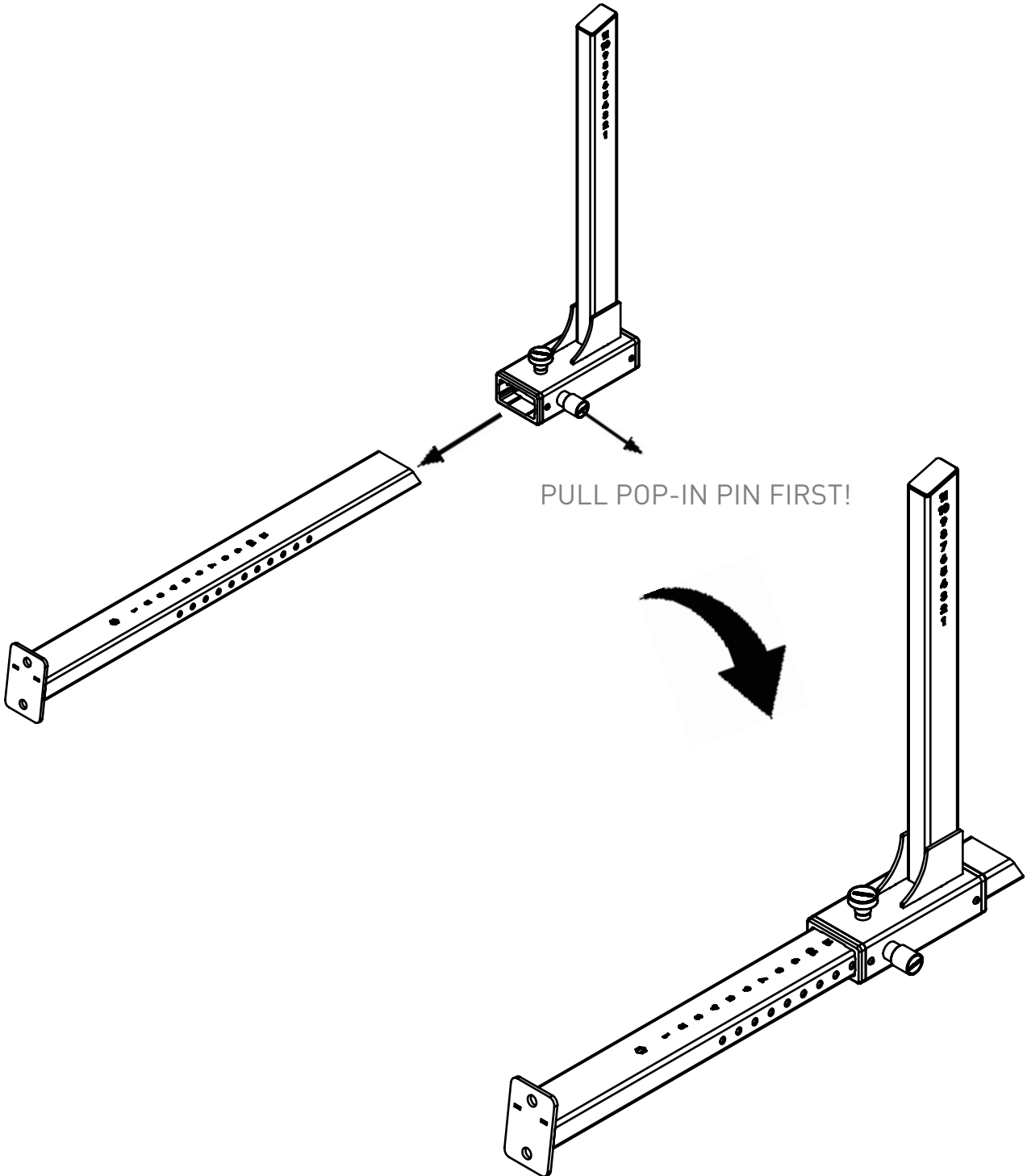


3085554a7

1x



3085554a13



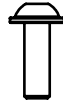
4a.

1x



3080009 p23

2x

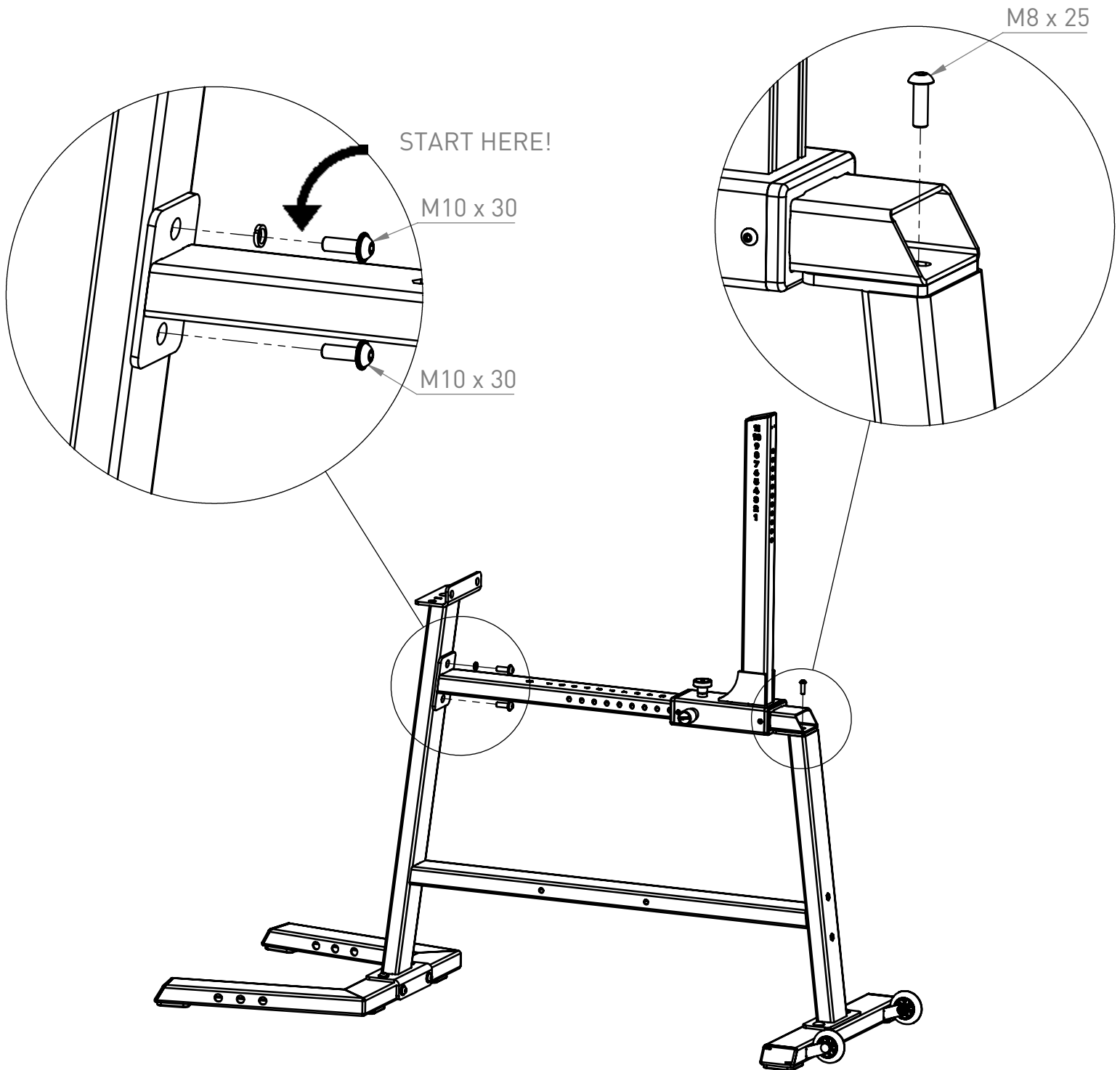


M10 x 30 WITH FLANGE

1x



K6S M8 x 25



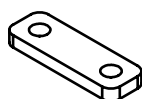
# 4b.

2x



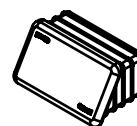
K6S M10 x 20

1x

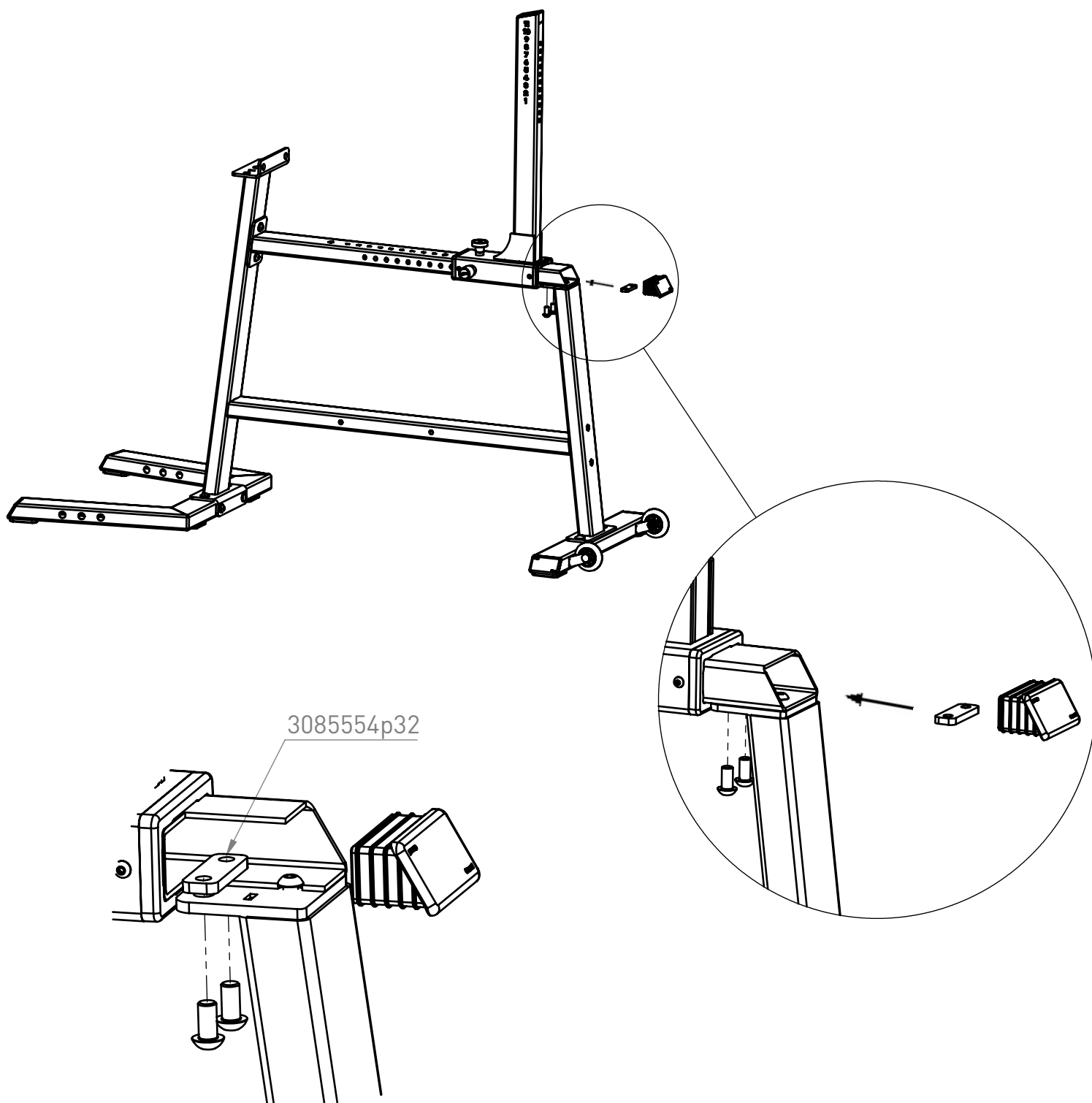


3085554p32

1x



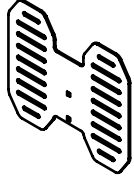
3000197p14



3085554p32

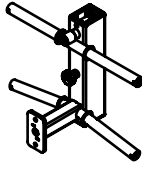
5.

1x



3085554p20

1x



FRAME FOR ROLLERS

2x

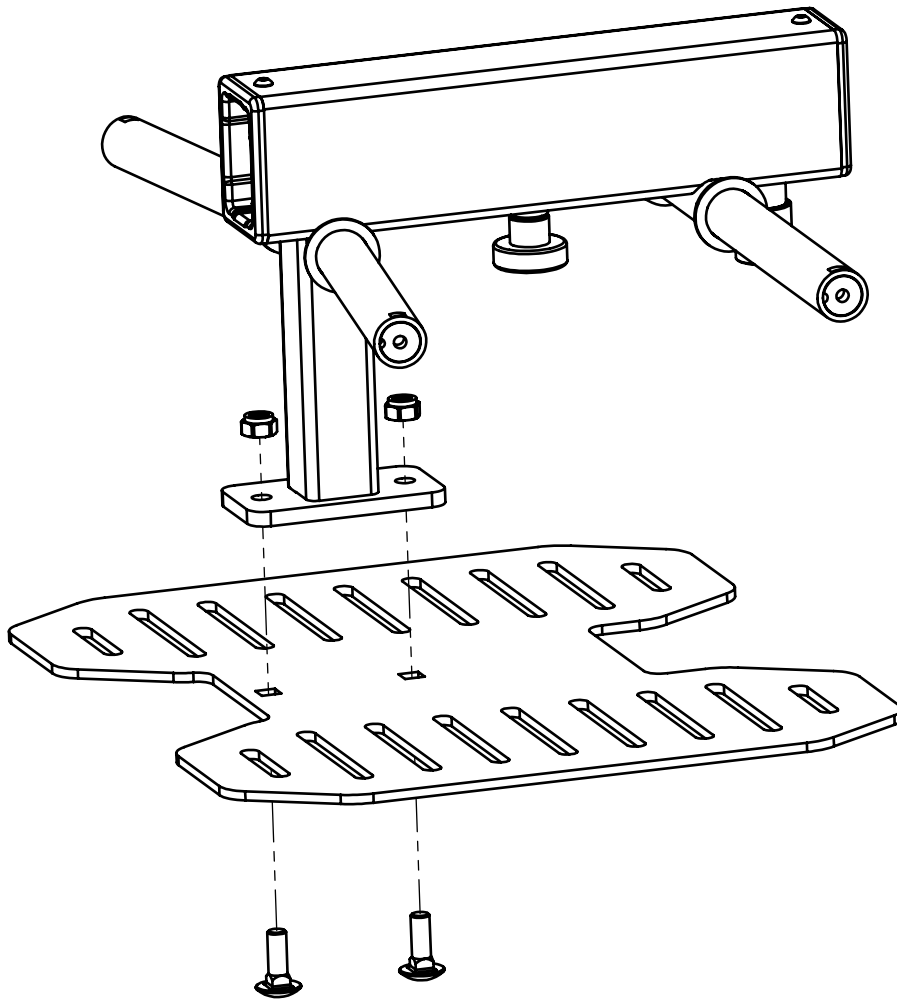


CARRIAGE BOLT  
M10 x 30

2x

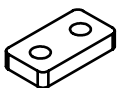


2000718



6.

1x

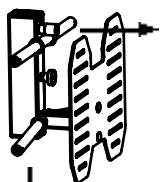


3085554p24

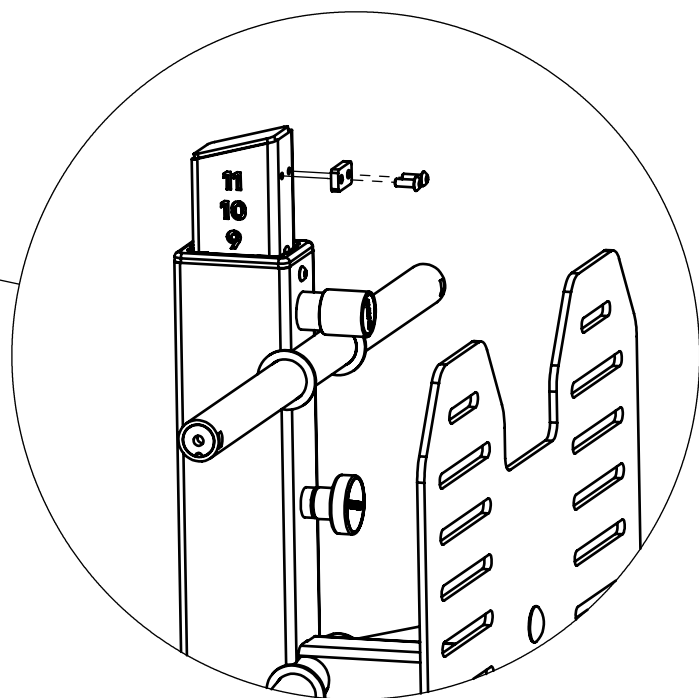
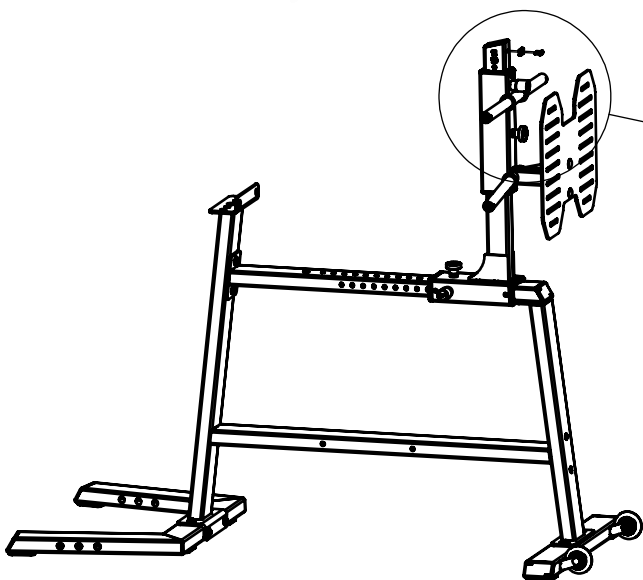
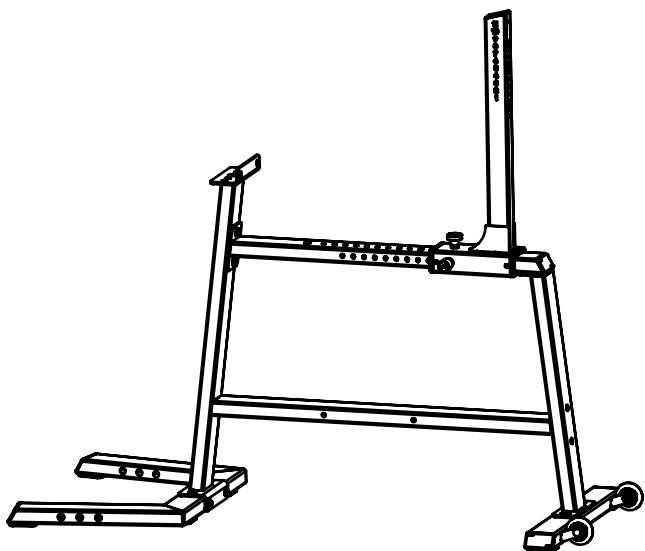
2x



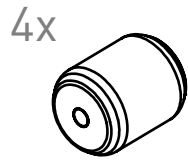
K6S M8 x 5



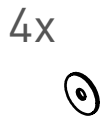
PULL POP-IN PIN FIRST!



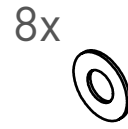
7.



2001274 / 2001392



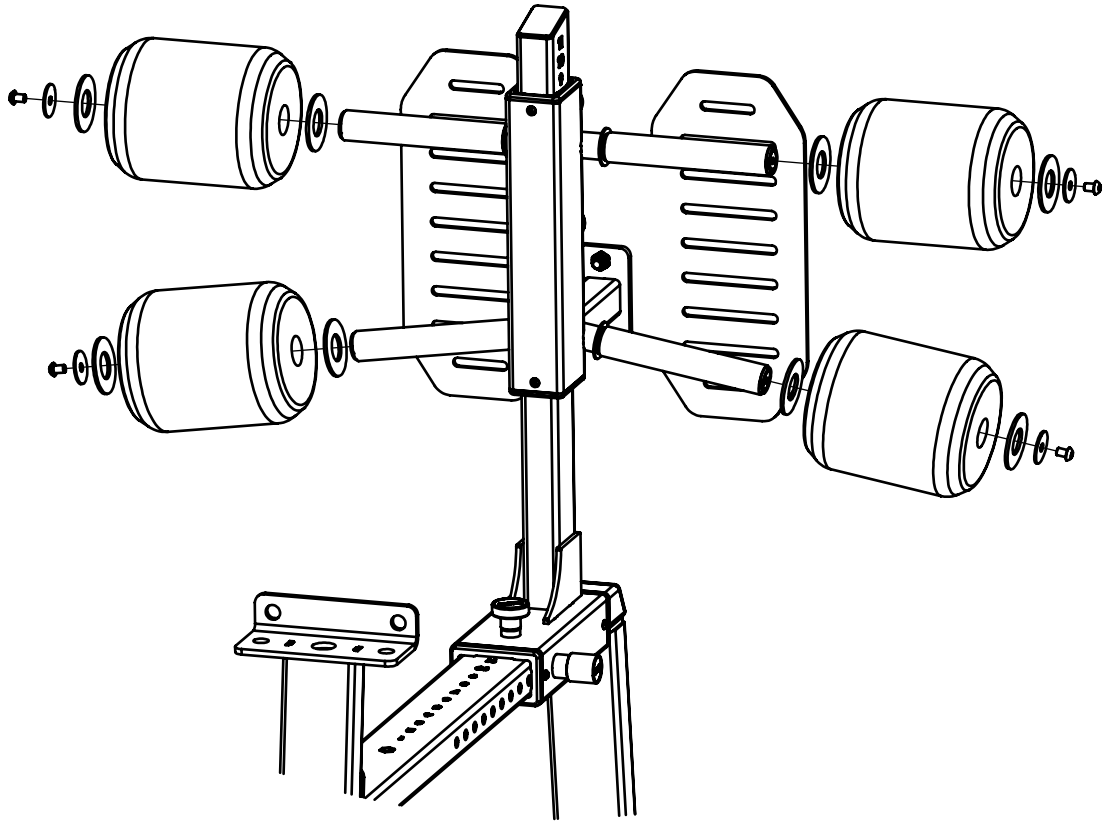
3002274 p14



3002274 p30



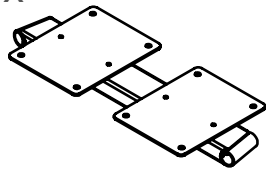
K6S M8 x 12





8.

1x



3085554a15

1x

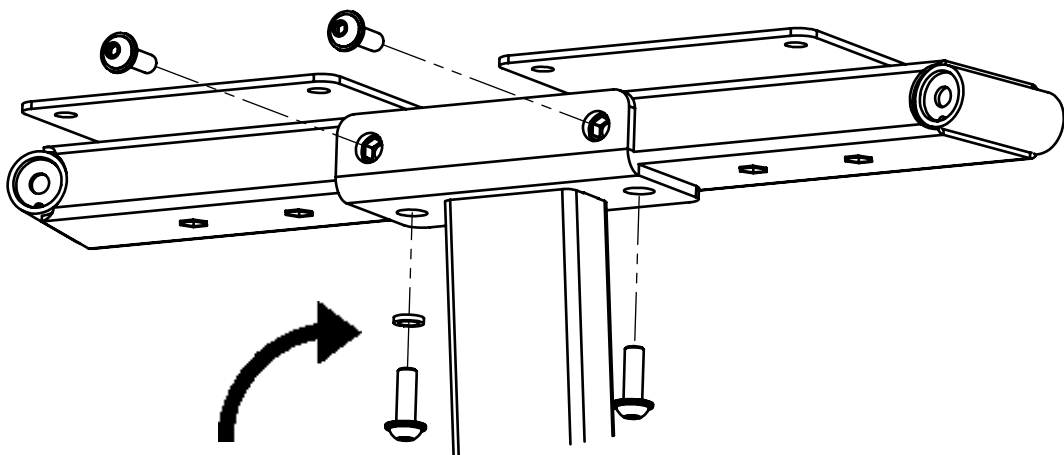
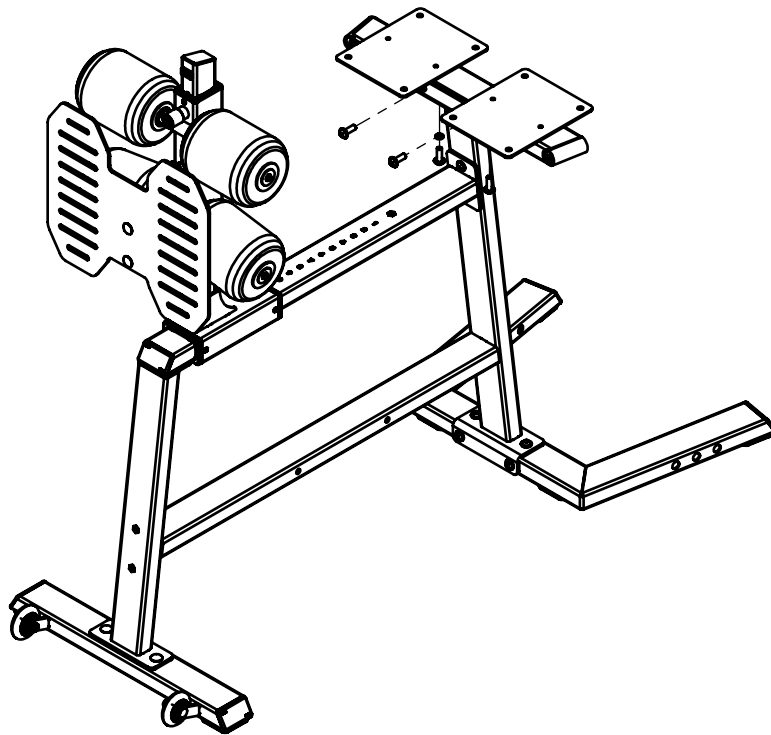


3080009 p23

4x



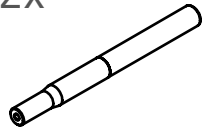
M10 x 30 WITH FLANGE



START HERE!

9.

2x

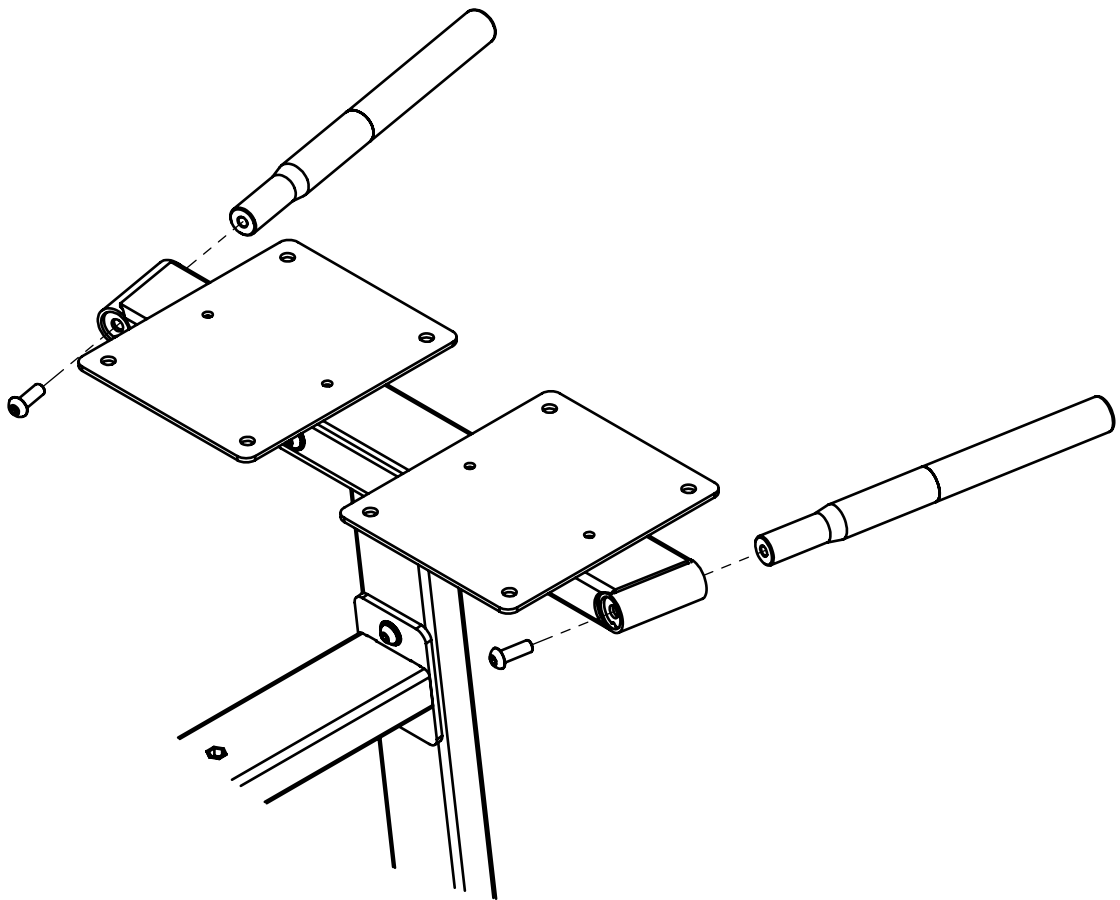


3002034 p11

2x

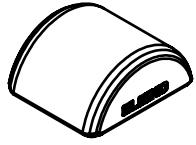


K6S M10 x 30



10.

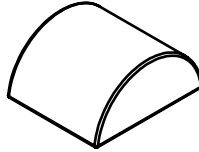
2x



2001275

OR

2x

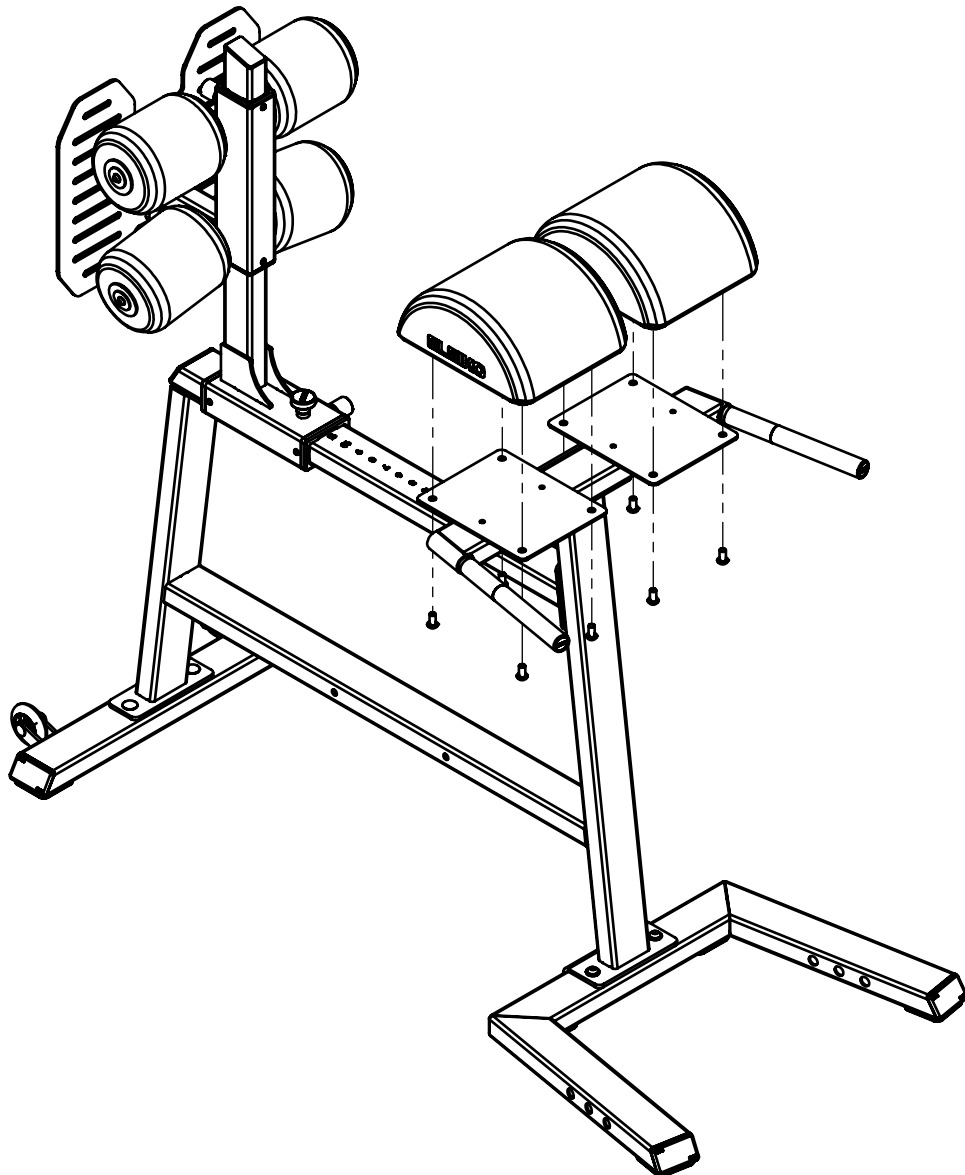


2001528

8x

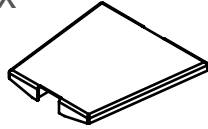


K6S M10 x 20



11.

1x



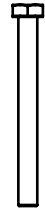
3085554a14

2x

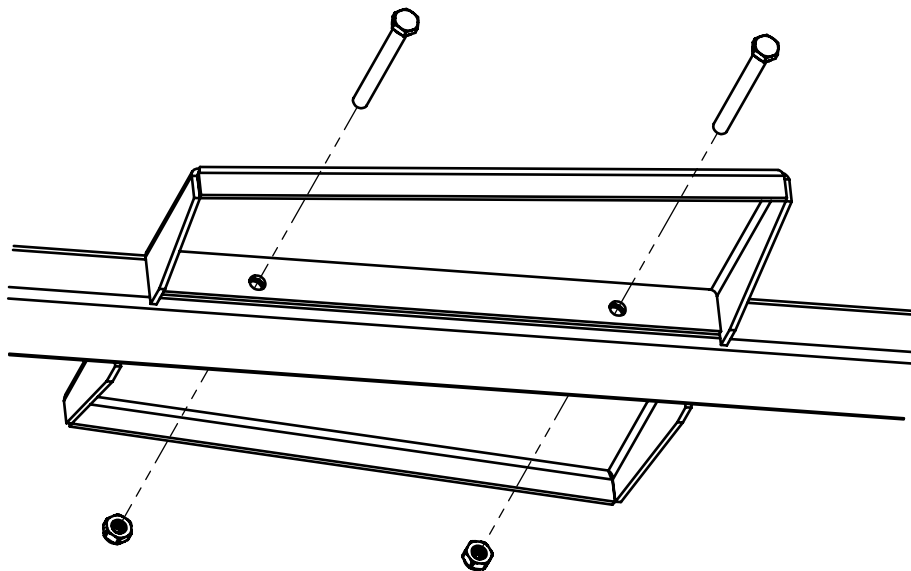
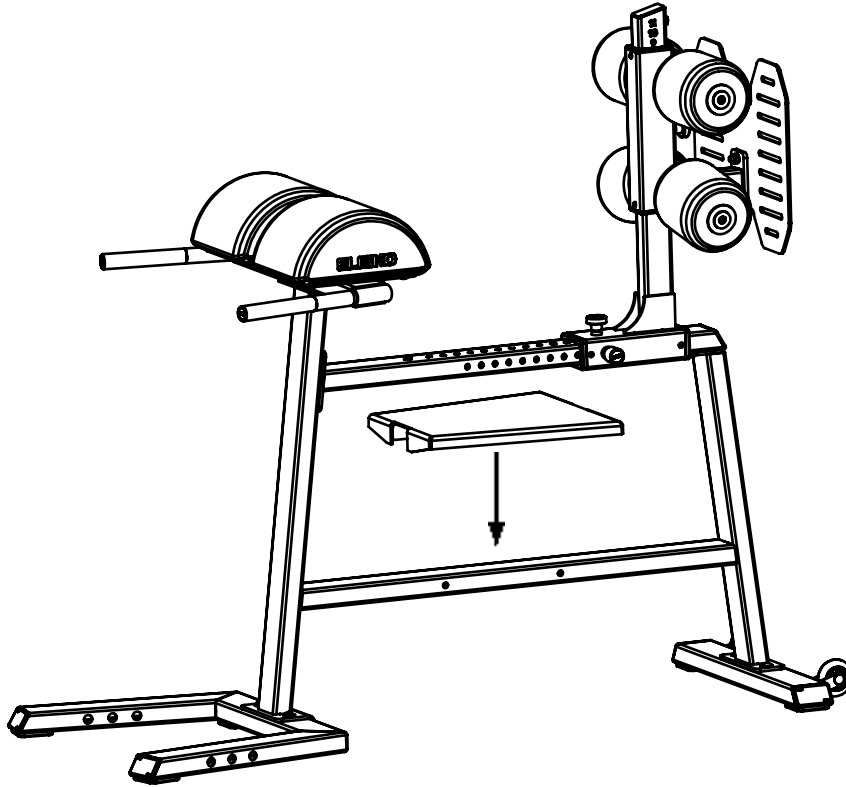


2000718

2x



M6S M10 x 100



# USER GUIDE

## PURPOSE

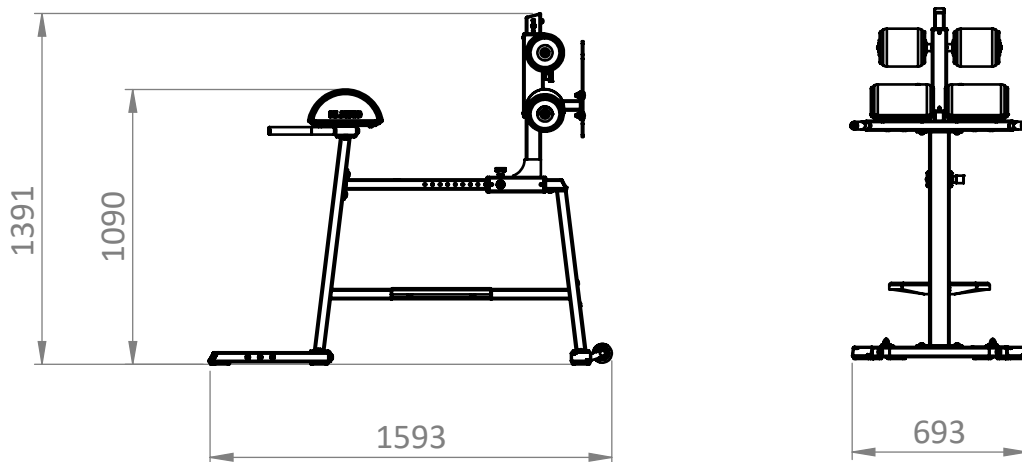
Designed for training glutes, hamstrings and the midline.

## GENERAL INSTRUCTIONS FOR USE

1. User can easily adjust pad set up for an appropriate fit.

## PRODUCT SPECIFICATION

Max user weight	150 kg / 330 lbs
Max training weight	350 kg / 770 lbs
Product weight	70,5 kg / 156,5 lbs
Dimensions (L x W x H)	1629 x 693 x 1391 mm 64,13 x 27,28 x 54,76"



# CARE AND MAINTENANCE

## PREVENTIVE MAINTENANCE AND INSPECTIONS

NOTE: The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.

### Daily:

- Cleaning of upholstery.

### Regularly:

- Clean surfaces on the frames and tubes from dust and dirt.
- Check that all bolts between parts, walls and floors are properly tightened, according to recommendations.
- Check equipment for sharp edges. Replace parts with sharp edges.
- Check equipment structural frames and welds to ensure they are free from cracks, irregularities or any other abnormalities. If in doubt, consult an Eleiko representative before product use.

### Cleaning and Care:

- Apply a mild soap detergent to a lint free cloth, then wipe down product surface.
- While it is safe to use an alcohol-based neutral pH7 solution on surface-treated steel elements of the benches and racks, take care to avoid pads and cushions.
- We recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia-free wipes.

See also [www.eleiko.com](http://www.eleiko.com).

## SPARE PARTS AND SERVICE

Contact Eleiko for spare parts and service:

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden  
E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70  
[www.eleiko.com](http://www.eleiko.com)

## WARRANTY

All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows:

- 10 years on structural frame welds (NOT on moving parts).
- 1 year on wear and tear parts.
- 1 year on polyurethane upholstery.
- 6 months on skai-leather upholstery.

Normal wear and tear do not fall under the 10-year warranty.



# ELEIKO

Eleiko Group AB | Klastorpsvägen 18 | SE-302 62 HALMSTAD | Sweden  
E-mail: [info@eleiko.com](mailto:info@eleiko.com) | Phone: +46 35 17 70 70

[www.eleiko.com](http://www.eleiko.com)