

**CT-MHP MULTI-HIP**

**For Service Call; (714) 821-4177**



# **MHP ASSEMBLY INSTRUCTIONS**

## **IMPORTANT NOTICES**

**Read all warning labels, the instruction placard and this manual before attempting to use this machine. Always consult your physician and an exercise professional before beginning any exercise program/regimen.**

**Before any test or use check for proper assembly of the machine including (but not limited to): bolts and other hardware fastened properly, cables in pulley grooves and routed correctly. For safety use only the top weight for the first machine movement.**

**Maintain your machine in good working order by following the maintenance schedule provided on the equipment.**

It is strongly recommended that a qualified dealer assemble this Multi-Hip machine.

Should there be any question during assembly contact your authorized Inflight Fitness dealer or call direct to 714 821 4177.

Before beginning assembly read this instruction manual thoroughly. Unpack and verify all parts and hardware quantities against the parts and hardware lists.

Follow the assembly steps in sequence. Failure to follow the order of assembly will result in disassembly later and possible damage to the machine components.

The 3/8" nuts provided with this machine are "centerlocking". They provide a more secure assembly than nylon locking nuts. Please note they do require more force to tighten than nylon locking nuts.

# **MHP PARTS AND HARDWARE**

## **PARTS**

### **WHITE / PLATINUM FRAME PARTS**

Loop Upright	L/H Side Support	R/H Side Support
Handrail Assembly	Pulley Arm	Exercise Arm
Guide Rod Bracket		

### **BLACK FRAME PARTS**

Base Frame	Cam	Cam Shroud
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### **CABLES AND PULLEYS**

MHP Cable	4 ½" Pulleys (7)
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### **MISCELLANEOUS**

Guide Rods (2)	Lube	Weight Stack Cushions (2)
Gas Spring	Nylon Guide	Chrome Selector Plate
Weight Labels	Manual	Top Weight
Weight Selector Stem	Weight Pin with Lanyard	Instruction Placard
15 – 10# Weight Plates	Roller Assembly	

# MHP PARTS AND HARDWARE

## HARDWARE

DESCRIPTION	QUANTITY
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### Bolts

3/8" x 6 1/2"	4
3/8" x 5 3/4"	1
3/8" x 4 3/4"	4
3/8" x 4 1/2"	4
3/8" x 3 3/4"	4
3/8" x 3 1/2"	2
3/8" x 2 1/4"	2
3/8" x 2"	2
3/8" x 1 3/4"	3
3/8" x 1 1/2"	1
3/8" x 1 1/4"	1
3/8" x 1"	2
3/8" x 3/4"	1

### Screws

3/8" x 3 1/4" Button Head Screws	2
1/4" x 3/4" Socket Head Cap Screws	2

### Washers

3/8" Large Flat Washers	50
3/8" Curved Washers	8
Cam Washer	1

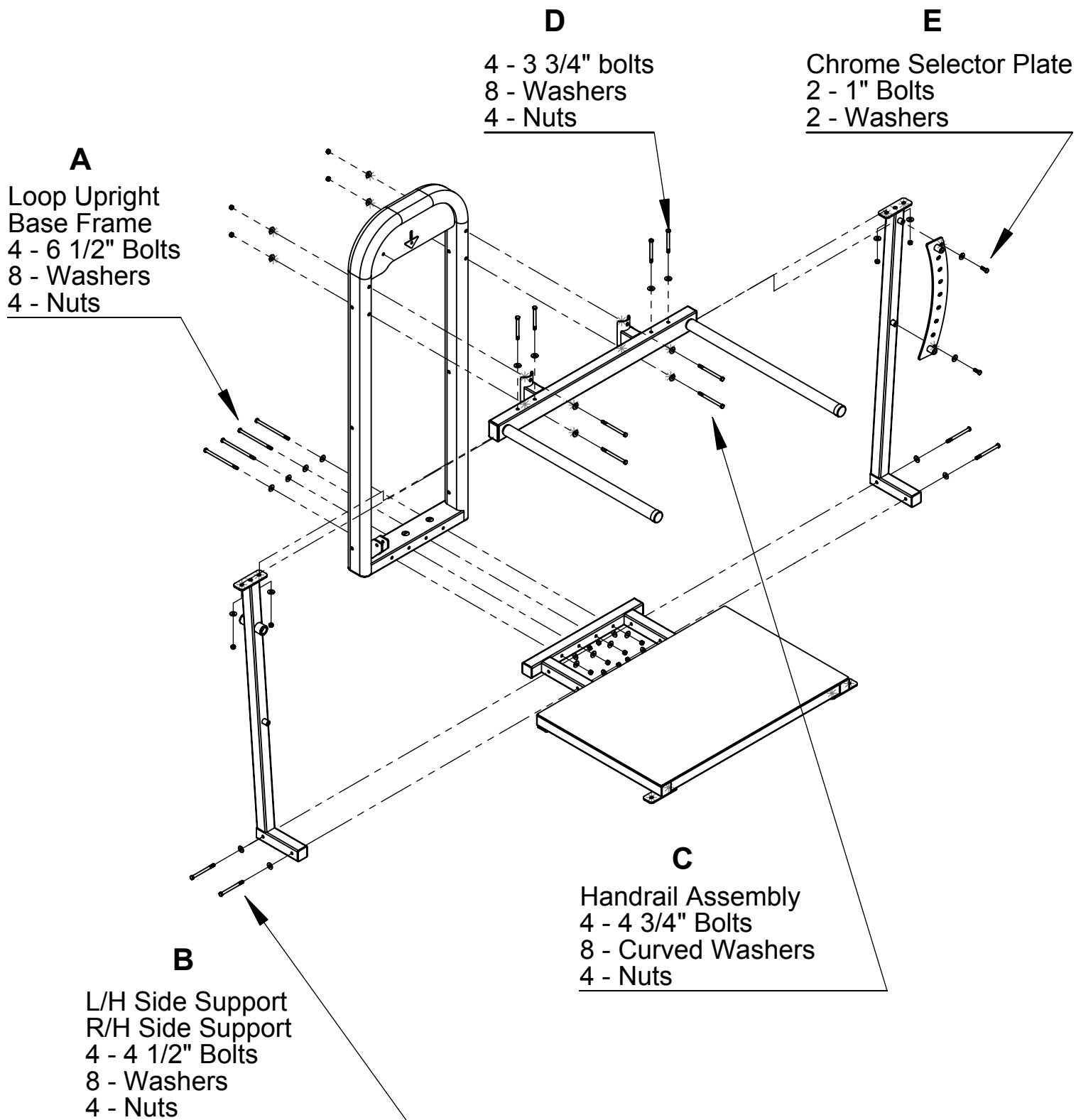
### Nuts and Miscellaneous

3/8" Nuts	28
Shaft Collars	2

# MHP ASSEMBLY INSTRUCTIONS

## MAIN STRUCTURE ASSEMBLY

- A.** Assemble the Base to the Loop Upright using 6 – 3/8" x 6 1/2" bolts, 12 – 3/9" flat washers and 6 – 3/8" nuts. Do not fully tighten the bolts at this time.
- B.** Assemble the L/H and R/H Side Supports to the Base using 4 – 3/8" x 4 1/2" bolts, 8 – 3/8" flat washers, and 4 – 3/8" nuts. Do not fully tighten the bolts at this time.
- C.** Assemble the Handrail Assembly to the Loop Upright using 4 – 3/8" x 4 3/4" bolts, 8 – 3/8" curved washers, and 4 – 3/8" nuts. Do not fully tighten the bolts at this time.
- D.** Attach the Handrail Assembly to the L/H and R/H Side Supports using 4- 3/8" x 3 3/4" bolts, 4 – 3/8" flat washers, and 4 – 3/8" nuts. Tighten all the bolts in **Steps A – D** now.
- E.** Attach the Chrome Selector Plate to the threaded posts on the R/H Side Support using 2 - 3/8" x 1" bolts and 2 – 3/8" flat washers.



# MHP ASSEMBLY INSTRUCTIONS

## EXERCISE STRUCTURE ASSEMBLY

**F.** Slide the shaft of the Height Adjust Arm through the bronze bushing in the L/H Side Support and secure using a split shaft collar and 1 -  $\frac{1}{4}$ " x  $\frac{3}{4}$ " screw. Install the screw into the shaft collar and tighten.

**G.** Attach the Nylon Guide to the Height Adjust Arm using 2 –  $\frac{3}{8}$ " x  $3\frac{1}{4}$ " buttonhead bolts, 4 –  $\frac{3}{8}$ " flat washers, and 2 –  $\frac{3}{8}$ " nuts.

**NOTE:** The Height Adjust Arm should pivot parallel to the front of the Side Supports. There should only be light pressure between the Nylon Guide and the Chrome Selector Plate. If necessary, redo **Step E** with a washer between the Chrome Selector Plate and the threaded posts of the R/H Side Support.

**H.** Slide the shaft of the Exercise Arm through the bushings of the Cam and the Pulley Arm. Assemble to the Height Adjust Arm at the center bronze bushing. Make sure the pieces are assembled per the drawing view and secure using a split shaft collar and 1 –  $\frac{1}{4}$ " x  $\frac{3}{4}$ " screw.

**I.** Attach the large diameter end of the Gas Spring to the Height Adjust Arm using a  $\frac{3}{8}$ " x  $1\frac{1}{4}$ " bolt, 2 –  $\frac{3}{8}$ " washers, and 1 - nut.

**NOTE:** The end of the Gas Spring must be allowed to pivot so do not over tighten the bolt and nut.

**J.** Attach the small diameter rod end of the Gas Spring to the threaded post on the L/H Side Support using 1 –  $\frac{3}{8}$ " x  $1\frac{1}{2}$ " bolt, 1 –  $\frac{3}{8}$ " flat washer, and 1 –  $\frac{3}{8}$ " nut. The nut is used as a jam nut against the threaded post to hold the bolt in place. The Gas Spring should be parallel to the Height Adjust Arm and be able to pivot easily.



**F**  
Height Adjust Arm  
Shaft Collar  
1 - 1/4" x 3/4" Screw

**G**  
Nylon Guide  
2 - 3/8 x 3 1/4"  
Buttonhead Bolts  
4 - Washers  
2 - Nuts

**I**  
Gas Spring  
1 - 1 1/4" Bolt  
2 - Washers  
1 - Nut

**J**  
Gas Spring  
1 - 1 1/2 Bolt  
1 - Washer  
1 - Nut

**H**  
Exercise Arm  
Cam  
Pulley Arm  
Shaft Collar  
1 - 1/4" x 3/4" Screw

Note position of posts

**VIEW FROM BACK**

# MHP ASSEMBLY INSTRUCTIONS

## WEIGHT STACK, CABLE AND PULLEY INSTALLATION

- K.** Insert Guide Rods into the base of the Loop Upright. Allow Guide Rods to lean back away from the machine. Place one weight stack cushion on each Guide Rod and slide down to the base. Apply lubricant to the Guide Rods from the weight stack cushions to the tops of the Guide Rods.

Making sure that the recess for the weight labels is facing towards the machine and that the three pads are facing down slide onto the Guide Rods: 15 – 10lb. Weights. Place the Top Weight and Cable on the Guide Rods with the drilled hole facing the machine and slide down to the stack.

Before proceeding with the cable installation slide the loop of the weight pin lanyard over the end of the MHP Cable down to the top weight. Bolt the first 10lb. weight to the selector stem using 1 - 3/8" x 5 3/4" bolt and 1 – 3/8" nut.

- L.** Install Guide Rod Bracket onto top of guide rods. Place the MHP Cable over one 4 1/2" pulley and slide up between the plates of the Loop Upright at the slot. Stand the weight stack assembly upright and bolt the Guide Rod Bracket, Pulley and Loop Upright together using 1 – 3/8" x 2 1/4" bolt, 1 Cam Washer, 2 – 3/8" flat washers, and 1 – 3/8" nut. Do not tighten at this time.
- M.** Place a pulley under the cable and insert between the plates of the Loop Upright. Fasten using 1 – 3/8" x 1 3/4" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- N.** Route the cable down to the base of the Loop Upright. Install a pulley over the cable and attach between the two plates using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- O.** Route the cable below a pulley and place into the Pulley Bracket welded to the Base Frame. Attach using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- P.** Continue the cable up to the pulley plate on the Height Adjust Arm. Route the cable over two pulleys and attach the two pulleys to the plate using 2 - 1 3/4" bolts and 2 – 3/8" washers. Be sure that the cable is routed within the cable retainer posts
- Q.** Attach a pulley to the Pulley Arm using 1 – 3/8" x 2 1/4" bolt, 2 – 3/8" washers, and 1 – 3/8" nut. Route the cable below this pulley and hook the ball end of the cable into the retainer welded to the Cam..

**M**

Pulley  
1 - 1 3/4" Bolt  
2 - Washers  
1 - Nut

**L**

Pulley  
Guide Rod Bracket  
Cam Washer  
1 - 2 1/4" Bolt  
2 - Washers  
1 - Nut

**K**

2 - Guide Rods  
2 - Weight Cushions  
Top Weight and Cable  
15 - 10# Weight Plates  
1 - 5 3/4" Bolt  
1 - Nut

FRONT PLATE HIDDEN FOR CLARITY

**P**

2 - Pulleys  
2 - 1 3/4" Bolts  
2 - Washers

**N**

Pulley  
1 - 2" Bolt  
2 - Washers  
1 - Nut

**Q**

Pulley  
1 - 2 1/4" Bolt  
2 - Washers  
1 - Nut

**O**

Pulley  
1 - 2" Bolt  
2 - Washers  
1 - Nut

# MHP ASSEMBLY INSTRUCTIONS

## EXERCISE ARM

- R. Attach the Roller Assembly to the Exercise Arm using 1 - 3/8" x 3/4" bolt and 1 - 3/8" washer.

## CABLE ADJUSTMENT

**Note:** Before proceeding make sure that all the bolts are tight except for the bolt installed at **Step L.** at the Cam washer.

- S. Once the Multi-Hip is completely assembled, loosen the bolt that attaches the pulley and Guide Rod Bracket to the Loop Upright (installed at **Step L.**). Raise or lower the bolt and pulley to remove slack from the cables. Cable slack may also be added or removed by adjusting the threaded stop on the Pulley Arm. Make sure that the Weight Pin still engages all weight plates with the Selector Stem. Once the cable tension is correct, rotate the Cam Washer so it rests against the triangle support and re-tighten bolt.

## CAM SHROUD

- T. Attach the Cam Shroud to the Height Adjust Arm using 2 – 3 1/2" bolts, 4 – 3/8" flat washers, 2 – 3/8" nuts.

## PLACARDS AND LABELS

- U. Position the Height Adjust Arm parallel to the floor. Remove the backing from the foam tape on the Instruction Placard. Align the Instruction Placard to the Cam Shroud and attach.
- V. Attach Weight Labels in recess provided on front of Weight Plates. All the recesses should be aligned and to the right as you face the weight stack.

## SHROUD HOLES AND SHROUD OPTION

- W. If no Optional Shroud Kit was purchased install plastic caps in all 12 shroud holes. If installing Shrouds, fasten to Loop Upright using 6 – 3/8 x 2 1/2" bolts, 12 – 3/8" flat washers and 6 – 3/8" nuts (hardware found in Shroud box).

