

**A990
Glute Trainer
Owner's Manual**



SportsArt

OWNER'S MANUAL CONTENTS

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DISCLAIMER

The information in this user manual is subject to change without prior notice.

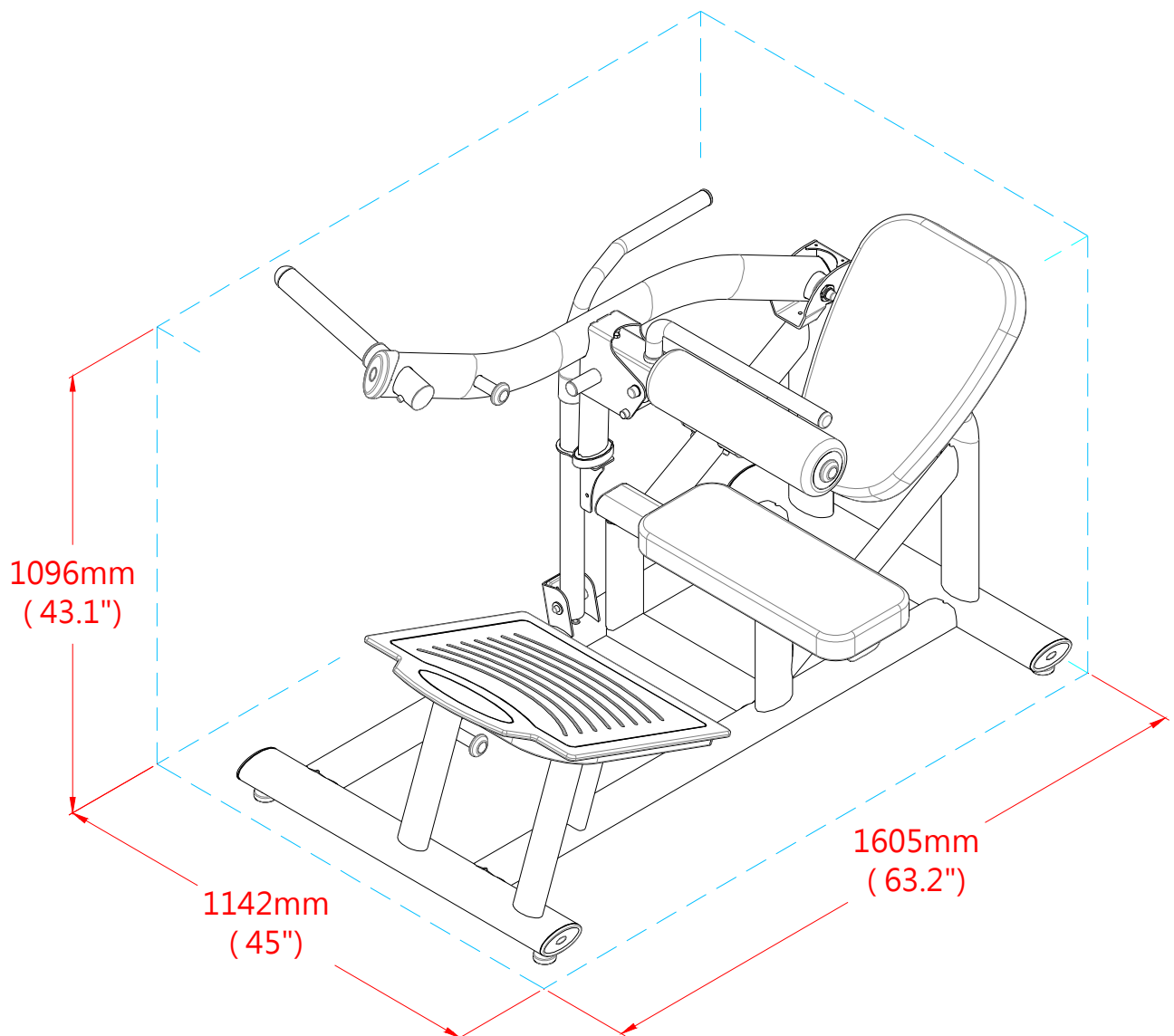
Sports Art Industrial Co., Ltd. makes no representation or warranty of any kind, express or implied, regarding the marketability of this manual, the suitability for a special purpose, or any other matters.

Sports Art Industrial Co., Ltd. accepts no responsibility for any errors in this manual, or any damages incurred directly, indirectly, accidentally, or continually from the modification, display, or other use of this manual.

1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the SportsArt A990 Glute Trainer machine. Constructed of high-quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual. Be careful when mounting and dismounting the unit.
- Use this product only for the intended use described in this manual.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Do not leave your device unattended while in use.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water (including swimming pools and saunas) and should not be used where aerosol (spray) products or oxygen are used. Do not operate on a blanket or near flammable materials.
- Keep all air ventilation areas free of blockage. Never drop or insert into any opening.
- Wear appropriate workout clothes, don't wear loose clothing, tie all long hair back, wear shoes with rubber or high traction soles, don't wear shoes with leather soles/high heels or barefoot use this product.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Never operate this product if it has been damaged in any way. If it is not working properly, if it has been dropped or damaged, or dropped into water, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing. If the product is damaged or missing, contact your SportsArt representative to find out all the materials that were damaged during shipping. (Note: Transport damage is the responsibility of the carrier.)
- This product is not intended for use by persons (including children 14 or younger) with

reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.

- Consult your physician before starting a workout or training program. It is recommended that you undergo a complete physical examination. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- WORK within your recommended exercise level. DO NOT work to exhaustion.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Noise emission under load is higher than without load.
- The recommended minimum operating temperature is 15 degree Celsius.
- **Weight Limit:** Please refer to the product specification table in the Appendix for the maximum weight limit for users of this product.
- Be careful when mounting and dismounting the unit.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- Over exercise may result in serious injury or death
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.

CAUTION

- If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

NOTE : Each machine provides a different resistance ratio of weight stack.

CONSIGNES DE SÉCURITÉ IMPORTANTES

Ce produit a été conçu et fabriqué pour une sécurité optimale. Toutefois, certaines précautions s'appliquent pendant l'utilisation de ce produit. Veuillez noter les précautions de sécurité suivantes:

- Pour réduire le risque de blessure, lisez et comprenez toutes les instructions avant d'utiliser ce produit.
- Assurez-vous que le produit est installé et utilisé conformément aux instructions de ce manuel. Soyez prudent lors du montage et du démontage de l'appareil.
- N'utilisez ce produit que pour l'usage auquel il est destiné, tel qu'il est décrit dans ce manuel.
- Vérifiez le produit avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que toutes les fixations sont serrées. N'utilisez pas le produit s'il est démonté de quelque manière que ce soit.
- Ne laissez pas votre appareil sans surveillance lorsqu'il est en cours d'utilisation.
- Assembler et utiliser l'appareil sur une surface solide et plane. Ne pas utiliser à l'extérieur ou près de l'eau (y compris les piscines et les saunas) et ne pas utiliser de produits en aérosol (spray) ou d'oxygène. Ne l'utilisez pas sur une couverture ou à proximité de matériaux inflammables.
- Veillez à ce que toutes les zones de ventilation ne soient pas obstruées. Ne laissez jamais tomber ou n'insérez jamais d'objet dans une ouverture.
- Portez des vêtements d'entraînement appropriés, ne portez pas de vêtements amples, attachez tous les cheveux longs, portez des chaussures à semelles en caoutchouc ou à forte adhérence, ne portez pas de chaussures à semelles en cuir ou à talons hauts et n'utilisez pas ce produit pieds nus.
- Ne placez jamais de liquides, quels qu'ils soient, directement sur l'appareil, sauf dans un porte-bouteille ou un plateau d'accessoires. Il est recommandé d'utiliser des récipients à couvercle.
- Tenir à l'écart des pièces mobiles. Les pièces mobiles peuvent ou non s'arrêter immédiatement si un objet est coincé ou entrave le mouvement normal.
- N'utilisez jamais ce produit s'il a été endommagé de quelque manière que ce soit. S'il ne fonctionne pas correctement, s'il est tombé, s'il a été endommagé ou s'il est tombé dans l'eau, contactez un technicien pour le faire réparer.
- N'utilisez pas d'accessoires ou de pièces non recommandés par SportsArt. Ces pièces peuvent provoquer des blessures ou une défaillance de l'appareil et annuler la garantie. SportsArt n'est pas responsable des problèmes de sécurité résultant d'une mauvaise utilisation des accessoires ou des pièces et met fin à la garantie de ce produit.
- Déballez et vérifiez le contenu des boîtes conformément à la liste des pièces afin de

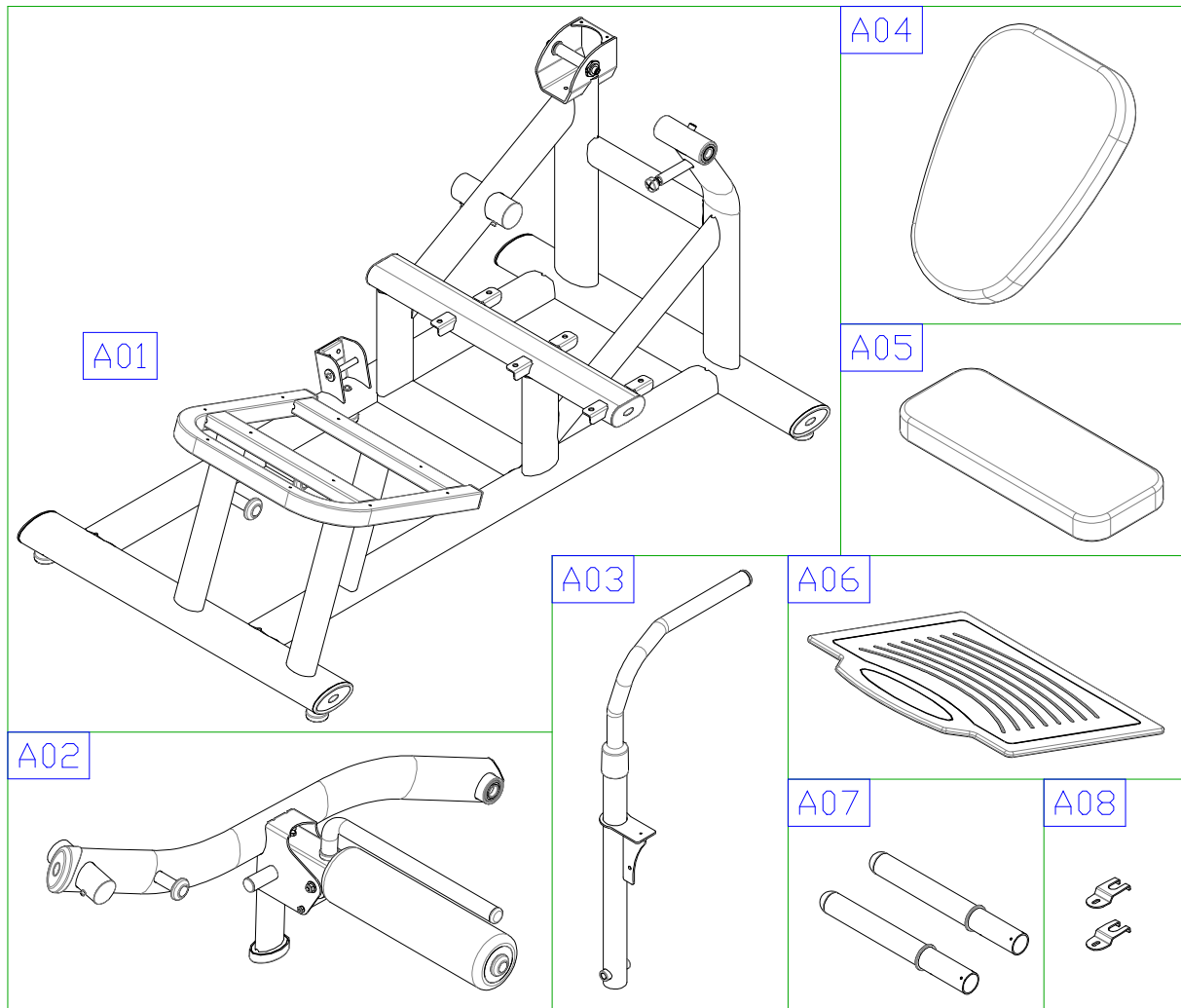
vérifier s'il manque des pièces. Si le produit est endommagé ou manquant, contactez votre représentant SportsArt pour connaître tous les matériaux qui ont été endommagés pendant le transport. (Remarque : les dommages causés par le transport relèvent de la responsabilité du transporteur).

- Ce produit n'est pas destiné à être utilisé par des personnes (y compris les enfants de 14 ans ou moins) dont les capacités physiques, sensorielles ou mentales sont réduites, ou par des personnes dont les connaissances ou l'expérience du produit sont insuffisantes. Si de telles personnes utilisent ce produit, elles doivent recevoir une formation et être surveillées à tout moment par une personne responsable de leur sécurité.
- Consultez votre médecin avant de commencer un programme d'entraînement ou de formation. Il est recommandé de subir un examen physique complet. Demandez à votre médecin d'examiner vos programmes d'entraînement et d'alimentation afin de vous conseiller sur le programme d'entraînement à adopter.
- Travaillez dans les limites du niveau d'exercice recommandé. NE PAS travailler jusqu'à épuisement.
- Avant d'utiliser ce produit pour faire de l'exercice, il faut toujours faire des exercices d'étirement pour s'échauffer correctement.
- Les émissions sonores en charge sont plus élevées qu'à vide.
- La température minimale de fonctionnement recommandée est de 15 degrés Celsius.
- **Limite de poids :** Veuillez consulter le tableau des spécifications du produit en annexe pour connaître la limite de poids maximale des utilisateurs de ce produit.
- Soyez prudent lors du montage et du démontage de l'appareil.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.
- L'excès d'exercice peut entraîner des blessures graves, voire mortelles.
- Les dispositifs de réglage laissés en saillie peuvent gêner les mouvements de l'utilisateur.

ATTENTION

- Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement. Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

3. LIST OF PARTS



Main Frame Parts					
No.	Name	Qty.	No.	Name	Qty.
A01	Main Frame	1	A05	Seat Bottom	1
A02	Cylindrical Cushion Swing Arm	1	A06	Foot Mat	1
A03	Handle	1	A07	Weight Plate Peg	2
A04	Seat Back	1	A08	Floor Fixing Bracket	2

3. LIST OF PARTS

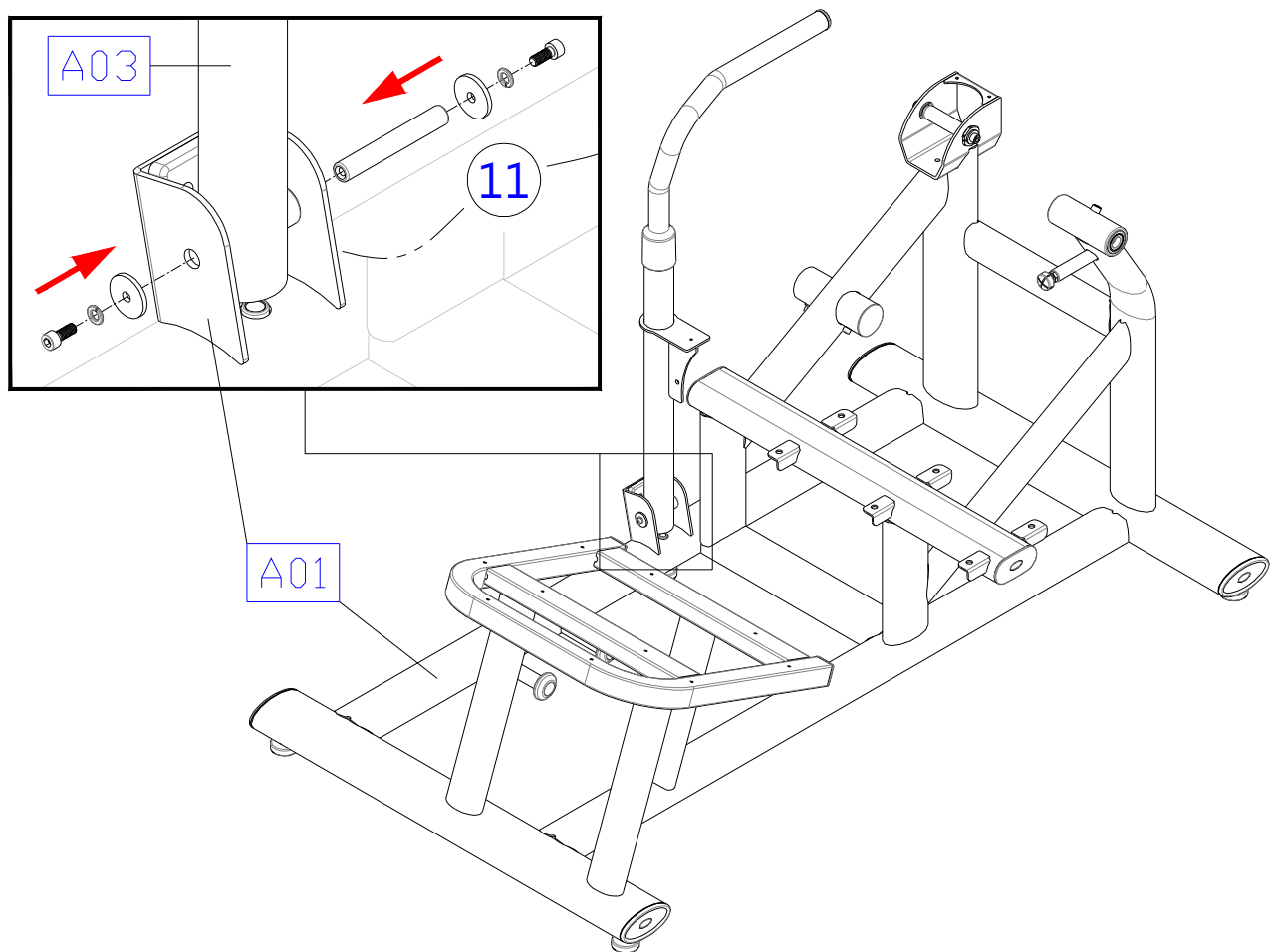
Assembly parts (Including hardware kit)				
※ Hardware kit note T ; Components on the product note M				
No.	Name	Qty.	Specification	Notes
	L-shaped allen wrench	1	(M4)	T
	L-shaped allen wrench	1	(M5)	T
	L-shaped allen wrench	1	(M8)	T
	Double open-end wrench	2	(13*17)	T
11	Shaft B	1	GGI-P020	M
	Flat washer	2	D27*d6.3*t3.0	
	Spring washer	2	M6*t1.5	
	Round-head inner hex screw	2	M6*P1.0*L15	
12	Shaft	1	GGU-P048-B	M
	O-Ring	1	D27*d23*t2	
	End-face lock bushing	2	GGZ-P021-B	
	Flat washer	2	D25*d10.5*t2.0	
	Spring washer	2	M10	
	Round-head inner hex screw	2	M10*P1.5*L25	
13	Curve washer	4	AE-P070	M
	Spring washer	4	M6*P1.0*L15	
	Round-head inner hex screw	4	M6*t1.5	
14	Foot plate	1	GGs-P072	M
15	Hexagon countersunk flat head screw	8	M6*L15	T
16	Shaft A	1	GGI-P013	M
	Flat washer	2	D26*d8.3*t3	
	Flat washer	2	D17*d8*t1.5	
	Mushroom top inner hex screw	2	M8*P1.25*L15	
17	Mushroom top inner hex screw	6	M8*P1.25*L25	M
	Flat washer	6	D17*d8*t1.5	

4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” or “nuts” is used where washers and other hardware may be involved.

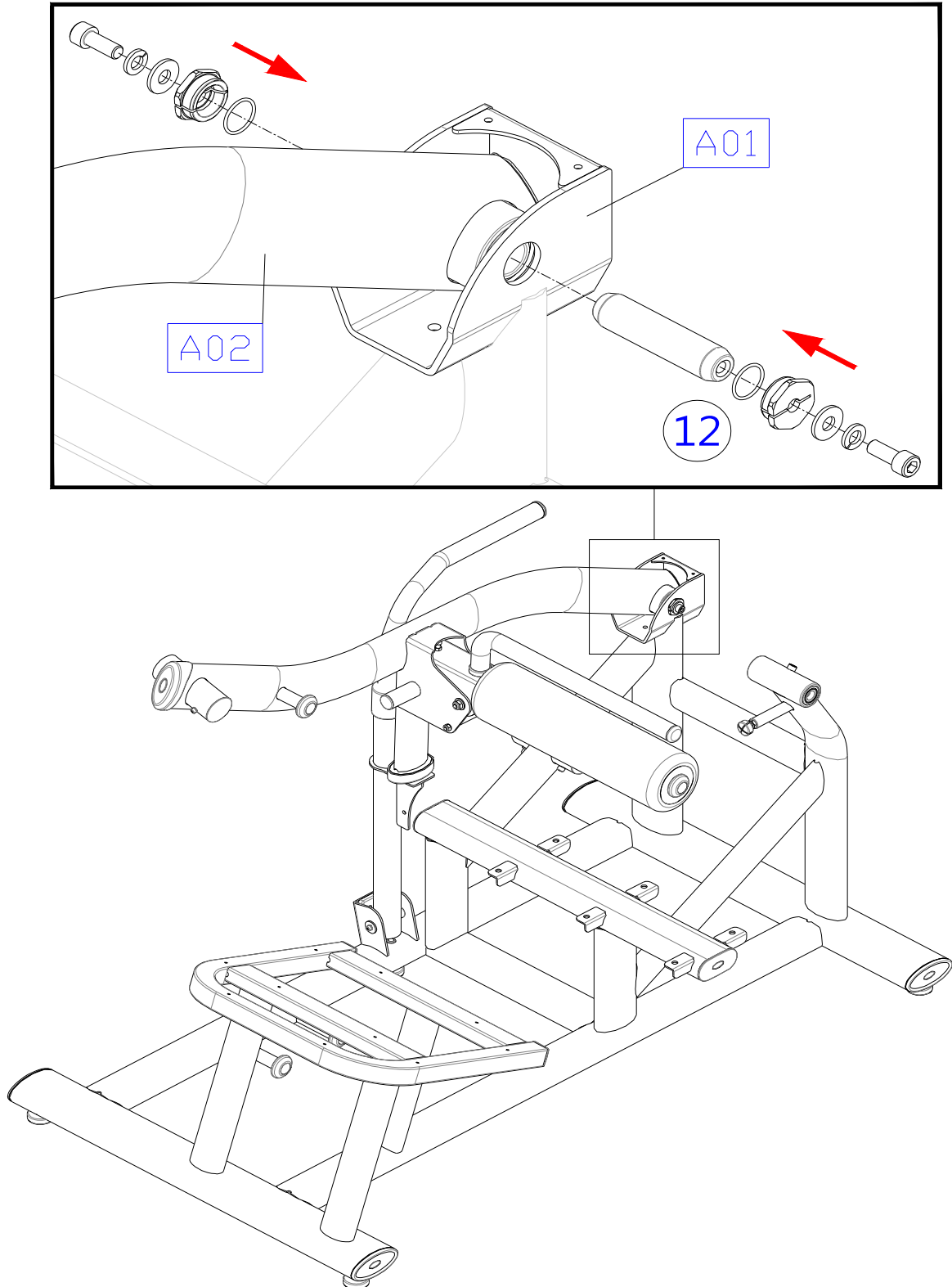
STEP 1 Install the Main Frame & Handle

- (a) Remove the screws (11) from the main frame (A01).
- (b) Secure the handle (A03) to the main frame (A01) with the screws (11).



STEP 2 Install the Main Frame & Cylindrical Cushion Swing Arm

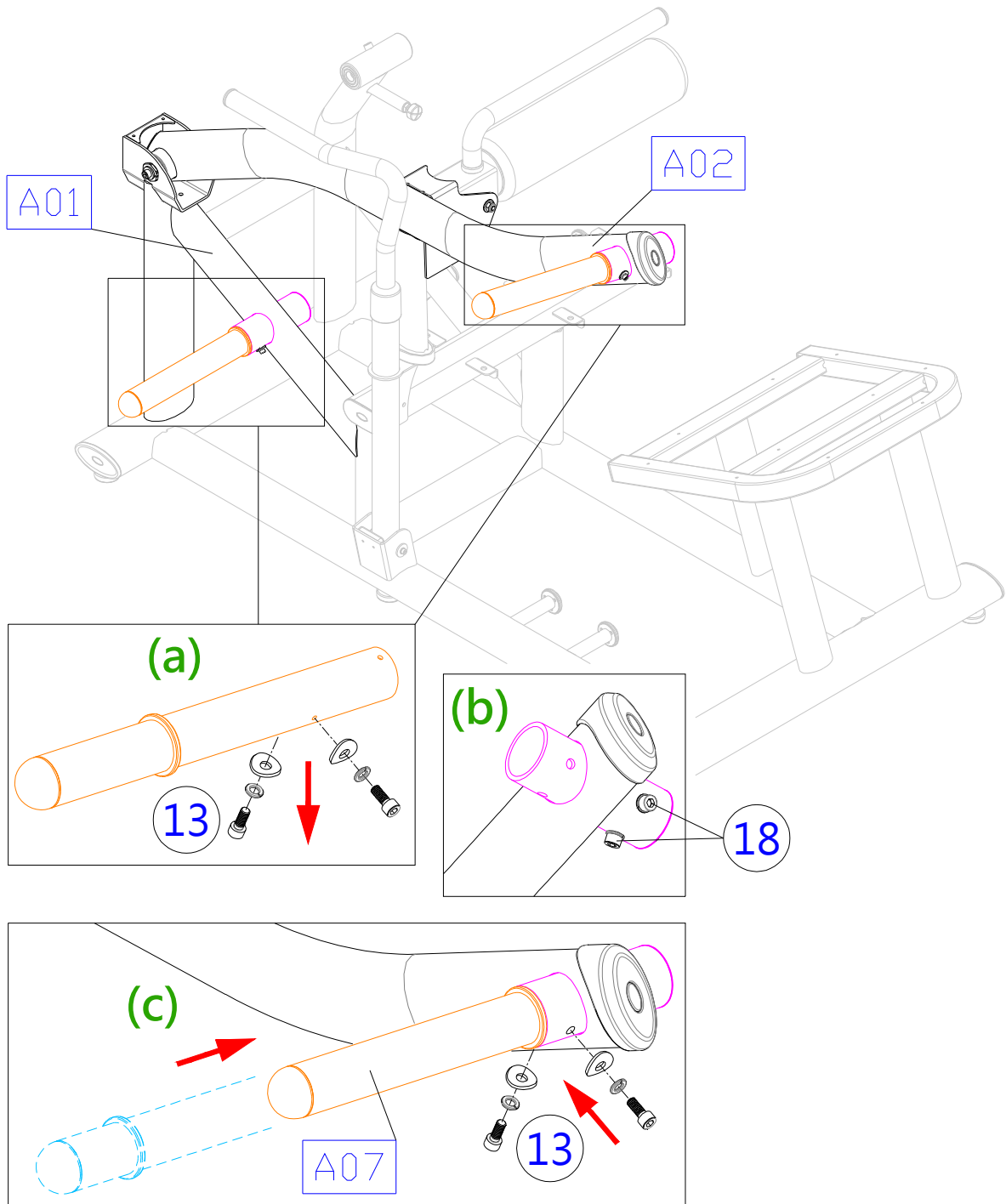
- (a) Remove the screws (12) from the main frame (A01).
- (b) Secure the cylindrical cushion swing arm (A02) to the main frame (A01) with the screws (12).



STEP 3 Install the Weight Plate Peg

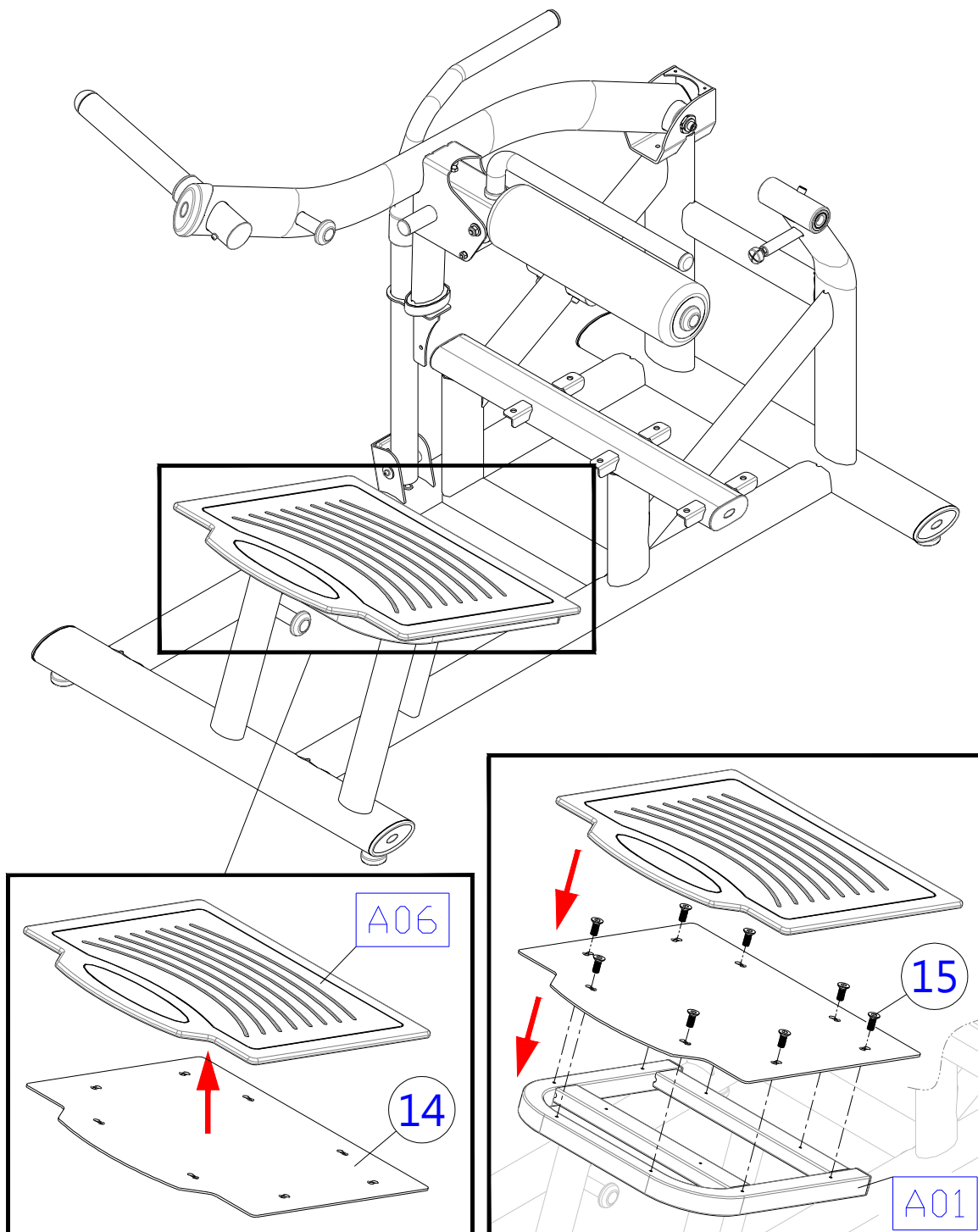
Follow the instructions (a) through (c) to install the weight plate peg (A07).

- Remove the screws (13) from the weight plate peg (A07).
- Loosen the screws (18) on the main frame (A01) and the swing arm (A02).
- Insert the weight plate peg (A07) and secure the screws (13)(18).



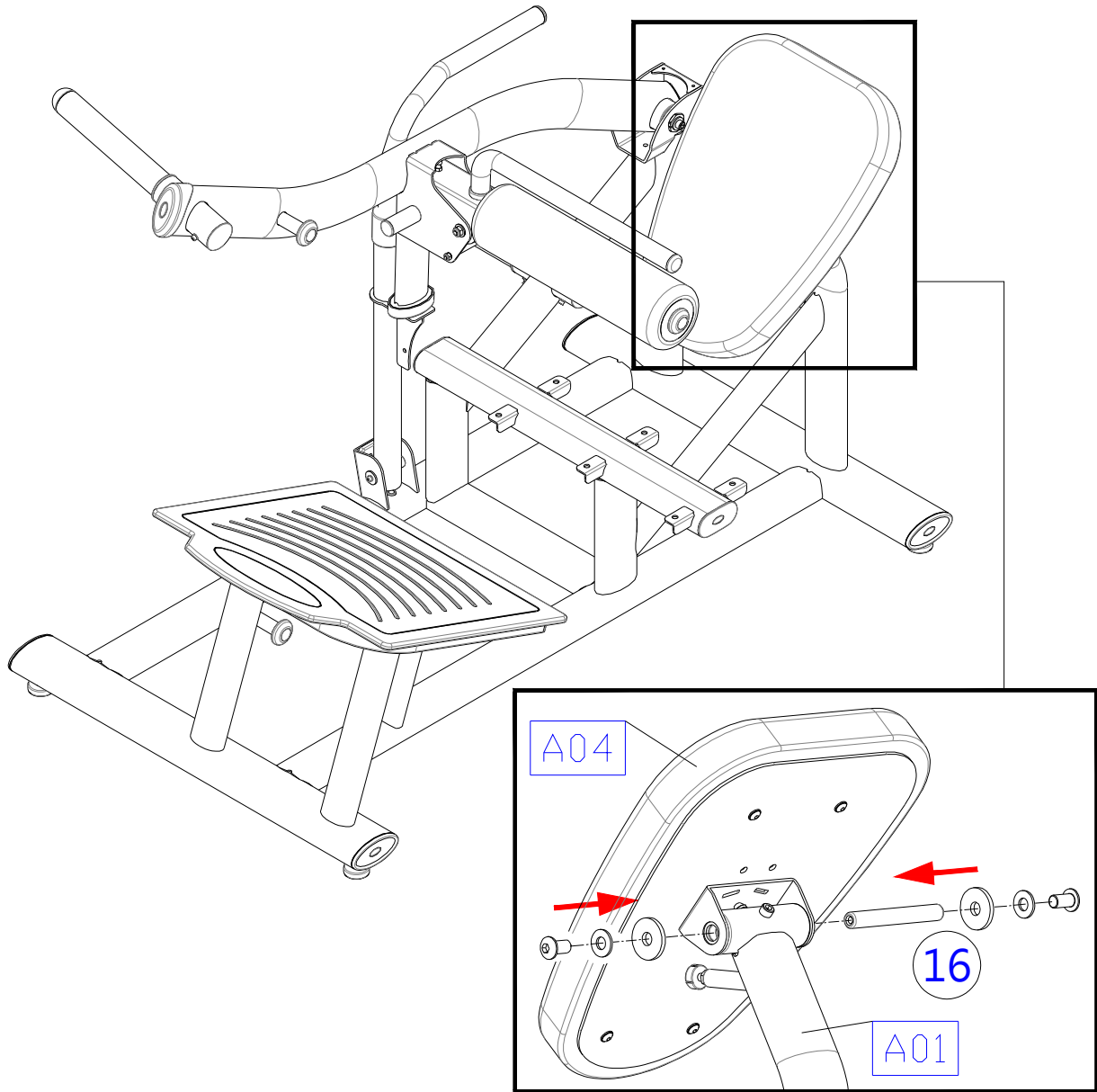
STEP 4 Install the Foot Plate & Foot Mat

- (a) Separate the foot plate (14) and the foot mat (A06).
- (b) Secure the foot plate (14) to the main frame (A01) with the screws (15) and then install the foot mat (A06) to the foot plate (14).



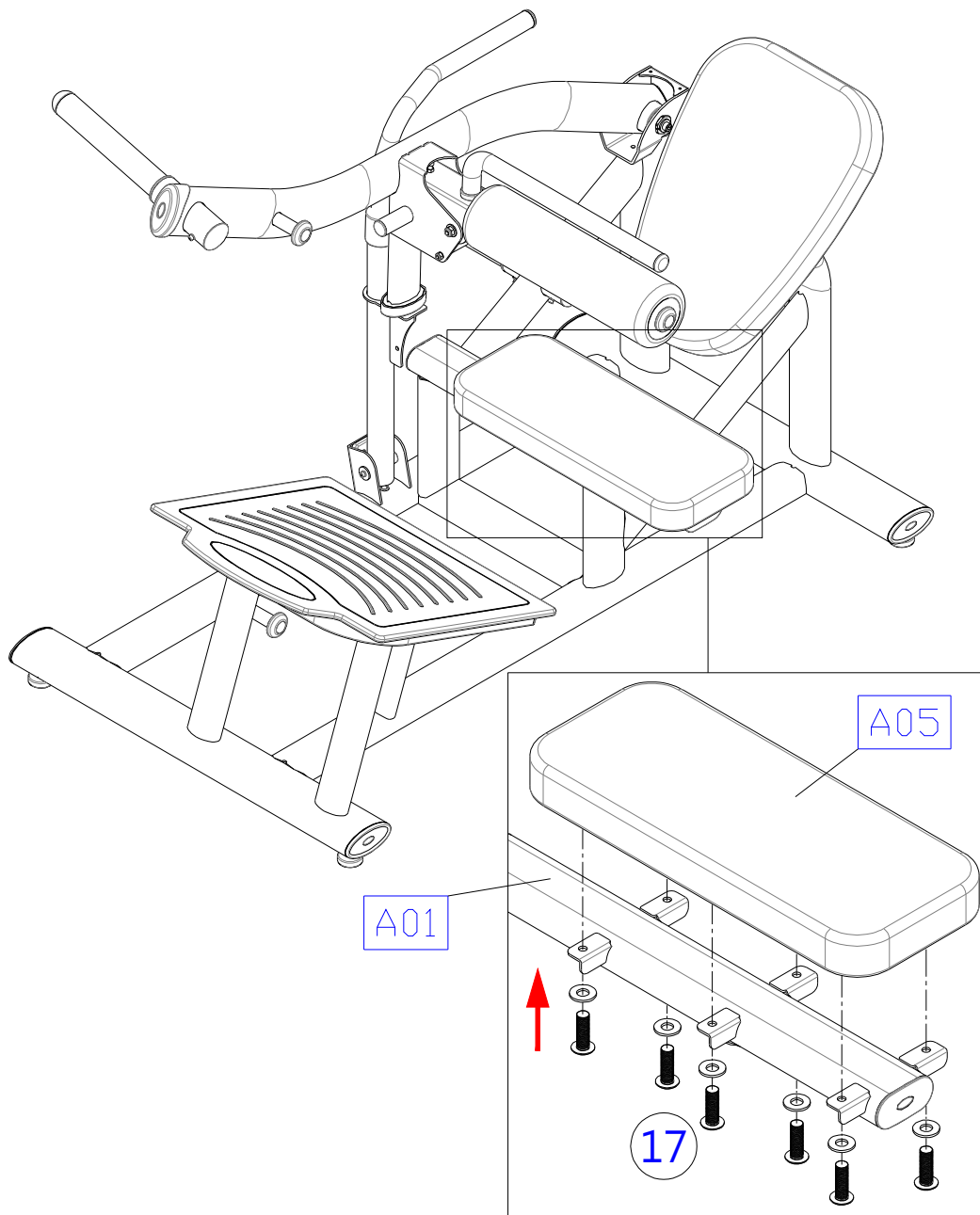
STEP 5 Install the Seat Back

- (a) Remove the screws (16) from the seat back (A04).
- (b) Secure the seat back (A04) to the main frame (A01) with the screws (16).



STEP 6 Install the Seat Bottom

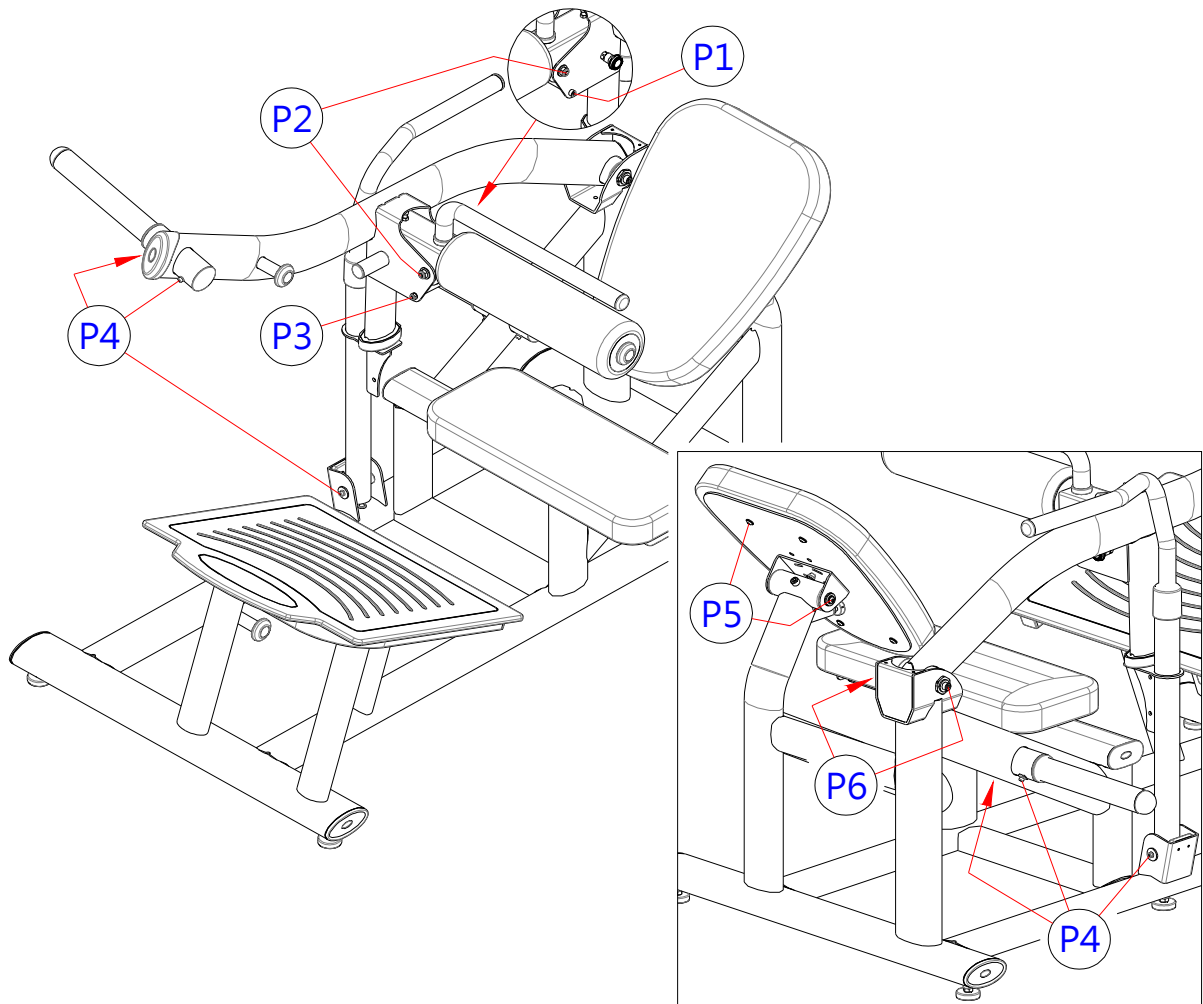
- (a) Remove the screws (17) from the seat bottom (A05).
- (b) Secure the seat bottom (A05) to the main frame (A01) with the screws (17).



STEP 7 Install the Cap Nut

Install the cap nuts to the corresponding positions according to the following numbers.

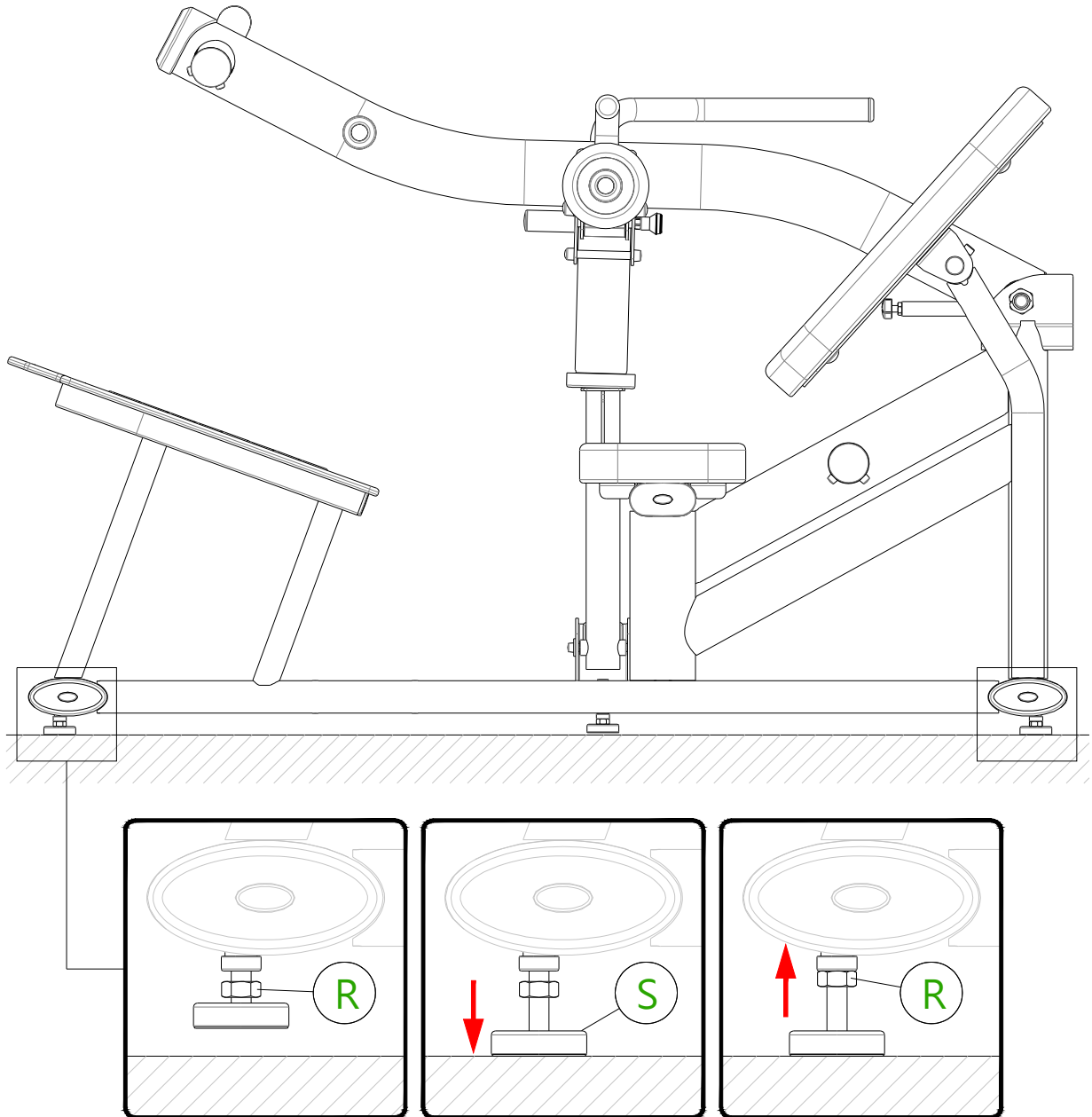
※ The cap nuts listed in the table are for reference only. The provided cap nuts will depend upon the needs of the different devices.



<P1*1>	<P2*2>	<P3*1>	<P4*10>	<P5*6>	<P6*2>
GFA-P137	GBA-P016	GBA-P017	GFA-P136	GBA-P014	GFA-P138

STEP 8 Level the Product

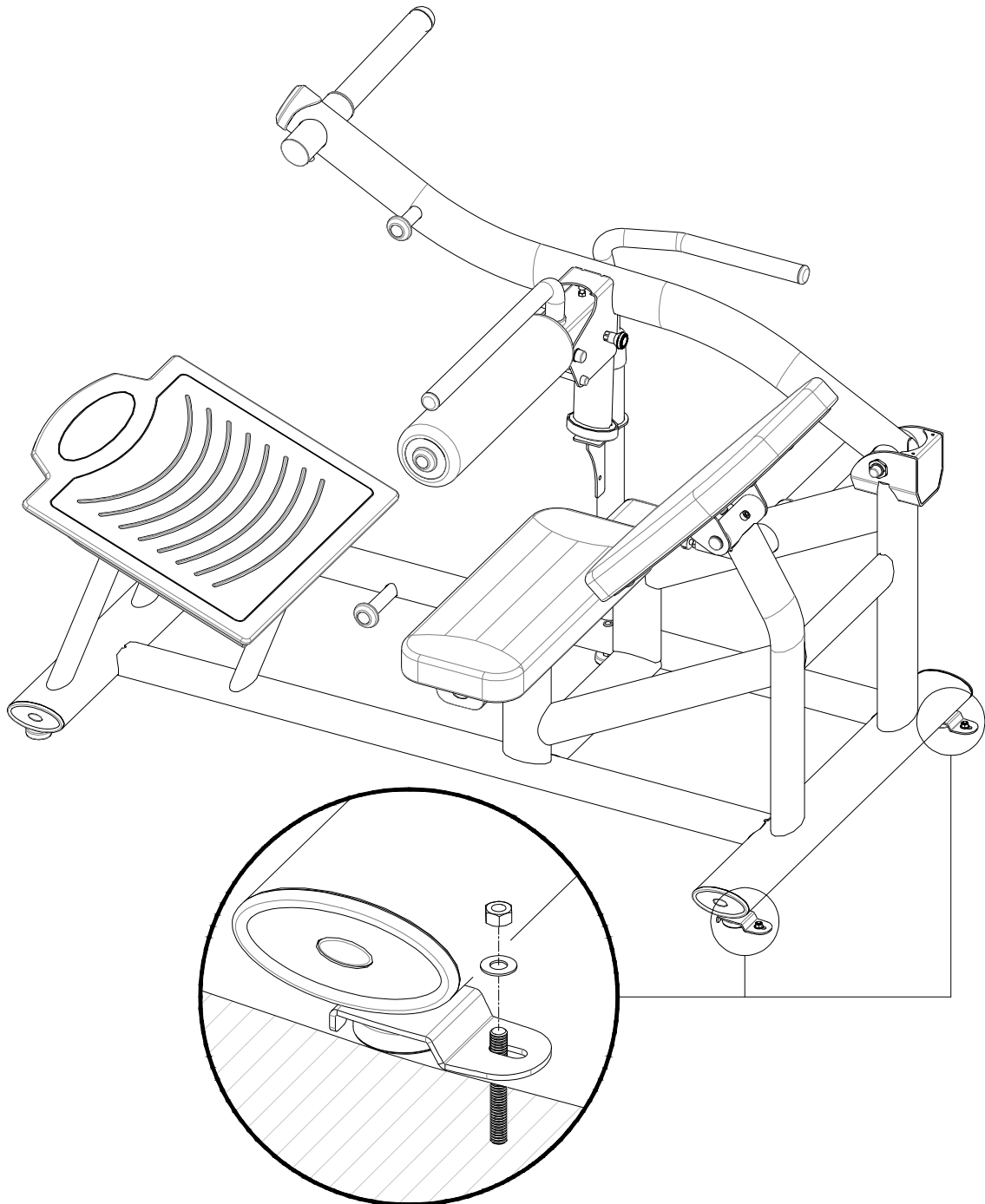
If the unit is placed on an uneven surface that causes instability of the unit, loosen the nut (R), rotate the horizontal adjustment knob (S) downward to make it steady on the ground, and then tighten the nut (R) upward.



STEP 9 Secure the Product

Secure the floor fixing bracket (A08) to the floor to make sure the unit is firmly fixed to the floor during use.

(NOTE: The screw hole of floor fixing bracket is \varnothing 9mm, please make sure if the drilled hole size and the used floor fixing bolt are suitable.)



STEP 10 Inspect the Product

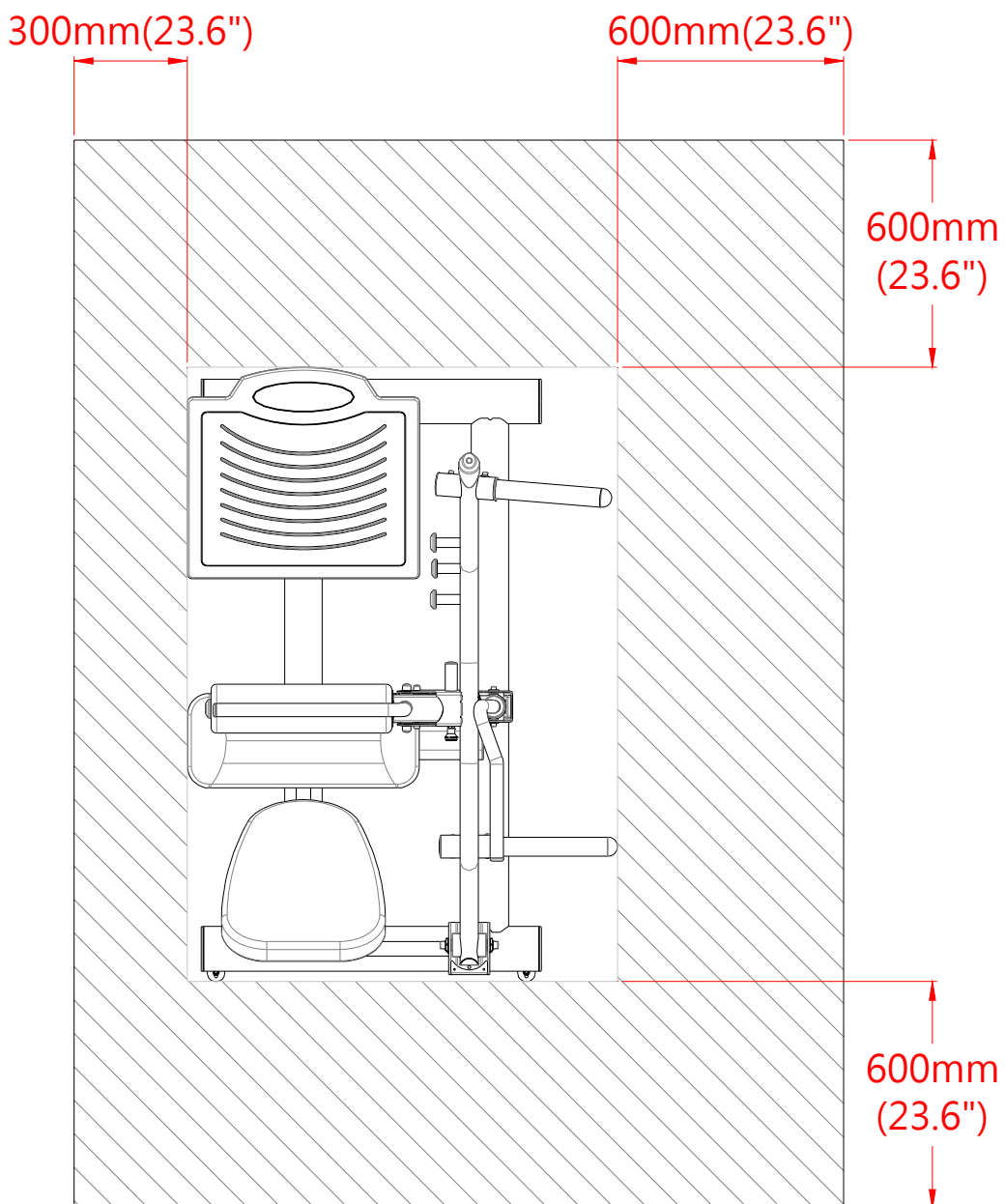
After completing the assembly or maintenance, please follow instructions (a) through (c) below to inspect the unit. (If the unit is disassembled or has been damaged in any way, it might cause injury to person or cause the unit to fail.)

- (a) Make sure the unit is steady and on a level surface. If the unit is not steady, adjust it according to the instructions “Level the Product” of this manual.
- (b) Make sure all parts are assembled and all fasteners are tightened.
- (c) Please follow operating instructions to test operation and confirm that the unit is working properly.

5. OPERATE THE PRODUCT

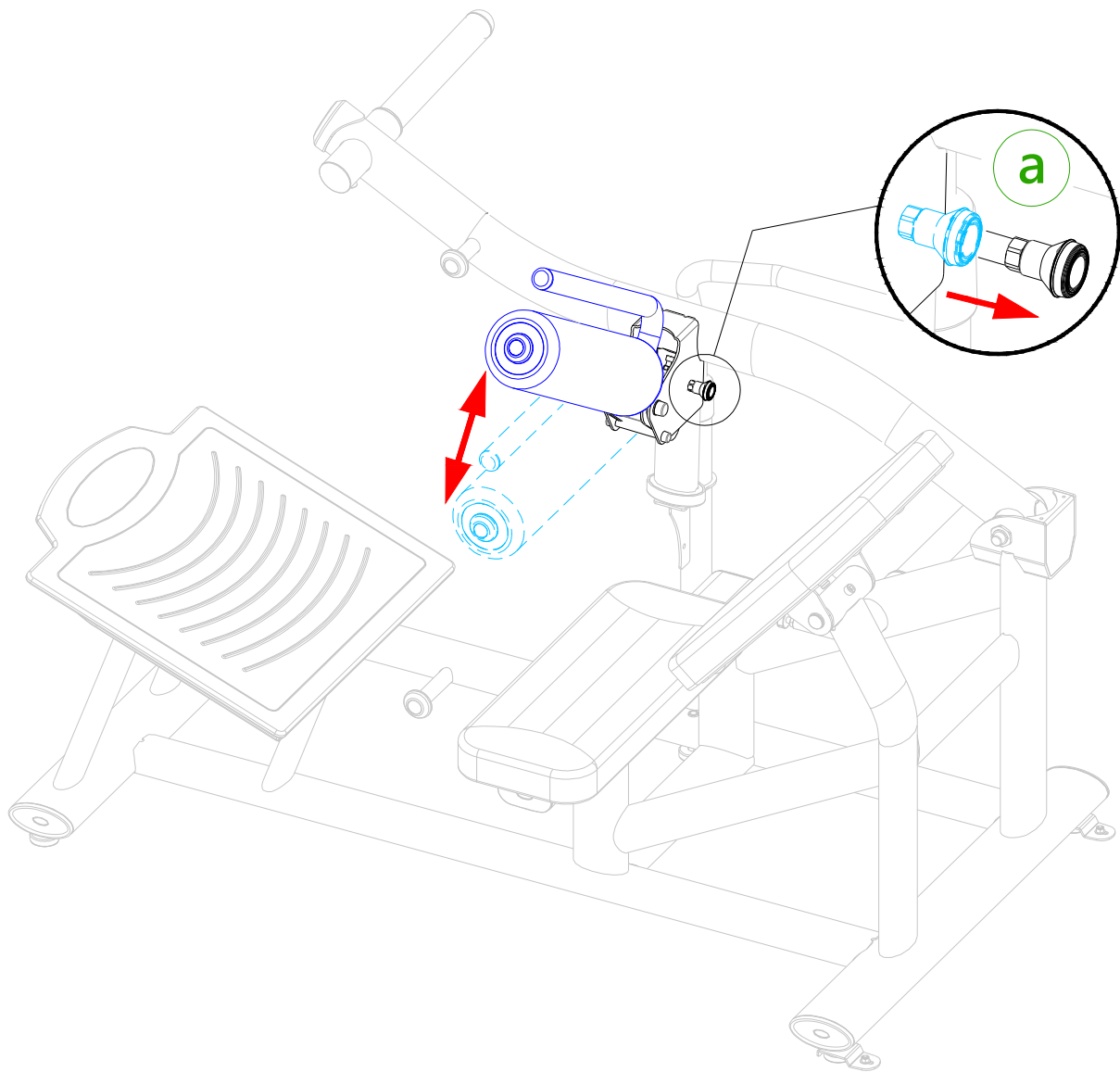
OPERATION Safety Operating Area

- (a) As shown below, the area marked in diagonal lines provides the use such as normal operation, machine adjustment and any emergency. For safety, DO NOT allow people to enter this area while operating.
- (b) Noise emission under load is higher than without load.
- (c) Please note that if there is any abnormality in the unit during use.
- (d) Please operate the unit with proper workout position, improper workout position or over exercise may result in serious injury.



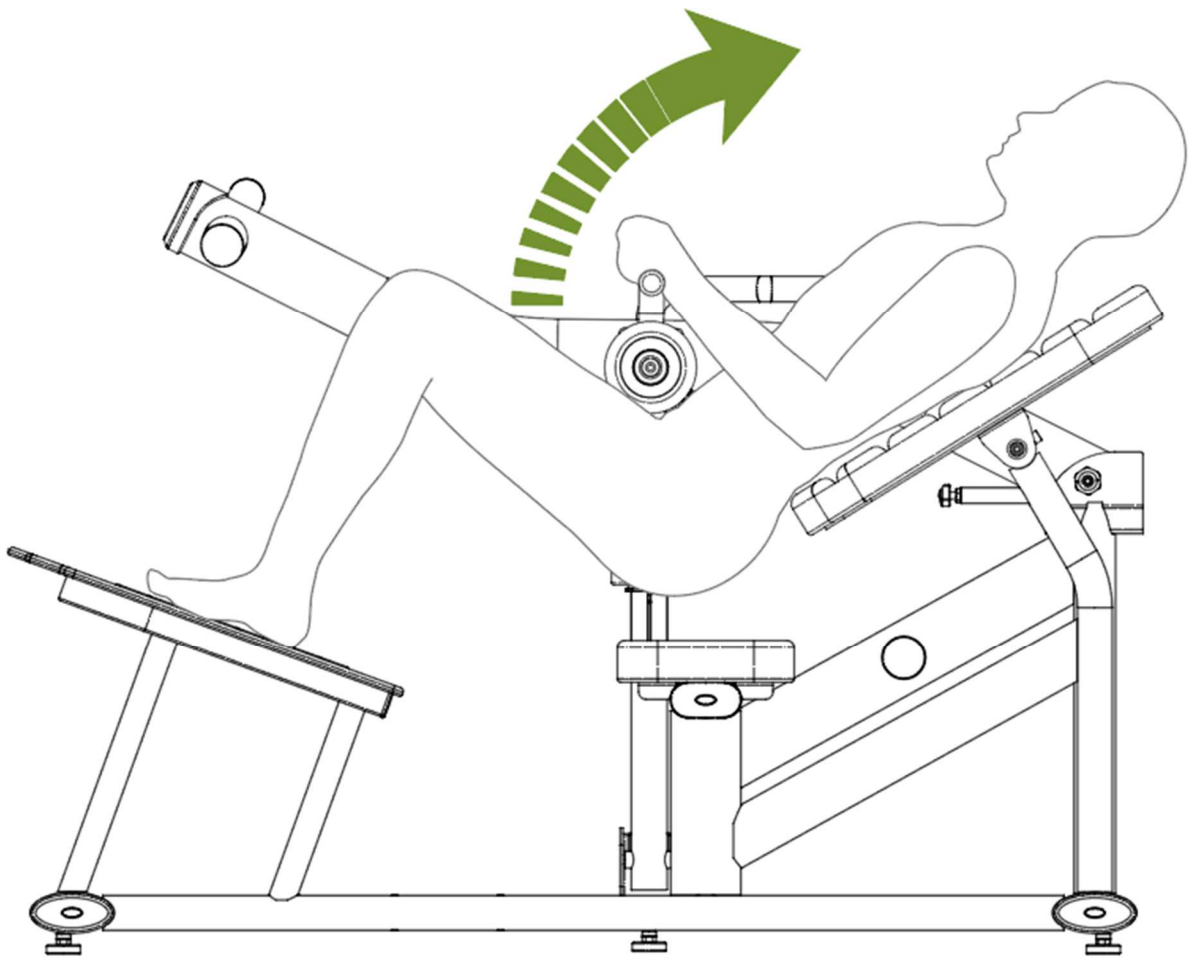
OPERATION Product Adjustment

Pull out the knob (a) and then lift the cylindrical cushion (b) up. Put down the cylindrical cushion after the user is in place.



OPERATION Exercising Instructions

- (a) Select the appropriate weight plates.
- (b) Make sure the knob is engaged to secure the position.
- (c) Perform the exercise in a controlled manner. Inhale when pushing up against resistance and exhale when returning to original position.
- ※ Please exercise within the range of your skill and training. DO NOT work to exhaustion.
- ※ All users operate this machine must be supervised under coaches instructions at all times in order for safety.



6. MAINTENANCE

MAINTENANCE Safety Precautions

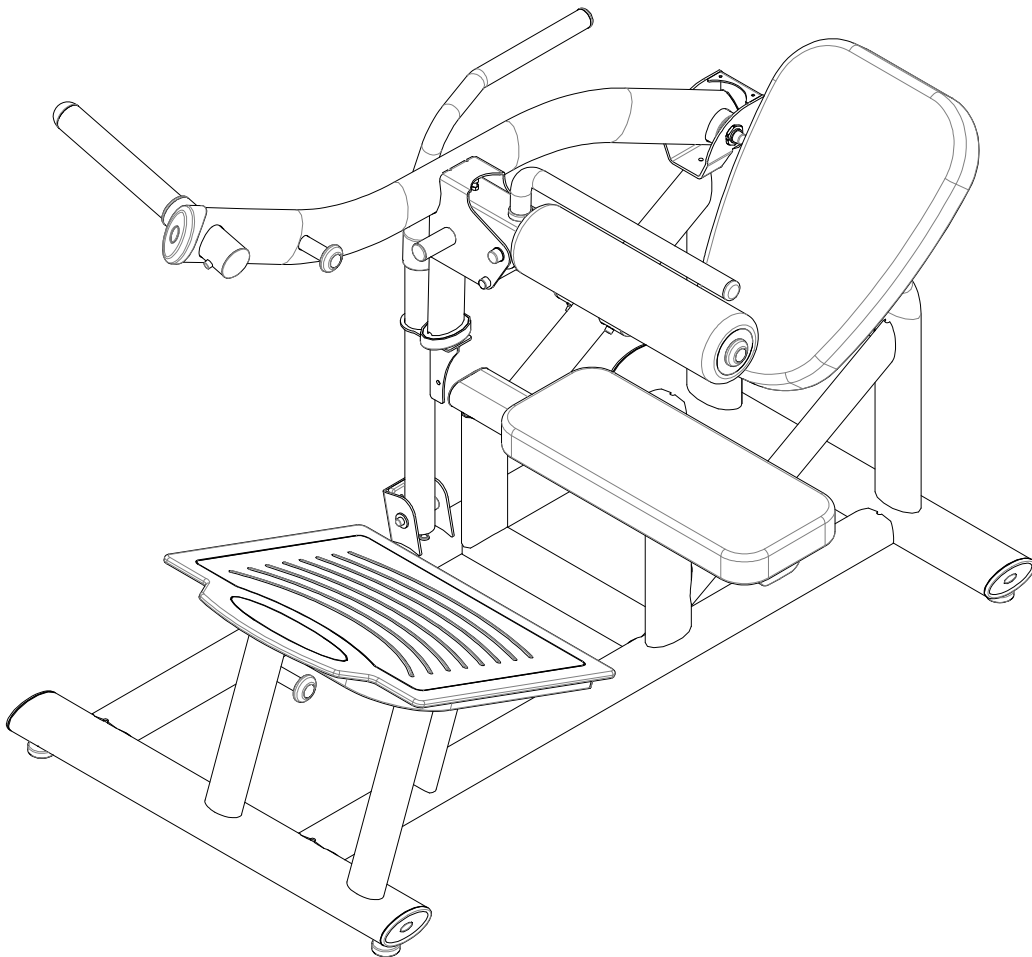
- Please follow standard safety precautions when servicing on this product.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (Sports Art). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- Cleaning requirements
 1. Directive 93/42/EEC
 2. Directive 98/8/EC

It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

MAINTENANCE Schedule

If there is a need for maintenance of components, please visit the Sports Art website.

Item	Area	Day	Week	Month	Quarter	Year	Remarks
1	Exterior	●					Clean.
2	Screws	●					Inspect the looseness and secure
3	Test	●					Check for proper equipment operation.
4	Back/Seat Cushion	●					Use dampened cloth to clean.



MAINTENANCE Maintenance Log

Facility: _____

Supervisor: _____

Product model number: _____

Serial number: _____

Start date: _____

End date: _____

Daily Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Daily Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Weekly Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Weekly Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Note: _____

7. APPENDIX

APPENDIX Technical Specifications

Model	A990
Dimensions	L : 1605mm (63.2") W : 1142mm (45") H : 1096mm (43.1")
Overall Weight	115.5kg (254 lbs)
Maximum User Weight	227 kg (500 lbs)
Maximum Load Capacity	100 kg (220 lbs)



**SPORTS ART INDUSTRIAL CO., LTD.
(Headquarters)**

No. 11, Gong Huan Road, Tainan City,
70955 Taiwan

TEL: +886 6 3840 888

FAX: +886 6 3840 999

E-mail: info@sportsart.com.tw