

Technical Procedure

Glute Press Handle Weldment Replacement

Applies to: Glute Press (IPGM3)

Links



Latest Rev.



Service Manual

This document explains how to replace the foot handle weldment on the glute press. The new upgrade aids in cable tracking and prolongs the life of the cable.

Required Tools:

- 5mm hex key
- 6mm hex key
- 8mm hex key
- Adjustable wrench
- Needle-nose pliers
- 10mm deep socket
- Dead-blow hammer

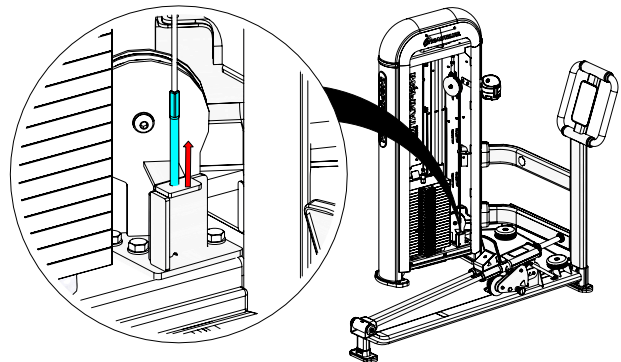
Required Parts:

- 95-0755 – “Assy, IPGM2 Cable Kit”

1. With no weight loaded, use right foot and lift top plate up, then engage one of the lower weight “Lock n Load” switches.



2. Remove the front shroud then use needle-nose pliers to remove the cable from the anchor point.



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3. Loosen cable lock nut by using with needle nose pliers and or M8 wrench, and back the cable out of foot weldment.
4. On user right side, loosen the bolts with a 6mm hex key.
5. On user left side, remove all of the screws with 6mm & 5mm hex keys.



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6. Remove the shock with a 10mm deep socket and needle nose pliers. Then use a dead-blow hammer to hit the studs and remove the shock.



7. Remove the user left side upper plate. Then remove the upper pulley shaft.

Tech Tip: Hold the handle up when removing the plate to prevent damage to the unit



8. With a 5mm hex key, remove the cap screw and then remove the cap.



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9. To take off the end cap, remove the two bolts with an 8mm hex key
10. By hand, pull the bumpers down on the guide rods and away from the handle weldment.
11. To remove the old weldment, pull the cable with the through the weldment, bring the guide rods to the 90 degrees position, then extract the handle weldment.



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12. With the guide rods still in the vertical position, install the new handle weldment. Then route cable through the weldment.

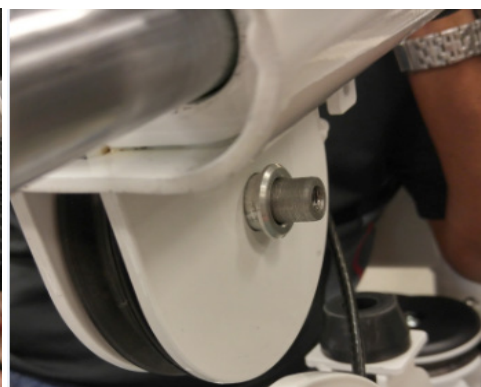


13. Install cable end to foot pedal, use a needle nose pliers, adjustable wrench and or 8mm wrench.



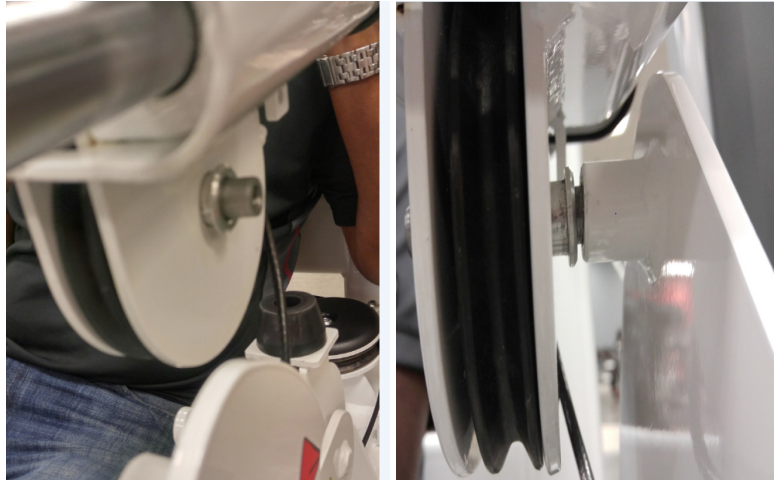
14. Next install the upper pulley in the orientation.

NOTE: Make sure the flanged bushing is fully seat in the pulley for the assembly to fit together.



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15. Insert shaft into the boss of the user right side bracket.



16. Install user left side pulley bracket then insert bolts and pre-thread the, **DO NOT** fully tighten the bolts. Then route the cable around the pulleys



17. Afterwards reinstall the shock the use the 10mm deep socket.

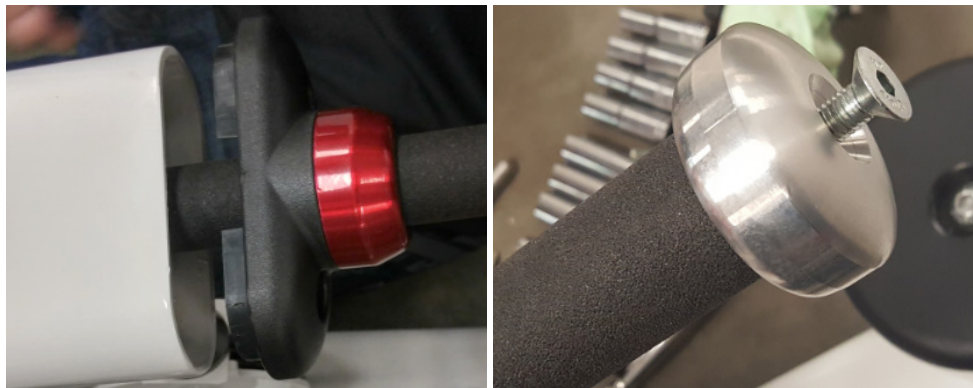


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18. Once the cable is properly routed and the shock is in place, use a 5mm and 6mm hex key to tighten the pulley bracket bolts



19. Install the end cap on the new handle weldment and use an 8mm hex key to tighten the bolts. Then install the cap & screw and use a 5mm hex key to secure it



20. Slide the bumpers back up to the handle weldment and make sure the pinch point warning stickers are facing up. Then test the unit for functionality.

21. Reinstall the foot sled cable end removed in Step 2, then re-attach the front shroud.

