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› FLYBIRD 2-in-1 Hip Abductor & Adductor Machine User Manual (Model JH- Hip Abductor)

FLYBIRD JH- Hip Abductor

FLYBIRD 2-in-1 Hip Abductor & Adductor Machine User Manual

Model: JH- Hip Abductor | Brand: FLYBIRD

INTRODUCTION

This manual provides essential information for the safe and effective use of your FLYBIRD 2-in-1 Hip Abductor & Adductor Machine. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

Hip Adductor & Abductor 2-in-1 Machine



Inner thigh toning



Glute lift

Image: The FLYBIRD 2-in-1 Hip Abductor & Adductor Machine, illustrating its dual function for glute lifting and inner thigh toning.

SAFETY INFORMATION

Before starting any exercise program, consult with a healthcare professional. Improper use of this equipment can result in serious injury. Always follow these safety guidelines:

- Ensure all bolts and nuts are securely tightened before each use.
- Place the machine on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum weight capacity of 600 lbs.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Wear appropriate athletic footwear and clothing.
- Inspect the machine for any damaged or worn parts before each use. Do not use if damaged.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Main Frame Assembly
- Seat and Backrest Pads
- Leg Pads (2)
- Resistance Bands (6)
- Dual Foot Bars
- Hardware Kit (bolts, washers, nuts, tools)
- Instruction Manual

SETUP AND ASSEMBLY

Assembly typically takes approximately 30 minutes. Follow the step-by-step instructions provided in the included manual. Ensure all connections are secure.

1. Unpack all components and verify against the package contents list.
2. Attach the backrest pad to the main frame using the provided hardware.
3. Secure the seat pad to the main frame.
4. Install the leg pads onto their respective arms.
5. Attach the dual foot bars to the base of the machine.
6. Connect the resistance bands to the designated anchor points.
7. Perform a final check to ensure all bolts are tightened and the machine is stable.

Your browser does not support the video tag.

Video: Official FLYBIRD video demonstrating the assembly and features of the 2-in-1 Hip Abductor & Adductor Machine. This video provides a visual guide to the setup process and highlights key operational aspects.

OPERATING INSTRUCTIONS

Switching Between Abduction and Adduction Modes

The machine features a spring-lock pin mechanism for quick transitions between hip abduction (outer thigh/glutes) and hip adduction (inner thigh) exercises. Locate the red spring-lock pin near the central pivot point.

- To switch modes, pull the spring-lock pin outwards.
- Rotate the leg arms to the desired position:
 - **Abduction Level:** Arms are positioned to allow outward leg movement.
 - **Min Adduction:** Arms are positioned for a narrower starting point for inner thigh work.
 - **Max Adduction:** Arms are positioned for a wider starting point for inner thigh work.
- Release the pin to lock the arms securely in place. Ensure the pin is fully engaged before use.



Image: Detail of the spring-lock pin and steel dial, demonstrating how to easily switch between abduction and adduction levels.

Adjusting Resistance

The machine includes 6 elastic resistance bands, allowing for adjustable resistance levels of 36 lbs, 72 lbs, and 108 lbs. You can customize your workout intensity by adding or removing bands.

- To increase resistance, attach more elastic bands to the designated hooks.
- To decrease resistance, remove elastic bands.
- Ensure bands are securely attached before beginning your exercise.

Adjust Resistance & Customize Your Workout



Image: Illustration of adjustable resistance with 6 elastic bands, providing 36-108 lbs of resistance for customized workouts.

Targeting Specific Glute Muscles

The dual foot bar design and adjustable body positioning allow you to target different areas of the glutes (upper, mid, lower) and inner/outer thighs.

- **Upper Glutes:** Lean slightly forward during abduction movements.
- **Mid Glutes:** Maintain an upright posture during movements.
- **Lower Glutes:** Lean slightly back during abduction movements.
- Experiment with different foot and toe positions on the dual foot bars to find optimal muscle engagement.

Muscle Focus, Peak Contraction



Upper Glutes



Mid Glutes



Lower Glutes



Image: Visual guide demonstrating how to adjust body angle to focus on upper, mid, or lower glutes during exercises.

Comfort and Stability

The machine is designed with cushioned padding for comfort and a stable base for secure workouts.

- The seat and backrest padding distribute pressure evenly.
- The dual foot bars help maintain foot placement and body stability throughout movements.

Supportive Seat Cushion

Stay Consistent, Get Fit



Easy-to-clean Leather



Image: Close-up of the cushioned seat, emphasizing comfort and easy-to-clean leather material.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your machine:

- **Cleaning:** Wipe down the machine, especially padded areas, with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections for tightness. Tighten as necessary.
- **Resistance Bands:** Inspect resistance bands for any signs of wear, tears, or damage. Replace damaged bands immediately.
- **Moving Parts:** Ensure the pivot points and moving arms operate smoothly. Apply a small amount of silicone-based lubricant if any squeaking or stiffness occurs.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are securely tightened. Place the machine on a flat, level surface.
Squeaking or grinding noise during operation.	Lack of lubrication on moving parts or loose connections.	Apply silicone-based lubricant to pivot points. Check and tighten all bolts.
Resistance feels inconsistent or too weak/strong.	Incorrect number of resistance bands attached or damaged bands.	Verify the number of bands attached matches desired resistance. Inspect bands for damage and replace if necessary.
Difficulty switching between abduction/adduction modes.	Spring-lock pin not fully disengaged or mechanism is stiff.	Ensure the spring-lock pin is pulled out completely. Apply a small amount of lubricant to the pin mechanism if stiff.

SPECIFICATIONS

- **Brand:** FLYBIRD
- **Model:** JH- Hip Abductor
- **Material:** Metal
- **Color:** BLACK
- **Approximate Footprint (D x W):** 34.8 inches (front-to-back) x 16.1 inches (width)
- **Height:** 36.22 inches
- **Unit Weight:** 48.5 lbs
- **Maximum User Weight Recommendation:** 600 lbs
- **Resistance Levels:** 36 lbs, 72 lbs, 108 lbs (using 6 elastic bands)

Stable Base, Solid Support

600 LBS



Unit Weight:
48.5 lbs

Image: The machine highlighting its stable base, 600 lbs weight capacity, and 48.5 lbs unit weight.

Compact Size for Your Home



Image: Dimensions of the machine, illustrating its compact size for home use.

WARRANTY AND SUPPORT

This FLYBIRD product comes with a **1 Year Manufacturer Warranty**. For warranty claims, technical support, or any inquiries regarding your machine, please contact FLYBIRD Sports directly.

Manufacturer: FLYBIRD

Seller: FLYBIRD Sports

For further assistance, please refer to the official FLYBIRD website or contact their customer service department.

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