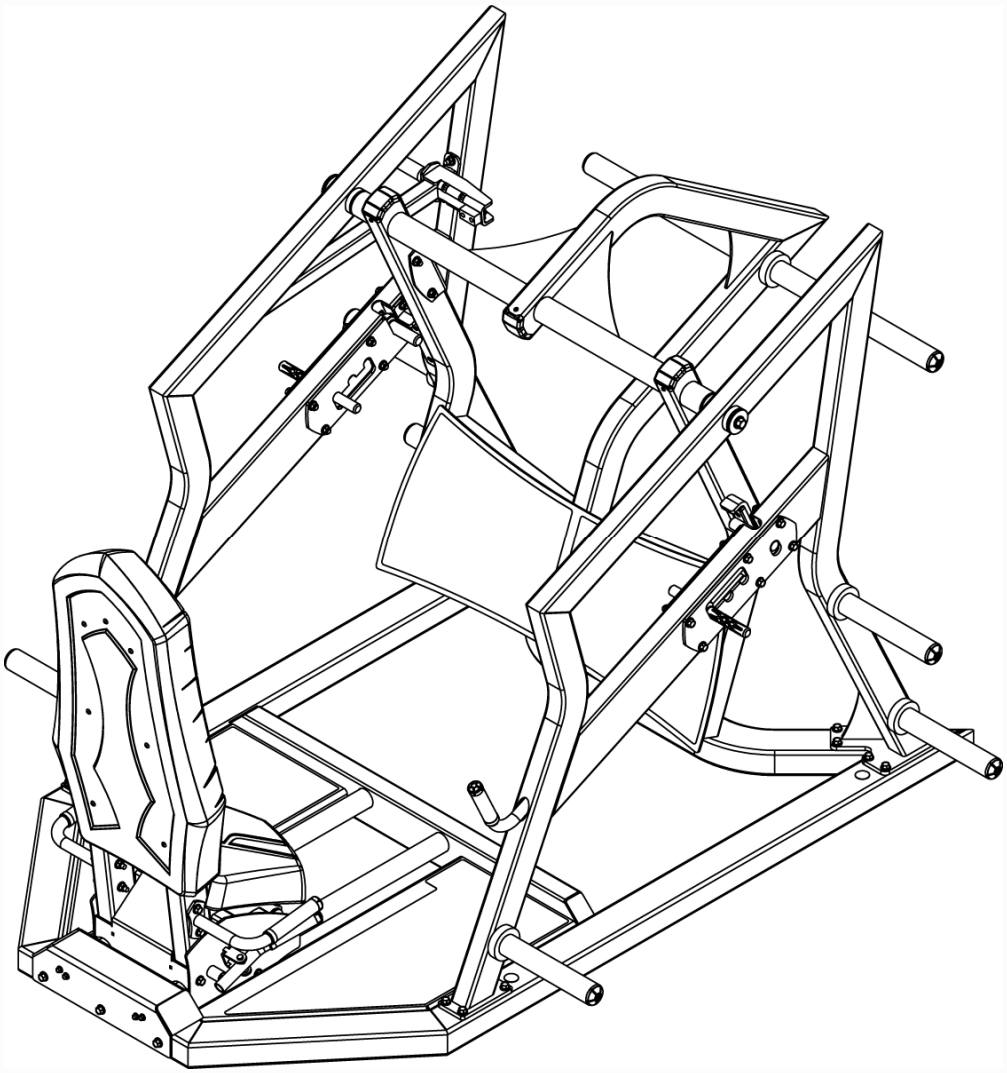
ROGERS

Product Information Packet

Product Name: Pendulum Hip Press

Product Part Number: 410601

Patent Pending



KEEP INFORMATION PACKET FOR FUTURE REFERENCE

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INTRODUCTION

The Pendulum Hip Press by Rogers Athletic has been designed and manufactured with safety, performance and dependability as top priorities, making it easy to operate and maintain.

The care you give your Hip Press will greatly determine your satisfaction with its performance and service life. Careful study of this manual is encouraged to obtain a thorough understanding of your new Hip Press and its functions.

If your manual is lost or destroyed, Rogers Athletic will gladly provide you with a new copy. Should you require additional information or assistance, please feel free to contact us at 800-457-5337.

BECAUSE ROGERS ATHLETICS MAINTAINS AN ONGOING PROGRAM OF PRODUCT DEVELOPMENT AND IMPROVEMENT, WE RESERVE THE RIGHT TO MAKE IMPROVEMENTS IN DESIGN OR CHANGES IN SPECIFICATIONS WITHOUT INCURRING ANY OBLIGATIONS TO INSTALL THEM ON UNITS PREVIOUSLY SOLD.

General Safety Rules

WARNING!
READ AND UNDERSTAND ALL INSTRUCTIONS.
Failure to follow all instructions listed below may result in serious personal injury.

SAVE THESE INSTRUCTIONS

- **Supervision of athletes while using the equipment is recommended.** Horse play such as climbing on the machine or using the machine for unintended purpose can result in injuries.
- **Athletes should be oriented in the proper use of the equipment.**
- **Athletes should be properly fit to engage in a workout regimen.** Obtaining a medical exam prior to beginning any exercise program is recommended. If an athlete feels faint, dizzy, or experiences pain at any time while exercising, they should stop exercising and consult a physician.
- **Athletes should wear close fitting clothing to keep the clothing free from and clear of all moving parts.**
- **Inspect equipment prior to use.** DO NOT use if it appears damaged or inoperable.
- **This Product Information Packet is an integral part of this machine.** Save these instructions. If they are lost or damaged or if you would like another copy, a copy can be downloaded from **www.RogersAthletic.com**
- **Reading the Product Information Packet is recommended.** Failure to read this Packet is considered a misuse of this equipment.
- **Warning labels are an integral part of this machine.** Become familiar with all caution/warning labels and never cover or deface caution/warning labels.
- **Install the equipment allowing sufficient room for safe access to the machine, adequate room for the spotters to stand and to ensure that the machine does not collide with a wall or another machine through the entire range of motion.**
- **Use of a spotter is recommended.** Spotters should stand behind the athlete using the machine or to either side of the athlete.
- **Stay clear of all pinch points.** Instruct all athletes to keep fingers away from the weight arm and away from moving parts that may present danger of pinching.
- **Unit is designed for performing a hip/leg press with proper technique using only authorized Rogers Athletic components.** Do not use weight equipment for anything other than its approved purpose.

- **Equipment is designed for use by one person at a time.** Keeping other athletes and spectators away from the machines during use is recommended.

- **Anchoring the machine in place is recommended.** The Pendulum Hip Press by Rogers Athletic has built-in anchor points allowing it to be bolted down. Rogers Athletic is not responsible for the installation of the anchors. Use a professional contractor to anchor the machine(s). Use 3/8" grade 5 or better fasteners.

- **A clean workout environment is recommended to avoid trip hazards.**

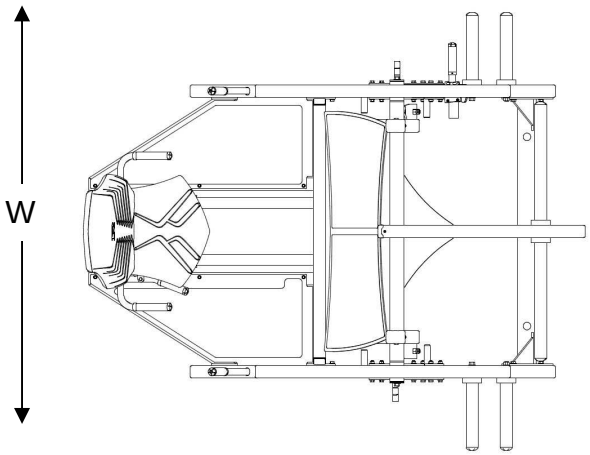
- **Questions or comments?** Please contact Rogers Athletic by phone (1-800-457-5337), or visit our website at www.RogersAthletic.com

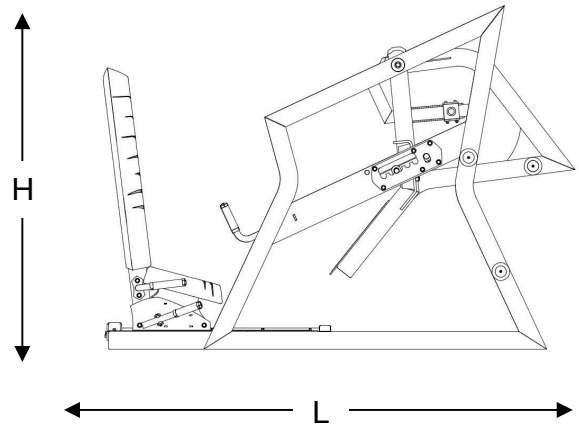
SYMBOLS

	Safety Alert: Precautions that involve your safety
	Athletes must be properly trained before using equipment. Failure to train athletes may result in personal injury.
	Pinch Point Symbol: Failure to keep hands away from pinch points will result in personal injury
	Stay Clear Warning Label: Stay clear of weight equipment when it's in use. Only spotters should be in close proximity when the equipment is being used by someone else.

Rogers Athletic Weight Equipment Specifications

Pendulum Hip Press by Rogers Athletic





Weight:	660 lbs (300 kg)
Height:	58” (147 cm)
Width:	57” (145 cm) – without weight horns
Length:	86” (218 cm)

- The Hip Press provides a workout that targets core areas using motions designed to maximize results
- Lockout handles ensure correct and safe starting position
- Six replaceable weight horns for plate storage
- Weight horns constructed of steel insert with over-molded urethane for long life and ease of weight placement
- Adjustable seat for comfort
- Three position range limiter allows a comfortable range of motion without over extension
- Equipped for floor anchorage
- Durable bumper stops
- Color choices available

Construction, Finish, and Hardware

- Constructed of ASTM specified steel
- Weight Horn Construction: Steel insert Urethane over-mold
- Baked-on powder coat finish
- Zinc plated hardware of Grade 5 or equivalent

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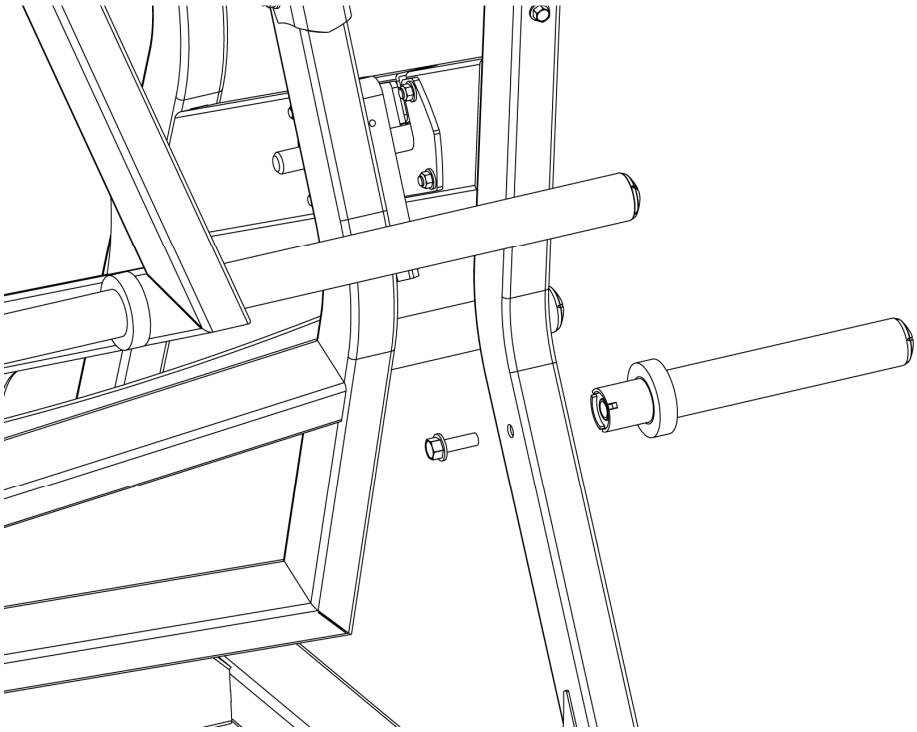

To attach the weight horns, use (1) ½" x 3" bolt per weight horn. Tighten the bolts with a ¾" wrench.

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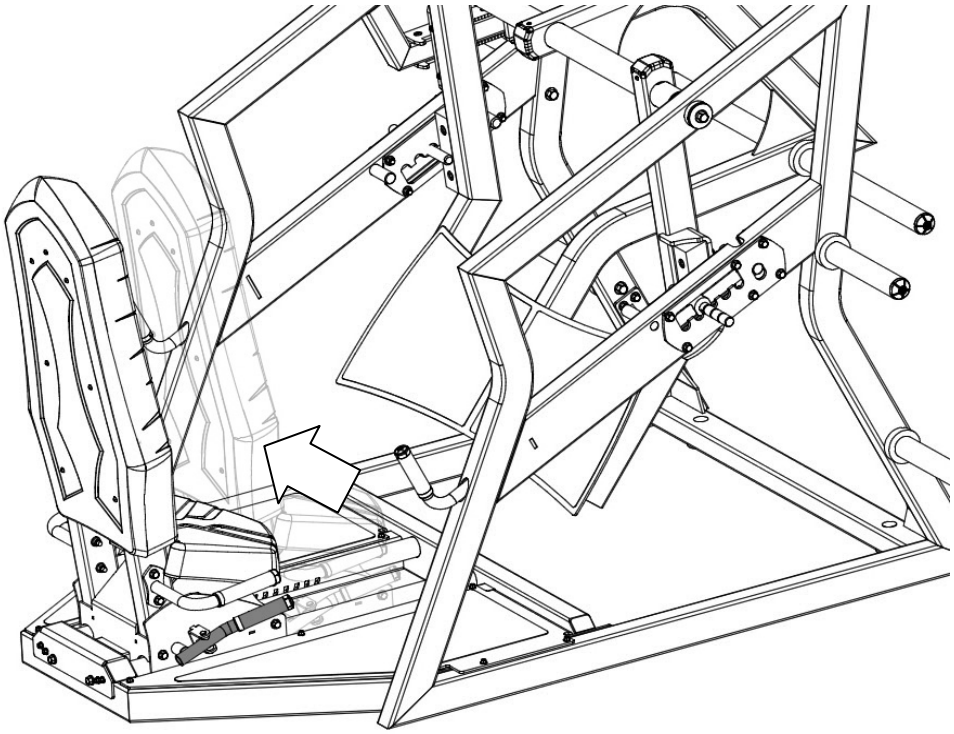

To adjust the seat, push the handle in toward the seat, slide the seat into position, and release the handle.

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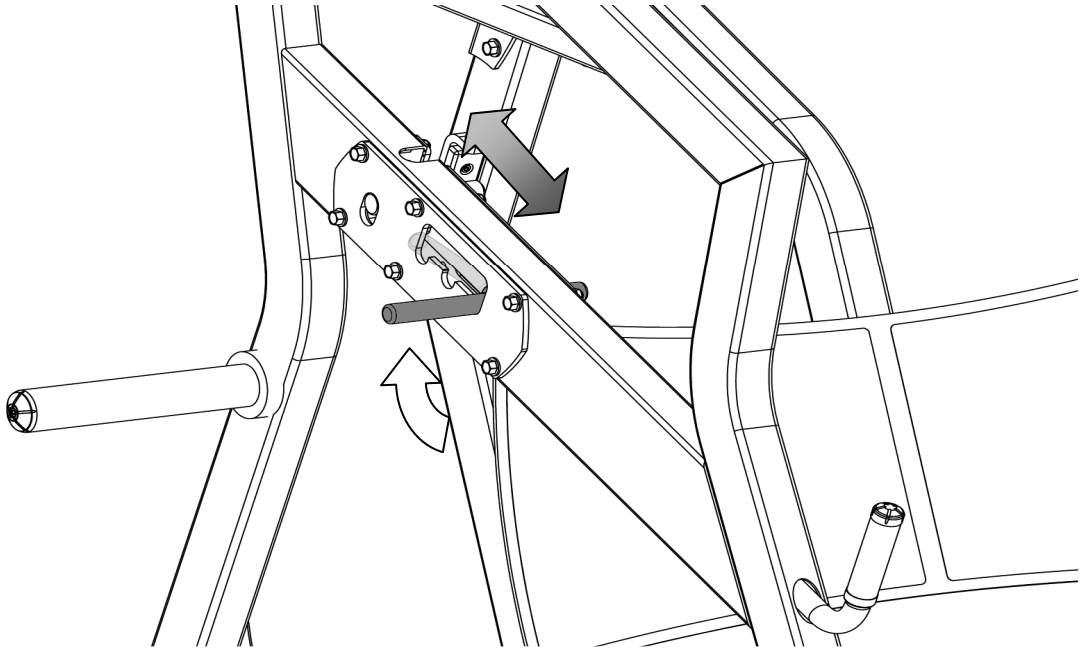

To adjust the front stop, flip the handle up and slide it into the desired slot.

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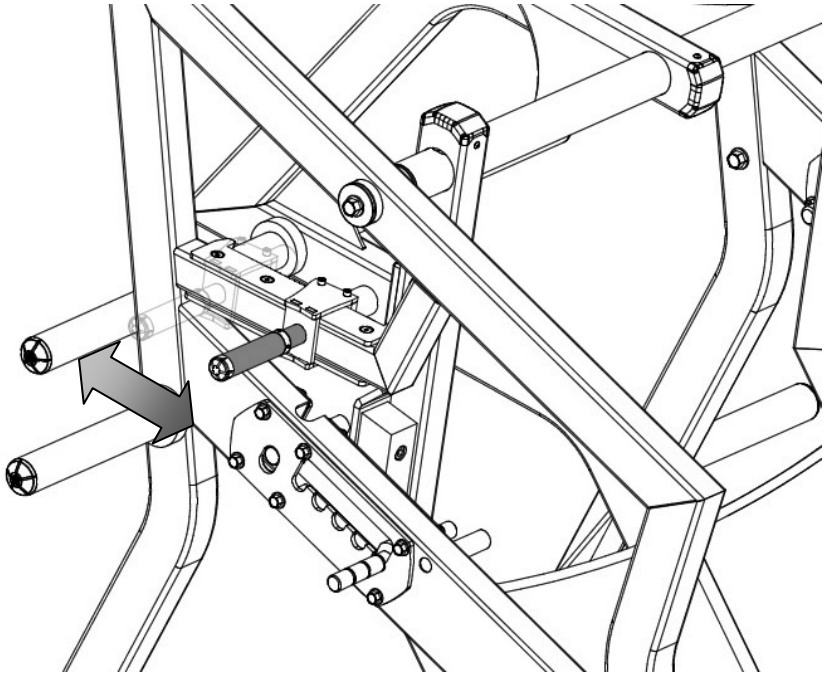

To adjust the back stop, slide it along the stop tube to the appropriate position.

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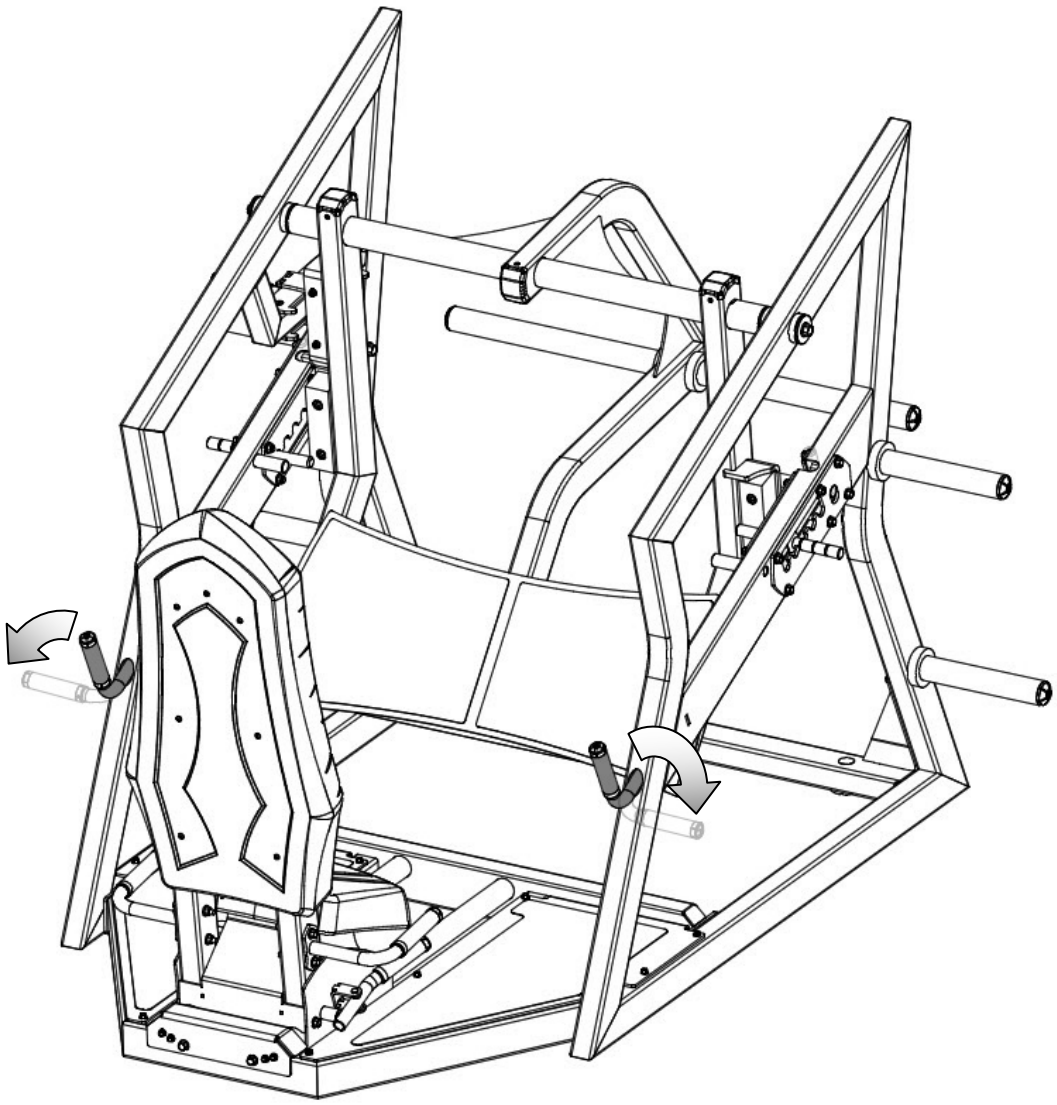

To begin exercising, load weights onto the weight horns, press on the kick plate and turn the handles out to unlock the stops.

MAINTENANCE

WARNING!
READ AND UNDERSTAND ALL MAINTENANCE PROCEDURES.
Failure to follow all procedures listed below may cause serious injury and decrease the equipment's functional existence.

- **Frequently check to see that all bolts are securely fastened**
- **Touch up paint can be used to cover any scratches or blemishes sustained through use.**
- **A silicone based lubricant may be used on moving parts to maintain proper function.**
- **Mild detergent or disinfectant may be used to clean weight equipment.** For Naugahyde covered pads, use a solution of 10% household liquid dish soap with warm water applied with a soft damp cloth, or soft bristle brush if necessary.
- **Replace any damaged equipment with genuine Rogers Athletic parts.** Failure to do so may result in unsafe equipment and/or personal injury.

CUSTOMER SERVICE

For parts or service contact Rogers Athletic Company. When ordering parts be sure to provide all relevant information available including the name and part number of the equipment purchased. This information is located on the cover of this product information package. Hours of phone service are Monday through Friday from 8:00 a.m. to 5:00 p.m. Eastern Standard Time. Customers can phone (989) 386-2950 or toll free at (800) 457-5337. Fax toll free at (888) 549-9659 or mail:

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