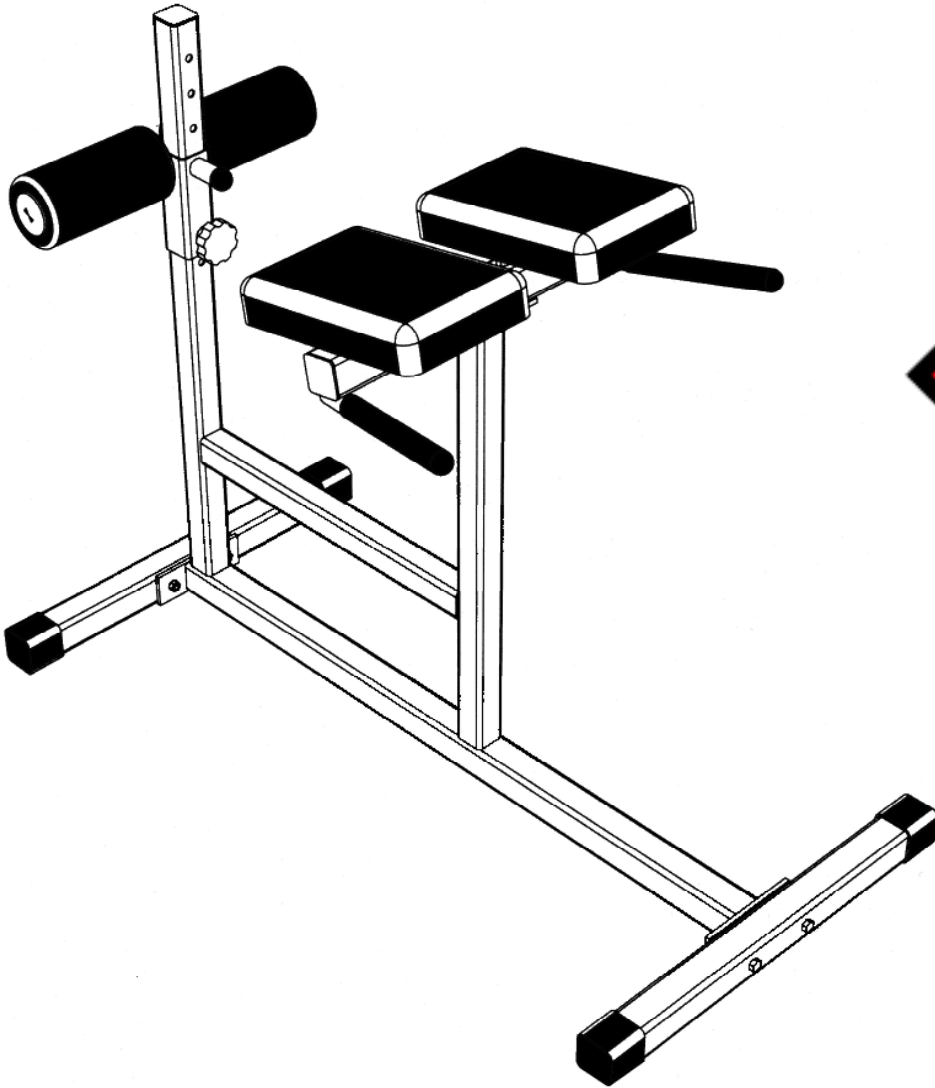


DF404

HYPEREXTENSION BENCH

Assembly Manual

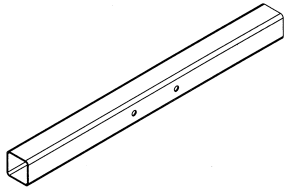


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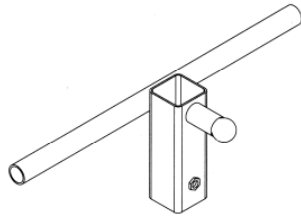
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

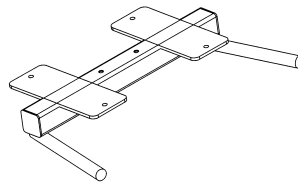
BOX CONTENTS



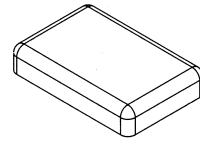
A
FOOT
QTY 2



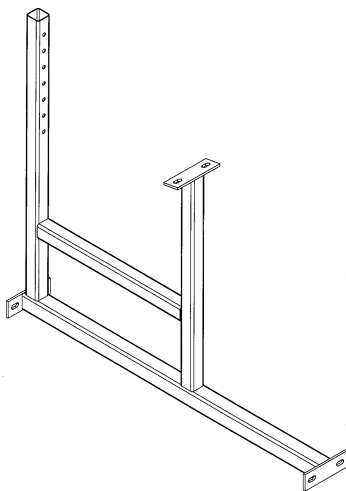
B
HOLD DOWN
QTY 1



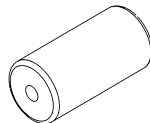
C
SEAT FRAME
QTY 1



D
SEAT PAD
QTY 2



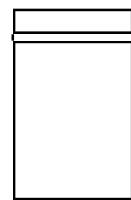
E
FRAME
QTY 1



F
ROLLER PAD
QTY 2



DF404
INSTRUCTION
SHEET
QTY 1

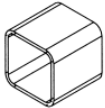


DF404
HARDWARE PACK
QTY 1

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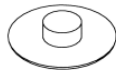
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HARDWARE



H

RUBBER SHOE
QTY 4



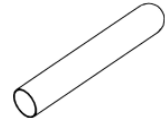
I

MUSHROOM CAP
QTY 2



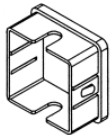
J

2" SQUARE CAP
QTY 3



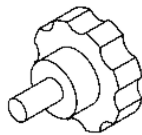
L

HAND GRIP
QTY 2



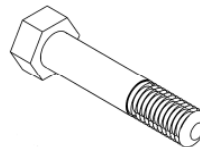
M

REDUCER
QTY 2



N

KNOB
QTY 1



P

M12 x 70MM
BOLT
QTY 6



Q

M10 x 25MM
BOLT
QTY 4



R

M12 WASHER
QTY 12



S

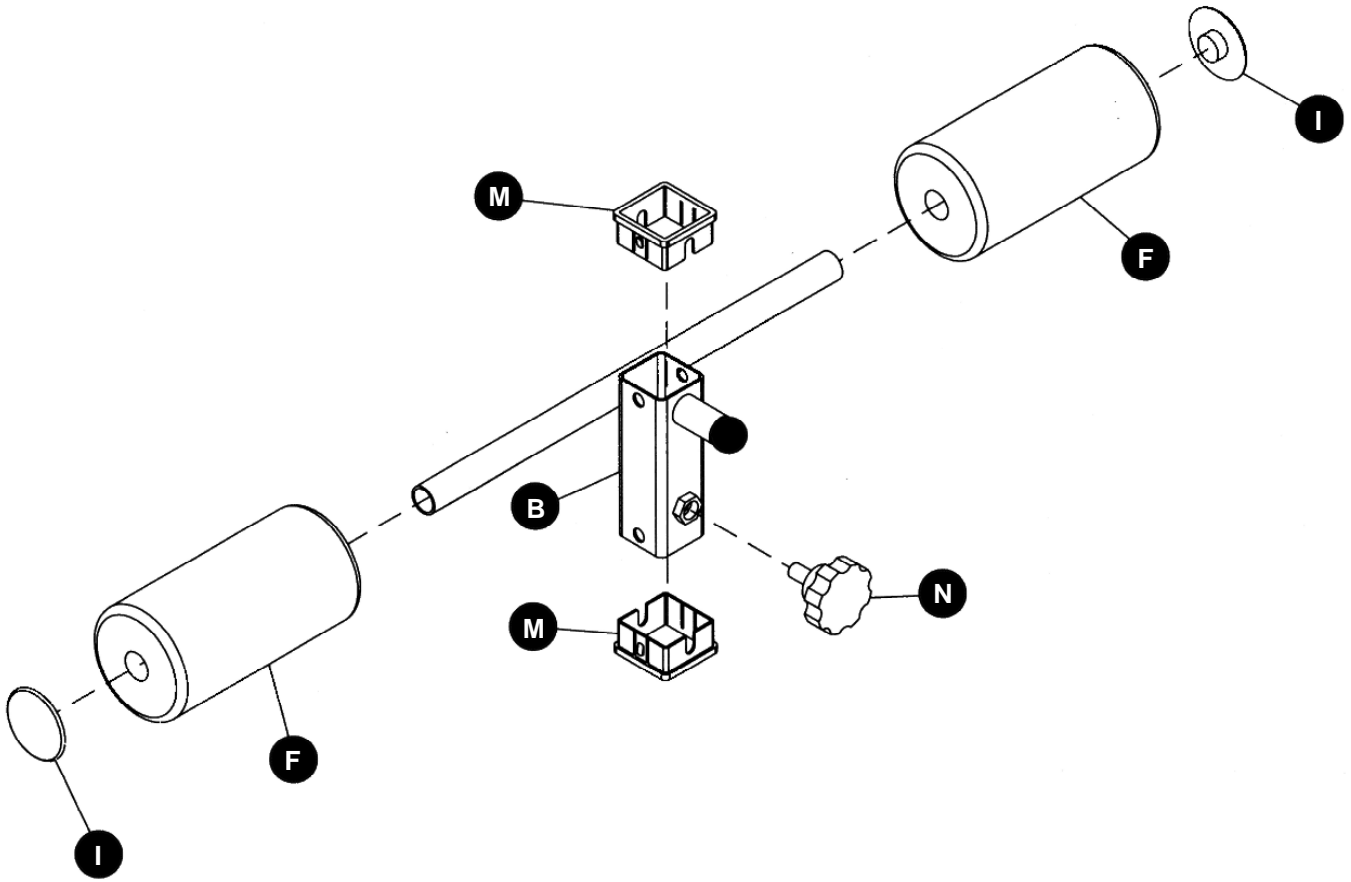
M10 WASHER
QTY 4



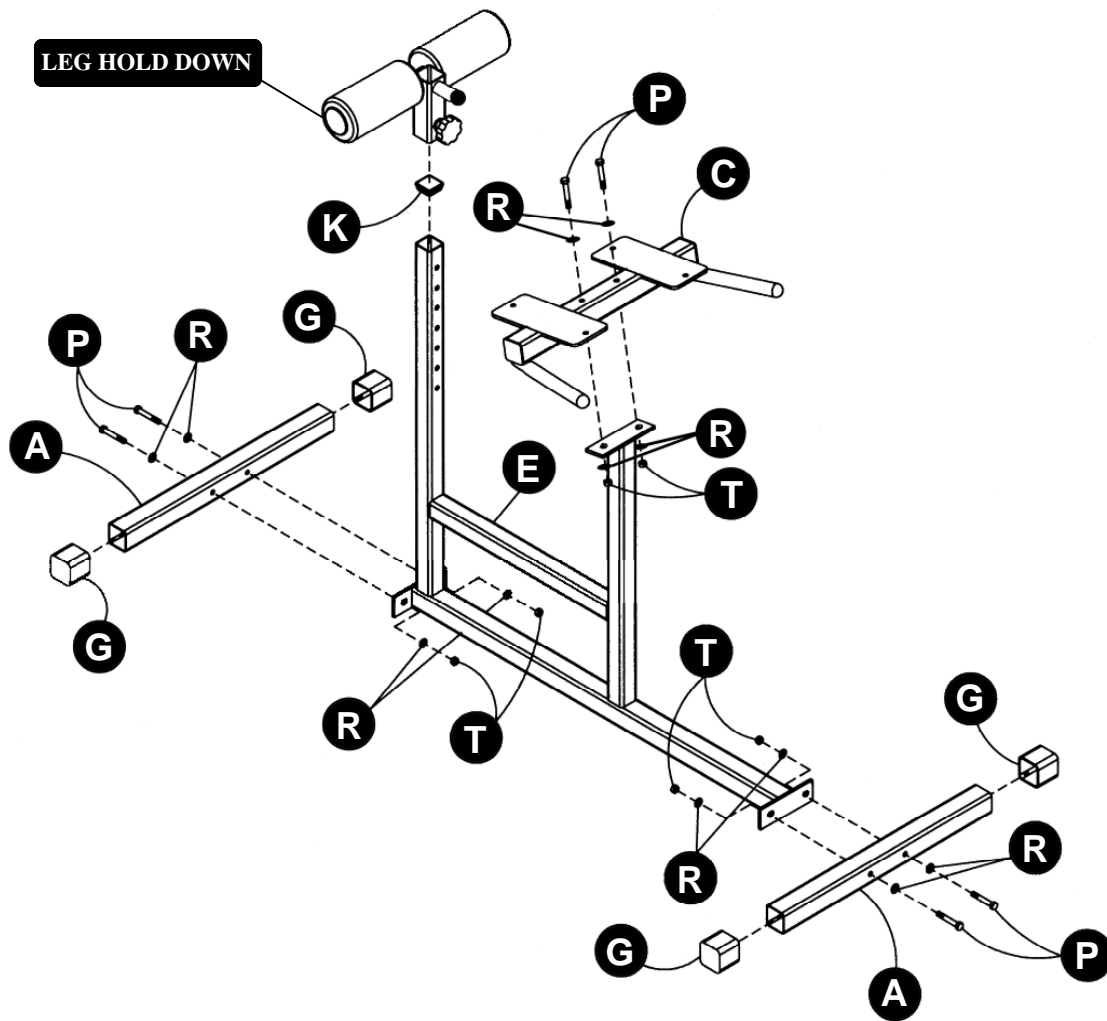
T

M12 LOCKNUT
QTY 6

LEG HOLD DOWN ASSEMBLY



INSERT THE REDUCERS (M) INTO EACH END OF THE HOLD DOWN (B). INSTALL KNOB (N). INSTALL LEG PADS (F) ONTO TUBE AND INSERT MUSHROOM CAPS (I).



TOOLS REQUIRED:

ADJUSTABLE WRENCHES OR METRIC SOCKET SET

ASSEMBLE THE FRAME (E) TO THE FEET (A) USING THE M12 x 70MM BOLTS (P), M12 WASHERS (R) AND M12 LOCKNUTS (T). THEN INSTALL THE RUBBER BOOTS (G) ON THE UNIT.

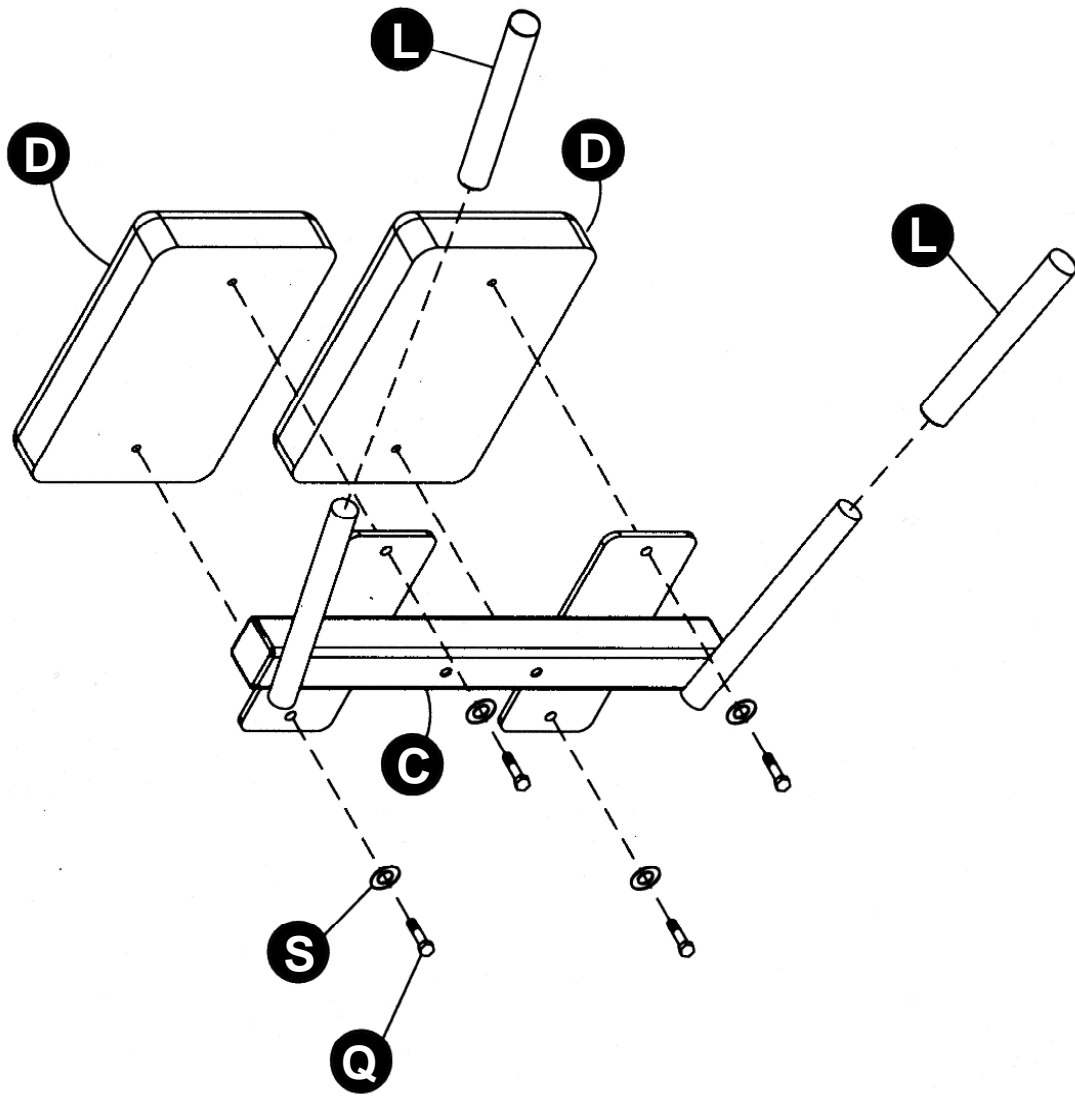
NEXT ATTACH THE SEAT FRAME (C) TO THE FRAME (E) USING THE M12 x 70MM BOLTS (P) AND M12 LOCKNUTS (T).

INSTALL 2" SQUARE CAP (J) INTO FRAME AND SLIDE LEG HOLD DOWN ASSEMBLY TO DESIRED POSITION. MAKE SURE PIN ENGAGES ADJUSTMENT HOLE AND TIGHTEN KNOB TO SECURE.

MAKE SURE ALL THE BOLTS ARE TIGHT BEFORE USE. REMEMBER TO CHECK THEM PERIODICALLY TO MAKE SURE THEY ALWAYS STAY TIGHT.

ADJUSTING THE FOOT REST: RAISE AND LOWER THE FOOT REST USING THE PULL PIN. MAKE SURE THE PULL PIN IS ENGAGED IN THE ADJUSTMENT HOLE BEFORE USE.

SEAT FRAME ASSEMBLY



INSTALL SEAT PADS (D) TO SEAT FRAME (C) USING M10 x 25 MM BOLTS (Q) AND M10 WASHERS (S). SLIDE HAND GRIPS (L) ONTO SEAT FRAME HANDLES.

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE RISK OF INJURY CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM. PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT, DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY. DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT. ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OR WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ACCESSORIES ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.