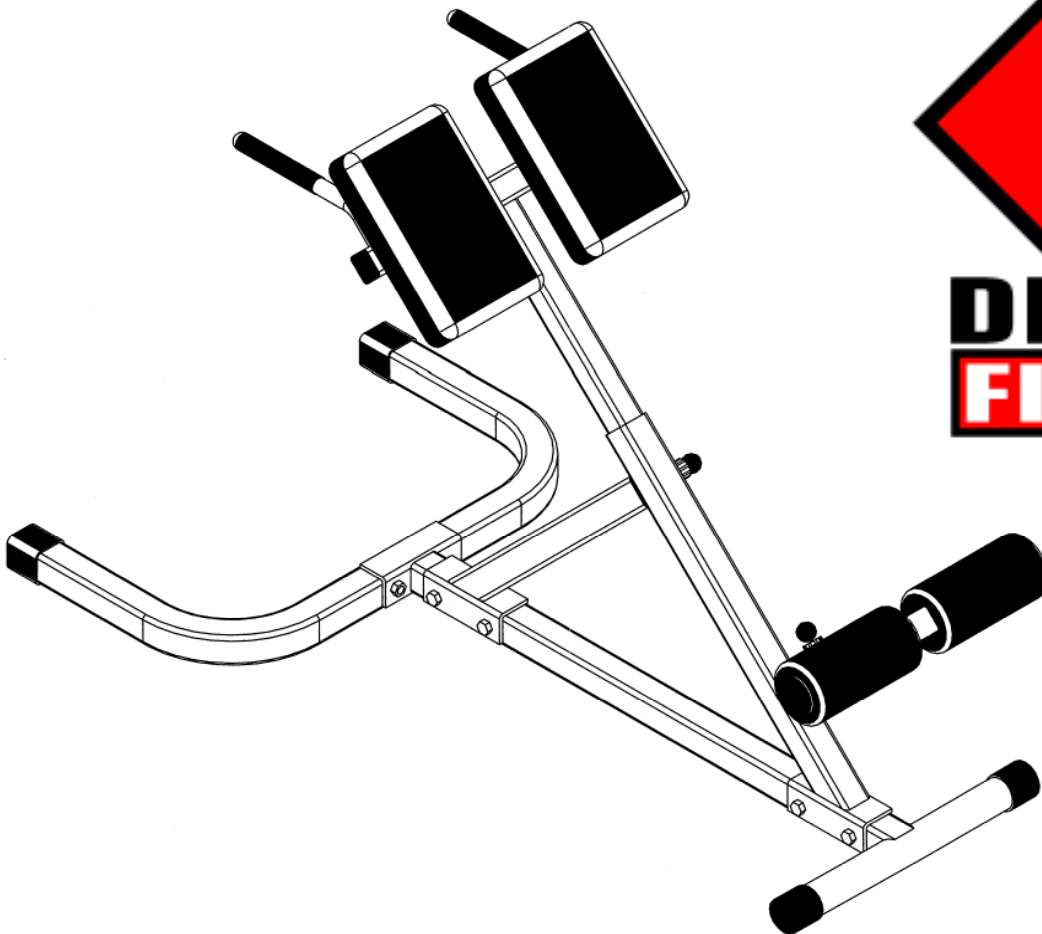


DF407

45 DEGREE HYPEREXTENSION BENCH

Assembly Manual

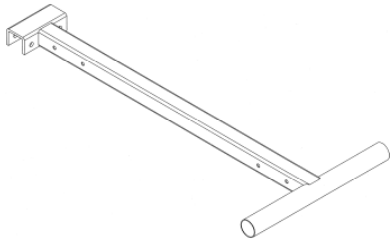


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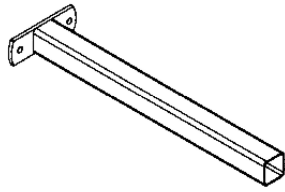
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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

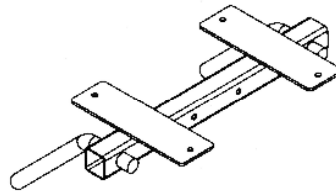
BOX CONTENTS



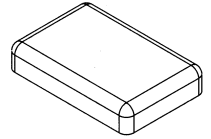
A
BOTTOM FRAME
QTY 1



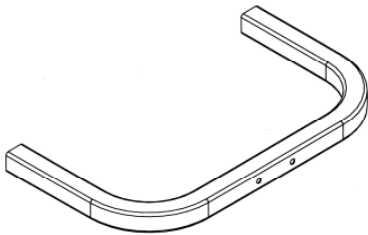
B
ADJUSTMENT ARM
QTY 1



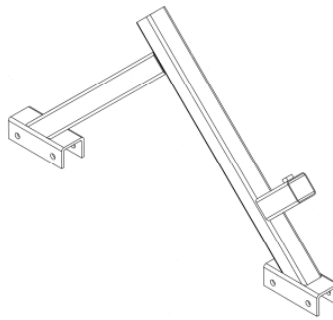
C
PAD FRAME
QTY 1



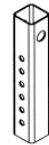
D
PAD
QTY 2



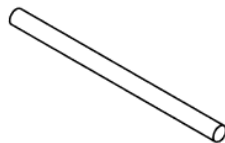
E
FRONT FOOT
QTY 1



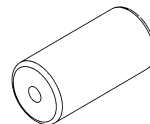
F
UPPER FRAME
QTY 1



G
TUBE FRAME
QTY 1



H
ROLLER PAD
TUBE
QTY 1

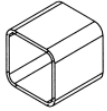


I
ROLLER PAD
QTY 2

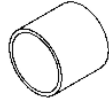
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HARDWARE



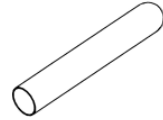
J
SQUARE CAP
QTY 2



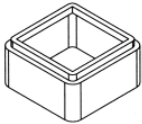
K
ROUND CAP
QTY 2



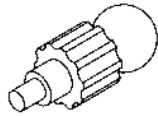
L
SQUARE CAP
QTY 3



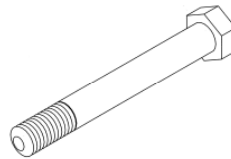
M
HAND GRIP
QTY 2



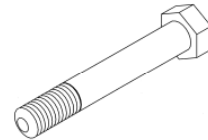
N
REDUCER
QTY 2



O
PULL-PIN
QTY 2



P
M10 x 75MM
BOLT
QTY 6



Q
M10 x 65MM
BOLT
QTY 2



R
M8 x 25MM BOLT
QTY 4



S
10MM LOCKNUT
QTY 6



T
10MM WASHER
QTY 6



U
8MM WASHER
QTY 4

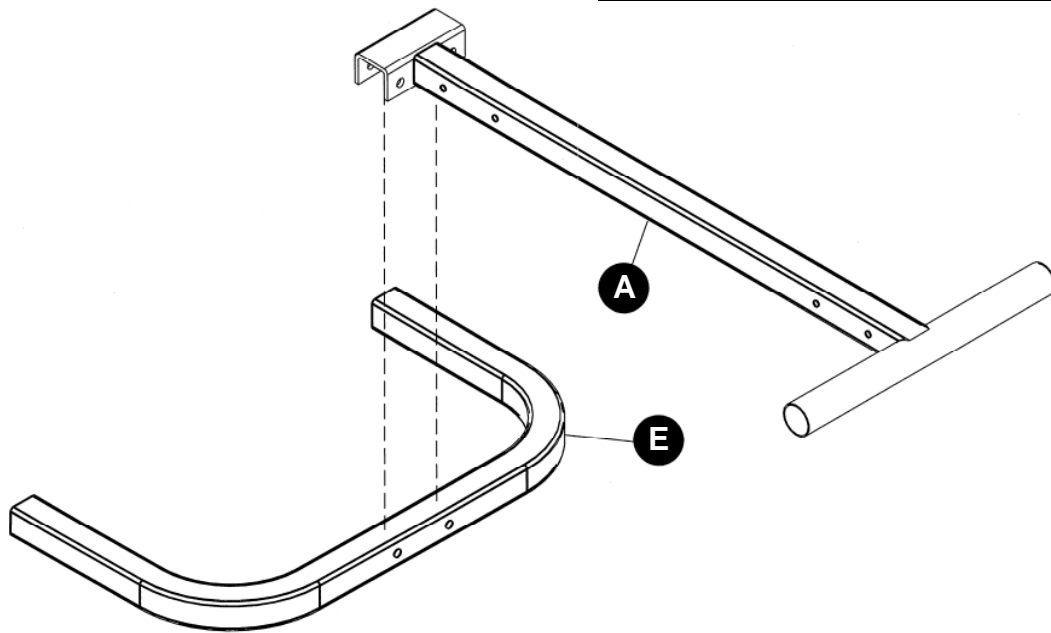


V
MUSHROOM CAP
QTY 2

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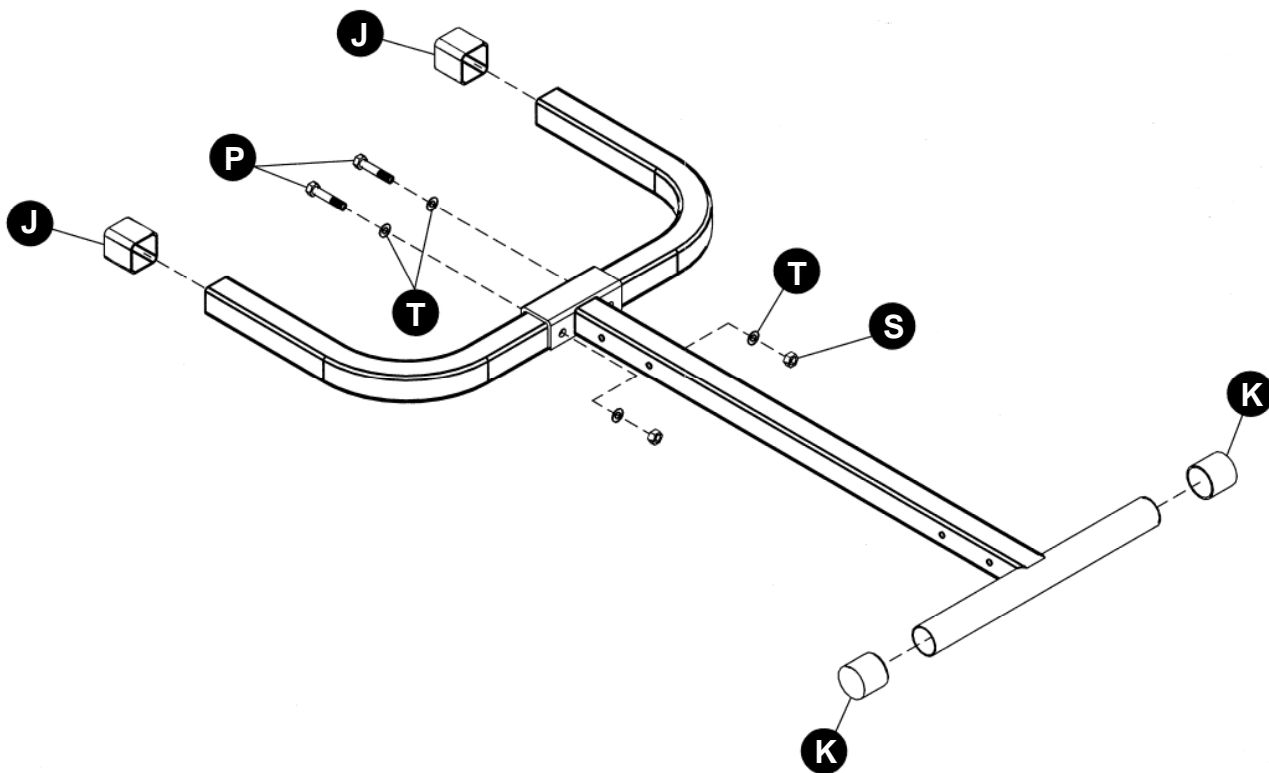
BOTTOM FRAME ASSEMBLY



TOOLS REQUIRED:

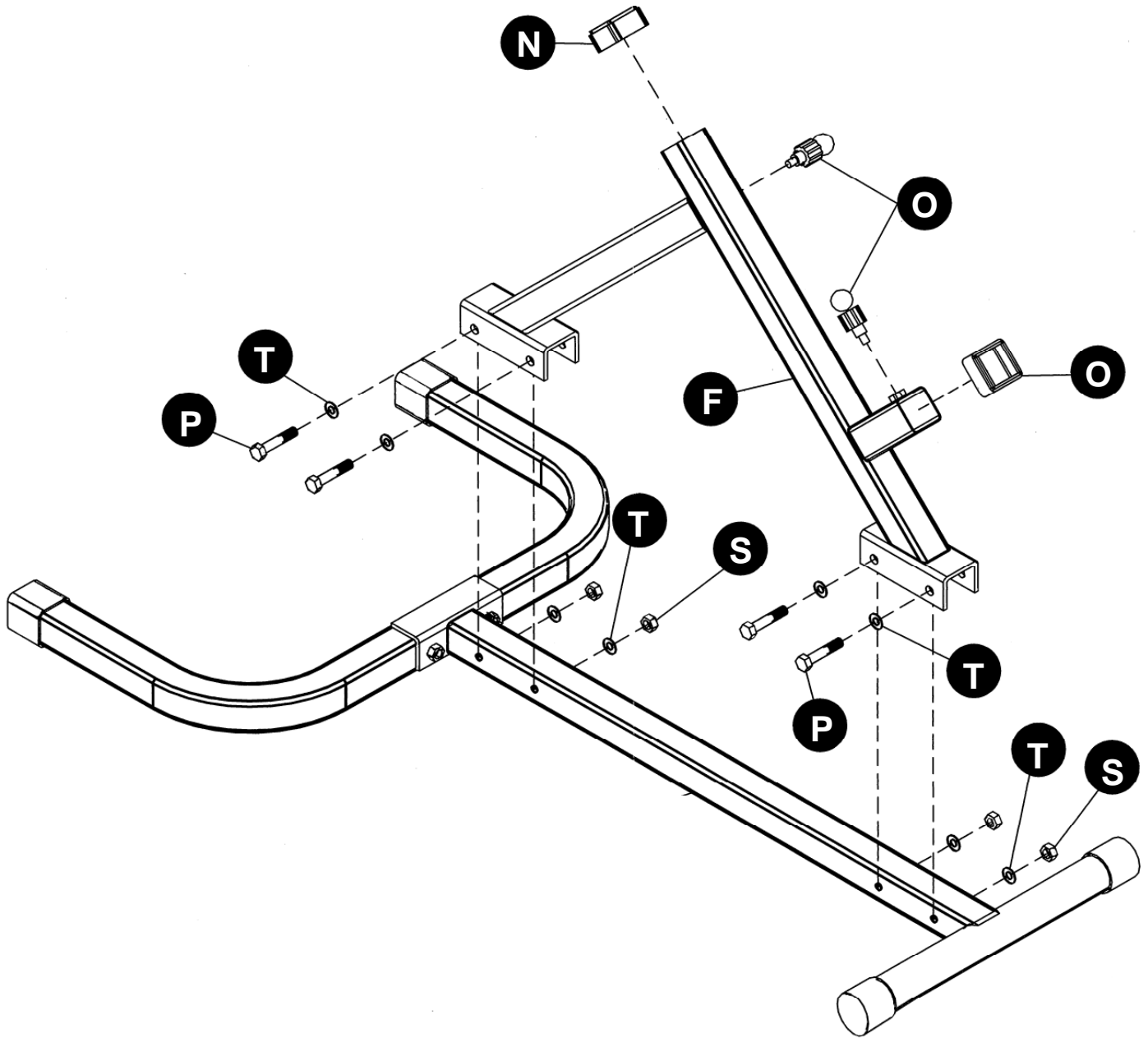
ADJUSTABLE WRENCHES OR SOCKET SET

INSTALL THE BOTTOM FRAME (A) TO THE FRONT FOOT (E), ALIGNING THE HOLES IN THE FRONT FLANGE WITH THE HOLES IN THE FOOT.



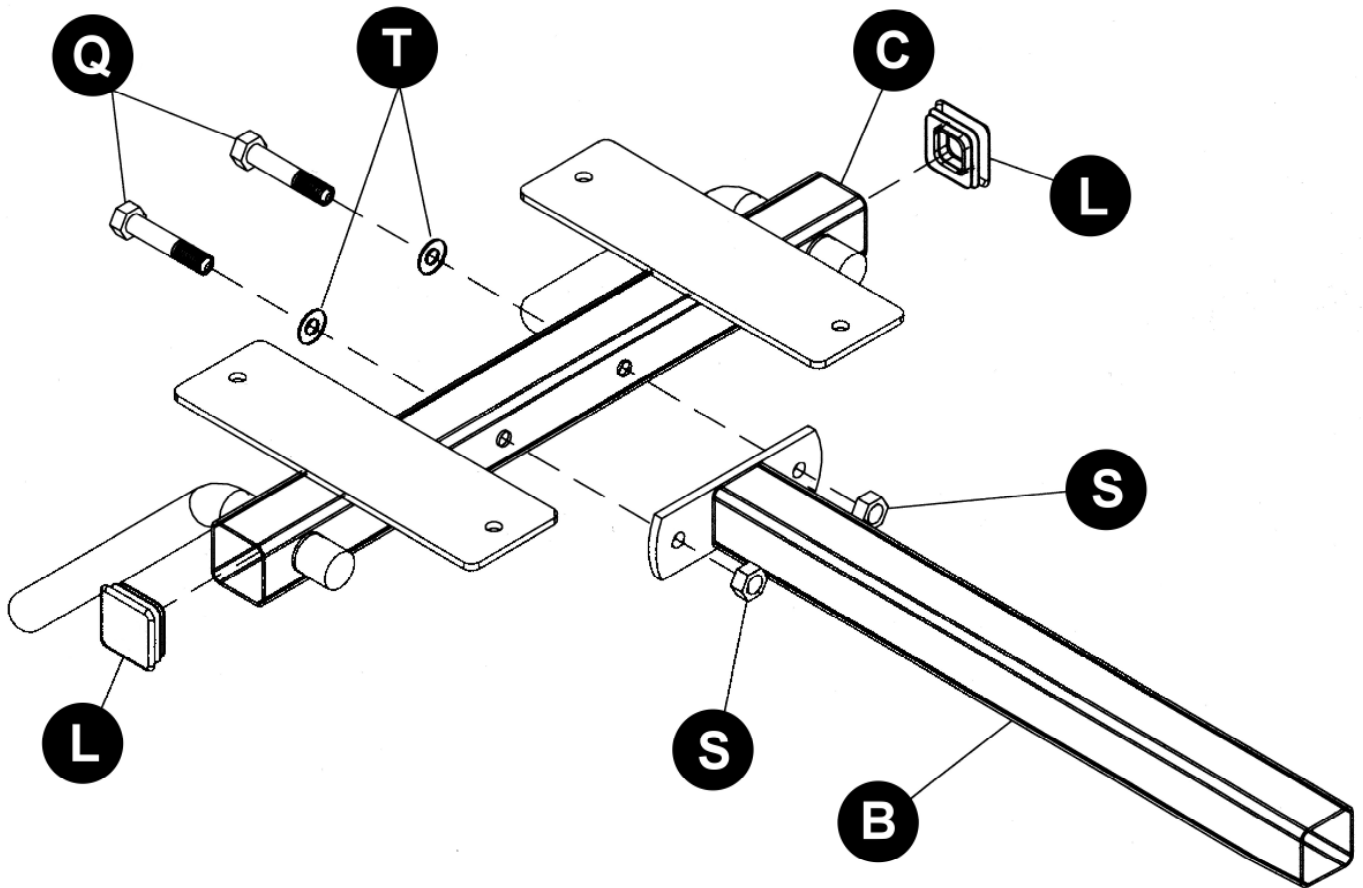
ASSEMBLE THE BOTTOM FRAME TO THE FRONT FOOT USING THE M10 x 75MM BOLTS (P), M10 WASHERS (T) AND M10 LOCKNUT (S). INSTALL THE 2" ROUND RUBBER CAPS (K) ON THE BOTTOM FRAME AND THE 2" SQUARE RUBBER CAPS (J) ON THE FRONT FOOT.

UPPER FRAME ASSEMBLY



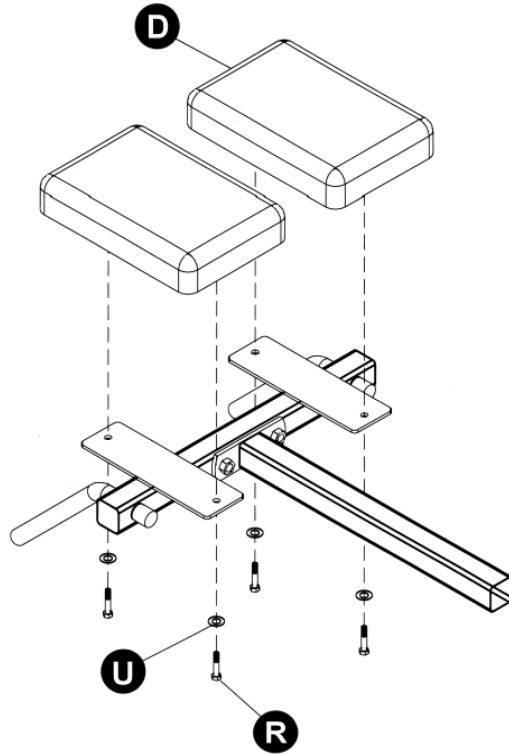
ASSEMBLE THE UPPER FRAME (F) TO THE BOTTOM FRAME ASSEMBLY USING THE M10 x 75MM BOLTS (P), M10 WASHERS (T) AND M10 LOCKNUT (S). INSTALL THE PULL-PINS (O).

PAD FRAME ASSEMBLY

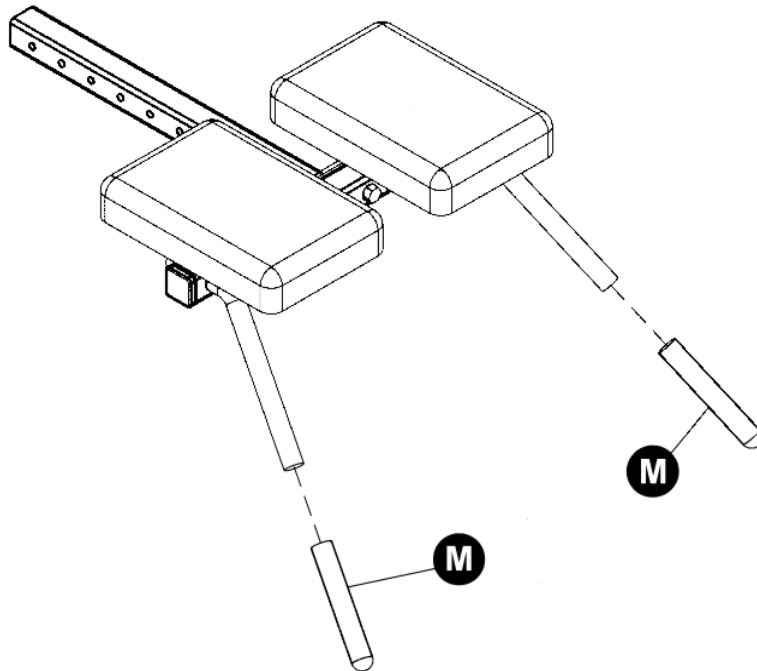


ASSEMBLE THE ADJUSTMENT ARM (B) TO THE PAD FRAME (C) USING THE M10 x 65MM BOLTS (Q), M10 WASHERS (T) AND M10 LOCKNUT (S). THEN INSTALL THE 2" CAPS (L).

PAD FRAME ASSEMBLY

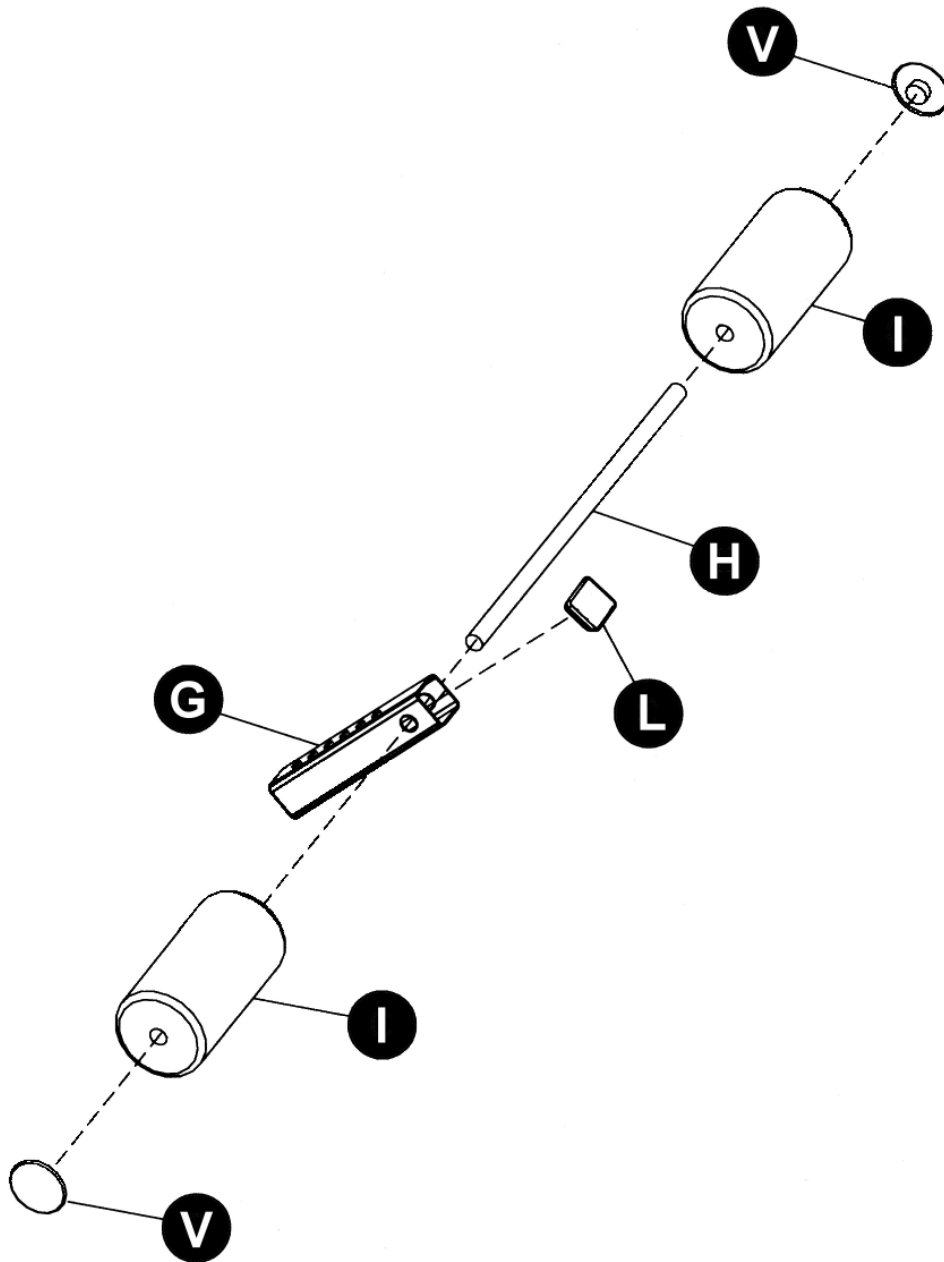


ASSEMBLE THE PADS (D) TO THE PAD FRAME USING THE M8 x 25MM BOLTS (R) AND M8 WASHERS



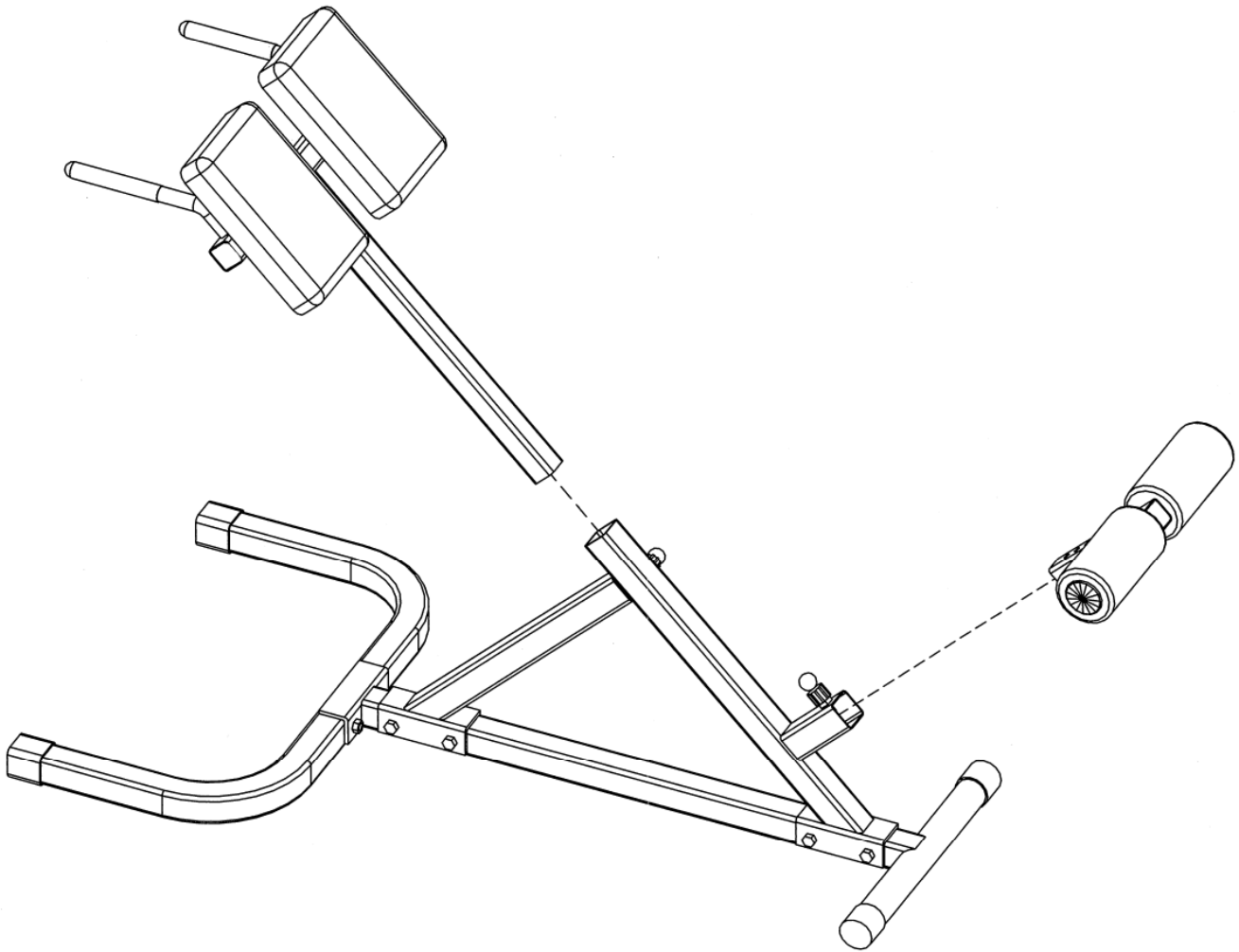
ASSEMBLE THE HANDGRIPS (M) TO THE HANDLES.

LEG HOLD-DOWN ASSEMBLY



INSTALL SQUARE CAP (L) INTO END OF TUBE FRAME (G). INSERT THE ROLLER TUBE (H) TUBE INTO THE TUBE FRAME (G). INSTALL THE ROLLER PADS (I) ONTO THE TUBE AND INSERT MUSHROOM CAPS (V) INTO END OF ROLLER TUBE.

FINAL ASSEMBLY



INSERT THE PAD FRAME ASSEMBLY AND LEG HOLD-DOWN ASSEMBLY INTO THE UPPER FRAME.
ADJUST AS NECESSARY AND TIGHTEN PULL-PIN KNOBS.

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK 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 REPLACED WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS OR ASSESSORS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.