

A993
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

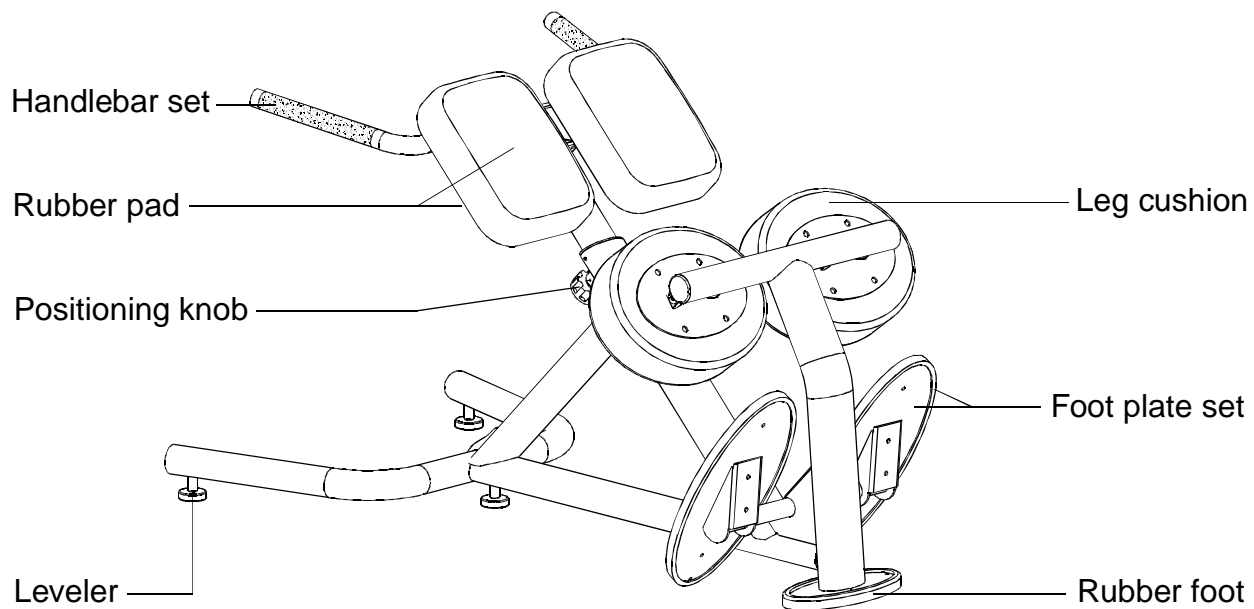


45 DEG BACK HYPEREXTENSION

A. SAFETY INSTRUCTIONS

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the machine on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children on or near the machine.
- Make sure all fasteners are properly tightened for safety. DO NOT use the machine if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this machine is used by, on, or near adolescent, invalids, and disabled persons.
- Use this machine only for its intended use as described in this manual.
- Never operate this machine if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. INTRODUCTION

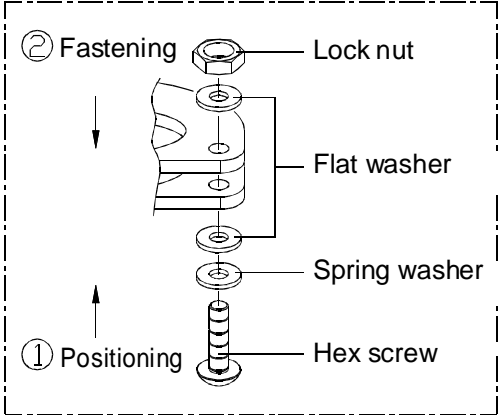
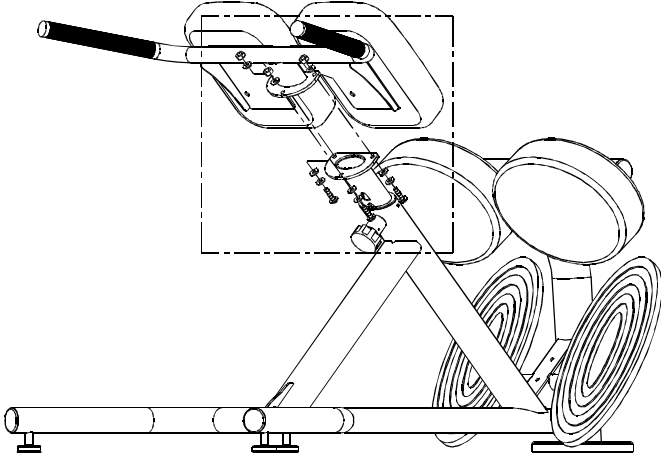


C. LIST OF PARTS

1. One L Shaped, M6 hex wrench
2. One double-end open wrench, 13mm and 15mm
3. One main frame
4. One handlebar set

D. ASSEMBLY INSTRUCTION

Secure all parts with hardware as shown



Assemble with the hardware provided

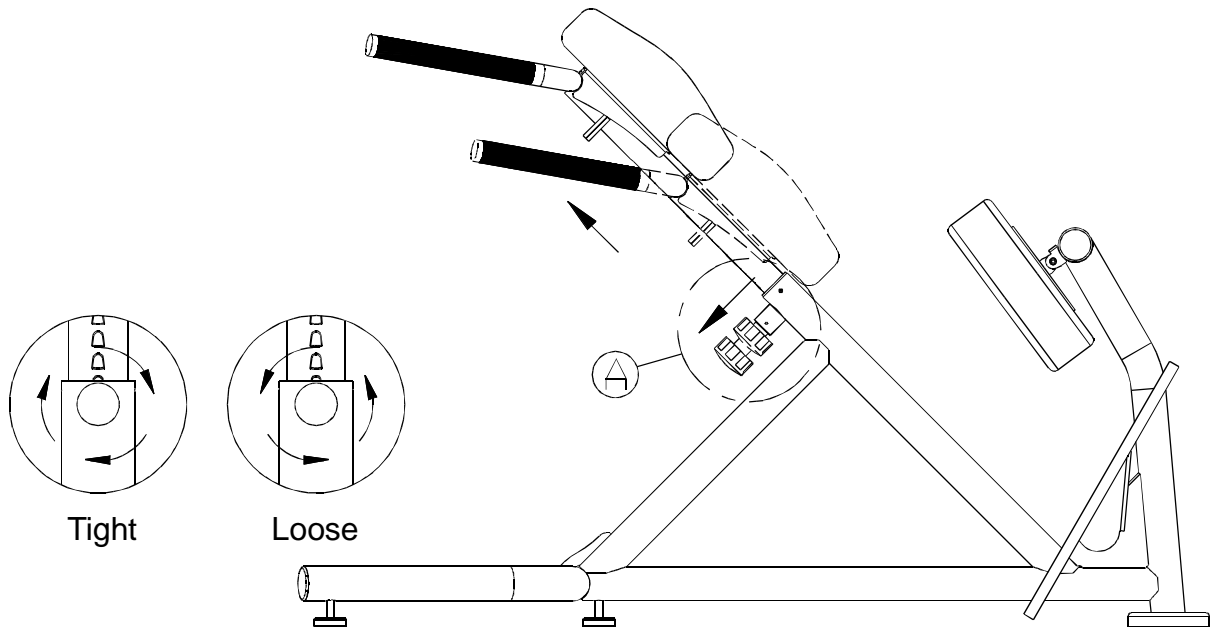
E. HANDLEBAR ADJUSTMENT

Upward adjustment:

1. Directly pull the handlebar to a comfortable starting position
2. Tighten positioning knob "A" to make it steady.

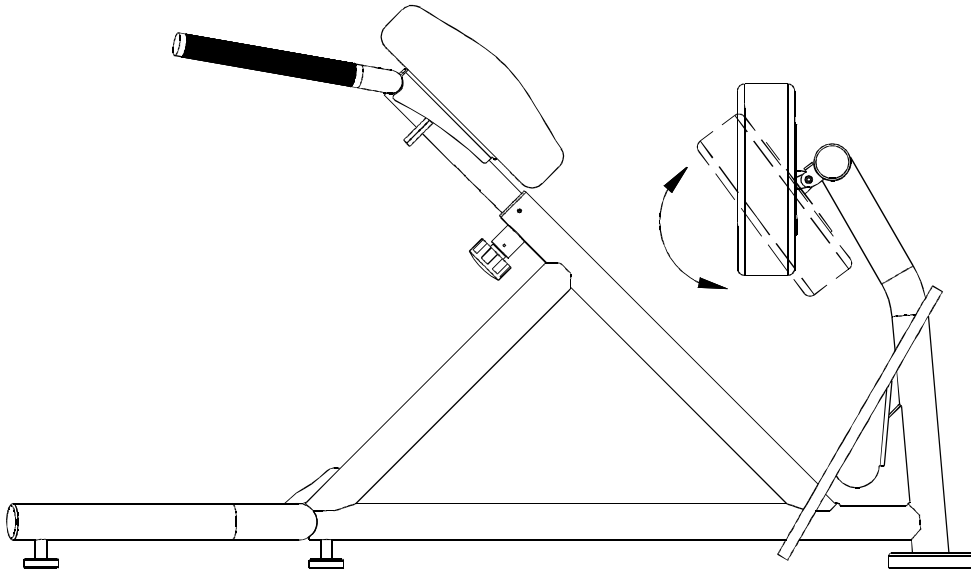
Downward adjustment:

1. Loosen positioning knob "A" and then pull it out.
2. Adjust the handlebar to a comfortable starting position.



F. HORIZONTAL LEVEL ADJUSTMENT:

Adjust leveler "A" & "B" to level the machine.



CAUTIONS:

The leg cushion is flexible and can pivot up and down with body movement.

