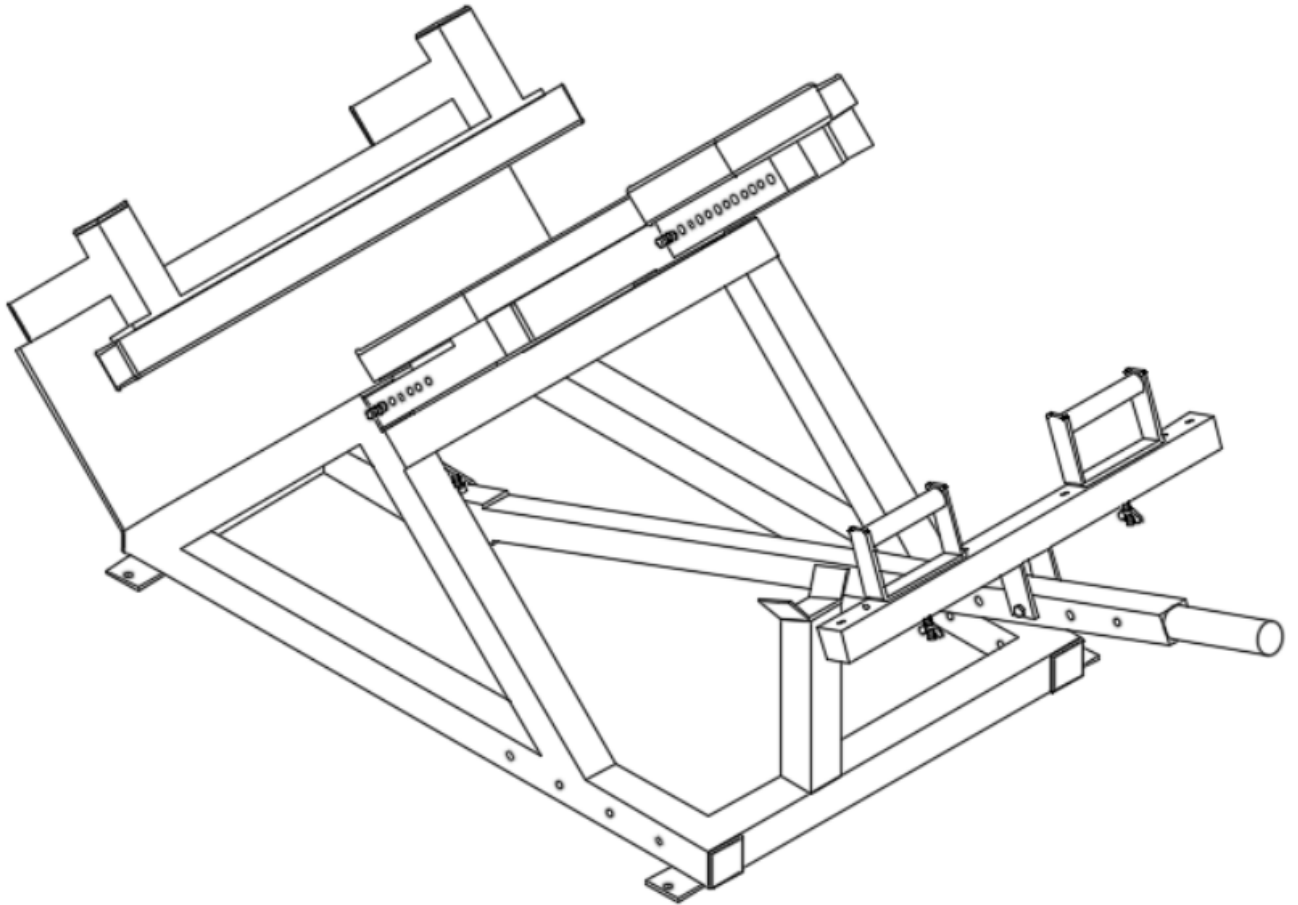


# 45 Degree Back Extension



**WARNING**

Read all safety warnings, instructions and illustrations provided for this piece of strength equipment. Failure to follow all instructions listed below may result in serious injury or death. User assumes all potential risks of assembly or use of this product.

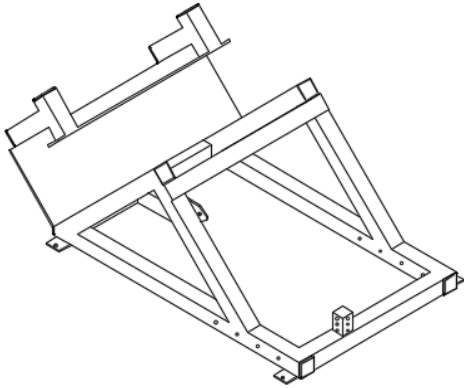
**PERSONAL SAFETY**

- Stay alert, watch what you are doing when assembling and operating the strength equipment. Do not use the strength equipment while you are tired or under the influence of drugs, alcohol or medication. A moment of inattention while operating or assembling the strength equipment may result in serious or fatal injury.

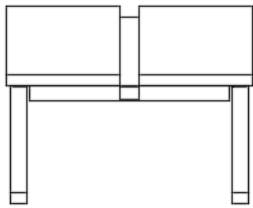
**EQUIPMENT USE AND CARE**

- Visually inspect all components in order to identify potential deformation or damage. If damages are observed, discontinue assembly and contact the manufacturer at [shipping@texasstrengthsystems.com](mailto:shipping@texasstrengthsystems.com), [wesz@texasstrengthsystems.com](mailto:wesz@texasstrengthsystems.com).
- Multiple components involved with assembly of this piece of strength equipment are above 50lbs and it is recommended that you have an additional person to assist in the positioning of these items.
- Ensure that all components are securely fastened before use.

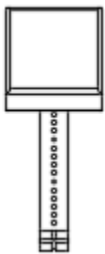
# Parts



BE-001 | (x1) | Part A



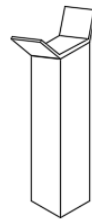
BE-002 | (x1) | Part B



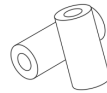
BE-003 | (x1) | Part C



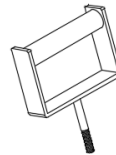
BE-004 | (x1) | Part D



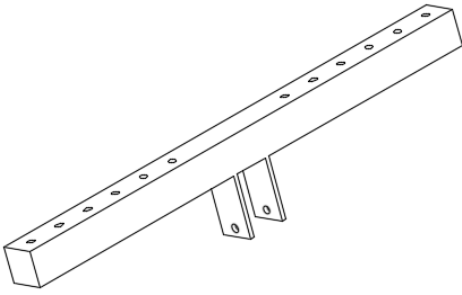
BE-005 | (x1) | Part E



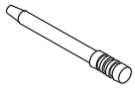
BE-006 | (x1) | Part F



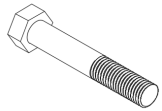
BE-007 | (x2) | Part G



BE-008 | (x1) | Part H



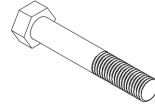
Height Pin | (x3) | Part I



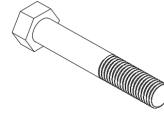
7/16" x 3 1/2" Bolt | (x2) | Part J



7/16" Lock Nut | (x2) | Part K



3/8" x 3" Bolt | (x1) | Part L



3/8" x 3 1/2" Bolt | (x1) | Part M



7/16" Wing Nut | (x3) | Part N



3/8" Wing Nut | (x1) | Part O

# Assembly

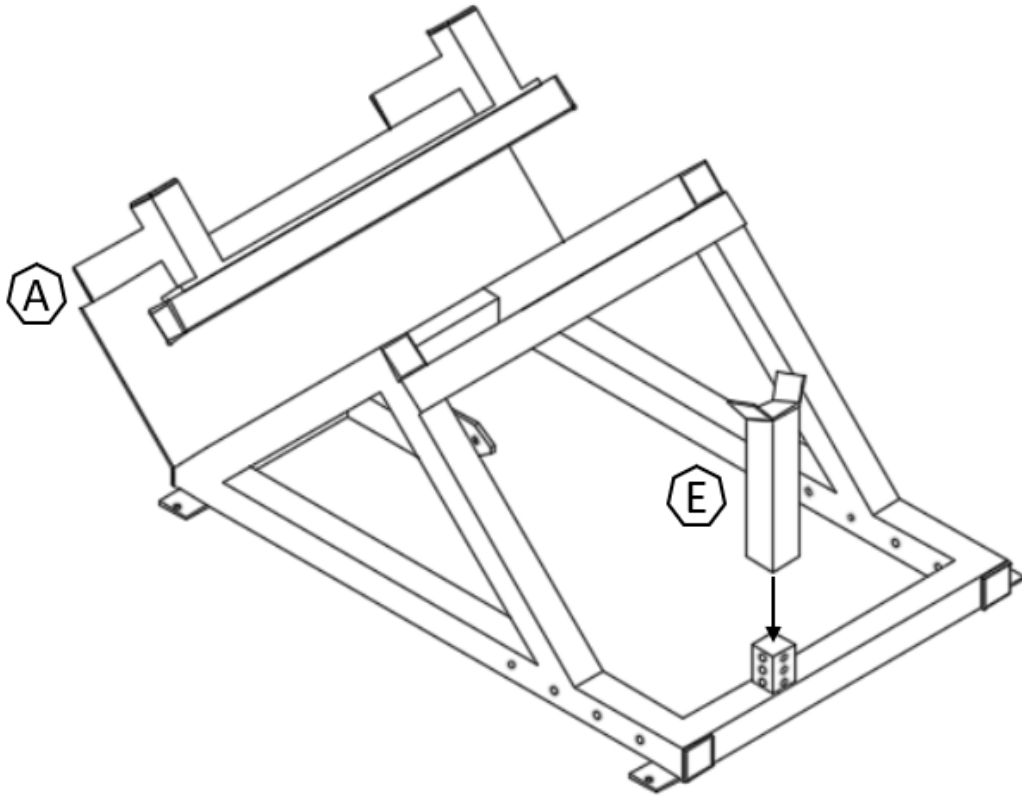


Image 1

Place part E onto part A as seen above in image 1.

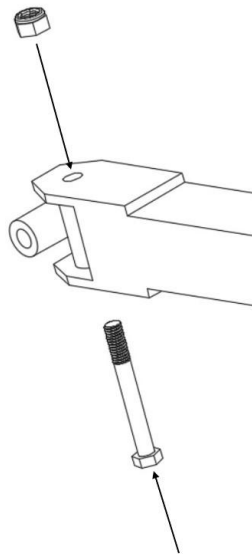
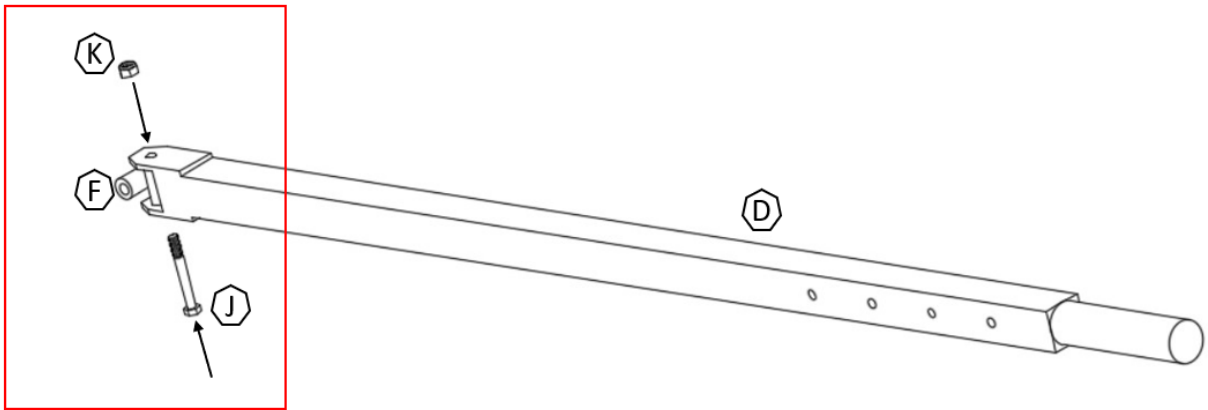


Image 2

Assembly of parts D, F, J, and K can be seen above in image 2.

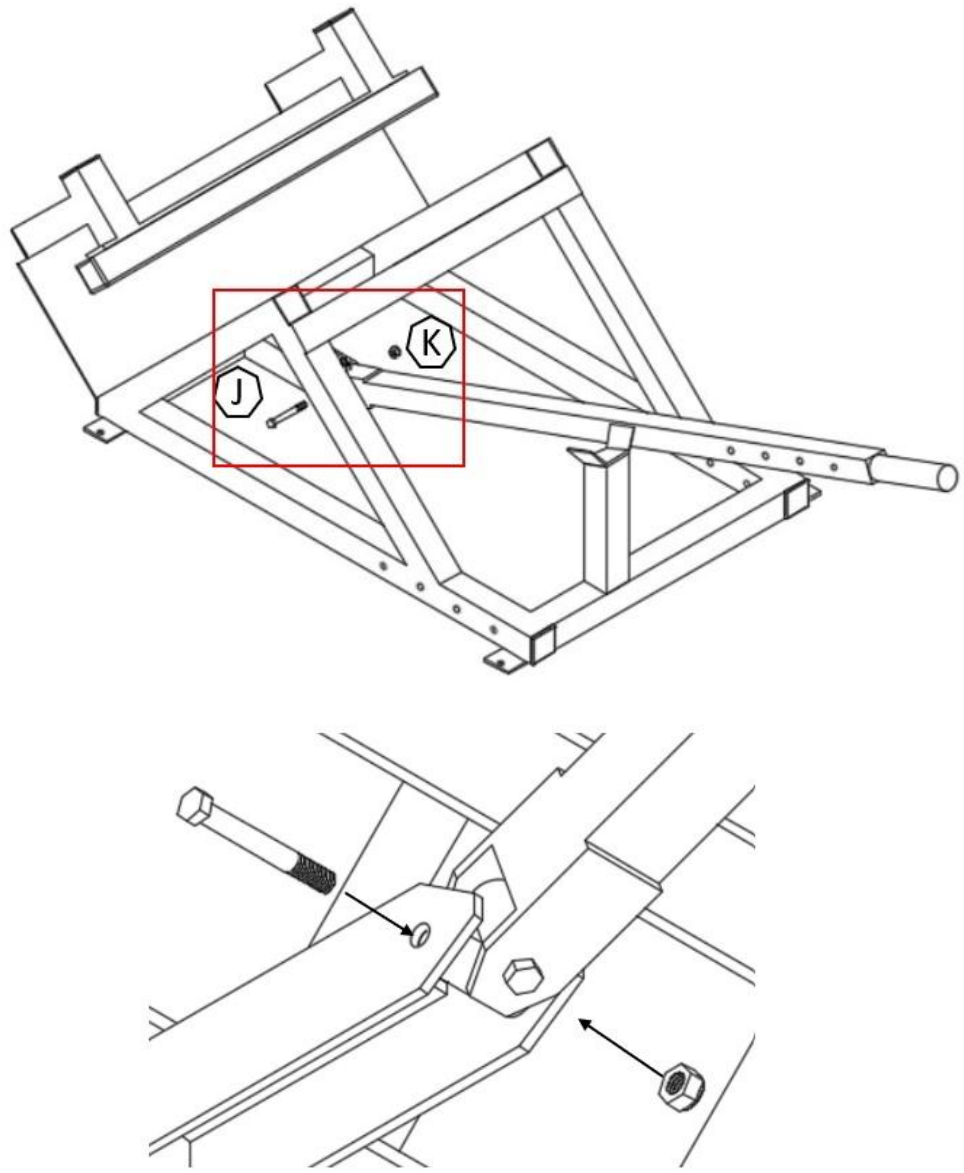


Image 3

Attach part F to part A as seen above in image 3.

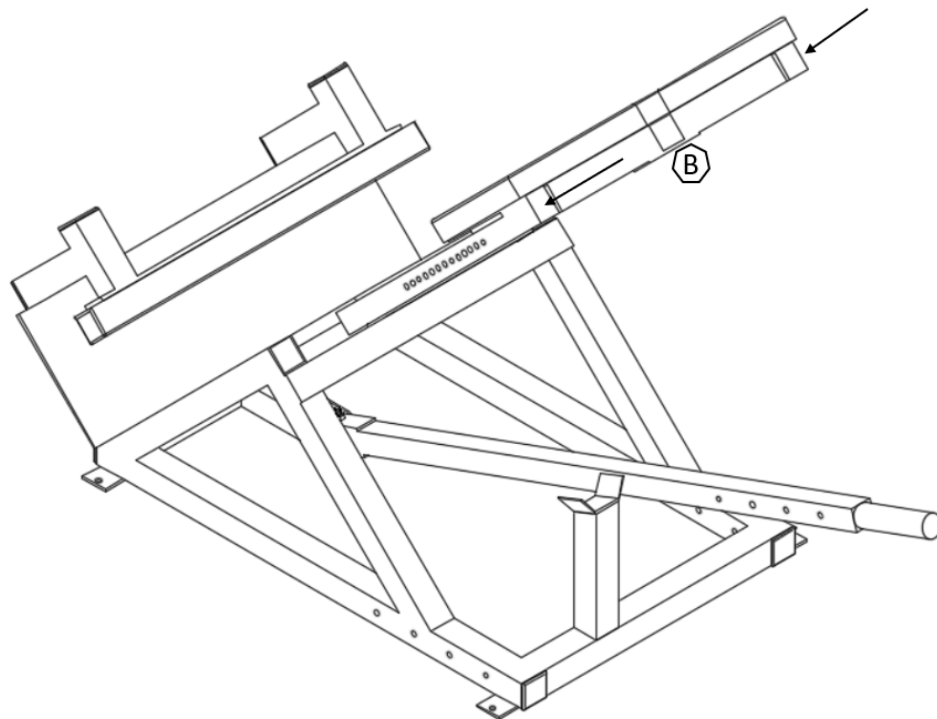


Image 4

Place part B onto part A as seen above in image 4.



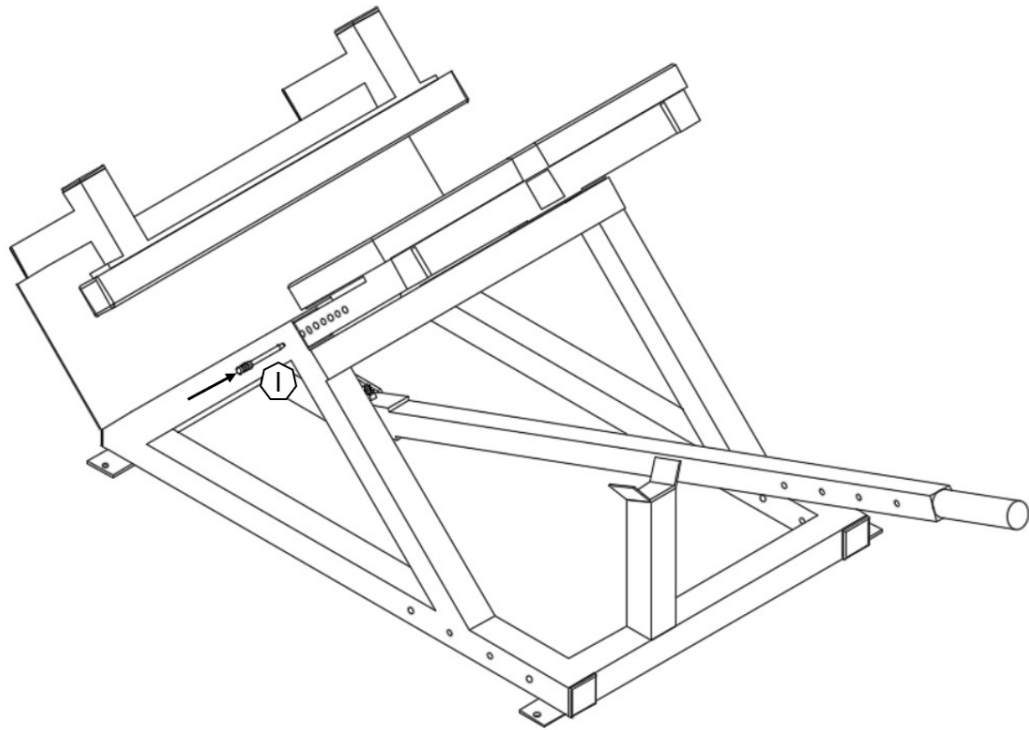


Image 5

Place part I into part B at the desired location.

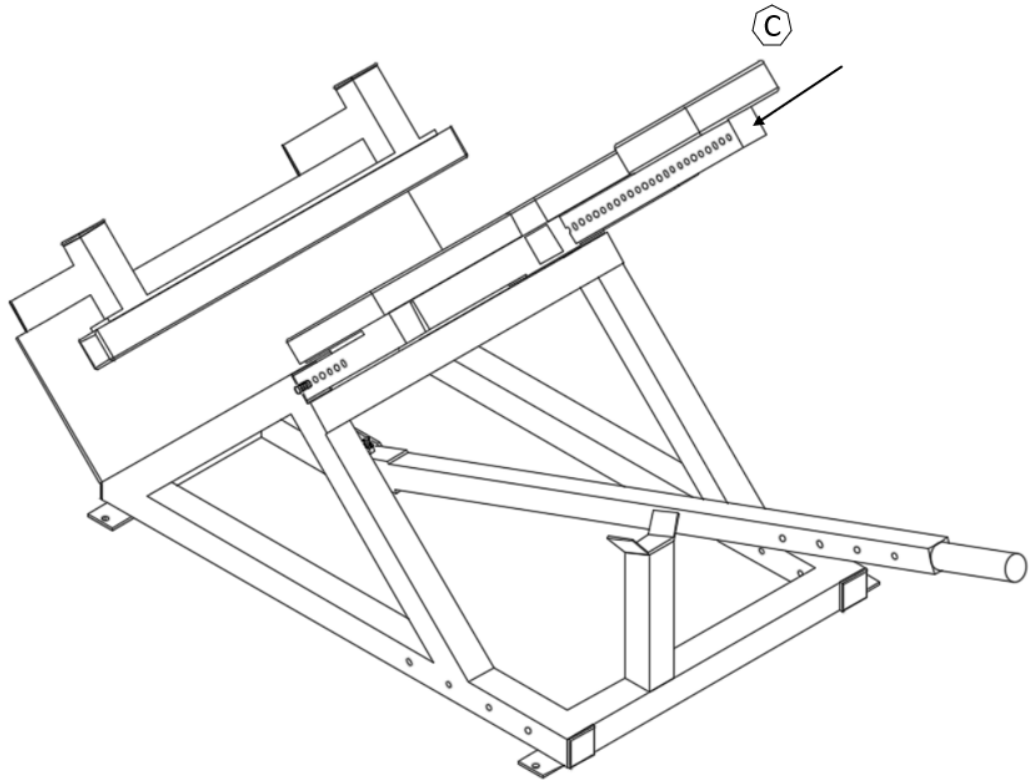


Image 6

Place part C into part B as seen above in image 6.

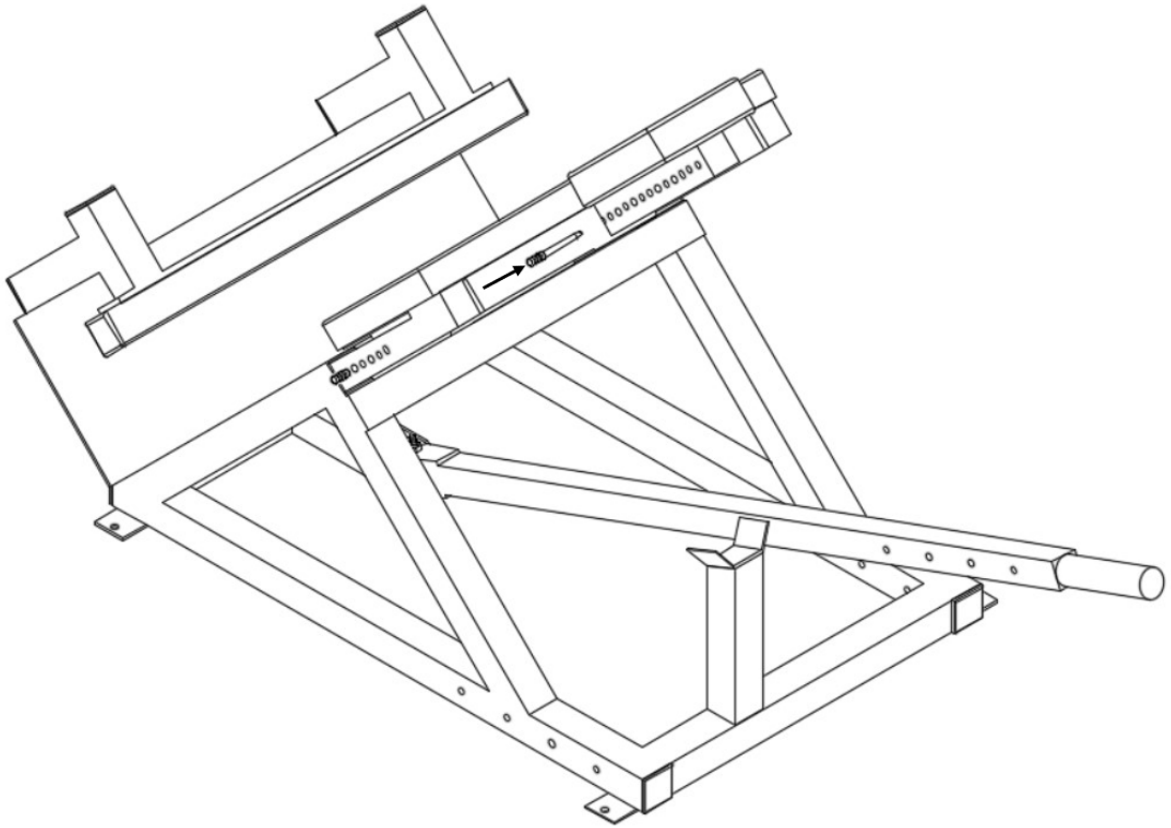


Image 7

Place part I into part C in the desired location.

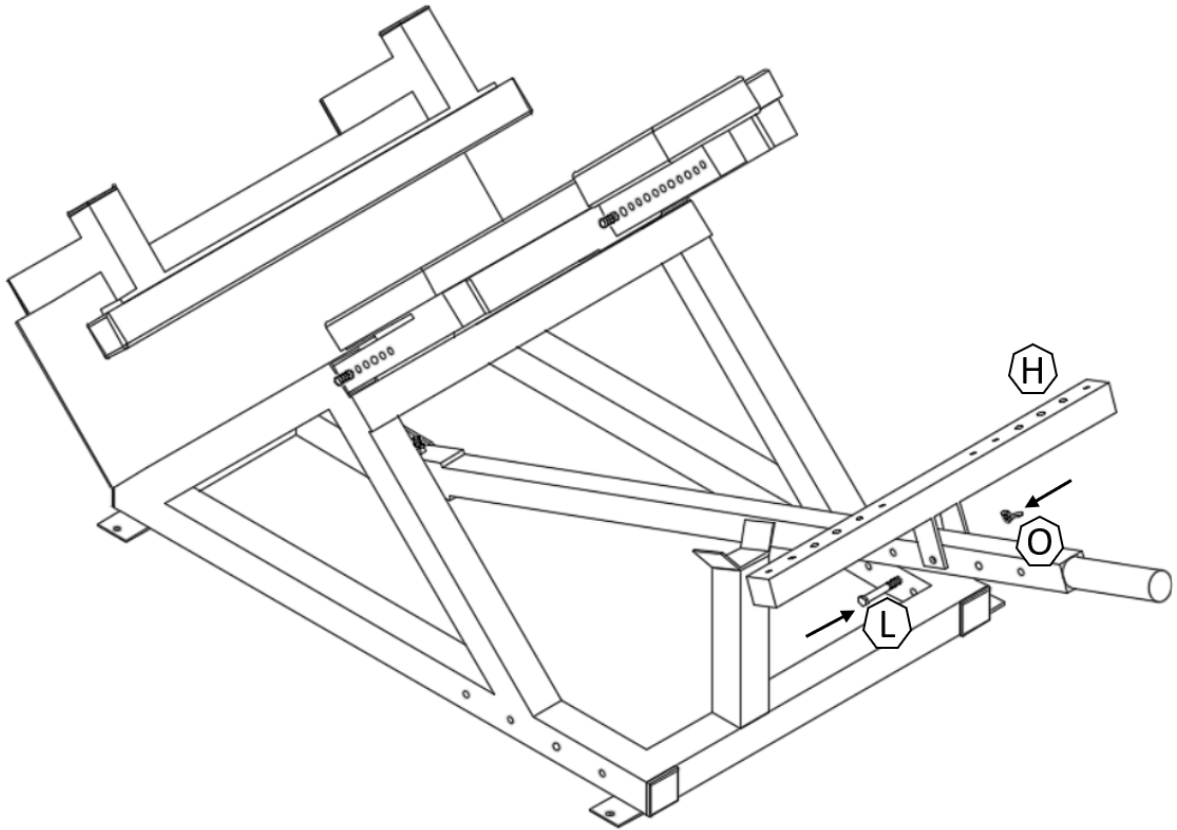
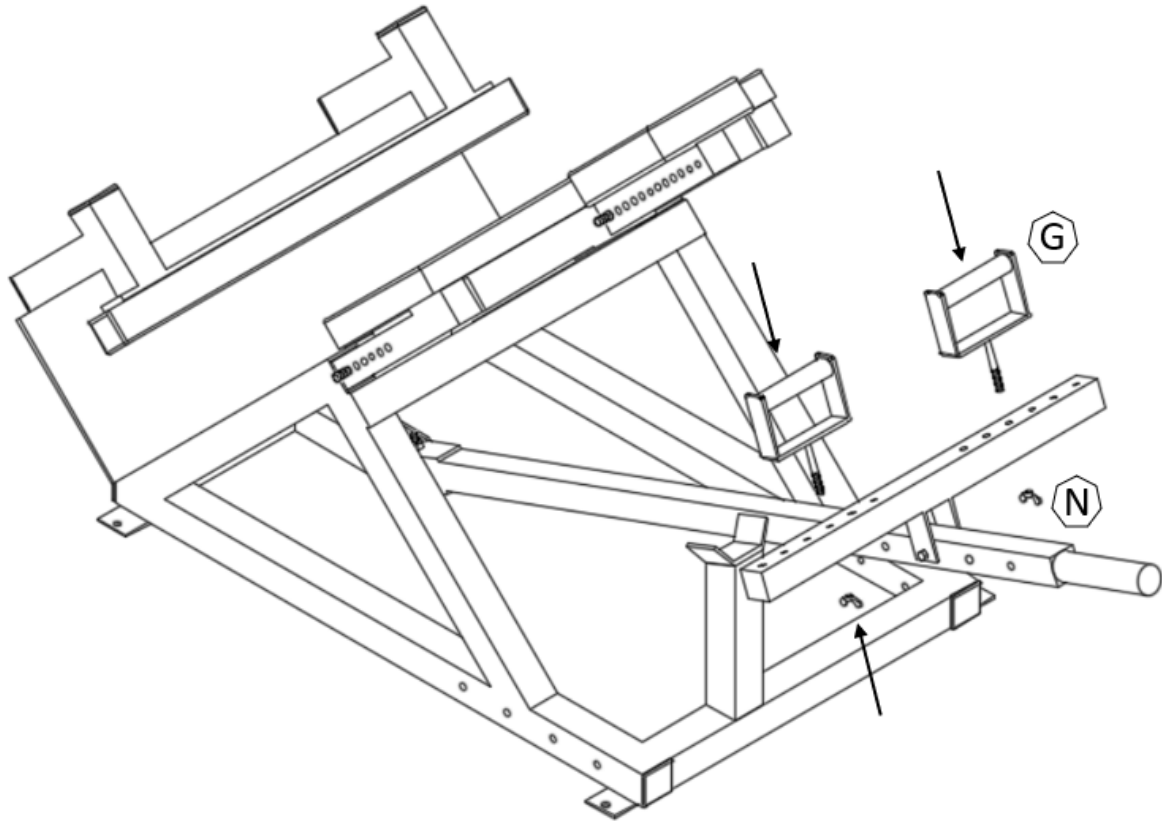
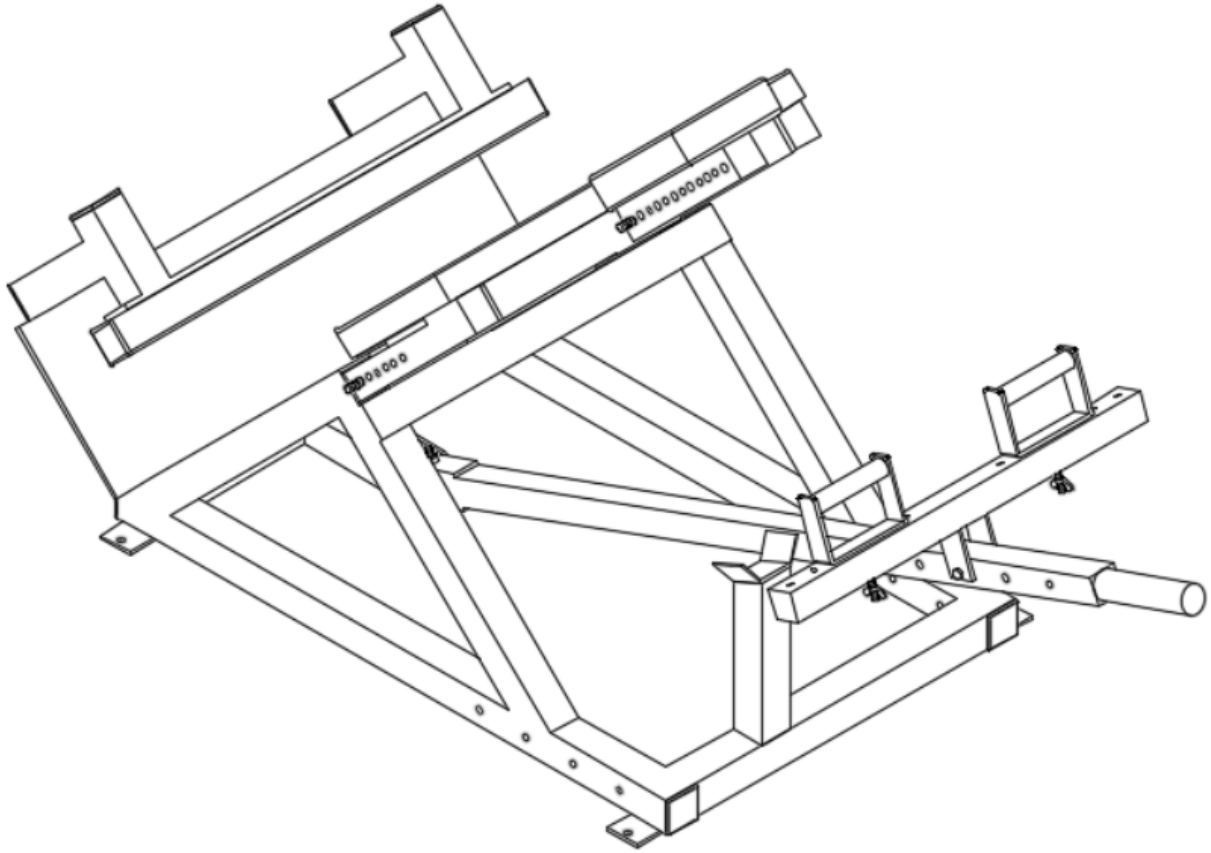


Image 7

Part H is attached as seen above in image 7 and can be adjusted along part D as desired.



Place part G into part H in the desired position and place part N onto part G to secure them together.



You have now completed assembling your very own 45 Degree Back Extension! Thank you for choosing Texas Strength Systems for your fitness needs. If you have any questions, comments, or concerns please don't hesitate to contact our staff.

### **Contact Information**

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**Phone:** (210) 233-6110, (210)-920-4877