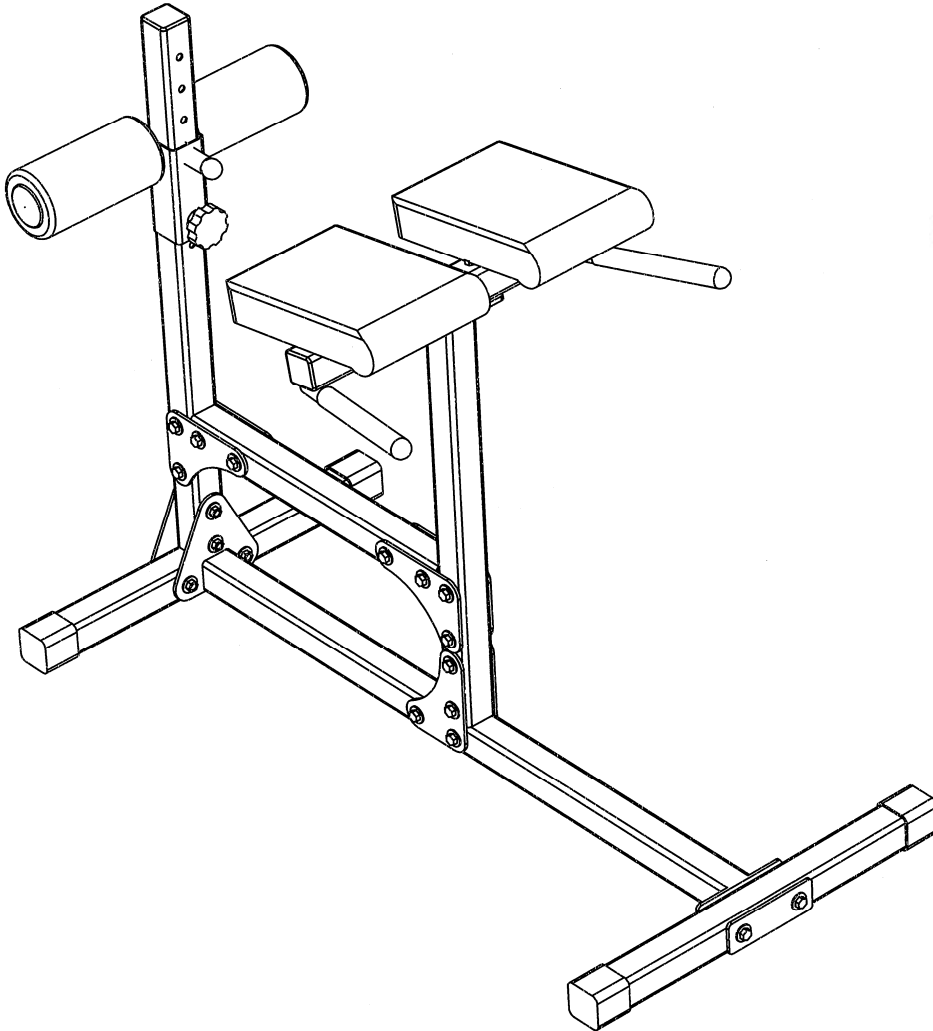


DF404

HYPEREXTENSION BENCH

Assembly Manual



Assembly Video Available

Simply scan the QR code below on your phone's camera to access the video

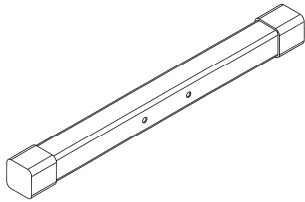


(888) 258-0533

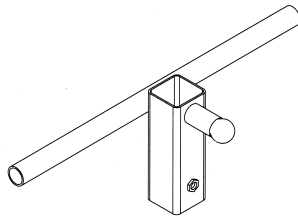
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

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

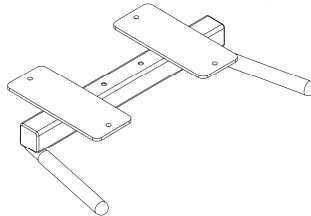
BOX CONTENTS



A
FOOT
QTY 2



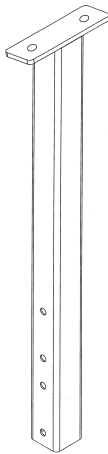
B
LEG
HOLD DOWN
QTY 1



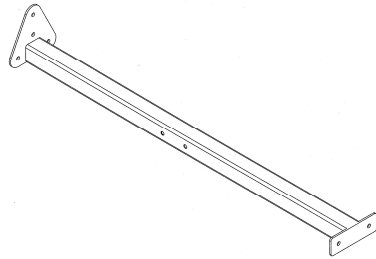
C
SEAT FRAME
QTY 1



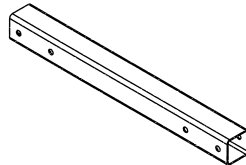
D
REAR SUPPORT
POST
QTY 1



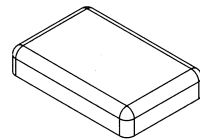
E
FRONT SUPPORT
POST
QTY 1



F
LOWER
CROSSMEMBER
QTY 1



G
UPPER
CROSSMEMBER
QTY 1

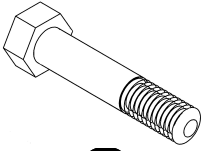


H
SEAT PAD
QTY 2

FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

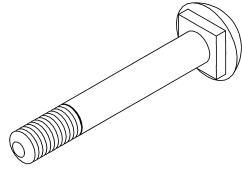
*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

HARDWARE



I

**M12 x 80MM
BOLT
QTY 18**



J

**M12 x 65MM
CARRIAGE BOLT
QTY 2**



K

**M10 x 25MM
BOLT
QTY 4**



L

**M12 LOCKNUT
QTY 18**



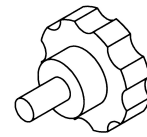
N

**M12 WASHER
QTY 38**



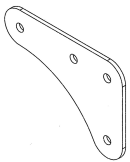
O

**M10 WASHER
QTY 4**



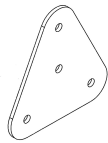
P

**KNOB
QTY 1**



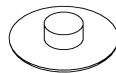
Q

**L BRACKET
QTY 6**



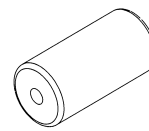
R

**TRIANGLE
BRACKET
QTY 1**



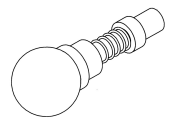
S

**MUSHROOM CAP
QTY 2**



T

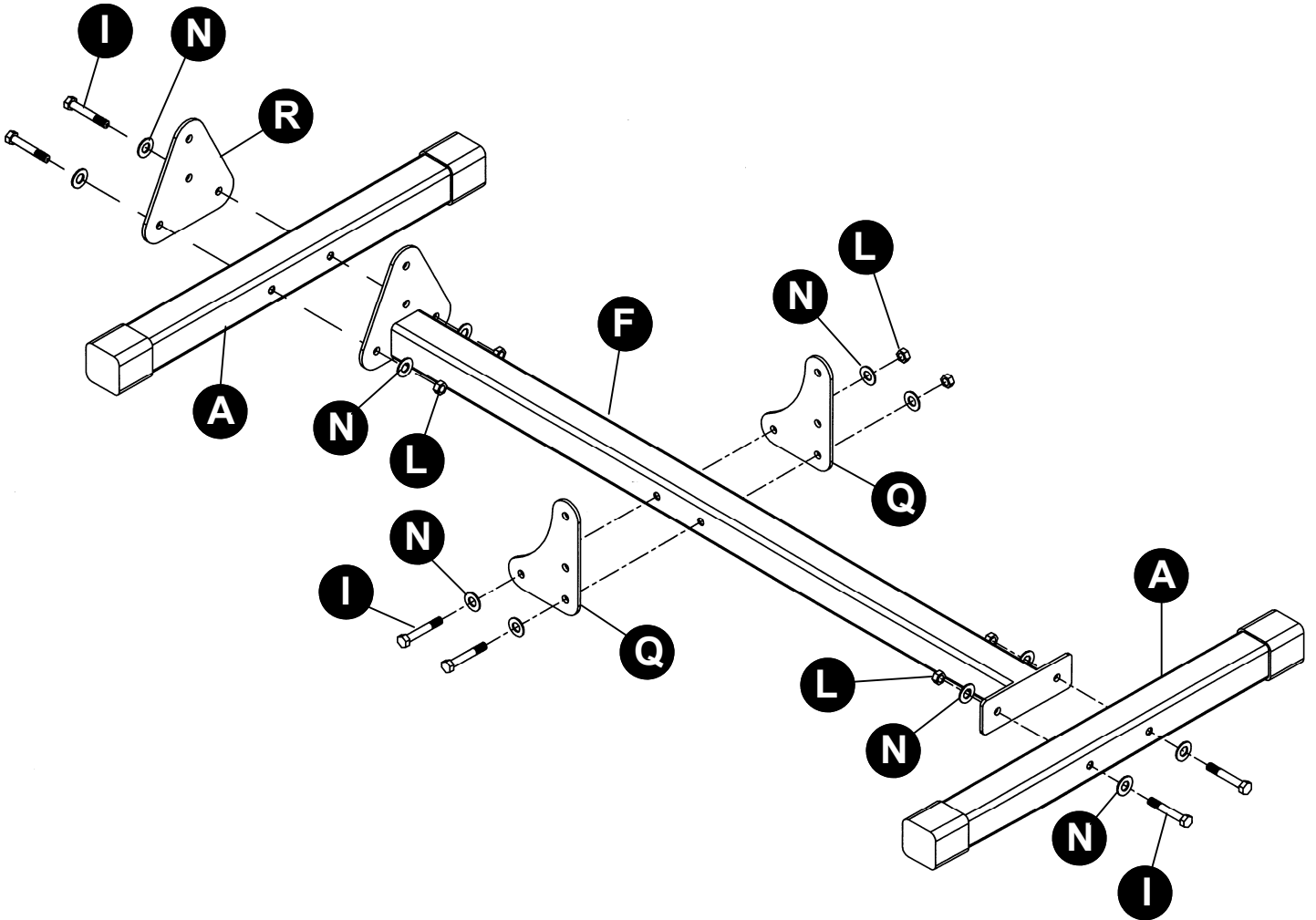
**ROLLER PAD
QTY 2**



U

**PULL-PIN
QTY 1**

FRAME ASSEMBLY



TOOLS REQUIRED:

ADJUSTABLE WRENCHES OR METRIC SOCKET SET

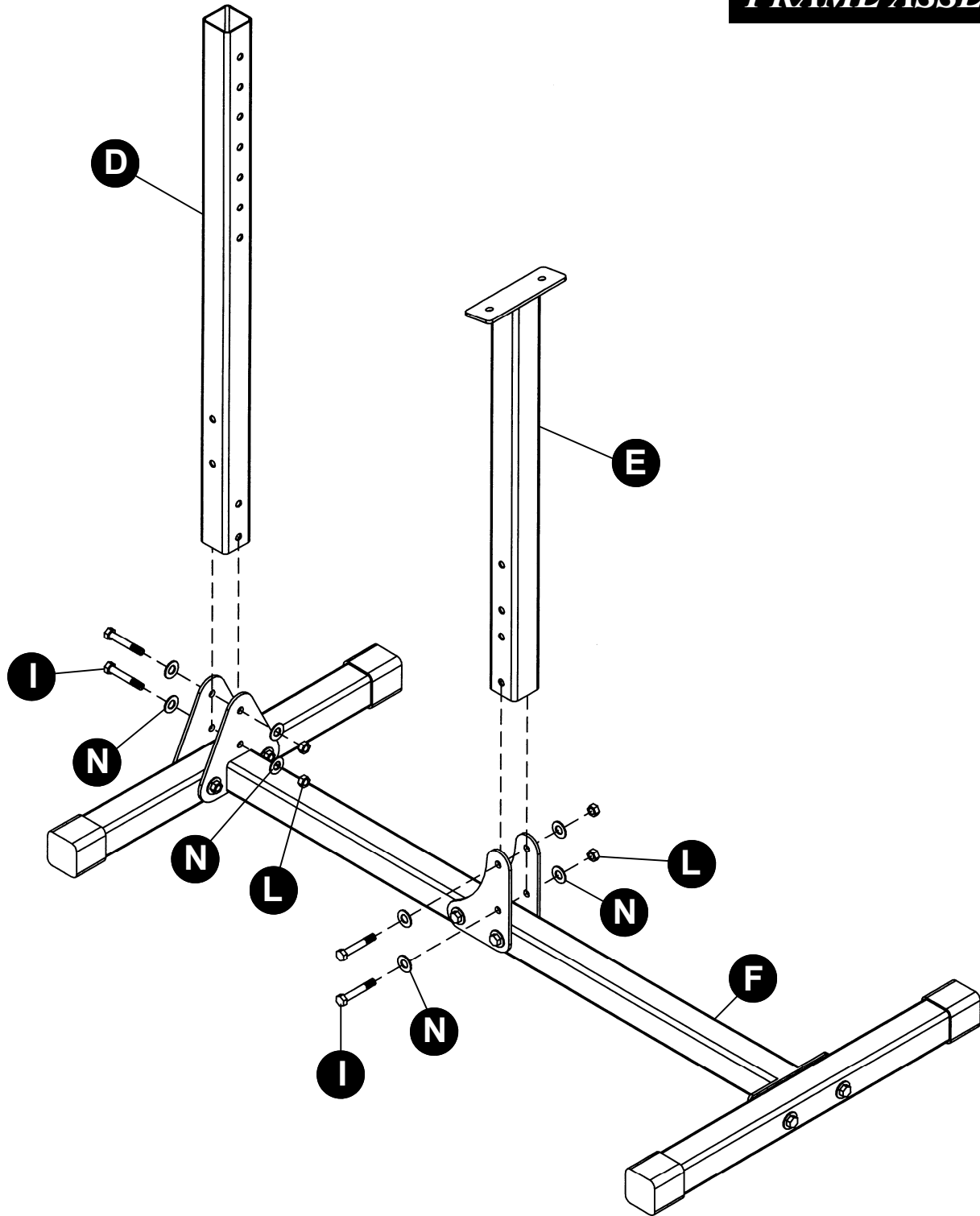
ATTACH 1 FOOT (A) TO REAR OF BOTTOM CROSSMEMBER (F) USING TRIANGLE FLANGE (R), M12 x 80MM BOLTS (I), M12 WASHERS (N), AND M12 LOCKNUTS (L).

ATTACH OTHER FOOT (A) TO FRONT OF BOTTOM CROSSMEMBER (F) USING M12 x 80MM BOLTS (I), M12 WASHERS (N), AND M12 LOCKNUTS (L).

INSTALL L BRACKETS (Q) TO BOTTOM CROSSMEMBER (F) USING M12 x 80MM BOLTS (I), M12 WASHERS (N), AND M12 LOCKNUTS (L).

DO NOT TIGHTEN NUTS AT THIS TIME.

FRAME ASSEMBLY

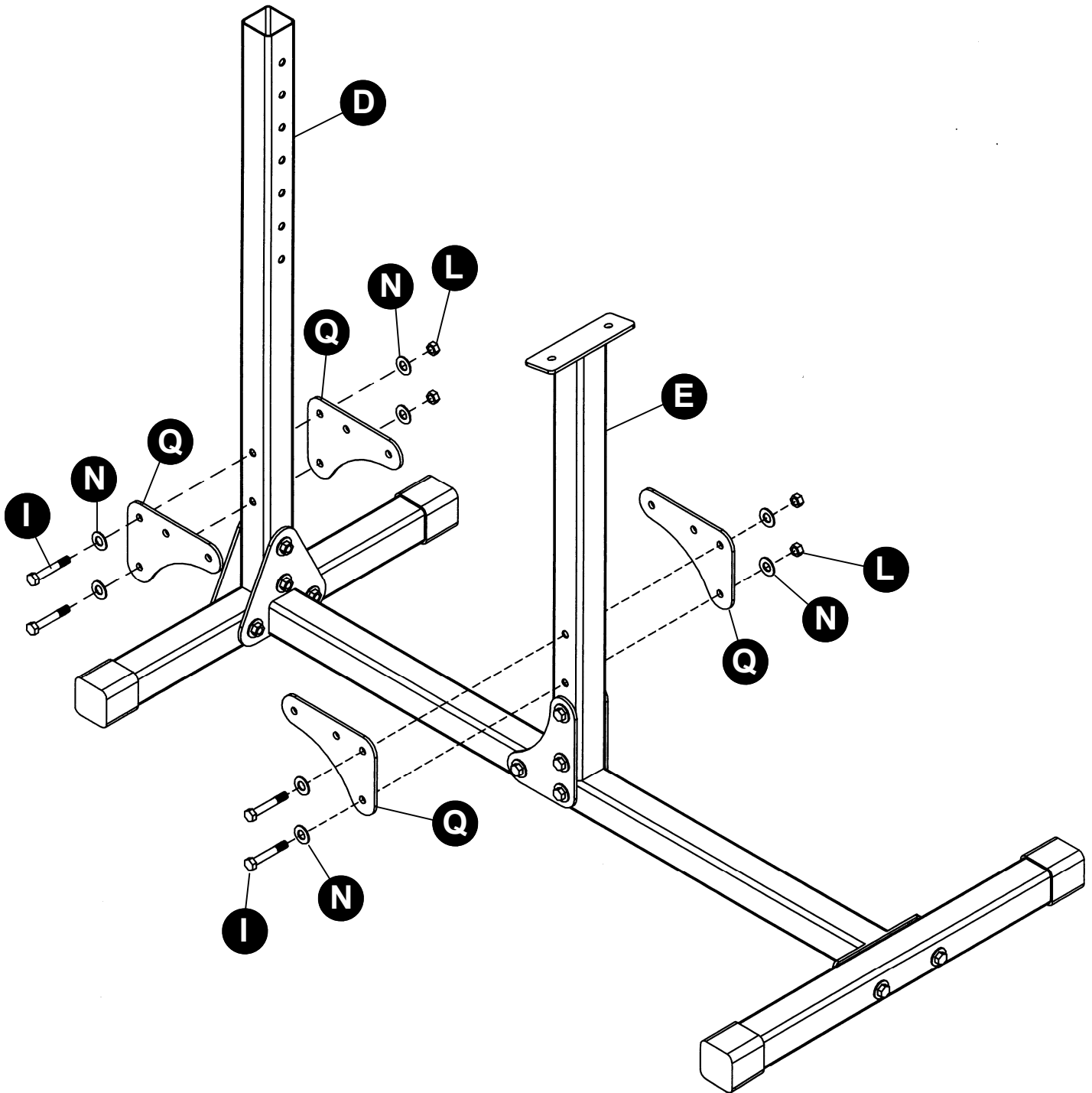


ASSEMBLE THE REAR SUPPORT POST (D) TO THE REAR FOOT USING THE M12 x 80MM BOLTS (I), M12 WASHERS (N) AND M12 LOCKNUTS (L).

INSTALL FRONT SUPPORT POST (E) TO THE LOWER CROSSMEMBER (F) USING THE M12 x 80MM BOLTS (I), M12 WASHERS (N) AND M12 LOCKNUTS (L).

DO NOT TIGHTEN NUTS AT THIS TIME.

FRAME ASSEMBLY

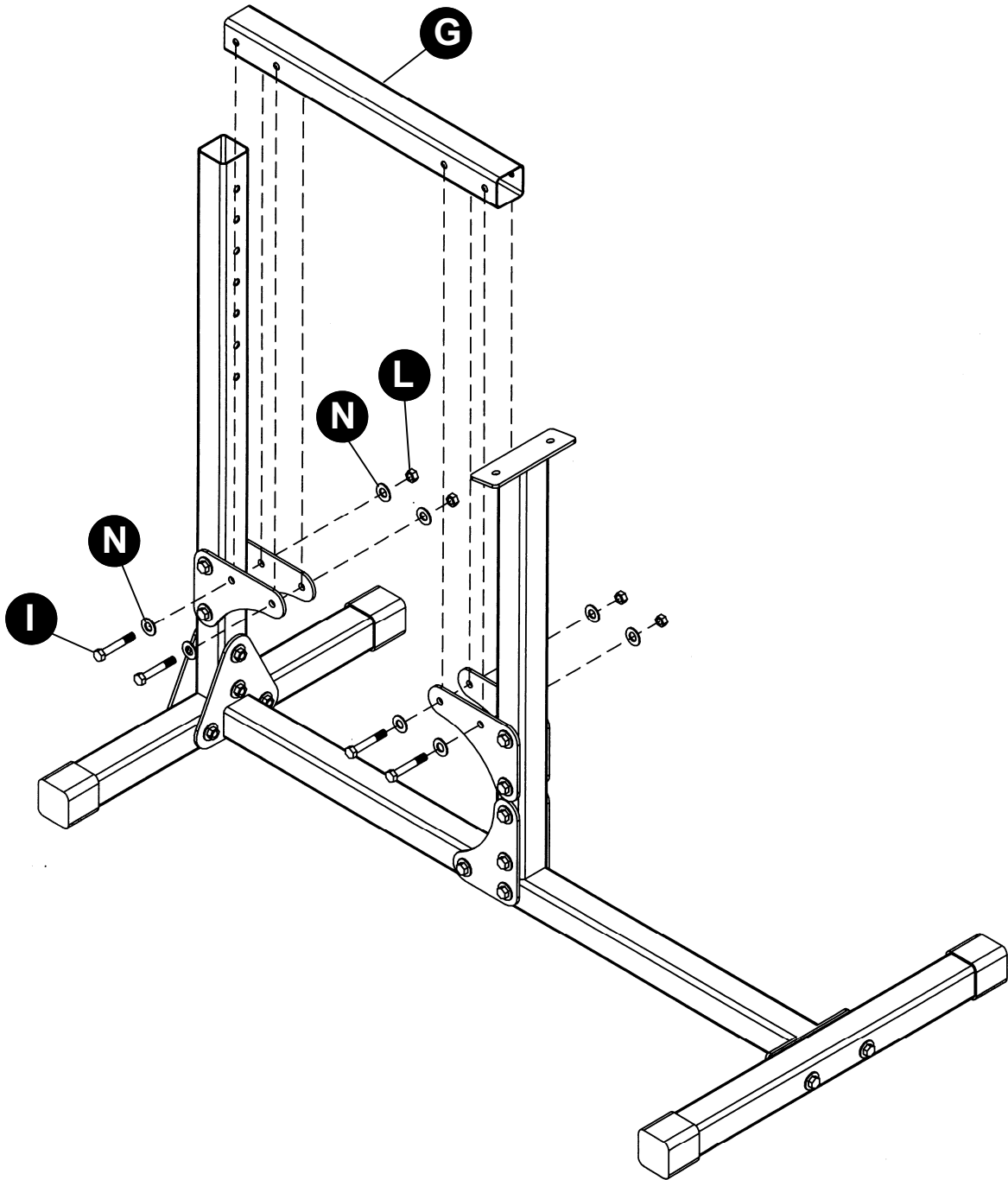


ATTACH L BRACKETS (Q) TO FRONT SUPPORT POST (E) USING M12 x 80MM BOLTS (I), M12 WASHERS (N), AND M12 LOCKNUTS (L).

ATTACH L BRACKETS (Q) TO REAR SUPPORT POST (D) USING M12 x 80MM BOLTS (I), M12 WASHERS (N), AND M12 LOCKNUTS (L).

DO NOT TIGHTEN NUTS AT THIS TIME.

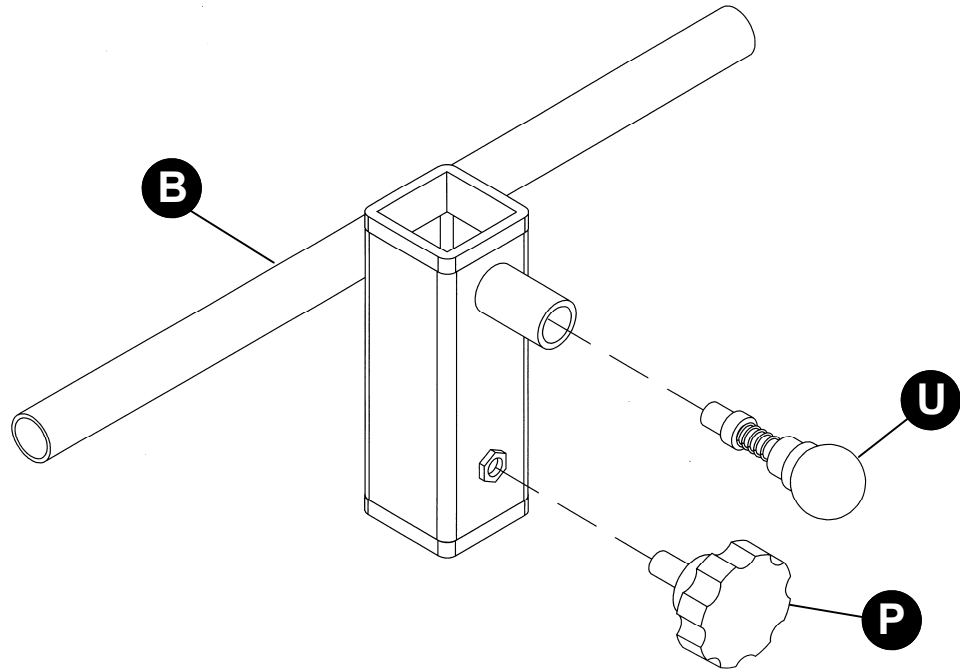
FRAME ASSEMBLY



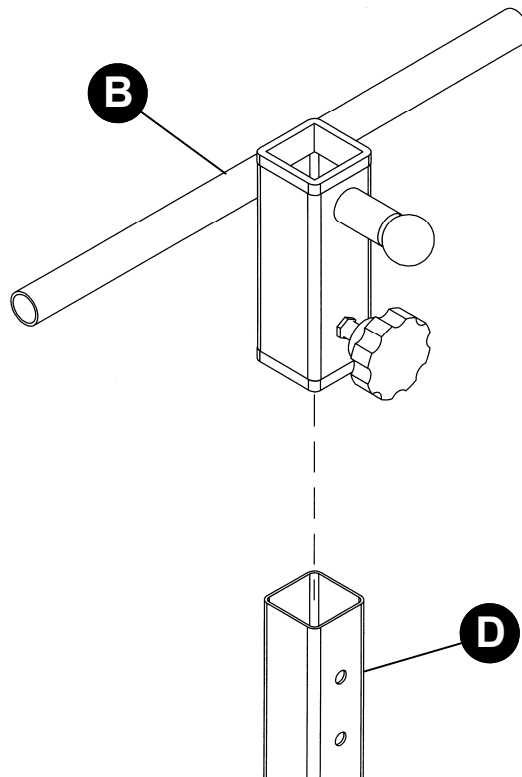
ATTACH UPPER CROSSMEMBER (G) USING M12 x 80MM BOLTS (I), M12 WASHERS (N) AND M12 LOCKNUTS (L).

TIGHTEN ALL NUTS AT THIS TIME.

LEG HOLD DOWN ASSEMBLY

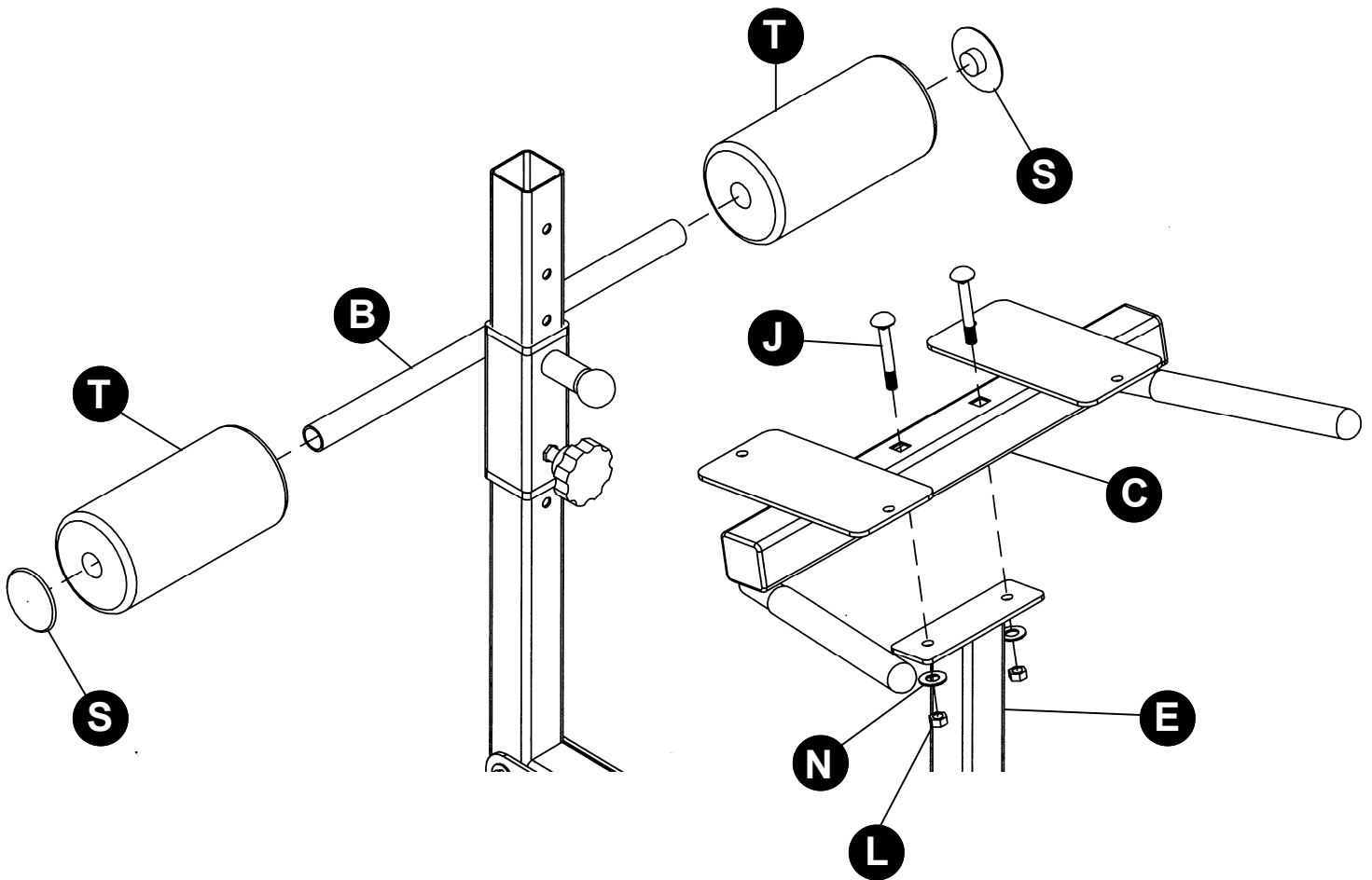


INSTALL PULL-PIN (**U**) AND KNOB (**P**) INTO LEG HOLDDOWN (**B**).



INSTALL LEG HOLD DOWN (**B**) ONTO REAR SUPPORT POST (**D**). LOCK INTO DESIRED POSITION WITH PULL-PIN AND TIGHTEN KNOB.

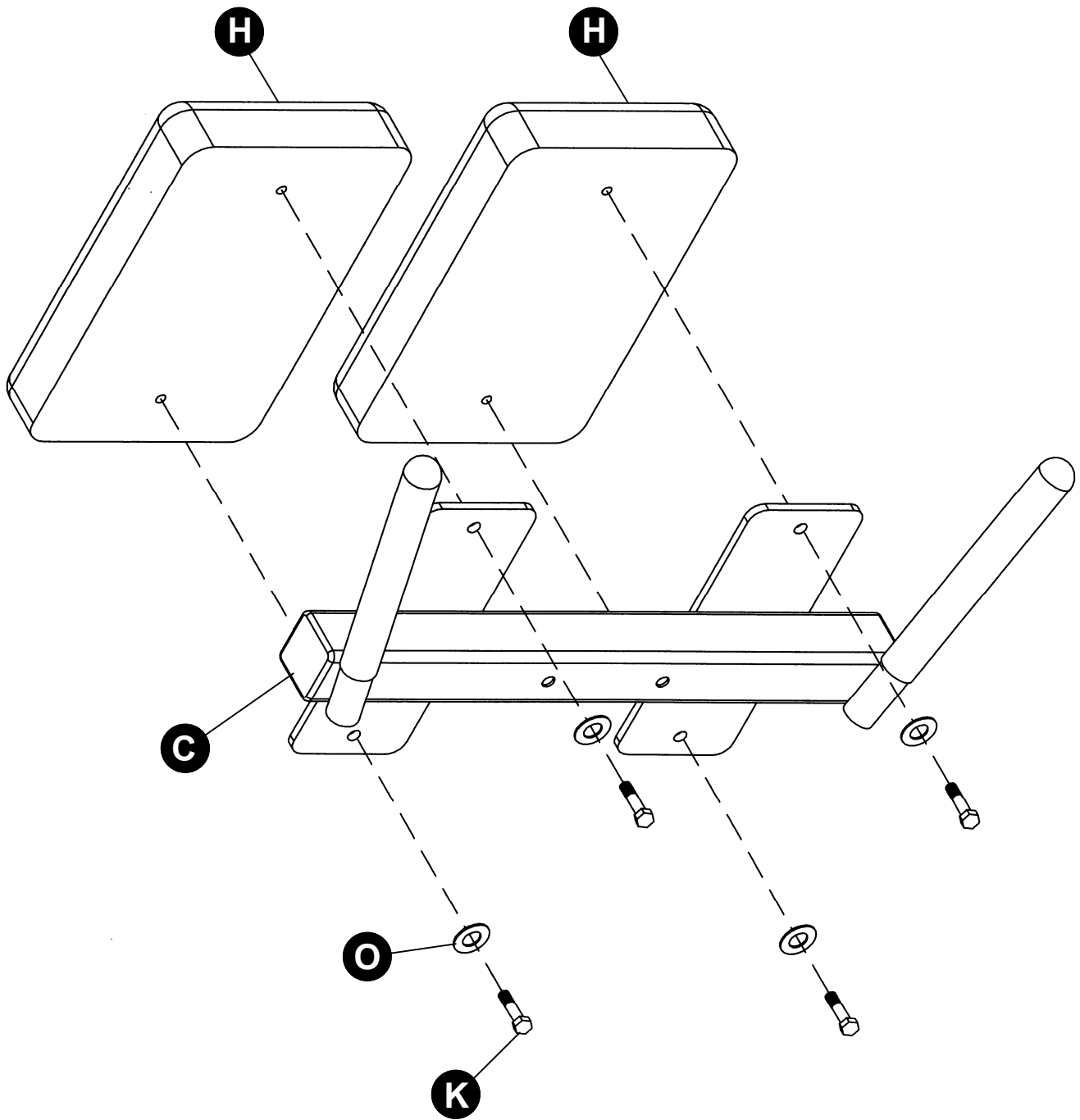
FINAL ASSEMBLY



SLIDE ROLLER PADS (T) ONTO TUBES OF LEG HOLD DOWN (B). INSERT MUSHROOM CAPS (S) INTO ENDS OF TUBES AND HAMMER INTO PLACE WITH RUBBER MALLET.

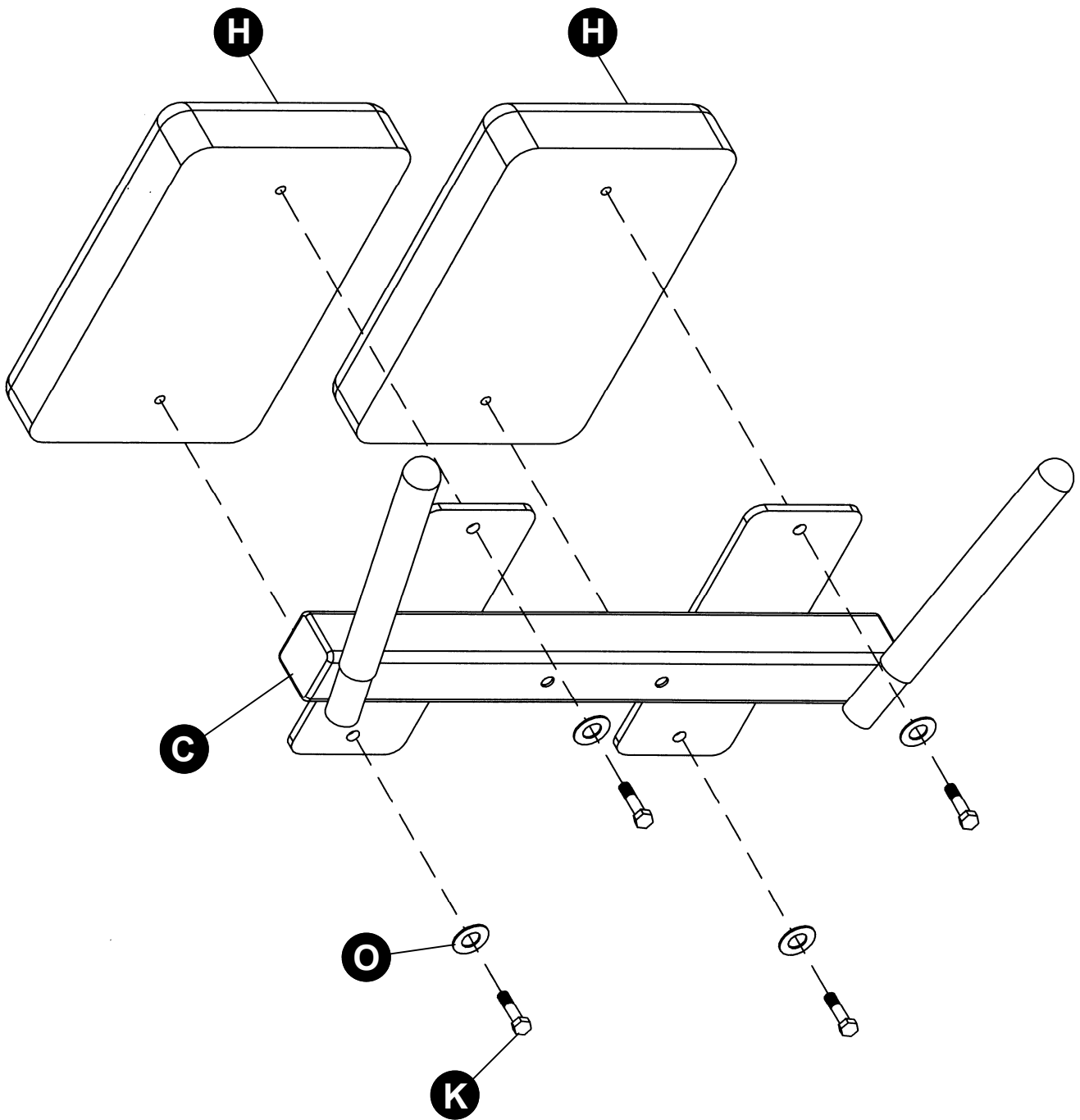
INSTALL SEAT FRAME (C) ONTO FRONT SUPPORT POST (E) USING M12 x 65MM CARRIAGE BOLTS (J), M12 WASHERS (N), AND M12 LOCKNUTS (L). TIGHTEN NUTS SECURELY.

SEAT FRAME ASSEMBLY



INSTALL SEAT PADS (H) TO SEAT FRAME (C) USING M10 x 25 MM BOLTS (Q) AND M10 WASHERS (S).

SEAT FRAME ASSEMBLY



INSTALL SEAT PADS (H) TO SEAT FRAME (C) USING M10 x 25 MM BOLTS (Q) AND M10 WASHERS (S).