

**TKO<sup>®</sup>**

# Hyper Extension

Model 6130



# IMPORTANT SAFETY INSTRUCTIONS

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**TKO** Fitness products are designed and manufactured to the highest standards in order to provide you with years of great workouts. We proudly stand behind all our products with the best customer service in the fitness industry. If you have any question or need assistance please contact us at:

**Customer Service: [customerservice@tko.com](mailto:customerservice@tko.com)**

**Toll free: 866-856-3488 or 713-895-9270**

**Monday-Friday 8:30am to 4:30pm CT**

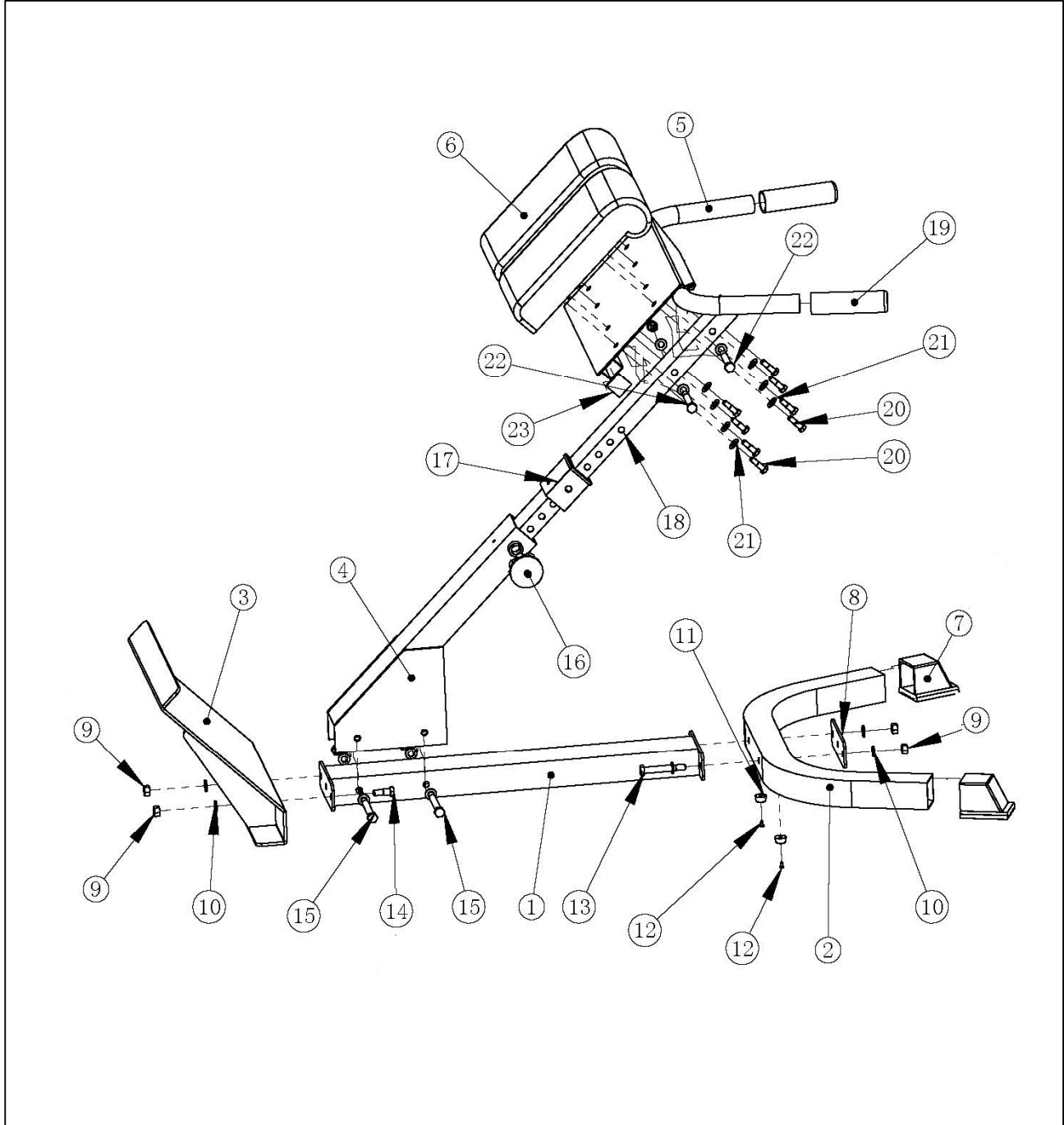
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

## **MEDICAL WARNING**

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.

**Maximum recommended exercise weights not to exceed 280lbs**

# EXPLODED DRAWING



## PARTS LIST

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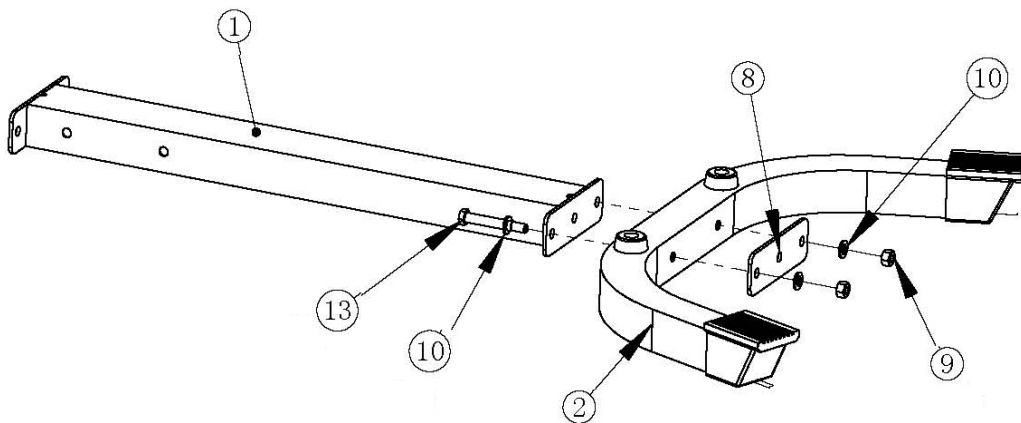
No.	Description	Q'ty
1	Base Frame	1
2	Base Frame Stabilizer	1
3	Foot Plate	1
4	Main Support Frame	1
5	Handle Bar	1
6	Thigh Pad	2
7	End Cap	2
8	Metal Plate	1
9	Lock Nut for M10 Bolt	8
10	Flat Washer for M10 Bolt	16
11	Rubber Floor Pad	2
12	Rivet ST3.8x15 mm	2
13	Hex Bolt M10X75mm (3")	2
14	Hex Bolt M10X25mm (1")	2
15	Hex Bolt M10X100mm (4")	2
16	Knob	1
17	Plastic Sleeve	1
18	Thigh Pad Adjustable Post	1
19	Handlebar Grip	2
20	Hex Bolt M8x20mm (3/4")	8
21	Flat Washer for M8 Bolt	8
22	Hex Bolt M10x80mm	2
23	End Cap	2

# ASSEMBLY INSTRUCTIONS

**Note:** Before starting assembly remove all parts and hardware from the carton, ensure you have everything according to the list.

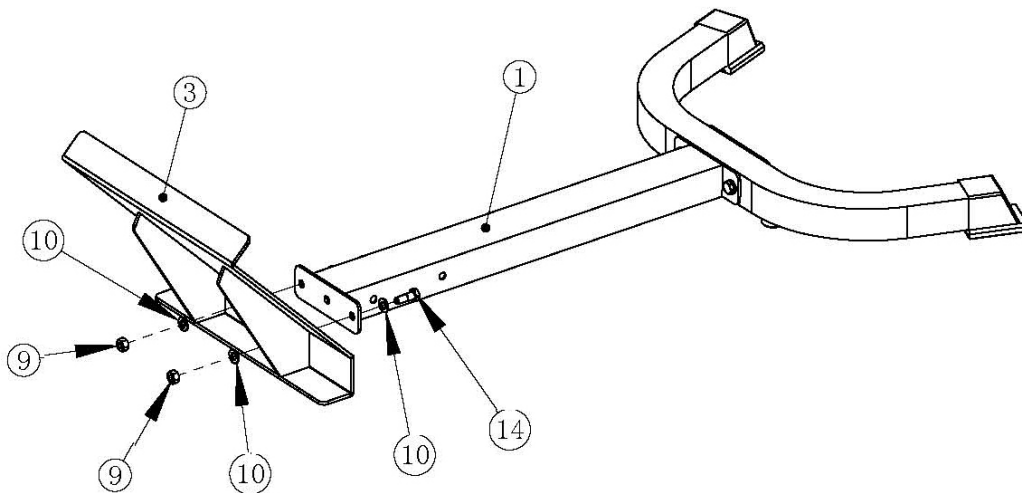
## Step 1

Install the Base Frame Stabilizer (2) to the Base Frame (1), using 1 Metal Plate (8), 2 Hex Bolts (13), 4 Flat Washers (10) and 2 Lock Nuts (9). (Diagram below shown upside down)



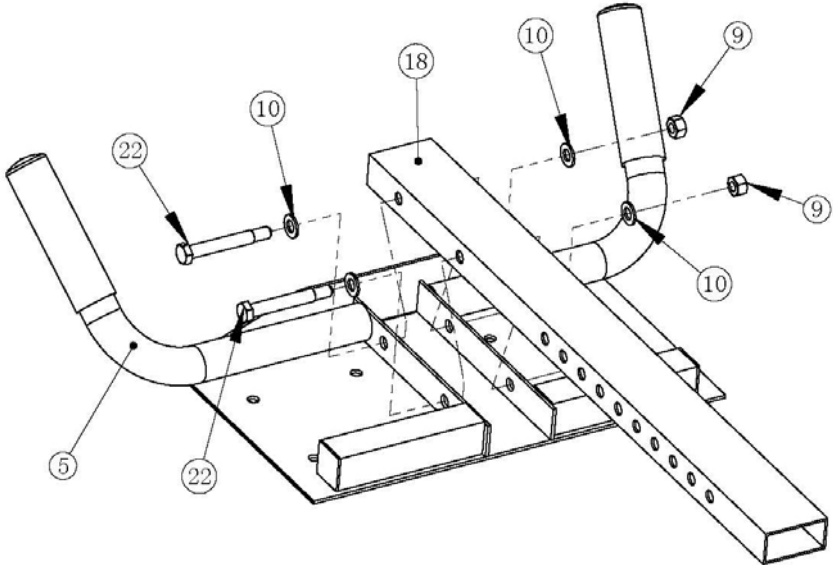
## Step 2

Attach the Foot Plate (3) to the Base Frame (1), using 2 Hex Bolts (14), 4 Flat Washers (10) and 2 Lock Nuts (9).



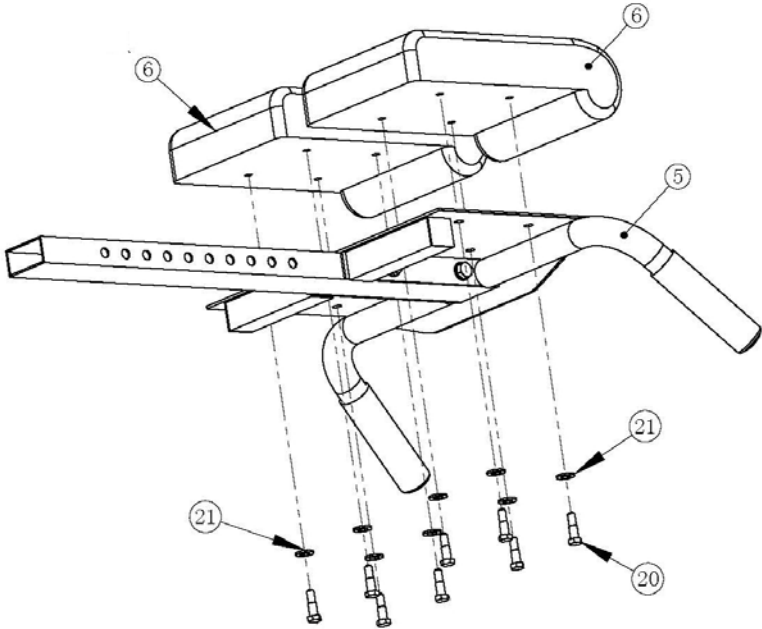
### Step 3

Please install the Thigh Pad Adjustable Post to the Handle Bar (5), using 2 Hex Bolts (22), 4 Flat Washers (10) and 2 Lock Nuts (9).



### Step 4

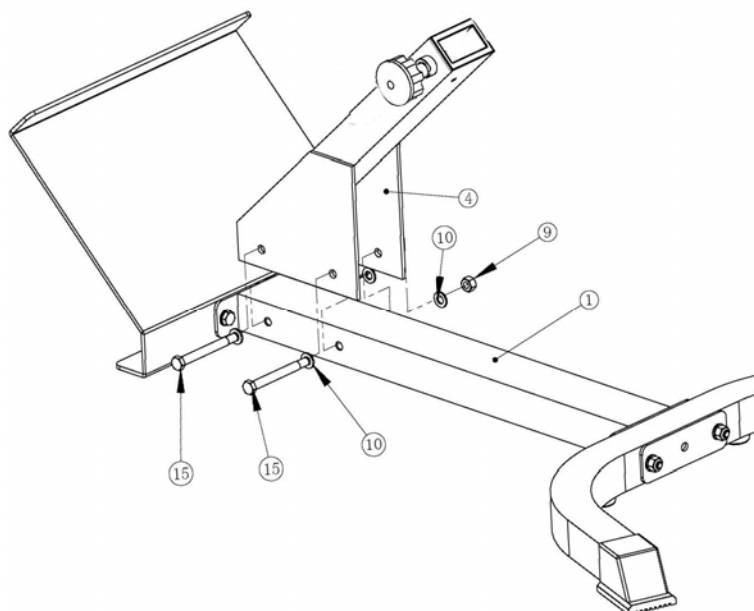
Attach the Thigh Pads (6) to the thigh pad plate of the Handle Bar (5), using 8 Hex Bolts (20) and 8 Flat Washers (21).



## Step 5

Please Install the Main Support Frame (4) to the Base Frame (1), using 2 Hex Bolts (15), 4 Flat Washers (10) and 2 Lock Nuts (9).

**Note: Please tighten all the nuts and bolts using wrenches.**

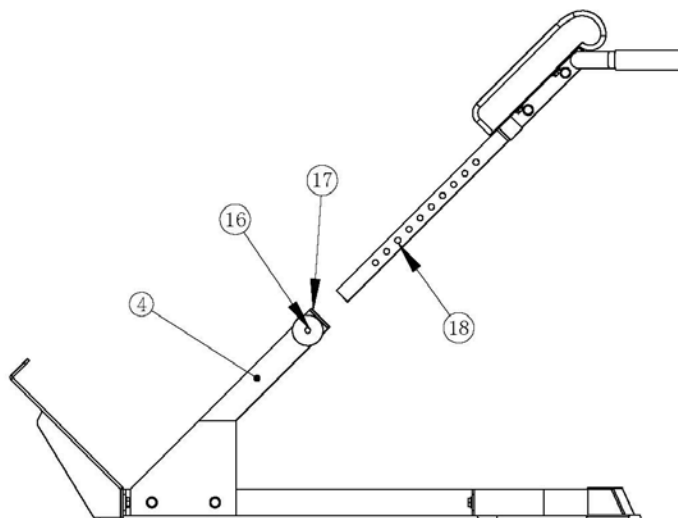


## Step 6

Please insert the Thigh Pad Adjustable Post (18) into the Main Support Frame (4).

The Spring Loaded Knob is designed with a locking feather. When making adjustments, loosen the Knob by turning the knob counter-clockwise 3 to 4 turns. Pull the knob (16) outward and slide the Thigh Pads Support Post assembly to a proper position that is most comfortable for you, then release the knob making sure the lock pin drops into the hole on the Thigh Pads support frame (a clicking sound should be heard). Turn the knob clockwise to tighten.

**Make sure you double check the knobs are securely engaged each time before using.**





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