



## **Model 876HP Hyper Extension**

### **IMPORTANT SAFETY INSTRUCTIONS**

**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**

- ♦ 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.
- ♦ 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.
- ♦ Rest adequately between workouts. Muscles tone and develop during these rest periods.
- ♦ 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.

### **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 330Lbs (150Kgs)**

**TKO Sports Group USA Limited**

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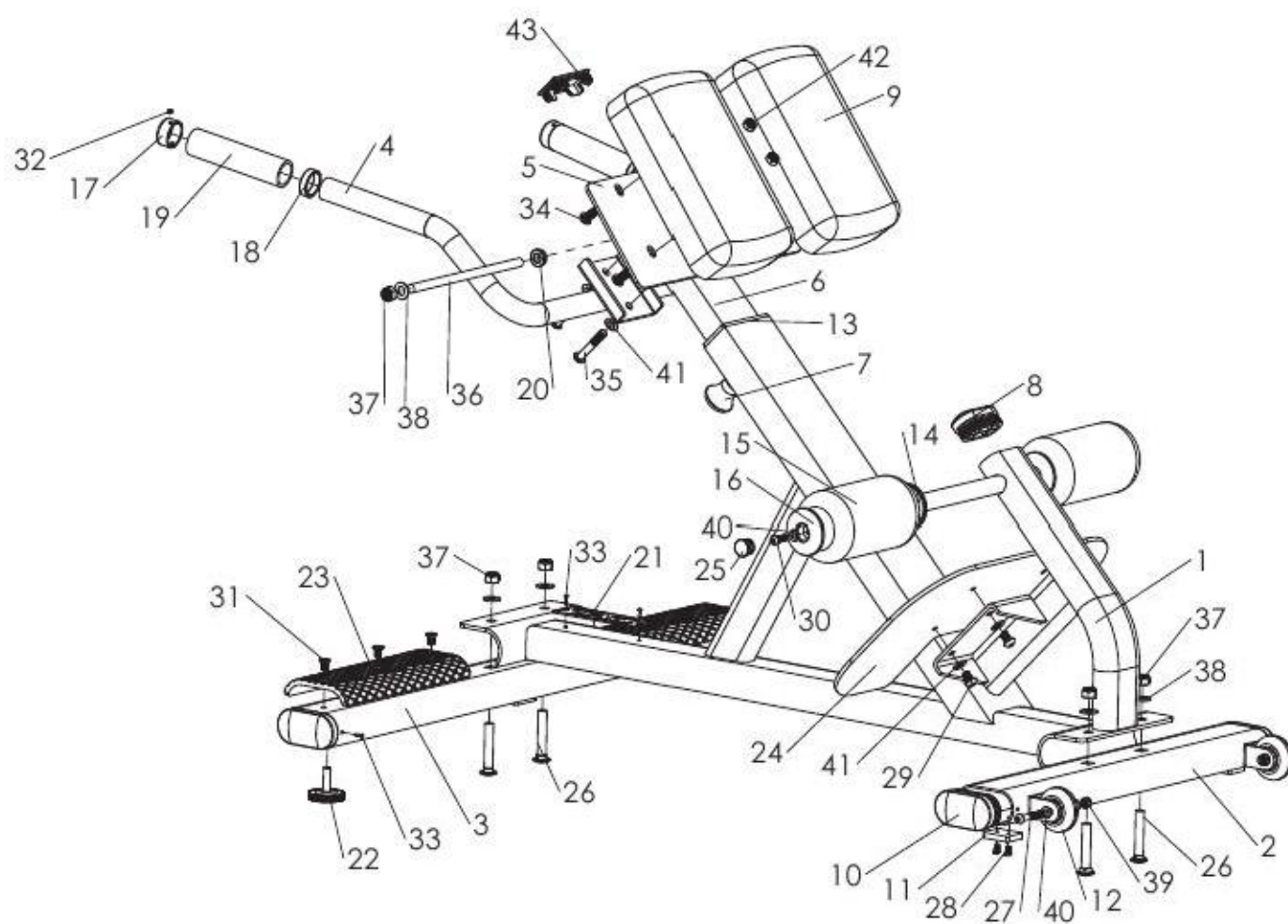
**Phone + 713-895-9270 Fax + 713-934-8495**

**[www.tko.com](http://www.tko.com)**

# PARTS LIST

| PART NUMBER | DESCRIPTION               | QUANTITIES |
|-------------|---------------------------|------------|
| 1           | Main Frame                | 1          |
| 2           | Rear Stabilizer           | 1          |
| 3           | Front Stabilizer          | 1          |
| 4           | Handlebar                 | 1          |
| 5           | Thigh Pad Support Frame   | 1          |
| 6           | Thigh Pad Adjustable Post | 1          |
| 7           | Knob                      | 1          |
| 8           | End Cap 40x80mm           | 2          |
| 9           | Thigh Pad                 | 2          |
| 10          | End Cap 50x100mm          | 4          |
| 11          | Rubber Cushion            | 3          |
| 12          | Transport Wheel           | 2          |
| 13          | Plastic Sleeve            | 1          |
| 14          | Foam Inner Cap            | 2          |
| 15          | Foam Roller               | 2          |
| 16          | Foam Outer Cap            | 2          |
| 17          | Metal End Cap             | 2          |
| 18          | Metal Ring                | 2          |
| 19          | Grip                      | 2          |
| 20          | Metal Bushing             | 2          |
| 21          | Name Plate                | 1          |
| 22          | Leveler                   | 2          |
| 23          | Foot Padding              | 2          |
| 24          | Foot Plate                | 1          |
| 25          | End Cap Dia.25mm          | 2          |
| 26          | Carriage Bolt M12x70mm    | 4          |
| 27          | Allen Bolt M8x50mm        | 2          |
| 28          | Allen Bolt M5x10mm        | 6          |
| 29          | Allen Bolt M10x10mm       | 4          |
| 30          | Allen Bolt M8x25mm        | 2          |
| 31          | Allen Bolt M8x15mm        | 6          |
| 32          | Screw M6x4mm              | 6          |
| 33          | Rivet 4 X12mm             | 10         |
| 34          | Allen Bolt M10x25mm       | 4          |
| 35          | Allen Bolt M10x60mm       | 2          |
| 36          | Shaft 12x245mm            | 1          |
| 37          | Nylon Nut M12             | 6          |
| 38          | Flat Washer M12           | 6          |
| 39          | Nylon Nut M8              | 2          |
| 40          | Flat Washer M8            | 6          |
| 41          | Flat Washer M10           | 12         |
| 42          | Nylon Nut M10             | 2          |
| 43          | End Cap J40x80mm          | 1          |

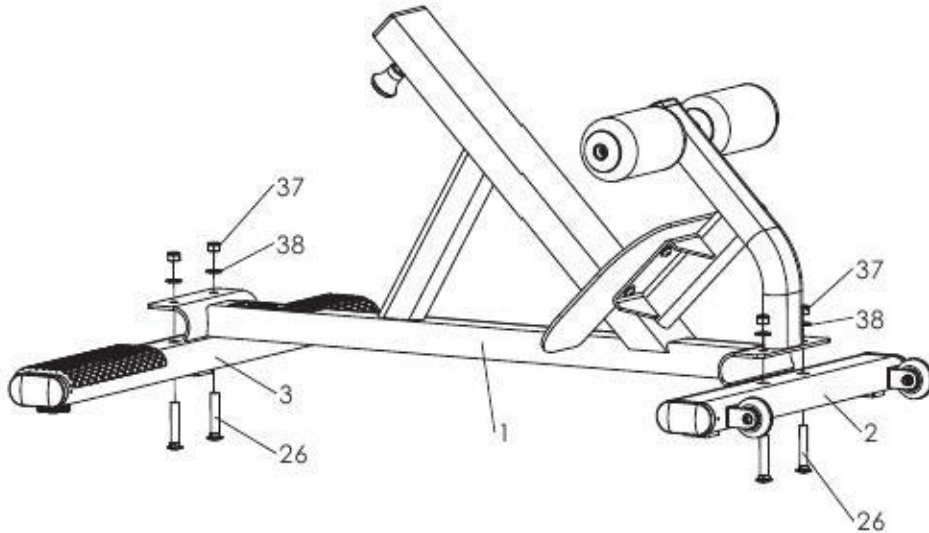
# HYPER EXTENSION



# ASSEMBLY

## STEP 1

Please connect the Front and Rear Stabilizers [2&3] to the Main Frame [1], using 4 Carriage Bolts [26], 4 Flat Washers [38] and 4 Nylon Nuts [37].



## STEP 2

Please insert the Thigh Pad Frame [6] into the Main Frame [1]. connect the Handlebar [4] to the Thigh Pad Frame [6], using 2 Allen Bolts [35], 2 Flat Washers [41] and 2 Nylon Nuts [42].

Please tighten all the bolts and nuts.

