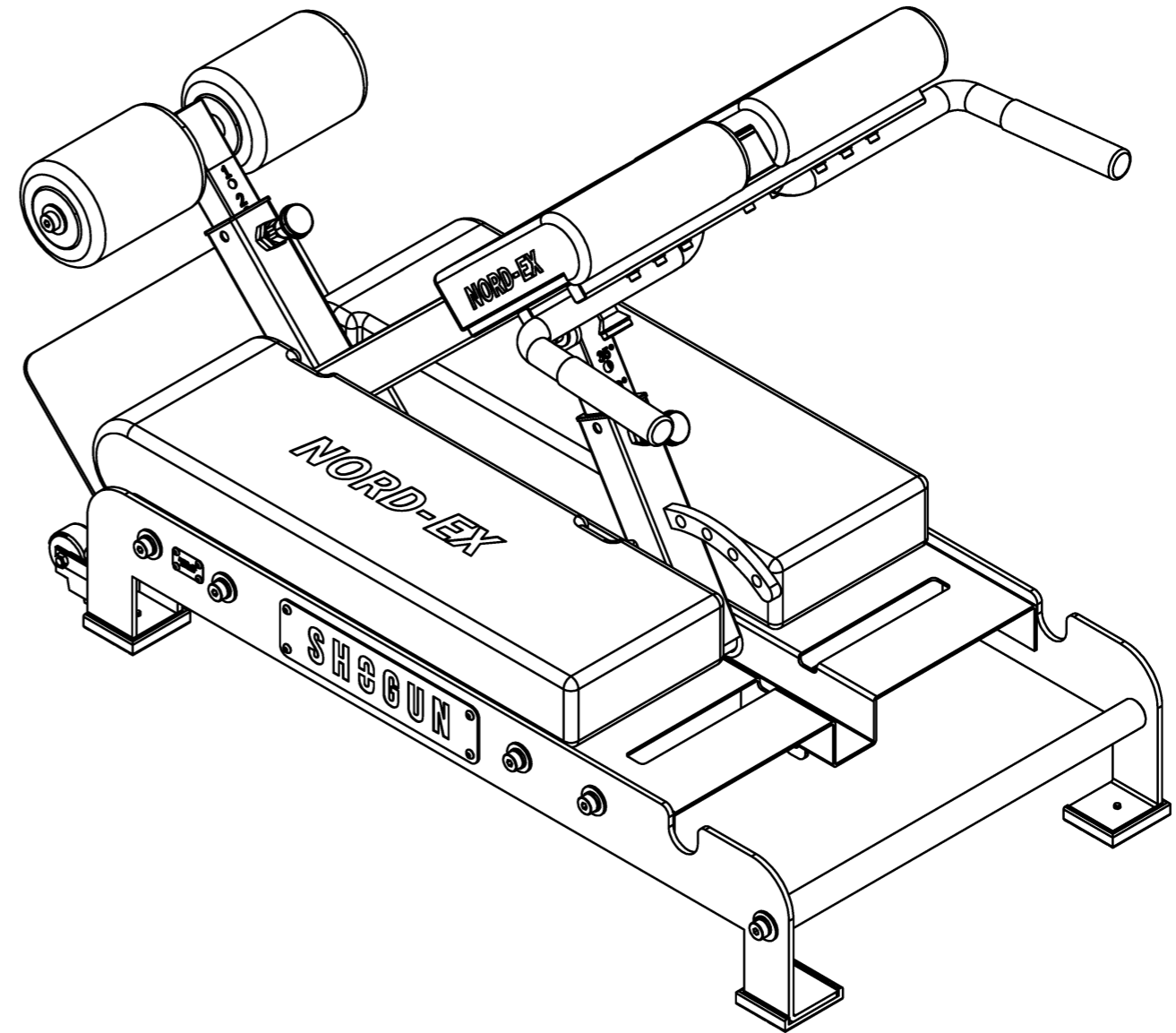
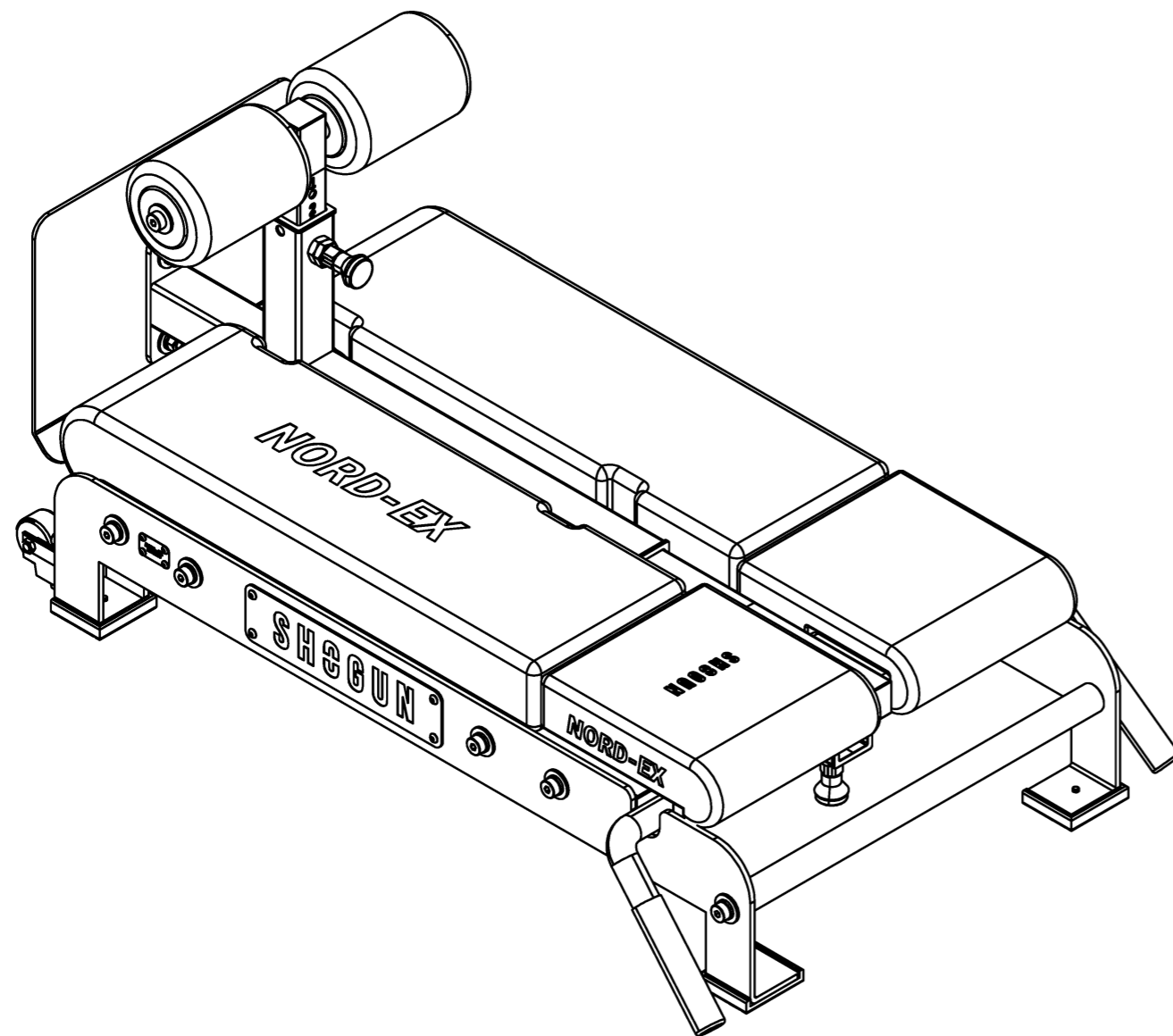


# NORD-EX™ INSTRUCTION MANUAL

**SHOGUN®**



<https://shogunsports.com/products/nordex>



Scan to learn more  
about the NORD-EX.

***NORD-EX™***

***THE ULTIMATE POSTERIOR CHAIN TRAINING SOLUTION***

# CONTENTS

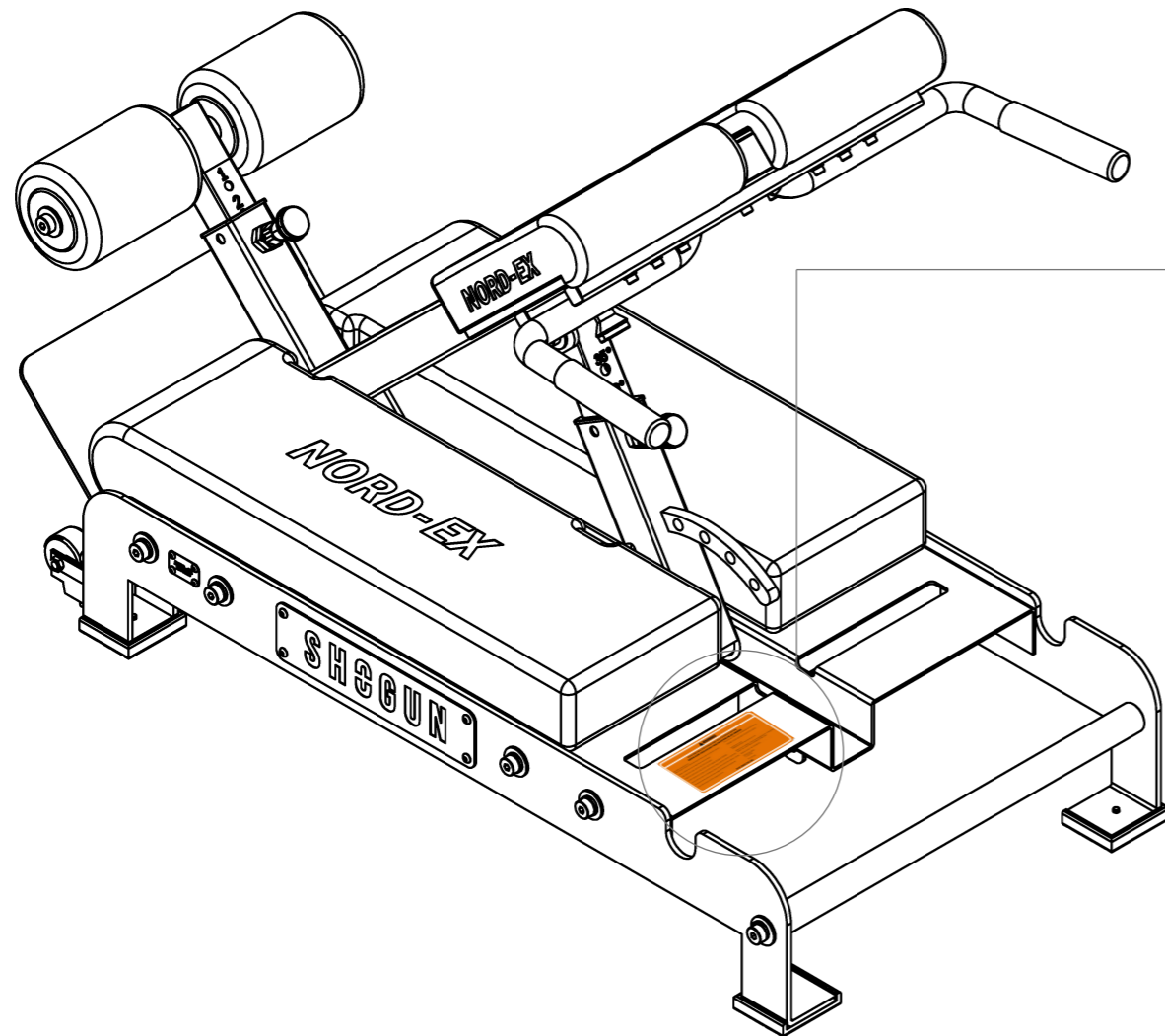


<b>1. BOX COMPONENTS</b> .....	03
<b>2. Disclaimers and safety instructions</b> .....	07
<b>3. Assembly Steps</b> .....	10
<b>4. Assisted Nordic instructions</b> .....	27
<b>5. Back extension and length adjustments</b> .....	30

<https://shogunsports.com/products/nordex>



Scan to learn more  
about the NORD-EX.



**⚠ WARNING!**

*Maximum Weight Capacity: 300 lbs (136 kg) User Weight / 200 lbs (91 kg) Additional Loaded Weight*

**SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED**

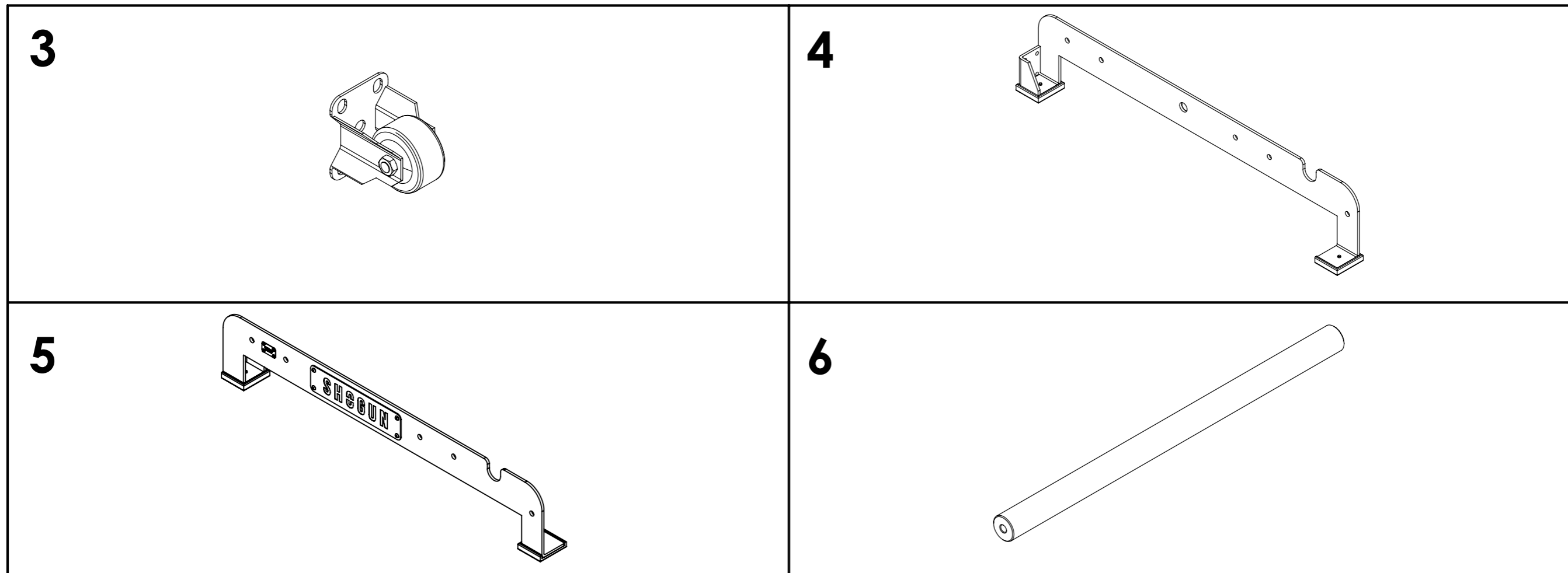
<p>Your safety is important to us. Before using this machine, read all warnings and obtain proper instructions for safe use.</p> <ul style="list-style-type: none"> <li>- Obtain a medical exam prior to beginning an exercise program.</li> <li>- Keep head, limbs, fingers, and hair clear of all moving parts.</li> <li>- Inspect the machine prior to use. DO NOT use it if it appears damaged or inoperable.</li> <li>- DO NOT attempt to fix a broken or jammed machine. Please contact the customer support team.</li> <li>- Use the machine only for the intended use. Obtain instructions and DO NOT modify the machine.</li> <li>- The product warranty will be void if there is evidence of tampering or improper use.</li> <li>- Ensure all locking pins are fully engaged before use.</li> </ul>	<ul style="list-style-type: none"> <li>- This is not a toy. Children must not be allowed near this machine.</li> <li>- Teenagers must be supervised in the use of this machine.</li> </ul> <p>Manufacturer's name: Shield Works Precision Manufacturing Co Ltd</p> <p>Address: Floor 4, Building C, Zhong Yuan Industrial Park, No. 2 Shengli Road, Sanzao Town, Jinwan District, Guangdong, 519040, China</p> <p>Telephone number: +86 186 6698 6723</p> <p>NORD-EX SN: 00003 21-June-2023</p> <p>For Home Use &amp; For Consumer Use Only</p>
---	---

**DO NOT REMOVE THIS LABEL.**

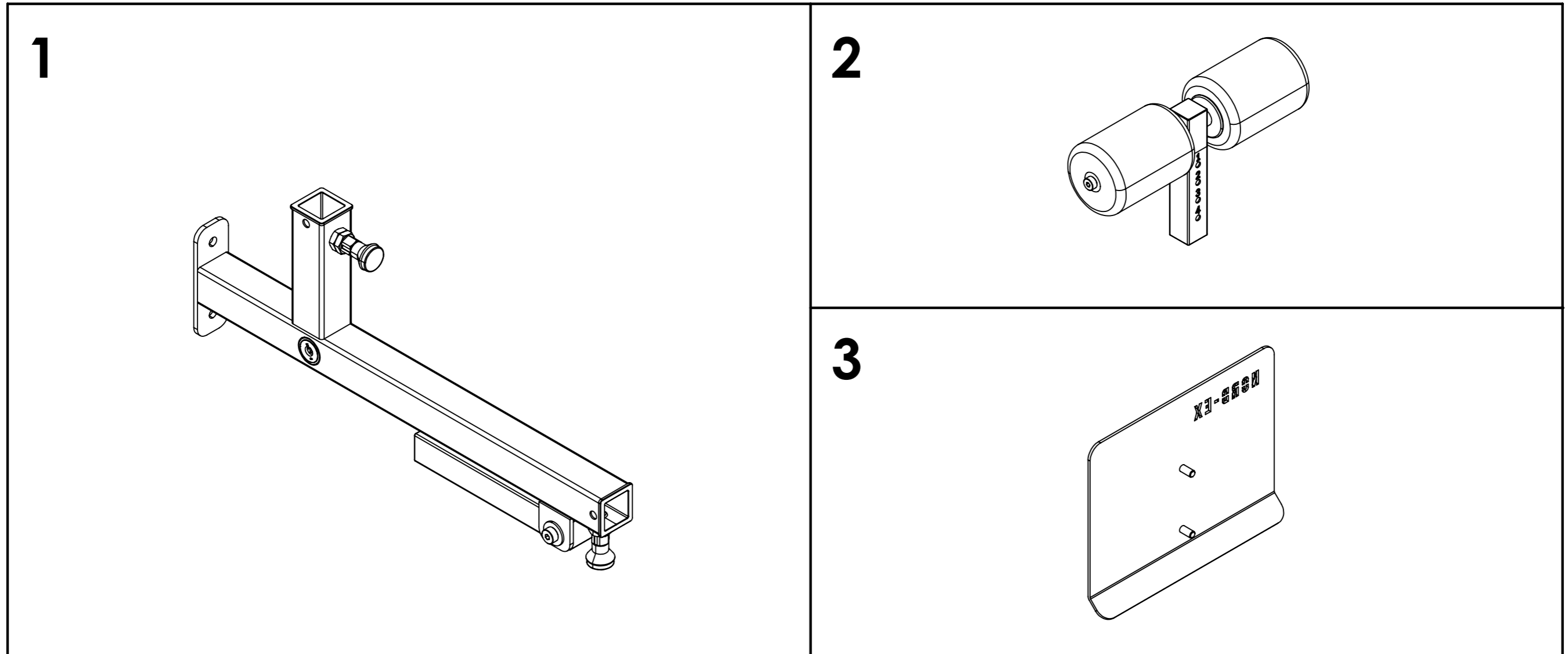
<b>BOX A</b>		
ITEM NO.	NAME	QTY
<b>STEP 1: Wheels Assembly</b>		
1	M8*12 Washer	8
2	M8*14 Hex Socket Screw	8
3	M8 Spring Washer	8
<b>STEP 2: Weight Panel Assembly NBM-001</b>		
1	M10*30 Hex Socket Screw	10
2	M10*20 Washer	10
3	M10 Spring Washer	10
<b>STEP 3: Adjustable Angle Tube Assembly NBM-011</b>		
1	Hex Socket Shoulder Screw	1
2	M10 Washer	1
3	M10 Nut	1
<b>STEP 4: Foot Plate NBM-013</b>		
1	M10 Washer	2
2	M10 Nut	2
3	M10 Spring Washer	2
<b>STEP 5: Safety Pin</b>		
1	Safety Pin	1
2	Nut	1
<b>STEP 6: Large Cushions NBM-014 &amp; NBM-015</b>		
1	M6*40 screw	12
2	M6*16 washer	12

<b>BOX B</b>		
<b>TOOL 1</b>		
1	M4 hexagon wrench	1
2	M5 hexagon wrench	1
3	M6 hexagon wrench	1
4	M8 hexagon wrench	1
5	17/19 Spanner	1
6	22/24 Spanner	1

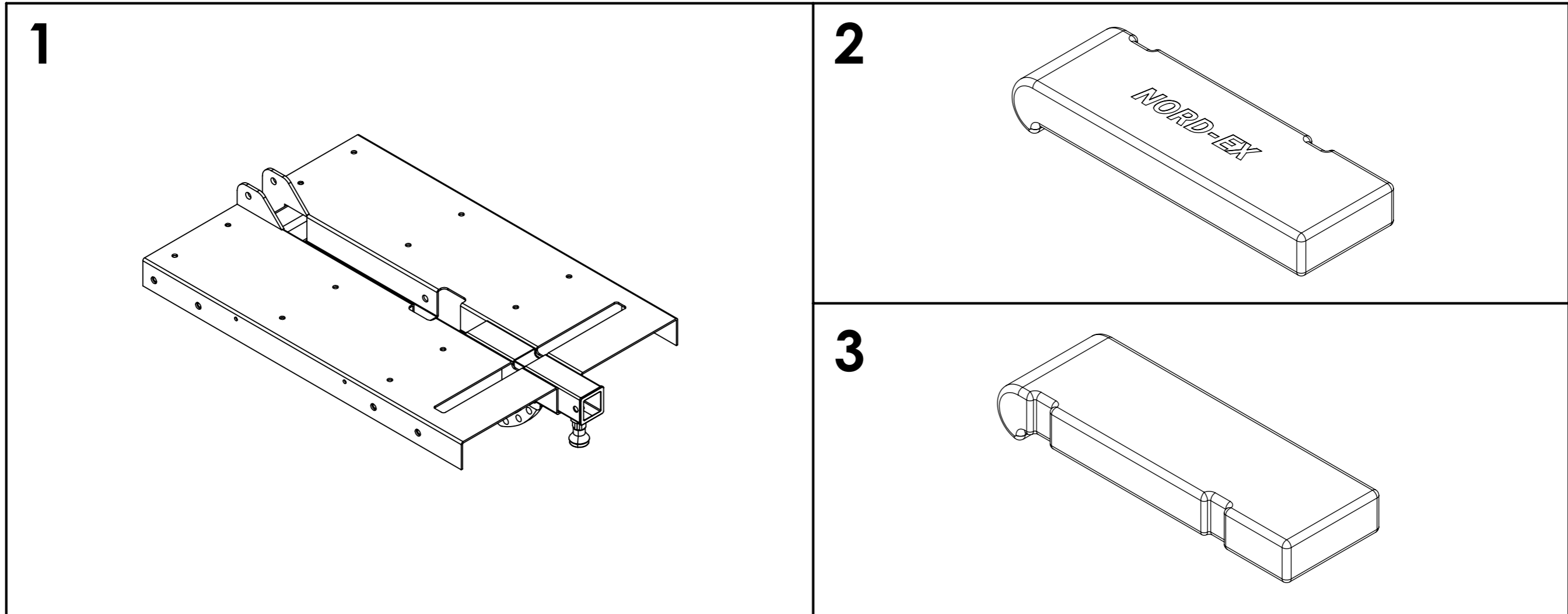
ITEM NO.	NAME	QTY
1	Box A	1
2	Box B	1
3	Wheel	2
4	Right Plate Structure	1
5	Left Plate Structure	1
6	Handle Tube	1



ITEM NO.	NAME	QTY
1	Angle Tube Assy	1
2	Foot Holder	1
3	Foot Plate	2



ITEM NO.	NAME	QTY
1	Weight Panel Sub Assy	1
2	Left Cushion	1
3	Right Cushion	1
4	Empty Box	2
5	NORD-EX Box	1

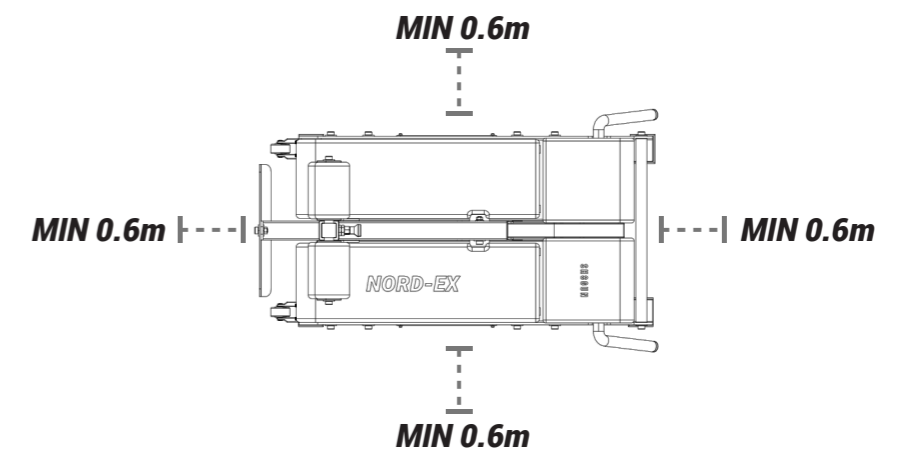




## **IMPORTANT SAFETY INSTRUCTIONS:**

Your safety is important to us. Before using this machine, read all warnings and obtain proper instruction for safe use.

- Obtain a medical exam prior to beginning an exercise program.
- Incorrect or excessive training may cause injuries; follow guidelines for each exercise type.
- Keep head, limbs, fingers, and hair clear of all moving parts.
- Inspect the machine prior to use. DO NOT use it if it appears damaged or inoperable.
- DO NOT attempt to fix a broken or jammed machine. Please contact the customer support team.
- Use the machine only for the intended use. Obtain instructions and DO NOT modify the machine.
- The product warranty will be void if there is evidence of tampering or improper use.
- Place the product in a flat and stable base.
- Ensure all locking pins are fully engaged before use and no parts interfere with the movement of the product.
- This is not a toy. Use the equipment safely. Children must not be allowed near this machine.
- Teenagers must be supervised in the use of this machine.
- Make sure you have enough space to lay out the parts before starting. For safety reasons, leave at least 0.6m of free space around the machine. You can share accessing areas with other equipment nearby. Always ensure there are not any objects blocking the entrance and exit of the machine.



- Warning that if any of the adjustment devices are left projecting, they could interfere with the user's movement.
- Maximum user bodyweight: 300 lbs
- Usage classes H

## **DISCLAIMER:**

- You are responsible for the proper use of this product.
- Use common sense when training and obtain instruction in the proper use of the equipment and execution of the movements.
- All exercise programs contain a potential risk of injury. Consult your physician before beginning any new exercise regimen can help reduce these safety risks, especially if you have certain medical conditions and limitations.
- You assume all risks and responsibilities for all damage, injury, or death which may be occurring during or following the incorrect use of this equipment in any manner whatsoever.
- Shogun Sports LLC, Infinity LLC, or its associates are not liable for any claims for injury and damages resulting from or connected with the use of this product or its accessories.

## **WARRANTY:**

To show our commitment to your satisfaction and trust in our product, we are excited to offer an industry-leading warranty. However, to ensure you are fully protected, we ask that you register your product with us.

By registering your NORD-EX™, you will have the peace of mind that comes with knowing that you are covered in case of any unexpected issues. To learn more about the warranty and register, please scan the QR code located below.

If you have any issues with your NORD-EX™, please reach out to us at [cs@shogunsports.com](mailto:cs@shogunsports.com), please include your name, order number, and NORD-EX™ serial number located on the side of the product.



**Scan to register your NORD-EX  
and learn more about the warranty.**

## **MAINTENANCE INSTRUCTIONS:**

To ensure the longevity and optimal performance of your NORD-EX™, please follow these maintenance guidelines:

**Cleaning:** Use a damp cloth for cleaning; avoid alcohol or abrasive compounds as they may damage the cushions. The warranty will be void if improper cleaning agents are used.

**Alterations:** Do not attempt to modify the unit. Evidence of tampering or improper use may void the warranty. Contact our team for spare parts or assistance with repairs or replacements.

**Storage:** Keep the unit in a dry and covered area to prevent damage. Any damage caused by elements like rusting or discoloration is not covered under warranty. Keep it away from kids, as improper handling can lead to serious injury.

**Regular Inspection:** Ensure proper maintenance during assembly and check that all screws, nuts, and adjustments are tight and in place periodically.

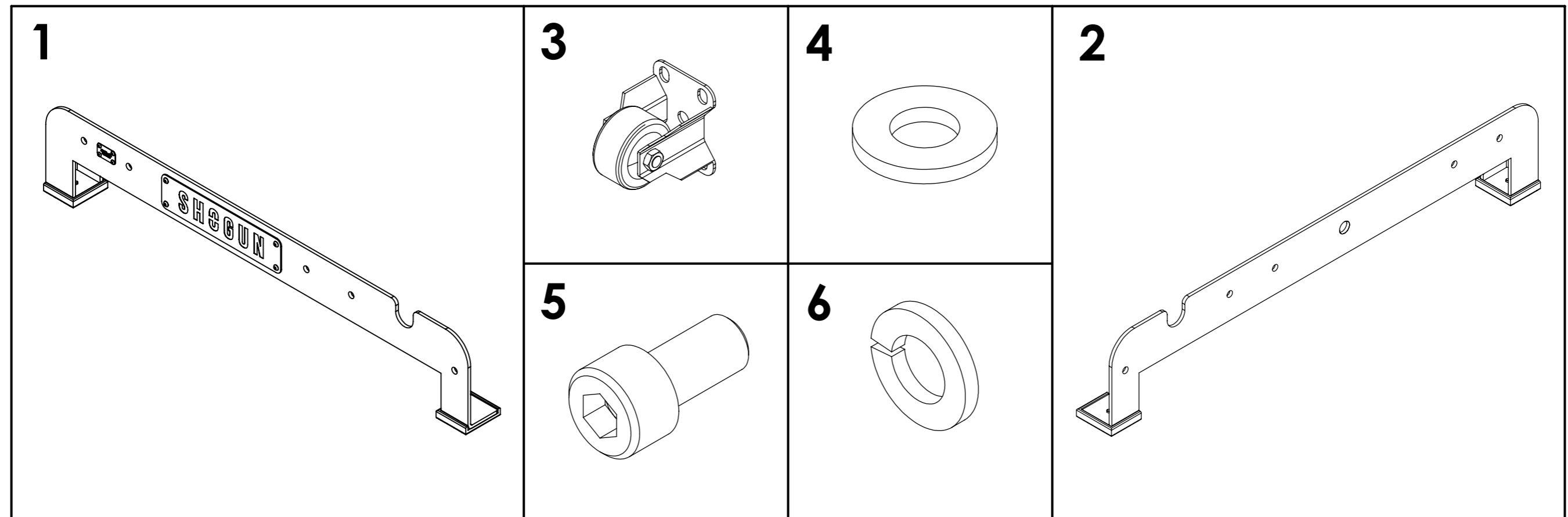
**Customer Support:** For queries or malfunctions, contact our customer support team via email, providing your order number and NORD-EX SN number located on the side. We respond from 9-5 PST, Monday to Friday, within 72 hours.

Your proactive maintenance will help you enjoy the full benefits of your NORD-EX™ for years to come!

## STEP 1

NAME	QTY
M6 Hexagonal Wrench	1

ITEM NO.	NAME	QTY
1	Right Plate Structure	1
2	Left Plate Structure	1
3	Wheel	2
4	M8*12 Washer	8
5	M8*14 Hex Socket Screw	8
6	M8 Spring Washer	8

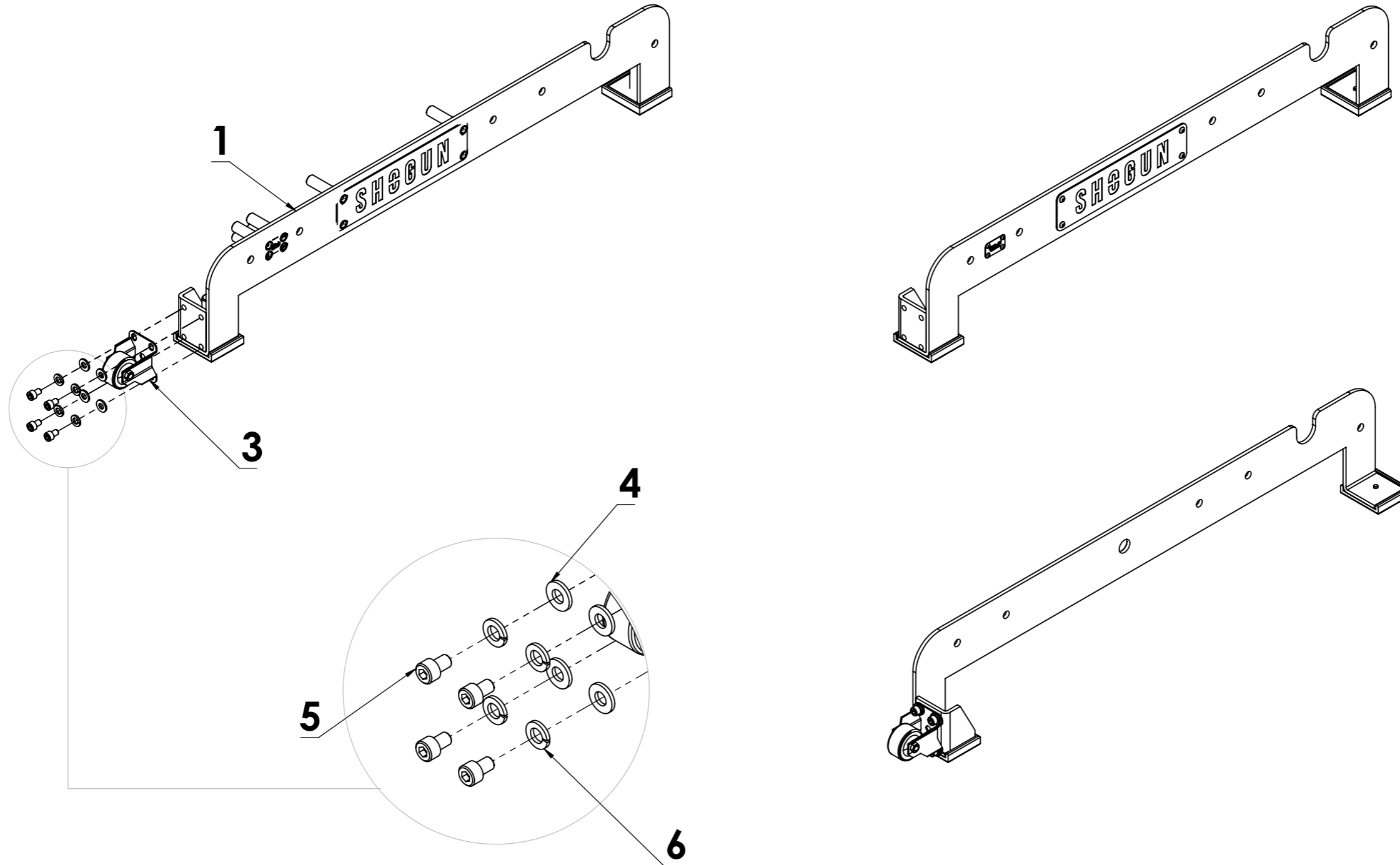


# NORD-EX™

SHOGUN®

## STEP 1

Using the M6 hexagonal wrench, hex socket screws, and washers, attach the wheels to the left and right plates.

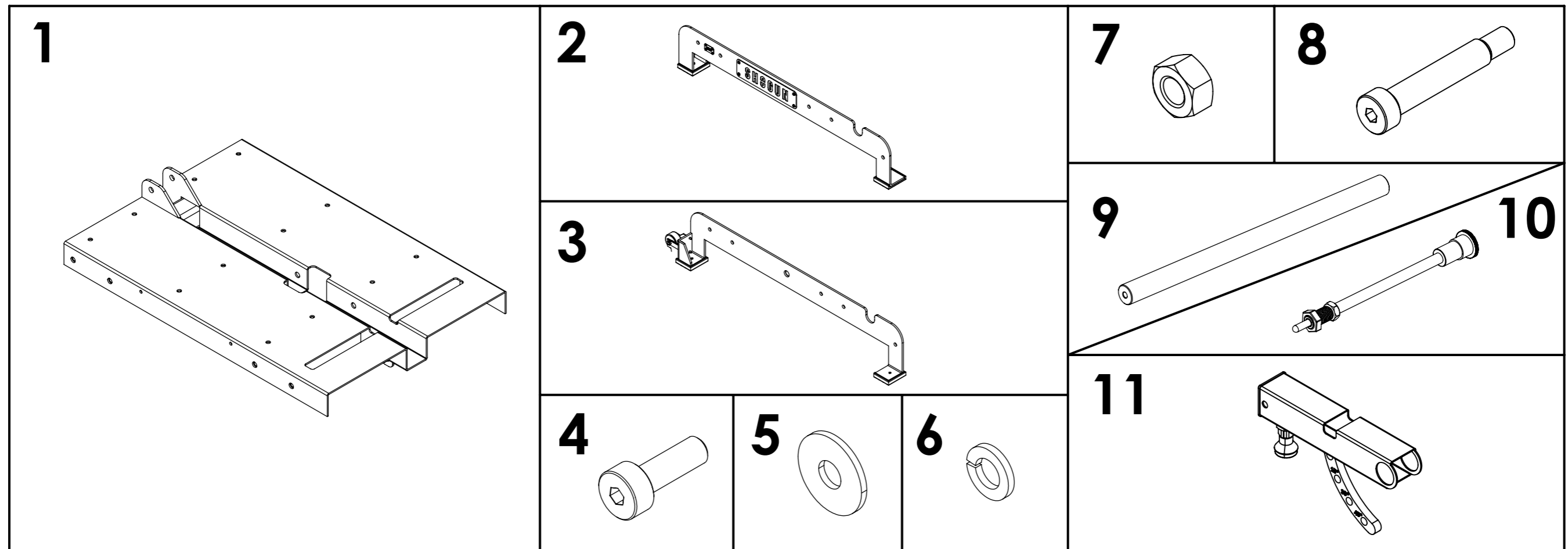


<https://shogunsports.com/products/nordex>

## STEP 2

NAME	QTY
M8 Hexagonal Wrench	1
19 Spanner	1
24 Spanner	1

ITEM NO.	NAME	QTY
1	Weight Panel Sub Assembly	1
2	Right Plate Structure Sub Assembly	1
3	Left Plate Structure Sub Assembly	1
4	M10*30 Hex Socket Screw	10
5	M10 Washer	11
6	M10 Lock Washer	10
7	M10 Nut	1
8	M10*56.5 Shoulder Screw	1
9	Handle Tube	1
10	Safety Pin	1
11	Bottom Support Tube	1



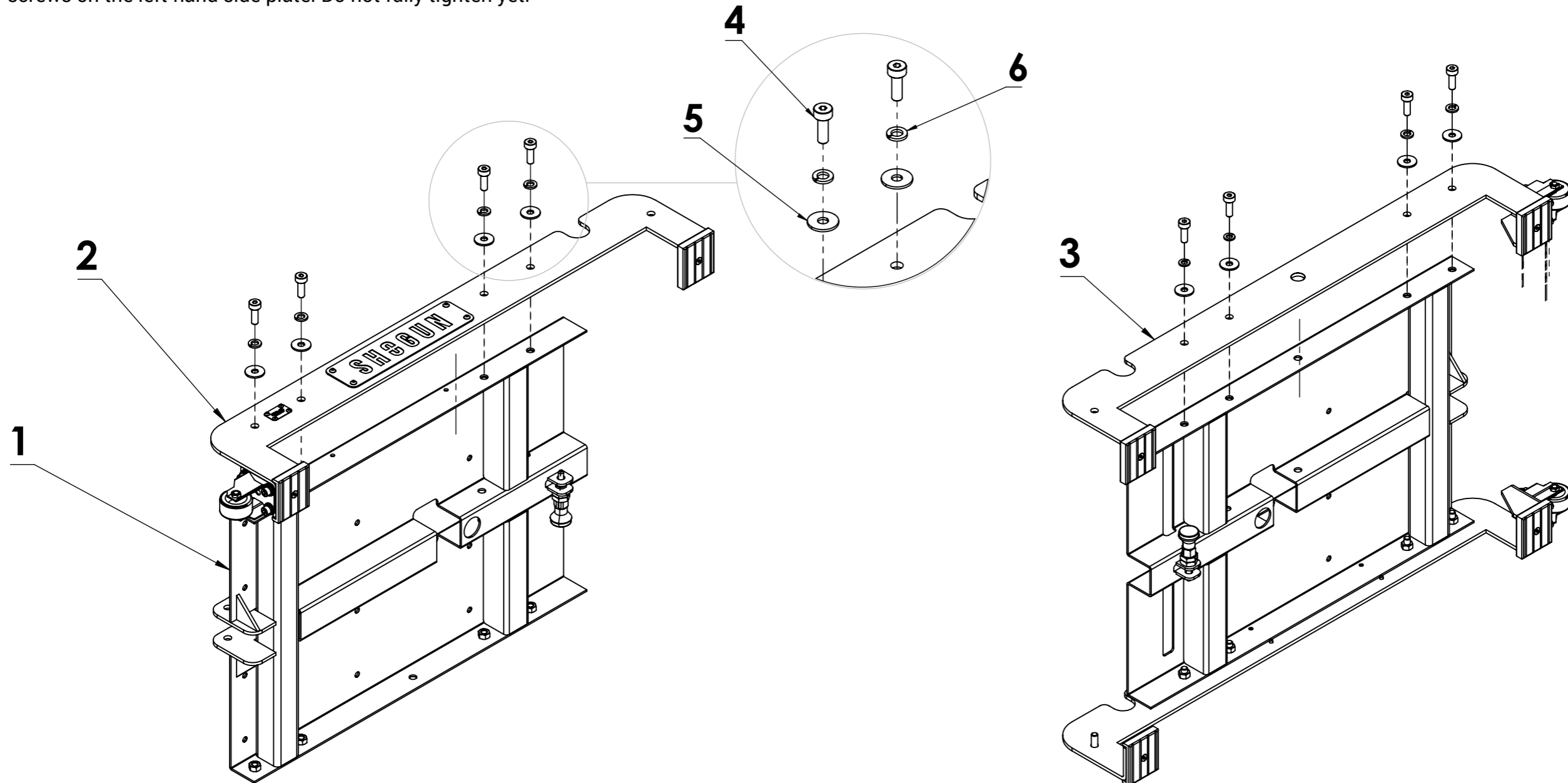
# NORD-EX™

SHOGUN®

## STEP 2

2.1 Take the weight panel sub-assembly and place it on its side as illustrated in the image below. Using the M8 hexagonal wrench, M10 socket screws, and lock washers, install 4 screws on the left-hand side plate. Do not fully tighten yet.

2.2 With the left-hand side plate attached to the weight panel, flip the product 180 degrees, and proceed to install the right-hand side plate. Do not fully tighten yet.



<https://shogunsports.com/products/nordex>

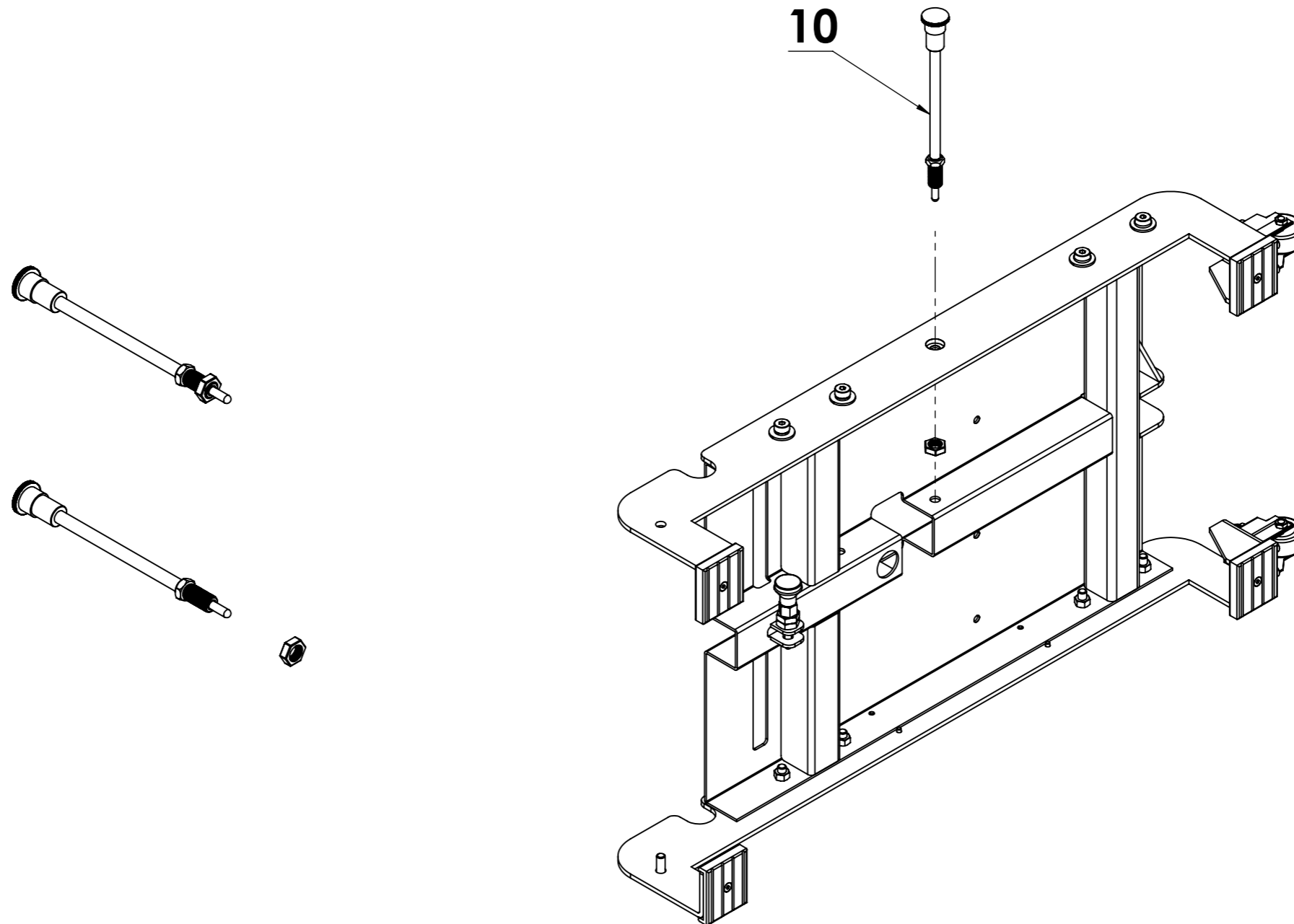
# NORD-EX™

SHOGUN®

## STEP 2

2.3 Take the Safety Pin, remove the nut, insert the safety pin, in the hole on the side plate, and screw the nut again before inserting it in the threaded hole.

Twist the safety pin inside the threaded hole and tighten both nuts with the spanner.



<https://shogunsports.com/products/nordex>

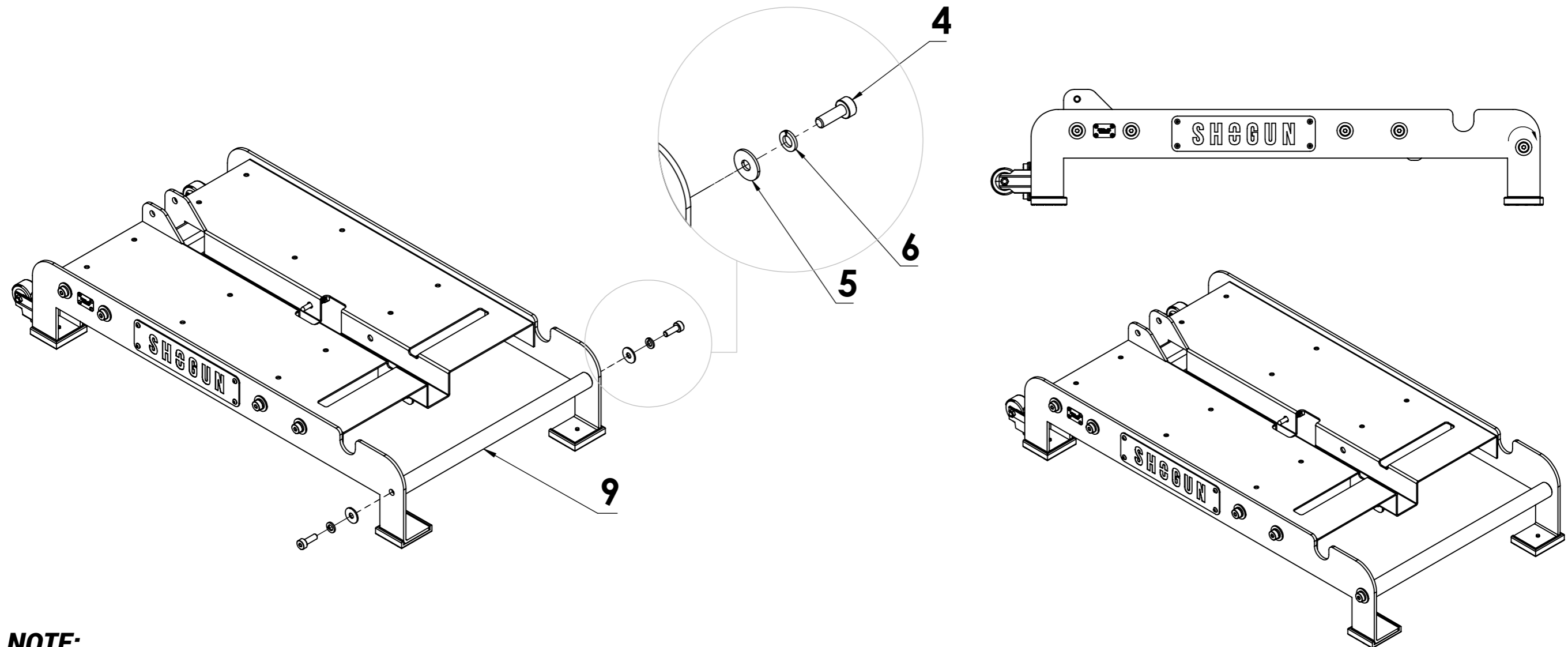


# NORD-EX™

SHOGUN®

## STEP 2

2.4 Place the bench flat on the ground, laying on the rubber feet, take the handle tube, and attach it to the side plates with the remaining 2 x M10 socket screws and lock washers.



### NOTE:

You might need to loosen up some of the screws on the side panels to comfortably insert the handle tube.

Once the handle tube is fully tightened, proceed to tighten all the screws on the side panels.

If the side panels are very tight, it will be hard to insert the handle tube which will lead to cosmetic damage. Damage caused by this, or similar circumstances is not covered by the warranty.

<https://shogunsports.com/products/nordex>

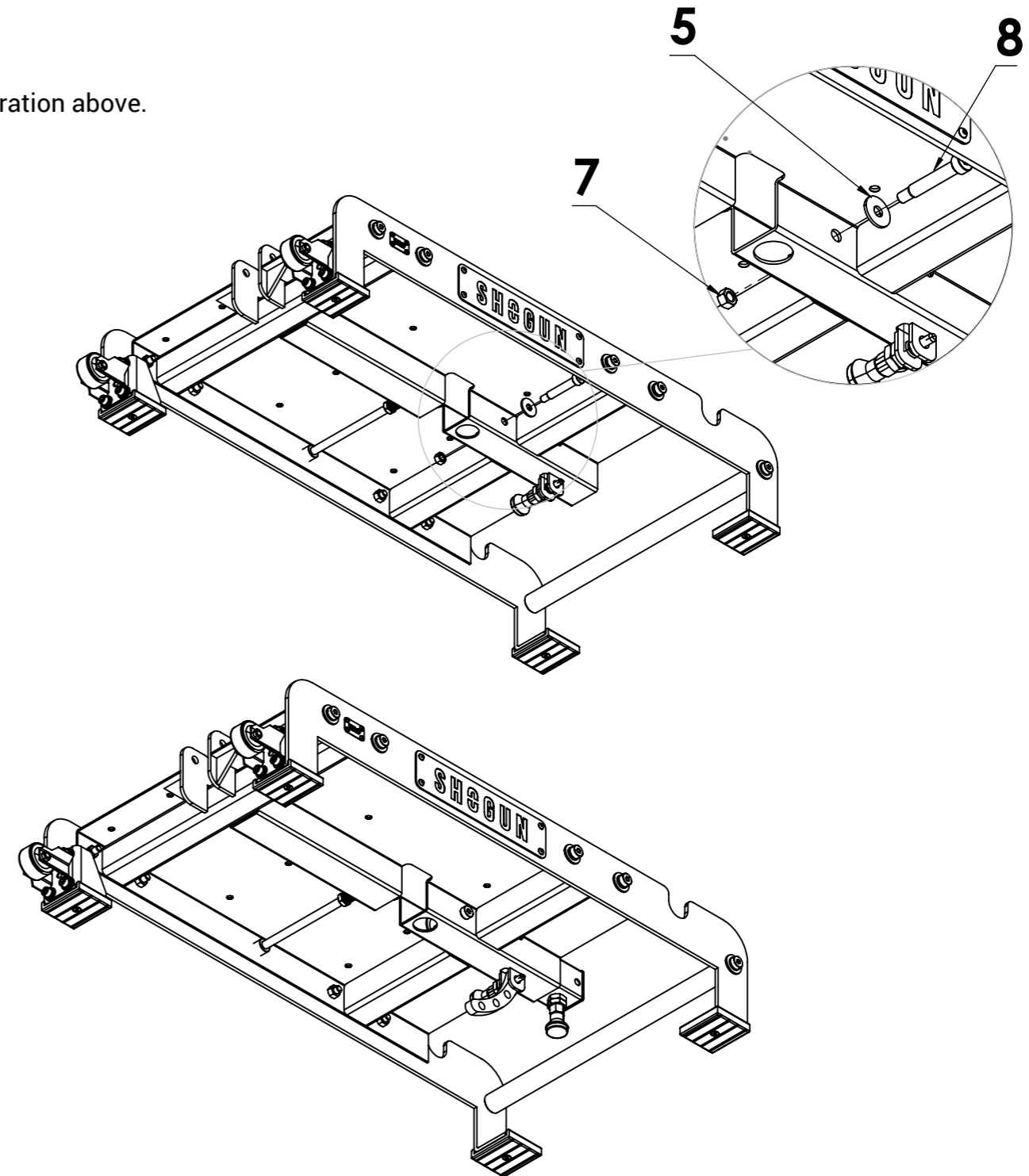
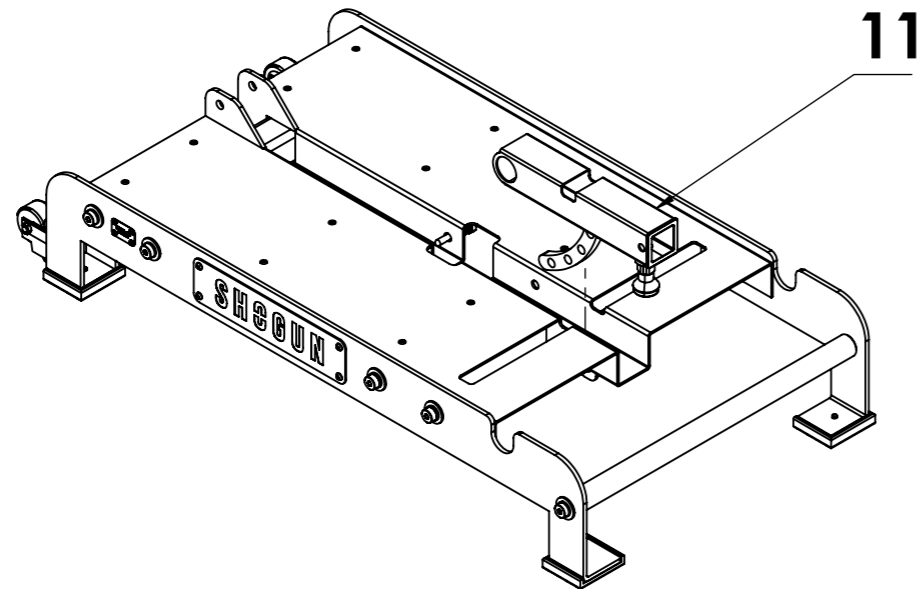
# NORD-EX™

SHOGUN®

## STEP 2

2.5 Install the Bottom support tube.

Use the M10 Washer, M10 Nut and M10 shoulder screw to install the part as shown in the illustration above.



<https://shogunsports.com/products/nordex>

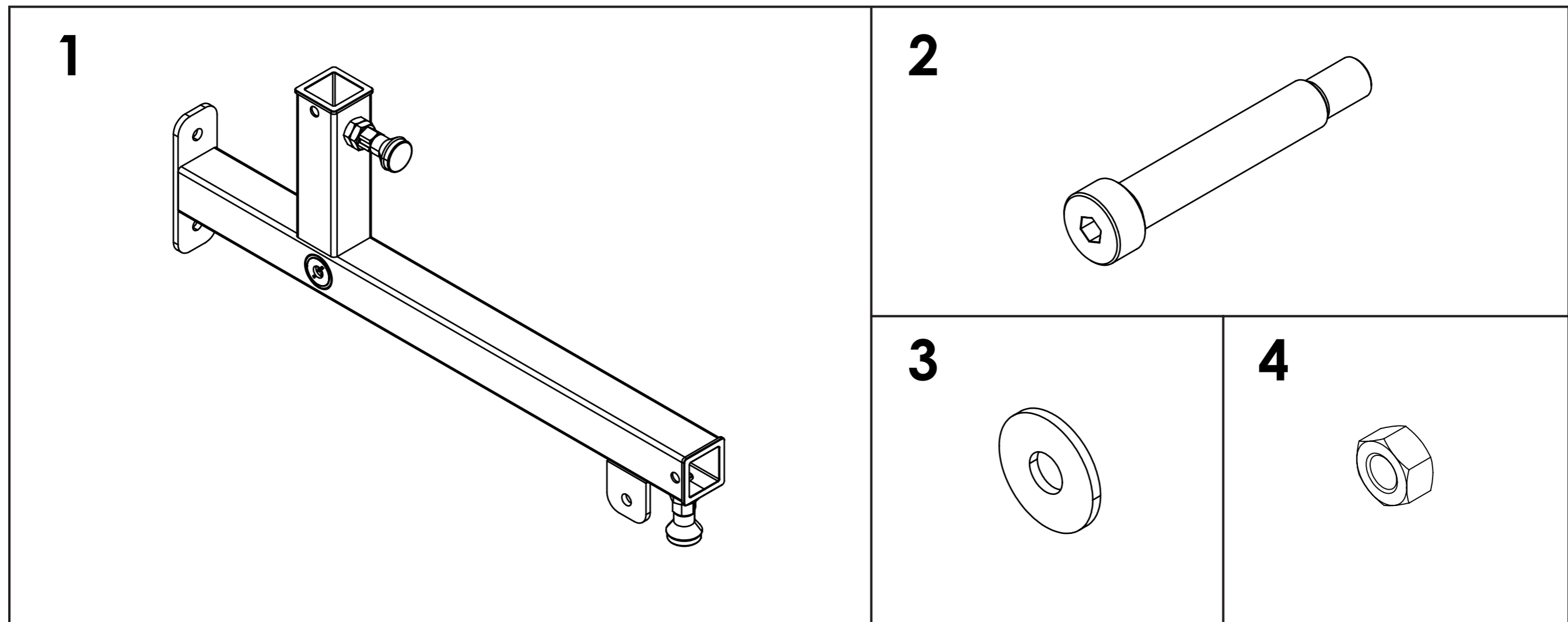
# NORD-EX™

SHOGUN®

## STEP 3

NAME	QTY
M8 Hexagonal Wrench	1
17 Spanner	1

ITEM NO.	NAME	QTY
1	Angle Tube Sub Assembly	1
2	Hex Socket Shoulder Screw	1
3	M10 Washer	1
4	M10 Nut	1



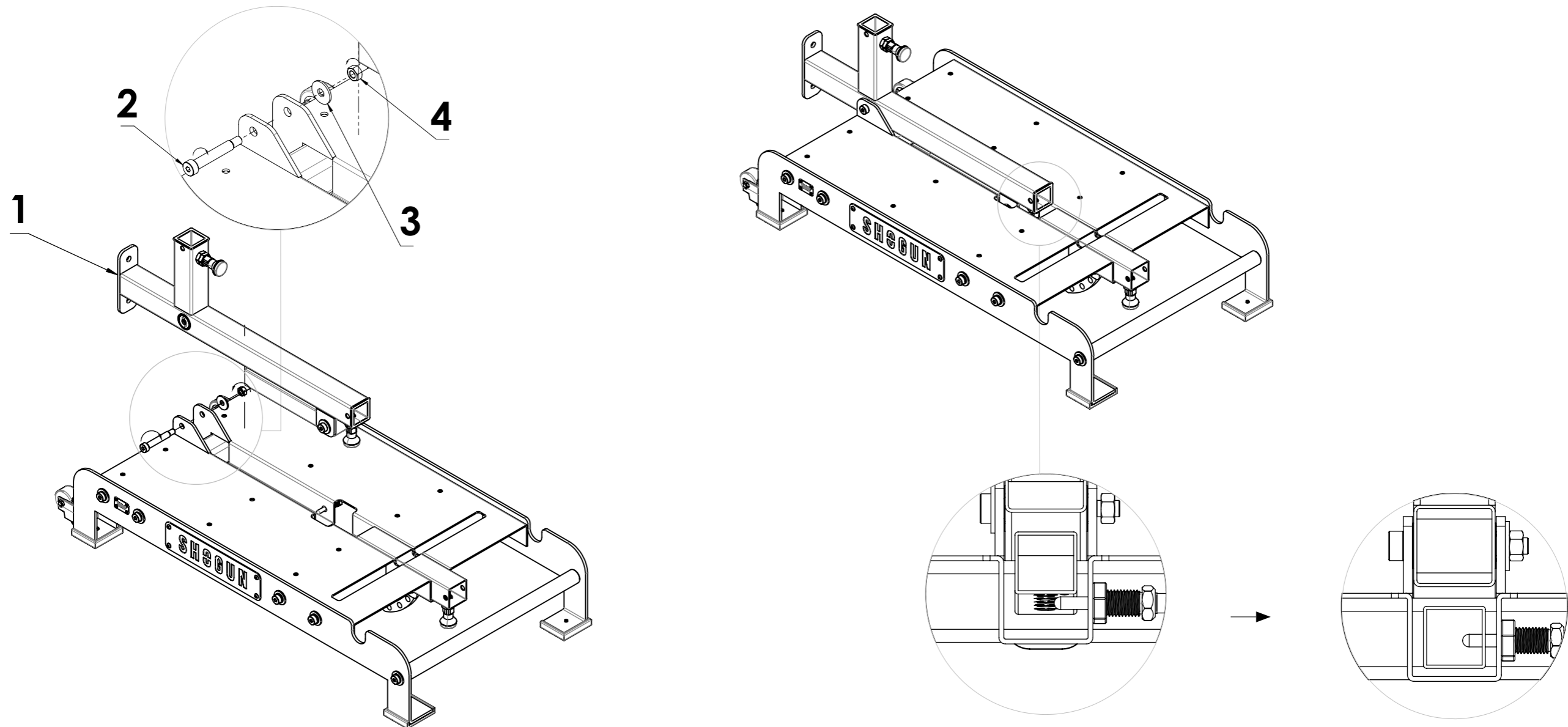
# NORD-EX™

**SHOGUN®**

## STEP 3

Take the angle tube subassembly and insert it between the support structures as illustrated below.

Use the hexagonal wrench to hold the shoulder screw and tighten the washer and nut by using the spanner.



Ensure it's fully tightened to avoid any wobbliness issues. Pull the safety pin to lock the product in place.

<https://shogunsports.com/products/nordex>

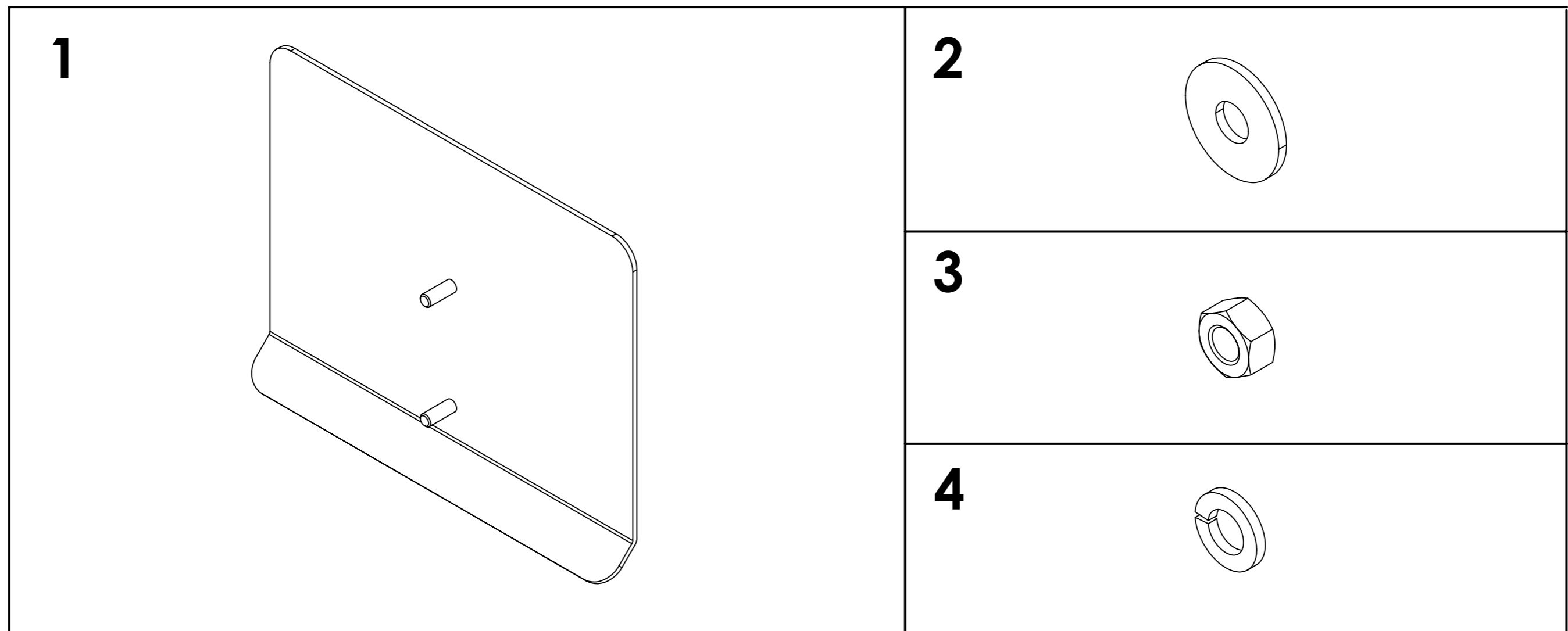
# NORD-EX™



## STEP 4

NAME	QTY
17 Spanner	1

ITEM NO.	NAME	QTY
1	Foot Plate	1
2	M10 Washer	2
3	M10 Nut	2
4	M10 Spring Washer	2

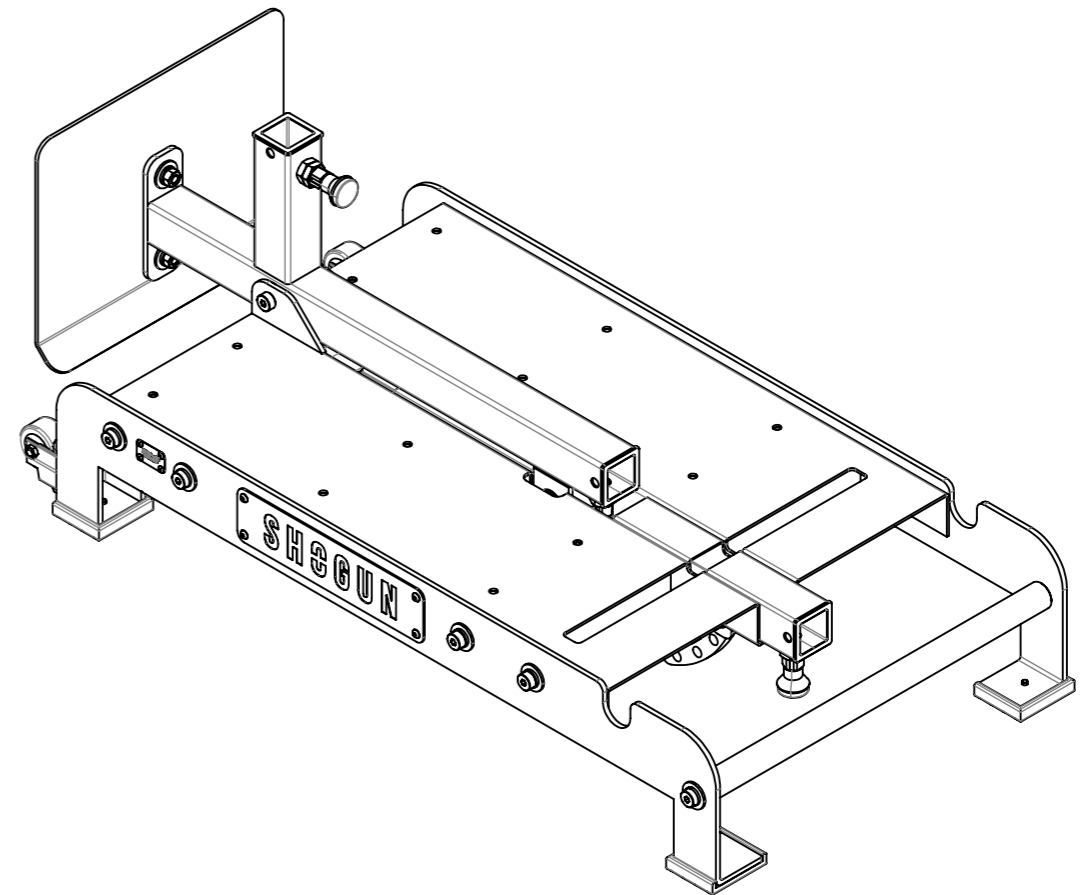
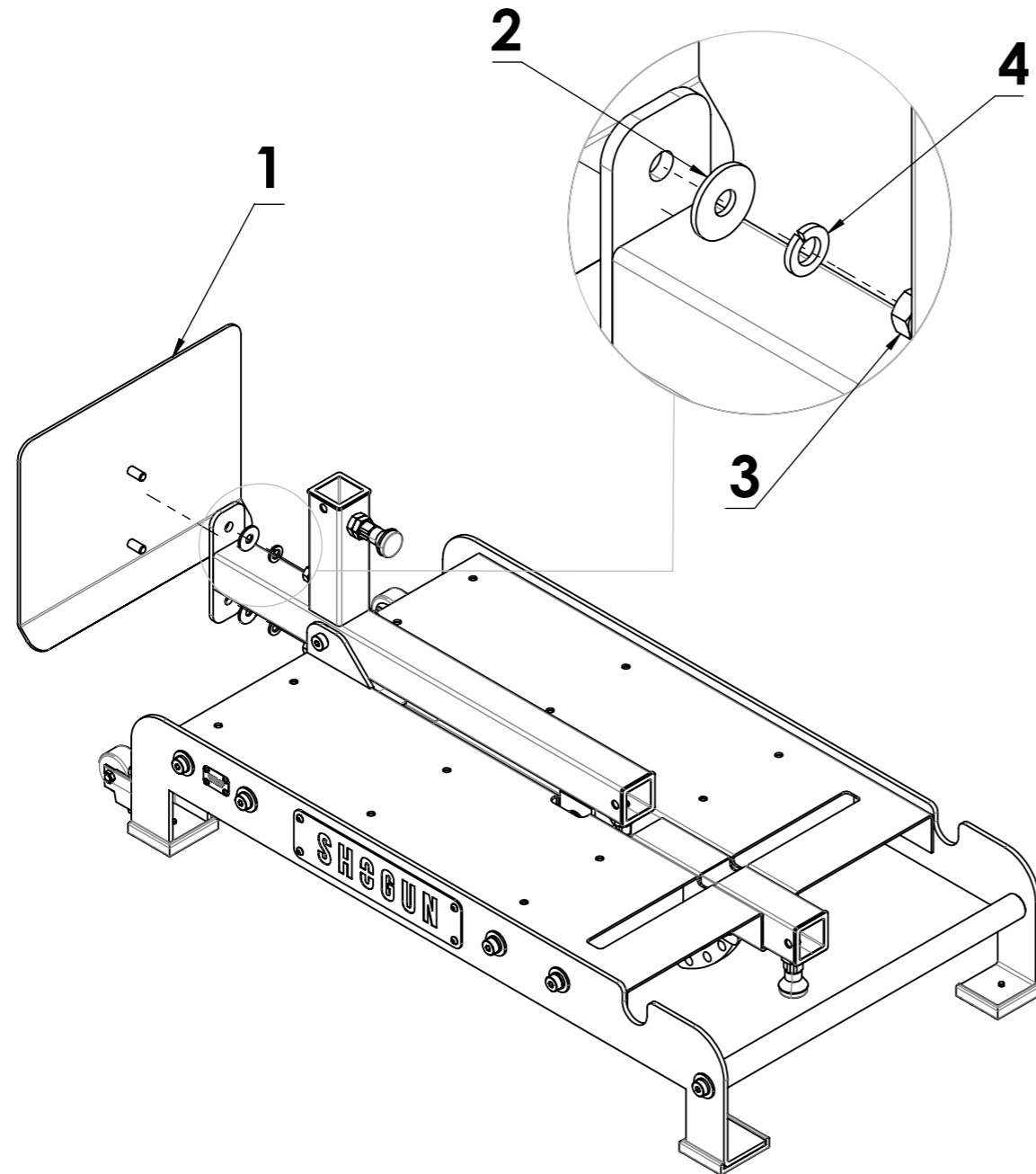


# NORD-EX™

SHOGUN®

## STEP 4

Take the footplate and install it as illustrated below, fully tighten it by using the washer and nuts.



<https://shogunsports.com/products/nordex>

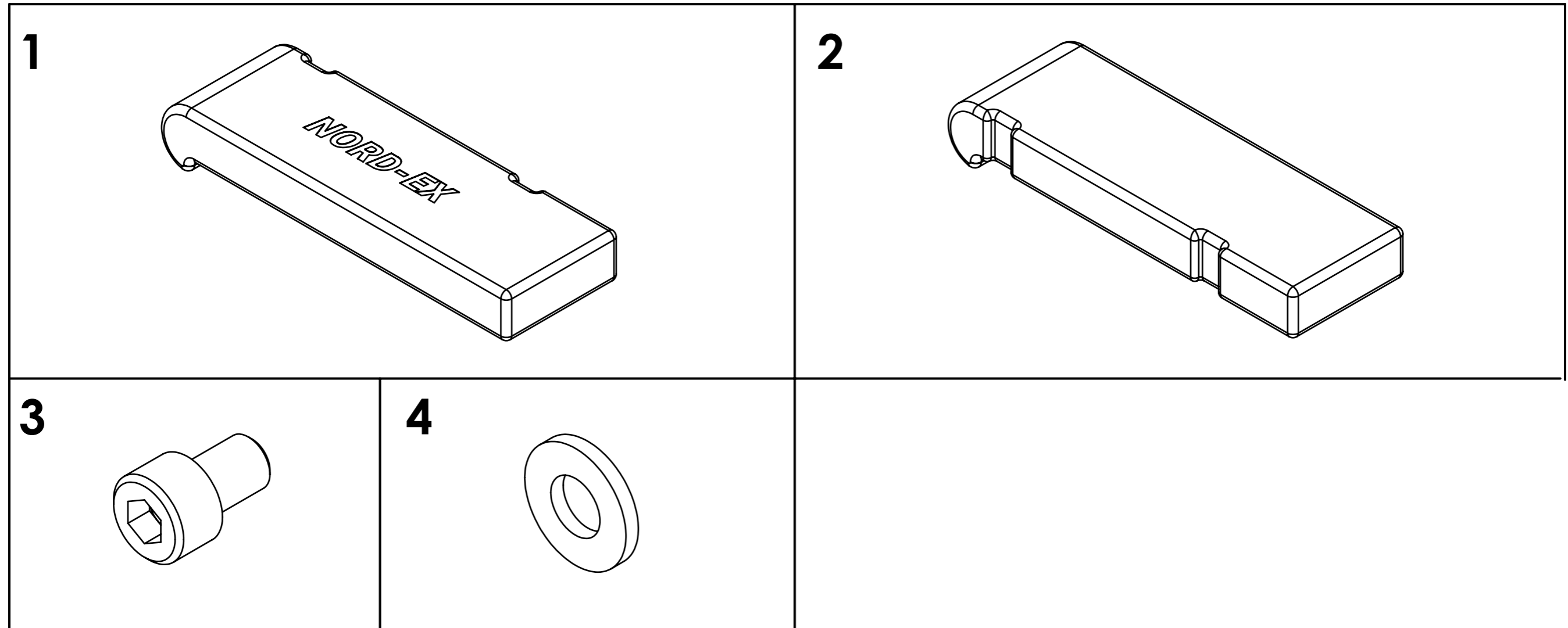
# NORD-EX™

SHOGUN®

## STEP 5

NAME	QTY
M6 Hexagonal Wrench	1

ITEM NO.	NAME	QTY
1	Right Cushion Pad	1
2	Left Cushion Pad	1
3	M8 Hex Socket Screw	16
4	M8 Washer	16



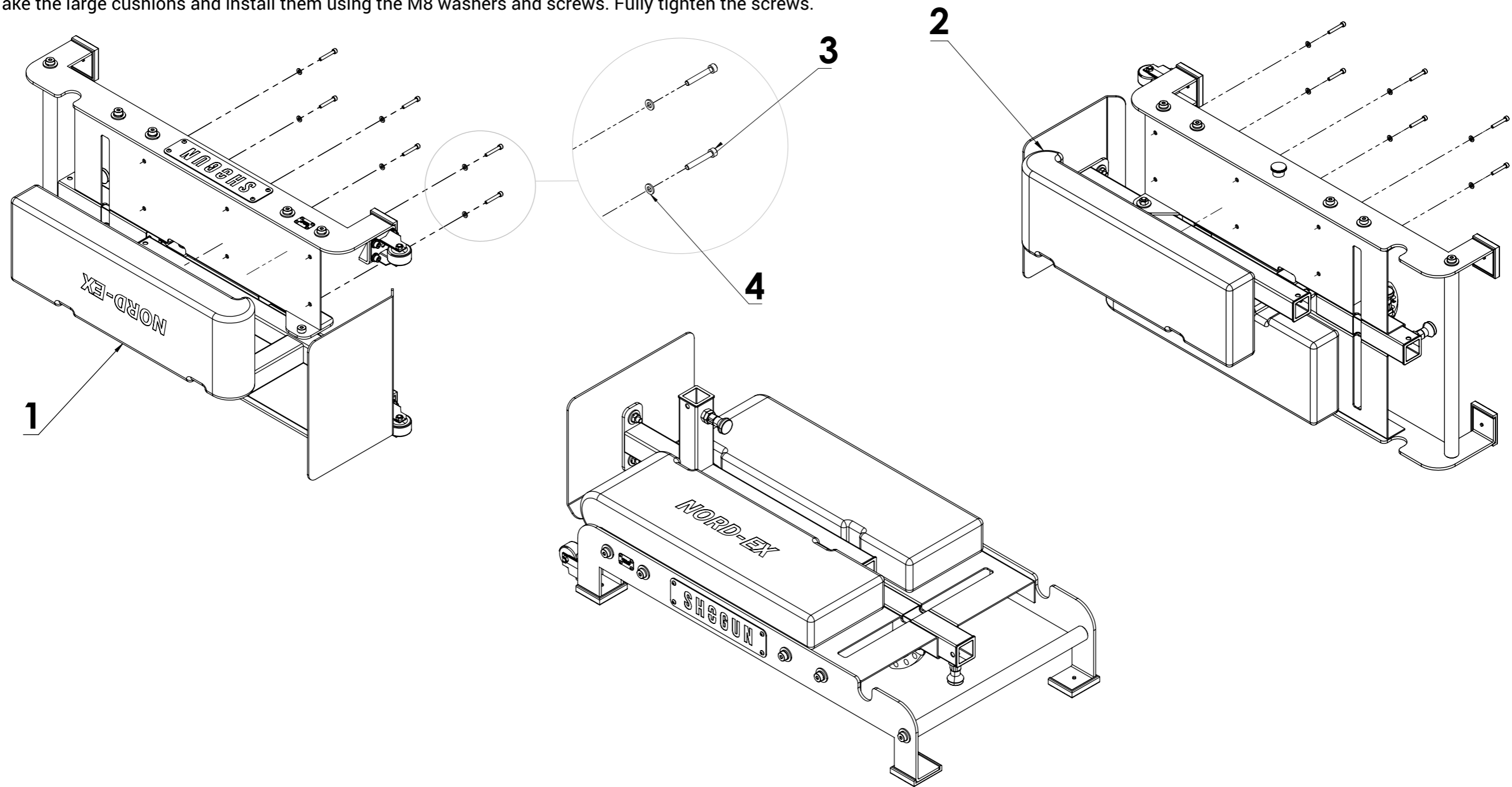
# NORD-EX™

SHOGUN®

## STEP 5

Lift the product and place it on its side as illustrated in the image below.

Take the large cushions and install them using the M8 washers and screws. Fully tighten the screws.



<https://shogunsports.com/products/nordex>



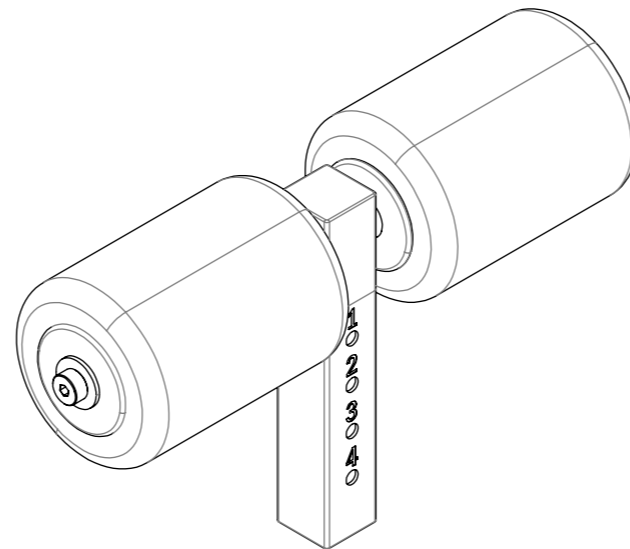
# NORD-EX™

## STEP 6

**SHOGUN®**

ITEM NO.	NAME	QTY
1	Foot Holder Sub Assembly	1

**1**

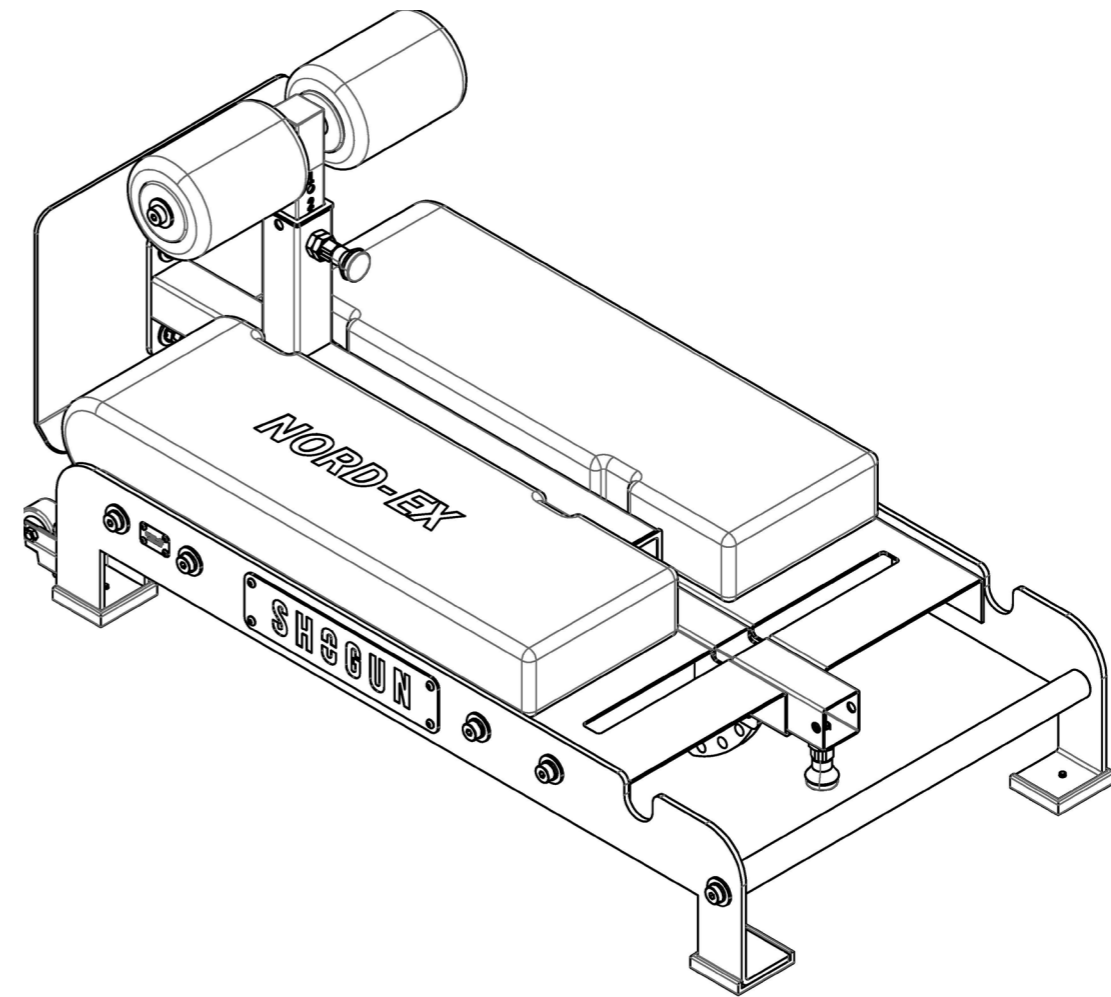
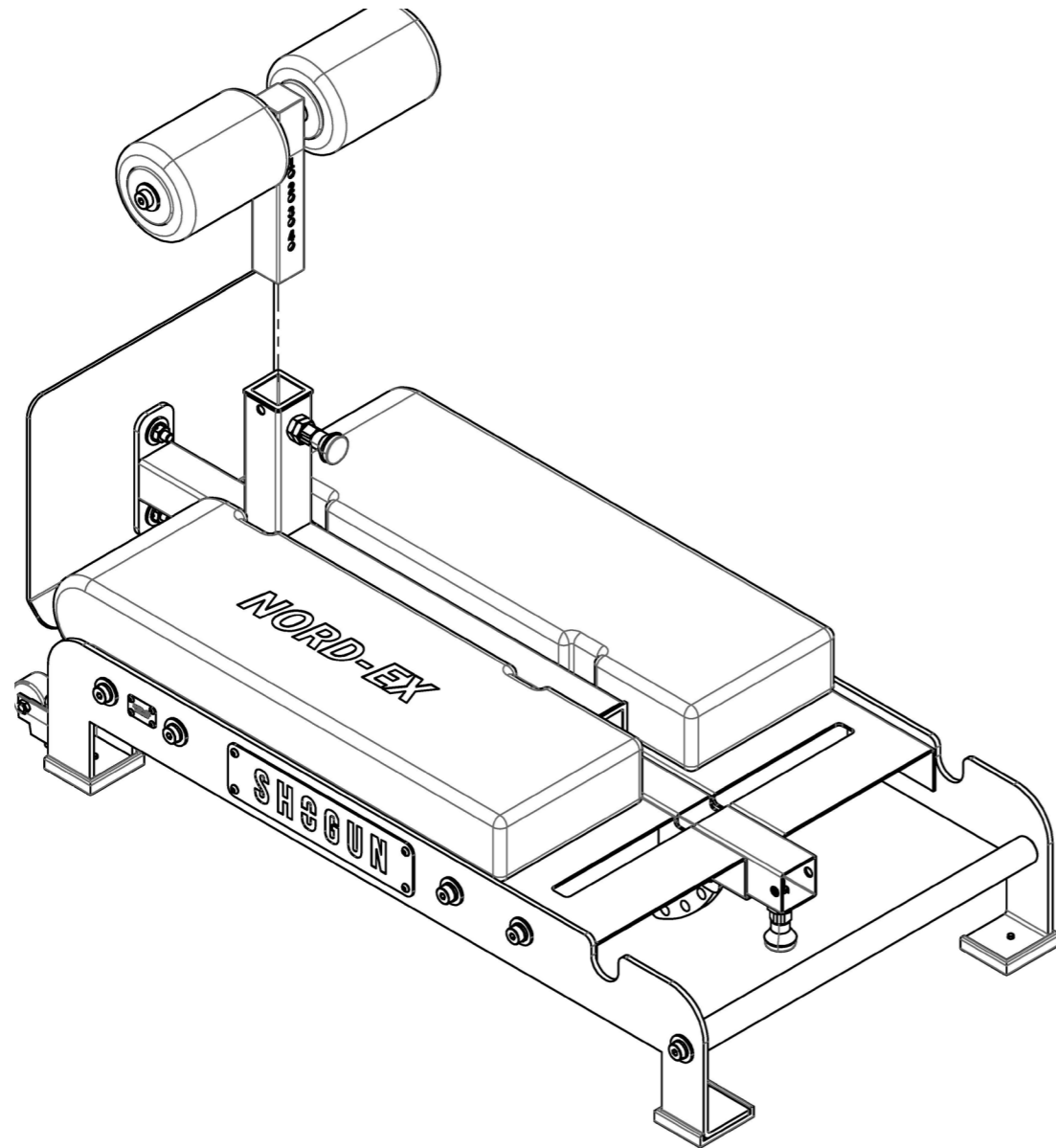


# NORD-EX™

SHOGUN®

## STEP 6

Install the foot holder subassembly by pulling the pin as illustrated below.



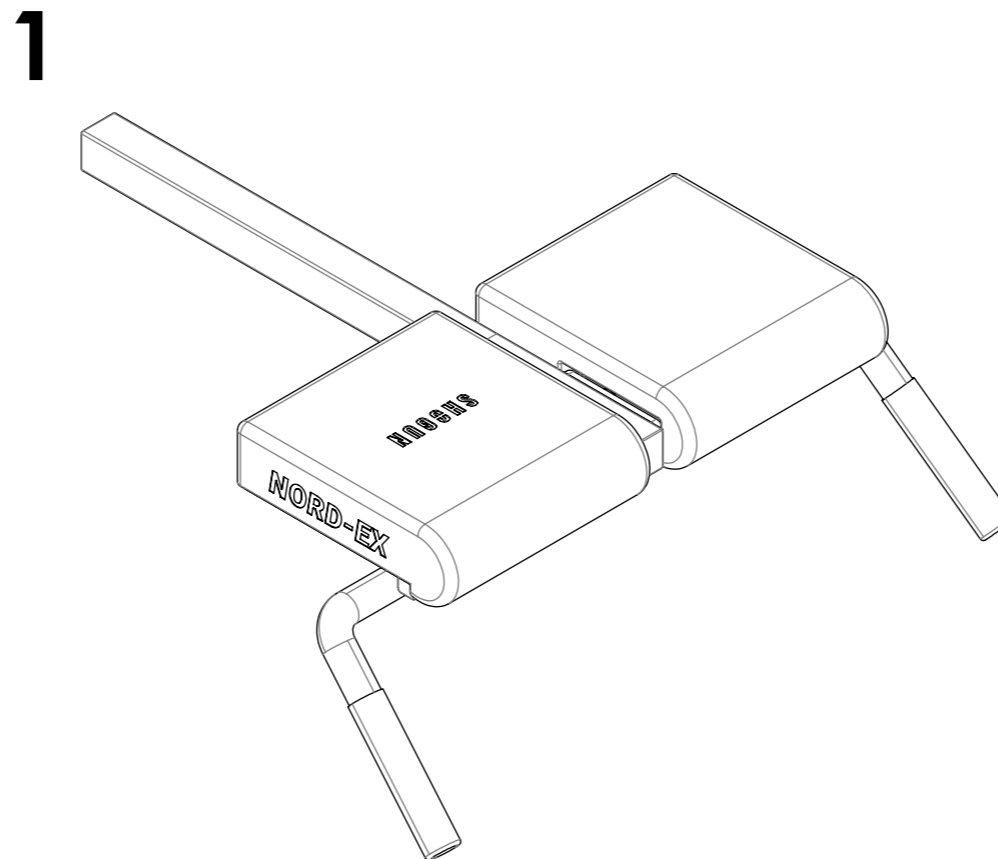
<https://shogunsports.com/products/nordex>

# NORD-EX™

## STEP 7

**SHOGUN®**

ITEM NO.	NAME	QTY
1	Adjustable Angle Tube Sub Assembly	1

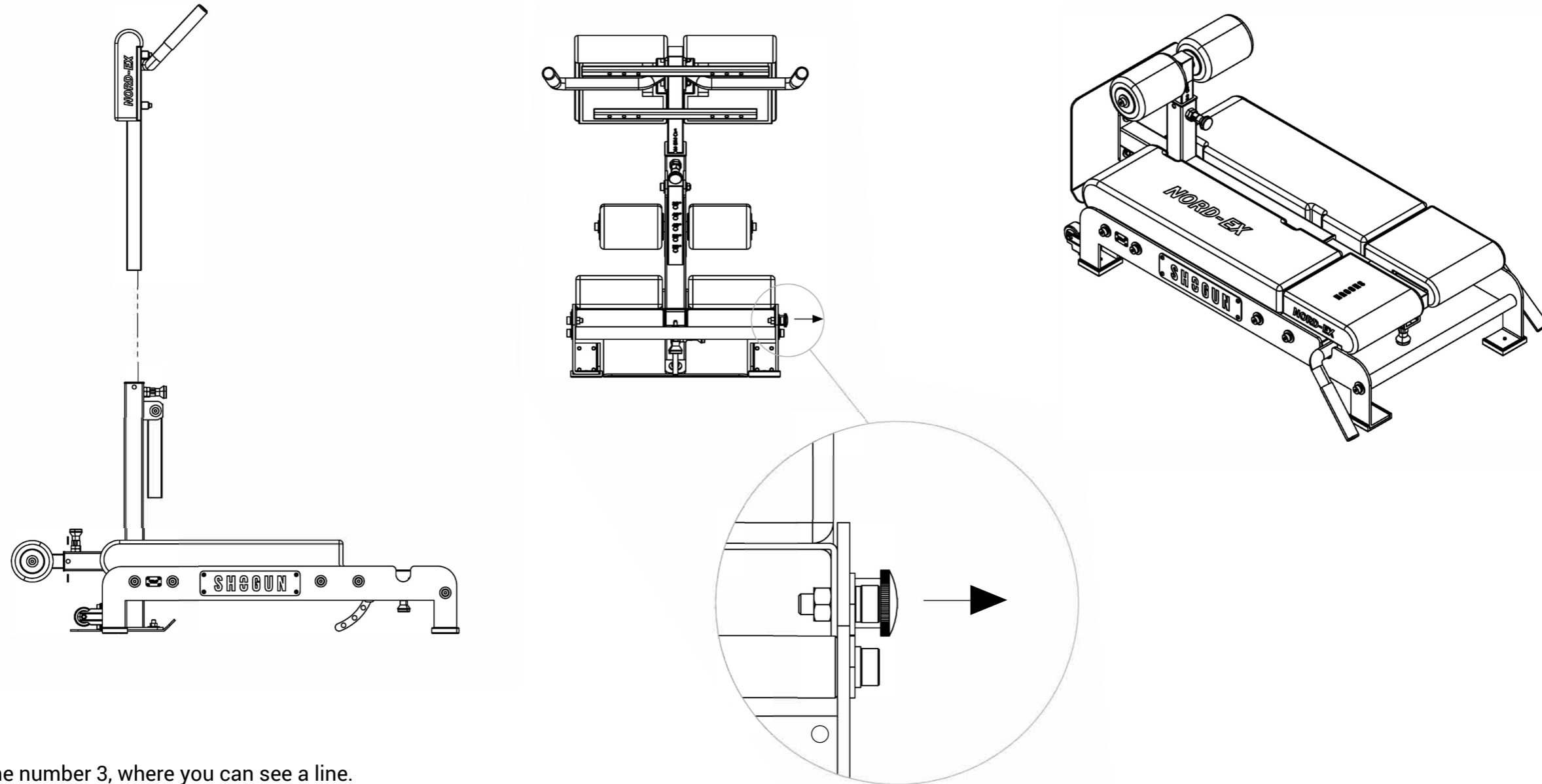


# NORD-EX™

SHOGUN®

## STEP 7

Unlock the side pin and lift the footplate and angle subassembly upright, as illustrated below.  
Carefully pull the pin and insert the adjustable length sub-assembly containing the small cushions.



Place it on the number 3, where you can see a line.

This is the default position, carefully lower the entire back extension, and lock it using the safety pin.

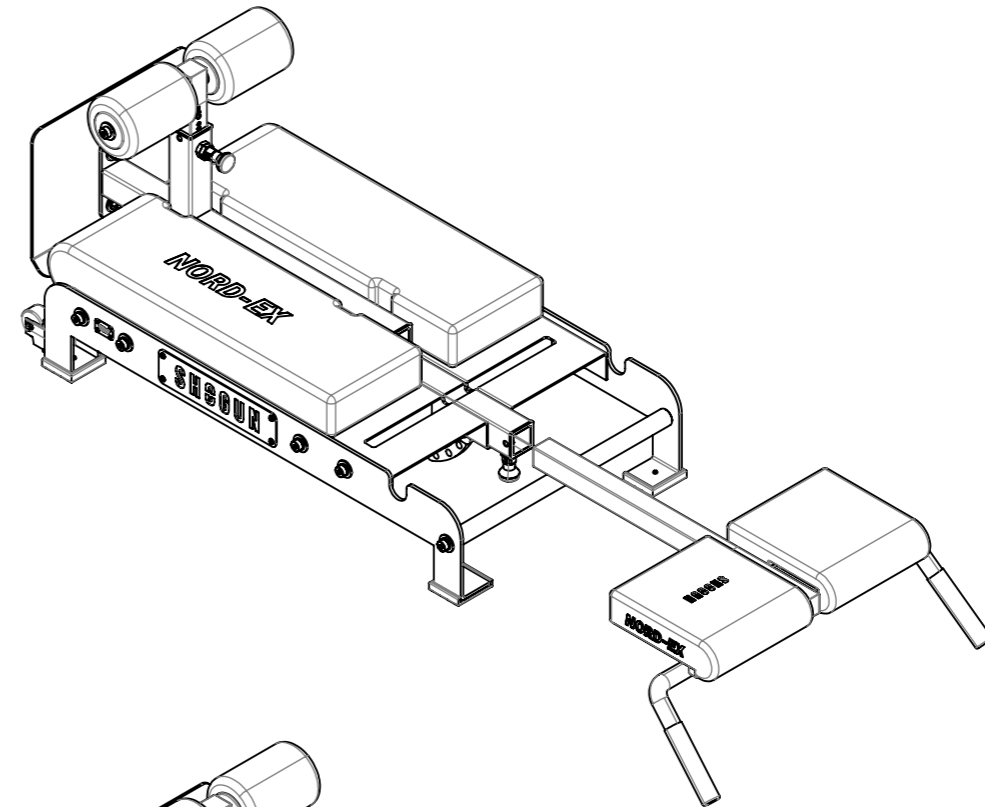
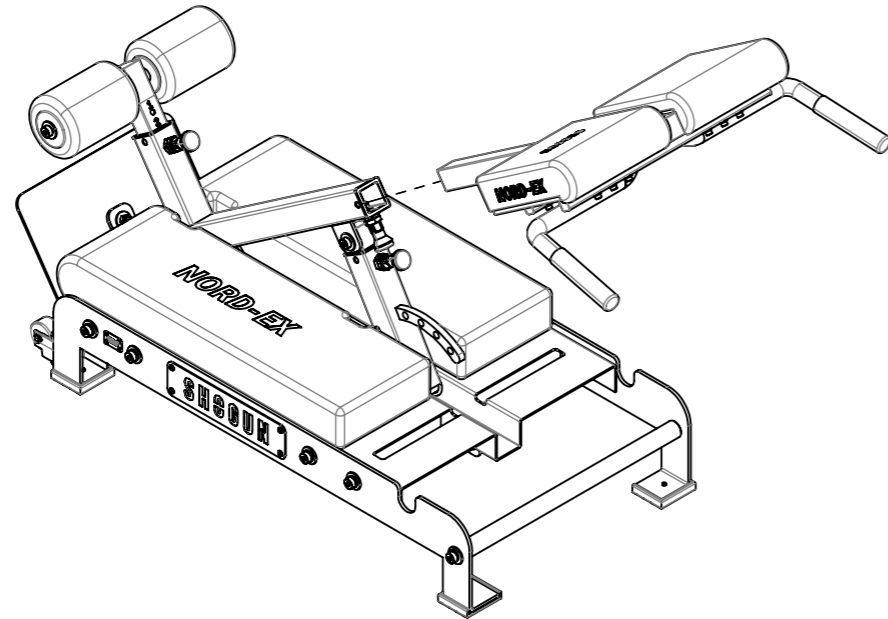
<https://shogunsports.com/products/nordex>

# NORD-EX™

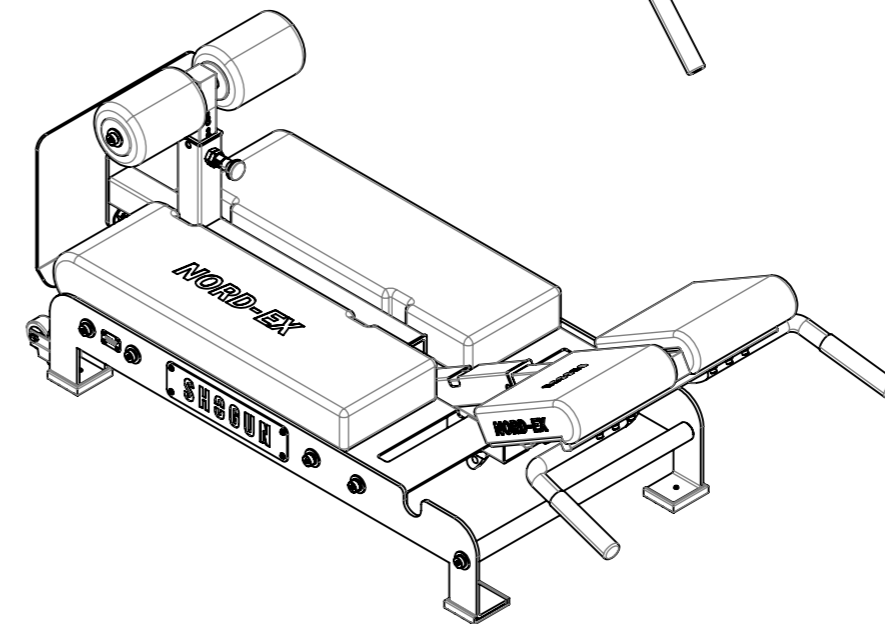
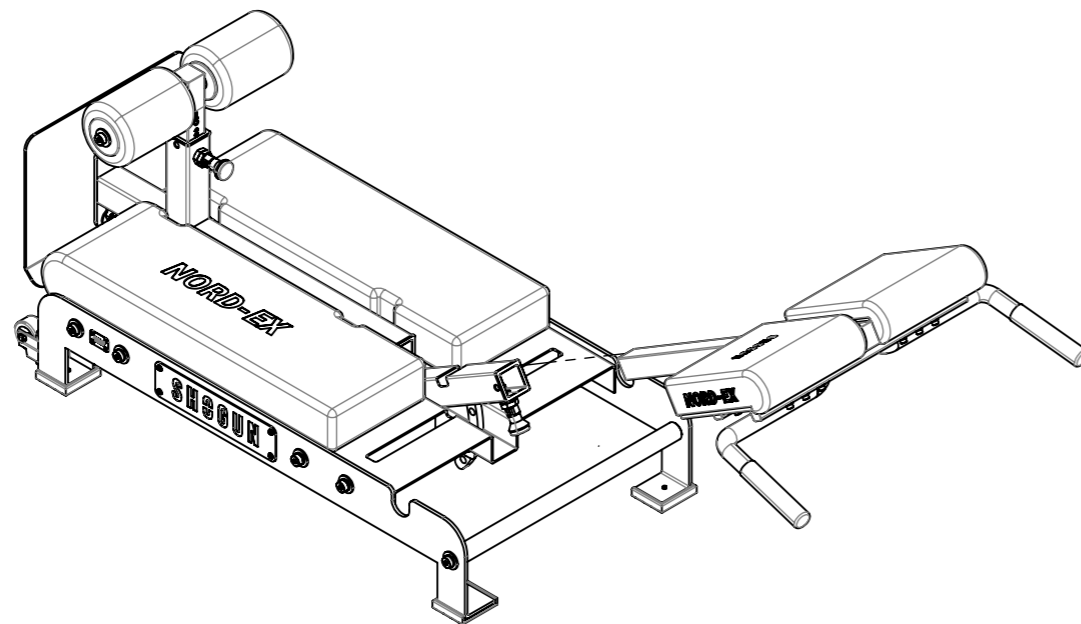
SHOGUN®

## NORDIC CURL PROGRESSION SETUP

1. Remove the top part that has the cushions from the back extension hole.



2. Unlock the incline adjustment part and insert the top part with the cushions on to the other hole.

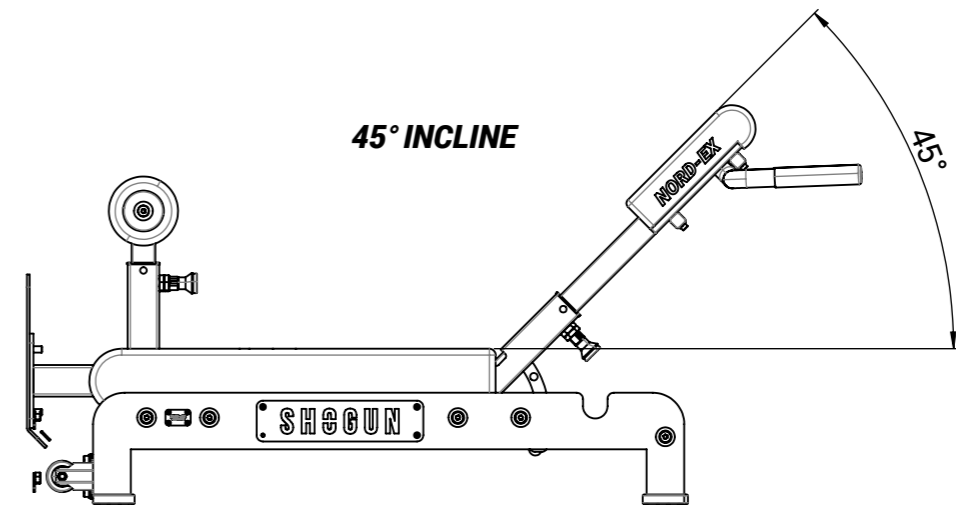
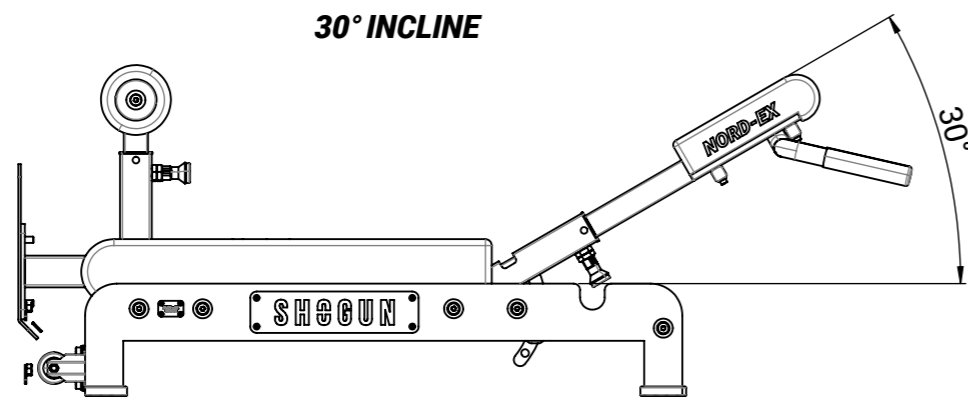
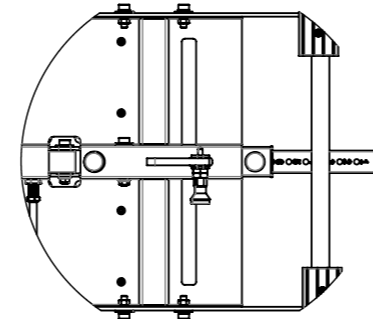
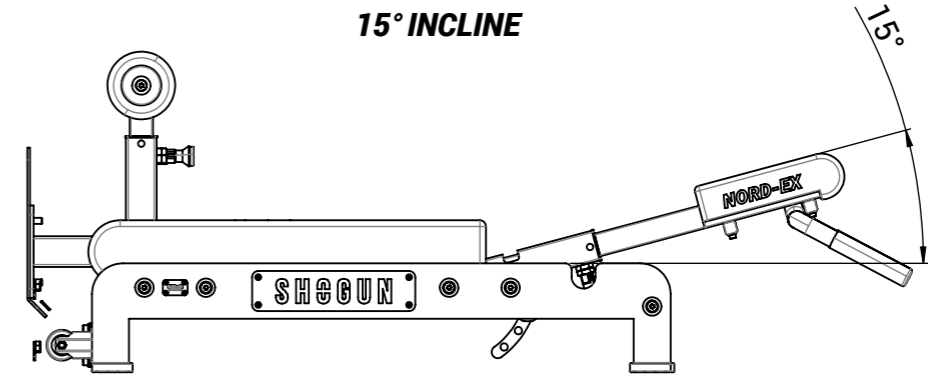
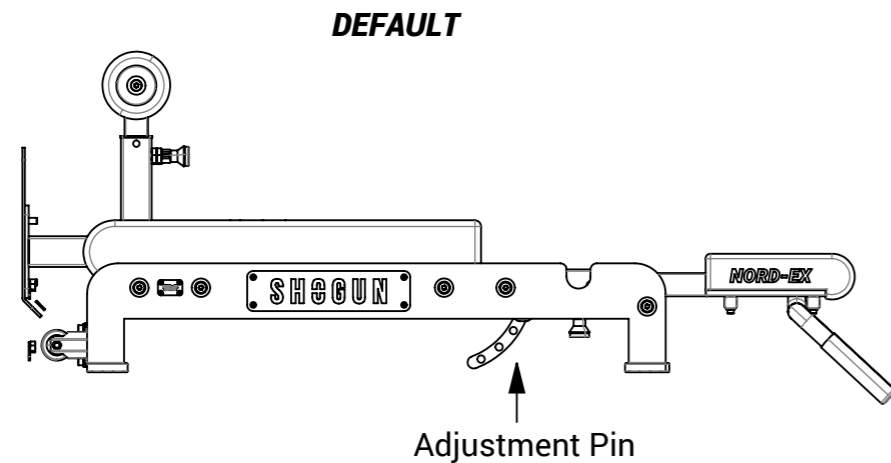


<https://shogunsports.com/products/nordex>

# NORD-EX™



3. Adjust the incline to your desired angle using the adjusting pin.



## **ASSISTED NORDIC WARNING:**

PLEASE ENSURE THAT THE PIN IS FULLY INSERTED AND ENGAGED WHEN PERFORMING ASSISTED NORDICS.  
FAILURE TO INSERT AND SECURE THE PIN COULD LEAD TO PRODUCT MALFUNCTION AND INJURY.  
DAMAGE CAUSED BY MISUSE WILL NOT BE COVERED BY THE PRODUCT WARRANTY.

<https://shogunsports.com/products/nordex>

# NORD-EX™

HOW TO USE THIS FUNCTION?

SHOGUN®



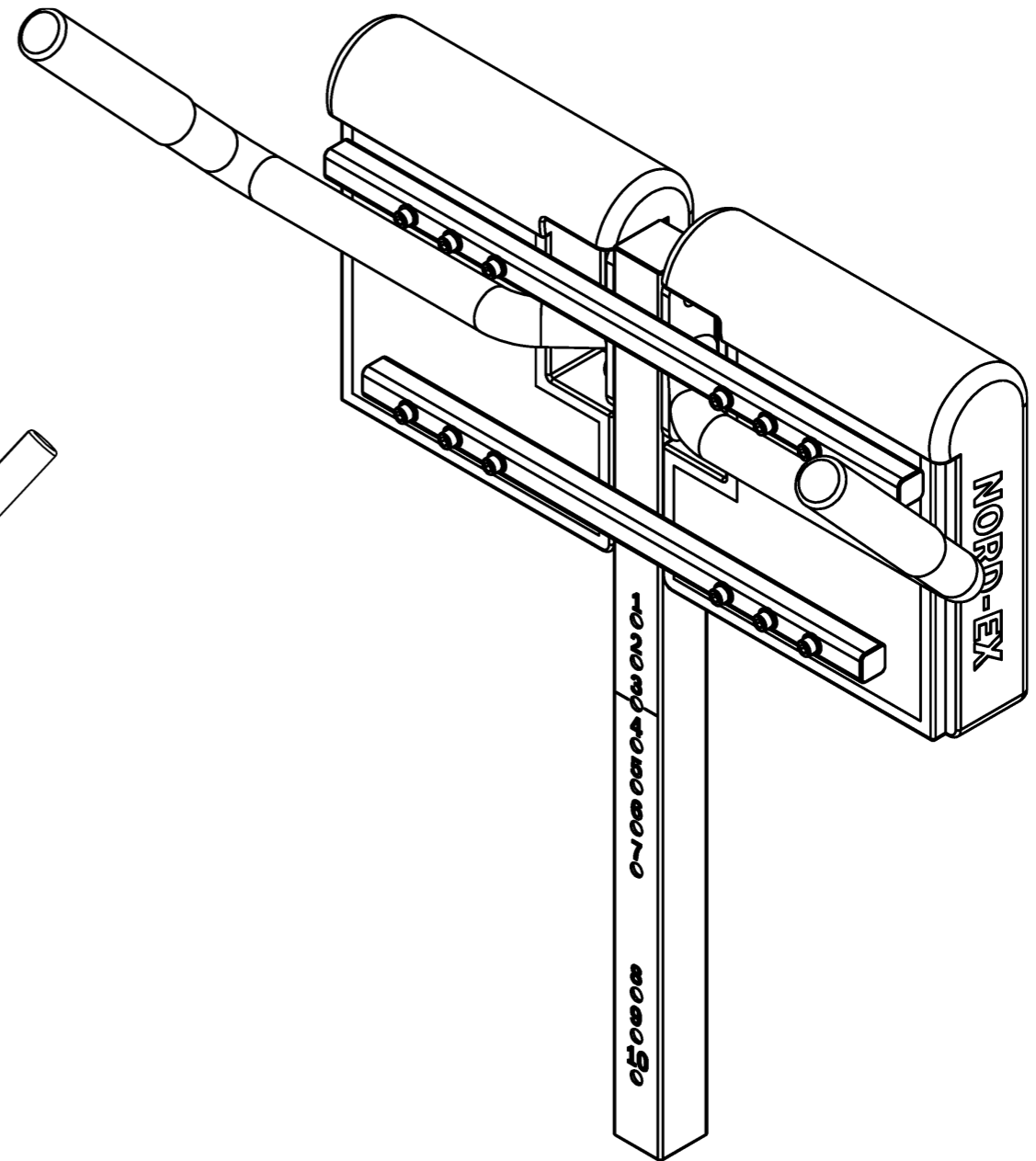
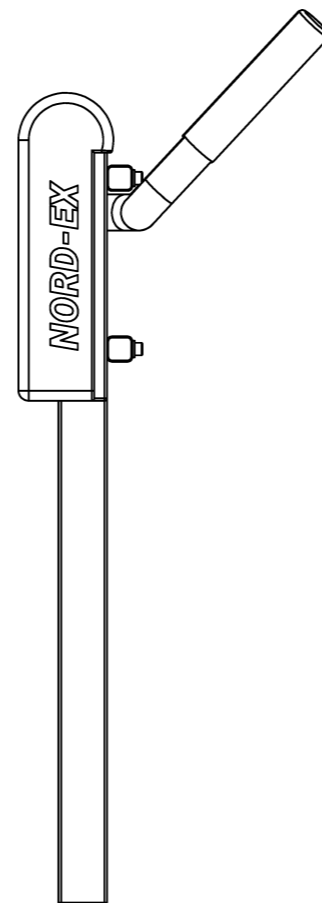
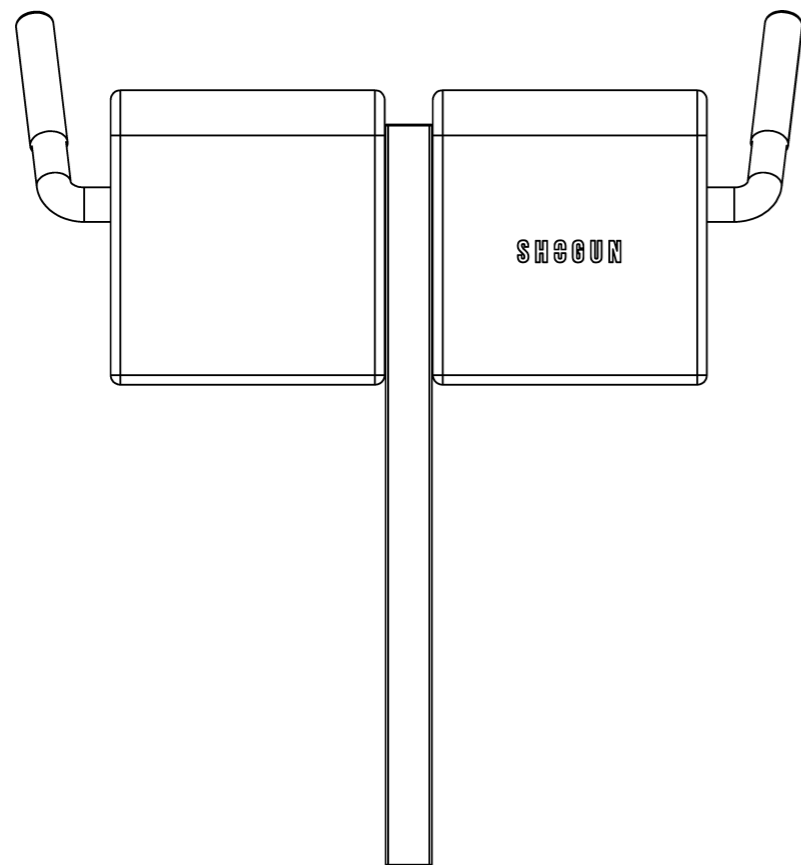
<https://shogunsports.com/products/nordex>

# NORD-EX™

SHOGUN®

## 10 POSITIONS FOR LENGTH ADJUSTMENTS.

1. Utilize positions 1-7 for the back extension length adjustment.
2. Utilize positions 8-10 only for extending the length of the bench in the flat Nordic position.



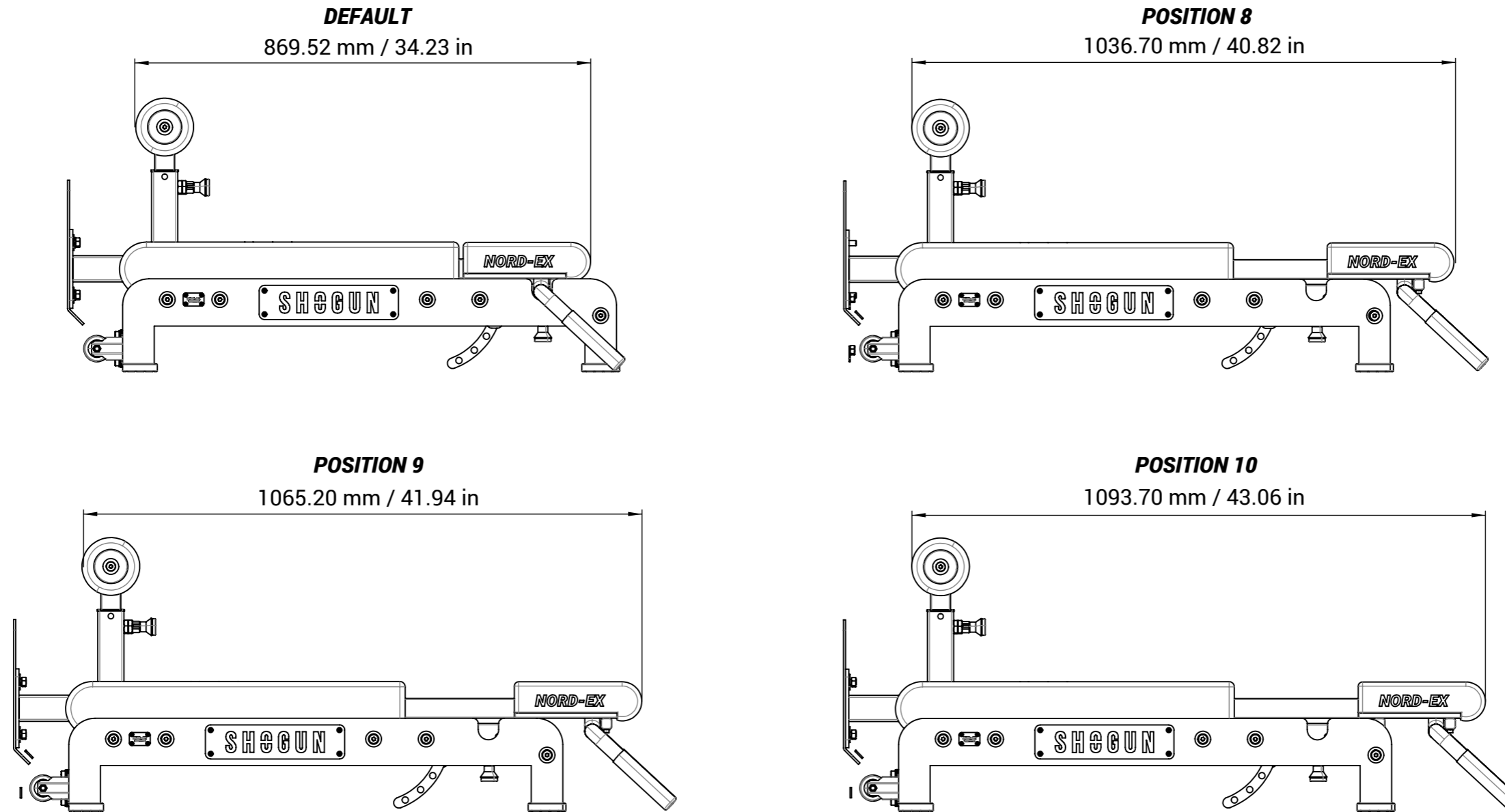
<https://shogunsports.com/products/nordex>



# NORD-EX™



## FLAT NORDIC LENGTH ADJUSTMENT



THE NORD-EX LENGTH CAN BE ADJUSTED TO FIT TALLER USERS, USE HOLE POSITIONS 8-10 TO ADJUST THE LENGTH.  
ADJUSTING THE LENGTH CAN ALSO HELP WITH MINOR ROCKING MOTION CAUSED WHEN PERFORMING EXPLOSIVE NORDICS.

<https://shogunsports.com/products/nordex>

# NORD-EX™

HOW TO USE THIS FUNCTION?

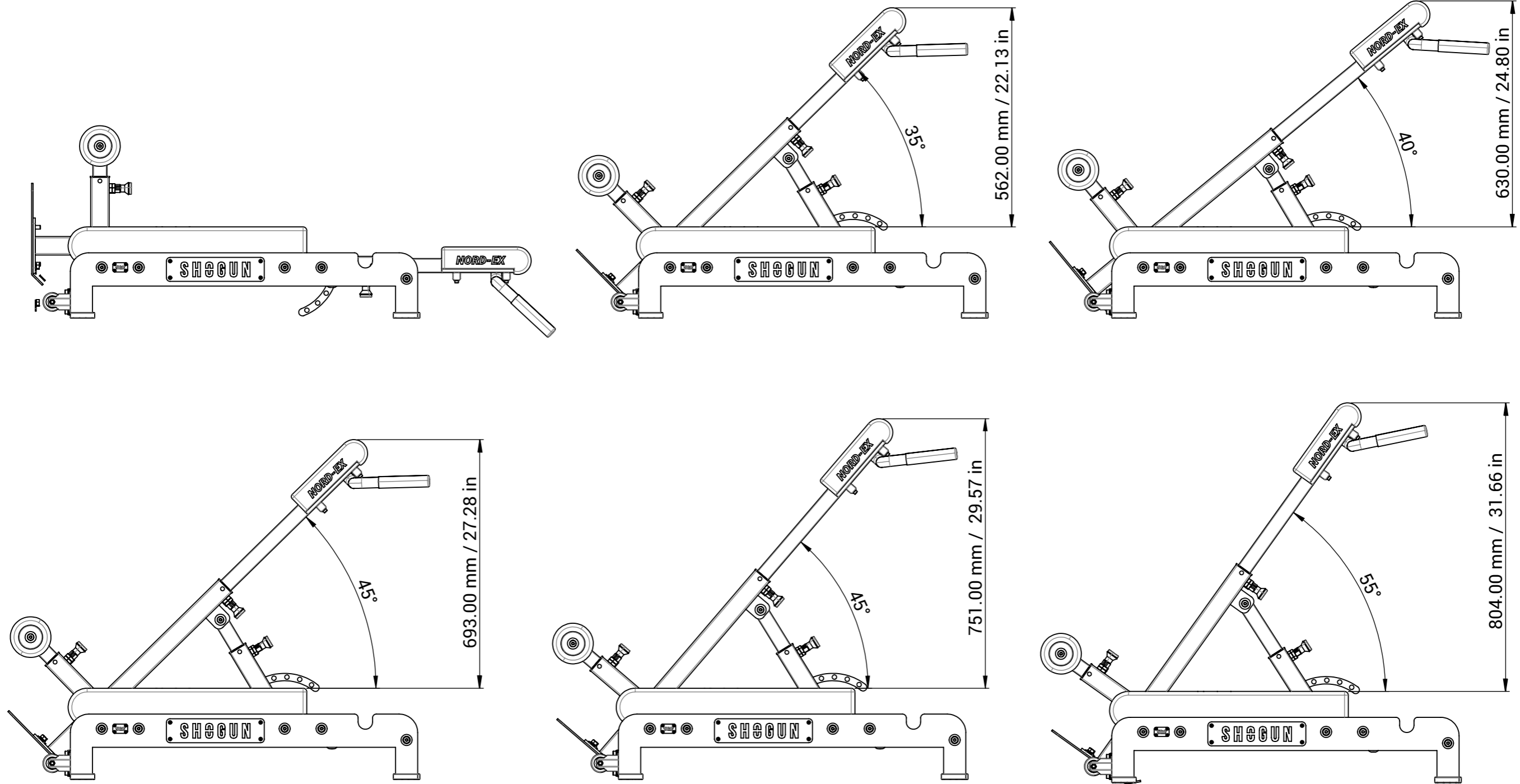
SHOGUN®



<https://shogunsports.com/products/nordex>

**NORD-EX™**

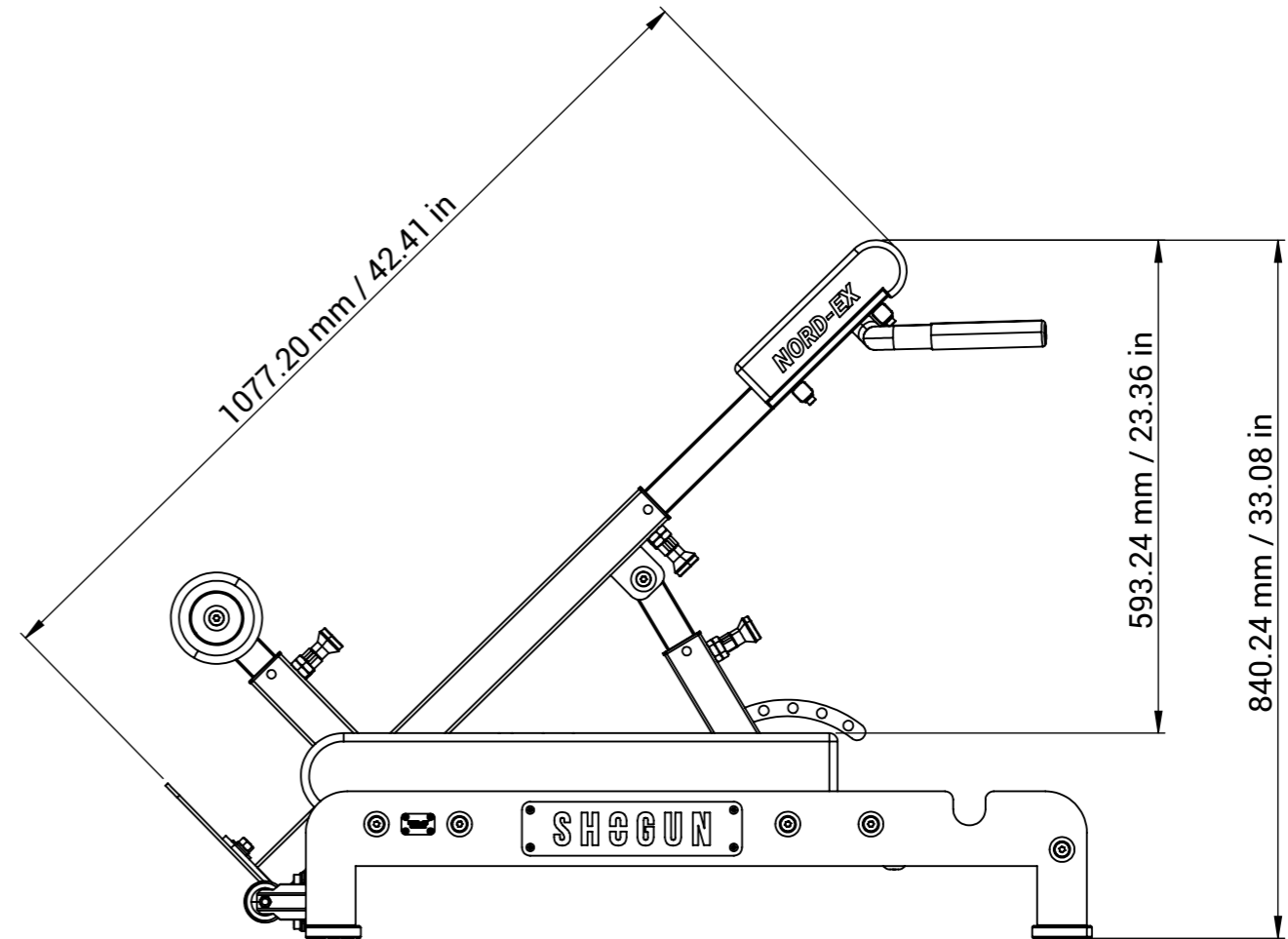
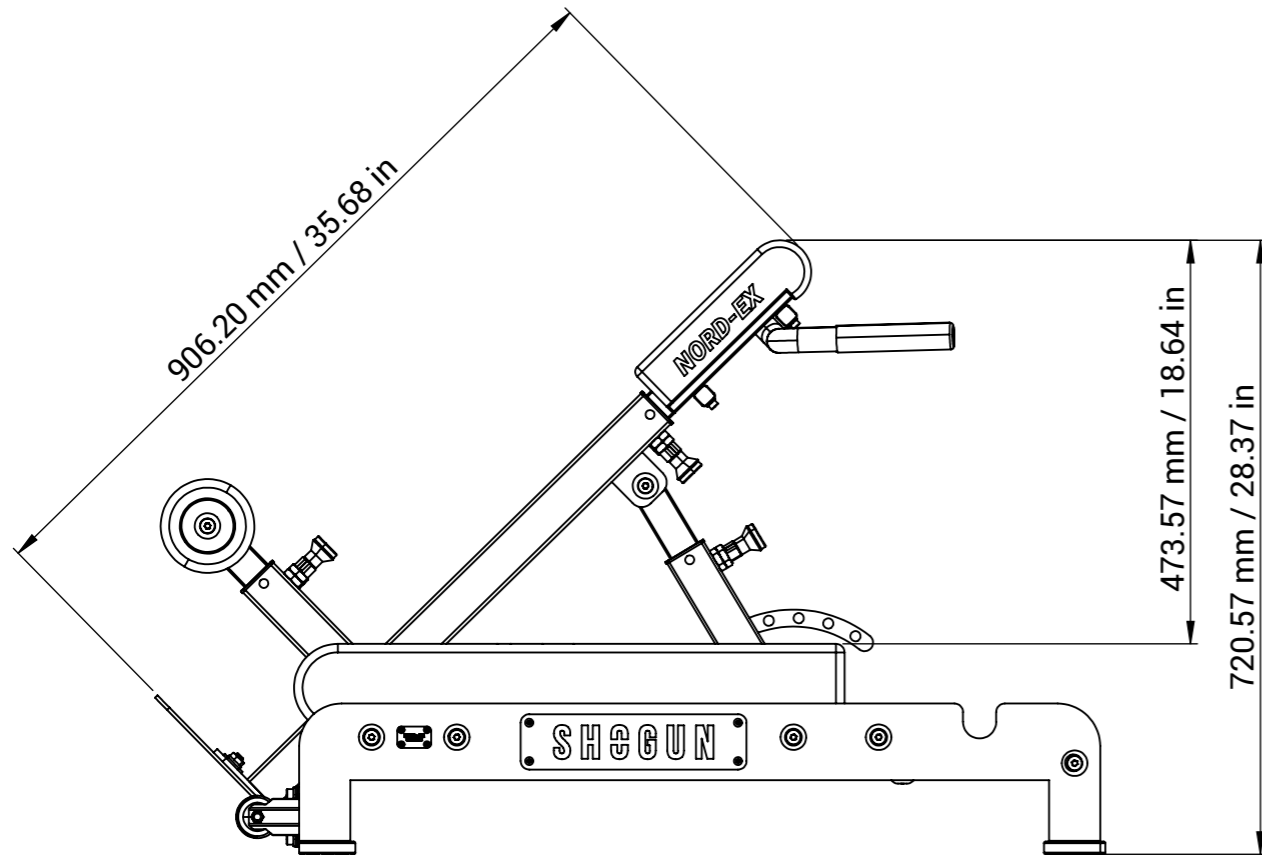
**SHOGUN®**



<https://shogunsports.com/products/nordex>

**NORD-EX™**

**SHOGUN®**

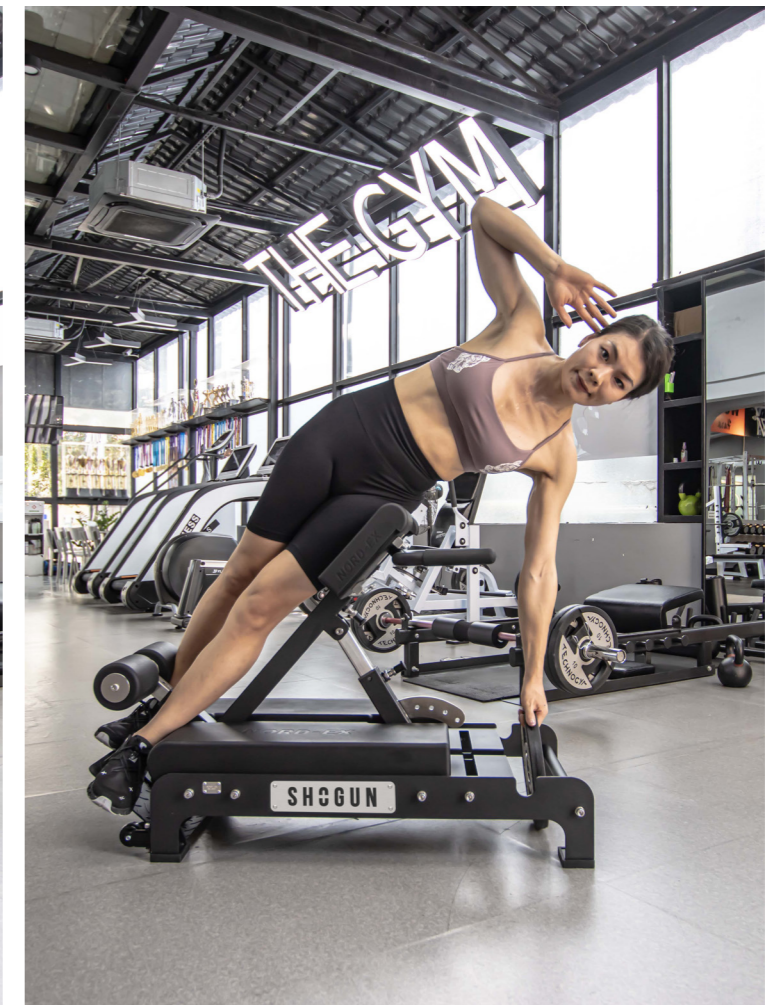


<https://shogunsports.com/products/nordex>

# NORD-EX™

HOW TO USE THIS FUNCTION?

SHOGUN®



<https://shogunsports.com/products/nordex>

**NORD-EX™**

**SHOGUN®**



<https://shogunsports.com/products/nordex>

**NORD-EX™**

**SHOGUN®**

**Manufacturer's name:** Shield Works Precision Manufacturing Co Ltd

**Address:** Floor 4, Building C, Zhong Yuan Industrial Park, No. 2 Shengli Road, Sanzao Town, Jinwan District, Guangdong, 519040, China

**For Home Use & For Consumer Use Only.**

***NORD-EX™***

***THE ULTIMATE POSTERIOR CHAIN TRAINING SOLUTION***