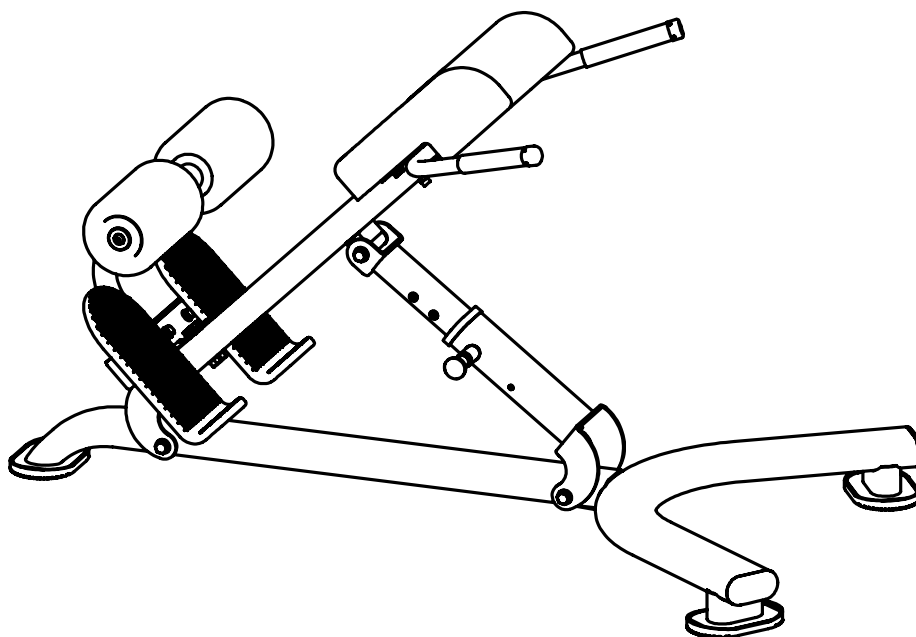


DR010B

Multi Hyperextension

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

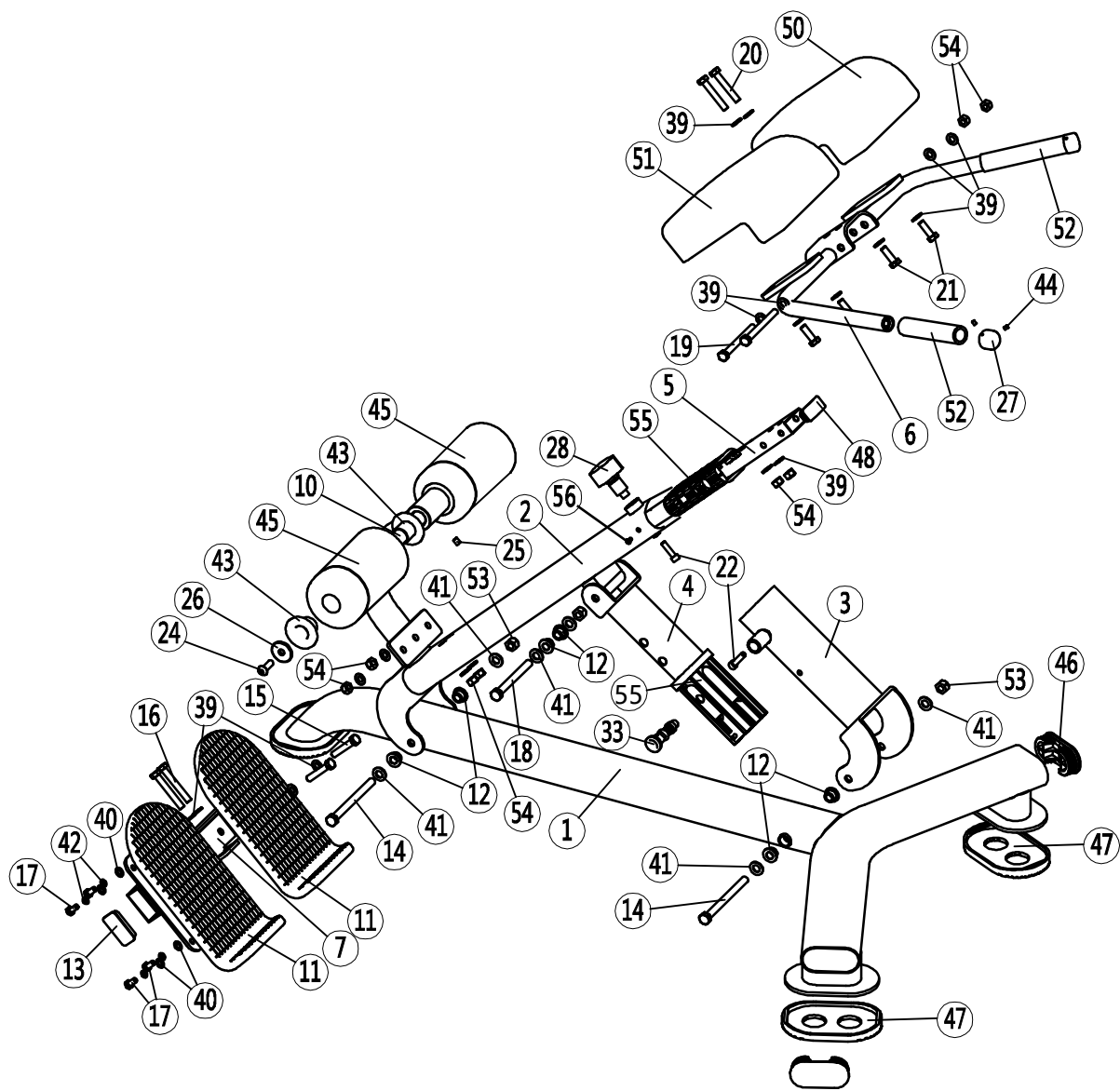
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Base Bracket	1	27	Aluminium Grip Cap	2
2	Support Bracket	1	28	Pin	1
3	Adjustable Bracket(outer)	1	33	Pin	1
4	Adjustable Bracket(inner)	1	39	Flat Washer $\phi 20 \times \phi 11 \times 2$	20
5	Adjustable Tube	1	40	Flat Washer $\phi 16 \times \phi 9 \times 1.6$	8
6	Handle Bracket	1	41	Flat Washer $\phi 24 \times \phi 13 \times 2$	6
7	Foot Bracket	1	42	Spring Washer $\phi 8$	8
10	Roller Bar	1	43	Bushing $\phi 76 \times \phi 32.5 \times 29$	4
11	FOOT Rest	2	44	Socket Set Screw M5*3	4
12	Bushing $\phi 25 \times \phi 12.2 \times 13$	6	45	FOAM	2
13	Plug J30*60*2	2	46	Plug PT50*100	2
14	Hex Head Bolt M12*142	2	47	Rubber Foot	3
15	Hex Head Bolt M10*55	2	48	Plug J30*70	1
16	Hex Head Bolt M10*70	2			
17	Hex Head Bolt M8*15	8	50	Left Pad	1
18	Hex Head Bolt M12*115	1	51	Right Pad	1
19	Hex Head Bolt M10*95	2	52	Grip	2
20	Hex Head Bolt M10*50	2	53	Nylon Lock Nut M12	3
21	Hex Head Bolt M10*30	4	54	Nylon Lock Nut M10	8
22	Socket Head Cap Screw M 8*30	2	55	Plastic Tube Guide	2
24	Button Head Cap Screw M10*30	2	56	Button Head Cap Screw M6*12	2
25	Socket Set Screw M8*10	1			
26	Flat Washer $\phi 38 \times \phi 10 \times 4$	2			

Exploded View

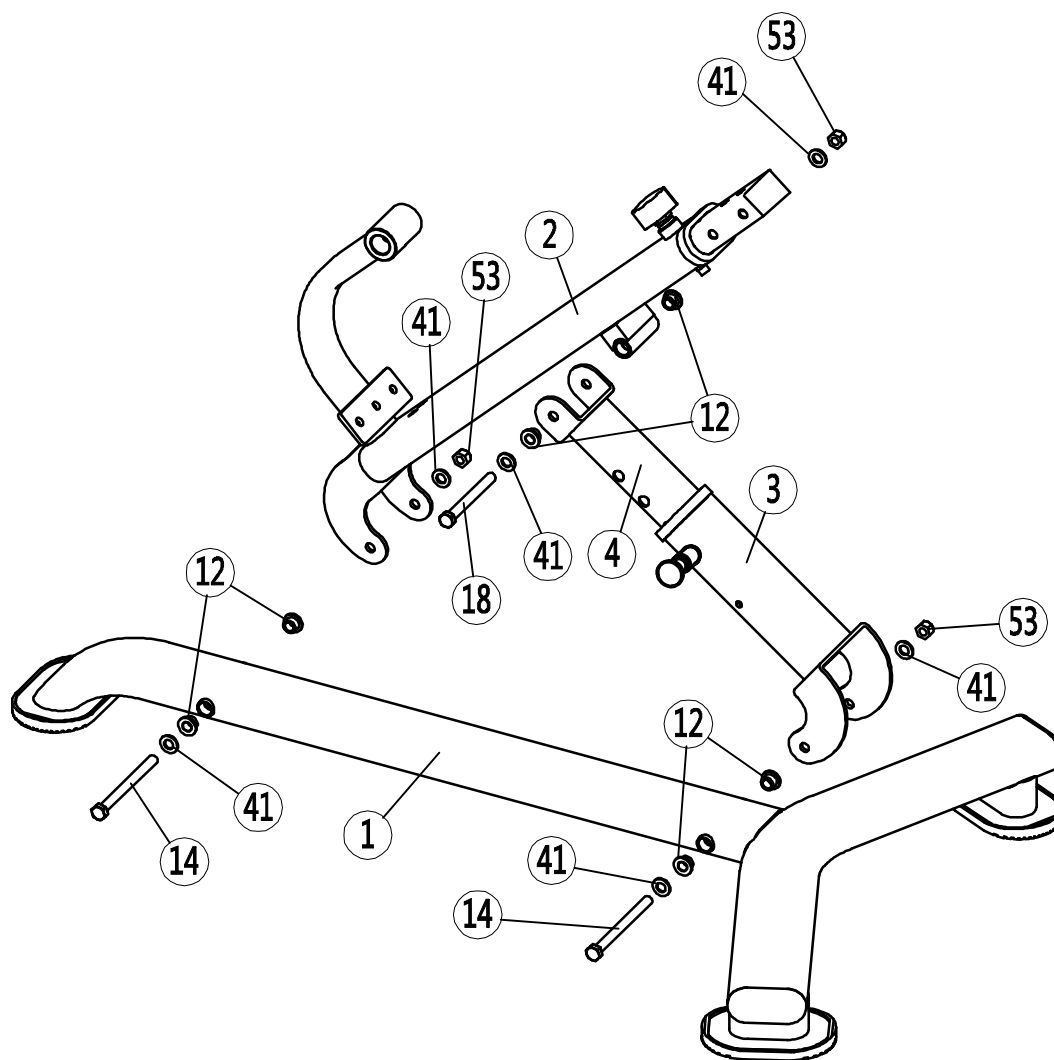


Assembly

STEP 1

1. Attach the Support Bracket (#2) to the Base Bracket (#1) using:
one M12*142 HHB (#14) two $\phi 25 \times \phi 12.2 \times 13$ Bushing (#12)
two $\Phi 13 \times \Phi 24 \times 2$ Flat washer (#41) one M12 Nylon Lock Nut (#53)
2. Attach the Adjustable Bracket (outer) (#3) to the Base Bracket (#1) using:
one M12*142 HHB (#14) two $\phi 25 \times \phi 12.2 \times 13$ Bushing (#12)
two $\Phi 13 \times \Phi 24 \times 2$ Flat washer (#41) one M12 Nylon Lock Nut (#53)
3. Attach the Support Bracket (#2) to the Adjustable Bracket (inner) (#4) using:
one M12*115 HHB (#18) two $\phi 25 \times \phi 12.2 \times 13$ Bushing (#12)
two $\Phi 13 \times \Phi 24 \times 2$ Flat washer (#41) one M12 Nylon Lock Nut (#53)

NOTE: Tighten all the bolts until this step.



Assembly

STEP 2

1. Attach the Foot Bracket (#7) to the Support Bracket (#2) using:

two M10*55 HHB (#15)

eight $\phi 20 \times \phi 11 \times 2$ Flat washer (#39)

two M10*70 HHB (#16)

four M10 Nylon Lock Nut (#54)

2. Attach the Handle Bracket (#6) to the Adjustable Tube (#5) using:

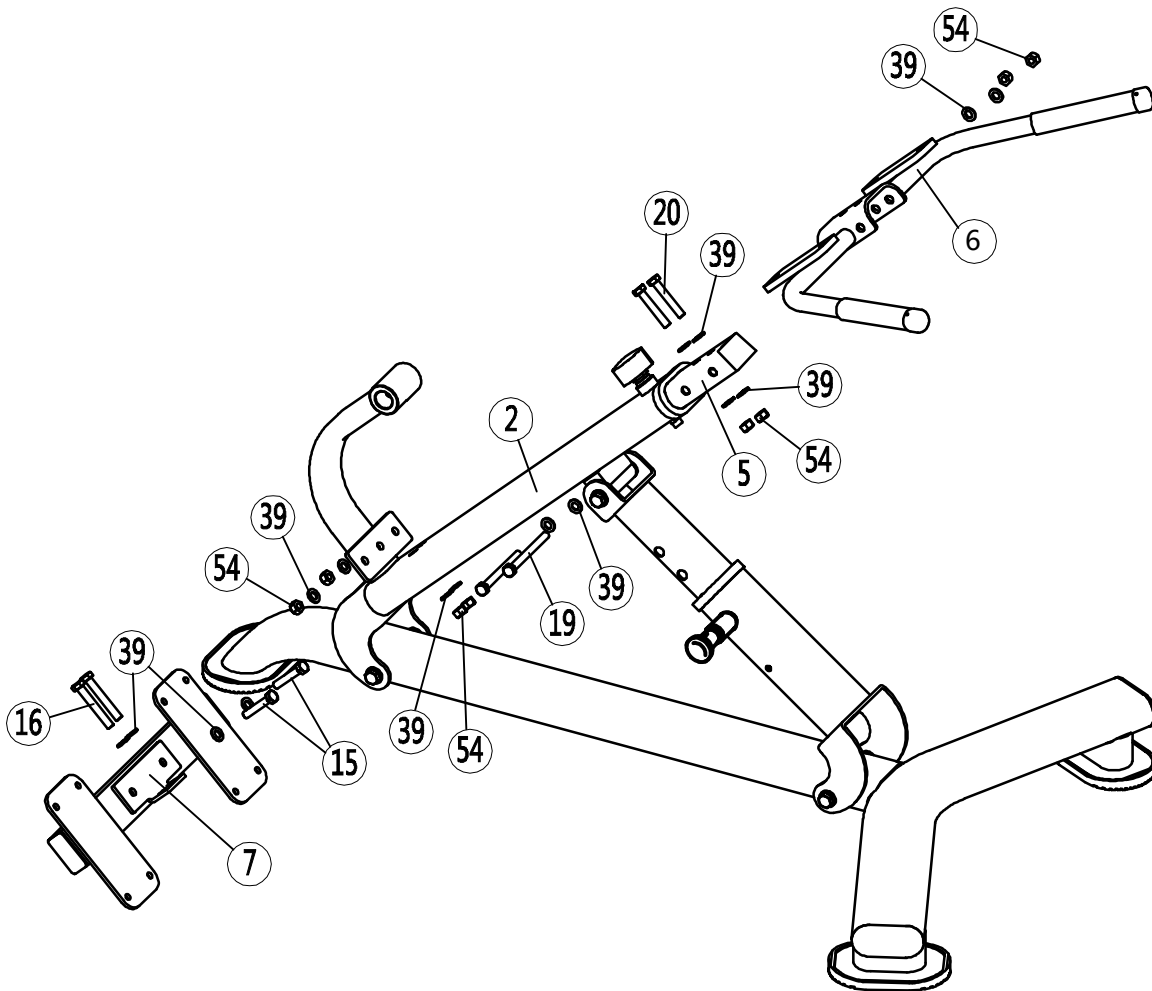
two M10*105 HHB (#19)

eight $\phi 20 \times \phi 11 \times 2$ Flat washer (#39)

two M10*60 HHB (#20)

four M10 Nylon Lock Nut (#54)

Note: Hand tighten Bolts and Nylon Lock nuts.



Assembly

STEP 3

- 1.Attach two FOOT Rest (#11) to the Foot Bracket (#7) using:
eight M8*15 HHB (#17)
eight ø8 Spring Washer (#42)
- 2.Attach two Roller Pad (#45) to the Support Bracket (#2) using:
one Roller Bar (#10)
four Bushing Ø60*Ø26*30 (#43)
two M10*30 BHCS (#26)
- eight ø9*ø16*1.6 Flat washer (#40)
one M8*10 Socket Set Screw (#25)
two ø38*ø10*4 Flat washer (#26)

Note: Hand tighten Bolts and Nylon Lock nuts.

