



45 Degree Hyperextension
Hyperextension 45 Degrés
Hiperextensiones 45 Grado
FM-G3007



⚠WARNING

THE MAXIMUM WEIGHT
CAPACITY INCLUDING
USER IS 300 LB.

⚠AVERTISSEMENT

LA CAPACITÉ MAXIMALE Y
COMPRIS L'UTILISATEUR
ES DE 136 KG.

⚠ADVERTENCIA

LA CAPACIDAD DE PESO
MÁXIMA INCLUYENDO AL
USUARIO ES DE 136 KG

Distributed & Serviced by:

CAP BARBELL, INC. Houston, TX USA

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IMPORTANT SAFETY NOTICE

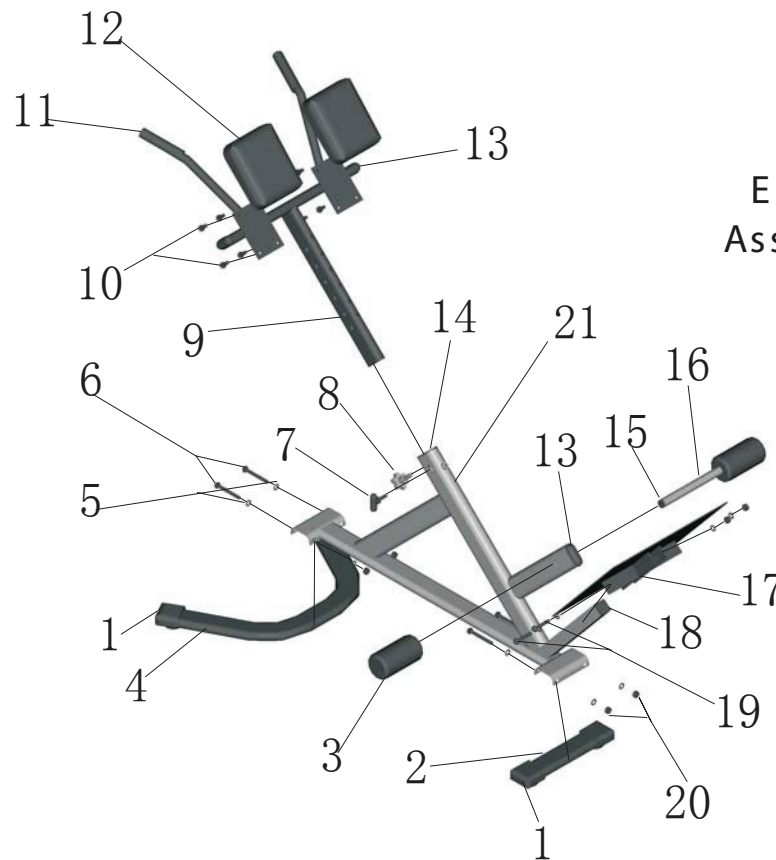
PRECAUTIONS

This exercise machine is built with safety in mind. However certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

1. Keep children and pets away from this machine at all times. DO NOT leave children unattended in the same room with this machine.
2. Only one person at a time should use this machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position this machine on a clear, leveled surface. DO NOT use this machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are required when using this machine.
7. DO NOT use attachments not recommended by the manufacturer.
8. DO NOT place any sharp object around the machine.
9. Disabled person should not use this machine without a qualified person or physician in attendance.
10. Always do warm up and stretching exercises before using this machine.
11. Never operate this machine if it is not functioning properly.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. CAP BARBELL, INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

FM-G3007



Exploded View
Assembly Drawing

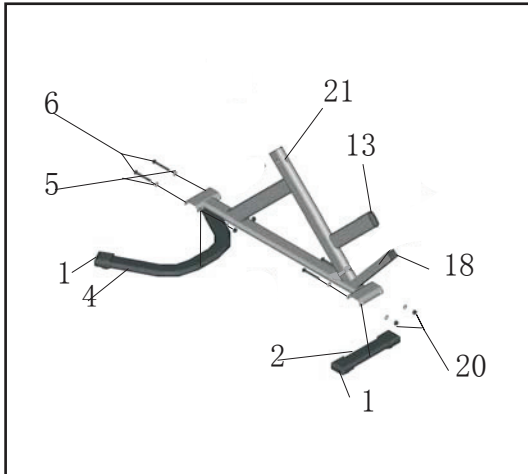
Parts List

No.	Part No.	Description	Qty.	Pre.-assembled
1	PFMG3007-01	Rubber End Caps 30*70	4	Yes
2	PFMG3007-02	Base Frame	1	No
3	PFMG3007-03	Foam Rollers	2	No
4	PFMG3007-04	Rear Base Frame	1	No
5	PRK1-06	Washers #10	12	No
6	PFMG19A-04	Bolt M10*90	4	No
7	PFMG3141-16	Tightening Knob	1	No
8	PFM2241-14	Knob Bolt M10*80	1	No
9	PFMG3007-06	Dip Assembly/Seat Cushion Brace	1	No
10	PFM2240-23	Bolts M6*15	8	No
11	PFM2007-08	Plastic Handle Covers	2	Yes
12	PFMG3007-07	Seat Cushions	2	No
13	PFMG3007-08	Plastic Caps 30*70	3	Yes
14	PFMG3007-09	Plastic bushing 40*80/30*70	1	Yes
15	PRK1-03	Round Plastic Caps #25	2	No
16	PFMG3007-10	Foam Roller Post	1	No
17	PFM3007-04	Foot Support	1	No
18	PRK3-05	Square Plastic Cap 50*50	1	Yes
19	PFM2240-21	Bolt M10*75	2	No
20	PRK1-05	Nuts M10	6	No
21	PEMG3007-11	Main Frame	1	No

NOTE

An Allen Wrench has been provided for machine assembling.

Assembling Procedures



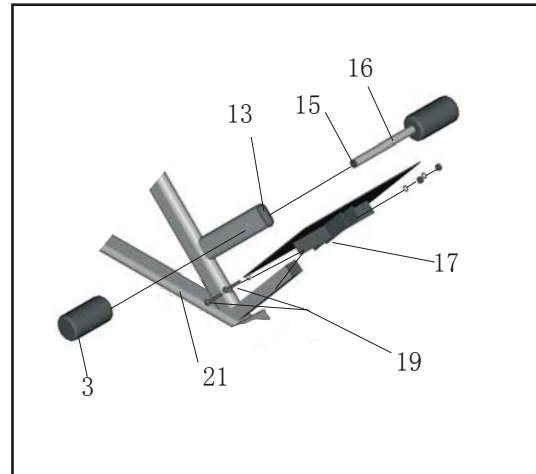
Procedure 1

Item No .	Descriptions	Qty .
1	Rubber End Caps 30*70	4
2	Base Frame	1
4	Rear Base Frame	1
5	Washers φ 10	8
6	Bolts M10 X90	4
13	Plastic cap 30*70	1
18	Plastic cap 50*50	1
20	Nuts M10	4
21	Main Frame	1

Connect the Base Frame(2) and the Rear Base Frame (4) to the bracket on the Main Frame (21).Secure them with two Bolts (6),four Washers (5),and two Nuts(20) for each side.

Insert four Plastic caps 30*70(1) into the tubes of the Base Frame(2) and Rear Base Frame(4).

Tighten the bolts by hand only. Do not use wrenches in this step.



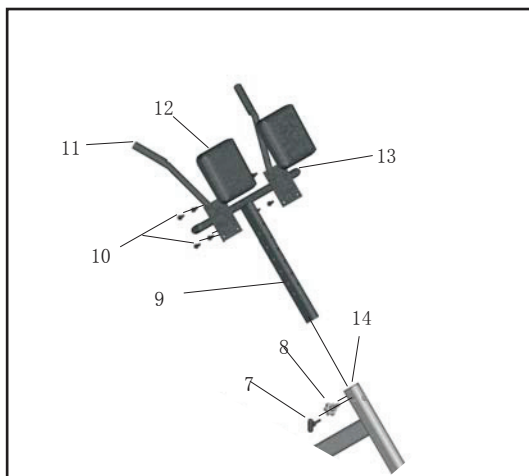
Procedure 2

Item No.	Descriptions	Qty .
17	Foot Support	1
3	Foam Rollers	2
15	Round Plastic Caps#25	2
13	Plastic Cap 30*70	1
16	Foam Roller Post	1
19	Bolts M10*75	2

Connect the Bracket on the Foot Support(17) to the Support Tube on the Main Frame(21).Align the holes. Secure it with two Bolts(19), four Washers(5) ,and two Nuts(20).

Insert the Foam Roller Post(16)halfway through the hole on the Support Tube Push two Foam Rollers(3) onto the Foam Roller Post(16)from both sides .

Tighten the bolts by hand only. Do not use wrenches in this step.



Procedure 3

Item No .	Descriptions	Qty.
9	Dip Assembly/Seat Cushion Brace	1
12	Seat Cushions	2
10	Bolts M6*15	8
14	Plastic Bushing30*70/40*80	1
7	Tightening Knob	1
8	Knob Bolt M10*80	1

Connect the Seat Cushion(12) with Dip Assembly/Seat Cushion Brace(9)by using eight Bolts(10).

Insert the Dip Assembly/Seat Cushion Brace(9) into the Main Frame(21),Place it on suitable position, and lock them by using the Tightening Knob(7) and Knob Bolt(8).

Firmly tighten all the bolts.