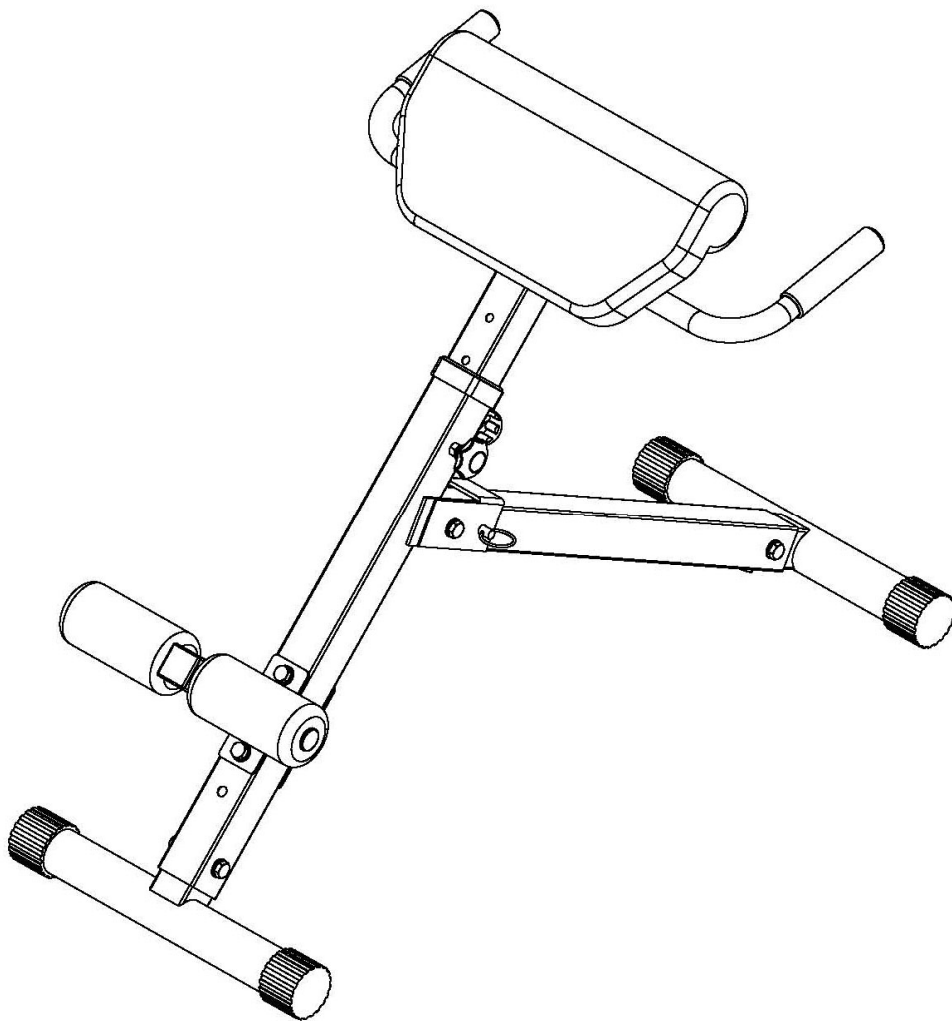
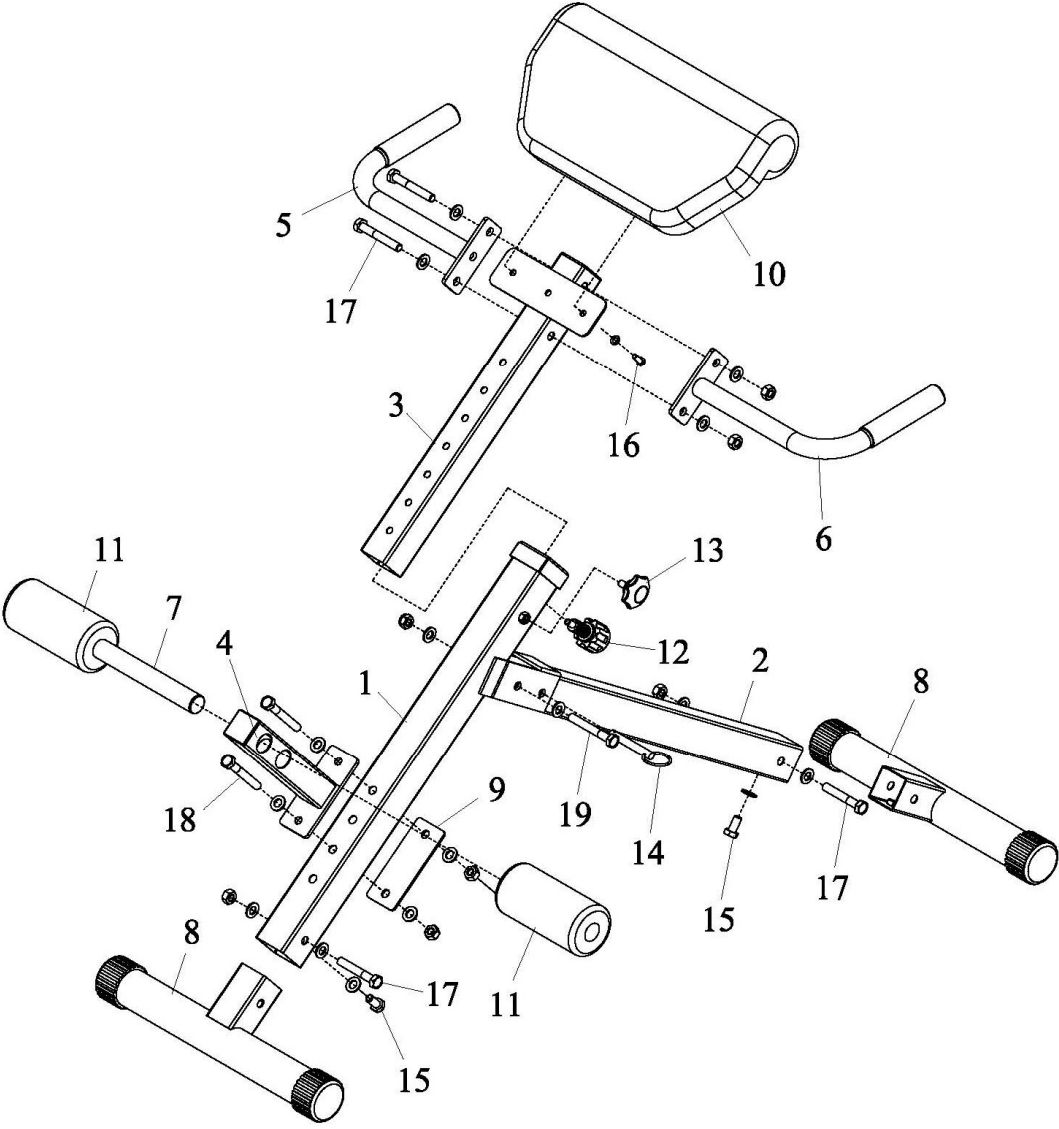


BACK TRAINER SUB1101U



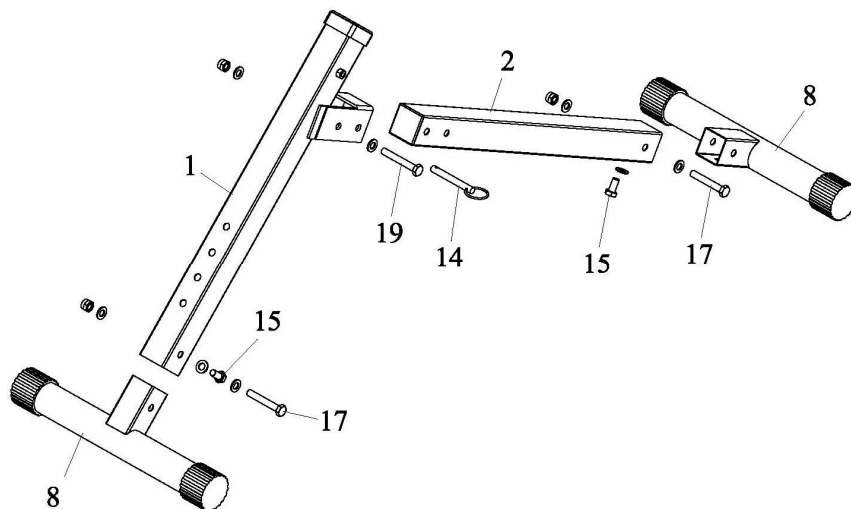
ASSEMBLY INSTRUCTIONS

EXPLODED DRAWING

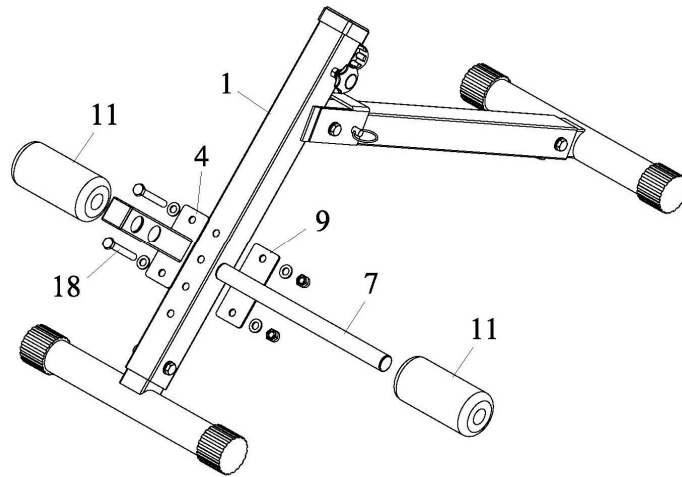


PARTS LIST		
NUMBER	DESCRIPTION	QUANTITY
1	MAIN SUPPORT	1
2	FRONT SUPPORT	1
3	CUSHION POST	1
4	FOAM ROLL POST	1
5	LEFT HANDRAIL	1
6	RIGHT HANDRAIL	1
7	FOAM TUBE	1
8	BOTTOM STABILIZER	2
9	REINFORCEMENT PLATE	1
10	CUSHION	1
11	FOAM ROLLER	2
12	FAST PIN	1
13	SECURING KNOB	1
14	PIN	1
15	SCREW M8*16 + WASHER	2
16	SCREW M8*20 + WASHER	2
17	SCREW M10*65 + TWO WASHERS + LOCK NUT	4
18	SCREW M10*70 + TWO WASHERS + LOCK NUT	2
19	SCREW M10*75 + TWO WASHERS + LOCK NUT	1

ASSEMBLY INSTRUCTIONS



1. Insert the bottom stabilizer (8) into the main support (1) and secure with screw M8*16 + washer (15) and screw M10*65 + two washers + lock nut (17).
2. Insert the bottom stabilizer (8) into the front support (2) and secure with screw M8*16 + washer (15) and screw M10*65 + two washers + lock nut (17).
3. Attach front support (2) to main support (1) with screw M10*75 + two washers + lock nut (19) and pin (14).



4. Attach foam roll post (4) to main support (1) with reinforcement plate (9) and screws M10*70 + washers + lock nuts (18).

Note: There are two sets of holes in the main support (1) which allows you to attach the foam roll post (4) to two different positions. Try the upper position first.

5. Slide a foam roll (11) onto the foam tube (7). Insert the other end of the foam tube (7) through the upper hole in the foam roll post (4). Slide another foam roller (11) over the protruding end of the foam tube (7).

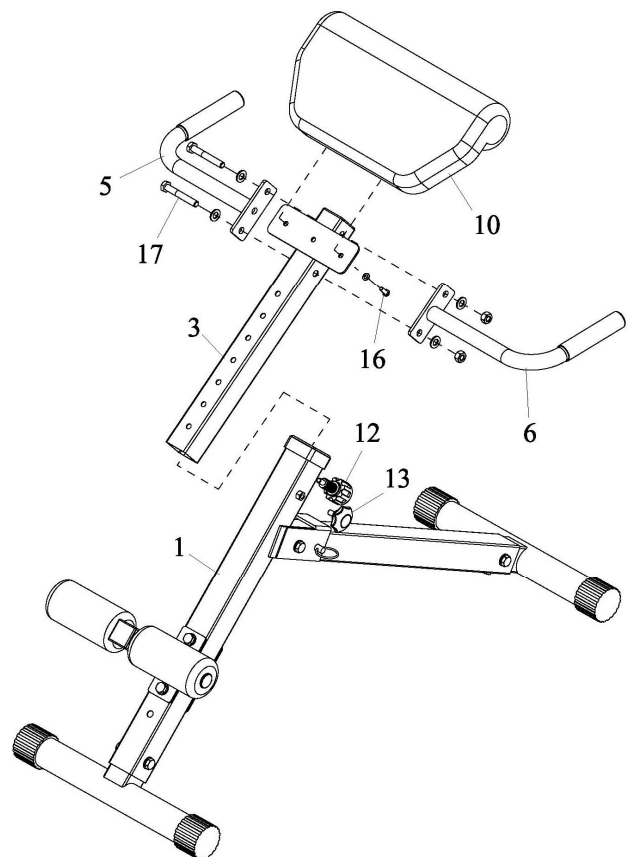
Note: There are two adjustment holes in the foam roll post (4). These adjustment holes allow users to adjust the position of the foam rollers (11). Try the upper hole first.

6. Insert the cushion post (3) into main support (1) and lock in position with the fast pin (12). For added safety, thread the securing knob (13) into the right side of the main support (1).

Note: The pin of the fast pin (12) must be inserted into one of the adjustment holes in the cushion post (3). The fast pin (12) and securing knob (13) must be screwed in tightly to ensure that the cushion post (3) will fit securely in the main support (1).

7. Attach the left and right handrails (5, 6) to both sides of the cushion post (3) with screw M10*65 + two washers + lock nut (17).

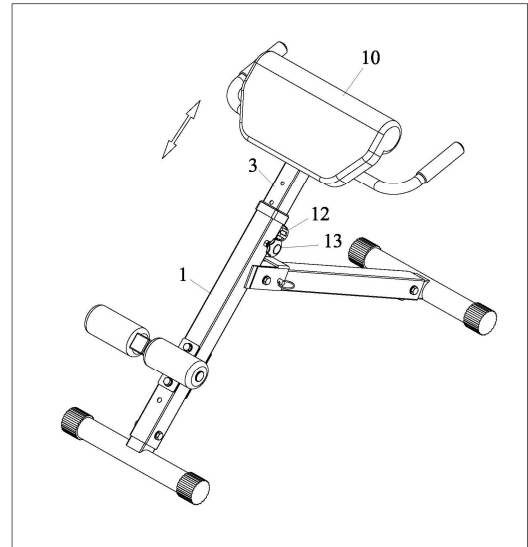
8. Attach the cushion (10) to the cushion post (3) with screw M8*20 + washer (16).



CUSHION HEIGHT ADJUSTMENT

To adjust the height of the cushion (10), loosen but do not remove the securing knob (13). Loosen and pull the fast pin (12), slide the cushion (10) to the desired position, and secure with the fast pin (12). Tighten the fast pin (12) and securing knob (13).

NOTE: The pin of the fast pin (12) must be inserted into one of the adjustment holes in the cushion post (3). The fast pin (12) and securing knob (13) must be screwed in tightly to ensure that the cushion post (3) will fit securely in the main support (1).



STORAGE

1. To store the Hyper Bench, simply keep it in a clean dry place.
2. Use two people to lift from the left and right handrails (5, 6) and rear stabilizer (8) to move the Hyper Bench.
3. Follow the process below to fold the Hyper Bench as illustrated for easy storage.
 - a. Loosen but do not remove the securing knob (13). Loosen and pull the fast pin (12), slide the cushion (10) to the lowest position. Then lock in position by tightening the fast pin (12) and securing knob (13).
 - b. Remove the pin (14) to fold the front support (4). Store the pin (14) in the hole in the main support (1).
 - c. The Hyper Bench should appear as shown in illustration B after folded.

