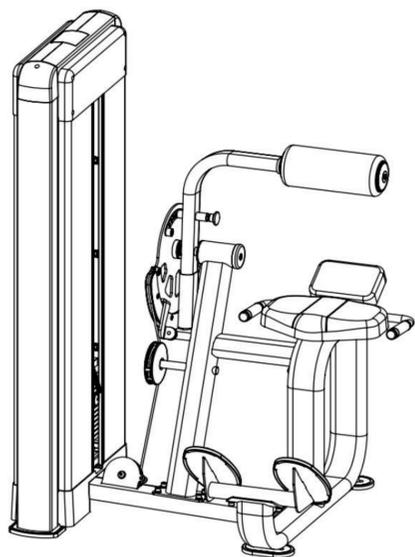


Back Extension



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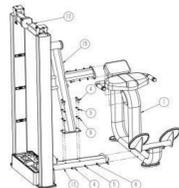
-1-

Installation

Step 8: Attach the Dorsal Extension Force Arm Holder (15) to the Dorsal Extension Connection Bracket (13) using:

- 4×M10*25Hexagon socket cheese head screws (4)
- 4×M10spring washer (5)
- 4×M10flat washer (6)

Tighten the bolts with a wrench before proceeding to the next step



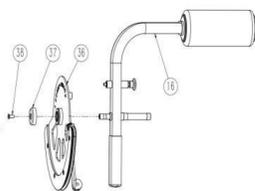
Step 9: Attach the Dorsal Extension Side Bracket (1) to the Dorsal Extension Force Arm Mount (15) using:

- 4×M10*25Hexagon socket cheese head screws (4)
- 4×M10spring washer (5)
- 4×M10flat washer (6)

Step 10: Attach the dorsal extension force arm (16) to the dorsal extension flange (36) and 60 aluminum cap (37) using:

- 1×M10*25Hexagon socket counter head cap screws (38)

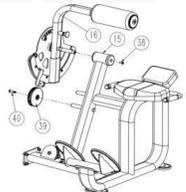
Tighten the bolts with a wrench before proceeding to the next step



Step 11: Attach the Dorsal Extension Force Arm Holder (15) to the Dorsal Extension Force Arm (16) and Wire Wheel Box (39) using the following method:

- 1×M10*25Hexagon socket countersunk head screws (38)
- 1×32spool (40)

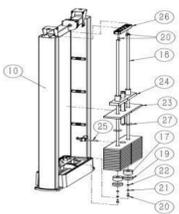
Tighten the bolts with a wrench before proceeding to the next step



Step 12: Slide the two counterweight block rubber pads (17) onto the two guide bars (18). Connect the two counterweight bases (19) to the two guide rods (18) and place them in the counterweight rack (10) as follows:

- 2×M8*20Hexagon socket cheese head screws (20)
- 2×M8spring washer (21)
- 2×M8flat washer (22)

Tighten the bolts with a wrench before proceeding to the next step



Step 13: Attach the counterweight block (23) to the guide bar (18) with the isolation tabs (27) facing upwards. Install the guide block set (24) onto the guide bar (18).

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Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing the equipment, please follow the instructions for proper installation.

This equipment is designed to provide the most fluid and effective exercise training. After installation, you need to understand all the functions in order to use correctly, the use of the process found in the problem should immediately stop using to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve please call the company after-sales. After carefully reading all the instructions, please continue

Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench

Note: When assembling, it is recommended that two or more people operate

-2-

Installation

Insert the counterweight block pin (25) into the counterweight block (23).

Attach the guide bar retaining plate (26) to the guide bar (18).

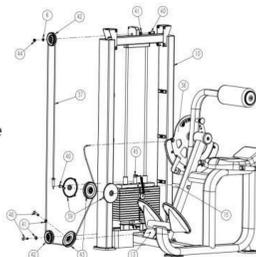
Attach the guide bar mounting plate (26) to the counterweight frame (10) by:

- 2×M8*20Hexagon socket cheese head screws (20)

Tighten the bolts with a wrench before proceeding to the next step

Step 14: Wrap the wire rope (37) around the two 95 wire pulleys (42) and two 120 wire pulleys (43) in the manner shown below, attaching one end to the dorsal muscle extension flange (36) and the other end to the wire rope retaining bolts (45), taking care to install the wire rope through the counterweight block pins.

Tighten the bolts with a wrench before proceeding to the next step



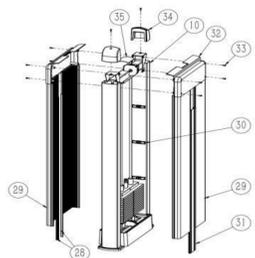
Step 15: Slide the two trim strips (28) into the two baffles (29) and use the baffle press (30) to attach to the counterweight rack (10). Slide the Decorative Plate (31) into the two Baffles (29) and attach to the Counterweight Frame (10) using the Baffle Platen (30).

Attach the two upper shrouds (32) to the counterweight frame (10) by:

- 8×M5*15Hexagon socket cheese head screws (33)

Step 16: Attach the two counterweight riser plug covers (34) to the counterweight frame (10) and snap the upper shroud top cover (35) into the two upper shrouds (32) using the following method:

- 2×M5*15Hexagon socket cheese head screws (33)



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Step 1: Attach the Back Extension Side Frame (1), and the Back Extension Armrest Frame (2) in the following way:

- 2×M10*25Hexagon socket cheese head screws (4)
- 1×M10*80Hexagon socket cheese head screws (8)
- 3×M10spring washer (5)
- 3×M10 flat washer (6)

Tighten the bolts with a wrench before proceeding to the next step

Step 2: Attach the Dorsal Stretch Side Frame (1) to the Dorsal Stretch Back Cushion (7) and Seat Cushion (3) using the following method:

- 6×M8*25Hexagon socket cheese head screws (9)
- 6×M8flat washer (22)

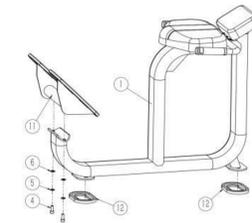
Tighten the bolts with a wrench before proceeding to the next step

Step 3: Attach the dorsal extension side frame (1) to the dorsal extension stirrup frame (11) using:

- 2×M10*25Hexagon socket cheese head screws (4)
- 2×M10spring washer (5)
- 2×M10flat washer (6)

Tighten the bolts with a wrench before proceeding to the next step

Step 4: Attach the two foot pads (12) to the back extension side frame (1):



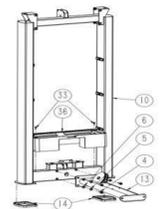
Step 5: Connect the counterweight lower shroud (36) to the counterweight frame (10) by:

- 2×M5*15Hexagon socket cheese head screws (33)

Step 6: Attach the counterweight frame feet (14) to the counterweight frame (10) using:

Step 7: Attach the Back Stretch Attachment Bracket (13) to the Counterweight Bracket (10) using:

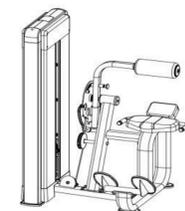
- 4×M10spring washer (5)
- 4×M10flat washer (6)
- 4×M10*25Hexagon socket cheese head screws (4)



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Important Notes

Now that the Back Extension is assembled, you need to take some time to make sure your unit is horizontal and vertical.



Accessories List

NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	Back Extension Side Rack		1	14	counterweights feet		2
2	Back Stretching Armrest		1	15	Dorsal Extension Arm Holder		1
3	cushions		1	16	Back Extension Arm		1
7	Back Stretching Back Pad		1	36	Back Extension Flange		1
11	Back Stretching Stirrup Rack		1	37	wire rope		1
12	footrest		2	39	120junction box		1
13	Back Extension Connection Bracket		1				
NO.	Name	QTY	NO.	Name	QTY		
4	Hexagon socket cheese head screws M10*25	16	20	Hexagon socket cheese head screws M8*20	2		
5	spring washer M10	19	21	spring washer M8	2		
6	flat washer M10-D20	19	22	flat washer M8-D16	8		
8	Hexagon socket cheese head screws M10*80	1	33	Hexagon socket cheese head screws M15*15	12		
9	Hexagon socket cheese head screws M8*25	6	38	Hexagon socket countersunk head screws M10*25	2		

NOTE: Pre-assembled parts are not listed in this table.

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