

Инструкция

Гиперэкстензия Powertec P-НС10

Полезные ссылки:

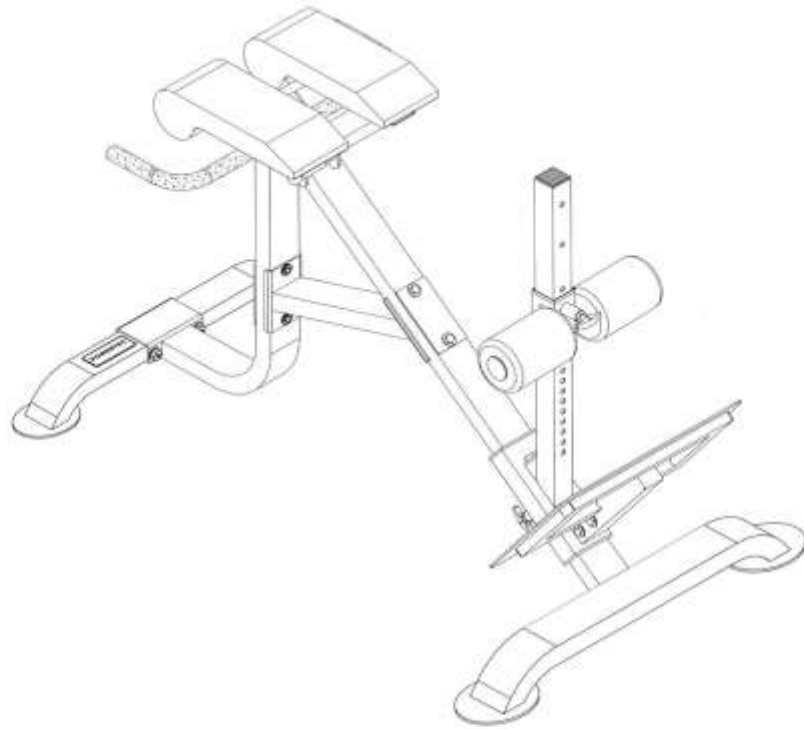
[Гиперэкстензия Powertec P-НС10 - смотреть на сайте](#)

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STRENGTH

P-HC10

Manual



Hyperextension/ Crunch

" Please note: The numbers you may find on parts may not correlate to the assembly manual, these numbers are only to help ensure accurate packing. Warranty parts may differ slightly in appearance from originals, but the function will remain the same. "

HARDWARE LIST



26 1/2"x4-1/4"(Qty: 4)



27 1/2"x2-3/4"(Qty: 8)



30 #14x#28x2.0t(Qty: 28)



29 3/8"x1-1/2"(Qty: 4)



32 1/2"x16t(Qty: 16)



31 #10x#25x2.0t(Qty: 4)



24 #12.7x110(Qty: 1)

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P-HC10

Hyperextension/ Crunch

PART LIST

| Part | Description | QTY | Part | Description | QTY |
|------|---------------------------|-----|------|----------------------------------|-----|
| 1 | Rear base tube | 1 | 18 | Square inner plug | 4 |
| 2 | Rear upright frame | 1 | 19 | Square inner plug | 1 |
| 3 | Main frame | 1 | 20 | Round inner plug | 2 |
| 4 | Support tube | 1 | 21 | Round head inner plug | 2 |
| 5 | Slide tube | 1 | 22 | Rect. inner plug | 2 |
| 6 | Roller adjustment bracket | 1 | 23 | Open end cap | 2 |
| 7 | Foot plate | 1 | 24 | Ball head lock pin | 1 |
| 8 | Seat pad tube | 1 | 25 | Spring lock pin | 2 |
| 9 | Handle bar | 2 | 26 | 1/2**4-1/4" Half thread hex bolt | 4 |
| 10 | Seat pad adju. tube | 1 | 27 | 1/2**2-3/4" Half thread hex bolt | 8 |
| 11 | Linkage plate | 2 | 28 | Revit | 1 |
| 12 | Seat pad linkage tube | 1 | 29 | 3/8**1-1/2" Half thread hex bolt | 4 |
| 13 | Both end thread axis | 2 | 30 | Washer | 28 |
| 14 | Seat pad | 2 | 31 | Washer | 4 |
| 15 | Foam | 2 | 32 | Nylon nut | 16 |
| 16 | PVC sleeve | 2 | 33 | Name plate | 1 |
| 17 | Square inner plug | 1 | 34 | Square inner plug | 4 |
| | | | 35 | Foot plate | 4 |

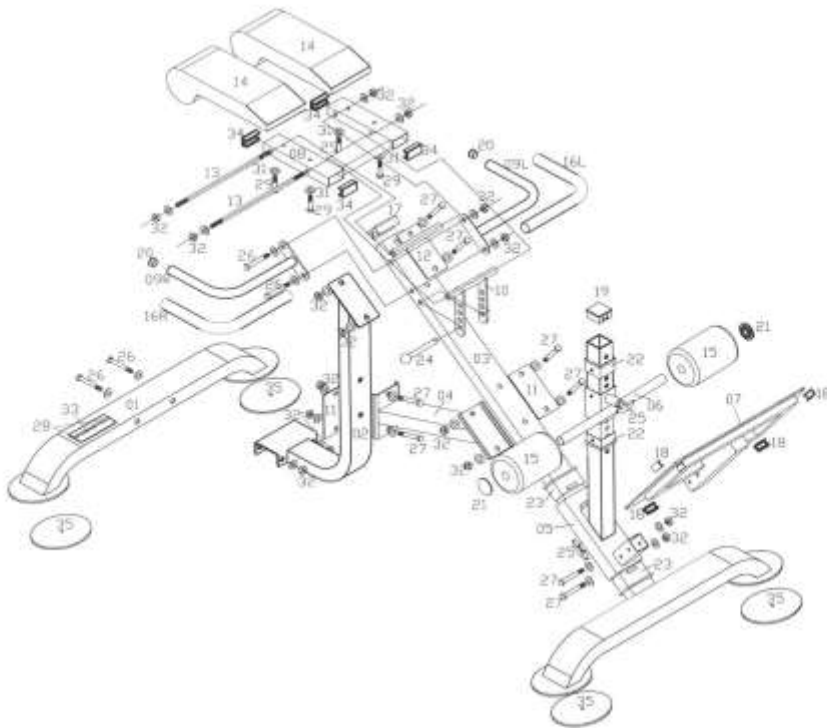
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Hyperextension/ Crunch

EXPLODED DIAGRAM

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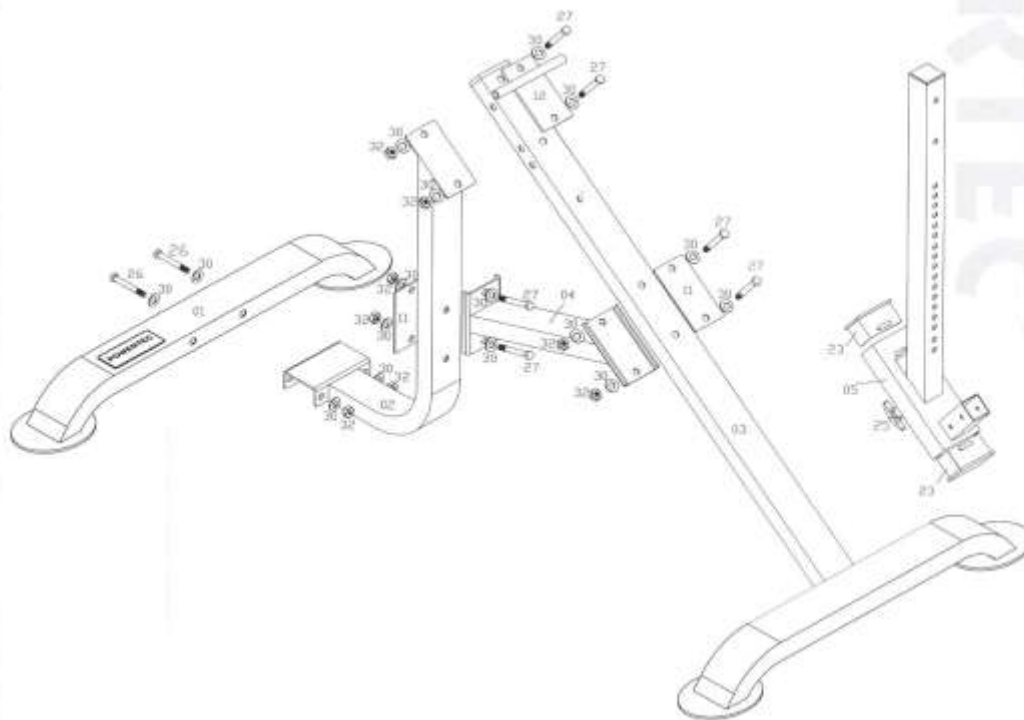
Remarks: All unmarked Washers are (30).

P-HC10

Hyperextension/ Crunch

ASSEMBLY ONE

Note before beginning assembly:
Always insert all bolts through holes prior to tightening due to precision fit

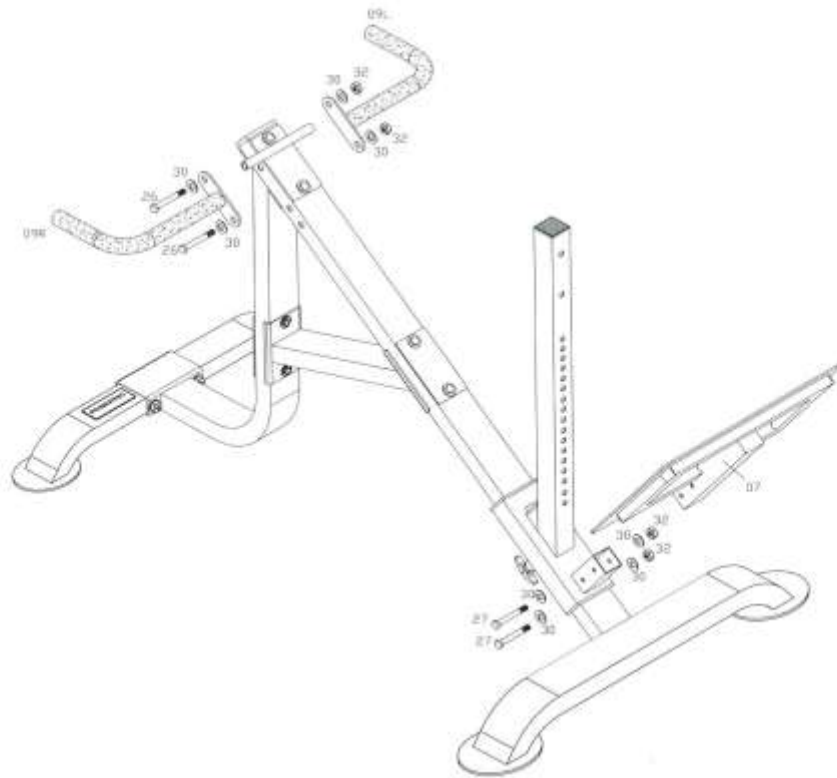


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Hyperextension/ Crunch

ASSEMBLY TWO

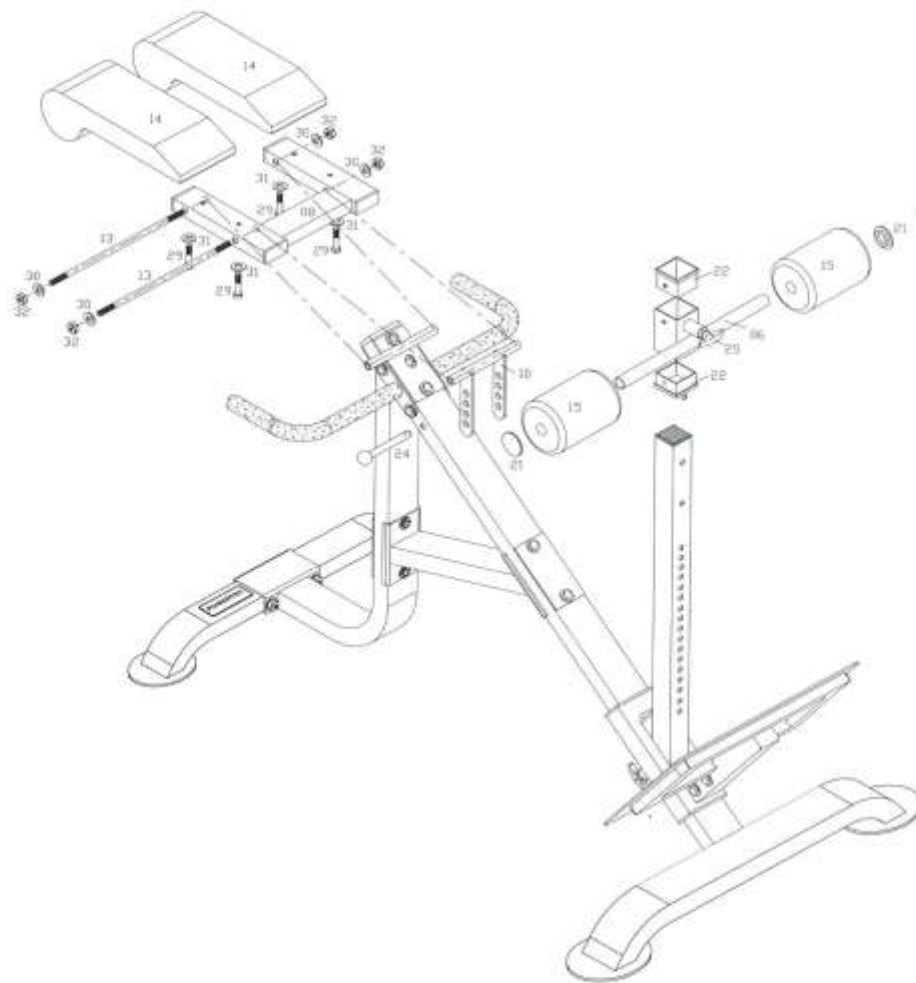
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Hyperextension/ Crunch

ASSEMBLY THREE



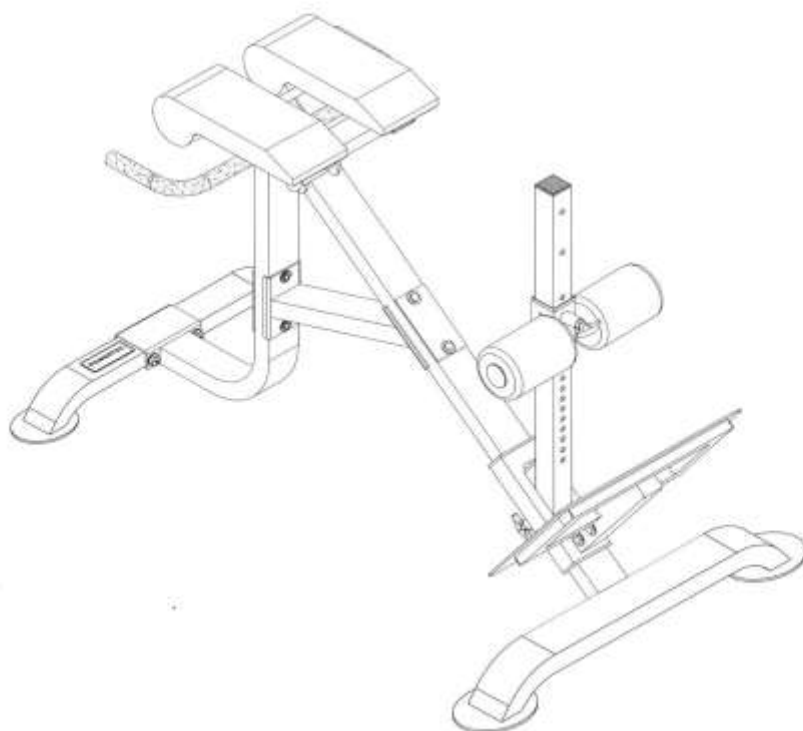
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Hyperextension/ Crunch

ASSEMBLY FOUR

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Hyperextension/ Crunch

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STRENGTH

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LIMITED LIFETIME WARRANTY

HYPEREXTENTION ASSEMBLY

UNPACK ALL COMPONENTS BEFORE ASSEMBLY



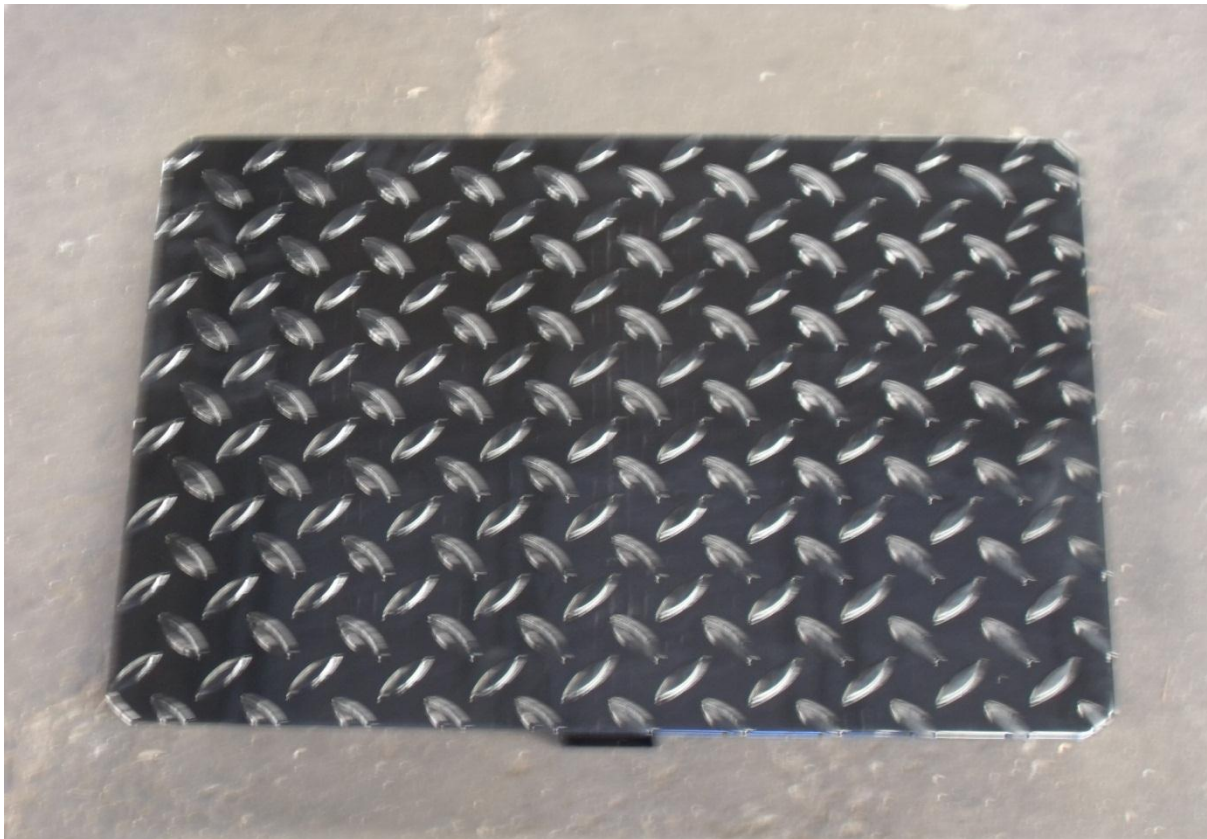
ASSEMBLY 1

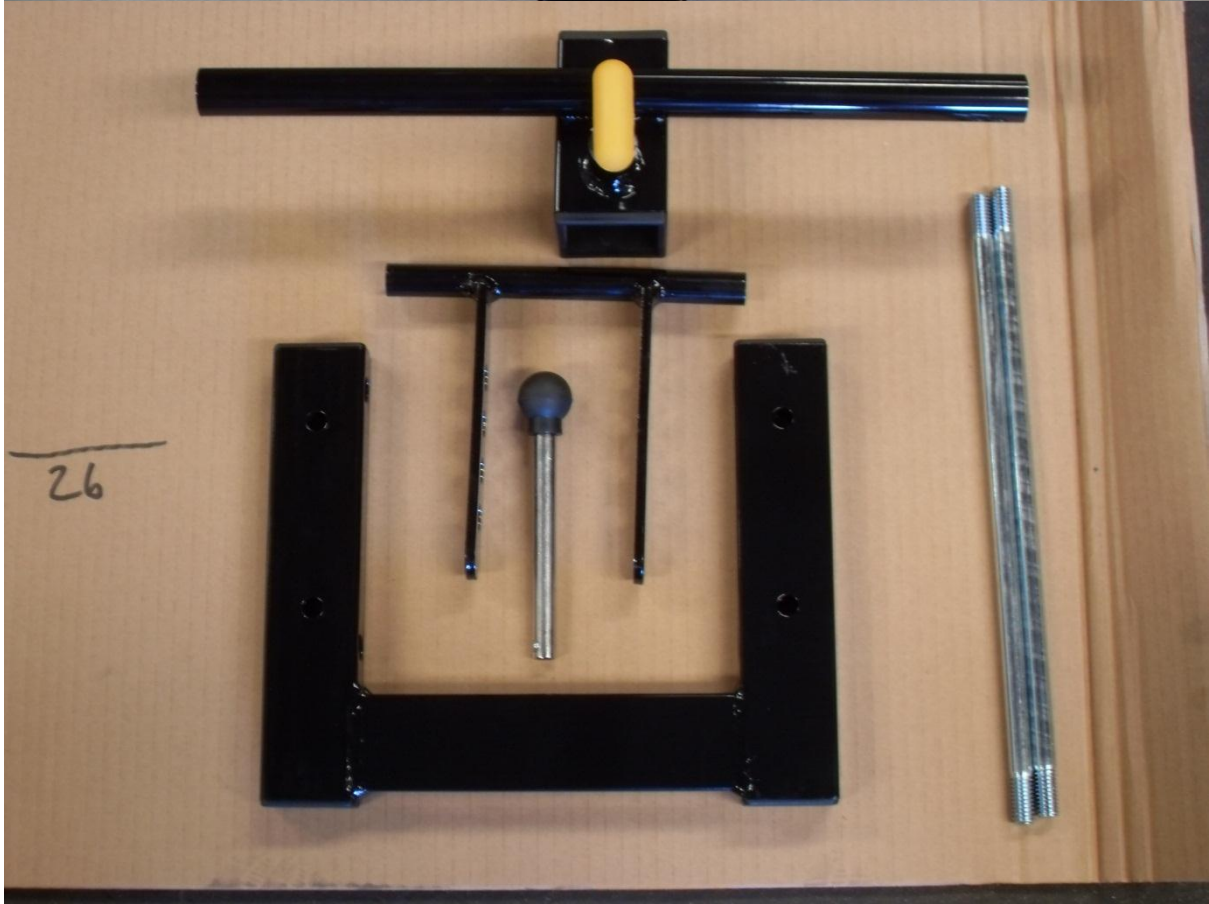


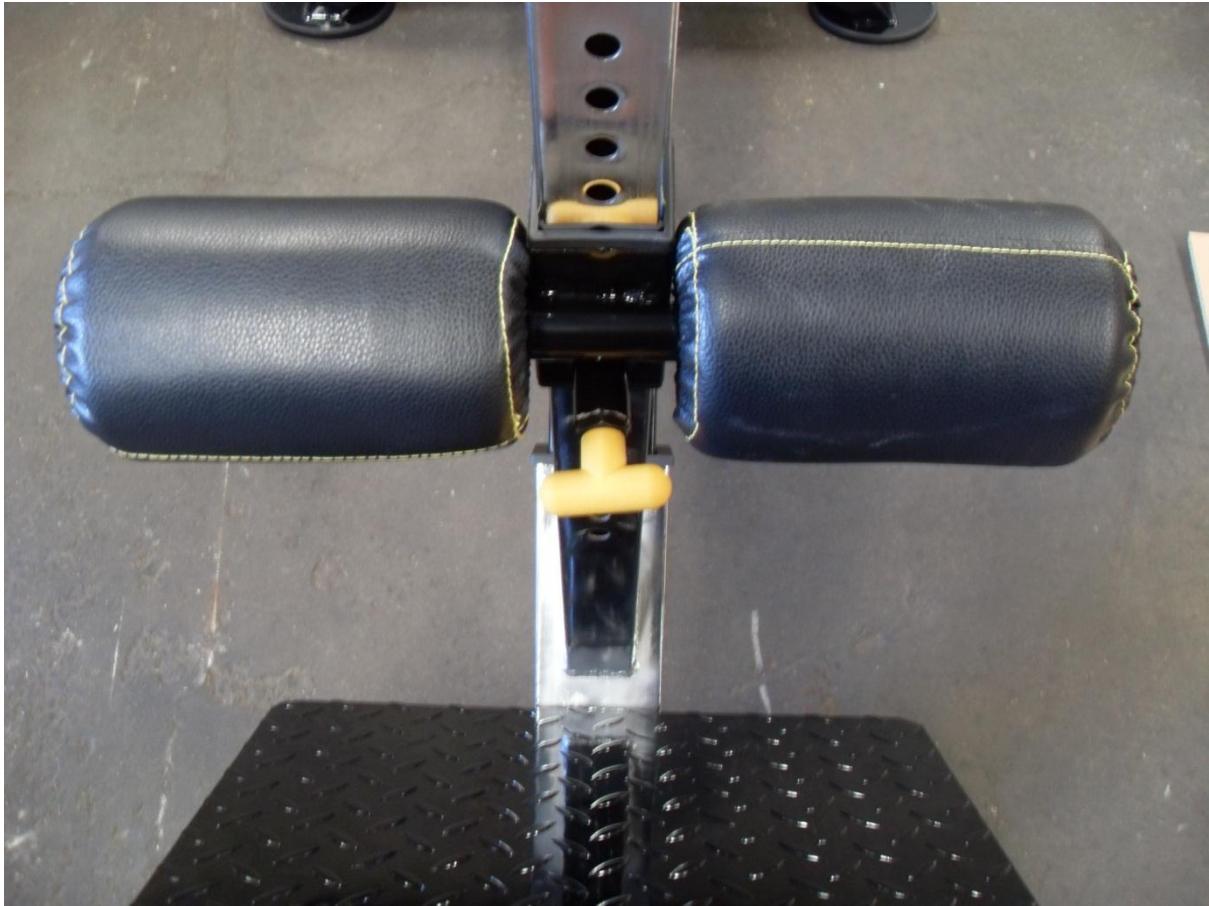




ASSEMBLY 2 TO 3













THE END!!!