



# **Adjustable Hyper Extension Selectorized ASSEMBLY INSTRUCTIONS**



**Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at [info@gymbrofitness.com](mailto:info@gymbrofitness.com).**

**Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.**

<b>Tools Required for Installation:</b>
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

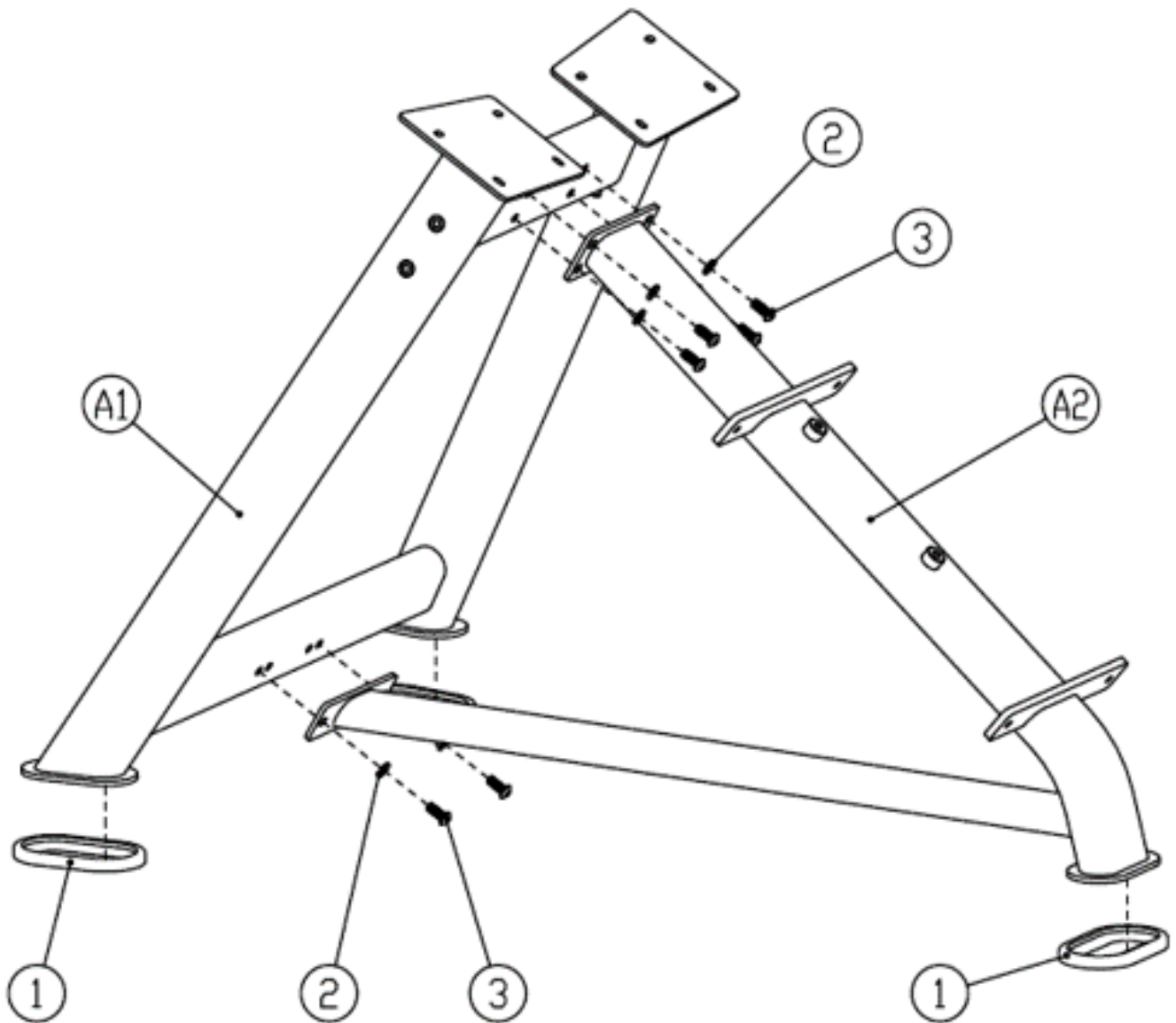
## PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
1	Side Frame	1
2	Support Frame	1
3	Handrail	2
4	Pedal Frame	1
5	Sliding Sleeve	2
6	Foot Pad	3
7	Flat Pad	14
8	Hexagon Socket Head Button Head Screws M10x25	6
9	Elbow Pad Set	2
10	Flat Pad	8
11	Hexagon Socket Button Head Screws M8x30	12
12	Hexagon Socket Button Head Screws M10x20	8
13	Handlebar Ring	3
14	Handlebar Lining	6
15	Handlebar Grip	2
16	Handle Decorative Nut	3
17	Hexagon Socket Button Head Screws M8x20	3
18	Handle Aluminum Topper	3
19	Handlebar Grip	1
20	Handle	1

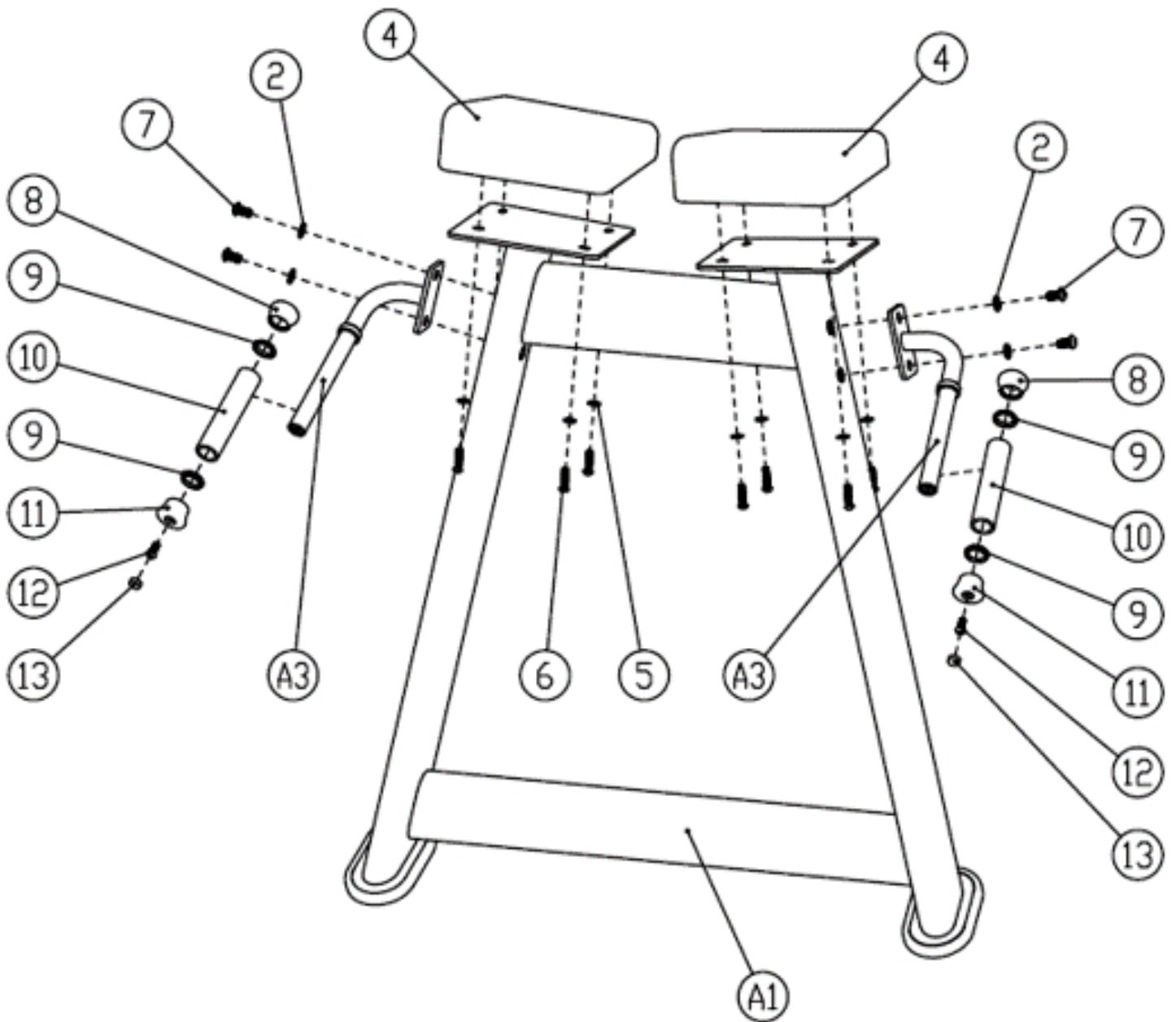
## PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	Pull Pin Bolt	1
22	Skin Tube End Cover	4
23	Skin Tube Sponge	2
24	Skin Tube Spacing Pad	2
25	Inner Hexagon Countersunk head Screws M8x25	2
26	Inner Hexagon Countersunk Head Screws M8x16	4
27	Inner Circlip 40	8
28	Linear Bearing	4
29	Pull Pin Spring	1
30	Pull Pin	1
31	Sledeway Rod Rubber Pad	2
32	Sledeway Rod	2
33	Adjustable Plate	1
34	Inner Hexagon Countersunk Head Screws M10x20	2

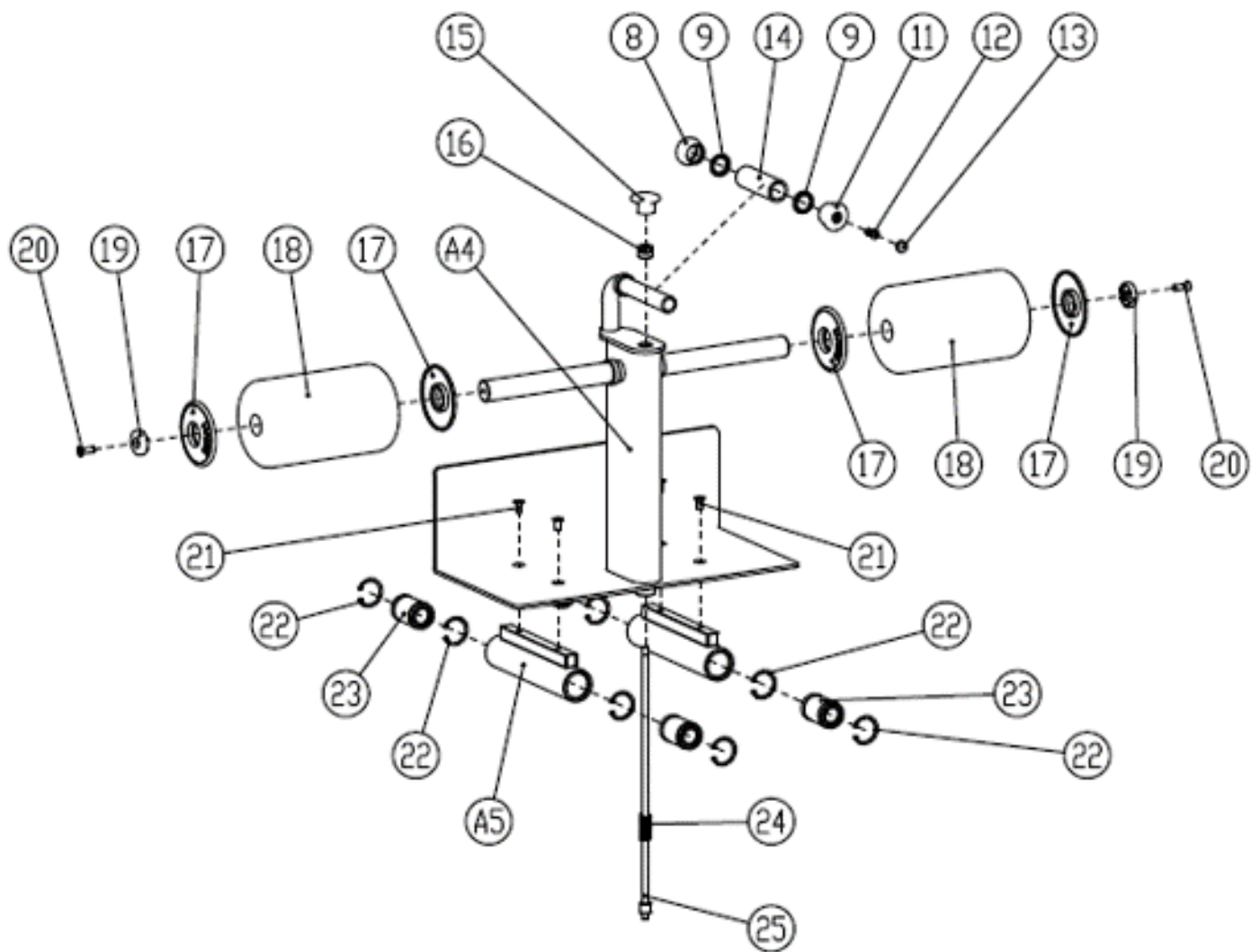
## Frame Assembly



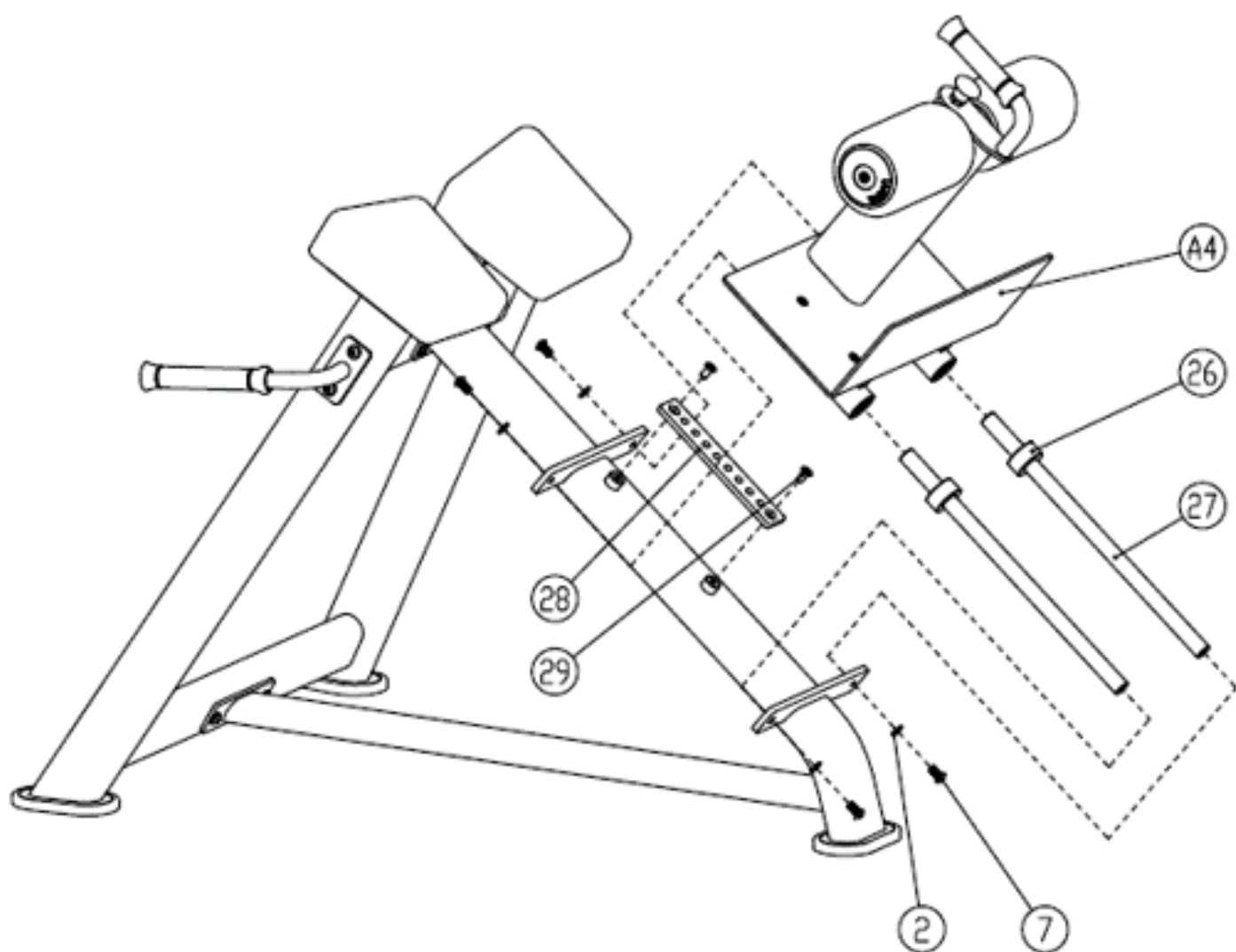
## Side Frame Assembly



## Pedal Frame Assembly

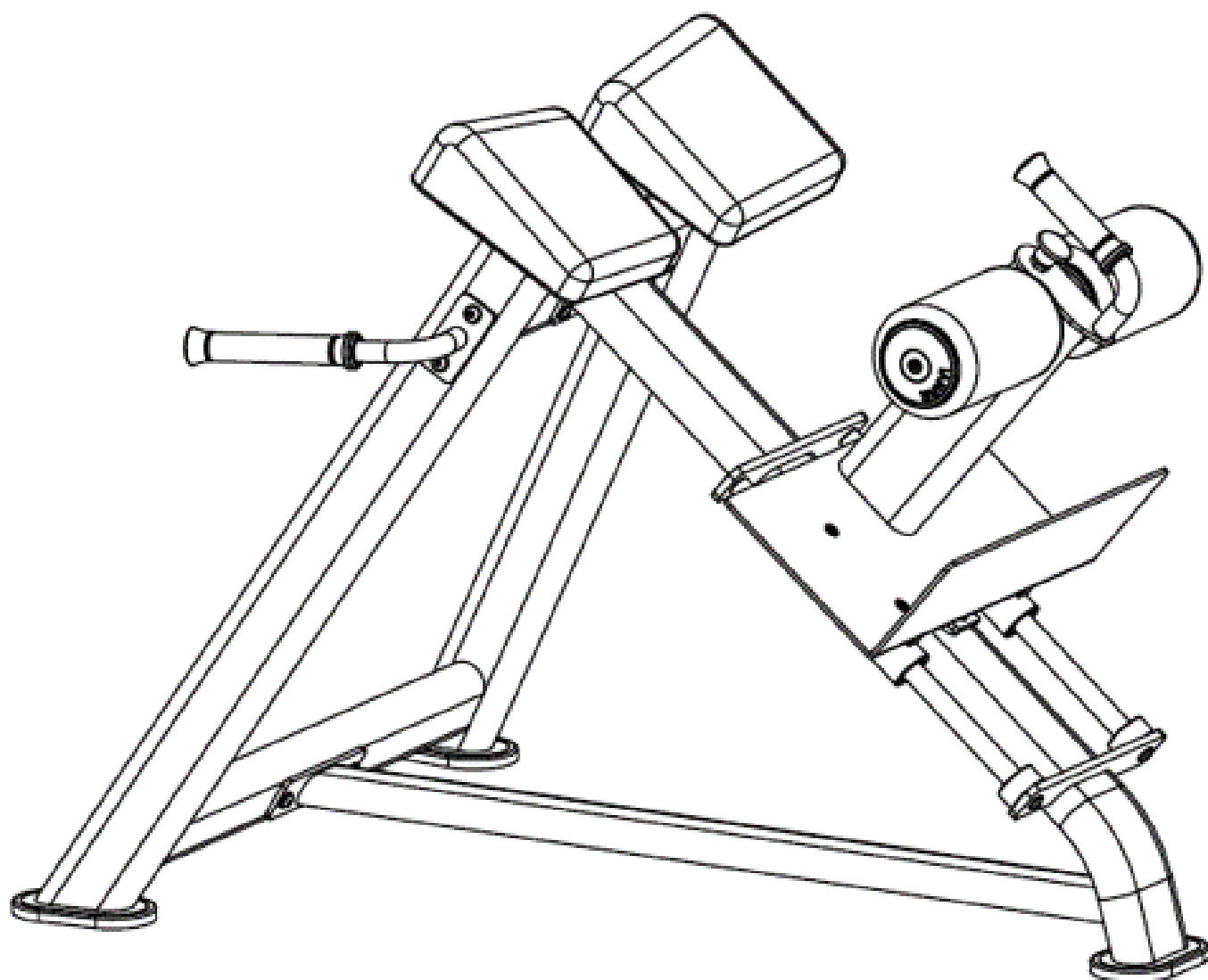


## Slideway Assembly





## Finished Product



**Have a question about assembly?**



**Please contact a Gym Bro Fitness Team Member!**

**Hours of Operation:**

**Monday-Friday 9:00am - 5:00pm (PST)**

**Saturday 9:00am - 3:00pm (PST)**

**Sunday CLOSED**

**Phone: (662)GYM-BROS**

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**Visit Our Website: [www.gymbrofitness.com](http://www.gymbrofitness.com)**