



Back Extension 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.

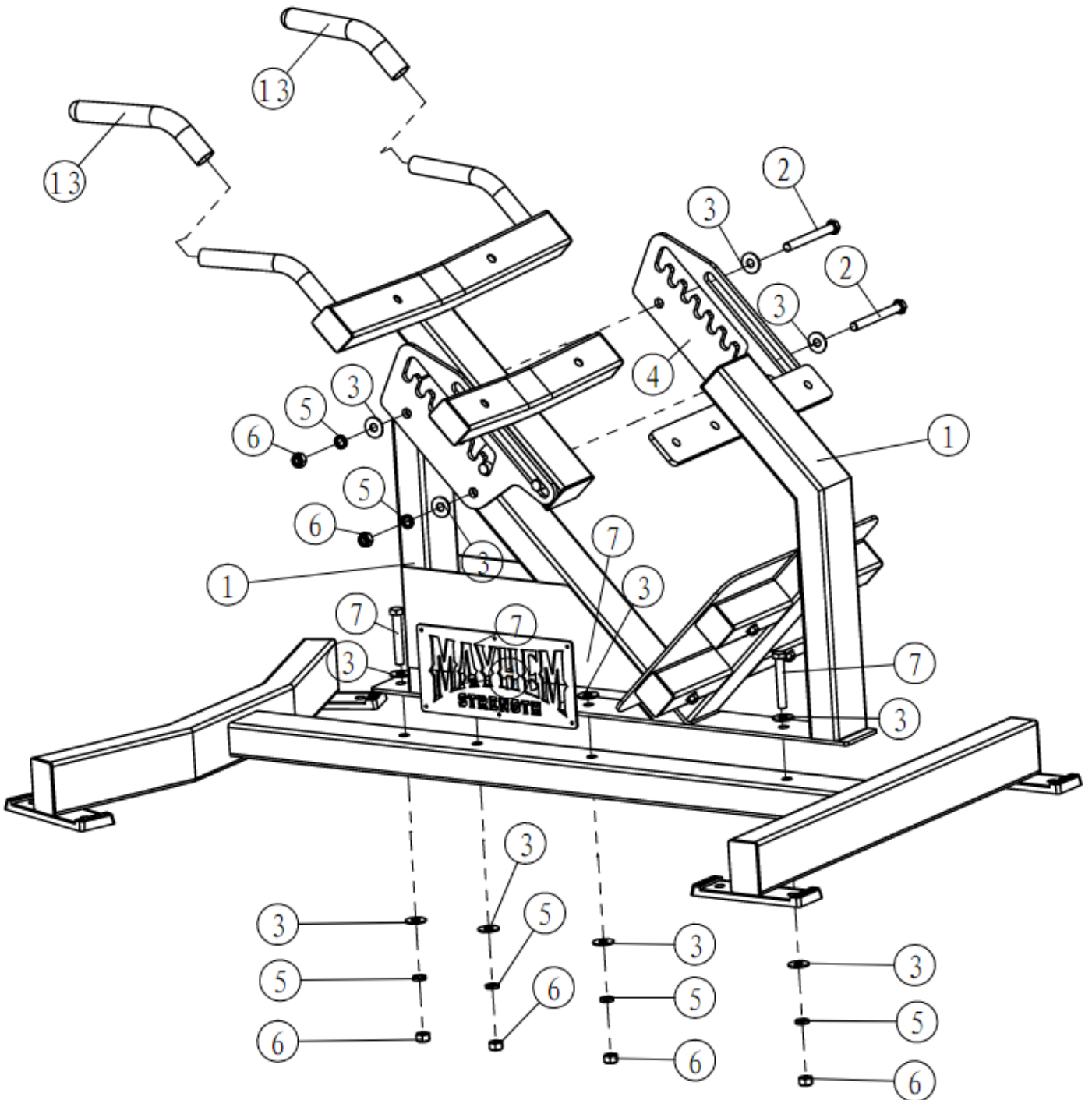
Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior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

| Tools Required for Installation: |
|---|
| Rubber Mallet |
| Level |
| Ratchet and Socket Set |
| Snap Ring Pliers |
| Adjustable Wrench |
| 2 People Required |

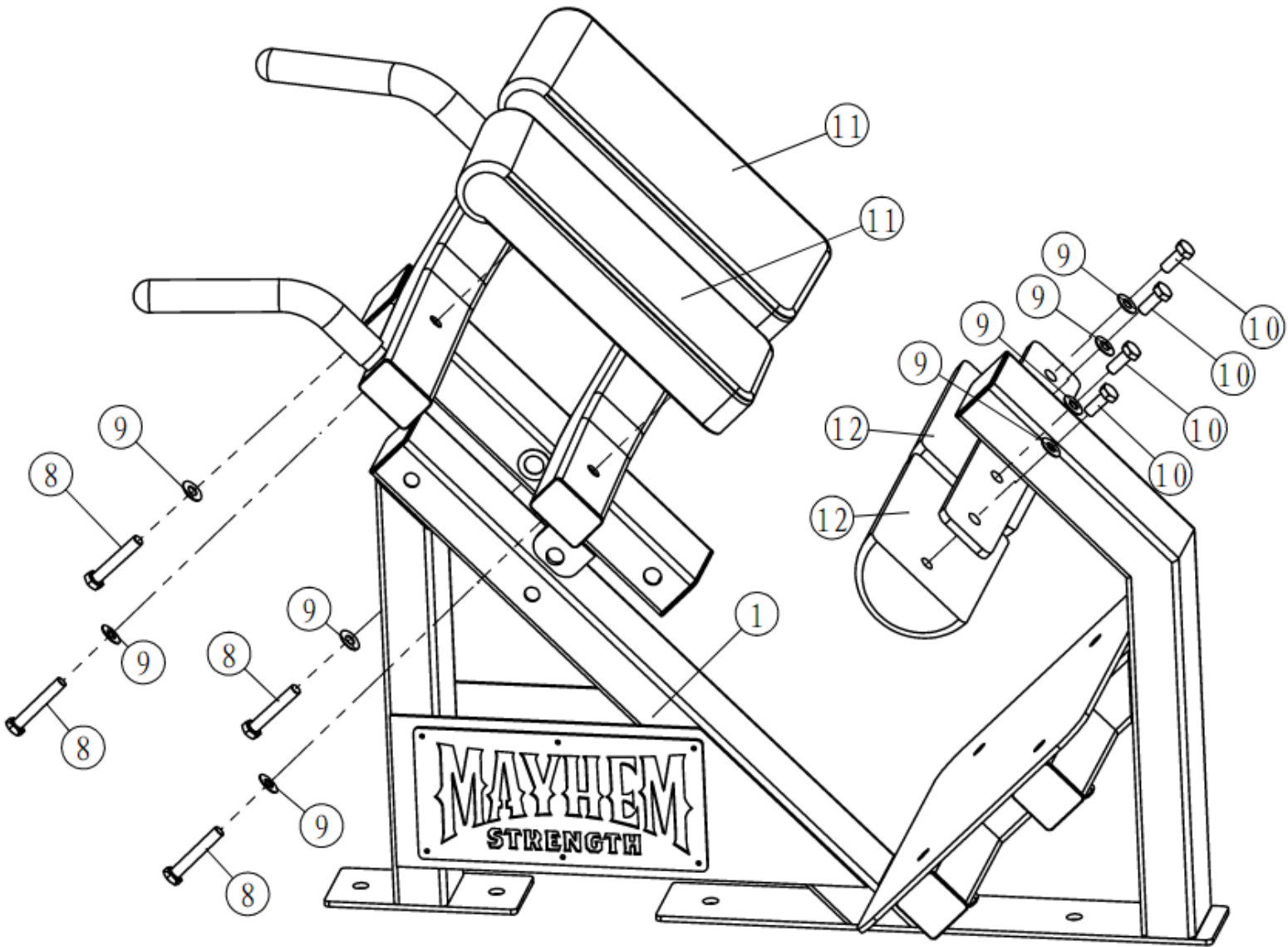
PARTS/HARDWARE LIST

| Number of Parts | Part Description | Quantity |
|------------------------|----------------------------|-----------------|
| 1 | Support Upright | 1 |
| 2 | Hexagon Head Bolts M12x115 | 2 |
| 3 | Plain Washers | 12 |
| 4 | Adjusting Panel | 2 |
| 5 | Spring Lock Washers | 6 |
| 6 | Hexagon Nuts M12 | 6 |
| 7 | Hexagon Head Bolts M12x75 | 4 |
| 8 | Hexagon Head Bolts M10x60 | 4 |
| 9 | Plain Washers | 8 |
| 10 | Hexagon Head Bolts M10x25 | 4 |
| 11 | Thigh Pad | 2 |
| 12 | Shin Pad | 2 |
| 13 | Rubber Grip | 2 |

Frame Assembly



Cushion Installation



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

Email: info@gymbrofitness.com

Visit Our Website: www.gymbrofitness.com