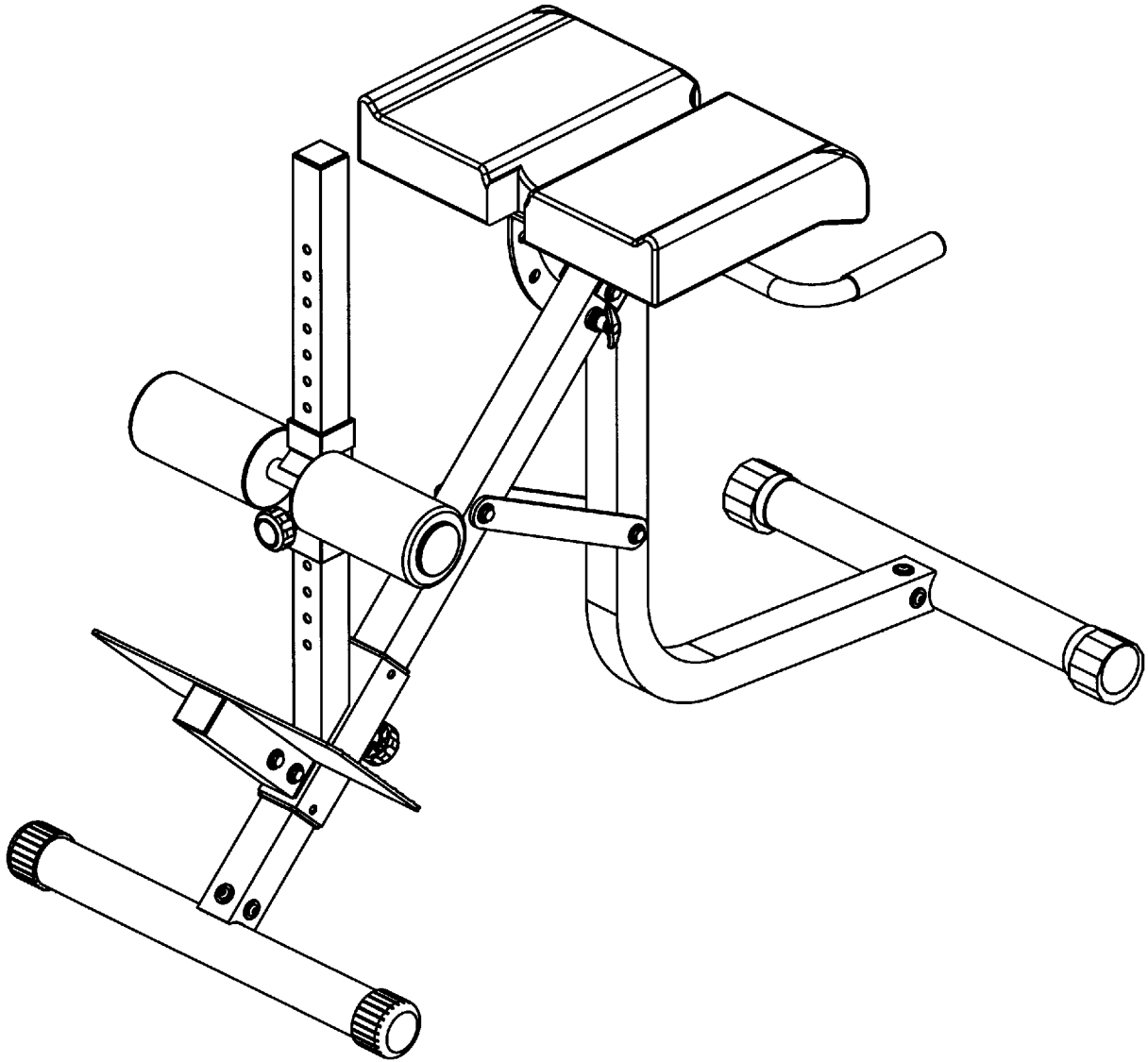


# BodyCraft

## INSTRUCTION MANUAL HYPER EXTENSION & ROMAN CHAIR MODEL: F670



### **Questions?**

*As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or RSI at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.*

*We stand behind our products. Every piece, every part of this BODYCRAFT strength training system is guaranteed for as long as you own it. We will repair or replace anything that goes wrong.*

*Bodycraft is a division of Recreation Supply Inc.  
P. O. Box 181  
Sunbury, OH 43074*

## **BEFORE YOU BEGIN**

Congratulations and thank you for selecting the **Hyper Extension & Roman Chair** strength training system. The **Hyper Extension & Roman Chair** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **Hyper Extension & Roman Chair** will help you achieve the specific results you want. For your safety and benefit, read this manual and the accompanying literature before using the **Hyper Extension & Roman Chair**. Keep this manual for future reference.

If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

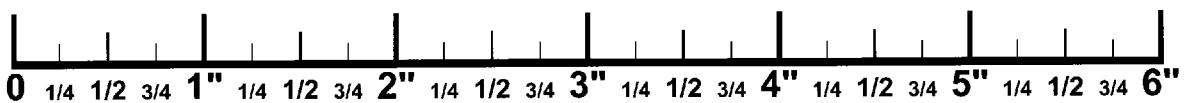
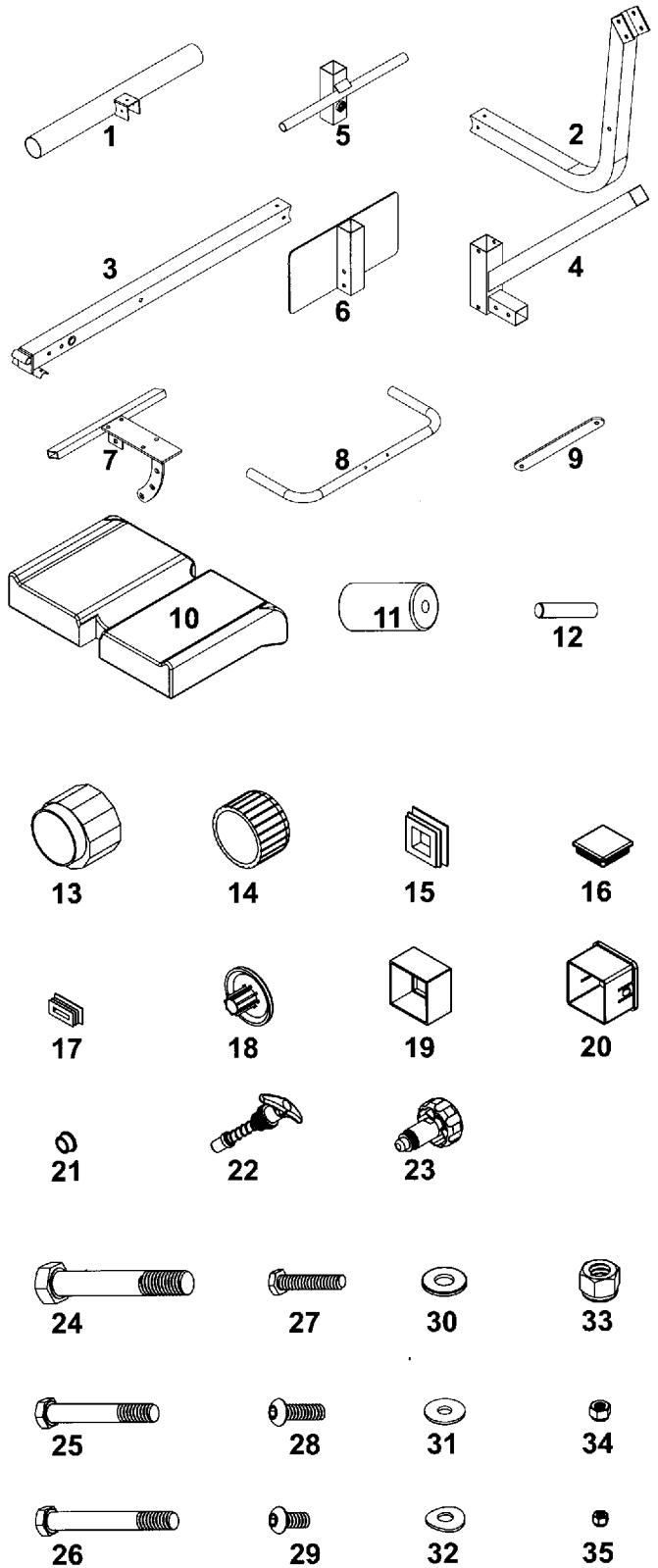
## **IMPORTANT SAFETY NOTES**

**There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.**

1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the Hyper Extension & Roman Chair at all times.
5. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Exercise with care to avoid injury.
8. If unsure about the proper use of the Hyper Extension & Roman Chair strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

# PARTS LIST

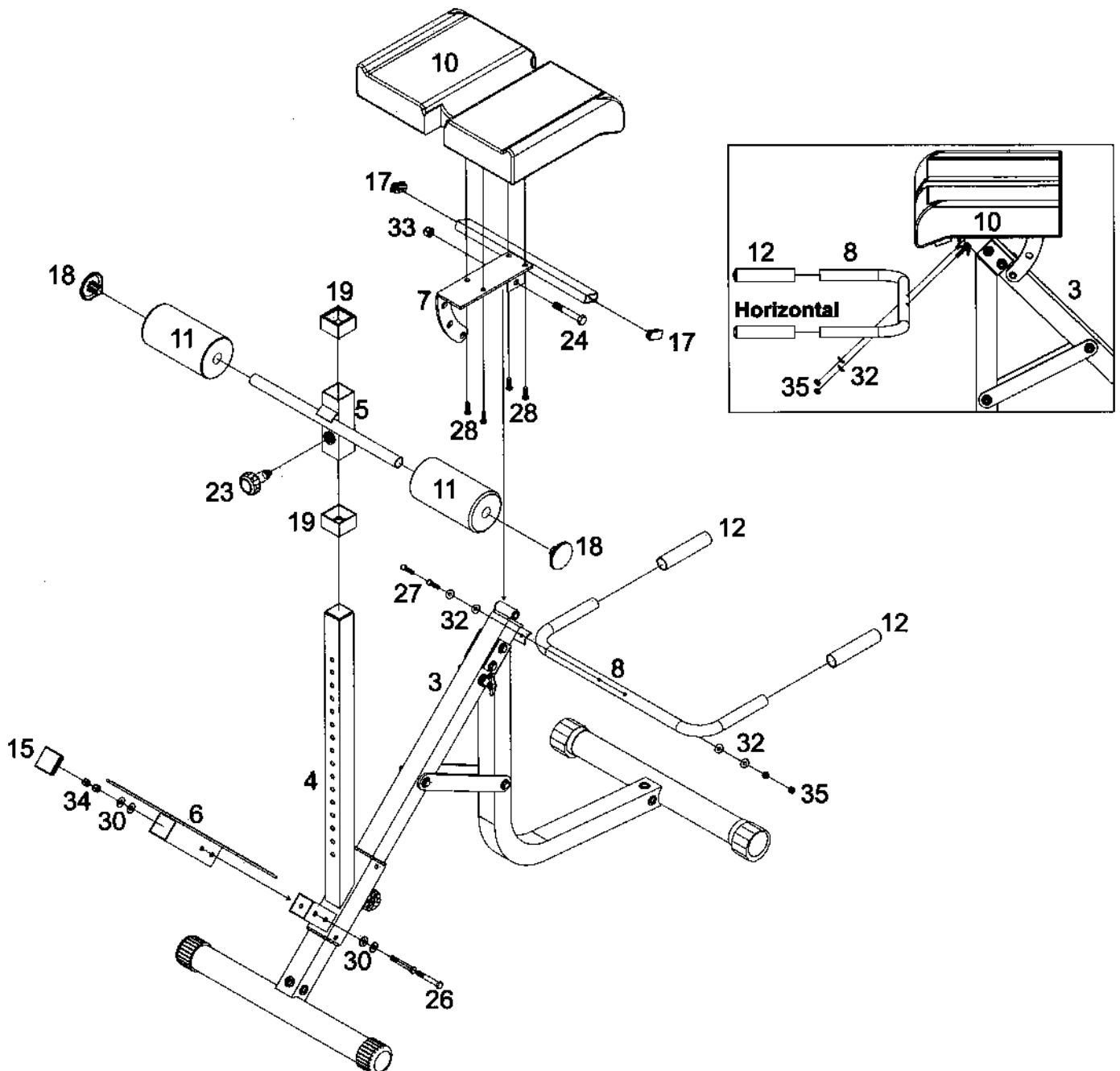
NO.	DESCRIPTION	QTY.
1	STABILIZER	2
2	FRONT SUPPORT	1
3	MAIN FRAME	1
4	UPRIGHT ASSEMBLY	1
5	ADJUSTABLE HEEL SUPPORT	1
6	FOOT PLATE	1
7	PAD HOLDER	1
8	HANDLE BAR	1
9	SUPPORT BRACE	2
10	HIP PAD	1
11	FOAM PAD	2
12	HAND GRIP(assembled)	2
13	60 MM END CAP	2
14	60 MM ROUND END CAP	2
15	50 MM SQ END PLUG	1
16	45 MM SQ END PLUG	1
17	20 X 40 RECT END PLUG	2
18	1" ROUND END PLUG	2
19	50 MM SQ SPACER(assembled)	2
20	50 MM SQ BUSHING(assembled)	2
21	1/2" METAL BUSHING	2
22	POP PIN	1
23	QUICK RELEASE	2
24	1/2" X 3-1/8" HEX HEAD BOLT	1
25	3/8" X 3" HEX HEAD BOLT	4
26	3/8" X 2-1/2" HEX HEAD BOLT	2
27	5/16" X 1-3/4" HEX HEAD BOLT	2
28	5/16" X 1" INNER HEX BOLT	4
29	5/16" X 5/8" INNER HEX BOLT	6
30	3/8" FLAT WASHER	12
31	5/16" FLAT WASHER	6
32	5/16" ARCHED WASHER	4
33	1/2" NYLON NUT	1
34	3/8" NYLON NUT	6
35	5/16" NYLON NUT	2



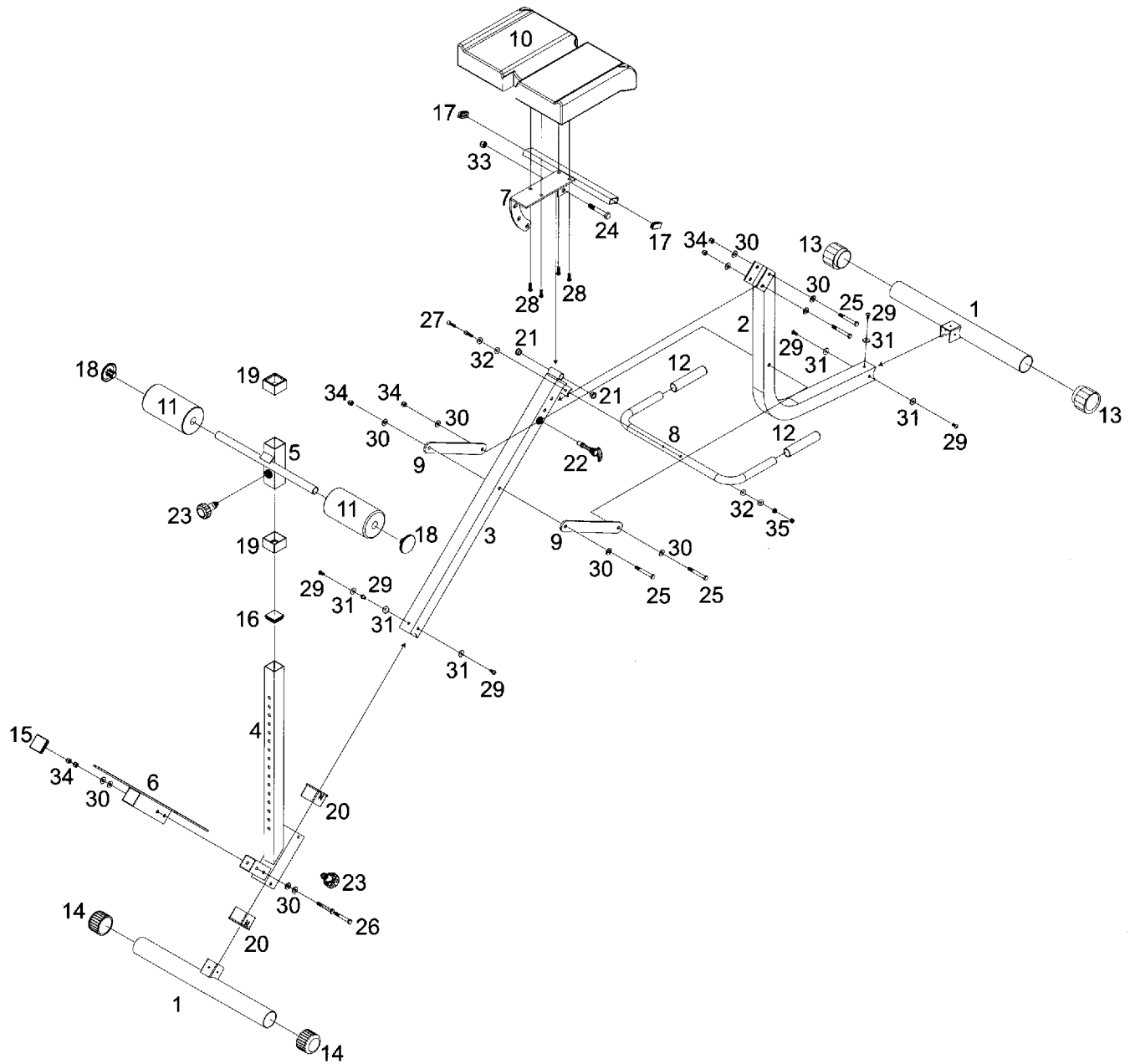
# STEP TWO

1. Attach Foot Plate (6) to Upright Assembly (4), using two 3/8" X 2-1/2" Hex Bolts(26), four 3/8" Flat Washers (30) and two 3/8" Nylon Nuts (34). Attach 50 mm End Cap to Foot Plate (15).
2. Slide Adjustable Heel Support (5) onto Upright Assembly (4). Moisten Foam Pads (11) with water and slide onto each round tube on Adjustable Heel Support (5). Attach 1" End Caps to round tubes.
3. Attach Pad Holder (7) to Main Frame (3), using 1/2" X 3-1/8" Hex Bolt (24), and 1/2" Nylon Nut (33). Angle of Pad Holder can be adjusted by Pop Pin (22). Attach Hip Pad (10) to Pad Holder (7), using four 5/16" X 1" Inner Bolts (28). Attach two 20mm X 40mm End Caps (17) to Pad Holder (7).
4. Attach Handle Bar (8) to Main Frame (3), using two 5/16" X 1-3/4" Hex Bolts (27), four 5/16" Arched Washers (32) and two 5/16" Nylon Nuts (35). Please note Handle bar must be horizontal with floor.

**Check that all bolts and nuts installed correctly. Tighten all bolts.**



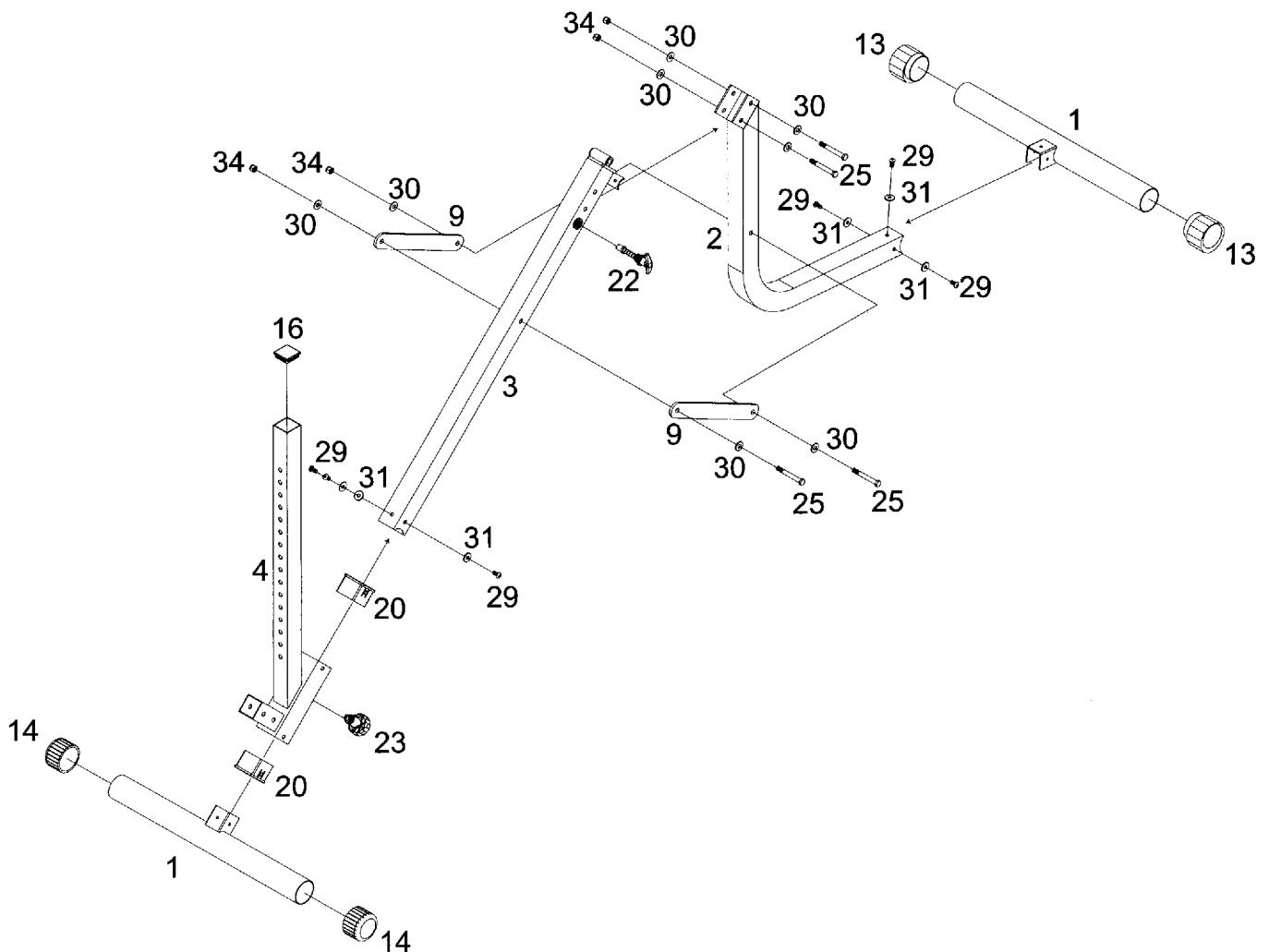
# EXPLODED OVERVIEW



# STEP ONE

**To ease the assembly process, do not tighten bolts until instructed.**

1. Slide Upright Assembly (4) onto Main Frame (3), then attach Main Frame (3) to Stabilizer (1), using three 5/16" X 5/8" Inner Hex Bolts (29) and three 5/16" Flat Washers (31). Attach two 60 mm End Caps(14) to Stabilizer (1) and one 45 SQ End Cap (16) to Upright Assembly(4).
2. Attach Front Support (2) to Stabilizer (1), using three 5/16" X 5/8" Inner Hex Bolts (29) and three 5/16" Flat Washers (31). Attach two 60mm End Caps (13) to Stabilizer (1).
3. Attach Main Frame (3) to Front Support (2), using two 3/8" X 3" Hex Bolts (25), four 3/8" Flat Washers (30) and two 3/8" Nylon Nuts (34). Attach two Support Braces (9) to Main Frame (3) and Front Support (2), using two 3/8" X 3" Hex Bolts(25), four 3/8" Flat Washers (30) and two 3/8" Nylon Nuts (34).



**Assembly is complete! Please take the following steps before using the BODYCRAFT Hyper Extension & Roman Chair :**

1. Make certain all bolts are tightened securely.
2. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the Bodycraft Hyper Extension & Roman Chair Machine Training System. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556**