



HYPER EXTENSION

Model 876HP-B

+ Owner's Manual

V2.0 – 05.2011

www.tko.com

+ Safety

Read this owner's manual carefully before assembling or using TKO equipment.

WARNING: Serious injury could occur if these safety precautions are not observed

Safety Precautions

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.
- Make sure that the equipment(s) are set up and operated on a solid level surface. DO NOT install or use the equipment on an uneven surface.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Make sure there are enough room for access and operate the equipment(s) safely.
- Inspect and maintain the equipment(s) regularly.
- Replace the worn or damaged parts / components immediately to ensure safety.
- Use a spotter.
- Back support cushion may drop when knob is pulled. Hold the back support cushion when adjusting it.
- Make sure the pull pin is fully engaged before use.
- Lower the back support cushion to the lowest position when not in use.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
- Rest adequately between workouts. Muscles tone and develop during these rest periods.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.

If you have any question or need assistance please contact us at,

Customer Service: 866-856-3488 or 713-895-9270

e mail: customerservice@tko.com

Hours: Monday-Friday 8:30am to 4:30pm CT

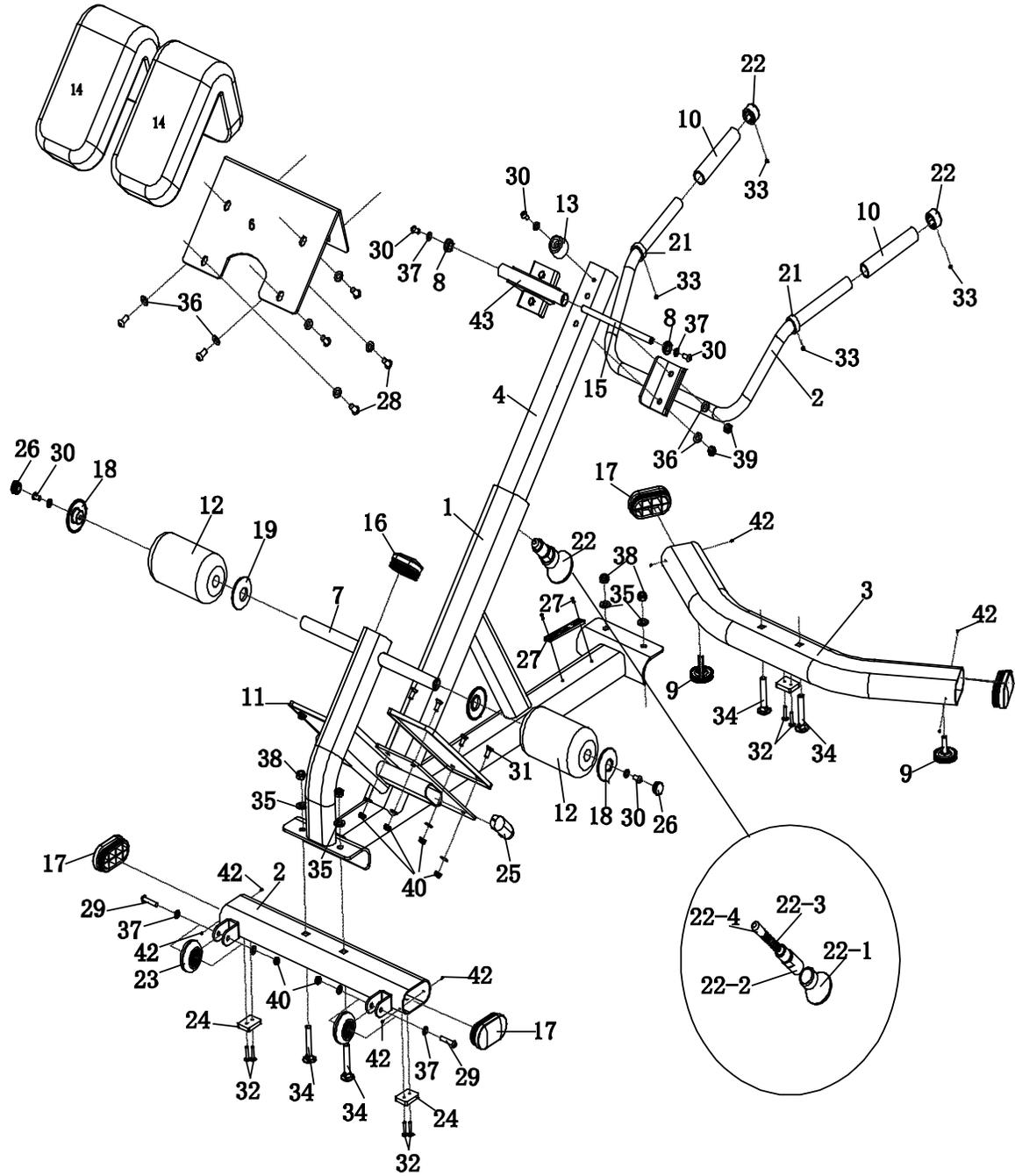
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✚ Exploded diagram



+ Parts list

No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	25	End Cap 30x70mm	2
2	Rear Stabilizer	1	26	Round End Cap 25mm	2
3	Front Stabilizer	1	27	Name Plate	1
4	Thigh Pad Adjustable Post	1	28	Allen Bolt M10x25mm	6
5	Handlebar	1	29	Allen Bolt M8X45mm	2
6	Thigh Pad Support Frame	1	30	Allen Bolt M8X20mm	5
7	Foam Roller Tube	1	31	Allen Bolt M8X20mm	8
8	Metal Bushing	2	32	Screw M5x15mm	6
9	Leveler	2	33	Screw M6x4mm	4
10	Hand Grip	2	34	Carriage Bolt M12x70mm	4
11	Foot Plate	2	35	Flat Washer M12	4
12	Foam Roller	2	36	Flat Washer M10	8
13	Bumper	1	37	Flat Washer M8	17
14	Thigh Pad	2	38	Lock Nut M12	4
15	Shaft 12x218mm	1	39	Lock Nut M10	2
16	Plastic End Cap 40x80mm	1	40	Lock Nut M8	10
17	Plastic End Cap 50x100mm	4	41	Rivet Ø4x12 mm	2
18	Foam Roller Outer Cap	2	42	Screw M6x6mm	8
19	Foam Roller Inner Cap	2	43	Connect Bracket	1
20	Hand Grip Chrome Cap	2			
21	Hand Grip Metal Ring	2	22-1	Pull Pin	1
22	Tension Knob M18x1.5x17mm	1	22-2	Cylindrical Shaft	1
23	Transport Wheel	2	22-3	Spring	1
24	EVA Cushion	3	22-4	Shaft	1

Maximum recommended exercise weights not to exceed 280Lbs (127Kgs)

+ Assembly

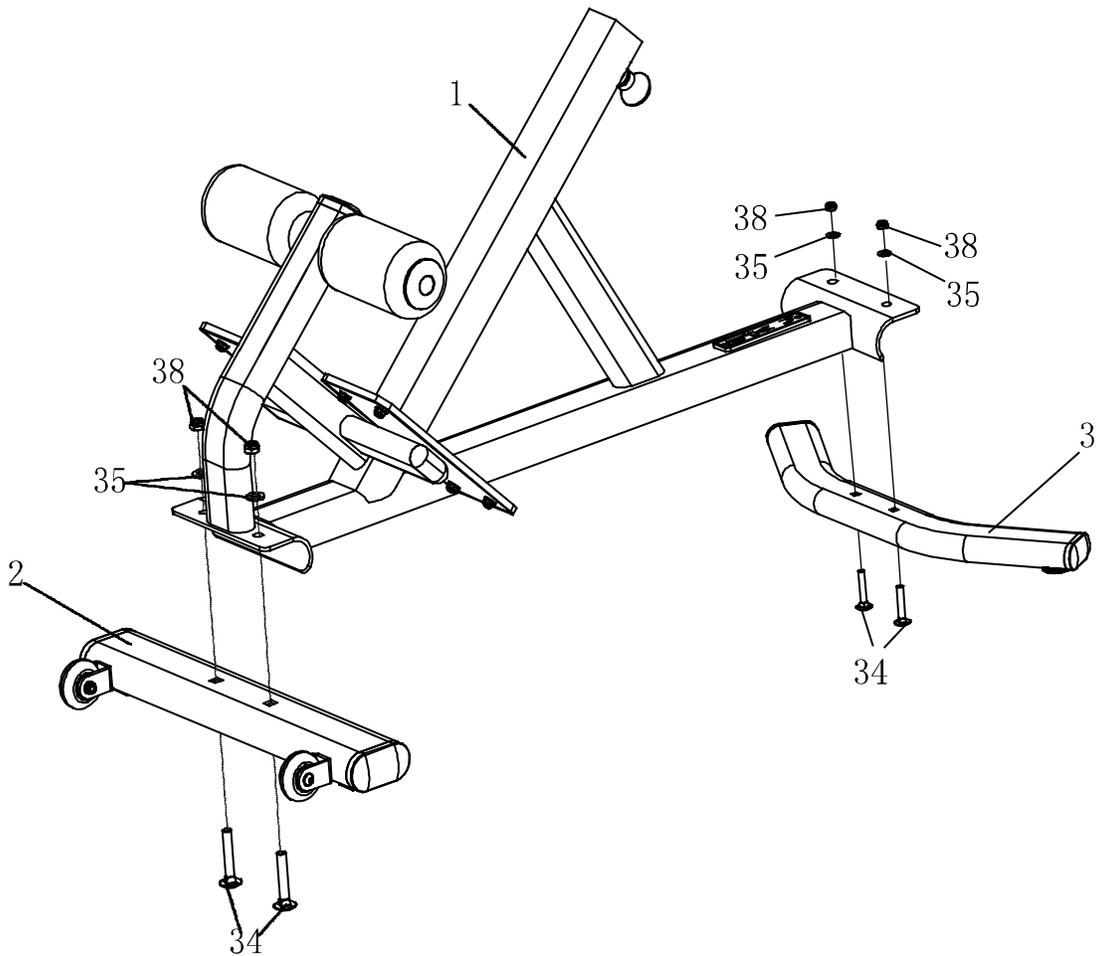
Step 1

Attach the Front Stabilizer (3) to the Main Frame (1), using 2 Carriage Bolts (34), 2 Flat Washers (35) and 2 Lock Nuts (38).

Step 2

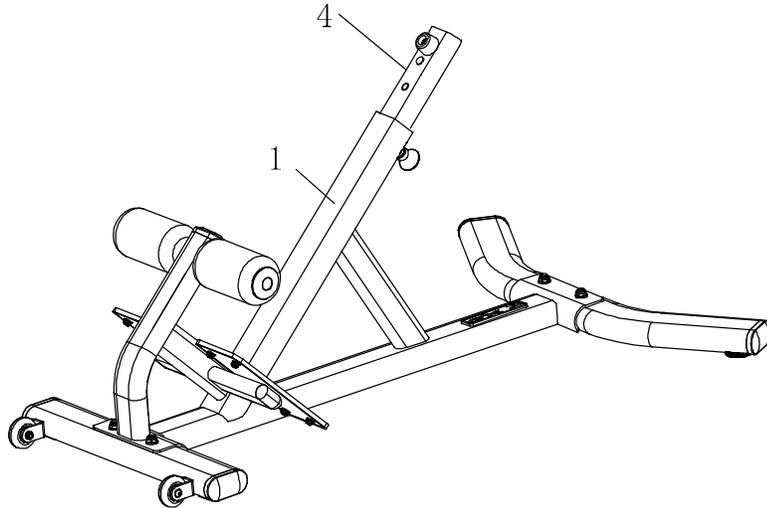
Attach the Rear Stabilizer (2) to the Main Frame Assembly (1), using 2 Carriage Bolts (34), 2 Flat washers (35) and 2 Lock Nuts (38).

Tighten all 4 nuts and bolts with wrenches.



Step 3

Insert the Thigh Pad Adjustable Post (4) to the Main Frame (1).



Step 4

Note. The Thigh Pads (14) and the Pivot Bracket (43) are pre-assembled in the factory.

Install the Thigh Pad Assembly to the Thigh Pad Adjustable Post (4) and the Handle Bar (5), using 2 Flat Washers (36) and 2 Lock Nuts

Tighten these 2 nuts and bolts with wrenches.

