



HYPER EXTENSION

Model 866HP-B

+ Owner's Manual

V2.0—06.2012

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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

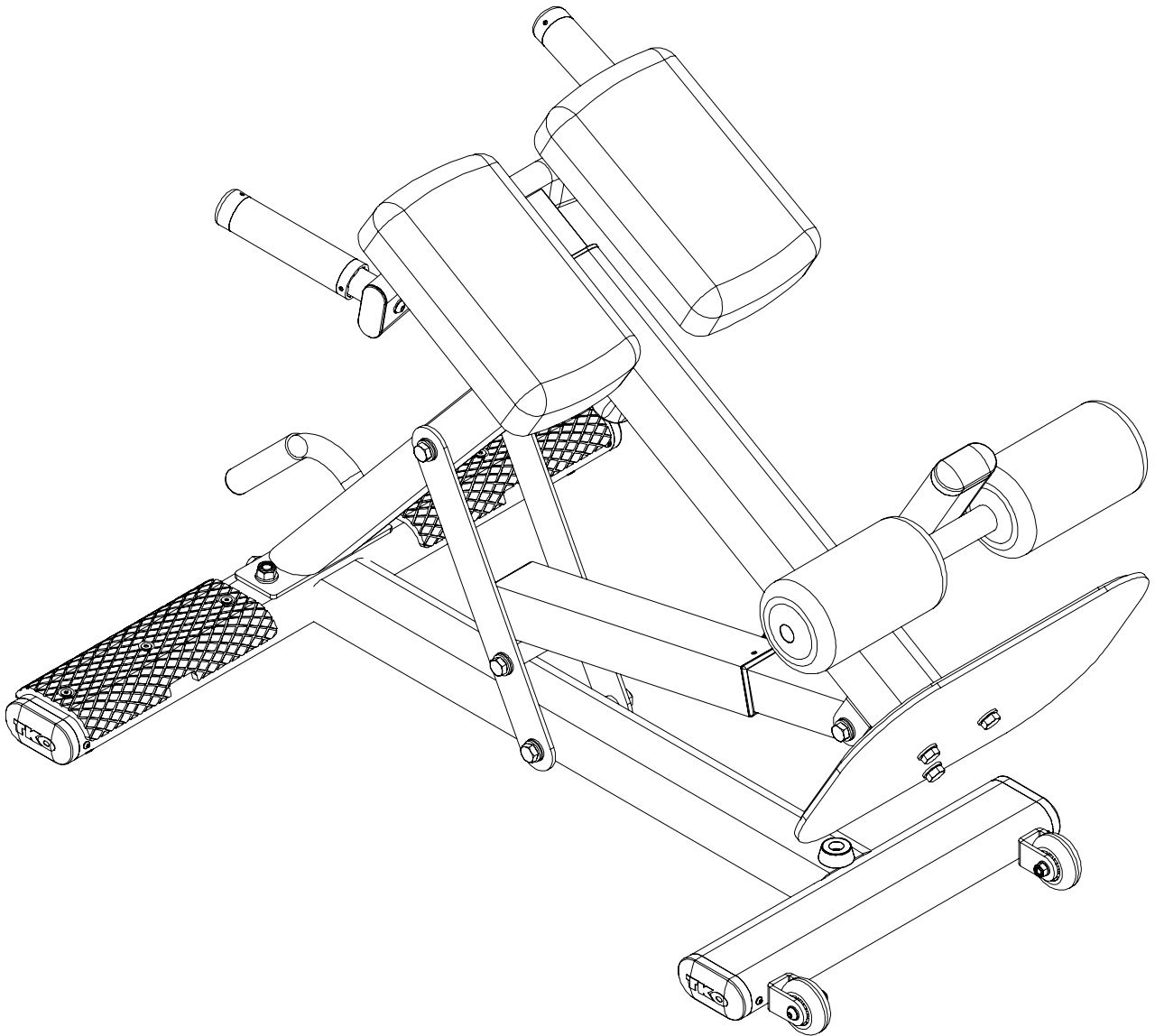
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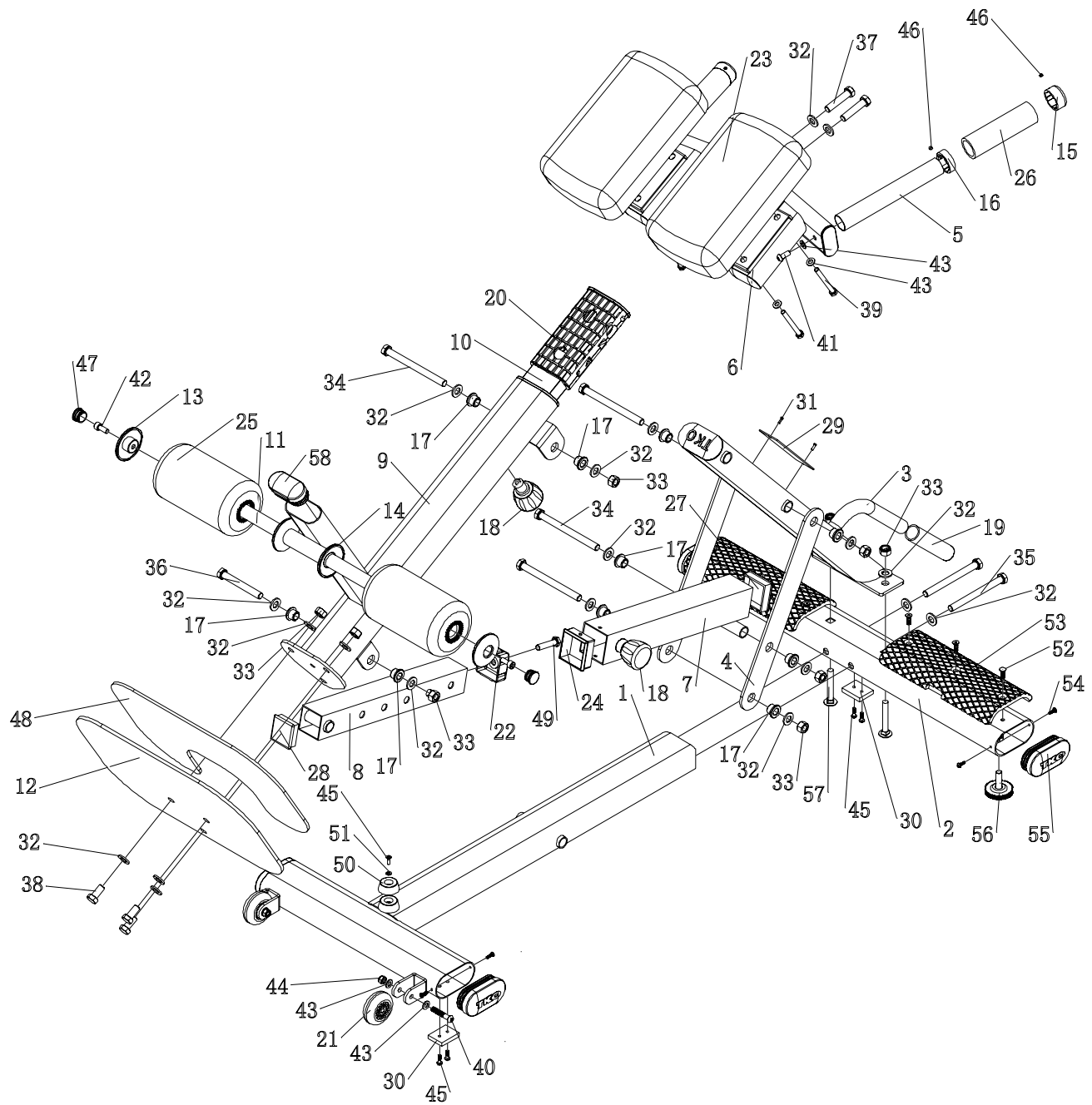
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+ Product Diagram



Maximum recommended exercise weights not to exceed 280lbs

✚ Exploded Diagram



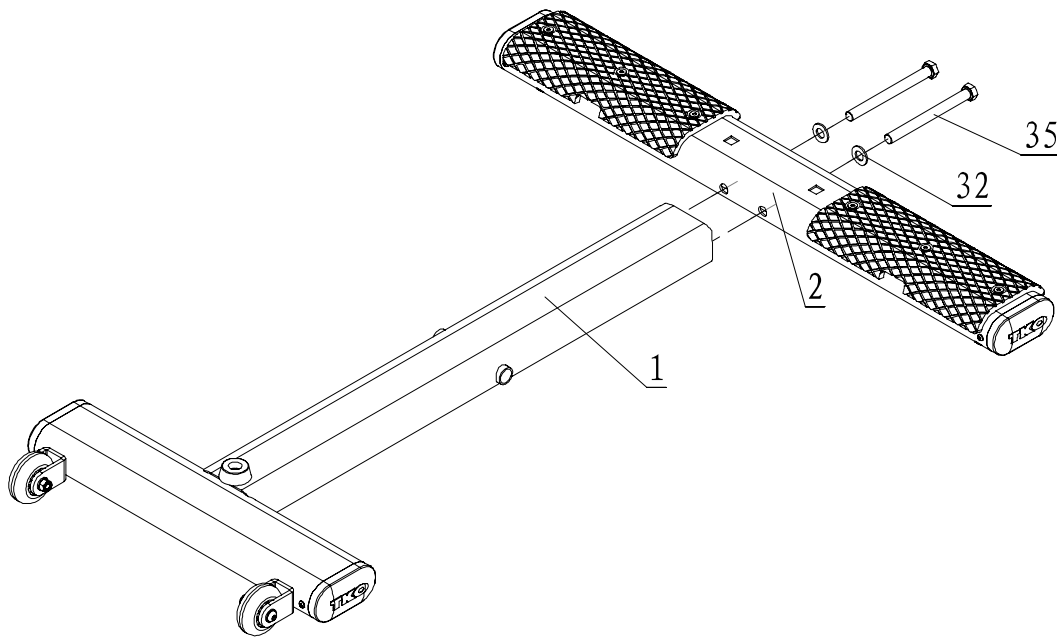
+ Parts List

No.	Description	Q'ty	No.	Description	Q'ty
1	Base Frame	1	30	Rubber Floor Pad	3
2	Base Frame Stabilizer	1	31	Rivet $\sqrt{3.2 \times 10}$ mm	2
3	Angle Support Frame	1	32	Flat washer for M12 Bolt	22
4	Angle Brace	2	33	Lock Nut for M12 Bolt	10
5	Handlebar	2	34	Hex Bolt M12x145mm	4
6	Thigh Pad Support Frame	1	35	Hex Bolt M12x130mm	2
7	Angle Selector Outer Post	1	36	Hex Bolt M12x95mm	1
8	Angle Selector Inner Post	1	37	Hex Bolt M12x45mm	2
9	Main Support Frame	1	38	Hex Bolt M12x25mm	3
10	Thigh Pad Adjustable Post	1	39	Allen Bolt M8x75mm	4
11	Foam Roller Tube	1	40	Allen Bolt M8x45mm	2
12	Foot Plate	1	41	Allen Bolt M8x20mm	2
13	Foam Roller Outer Cap	2	42	Allen Bolt M8x20mm	2
14	Foam Roller Inner Cap	2	43	Flat washer M8	10
15	Hand Grip Chrome Cap	2	44	Lock nut M8	2
16	Hand Grip Metal Ring	2	45	Philips Screw M5x15mm	7
17	Metal Bushing	10	46	Screw M6x4mm	4
18	Knob	2	47	Plug $\sqrt{25}$ mm	2
19	PVC Grip	1	48	Non-slip Pad	1
20	Plastic Sleeve	2	49	Allen Bolt M10x20mm	1
21	Transport Wheel	2	50	Bumper	1
22	Nylon Bushing	1	51	Big Washer	1
23	Thigh Pad	2	52	Allen Bolt M8x20mm	6
24	Plastic Sleeve	1	53	Foot Padding	2
25	Foam Roller	2	54	Screw ST4.2x16mm	8
26	Foam Grip	2	55	End Cap PT50x100x3mm	4
27	End Cap 60mm Square	1	56	Leveler	2
28	End Cap 50mm Square	1	57	Carriage Bolt M12x70mm	2
29	Name Plate	1	58	End Cap PT40x80x2mm	1

+ Assembly

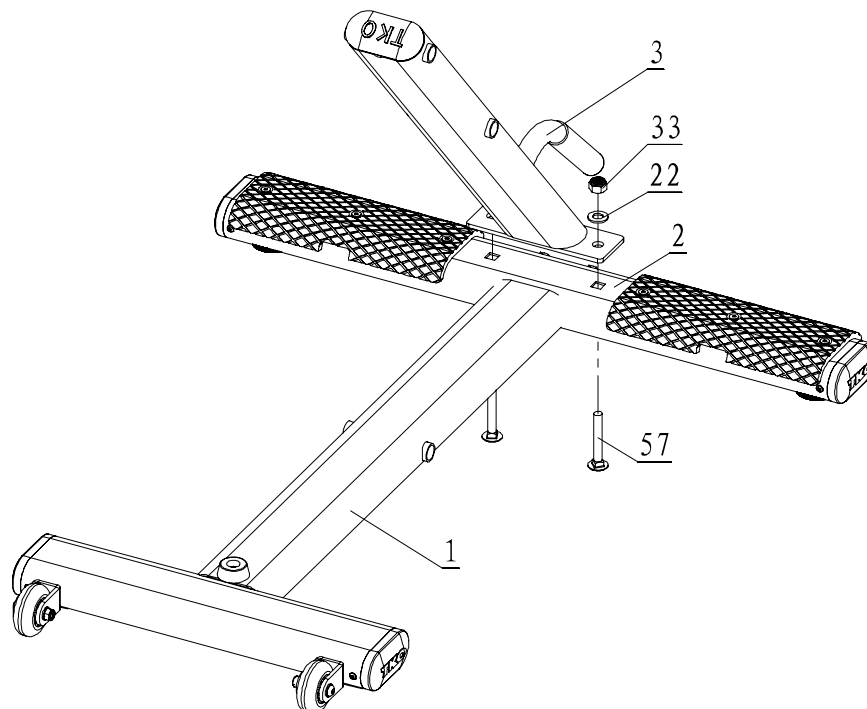
Step 1

Attach the Base Frame Stabilizer (2) to the Base Frame (1), using 2 Hex Bolts (35), and 2 Flat Washers (32).



Step 2

Attach the Angle Support Frame (3) to the Base Frame Assembly, using 2 Hex Bolts (57), 2 Flat Washers (22) and 2 Lock Nuts (33).



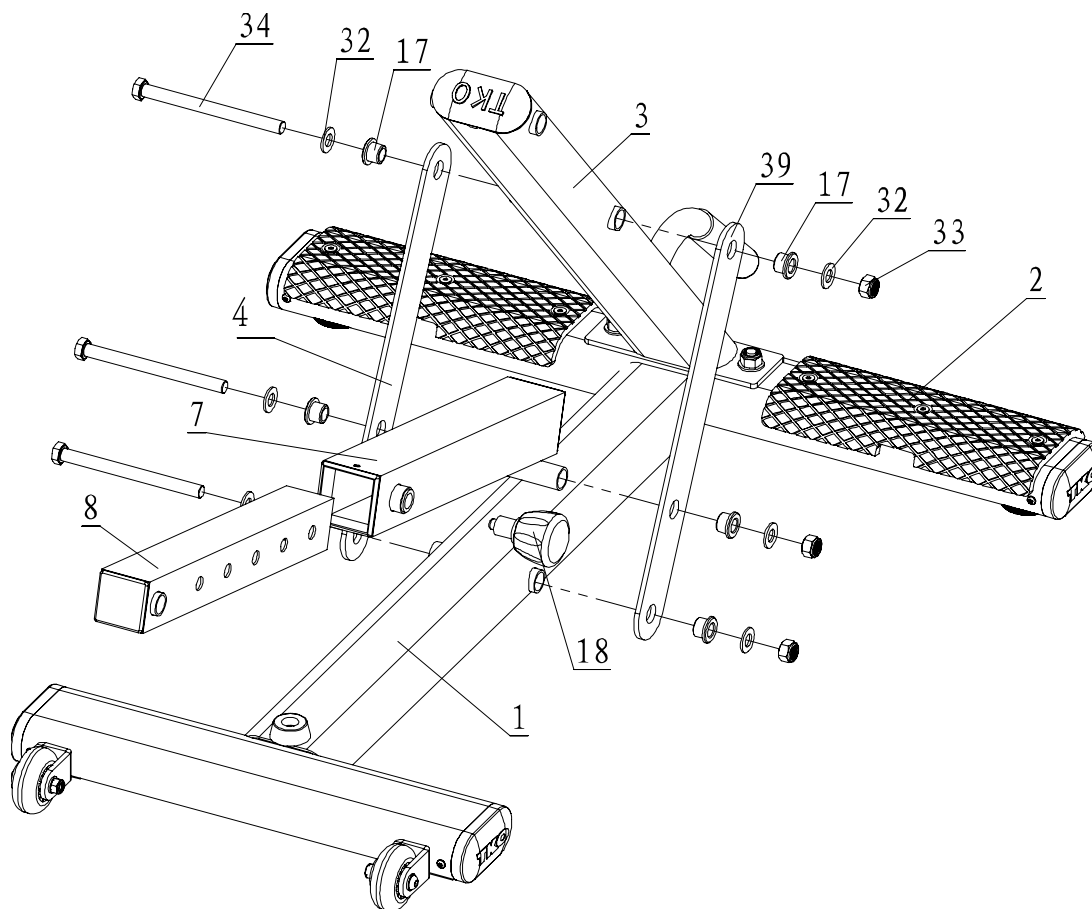
+ Assembly

Step 3

Install the Angle Brace (4) to the Angle Support Frame (3) and Base Frame Assembly using 4 Metal Bushings (17) 4 Flat Washers (32), 2 Hex Bolts (34) and 2 Lock Nuts (33).

Attach the Angle Selector Outer Post (7) to the middle hole in the Angle Brace (4), using 2 Metal Bushings (17), 2 Flat Washers (32), one Hex Bolt (34) and one Lock Nut (33).

The Angle Selector Outer Post (7) and The Angle Selector Inner Post (8) are pre-assembled in the factory.



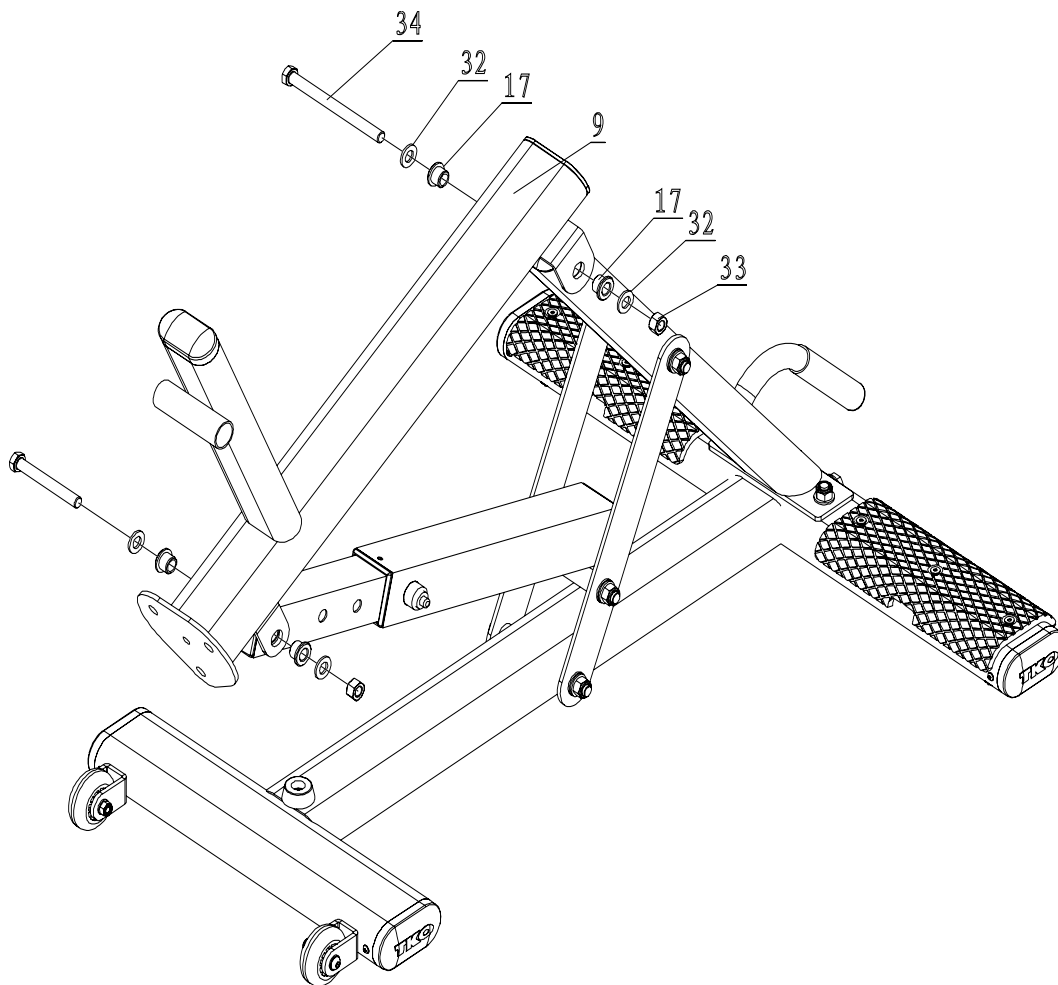
+ Assembly

Step 4

Connect the Main Support Frame (9) to the top of the Angle Support Frame (3), using 2 Metal Bushings (17), 2 Flat Washers (32), one Hex Bolt (34) and one Lock Nut (33).

Connect the other end of the Main Support Frame (1) to the Angle Selector Assembly, using 2 Metal Bushings (17), 2 Flat Washers (32), one Hex Bolt (34) and one Lock Nut (33).

Tighten all the nuts and bolts securely with wrenches.



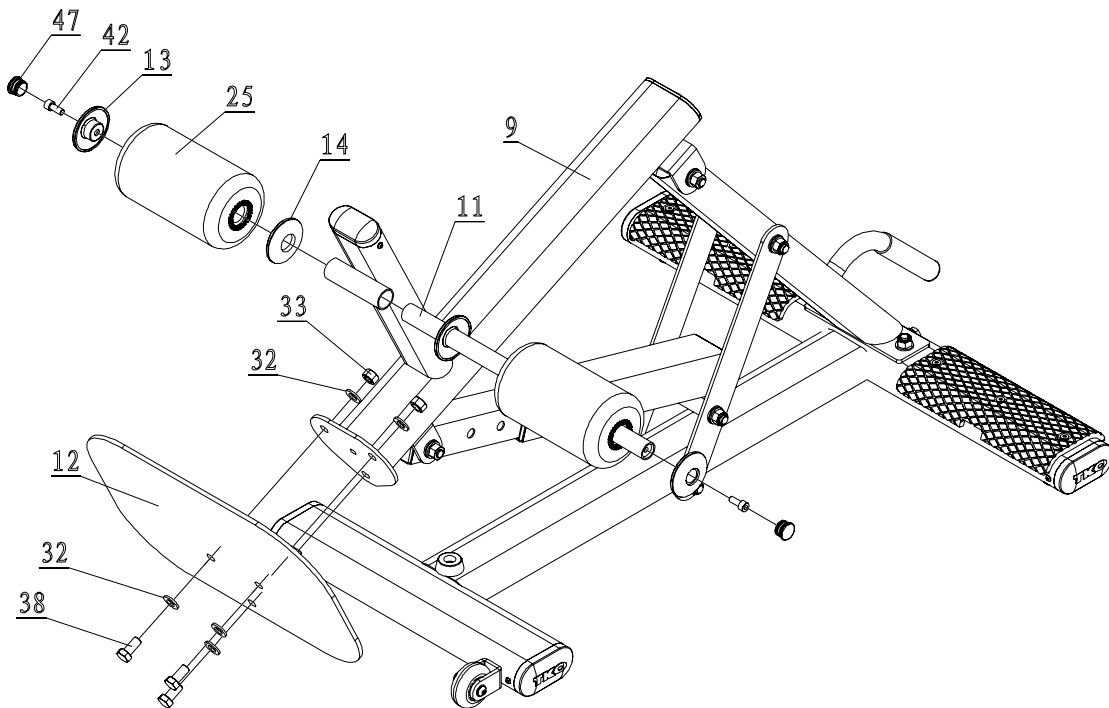
+ Assembly

Step 5

Insert the Foam Roller Tube (11) to the hole in of the Main Support Frame (1), then slide the Foam Roller Inner Cap (14), the Foam Roller (25) and the Foam Roller Outer Cap (13) onto each side of the Foam Roller Tube (11), secure the Outer Cap with 2 Allen Bolts (42), and Plug the Rubber Plug (47) into the hole in the Outer Cap (13).

Attach the Foot Plate (12) to the Main Frame (1), using 3 Hex Bolts (38), 6 Flat Washers (32) and 3 Lock Nuts (33).

Tighten these nuts and bolts with wrenches.



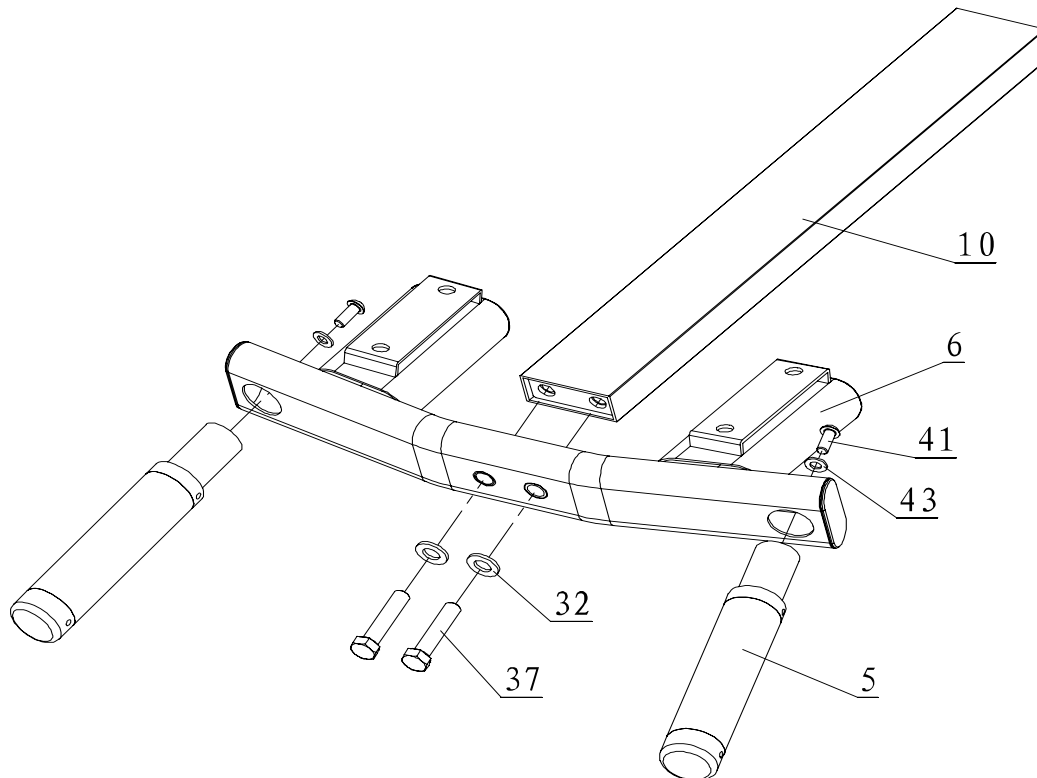
+ Assembly

Step 6

Attach the Thigh Pads Support Frame (6) to the Thigh Pads Adjustable Post (10), using 2 Hex Bolts (37) and 2 Flat Washers (32). Tighten these 2 bolts securely with wrenches.

Insert the Handlebar (5) to the Thigh Pads Support Frame (6), tighten with 2 Allen Bolts (41) and 2 Flat Washers (43).

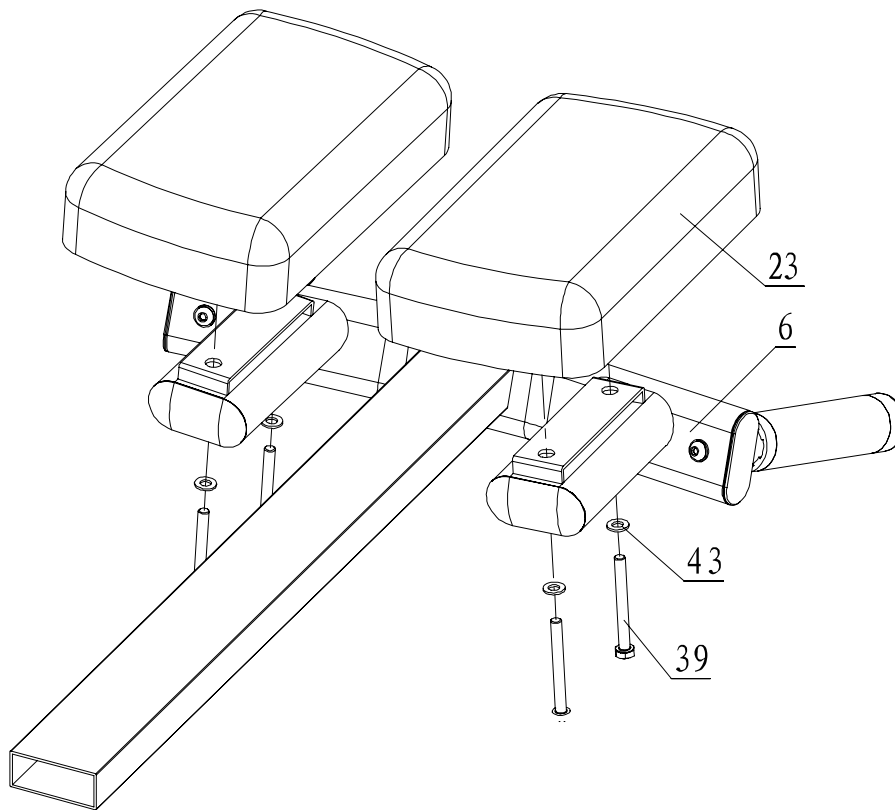
Please be noted they were pre-assembled at factory.



+ Assembly

Step 7

Attach the Thigh Pads (23) to the Thigh Pads Support Frame Assembly, using 4 Allen Bolts (39) and 4 Flat Washers (43). Tighten these 4 bolts with Allen wrench (included).



+ Assembly

Step 8

Insert the Thigh Pads Adjustable Post Assembly into the Main Support Frame.

The Spring Loaded Knob is designed with a locking feather. When making adjustments, loosen the Knob by turning the knob counter-clockwise 3 to 4 turns. Pull the knob (18) outward and slide the Thigh Pads Support Frame assembly to a proper position that is most comfortable for you, then release the knob making sure the lock pin drops into the hole on the Thigh Pad Adjustable Post (10). Turn the knob clockwise to tighten.

Do the same thing when making the angle adjustments.

Make sure you double check the knobs are securely engaged each time before using.

