



Model 876HP Hyper Extension

IMPORTANT SAFETY INSTRUCTIONS

TKO Fitness products are designed and manufactured to the highest standards in order to provide you with years of great workouts. We proudly stand behind all our products with the best customer service in the fitness industry. If you have any question or need assistance please contact us at:

Customer Service: customerservice@tko.com

Toll free: 866-856-3488 or 713-895-9270

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

- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- 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.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.

MEDICAL WARNING

- 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.

Maximum recommended exercise weights not to exceed 330Lbs (150Kgs)

TKO Sports Group USA Limited
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ASSEMBLY STEPS

Step 1

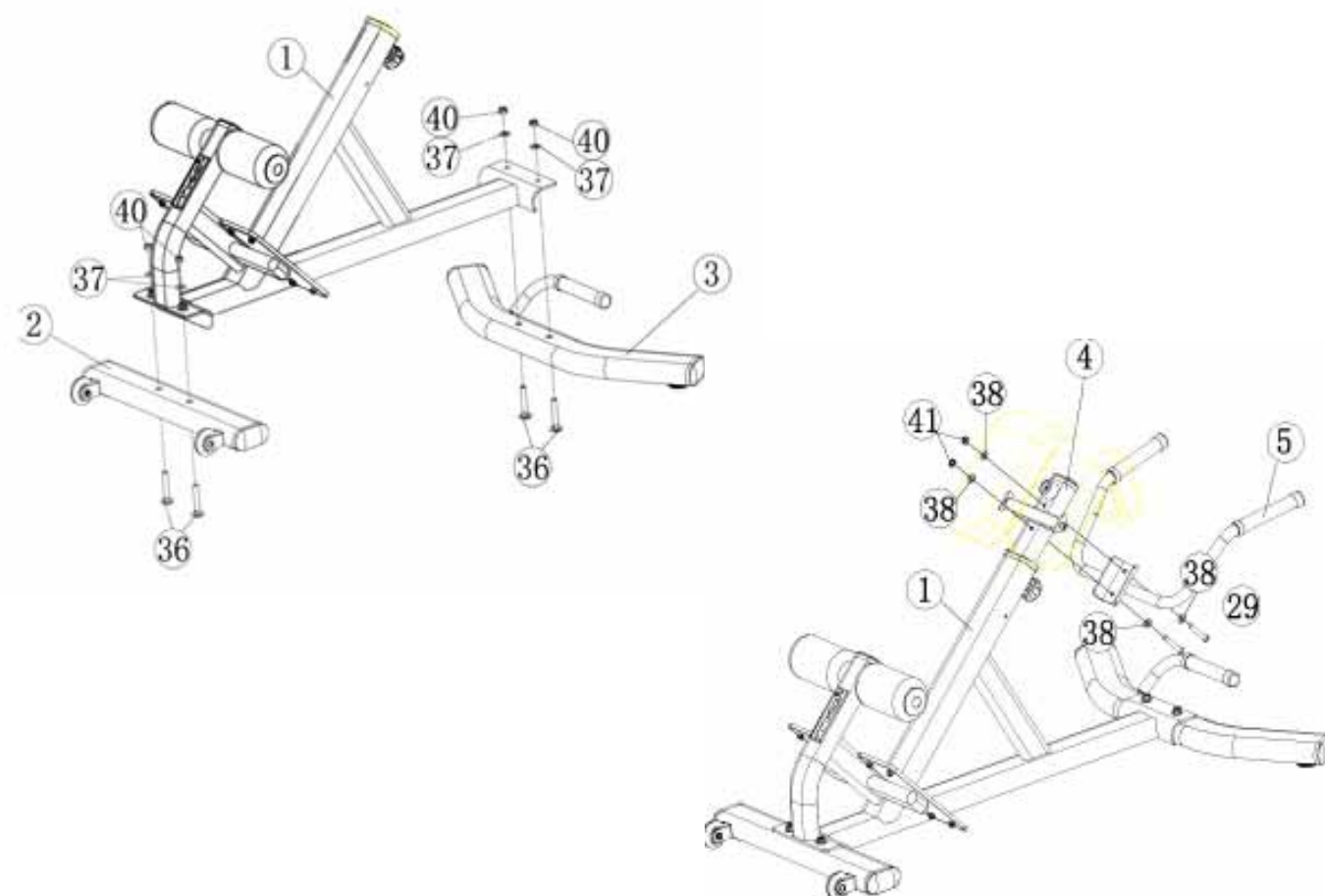
Attach the Front Stabilizer (2) to the Main Frame (1), using 2 Carriage Bolts (36), 2 Flat Washers (37) and 2 Lock Nuts (40).

Step 2

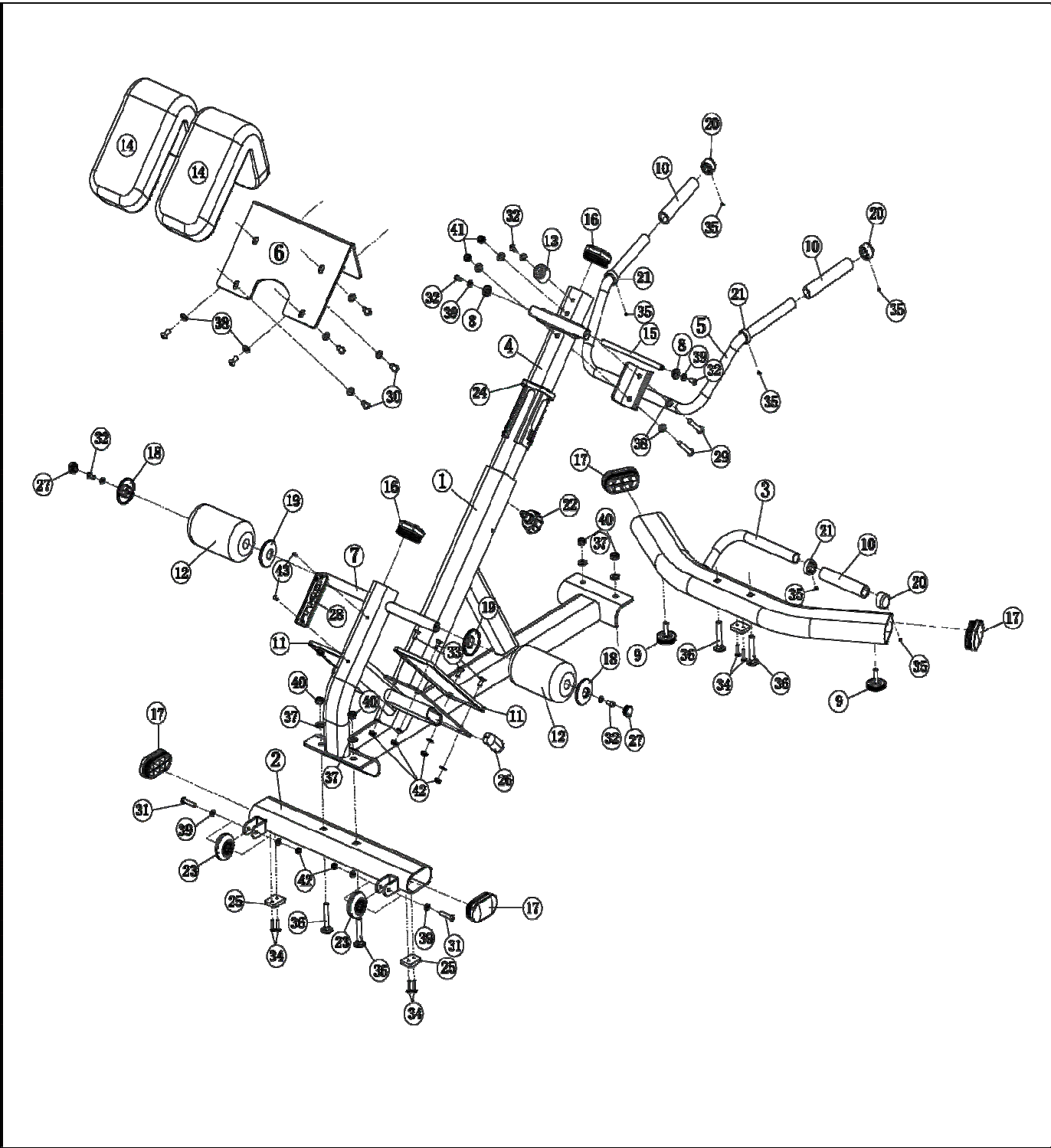
Attach the Rear Stabilizer (3) to the Main Frame Assembly (1), using 2 Carriage Bolts (36), 2 Flat washers (37) and 2 Lock Nuts (40).

Step 3

Attach the Handlebar Post (5) to the Thigh Pad Adjustable Post (4), using 2 Allen Bolts (29), 4 Flat Washers (38) and 2 Lock Nuts (41).



EXPLODED DRAWING



PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	23	Transport Wheel	2
2	Front Stabilizer	1	24	Plastic Sleeve	1
3	Rear Stabilizer	1	25	EVA Cushion	3
4	Thigh Pad Adjustable Post	1	26	End Cap 30x70mm	2
5	Handlebar	1	27	Round End Cap	2
6	Thigh Pad Support Frame	1	28	Name Plate	1
7	Foam Roller Tube	1	29	Allen Bolt M10X60mm	2
8	Metal Bushing	2	30	Allen Bolt M10x20mm	6
9	Leveler	2	31	Allen Bolt M8X45mm	2
10	PVC Grip	3	32	Allen Bolt M8X20mm	5
11	Foot Plate	2	33	Allen Bolt M8X20mm	8
12	Foam Roller	2	34	Screw M5x15mm	6
13	Bumper	1	35	Screw M6x4mm	6
14	Thigh Pad	2	36	Carriage Bolt M12x70mm	4
15	Shaft 12x218mm	2	37	Flat Washer M12	4
16	Plastic End Cap 40x80mm	2	38	Flat Washer M10	10
17	Plastic End Cap 50x100mm	4	39	Flat Washer M8	17
18	Foam Roller Outer Cap	2	40	Lock Nut M12	4
19	Foam Roller Inner Cap	2	41	Lock Nut M10	2
20	Hand Grip Chrome Cap	3	42	Lock Nut M8	10
21	Hand Grip Metal Ring	3	43	Rivet √4x12 mm	2
22	Tension Knob	1			