

IRONEDGE

GHD / Reverse Hyper Extension Combo

Setup Instructions

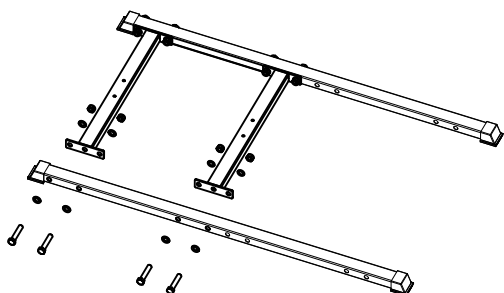
⚠ CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.

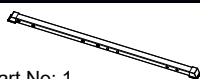


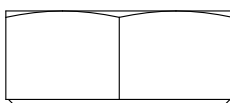
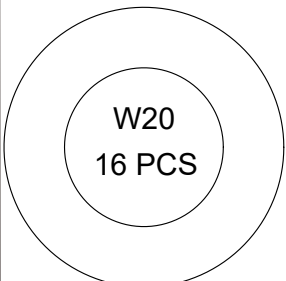
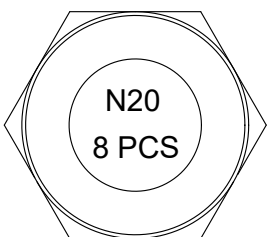
Table Of Contents

Assembly Instructions.....	2-14
Part List.....	15

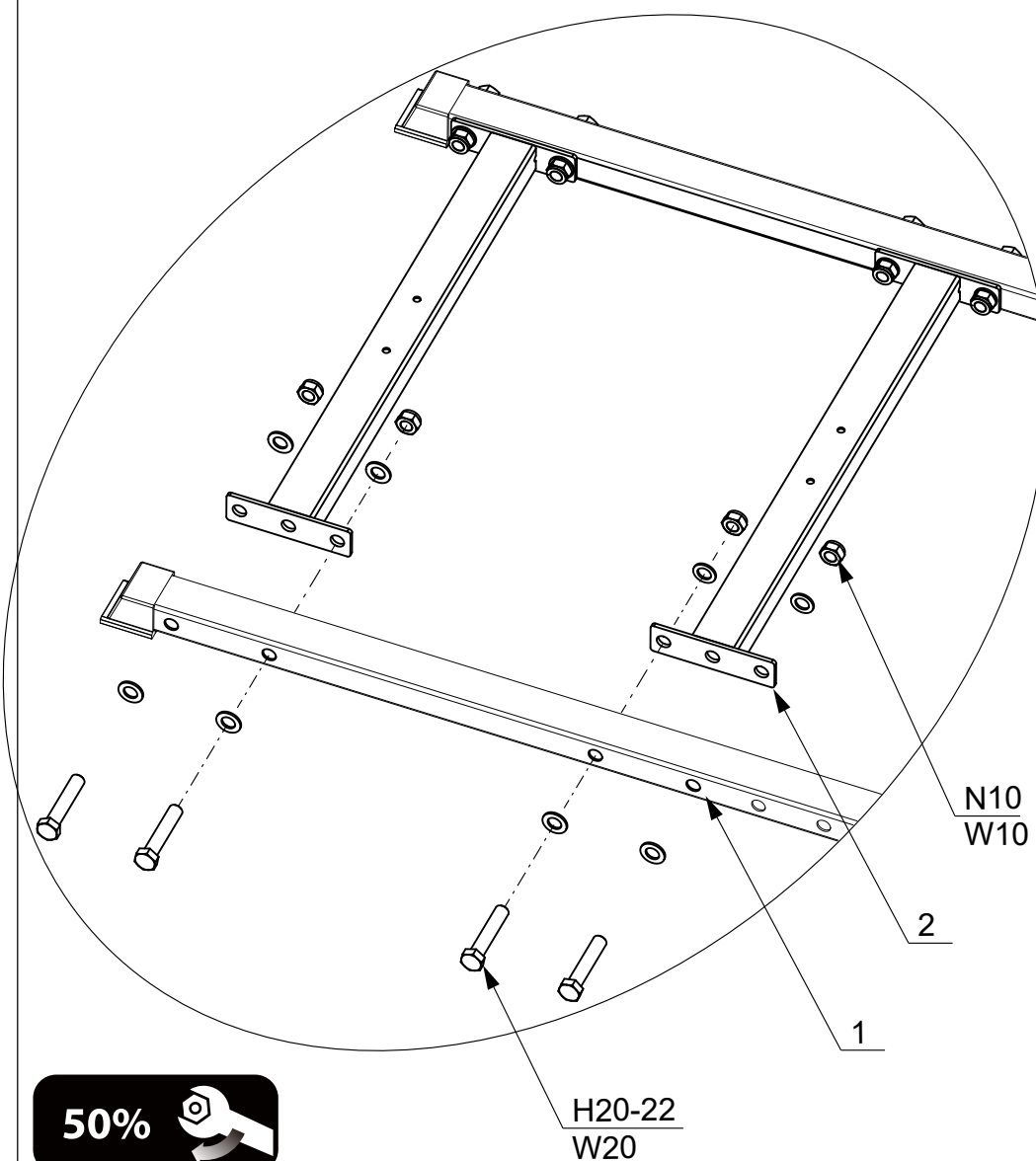
STEP 1



Parts
 Part No: 1 Name: Bottom Tube QTY: 2
 Part No: 2 Name: Bottom Connection Tube QTY: 2

Fixings
 H20-22 8 PCS
 W20 16 PCS
 N20 8 PCS

Assemble The Bottom Tube(#1) and The Bottom Connection Tube(#2).



Tools
 30 mm

STEP 2

Tools



17 mm

8 mm

Parts

Part No: 3
Name: Short Upright
Tube

Q'TY: 1



Part No: 4
Name:
Adjusting Base Frame
Q'TY: 1



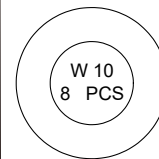
Part No: 5
Name: Carriage Bolt
Q'TY: 4



Fixings

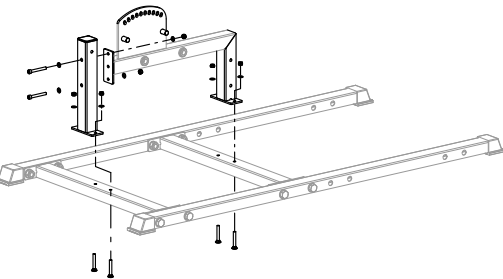


N10
6 PCS

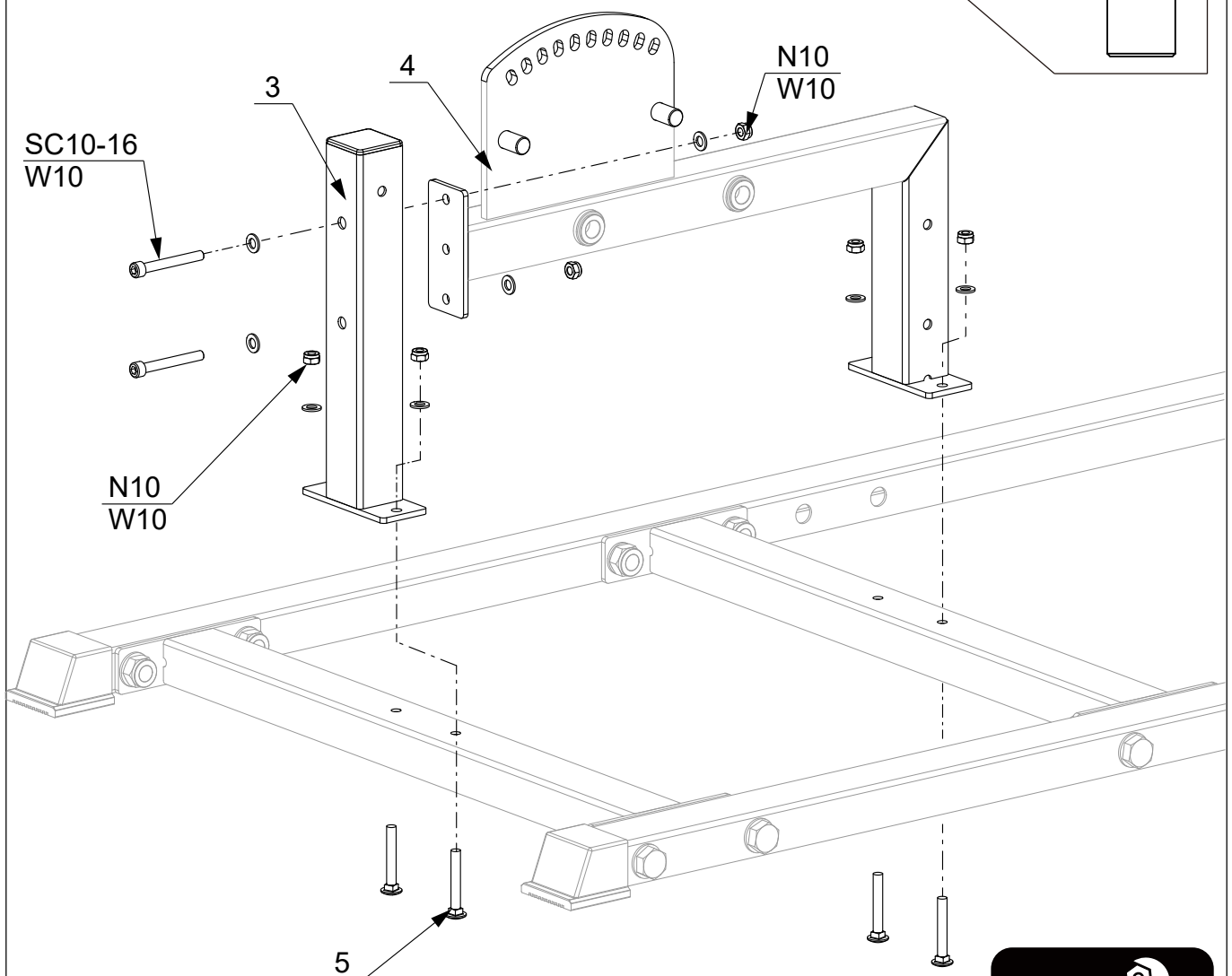


W 10
8 PCS

SC10-16 2 PCS



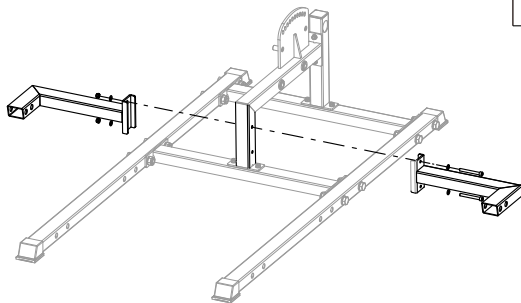
Assemble The Short Upright Tube(#3) and the
Adjusting Base Frame(#4) On the Bottom
Connection Tube(#2).



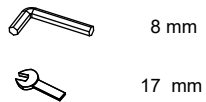
50%



STEP 3



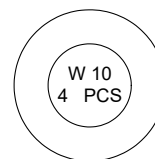
Tools



Parts

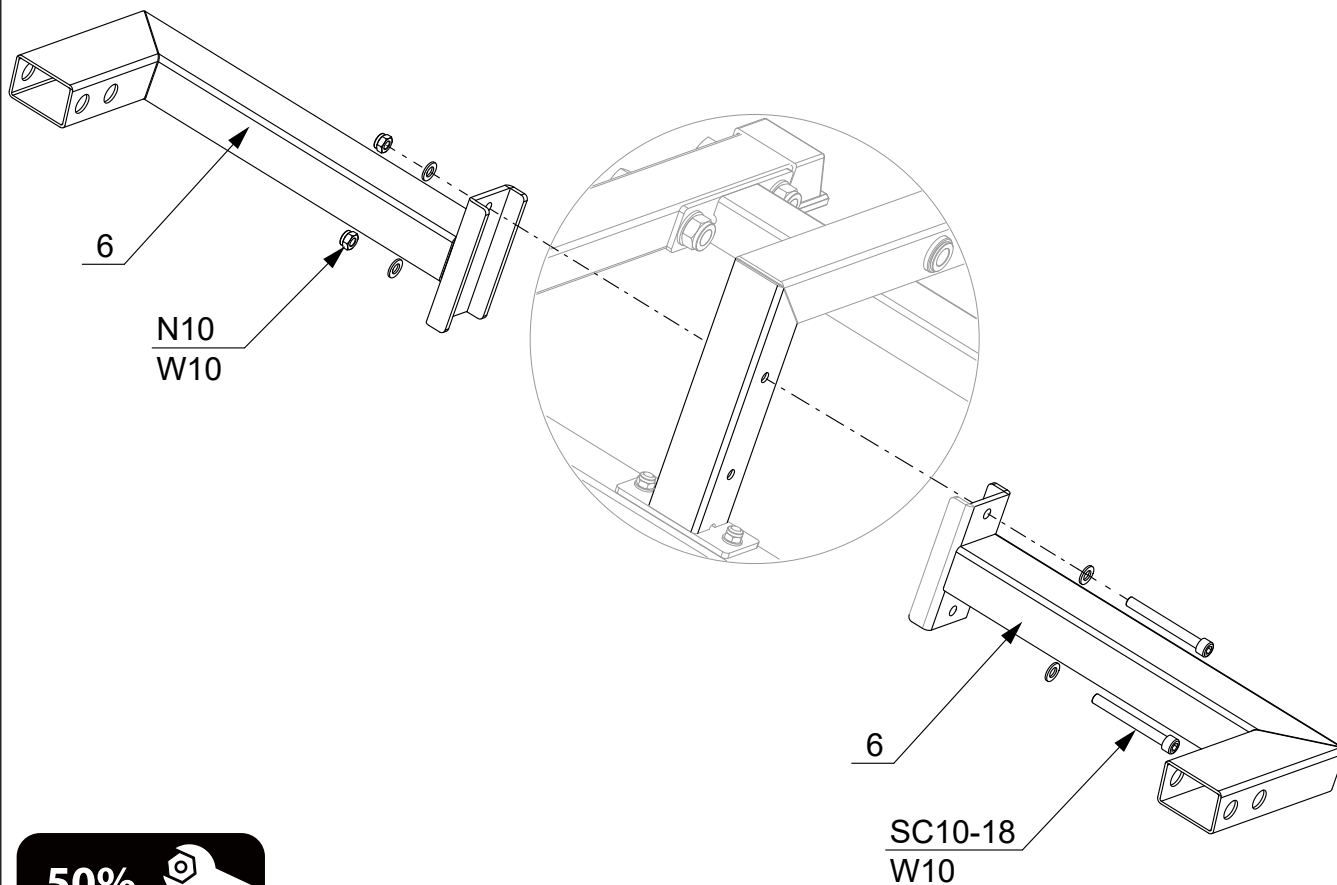
Part No: 6
Name:
L Shape Weldment
Q'TY:2

Fixings



SC10-18 2 PCS

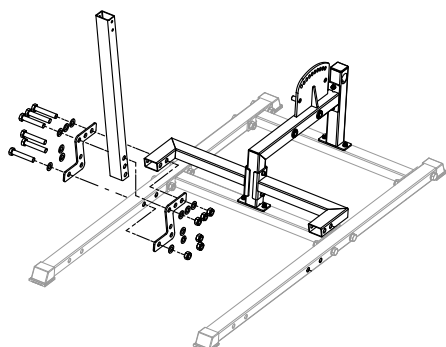
Assemble The L Shape weldments (#6).



50%



STEP 4



Tools



30 mm

Parts

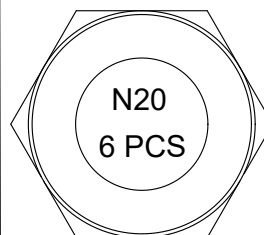


Part No: 7
Name:
Inclined Support Tube
Q'TY:1

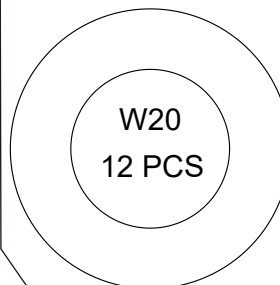
Part No: 27
Name: Z Plate
Q'TY:2



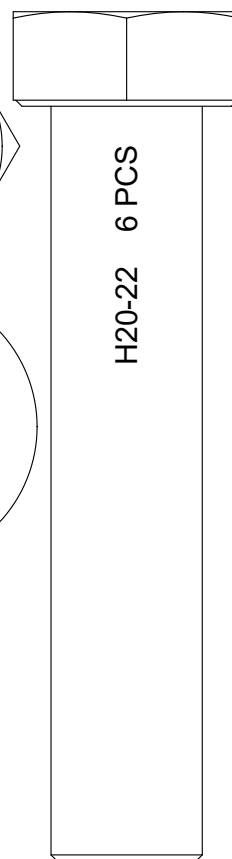
Fixings



N20
6 PCS

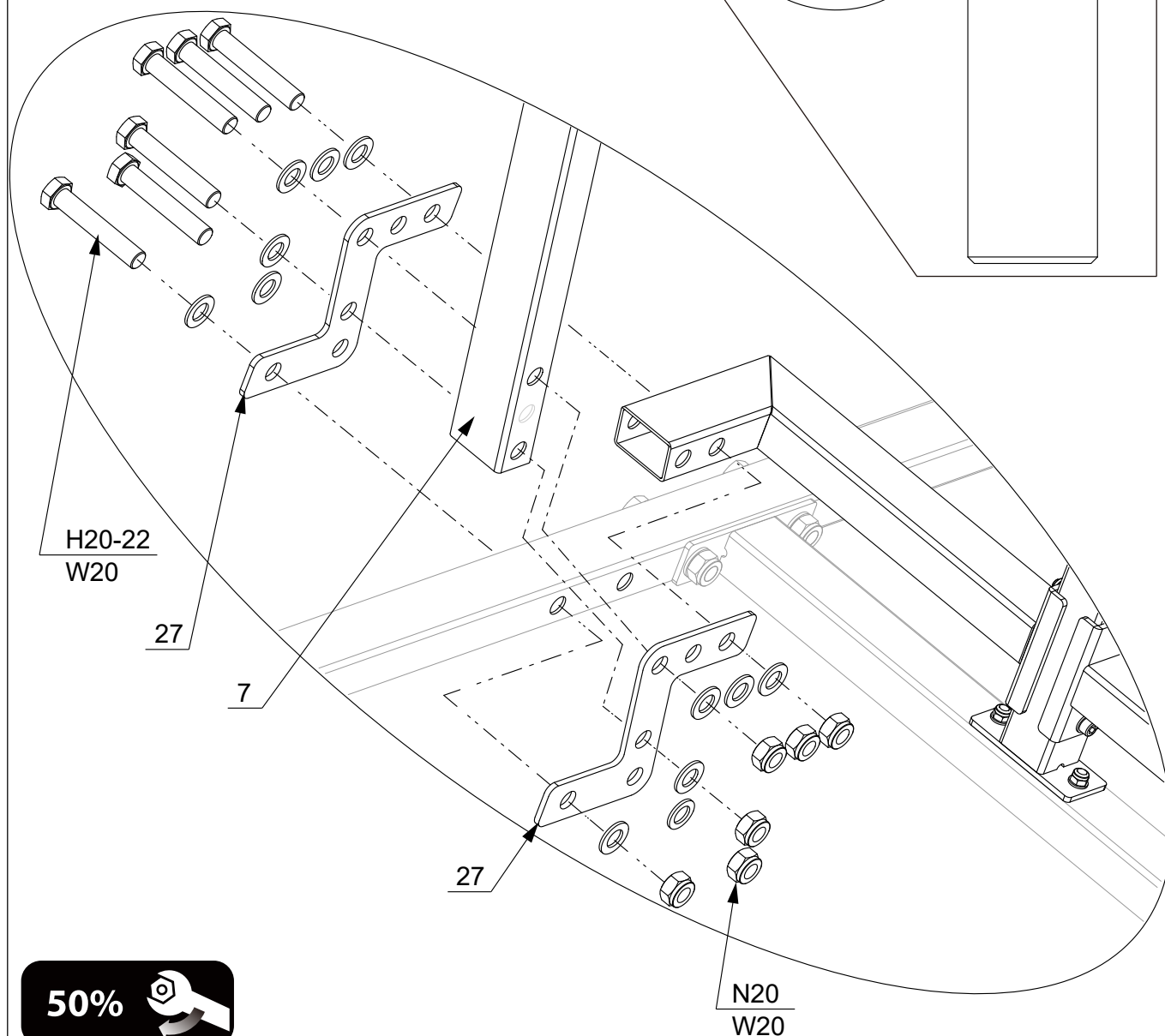


W20
12 PCS



H20-22 6 PCS

Assemble The Inclined Support Tube (#7).



STEP 5

Tools



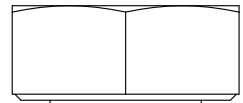
30 mm

Parts

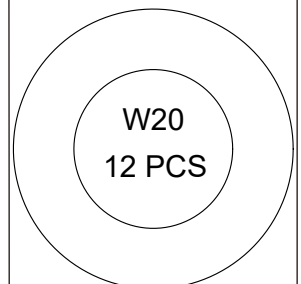


Part No: 7
Name: Inclined Support Tube
Q'TY:1
Part No: 27
Name: Z Plate
Q'TY:2

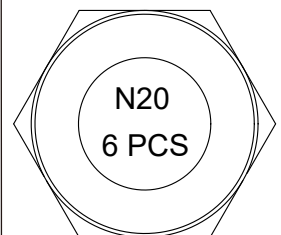
Fixings



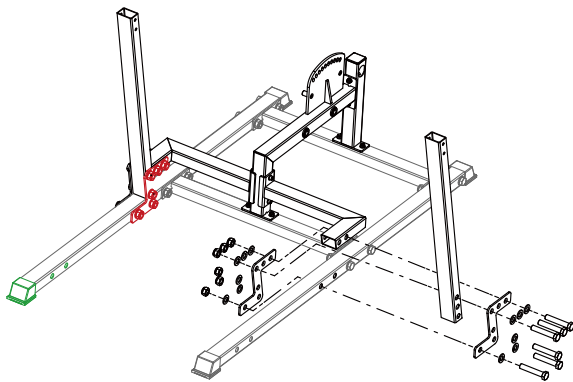
H20-22 6 PCS



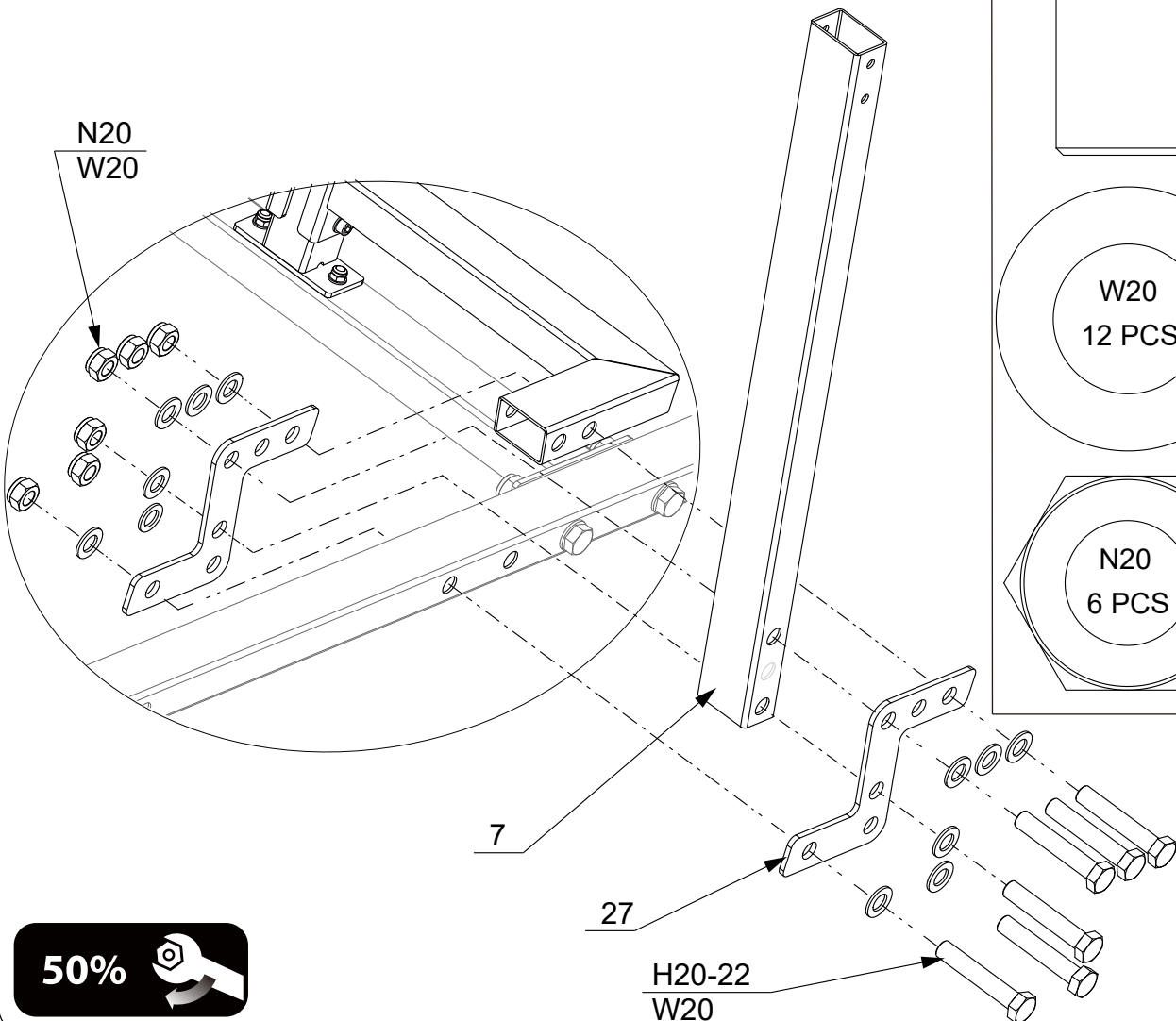
W20
12 PCS



N20
6 PCS



Install The Inclined Support Tube (#7) on the other side.



50%



STEP 6

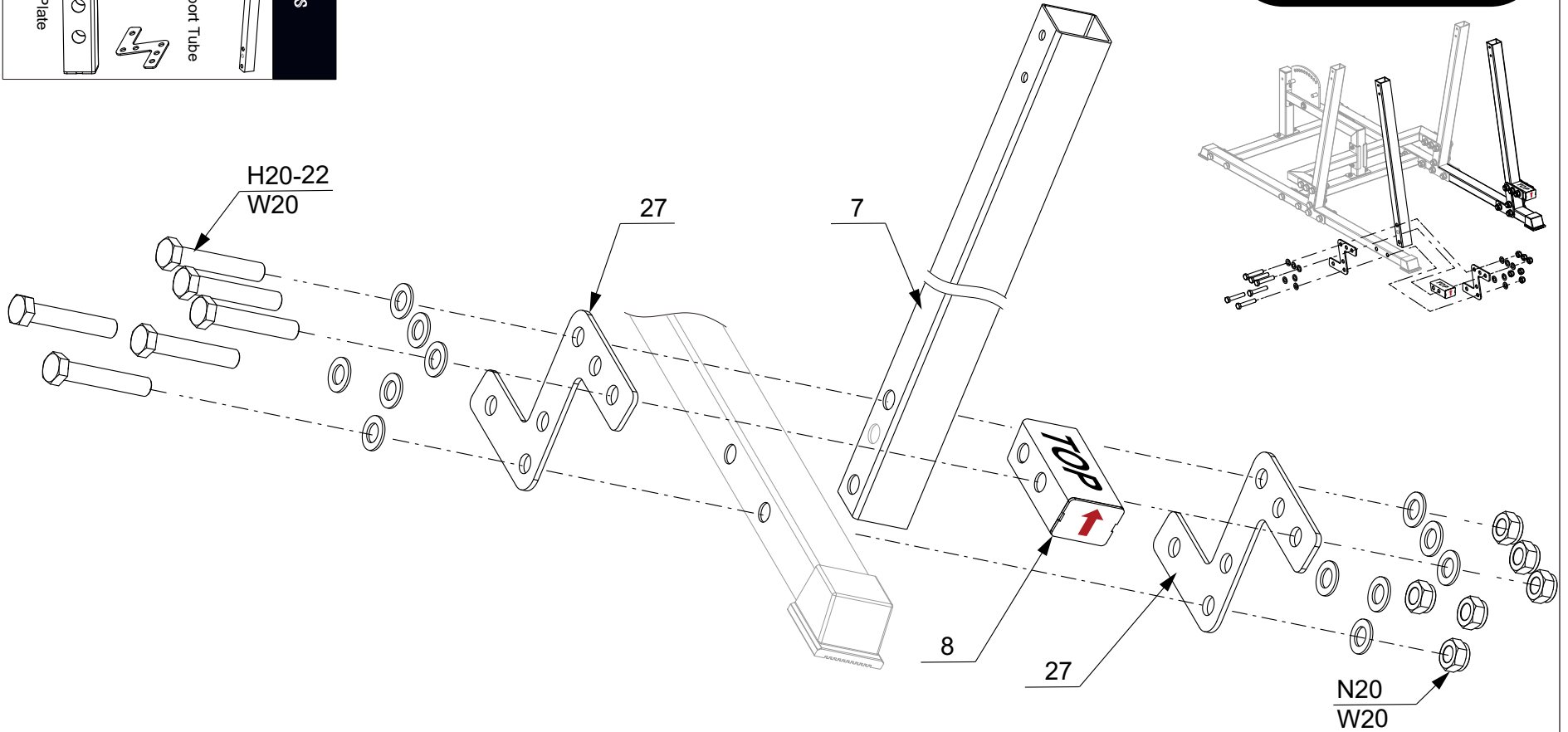
Assemble The Inclined Support Tube (#7) ,
the Pedal Tube(#8) and the Z Plate(#27).

Parts

Part No: 7
Name:
Inclined Support Tube
QTY: 2

Part No: 27
Name: Z Plate
QTY: 4

Part No: 8
Name: Pedal Plate
QTY: 2

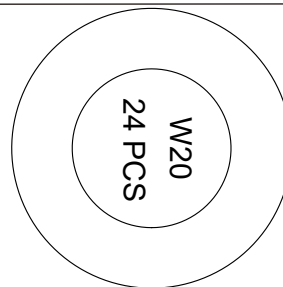
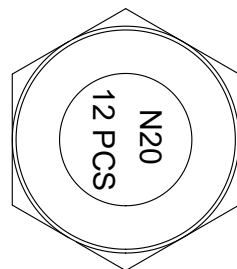


Tools



30 mm

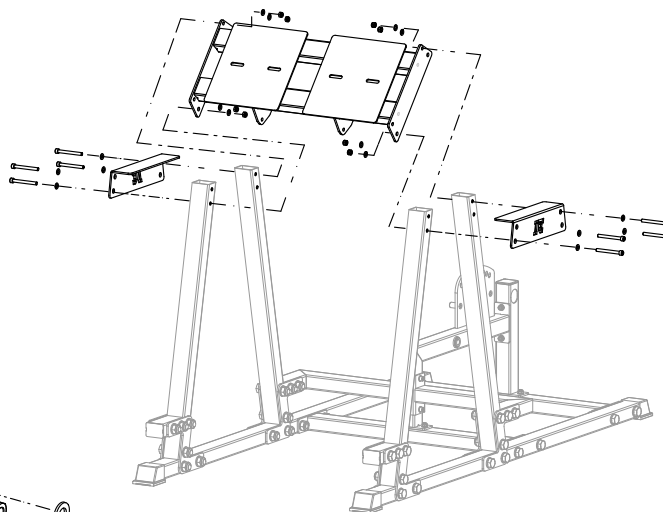
50%

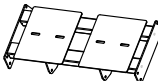


Fixings

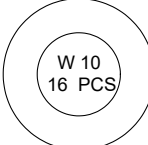
STEP 7

Install The Top Frame(#9).

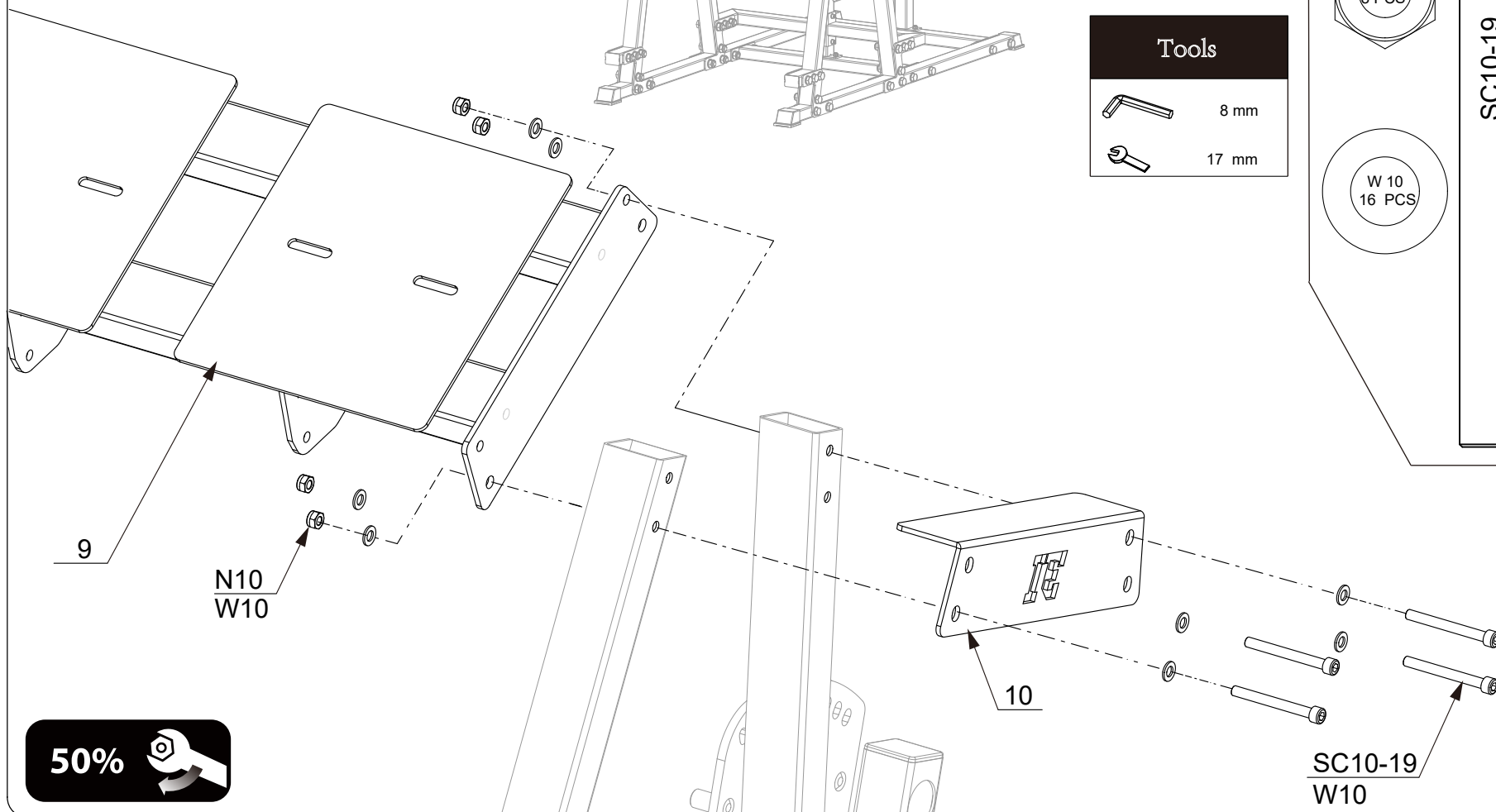


Parts

Part No: 9 Name: Top Frame Q'TY:1
Part No: 10 Name: Cover 
Q'TY:2

Tools
 8 mm
 17 mm

Fixings
 N10 8 PCS
 W 10 16 PCS
SC10-19 8 PCS

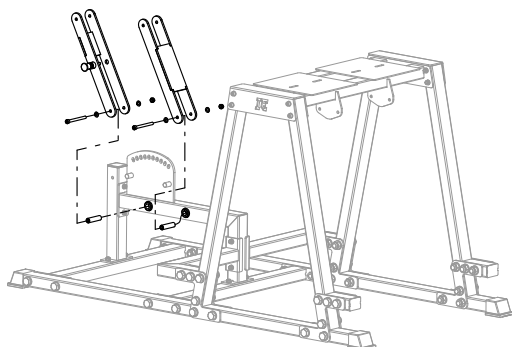
80



50%



STEP 8



Tools

 8 mm

 17 mm

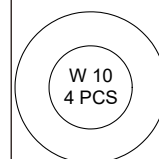
Parts

Part No: 11
Name: Linkage Frame
Q'TY:1

Part No: 12
Name: Linkage Frame
Q'TY:1

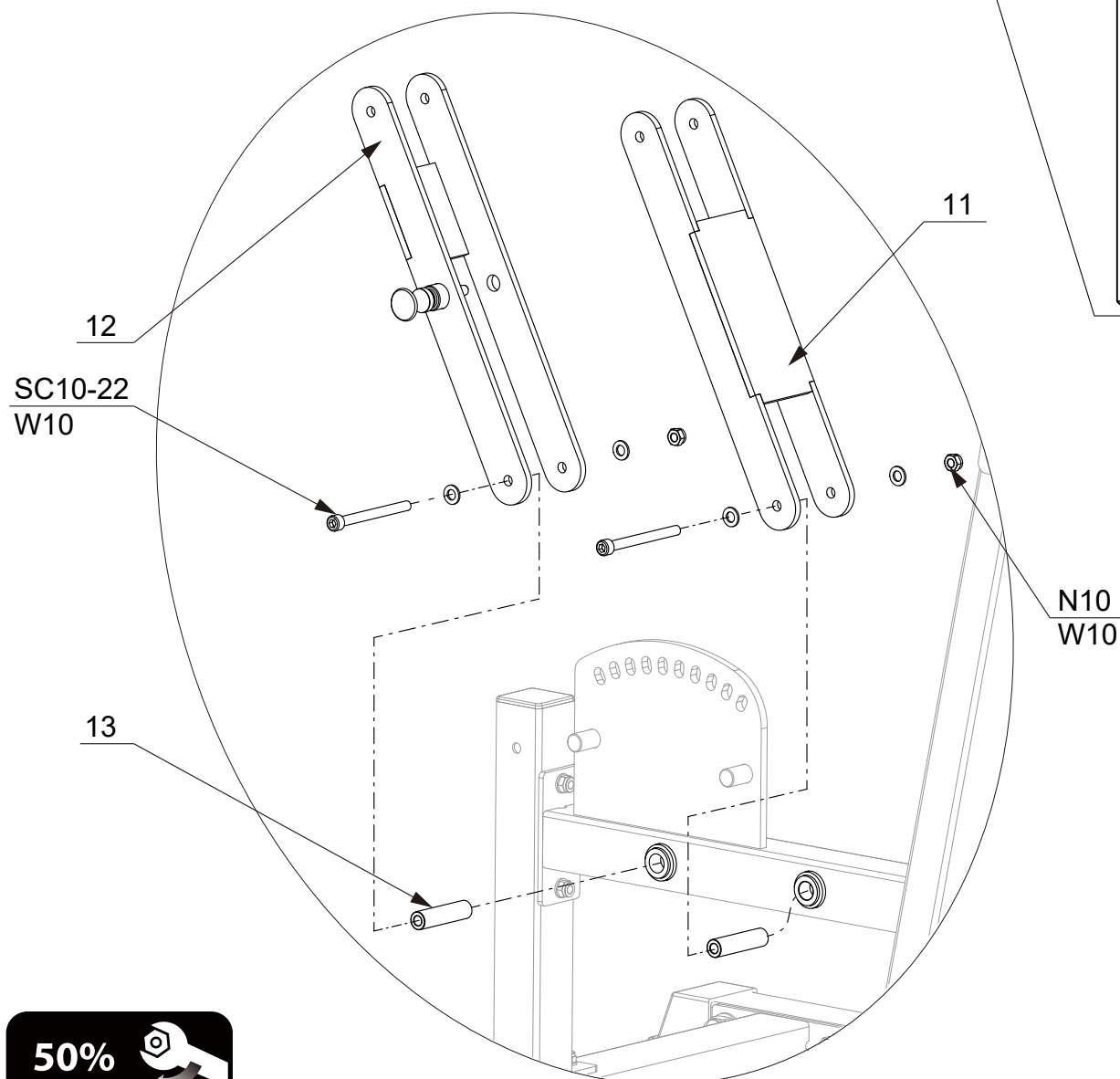
Part No: 13
Name: Shaft
Q'TY:2

Fixings



SC10-22 2 PCS

Install the Linkage Frame(#11 & #12).

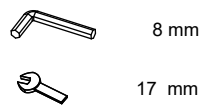


50%



STEP 9

Tools

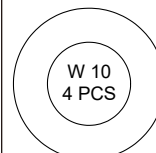


Parts

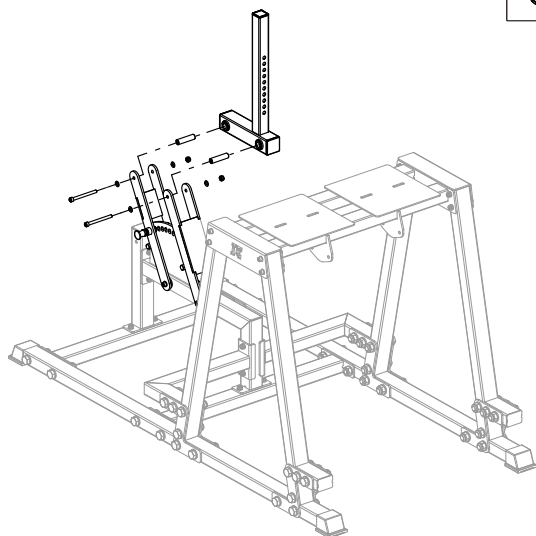
Part No: 14
Name: Swaying Support
Q'TY:1

Part No: 13
Name: Shaft
Q'TY:2

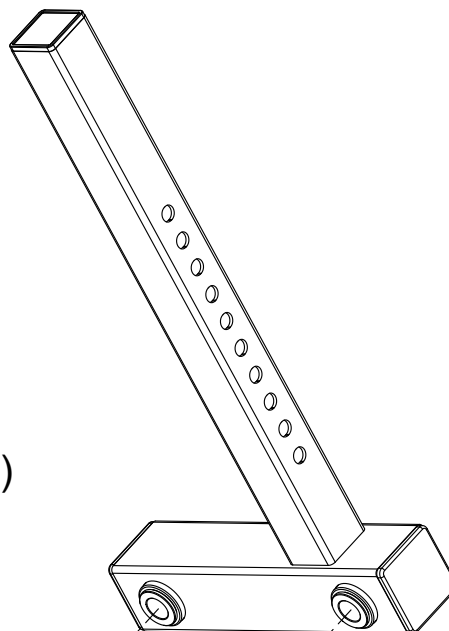
Fixings



SC10-22 2 PCS



Install The Swaying Support (#14)



SC10-22
W10

50%



Fixings

N10
4 PCS

W10
8 PCS

SC10-7 4 PCS

Tools



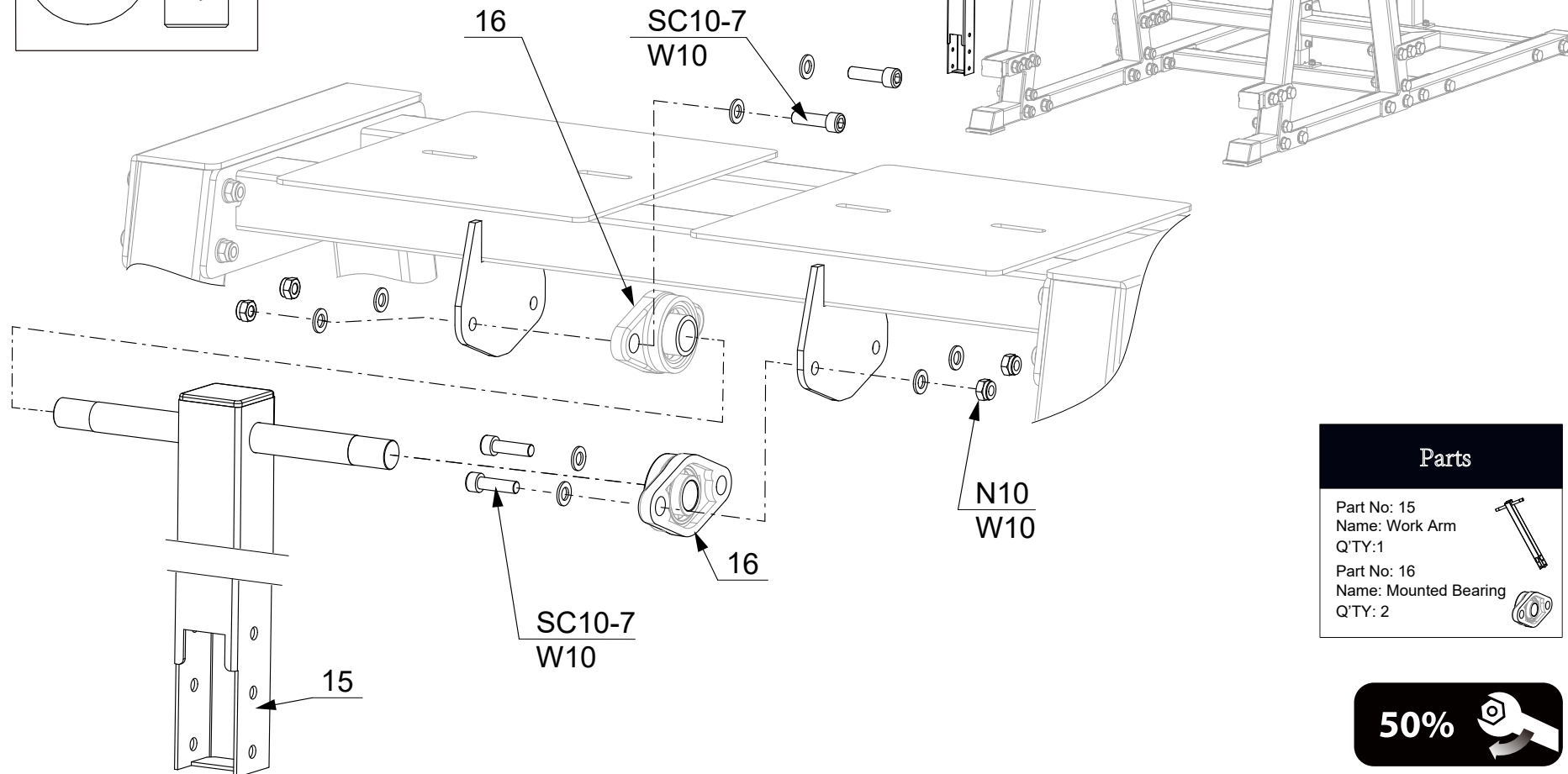
17 mm



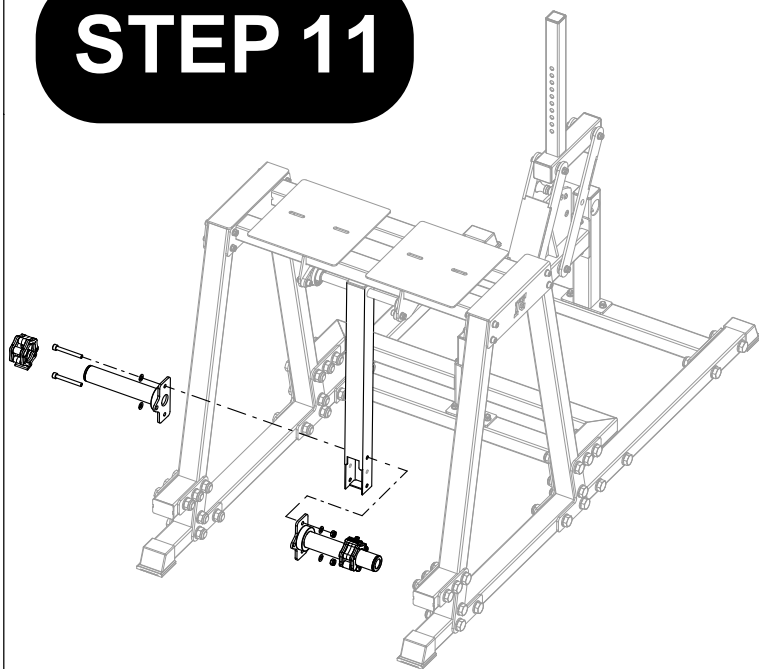
8 mm

Install The Work Arm(#15).

STEP 10



STEP 11



Parts

Part No: 17
Name: Barbell Holding Tube
Q'TY: 2
Part No: 18
Name: Barbell Clip
Q'TY: 2



Tools



8 mm



17 mm

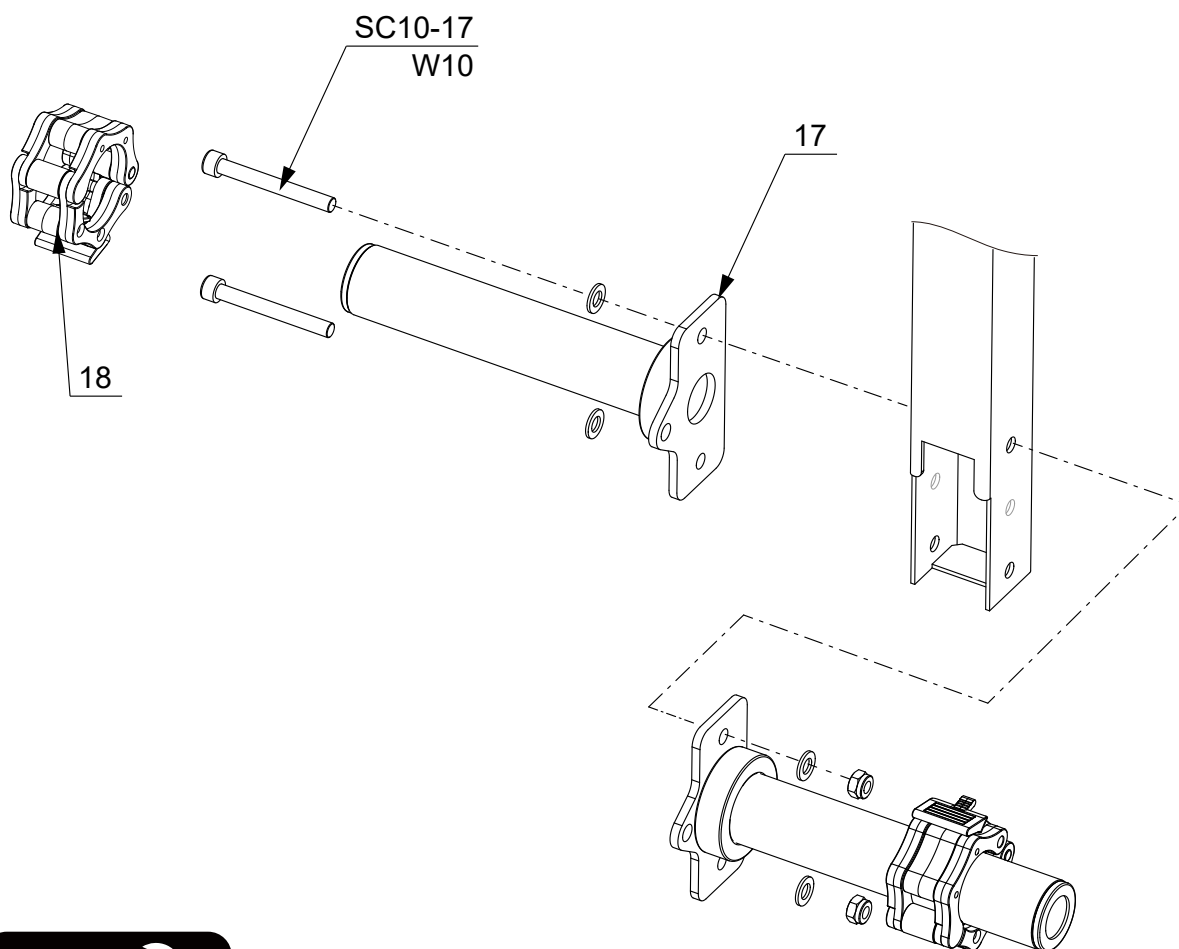
Fixings

N10
2 PCS

W10
4 PCS

SC10-17 2 PCS

Install The Barbell Holding Tube (#17)



50%



STEP 12

Tools



8 mm

Parts

Part No: 19
Name: Foot Holder
Q'TY: 1



Part No: 20
Name: Pedal
Q'TY: 1



Part No: 21
Name: Weight Tube
Q'TY: 1



Part No: 22
Name: Spacer
Q'TY: 1

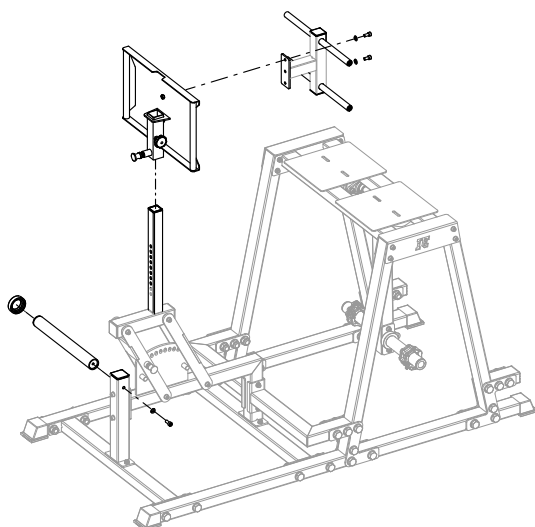


Fixings

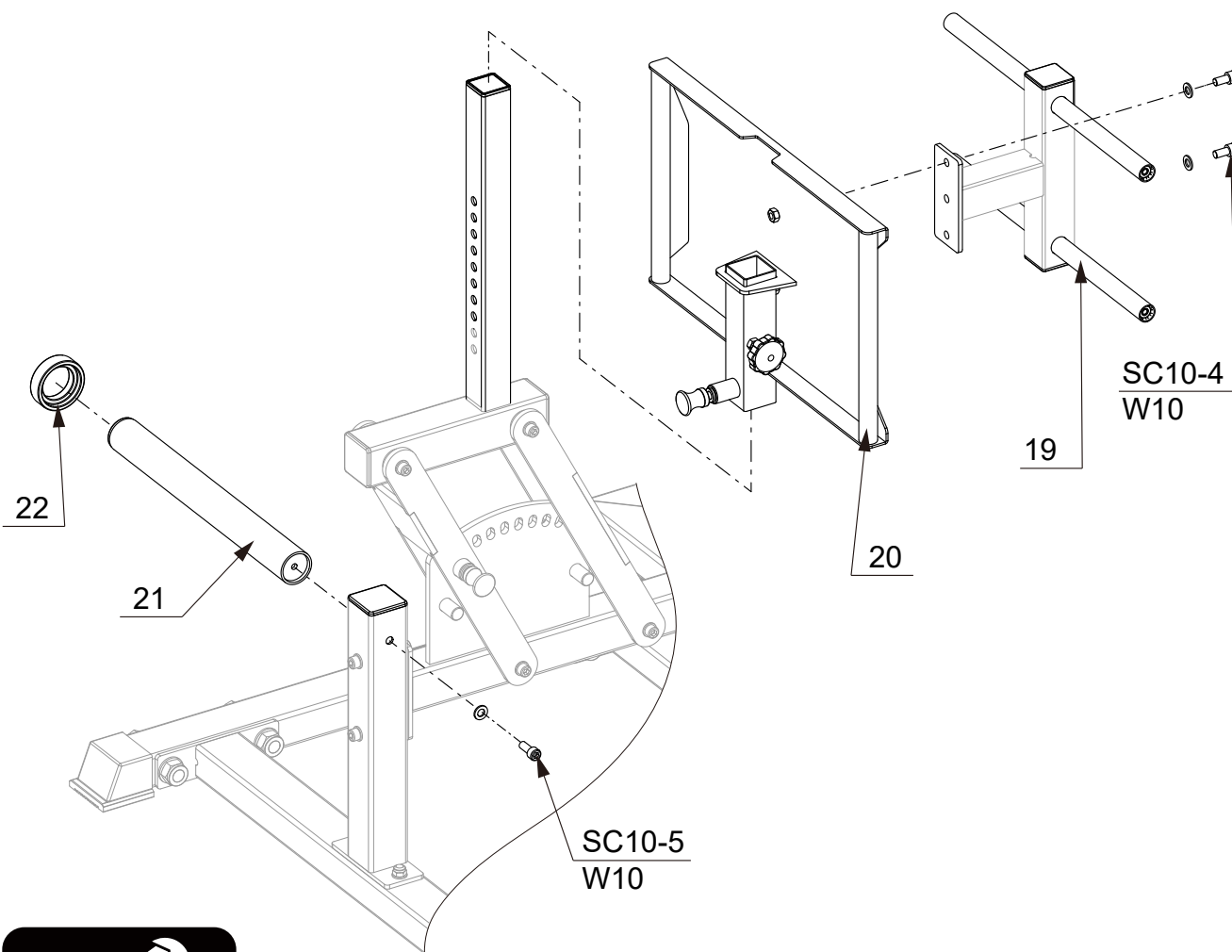
SC10-5 1 PC

SC10-4 2 PCS

W10
3 PCS



Install The Foot Holder (#19) , Pedal (#20) and the Weight Tube(#21) .



50%



STEP 13

Tools



6 mm

Parts

Part No: 23
Name: Foam Roller
Q'TY: 2

Part No: 24
Name: Thigh Pad
Q'TY: 2

Part No: 25
Name: Outer Cap
Q'TY: 2

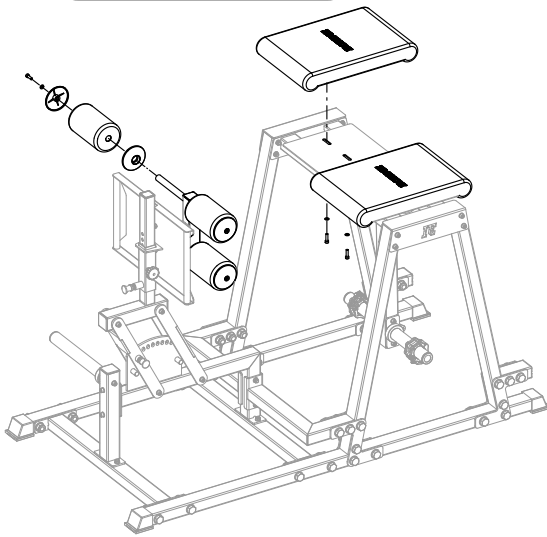
Part No: 26
Name: Inner Cap
Q'TY: 2

Fixings

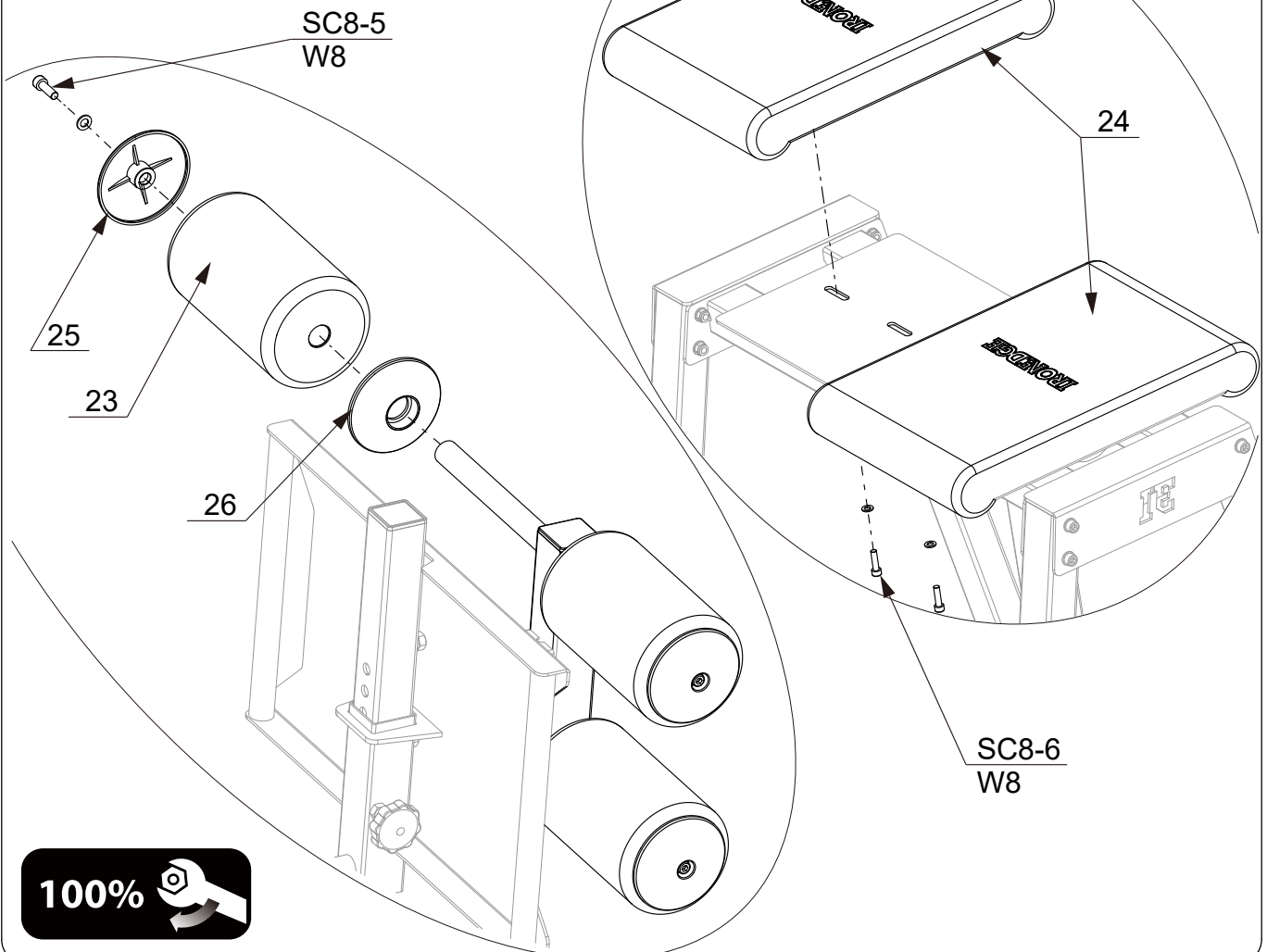
SC8-6 4 PCS

SC8-5 4 PCS

W8
8 PCS



Fix The Foam Roller (#23) and the Thigh Pad(#24).



PARTS LIST

PART #	DESCRIPTION	QTY
1	Bottom Tube	2
2	Bottom Connection Tube	2
3	Short Upright Tube	1
4	Adjusting Base Frame	1
5	Carriage Bolt	4
6	L Shape Weldment	2
7	Inclined Support Tube	4
8	Pedal Plate	2
9	Top Frame	1
10	Cover	2
11	Linkage Frame	1
12	Linkage Frame	1
13	Shaft	4
14	Swaying Support	1
15	Work Arm	1
16	Mounted Bearing	2
17	Barbell Holding Tube	2
18	Barbell Clip	2
19	Foot Holder	1
20	Pedal	1
21	Weight Tube	1
22	Spacer	1
23	Foam Roller	2
24	Thigh Pad	2
25	Outer Cap	2
26	Inner Cap	2
27	Z Plate	8
W8	Washer 8	8
W10	Washer 10	51
W20	Washer 20	64
N10	Lock Nut M10	26
N20	Lock Nut M20	26
H20-22	Hex Head Bolt M20×110	32
SC8-5	Socket Head Cap Screw M8x25	4
SC8-6	Socket Head Cap Screw M8x30	4
SC10-4	Socket Head Cap ScrewM10x20	2
SC10-5	Socket Head Cap ScrewM10x25	1
SC10-7	Socket Head Cap ScrewM10x35	4
SC10-16	Socket Head Cap ScrewM10x80	2
SC10-17	Socket Head Cap ScrewM10x85	2
SC10-18	Socket Head Cap ScrewM10x90	2
SC10-19	Socket Head Cap ScrewM10x95	8
SC10-22	Socket Head Cap ScrewM10x110	4