

IRONEDGE

Back Extension

Setup Instructions

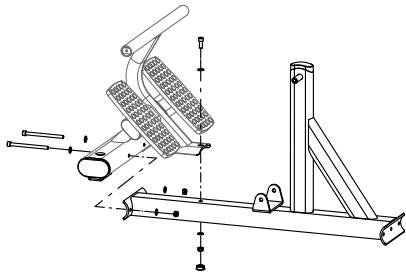
 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.



Table Of Contents

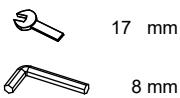
Assembly Instructions.....	2-7
Part List.....	8

STEP 1



Assemble the Pedal Frame(#1)
and the Upright Frame(#2).

Tools



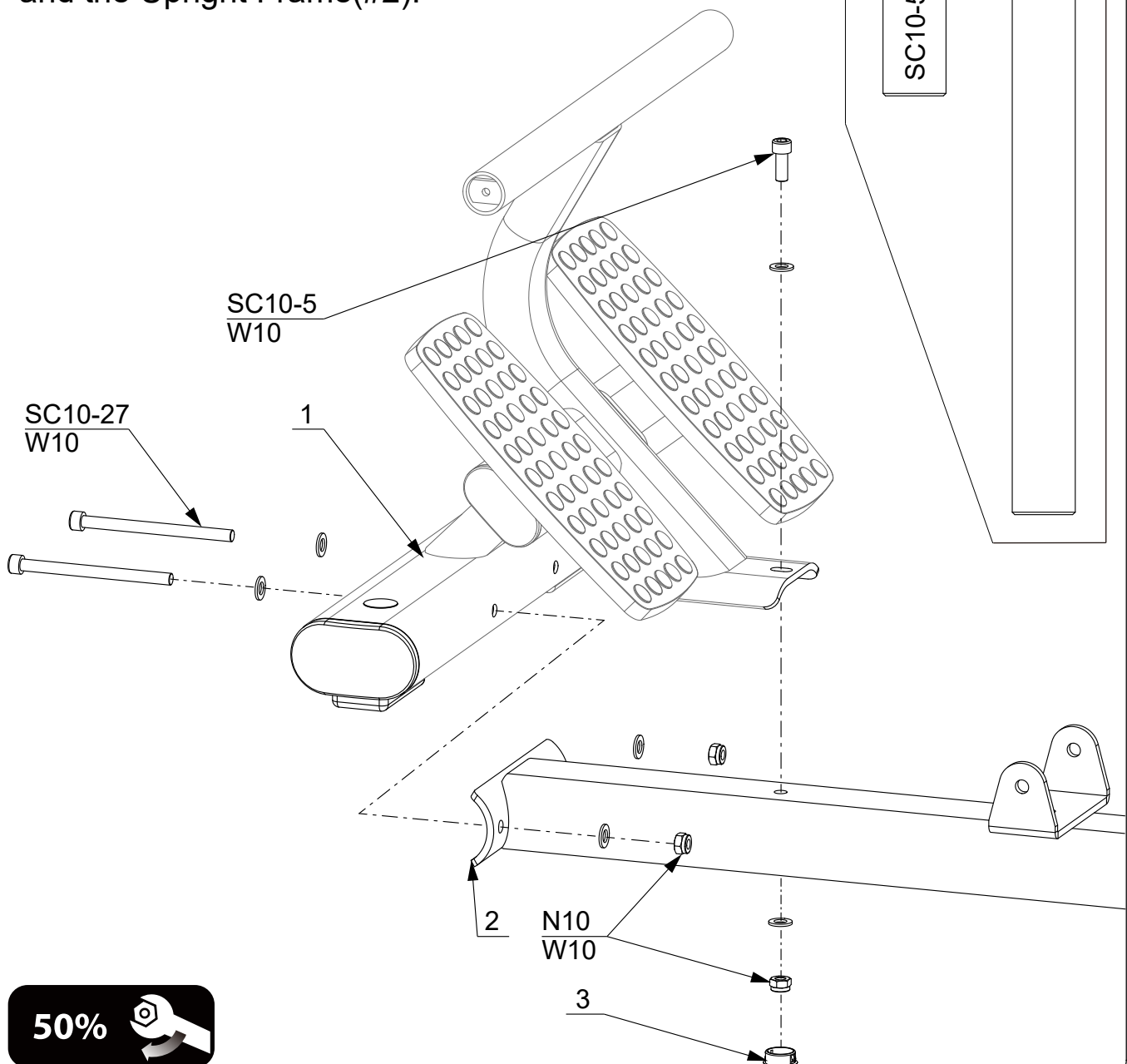
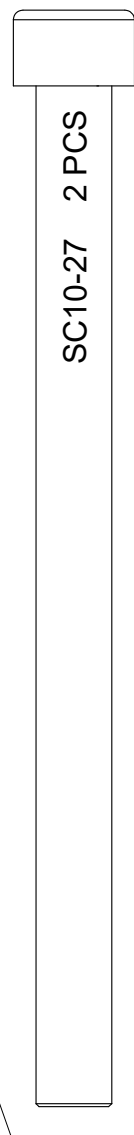
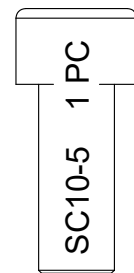
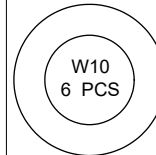
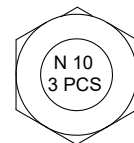
Parts

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

Part No: 2
Name: Upright Frame
Q'TY:1

Part No: 3
Name: Hole Cap D25
Q'TY:1

Fixings

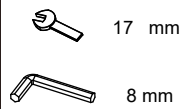


50%



STEP 2

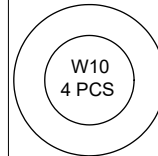
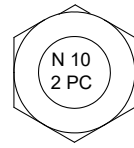
Tools



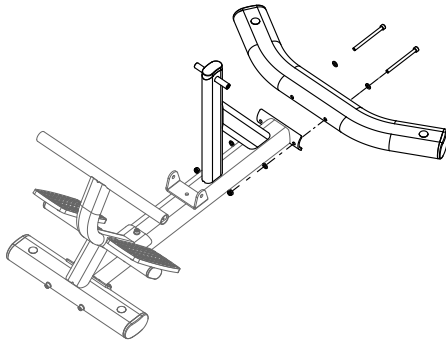
Parts

Part No:4
Name: Bottom Lateral
Bent Tube
Q'TY:1

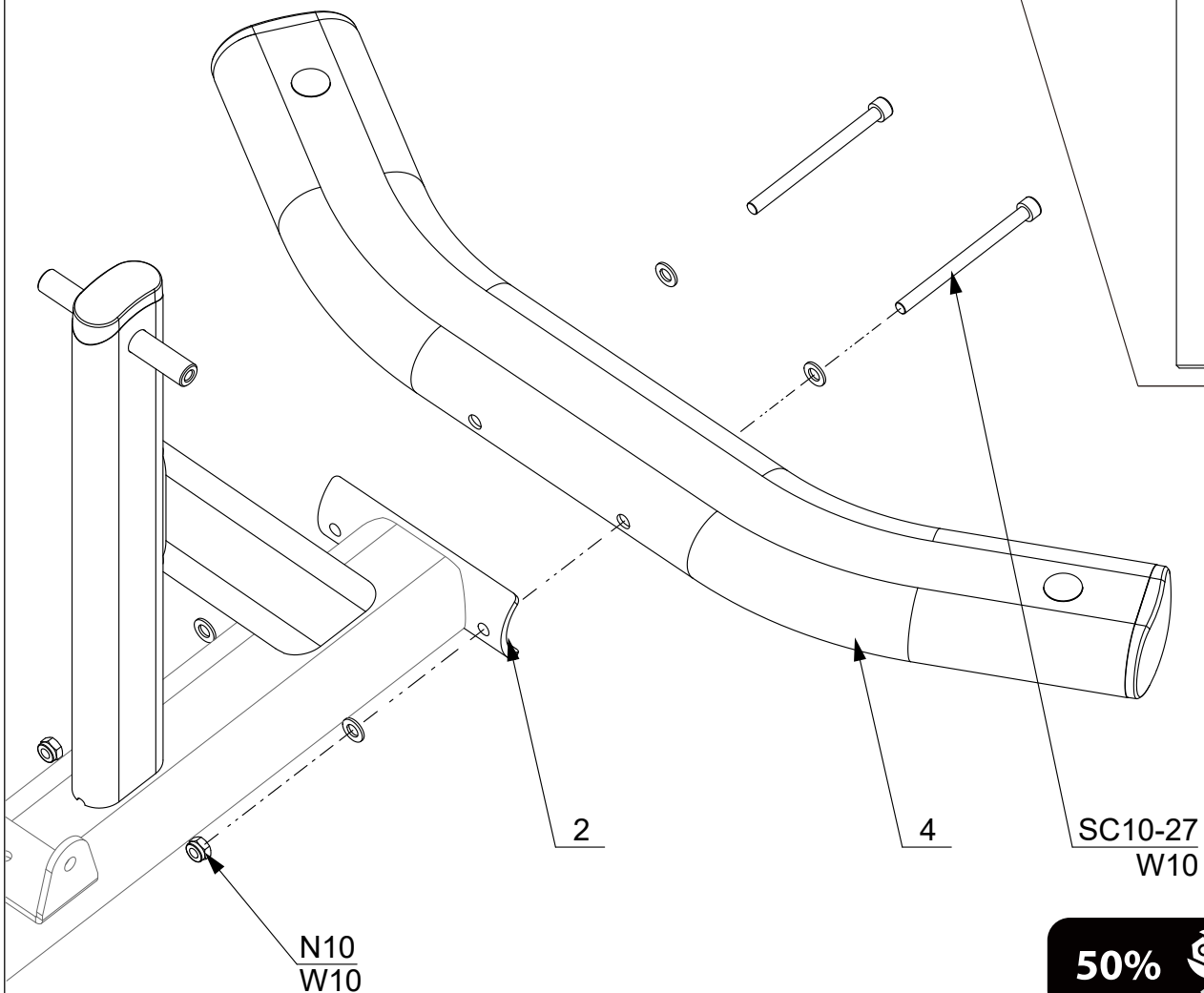
Fixings



SC10-27 2 PC



Assemble the Bottom Lateral
Bent Tube(#4) and the Upright Frame(#2).



50%



STEP 3

Tools



6 mm

Parts

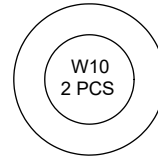
Part No:5
Name: Pivot Arm
Q'TY:1



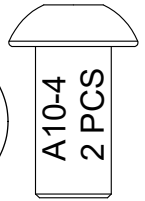
Part No:6
Name: Shaft
Q'TY:1



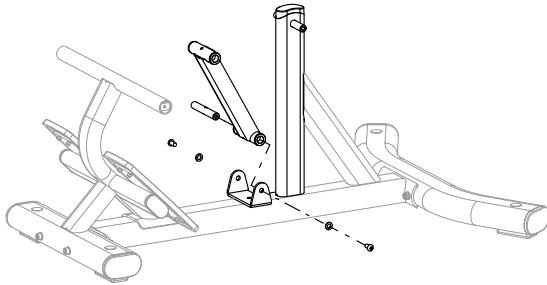
Fixings



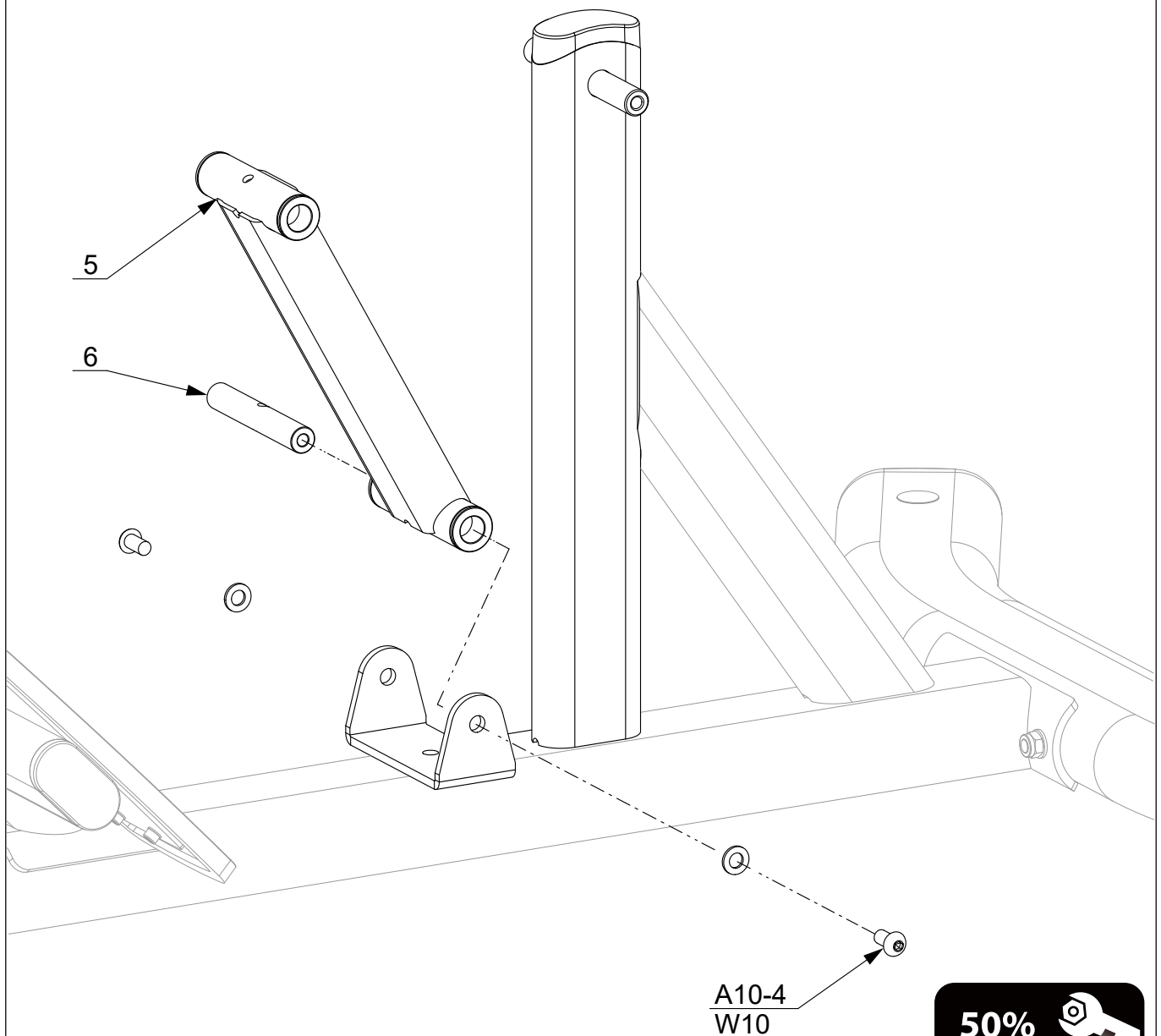
W10
2 PCS



A10-4
2 PCS



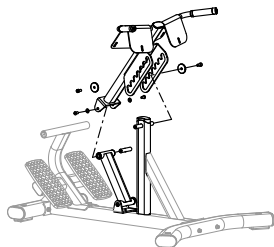
Assemble the Pivot Arm(#5) and the Upright frame(#2).



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STEP 4



Tools



8 / 6 mm

Parts

Part No: 7
Name: Thigh Support Frame
Q'TY:1
Part No:8
Name:Big Washer
Q'TY:2
Part No:6
Name:Shaft
Q'TY:1



Fixings

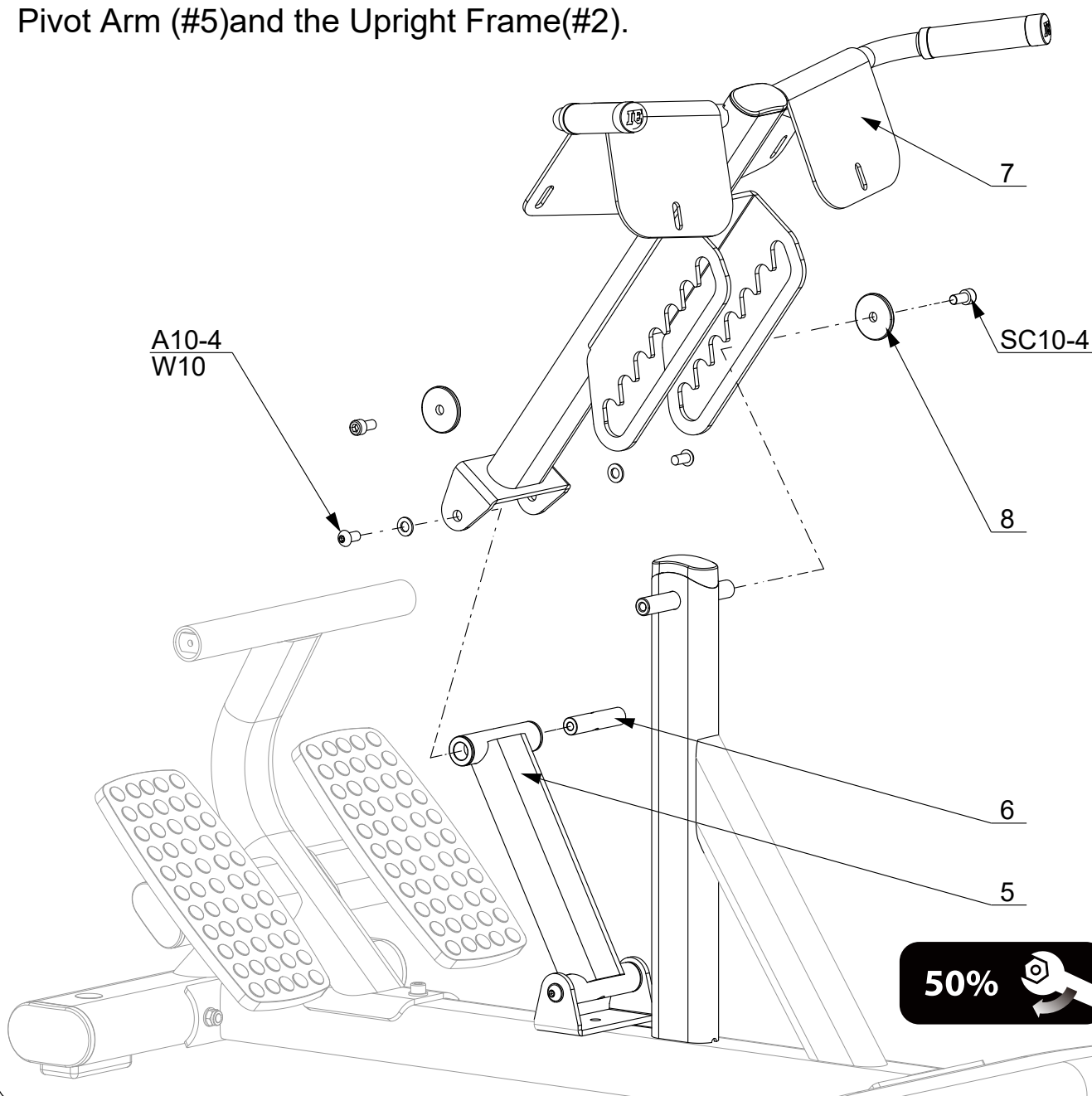
SC10-4 2 PCS

A10-4 2 PCS

2 PCS

W10

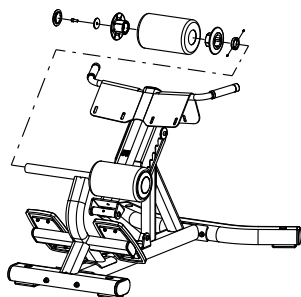
Assemble the Thigh Support Frame(#7) ,
Pivot Arm (#5)and the Upright Frame(#2).



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STEP 5



Assemble the Foam Roller.

Tools



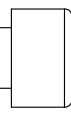
6 / 3 mm

Fixings

S6-2 4 PCS



SC 8-4
2 PCS



Parts

Part No:9

Name:
Inner Retaining Ring
Q'TY:2



Part No:10

Name:
Roller Bushing
Q'TY:4



Part No:11

Name:
Foam Roller
Q'TY:2



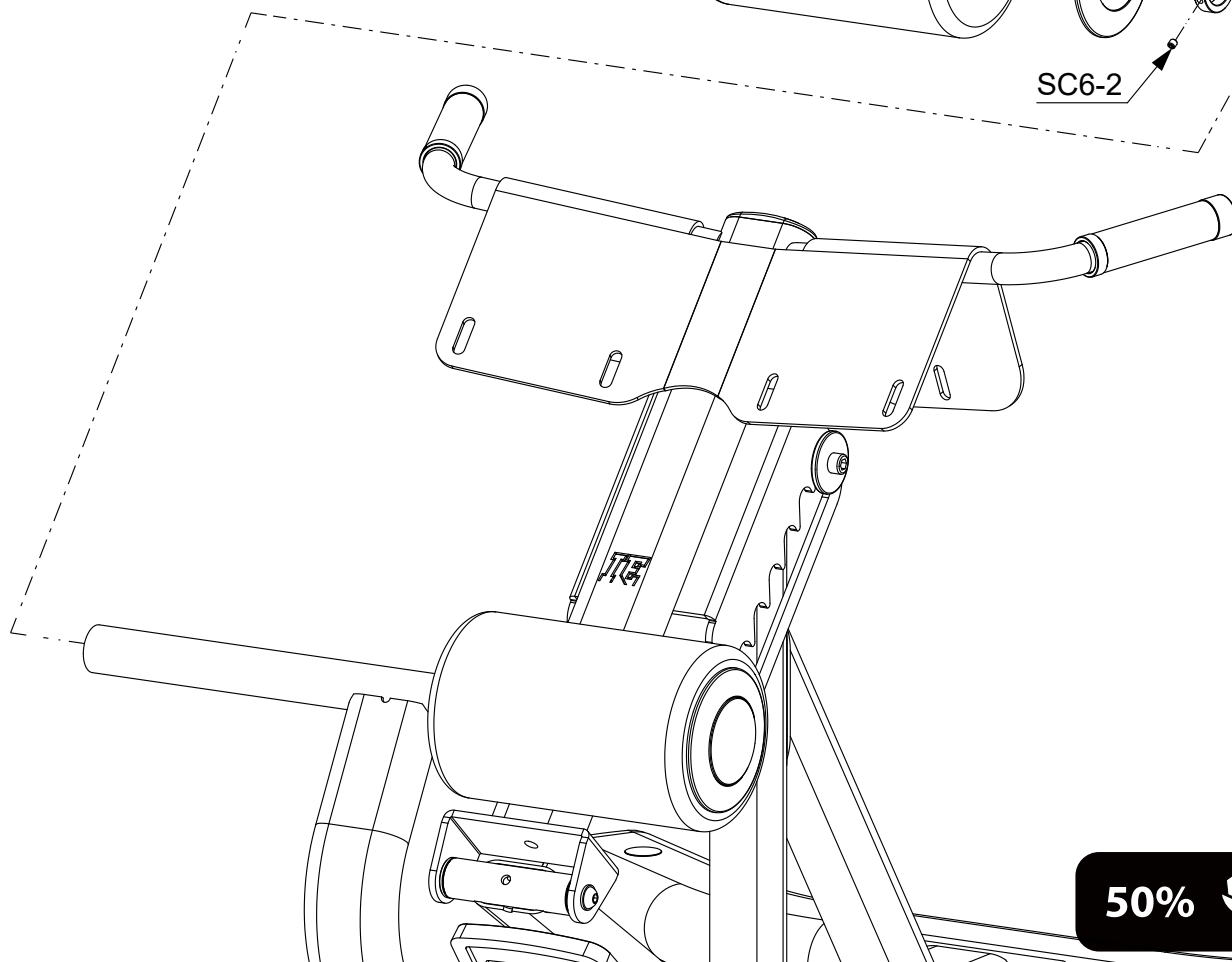
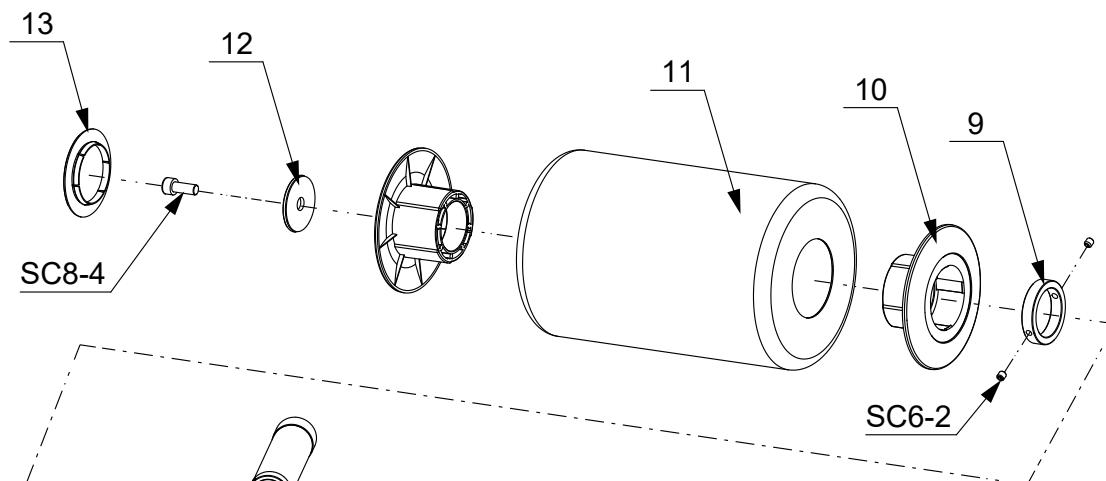
Part No:12

Name:Big Washer OD45
Q'TY:2



Part No:13

Name:Roller Cap
Q'TY:2



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STEP 6

Tools



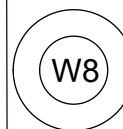
6 mm

Parts

Part No:14
Name: Thigh Pad
Q'TY: 2



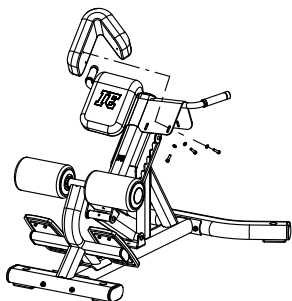
Fixings



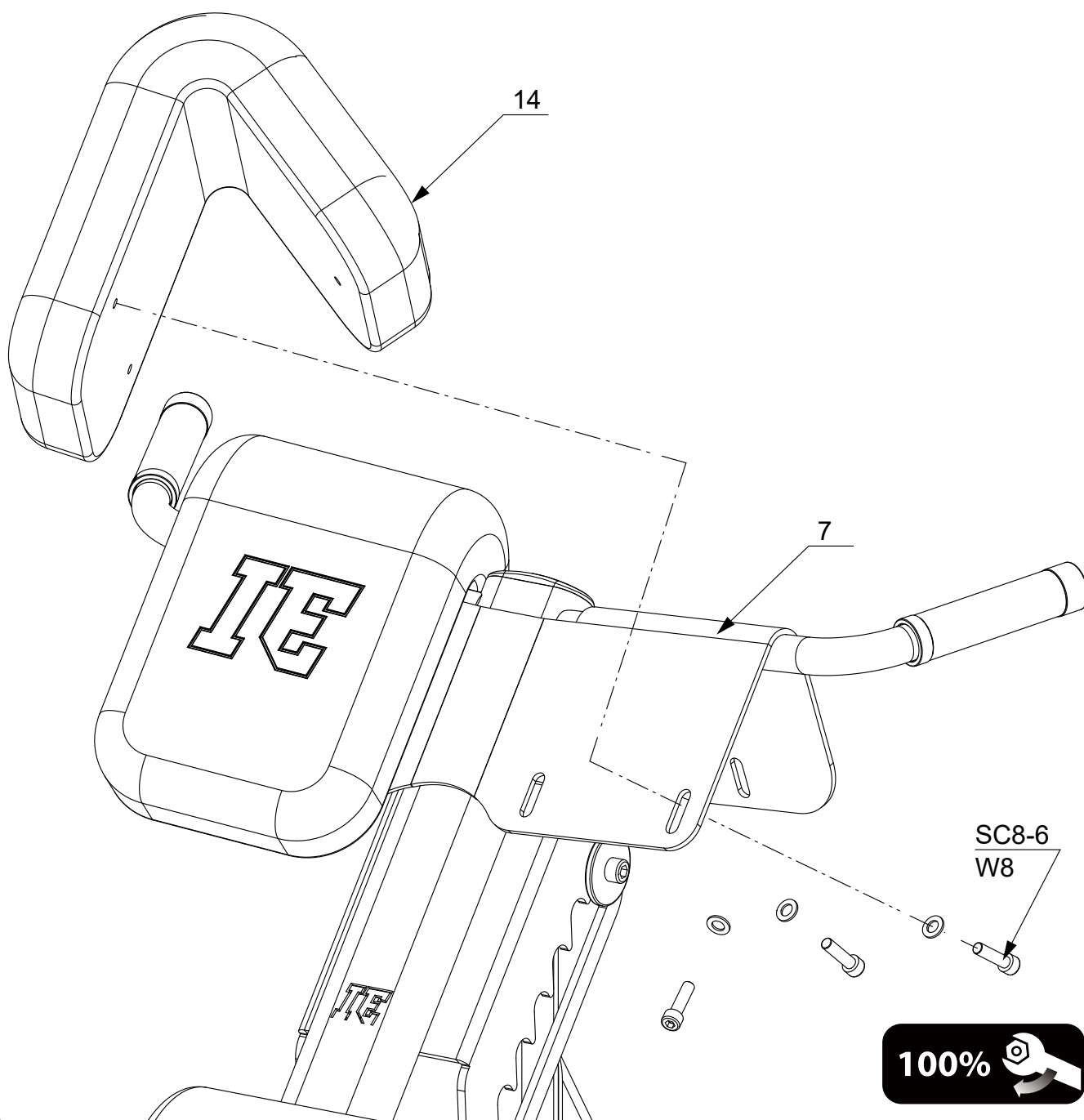
6 PCS



SC8-6 6 PCS



Fix the thigh pad(#14) to the thigh support frame(#7).



100%



PARTS LIST

PART NO.	DESCRIPTION	QT'Y
1	Pedal Frame	1
2	Upright Frame	1
3	Hole Cap D25	1
4	Bottom Lateral Bent Tube	1
5	Pivot Arm	1
6	Shaft	2
7	Thigh Support Frame	1
8	Big Washer	2
9	Inner Retaining Ring	2
10	Roller Bushing	4
11	Foam Roller	2
12	Big Washer OD45	2
13	Roller Cap	2
14	Thigh Pad	2
W8	Washer 8	6
W10	Washer 10	14
N10	Nut M10	5
A10-4	Button Head Screw	4
S6-2	Socket Set Screw M6×6	4
SC8-4	Socket Head Cap Screw M8×20	2
SC8-6	Socket Head Cap Screw M8×30	6
SC10-4	Socket Head Cap Screw M10×20	2
SC10-5	Socket Head Cap Screw M10×25	1
SC10-27	Socket Head Cap Screw M10×135	4