



HUDSON STEEL

Owner's Manual

45 Degree Hyper-Extension Bench



! CAUTION

Read all precautions and instructions in this manual before using this equipment.



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Important Safety Information



This manual will guide you through the assembly process.



Important Safety Information



This manual will guide you through the assembly process.



NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

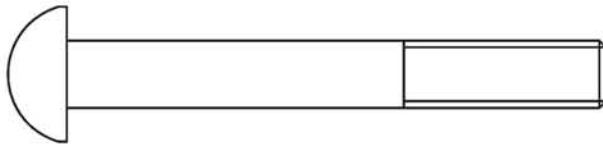
SAFETY INFORMATION WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems.

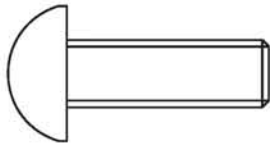
It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

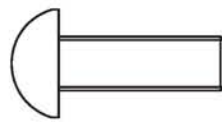
- This unit should only be used on a level surface and is intended for indoor use only.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative.



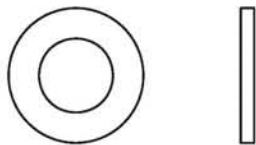
[19#] M10*80 4pcs



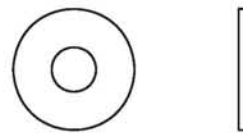
[20#] M10*30 4pcs



[21#] M8*25 4pcs



[23#] Ø 20* Ø 11*2 12pcs



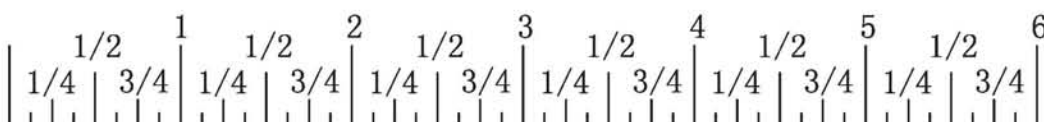
[24#] Ø 16* Ø 9*1.6 4pcs



[22#] M10 4pcs

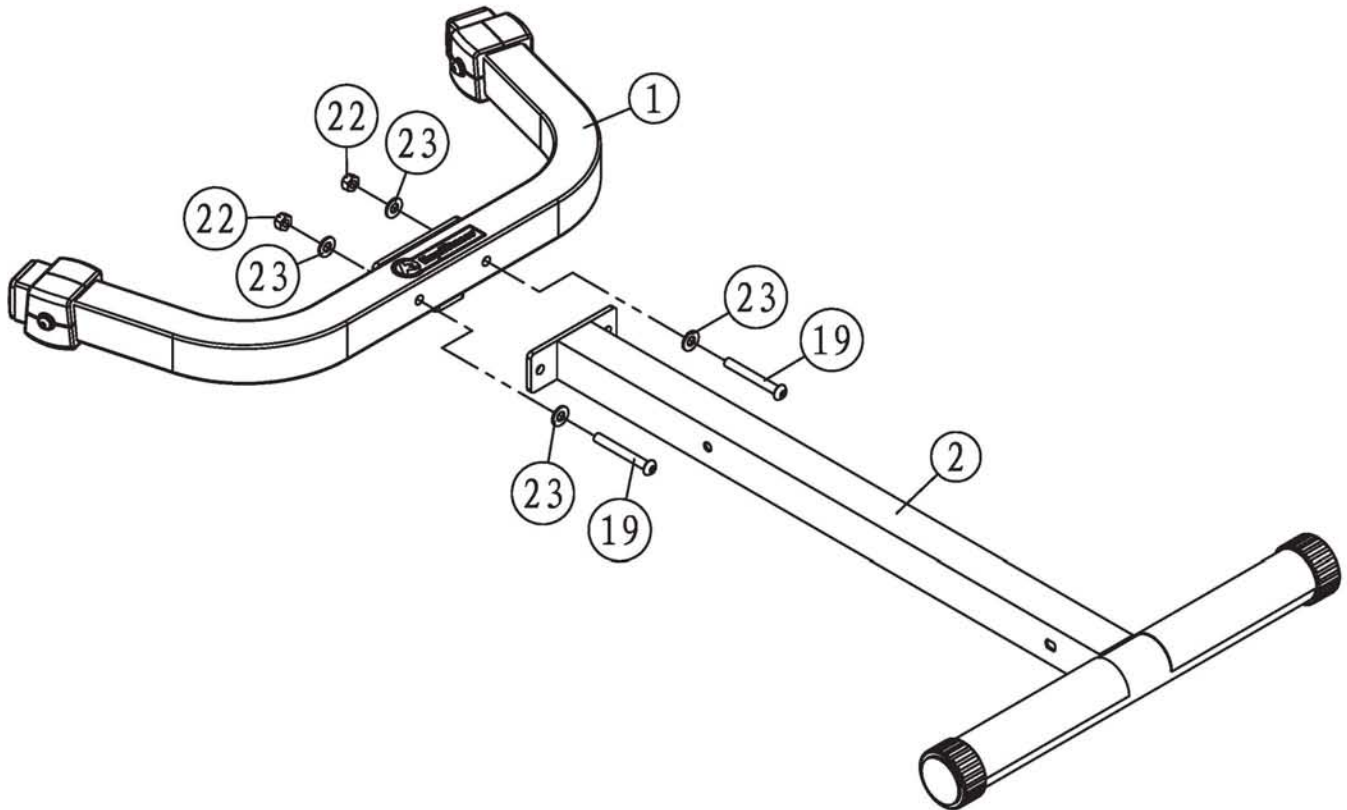


Millimeters



Inches

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

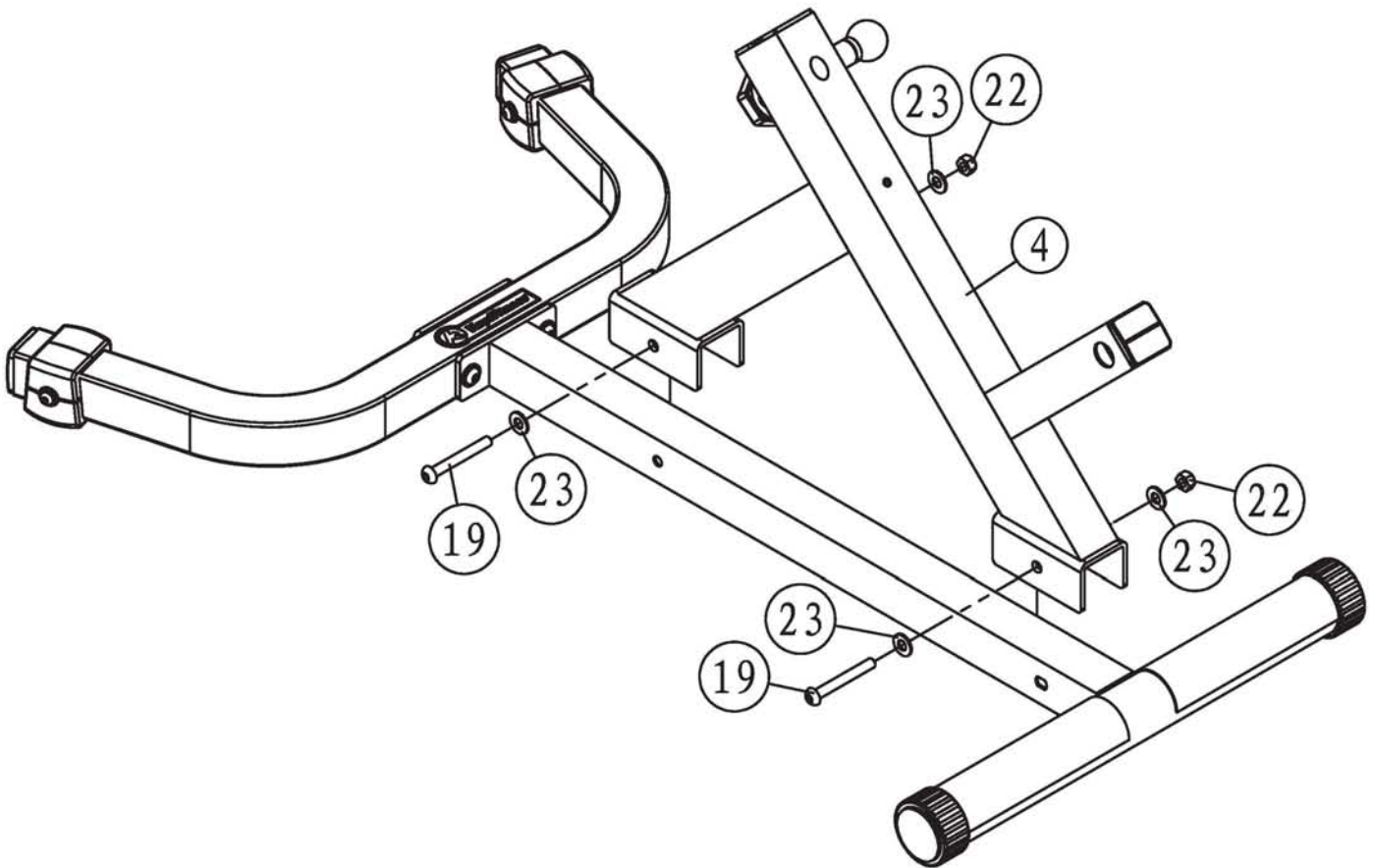


STEP 1

Connect Main Frame (2) to U Base Frame (1) by securing with Bolts (19), Washers (23) and Nylon Nuts (22).

Make sure that the Main Frame Safety Tape is facing up when connecting to U Base Frame (1).

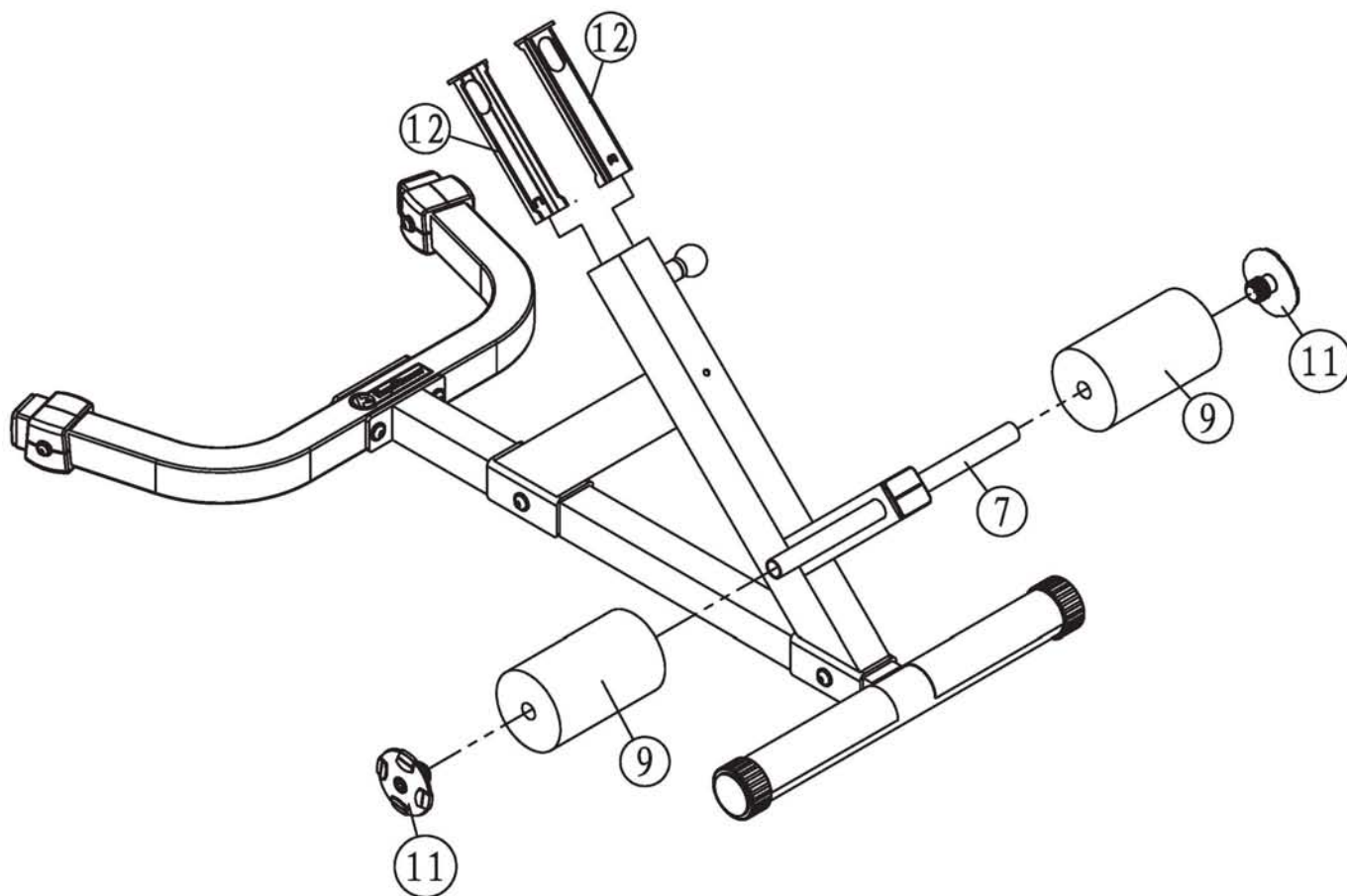
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 2

Slide Main Upright (4) down onto Main Frame (2) and secure with Bolts (19), Washers (23) and Nuts (22).

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



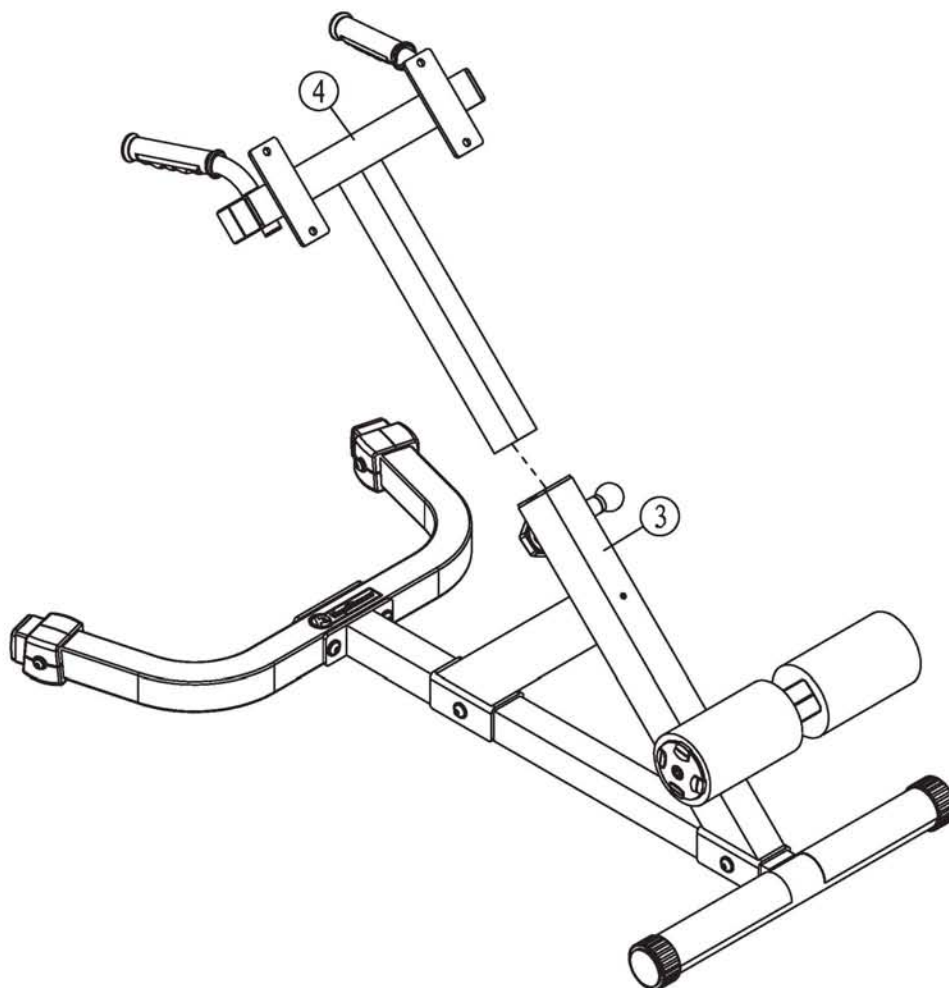
STEP 3

Slide Roller Pad Tube (7) into Main Upright (3). Place Upholstered Roller Pads (9) onto Roller Pad Tube (7) and secure with Roller Pad Tube Caps (11).

We recommend using a rubber hammer to place Roller Pad Tube Caps (11) onto Roller Pad Tube (7).

Insert EZ Slide Sleeves (12) into Main Upright (4).

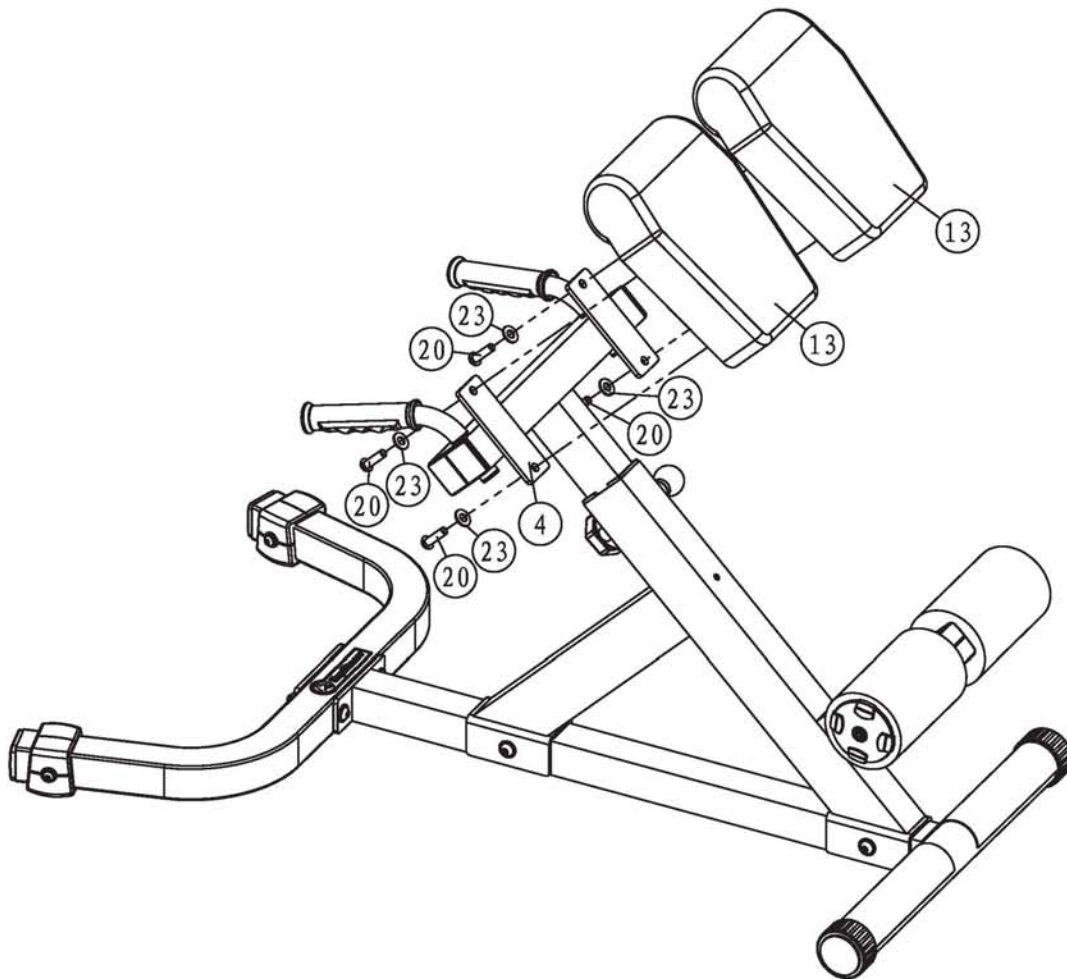
NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 4

Slide Telescoping Pad Support (4) into Main Upright (3). Pull Pop Pin in order to choose different settings in Telescoping Pad Support (4).

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 5

Secure Pads (13) to Telescoping Pad Support (4) with Bolts (20) and Washers (23).

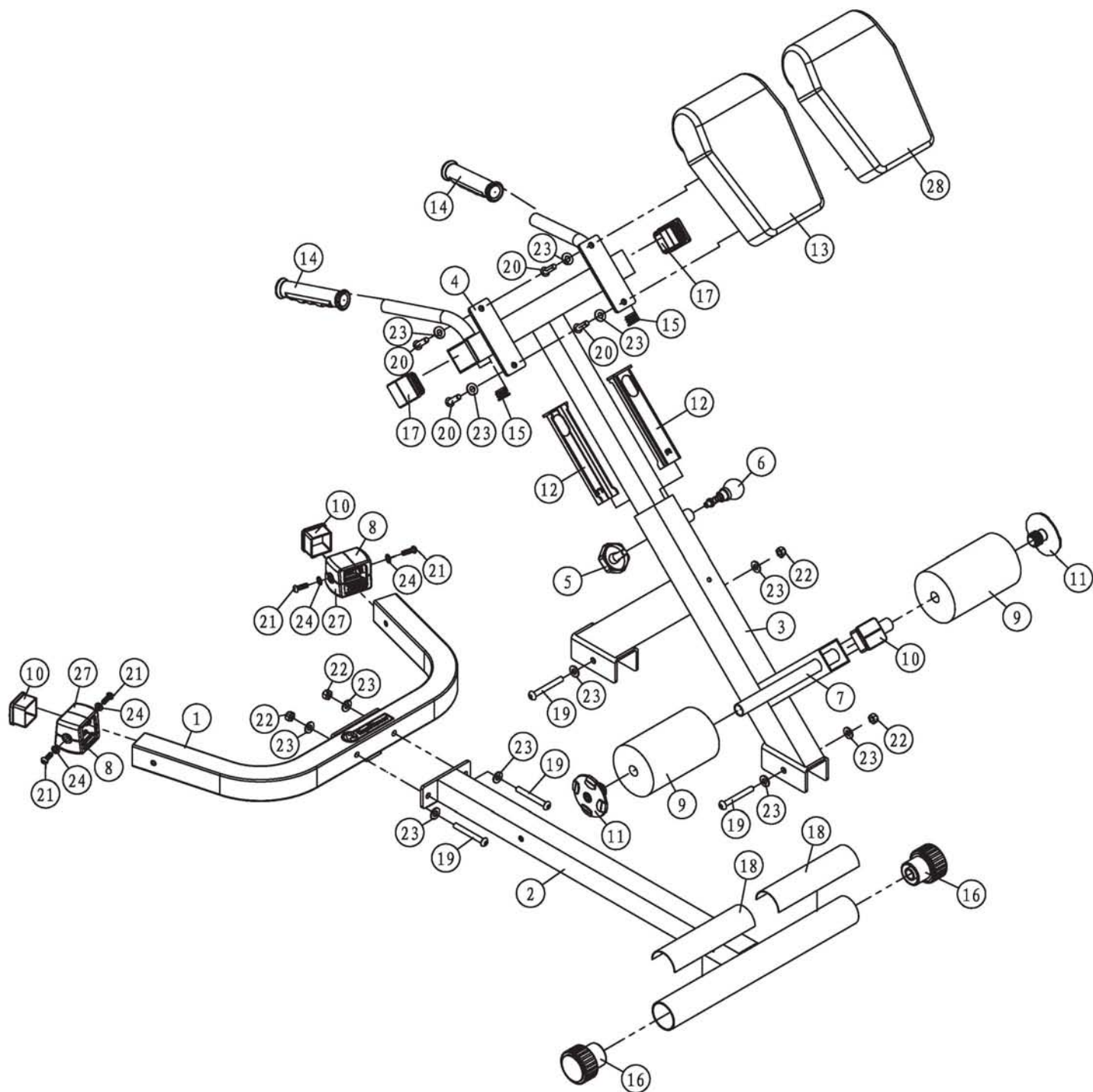


Parts List

KF-45 Parts List Rev B

Ref #	Part #	Description	Qty
1	223-00872	U BASE FRAME, H-45	1
2	223-00873	T BASE FRAME, H-45	1
3	223-00874	MAIN FRAME, H-45	1
4	223-00875	ADJUSTMENT FRAME, H-45	1
5	210-00022	KNOB BOLT M12*25	1
6	210-00257	POP PIN (LOCKING), H-45	1
7	219-00537	FOAM TUBE, KF SERIES	1
8	206-00392	FOOT CAP, RIGHT 50.8 H SERIES	2
9	206-00395	FOAM PADDING, 100X22X180 H SERIES	2
10	206-00391	SQUARE PLUG, 50.8 H SERIES	3
11	206-00390	PLUG, ROLLER PAD TUBE CAP, H SERIES	2
12	206-00388	EZ GLIDE SLEEVE H-45	2
13	228-00198	CHEST PAD, LEFT H-45 (#13)	1
14	206-00389	HAND GRIP, H-45	2
15	206-00138	ROUND PLUG 25	2
16	206-00118	ENDCAP W/WHEEL 60	2
17	206-00394	PLUG, 50.8X76.2 H SERIES	2
18	202-00215	NON SLIP PAPER	2
19	202-00634	SCREW, M10X80 BUTTON HEAD SOCKET CAP	4
20	202-00635	SCREW, M10X30 BUTTON HEAD SOCKET CAP	4
21	202-00636	SCREW, M8X25 BUTTON HEAD SOCKET CAP	4
22	202-00091	NYLON NUT, M10	4
23	202-00093	WASHER, 10	12
24	202-00094	WASHER 8, 9*28*2	4
27	206-00393	FOOT CAP, LEFT 50.8 H SERIES	2
28	228-00199	CHEST PAD, RIGHT H-45 (#28)	1
#	215-00093	MANUAL H-45	1

Exploded View





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