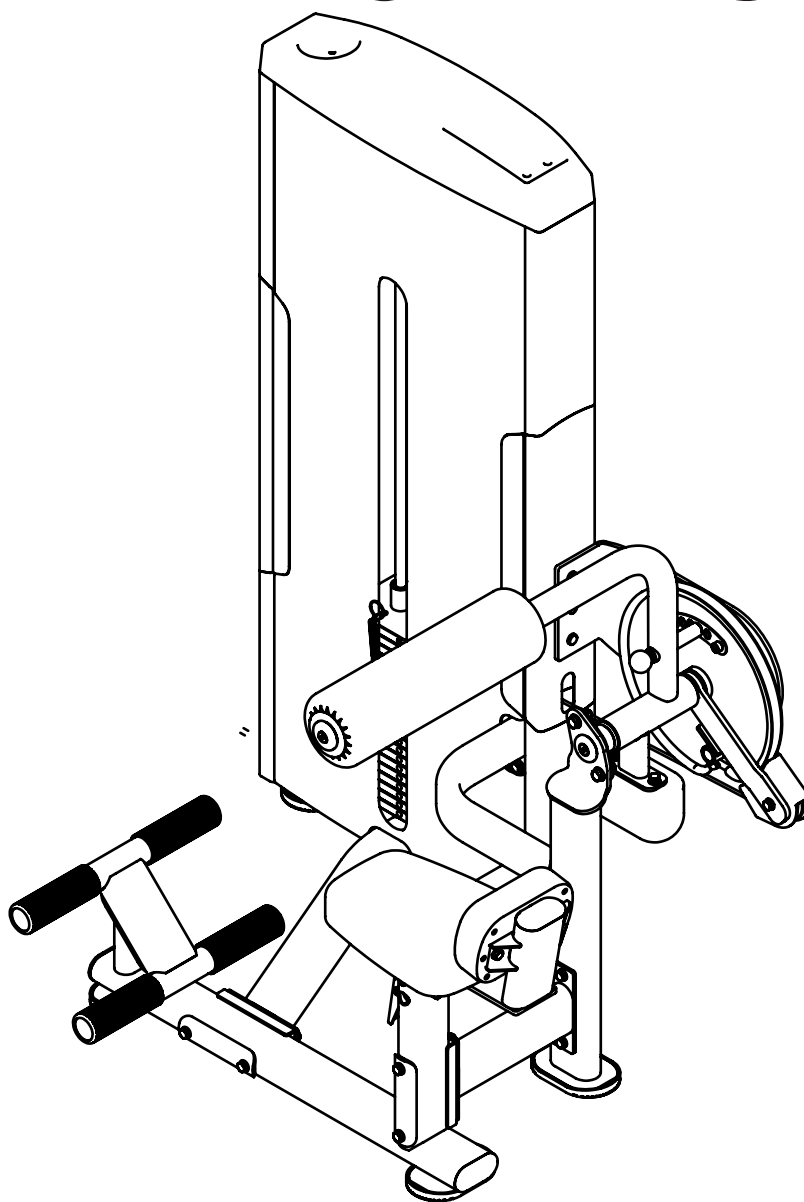


SA009

BACK EXTENSION

OWNER'S MANUAL



! CAUTION

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

Rev C

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

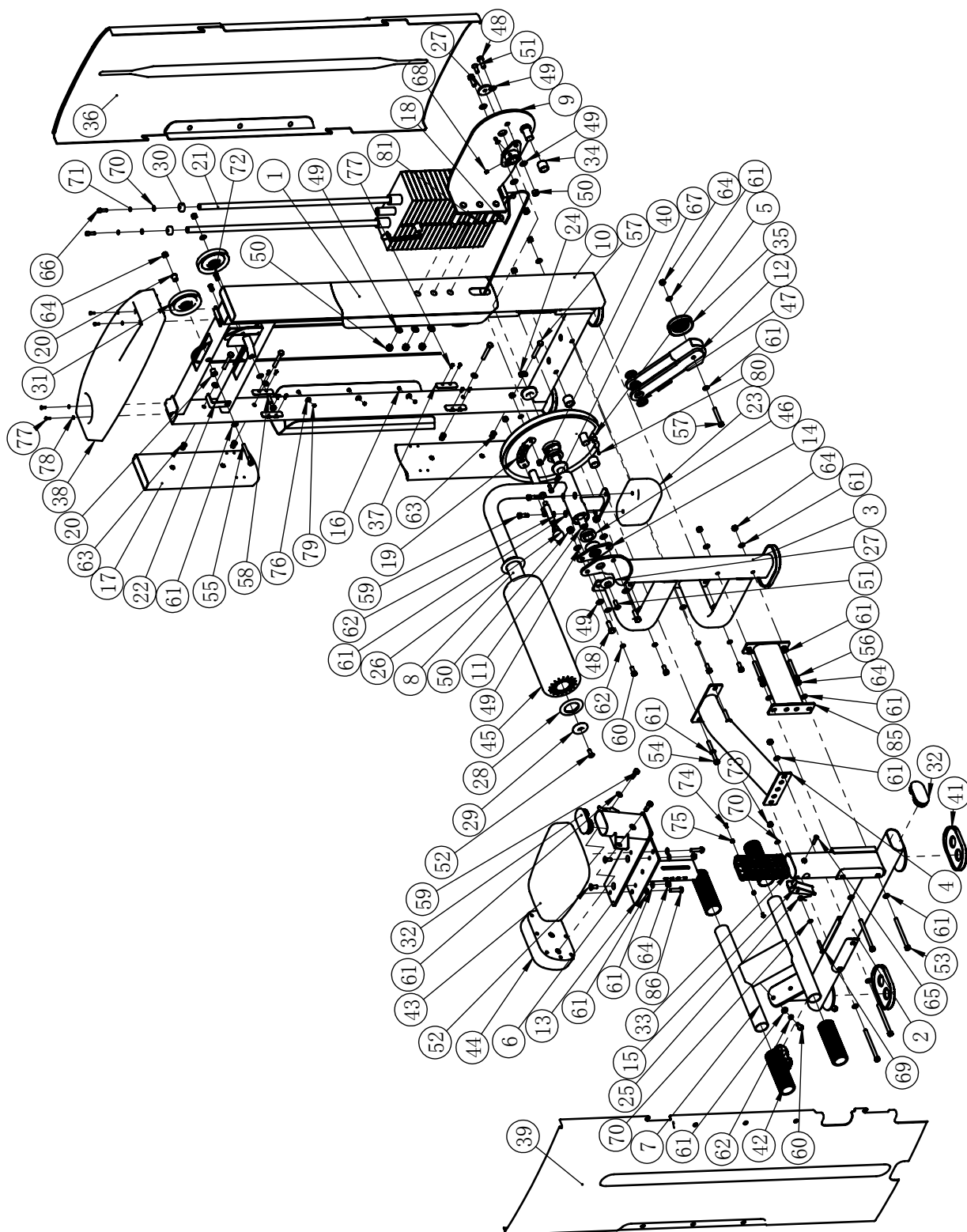
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	QTY	Item NO.	Description	QTY
1	Weight Stack Frame	1	44	Arm Pad	1
2	Seat Pad Frame	1	45	FOAM Pad	1
3	Main Frame	1	46	Bearing $\Phi 50.8 \times \Phi 25.4 \times 15.9$	4
4	Bottom Cross Brace	1	47	Bushing $\Phi 38 \times \Phi 25.4 \times 7.5$	4
5	Cam	1	48	Hex Head Bolt M12*35	4
6	Back Pad Frame	1	49	Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$	11
7	Foot Tube	1	50	Nylon lock Nut M12	7
8	Pivot Arm	1	51	Flat Head Cap Screw M10*30	2
9	Main Bracket	1	52	Flat Head Cap Screw M10*25	3
10	Under the side tube	1	53	Hex Head Bolt M10*130	4
11	Main Shaft	1	54	Hex Head Bolt M10*90	2
12	Reverse rack	1	55	Hex Head Bolt M10*80	1
13	Seat Pad Support	1	56	Hex Head Bolt M10*75	2
14	Pillow Block Bearing	2	57	Hex Head Bolt M10*70	9
15	Adjustable Support	1	58	Hex Head Bolt M10*50	2
16	Color changing frame	4	59	Hex Head Bolt M10*30	4
17	Side tube	3	60	Hex Head Bolt M10*25	6
18	Cable	1	61	Flat Washer $\Phi 11 \times \Phi 20 \times 1.5$	46
19	Lining Board	1	62	Spring Washer $\Phi 10$	8
20	Bushing	2	63	Flat Head Hex Rivet Nuts M10*19.	12
21	Guide Rod	2	64	Nylon lock Nut M10	15
22	Pulley block	2	65	Socket Set Screw M8*30	1
23	Counter Poise Block	1	66	Socket Set Screw M8*25	2
24	Sleeve	2	67	Socket Set Screw M8*20	2
25	Spring $\Phi 13 \times 14 \times 1.8$	1	68	Socket Set Screw M8*10	4
26	Pin	1	69	Button Head Cap Screw M8*45	1
27	Aluminium Cap $\Phi 50 \times 8$	2	70	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	6
28	Aluminium Grip Ring $\Phi 85 \times \Phi 52 \times 5$	2	71	Spring Washer $\Phi 8$	2
29	Big Aluminous Cap $\Phi 60 \times \Phi 12.5 \times 10.6$	1	73	Nylon lock Nut M8	3
30	Fixing Sleeve	2	74	Button Head Cap Screw M6*12	2
31	4.5" Pulley	3	75	Hex Nut M6	2
32	Plug RT50*100	3	76	Large washer $\Phi 6.6 \times \Phi 18 \times 1.6$	12
33	Plastic Tube Guide	2	77	Cross Recess Pan Head Scre5*15	20
34	Spacer $\Phi 32 \times \Phi 25.4 \times 28$	3	78	Flat Washer $\Phi 5.3 \times \Phi 10 \times 1$	4
35	3.5" Pulley	1	79	Nylon lock Nut M5	12
36	Outer Shroud	1	80	Socket Head Cap Screw M4*15	1
37	Shield fixing seat	8	81	Weight Plate	19
38	Top Shroud	1	82	Weight Plate	1
39	Inner shield	1	83	Selector Pin W/Coil	1
40	Spacer $\Phi 17 \times 10.5$	2	84	Weight Rubber Bumper	2
41	Rubber Foot	5	85	Straight connection frame	1
42	Rubber sleeve	4	86	Hex Head Bolt M10*40	2
43	Seat Pad	1			

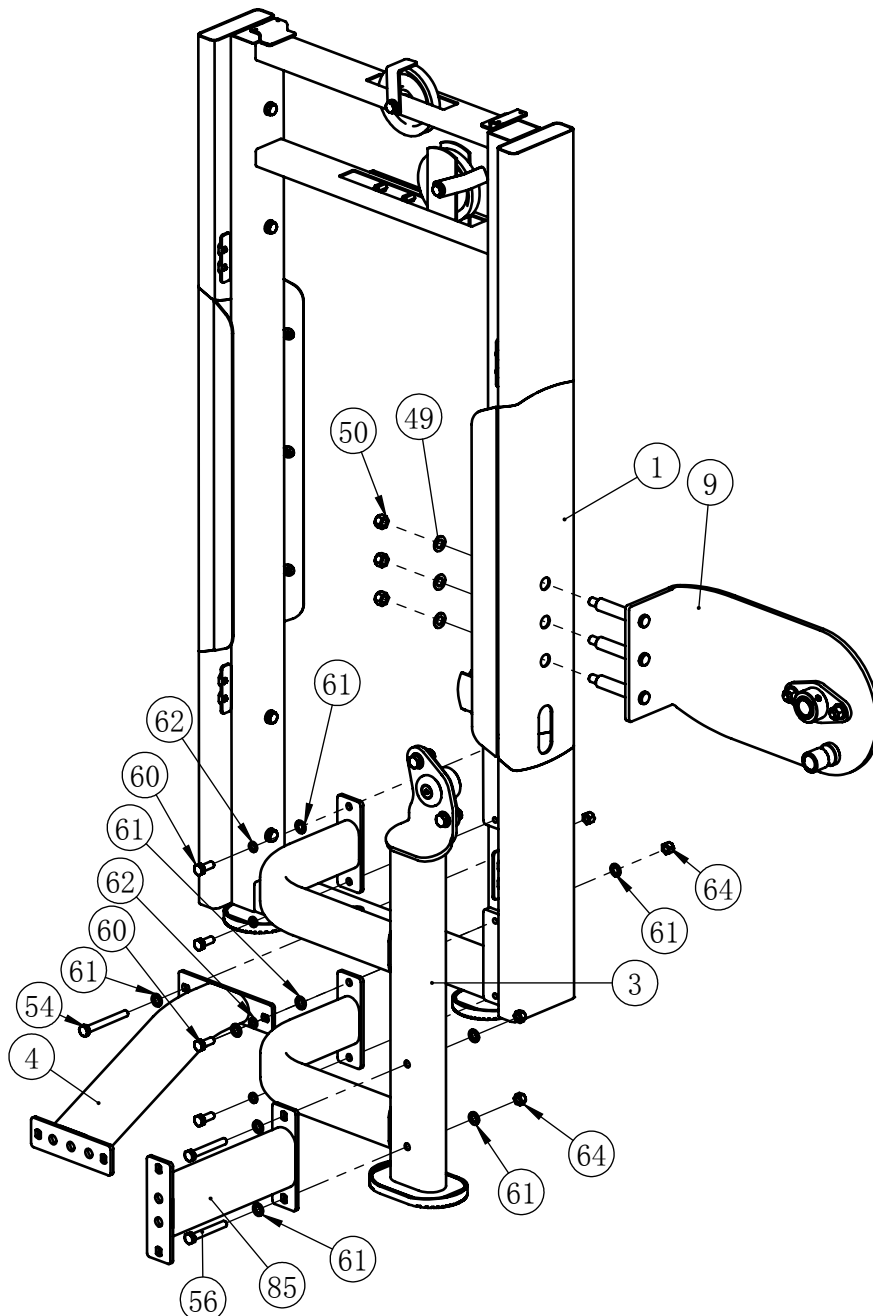
Exploded View and Parts List



Assembly

STEP 1

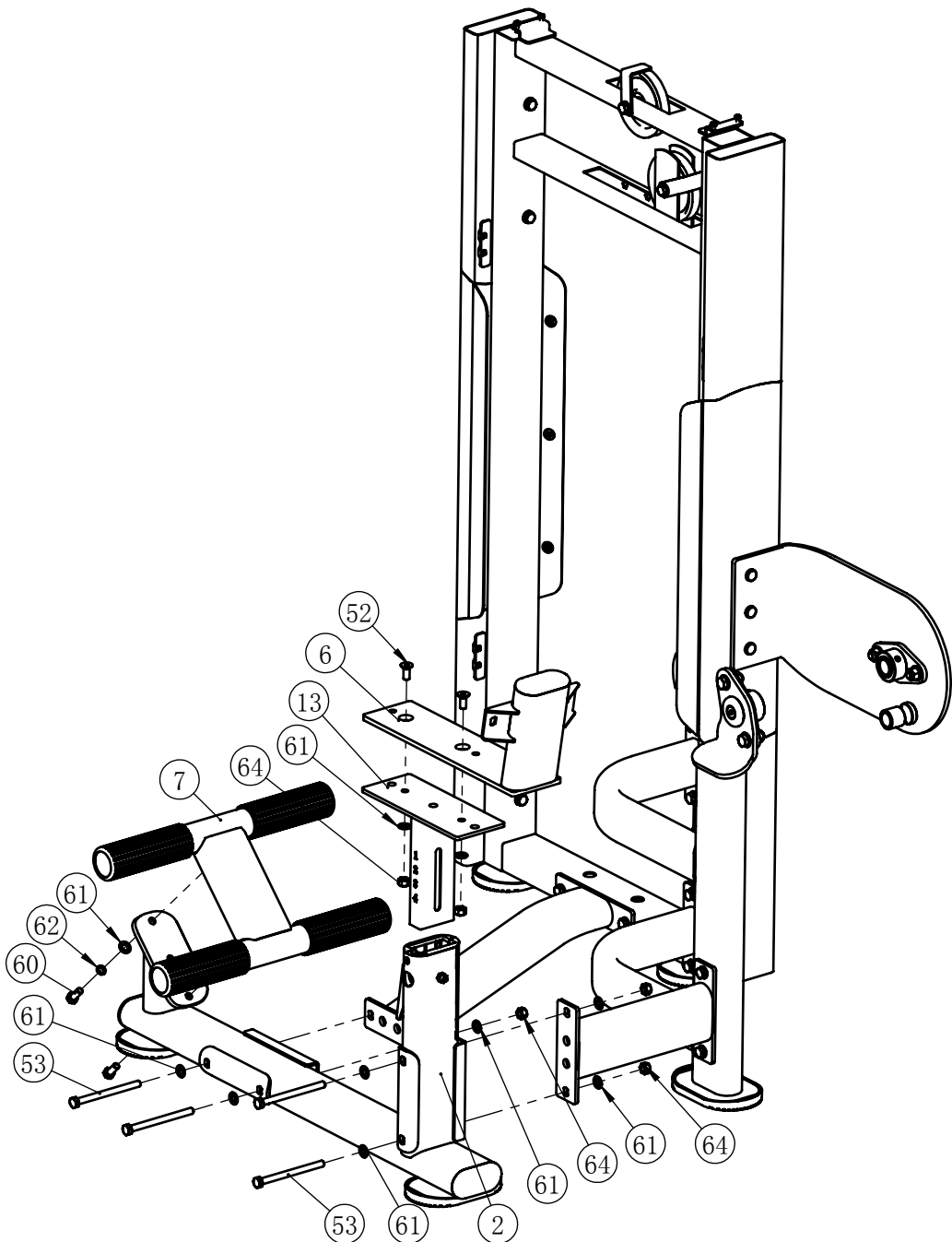
Item NO.	Description	QTY	Item NO.	Description	QTY
1	Weight Stack Frame	1	56	Hex Head Bolt M10*75	2
3	Main Frame	1	60	Hex Head Bolt M10*25	4
4	Bottom Cross Brace	1	61	Flat Washer $\phi 11 \times \phi 20 \times 1.5$	12
9	Main Bracket	1	62	Spring Washer $\phi 10$	4
49	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	3	64	Nylon lock Nut M10	4
50	Nylon lock Nut M12	3	85	Straight connection frame	1
54	Hex Head Bolt M10*90	2			



Assembly

STEP 2

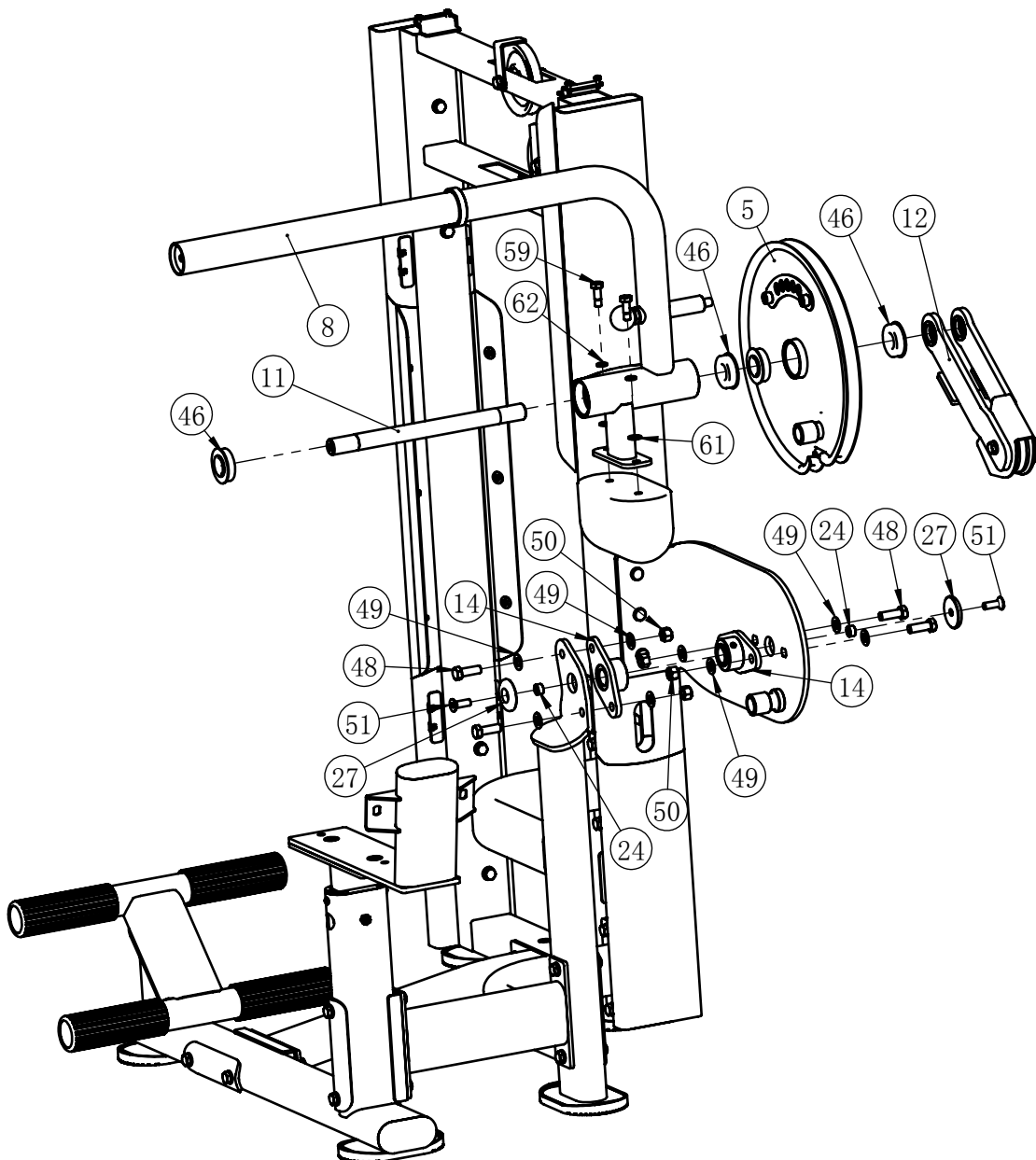
Item NO.	Description	QTY	Item NO.	Description	QTY
2	Seat Pad Frame	1	53	Hex Head Bolt M10*130	4
6	Back Pad Frame	1	60	Hex Head Bolt M10*25	2
7	Foot Tube	1	61	Flat Washer $\phi 11*\phi 20*1.5$	12
13	Seat Pad Support	1	62	Spring Washer $\phi 10$	2
52	Flat Head Cap Screw M10*25	2	64	Nylon lock Nut M10	6



Assembly

STEP 3

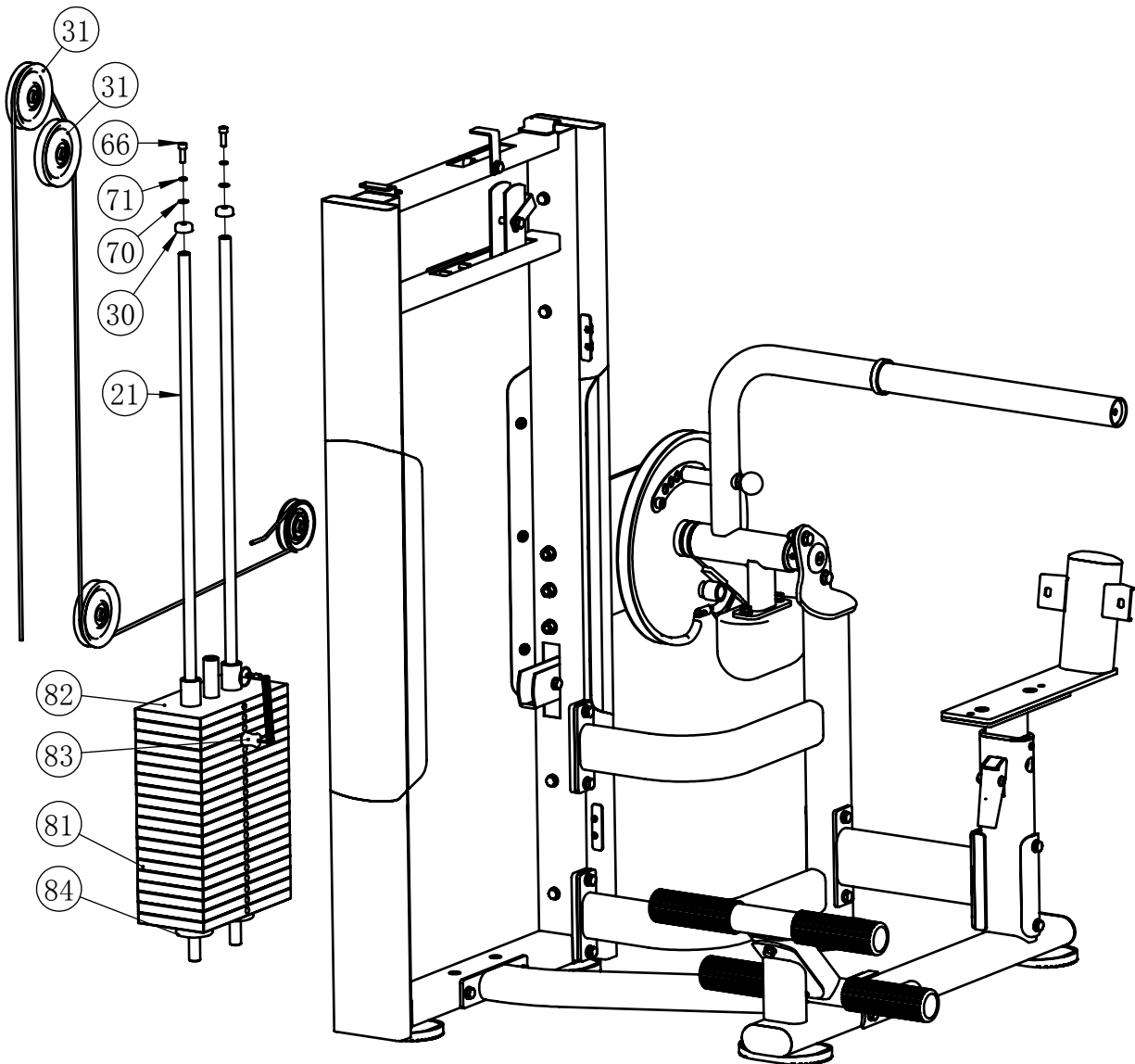
Item NO.	Description	QTY	Item NO.	Description	QTY
5	Cam	1	48	Hex Head Bolt M12*35	4
8	Pivot Arm	1	49	Flat Washer $\phi 13*\phi 24*1.5$	8
11	Main Shaft	1	50	Nylon lock Nut M12	4
12	Reverse rack	1	51	Flat Head Cap Screw M10*30	2
14	Pillow Block Bearing	2	59	Hex Head Bolt M10*30	2
24	Sleeve	2	61	Flat Washer $\phi 11*\phi 20*1.5$	2
27	Aluminium Cap $\phi 50*8$	2	62	Spring Washer $\phi 10$	2
46	Bearing $\Phi 50.8*\Phi 25.4*15.9$	4			



Assembly

STEP 4

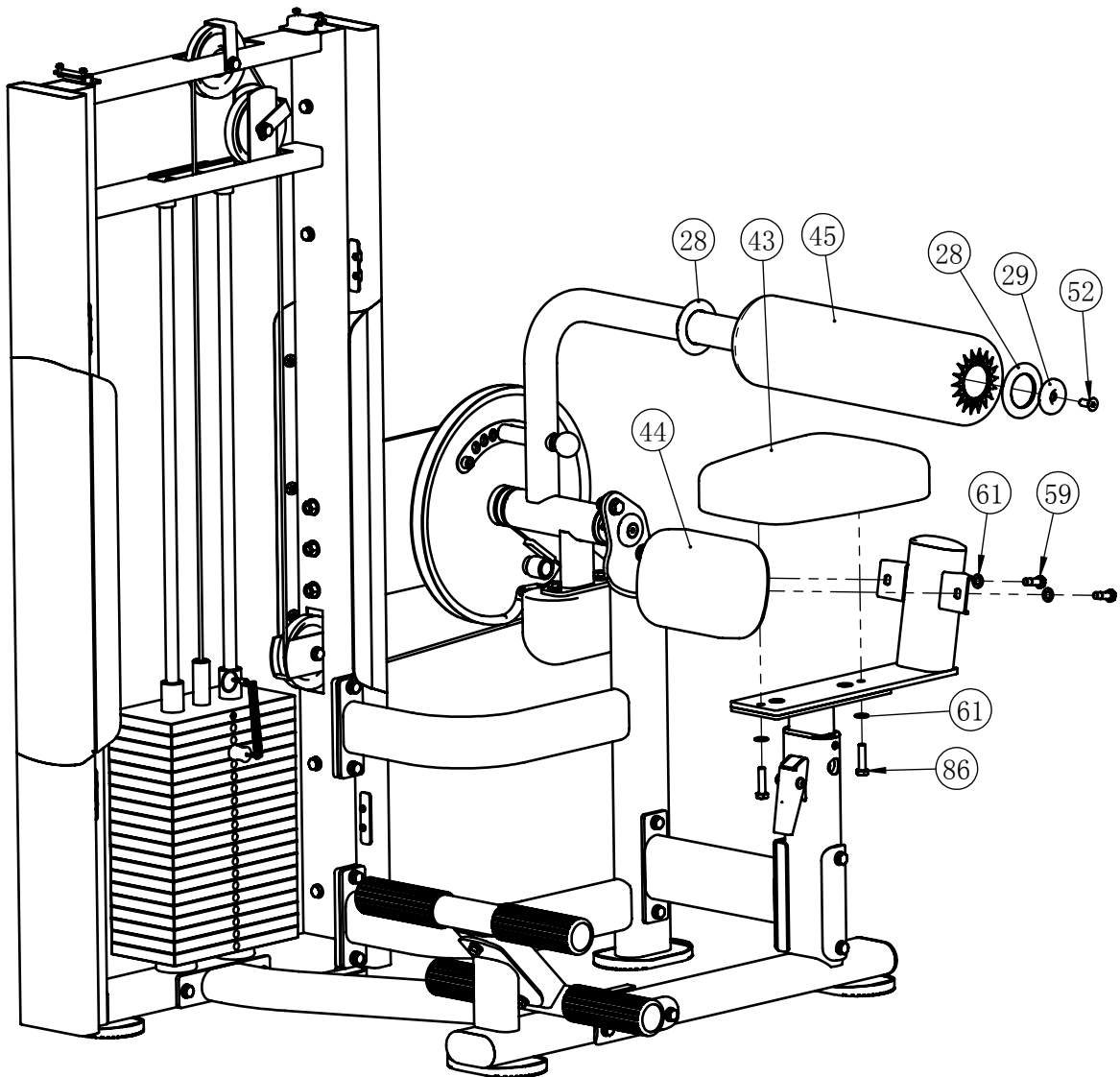
Item NO.	Description	QTY	Item NO.	Description	QTY
21	Guide Rod	2	71	Spring Washer $\phi 8$	2
30	Fixing Sleeve	2	81	Weight Plate	19
31	4.5" Pulley	3	82	Weight Plate	1
35	3.5" Pulley	1	83	Selector Pin W/Coil	1
66	Socket Set Screw M8*25	2	84	Weight Rubber Bumper	2
70	Flat Washer $\phi 9*\phi 16*1.6$	2			



Assembly

STEP 5

Item NO.	Description	QTY	Item NO.	Description	QTY
28	Aluminium Grip Ring $\phi 85 * \phi 52 * 5$	2	52	Flat Head Cap Screw M10*25	1
29	Big Aluminous Cap $\phi 60 * \phi 12.5 * 10.6$	1	59	Hex Head Bolt M10*30	2
43	Seat Pad	1	61	Flat Washer $\phi 11 * \phi 20 * 1.5$	4
44	Arm Pad	1	86	Hex Head Bolt M10*40	2
45	FOAM Pad	1			



Assembly

STEP 6

Item NO.	Description	QTY
36	Outer Shroud	1
38	Top Shroud	1
39	Inner shield	1
77	Cross Recess Pan Head Scre5*15	4
78	Flat Washer $\phi 5.3 * \phi 10 * 1$	4

