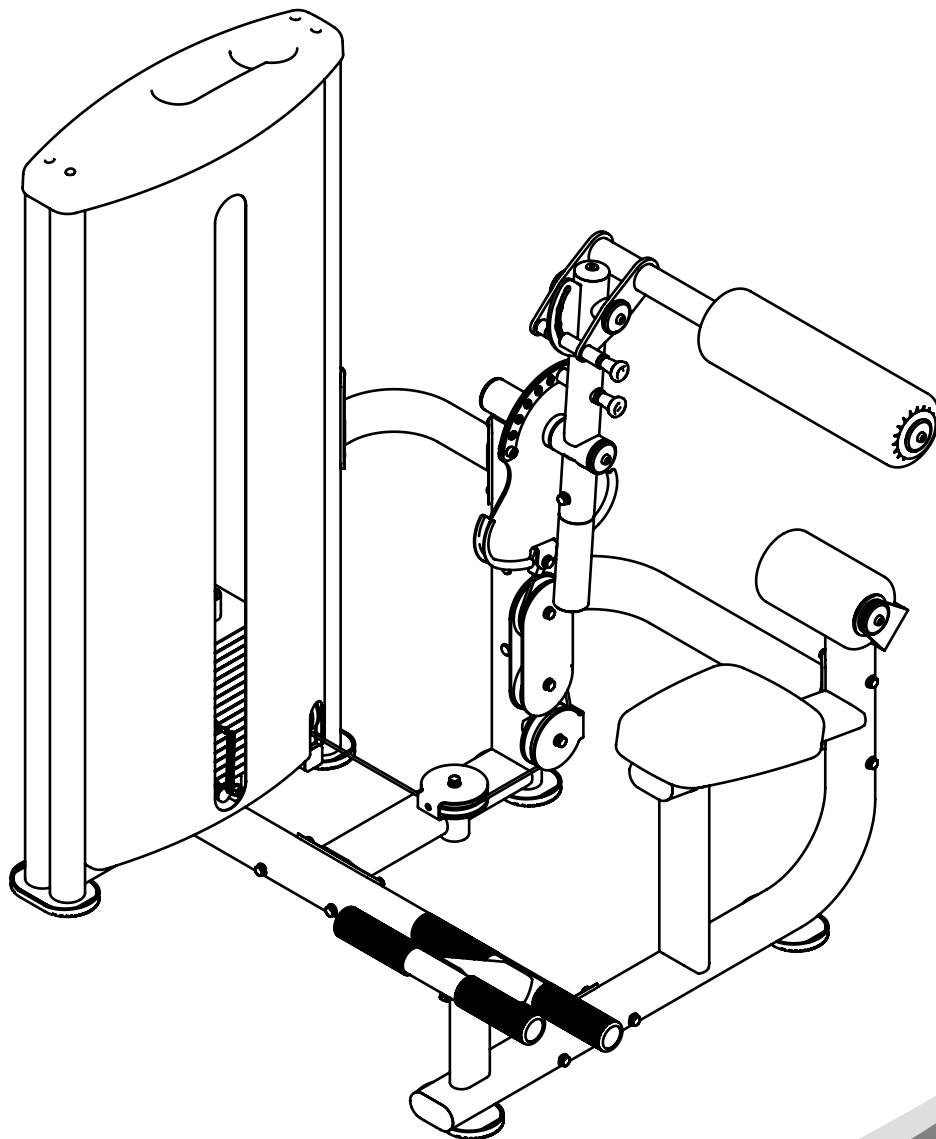


BS013

ABDOMINAL/BACK EXTENSION

# OWNER'S MANUAL



## **! CAUTION**

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

## 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

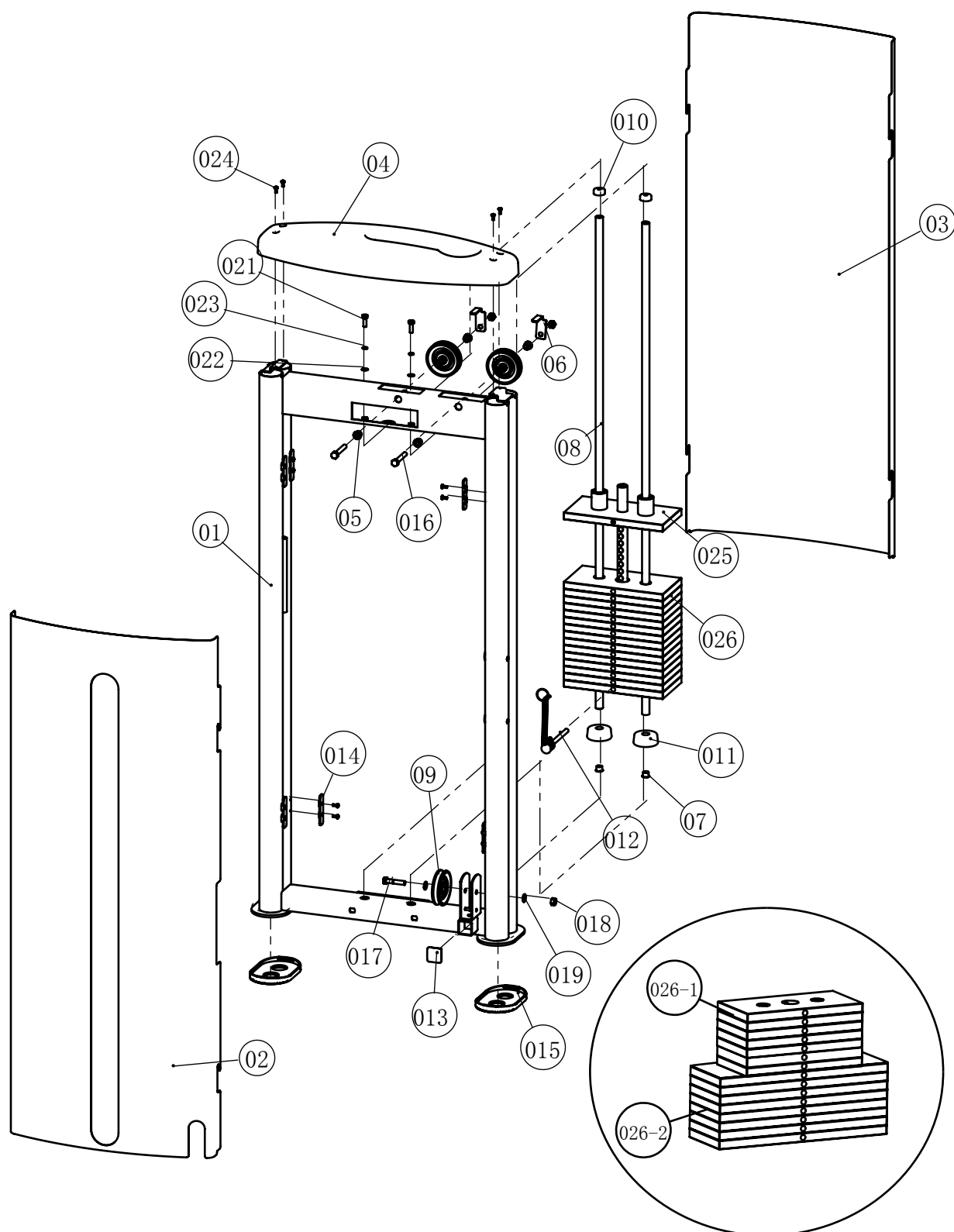
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

CAGE Detail List

| ITEM NO. | DESCRIPTION                                     | QTY |
|----------|-------------------------------------------------|-----|
| 01       | Weight Stack Frame                              | 1   |
| 02       | Front Shroud                                    | 1   |
| 03       | Rear Shroud                                     | 1   |
| 04       | Upper Shroud                                    | 1   |
| 05       | Sleeve $\phi 20 \times 14.2$                    | 4   |
| 06       | Baffle $62 \times 45 \times 25 \times 3$        | 2   |
| 07       | Rubber Plug $\phi 18.5 \times \phi 15 \times 7$ | 2   |
| 08       | Guide Rod                                       | 2   |
| 09       | Small Pulley 3.5"                               | 3   |
| 010      | Mount Sleeve                                    | 2   |
| 011      | Rubber Mat                                      | 2   |
| 012      | Selector Pin W/Coil                             | 1   |
| 013      | Plug F38                                        | 1   |
| 014      | Shield Fixed Seat                               | 8   |
| 015      | Rubber Foot                                     | 2   |
| 016      | Hex Head Bolt M10*70                            | 2   |
| 017      | Hex Head Bolt M10*50                            | 1   |
| 018      | Nylon Lock Nut M10                              | 3   |
| 019      | Flat Washer $\phi 11 \times \phi 20 \times 2$   | 2   |
| 021      | Hex Head Bolt M8*25                             | 2   |
| 022      | Flat Washer $\phi 16 \times \phi 9 \times 1$    | 2   |
| 023      | Spring Washer $\phi 8$                          | 2   |
| 024      | Button Head Cap Screw M5*12                     | 20  |
| 025      | Top Plate                                       | 1   |
| 026      | Weight Plate                                    | 15  |

| WEIGHTS      | ITEM NO. | DESCRIPTION                             | QTY |
|--------------|----------|-----------------------------------------|-----|
| 80KG/176LBS  | 026-1    | Weight Plate $272 \times 135 \times 19$ | 15  |
| 100KG/220LBS | 026-1    | Weight Plate $272 \times 135 \times 19$ | 7   |
|              | 026-2    | Weight Plate $395 \times 135 \times 19$ | 8   |
| 118KG/260LBS | 026-2    | Weight Plate $395 \times 135 \times 19$ | 15  |

# Exploded View

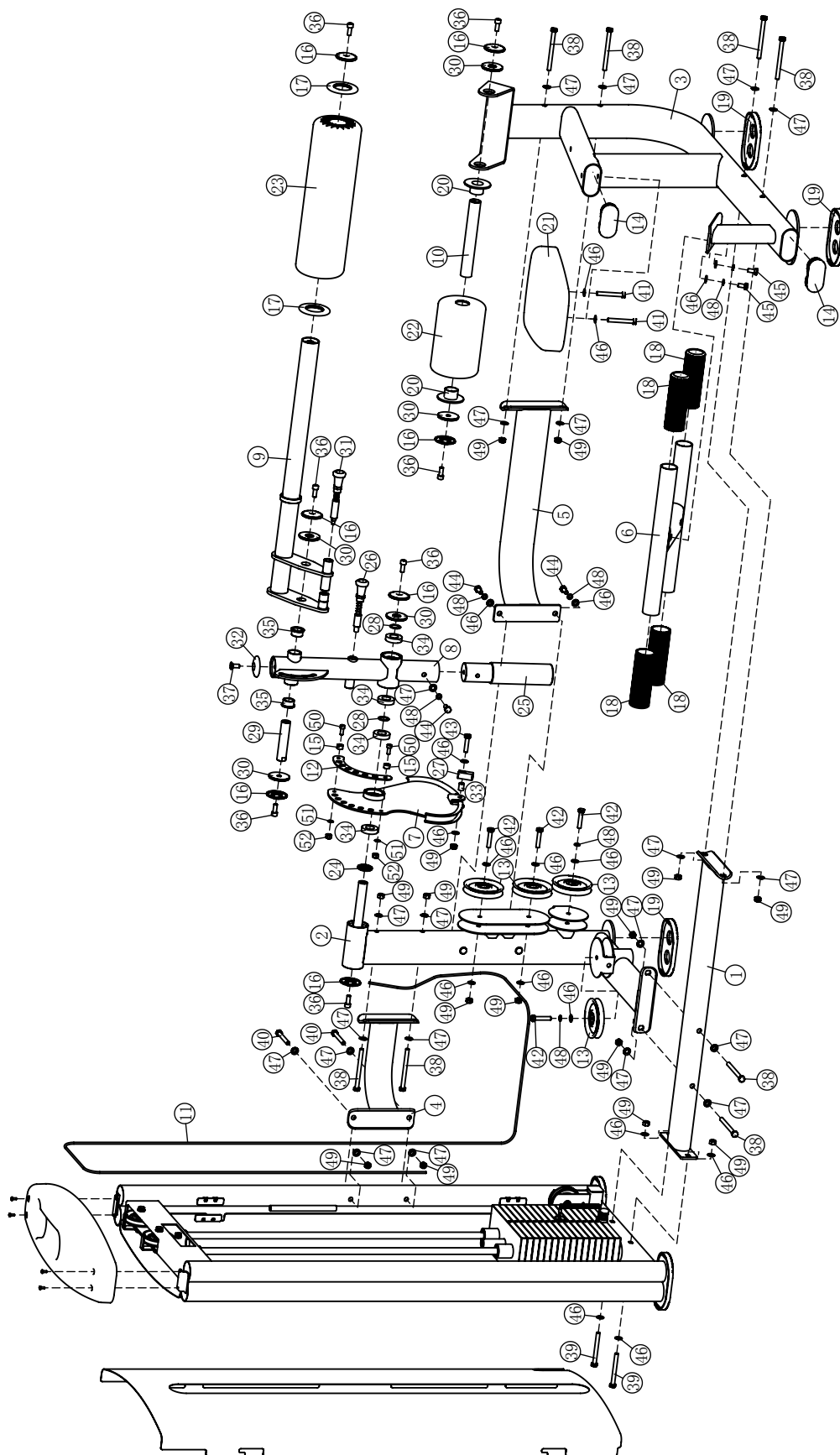


## Parts List

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

| Item No. | Description                                        | Qty | Item No. | Description                                              | Qty |
|----------|----------------------------------------------------|-----|----------|----------------------------------------------------------|-----|
| 1        | Bottom Connection Frame                            | 1   | 27       | Cable End                                                | 1   |
| 2        | Main Frame                                         | 1   | 28       | Spacer Bush $\phi 31 \times \phi 25.5 \times 1.5$        | 2   |
| 3        | Seat Frame                                         | 1   | 29       | Shaft $\phi 25.4 \times 117 \times M10$                  | 1   |
| 4        | Top Connection Frame                               | 1   | 30       | End Cap Washer $\phi 60 \times 5$                        | 5   |
| 5        | Rear Connection Frame                              | 1   | 31       | Pop Pin II                                               | 1   |
| 6        | Foot Frame                                         | 1   | 32       | Aluminium End Cap $\phi 60 \times \phi 10.5 \times 10.9$ | 1   |
| 7        | Cam Frame                                          | 1   | 33       | Bushing $\phi 14 \times 20$                              | 1   |
| 8        | Swing Frame                                        | 1   | 34       | Bearing 6005-2Z                                          | 4   |
| 9        | Rollor Frame                                       | 1   | 35       | Bushing $\phi 38 \times \phi 25.4 \times 18$             | 2   |
| 10       | Short Rollor Frame                                 | 1   | 36       | Socket Head Cap Screw M10*25                             | 7   |
| 11       | Cable                                              | 1   | 37       | Flat Head Cap Screw M10*25                               | 1   |
| 12       | Scaleboard                                         | 1   | 38       | Hex Head Bolt M10*120                                    | 8   |
| 13       | 4.5" Pulley                                        | 4   | 39       | Hex Head Bolt M10*95                                     | 2   |
| 14       | Plug RT50*100                                      | 2   | 40       | Hex Head Bolt M10*80                                     | 2   |
| 15       | Spacer Sleeve $\phi 17 \times 10.5$                | 2   | 41       | Hex Head Bolt M10*75                                     | 2   |
| 16       | Small Cap                                          | 7   | 42       | Hex Head Bolt M10*50                                     | 4   |
| 17       | Big Ring $\phi 90 \times \phi 51.5 \times 6$       | 2   | 43       | Hex Head Bolt M10*45                                     | 1   |
| 18       | Foot Sleeve                                        | 4   | 44       | Hex Head Bolt M10*25                                     | 3   |
| 19       | Foot Cover                                         | 3   | 45       | Hex Head Bolt M10*20                                     | 2   |
| 20       | Rollor Spacer $\phi 76 \times \phi 32.5 \times 29$ | 2   | 46       | Flat Wahser $\phi 20 \times \phi 11 \times 2$            | 18  |
| 21       | Seat Pad                                           | 1   | 47       | Arc Washer $\phi 10$                                     | 21  |
| 22       | Rollor $\phi 138 \times \phi 38 \times 210$        | 1   | 48       | Spring Washer $\phi 10$                                  | 7   |
| 23       | Rollor $\phi 140 \times 467$                       | 1   | 49       | Nylon Lock Nut M10                                       | 15  |
| 24       | Spacer Sleeve $\phi 42 \times \phi 26 \times 7.5$  | 1   | 50       | Socket Head Cap Screw M8*20                              | 2   |
| 25       | Counter Poise Block                                | 1   | 51       | Flat Wahser $\phi 16 \times \phi 9 \times 1$             | 2   |
| 26       | Pop Pin I                                          | 1   | 52       | Nylon Lock Nut M8                                        | 2   |

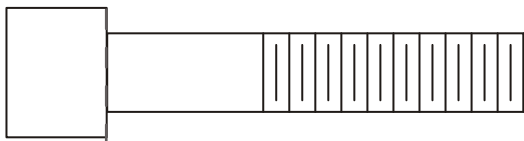
# Exploded View and Parts List



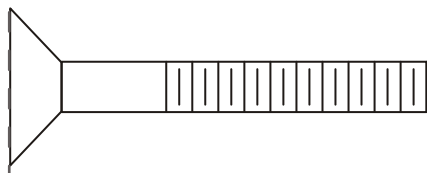
## Measurement Guide



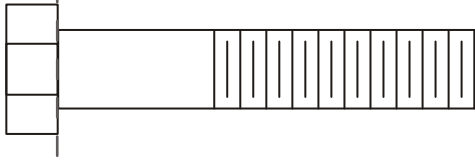
BHCS = Button Head Cap Screw



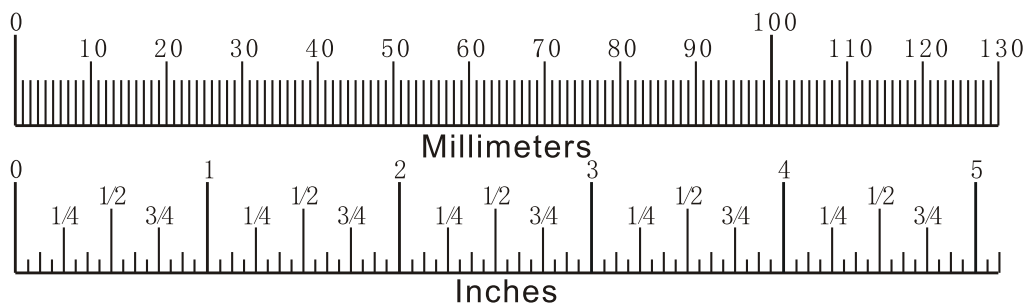
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt

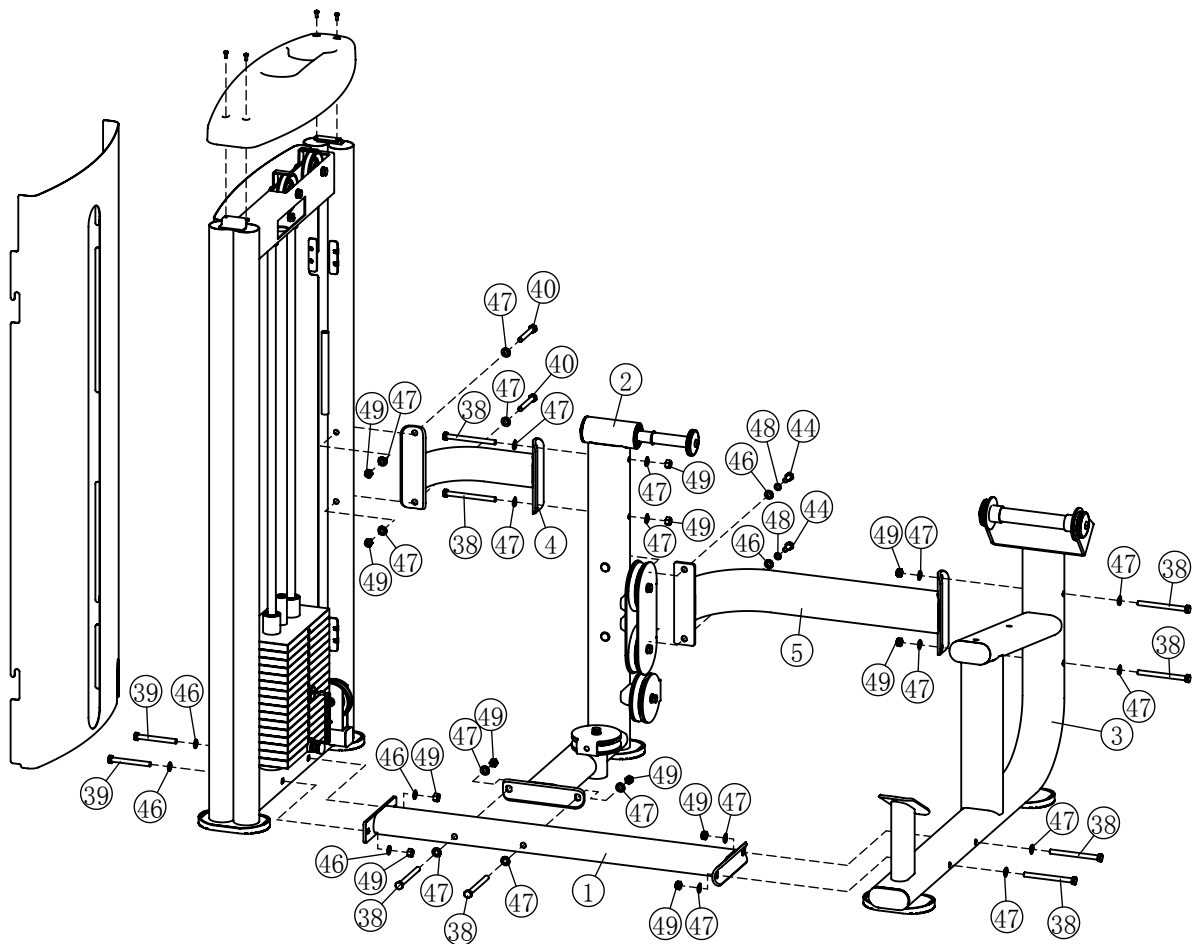


# Assembly

## STEP 1

| Item No. | Description             | Qty | Item No. | Description                         | Qty |
|----------|-------------------------|-----|----------|-------------------------------------|-----|
| 1        | Bottom Connection Frame | 1   | 40       | Hex Head Bolt M10*80                | 2   |
| 2        | Main Frame              | 1   | 44       | Hex Head Bolt M10*25                | 2   |
| 3        | Seat Frame              | 1   | 46       | Flat Wahser $\phi 20 * \phi 11 * 2$ | 6   |
| 4        | Top Connection Frame    | 1   | 47       | Arc Washer $\phi 10$                | 20  |
| 5        | Rear Connection Frame   | 1   | 48       | Spring Washer $\phi 10$             | 2   |
| 38       | Hex Head Bolt M10*120   | 8   | 49       | Nylon Lock Nut M10                  | 12  |
| 39       | Hex Head Bolt M10*95    | 2   |          |                                     |     |

**Note: Hand Tighten Bolts and Nylon Lock nuts.**

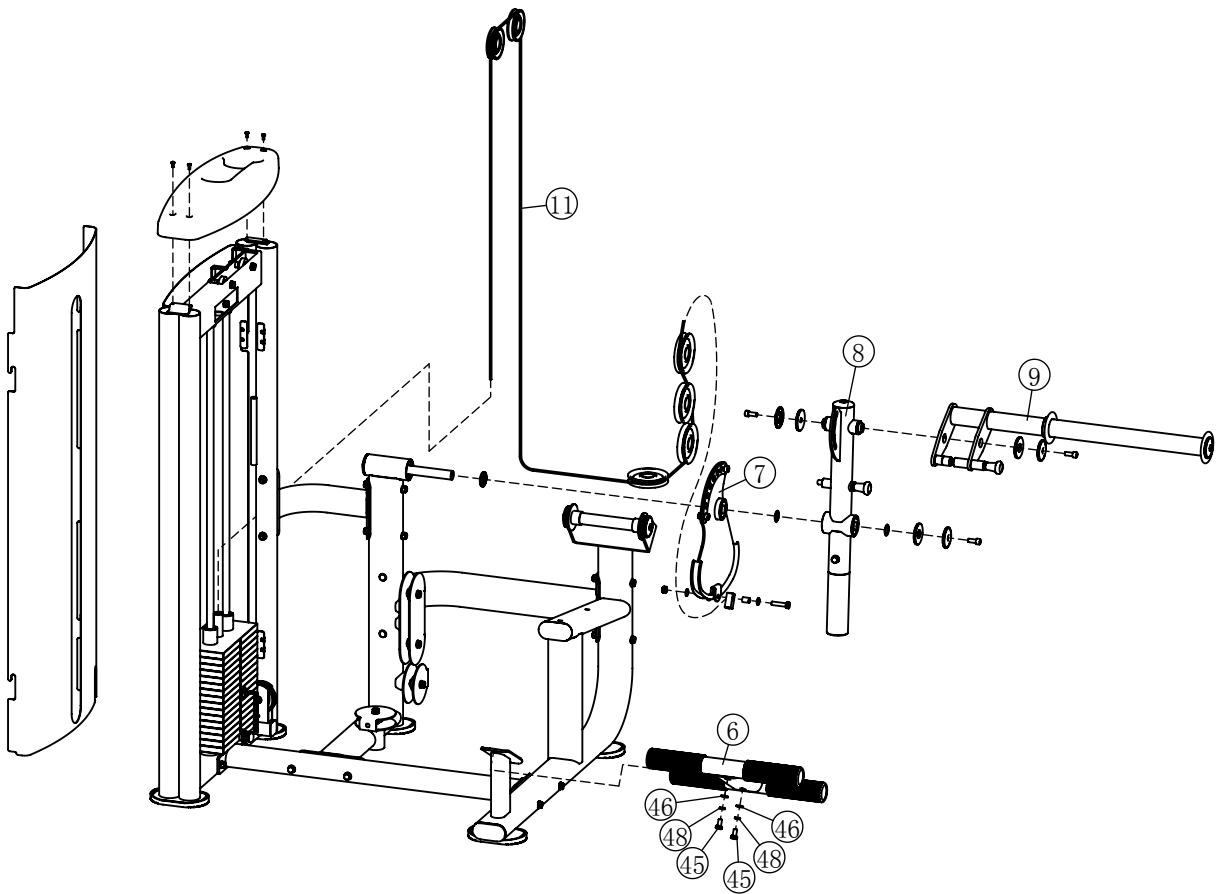


# Assembly

## STEP 2

| Item No. | Description  | Qty | Item No. | Description                     | Qty |
|----------|--------------|-----|----------|---------------------------------|-----|
| 6        | Foot Frame   | 1   | 11       | Cable                           | 1   |
| 7        | Cam Frame    | 1   | 45       | Hex Head Bolt M10*20            | 2   |
| 8        | Swing Frame  | 1   | 46       | Flat Wahser $\phi 20*\phi 11*2$ | 2   |
| 9        | Rollor Frame | 1   | 48       | Spring Washer $\phi 10$         | 2   |

**Note: Hand Tighten Bolts and Nylon Lock nuts.**



## Assembly

### STEP 3

| Item No. | Description                   | Qty | Item No. | Description                     | Qty |
|----------|-------------------------------|-----|----------|---------------------------------|-----|
| 21       | Seat Pad                      | 1   | 41       | Hex Head Bolt M10*75            | 2   |
| 22       | Rollor $\phi 138*\phi 38*210$ | 1   | 46       | Flat Wahser $\phi 20*\phi 11*2$ | 2   |
| 23       | Rollor $\phi 140*467$         | 1   |          |                                 |     |

**Note: Wrench Tighten Screws.**

