

Ironmaster Hyper Core Attachment Assembly and Use Instructions

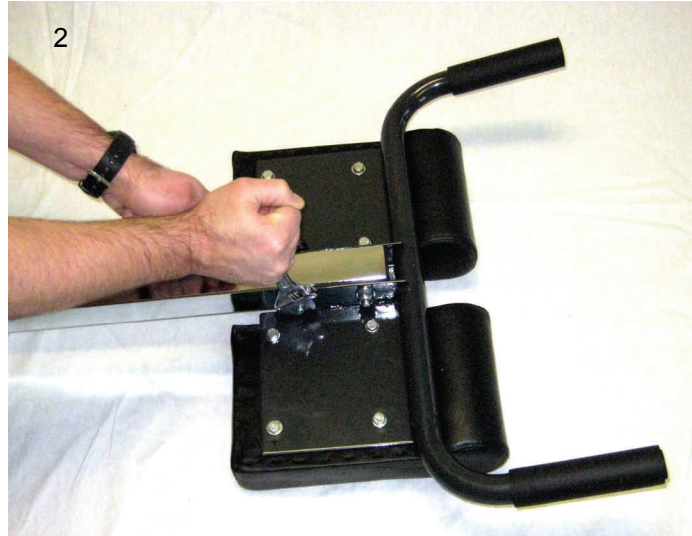


The Hyper Core Attachment is designed to connect to the Ironmaster Super Bench to allow for lower back and abdominal exercises. The capacity is rated at 300 lbs. *This device is not designed to use stand alone. It must always be connected to the Super Bench when in use for safety.*

Congratulations on your purchase of this fine Ironmaster product. The following instructions will help you assemble the unit and provide some details on use as well. The only tools required are two adjustable wrenches. Unpack all the parts and make sure you have received all the parts as shown on the parts list. If you are missing anything or have questions, please call Ironmaster right away and we will assist you. 800-533-3339.



Step 1: Assemble THIGH PADS to the HANDLE FRAME using the eight 5/16" bolts and eight washers. Do not over tighten.



Step 2: Assemble POST FRAME to HANDLE FRAME using the two M10 bolts with four washers and two lock nuts. Use two wrenches to make the bolts tight.



Step 3: Slide FOOT HOLDER FRAME onto the POST FRAME and engage the pull pin.



Step 4: Insert the ROLLER PAD TUBE and secure with the M10 bolt and M10 washer.



Step 5: Remove the DOME CAPS with the Allen wrench then install the FOAM ROLLER PADS onto the tube. Replace the Dome Caps.



Step 6: Insert the BASE FOOT into the POST FRAME and hold in place with the two M8 screws and Two M8 washers. Do not tighten yet.



Step 7: The hole on the POST FRAME is slotted so that you can adjust the BASE FOOT up or down to rest on the floor when attached to the bench. When properly adjusted, tighten the screws with the Allen wrench.



The FOOT HOLDER FRAME can be adjusted up and down for users of different heights using the Pull Pin. You should be able to comfortably bend at the waist.

Ironmaster Hyper Core Attachment Parts Diagram

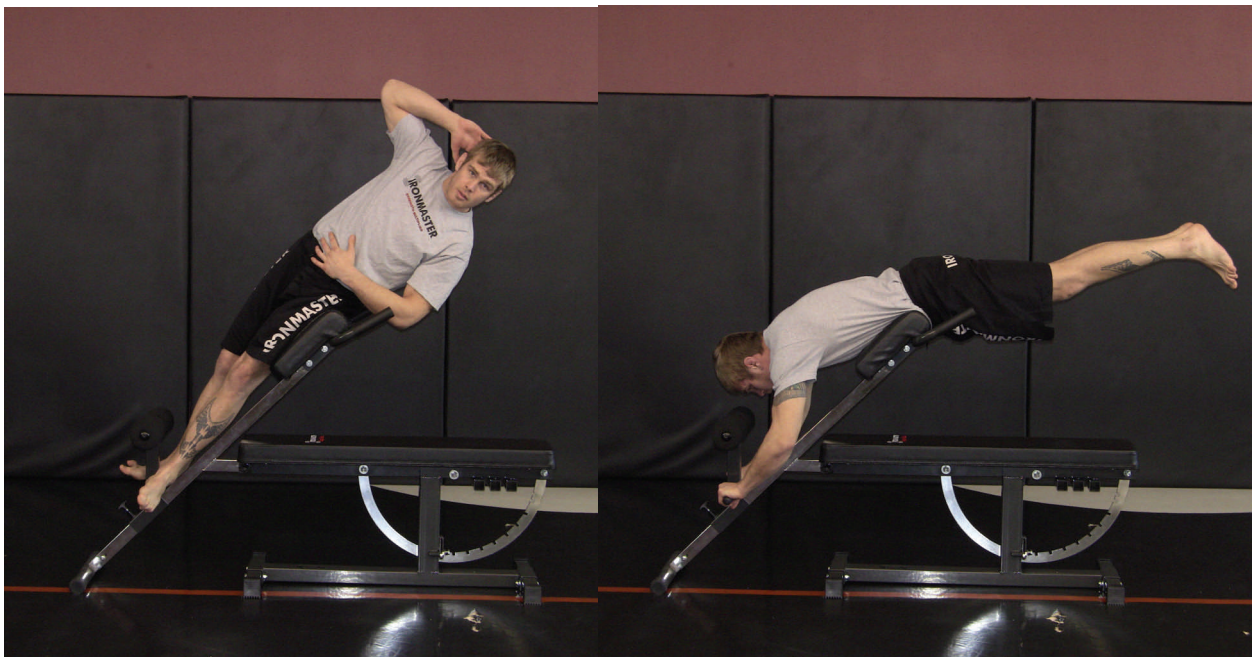


Ironmaster Hyper Core Attachment Exercises



Hyper Extensions

Roman Chair



Side Oblique Bends

Reverse Hyper Extensions