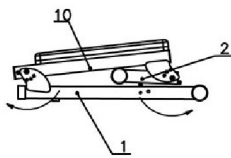


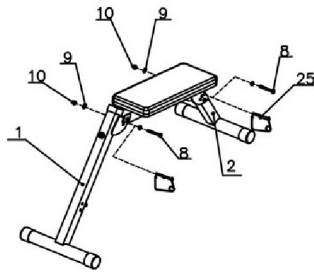


**BFHYP10 Ab - Hyp Bench Assembly Steps:**

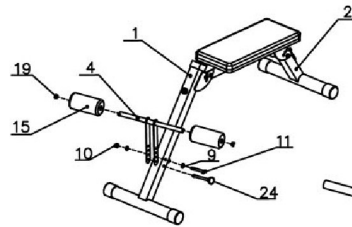
1. Position bench on it's side and extend support frame (1) and rear support frame (2).
2. Install removable safety pins(25) if repeated adjustments and folded storage position is desired or install bolts (8), washers (9) and nuts (10) for permanent positioning.
3. The adjustable ankle roller frame (4) must pivot into two positions for the Ab bench and Hyp bench configurations. Install the ankle roller frame onto the front support frame (1) with bolt (11), washers (9) and nut (10). Use one set of the top 3 holes on the ankle roller frame for the bolt position. The hole set directly below the pivot bolt will be used for the removable pop pin. (See STEP 3 DETAIL) The pop pin will lock the ankle rollers into position for either the Ab bench or the Hyp bench configuration. Install the  $\phi 100 \times 200$  foam rollers (15) onto the ankle roller frame (4). When the bench assembly is complete, the ankle roller frame may be re-adjusted for a better fit.
4. Install upper roller bar (6) into adjustable upper frame (5) and install the foam rollers (22) and hand grips (21) on either side of the upper frame. Install bolt (23), washers (9) and nylon nut (10) to secure roller bar in frame. Install completed adjustable upper frame into front support frame (1) and use locking pop pin (18) to set preferred height. Tighten locking pop pin until adjustable upper frame (5) is secure.
5. Make sure all fasteners are tight and pop pins are secure before sitting on bench. In the Hyp bench configuration, raise the upper rollers to a position that allows your pelvis to be supported during the exercise. In the Ab bench configuration, lower the upper rollers so when positioned under your knees, the front of your feet will reach the ankle rollers. Always be careful when repositioning the legs.



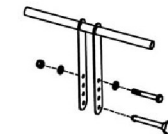
STEP 1



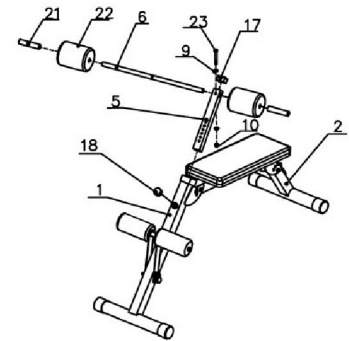
STEP 2



STEP 3



STEP 3 DETAIL



STEP 4

## BFHYP10 Parts List

No.	Description	Qty	No.	Description	Qty
1	Front Support Frame	1	14	φ 60 End Cap	4
2	Rear Support Frame	1	15	φ 100*200 Foam Rollar	2
3	Back seat Frame	1	16	50*50 Square End Cap	2
4	Ankle Roller Frame	1	17	45*45 Square End Cap	1
5	Adjustable Upper Frame	1	18	φ 38*M16* φ 8 Locking Pop Pin	1
6	Upper Roller Bar	1	19	φ 25 Round End Cap	2
7	Back Pad	1	20	Plastic Bushing	1
8	M10*75 Hex Bolt	4	21	Handle Grip	2
9	φ 10 Washer	12	22	φ 150*200 Foam Roller	2
10	M10 Nylon Nut	6	23	M10*60 Hex Bolt	1
11	M10*70 Hex Bolt	1	24	φ 10*70 Pin	1
12	M8*70 Hex Bolt	2	25	φ 10 Safety Pin	2
13	φ 8 Washer	2	26	Spring Washer	2

**FOR PARTS OR SERVICE INQUIRIES CALL TEL 800-556-3113 FAX 708-427-3556**

BFHYP10 Exploded View

