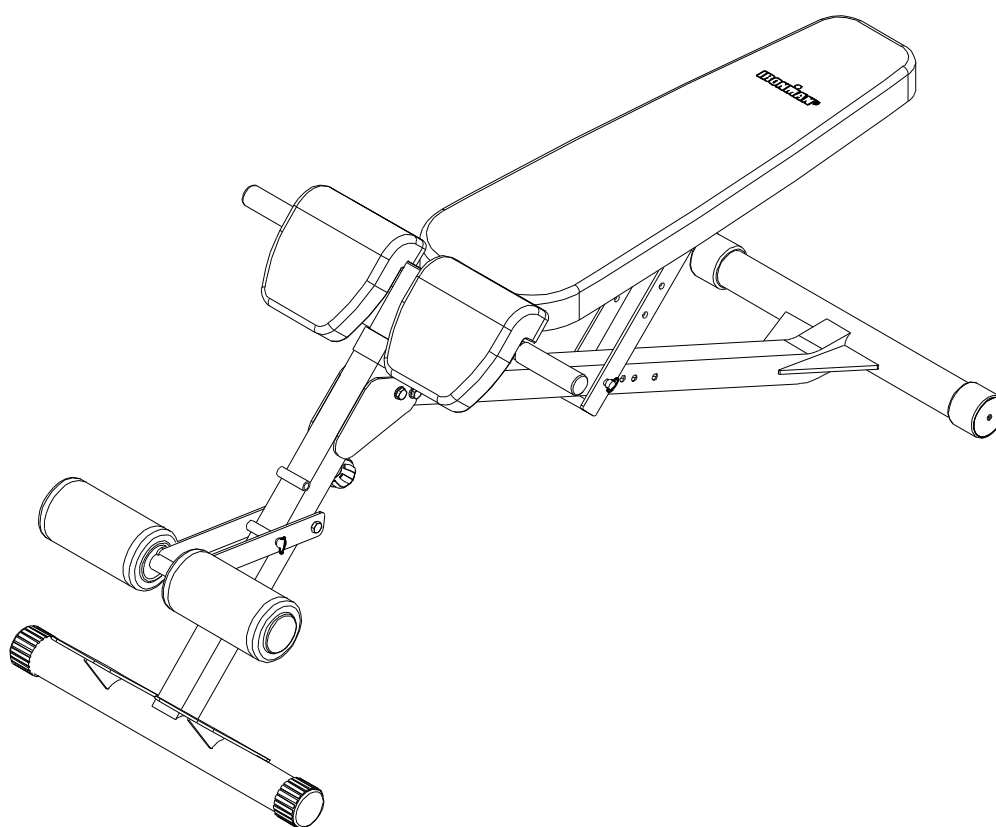


OWNER'S MANUAL



AB Hyper Bench

6838.3-090116

The specifications of this product may vary from this photo and are subject to change without notice.
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This product is licensed by the World Triathlon Corporation.

TABLE OF CONTENTS

SERVICE-----	2
LABEL PLACEMENT-----	3
PRODUCT SAFETY-----	4
ASSEMBLY PREPARATION-----	5
OVERVIEW-----	6
HARDWARE PACK-----	7
PART LIST-----	8
STEP 1-----	10
STEP 2-----	12
STEP 3-----	14
STEP 4-----	16
STEP 5-----	18
STEP 6-----	20
ADJUSTMENTS-----	22
WARRANTY-----	23
PART REQUEST FORM-----	24

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Open Daily) by below methods:

For Best Service Email:

Service@paradigmhw.com*

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7922**

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

For damaged or defective product please contact our customer service before returning to the store.

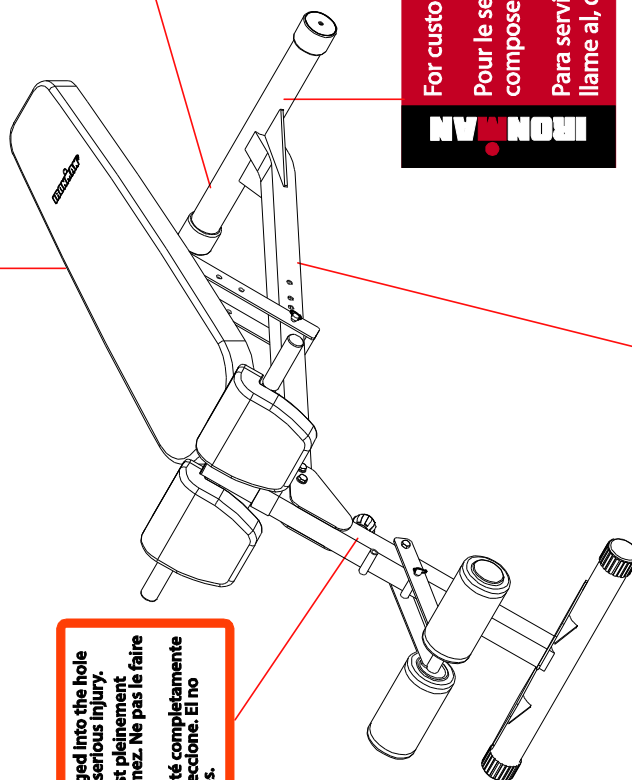
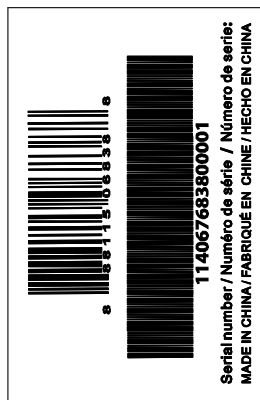
* Emailing us with the information above will be the best method to receive a response during peak business hours.

****Response time may vary.**

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

LABEL PLACEMENT

<p>UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE CONSUMER</p> <p>ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD_100%</p> <p>REGISTRY NO. VA25302 (CN)</p> <p>Certification is made by the manufacturer that the materials in this article are described in accordance with law.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry CA 91748, USA</p>	<p>NOTICE</p> <p>This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarets.</p>
<p>SOUS PEINE DE SANCTION LÉGALE, CETTE ÉTIQUETTE NE PEUT ÊTRE ENLEVÉE PAR UNE PERSONNE AUTRE QUE LE CONSOMMATEUR</p> <p>ENTIÈREMENT FABRIQUÉ DE MATÉRIAUX NEUPS REMBOURRAGE DE MOUSSE DE POLYURÉTHANE 100 %</p> <p>NO D'ENREGISTREMENT VA25302 (CN)</p> <p>Cette étiquette est apposée conformément aux lois Californiennes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748 USA</p>	<p>AVIS</p> <p>Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.)</p>
<p>SE SANCIONARÁ LEGALMENTE A QUIENES QUITEN ESTA ETIQUETA. SOLO EL CONSUMIDOR PODRÁ QUITARLA.</p> <p>MATERIAL COMPLETAMENTE NUEVO COMPUESTO DE 100% RELLENO DE ESPUMA DE POLIURETANO.</p> <p>NO. DE REG VA25302 (CN)</p> <p>El fabricante certifica que los materiales de este artículo se describen según las leyes.</p> <p>Paradigm Health and Wellness, Inc. 1189 Jellick Ave. City of Industry CA 91748, USA</p>	<p>NOTIFICACIÓN</p> <p>Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de una llama abierta o con cigarets ardientes.</p>



WARNING
AVERTISSEMENT
ADVERTENCIA

Always be sure that the pin is fully engaged into the hole you select. Failure to do so may result in serious injury. Assurez-vous toujours que la goupille est pleinement engagée dans le trou que vous sélectionnez. Ne pas le faire peut entraîner des blessures graves. Asegúrese siempre de que el pasador esté completamente enganchado en el agujero que usted seleccione. El no hacerlo puede resultar en lesiones graves.

For customer assistance, daily:
Pour le service à la clientèle
composer le, tous les jours:
Para servicios al cliente,
llame al, diario:

1-844-641-7922
08:00 - 17:00 Los Angeles

<p>MAINTENANCE SCHEDULE</p> <p>CAUTION: Make sure to remove any safety keys and unplug the power cord before performing any maintenance procedures on Electrical Equipment.</p> <p>DAILY</p> <ul style="list-style-type: none"> Inspect and tighten security (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.). Keep liquids away and avoid direct sunlight from console to avoid damages. Check to ensure the machine is leveled. Check adjustment knob to be very tight. Check adjustment knob to be very tight. <p>WEEKLY</p> <ul style="list-style-type: none"> Inspect and tighten security (Handlebars, Seat, Seat Post, Brake Pads, Pedals, etc.). Clean and Wipe Upholstery, Rollers, Track Wheels, Walking Belt. Check equipment (Metal / Wood / Upholstery) structure frame. Lubrication: See Owner's Manual. 	<p>HORARIO DE MANTENIMIENTO</p> <p>PRECAUCIÓN: Asegúrese de retirar las llaves de seguridad y desconectar el cable eléctrico antes de realizar cualquier procedimiento de mantenimiento del equipo eléctrico.</p> <p>DIARIO</p> <ul style="list-style-type: none"> Revisar y apretar bien (tuercas, pernos, pastillas de caucho, soportes de acero, etc.). Mantenga alejados los líquidos y retire de la luz solar directa reflejada por la consola, para evitar daños. Revise para asegurarse que la máquina está nivelada. Revise para asegurarse que la máquina está nivelada. Revise para asegurarse que la máquina está nivelada. <p>SEMANALMENTE</p> <ul style="list-style-type: none"> Revisar y apretar firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, los pedales, etc.). Utilice un paño húmedo para limpiar el polvo y humedad del equipo. Limpie y pase un trapo por la tapicería, los rodillos, ruedas de pista, cinta para caminar. Verifique el equipo (Metal / madera / tapicería) estructura del equipo. Lubricación: Ver el Manual del dueño. 	<p>HEURES ENTRETIEN</p> <p>ATTENTION: Vérifier à supprimer toutes les clés de sécurité et débrancher le cordon d'alimentation avant d'effectuer les procédures de maintenance sur les équipements électriques.</p> <p>QUOTIDIEN</p> <ul style="list-style-type: none"> Inspectez et serrez solidement (écrous, boulons, tapis en caoutchouc, supports en acier, etc.). Éloignez les liquides et évitez les rayons directs du soleil depuis la console pour éviter des dommages. Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement. Vérifiez la tension et l'ajustement sur Spring Loaded sécurités. Vérifiez la tension et l'ajustement sur Spring Loaded sécurités. <p>HEBDOMADAIRE</p> <ul style="list-style-type: none"> Inspectez et serrez la machine adéquate. Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement. Propre et essuyez amplement, Roulers, Jantes Piste, ceinture de marche. Lubrification: Voir le Manuel du propriétaire.
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PRODUCT SAFETY

WARNING: Before using this equipment you should consult with your personal physician to see if AB Hyper Bench is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- A hiatus hernia or a ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anticoagulants including Aspirin in high doses

The Maximum Weight Capacity for this product is 650lbs/295kgs.

Read all instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.

This Bench was designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using the Bench.
2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
3. If anytime you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
4. Keep children and pets away from this equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.

Warning: It is highly recommended that you have assistance during the assembly of this IRONMAN strength equipment.

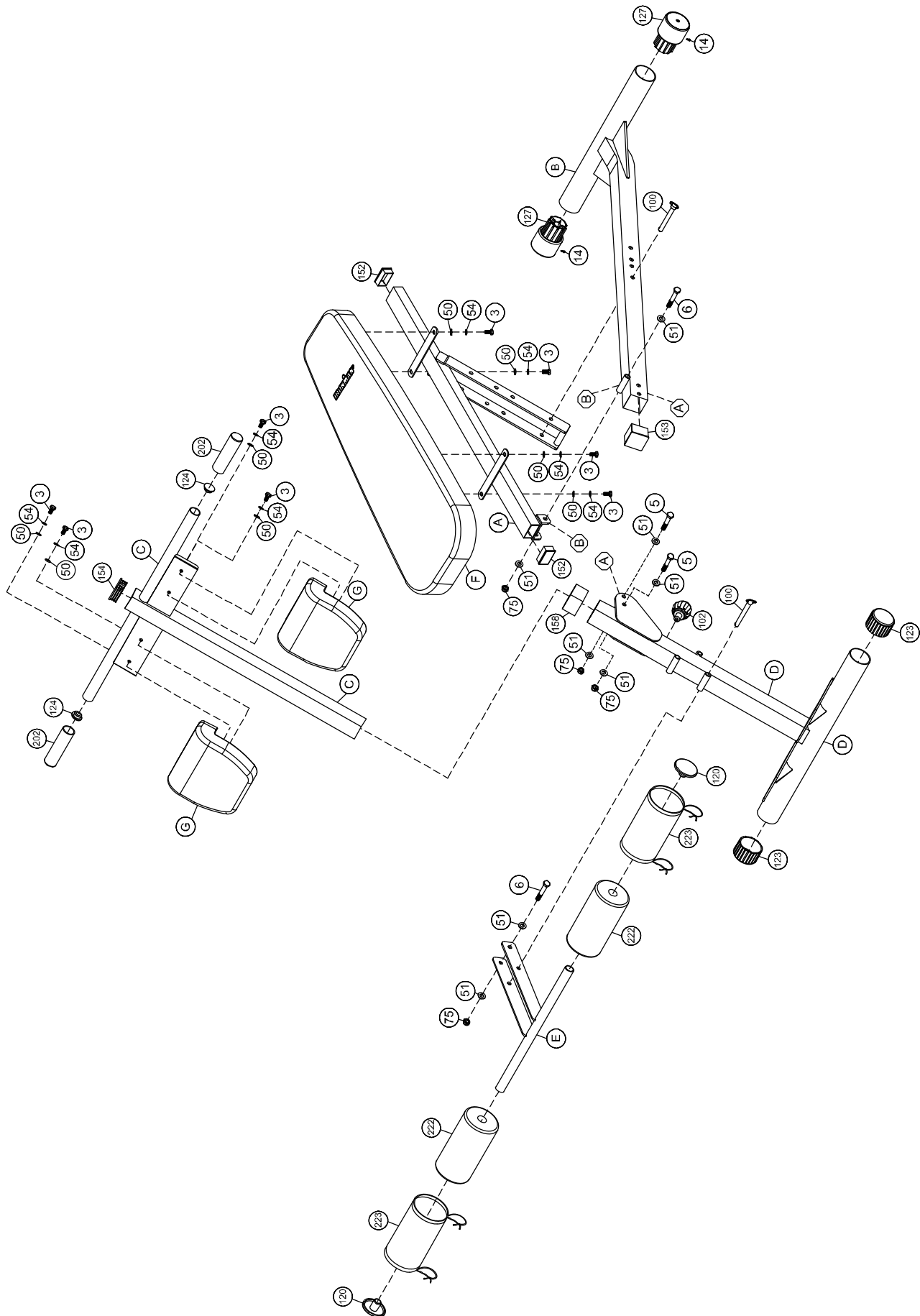
1. Tools for assembly:

General tools needed for the assembly of this IRONMAN strength equipment:

- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

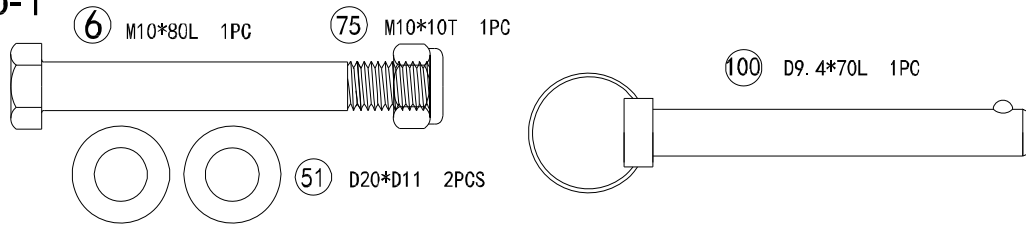
2. Insert the bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the IRONMAN strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the items of that step.
6. To aid in assembly of the equipment, the hardware (bolts, nuts, washer...etc.) has been presorted according to their corresponding steps. **Each bag of hardware is labeled with its corresponding step number.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. See page 2.

OVERVIEW DRAWING

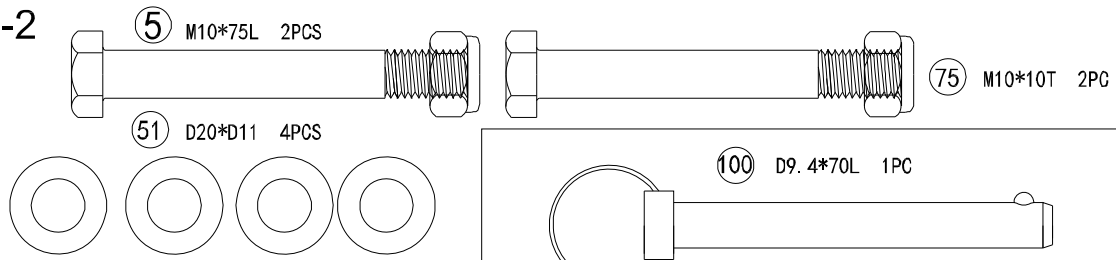


HARDWARE PACK

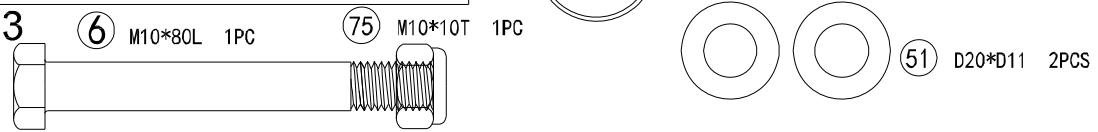
Step-1



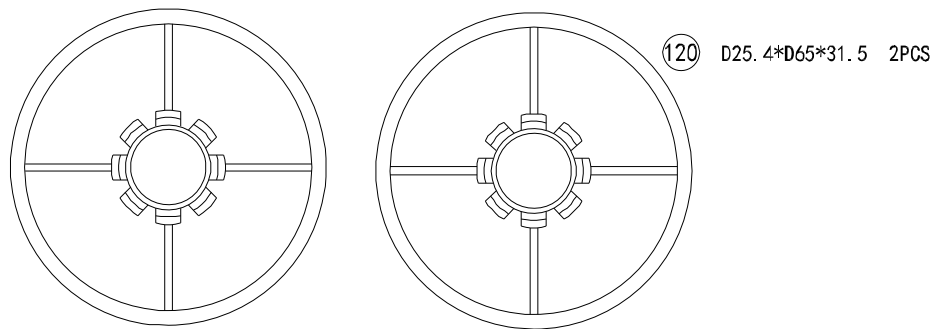
Step-2



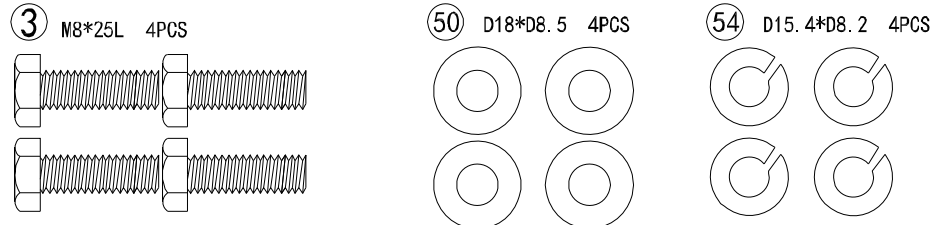
Step-3



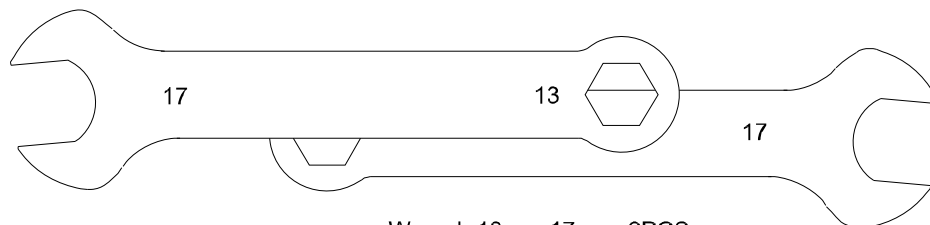
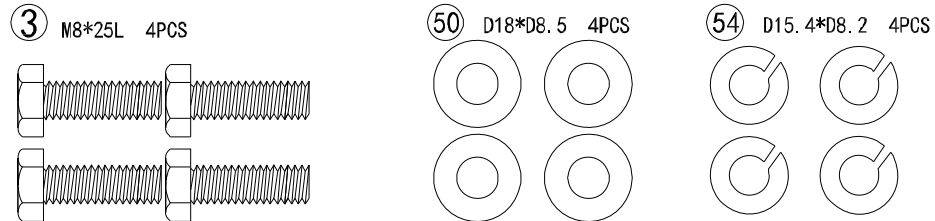
Step-4



Step-5



Step-6



Wrench 13mm, 17mm 2PCS

(MM)

PART LIST

Part#	Description	Qty.
A	Backrest Support Tube	1
B	Rear Support Tube	1
C	Handle Grip Tube	1
D	Front Support Tube	1
E	Swing Tube	1
F	Backrest Pad 900x300x60T	1
G	Support Pad 200x200x50T	2
3	Hex Bolt M8x1.25x25L	8
5	Hex Bolt M10x1.5x75L	2
6	Hex Bolt M10x1.5x80L	2
14	Screw ST4x1.41x15L	2
50	Flat Washer D18xD8.5x1.2T	8
51	Flat Washer D20xD11x2T	8
54	Spring Washer D15.4xD8.2x2T	8

Part#	Description	Qty.
75	Nylon Nut M10x1.5x10T	4
100	Pin D9.4x70	2
102	Ball Knob D50xM16x22xD8	1
120	Round Cap D25.4xD65x31.5	2
123	Round Cap D60xD67x43L	2
124	Round Cap D31.8x19L	2
127	ROUND CAP D60xD70x101L	2
152	Square Cap 30x50x18	2
153	Square Cap 50x50x20L	1
154	Square Cap 44x44x16L	1
158	Hollow Cap 55*55*46*46*36.5	1
202	Handle Grip D30x3Tx140L	2
222	Foam Rollers D23xD100x200L	2
223	Foam Roller Sleeve	2

STEP 1

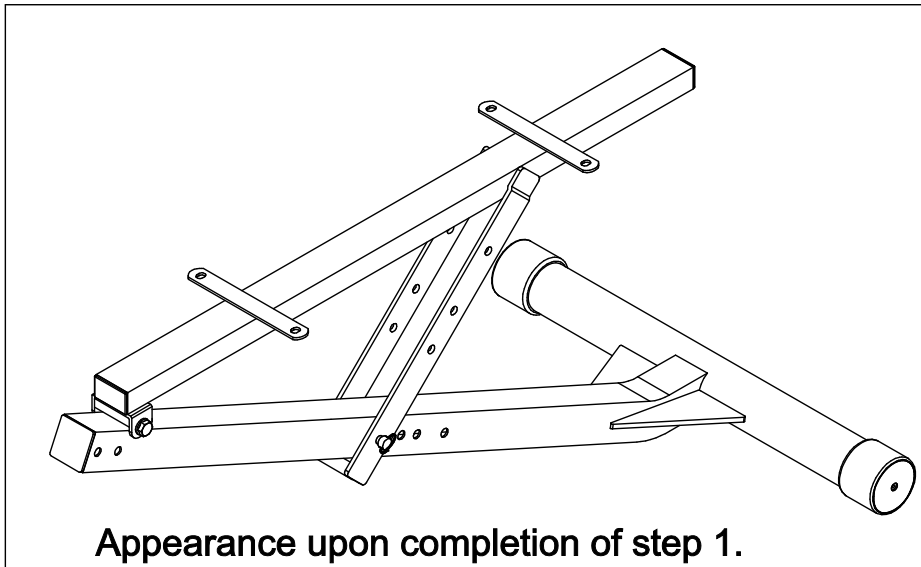
1A. Slide the **Rear Support Tube (B)** through the bracket of the **Backrest Support Tube (A)**. Fasten the **Rear Support Tube (B)** to the **Backrest Support Tube (A)** using:

- 1 - (6) Hex Bolt M10x1.5x80L
- 2 - (51) Flat Washer D20xD11x2T
- 1 - (75) Nylon Nut M10x1.5x10T

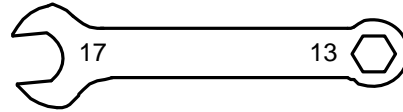
1B. Align the adjustment holes on the **Backrest Support Tube (A)** with **Rear Support Tube (B)** and lock the two parts into place using:

- 1 - (100) Pin D9.4x70

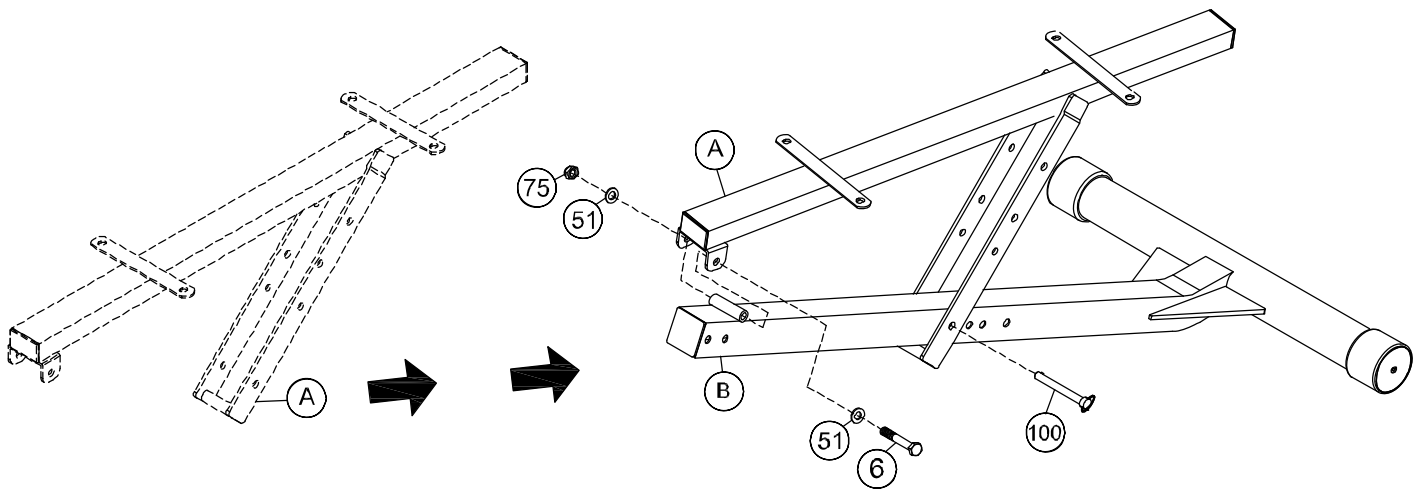
Thoroughly tighten the hardware once complete



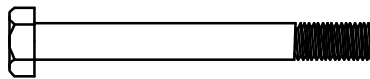
STEP 1



Wrench 2 PCS



NO. 100 PIN
D9.4x70 1PC



NO.6 Hex Bolt
M10x1.5x80L
1PC



NO. 75 Nylon Nut
M10x1.5x10T
1PC



NO.51 Flat Washer
D20xD11x2T
2PCS

STEP 2

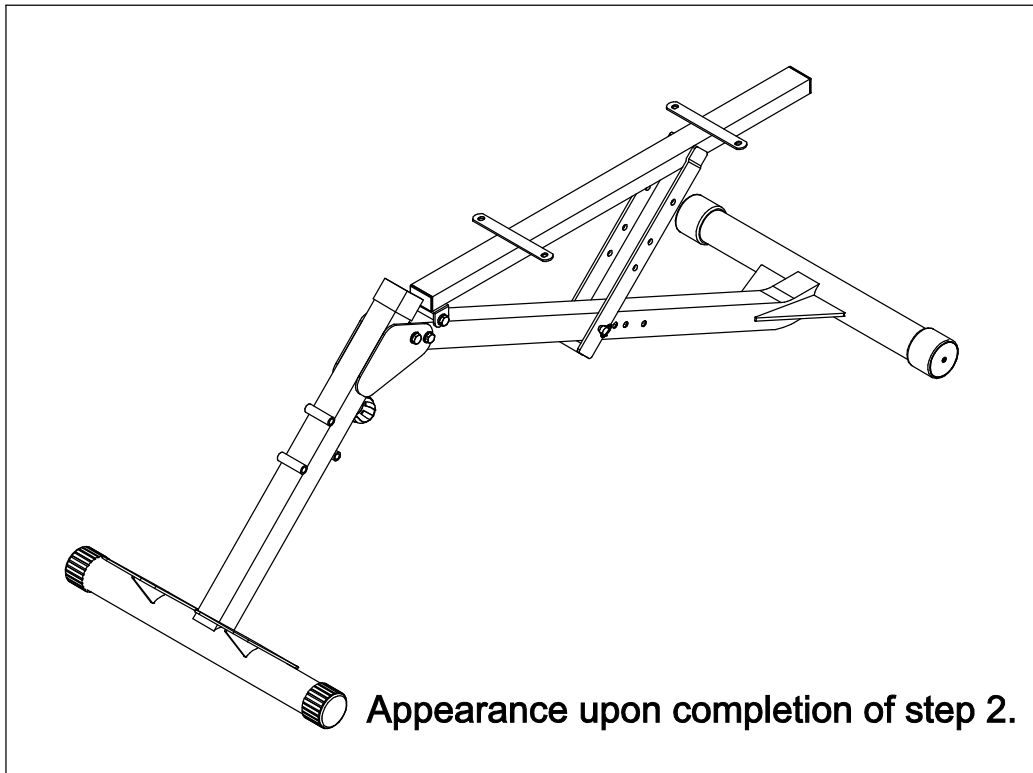
2A. Insert the **Rear Support Tube (B)** into the bracket of **Front Support Tube (D)** by aligning the two holes and fasten together using:

2 - (5) Hex Bolt M10x1.5x75L

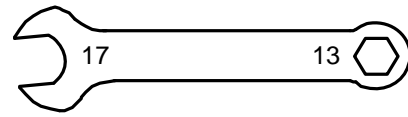
4 - (51) Flat Washer D20xD11x2T

2 - (75) Nylon Nut M10x1.5x10T

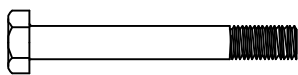
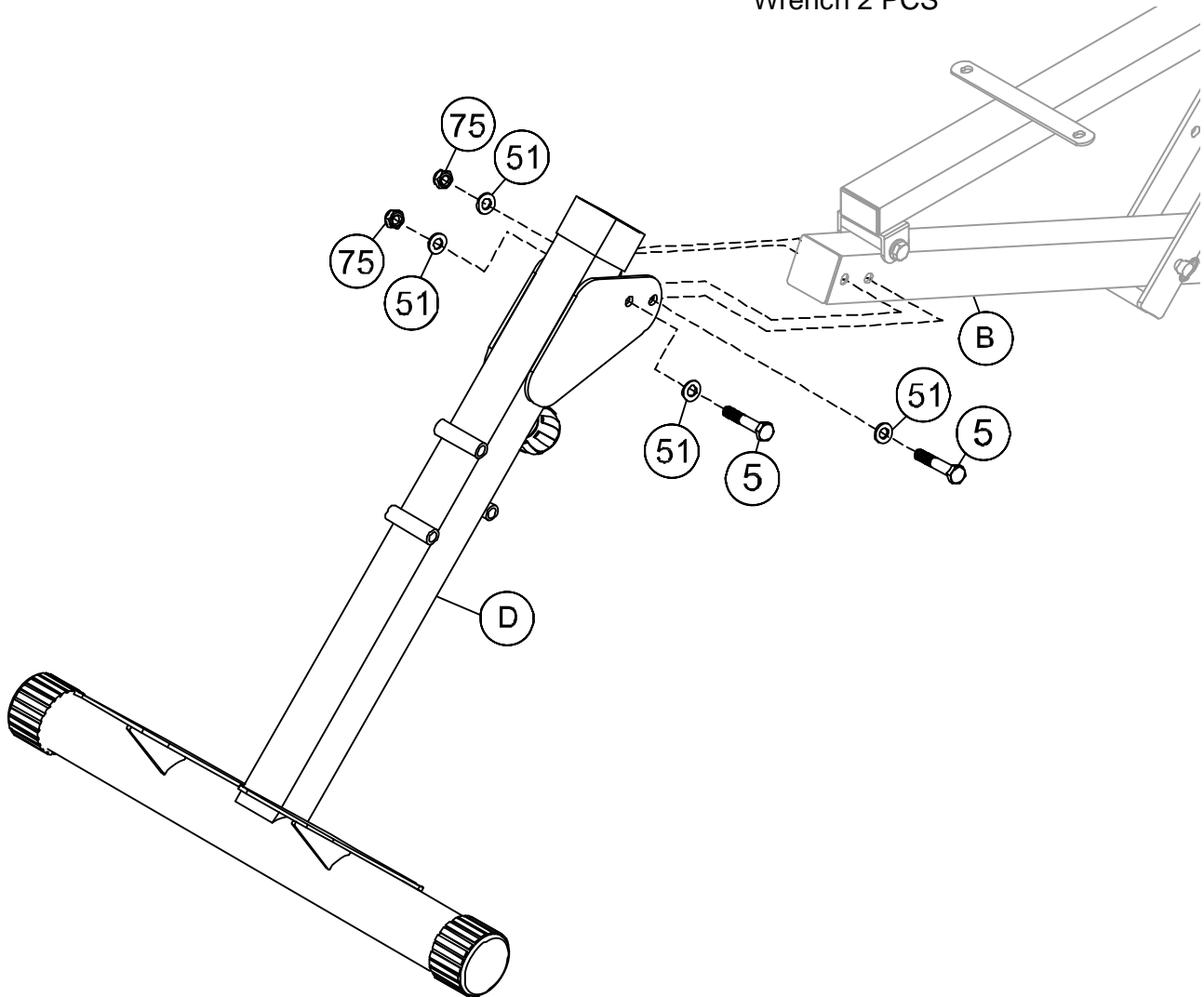
Thoroughly tighten the hardware once complete



STEP 2



Wrench 2 PCS



NO. 5 Hex Bolt
M10x1.5x75L
2PCS



NO.51 Flat Washer
D20xD11x2T
4PCS



NO. 75 Nylon Nut
M10x1.5x10T
2PCS

STEP 3

3A. Fasten the **Swing Tube (E)** to hole on the underside of **Front Support Tube (D)** using:

1 - (6) Hex Bolt M10x1.5x80L

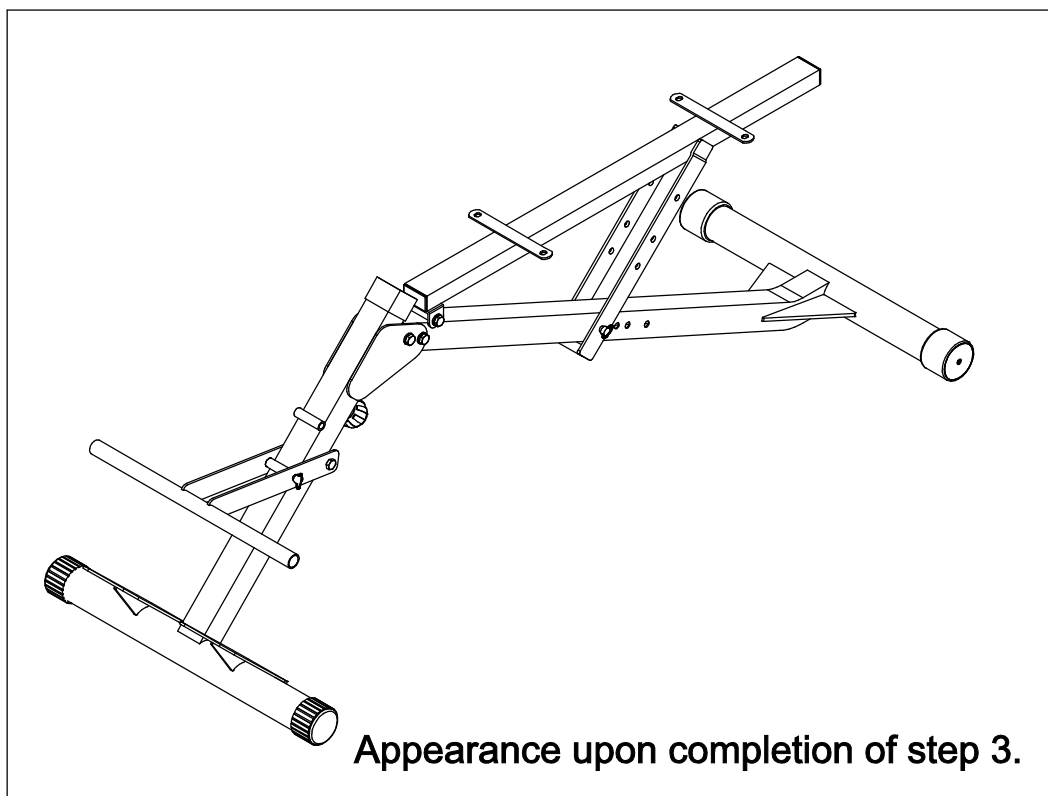
2 - (51) Flat Washer D20xD11x2T

1 - (75) Nylon Nut M10x1.5x10T

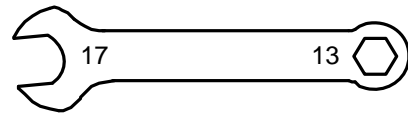
3B. Align the Swing Tube (E) to the adjustment holes on the front of Front Support Tube (D) and lock the two parts in place Using:

1 - (100) Pin D9.4x70

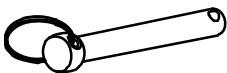
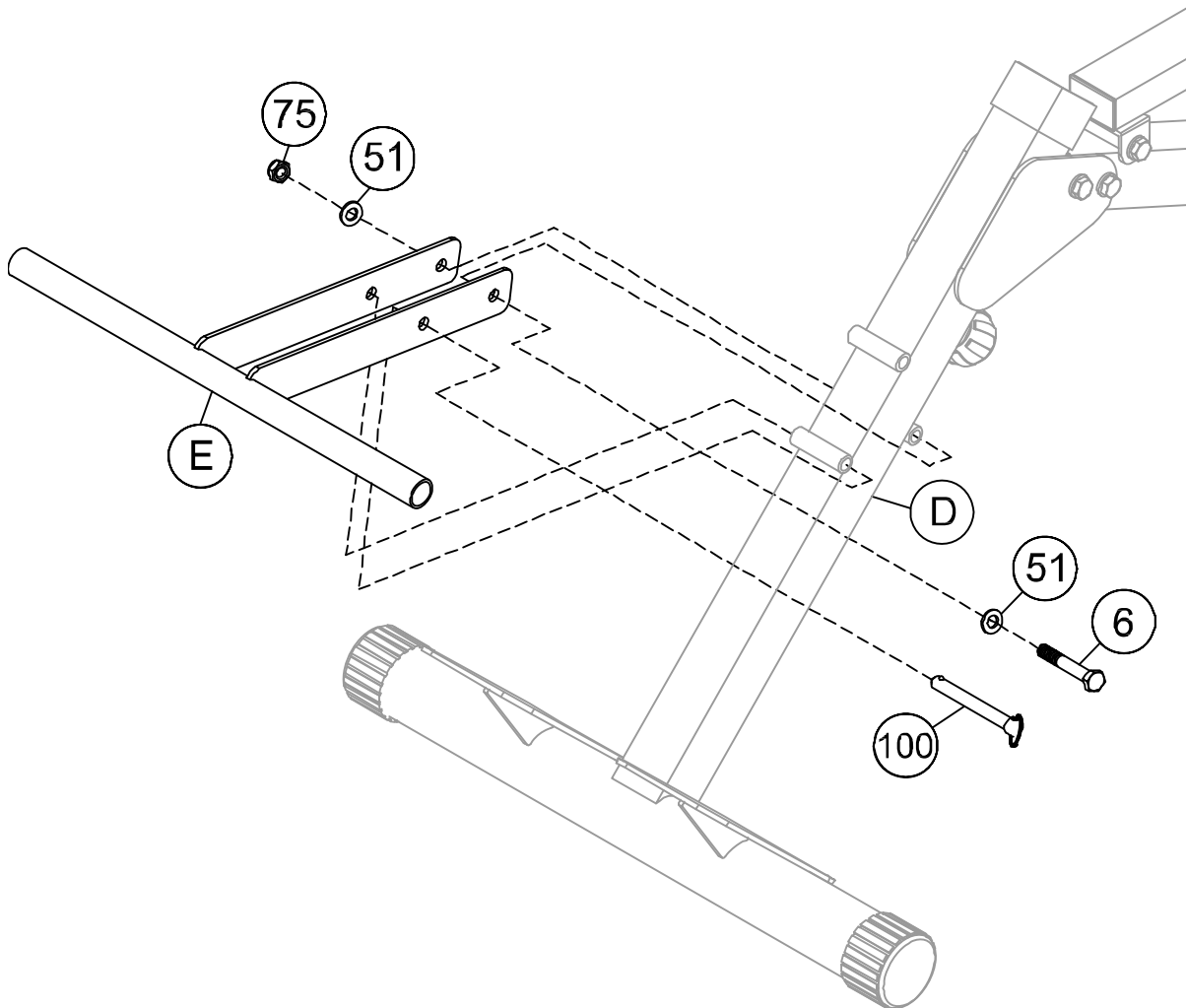
Thoroughly tighten the hardware once complete



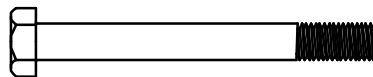
STEP 3



Wrench 2 PCS



NO. 100 PIN
D9.4x70 1PC



NO. 6 Hex Bolt
M10x1.5x80L
1PC



NO. 75 Nylon Nut
M10x1.5x10T
1PC



NO. 51 FLAT Washer
D20xD11x2T
2PCS

STEP 4

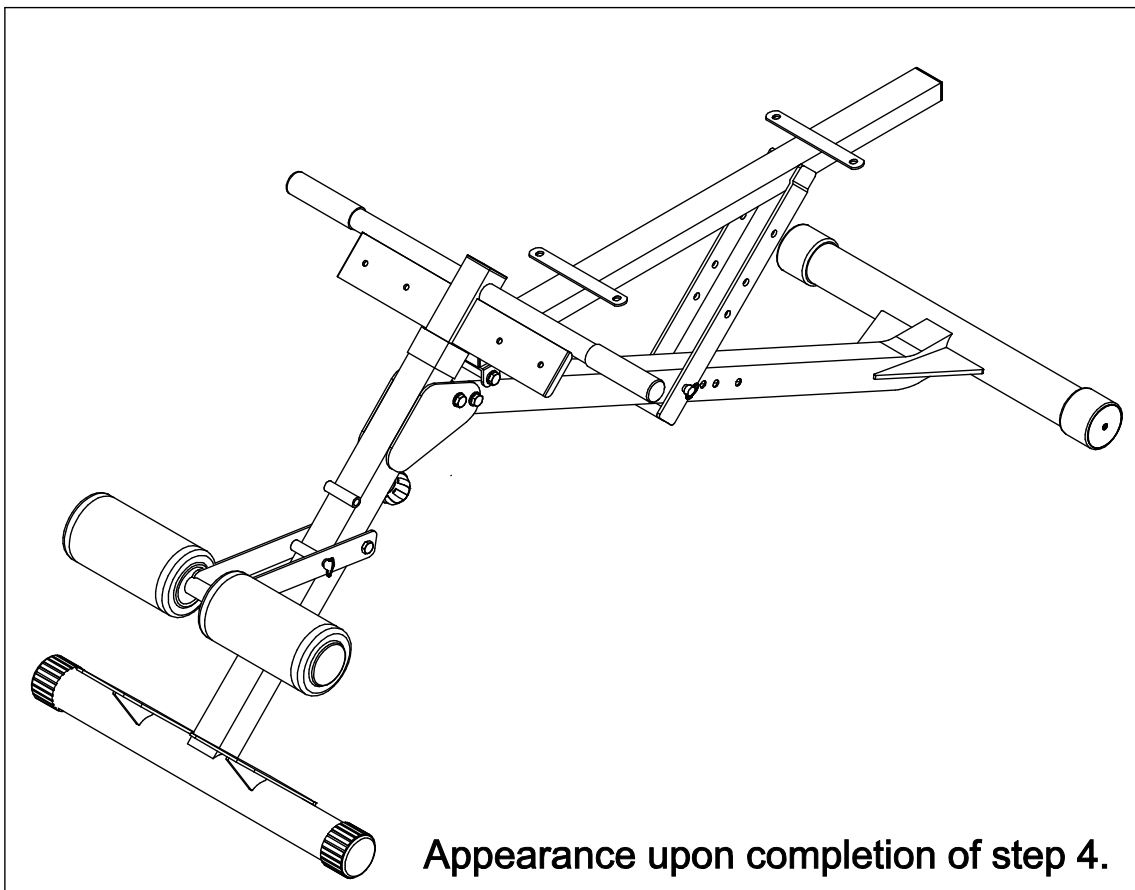
4A. Insert Handle Grip Tube (C) into the Square shaft of the Front Support Tube (D). Lock the Handle Grip Tube into place using the Ball Knob (102) located on the underside of the Front Support Tube (D).

4B. Mount the Foam Roller (222) with the Foam Rollers Sleeves (223) onto the posts of the Swing Bar (E). Lock the Foam Rollers (222) into place by inserting Round Cap (120) into the post holes of the Swing Tube (E) using:

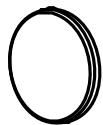
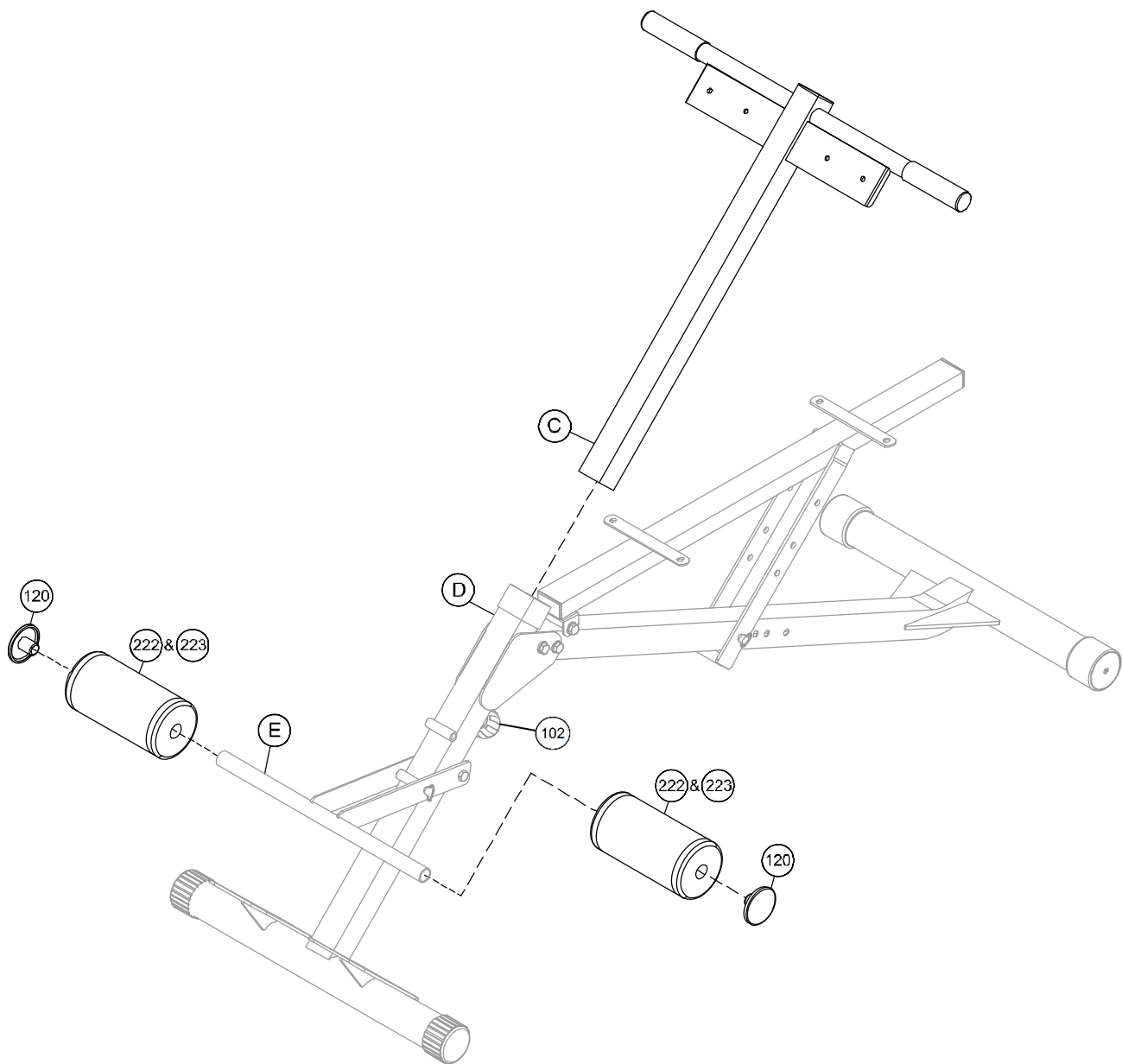
2 - (222) Foam Rollers D23xD100x200L

2 - (223) Foam Roller Sleeve (ALREADY INSTALLED ON PART 222)

2 - (120) Round Cap D25.4xD65x31.5



STEP 4



NO.120 Round Cap
D25.4xD65x31.5
2PCS

STEP 5

5A. Attach both Support Pads (G) to Handle Grip Tube (C) using:

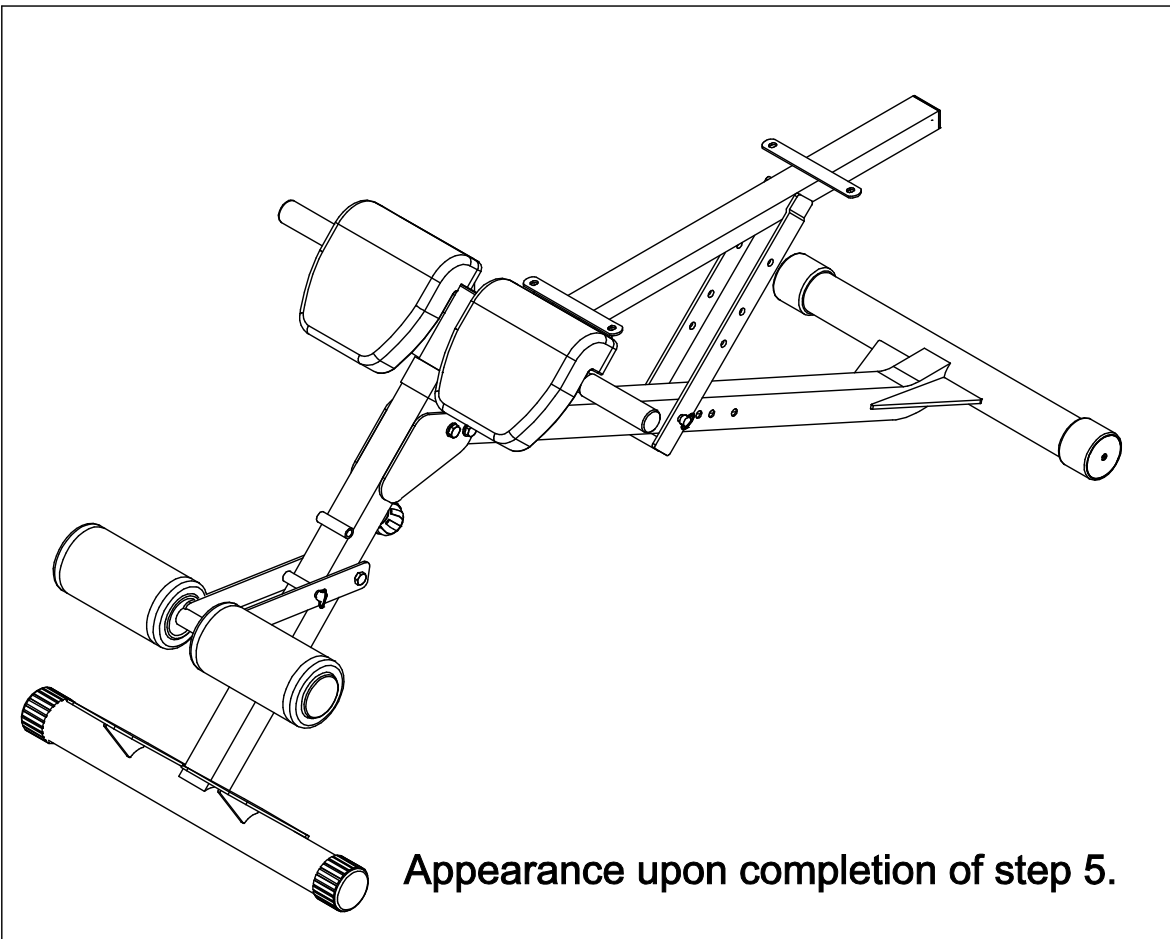
4 - (3) Hex Bolt M8x1.25x25L

4 - (50) Flat Washer D18xD8.5x1.2T

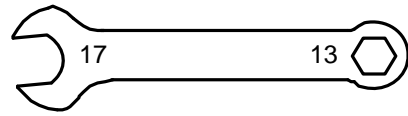
4 - (54) Spring Washer D15.4xD8.2x2T

Note: loosely install all the hardware by hand prior to tightening with tools. This will make aligning the holes easier

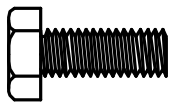
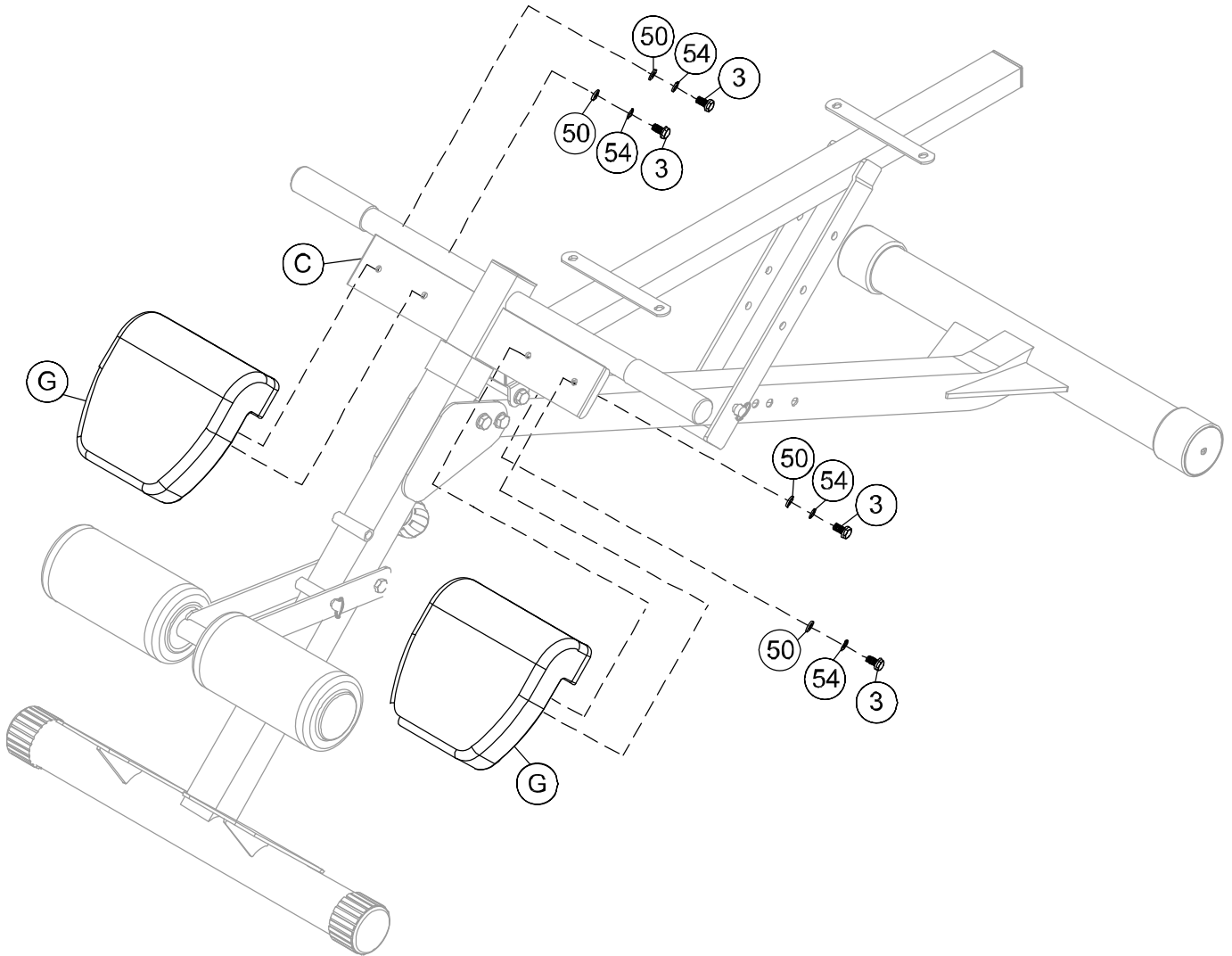
Thoroughly tighten the hardware once complete



STEP 5



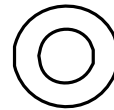
Wrench 1PC



NO.3 Hex Bolt
M8*1.25*25L
4PCS



NO.54 Spring Washer
D15.4*D8.2*2T
4PCS



NO. 50 Flat Washer
D18*D8.5*1.2T
4PCS

STEP 6

6A. Attach both Backrest Pad (F) to Backrest Support Tube (A) using:

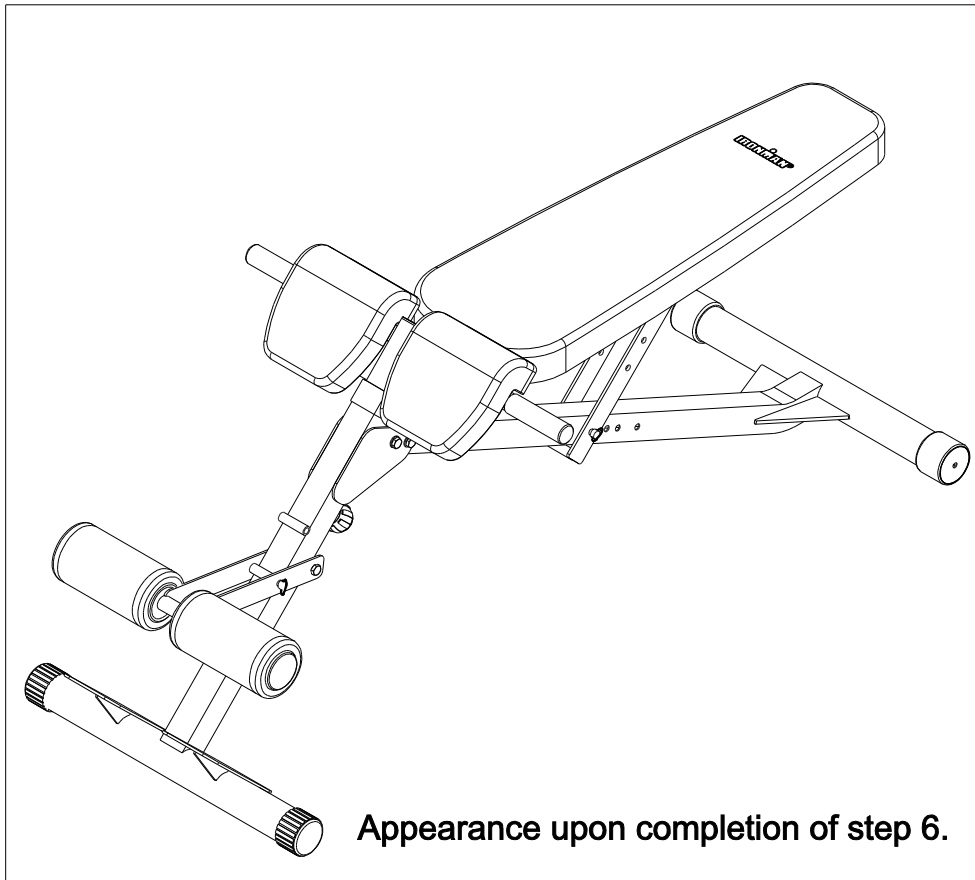
4 - (3) Hex Bolt M8x1.25x25L

4 - (50) Flat Washer D18xD8.5x1.2T

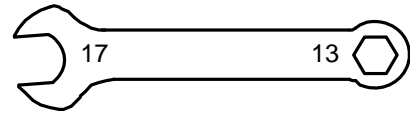
4 - (54) Spring Washer D15.4xD8.2x2T

Note: loosely install all the hardware by hand prior to tightening with tools. This will make aligning the holes easier

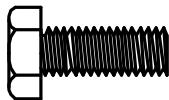
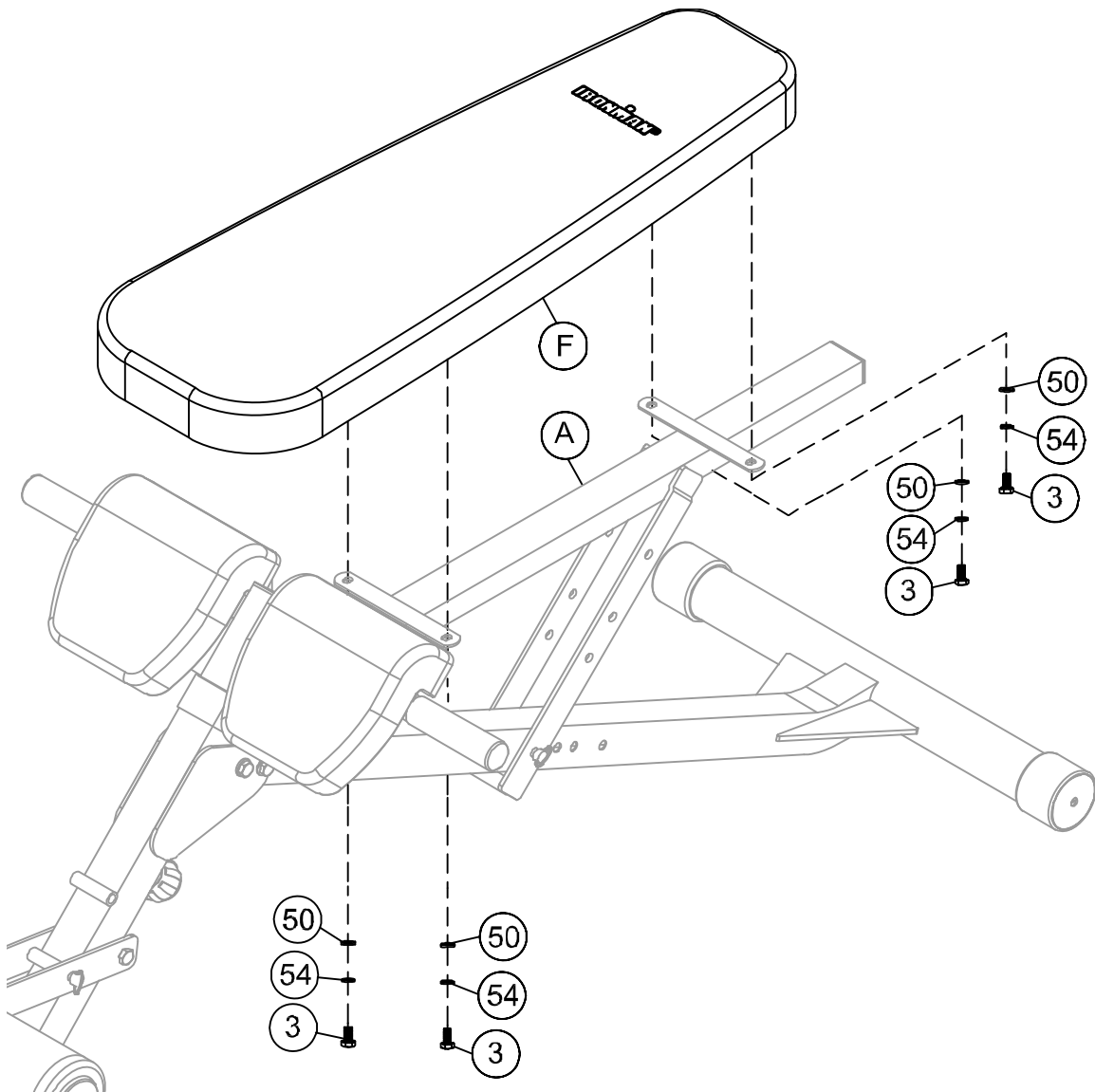
Thoroughly tighten the hardware once complete



STEP 6



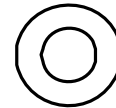
Wrench 1PC



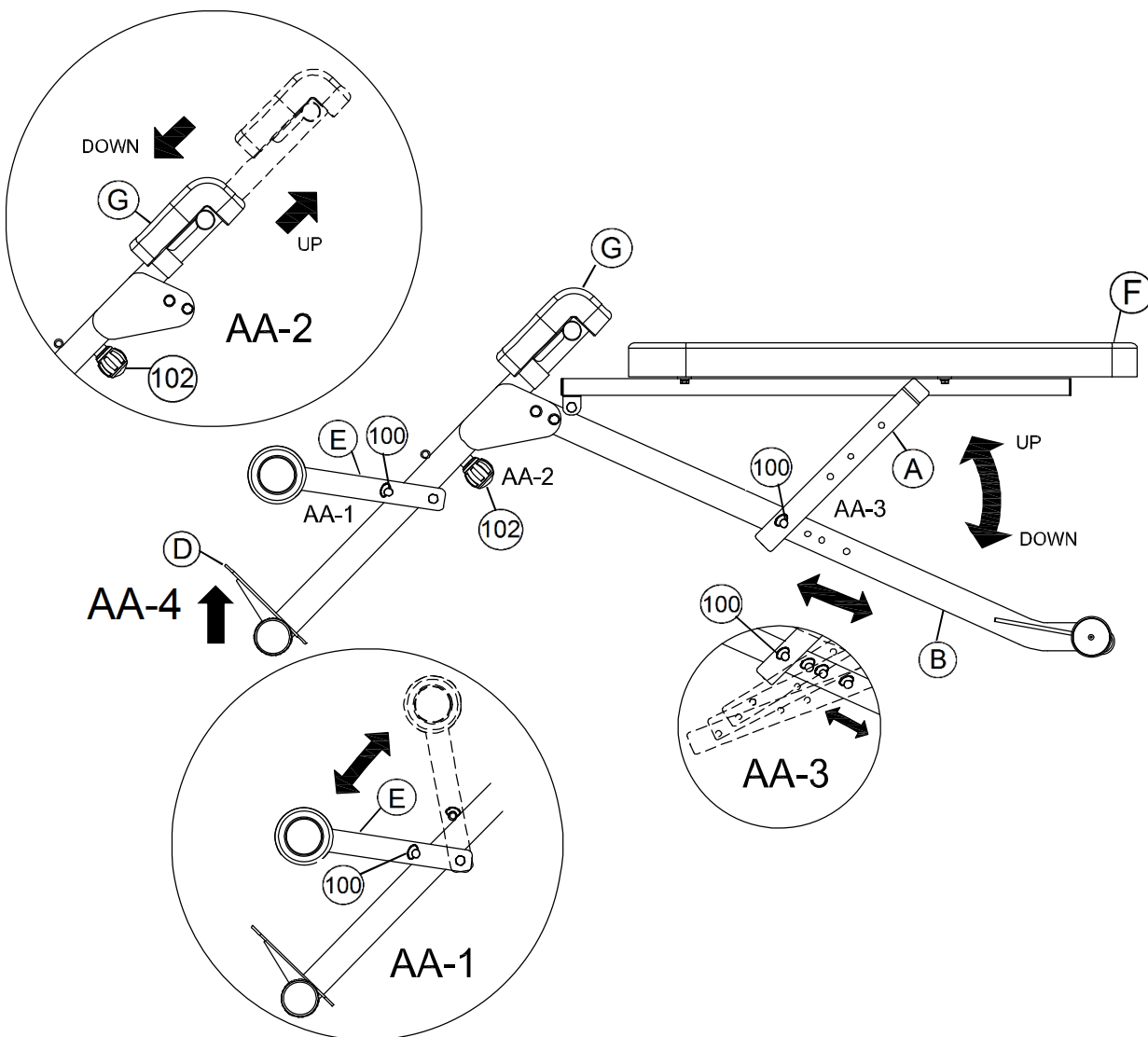
NO.3 Hex Bolt
M8*1.25*25L
4PCS



NO.54 Spring Washer
D15.4*D8.2*2T
4PCS



NO. 50 Flat Washer
D18*D8.5*1.2T
4PCS



1. Swing Tube Adjustment (Image AA-1)

Raise or lower the Swing Tube (E) into the desired position, align the adjustment holes, and secured it in place with the Pin (100) before using the AB Hyper Bench.

2. Support Pad adjustment (Image AA-2)

Raise or lower the Support Pads (G) to the desired position, after you feel the Ball Knob (102) pin pop into one of the adjustment holes, tighten the Ball Knob (102) to secure the Support Pads (G) into place.

3. Backrest Adjustment (Image AA-3)

Raise or lower the Backrest (F) to the desired position. Align the adjustment holes of the Backrest Support Tube (A) with the holes of the Rear Support Tube (B), and completely secure the two parts in place with the Pin (100) before using the AB Hyper Bench.

4. Transporting the Bench (Image AA-4)

Grab and hold Front Support Tube (D), then carefully lift the Front Support Tube (D) until the wheels on the Rear Support Tube (B) make contact with the ground.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
All Components	Limited Lifetime Guarantee for home use only

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

PART REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

** This form can also be faxed in Fax #: 626-810-2166*