

## **Hyper Extension Bench**



**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, and, are subject to change without notice.

# **Owner's Manual**

# **Le Manuel Du Propriétaire**



**PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.**

**STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.**

**Email us at:**  
**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

**Or call us at:**  
**1-844-641-7920**  
**Hours:**  
**8:00 am to 5:00 pm (PST)**  
**Monday thru Friday**

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### IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

**For The Best Service, please Email:  
service@paradigmhw.com**

**Response Time: 1-2 Business Days**

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

**Website:  
www.paradigmhw.com**

**Toll-Free:**

**1-844-641-7920**

**(8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday)**

**Response time may vary via calling**

**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.**

**Paradigm Health & Wellness, Inc.**

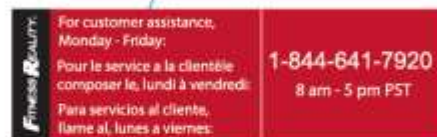
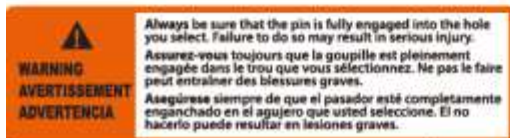
**1189 Jellick Ave.**

**City of Industry, CA 91748, USA**

# LABEL PLACEMENT

<p>UNDER PENALTY OF LAW THIS TAG MUST BE REMOVED EXCEPT BY THE CONSUMER</p> <p>ALL NEW MATERIALS COMPLYING WITH CALIF. FIRE TESTS</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>Headign Health and Wellness, Inc. 1160 Jellison Ave. City of Industry, CA 91746, USA</p>	<p><b>NOTICE</b></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 cigarettes.</p>
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<p>SOLUS PINE DE SANCTIONS (GABE, CATTI, ETC.) ET UN MOU ETRE, ENLACE, NO LINE TOUTE, AUTRE QUE LE CONOMATON</p> <p>PARTEMENT HABITAT DE MATERIAUX NEUTRE REMOUEMENT DE MOUET DE POLYURETHANE 100 %</p> <p>NO D'ENREGISTREMENT VA25302 (CN)</p> <p>Cette étiquette est apposée conformément aux lois de la Californie.</p> <p>Headign Health and Wellness, Inc. 1160 Jellison Ave. City of Industry, CA 91746, USA</p>	<p><b>AVIS</b></p> <p>Ce produit ne satisfait pas aux critères d'incendie 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>
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<p><b>MAINTENANCE SCHEDULE</b></p> <p><b>CAUTION:</b> Make sure to remove any safety keys and unplug the power cord before performing any maintenance procedures on Electrical Equipment.</p> <p><b>DAILY</b></p> <ul style="list-style-type: none"> <li>Inspect and tighten securely (Shuts, Bolts, Rubber Pads, Steel brackets, etc.).</li> <li>Replace any worn or torn parts immediately.</li> <li>Keep liquids away and avoid direct sunlight from console to avoid damages.</li> <li>Check to ensure the machine is level.</li> <li>Check tension and fitting on Safety Spring Loaded Pins.</li> <li>Check Adjustment Knobs to be Security Tightened.</li> </ul> <p><b>WEEKLY</b></p> <ul style="list-style-type: none"> <li>Inspect and tighten securely (Handlebars, Seat, Seat Post, Brake Pads, Pedals, etc.).</li> <li>Use a damp cloth to clean dust and moisture from equipment.</li> <li>Clean and Wipe Upholstery, Rollers, Track Wheels, Walking Belt.</li> <li>Check equipment Metal/ Wood/ Upholstery structure frame.</li> <li>Lubrication: See Owner's Manual.</li> </ul>	<p><b>HOARIO DE MANTENIMIENTO</b></p> <p><b>PRECAUCIÓN:</b> Asegúrese de retirar las llaves de seguridad y desconectar el cable eléctrico antes de realizar cualquier procedimiento de mantenimiento del equipo eléctrico.</p> <p><b>DIARIO</b></p> <ul style="list-style-type: none"> <li>Revise los y apriete bien (tornillos, pernos, pastillas de caucho, soportes de acero, etc.).</li> <li>Reemplace inmediatamente cualquier parte desgastada o rota.</li> <li>Mantenga alejados los líquidos y retire de la luz solar directa reflejada por la consola, para evitar daños.</li> <li>Revise para asegurarse que la máquina está nivelada.</li> <li>Cheque la tensión y ajuste las clavijas de seguridad accionadas por resorte.</li> <li>Revise que las perillas de ajuste estén apretadas firmemente.</li> </ul> <p><b>SEMANALMENTE</b></p> <ul style="list-style-type: none"> <li>Revise y apriete firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, los pedales, etc.).</li> <li>Utilice un paño húmedo para limpiar el polvo y humedad del equipo.</li> <li>Limpie y pase un trapo por la tapicería, los rodillos, ruedas de pista, cinta para caminar.</li> <li>Revise el marco de la estructura de metal / madera / tapicería del equipo.</li> <li>Lubricación: Ver el Manual del dueño.</li> </ul>
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<p><b>PRECAUCIÓN:</b> Asegúrese de retirar las llaves de seguridad y desconectar el cable eléctrico antes de realizar cualquier procedimiento de mantenimiento del equipo eléctrico.</p> <p><b>DIARIO</b></p> <ul style="list-style-type: none"> <li>Revise los y apriete bien (tornillos, pernos, pastillas de caucho, soportes de acero, etc.).</li> <li>Reemplace inmediatamente cualquier parte desgastada o rota.</li> <li>Mantenga alejados los líquidos y retire de la luz solar directa reflejada por la consola, para evitar daños.</li> <li>Revise para asegurarse que la máquina está nivelada.</li> <li>Cheque la tensión y ajuste las clavijas de seguridad accionadas por resorte.</li> <li>Revise que las perillas de ajuste estén apretadas firmemente.</li> </ul> <p><b>SEMANALMENTE</b></p> <ul style="list-style-type: none"> <li>Revise y apriete firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, los pedales, etc.).</li> <li>Utilice un paño húmedo para limpiar el polvo y humedad del equipo.</li> <li>Limpie y pase un trapo por la tapicería, los rodillos, ruedas de pista, cinta para caminar.</li> <li>Revise el marco de la estructura de metal / madera / tapicería del equipo.</li> <li>Lubricación: Ver el Manual del dueño.</li> </ul>	<p><b>ATTENTION:</b> Veillez 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><b>QUOTIDIEN</b></p> <ul style="list-style-type: none"> <li>Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.).</li> <li>Remplacez toutes les pièces usées ou défectueuses immédiatement.</li> <li>Éloignez les liquides et d'éviter les rayons directs du soleil depuis la console pour éviter des dommages.</li> <li>Vérifiez pour assurer la machine est nivelée.</li> <li>Pins, vérifiez la tension et d'ajustement sur Spring Loaded sécurités.</li> <li>Vérifiez modules de réglage pour être bien serrés.</li> </ul> <p><b>HEBDOMADAIRE</b></p> <ul style="list-style-type: none"> <li>Inspectez et serrez / guidon, la selle, tige de selle, plaquettes de frein, pédales, etc.).</li> <li>Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement.</li> <li>Propre et essuyez amplement, rouleaux, jantes Piste, ceinture de marche.</li> <li>Vérifier l'équipement / bois / assemblage cadre de la structure métallique.</li> <li>Lubrification: Voir le Manuel du propriétaire.</li> </ul>
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**WARNING:** Before using this equipment you should consult with your personal physician to see if Hyper Extension 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 400lbs/181kgs.**

**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 Hyper Extension 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: CANCER AND REPRODUCTIV HARM--[WWW.P65WARNINGS.CA.GOV](http://WWW.P65WARNINGS.CA.GOV)**

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

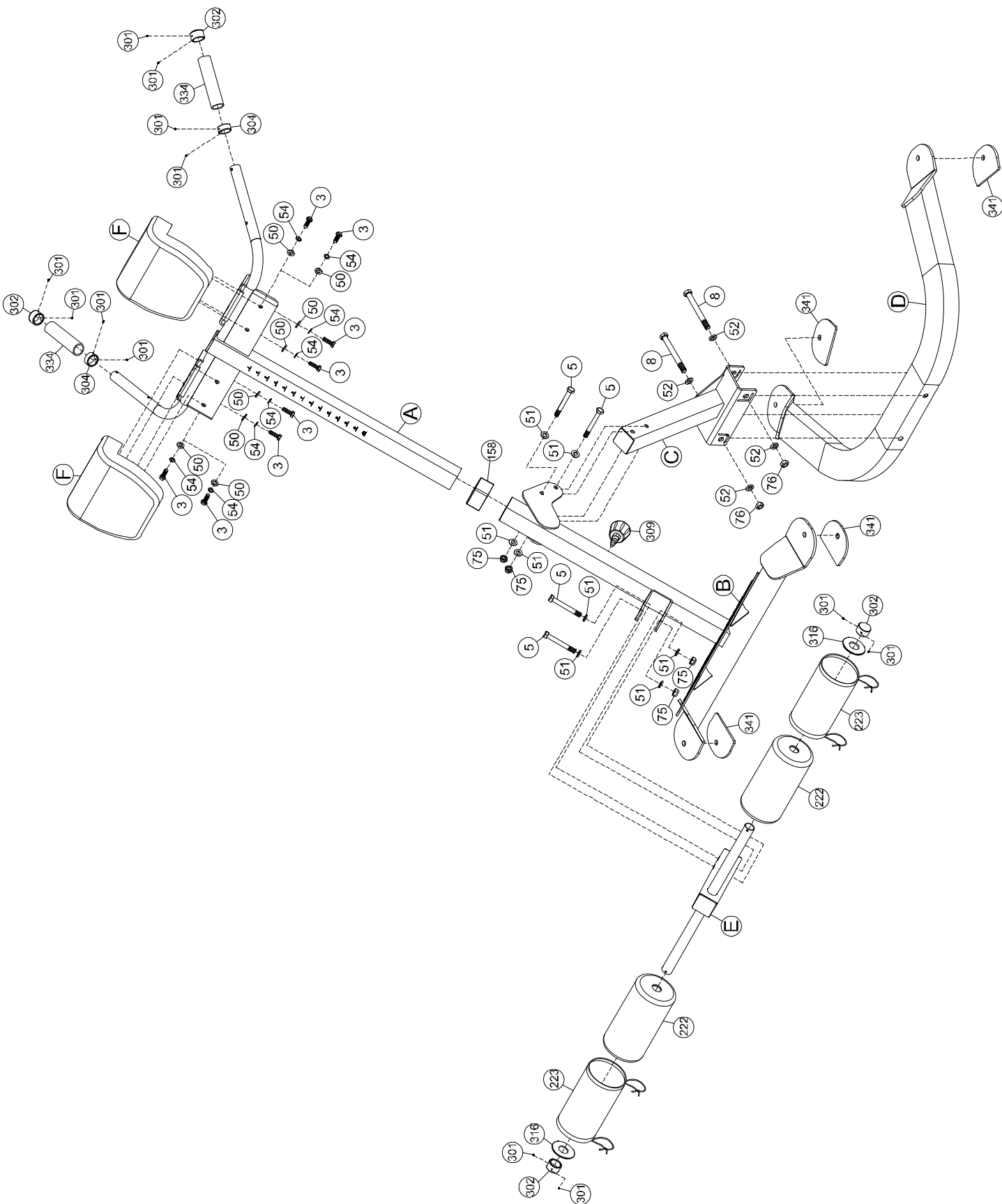
1. Tools for assembly:

General tools needed for the assembly of this 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 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



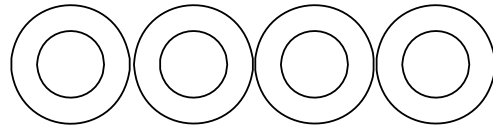
# HARDWARE PACK

## Step-1

⑧ M12\*105L 2PCS

⑦⑥ M12\*12T 2PCS

⑤② D24\*D13.5 4PCS

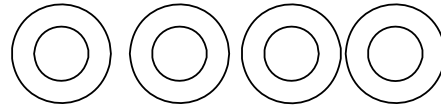
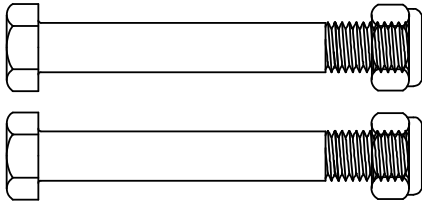


## Step-2

⑤ M10\*75L 2PCS

⑦⑤ M10\*10T 2PCS

⑤① D20\*D11 4PCS

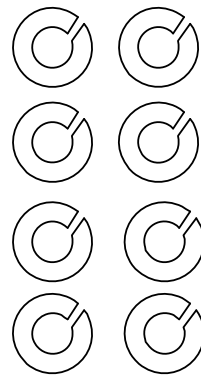
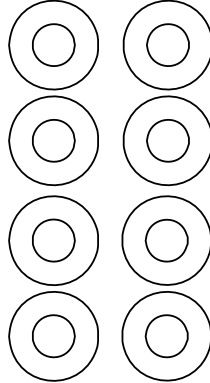
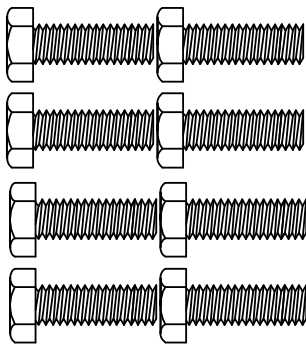


## Step-3

③ M8\*25L 8PCS

⑤① D18\*D8.5 8PCS

⑤④ D15.4\*D8.2 8PCS

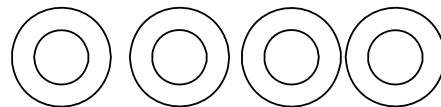


## Step-4

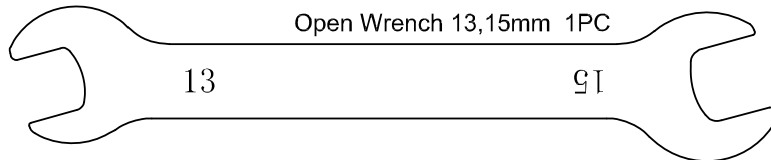
⑤ M10\*75L 2PCS

⑦⑤ M10\*10T 2PCS

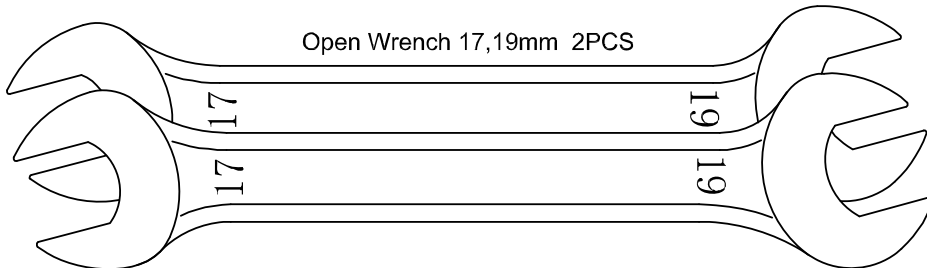
⑤① D20\*D11 4PCS



Open Wrench 13,15mm 1PC



Open Wrench 17,19mm 2PCS



## PART LIST

Part#	Description	Qty.
A	Adjustable Post	1
B	Rear Stabilizer	1
C	Leg	1
D	Front Stabilizer	1
E	Leg Holder	1
F	Pad 200*200*115*50T	2
3	Hex Bolt M8*1.25*25L	8
5	Hex Bolt M10*1.5*75L	4
8	Hex Bolt M12*1.75*105L	2
50	Flat Washer D18*D8.5*1.2T	8
51	Flat Washer D20*D11*2T	8
52	Flat Washer D24*D13.5*2.5T	4
54	Spring Washer D15.4*D8.2*2T	8

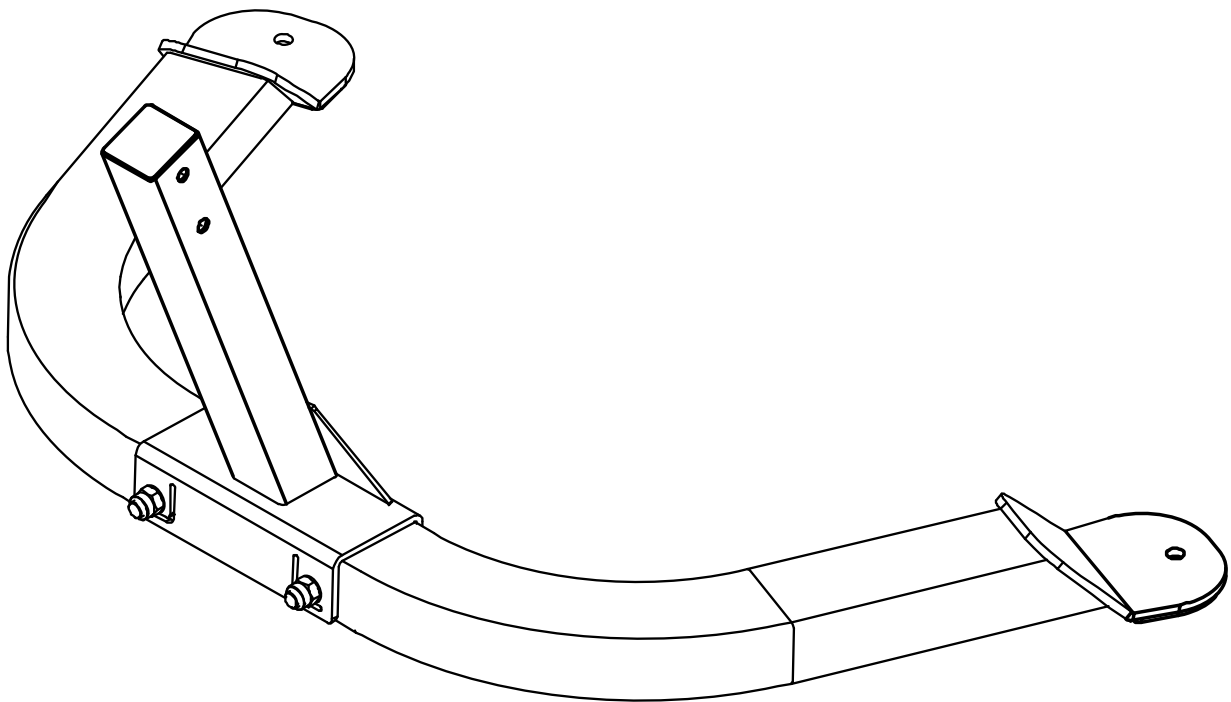
Part#	Description	Qty.
75	Nylon Nut M10*1.5*10T	4
76	Nylon Nut M12*1.75*12T	2
158	Hollow Cap 55*55*44*44*36.5L	1
222	Foam D23*D100*200	2
223	Sleeve 155*240	2
301	Allen Screw M3*0.5*4L	12
302	End Cap D32*D26*24	4
304	Fixing Ring D32*D26*13	2
309	Knob D50*47.7*M16	1
316	Baffle Plate D60*D26.5*3T	2
334	Dip Foam D24*3T*130L	2
341	Buffer 110*83*5T	4

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## STEP 1

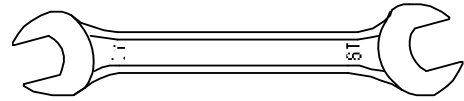
1A. Attach the **Leg (C)** onto the **Front Stabilizer (D)**. Fasten the **Leg (C)** to the **Front Stabilizer (D)** using:

- 2 - (8) Hex Bolt M12x1.75x105L
- 4 - (52) Flat Washer D24xD13.5x2.5T
- 2 - (76) Nylon Nut M12x1.75x12T

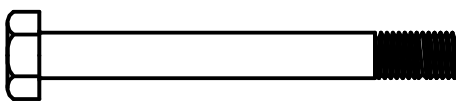
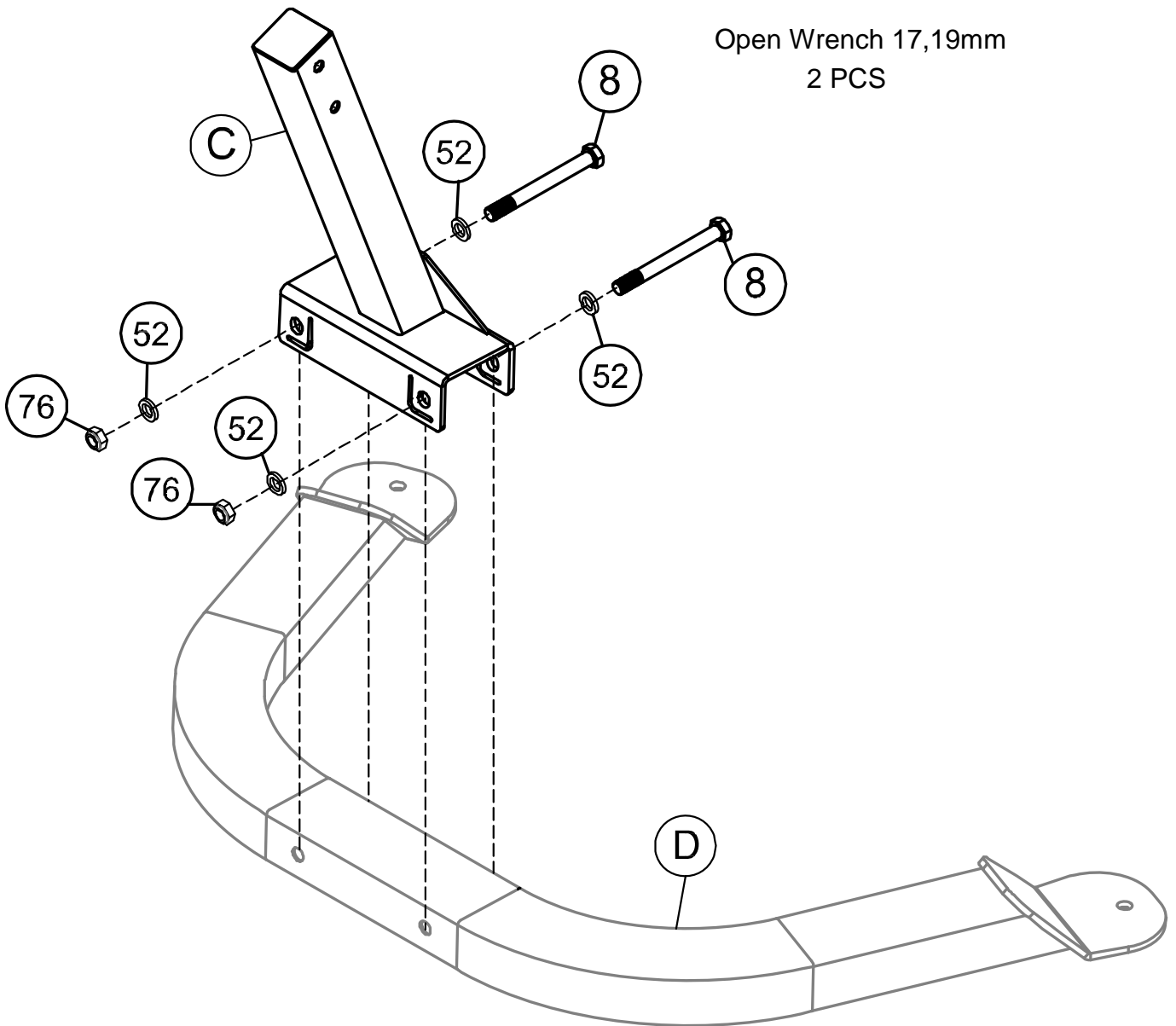


Appereance upon completion of Step 1

# STEP 1



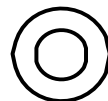
Open Wrench 17,19mm  
2 PCS



NO.8 Hex Bolt  
M12x1.75x105L  
2PCS



NO. 76 Nylon Nut  
M12x1.75x12T  
2PCS



NO.52 Flat Washer  
D24xD13.5x2.5T  
4PCS

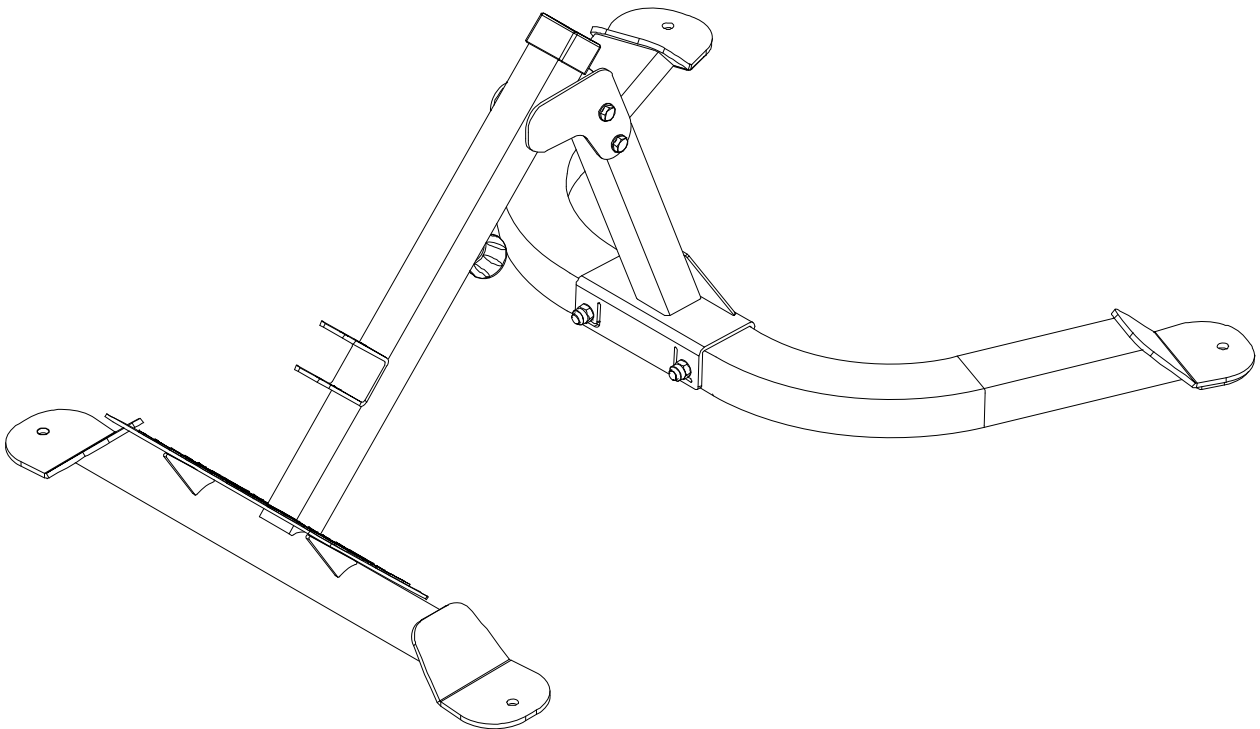
## STEP 2

2A. Insert **Leg (C)** into the bracket of **Rear Stabilizer (B)** by aligning the two holes and fasten together using:

**2 - (5) Hex Bolt M10x1.5x75L**

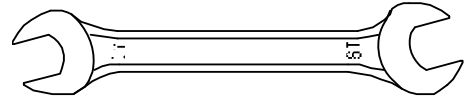
**4 - (51) Flat Washer D20xD11x2T**

**2 - (75) Nylon Nut M10x1.5x10T**

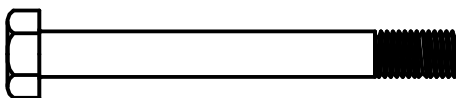
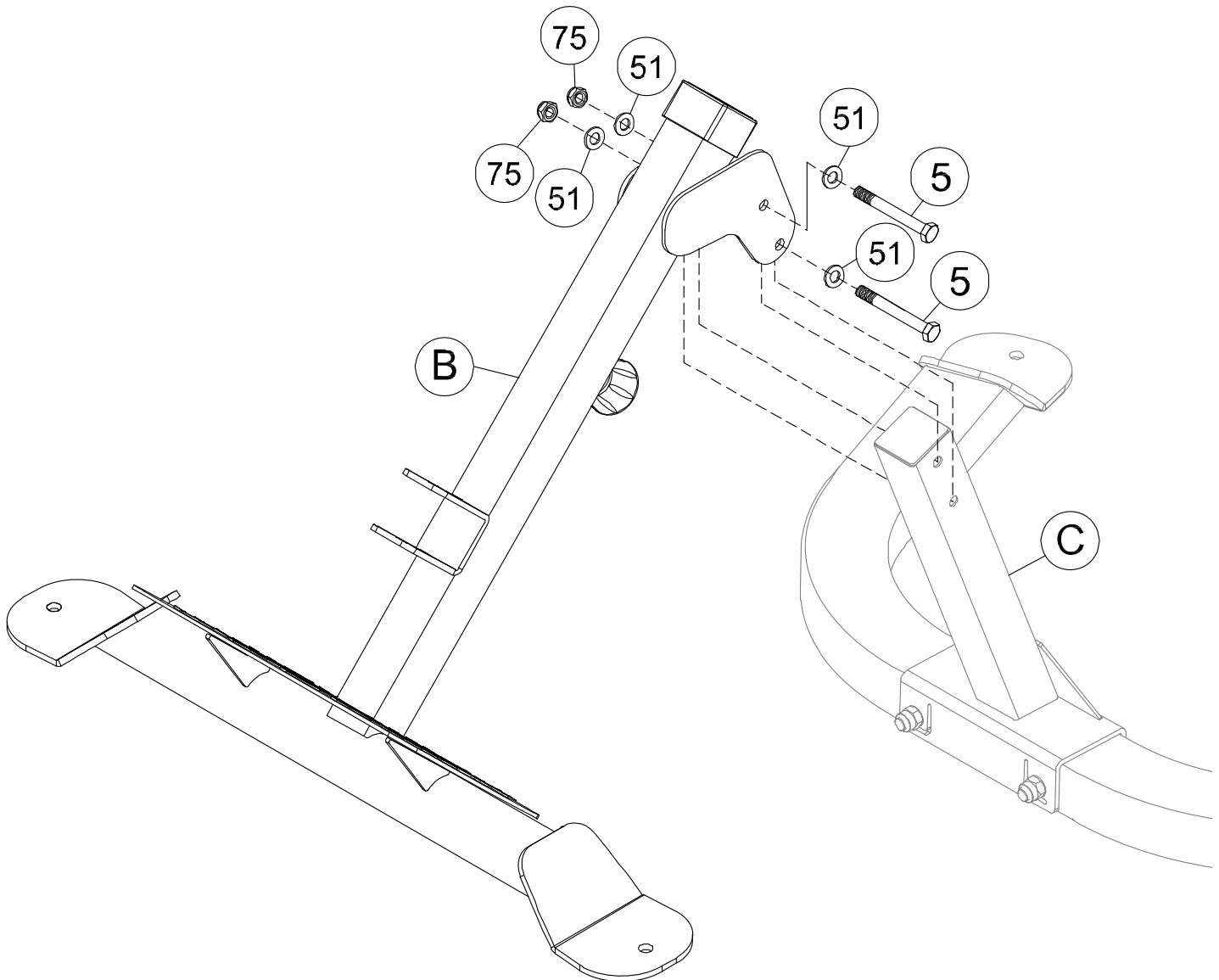


Appereance upon completion of Step 2

## STEP 2



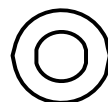
Open Wrench 17,19mm  
2 PCS



NO.5 Hex Bolt  
M10x1.5x75L  
2PCS



NO. 75 Nylon Nut  
M10\*1.5\*10T  
2PCS



NO.51 Flat Washer  
D20\*D11\*2T  
4PCS

## STEP 3

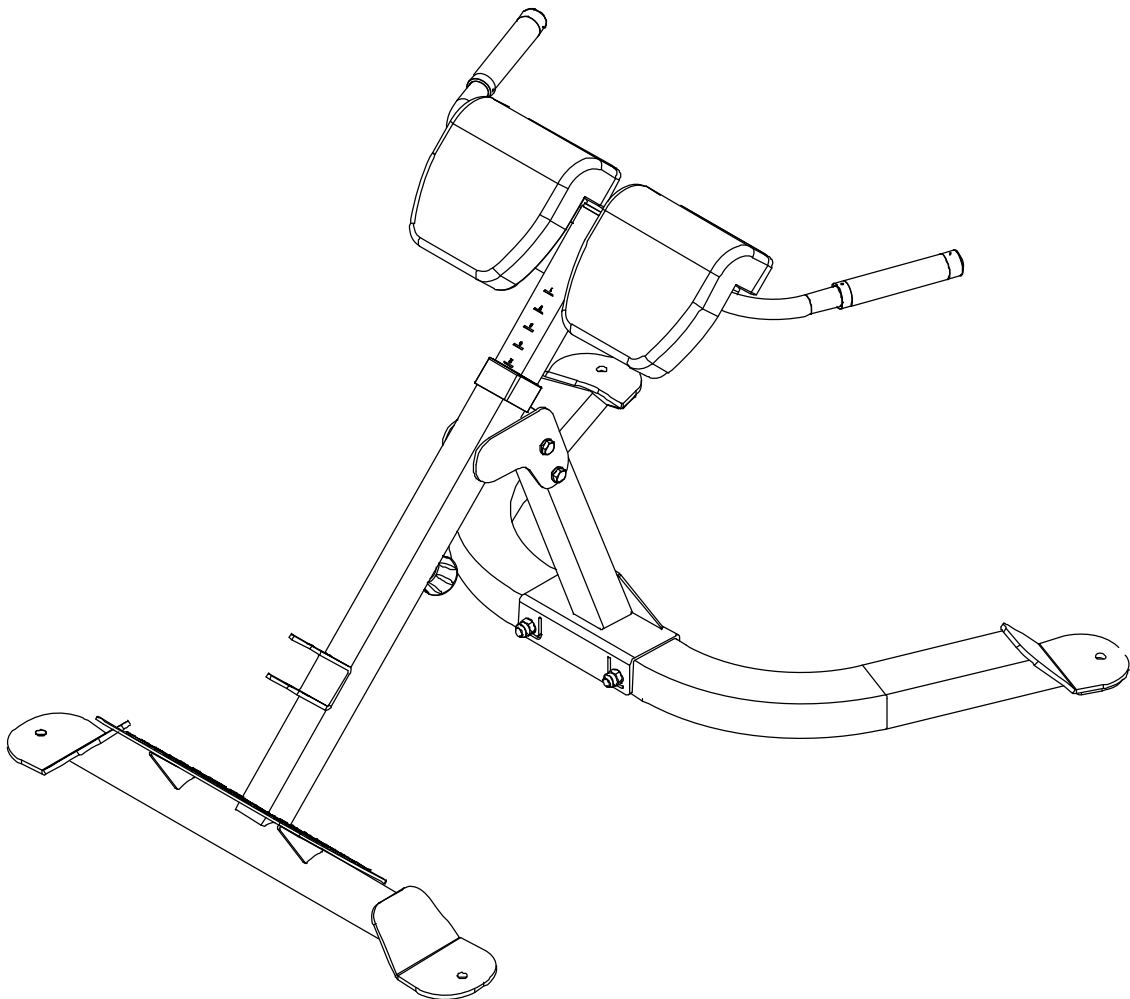
3A. Insert the **Adjustable Post (A)** into the **Rear Stabilizer (B)**. Loosen the **Knob (309)** to allow the **Adjustable Post (A)** to slide into the **Rear Stabilizer (B)**.

3B. Align the **Pad (F)** to the hole on the **Adjustable Post (A)** using:

8 - (3) Hex Bolt M8x1.25x25L

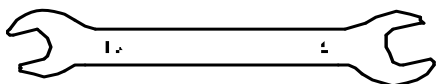
8 - (54) Spring Washer D15.4xD8.2x2T

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

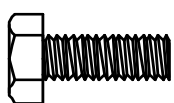
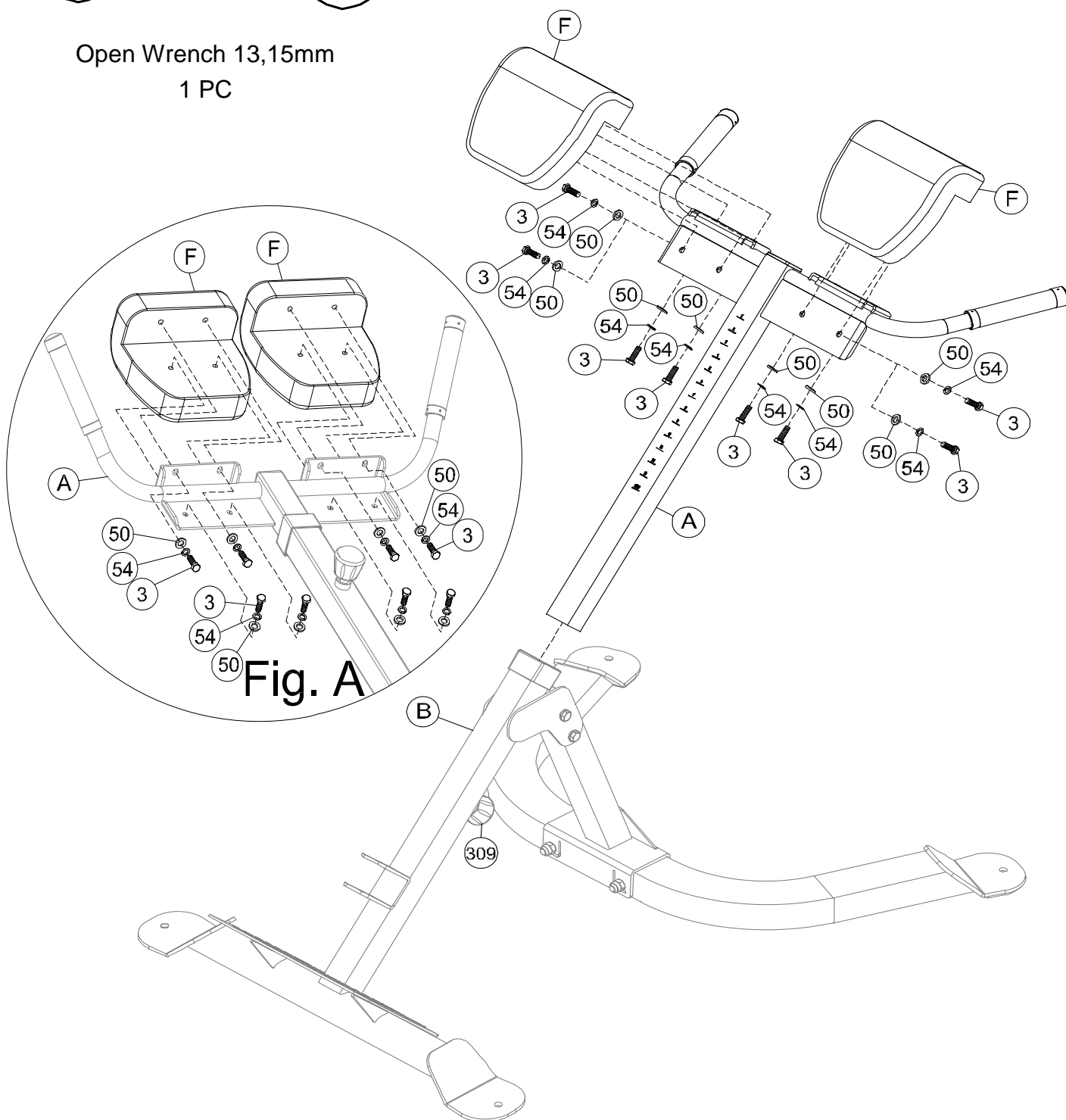


Appereance upon completion of Step 3

# STEP 3



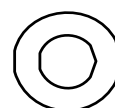
Open Wrench 13,15mm  
1 PC



NO.3 Hex Bolt  
M8x1.25x25L  
8PCS



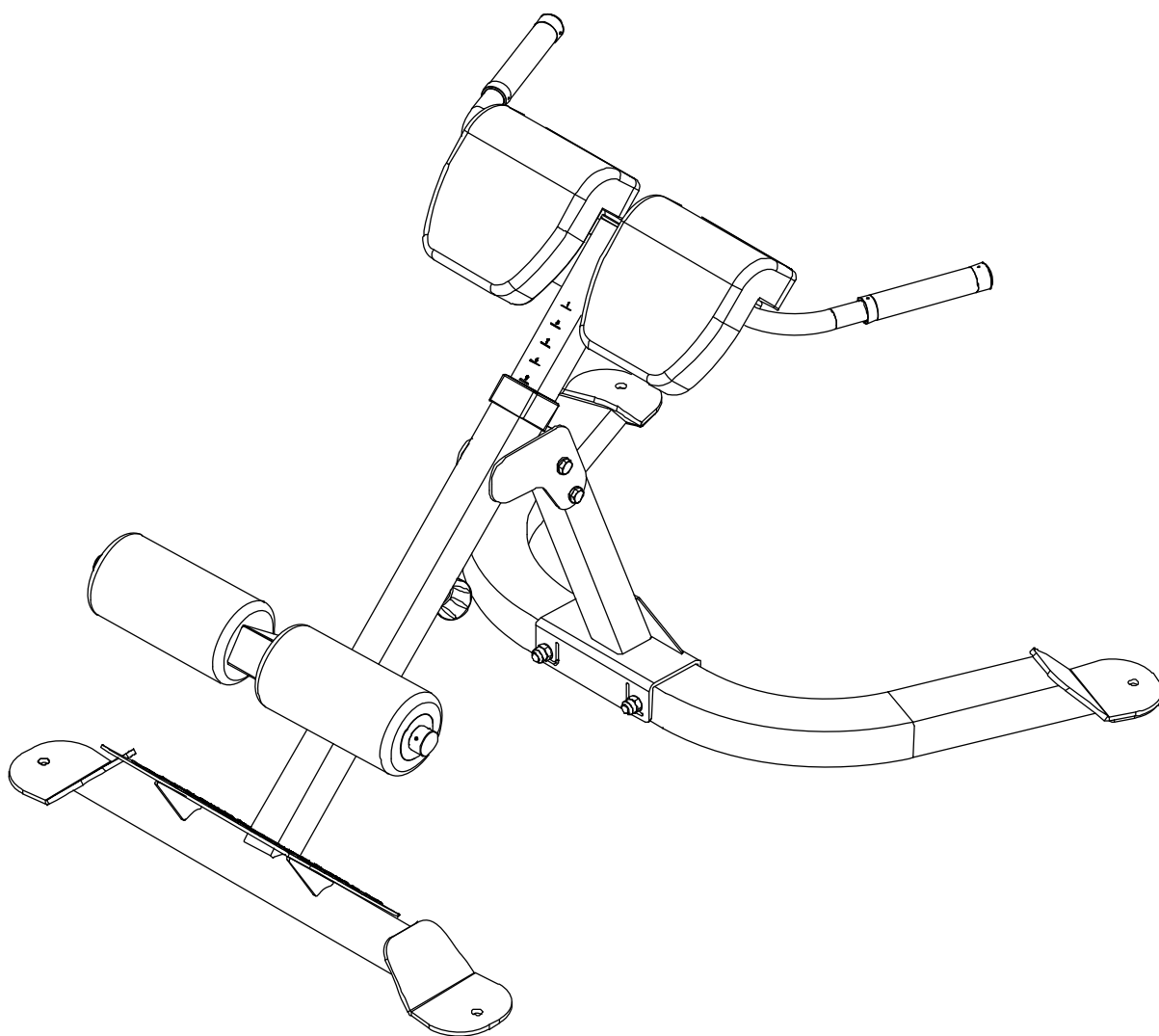
NO.54 Spring Washer  
D15.4xD8.2x2T  
8PCS



NO.50 Flat Washer  
D18xD8.5x1.2T  
8PCS

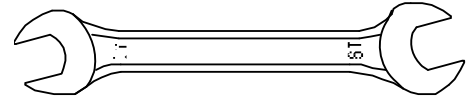
## STEP 4

- 4A. Attach the **Leg Holder (E)** onto the bracket of the **Rear Stabilizer (B)** using:
- 2 - (5) Hex Bolt M10x1.5x75L**
  - 4 - (51) Flat Washer D20xD11x2T**
  - 2 - (75) Nylon Nut M10x1.5x10T**

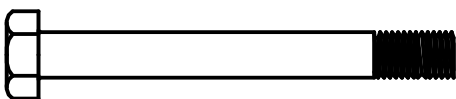
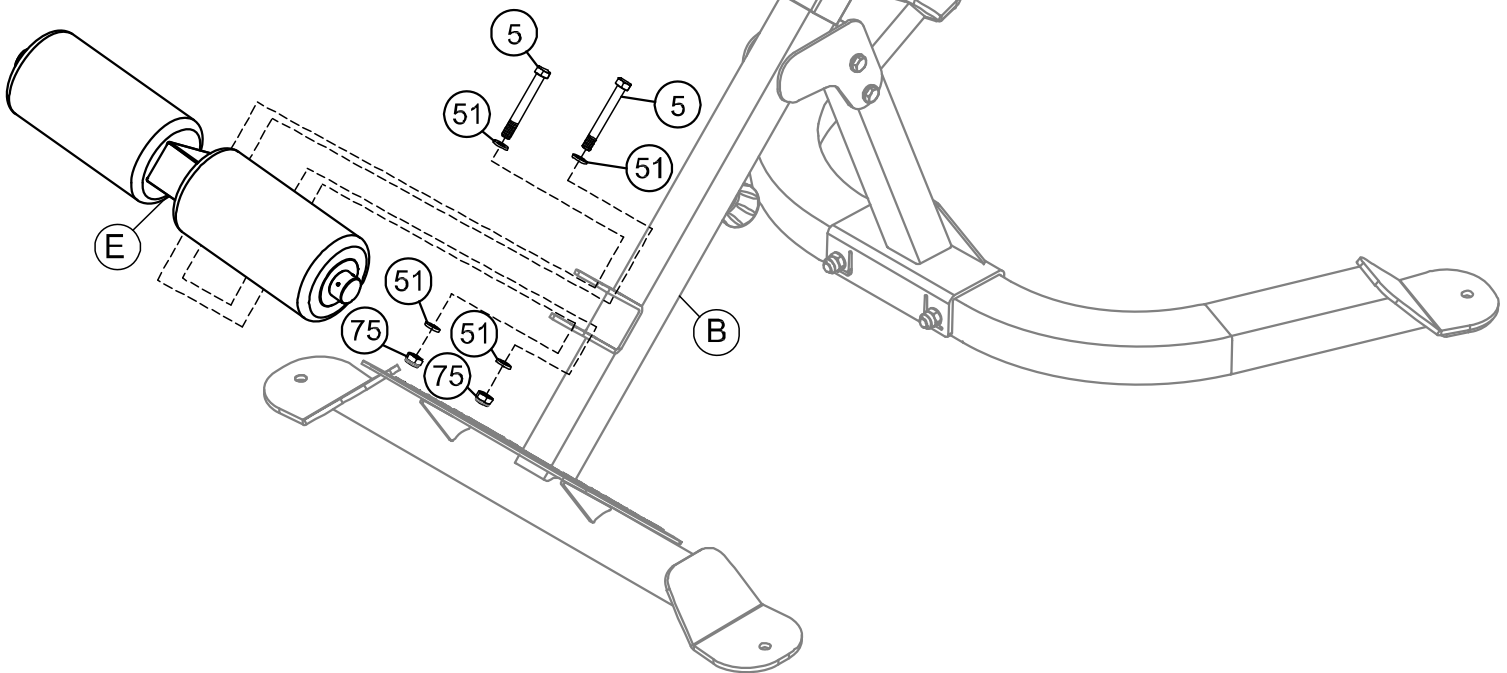
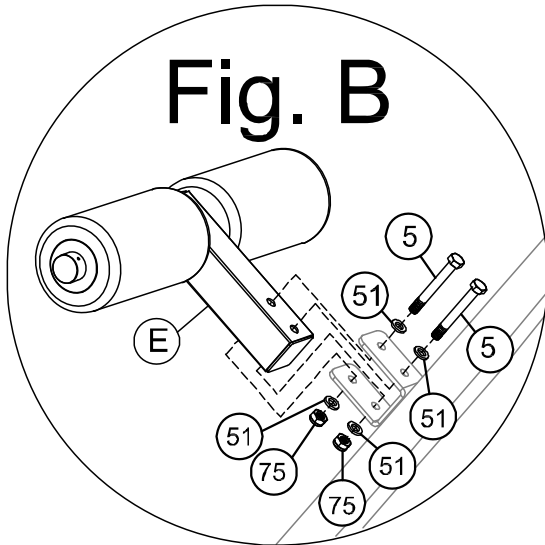


Appereance upon completion of Step 4

## STEP 4



Open Wrench 17,19mm  
2 PCS



NO.5 Hex Bolt  
M10x1.5x75L  
2PCS

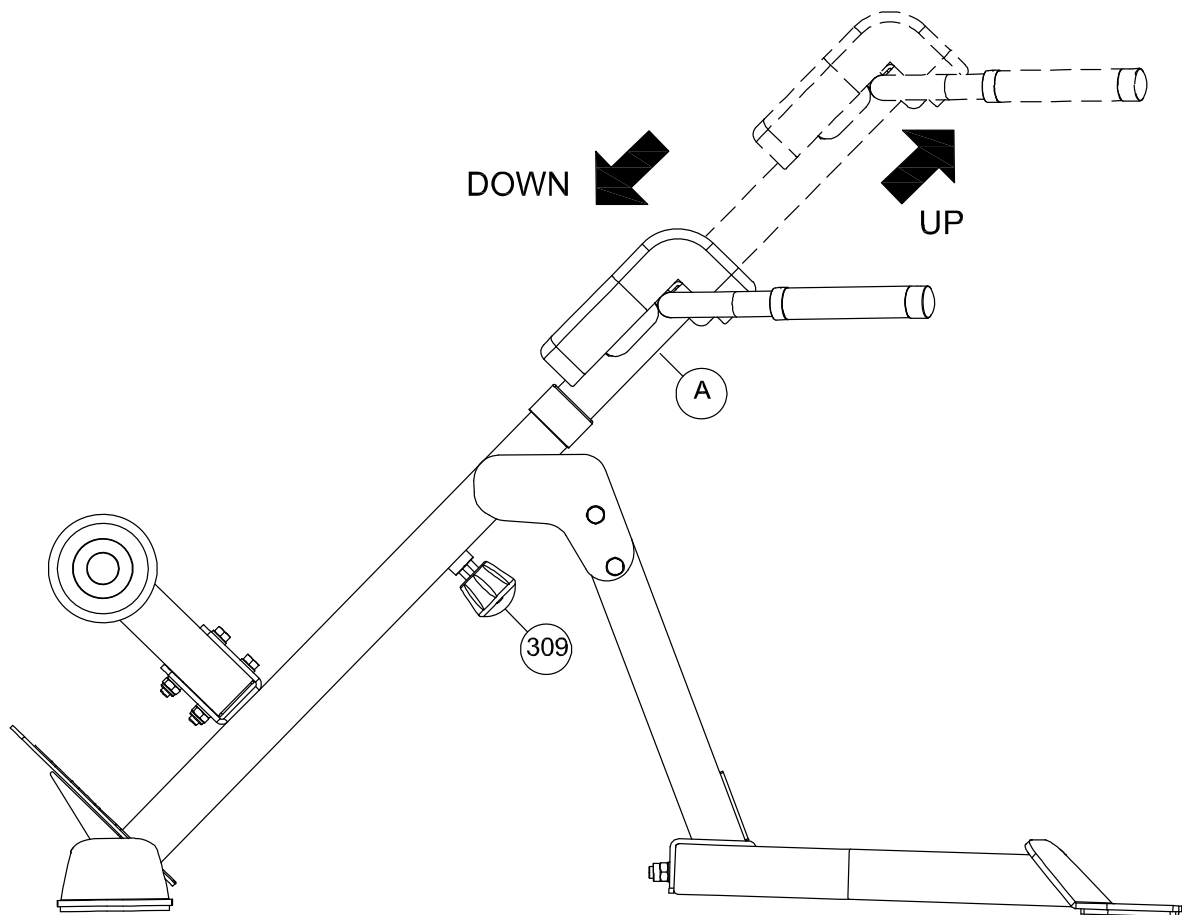


NO. 75 Nylon Nut  
M10x1.5x10T  
2PCS



NO.51 Flat Washer  
D20xD11x2T  
2PCS

## ADJUSTMENTS



Pull the **Knob (309)** and adjust the **Hand Grip (A)** to the suitable position.

**Do NOT** hold the chrome shaft of the Hand Grip (A) when adjusting the user height up or down.

# 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:

<b>COMPONENT</b>	<b>LENGTH OF WARRANTY</b>
<b>Structural Frame</b>	<b>10 Years For Home Use Only</b>
<b>Parts</b>	<b>3 Years For Home Use Only</b>
<b>Wearable Parts</b>	<b>2 Years For Home Use Only</b>

### **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 Monday thru Friday 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 to #: 626-810-2166***