

# ITF8402

## BACK EXTENSION BENCH

### OWNER'S MANUAL

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25F

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

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## CAUTION!

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# 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 0.6 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.

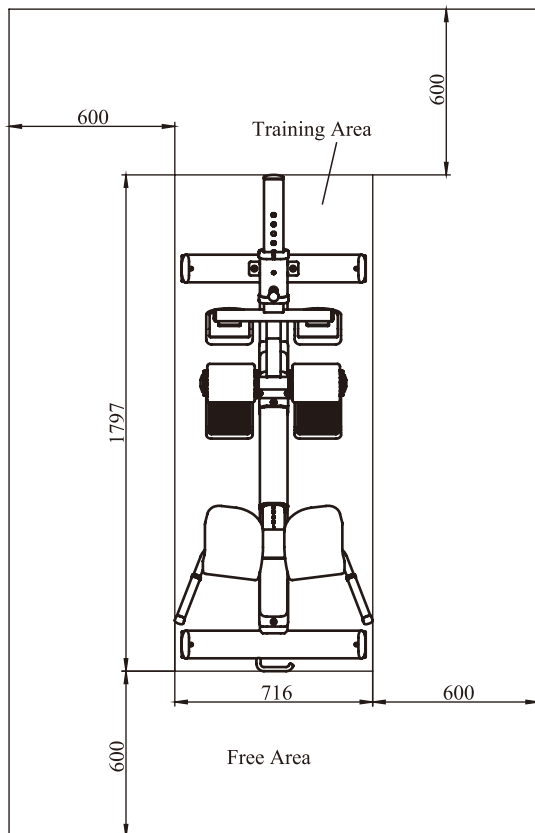
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



## Specifications

Class: S

Maximum User Weight: 150kg/ 330lbs

Maximum Training Load: 175kg/ 386lbs

Product Dimension: 1797\*716\*1067mm

Product Total Surface: 1797\*716mm

Product Total Mass:

# Instructions

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

## Tools Required



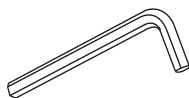
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

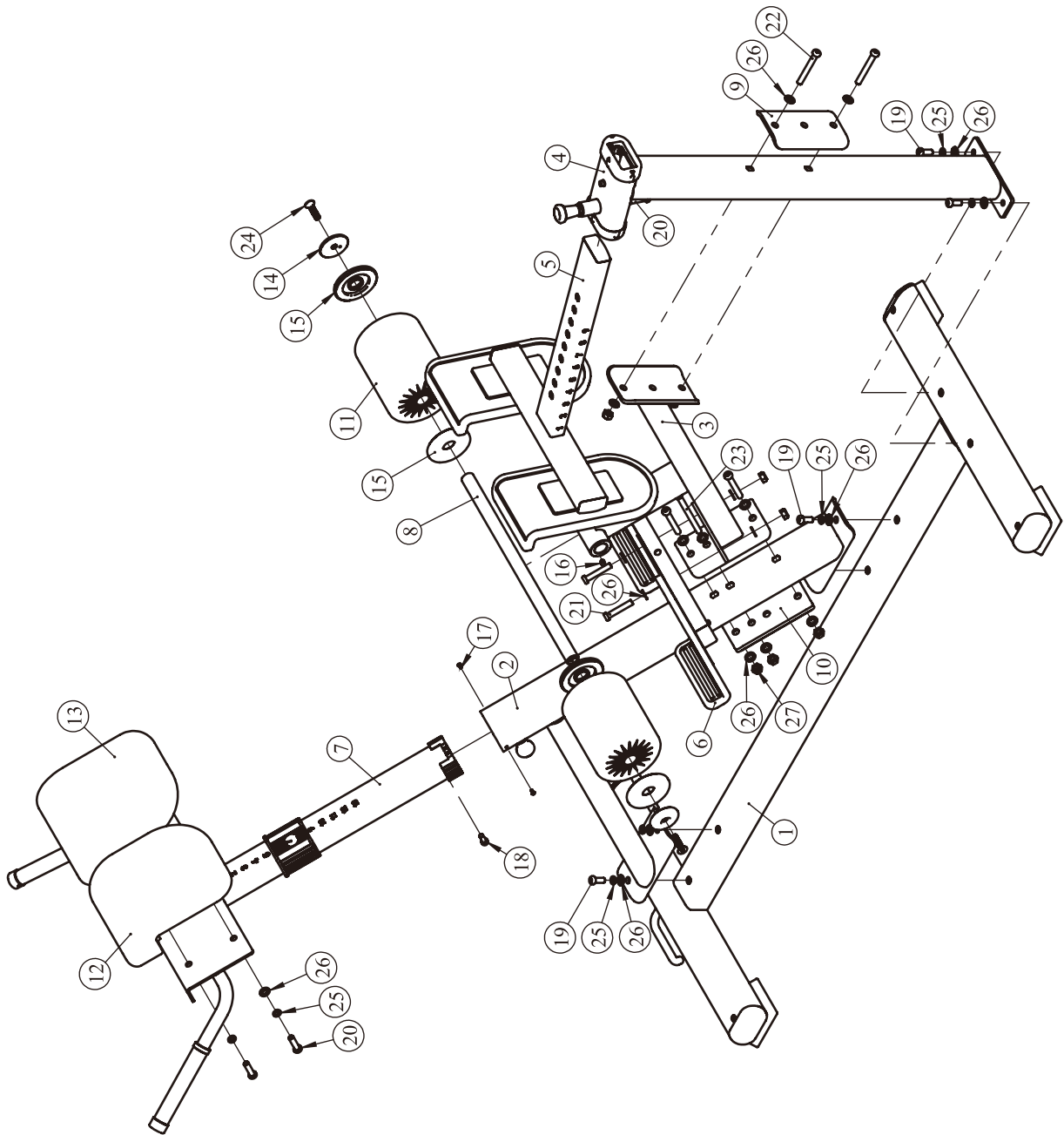
# Exploded View and Parts List

## Overall

ItemNo.	Part No.	Description	QTY
1	ITF840201ASSY	Ground Frame ASSY	1
2	ITF840202ASSY	Support Frame ASSY	1
3	ITF84020300	Connecting Frame	1
4	ITF840204ASSY	Rear Support Frame ASSY	1
5	ITF840205ASSY	Step up the Pedal Frame ASSY	1
6	ITF840206ASSY	Step down the Pedal Frame ASSY	1
7	ITF840207ASSY	Cushion Frame ASSY	1
8	ITF840208ASSY	Foam Pipe ASSY	1
9	IZ70010202V1	Curved Plate	1
10	IZ70010202V2	Curved Plate	1
11	IT90021700V1TKO	Short Foam	2
12	SL70471000	Left Leg Pad	1
13	SL70470900	Right Leg Pad	1
14	IT90041700	Aluminum CapΦ60	2
15	IT70165000	Combined Aluminum Retaining Ring	4
16	GB77M8*10DS18NL	Socket Set Screw M8*10	1
17	PNLM4*8N19	Button Head Cap Screw M4*8	2
18	GB70M8*20DN20	Socket Head Cap Screw M8*20	1
19	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	6
20	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	5
21	GB70BTM10*55DN18	Socket Head Cap Screw M10*55	2
22	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	4
23	GB70BTM10*140DN18	Socket Head Cap Screw M10*140	1
24	CNLM10*40*40DS20NL	Flat Head Cap Screw M10*40	2
25	GB9310N19	Spring Washer Φ10	10
26	GB9510DN2	Flat Washer Φ11*Φ20*2	24
27	NM10DN2	Nylon Lock Nut M10	7
28	NBS4DHS	Hex Key S=4	1
29	NBS5DHS	Hex Key S=5	1
30	NBS6DHS	Hex Key S=6	1

# Exploded View and Parts List

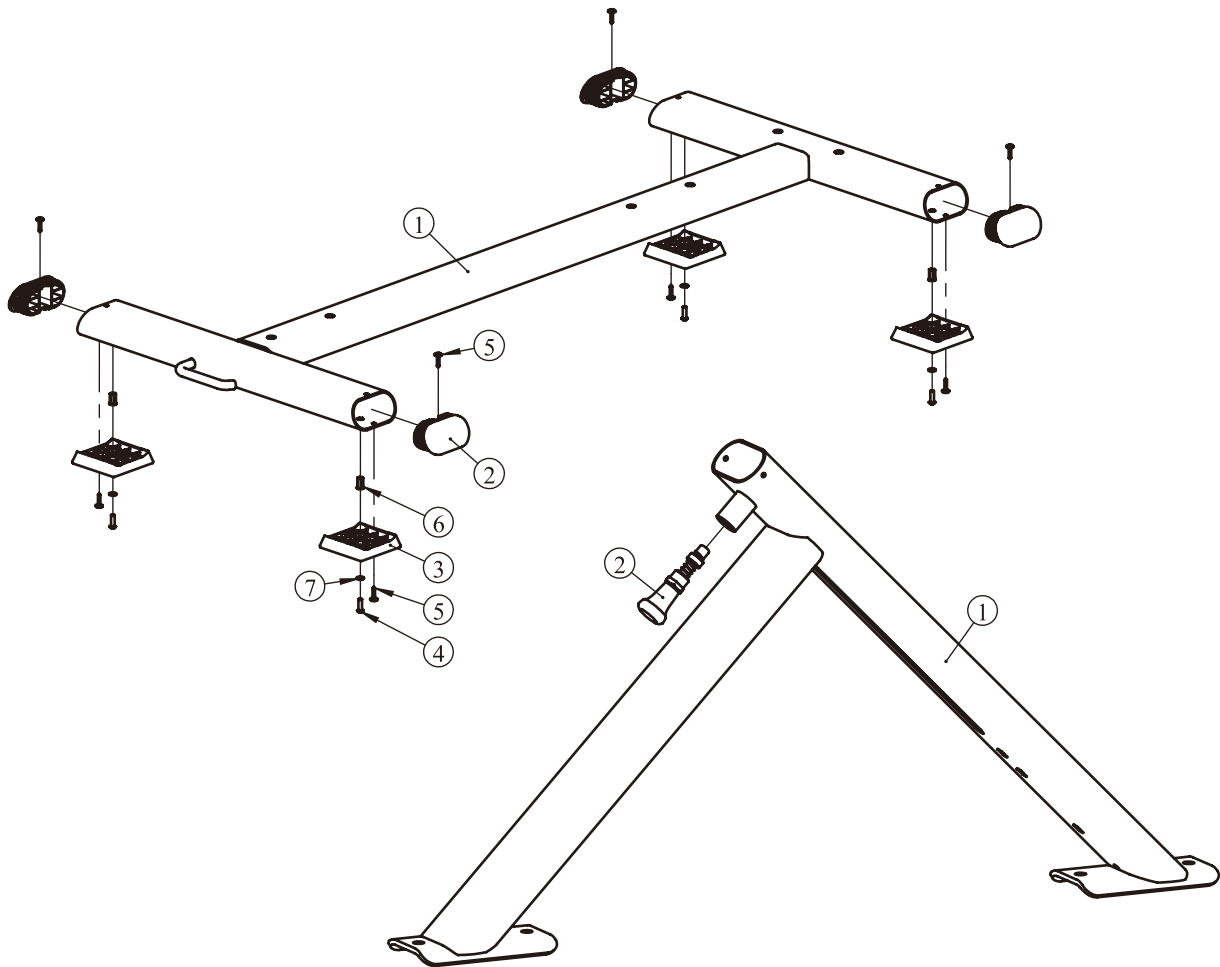
## Overall



# Exploded View and Parts List

## Ground Frame ASSY

## Support Frame ASSY

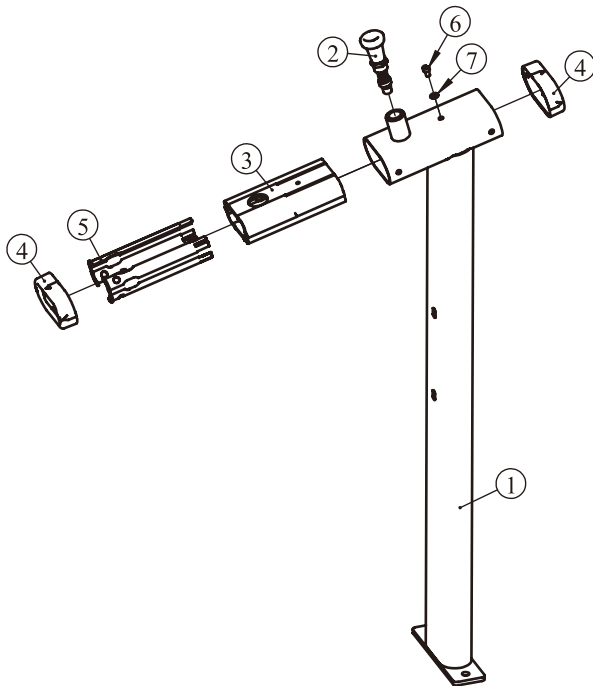


GradeNo.	Part No.	Description	QTY
1.1	ITF84020100	Ground Frame	1
1.2	ITF88013100	Slanted pipe plug	4
1.3	ITF88023100	Floor Mat	4
1.4	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	4
1.5	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	8
1.6	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	4
1.7	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	4

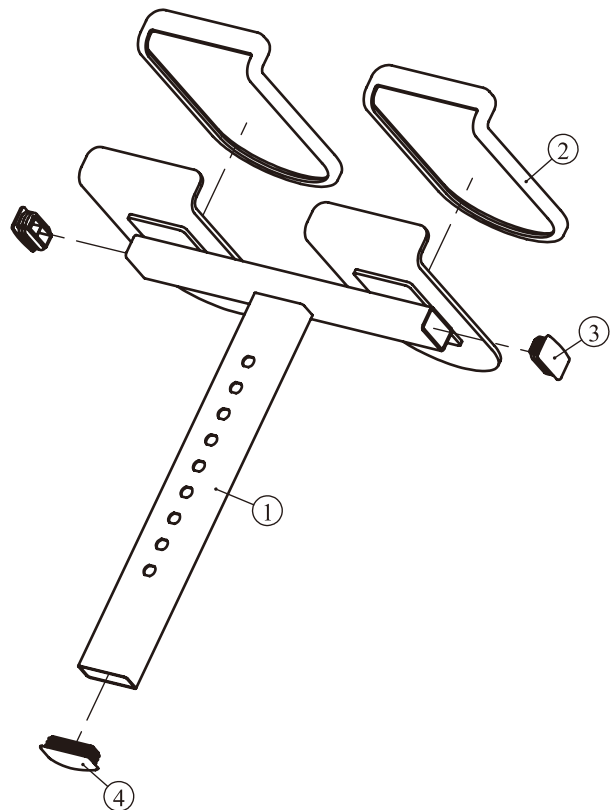
GradeNo.	Part No.	Description	QTY
2.1	ITF84020200	Support Frame	1
2.2	ITF840209ASSY	Plug Pin ASSY	1

# Exploded View and Parts List

## Rear Support Frame ASSY



## Step up the Pedal Frame ASSY



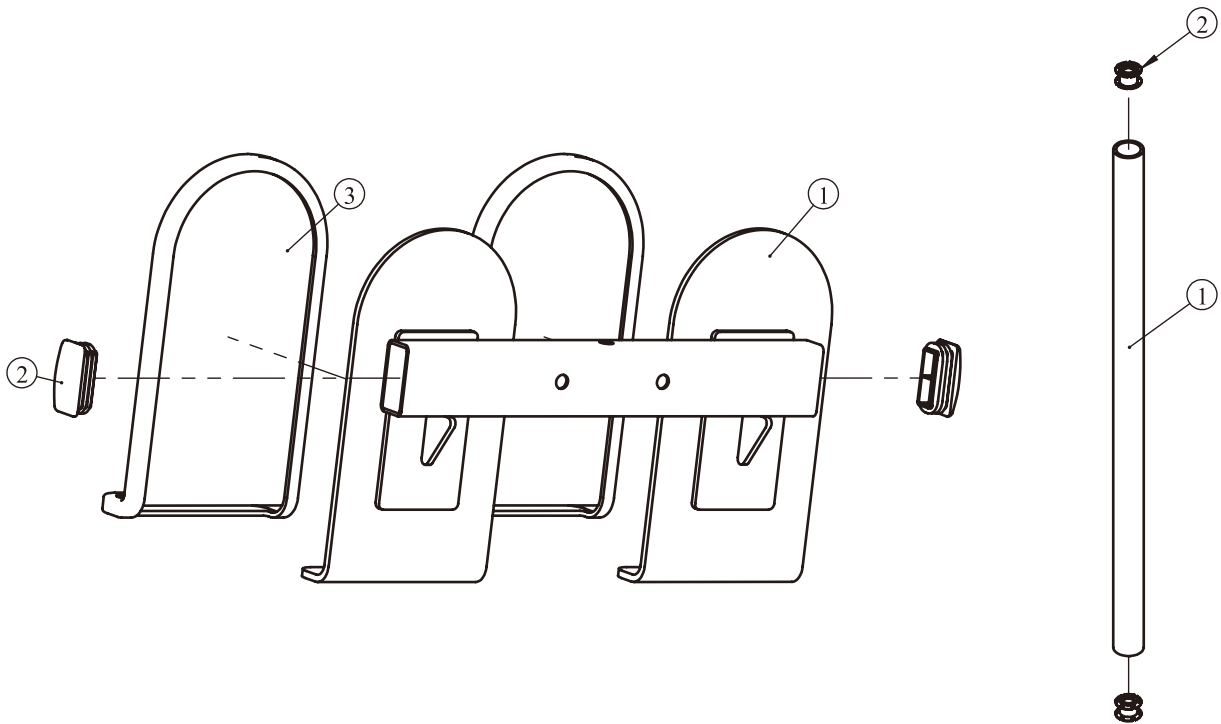
GradeNo.	Part No.	Description	QTY
4.1	ITF84020400	Rear Support Frame	1
4.2	ITF840209ASSY	Plug Pin ASSY	1
4.3	IT95014300V2	Aluminum Tube Guide	1
4.4	IT95016200PBC	Plastic Tube Plug	2
4.5	IT95016300	Plastic Corner Tube Glide	4
4.6	GB70M6*10N19	Socket Head Cap Screw M6*10	1
4.7	GB956DN2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	1

GradeNo.	Part No.	Description	QTY
5.1	ITF84020500	Step up the Pedal Frame	1
5.2	SL95223000	Foot cushion	2
5.3	HF49622700	Pipe plug $\square 30 \times 60$	2
5.4	IN-D10134200	Pipe plug $\square 30 \times 70$	1

# Exploded View and Parts List

## Step down the Pedal Frame ASSY

## Foam Pipe ASSY

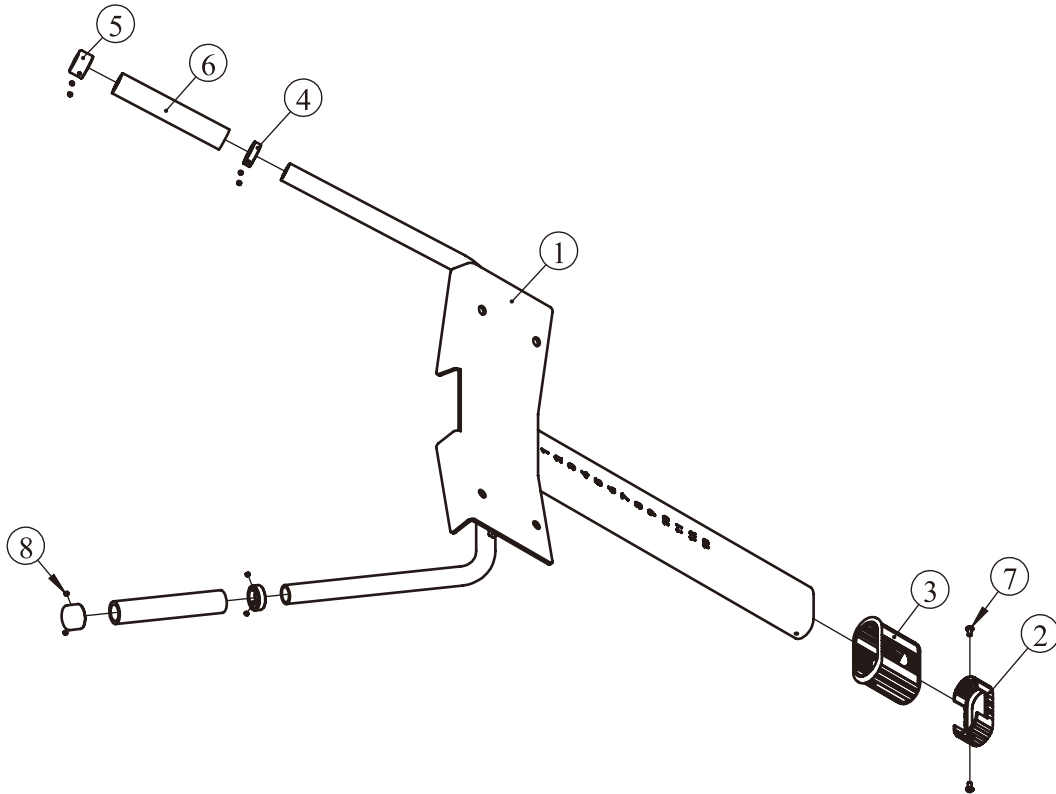


GradeNo.	Part No.	Description	QTY
6.1	ITF84020600	Step down the Pedal Frame	1
6.2	HF49622700	Pipe plug □30*60	2
6.3	SL95223000	Foot cushion	2

GradeNo.	Part No.	Description	QTY
8.1	ITF84020801	Foam Pipe	1
8.2	IF81165000	Lock Nut	2

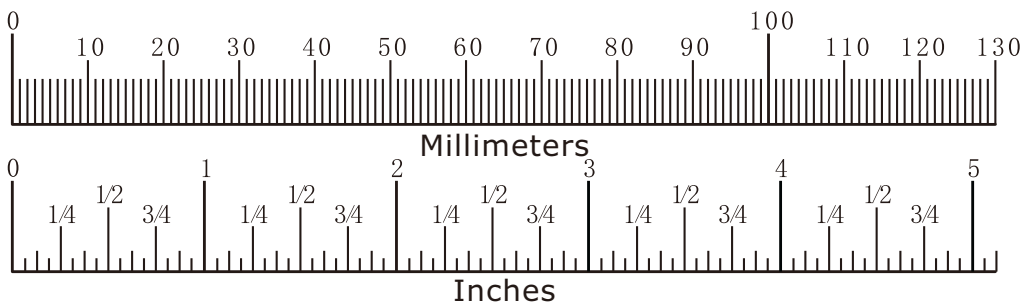
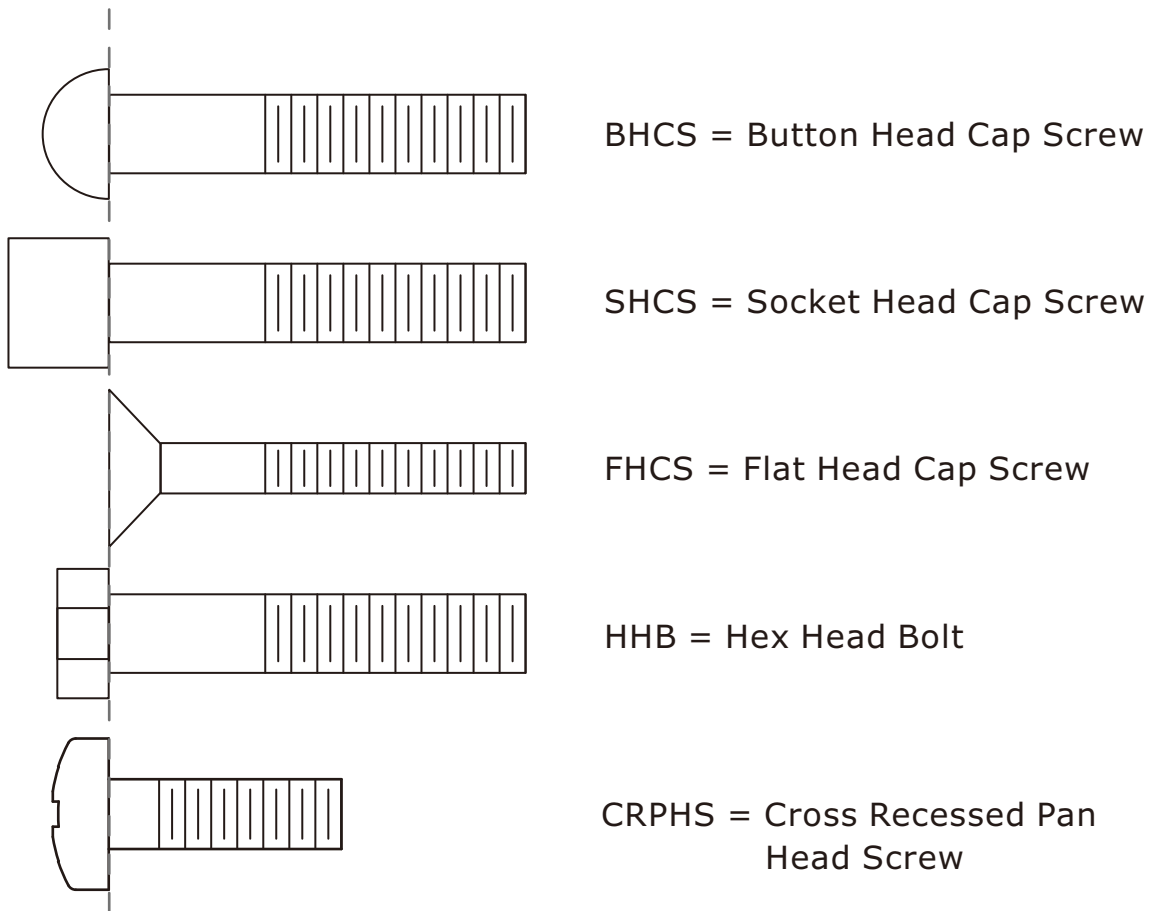
# Exploded View and Parts List

## Cushion Frame ASSY



GradeNo.	Part No.	Description	QTY
7.1	ITF84020700	Cushion Frame	1
7.2	VST600-FW520900	Inner sleeve	1
7.3	VST600-FW521000	Hollow tube sleeve	1
7.4	V39500	Aluminium Grip Ring $\Phi 25.4$	2
7.5	V39600	Aluminium Grip Cap $\Phi 25.4$	2
7.6	026-01PL0206-14	Grip ST $\Phi 30 * \Phi 22 * 160$	2
7.7	PNLM5*10N19	Button Head Cap Screw M5*10	2
7.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	8

# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

## **NOTE**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

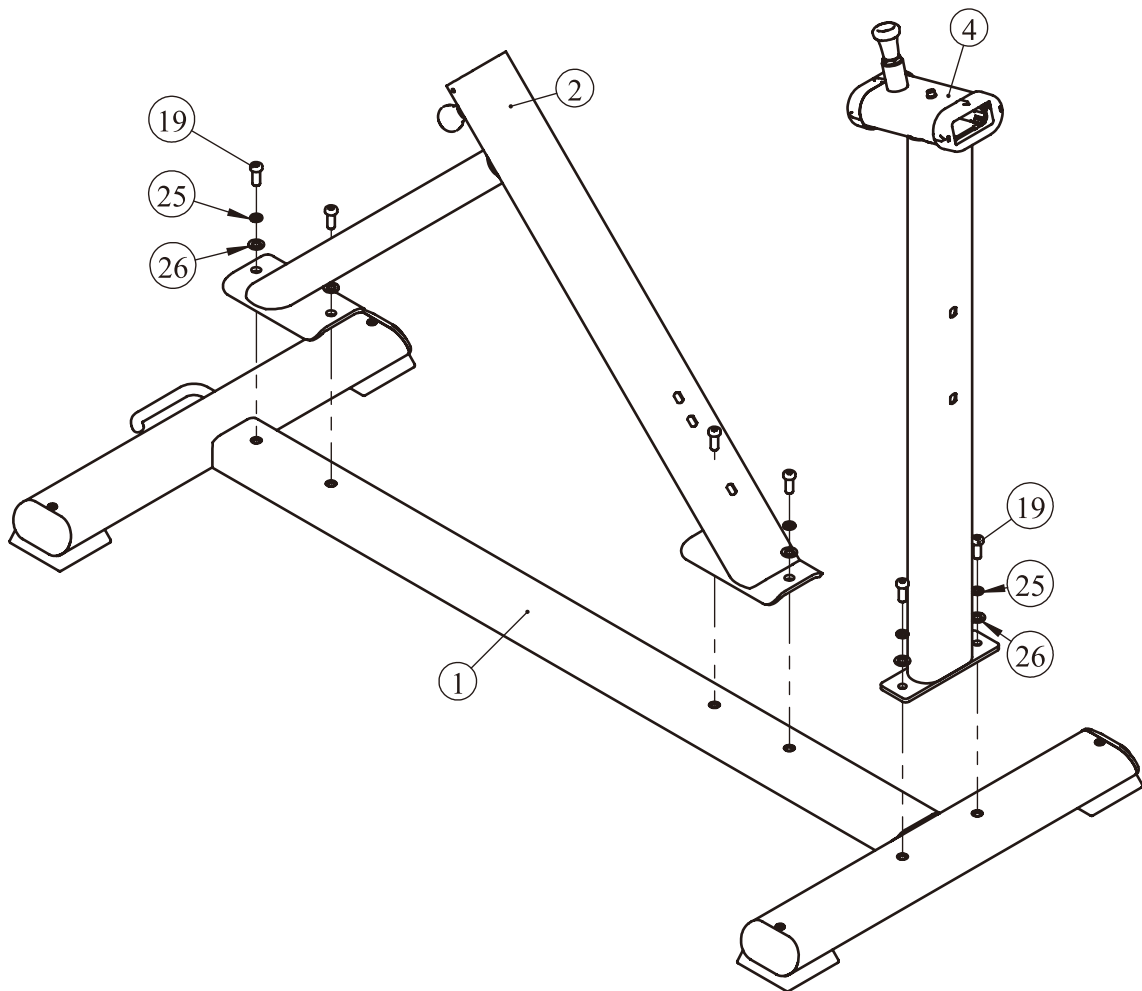
Attach the Support Frame ASSY (#2) and the Rear Support Frame ASSY (#4) to the Ground Frame ASSY (#1), using:

six M10\*25 SHCS (#19)

six  $\Phi$ 10 Spring Washer (#25)

six  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#26)

**Note: No Need To Tighten Bolts.**



# Assembly

## STEP 2

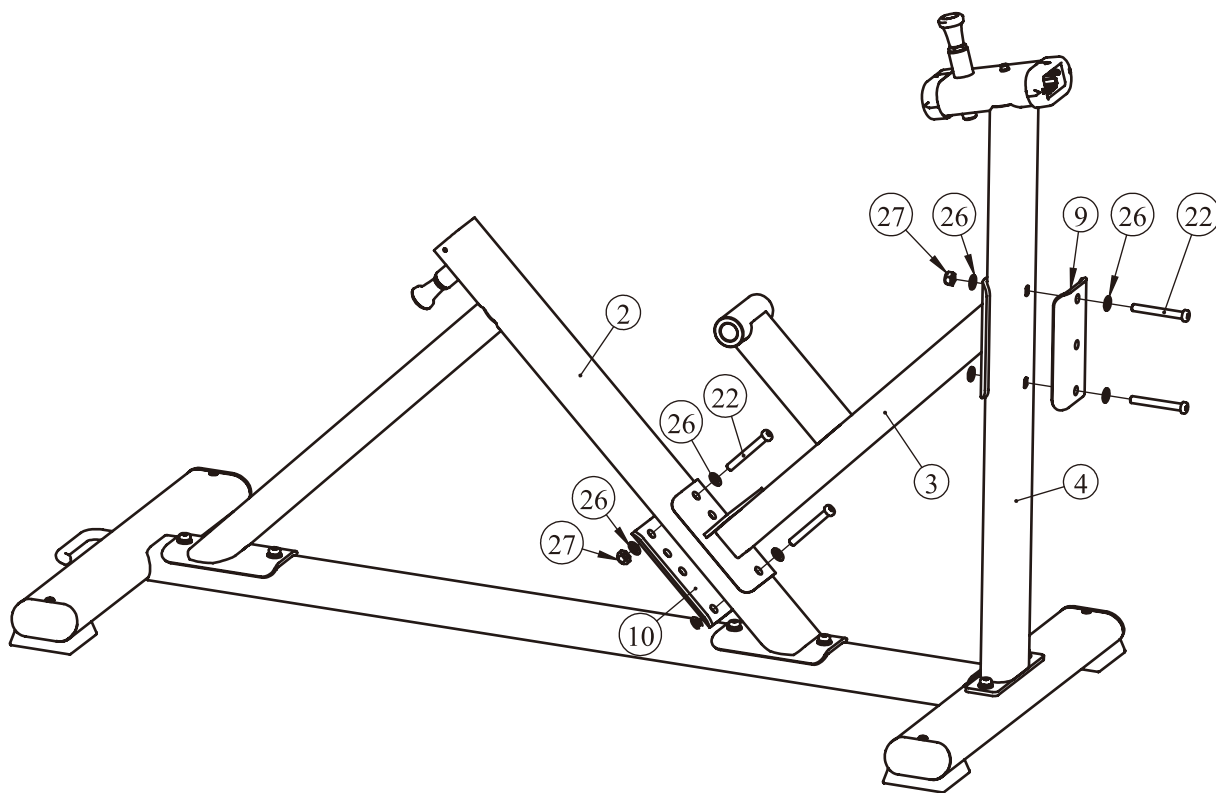
Attach the Connecting Frame (#3) and two Curved Plates (#9, #10) to the Support Frame ASSY (#2) and the Rear Support Frame ASSY (#4), using:

four M10\*80 SHCS (#22)

eight  $\Phi 11 * \Phi 20 * 2$  Flat Washer (#26)

four M10 Nylon Lock Nut (#27)

**Note: No Need To Tighten Bolts.**



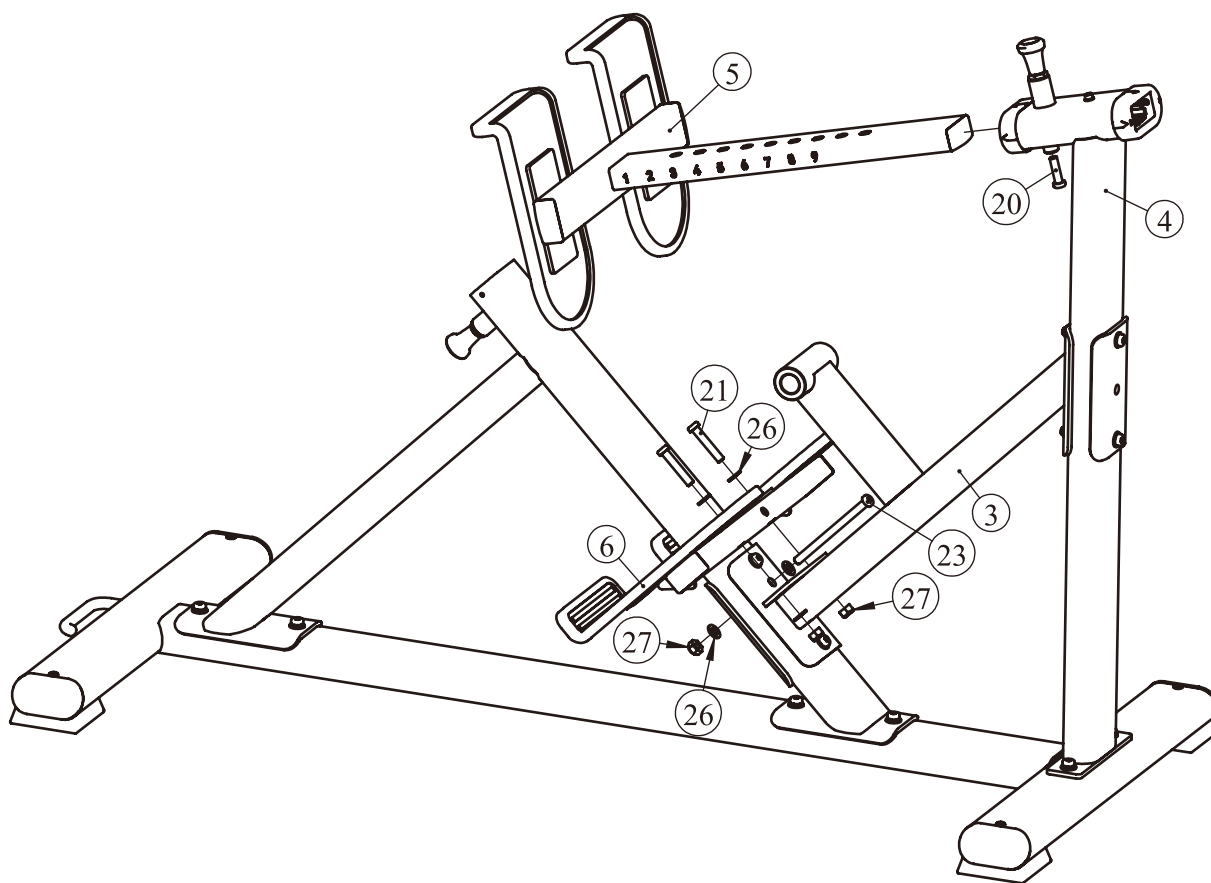
# Assembly

## STEP 3

1. Attach the Step down the Pedal Frame ASSY (#6) to Connecting Frame (#3), using:
  - two M10\*55 SHCS (#21)
  - one M10\*140 SHCS (#23)
  - six  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#26)
  - three M10 Nylon Lock Nut (#27)

2. Attach the Step up the Pedal Frame ASSY (#5) to Rear Support Frame ASSY (#4), using:
  - one M10\*35 SHCS (#20)

**Note: Wrench Tighten Bolts.**



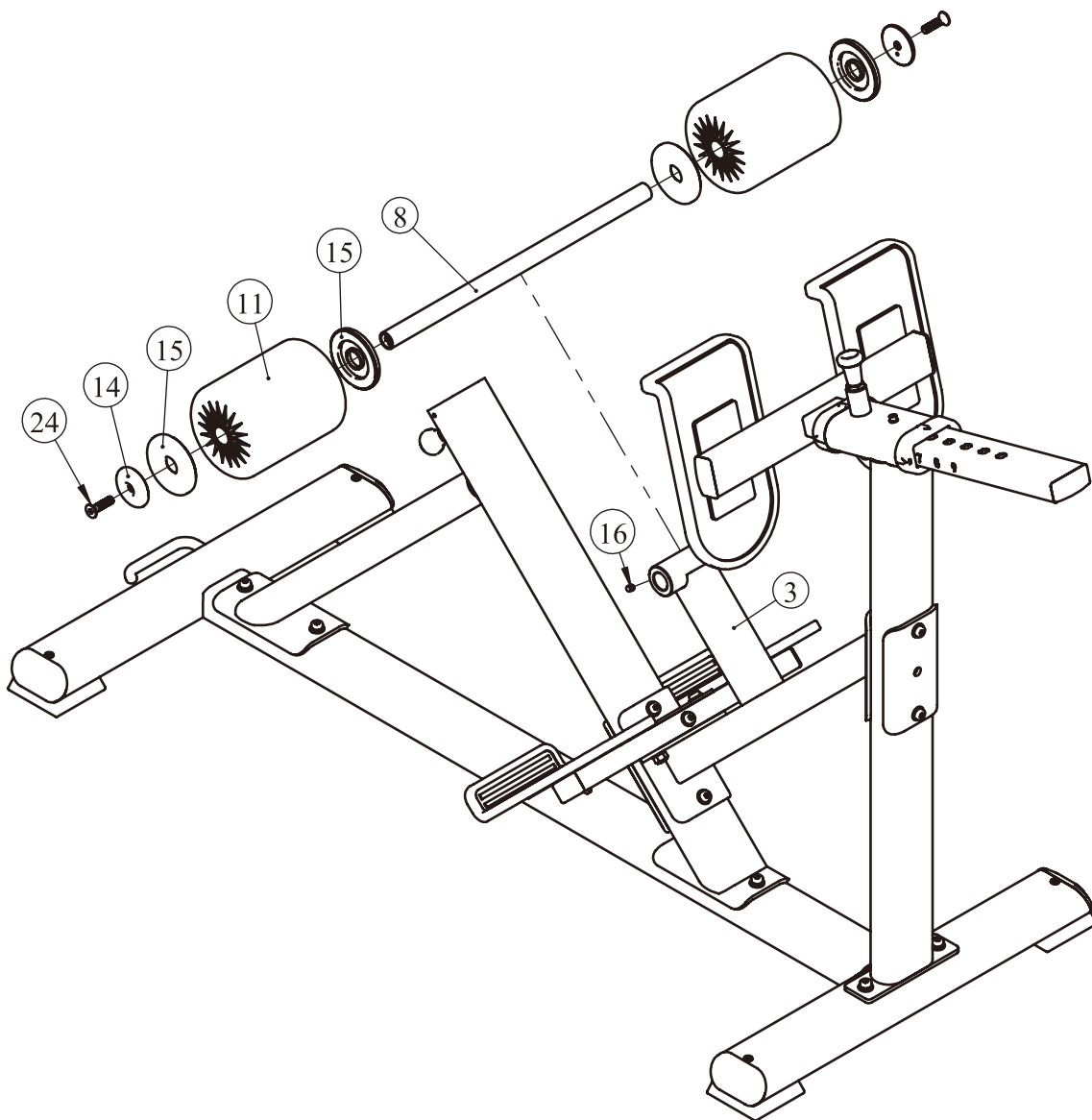
# Assembly

## STEP 4

Attach the Foam Pipe ASSY (#8) and two Short Foams (#11) to the Connecting Frame (#3), using:

- two  $\Phi 60$  Aluminum Cap (#14)
- four Combined Aluminum Retaining Ring (#15)
- two M10\*40 FHCS (#24)
- one M8\*10 Socket Set Screw (#16)

**Note: Wrench Tighten Bolts.**

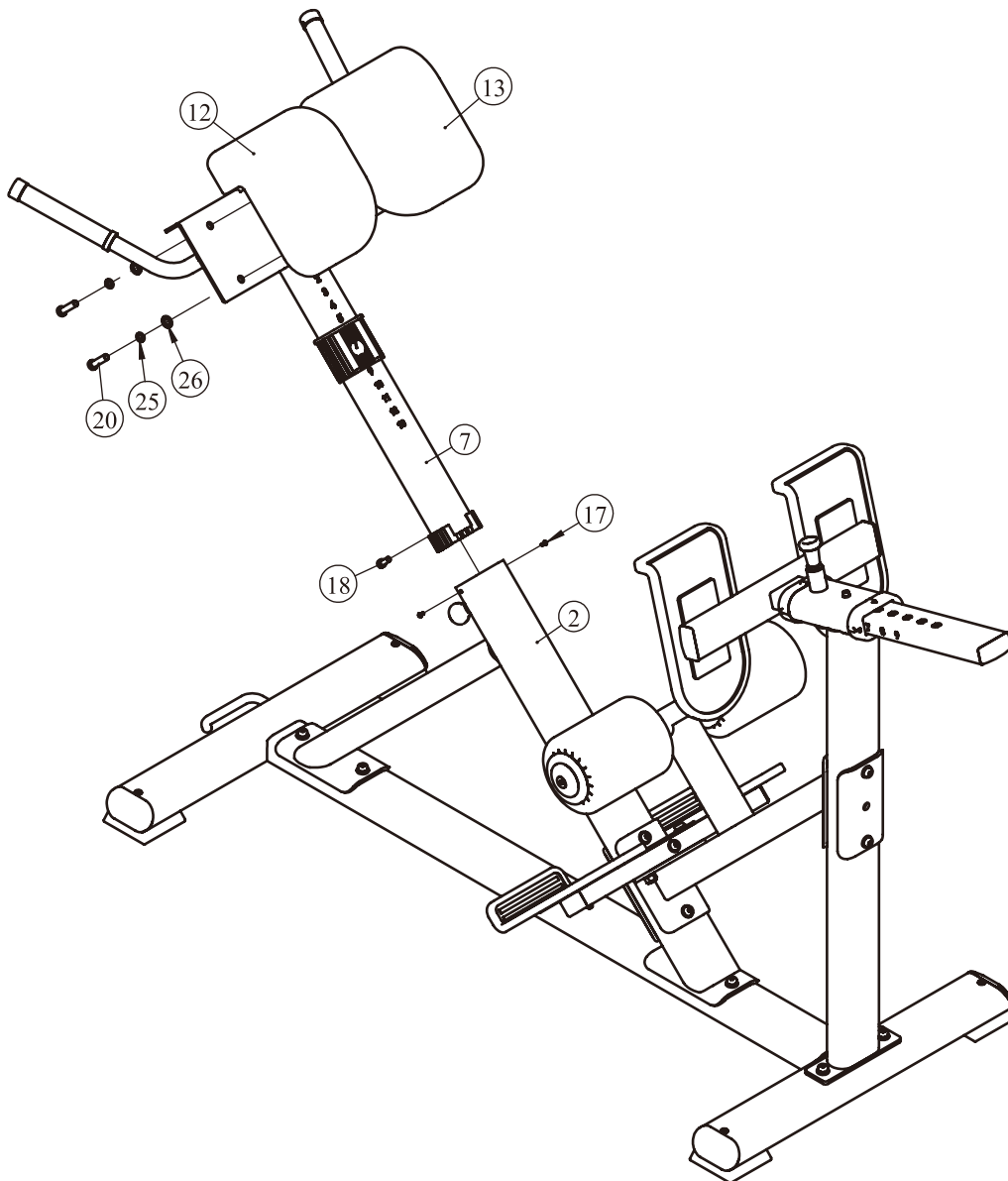


# Assembly

## STEP 5

1. Attach the Cushion Frame ASSY (#7) to the Support Frame ASSY (#2), using:
  - two M4\*8 BHCS (#17)
  - one M8\*20 SHCS (#18)
2. Attach the Left Leg Pad (#12) the Right Leg Pad (#13) to the Cushion Frame ASSY (#7), using:
  - four M10\*35 SHCS (#20)
  - four  $\Phi$ 10 Spring Washer (#25)
  - four  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#26)

**Note: Wrench Tighten Bolts.**



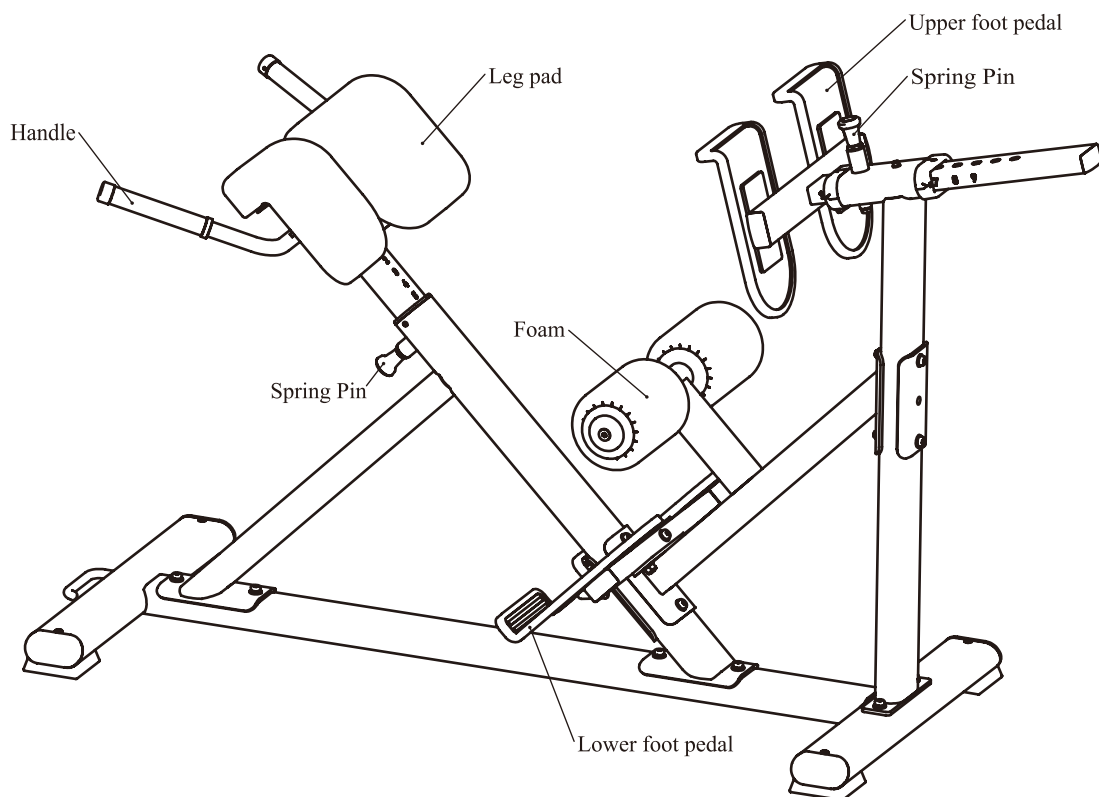
# Adjust Instructions and Exercise Instructions

## Desired position adjustment

1. Pull the spring pin, adjust the Leg Pad or the Step up the Pedal Frame to the desired position and then release the spring pin.
2. Make sure the pin gets into the hole completely.

## Exercise Instructions

1. Adjust the spring pin to the desired position.
2. Place the feet on the upper or lower foot pedal.
3. The hip joint is located in front of the leg pad, and the upper body slowly bends downwards.
4. Slowly return to the initial position.
5. Heavy objects or elastic bands can be used to improve training effectiveness.



# Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

# General Maintenance Information

## **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

## **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

## **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

## **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

# Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

