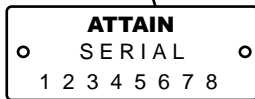
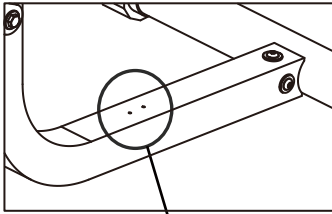


ATTAIN

H806 HYPER EXTENSION & ROMAN CHAIR OWNER'S MANUAL

Serial Number Location

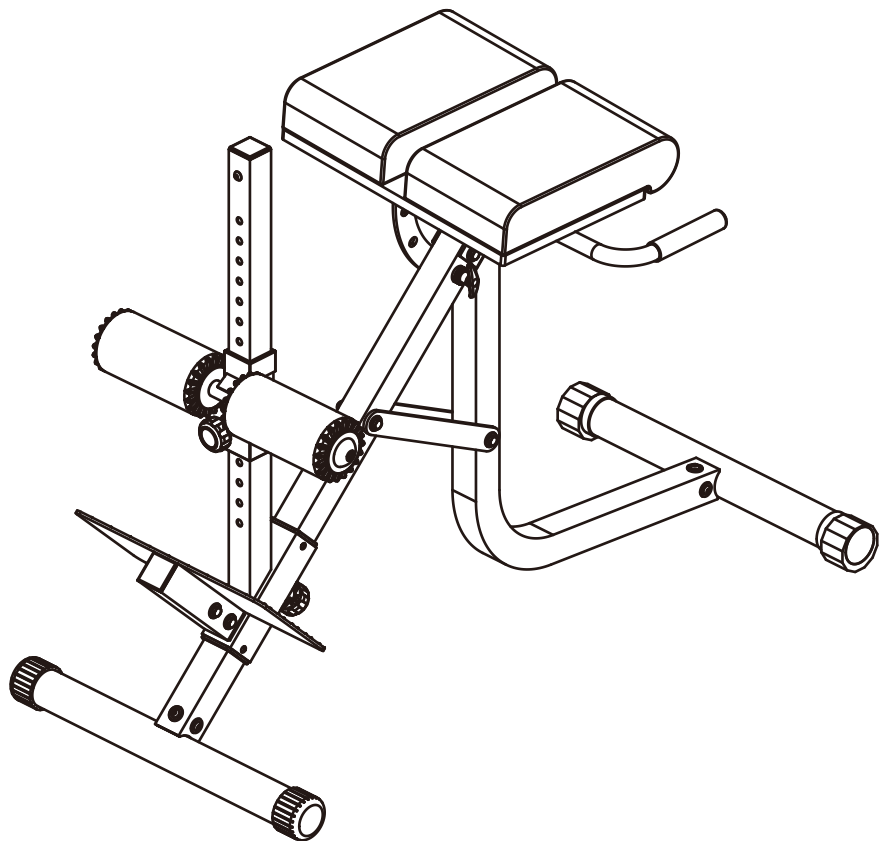


Record your Serial number
and purchase date here:

S/N _____

DATE: _____

DEALER: _____



Model No. H806
6700V4
ATTAIN FITNESS

Fitness Authority Industrial Co., LTD.
No. 15, Xiangxue Rd., Dali Dist.,
Taichung City 41275, Taiwan.

Congratulations and Thank You!

Thank you for selecting the **ATTAIN FITNESS H806 HYPER EXTENSION & ROMAN CHAIR**. The **ATTAIN FITNESS H806** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **ATTAIN FITNESS H806** will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the **ATTAIN FITNESS H806**. Keep this manual for future reference. If you have additional questions, please call your local **ATTAIN FITNESS** dealer.

www.atainfitnessusa.com

Important Safety Notes

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. **ATTAIN FITNESS** assumes no responsibility for personal injury or property damage sustained by or through use of this product.

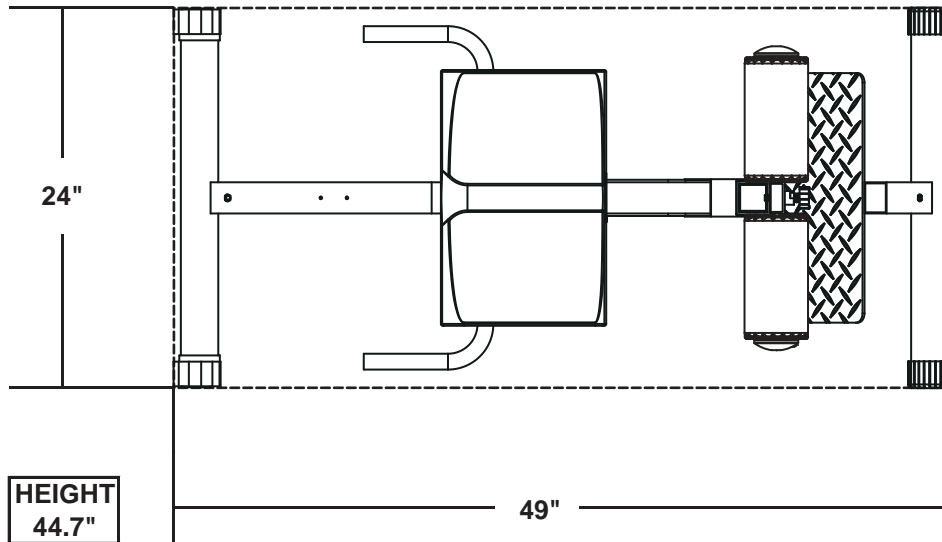
- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS H806 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. Make certain all cables are seated within the pulleys before every use.**
- 8. Exercise with care to avoid injury.**
- 9. If you are unsure about the proper use of the ATTAIN FITNESS H806, call your local ATTAIN FITNESS dealer or our customer service department.**

QUESTIONS?

As a quality exercise equipment supplier, we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or **ATTAIN FITNESS** at +1 877-551-7484 and info@atainfitnessusa.com.

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Gym Placement Planner

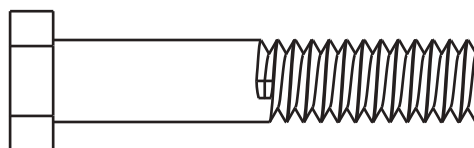


Recommended Tools for Assembly

Ratchet
9/16" Socket
3/4" Socket
9/16" Combination Wrench
3/4" Combination Wrench
Adjustable Wrench
Rubber Mallet
Metric Allen Key Set

Important Notes and Tips:

1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of this product.
3. Use window cleaner or water to assist with sliding roller pads on to tubes.
4. Apply silicone lubricant onto guide rods prior to weight plate installation.
5. Please allow plastic parts to acclimate to room temperature before installation or they may be damaged.
6. Carefully install plastic caps using a rubber mallet.
7. When measuring bolt lengths, only measure the shank, as shown below.



i.e. 2-1/4" Hex Bolt

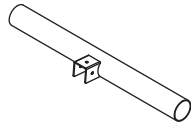


H806 Assembly PARTS LIST 1

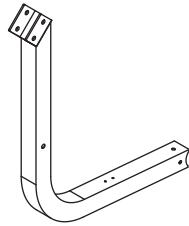


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

*Parts images are not to scale.



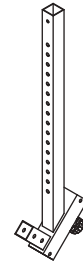
(1) STABILIZER
X 2pcs



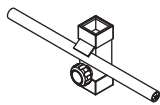
(2) FRONT SUPPORT



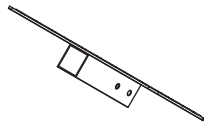
(3) MAIN FRAME



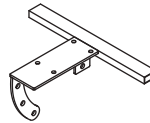
(4) UPRIGHT
ASSEMBLY



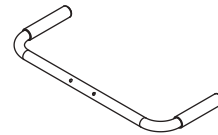
(5) ADJUSTABLE
HEEL SUPPORT



(6) FOOT PLATE



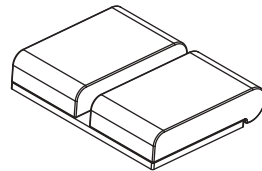
(7) PAD HOLDER



(8) HANDLE BAR



(9) SUPPORT
BRACE X 2pcs



(10A) HIP PAD



(13) 60mm
END CAP X 2pcs



(14) 60mm ROUND
END CAP X 2pcs



(15) 50mm SQ.
END PLUG



(16) 45mm SQ.
END PLUG



(17) 20 X 40mm RECT.
END PLUG X 2pcs



(37) FOAM PAD
COVER & (11) FOAM
PAD X 2pcs



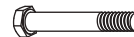
(39) PLASTIC
WASHER X 2pcs



(41) PLASTIC
COVER X 2pcs

NO.	DESCRIPTION	QTY.
-----	-------------	------

25	3/8" X 3" HEX HEAD BOLT	2
30	3/8" FLAT WASHER	4
34	3/8" NYLON NUT	2



25



30

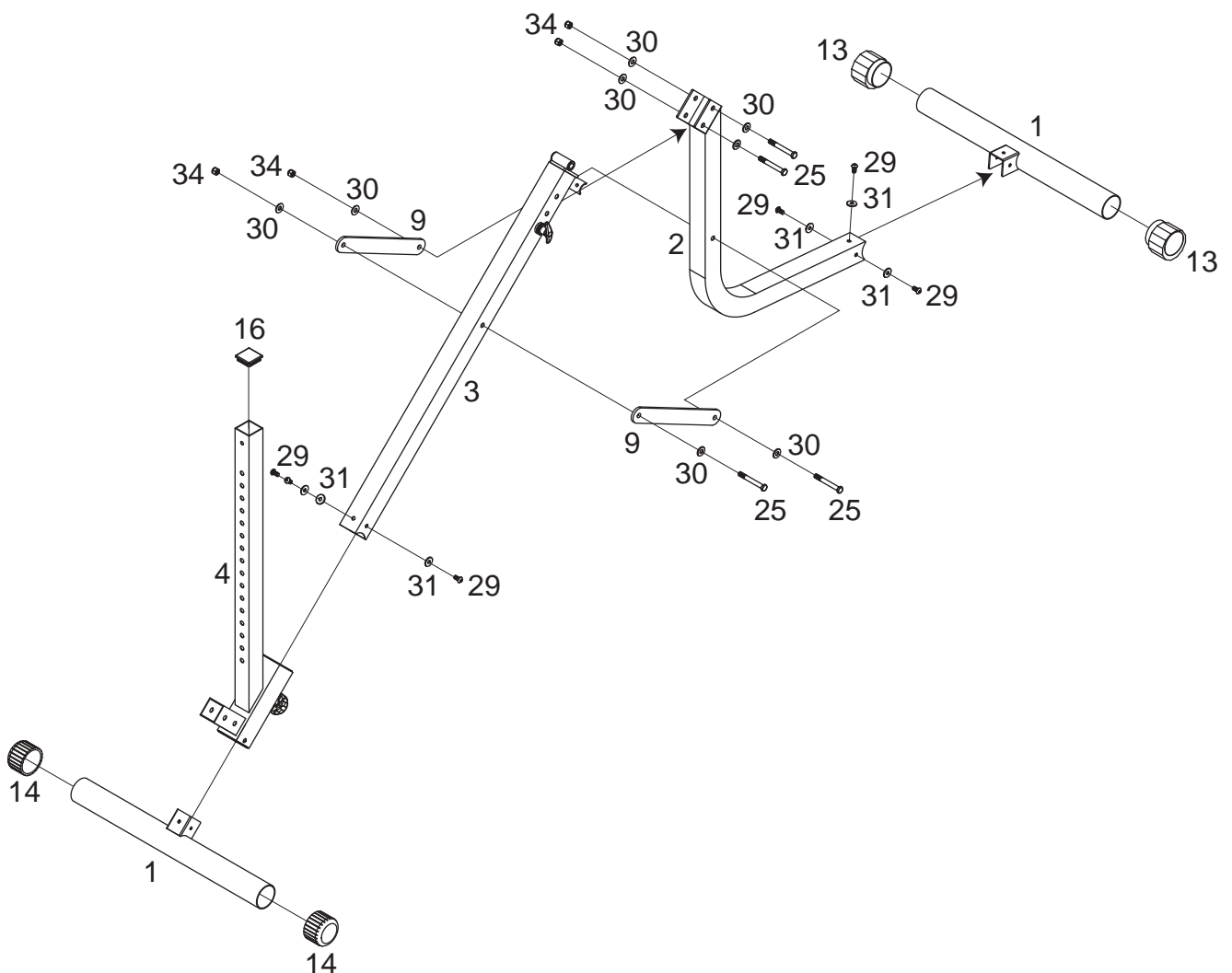


34

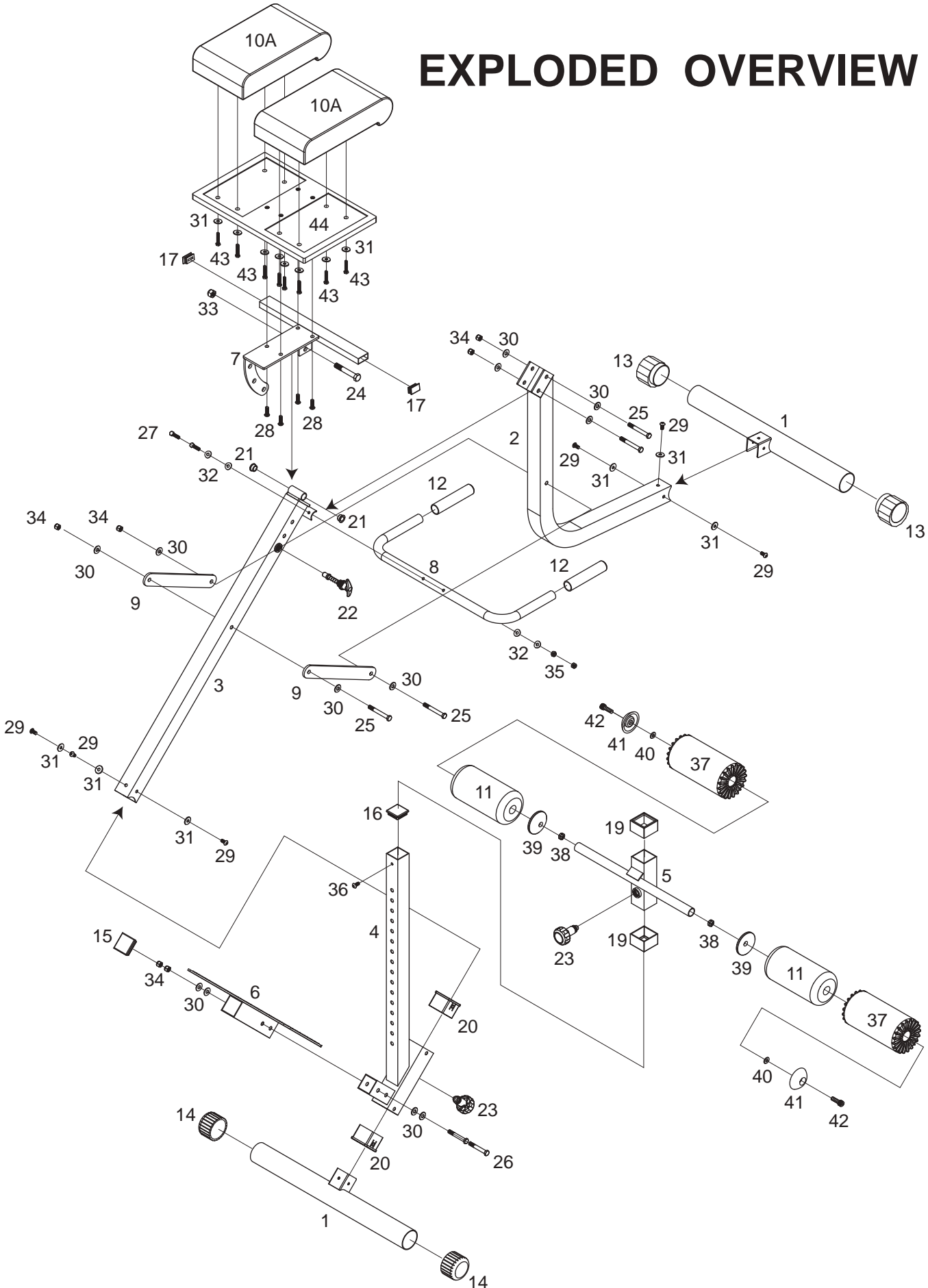
STEP 1

To ease the assembly process, do not tighten bolts until instructed.

1. Slide Upright Assembly (4) onto Main Frame (3), then attach Main Frame (3) to Stabilizer (1), using three 5/16" X 5/8" Inner Hex Bolts (29) and three 5/16" Flat Washers (31). Attach two 60mm Round End Caps (14) to Stabilizer (1) and one 45mm SQ. End Cap (16) to Upright Assembly (4).
2. Attach Front Support (2) to Stabilizer (1), using three 5/16" X 5/8" Inner Hex Bolts (29) and three 5/16" Flat Washers (31). Attach two 60mm End Caps (13) to Stabilizer (1).
3. Attach Main Frame (3) to Front Support (2), using two 3/8" X 3" Hex Bolts (25), four 3/8" Flat Washers (30) and two 3/8" Nylon Nuts (34). Attach two Support Braces (9) to Main Frame (3) and Front Support (2), using two 3/8" X 3" Hex Bolts (25), four 3/8" Flat Washers (30) and two 3/8" Nylon Nuts (34).

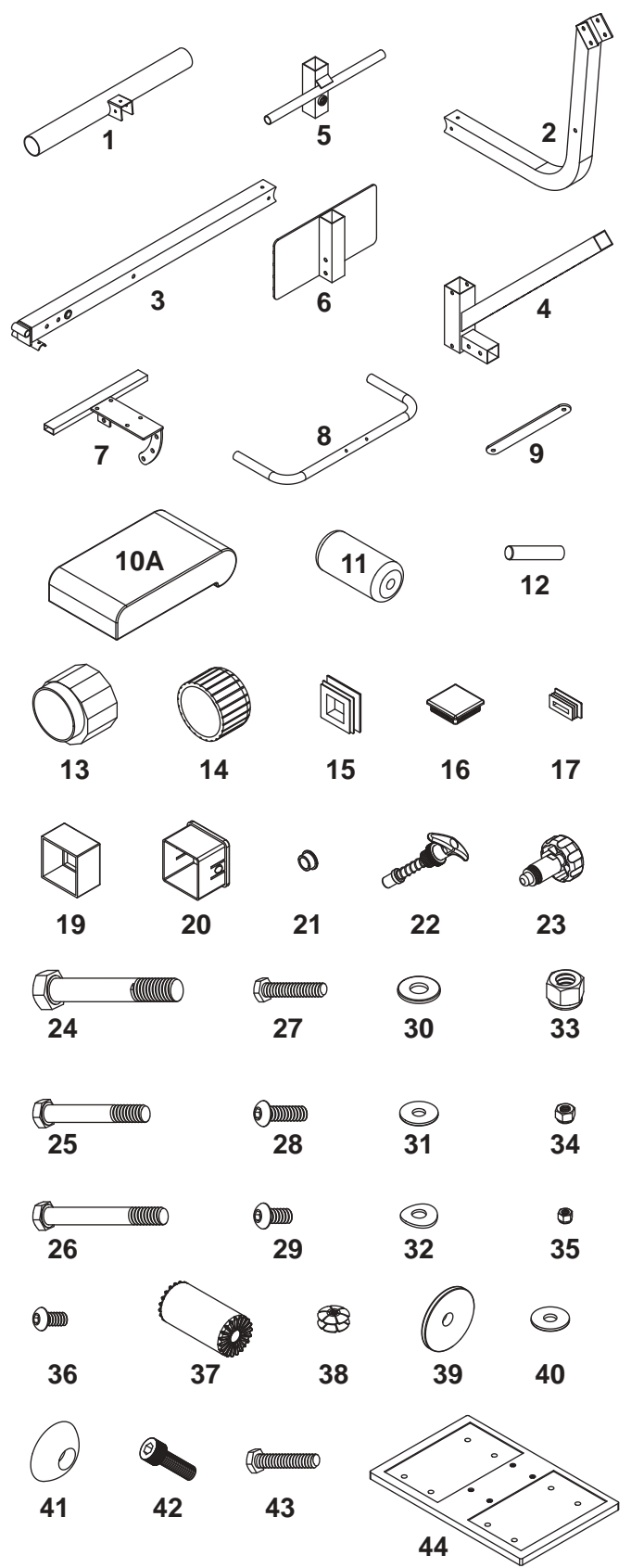


EXPLODED OVERVIEW



PARTS LIST

NO.	DESCRIPTION	QTY.
1	STABILIZER	2
2	FRONT SUPPORT	1
3	MAIN FRAME	1
4	UPRIGHT ASSEMBLY	1
5	ADJUSTABLE HEEL SUPPORT	1
6	FOOT PLATE	1
7	PAD HOLDER	1
8	HANDLE BAR	1
9	SUPPORT BRACE	2
10A	HIP PAD	2
11	FOAM PAD	2
12	HAND GRIP	2
13	60 MM END CAP	2
14	60 MM ROUND END CAP	2
15	50 MM SQ END PLUG	1
16	45 MM SQ END PLUG	1
17	20 X 40 RECT END PLUG	2
19	50 MM SQ SPACER	2
20	50 MM SQ BUSHING	2
21	1/2" METAL BUSHING	2
22	POP PIN	1
23	QUICK RELEASE	2
24	1/2" X 3-1/8" HEX HEAD BOLT	1
25	3/8" X 3" HEX HEAD BOLT	4
26	3/8" X 2-1/2" HEX HEAD BOLT	2
27	5/16" X 1-3/4" HEX HEAD BOLT	2
28	5/16" X 3/4" INNER HEX BOLT	4
29	5/16" X 5/8" INNER HEX BOLT	6
30	3/8" FLAT WASHER	12
31	5/16" FLAT WASHER	14
32	5/16" ARCHED WASHER	4
33	1/2" NYLON NUT	1
34	3/8" NYLON NUT	6
35	5/16" NYLON NUT	2
36	1/4" X 5/8" SCREW	1
37	COVER OF FOAM PAD	2
38	5/16" NUT	2
39	PLASTIC WASHER	2
40	5/16" WASHER	2
41	PLASTIC COVER	2
42	5/16" X 1-1/4" SUNKEN HEAD SCREW	2
43	5/16" X 1-1/4" HEX THREADED BOLT	8
44	BOARD	1



Assembly is complete! Please take the following steps before using the ATTAIN FITNESS H806 :

1. Make certain all bolts are tightened securely.
2. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the ATTAIN FITNESS H806 HYPER EXTENSION & ROMAN CHAIR! If you have any questions or comments, please contact our customer service department at +1 877-551-7484 and info@attainfitnessusa.com.

www.attainfitnessusa.com