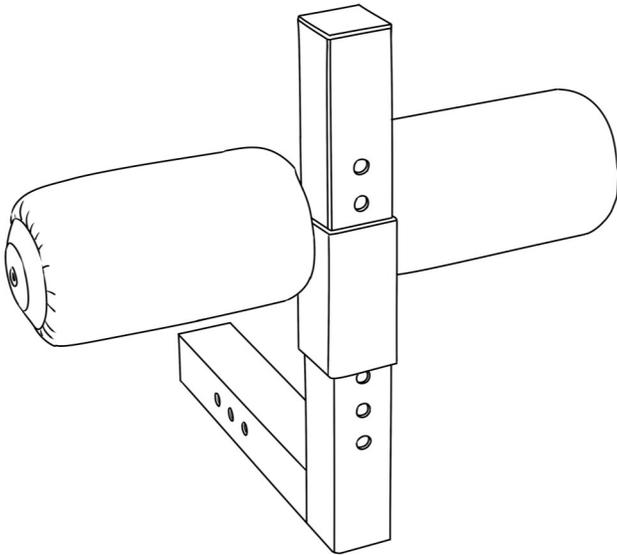


Assembly & Operating Instructions

Ironmaster NORDIC CURL attachment

Congratulations on your purchase of this fine Ironmaster product. Be sure to read and understand the operating instructions to achieve the best performance and avoid injury.



CONTENTS:

- 1x Nordic Curl Chrome frame
- 1x Pad Holder Frame
- 2x Foam Roller Pads
- 2x Foam Roller end Cap
- 2x Foam Roller end Cap Flat Washer
- 2x Foam Roller end Cap Bolt
- 1x 6mm Allen wrench

ASSEMBLY:

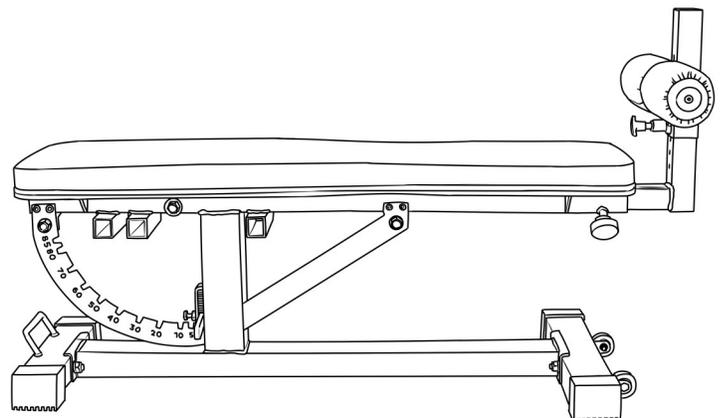
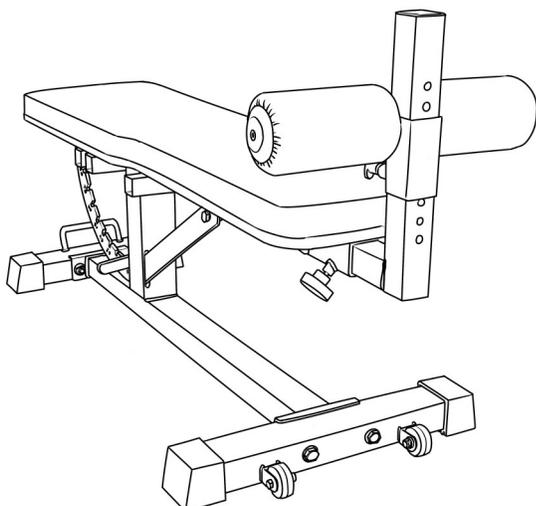
Put the Pad Holder Frame onto the Chrome Frame as pictured and tighten the pull pin. Push the Roller Pads on the round tube and install the black plastic end caps with the Black Allen bolts with the flat washer between the pad and end cap. Do not overtighten.

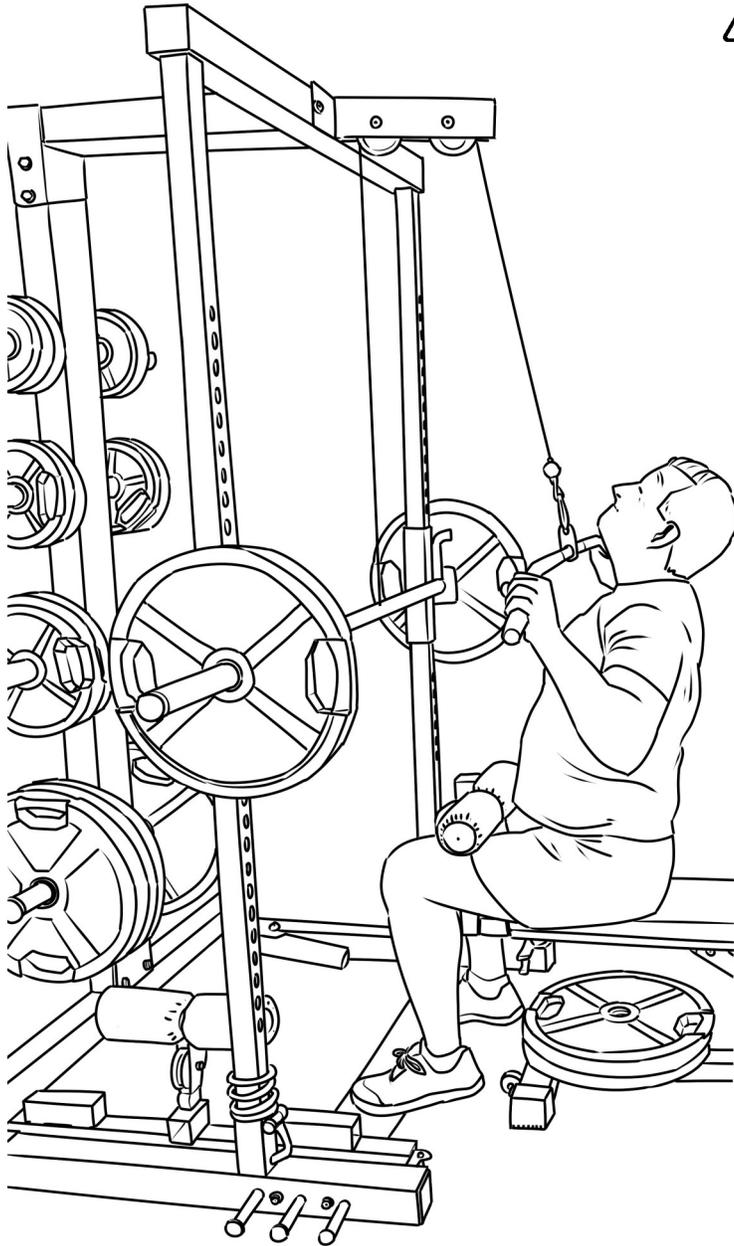
DESCRIPTION:

The Nordic Curl attachment for Super Bench is a leg holding device to allow for hamstring and posterior chain training. The bench will normally be set to the flat 0 degree position for this movement, however, a 5 or 10 degree decline angle is possible and gives a different resistance curve. The chrome frame can be inserted various depths to adjust for leg length and the pad holder can be raised up or down to best fit the user.

The Dual width pad on the Super Bench PRO V2 may be installed on the bench frame with the wider half on the pull pin end to provide a wider base for knee support if desired.

This simple attachment is versatile and can be used for other functions like single foot support for split squats or as a hold down for lat pull on cable systems. These uses will likely require extra weight added to the bench pad or base frame for proper stability and safety.

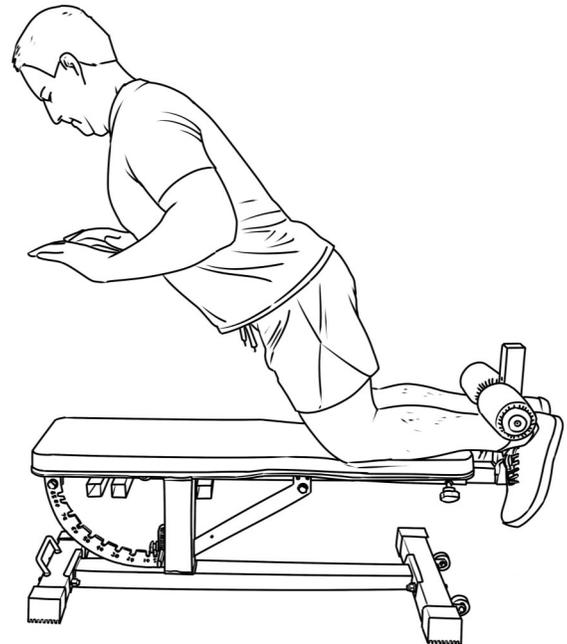




! Caution: Nordic curls are a challenging exercise. Do not add resistance or weight to your body. You must have your arms and hands free to arrest your fall forward.

This attachment is not a dedicated Nordic Curl or Glute Ham Developer device and has limitations for range of motion, adjustments and stability. Use this attachment at your own risk.

If this attachment is used for alternative exercises, you will likely need to add weight to the bench for safety and stability. Olympic weight plates or dumbbells of an adequate total weight should be used and tested. Use this attachment as your own risk.



For customer service, contact your local distributor or:
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 www.ironmaster.com Email: contact@ironmaster.com Tel: 800-533-3339 or 1-360-217-7780

Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

1 year for normal wear items such as rubber, upholstered parts and surface finishes. 2 years for cables.

10 years for frame and structural components.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.