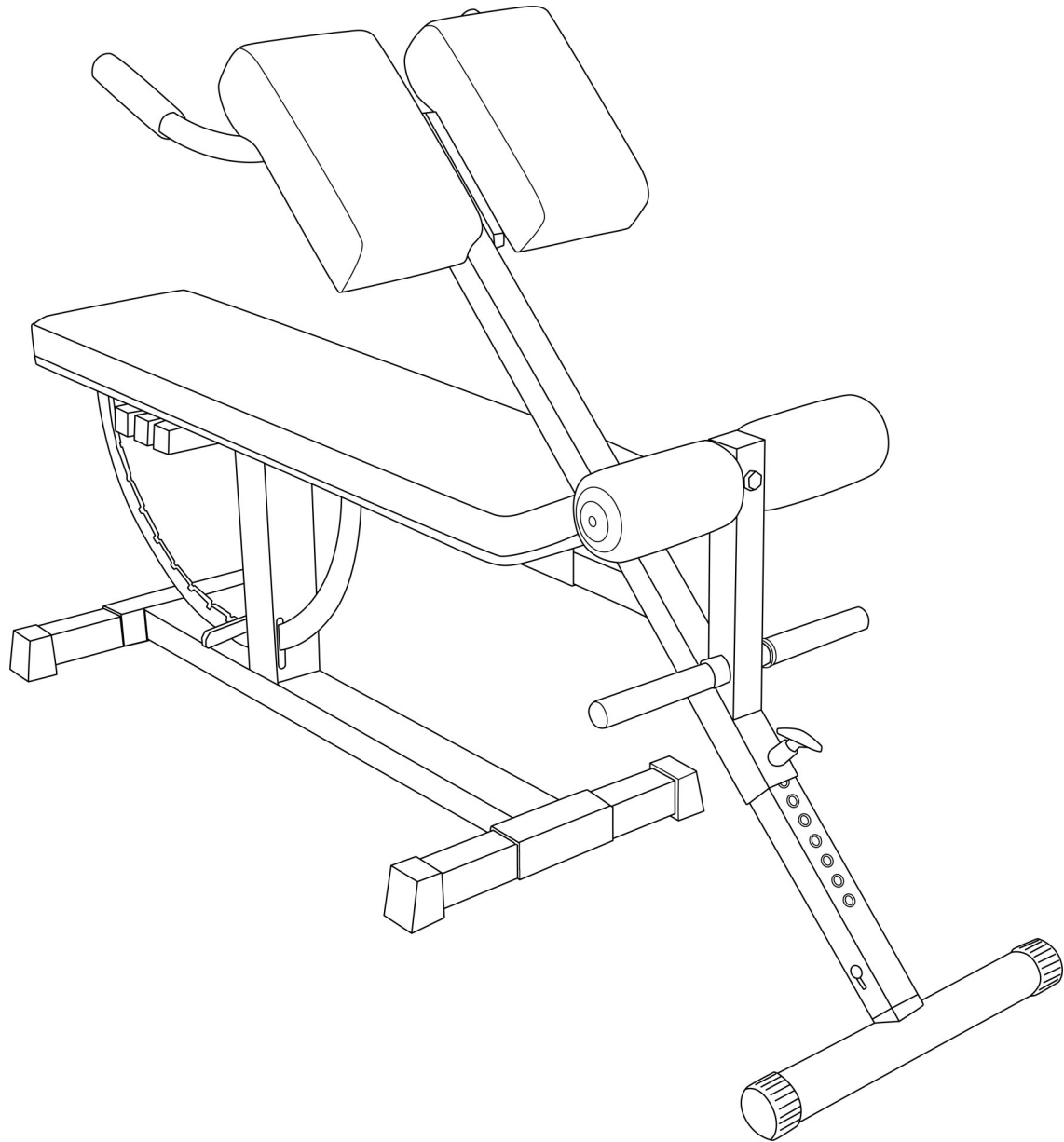


Assembly & Operating Instructions

Ironmaster Hyper Core 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.



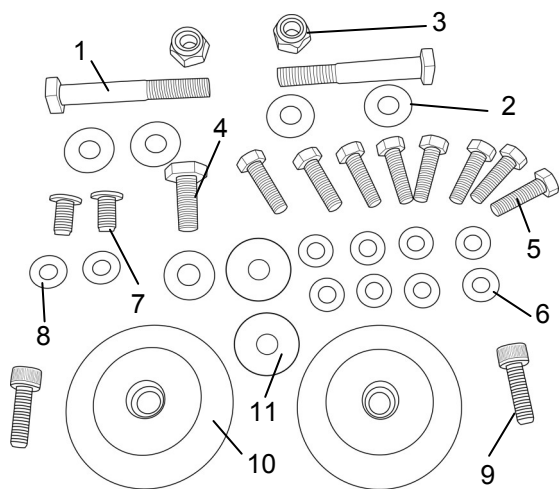
The HYPER CORE ATTACHMENT is designed to connect only to the Ironmaster Super Bench/Super Bench PRO to allow for lower back and abdominal exercises. The capacity is rated at 300 lbs. *This device cannot be used stand alone.*

It must always be connected to the Ironmaster Super Bench/Super Bench PRO when in use for safety.

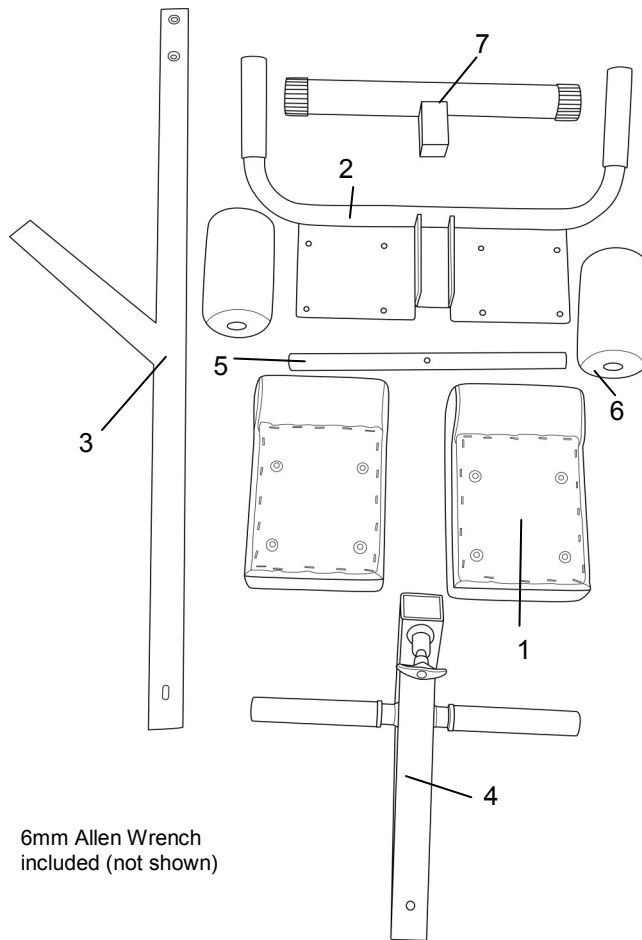
CONTENTS:

1. 2x Thigh Pad
2. 1x Handle Frame
3. 1x Post Frame
4. 1x Foot Holder Frame
5. 1x Roller pad tube
6. 2x Foam Roller Pads
7. 1x Base Foot

HARDWARE KIT



1. 2x M10 x 70mm bolt
2. 5x M10 Washer
3. 2x M10 Nylon Lock Nut
4. 1x M10 x 25mm Bolt
5. 8x 5/16" x 1" bolt
6. 8x 5/16" Washer
7. 2x M8 x 15mm Allen Screw
8. 2x M8 Washer
9. 2x M8 x 20 Dome cap Allen Head Bolt
10. 2x Plastic Foam Roller End caps
11. 2x M8 Plastic End Cap Washers



6mm Allen Wrench included (not shown)

For customer service, contact your local distributor or:

Ironmaster LLC, 14562 167th Ave SE Monroe, WA 98272 USA
 Web site: www.ironmaster.com Email: support@ironmaster.com
 Tel: 800-533-3339 or 1-360-217-7780

The following instructions will help you assemble the unit and provide some details on use as well. The only tools required are two adjustable wrenches and a 6mm Allen Wrench (Included with Hardware kit). Check prior to Assembly that parts from both the main box and hardware kit are all present.

Warranty Information:

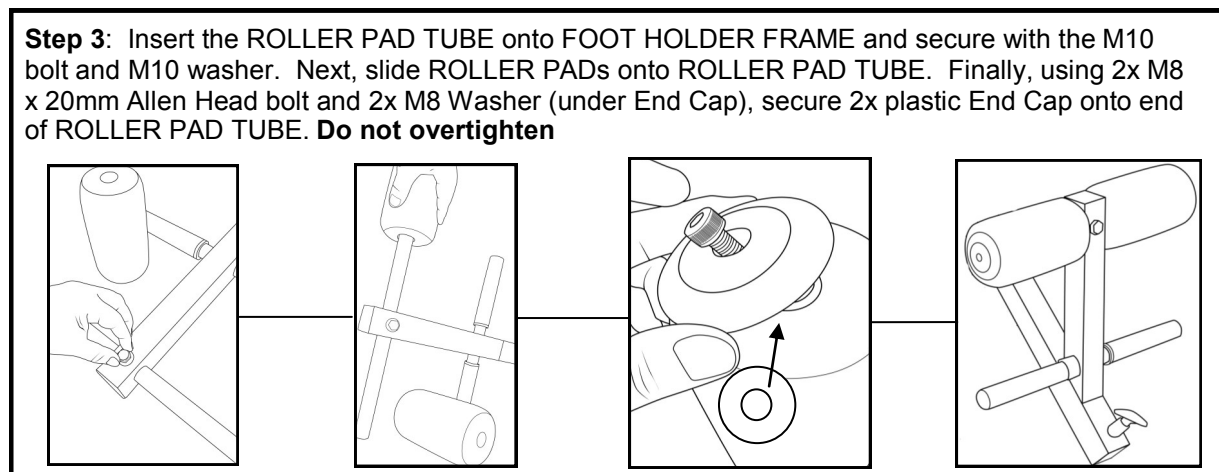
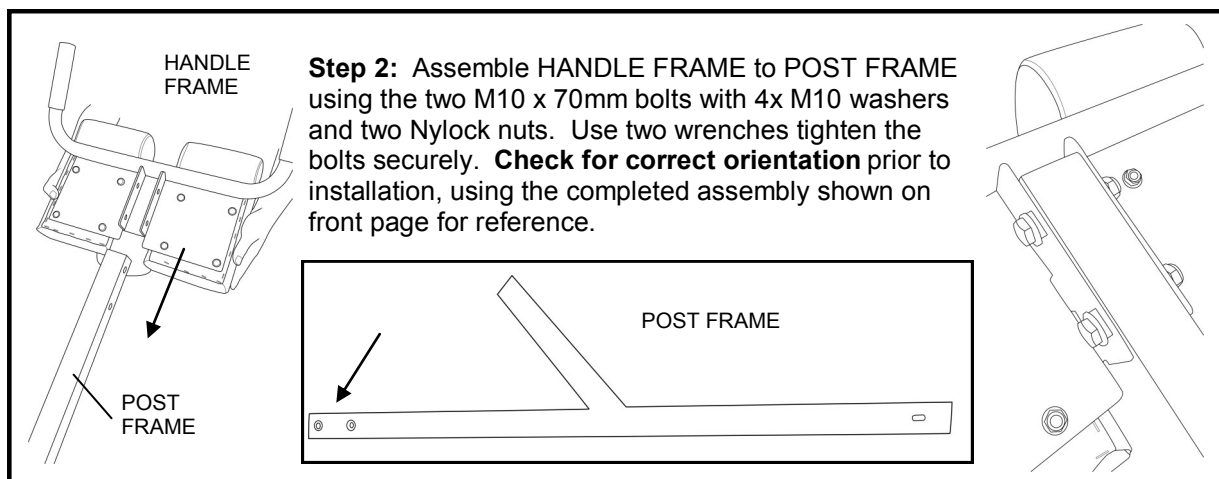
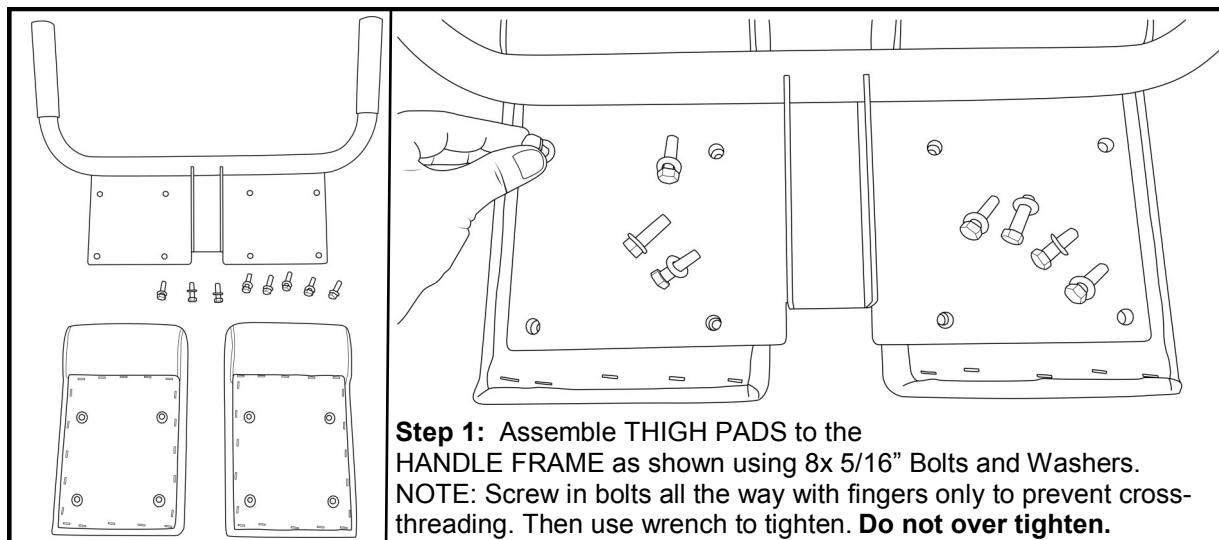
Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective 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.

10 years for frame and structural components.

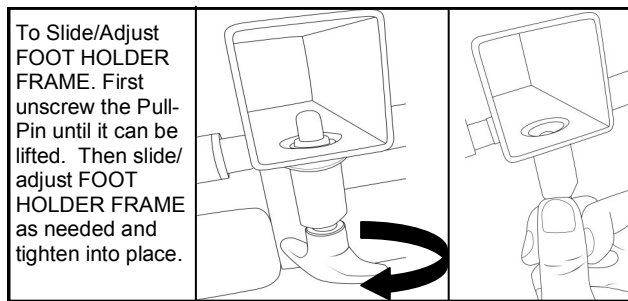
Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, 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.

Congratulations on your purchase of this fine Ironmaster product. The following instructions will help you assemble the unit and provide some details on use as well. The only tools required are two adjustable wrenches. Unpack all the parts and make sure you have received all the parts as shown on the parts list. If you are missing anything or have questions, please contact Ironmaster immediately and we will assist you. 800-533-3339.

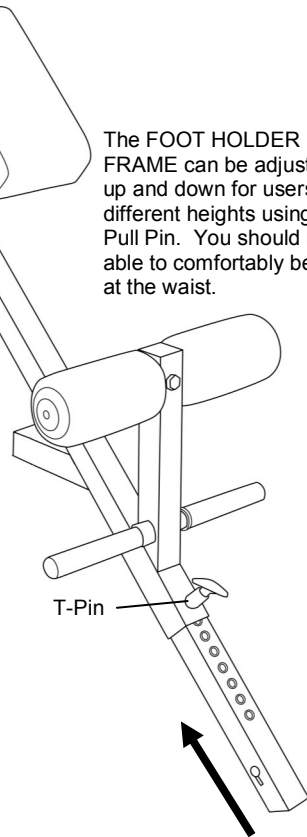


Step 4: Slide completed FOOT HOLDER FRAME onto the POST FRAME. You must turn and pull the Pull-Pin up prior to sliding the FOOT HOLDER FRAME onto the POST FRAME. Once Pull-Pin aligns with POST FRAME hole, release Pull-pin and a noticeable “Pop” will occur when the Pull-Pin engages a hole.

The FOOT HOLDER FRAME can be adjusted up and down for users of different heights using the Pull Pin. You should be able to comfortably bend at the waist.

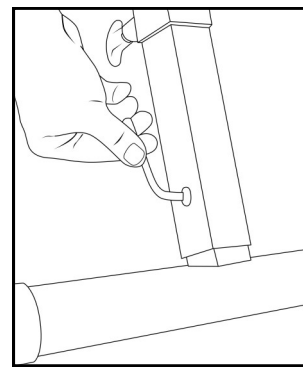
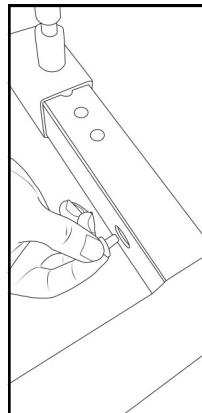
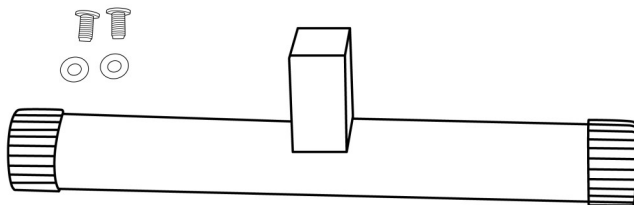


To Slide/Adjust FOOT HOLDER FRAME. First unscrew the Pull-Pin until it can be lifted. Then slide/adjust FOOT HOLDER FRAME as needed and tighten into place.

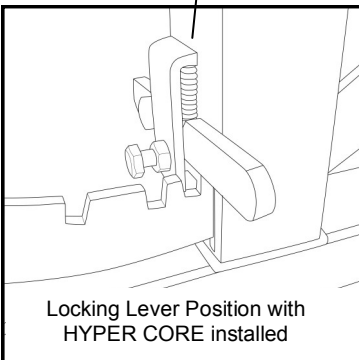
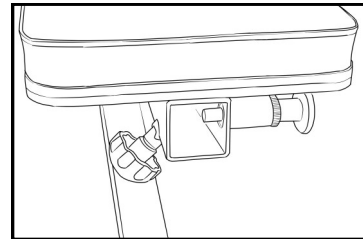
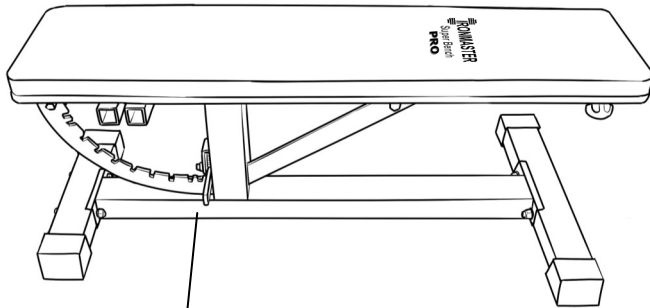
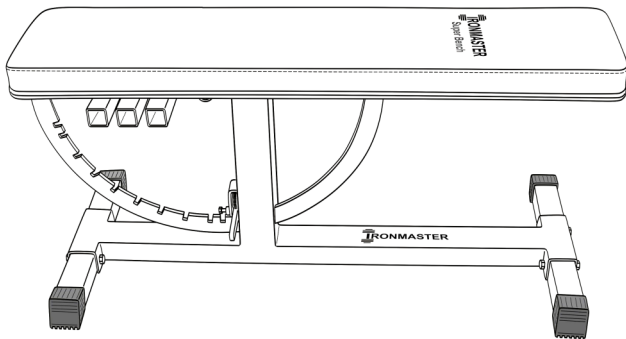
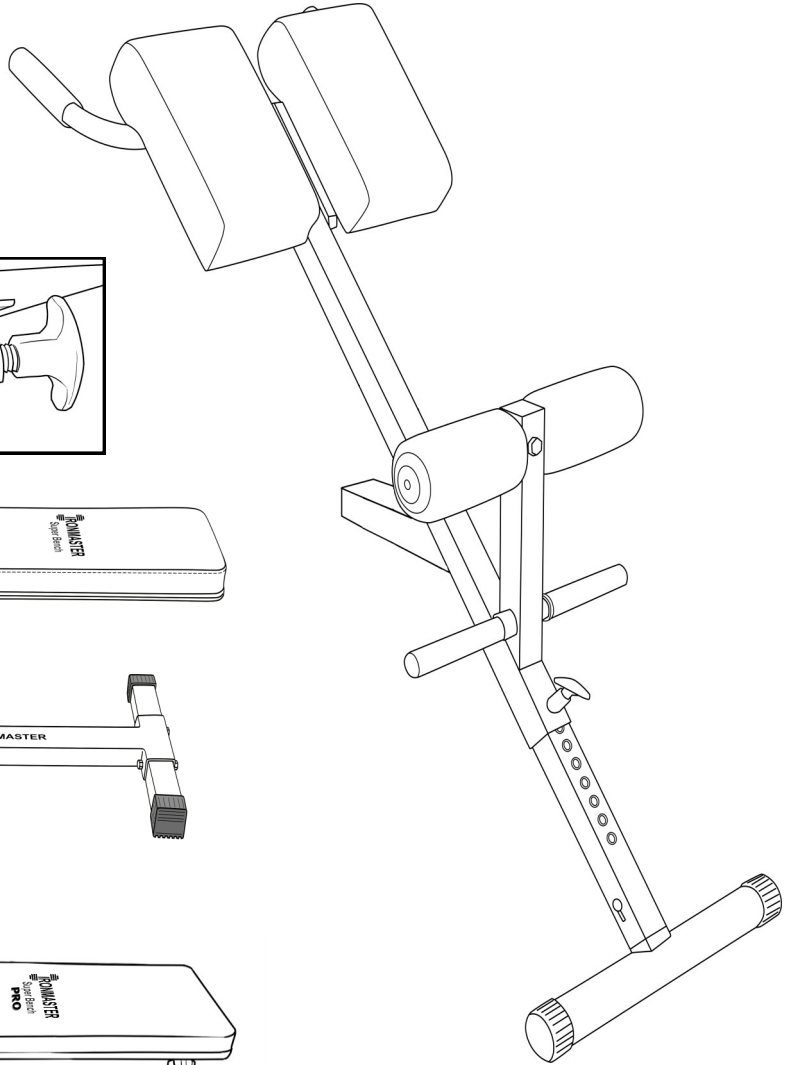
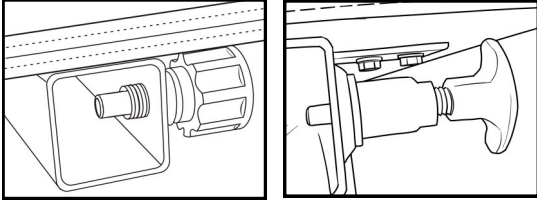


Step 5: Insert the BASE FOOT into the POST FRAME and hold in place with 2x M8 screws and 2x washers. Do not tighten to allow for fine tuning later. The POST FRAME holes are slotted to allow for fine tuning foot position once Assembly is complete. Once the attachment is secured to the Super Bench/Super Bench PRO, tighten these M8 screw assembly When BASE FOOT is resting on the floor.

Note oblong holes at base of POST FRAME allow for fine tuning. Please see notes on following page if using in conjunction with Super Bench PRO



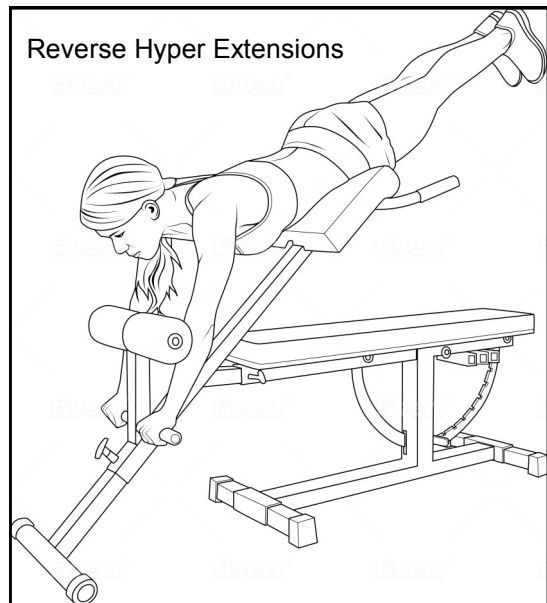
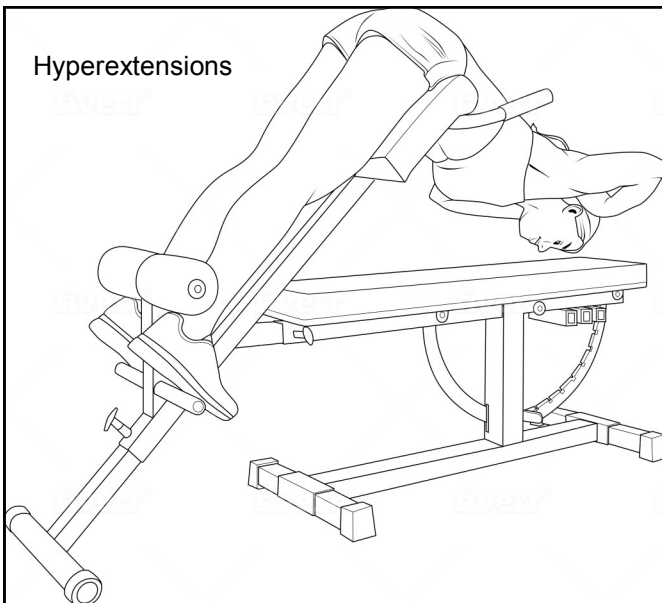
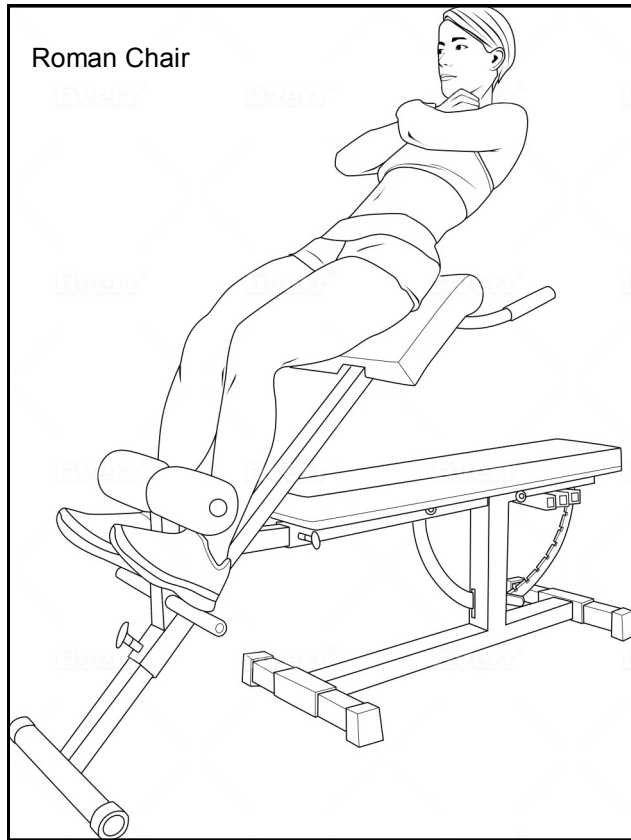
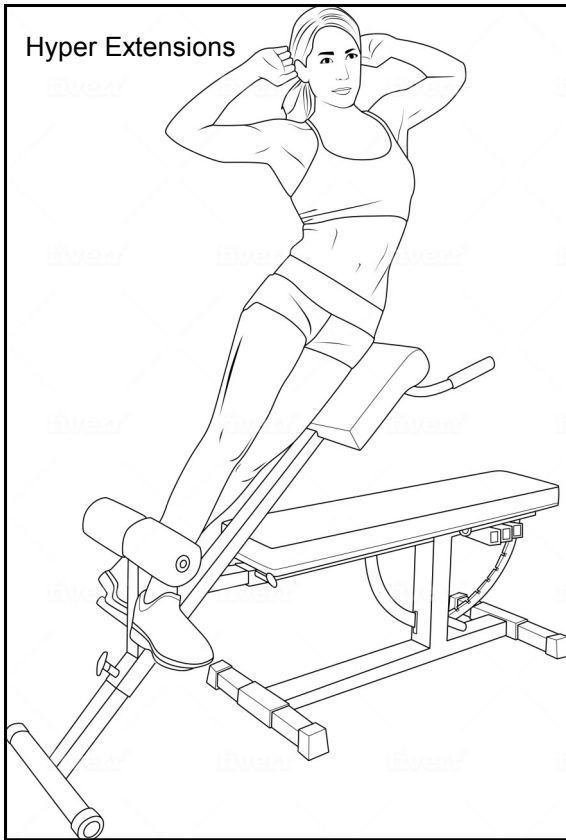
Hypercore on Super Bench: The Superbench comes with two types of Pull Pins. Check your personal Super Bench and instructions for their use in your Super Bench Manual



Locking Lever Position with HYPER CORE installed

Hypercore on Super Bench PRO: Installation onto Super Bench PRO will require the Bench to be slightly elevated for the HYPERCORE FOOT BASE to sit on floor. First, raise the locking lever on your SUPERBENCH PRO to the next locking position and insert your HPERCORE ATTACHMENT into the Receiver Tube on the Bench. Lock into place as instructed in your Super Bench PRO manual. Next, raise your locking lever back toward the level position until your HYPERCORE FOOT BASE is resting on the floor. This position will keep the locking lever between the first two notches (shown left). This is normal and stable. **Make sure the Hypercore foot is resting on the floor.**

Ironmaster Hyper Core Attachment Exercises



Assembly & Operating Instructions

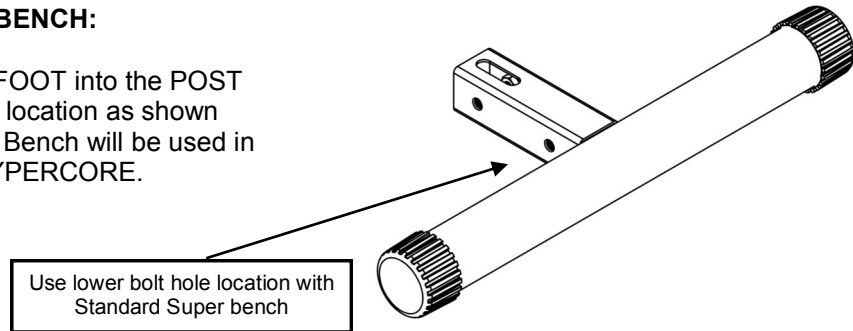
HYPERCORE ADDENDUM PAGE

The Hypercore Assembly has slightly changed, please read following notes to complete the updated assembly.

This update addresses an UPGRADE to the BASE FOOT. This upgrade will allow improved adjustability/fine tuning when using with both the Standard SUPER BENCH and the SUPER BENCH PRO V2. The longer tube on BASE FOOT allows a lesser angle on SB Bench PRO V2 when HYPERCORE is installed.

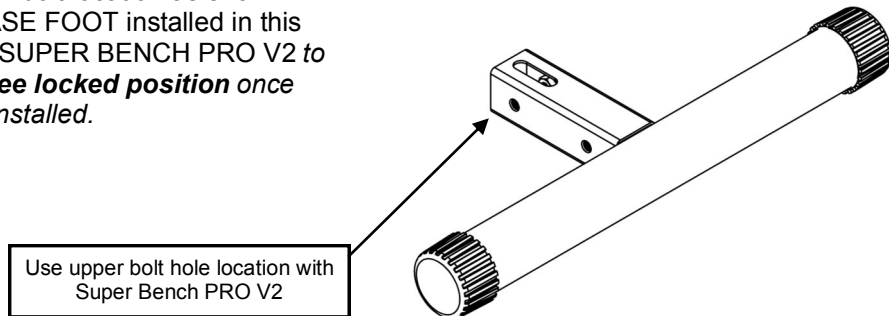
FOR STANDARD SUPERBENCH:

When installing the BASE FOOT into the POST FRAME, use the lower bolt location as shown right. The Standard Super Bench will be used in the flat position with the HYPERCORE.



FOR SUPERBENCH PRO V2:

When installing the BASE FOOT into the POST FRAME, use the upper bolt location as shown right. NOTE: The BASE FOOT installed in this position will allow the SUPER BENCH PRO V2 to be used in the **5 degree locked position** once the HYPERCORE is installed.



NOTE:

Make sure that once assembly is complete, the BASE FOOT is resting on the floor prior to use. As a reminder, use the lower bolt location for the Standard SUPER BENCH and the upper bolt location for the SUPER BENCH PRO V2. The remainder of the original manual is unchanged.