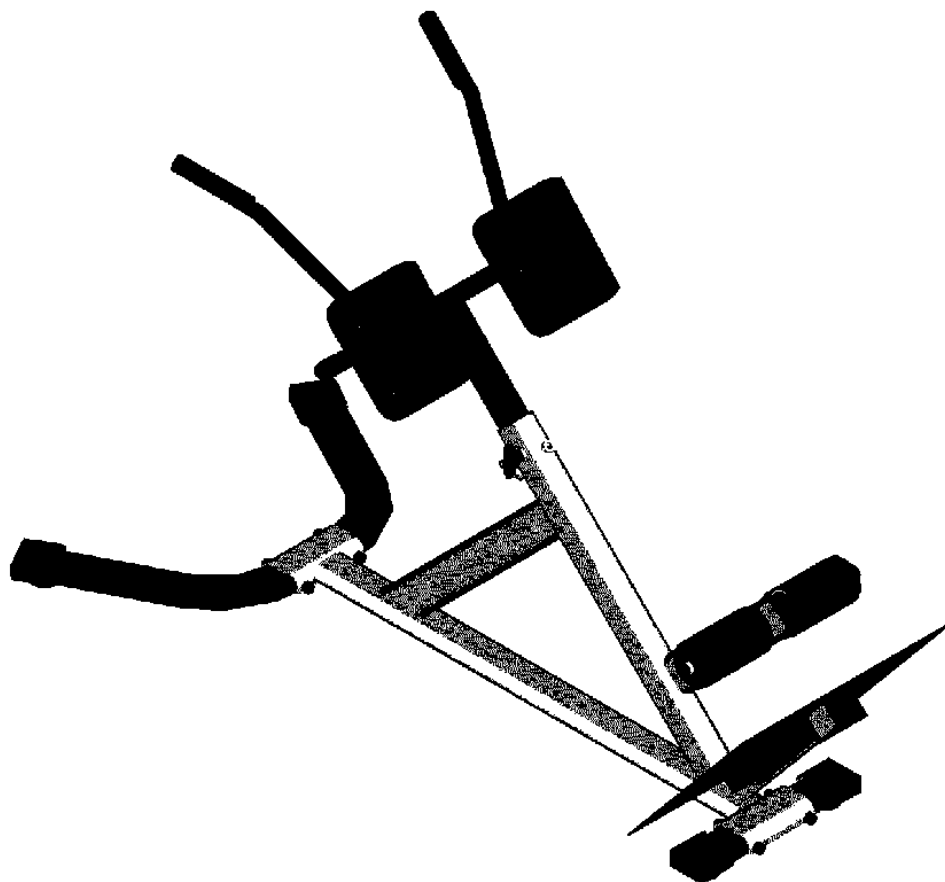


**XODUS**  
FM-G3007

Contemporary Hyperextension



**Distributed & Serviced by:**

**CAP BARBELL, INC. P.O. BOX 42213, HOUSTON, TEXAS 77242-2213**

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## **IMPORTANT SAFETY NOTICE**

### **PRE CAUTIONS**

This exercise machine is built with safety in mind. However certain precautions apply whenever you operate a piece of exercise equipment.

Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

1. Keep children and pets away from this machine at all times. **DO NOT** leave children unattended in the same room with this machine.
2. Only one person at a time should use this machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
4. Position this machine on a clear, leveled surface. **DO NOT** use this machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are required when using this machine.
7. **DONOT** use attachments not recommended by the manufacturer.
8. **DONOT** place any sharp object around the machine.
9. Disabled person should not use this machine without a qualified person or physician in attendance.
10. Always do warm up and stretching exercises before using this machine.
11. Never operate this machine if it is not functioning properly.
12. To prevent any cardiovascular and muscular injury and excite the capacity of the machine, we recommend the user gradually increase the weight on the machine.

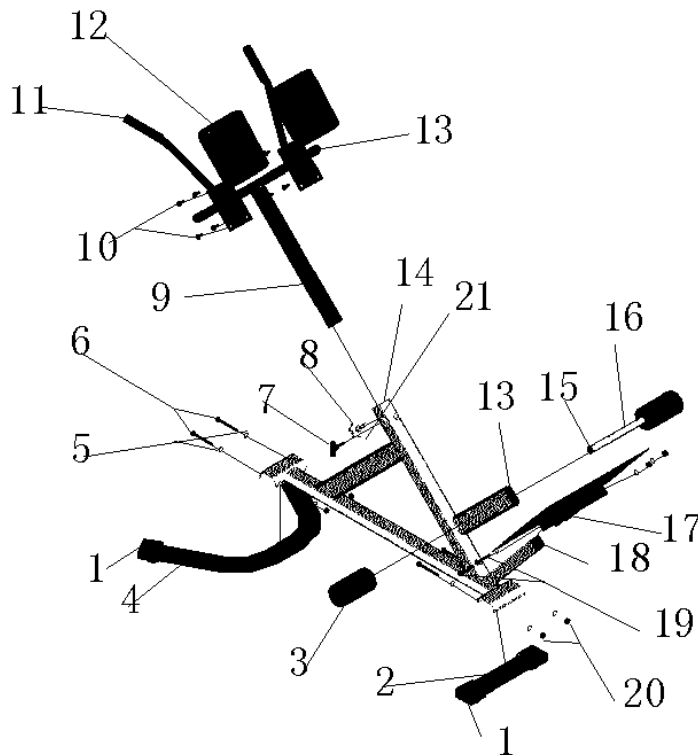
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. CAP BARBELL, INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

# XODUS

## FM-G3007

### Contemporary Hyperextension

### Parts List



No.	Part No.	Description	Qty.	Pre.-assembled
1	PFMG3007-01	Rubber End Caps 30*70	4	Yes
2	PFMG3007-02	Base Frame	1	No
3	PFMG3007-03	Foam Rollers	2	No
4	PFMG3007-04	Rear Base Frame	1	No
5	PRK1-06	Washers #10	12	No
6	PFMG19A-04	Bolt M10*90	4	No
7	PFMG3141-16	Tightening Knob	1	Yes
8	PFM2241-14	Knob Bolt M10*90	1	Yes
9	PFMG3007-06	Dip Assembly/Seat Cushion Brace	1	No
10	PFM2240-23	Bolt M6*15	8	No
11	PFM2007-08	Plastic Handle Covers	2	Yes
12	PFMG3007-07	Seat Cushions	2	No
13	PFMG3007-08	Plastic Caps 30*70	3	Yes
14	PFMG3007-09	Plastic bushing 40*80/30*70	1	Yes
15	PRK1-03	Round Plastic Caps #25	2	Yes
16	PFMG3007-10	Foam Roller Post	1	No
17	PFM3007-04	Foot Support	1	No
18	PRK3-05	Square Plastic Cap 50*50	1	Yes
19	PFM2240-21	Bolt M10*75	2	No
20	PRK1-05	Nut M10	6	No
21	PFMG3007-11	Main Frame	1	No

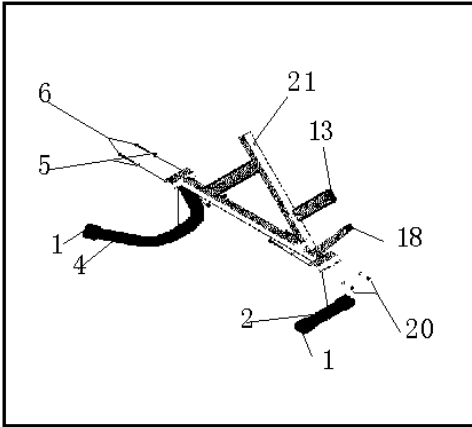
### NOTE

An Allen Wrench has been provided for machine assembling.

### Exploded-View Assembly Drawing

# Assembling

# Procedures

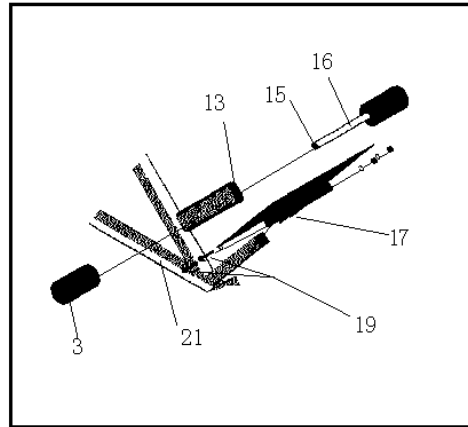


Procedure 1

Item No.	Descriptions	Qty.
1	Rubber End Caps 30*70	4
2	Base Frame	1
4	Rear Base Frame	1
5	Washers $\Phi$ 10	8
6	Bolts M10 X 90	4
13	Plastic cap 30*70	1
18	Plastic cap 50*50	1
20	Nuts M10	4
21	Main Frame	1

Connect the **Base Frame**(2) and the **Rear Base Frame** (4) to the bracket on the **Main Frame** (21). Secure them with two **Bolts** (6), four **Washers** (5), and two **Nuts**(20) from each side.

Tighten the bolts by hand only. Do not use wrenches in this step.



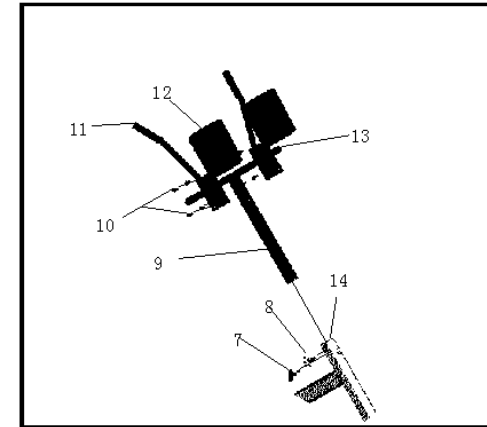
Procedure 2

Item No.	Descriptions	Qty.
17	Foot Support	1
3	Foam Rollers	2
15	Round Plastic Caps#25	2
13	Plastic Cap 30*70	1
16	Foam Roller Post	1
19	Bolts M10*75	2

Connect the Bracket on the **Foot Support**(17) to the **Support Tube** on the **Main Frame**(21). Align the holes. Secure it with two **Bolts**(19), four **Washers**(5) and two **Nuts**(14).

Insert the **Foam Roller Post**(16) halfway through the hole on the **Support Tube**. Push two **Foam Rollers**(2) onto the **Foam Roller Post**(16) from both sides.

Tighten the bolts by hand only. Do not use wrenches in this step.



Procedure 3

Item No.	Descriptions	Qty.
9	Dip Assembly/Seat Cushion Brace	1
12	Seat Cushions	2
10	Bolts M6*15	8
14	Plastic Bushing 30*70/40*80	1
7	Tightening Knob	1
8	Knob Bolt M10*90	1

Connect the **Seat Cushion**(12) with **Dip Assembly/Seat Cushion Brace**(9) by using eight **Bolts**(10).

Insert the **Dip Assembly/Seat Cushion Brace**(9) into the **Main Frame**(21). Place it on suitable position, and lock them by using the **Tightening Knob**(7) and Knob Bolt(8).

Firmly tighten all the bolts.