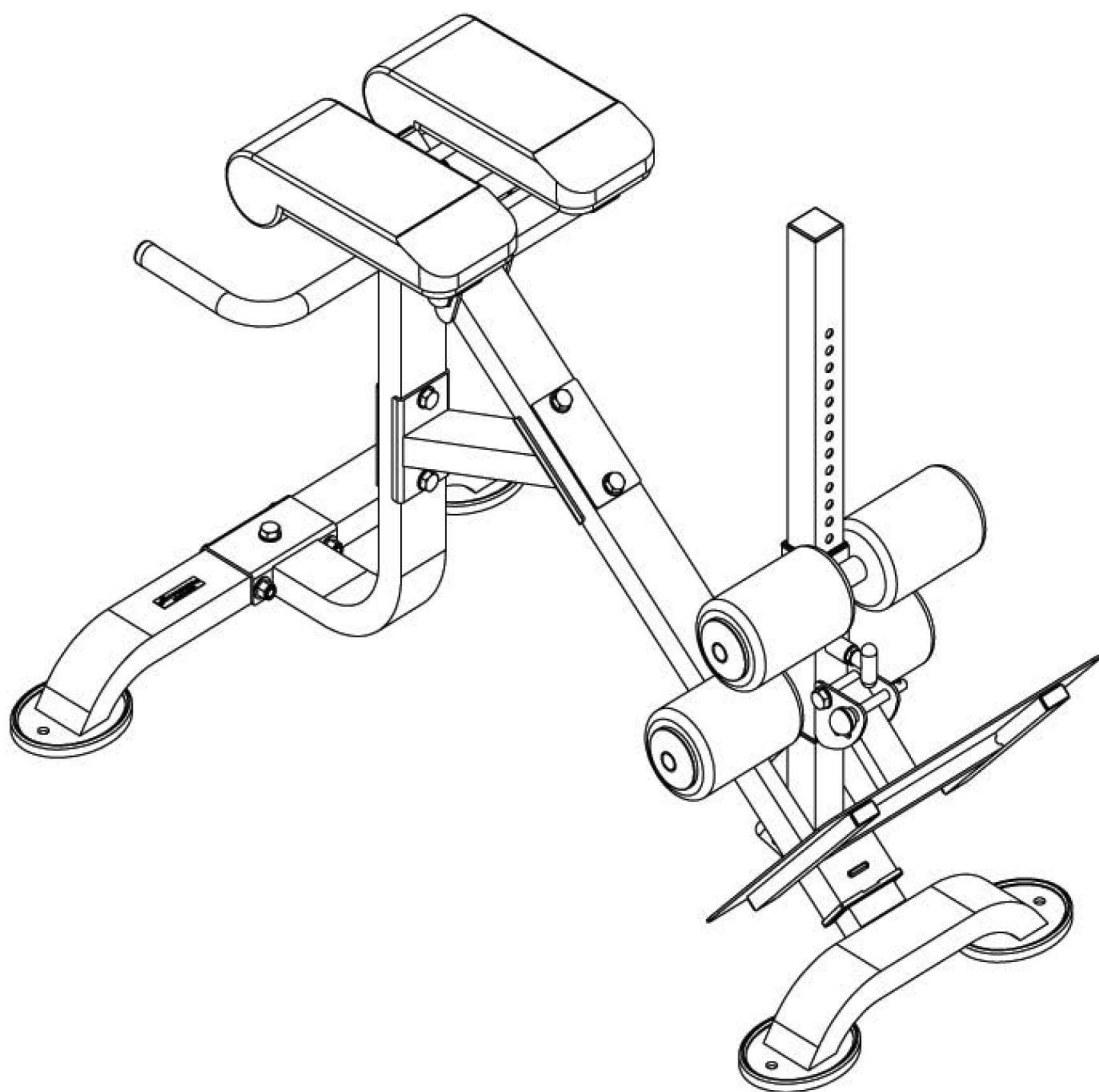


POWERTEC®

P-HC19

Manual



HYPEREXTENSION/ CRUNCH

Thank you for purchasing your new Powertec equipment.
To maximize the use of this Equipment, please take a moment to study, understand and familiarize with the assembly instructions and follow the sequence of steps as provided in the manual.

Because of our products unique features, this manual was created to provide you with information on how to assemble and properly maintain your equipment.

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HYPEREXTENSION/ CRUNCH

Featured Exercises

Back Extension Oblique Crunch Ab Crunch Bent Leg Lift

Weight Capacities

Max. Weight 400 lbs.

Specifications

L= 49.9"

W= 34.2"

H= 35.8"

Recommended Strength Classic Systems

L-SC16	Levergym Squat Calf	L-CDA+16	Levergym Chin/Dip Assist
P-LP16	Leg Press	P-CLS16	Compact Leg Sled
P-LM16	Powertec Lat Machine	P-BT16	Basic Trainer

SAFETY INSTRUCTIONS, WARNINGS AND CAUTIONS



It is recommended that users of this equipment receive a thorough medical exam before commencing any exercise program. This is especially important if you have never Exercised and or are over the age of 35, are pregnant or suffer from any health issues.

Read All Warnings and Cautions on this Manual and on the Product

This product should only be used after a thorough review of the Owner's Manual.

Keep children away from the product when in use.

Set up and operate the product on a solid level surface.

Do not set up the product on loose rugs or uneven surfaces.

Make sure adequate space is available to exercise and move around the product.

Inspect product before and after each use, inspect for worn out or loose parts, repair or replace as needed.

This equipment meets industry safety standards for stability when used for the intended exercise. Do not allow straps, resistance bands or other means to be attached to the framework of this equipment to perform stretching or body weight exercises as it can result to equipment instability and lead to serious injuries.

Always choose a workout that best fits your needs, physical strength and flexibility Levels, know your limits and your product limits and train within them.

Always wear proper footwear with nonskid rubber soles such, running, walking or Cross training shoes that fit well and provide support.

Do not exercise bare foot or in socks.

Always use common sense when exercising.



MAINTENANCE



The safety and performance of this product can be maintained only if it is examined regularly for damage and normal wear.
Examine the equipment before each use for damage and wear. Replace damaged and worn components immediately or put the equipment out of use until repaired.

Inspect Daily / Before Each Use!

Inspect system. Make sure it is in good condition and operates smoothly.
If you find damage, **DO NOT USE**. Contact your authorized Powertec dealer or Powertec Customer Service Center for assistance.

Inspect Daily / After Each Use!

Clean system with a clean, dry cloth. Use a mild detergent or spray on upholstery.
Do Not use cleansers containing enzymes.

Inspect Weekly!

Clean your system fully with a clean and ammonia based cleaner.
Touch up any scratches with touch-up paint to prevent rust, if necessary.

Inspect Monthly!

Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact Powertec Customer Service Immediately.
If you have any questions on the correct use or maintenance of this equipment, call your authorized distributor or Powertec Customer Service at 800-250-6665

Our Customer Service Mission:

“Committed to Stronger Lives”

By providing friendly and understanding service.

Tools Required for Assembly



M6 Allen Wrench



8" Adjustable Wrench



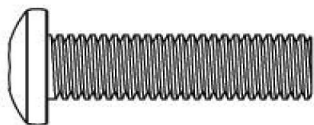
Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"

Helpful Tips

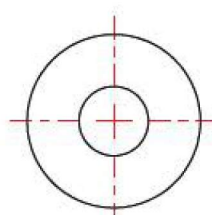
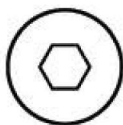
- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the unit on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows for easier access.
- **Insert all bolts in the same direction.** For aesthetic purposes, insert all the bolts in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten fasteners (such as bolts, nuts, and screws), so the unit is stable, but leave room for adjustments. **Do not** fully tighten fasteners until instructed (in the steps) to do so.

HARDWARE LIST

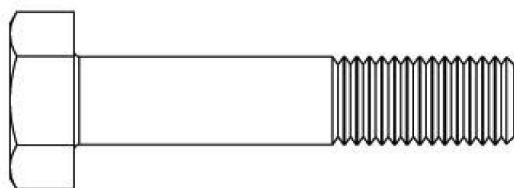
POWERTEC®



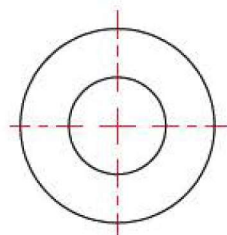
No. 21 3/8" x 1 1/2" 4 Pcs.



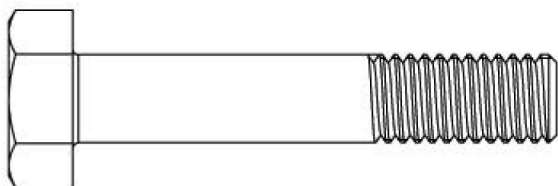
No. 26 Washer 3/8" 4 Pcs.



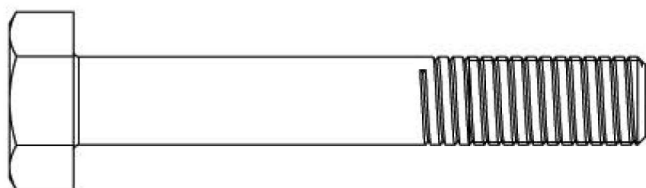
No. 22 1/2" x 2 1/2" 1 Pc.



No. 27 Washer 1/2" 24 Pcs.



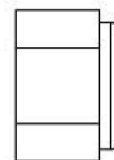
No. 23 1/2" x 2 3/4" 6 Pcs.



No. 24 1/2" x 3 1/4" 1 Pc.



No. 28 Nut 1/2" 12 Pcs.



No. 25 1/2" x 4 1/4" 4 Pcs.

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PARTS LIST



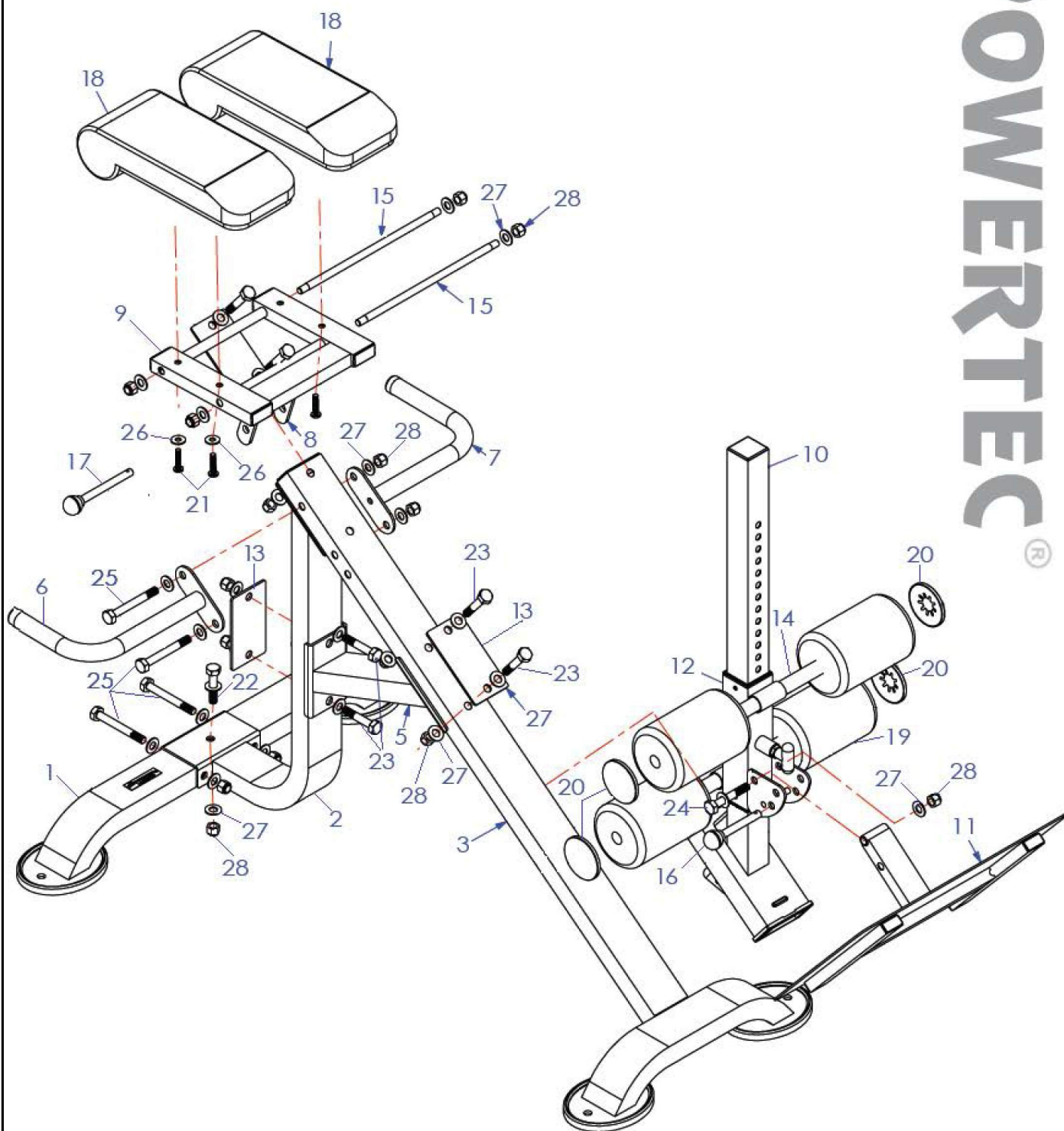
Part No.	Description:	Qty.
1	Rear Base Tube	1
2	Support Frame Tube	1
3	Tilted Support Frame Tube	1
N/A	N/A	N/A
5	Center Support Frame Tube	1
6	Handle Bar - Left	1
7	Handle Bar - Right	1
8	Seat Height Adj. Bracket	1
9	Seat Pads Tube	1
10	Adjustable Up-Right	1
11	Footplate	1
12	Roller Pads Adjustable Bracket	1
13	Reinforcement Plates	2
14	Roller Pad Tubes	2
15	Steel Axis	2
16	Ball Head Lock Pin - Foot Plate	1
17	Ball Head Lock Pin - Seat Pads	1
18	Seat Pads	2
19	Roller Pads	4
20	Round Chrome End Caps	4
21	Bolts 3/8" x 1 1/2"	4
22	Hex Bolt 1/2" x 2 1/2"	1
23	Hex Bolt 1/2" x 2 3/4"	6
24	Hex Bolt 1/2" x 3 1/4"	1
25	Hex Bolt 1/2" x 4 1/4"	4
26	Washer 3/8"	4
27	Washer 1/2"	28
28	Nut 1/2"	16

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HYPEREXTENSION / CRUNCH

EXPLODED DIAGRAM

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HYPEREXTENSION / CRUNCH

ASSEMBLY ONE

Step 1

Install Roller Pad Adjustable Bracket No. 12 to No. 10 Adjustable Up-Right, Proceed and Slide Adjustable Up-Right No. 10 on to Tilted Support Tube No. 3

Step 2

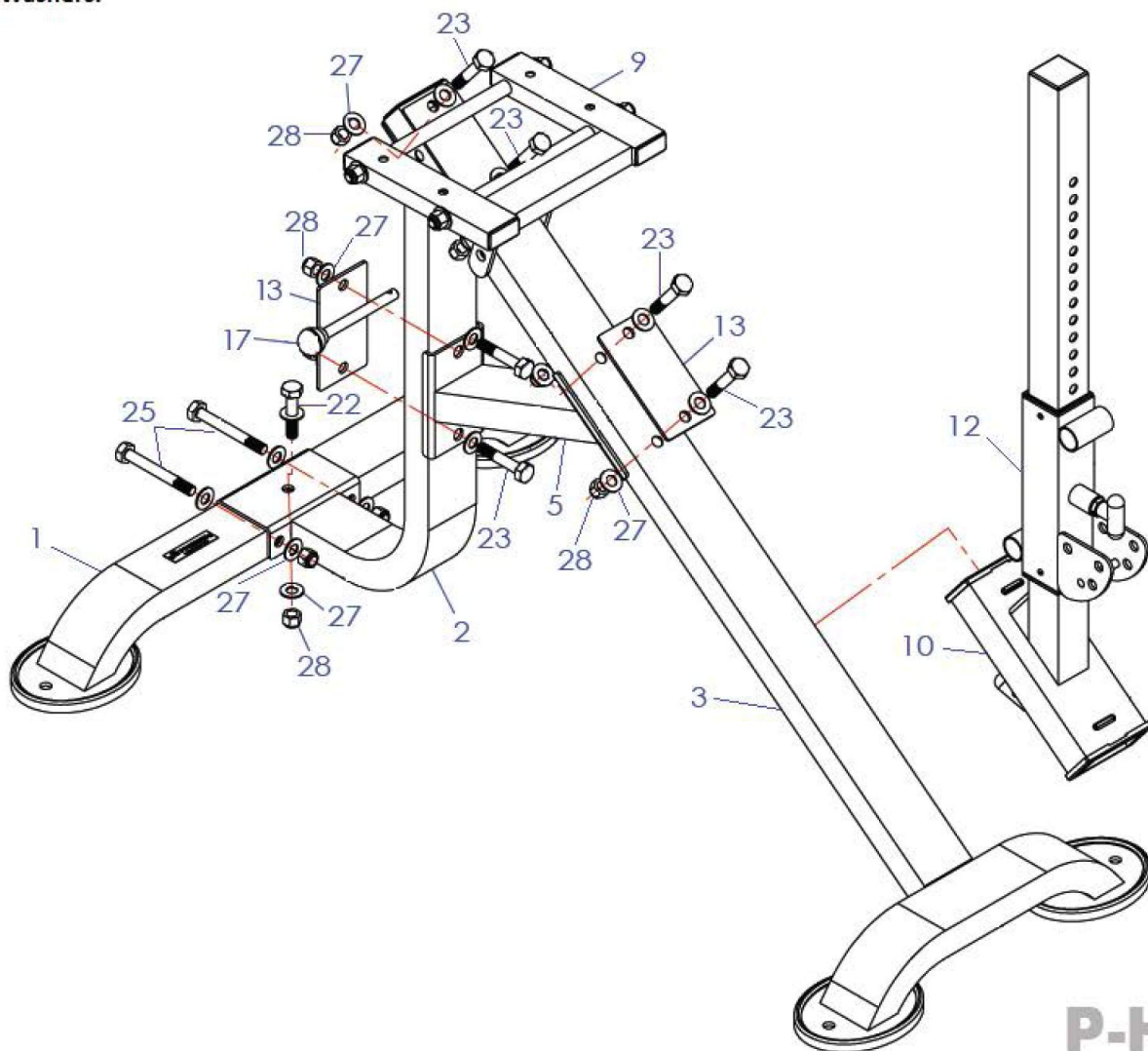
Install Frame Components No. 1 and No. 2 for the bottom use Bolts No. 25 and No. 22 with Washers No. 27 and Nuts No. 28

Step 3

Install Support Frame No. 2 to Tilted Support Frame No. 3 using Center Support Frame No. 5 and No. 13 Reinforcement Plates along with Bolts No. 23, Washers No. 27 and Nuts No. 28

Step 4

Install Seat Pad Tube No. 9 to Tilted Support Frame No. 3 using Bolts No. 23, Washers No. 27 and Nuts No. 28 assembly of Seat Pad Tubes No. 9 consists of No. 15 Steel Axis and No. 8 Seat Adjustment Bracket No. 8 along with No. 27 Bolts and No. 27 Washers.



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HYPEREXTENSION / CRUNCH

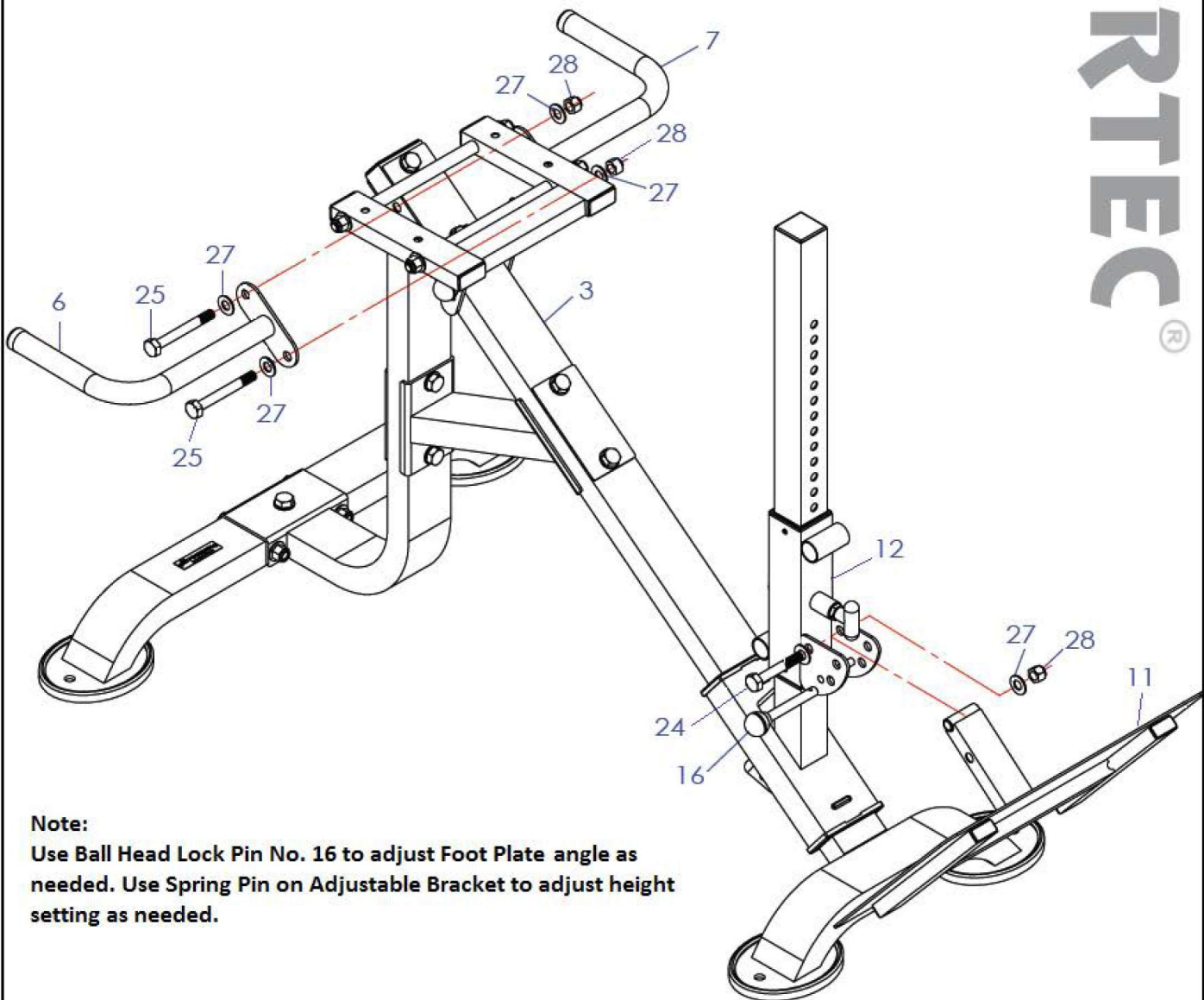
ASSEMBLY TWO

Step 1

Install Handle Bars No. 6 and No. 7 to Tilted Support Frame Tube No. 3 Using Bolts No. 25 Washers No. 27 and Nuts No. 28

Step 2

Install Foot Plate No. 11 to Adjustable Bracket No. 12 use Bolt No. 24, Washers No. 27 and Nut No. 28



Note:

Use Ball Head Lock Pin No. 16 to adjust Foot Plate angle as needed. Use Spring Pin on Adjustable Bracket to adjust height setting as needed.

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HYPEREXTENSION / CRUNCH

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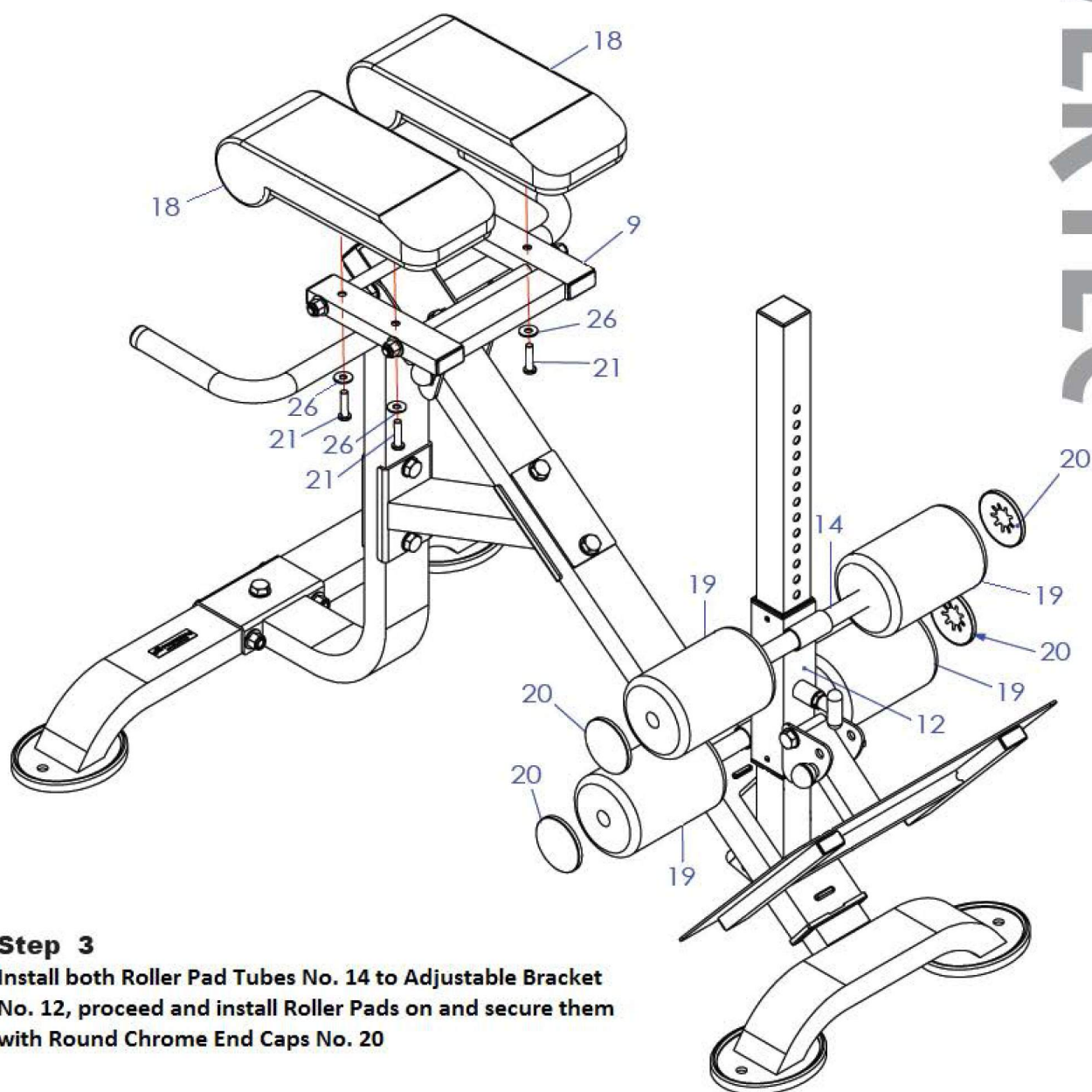
ASSEMBLY THREE

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Step 1

Install Seat Pads No. 18 to Seat Pad Tube No. 9

Use Bolts No. 21 and Washers No. 26



Step 3

Install both Roller Pad Tubes No. 14 to Adjustable Bracket No. 12, proceed and install Roller Pads on and secure them with Round Chrome End Caps No. 20

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HYPEREXTENSION / CRUNCH



Powertec Dual Hyperextension/ Crunch®



Exercise List

- Oblique Crunch*
 Back Extensions*
- Ab Crunch*
 Bent Leg Lift*



YOUTUBE

"Check out our Youtube channel for variety of exercises they can do on the machine"

www.youtube.com/PowertecGymEquipment




 P-HC Video



Featured Exercises



Ab Crunch



90 Degree Hyperextension



Oblique Crunch



Core Stability

AB Crunch

Starting Position: Place your feet on the platform with your legs under or between the support pads. Sit on top of padding.

Contract your abdominal muscles, bending at the waist while raising your body up until the strain starts to fade.

Pause briefly before slowly returning to starting position.

90° Degree Hyperextension

Starting Position: Place your feet on the platform with your legs under the support pads. Rest the top of your hip bone on the top padding. Keeping your body straightened, cross your arms over your chest.

Slowly bend at the waist, allowing your upper body to move downward.

Pause briefly before returning to the starting position.

Oblique Crunch

Starting Position: Position yourself sideways on the machine. With your lower foot on the platform and your leg under or between the support pads. Rest your hip on the upper padding and cross your arms. Your body should be straight.

Using your hip and oblique muscles, slowly lower your body toward the floor.

Pause briefly before returning to the starting position.

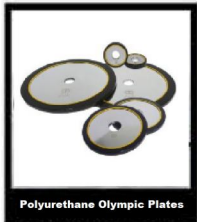
Core Stability

Starting Position: Place your feet on the platform with your legs under the support pads. Rest the top of hip bone on the top padding. Keeping your body straightened, cross your arms over your chest.

Pull your upper body and maintain this position for as long as desired.



Optional Accessories



Polyurethane Olympic Plates



AB Mat




 Scan me

- 1) "Always consult with a physician prior to starting any exercise program."
- 2) "To avoid injury, consult a certified personal trainer regarding proper technique, body movement, and weight capacity before starting any exercise program."

WARRANTY

Serial No.

Thank you for purchasing one of Powertec's products.

Powertec warrants that the Product you have purchased is free from defects in materials and workmanship.

Powertec offers a Lifetime Warranty on Structural Frame.(Excludes Surface Finish).
5 year warranty on Moving Frames (Press Arms and other unspecified moving components).
Two year warranty on Components (Bearings, Locking Pins, Pulleys, Cables, Slide Rods).
One year warranty on Pads, Grips and other unspecified parts.

- All parts are shipped free of charge for first 90 days of date of purchase.
- Warranty is to original purchaser only (excluding dealer). Warranty is not Transferable in the event you sell the product.
- Warranty claims are subject to inspection and are voided if equipment shows Signs of abuse or alterations made other than the ones recommended by Powertec.
- Missing parts must be reported within 30 days from receipt of unit(s).
- Proof of purchase is required; your sales receipt must show date of purchase.
- For more information on the warranty or to obtain warranty service, please contact The appropriate Powertec Customer Service Department in the USA or Europe.

Powertec Inc. USA
2100 E. Artesia Boulevard
Long Beach, CA. 90805 – USA

Powertec Europe
6, Rue de l'Europe
68500 Bergholtz - France

Phone: (800) 250-6665
E-mail: service@powertecfitness.com

Phone: + 33 (0) 3 89 62 56 30
E-mail: contact@powertec-europe.fr

Thank you for giving us the opportunity to fulfill your strength and fitness needs.



Customer Warranty Information Sheet

Last Name: _____ First Name: _____

Company: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Telephone No: _____ Alternate Telephone No. _____

E-Mail: _____ Date of Purchase: _____ Purchase Price: _____

Dealer Name and Address: _____

Model Name & Code: _____ Optional: Male / Female: _____ Age: _____ Occupation: _____

POWERTEC IS NOT LIABLE IF THE TRAINER SHOULD INJURE THEMSELVES WHILE
USING POWERTEC EQUIPMENT OR WHILE PERFORMING THE TRAINING ROUTINE



COMMITTED TO STRONGER LIVES[®]

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Fax: + 33 (0) 3 89 625 631
E-mail: contact@powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here



