



# HINTERER RUMPFHEBER

## ANLEITUNG

Art.-Nr. 22602 · Kategorie: Trainingsbänke



# **PNC.23 HYPEREXTENSION BENCH**

## **USER MANUAL AND MAINTENANCE**

**TORMEC srl**  
**Via G.Rossa,9/11**  
**46020 Pegognaga (MN) - Italy**  
**Tel.0376-558600 – Fax 0376-559995**  
[Info@ext3.it](mailto:Info@ext3.it)  
[www.ext3.it](http://www.ext3.it)

## **INDEX**

<b>BEFORE STARTING</b>	<b>page 3</b>
<b>IMPORTANT PRECAUTIONS</b>	<b>page 3</b>
<b>TECHNICAL FEATURES</b>	<b>page 3</b>
<b>DECLARATION OF CONFORMITY</b>	<b>page 4</b>
<b>HOW TO USE THE EQUIPMENT</b>	<b>page 4</b>
<b>COMPONENTS LIST</b>	<b>page 5</b>
<b>BREAKDOWNS AND MAINTENANCE</b>	<b>page 6</b>
<b>HOW TO ORDER SPARE PARTS</b>	<b>page 6</b>
<b>WARRANTY</b>	<b>page 6</b>

## **BEFORE STARTING**

Thank you for having chosen an EXT3 product. The equipment is projected to allow you the effectiveness of the exercises in the safest way.

Read the user manual before using the equipment. For further information, please Contact the Customer Care at telephone number +39 0376 559995 (morning 08.00-12.00, afternoon 14.00-18.00) or at e-mail address [info@ext3.it](mailto:info@ext3.it) . Please tell or write the serial number of the model.

## **IMPORTANT PRECAUTIONS**

### **WARNING**

Before using the equipment, read the following informations to avoid risks of damages.

1. Use the equipment only following the instructions of the user manual.
2. The owner of this equipment is responsible for teaching to the person that use it.
3. Use the equipment on a flat surface, far from humidity and powder.
4. Check occasionally the equipment and replace immediately any worn component.
5. Keep the equipment far from minors and farm animals.
6. Keep feet and hands far from parts in movement.
7. In case of dizziness or pains during the use of the equipment, stop immediately the use.

### **IMPORTANT:**

Before starting the use, consult a doctor.

EXT3 denies liability for any damages or injury caused by the use of this equipment.

### **TECHNICAL FEATURES:**

\*Weight: 70 kg

\*Maximum user weight : 130 kg

\*Sizes of assembled product: base 90 x length 145 x height 115 (cm)

\*Steel frame

## **DECLARATION OF CONFORMITY**

EXT3 by TORMEC srl declares that the product is conform to the European Directive 2001/95/CE

This conformity is based on the following laws:

UNI EN 913

UNI EN 957-1

UNI EN 957-2

UNI EN 957-4

This equipment is compliant with EU Medical Device Directive Class I.  
The label of the product includes the CE marking.

The equipment is built with non-polluting materials and at the end of its life of utilization it doesn't need to be conferred in a separate of a special rubbish center.

## **HOW TO USE THE EQUIPMENT**

### **General description:**

Bench for hyperextension chest training. The legs-support is adjustable in vertical and horizontal, to allow everybody to find a correct position to make the exercise. Planned for professional use, it has a very good stability guaranteed by the frame structure. It can be used for horizontal back extensions and a 45° back extensions.

### **Muscles involved:**

Lumbar;

### **Movements and position:**

Choose the right inclination of the bench using the specific knob. Come up the bench, putting feet on the footrest, adjusting the height of the supports for pelvis and legs. Cross the hands behind the head and, keeping the back straight, come down until maximum contraction; therefore come up, not extending body completely.

### **Safety rules:**

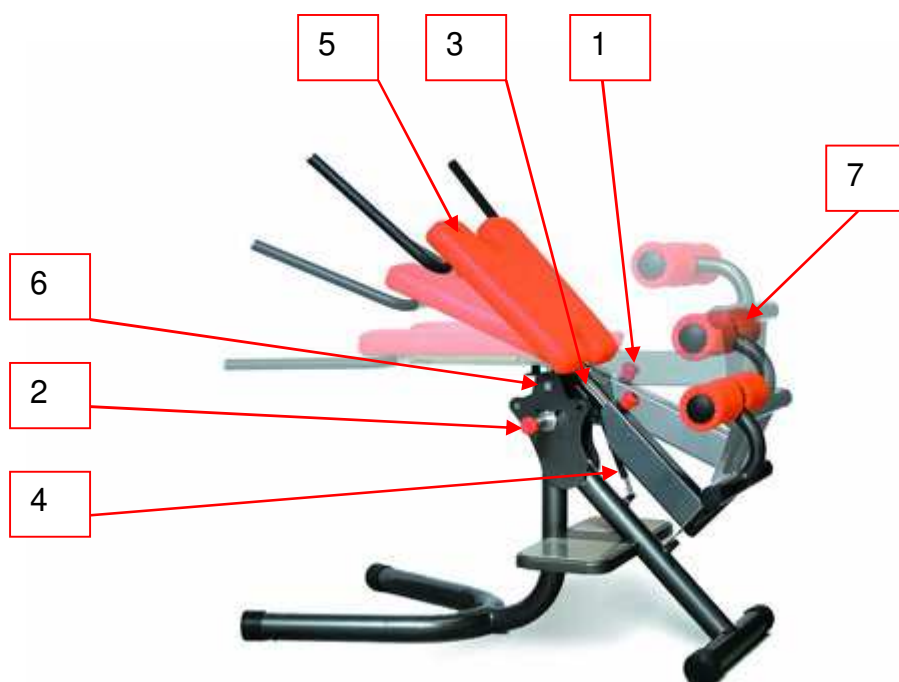
- Keep away other people during the movement ;
- Do not make sudden movements and stabilize the phase of return ;
- Use a correct load, do not exceed;

PNC.23 HYPEREXTENSION BENCH MUST BE USED WITH THE HELP OF A PERSONAL TRAINER OR A QUALIFIED ASSISTANT. DO NOT USE THE BENCH ALONE.

## COMPONENTS LIST – Model PNC.23 HYPEREXTENSION BENCH

Ref.	Quantity	Description
( Picture n.1 )		
1		HEIGHT ADJUSTMENT KNOB
2		BENCH INCLINATION ADJUSTMENT KNOB
3		HEIGHT ADJUSTMENT ROD
4		ABSORBER
5		PELVIS SUPPORT
6		ROTATION FULCRUM
7		ANKLES SUPPORT

Foto n.1



### **BREAKDOWNS AND MAINTENANCE:**

Check equipment after every use and replace immediately any damaged component.  
Regularly clean the slidings.  
It is suggested to lubricate using a smooth cloth with petroleum jelly.  
In case of lock mechanisms, use spray lubricant or petroleum jelly.

**THE PNC.23 HYPEREXTENSION BENCH MUST BE PLACED ON A PERFECTLY FLAT SURFACE**

### **HOW TO ORDER SPARE PARTS:**

To order spare parts, call our Customer Service at telephone number +39 0376559995 (morning 08.00-12.00, afternoon 14.00-18.00) or write to e-mail [info@ext3.it](mailto:info@ext3.it)

Please state the followings data:

PRODUCT CODE

PRODUCT NAME

NUMBER, DESCRIPTION AND QUANTITY OF SPARE PART (look at component list)

### **WARRANTY:**

EXT3 by TORMEC srl guarantees that this product has no manufacturing or material fault. Warranty is valid if only product has not been damaged because of wrong use, damaging or extra maintenance by unauthorized personnel by EXT3 by TORMEC srl  
Time and condition of warranty are stated in the document "General conditions of sale".  
In case of manufacturing or material fault, it is valid what is stated in the document "General conditions of sale".

Vertrieb durch:



==== **www.sport-tec.de** =====

**Sport-Tec GmbH**  
**Physio & Fitness**  
Lemberger Str. 255  
D-66955 Pirmasens

**Tel.:** +49 (0) 6331 1480-0  
**Fax:** +49 (0) 6331 1480-220  
**E-Mail:** [info@sport-tec.de](mailto:info@sport-tec.de)  
**Web:** [www.sport-tec.de](http://www.sport-tec.de)