

Revision 0

September 2010

Platinum[®]

by TUNTURI

45° Back extension

Owner's Manual



Record Serial Number Here

Date of Purchase

Platinum by Tunturi
www.tunturi.fi

Instructions

Congratulations on the purchase of your new 45 degree Back extension. This gym will provide you with a lifetime of enjoyment to meet your strength training needs. Platinum by Tunturi strives to build the best quality gyms and to package these gyms in such a way to avoid any damage during shipping.

In order to get started with your assembly you should first familiarize yourself with this manual. It is recommended that you read through each step thoroughly before you begin. Begin by opening your boxes and separating all of your parts. Verify that all parts are accounted for and have no damage. When all parts are accounted for, you may begin your assembly. Some items may have been pre-assembled for your convenience. Please note that hardware quantities shown reflect total quantities for your gym and may not reflect actual quantities in each bag. Assemble your gym on a solid level surface. This will ensure the best possible performance, function, and safety for the gym and your workout.

Assemble your gym according to the step by step instructions found in this manual. Failure to do so will void your warranty and may result in personal injury. After assembly, you should check each station to ensure correct operation. If a problem arises, recheck your assembly with these instructions to verify correct assembly. If you are unable to correct a problem or have questions with your assembly please contact your authorized Tunturi dealer.

Warning

Platinum by Tunturi has built this gym to give you a safe, effective and enjoyable workout. However, there is a risk assumed by individuals who use this type of equipment. It is very important that all warnings and instructions are read and followed before beginning any exercise program.

It is also very important to read and follow the preventative maintenance schedule described in this manual. If any of the warning labels or stickers are worn, faded, torn, scratched or missing they should be replaced immediately.

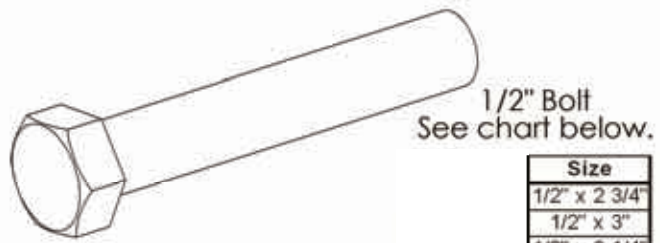
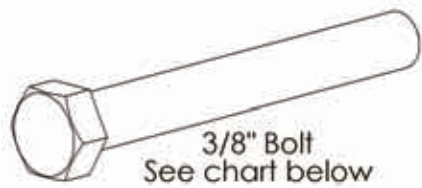
WARNING: There is a risk assumed by individuals who use this type of equipment. To minimize risk always follow these rules.

- 1) It is essential that you consult with your physician before beginning any exercise program.
- 2) Inspect equipment before each use for loose, worn, or frayed parts (including cables, nuts and bolts). Replace parts at first signs of wear (use only genuine TUNTURI replacement parts). Use of equipment that is damaged, worn, frayed or not completely assembled on a solid, level surface may result in injury.
- 3) Make sure all adjustment pins are fully engaged before using equipment.
- 4) Keep all parts of the body and clothing outside the path of any moving parts of the gym. Be alert to the possibility of injury. Do not be careless.
- 5) Minors and children should not be allowed to play on or around this gym.
- 6) If you have any questions on proper use or maintenance of this gym, do not hesitate to call your local PLATINUM BY TUNTURI distributor or PLATINUM BY TUNTURI at www.tunturi.com

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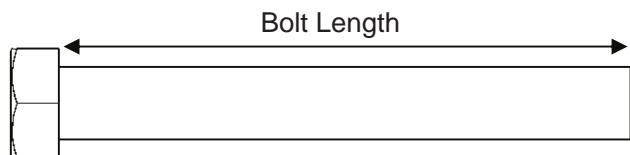
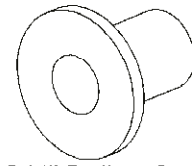
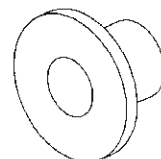
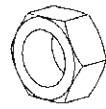
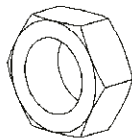
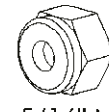
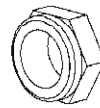
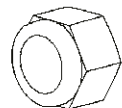
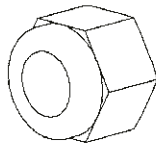
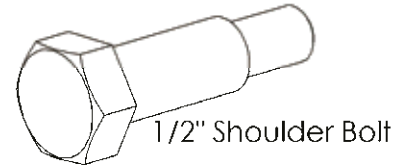
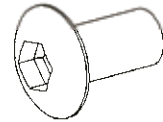
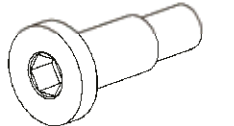
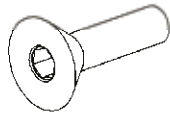
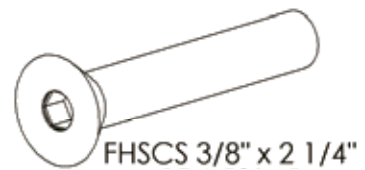
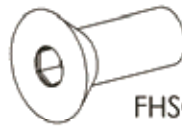
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Hardware Comparison Drawings—These drawings represent hardware used generally in Platinum Strength products. To check the exact measures or size of a component, please compare to the images below.

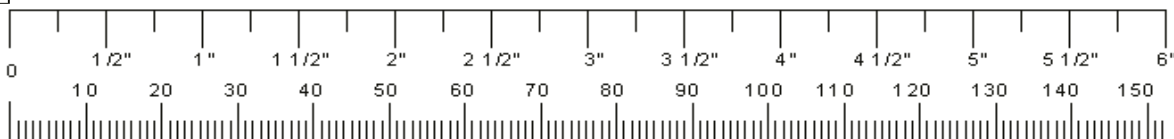


Size
3/8" x 3/4"
3/8" x 1"
3/8" x 1 1/4"
3/8" x 1 1/2"
3/8" x 1 3/4"
3/8" x 2"
3/8" x 2 1/4"
3/8" x 2 1/2"
3/8" x 2 3/4"
3/8" x 3"
3/8" x 3 1/4"
3/8" x 3 1/2"
3/8" x 3 3/4"
3/8" x 4"
3/8" x 4 1/4"
3/8" x 4 1/2"
3/8" x 4 3/4"
3/8" x 5"
3/8" x 5 1/4"
3/8" x 5 1/2"
3/8" x 6 1/2"
3/8" x 8 3/4"
3/8" x 9"

Size
1/2" x 2 3/4"
1/2" x 3"
1/2" x 3 1/4"
1/2" x 3 1/2"
1/2" x 4 1/4"
1/2" x 4 1/2"
1/2" x 5 1/2"



Note: Bolt length is measured from the underside of the head of the bolt.



Step 3:

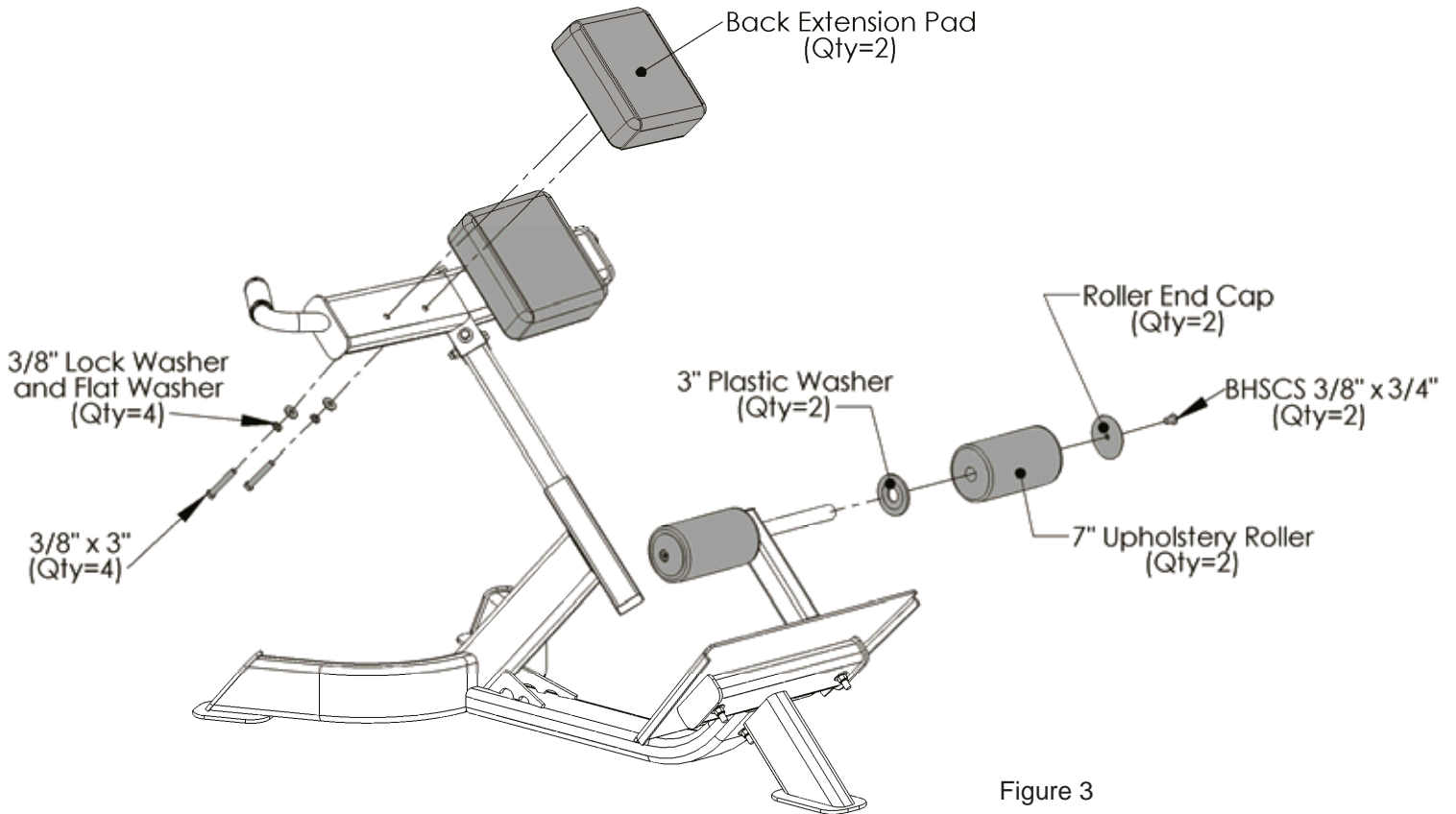
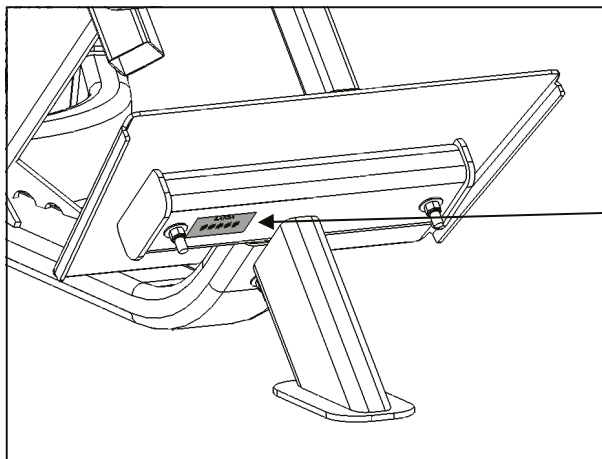
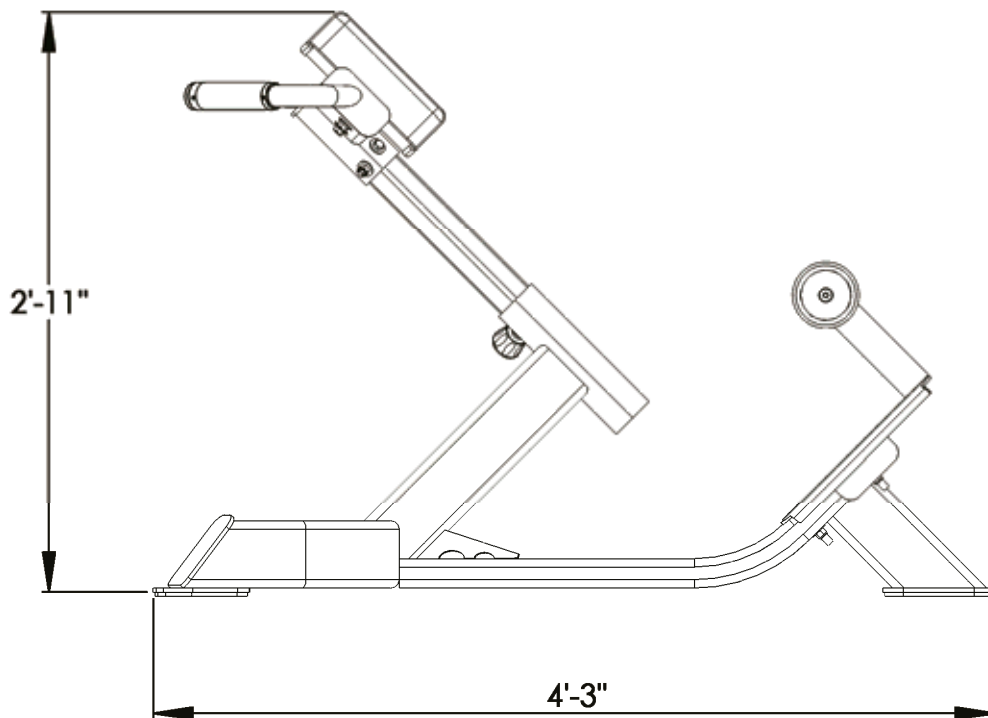
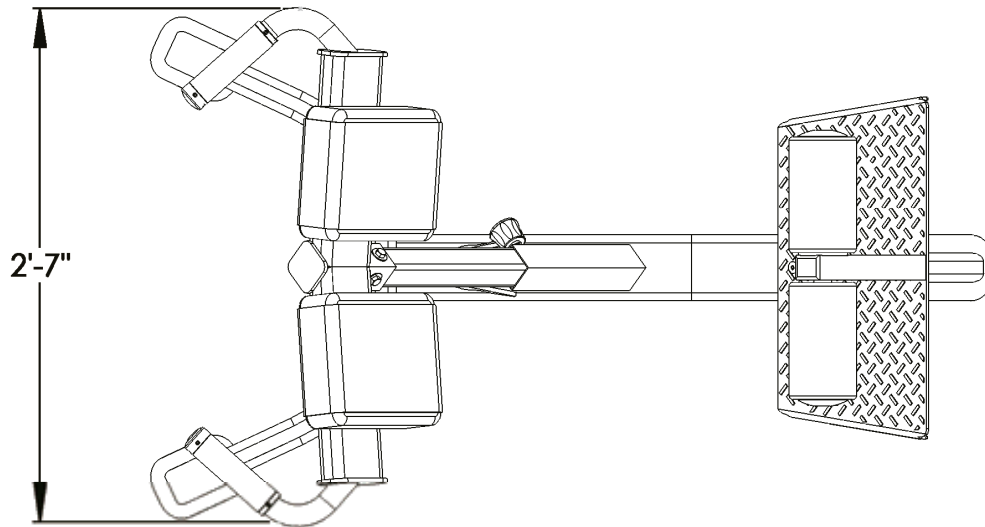


Figure 3



Item #	Description	Qty
5	7" Upholstery Roller	2
6	Back Ext. Pad	2
7	3/8" Flat Washer (Black)	4
8	3/8" Lock Washer (Black)	4
10	3" Plastic Washer	2
11	BHSCS 3/8"-16 X 3/4"	2
16	HCS 3/8"-16 x 3" P5	4
14	Roller End Cap	2

All Flat Washers and Nylocks are 3/8" unless otherwise noted.



Layout Diagram

The FZ-8 45° Back Extension has a layout dimension of 2'-7" (width) x 4'-3" (length) x 2'-11" (height). There should be a minimum of 18", preferably 24", of working space around the entire unit.

Contact

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