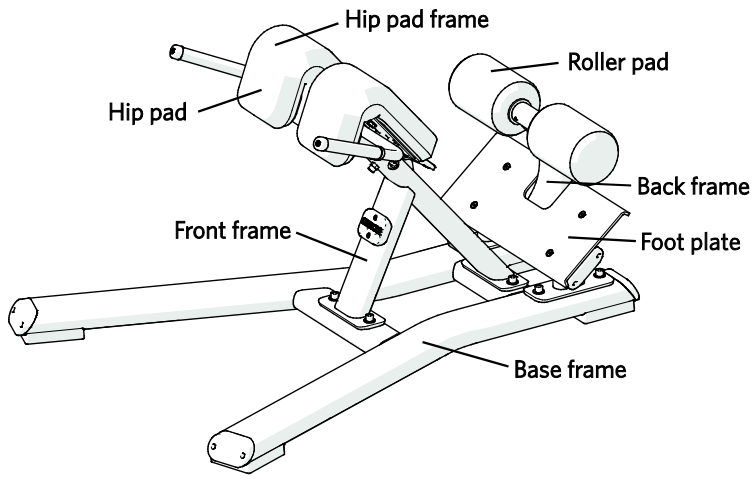
Discovery™ Series Back Extension (312) Assembly Guide

To assemble your equipment, follow the steps in the order listed in this assembly guide. For more product information, visit us at *www.precor.com*.

WARNING **At least two people are required to assemble the quipment. DO NOT attempt assembly by yourself.**



Assembly requirements

When assembling the equipment, we recommend you:

- Unpack the box and assemble the equipment close to where you plan to use it.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind or in front of the equipment.
- Assemble the equipment on a solid, flat surface, so that it remains level and stable.
- DO NOT move the equipment without assistance.

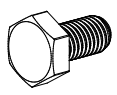
Required tools

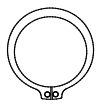
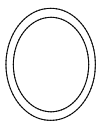
- 10 mm hex bit
- Flat head bot driver
- Circlip pliers

Specifications

Equipment Dimensions:	53" L x 40" W x 30" H (1335 mm L x 1015 mm W x 756 mm H)
Equipment Weight:	141 lb (64 kg)

Hardware kit

		Component	Quantity
❶		Socket head cap bolt (M12 x 35 mm)	8
❷		Flat washer (13 mm x 26 mm)	8
❸		Hex head bolt (M10 x 30 mm)	6
❹		Flat washer (13 mm x 20 mm)	6

		Component	Quantity
❺		Hex key (10 mm)	1
❻		Set screw	2
❼		Circlip	2
❽		Wave spring washer	4

Begin assembly

Important *DO NOT fully tighten the fasteners until instructed to do so.*

To assemble the frame:

1. Attach the back roller frame to the base frame using four bolts ❶ and four washers ❷ (Figure 1).
2. Attach the front frame to the base frame using four bolts ❶ and four washers ❷ (Figure 1).
3. Fully tighten the fasteners.
4. Slide the hip pad frame into the front frame (Figure 2).
5. Tighten the screw underneath the frame (Figure 2, inset).

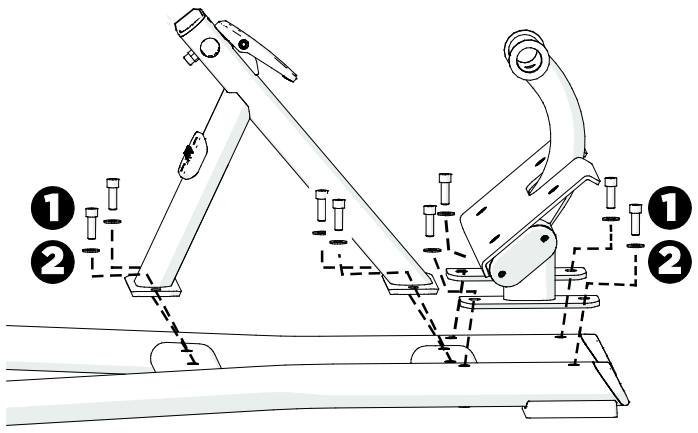


Figure 1

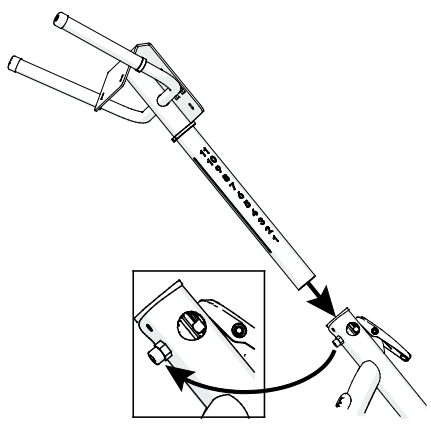


Figure 2

To attach the pad:

1. Position the hip pad on the hip pad frame.
2. Attach the hip pad using four bolts ❸ and four washers ❹ (Figure 3).
3. Attach the front of the pad using two bolts ❸ and two washers ❹ (Figure 4).
4. Fully tighten the fasteners.

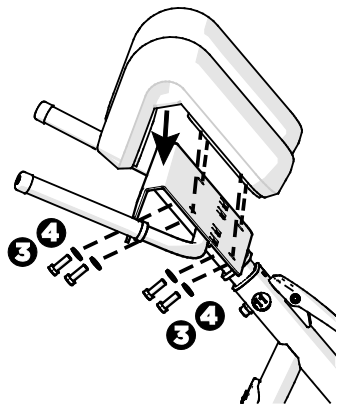


Figure 3

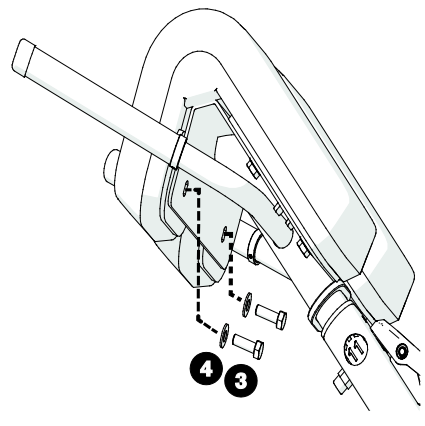


Figure 4

To attach the rollers:

1. Slide the roller tube through the roller bracket.
2. For each roller, slide the plastic end cover onto the roller tube, followed by the roller pad.
   Note Remove the tag or tuck it inside the roller.
3. Slide a plastic ring onto the roller tube followed by two wave spring washers ❽ and a circlip ❼ onto the roller tube (Figure 5).
4. Slide on a plastic end cap (Figure 5).
5. Pull the end cap away from the pad and use a flat head screwdriver to depress the plastic ring into each of the end cap latches (Figure 6).
6. When the rollers are attached, center the roller tube and install and tighten the two set screws ❻ (Figure 7).

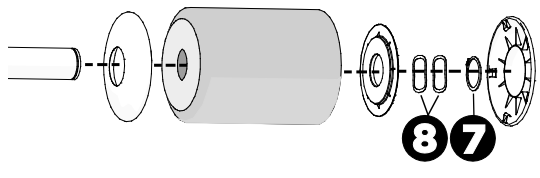


Figure 5

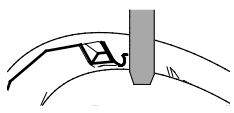


Figure 6

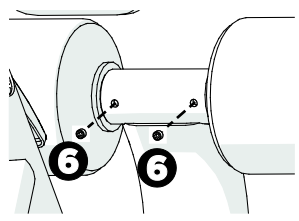


Figure 7

Bolt the equipment to the floor

Precor recommends that the strength equipment be bolted down at all anchoring points. Bolting is made possible by removing the end caps at the frame base and exposing the mounting holes that accommodate the bolts (see the accompanying figure). Replace end caps when bolting is complete.

Important *As floor materials vary, it is important that you consult a licensed contractor to advise you on proper bolting techniques and appropriate fastener types.*

Standards occasionally change or are updated. Precor recommends that you keep apprised of your local industry standards. Precor shall not be held liable for failure to properly bolt the strength equipment to the floor.

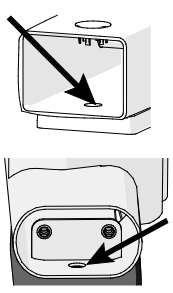


Figure 8

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