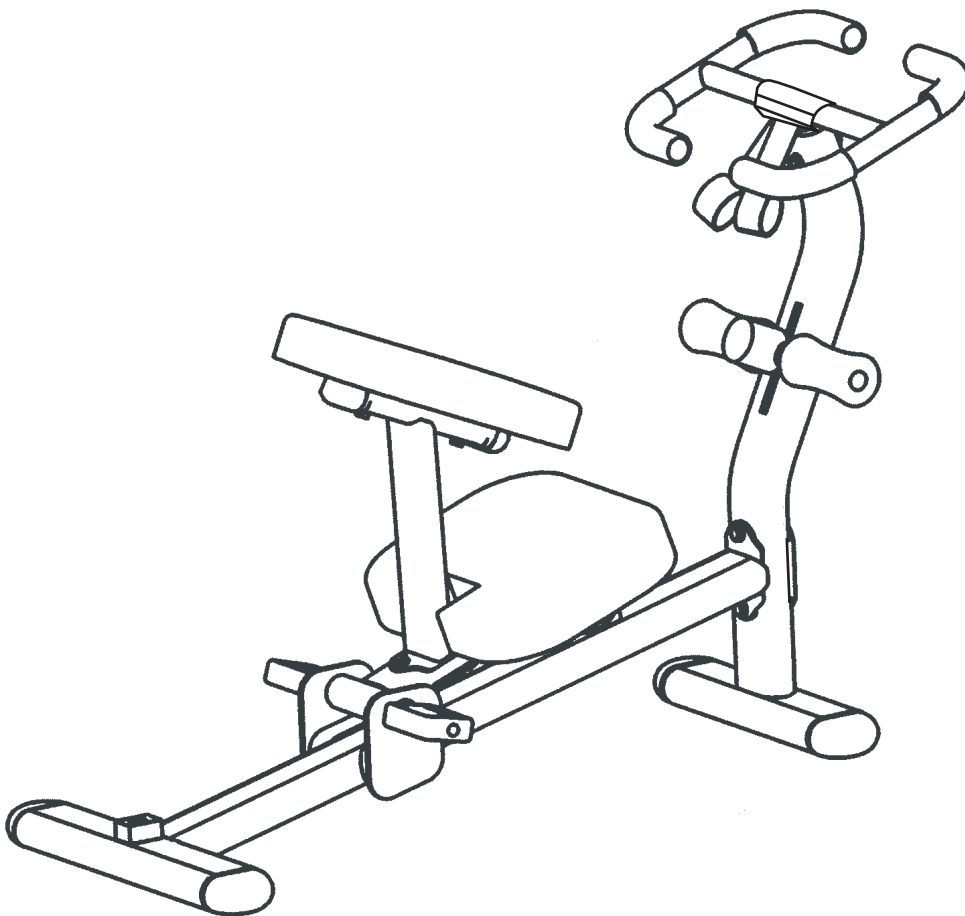


*impulsa<sup>2</sup>*



**IT6004 Stretch  
Assembly Instructions**

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## **Important Safety Instructions**

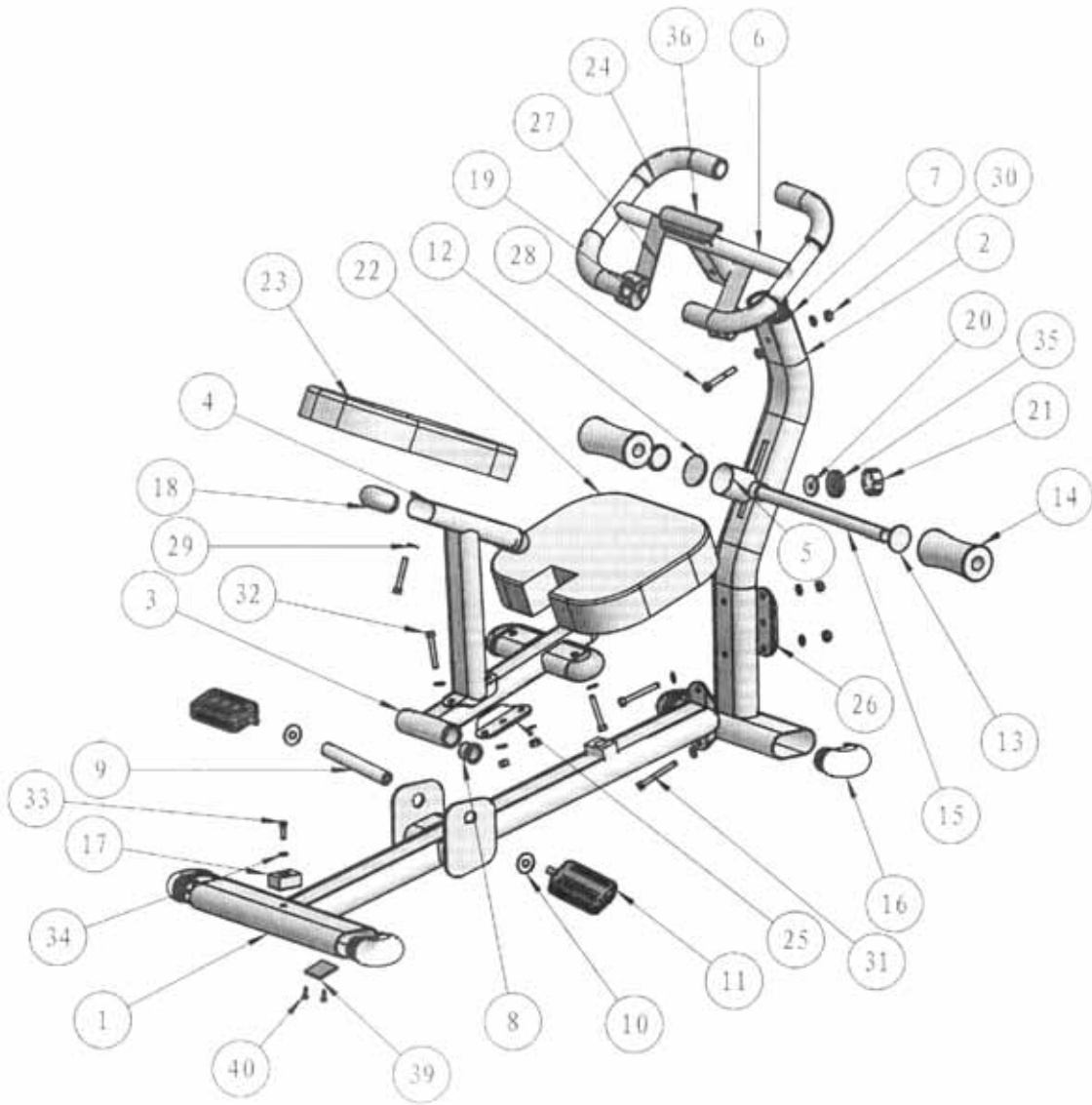
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- \* Read all instructions before using the Stretch. These instructions are written to ensure your safety and to protect the unit.
- \* Do not allow children on or near the equipment.
- \* Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- \* Wear proper exercise clothing and shoes for your workout----no loose clothing.
- \* Be careful when getting on or off the equipment.
- \* Do not overexert yourself or work to exhaustion.
- \* If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- \* Never operate the unit when it has been dropped or damaged.
- \* Never drop or insert anything into any opening in the equipment.
- \* Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- \* Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- \* Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- \* Do not attempt to lift more weight than you can control safely.
- \* Do not use the equipment outdoors.

### **Personal Safety During Assembly**

- \* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- \* Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The Stretch is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## IT6004 Stretch Exploded View Diagram



## Parts List

| <b>Item No.</b> | <b>Description</b>             | <b>QTY</b> | <b>Item No.</b> | <b>Description</b>     | <b>QTY</b> |
|-----------------|--------------------------------|------------|-----------------|------------------------|------------|
| 1               | main support                   | 1          | 21              | wrench                 | 1          |
| 2               | main upright                   | 1          | 22              | knees pad 400×320×70   | 1          |
| 3               | knees pad support              | 1          | 23              | seat pad 400×280×70    | 1          |
| 4               | seat pad support               | 1          | 24              | roller pad Φ30×Φ33×175 | 4          |
| 5               | roller pad frame               | 1          | 25              | short plate            | 1          |
| 6               | handle                         | 1          | 26              | long plate             | 1          |
| 7               | sleeve RT50×100/RT40×80        | 2          | 27              | safety belt            | 2          |
| 8               | bronze bushing Φ38×Φ25.4×32×18 | 2          | 28              | bolt M10×65            | 1          |
| 9               | shaft Φ25×166                  | 1          | 29              | washer Φ11×Φ16×1.6     | 14         |
| 10              | washer Φ15.2×Φ20×1             | 2          | 30              | nylon locknut M10      | 5          |
| 11              | pedal                          | 2          | 31              | blot M10×75            | 2          |
| 12              | plug Φ60                       | 1          | 32              | bolt M10×60            | 6          |
| 13              | plug Φ25                       | 2          | 33              | screw M8×25            | 2          |
| 14              | roller pad Φ70×Φ22×145         | 2          | 34              | washer Φ9×Φ16×1.6      | 2          |
| 15              | roller pad tube Φ25×2×380      | 1          | 35              | plastic washer         | 1          |
| 16              | elliptical plug RT50×100       | 4          | 36              | cover                  | 1          |
| 17              | rubber bumper 50×30×25         | 2          | 37              | double adhesive        | 2          |
| 18              | elliptical plug RT40×80        | 5          | 38              | allen wrench           | 1          |
| 19              | plug Φ32                       | 4          | 39              | base bumper            | 4          |
| 20              | big washer Φ50×Φ8×4            | 1          | 40              | philip screw           | 8          |

## **Assembly Instructions**

Assembly of the Stretch takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

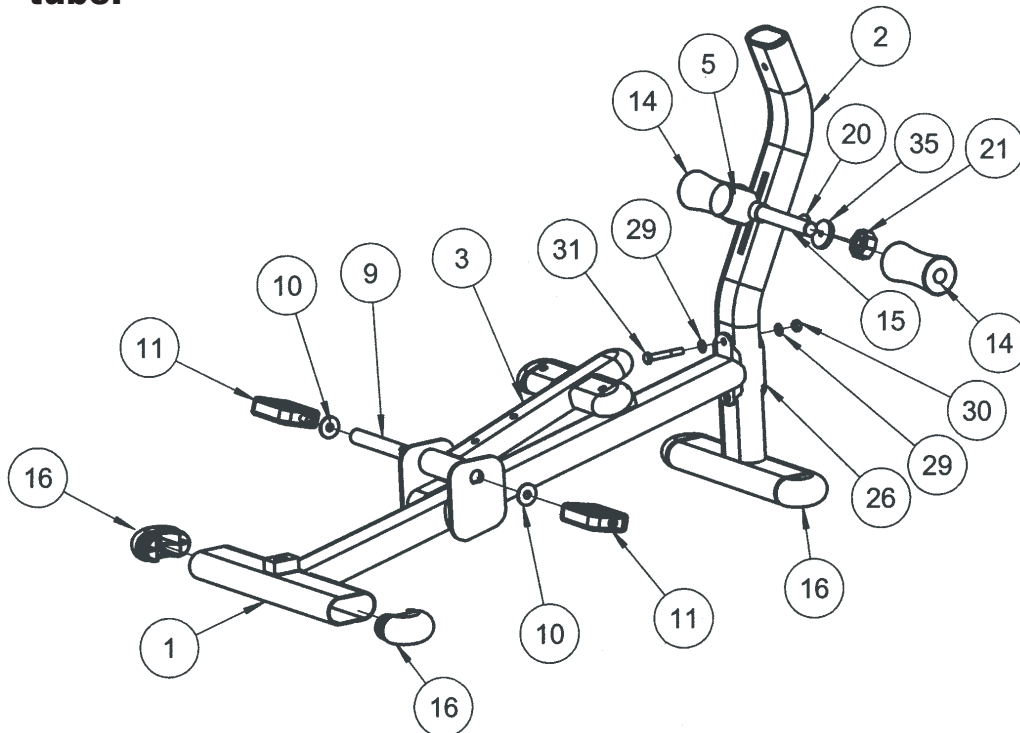


### **Note**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

## Assembly

- 1) On a flat surface, lay the main support down and insert two elliptical plastic end caps into tube-ends of the main support using a rubber mallet, Assembling the main upright with the same method.
- 2) Attach the main support to the main upright using  
washer  $\Phi 11 \times \Phi 20 \times 1.5$   
nylon locknut M10  
bolt M10  $\times 75$
- 3) Affix the seat pad support to the main support and secure it into place by inserting a shaft through the main support and seat pad support until it becomes flush with both sides of the main support.
- 4) Slide the two washers onto the shaft, then fix the two pedals onto the shaft.
- 5) Insert the roller pad frame through the main upright, and secure it using  
big washer  $\Phi 50 \times \Phi 8 \times 4$   
wrench  
plastic washer  $\Phi 50 \times \Phi 8 \times 4$
- 6) Insert the roller pad tube through the roller pad frame, then insert one roller pad onto each end of the roller pad tube.



## Assembly

**7) Tie the safety belt up to the handle ,Slide the handle into the main upright and secure it into place using**

**bolt M10×65  
washer  $\Phi 11 \times \Phi 20 \times 1.5$   
nylon locknut M10**

**8) Attach the seat pad support and short to the knees pad using**

**washer  $\Phi 11 \times \Phi 20 \times 1.5$   
nylon locknut M10  
bolt M10×60**

**9) Align the seat pad and knees pad to the seat pad support and the knees pad support and secure them using**

**washer  $\Phi 11 \times \Phi 20 \times 1.5$   
bolt M10×60**

