

# INSTALLATION INSTRUCTIONS

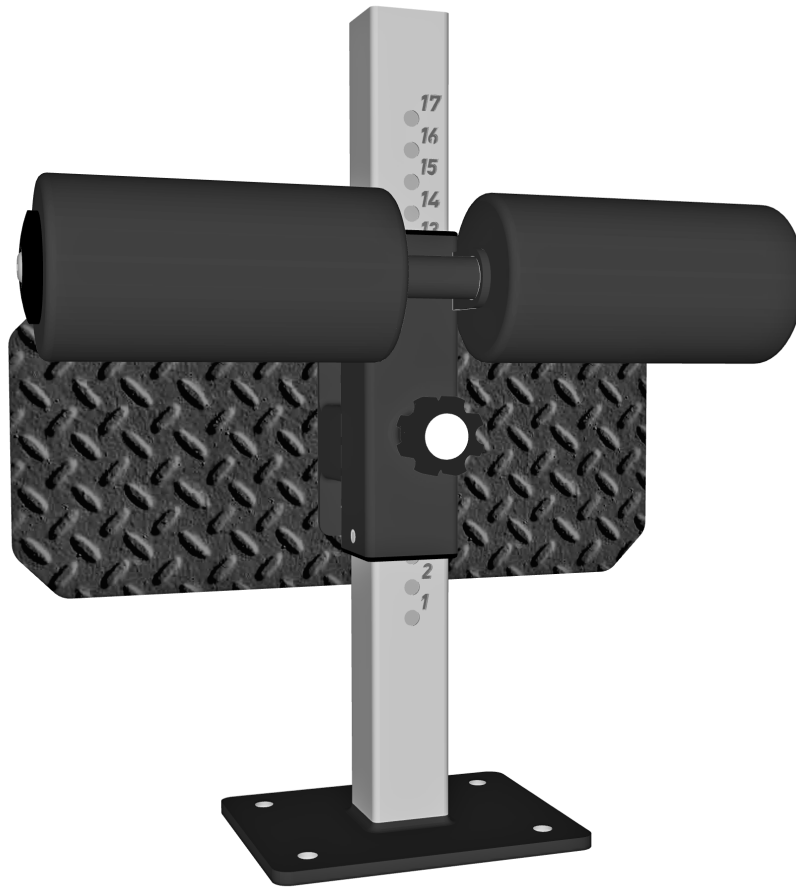


## #1479-01 Floor Mounted Nordic Hamstring

### **⚠ WARNING**

- Serious injury may occur if these safety precautions are not observed.
- Read installation instructions completely prior to assembly, installation, and use.
- Installation must be completed by a qualified installer proficient in securing items to concrete or wood substructures.
- The provided  $\frac{3}{8}$ " x  $3\frac{1}{2}$ " Hilti concrete anchors are designed to be used only with structurally sufficient concrete subfloors rated at no less than 2,500 psi and with a minimum 4" depth. These anchors will NOT work properly if mounted to any subsurface other than concrete. If installing into any surface other than concrete, refer to your local building code for proper hardware and installation technique.
- For concrete subfloors, mount no less than 4" away from any wall or indentation in the floor, such as, but not limited to, cracks, expansion joints, holes etc.

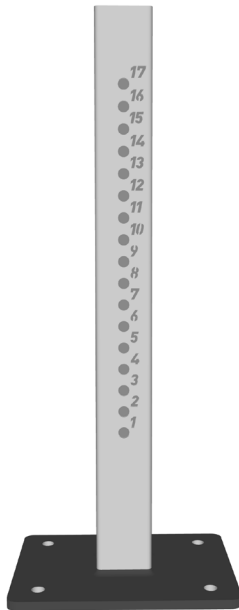
Note: Given the requirements stated above, MFAC, LLC (dba Perform Better) is not responsible for any damage to flooring that may result due to anchoring or installing equipment.



For technical help or questions of any kind, please call 800-556-7464

# #1479-01 Floor Mounted Nordic Hamstring - Parts List

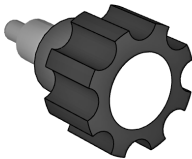
## Part A Upright (w/base)



## Part B Foot Plate/Pad Combo



## Part C Height Adjustment Knob

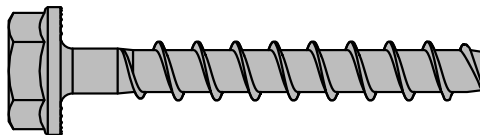


## Part D Assistance Strap



## Part E Concrete Anchor ( $\frac{3}{8}$ " x $3 \frac{1}{2}$ "

Qty - 4



## Tools Required

- Socket Wrench with  $\frac{9}{16}$ " Socket
- Shop Vac
- $\frac{3}{8}$ " Concrete Drill Bit
- Torque Wrench
- Hammer Drill

# #1479-01 Floor Mounted Nordic Hamstring - Assembly

The following instructions are intended for mounting to concrete floors only.

**Step 1:** Locate and identify all parts as shown on page 2 of this booklet.

**Step 2:** Determine where you will install your Nordic Hamstring.

**If installing in front of Keiser® Functional Trainer:** Mount back edge of base plate against base of Keiser® and center left to right.

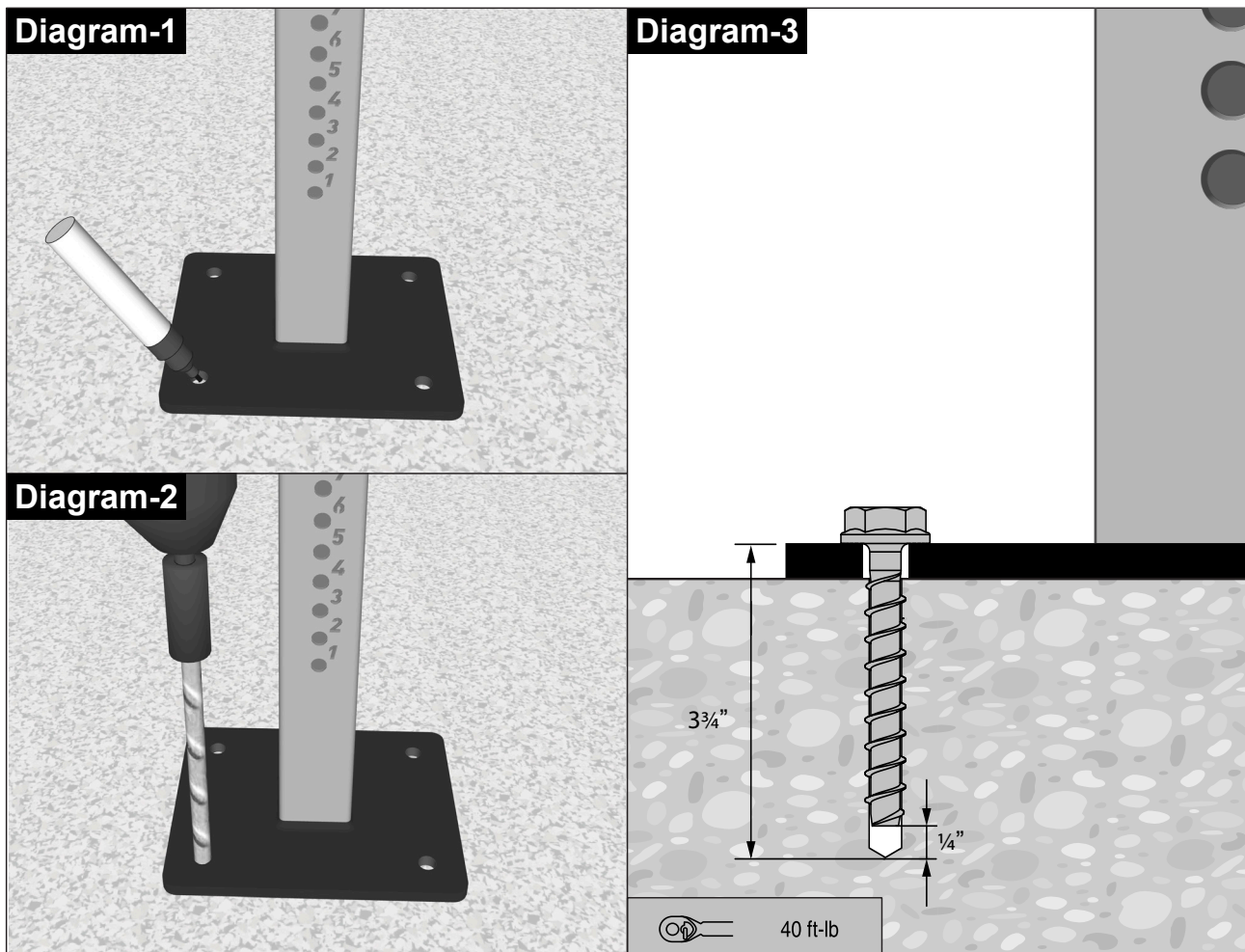
**If installing in front of Functional Trainer with weight stack:** Center left to right with base and mount as close as possible without blocking the weight adjustment pins.

**Step 3:** Once it is determined where on the floor the unit will be installed, place the Upright (Part A) into its final position and using the holes in its base as a guide, mark the floor through each of its 4 corner holes. (Diagram 1) **Note:** The numbered side of the Upright will be facing toward the user.

**Step 4:** Using the holes in the base of the Upright (Part A) as a template, drill four 3¾" deep holes (measured from **top of Base Plate**) with a ⅜" Concrete drill bit. (Diagram 2) **Note:** This 3¾" hole depth allows for a ¼" void below the anchor bolt as this is necessary to achieve proper anchoring. (Diagram 3). Be sure to vacuum or blow out any residual concrete debris left at the bottom of each hole after drilling and then check to be sure that the proper depth has been achieved.

**Step 5:** Securely anchor the base of the Upright (Part A) to the floor using the four Concrete Anchors (Part E) and torque each to 40 ft-lb. (Diagram 3)

Proceed to next page to finish assembly.



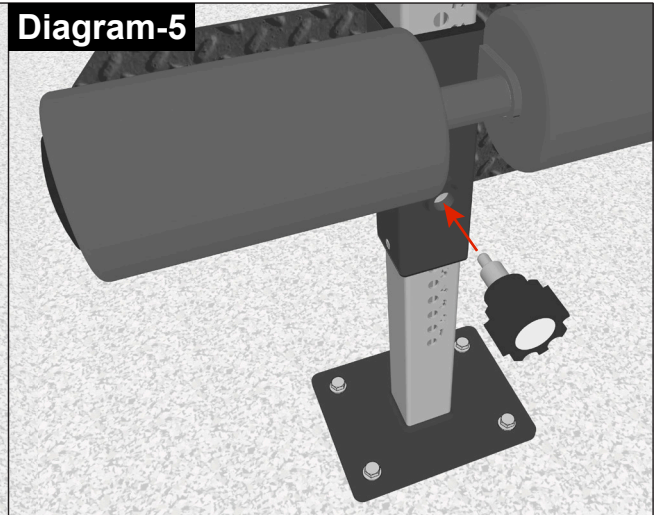
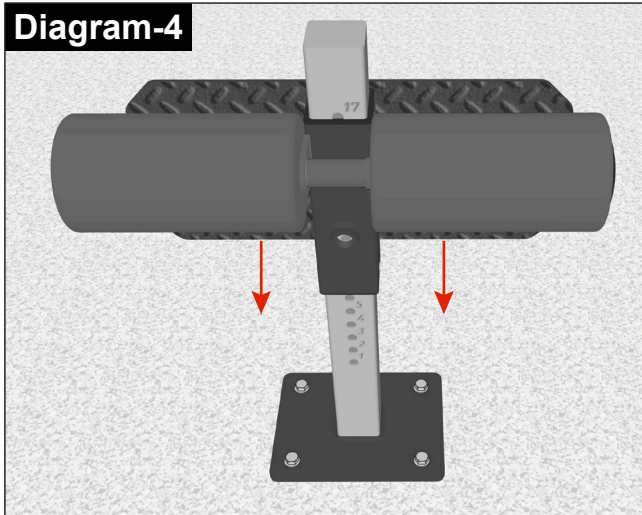
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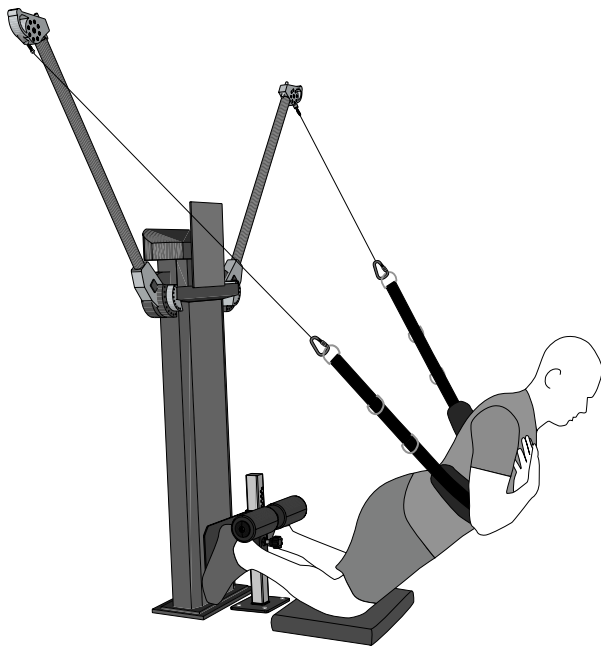
**Step 6:** Once the Upright (Part A) is fully secured to the floor, slide the sleeve of the Foot Plate/Pad Combo (Part B) over the Upright and down to the floor as shown in Diagram 4.

**Step 7:** Screw the Height Adjustment Knob (Part C) fully into the Foot Plate/Pad Combo (Part B) as shown in Diagram 5.

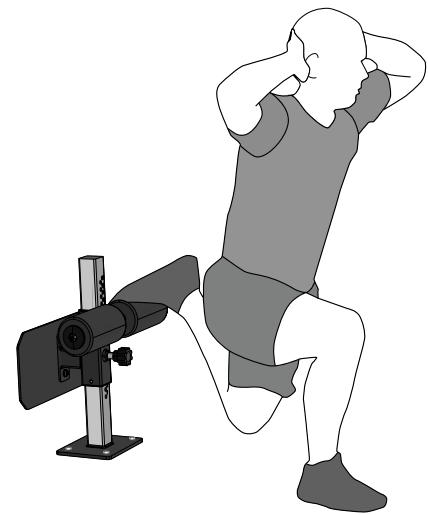
**Note:** Do not overtighten the knob as doing so will make it hard to adjust the height. Match height to user by pulling the spring loaded knob and moving the Foot Plate/Pad Combo to the desired position. Make sure that the pin is fully clicked into the appropriate hole before each use.



Assistance strap (D) is provided if you need resistance to assist in your exercise. You'll notice 3 metal rings on each side of the strap. Attach metal rings to carabiner clip on cable machine.



Great for single leg squats too!



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