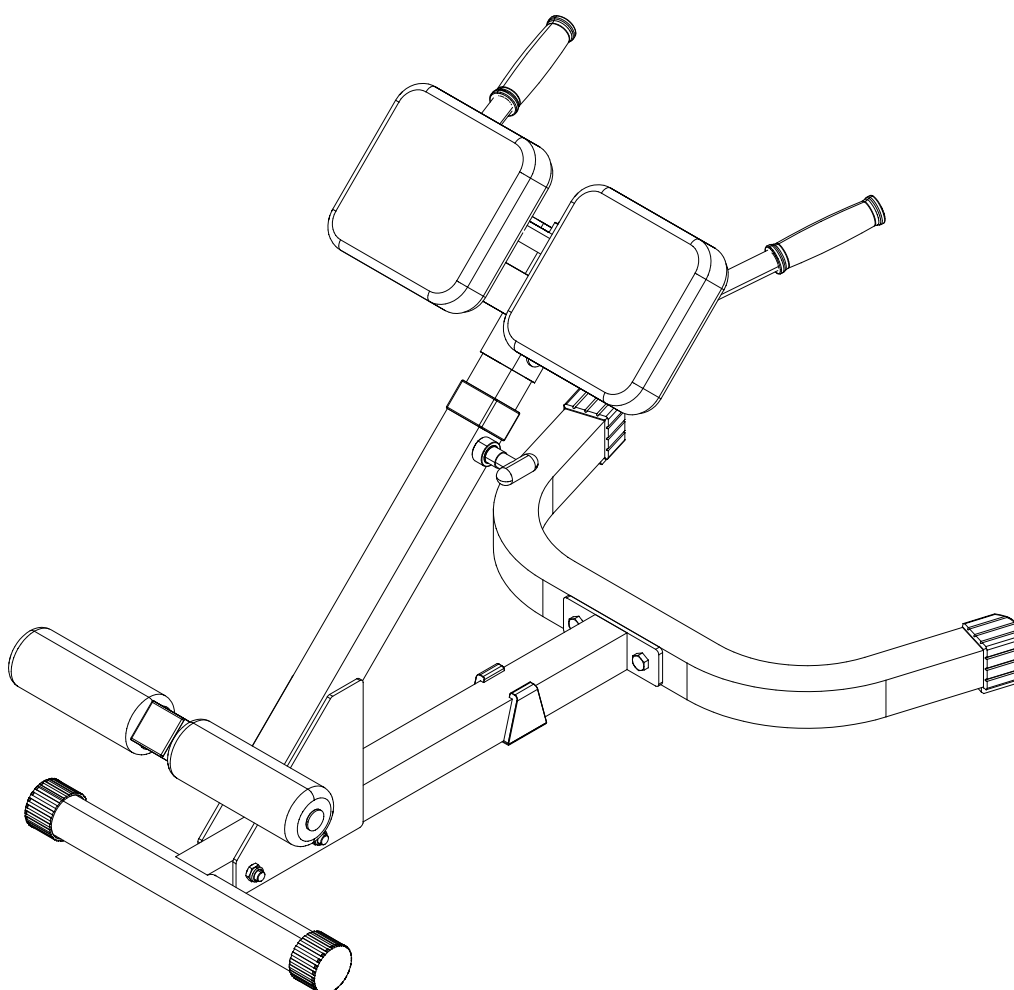




# PHYP-200X

Back Hyper Extension

Owner's Manual



[WWW.BODYSOLID.COM](http://WWW.BODYSOLID.COM)

20250401

**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT.  
TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for sign of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing.

**FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**

Keep clear of the cables and all moving parts when machine is in use.  
Always make sure all Snap Links are closed when doing cable/pulley/strap exercises.  
Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.  
It is recommended that you workout with a training partner.  
Do not allow children or minors to play on or around this equipment.  
If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service center at 1-800-556-3113.  
**WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

**WARNING!**

**SERIOUS INJURY CAN OCCUR  
ON THIS EQUIPMENT.  
YOU MUST FOLLOW THESE  
PRECAUTIONS TO AVOID INJURY!**

1. Before using, read all the warnings and obtain instruction on the use of this machine.  
Use only for intended exercise.  
**DO NOT** modify the machine
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use, **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position, **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer, **DO NOT** use dumbbells or other means to add resistance to the machines.
9. Children must not be allowed near the machine. Supervise teenagers.
10. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.

**11. DO NOT REMOVE THIS LABEL.  
REPLACE IF DAMAGED.**

**For Body-Solid Customer Service  
Call 1-800-556-3113**

**DO NOT REMOVE WARNING LABELS FROM MANUAL OR  
MACHINE**

# PHYP-200X

## TABLE OF CONTENTS

• SAFETY INSTRUCTIONS.....	PAGE 4
• PREPARATION.....	PAGE 5
• PARTS LIST.....	PAGE 6
• HARDWARE LIST.....	PAGE 7
• HARDWARE ILLUSTRATION.....	PAGE 8
• ASSEMBLY INSTRUCTIONS.....	PAGE 10
• EXPLODED VIEW.....	PAGE 16
• CONTACT PAGE.....	PAGE 18

# PHYP-200X

## SAFETY INSTRUCTIONS

When using exercise equipment, you should always take basic precautions including the following:

- Read all instructions before using the PHYP-200X. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- 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 serious injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts
- Use care when getting on or off the unit.
- Do no overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects 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.
- Do not use the equipment outdoors or near water.

### Personal Safety During Assembly

- Before beginning assembly, please take the time to read the instructions thoroughly.
- 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 PHYP-200X on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PHYP-200X 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 your Powerline Back Hyper Extension.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

### Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Powerline by Body Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Powerline website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Powerline dealer or a Powerline factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113  
Phone: 1-708-427-3555  
Fax: 1-708-427-3556  
Email: [service@bodysolid.com](mailto:service@bodysolid.com)

Or write to: Body-Solid, Inc.  
Service Department  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. Part numbers are required when ordering parts.

# PHYP-200X

## PREPARATION

### Required tools

The basic tools that you must obtain before assembling the PHYP-200X include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Standard / Metric Allen Key Set

### Installation Requirements

Follow these installation requirements when assembling the PHYP-200X:

Set up the PHYP-200X on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

### Ordering Replacement Parts

If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

1. Model Number
2. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

### Assembly Tips

Read all “Notes” on each page before beginning each step.

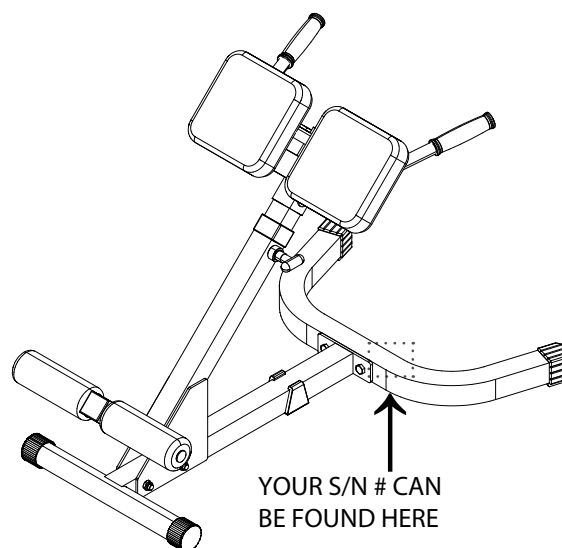
While you may be able to assemble the PHYP-200X using the illustrations only, important safety notes and other tips may be included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

**NOTE:** The bottles that are marked “Poison” is your touch up paint. Keep away from children.

**CAUTION:** Obtain assistance! If you feel like you can’t assemble the PHYP-200X by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.



# PHYP-200X

## PARTS LIST

<u>PART #</u>	<u>DESCRIPTION</u>	<u>QUANTITY</u>
A	MAIN FRAME	1 PCS.
B	SUPPORT FRAME	1 PCS.
C	EXTENSION FRAME	1 PCS.
D	GRIP FRAME	1 PCS.
E	U BASE FRAME	1 PCS.
F	ROLLER ROD	1 PCS.
G	THIGH PAD	2 PCS.

# PHYP-200X

## HARDWARE LIST

<u>PART #</u>	<u>SIZE</u>	<u>DESCRIPTION</u>	<u>QUANTITY</u>
1	M12X75mm	HEX HEAD BOLT	4 PCS.
3	M12X70mm	HEX HEAD BOLT	2 PCS.
4	M8X40mm	HEX HEAD BOLT	4 PCS.
5	M12	NYLON LOCK NUT	6 PCS.
6	M12	WASHER	6 PCS.
7	M8	WASHER	4 PCS.
8	M8	SPRING WASHER	4 PCS.
9	Ø 50mm	ROUND FOOT CAP	2 PCS.
10	Ø 1"	ROUND END CAP	2 PCS.
11	2"X1 3/4"	NYLON BUSHING	1 PCS.
12	2"X2"	END CAP	1 PCS.
13	1 3/4"X1 3/4"	END CAP	1 PCS.
14	1"X2"	END CAP	2 PCS.
15		RUBBER GRIP	2 PCS.
16	2"X2"	FOOT CAP	2 PCS.
17	Ø 3"	FOAM ROLLER	2 PCS.
18		POP PIN	1 PCS.
19		U SHAPED FOOT CAP	1 PCS.

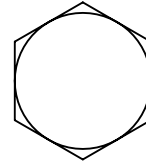
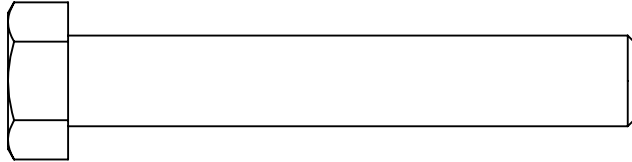
# PHYP-200X

## HARDWARE ILLUSTRATION

Part #1

M12X75mm hex head bolt

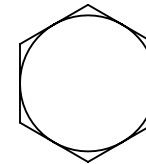
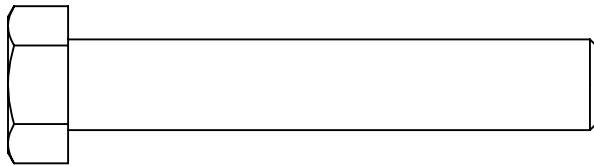
Qty. 4



Part #3

M12X70mm hex head bolt

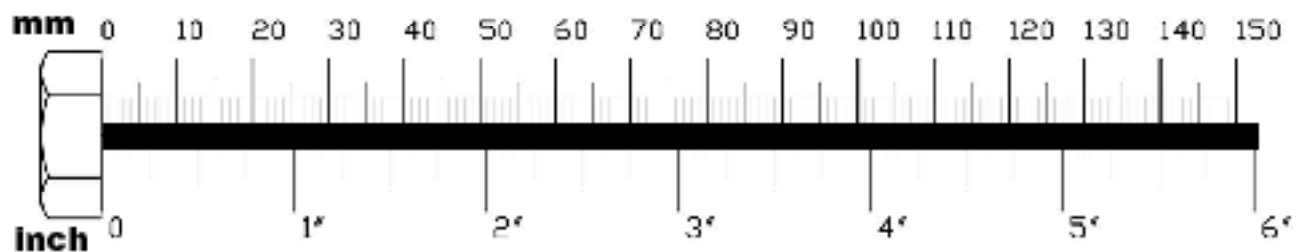
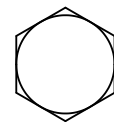
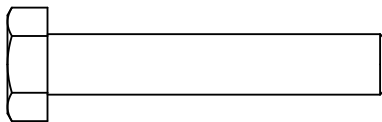
Qty. 2



Part #4

M8X40mm hex head bolt

Qty. 4





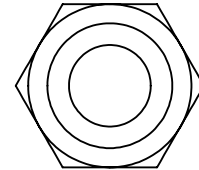
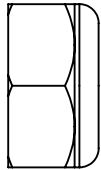
# PHYP-200X

## HARDWARE ILLUSTRATION CONT.

Part #5

M12 nylon lock nut

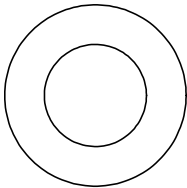
Qty. 6



Part #6

M12 washer

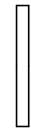
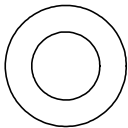
Qty. 6



Part #7

M8 washer

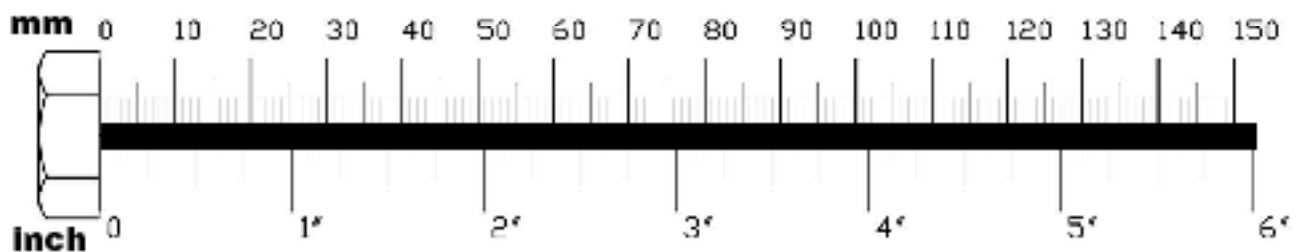
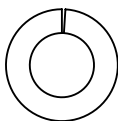
Qty. 4



Part #8

M8 spring washer

Qty. 4



# PHYP-200X

## STEP 1

BE CAREFUL TO ASSEMBLE ALL COMPONENTS  
IN THE SEQUENCE THAT THEY ARE PRESENTED.

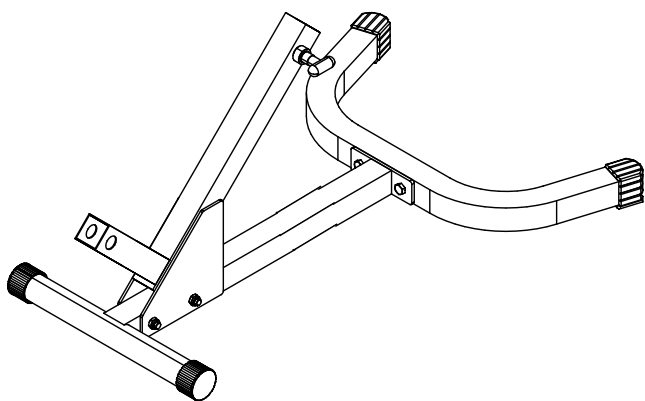
NOTE:

finger tighten all hardware in this step. DO NOT wrench tighten  
until the last step. some components may be pre-assembled.  
nylon lock nuts will not fully screw onto bolts, must wrench tighten.

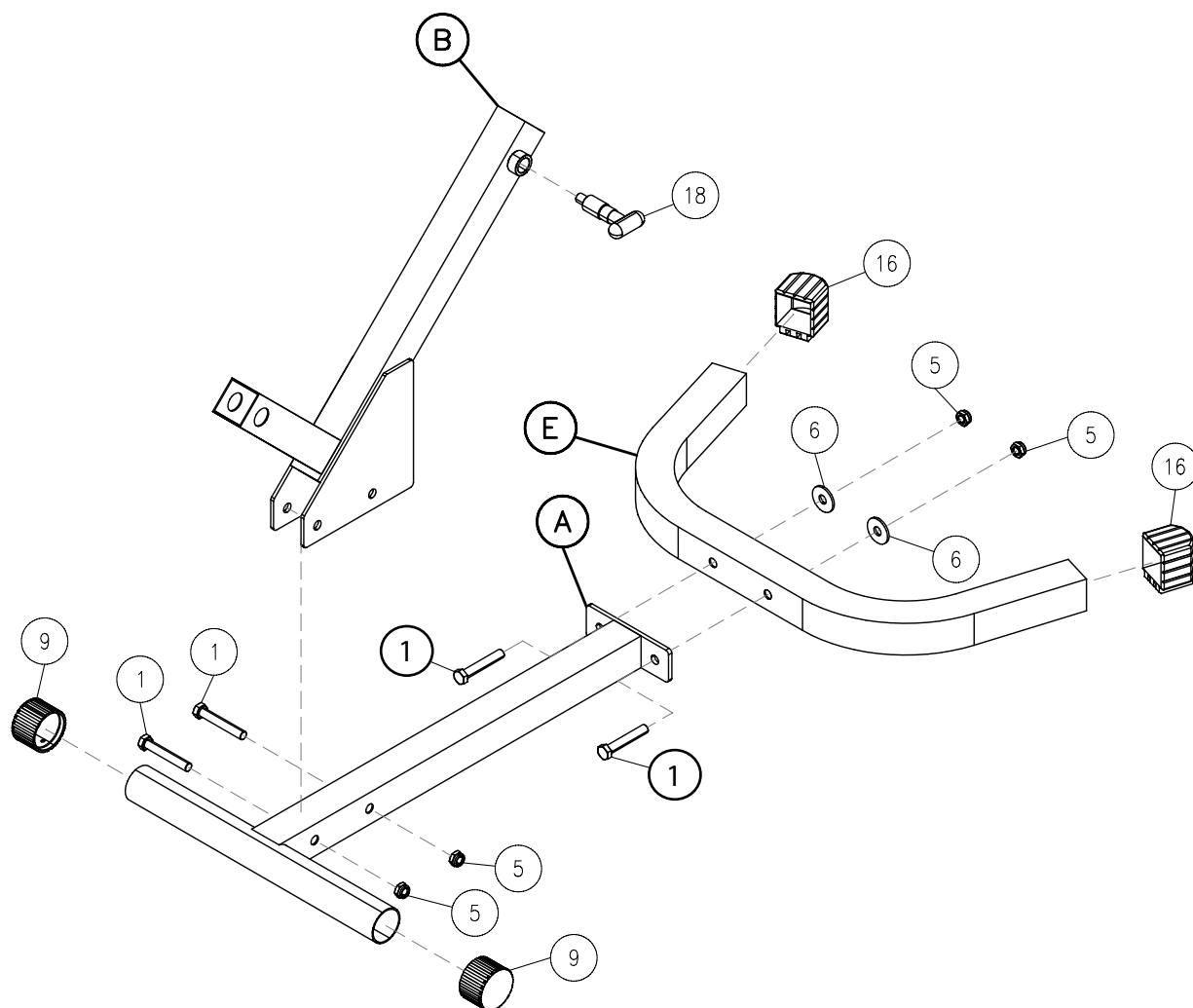
- 1A. attach mainframe (A) to u-base frame (E) using:
  - 2 - (#1) M12X75mm hex head bolt
  - 2 - (#6) M12 washer
  - 2 - (#5) M12 nylon lock nut
  
- 1B. attach support frame (B) to mainframe (A) using:
  - 2 - (#1) M12X75mm hex head bolt
  - 2 - (#5) M12 nylon lock nut
  
- 1C. insert foot caps onto ends of mainframe (A) using:
  - 2 - (#9) 50mm dia. round foot cap
  
- 1D. insert foot caps onto ends of u-base frame (E)  
using:
  - 2 - (#16) 2"X2" foot cap

# PHYP-200X

## STEP 1



Above shows STEP 1  
assembled and completed



# PHYP-200X

## STEP 2

BE CAREFUL TO ASSEMBLE ALL COMPONENTS  
IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

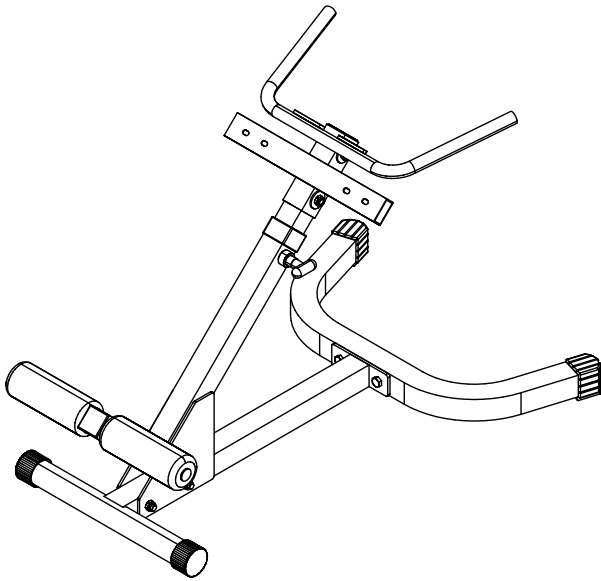
finger tighten all hardware in this step. DO NOT wrench tighten  
until the last step. some components may be pre-assembled.  
nylon lock nuts will not fully screw onto bolts, must wrench tighten.

- 2A. attach grip frame (D) to extension frame (C) using:
  - 2 - (#3) M12X70mm hex head bolt
  - 4 - (#6) M12 washer
  - 2 - (#5) M12 nylon lock nut
- 2B. insert nylon bushing onto support frame (B) using:
  - 1 - (#11) 2"X1 3/4" nylon bushing
- 2C. insert end cap into front opening of support frame (B)  
using:
  - 1 - (#12) 2"X2" end cap
- 2D. slide roller rod (F) half way into hole of support  
frame (B) and attach a foam roller and round end  
cap to each side using:
  - 2 - (#17) 3" dia. foam roller
  - 2 - (#10) 1" dia. round end cap
- 2E. slide extension frame (C) thru nylon bushing and  
into support frame (B) and lock into place using  
the pop pin that is attached.

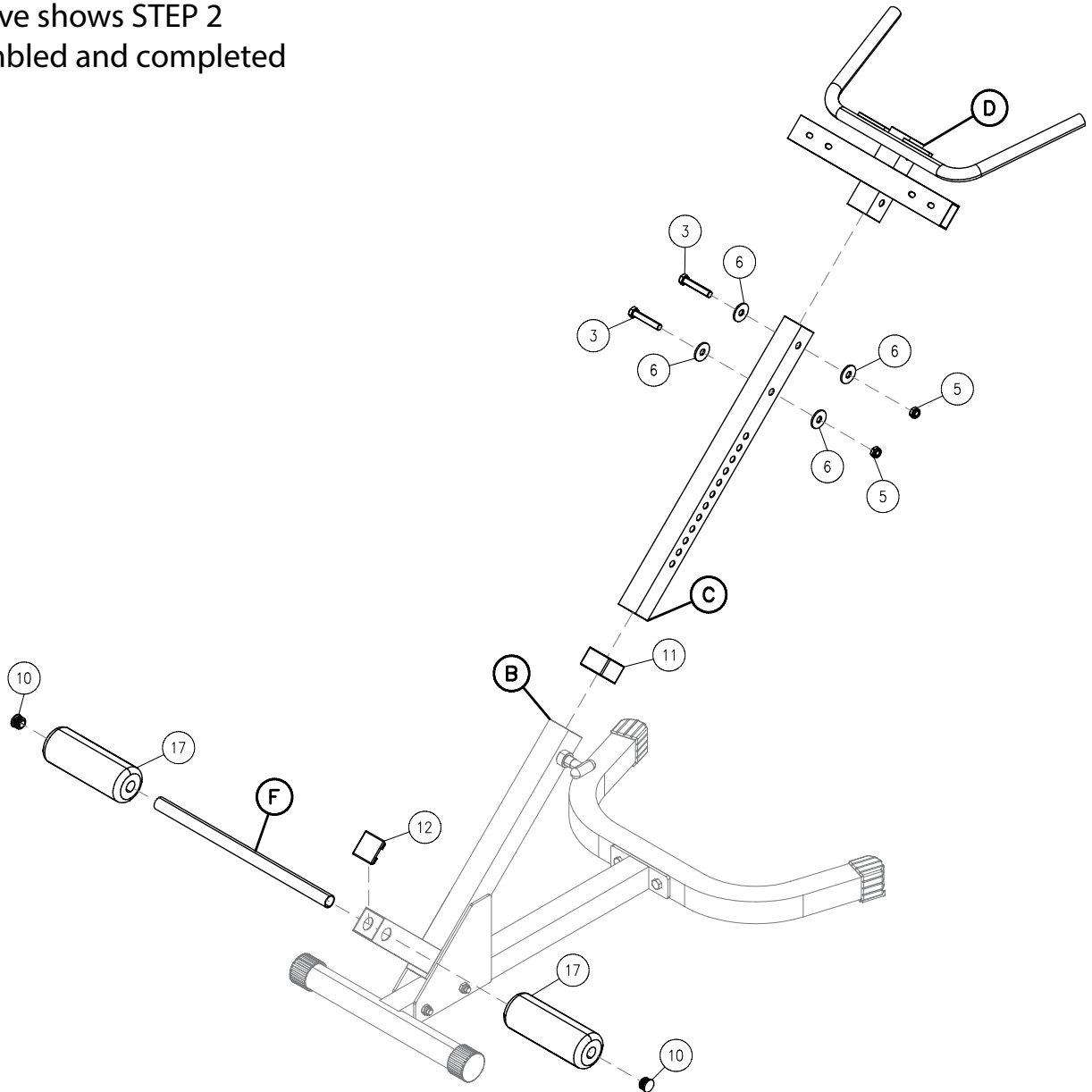
note: the pop pin may or may not be attached, if  
its not then screw it into the threaded hole  
towards the top of support frame (B).

# PHYP-200X

## STEP 2



Above shows STEP 2  
assembled and completed



# PHYP-200X

## STEP 3

BE CAREFUL TO ASSEMBLE ALL COMPONENTS  
IN THE SEQUENCE THAT THEY ARE PRESENTED.

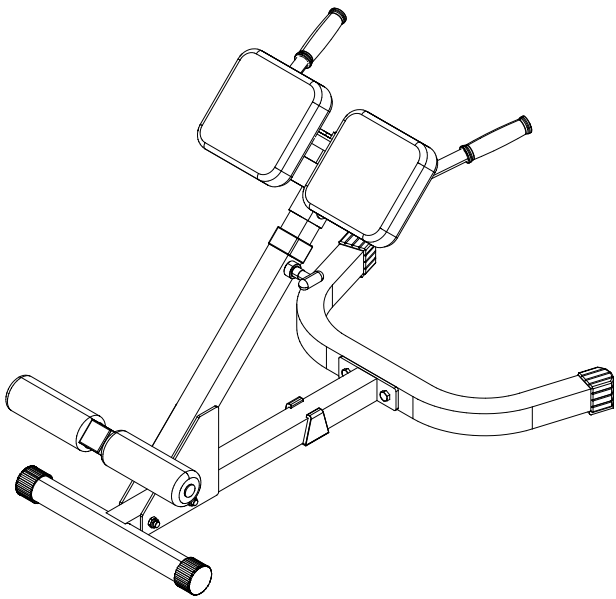
NOTE:

finger tighten all hardware in this step. DO NOT wrench tighten  
until the last step. some components may be pre-assembled.  
nylon lock nuts will not fully screw onto bolts, must wrench tighten.

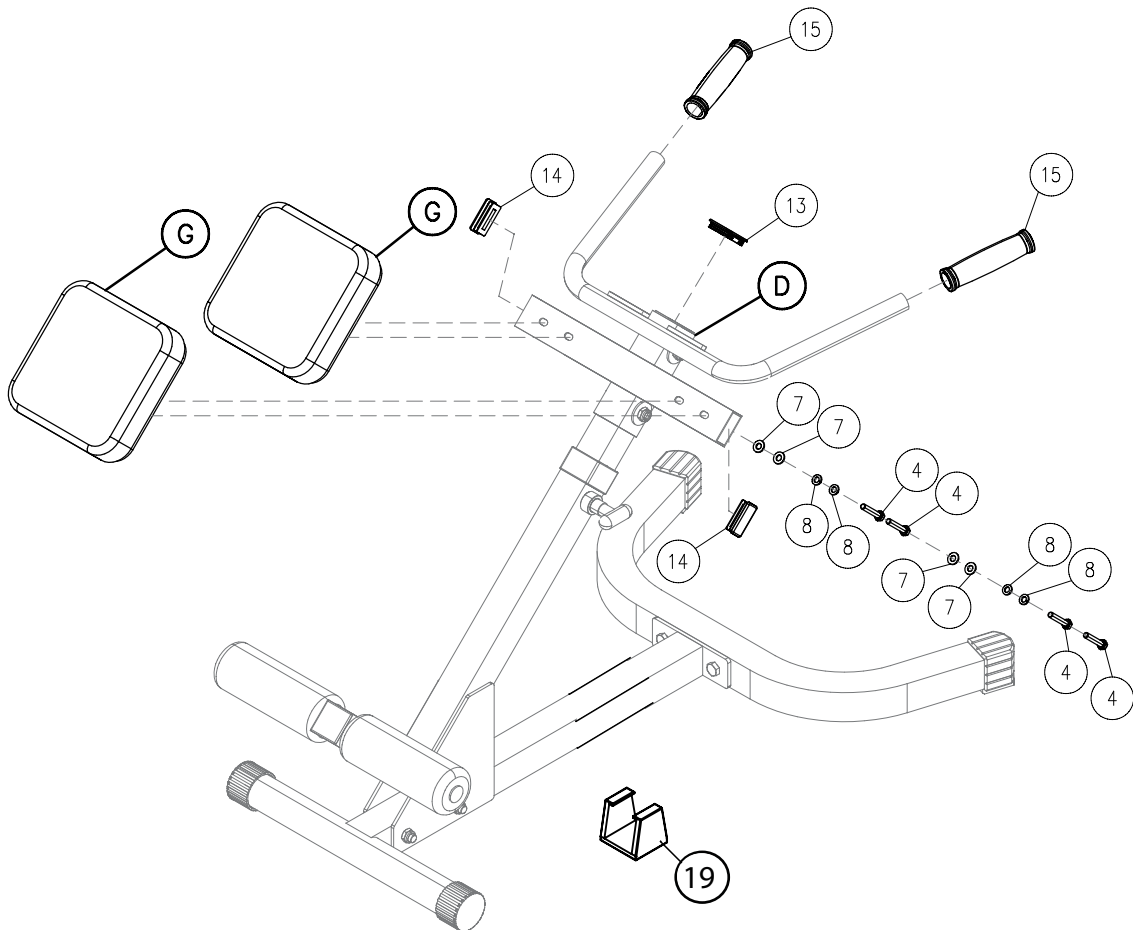
- 3A. insert rubber grips onto handles of grip frame (D)  
using:  
2 - (#15) rubber grip
- 3B. insert end caps into left and right side openings of  
grip frame (D) using:  
2 - (#14) 1"X2" end cap
- 3C. insert end cap into top opening of grip frame (D)  
using:  
1 - (#13) 1 3/4"X1 3/4" end cap
- 3C. install U Shaped Foot Cap (#19) onto mainframe (A)
- 3D. attach two thigh pads (G) to grip frame (D) using:  
4 - (#4) M8x40mm hex head bolt  
4 - (#8) M8 spring washer  
4 - (#7) M8 washer

# PHYP-200X

## STEP 3

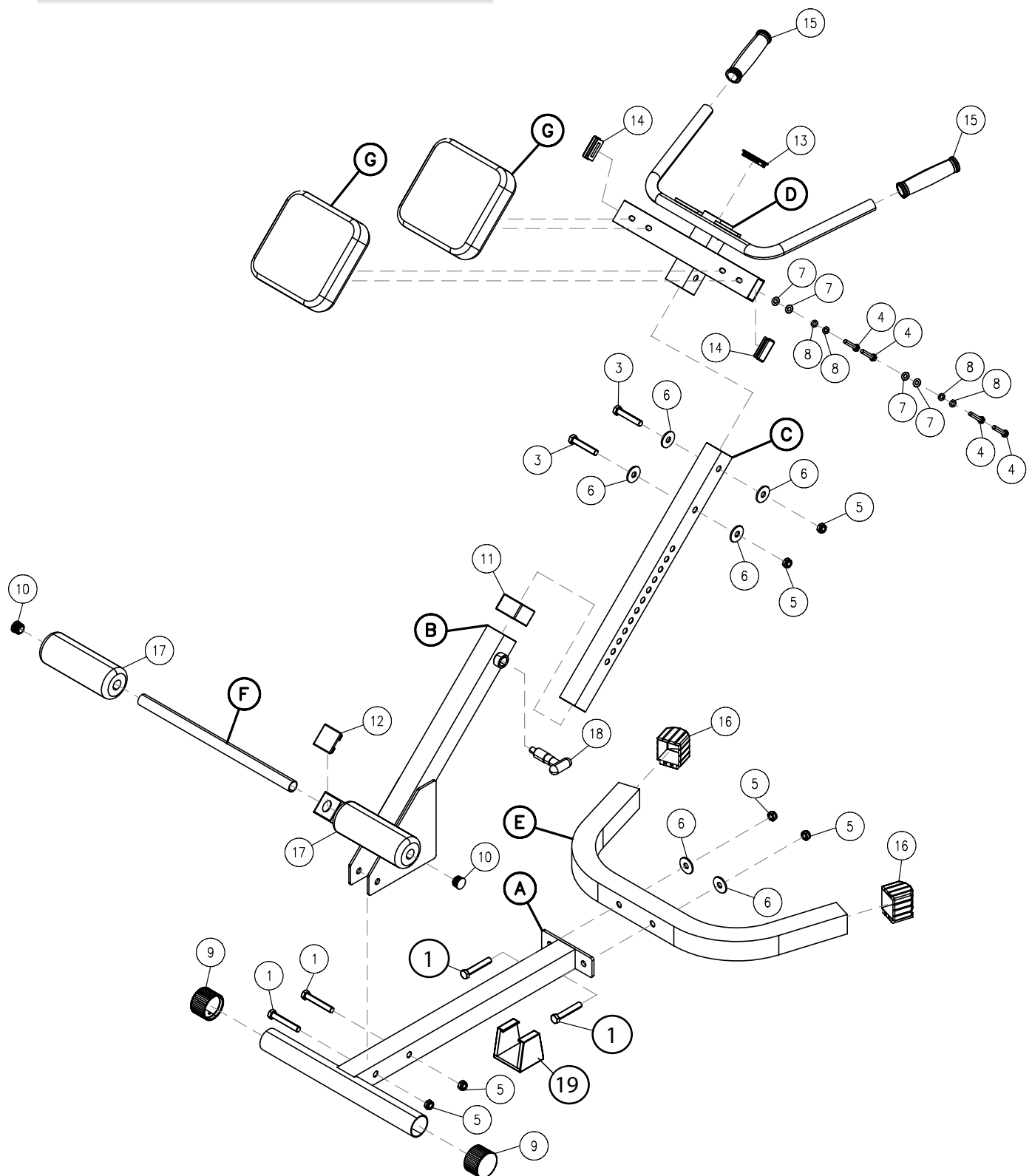


Above shows STEP 3  
assembled and completed



# PHYP-200X

## EXPLODED VIEW





# PHYP-200X

## NOTES



# PHYP-200X

please write your serial number in the boxes below

S/N #       -   -   -     -



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