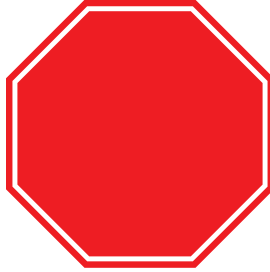


# FREAK ATHLETE

## Hyper Pro Assembly Guide

### Important Notice



The written instruction manual is meant to be a supplement to the Hyper Pro Assembly video and Getting Started Video.

Go to

[Freakathlete.co/pages/getting-started](https://freakathlete.co/pages/getting-started)

for full video instructions.

**It is critical to follow the full Assembly Video and the Getting Started video for your own safety.**

# FREAK ATHLETE

## Hyper Pro Assembly Guide



[Hyper Pro  
Full Assembly](#)



[Hyper Pro  
Getting Started](#)

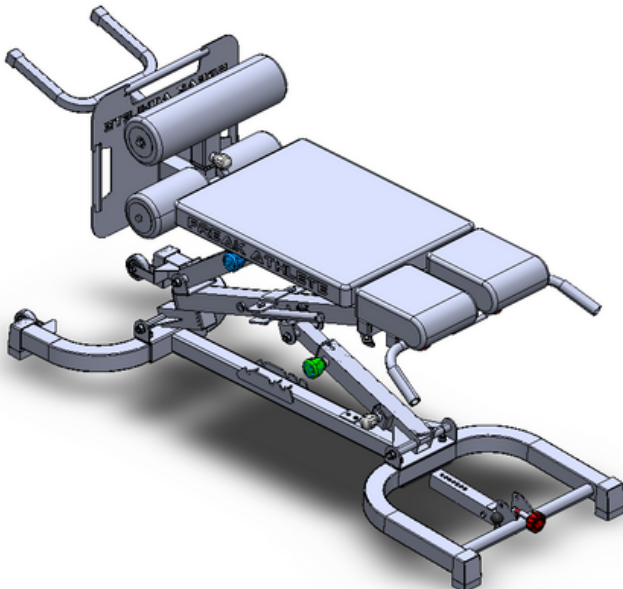
# FREAK ATHLETE

## Hyper Pro Assembly Guide

What's Included		
Bolts	Washers, Nuts, & Other	Tools
<ul style="list-style-type: none"><li>● 5x M10x75 Bolts</li><li>● 3x M10x60 Bolts</li><li>● 5x M10x25 Bolts</li><li>● 4x M10x45 Bolts</li><li>● 2x Red Adjustment Knobs</li></ul>	<ul style="list-style-type: none"><li>● 21x M10 Washers</li><li>● 8x M10 Nuts</li><li>● 2x Ankle Support End Cap</li><li>● 1x Pull Pin</li><li>● 6x M10 Large Washers</li><li>● 2x Plastic Spacers</li></ul>	<ul style="list-style-type: none"><li>● 2x Hex Wrenches</li><li>● 1x Allen Wrench</li></ul>

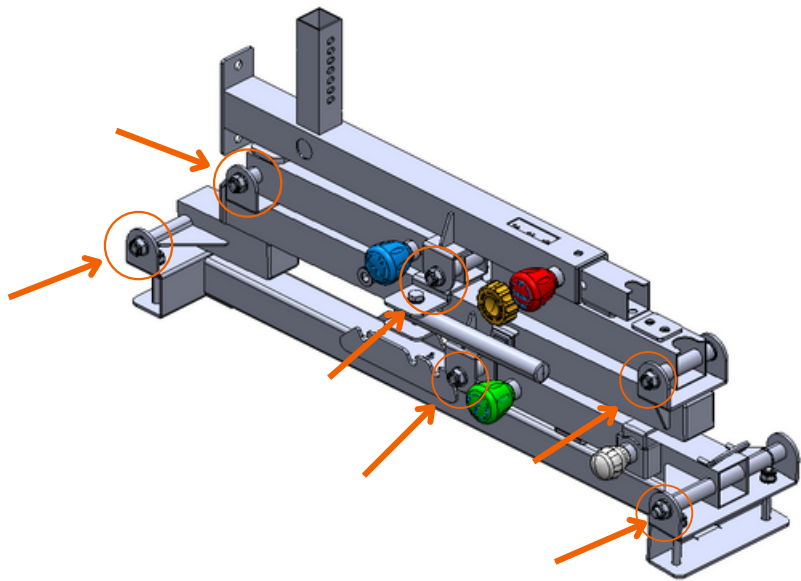
**⚠ IMPORTANT NOTE** For **video assembly**, go to [FreakAthlete.co/HyperGuide](https://FreakAthlete.co/HyperGuide)  
Make sure all screws are **fully tightened** during assembly.

Hyper Pro Assembly Parts		
<ul style="list-style-type: none"><li>● Main Frame</li><li>● Rear Base</li><li>● Front U Base</li><li>● Hip Thrust Support</li><li>● Footplate</li></ul>	<ul style="list-style-type: none"><li>● Vertical Storage Bar</li><li>● Black Rod</li><li>● Top Ankle Roller</li><li>● Back Extension Frame</li><li>● 2x Back Extension Pads</li></ul>	<ul style="list-style-type: none"><li>● Nordic Pad</li><li>● Nordic Pad Frame</li></ul>



Pre-assembly preparation 1: Tighten all Pre-Installed Bolts on Main Frame	Hardware & Parts
<ol style="list-style-type: none"> <li><b>IMPORTANT:</b> Tighten all of the pre-assembled bolts to maximize stability. Circled below. They may already feel tight, but make sure you go through all of them!</li> <li>You can use your own 19mm wrench if you have one available.</li> <li>Fully tighten:  M8 ≤ 28.8 Nm or 21.2 ft-lbs; M10 ≤ 57.3 Nm or 32.3 ft-lbs; M12 ≤ 99.8 Nm or 73.6 ft-lbs</li> </ol>	<ul style="list-style-type: none"> <li>● 17mm Wrench (provided)</li> </ul>

**Pre-assembly preparation: Tighten all Pre-Installed Bolts on Main Frame**



## Step 1: Rear Base Assembly

## Hardware & Parts

1. You can use your own 17mm wrench if you have one available.

● 17mm Wrench (provided)

● Main Frame

● Rear Base

### Parts needed



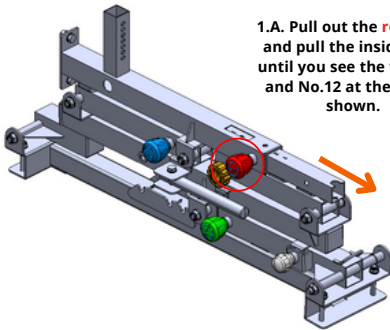
Hex Head Bolt M10\*75 Bolts Qty: 2



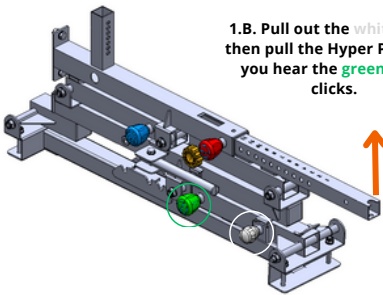
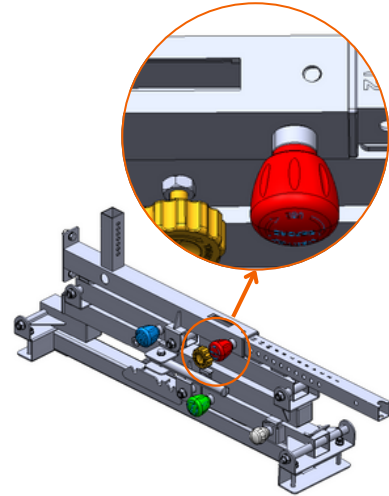
Washers (M10) Qty:4



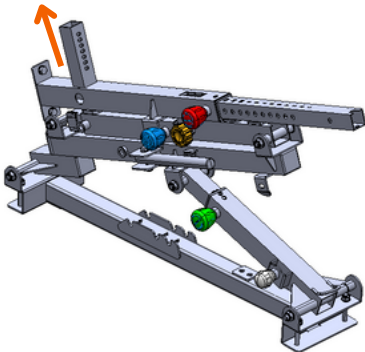
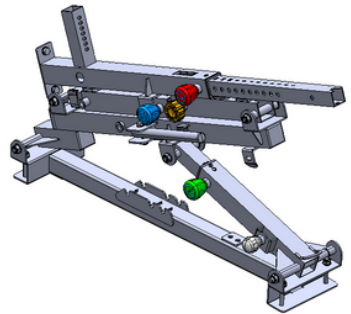
Hex Head Nut (M10) Qty: 2



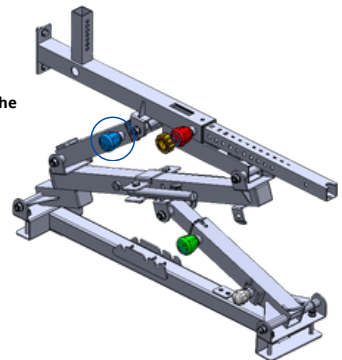
1.A. Pull out the **red knob** and pull the inside tube until you see the window and No.12 at the top as shown.



1.B. Pull out the **white knob** then pull the Hyper Pro until you hear the **green knob** clicks.



1.C. Lift the back of the Hyper Pro until you hear the **blue knob** clicks.



## Step 1: Rear Base Assembly

## Hardware & Parts

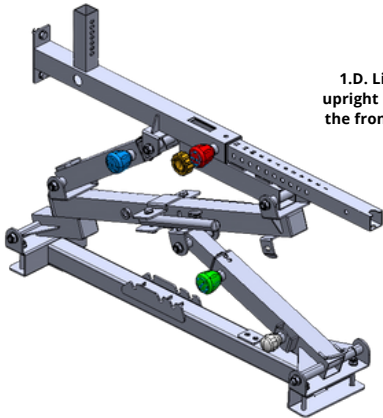
### PRO-TIPS:

1. Always make sure the feet and the wheel are facing down when installing.
2. Always use the open-ended of the wrench on the inside and close-ended side on the outside.
3. Fully tighten:

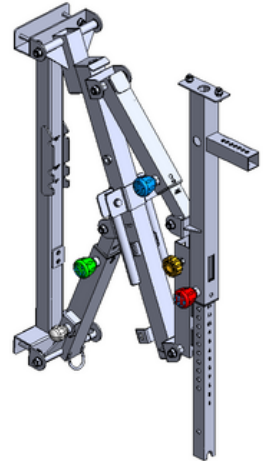
M8  $\leq$  28.8 Nm or 21.2 ft-lbs; M10  $\leq$  57.3 Nm or 32.3 ft-lbs; M12  $\leq$  99.8 Nm or 73.6 ft-lbs

- 17mm Wrench (provided)

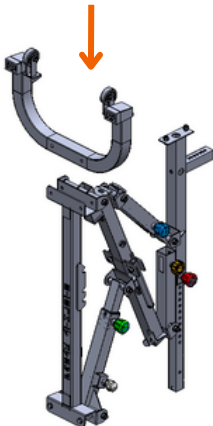
- Main Frame
- Rear Base



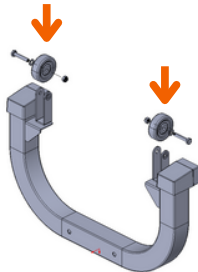
1.D. Lift the Hyper Pro upright until its leaning by the front base and square tube.



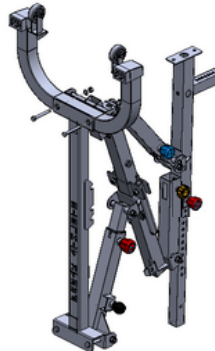
1.E. Slide the Rear Base to the back of the Hyper Pro (Make sure the feet and wheels are facing down).



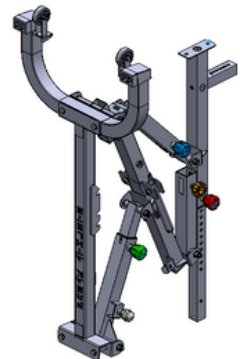
1.E.1 In an instant that the wheels are not pre-installed on packaging. Install wheels to Back U-base using M8 Bolt, nut and washer



1.F. Put the bolts from the bottom and put the washer and nut on the other end then hand tight (repeat the process for both).



1.G. Use the wrenches to fully tighten the bolts and nuts (Use the open-ended side on the inside and the close-ended side to the outside).



## Step 2: Foot Plate and Vertical Storage Bar Assembly

## Hardware & Parts

1. You can use your own 17mm wrench if you have one available.
2. Fully tighten:  
M8  $\leq$  28.8 Nm or 21.2 ft-lbs; M10  $\leq$  57.3 Nm or 32.3 ft-lbs; M12  $\leq$  99.8 Nm or 73.6 ft-lbs

- 17mm Wrench (provided)
- Foot Plate
- Vertical Storage Bar

## Step 2: Foot Plate and Vertical Storage Bar Assembly



### Parts needed

Hex Head Bolt M10\*25 Bolts Qty: 3

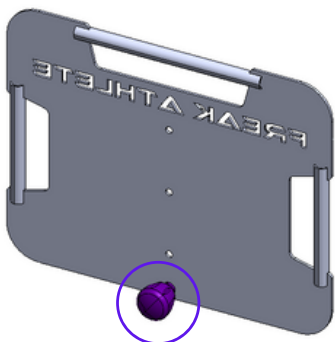


Washers (M10) Qty:6

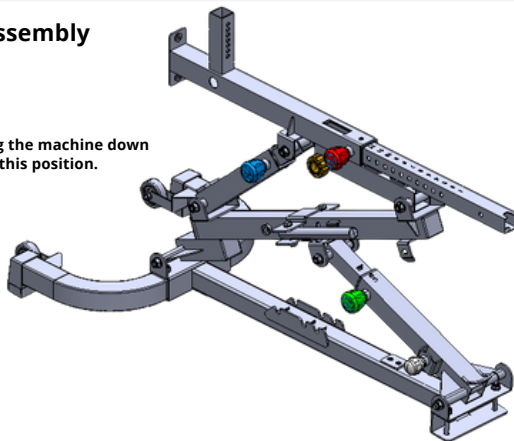


Hex Head Nut (M10) Qty: 3

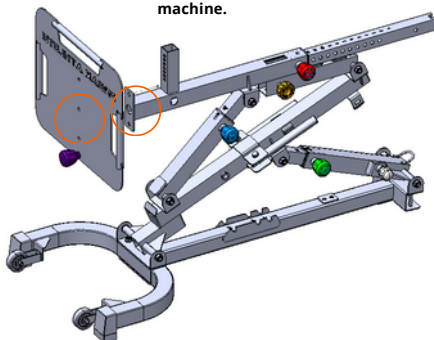
2.B. Install the knob faces the back of the machine..



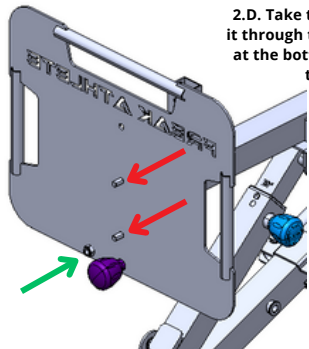
2.A. Bring the machine down to this position.



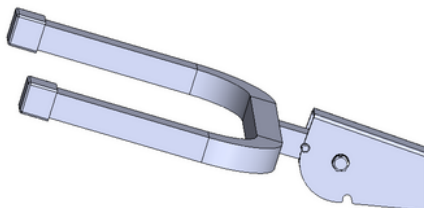
2.C. Line up the bottom 2 holes of the foot plate to the holes at the back of the machine.



2.D. Take the bolts and put it through the holes, put nut at the bottom bolt to hand tighten.

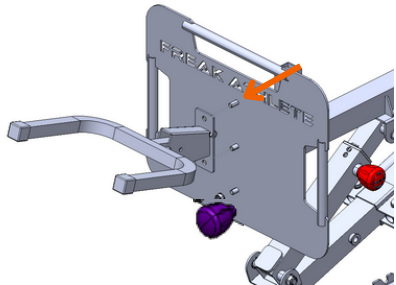


2.E. Put the Vertical Storage Bar in this configuration.

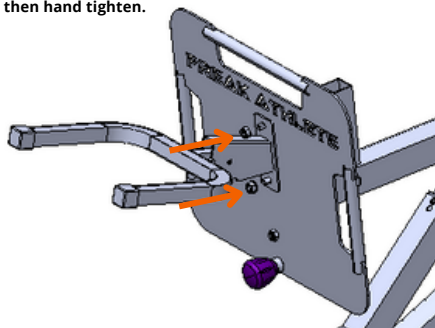


## Step 2: Foot Plate and Vertical Storage Bar Assembly

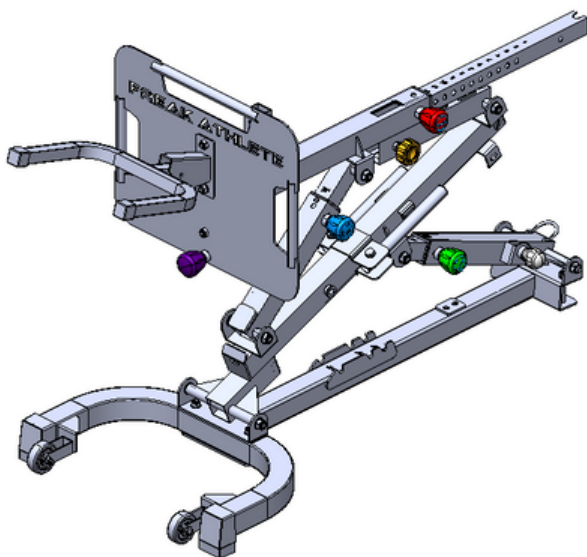
2.F. Put through another bolt on the top hole and align the vertical Storage Bar.



2.G. Put through washer and nut and top bolt and nut on the middle bolt afterwards then hand tighten.



2.H. Fully tighten bolts and nuts using wrenches.





## Step 3 Front U-Base Assembly

## Hardware & Parts

### PRO-TIPS:

1. Make sure that the feet of the Rear base and Front U Base are facing down before connecting to the Main Frame.
2. Fully tighten:  
M8  $\leq$  28.8 Nm or 21.2 ft-lbs; M10  $\leq$  57.3 Nm or 32.3 ft-lbs; M12  $\leq$  99.8 Nm or 73.6 ft-lbs

● 17mm Wrench (provided)

● Front-U-base

## Step 3: Front U-Base Assembly

### Parts needed



Hex Head Bolt M10\*75 Bolts Qty: 2

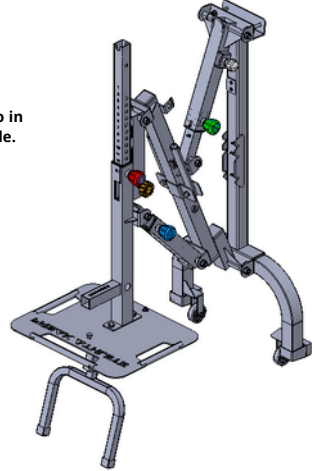


Washers (M10) Qty: 4

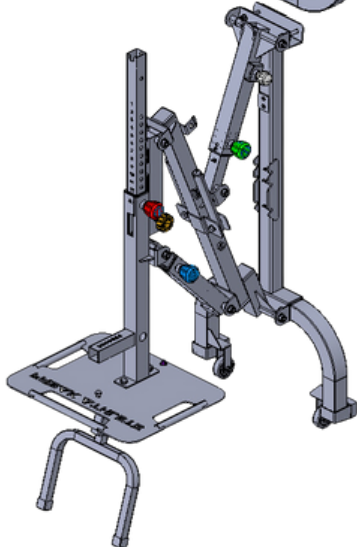
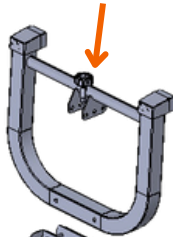


Hex Head Nut (M10) Qty: 2

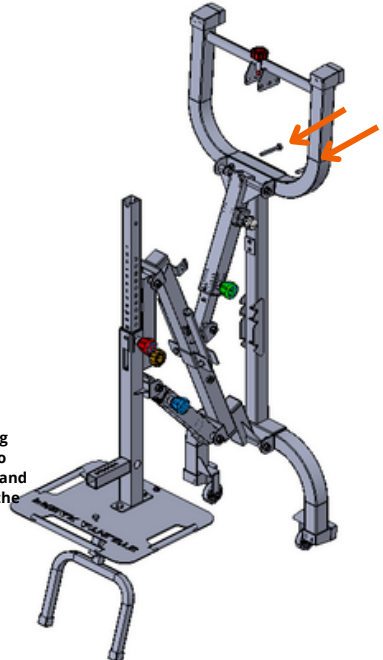
3.A. Put the Hyper Pro in Vertical Storage mode.



3.B. Slide through the front U-Base to the front of the Hyper Pro (make sure the feet are facing down).



3.C. Put the bolts going through the bottom to upward direction then hand tighten by the nuts on the other end.



3.D. Once they're hand tightened, take your wrenches and fully tighten them down.

### Step 3 Front U-Base Assembly

### Hardware & Parts

#### PRO-TIPS:

1. Refer to the image below for the positions and alignment of holes in this step.
2. Do not over tighten this step.
3. Fully tighten:  
M8  $\leq$  28.8 Nm or 21.2 ft-lbs; M10  $\leq$  57.3 Nm or 32.3 ft-lbs; M12  $\leq$  99.8 Nm or 73.6 ft-lbs

● 17mm Wrench (provided)

● Hip Thrust

#### Parts needed



Hex Head Bolt M10\*75 Bolts Qty: 1



Washers (M10) Qty: 2

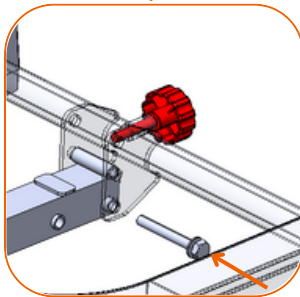
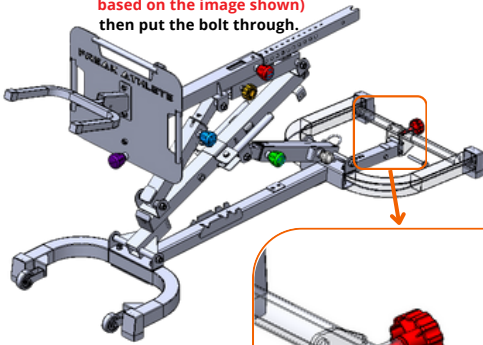


Hex Head Nut (M10) Qty: 1

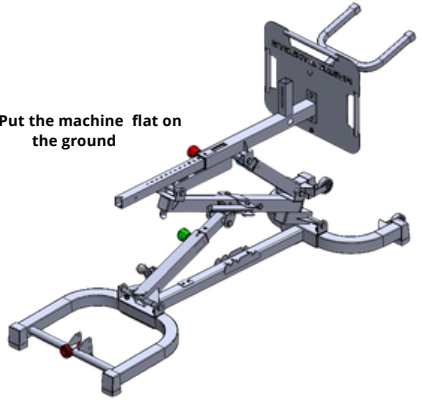


Pullpin (10) Qty: 1

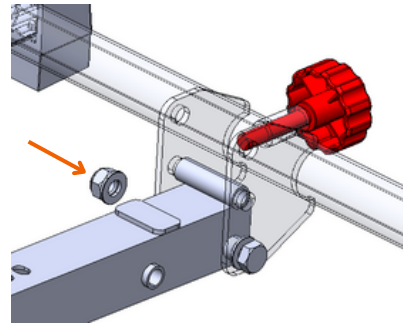
- 4.B. Put the Hip Thrust attachment to the machine (make sure the hole line up based on the image shown) then put the bolt through.



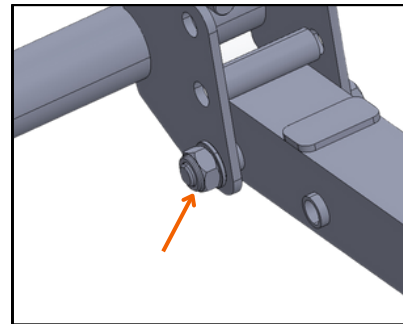
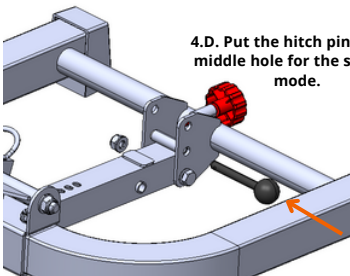
- 4.A. Put the machine flat on the ground



- 4.C. Put the washer and nut on the other end and hand tighten. Important: DO NOT OVER TIGHTEN THIS STEP. Just tighten until the bolts is sticking out a little bit.



- 4.D. Put the hitch pin on the middle hole for the storage mode.



## Step 4: Back Extension Frame Assembly

## Hardware & Parts

1. Fully tighten:

M8  $\leq$  28.8 Nm or 21.2 ft-lbs; M10  $\leq$  57.3 Nm or 32.3 ft-lbs; M12  $\leq$  99.8 Nm or 73.6 ft-lbs

● 17mm Wrench (provided)

● Back Extension Frame

### Parts needed



Hex Head Bolt M10\*60 Bolts Qty: 1

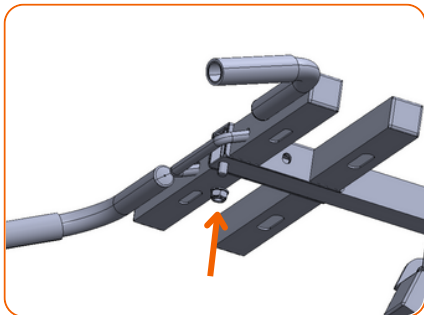


Washers (M10) Qty: 2

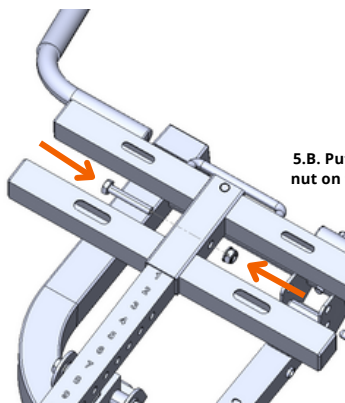
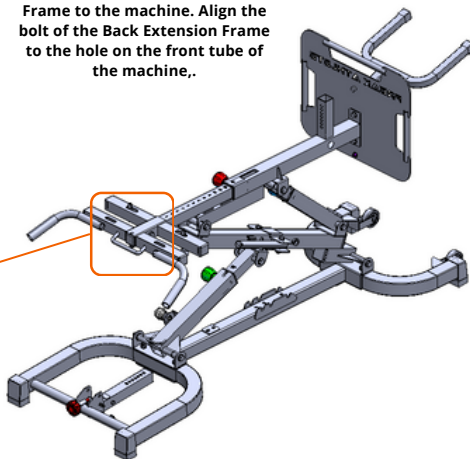


Hex Head Nut (M10) Qty: 1

5.B. Push through the Back Extension Frame until the bolt sticks out, put on the washer and the nut then hand tighten. Once done, fully tighten using wrench.



5.A. Put the Back Extension Frame to the machine. Align the bolt of the Back Extension Frame to the hole on the front tube of the machine..



5.B. Put the bolt on the middle hole then washer and the nut on the other side then hand tighten. Once done, fully tighten using wrenches.

## Step 4: Back Extension Frame Assembly

## Hardware & Parts

### PRO-TIPS:

1. Use hand tight only in this step.

2. Fully tighten:

M8  $\leq$  28.8 Nm or 21.2 ft-lbs; M10  $\leq$  57.3 Nm or 32.3 ft-lbs; M12  $\leq$  99.8 Nm or 73.6 ft-lbs

● 2x Back Extension Pads

### Parts needed



Plastic Spacer Qty: 2



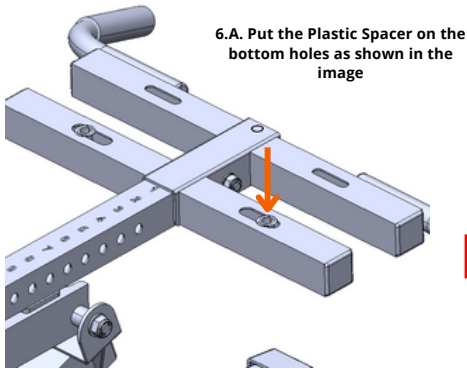
Hex Head bolt (M10\*60) Qty: 2



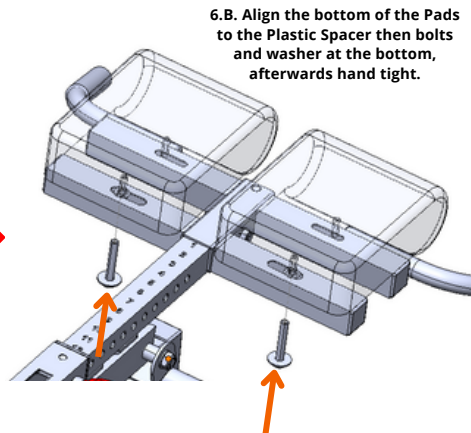
Large Washer (M10) Qty: 4



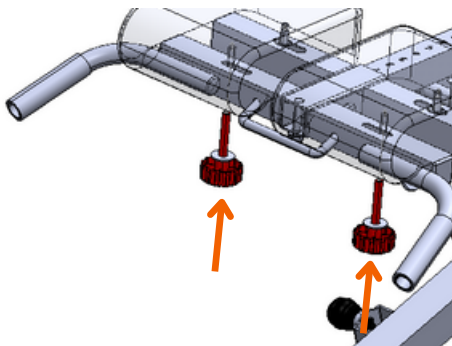
Knob Qty: 2



6.A. Put the Plastic Spacer on the bottom holes as shown in the image



6.B. Align the bottom of the Pads to the Plastic Spacer then bolts and washer at the bottom, afterwards hand tight.



6.C. Put the Knob and washer together. From the bottom, find the other hole of the Pads then hand tight. Repeat the process for both.

## Step 5: Nordic Pad Assembly

## Hardware & Parts

### PRO-TIPS:

1. The Nordic Pad frame should be within the boundary of the Nordic Pad.

2. Fully tighten:

M8  $\leq$  28.8 Nm or 21.2 ft-lbs; M10  $\leq$  57.3 Nm or 32.3 ft-lbs; M12  $\leq$  99.8 Nm or 73.6 ft-lbs

● 17mm Wrench (provided)

● Nordic Pad

● Nordic Pad Frame

### Parts needed

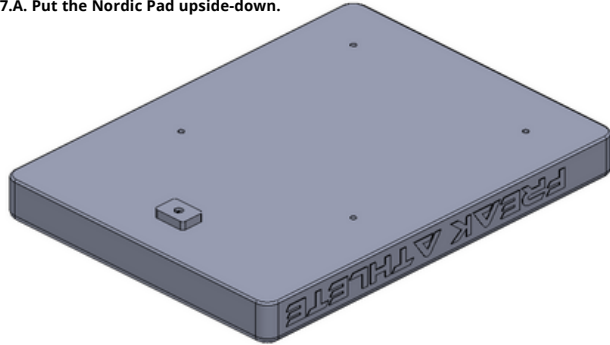


Hex Head Bolt M10\*45 Bolts Qty: 4

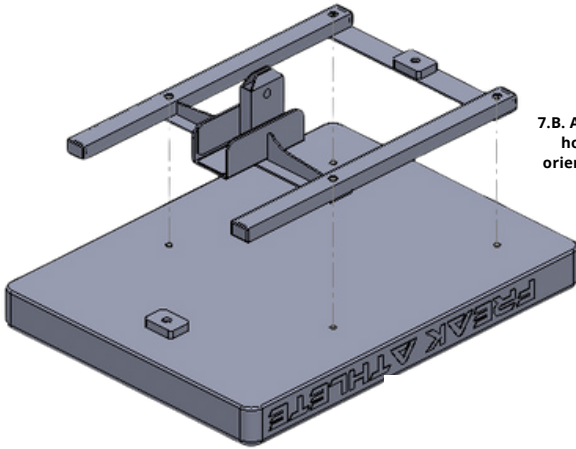


Washer (M10) Qty: 4

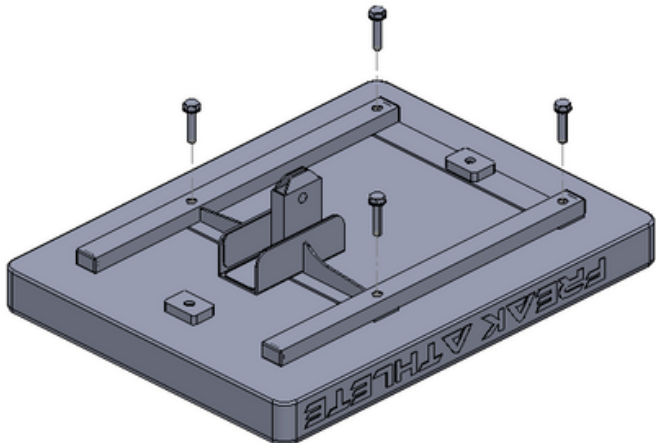
7.A. Put the Nordic Pad upside-down.



7.B. Align the Nordic Pad Frame with the holes on the Nordic Pad. Make the orientation based on the image shown.



7.C. Put on the bolts and washers through the holes and hand tight them. Fully tight afterwards using wrench.



## Step 5: Nordic Pad Assembly

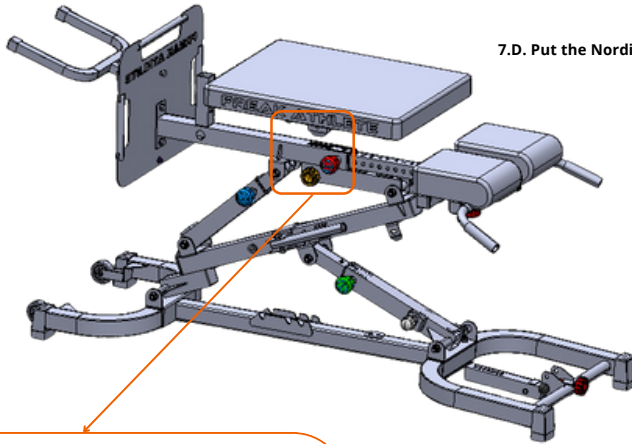
## Hardware & Parts

### PRO-TIPS:

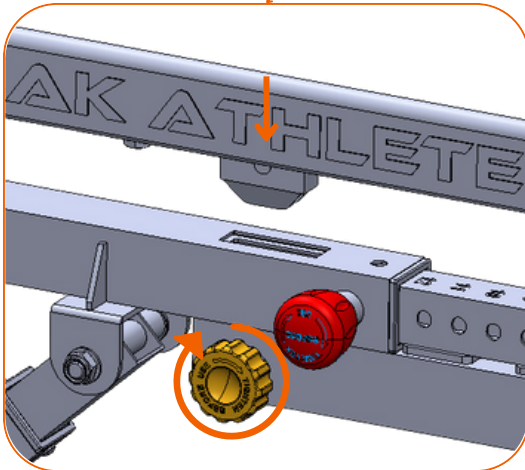
1. The Nordic Pad frame should be within the boundary of the Nordic Pad.
2. Assembled Nordic Pad is having a short and long end. Make sure the short end is always facing back.

● 17mm Wrench (provided)

● Nordic Pad  
● Nordic Pad Frame



7.D. Put the Nordic Pad Assy to the Hyper Pro.



7.D. The extrude of the Nordic Pad Frame must line up with the window of the machine. Once inserted twist the knob clockwise to tighten.

## Step 6: Bottom Ankle Roller Assembly

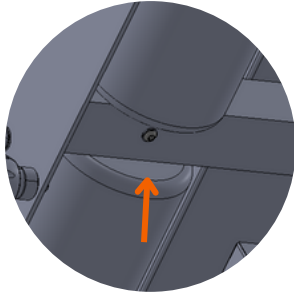
## Hardware & Parts

### PRO-TIPS:

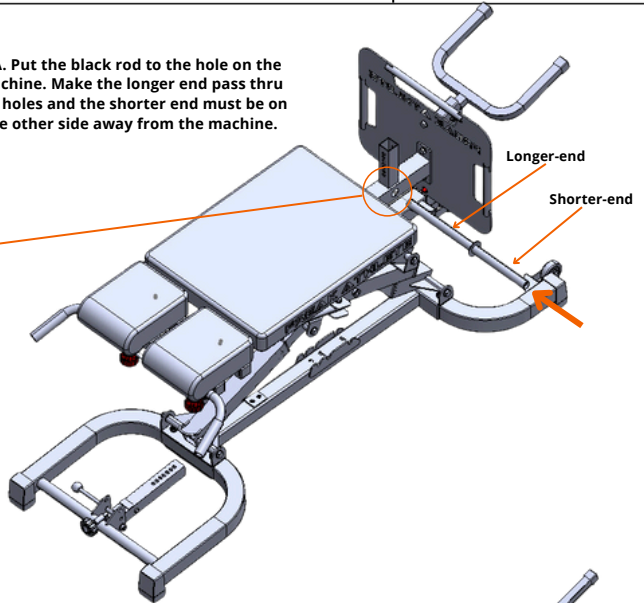
1. Make sure that the longer end of the black rod goes into the hole of the machine.
2. Use the allen key to eliminate wobble on the black rod upon insertion.

- 17mm Wrench (provided)
- Allen Key M6
- Bottom ankle roller
- Black rod
- 2x Large washers

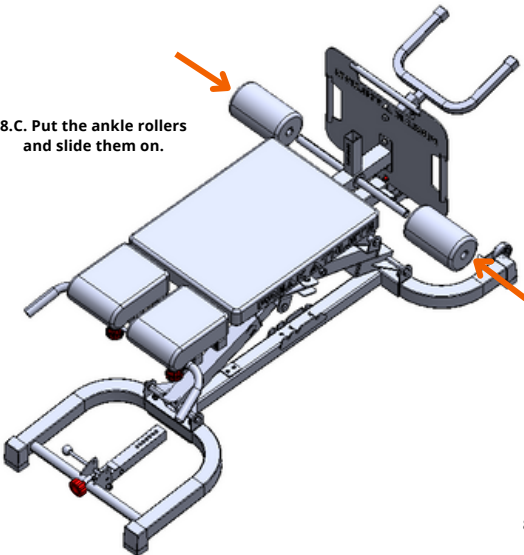
8.A. Put the black rod to the hole on the machine. Make the longer end pass thru the holes and the shorter end must be on the other side away from the machine.



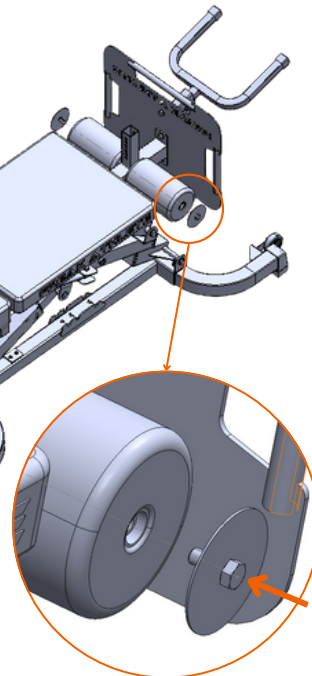
8.B. Take your allen key and go underneath and tighten bolt to remove any wobble.



8.C. Put the ankle rollers and slide them on.



8.D. Put the large washer and bolt in the hole and hand tighten. Repeat the process. Then fully tighten using wrench.



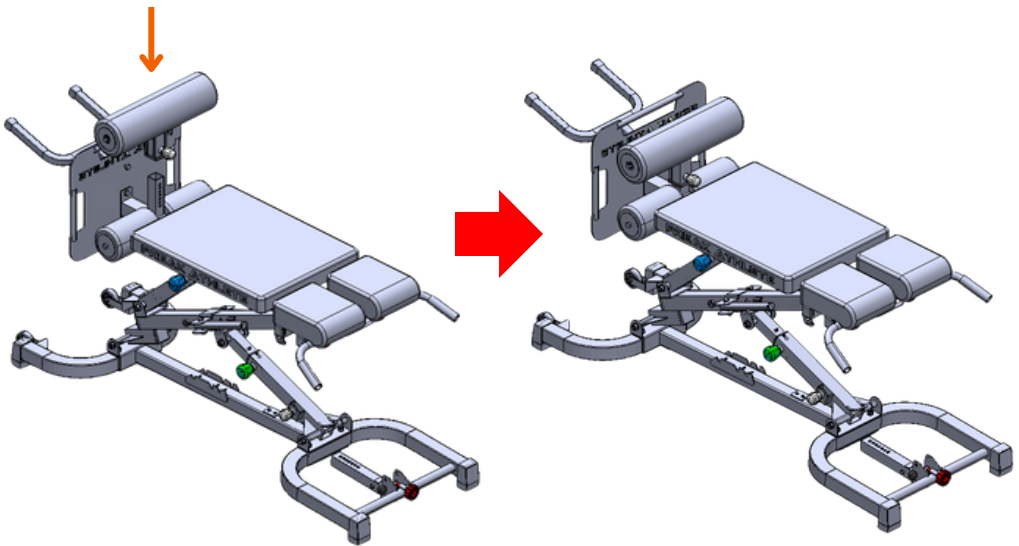
## Step 7: Top Ankle Roller Assembly

## Hardware & Parts

### PRO-TIPS:

1. Congratulations! You are now fully assembled.

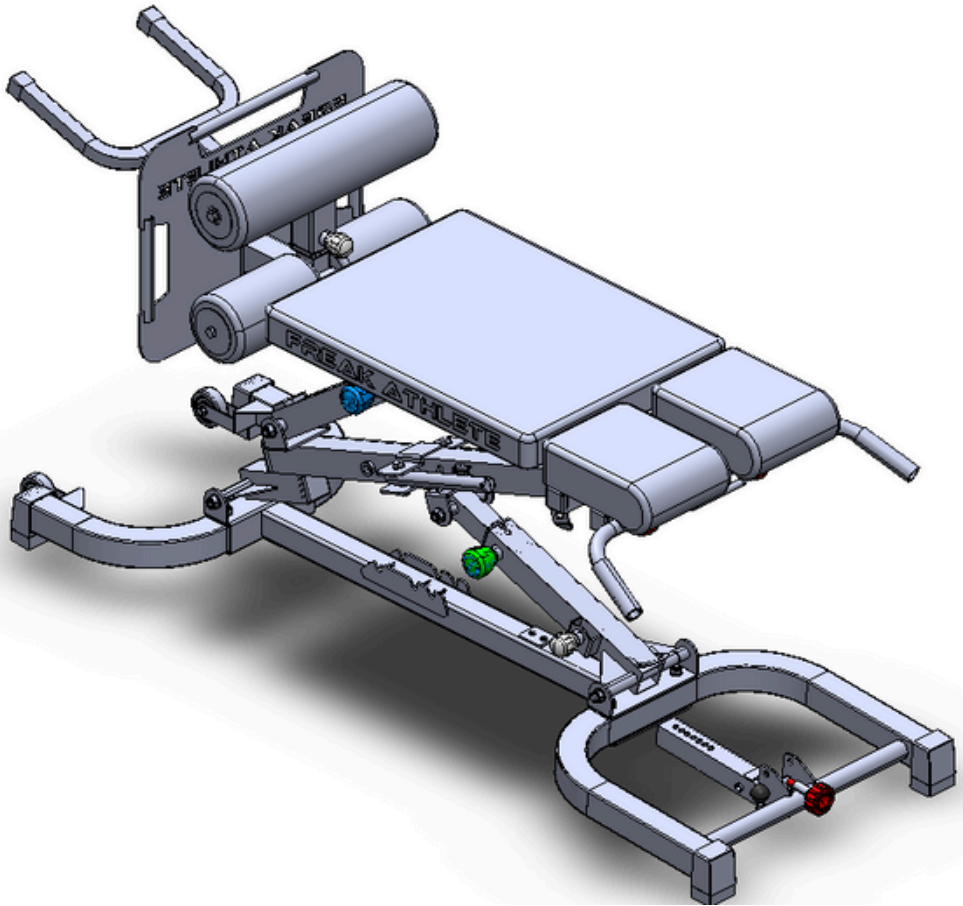
- Top ankle roller





**⚠ IMPORTANT NOTE**

Ensure all knobs are tightened when in use to ensure stability.



To learn **how to use** your Hyper Pro, go to  
**[FreakAthlete.co/HyperGuide](https://FreakAthlete.co/HyperGuide)**