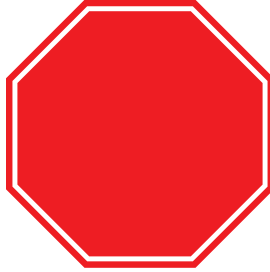


# FREAK ATHLETE

## Nordic Hyper GHD Assembly Guide

### Important Notice



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

Go to [FreakAthlete.co/HyperGuide](https://FreakAthlete.co/HyperGuide) for full video instructions.

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

# FREAK ATHLETE

## Nordic Hyper GHD Assembly Guide



[Nordic Hyper GHD  
Full Assembly](#)



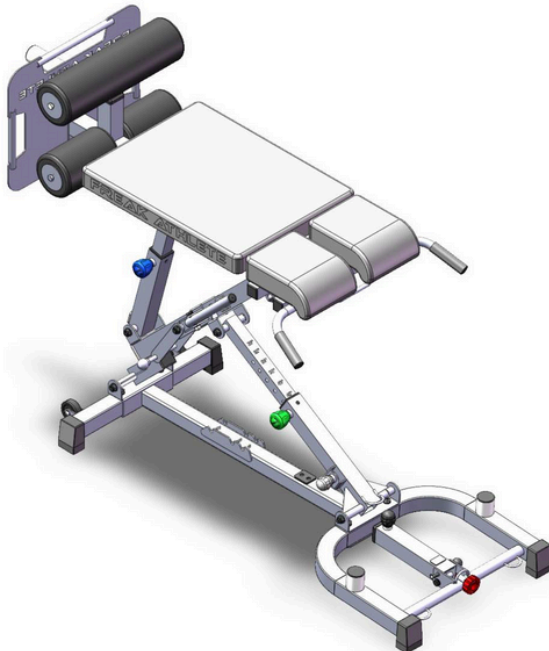
[Nordic Hyper GHD  
Getting Started](#)

# FREAK ATHLETE

## Nordic Hyper GHD Assembly Guide

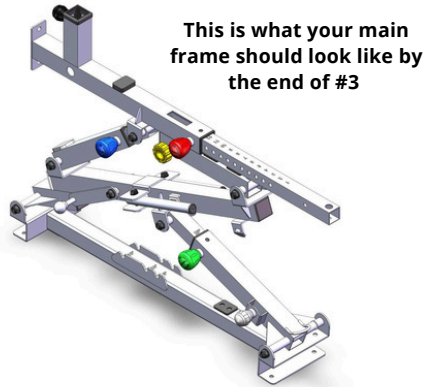
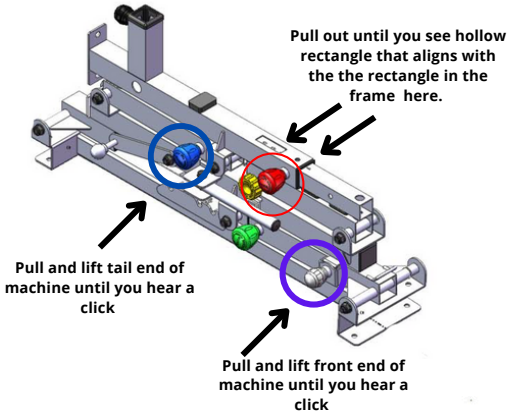
What's Included		
Bolts	Washers, Nuts, & Other	Tools
<ul style="list-style-type: none"><li>● 5x M10x75 Bolts</li><li>● 3x M10x60 Bolts</li><li>● 5x M10x25 Bolts</li><li>● 4x M10x45 Bolts</li><li>● 2x Red Adjustment Knobs</li></ul>	<ul style="list-style-type: none"><li>● 21x M10 Washers</li><li>● 8x M10 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>
<p><b>⚠ IMPORTANT NOTE</b> For <b>video assembly</b>, go to <a href="https://FreakAthlete.co/HyperGuide">FreakAthlete.co/HyperGuide</a> Make sure all screws are <b>fully tightened</b> during assembly.</p>		

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

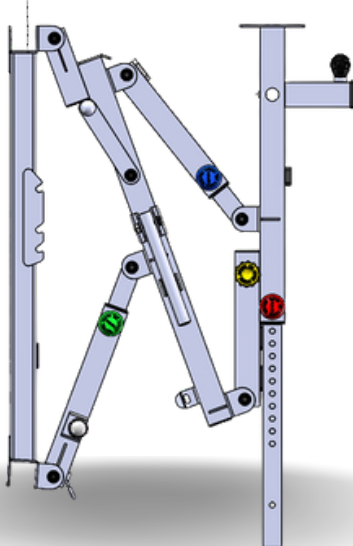


## Step 2 Part A

1. Lift the tail end of the Nordic Hyper until you hear a click and see 20 degrees.
2. Pull the **white knob** on the opposite end of the Nordic Hyper and pull the front end of the machine up until you hear one click and see 20 degrees.
3. Pull the **red knob** out, then adjust the back extension tube until you see the hollow square on the top of the tube.
4. Tilt the entire main frame up so that the rear of the machine is facing up.



Tilt the main frame up onto the back extension tube. It should look like this by the end of #4



## Steps 1: Tighten all Pre-Installed Bolts on Main Frame

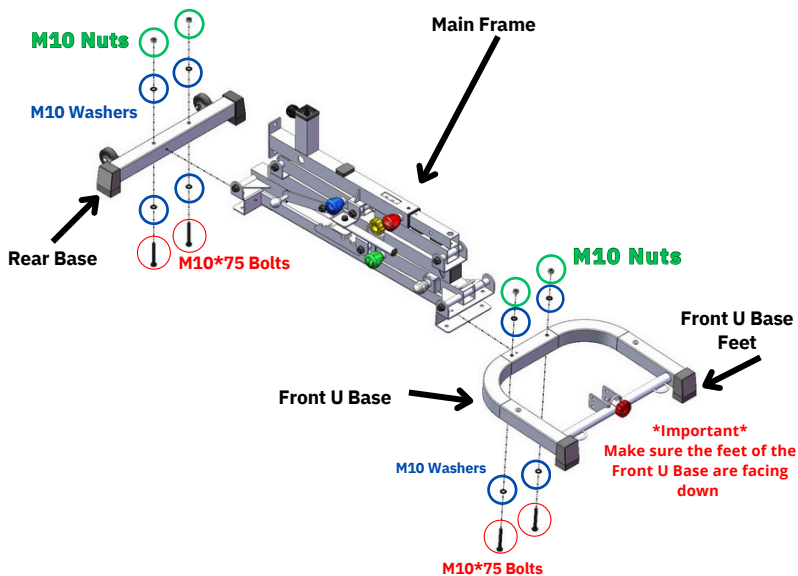
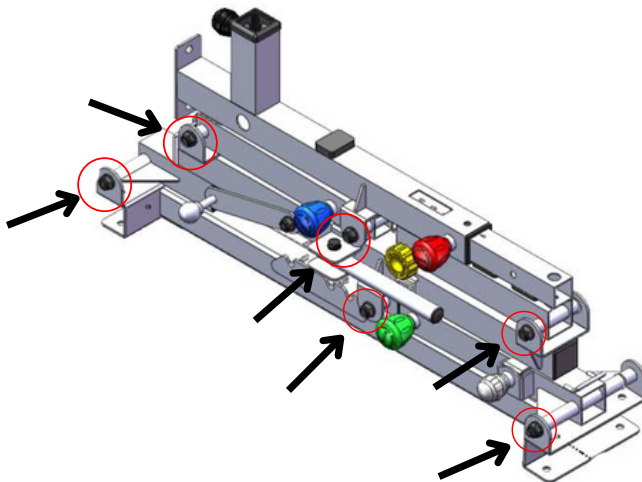
## Hardware & Parts

1. **IMPORTANT:** 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!

● 19mm Wrench (provided)

2. You can use your own 19mm wrench if you have one available.

## Steps 1: Tighten all Pre-Installed Bolts on Main Frame

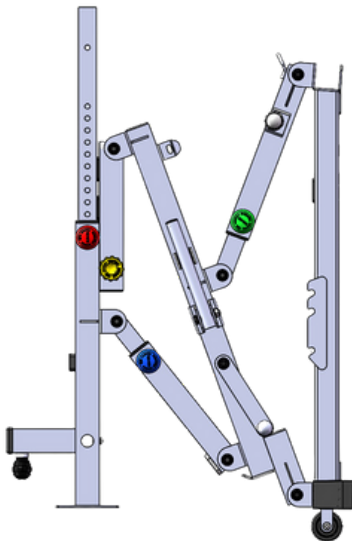
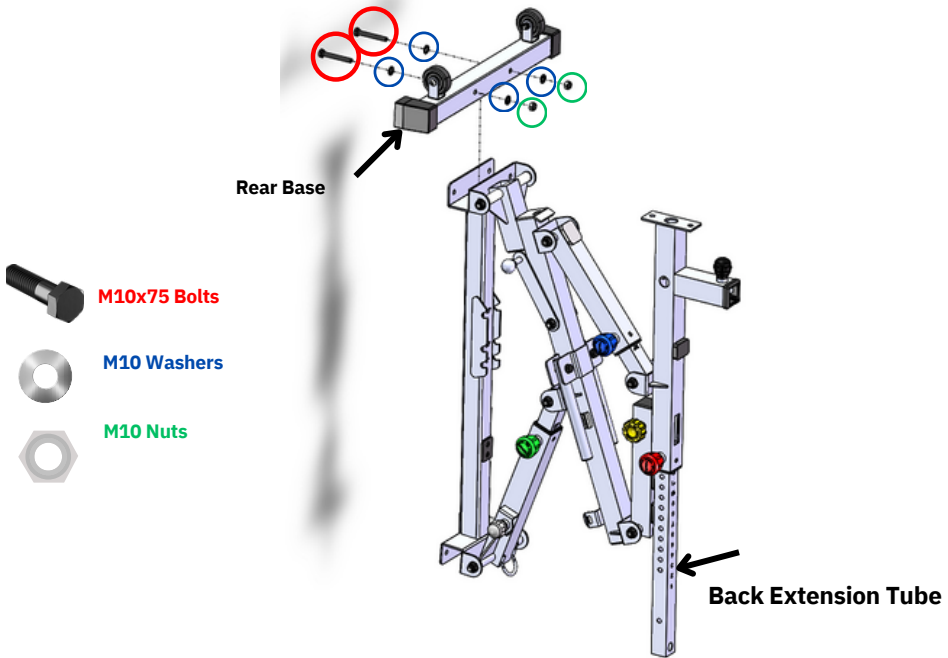


## Step 2 Part B

## Hardware & Parts

1. Attach the **Rear Base** to the **Main frame** using **two M10\*75 Bolts**, **four M10 Washers** and **two M10 Nuts**.
2. Make sure that the feet of the Rear base and Front U Base are facing down before connecting to the Main Frame.
3. Tilt the main frame on its other end so that the rear base is supporting the machine and the back extension tube is facing up.

- 2x **M10x75 Bolts**
- 4x **M10 Washers**
- 2x **M10 Nuts**
- Main Frame
- Rear Base



Your main frame should look like this by the end of step 2 part B

### Step 3

### Hardware & Parts

1. Attach the **Front U Base** to the **Main frame** using **two M10\*75 Bolts**, **four M10 Washers** and **two M10 Nuts**.
2. Make sure that the feet of the Rear base and Front U Base are facing down before connecting to the Main Frame.
3. Tilt the Nordic Hyper back to it's normal orientation.

- 2x **M10x75 Bolts**
- 4x **M10 Washers**
- 2x **M10 Nuts**
- Main Frame
- Front-U-base



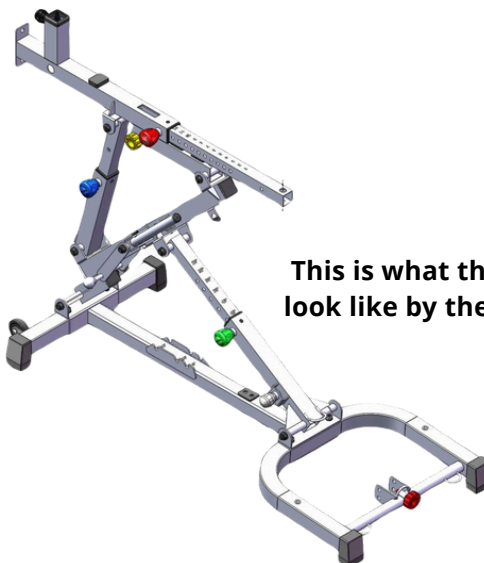
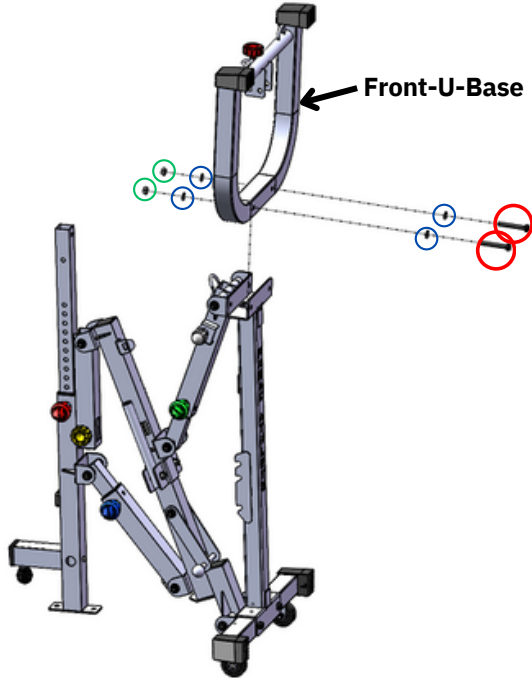
**M10x75 Bolts**



**M10 Washers**



**M10 Nuts**



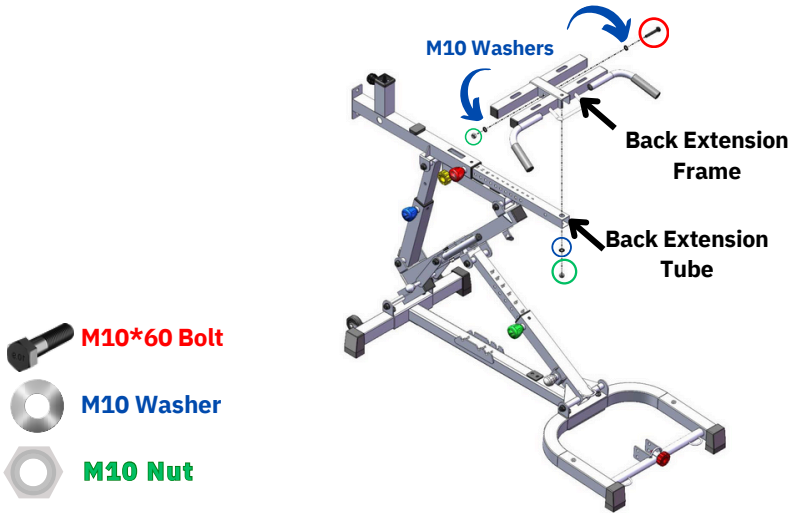
**This is what the unit should look like by the end of step 3**

## Step 4: Install the Back Extension Frame

## Hardware & Parts

1. Loosen and **pull** the **Red Knob**, then pull out the **Back Extension Tube**.
2. Unscrew the **M10 Nut** and **Washer** from the bottom vertical bolt on the **Back Extension Frame**. Insert into the **Back Extension Tube**. Secure with the **M10 Nut** and **Washer**. Secure laterally with one **M10x60 Bolt**, two **M10 Washers**, and one **M10 Nut**.

- 1x **M10x60 Bolt**
- 1x **M10 Nuts**
- 2x **M10 Washers**
- Back Extension Frame

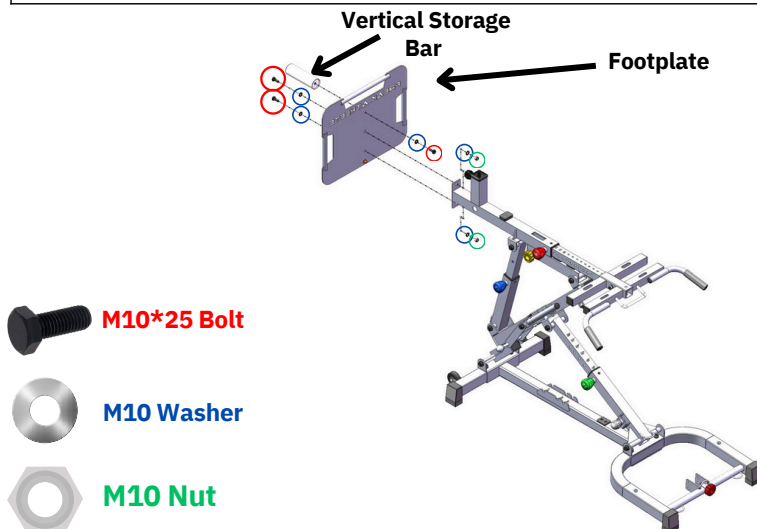


## Step 5: Install the Footplate & Vertical Storage Bar

## Hardware & Parts

1. Install the **Footplate** onto the **Main Frame** using two **M10\*25 Bolts**, four **M10 Washers**, and two **M10 Nuts**.
2. Install the **Vertical Storage Bar** onto the **Footplate** using one **M10\*25 Bolt** and one **M10 Washer**.

- 3x **M10x25 Bolts**
- 5x **M10 Washers**
- 2x **M10 Nuts**
- Footplate
- Vertical Storage Bar





## Step 6: Install the Back Extension Pads

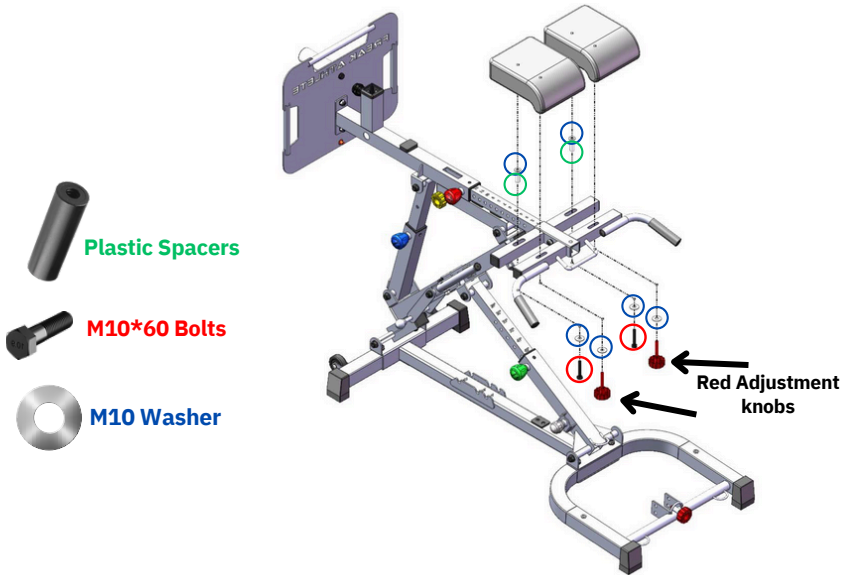
### Hardware & Parts

1. Install the **Back Extension Pads** onto the **Back Extension Frame** using **2 M10\*60 Bolts**, **two Plastic Spacers**, **two Red Adjustment Knobs**, and **six M10 Washers**.

- 2x **M10\*60 Bolts**
- 2x **Red Adjustment Knobs**
- 6x **M10 Washers**
- 2x **Plastic Spacers**

**2. Important Notice:** Some orders will come with the washers built in to the spacers. If this is the case, then you will need only 4 washers. If this is not the case, then you will need 6 washers.

- 2x **Back Extension Pads**



## Step 7: Install the Hip Thrust Support

### Hardware & Parts

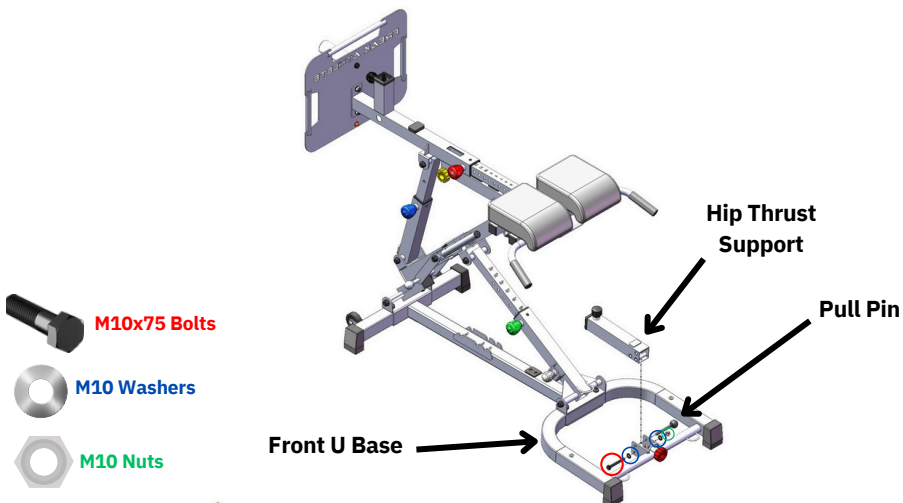
1. Attach the **Hip Thrust Support** to the **Front U Base** using **one M10\*75 Bolt**, **two M10 Washers**, and **one M10 Nut**.

- 1x **M10x75 Bolt**
- 2x **M10 Washers**
- 1x **M10 Nut**
- 1x **Pull Pin**

a. **IMPORTANT NOTE:** Do not fully screw this bolt in. Leave it slightly loose so that it is easy to fold. This will not impact use or safety.

2. Lock the **Hip Thrust Support** into storage mode (flat) using the **Pull Pin**.

- **Hip Thrust Support**

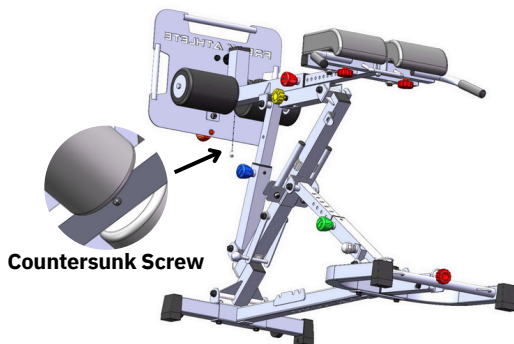
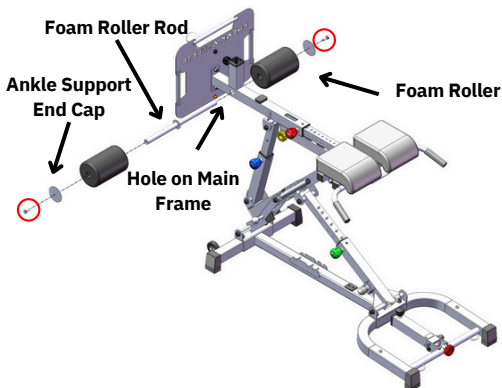


## Step 8: Install the Bottom Ankle Rollers

## Hardware & Parts

1. Insert the **Foam Roller Rod** through the hole on the **Main Frame** as shown below. Insert one **Foam Roller** on either side of the **Foam Roller Rod**. Attach **one Ankle Support End Cap** to each **Foam Roller** and secure with **one M10\*25 Bolt** on each side.
2. Tighten the pre-installed **Countersunk Screw** to secure the **Foam Roller Rod** using the included **Allen Wrench**. It is already screwed in, simply tighten to secure.

- 2x **M10\*25 Bolts**
- 2x **Ankle Support End Caps**
- **Allen Key**
- **Foam Roller Rod**
- 2x **Foam Rollers**

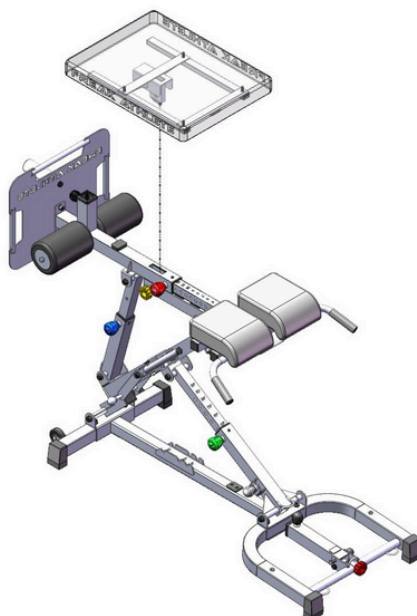
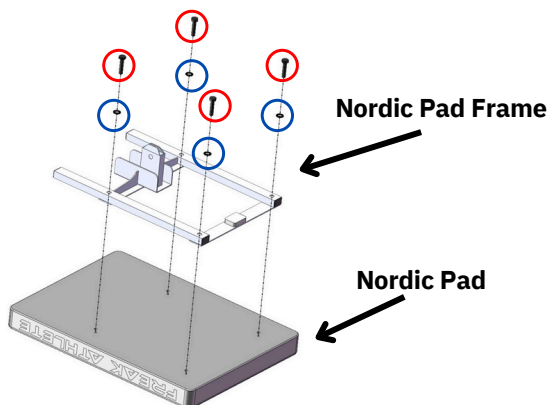


## Step 8: Install the Nordic Pad

## Hardware & Parts

1. Install the **Nordic Pad Frame** onto the **Nordic Pad** using **four M10x45 Bolts** and **four M10 Washers**.
2. Loosen the **Yellow Knob**, then insert the **Nordic Pad**. Afterward, tighten the **yellow knob** to secure the **Nordic Pad** in place.

- 4x **M10x45 Bolts**
- 4x **M10 Washers**
- **Nordic Pad**
- **Nordic Pad Frame**



 **M10x45 Bolts**

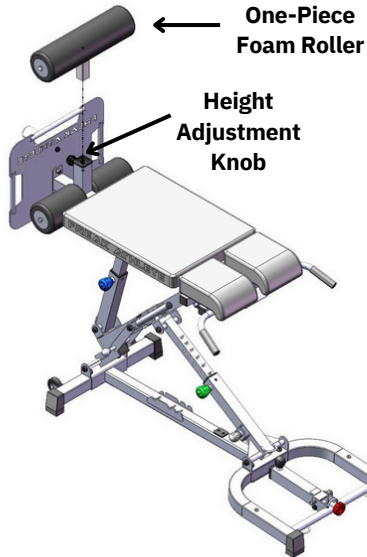
 **M10 Washers**

### Step 9: Install the Top Ankle Roller

### Hardware & Parts

1. Pull the **Height Adjustment Knob** and insert the **One-Piece Foam Roller**.

- One-Piece Foam Roller

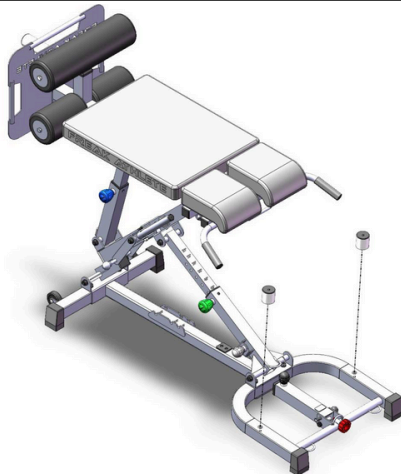


### Step 10: Install the Front Loading Bars

### Hardware & Parts

1. Screw the Front Loading Bars into the Front U Base. Do not use any washers. For explosive GHD Sit-Ups, load weight plates here for extra stability

- 2x Front Loading Bars



**⚠ IMPORTANT NOTE**

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



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