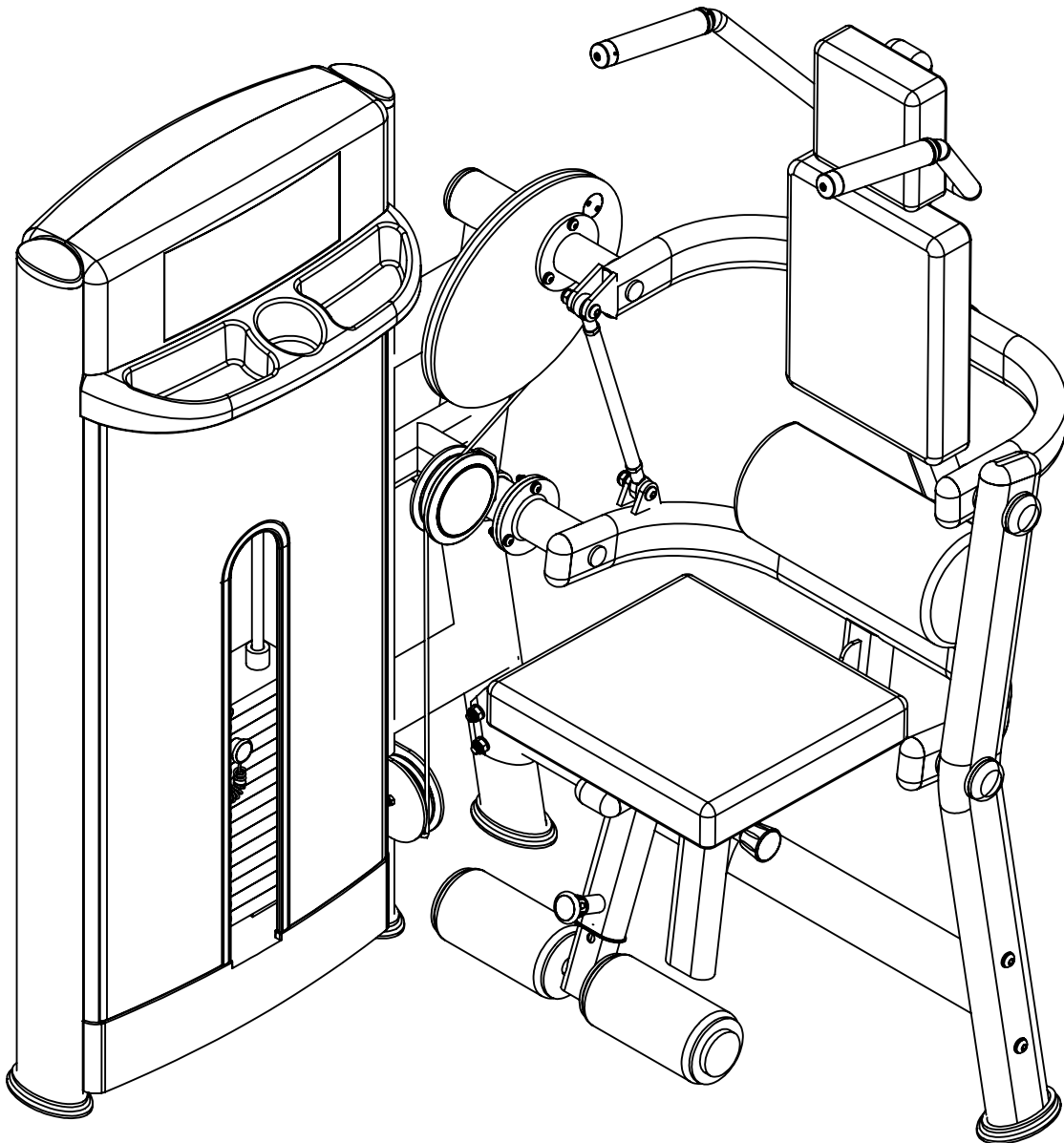


ASSEMBLY INSTRUCTION



Abdominal Crunch

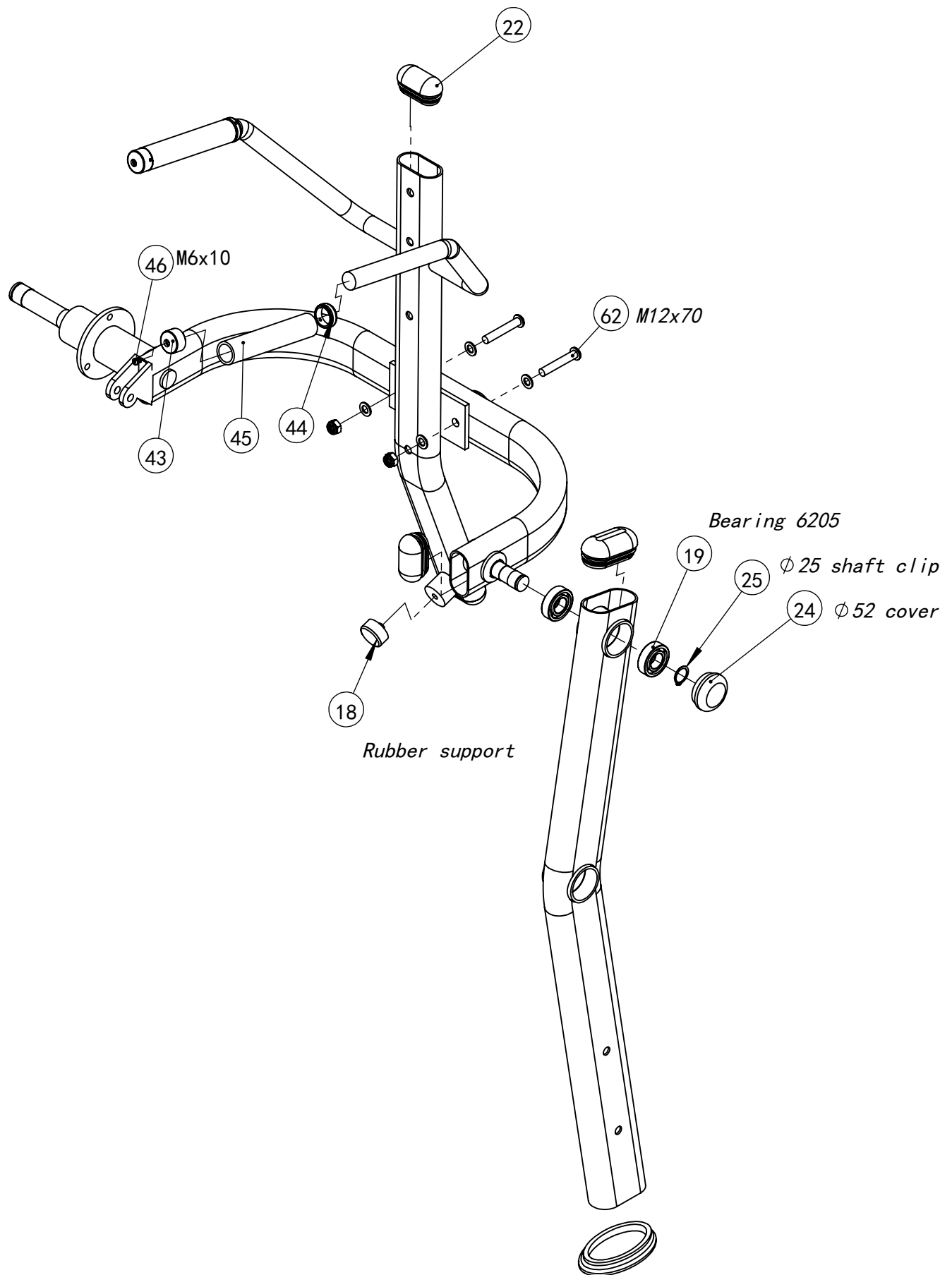
CONTENTS

<i>Parts list</i>	<i>Page 3</i>
<i>The back frame assembly</i>	<i>Page 4</i>
<i>Bend group assembly</i>	<i>Page 5</i>
<i>The main frame & sub-frame assembly</i>	<i>Page 6</i>
<i>Gas spring & seat & cushion assembly</i>	<i>Page 7</i>
<i>Hand control installation</i>	<i>Page 8</i>
<i>Plating tube & roller assembly</i>	<i>Page 9</i>
<i>Adjusting decive assembly</i>	<i>Page 10</i>
<i>Wire rope & wire wheel assembly</i>	<i>Page 11</i>
<i>The head cushion & lumbar pad cushion & back cushion assembly</i>	<i>Page 12</i>
<i>Main frame assembly</i>	<i>Page 13</i>
<i>Plastic assembly</i>	<i>Page (14–15)</i>
<i>The main frame & weight stack assembly</i>	<i>Page 16</i>
<i>Weight stack assembly</i>	<i>Page 17</i>
<i>Plastic assembly</i>	<i>Page (18–24)</i>

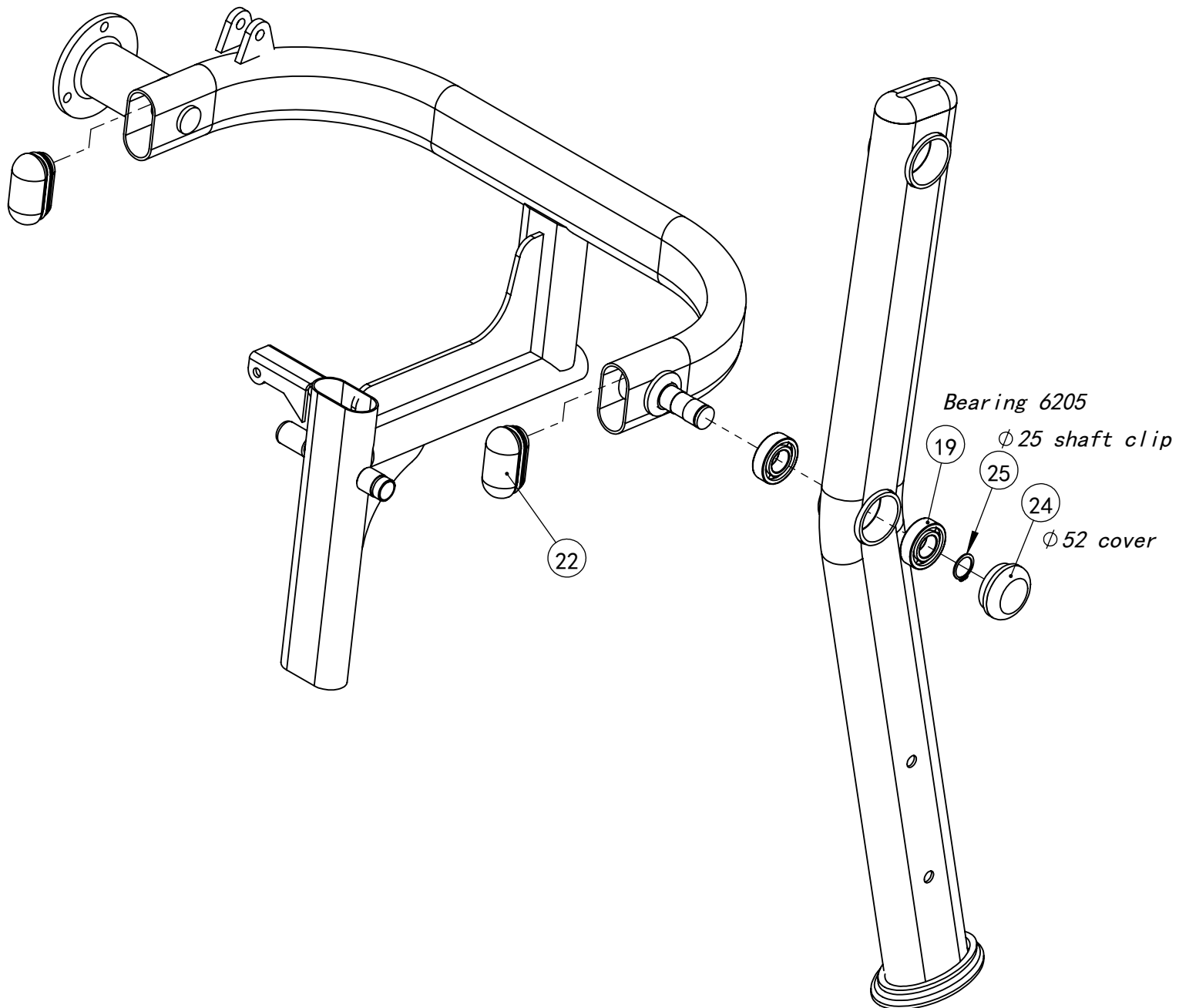
Parts list

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	The main frame assembly	1	42	皮辊挡盖	Leather Wheel Cover	2
2	靠背架组	The back frame group	1	43	手把盖	Grip Cap	2
3	腹肌下压盘子 1	Torque Dish	1	44	手把圈	Grip Ring	2
4	直撑	Straight brace	1	45	170手把套	Grip 170	2
5	复件 轴	Shaft	1	46	半圆头M6X10	Screw, M6*10	2
6	下弯管组	Bend Group	1	47	大线轮	φ114MM Pulley	4
7	立管组	Vertical tube set	1	48	大线轮扣盖	Cover,Pulley Bolted Partial	1
8	轴3	shaft 3	2	49	坐架组	The seat frame group	1
9	40X80PT变径套	Glige sleeve 40x80 T	1	50	半圆头M8X80	Screw M8*80	2
10	腹肌下压电镀管	Plating tube	1	51	手轮	Handwheel	1
11	12杆端螺丝	Joint bearing	2	52	圆连接板	Round connection plate	1
12	连杆	Pull rod	1	53	内丝调节螺母	The adjusting nut	1
13	半圆头M10X50	Screw,M10X50	3	54	压紧圆钢	Pressing bar	1
14	M10防松帽	Nut,M10	4	55	压线圆钢	Wire bar	1
15	半圆头M12X90	Button Head Cap Screw, M12*85	2	56	小手把	handle	1
16	M12防松帽	Nut,M12	8	57	扁口调节销	Adjustable Bolt,90L Flat	1
17	M12平垫圈	Washer,M12	12	58	半圆头M6X30	Screw M6x30	1
18	支位球	Rubber Support	1	59	M6防松帽	Nut,M6	1
19	11-6205	Bearing 6205	4	60	M8x12顶丝	M8x12 Tightening Screw	2
20	11-6206-2rs1	Bearing 6206	4	61	半圆头M10X55	Button Head Cap Screw M10*55	2
21	30卡簧	φ 30 Shaft Clip	2	62	半圆头M12X70	Button Head Cap Screw M12*70	2
22	M4小管堵	Elliptic tube plug 40*80	9	63	塑料手把	Plastic handle	1
23	62堵头	φ 62 Cover	2	64	M7导杆套	Guide rod sleeve	2
24	52堵头	52 cover	2	65	M7导杆套圈	Guide rod sleeve Nut	2
25	25卡簧	φ 25 Shaft Clip	4	66	1.19米导杆	guide rod 1.19	2
26	平椭圆变径套	Glige Sleeve	1	67	方配重垫	counter weight cushion	2
27	M4大管堵	Cap Of Tubing,50*100	1	68	15片配重组	Assy,Weight Plate	1
28	半圆头M12X75	Screw, M12X75	2	69	半圆头M10X20	screw M10*20	1
29	头垫	The head cushion	1	70	M12	Nut,M12	1
30	腰垫	Lumbar pad	1	71	配重螺丝中空	the counterweight hollow screw M12x60	1
31	靠背垫	Backrest cushion	1	72	鞋	shoes	4
32	坐垫	cushion	1	73	钢丝绳	wire rope	1
33	半圆头M8X70	Screw,M8x70	6	74	半圆头M8X60	screw M8*60	3
34	M8平面垫圈	Washer,M8	23	75	M8弹垫	the elastic washer M8	6
35	半圆头M8X30	Screw,M8x30	4	76	M8防松帽	nut M8	6
36	65调节销	Adjustable Bolt,65MM	1	77	半圆头M8X35	Screw M8*35	3
37	40小弹簧	Spring,40MM	2	78	座子200气簧上	Gas spring	1
38	插销2	Adjustable Handle	1	79	座子200气簧下	Gas spring	1
39	腹肌下压电镀管1	Plating tube	1	80	半圆头M12X55	Screw M12x55	2
40	220皮辊	Roller	2				
41	皮辊挡片	Leather Wheel Baffle	4				

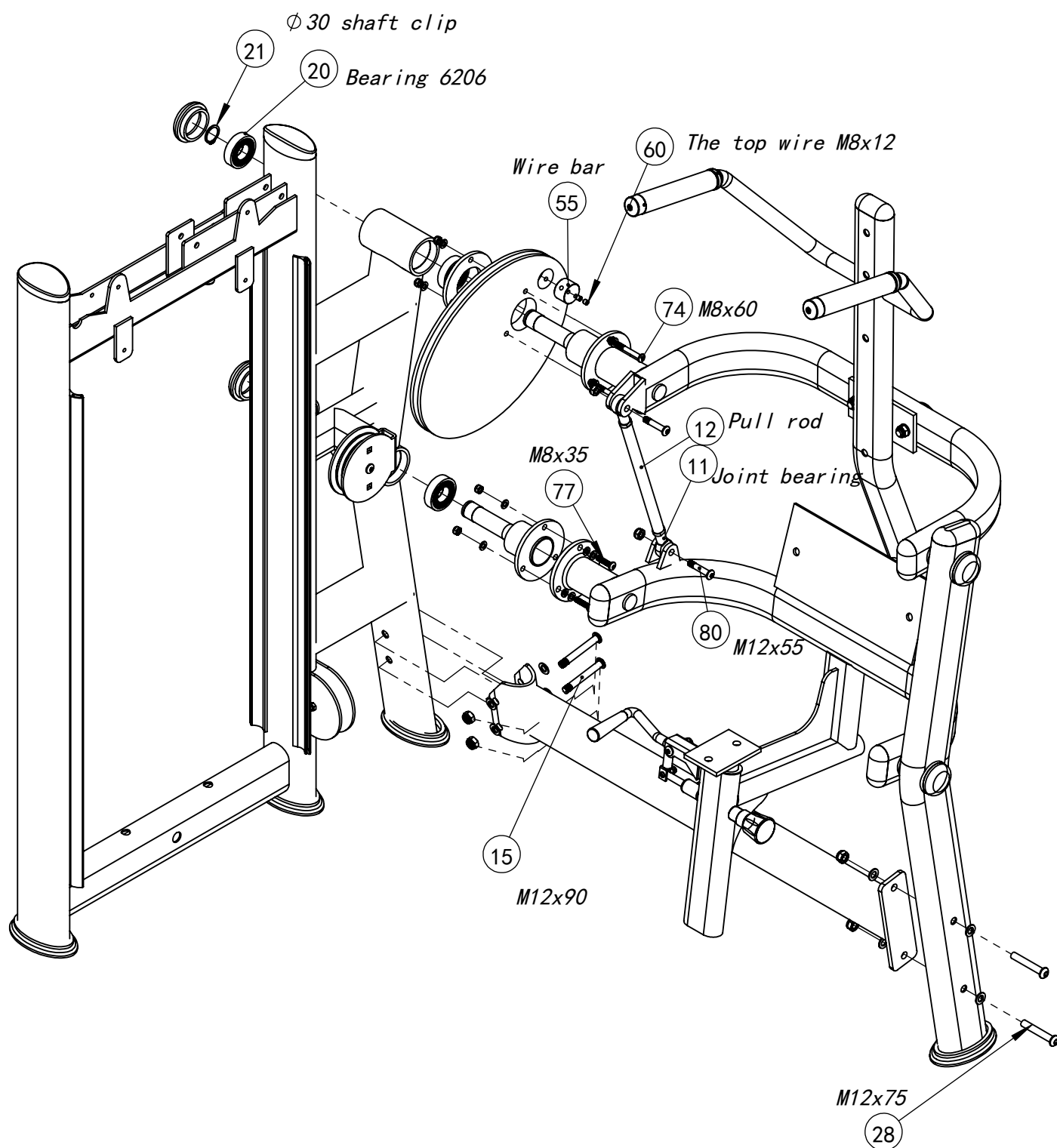
The back frame assembly



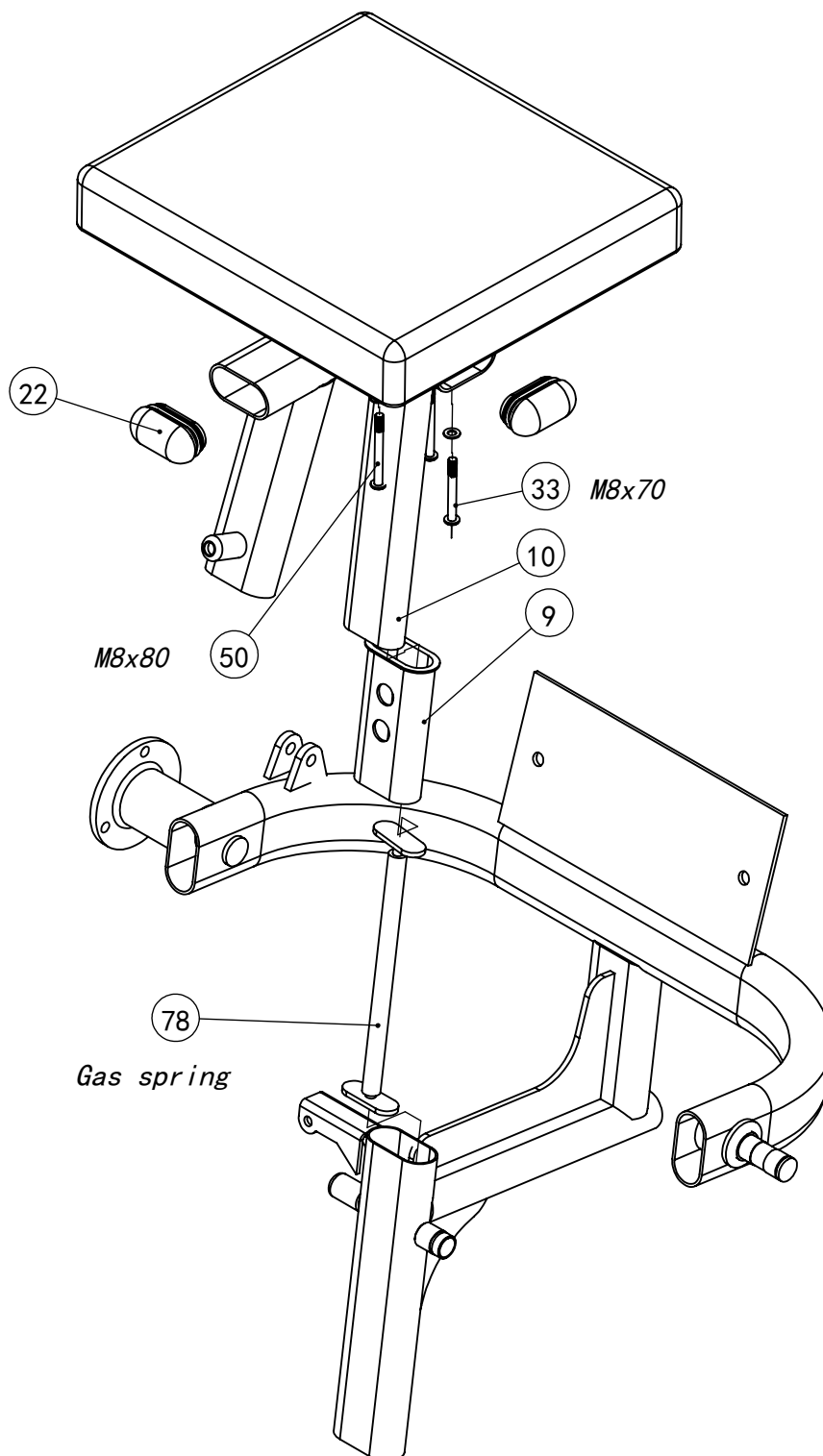
Bend group assembly



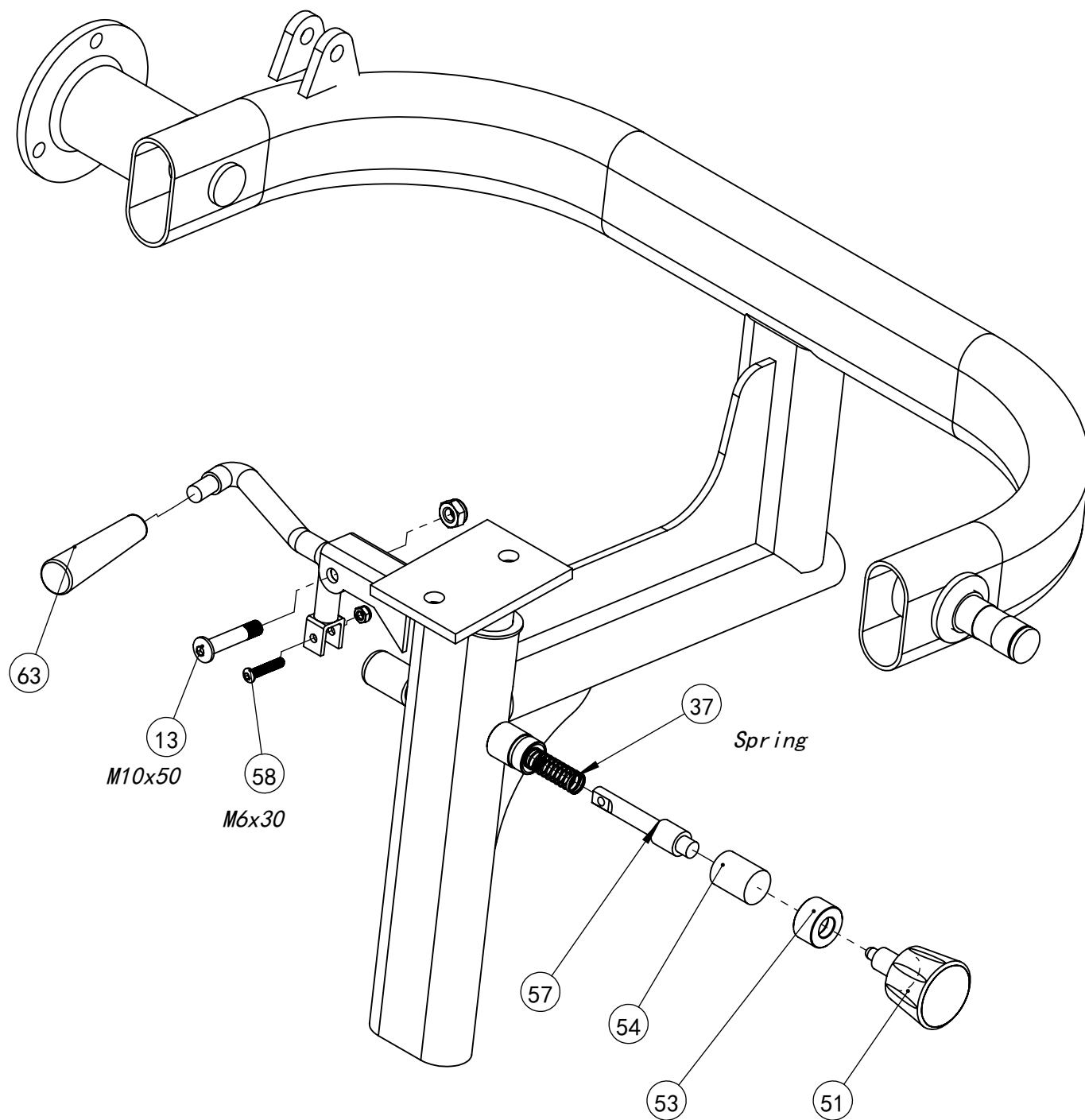
The main frame & the sub-frame assembly



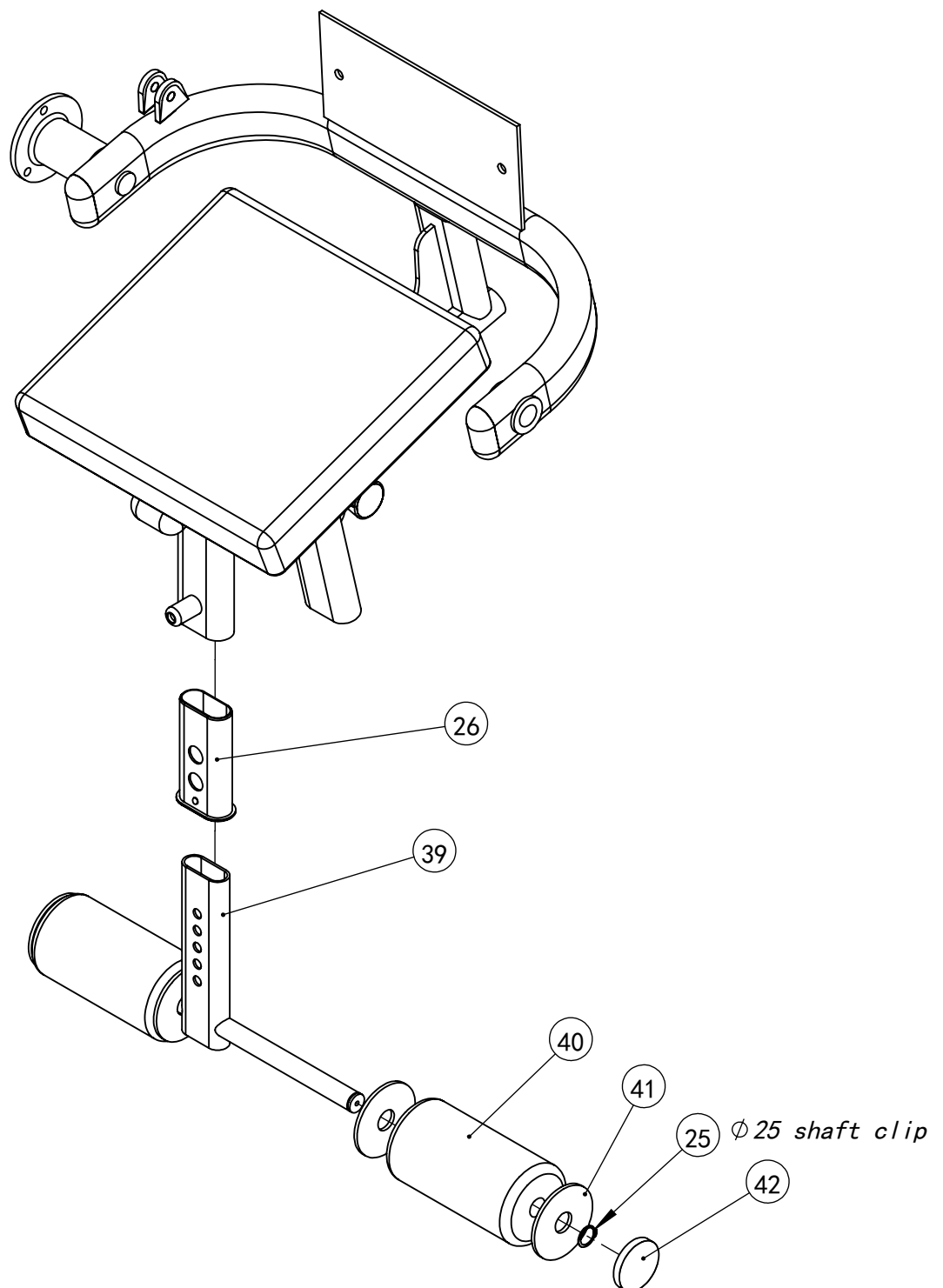
Gas Spring & seat & cushion assembly



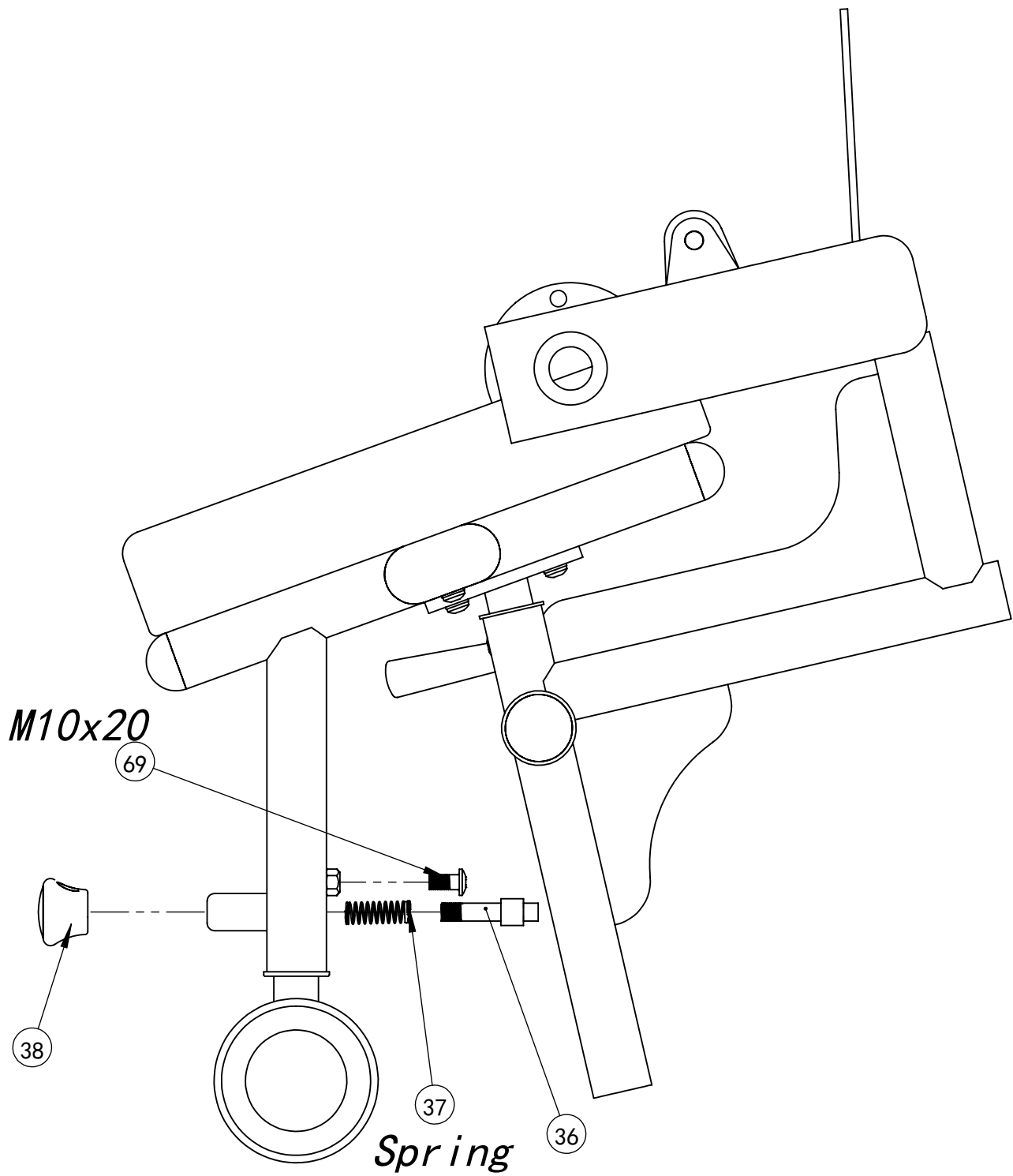
Hand control installation



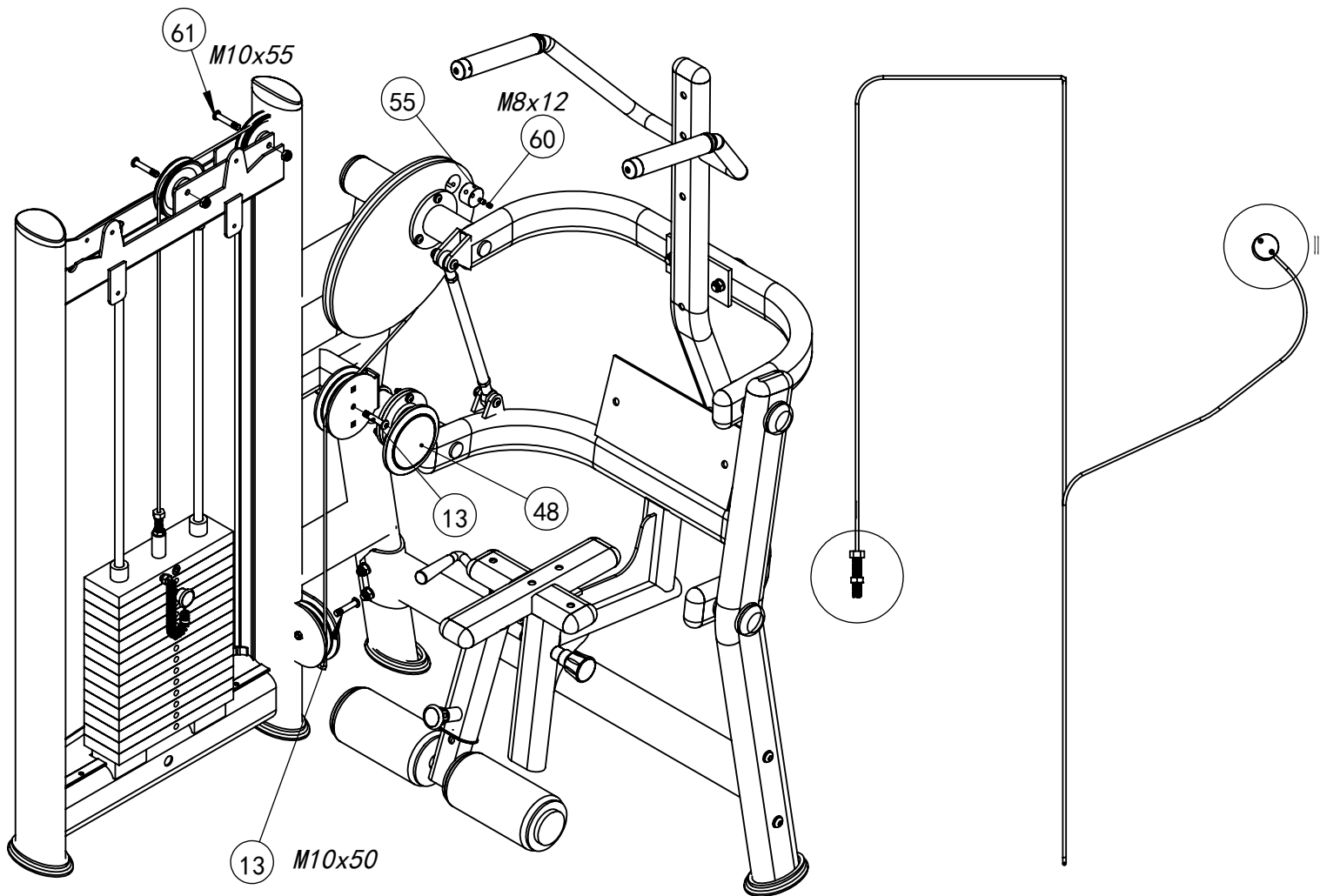
Plating tube & roller assembly



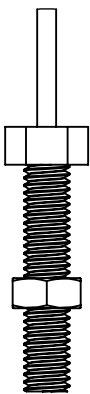
Adjusting decive assembly



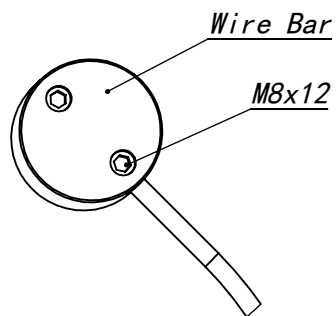
Wire rope & wire wheel assembly



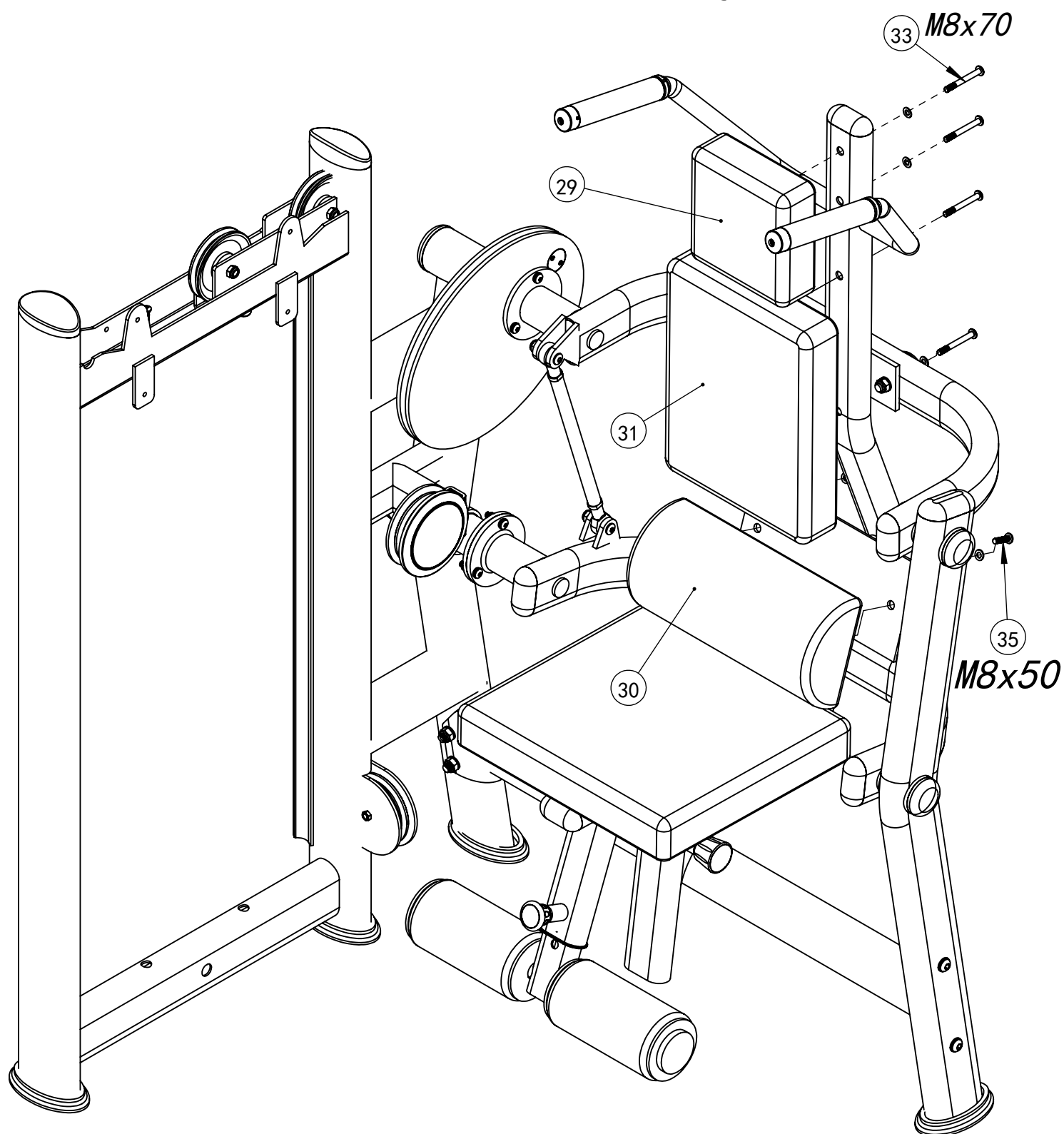
I
1 : 2



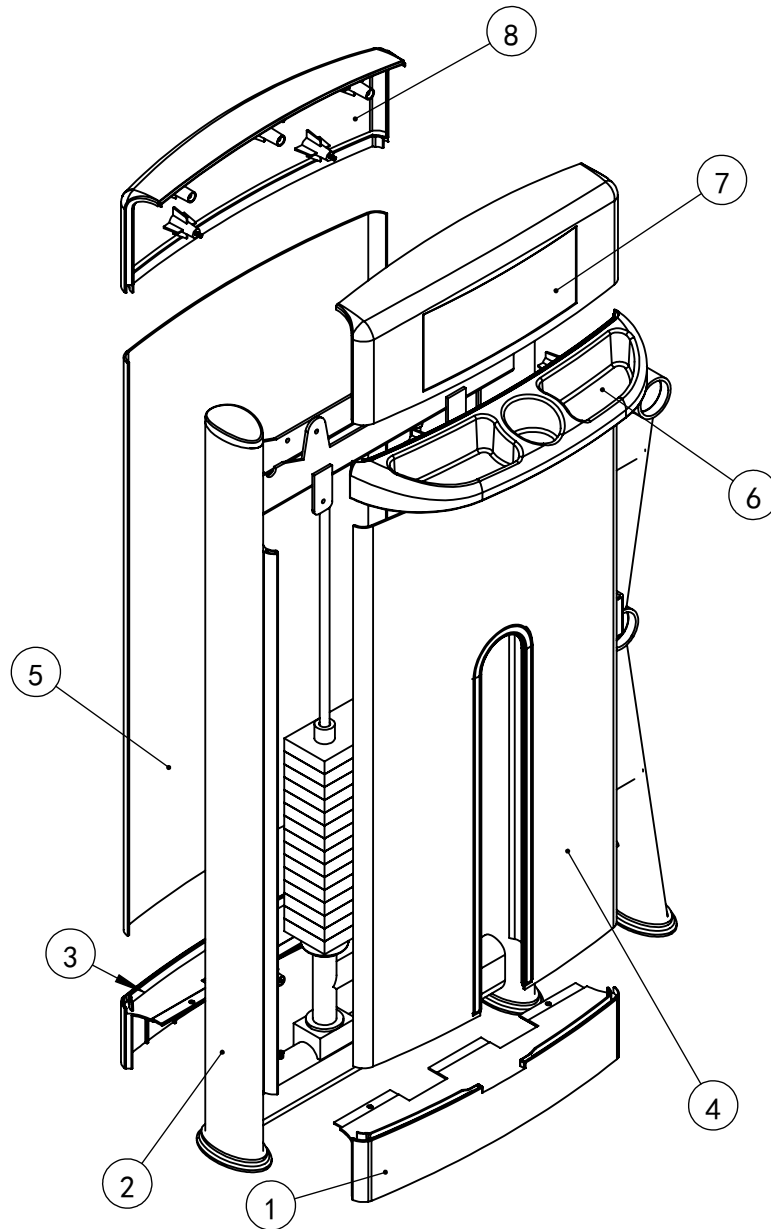
II
1 : 2



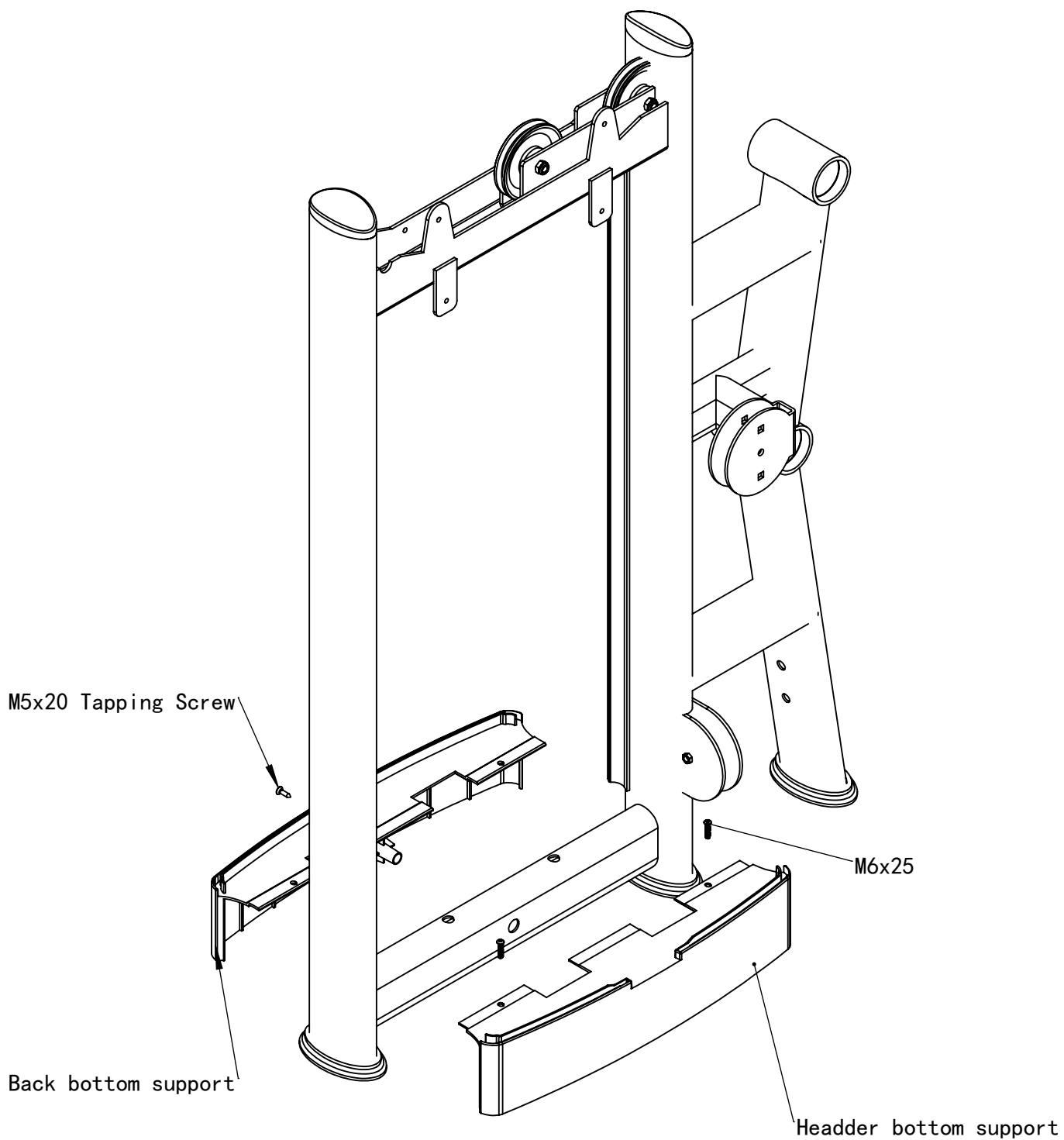
The head cushion & lumbar pad & back cushion assembly

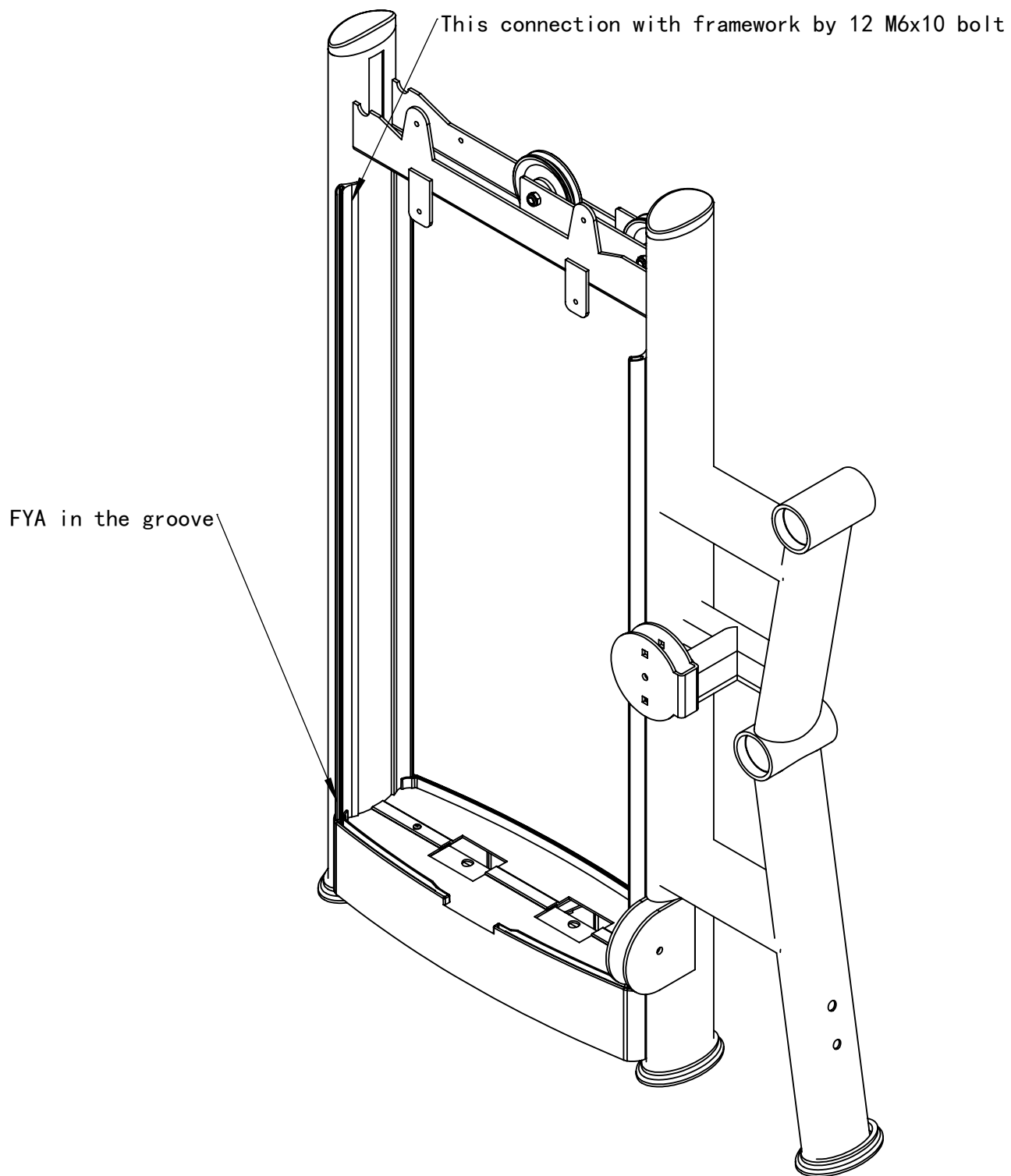


Main frame assembly

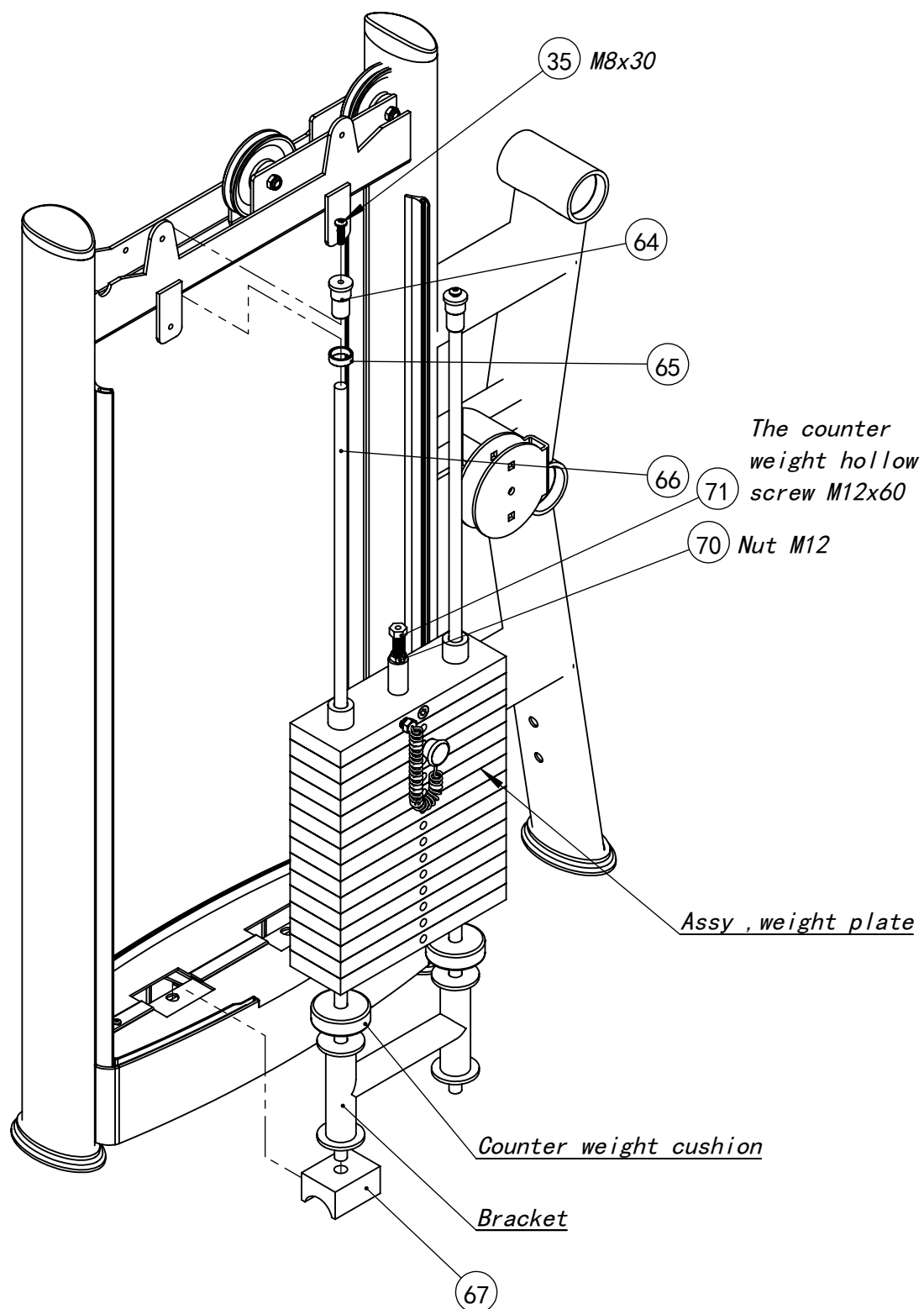


- 1、 Head bottom support*
- 2、 Main frame*
- 3、 Back bottom support*
- 4、 Header board*
- 5、 Back board*
- 6、 Support*
- 7、 Header gusset plate*
- 8、 Back gusset plate*

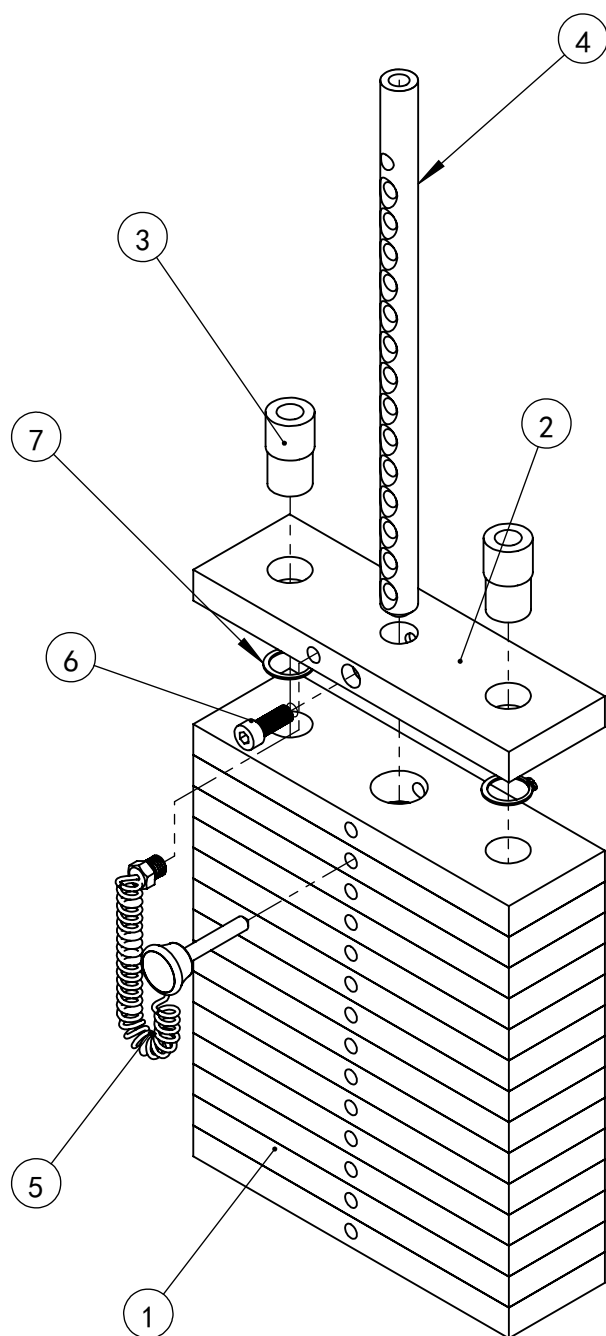




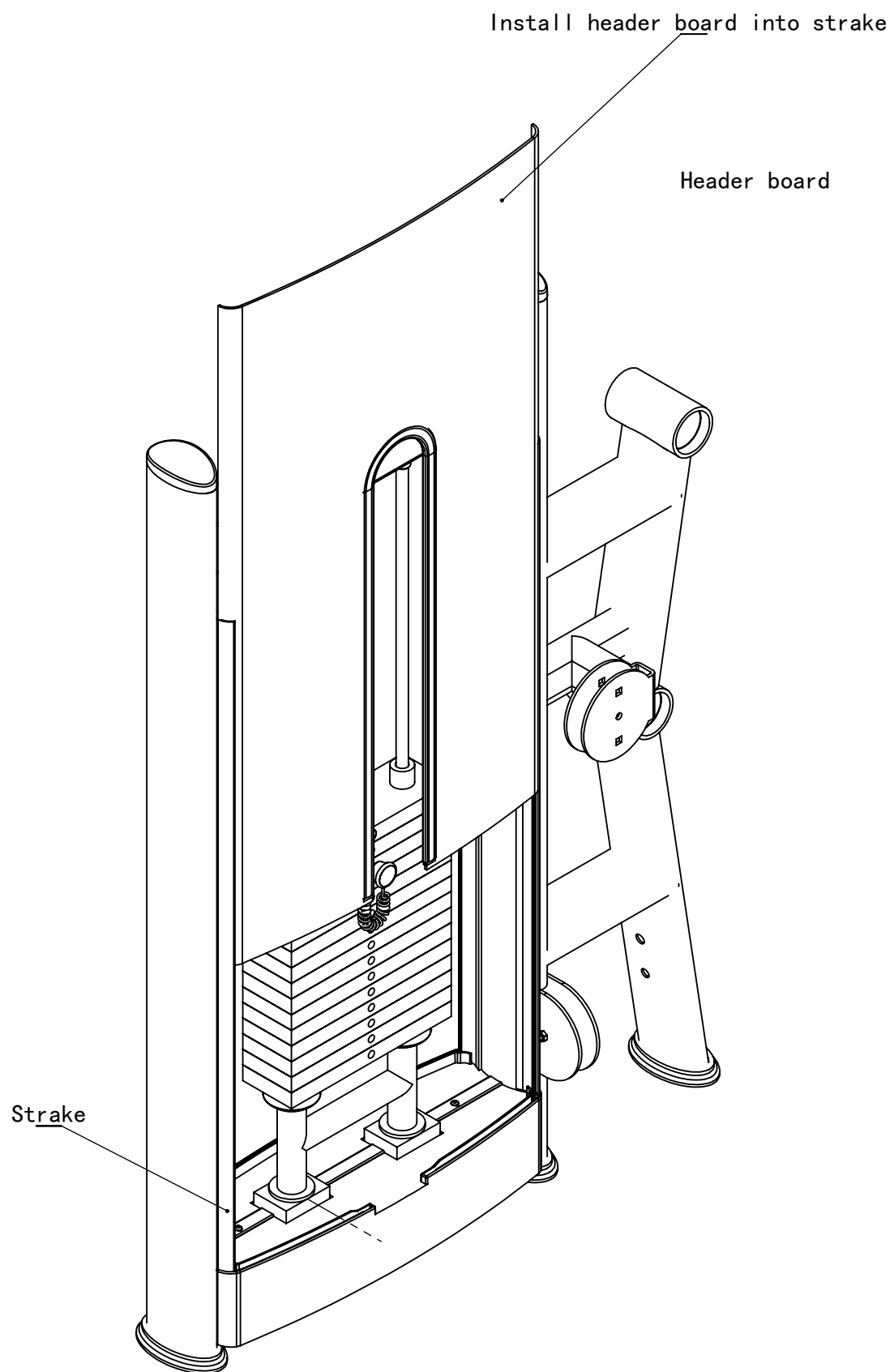
The main frame & weight stack assembly

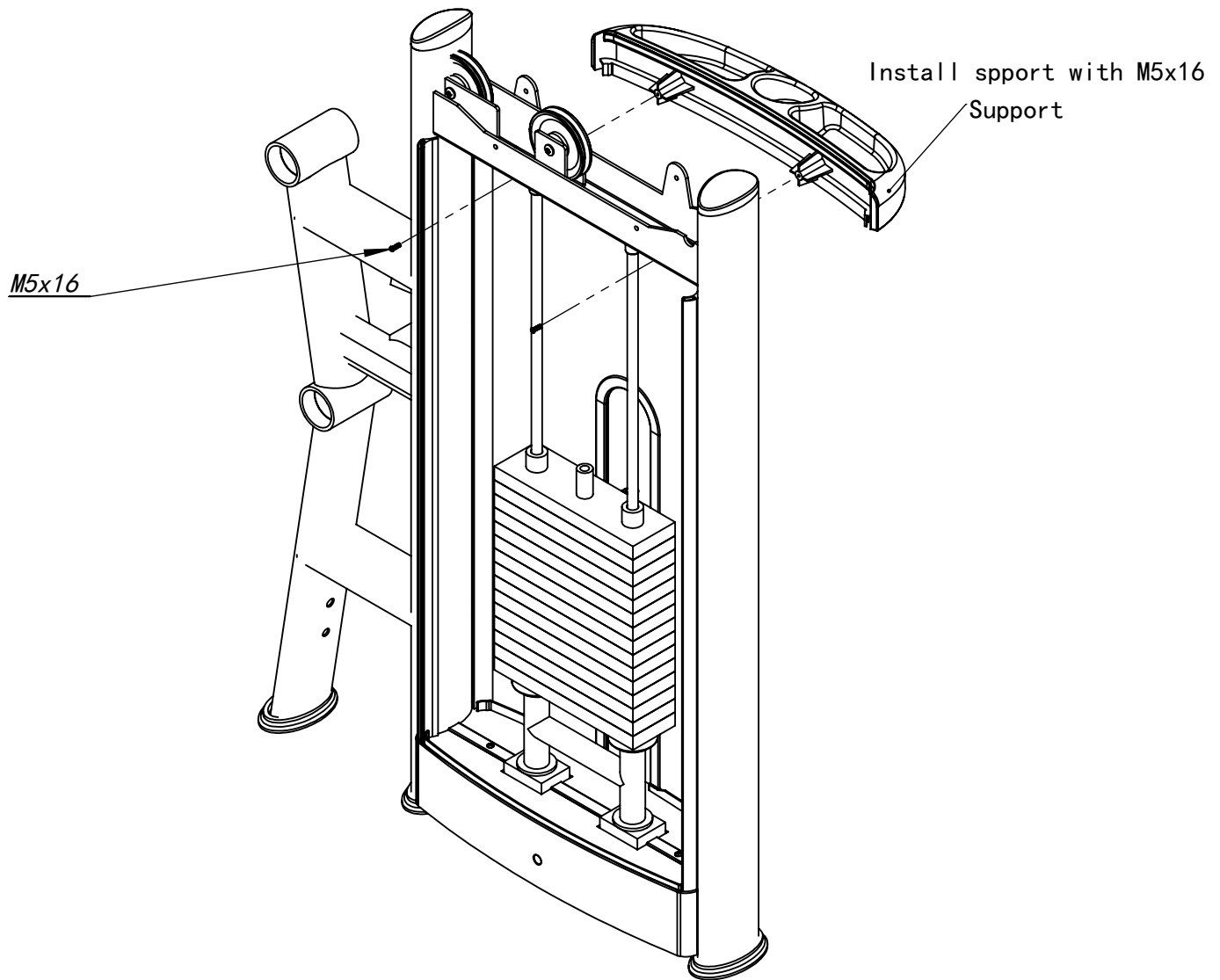


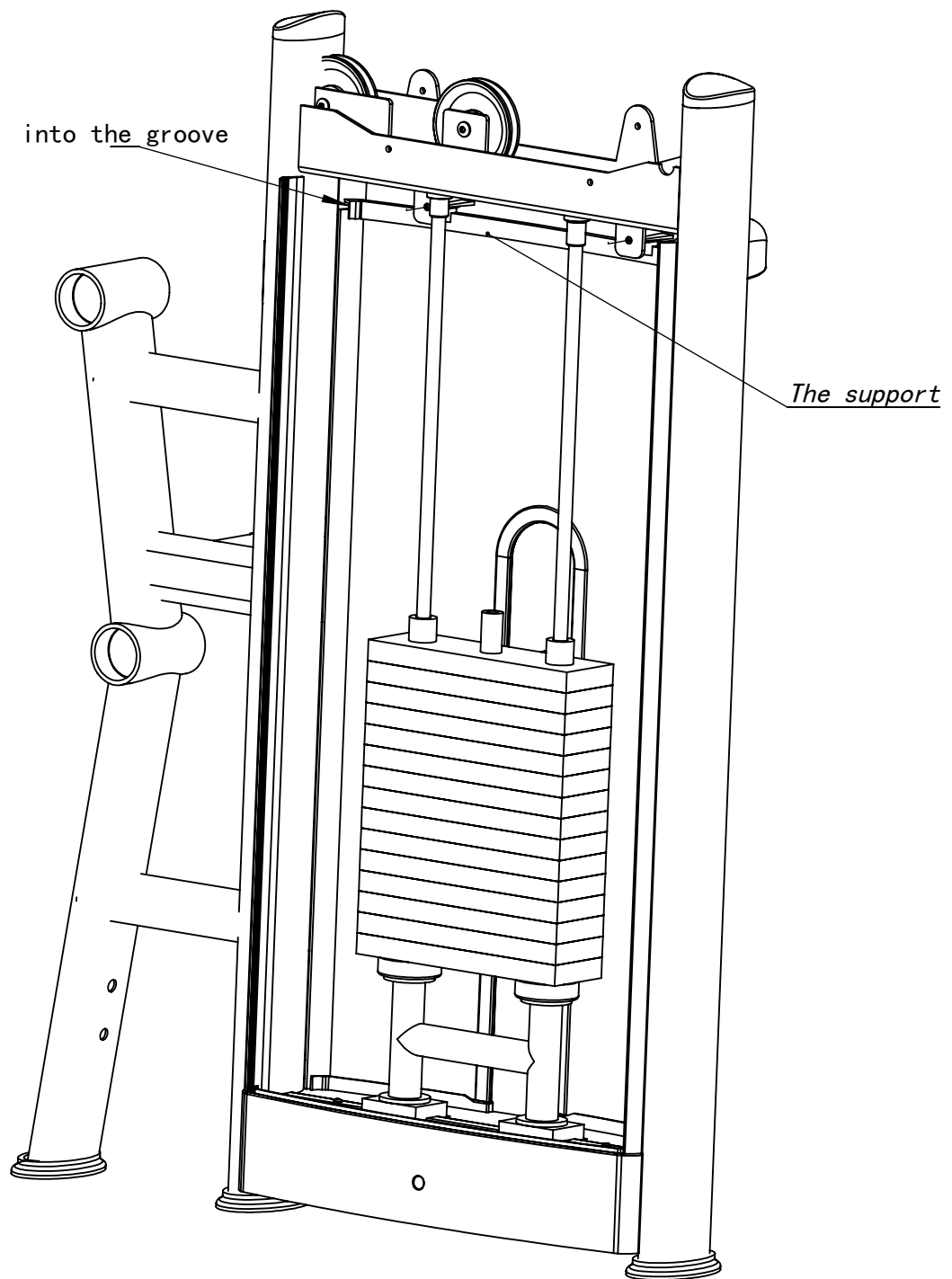
Weight stack assembly

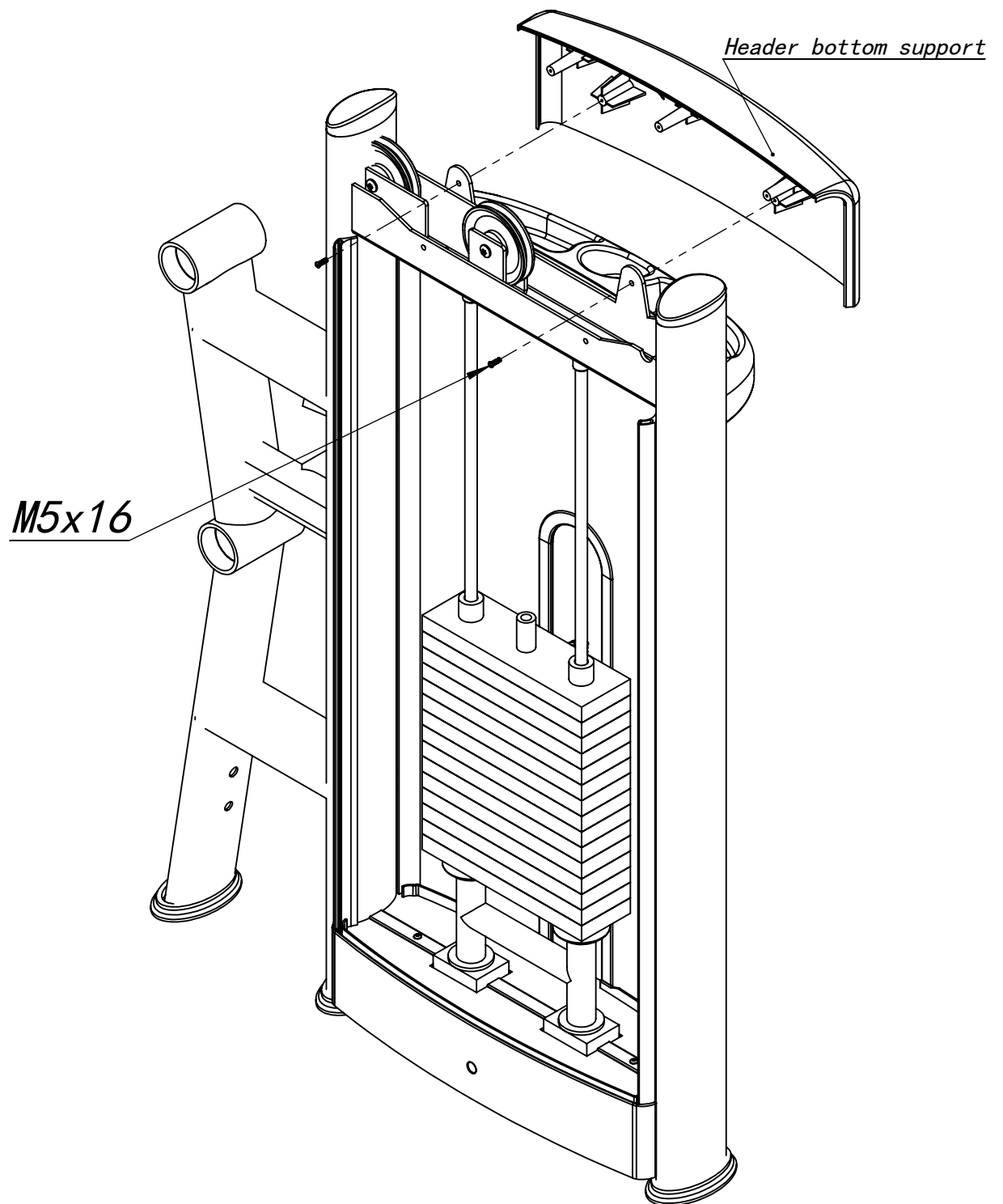


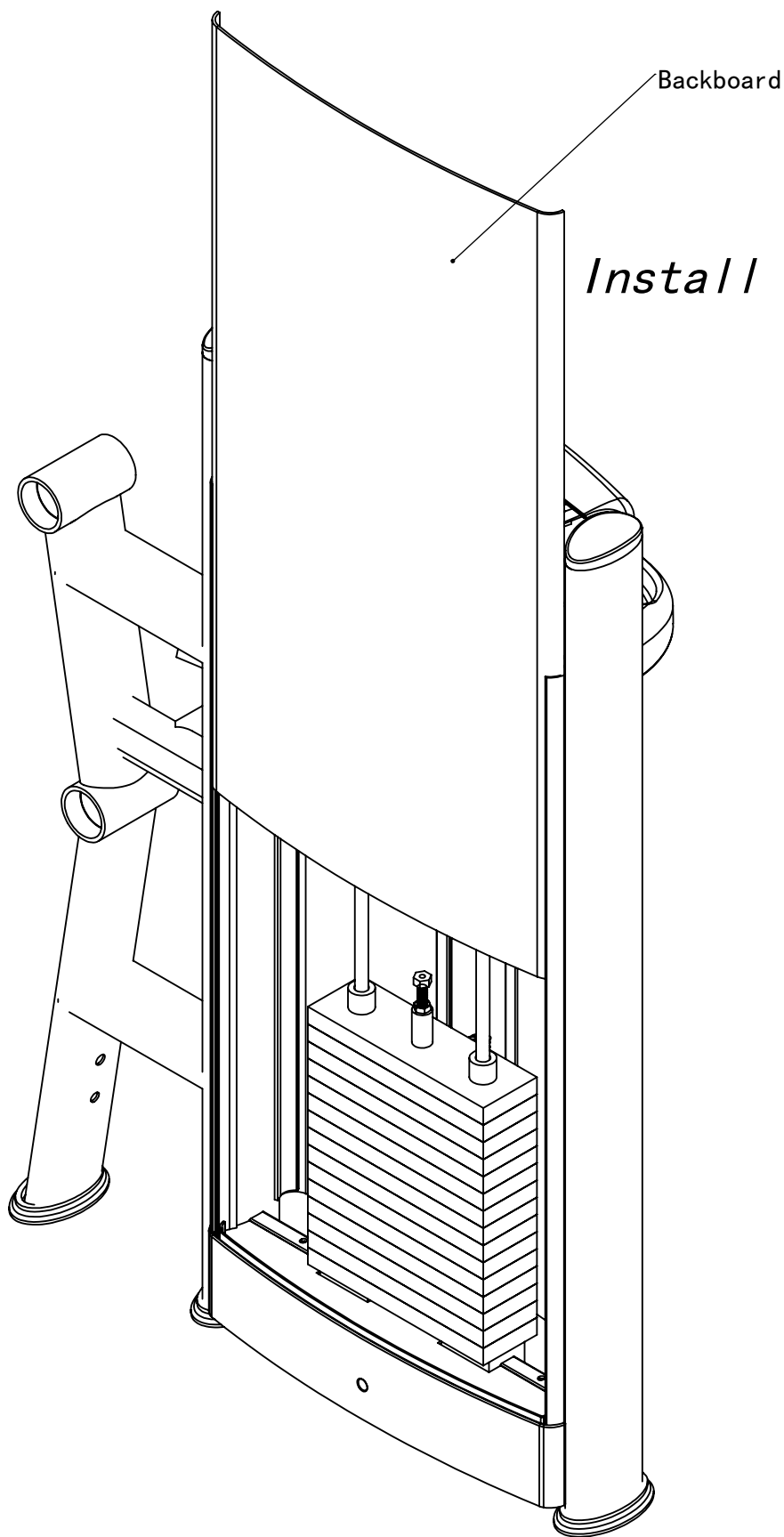
NO.	名称	Description	QTY
1	配重片	Underside Weight Plate	14
2	上片	Top Weight Plate	1
3	导杆套1	Guide Rod Sleeve	2
4	15孔插杆	15 Holes Pole	1
5	配重插销	Adjustable Bolt	1
6	上片螺丝	Bolt M12x30	1
7	30卡簧	φ 30 Shaft Clip	2





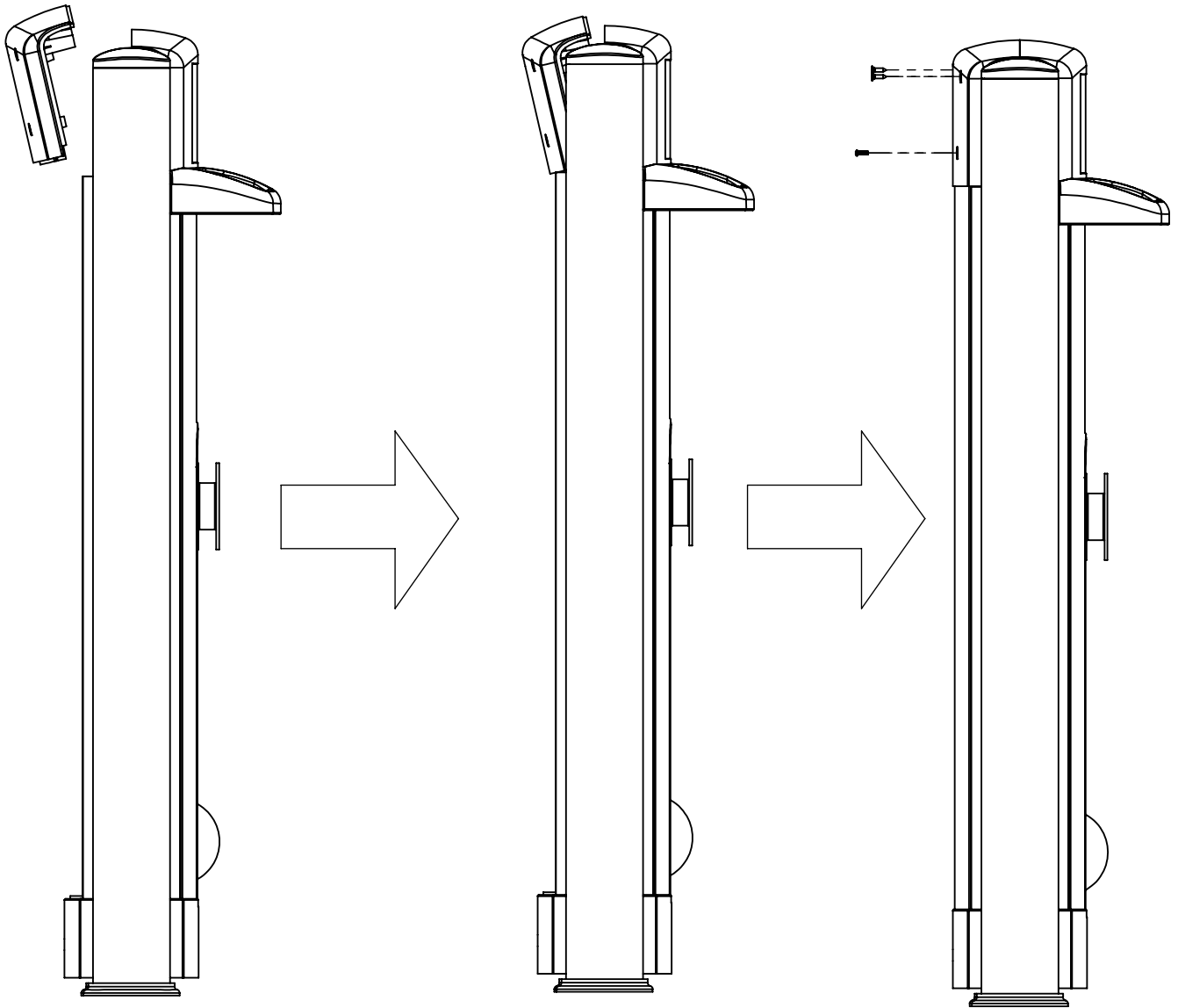






Backboard

Install back board



M5x20 tapping Screw

