

SL7036

AB CRUNCH

OWNER'S MANUAL

17J Rev B

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. 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 injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything 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.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

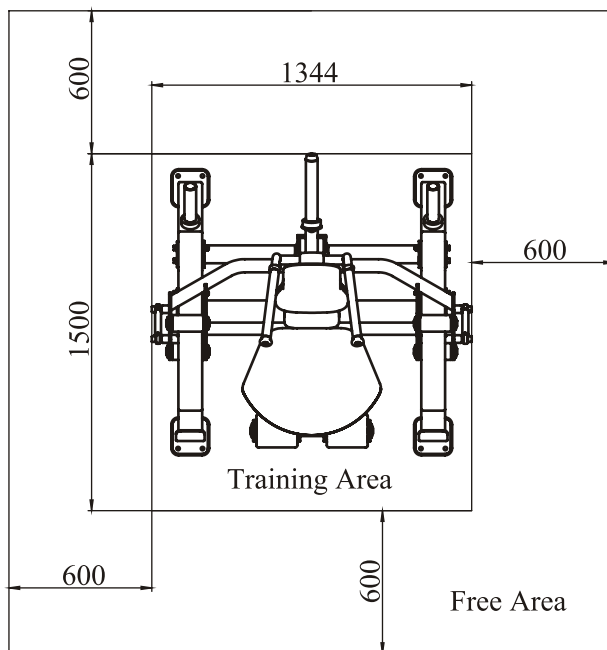
Important Safety Instructions

Personal Safety During Assembly

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 equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment 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 the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 120kg/ 265lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1500*1344mm

Product Total Mass: 130kg

Instructions

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. 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 your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

Tools Required



Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



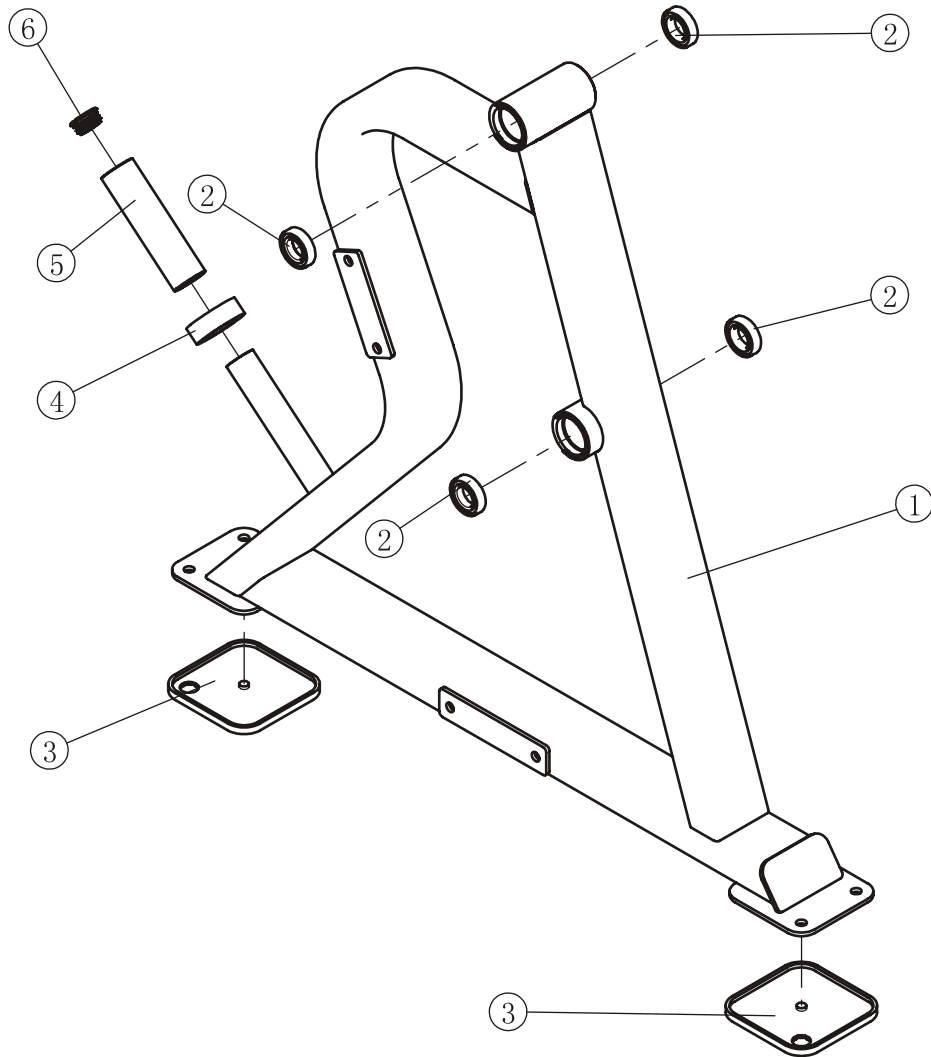
Hex Key Wrench Set



Phillips Screwdriver

Parts List and Exploded View

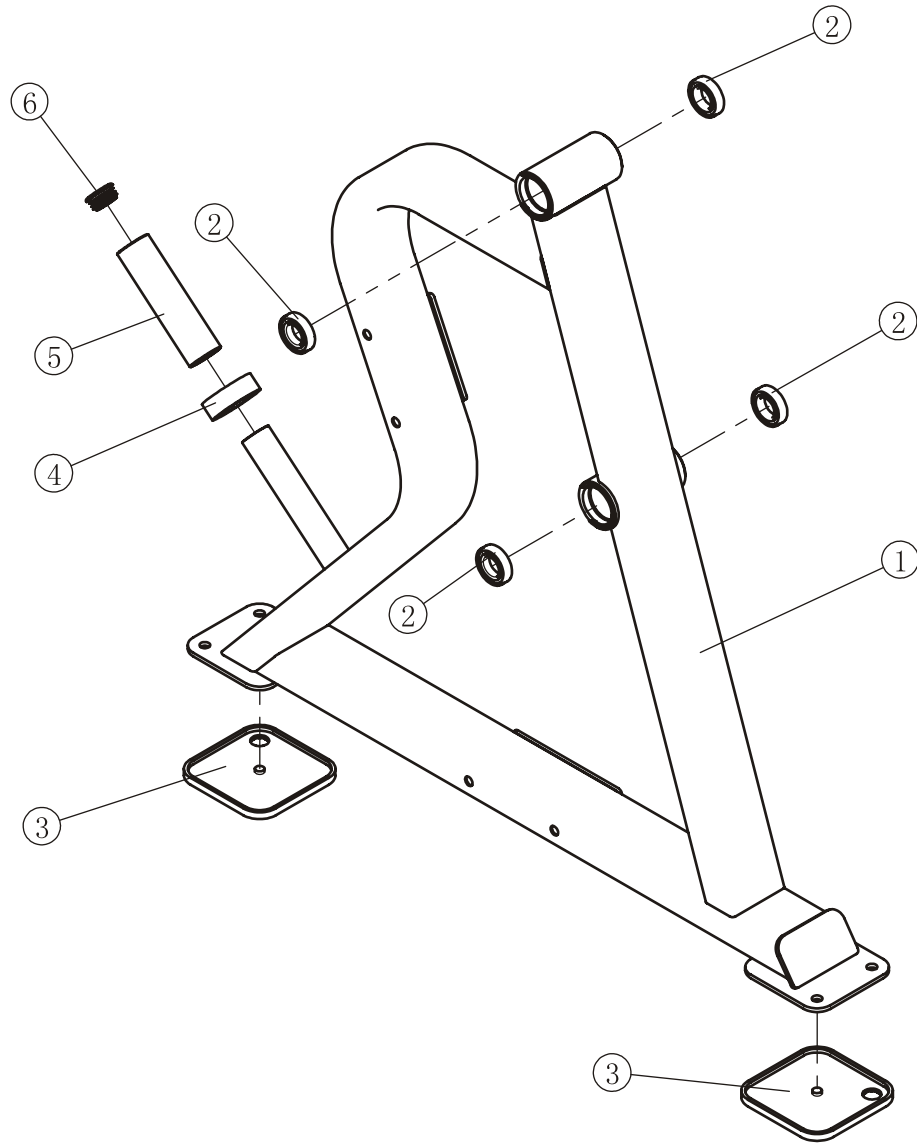
Left Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.1	SL7036B0100	Left Frame	1
2	1.2	GB2766006-2ZC3	Deep Groove Ball Bearing $\Phi 30*\Phi 55*13$	4
3	1.3	CWRVL0051200	Rubber Foot	2
4	1.4	HF985A1500	Rubber Bumper	1
5	1.5	BG1714700	Weight Horn Sleeve	1
6	1.6	HF985A1700	End Plug	1

Parts List and Exploded View

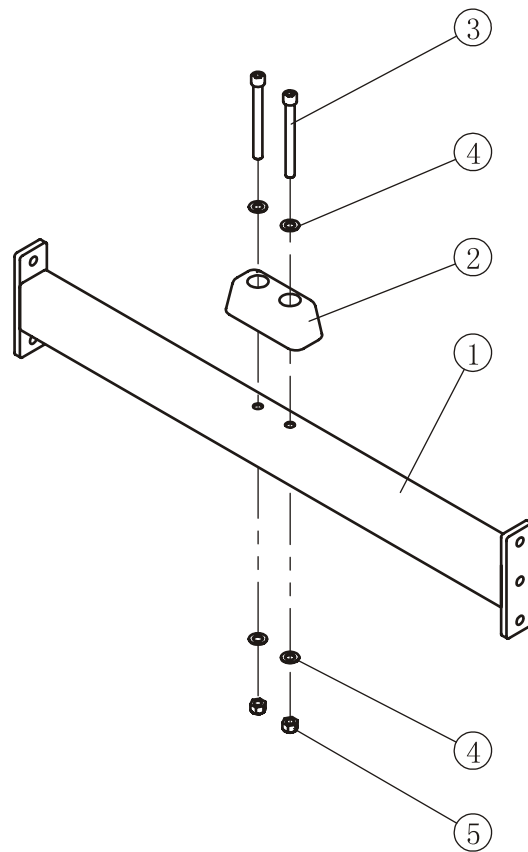
Right Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.1	SL7036B0200	Right Frame	1
2	2.2	GB2766006-2ZC3	Deep Groove Ball Bearing $\Phi 30*\Phi 55*13$	4
3	2.3	CWRVL0051200	Rubber Foot	2
4	2.4	HF985A1500	Rubber Bumper	1
5	2.5	BG1714700	Weight Horn Sleeve	1
6	2.6	HF985A1700	End Plug	1

Parts List and Exploded View

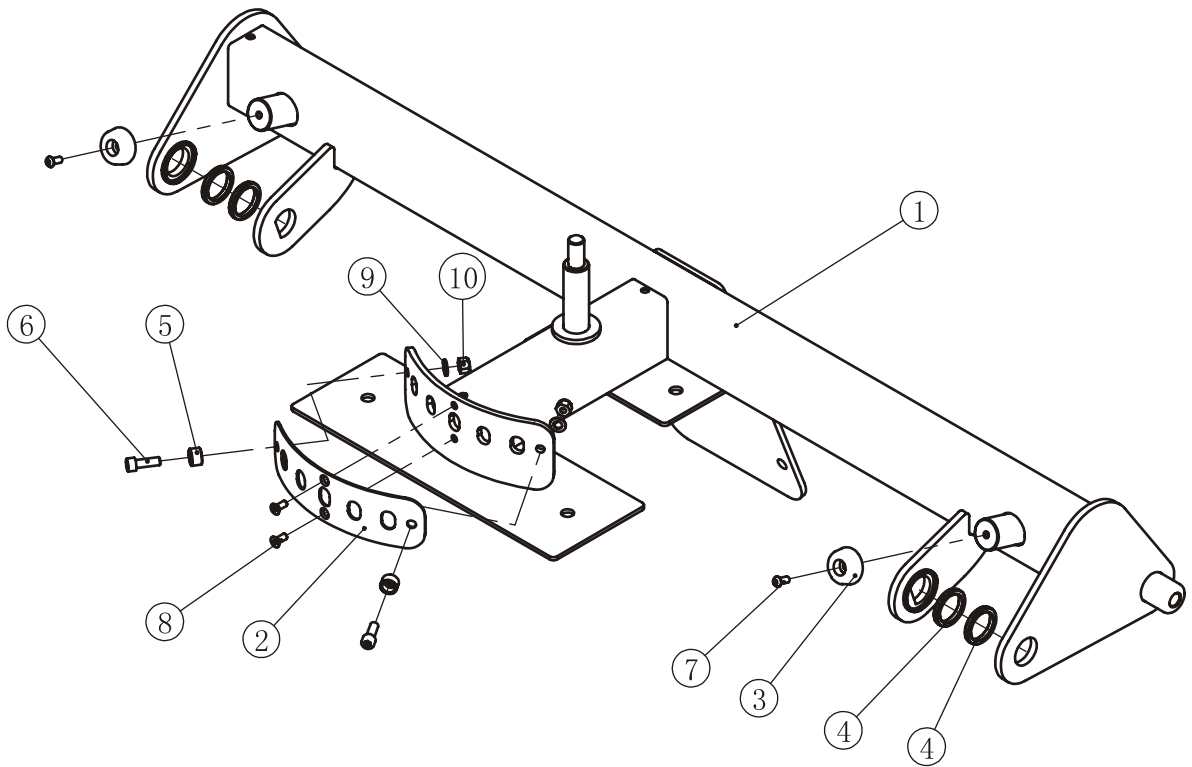
Rear Crossmember ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1	SL70360400	Rear Crossmember	1
2	4.2	PL380800	Large Rubber Bumper	1
3	4.3	GB70M12*120DHS20	Socket Head Cap Screw M12*120	2
4	4.4	DQ12DHS2A	Flat Washer $\Phi 13^* \Phi 24^*1.5$	4
5	4.5	NM12DHS2	Nylon Lock Nut M12	2

Parts List and Exploded View

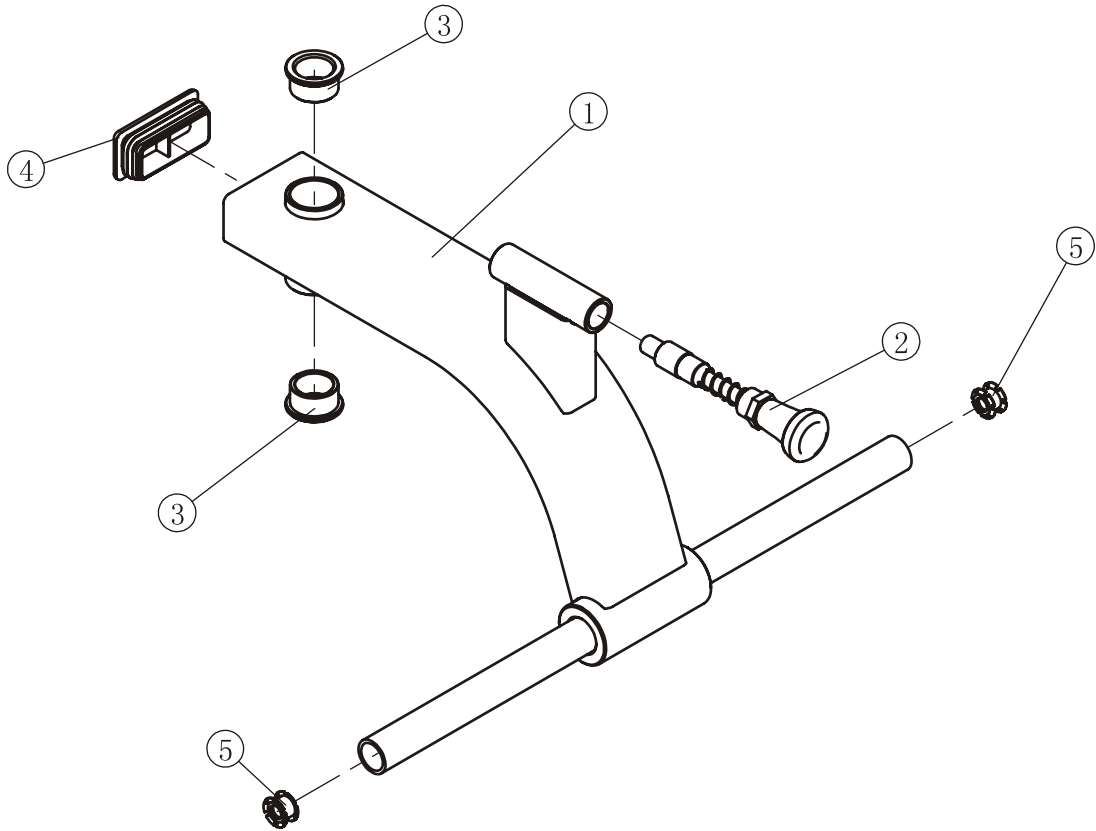
Lower Pivoting ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	5.1	SL7036B0500	Lower Pivoting	1
2	5.2	SL7036B1800	Arc Plate	1
3	5.3	PS10007100	Bumper	2
4	5.4	C001PL3800	Spacer Bush	4
5	5.5	IN-S10111200	Spacer $\Phi 17*10.5$	2
6	5.6	GB70M8*25DS20	Socket Head Cap Screw M8*25	2
7	5.7	PNLM6*15DHS20	Button Head Cap Screw M16*15	2
8	5.8	CNLM6*15DS20NL	Flat Head Cap Screw M16*15	2
9	5.9	GB958DS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
10	5.10	NM8DS2	Nylon Lock Nut M8	2

Parts List and Exploded View

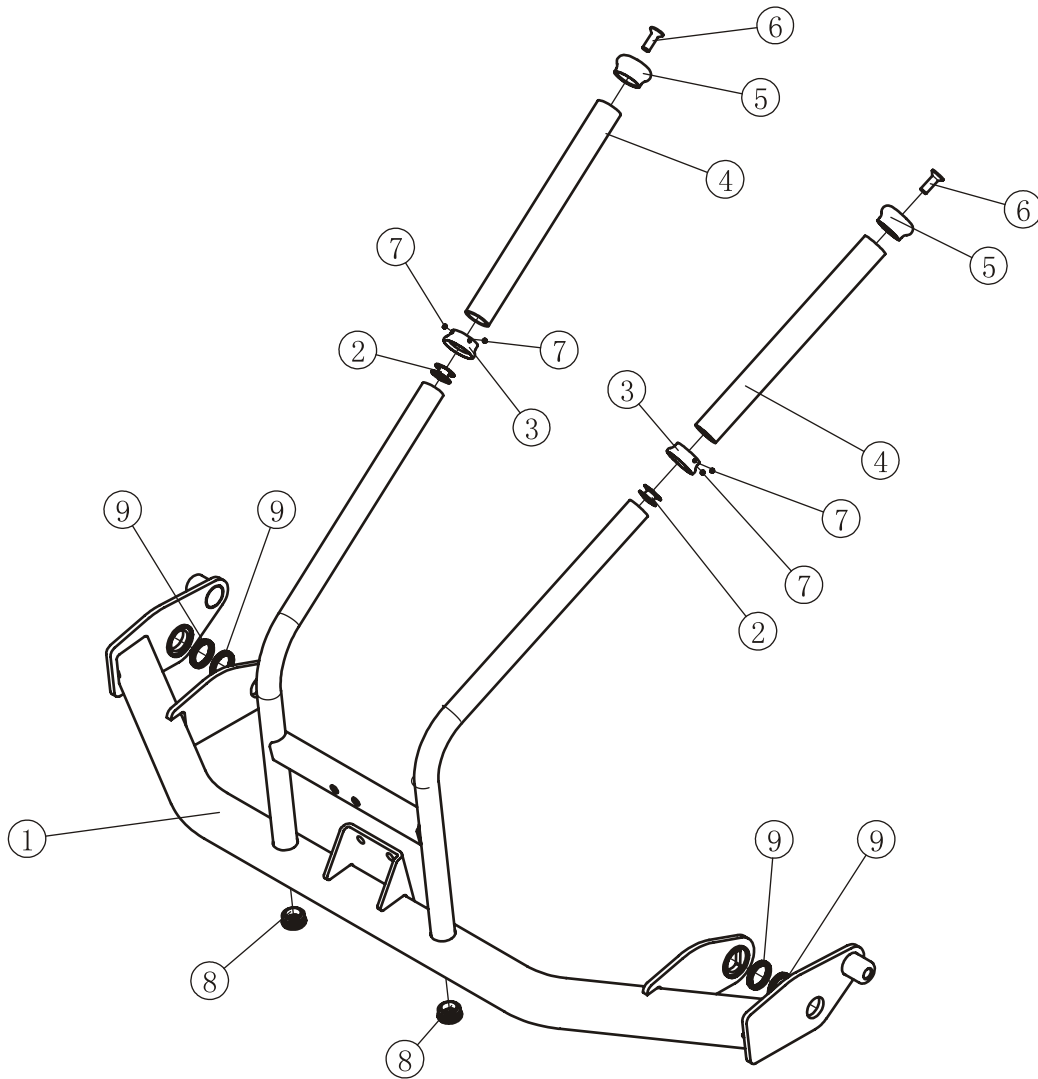
Foam Pad Mount ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	6.1	SL7036B0600	Foam Pad Mount	1
2	6.2	IT9315G1500	Spring Pin	1
3	6.3	M02502000	Bushing	2
4	6.4	CF37543400	Pipe Plug □ 38.1*76.2	1
5	6.5	IF81165000	Nut M10	2

Parts List and Exploded View

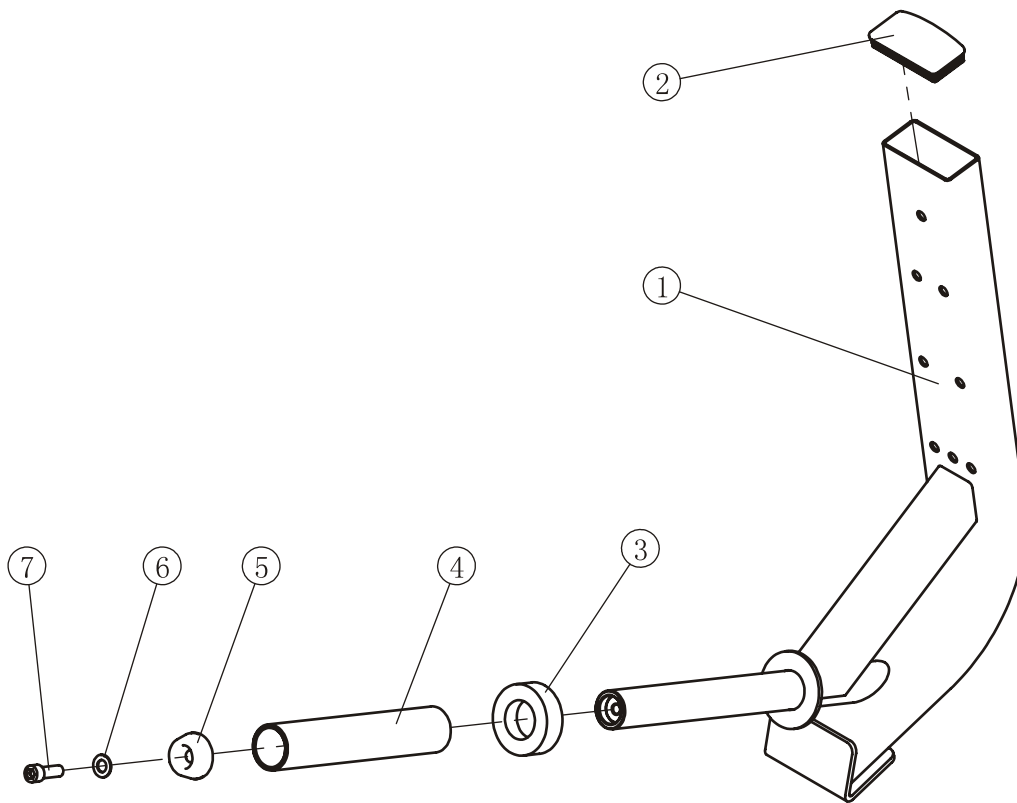
Upper Pivoting ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.1	SL7036B0700	Upper Pivoting	1
2	7.2	IF81212700	Nut M10	2
3	7.3	IT90122100	Aluminium Grip Ring	2
4	7.4	HV3PA2000	Grip	2
5	7.5	IT90122000	Aluminium Grip Cap	2
6	7.6	CNLM10*30*30N19NL	Flat Head Cap Screw M10*30	2
7	7.7	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	4
8	7.8	BNH0573	Pipe Plug Φ 32	2
9	7.9	C001PL3800	Spacer Bush	4

Parts List and Exploded View

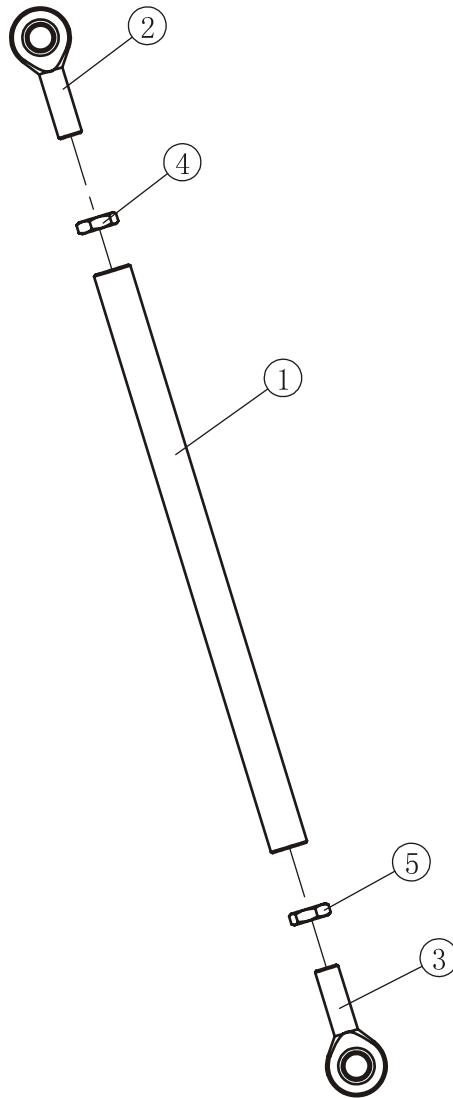
Back Pad Mount ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	8.1	SL70360800	Back Pad Mount	1
2	8.2	VLP8000	Pipe Plug \square 50*100	1
3	8.3	HF985A1500	Rubber Bumper	1
4	8.4	TPS3901500	Long Weight Horn Sleeve	1
5	8.5	SL70012000	Weight Horn Plastic Cap	1
6	8.6	DQ12DHS2A	Flat Washer Φ 13* Φ 24*1.5	1
7	8.7	GB70M12*35*35DHS20NL	Socket Head Cap Screw M12*35	1

Parts List and Exploded View

Connecting Rod ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	9.1	ABS10040900	Connecting Rod	1
2	9.2	SABJK16C	Tie Rod End M16*Φ 16	1
3	9.3	SABJK16CL	Tie Rod End M16*Φ 16(Left)	1
4	9.4	GB6172.1M16DS2	Hex Nut M16*8	1
5	9.5	GB6172.1LM16DS2	Hex Nut M16*8(Left)	1

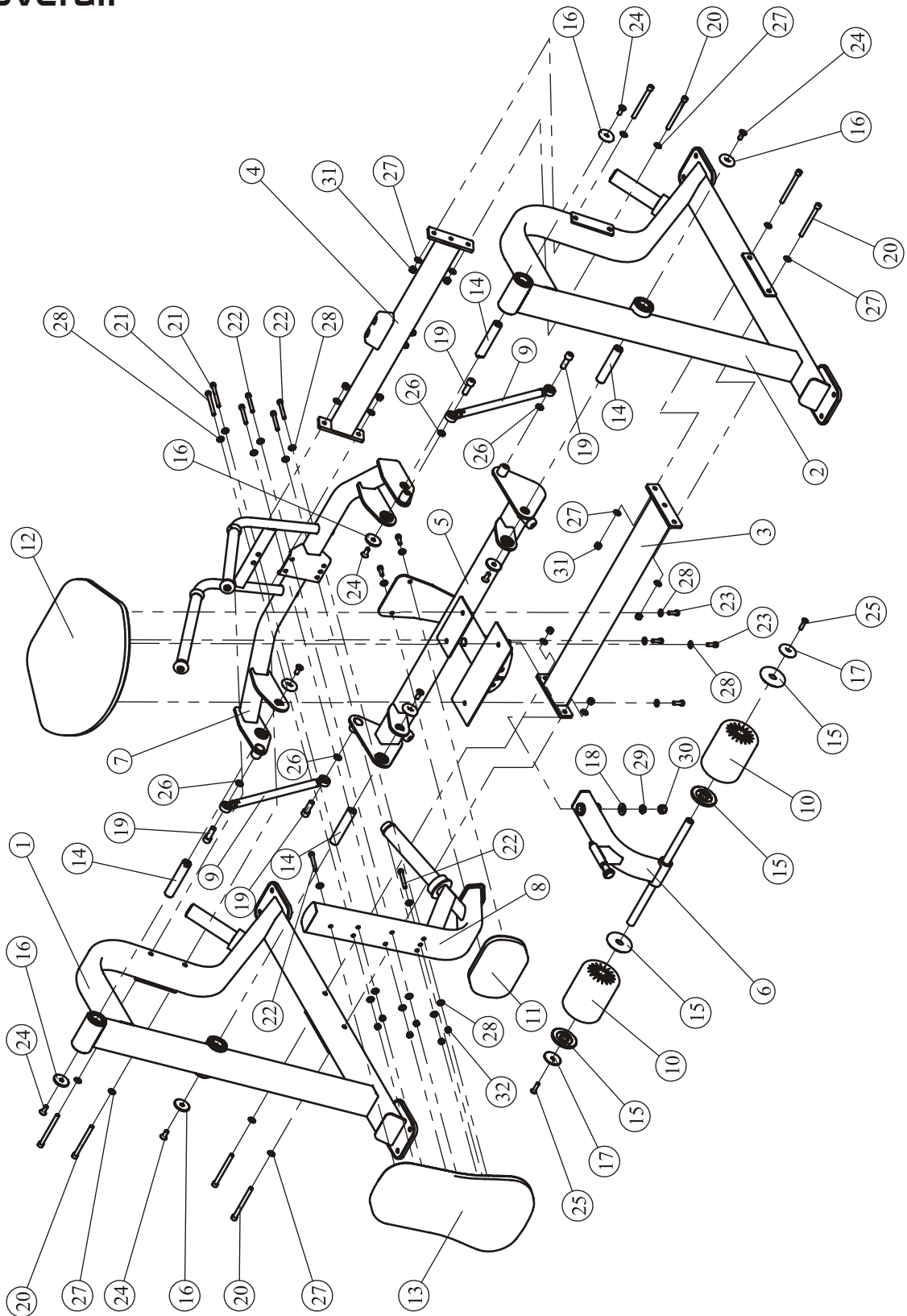
Parts List and Exploded View

Overall

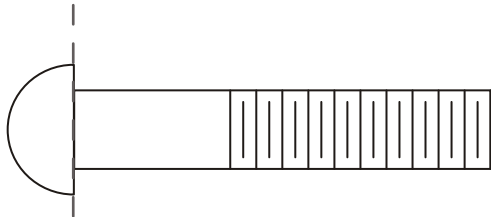
Item No.	Grade No.	Part No.	Description	QTY
1	1	SL7036B01ASSY	Left Frame ASSY	1
2	2	SL7036B02ASSY	Right Frame ASSY	1
3	3	SL70360300	Base Crossmember	1
4	4	SL7036B04ASSY	Rear Crossmember ASSY	1
5	5	SL7036B05ASSY	Lower Pivoting ASSY	1
6	6	SL7036B06ASSY	Foam Pad Mount ASSY	1
7	7	SL7036B07ASSY	Upper Pivoting ASSY	1
8	8	SL703608ASSY	Back Pad Mount ASSY	1
9	9	ABS100409ASSY	Connecting Rod ASSY	2
10	10	SL70021900V1	Foam Pad	2
11	11	SL70170800	Hip Pad	1
12	12	SL7036B1300	Seat Pad	1
13	13	SL70361500	Back Pad	1
14	14	SL70361600	Pivot Shaft	4
15	15	IT70165000	End Cap $\Phi 90^* \Phi 26.2^* 8.5$	4
16	16	SL70011700	Aluminum End Cap $\Phi 54^* \Phi 12.5^* 10.6$	8
17	17	IT90041700	Aluminum End Cap $\Phi 60^* \Phi 10.5^* 10.9$	2
18	18	ABS10011500	Flat Washer $\Phi 37^* \Phi 17^* 3$	1
19	19	GB70M16*45DS20	Socket Head Cap Screw M16*45	4
20	20	GB70M12*135DHS20	Socket Head Cap Screw M12*135	8
21	21	GB70M10*100DHS20	Socket Head Cap Screw M10*100	2
22	22	GB70M10*75DHS20	Socket Head Cap Screw M10*75	6
23	23	GB70M10*30DHS20	Socket Head Cap Screw M10*30	6
24	24	CNLM12*30DS20NL	Flat Head Cap Screw M12*30	8
25	25	CNLM10*40*40DS20NL	Flat Head Cap Screw M10*40	2
26	26	GB9316DS12	Spring Washer $\Phi 16$	4
27	27	DQ12DHS2A	Flat Washer $\Phi 13^* \Phi 24^* 1.5$	16
28	28	DQ10DHS2A	Flat Washer $\Phi 11^* \Phi 23^* 2$	20
29	29	GB6172.1M16DS2	Hex Nut M16*8	1
30	30	NM16DS2	Nylon Lock Nut M16	1
31	31	NM12DHS2	Nylon Lock Nut M12	8
32	32	NM10DHS2	Nylon Lock Nut M10	6
33	33	NBS12DHS	Hex Key S=12	1
34	34	NBS10DHS	Hex Key S=10	1
35	35	NBS8DHS	Hex Key S=8	1
36	36	NBS6DHS	Hex Key S=6	1

Parts List and Exploded View

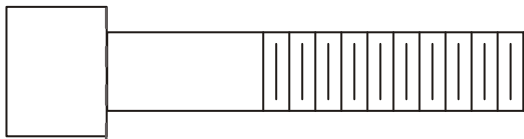
Overall



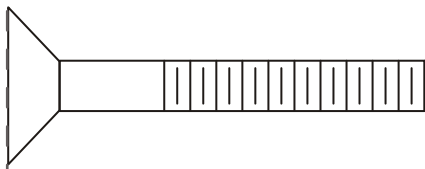
Measurement Guide



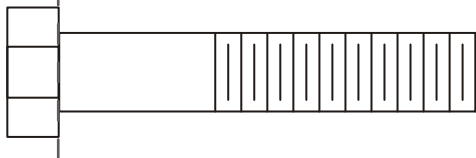
BHCS = Button Head Cap Screw



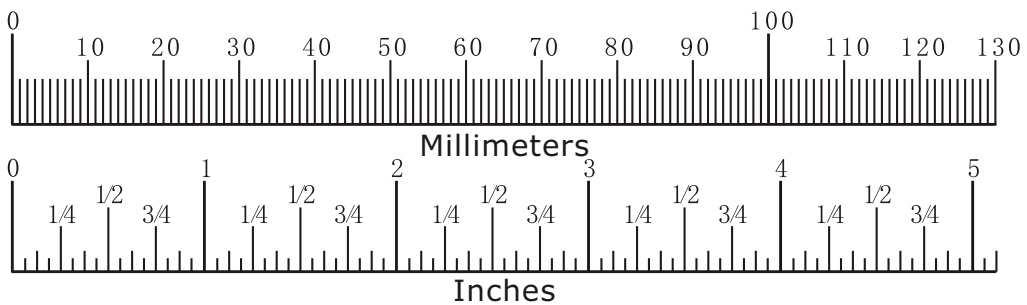
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

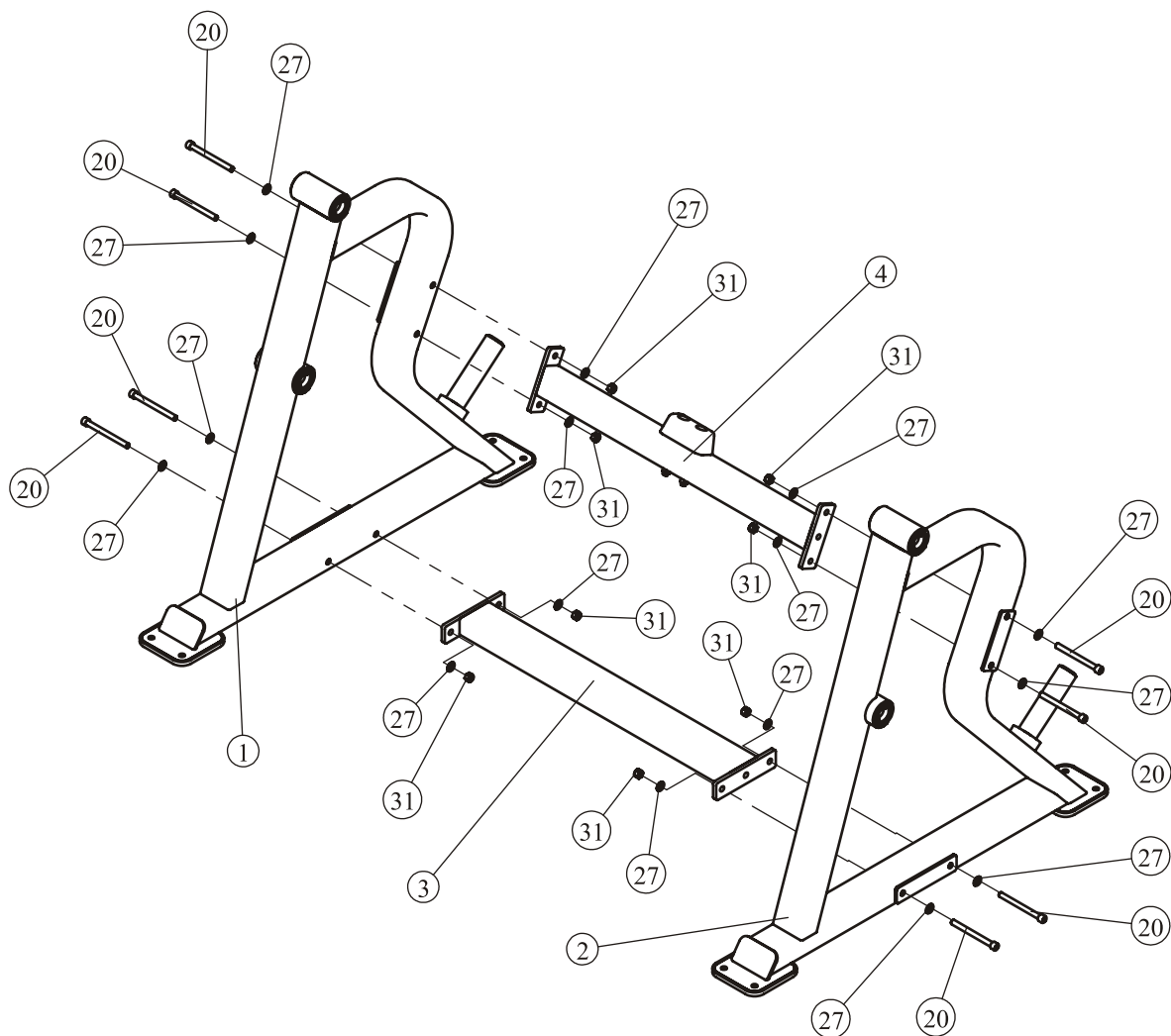
Assembly

Step 1

Attach the Left Frame ASSY (#1) and the Right Frame ASSY (#2) with the Base Crossmember (#3) and the Rear Crossmember ASSY (#4) using:

- eight M12*135 SHCS (#20)
- sixteen $\Phi 13*\Phi 24*1.5$ Flat Washer (#27)
- eight M12 Nylon Lock Nut (#31)

Note: Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.



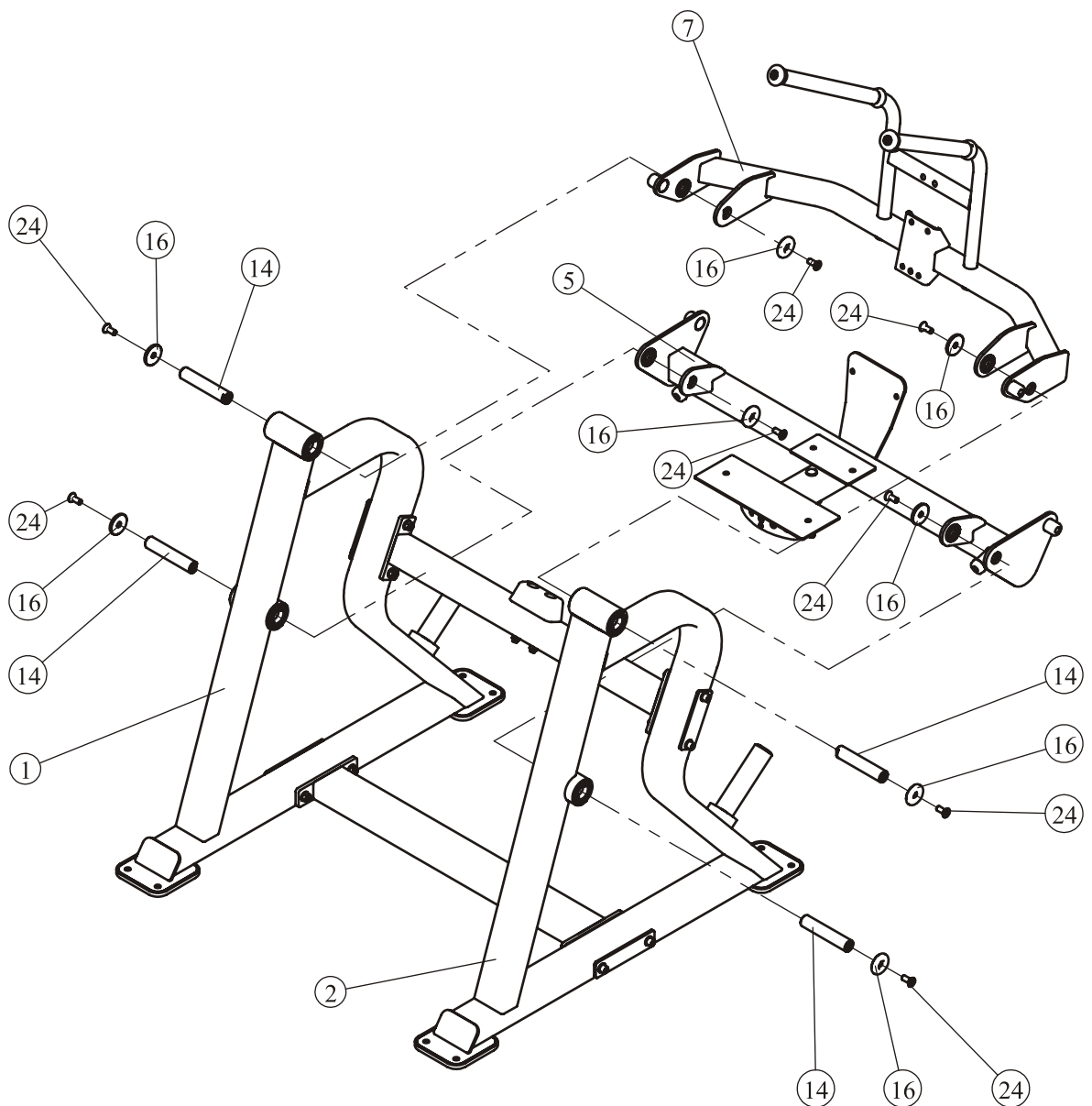
Assembly

Step 2

Attach the Lower Pivoting ASSY (#5) and the Upper Pivoting ASSY (#7) to the Left Frame ASSY (#1) and the Right Frame ASSY (#2) using:

- four Pivot Shaft (#14)
- eight $\Phi 54 \times \Phi 12.5 \times 10.6$ Aluminum End Cap (#16)
- eight M12*30 FHCS (#24)

Note: Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.



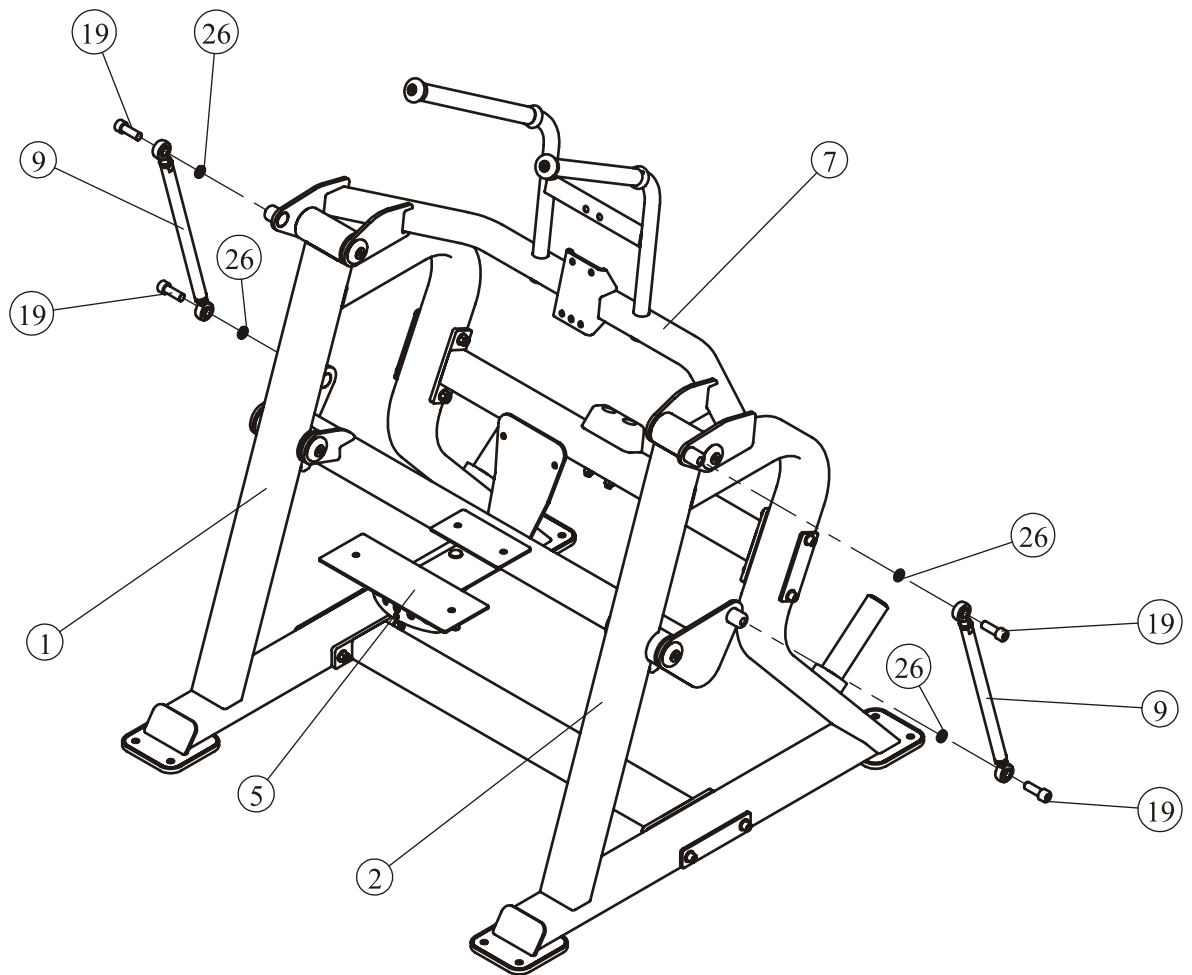
Assembly

Step 3

Attach two Connecting Rod ASSY (#9) to the Lower Pivoting ASSY (#5) and the Upper Pivoting ASSY (#7) using:

- four M16*45 SHCS (#19)
- four Φ 16 Spring Washer (#26)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

Step 4

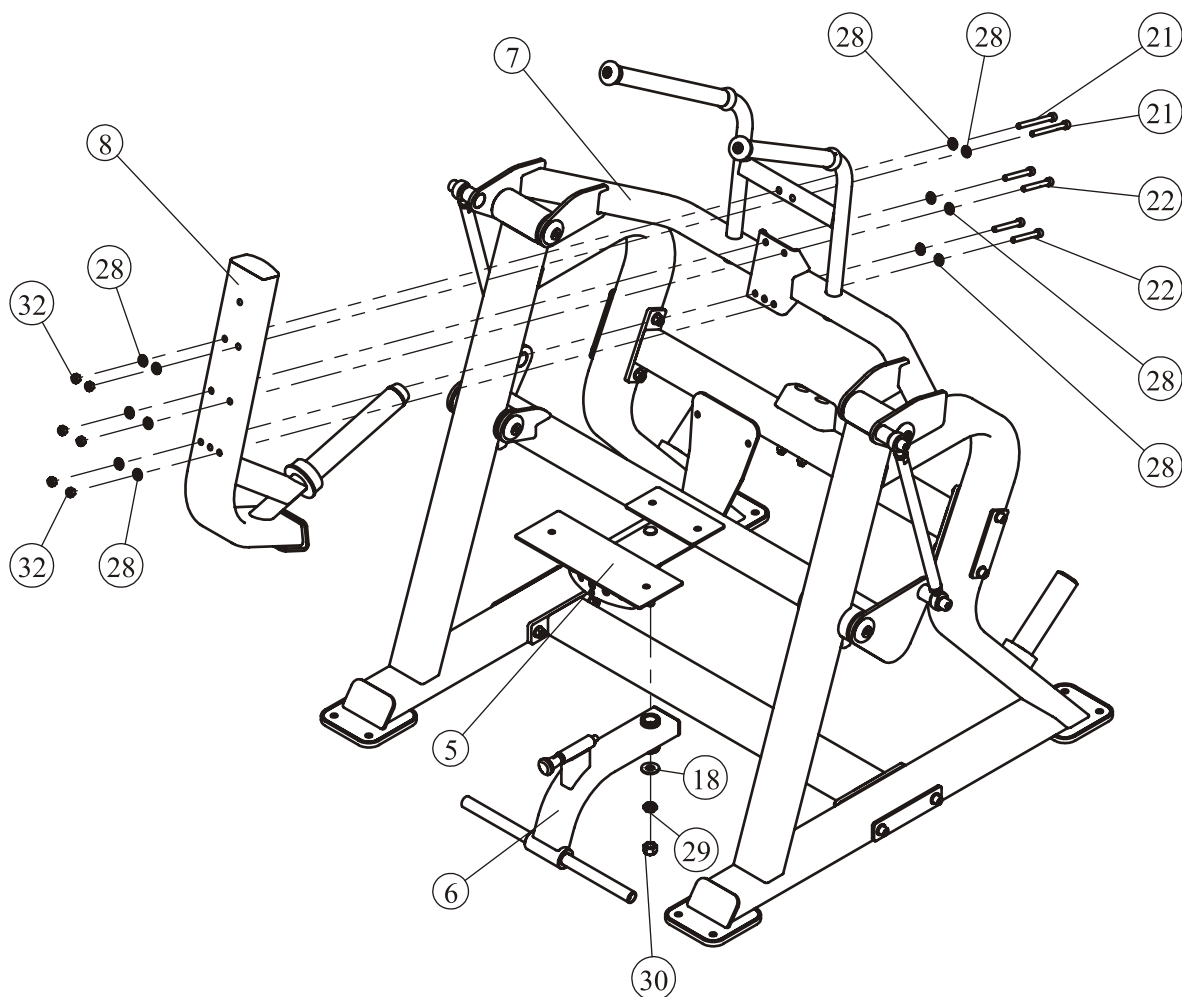
1. Attach the Foam Pad Mount ASSY (#6) to the Lower Pivoting ASSY (#5) using:

- one $\Phi 37*\Phi 17*3$ Flat Washer (#18)
- one M16*8 Hex Nut (#29)
- one M16 Nylon Lock Nut (#30)

2. Attach the Back Pad Mount ASSY (#8) to the Upper Pivoting ASSY (#7) using:

- two M10*100 SHCS (#21)
- four M10*75 SHCS (#22)
- twelve $\Phi 11*\Phi 23*2$ Flat Washer (#28)
- six M10 Nylon Lock Nut (#32)

Note: Adjust the M16*8 Hex Nut (#29) and the M16 Nylon Lock Nut (#30) with wrench so that the Foam Pad Mount ASSY (#6) can turn smoothly. Wrench Tighten Bolts and Nylon Lock Nuts.



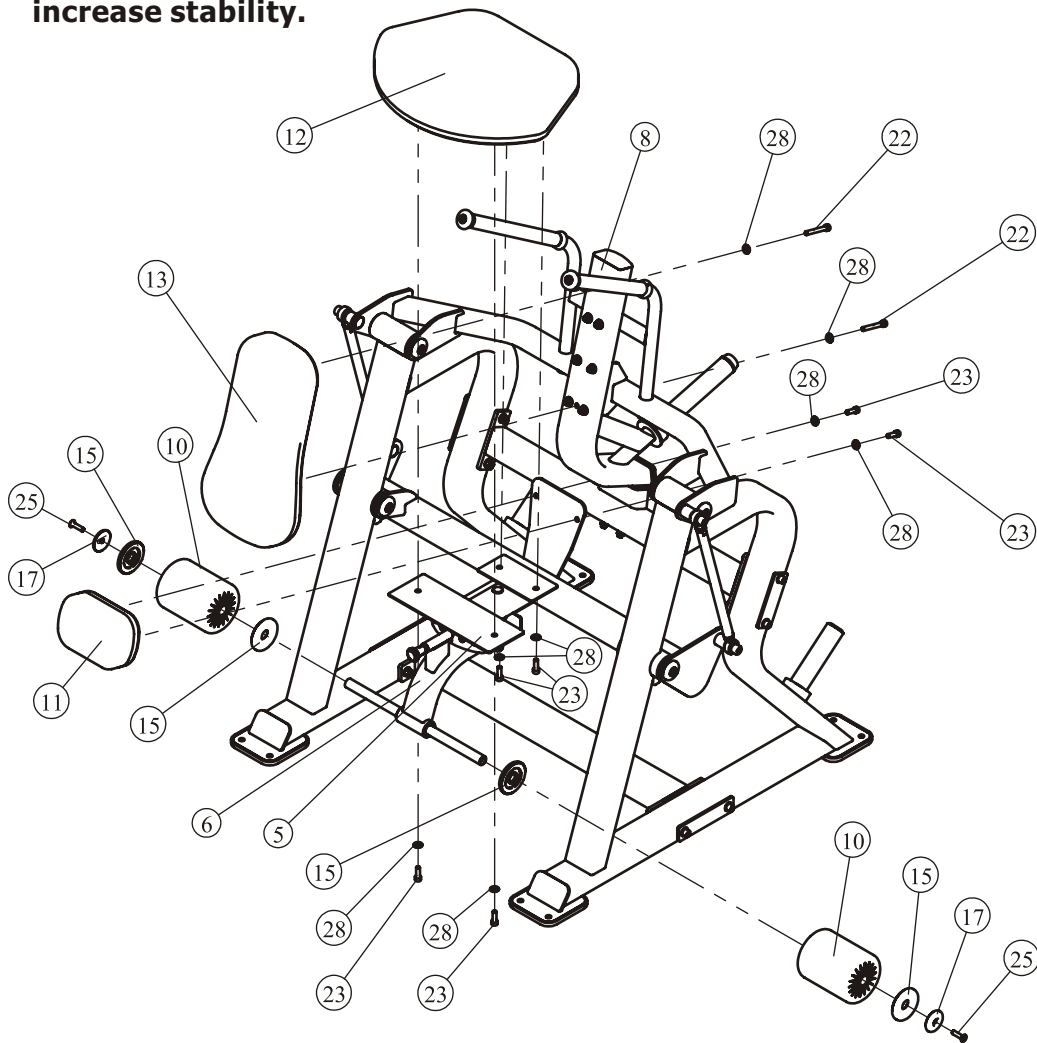
Assembly

Step 5

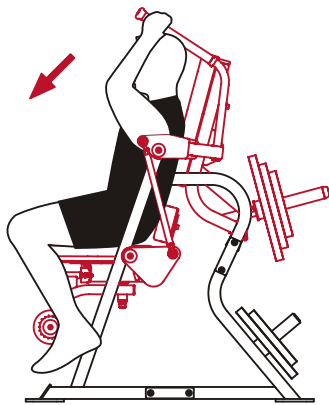
1. Attach two Foam Pad (#10) to the Foam Pad Mount ASSY (#6) using:
 - four $\Phi 90 \times \Phi 26.2 \times 8.5$ End Cap (#15)
 - two $\Phi 60 \times \Phi 10.5 \times 10.9$ Aluminum End Cap (#17)
 - two M10*40 FHCS (#25)
2. Attach the Seat Pad (#12) and the Hip Pad (#11) to the Lower Pivoting ASSY (#5) using:
 - six M10*30 SHCS (#23)
 - six $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#28)
3. Attach the Back Pad (#13) to the Back Pad Mount ASSY (#8) using:
 - two M10*75 SHCS (#22)
 - two $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#28)

Note: Wrench tighten bolts and Nylon Lock Nuts.

All equipment must be anchored to the floor to prevent movement and increase stability.



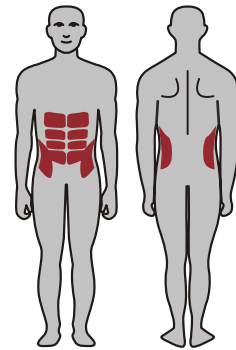
Exercise Instructions and Adjust Instructions



Start



Finish

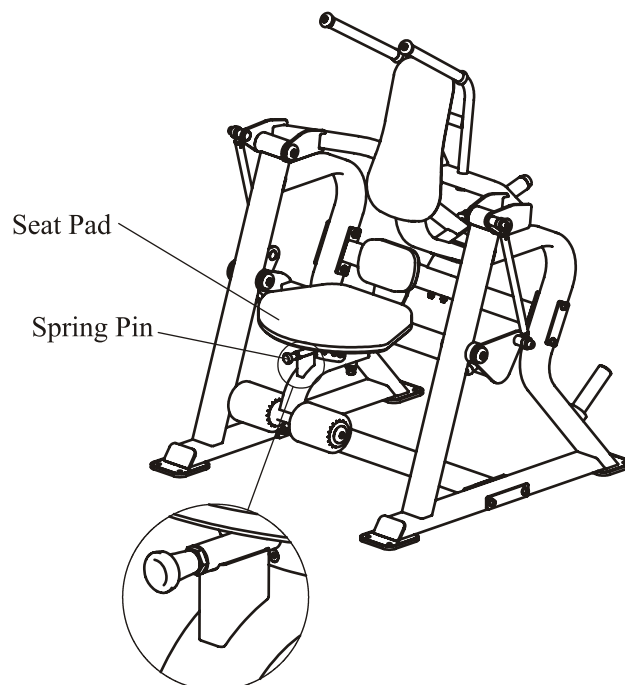


Exercise Instructions

1. Select an appropriate weight.
2. Sit with back against back pad and seat in desired position.
3. Grasp handles and place feet behind foam pads.
4. Pull handles down while pulling foam pads upward.
5. Slowly return to starting position.

Seat Pad adjustment

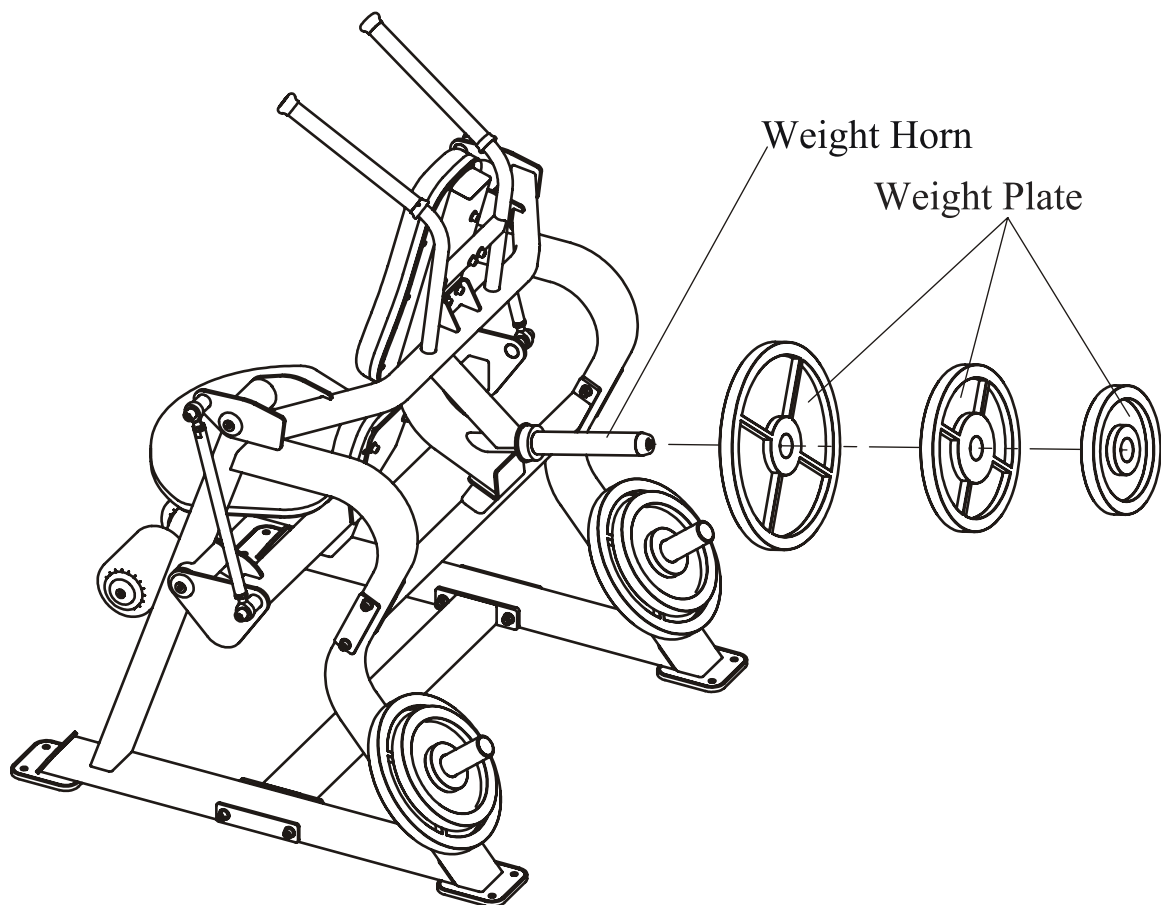
1. Pull the Spring pin, the Seat pad will swivel side to side, adjust the Seat Pad to the desired position and then release the Spring pin.
2. Make sure that the pin gets into the hole completely.



Exercise Instructions and Adjust Instructions

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 500\text{mm}$.
2. The total weight can't be greater than 120kg.
3. This equipment doesn't contains Weight Plate.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

