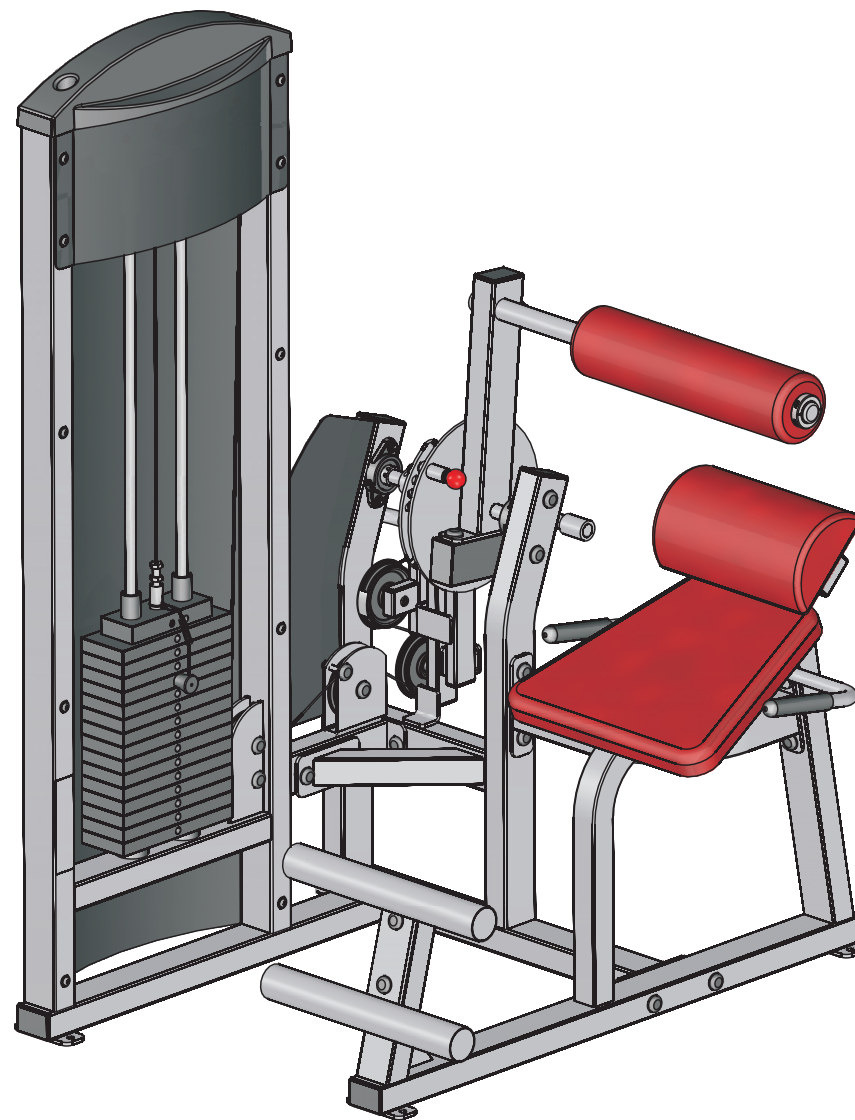


Ab / Back

Owners Manual



LifeFitness

1. Assembly Instructions

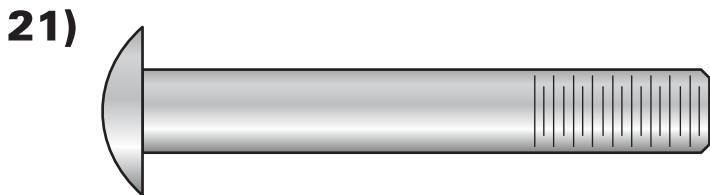
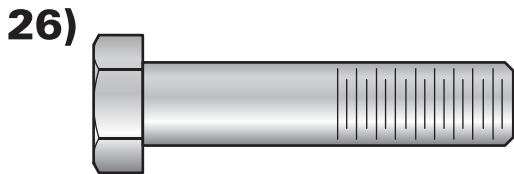
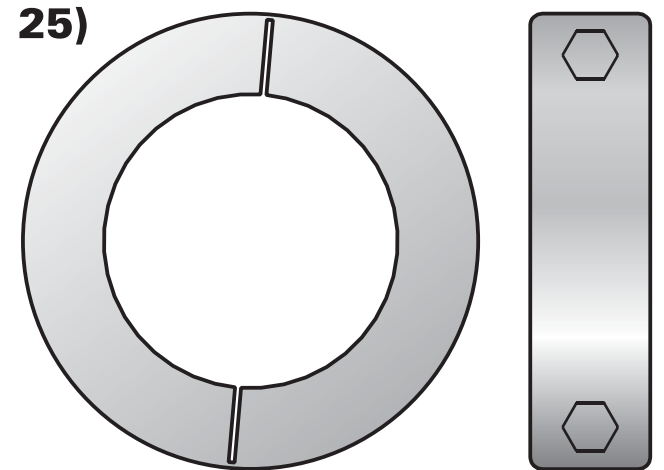
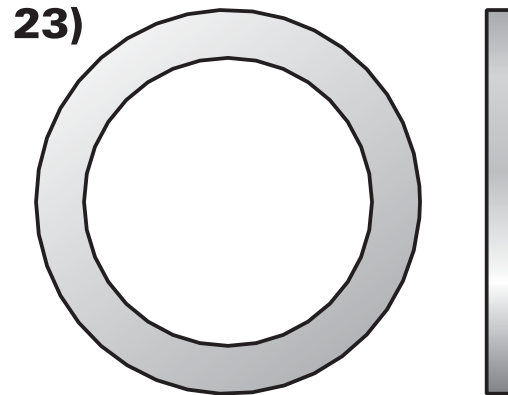
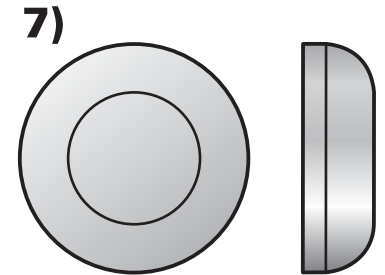
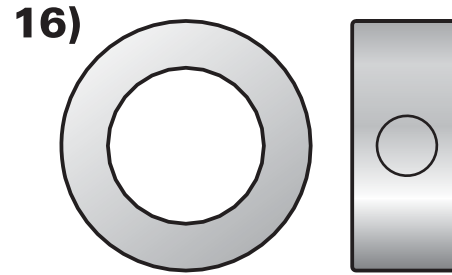
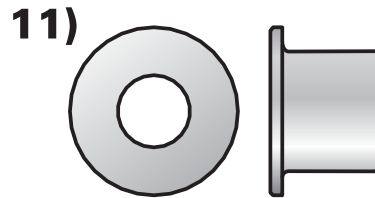
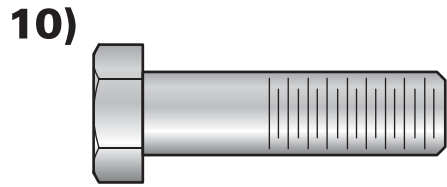
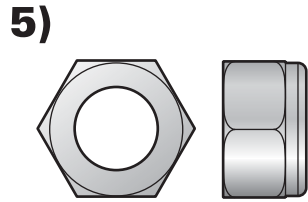
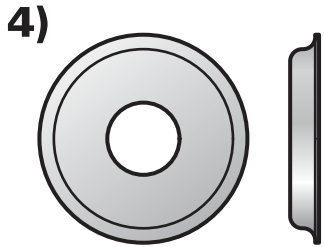
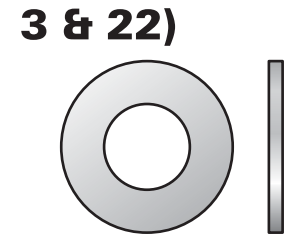
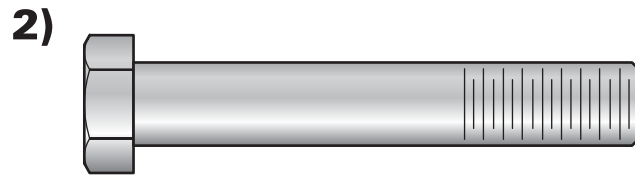
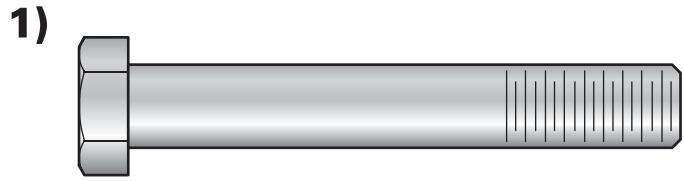
Item	Qty	Description	Part Number
1	1	3/8 x 73mm Hex Bolt	DA1C03807316NU
2	9	3/8 x 67mm Hex Bolt	DA1C03806716NU
3	52	3/8 SAE Washer	DC120010510U
4	50	3/8 RH Washer	P05-0009
5	27	3/8 Low HT Lock Nut	807200U
6	4	3/8 x 92mm Hex Bolt	DA1C03809216NU
7	50	3/8 RH Cap	P06-0021
8	1	Cable	P13-0102
9	6	4 1/2" Pulley	P06-0035
10	1	3/8 x 40mm Hex Bolt	DA1C03804016NU
11	4	3/8 x 1/2 Flange Spacer	P08-0085
12	2	Guide Rod	P01-1036
13	2	Weight Stack Cushion	A06-0304
14	15	Weight Plate	7954901 (Box set of 5)
15	1	Head Plate Assembly	AP10-0053
16	2	13/16" Shaft Collar	A05-0212
17	1	Guide Rod Support	A04-1639
18	2	3/8 x 63mm Hex Bolt	DA1C03806316NU
19	1	Pillow Block Collar	P05-0248
20	2	Pillow Block	A05-0351
21	4	3/8 x 75mm Btn Hd Bolt	DAEC03807516NB
22	26	3/8 FLAT BLK Washer	DC125010020B
23	2	Plastic Washer	P06-0345
24	1	Chest Roller Pad	P06-0280
25	2	Plastic Collar	P06-0277

Item	Qty	Description	Part Number
26	2	3/8 x 49mm Hex Bolt	DA1C03804916NU
27	2	3/8 x 43mm Hex Bolt	DA1C03804316NU
28	2	Pulley Cover	P02-0256
29	1	Weight Stack Pin	P11-0048
30	1	Counter Weight	P10-0052
31	2	3/8 x 33mm Hex Bolt	DA1C03803316NU
32	1	Lumbar Pad	A07-0235
33	1	3/8 x 76mm Hex Bolt	DA1C03807616NU
34	1	Seat Pad	P07-0005
35	1	Handle	AP04-0813
36	1	3/8 x 81mm Hex Bolt	DA1C03808116NU
37	1	Foot Rest	P04-0814
38	2	3/8 x 64mm Hex Bolt	DA1C03806416NU
39	2	3/8 x 46mm Hex Bolt	DA1C03804616NU
40	1	Cam Shroud	AP02-0987
41	2	3/8 x 89mm Hex Bolt	DA1C03808916NU
42	1	Front Shroud	A10-0227
43	1	Rear Shroud	A10-0230
44	10	3/8 x 90mm Btn Hd Bolt	DAEC03809016NB
45	10	3/8 Acorn Nut	A05-0443
46	1	Tower Cap	AP06-0257
47	2	3/8 x 25mm Btn Hd Bolt	DAEC03802516NB
48	4	3/8 FLAT Washer	DC125010020U
49	4	Bushing	A05-0356
50	2	M10 x 76mm Hex Bolt	DA1M10007615NB
51	1	Weight Stack Label	MD000132

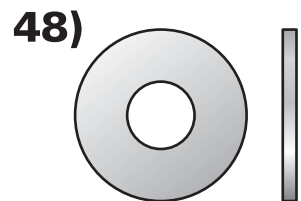
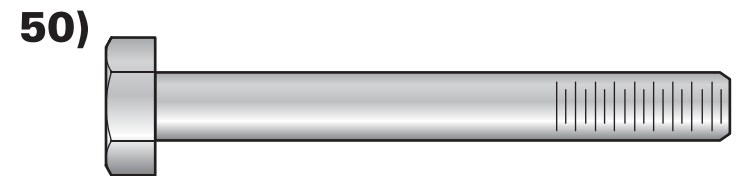
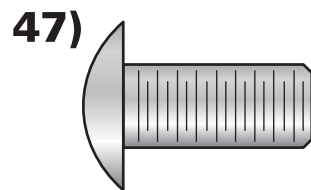
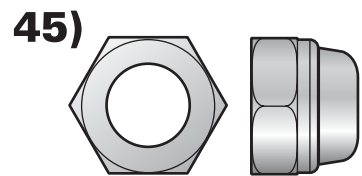
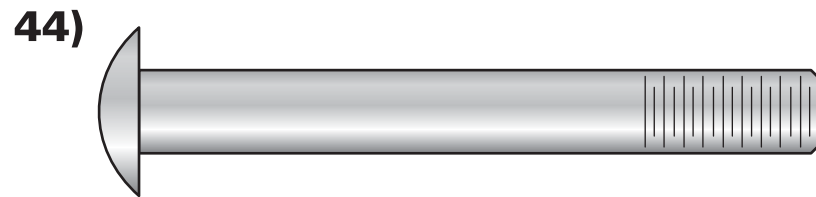
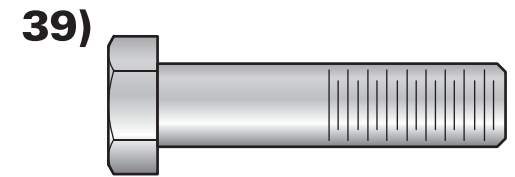
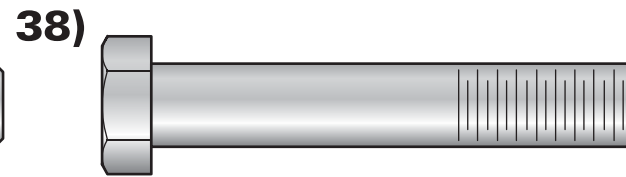
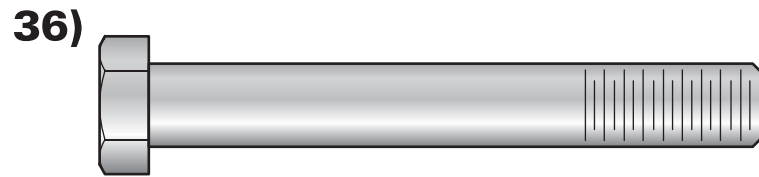
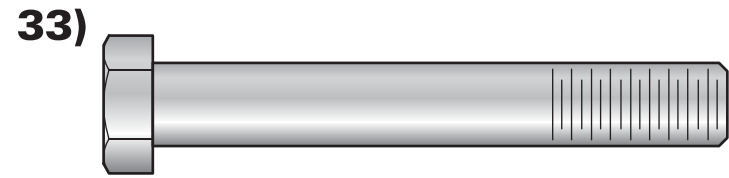
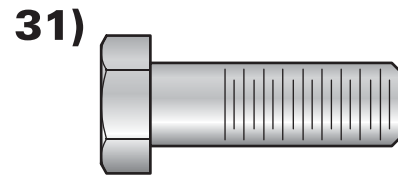
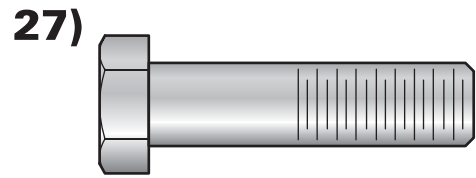
Tools Required:

- 8mm Allen Wrench
- 17mm Wrench
- Ratchet
- 3" Ratchet Extension
- 17mm Socket
- 8mm Hex Bit
- 9/16" Wrench
- 9/16" Socket

Hardware Bags
ACUHB-FSABBAPLT -or- ACUHB-FSABBAWHT



1. Assembly Instructions



1. Assemble the TOWER (A) to the CAM FRAME (B) using two 3/8 X 92mm BOLTS (6), four 3/8 X 67mm BOLTS (2), twelve 3/8" SAE WASHERS (3), twelve 3/8" RH WASHERS (4), six 3/8" LOW HT LOCK NUTS (5) as shown. Finger tighten the bolts and nuts at this time.
2. Assemble the SEAT FRAME (C) to the CAM FRAME (B) using two 3/8 X 92mm BOLTS (6), four 3/8" SAE WASHERS (3), four 3/8" RH WASHERS (4), two 3/8" LOW HT LOCK NUTS (5) as shown. Finger tighten the bolts and nuts at this time.
3. Assemble the CROSS BRACE (D) to the CAM FRAME (B) and SEAT FRAME (C) using three 3/8 X 67mm BOLTS (2), six 3/8" SAE WASHERS (3), six 3/8" RH WASHERS (4), three 3/8" LOW HT LOCK NUTS (5). Use only one 3/8 X 67mm BOLT at the back of the SEAT FRAME as shown.
4. SECURELY tighten all loose frame connections made to this point, then proceed to snap twenty-two RH CAPS (7) over the RH WASHERS (4) on all tightened connections.
5. Wrap the threaded end of CABLE (8) around two 4-1/2" PULLEYS (9) and SECURELY assemble the PULLEYS to the TOWER (A) using two 3/8 X 63mm BOLTS (18), four 3/8 X 1/2" FLANGE SPACERS (11) and two 3/8" LOW HEIGHT LOCK NUTS (5) as shown.

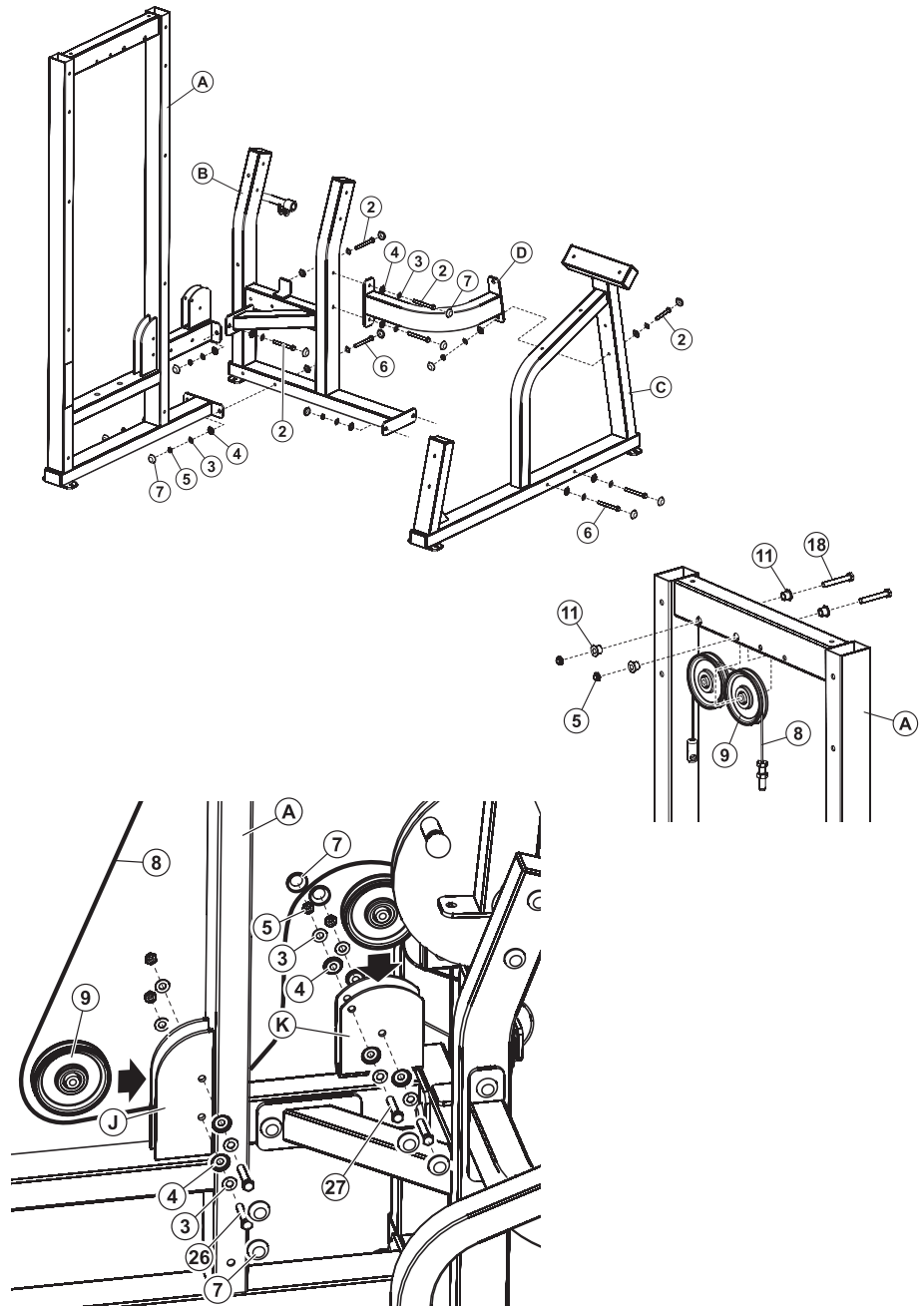
NOTE: Make sure the CABLE is in the groove of the PULLEY before tightening.

6. Route the ball end of CABLE (8) through the TOWER (A) and around one 4-1/2" PULLEY (9) and SECURELY assemble the PULLEY between the PLATES (J) on the TOWER using two 3/8 X 49mm BOLTS (26), four 3/8" SAE WASHERS (3), four 3/8" RH WASHERS (4), two 3/8" LOW HEIGHT LOCK NUTS (5) and four RH CAPS (7) as shown.

NOTE: Make sure the CABLE is in the groove of the PULLEY before tightening.

Wrap the ball end of CABLE around one 4-1/2" PULLEY (9) and securely assemble the PULLEY between the U-BRACKET (K) on the TOWER using two 3/8 X 43mm BOLTS (27), four 3/8" SAE WASHERS (3), four 3/8" RH WASHERS (4), two 3/8" LOW HEIGHT LOCK NUTS (5) and four RH CAPS (7) as shown.

NOTE: Make sure the CABLE is in the groove of the PULLEY before tightening.



1. Assembly Instructions

7. WEIGHT STACK ASSEMBLY

Insert the two GUIDE RODS (12) into the base of the TOWER (A) as shown.

Slide two WEIGHT STACK CUSHIONS (13) down over the GUIDE RODS as shown.

Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.

Using EXTREME CARE, slide fifteen 10 LB. WEIGHT PLATES (14) down over the GUIDE RODS.

Carefully Slide the HEAD PLATE ASSEMBLY (15) down over the GUIDE RODS onto the weight stack.

Slide one 13/16" SHAFT COLLAR (16) over each GUIDE ROD.

8. Route the threaded end of the CABLE (8) through the hole in the GUIDE ROD SUPPORT (17).

Slide the GUIDE ROD SUPPORT over the GUIDE RODS (12) and SECURELY assemble the GUIDE ROD SUPPORT to the TOWER using two 3/8 X 67mm BOLTS (2), four 3/8" FLAT WASHERS (48) and two 3/8" LOW HEIGHT LOCK NUTS (5) as shown.

Slide the 13/16" SHAFT COLLARS (16) underneath the GUIDE ROD SUPPORT BUSHINGS and SECURELY tighten the set screws.

9. Slide two PILLOW BLOCKS (20) over the CAM PIVOT SHAFTS (E) as shown.

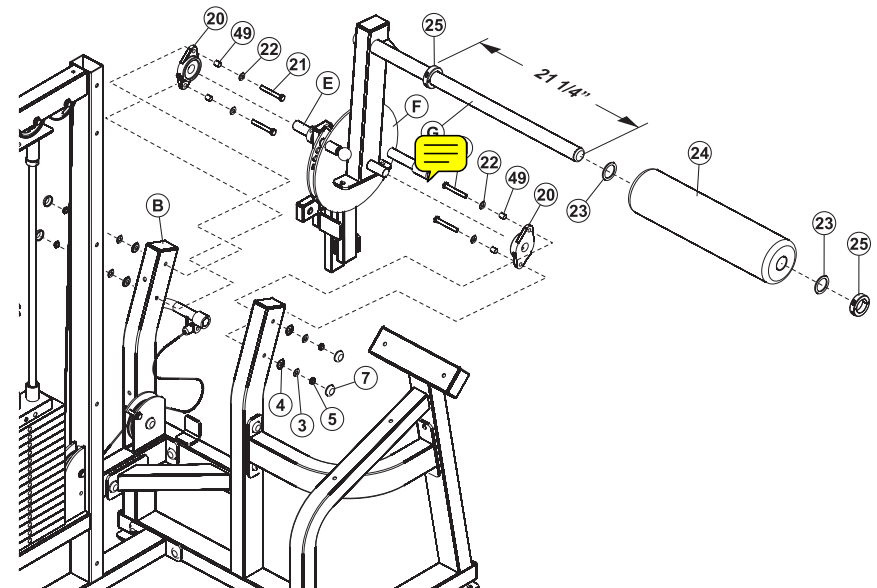
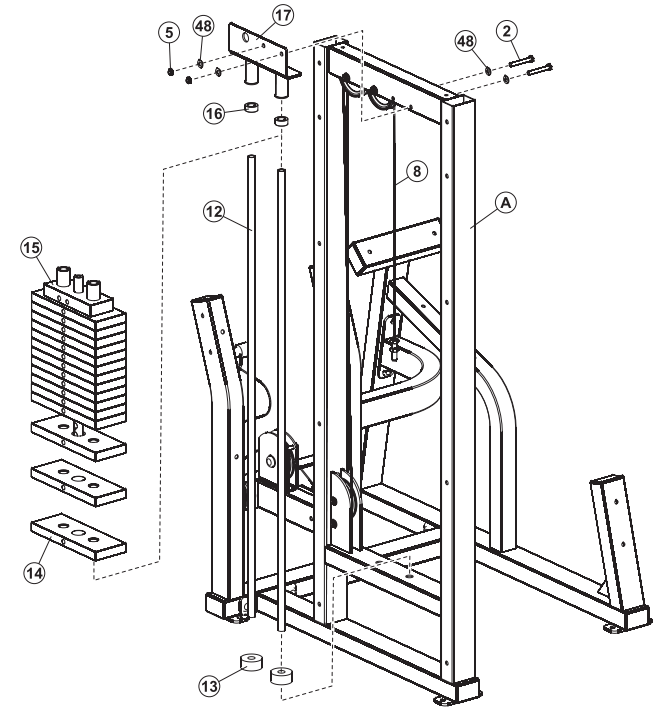
SECURELY assemble the CAM (F) to the CAM FRAME (B) using four BUSHINGS (49), four 3/8 X 75mm BUTTON HEAD BOLTS (21), four 3/8" FLAT BLK WASHERS (22), four 3/8" RH WASHERS (4), four 3/8" SAE WASHERS (3), four 3/8" LOW HT LOCK NUTS (5) and four RH CAPS (7) as shown.

Do not tighten the PILLOW BLOCK COLLAR set screws at this time.

10. Slide one PLASTIC COLLAR (25) over the end of the PAD SHAFT. Position the PLASTIC COLLAR 21 1/4" from the end of the PAD SHAFT and tighten the set screw securely.

Slide one PLASTIC WASHER (23) and the CHEST ROLLER PAD (24) over the PAD SHAFT (G) until it meets the installed SHAFT COLLAR. Install a second PLASTIC WASHER and the PLASTIC COLLAR (25) over the end of the PAD SHAFT and snug to the CHEST ROLLER PAD. Tighten the SHAFT COLLAR set screw securely.

NOTE: Be sure the second SHAFT COLLAR is installed fully onto the PAD SHAFT.



- Wrap the ball end of the CABLE (8) around one 4-1/2" PULLEY (9) and SECURELY assemble the PULLEY to the FORWARD PIVOT ARM (L) as shown using one 3/8 X 46mm BOLT (39), one PULLEY COVER (28), one 3/8" SAE WASHER (3), one 3/8" RH WASHER (4) and one RH CAP (7).

NOTE: Make sure the CABLE is in the groove of the PULLEY and the PULLEY COVER is positioned correctly (as shown), before tightening.

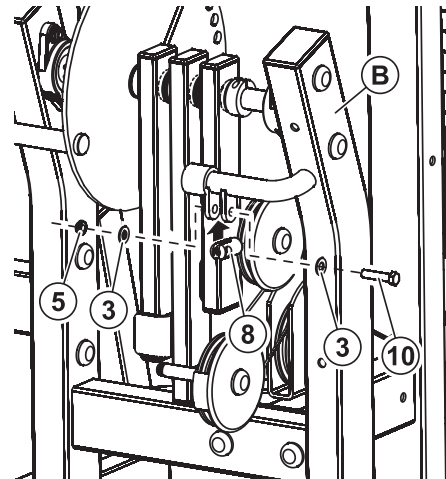
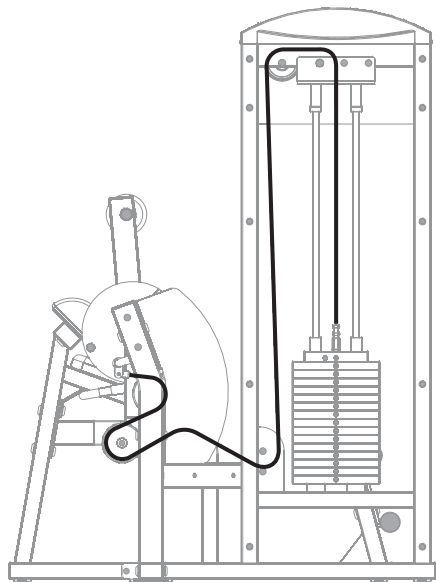
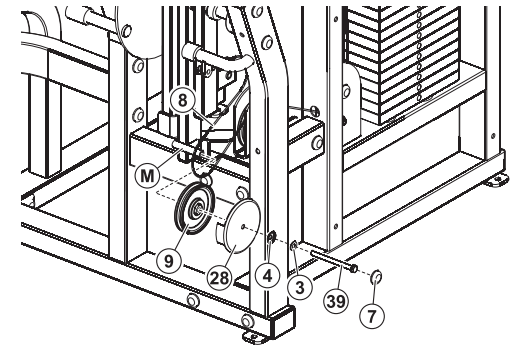
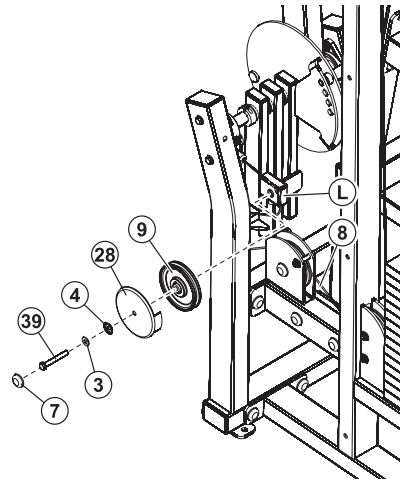
Wrap the ball end of the CABLE (8) around one 4-1/2" PULLEY (9) and SECURELY assemble the PULLEY to the REARWARD PIVOT ARM (M) as shown using one 3/8 X 46mm BOLT (39), one PULLEY COVER (28), one 3/8" SAE WASHER (3), one 3/8" RH WASHER (4) and one RH CAP (7).

NOTE: Make sure the CABLE is in the groove of the PULLEY and the PULLEY COVER is positioned correctly (as shown), before tightening.

Attach the ball end of the CABLE (8) to the CAM FRAME (B) as shown using one 3/8 X 40mm BOLT (10), two 3/8" SAE WASHERS (3) and one 3/8" LOW HT LOCK NUT (5).

Verify the cable has been routed according to the illustration shown below.

- Visually check the alignment of the PIVOT ARM PULLEYS and the TOWER PULLEYS. Slide the CAM (F) as necessary to align the pulleys. Tighten the PILLOW BLOCK COLLAR set screws securely.



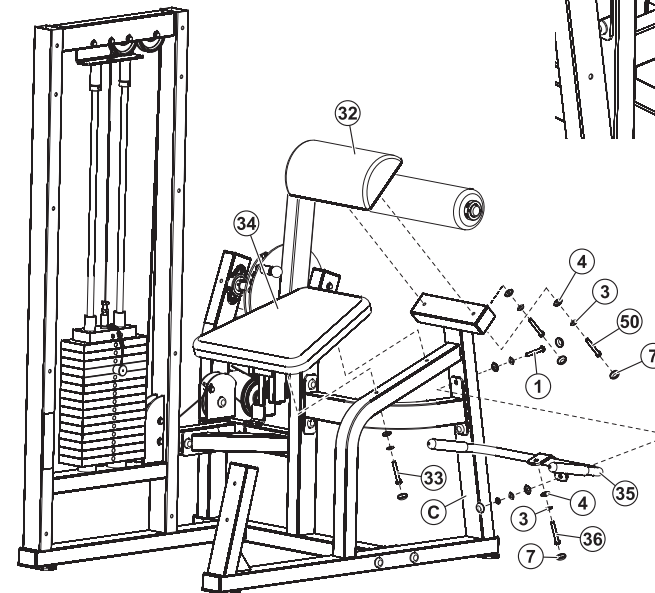
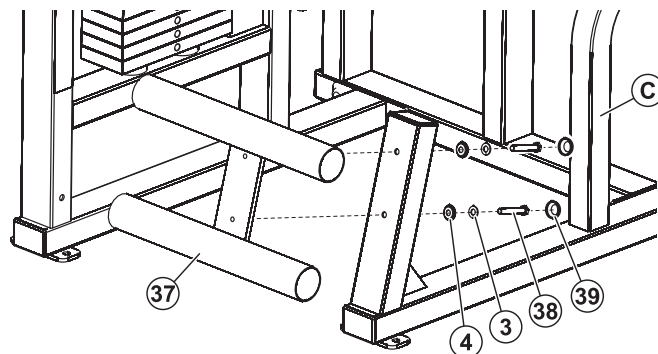
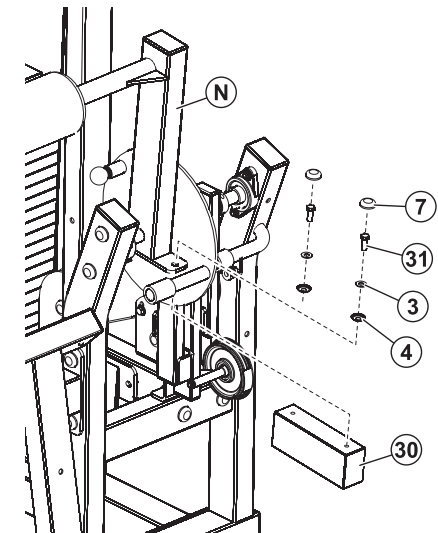
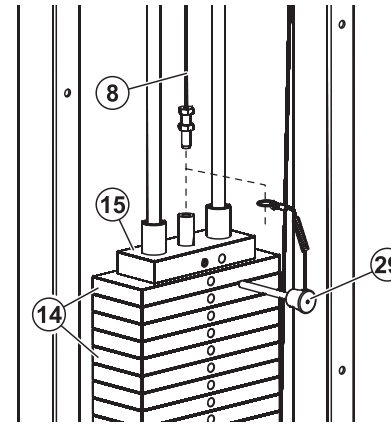
1. Assembly Instructions

13. Slide the metal ring of the WEIGHT STACK PIN (29) over the STEM on the HEAD PLATE ASSEMBLY (15) as shown.

Screw the threaded end of the CABLE (8) into the STEM of the HEAD PLATE ASSEMBLY far enough that the HEAD PLATE just begins to lift off of the first WEIGHT PLATE. Then tighten jam nut SECURELY.

Apply WEIGHT STACK LABELS to the WEIGHT PLATES (14) and HEAD PLATE ASSEMBLY. Begin with number one at the HEAD PLATE ASSEMBLY with larger numbers in consecutive order towards bottom of weight stack.

14. SECURELY assemble the COUNTER WEIGHT (30) to the PIVOT ARM (N) using two 3/8 X 33mm BOLTS (31), two 3/8" SAE WASHERS (3), two 3/8" RH WASHERS (4) and two RH CAPS (7) as shown.
15. SECURELY assemble the LUMBAR PAD (32) to the SEAT FRAME (C) using two M10 X 76mm BOLTS (50), two 3/8" SAE WASHERS (3), two 3/8" RH WASHERS (4) and two RH CAPS (7).
16. SECURELY assemble the SEAT PAD (34) and HANDLE (35) to the SEAT FRAME (C) using one 3/8 X 76mm BOLTS (33), one 3/8 X 81mm BOLT (36), one 3/8 X 73mm BOLTS (1), four 3/8" SAE WASHERS (3), four 3/8" RH WASHERS (4) one 3/8" LOCK NUT (5) and four RH CAPS (7) as shown.
17. SECURELY assemble the FOOT REST (37) to the SEAT FRAME (C) using two 3/8 X 64mm BOLTS (38), two 3/8" SAE WASHERS (3), two 3/8" RH WASHERS (4) and two RH CAPS (7) as shown.

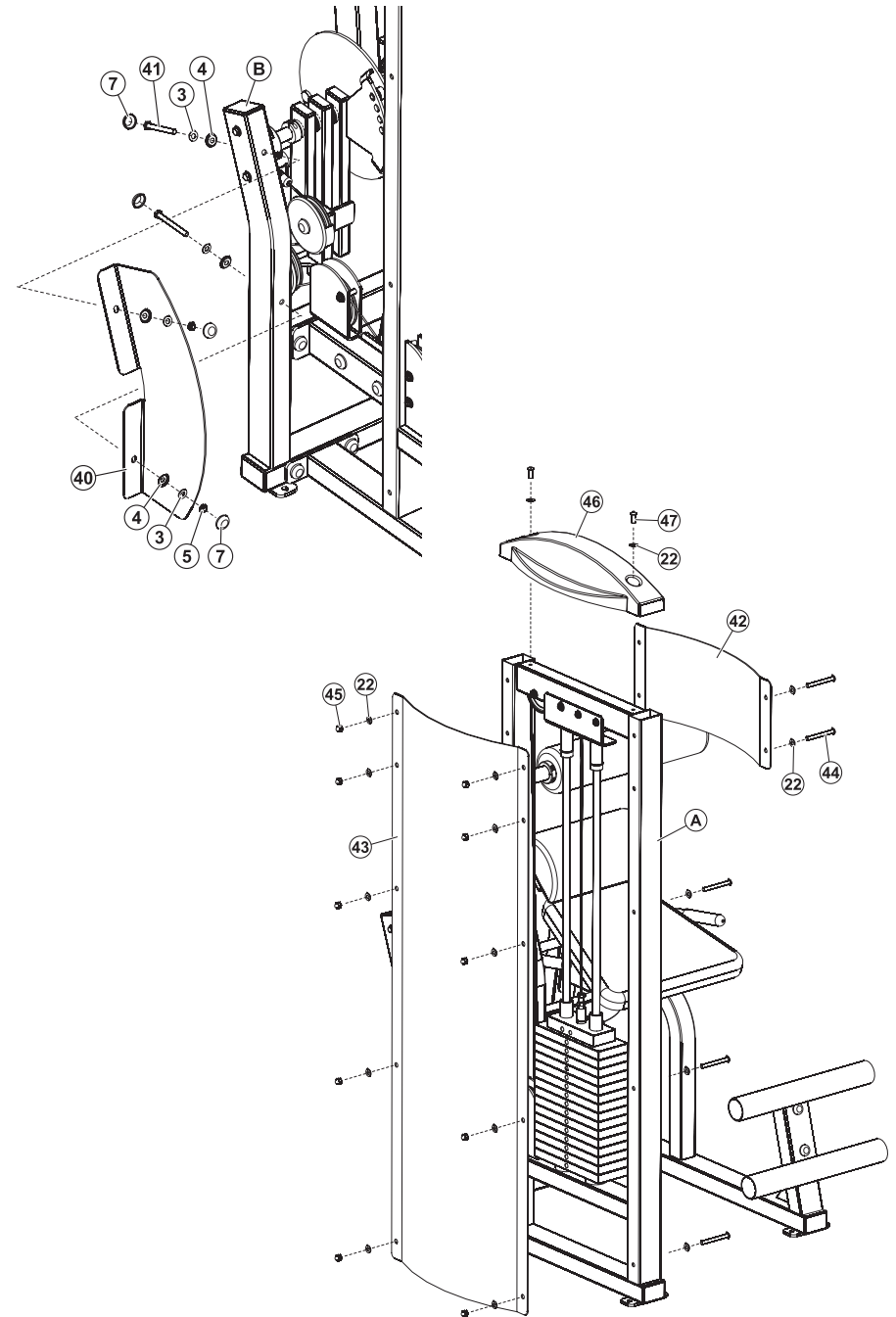


18. SECURELY assemble the CAM SHROUD (40) to the CAM FRAME (B) using two 3/8 X 89mm BOLTS (41), four 3/8" SAE WASHERS (3), four 3/8" RH WASHERS (4), two 3/8" LOW HT LOCK NUTS (5) and four RH CAPS (7) as shown.

19. **SHROUD ASSEMBLY**

SECURELY assemble the FRONT SHROUD (42) and the REAR SHROUD (43) to the TOWER (A) using ten 3/8 X 90mm BUTTON HEAD BOLTS (44), twenty 3/8" FLAT BLK WASHERS (22) and ten 3/8" ACORN NUTS (45) as shown.

SECURELY assemble the TOWER CAP (46) to the TOWER (A) using two 3/8 X 25mm BUTTON HEAD BOLTS (47) and two 3/8" FLAT BLK WASHERS (22).



2. Safety & Warranty

It is the sole responsibility of the purchaser of LIFE FITNESS products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to its use.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that all LIFE FITNESS equipment is used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by LIFE FITNESS.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. LIFE FITNESS will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

SPECIFIC OPERATING WARNINGS

1. Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
2. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
3. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
4. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.
5. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
6. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

WARRANTY

WHAT IS COVERED

This Life Fitness commercial exercise equipment (Hip Abduction / Adduction) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The original purchaser or any person receiving the Product as a gift from the original purchaser.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during the second and third years (if applicable).

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual (.Manual.). All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

OPERATION MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at (800) 351-3737 or (847) 451-0036, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the RA# on the outside of the carton
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty

Ab / Back

3. Specifications

General Specifications

1. Frame Construction

Frame is constructed of mechanical quality steel purchased in mill run quantities

Frame is primarily 2" x 3" tubing with 11 gauge wall thickness.

2. Frame Finish

Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion

3. Bolts

All hardware is metric and has a corrosion resistant finish.

4. Instructional Placard

Visual placard provides illustration for proper use.

5. Equipment Anchoring

All machines have holes in the feet, which allow for easy anchoring to the floor. Life Fitness recommends that all machines be anchored to the floor to minimize the possibility that they will be tipped.

6. Warranty

A 10-year minimum warranty on structural frames (excluding finish surfaces), 1 year on guide rods, pulleys and weight plates, and 90 days on grips, upholstery, cables and any items not specified.

7. Liability Insurance

Certificate of insurance available upon request

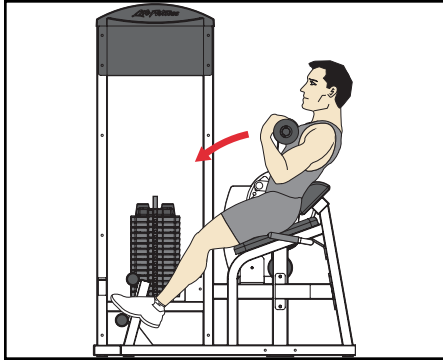
Product Specifications

AB / BACK	Product # - FSABBA	
Machine Weight:	490 lbs.	222 kg.
Size:	in = 52.5L x 44W x 70.5H	cm = 134 L x 112 W x 179 H
Live Area:	in = 65L x 54W x 70.5H	cm = 165 L x 137 W x 179 H

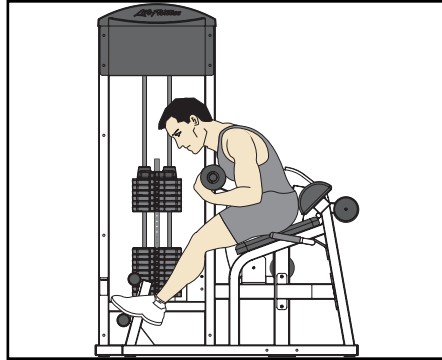
Abdominal Crunch

4. Exercise

Abdominal

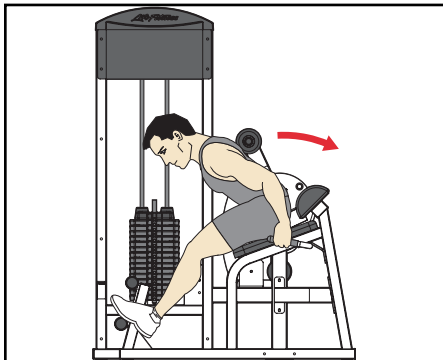


Start

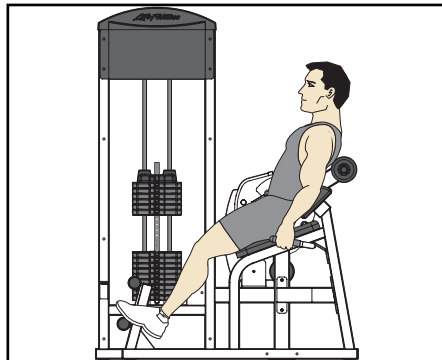


Finish

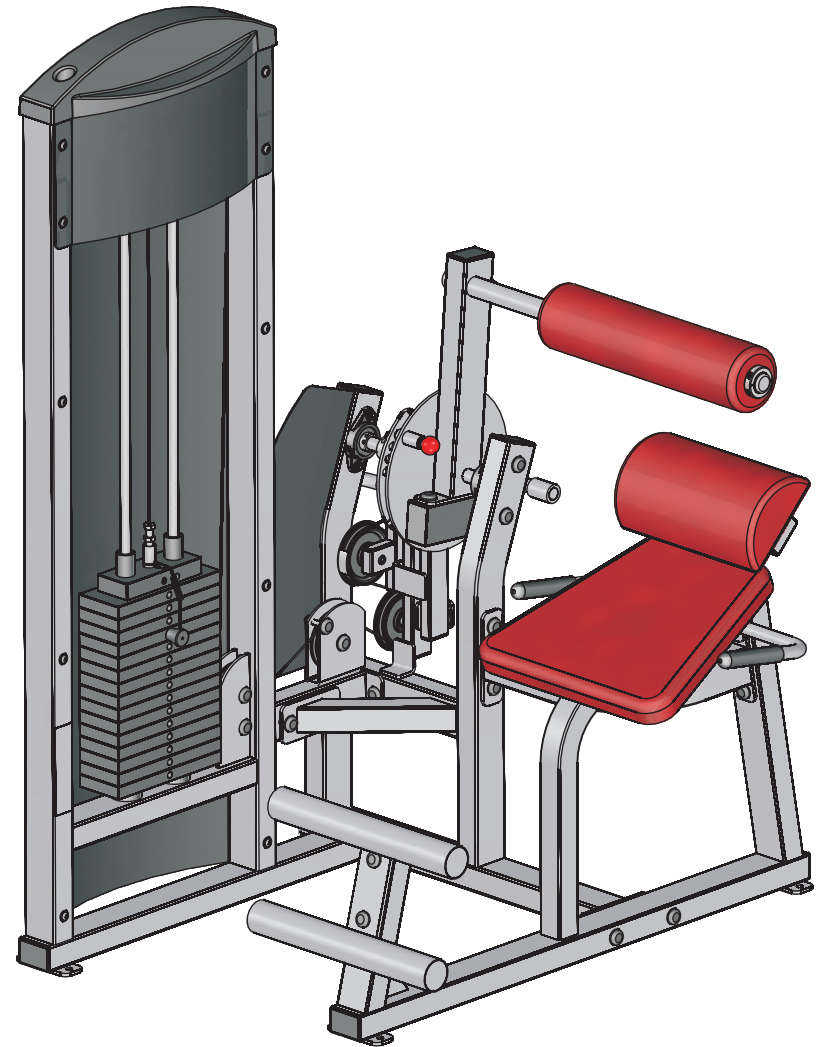
Back



Start



Finish



Abdominal Crunch

5. Maintenance

CLEAN

- Upholstery with a mild soap and water.
- Hand grips with mild soap and water.

INSPECT

- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage. All paint chips should be filled immediately with touch-up paint.
- Handgrips should be checked for wear or damage.

ONCE A DAY

- Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.

ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check condition of hand grips.

ACTION	DAILY	MONTHLY	BI-ANNUALLY	AS NEEDED
CLEAN				
Upholstery	X			
Hand Grips				X
INSPECT				
Hardware		X		
Frame			X	
Hand Grips				X

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