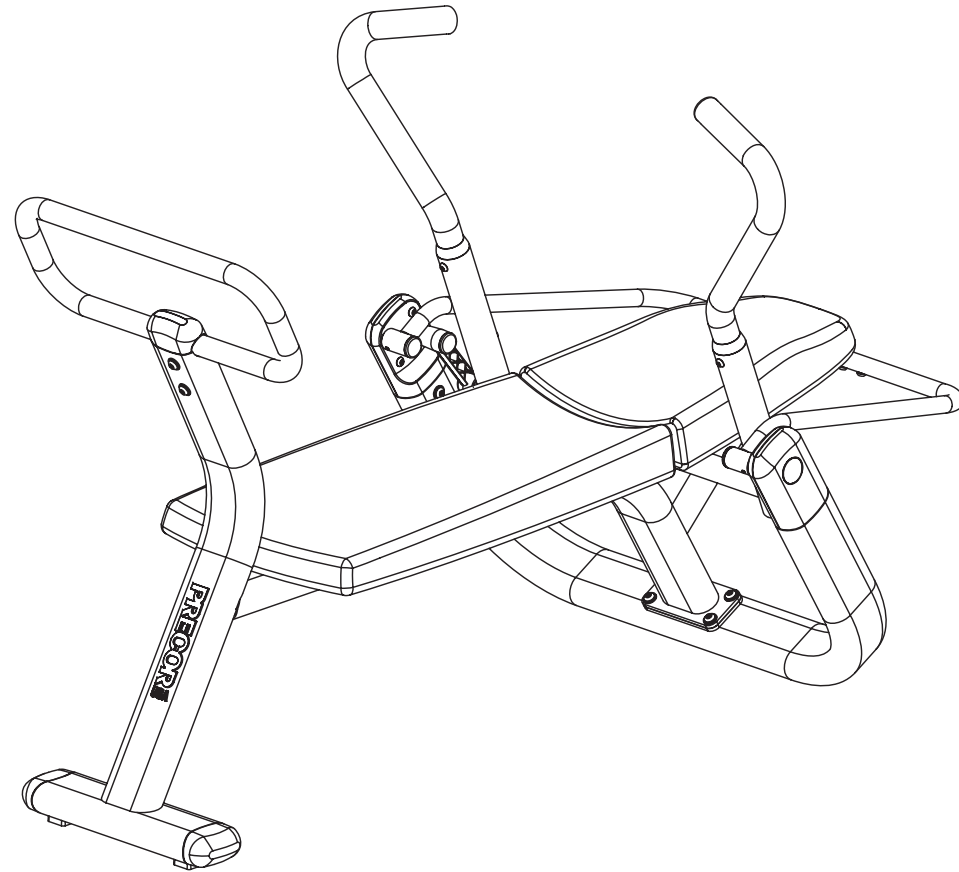


# Assembly Guide

## Ab-X100



**PRECOR** USA 



## Important Safety Instructions

When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before assembling the Ab-X100. These instructions are written for your safety and to protect the unit.
- 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 which would void the Precor Limited Warranty.
- Assemble and operate the Ab-X100 on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access.
- Do not allow children or those unfamiliar with its operation on or near the equipment. Do not leave children unsupervised around the unit.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Do not attempt to service the Ab-X100 yourself. The unit does not contain any user-serviceable parts.

## Obtaining Service

For information about product operation or service, refer to the Precor web site at [www.precor.com](http://www.precor.com) where you can also find customer support numbers or a list of Precor authorized service centers.

If you call or e-mail Customer Support, have the serial number available.

You can find the serial number printed on a label affixed to the Ab-X100. For future reference, write the serial number in the space provided below.

Serial number: \_\_\_\_\_

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# 1

## Preparations

The Ab-X100 parts are inspected before shipment. Each unit contains several pieces that require assembly. You may find it helpful to ask for assistance during the assembly process.

### Unpacking the Equipment

When you open a box, carefully unpack the pieces and lay them on the floor near the location where you plan to use them.

**CAUTION: Be careful when you remove the packaging material with a utility knife. Do not cut the upholstery or scratch the paint.**

If any items are missing, contact the dealer from whom you purchased the unit. For more information, refer to *Obtaining Service*.

### Required Tools

Tools that you need to obtain before assembling the unit include:

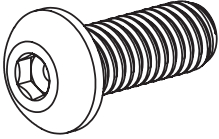
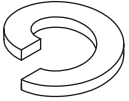
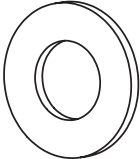
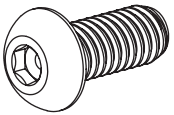
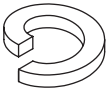
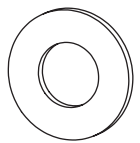
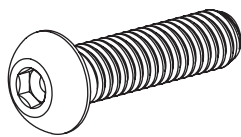
- Measuring tape
- Rubber mallet
- Wire tie cutter or utility knife

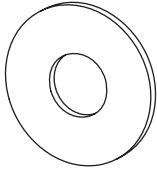
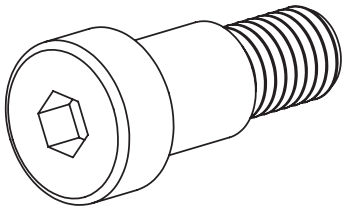
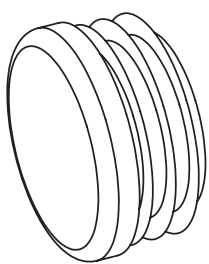
### Installation Requirements

Follow these installation requirements when assembling the unit:

- **Review the *Important Safety Instructions*.**
- **Assemble the unit where it will be used.**
- **Install components in the sequence shown.**
- **Insert all fasteners in the same direction.** For aesthetic purposes, insert all the fasteners in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten the fasteners to keep the unit stable, but leave room for adjustments.

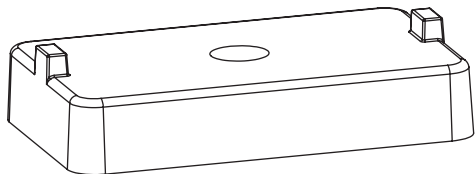
## Hardware Kit

Fastener		Qty
	1-inch Buttonhead screw (A)	6
	3/8-inch Split washer (B)	6
	3/8-inch Washer (C)	6
	3/4-inch Buttonhead screw (D)	8
	5/16-inch Split washer (E)	14
	5/16-inch Washer (F)	4
	1 1/4-inch Buttonhead screw (G)	10

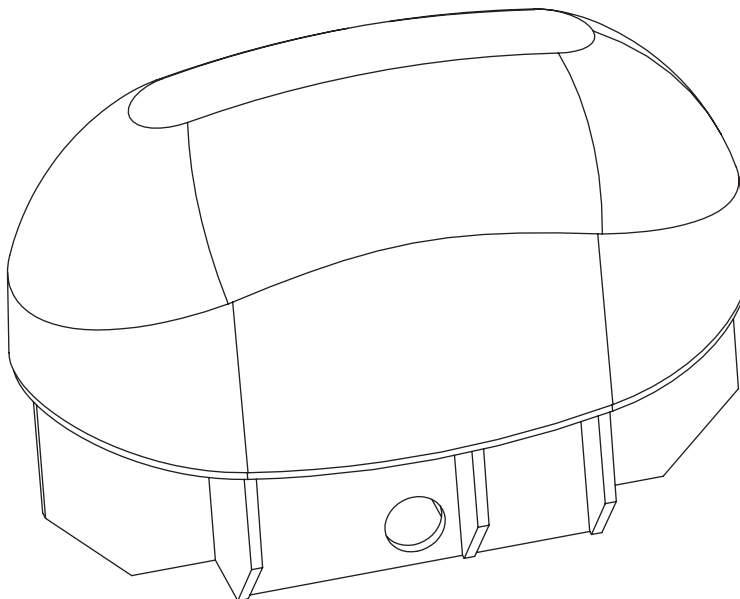
Fastener		Qty
	5/16-inch Washer (H)	4
	3/4-inch Shoulder bolt (J)	2
	Pivot arm cap (K)	2

## Preparations, continued

2 – Plastic foot (L)



2 – End cap (M)



# 2

## Assembly Instructions

Assembly of the Ab-X100 takes about 45 minutes to complete. If this is the first time you have assembled this type of equipment, plan on allowing more time.

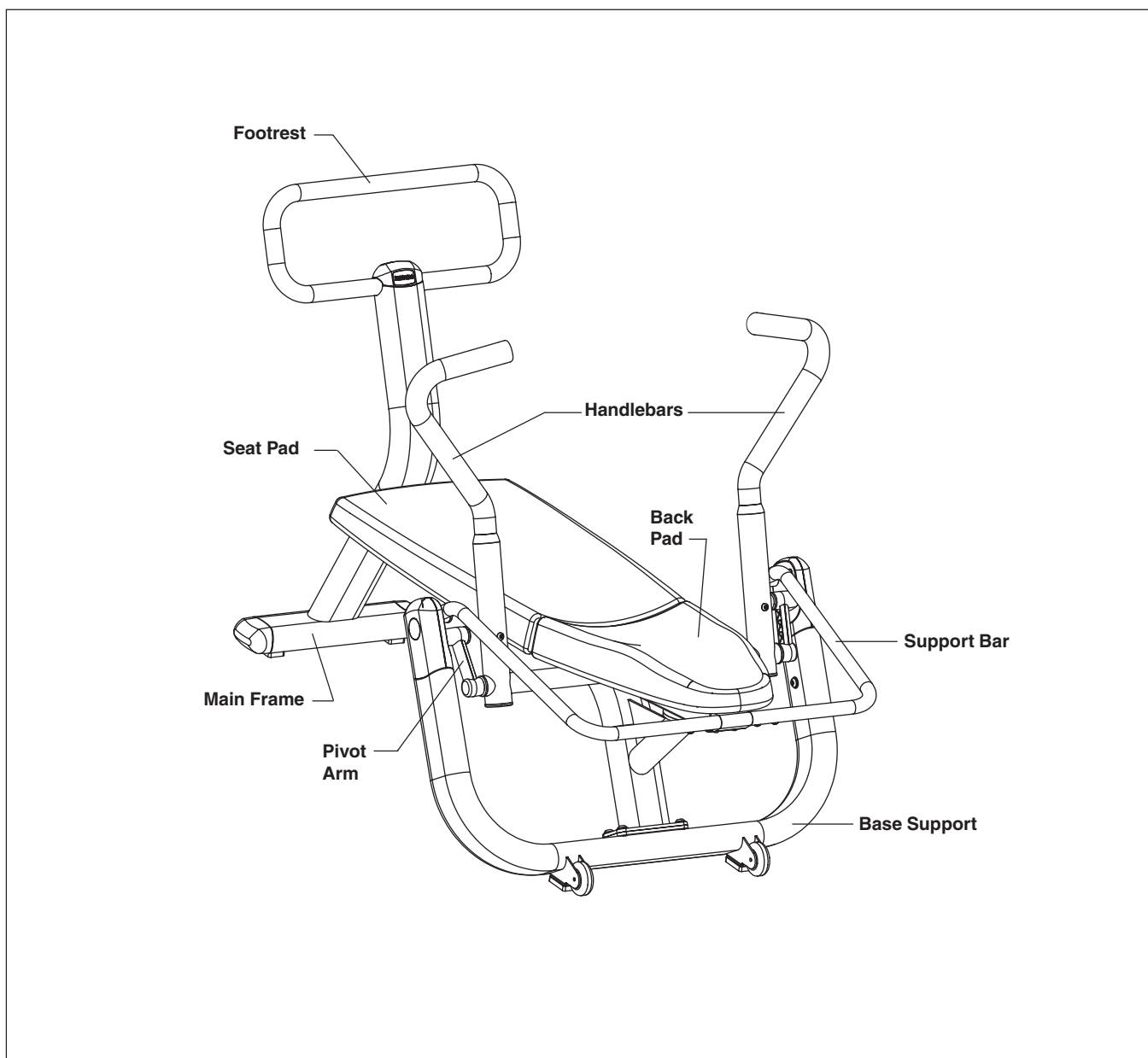
*Be careful to open boxes and assemble components in the sequence presented in this manual.*

**Note:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. **Do not fully tighten fasteners until instructed to do so.**

### Open the Box

Use wire tie cutters to open the box and remove packing materials.

The illustration shows how the Ab-X100 will look when you have completed its assembly. The callouts identify specific pieces.



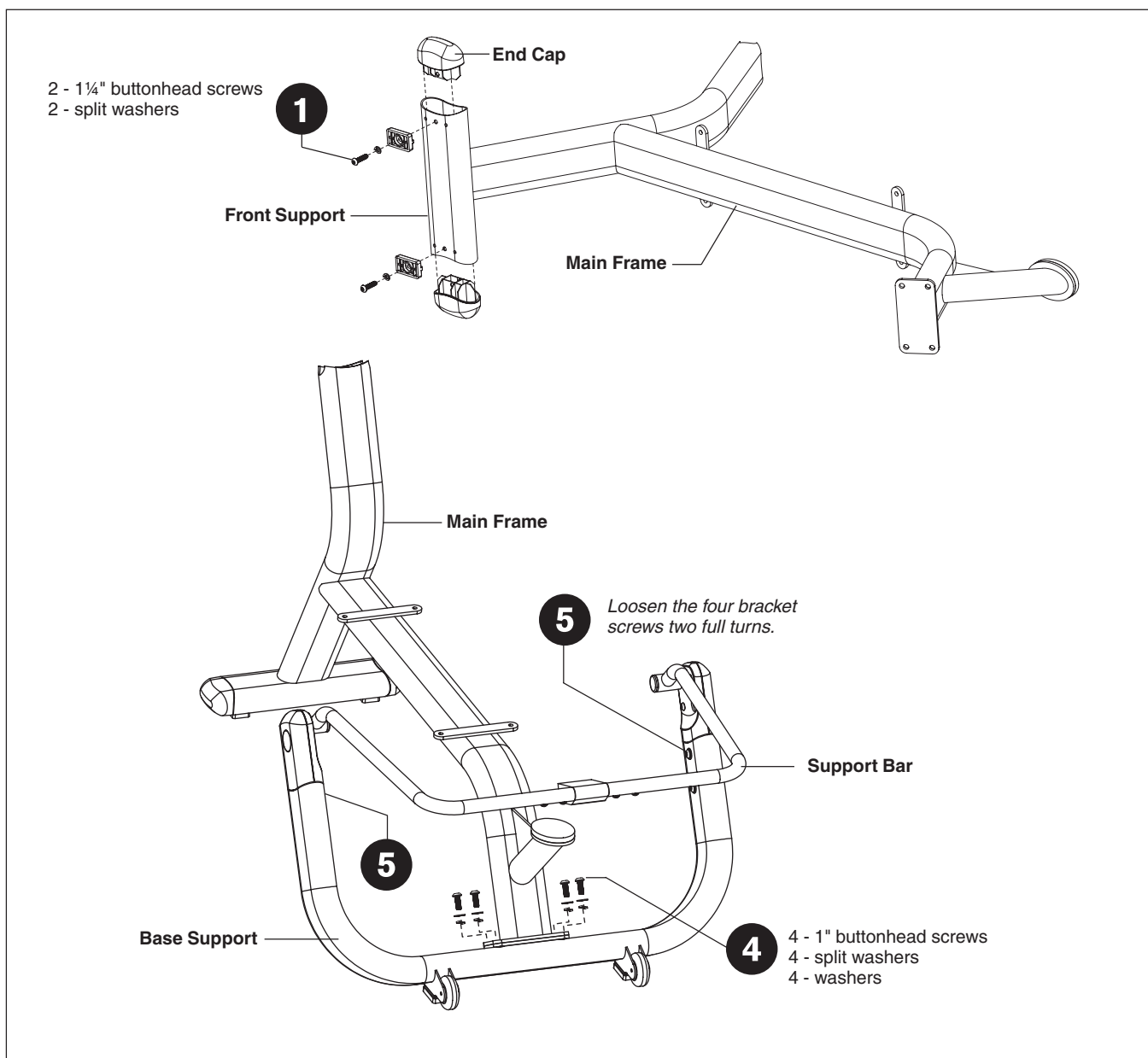


## Assemble the Main Structure

1. Insert the End Caps (M) into the Front Support and attach two plastic feet (L) to its base. Secure the pieces using two 1¼-inch buttonhead screws (G) two split washers (E) Wrench tighten.
2. Set the Main Frame in an upright position.
3. Cut the wire tie holding the Support Bar to the wheeled Base Support and remove any packing material.
4. Attach the Base Support to the Main Frame. Ask your assistant to lift the Main Base while you align the mounting holes and insert four 1-inch buttonhead screws (A) four split washers (B) four flat washers (C) Wrench tighten.

**Note:** Make sure the wheels are positioned as shown in the illustration. The wheels must be outside of the Main Frame not under it.

5. Loosen the four screws that secure the mounting bracket so you can install the Handlebar Assembly.

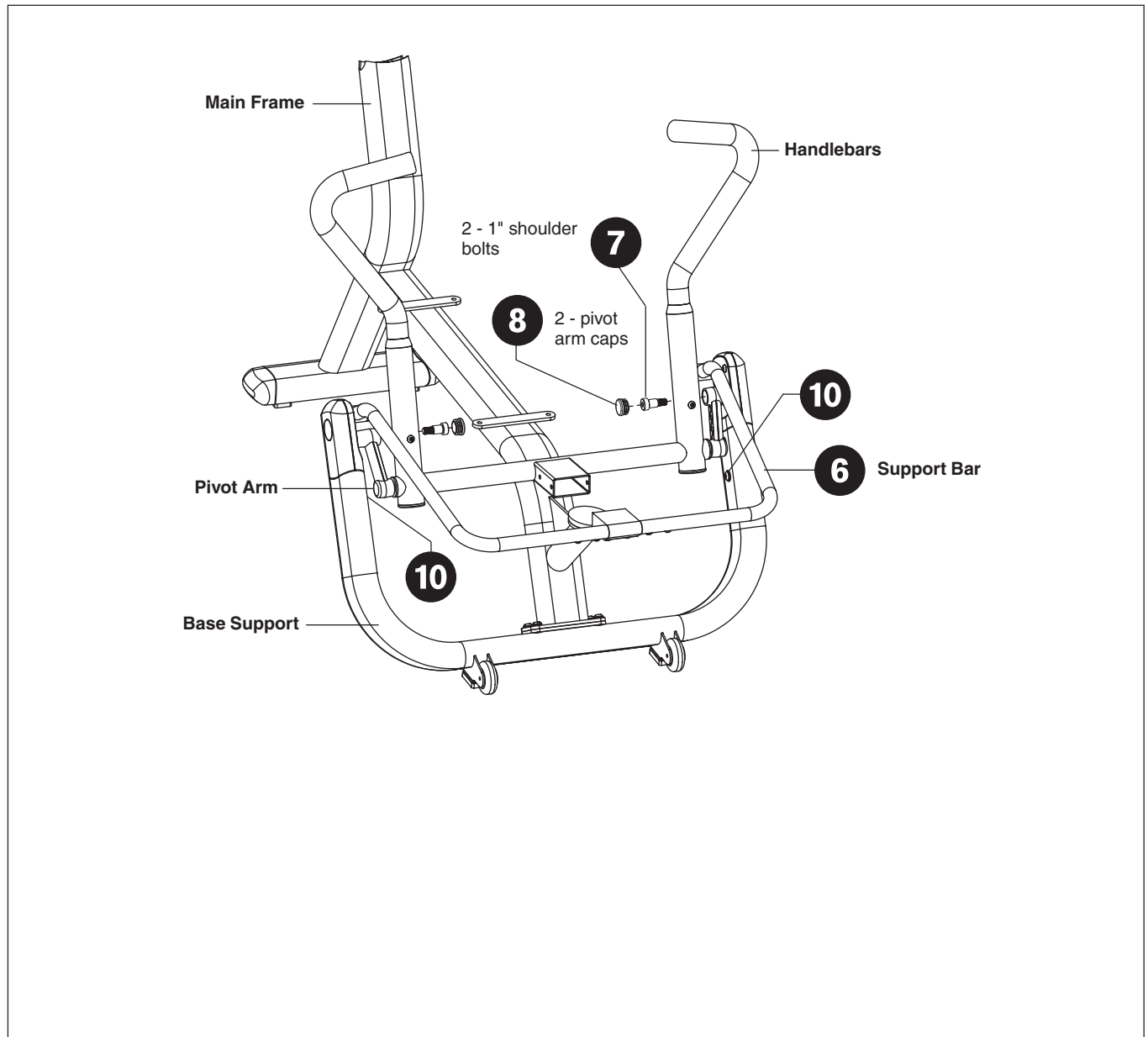


## Assemble the Main Structure

6. Lift the Support Bar so you can access the Pivot Arm mounting holes.
7. Have your assistant angle the Handlebar Assembly beneath the Support Bar and position the Pivot Arms so you can insert a shoulder bolt through each sleeve. Thread the shoulder bolts (H) into the mounting holes to secure the Pivot Arms. Wrench tighten.

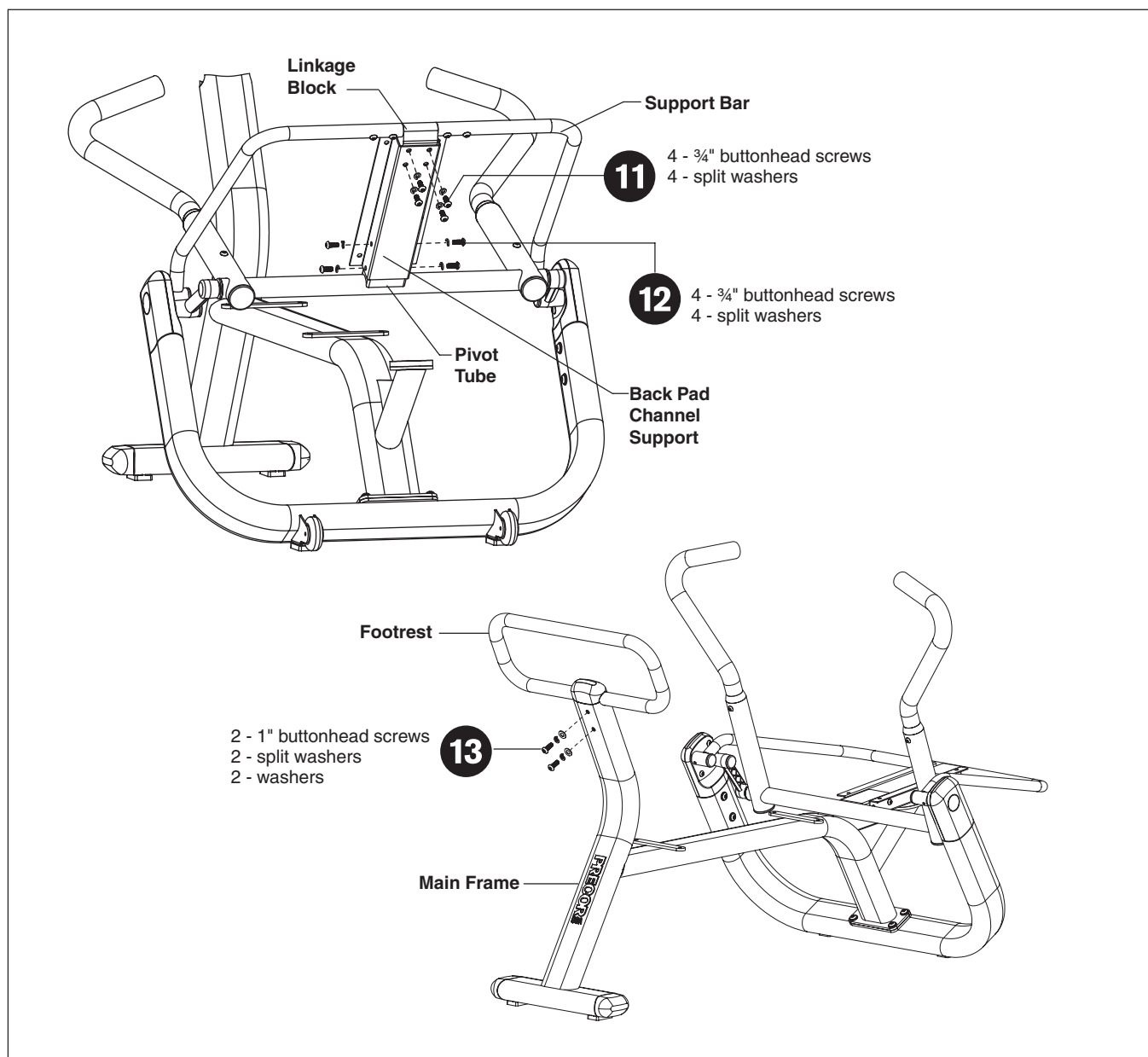
**Note:** The Pivot Arms can fall off the Handlebar Assembly, so keep the assembly as level as possible.

8. Insert the Pivot Arm Caps (K). Apply pressure to secure them.
9. Lower the Handlebar Assembly and rest it on the floor.
10. Retighten the four bracket screws.



## Assemble the Main Structure, continued

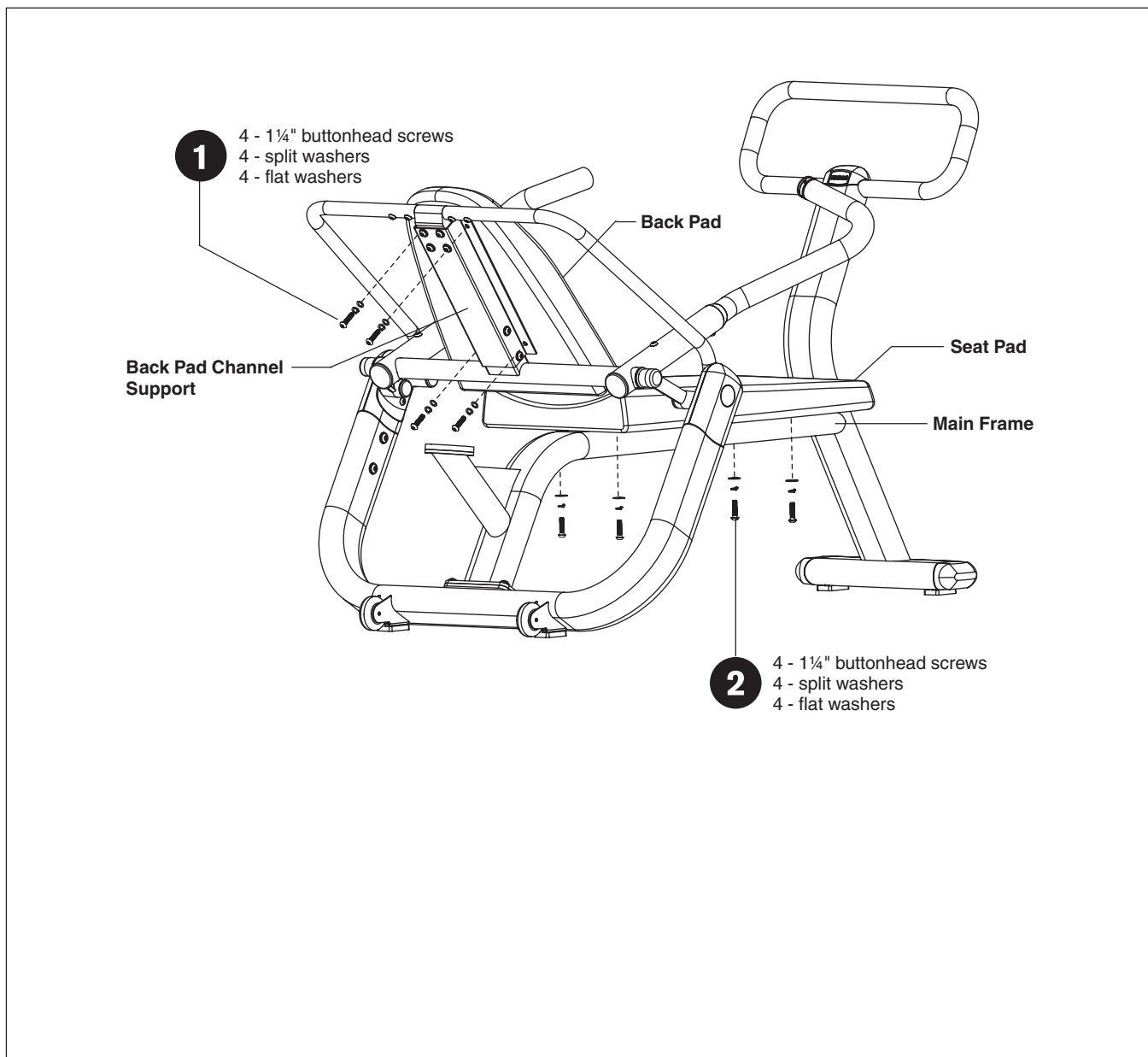
11. Install the Back Pad Channel Support onto the Linkage Block using four 3/4-inch buttonhead screws (D) four split washers (E) Wrench tighten.
12. Lift and pull back on the Support Bar so you can align the Back Pad Channel Support with the Pivot Tube side mounts. Secure the Back Pad Channel Support to the Pivot Tube using four 3/4-inch buttonhead screws (D) four split washers (E) Wrench tighten.
13. Slide the Footrest into the Main Frame and secure it using two 1-inch buttonhead screws (A) two split washers (B) two washers (C) Wrench tighten.



## Attach the Seat and Back Pad

1. Attach the Seat Pad to the Main Frame using  
four 1¼-inch buttonhead screws (G)  
four split washers (E)  
four flat washers (F)  
Wrench tighten.
2. Attach the Back Pad to the Back Pad Channel  
Support using  
four 1¼-inch buttonhead screws (G)  
four split washers (E)  
four flat washers (H)  
Wrench tighten.

This completes the assembly of the Ab-X100.



## Attach the Seat and Back Pad

## **Clean the Pads and Assembly**

To clean the seat or back pads moisten a clean, soft cloth in a mild solution of soap and water and wipe the pads thoroughly. Dry the pads with a clean, dry cloth.

Use the same procedure to clean the Main Frame and plastic parts.

Frequently, vacuum the floor underneath the Ab-X100 to prevent the accumulation of dust and dirt. If necessary, use the Footrest to lift the front end and tip the Ab-X100 onto its wheels to roll it to a different location.

# Limited Warranty

Precor, Incorporated (PRECOR) will repair or replace any of the following components which are defective as to materials or workmanship for products manufactured and sold after June 1, 1990:

## ICARIAN & STRETCH CENTER:

Lifetime: Structural Steel Framework

Five Years: Rotary Bearings, Weight Stacks, Pulleys, Guide Rods, Structural Moving Parts

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Ninety Days: Upholstery, Handgrips, All Other Items Not Listed

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## Ab-X100 Specifications

Length: 57 inches (145 cm)

Height: 38 inches (96 cm)

Width: 32 inches (81.5 cm)

Shipping weight: 186 lb (84 kg)



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Ab-X100 Assembly Guide CW33468-101  
Limited Warranty Statement CW31973-102  
05 December 2006



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