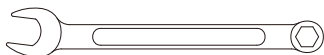


2.3 Assembly Guide

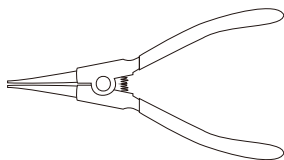
TOOLS



1. Allen Wrench
2mm, 3mm, 5mm, 6mm, 8mm



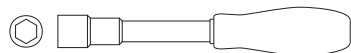
3. Open / Adjustable Wrench
10mm, 13mm, 16mm, 18mm



4. C Clip Plier

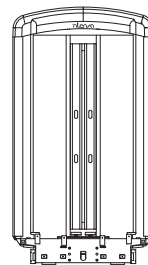


2. Screwdriver

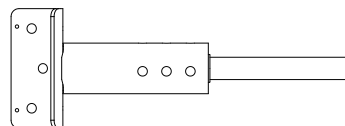


4. Hex Socket Wrench
13mm

PART LIST



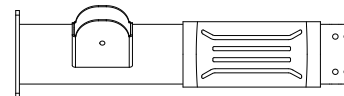
1. AB Tower
QTY 1



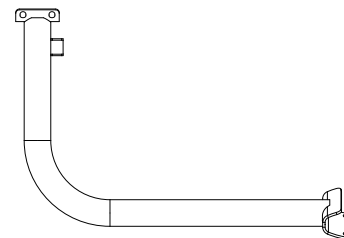
4. AB Pivot Frame
QTY 1



7. Guide Rod Retainer
QTY 2



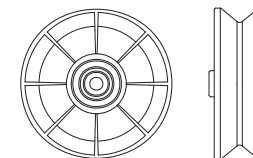
2. Lower Frame Connector
QTY 1



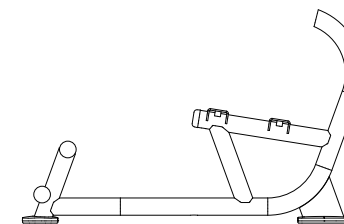
5. Upper Frame Connector
QTY 1



8. Spring
QTY 2



3. Pulley
QTY 1



6. AB Main Frame
QTY 1

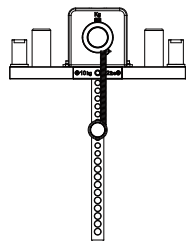


9. Guide Rod Collar
QTY 2

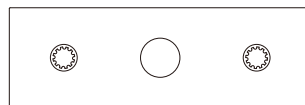
2.3 Assembly Guide



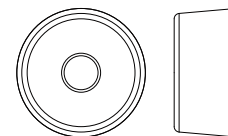
10. Guide Rod
QTY 2



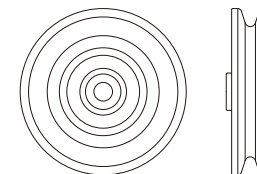
11. 10 lb Head Plate
QTY 1



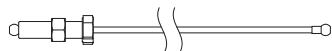
12. 5 lb Weight Plate
QTY 20



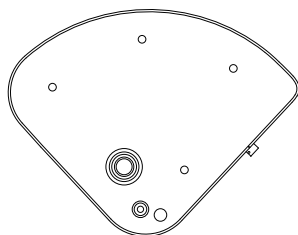
13. Weight Plate Cushion
QTY 2



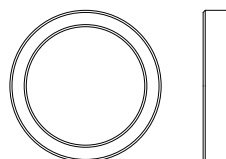
14. Pulley
QTY 1



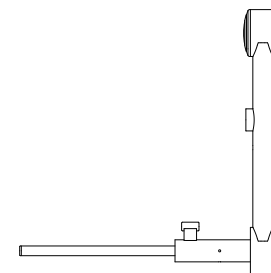
15. Cable
QTY 1



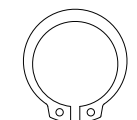
16. AB Cam
QTY 1



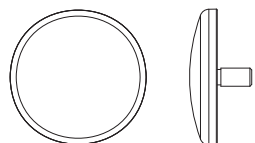
17. Spacer Ring
QTY 1



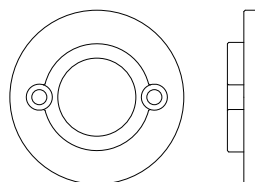
18. Cam Support Frame
QTY 1



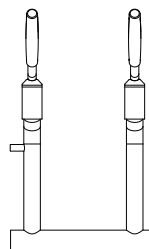
19. C—Clip for 28 mm shaft
QTY 2



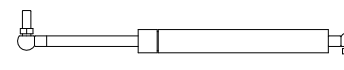
20. End Cap
QTY 2



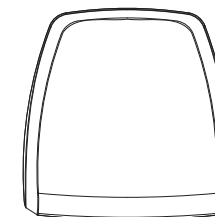
21. Cap
QTY 1



22. Crunch Arm
QTY 1

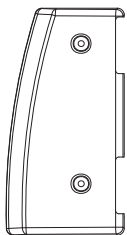


23. Gas Spring
QTY 1

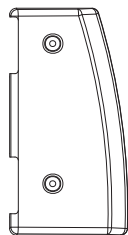


24. Seat Pad
QTY 1

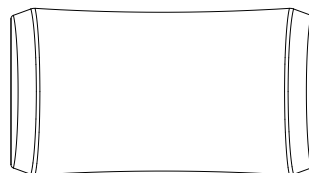
2.3 Assembly Guide



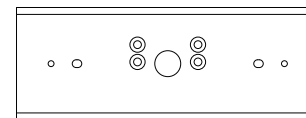
25. Seat Pad Cover, R
QTY 1



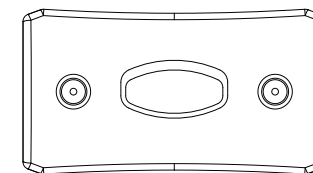
26. Seat Pad Cover, L
QTY 1



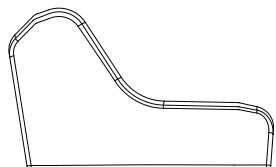
27. Back Pad
QTY 1



28. Back Pad Bracket
QTY 1



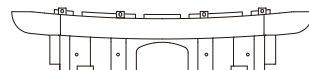
29. Back Pad Cover
QTY 1



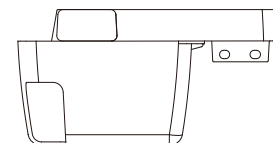
30. Shoulder Pad
QTY 2



31. Shoulder Pad Cover
QTY 2



32. Tower Cover, Lower
QTY 2



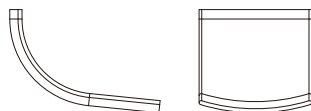
33. Bottle Holder
QTY 1



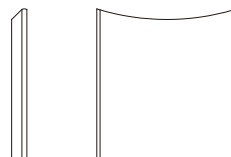
34. Tower Cover, Lower
QTY 1



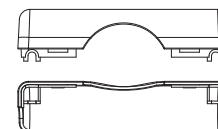
35. Tower Cover, Lower
QTY 1



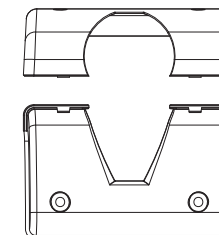
36. Tower Cover
QTY 2



37. Tower Cover
QTY 2

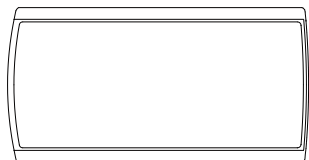


38. Pivot Frame Cover
QTY 1

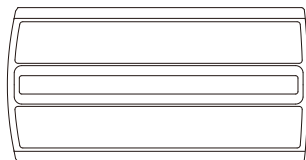


39. Pivot Frame Cover
QTY 1

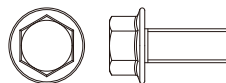
2.3 Assembly Guide



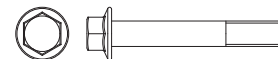
40. Rear Shroud
QTY 1



41. Front Shroud
QTY 1



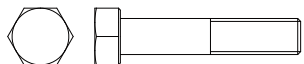
42. Hex Head Flange Screw, M10x25
QTY 16



43. Hex Head Flange Screw, M10x70
QTY 1



44. Set Screw, M6x8
QTY 4



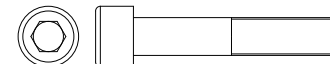
45. Hex Screw, M10x50
QTY 1



46. Flat Washer, Silver
OD20xID10.5x2T
QTY 2



47. Lock Nut, M10
QTY 1



48. Socket Screw, M10x55
QTY 1



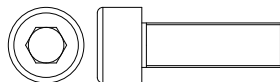
49. Spring Washer, M10
QTY 1



50. Flat Washer, Black
OD20xID10.5x2T
QTY 1



51. Set Screw, M4x5
QTY 1



52. Socket Screw, M5x16
QTY 2



53. Dome Screw, M8x25
QTY 14

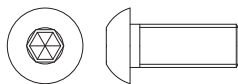


54. Spring Washer, M8
QTY 14

2.3 Assembly Guide



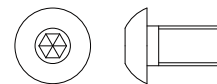
**55. Flat Washer, OD16xID8.4x1.6T
QTY 20**



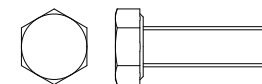
**56. Dome Screw, M8x20
QTY 6**



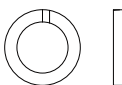
**57. Countersunk Screw, M8x20
QTY 4**



**58. Dome Screw, Silver, M5x10
QTY 20**



**59. Hex Screw, M6x20
QTY 2**



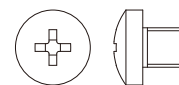
**60. Spring Washer, M6
QTY 2**



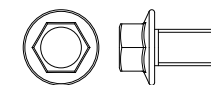
**61. Flat Washer, OD12.5xID6.6x1.6T
QTY 2**



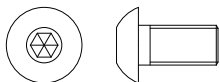
**62. Countersunk Screw, M5x10
QTY 8**



**63. Dome Screw, M5x6
QTY 4**



**64. Hex Head Flange Screw, M10x20
QTY 4**



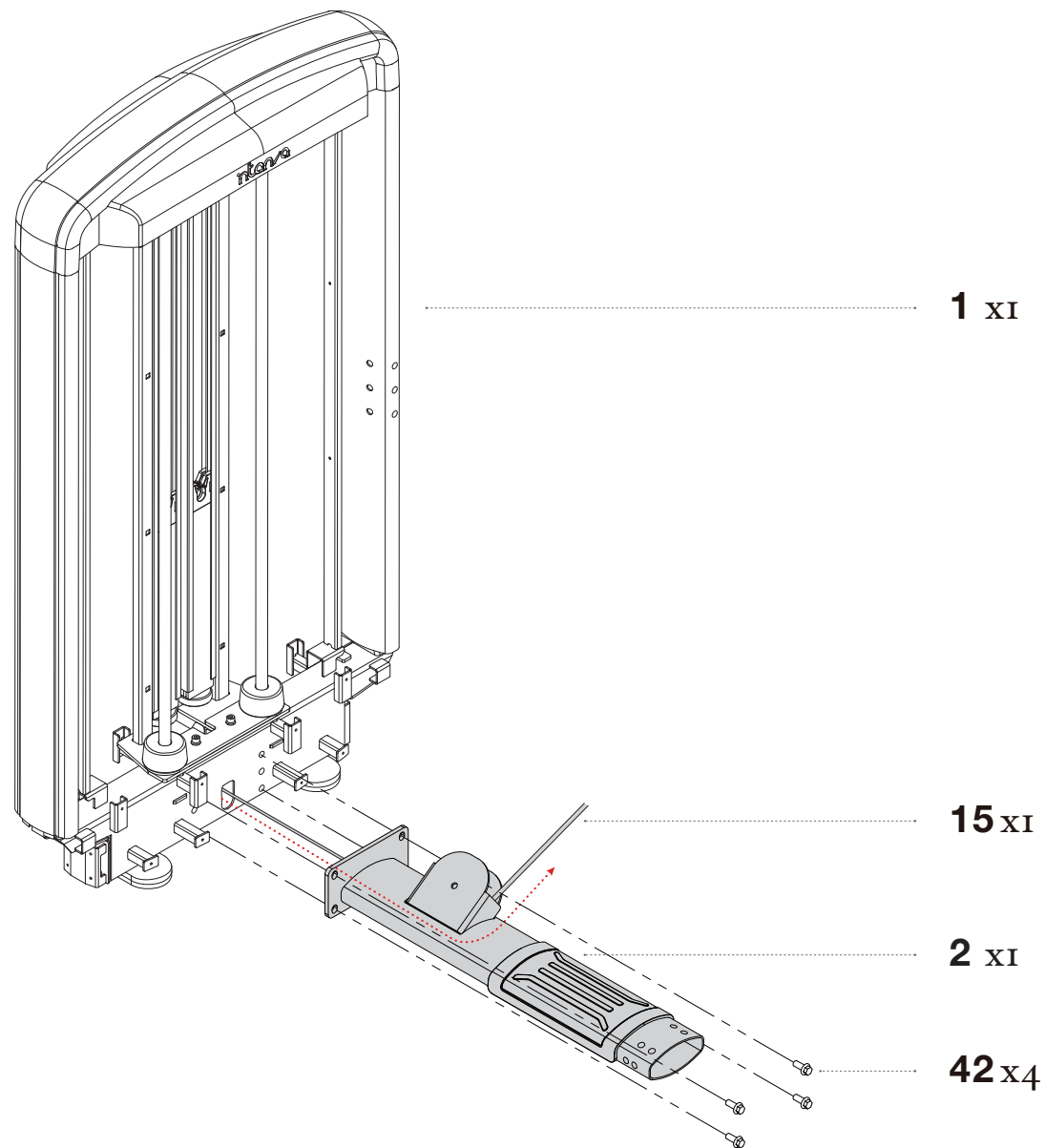
**65. Dome Screw, Black, M5x10
QTY 4**

2.3 Assembly Guide

STEP 1

LOOSELY fasten the bolt connections in this step. Do not fully tighten.

Use hex socket for lower screws due to limited space.



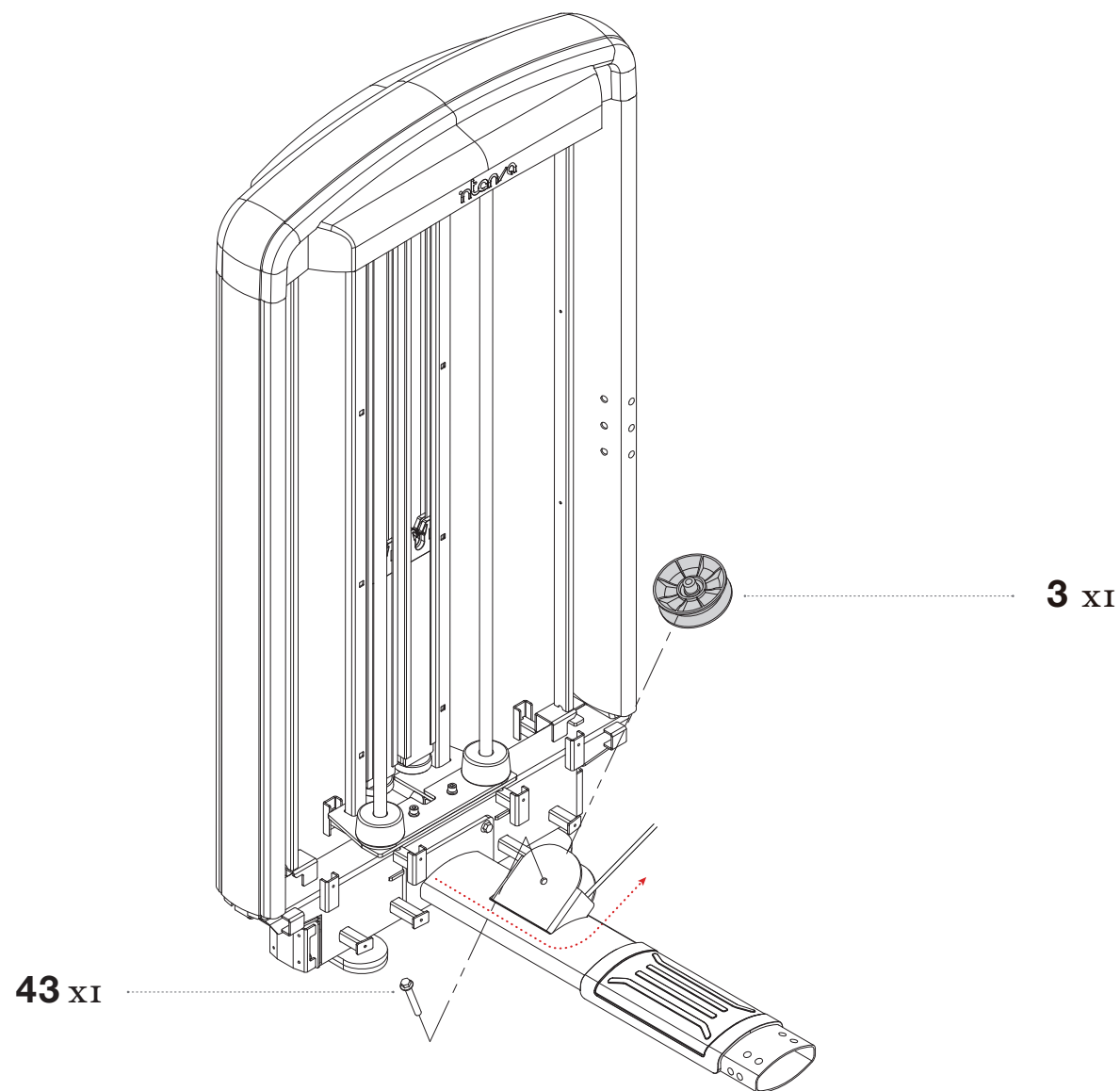
2.3 Assembly Guide

STEP 2

SECURELY tighten all bolt connections.

Follow the direction of arrows as shown to route the cable.

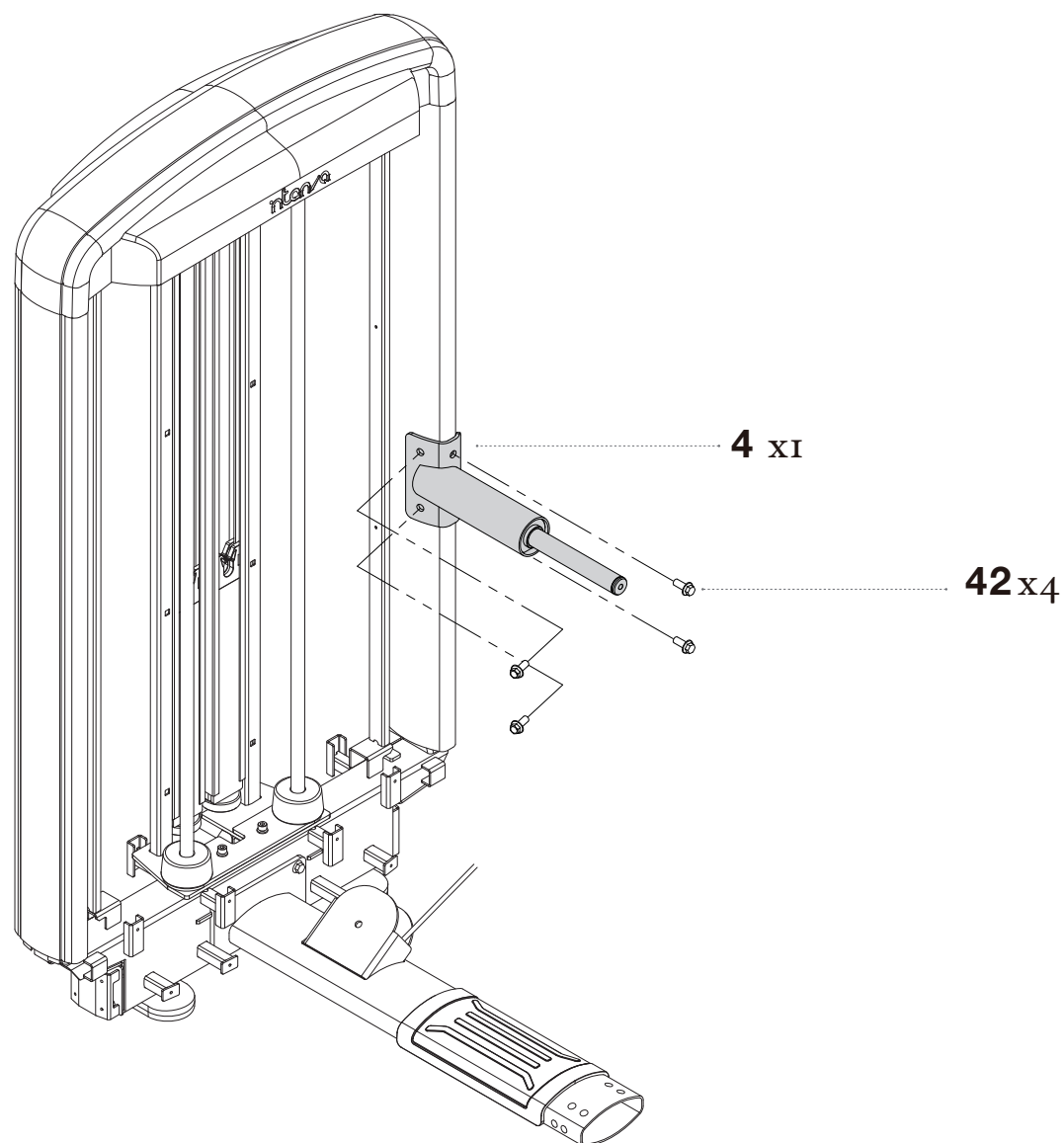
Make sure the cable is routed in the groove of pulley.



2.3 Assembly Guide

STEP 3

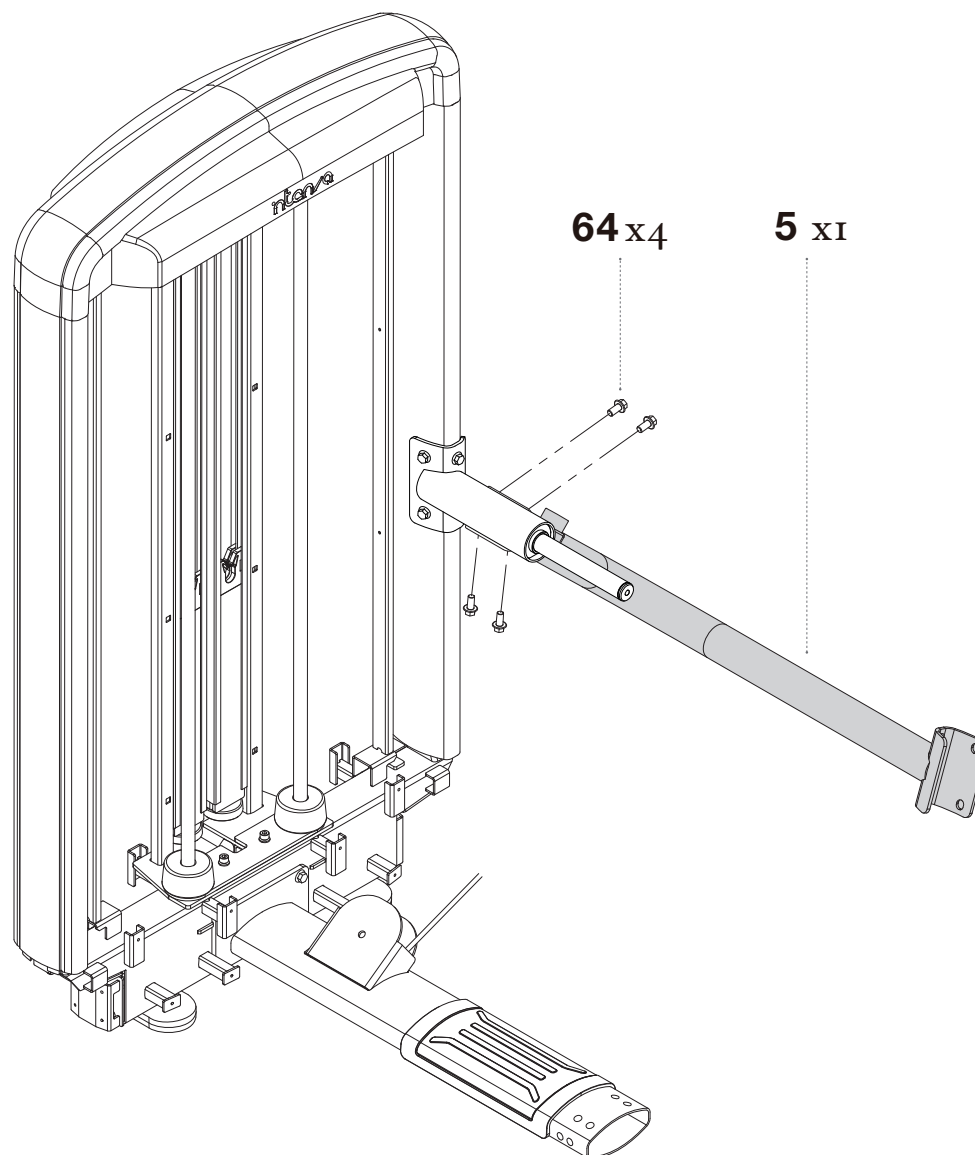
LOOSELY fasten the bolt connections in this step. Do not fully tighten.



2.3 Assembly Guide

STEP 4

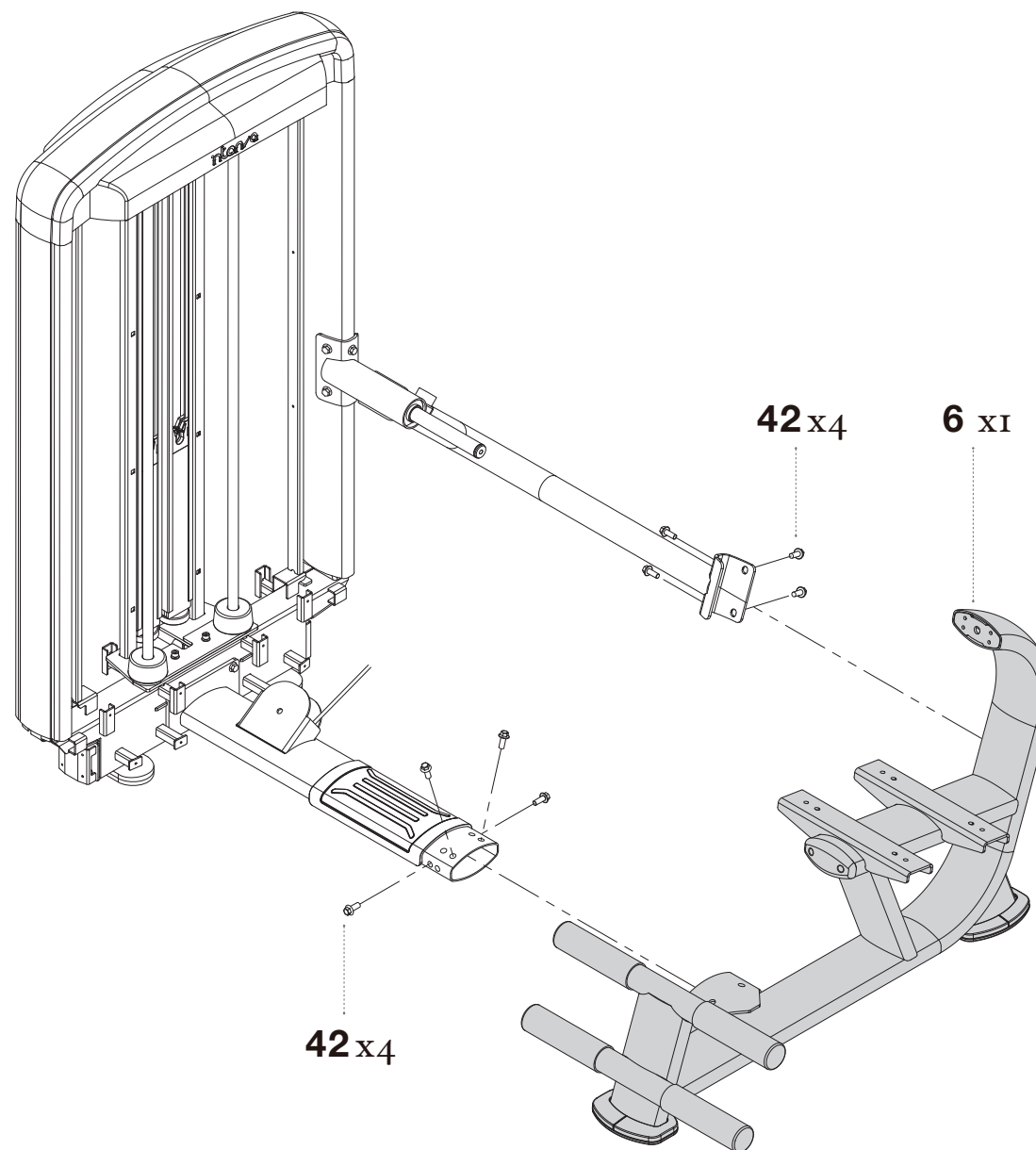
LOOSELY fasten the bolt connections in this step. Do not fully tighten.



2.3 Assembly Guide

STEP 5

SECURELY tighten all bolts from Step 1 to Step 5 after confirming proper alignment.



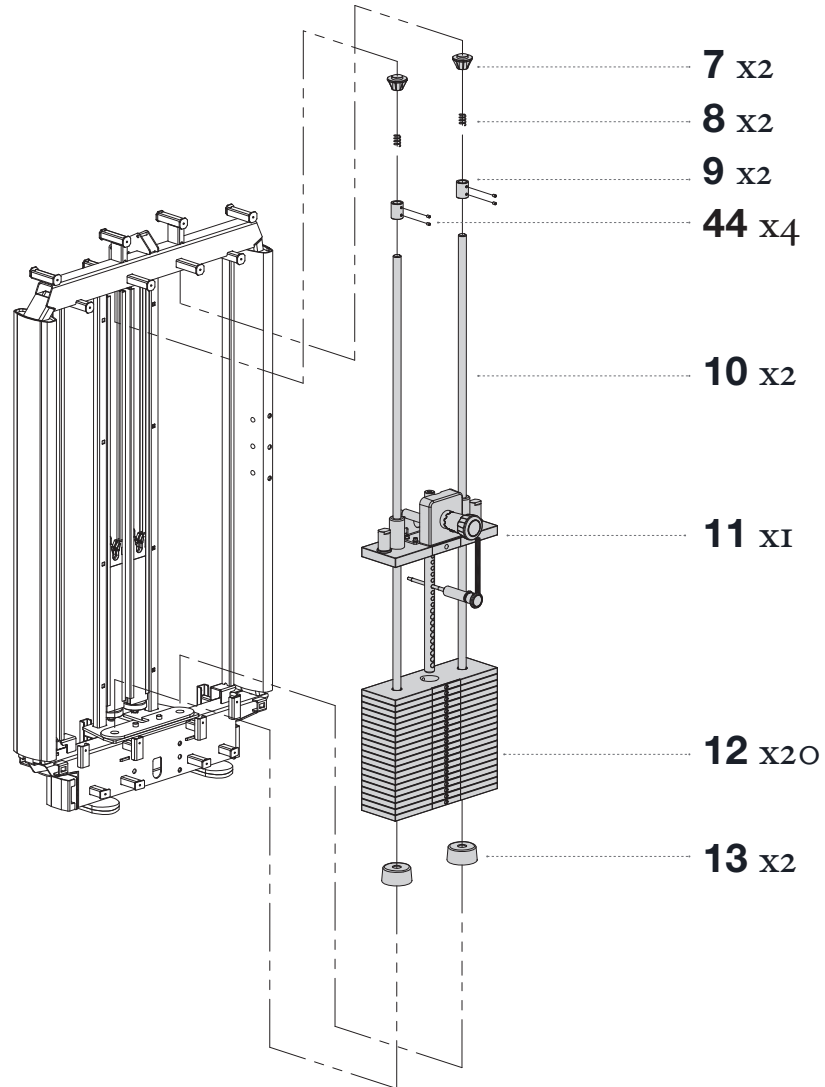
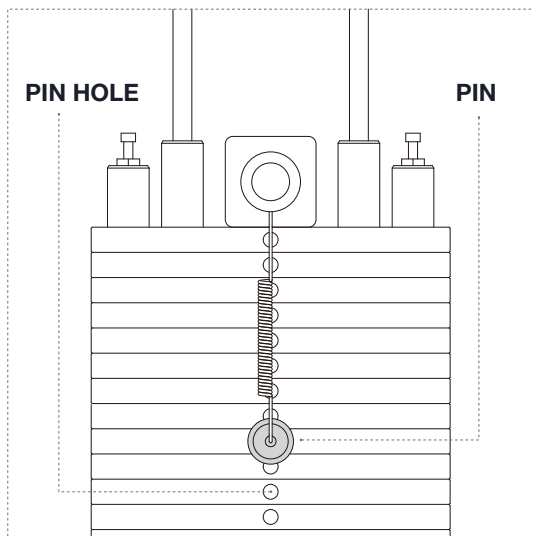
2.3 Assembly Guide

STEP 6

SECURELY tighten all bolt connections.

CHECK whether the Weight Plates (12) are in the right position by inserting the pin in all pin holes after assembling.

Some parts have been hidden for assembly clarity.

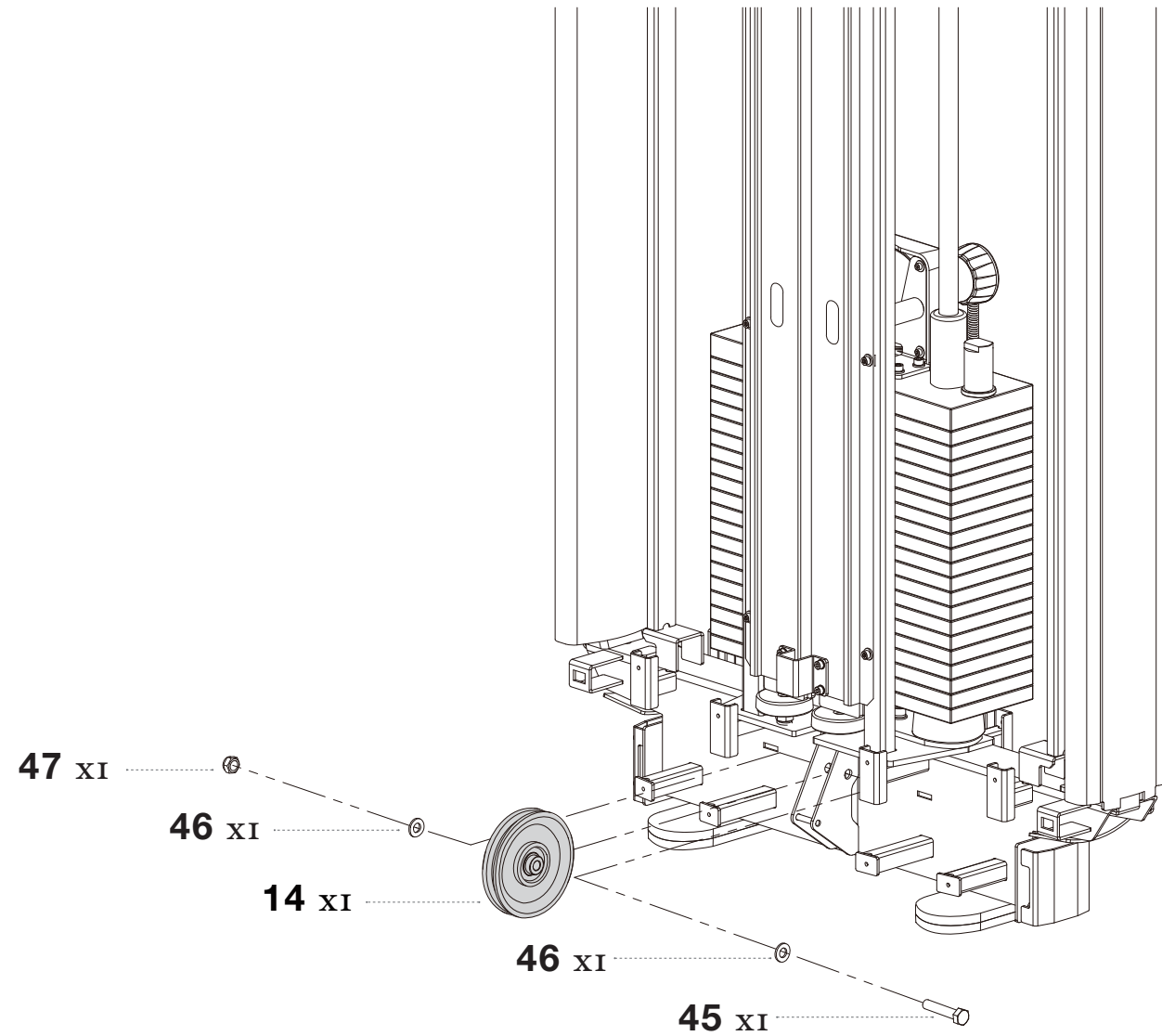


2.3 Assembly Guide

STEP 7

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



2.3 Assembly Guide

STEP 8

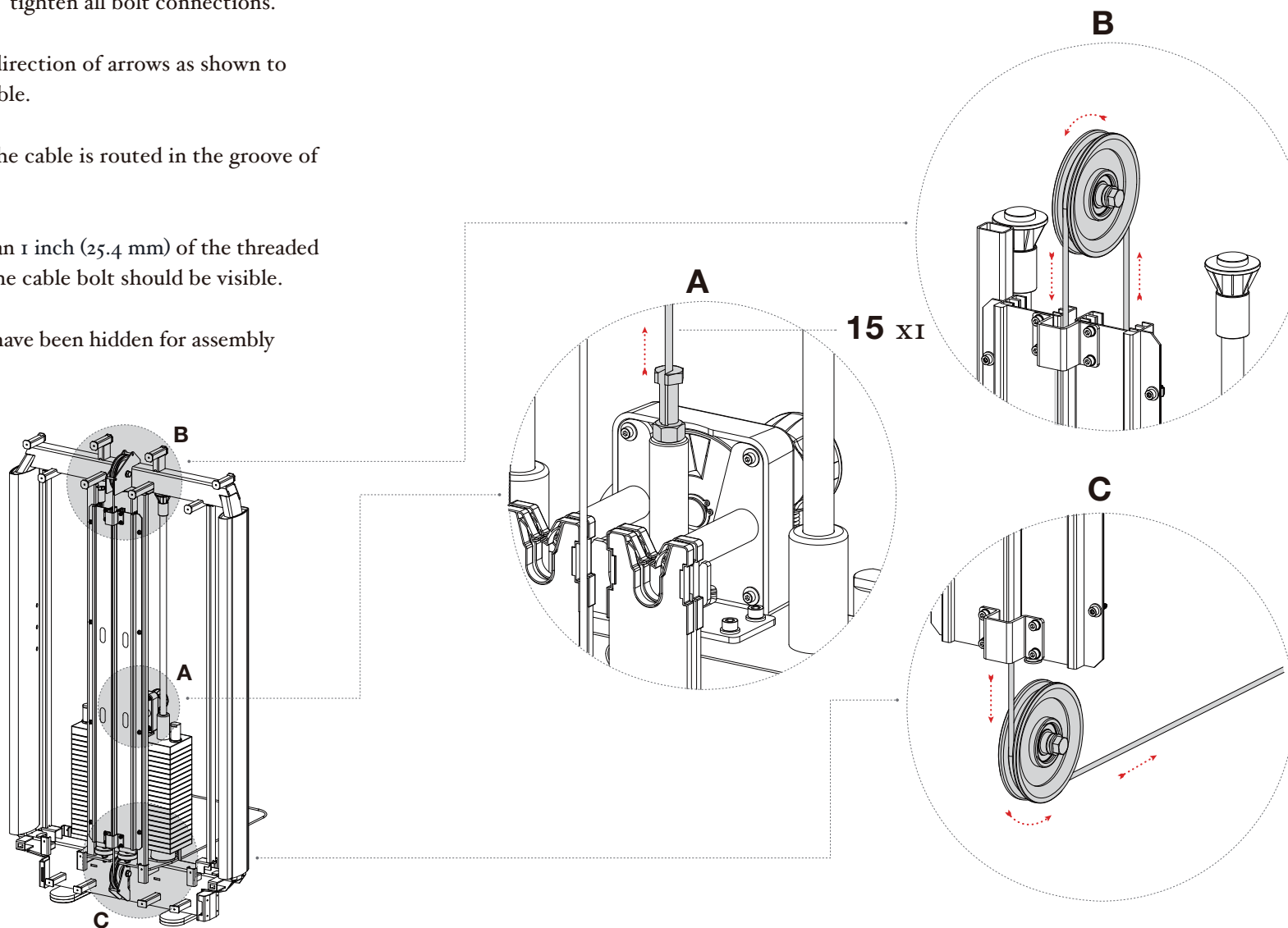
SECURELY tighten all bolt connections.

Follow the direction of arrows as shown to route the cable.

Make sure the cable is routed in the groove of pulley.

No more than 1 inch (25.4 mm) of the threaded portion of the cable bolt should be visible.

Some parts have been hidden for assembly clarity.

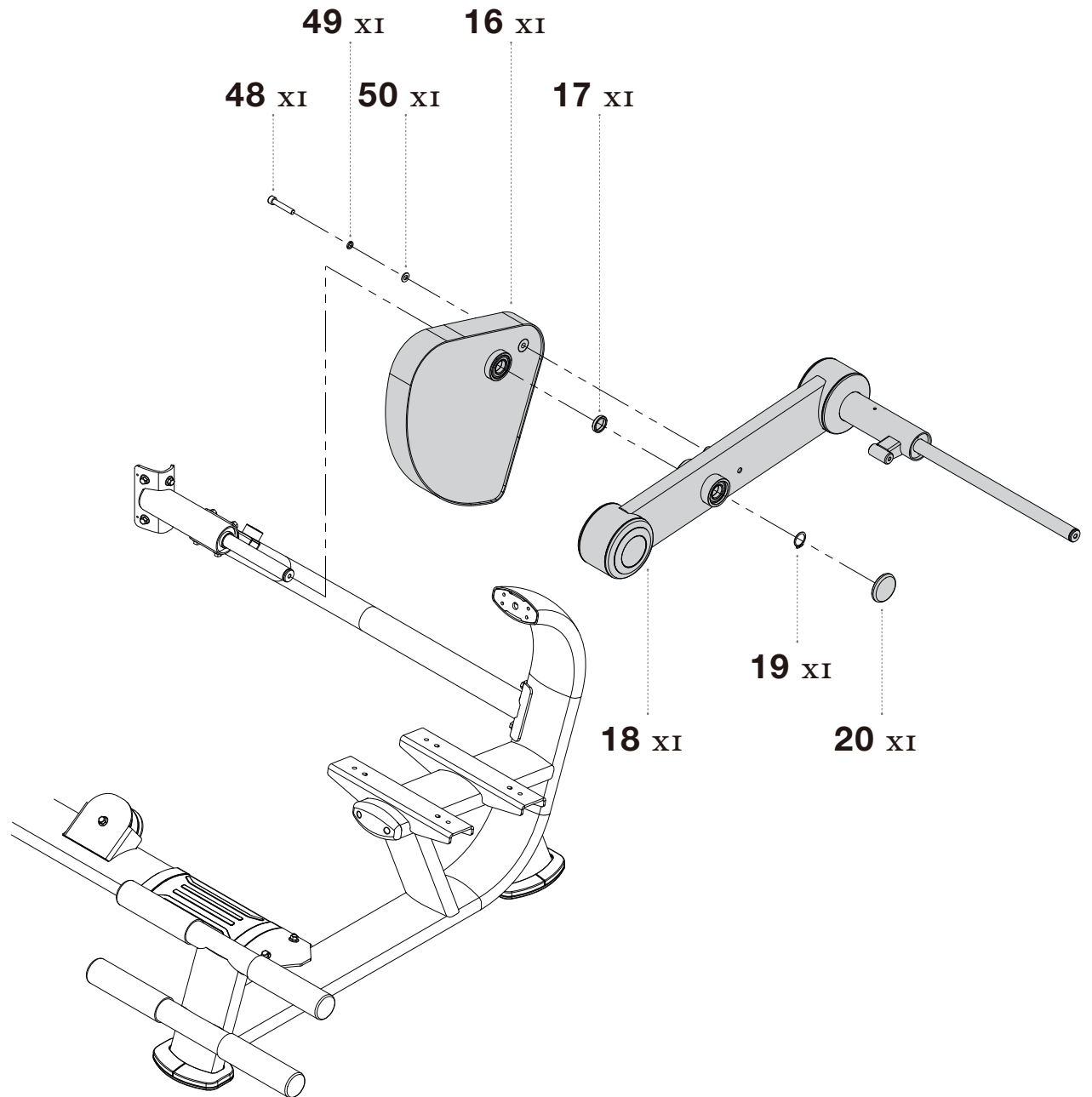


2.3 Assembly Guide

STEP 9

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



2.3 Assembly Guide

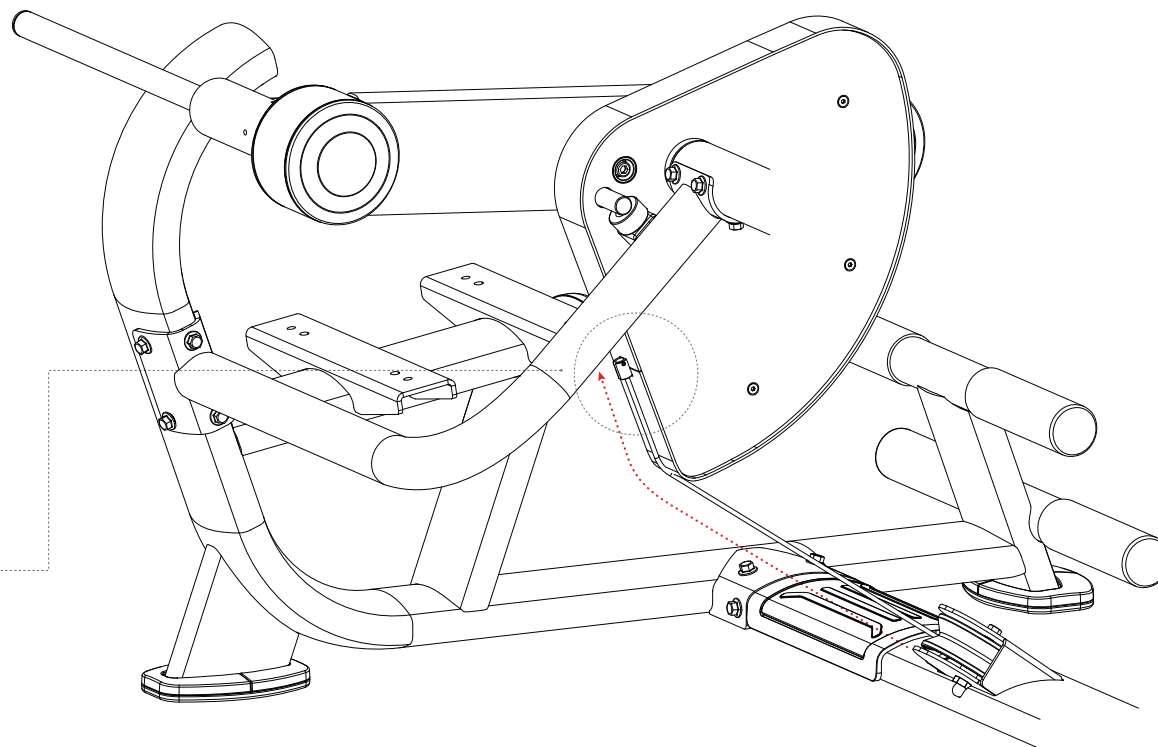
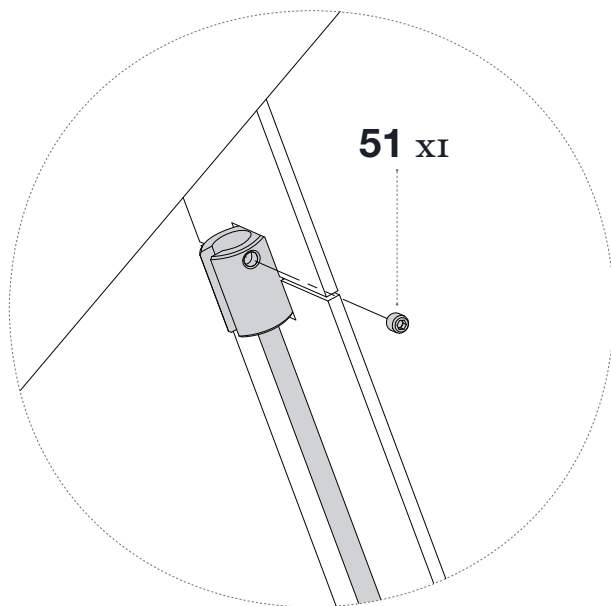
STEP 10

SECURELY tighten all bolt connections.

Follow the direction of arrows as shown to route the cable.

Make sure the cable is routed in the groove of pulley.

Some parts have been hidden for assembly clarity.

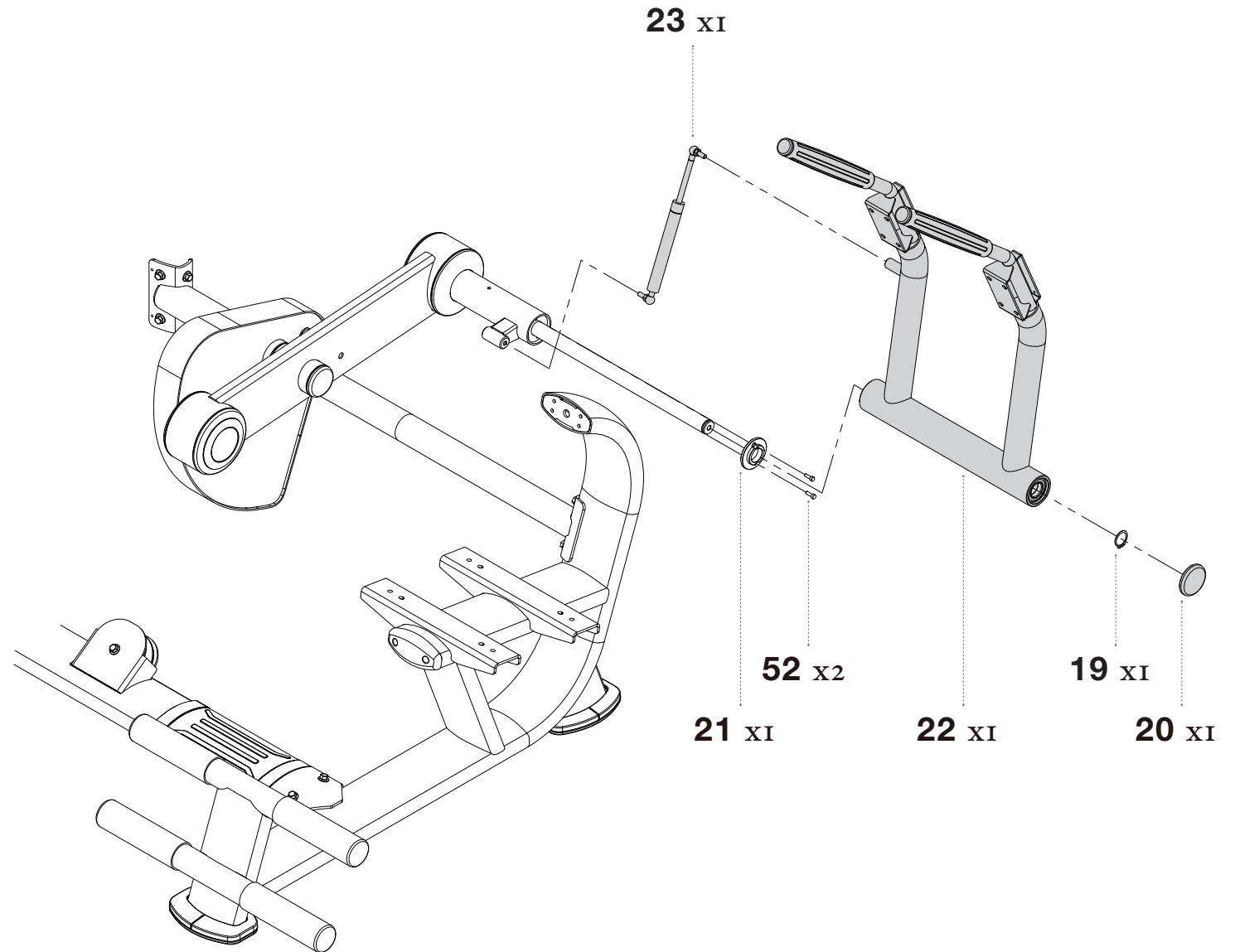


2.3 Assembly Guide

STEP 11

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

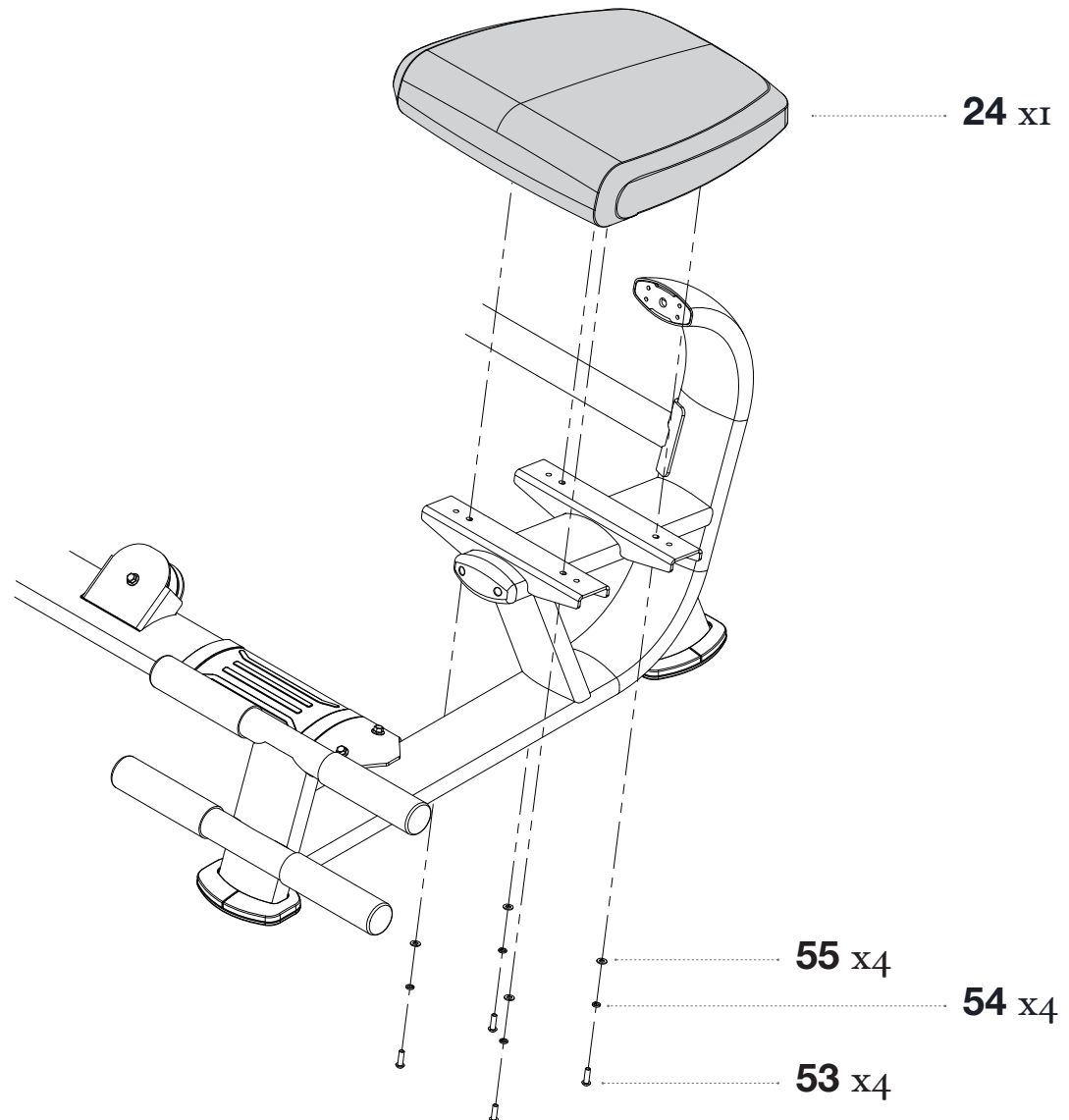


2.3 Assembly Guide

STEP 12

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

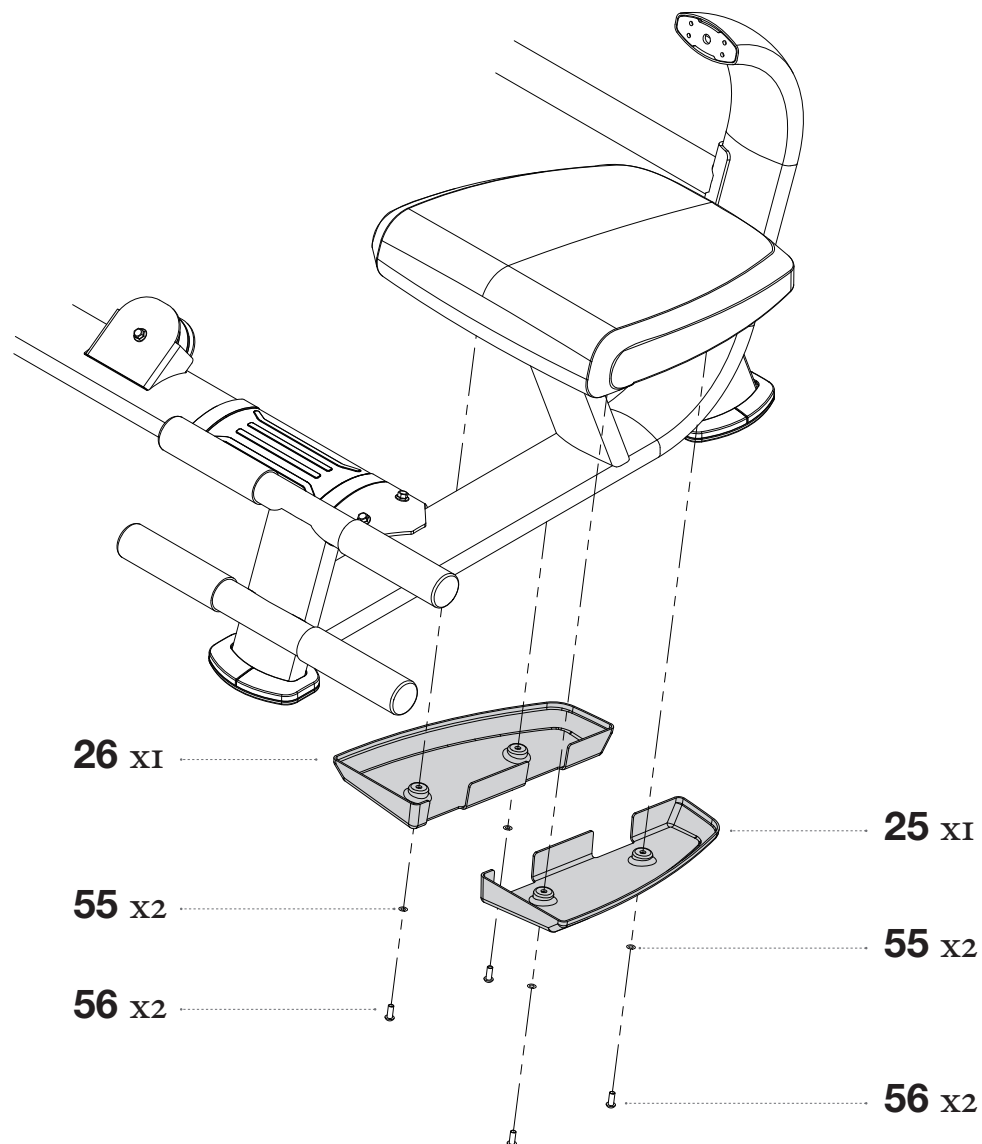


2.3 Assembly Guide

STEP 13

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

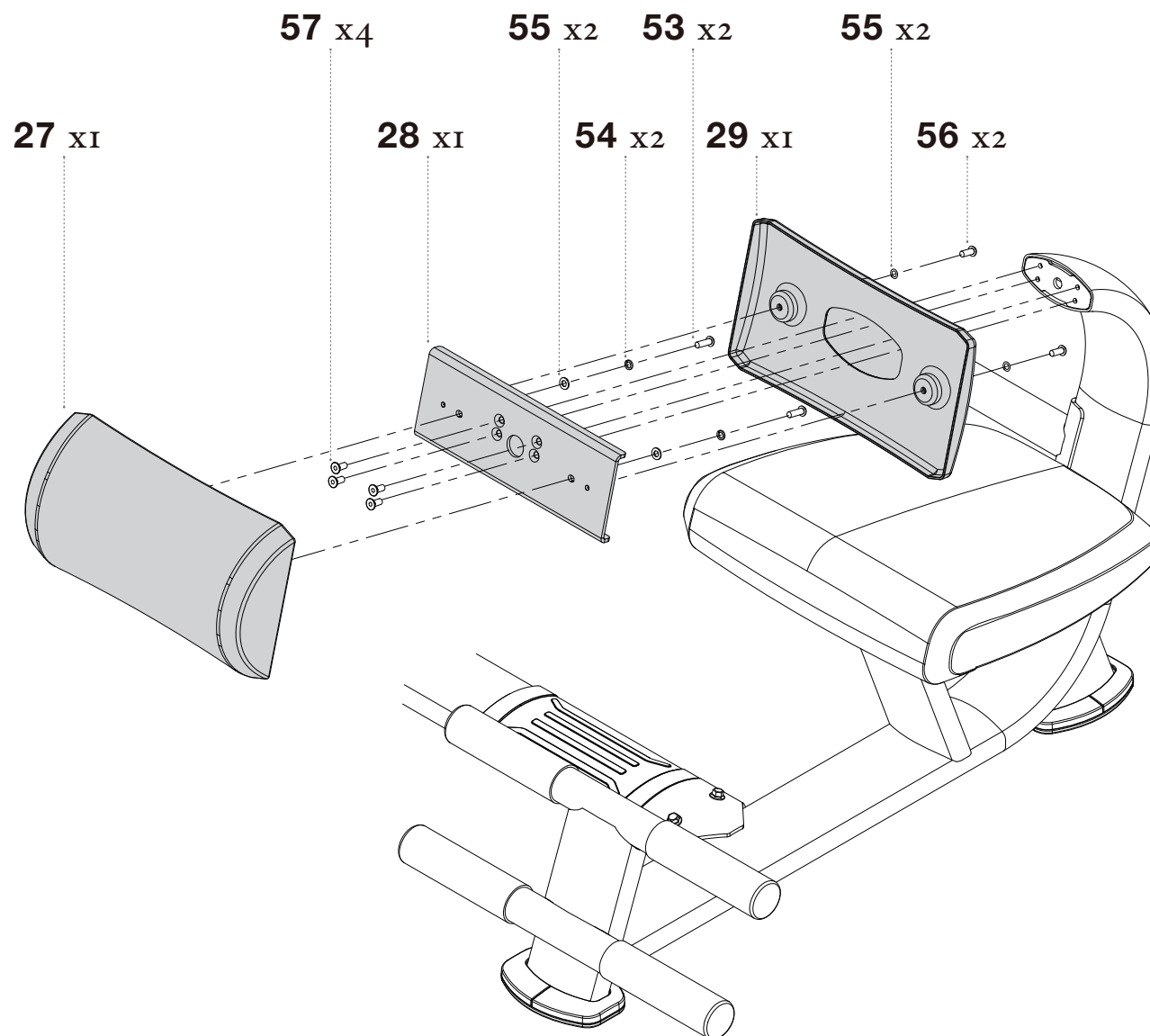


2.3 Assembly Guide

STEP 14

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

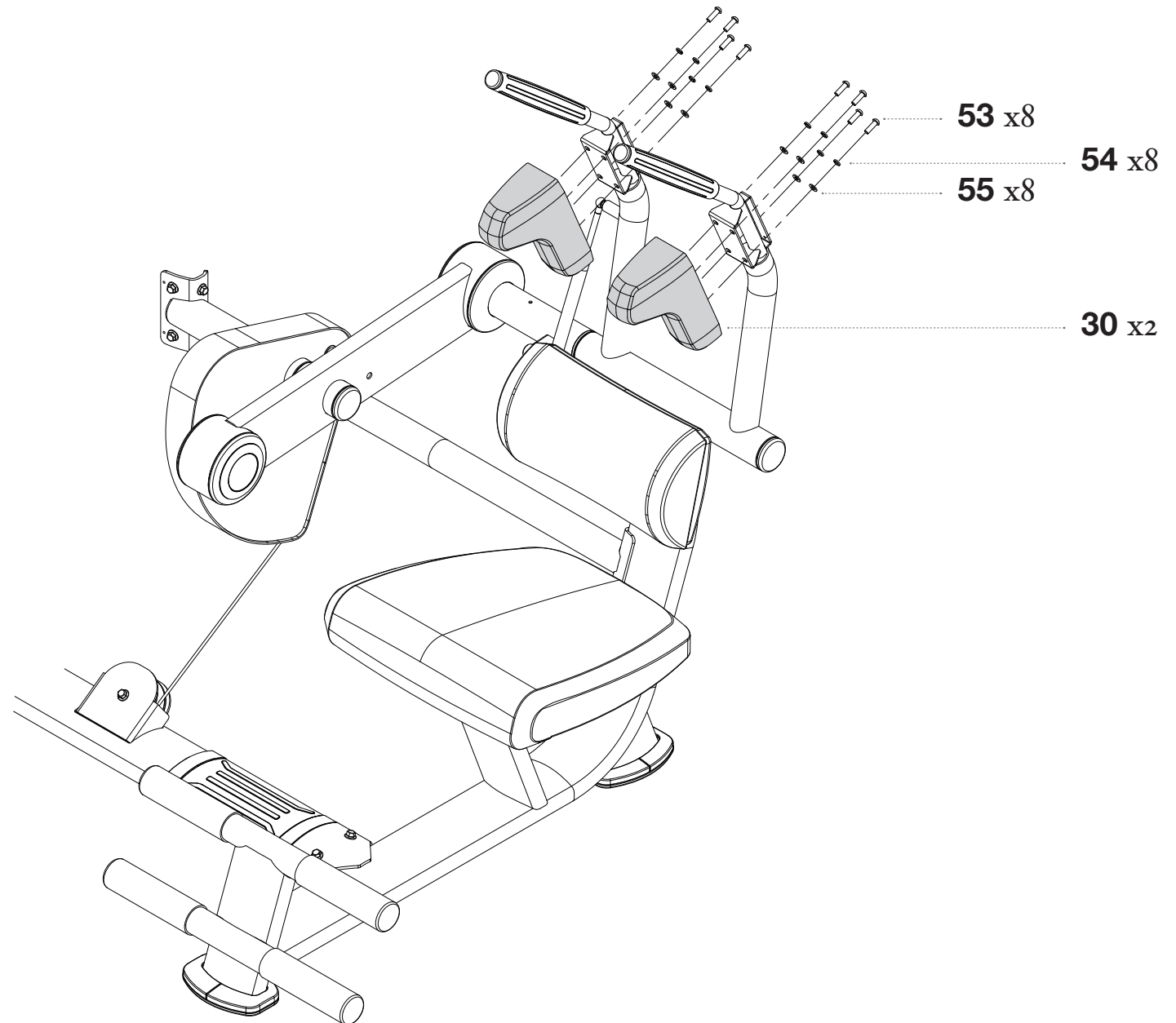


2.3 Assembly Guide

STEP 15

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

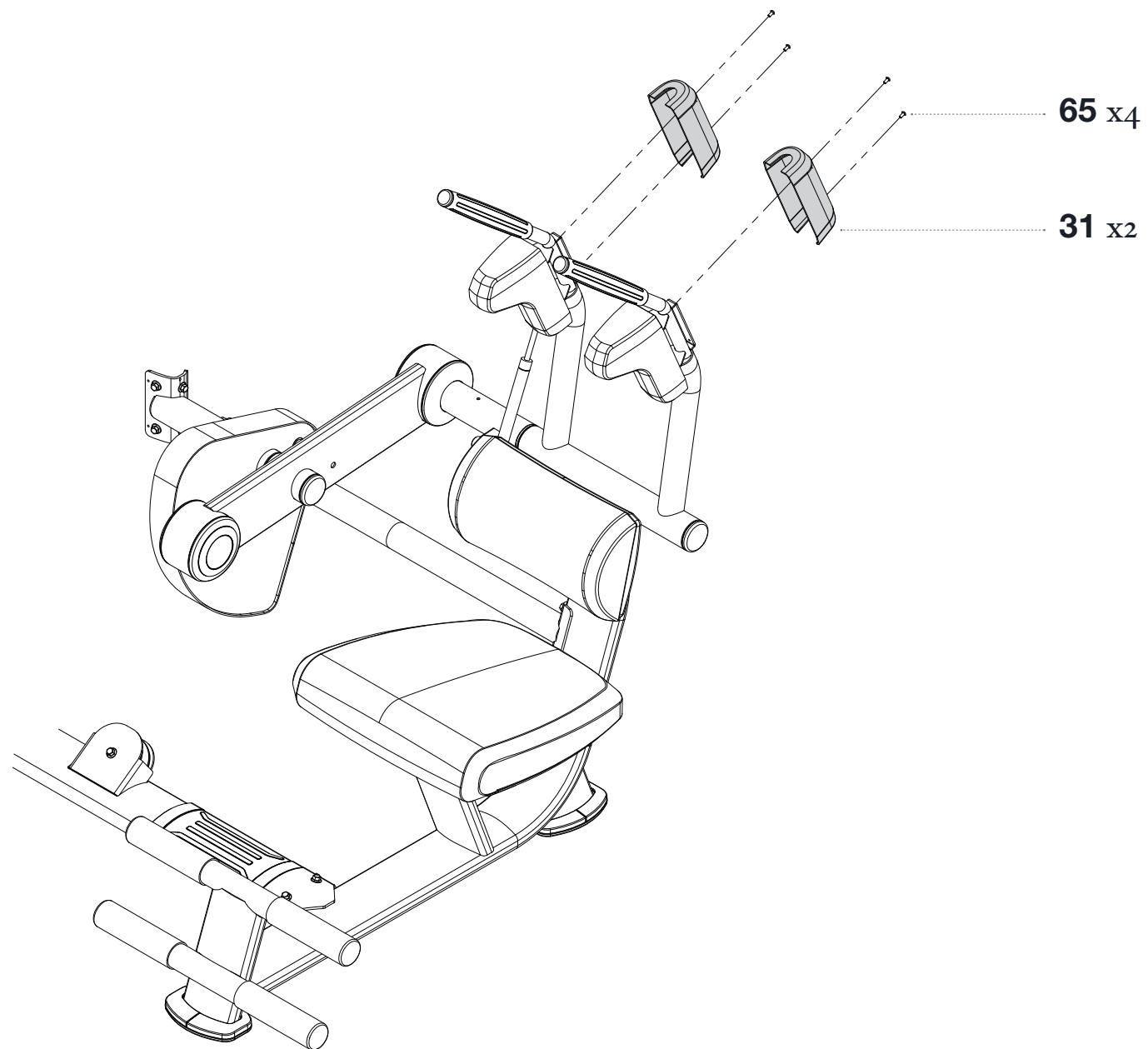


2.3 Assembly Guide

STEP 16

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

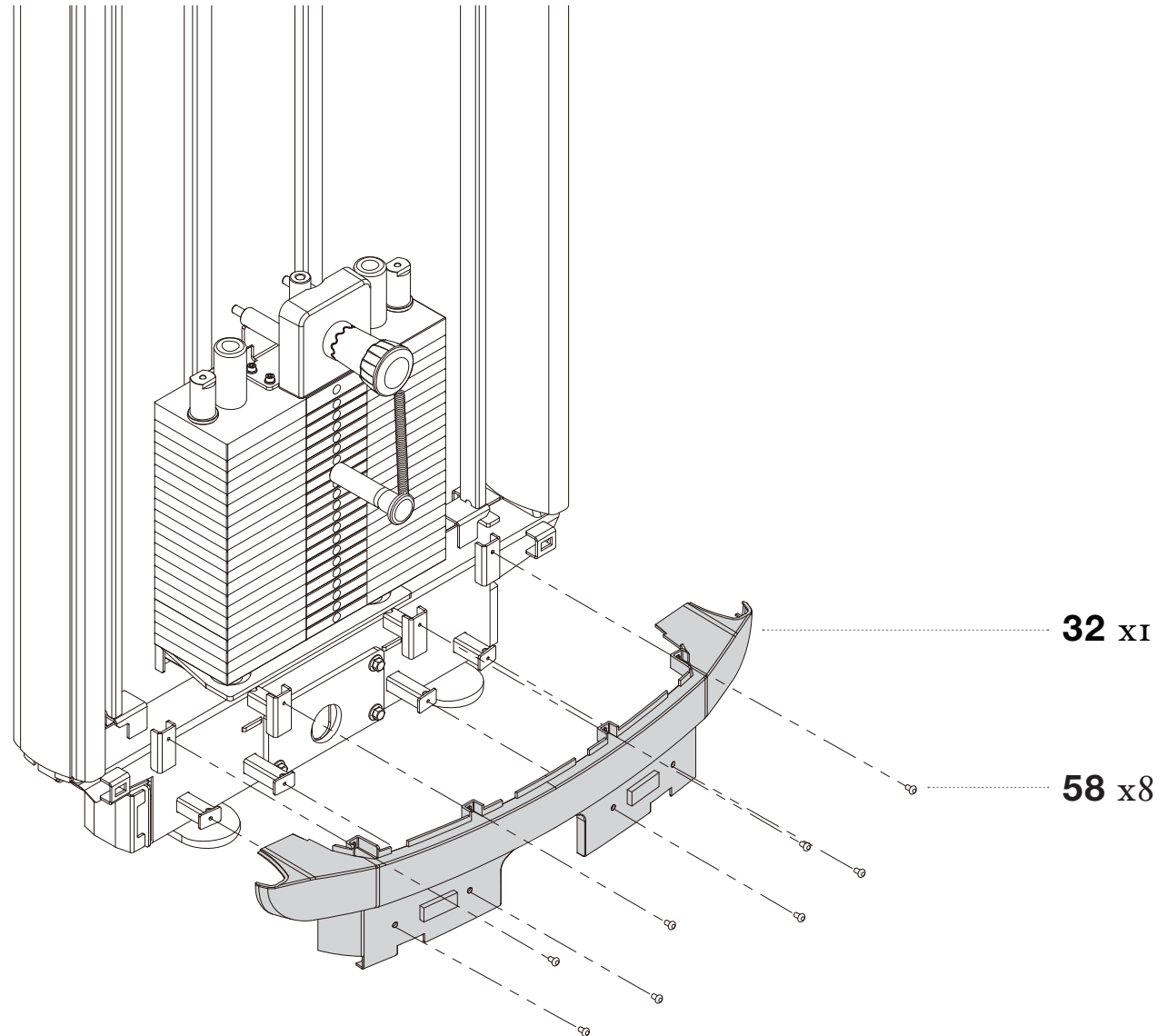


2.3 Assembly Guide

STEP 18

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

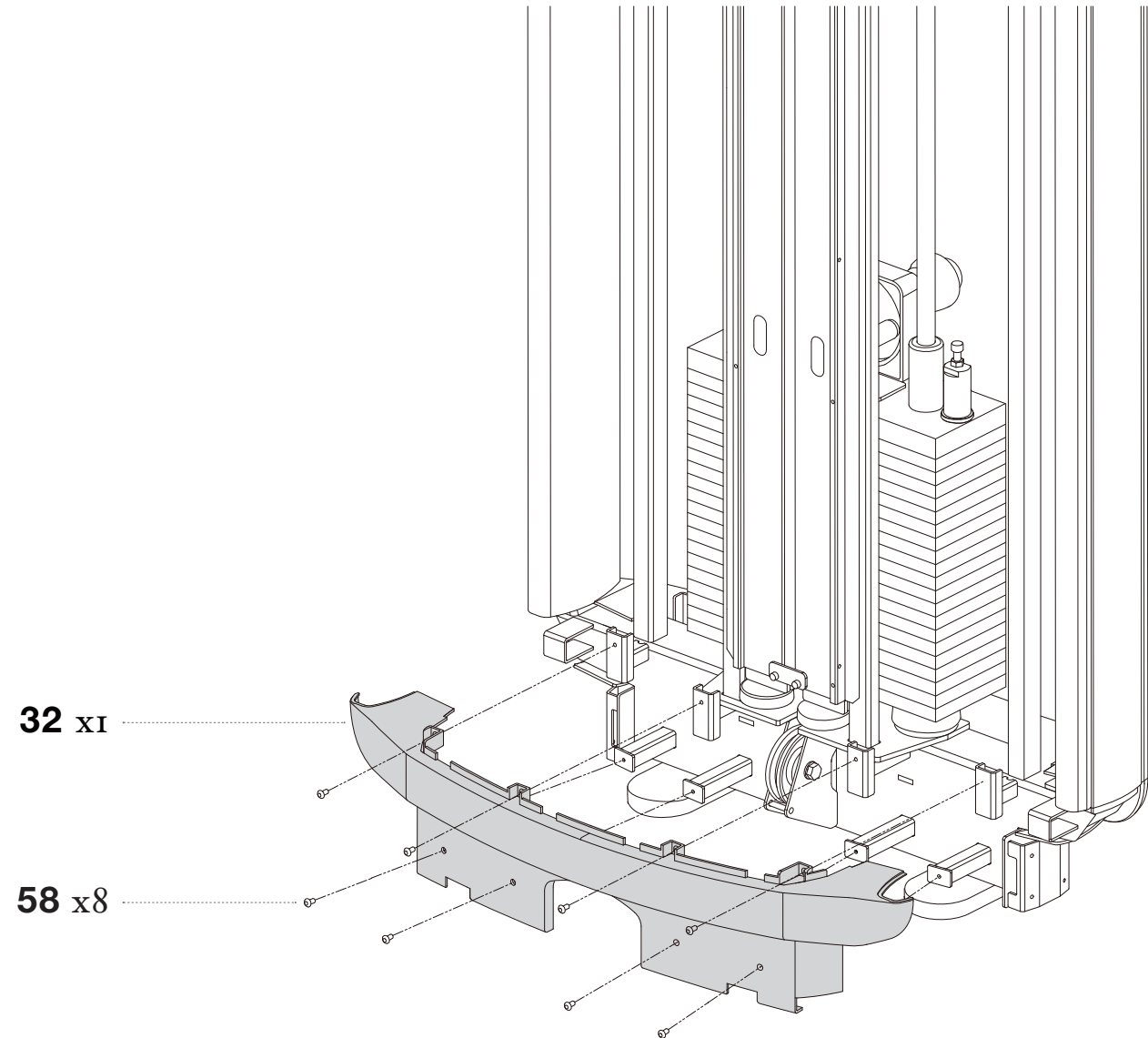


2.3 Assembly Guide

STEP 19

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

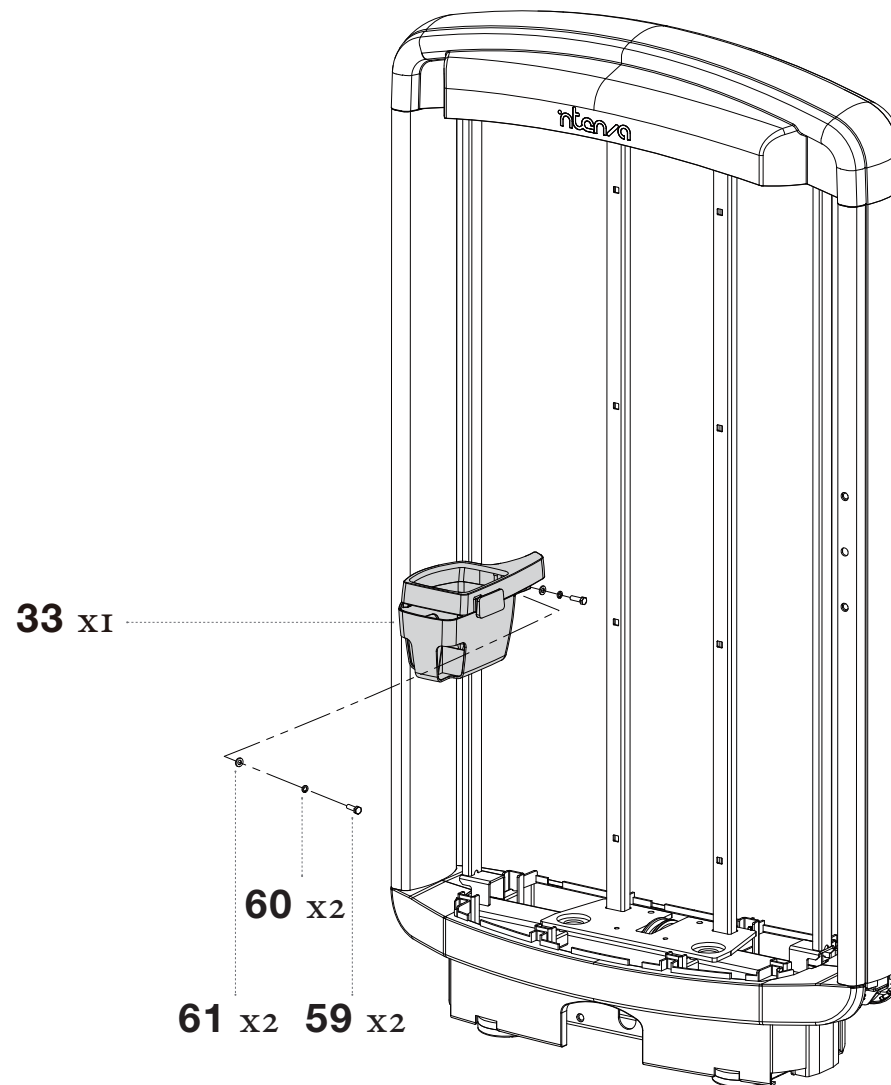


2.3 Assembly Guide

STEP 20

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

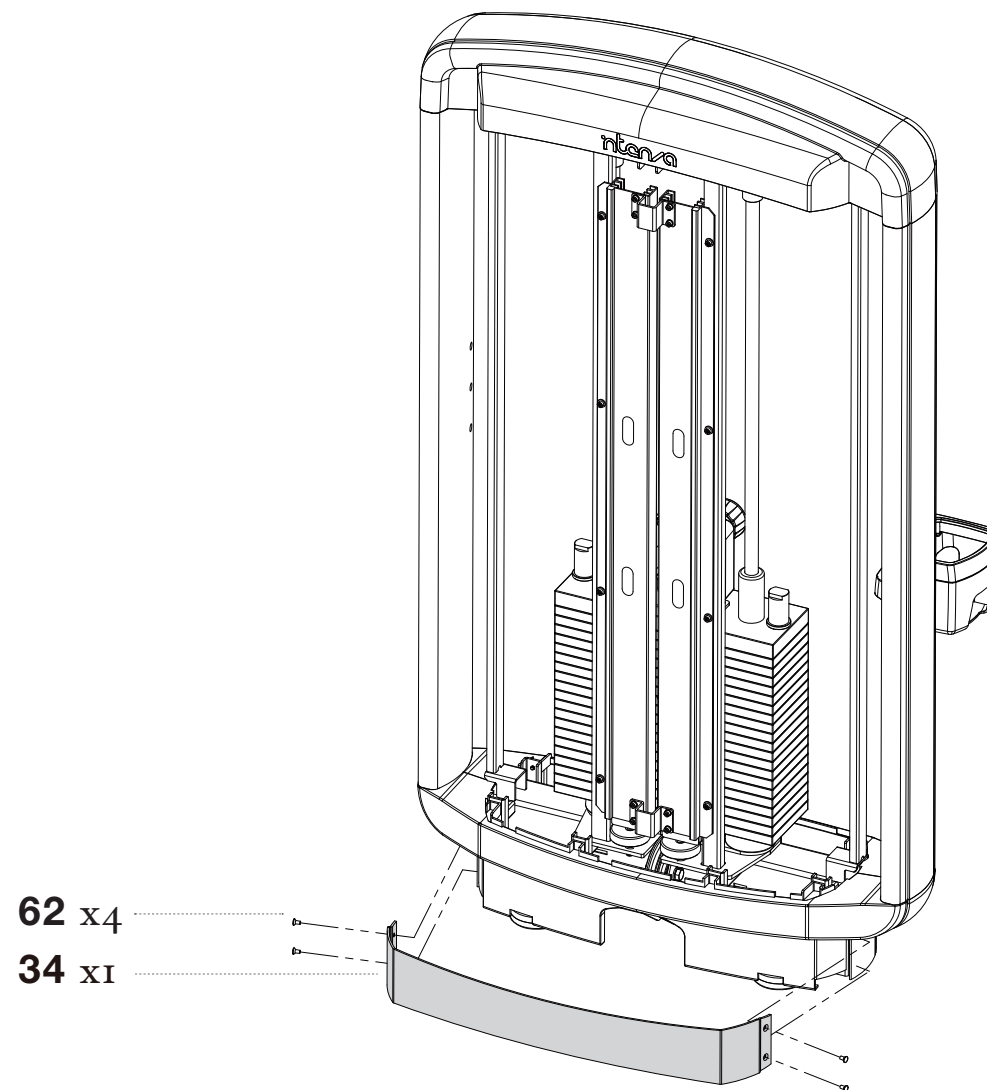


2.3 Assembly Guide

STEP 21

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

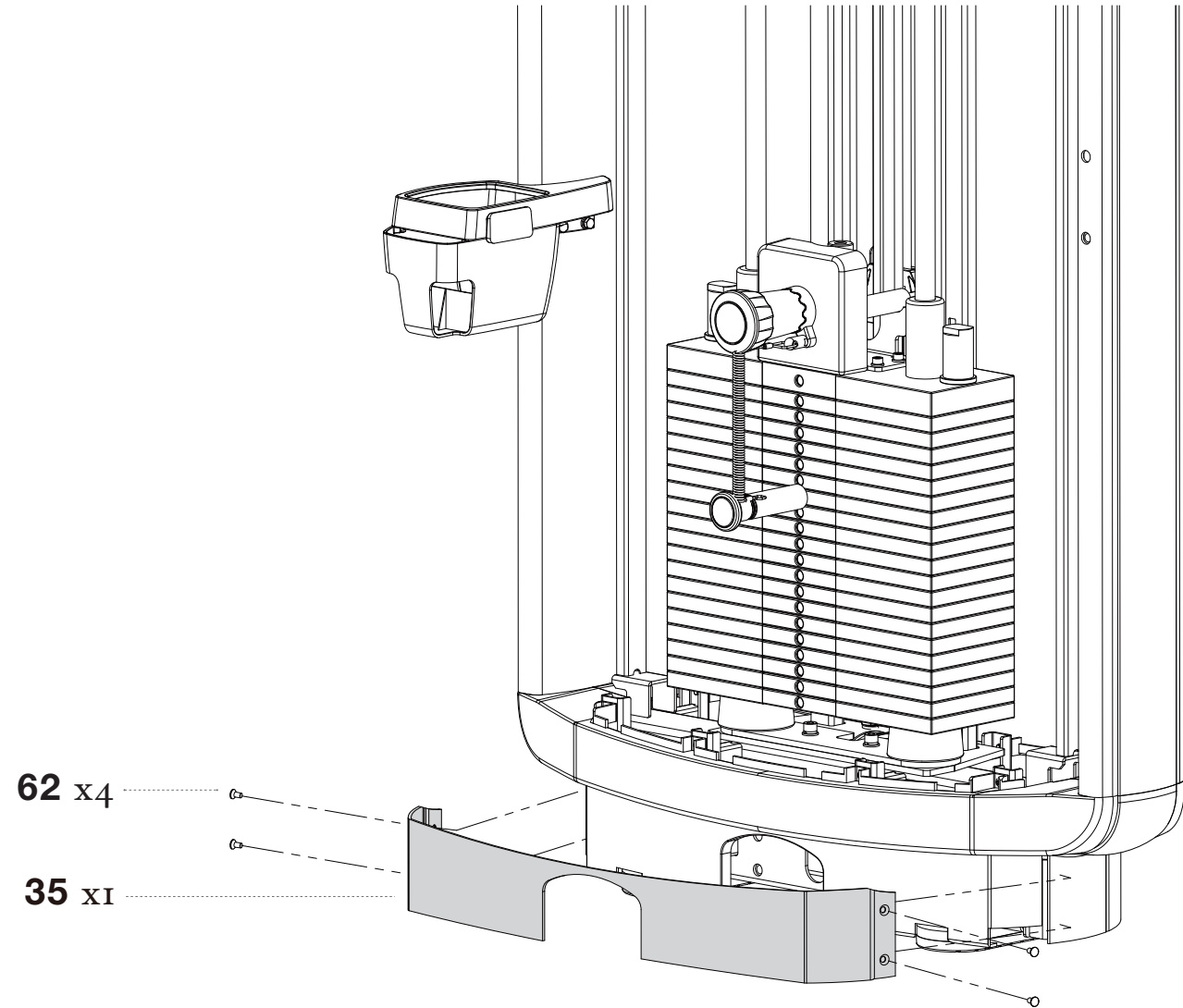


2.3 Assembly Guide

STEP 22

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

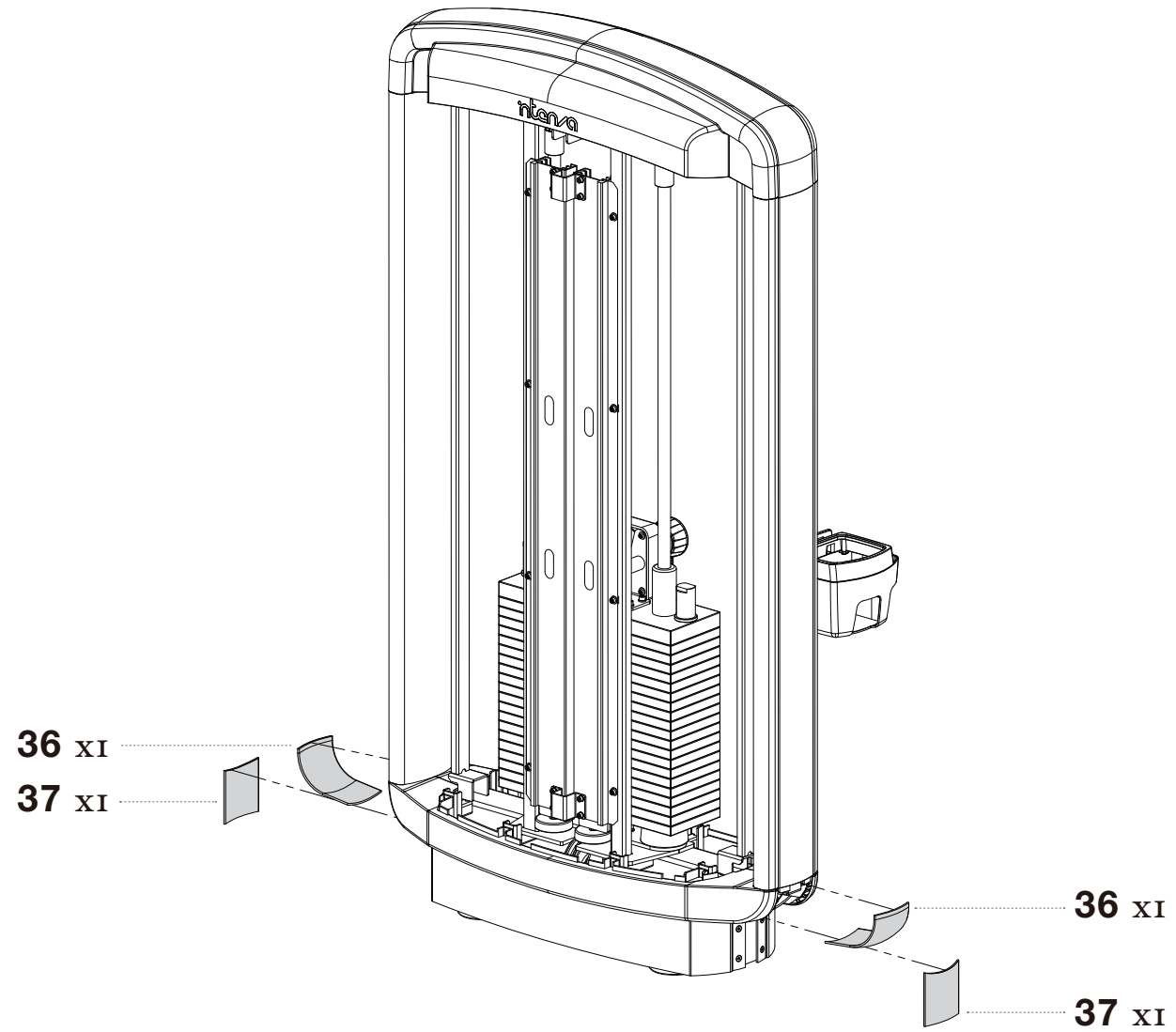


2.3 Assembly Guide

STEP 23

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

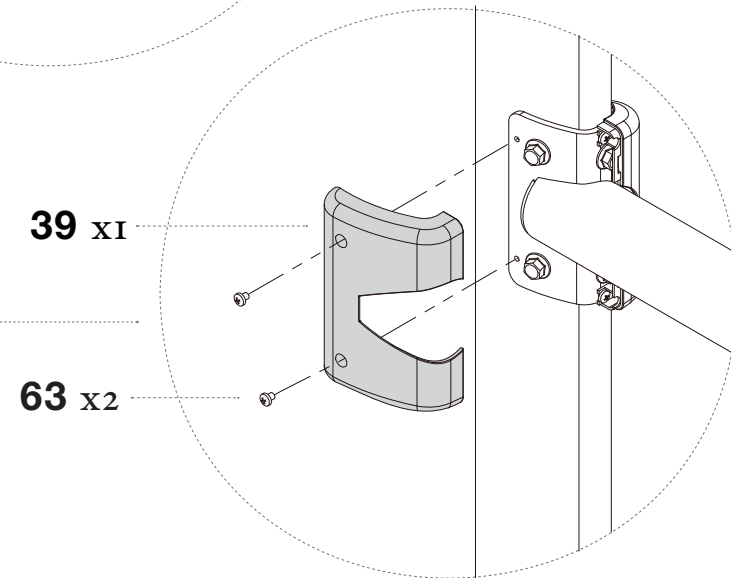
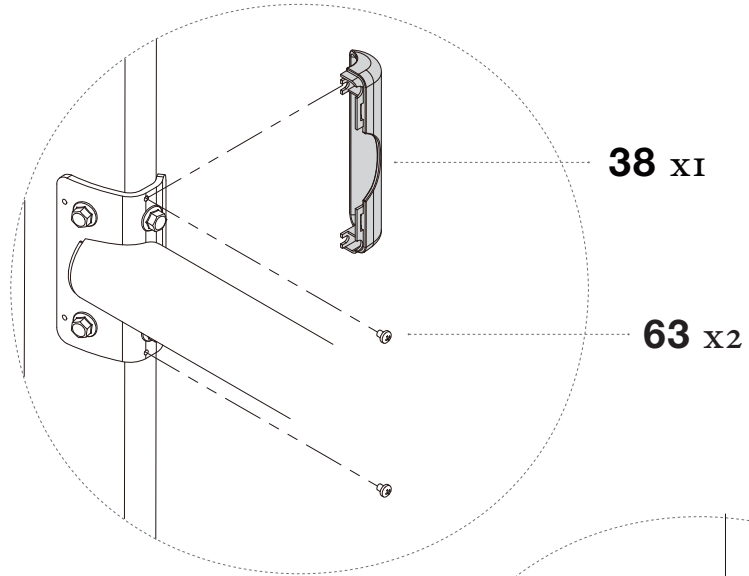
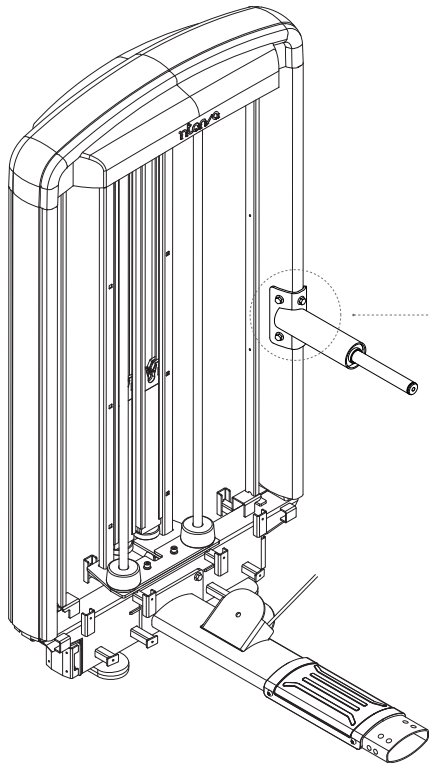


2.3 Assembly Guide

STEP 24

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

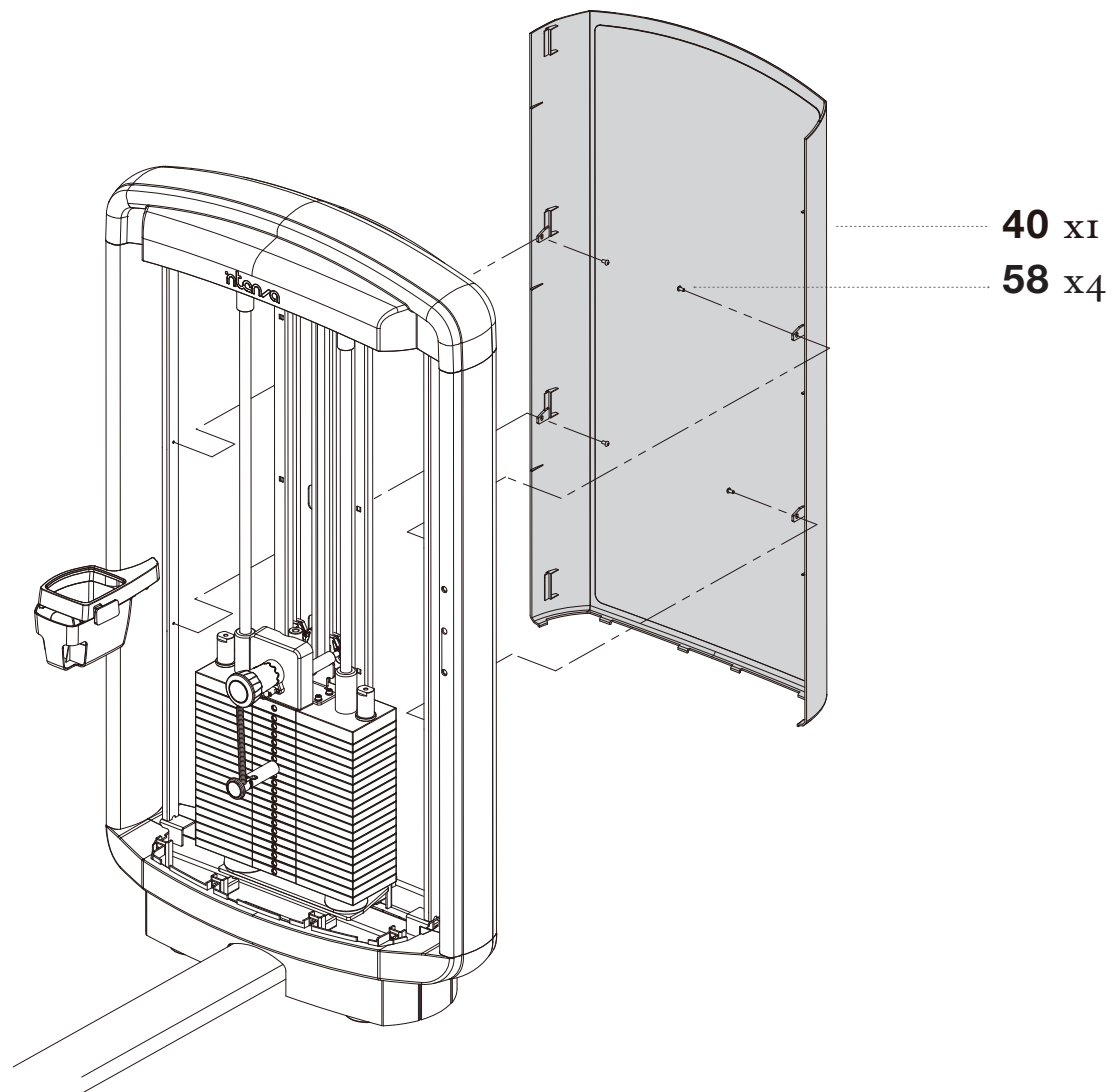


2.3 Assembly Guide

STEP 25

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



2.3 Assembly Guide

STEP 26

Some parts have been hidden for assembly clarity.

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