



# IT9514

## ABDOMINAL

### OWNER'S MANUAL

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16N

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

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## CAUTION!

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

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Please assemble according to the actual **Weights** you buy !

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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.

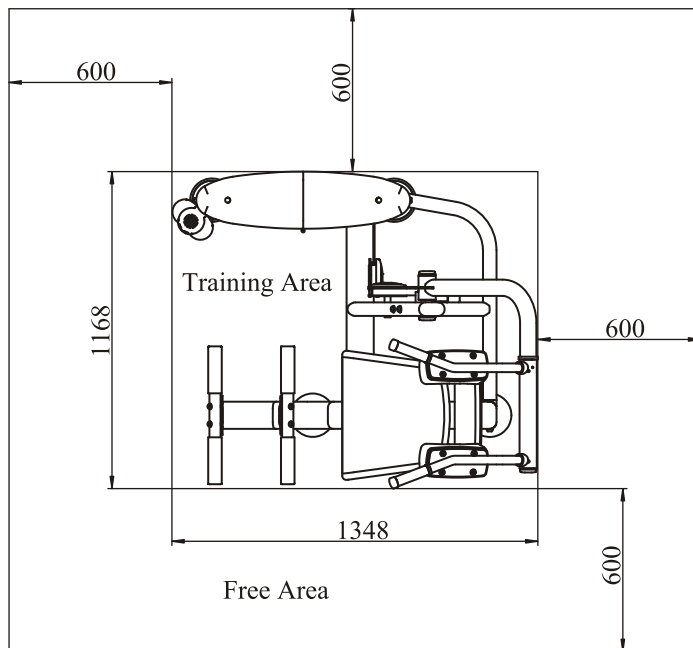
# Important Safety Instructions

## 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: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1348\*1168mm

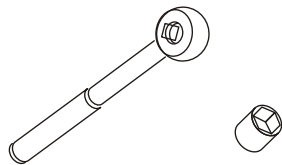
Product Total Mass: 116.2kg/ 256lbs

# Instructions

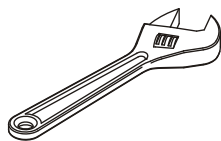
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

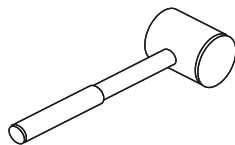
## Tools Required



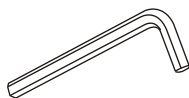
Ratchet Wrench and Socket



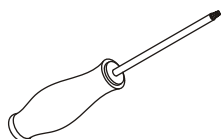
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	IT953201ASSY	Weight Stack Frame ASSY	1
2	2	IT951401ASSY	Seat Pad Frame ASSY	1
3	3	IT951402ASSY	Support Frame ASSY	1
4	4	IT95140300	Connection Frame	1
5	5	IT951404ASSY	Wheel Frame ASSY	1
6	6	IT951405ASSY	Swing Frame ASSY	1
7	7	IT95140600	Cable ASSY	1
8	8	IT951709ASSY	Circular Foot Frame ASSY	2
9	9	SD1000B3000ASSY	Adjustable Foot Plate	2
10	10	SG500110400V5	4.5" Pulley	3
11	11	IT93149300	Weight Srack Space 300	2
12	12	IT95141100	Sleeve	1
13	13	IT95141200	Torsion Spring	1
14	14	CWRVL0101100	Plate	1
15	15	IT95016000	Plastic Cover	3
16	17	IT95142100	Shoulder Pad	2
17	18	IT95322000	Waist Pad	1
18	19	IT95211000	Seat Pad	1
19	21	IT950121ASSY	Top Bracket ASSY	1
20	22	IT950122ASSY	Bottom Bracket ASSY	2
21	23	IT95012300	Rear Bracket	1
22	42	IT95014200	Top Plate	1
23	44	IT95014400	Guide Rod $\phi$ 19*1242	2
24	51	IT95015100	Top Cover	1
25	52	IT95015200	Training Placard Cover	1
26	53	IT95015300	Front Shroud	1
27	54	IT95015400	Right Front Shroud	1
28	55	IT95015500	Top Rear Shroud	1
29	56	IT95015600	Rear Shroud	1
30	92	IT801210300P11C	Cup Holder	1
31	101	IT80023000	Weight Rubber Bumper	2

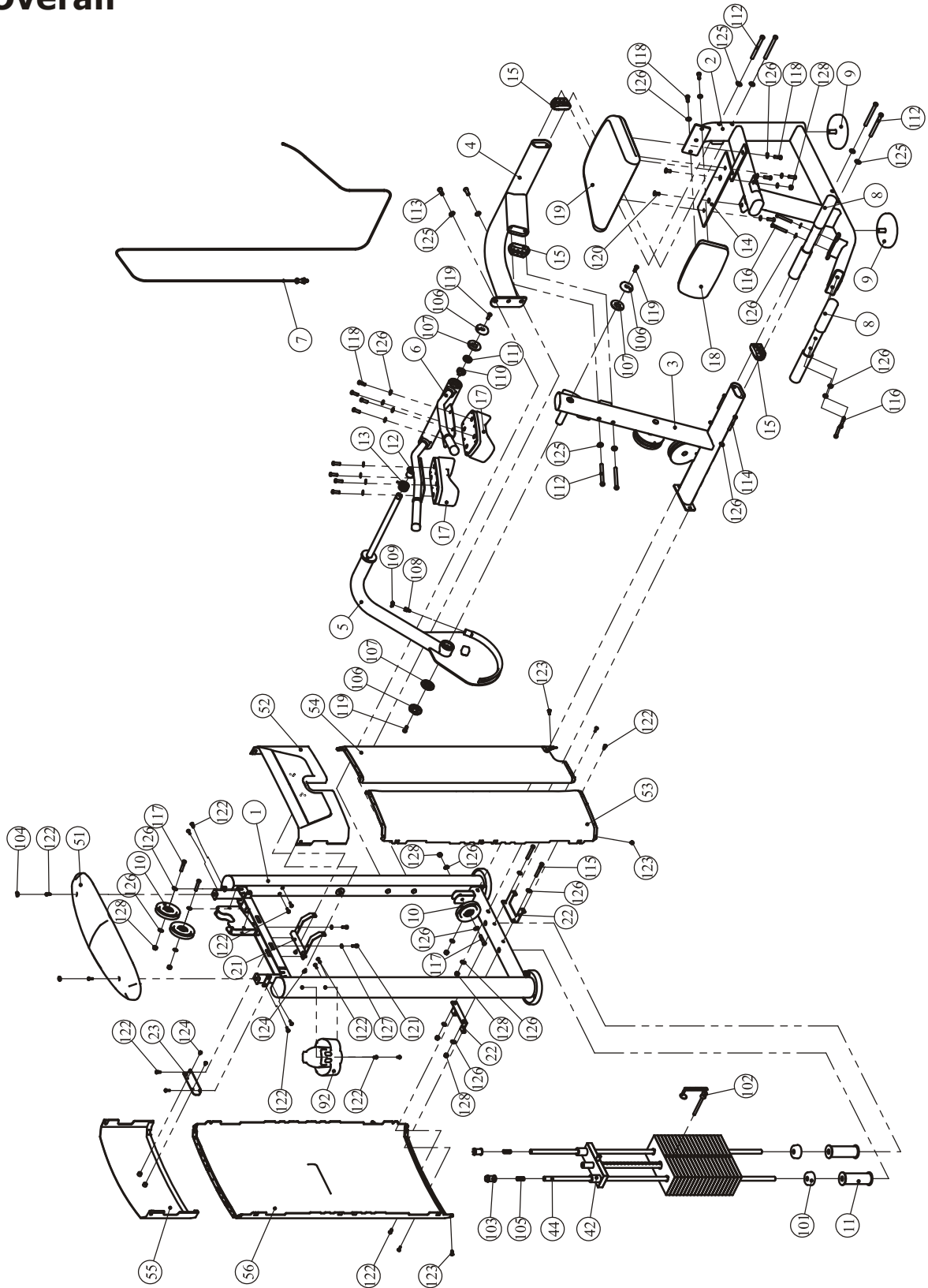
# Exploded View and Parts List

## Overall

ItemNo.	Grade No.	Part No.	Description	QTY
32	102	IT90012000V1	Selector Pin W/Coil	1
33	103	IT95016100	Guide Rod Fixing Sleeve $\phi$ 25* $\phi$ 19*45	2
34	104	IT95016500	Spout Plug $\phi$ 16.5*6.88	2
35	105	HFOPT900-04A0602	Spring	2
36	106	FE97211900	Cap $\phi$ 60	3
37	107	FE97212000	Circle Ring $\phi$ 62.5*5	3
38	108	HFOPT900-04A1400	Aluminium Sheath	1
39	109	V22500	Plug	1
40	110	CWRVL0033700	Locking ring	1
41	111	CWRVL0033800	Location ring	1
42	112	GB70BTM12*135DN18	Socket Head Cap Screw M12*135	6
43	113	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	2
44	114	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
45	115	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
46	116	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	4
47	117	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	3
48	118	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	14
49	119	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	3
50	120	CNLM10*25DN20	Flat Head Cap Screw M10*25	2
51	121	GB70M8*20N19	Socket Head Cap Screw M8*20	2
52	122	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	18
53	123	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*16	4
54	124	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*10	4
55	125	GB9512DN2	Flat Washer $\phi$ 13* $\phi$ 24*2.5	8
56	126	GB9510DN2	Flat Washer $\phi$ 11* $\phi$ 20*2	34
57	127	GB958DN2	Flat Washer $\phi$ 9* $\phi$ 16*1.6	2
58	128	NM10DN2	Nylon Lock Nut M10	9
59	129	NBS6DHS	Hex Key S=6	1
60	130	NBS8DHS	Hex Key S=8	1
61	131	LW200BS	Wrench $\phi$ 6*117	1
62	132	YHY	Lube	1

# Exploded View and Parts List

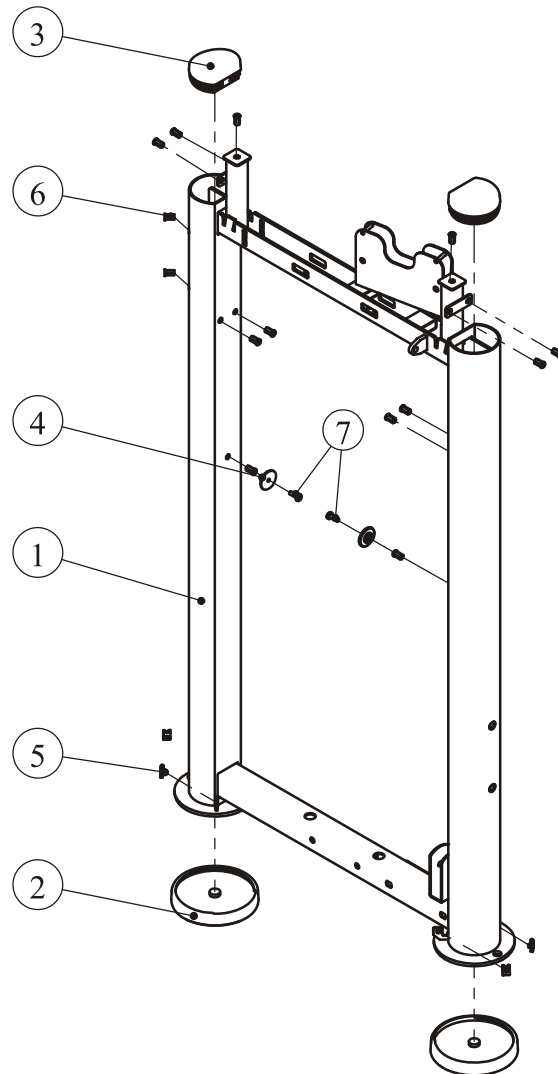
## Overall





# Exploded View and Parts List

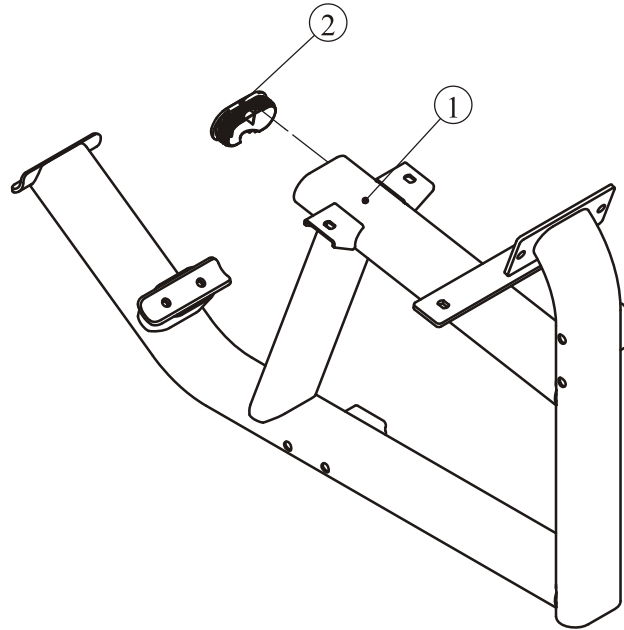
## Weight Stack Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	IT95320100	Weight Stack Frame	1
2	1.2	IT95015700	Foot Plate	2
3	1.3	IT95015800	Plug $\phi$ 95*81.1	2
4	1.4	IT95015900	Plastic Block	2
5	1.5	AC32705800	U-nut M6	4
6	1.6	GB17880.5M6*16.5DS17	Rivet Nut M6	14
7	1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

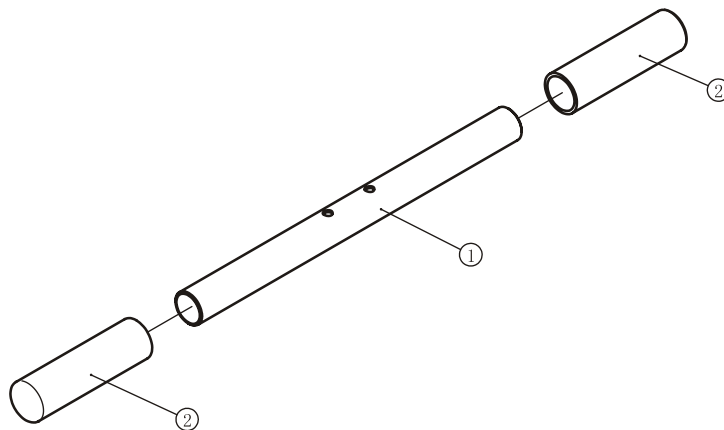
# Exploded View and Parts List

## Seat Pad Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	IT95140100	Seat Pad Frame	1
2	2.2	IT90013800P11C	Plug RT50*100	1

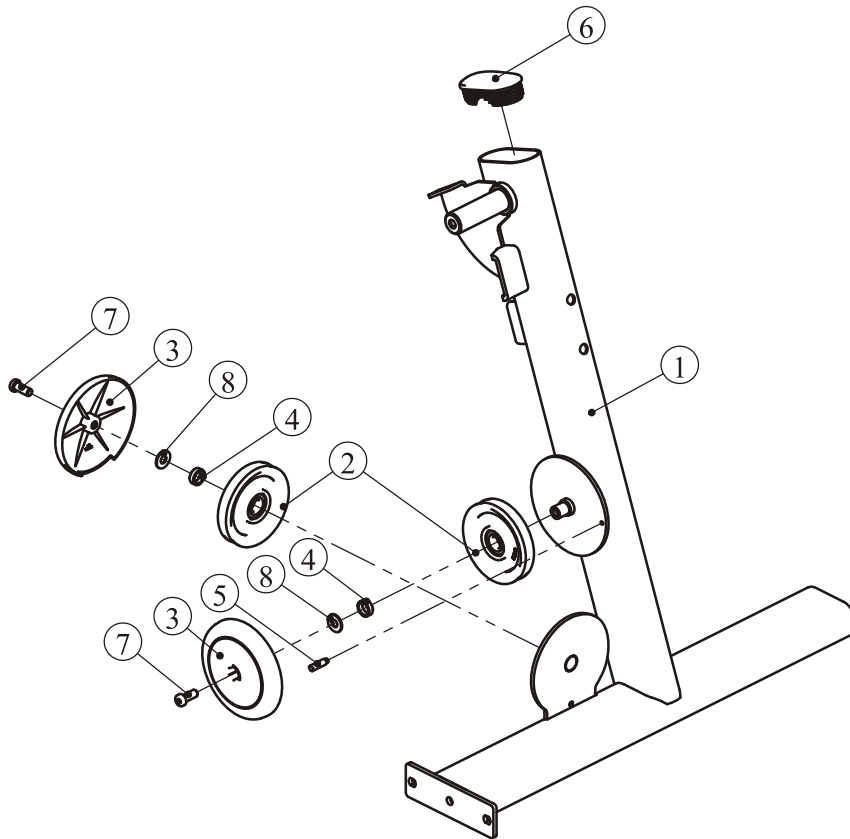
## Circular Foot Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	IT95170900	Foot Set Tube	1
2	8.2	FE970112000	Foot Set	2

# Exploded View and Parts List

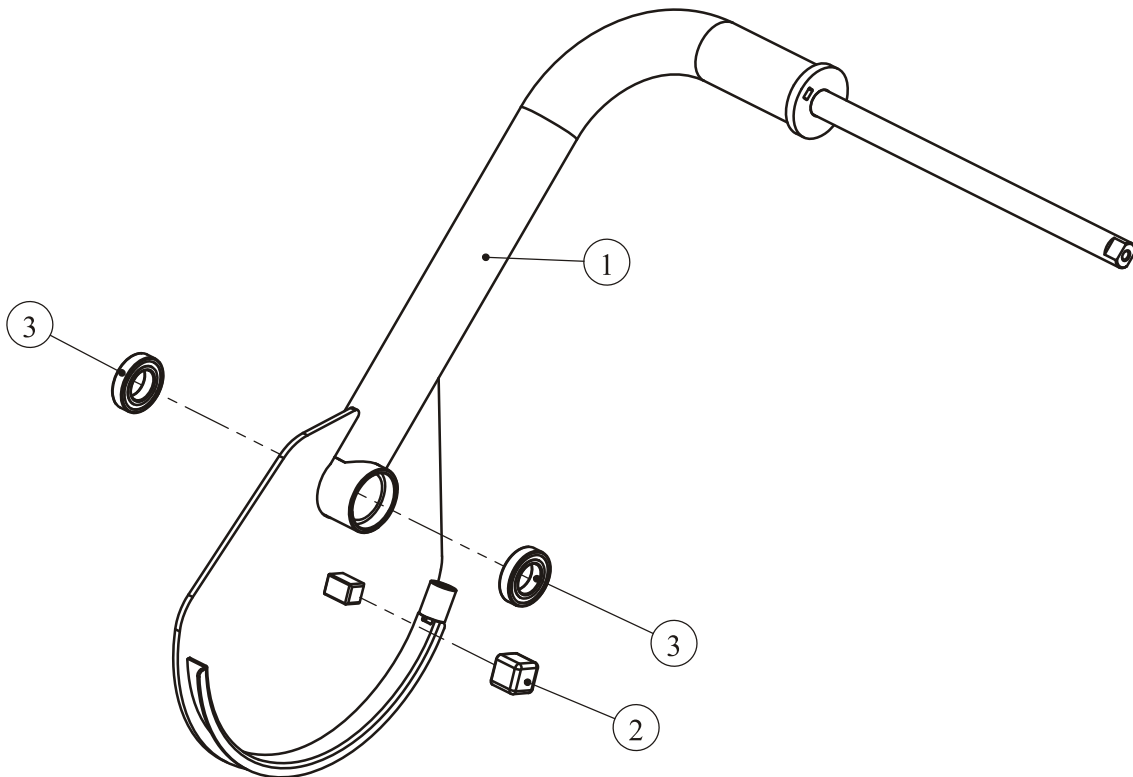
## Support Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	IT95140200	Support Frame	1
2	3.2	IT95057800	Thin 4.5" Pulley	2
3	3.3	IT95016400	Pulley Cover	2
4	3.4	FE97122100	Pulley Spacer 1	2
5	3.5	FE97122300	Threaded Cloumn	1
6	3.6	IT90013800P11C	Plug RT50*100	1
7	3.7	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	2
8	3.8	DQ10N19B	Flat Washer $\phi 11 * \phi 25 * 2$	2

# Exploded View and Parts List

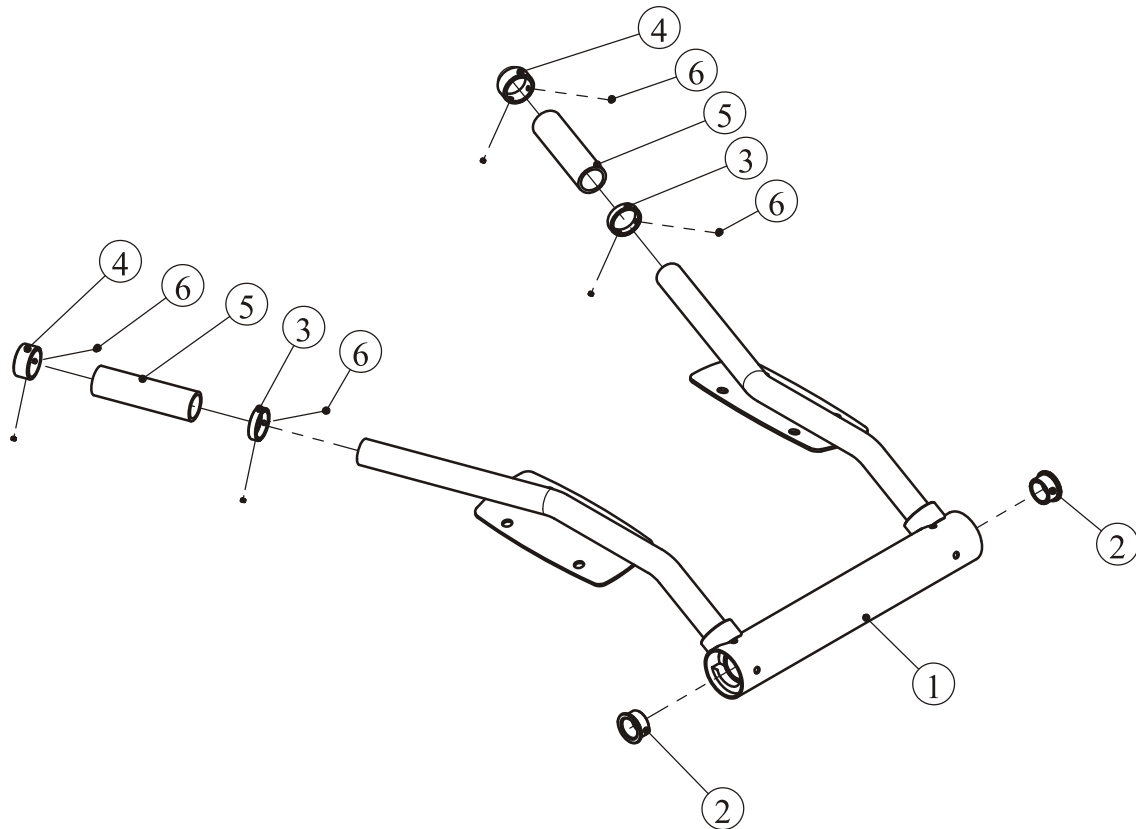
## Wheel Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	IT95140400	Wheel Frame	1
2	5.2	FE97213100	Square Rubber Sleeve	1
3	5.3	GB2766006-2ZNBK	Bearing	2

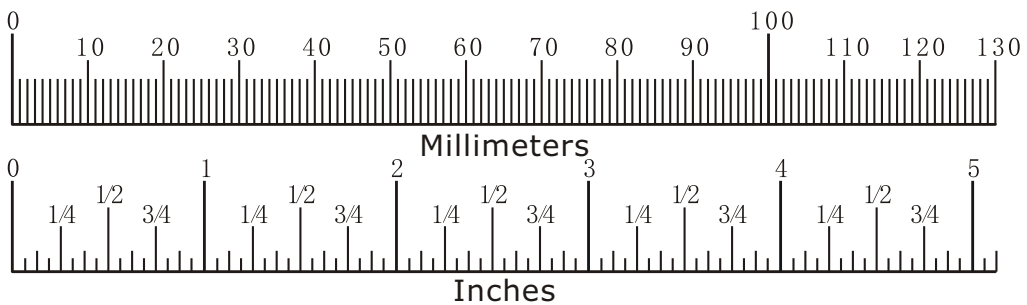
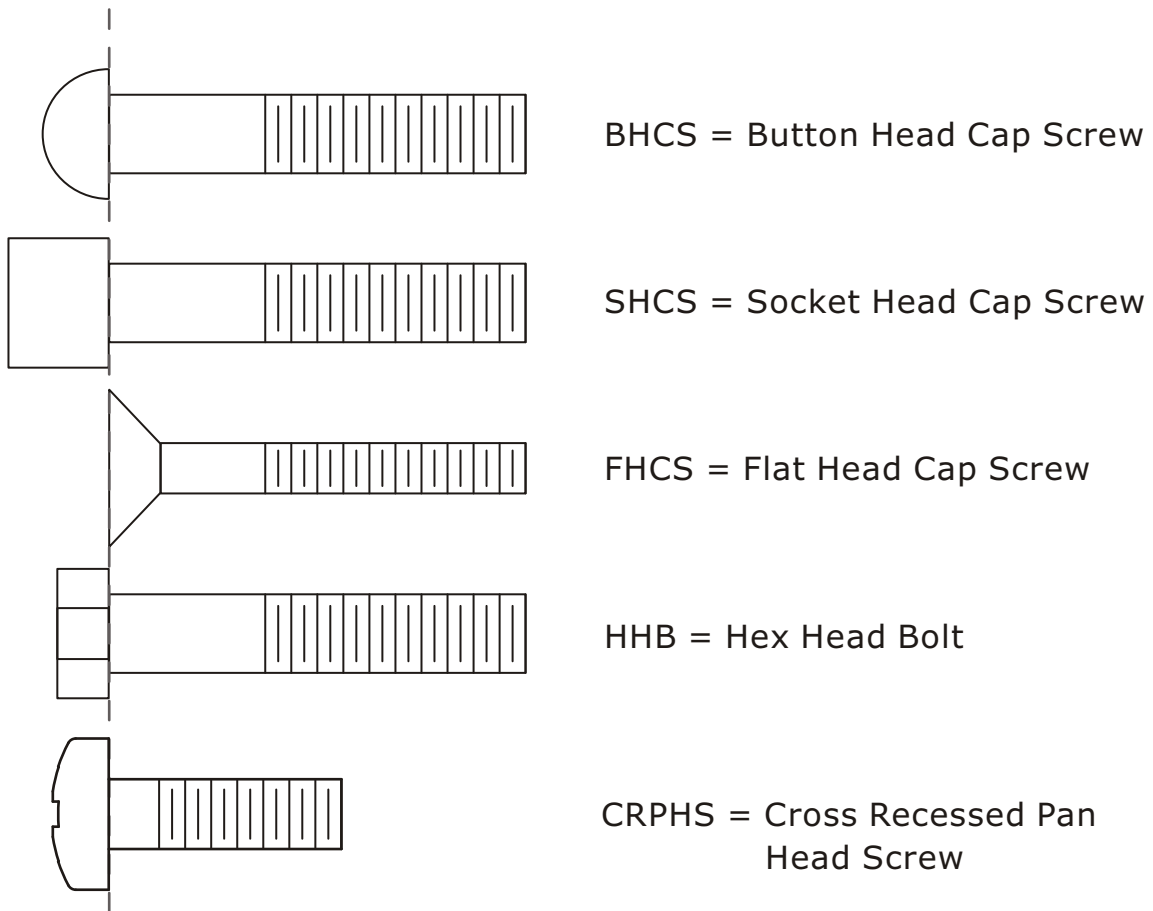
# Exploded View and Parts List

## Swing Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	IT95140500	Swing Frame	1
2	6.2	MFT-7003100	Spacer $\phi$ 38* $\phi$ 25.8*18	2
3	6.3	V38900	Aluminum Grip Ring	2
4	6.4	V39000	Aluminum Grip Cap	2
5	6.5	026-01PL0235-17	Grip	2
6	6.6	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8

# Measurement Guide



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**

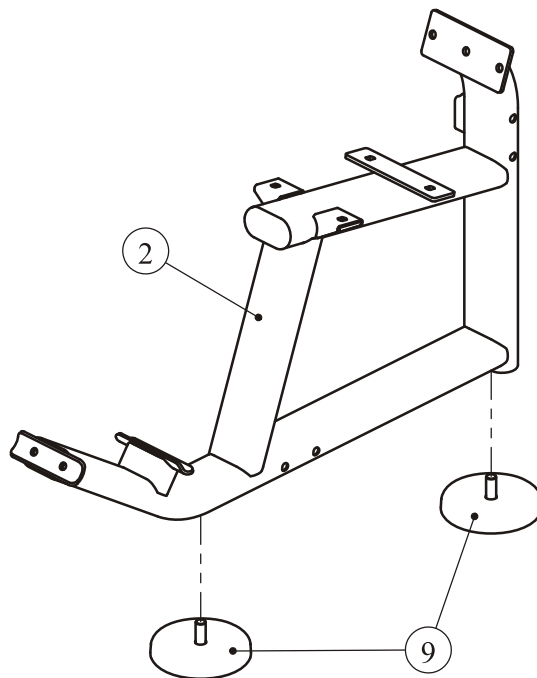
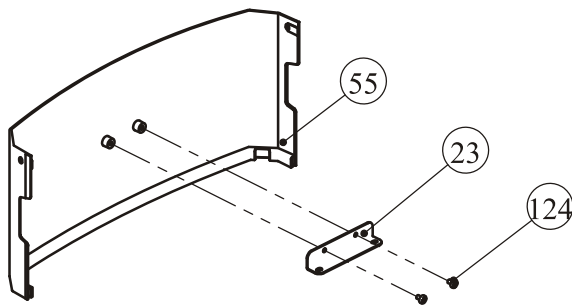
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach two Adjustable Foot Plates (#9) to the Seat Pad Frame ASSY (#2).
2. Attach the Rear Bracket (#23) to the Top Rear Shroud (#55) using:  
two M6\*10 CRPHS (#124)

**Note: Wrench Tighten Bolts.**





# Assembly

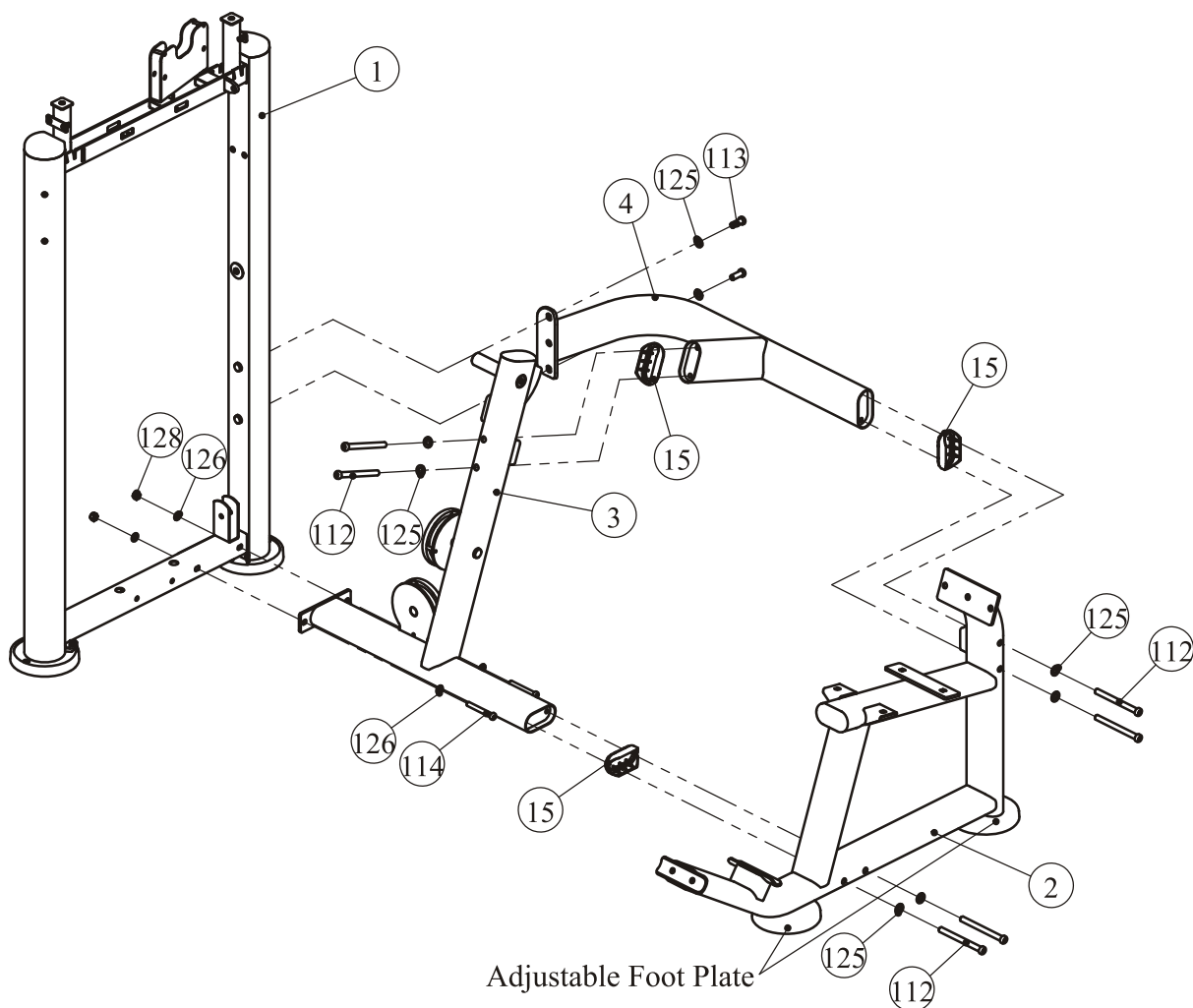
## STEP 2

Attach the Support Frame ASSY (#3) and the Connection Frame (#4) to the Weight Stack Frame ASSY (#1) and the Seat Pad Frame ASSY (#2) using:

- three Plastic Cover (#15)
- six M12\*135 SHCS (#112)
- two M12\*30 SHCS (#113)
- two M10\*80 SHCS (#114)
- two M10 Nylon Lock Nut (#128)
- four  $\Phi 11*\Phi 20*2$  Flat Washer (#126)
- eight  $\Phi 13*\Phi 24*2.5$  Flat Washer (#125)

**Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.**

**2. Adjust the Adjustable Foot Plates to make the machines stable.**



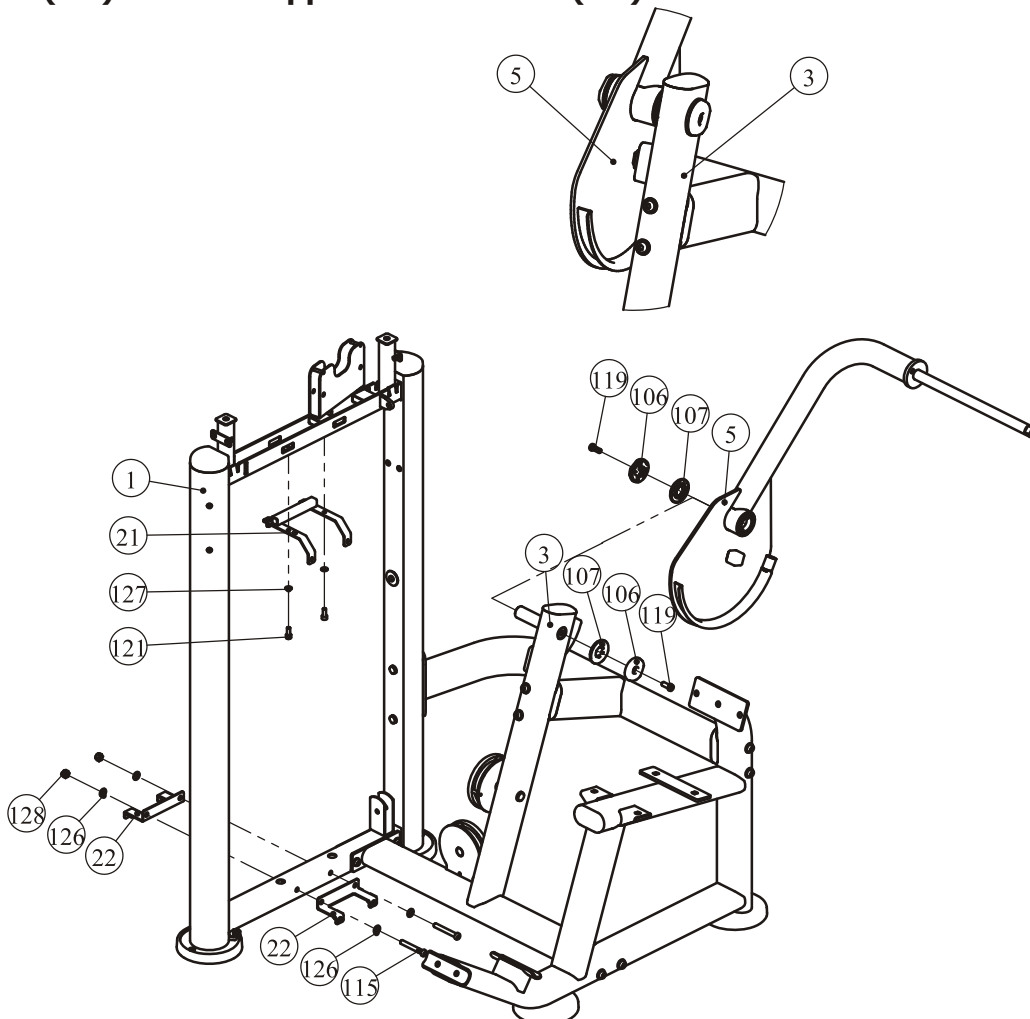
# Assembly

## STEP 3

1. Attach the Wheel Frame ASSY (#5) to the Support Frame ASSY (#3) using:
  - two Cap  $\Phi 60$  (#106)
  - two Circle Ring  $\Phi 62.5 \times 5$  (#107)
  - two M10\*25 SHCS (#119)
2. Attach the Top Bracket ASSY (#21) and two Bottom Bracket ASSY (#22) to the Weight Stack Frame ASSY (#1) using:
  - two M8\*20 SHCS (#121)
  - two  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#127)
  - two M10\*75 SHCS (#115)
  - four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#126)
  - two M10 Nylon Lock Nut (#128)

**Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.**

**2. Pay attention to the relative location between the Wheel Frame ASSY (#5) and the Support Frame ASSY (#3).**



# Assembly

## STEP 4

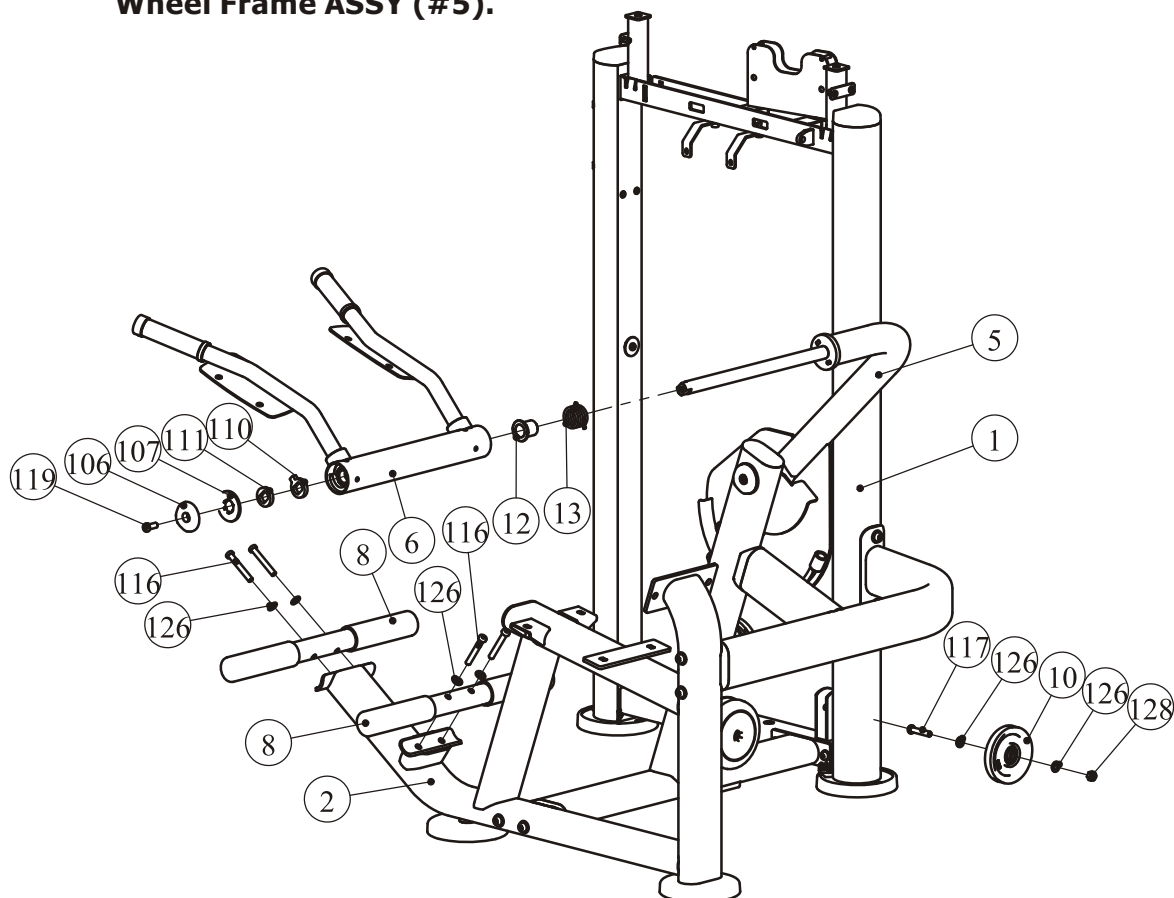
1. Attach one 4.5" Pulleys (#10) to the Weight Stack Frame ASSY (#1) using:  
one M10\*50 SHCS (#117)                      two  $\Phi 11*\Phi 20*2$  Flat Washer (#126)  
one M10 Nylon Lock Nut (#128)
2. Attach two Circular Foot Frame ASSY (#8) to the Seat Pad Frame ASSY (#2) using:  
four M10\*70 SHCS (#116)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#126)
3. Attach the Sleeve (#12) and the Torsion Spring (#13) to the Swing Frame ASSY (#6),  
then attach the Swing Frame ASSY (#6) to the Wheel Frame ASSY (#5) using:  
one Locking ring (#110)                      one Location ring (#111)  
one Cap  $\Phi 60$  (#106)                      one Circle Ring  $\Phi 62.5*5$  (#107)  
one M10\*25 SHCS (#119)

**Note: 1. Wrench tighten bolts and Nylon Lock Nuts.**

**2. Pay attention to the direction of the Sleeve (#12) and Torsion Spring (#13).**

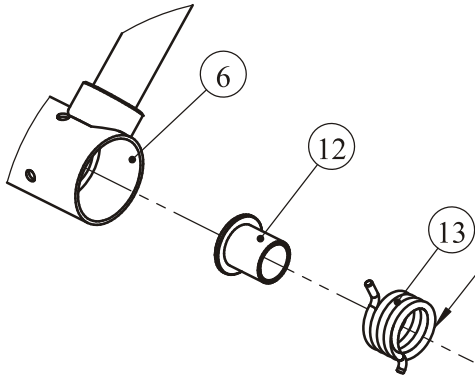
**3. Make the long end of the Torsion Spring (#13) insert the hole on the tube of the Swing Frame ASSY (#6).**

**4. Make the short end of the Torsion Spring (#13) next to the stick on the Wheel Frame ASSY (#5).**

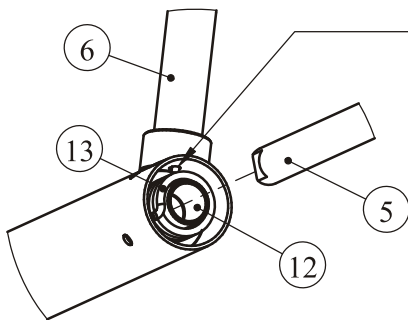


# Assembly

## STEP 4

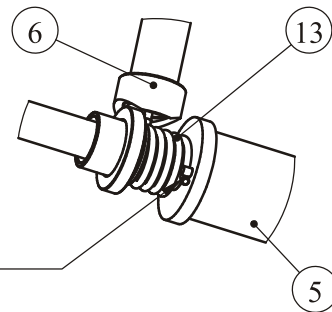


1. Get the Torsion Spring (#13) and Sleeve (#12) together.  
**Note: Pay attention to the direction of the two parts.**

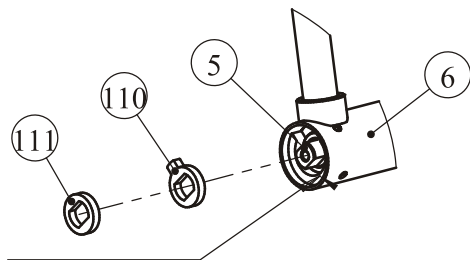


2. Make the long end of the Torsion Spring (#13) insert the hole on the tube of the Swing Frame ASSY (#6).

3. Make the short end of the Torsion Spring (#13) next to the stick on the Wheel Frame ASSY (#5).



4. Hold the Swing Frame ASSY (#6), then insert the Locking Ring (#110) and the Location Ring (#111).



# Assembly

## STEP 5

Here is the assembly instruction for **160LBS Weights !**

### 1. Attach:

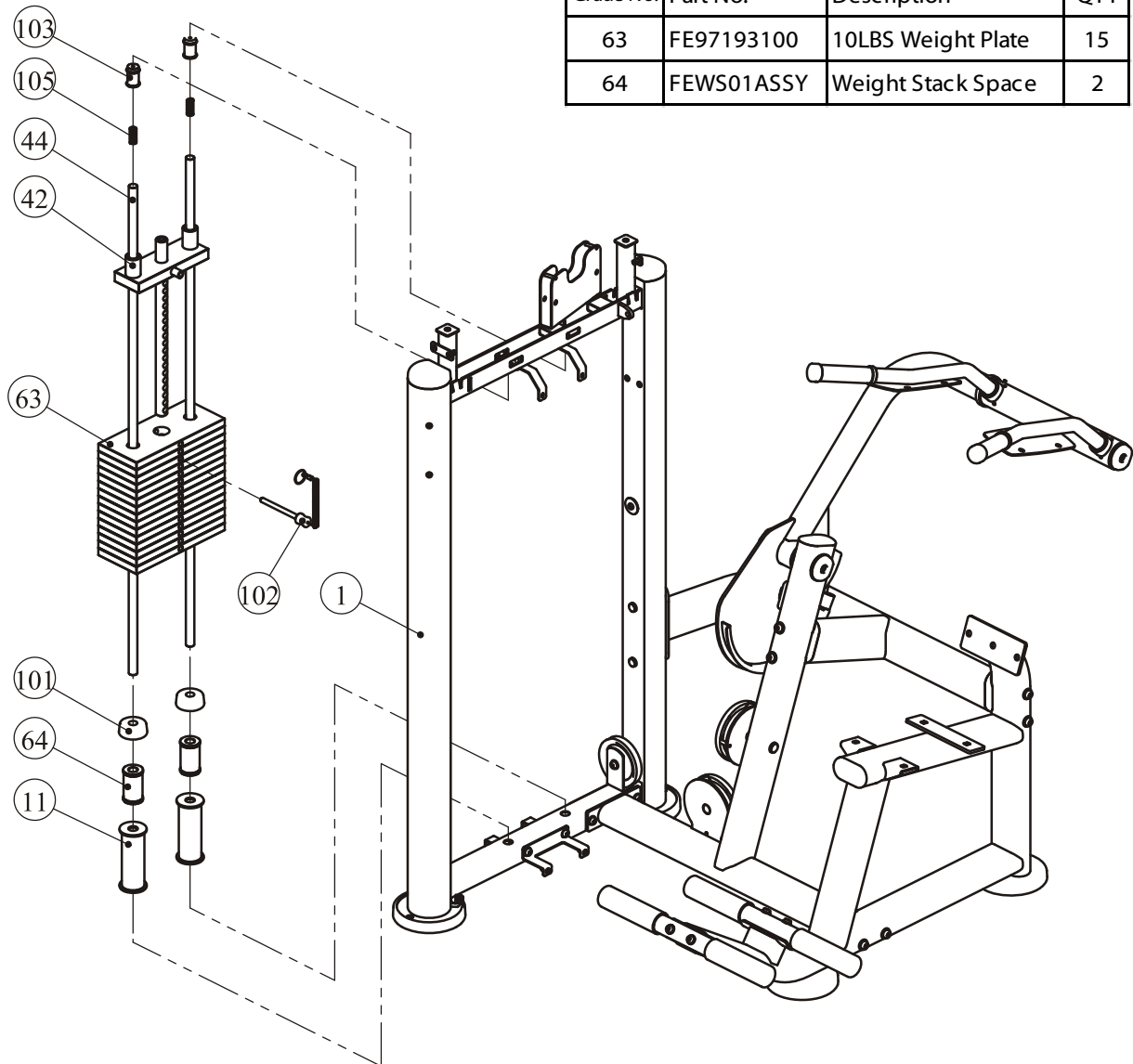
- two Guide Rod  $\Phi 19 \times 1242$  (#44)
- two Weight Rubber Bumper (#101)
- fifteen Weight Plate 10LBS (#63)
- two weight stack space (#64)
- one Top Plate (#42)

to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#103)
- two Spring (#105)

### 2. Attach the Selector Pin W/Coil (#102) to the Top Plate (#42).

Grade No.	Part No.	Description	QTY
63	FE97193100	10LBS Weight Plate	15
64	FEWS01ASSY	Weight Stack Space	2



# Assembly

## STEP 5

Here is the assembly instruction for **200LBS Weights !**

### 1. Attach:

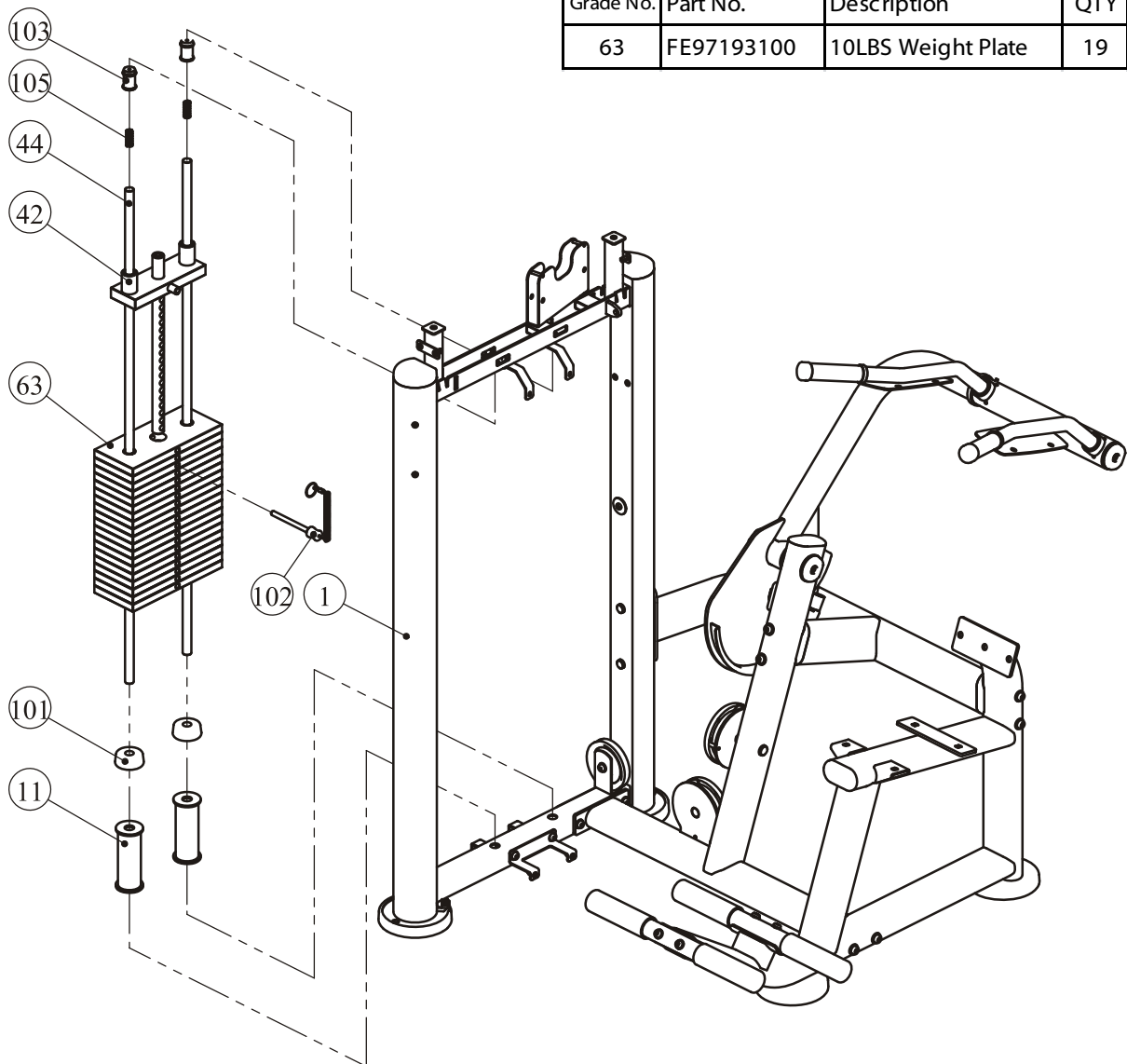
- two Guide Rod  $\Phi 19 \times 1242$  (#44)
- two Weight Rubber Bumper (#101)
- nineteen Weight Plate 10LBS (#63)
- one Top Plate (#42)

to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#103)
- two Spring (#105)

### 2. Attach the Selector Pin W/Coil (#102) to the Top Plate (#42).

Grade No.	Part No.	Description	QTY
63	FE97193100	10LBS Weight Plate	19



# Assembly

## STEP 5

Here is the assembly instruction for **235LBS Weights !**

### 1. Attach:

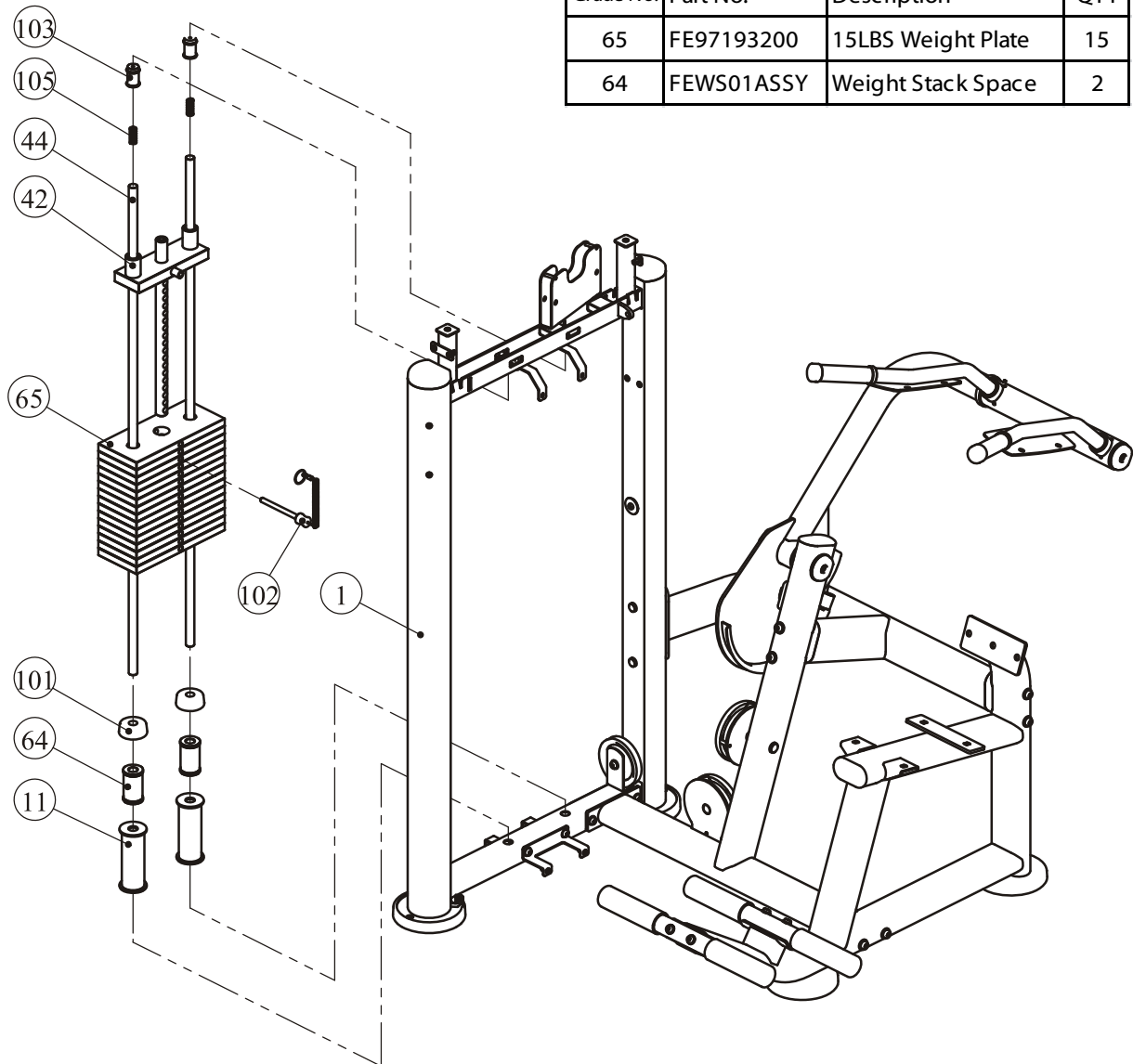
- two Guide Rod  $\Phi 19 \times 1242$  (#44)
- two Weight Rubber Bumper (#101)
- fifteen Weight Plate 15LBS (#65)
- two weight stack space (#64)
- one Top Plate (#42)

to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#103)
- two Spring (#105)

### 2. Attach the Selector Pin W/Coil (#102) to the Top Plate (#42).

Grade No.	Part No.	Description	QTY
65	FE97193200	15LBS Weight Plate	15
64	FEWS01ASSY	Weight Stack Space	2



# Assembly

## STEP 5

Here is the assembly instruction for **295LBS Weights !**

### 1. Attach:

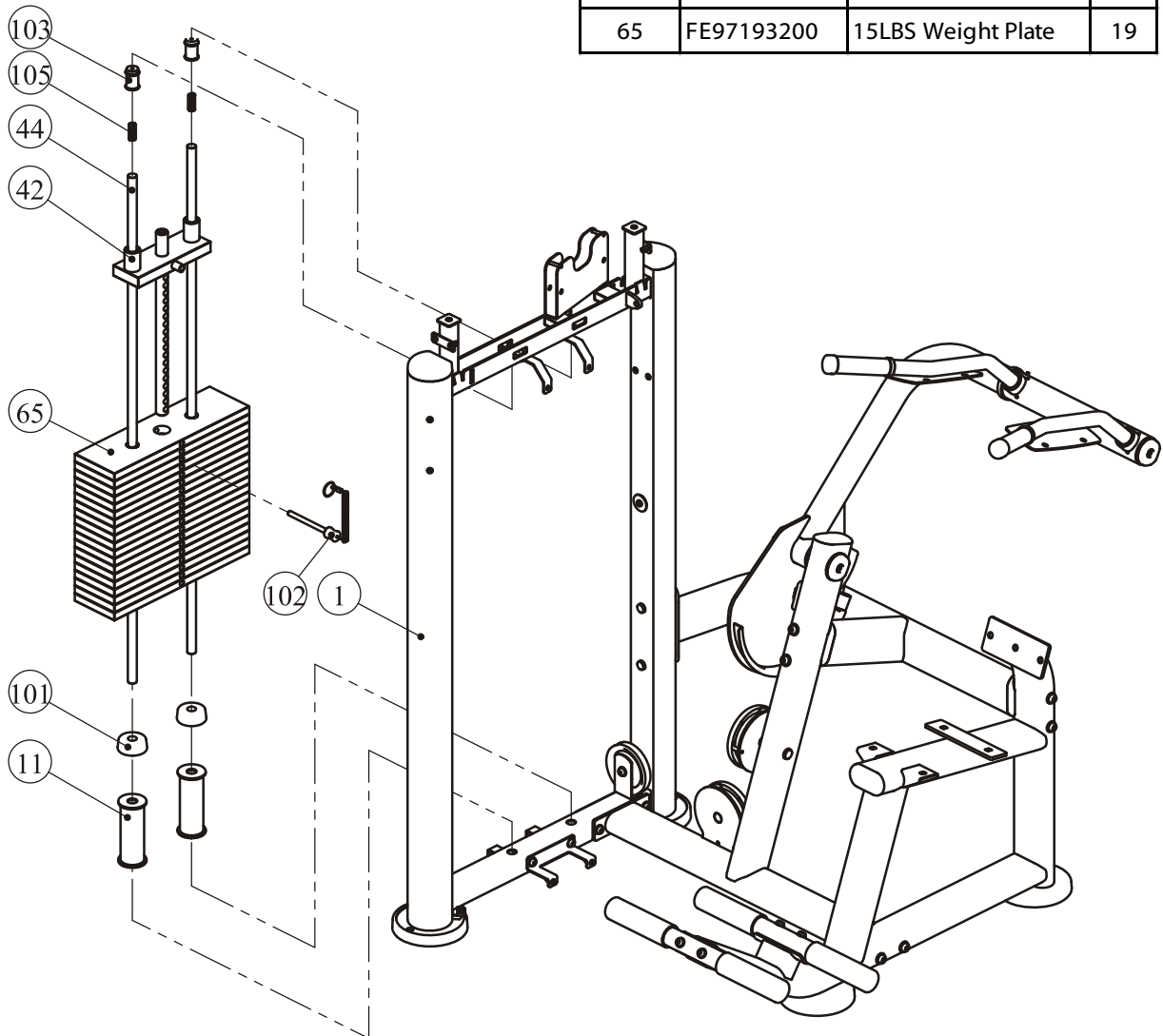
- two Guide Rod  $\Phi 19 \times 1242$  (#44)
- two Weight Rubber Bumper (#101)
- nineteen Weight Plate 15LBS (#65)
- one Top Plate (#42)

to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#103)
- two Spring (#105)

### 2. Attach the Selector Pin W/Coil (#102) to the Top Plate (#42).

Grade No.	Part No.	Description	QTY
65	FE97193200	15LBS Weight Plate	19

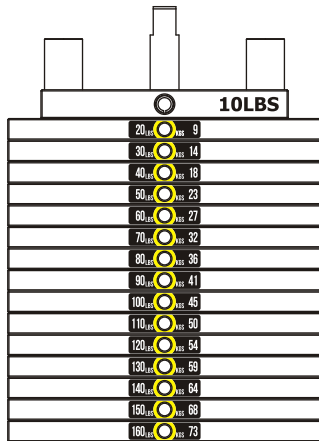




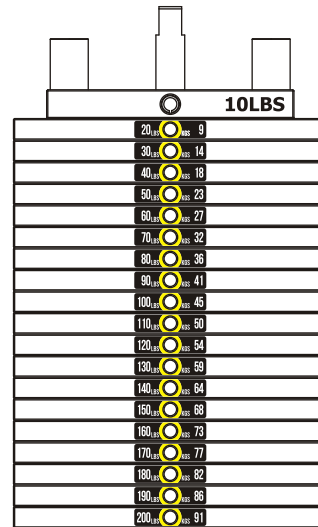
# Assembly

## All weight plate sticker paste schematic diagram

- 20<sub>LBS</sub> 9
- 30<sub>LBS</sub> 14
- 40<sub>LBS</sub> 18
- 50<sub>LBS</sub> 23
- 60<sub>LBS</sub> 27
- 70<sub>LBS</sub> 32
- 80<sub>LBS</sub> 36
- 90<sub>LBS</sub> 41
- 100<sub>LBS</sub> 45
- 110<sub>LBS</sub> 50
- 120<sub>LBS</sub> 54
- 130<sub>LBS</sub> 59
- 140<sub>LBS</sub> 64
- 150<sub>LBS</sub> 68
- 160<sub>LBS</sub> 73
- 170<sub>LBS</sub> 77
- 180<sub>LBS</sub> 82
- 190<sub>LBS</sub> 86
- 200<sub>LBS</sub> 91
- 210<sub>LBS</sub> 95
- 220<sub>LBS</sub> 100
- 230<sub>LBS</sub> 104

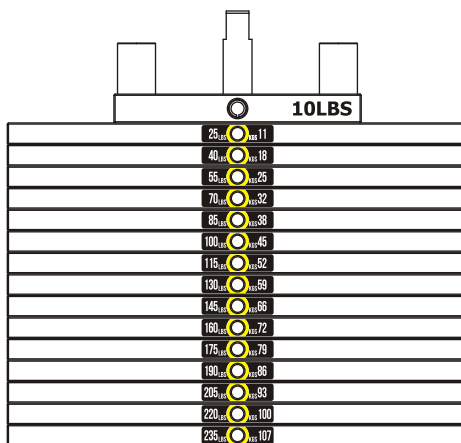


20-160LBS

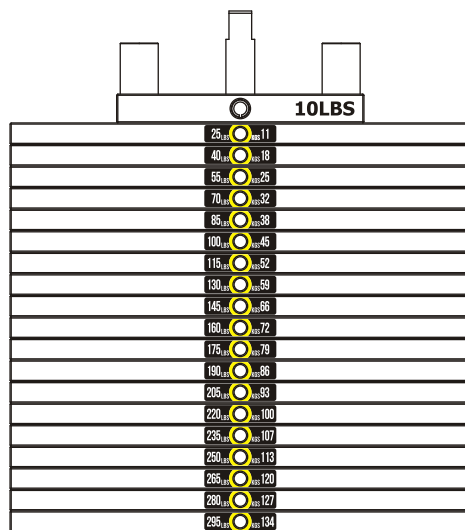


20-200LBS

- 25<sub>LBS</sub> 11
- 40<sub>LBS</sub> 18
- 55<sub>LBS</sub> 25
- 70<sub>LBS</sub> 32
- 85<sub>LBS</sub> 38
- 100<sub>LBS</sub> 45
- 115<sub>LBS</sub> 52
- 130<sub>LBS</sub> 59
- 145<sub>LBS</sub> 66
- 160<sub>LBS</sub> 72
- 175<sub>LBS</sub> 79
- 190<sub>LBS</sub> 86
- 205<sub>LBS</sub> 93
- 220<sub>LBS</sub> 100
- 235<sub>LBS</sub> 107
- 250<sub>LBS</sub> 113
- 265<sub>LBS</sub> 120
- 280<sub>LBS</sub> 127
- 295<sub>LBS</sub> 134
- 310<sub>LBS</sub> 141
- 325<sub>LBS</sub> 147



25-235LBS



25-295LBS

# Assembly

## STEP 6

1. Attach two 4.5" Pulleys (#10) to the Weight Stack Frame ASSY (#1) using:  
two M10\*50 SHCS (#117)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#126)  
two M10 Nylon Lock Nut (#128)
2. Attach the Cable ASSY (#7) to the Top Plate (#42).
3. Attach the Cable ASSY (#7) to the Wheel Frame ASSY (#5) using:  
one Aluminium Sheath (#108)
4. Attach the Plug (#109) to the Wheel Frame ASSY (#5).

**Note: Wrench tighten bolts and Nylon Lock Nuts.**

## Step 7

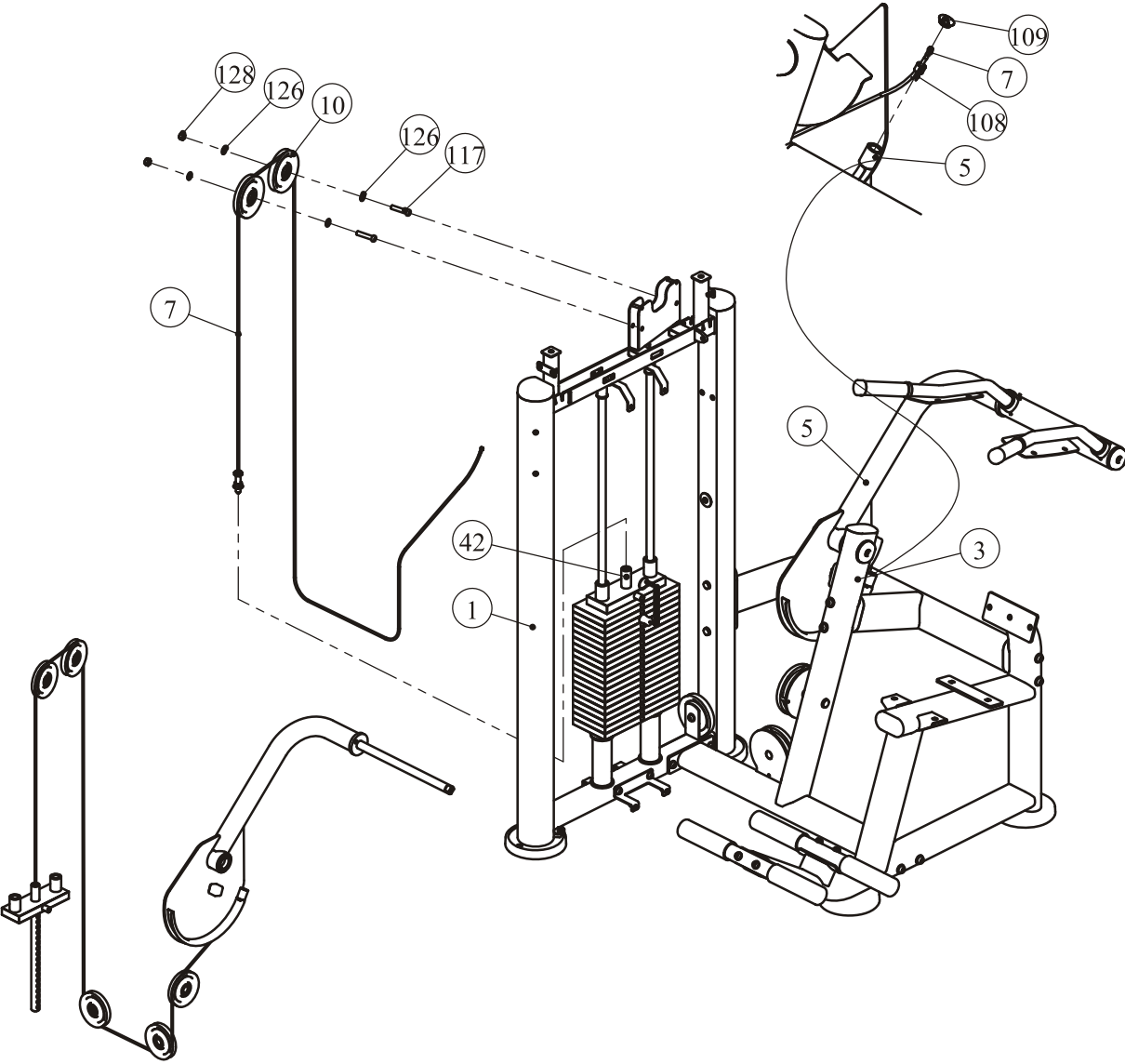
**Tips:** Pre-assemble the 8 bolts into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolts on. Then wrench tighten Bolts.

1. Attach the Right Front Shroud (#54) and the Front Shroud (#53) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#22) using:  
four M6\*20 CRPHS (#122)                      two M6\*16 CRPHS (#123)
2. Attach the Rear Shroud (#56) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#22) using:  
four M6\*20 CRPHS (#122)                      two M6\*16 CRPHS (#123)
3. Attach the Training Placard Cover (#52) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#21) using:  
two M6\*20 CRPHS (#122)                      two M6\*10 CRPHS (#124)
4. Attach the Top Rear Shroud (#55) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#21) using:  
four M6\*20 CRPHS (#122)
5. Attach the Top Cover (#51) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#122)                      two Spout Plug  $\Phi 16.5*6.88$  (#104)
6. Attach the Cup Holder (#92) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#122)

**Note: Wrench tighten bolts.**

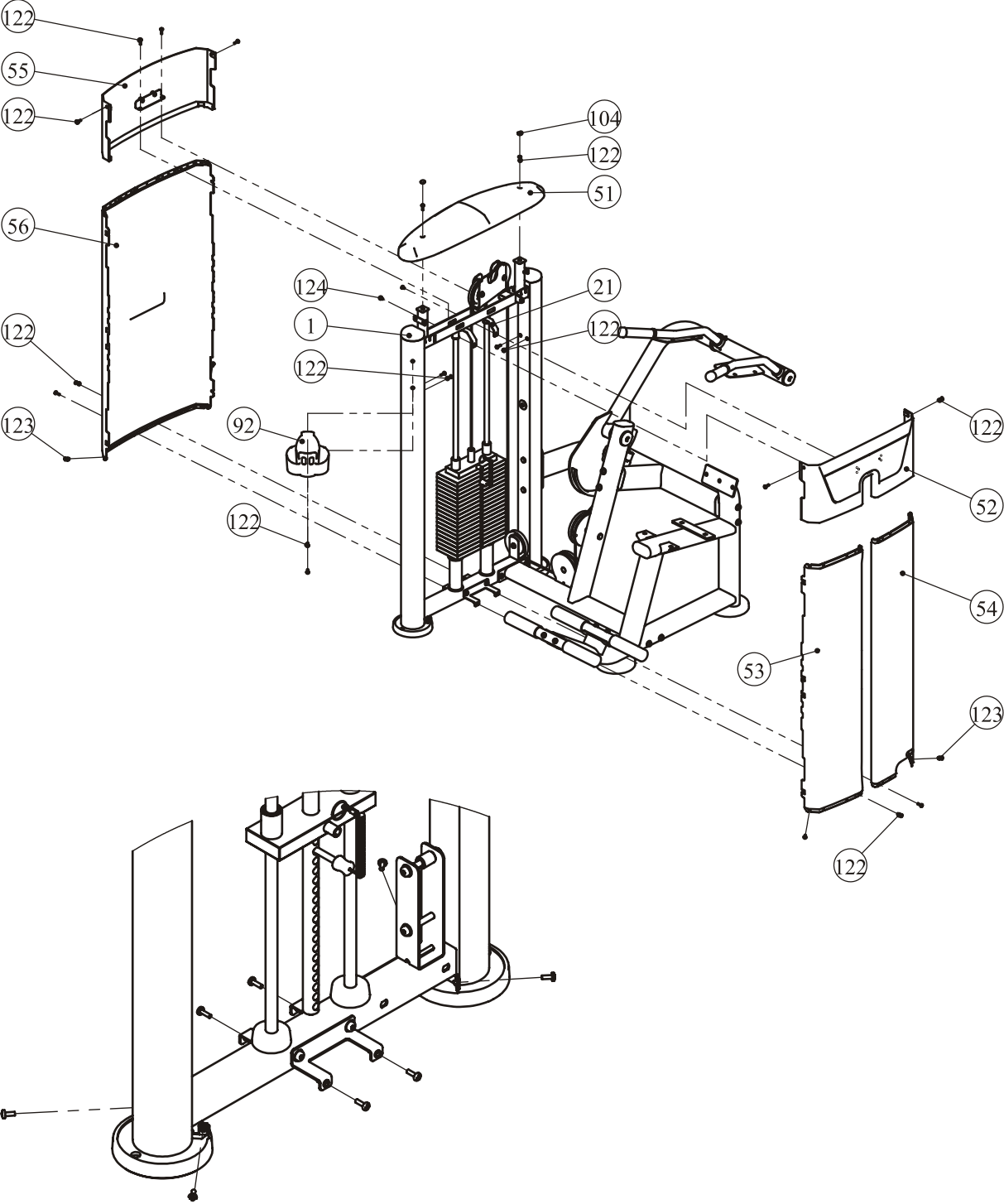
# Assembly

## STEP 6



# Assembly

## STEP 7

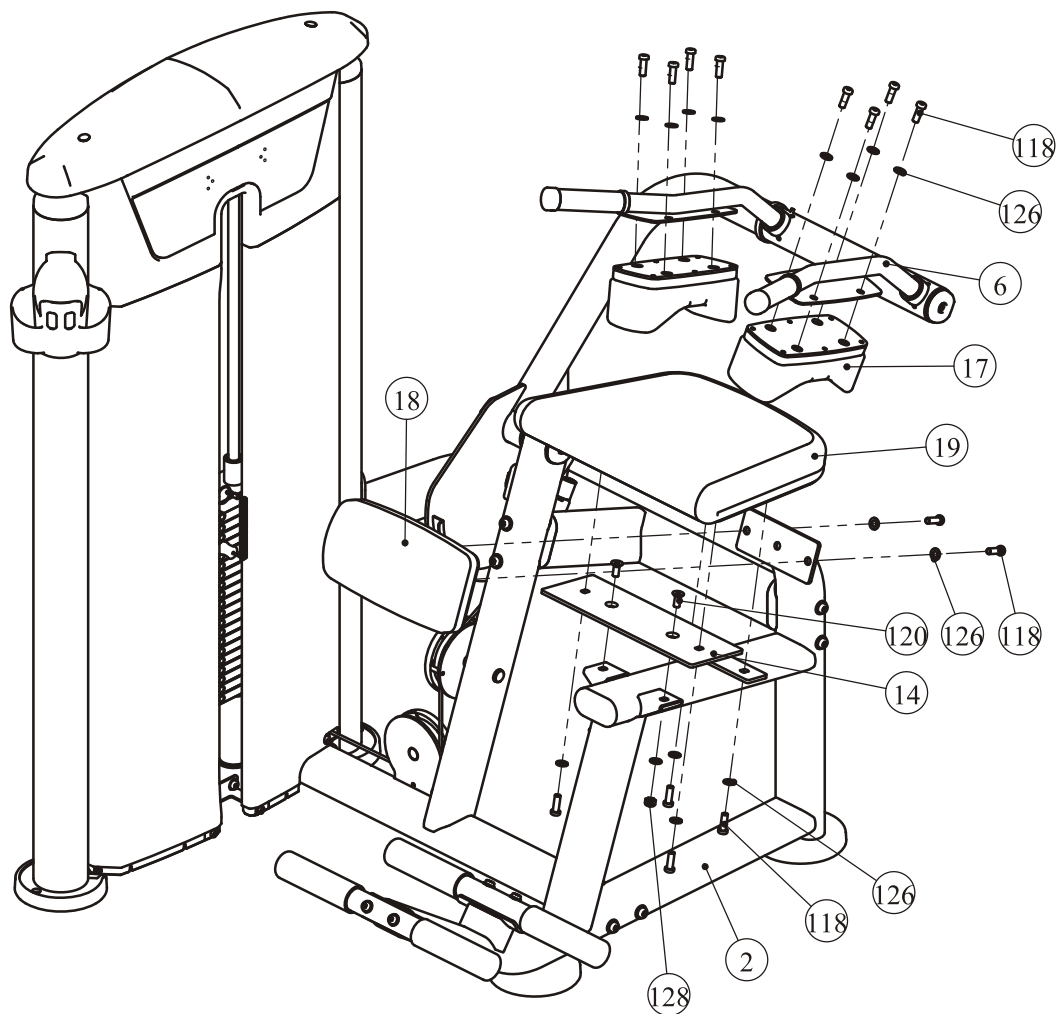


# Assembly

## STEP 8

1. Attach the Plate (#14) to the Seat Pad Frame ASSY (#2) using:
  - two M10\*25 FHCS(#120)
  - two  $\Phi 11*\Phi 20*2$  Flat Washer (#126)
  - two M10 Nylon Lock Nut (#128)
2. Attach the Seat Pad (#19) to the Plate (#14) and the Seat Pad Frame ASSY (#2) using:
  - four M10\*30 SHCS (#118)
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#126)
3. Attach the Waist Pad (#18) to the Seat Pad Frame ASSY (#2) using:
  - two M10\*30 SHCS (#118)
  - two  $\Phi 11*\Phi 20*2$  Flat Washer (#126)
4. Attach the two Shoulder Pad (#17) to the Swing Frame ASSY (#6) using:
  - eight M10\*30 SHCS (#118)
  - eight  $\Phi 11*\Phi 20*2$  Flat Washer (#126)

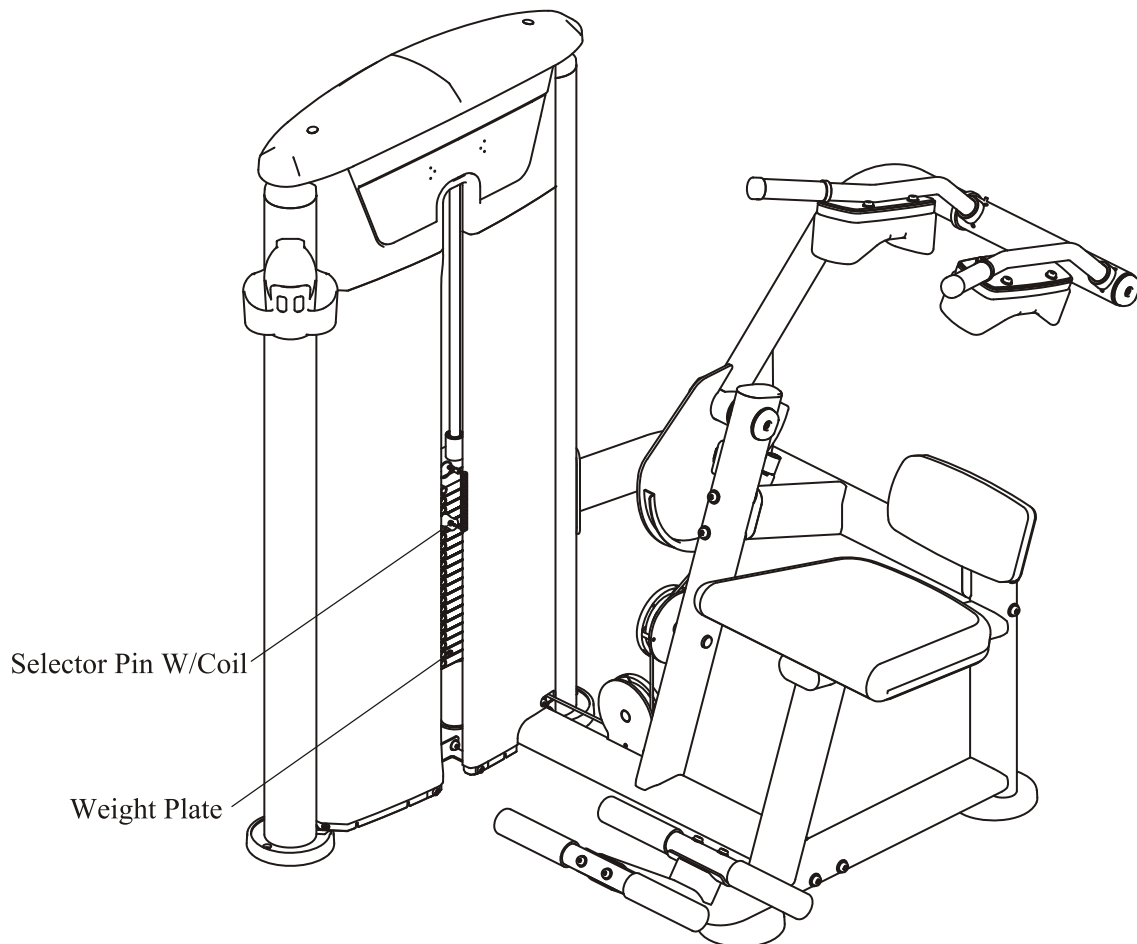
**Note: Wrench tighten bolts.**



# Adjust Instructions

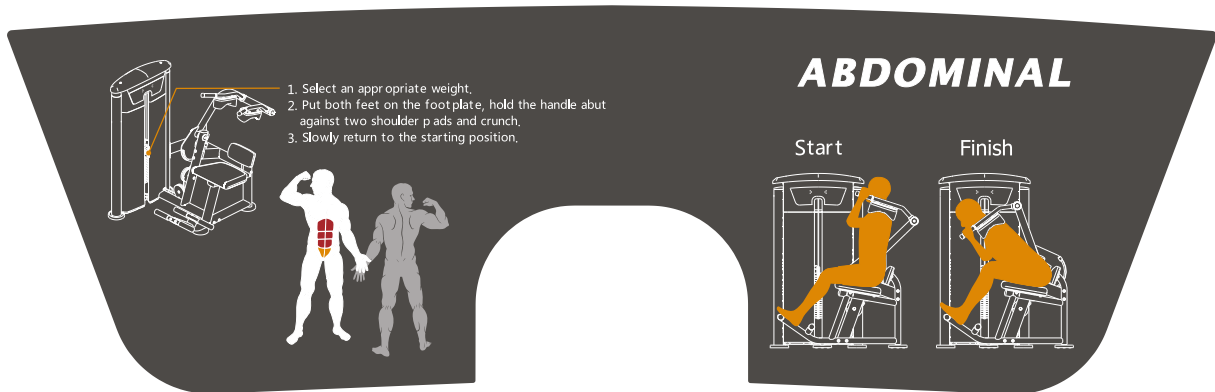
## The use of Selector Pin W/Coil

1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.



# Exercise Instructions

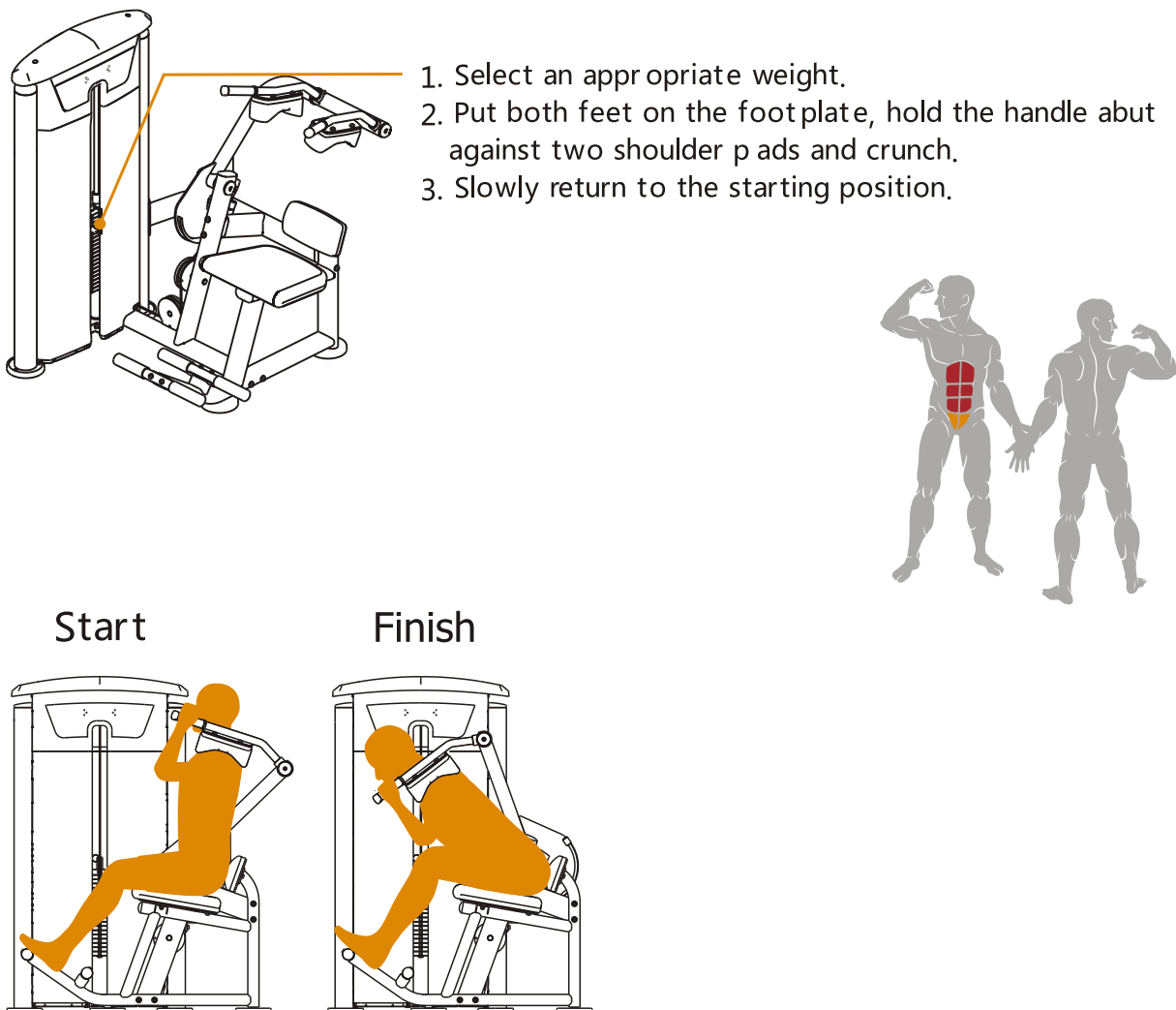
**ABDOMINAL**



1. Select an appropriate weight.  
2. Put both feet on the footplate, hold the handle abut against two shoulder pads and crunch.  
3. Slowly return to the starting position.

Start Finish

This block contains a diagram of the abdominal machine on the left with three numbered instructions. To the right of the instructions are two anatomical diagrams of a human torso: one showing the abdominal muscles in red and yellow, and another showing the full muscle structure in grey. On the far right, two orange silhouettes of a person sitting on the machine are shown in 'Start' and 'Finish' positions, with the 'Finish' position being a crunched posture.



1. Select an appropriate weight.  
2. Put both feet on the footplate, hold the handle abut against two shoulder pads and crunch.  
3. Slowly return to the starting position.

Start Finish

This block features a larger, more detailed diagram of the abdominal machine on the left, with an orange line pointing to the handle mechanism. To the right of the instructions are two anatomical diagrams of a human torso: one showing the abdominal muscles in red and yellow, and another showing the full muscle structure in grey. At the bottom, two orange silhouettes of a person sitting on the machine are shown in 'Start' and 'Finish' positions, with the 'Finish' position being a crunched posture.

# 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.

