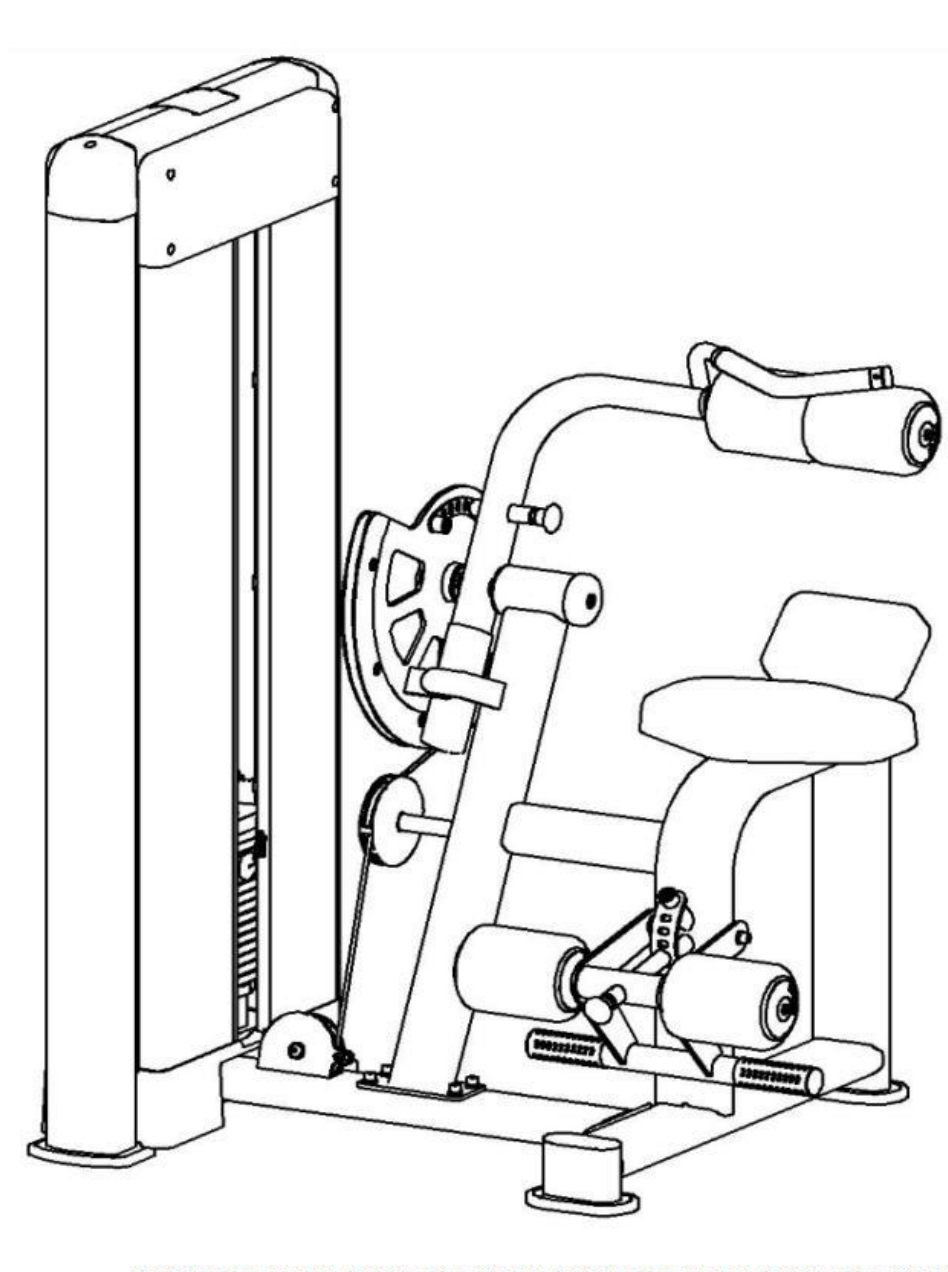
61A18 Installation Guide
Upper / Mid Abdominal Trainer



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Briefs

Please take the time to carefully read the instructions before installing .Please refer to the manual to determine the list of all components were packaged well. (If there have some parts missed or damaged please immediately call our customer service department) Please refer to the installation instruction while installing.

This device designed to provide the most effective and smoothest training movements. After installing, you can only know how to use the products after you know all the functions. If there is any question, please check the installation insturction and find out the wrong steps during the installing. If still not work, please contact the distributors authorised by original factory. The code and manual will be needed.

Tools

Rubber stick

Levelling instrument

Socket head screw wrench

More than 2 person

Circlip pliers

The adjustable wrench

Installation

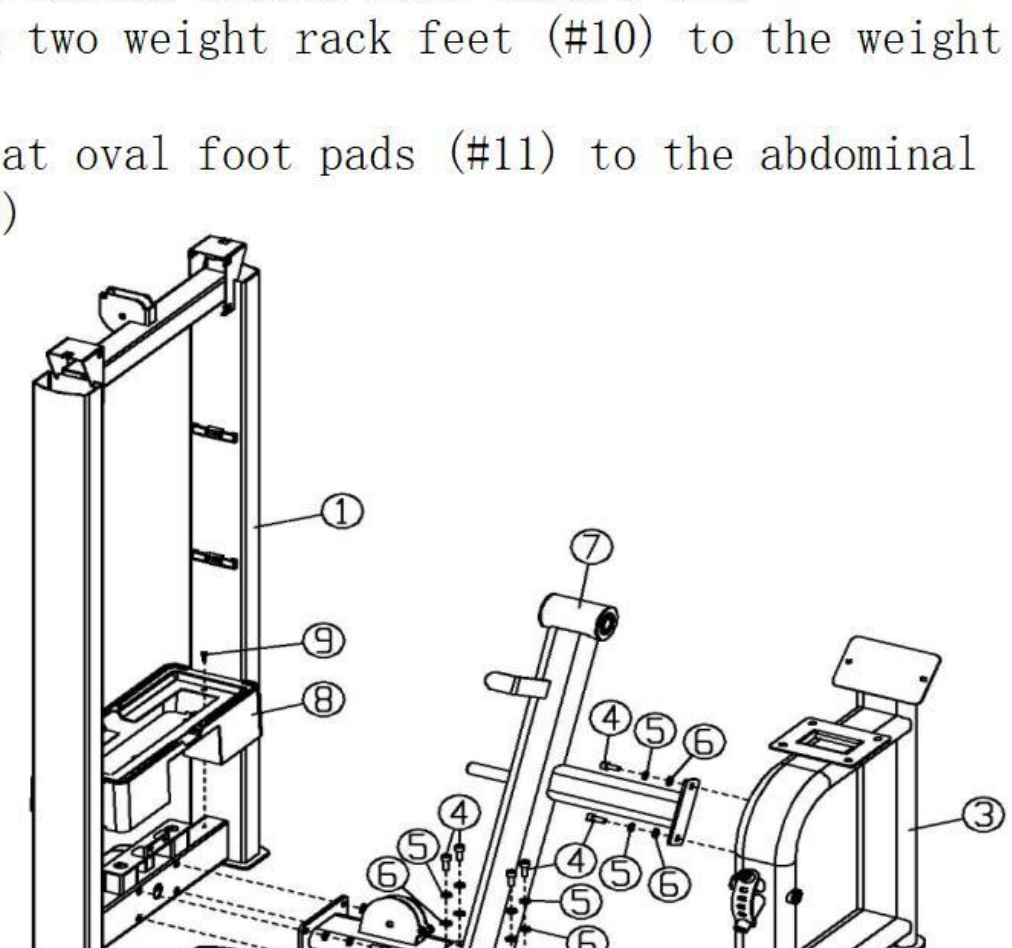
Step 1: Connect the abdominal attachment frame (#2) to the weight frame (#1) and the abdominal side frame (#3) using the following method
- 6 x Hexagon socket cheese head screws (#4)
- 6 x spring washers (#5)
- 6 x flat washers (#6)

Step 2: Attach the Abdominal Linker II (#7) to the Abdominal Linker (#2) and the Abdominal Side Frame (#3) using the following method
- 6 x Hexagon socket cheese head screws (#4)
- 6 x spring washers (#5)
- 6 x Flat washers (#6)

Step 3: Connect the counterweight lower shield (#8) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#9)

Step 4: Attach two weight rack feet (#10) to the weight rack (#1)

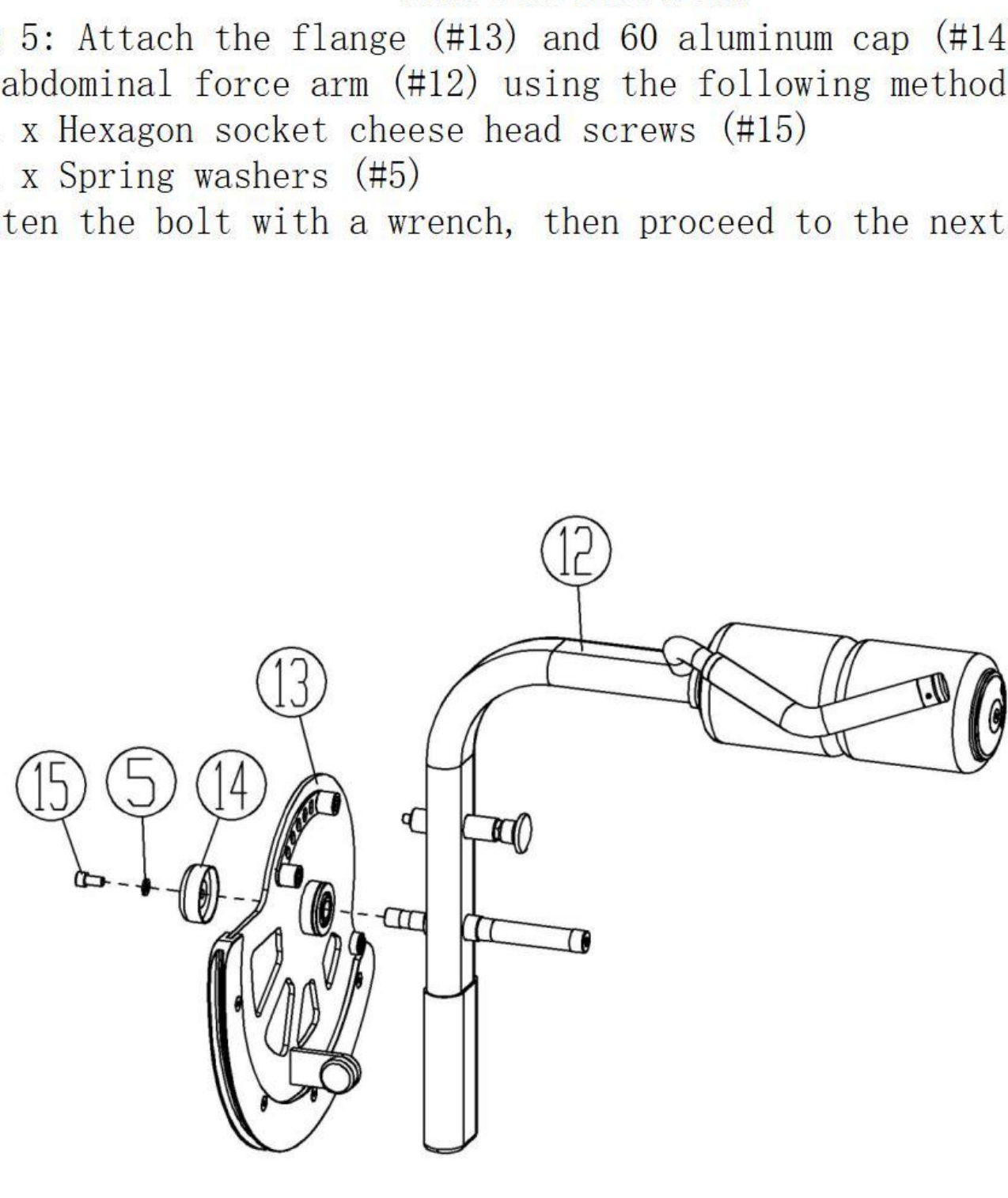
Install two flat oval foot pads (#11) to the abdominal side frame (#6)



Installation

Step 5: Attach the flange (#13) and 60 aluminum cap (#14) to the abdominal force arm (#12) using the following method
- 1 x Hexagon socket cheese head screws (#15)
- 1 x Spring washers (#5)

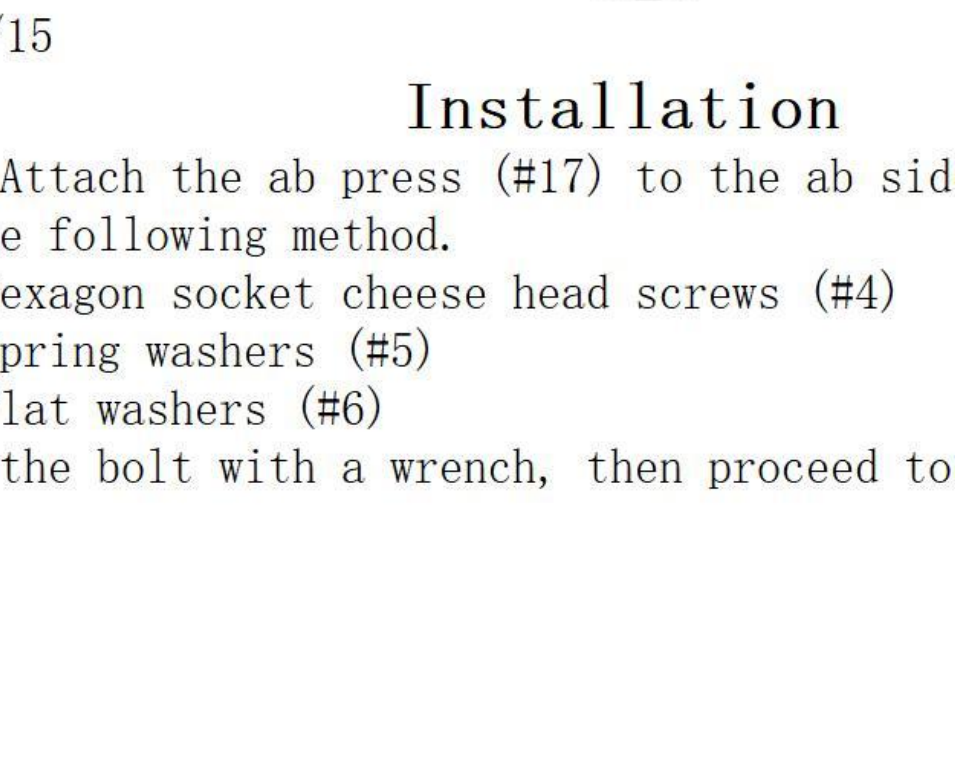
Tighten the bolt with a wrench, then proceed to the next step



Installation

Step 6: Attach the abdominal force arms (#12) and 76 aluminum caps (#16) to the abdominal muscles using the following method Frame II (#7).
- 1 x Hexagon socket cheese head screws (#15)
- 1 x Spring washers (#5)

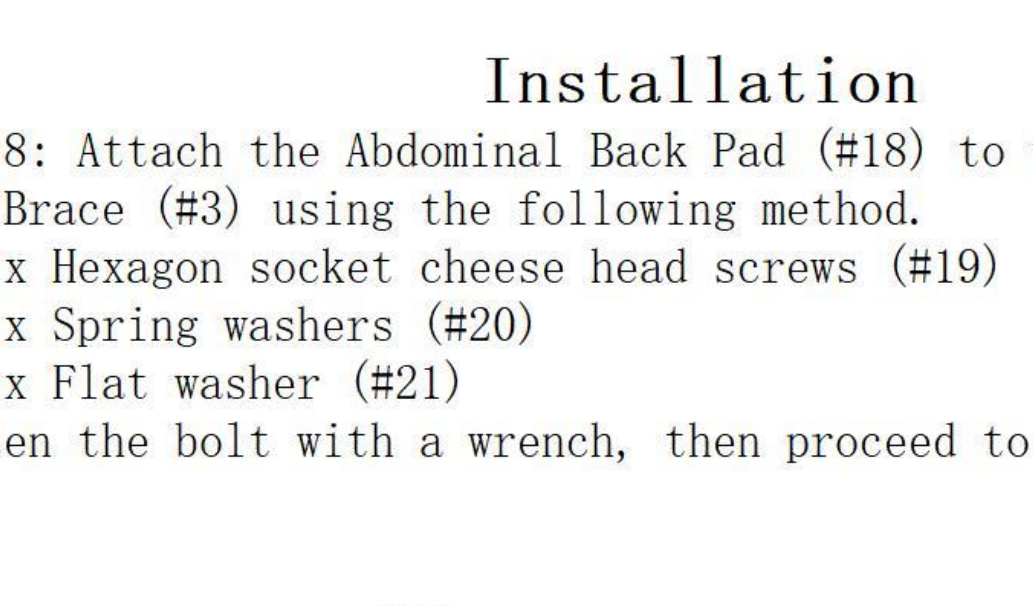
Tighten the bolt with a wrench, then proceed to the next step



Installation

Step 7: Attach the ab press (#17) to the ab side rack (#3) using the following method.
- 2 x Hexagon socket cheese head screws (#4)
- 2 x Spring washers (#5)
- 2 x Flat washers (#6)

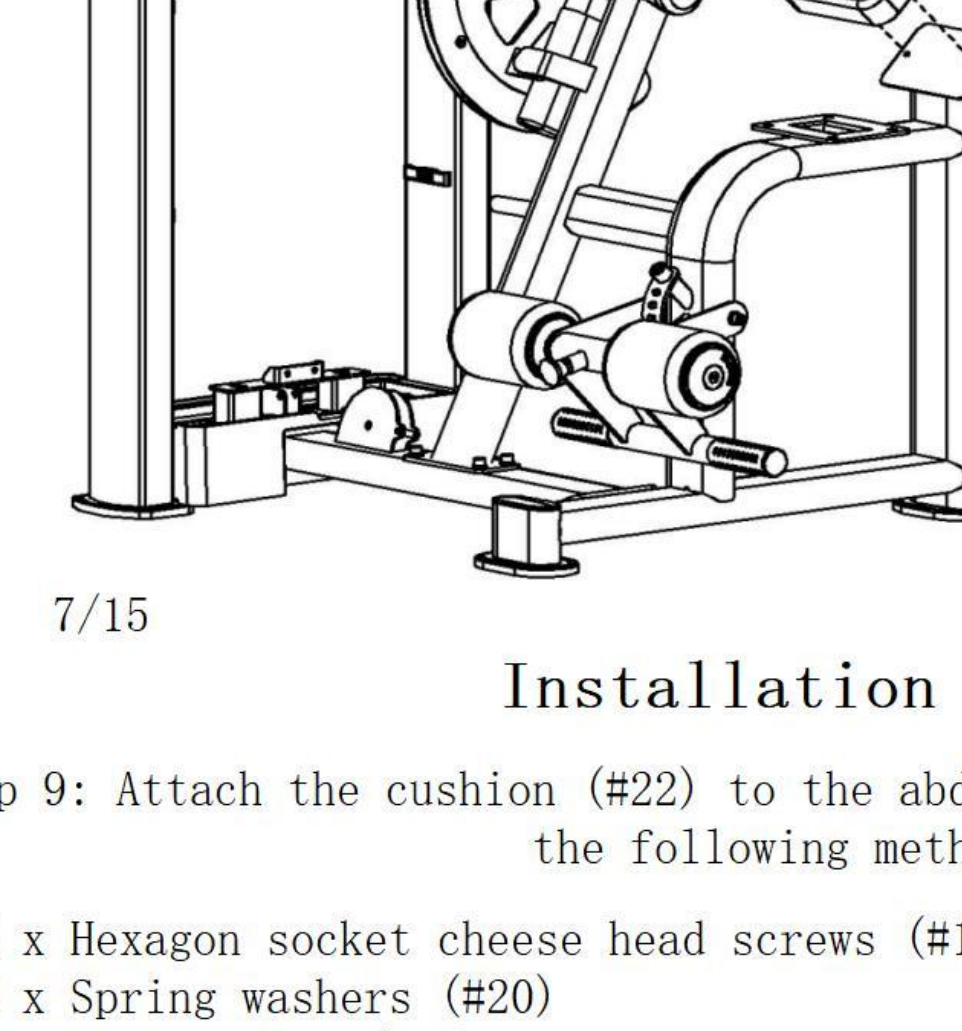
Tighten the bolt with a wrench, then proceed to the next step



Installation

Step 8: Attach the Abdominal Back Pad (#18) to the Abdominal Side Brace (#3) using the following method.
- 2 x Hexagon socket cheese head screws (#19)
- 2 x Spring washers (#20)
- 2 x Flat washer (#21)

Tighten the bolt with a wrench, then proceed to the next step

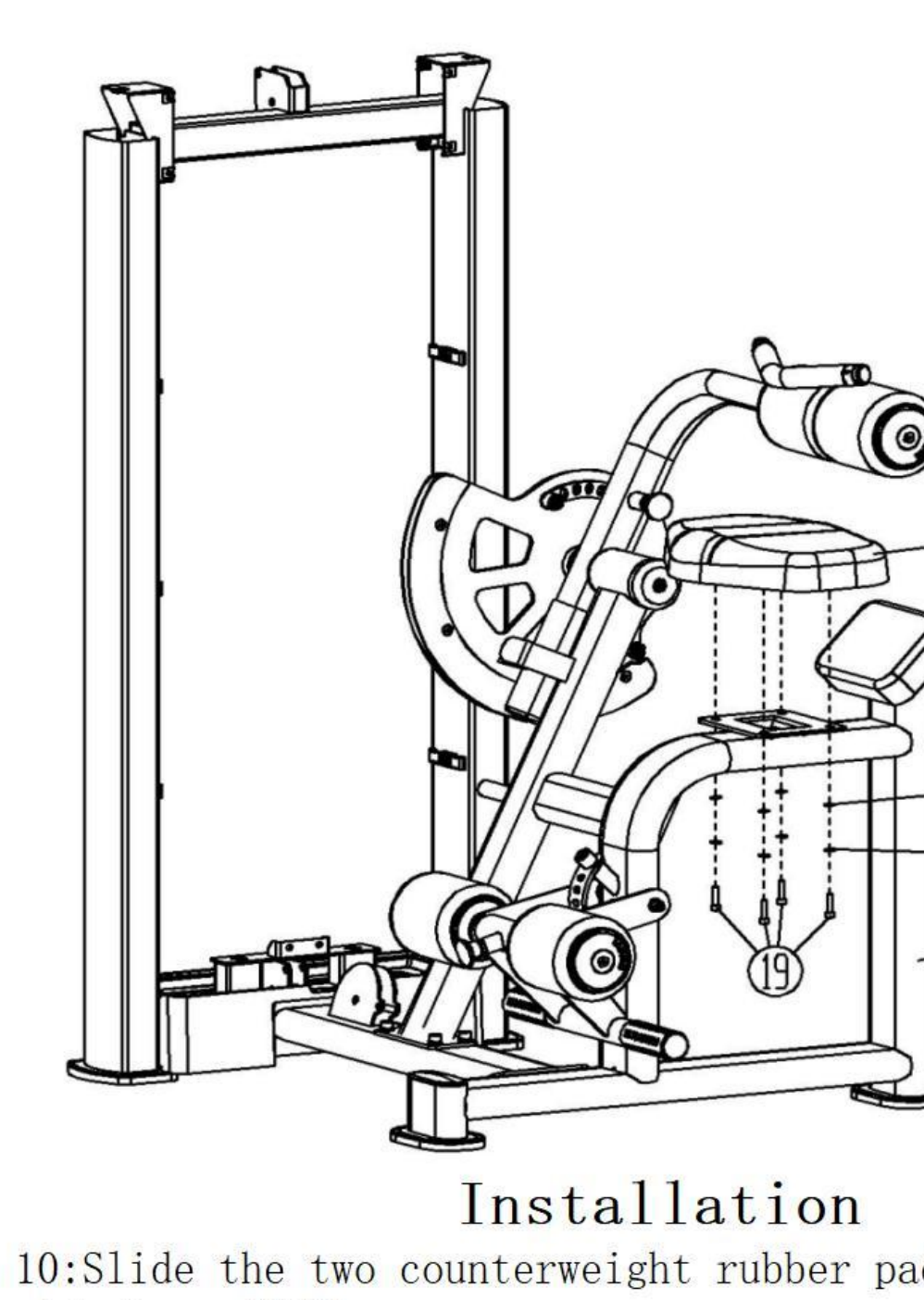


Installation

Step 9: Attach the cushion (#22) to the abdominal side frame (#3) using the following method.

- 4 x Hexagon socket cheese head screws (#19)
- 4 x Spring washers (#20)
- 4 x Flat washer (#21)

Tighten the bolt with a wrench, then proceed to the next step



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Step 10:Slide the two counterweight rubber pads (#24) onto the two guide bars (#23).

Connect the two counterweight bases (#25) to the two guide bars (#23) using the following method and put them into the counterweight frame (#1).
- 2 x Hexagon socket cheese head screws (#26)
- 2 x Spring washers (#20)
- 2 x Flat washer (#21)

Tighten the bolt with a wrench, then proceed to the next step

Step 11: Attach the 14 counterweights (#27) to the guide bar (#23) with the isolation tabs facing upward.

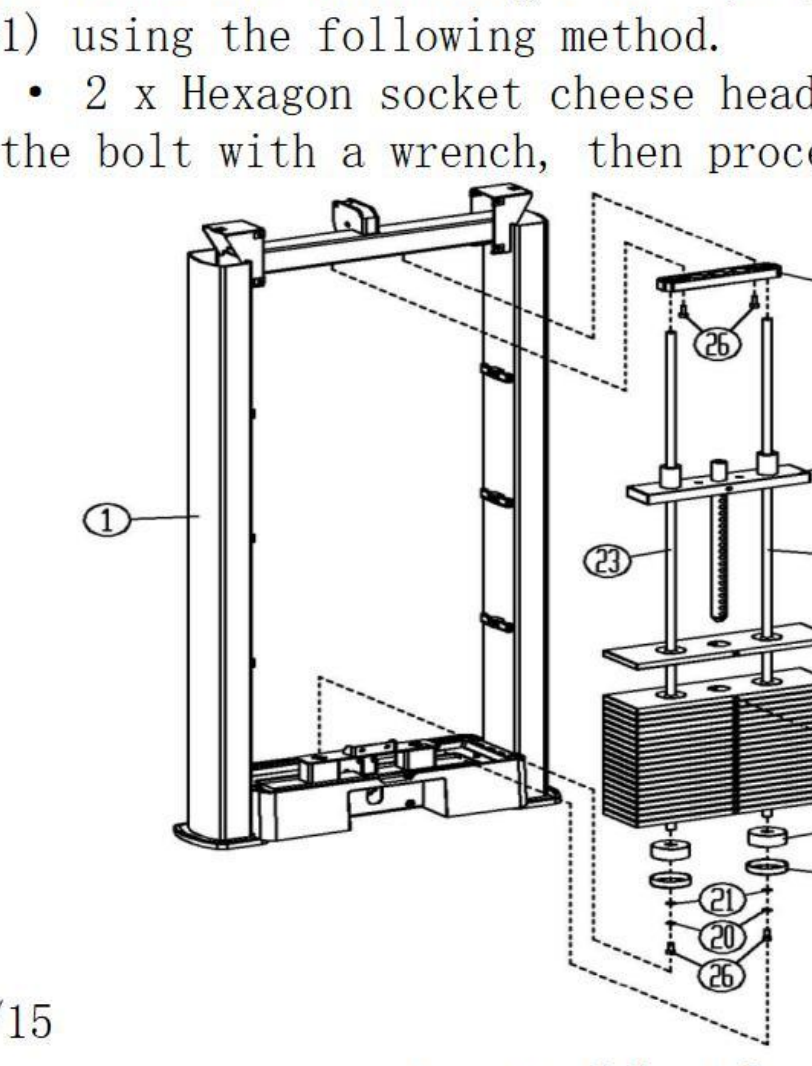
Install the guide block set (#28) to the guide bar (#23).

Insert the counterweight block pins (#30) into the counterweight blocks (#27).

Slide the Guide Bar Retaining Plate (#29) onto the Guide Bar (#23).

Attach the Guide Bar Retaining Plate (#29) to the Counterweight Frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#26)

Tighten the bolt with a wrench, then proceed to the next step



Installation

Step 12: Connect the two 95 wire wheels (#32) to the counterweight frame (#1) using the following method.
- 2 x Wire spool (#33) • 2 x Hexagonal self-locking nuts (#35)
- 2 x Flat washer (#34) • 2 x Flat washers (#6)

Using the following method to thread the 120 line wheel (#36) Connect the abdominal muscle connection frame (#2) :
- 1 x Wire axle (#33) • 1 x Hex self-locking nut (#35)
- 1 x Flat washer (#34) • 1 x Flat washer (#6)

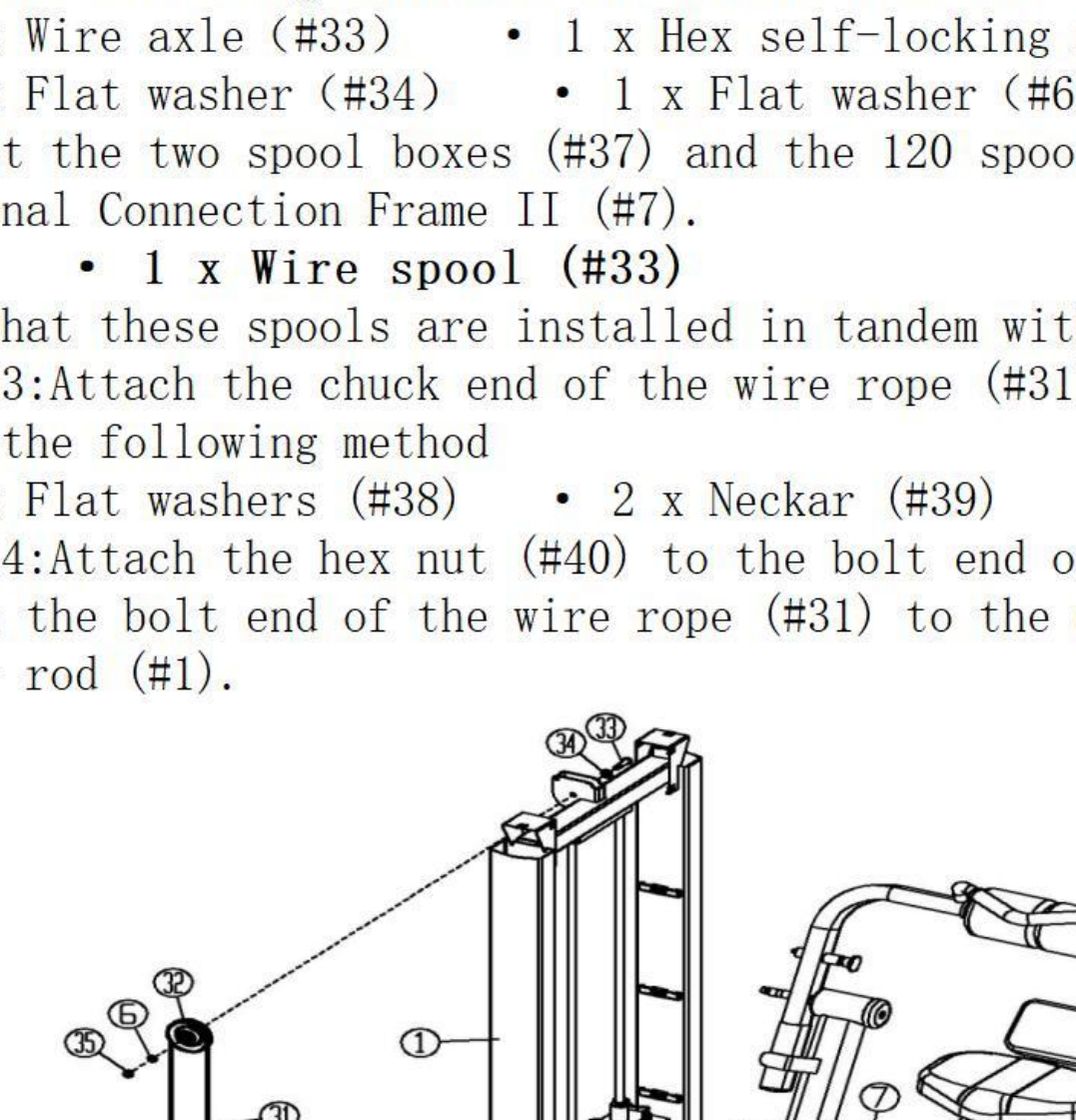
Connect the two spool boxes (#37) and the 120 spool (#36) with the Abdominal Connection Frame II (#7).

- **1 x Wire spool (#33)**

Note that these spools are installed in tandem with the wire rope (#31).

Step 13:Attach the chuck end of the wire rope (#31) to the flange (#13) using the following method
- 2 x Flat washers (#38) • 2 x Neckar (#39)

Step 14:Attach the hex nut (#40) to the bolt end of the wire rope (#31). Attach the bolt end of the wire rope (#31) to the counterweight frame center rod (#1).



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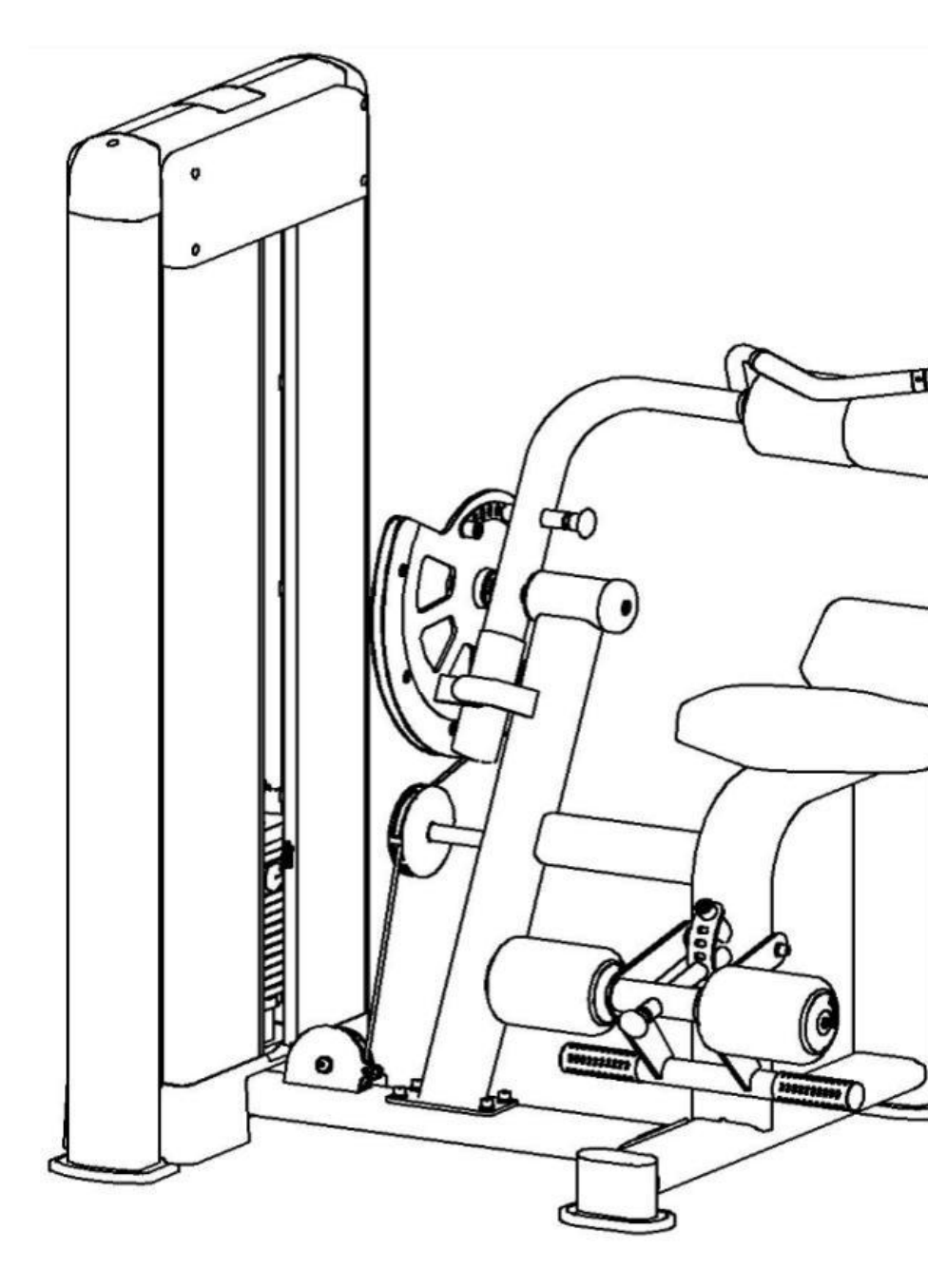
Step 15:Slide the two trim strips (#42) into the two baffles (#41), using the baffle pressure plate to attach to the counterweight frame(#1). Slide the trim plate (#43) into the two baffles (#41) and use the baffle pressure plate to attach to the counterweight frame (#1).

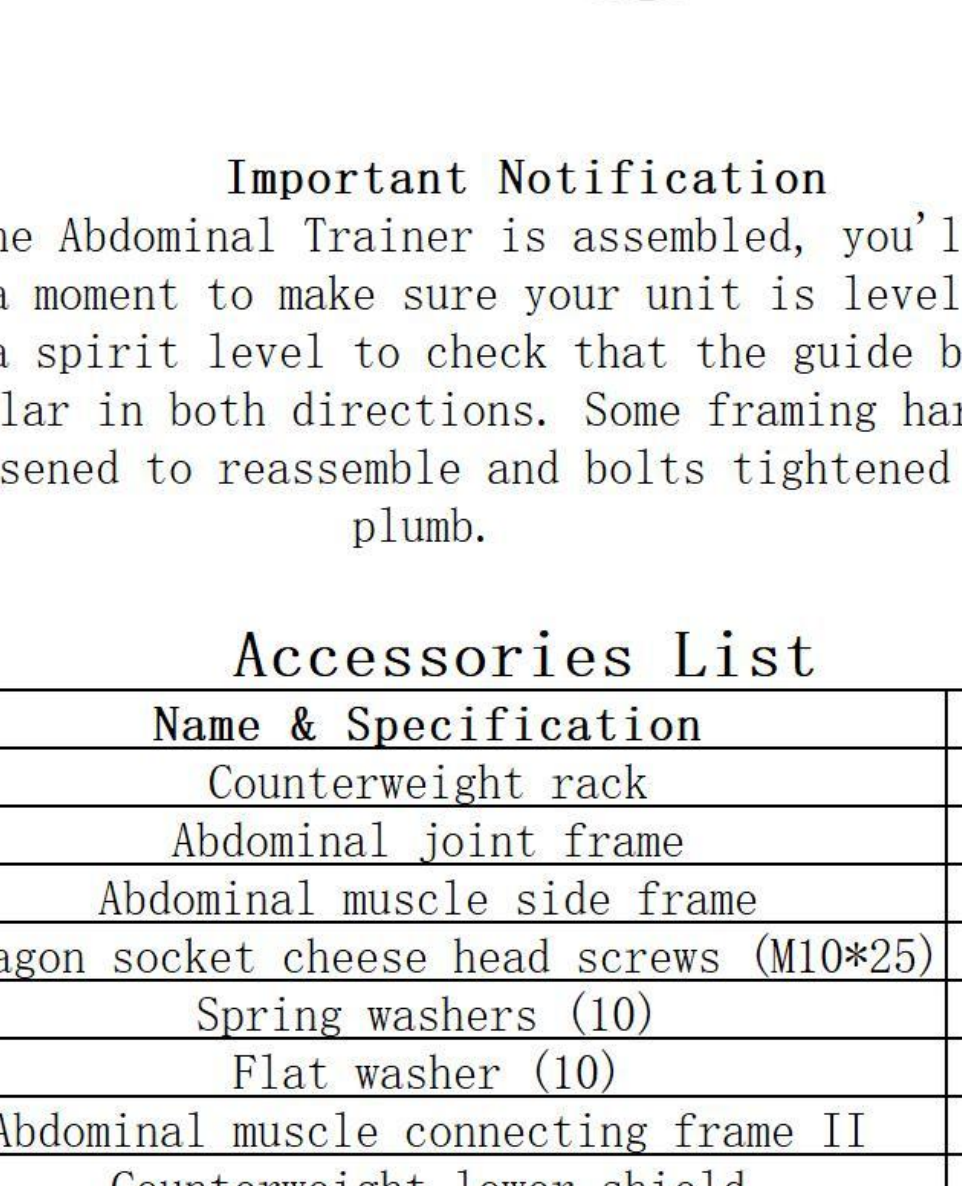
Attach the two upper shrouds (#44) to the counterweight frame (#1) using the following method.
- 8 x Hexagon socket cheese head screws (#9)

Connect the top cover of the upper shroud (#45) to the two upper shrouds (#44).

Connect the two counterweight riser plug caps (#46) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#9)



Installation



Important Notification

Now that the Abdominal Trainer is assembled, you'll need to take a moment to make sure your unit is level and plumb. Use a spirit level to check that the guide bars are perpendicular in both directions. Some framing hardware must be loosened to reassemble and bolts tightened if not plumb.

Accessories List

No.	Name & Specification	Qty
1	Counterweight rack	1
2	Abdominal joint frame	1
3	Abdominal muscle side frame	1
4	Hexagon socket cheese head screws (M10*25)	14
5	Spring washers (10)	16
6	Flat washer (10)	14
7	Abdominal muscle connecting frame II	1
8	Counterweight lower shield	1
9	Hexagon socket cheese head screws (M5*16)	12
10	Counterweight frame foot pads	2
11	Flat oval foot pad	2
12	Abdominal force arm	1
13	Abdominal flange	1
14	60 aluminum cover	1
15	Hexagon socket cheese head screws (M10*20)	2
16	76 aluminum cap	1
17	Abdominal leg press stand	1
18	Back pad	1
19	Hexagon socket cheese head screws (M8*30)	6
20	Spring washers (8)	8
21	Flat washers (8)	8

Accessories List

No.	Name & Specification	Qty
22	Cushion	1
23	Universal counterweight guide bar	2
24	Counterweight Rubber Cushion	2
25	Counterweight base	2
26	Hexagon socket cheese head screws (M8*20)	4
27	Counterweight block	14
28	Guide block set	1
29	Guide bar fixing plate	1
30	Counterweight block pins	1
31	Abdominal wire rope	1
32	95 wire wheel	2
33	Spool of wire wheel-32	4
34	Flat washer (12)	3
35	Hexagonal self-locking nut (M10)	3
36	120 wire reel	2
37	Spool box	2
38	Small washer (10)	2
39	Inner card (Φ20*S1)	2
40	Hexagonal nut (M14)	1
41	Retainer	4
42	Counterweight source decorative strip	2

Accessories List

No.	Name & Specification	Qty
43	Counterweight source decorative plate	1
44	Counterweight upper shroud	2
45	Upper shroud top cover	1
46	Counterweight riser plug cover	2

Note: Pre-assembled parts are not listed in this table.