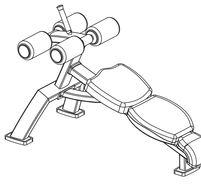
T342 Installation Guide
Angled Ab Board



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Briefs

Please take the time to carefully read the instruction 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 instruction and find out the wrong steps during the installing. If still not work, please contact the distributors authorized by original factory. The code and manual will be needed.

Tools

Rubber stick

Levelling instrument

Circlip pliers

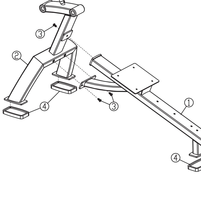
Socket head screw wrench

The adjustable wrench

2 person

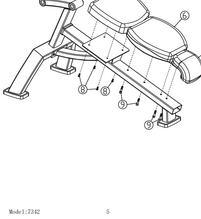
Installation of Frame

CAUTION:
The wrench need to tighten the hardware



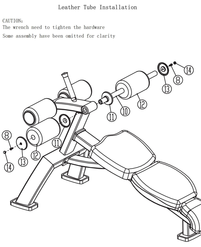
Back Pad Installation

CAUTION:
The wrench need to tighten the hardware



Leather Tube Installation

CAUTION:
The wrench need to tighten the hardware
Some assembly have been omitted for clarity



Important Notifications
Now T342 has been assembled .You need to take the time to make sure your device is square and vertical .With a spirit level to check whether the guide bar perpendicular in the two directions .If not, then you have to loosen some of the vertical frame reasonably hardware and tighten the bolts.

Accessories List

Caution:Some spare parts which have been assembled are not in the list

NO.	Name & Specification	Material	Qty
1	Body Frame	Weldment	1
2	Side Frame	Element	1
3	Hexagon socket button head screws(M10*20)	45	3
4	Long Arc Foot Pad	Rubber	3
5	Cushion	Element	1
6	Back Pad	Element	1
7	Head Pad	Element	1
8	Hexagon socket button head screws(M8*20)	45	6
9	Hexagon socket head cap screws(M10*45)	45	4
10	Leather Tube Installation Rod	Weldment	2
11	Leather Tube End Cover A	6063-T5	4
12	Leather Tube Installation	Element	4
13	Leather Tube End Cover B	6063-T5	4
14	Nut Cap	ABS	4