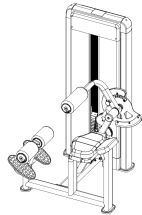


55A08 • Ab Crunch / Back Extension

INSTALLATION MANUAL



Before Installation

Before You Start

- 01
- Read this manual before installation. Check all parts and quantities against the parts list. If any part is missing or damaged in transit, contact after-sales service before assembly.
- 02
- Assemble the equipment according to these instructions. After installation, learn all functions before use. Stop using the machine immediately if a problem occurs to prevent injury or equipment damage. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

- Rubber Mallet

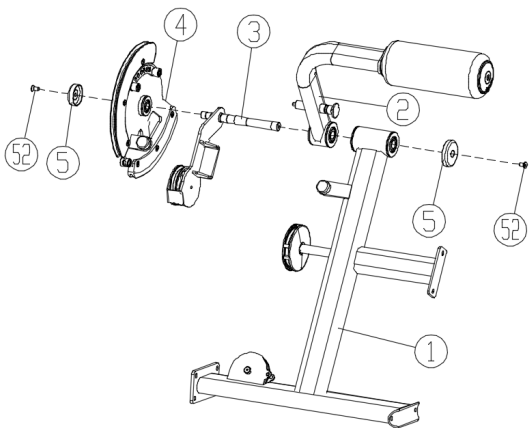
• Spirit Level

• Hex Keys
- Snap-Ring Pliers

• Adjustable Wrench

• 2 People

Assembly

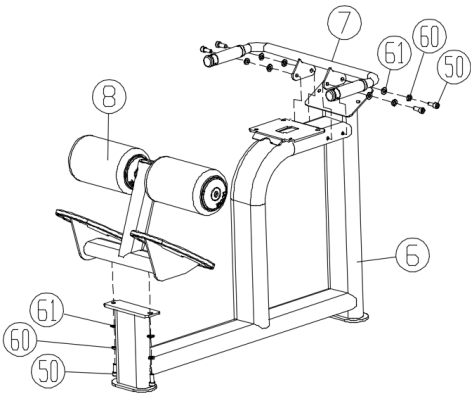


STEP 1

ACTION
Connect the ab crunch main frame (#1), ab/back lever arm assembly (#2), swing arm assembly (#3), and cable cam assembly (#4). Fit two 76 aluminum caps (#5).

- HARDWARE**
- Hex Socket Countersunk Head Screw M10×20 (#52)

× 2



STEP 2

ACTION
Connect the handrail frame (#7) and ab/back footrest frame (#8) to the side frame (#6).

- HARDWARE**
- Hex Socket Head Cap Screw M10×25 (#50)

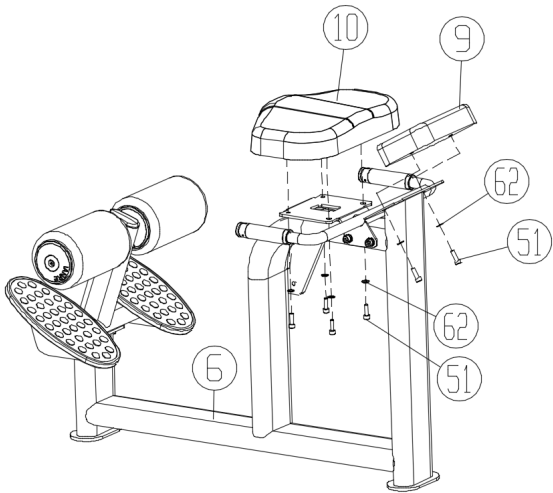
× 6

• Spring Washer M10 (#60)

× 6

• Flat Washer M10-D20 (#61)

× 6



STEP 3

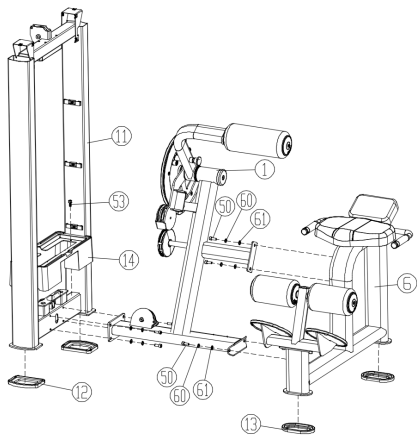
ACTION
Attach the seat pad (#10) and back pad (#9) to the side frame (#6).

- HARDWARE**
- Hex Socket Head Cap Screw M18×25 (#51)

× 6

• Flat Washer M8-D16 (#62)

× 6



STEP 4, 5 & 6

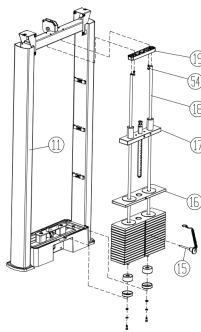
STEP 4
Connect the weight stack frame (#11), main frame (#1), and side frame (#6).

- HARDWARE**
- Hex Socket Head Cap Screw M10×25 (#50)
 - Spring Washer M10 (#60)
 - Flat Washer M10-D20 (#61)

STEP 5
Attach the lower weight stack shroud (#14) to the weight stack frame (#11).

- HARDWARE**
- Hex Socket Head Cap Screw M5×20 (#53) × 2

STEP 6
Install two weight stack foot pads (#12) on the bottom of the weight stack frame (#11). Install two flat oval foot pads (#13) on the bottom of the side frame (#6).

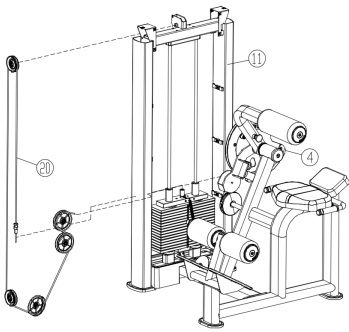


STEP 7

ACTION
Install the weight plates (#16) on the guide rods (#18) with the spacer plates facing up. Install the guide block assembly (#17), then insert the weight stack selector pin (#15) into the weight plates. Slide the guide rod retaining plate (#19) onto the guide rods and secure it to the weight stack frame (#11).

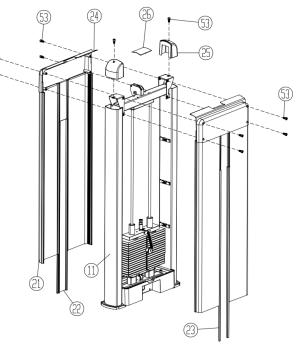
- HARDWARE**
- Hex Socket Head Cap Screw M8×20 (#54)

× 2



STEP 8

ACTION
Remove the preinstalled pulleys and route the cable assembly (#20) through them as shown. Reinstall the pulleys and cable assembly. Connect one end of the cable assembly to the weight stack frame (#11) and the other end to the swing arm assembly (#3).



STEP 9

ACTION
Attach four shroud panels (#21), one weight stack decorative panel (#22), two weight stack decorative strips (#23), two upper shrouds (#24), two weight stack upright end caps (#25), and the upper shroud top cover (#26) to the weight stack frame (#11).

- HARDWARE**
- Hex Socket Head Cap Screw M5×20 (#53)

× 10

FINAL CHECK

01 After assembly, check that the machine is level and plumb.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Ab Crunch Main Frame	1	8	Ab/Back Footrest Frame	1	15	Weight Stack Selector Pin	1	22	Weight Stack Decorative Panel	1	52	Hex Socket Countersunk Head Screw M10×20	2
2	Ab/Back Lever Arm Assembly	1	9	Back Pad	1	16	Weight Plate	16	23	Weight Stack Decorative Strip	2	53	Hex Socket Head Cap Screw M5×20	12
3	Swing Arm Assembly	1	10	Seat Pad	1	17	Guide Block Assembly	1	24	Upper Shroud	2	54	Hex Socket Head Cap Screw M8×20	2
4	Cable Cam Assembly	1	11	Weight Stack Frame	1	18	Guide Rod	2	25	Weight Stack Upright End Cap	2	60	Spring Washer M10	14
5	76 Aluminum Cap	2	12	Weight Stack Foot Pad	2	19	Guide Rod Retaining Plate	1	26	Upper Shroud Top Cover	1	61	Flat Washer M10-D20	14
6	Side Frame	1	13	Flat Oval Foot Pad	2	20	Cable Assembly	1	50	Hex Socket Head Cap Screw M10×25	14	62	Flat Washer M8-D16	6
7	Handrail Frame	1	14	Lower Weight Stack Shroud	1	21	Shroud Panel	4	51	Hex Socket Head Cap Screw M8×25	6			