

INSIGNIA SERIES ABDOMINAL

SS-AB

Parts Manual

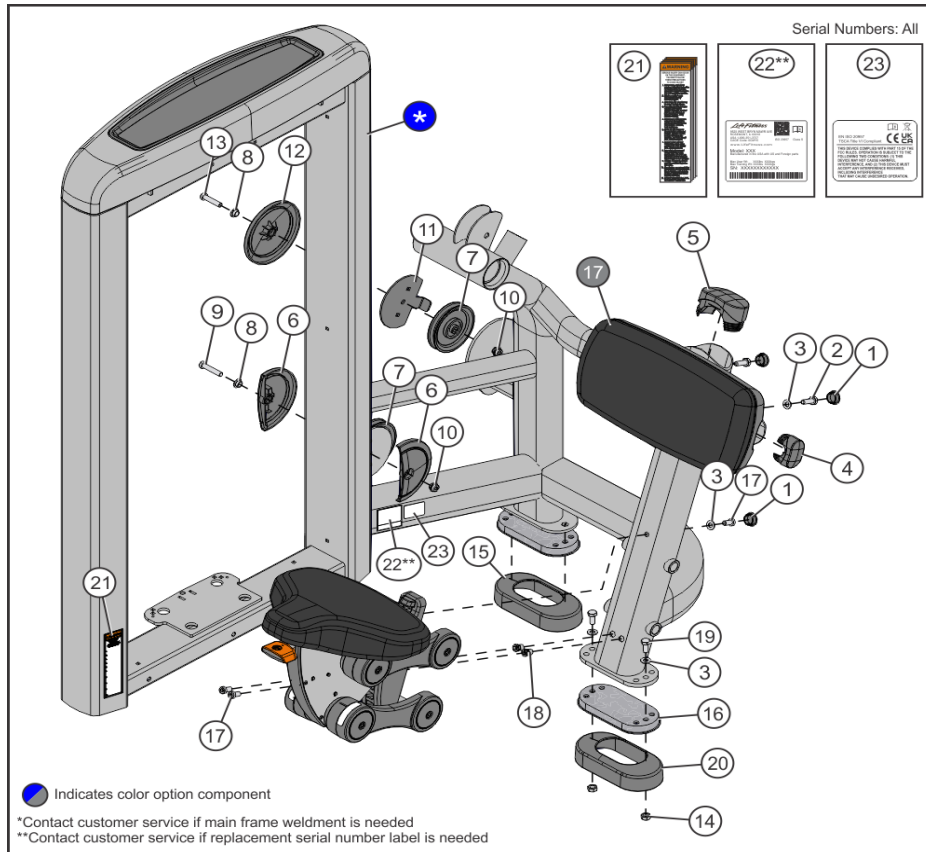
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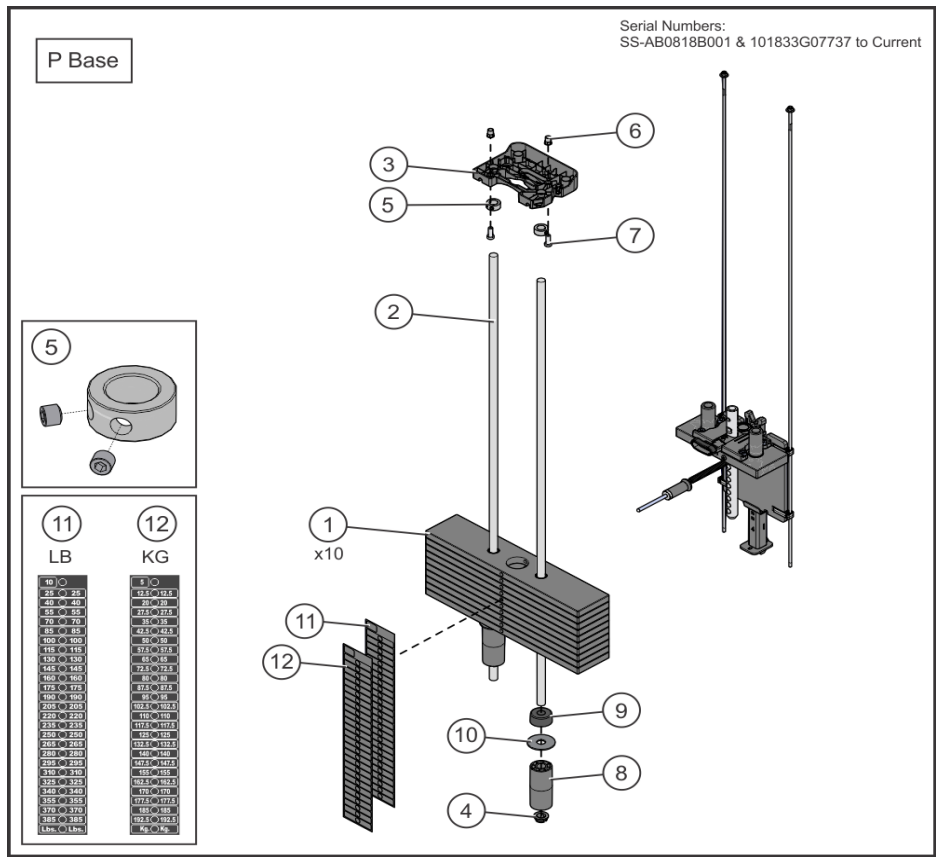
Baseframe



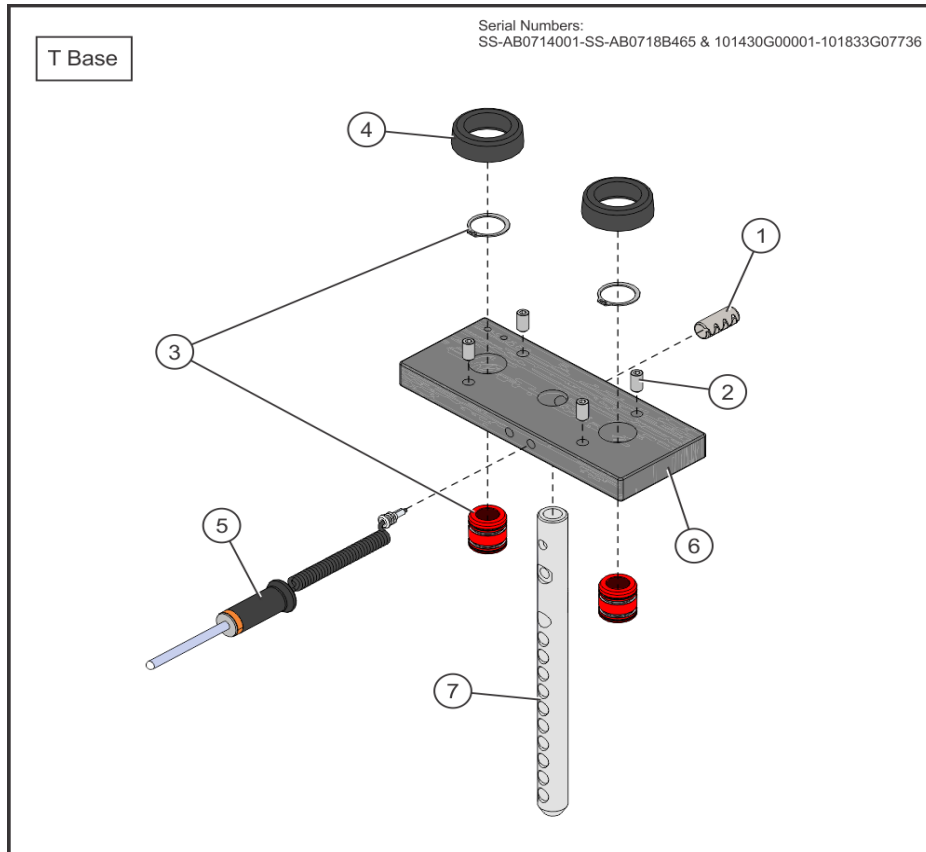
Ref #	Part Number	Qty	Description
1	3237407	2	PLUG, 1 IN HOLE
2	3251203	2	M10 X 1.5 X 30MM UNS HEX CS ST ZN
3	3273303	2	WASHER, 3/8, THRU-HARDENED
4	7333802	1	CAP, SMALL FLOV-END
5	7333902	1	CAP, LARGE FLOV-END; CHGR
6	8094102	2	COVER, PULLEY -BOLTED PARTIAL -CHGR
7	9319901	2	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
8	7630101	2	RETAINER, CM/MJ, PULLEY
9	3236207	1	M10 X 1.5 X 50 SHCS, LOW HEAD
10	7335401	1	NUT, M10 X 1.5 SOCKET HEAD
11	7730901	1	BRKT, COVER/CABLE RETAINER WHITE
12	8102902	1	COVER, PULLEY-BOLTED FULL
13	3236206	1	M10 X 1.5 X 45 SHCS, LOW HEAD
14	3254703	2	NUT, M10 X 1.5 HEX ZINC
15	9319401	1	COVER, FOOT -STRT
16	9319301	2	FOOT, 2.5 X 4.49 FLOV
17	1000006-0199	1	PAD, 18 X 9 CONVEX CUS, DBL STITCH- Custom
17	1000006-0099	1	PAD, 18 X 9 CONVEX CUS, SNGL STITCH- Custom
18	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
19	3251202	2	M10 X 1.5 X 25MM UNS HEX CS ST ZN
20	9461401	1	COVER, FOOT -20 deg
21	8220000	1	LABEL, ASTM WARNING FW SELECT

Ref #	Part Number	Qty	Description
22	7571301	1	LABEL, SERIAL NUMBER
23	9488901	1	LABEL, INSIGNIA, FCC

Base P-Stack (current)

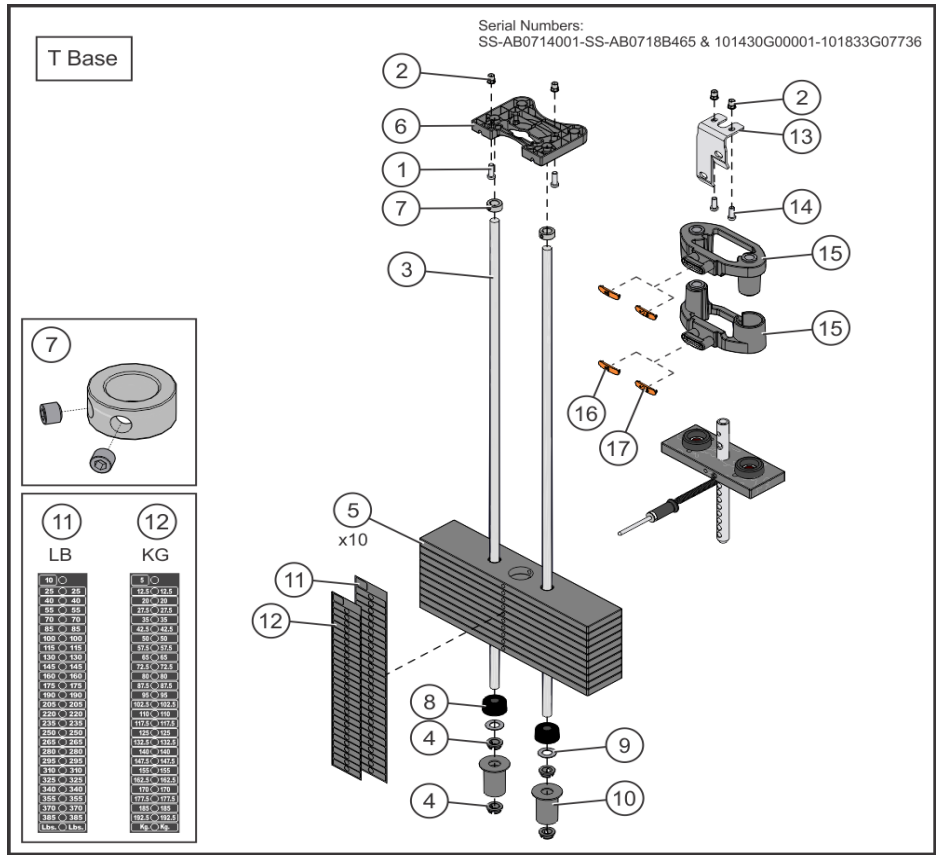


Base T-Stack Head Plate Assy (previous)



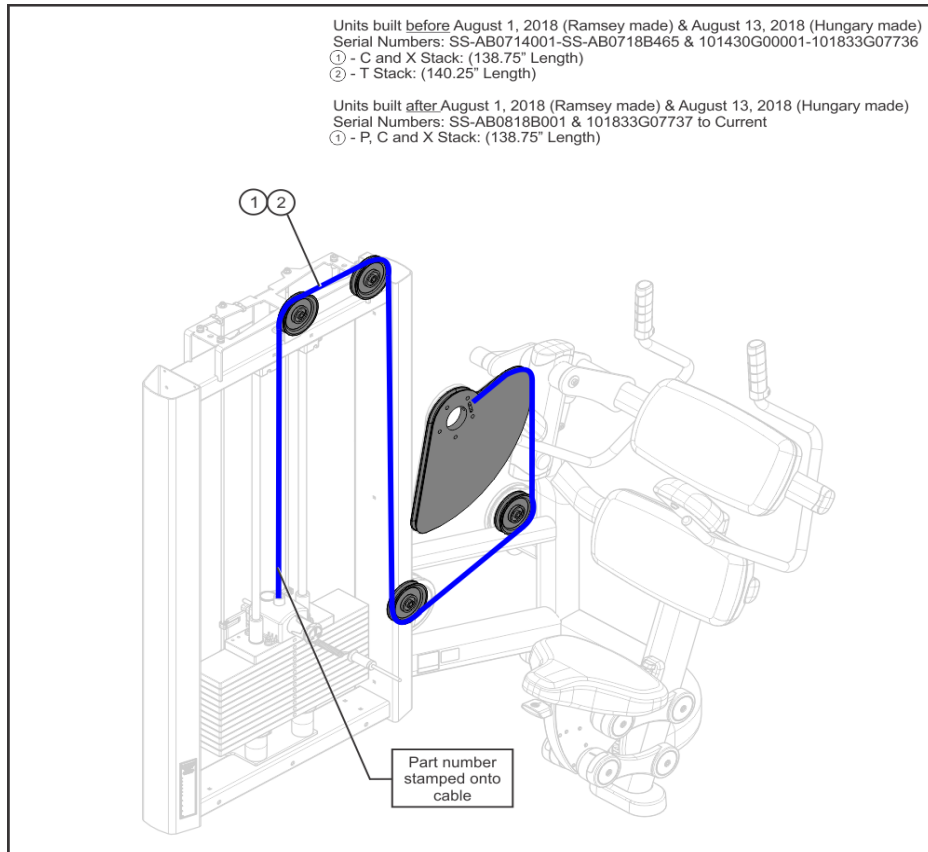
Ref #	Part Number	Qty	Description
1	3236001	1	BUSHING, SPRING PIN
2	3240501	4	M10 X 1.5 X 20 HXS NO CUP ST BO
3	7338001	2	BUSHING, HEADPLATE
4	7767602	2	BUMPER, INCREMENT WT -BLK
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9427401	1	HEADPLATE, WT. STACK, 10LB
7	9434201	1	BAYONET, 10 PLATE

Base T-Stack (previous)



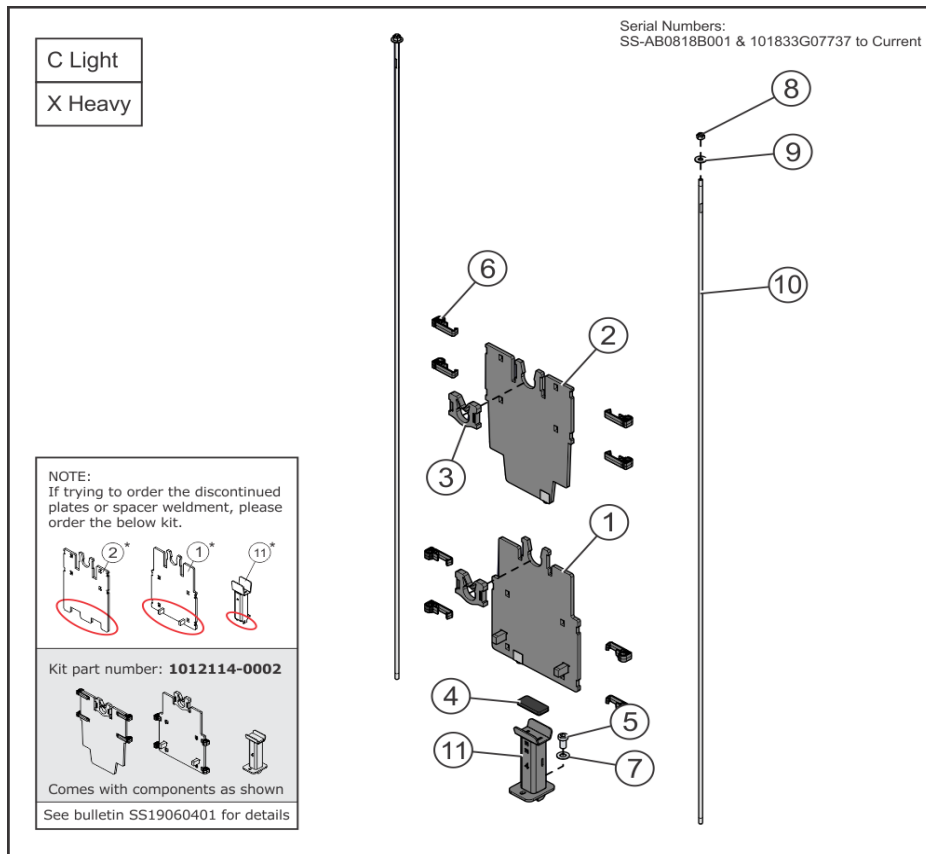
Ref #	Part Number	Qty	Description
1	3236203	2	M10 X 1.5 X 30 SHCS, LOW HEAD
2	3238601	4	M10X1.5 BLIND THREADED INSERT (HEX)
3	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
4	7337901	4	BUSHING, GUIDE ROD
5	9407601	10	WGT PL, 3/4IN X 4IN, 15LB
6	1015452-0001	1	RETAINER: GUIDE ROD, NYL
7	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
8	7352101	2	CUSHION, WEIGHT STACK
9	7351001	2	SPACER, INC WT STACK
10	9495913	2	WLDMT, WGT STK SPACER X 3.00 -CHR
11	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
12	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG
13	9430801	1	BRKT, INC WGT STRIKER
14	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
15	9455403	2	ASSY, DD INC WGT -YEL
16	9462303	1	CAP, DD INC WGT, YEL -LBS
17	9462403	1	CAP, DD INC WGT, YEL -KG

Cable



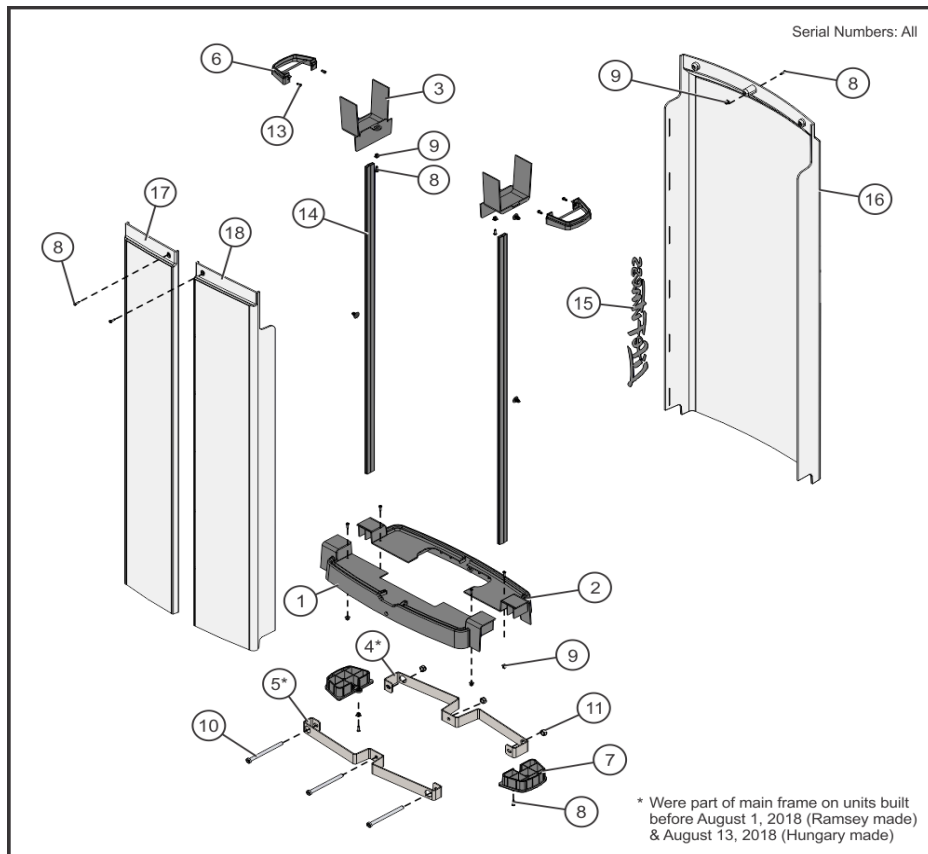
Ref #	Part Number	Qty	Description
1	9423920	1	CABLE, SS-AB-DIAL
2	9423919	1	CABLE, SS-AB-DROP

C and X Increment Weights



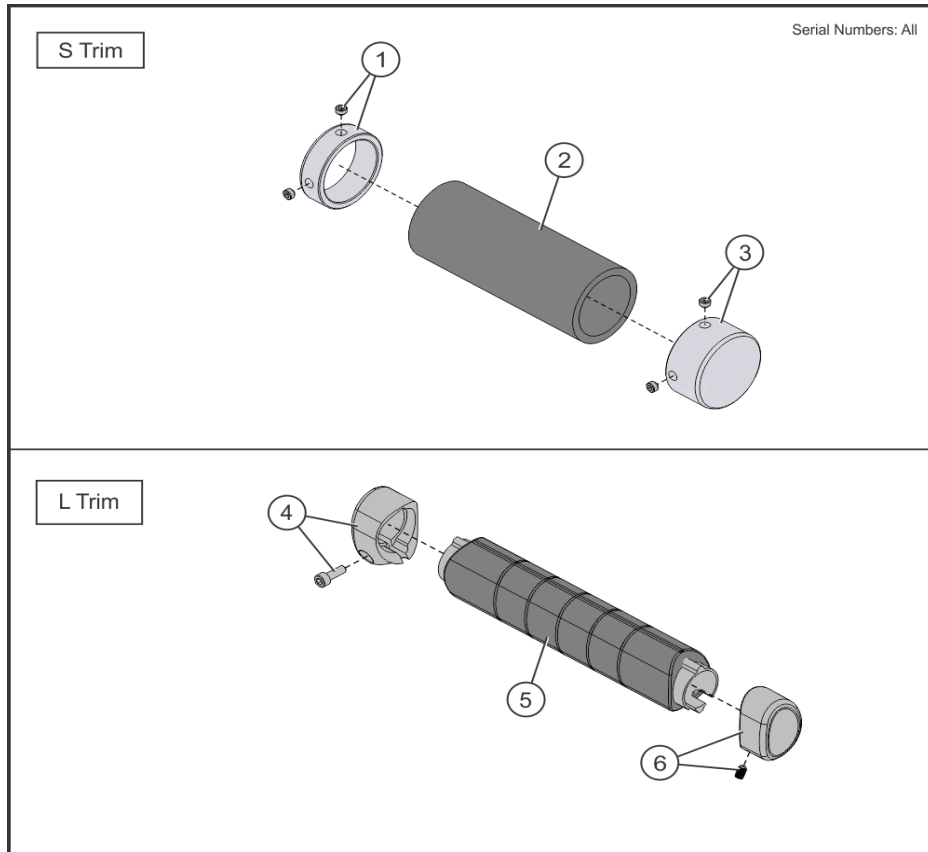
Ref #	Part Number	Qty	Description
1	1010971-2801	1	WLDMT: INC WEIGHT, 5LB, REAR -CHR
2	1010970-2801	1	PLATE: INC WEIGHT, 5LB, FRONT, 1/4" -CHR
3	1008920-0001	2	GUARD: INCREMENT WEIGHT, 0.25
4	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6	1010803-0001	8	GUIDE ROD ASSY: INCR WT, 1/4", CHARCOAL GRAY
7	3273303	1	WASHER, 3/8, THRU-HARDENED
8	3102806	2	NUT, NYLOCK 1/4-20
9	3102506	2	WASHER, FLAT 1/4 ID ZN
10	1008192-0002	2	GUIDE ROD: 0.25 OD SOLID, 54.75"
11	1018166-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 4" -CHR

Full Shroud



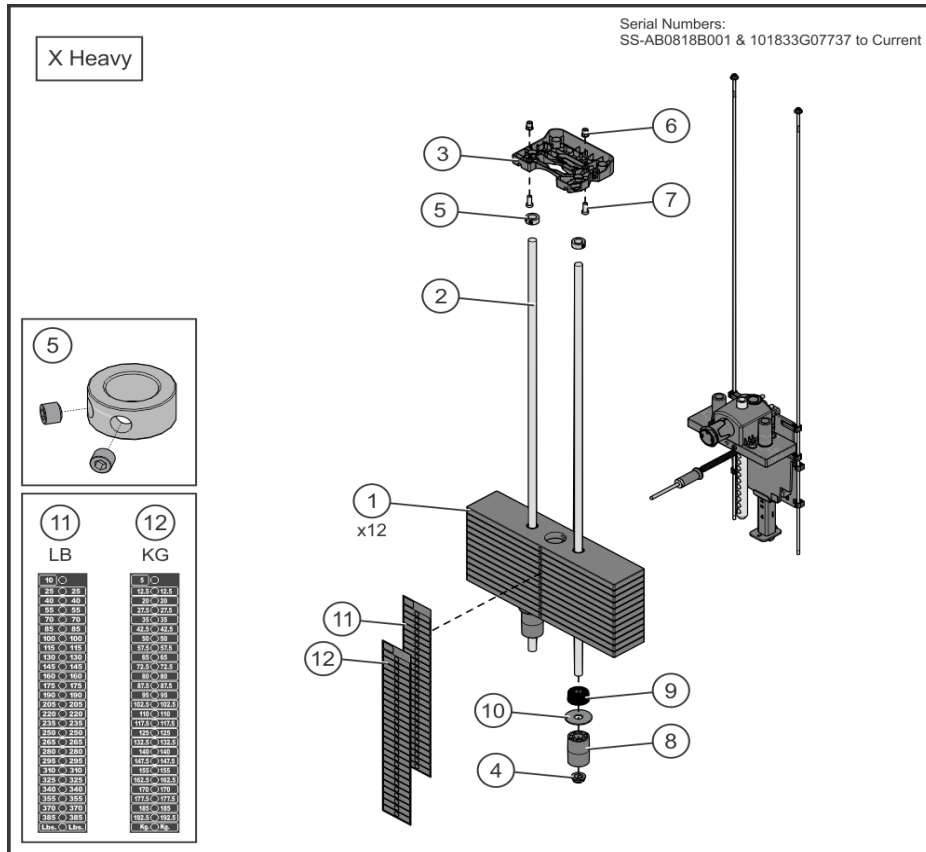
Ref #	Part Number	Qty	Description
1	9410801	1	COVER, TOWER BOTTOM -FRONT
2	1007064-0001	1	COVER: TOWER BOTTOM, REAR
3	9415701	2	COVER, SS, TWR
4	1007623-0001	1	BRACKET: TOWER GUARD, REAR
5	1007622-0001	1	BRACKET: TOWER GUARD, FRONT
6	9415801	2	GASKET, TRAP TUBE
7	9412701	2	ASSY, TRAP TUBE, CAP -BTM
8	3275801	11	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
9	0017-00042-1147	9	GROMMET: SCREW, 8 OR 10
10	3236220	3	M10 X 1.5 X 130 SHCS, LOW HEAD
11	3236801	3	NUT, NYLOCK M10 X 1.5 SS
12	1006620-0001	4	RETAINER: PANEL, 9/32 X 1/2 NYL
13	0017-00101-1587	4	RVT 201X0413X.354 T NY NO
14	9414601	2	SHROUD EXTRUSION - SHORT
15	9489101	1	LABEL, LIFE FITNESS, 20IN.
16	9489001	1	SHROUD, SS, REAR, SRT
17	9410601	1	SHROUD, TOWER FRONT, LT - SHORT
18	9410701	1	SHROUD, TOWER FRONT, RT - SHORT

Grips

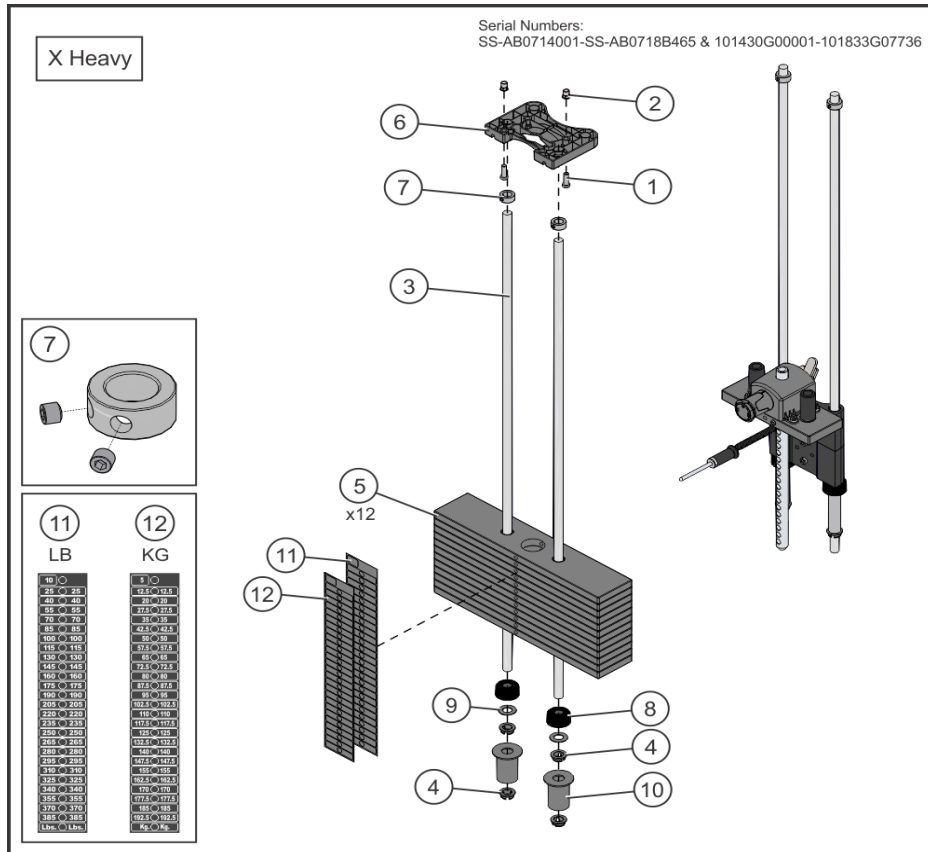


Ref #	Part Number	Qty	Description
1	7662802	1	RING, GRIP 1.50OD, 10-0133-025, BNR
2	3235807	1	GRIP, 1.50 OD X .25 WALL OPEN END
3	7662902	1	CAP, GRIP 1.50 OD, 10-0133-026, BNR
4	1001760-0001	1	ASSY, COLLAR, ERGO GRIP
5	9453001	1	GRIP, ERGO, OVERMOLD, 6.5
6	1001761-0001	1	ASSY, CAP, GRIP

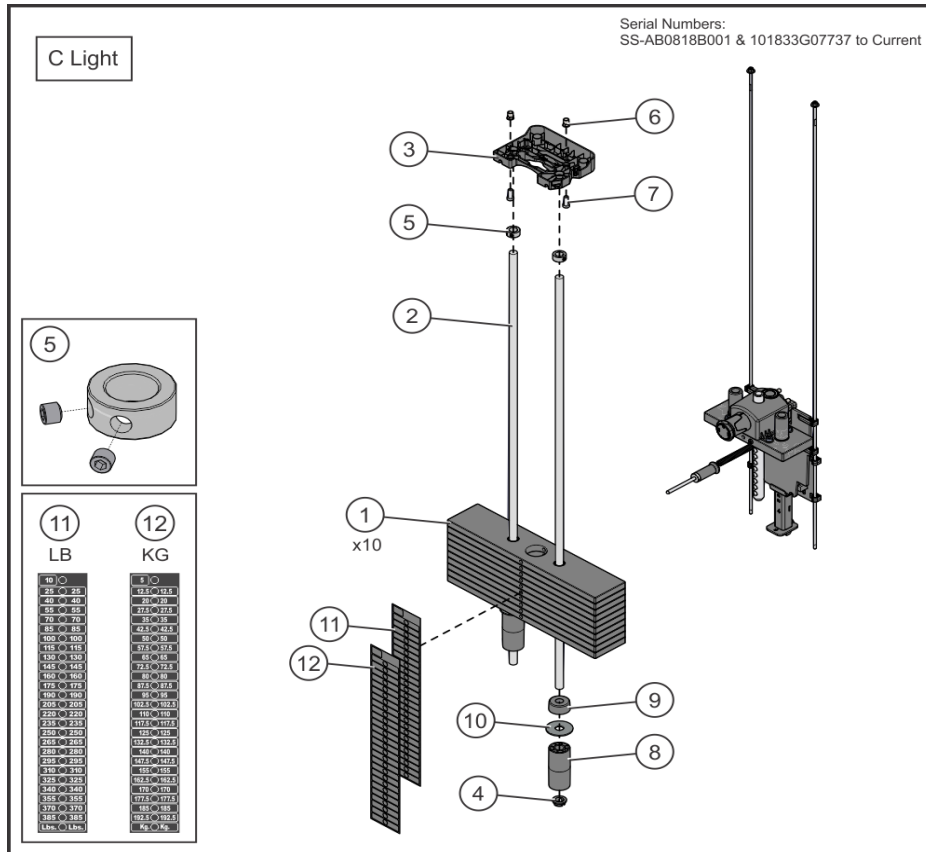
Heavy X-Stack (current)



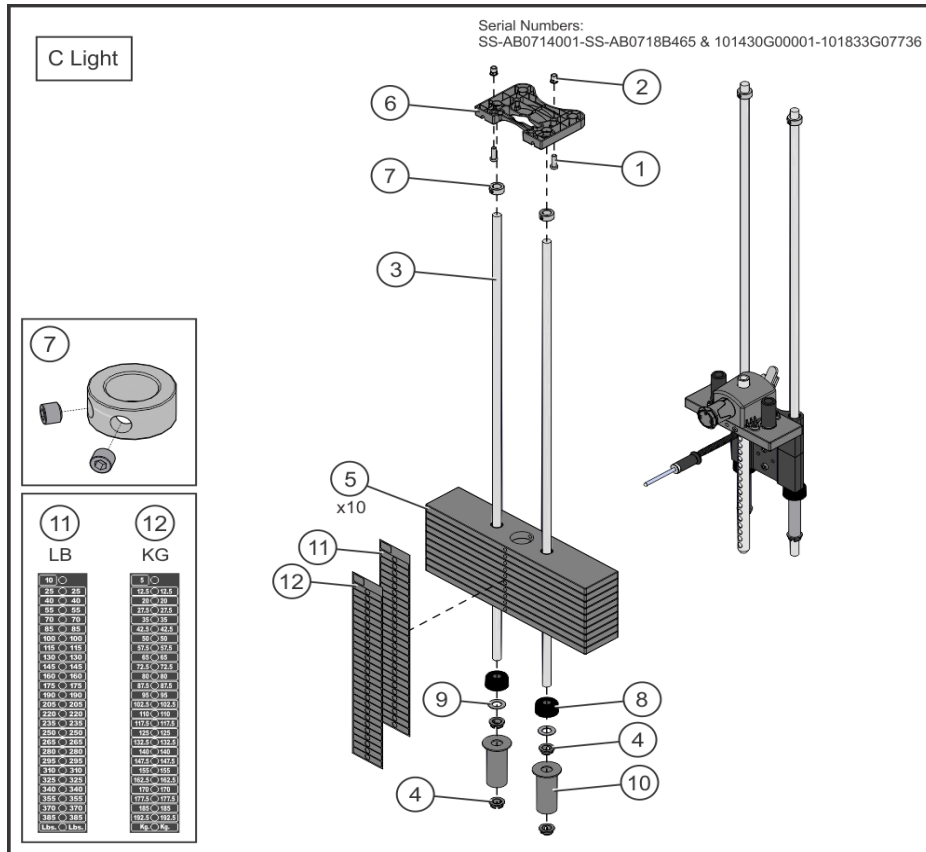
Heavy X-Stack (previous)



Light C-Stack (current)

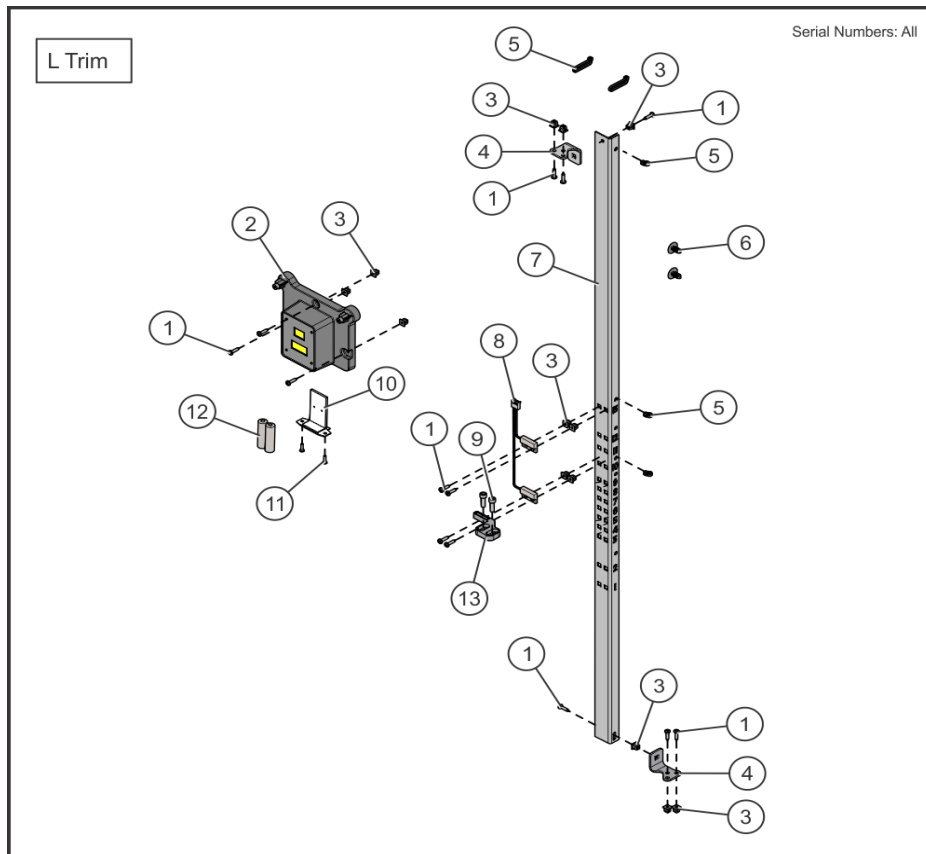


Light C-Stack (previous)



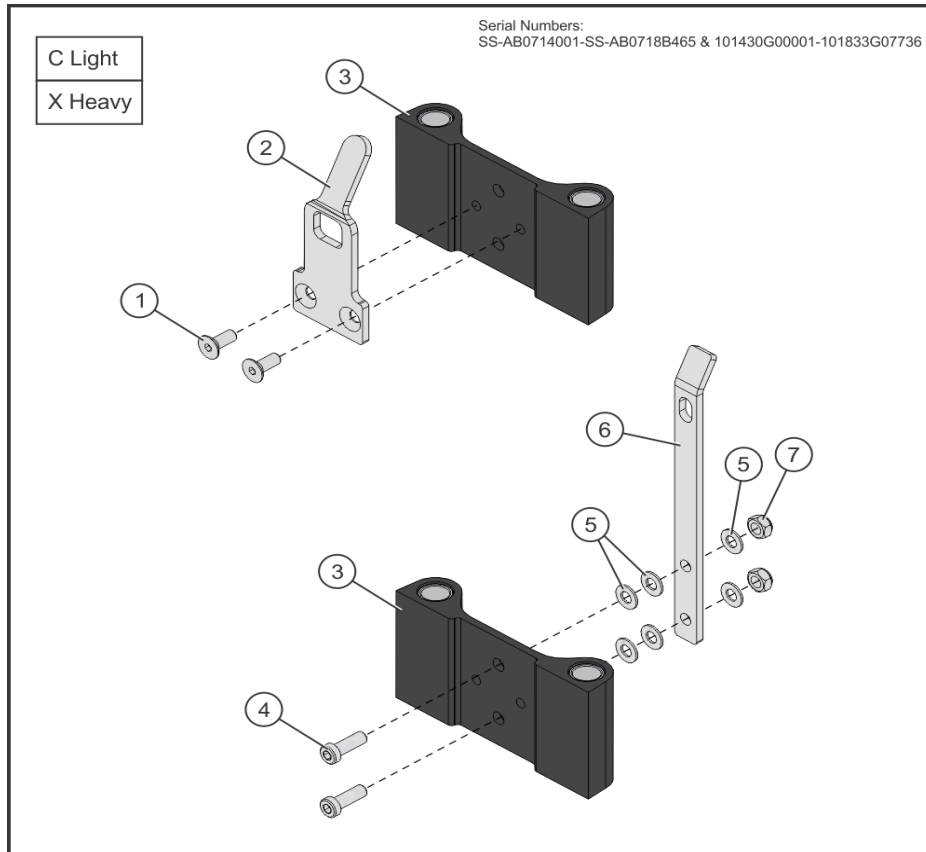
Ref #	Part Number	Qty	Description
1	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
2	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
3	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
4	7337901	4	BUSHING, GUIDE ROD
5	9407601	10	WGT PL, 3/4IN X 4IN, 15LB
6	1015452-0001	1	RETAINER: GUIDE ROD, NYL
7	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
8	7352101	2	CUSHION, WEIGHT STACK
9	7351001	2	SPACER, INC WT STACK
10	9495914	2	WLDMT, WGT STK SPACER X 4.50 -CHR
11	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
12	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

L Trim Rep Counter



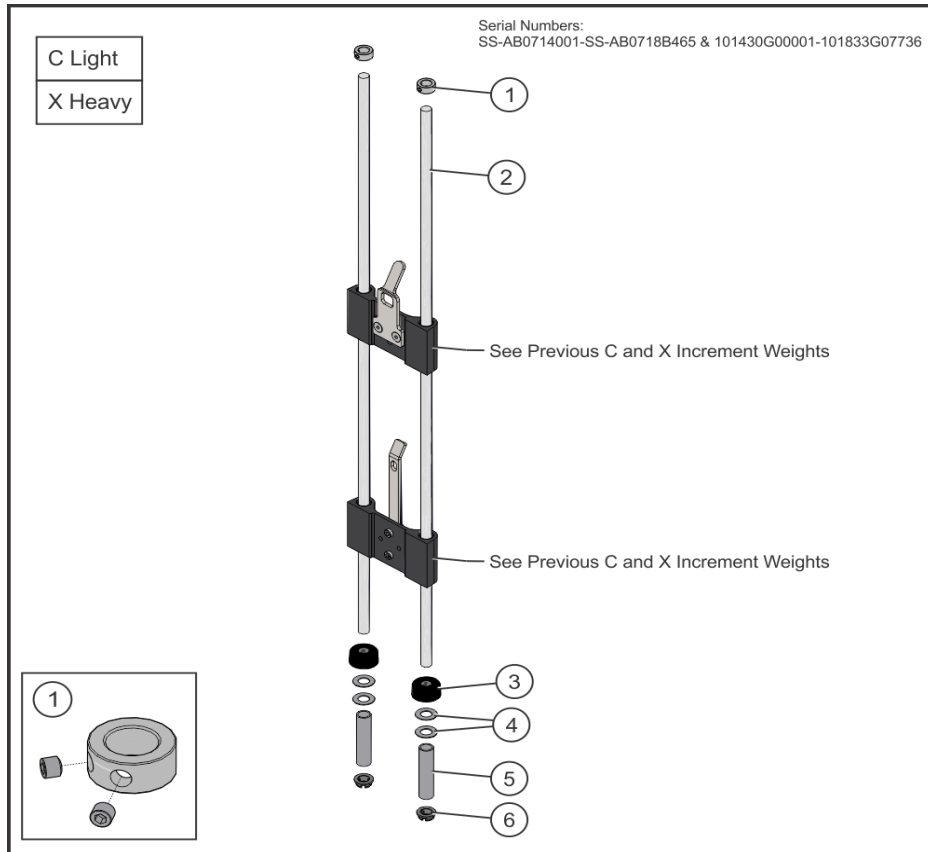
Ref #	Part Number	Qty	Description
1	3275801	13	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
2,8	1008199-0001	2	ASSY: REP COUNTER/SWITCH/MAGNET
3	0017-00042-1147	13	GROMMET: SCREW, 8 OR 10
4	1007269-0028	2	BRACKET: RAIL MOUNT, REP CNTR -CHR
5	3276501	5	CABLE TIE 11 IN.
6	1006620-0001	2	RETAINER: PANEL, 9/32 X 1/2 NYL
7	1008003-0028	1	BRACKET: SWITCH MNT, STD -CHR
9	3241701	2	M6 X 1 X 20MM SHCS, STD HEAD
10	9436401	1	DOOR, BATTERY PACK MOUNT
11	3226002	2	6-20 X 7 PHL PAN PLT ST BZ
12	3276401	2	BATTERY, AA
13	1007177-0001	1	ASSY: MAGNET, REP CNTR DCI

Previous C and X Increment Weights



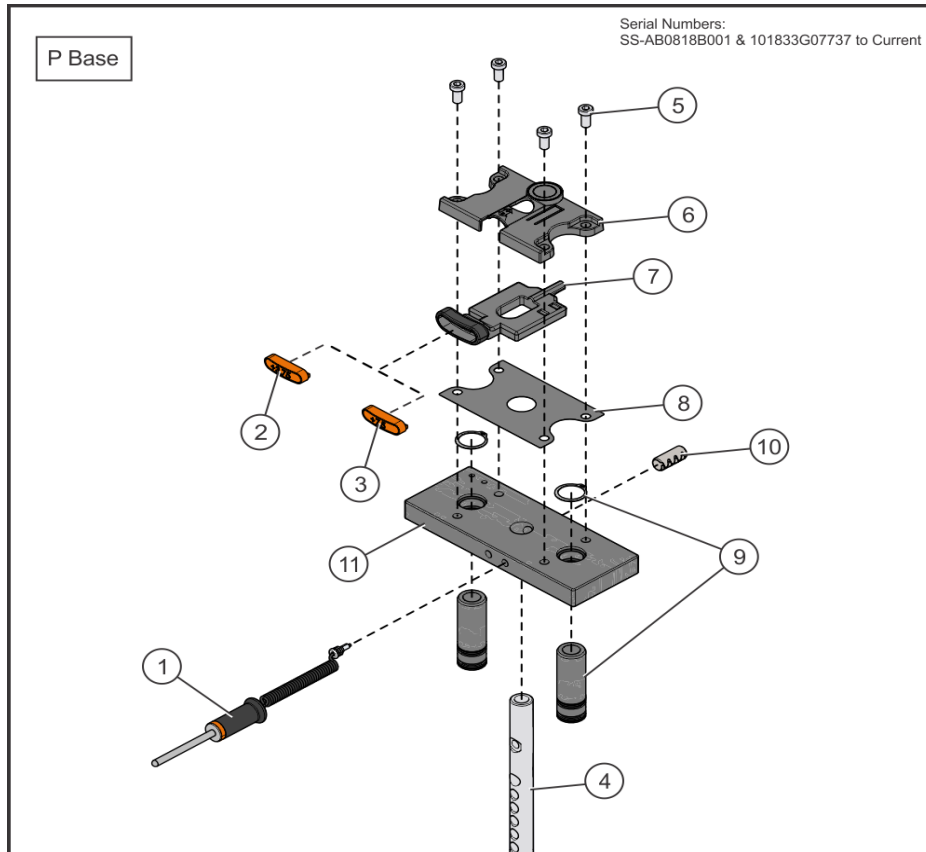
Ref #	Part Number	Qty	Description
1	3238302	2	SCREW, M10 FLTHD X 25MM
2	9428201	1	BRKT, INC WGT -5LB
3	9439701	2	ASSY, INC WGT, SUB
4	3275503	2	SCREW, M10 X 1.5 X 30 SHCS, LOW HEAD -NO PATCH
5	3273303	4	WASHER, 3/8, THRU-HARDENED
6	1001007-0001	1	BRKT, INC WGT -10LB
7	3236801	2	NUT, NYLOCK M10 X 1.5 SS

Previous C and X Increment Weight Assembly



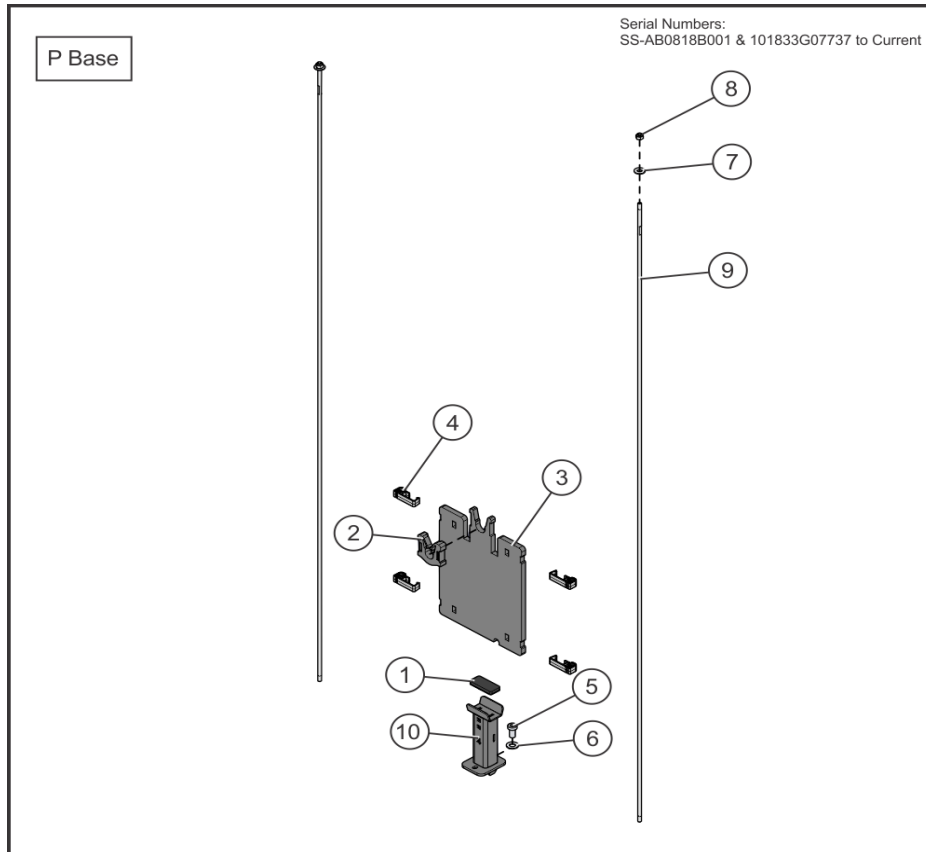
Ref #	Part Number	Qty	Description
1	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
2	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
3	7352101	2	CUSHION, WEIGHT STACK
4	7351001	4	SPACER, INC WT STACK
5	7328706	2	SPACER, INC WT STACK -4.38
6	7337901	2	BUSHING, GUIDE ROD

P-Stack Head Plate Assy



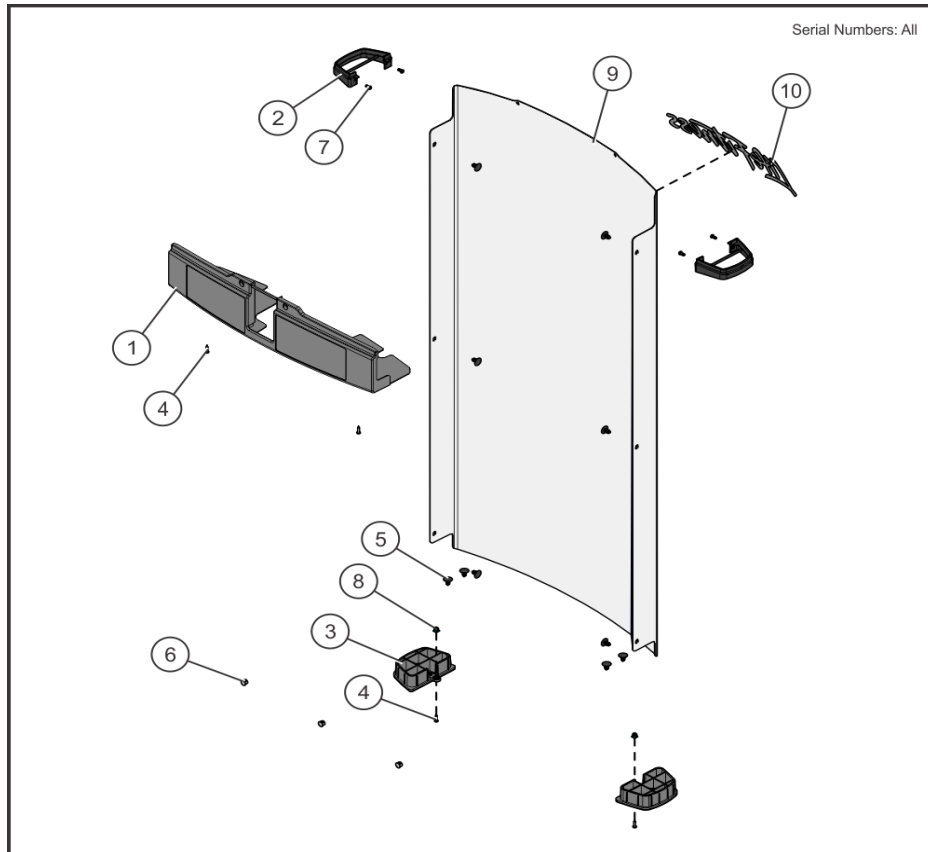
Ref #	Part Number	Qty	Description
1	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
2	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
3	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
4	9434201	1	BAYONET, 10 PLATE
5	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
6	1017210-0001	1	HOUSHING: 7.5LB INC WEIGHT
7	1008675-0001	1	HANDLE: 7.5LB INC WT, PLASTIC
8	1006707-0001	1	DIE CUT: 7.5LB INC WEIGHT, NYLON SHEET, 0.020"
9	9296001	2	BUSHING, HEADPLATE, LONG
10	3236001	1	BUSHING, SPRING PIN
11	9427401	1	HEADPLATE, WT. STACK, 10LB

P-Stack Increment Weight



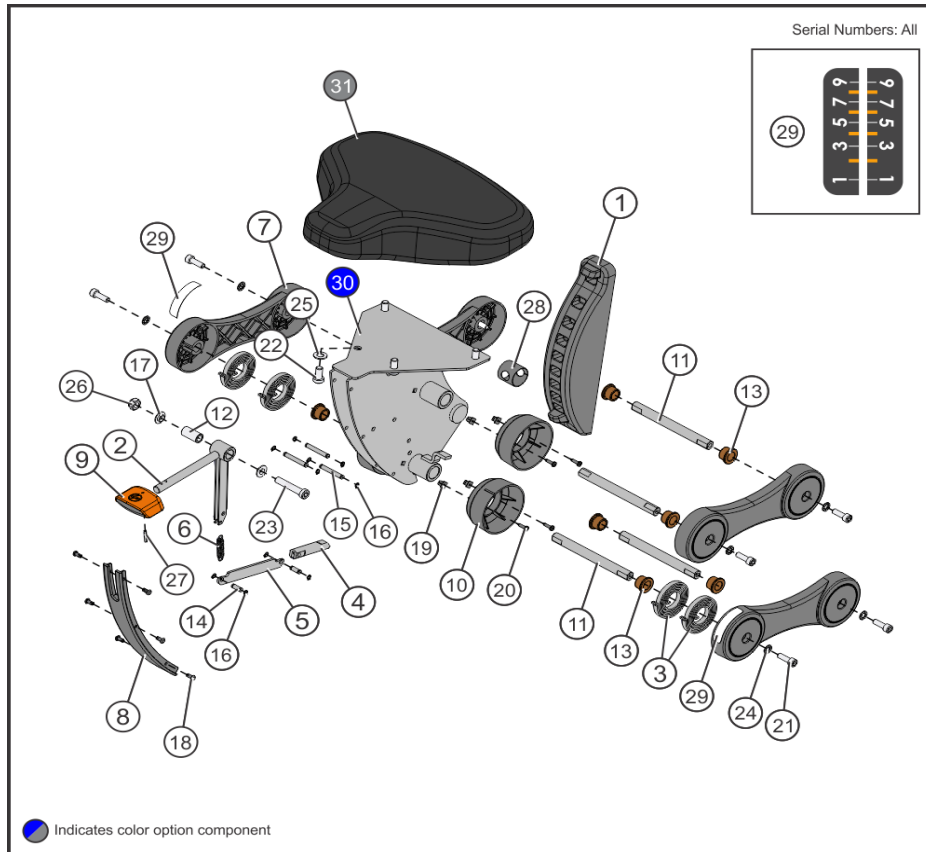
Ref #	Part Number	Qty	Description
1	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
2	1008566-0001	1	GUARD: INCREMENT WEIGHT, 0.375
3	1008366-0028	1	PLATE: INCREMENT WEIGHT, 7.5LB - CHR
4	1010805-0001	4	GUIDE ROD ASSY: INCR WT, 3/8", CHARCOAL GRAY
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6	3273303	1	WASHER, 3/8, THRU-HARDENED
7	3102506	2	WASHER, FLAT 1/4 ID ZN
8	3102806	2	NUT, NYLOCK 1/4-20
9	1008192-0002	2	GUIDE ROD: 0.25 OD SOLID, 54.75"
10	1018166-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 4" -CHR

Rear Shroud



Ref #	Part Number	Qty	Description
1	1018509-0001	1	ASSY: TOP TRIM, PLACARD MNT
2	9415801	2	GASKET, TRAP TUBE
3	9412701	2	ASSY, TRAP TUBE, CAP -BTM
4	3275801	2	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
5	1006620-0001	10	RETAINER: PANEL, 9/32 X 1/2 NYL
6	3237405	3	PLUG, 7/16 IN HOLE
7	0017-00101-1587	4	RVT 201X0413X.354 T NY NO
8	0017-00042-1147	2	GROMMET: SCREW, 8 OR 10
9	1009335-0001	1	SHROUD: REAR, W/LOGO, STD
10	1008491-0001	1	LABEL, LIFE FITNESS, 16IN

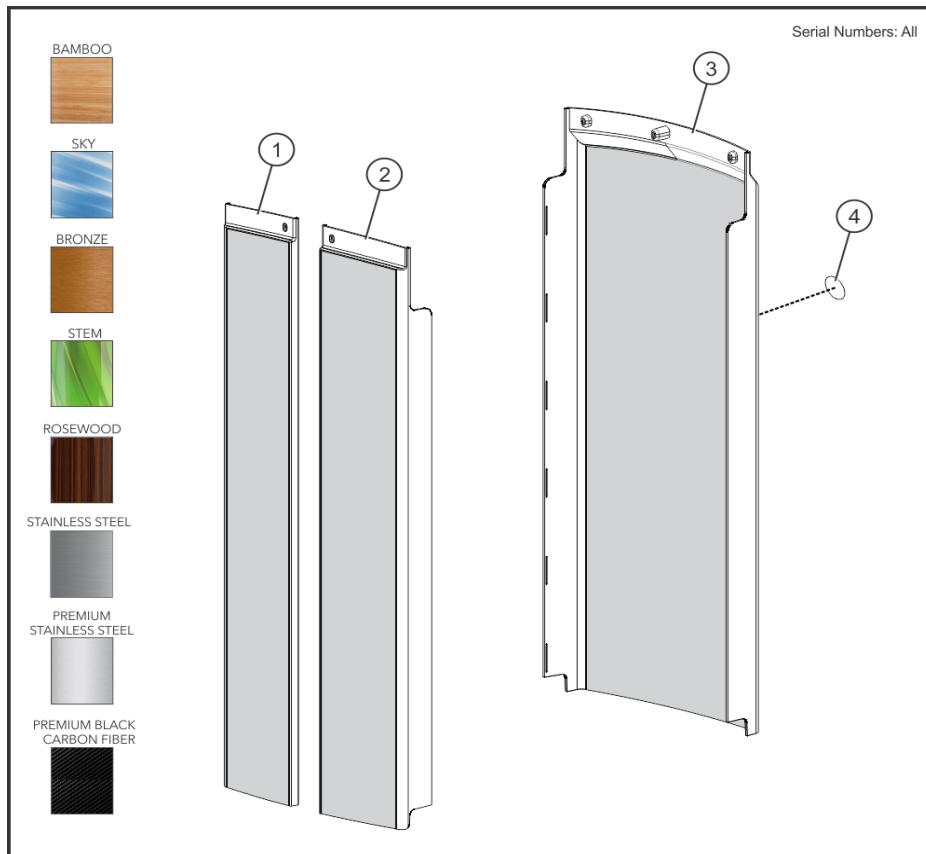
Seat Assembly



Ref #	Part Number	Qty	Description
1	1000145-0001	1	ADJUST BRKT, SS FF SEAT
2	9401428	1	WLDMT, SS-FRONT SEAT HANDLE, CHR
3	9365401	2	SPRING, SPIRAL TORSION
4	9401101	1	PULLPIN, SS-SEAT
5	9401001	1	PLATE, SS-SEAT HANDLE CONNECT
6	3239201	1	SPRING, EXT, .375 X .049 X 2.0
7	9365228	1	SEAT LINK, CAST -CHR
8	9402201	1	GUARD, SS-SEAT, CHR
9	9402503	1	HANDLE, SS-SEAT - YEL
10	9402801	4	ADJUST RING, SS-SEAT, CHR
11	9448401	4	SHAFT, SS-SEAT, 15MM
12	7776501	1	SHAFT, .625 X .406 X 1.200
13	3275004	8	BEARING, FLANGE, METRIC 15MM
14	7407501	2	PIN, LINK X .520
15	9541701	3	PIN, LINK
16	3232401	10	RNG, BRE .230,5100-25, ST,PP,B
17	7776401	2	SPACER, FLANGE .406 X .495 X .81
18	0017-00101-1587	6	RVT 201X0413X.354 T NY NO
19	0017-00042-1147	8	GROMMET: SCREW, 8 OR 10
20	3275801	8	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
21	3276202	8	SCREW, SHCS M8 X 1.25 X "L"
22	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD

Ref #	Part Number	Qty	Description
23	3236208	1	M10 X 1.5 X 55 SHCS, LOW HEAD
24	3239502	8	WSH, 326-.602-031 IN-D ST ZN
25	3273303	4	WASHER, 3/8, THRU-HARDENED
26	3236801	1	NUT, NYLOCK M10 X 1.5 SS
27	3110010	1	ROLL PIN, 1/8 X DIA X 7/8
28	9485701	1	PAINT GUARD, PIN HOUSING
29	9480601	1	LABEL; SEAT POSITION, LARGE
30	9401200	1	WLDMT, SS-FRONT SEAT SUPPORT Custom
31	1000016-0099	1	PAD, SEAT SADDLE CUS, SNGL STITCH- Custom
31	1000016-0199	1	PAD, SEAT SADDLE CUS, DBL STITCH- Custom

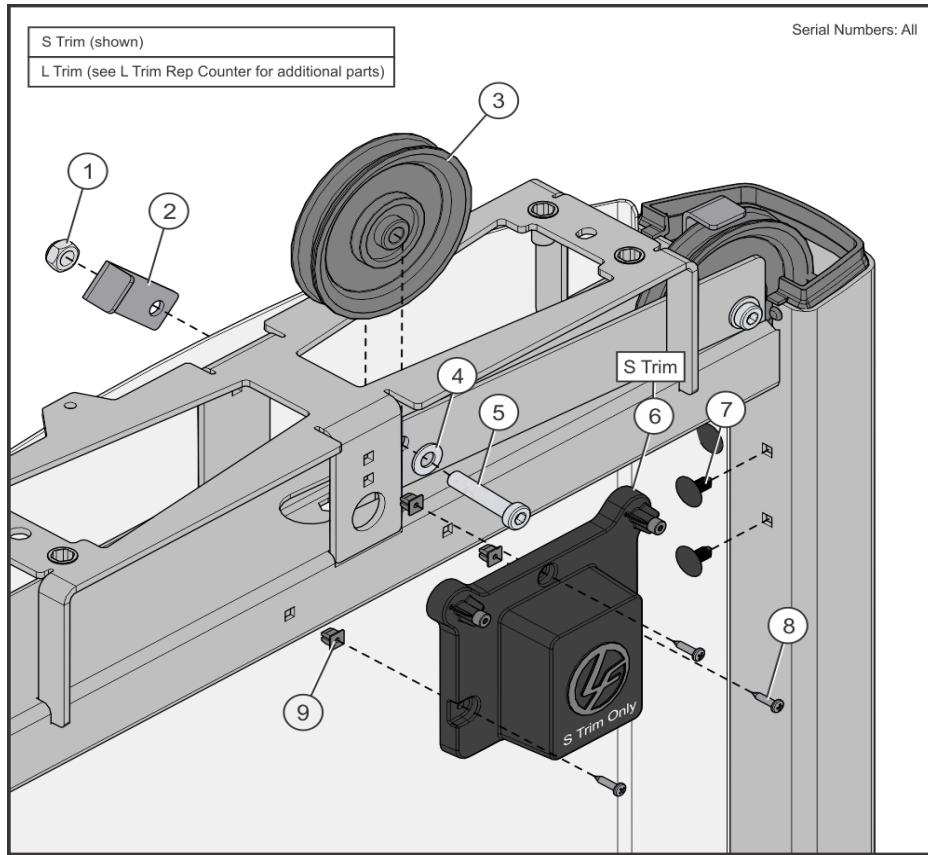
Shroud Wraps



Ref #	Part Number	Qty	Description
1	1003204-0009	1	SHROUD, SS, FNT, LT, SRT, ABS-PBCF
1	1003204-0002	1	SHROUD, SS, FNT, LT, SRT, ABS-BAM
1	1003204-0003	1	SHROUD, SS, FNT, LT, SRT, ABS-SKY
1	1003204-0004	1	SHROUD, SS, FNT, LT, SRT, ABS-BRZ
1	1003204-0005	1	SHROUD, SS, FNT, LT, SRT, ABS-STM
1	1003204-0006	1	SHROUD, SS, FNT, LT, SRT, ABS-RSW
1	1003204-0008	1	SHROUD, SS, FNT, LT, SRT, ABS-PSS
1	1003204-0007	1	SHROUD, SS, FNT, LT, SRT, ABS-SS
2	1003203-0009	1	SHROUD, SS, FNT, RT, SRT, ABS-PBCF
2	1003203-0008	1	SHROUD, SS, FNT, RT, SRT, ABS-PSS
2	1003203-0006	1	SHROUD, SS, FNT, RT, SRT, ABS-RSW
2	1003203-0005	1	SHROUD, SS, FNT, RT, SRT, ABS-STM
2	1003203-0004	1	SHROUD, SS, FNT, RT, SRT, ABS-BRZ
2	1003203-0003	1	SHROUD, SS, FNT, RT, SRT, ABS-SKY
2	1003203-0002	1	SHROUD, SS, FNT, RT, SRT, ABS-BAM
2	1003203-0007	1	SHROUD, SS, FNT, RT, SRT, ABS-SS
3	1003205-0002	1	SHROUD, SS, REAR, SRT, ABS-BAM
3	1003205-0003	1	SHROUD, SS, REAR, SRT, ABS-SKY
3	1003205-0004	1	SHROUD, SS, REAR, SRT, ABS-BRZ
3	1003205-0005	1	SHROUD, SS, REAR, SRT, ABS-STM
3	1003205-0006	1	SHROUD, SS, REAR, SRT, ABS-RSW
3	1003205-0007	1	SHROUD, SS, REAR, SRT, ABS-SS

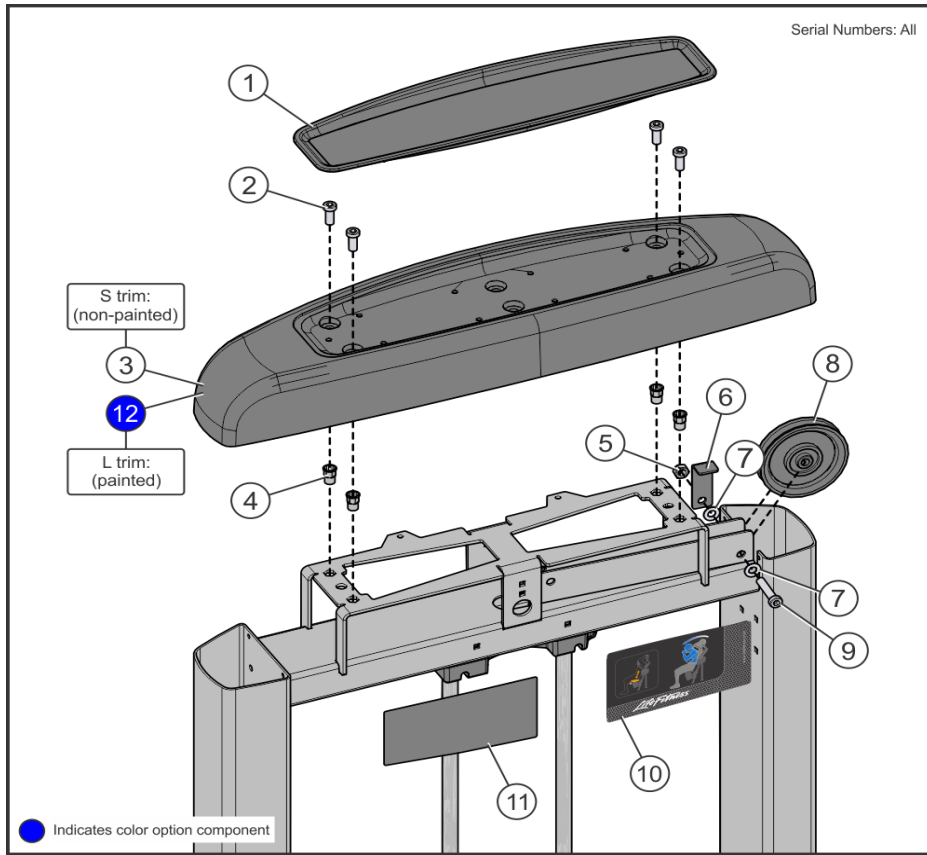
Ref #	Part Number	Qty	Description
3	1003205-0008	1	SHROUD, SS, REAR, SRT, ABS-PSS
3	1003205-0009	1	SHROUD, SS, REAR, SRT, ABS-PBCF
4	AK58-00245-2401	1	MEDALLION-ASSY: BUG, LIFE FITNESS, CHARCOAL GRAY

S and L Trim Tower Top



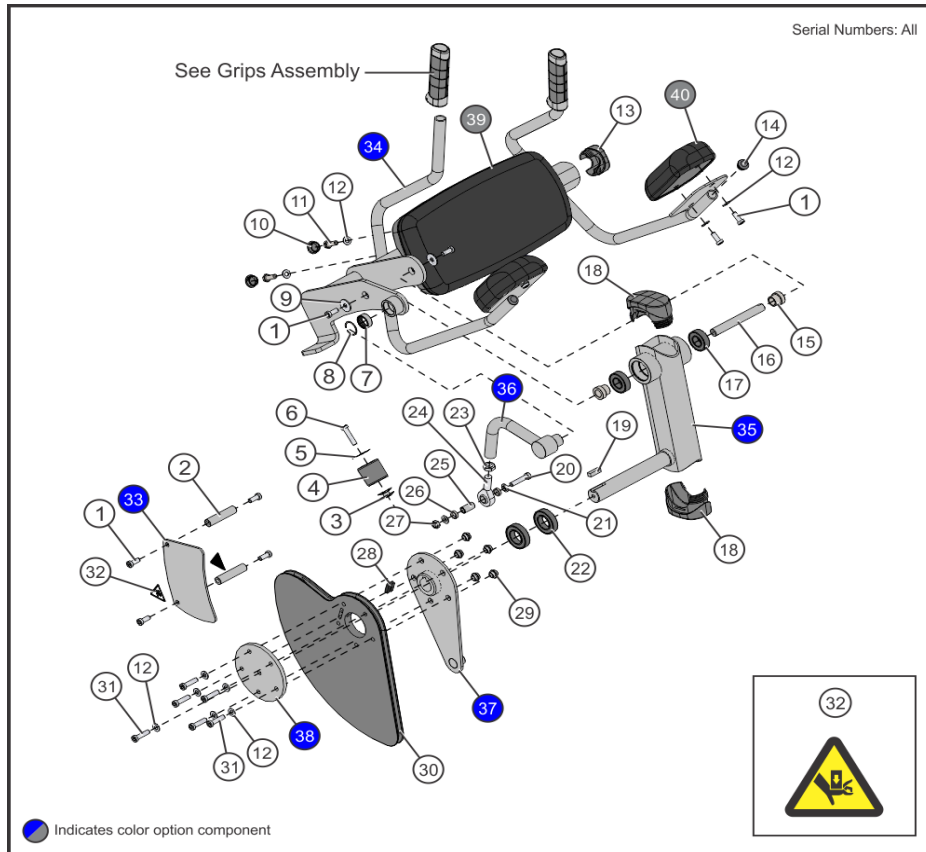
Ref #	Part Number	Qty	Description
1	3236801	1	NUT, NYLOCK M10 X 1.5 SS
2	6757701	1	CLIP, CABLE 2-7/8 X 1 X 1
3	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
4	3273303	1	WASHER, 3/8, THRU-HARDENED
5	3236207	1	M10 X 1.5 X 50 SHCS, LOW HEAD
6	1006334-0001	1	ASSY, DUMMY HOUSING
7	1006620-0001	2	RETAINER: PANEL, 9/32 X 1/2 NYL
8	3275801	3	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
9	0017-00042-1147	3	GROMMET: SCREW, 8 OR 10

Tower Top



Ref #	Part Number	Qty	Description
1	9411201	1	TRAY, TOWER TOP CAP
2	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
3	9436701	1	CAP, TOWER, TOP, PLASTIC
4	3238601	4	M10X1.5 BLIND THREADED INSERT (HEX)
5	3236801	1	NUT, NYLOCK M10 X 1.5 SS
6	6757701	1	CLIP, CABLE 2-7/8 X 1 X 1
7	3273303	2	WASHER, 3/8, THRU-HARDENED
8	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
9	3236208	1	M10 X 1.5 X 55 SHCS, LOW HEAD
10	9475901	1	LABEL, SS-AB PLACARD, RH
11	9464312	1	Label, SS-AB, LH Chinese
11	9464310	1	Label, SS-AB, LH Russian
11	9464307	1	Label, SS-AB, LH Japanese
11	9464304	1	Label, SS-AB, LH Spanish
11	9464301	1	Label, SS-AB, LH English
12	9412699	1	CAP, SS, CAST Custom

Work Arm



Ref #	Part Number	Qty	Description
1	3236202	6	M10 X 1.5 X 25 SHCS, LOW HEAD
2	7582501	2	SPACER, TAPPED 0.75 DIA X 3.25
3	7347301	1	NUT, SPIDER M10 X 1.5
4	9414501	1	BUMPER, HARD STOP
5	9455101	1	SHIM, 1.75" X .44"
6	3236206	1	M10 X 1.5 X 45 SHCS, LOW HEAD
7	3270101	1	BRG, NEEDLE 1.125 ID X 1.375 OD X .5 L
8	3276601	1	SPIRAL RING, INTERNAL, 1.375" OD
9	3236602	2	WASHER, 3/8 ID X 1.25 OD SS
10	3237407	2	PLUG, 1 IN HOLE
11	3251203	2	M10 X 1.5 X 30MM UNS HEX CS ST ZN
12	3273303	12	WASHER, 3/8, THRU-HARDENED
13	7333802	1	CAP, SMALL FLOV-END
14	3119304	2	CAP, END 1 DIA RD 10-12GA
15	9514001	2	SPACER, STEPPED
16	9513901	1	SHAFT, TAPPED 0.75 DIA X 6.050
17	3235601	2	BEARING, 6205 BALL
18	7333902	2	CAP, LARGE FLOV-END; CHGR
19	7511601	1	KEY, .375 SQUARE X 1.25
20	3236207	1	M10 X 1.5 X 50 SHCS, LOW HEAD
21	7776401	2	SPACER, FLANGE .406 X .495 X .81
22	3243201	2	BEARING, 6007 BALL

Ref #	Part Number	Qty	Description
23	3236902	1	NUT, HEX JAM M16 X 2 SS
24	3238701	1	ROD END, METRIC MALE
25	7776501	1	SHAFT, .625 X .406 X 1.200
26	9485301	2	SPACER, 0.630 ID X 0.20
27	3236801	1	NUT, NYLOCK M10 X 1.5 SS
28	9454901	1	PLATE, CABLE END, T2
29	7335401	5	NUT, M10 X 1.5 SOCKET HEAD
30	9484401	1	CAM, SS-AB
31	3236205	6	M10 X 1.5 X 40 SHCS, LOW HEAD
32	8039501	2	LABEL, WARNING TRIANGLE
33	7329101	1	PLATE, FZ, CAM COVER WHITE
34	9473500	1	WLDMT, WORKARM, SS-AB Custom
35	9473600	1	WLDMT, MID ARM, SS-AB Custom
36	9485200	1	WLDMT, SS-AB, LINKAGE Custom
37	9473900	1	WLDMT, CAM / HARD STOP SS-AB Custom
38	9318901	1	PLATE, PULLEY, FLOATING WHITE
39	1000006-0199	1	PAD, 18 X 9 CONVEX CUS, DBL STITCH- Custom
39	1000006-0099	1	PAD, 18 X 9 CONVEX CUS, SNGL STITCH- Custom
40	1000002-0099	2	PAD, ARM REST CUS, SNGL STITCH, Custom
40	1000002-0199	2	PAD, ARM REST CUS, DBL STITCH- Custom

