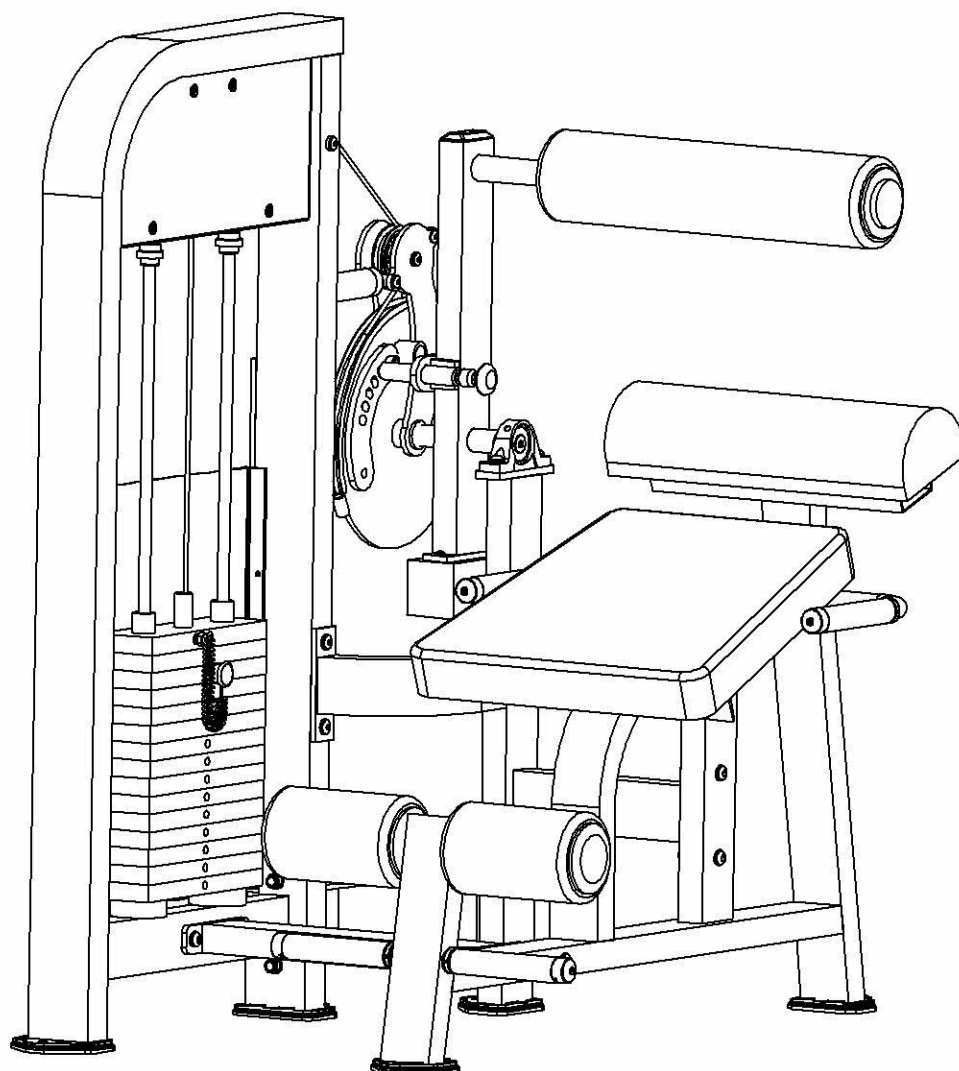


ASSEMBLY INSTRUCTION



PF-1005

BACK EXTENSION/AB CRUNCH

Contents

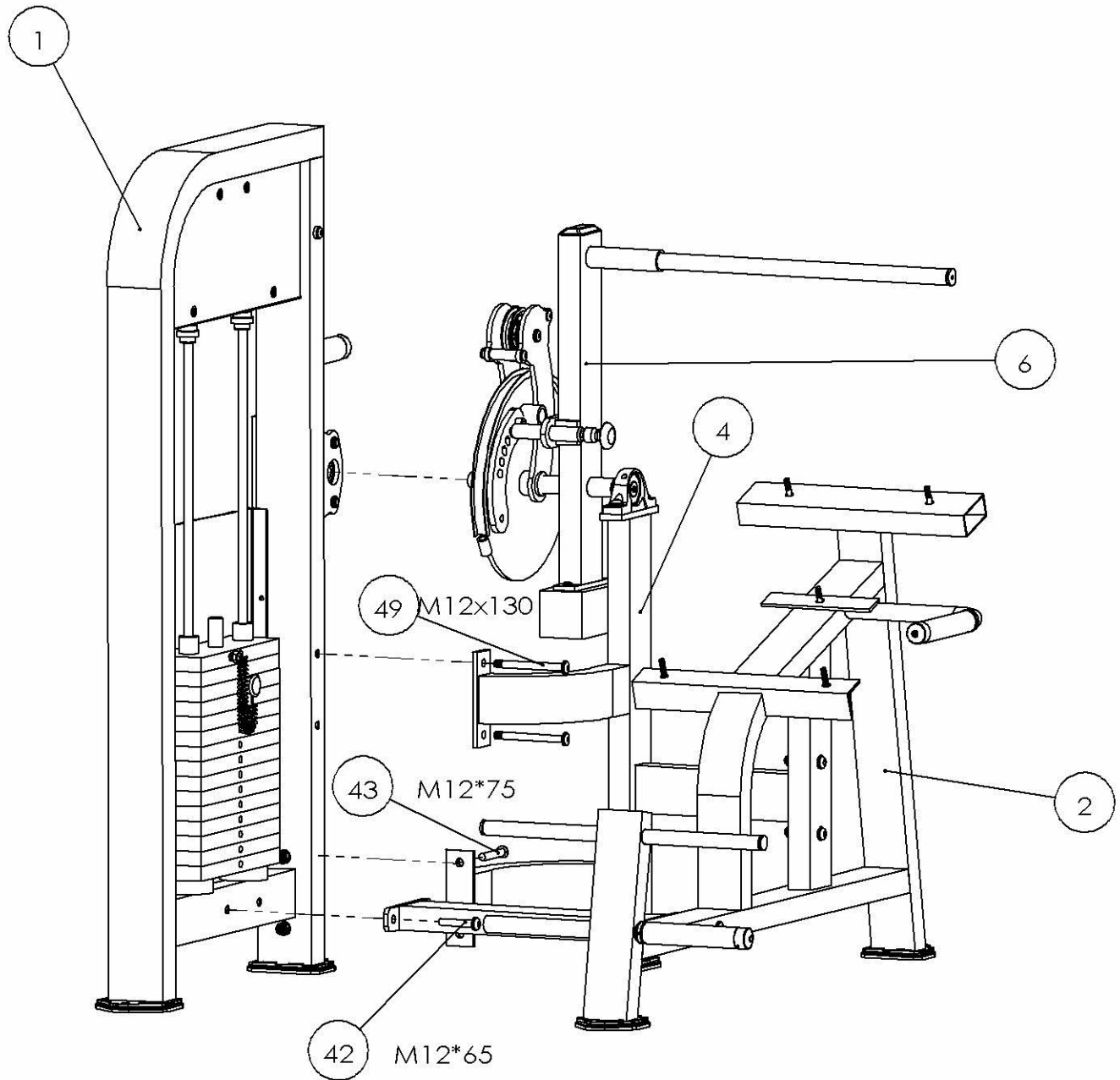
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Arm Assembly	Page 6
Main Frame Assembly	Page 7
Weight Stack Assembly	Page 8

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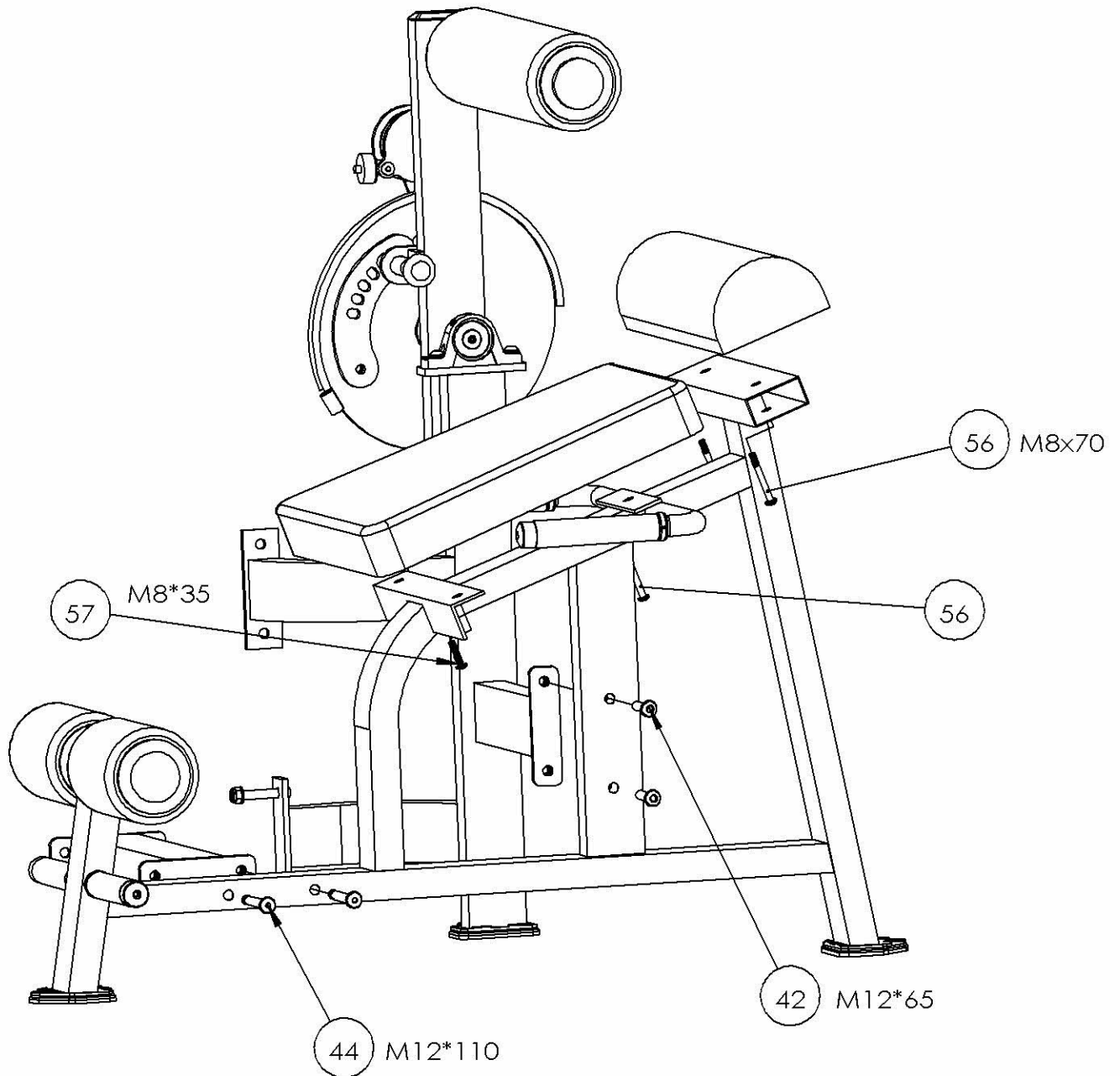
ITEM NO.	Description	QTY
1	Main Frame	1
2	Side Frame	1
3	Connecting Support	1
4	Upright Pipe	1
5	Bearing 6205	1
6	Arm	1
7	Roller	1
8	Back Cushion	1
9	Seat Cushion	1
10	Adjustable Bolt	1
11	Handle	1
13	Bar	2
14	Rectangle Weight	1
15	Left Edgings	1
16	Edgings	1
17	Acrylic Board	1
18	Roller 220	2
21	multipart bearing 205	1
22	Rubber Support	1
23	Adjusting Disc	1
24	Copper Pad	4
27	φ89MM Pulley	1
28	Plating	1
30	Bushing 20*16*10*21	1
33	Grip 170L	4
34	Grip Cap	4
35	Grip Ring	4
36	Rectangle Shoe, 40x80	2

ITEM NO.	Description	QTY
37	Rectangle Shoe, 50x100	3
38	Rectangle Rubber Shoe, 40x80	3
39	Rectangle Rubber Shoe, 50x100	2
40	Washer, M12	23
41	Nut, M12	13
42	Screw M12*65	4
43	Screw, M12X75	2
44	Screw M12x110	2
45	Screw, M6*10	2
46	Screw, M10*85	1
47	Screw, M10x75	2
48	Nut, M10	3
49	Button Head Cap Screw M12X125	2
50	Rectangle Cap 40*80	1
51	Screw, M8*25	2
52	Wire Rope	1
53	Screw, M12x30	2
54	Screw, M12X25	2
55	Washer, M8	2
56	Screw, M8x70	3
57	Screw, M8*35	2

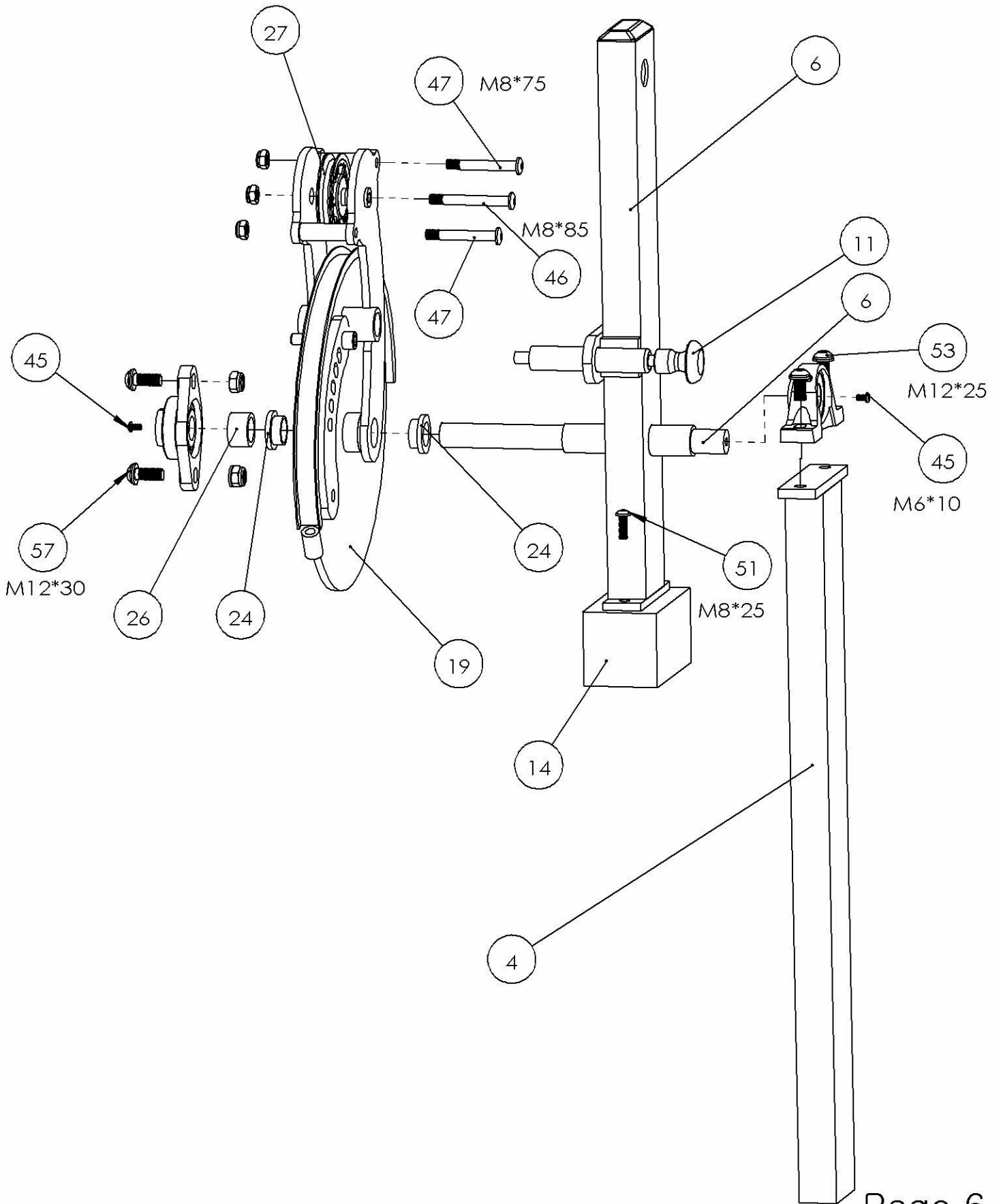
Main Frame and Side Frame Assembly



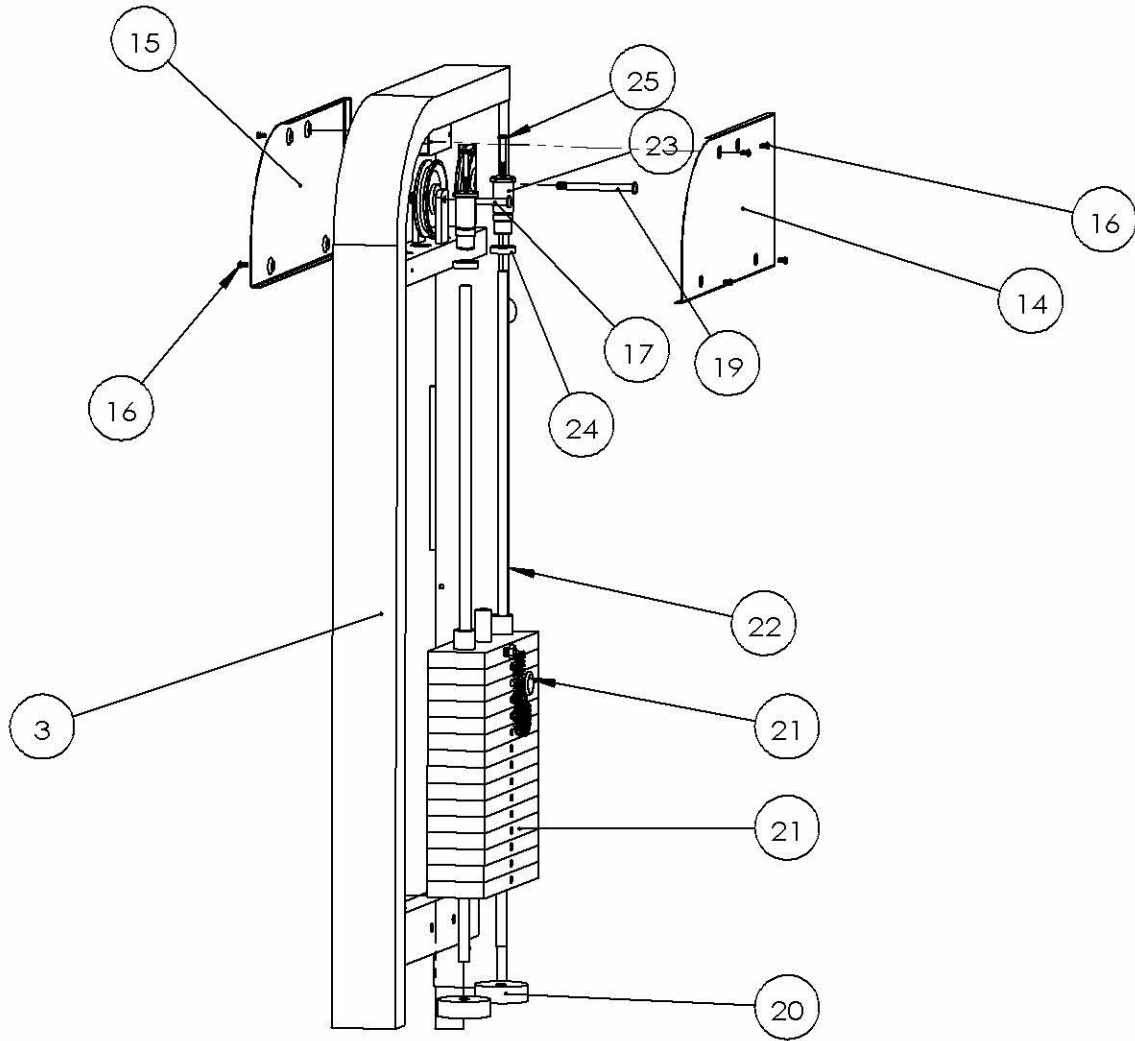
Side Frame Assembly



Arm Assembly



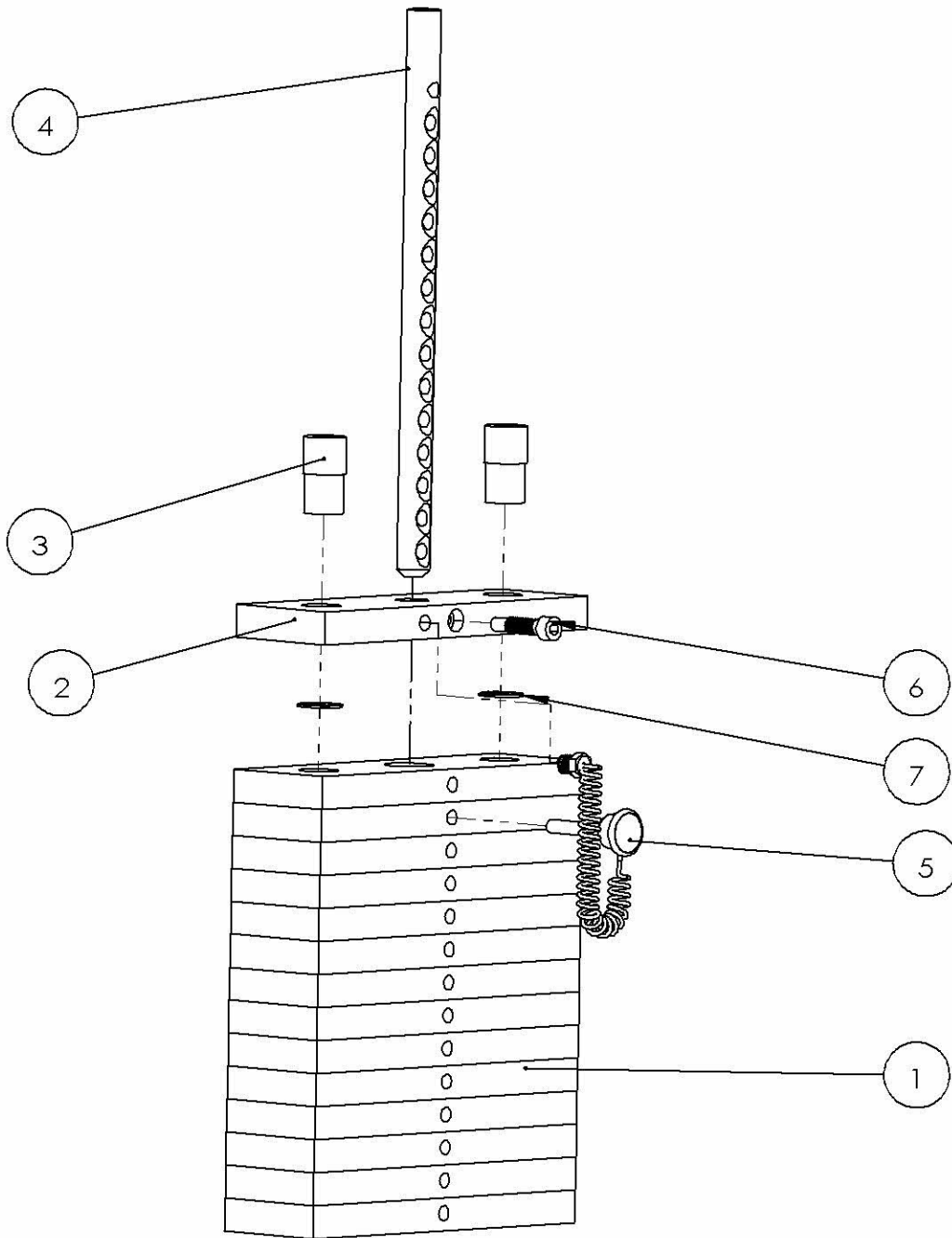
Main Frame Assembly



ITEM NO.	Description	QTY
13	φ 114MM Pulley	2
14	Placard	1
15	Placard	1
16	Screw, M6*10	8
17	Screw, M10X50	1
18	Nut, M10	2
19	Screw, M10x120	1

ITEM NO.	Description	QTY
20	Counter Weight Cushion	2
21	Assy, Weight Plate	1
22		2
23	Guide Rod Sleeve	2
24	Guide Rod Sleeve Nut	2
25	Screw, M8X55	2

Weight Asembly



ITME NO.	Description	QTY
1	Underside Weight Plate	14
2	Top Weight Plate	1
3	Guide Rod Sleeve	2
4	15 Holes Pole	1
5	Adjustable Bolt	1
6	Standing Bolt for The Top Weight Plate	1
7	φ 30 Shaft Clip	2