

PART LIST - MODEL NO. 831.156420

Rev. 10/90

Key No.	Reorder No.	Qty.	Description
1	100093	2	#5 Weightband
2	100094	2	#10 Weightband
3	100095	2	#25 Weightband
4	100096	2	#50 Weightband
5	100504	1	Lateral Bar
6	100217	1	Lateral Bar Pad
7	100091	1	Pull Pin
8	100227	1	Main Arm
9	100061	2	Frame Pin
10	100112	1	Bench
11	014129	10	Flat Washer
12	014126	6	Lock Washer
13	120001	6	Phillips Bolt
14	100228	1	Bench Support
15	100034	1	Brace
16	100226	1	Stabilizer
17	100033	4	Frame Endcap
18	120002	1	Stabilizer Bolt
19	012041	1	Stabilizer Nut
20	100105	2	Pedal Spacer
21	100048	4	Pedal Bushing
22	013244	4	Button Head Bolt
23	100085	1	Foot Plate
24	100108	2	Bracket Knob
25	100230	1	Right Pedal
26	100106	2	Pedal Footpad
27	100196	2	Cylinder Bracket
28	012149	6	Lock Nut
29	013399	2	Cylinder Bolt

Key No.	Reorder No.	Qty.	Description
30	100223	4	Footpad Mtg. Screw
31	100225	1	Base
32	100190	2	Resistance Cylinder
33	100234	4	Upper Cylinder Bushing
34	100052	2	Cylinder Spacer
35	100224	1	Main Frame
36	100229	1	Left Pedal
37	100062	1	Pedal Reciprocator
38	100151	1	Reciprocator Axle Cap
39	100086	2	Butterfly Pad
40	100231	2	Butterfly Arm
41	100056	2	Butterfly Arm Endcap
42	100109	1	Lock Knob
43	100256	4	Lower Cylinder Bushing
44	100100	1	Frame Sleeve
45	100083	2	Clevis Pin
46	100084	2	Hair Pin Cotter
47	100233	1	Left Bench Rail
48	100232	1	Right Bench Rail
49	100077	1	Lock Pin Assembly
50	100073	2	Sleeve Slider Bushing
51	100092	4	Retainer
52	100253	1	Main Arm Bumper
#	100404	1	Exercise Poster
#	100195	1	Owner's Manual

Optional (not included)

100644 2 Locking Band

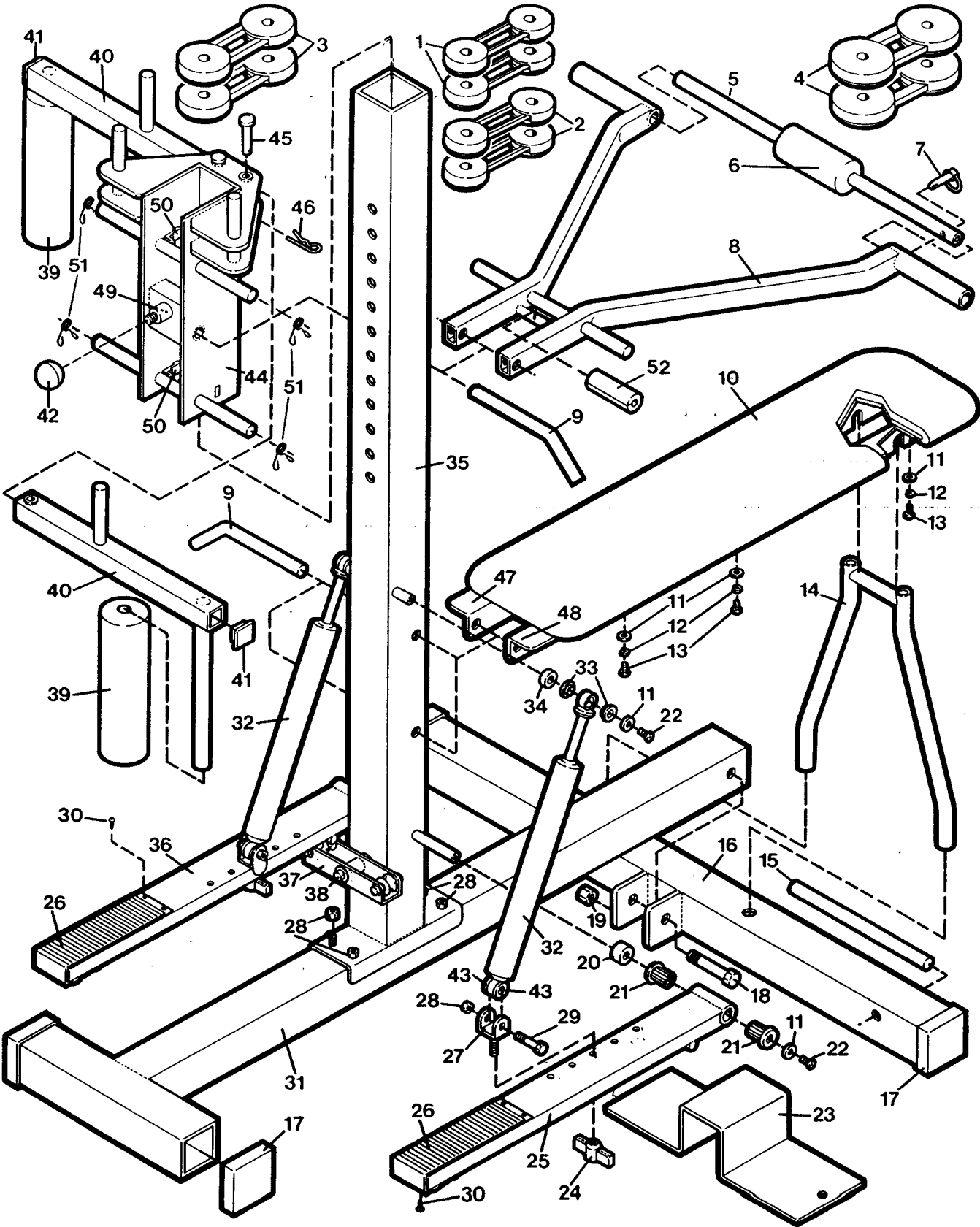
Three additional exercises can be performed using the optional locking bands. The locking bands can be ordered by following the instructions on the back cover of this manual.

To attach the locking bands, lift the main arm to the highest position. Slide one end of the locking bands onto the posts on the main arm, and the other end onto the upper posts on the frame sleeve. Clip retainers on to all four posts to hold the locking bands in place.

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information on ordering additional parts.

EXPLODED DRAWING - MODEL NO. 831.156420

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