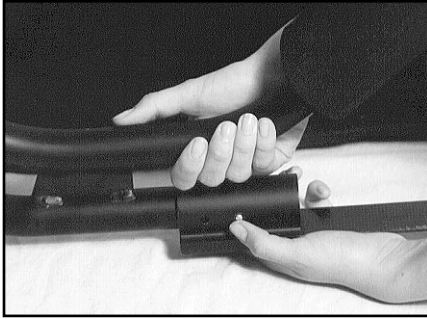


## Adjusting the Resistance

To vary the intensity of your exercise on the AB RESISTER, the position of the springs can be adjusted.



There are three different positions. Press the button on the outside of the frame as shown above. Slide the spring forward or backward until the button snaps into a different hole in the spring. Adjust the position of the other spring in the same way. Moving the springs towards the AB RESISTER decreases the resistance. **Make sure that the buttons are in the same holes in both springs.**

## Storage and Maintenance

When you are not using the AB RESISTER, the handle can be removed for more compact storage.

To remove the handle, press the buttons on the sides of the handle and slide the handle out of the side frames. **Be sure to pull the handle straight out or it could bind.**



The AB RESISTER can be wiped clean with a damp cloth and mild, non-abrasive detergent. Do not use solvents.

Note: Specifications are subject to change without notice.

## Part List/Exploded Drawing

Key No.	Part No.	Qty.	Description
1	132703	1	Handle w/Foam Grip
2	131345	1	Headrest
3	131311	1	Frame
4	121642	4	Round Inner Cap
5	130657	2	Foam Pad
6	131347	1	Right Resistance Spring
7	133135	1	Left Resistance Spring
8	131346	1	Exercise Mat
9	122794	2	1 3/4" Screw
10	126650	2	Rubber Foot
11	131312	2	Side Frame
12	132674	2	Frame Spacer
13	132839	4	3 1/2" Screw
14	132704	4	1/4" Barrel Nut
15	110632	4	Button Spring Clip
16	130920	1	Foam Grip
17	131348	1	Training Videocassette
18	131353	1	User's Manual
19	131417	2	Endcap
20	045023	1	5/32" Allen Wrench

