

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR EXERCISE.

PART LIST - Model No. AB30

Rev. 7/89

Key No.	Qty.	Description	Key No.	Qty.	Description
1NLA	1	Flywheel	34NLA	1	Axle Bushing
2NLA	1	Flywheel Plate	35	1	Strap Buckle Screw
3	4	Flywheel Sprocket Bolt	36	1	Resistance Knob Housing
4NLA	2	Bushing	37NLA	1	Resistance Knob/Cable
5NLA	1	Sensor Wire/Driver	38	1	Seat Pin
6NLA	2	Foam Handgrip	39	1	Seat Tube Liner
7NLA	4	Handlebar Cap	40NLA	1	Seat Post
8NLA	1	Left Handlebar	41NLA	1	Seat Post Bellows
9	1	Left Pedal	42	1	Seat
10	2	Small Handlebar Bushing	43NLA	1	Flywheel Sprocket
11	2	Large Handlebar Bushing	44	1	Large Crank Washer
12NLA	1	Pivot Shaft	45NLA	1	Flywheel Axle
13	2	Shaft Screw	46NLA	1	Spring Assembly
14	1	Electronic Monitor	47	1	Hollow Bolt Assembly
15NLA	1	Left Side Shield	48	1	Strap Buckle
16	10	Mounting Screw	49NLA	1	Monitor Clip
17NLA	2	Handlebar Arm	50	2	Clip Screw
18NLA	2	Large Arm Bushing	51	1	Spring Washer
19NLA	2	Small Arm Bushing	52	2	Inner Crank Bushing
20NLA	1	Resistance Strap	53NLA	2	Outer Crank Bushing
21NSP	1	Frame	54	2	Housing Screw
22	2	Stabilizer Washer	55NLA	7	Axle Washer
23	2	Acorn Nut	56NLA	4	Axle Nut
24	4	Stabilizer Endcap	57	2	Pivot Washer
25NLA	1	Front Stabilizer	58	2	Pivot Nut
26	2	Carriage Bolt	59NLA	2	Steel Washer
27NLA	1	Right Handlebar	60	2	Arm Washer
28NLA	1	Chain	61	2	Brass Bushing
29NLA	1	Right Side Shield	62	2	Arm Nut
30NLA	1	Right Pedal	63	3	Seat Nut
31	1	Crank w/Sprocket	64	1	Waved Washer
32NLA	1	Crank Pin	#	1	Tool
33NLA	1	Rear Stabilizer	#	1	Owner's Manual
			#NLA	1	Monitor Operation Guide

See the back cover of this manual for part reordering instructions.

NLA - no longer available

EXPLODED DRAWING - Model No. AB30

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*Specifications are subject to change without notice.

