

## C-SB3 SLANT BOARD

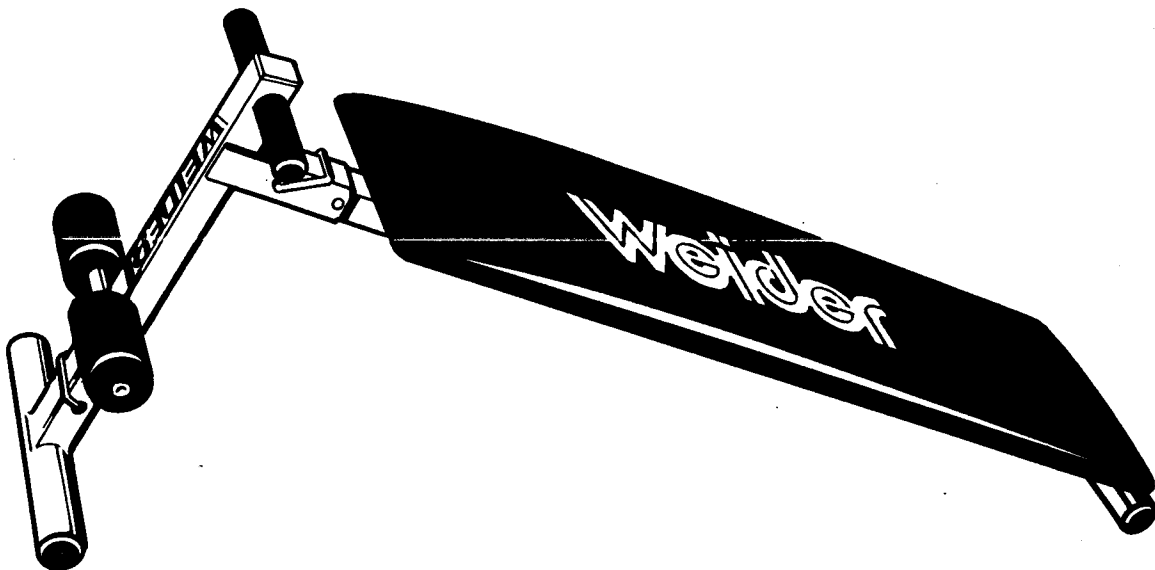
### FEATURE

- Classic design
- 2" square tubing frame
- Multi-position incline adjustment with safety locking pin
- Large, high-density foam padding (fully backed)
- Large, comfortable ankle pads
- Folds down
- Foam grips
- Textured powder coated finish
- Manufacturers warranty

### BENEFIT

- Easy to assemble
- For added stability
- For a more varied workout
- For a more comfortable workout
- For doing leg lifts
- For easier storage
- For added comfort
- For durability
- Customer protection.  
One year full five years limited

**weider**



Model No. **C-SB3**

FOOTPRINT —  $56\frac{1}{2}$  x 14

UNIT WT. — 35 LBS.

CARTON —  $54\frac{1}{2}$  x 16 x  $6\frac{1}{4}$  = 3.15

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The Total Fitness Company™

21100 Erwin Street, Woodland Hills, CA 91367-3772 • (818) 884-6800

In Canada: Weider Sports, 2875 rue Bates, Montréal, Québec H3S1B7 • (514) 731-3783

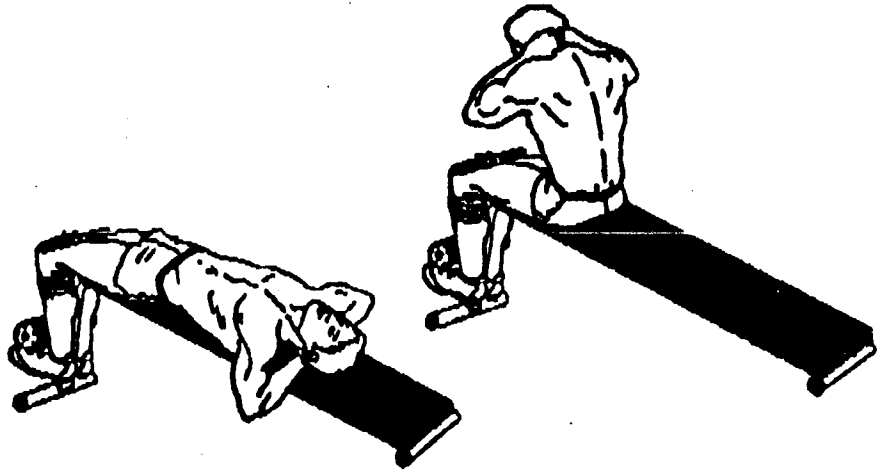
# Weider®

## EXERCISES

### FOR SLANT BOARD

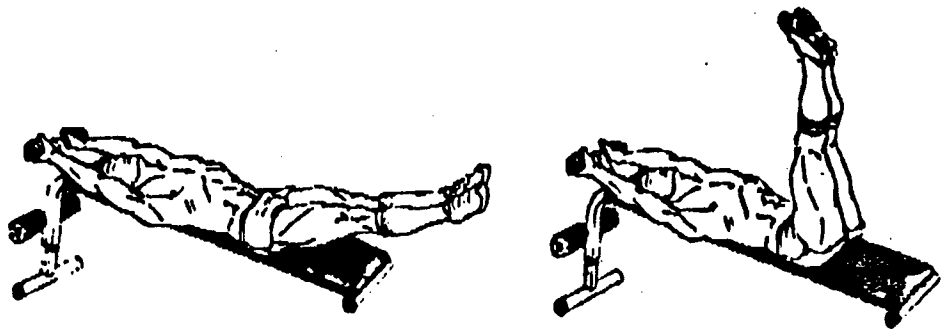
#### ■ CRUNCHES

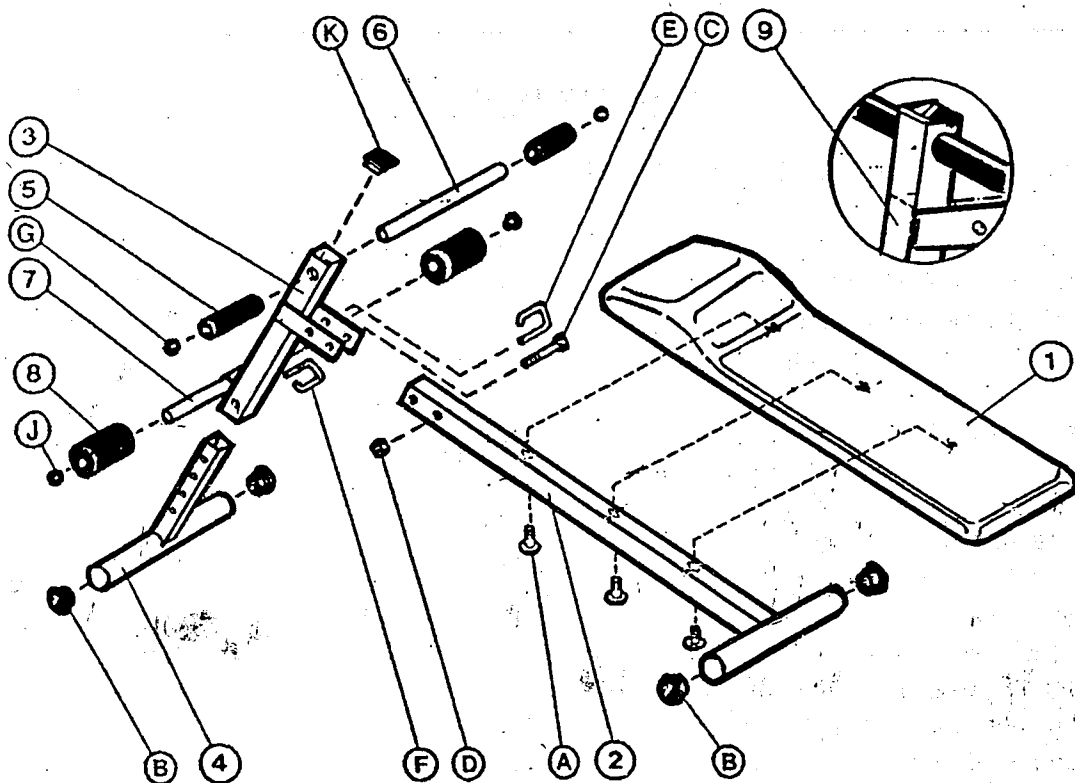
There is no exercise better than crunches for abdominal development. Position yourself on the bench in a stable manner, then simply raise the head and knees toward one another for the required number of reps and sets. You may wish to add weight by holding a 10-pound plate on your chest or behind your head while exercising. This exercise can be performed with bench 4 only.



#### ■ LEG RAISES

To get maximum development for the lower portion of the abdominals, most bodybuilders prefer leg raises. Grasp the handles firmly and lift the legs to a position overhead and lower them again. Do not "swing" the legs upward and downward — lift them slowly and deliberately so you can feel the abdominals work. Repeat this movement for the required number of reps and sets. This exercise can be performed with bench 4 only.





CSB3		PARTS LIST		2-27-89
DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER	
1	BACKREST	1	KC01-0363	
2	BACK SUPORT	1	KC01-0186	
3	SWING ARM	1	KC01-0190	
4	ADJUSTABLE FOOT	1	KC01-0188	
5	SMALL FOAM PAD <i>B05-0147</i>	2	<del>KC06-0432</del>	
6	1" HANDLE BAR	1	KC06-6131	
7	3/4" PAD BAR	1	KC25-6121	
8	LARGE FOAM PAD <i>B05-0425</i>	2	<del>KA01-0400</del>	
9	DECAL	1	DE-4064	
	HARDWARE BAG	1	KA16-5786	
A	1/4"-20 X 2 1/2" MACHINE SCREW	3	HH-5044	
B	2" ROUND PLASTIC CAP	4	AA-8018	
C	5/16"-20 X 2 3/4" HEX HEAD BOLT	1	HH-5070	
D	5/16"20 LOCK NUT	1	HH-5021	
E	LARGE LOCKING PIN	1	WW-7031	
F	SMALL LOCKING PIN	1	WW-7006	
G	1" ROUND PLASTIC CAP	2	AA-8005	
J	3/4" ROUND PLASTIC CAP	2	AA-8004	
K	2" SQUARE PLASTIC CAP	1	AA-8002	
	INSTRUCTION SHEET	1	KNN-1057	

## ASSEMBLY INSTRUCTIONS

1. Assemble BACKREST (1) to BACK SUPPORT (2) using 1/4" x 3/4" SCREWS (A) which are pre-assembled to backrest. Place 2" ROUND PLASTIC CAP (B) in each end of round root tube.
2. Fasten BACK SUPPORT (2) to SWING ARM (3) using 5/16 x 3" HEX BOLT (C) and LOCK NUT (D) Do not overtighten so that swing arm doesn't fold freely. LARGE LOCK PIN (E) is used to lock unit in upright position when using. Insert SQUARE PLASTIC CAP (K) into top of swing arm.
3. Insert ADJUSTABLE FOOT (4) into bottom of SWING ARM (3) SMALL LOCK PIN (F) is used to lock slant board in any of its incline positions by inserting in thru the swing arm and the desired holes in the adjustable foot. Insert two ROUND PLASTIC CAPS (B) into each end of the adjustable foot round base ends.
4. Assemble one FORM HAND GRIP (5) to 1" HANDLE BAR (6) Insert completed assembly thru hole in top of SWING ARM (3) and assemble the other hand grip. (Assembling grips to bar is easier if you apply a small amount of liquid detergent on the bar prior to assembly. After the detergent dries, it will help keep pads adhered to bar.) insert 1" PLASTIC CAP (G) into each end of handlebar.
5. Insert PAD BAR (7) into LARGE FOAM PAD (8) (Again, using a small amount of liquid detergent will aid in this assembly.) Place one LARGE WASHER (H) between pad and SWING ARM (3) Insert bar thru tubular sleeve on front of swing arm. Place another large washer over bar and assemble the other large pad. Insert SMALL PLASTIC CAP (J) into each end of bar.
6. Position DECAL (9) even with top of back support brackets and apply to front of swing arm.

## **WARNING** **CONSULT YOUR PHYSICIAN**

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

## **TRAIN WITH A PARTNER**

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.

## ASSEMBLY INSTRUCTIONS

1. Assemble BACKREST (1) to BACK SUPPORT (2) using 3 MACHINE SCREWS (A) which are pre-assembled to Backrest. Place 2 ROUND PLASTIC CAPS (B) into each end of round tube.
2. Fasten BACK SUPPORT (2) to SWING ARM (3) using HEX HEAD BOLT (C) and LOCK NUT (D). Do not overtighten or Swing Arm will not fold freely! LARGE LOCKING PIN (E) is used to lock unit into upright position when using. Insert SQUARE PLASTIC CAP (K) into top of SWING ARM (3).
3. Insert ADJUSTABLE FOOT (4) into bottom of SWING ARM (3). SMALL LOCKING PIN (F) is used to lock the slant board into any of its' incline positions by inserting it through the SWING ARM (3) and the desired holes in the ADJUSTABLE FOOT (4). Insert 2 ROUND PLASTIC CAPS (B) into each end of the ADJUSTABLE FOOT (4) round tube.
4. Assemble 1 SMALL FOAM PAD (5) to 1" HANDLE BAR (6). Insert completed assembly through hole in top of SWING ARM (3) and assemble the other SMALL FOAM PAD (5). (Assembling foam pads to bar is easier if you apply a small amount of liquid dish detergent onto the bar prior to assembly.) After the detergent dries, it will help keep pads adhered to bar. Insert PLASTIC CAP (G) into each end of HANDLE BAR (6).
5. Insert PAD BAR (7) into LARGE FOAM PAD (8). (Again, using a small amount of liquid dish detergent will aid in this assembly.) Insert PAD BAR (7) through tubular sleeve on front of SWING ARM (3). Place other LARGE FOAM PAD (8) onto opposite end of PAD BAR (7). Insert SMALL PLASTIC CAP (J) into each end of PAD BAR (7).
6. Position DECAL (9) even with top of Back Support Brackets and apply to front of SWING ARM (3).

## REPAIR PARTS AND SERVICE

ALL OF THE PARTS FOR THE SLANTBOARD CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT

ALL OF THE PARTS FOR THE SLANTBOARD CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT.**

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OF A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:

● MODEL NO.                      ● NAME OF PART                      ● ORDERING NUMBER

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