

ABSTM

^{6c}by **HEALTHRIDER[®]**

step
2

side
to

step
4

Insert
upper bow
into sides.

Insert
lower bow
into sides.

YOU WILL NEED ONE 3/16" ALLEN WRENCH (INCLUDED) TO ASSEMBLE YOUR MACHINE.
USING THE GUIDE BELOW, IDENTIFY EACH PART IN THE HARDWARE PACK TO ENSURE ALL PARTS HAVE BEEN INCLUDED. IF YOU ARE MISSING PARTS, CALL 1-800-529-2918 TO OBTAIN HARDWARE PACK AB020-07.

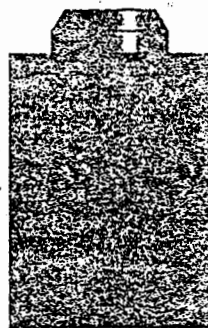
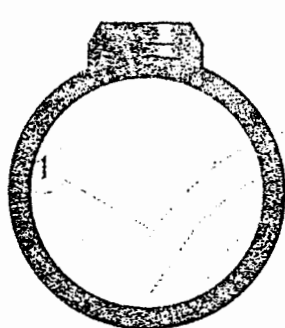
Part Qty.

Top

Side

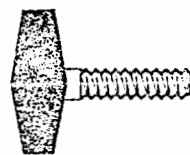
Description

6a 4 pcs.



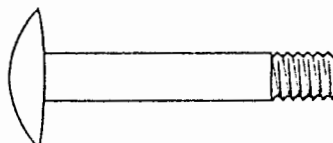
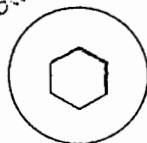
Collar

6b 4 pcs.



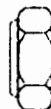
Thumbscrew

6c 2 pcs.



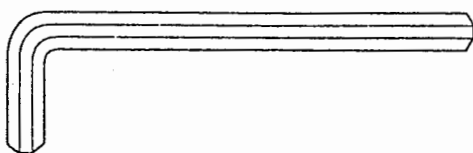
Button head bolt

6d 2 pcs.



Nylock nut

6e 1 pcs.



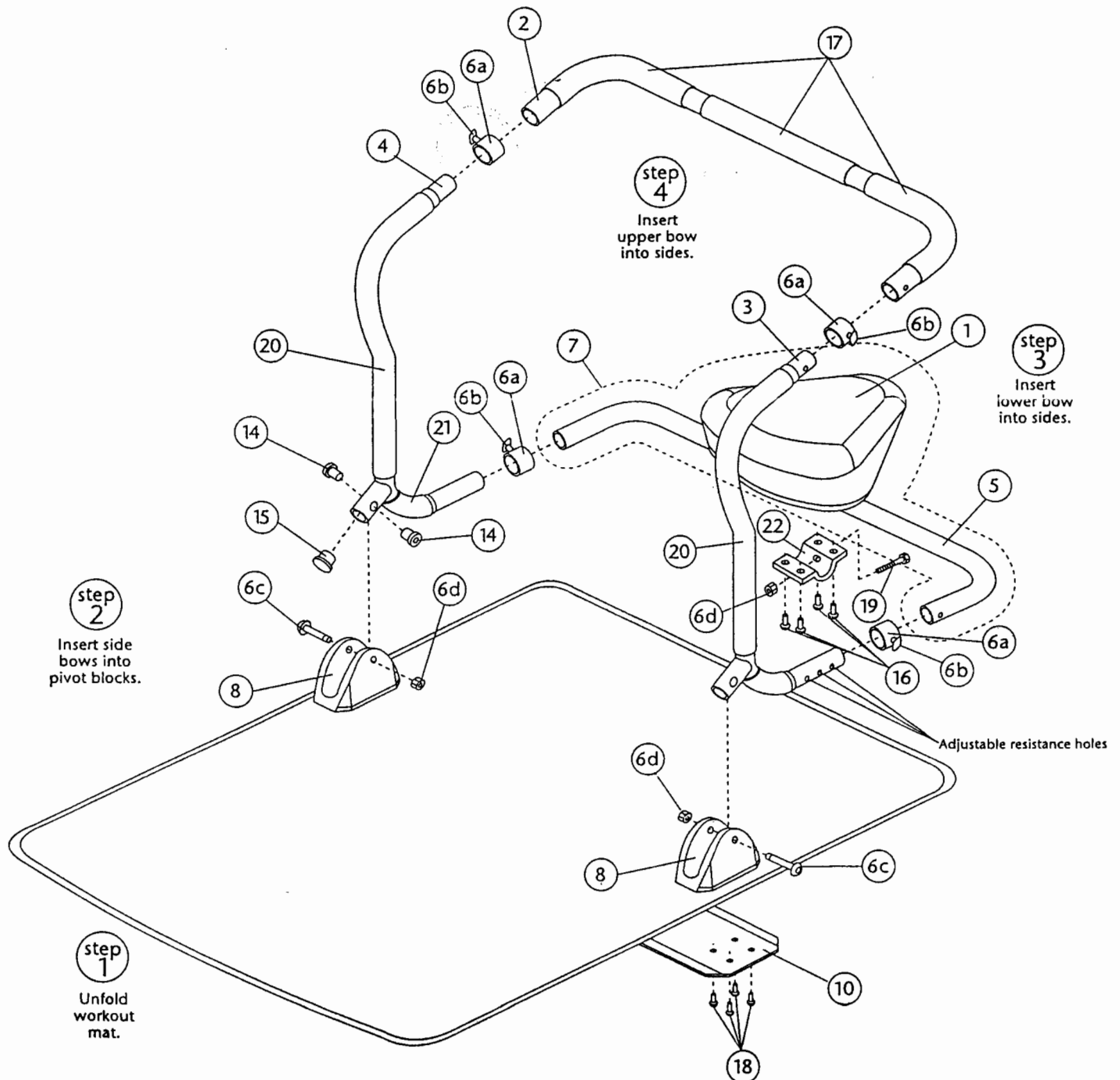
Allen Wrench

step 1
Insert upper bow into sides.

step 3
Insert lower bow into sides.

ABSTM

by **HEALTHRIDER**



ASSEMBLY

ASSEMBLY INSTRUCTION STEPS MATCH STEP NUMBERS ON ILLUSTRATION. BEFORE STARTING, PLEASE CHECK HARDWARE PIECES ILLUSTRATED ON BACK OF OWNER'S MANUAL. MAKE SURE ALL PIECES ARE PRESENT.

STEP 1—MAT

Unfold the workout mat (9) on a flat surface. For your convenience, the pivot blocks (8) have already been assembled on the mat with screws as shown in the illustration on the facing page.

STEP 2—SIDE BOWS

Assemble the side bows (3 and 4) into the pivot blocks (8) as shown. Secure the side bows (3 and 4) using the 2.2" button head bolt (6c) with the allen wrench. Secure with the nylock nut. Do not over-tighten nylock nut (6d).

STEP 3—LOWER BOW

Insert the large headrest bow (7) into the bottom tubes of the side bows (3 and 4). Push in completely. Align bow holes with collar (6a) holes. Secure with thumbscrews (6b). Adjust resistance by sliding bow (7) out, and securing collars (6a) & thumbscrews (6b) through additional holes (Adjustable resistance holes) in the side bows (3 and 4).

STEP 4—UPPER BOW Insert upper bow (2) with grips into the top tubes of the side bows (3 and 4). Push bow in completely and align bow holes with holes on collars on both sides. Secure with thumbscrews (6b).

REPLACEMENT PARTS

ITEM	QUANTITY	PART #	DESCRIPTION
1	1	ED-002-AB028-01	HEAD REST ASSEMBLY
2	1	ED-002-AB032-01	UPPER BOW ASSEMBLY WITH GRIPS
3	1	ED-002-AB023-01	** SIDE BOW ASSEMBLY, LEFT
4	1	ED-002-AB033-01	** SIDE BOW ASSEMBLY, RIGHT
5	1	ED-006-AB002-01	LARGE BOW
6	1	ED-002-AB020-01	* HARDWARE PACK
7	1	ED-002-AB022-01	LOWER BOW ASSEMBLY W/HEADREST
8	2	ED-006-AB004-01	PIVOT BLOCK
9	1	ED-006-AB005-01	WORKOUT MAT
10	1	ED-006-AB006-01	SPANNER
11	1	FRM-007-AB816-01	OWNER'S MANUAL
12	1	FRM-007-AB803-01	CARD, WARRANTY
13	1	FRM-007-AB804-01	VIDEO

** View left and right sides while lying in machine. * Item 6 the HARDWARE PACK, includes the following:

6a	4	ED-006-AB010-01	COLLAR
6b	4	COMMERCIAL SUPPLY	THUMBSCREW
6c	2	COMMERCIAL SUPPLY	BUTTON HEAD BOLT
6d	2	COMMERCIAL SUPPLY	NYLOCK NUT
6e	1	COMMERCIAL SUPPLY	ALLEN WRENCH

To order additional or replacement parts, write down the appropriate part number(s) listed above and contact HealthRider, Inc. at 1-800-529-2918. Model No. HRABS, PART NO. 133564, R0996A