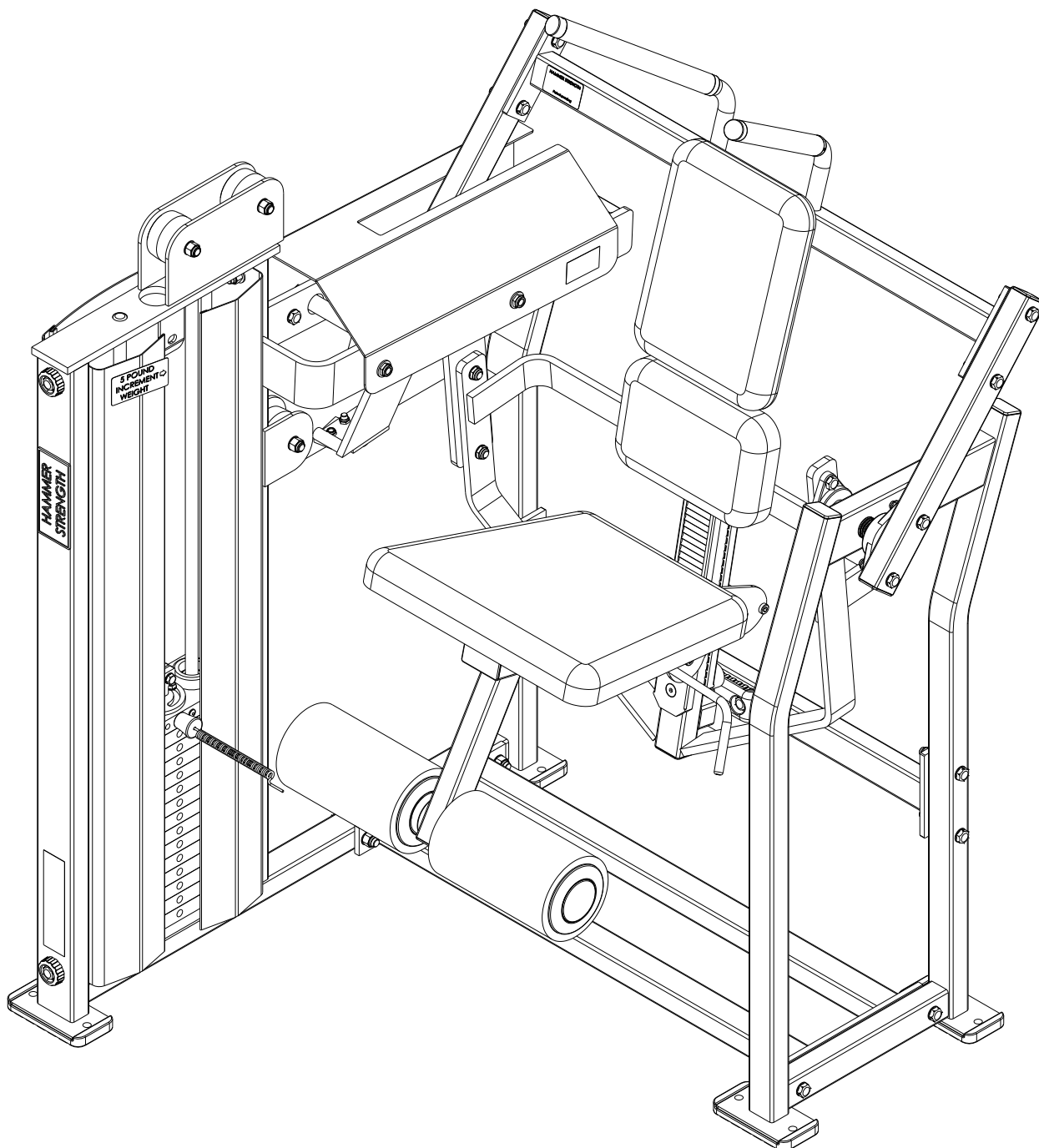




HAMMER STRENGTH
MTSAB
ABDOMINAL CRUNCH



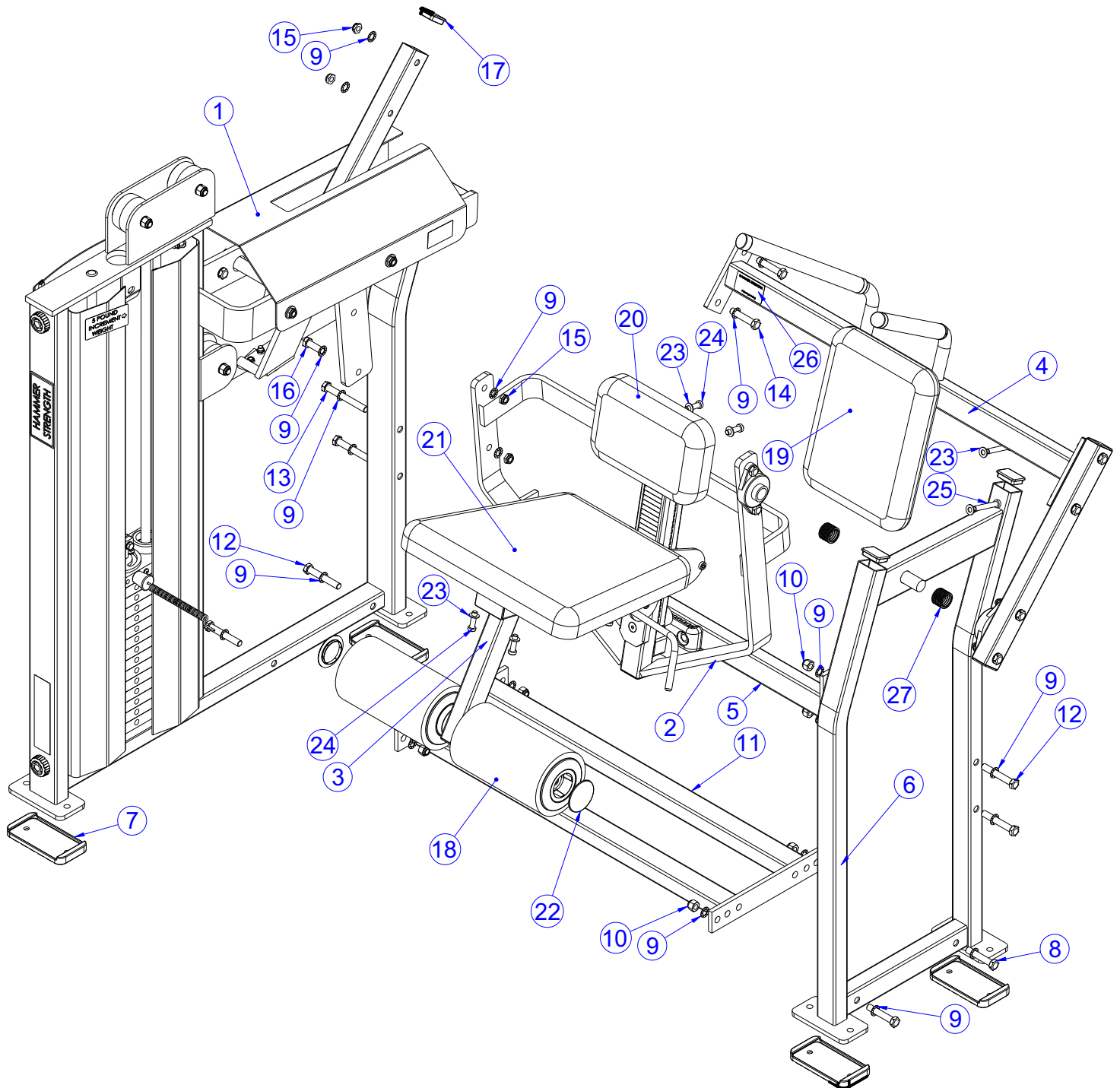
Customer Support Services
PARTS LIST

MTSAB ABDOMINAL CRUNCH

Contents

	PAGE
COMPONENT ASSEMBLY	3
COMPONENT ASSEMBLY LEGEND	4
RIGHT SIDE ASSEMBLY	5
RIGHT SIDE ASSEMBLY LEGEND	6
LOWER ARM ASSEMBLY	7
SEAT ASSEMBLY	8
UPPER ARM ASSEMBLY	9
REAR SUPPORT ASSEMBLY	10
WEIGHT STACK ASSEMBLY	11
INCRIMENT WEIGHT ASSEMBLY	12
IMAGE	13

MTSAB ABDOMINAL CRUNCH COMPONENT ASSEMBLY

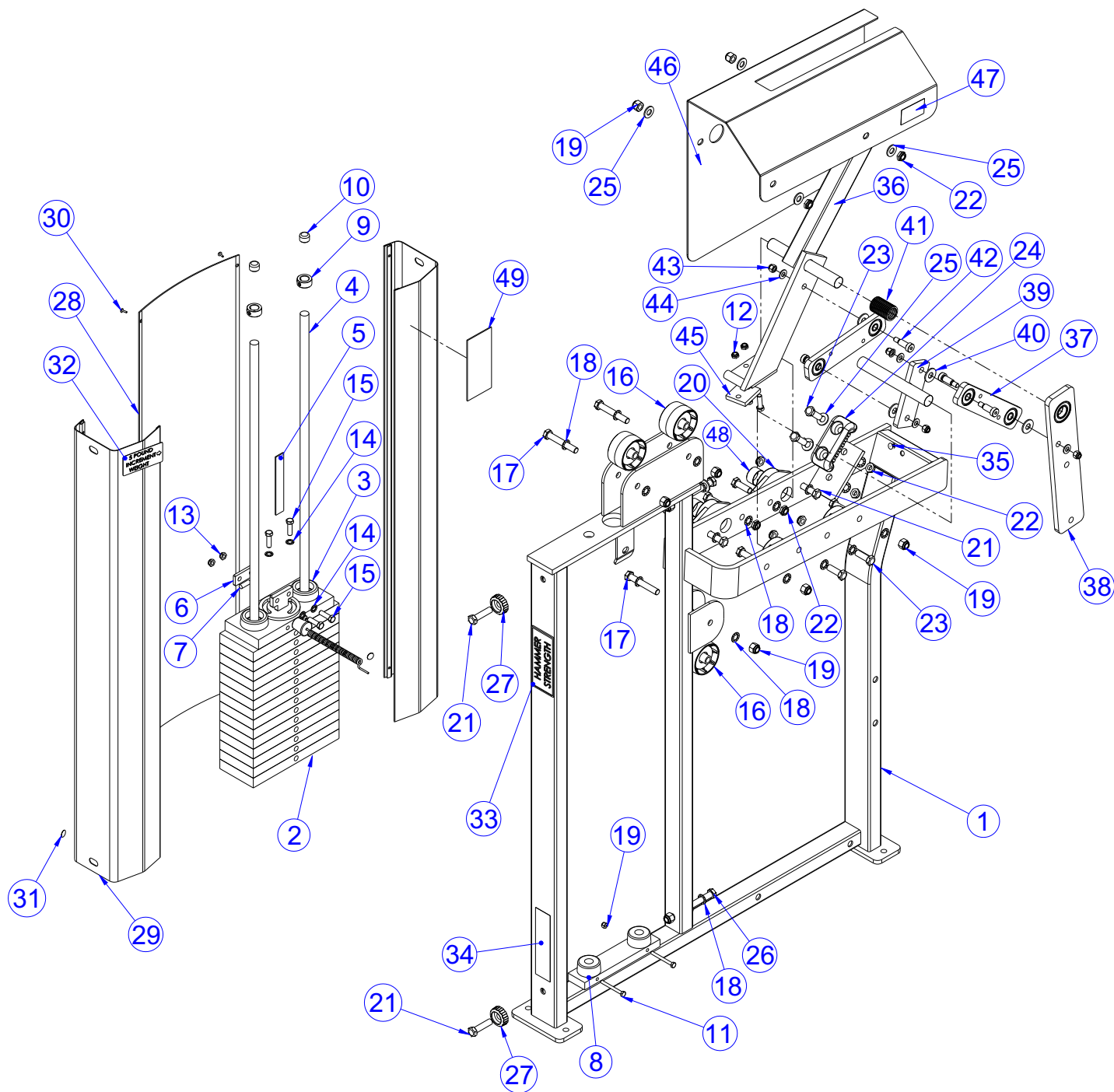


SEE PAGE 4 FOR LEGEND

MTSAB ABDOMINAL CRUNCH COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7505301	ASSY, MTAB, RIGHT SIDE
2	1	7498901	ASSY, MTAB, LOWER ARM
3	1	7499001	ASSY, MTAB, SEAT
4	1	7505401	ASSY, MTAB, UPPER ARM
5	1	7566601	ASSY, MTAB, REAR SUPPORT
6	1	7478501	WLDMT, MTAB, L FRAME SIDE
7	4	7388201	FOOTBOARD, PS RUBBER
8	2	3239311	1/2-13 X 2.75 UNS HEX FHB G5 ZN
9	24	3239505	WSH, .500 IN-D ST ZN
10	8	3102801	NUT, NYLOCK 1/2-13 ST ZN
11	1	7480101	WLDMT, MTAB, BOTTOM FRAME
12	4	3239313	1/2-13 X 3.25 UNS HEX FHB G5 ZN
13	2	3239317	1/2-13 X 4.25 UNS HEX FHB G5 ZN
14	2	3239310	1/2-13 X2.50 UNS HEX FHB G5 ZN
15	4	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
16	2	3239306	1/2-13 X 1.50 UNS HEX FHB G5 ZN
17	3	7352201	CAP, END 1-1/2 X 2
18	2	74247XX	ASSY, ROLLER PAD - SHORT
19	1	74993XX	PAD, 13-3/4 X 10 -3/4
20	1	73993XX	PAD. 7 X 11-1/4
21	1	73991XX	PAD, 17 X 18 1/2
22	2	7308701	CAP, BEARING HOUSING
23	8	3236601	WASHER, 3/8 SAE SS
24	6	3236204	SCREW, M10 X1.5 35MM
25	2	3236210	SCREW, M10 X1.5 65MM
26	1	M051-00299-A000	HAMMER PATENT DECAL
27	2	6912807	SLEEVE, ACCRDN 1.0 ID X 1

MTSAB ABDOMINAL CRUNCH RIGHT SIDE ASSEMBLY - 7505301



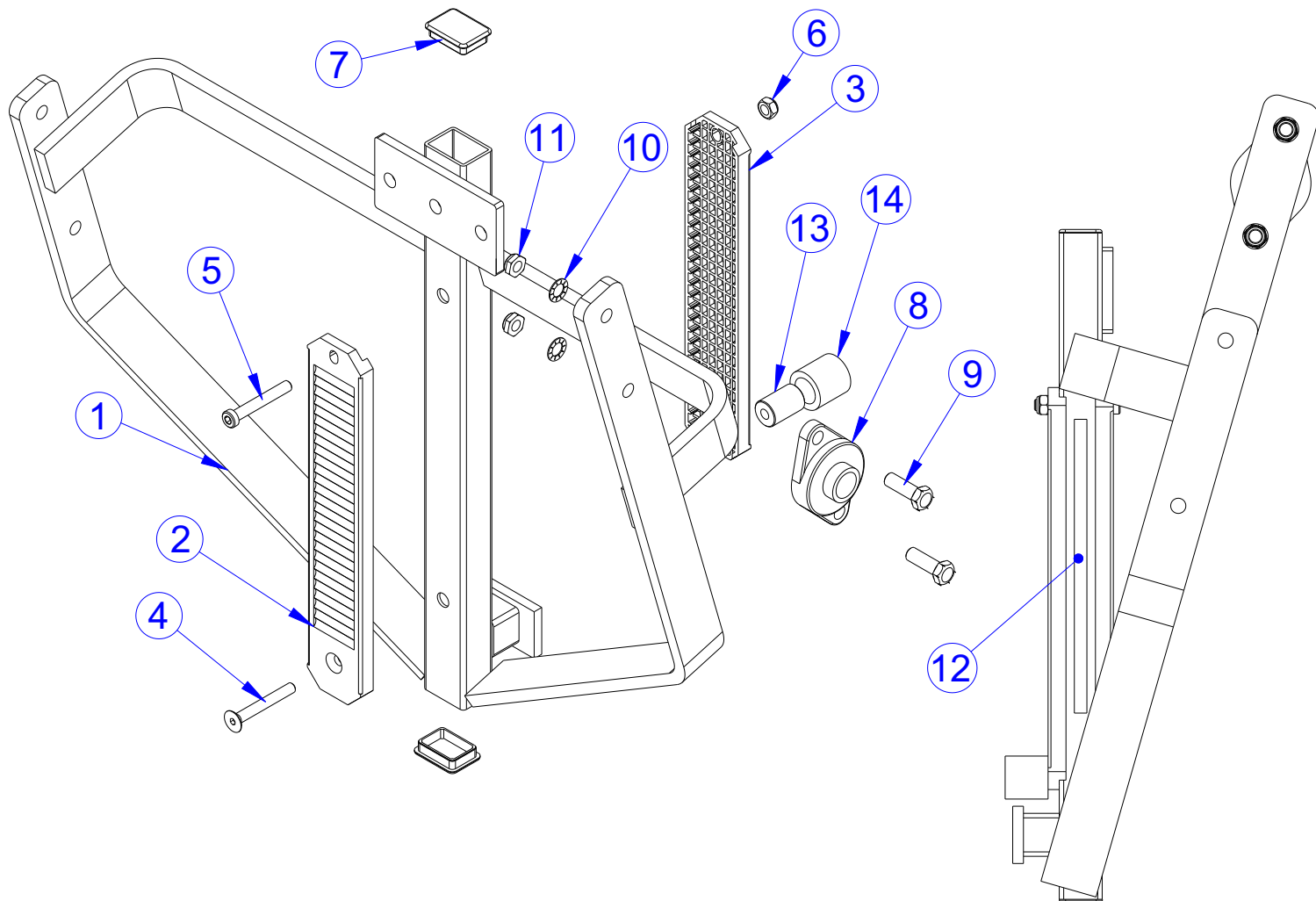
SEE PAGE 6 FOR LEGEND

MTSAB ABDOMINAL CRUNCH RIGHT SIDE ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION				
1	1	7479001	WLDMT, MTAB, R SIDE FRAME	25	8	3102507	WASHER, TYPE A PLAIN
2	1	7464701	ASSY, MTS, 150 LB STACK	26	2	3239310	1/2-13 X2.50 UNS HEX FHB G5 ZN
3	1	7434895	WLDMT, MTS, BELT ATTACH	27	2	7434001	WASHER, MTS, HAMMER HEAD
4	2	7328616	GUIDE ROD, .75 OD SOLID 45.25	28	1	7435605	PANEL, MTS, PLASTIC 44.63"
5	1	7435701	BELT, SPOOLED, W15/16, T.09	29	2	7465104	SHROUD, MTS, SIDE 44.63" SGRY
6	1	7435295	PLATE, MTS, BELT CLAMP	30	2	0017-00101-1587	SHIELD RIVET
7	1	7435101	SHAFT, 3/8" DIA SS, BELT WRAP	31	2	7564101	LABEL, MTS, .625 DIA HOLE COVER
8	2	7352101	CUSHION, WEIGHT STACK	32	1	M051-00297-A000	INCREMENT WT. DECAL (RIGHT)
9	2	3103301	SHAFT COLLAR, 3/4 I.D. ZINC	33	2	M051-00289-A000	HAMMER STRENGTH NAME PLATE
10	2	3242701	CAP, END, .75 X .50. RD, BLACK	34	1	7422004	LABEL, 2" ASTM WARN
11	2	3223809	1/4-20 UNS HEX FHB G5 ZN	35	2	3237401	PLUG, 7/16" HOLE
12	2	3102806	NUT, NYLOCK 1/4-20 ZN	36	1	7502701	WLDMT, MTAB, UPPER MOVE
13	4	3102807	NUT, NYLOCK 3/8-16 LOW HT	37	2	7505601	ASSY, MTAB, LINK
14	4	3239503	WSH, .375 IN-D ST ZN	38	1	7505501	ASSY, MTAB, R LOWER ARM
15	6	3223302	3/8-16 X 1.25 HEX HEAD BOLT	39	1	7504001	WLDMT, MTAB, AXLE
16	3	7594601	PULLEY, MTS, 3" BELT	40	4	0017-00104-0390	WASHER, FLAT, WHT NYLON
17	3	3239313	1/2-13 X 3.25 UNS HEX FHB G5 ZN	41	1	6912804	SLEEVE, ACCRDN 1.0 ID X 2
18	18	3239505	WSH, .500 IN-D ST ZN	42	4	3233503	1/2 DIA X HXS, SOC, SHL
19	11	3102801	NUT, NYLOCK 1/2-13 ST ZN	43	4	3102802	NUT, NYLOCK 3/8-16
20	4	3239901	BEARING, 2 HOLE FLANGE, 1" ID	44	4	3102514	WASHER, FLAT 3/8" SAE ST ZN
21	6	3239308	1/2-13 X 2.00 UNS HEX FHB G5 ZN	45	1	7465095	PLATE, MTS, BELT ATTACH
22	10	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN	46	1	7504801	SHROUD, MTAB, UPPER
23	6	3239306	1/2-13 X 1.50 UNS HEX FHB G5 ZN	47	2	7422003	LABEL, MOVING PARTS
24	1	7352001	BUMPER, 2-1/8 X 4-5/8	48	2	3244901	CAP, END, 1.187" X .750" RD, BLK
				49	1	SEE BELOW	MTSAB PLACARD

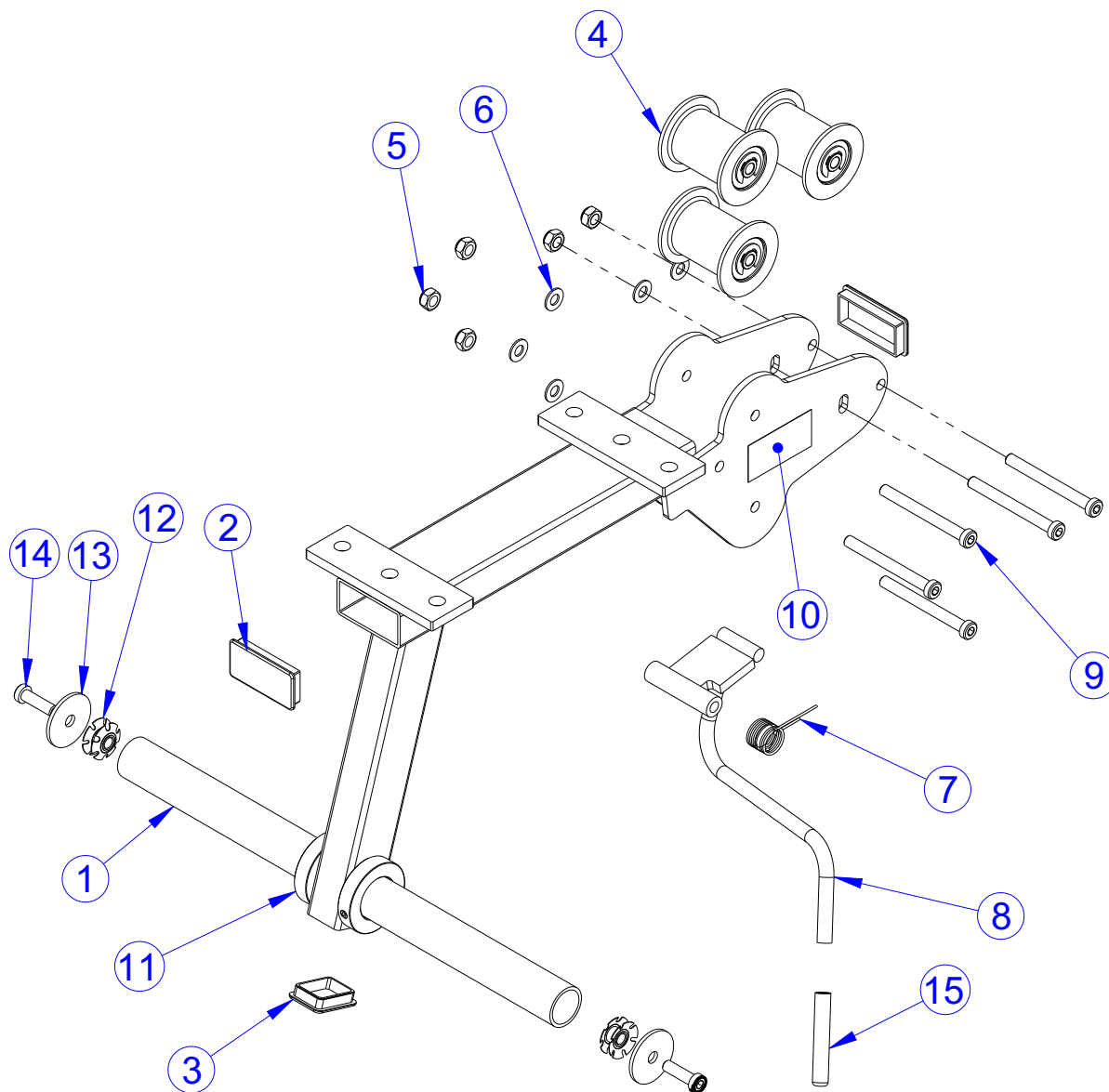
MTSAB PLACARDS	
M051-00473-A000	MTAB ENGLISH INSTRUCTION DECAL
M051-00474-A000	MTAB GERMAN INSTRUCTION DECAL
M051-00477-A000	MTAB FRENCH INSTRUCTION DECAL
M051-00475-A000	MTAB SPANISH INSTRUCTION DECAL
M051-00478-A000	MTAB DUTCH INSTRUCTION DECAL
M051-00476-A000	MTAB JAPANESE INSTRUCTION DECAL
M051-00479-A000	MTAB PORT. INSTRUCTION DECAL

MTSAB ABDOMINAL CRUNCH LOWER ARM ASSEMBLY - 7498901



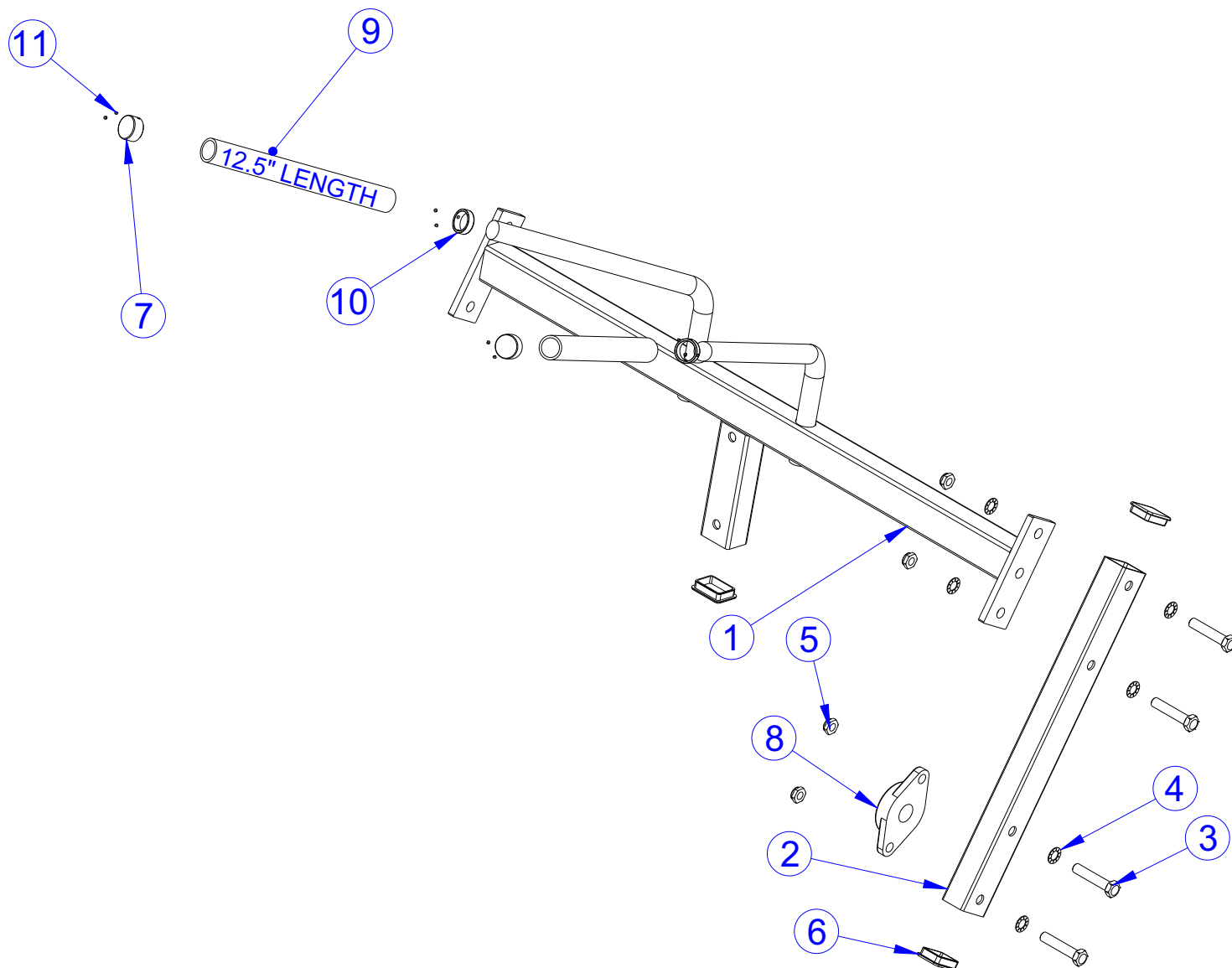
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7503201	WLDMT, MTAB, LOWER MOVE
2	1	8416801	SEATRACK, SERRATED
3	1	7564401	SEATRACK, FLAT
4	1	3238312	M10x1.5x75mm
5	1	3236211	SCREW, M10 X1.5 70MM
6	1	3236801	NUT, M10 HEX NYLOCK SS
7	2	7352201	CAP, END 1-1/2 X 2
8	1	3239901	BEARING, 2 HOLE FLANGE, 1" ID
9	2	3239306	1/2-13 X 1.50 UNS HEX FHB G5 ZN
10	2	3239505	WSH, .500 IN-D ST ZN
11	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
12	1	7422002	LABEL, SEAT ADJUST
13	1	7570601	STOP, ROLLER SEAT
14	1	3235802	GRIP, SHADOW GRAY, 1.5"

MTSAB ABDOMINAL CRUNCH SEAT ASSEMBLY - 7499001



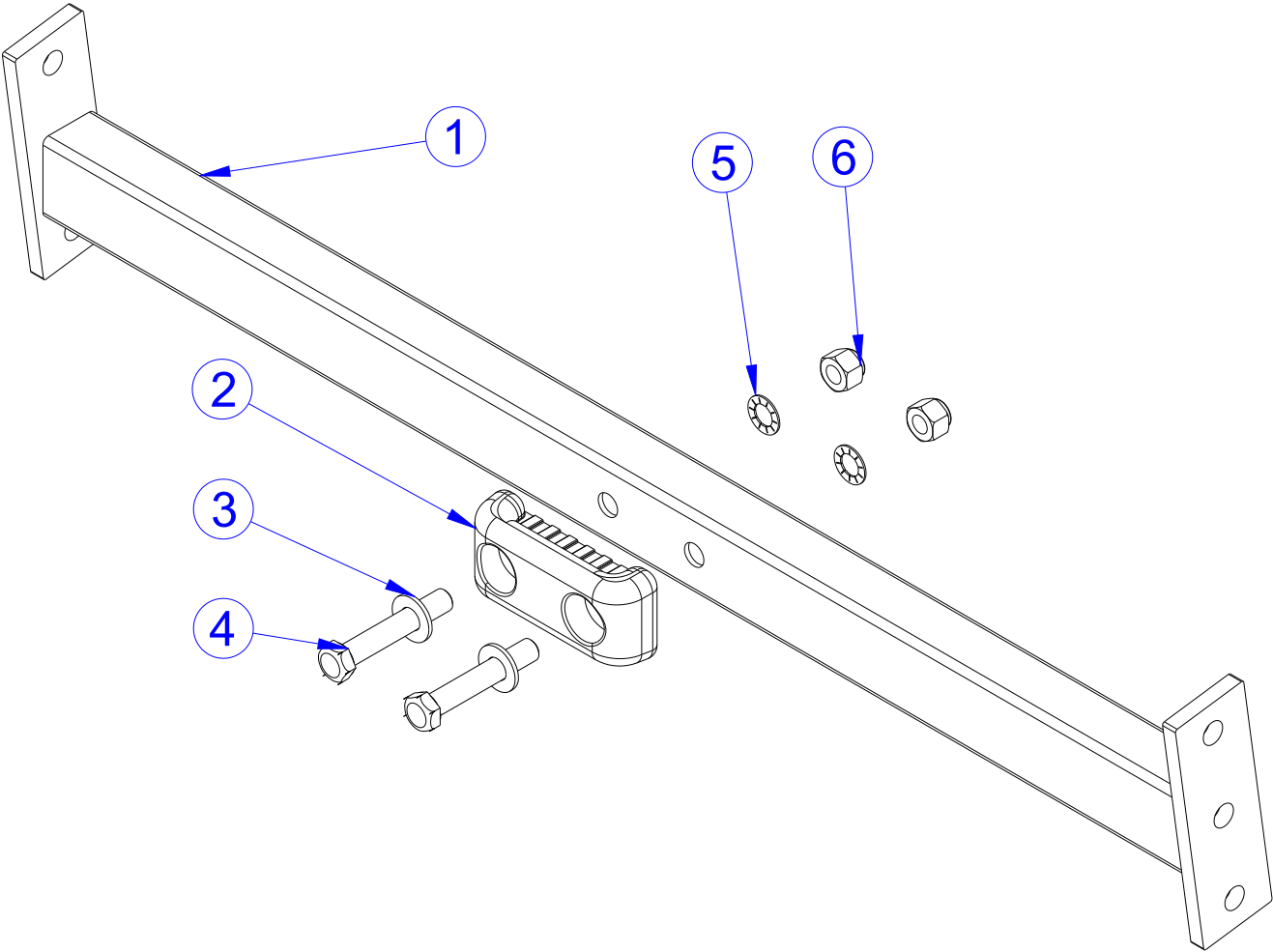
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7504201	WLDMT, MTAB, SEAT FRAME
2	2	7477401	CAP. END, 1-1/2 X 3, 11GA SGRY
3	1	7352201	CAP. END 1-1/2 X 2
4	3	7564201	ASSY, SEAT ROLLER
5	5	3236801	NUT, M10 HEX NYLOCK SS
6	5	3236601	WASHER, 3/8 SAE SS
7	1	7442701	SPRNG, PRO2 HANDLE TORSION
8	1	8417395	WLDMT, MTSAB, SEAT HANDLE SG
9	5	3236217	SCREW, M10 X1.5 100MM
10	1	7422001	LABEL, SEAT INST
11	2	7357901	SHAFT COLLAR, 1-1/2" ID ALUM
12	2	7347301	NUT, SPIDER M10 X 1.5
13	2	7322301	PLATE, 1.97 OD X .44 ID 10GA
14	2	3236204	SCREW, M10 X1.5 35MM
15	1	3238502	CAP, 1/2 X 3

MTSAB ABDOMINAL CRUNCH UPPER ARM ASSEMBLY - 7505401



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7502301	WLDMT, MTAB, TOP MOVE ARM
2	1	7505101	TUBE, MTAB, 2 X 1-1/2, 11GA
3	4	3239310	1/2-13 X2.50 UNS HEX FHB G5 ZN
4	6	3239505	WSH, .500 IN-D ST ZN
5	4	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
6	3	7352201	CAP, END 1-1/2 X 2
7	2	7662901	CAP, GRIP 1.25 OD
8	1	3239901	BEARING, 2 HOLE FLANGE, 1" ID
9	2	3235801	GRIP, SHADOW GRAY, 12.5"
10	2	7662801	RING, GRIP 1.25 OD
11	8	3247701	M4 X .7 HXS NO CUP ST BO

MTSAB ABDOMINAL CRUNCH
REAR SUPPORT ASSEMBLY - 7566601

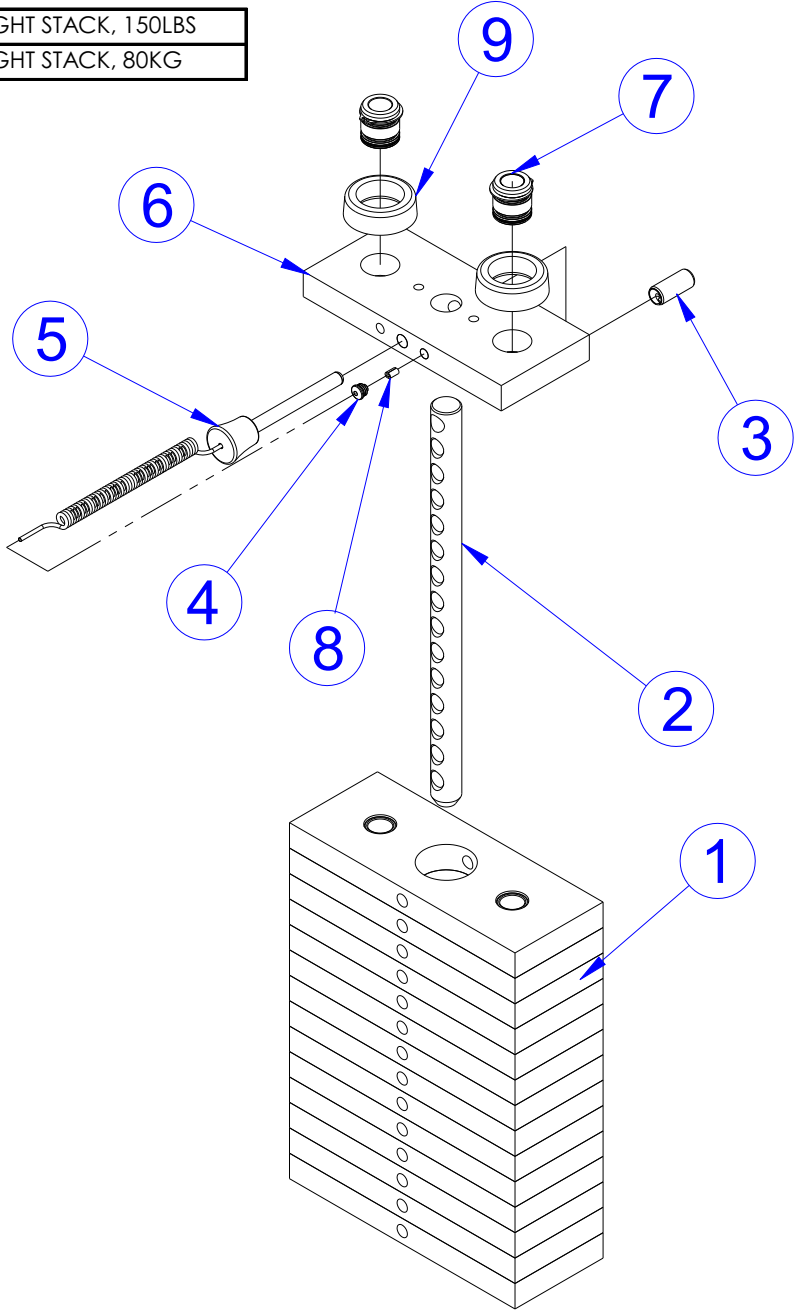


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7480401	WLDMT, MTAB, CROSS FRAME
2	1	7352001	BUMPER, 2-1/8 X 4-5/8
3	2	3102507	WASHER, TYPE A PLAIN
4	2	3239312	1/2-13 X 3.00 UNS HEX FHB G5 ZN
5	2	3239505	WSH, .500 IN-D ST ZN
6	2	3102801	NUT, NYLOCK 1/2-13 ST ZN

MTSAB ABDOMINAL CRUNCH

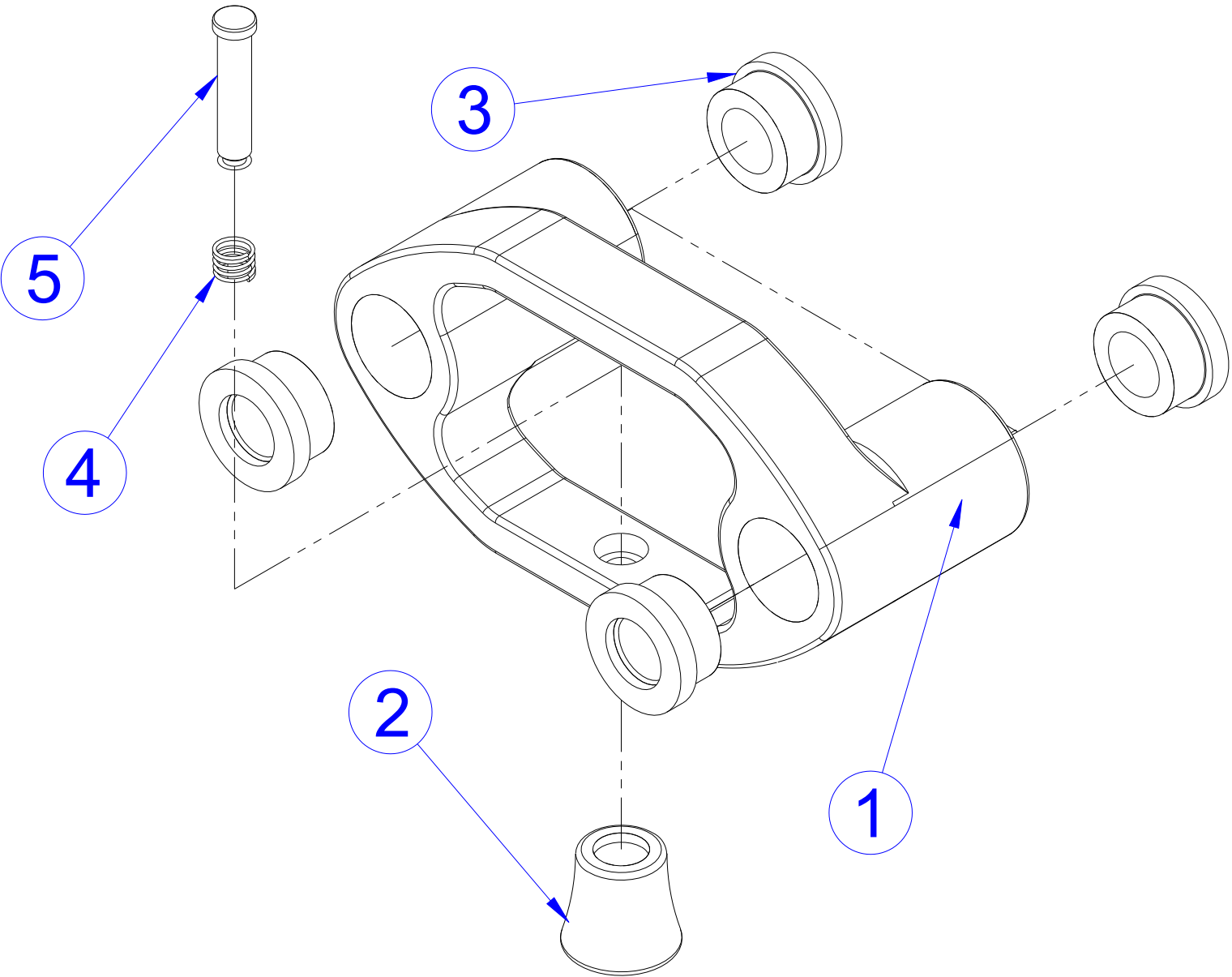
150 LBS. WEIGHT STACK ASSEMBLY - 7464701

1	8072201	LABEL, MTS, WEIGHT STACK, 150LBS
1	8012101	LABEL, MTS, WEIGHT STACK, 80KG



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	14	7353701	ASSY, 10 LB PLATE
2	1	7464801	BAYONET, MTS, 15 HOLE
3	1	3236001	BUSHING, SPRING PIN
4	1	7356501	PLUG, LANYARD ATTACHMENT
5	1	7353001	ASSY, SELECTOR PIN
6	1	7434401	HEAD PLATE, MTS
7	2	7338001	BUSHING, HEADPLATE
8	1	7523601	CRIMP, CABLE
9	2	7767601	BUMPER, PS INCREMENT WT

MTSAB ABDOMINAL CRUNCH
INCREMENT WEIGHT ASSEMBLY - 7459901



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7459801	BLOCK, MTS, INCREMENT WEIGHT
2	1	7351401	KNOB, TULIP STYLE
3	4	7560001	BUSHING, MTS, INC WEIGHT
4	1	7447001	SPRING, COMPRESSION
5	1	7446901	PIN, RETAINING

MTSAB ABDOMINAL CRUNCH IMAGE

