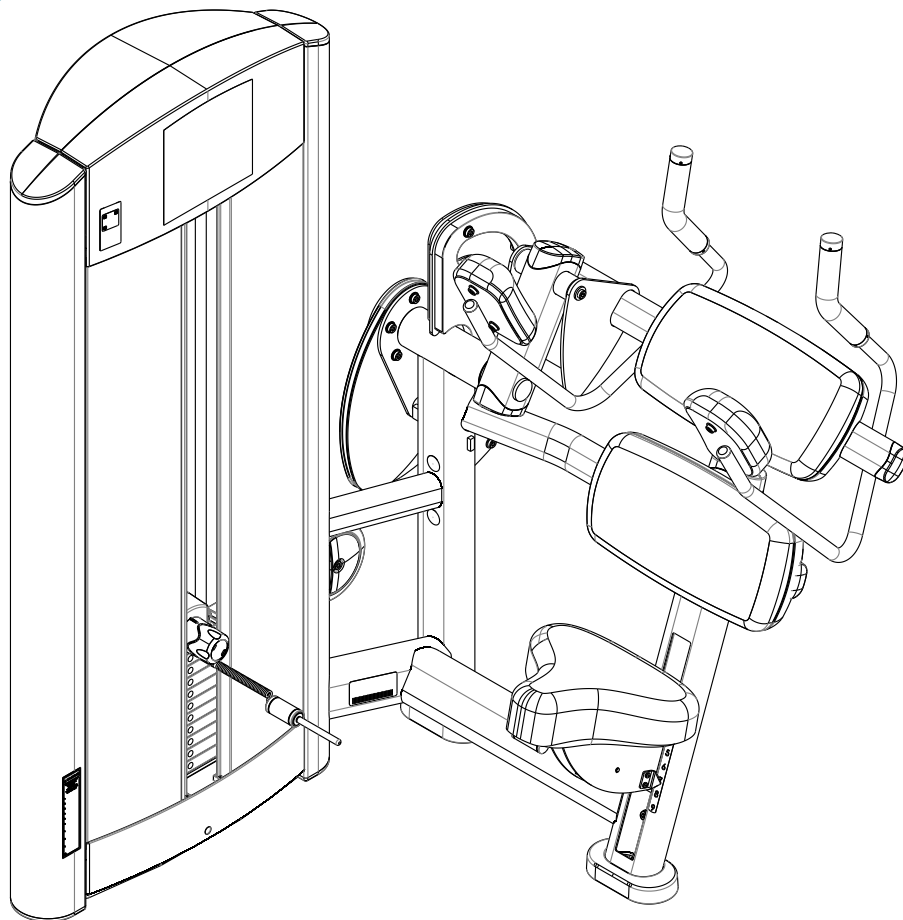


Signature Series Single Station Abdominal

FZAB
SERIAL NUMBER FZAB000700 & Up

Parts List

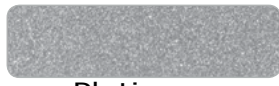


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FZAB ABDOMINAL FRAME AND UPHOLSTERY COLORS

Strength Frame Colors



Platinum



White



Black



Ice Blue Metallic



Midnight Metallic



Nickel



Blue



Red



Yellow



Candy Apple Red

Note: Include frame color in order notes when ordering frame assemblies or weldments.

Strength Upholstery Colors



American Beauty Red 07



Azure 20



Black 01



Cranberry 04



Graphite 22



Hunter Green 13



Regimental Blue 14



Royal Blue 02



Slate 03



Wheat 21



Burgundy 29



Candy Apple Red 28



Chestnut 34



Concord 16



Crocus 19



Dove Gray 37



Emerald 27



Grotto 25



Gun Metal 39



Imperial Blue 33



Jade 26



Navy 32



Northwoods Green 05



Paprika 35



Plum 30



Putty 38



Space Blue 06



Suede 08



Terra Cotta 36

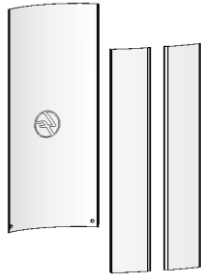


Turquoise 17

Note: Replace XX with above color suffix when ordering pads (ie. 74123XX = 7412301 Black)
Use 99 suffix for custom upholstery.

FZAB ABDOMINAL SHROUD OPTIONS

STANDARD SHROUD NO WRAP

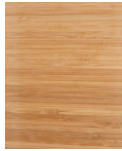


TRANSLUCENT

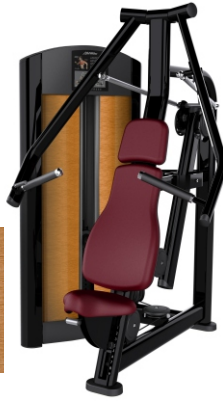


OPTIONAL StackWraps™ SHROUD + WRAP

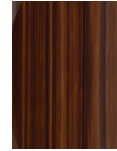
BAMBOO



BRONZE



ROSEWOOD



SKY



STAINLESS
STEEL



STEM



CO-BRANDED StackWraps™

SHROUD + WRAP

(refer to co-branded parts list)



PLANET FITNESS



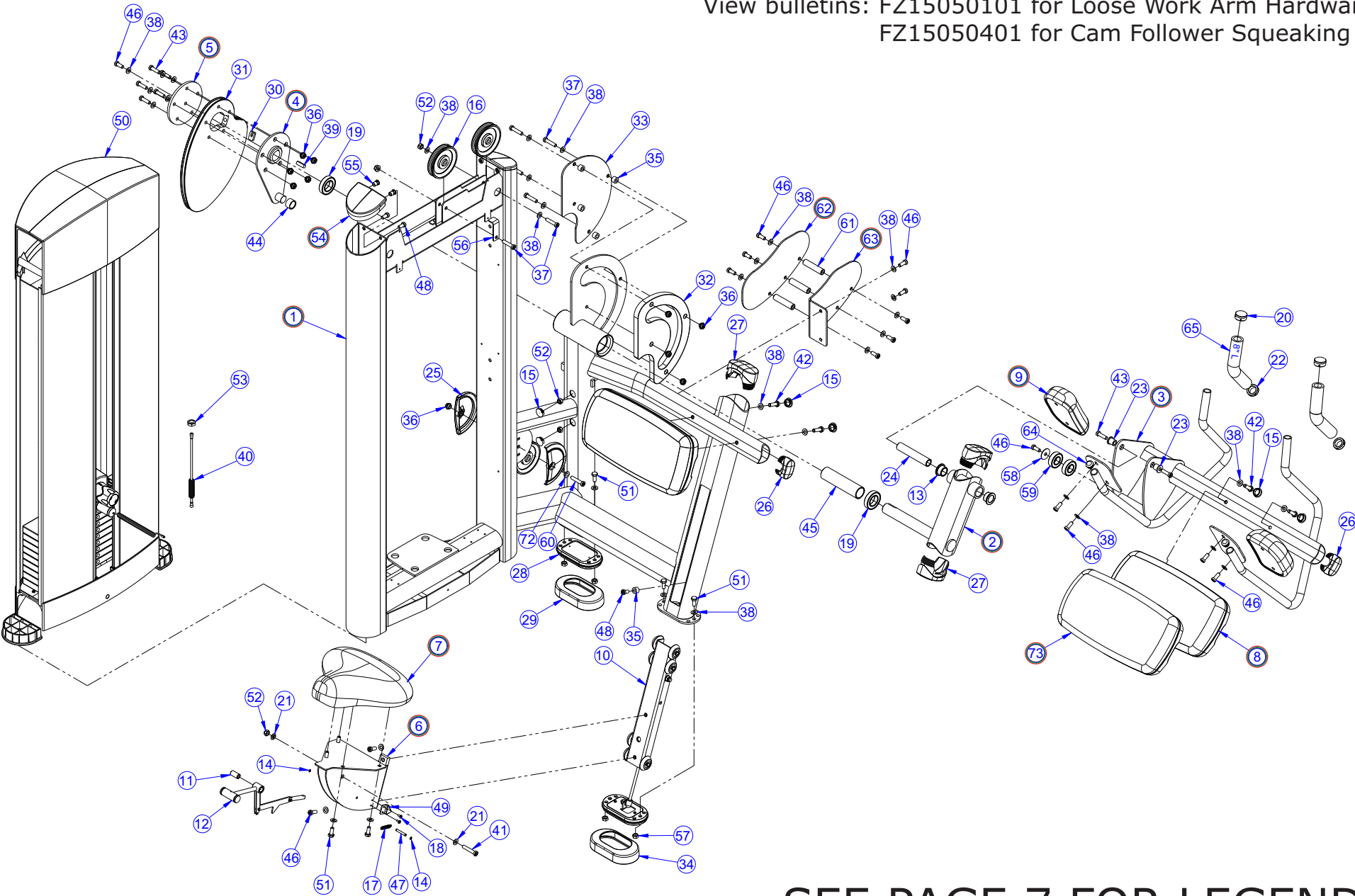
BLINK FITNESS



RETRO FITNESS

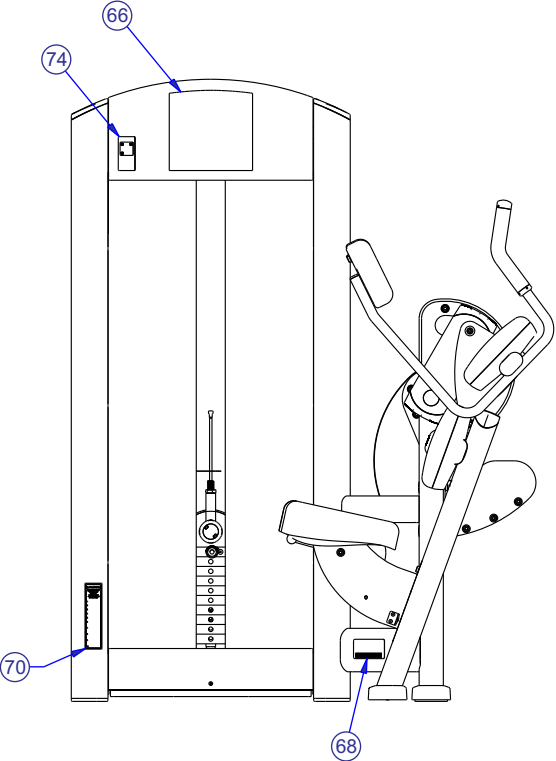
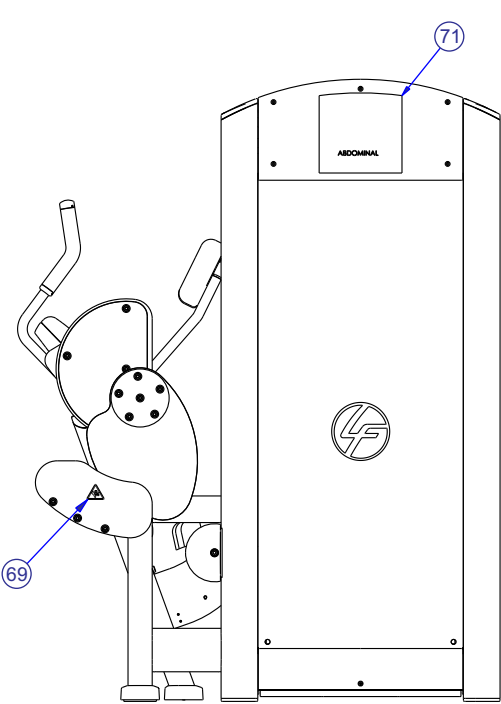
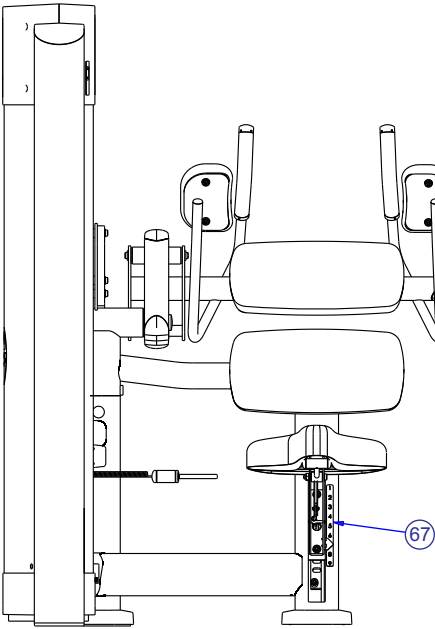
FZAB ABDOMINAL COMPONENT ASSEMBLY

View bulletins: FZ15050101 for Loose Work Arm Hardware
FZ15050401 for Cam Follower Squeaking



SEE PAGE 7 FOR LEGEND

FZAB ABDOMINAL COMPONENT ASSEMBLY II

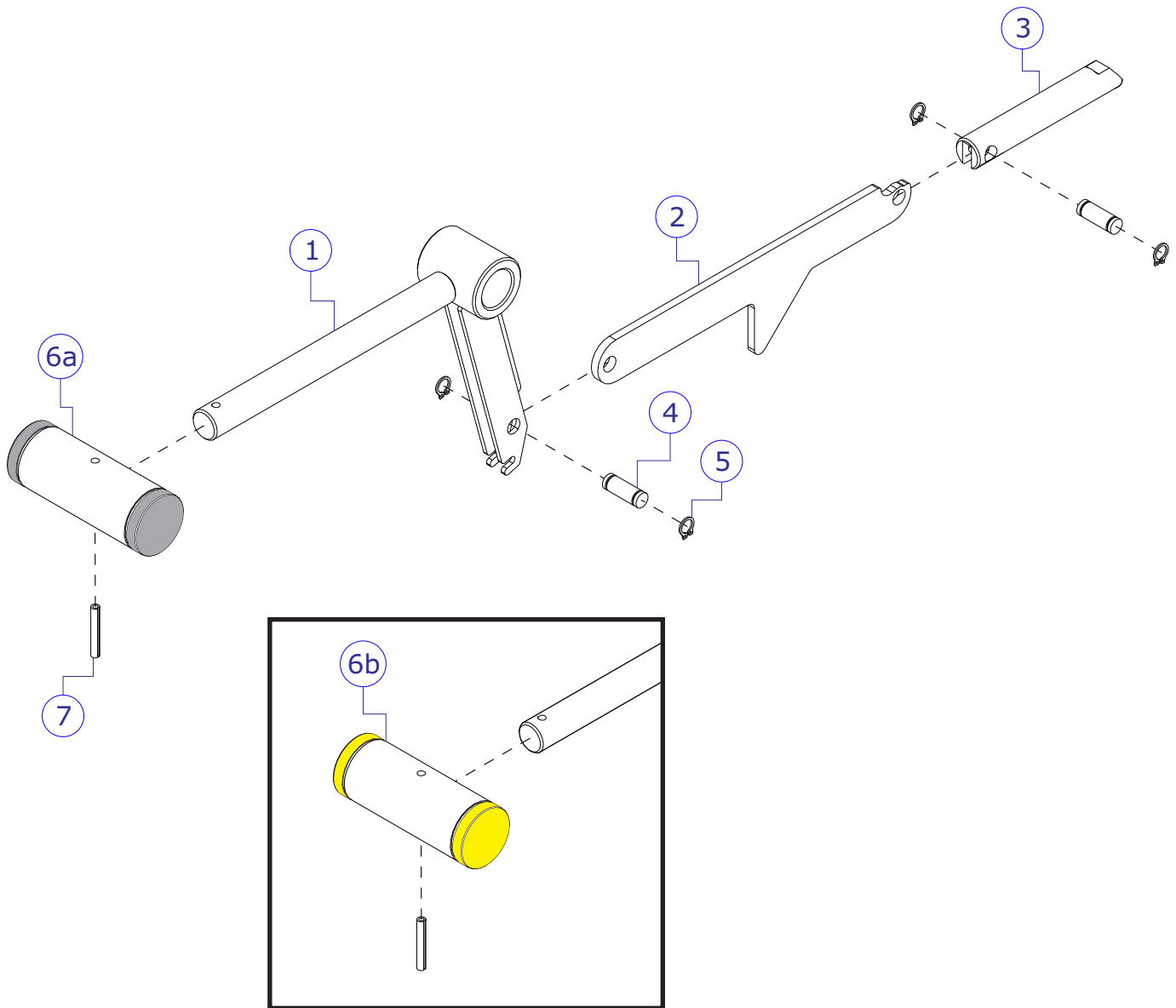


SEE PAGE 7 FOR LEGEND

FZAB ABDOMINAL COMPONENT ASSEMBLY LEGEND

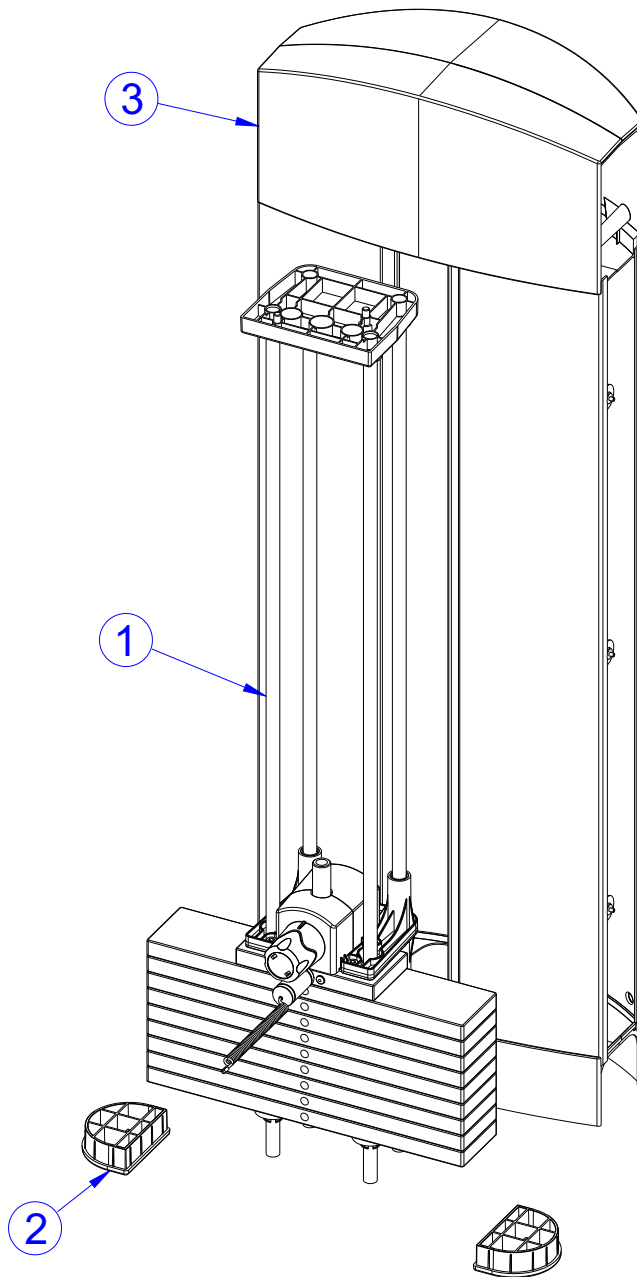
ITEM NO.	QTY.	PART NO.	DESCRIPTION	COLOR	ITEM NO.	QTY.	PART NO.	DESCRIPTION	COLOR
1	1		WLDMT, FZAB FRAME	ANY	42	4	3251204	SCREW, M10 X1.5 X 35MM HEX ZN	-
2	1	7492601	WLDMT, FZAB PIVOT ARM	ANY	43	7	3236204	SCREW, M10 X1.5 35MM	-
3	1	7764001	WLDMT, FZAB WORK ARM	ANY	44	1	7690101	BUMPER, SLEEVE - 1 INCH DIA	-
4	1	7493601	WLDMT, FZAB CAM SPRT	ANY	45	1	7511505	SPACER, FZ/PS INTERNAL 6.345	-
5	1	7329101	PLATE, FZ, CAM COVER	ANY	46	16	3236202	SCREW, M10 X1.5 25MM	-
6	1	7330501	WLDMT, FZ SEAT SUPPORT	ANY	47	1	7407502	PIN, LINK	-
7	1	72971XX	PAD, SEAT SADDLE	ANY	48	5	3236201	SCREW, M10 X1.5 20MM	-
8	2	74689XX	PAD 18 X 9 CONVEX	ANY	49	1	7425295	BRKT, SEAT INDICATOR	SHADOW GRAY
9	2	73933XX	PAD, ARM REST	ANY	50	1	SEE PAGE 10	ASSY, MID TOWER-9	-
10	1	7911101	ASSY, SEAT CARRIAGE	SHADOW GRAY	51	8	3251202	SCREW, M10 X1.5 X 25MM HEX ZN	-
11	1	7776501	SHAFT, .625 X .406 X 1.200	-	52	5	3236801	NUT, M10 HEX NYLOCK SS	-
12	1	7778001	ASSY, FZ ADJUSTER HANDLE-GRAY	-	53	1	3236902	NUT, M16 X 2 HEX JAM SS	-
		7778003	ASSY, FZ ADJUSTER HANDLE-YELLOW	-	54	2	7326201	CAP, D-TUBE - TOP	ANY
13	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING	-	55	4	3238601	M10X1.5 THREADED INSERT (HEX)	-
14	2	3232401	RING, RETAINING, EXTERNAL	-	56	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1	-
15	6	3237403	PLUG, 1" HOLE	-	57	4	3254703	NUT, M10 X 1.5 HEX ZINC	-
16	3	3237801	PULLEY, 4.5" OD	-	58	1	3236701	WASHER, FENDER 3/8" ID X 1.5" SS	-
17	1	3273101	SPRING, EXT. .50 X .067 X 2.00	-	59	2	3235601	BEARING, 6205 BALL	-
18	2	3239101	SCREW, M5X10 PHL PAN TT ST	-	60	1	3236207	SCREW, M10 X1.5 50MM	-
19	2	3243201	BEARING, 6007 BALL	-	61	3	7582501	SPACER, TAPPED 0.75 DIA X 3.25	-
20	2	7662902	CAP, GRIP 1.50 OD	-	62	1	7582701	PLATE, FZAB CAM GUARD	ANY
21	2	7776401	SPACER, FLANGE .406 X .495 X .81	-	63	1	7582601	BRKT, FZAB CAM GUARD	ANY
22	2	7662802	RING, GRIP 1.50 OD	-	64	2	3119304	CAP, END 1.00 DIA RD 10-12 GA	-
23	2	7764401	SPACER, FLANGE	-	65	2	3235802	GRIP, SHADOW GRAY, 8.00"	-
24	1	7764301	SHAFT, TAPPED 1 DIA X 5.330	-	66	1	7972701	PLACARD, FZAB ENG	-
25	2	8094101	COVER, PULLEY-BOLTED PARTIAL	-			7972702	PLACARD, FZAB GER	-
26	2	7333801	CAP, SMALL FLOV- END	-			7972703	PLACARD, FZAB FRN	-
27	3	7333901	CAP, LARGE FLOV- END	-			7972704	PLACARD, FZAB SPN	-
28	1	7334001	FOOT, 2.50 X 4.49 FLOV	-			7972705	PLACARD, FZAB ITL	-
29	1	7340201	COVER, FOOT - STRAIGHT	-			7972706	PLACARD, FZAB DUT	-
30	1	7342201	PLATE, CABLE END	-			7972707	PLACARD, FZAB JAP	-
31	1	7489301	CAM, FZAB	-			7972708	PLACARD, FZAB POR	-
32		SEE SERVICE BULLETIN FZ15050401		-			7972709	PLACARD, FZAB SWE	-
33	1	8975401	SHROUD, FZAB CAM	-			7972710	PLACARD, FZAB RUS	-
34	1	7419601	COVER, FOOT-20 DEG.	-	67	1	7524501	LABEL, 1-9 STRAIGHT	-
35	5	7385203	SPACER, .406 X .750 X .500	-	68	1	7571301	LABEL, SERIAL NUMBER	-
36	10	7335401	NUT, M10 X 1.5 SOCKET HEAD	-	69	1	7422003	LABEL, MOVING PARTS	-
37	6	3236206	SCREW, M10 X1.5 45MM	-	70	1	7422004	LABEL, 2" ASTM WARN	-
38	39	3236601	WASHER, 3/8 SAE SS	-	71	1	7508601	LABEL, FZAB LOGO	-
39	1	7511601	KEY, .375 SQUARE X 1.25	-	72	1	7630101	RETAINER, CM/MJ, PULLEY	-
40	1	7423724	CABLE, FZAB 125-1/4	-	73	2	74691XX	COVER, 18 X 9 CONVEX PAD	ANY
41	1	3236208	SCREW, M10 X1.5 55MM	-	74	1	9309701	LABEL, FZAB, NFC-QR TAG	-

FZAB ABDOMINAL FZ ADJUSTER HANDLE ASSEMBLY - 77780XX



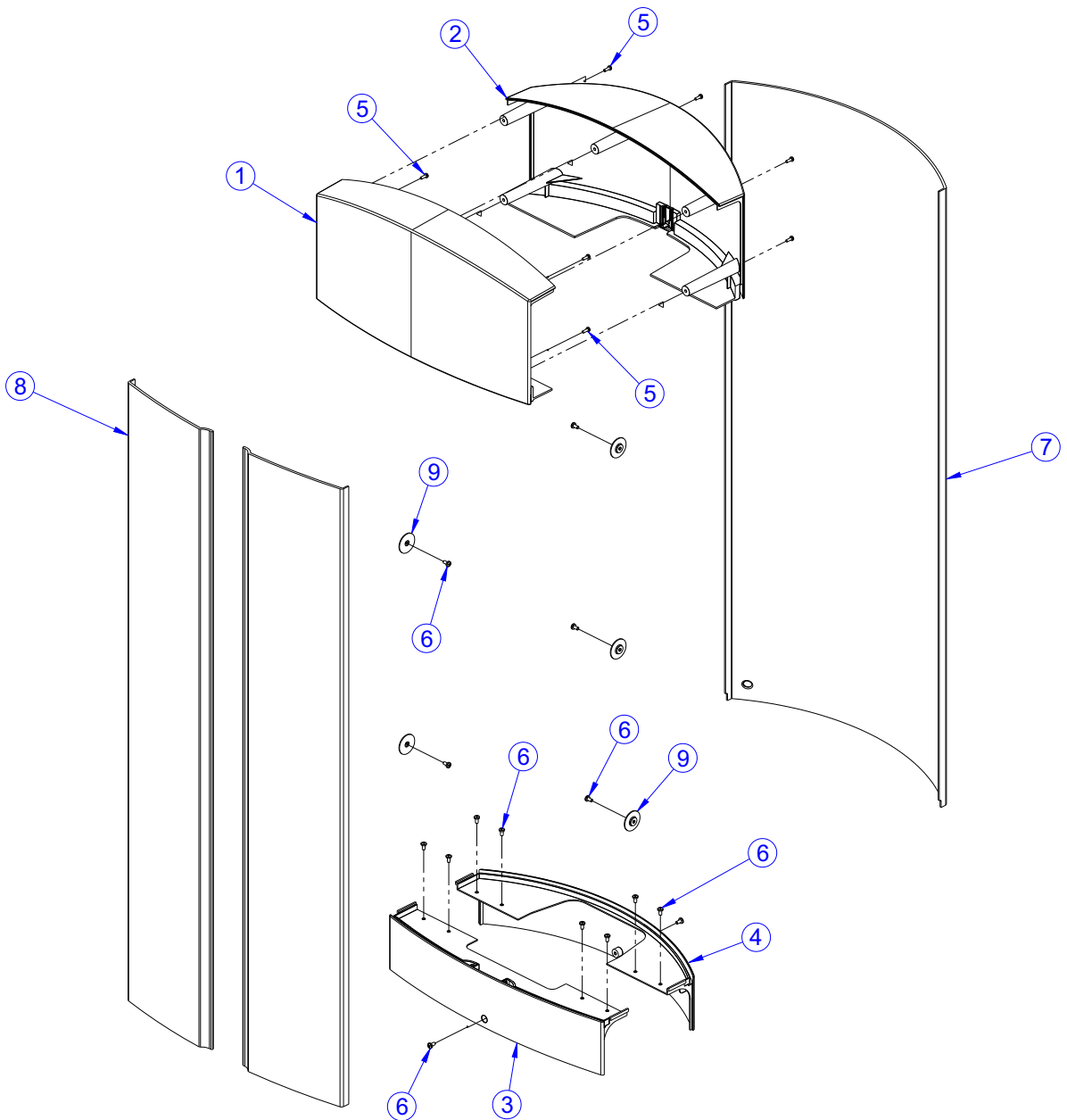
ITEM NO.	QTY.	PART NO.	DESCRIPTION	COLOR
1	1	7777595	WLDMT, FZ SEAT ADJ HANDLE SHADOW GRAY	SHADOW GRAY
2	1	9164801	LINK, ADJUSTER	-
3	1	9154101	PIN, INDEX	-
4	2	7407501	PIN, LINK	-
5	4	3232401	RING, RETAINING, EXTERNAL	-
6	a	7287901	HANDLE, ADJUSTER - SILVER	-
	b	7287903	HANDLE, ADJUSTER - YELLOW	-
7	1	3110010	ROLL PIN, 1/8 X 7/8	-

FZAB ABDOMINAL MID-9 TOWER ASSEMBLY



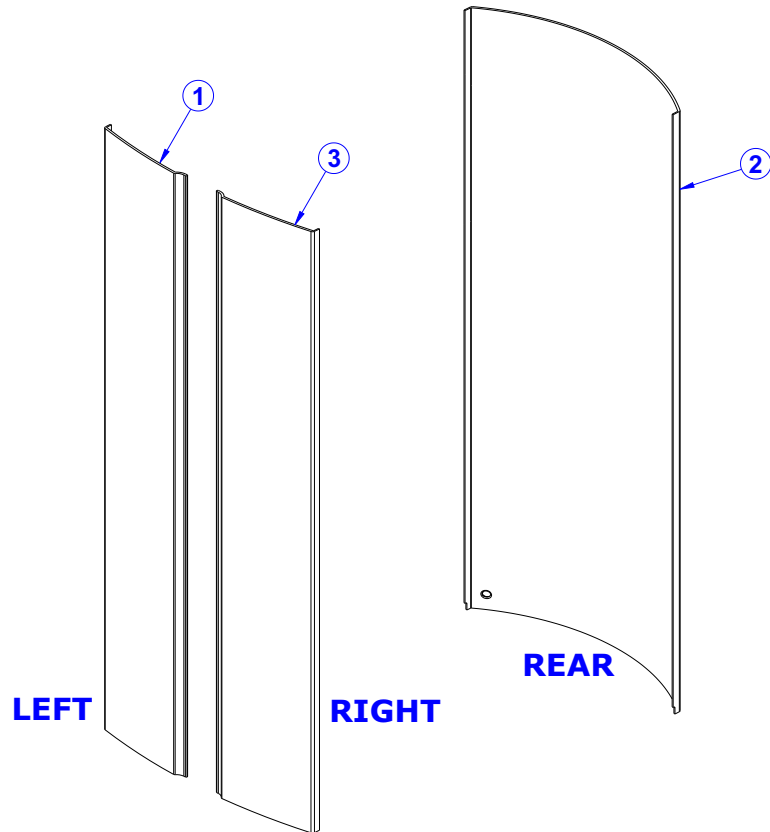
ITEM NO.	QTY.	PART NO.	DESCRIPTION	COLOR
1	1	SEE PAGE 13	ASSY, WEIGHT STACK MID-9	-
2	2	7326301	CAP, D-TUBE-BTM	-
3	1	SEE PAGE 11	ASSY, TOWER PLASTICS-MID	-


FZAB ABDOMINAL STANDARD PLASTIC TOWER ASSEMBLY





ITEM NO.	QTY.	PART NO.	DESCRIPTION	COLOR
1	1	7318601	COVER, TOWER- TOP FRONT	-
2	1	7318701	COVER, TOWER- TOP REAR	-
3	1	7318801	COVER, TOWER- BOTTOM FRONT	-
4	1	7318901	COVER, TOWER- BOTTOM REAR	-
5	9	3236501	M4 X 0.7 PHL PAN MS ST ZN	-
6	16	3239101	SCREW, M5X10 PHL PAN TT ST	-
7	1	7765701	SHROUD, TOWER- REAR SHORT	-
8	2	7765601	SHROUD, TOWER- FRT SHORT RH	-
9	6	7583501	RETAINER, FZ SHROUD	-


FZAB ABDOMINAL OPTIONAL WRAPPED SHROUDS





BAMBOO		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954201	SHROUD, FZ, FNT, SRT, LT -BAMBOO
		2	1	8949101	SHROUD, FZ, REAR, SRT -BAMBOO
		3	1	8949001	SHROUD, FZ, FNT, SRT, RT -BAMBOO

SKY		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954301	SHROUD, FZ, FNT, SRT, LT -SKY
		2	1	8949301	SHROUD, FZ, REAR, SRT -SKY
		3	1	8949201	SHROUD, FZ, FNT, SRT, RT -SKY

BRONZE		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954401	SHROUD, FZ, FNT, LT - BRONZE
		2	1	8949501	SHROUD, FZ, REAR -BRONZE
		3	1	8949401	SHROUD, FZ, FNT, SRT, RT -BRONZE

STEM		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954501	SHROUD, FZ, FNT, SRT, LT -STEM
		2	1	8949701	SHROUD, FZ, REAR, SRT -STEM
		3	1	8949601	SHROUD, FZ, FNT, SRT, RT -STEM

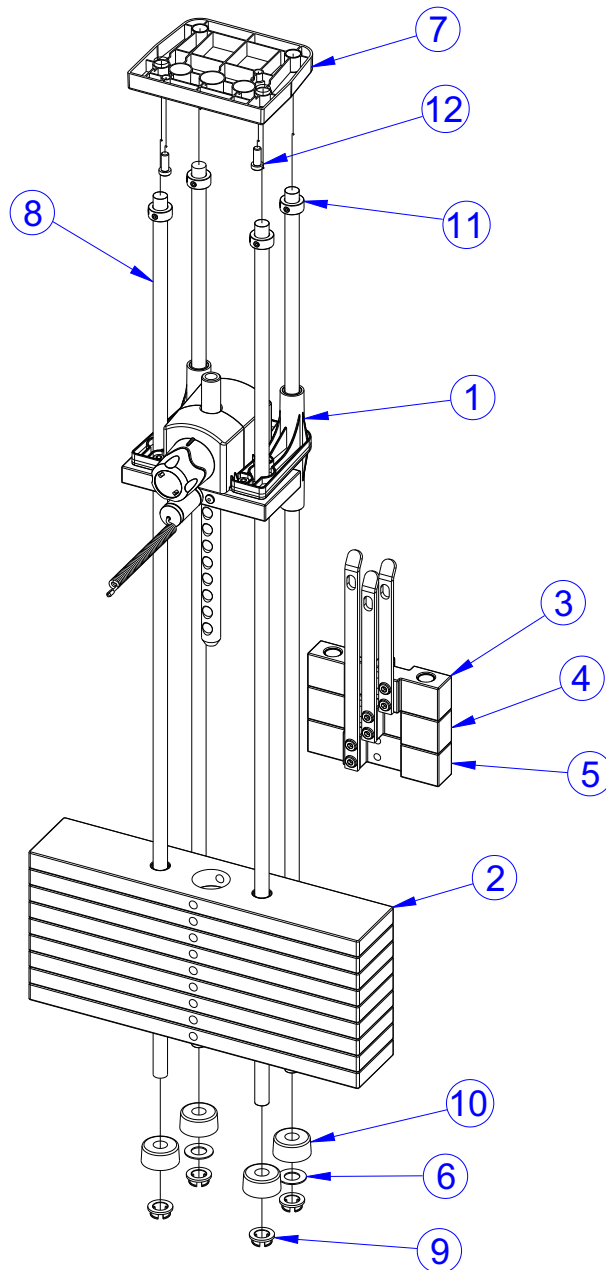
ROSEWOOD		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954601	SHROUD, FZ, FNT, SRT, LT -ROSEWOOD
		2	1	8949901	SHROUD, FZ, REAR, SRT -ROSEWOOD
		3	1	8949801	SHROUD, FZ, FNT, SRT, RT -ROSEWOOD

STAINLESS STEEL		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954701	SHROUD, FZ, FNT, SRT, LT -STAINLESS STEEL
		2	1	8950101	SHROUD, FZ, REAR, SRT -STAINLESS STEEL
		3	1	8950001	SHROUD, FZ, FNT, SRT, RT-STAINLESS STEEL

FZAB ABDOMINAL MID-9 WEIGHT STACK ASSEMBLY

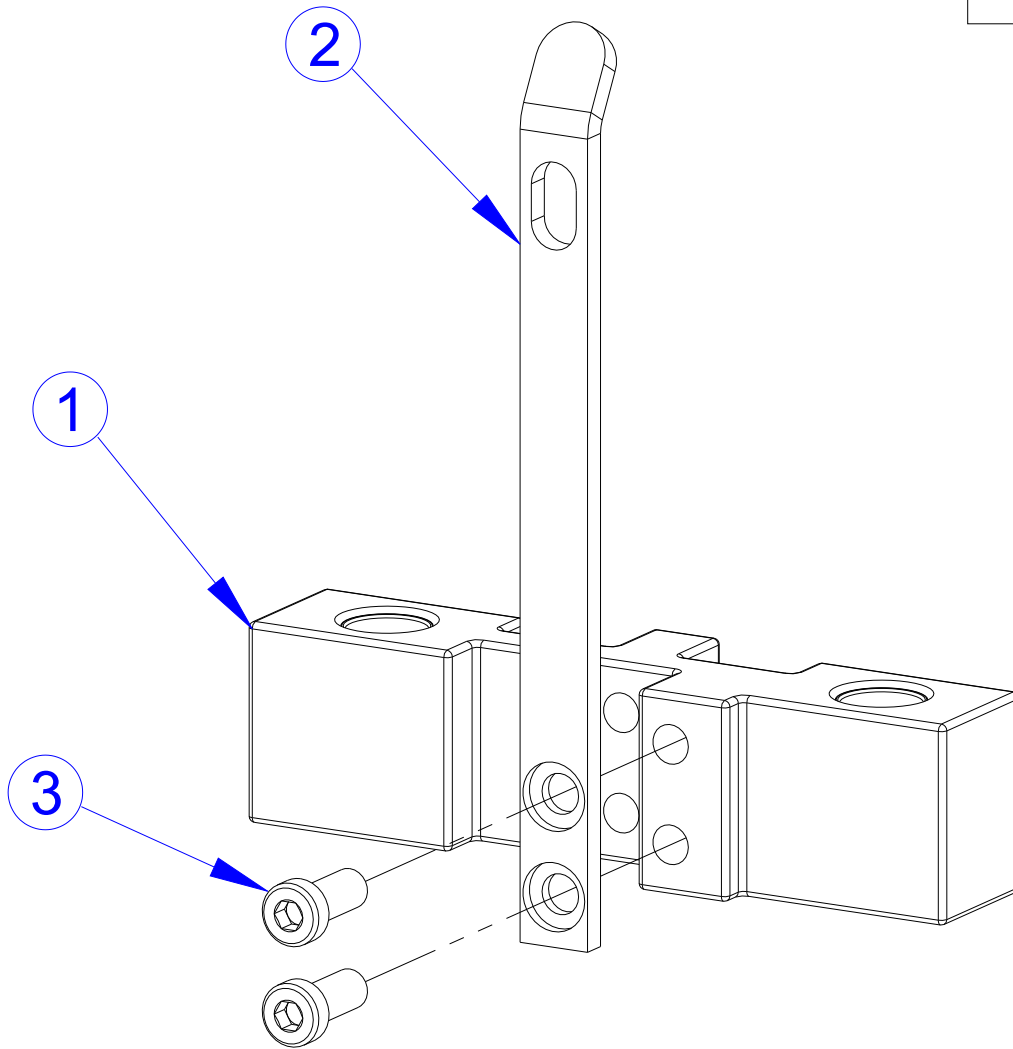
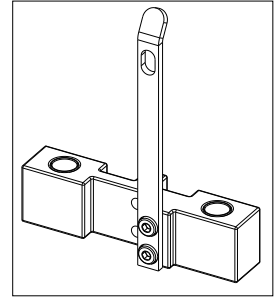
WEIGHT STACK LABELS

7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



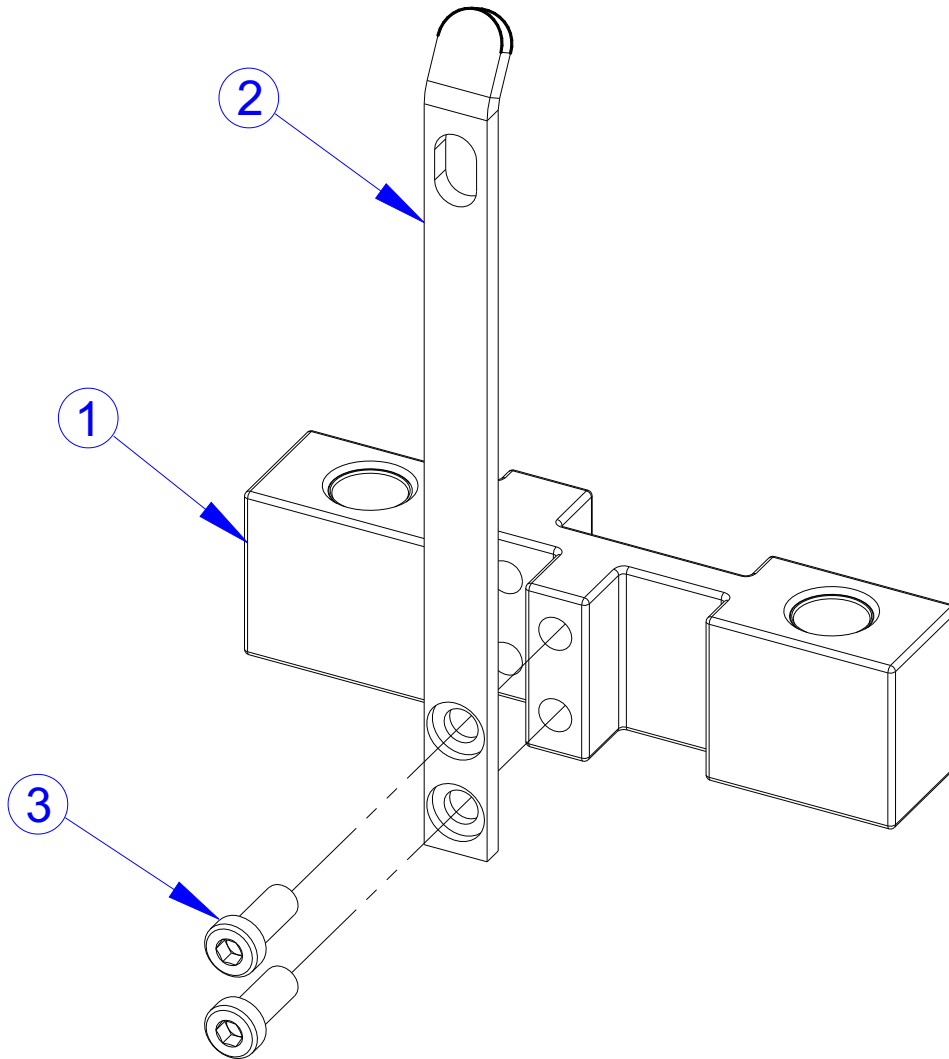
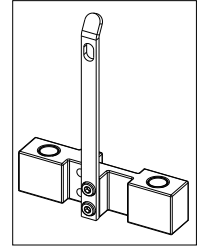
ITEM NO.	QTY.	PART NO.	DESCRIPTION	COLOR
1	1	7350601	ASSY, HEAD PLATE (9)	-
2	9	7328401	WEIGHT PLATE, 20 LB	-
3	1	7327601	ASSY, INCREMENT WT-5LB	-
4	1	7327701	ASSY, INCREMENT WT-10LB	-
5	1	7327801	ASSY, INCREMENT WT-15LB	-
6	2	7351001	SPACER, INC WT STACK	-
7	1	7621101	RETAINER, GUIDE ROD-TOP	-
8	4	7328602	GUIDE ROD, .75 OD SOLID X 53.50	-
9	4	7337901	BUSHING, GUIDE ROD	-
10	4	7352101	CUSHION, WEIGHT STACK	-
11	4	3103301	SHAFT COLLAR, 3/4" ID ZINC	-
12	2	3236202	M10 X 1.5 X 25 HXS SOC CS SS	-

FZAB ABDOMINAL 5 LB. INCREMENT WEIGHT ASSEMBLY - 7327601



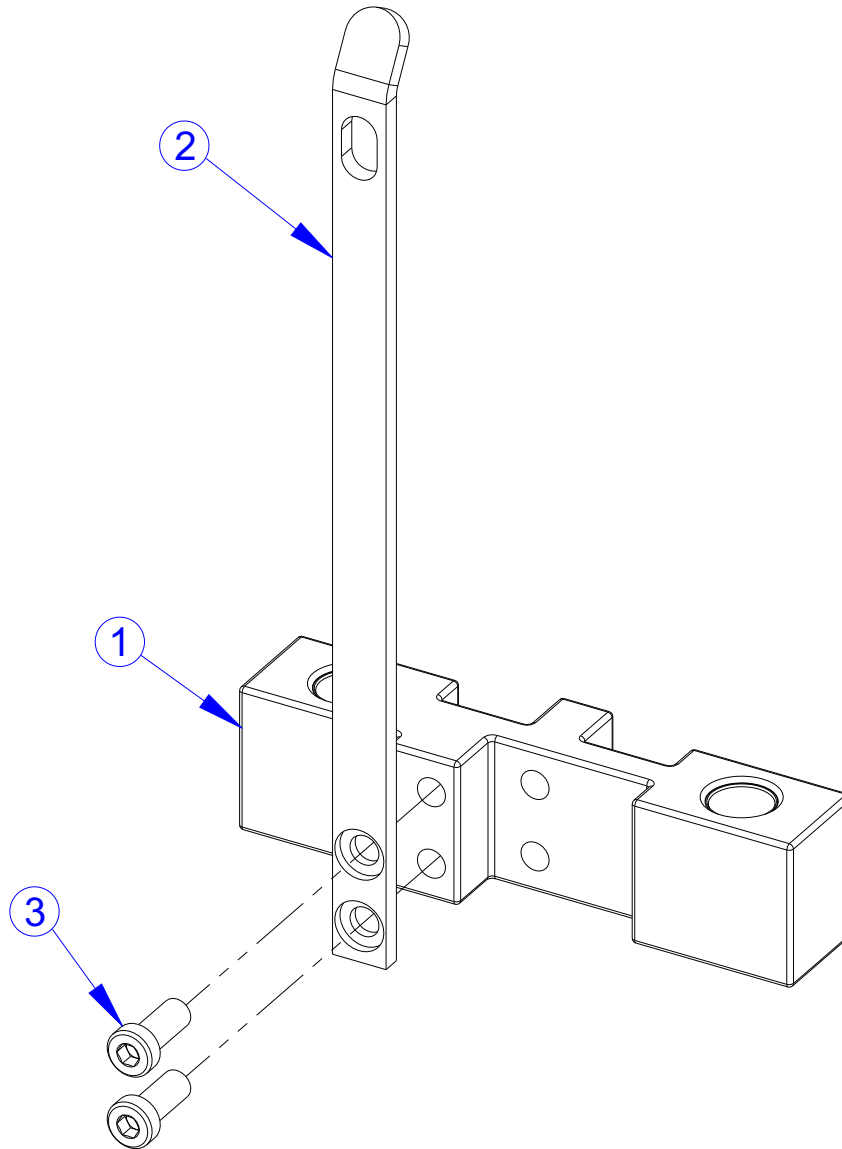
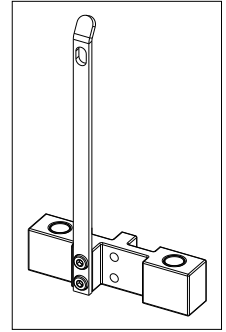
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZAB ABDOMINAL 10 LB. INCREMENT WEIGHT ASSEMBLY - 7327701



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM

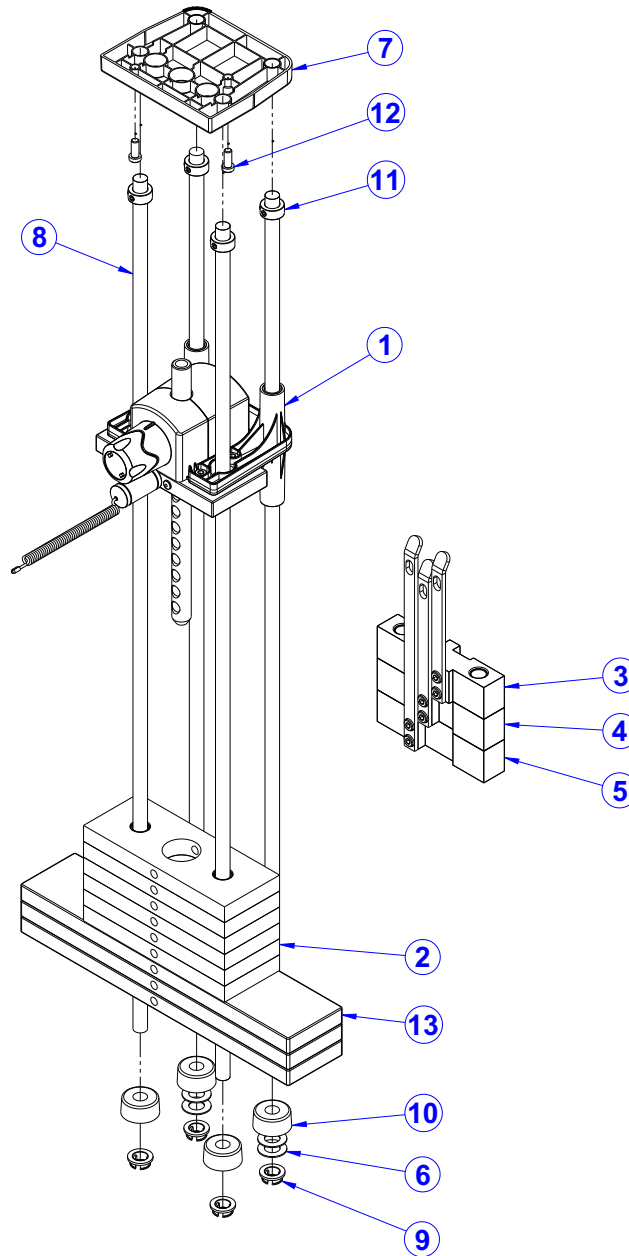
FZAB ABDOMINAL 15 LB. INCREMENT WEIGHT ASSEMBLY - 7327801



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW , M10 X1.5 25MM

FZAB ABDOMINAL OPTIONAL MID LIGHT-9 WEIGHT STACK ASSY.

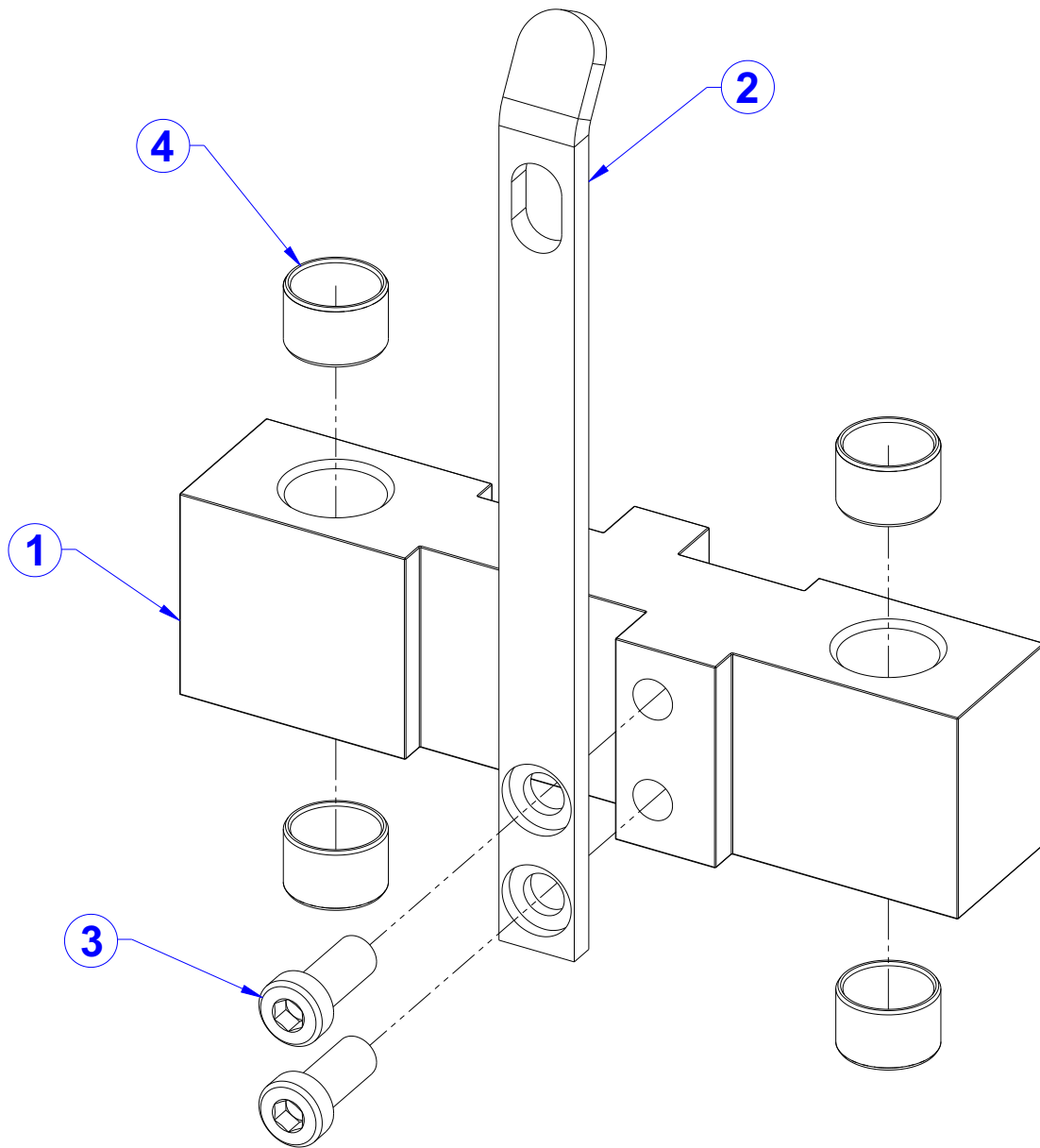
WEIGHT STACK LABELS	
8867101	LABEL, 190 LB STACK



ITEM NO.	QTY.	PART NO.	DESCRIPTION	COLOR
1	1	7350601	ASSY, HEAD PLATE (9)	-
2	6	7353701	ASSY, 10 LB PLATE	-
3	1	8861301	ASSY, FZ INC WEIGHT - 2.5 LB	-
4	1	8861401	ASSY, FZ INC WEIGHT - 5 LB	-
5	1	8861501	ASSY, FZ INC WEIGHT - 7.5 LB	-
6	4	7351001	SPACER, INC WT STACK	-
7	1	7621101	RETAINER, GUIDE ROD - TOP	-
8	4	7328602	GUIDE ROD, .75 OD SOLID 53.50	-
9	4	7337901	BUSHING, GUIDE ROD	-
10	4	7352101	CUSHION, WEIGHT STACK	-
11	4	3103301	SHAFT COLLAR, 3/4 I.D. ZINC	-
12	2	3236202	SCREW, M10 X1.5 25MM	-
13	3	7328401	WEIGHT PLATE, 20 LB	-

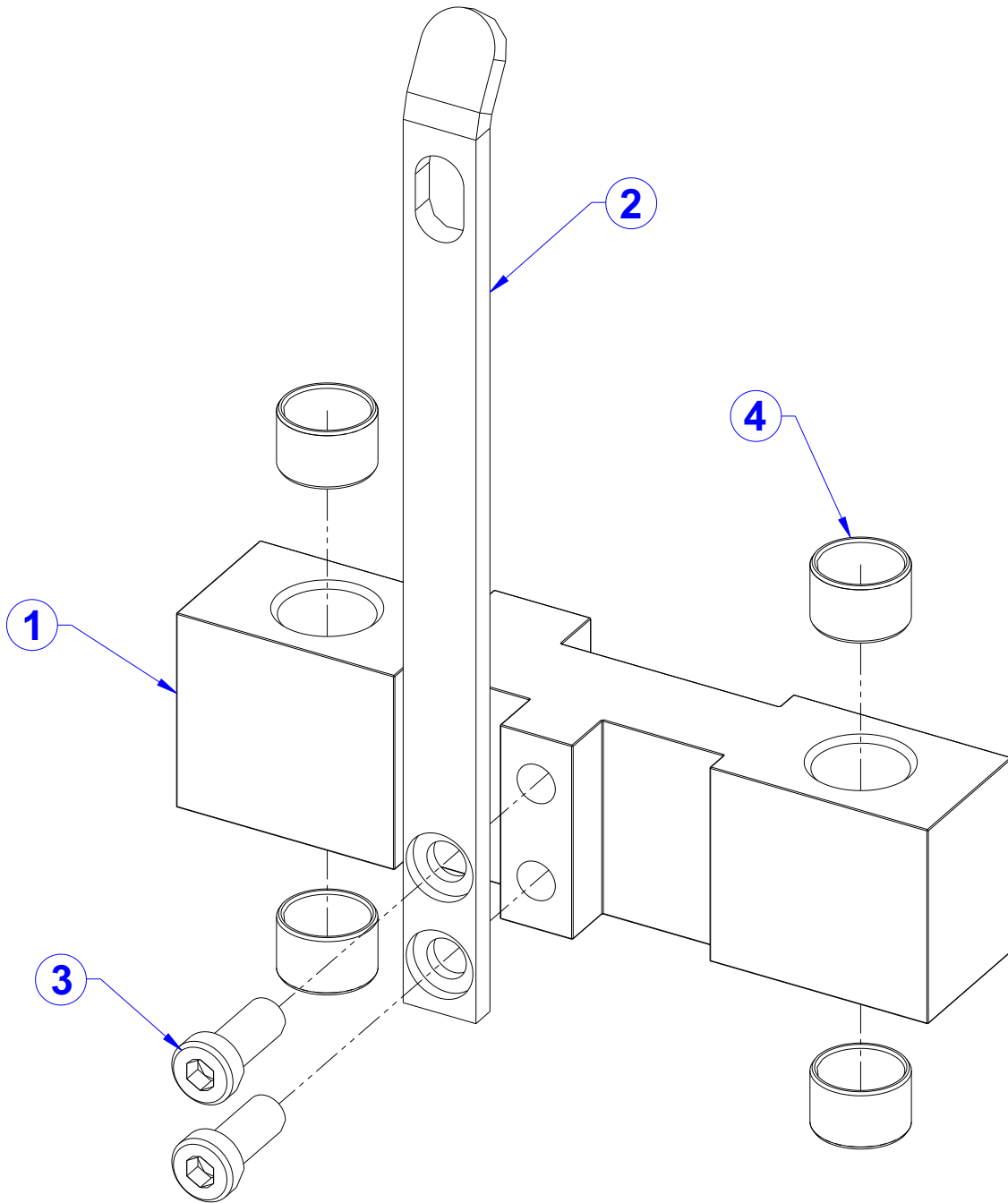
FZAB ABDOMINAL

OPTIONAL 2.5 LB. INCREMENT WEIGHT ASSY. - 8861301



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

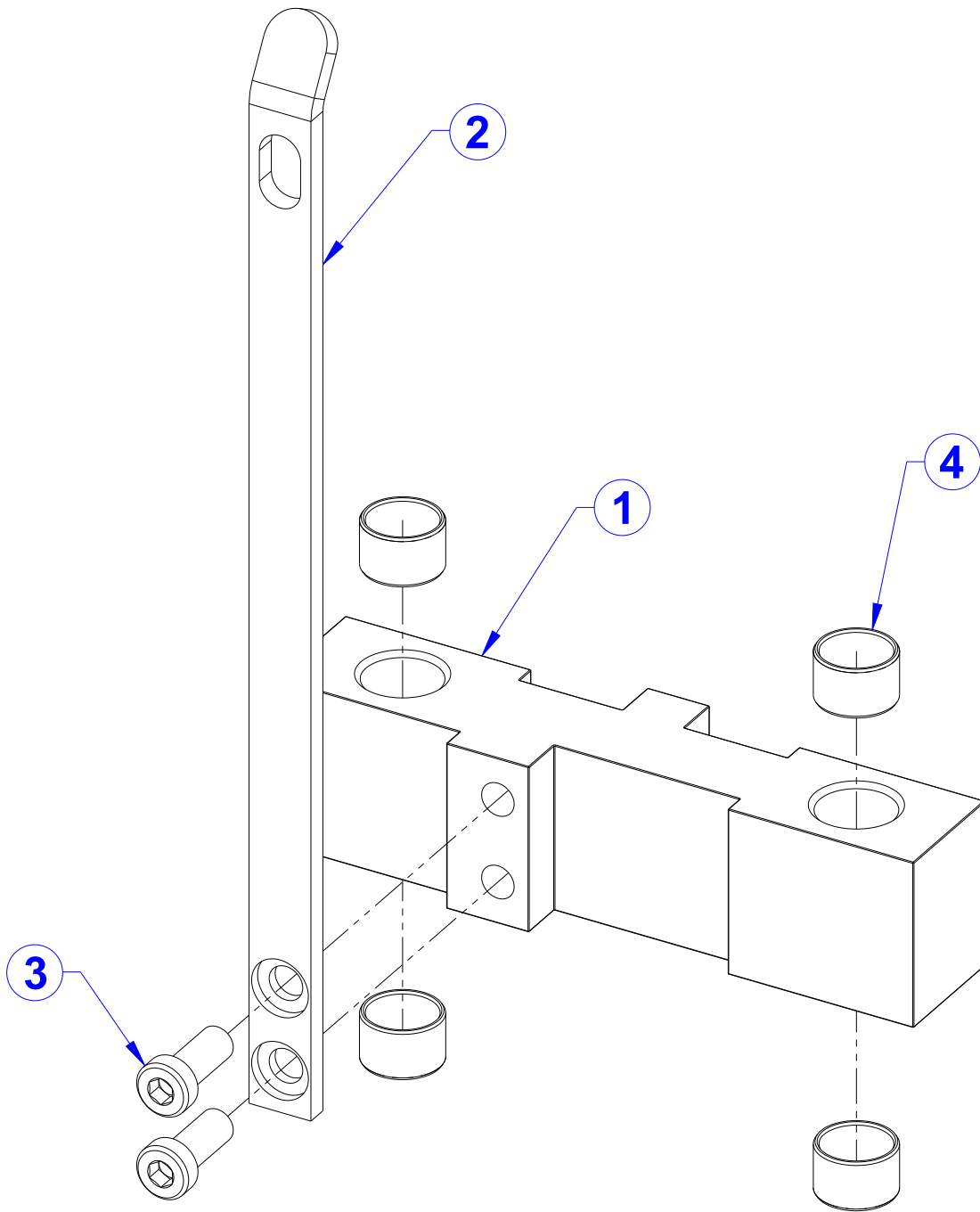
FZAB ABDOMINAL OPTIONAL 5 LB. INCREMENT WEIGHT ASSY. - 8861401



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

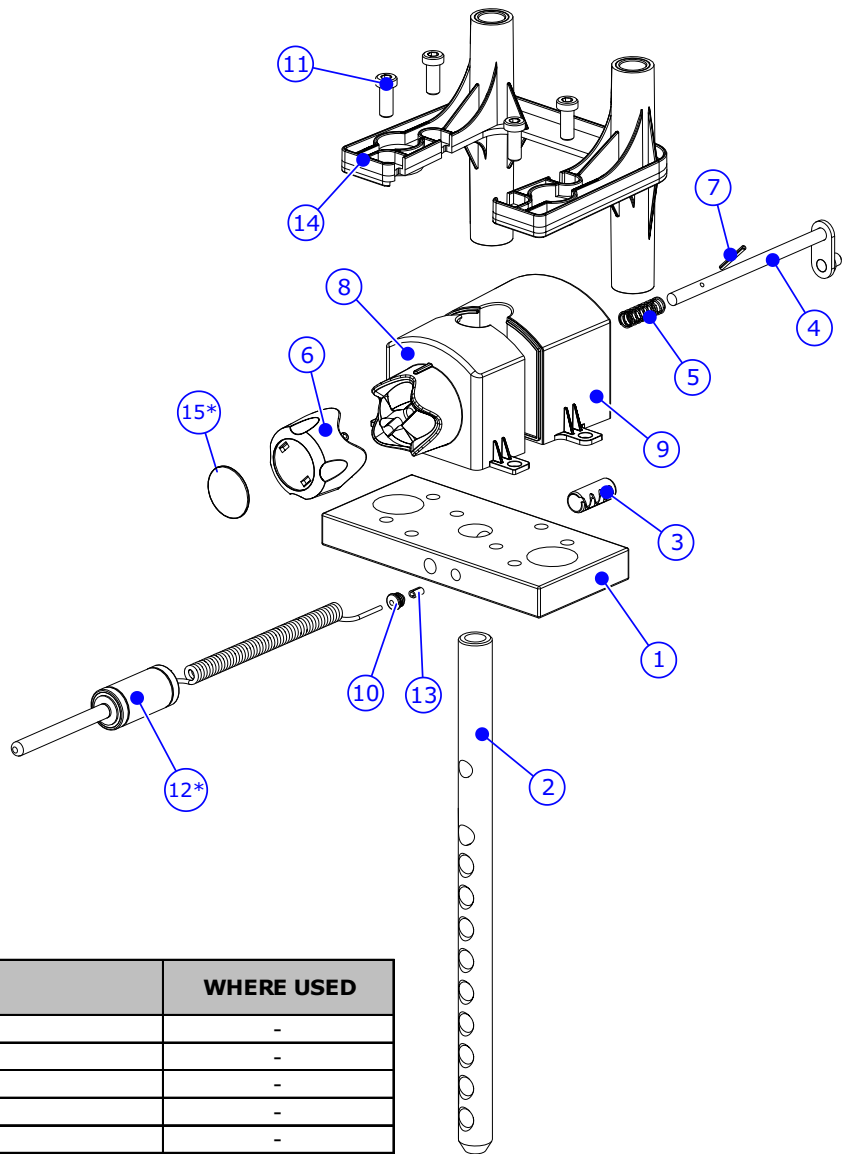
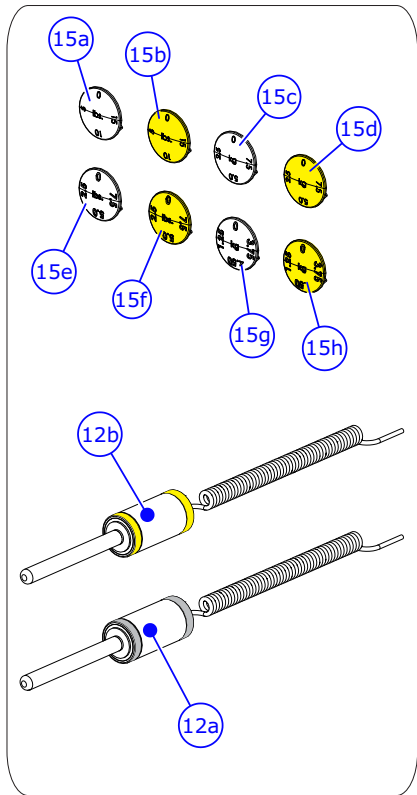
FZAB ABDOMINAL

OPTIONAL 7.5 LB. INCREMENT WEIGHT ASSY. - 8861501



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

FZAB ABDOMINAL HEAD PLATE ASSEMBLY - 7350601



ITEM NO.	QTY.	PART NO.	DESCRIPTION	WHERE USED
1	1	7326701	HEAD PLATE	-
2	1	7347801	STEM, 9 PLATE	-
3	1	3236001	BUSHING, SPRING PIN	-
4	1	7327201	WLDMT, INCREMENT WT PIN	-
5	1	8024501	SPRING, 1/2 OD X 1-1/2	-
6	1	7326101	KNOB, INC WT SELECTOR	-
7	1	3110008	ROLL PIN, 1/8 X 1-1/4	-
8	1	7326401	HOUSING, SELECTOR - FRONT	-
9	1	7326501	HOUSING, SELECTOR - REAR	-
10	1	7356501	PLUG, LANYARD ATTACHMENT	-
11	4	3236202	SCREW, M10 X1.5 25MM	-
12*	a	7338101	ASSY, WT STACK SELECTOR PIN-SILVER	-
	b	7338103	ASSY, WT STACK SELECTOR PIN-YELLOW	-
13	1	7523601	CRIMP, CABLE	-
14	1	8867301	ASSY, FZ, STABILIZER WITH BUSHINGS	-
15*	a	7398601	CAP, SELECTOR KNOB - 5 LBS, SILVER	REG. STACK / LBS.
	b	7398603	CAP, FZ SELECTOR KNOB - 5 LBS, YELLOW	REG. STACK / LBS.
	c	7398701	CAP, FZ SELECTOR KNOB - 2.5 KG, SILVER	REG. STACK / KG.
	d	7398703	CAP, FZ SELECTOR KNOB - 2.5 KG, YELLOW	REG. STACK / KG.
	e	8865801	CAP, FZ SELECTOR KNOB - 2.5 LBS, SILVER	LIGHT STACK / LBS.
	f	8865803	CAP, FZ SELECTOR KNOB - 2.5 LBS, YELLOW	LIGHT STACK / LBS.
	g	8946501	CAP, FZ SELECTOR KNOB - 1.25 KG, SILVER	LIGHT STACK / KG.
	h	8946503	CAP, FZ SELECTOR KNOB - 1.25 KG, YELLOW	LIGHT STACK / KG.

Kit exists for component set. See bulletin FZ02012701N

* Language specific/Weight stack item. Order separately-not part of assembly.

FZAB ABDOMINAL IMAGE

