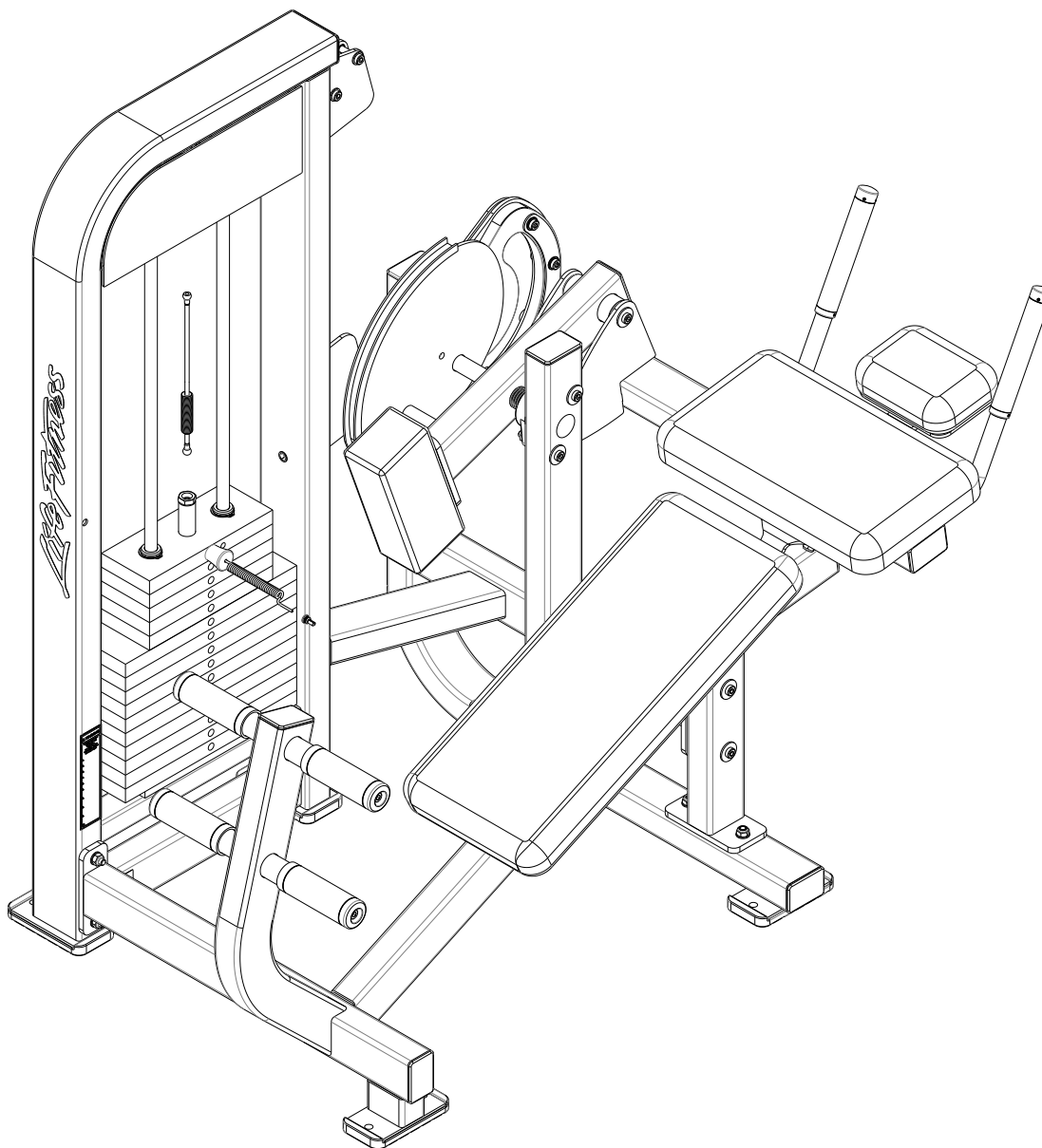




PRO 2 SERIES
PSABC ABDOMINAL CRUNCH



Customer Support Services
PARTS MANUAL

7/25/2016

PSABC ABDOMINAL CRUNCH

CONTENTS

POWDER COATED COMPONENTS PAGE 3

COMPONENT ASSEMBLY 4

COMPONENT ASSEMBLY TABLE 5

WEIGHT STACK ASSEMBLY 6

ADD-ON WEIGHT ASSEMBLY 7

OPTIONAL REAR SHROUD ASSEMBLY 8

KEY

LANGUAGE 1 2 3

Items with Black call-outs require the language to be listed within the order notes. IE. English

UPHOLSTERY 1 2 3

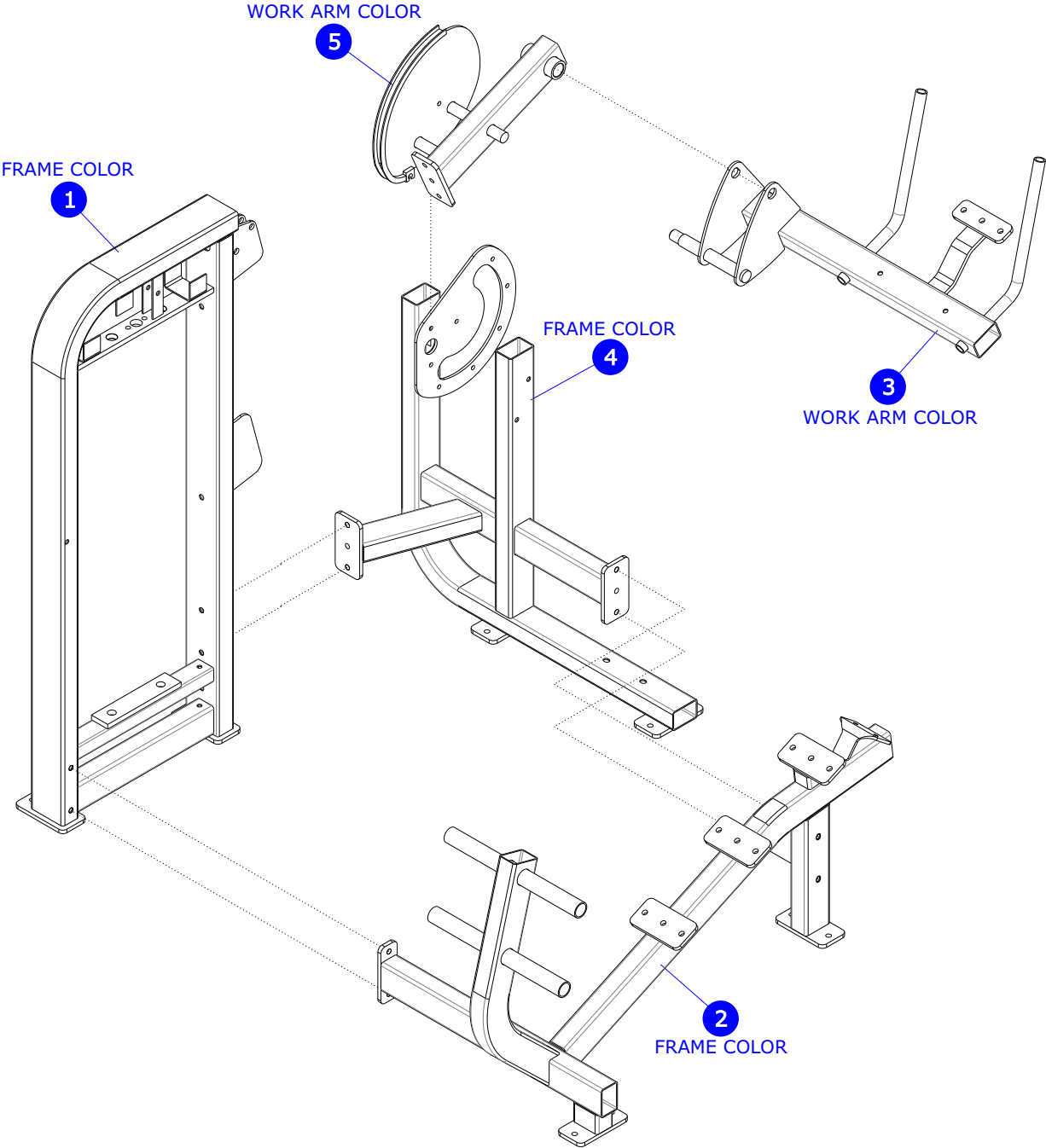
Items with Gray call-outs require the upholstery color listed within the order notes. IE: Putty

FRAME AND WORK ARM COLORS 1 2 3

Items with Blue call-outs require the powder coat frame color to be listed within the order notes. IE. Platinum

PSABC ABDOMINAL CRUNCH

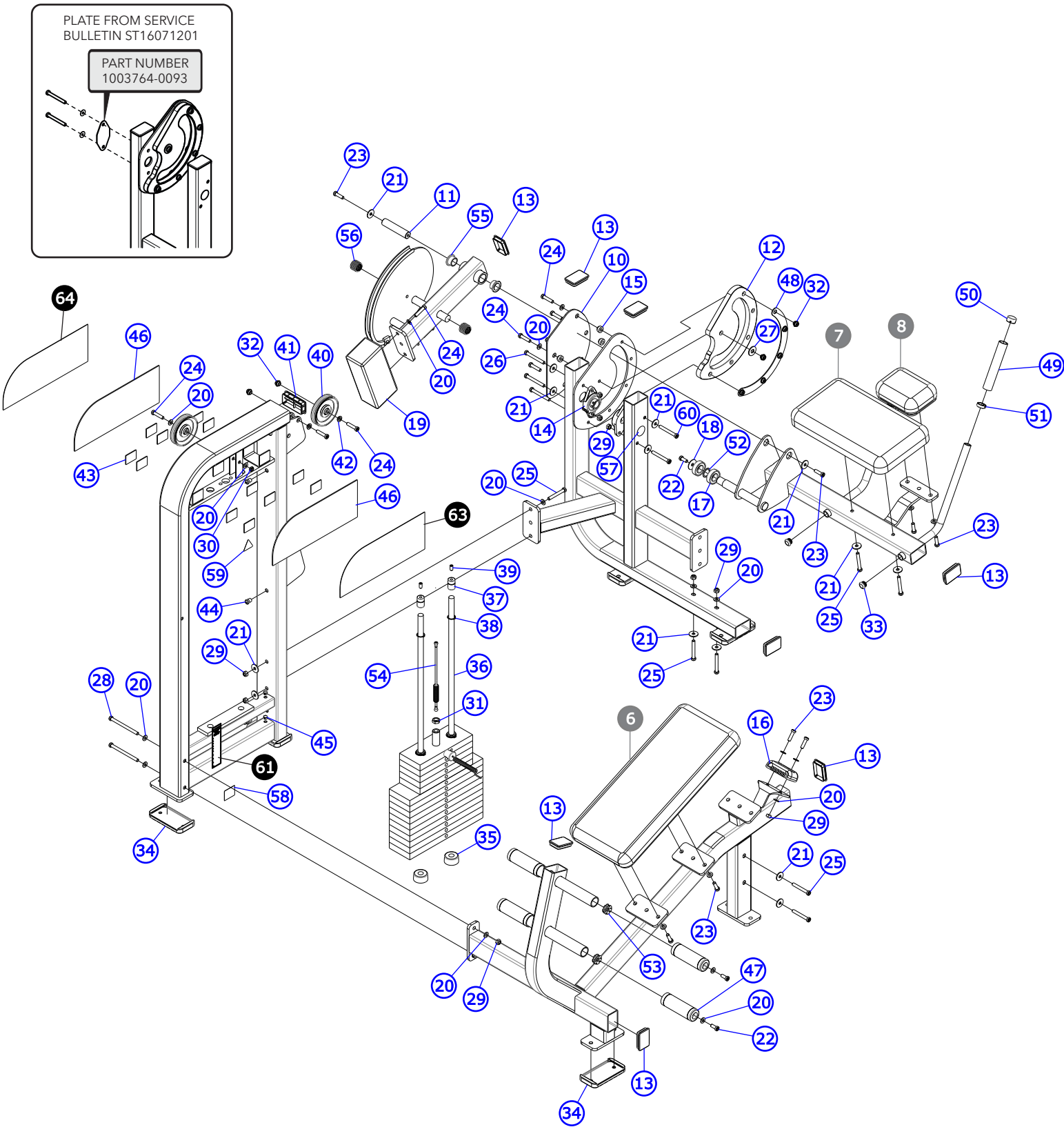
POWDER COATED COMPONENTS



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8227601	WLDMT, PSABC WEIGHT STACK
2	1	8223201	WLDMT, PSABC BACK SUPT
3	1	1000114-0000	WLDMT, PS/HS-ABC WORK ARM
4	1	1003695-0000	WLDMT, PSABC/HS-ABC REAR FRAME
5	1	1003696-0000	WLDMT, PSABC CAM

ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 2 FOR ORDERING INSTRUCTIONS.

PSABC ABDOMINAL CRUNCH COMPONENT ASSEMBLY



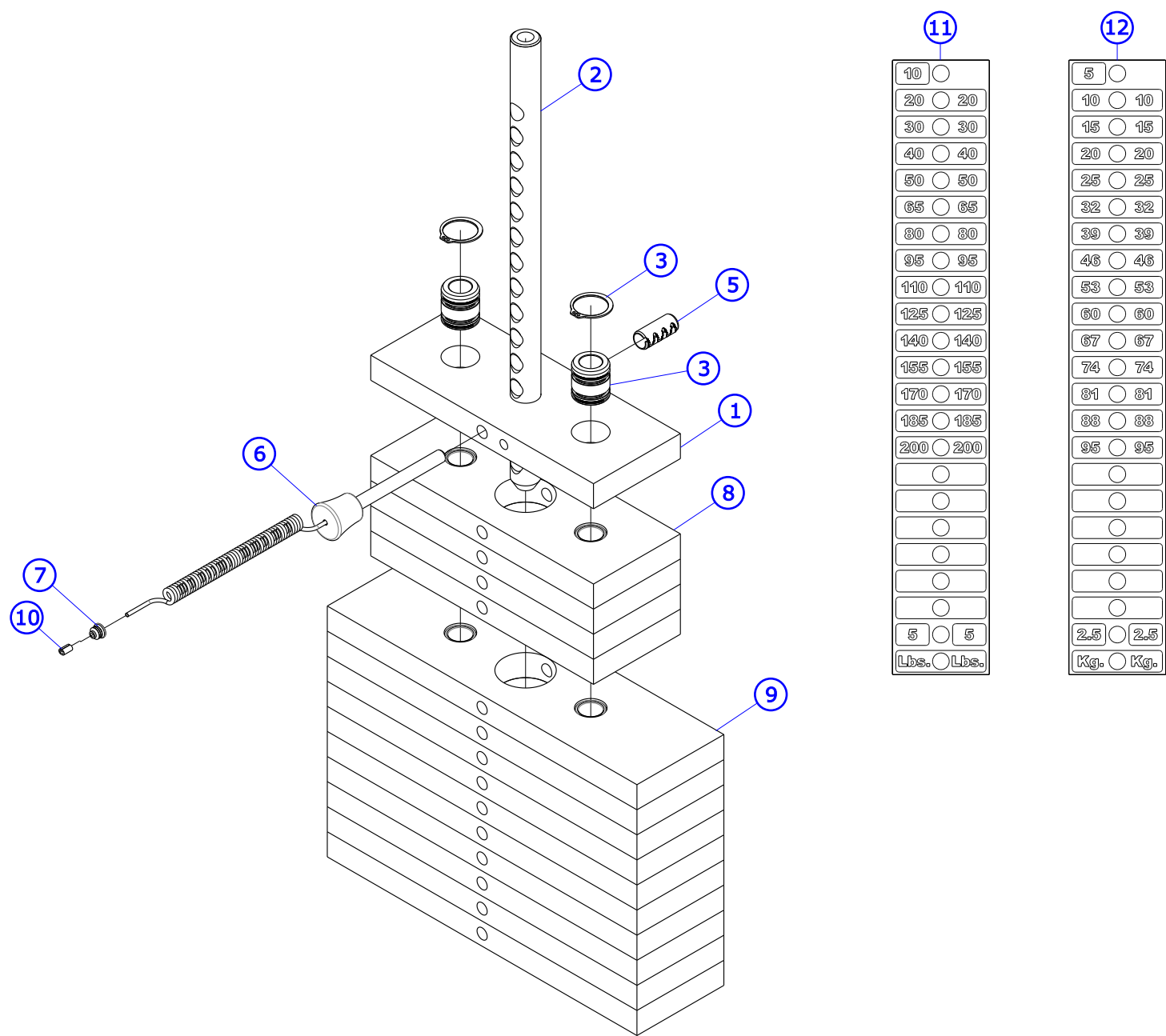
SEE PAGE 5 FOR TABLE

PSABC ABDOMINAL CRUNCH

COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
6	1	7398801	PAD, BACK 25 X 11-1/4
7	1	7297301	PAD, ASSY 18 X 10
8	1	7563001	PAD, 8 X 6
10	1	1000119-0001	SHROUD, PSABC/HS-ABC CAM
11	1	1000115-0001	SHAFT, TAPPED 1 DIA X 4.630
12	1	1000118-0001	CAM, FOLLOWER FZAB/PSABC/HS-ABC
13	9	7352301	CAP, END 2 X 3
14	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
15	5	8300401	SPACER, CAM SHROUD
16	1	7352001	BUMPER, 2-1/8 X 4-5/8
17	2	3235601	BEARING, 6205 BALL
18	1	3236701	WSHR,FENDER 3/8 ID X 1.5 OD SS
19	1	7802501	WEIGHT, COUNTER LG
20	34	3236601	WASHER, 3/8 SAE SS
21	14	3236602	WASHER, 3/8 ID X 1.25 OD SS
22	5	3236202	SCREW, M10 X1.5 25MM
23	10	3236204	SCREW, M10 X1.5 35MM
24	10	3236206	SCREW, M10 X1.5 45MM
25	8	3236212	SCREW, M10 X1.5 75MM
26	3	3236214	SCREW, M10 X1.5 85MM
27	1	3102502	WASHER, FLAT 1/2 USS ST ZN
28	2	3236220	SCREW, M10 X1.5 130MM
29	14	3236801	NUT, M10 HEX NYLOCK SS
30	1	3236901	NUT, HEX JAM M10 X 1.5 SS
31	1	3236902	NUT, HEX JAM M16 X 2 SS
32	8	7335401	NUT, M10 X 1.5 SOCKET HEAD
33	2	3119304	CAP, END 1.00 DIA RD 10-12 GA
34	5	7388201	FOOTPAD, PS RUBBER
35	2	7352101	CUSHION, WEIGHT STACK
36	2	7328610	GUIDE ROD, .75 OD SOLID 39.75
37	2	7402301	RETAINER, GUIDEROD
38	2	3232421	RING, BRE .940, 5100-100 ST PP B
39	2	3240501	M10 X 1.5 X 20 HXS NO CUP ST BO
40	2	3237801	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
41	1	7354201	CAP, 2 X 4
42	2	7348101	WASHER, SPACER
43	12	7544202	PAD, DUAL LOCK 250 1.5" X 2.0"
44	6	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
45	4	3237401	PLUG, 7/16" HOLE
46	2	9169401	COVER, STACK-PRO2 STD
47	4	7800101	GRIP, 1.50 ID FOOT
48	1	1000116-0093	PLATE, CAM -HWG
49	2	3235801	GRIP, 1.00 ID X .125 X 7
50	2	7662901	CAP, GRIP 1.25 OD
51	2	7662801	RING, GRIP 1.25 OD
52	1	3225005	WASHER, 1.031-1.375-.031 SPEC ST ZN
53	4	7347301	NUT, SPIDER M10 X 1.5
54	1	7423725	CABLE, PSABC 72-1/8
55	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
56	2	6912807	SLEEVE, ACCRDN 1.0 ID X 1
57	1	7488701	LABEL, AXIS OF ROTATION
58	1	-	LABEL, SERIAL NUMBER, BLANK
59	1	8039501	LABEL, WARNING, TRIANGLE, 10-0099-067, BNR
60	2	3236213	SCREW, M10 X1.5 80MM
61	1	8220099	LABEL, ASTM WARNING SELECT
62	1	9466701	LABEL, HS-ABC LOGO PANEL - ENG
63	1	8287799	LABEL, PSABC PLACARD
64	1	8287801	LABEL, PSABC LOGO PANEL

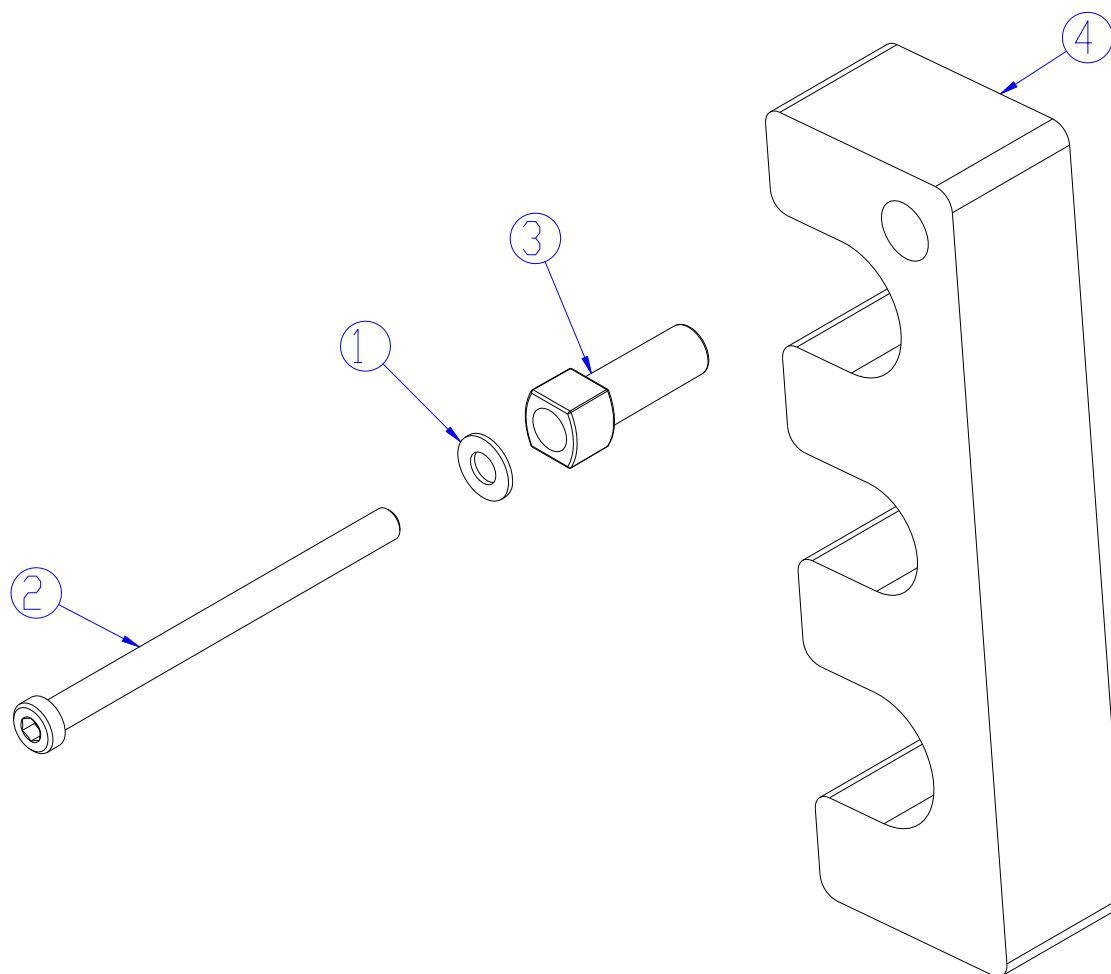
PSABC ABDOMINAL CRUNCH WEIGHT STACK ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7352601	BAYONET, 14 PLATE
3	2	7338001	BUSHING, HEADPLATE
5	1	3236001	BUSHING, SPRING PIN
6	1	7353001	ASSY, SELECTOR PIN
7	1	7356501	PLUG, LANYARD ATTACHMENT
8	4	7353701	ASSY, 10 LB PLATE
9	10	7353801	ASSY, 15 LB PLATE
10	1	7523601	CRIMP, CABLE
11	1	7987001	LABEL, 200 LB STACK
12		7987301	LABEL, 95 KG STACK

PSABC ABDOMINAL CRUNCH

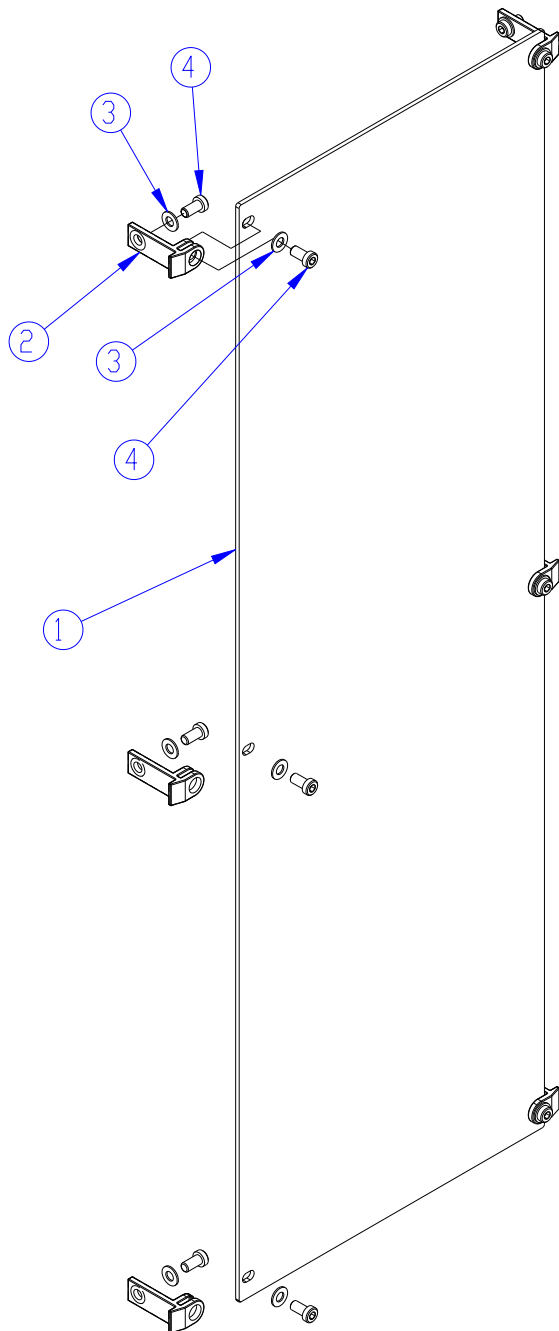
ADD-ON INCREMENT WEIGHT - 7415001



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236601	WASHER, 3/8 SAE SS
2	1	3236221	SCREW, M10 X1.5 140MM
3	1	7401701	COVER, PLASTIC PEG 2-1/4
4	1	7366101	WEIGHT, 7.5 LB. ADD-ON

PSABC ABDOMINAL CRUNCH

OPTIONAL REAR SHROUD KIT - 7415201



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8352401	SHROUD, PS REAR 42.5 X 16.43
2	6	7655301	BRACKET, PS REAR SHIELD
3	12	3236601	WASHER, 3/8 SAE SS
4	12	3236201	SCREW, M10 X1.5 20MM