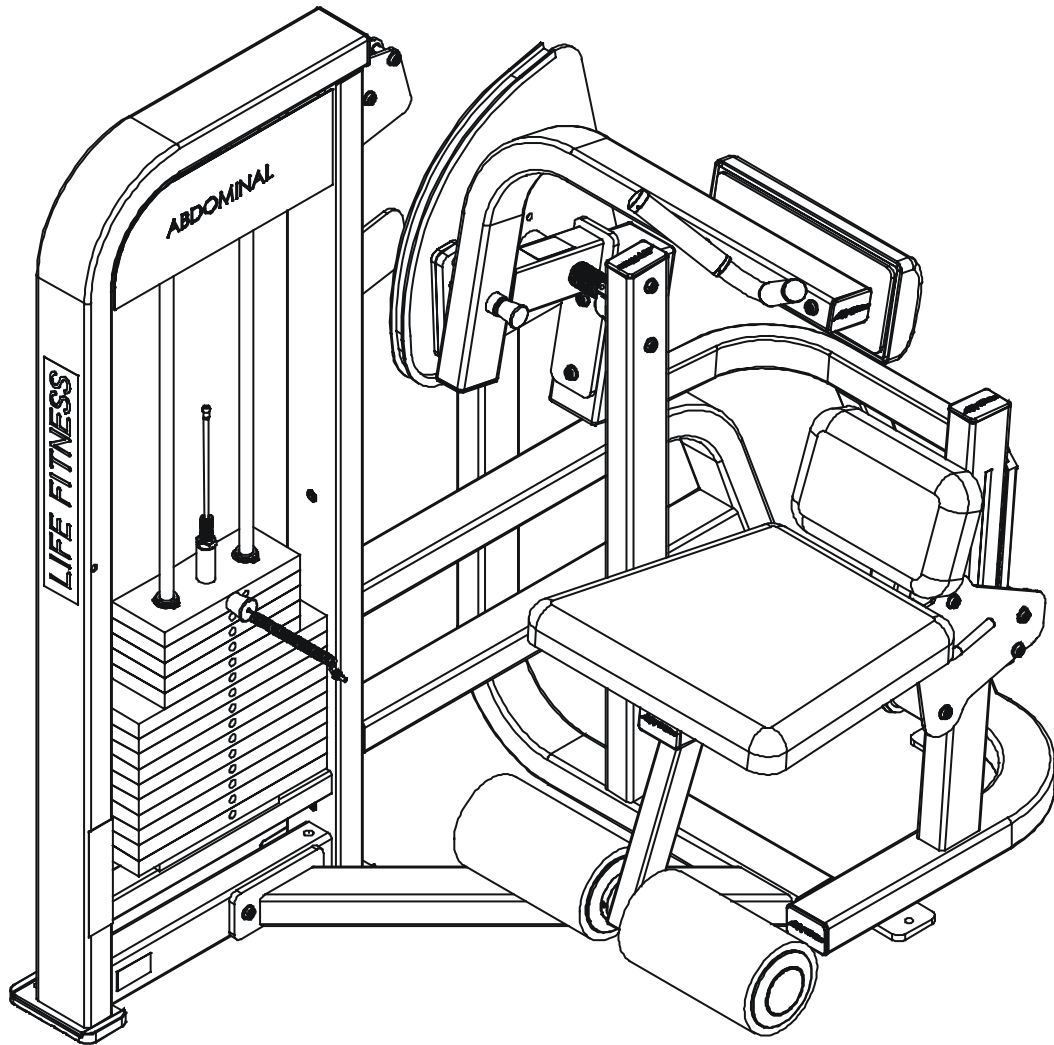


Life Fitness

PRO SERIES II PSAB ABDOMINAL CRUNCH



Customer Support Services ***PARTS MANUAL***

PSAB ABDOMINAL CRUNCH

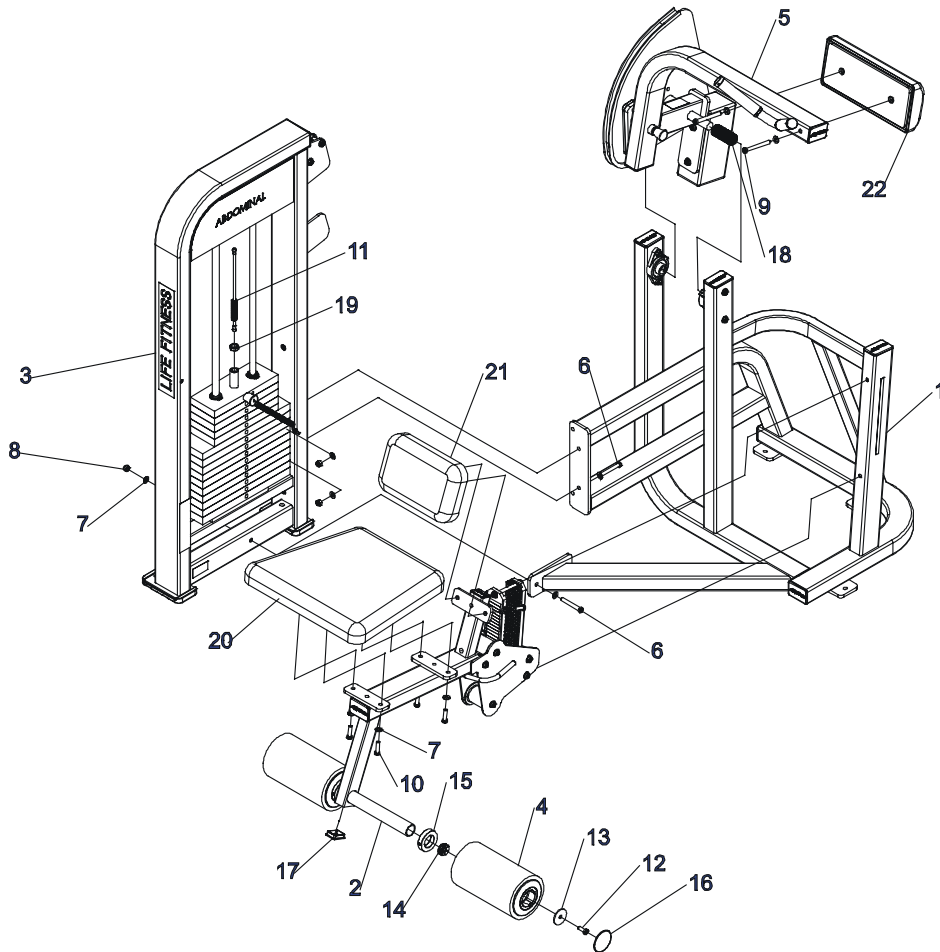
Notes:

PSAB ABDOMINAL CRUNCH

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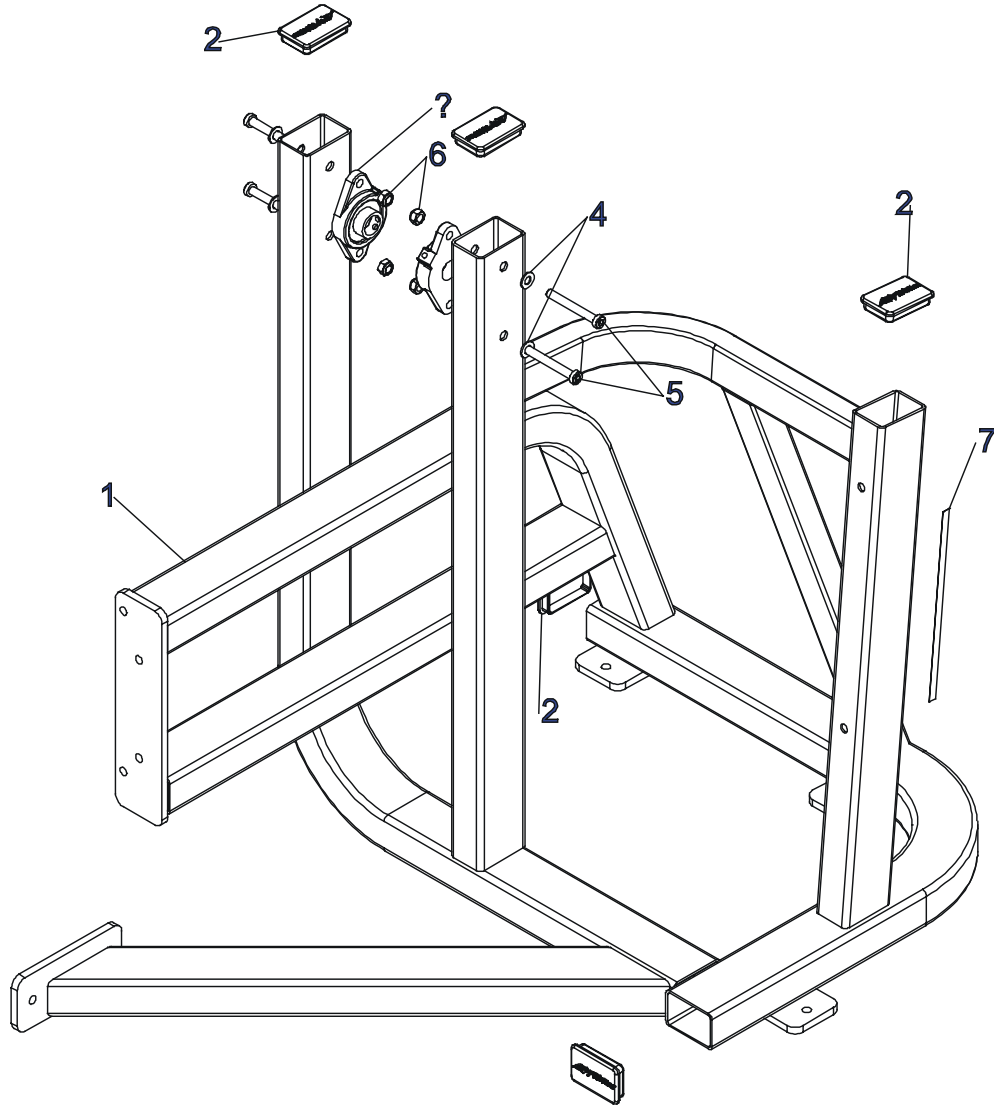
PSAB ABDOMINAL CRUNCH COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7454801	ASSY, PSAB MAIN FRAME
2	1	7456101	ASSY, PSAB ADJ. SEAT
3	1	7457001	ASSY, PSAB SIDE FRM
4	2	7424701	ASSY, ROLLER PAD - SHORT
5	1	7457501	ASSY, PSAB WORKARM
6	3	3236212	SCREW, M10 X1.5 75MM
7	14	3236601	WASHER, 3/8 SAE SS
8	3	3236801	NUT, M10 HEX NYLOCK SS
9	2	3236217	SCREW, M10 X1.5 100MM
10	6	3236204	SCREW, M10 X1.5 35MM
11	1	7423706	CABLE, PSAB
12	2	3236202	SCREW, M10 X1.5 25MM
13	2	7322301	PLATE, 1.97 OD X .44 ID 10GA
14	2	7347301	NUT, SPIDER M10 X 1.5
15	2	7357901	SHAFT COLLAR, 1-1/2" ID ALUM
16	2	7308701	CAP, BEARING HOUSING
17	1	7352201	CAP, END 1-1/2 X 2
18	1	6912806	SLEEVE, ACCRDN 1.0 ID
19	1	3236902	NUT, M16 X 2 HEX JAM SS
20	1	7399101	PAD, 17 X 18 1/2
21	1	7399300	PAD, 7 X 11-1/4
22	1	7422200	PAD, AB CHEST

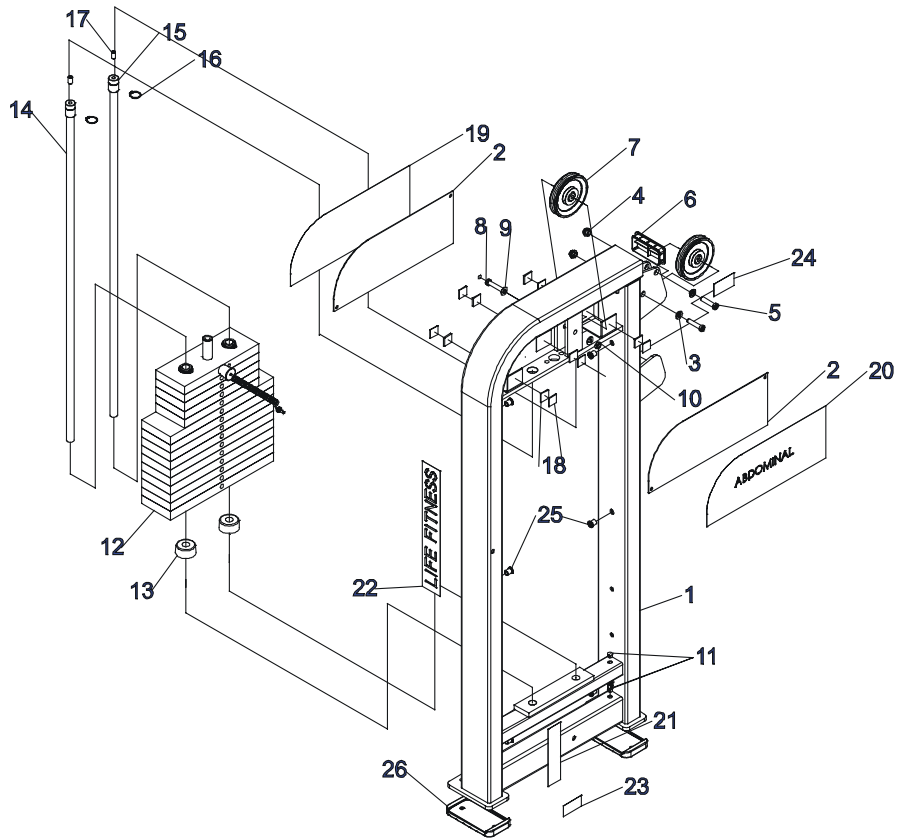
PSAB ABDOMINAL CRUNCH

MAIN FRAME ASSEMBLY



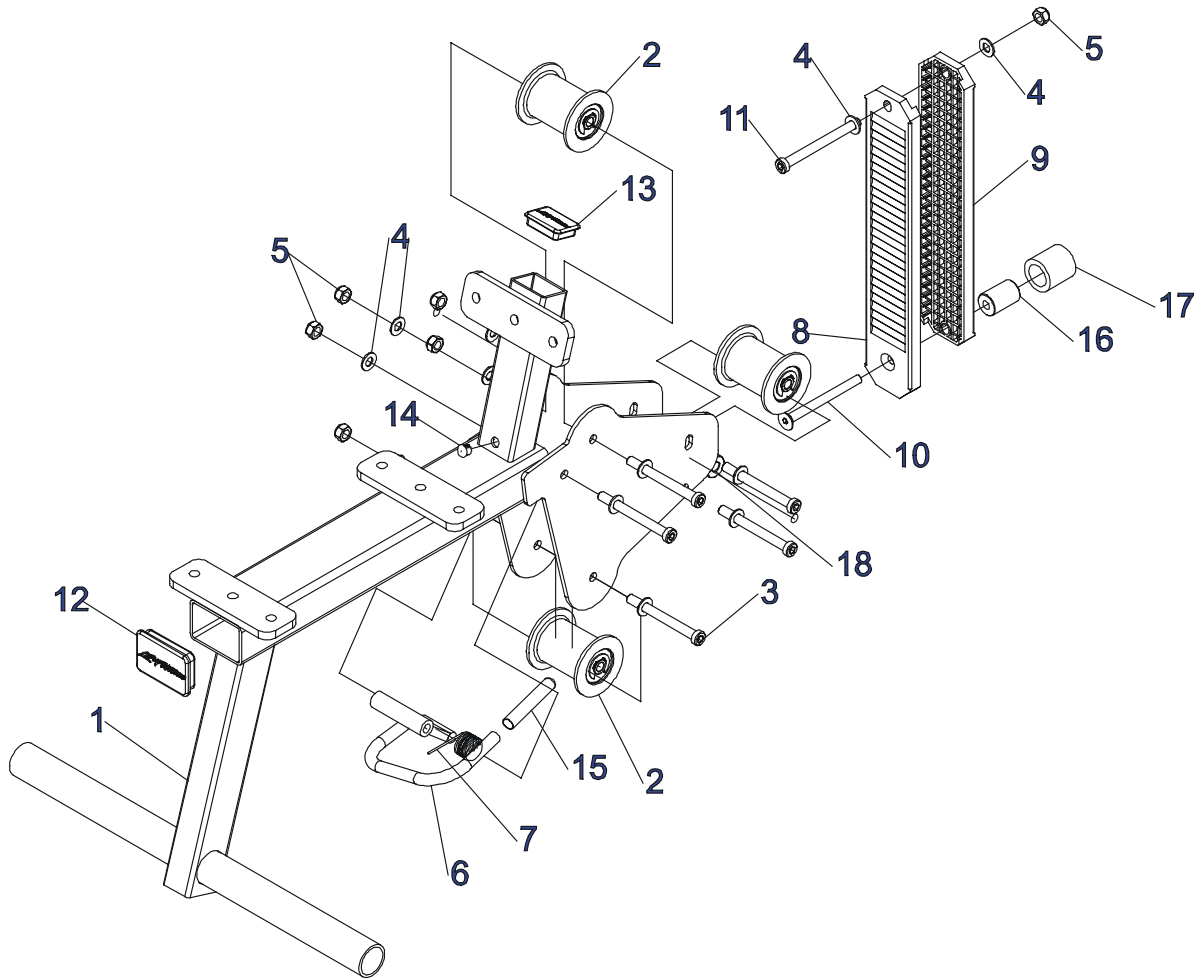
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7454901	WELDMENT, PSAB MAIN
2	5	7352301	CAP, END 2 X 3
3	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
4	4	3236601	WASHER, 3/8 SAE SS
5	4	3236213	SCREW, M10 X1.5 80MM
6	4	3236801	NUT, M10 HEX NYLOCK SS
7	1	7422002	LABEL, SEAT ADJUST

PSAB ABDOMINAL CRUNCH SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7457101	WELDMENT, PSAB STACK
2	2	7353201	COVER, STACK STD
3	2	7348101	WASHER, SPACER
4	2	7335401	NUT, M10 X 1.5 SOCKET HEAD
5	2	3236206	SCREW, M10 X1.5 45MM
6	1	7352401	CAP, END 2 X 4
7	2	3237801	PULLEY, 4.5" OD
8	1	3236208	SCREW, M10 X1.5 55MM
9	2	3236601	WASHER, 3/8 SAE SS
10	1	3236901	NUT, M10 X 1.5 JAM
11	6	3237401	PLUG, 7/16" HOLE
12	1	7353401	ASSY, 200LB STACK
13	2	7352101	CUSHION, WEIGHT STACK
14	2	7328610	GUIDE ROD, .75 OD SOLID 39.75
15	2	7402301	RETAINER, GUIDEROD
16	2	3232421	RING, BRE .940, 5100-100 ST PP B
17	2	3240501	M10 X 1.5 HXS NO CUP ST BO
18	12	7544201	PAD, DUAL LOC 400, 1" X 1"
19	1	7491701	LABEL, PSAB LOGO PANEL
20	1	7490100	LABEL, PSAB PLACARD
21	1	7422004	LABEL, 2" ASTM WARN
22	1	7348001	LABEL, LIFE FITNESS LOGO
23	1	7422007	LABEL, SERIAL NO
24	1	7422003	LABEL, MOVING PARTS
25	6	3238101	NUT, BLIND INSERT M10 X 1.5
26	2	7388201	Footpad, PS Rubber

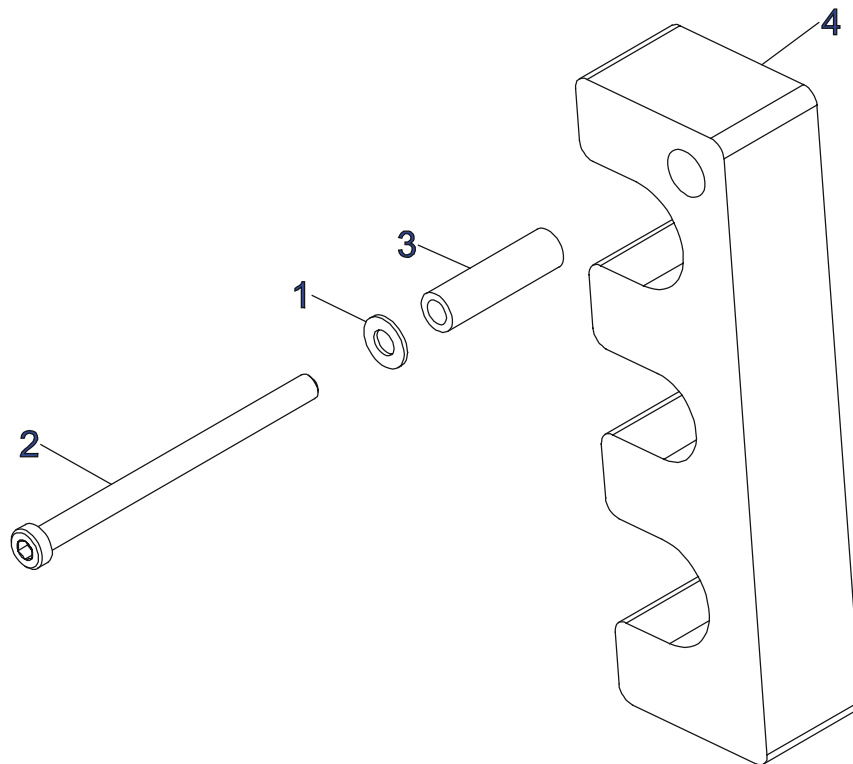
PSAB ABDOMINAL CRUNCH ADJUSTABLE SEAT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7456201	WELDMENT, PSAB ADJ. SEAT
2	3	7564201	ASSY, SEAT ROLLER
3	5	3236217	SCREW, M10 X1.5 100MM
4	12	3236601	WASHER, 3/8 SAE SS
5	6	3236801	NUT, M10 HEX NYLOCK SS
6	1	7456895	WLDMT, PSAB PNTD SEAT HANDLE
7	1	7442701	SPRNG, PRO2 HANDLE TORSION
8	1	7564301	SEATRACK, ROLLER SERRATED
9	1	7564401	SEATRACK, FLAT
10	1	3238318	M10x1.5x110mm
11	1	3236218	SCREW, M10 X1.5 110MM
12	1	7352301	CAP, END 2 X 3
13	1	7352201	CAP, END 1-1/2 X 2
14	1	3237401	PLUG, 7/16" HOLE
15	1	3238502	CAP, 1/2 X 5/8
16	1	7570601	STOP, ROLLER SEAT
17	1	3235802	GRIP, SHADOW GRAY, 1.5"
18	1	7570701	STOP, AB ROLLER SEAT

PSAB ABDOMINAL CRUNCH

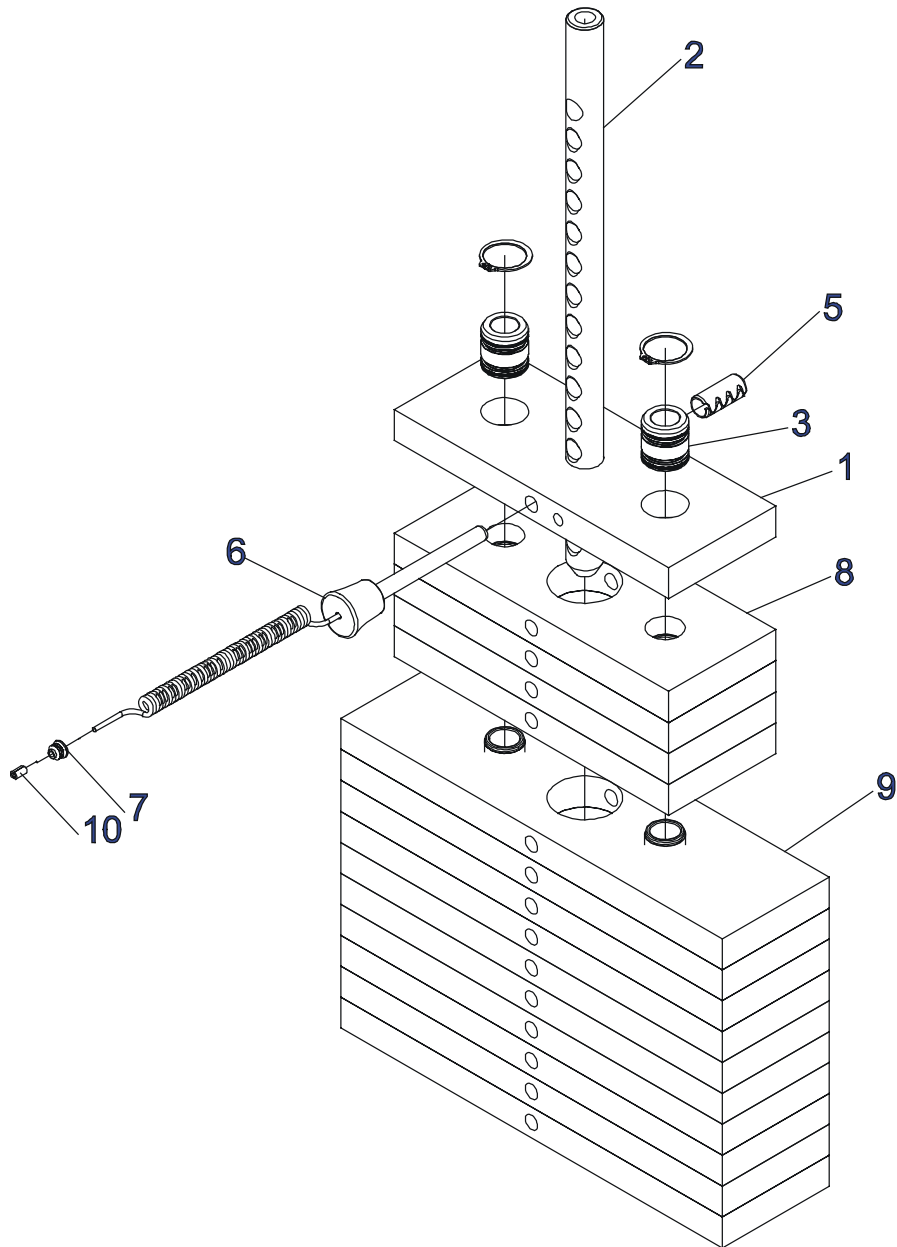
ADD-ON INCREMENT WT ASSY



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

PSLE LEG EXTENSION

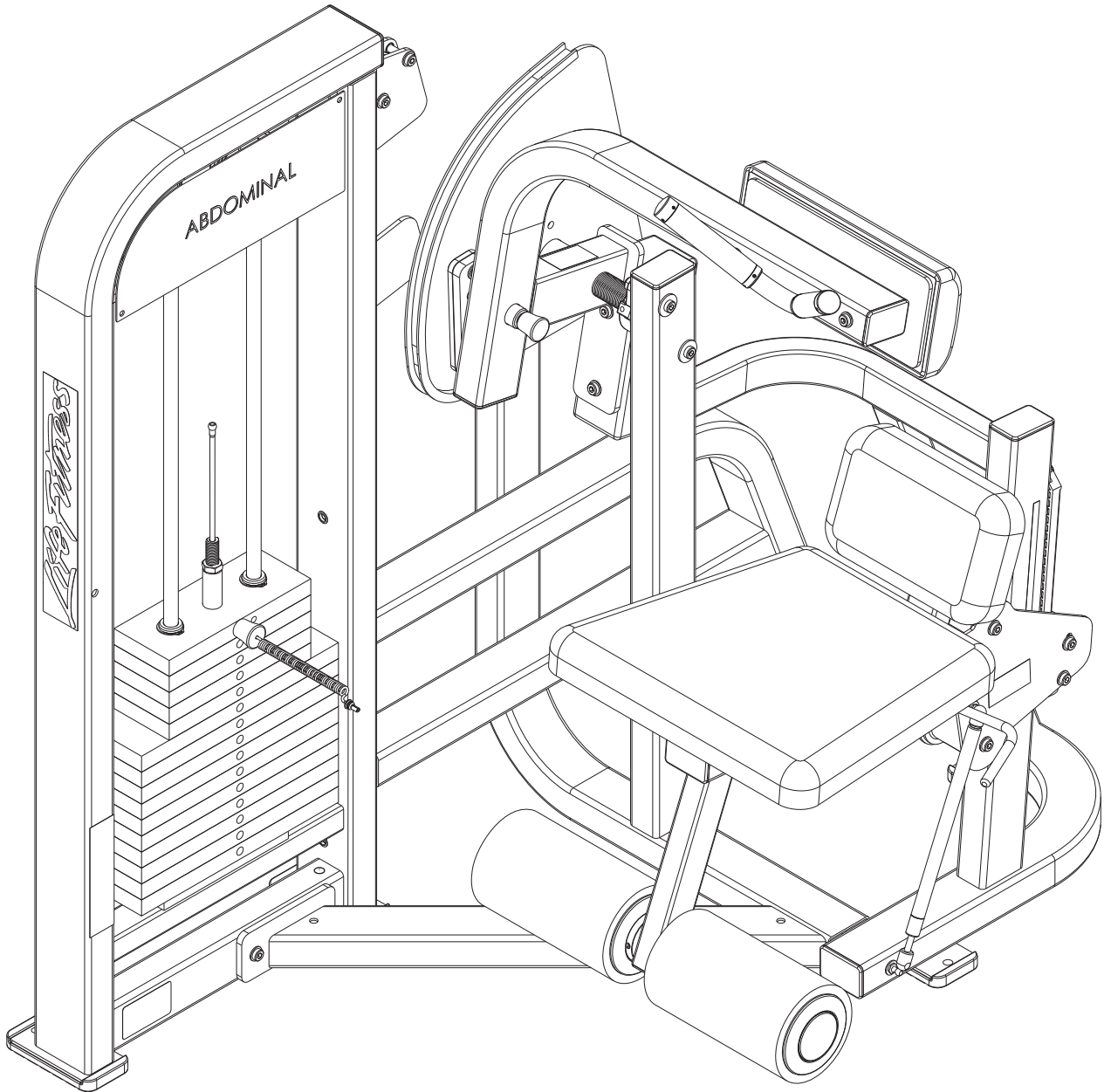
WEIGHT STACK ASSY 200LB



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



PRO 2 SERIES
PSAB ABDOMINAL

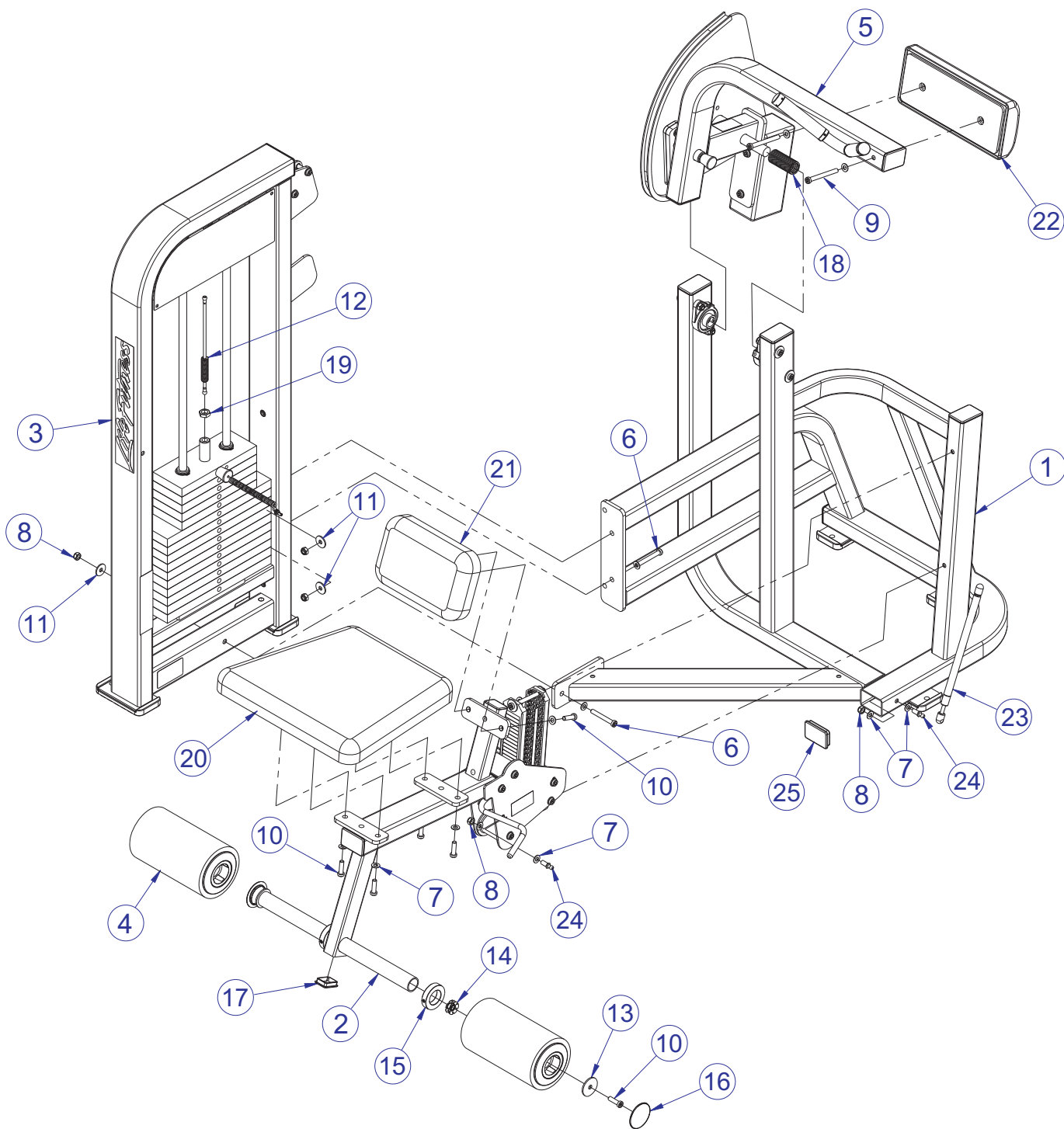


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PARTS MANUAL

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PSAB ABDOMINAL COMPONENT ASSEMBLY

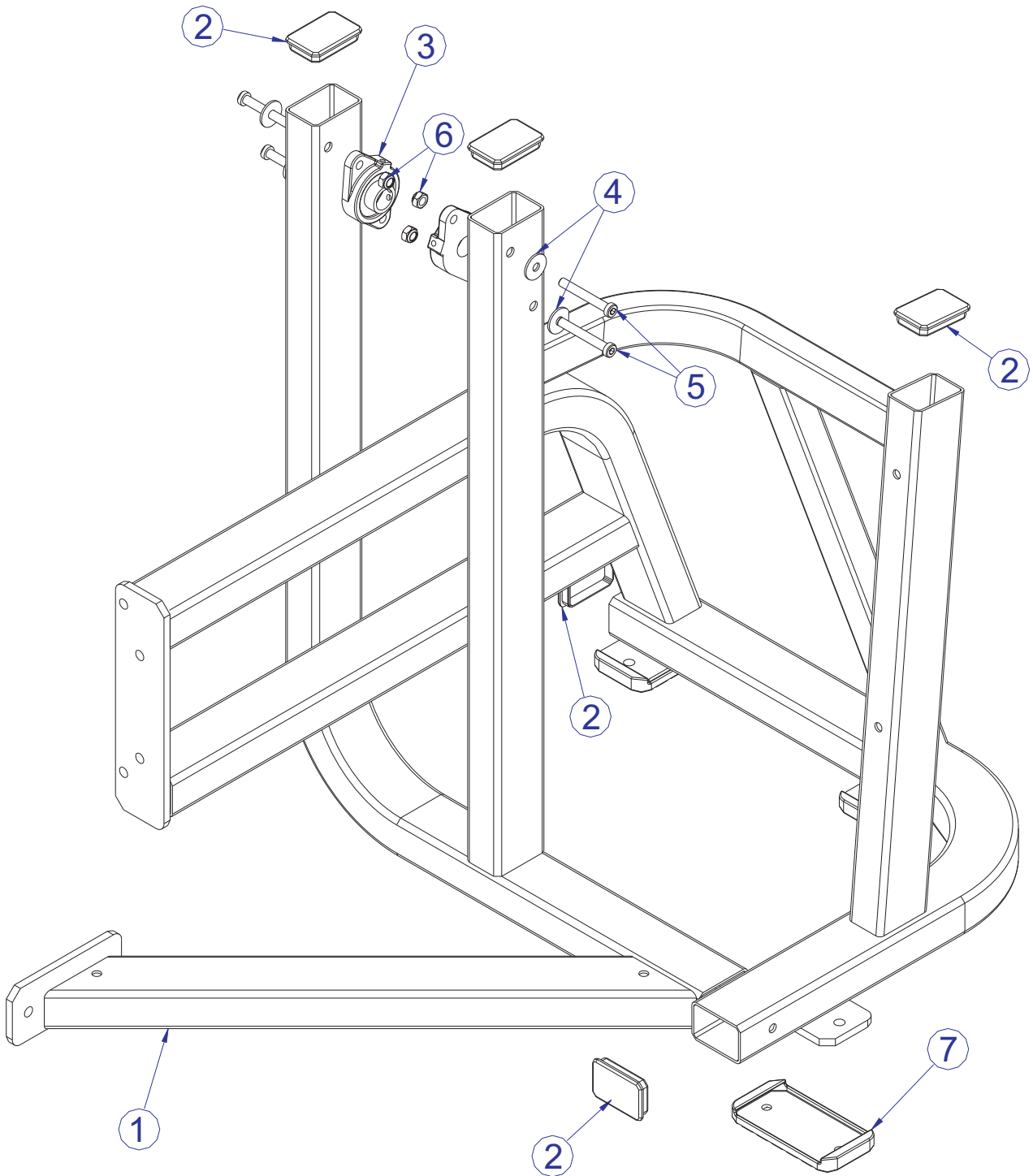


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PSAB ABDOMINAL COMPONENT ASSEMBLY LEGEND

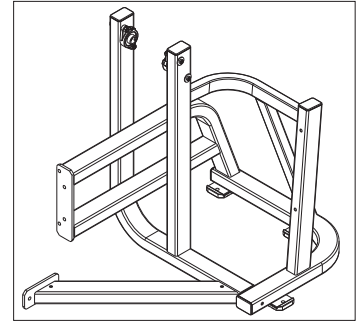
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7454801	ASSY, PSAB MAIN FRAME
2	1	7456101	ASSY, PSAB ADJ. SEAT
3	1	7457001	ASSY, PSAB SIDE FRM
4	2	7424701	ASSY, ROLLER PAD - SHORT
5	1	7457501	ASSY, PSAB WORKARM
6	3	3236212	SCREW, M10 X1.5 75MM
7	15	3236601	WASHER, 3/8 SAE SS
8	5	3236801	NUT, M10 HEX NYLOCK SS
9	2	3236217	SCREW, M10 X1.5 100MM
10	8	3236204	SCREW, M10 X1.5 35MM
11	3	3236602	WASHER, 3/8 ID X 1.25 OD SS
12	1	7423706	CABLE, PSAB
13	2	7322301	PLATE, 1.97 OD X .44 ID 10GA
14	2	7347301	NUT, SPIDER M10 X 1.5
15	2	7357901	SHAFT COLLAR, 1-1/2" ID ALUM
16	2	7308701	CAP, BEARING HOUSING
17	1	7352201	CAP, END 1-1/2 X 2
18	1	6912806	SLEEVE, ACCRDN 1.0 ID X 3
19	1	3236902	NUT, M16 X 2 HEX JAM SS
20	1	73991xx	PAD, 17 X 18 1/2
21	1	73993xx	PAD. 7 X 11-1/4
22	1	74222xx	PAD, AB CHEST
23	1	3235701	SPRING, GAS 150N
24	2	7414301	STUD, M10 BALL END M10 X 1.5
25	1	7352301	CAP, END 2 X 3

PSAB ABDOMINAL MAIN FRAME ASSEMBLY



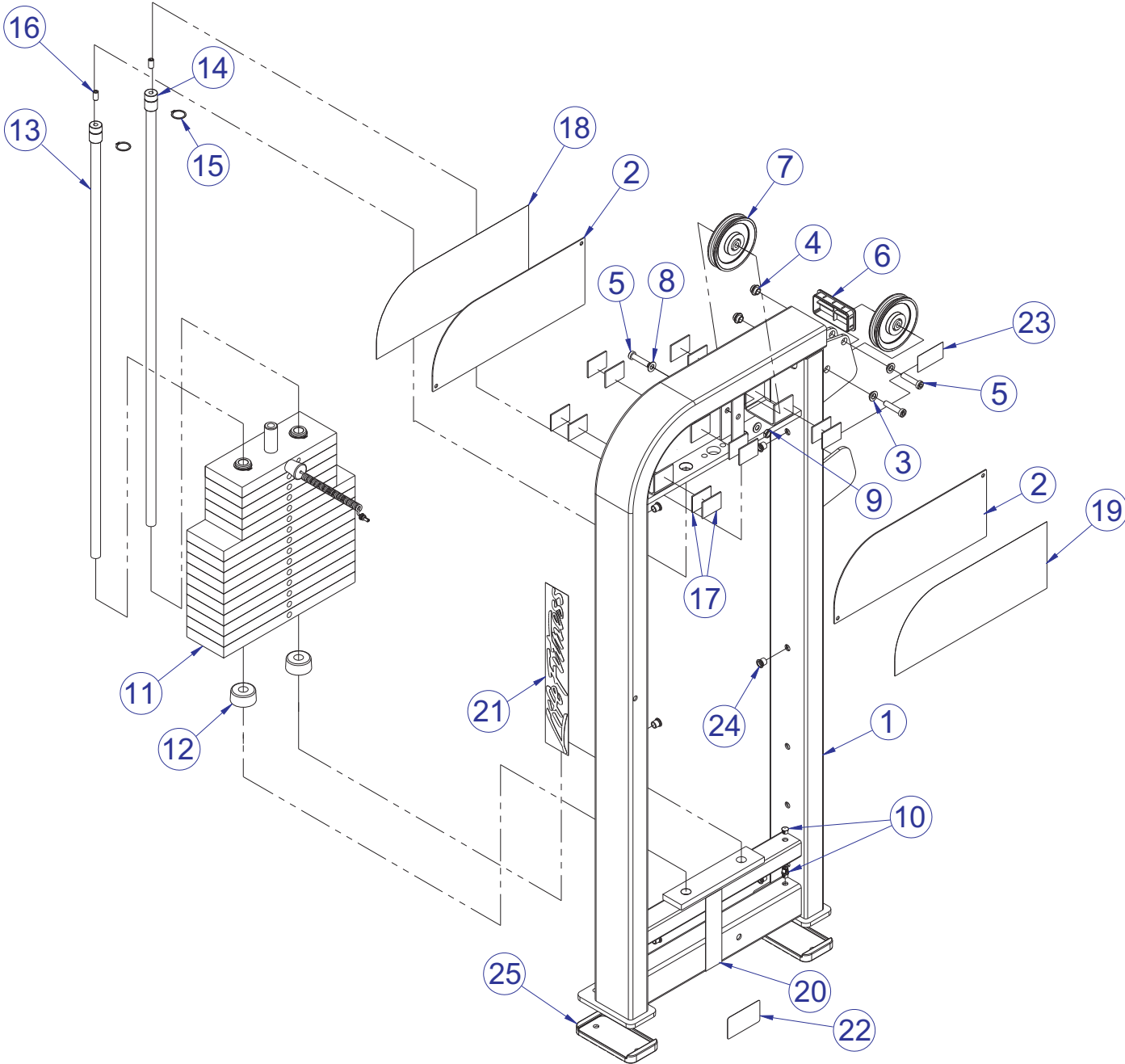
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PSAB ABDOMINAL MAIN FRAME ASSEMBLY LEGEND



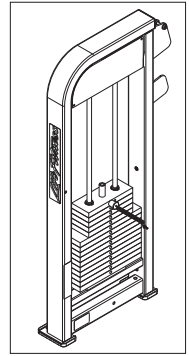
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7454901	WELDMENT, PSAB MAIN
2	5	7352301	CAP, END 2 X 3
3	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
4	4	3236602	WASHER, 3/8 ID X 1.25 OD SS
5	4	3236212	SCREW, M10 X1.5 75MM
6	4	3236801	NUT, M10 HEX NYLOCK SS
7	3	7388201	FOOTPAD, PS RUBBER

PSAB ABDOMINAL SIDE FRAME ASSEMBLY



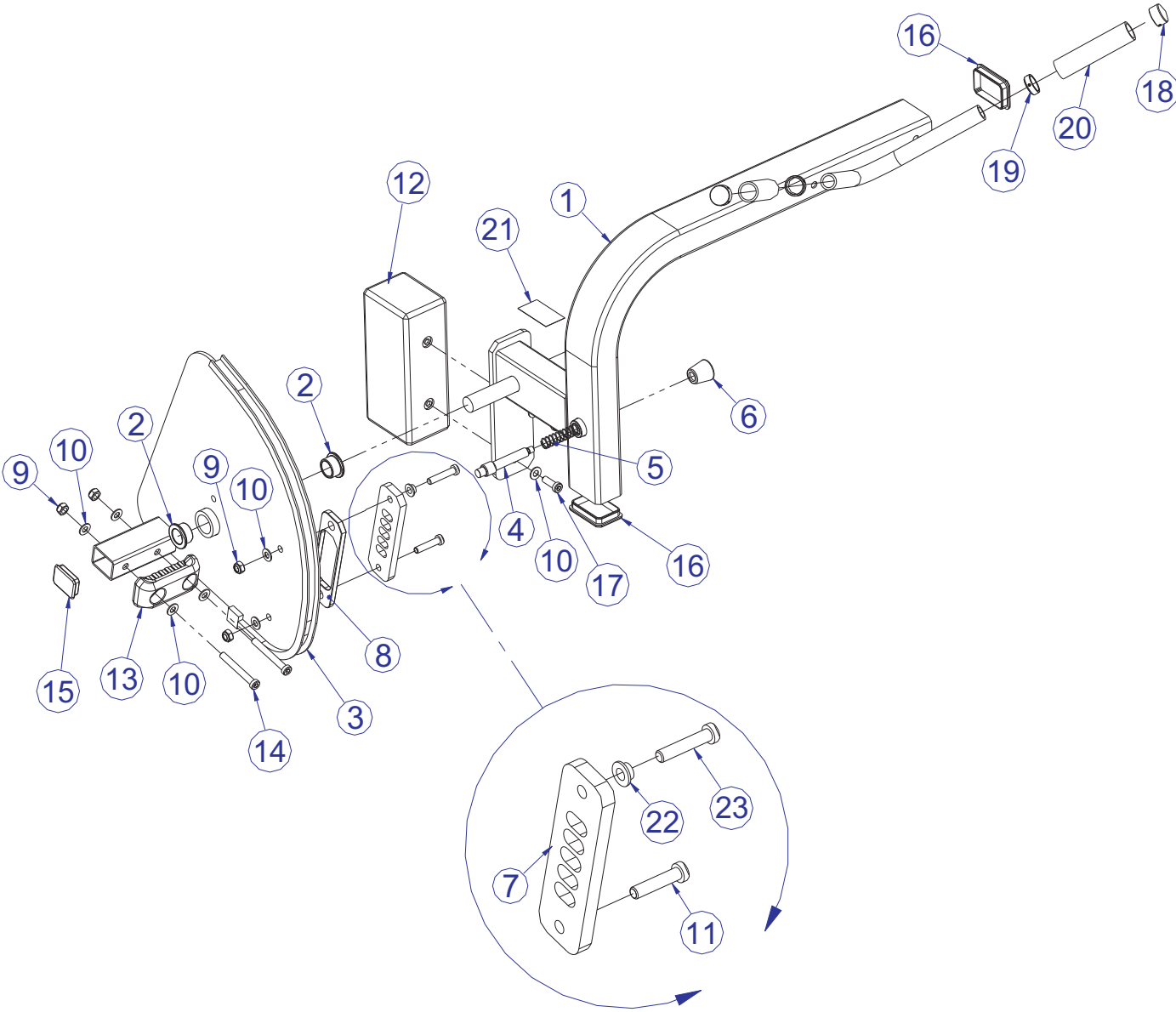
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PSAB ABDOMINAL SIDE FRAME ASSEMBLY LEGEND



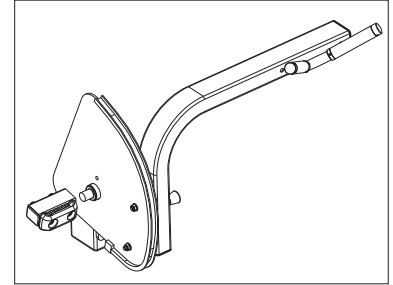
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7457101	WELDMENT, PSAB STACK
2	2	7606602	COVER, STACK-PRO2 STD
3	2	7348101	WASHER, SPACER
4	2	7335401	NUT, M10 X 1.5 SOCKET HEAD
5	3	3236206	SCREW, M10 X1.5 45MM
6	1	7352401	CAP, END 2 X 4
7	2	3237801	PULLEY, 4.5" OD
8	2	3236601	WASHER, 3/8 SAE SS
9	1	3236901	NUT, M10 X 1.5 JAM
10	6	3237401	PLUG, 7/16" HOLE
11	1	7353401	ASSY, 200LB STACK
12	2	7352101	CUSHION, WEIGHT STACK
13	2	7328610	GUIDE ROD, .75 OD SOLID 39.75
14	2	7402301	RETAINER, GUIDEROD
15	2	3232421	RING, BRE .940, 5100-100 ST PP B
16	2	3240501	M10 X 1.5 HXS NO CUP ST BO
17	12	7544202	PAD, DUAL LOCK 250 1.5" X 2.0"
18	1	7491701	LABEL, PSAB LOGO PANEL
19	1	7490101	LABEL, PSAB PLACARD
20	1	7422004	LABEL, 2" ASTM WARN
21	1	7348001	LABEL, LIFE FITNESS LOGO
22	1	7571301	LABEL, SERIAL NUMBER
23	1	7422003	LABEL, MOVING PARTS
24	6	3238101	NUT, BLIND INSERT M10 X 1.5
25	2	7388201	FOOTPAD, PS RUBBER

PSAB ABDOMINAL WORK ARM ASSEMBLY



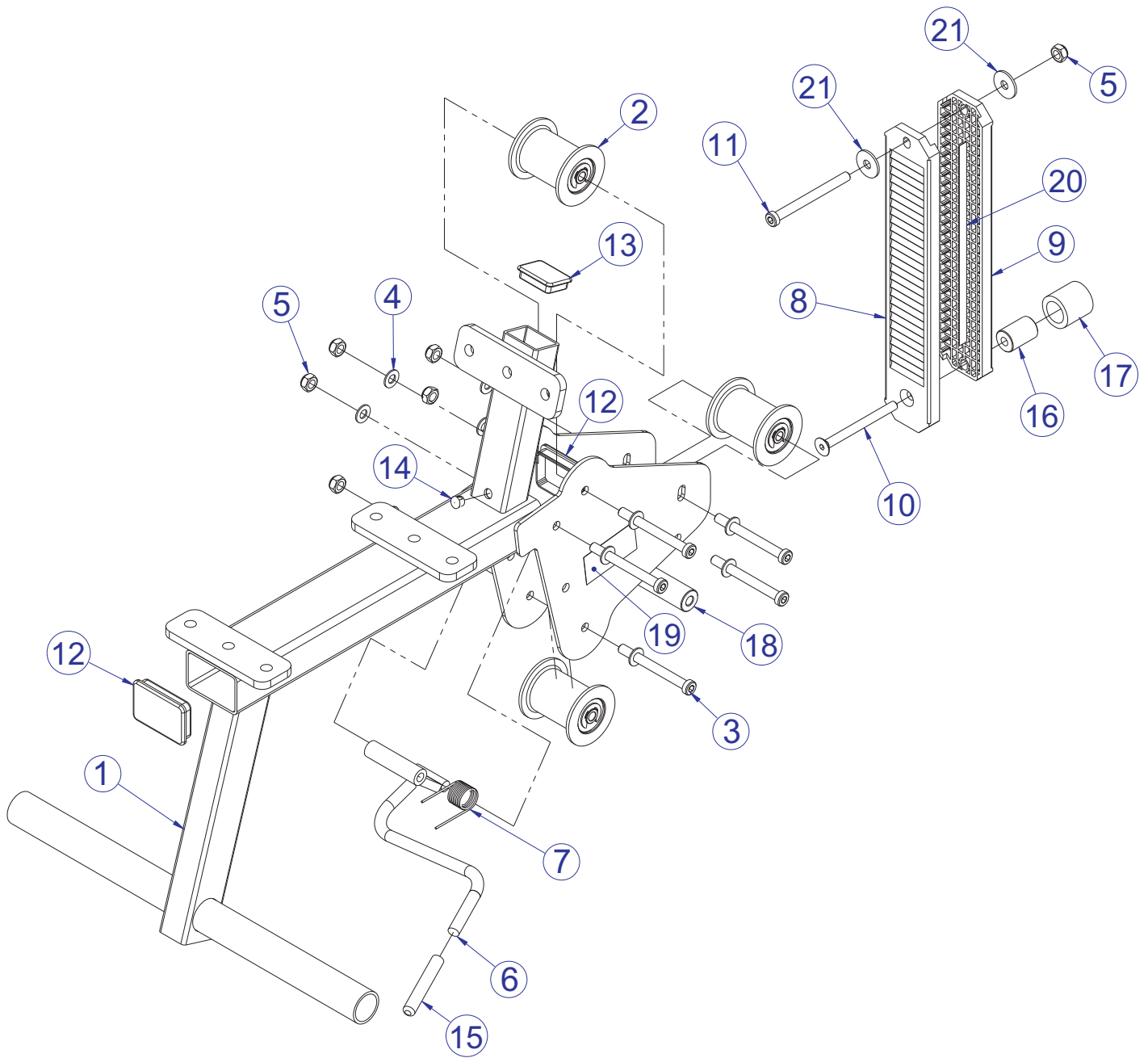
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PSAB ABDOMINAL WORK ARM ASSEMBLY LEGEND



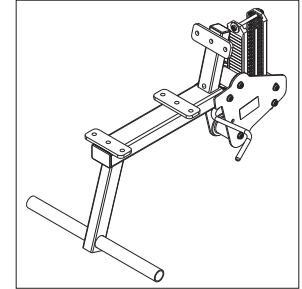
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7457601	WELDMENT, PSAB WORKARM
2	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
3	1	7458201	WELDMENT, PSAB CAM
4	1	7351301	PIN, PULL X 4.375
5	1	7351501	SPRING; PULL PIN LARGE
6	1	7351401	KNOB, TULIP STYLE
7	1	7352501	5-HOLE SELECTOR PLATE
8	1	7350901	PLATE, SLOT STOP
9	4	3236801	NUT, M10 HEX NYLOCK SS
10	8	3236601	WASHER, 3/8 SAE SS
11	1	3236206	SCREW, M10 X1.5 45MM
12	1	7802501	WEIGHT, COUNTER LG
13	1	7352001	BUMPER, 2-1/8 X 4-5/8
14	2	3236213	SCREW, M10 X1.5 80MM
15	1	7352201	CAP, END 1-1/2 X 2
16	2	7352301	CAP, END 2 X 3
17	2	3236203	SCREW, M10 X1.5 30MM
18	2	7662901	CAP, GRIP 1.25 OD
19	2	7662801	RING, GRIP 1.25 OD
20	2	3235801	GRIP, 1.25 OD OPEN END
21	1	7422003	LABEL, MOVING PARTS
22	1	7630101	RETAINER, CM/MJ, PULLEY
23	1	3236207	SCREW, M10 X1.5 50MM

PSAB ABDOMINAL ADJUSTABLE SEAT ASSEMBLY



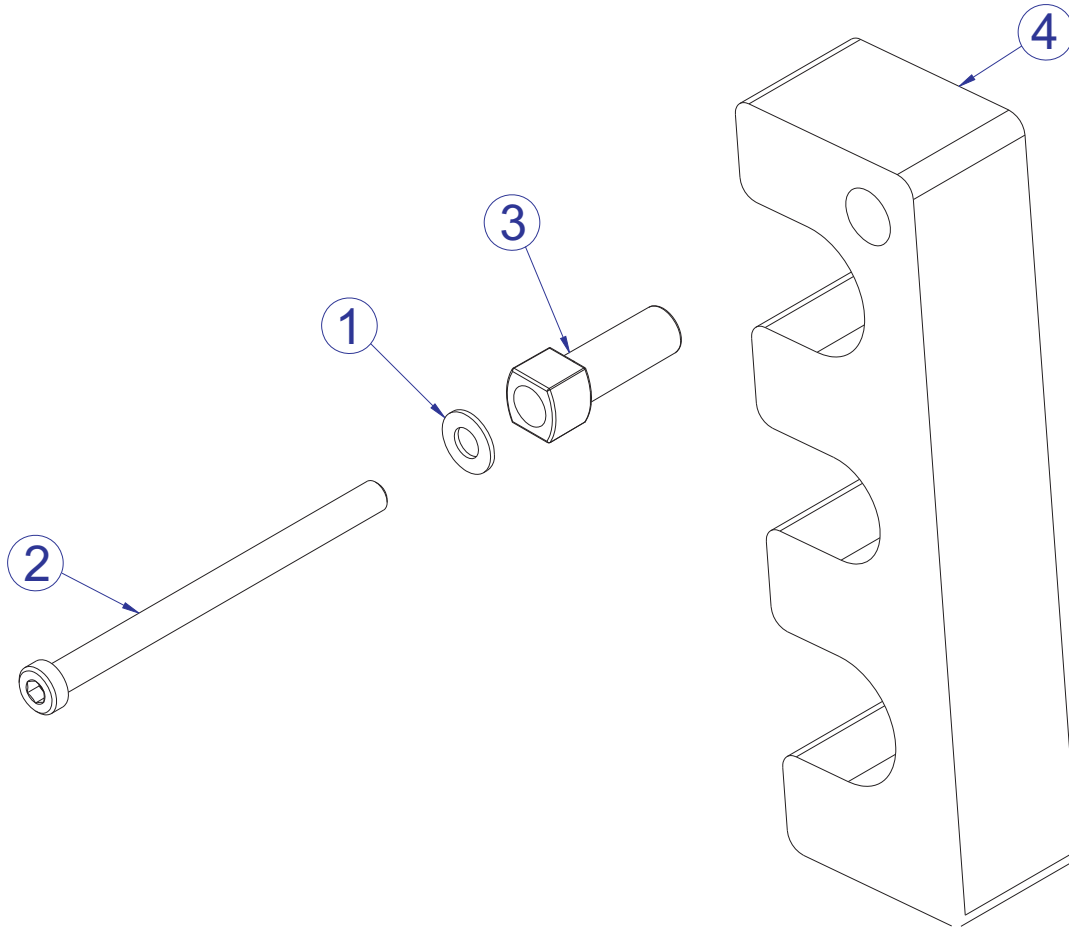
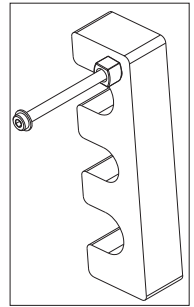
SEE PAGE 12 FOR LEGEND

PSAB ABDOMINAL ADJUSTABLE SEAT ASSEMBLY LEGEND



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7456201	WELDMENT, PSAB ADJ. SEAT
2	3	7564201	ASSY, SEAT ROLLER
3	5	3236217	SCREW, M10 X1.5 100MM
4	10	3236601	WASHER, 3/8 SAE SS
5	6	3236801	NUT, M10 HEX NYLOCK SS
6	1	7504695	WLDMT, MTS/PS, SEAT HANDLE
7	1	7442701	SPRNG, PRO2 HANDLE TORSION
8	1	7564301	SEATRACK, ROLLER SERRATED
9	1	7564401	SEATRACK, FLAT
10	1	3238318	M10x1.5x110mm
11	1	3236218	SCREW, M10 X1.5 110MM
12	2	7352301	CAP, END 2 X 3
13	1	7352201	CAP, END 1-1/2 X 2
14	1	3237401	PLUG, 7/16" HOLE
15	1	3238502	CAP, 1/2 X 3
16	1	7570601	STOP, ROLLER SEAT
17	1	3235802	GRIP, SHADOW GRAY, 1.5"
18	1	7570701	STOP, AB ROLLER SEAT
19	1	7422001	LABEL, SEAT INST
20	1	7422002	LABEL, SEAT ADJUST
21	2	3236602	WASHER, 3/8 ID X 1.25 OD SS

PSAB ABDOMINAL ADD-ON INCREMENT WEIGHT ASSEMBLY - 7415001

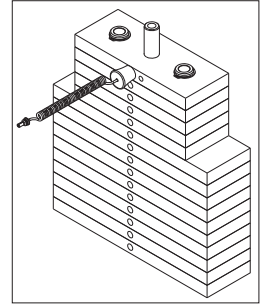
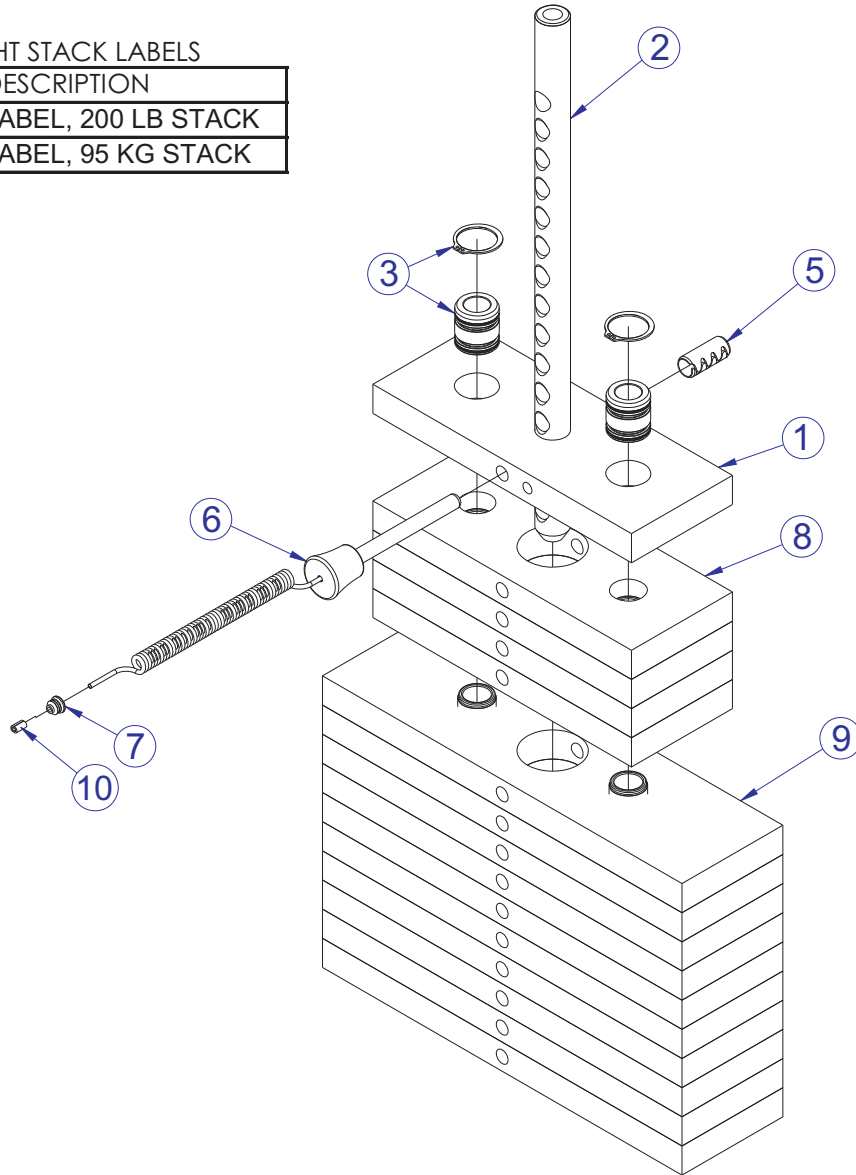


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236601	WASHER, 3/8 SAE SS
2	1	3236221	SCREW, M10 X1.5 140MM
3	1	7401701	COVER, PLASTIC PEG 2-1/4
4	1	7366101	WEIGHT, 7.5 LB. ADD-ON

PSAB ABDOMINAL WEIGHT STACK ASSY 200LB - 7353401

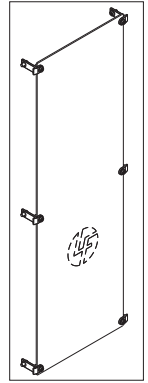
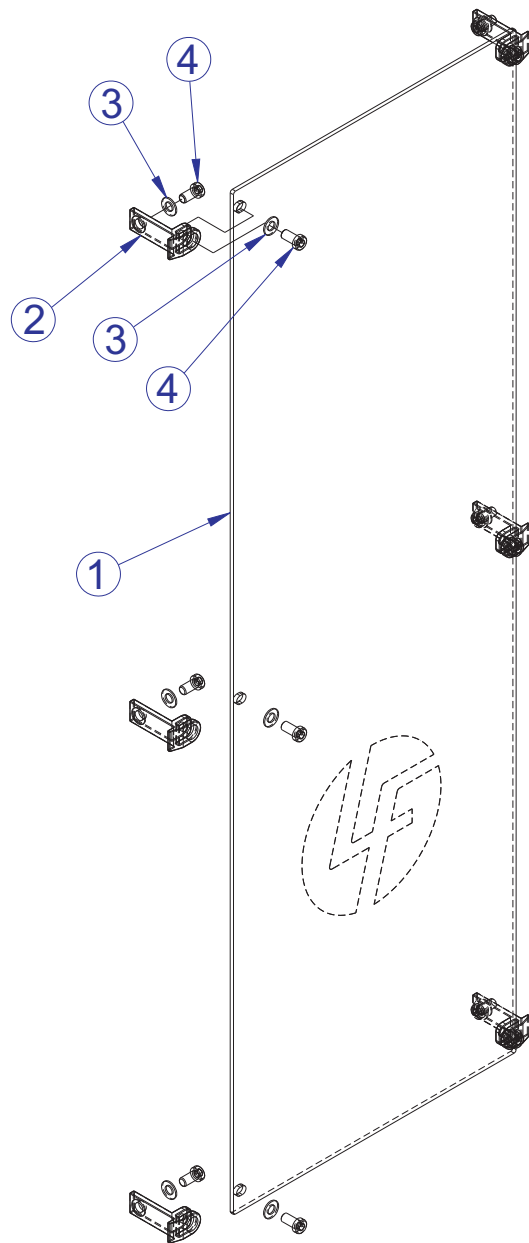
WEIGHT STACK LABELS

PART NO	DESCRIPTION
7987001	LABEL, 200 LB STACK
7987301	LABEL, 95 KG STACK



ITEM NO	QTY	PART NO	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7352601	BAYONET, 14 PLATE
3	2 / 2	7338001	HEADPLATE BUSHING & CLIP
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

PSAB ABDOMINAL OPTIONAL REAR SHROUD KIT STD-SHORT - 7415201



ITEM NO	QTY	PART NO	DESCRIPTION
1	1	7376801	SHIELD, PS REAR
2	6	7655301	BRACKET, PS REAR SHIELD
3	12	3236601	WASHER, 3/8 SAE SS
4	12	3236201	SCREW, M10 X1.5 20MM