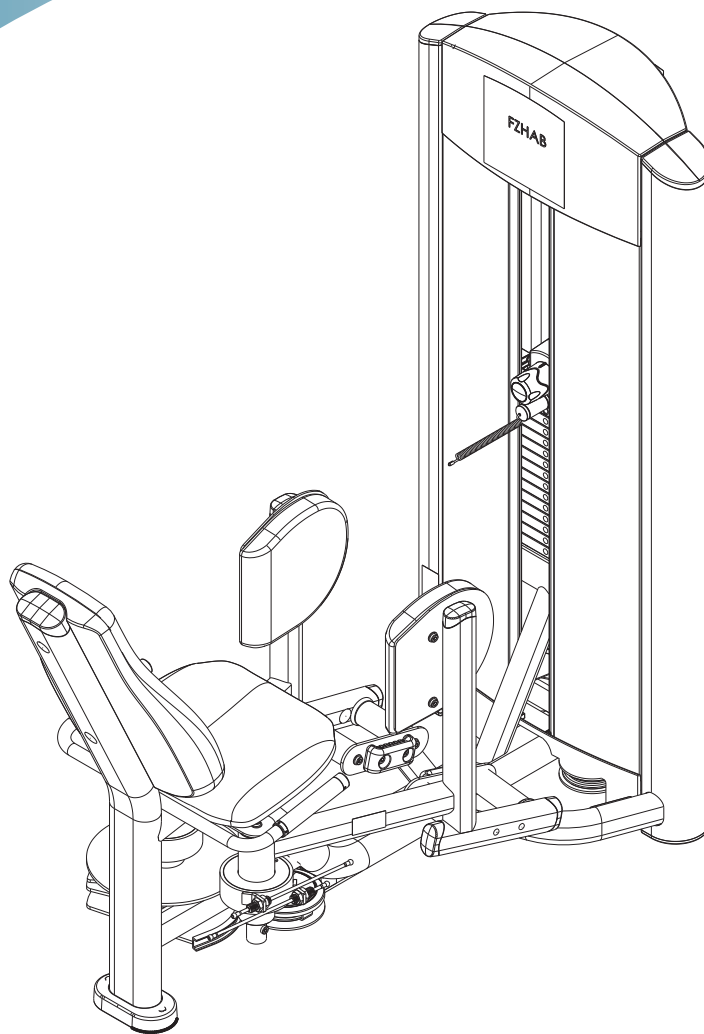


# Signature Series Single Station Hip Abduction

FZHAB

## Parts List



*LifeFitness*  
WHAT WE LIVE FOR

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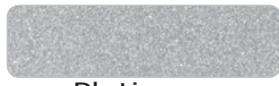
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# FZHAB HIP ABDUCTION FRAME AND UPHOLSTERY COLORS

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## Strength Frame Colors



Platinum



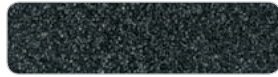
White



Black



Ice Blue Metallic



Midnight Metallic



Nickel



Blue



Red



Yellow



Candy Apple Red

Note: Include frame color in pick-slip 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.

# FZHAB HIP ABDUCTION SHROUD OPTIONS

## STANDARD SHROUD NO WRAP

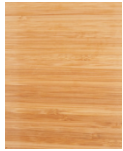


TRANSLUCENT



## OPTIONAL StackWraps™ SHROUD + WRAP

BAMBOO



BRONZE



ROSEWOOD



SKY



STAINLESS STEEL



STEM



## CO-BRANDED StackWraps™

SHROUD + WRAP

(refer to co-branded parts list)



PLANET FITNESS

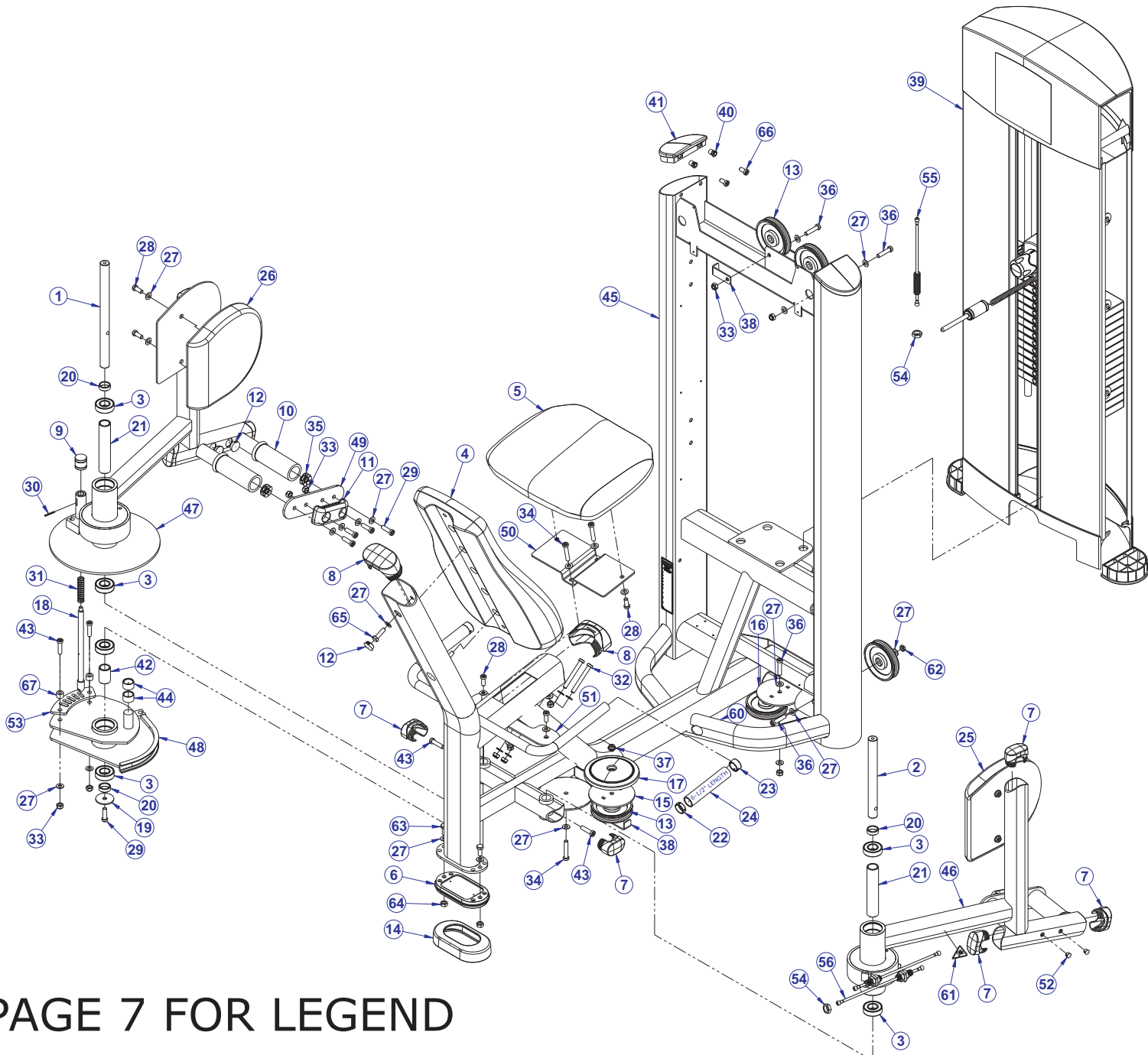


BLINK FITNESS



RETRO FITNESS

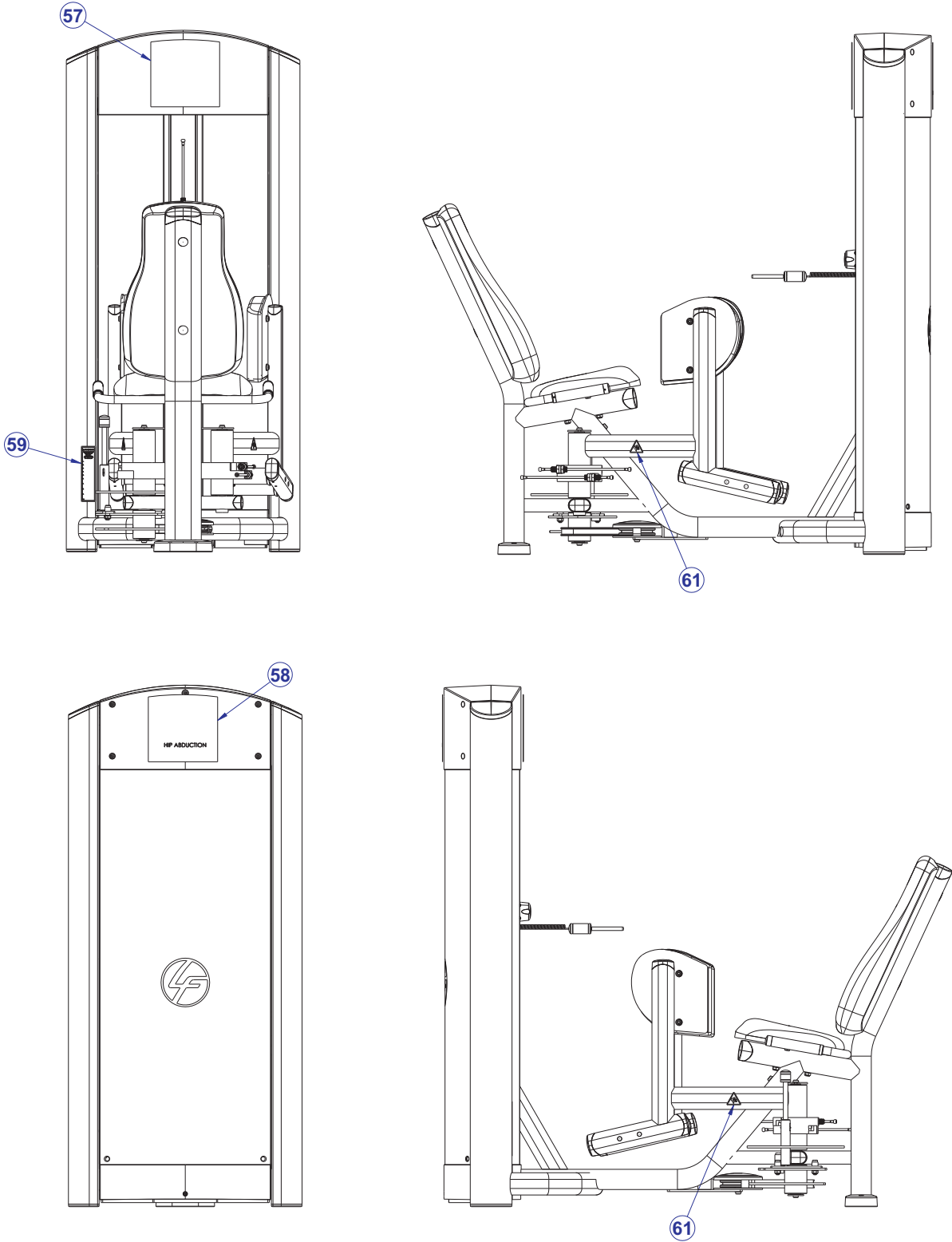
# FZHAB HIP ABDUCTION COMPONENT ASSEMBLY



SEE PAGE 7 FOR LEGEND

# FZHAB HIP ABDUCTION COMPONENT ASSEMBLY II

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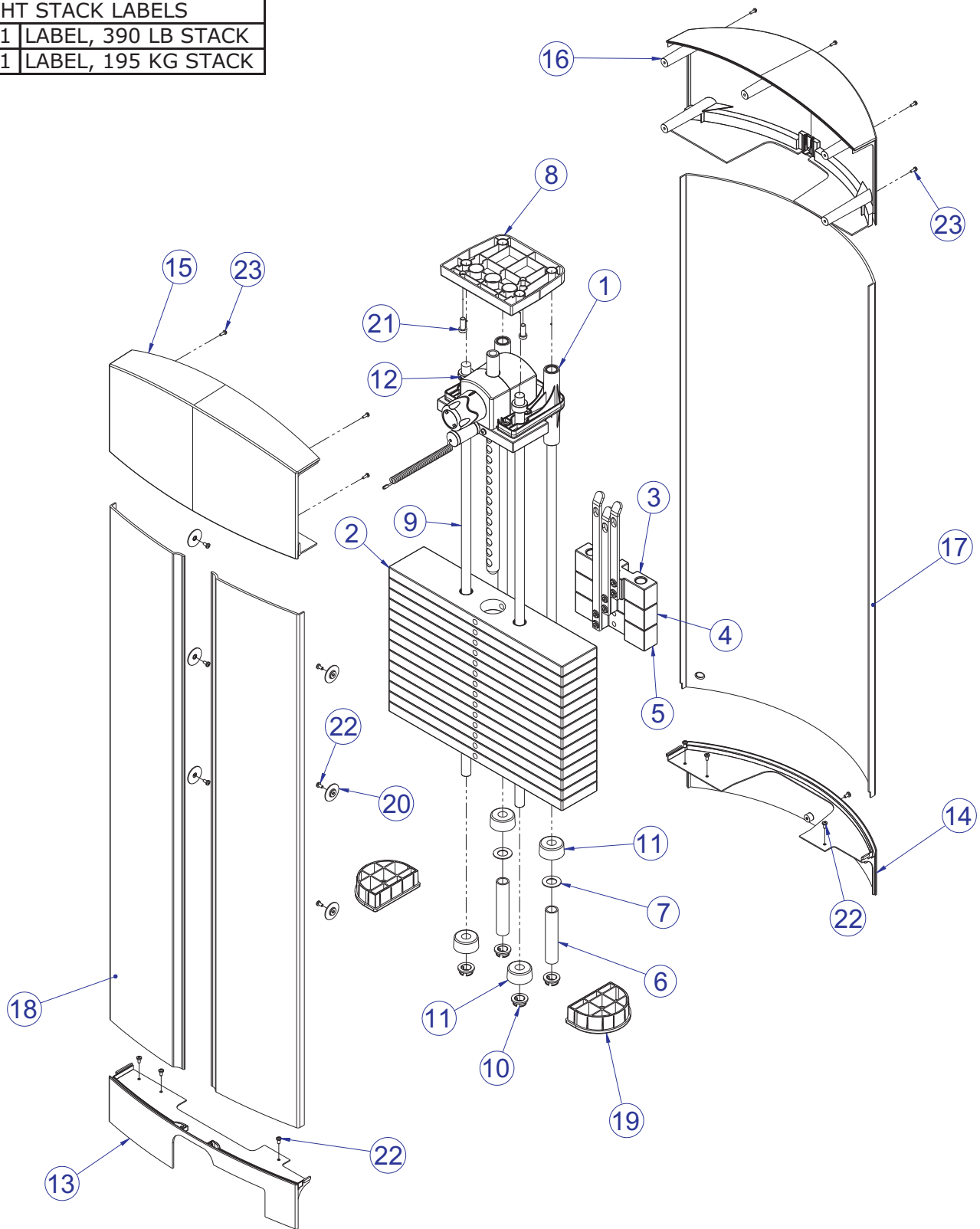
SEE PAGE 7 FOR LEGEND

# FZHAB HIP ABDUCTION COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	7592001	SHAFT, FZ, 25MM	-
2	1	7592101	SHAFT, FZ, 25MM X 10.12 LG.	-
3	6	3235601	BEARING, 6205 BALL	-
4	1	74741XX	PAD, LARGE BACK	-
5	1	72972XX	PAD, LARGE CHAIR	-
6	1	7334001	FOOT, 2.50 X 4.49 FLOV	-
7	8	7333801	CAP, SMALL FLOV- END	-
8	2	7333901	CAP, LARGE FLOV- END	-
9	1	7424801	KNOB, POP PIN	-
10	4	7606201	GRIP, USER ARM	-
11	2	7352001	BUMPER, 2-1/8 X 4-5/8	-
12	6	3237403	PLUG, 1" HOLE	-
13	5	3237801	PULLEY, 4.5" OD	-
14	1	7340201	COVER, FOOT - STRAIGHT	-
15	1	7318201	PLATE, PULLEY	ANY
16	1	7318295	PLATE, PULLEY	ANY
17	1	8102901	COVER, PULLEY-BOLTED FULL	-
18	1	7795202	PIN, SPRING RATCHET - LONG	-
19	1	7322301	PLATE, 1.97 OD X .44 ID 10GA	-
20	3	7330001	SPACER, INTERNAL X .403	-
21	2	7330005	SPACER, INTERNAL X 6.265	-
22	2	7662801	RING, GRIP 1.25 OD	-
23	2	7662901	CAP, GRIP 1.25 OD	-
24	2	3235801	GRIP, OPEN END	-
25	1	76265XX	PAD, FZHAB HAD/HAB-LH	-
26	1	76266XX	PAD, HIP HAD/HAB-RH	-
27	38	3236601	WASHER, 3/8 SAE SS	-
28	8	3236202	SCREW, M10 X1.5 25MM	-
29	9	3236204	SCREW, M10 X1.5 35MM	-
30	1	3110008	ROLL PIN, 1/8 X 1-1/4	-
31	1	7351501	SPRING, PULL PIN LARGE	-
32	2	3236214	SCREW, M10 X1.5 85MM	-
33	13	3236801	NUT, M10 HEX NYLOCK SS	-
34	3	3236208	SCREW, M10 X1.5 55MM	-
35	4	7347301	NUT, SPIDER M10 X 1.5	-
36	4	3236206	SCREW, M10 X1.5 45MM	-
37	1	7335401	NUT, M10 X 1.5 SOCKET HEAD	-
38	2	6757701	CLIP, CABLE 2-7/8 X 1 X 1	-
39	1	SEE PAGES 8/14	ASSY, MID TOWER HAD/HAB-14	-
40	4	3238601	M10X1.5 BLIND THREADED INSERT (HEX)	-
41	2	7326201	CAP, D-TUBE - TOP	ANY
42	1	7330006	SPACER, INTERNAL X 1.765	-
43	4	3236205	SCREW, M10 X1.5 40MM	-
44	2	7690101	BUMPER, SLEEVE - 1 INCH DIA	-
45	1	POSSIBLE RMA	WLDMT, FZ-HAD/HAB, FRAME	ANY
46	1	7609201	WLDMT, FZHAB,R-ARM	ANY
47	1	7609301	WLDMT, FZHAB , L-ARM	ANY
48	1	7609401	WLDMT, CAM FZHAB	ANY
49	2	7609501	PLATE, FOOT,FZ HAD/HAB	ANY
50	1	7593401	BRACKET, FZ, SEAT	ANY
51	1	7593501	BRACKET, FZ, SHAFT	ANY
52	4	3237401	PLUG, 7/16" HOLE	-
53	1	8642701	PLATE, FZHAB ADJUSTER	-
54	5	3236902	NUT, HEX JAM M16 X 2 SS	-
55	1	7423722	CABLE, M16TS, BE	-
56	2	7573701	CABLE, PSHAD/HAB	-
57	1	7655701	LABEL, FZHAB PLACARD-ENGLISH	-
		7655702	LABEL, FZHAB PLACARD-GERMAN	-
		7655703	LABEL, FZHAB PLACARD-FRENCH	-
		7655704	LABEL, FZHAB PLACARD-SPANISH	-
		7655705	LABEL, FZHAB PLACARD-ITALIAN	-
		7655706	LABEL, FZHAB PLACARD-DUTCH	-
		7655707	LABEL, FZHAB PLACARD-JAPANESE	-
		7655708	LABEL, FZHAB PLACARD-PORTUGUESE	-
		7655709	LABEL, FZHAB PLACARD-SWEDISH	-
		7655710	LABEL, FZHAB PLACARD-RUSSIAN	-
58	1	7655601	LABEL, FZHAB LOGO	-
59	1	82200XX	LABEL, ASTM WARNING SELECT	-
60	1	7571301	LABEL, SERIAL NUMBER, BLANK	-
61	2	8039501	LABEL, WARNING,TRIANGLE	-
62	1	3236901	NUT, HEX JAM M10 X 1.5 SS	-
63	2	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN	-
64	2	3254703	NUT, M10 X 1.5 HEX ZINC	-
65	2	3251204	SCREW, M10 X1.5 X 35MM UNS HEX CS ST ZN	-
66	4	3236201	SCREW, M10 X1.5 20MM	-
67	2	7385203	SPACER, .406 X .750 X .500	-

# FZHAB HIP ABDUCTION MID-14 TOWER HAB/HAD ASSEMBLY - 7622101

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



SEE PAGE 9 FOR LEGEND

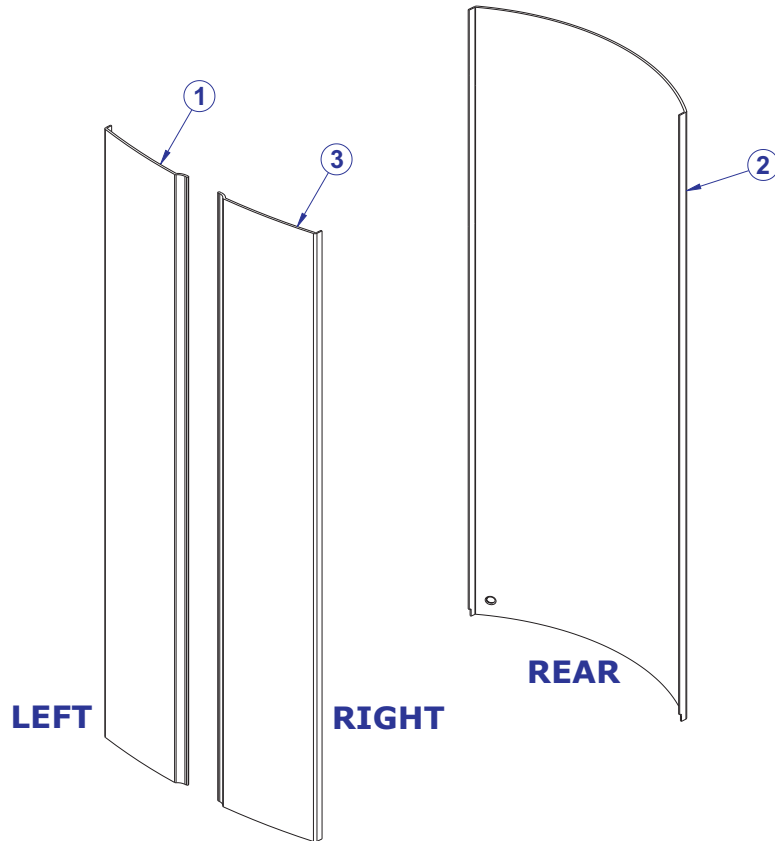



# FZHAB HIP ABDUCTION MID-14 TOWER HAB/HAD ASSEMBLY LEGEND


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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350701	ASSY, HEAD PLATE (14)
2	14	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	7328701	SPACER, INC WT STACK - 14 PLT
7	2	7351001	SPACER, INC WT STACK
8	1	7621101	RETAINER, GUIDE ROD - TOP
9	4	7328610	GUIDE ROD, .75 OD SOLID 39.75
10	4	7337901	BUSHING, GUIDE ROD
11	4	7352101	CUSHION, WEIGHT STACK
12	4	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
13	1	7592301	COVER, TOWER- BOTTOM FRONT HAD
14	1	7592401	COVER, TOWER- BOTTOM REAR HAD
15	1	7318601	COVER, TOWER- TOP FRONT
16	1	7318701	COVER, TOWER- TOP REAR
17	1	7765701	SHROUD, TOWER- REAR SHORT
18	2	7765601	SHROUD, TOWER- FRT SHORT RH
19	2	7326301	CAP, D-TUBE - BOTTOM
20	6	7583501	RETAINER, FZ SHROUD
21	2	3236202	SCREW, M10 X1.5 25MM
22	13	3239101	SCREW, M5X10 PHL PAN TT ST
23	9	3236501	M4 X 0.7 PHL PAN MS ST ZN


# FZHAB HIP ABDUCTION 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

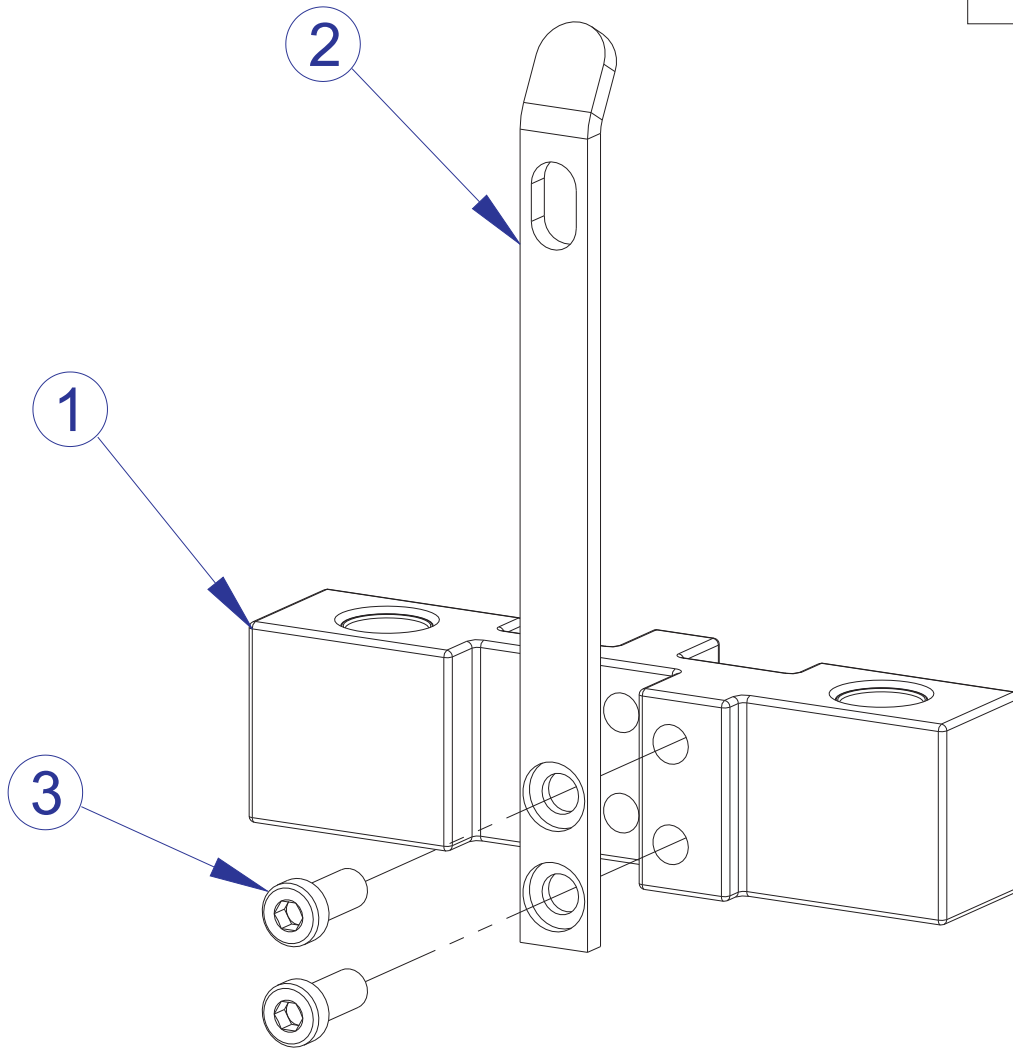
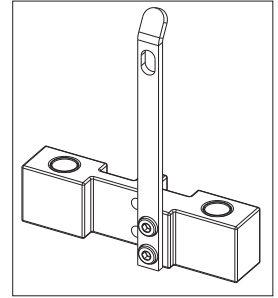
STEM		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954501	SHROUD, FZ, FNT, SRT, LT -STEM
		2	1	8949701	SHROUD, FZ, REAR, SRT -STEM
		3	1	8949601	SHROUD, FZ, FNT, SRT, RT -STEM

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

# FZHAB HIP ABDUCTION

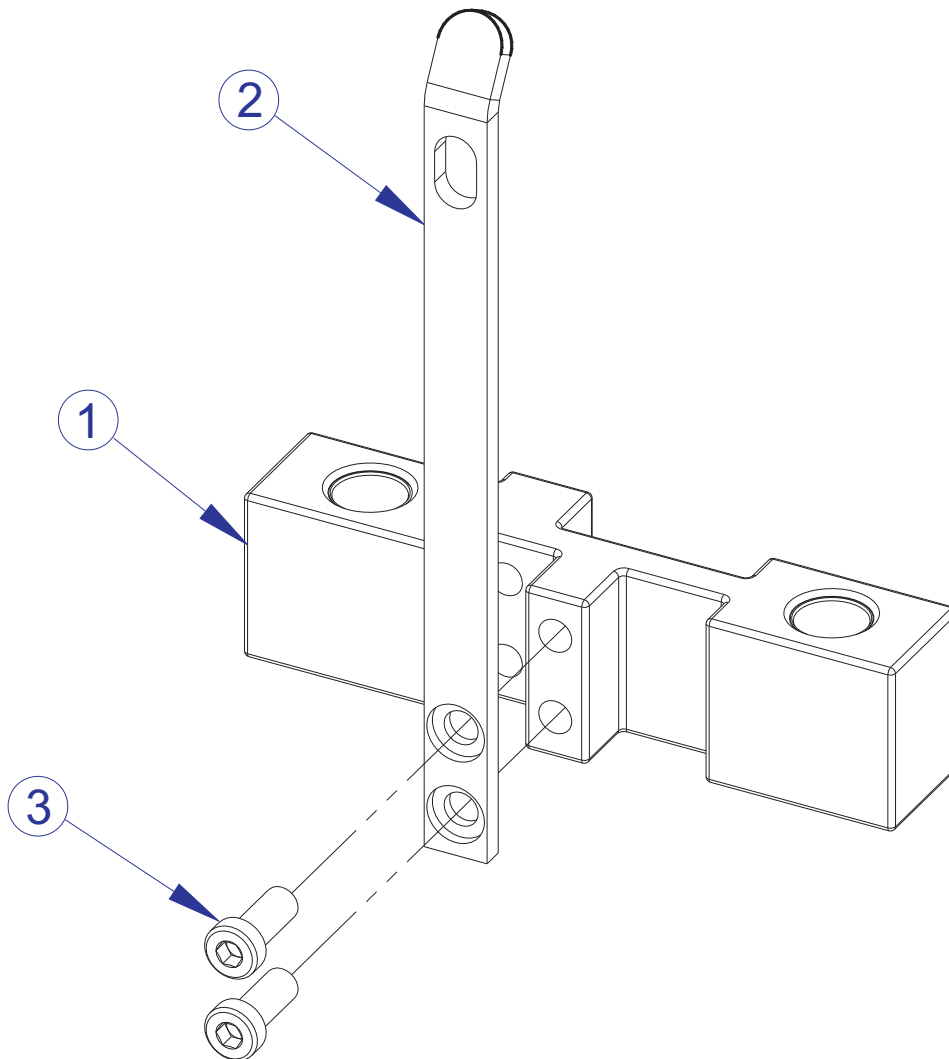
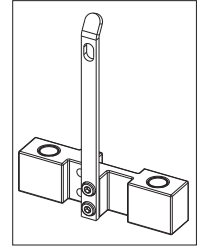
## 5 LB. INCREMENT WEIGHT ASSEMBLY - 7327601



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

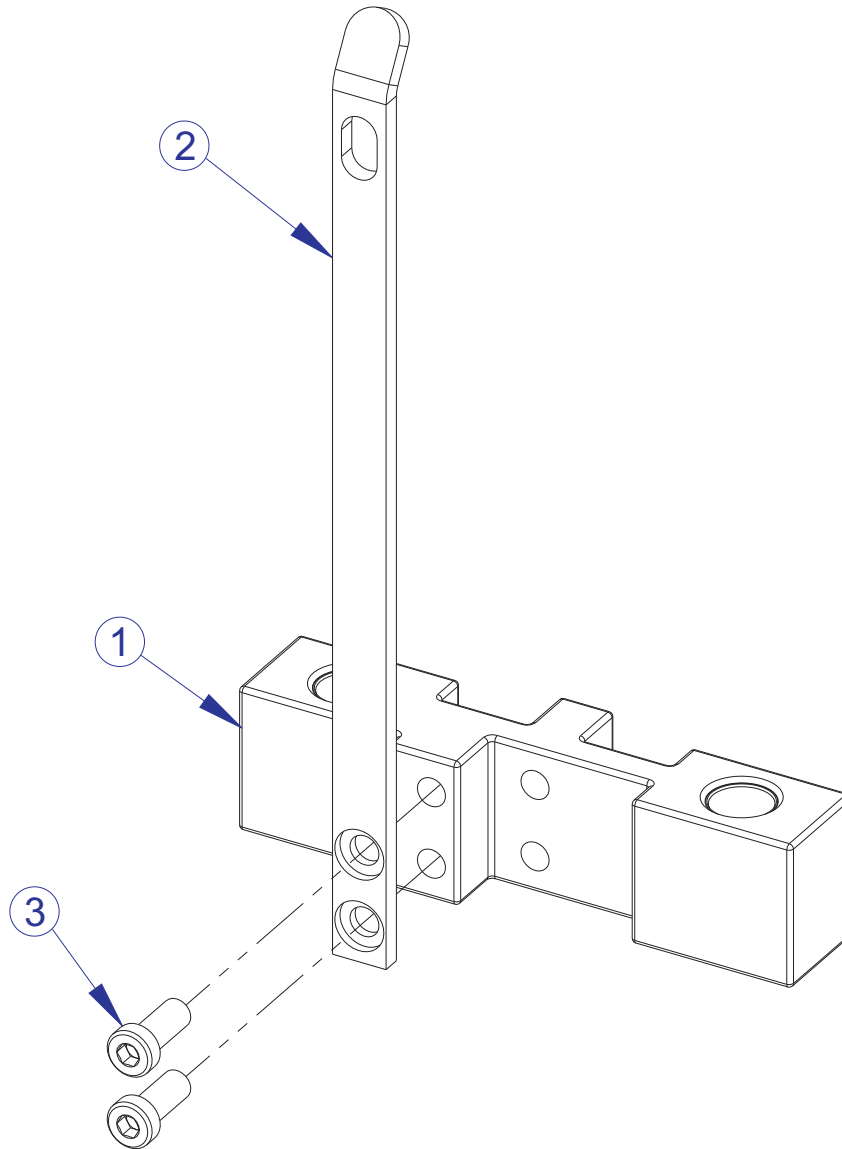
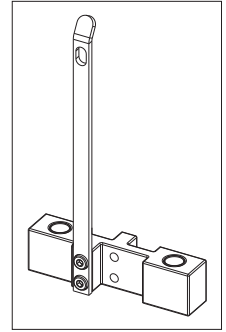
# FZHAB HIP ABDUCTION

## 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

# FZHAB HIP ABDUCTION 15 LB. INCREMENT WEIGHT ASSEMBLY - 7327801

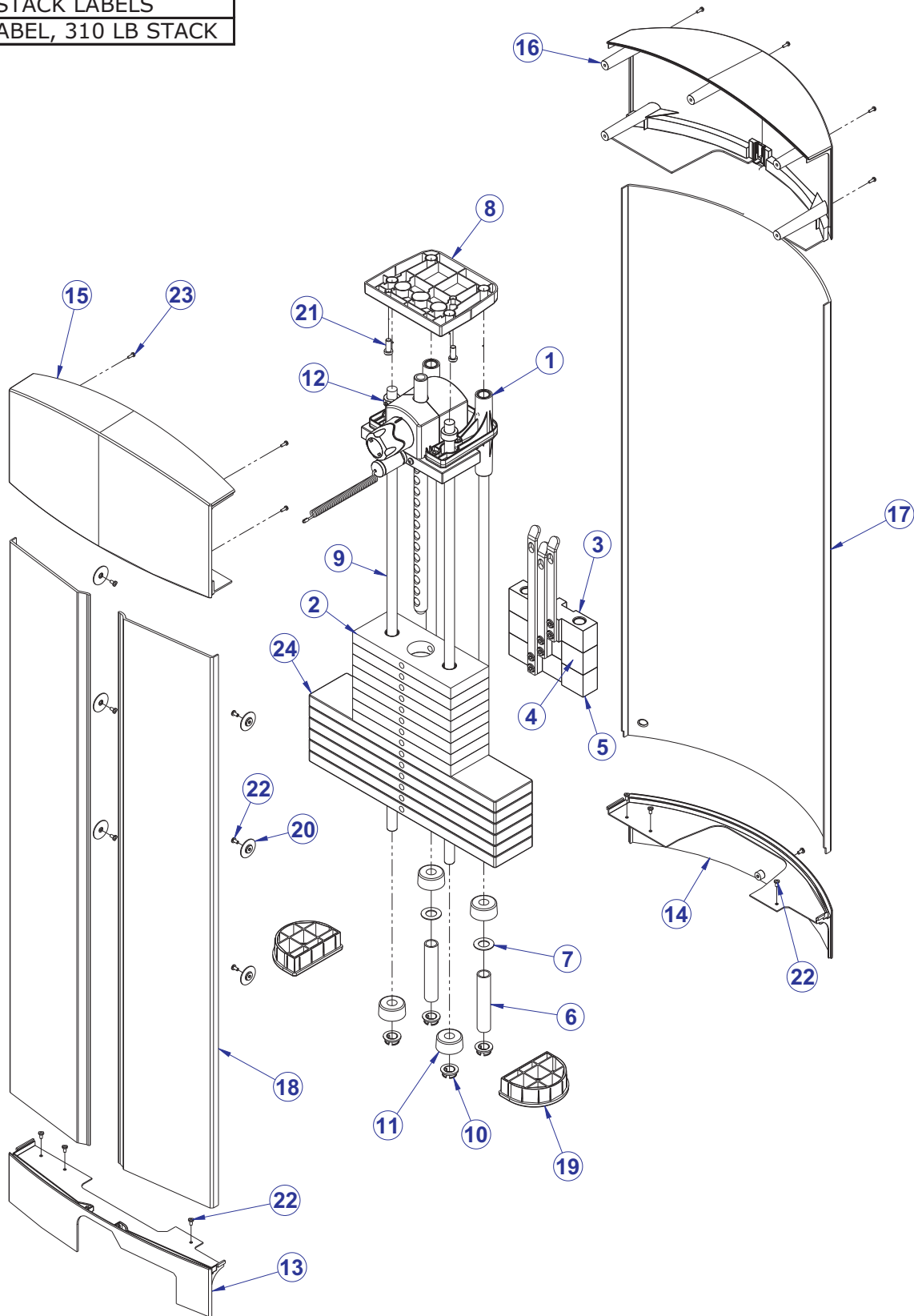


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM

# FZHAB HIP ABDUCTION

OPTIONAL LIGHT MID-14 TOWER HAB/HAD ASSY. - 8866601

WEIGHT STACK LABELS	
8867001	LABEL, 310 LB STACK



SEE PAGE 15 FOR LEGEND

# FZHAB HIP ABDUCTION

## OPTIONAL LIGHT MID-14 TOWER HAB/HAD ASSY. LEGEND

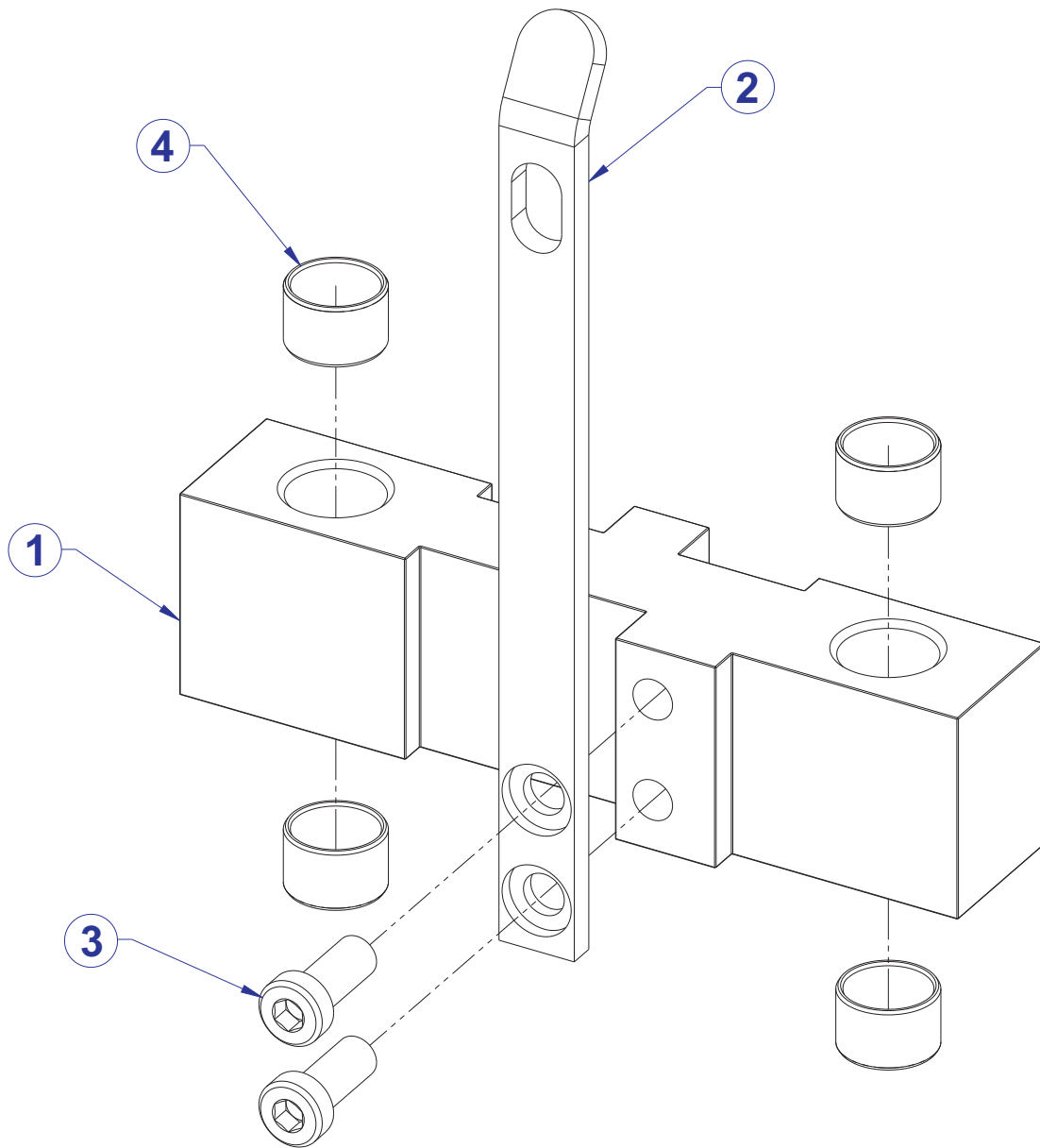
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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350701	ASSY, HEAD PLATE (14)
2	8	7353701	ASSY, 10 LB PLATE
3	1	8861301	ASSY, FZ INC WEIGHT - 2.5 LB
4	1	8861401	ASSY, FZ INC WEIGHT - 5 LB
5	1	8861501	ASSY, FZ INC WEIGHT - 7.5 LB
6	2	7328701	SPACER, INC WT STACK - 14 PLT
7	2	7351001	SPACER, INC WT STACK
8	1	7621101	RETAINER, GUIDE ROD - TOP
9	4	7328610	GUIDE ROD, .75 OD SOLID 39.75
10	4	7337901	BUSHING, GUIDE ROD
11	4	7352101	CUSHION, WEIGHT STACK
12	4	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
13	1	7592301	COVER, TOWER- BOTTOM FRONT HAD
14	1	7592401	COVER, TOWER- BOTTOM REAR HAD
15	1	7318601	COVER, TOWER- TOP FRONT
16	1	7318701	COVER, TOWER- TOP REAR
17	1	7765701	SHROUD, TOWER- REAR SHORT
18	2	7765601	SHROUD, TOWER- FRT SHORT
19	2	7326301	CAP, D-TUBE - BOTTOM
20	6	7583501	RETAINER, FZ SHROUD
21	2	3236202	SCREW, M10 X1.5 25MM
22	13	3239101	SCREW, M5X10 PHL PAN TT ST
23	9	3236501	M4 X 0.7 PHL PAN MS ST ZN
24	6	7328401	WEIGHT PLATE, 20 LB

# FZHAB HIP ABDUCTION

## OPTIONAL 2.5 LB. INCREMENT WEIGHT ASSY. - 8861301

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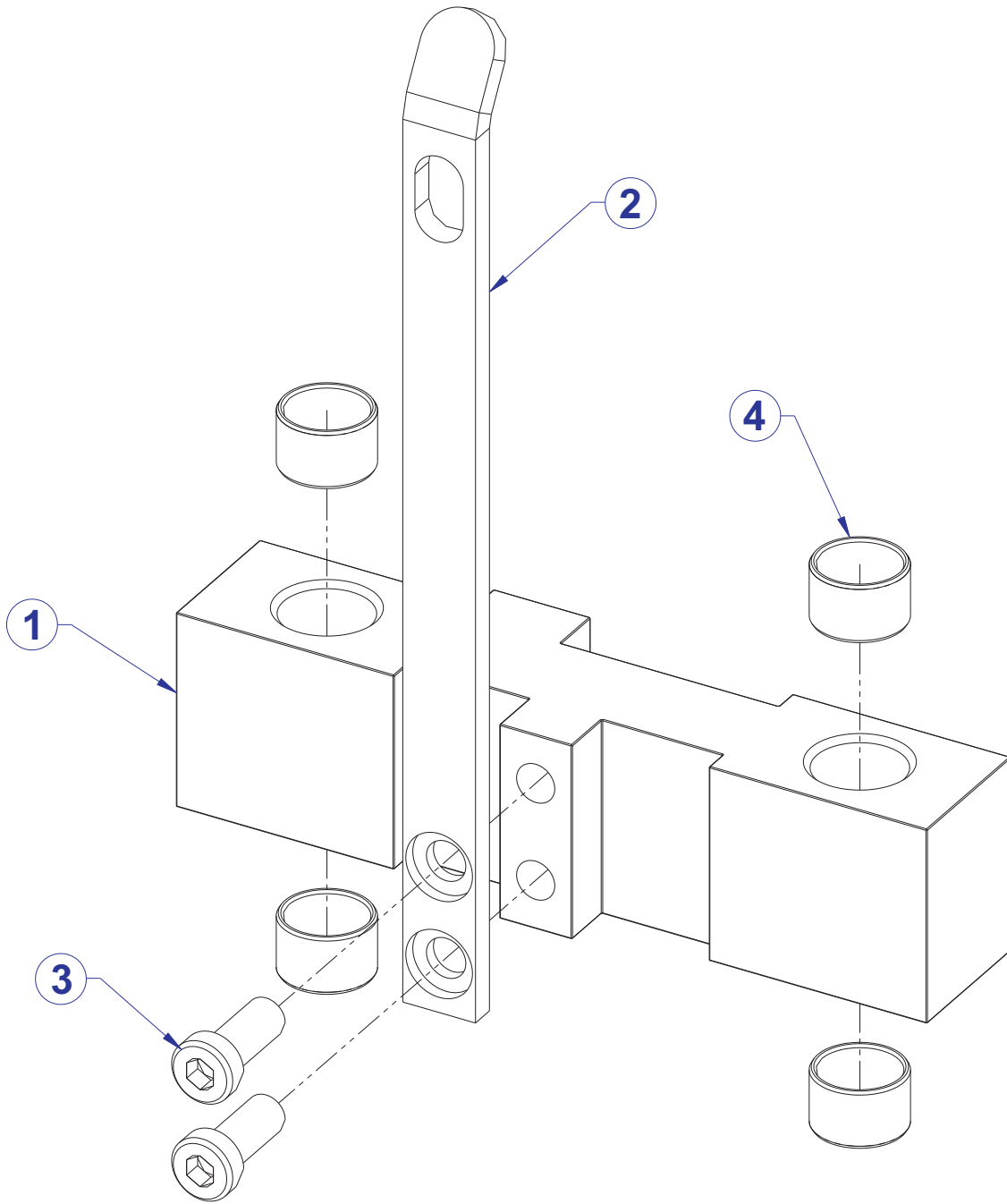
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM



# FZHAB HIP ABDUCTION

## OPTIONAL 5 LB. INCREMENT WEIGHT ASSY. - 8861401

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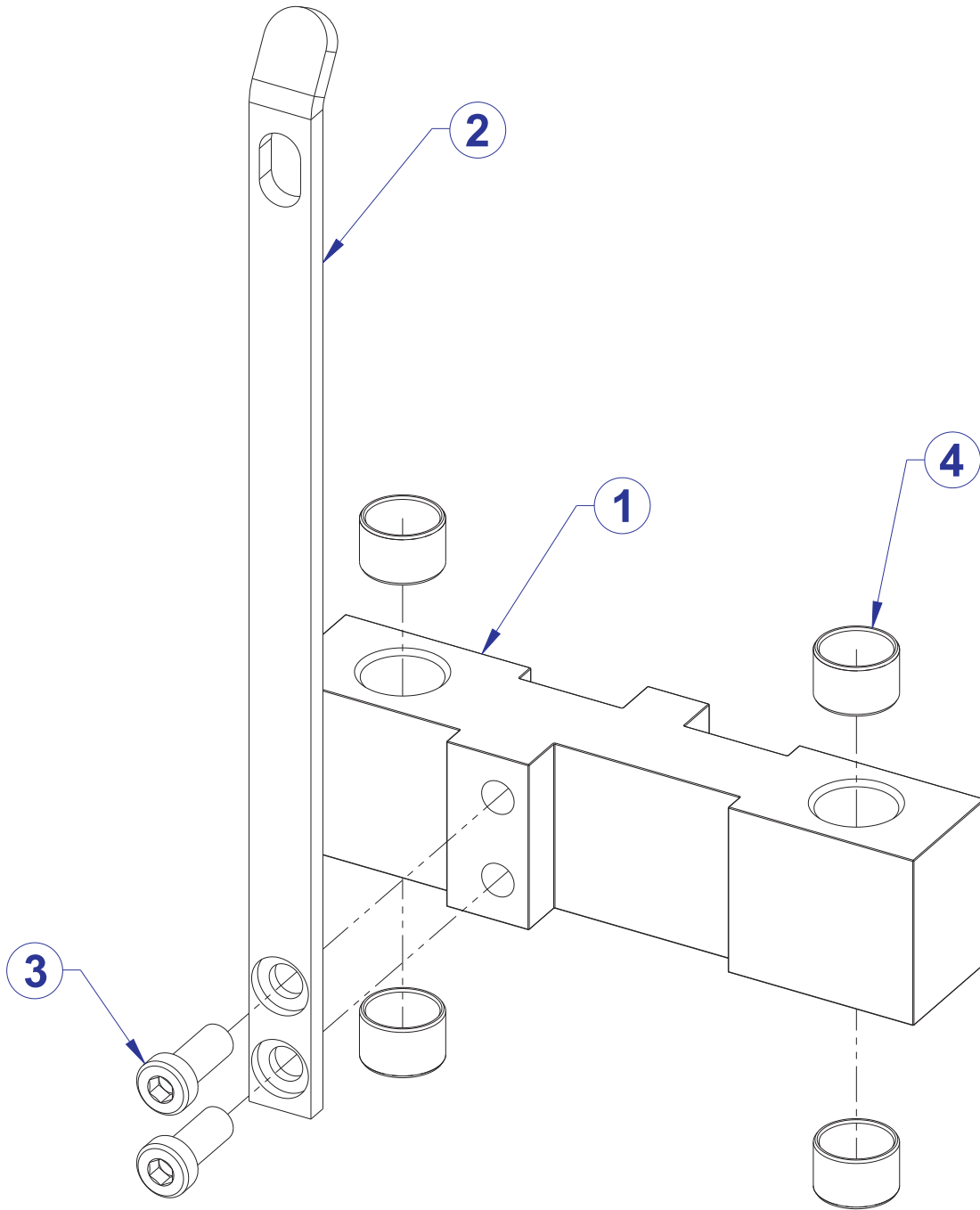


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

# FZHAB HIP ABDUCTION

## OPTIONAL 7.5 LB. INCREMENT WEIGHT ASSY. - 8861501

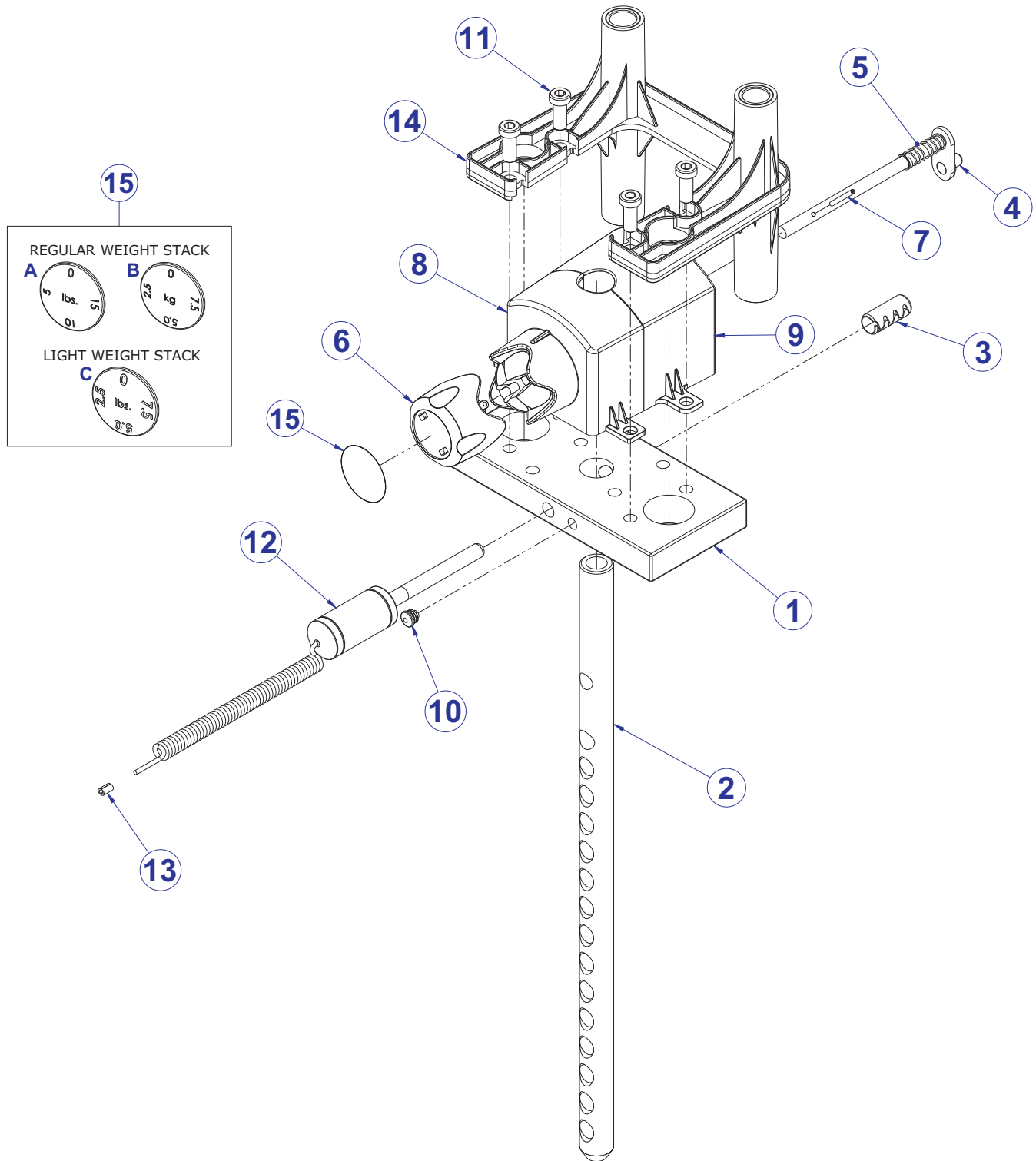
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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

# FZHAB HIP ABDUCTION HEAD PLATE ASSEMBLY - 7350701

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SEE PAGE 20 FOR LEGEND

# FZHAB HIP ABDUCTION HEAD PLATE ASSEMBLY LEGEND

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ITEM NO.	QTY.	PART NO.	DESCRIPTION	
1	1	7326701	HEAD PLATE	
2	1	7328901	STEM, 14 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	1	7338101	ASSY, WT STACK SELECTOR PIN	
13	1	7523601	CRIMP, CABLE	
14	1	8867301	ASSY, FZ, STABILIZER WITH BUSHINGS	
15**	A)	1	7398601	CAP, SELECTOR KNOB, LBS
	B)	1	7398701	CAP, SELECTOR KNOB, KG
	C)	1	8865801	CAP, FZ SELECTOR KNOB - 2.5 LBS

\* Kit exists for component set. See bulletin FZ02012701N

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

# FZHAB HIP ABDUCTION CABLE ROUTING

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WEIGHT STACK CABLE

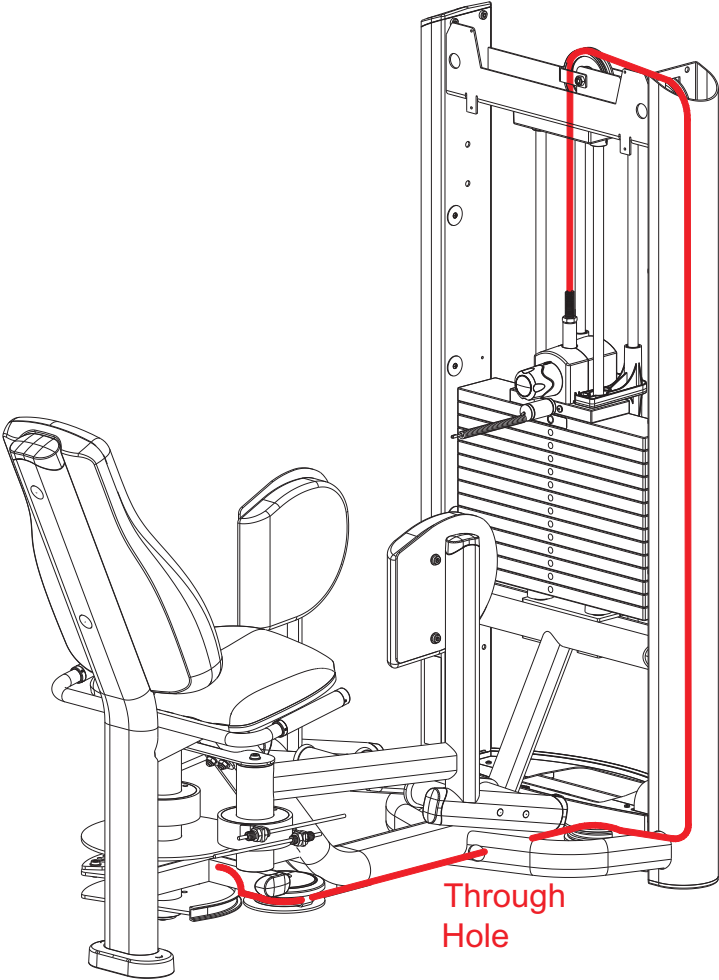
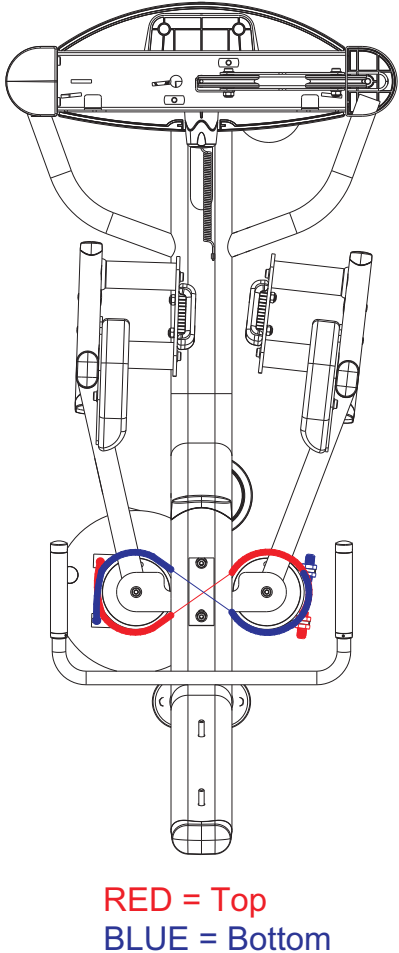


FIGURE 8 CABLES



# FZHAB HIP ABDUCTION IMAGE

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