



WEIGHT: 870 LBS.

REVISIONS				
REV	ECN #	DESCRIPTION	REV. BY/DATE	APR. BY
A	-----	REDRAWN & UPDATED IN SOLIDWORKS	04/2000	

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	SA1078-2	FLANGED 'C' FRAME ASSY, W/BRACKETS
2	1	SA1088	407B RIGHT
3	1	SA1088	407B LEFT
4	1	SA1503	ASSY., CROSSBEAM #4
5	1	SA2078-R	ADJ. HI-LOW PULLEY SLIDE ASSY, RIGHT
6	1	SA2078-L	ADJ. HI-LOW PULLEY SLIDE ASSY, LEFT
7	2	SA2079	ADJ. HI-LOW DOUBLE PULLEY BRKT. ASSY
8	8	AC218	HANDLE END CAP W/SET SCREWS, DIA 1"
9	2	AC219	HANDLE RETAINER RING W/SET SCREW, 1.040" I.D.
10	2	AC220	HANDLE END CAP W/SET SCREWS, DIA 3/4"
11	4	AC1002	LABEL, "ICARIAN", 3 1/2 x 21 1/2
12	2	AC1008	PULLEY, 3 1/2" DIA x 1/2" ID
13	14	AC1009	PULLEY, 4 1/2" DIA x 1/2" ID
14	4	AC1019	BUSHING, BRONZE, 1/2" ID x 3/4" OD
15	4	AC1040	CAP, GUIDE ROD, DIA. 3/4
16	2	AC1051-MS	SNAP PIN, SMALL M-PULL
17	4	AC1148	WEIGHT STACK BUMPER
18	2	AC1149	RUBBER BUMPER, 1 1/4 SQ.
19	1	AC1161	LABEL, ROUND, "MADE IN USA"
20	1	AC1164	LABEL, F.P.I. SERIAL NUMBER
21	1	AC1183	LABEL, "WARNING, SERIOUS INJURY..."
22	2	AC1225-6	RUBBERGRIP, DIA 3/4 x (6)
23	2	AC1226-6	RUBBERGRIP, DIA 1 x (5)
24	4	AC1226-12	RUBBERGRIP, DIA 1 x (12)
25	2	AC1226-15	RUBBERGRIP, DIA 1 x (15)
26	4	AC1236-H	PLASTIC GLIDE WITH HOLE
27	2	AC1239	CARBINE HOOK, MEDIUM
28	4	CH1218	STEEL BAR RND, DIA. 3/4" x (80 3/4), #8
29	2	CH4020	STEEL TUBE HRPO, 1 1/2 x 1 1/2 x 3/16 x (85), 28 HOLES
30	2	PF1015	STEEL BAR FLAT CR/HR, 3/8 x 2 x (8 1/4), 2 HOLES 2 SLOTS
31	2	PF1411	STEEL, TUBE, 1 3/4 x 3 3/4 x 1/8 x (11), 4 HOLES
32	2	RI-FTS-407B-321-500	CABLE ASSY, EI-FTS-407B-321-500
33	2	WS1502	WEIGHT STACK, 19 PLATE, 150 LBS.
34	8	FA1011	BOLT, HEX HEAD, BLK, 1/2-13 x 1
35	6	FA1020	BOLT, HEX HEAD, BLK, 1/2-13 x 5
36	2	FA1022	BOLT, HEX HEAD, ZINC, 1/2-13 x 6
37	12	FA1030	NUT, HEX, NYLOCK, 1/2-13
38	32	FA1035	NUT, HEX, ACORN, 1/2-13
39	4	FA1055	NUT, INSERT, 5/16-18
40	4	FA1072	BOLT, BUTTON HEAD, 5/16-18 x 1 1/2
41	2	FA1076	BOLT, SOCKET HEAD, 1/4-20 x 1/2
42	2	FA1087	SCREW, SET, SCKT, CUP POINT, 1/2-13 x 3/4
43	16	FA1101	STUD, 1/2-13 x 2 1/2
44	4	FA1106	WASHER, FLAT, 5/16 ID x 11/16 OD
45	28	FA1109	WASHER, FLAT, 1/2 ID x 1 1/16 OD
46	4	FA1116	WASHER, SPLIT, 5/16 ID
47	42	FA1119	WASHER, SPLIT, 1/2 ID
48	4	FA1152	BOLT, HEX HEAD, ZINC, 1/2-13 x 6 1/2

UNLESS OTHERWISE SPECIFIED DIMENSIONS ARE IN INCHES

TOLERANCES ARE:

FRACTIONS	DECIMALS	ANGLES
± 1/32	.XX ± .01 .XXX ± .005	± 1°

THIRD ANGLE PROJECTION

DO NOT SCALE DRAWING

**FITNESS PRODUCTS INTERNATIONAL**  
**ICARIAN** ICARIAN FLITE ABENCH JADE STRETCH CENTER  
 12660 BRANFORD ST. SUN VALLEY, CA. 91352

APPROVALS	DATE	TITLE	SCALE
DESIGNED BY: ARN	07/91	ADJUSTABLE CABLE CROSSOVER	1:18
MODELED BY: JCM	04/98		SHEET 1 OF 1
DRAWN BY: RJB	04/00	SIZE B DWG. NO. 407B-EXP	REV A
APPROVED BY:			

**407B Adjustable Cable Crossover**

<b>Part Number</b>	<b>Description</b>	<b>Bubble Number</b>
CW32154-311	WELDMENT, ADJ. "A" FRAME, LEFT, PT,	1.11
CW32155-311	WELDMENT, ADJ. "A" FRAME, RIGHT, PT	2.11
CWHCYN050-500	SCREW, HEX HEAD, BLK XYLAN, 1/2-13	32
CWWBKN050-010	WASHER, FLAT, TYPE A, SAE, 1/2 ID X	37
CWHCCN050-600	SCREW, HEX HEAD, ZINC, 1/2-13 X 6	40
CWKDYN050-059	LOCKNUT, NYLON INSERT, FULL, UNC, 1	41
CWKADLN050-081	NUT, ACORN, 1/2-13	42
CWBFNN050-250	STUD, 1/2-13 X 2 1/2	46
CWKADLN050-081	NUT, ACORN, 1/2-13	47
CWWALYN050-013	WASHER, SPLIT, 1/2 ID, BLK XYLAN	49
CWWALYN050-013	WASHER, SPLIT, 1/2 ID, BLK XYLAN	50
CWBFNN050-250	STUD, 1/2-13 X 2 1/2	51
CWGR2636-000	GRIP,RUBBER, 1" DIA, 36"	57
CWTAYN031-150	SCREW, BUTTON HEAD, BLK XYLAN,5/16	86
CWWALYN031-008	WASHER, SPLIT, 5/16 ID, BL	87
CWWBKN031-007	WASHER, FLAT, TYPE A, SAE, 5/16 ID	88
CWAC1009-101	PULLEY, 4 1/2 DIA. X 1/2 ID	91
CW31756-101	LABEL, PRECOR USA ICARIAN LINE	94
CWAC218-901	HANDLE END CAP W/SET SCREWS, DIA 1"	95
CWGR2612-000	GRIP,RUBBER, 1" DIA, 12"	96
CW12537-109	NUT,INSERT,THIN-NUT,LARGE FLANGE	97
CWCLRT321-500	ASSY, CABLE, FTS, 407B	98
CW31711-721	WELDMENT, FTS ADJ. HI-LOW PULLEY SL	99
CW30497-721	WELDMENT, W/2 PULLEY WHEELS, WRKL B	103
CW10043-132	BUSHING, BRONZE, 1/2" ID X 3/4" OD	104
CWAC1008-101	PULLEY, 3 1/2 DIA. X 1/2 ID	105
CW12402-101	BUMPER, WEIGHT STACK, BLK RUBBER	106
CW12404-101	CAP, GUIDE ROD,DIA 3/4, BLK	107
CW12575-101	MOULDED BUMPON, BLACK, 31.75MM SQ (	108
CW31922-711	SELECTOR, ADJ. HI-LOW, 29 HOLES, CH	109
CWPF1016-731	BAR,,FLAT CR/HR, 3/8 X 2 X 8 1/4, 3	110
CWPF1218-711	GUIDE ROD,DIA 3/4 X (80 3/4),#8,CHM	111
CWCAYN025-050	SCREW, SOCKET HEAD, BLK XYLAN	112
CWHCCN050-650	SCREW, HEX HEAD, ZINC, 1/2-13 X 6 1	113
CW30897-101	HANDLE, WEBBING 22.5", D-RING	114
CWAC4019-101	ACCESSORY, HANDLE , SINGLE D, SOLID	115
CW31713-721	WELDMENT, FTS ADJ. HI-LOW PULLEY SL	116
CWEANN050-075	SCREW, SET, SCKT, CUP POINT, 1/2-13	117
CW10505-721	ASSY, PLATE, WEIGHT, 05 LBS, WRKL B	200
CW10510-721	ASSY, PLATE, WEIGHT, 10 LBS, WRKL B	201
CWAC1133-101	BUSHING, WEIGHT PLATE, LDPE PLASTIC	203
CW30172-751	ASSY, 4.00 IN WEIGHT STACK PIN AND	227
CWLDNN038-200	PIN, ROLL, DIA 3/8 X 2	250
CW30184-901	ASSY,BARREL,TOP PLATE,ALUMINUM	251
CW30385-721	WELDMENT, WEIGHT, TOP, STP-T, PF233	260
CW30132-712	SELECTOR STEM, 20 PLATE,0 .875 DIA,	309
CWAC1185-101	LABL,KEEP HND&FT CLR(CEMCO)3/8X6.75	312
CW12401-101	LABEL, WEIGHT PLATE, 7.5 LBS/ 3.5 K	314
CW12401-102	LABEL, WEIGHT PLATE, 10 LBS/ 4.6 KG	315

CW12401-103	LABEL, WEIGHT PLATE, 12.5 LBS/ 5.7	316
CW12401-104	LABEL, WEIGHT PLATE, 15 LBS/ 6.8 KG	317
CW12401-105	LABEL, WEIGHT PLATE, 17.5 LBS/ 8 KG	318
CW12401-106	LABEL, WEIGHT PLATE, 20 LBS/ 8 KG	319
CW12401-107	LABEL, WEIGHT PLATE, 22.5 LBS/ 10.2	320
CW12401-108	LABEL, WEIGHT PLATE, 25 LBS/ 11.4 K	321
CW12401-110	LABEL, WEIGHT PLATE, 30 LBS/ 13.6 K	323
CW12401-112	LABEL, WEIGHT PLATE, 35 LBS/ 15.9 K	325
CW12401-114	LABEL, WEIGHT PLATE, 40 LBS/ 18.2 K	327
CW12401-116	LABEL, WEIGHT PLATE, 45 LBS/ 20.5 K	329
CW12401-118	LABEL, WEIGHT PLATE, 50 LBS/ 22.7 K	331
CW12401-119	LABEL, WEIGHT PLATE, 55 LBS/ 25 KG	332
CW12401-120	LABEL, WEIGHT PLATE, 60 LBS/ 27.3 K	333
CW12401-121	LABEL, WEIGHT PLATE, 65 LBS/ 29.5 K	334
CW12401-122	LABEL, WEIGHT PLATE, 70 LBS/ 31.8 K	335
CW12401-123	LABEL, WEIGHT PLATE, 75 LBS/ 34.1 K	336
CW12401-124	LABEL, WEIGHT PLATE, 80 LBS/ 36.4 K	337
CW12401-125	LABEL, WEIGHT PLATE, 85 LBS/ 38.6 K	338
CW12401-126	LABEL, WEIGHT PLATE, 90 LBS/ 40.9 K	339
CW12401-127	LABEL, WEIGHT PLATE, 95 LBS/ 43.2 K	340
CW32167-101	LITERATURE KIT, 407B CROSSOVER	999

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