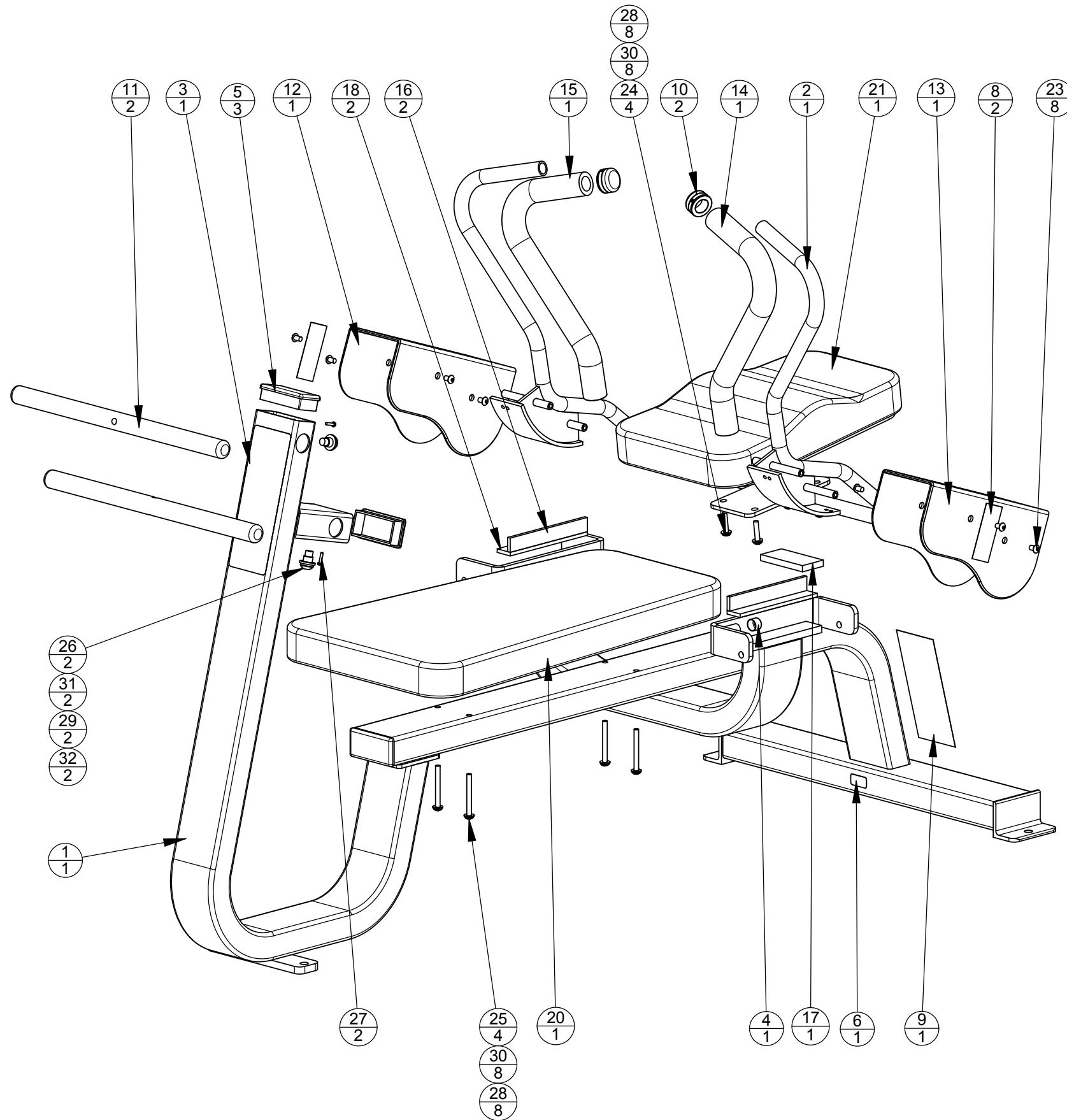


REVISIONS				
REV	ECN #	DESCRIPTION	REV. BY/DATE	APR. BY
A	-----	REDRAWN & UPDATED IN SOLIDWORKS	10/1999	



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	AB100-SA-1	AB100 FRAME ASSY
2	1	AB100-SA-2	AB100 HANDLE ASSY
3	1	AC0AB100B	LABEL, INSTRUCTION, "ABENCH AB100"
4	1	AC1040	CAP, GUIDE ROD, DIA. 3/4
5	3	AC1057	CAP, BLACK PLASTIC, 2 x 4
6	1	AC1162	LABEL, ABENCH SERIAL NUMBER
7	2	AC1163	CAP, DIP MOLDED, DIA. 3/8
8	2	AC1166	LABEL, "THE ABENCH", 1 5/8 x 3 5/8
9	1	AC1167	LABEL, "THE ABENCH", 3 1/2 x 8
10	2	AC222	SHAFT END CAP W/SET SCREWS, DIA 1"
11	2	CH1419	STEEL BAR RND, DIA. 1 1/4" x (20), 1 TAPPED HOLE
12	1	CP0003-2	COVER, ABS, PRE-CUT & BENT, RIGHT
13	1	CP0003-1	COVER, ABS, PRE-CUT & BENT, LEFT
14	1	CP0004	FOAM GRIP, LEFT, 1.6 OD x 1 ID x (22)
15	1	CP0004	FOAM GRIP, RIGHT, 1.6 OD x 1 ID x (22)
16	2	CP0005	CUT PIECE, UHMW, 1/4 x 1 x (7 3/8)
17	1	CP0008	CUT PIECE CREPE 7/16 x 2 x (4)
18	2	CP0009	CUT PIECE, UHMW, 1/4 x 1 1/4 x (7 3/8)
19	4	BO-ABENCH-9-000	CABLE ASSY, BO-ABENCH-9-000
20	1	PD1211	PAD, 12 5/16 x 16 x 29 1/2, 4 HOLES
21	1	PD1212	PAD, HEAD, 9 3/4 x 12 1/16 x 18 1/2, 4 HOLES
22	4	FA1048	'U' BOLT (WITH NUTS)
23	8	FA1067	BOLT, BUTTON HEAD, 5/16-18 x 1/2
24	4	FA1072	BOLT, BUTTON HEAD, 5/16-18 x 1 1/2
25	4	FA1074	BOLT, BUTTON HEAD, 5/16-18 x 3
26	2	FA1075	BOLT, BUTTON HEAD, 1/2-13 x 1
27	2	FA1094	TEK SCREW, #8 x 3/4
28	8	FA1106	WASHER, FLAT, 5/16 ID x 11/16 OD
29	2	FA1109	WASHER, FLAT, 1/2 ID x 1 1/16 OD
30	8	FA1116	WASHER, SPLIT, 5/16 ID
31	2	FA1119	WASHER, SPLIT, 1/2 ID
32	2	FA1123	STEEL SPACER, 5/8 OD x 1/2 ID x (3/8)
33	2	FA1134	NUT, HEX, THIN, 1/2-13
34	2	FA1153	CABLE END COVER, TAPPED

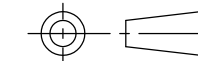
WEIGHT: 150 LBS.

UNLESS OTHERWISE SPECIFIED DIMENSIONS ARE IN INCHES

TOLERANCES ARE:

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

THIRD ANGLE PROJECTION



DO NOT SCALE DRAWING

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

APPROVALS	DATE	TITLE	SCALE
DESIGNED BY AA	11/96	ABENCH CLASSIC	1:8
MODELED BY RSG	10/99		SHEET 1 OF 1
DRAWN BY VLE	07/03	SIZE B	REV A
APPROVED BY		DWG. NO. AB100-EXP	

AB100 Abench Classic

Part Number	Description	Bubble Number
CWAB100SA1-211	ASSY,FRAME,AB100,SKY WHITE	1.01
CWAB100SA1-221	ASSY,FRAME,AB100,BLACK	1.02
CWAB100SA1-231	ASSY,FRAME,AB100,RED	1.03
CWAB100SA1-241	ASSY,FRAME,AB100,PLAT SPRKLE	1.04
CWAB100SA1-251	ASSY,FRAME,AB100,SILVER	1.05
CWAB100SA1-261	ASSY,FRAME,AB100,BLUE	1.06
CWAB100SA1-271	ASSY,FRAME,AB100,CHARCOAL	1.07
CWAB100SA1-281	ASSY,FRAME,AB100,CATH GRAY	1.08
CWAB100SA1-291	ASSY,FRAME,AB100,SILVER VIEN	1.09
CWAB100SA1-311	ASSY,FRAME,AB100,STONE HG	1.11
CWAB100SA1-321	ASSY,FRAME,AB100,TITANIUM HG	1.12
CWAB100SA1-331	ASSY,FRAME,AB100,WHITE GLOSS	1.13
CWAB100SA1-341	ASSY,FRAME,AB100,BLACK ONYX	1.14
CWAB100SA1-351	ASSY,FRAME,AB100,LT. BRONZE	1.15
CWAB100SA1-361	ASSY,FRAME,AB100,SAPPHIRE BL	1.16
CWAB100SA2-211	ASSY,HANDLE,AB100,SKY WHITE	2.01
CWAB100SA2-221	ASSY,HANDLE,AB100,BLACK	2.02
CWAB100SA2-231	ASSY,HANDLE,AB100,RED	2.03
CWAB100SA2-241	ASSY,HANDLE,AB100,PLAT SPRKLE	2.04
CWAB100SA2-251	ASSY,HANDLE,AB100,SILVER	2.05
CWAB100SA2-261	ASSY,HANDLE,AB100,BLUE	2.06
CWAB100SA2-271	ASSY,HANDLE,AB100,CHARCOAL	2.07
CWAB100SA2-281	ASSY,HANDLE,AB100,CATH GRAY	2.08
CWAB100SA2-291	ASSY,HANDLE,AB100,SILVER VIEN	2.09
CWAB100SA2-311	ASSY,HANDLE,AB100,STONE HG	2.11
CWAB100SA2-321	ASSY,HANDLE,AB100,TITANIUM HG	2.12
CWAB100SA2-331	ASSY,HANDLE,AB100,WHITE GLOSS	2.13
CWAB100SA2-341	ASSY,HANDLE,AB100,BLACK ONYX	2.14
CWAB100SA2-351	ASSY,HANDLE,AB100,LIGHT BRONZE	2.15
CWAB100SA2-361	ASSY,HANDLE,AB100,SAPPHIRE BLUE	2.16
CW30061-101	LABEL,INSTRUCTION,AB100	3
CW12404-101	CAP, GUIDE ROD,DIA 3/4, BLK	4
CWCLAC1163-901	CAP,DIP MOLDED,DIA 3/8	7
CWAC222-901	ASSY, SHAFT END CAP W/SET SCREWS, D	10
CWPF1419-711	BAR, STEEL RND, CHM,DIA 1 1/4" X (2	11
CWGR0422-000	GRIP,FOAM, ID 1.00, OD 1.60 X 22	14
CW30015-101	CUT PIECE, UHMW, 1/4 X 1 X 7 3/8	16
CW30014-105	CUT PIECE, CREPE, 7/16 X 2 X 4	17
CW30015-102	CUT PIECE, UHMW, 1/4 X 1 1/4 X 7 3/	18
CWCLBW009-000	ASSY, CABLE, ABENCH	19
CWPD1211A-101	PAD,12-5/16X16X29.5,4HLS,BLACK	20.01
CWPD1211A-102	PAD,12-5/16X16X29.5,4HLS,RYL BL	20.02
CWPD1211A-103	PAD,12-5/16X16X29.5,4HLS,DV GRY	20.03
CWPD1211A-104	PAD,12-5/16X16X29.5,4HLS,CROCUS	20.04
CWPD1211A-105	PAD,12-5/16X16X29.5,4HLS,GROTTO	20.05
CWPD1211A-106	PAD,12-5/16X16X29.5,4HLS,GRPHTE	20.06
CWPD1211A-107	PAD,12-5/16X16X29.5,4HLS,RED	20.07
CWPD1211A-108	PAD,12-5/16X16X29.5,4HLS,CH GRN	20.08
CWPD1211A-109	PAD,12-5/16X16X29.5,4HLS,TURQSE	20.09

CWPD1211A-110	PAD,12-5/16X16X29.5,4HLS,RASP	20.1
CWPD1211A-111	PAD,12-5/16X16X29.5,4HLS,PLUM	20.11
CWPD1211A-112	PAD,12-5/16X16X29.5,4HLS,REGMNT	20.12
CWPD1211A-113	PAD,12-5/16X16X29.5,4HLS,SP BLUE	20.13
CWPD1211A-115	PAD,12-5/16X16X29.5,4HLS,BLK LTH	20.15
CWPD1211A-116	PAD,12-5/16X16X29.5,4HLS,NB LTH	20.16
CWPD1211A-117	PAD,12-5/16X16X29.5,4HLS,PUTTY	20.17
CWPD1211A-118	PAD,12-5/16X16X29.5,4HLS,IMPRL BL	20.18
CWPD1211A-119	PAD,12-5/16X16X29.5,4HLS,YEW GRN	20.19
CWPD1211A-120	PAD,12-5/16X16X29.5,4HLS,DSTY JD	20.2
CWPD1211A-121	PAD,12-5/16X16X29.5,4HLS,TER COT	20.21
CWPD1211A-122	PAD,12-5/16X16X29.5,4HLS,PAPRIKA	20.22
CWPD1211A-123	PAD,12-5/16X16X29.5,4HL,ASH LTHR	20.23
CWPD1211A-124	PAD,12-5/16X16X29.5,4HL,CERULAN LTH	20.24
CWPD1211A-125	PAD,12-5/16X16X29.5,4HL,CHARCL LTH	20.25
CWPD1211A-126	PAD,12-5/16X16X29.5,4HL,HUNTER LTHR	20.26
CWPD1211A-127	PAD,12-5/16X16X29.5,4HL,MOSS LTHR	20.27
CWPD1211A-128	PAD,12-5/16X16X29.5,4HL,SPICE LTHR	20.28
CWPD1211A-129	PAD,12-5/16X16X29.5,4HL,TOMATO LTHR	20.29
CWPD1212B-101	PAD,9.75X12.06X18.5,4HL,W/BP,BLACK	21.01
CWPD1212B-102	PAD,9.75X12.06X18.5,4HL,W/BP,RY BL	21.02
CWPD1212B-103	PAD,9.75X12.06X18.5,4HL,W/BP,DV GR	21.03
CWPD1212B-104	PAD,9.75X12.06X18.5,4HL,W/BP,CRCUS	21.04
CWPD1212B-105	PAD,9.75X12.06X18.5,4HL,W/BP,GROTT	21.05
CWPD1212B-106	PAD,9.75X12.06X18.5,4HL,W/BP,GRPHT	21.06
CWPD1212B-107	PAD,9.75X12.06X18.5,4HL,W/BP,RED	21.07
CWPD1212B-108	PAD,9.75X12.06X18.5,4HL,W/BP,CH GR	21.08
CWPD1212B-109	PAD,9.75X12.06X18.5,4HL,W/BP,TURQS	21.09
CWPD1212B-110	PAD,9.75X12.06X18.5,4HL,W/BP,RASP	21.1
CWPD1212B-111	PAD,9.75X12.06X18.5,4HL,W/BP,PLUM	21.11
CWPD1212B-112	PAD,9.75X12.06X18.5,4HL,W/BP,RGMNT	21.12
CWPD1212B-113	PAD,9.75X12.06X18.5,4HL,W/BP,SPC BL	21.13
CWPD1212B-115	PAD,9.75X12.06X18.5,4HL,W/BP,BLK LT	21.15
CWPD1212B-116	PAD,9.75X12.06X18.5,4HL,W/BP,NBL LT	21.16
CWPD1212B-117	PAD,9.75X12.06X18.5,4HL,W/BP,PUTTY	21.17
CWPD1212B-118	PAD,9.75X12.06X18.5,4HL,W/BP,IMP BL	21.18
CWPD1212B-119	PAD,9.75X12.06X18.5,4HL,W/BP,YW GRN	21.19
CWPD1212B-120	PAD,9.75X12.06X18.5,4HL,W/BP,DST JD	21.2
CWPD1212B-121	PAD,9.75X12.06X18.5,4HL,W/BP,TRA CT	21.21
CWPD1212B-123	PAD,9.75X12.06X18.5,4HL,W/BP,ASH LT	21.23
CWPD1212B-124	PD,9.75X12.06X18.5,4H,W/BP,CRLN LTH	21.24
CWPD1212B-125	PD,9.75X12.06X18.5,4H,W/BP,CHRCL LT	21.25
CWPD1212B-126	PD,9.75X12.06X18.5,4H,W/BP,HNTR LTH	21.26
CWPD1212B-127	PD,9.75X12.06X18.5,4H,W/BP,MOSS LTH	21.27
CWPD1212B-128	PD,9.75X12.06X18.5,4H,W/BP,SPCE LTH	21.28
CWPD1212B-129	PD,9.75X12.06X18.5,4H,W/BP,TMTO LTH	21.29
CWTAYN031-050	SCREW, BUTTON HEAD, BLK XYLAN,5/16	23
CWTAYN031-150	SCREW, BUTTON HEAD, BLK XYLAN,5/16	24
CWTAYN031-300	SCREW, BUTTON HEAD, BLK XYLAN,5/16	25
CWTAYN050-100	SCREW, BUTTON HEAD, BLK XYLAN, 1/2	26
CWPJCN016-075	SCREW, S/T, #8 X 3/4, WASHER HEAD,	27

CWWBKN031-007	WASHER, FLAT, TYPE A, SAE, 5/16 ID	28
CWWBKN050-010	WASHER, FLAT, TYPE A, SAE, 1/2 ID X	29
CWWALYN031-008	WASHER, SPLIT, 5/16 ID, BL	30
CWWALYN050-013	WASHER, SPLIT, 1/2 ID, BLK XYLAN	31
CWFA1123-901	SPACER, STEEL, 5/8 OD X 1/2 ID X 3/8	32
CWKPYN050-031	NUT, HEX THIN, UNC, 1/2-13, BLK XYL	33
CWCLFA1153-741	CAP, BULLET SHAPED, TAPPED	34
CW31757-102	LABEL, PRECOR USA	35
CW31758-102	LABEL, ABENCH LINE	36
CWAC1074-101	LABEL, PATENT NUMBERS, ABENCH	37
CW30010-101	LABEL, WARNING STRENGTH	38
CW30061-101	LABEL, INSTRUCTION, AB100	39
CW50110-101	COVER ABENCH LEFT & RIGHT	45
CWAC1179-101	FLOOR PROTECTOR, RUBBER, 4.813 X 2.	501
CWAC1224-101	FLOOR PROTECTOR, RUBBER, 2.563 X 9.	502