



WEIGHT: 355 LBS.

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

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	AB101-SA-1	AB101 MAIN FRAME ASSY
2	1	AB101-SA-2	AB101 'A' FRAME ASSY
3	1	AB101-SA-3	AB101 HANDLE ASSY
4	1	AC0AB101B	LABEL, INSTRUCTION, "ABENCH PRO AB100P"
5	5	AC1009	PULLEY, 4 1/2" DIA x 1/2" ID
6	3	AC1040	CAP, GUIDE ROD, DIA. 3/4
7	2	AC1057	CAP, BLACK PLASTIC, 2 x 4
8	2	AC1148	WEIGHT STACK BUMPER
9	1	AC1162	LABEL, ABENCH SERIAL NUMBER
10	2	AC1163	CAP, DIP MOLDED, DIA. 3/8
11	3	AC1184	LABEL, "THE ABENCH PRO", 3 1/2 x 10 1/4
12	2	AC1226-12	RUBBERGRIP, DIA 1 x (10)
13	2	AC218	HANDLE END CAP W/SET SCREWS, DIA 1"
14	2	AC219	HANDLE RETAINER RING W/SET SCREW, 1.040" I.D.
15	2	AC222	SHAFT END CAP W/SET SCREWS, DIA 1"
16	4	BO-ABENCH-9-000	CABLE ASSY, BO-ABENCH-9-000
17	2	CH1212	GUIDE ROD, 3/4 x 42 5/8 (#4)
18	2	CH1419	STEEL BAR RND, DIA. 1 1/4" x (20), 1 TAPPED HOLE
19	1	CP0003-1	COVER, ABS, PRE-CUT & BENT, LEFT
20	1	CP0003-2	COVER, ABS, PRE-CUT & BENT, RIGHT
21	1	CP0004	FOAM GRIP, LEFT, 1.6 OD x 1 ID x (22)
22	1	CP0004	FOAM GRIP, RIGHT, 1.6 OD x 1 ID x (22)
23	2	CP0005	CUT PIECE, UHMW, 1/4 x 1 x (7 3/8)
24	2	CP0009	CUT PIECE, UHMW, 1/4 x 1 1/4 x (7 3/8)
25	1	CP1056	CUT PIECE, CREPE, 7/16 x 2 7/8 x 4 1/2
26	1	GP-AB101-123-625	CABLE ASSY, GP-AB101-123-625
27	1	PD1211	PAD, 12 5/16 x 16 x 29 1/2, 4 HOLES
28	1	PD1212	PAD, HEAD, 9 3/4 x 12 1/16 x 18 1/2, 4 HOLES
29	1	PF1016	STEEL BAR FLAT CR/HR, 3/8 x 2 x (8 1/4)
30	1	WS0750	WEIGHT STACK, 15 PLATES, 75 LBS.
31	4	FA1011	BOLT, HEX HEAD, BLK, 1/2-13 x 1
32	9	FA1035	NUT, HEX, ACORN, 1/2-13
33	4	FA1048	'U' BOLT (WITH NUTS)
34	2	FA1055	NUT, INSERT, 5/16-18
35	1	FA1064	ROD END, FEMALE, STEEL, ZINC, CAD, R.H.T.
36	8	FA1067	BOLT, BUTTON HEAD, 5/16-18 x 1/2
37	6	FA1072	BOLT, BUTTON HEAD, 5/16-18 x 1 1/2
38	4	FA1074	BOLT, BUTTON HEAD, 5/16-18 x 3
39	2	FA1075	BOLT, BUTTON HEAD, 1/2-13 x 1
40	2	FA1094	TEK SCREW, #8 x 3/4
41	5	FA1101	STUD, 1/2-13 x 2 1/2
42	10	FA1106	WASHER, FLAT, 5/16 ID x 11/16 OD
43	6	FA1109	WASHER, FLAT, 1/2 ID x 1 1/16 OD
44	10	FA1116	WASHER, SPLIT, 5/16 ID
45	15	FA1119	WASHER, SPLIT, 1/2 ID
46	2	FA1123	STEEL SPACER, 5/8 OD x 1/2 ID x (3/8)
47	2	FA1134	NUT, HEX, THIN, 1/2-13
48	1	FA1149	BOLT, SHOULDER, 3/8-16 x 1/2 x 1
49	2	FA1153	CABLE END COVER, TAPPED

UNLESS OTHERWISE SPECIFIED DIMENSIONS ARE IN INCHES		ICARIAN FITNESS PRODUCTS INTERNATIONAL		SCALE 1:10
TOLERANCES ARE: FRACTIONS ± 1/32 DECIMALS .XX ± .01 ANGLES ± 1°		ICARIAN FLITE ABENCH JADE STRETCH CENTER 12660 BRANFORD ST. SUN VALLEY, CA. 91352		
THIRD ANGLE PROJECTION	APPROVALS	DATE	TITLE ABENCH PRO	
DO NOT SCALE DRAWING	DESIGNED BY AA	10/96	SIZE B DWG. NO. AB101-EXP	
	MODELED BY RSG	10/99		
	DRAWN BY VLE	07/03	REV A	
	APPROVED BY			

AB101 Abench Pro

Part Number	Description	Bubble Number
CWAB101SA1-211	ASSY,FRAME,MAIN,AB101,SKY WHITE	1.01
CWAB101SA1-221	ASSY,FRAME,MAIN,AB101,BLACK	1.02
CWAB101SA1-231	ASSY,FRAME,MAIN,AB101,RED	1.03
CWAB101SA1-241	ASSY,FRAME,MAIN,AB101,PLAT SPRKLE	1.04
CWAB101SA1-251	ASSY,FRAME,MAIN,AB101,SILVER	1.05
CWAB101SA1-261	ASSY,FRAME,MAIN,AB101,BLUE	1.06
CWAB101SA1-271	ASSY,FRAME,MAIN,AB101,CHARCOAL	1.07
CWAB101SA1-281	ASSY,FRAME,MAIN,AB101,CATH GRAY	1.08
CWAB101SA1-291	ASSY,FRAME,MAIN,AB101,SILVER VIEN	1.09
CWAB101SA1-311	ASSY,FRAME,MAIN,AB101,STONE HG	1.11
CWAB101SA1-321	ASSY,FRAME,MAIN,AB101,TITANIUM HG	1.12
CWAB101SA1-331	ASSY,FRAME,MAIN,AB101,WHITE GLOSS	1.13
CWAB101SA1-341	ASSY,FRAME,MAIN,AB101,BLACK ONYX	1.14
CWAB101SA1-351	ASSY,FRAME,MAIN,AB101,LT. BRONZE	1.15
CWAB101SA1-361	ASSY,FRAME,MAIN,AB101,SAPPHIRE BL	1.16
CWAB101SA2-211	ASSY,A-FRAME,AB101,SKY WHITE	2.01
CWAB101SA2-221	ASSY,A-FRAME,AB101,BLACK	2.02
CWAB101SA2-231	ASSY,A-FRAME,AB101,RED	2.03
CWAB101SA2-241	ASSY,A-FRAME,AB101,PLAT SPRKLE	2.04
CWAB101SA2-251	ASSY,A-FRAME,AB101,SILVER	2.05
CWAB101SA2-261	ASSY,A-FRAME,AB101,BLUE	2.06
CWAB101SA2-271	ASSY,A-FRAME,AB101,CHARCOAL	2.07
CWAB101SA2-281	ASSY,A-FRAME,AB101,CATH GRAY	2.08
CWAB101SA2-291	ASSY,A-FRAME,AB101,SILVER VIEN	2.09
CWAB101SA2-311	ASSY,A-FRAME,AB101,STONE HG	2.11
CWAB101SA2-321	ASSY,A-FRAME,AB101,TITANIUM HG	2.12
CWAB101SA2-331	ASSY,A-FRAME,AB101,WHITE GLOSS	2.13
CWAB101SA2-341	ASSY,A-FRAME,AB101,BLACK ONYX	2.14
CWAB101SA2-351	ASSY,A-FRAME,AB101,LT. BRONZE	2.15
CWAB101SA2-361	ASSY,A-FRAME,AB101,SAPPHIRE BL	2.16
CWAB101SA3-211	ASSY,HANDLE,AB101,SKY WHITE	3.01
CWAB101SA3-221	ASSY,HANDLE,AB101,BLACK	3.02
CWAB101SA3-231	ASSY,HANDLE,AB101,RED	3.03
CWAB101SA3-241	ASSY,HANDLE,AB101,PLAT SPKLE	3.04
CWAB101SA3-251	ASSY,HANDLE,AB101,SILVER	3.05
CWAB101SA3-261	ASSY,HANDLE,AB101,BLUE	3.06
CWAB101SA3-271	ASSY,HANDLE,AB101,CHARCOAL	3.07
CWAB101SA3-281	ASSY,HANDLE,AB101,CATH GRY	3.08
CWAB101SA3-291	ASSY,HANDLE,AB101,SILVER VIEN	3.09
CWAB101SA3-311	ASSY,HANDLE,AB101,STONE HG	3.11
CWAB101SA3-321	ASSY,HANDLE,AB101,TITANIUM HG	3.12
CWAB101SA3-331	ASSY,HANDLE,AB101,WHITE GLOSS	3.13
CWAB101SA3-341	ASSY,HANDLE,AB101,BLACK ONYX	3.14
CWAB101SA3-351	ASSY,HANDLE,AB101,LIGHT BRONZE	3.15
CWAB101SA3-361	ASSY,HANDLE,AB101,SAPPHIRE BLUE	3.16
CW30062-101	LABEL,INSTRUCTION,AB101	4
CWAC1009-101	PULLEY, 4 1/2 DIA. X 1/2 ID	5
CW12404-101	CAP, GUIDE ROD,DIA 3/4, BLK	6
CW11311-102	ENDCAP, REC TUBE, 2X4, BLK PLASTIC	7

CWAC1074-101	LABEL, PATENT NUMBERS, ABENCH	8
CW12402-101	BUMPER, WEIGHT STACK, BLK RUBBER	9
CWCLAC1163-101	CAP, DIP MOLDED, DIA 3/8", BLK	11
CWAC1184-101	LABEL,THE ABENCH PRO, 3.75X10.25	12
CWGR2610-000	GRIP,RUBBER, 1" DIA, 10"	13
CWAC218-901	HANDLE END CAP W/SET SCREWS, DIA 1"	14
CWAC219-902	HNDL RETAINER RNG, W/SS,1.040" I.D.	15
CWAC222-901	ASSY, SHAFT END CAP W/SET SCREWS, D	16
CWCLBW009-000	ASSY, CABLE, ABENCH	17
CWPF1212-711	GUIDE ROD, 3/4 X 42 5/8 (#4), CHM	18
CWPF1419-711	BAR, STEEL RND, CHM,DIA 1 1/4" X (2	19
CWGR0422-000	GRIP,FOAM, ID 1.00, OD 1.60 X 22	22
CW30015-101	CUT PIECE, UHMW, 1/4 X 1 X 7 3/8	24
CW30015-102	CUT PIECE, UHMW, 1/4 X 1 1/4 X 7 3/	25
CW30014-108	CUT PIECE, CREPE, 7/16 X 2 7/8 X 4	26
CWCLGP124-500	ASSY, CABLE, AB101	27
CWPD1211A-101	PAD,12-5/16X16X29.5,4HLS,BLACK	27.01
CWPD1211A-102	PAD,12-5/16X16X29.5,4HLS,RYL BL	27.02
CWPD1211A-103	PAD,12-5/16X16X29.5,4HLS,DV GRY	27.03
CWPD1211A-104	PAD,12-5/16X16X29.5,4HLS,CROCUS	27.04
CWPD1211A-105	PAD,12-5/16X16X29.5,4HLS,GROTTO	27.05
CWPD1211A-106	PAD,12-5/16X16X29.5,4HLS,GRPHTE	27.06
CWPD1211A-107	PAD,12-5/16X16X29.5,4HLS,RED	27.07
CWPD1211A-108	PAD,12-5/16X16X29.5,4HLS,CH GRN	27.08
CWPD1211A-109	PAD,12-5/16X16X29.5,4HLS,TURQSE	27.09
CWPD1211A-110	PAD,12-5/16X16X29.5,4HLS,RASP	27.1
CWPD1211A-111	PAD,12-5/16X16X29.5,4HLS,PLUM	27.11
CWPD1211A-112	PAD,12-5/16X16X29.5,4HLS,REGMNT	27.12
CWPD1211A-113	PAD,12-5/16X16X29.5,4HLS,SP BLUE	27.13
CWPD1211A-115	PAD,12-5/16X16X29.5,4HLS,BLK LTH	27.15
CWPD1211A-116	PAD,12-5/16X16X29.5,4HLS,NB LTH	27.16
CWPD1211A-117	PAD,12-5/16X16X29.5,4HLS,PUTTY	27.17
CWPD1211A-118	PAD,12-5/16X16X29.5,4HLS,IMPRL BL	27.18
CWPD1211A-119	PAD,12-5/16X16X29.5,4HLS,YEW GRN	27.19
CWPD1211A-120	PAD,12-5/16X16X29.5,4HLS,DSTY JD	27.2
CWPD1211A-121	PAD,12-5/16X16X29.5,4HLS,TER COT	27.21
CWPD1211A-122	PAD,12-5/16X16X29.5,4HLS,PAPRIKA	27.22
CWPD1211A-123	PAD,12-5/16X16X29.5,4HL,ASH LTHR	27.23
CWPD1211A-124	PAD,12-5/16X16X29.5,4HL,CERULAN LTH	27.24
CWPD1211A-125	PAD,12-5/16X16X29.5,4HL,CHARCL LTH	27.25
CWPD1211A-126	PAD,12-5/16X16X29.5,4HL,HUNTER LTHR	27.26
CWPD1211A-127	PAD,12-5/16X16X29.5,4HL,MOSS LTHR	27.27
CWPD1211A-128	PAD,12-5/16X16X29.5,4HL,SPICE LTHR	27.28
CWPD1211A-129	PAD,12-5/16X16X29.5,4HL,TOMATO LTHR	27.29
CWPD1212J-102	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.02
CWPD1212J-103	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.03
CWPD1212J-104	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.04
CWPD1212J-105	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.05
CWPD1212J-106	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.06
CWPD1212J-107	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.07
CWPD1212J-108	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.08

CWPD1212J-109	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.09
CWPD1212J-110	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.1
CWPD1212J-111	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.11
CWPD1212J-112	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.12
CWPD1212J-113	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.13
CWPD1212J-116	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.16
CWPD1212J-117	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.17
CWPD1212J-118	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.18
CWPD1212J-119	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.19
CWPD1212J-120	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.2
CWPD1212J-121	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.21
CWPD1212J-122	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.22
CWPD1212J-123	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.23
CWPD1212J-124	PD,9.75X12.06X18.5,4H,W/BP,W/SLIP,C	28.24
CWPD1212J-125	PD,9.75X12.06X18.5,4H,W/BP,W/SLIP,	28.25
CWPD1212J-126	PD,9.75X12.06X18.5,4H,W/BP,W/SLIP,H	28.26
CWPD1212J-127	PD,9.75X12.06X18.5,4H,W/BP,W/SLIP,M	28.27
CWPD1212J-128	PD,9.75X12.06X18.5,4H,W/BP,W/SLIP,S	28.28
CWPD1212J-129	PD,9.75X12.06X18.5,4H,W/BP,W/SLIP,T	28.29
CWPF1016-731	BAR,,FLAT CR/HR, 3/8 X 2 X 8 1/4, 3	30
CW30083-075	WEIGHT STACK,75 LBS,STP-S,14 X 05 L	31
CWHCYN050-100	SCREW,HEX HEAD,BLK XYLAN,1/2-13 X 1	32
CWKADLN050-081	NUT, ACORN, 1/2-13	33
CWBMCN019-050	BOLT, "U", GRADE 2, UNC, #10, 0.50"	34
CW12537-109	NUT,INSERT,THIN-NUT,LARGE FLANGE	35
CWCLFA1064-741	ROD END, FEMALE, STEEL, ZINC, CAD,	36
CWTAYN031-050	SCREW, BUTTON HEAD, BLK XYLAN,5/16	37
CWTAYN031-150	SCREW, BUTTON HEAD, BLK XYLAN,5/16	38
CWTAYN031-300	SCREW, BUTTON HEAD, BLK XYLAN,5/16	39
CWTAYN050-100	SCREW, BUTTON HEAD, BLK XYLAN, 1/2	40
CWPJCN016-075	SCREW, S/T, #8 X 3/4, WASHER HEAD,	41
CWBFNN050-250	STUD, 1/2-13 X 2 1/2	42
CWWBKN031-007	WASHER, FLAT, TYPE A, SAE, 5/16 ID	43
CWWBKN050-010	WASHER, FLAT, TYPE A, SAE, 1/2 ID X	44
CWWALYN031-008	WASHER, SPLIT, 5/16 ID, BL	45
CWWALYN050-013	WASHER, SPLIT, 1/2 ID, BLK XYLAN	46
CWFA1123-901	SPACER, STEEL,5/8 OD X 1/2 ID X 3/8	47
CWKPYN050-031	NUT, HEX THIN, UNC, 1/2-13, BLK XYL	48
CWRANN038-100	BOLT, SHOULDER, 3/8-16 X 1/2 X 1	49
CWCLFA1153-741	CAP, BULLET SHAPED, TAPPED	50
CWKMLN019-015	NUT,HEX,10-24 UNC,NICKEL PLATED	51
CWHCYN050-200	SCREW, HEX HEAD, BLK XYLAN, 1/2-13	52
CW30010-101	LABEL,WARNING STRENGTH	53
CW30062-101	LABEL,INSTRUCTION,AB101	54
CW31757-102	LABEL, PRECOR USA	55
CWAC1074-101	LABEL, PATENT NUMBERS, ABENCH	57
CW50110-101	COVER ABENCH LEFT & RIGHT	60
CW10505-721	ASSY, PLATE, WEIGHT, 05 LBS, WRKL B	200
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
CW10535-722	PLATE, WEIGHT, SMALLTOP (STP-S), 0	281
CW30130-711	SELECTOR STEM, 15 PLATE,0 .875 DIA,	304
CW30011-101	LABEL,WARNING WEIGHT STACK	311
CW12401-102	LABEL, WEIGHT PLATE, 10 LBS/ 4.6 KG	315
CW12401-104	LABEL, WEIGHT PLATE, 15 LBS/ 6.8 KG	317
CW12401-106	LABEL, WEIGHT PLATE, 20 LBS/ 8 KG	319
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
CW12537-109	NUT,INSERT,THIN-NUT,LARGE FLANGE	400
CW30126-101	LABEL,VINYL, PRECOR, 3.25 X 18.0	401
CWPF3143-211	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.01
CWPF3143-221	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.02
CWPF3143-231	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.03
CWPF3143-241	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.04
CWPF3143-251	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.05
CWPF3143-261	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.06
CWPF3143-271	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.07
CWPF3143-281	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.08
CWPF3143-291	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.09
CWPF3143-311	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.11
CWPF3143-321	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.12
CWPF3143-331	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.13
CWPF3143-341	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.14
CWPF3143-351	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.15
CWPF3143-361	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.16
CWPF3143-711	SHROUD,SHEET,STEEL,3/32 THICK,4 BEN	402.17
CWPF3144-721	SHROUD BRKT,PLATE,STEEL,1/8 THICK,1	403
CWPF3145-721	SHROUD BRKT,PLATE,STEEL,1/8 THICK,2	404
CWTAYN031-100	SCREW, BUTTON HEAD, BLK XYLAN, 5/1	405
CWWALYN031-008	WASHER, SPLIT, 5/16 ID, BL	406
CWWBKN031-007	WASHER, FLAT, TYPE A, SAE, 5/16 ID	407
CWAC1177-101	FLOOR PROTECTOR, RUBBER, 4.563 X 4.	501
CWAC1178-101	FLOOR PROTECTOR, RUBBER, 2.563 X 6.	502