



WEIGHT: 170 LBS.

REVISIONS				
REV	ECN #	DESCRIPTION	REV. BY/DATE	APR. BY
A	-----	INITIAL RELEASE	10/1998	

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	AB102-SA-1	AB102 FRAME ASSY
2	1	AB102-SA-2	AB102 HANDLE ASSY
3	1	AB102-SA-3	WEIGHT HOLDER ASSY, ANGLE CUT
4	1	AC0AB102B	LABEL, INSTRUCTION, "ABENCH AB102"
5	1	AC1040	CAP, GUIDE ROD, DIA. 3/4
6	4	AC1057	CAP, BLACK PLASTIC, 2 x 4
7	2	AC1148	WEIGHT STACK BUMPER
8	1	AC1162	LABEL, ABENCH SERIAL NUMBER
9	2	AC1163	CAP, DIP MOLDED, DIA. 3/8
10	2	AC1166	LABEL, "THE ABENCH", 1 5/8 x 3 5/8
11	1	AC1167	LABEL, "THE ABENCH", 3 1/2 x 8
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	2	CH1419	STEEL BAR RND, DIA. 1 1/4" x (20), 1 TAPPED HOLE
17	1	CP0003-2	COVER, ABS, PRE-CUT & BENT, RIGHT
18	1	CP0003-1	COVER, ABS, PRE-CUT & BENT, LEFT
19	1	CP0004	FOAM GRIP, LEFT, 1.6 OD x 1 ID x (22)
20	1	CP0004	FOAM GRIP, RIGHT, 1.6 OD x 1 ID x (22)
21	2	CP0005	CUT PIECE, UHMW, 1/4 x 1 x (7 3/8)
22	1	CP0008	CUT PIECE CREPE 7/16 x 2 x (4)
23	2	CP0009	CUT PIECE, UHMW, 1/4 x 1 1/4 x (7 3/8)
24	1	CP1002	CUT PIECE, CREPE, 1/4 x 2 ID x 4 1/4 OD
25	2	CP1076	CUT PIECE, ABS ANGLE, 3/32 x 2 x 4 x 10
26	4	BO-ABENCH-9-000	CABLE ASSY, BO-ABENCH-9-000
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	PF3038	STEEL BAR RND, DIA. 1 1/4" x (14 1/2), 1 HOLE TAPPED
30	1	FA1034	NUT, HEX, ACORN, 5/16-18
31	4	FA1048	'U' BOLT (WITH NUTS)
32	8	FA1067	BOLT, BUTTON HEAD, 5/16-18 x 1/2
33	4	FA1072	BOLT, BUTTON HEAD, 5/16-18 x 1 1/2
34	4	FA1074	BOLT, BUTTON HEAD, 5/16-18 x 3
35	3	FA1075	BOLT, BUTTON HEAD, 1/2-13 x 1
36	1	FA1080	BOLT, BUTTON HEAD, 5/16-18 x 2 1/2
37	3	FA1094	TEK SCREW, #8 x 3/4
38	8	FA1106	WASHER, FLAT, 5/16 ID x 11/16 OD
39	3	FA1109	WASHER, FLAT, 1/2 ID x 1 1/16 OD
40	9	FA1116	WASHER, SPLIT, 5/16 ID
41	3	FA1119	WASHER, SPLIT, 1/2 ID
42	3	FA1123	STEEL SPACER, 5/8 OD x 1/2 ID x (3/8)
43	2	FA1134	NUT, HEX, THIN, 1/2-13
44	2	FA1153	CABLE END COVER, TAPPED

UNLESS OTHERWISE SPECIFIED DIMENSIONS ARE IN INCHES

TOLERANCES ARE:

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

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 RSG	10/99	ABENCH ADVANCED	1:8
MODELED BY RSG	10/99		SHEET 1 OF 1
DRAWN BY VLE	07/03	SIZE B	REV A
APPROVED BY		DWG. NO. AB102-EXP	

**AB102 Abench Advanced**

<b>Part Number</b>	<b>Description</b>	<b>Bubble Number</b>
CWAB102SA1-211	ASSY,FRAME,AB102,SKY WHITE	1.01
CWAB102SA1-221	ASSY,FRAME,AB102,BLACK	1.02
CWAB102SA1-231	ASSY,FRAME,AB102,RED	1.03
CWAB102SA1-241	ASSY,FRAME,AB102,PLAT SPRKLE	1.04
CWAB102SA1-251	ASSY,FRAME,AB102,SILVER	1.05
CWAB102SA1-261	ASSY,FRAME,AB102,BLUE	1.06
CWAB102SA1-271	ASSY,FRAME,AB102,CHARCOAL	1.07
CWAB102SA1-281	ASSY,FRAME,AB102,CATH GRAY	1.08
CWAB102SA1-291	ASSY,FRAME,AB102,SILVER VIEN	1.09
CWAB102SA1-311	ASSY,FRAME,AB102,STONE HG	1.11
CWAB102SA1-321	ASSY,FRAME,AB102,TITANIUM HG	1.12
CWAB102SA1-331	ASSY,FRAME,AB102,WHITE GLOSS	1.13
CWAB102SA1-341	ASSY,FRAME,AB102,BLACK ONYX	1.14
CWAB102SA1-351	ASSY,FRAME,AB102,LT. BRONZE	1.15
CWAB102SA1-361	ASSY,FRAME,AB102,SAPPHIRE BL	1.16
CWAB102SA2-211	ASSY,HANDLE,AB102,SKY WHITE	2.01
CWAB102SA2-221	ASSY,HANDLE,AB102,BLACK	2.02
CWAB102SA2-231	ASSY,HANDLE,AB102,RED	2.03
CWAB102SA2-241	ASSY,HANDLE,AB102,PLAT SPKLE	2.04
CWAB102SA2-251	ASSY,HANDLE,AB102,SILVER	2.05
CWAB102SA2-261	ASSY,HANDLE,AB102,BLUE	2.06
CWAB102SA2-271	ASSY,HANDLE,AB102,CHARCOAL	2.07
CWAB102SA2-281	ASSY,HANDLE,AB102,CATH GRY	2.08
CWAB102SA2-291	ASSY,HANDLE,AB102,SILVER VIEN	2.09
CWAB102SA2-311	ASSY,HANDLE,AB102,STONE HG	2.11
CWAB102SA2-321	ASSY,HANDLE,AB102,TITANIUM HG	2.12
CWAB102SA2-331	ASSY,HANDLE,AB102,WHITE GLOSS	2.13
CWAB102SA2-341	ASSY,HANDLE,AB102,BLACK ONYX	2.14
CWAB102SA2-351	ASSY,HANDLE,AB102,LIGHT BRONZE	2.15
CWAB102SA2-361	ASSY,HANDLE,AB102,SAPPHIRE BLUE	2.16
CWAB102SA3-211	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.01
CWAB102SA3-221	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.02
CWAB102SA3-231	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.03
CWAB102SA3-241	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.04
CWAB102SA3-251	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.05
CWAB102SA3-261	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.06
CWAB102SA3-271	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.07
CWAB102SA3-281	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.08
CWAB102SA3-291	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.09
CWAB102SA3-741	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.11
CWAB102SA3-321	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.12
CWAB102SA3-331	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.13
CWAB102SA3-341	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.14
CWAB102SA3-351	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.15
CWAB102SA3-361	ASSY,WEIGHT HOLDER,ANGLE CUT,AB102,	3.16
CW30063-101	LABEL,INSTRUCTION,AB102	4
CW12404-101	CAP, GUIDE ROD,DIA 3/4, BLK	5
CW11311-102	ENDCAP, REC TUBE, 2X4, BLK PLASTIC	6
CW12402-101	BUMPER, WEIGHT STACK, BLK RUBBER	7

CWGR2610-000	GRIP,RUBBER, 1" DIA, 10"	12
CWAC218-901	HANDLE END CAP W/SET SCREWS, DIA 1"	13
CWAC219-902	HNDL RETAINER RNG, W/SS,1.040" I.D.	14
CWAC222-901	ASSY, SHAFT END CAP W/SET SCREWS, D	15
CWPF1419-711	BAR, STEEL RND, CHM,DIA 1 1/4" X (2	16
CWGR0422-000	GRIP,FOAM, ID 1.00, OD 1.60 X 22	19
CW30015-101	CUT PIECE, UHMW, 1/4 X 1 X 7 3/8	21
CW30014-105	CUT PIECE, CREPE, 7/16 X 2 X 4	22
CW30015-102	CUT PIECE, UHMW, 1/4 X 1 1/4 X 7 3/	23
CWCP1002-101	CUT PIECE, CREPE, 1/4 X 2 ID X 4 1/	24
CWCP1076-101	CUT PIECE, ABS ANGLE, 3/32 X 2 X 4	25
CWCLBW009-000	ASSY, CABLE, ABENCH	26
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,GRPHT	27.06
CWPD1211A-107	PAD,12-5/16X16X29.5,4HLS,RED	27.07
CWPD1211A-108	PAD,12-5/16X16X29.5,4HLS,CH GRN	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-101	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.01
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	28.09
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-115	PAD,9.75X12.06X18.5,4HL,W/BP,W/SLIP	28.15
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
CWPF3038-741	BAR,STEEL, RND, DIA. 1 1/4" X (14 1	29
CWKADLN031-053	NUT, ACORN, 5/16-18	30
CWTAYN031-050	SCREW, BUTTON HEAD, BLK XYLAN,5/16	32
CWTAYN031-150	SCREW, BUTTON HEAD, BLK XYLAN,5/16	33
CWTAYN031-300	SCREW, BUTTON HEAD, BLK XYLAN,5/16	34
CWTAYN031-250	SCREW, BUTTON HEAD, BLK XYLAN, 5/	36
CWPJCN016-075	SCREW, S/T, #8 X 3/4, WASHER HEAD,	37
CWWBKN031-007	WASHER, FLAT, TYPE A, SAE, 5/16 ID	38
CWWBKN050-010	WASHER, FLAT, TYPE A, SAE, 1/2 ID X	39
CWWALYN031-008	WASHER, SPLIT, 5/16 ID, BL	40
CWFA1123-901	SPACER, STEEL,5/8 OD X 1/2 ID X 3/8	42
CW30010-101	LABEL,WARNING STRENGTH	45
CW31757-102	LABEL, PRECOR USA	46
CW31758-102	LABEL, ABENCH LINE	47
CWAC1074-101	LABEL, PATENT NUMBERS, ABENCH	48
CWWALYN050-013	WASHER, SPLIT, 1/2 ID, BLK XYLAN	49
CW50110-101	COVER ABENCH LEFT & RIGHT	55
CWAC1179-101	FLOOR PROTECTOR, RUBBER, 4.813 X 2.	501
CWAC1224-101	FLOOR PROTECTOR, RUBBER, 2.563 X 9.	502