

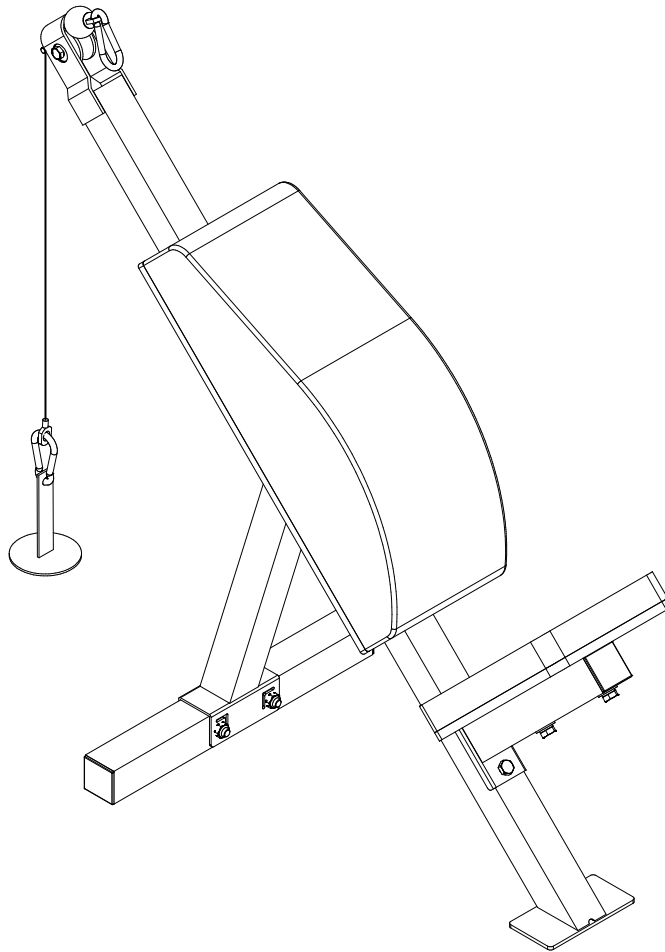
# POWERLINE <sup>USA</sup>

by *Body-Solid*

## PAB-21X

### AB-BENCH

### OWNER'S MANUAL



[WWW.BODYSOLID.COM](http://WWW.BODYSOLID.COM)

V 011811.A

**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for sign of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing.

**FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**

Keep clear of the cables and all moving parts when machine is in use. Always make sure all Snap Links are closed when doing and cable/pulley/strap exercises. Exercise with care. Perform you exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.

It is recommended that you should workout with a training partner.

Do not allow children or minors to play on or around this equipment.

If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service center at 1-800-556-3113.

**WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

## **WARNING**

### **Safety and Maintenance of Cables**

**IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage.

**Cable inspection should be performed daily.**

Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable.

**Replace any damaged or worn cable immediately.**

Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service  
**Call 1-800-556-3113**

**DO NOT REMOVE WARNING LABELS FROM  
MANUAL OR MACHINE**

# **PAB-21X**

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# PAB-21X

## SAFETY INSTRUCTIONS

**WHEN USING EXERCISE EQUIPMENT,  
YOU SHOULD ALWAYS TAKE BASIC  
PRECAUTIONS INCLUDING THE  
FOLLOWING:**

- Read all instructions before using the PAB-21X. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause serious injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

**PERSONAL SAFETY DURING ASSEMBLY**

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment
- Assemble and operate the PAB-21X on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PAB-21X is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Powerline Ab-Bench.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

**OBTAINING SERVICE**

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Powerline by Body Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Powerline website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Powerline dealer or a Powerline factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113  
Phone: 1-708-427-3555  
Fax: 1-708-427-3556  
Email: [service@bodysolid.com](mailto:service@bodysolid.com)

Or write to: Body-Solid, Inc.  
Service Department  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA

**RETAIN THIS OWNER'S MANUAL FOR  
FUTURE REFERENCE. PART NUMBERS  
ARE REQUIRED WHEN ORDERING PARTS.**

# PAB-21X

## PREPARATION

### REQUIRED TOOLS

The basic tools that you must obtain before assembling the PAB-21X include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench

### INSTALLATION REQUIREMENTS

Follow these installation requirements when assembling the PAB-21X:

Set up the PAB-21X on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

### ORDERING REPLACEMENT PARTS

If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

1. Model Number
2. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

### ASSEMBLY TIPS

Read all “Notes” on each page before beginning each step.

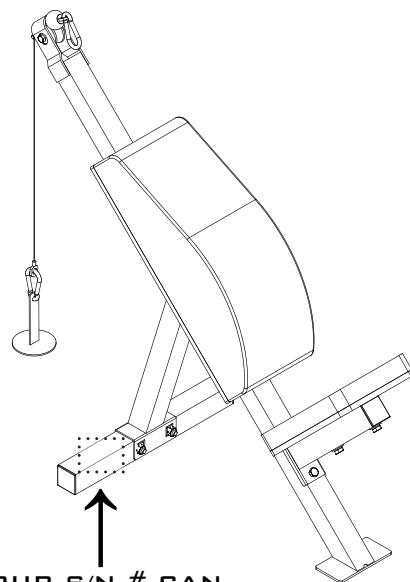
While you may be able to assemble the PAB-21X using the illustrations only, important safety notes and other tips may be included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

**NOTE:** The bottles that are marked “Poison” is your touch up paint. Keep away from children.

**CAUTION:** Obtain assistance! If you feel like you can't assemble the PAB-21X by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.



YOUR S/N # CAN  
BE FOUND HERE

# **PAB-21X**

## **HARDWARE LIST**

<u>PART #</u>	<u>SIZE</u>	<u>DESCRIPTION</u>	<u>QUANTITY</u>
1	M10X65mm	HEX HEAD BOLT	4 PCS.
2	M10X70mm	HEX HEAD BOLT	4 PCS.
3	M10X70mm	THUMB SCREW	1 PCS.
4	M10X20mm	HEX HEAD BOLT	2 PCS.
5	3/8"X2"	HEX HEAD BOLT	1 PCS.
6	M10	NYLON LOCK NUT	6 PCS.
7	3/8"	NYLON LOCK NUT	1 PCS.
8	M10 (I.D.)	WASHER	7 PCS.
9	M10	SPRING WASHER	5 PCS.
10	2"X2"	END CAP	3 PCS.
11	51.5mm dia.	PULLEY	1 PCS.
12	6mm dia.	SPRING SNAP LINK	2 PCS.
13	820mm	STEEL CABLE	1 PCS.
14		HARNESS	1 PCS.

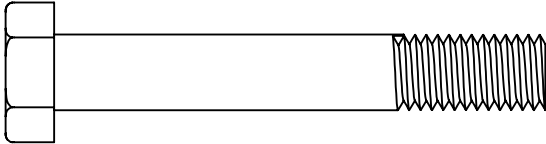
# PAB-21X

HARDWARE ILLUSTRATION

PART #1

M10X65 HEX HEAD BOLT

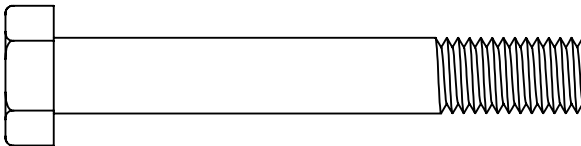
QTY. 4



PART #2

M10X70 HEX HEAD BOLT

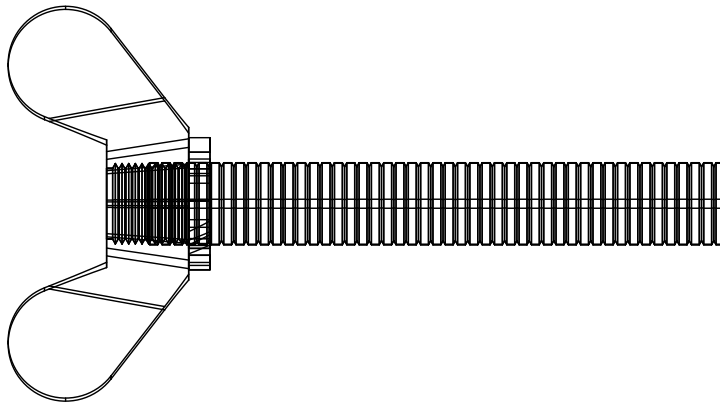
QTY. 4



PART #3

M10X70 THUMB SCREW

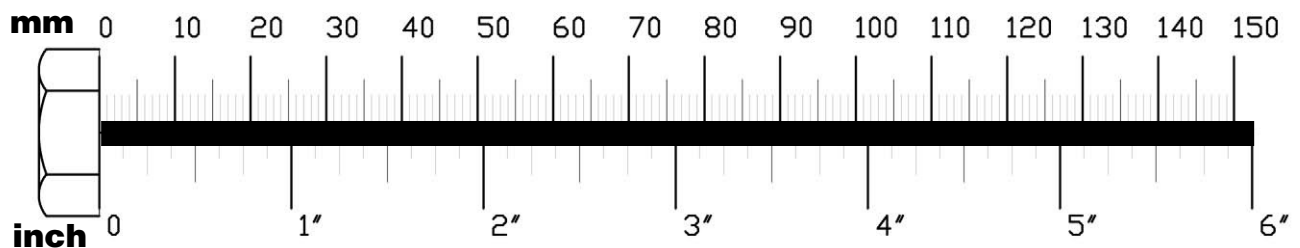
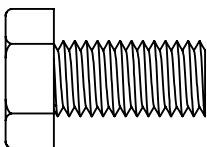
QTY. 1



PART #4

M10X20 HEX HEAD BOLT

QTY. 2



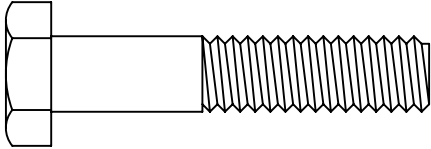
# PAB-21X

## HARDWARE ILLUSTRATION CONT.

PART #5

3/8" X 2" HEX HEAD BOLT

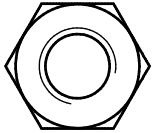
QTY. 1



PART #6

M10 NYLON LOCK NUT

QTY. 6



PART #7

3/8" NYLON LOCK NUT

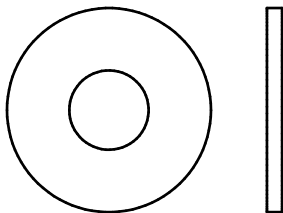
QTY. 1



PART #8

M10 WASHER

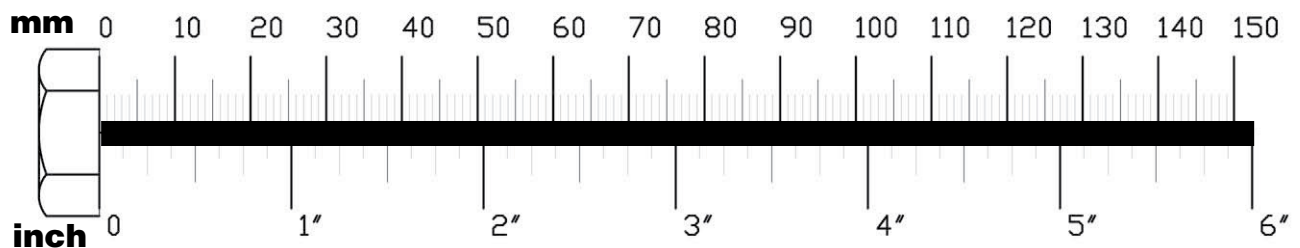
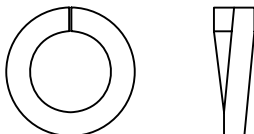
QTY. 7



PART #9

M10 SPRING WASHER

QTY. 5





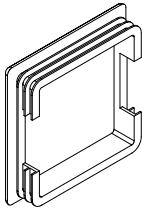
# PAB-21X

## HARDWARE ILLUSTRATION CONT.

PART # 10

2"X2" END CAP

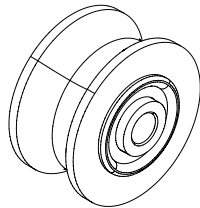
QTY. 3



PART # 11

51.5MM DIA. PULLEY

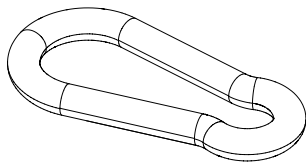
QTY. 2



PART # 12

6MM DIA. SPRING SNAP LINK

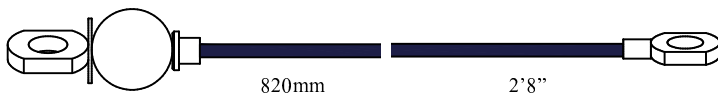
QTY. 2



PART # 13

820MM STEEL CABLE

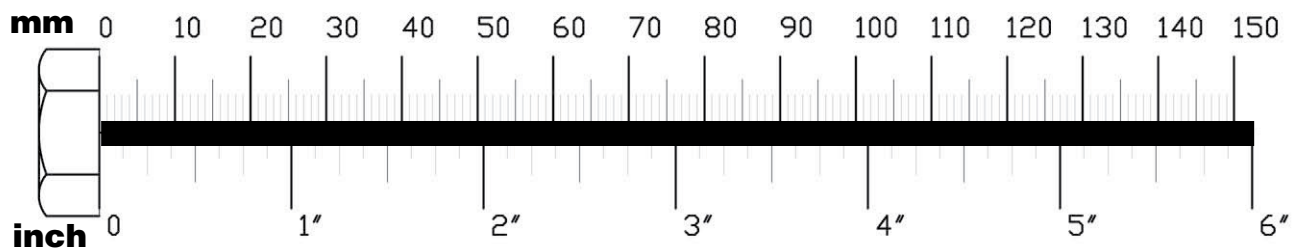
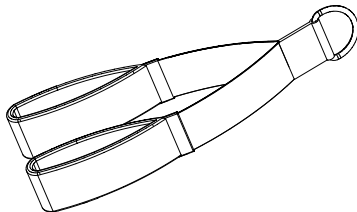
QTY. 1



PART # 14

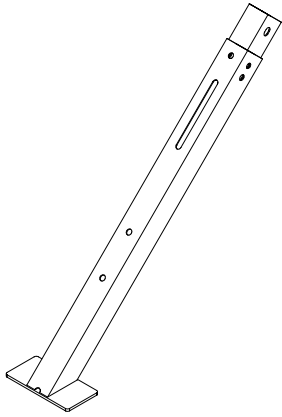
HARNESS

QTY. 1

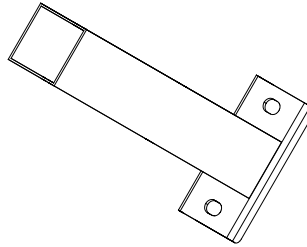


# PAB-21X

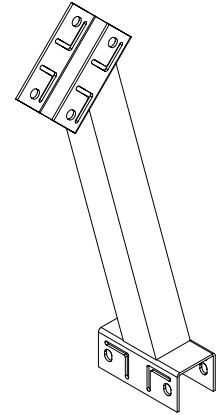
## PART LIST



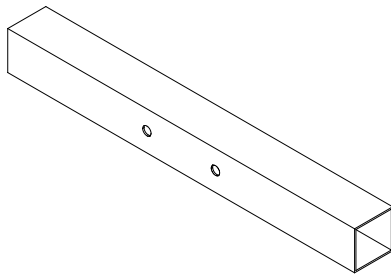
**PART A**  
LOWER MAINFRAME  
[1 PCS]



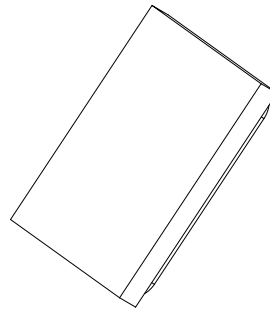
**PART B**  
SEAT FRAME  
[1 PCS]



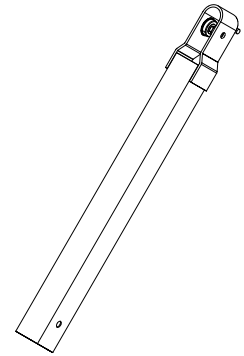
**PART C**  
MAINFRAME SUPPORT  
[1 PCS]



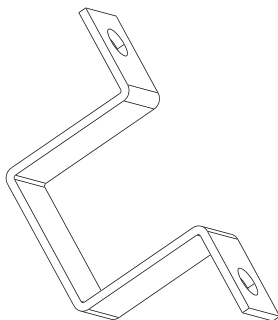
**PART D**  
BOTTOM MAINFRAME  
[1 PCS]



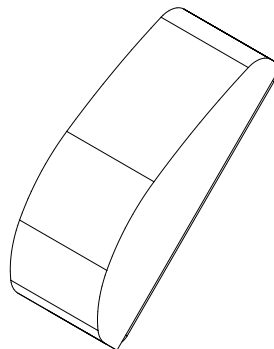
**PART E**  
SEAT PAD  
[1 PCS]



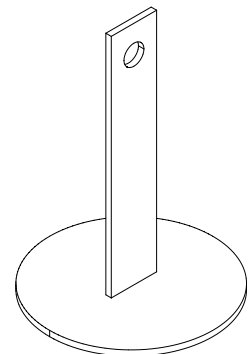
**PART F**  
UPPER MAINFRAME  
[1 PCS]



**PART G**  
BACK PAD HOLDER  
[1 PCS]



**PART H**  
BACK PAD  
[1 PCS]



**PART I**  
WEIGHT HOLDER  
[1 PCS]

**PAB-21X**  
NOTES

# PAB-21X

## STEP 1

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

**1 A. ATTACH SEAT FRAME (B) TO LOWER MAINFRAME (A) USING:**

2 - (#1) M10X65MM HEX HEAD BOLT

2 - (#8) M10 WASHER

2 - (#6) M10 NYLON LOCK NUT

**1 B. ATTACH SEAT PAD (E) TO SEAT FRAME (B) USING:**

2 - (#1) M10X65MM HEX HEAD BOLT

2 - (#9) M10 SPRING WASHER

2 - (#8) M10 WASHER

**1 C. ATTACH MAINFRAME SUPPORT (C) TO BOTTOM MAINFRAME (D) USING:**

2 - (#3) M10X70MM HEX HEAD BOLT

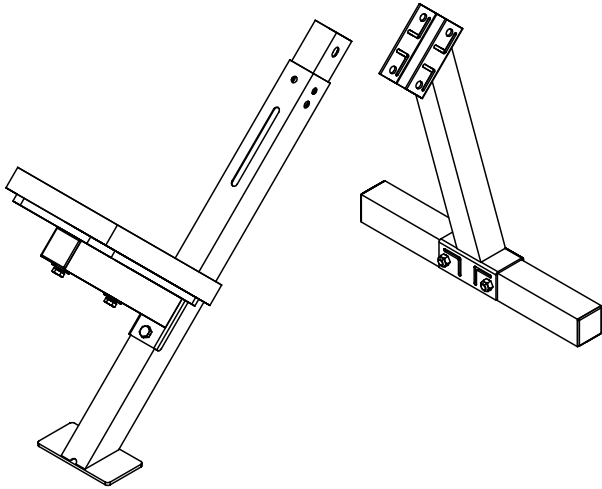
2 - (#6) M10 NYLON LOCK NUT

**1 D. ATTACH END CAPS TO END OF SEAT FRAME (B) AND TO BOTH ENDS OF BOTTOM MAINFRAME (D) USING:**

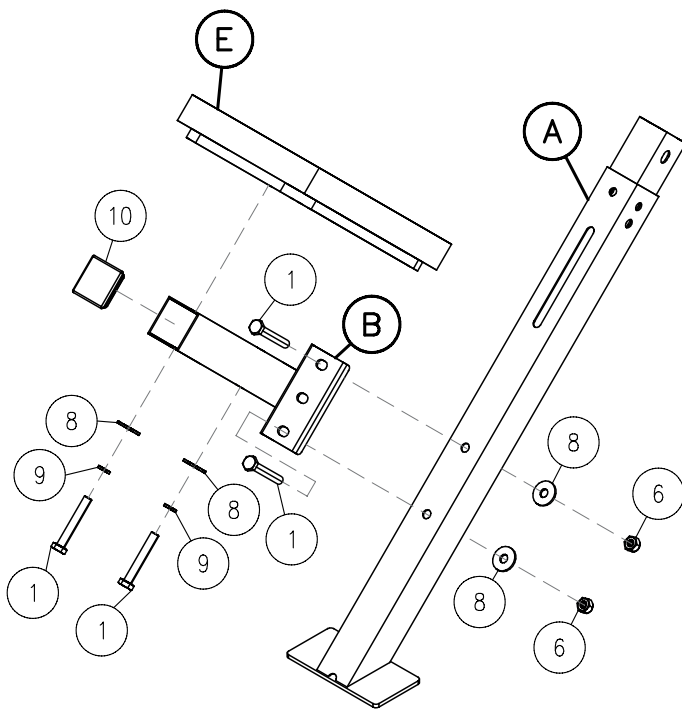
2 - (#10) 2"X2" END CAP

# PAB-21X

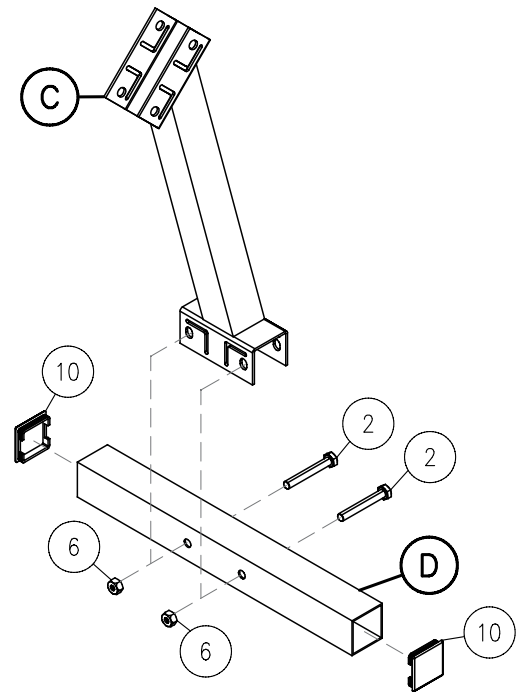
STEP 1



ABOVE SHOWS STEP 1  
ASSEMBLED AND COMPLETED



STEP 1A, 1B, 1D



STEP 1C, 1D

# **PAB-21X**

## **STEP 2**

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.**

**NOTE:**

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

**2A. SLIDE UPPER MAINFRAME (F) ONTO LOWER MAINFRAME (A).**

**2B. ATTACH MAINFRAME SUPPORT (C) TO LOWER MAINFRAME (A) AND UPPER MAINFRAME (F) USING:**

2 - (#2) M10X70MM HEX HEAD BOLT

2 - (#6) M10 NYLON LOCK NUT

**2C. ATTACH BACK PAD (H) TO LOWER MAINFRAME (A) USING:**

1 - (#3) M10X70MM THUMB SCREW

1 - (#9) M10 SPRING WASHER

1 - (#8) M10 WASHER

**2D. ATTACH BACK PAD HOLDER (G) TO BACK PAD (H) USING:**

2 - (#4) M10X20MM HEX HEAD BOLT

2 - (#9) M10 SPRING WASHER

2 - (#8) M10 WASHER

**2E. ATTACH Ø51.5MM PULLEY (11) TO UPPER MAINFRAME (F) USING:**

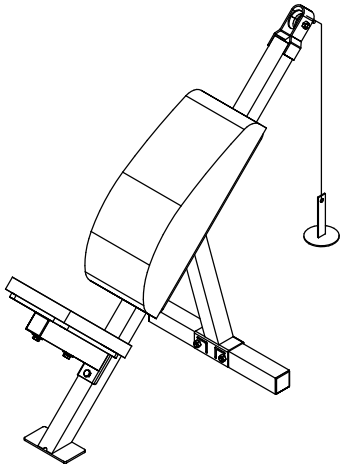
1 - (#5) 3/8"X2" HEX HEAD BOLT

1 - (#7) 3/8" NYLON LOCK NUT

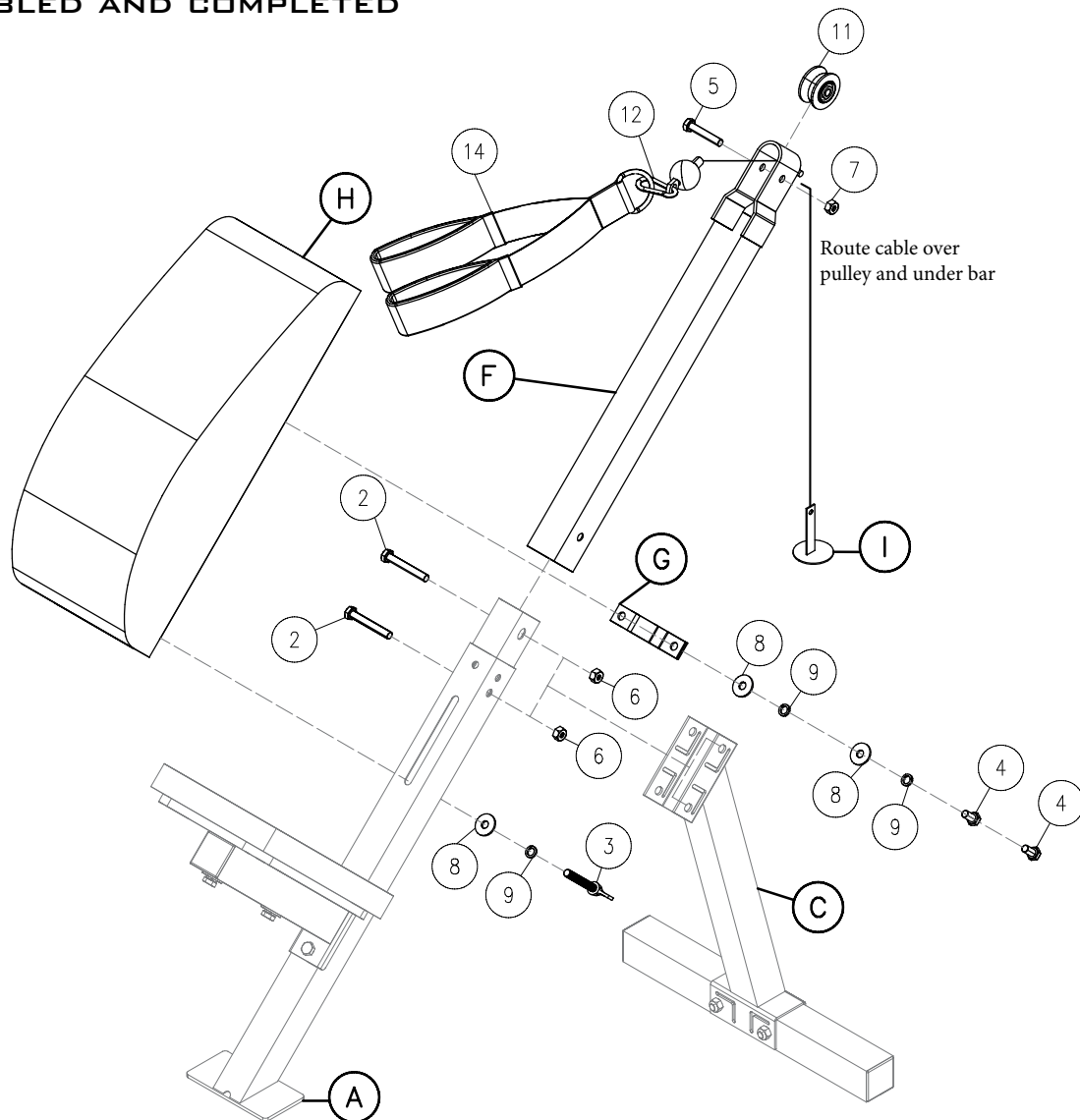
**2F. ROUTE 820MM CABLE (#13) OVER PULLEY (#11) AND UNDER BAR OF UPPER MAIN FRAME (F). ATTACH BALL END OF CABLE TO SNAP LINK (#12) THEN HARNESS (#14). ATTACH OTHER END OF CABLE TO SNAP LINK (#12) THEN WEIGHT HOLDER (I) WHICH MIGHT BE INSIDE A WHITE FOAM BOX.**

# PAB-21X

## STEP 2

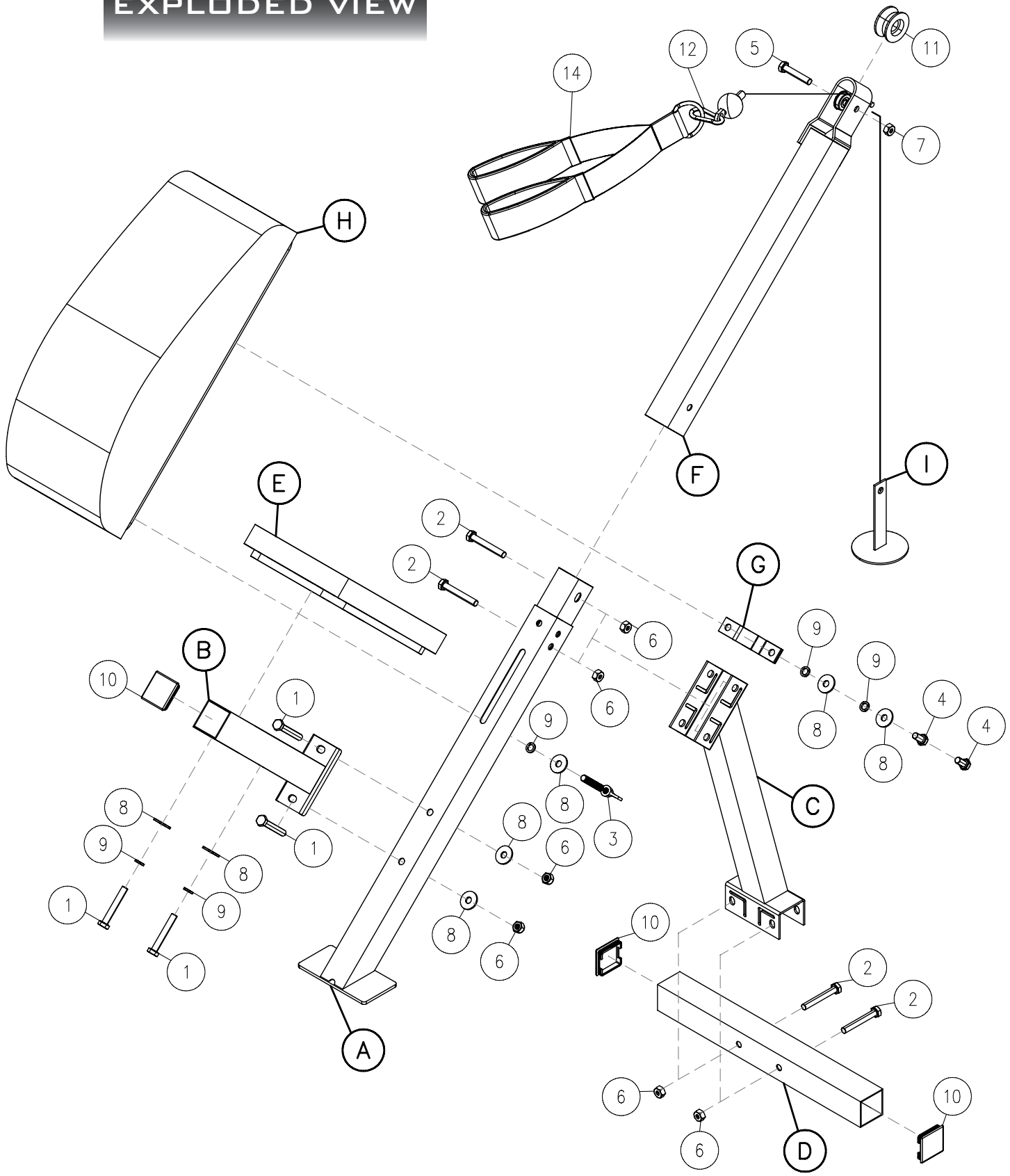


ABOVE SHOWS STEP 2  
ASSEMBLED AND COMPLETED



# PAB-21X

EXPLODED VIEW









**PAB-21X**

PLEASE WRITE YOUR SERIAL NUMBER IN THE BOXES BELOW

S/N #       -   -   -     -

*Body-Solid*®  
Built for Life

1900 S. DES PLAINES AVE.  
FOREST PARK, IL 60130  
PHONE:(708)427-3555  
FAX:(708)427-3556  
HOURS: M-F 8:30 - 5:00 CST

[www.bodysolid.com](http://www.bodysolid.com)

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