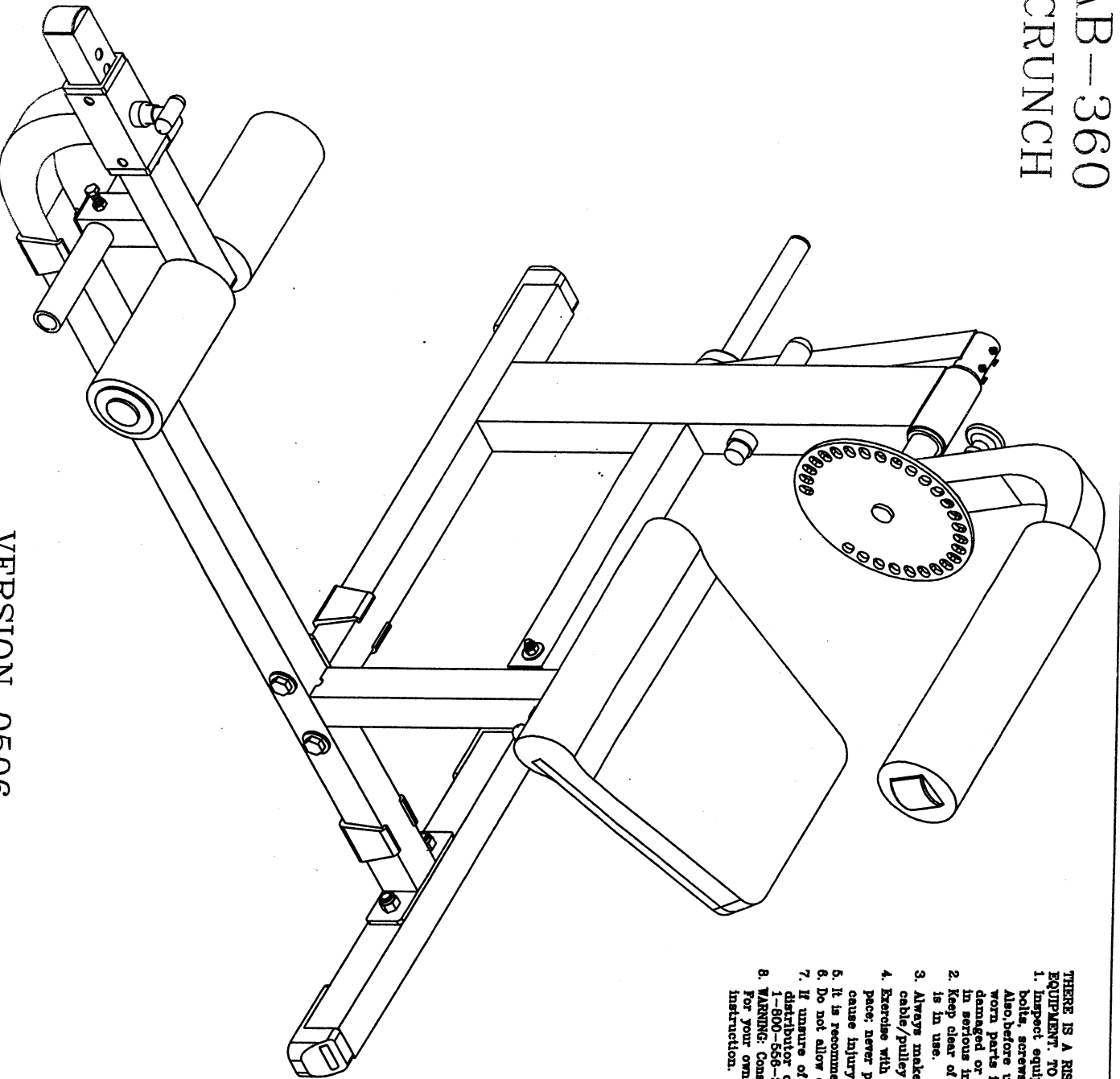


# GCAB--360 AB CRUNCH



- THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**
1. 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 signs 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.
  2. Keep clear of the cables and all moving parts when the machine is in use.
  3. Always make sure all Snap Links are closed when doing any cable/pulley exercises.
  4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
  5. It is recommended that you should workout with a training partner.
  6. Do not allow children or minors to play on or around this equipment.
  7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-558-3113.
  8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

RA12-11-98

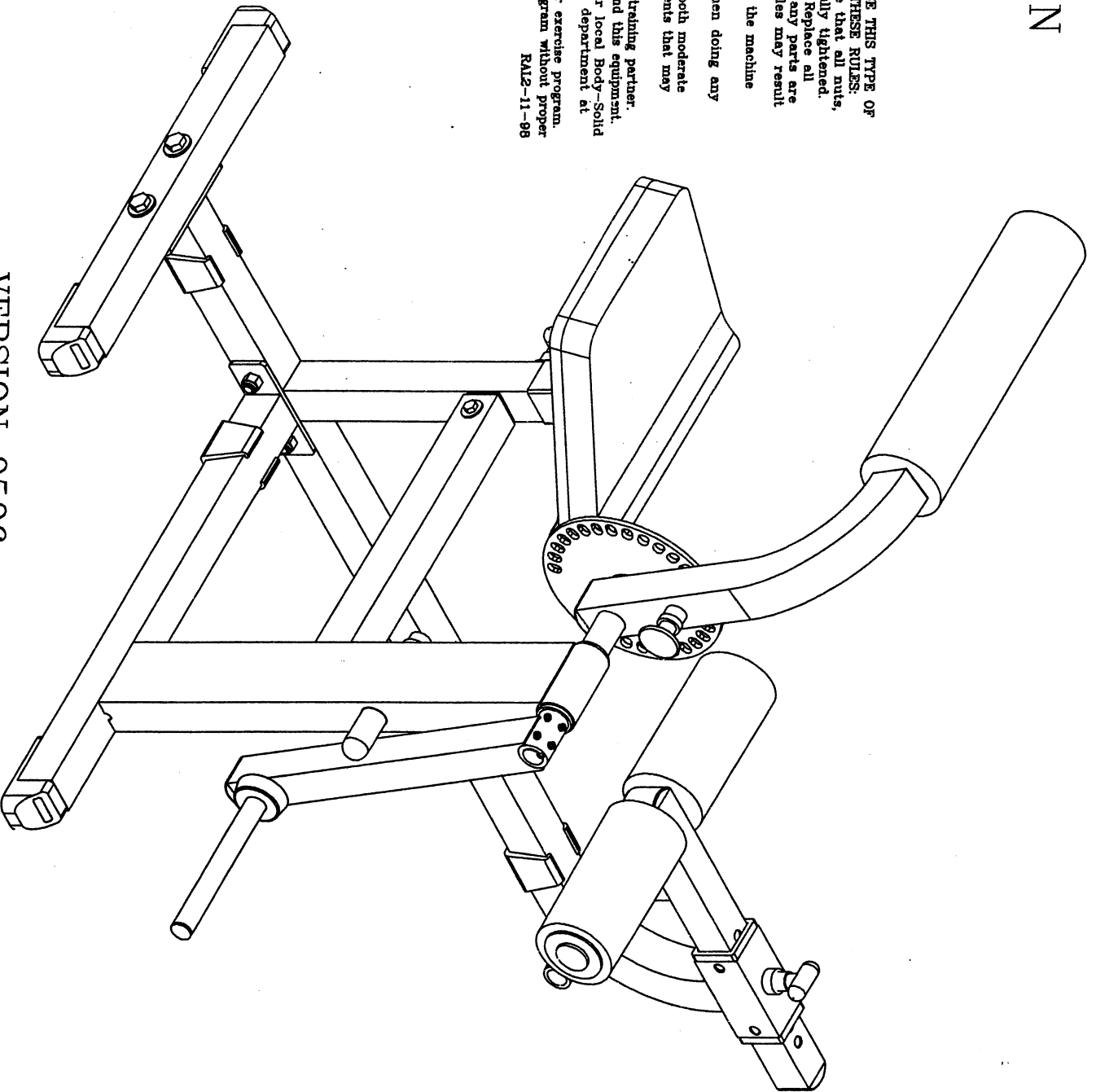
VERSION 0506

# GCAB--360 BACK EXTENSION

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

1. 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 signs 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.
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Sold distributor or the Body-Sold customer service department at 1-800-858-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

RA12-11-98

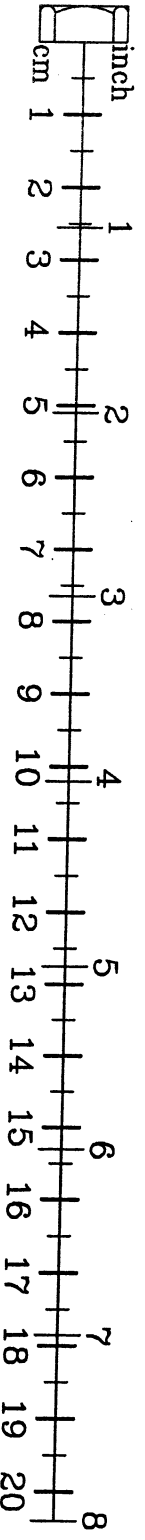


VERSION 0506

# GCAB-360 HARDWARE ILLUSTRATION SHEET

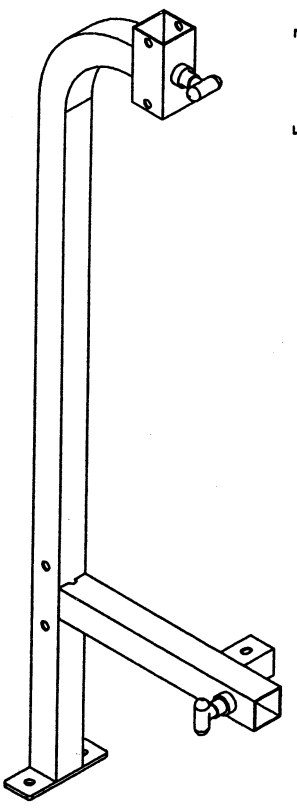
Part No.	Description	Qty.
A1.	M12X75 HEX HEAD BOLT	[4PCS]
A2.	M10X65 HEX HEAD BOLT	[1PCS]
A3.	5/16"X1 1/4" HEX HEAD BOLT	[4PCS]
B1.	M12 NYLON LOCK NUT	[4PCS]
B2.	M10 NYLON LOCK NUT	[1PCS]
C1.	M12 (I.D)WASHER	[4PCS]
C2.	M10 (I.D)WASHER	[2PCS]
C3.	5/16" (I.D)WASHER	[4PCS]
C4.	5/16" SPRING WASHER	[4PCS]
D1.	2"X2" FOOT CAP (9211-024)	[3PCS]
D2.	2"X2" END CAP (9211-087)	[2PCS]
D3.	1 3/4"X1 3/4" END CAP (9211-091)	[4PCS]
D4.	ø1" ROUND END CAP (9211-016)	[2PCS]
D5.	ø1" ROUND END CAP (8341-033)	[2PCS]
D6.	60X45mm NYLON BUSHING (9211-032)	[2PCS]
D7.	50X45mm NYLON BUSHING (9211-030)	[1PCS]
D8.	ø1"X150L RUBBER GRIP (9162-002)	[2PCS]
D9.	ø1" ROUND END CAP (9212-004)	[1PCS]
D10.	ø1" NYLON WASHER (9214-001)	[1PCS]
D11.	ø2 1/2" RUBBER DOUNT (9310-012)	[1PCS]
D12.	ø4"X8" FOAM ROLLER (9161-009)	[2PCS]
D13.	ø6"X16" FOAM ROLLER (9161-042)	[1PCS]
D14.	ø95X140mm NO SLIP TAPEL (9310-035)	[2PCS]
D15.	2"X2" RUBBER DOUNT (9212-010)	[3PCS]
D16.	ø3" NYLON WASHER (9214-008)	[2PCS]

Part No.	Illustration	Qty.
D17. ø1" ROUND END CAP(9211-021)		[2PCS]
A1		A3
B1		C1
B2		C2
C1		C3
C2		C4
C3		
C4		
D1		D3
D2		D4
D3		D5
D4		
D5		
D6		D8
D7		D9
D8		D10
D9		
D10		
D11		D13
D12		D14
D13		
D14		
D15		D17
D16		
D17		

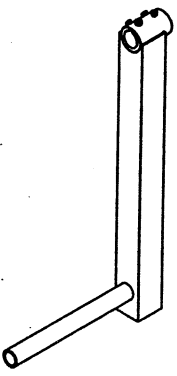


# GCAB-360 PARTS ILLUSTRATION SHEET

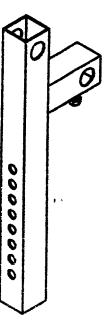
A [1PCS]



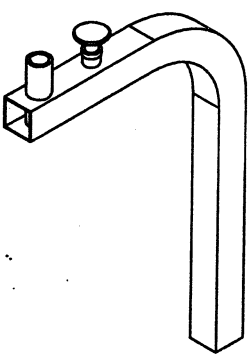
D [1PCS]



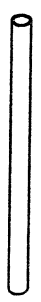
H [1PCS]



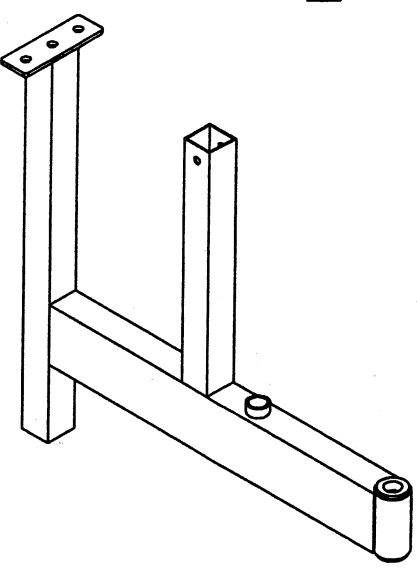
E [1PCS]



I [1PCS]  $\phi 1" \times 1.6t \times 4.93L$



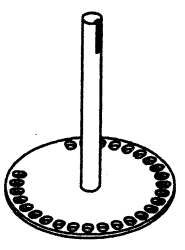
B [1PCS]



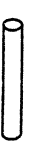
J [1PCS]  $\phi 1" \times 1.6t \times 3.45L$



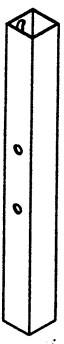
F [1PCS]



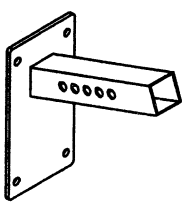
K [1PCS] 8220-017



C [1PCS]



G [1PCS]



L [1PCS]

9122-032

