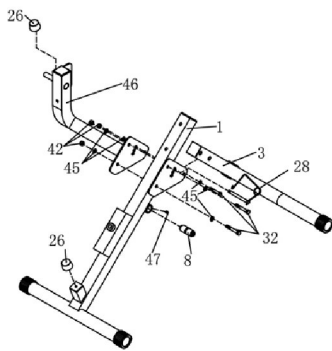


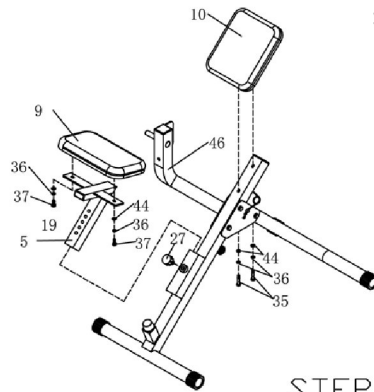


BFAB20 Upper / Lower Ab Bench Assembly Steps: Part 1

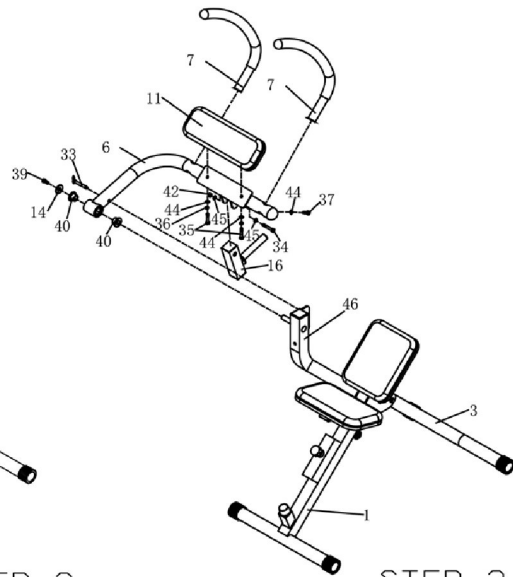
1. Install Arm Support (46) onto Main Structure (1) with two Bolts (32), Washers (45) and Nylon Nuts (42). Install the Rear Leg (03) into the triangular plates with bolt (32), washer (45) and nylon nut (42). Position Rear Leg at desired angle and install Safety Pin (28). Install Rubber Bumpers (26). Install Shaft (8) and secure with Set Screw (47).
2. Install Back Pad (10) with two Bolts (35), Lock Washers (36) and Washers (44). Assemble Seat Pad (9) to Seat Pad Frame (05) with two Bolts (37), Lock Washers (36) and Washers (44). Install Pop Pin (27).
3. Install Bushings (40) into Upper Arm (6) and attach to Arm Support Frame (46) with Bolt (39) and Washer (14). Attach Handles (7) to Upper Arm and secure with Bolts (37) and Washers (44). Attach the Rear Loading Bar (16) to the Upper Arm with Bolt (34), Washer (45) and Nylon Nut (42). Attach the Shoulder Pad (11) to the Upper Arm with Bolts (35), Lock Washers (36) and Washers (44). An option when doing lower Ab exercises is to install Pin (33) in Upper Arm to lock lower leg assembly.



STEP 1



STEP 2

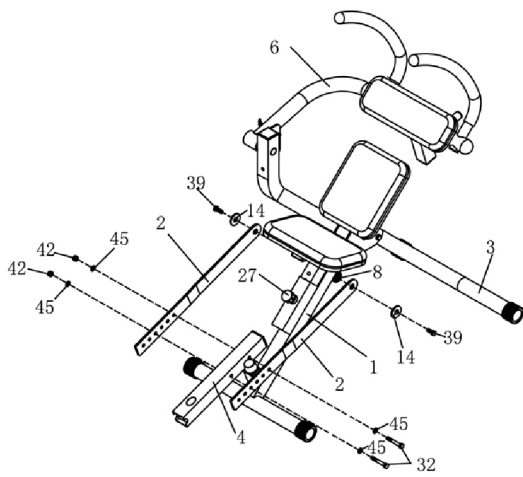


STEP 3

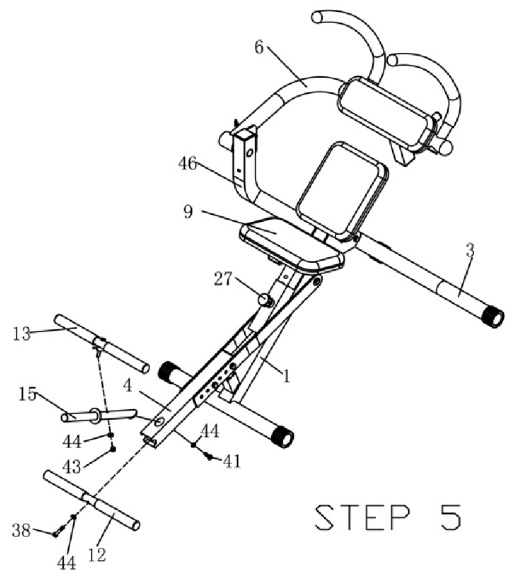


BFAB20 Upper / Lower Ab Bench Assembly Steps: Part 2

1. Install Connecting Bars (2) onto both sides of the Shaft (8) with Bolts (39), and Washers (14). Install Front Foot Frame (4) and secure with Bolts (32), Washers (45) and Nylon Nuts (42). Note, this frame section may be adjusted for best fit, so do not tighten bolts until after Step 5 and user fitting.
2. Install Front Loading Bar (15) into Front Foot Frame and secure with Bolt (41) and Washer (44). Attach Upper Foot Rest (13) to Front Loading Bar and secure with Nylon Nut (43) and Washer (44). Attach Lower Foot Rest (12) to Front Foot Frame and secure with Bolt (38) and Washer (44).
3. Tighten all bolts except for the Front Foot Frame and sit in seat pad to determine most comfortable fit. Move the Front Foot Frame so your legs are slightly bent on the bar comfortable. The Seat pad may also be adjusted for best fit. Tighten any remaining bolts before using the BFAB20 and periodically check for loose connections that may result from use.



STEP 4



STEP 5

BFAB20 Parts List

No.	Description	Qty	No.	Description	Qty
1	Main Structure	1	25	Round foot Cap ϕ 50	4
2	Connected Bar	2	26	Rubber Bumper	2
3	Rear Support Tube	1	27	ϕ 38*M16* ϕ 8 Pop Pin	1
4	Front Foot Frame	1	28	ϕ 10 Safety Pin	1
5	Seat Pad Frame	1	29	Spring Collar	1
6	Upper Arm	1	30	ϕ 32* ϕ 24 Foam Grip	4
7	Handle	2	31	ϕ 38* ϕ 31 Foam Grip	2
8	Shaft	1	32	M10*78 Hex Bolt	5
9	Seat Pad	1	33	Pin ϕ 10*70	1
10	Back Pad	1	34	M10*70 Hex Bolt	1
11	Shoulder Pad	1	35	M8*70 Hex Bolt	4
12	Lower Foot Rest	1	36	Spring Washer ϕ 8	6
13	Upper Foot Rest	1	37	M8*20 Hex Bolt	4
14	ϕ 48 Washer	3	38	M8*40 Hex Bolt	1
15	Front Loading Bar	1	39	M10*20 Hex Bolt	3
16	Rear Loading Bar	1	40	ϕ 38 Bushing	2
17	50*50 Square End Cap	3	41	M8*15 Hex Bolt	1
18	45*45 Square End Cap	1	42	M10 Nylon Nut	6
19	25*50 Square End Cap	1	43	M8 Nylon Nut	1
20	ϕ 32 Round End Cap	2	44	ϕ 8 Washer	10
21	ϕ 25 Round End Cap	2	45	ϕ 10 Washer	12
22	ϕ 31 Round End Cap	4	46	Arm Support Frame	1
23	ϕ 50 Ball End Cap	1	47	M6*6 Screw	1
24	ϕ 38 Ball End Cap	2			

FOR PARTS OR SERVICE INQUIRIES CALL TEL 800-556-3113 FAX 708-427-3556

8/21/2007
BFAB20-BOM.jpg

BFAB20 Exploded View

