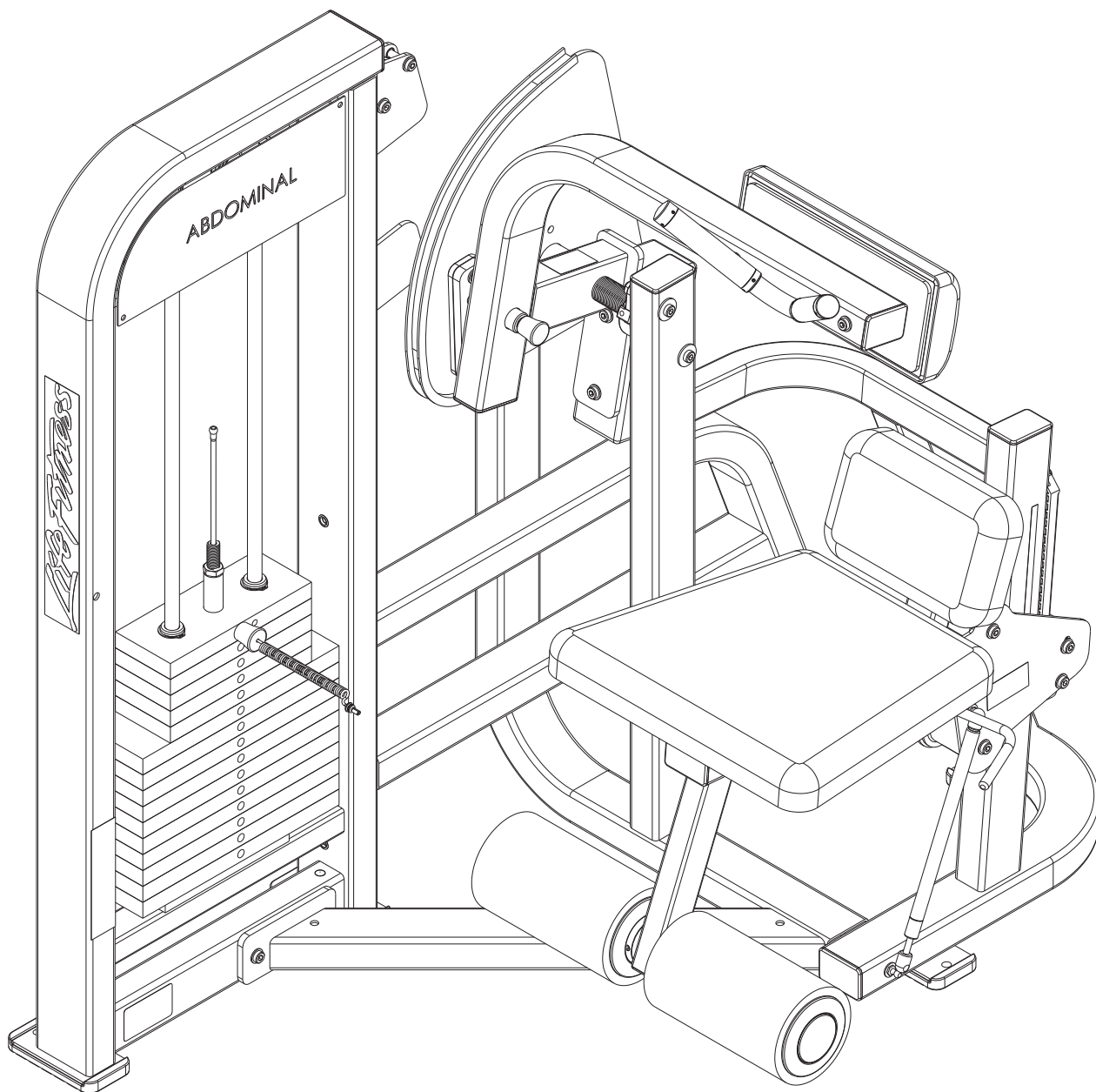




## PRO 2 SERIES PSABSE ABDOMINAL



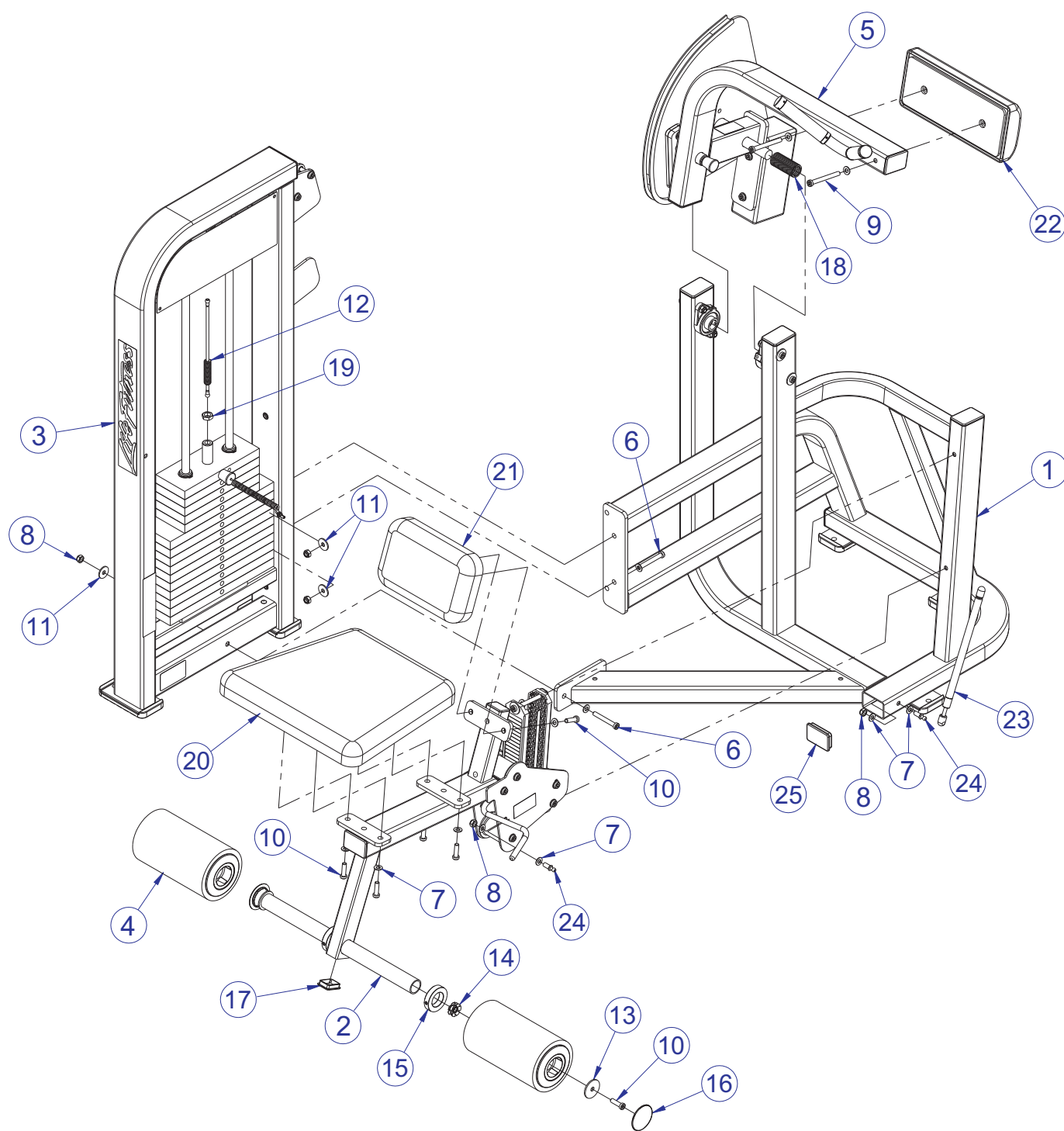
Customer Support Services  
**PARTS MANUAL**

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# PSABSE ABDOMINAL COMPONENT ASSEMBLY



SEE PAGE 4 FOR LEGEND

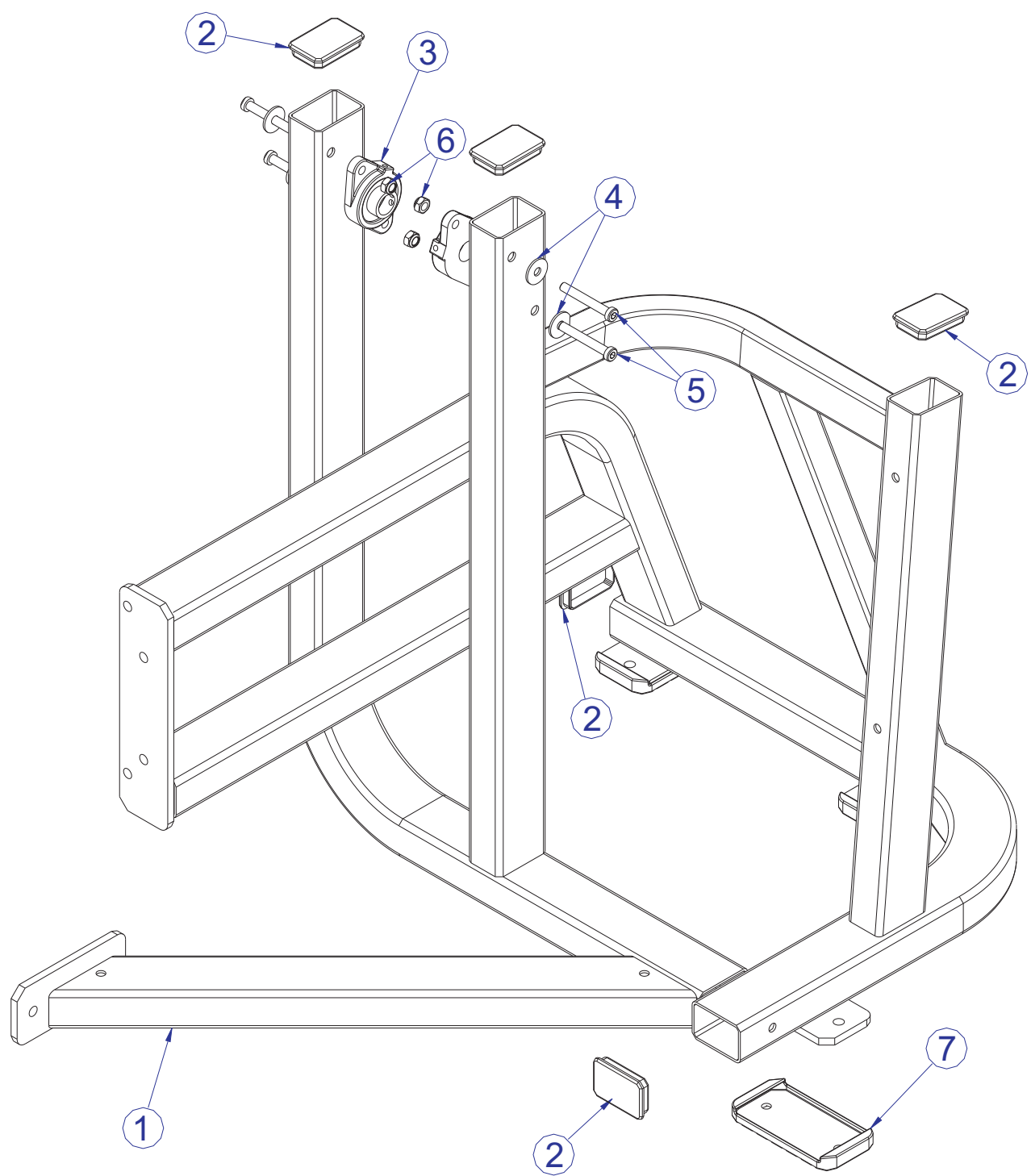
# PSABSE ABDOMINAL COMPONENT ASSEMBLY LEGEND

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| ITEM NO. | QTY. | PART NO. | DESCRIPTION                  |
|----------|------|----------|------------------------------|
| 1        | 1    | 7454801  | ASSY, PSAB MAIN FRAME        |
| 2        | 1    | 7456101  | ASSY, PSAB ADJ. SEAT         |
| 3        | 1    | 7457001  | ASSY, PSAB SIDE FRM          |
| 4        | 2    | 7424701  | ASSY, ROLLER PAD - SHORT     |
| 5        | 1    | 7457501  | ASSY, PSAB WORKARM           |
| 6        | 3    | 3236212  | SCREW, M10 X1.5 75MM         |
| 7        | 15   | 3236601  | WASHER, 3/8 SAE SS           |
| 8        | 5    | 3236801  | NUT, M10 HEX NYLOCK SS       |
| 9        | 2    | 3236217  | SCREW, M10 X1.5 100MM        |
| 10       | 8    | 3236204  | SCREW, M10 X1.5 35MM         |
| 11       | 3    | 3236602  | WASHER, 3/8 ID X 1.25 OD SS  |
| 12       | 1    | 7423706  | CABLE, PSAB                  |
| 13       | 2    | 7322301  | PLATE, 1.97 OD X .44 ID 10GA |
| 14       | 2    | 7347301  | NUT, SPIDER M10 X 1.5        |
| 15       | 2    | 7357901  | SHAFT COLLAR, 1-1/2" ID ALUM |
| 16       | 2    | 7308701  | CAP, BEARING HOUSING         |
| 17       | 1    | 7352201  | CAP, END 1-1/2 X 2           |
| 18       | 1    | 6912806  | SLEEVE, ACCRDN 1.0 ID X 3    |
| 19       | 1    | 3236902  | NUT, M16 X 2 HEX JAM SS      |
| 20       | 1    | 73991xx  | PAD, 17 X 18 1/2             |
| 21       | 1    | 73993xx  | PAD. 7 X 11-1/4              |
| 22       | 1    | 74222xx  | PAD, AB CHEST                |
| 23       | 1    | 3235701  | SPRING, GAS 150N             |
| 24       | 2    | 7414301  | STUD, M10 BALL END M10 X 1.5 |
| 25       | 1    | 7352301  | CAP, END 2 X 3               |

PSABSE ABDOMINAL  
MAIN FRAME ASSEMBLY - 7454801

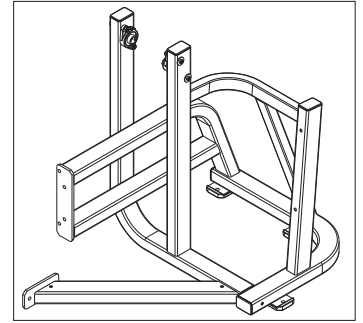
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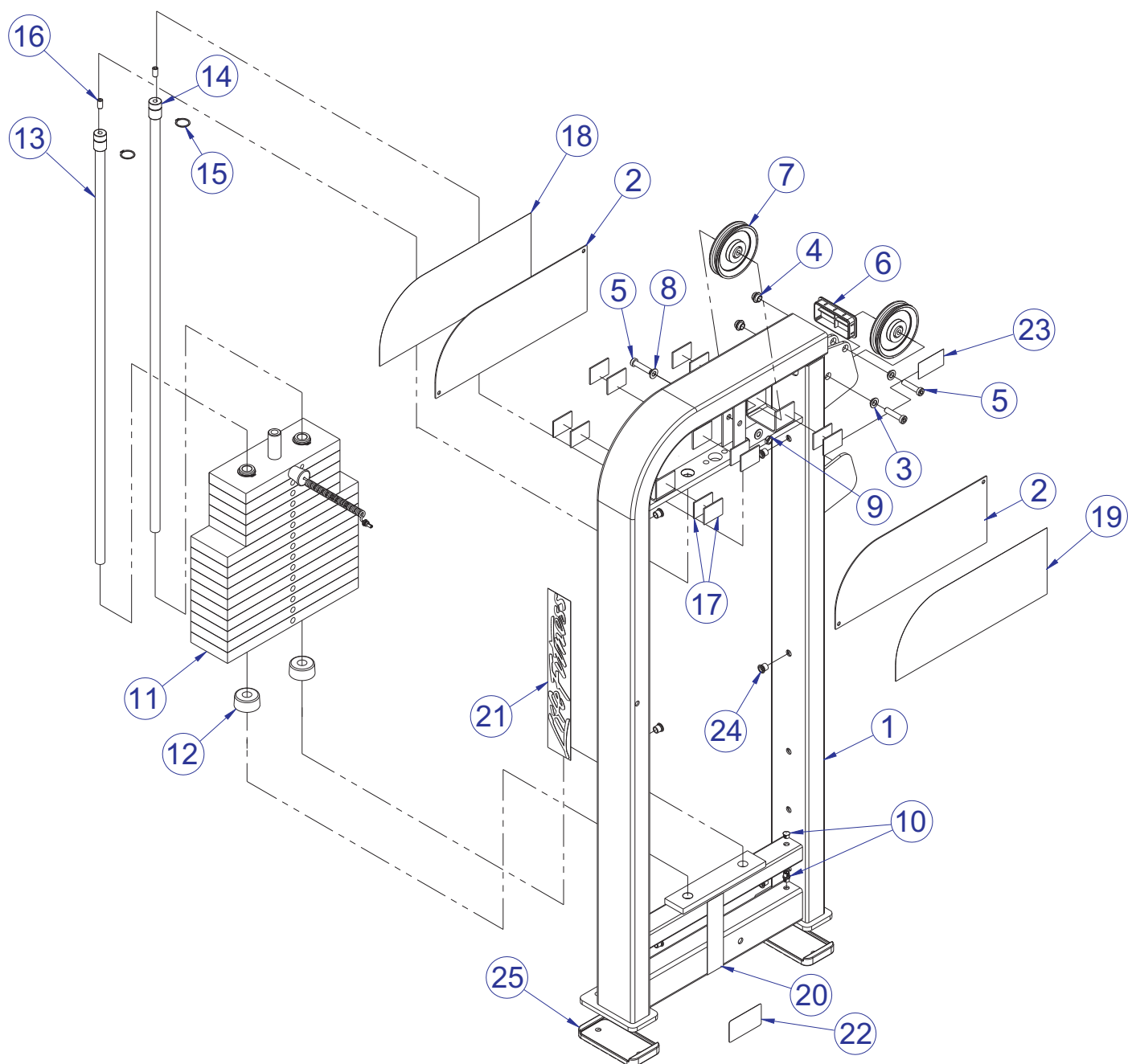
SEE PAGE 6 FOR LEGEND

# PSABSE ABDOMINAL MAIN FRAME ASSEMBLY LEGEND

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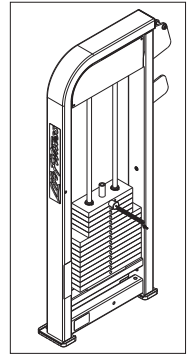


| ITEM NO. | QTY. | PART NO. | DESCRIPTION                    |
|----------|------|----------|--------------------------------|
| 1        | 1    | 7454901  | WELDMENT, PSAB MAIN            |
| 2        | 5    | 7352301  | CAP, END 2 X 3                 |
| 3        | 2    | 3237701  | ASSY, PILLOW BLOCK 4.88 X 2.75 |
| 4        | 4    | 3236602  | WASHER, 3/8 ID X 1.25 OD SS    |
| 5        | 4    | 3236212  | SCREW, M10 X1.5 75MM           |
| 6        | 4    | 3236801  | NUT, M10 HEX NYLOCK SS         |
| 7        | 3    | 7388201  | FOOTPAD, PS RUBBER             |



SEE PAGE 8 FOR LEGEND

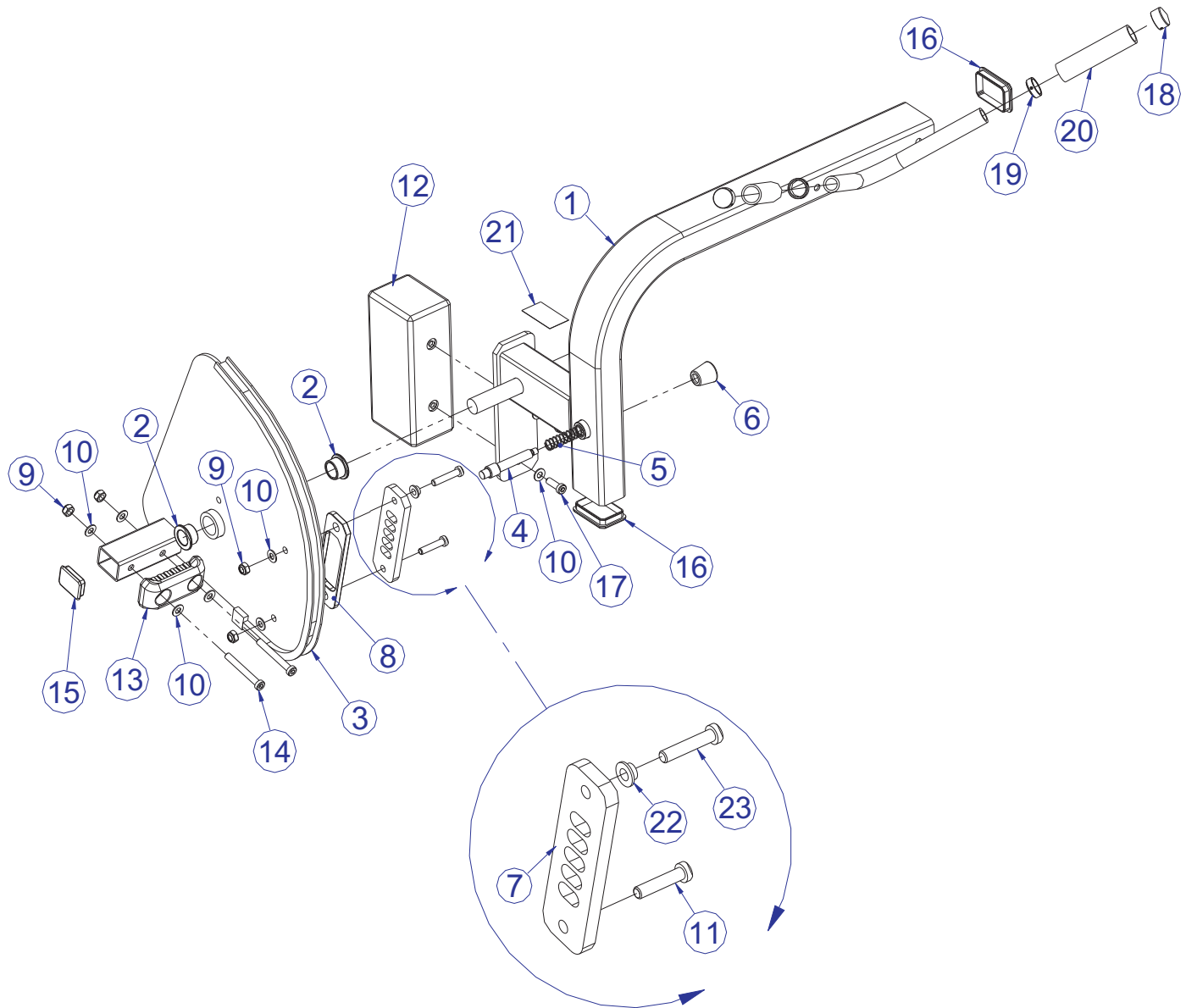
# PSABSE ABDOMINAL SIDE FRAME ASSEMBLY LEGEND



| ITEM NO. | QTY. | PART NO. | DESCRIPTION                      |
|----------|------|----------|----------------------------------|
| 1        | 1    | 7457101  | WELDMENT, PSAB STACK             |
| 2        | 2    | 7606602  | COVER, STACK-PRO2 STD            |
| 3        | 2    | 7348101  | WASHER, SPACER                   |
| 4        | 2    | 7335401  | NUT, M10 X 1.5 SOCKET HEAD       |
| 5        | 3    | 3236206  | SCREW, M10 X1.5 45MM             |
| 6        | 1    | 7352401  | CAP, END 2 X 4                   |
| 7        | 2    | 3237801  | PULLEY, 4.5" OD                  |
| 8        | 2    | 3236601  | WASHER, 3/8 SAE SS               |
| 9        | 1    | 3236901  | NUT, M10 X 1.5 JAM               |
| 10       | 6    | 3237401  | PLUG, 7/16" HOLE                 |
| 11       | 1    | 7353401  | ASSY, 200LB STACK                |
| 12       | 2    | 7352101  | CUSHION, WEIGHT STACK            |
| 13       | 2    | 7328610  | GUIDE ROD, .75 OD SOLID 39.75    |
| 14       | 2    | 7402301  | RETAINER, GUIDEROD               |
| 15       | 2    | 3232421  | RING, BRE .940, 5100-100 ST PP B |
| 16       | 2    | 3240501  | M10 X 1.5 HXS NO CUP ST BO       |
| 17       | 12   | 7544202  | PAD, DUAL LOCK 250 1.5" X 2.0"   |
| 18       | 1    | 7491701  | LABEL, PSAB LOGO PANEL           |
| 19       | 1    | 7490101  | LABEL, PSAB PLACARD              |
| 20       | 1    | 7422004  | LABEL, 2" ASTM WARN              |
| 21       | 1    | 7348001  | LABEL, LIFE FITNESS LOGO         |
| 22       | 1    | 7571301  | LABEL, SERIAL NUMBER             |
| 23       | 1    | 7422003  | LABEL, MOVING PARTS              |
| 24       | 6    | 3238101  | NUT, BLIND INSERT M10 X 1.5      |
| 25       | 2    | 7388201  | FOOTPAD, PS RUBBER               |

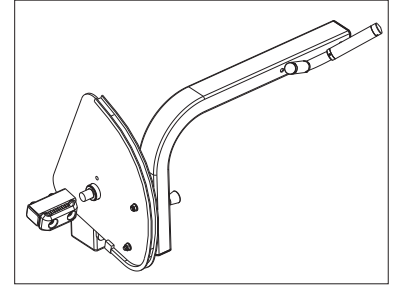
# PSABSE ABDOMINAL WORK ARM ASSEMBLY - 7457501

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SEE PAGE 10 FOR LEGEND

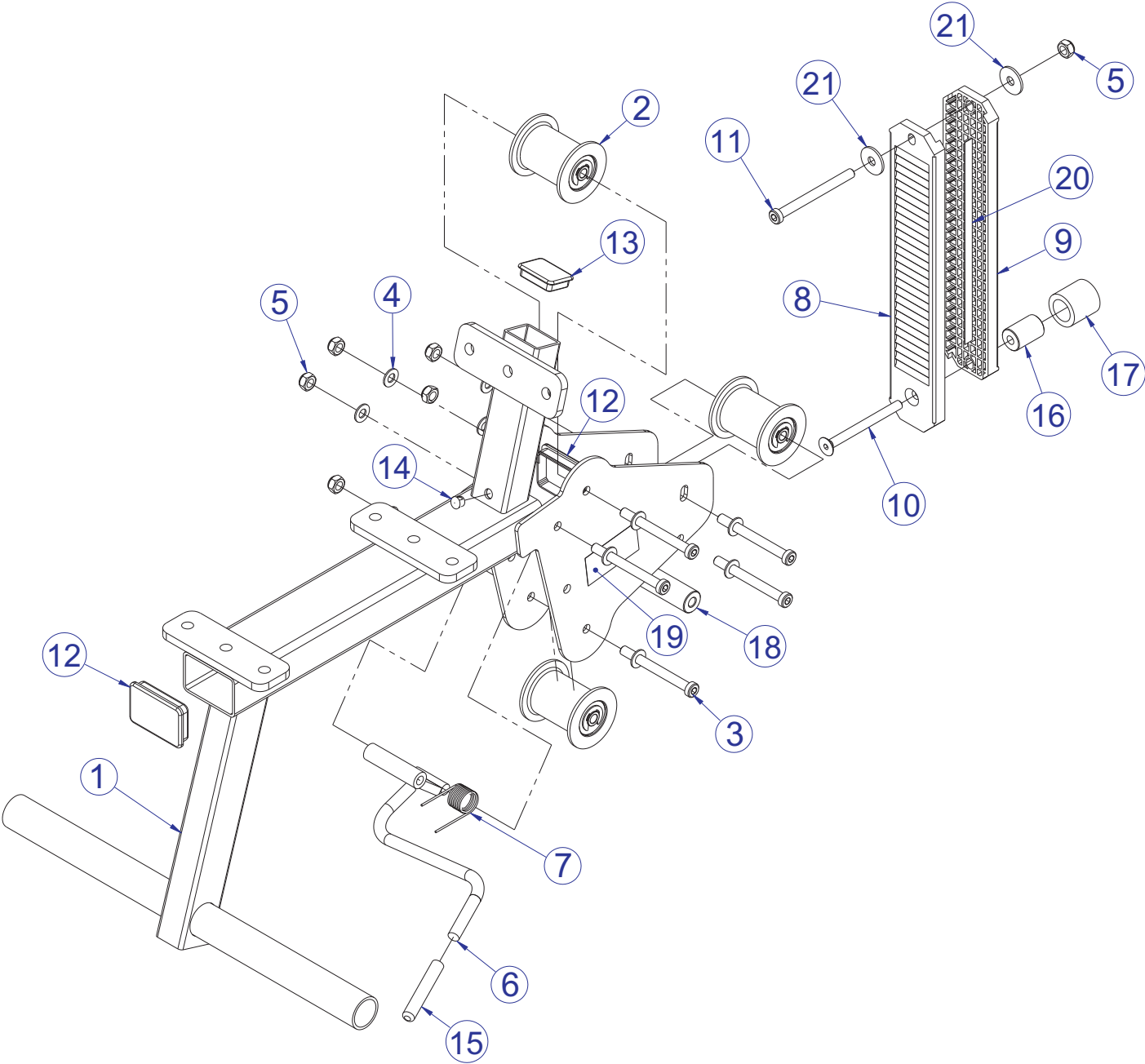
# PSABSE ABDOMINAL WORK ARM ASSEMBLY LEGEND



| ITEM NO. | QTY. | PART NO. | DESCRIPTION                     |
|----------|------|----------|---------------------------------|
| 1        | 1    | 7457601  | WELDMENT, PSAB WORKARM          |
| 2        | 2    | 3104903  | 1.00" ID 1.25" OD BRONZ BUSHING |
| 3        | 1    | 7458201  | WELDMENT, PSAB CAM              |
| 4        | 1    | 7351301  | PIN, PULL X 4.375               |
| 5        | 1    | 7351501  | SPRING; PULL PIN LARGE          |
| 6        | 1    | 7351401  | KNOB, TULIP STYLE               |
| 7        | 1    | 7352501  | 5-HOLE SELECTOR PLATE           |
| 8        | 1    | 7350901  | PLATE, SLOT STOP                |
| 9        | 4    | 3236801  | NUT, M10 HEX NYLOCK SS          |
| 10       | 8    | 3236601  | WASHER, 3/8 SAE SS              |
| 11       | 1    | 3236206  | SCREW, M10 X1.5 45MM            |
| 12       | 1    | 7802501  | WEIGHT, COUNTER LG              |
| 13       | 1    | 7352001  | BUMPER, 2-1/8 X 4-5/8           |
| 14       | 2    | 3236213  | SCREW, M10 X1.5 80MM            |
| 15       | 1    | 7352201  | CAP, END 1-1/2 X 2              |
| 16       | 2    | 7352301  | CAP, END 2 X 3                  |
| 17       | 2    | 3236203  | SCREW, M10 X1.5 30MM            |
| 18       | 2    | 7662901  | CAP, GRIP 1.25 OD               |
| 19       | 2    | 7662801  | RING, GRIP 1.25 OD              |
| 20       | 2    | 3235801  | GRIP, 1.25 OD OPEN END          |
| 21       | 1    | 7422003  | LABEL, MOVING PARTS             |
| 22       | 1    | 7630101  | RETAINER, CM/MJ, PULLEY         |
| 23       | 1    | 3236207  | SCREW, M10 X1.5 50MM            |

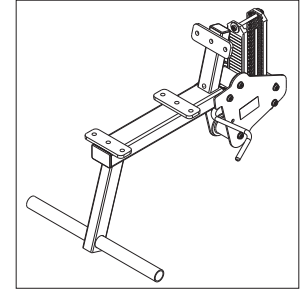
PSABSE ABDOMINAL  
ADJUSTABLE SEAT ASSEMBLY - 7456101

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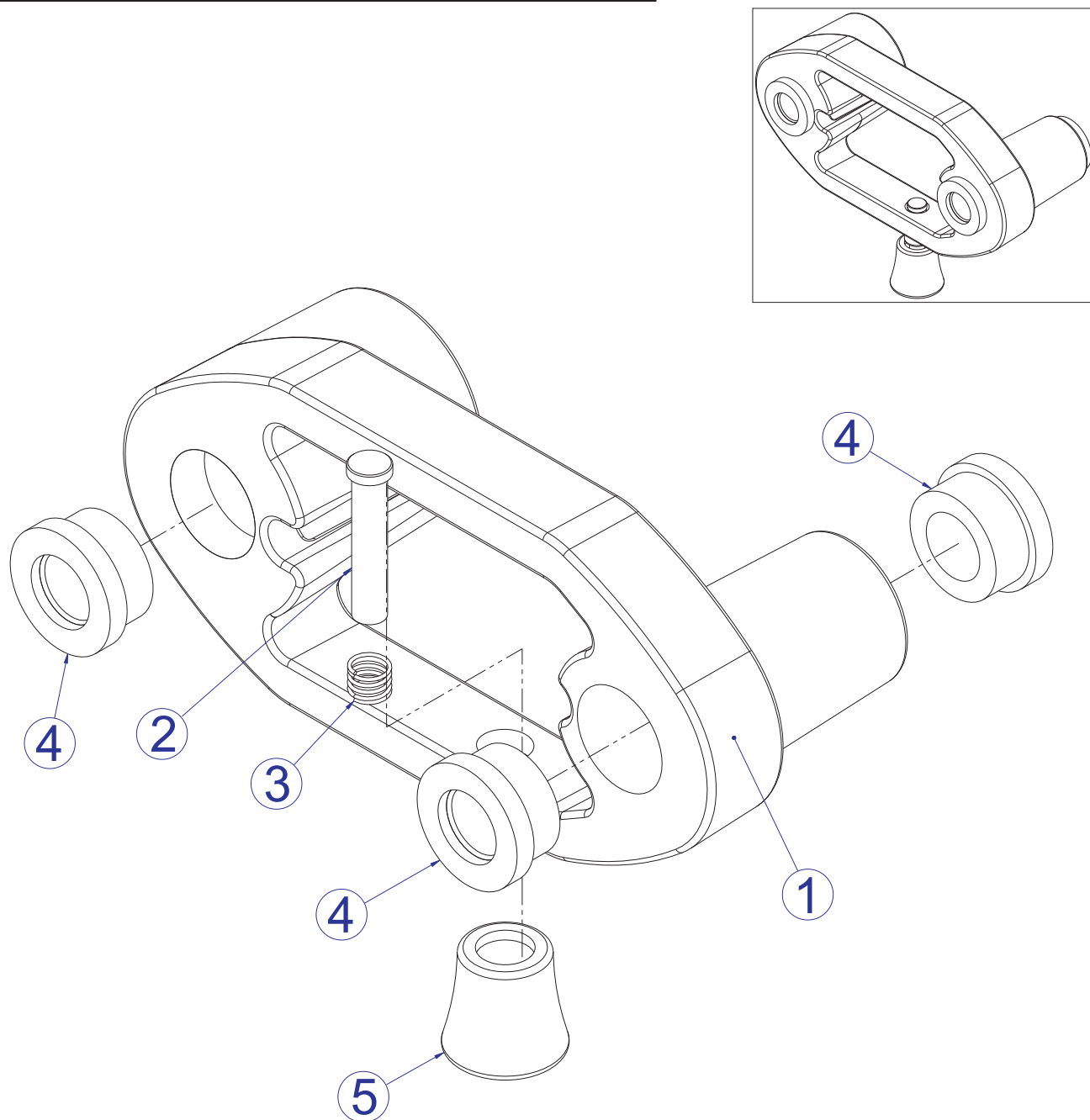
SEE PAGE 12 FOR LEGEND

# PSABSE ABDOMINAL ADJUSTABLE SEAT ASSEMBLY LEGEND



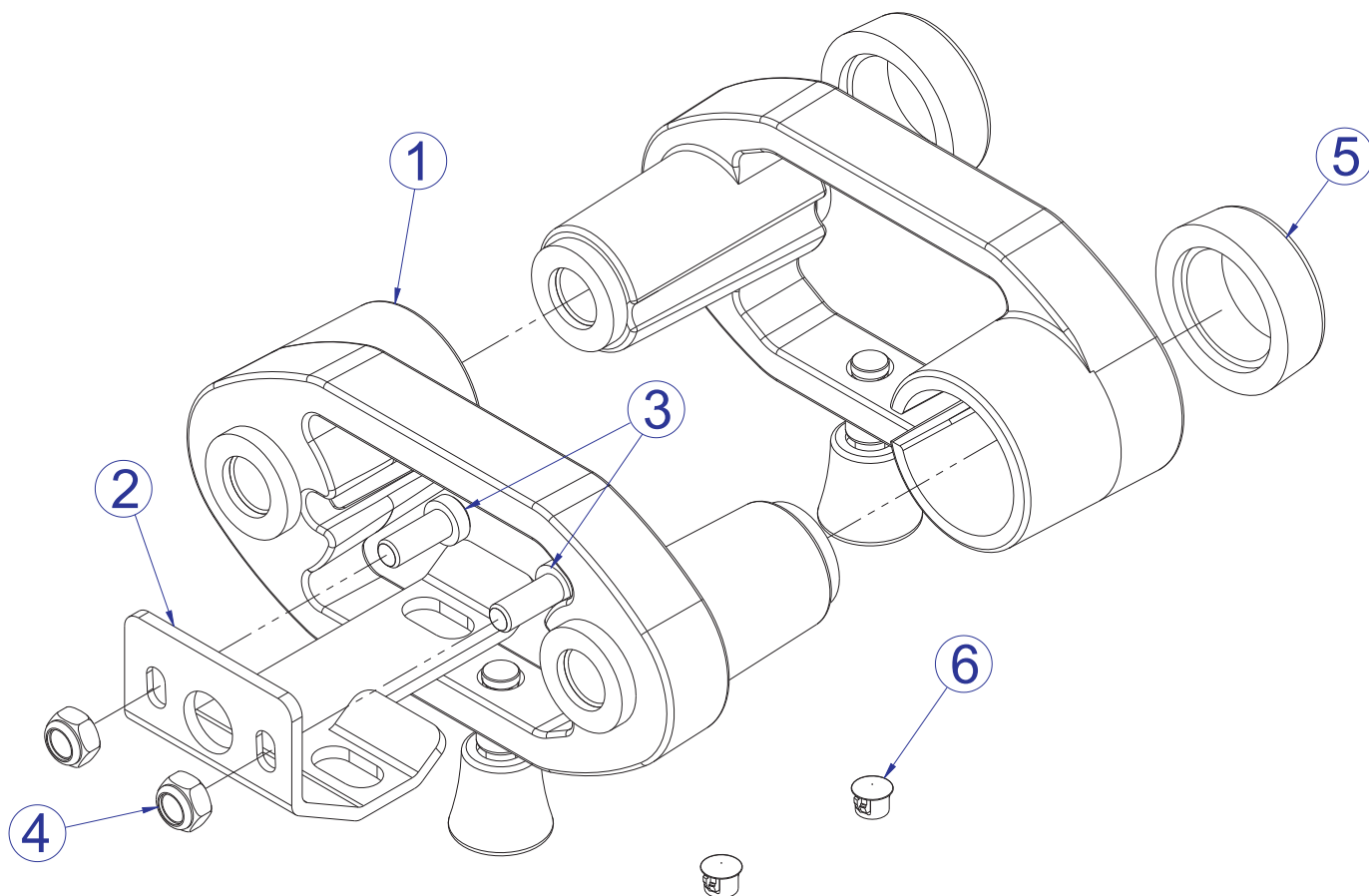
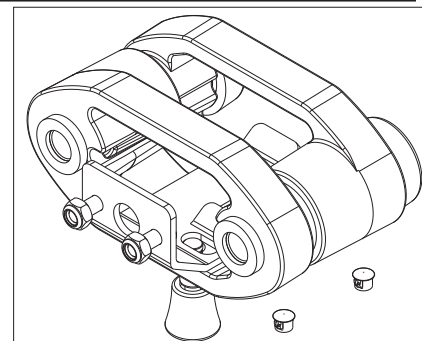
| ITEM NO. | QTY. | PART NO. | DESCRIPTION                 |
|----------|------|----------|-----------------------------|
| 1        | 1    | 7456201  | WELDMENT, PSAB ADJ. SEAT    |
| 2        | 3    | 7564201  | ASSY, SEAT ROLLER           |
| 3        | 5    | 3236217  | SCREW, M10 X1.5 100MM       |
| 4        | 10   | 3236601  | WASHER, 3/8 SAE SS          |
| 5        | 6    | 3236801  | NUT, M10 HEX NYLOCK SS      |
| 6        | 1    | 7504695  | WLDMT, MTS/PS, SEAT HANDLE  |
| 7        | 1    | 7442701  | SPRNG, PRO2 HANDLE TORSION  |
| 8        | 1    | 7564301  | SEATRACK, ROLLER SERRATED   |
| 9        | 1    | 7564401  | SEATRACK, FLAT              |
| 10       | 1    | 3238318  | M10x1.5x110mm               |
| 11       | 1    | 3236218  | SCREW, M10 X1.5 110MM       |
| 12       | 2    | 7352301  | CAP, END 2 X 3              |
| 13       | 1    | 7352201  | CAP, END 1-1/2 X 2          |
| 14       | 1    | 3237401  | PLUG, 7/16" HOLE            |
| 15       | 1    | 3238502  | CAP, 1/2 X 3                |
| 16       | 1    | 7570601  | STOP, ROLLER SEAT           |
| 17       | 1    | 3235802  | GRIP, SHADOW GRAY, 1.5"     |
| 18       | 1    | 7570701  | STOP, AB ROLLER SEAT        |
| 19       | 1    | 7422001  | LABEL, SEAT INST            |
| 20       | 1    | 7422002  | LABEL, SEAT ADJUST          |
| 21       | 2    | 3236602  | WASHER, 3/8 ID X 1.25 OD SS |

# PSABSE ABDOMINAL 5LB INCREMENT WEIGHT ASSEMBLY - 7446501



| ITEM NO | QTY | PART NO | DESCRIPTION                |
|---------|-----|---------|----------------------------|
| 1       | 1   | 7446602 | BODY, 5LB INCREMENT WEIGHT |
| 2       | 1   | 7446901 | PIN, RETAINING             |
| 3       | 1   | 7447001 | SPRING, COMPRESSION        |
| 4       | 3   | 7560001 | BUSHING, MTS, INC WEIGHT   |
| 5       | 1   | 7351401 | KNOB, TULIP STYLE          |

# PSABSE ABDOMINAL INCREMENT WEIGHT W/STRIKER - 7415101

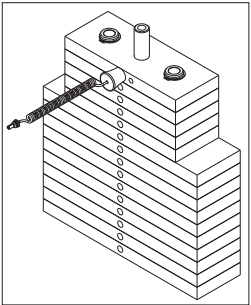
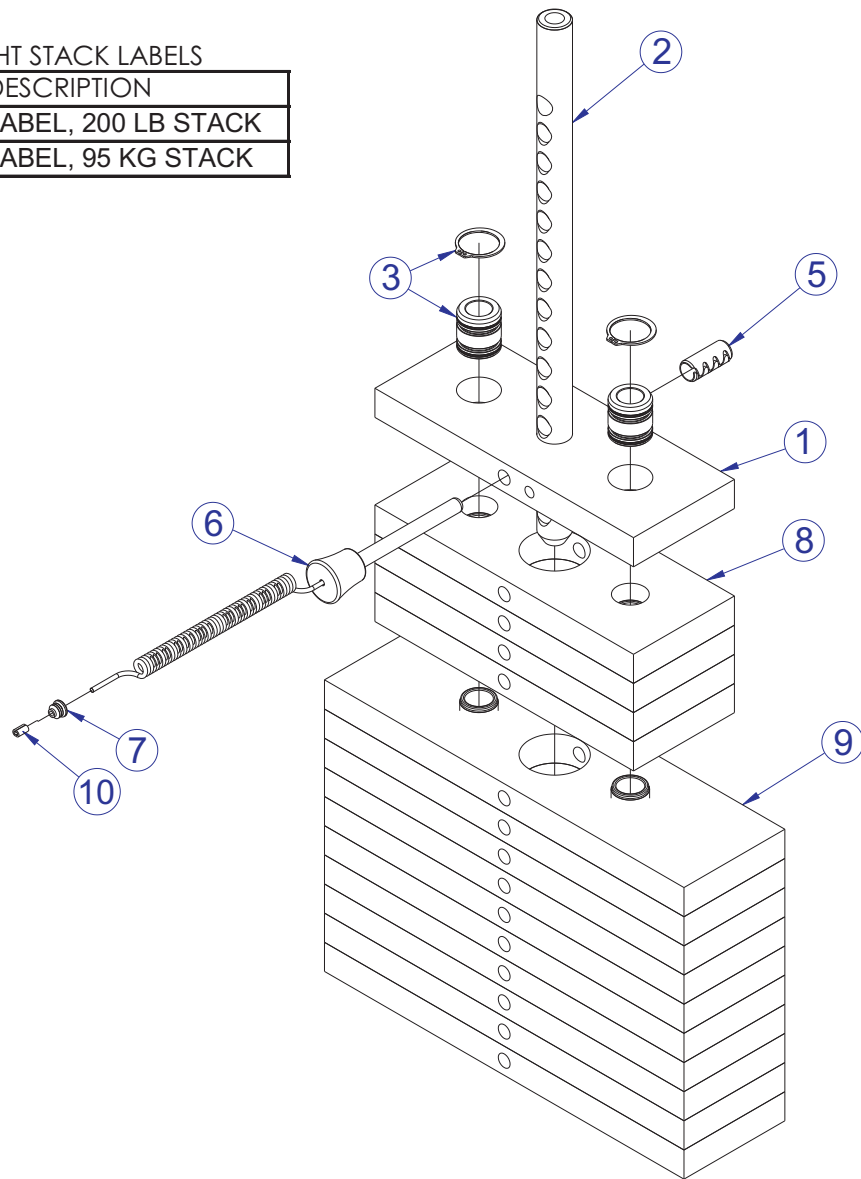


| ITEM NO | QTY | PART NO | DESCRIPTION                |
|---------|-----|---------|----------------------------|
| 1       | 2   | 7446501 | ASSY, 5LB INCREMENT WEIGHT |
| 2       | 1   | 8002601 | PLATE, INCR. WT STRIKER    |
| 3       | 2   | 3236202 | SCREW, M10 X1.5 25MM       |
| 4       | 2   | 3236801 | NUT, M10 HEX NYLOCK SS     |
| 5       | 2   | 7767601 | BUMPER, PS INCREMENT WT    |
| 6       | 2   | 3237401 | PLUG, 7/16" HOLE           |

# PSABSE ABDOMINAL WEIGHT STACK ASSY 200LB - 7353401

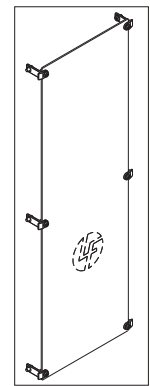
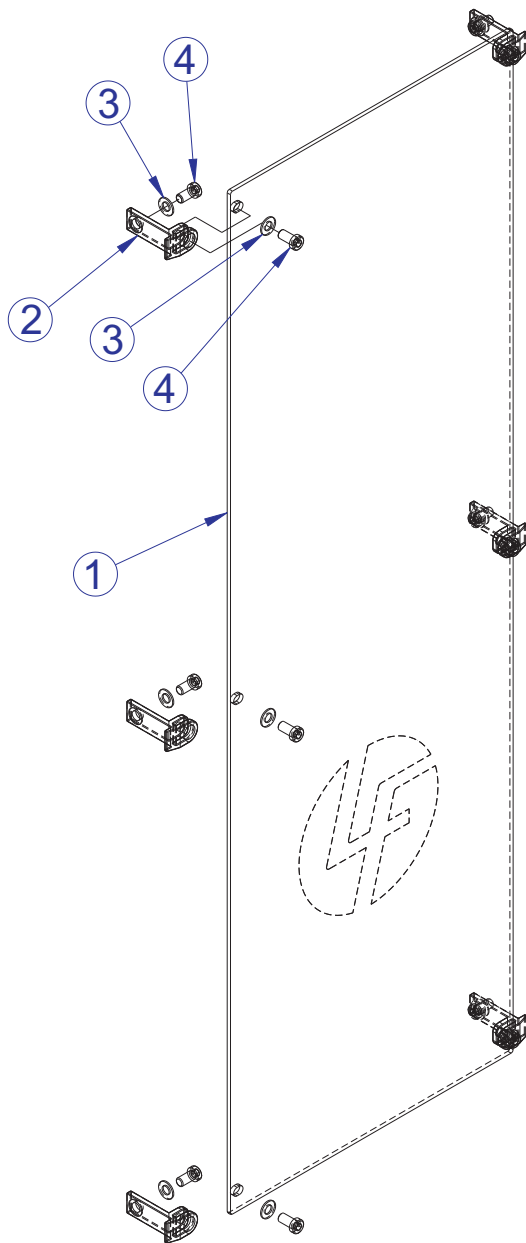
WEIGHT STACK LABELS

| PART NO | DESCRIPTION         |
|---------|---------------------|
| 7987001 | LABEL, 200 LB STACK |
| 7987301 | LABEL, 95 KG STACK  |



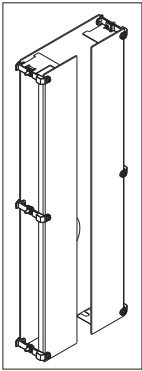
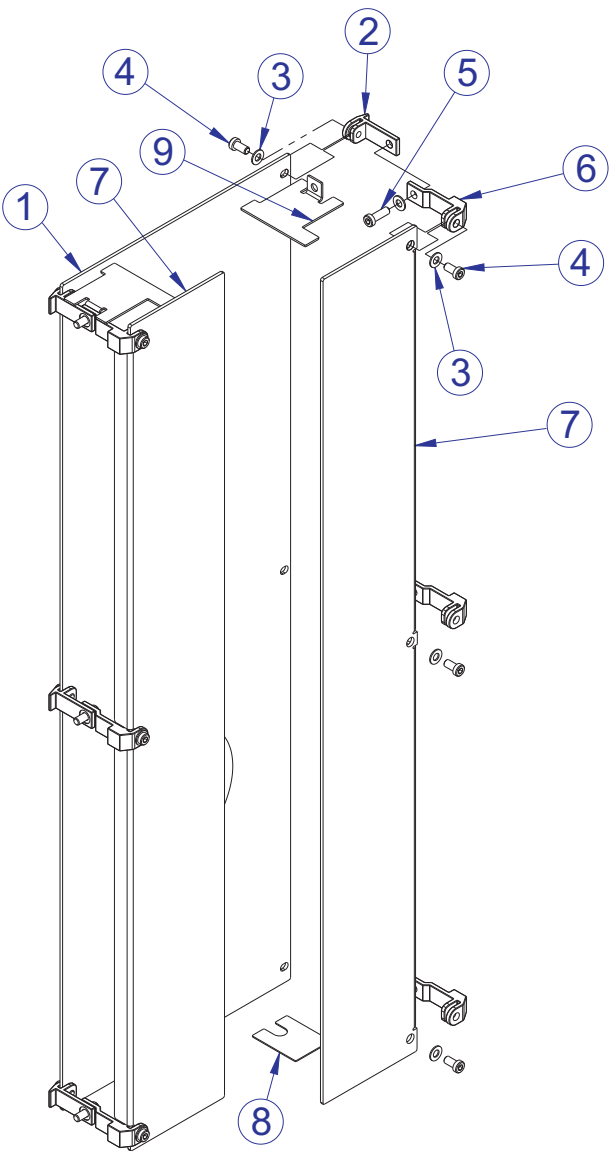
| ITEM NO | QTY   | PART NO | DESCRIPTION              |
|---------|-------|---------|--------------------------|
| 1       | 1     | 7353901 | HEADPLATE, WT. STACK     |
| 2       | 1     | 7352601 | BAYONET, 14 PLATE        |
| 3       | 2 / 2 | 7338001 | HEADPLATE BUSHING & CLIP |
| 5       | 1     | 3236001 | BUSHING, SPRING PIN      |
| 6       | 1     | 7353001 | ASSY, SELECTOR PIN       |
| 7       | 1     | 7356501 | PLUG, LANYARD ATTACHMENT |
| 8       | 4     | 7353701 | ASSY, 10 LB PLATE        |
| 9       | 10    | 7353801 | ASSY, 15 LB PLATE        |
| 10      | 1     | 7523601 | CRIMP, CABLE             |

PSABSE ABDOMINAL  
REAR SHROUD KIT STD-SHORT - 7415201



| ITEM NO | QTY | PART NO | DESCRIPTION             |
|---------|-----|---------|-------------------------|
| 1       | 1   | 7376801 | SHIELD, PS REAR         |
| 2       | 6   | 7655301 | BRACKET, PS REAR SHIELD |
| 3       | 12  | 3236601 | WASHER, 3/8 SAE SS      |
| 4       | 12  | 3236201 | SCREW, M10 X1.5 20MM    |

PSABSE ABDOMINAL  
OPTIONAL FULL SHROUD KIT STD-SHORT - 7539601



| ITEM NO. | QTY. | PART NO. | DESCRIPTION                |
|----------|------|----------|----------------------------|
| 1        | 1    | 7376801  | SHIELD, PS REAR            |
| 2        | 6    | 7655301  | BRACKET, PS REAR SHIELD    |
| 3        | 18   | 3236601  | WASHER, 3/8 SAE SS         |
| 4        | 12   | 3236201  | SCREW, M10 X1.5 20MM       |
| 5        | 6    | 3236203  | SCREW, M10 X1.5 30MM       |
| 6        | 6    | 7376601  | BRACKET, PS FRONT SHIELD   |
| 7        | 2    | 7376901  | SHIELD, PS - FRONT         |
| 8        | 2    | 7570901  | PLATE, PS SHIELD STAND-OFF |
| 9        | 2    | 7657401  | PLATE, PRO2 SHROUD SPCR    |

# PSABSE ABDOMINAL IMAGE

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