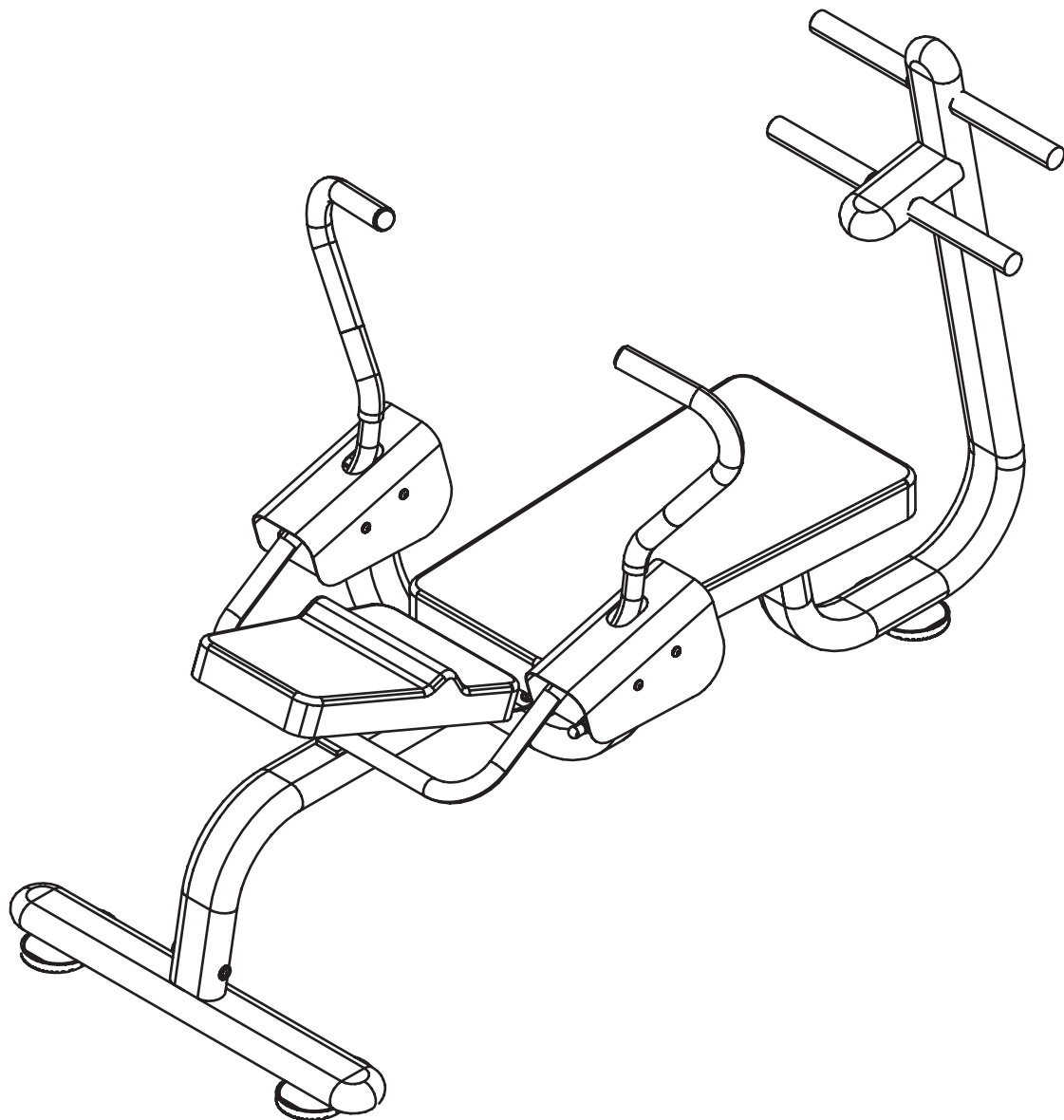


*impulsa<sup>2</sup>*



**IT6003B AB Crunch  
Assembly Instructions**

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## **Important Safety Instructions**

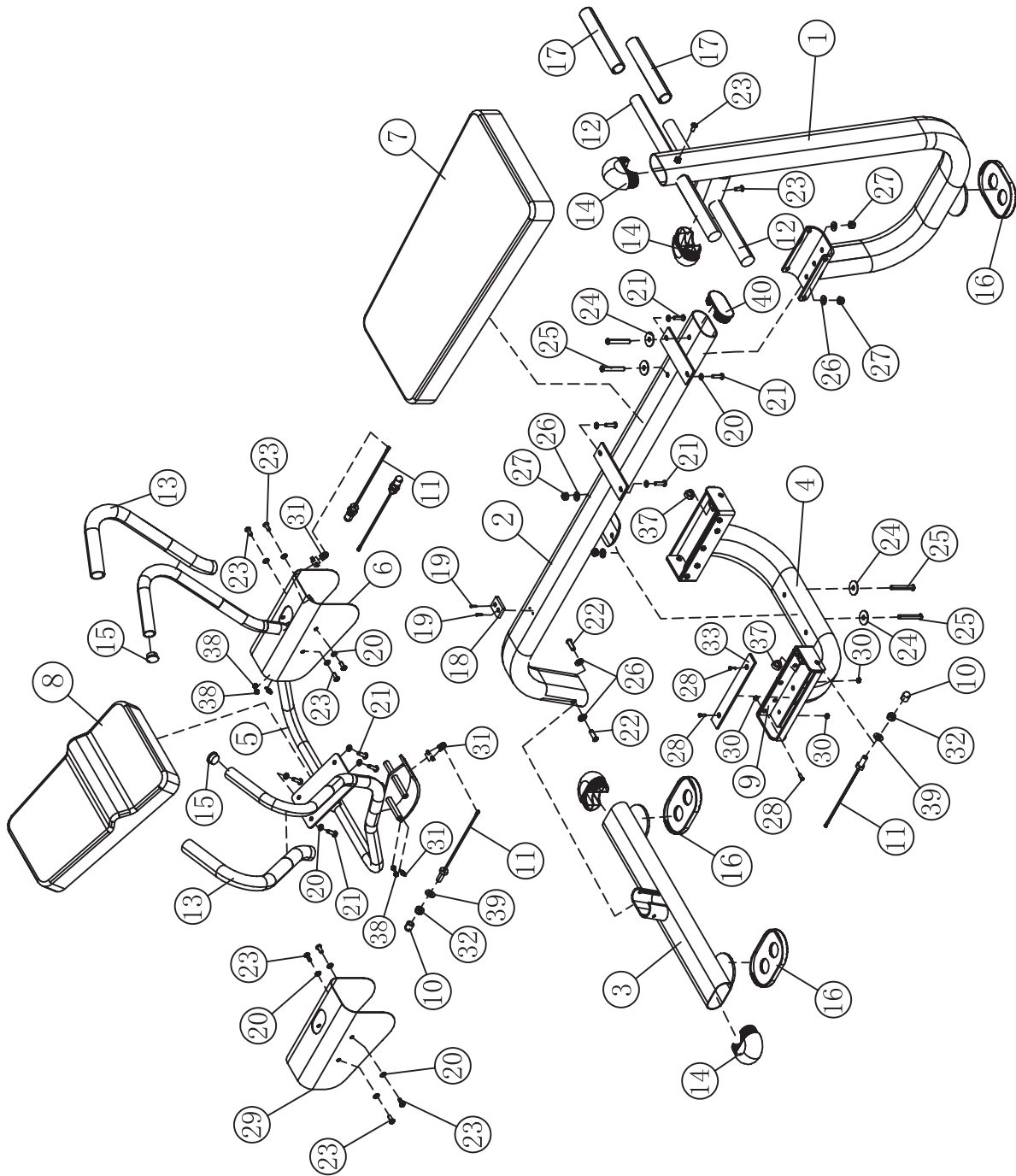
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- \* Read all instructions before using the AB Bench. These instructions are written to ensure your safety and to protect the unit.
- \* 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 injuries.
- \* Wear proper exercise clothing and shoes for your workout----no loose clothing.
- \* Be careful when getting on or off the equipment.
- \* 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 the unit when it has been dropped or damaged.
- \* Never drop or insert anything 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.
- \* Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- \* Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- \* Do not attempt to lift more weight than you can control safely.
- \* Do not use the equipment outdoors.

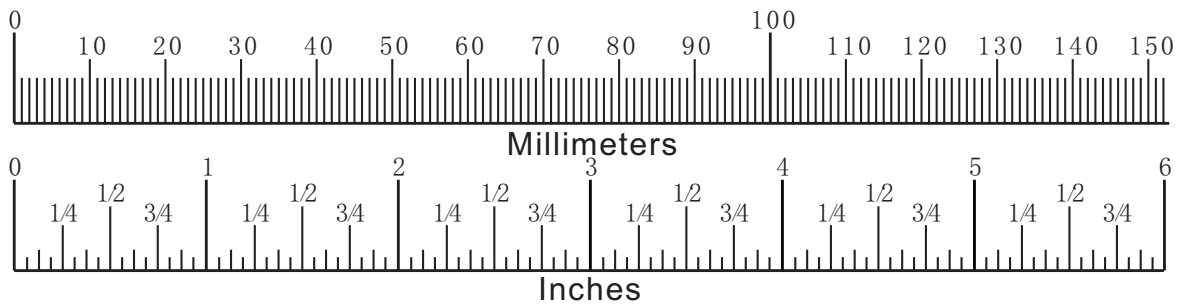
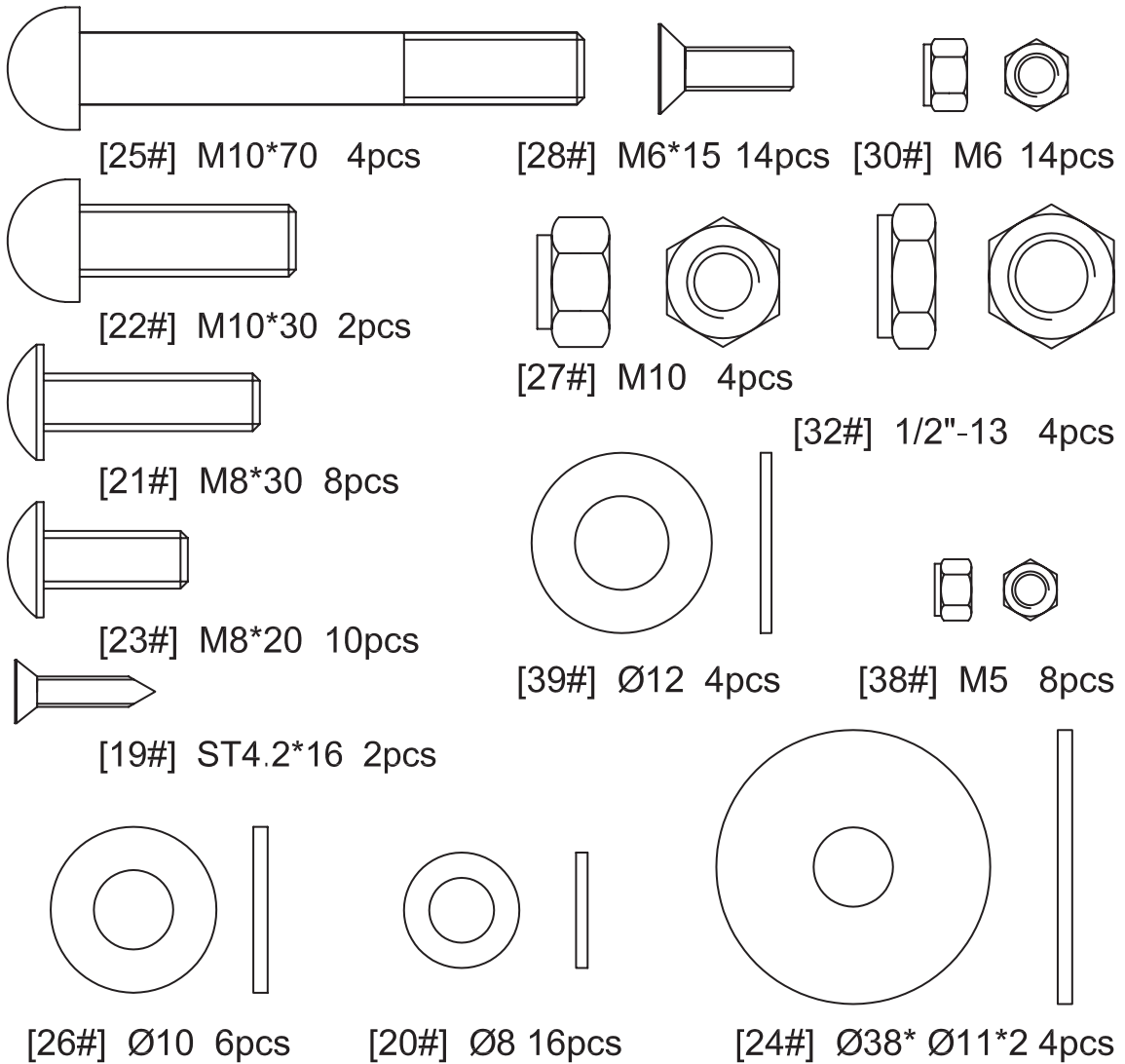
### **Personal Safety During Assembly**

- \* 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 equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The AB Bench is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthfull exercise with the equipment.

# IT6003B AB Crunch Exploded View Diagram



# Hardware List



## Parts List

<b>Item No.</b>	<b>Description</b>	<b>QTY</b>	<b>Item No.</b>	<b>Description</b>	<b>QTY</b>
1	Front support frame	1	21	Allen bolt M8*30	8
2	Seat pad support frame	1	22	Allen bolt M10*30	2
3	Rear base	1	23	Allen bolt M8*20	10
4	Middle support frame	1	24	washer ID38 for M10 bolt	4
5	Handle frame	1	25	Allen bolt M10*70	4
6	Left shroud	1	26	Washer Φ10	6
7	Seat pad	1	27	Nylon lock nut M10	4
8	Back pad	1	28	Philip screw M6*15	14
9	Plastic plate I	2	29	Right shroud	1
10	Nylon nut	4	30	Nylon lock nut M6	14
11	Cable	4	31	"U" bolt M5	4
12	Foot peg	2	32	Thin nylon lock nut 1/2"-13	4
13	Grip OD38*ID32*620	2	33	Plastic plate II	2
14	Plug RT50*100	4	34	Allen wrench S=6	1
15	Plug ID32	2	35	Decal maintenance routine	1
16	Foot pad	3	36	Decal piont	1
17	Hand grip	4	37	Rubber bumper	2
18	Rubber pad	1	38	Nylon lock nut M5	8
19	Philip screw ST4.2*16	2	39	Washer Φ12	4
20	Washer Φ8	16	40	Flat Plug RT50*100	1

## **Assembly Instructions**

Assembly of the AB Bench takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



### **Note**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

## Step 1 Install the Main Frame

**1) Attach Seat pad support frame (#2), Rear base (#3) using:**

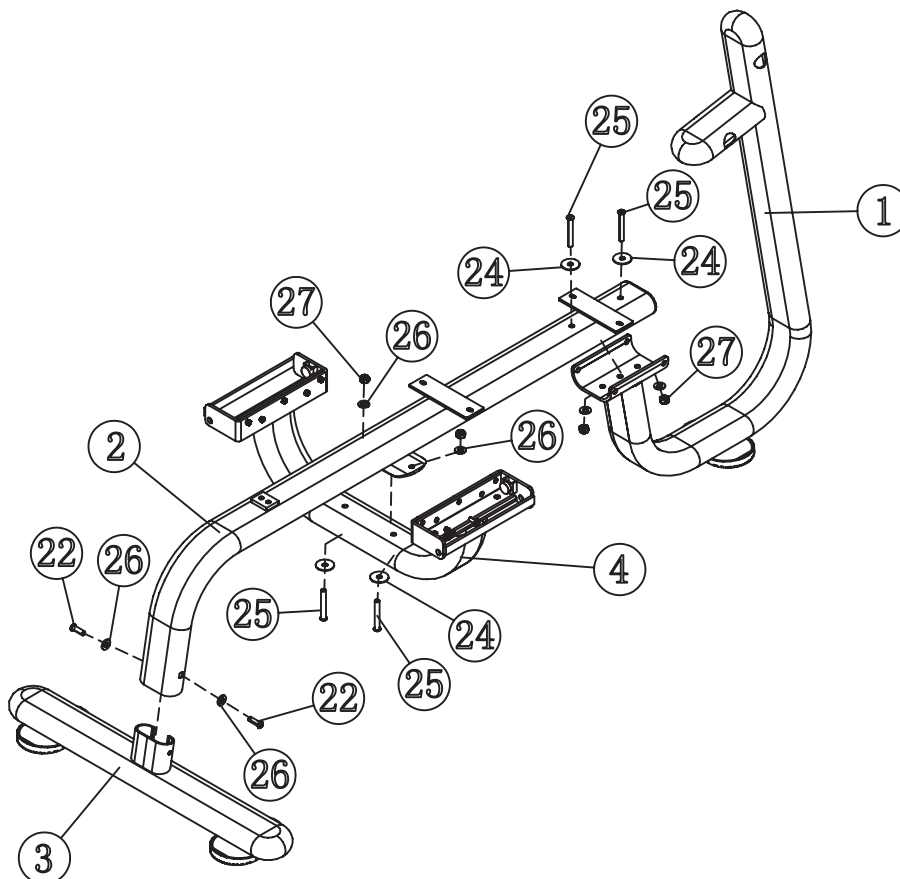
two Allen Bolts (#22) M10x30  
two Washers  $\Phi 10$  (#26)

**2) Attach Front support frame (#1), Seat pad support frame (#2) using:**

two Allen Bolts (#25) M10x70  
two Washers  $\Phi 10$  (#26)  
two washers ID38 for M10 bolt (#24)  
two Nylon locknuts M10 (#27)

**3) Attach Seat pad support frame (#2), Middle support frame (#4) using:**

two Allen Bolts (#25) M10x70  
two Washers  $\Phi 10$  (#26)  
two washers ID38 for M10 bolt (#24)  
two Nylon locknuts M10 (#27)



**1) Hand tighten bolts and nylon nuts until STEP 4.**  
**2) Note the direction of the Middle support frame (#4).**



## Step2 Install the Cable

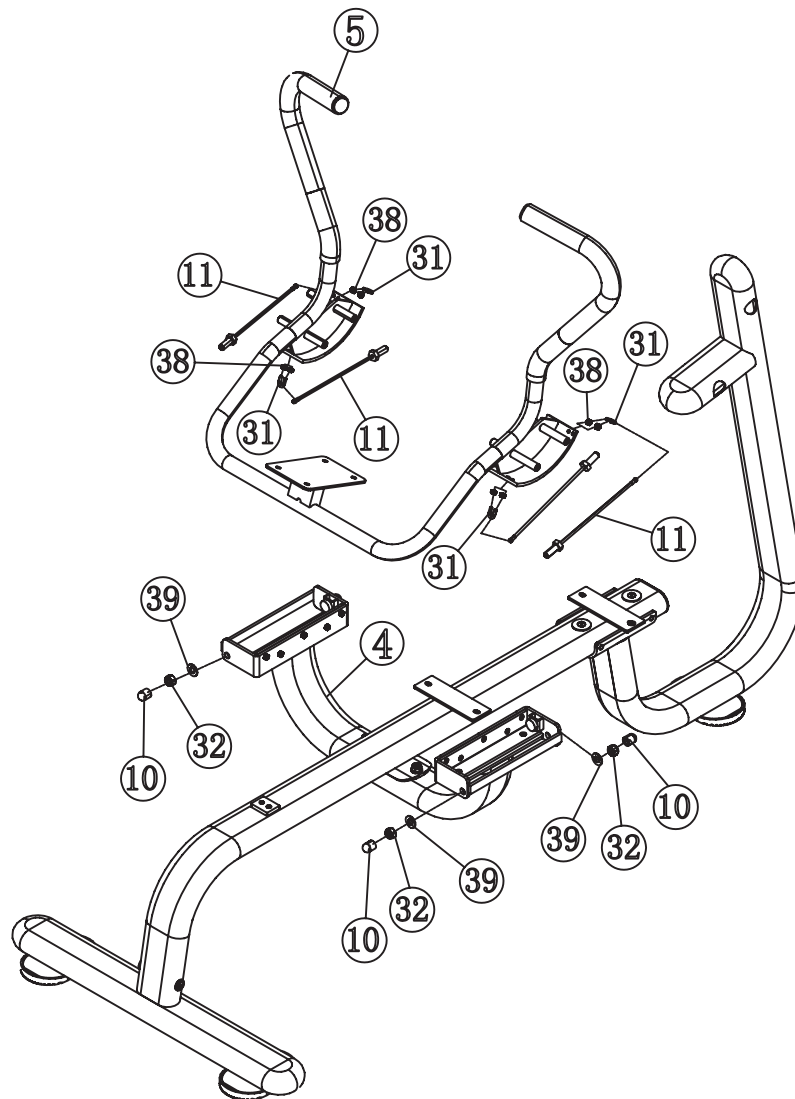
**1)Attach Cable(#11)to the hole of Handle frame (#5) using:**

**One "U" bolt M5(#31)  
two Nylon locknuts M5(#38)**

**2)Repeat Step 1) on the other cable.**

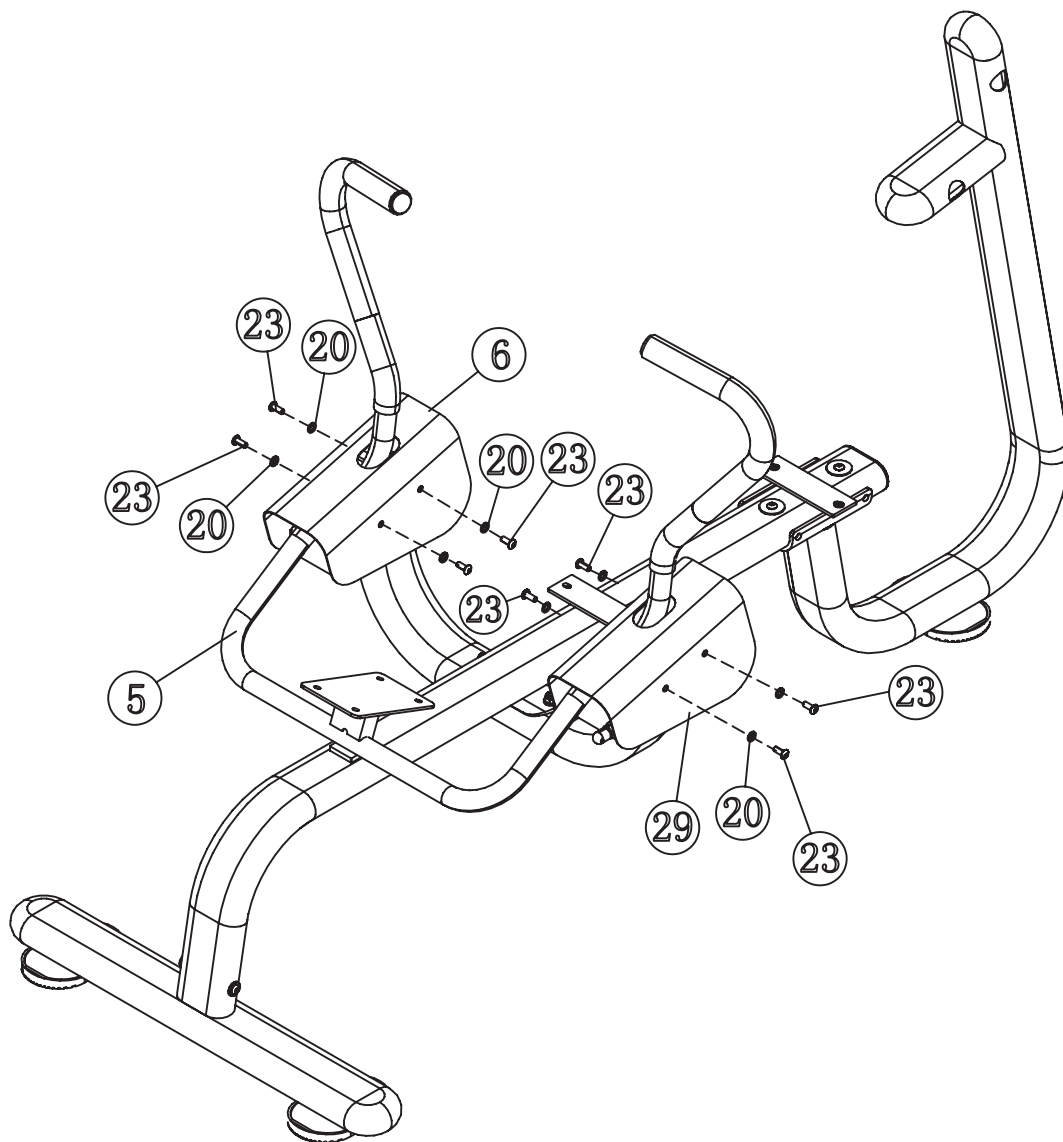
**3)Attach Middle support frame(#4),Handle frame (#5), Cable(#11)using:**

**four thin nylon locknuts ½"-13(#32)  
four Washers Φ12(#39)  
four Nylon nuts(#10)**



### Step3 Install shroud

- 1) Attach Left shroud (#6) to Handle frame (#5) using:  
four Allen Bolts (#23) M8x20  
four Washers  $\Phi 8$  (#20)
- 2) Repeat Step 1) on other side.



## Step4 Install pads and foot peg

1) Attach Seat pad (#7) to Seat pad support frame (#2) using:

four Allen Bolts (#21) M8x30

four Washers  $\Phi 8$  (#20)

2) Attach Back pad (#8) to Handle frame (#5) using:

four Allen Bolts (#21) M8x30

four Washers  $\Phi 8$  (#20)

3) Attach two Foot pegs (#12) to Front support frame (#1) using:

four Hand grip (#17)

two Allen Bolts (#23) M8x20

