OPTIMA SERIES HIP ABDUCTOR/ ADDUCTOR

Assembly Instructions

OSHAA / 6.16.10 / 8755801 REV C-3



WHAT WE LIVE FOR

COMPONENT LIST

ITEM N0.	QTY.	DESCRIPTION
1	1	SEAT FRAME
2	1	SEAT BACK FRAME
3	2	THIGH PAD SUPPORT
4	1	SELECTOR PIN
5	20	3/8” FLAT WASHER
6	2	LARGE (FENDER) WASHER
7	1	M16 JAM NUT
8	7	M10 HEX NYLOCK NUT
9	4	M10 X 35MM FLAT HEAD BOLT
10	3	M10 X 20MM BOLT
11	2	M10 X 30MM BOLT
12	1	M10 X 50MM BOLT
13	4	M10 X 70MM BOLT
14	2	M10 X 90MM BOLT
15	1	M10 X110MM BOLT
16	1	BACK PAD
17	1	SEAT PAD
18	2	THIGH PAD
19	5	HOLE PLUG
20	3	4.5” PULLEY
21	1	GUIDE ROD RETAINER, LONG
22	1	CABLE CLIP
23	1	WEIGHT STACK LABEL
24	1	PLACARD
25	8	15 LB WEIGHT PLATE
26	1	INCREMENT WEIGHT
27	1	HEAD PLATE
28	1	TOWER FRAME
29	8	M6 WASHER
30	2	M10 SET SCREW
31	2	M10 X 60MM BOLT
32	8	M6 X 12MM BOLT
33	2	RETAINER RING
34	4	BUSHING (.500” X .402” X .272”)
35	2	GUIDE ROD
36	2	WEIGHT STACK CUSHION
37	2	TOP TOWER COVER
38	1	GUIDE ROD RETAINER, SHORT
39	4	OUTER SHROUD
40	1	CENTER SHROUD
41	2	SHROUD CLIP
42	2	BOTTOM TOWER COVER

Optional / Optioneel / En option / Opzionale / オプション / Opcional /

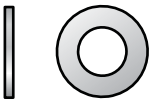
HARDWARE



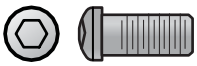
M10 SET SCREW (#30)



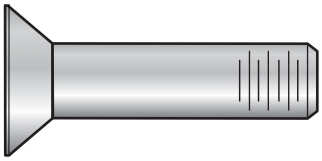
BUSHING (.500”OD X .402”ID) X .272” (#34)



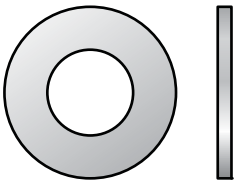
M6 WASHER (#29)



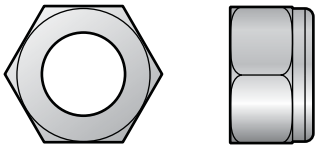
M6 X 12MM BOLT (#32)



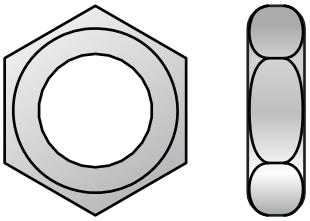
M10 X 35MM FLAT HEAD BOLT (#9)



3/8” FLAT WASHER (#5)



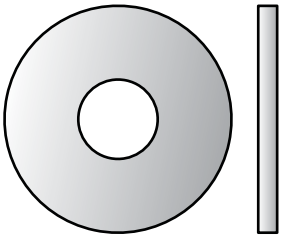
M10 HEX NYLOCK NUT (#8)



M16 HEX JAM NUT (#7)



M10 X 110MM BOLT (#15)



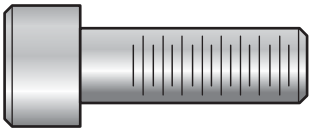
LARGE (FENDER) WASHER (#6)



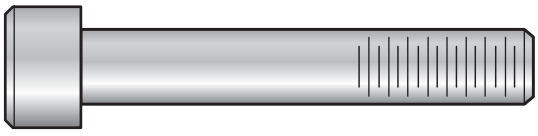
M10 X 90MM BOLT (#14)



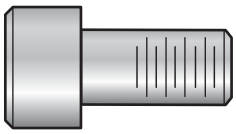
M10 X 70MM BOLT (#13)



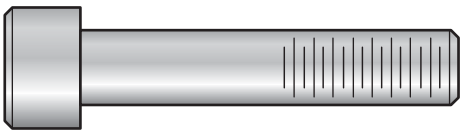
M10 X 30MM BOLT (#11)



M10 X 60MM BOLT (#31)



M10 X 20MM BOLT (#10)



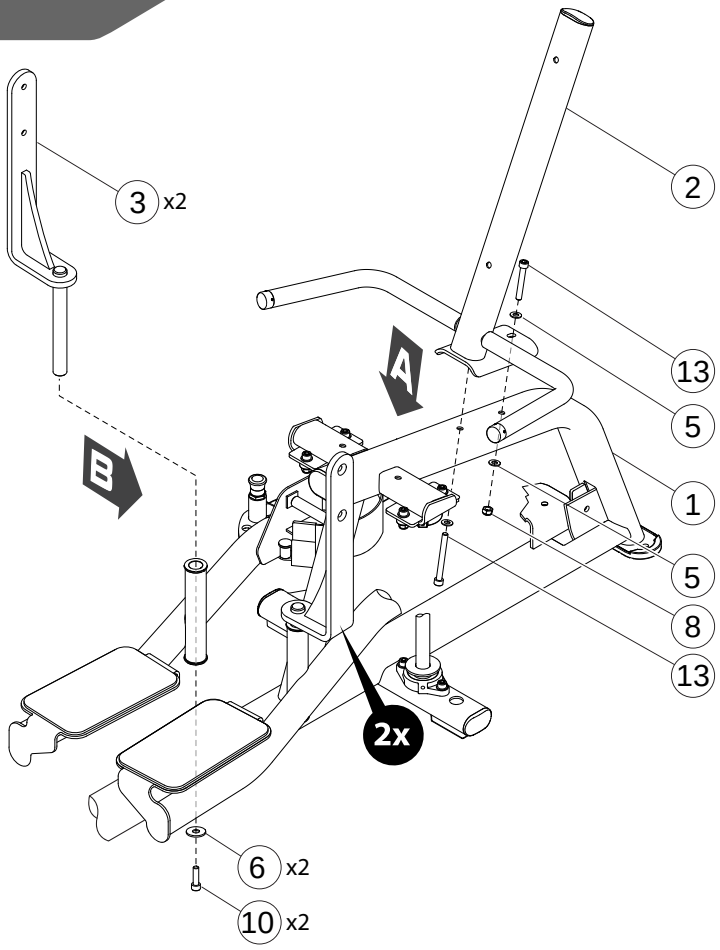
M10 X 50MM BOLT (#12)

Tools Required:

- Ratchet with 17mm Socket
- Rubber Mallet
- Ratchet Extension
- Open End Wrench (16mm,17mm, 24mm)
- Allen Wrench (4mm, 5mm, 6mm, 7mm, 8mm)
- Retaining Ring Plier
- Phillips Screw Driver
- Adjustable Pliers
- Adjustable Wrench

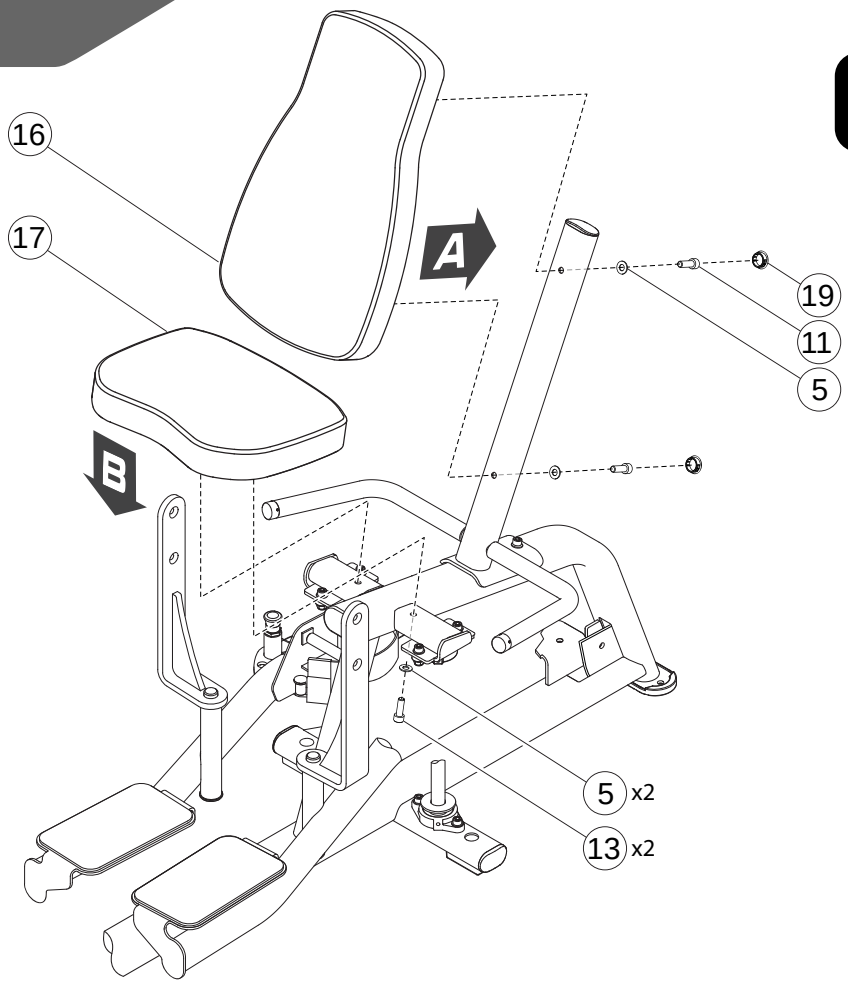
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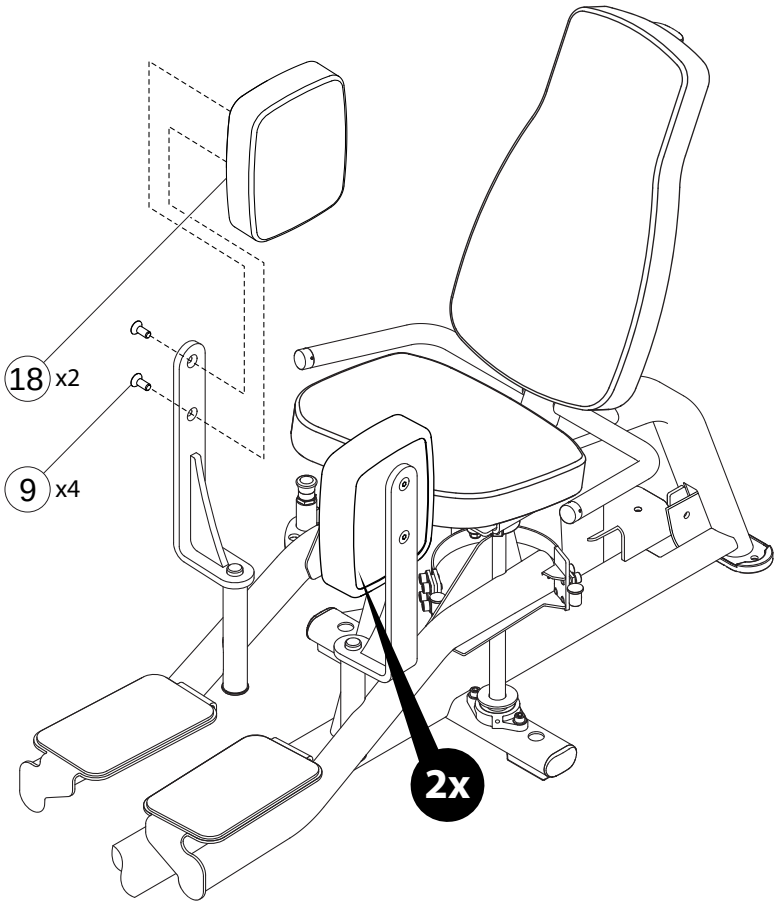


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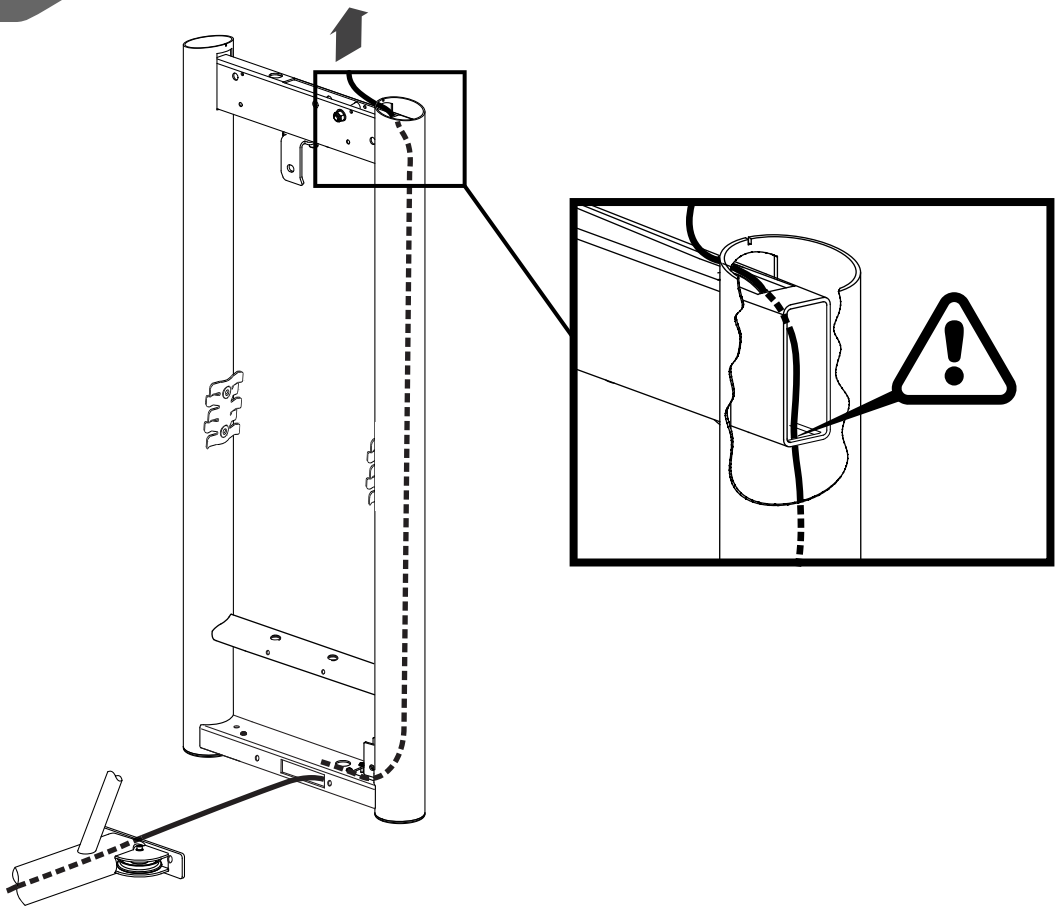
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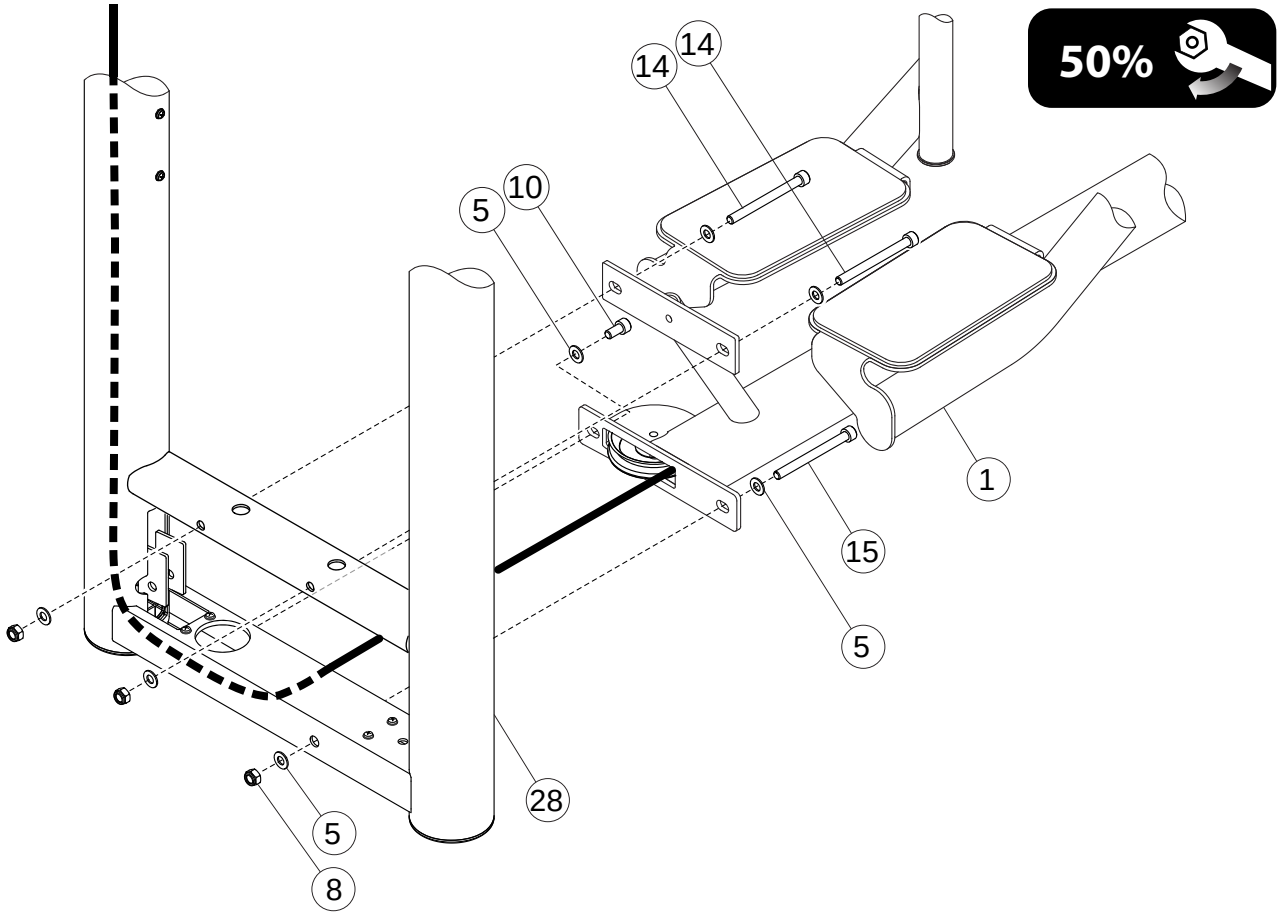
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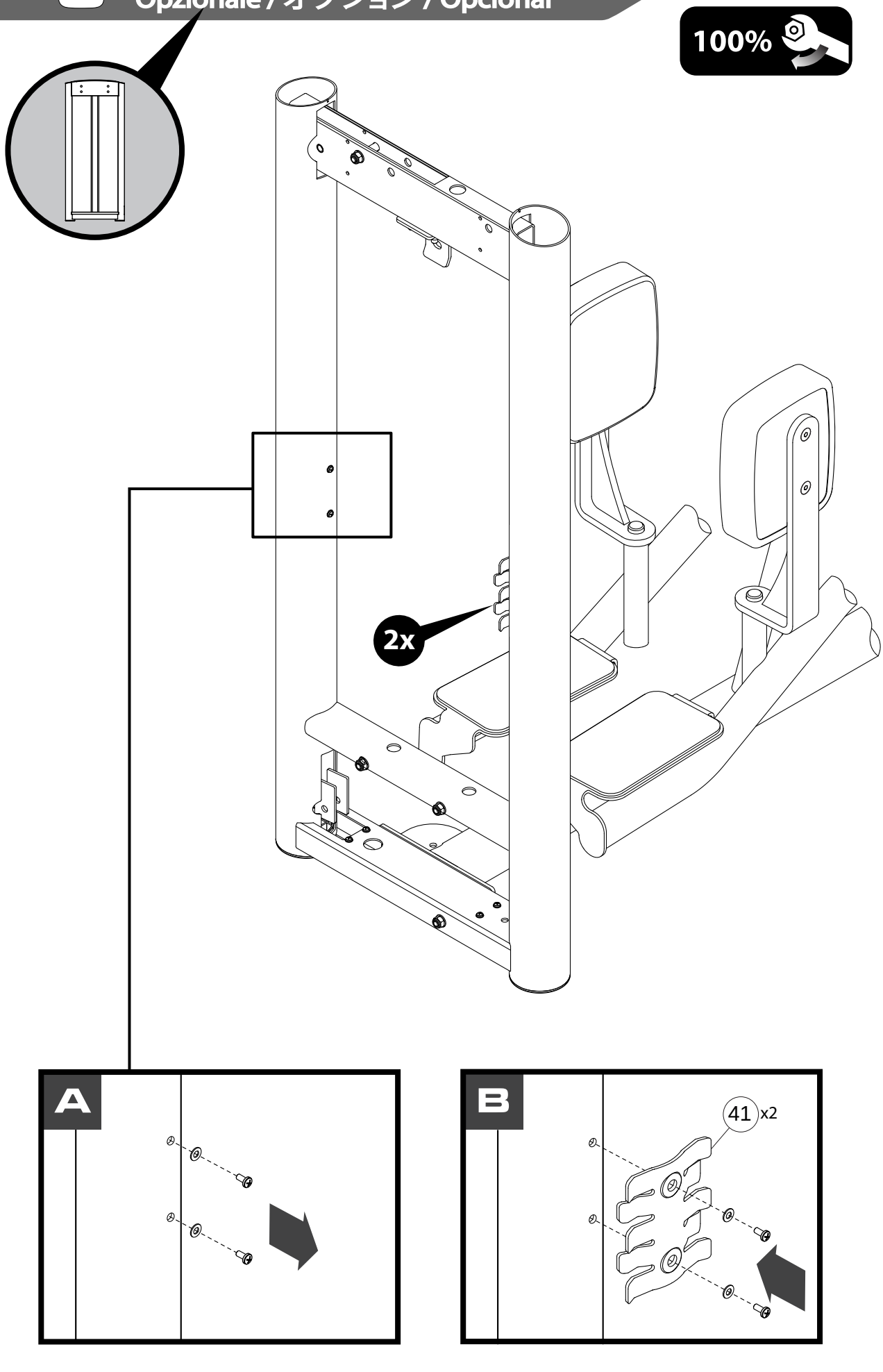
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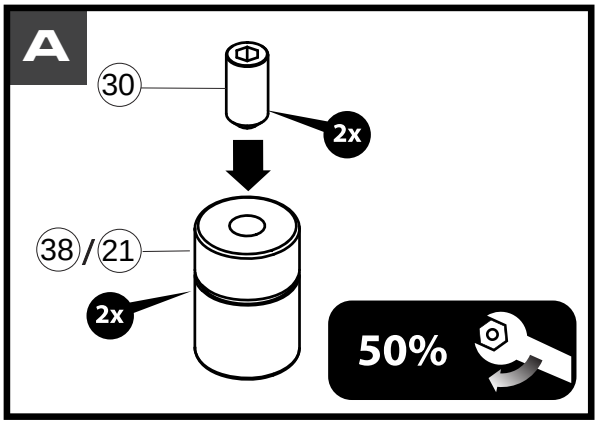
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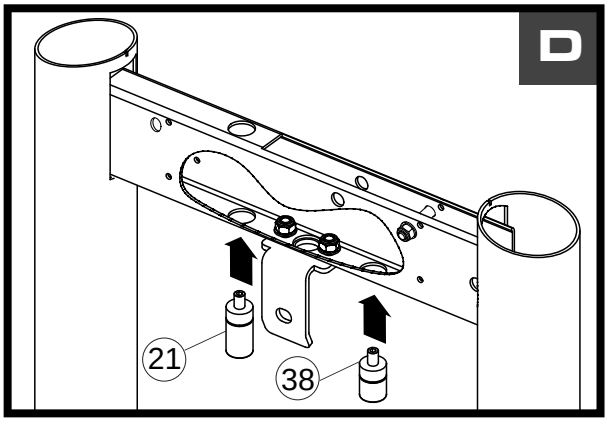


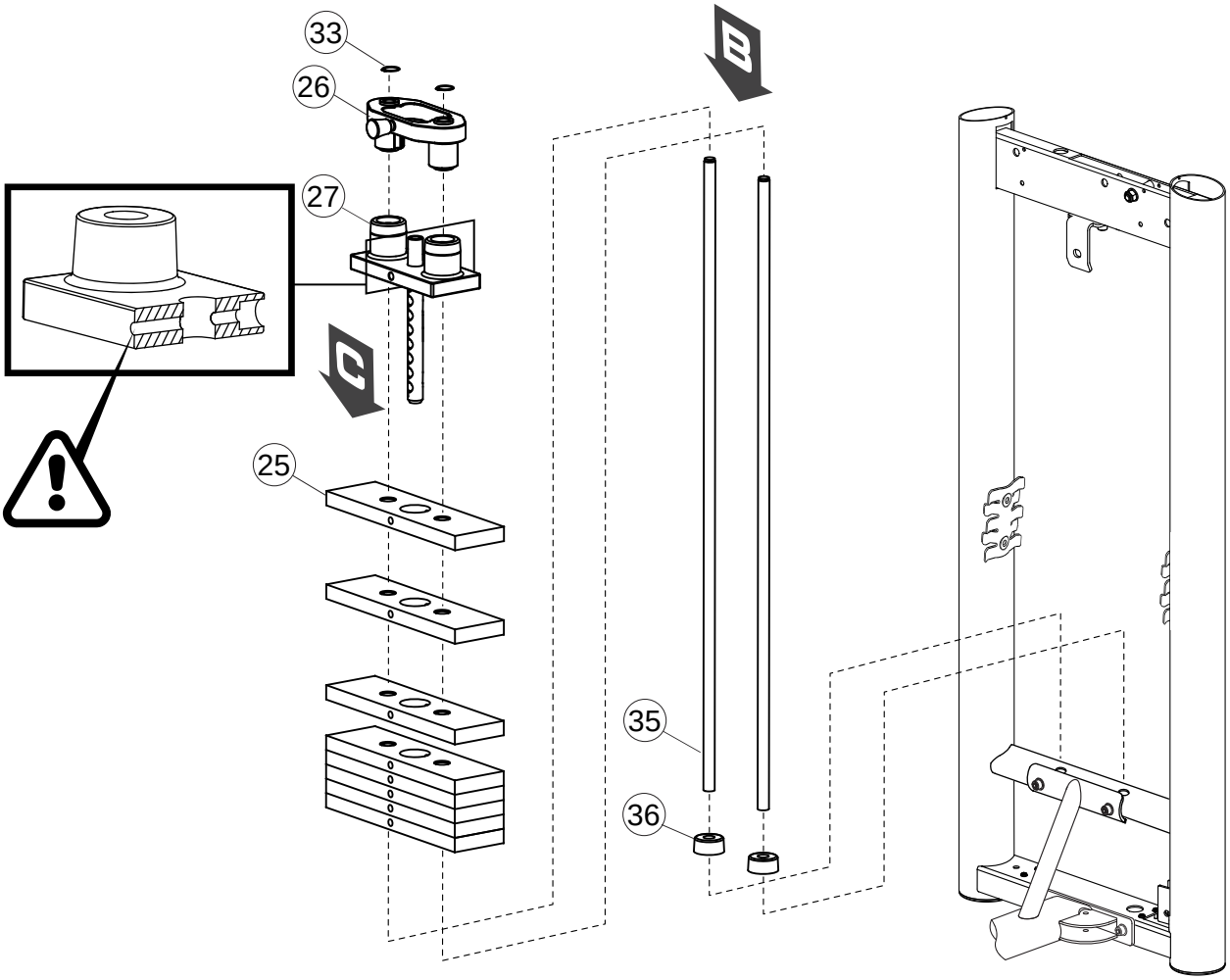
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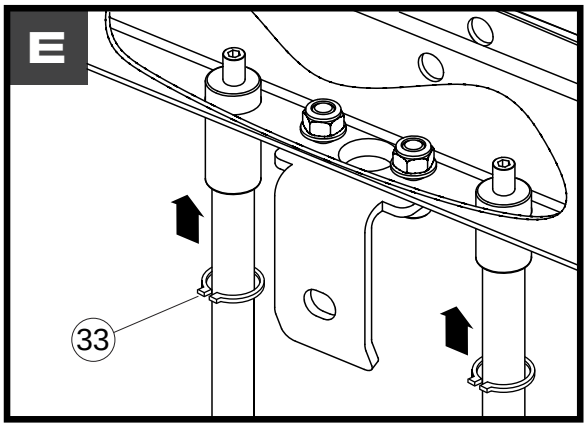


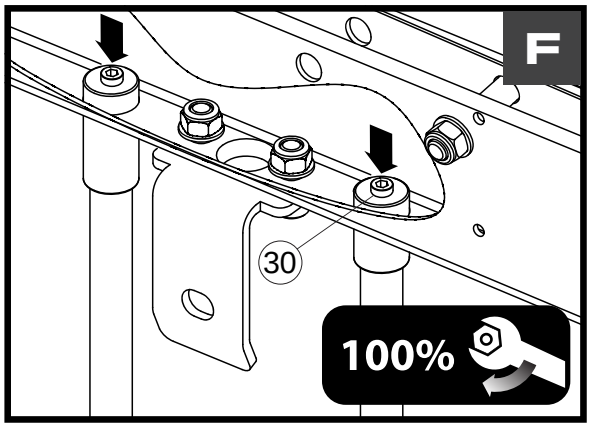
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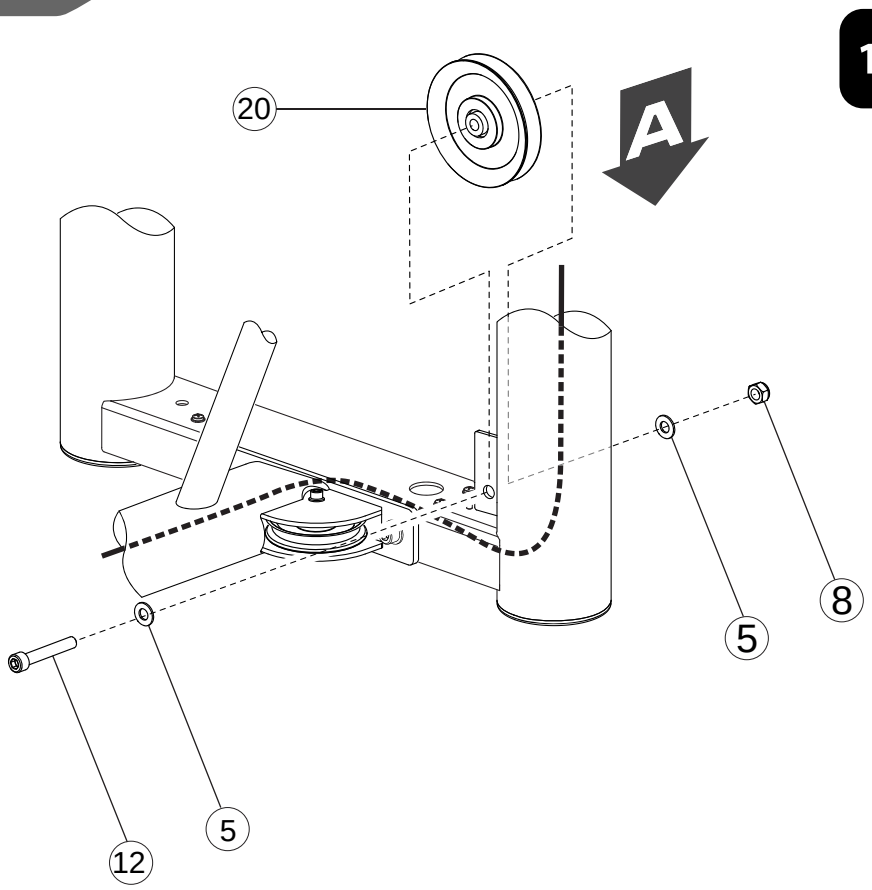




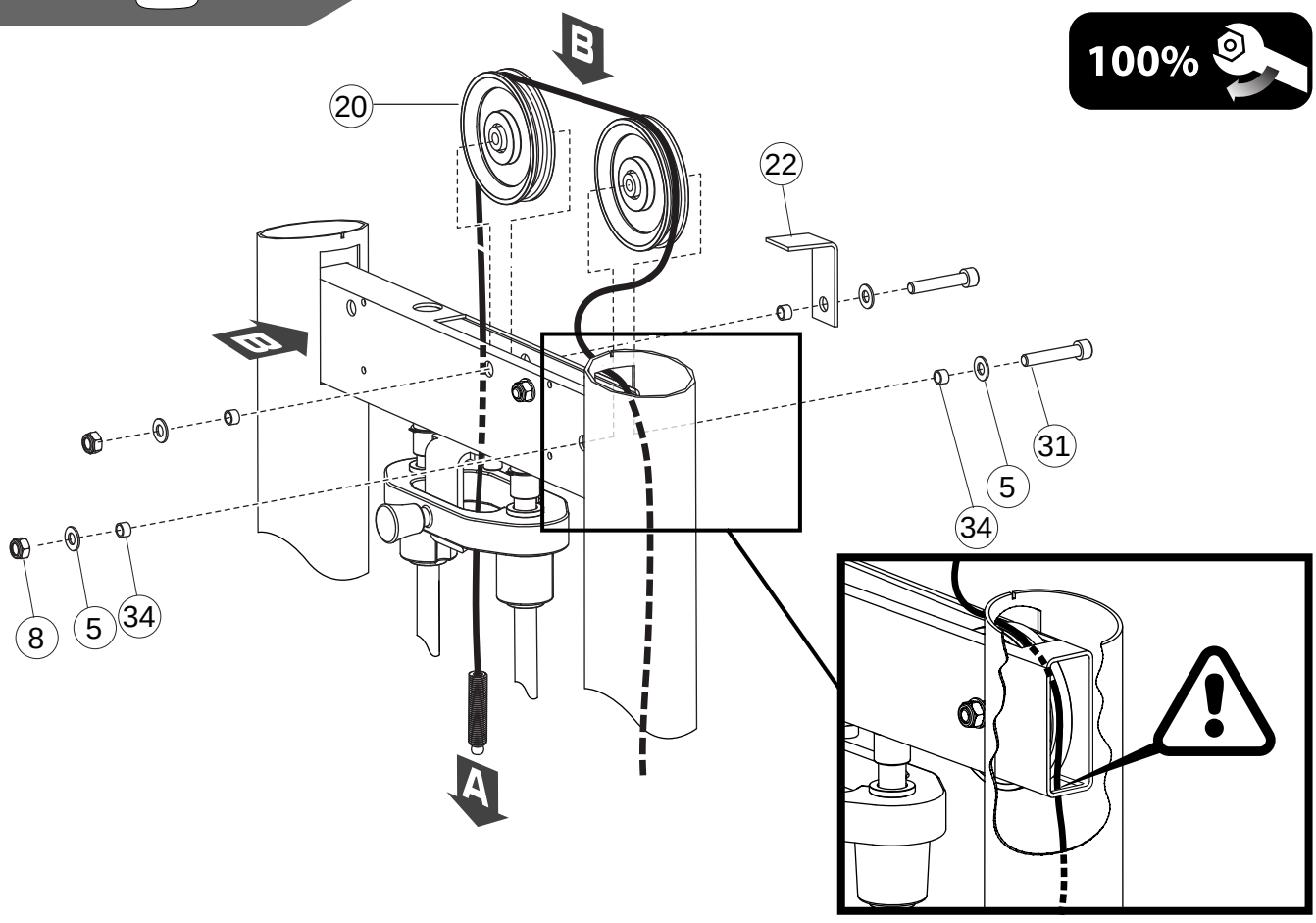




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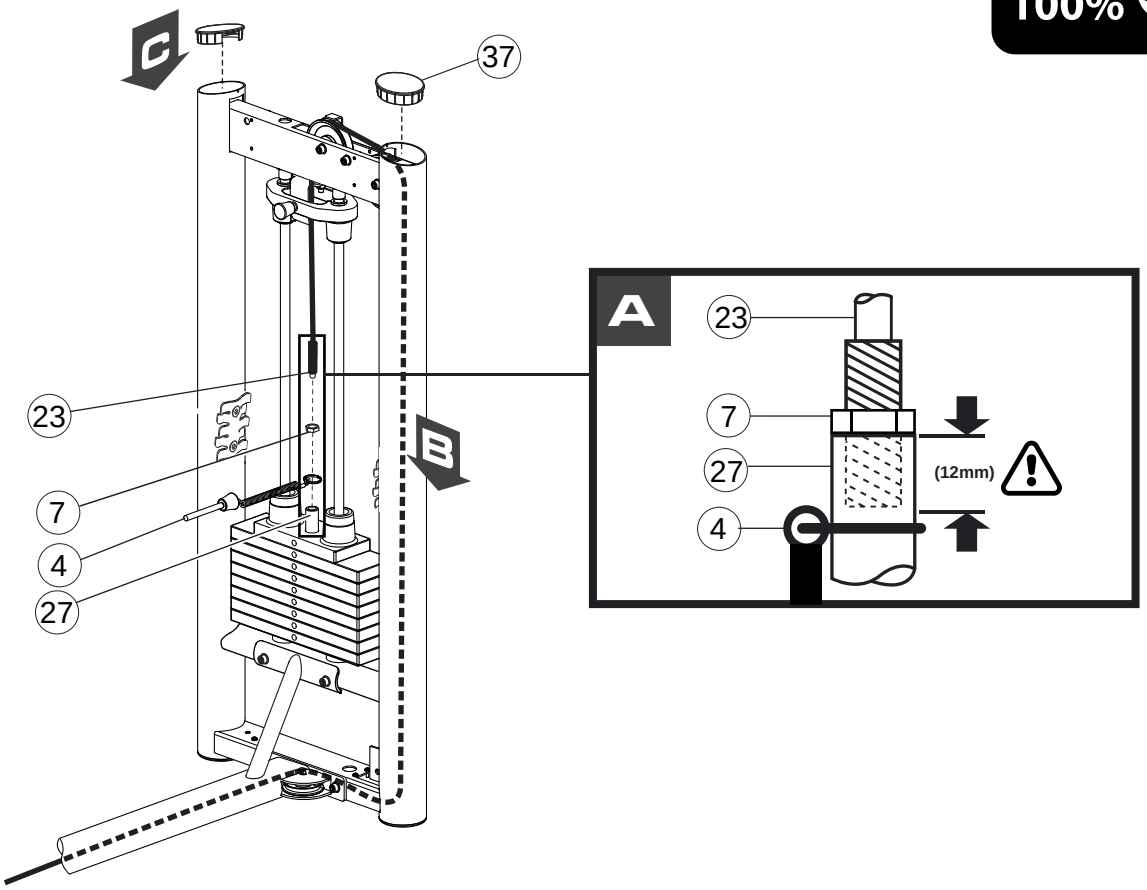


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MAKE SURE ALL HARDWARE IS TIGHT

Controleer of alle bevestigingen goed vast zitten

Vérifier que toute la visserie est serrée

Sicherstellen, dass alle Befestigungsteile festgezogen sind

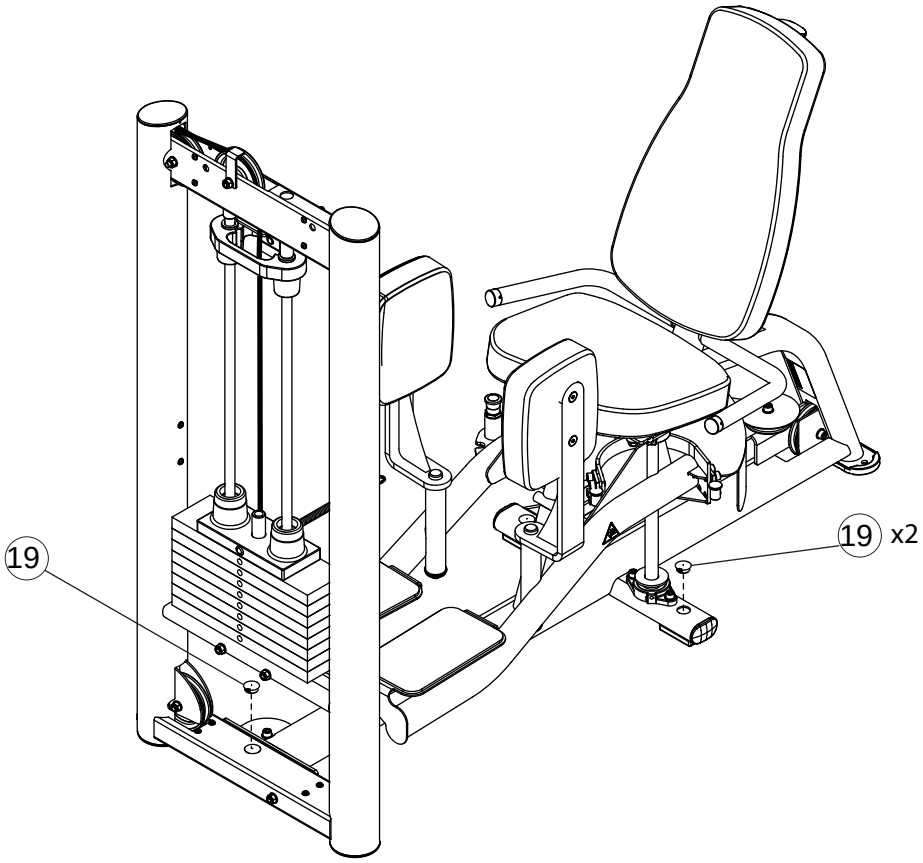
Assicurarsi che tutta la bulloneria sia ben stretta

すべての金具がしっかり固定されていることを確認してください

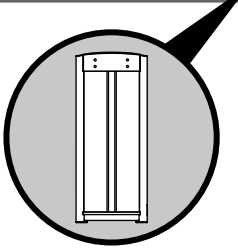
Certifique-se de que todas as peças estejam bem apertadas

Asegúrese de que todas las piezas estén firmes

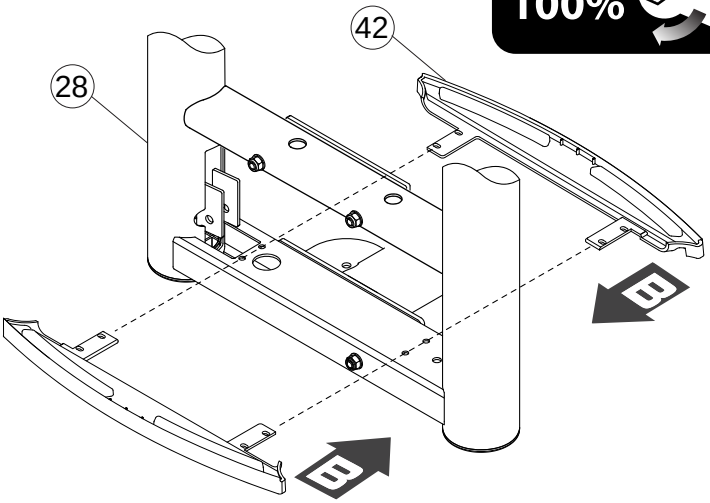
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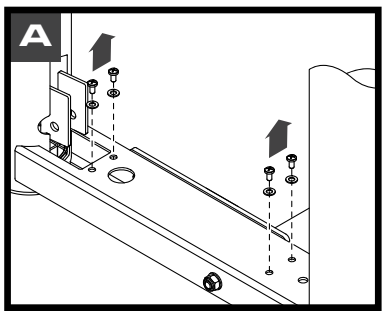


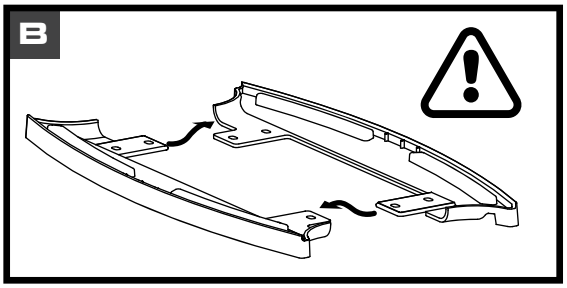
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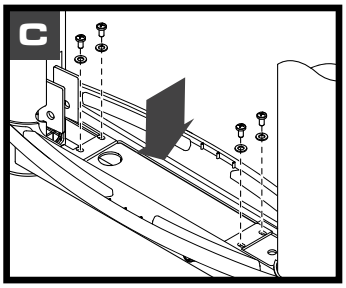


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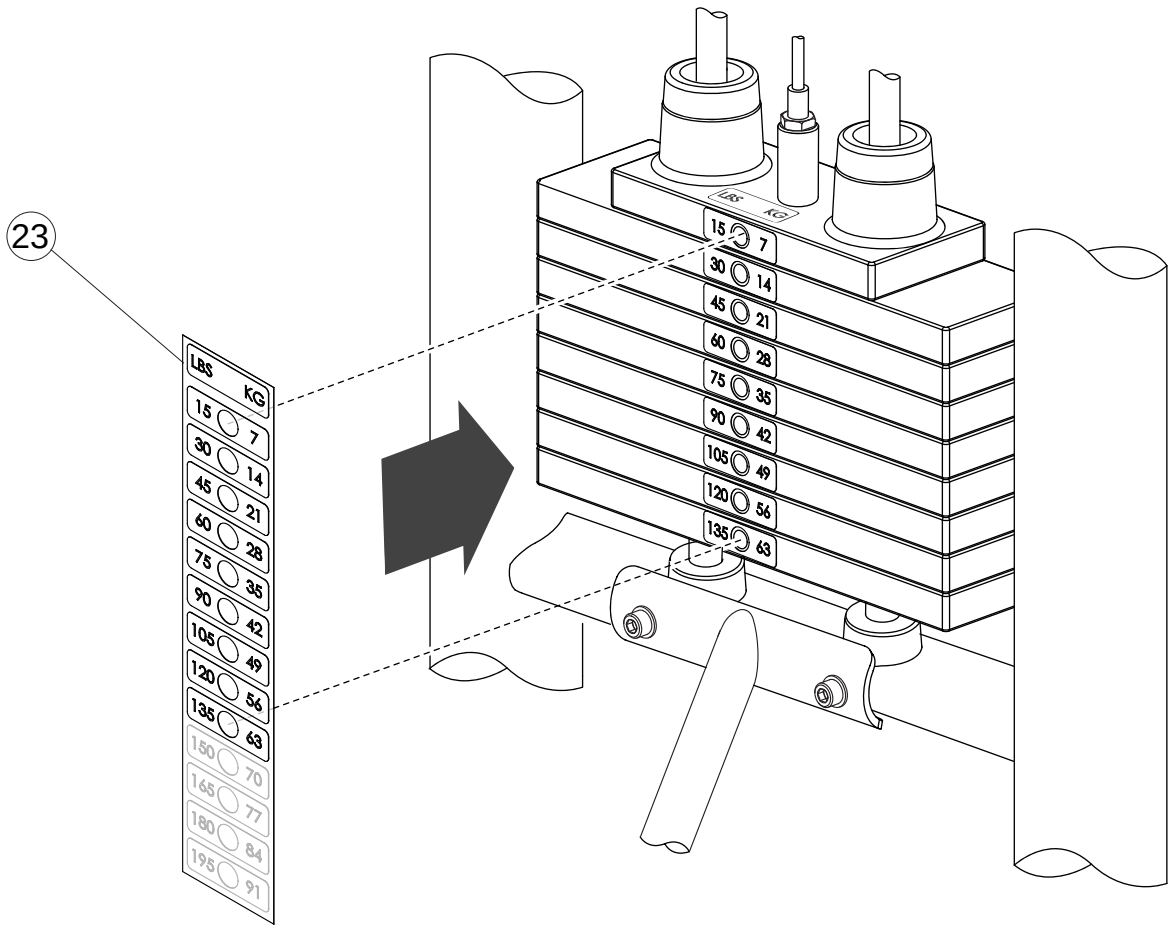






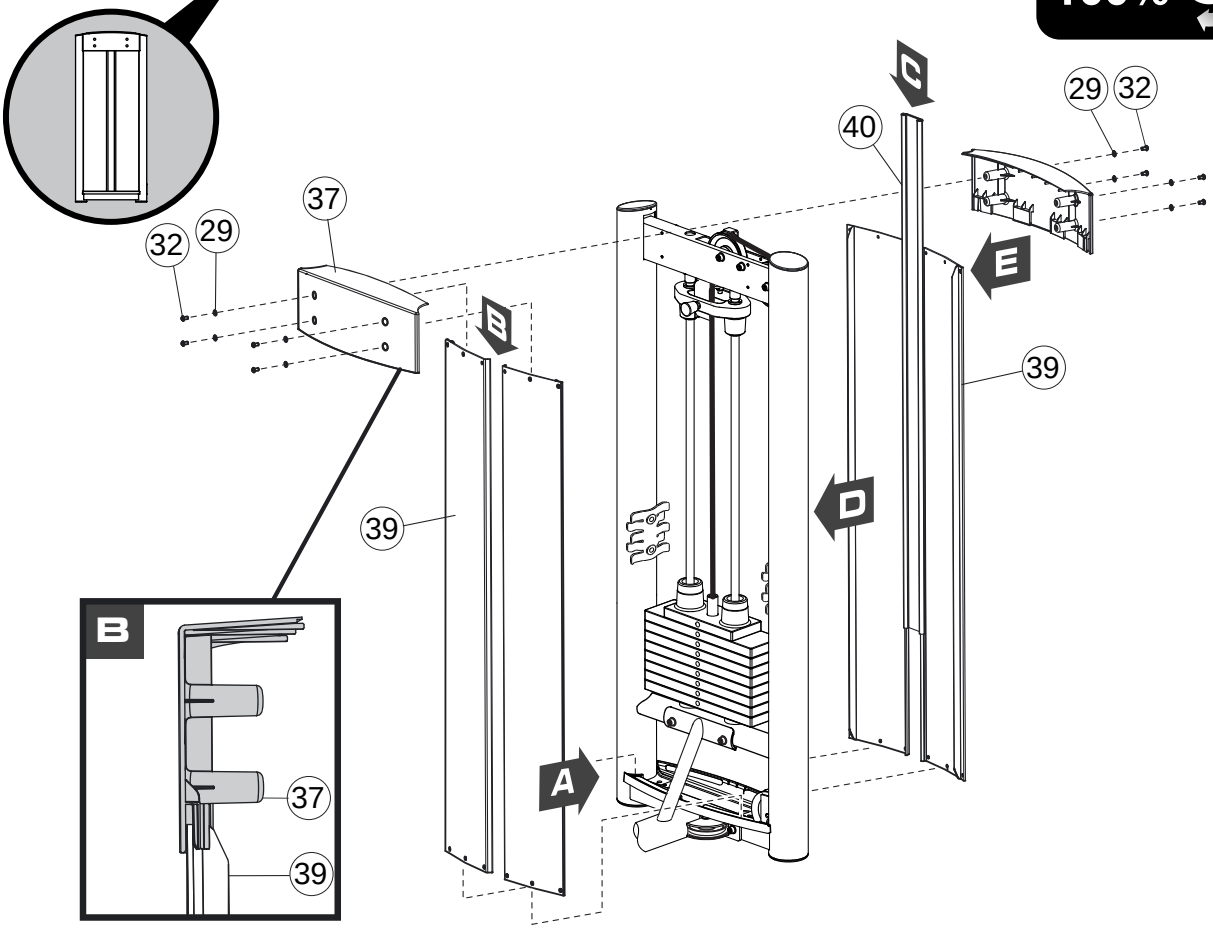


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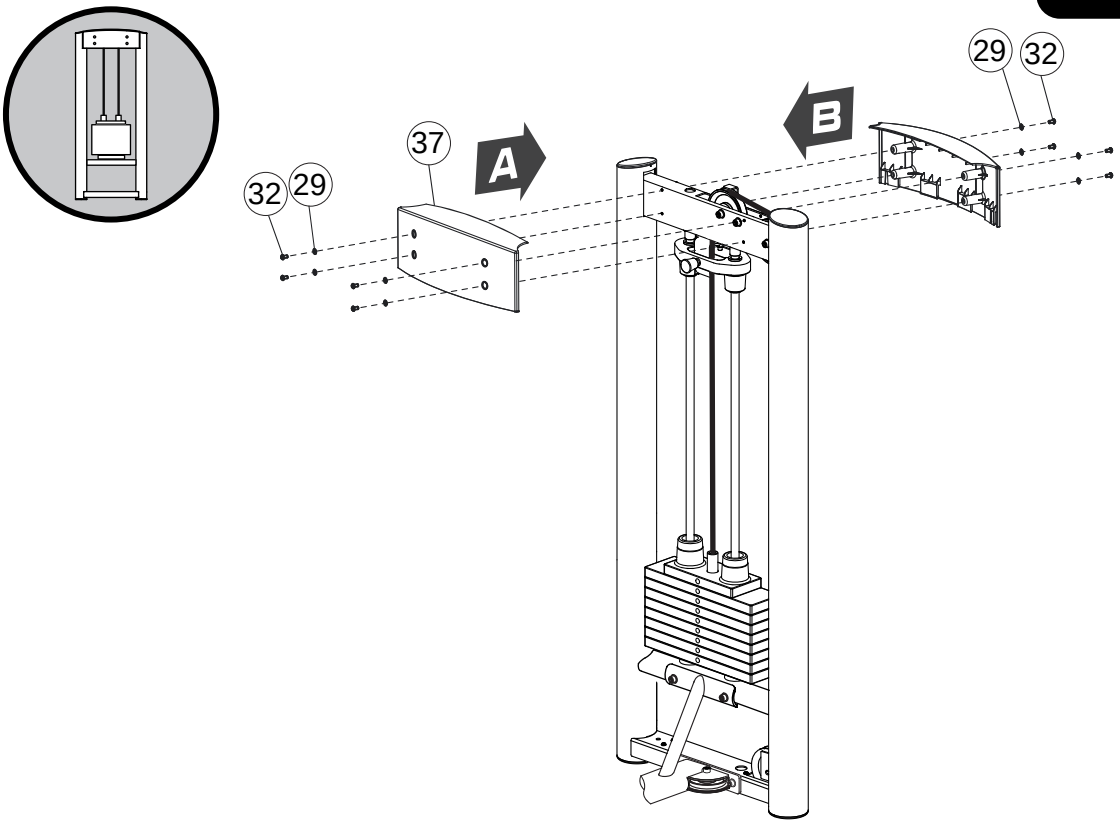
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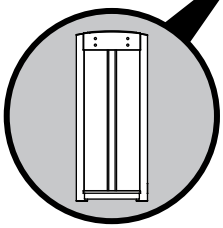


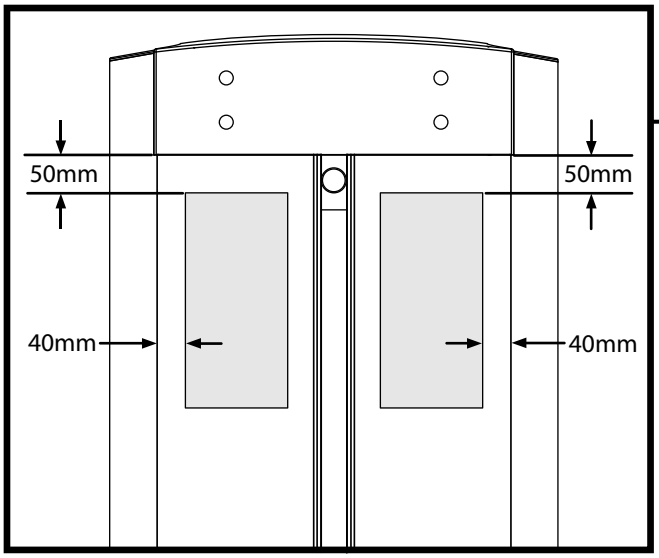
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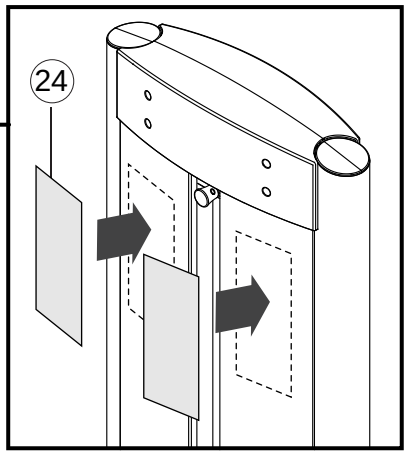
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