Ab Bench

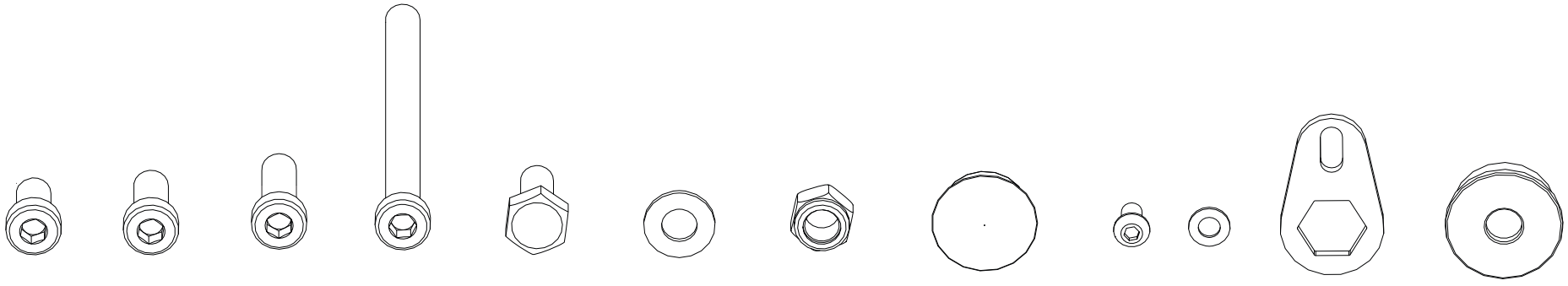
SABB

Owner's Manual



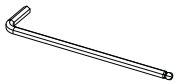
Ab Bench
1. Assembly Instructions

Hardware

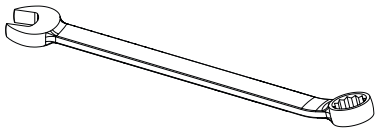


A. SCREW, M10 x 20mm (2)
B. SCREW, M10 x 25mm (14)
C. SCREW, M10 x 35mm (5)
D. SCREW, M10 x 135mm (2)
E. HEX SCREW, M10 x 35mm (4)
F. 3/8" FLAT WASHER (25)
G. NUT, M10 NYLOCK (12)
H. 1" HOLE-PLUG (12)
I. BTN SCREW, M6 x 25mm (4)
J. M6 WASHER (16)
K. BOLT RETAINER (4)
L. FLANGE BUSHING (4)

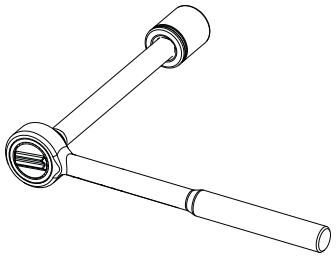
Tools Required



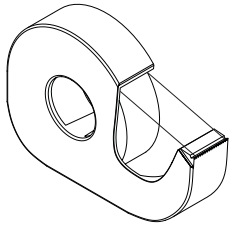
8mm Allen Wrench



17mm Box End Wrench



17mm Socket
3” Rachet Extension
Rachet

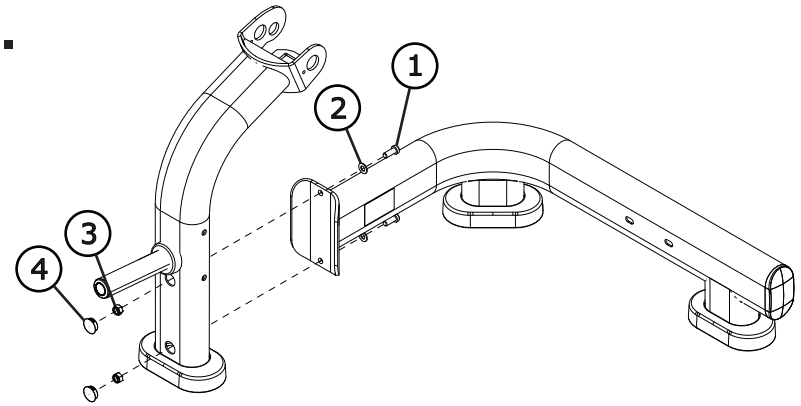


Tape Dispenser

Ab Bench

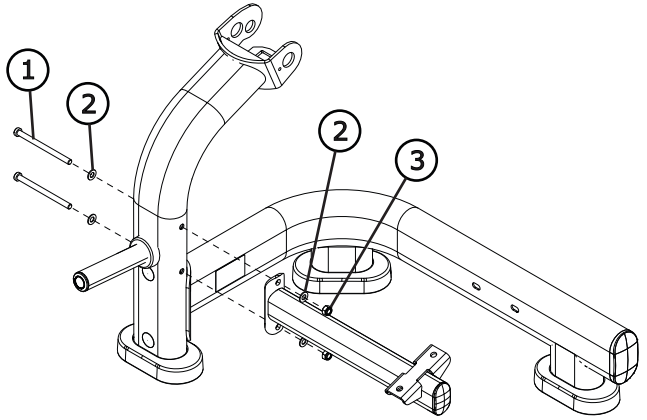
1. Assembly Instructions

1.



ITEM #	QTY.	DESCRIPTION
1	2	SCREW, M10 x 25mm
2	2	3/8" FLAT WASHER
3	2	NUT, M10 NYLOCK
4	2	1" HOLE-PLUG

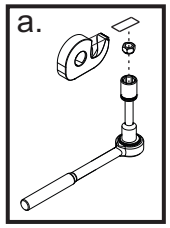
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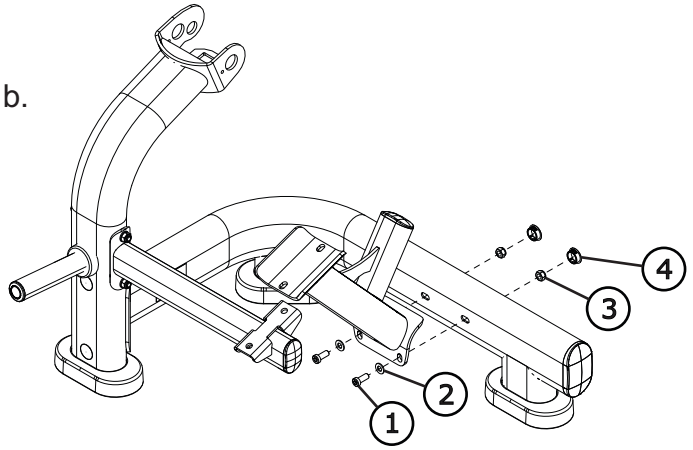
ITEM #	QTY.	DESCRIPTION
1	2	SCREW, M10 x 135mm
2	4	3/8" FLAT WASHER
3	2	NUT, M10 NYLOCK

3.

a.



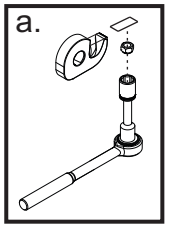
b.



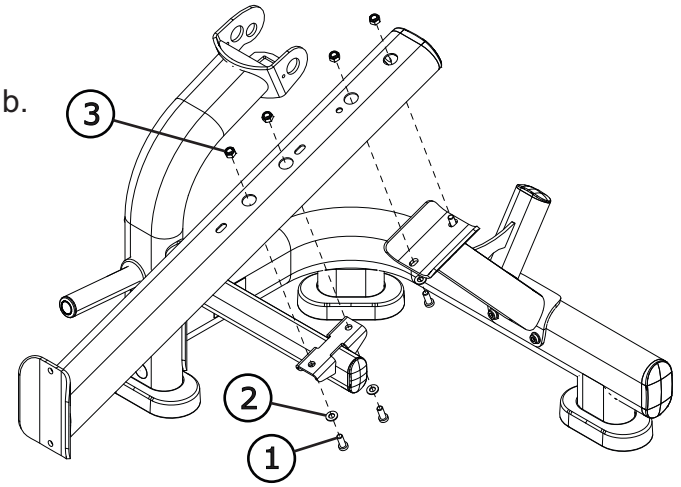
ITEM #	QTY.	DESCRIPTION
1	2	SCREW, M10 x 25mm
2	2	3/8" FLAT WASHER
3	2	NUT, M10 NYLOCK
4	2	1" HOLE-PLUG

4.

a.



b.

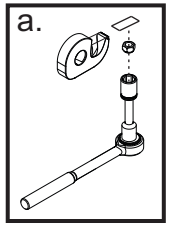


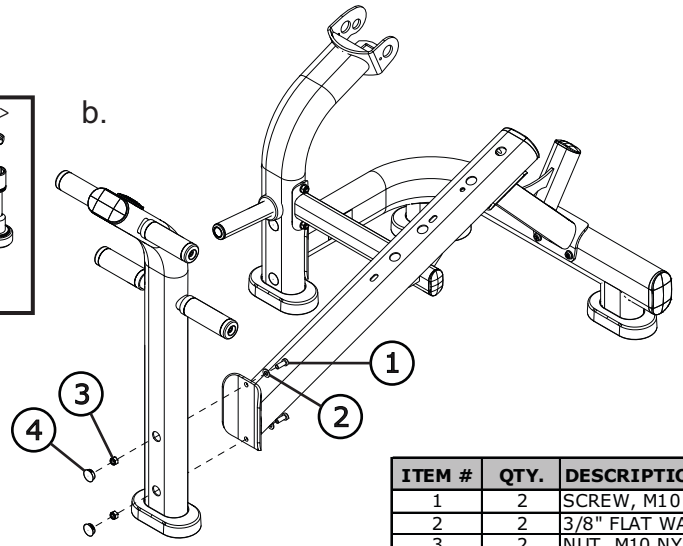
ITEM #	QTY.	DESCRIPTION
1	4	SCREW, M10 x 35mm
2	4	3/8" FLAT WASHER
3	4	NUT, M10 NYLOCK

Ab Bench

1. Assembly Instructions

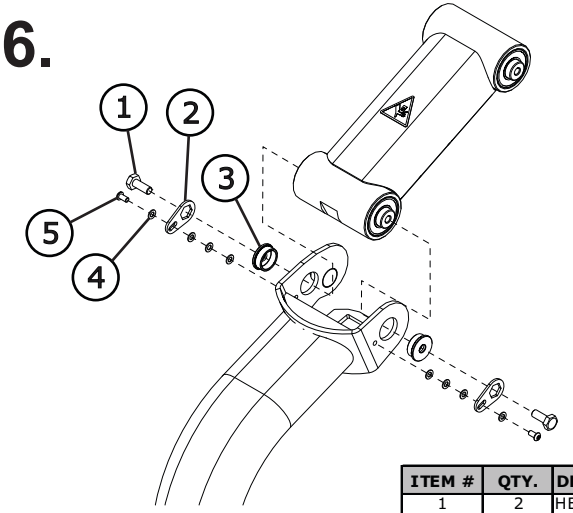
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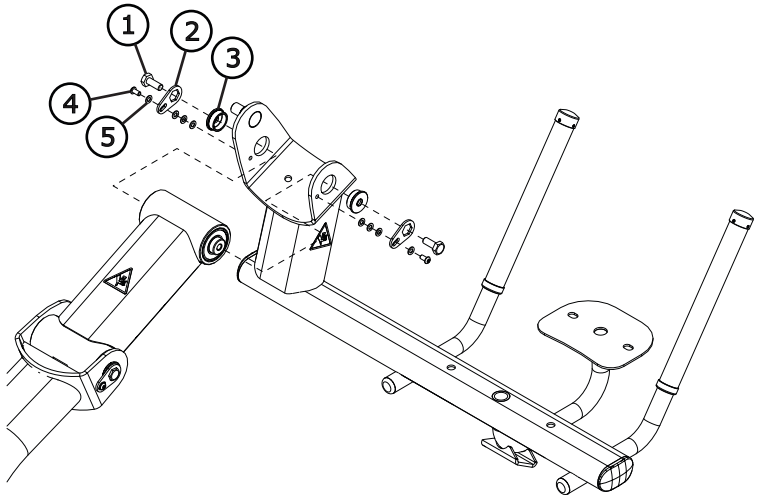
ITEM #	QTY.	DESCRIPTION
1	2	SCREW, M10 x 25mm
2	2	3/8" FLAT WASHER
3	2	NUT, M10 NYLOCK
4	2	1" HOLE-PLUG

6.



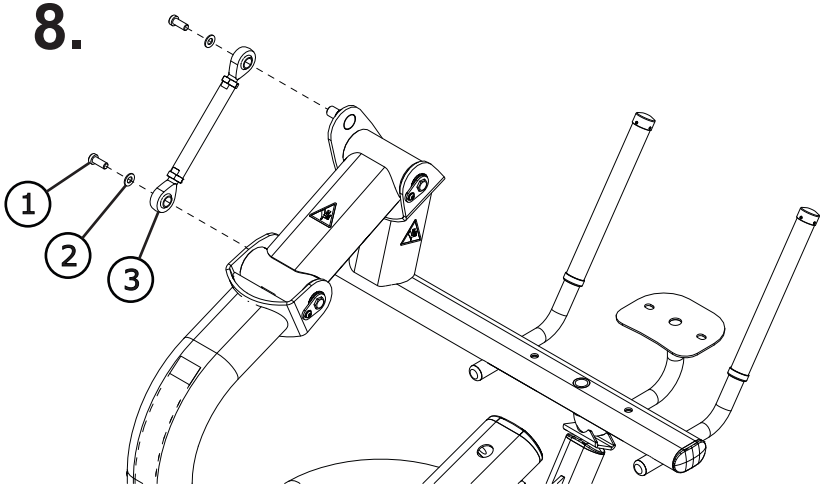
ITEM #	QTY.	DESCRIPTION
1	2	HEX SCREW, M10 x 25mm
2	2	BOLT RETAINER
3	2	FLANGE BUSHING
4	2	BTN SCREW, M6 x 25mm
5	8	M6 WASHER

7.



ITEM #	QTY.	DESCRIPTION
1	2	HEX SCREW, M10 x 25mm
2	2	BOLT RETAINER
3	2	FLANGE BUSHING
4	2	BTN SCREW, M6 x 25mm
5	8	M6 WASHER

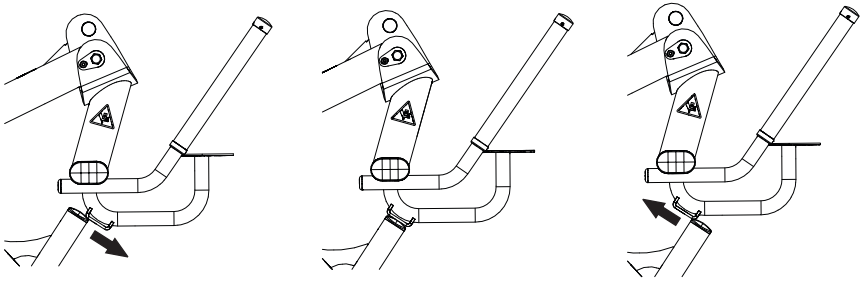
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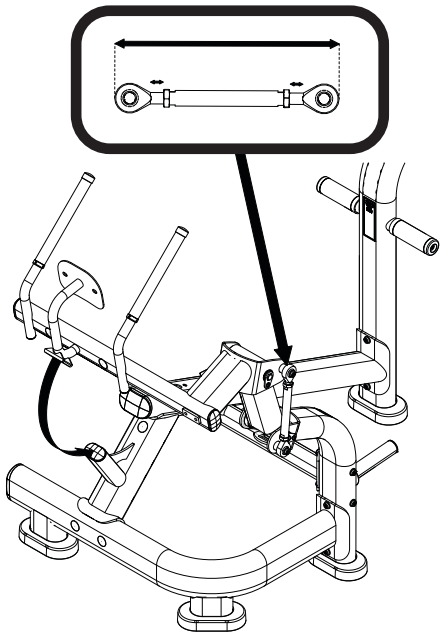


ITEM #	QTY.	DESCRIPTION
1	2	SCREW, M10 x 25mm
2	2	3/8" FLAT WASHER
3	1	ROD END ASSEMBLY

9. Check vertical bumper alignment

☒ ☑ ☒

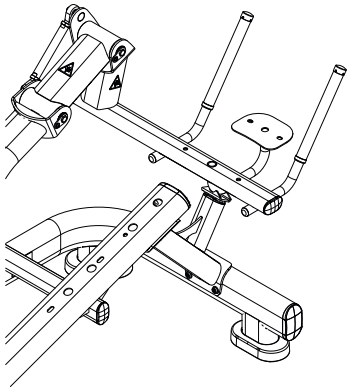




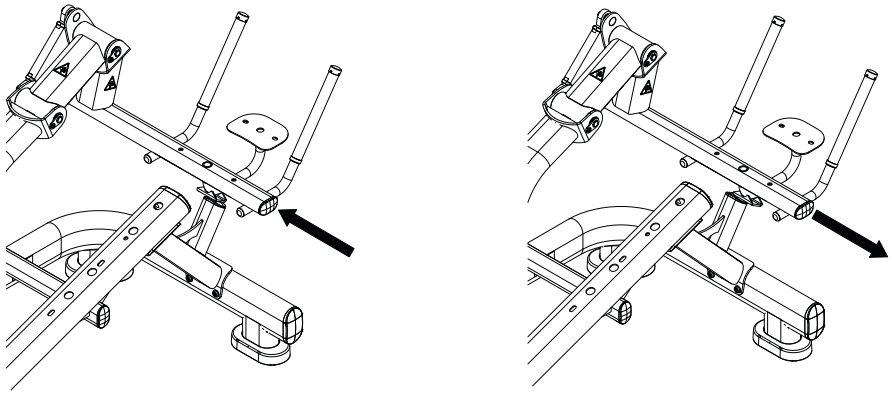
REPEAT STEP **8** IF REQUIRED

10. Check lateral bumper alignment

☑

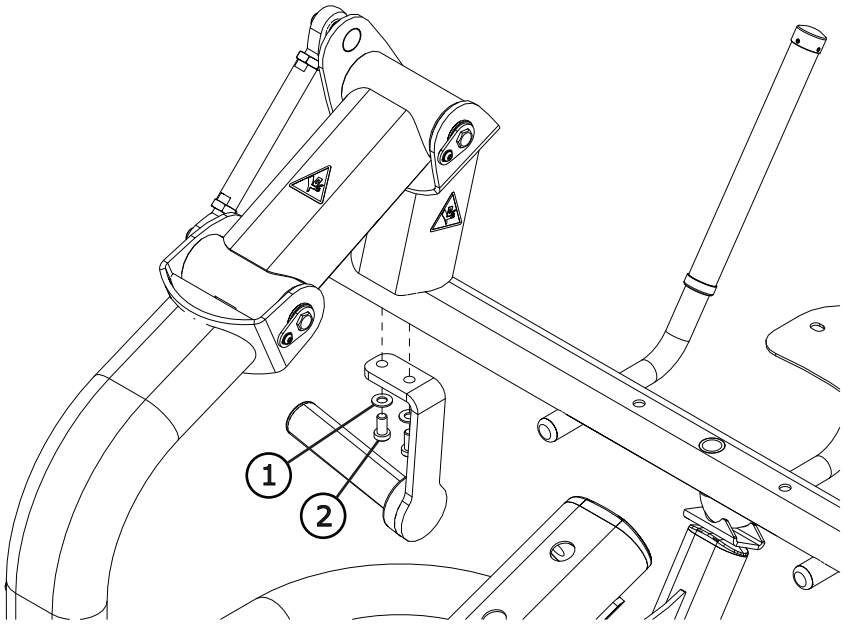


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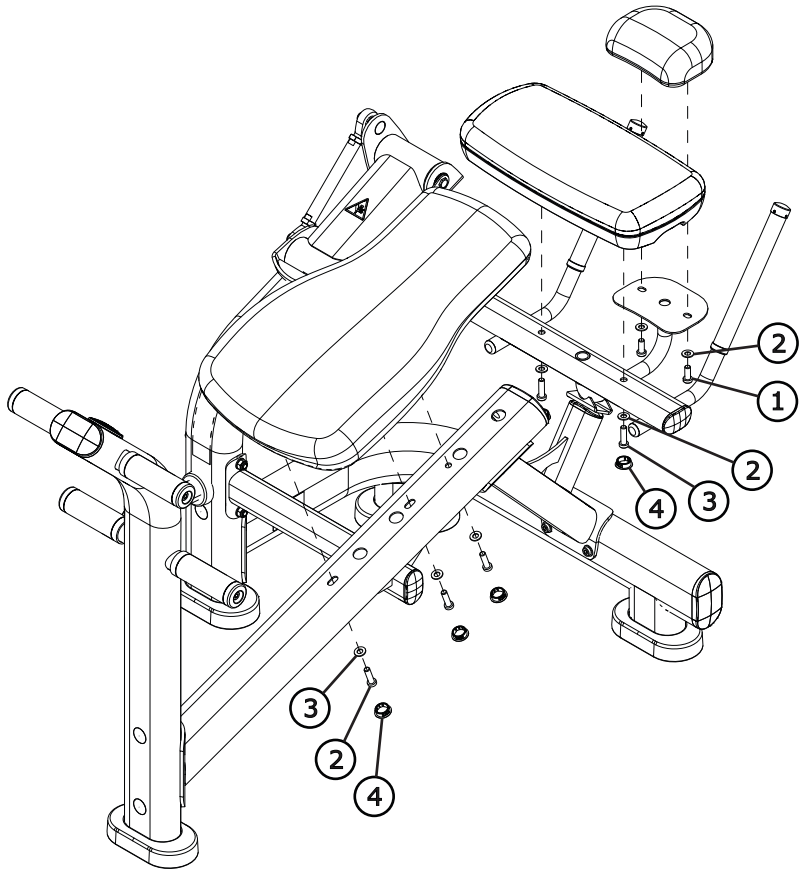
REPEAT STEP **3** IF REQUIRED

11.



ITEM #	QTY.	DESCRIPTION
1	2	3/8" FLAT WASHER
2	2	SCREW, M10 x 20mm

12.



ITEM #	QTY.	DESCRIPTION
1	2	SCREW, M10 x 25mm
2	7	3/8" FLAT WASHER
3	5	SCREW, M10 x 35mm
4	5	1" HOLE-PLUG

Ab Bench
2. Safety & Warranty

It is the sole responsibility of the purchaser of Life Fitness products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of Life Fitness exercise equipment be informed of the following information prior to its use.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that all Life Fitness equipment is used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.
3. It is the purchaser's sole responsibility to properly instruct end users and supervising personnel as to the proper operating procedures of all Life Fitness equipment.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by Life Fitness.
2. MAINTAIN LABELS AND NAMEPLATES. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
3. SECURE EQUIPMENT. All equipment RECOMMENDED be secured to the floor to stabilize and eliminate rocking or tipping over. Contact Life Fitness or a licensed contractor.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Life Fitness will provide service and maintenance training at our corporate facility upon request or in the field if appropriate arrangements are made.

SPECIFIC OPERATING WARNINGS

1. Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
2. It is the purchaser's sole responsibility to properly instruct end users and supervising personnel as to the proper operating procedures of all Life Fitness equipment.
3. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
4. Use Olympic Weight Plates to incrementally increase resistance. Never use dumbbells or other means to incrementally increase weight resistance.
5. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST EXTENT IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
6. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise a exerciser feels faint, dizzy or experience pain, he/she should stop and consult a physician.

WARRANTY

WHAT IS COVERED

This Life Fitness commercial exercise equipment (Ab Bench) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The manufacturer’s warranty covers the original purchaser or any person receiving the Product as a gift from the original purchaser.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, Life Fitness, will pay all transportation and insurance charges for the first year. The purchaser is responsible for transportation and insurance charges during the second and third years (if applicable).

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

Life Fitness will ship any new or rebuilt replacement parts or components, or, at the option of Life Fitness, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on the purchaser’s part to use, operate and maintain the Product as set out in your Owner’s Manual (Manual). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

OWNER’S MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance specified in the Manual to assure proper operation and continued satisfaction with the Product.

HOW TO GET PARTS & SERVICE

Call Customer Support Services at (800) 351-3737 or (847) 451-0036, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time. Have the following information available when calling; name, address and serial number of the Product. Life Fitness will provide information on how to obtain a replacement part, advice on how and where to ship the Product for service or, if necessary, arrange for on-site service.

Before shipping the Product:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the RA# on the outside of the carton
4. Insure the Product
5. Include a letter explaining the defect or problem and a copy of the proof of purchase if you believe the service is covered by warranty.

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON THE PART OF LIFE FITNESS. Life Fitness neither assumes nor authorizes any person to assure for Life Fitness any other obligation or liability concerning the sale of this Product. Under no circumstances shall Life Fitness be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply in those instances.

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

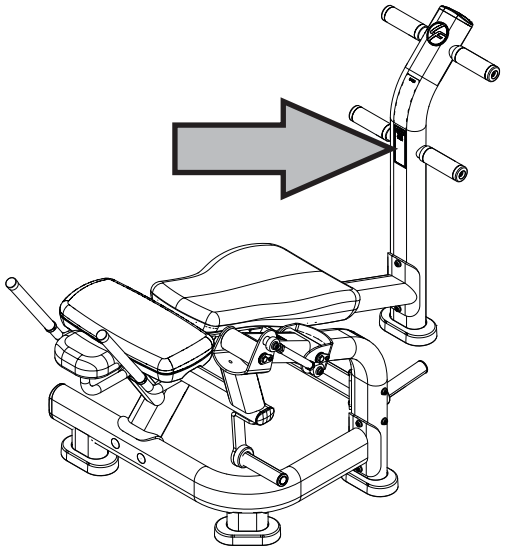
EFFECT OF STATE LAWS

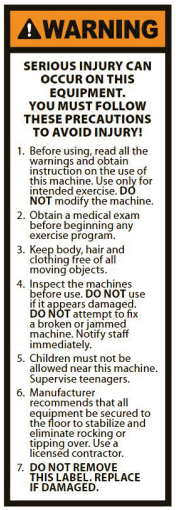
This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

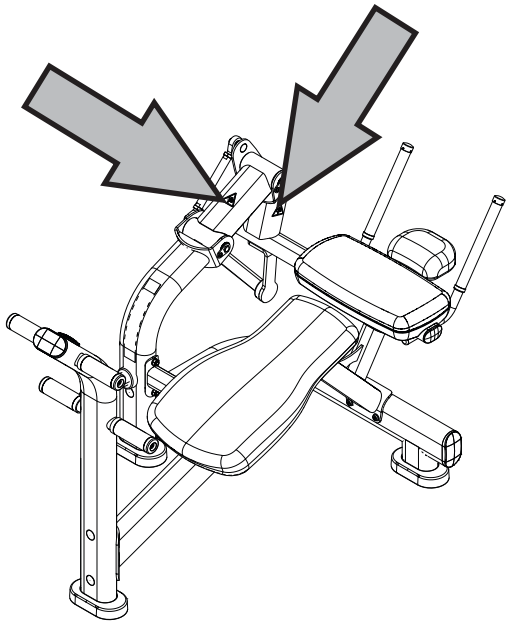
THE LIFE FITNESS PLEDGE TO YOU

Life Fitness Products are designed and manufactured to the highest standards.

Life Fitness wants its customers to be completely satisfied with the its Product and will do everything possible under the terms of this warranty to keep its customers secure in knowing they have bought the best!









Ab Bench
3. Specifications

General Specifications

1. **Frame Construction**

   Frame is constructed of mechanical quality steel purchased in mill run quantities.

   Frame is primarily 2 ½" x 4 ½" oval-shaped tubing with 11 gauge wall thickness.

2. **Frame Finish**

   Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion.

3. **Weight Horn**

   Weight horn under the head pad gives users the ability to increase resistance with Olympic weight plates. This allows flexibility for all users in all phases of their training.

4. **Integral Bearings**

   Bearings are sealed bearings with a basic radial load rating of over 2,000 pounds. Bearings are mounted within precision-machined housings for optimal alignment, which results in smooth and friction free movement.

5. **Bolts**

   All hardware is metric and has a corrosion resistant finish.

6. **Upholstery**

   Contoured pads.

   All edges are stitched to eliminate any folds in the material that would limit durability.

7. **Foam**

   Three and four pound EVA foam (deformation resistant) or equivalent is used on all machines. The foam is injection molded directly to the multi-ply wood support board with integral 10mm T-nuts.

8. **Hand Grips**

   Hand grips are an extruded 60-durometer-thermorubber compound that is non-absorbing, wear and tear resistant, and exhibits good dry and wet frictional characteristics.

   The grips are retained with aluminum collars, which eliminate the tendency of the grips to slide off the handle.

9. **Foot Platforms**

   Foot platforms are molded rubber with a slip resistant texture.

10. **Instructional Placard**

    Visual placard provides illustration for proper use.

11. **Equipment Anchoring**

    All machines have holes in the feet, which allow for easy anchoring to the floor. Life Fitness recommends that all machines be anchored to the floor to minimize the possibility of tipping.

12. **Warranty**

    10-year minimum warranty on frames, 5 years on integral bearings, 1 year on grips, and 90 days on upholstery and any items not specified.

13. **Liability Insurance**

    Certificate of insurance available upon request.

Product Specifications

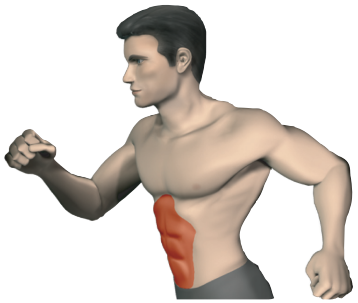
AB BENCH	Product # - **SABB**	
Machine Weight:	141 lbs.	64 kg.
Size:	in = 64L x 32W x 42H	cm = 163 L x 81 W x 107 H
Live Area:	in = 72L x 50W x 42H	cm = 183 L x 127 W x 107 H
Plate Capacity	Four (4) Ten (10) Pound Weight Plates	

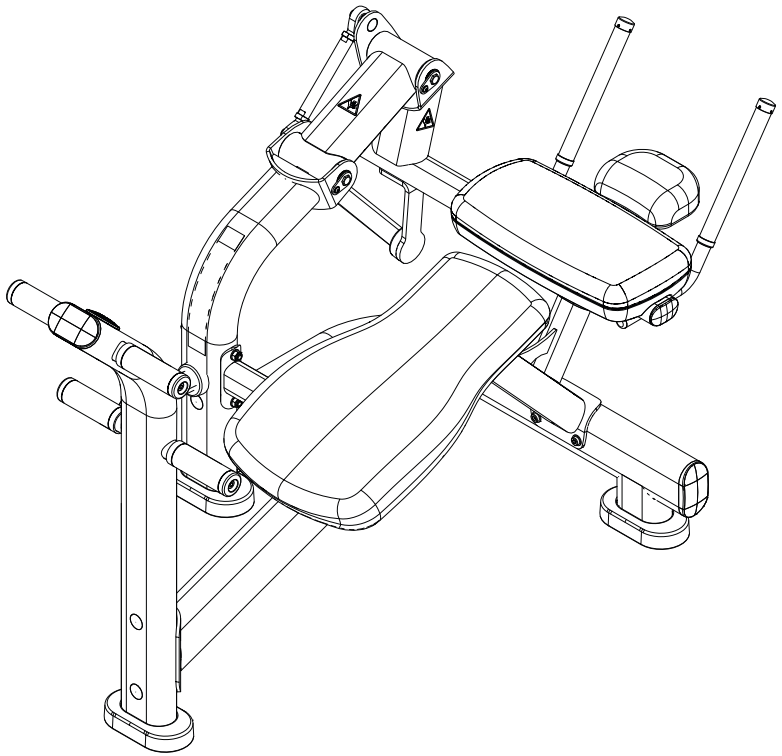
- Bench design is optimized for easy entry/exit and greater stabilization.
- Contoured cushions utilize a molded foam for greater comfort.
- Standard weight horn allows users to add resistance.

Ab Bench

4. Exercise

Muscles Exercised -Abdominals





Setup

Check weight horn for appropriate resistance. Lay down on Ab Bench with head near the top of the head pad and shoulders flat on the middle pad. Grasp handles and place feet on the foot pegs that are most comfortable.

Performing the Exercise

Grasp handles and slowly contract abdominals until body is in a crunch position. Slowly return to start position and repeat without letting the movement arm rest on its support.



Start



Finish

Ab Bench
5. Maintenance

ONCE A DAY

- Wipe down upholstery with a mild soap and water or comparable all purpose cleaner. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check condition of hand grips.

ONCE A MONTH

- Inspect hardware and tighten any bolts or nuts that may have loosened during use.

ACTION	DAILY	MONTHLY	BI-ANNUALLY	AS NEEDED
CLEAN				
Upholstery	X			
Hand Grips				X
INSPECT				
Hardware		X		
Frame			X	
Hand Grips				X

CLEAN

- Upholstery with a mild soap and water.
- Hand grips with mild soap and water.

INSPECT

- Hardware should be checked for looseness. Tighten as required using metric tools.
- Frames should be inspected for wear or damage.
- Hand grips should be checked for wear or damage.

NOTE: Use polishing compound (such as car wax) to clean and remove shoe scuffs from frame surfaces as necessary.

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