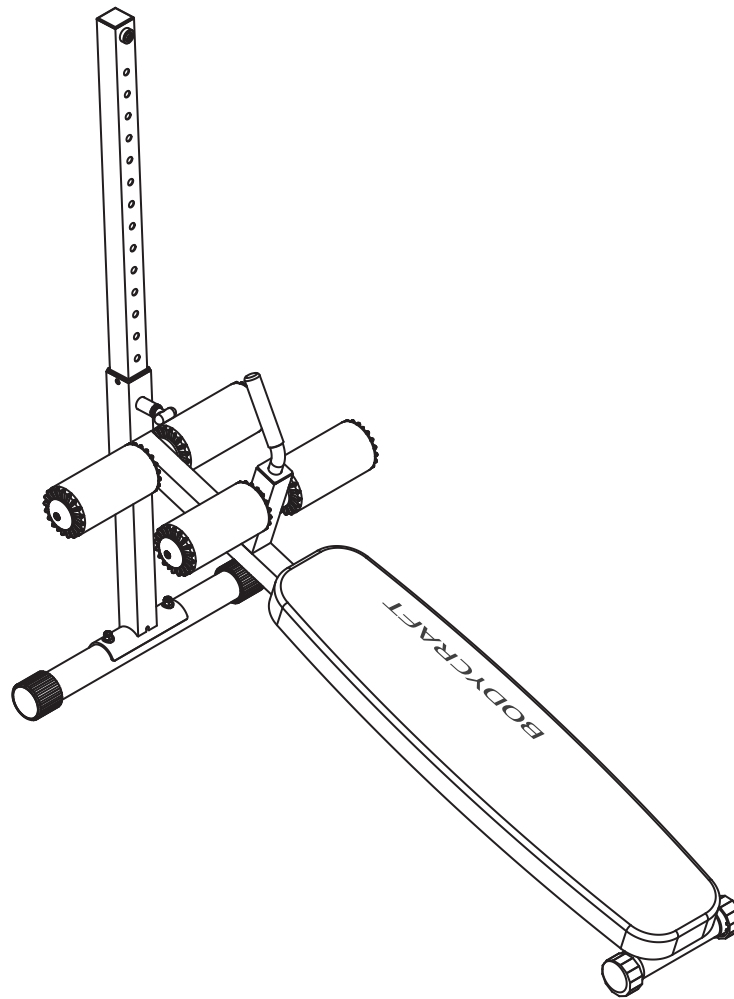


BODYCRAFT

ADJUSTABLE AB BENCH ASSEMBLY MANUAL

MODEL F680



QUESTION?

As a quality home gym supplier we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or BodyCraft at 800-990-5556 (9:00 AM - 5:00 PM). Our trained technicians will provide immediate assistance to you, free of charge.

Bodycraft is a division of Recreation Supply Inc.
P.O. BOX 181
Sunbury, OH 43074

MB1321

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **Adjustable Ab Bench** strength training system. The **Adjustable Ab Bench** strength training system offers an impressive array of strength training exercises to develop every major muscle group of the body.

Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **Adjustable Ab Bench** strength training system will help you achieve the specific results you want.

For your safety and benefit, read this manual and the accompanying literature before using the BODYCRAFT Adjustable Ab Bench strength training system.

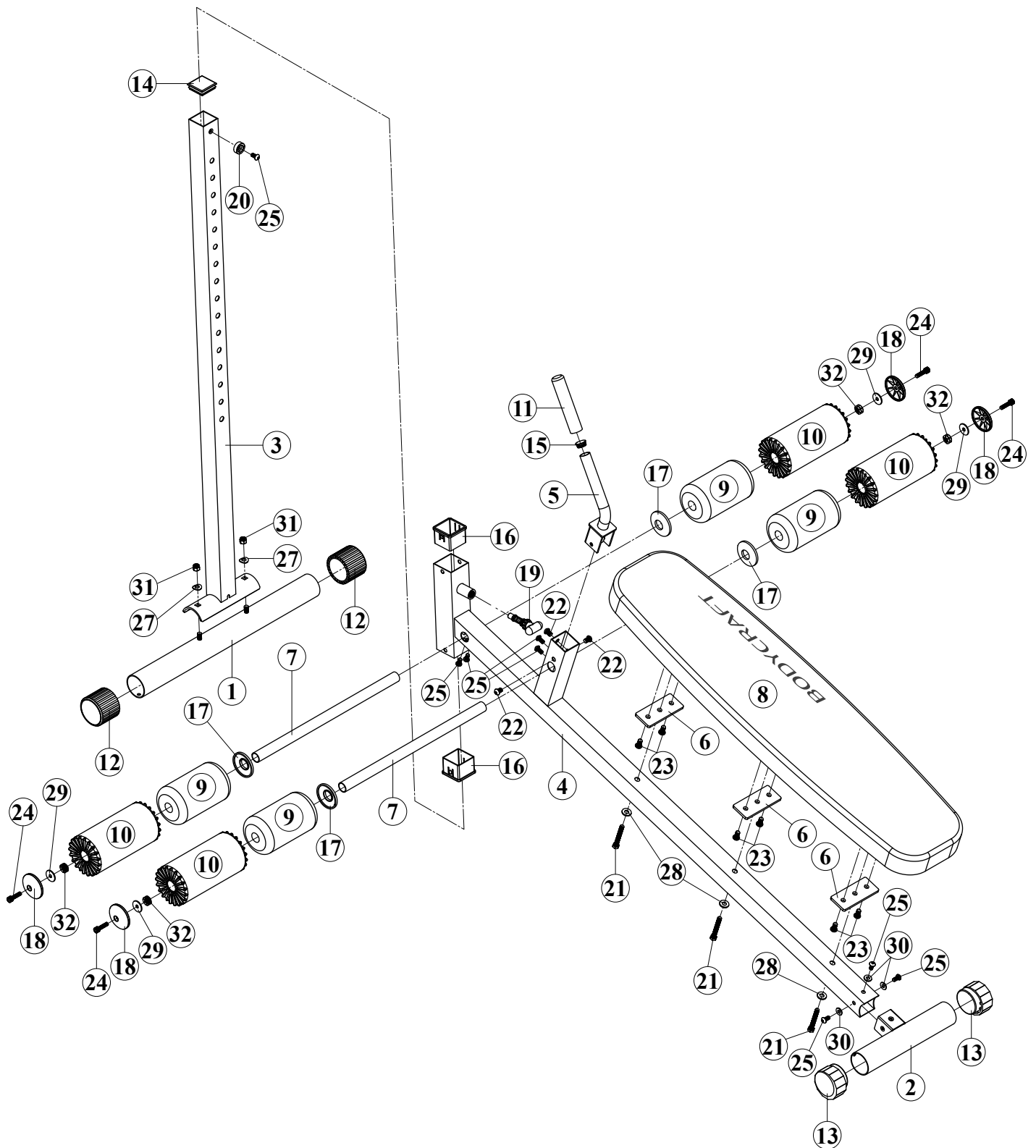
Keep this manual for future reference. If you have additional questions, please call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

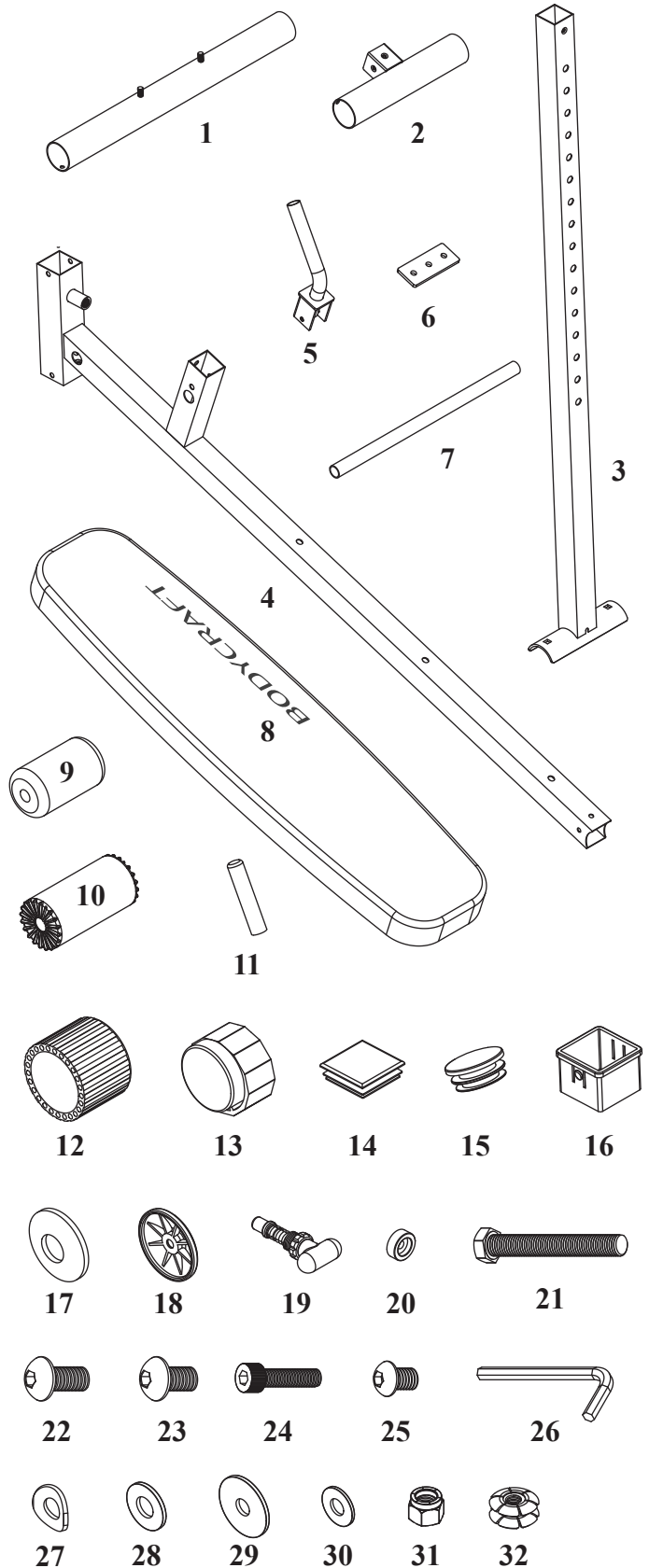
1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean pads and frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **Adjustable Ab Bench** strength training system at all times.
5. Keep your hands away from cables and pulleys during operation. Keep your hands away from moving parts other than the designated handles.
6. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.
7. Make certain all cables are seated within the pulleys before every use.
8. Exercise with care to avoid injury.
9. If unsure about the proper use of the **Adjustable Ab Bench** strength training system call your local **BODYCRAFT** dealer or our customer service department at 800-990-5556.

OVERVIEW



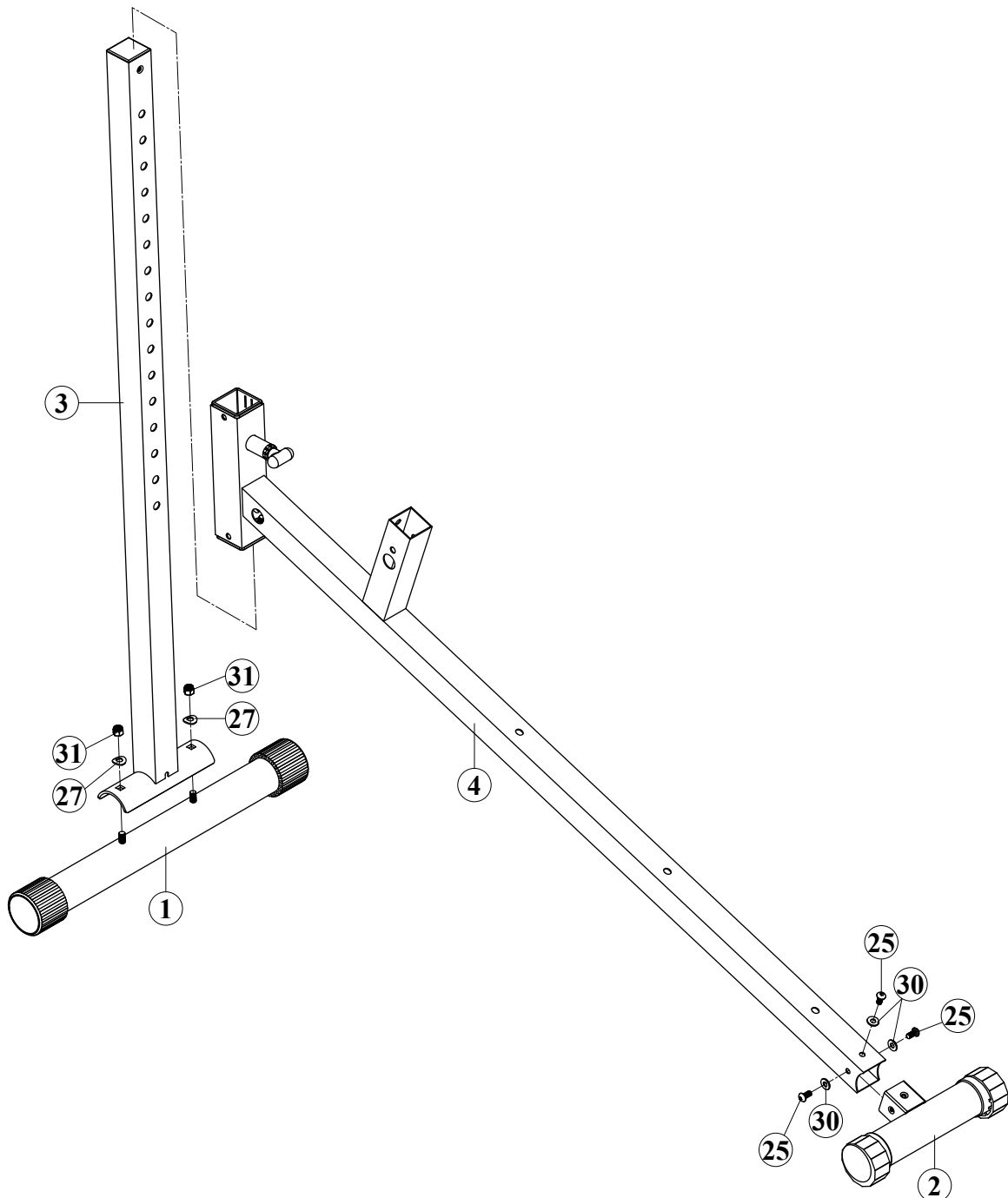
PARTS LIST

NO.	DESCRIPTION	QTY.
1	REAR BASE FRAME	1
2	FRONT BASE FRAME	1
3	UPRIGHT FRAME	1
4	MAIN FRAME	1
5	ADJUSTABLE FRAME	1
6	STEEL PLATE (pre-assembled)	3
7	FOAM ROLLER BAR	2
8	SEAT PAD	1
9	FOAM PAD	4
10	FOAM PAD COVER	4
11	24mm X 140L HANDLE BAR	1
12	φ 60mm CAP (pre-assembled)	2
13	ADJUSTABLE FLOOR END CAP (pre-assembled)	2
14	50 X 50mm END PLUG (pre-assembled)	1
15	1" ROUND PLUG (pre-assembled)	1
16	PLASTIC BUSHING (pre-assembled)	2
17	PLASTIC WASHER	4
18	ALUMINUM CAP	4
19	POP PIN (pre-assembled)	1
20	STOPPER (pre-assembled)	1
21	3/8" X 2-3/4" HEX THREADED BOLT	3
22	3/8" X 1/2" INNER HEX SCREW (pre-assembled)	3
23	3/8" X 3/4" INNER HEX SCREW (pre-assembled)	6
24	5/16" X 1-1/4" INNER HEX TAPPING SCREW (pre-assembled)	4
25	5/16" X 5/8" INNER HEX SCREW (pre-assembled)	8
26	M5 HEX WRENCH	1
27	3/8" DOME WASHER (pre-assembled)	2
28	3/8" WASHER	3
29	5/16" LARGER WASHER (pre-assembled)	4
30	5/16" SMALLER WASHER (pre-assembled)	3
31	3/8" NYLON NUT (pre-assembled)	2
32	5/16" NUT (pre-assembled)	4



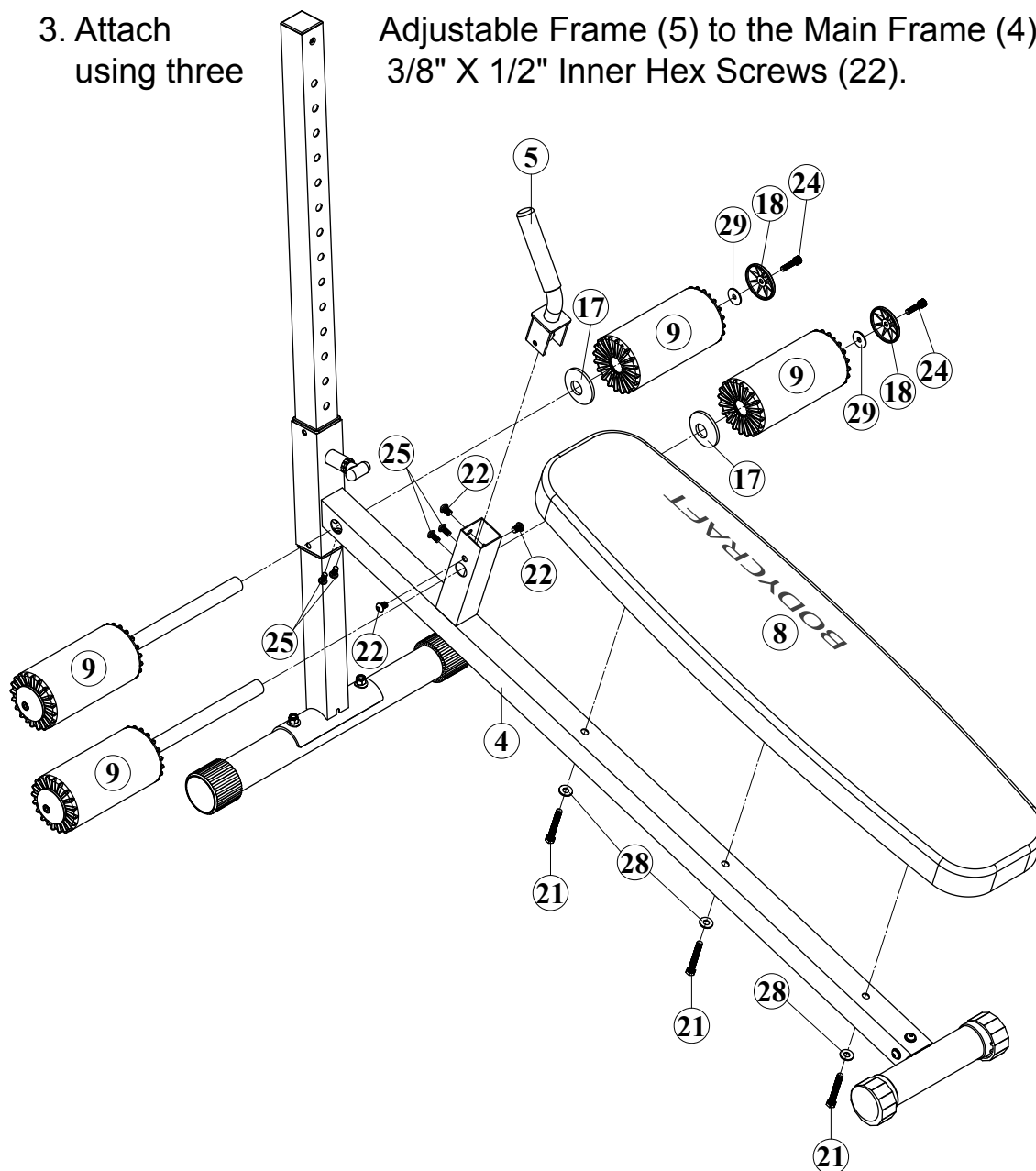
STEP 1

1. Attach Upright Frame (3) to the Rear Base Frame (1) using two 3/8" Dome Washers (27) and two 3/8" Nylon Nuts (31).
2. Attach Front Frame (2) to the Main Frame (4) using three 5/16" X 5/8" Inner Hex Screws (25) and three 5/16" Nylon Nuts (30).
3. And Insect Main Frame (4) to the Upright Frame (3).



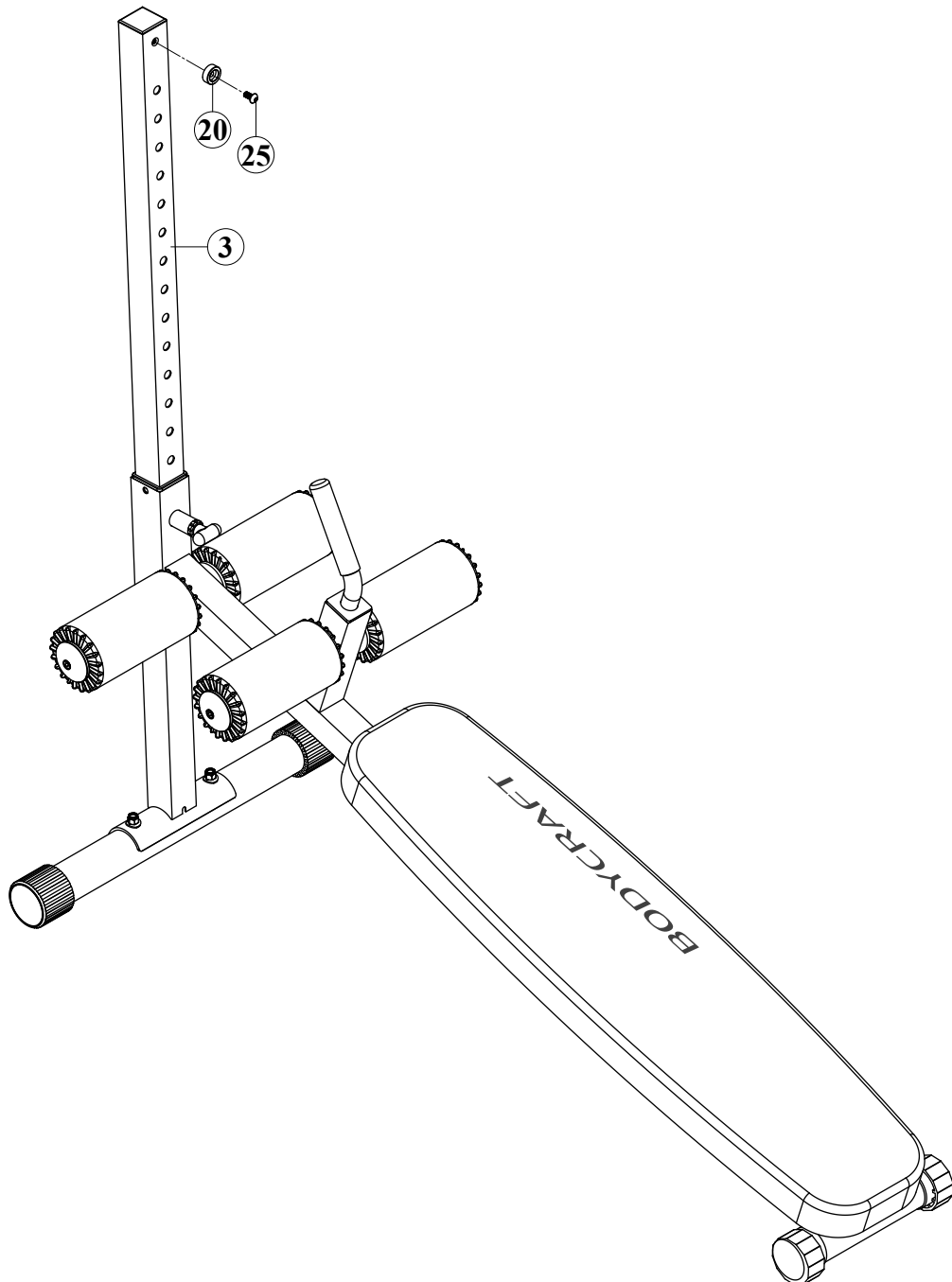
STEP 2

1. Attach Seat Pad (8) to the Main Frame (4) using three $\frac{3}{8}$ " X 2- $\frac{3}{4}$ " Hex Threaded Bolts (21) and three $\frac{3}{8}$ " Washers (28).
2. Attach four Foam Pads (9) to the Main Frame (4) using four $\frac{5}{16}$ " X 1- $\frac{1}{4}$ " Inner Hex Tapping Screws (24), four Aluminum Caps (18) four $\frac{5}{16}$ " Larger Washers (29) four $\frac{5}{16}$ " Nuts (32), four Plastic Bushings (17), and four $\frac{5}{16}$ " X $\frac{5}{8}$ " Inner Hex Screws (25).
3. Attach Adjustable Frame (5) to the Main Frame (4) using three $\frac{3}{8}$ " X $\frac{1}{2}$ " Inner Hex Screws (22).



STEP 3

1. Attach one 5/16" X 5/8" Inner Hex Screw (25), and one Stopper (20) to the Upright Frame (3).



Assembly is complete! Please take the following steps before using the BODYCRAFT ADJUSTABLE AB BENCH :

1. Make certain all bolts are tightened securely.

2. Enjoy many years of a Fit Lifestyle.

Thank you for purchasing the Bodycraft Adjustable Ab Bench Strength Training System. If You have any questions, please call your local BodyCraft dealer or call our customer service department at 800-990-5556