

LIFE FITNESS INSIGNIA ABDOMINAL ADVANCE

SS-ABD

Parts Manual

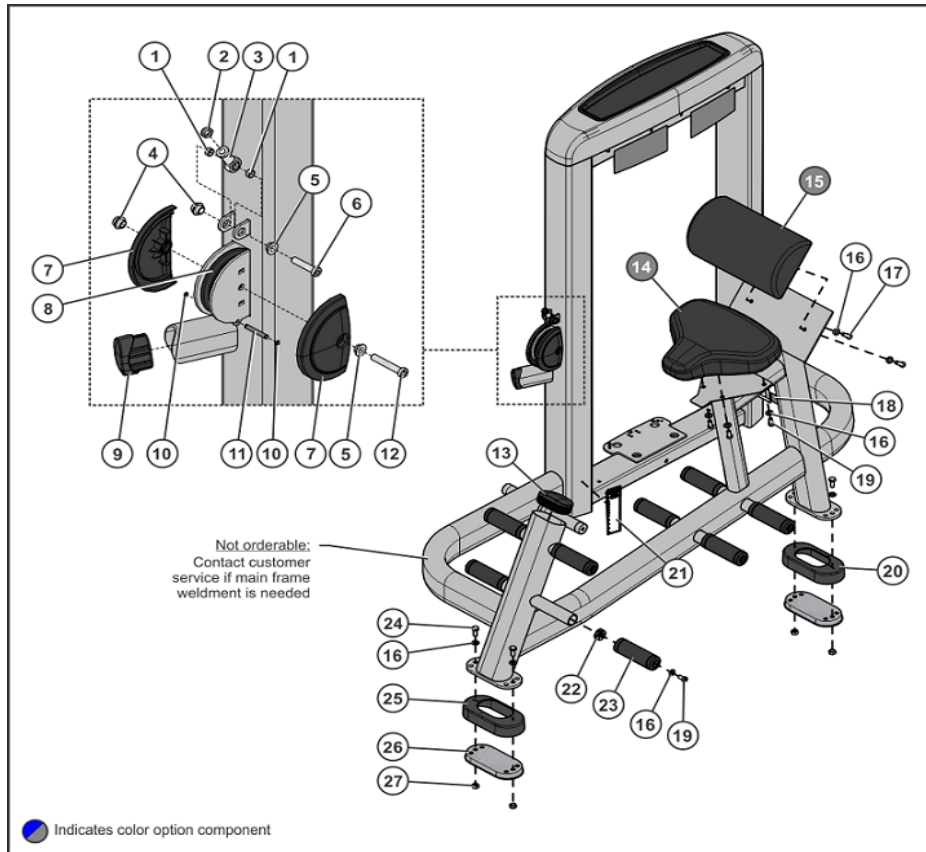
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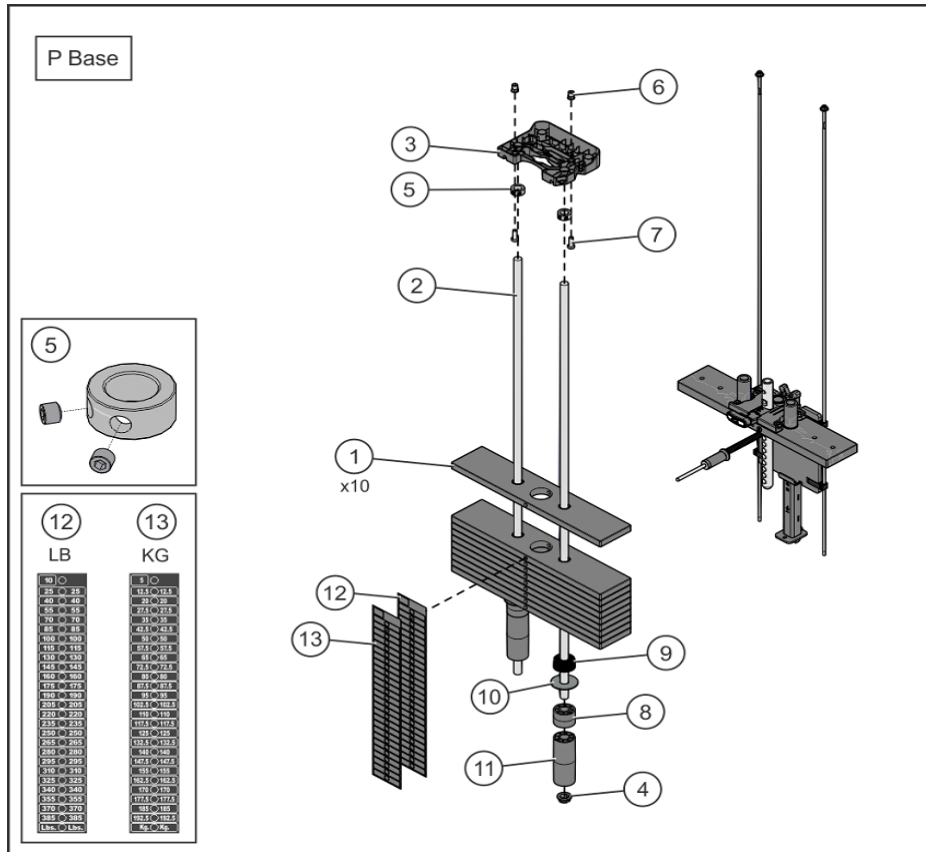
Baseframe



Ref #	Part Number	Qty	Description
1	7489402	2	BSHNG,.500 OD X .402 ID X .235
2	3236901	1	NUT, HEX JAM M10 X 1.5 SS
3	3237901	1	ROD END, METRIC FEMALE
4	7335401	2	NUT, M10 X 1.5 SOCKET HEAD
5	7630101	2	RETAINER, CM/MJ, PULLEY
6	3236206	1	M10 X 1.5 X 45 SHCS, LOW HEAD
7	8094102	2	COVER, PULLEY -BOLTED PARTIAL -CHGR
8	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
9	7317902	1	STOP, BUMPER
10	3232401	2	RNG, BRE .230,5100-25, ST,PP,B
11	7407502	1	PIN, LINK X 1.531
12	3236208	1	M10 X 1.5 X 55 SHCS, LOW HEAD
13	1002166-0700	1	ENDCAP: LARGE FLOV, BLACK
14	1000016-0001	1	PAD, SEAT SADDLE CUS, SNGL STITCH- BLACK
14	1000016-0099	1	PAD, SEAT SADDLE CUS, SNGL STITCH- Custom
14	1000016-0101	1	PAD, SEAT SADDLE CUS, DBL STITCH- BLACK
14	1000016-0199	1	PAD, SEAT SADDLE CUS, DBL STITCH- Custom
15	1000010-0101	1	PAD, LUMBAR, NO BACKER CUS, DBL STITCH- BLACK
15	1000010-0199	1	PAD, LUMBAR, NO BACKER CUS, DBL STITCH- Custom
15	7544501	1	PAD, LUMBAR 14 X 8 Black
15	1000010-0099	1	PAD, LUMBAR, NO BACKER CUS, SNGL STITCH- Custom

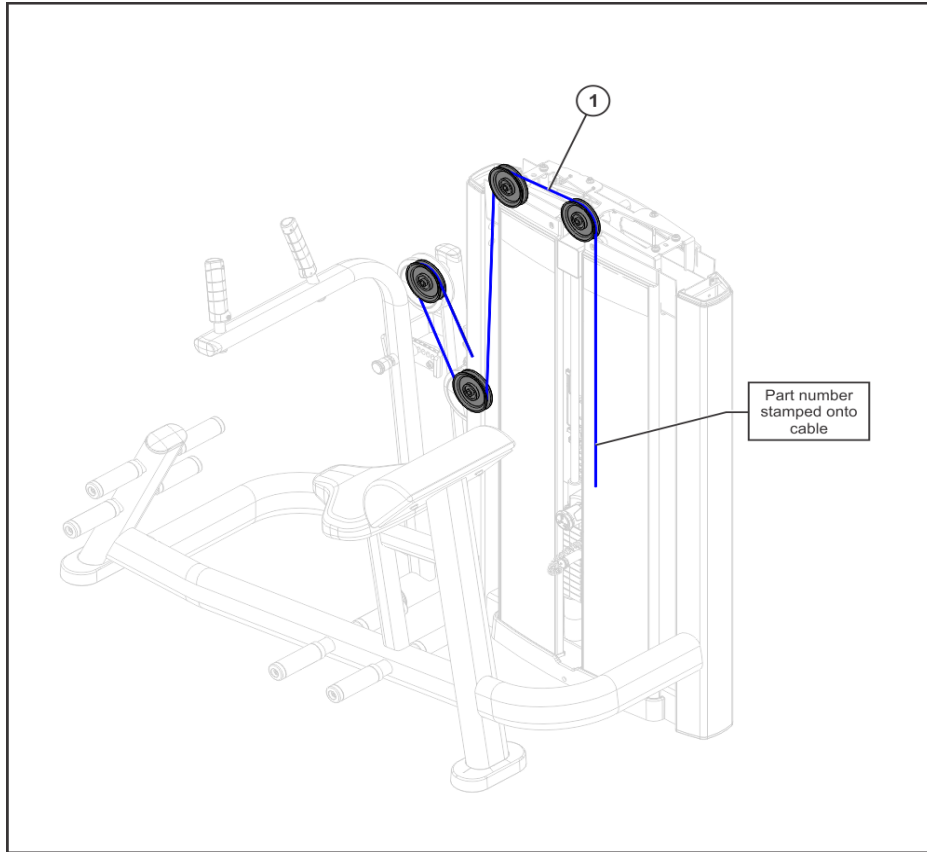
Ref #	Part Number	Qty	Description
16	3273303	26	WASHER, 3/8, THRU-HARDENED
17	3236203	2	M10 X 1.5 X 30 SHCS, LOW HEAD
18	9488901	1	LABEL, INSIGNIA, FCC
19	3236201	12	M10 X 1.5 X 20 SHCS, LOW HEAD
20	9461301	1	COVER, FOOT -10 deg
21	8220000	1	LABEL, ASTM WARNING FW SELECT
22	7347301	8	NUT, SPIDER M10 X 1.5
23	7800102	8	GRIP, 1.50 ID FOOT
24	3251202	4	M10 X 1.5 X 25MM UNS HEX CS ST ZN
25	9461401	1	COVER, FOOT -20 deg
26	9319301	2	FOOT, 2.5 X 4.49 FLOV
27	3254703	4	NUT, M10 X 1.5 HEX ZINC

Base P-Stack



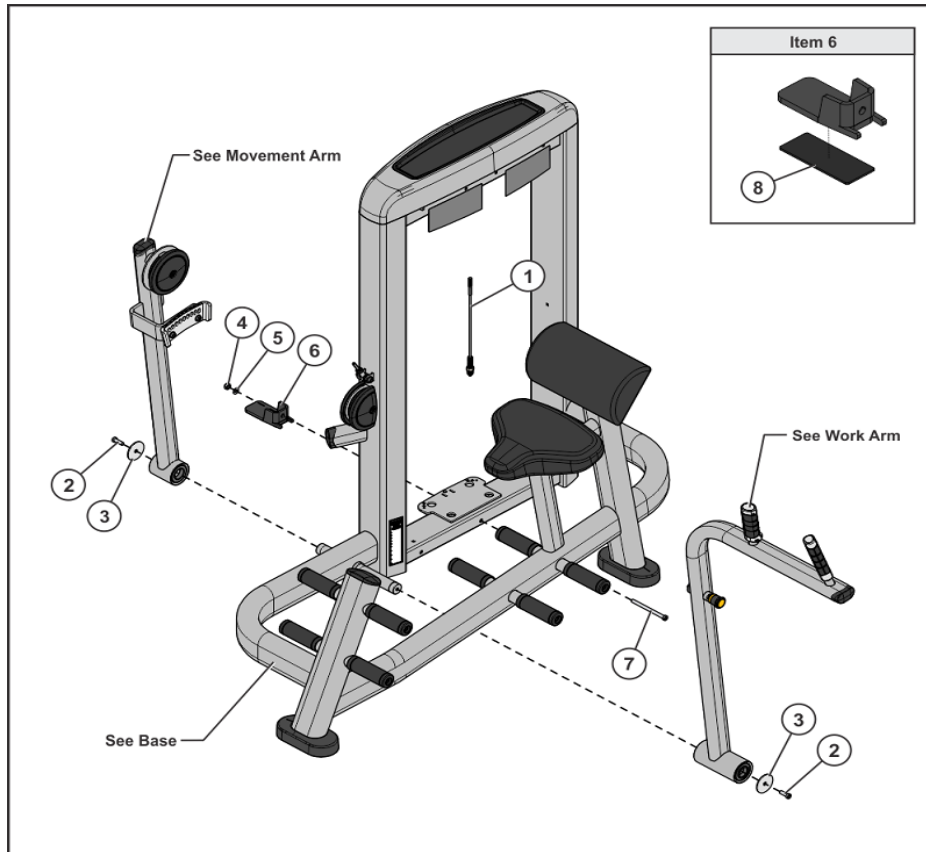
Ref #	Part Number	Qty	Description
1	9407601	10	WGT PL, 3/4IN X 4IN, 15LB
2	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
8	1004349-0001	2	SPACER, WGT STK, 2 PL8
9	7352101	2	CUSHION, WEIGHT STACK
10	1010765-0001	2	WASHER: 0.80 OD, 11GA
11	1004349-0005	2	SPACER, WGT STK, 3 PL8 ELV
12	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
13	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

Cable



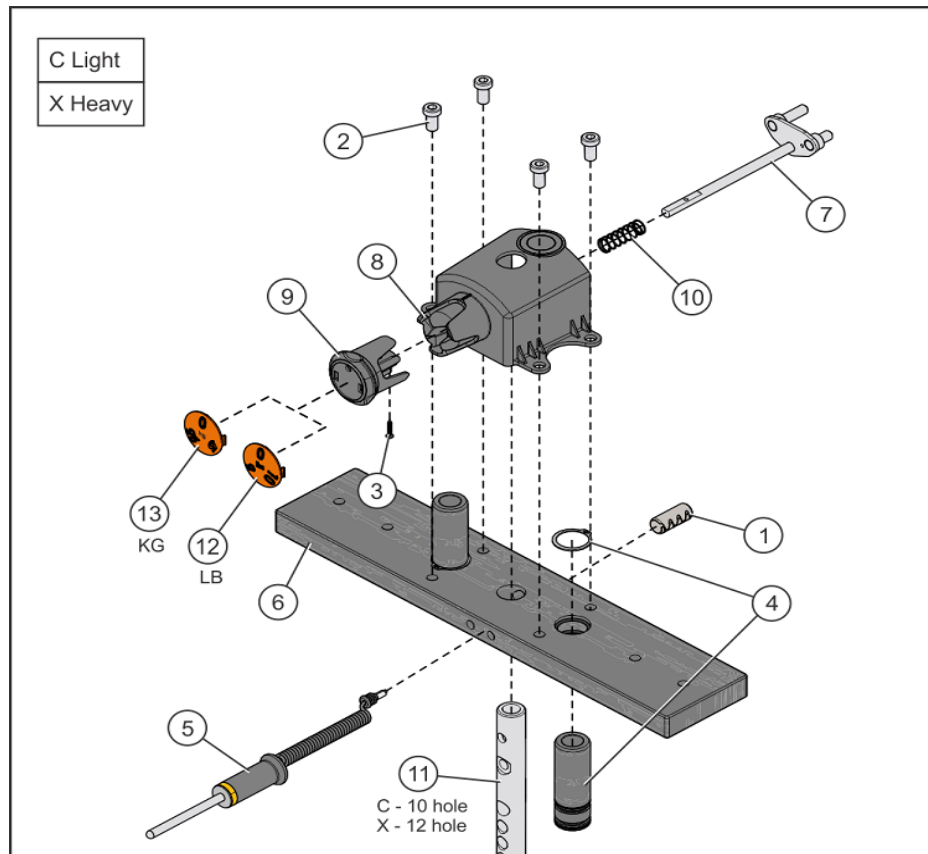
Ref #	Part Number	Qty	Description
1	9423518	1	CABLE: SS-ABD-DIAL

Components



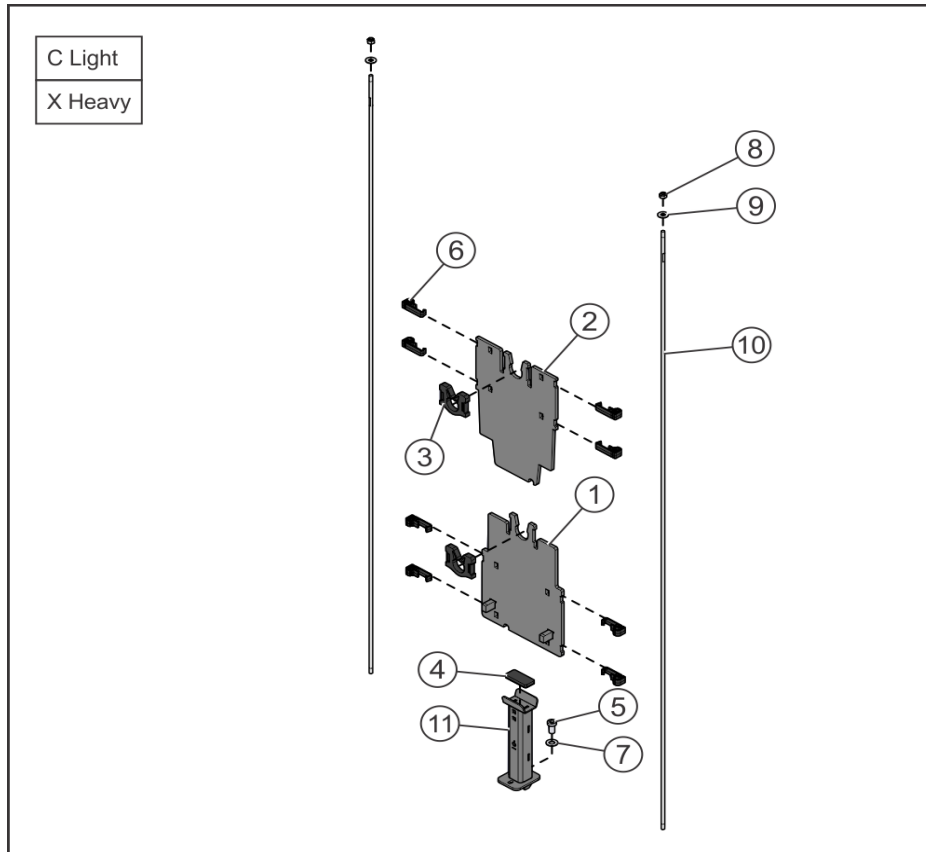
Ref #	Part Number	Qty	Description
1	9423518	1	CABLE: SS-ABD-DIAL
2	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
3	8722528	2	PLATE, SPL STEEL COVER - CHR
4	3236801	1	NUT, NYLOCK M10 X 1.5 SS
5	3273303	1	WASHER, 3/8, THRU-HARDENED
6	1023451-0001	1	ASSEMBLY: TOWER STABILITY FOOT
7	3236220	1	M10 X 1.5 X 130 SHCS, LOW HEAD
8	1023371-0001	1	RUBBER: ADHESIVE PAD - 1/8 IN

C and X Head Plate Assy



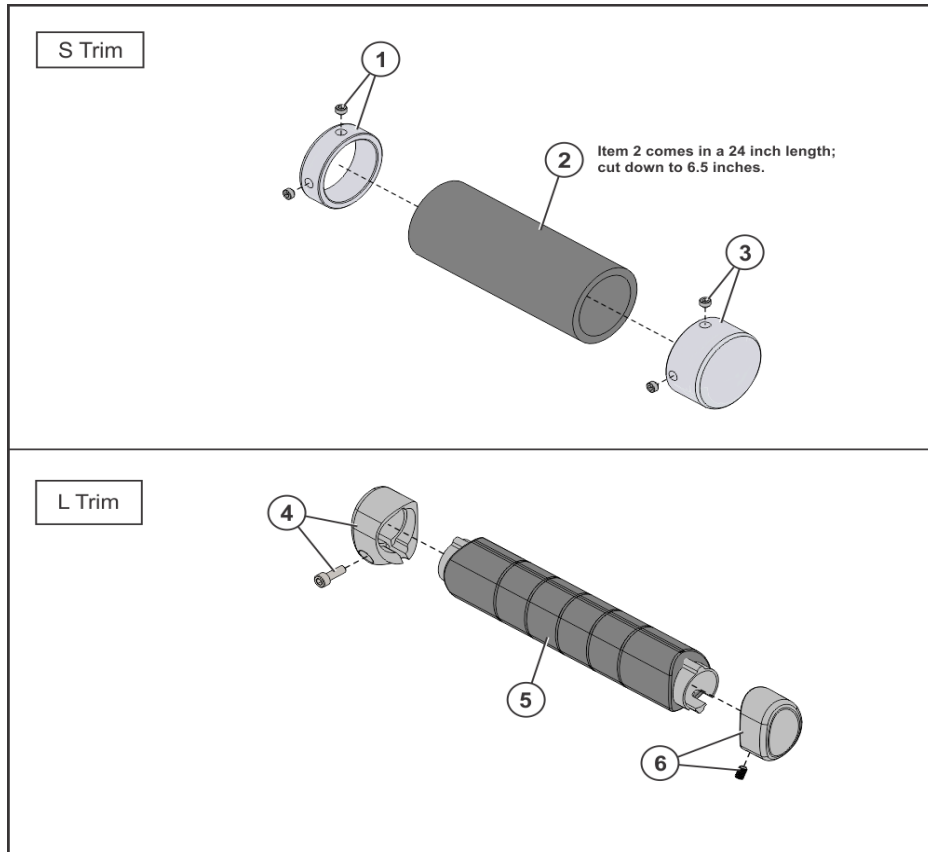
Ref #	Part Number	Qty	Description
1	3236001	1	BUSHING, SPRING PIN
2	3236201	4	M10 X 1.5 X 20 SHCS, LOW HEAD
3	3275601	1	SCREW, 6 X 3/4 DIN PHL PAN AB ST ZB
4	9296001	2	BUSHING, HEADPLATE, LONG
5	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
6	9431101	1	HEADPLATE, WT. STACK, 20LB
7	1010800-0001	1	WLDMT, INC WGT PIN
8	1017209-0001	1	HOUSING: INC WEIGHT
9	9443201	1	KNOB, INC WEIGHT
10	9443301	1	SPRING, INC WGT PIN
11	9434201	1	BAYONET, 10 PLATE
11	9426001	1	BAYONET, 12 PLATE
12	9431403	1	CAP, SELECTOR KNOB -LBS
13	9450103	1	CAP, SELECTOR KNOB -KGS

C and X Increment Weights



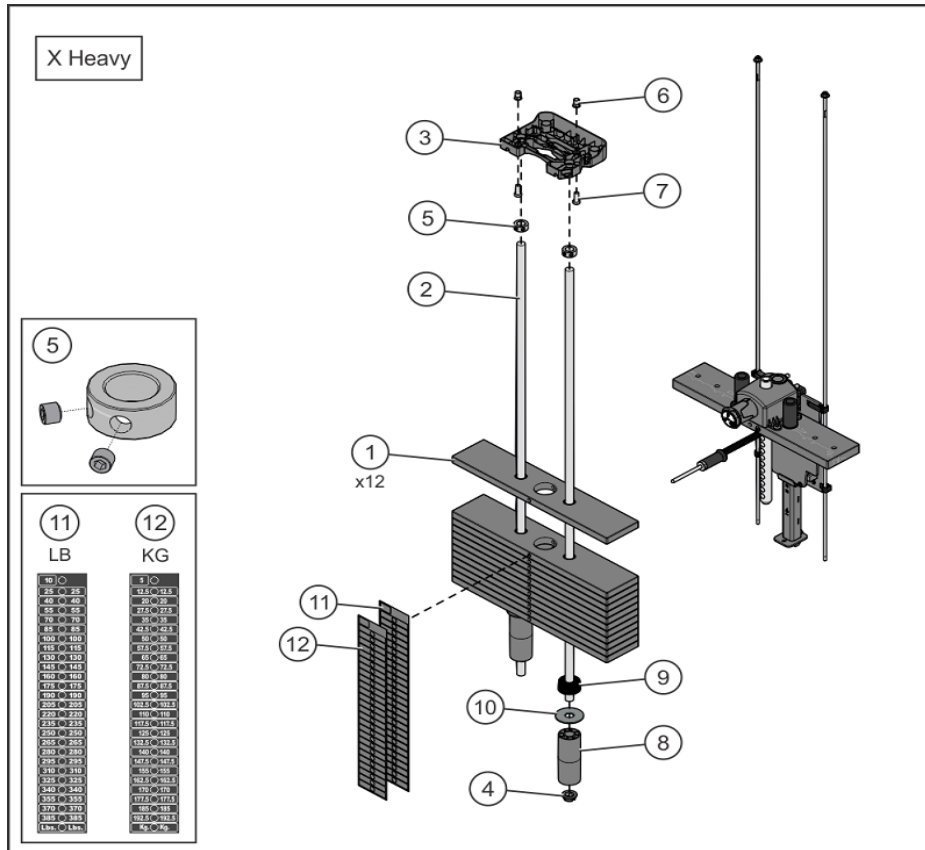
Ref #	Part Number	Qty	Description
1	1010971-2801	1	WLDMT: INC WEIGHT, 5LB, REAR -CHR
2	1010970-2801	1	PLATE: INC WEIGHT, 5LB, FRONT, 1/4" -CHR
3	1008920-0001	2	GUARD: INCREMENT WEIGHT, 0.25
4	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6	1010803-0001	8	GUIDE ROD ASSY: INCR WT, 1/4", CHARCOAL GRAY
7	3273303	1	WASHER, 3/8, THRU-HARDENED
8	3102806	2	NUT, NYLOCK 1/4-20
9	3102506	2	WASHER, FLAT 1/4 ID ZN
10	1008192-0002	2	GUIDE ROD: 0.25 OD SOLID, 54.75"
11	1018165-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 6" -CHR

Grips



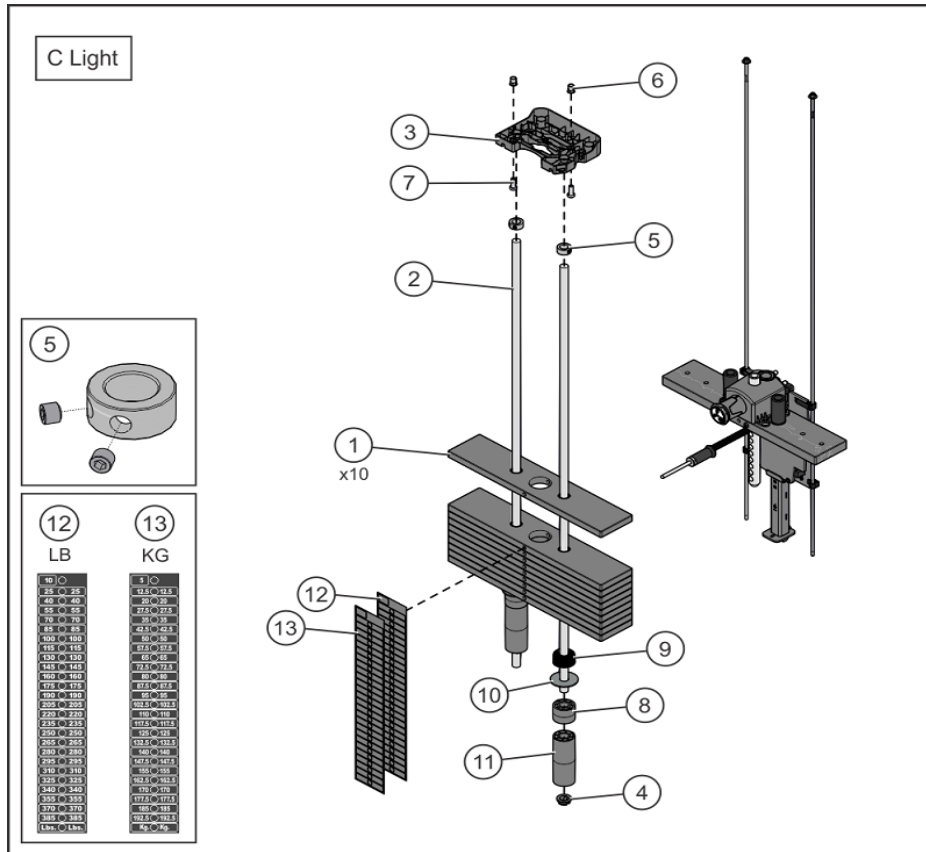
Ref #	Part Number	Qty	Description
1	7662802	1	RING, GRIP 1.50OD, 10-0133-025, BNR
2	3235807	1	GRIP, 1.50 OD X .25 WALL OPEN END
3	7662902	1	CAP, GRIP 1.50 OD, 10-0133-026, BNR
4	1001760-0001	1	ASSY, COLLAR, ERGO GRIP
5	9453001	1	GRIP, ERGO, OVERMOLD, 6.5
6	1001761-0001	1	ASSY, CAP, GRIP

Heavy X-Stack



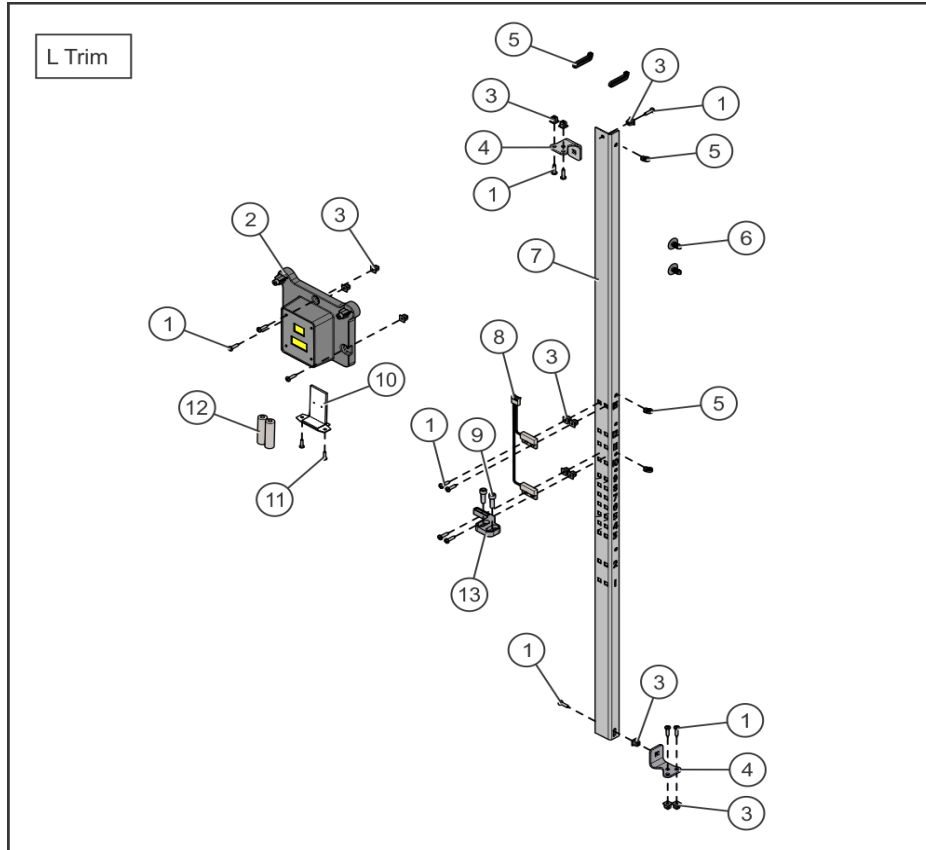
Ref #	Part Number	Qty	Description
1	9407601	12	WGT PL, 3/4IN X 4IN, 15LB
2	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
8	1004349-0005	2	SPACER, WGT STK, 3 PL8 ELV
9	7352101	2	CUSHION, WEIGHT STACK
10	1010765-0001	2	WASHER: 0.80 OD, 11GA
11	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
12	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

Light C-Stack



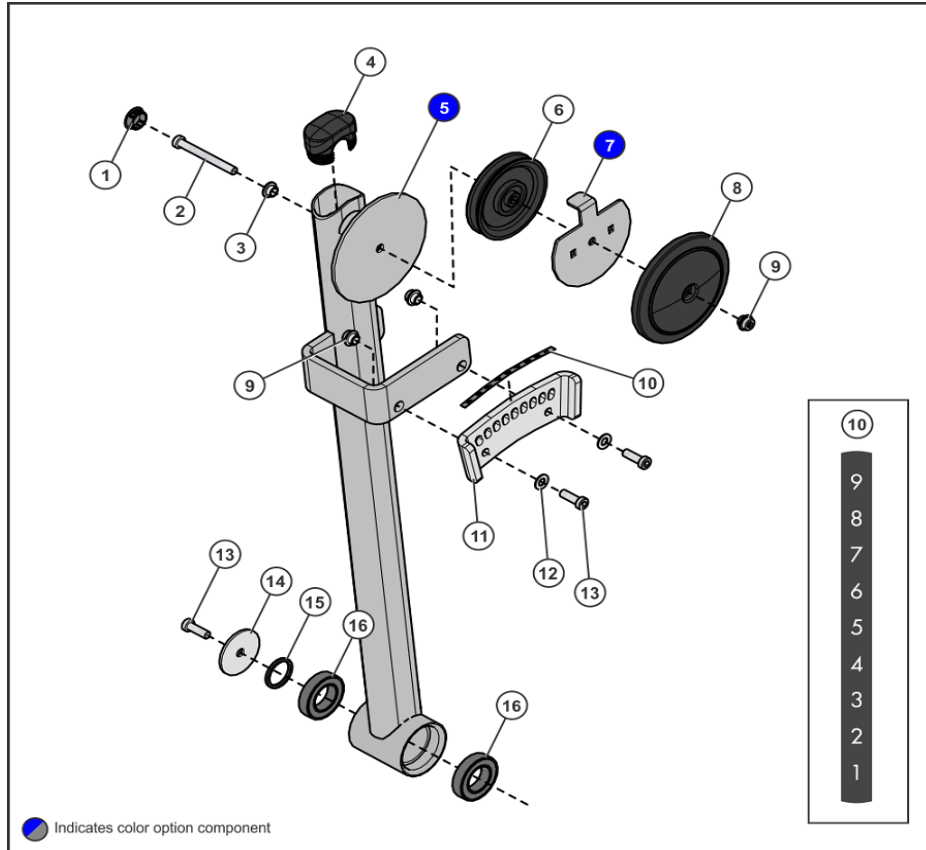
Ref #	Part Number	Qty	Description
1	9407601	10	WGT PL, 3/4IN X 4IN, 15LB
2	7328612	2	GUIDE ROD, .75 OD SOLID X 50.36
3	1015452-0001	1	RETAINER: GUIDE ROD, NYL
4	7337901	2	BUSHING, GUIDE ROD
5	3103301	2	SHAFT COLLAR, 3/4" ID ZINC
6	3238601	2	M10X1.5 BLIND THREADED INSERT (HEX)
7	3236202	2	M10 X 1.5 X 25 SHCS, LOW HEAD
8	1004349-0001	2	SPACER, WGT STK, 2 PL8
9	7352101	2	CUSHION, WEIGHT STACK
10	1010765-0001	2	WASHER: 0.80 OD, 11GA
11	1004349-0005	2	SPACER, WGT STK, 3 PL8 ELV
12	9475101	1	LABEL, 3/4 IN WGT STACK, 385 LB
13	9475401	1	LABEL, 3/4 IN WGT STACK, 192.5 KG

L Trim Rep Counter



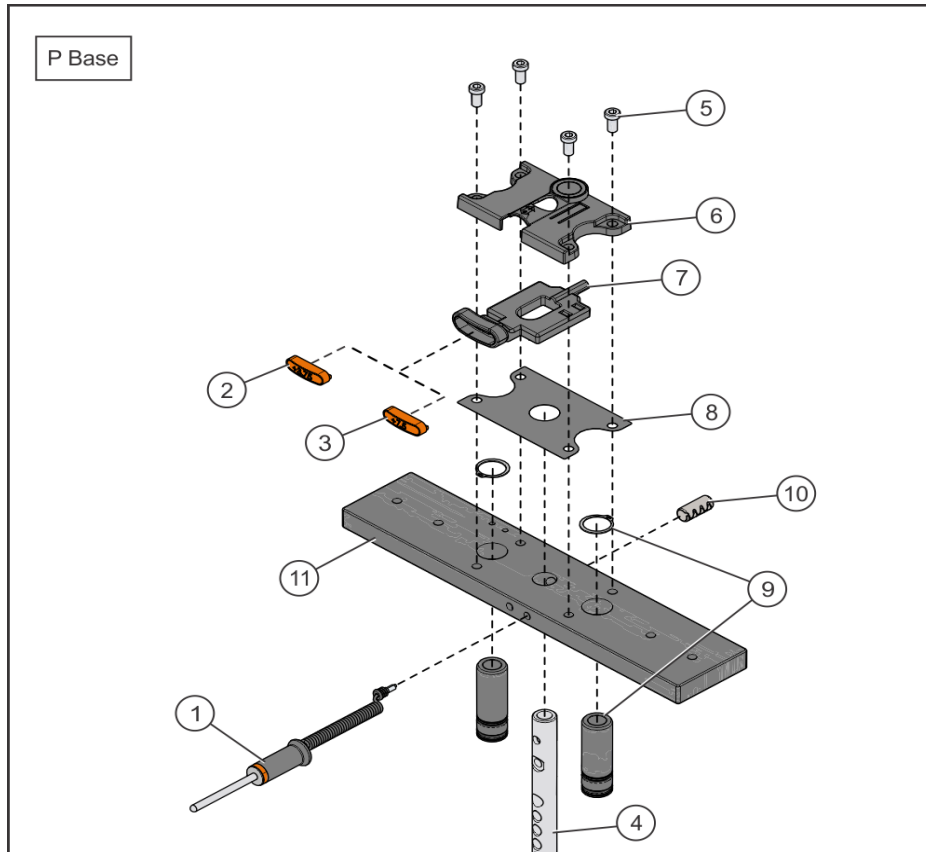
Ref #	Part Number	Qty	Description
1	3275801	13	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
2,8	1008199-0001	2	ASSY: REP COUNTER/SWITCH/MAGNET
3	0017-00042-1147	13	GROMMET: SCREW, 8 OR 10
4	1007269-0028	2	BRACKET: RAIL MOUNT, REP CNTR -CHR
5	3276501	5	CABLE TIE 11 IN.
6	1006620-0001	2	RETAINER: PANEL, 9/32 X 1/2 NYL
7	1008003-0028	1	BRACKET: SWITCH MNT, STD -CHR
9	3241701	2	M6 X 1 X 20MM SHCS, STD HEAD
10	9436401	1	DOOR, BATTERY PACK MOUNT
11	3226002	2	6-20 X 7 PHL PAN PLT ST BZ
12	3276401	2	BATTERY, AA
13	1007177-0001	1	ASSY: MAGNET, REP CNTR DCI

Movement Arm



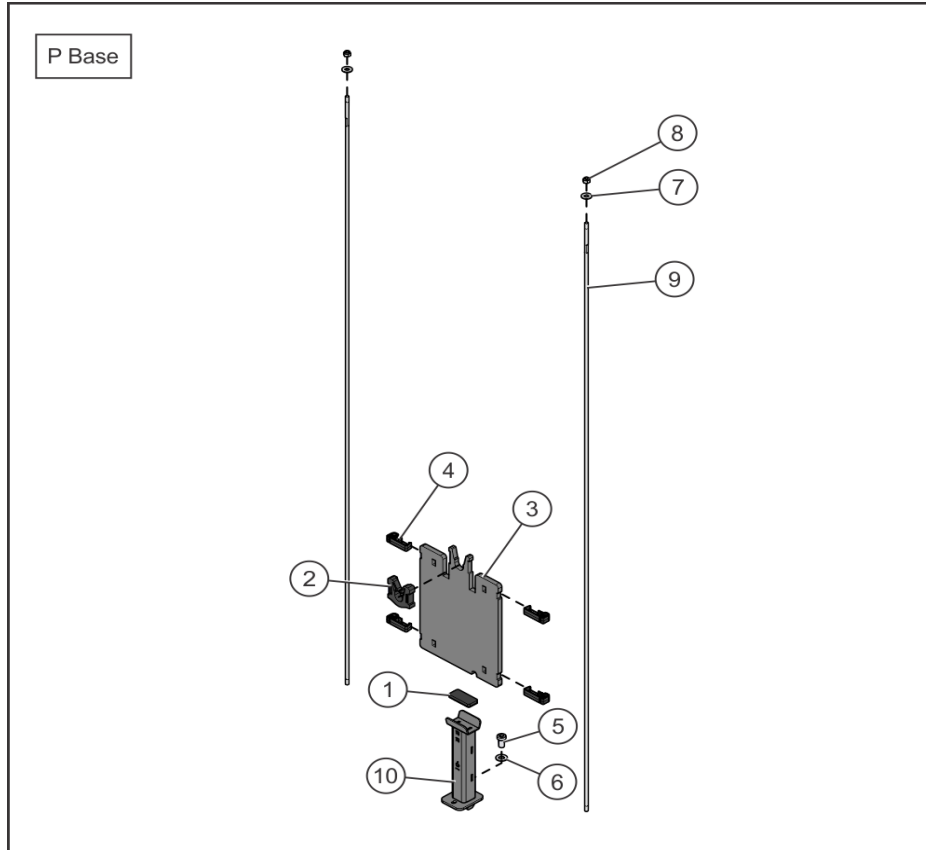
Ref #	Part Number	Qty	Description
1	3237407	1	PLUG, 1 IN HOLE
2	3236215	1	M10 X 1.5 X 90 SHCS, LOW HEAD
3	7630101	1	RETAINER, CM/MJ, PULLEY
4	7333802	1	CAP, SMALL FLOV-END
5	1022171-0000	1	WLDMT: WORKARM Custom
6	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
7	7730901	1	BRKT, COVER/CABLE RETAINER WHITE
8	8102902	1	COVER, PULLEY-BOLTED FULL
9	7335401	3	NUT, M10 X 1.5 SOCKET HEAD
10	1022130-0001	1	LABEL: 1-9 STRAIGHT
11	7658101	1	PLATE, FRMD .375 FZSLC
12	3273303	2	WASHER, 3/8, THRU-HARDENED
13	3236203	3	M10 X 1.5 X 30 SHCS, LOW HEAD
14	8722528	1	PLATE, SPL STEEL COVER - CHR
15	8752801	1	O RING, SPL PIVOT
16	3243201	2	BEARING, 6007 BALL

P-Stack Head Plate Assy



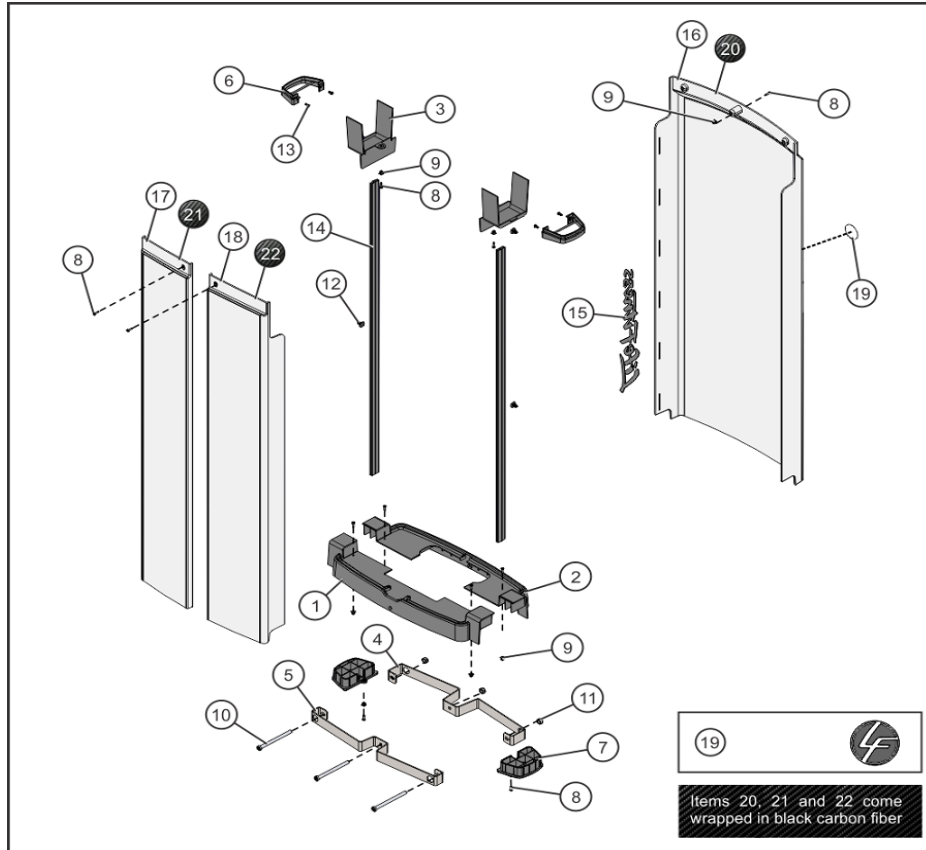
Ref #	Part Number	Qty	Description
1	1003679-0003	1	ASSY, WGT STK SEL PIN -YEL
2	1006751-0001	1	CAP: 3.75 KG INC WEIGHT - KG
3	1006750-0001	1	CAP, 7.5 LB INC WEIGHT - LBS
4	9434201	1	BAYONET, 10 PLATE
5	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
6	1017210-0001	1	HOUSHING: 7.5LB INC WEIGHT
7	1008675-0001	1	HANDLE: 7.5LB INC WT, PLASTIC
8	1006707-0001	1	DIE CUT: 7.5LB INC WEIGHT, NYLON SHEET, 0.020"
9	9296001	2	BUSHING, HEADPLATE, LONG
10	3236001	1	BUSHING, SPRING PIN
11	9431101	1	HEADPLATE, WT. STACK, 20LB

P-Stack Increment Weight



Ref #	Part Number	Qty	Description
1	1008552-0001	1	BUMPER: EA FOAM, INC WEIGHT
2	1008566-0001	1	GUARD: INCREMENT WEIGHT, 0.375
3	1008366-0028	1	PLATE: INCREMENT WEIGHT, 7.5LB - CHR
4	1010805-0001	4	GUIDE ROD ASSY: INCR WT, 3/8", CHARCOAL GRAY
5	3236201	1	M10 X 1.5 X 20 SHCS, LOW HEAD
6	3273303	1	WASHER, 3/8, THRU-HARDENED
7	3102506	2	WASHER, FLAT 1/4 ID ZN
8	3102806	2	NUT, NYLOCK 1/4-20
9	1008192-0002	2	GUIDE ROD: 0.25 OD SOLID, 54.75"
10	1018165-2801	1	WLDMT: BRACKET, INC WEIGHT SPACER, 6" -CHR

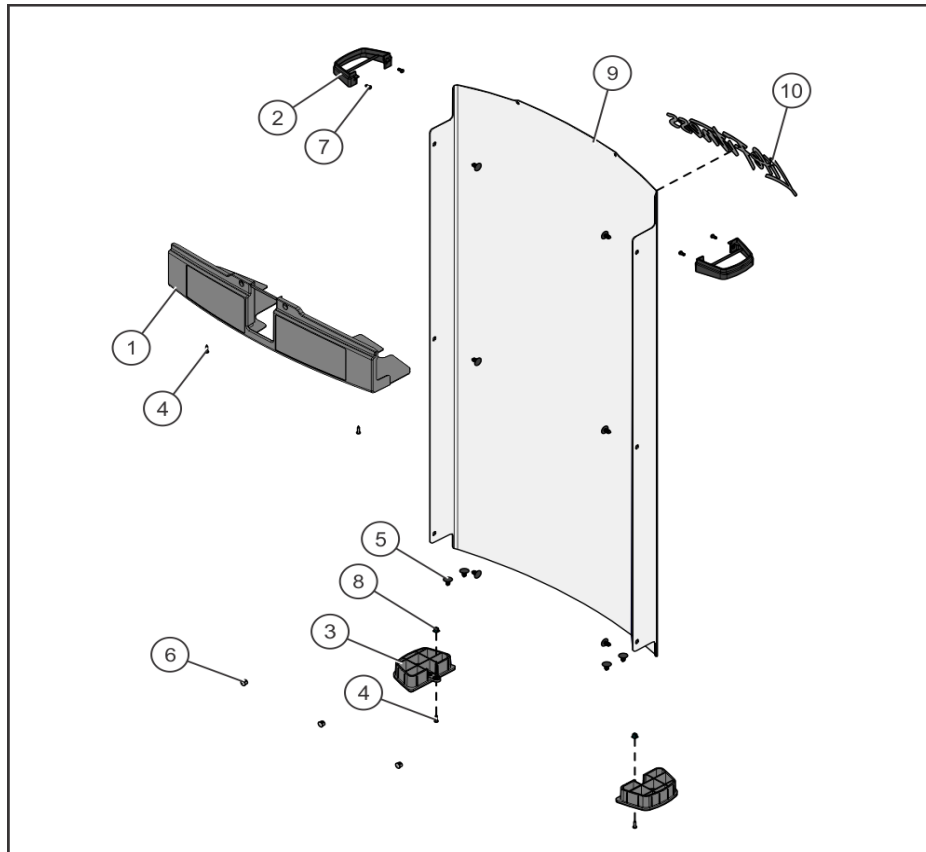
Shrouds - Full



Ref #	Part Number	Qty	Description
1	9410801	1	COVER, TOWER BOTTOM -FRONT
2	1007064-0001	1	COVER: TOWER BOTTOM, REAR
3	9415701	2	COVER, SS, TWR
4	1007623-0001	1	BRACKET: TOWER GUARD, REAR
5	1007622-0001	1	BRACKET: TOWER GUARD, FRONT
6	9415801	2	GASKET, TRAP TUBE
7	9412701	2	ASSY, TRAP TUBE, CAP -BTM
8	3275801	11	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
9	0017-00042-1147	9	GROMMET: SCREW, 8 OR 10
10	3236220	3	M10 X 1.5 X 130 SHCS, LOW HEAD
11	3236801	3	NUT, NYLOCK M10 X 1.5 SS
12	1006620-0001	4	RETAINER: PANEL, 9/32 X 1/2 NYL
13	0017-00101-1587	4	RVT 201X0413X.354 T NY NO
14	9414601	2	SHROUD EXTRUSION - SHORT
15	9489101	1	LABEL, LIFE FITNESS, 20IN.
16	9489001	1	SHROUD, SS, REAR, SRT
17	9410601	1	SHROUD, TOWER FRONT, LT - SHORT
18	9410701	1	SHROUD, TOWER FRONT, RT - SHORT
19	AK58-00245-2401	1	MEDALLION-ASSY: BUG, LIFE FITNESS, CHARCOAL GRAY
20	1003205-0009	1	SHROUD, SS, REAR, SRT, ABS-PBCF
21	1003204-0009	1	SHROUD, SS, FNT, LT, SRT, ABS-PBCF

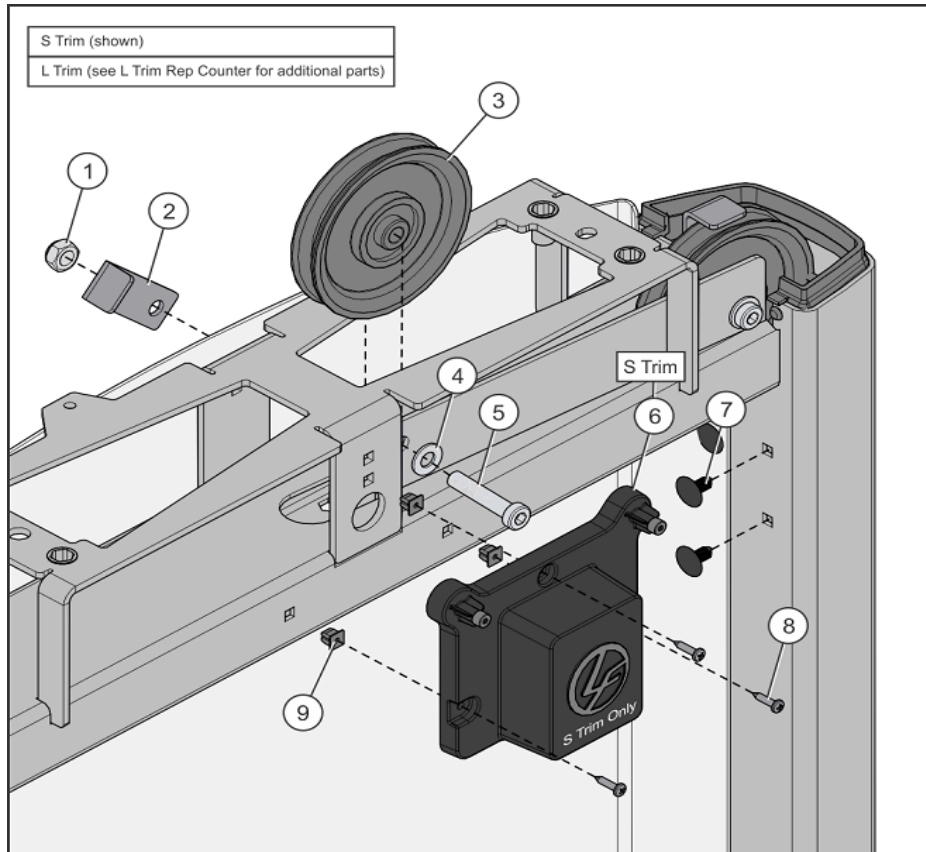
Ref #	Part Number	Qty	Description
22	1003203-0009	1	SHROUD, SS, FNT, RT, SRT, ABS-PBCF

Shrouds - Rear



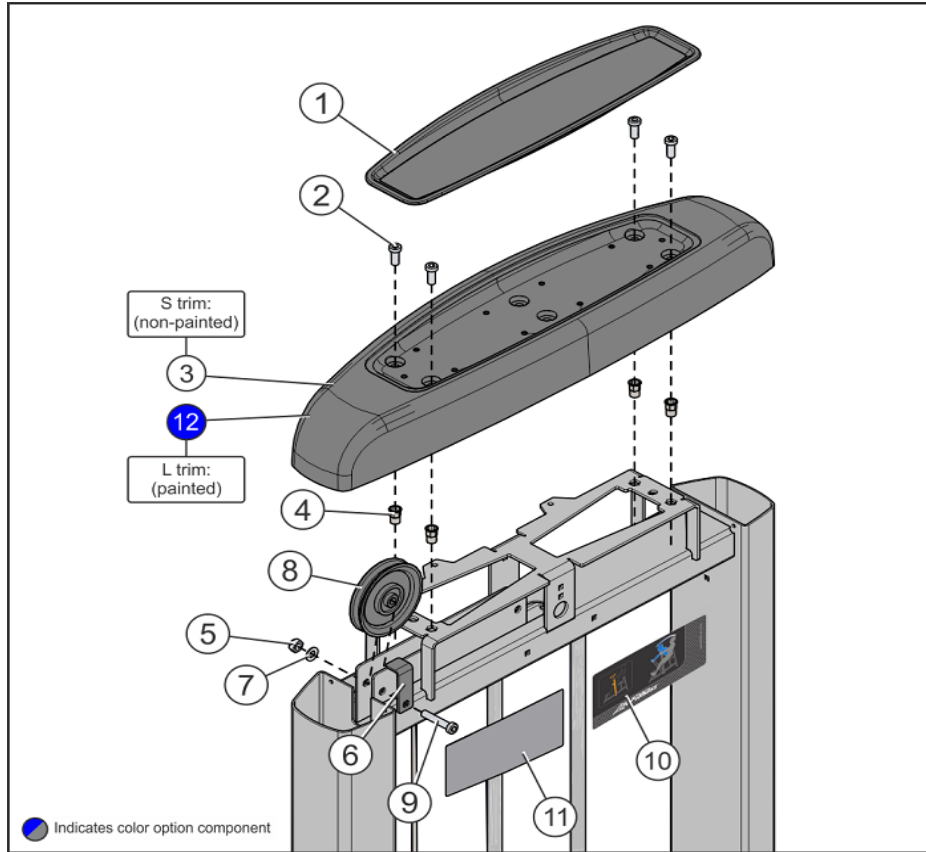
Ref #	Part Number	Qty	Description
1	1018509-0001	1	ASSY: TOP TRIM, PLACARD MNT
2	9415801	2	GASKET, TRAP TUBE
3	9412701	2	ASSY, TRAP TUBE, CAP -BTM
4	3275801	2	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
5	1006620-0001	10	RETAINER: PANEL, 9/32 X 1/2 NYL
6	3237405	3	PLUG, 7/16 IN HOLE
7	0017-00101-1587	4	RVT 201X0413X.354 T NY NO
8	0017-00042-1147	2	GROMMET: SCREW, 8 OR 10
9	1009335-0001	1	SHROUD: REAR, W/LOGO, STD
10	1008491-0001	1	LABEL, LIFE FITNESS, 16IN

S and L Trim Tower Top



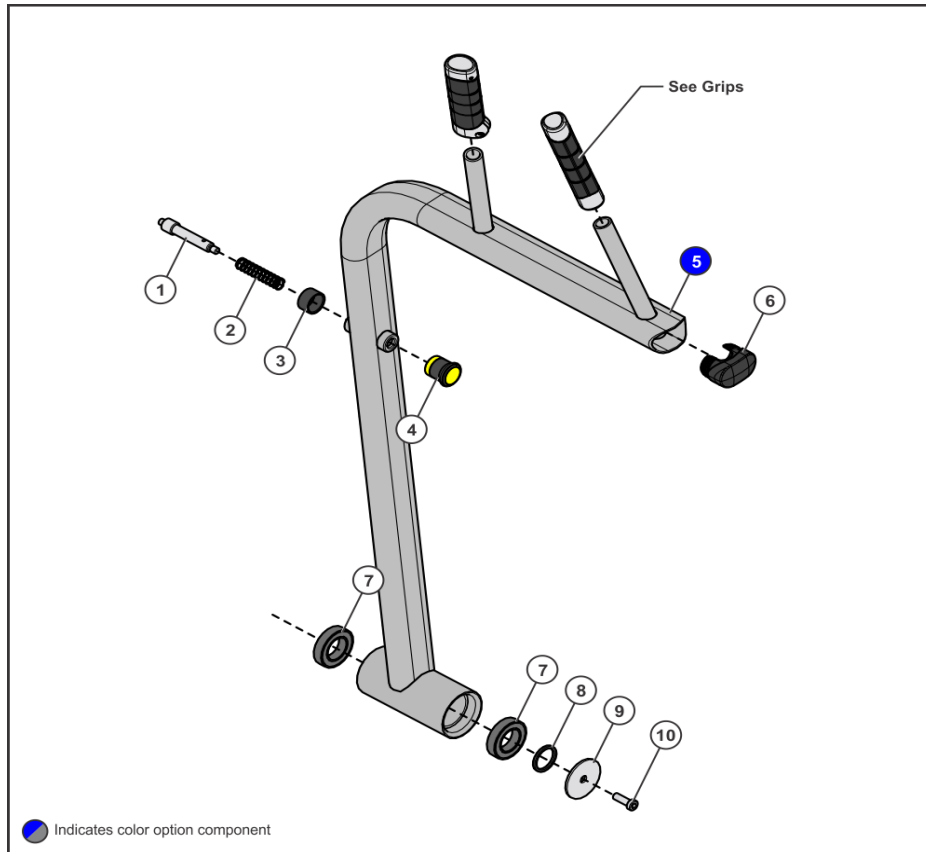
Ref #	Part Number	Qty	Description
1	3236801	1	NUT, NYLOCK M10 X 1.5 SS
2	6757701	1	CLIP, CABLE 2-7/8 X 1 X 1
3	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
4	3273303	1	WASHER, 3/8, THRU-HARDENED
5	3236207	1	M10 X 1.5 X 50 SHCS, LOW HEAD
6	1006334-0001	1	ASSY, DUMMY HOUSING
7	1006620-0001	2	RETAINER: PANEL, 9/32 X 1/2 NYL
8	3275801	3	SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB
9	0017-00042-1147	3	GROMMET: SCREW, 8 OR 10

Tower Top



Ref #	Part Number	Qty	Description
1	9411201	1	TRAY, TOWER TOP CAP
2	3236202	4	M10 X 1.5 X 25 SHCS, LOW HEAD
3	9436701	1	CAP, TOWER, TOP, PLASTIC
4	3238601	4	M10X1.5 BLIND THREADED INSERT (HEX)
5	3236801	1	NUT, NYLOCK M10 X 1.5 SS
6	6757701	1	CLIP, CABLE 2-7/8 X 1 X 1
7	3273303	2	WASHER, 3/8, THRU-HARDENED
8	9319901	1	PULLEY, 3/16 IN CABLE (T2), 4.5 IN OD
9	3236208	1	M10 X 1.5 X 55 SHCS, LOW HEAD
10	1022846-0001	1	LABEL: SS-ABD PLACARD, RH
11	1022845-0001	1	LABEL: SS-ABD PLACARD, LH - ENG
11	1022845-0012	1	LABEL: SS-ABD PLACARD, LH - CHI
11	1022845-0007	1	LABEL: SS-ABD PLACARD, LH - JAP
11	1022845-0004	1	LABEL: SS-ABD PLACARD, LH - SPN
11	1022845-0010	1	LABEL: SS-ABD PLACARD, LH - RUS
12	9412699	1	CAP, SS, CAST Custom

Work Arm



Ref #	Part Number	Qty	Description
1	7425103	1	PIN, PULL X 4.250
2	7351501	1	SPRING; PULL PIN LARGE
3	7690202	1	BUMPER, SLEEVE - 1.125 INCH DIA
4	9454703	1	KNOB, ADJ
5	1022170-0000	1	WLDMT: WORKARM Custom
6	7333802	1	CAP, SMALL FLOV-END
7	3243201	2	BEARING, 6007 BALL
8	8752801	1	O RING, SPL PIVOT
9	8722528	1	PLATE, SPL STEEL COVER - CHR
10	3236203	1	M10 X 1.5 X 30 SHCS, LOW HEAD

