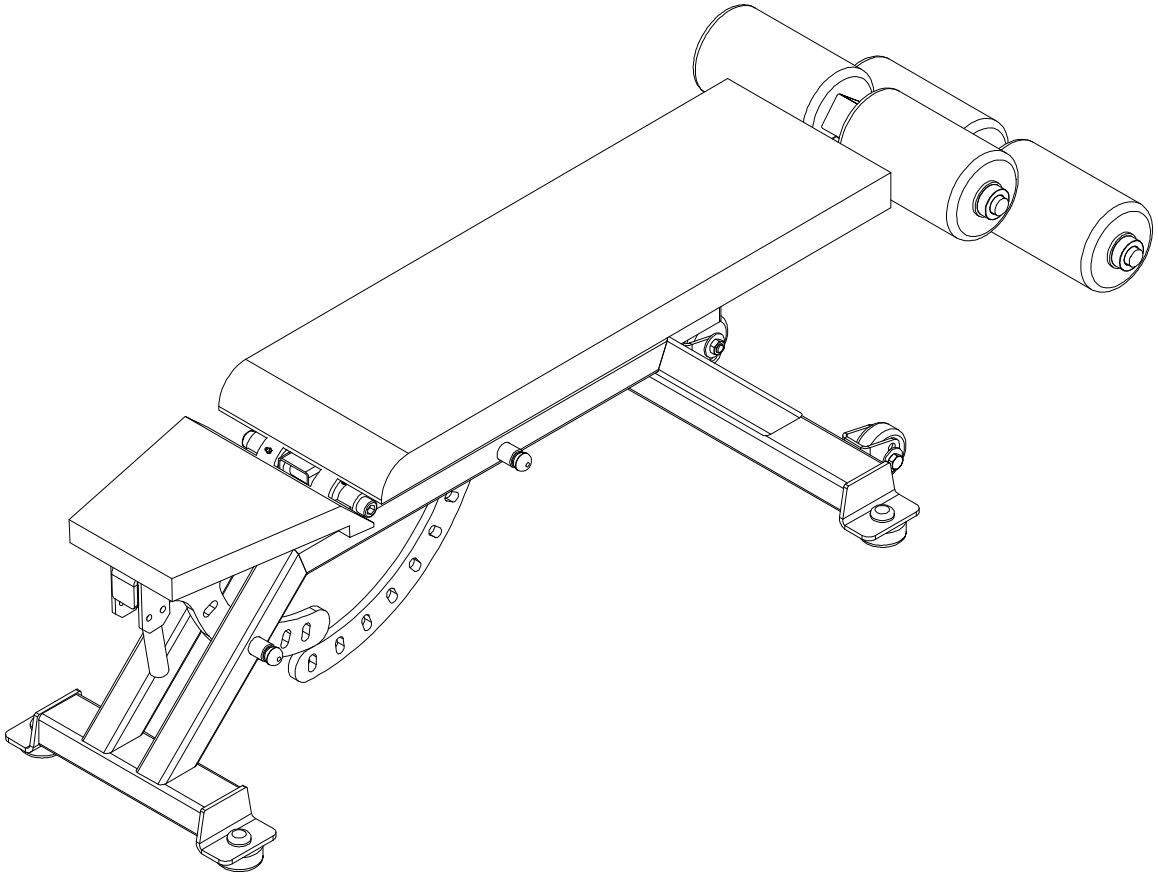
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AB-3 Retrofit Kit



* SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES *

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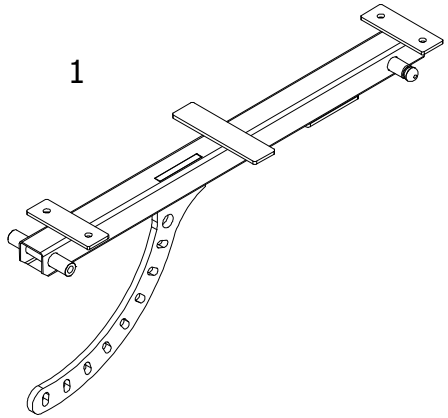
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AB-3 Retrofit Kit

ITEM	QTY.	DESCRIPTION
1	1	AB-3 Adjustable Bench with Foot Catch Replacement Spine
2	1	AB-3 Foot Catch

INCLUDED PARTS
*NOTE: IMAGES NOT SHOWN TO SCALE

1

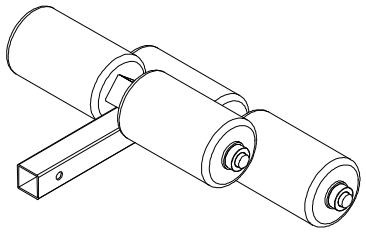


NOTE: Spine for existing AB-2 Adjustable Bench will be replaced with new spine upgrading the bench to an AB-3 Adjustable Bench with Foot Catch allowing attachment of foot catch for decline bench exercises.

The new spine attaches using the existing hardware from the existing AB-2. Please separate the hardware from each step to allow easy replacement when installing the replacement spine.

REQUIRED TOOLS:
9/16" Socket Wrench
3/8" Allen Wrench
1/8" Allen Wrench

2



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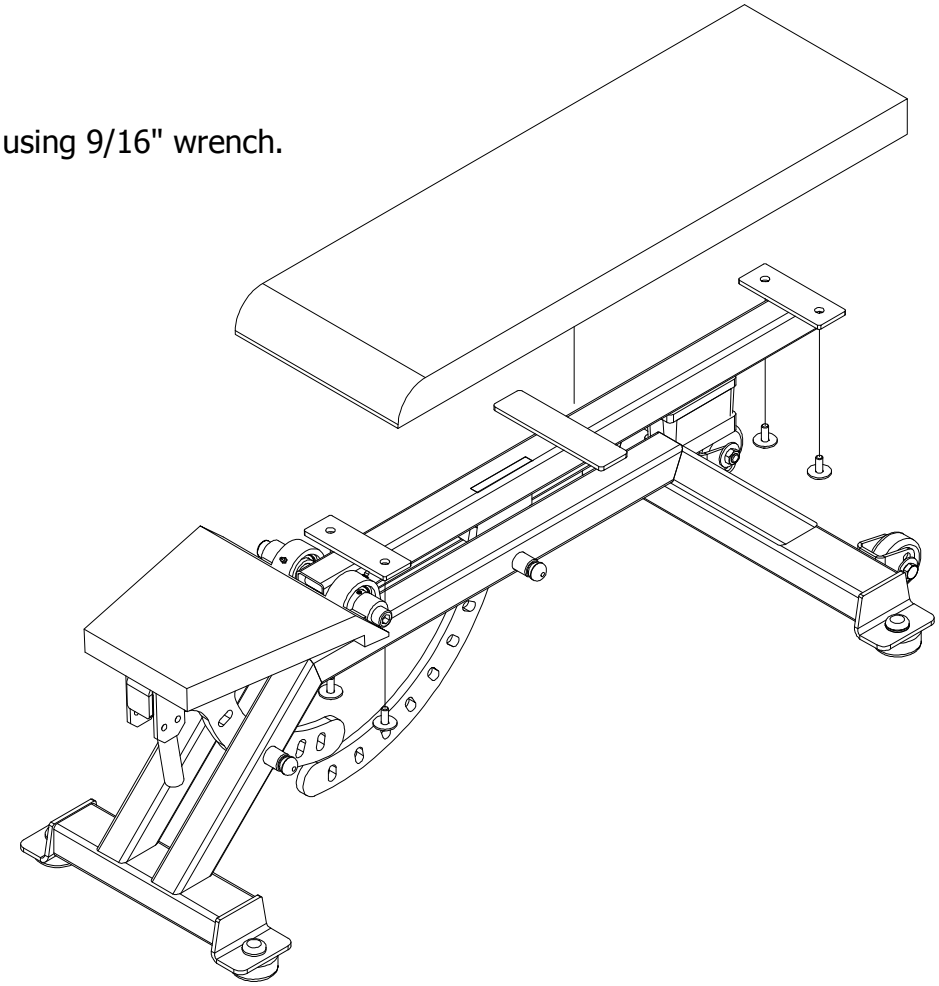
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AB-3 Retrofit Kit

Step 1: Remove pad from spine of existing AB-2 Adjustable Bench using 9/16" wrench.

Set aside pad and hardware.



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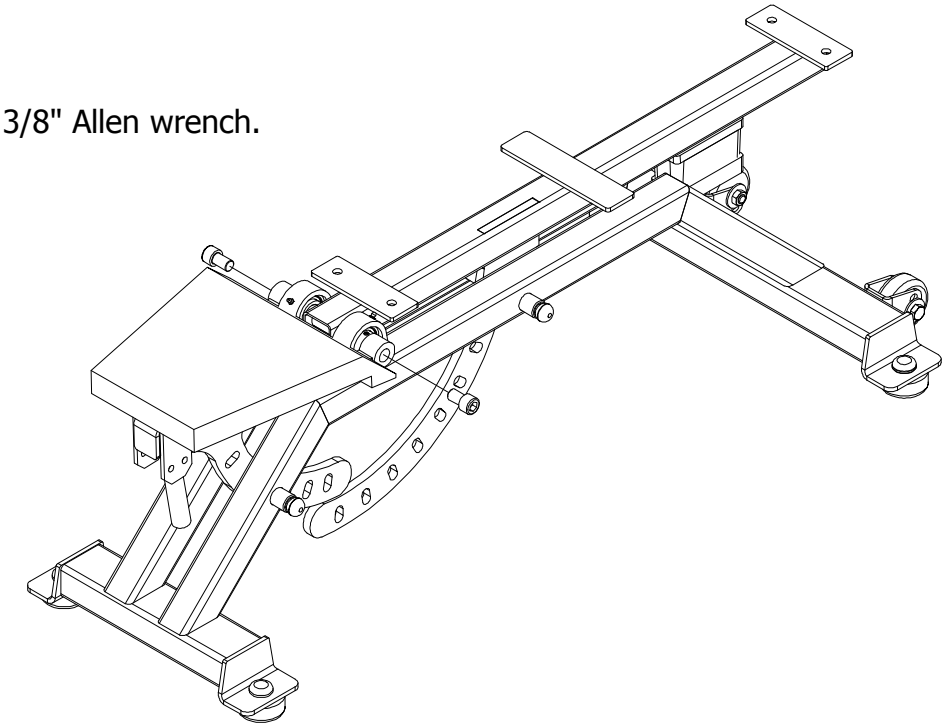
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Step 2: Remove Allen head bolts as shown using 3/8" Allen wrench.

Set bolts aside.



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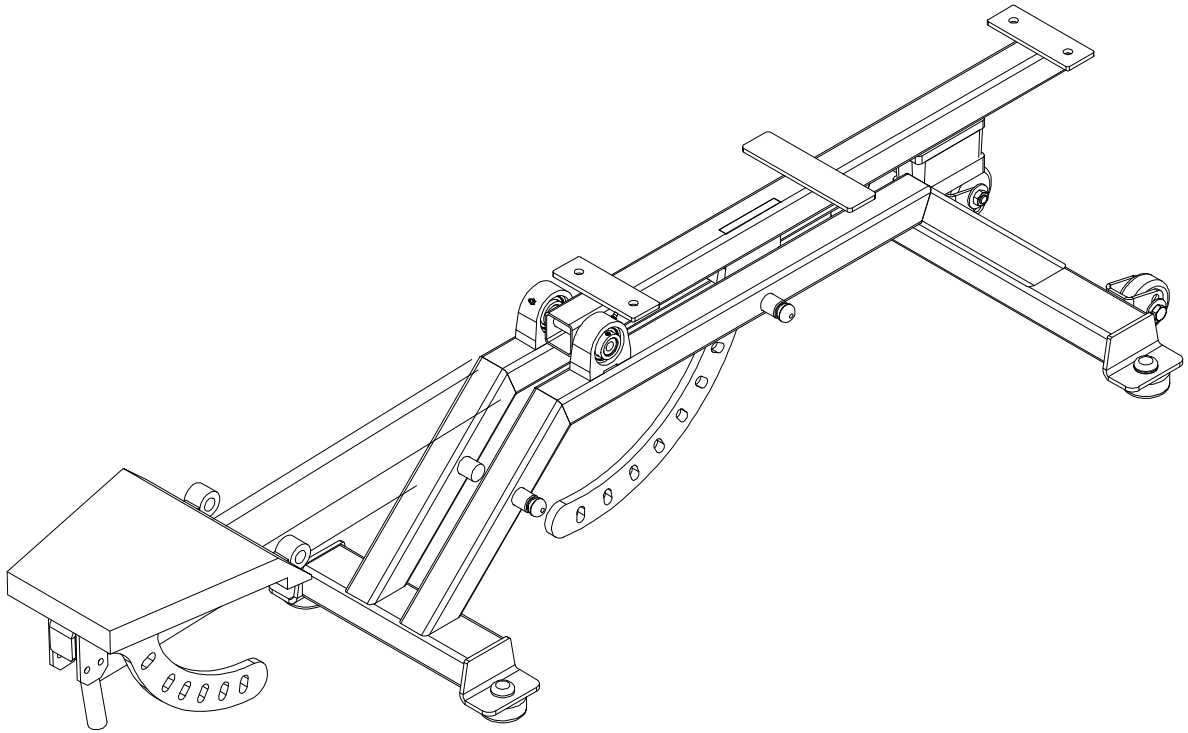
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Step 3: Pull pop pin and remove seat.



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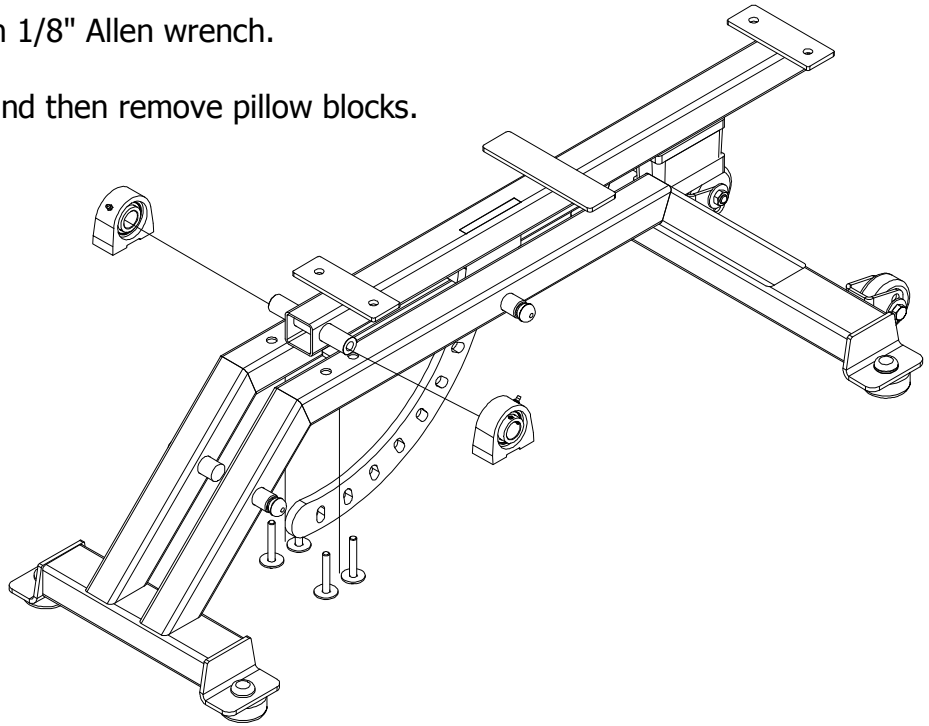
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AB-3 Retrofit Kit

Step 4: Loosen set screw on pillow block bearings with 1/8" Allen wrench.

Remove bolts from pillow blocks using 9/16" wrench and then remove pillow blocks.

Set pillow block and hardware aside.



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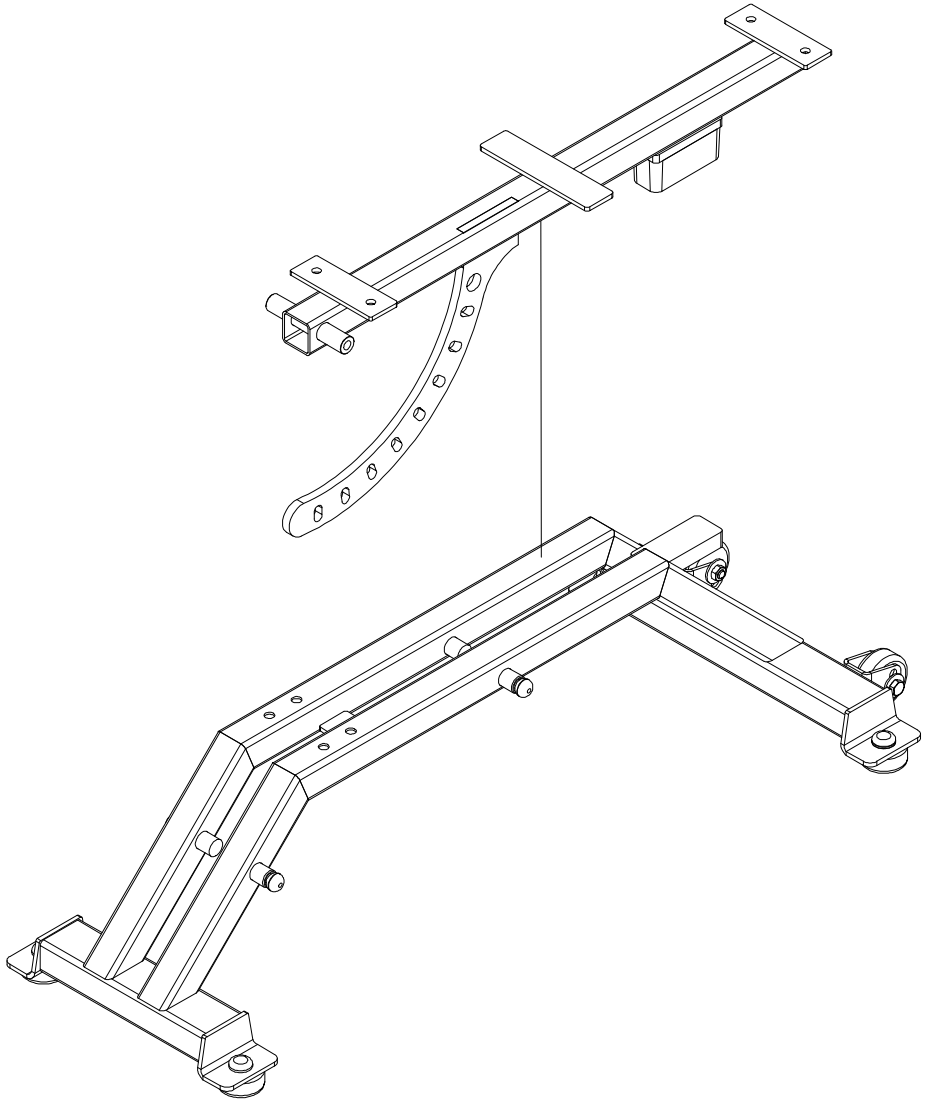
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Step 5: Pull pop pin and remove existing AB-2 Spine.



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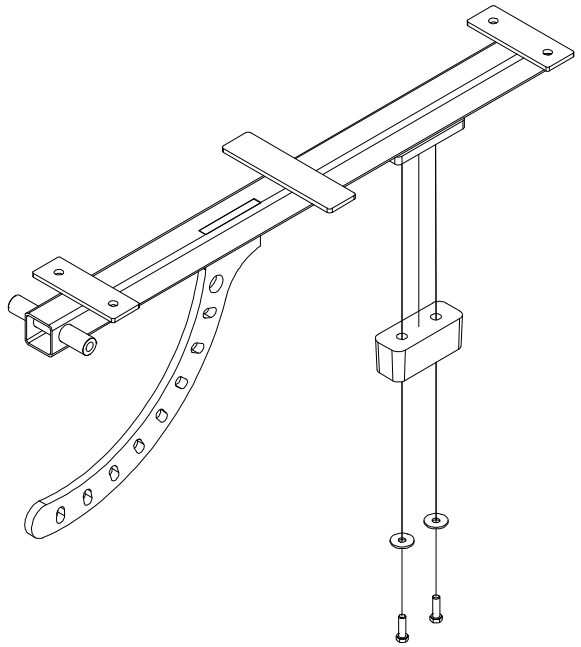
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AB-3 Retrofit Kit

Step 7: Remove bolts and rubber bumper from existing AB-2 Spine using 9/16" socket wrench.

Set aside bumper and hardware.



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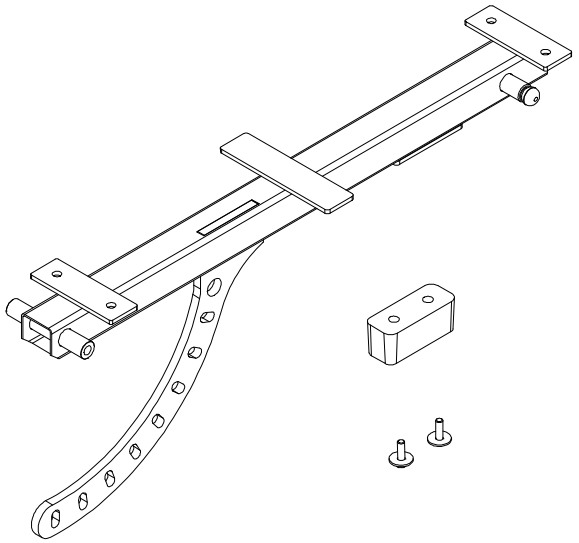
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Step 7: Attach rubber bumper to new AB-3 Spine with existing bolts, lock washers and flat washers. Tighten using 9/16" socket wrench.

NOTE: Always place flat washer directly in contact with the equipment with the lock washer between the flat washer and the bolt head.



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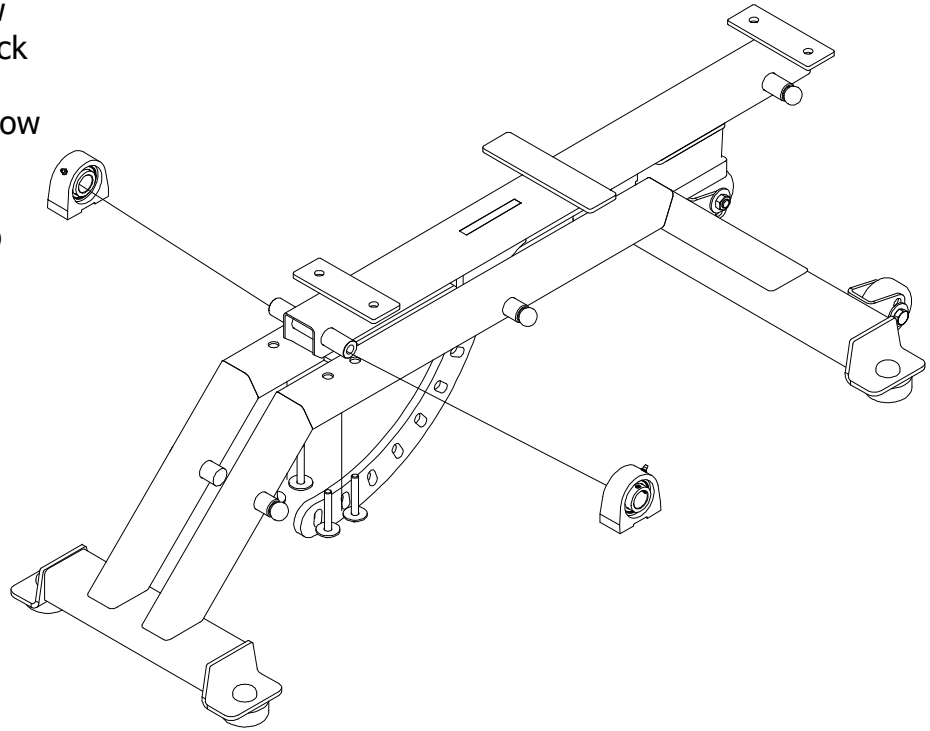
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AB-3 Retrofit Kit

Step 8: Install pillow blocks on new AB-3 Spine and reinstall pillow blocks and new AB-3 Spine on existing AB-2 Frame using bolts, lock washers and flat washers. Once spine is in place and sitting flat, tighten with 9/16" wrench. Then tighten the set screws on the pillow blocks using 1/8" Allen wrench.

NOTE: in order to complete install of the new AB-3 Spine, the pop pin will need to be pulled to allow the spine to lay flat.



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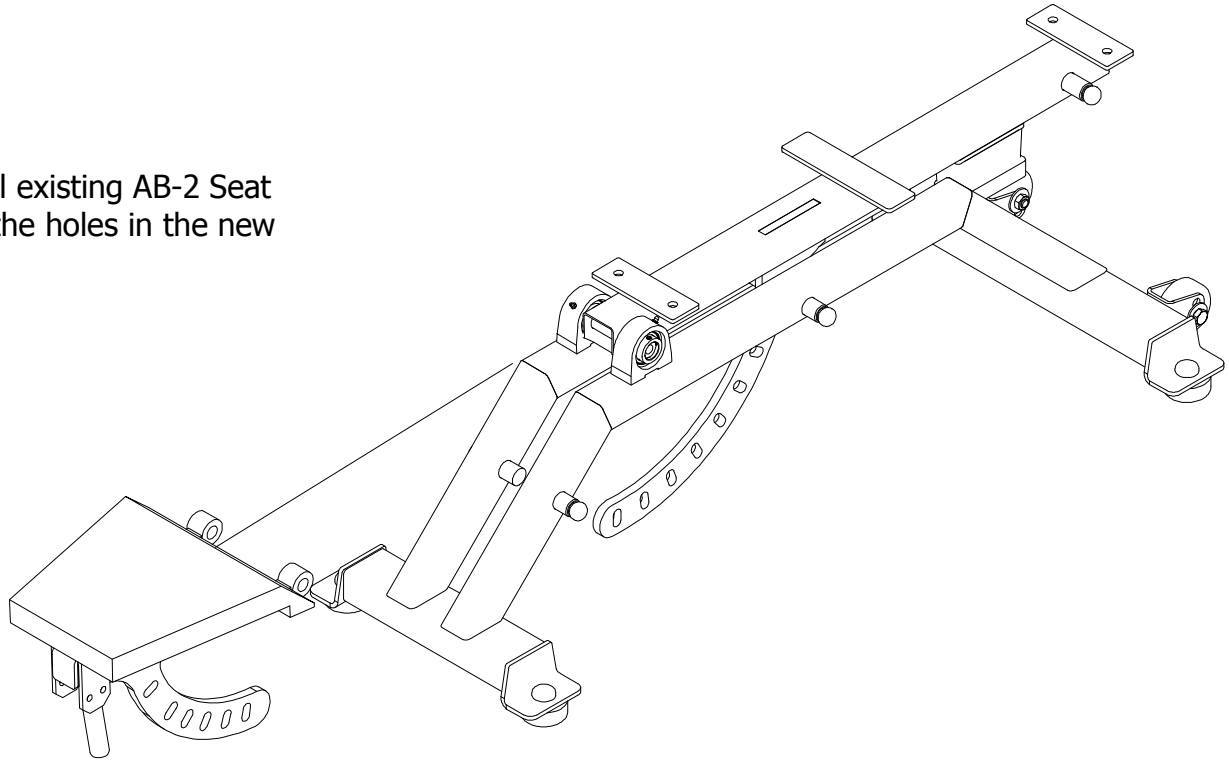
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Step 9: Pull the pop pin and reinstall existing AB-2 Seat lining up the holes in the seat with the holes in the new AB-3 Spine within the pillow blocks.



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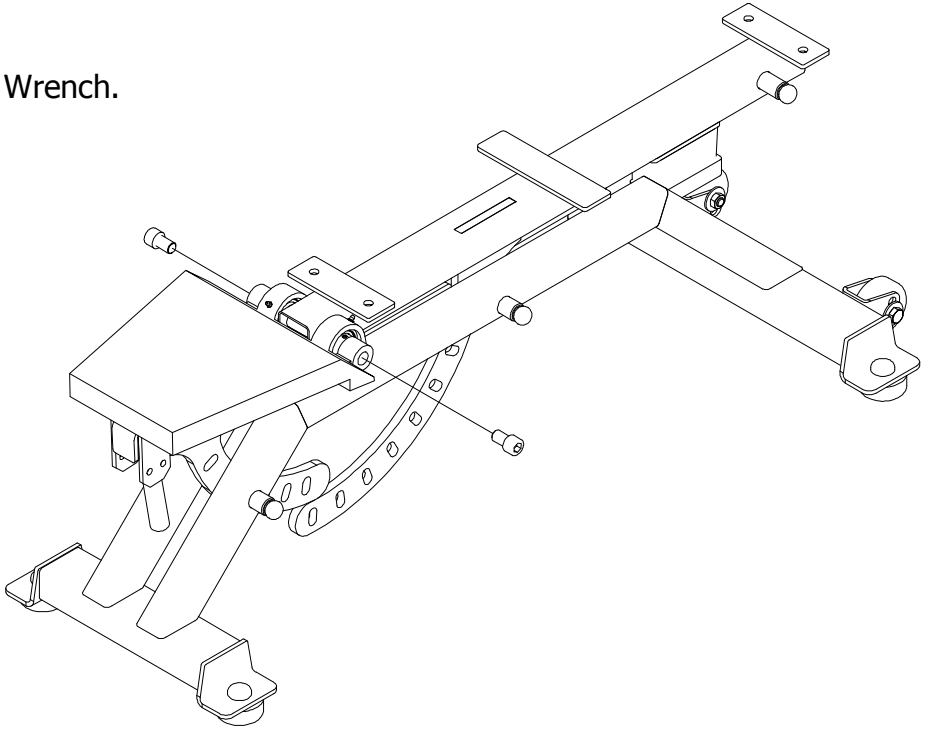
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Step 10: Reattach Allen Bolts and tighten with 3/8" Allen Wrench.



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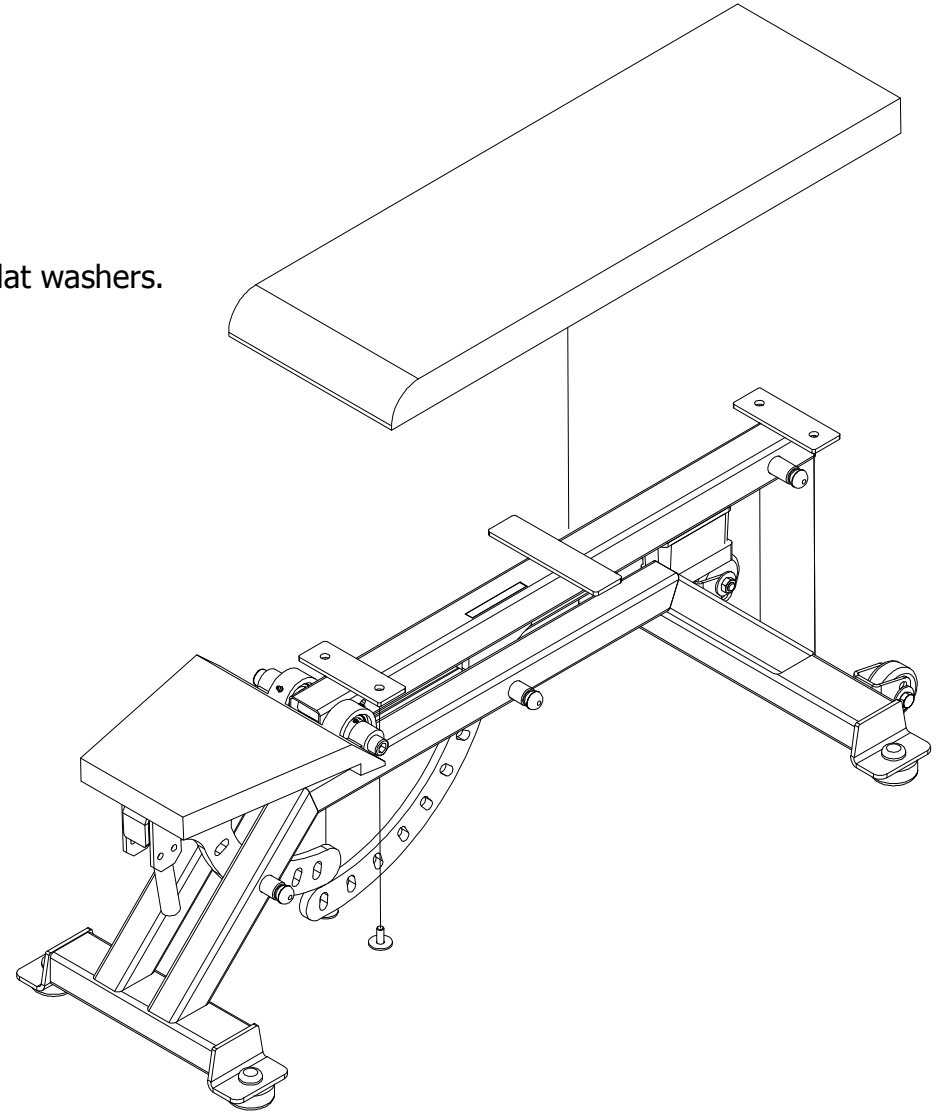
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AB-3 Retrofit Kit

Step 11: Attach existing pad using existing bolts, lock washers and flat washers. Tighten with 9/16" socket wrench.



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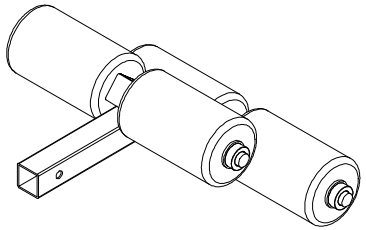
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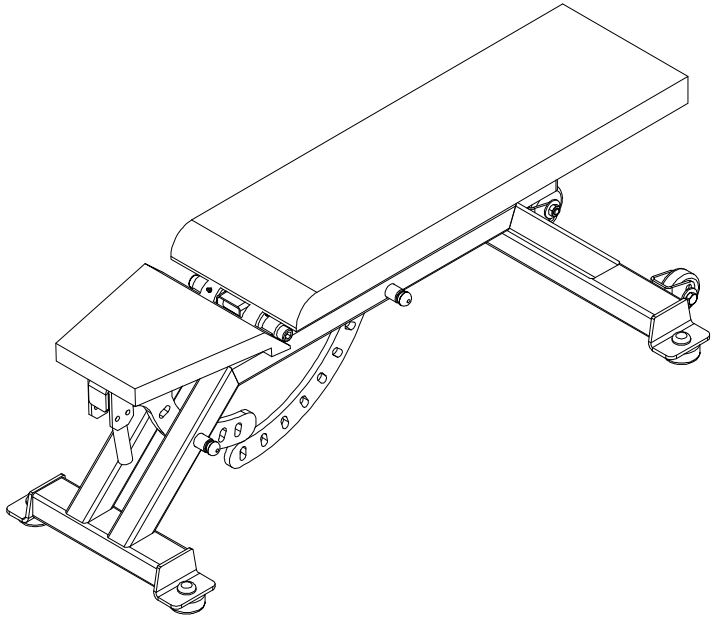
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AB-3 Retrofit Kit

Step 12: Install AB-3 Foot Catch by sliding into the end of the tube and securing with the pop pin.

WARNING: TO AVOID THE RISK OF TIPPING, DO NOT SIT ON FOOT CATCH AT ANY TIME.





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