

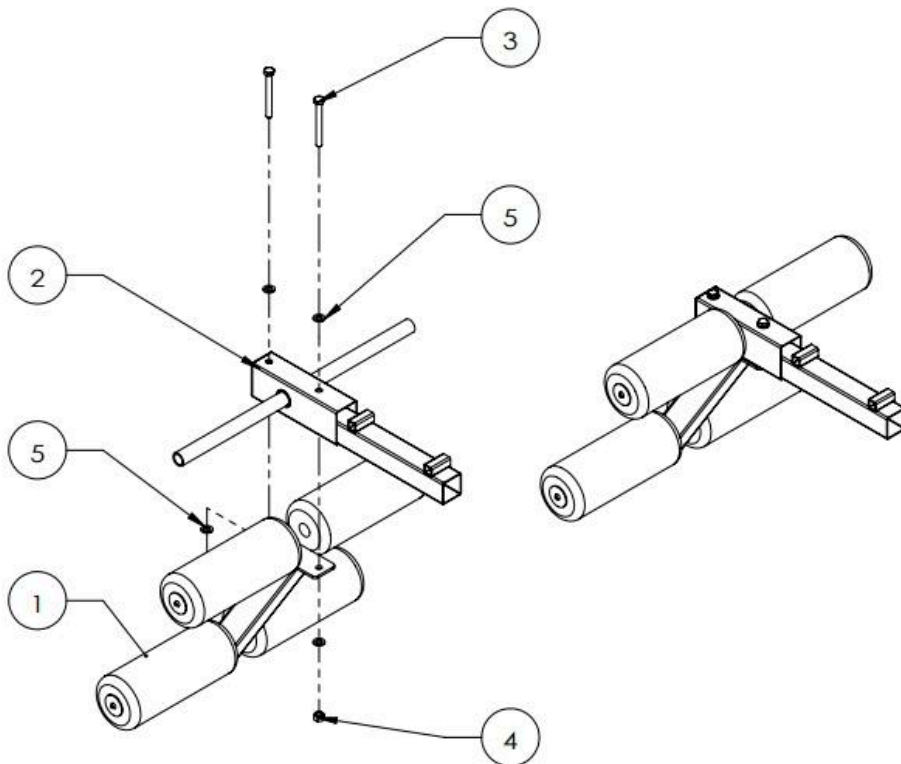
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SPORTBENCH AB ATTACHMENT ASSEMBLY INSTRUCTION PAGE 1

ITEM NO.	DESCRIPTION	QTY.
1	CURL LEG CATCH #1	1
2	CURL LEG CATCH #2	1
3	STEEL HEX HEAD SCREW, M10 X 1.5 mm THREAD, 100 mm LONG	2
4	STEEL HEX NUT, M10 X 1.5 mm THREAD	2
5	STEEL WASHER FOR M10 SCREW SIZE	4

TOOLS NEEDED: TWO 17 mm WRENCHES.

1. ATTACH AND TIGHTEN CURL LEG CATCH #1 (ITEM 1) TO CURL LEG CATCH #2 (ITEM 2) WITH SUPPLIED HARDWARE.



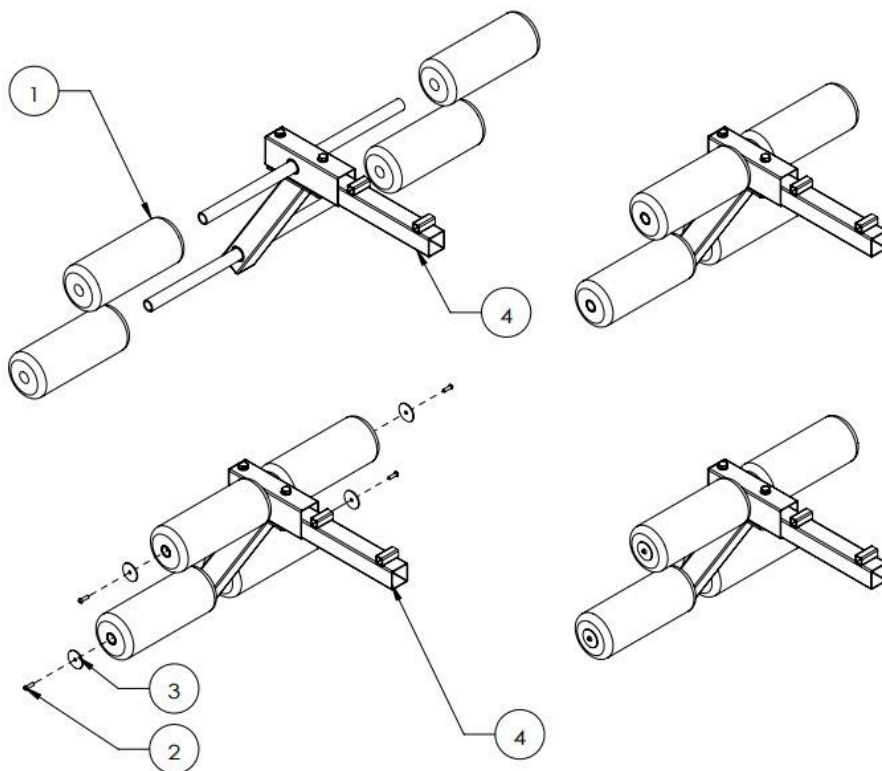
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SPORTBENCH AB ATTACHMENT ASSEMBLY INSTRUCTION PAGE 2

ITEM NO.	DESCRIPTION	QTY.
1	FOAM ROLLERS	4
2	STEEL BUTTON HEAD HEX SCREWS, M6 X 1 mm THREAD, 20 mm LONG	4
3	STEEL WASHERS, 50 mm ID, 6.6 mm OD	4
4	AB ATTACHMENT ASSEMBLY	4

TOOLS NEEDED: ONE 4 mm ALLEN KEY WRENCH.

1. ATTACH FOAM ROLLERS (ITEM 1) TO AB ATTACHMENT ASSEMBLY (ITEM 4).
2. TIGHTEN THE SUPPLIED HARDWARE TO AB ATTACHMENT ASSEMBLY (ITEM 4).

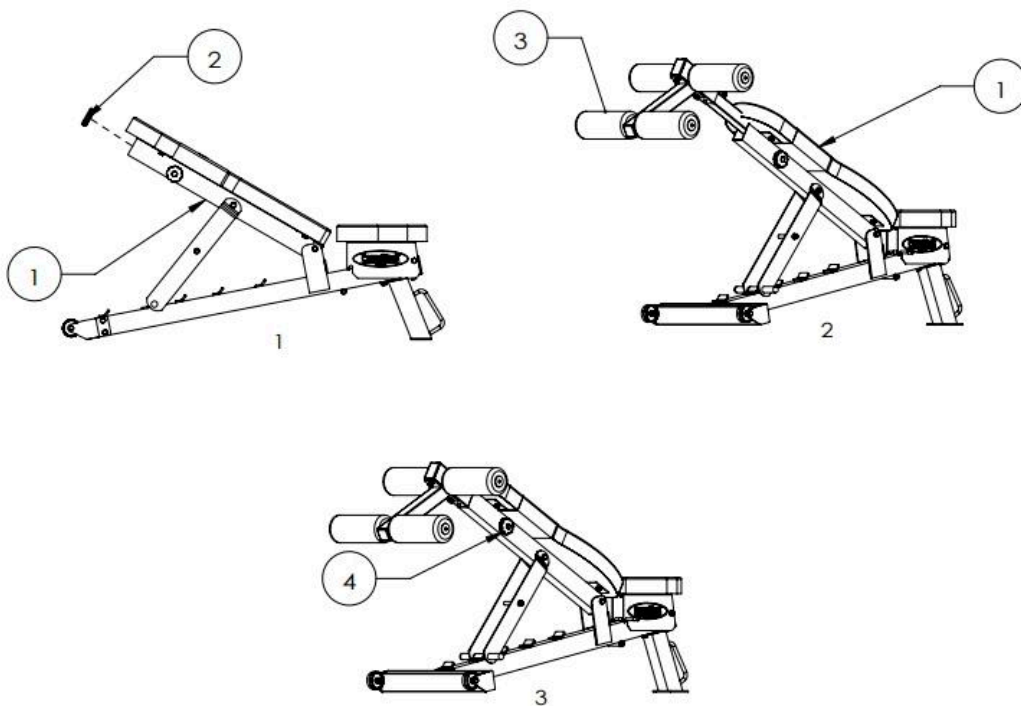


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SPORTBENCH AB ATTACHMENT ASSEMBLY INSTRUCTION PAGE 3

ITEM NO.	DESCRIPTION	QTY.
1	SPORTBENCH	1
2	SPORTBENCH FRAME TUBE END CAP	1
3	AB ATTACHMENT ASSEMBLY	1
4	AB TIGHTENER KNOB	1

1. REMOVE THE END CAP FROM THE BACK PAD TUBE.
2. PLACE AB ATTACHMENT ASSEMBLY IN THE BACK PAD TUBE.
3. TIGHTEN THE AB TIGHTENER KNOB.



CAUTION:

1. USE THE PRODUCT ON A FLAT SURFACE.
2. ONLY USE THE AB ATTACHMENT IN ITS INTENDED POSITION.
3. USER TOTAL LOAD WEIGHT CAPACITY 250 lb.
4. TIGHTEN THE AB TIGHTENER KNOB BEFORE USING.