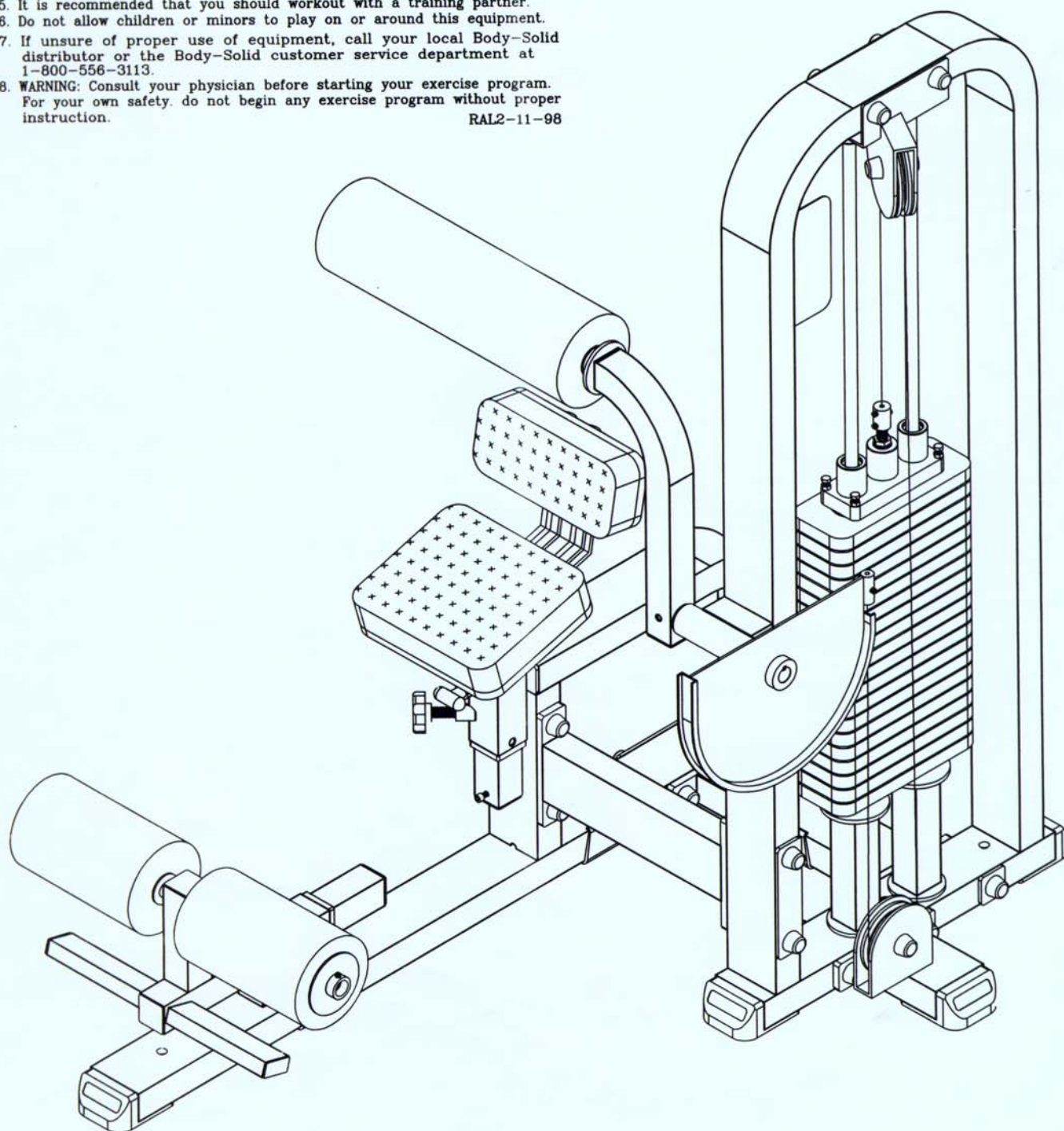


# SAM-900.3 AB MACHINE

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

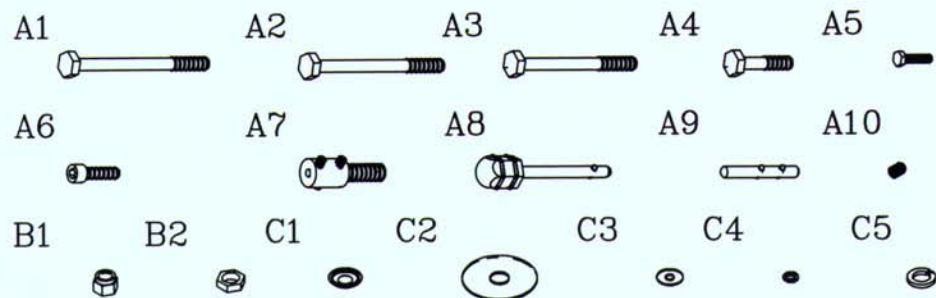
RAL2-11-98



VERSION 0012



	Qty.
A1. 1/2"X5 3/4" HEX HEAD BOLT -----	[1PCS]
A2. 1/2"X5 1/2" HEX HEAD BOLT -----	[8PCS]
A3. 1/2"X5" HEX HEAD BOLT -----	[2PCS]
A4. 1/2"X2 1/4" HEX HEAD BOLT -----	[2PCS]
A5. 5/16"X1 1/4" HEX HEAD BOLT -----	[4PCS]
A6. 7/16"X1 1/2" ROUND BOLT -----	[1PCS]
A7. 5/8"X1 3/4" ROUND BOLT -----	[1PCS]
A8. 10LB BALL PIN -----	[1PCS]
A9. ø10X85L PIN -----	[1PCS]
A10. 5/16"X3/8" SET SCREW -----	[3PCS]
B1. 1/2" NYLON LOCK NUT -----	[13PCS]
B2. 5/8" LOCK NUT -----	[1PCS]
C1. 1/2" ROUND END CAP WASHER -----	[26PCS]
C2. ø4" CHROME WASHER -----	[3PCS]
C3. 5/16" (I.D)WASHER -----	[4PCS]
C4. 5/16" SPRING WASHER -----	[4PCS]
C5. 5/8" SPRING WASHER -----	[1PCS]



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2

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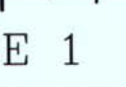
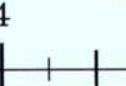
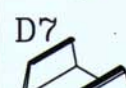
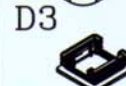
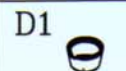
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8

	Qty.
D1. 1/2" BOLT CAP -----	[26PCS]
D2. 2"X4" FOOT CAP (9211-028)-----	[5PCS]
D3. 2"X2"X2.5t END CAP (9211-006)----	[2PCS]
D4. 2"X2"X1.8t END CAP (9211-005)----	[3PCS]
D5. 1"X2" END CAP (9211-009)-----	[2PCS]
D7. 2"X4" RUBBER DOUNT (9212-009)---	[3PCS]
D8. 60X50 NYLON BUSHING (9211-033)--	[4PCS]
D9. ø6" PULLEY (9213-009)-----	[1PCS]
D10. ø4 1/2" PULLEY (9213-010)-----	[1PCS]
D11. ø3/4" SHAFT COLLAR (9211-046)---	[2PCS]
D13. ø3" NYLON WASHER (9214-008)----	[6PCS]
D14. NO-SLIP TAPE (9310-035)-----	[2PCS]
D15. ø4" RUBBER DONUT (9310-017)----	[2PCS]
D16. ø6"X10" FOAM ROLLER (9161-016)--	[2PCS]
D17. ø6"X20" FOAM ROLLER (9161-017)--	[1PCS]
D18. CHROME TOP PLATE (8400-002)---	[1PCS]
D19. WEIGHT SELECTOR BAR (8220-060)	[1PCS]
D20. STEEL CABLE-----	[1PCS]
D21. ø5/8" ROUND END CAP (9211-015)-	[5PCS]
D22. ø1" SHAFT COLLAR (8130-024)----	[3PCS]
D23. ø6Xø13 RUBBER DONUT V STYLE (9214-004)-----	[1PCS]



D1. 1/2" BOLT CAP ----- [26PCS]

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D16. ø6"X10" FOAM ROLLER (9161-016)-- [2PCS]

D17. ø6"X20" FOAM ROLLER (9161-017)-- [1PCS]

D18. CHROME TOP PLATE (8400-002)--- [1PCS]

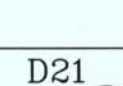
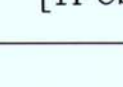
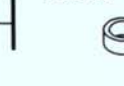
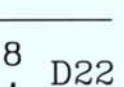
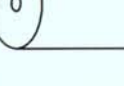
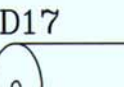
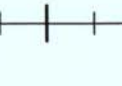
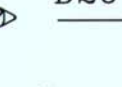
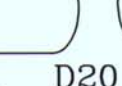
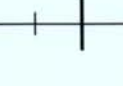
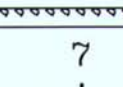
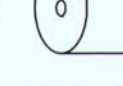
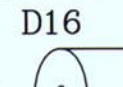
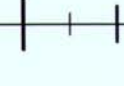
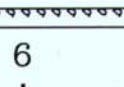
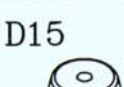
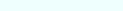
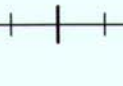
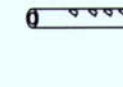
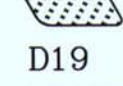
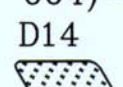
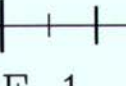
D19. WEIGHT SELECTOR BAR (8220-060) [1PCS]

D20. STEEL CABLE----- [1PCS]

D21. ø5/8" ROUND END CAP (9211-015)- [5PCS]

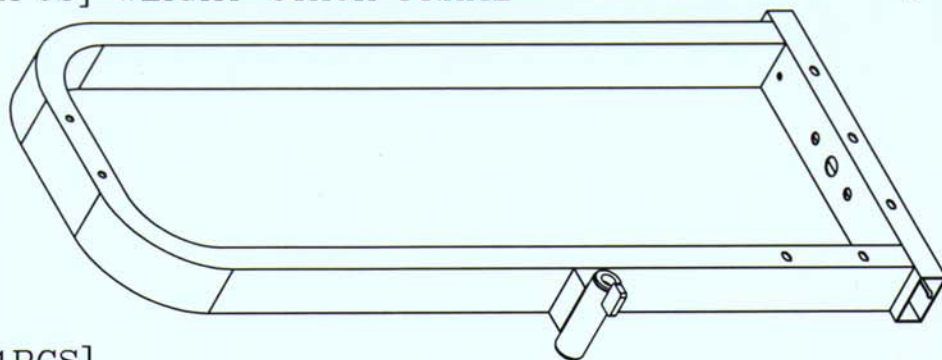
D22. ø1" SHAFT COLLAR (8130-024)---- [3PCS]

D23. ø6Xø13 RUBBER DONUT V STYLE (9214-004)----- [1PCS]

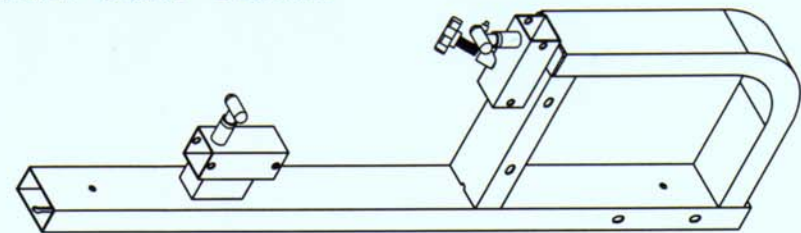
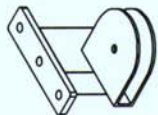
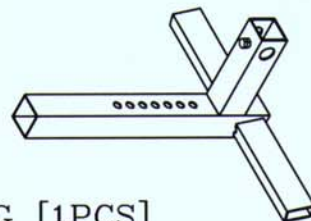
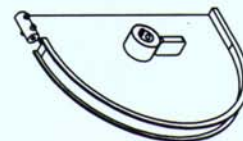
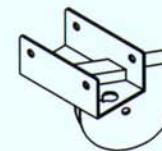
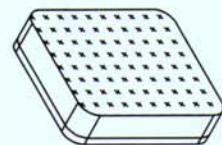
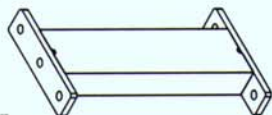
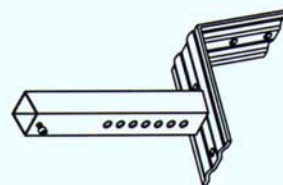
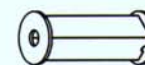
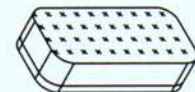
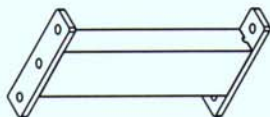




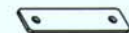
A [1PCS] WEIGHT STACK FRAME



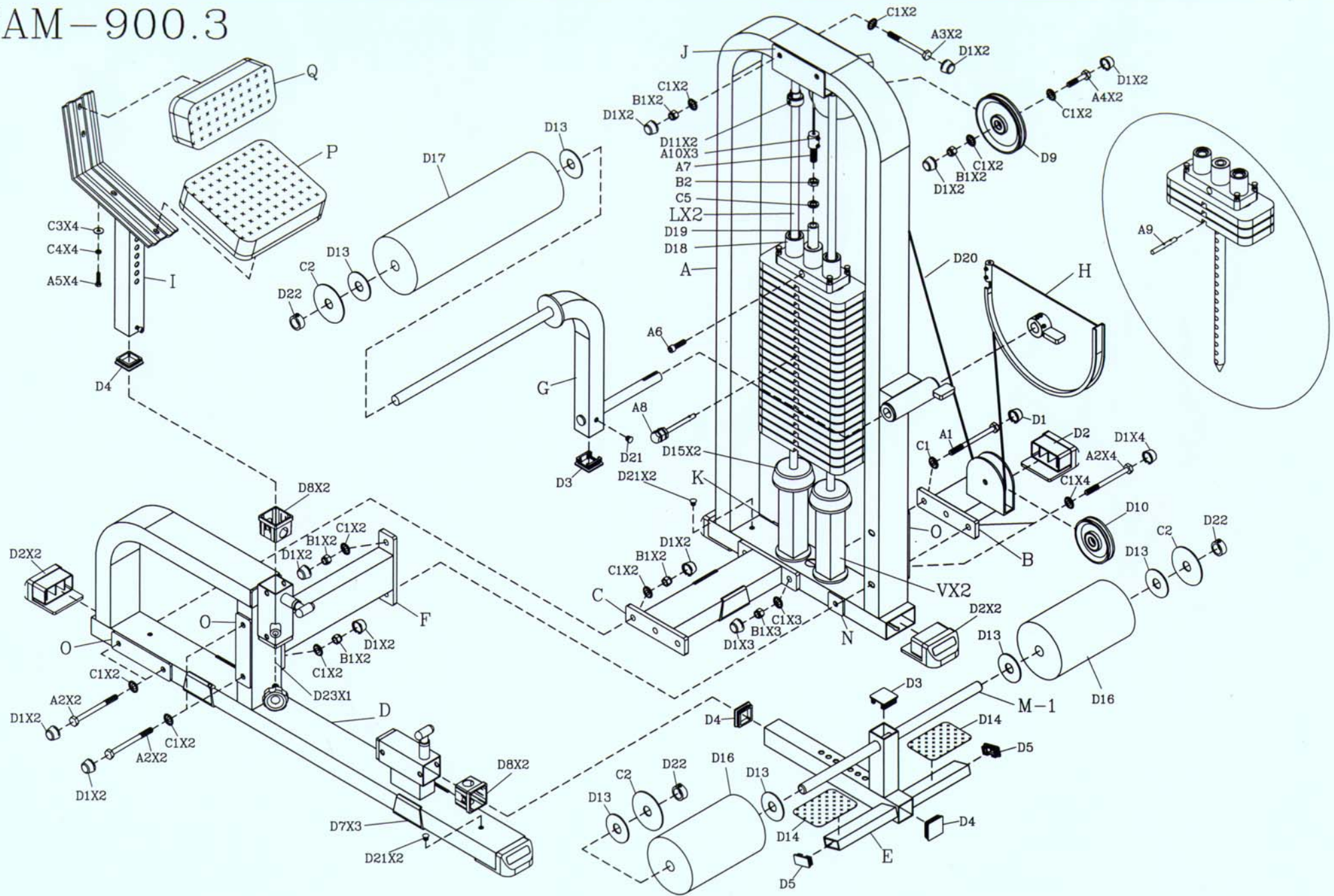
D [1PCS] MAIN BODY FRAME

B [1PCS]  
BOTTOM PULLEY FRAMEE [1PCS]  
FRONT FOOT FRAMEH [1PCS]  
CAM WHEELJ [1PCS]  
TOP PULLEY FRAMEP [1PCS]  
SEAT PADC [1PCS]  
BOTTOM SUPPORT FRAMEI [1PCS]  
PAD FRAMEK [2PCS]  
WEIGHT STACK FRAMEQ [1PCS]  
BACK PADF [1PCS]  
MIDDLE SUPPORT FRAME

L [2PCS] CHROME GUIDE ROD

M-1 [1PCS]  
FOOT ROLLER BAR  
(ø1"X610mm)N [2PCS]  
2"X2" PLATEO [3PCS]  
2"X8" PLATE

# SAM-900.3





# SAM-900.3 AB MACHINE

## ASSEMBLY STEPS

### STEP-1

NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURELY UNTIL  
YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- ☐ Attach B Bottom Pulley Frame and C Bottom Support Frame to A Weight Stack Frame.
- ☐ Attach D Main Body Frame and E Front Foot Frame to C Bottom Support Frame.
- ☐ Attach F Middle Support Frame to A Weight Stack Frame and D Main Body Frame.
- ☐ Slide G Pivot Arm into A Weight Stack Frame.
- ☐ Slide H Cam Wheel into G Pivot Arm using Cam Pin.

### STEP-2

- ☐ Attach L Chrome Guide Rods and D15 Rubber Donuts to A Weight Stack Frame.
- ☐ Slide Weight Stack and K Weight Stack Frame L Chrome Guide Rods.
- ☐ Attach J Top Pulley Frame to A Weight Stack Frame and attach D11 Shaft Collar.

CAUTION: DO NOT OVERTIGHTEN PAD BOLTS.  
OVERTIGHTENING WILL STRIP  
T-NUTS IN THE WOOD.

### STEP-3

- ☐ Attach Q Back Pad and P Seat Pad to I Pad Frame.
- ☐ Slide I Pad Frame into D Main Body Frame.
- ☐ Slide E Front Foot Frame Bar into D Main Body Frame.
- ☐ Attach D16 Foam Rollers and D17 Foam Roller.

### STEP-4

- ☐ Attach Pulleys and Cadles as shown.
- ☐ Attach End Caps and No-Slip Tape.
- ☐ TIGHTEN ALL NUTS AND BOLTS SECURELY.
- ☐ Attach Bolt Caps.

### SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your AB MACHINE.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. Warning: CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

# SAM-900.3 AB MACHINE

