

The Surgeon General has determined that lack of physical activity is detrimental to your health.™

Trademark of United States Fitness Products Council

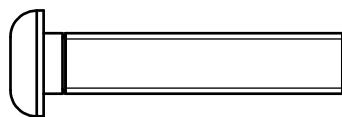
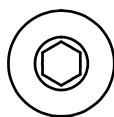
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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 cylinders for leaking. 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 cylinder and all moving parts when the machine is in use.
3. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
4. It is recommended that you should workout with a training partner.
5. Do not allow children or minors to play on or around this equipment.
6. If unsure of proper use of equipment, call your local distributor.
7. **WARNING:** Consult your physician before starting your exercise program. For your own safety do not begin any exercise program without proper instruction.

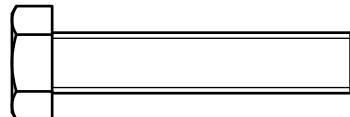
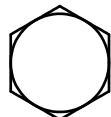
CAB-1000.3 OWNER'S MANUAL

CAB-1000 ASSEMBLY INSTRUCTIONS

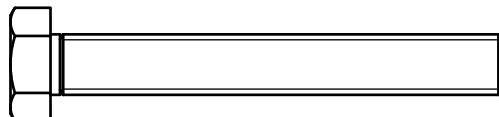
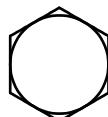
HARDWARE ILLUSTRATION



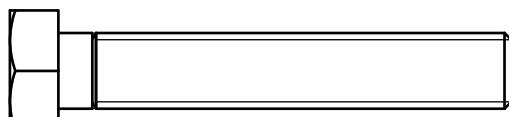
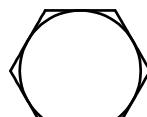
(A1)ROUND INNER HEX SCREW M8X40L PARTIAL QTY.2



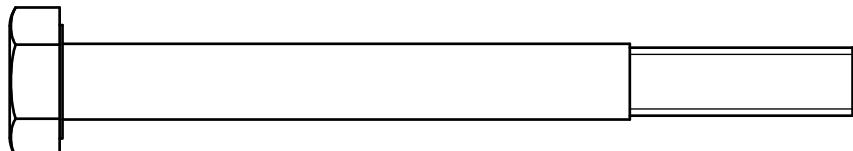
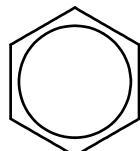
(A2)HEX BOLT M8X40L PARTIAL QTY.2



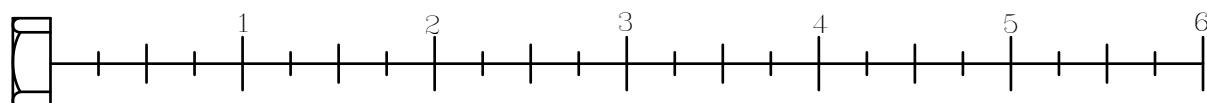
(A3)HEX BOLT M8X60L PARTIAL QTY.2



(A4)HEX BOLT M10X60L PARTIAL QTY.4



(A5)HEX BOLT M10X105L PARTIAL QTY.2

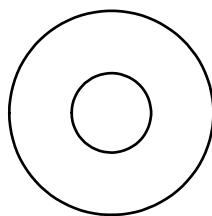


CAB-1000 ASSEMBLY INSTRUCTIONS

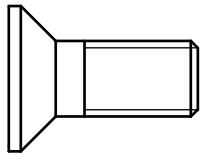
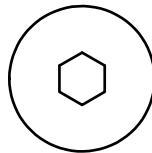
HARDWARE ILLUSTRATION



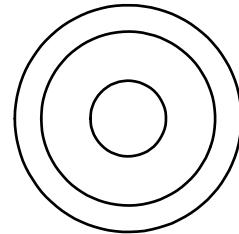
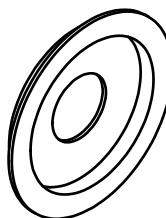
(A6) BOLT CAP(9212-024) QTY.4



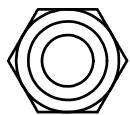
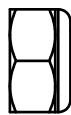
(C3) M10(I.D.)FLAT WASHER Ø27 QTY.8



(A7) M10X25L SOCKER FLAT SCREW QTY.4



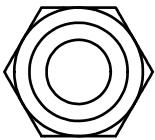
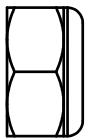
(C4) 3/8" ROUND END CAP WASHER QTY.4



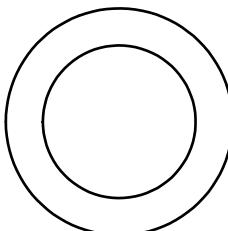
(B1) M8 NYLON LOCK NUT QTY.2



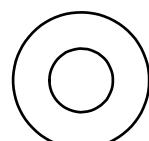
(C5) M8 SPRING WASHER QTY.4



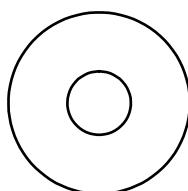
(B2) M10 NYLON LOCK NUT QTY.6



(C6) M20(I.D.)FLAT WASHER Ø30 QTY.4



(C1) M8(I.D.)FLAT WASHER Ø18 QTY.4



(C2) M8(I.D.)FLAT WASHER Ø24 QTY.4



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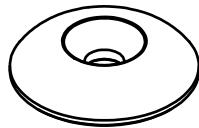
6

CAB-1000 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

(D1)Ø50X10 END COVER(8130-131)	-----	[4PCS]
(D2)40X80 END CAP(9211-113)	-----	[1PCS]
(D3)Ø60X42H DECK BUFFER(9214-037)	-----	[2PCS]
(D4)40X80 ROUND END CAP(9261-070)	-----	[2PCS]
(D5)40X80 FOOT CAP(9261-071)	-----	[1PCS]
(D6)40X80 FOOT CAP(9261-072)	-----	[1PCS]
(D7)95X140L RUBBER PAD(9630-003)	-----	[2PCS]
(D8)Ø16.1XØ8X22.5L STEEL BUSHING(8110-150)	-----	[2PCS]

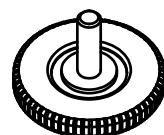
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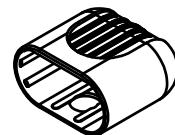
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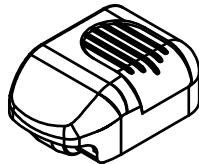
D3.



D4.



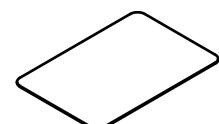
D5.



D6.



D7.



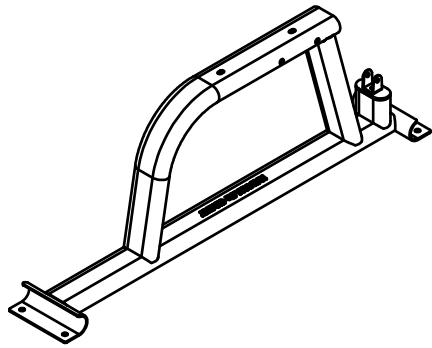
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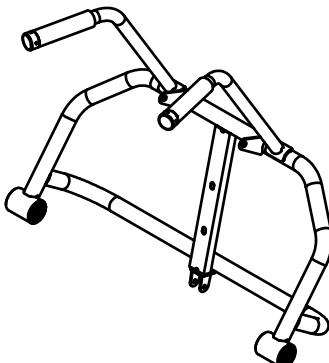
CAB-1000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

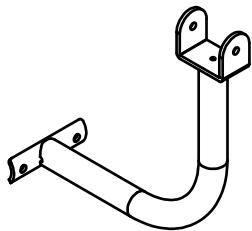
A[1SET]



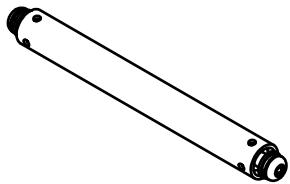
B3[1SET]



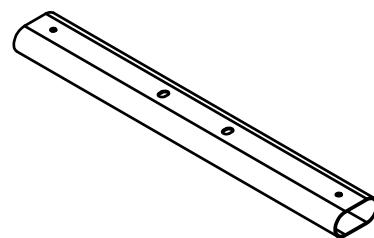
C1[2SET]



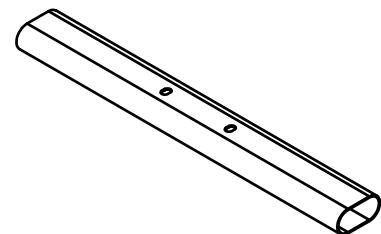
D[1SET]
6640-004
Ø25.4X219L



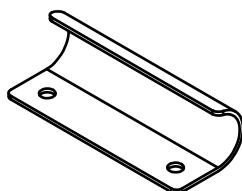
E[1PCS]
5584-K007
40X80X2tX600L



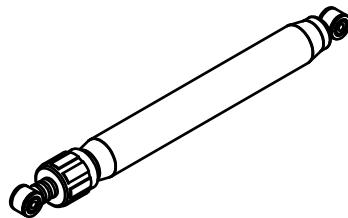
F[1PCS]
5584-K008
40X80X2tX600L



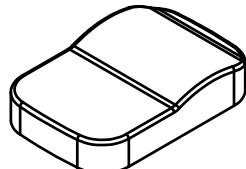
H[2PCS]
8386-101



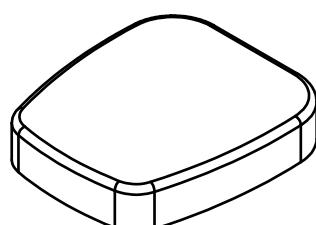
I[1PCS]
8830-017



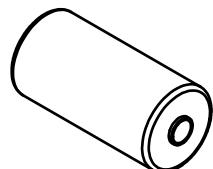
J[1PCS]
9111-066



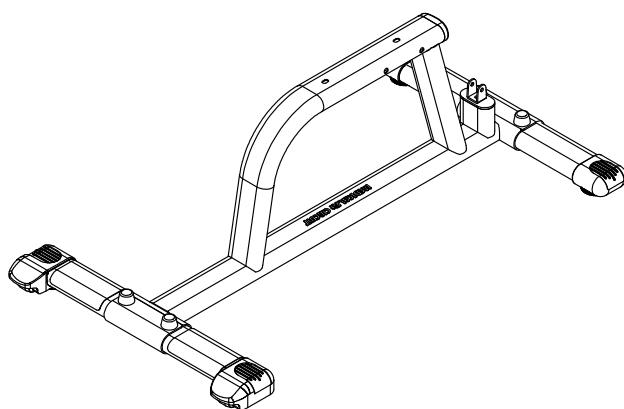
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9121-064



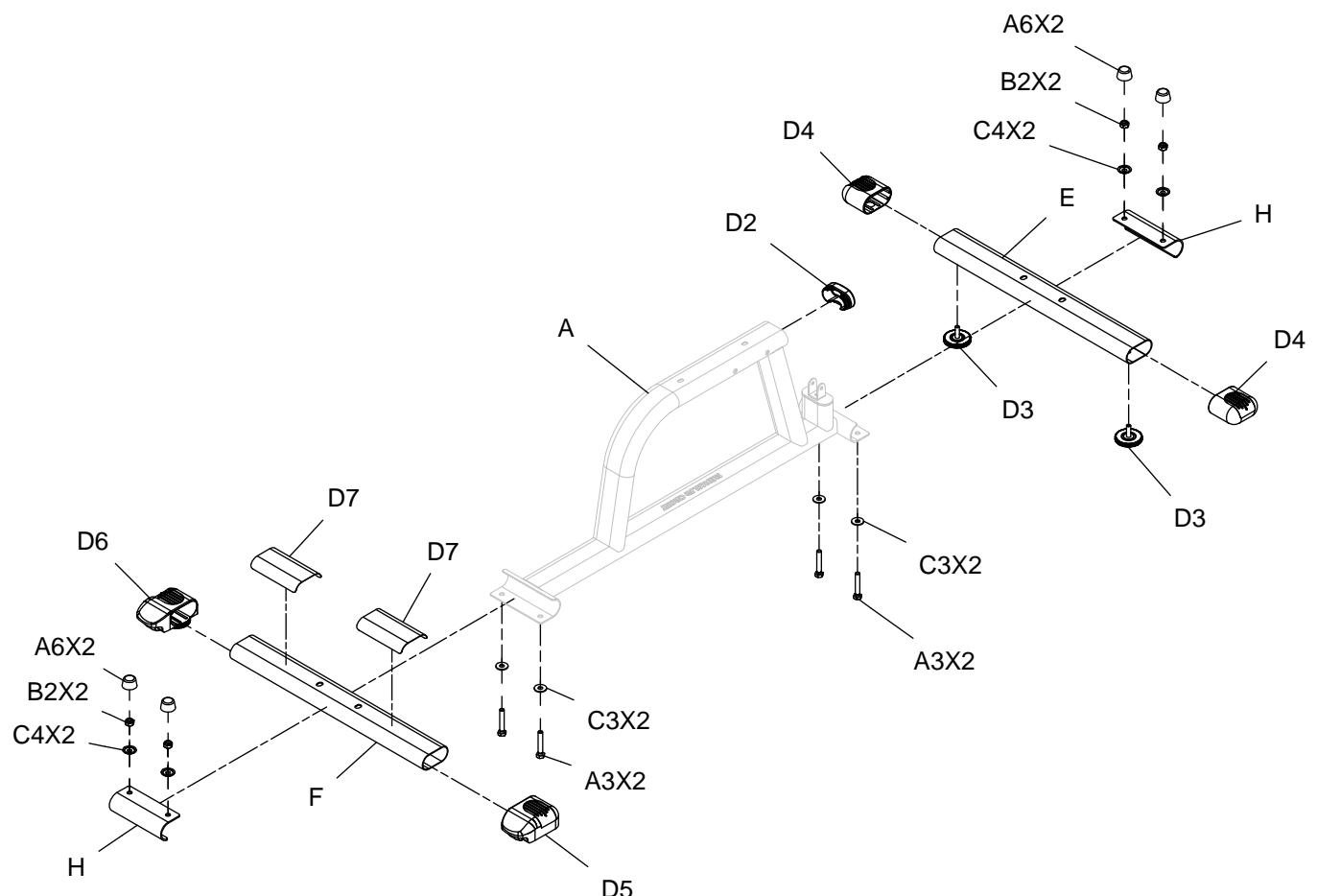
L[1PCS]
9161-049
Ø4"X210L



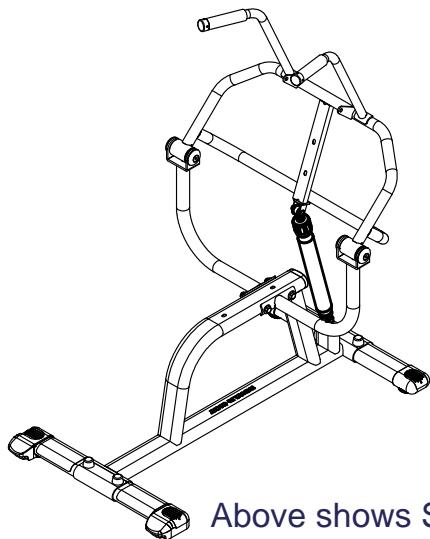
CAB-1000 ASSEMBLY INSTRUCTIONS



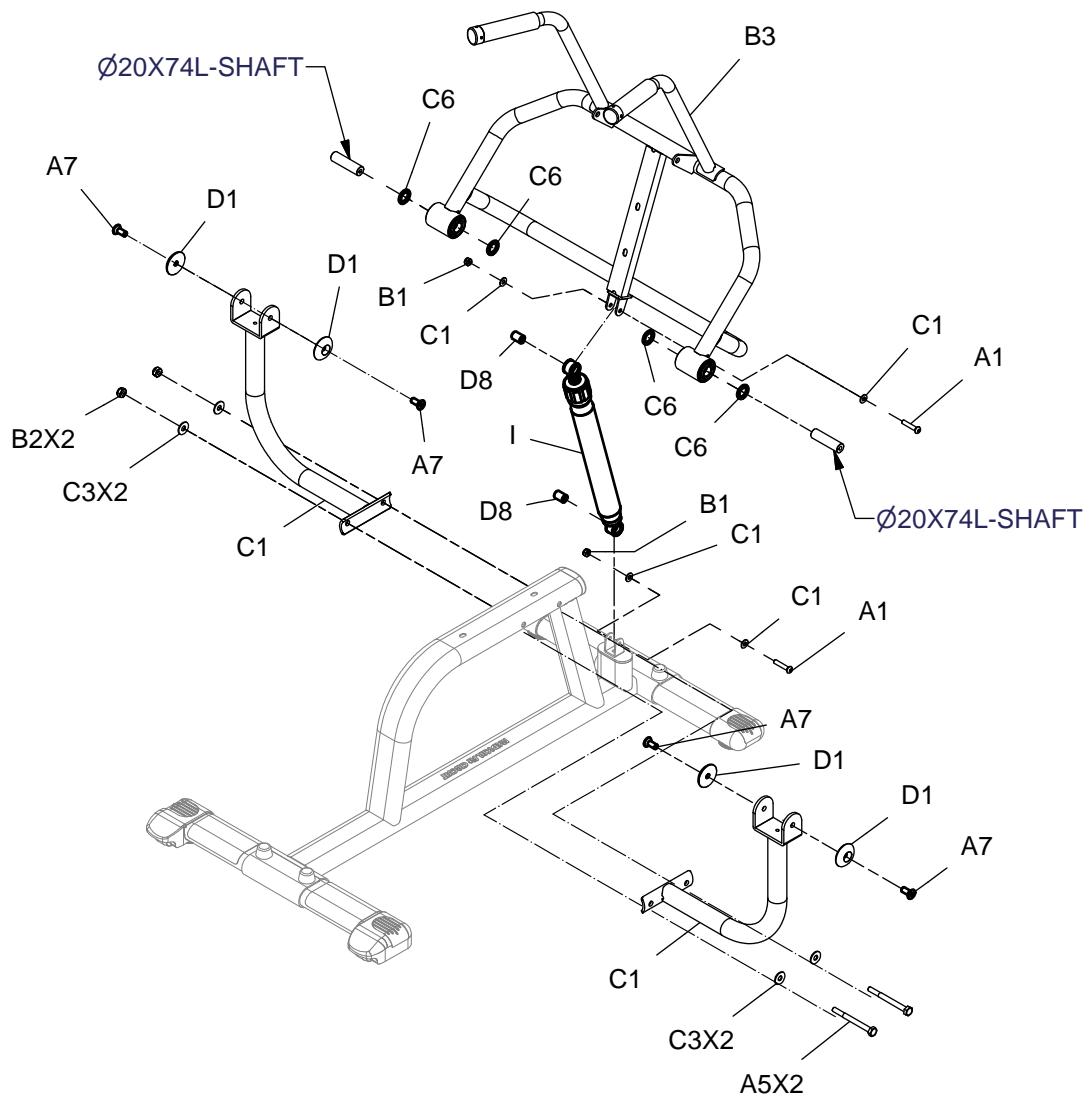
Above shows STEP1
assembled and completed



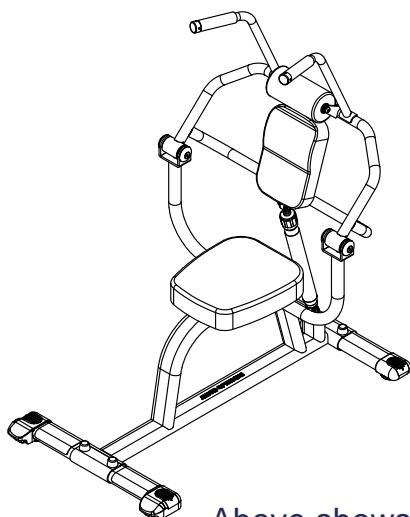
CAB-1000 ASSEMBLY INSTRUCTIONS



Above shows STEP2
assembled and completed



CAB-1000 ASSEMBLY INSTRUCTIONS



Above shows STEP3
assembled and completed

