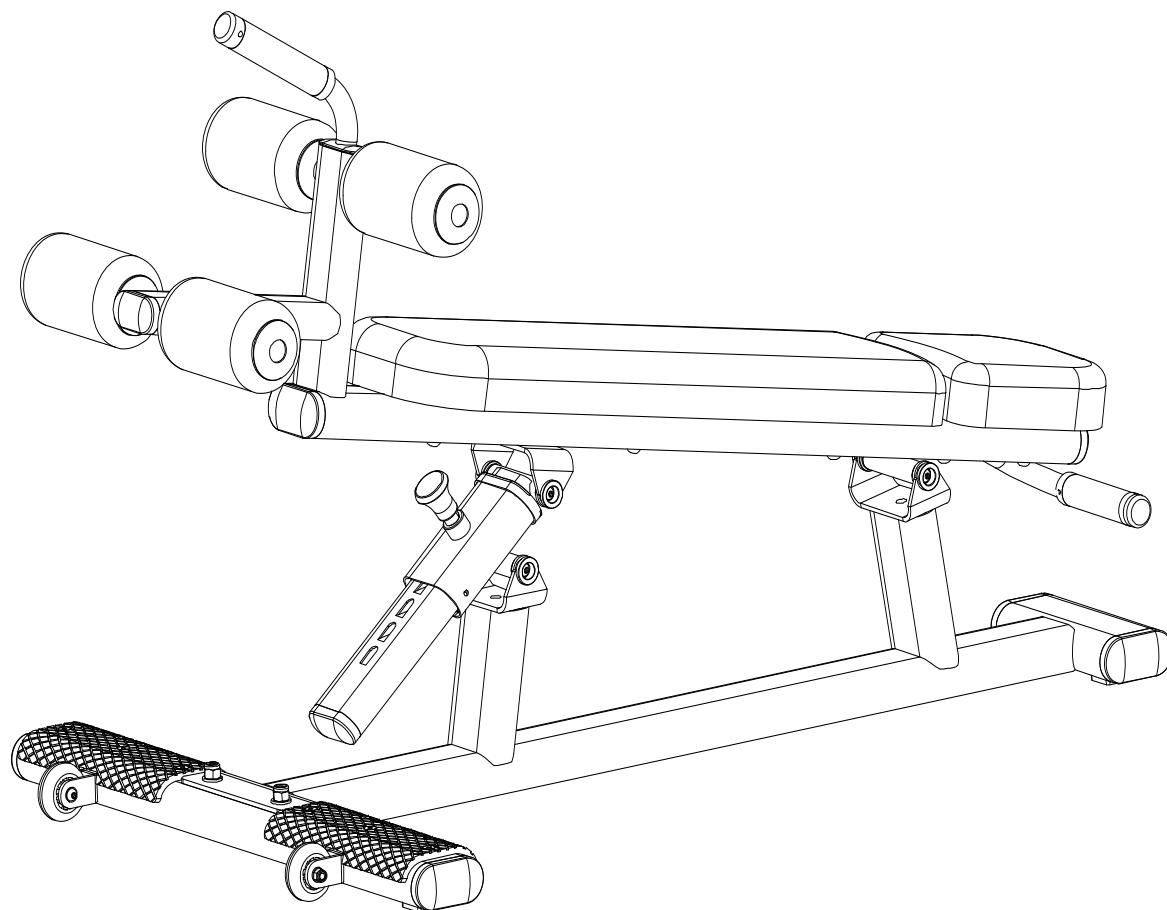
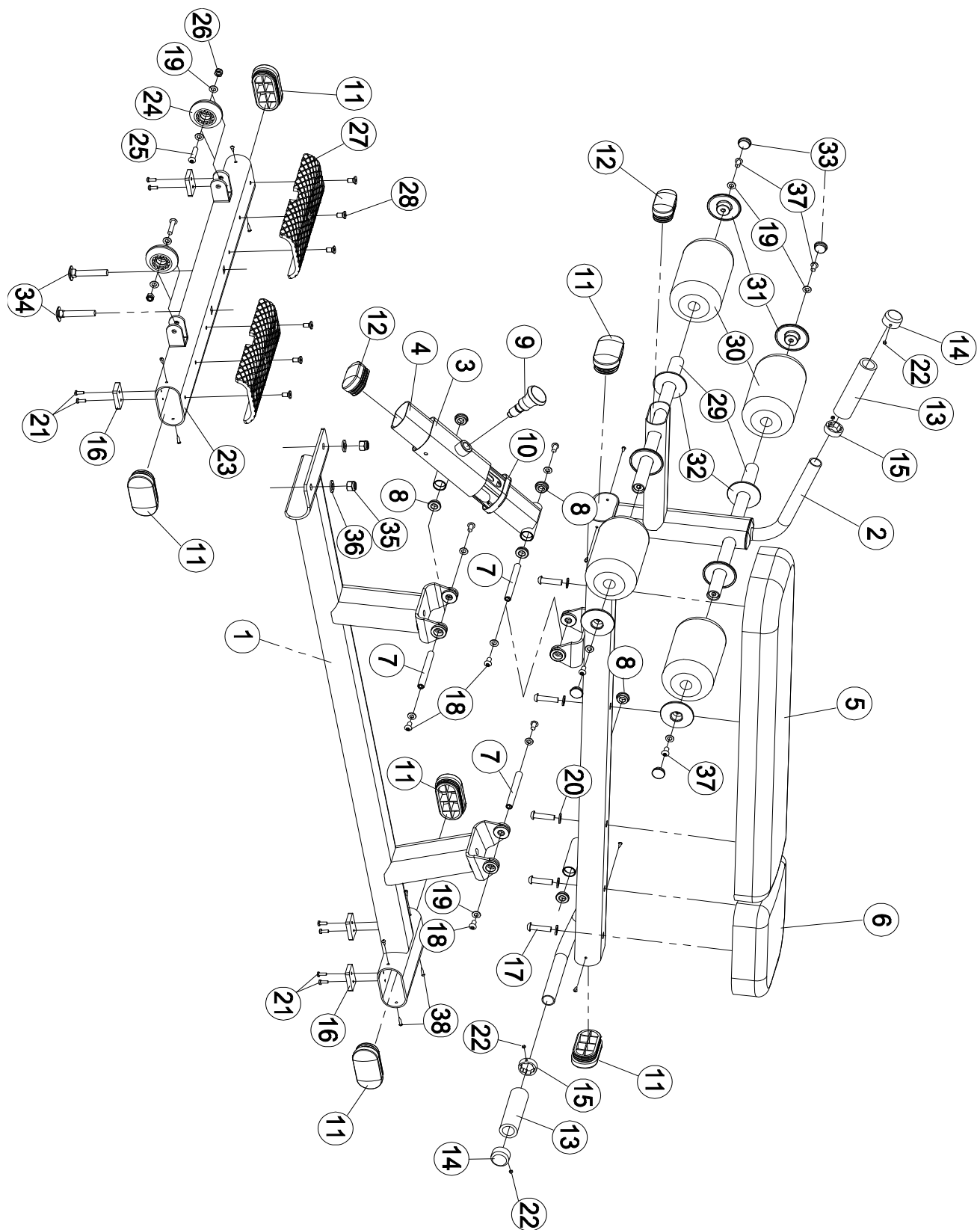


ADJUSTABLE CRUNCH BENCH

MODEL# FPD-CB-13



EXPLODED DRAWING & PARTS LIST



Parts List

No.	Description	Q'ty	No.	Description	Q'ty
1	Stabilizer	1	20	Flat Washer M10	5
2	Support Frame	1	21	Hex head Bolt M5x15	8
3	Adjusting frame	1	22	Screw M6*4	4
4	Adjusting tube	1	23	Front Stabilizer	1
5	Pad	1	24	PU Wheel	2
6	Pillow	1	25	Allen Head Bolt M8x45	2
7	Tube	3	26	Nylon Nut M8	2
8	Metal Bushing	6	27	Foot Padding	2
9	Knob	1	28	Allen Head Bolt M8x15	6
10	Bushing	1	29	Handle Bar	2
11	End Cap PT50*100	6	30	Foam	4
12	End Cap PT40*80	2	31	Inner Foam Cap	4
13	Foam	2	32	Our Foam Cap	4
14	Handle bar End Cap	2	33	End Cap Φ 25	4
15	Handle bar Ring	2	34	Carriage M12*70	2
16	Rubber Cushion	4	35	Nylon Nut M12	2
17	Allen Head Bolt M10x65	5	36	Flat Washer M12	2
18	Allen Head Bolt M8x15	6	37	Allen Head Bolt M8x25	4
19	Flat Washer M8	14	38	Rivet	12

ASSEMBLY STEP

Attach the Front Stabilizer (23) to the Stabilizer (1), using Carriaget M12x70 (34) and Flat Washer M12 (36) and Nylon Nut M12 (35).

