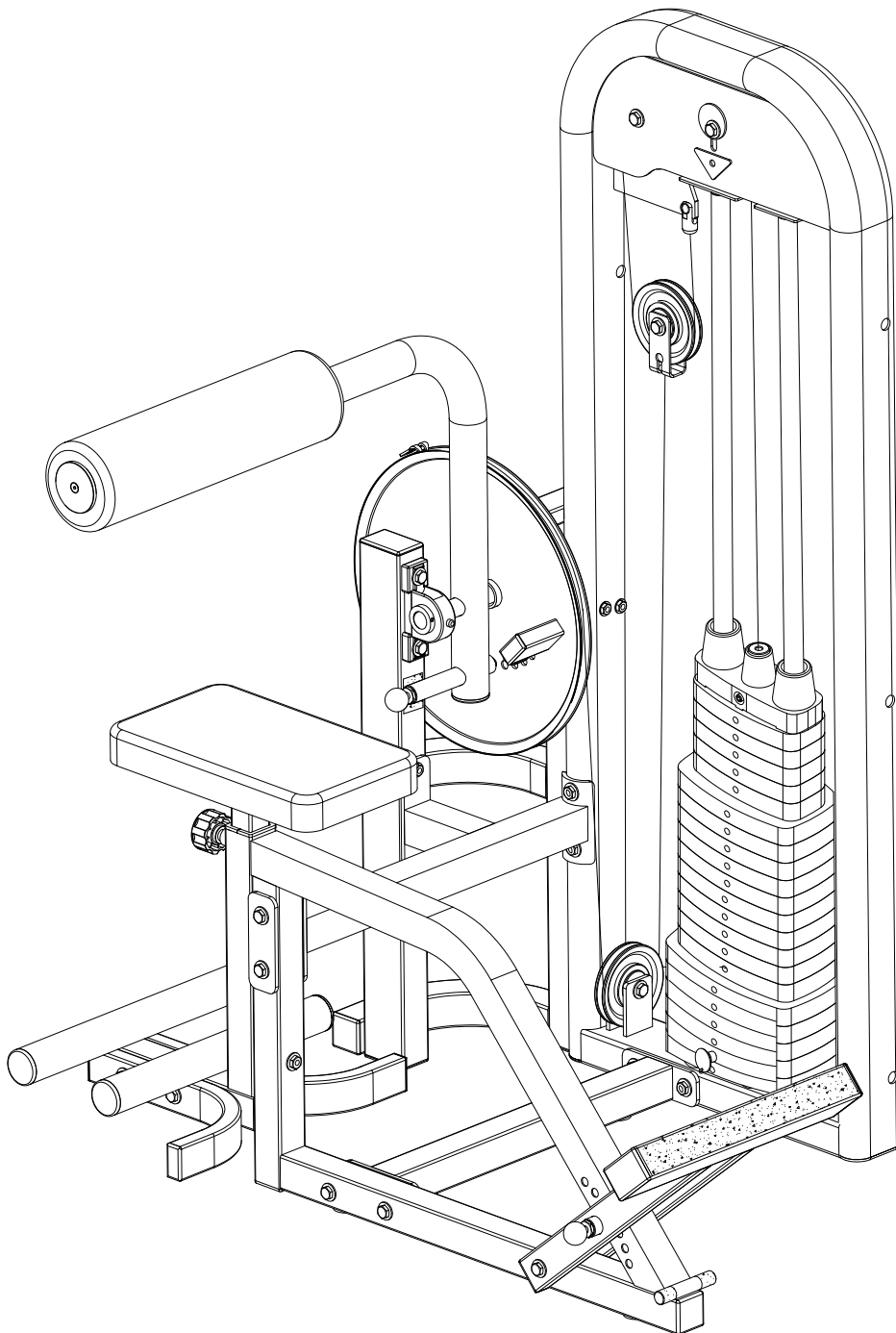




MULTI - ABDOMINAL / BACK

For Service Call 714-821-4177

MAB ASSEMBLY INSTRUCTIONS

IMPORTANT NOTICES

Read all warning labels, the instruction placard and this manual before attempting to use this machine. Always consult your physician and an exercise professional before beginning any exercise program/regimen.

Before any test or use check for proper assembly of the machine including (but not limited to): bolts and other hardware fastened properly, cables in pulley grooves and routed correctly. For safety use the top weight only for the first machine movement.

Maintain your machine in good working order by following the maintenance schedule provided on the equipment.

It is strongly recommended that a qualified dealer assemble this Multi-Ab/Back.

Should there be any question during assembly contact your authorized Inflight Fitness dealer or call direct to 714 821 4177.

Before beginning assembly read this instruction manual thoroughly. Unpack and verify all parts and hardware quantities against the parts and hardware lists.

Follow the assembly steps in sequence. Failure to follow the order of assembly will result in disassembly later and possible damage to the machine components.

The 3/8" nuts provided with this machine are "centerlocking". They provide a more secure assembly than nylon locking nuts. Please note they do require more force to tighten than nylon locking nuts.

MAB PARTS AND HARDWARE

PARTS

WHITE / PLATINUM FRAME PARTS

Loop Upright	Seat Support	Floor Cross Tube
Main Seat Frame	Upper Cross Brace	Main Support Structure
Guide Rod Bracket	“U”-Bracket	Cam
Cable Attach Bracket		

BLACK FRAME PARTS

Ab Footrest	Back Footrest	Rotating Arm
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CABLES AND PULLEYS

Upper MAB Cable	Lower MAB Cable	4 ½” Pulleys (4)
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MISCELLANEOUS

Guide Rods (2)	Lube	Weight Stack Cushions (2)
Seat Pad	Round Pad	Pillow Block Bearings (2)
Weight Labels	Manual	Top Weight
Weight Selector Stem	Weight Pin with Lanyard	Instruction Placard
5 – 15# Weight Plates	10 – 10# Weight Plates	5 –5# Weight Plates

MAB PARTS AND HARDWARE

HARDWARE

DESCRIPTION	QUANTITY
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Bolts

3/8" x 4 3/4"	4
3/8" x 4 1/2"	5
3/8" x 3 3/4"	2
3/8" x 3 1/2"	2
3/8" x 3"	2
3/8" x 2 3/4"	4
3/8" x 2 1/4"	1
3/8" x 2"	2
3/8" x 1 3/4"	1
3/8" x 1 1/4"	2
1/2" x 1"	1
1/2" x 3 1/4"	1
1/2" x 4 1/4"	2
1/2" x 5"	1

Screws

3/8" x 1 1/2" Cap Screw	1
3/8" x 1" Flat Head Screws	1

Washers

3/8" Flat Washers	40
3/8" Curved Washers	4
1/2" Flat Washers	9
Cam Washer	1

Nuts

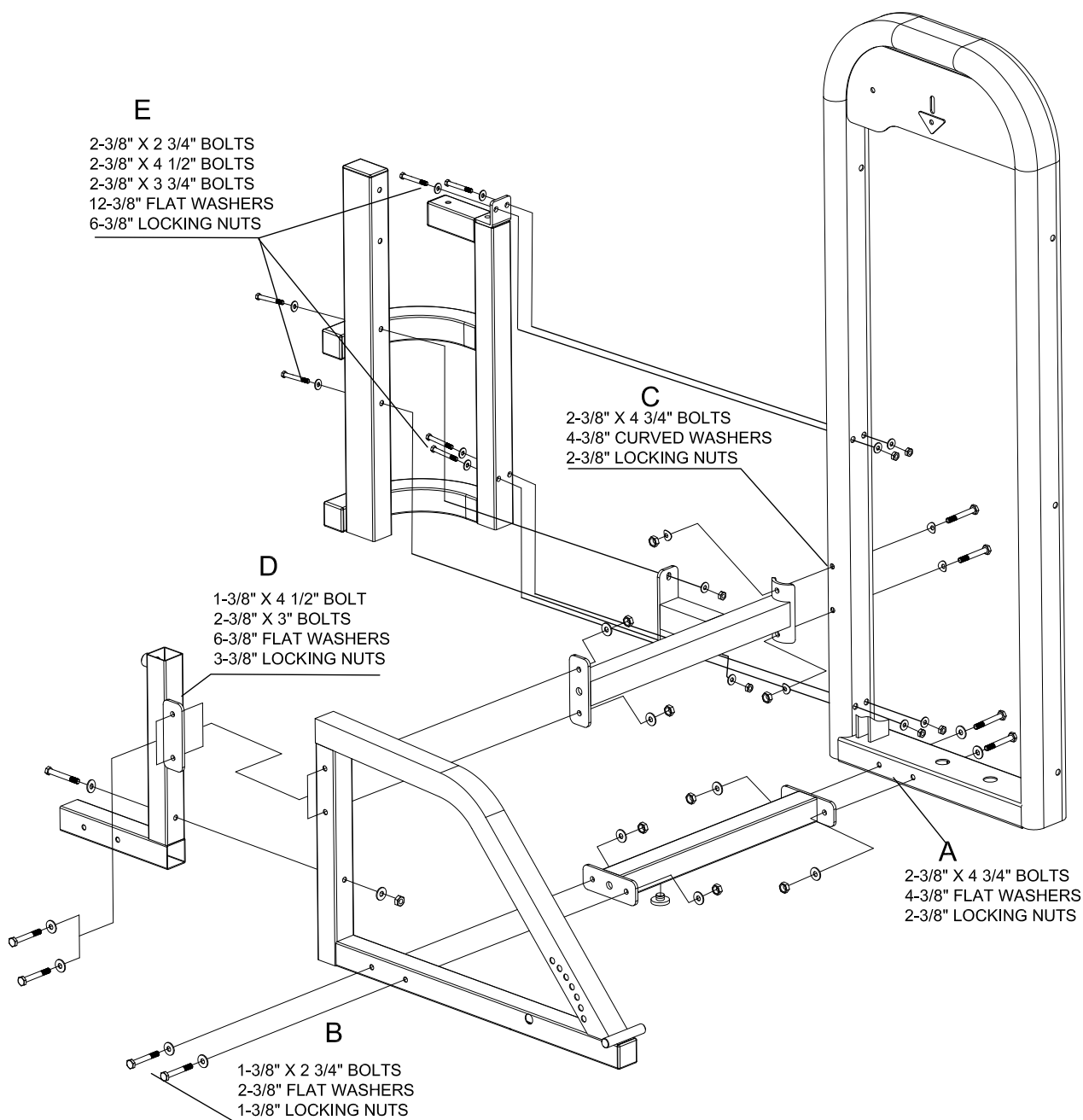
3/8" Nuts	23
1/2" Nuts	4

MAB ASSEMBLY INSTRUCTIONS

MAIN STRUCTURE ASSEMBLY

- A.** Assemble Loop Upright to Floor Cross Tube using 2 – 3/8" x 4 3/4" bolts, 4 – 3/8" flat washers, and 2 – 3/8" nuts.
- B.** Assemble Main Seat Frame to Floor Cross Tube using 2 – 3/8" x 2 3/4" bolts, 4 – 3/8" flat washers, and 2 – 3/8" nuts.
- C.** Attach one end of the Upper Cross Brace to the Loop Upright using 2 - 3/8" x 4 3/4" bolts, 4 – curved washers, and 2 – 3/8" nuts.
- D.** Assemble the Seat Support to the other end of the Upper Cross Brace and Main Seat Frame using 1 – 3/8" x 4 1/2" bolt, 2 – 3/8" x 3" bolts, 6 – 3/8" flat washers, and 3 - 3/8" nuts.
- E.** Attach the Main Support Structure to the Loop Upright and the Upper Cross Brace with 2 – 3/8" x 2 3/4" bolts, 2 – 3/8" x 3 3/4" bolts, 2 – 3/8" x 4 1/2" bolts, 12 – 3/8" flat washers, and 6 – 3/8" nuts.

NOTE: If you are installing the shroud option on this machine leave the nuts loose on the one 2 3/4" and one 4 1/2" bolt that are to the rear of the Loop Upright for Step V.



MAB ASSEMBLY INSTRUCTIONS

MAIN STRUCTURE ASSEMBLY

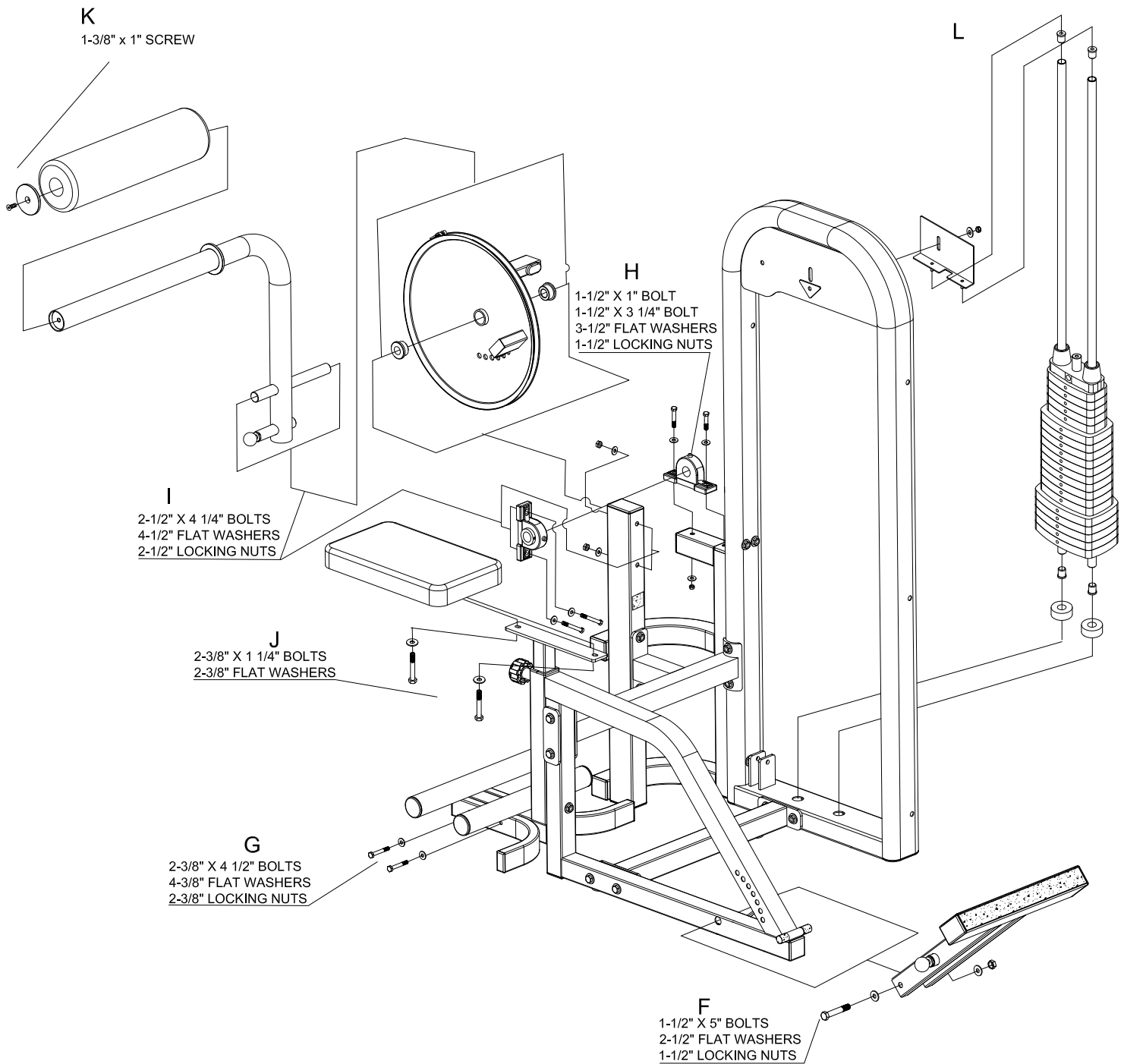
- F.** Attach the Back Footrest using 1 – ½” x 5” bolt, 2 – ½” flat washers and 1 – ½” nut.
- G.** Assemble the Ab Footrest to the Seat Support using 2 – 3/8” x 4 ½” bolts, 4 – 3/8” flat washers, and 2 – 3/8” nuts
- H.** Attach one Pillow Block Bearings to the Main Support Structure to the location nearest the Loop Upright using 1 – 1/2” x 1” bolt, 1 – 1/2” x 3 ¼” bolt, 3 – 1/2” flat washers, and 1 – 1/2” nuts. Do not tighten.
- I.** Slide the other Pillow Block Bearing onto the shaft of the Rotating Arm above the pop pin. Assemble the Rotating Arm to the Cam and insert the other end of the shaft into the first Pillow Block Bearing. Attach the second Pillow Block Bearing to the Main Support Structure using 2 – 1/2” x 4 ¼” bolts, 4 – 1/2” flat washers, and 2 – 1/2” nuts. Make sure the Rotating Arm is properly aligned and tighten the bolts in both Pillow Block Bearings.

STRUCTURE DETAILS AND PADS

- J.** Attach the Seat Pad to the Seat Stem using 2 - 3/8” x 1 ¼” bolts and 2 – 3/8” flat washers.
- K.** Slide the Round Pad onto the Rotating Arm. Fasten the black Retainer Plate to the Rotating Arm using 1 – 3/8” x 1” Flat Head Screws
- L.** Insert Guide Rods into the base of the Loop Upright. Allow Guide Rods to lean back away from the machine. Place one weight stack cushion on each Guide Rod and slide down to the base.

Apply lubricant to the Guide Rods from the weight stack cushions to the tops of the Guide Rods.

Making sure that the recess for the weight labels is facing towards the machine and that the three pads are facing down slide onto the Guide Rods: 5– 15lb., 10 – 10lb., 5 – 5lb. Weight Plates. Place Top Weight on the Guide Rods with the drilled hole facing the machine and slide down to the stack



MAB ASSEMBLY INSTRUCTIONS

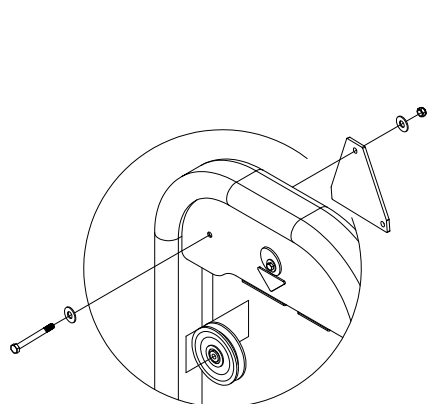
CABLE AND PULLEY INSTALLATION

- M. Before proceeding with the cable installation slide the loop of the weight pin lanyard over the end of the Upper MAB Cable down to the top weight.
- N. Install Guide Rod Bracket onto top of guide rods. Loop Upper MAB cable over one 4 ½" pulley and slide up between the plates of the Loop Upright at the slot. The large cylindrical clevis end of the MAB cable will align with the center of the weight stack. Stand the weight stack assembly upright and bolt the Guide Rod Bracket, Pulley and Loop Upright together using 1 – 3/8" x 2 ¼" bolt, 1 Cam Washer, 2 – 3/8" flat washers, and 1 – 3/8" nut. Do not tighten completely at this time.
- O. Install a 4 ½" pulley under the cable and insert the pulley between the plates of the Loop Upright. Attach the pulley to the Loop Upright and Cable Attach Bracket using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut. Attach the clevis end of the cable to the Cable Attach Bracket using the pin and clip found pre-installed in the clevis end.
- P. Attach the ball end of the MAB Lower Cable to the "U"-Bracket. Place a 4 ½" pulley onto the MAB Upper Cable below the Cable Attach Bracket using the "U"-Bracket, 1 – 3/8" x 1 ¾" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- Q. Route the cable down between the plates welded to the base of the Loop Upright. Install a 4 ½" pulley over the cable and attach to the plates using 1 – 3/8" x 2" bolt, 2 – 3/8" flat washers, and 1 – 3/8" nut.
- R. Route the cable up to the Cam and insert the ball end into the hook welded on the Cam.

NOTE: CHECK THAT ALL BOLTS ARE TIGHTENED BEFORE PROCEEDING.

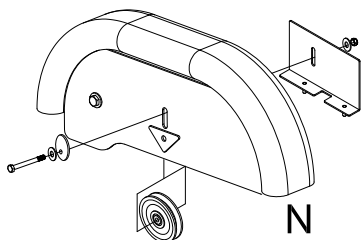
MAB ASSEMBLY INSTRUCTIONS

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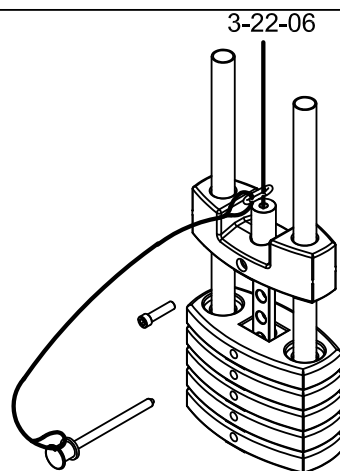
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1-3/8" X 2" BOLTS
2-3/8" FLAT WASHERS
1-3/8" LOCKING NUTS



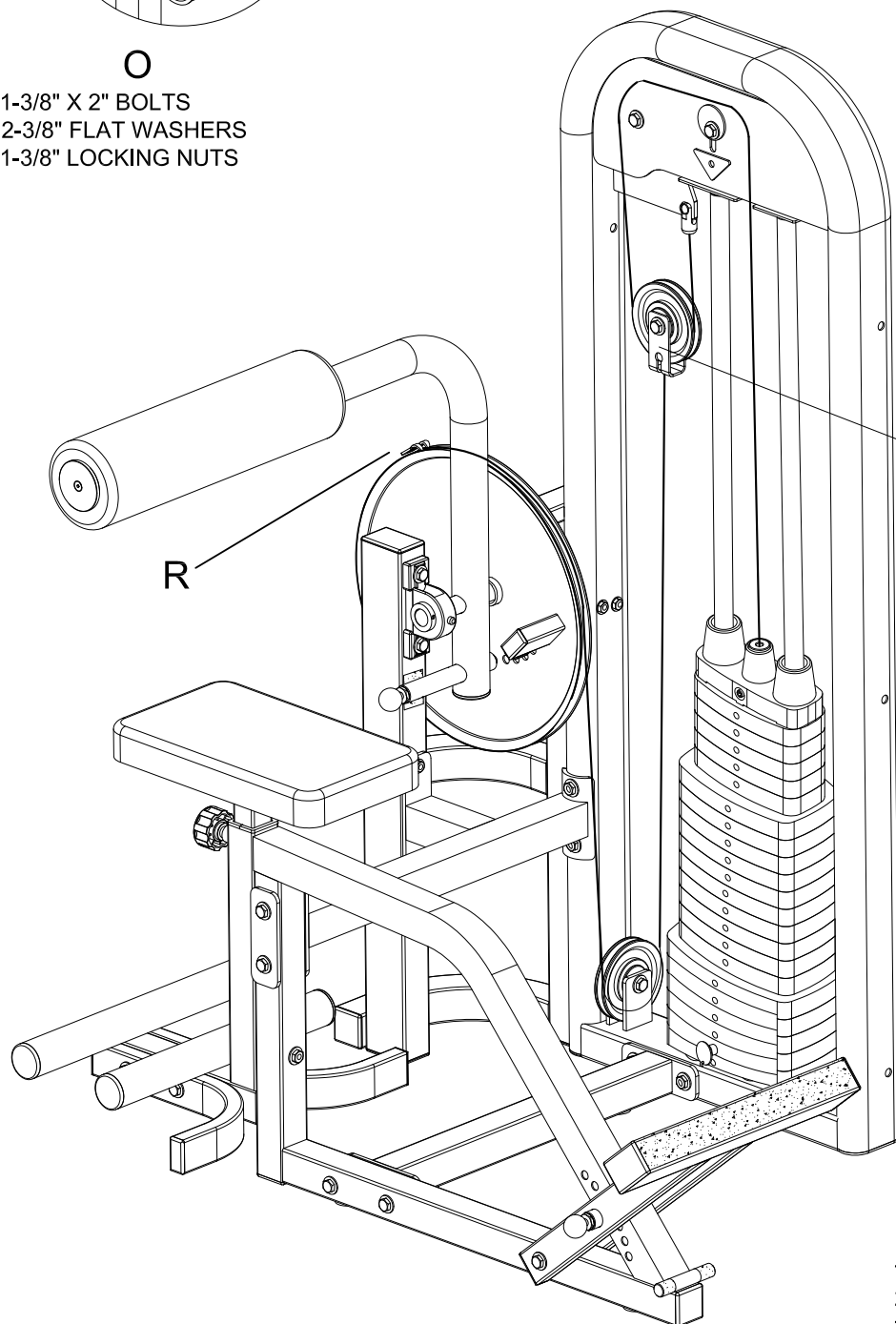
N

1-3/8" X 2 1/4" BOLTS
1- CAM WASHER
2-3/8" FLAT WASHERS
1-3/8" LOCKING NUTS

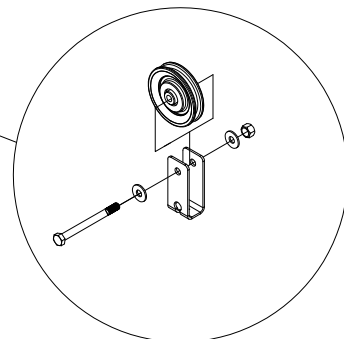


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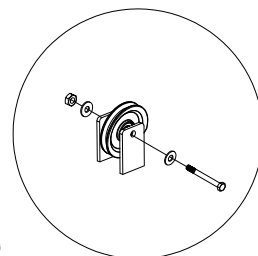


R



P

1-3/8" X 1 3/4" BOLTS
2-3/8" FLAT WASHERS
1-3/8" LOCKING NUTS



Q

1-3/8" X 2 " BOLTS
2-3/8" FLAT WASHERS
1-3/8" LOCKING NUTS

MAB ASSEMBLY INSTRUCTIONS

CABLE ADJUSTMENT

- S.** Once the Multi-Ab/Back is completely assembled, loosen bolt that attaches pulley and Guide Rod Bracket to the Loop Upright (installed at step **H.**). Raise or lower the bolt and pulley to remove slack from the cables. Make sure that the Weight Pin still engages all weight plates with the Selector Stem. Once the cable tension is correct, rotate the Cam Washer so it rests against the triangle support and re-tighten bolt.

PLACARDS AND LABELS

- T.** Remove backing from foam tape on Instruction Placard. Attach Instruction Placards to Loop Upright aligning outside edge of placard to top and outside edge of Loop Upright.
- U.** Attach Weight Labels in recess provided on front of Weight Plates. All the recesses should be aligned and to the right as you face the weight stack.

SHROUD HOLES AND SHROUD OPTION

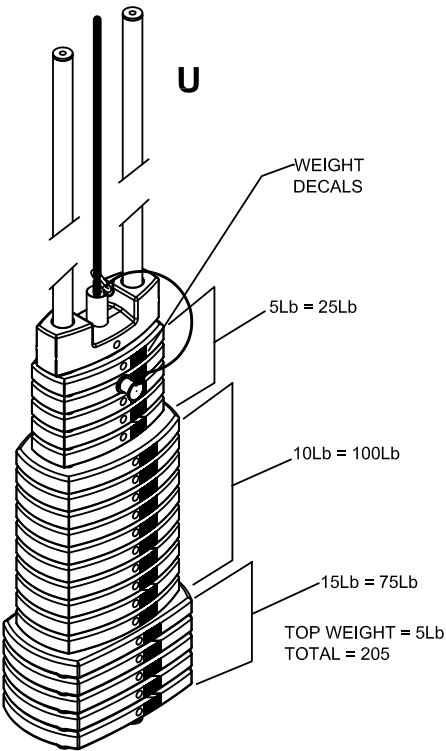
- V.** If no Optional Shroud Kit was purchased install plastic caps in all 8 shroud holes. If installing the Shroud, fasten to Loop Upright using 4 – 3/8 x 2 1/2" bolts, 8 – 3/8" flat washers and 4 – 3/8" nuts (hardware found in Shroud box) and using the 2 1/2" and 4 1/2" bolts, washers and nuts installed on Step **E.**

MAB ASSEMBLY INSTRUCTIONS

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9 - 22 - 05

WEIGHT LABELS



INSTALLING PLACARD

