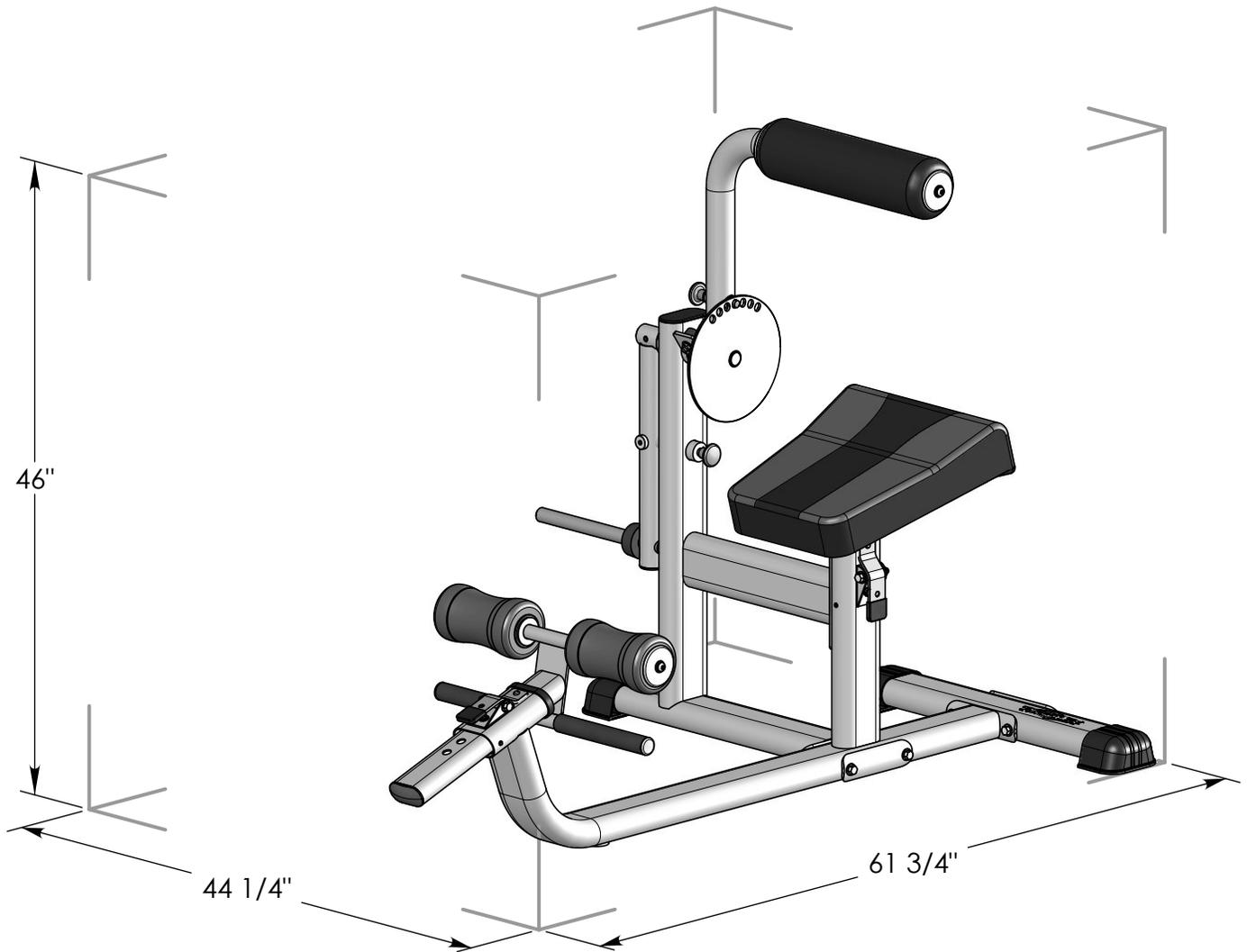


# ASSEMBLY INSTRUCTIONS



**RAB-336**

**Abdominal / Back Bench**



TuffStuff Fitness Equipment, Inc.

1325 E. Franklin Avenue  
Pomona, CA 91766, USA

Ph: 909-629-1600 Fax: 909-629-4967

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**AMERICA'S PREMIER EXERCISE EQUIPMENT**

## Introduction

### About the RAB-336 Abdominal / Back Bench

Congratulations on your new purchase of the **Abdominal / Back Bench**. We hope you are completely satisfied with this product and wish you many years of enjoyment.

### TuffStuff Equipment

This Tuffstuff product has been built to precise quality standards and has been carefully packaged to ensure that damage will not occur during shipment. The Home Lifetime Warranty and signature indicating final inspection has been conducted by our line foreman, is an expression of our confidence in the completeness, the materials, and workmanship of this product.

### Warranty

SEE A COPY OF WARRANTY ON BACK PAGE.

### Registration Card

To avoid unnecessary delays in warranty service and to insure that a permanent record of your purchase is on file with our factory, be sure to complete the warranty registration card and send it to TuffStuff Fitness Equipment today.

### Specifications

1. Maximum Wt. Capacity - 200 lbs.
2. Total Machine Weight - 115 lbs.
3. Footprint (LWH) - See Front Cover.

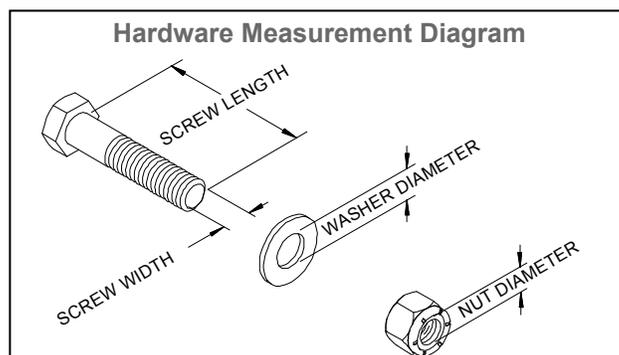
**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice.

### Prior to the Assembly of the Abdominal / Back Bench

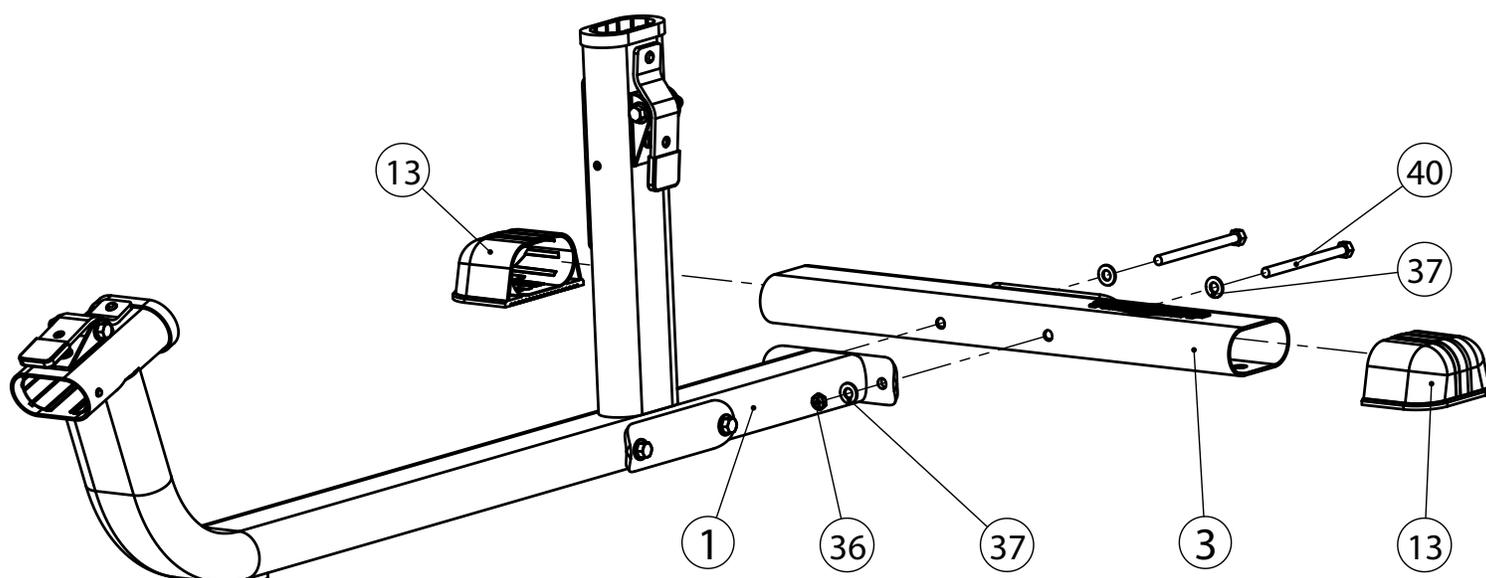
We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

### Tool Requirements

1. One 7/8" combination wrench
2. One 9/16" combination wrench
3. One 1/2" combination wrench
4. One ratchet
5. One 9/16" socket
6. One hammer
7. Rubber Mallet
8. Windex or household glass cleaner
9. Measuring tape
10. Utility knife

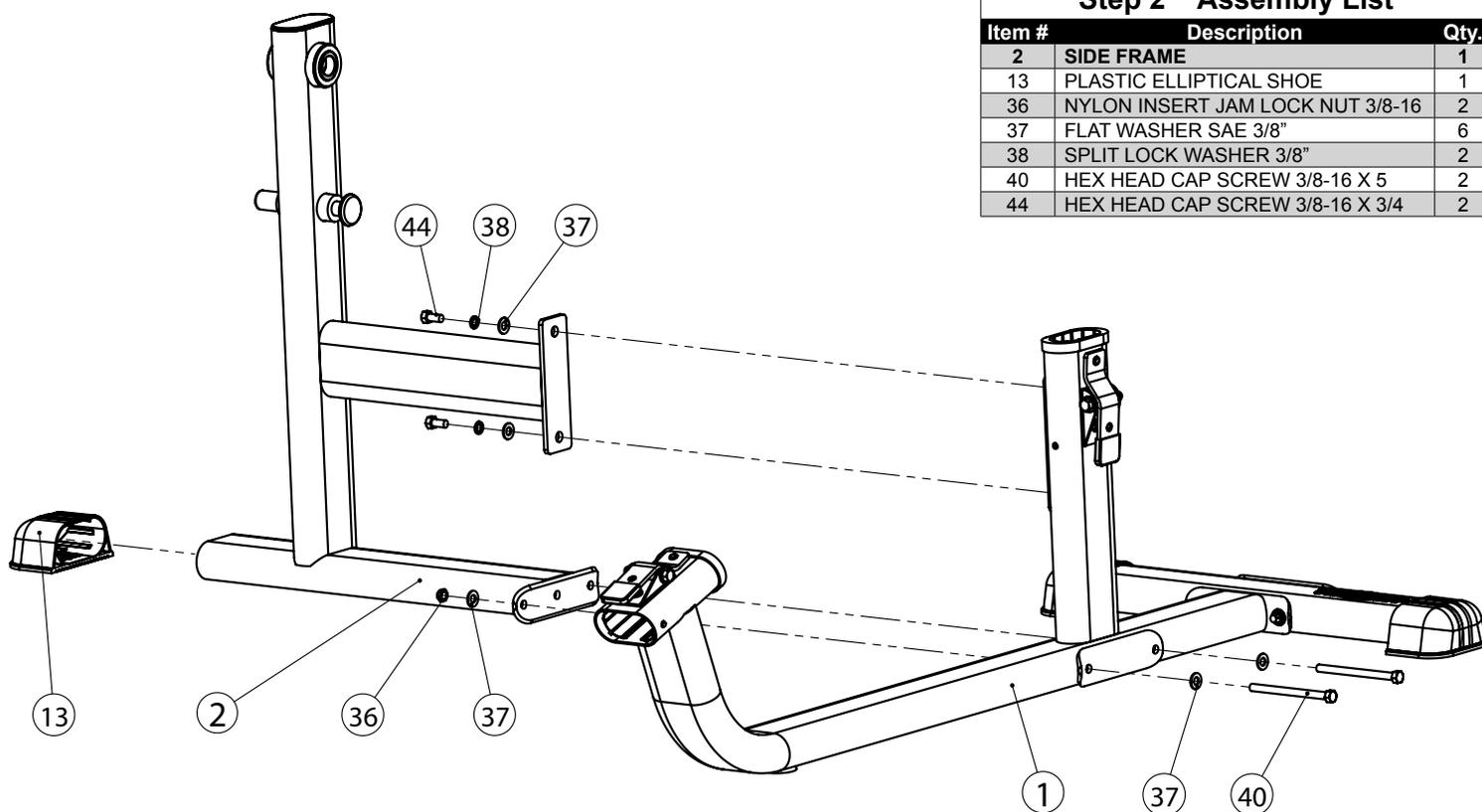


Step 1 Assembly List		
Item #	Description	Qty.
1	MAIN FRAME	1
3	REAR FRAME	1
13	PLASTIC ELLIPTICAL SHOE	2
36	NYLON INSERT JAM LOCK NUT 3/8-16	2
37	FLAT WASHER SAE 3/8"	4
40	HEX HEAD CAP SCREW 3/8-16 X 5	2



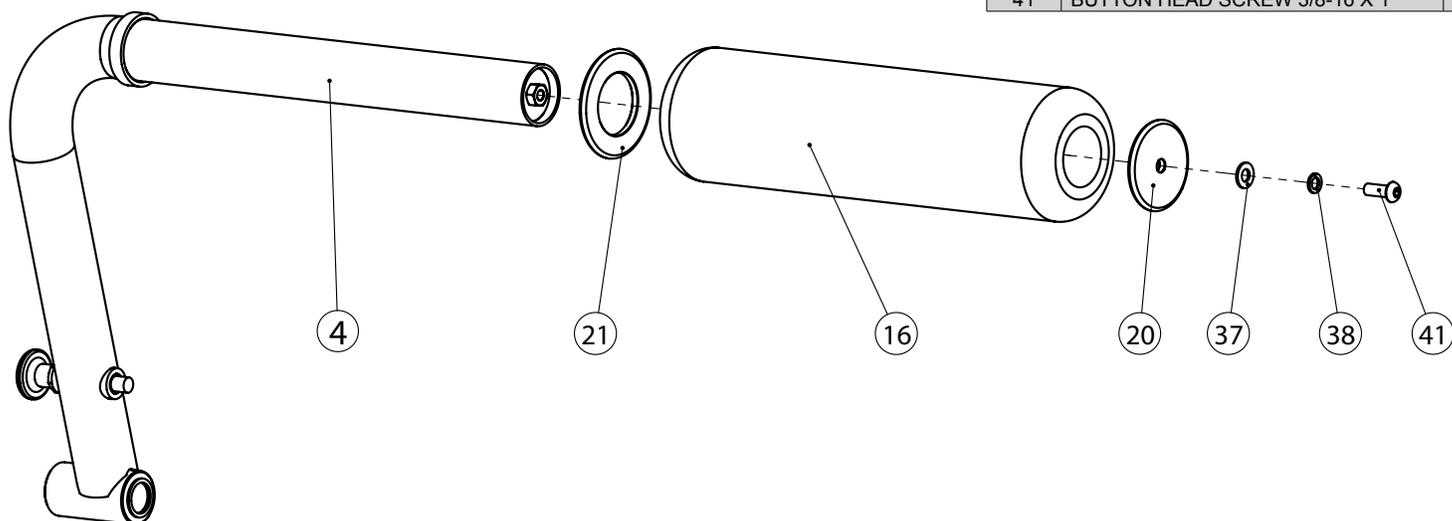
### Step 2 Assembly List

Item #	Description	Qty.
2	SIDE FRAME	1
13	PLASTIC ELLIPTICAL SHOE	1
36	NYLON INSERT JAM LOCK NUT 3/8-16	2
37	FLAT WASHER SAE 3/8"	6
38	SPLIT LOCK WASHER 3/8"	2
40	HEX HEAD CAP SCREW 3/8-16 X 5	2
44	HEX HEAD CAP SCREW 3/8-16 X 3/4	2



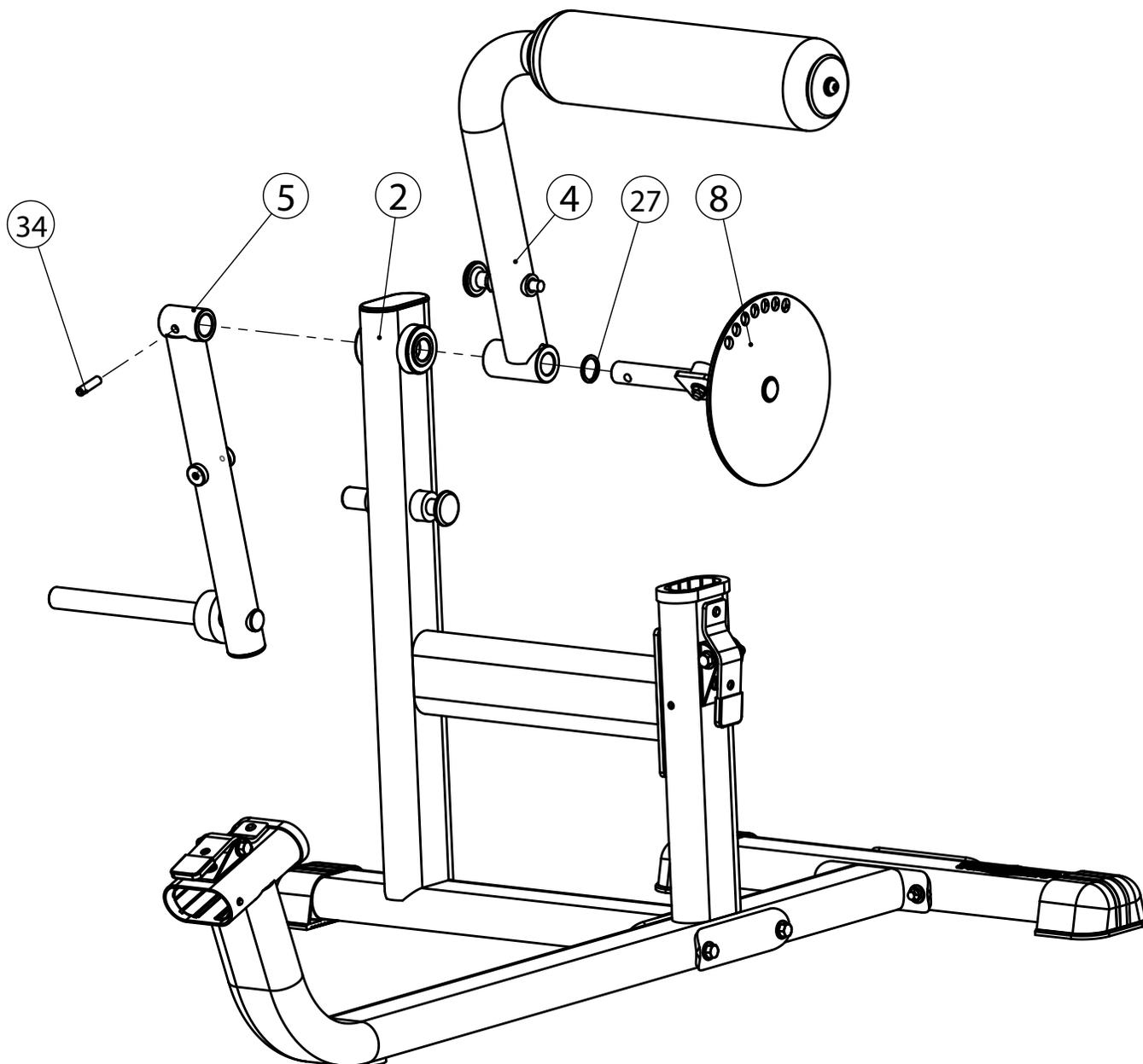
### Step 3 Assembly List

Item #	Description	Qty.
4	PIVOT ARM	1
16	FOAM FOOT ROLL 2 1/4 X 4 1/4 X 16	1
20	NYLON FOAM ROLL WASHER 3/8 X 3	1
21	NYLON FOAM ROLL WASHER 2 X 3 1/2	1
37	FLAT WASHER SAE 3/8"	1
38	SPLIT LOCK WASHER 3/8"	1
41	BUTTON HEAD SCREW 3/8-16 X 1	1



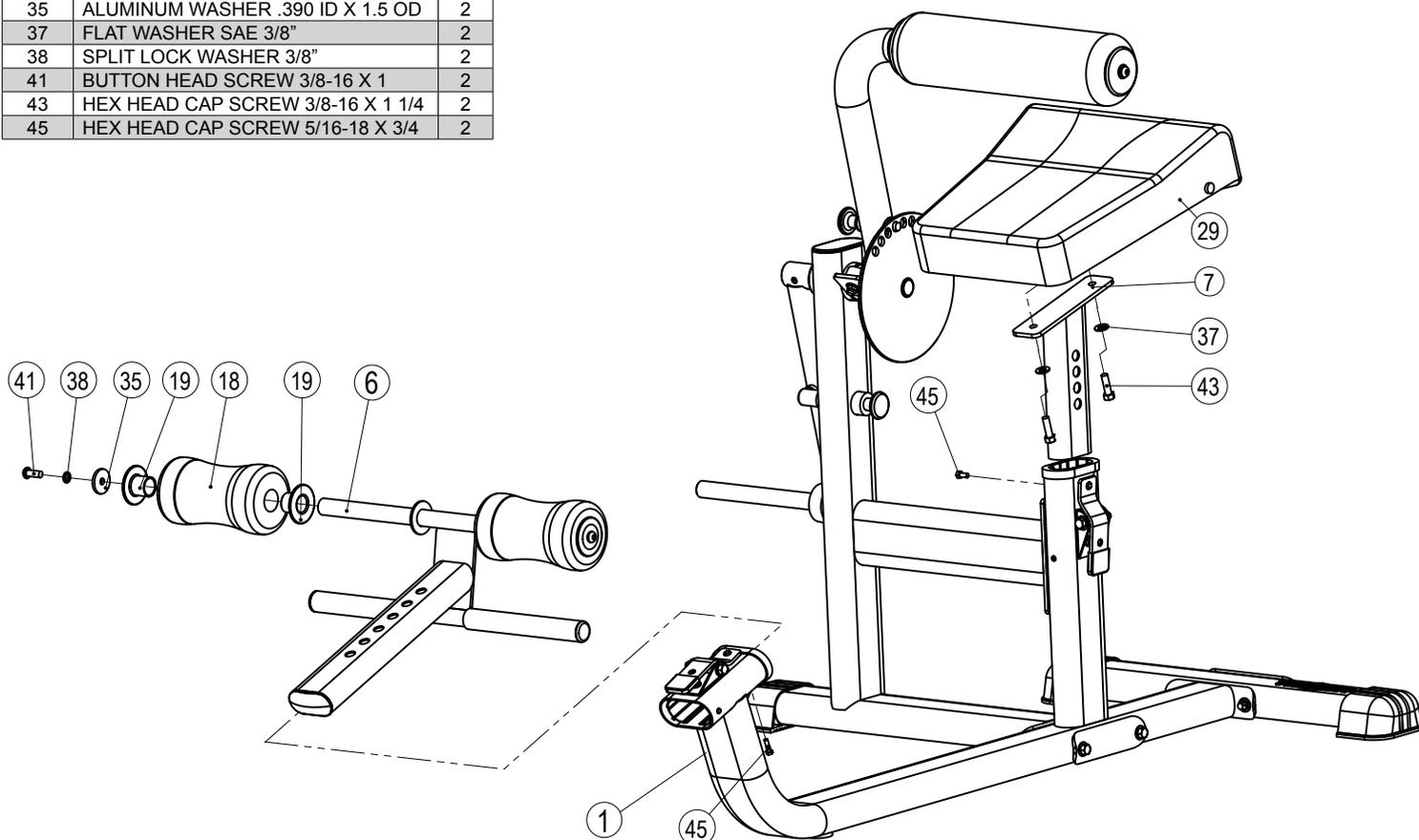
### Step 4 Assembly List

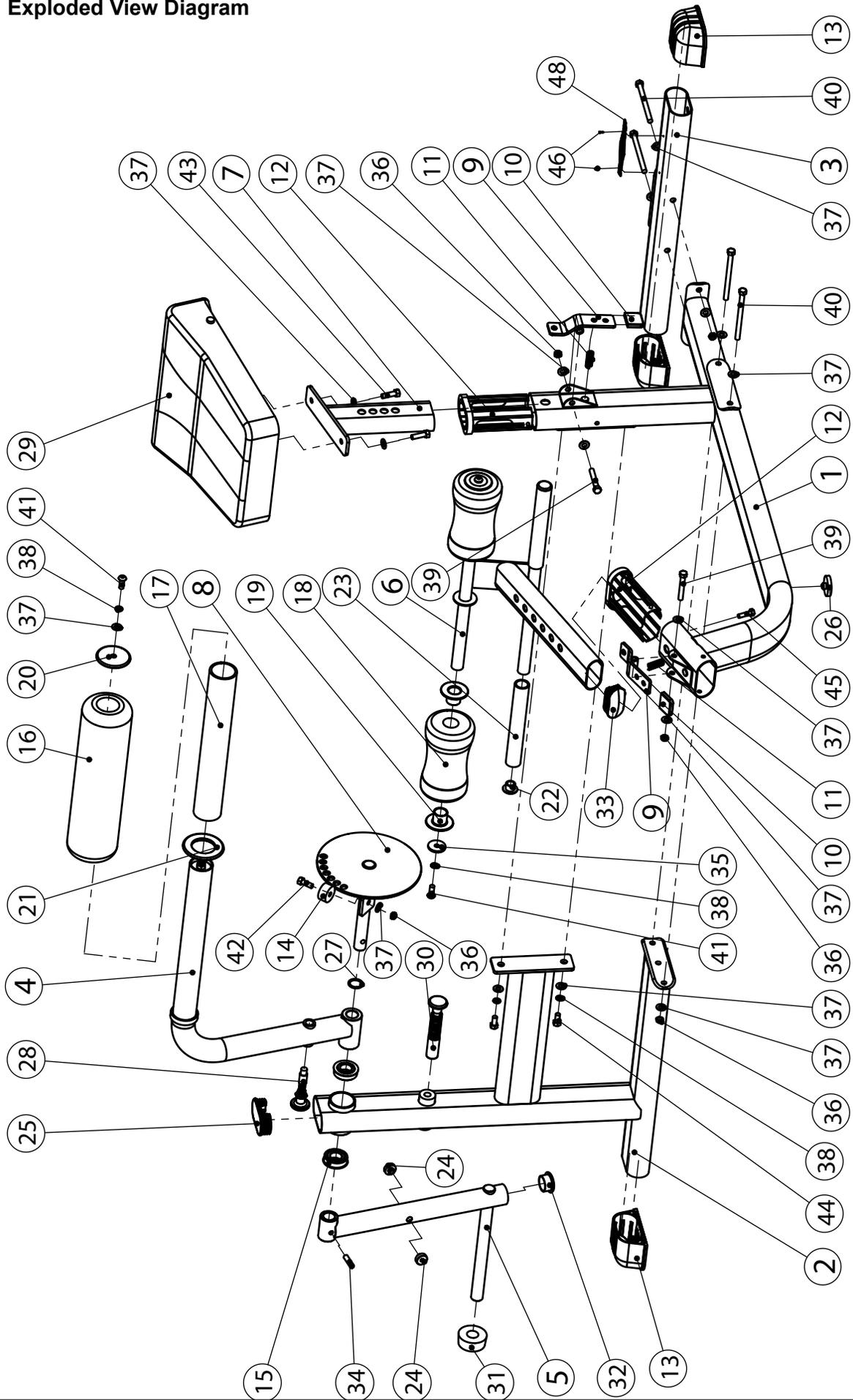
Item #	Description	Qty.
4	PIVOT ARM	1
5	WEIGHT HOLDER	1
8	CIRCULAR PLATE W/AXLE	1
27	NYLON FLAT WASHER 1 1/32 ID	1
34	ROLL PIN 3/8 X 1 1/2	1



### Step 5 Assembly List

Item #	Description	Qty.
6	ADJUSTABLE FOOT PIECE	1
7	ADJUSTABLE SEAT FRAME	1
18	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	2
19	FOAM ROLL 1" NYLINER BUSHING	4
29	SEAT PAD	1
35	ALUMINUM WASHER .390 ID X 1.5 OD	2
37	FLAT WASHER SAE 3/8"	2
38	SPLIT LOCK WASHER 3/8"	2
41	BUTTON HEAD SCREW 3/8-16 X 1	2
43	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	2
45	HEX HEAD CAP SCREW 5/16-18 X 3/4	2





**COLOR CHART**
**BOLD FONT = SUB-ASSEMBLY PARTS**

BLACK= HARDWARE

## RAB-336 Parts List

**REVO**

ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	<b>MAIN FRAME</b>	0	<b>UP3988</b>	1	27	NYLON FLAT WASHER 1 1/32 ID X 1 55/64 OD X 1/8 TH	BNH0240	2
2	<b>SIDE FRAME</b>	0	<b>UP3989</b>	1	28	PULL PIN 1/2 X 3 1/2 (YELLOW)	BNH0603	1
3	<b>REAR FRAME</b>	0	<b>UP3990</b>	1	<b>29 SEAT PAD</b>	<b>UP3997</b>	<b>1</b>	
4	<b>PIVOT ARM</b>	0	<b>UP3991</b>	1	30	PULL PIN 1 X 5 1/2 (YELLOW)	BNH2084	1
5	<b>WEIGHT HOLDER</b>	0	<b>UP3992</b>	1	31	RUBBER DONUT 1 X 2 1/2	BNH0062	1
6	<b>ADJUSTABLE FOOT PIECE</b>	0	<b>UP3993</b>	1	32	PLASTIC INSERT CAP 1 3/4" RD 10-14 GA	BNH0011	1
7	<b>ADJUSTABLE SEAT FRAME</b>	0	<b>UP3994</b>	1	33	PLASTIC INSERT CAP ELLIPTICAL 1 1/2 X 3	BNH1795	1
8	<b>CIRCULAR PLATE W/AXLE</b>	0	<b>UP3995</b>	1	34	ROLL PIN Z/P 3/8 X 1 1/2	BNH0483	1
9	<b>ADJUSTABLE RELEASE HOLDER</b>	0	<b>UP3739</b>	2	35	ALUMINUM WASHER .390 ID X 1.500 OD X .150 THK	BNH1541	2
10	RELEASE LEVER PROTECTIVE COVER		BNH1940	2	36	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	8
11	STIFF SPRING		BNH0519	2	37	FLAT WASHER SAE Z/P 3/8"	BNH2030	19
12	PLASTIC INSERT ELLIPTICAL GUIDE (2X4)		BNH1760	2	38	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	5
13	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	3	39	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 1/2	BNH2044	2
14	RUBBER BUMPER W/WASHER 3/8 X 1 1/2		BNH0514	2	40	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 5	BNH2051	4
15	BALL BEARING #W 516		BNH0628	2	41	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1	BNH2033	3
16	<b>FOAM FOOT ROLL 2 1/4 X 4 1/4 X 16 W/VINYL</b>		<b>UP3996</b>	1	42	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1	BNH2037	2
17	ABS PIPE 2 X 15 1/2		BNH1038	1	43	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	BNH2038	2
18	<b>FOAM FOOT ROLL 1 X 4 X 7 W/VINYL</b>		<b>UP3785</b>	2	44	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3/4	BNH2036	2
19	FOAM ROLL 1" NYLINER BUSHING		BNH2025	4	45	HEX HEAD CAP SCREW GR-5 Z/P 5/16-18 X 3/4	BNH2049	2
20	NYLON FOAM ROLL WASHER 3/8 X 3		BNH2082	1	46	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
21	NYLON FOAM ROLL WASHER 2 X 3 1/2		BNH2083	1	47	HEX KEY ALLOY 7/32"	BNH0575	1
22	PLASTIC INSERT CAP 1" RD 10-12 GA		BNH0002	2	48	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
23	RUBBER GRIP 1 ID X .125 X 8 1/2		BNH1075	2	49	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
24	URETHANE BUMPER 962		BNH0244	2	50	DECAL-DANGER TIGHTEN THIS RETAINING...	BNH0142	1
25	PLASTIC INSERT CAP ELLIPTICAL 2 X 4		BNH1794	1	51	DECAL-IMPORTANT FOR BEST PERFORMANCE...	BNH1894	2
26	URETHANE BUMPER 1 3/4		BNH0229	1	52	DECAL-WARNING ATTENTION USERS! MOVING PARTS...	BNH1895	1

**DO NOT DISCARD THIS MANUAL**



## HOME LIFETIME WARRANTY

TuffStuff products are warranted to the retail purchaser to be free from defects in materials and workmanship. TuffStuff exclusive Home Lifetime Warranty coverage extends for the life of the product while owned by the original retail purchaser, and used only in a home or residential setting unless otherwise noted in the owner's manual.

This warranty does not cover:

1. TuffStuff products sold for and used in a commercial or institutional setting.
2. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in the owner's manual and warning labels posted on the machine.
3. Use of products in a manner for which they were not designed.
4. Original product that is altered, or the use of replacement parts and components of another manufacturer other than TuffStuff.

Limitations:

The foregoing shall constitute the sole remedy of the purchaser and the sole liability of TuffStuff with regard to warranty, whether express or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability or fitness. TuffStuff shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products. TuffStuff's liability hereunder is expressly limited to the repairs or replacements of warranted defective parts.

Procedures:

Warranty service will be performed at TuffStuff's facility in Pomona, California. TuffStuff will have the option of either repair or replacement at no charge for any defective product. Purchaser is responsible for installation of repaired or replaced parts and all transportation and insurance costs on returned or replaced equipment to and from TuffStuff's facility in Pomona.

This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state. Effective July 1, 2004.

This warranty is the final, complete and exclusive agreement of the parties with respect to the quality or performance of the equipment and no action for breach of this written warranty or any implied warranty shall be commenced more than one (1) year after the accrual of the cause of action. No modification of this warranty or waiver of its terms shall be binding on either party unless approved in writing by an authorized representative of the party. Contact TuffStuff at 1325 E. Franklin Avenue, Pomona, California 91766, before returning any defective equipment.

**Note:** Retain your sales receipt and be sure to mail in the warranty registration card to insure that a permanent record of your purchase is on file with the factory and to avoid unnecessary delays in warranty service.

### **TuffStuff Fitness Equipment, Inc.**

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