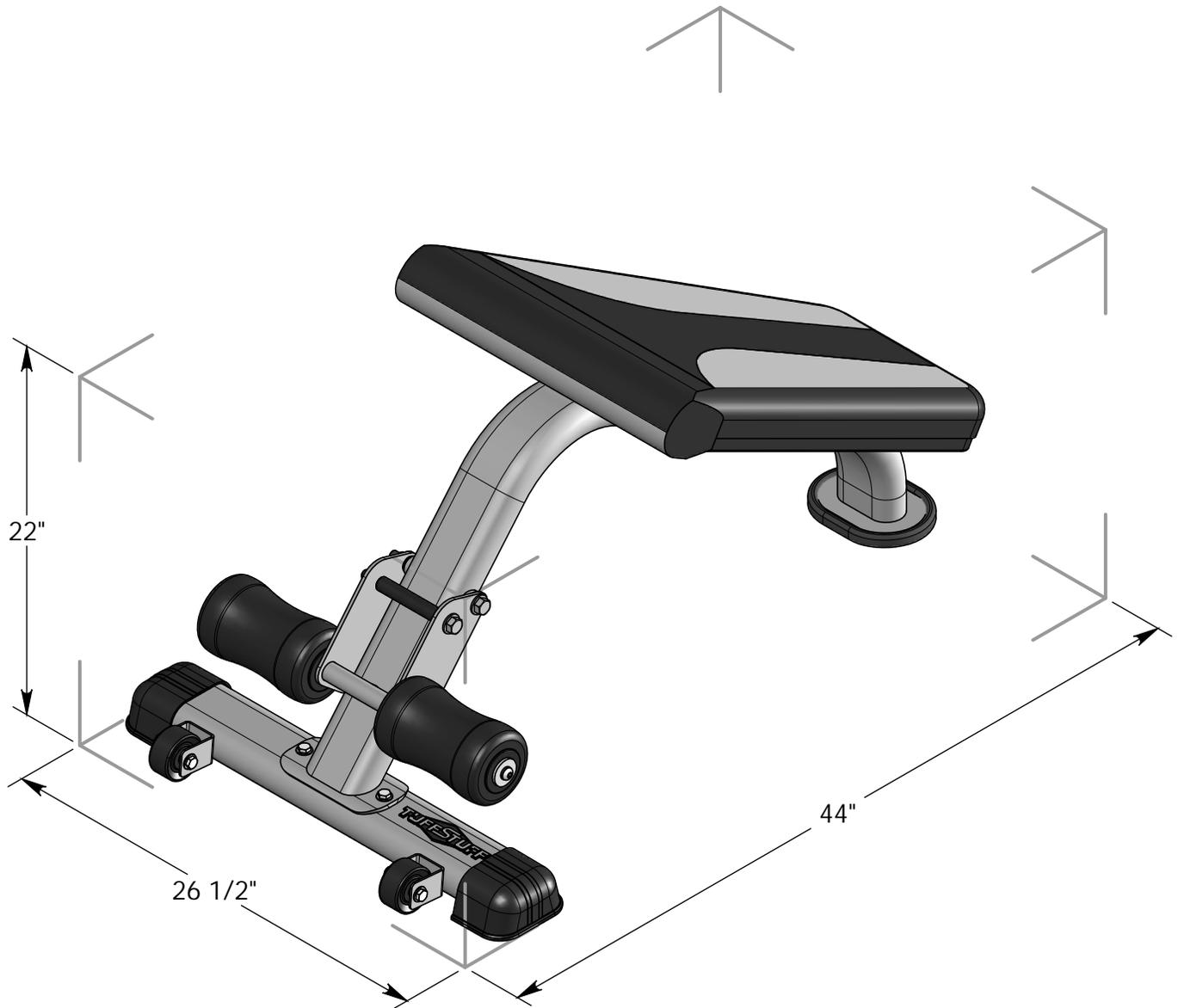


# ASSEMBLY INSTRUCTIONS



**RMA-320**

**Mini Ab 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 RMA-320 Mini Ab Bench

Congratulations on your new purchase of the **Mini Ab 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.

### 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 - 250 lbs.
2. Total Machine Weight - 55 lbs.
3. Footprint (LWH) - See Front Cover.

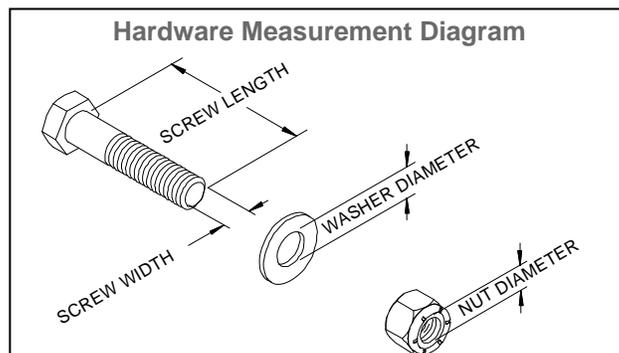
**Note:** Due to continuing product improvements, specifications and designs are subject to change without notice.

### Prior to the Assembly of the Mini Ab Bench

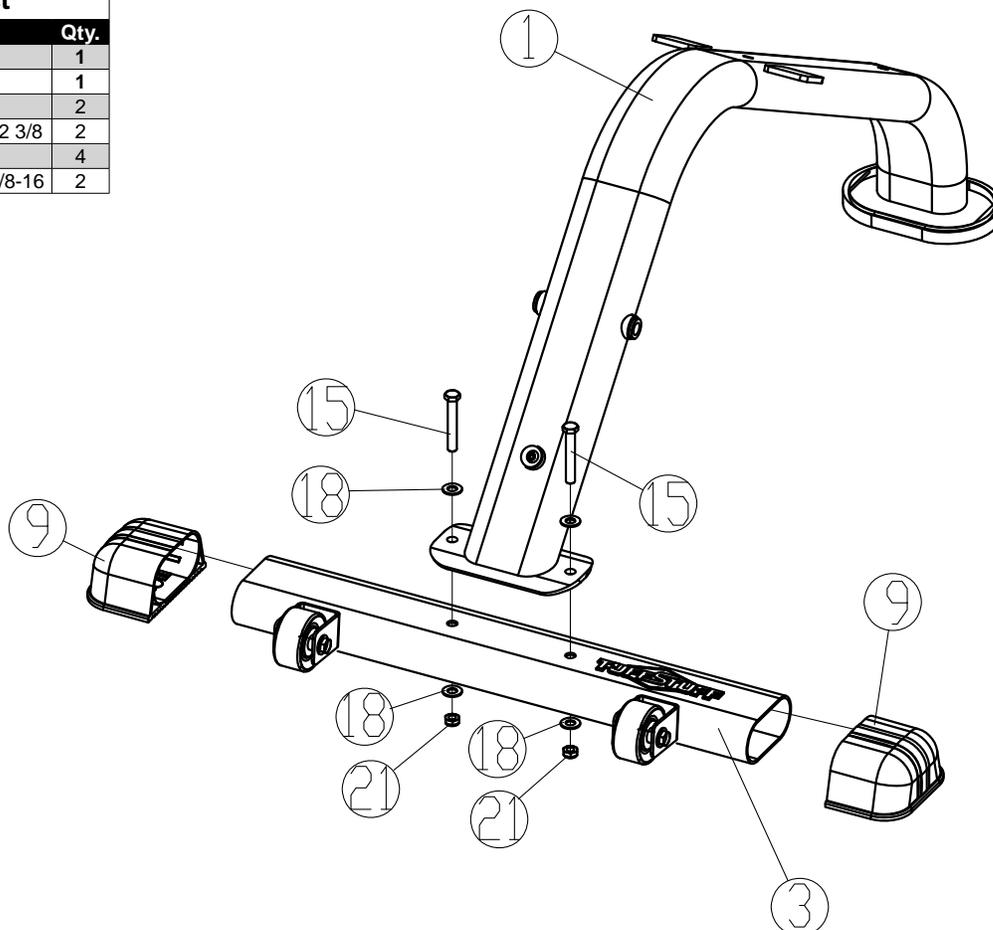
We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

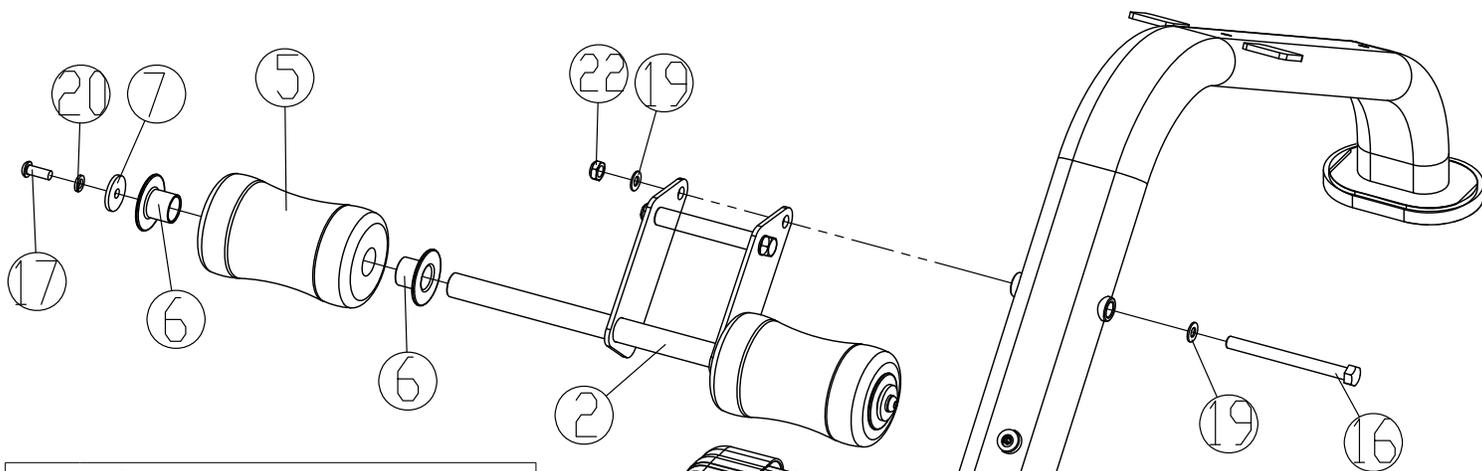
### Tool Requirements

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



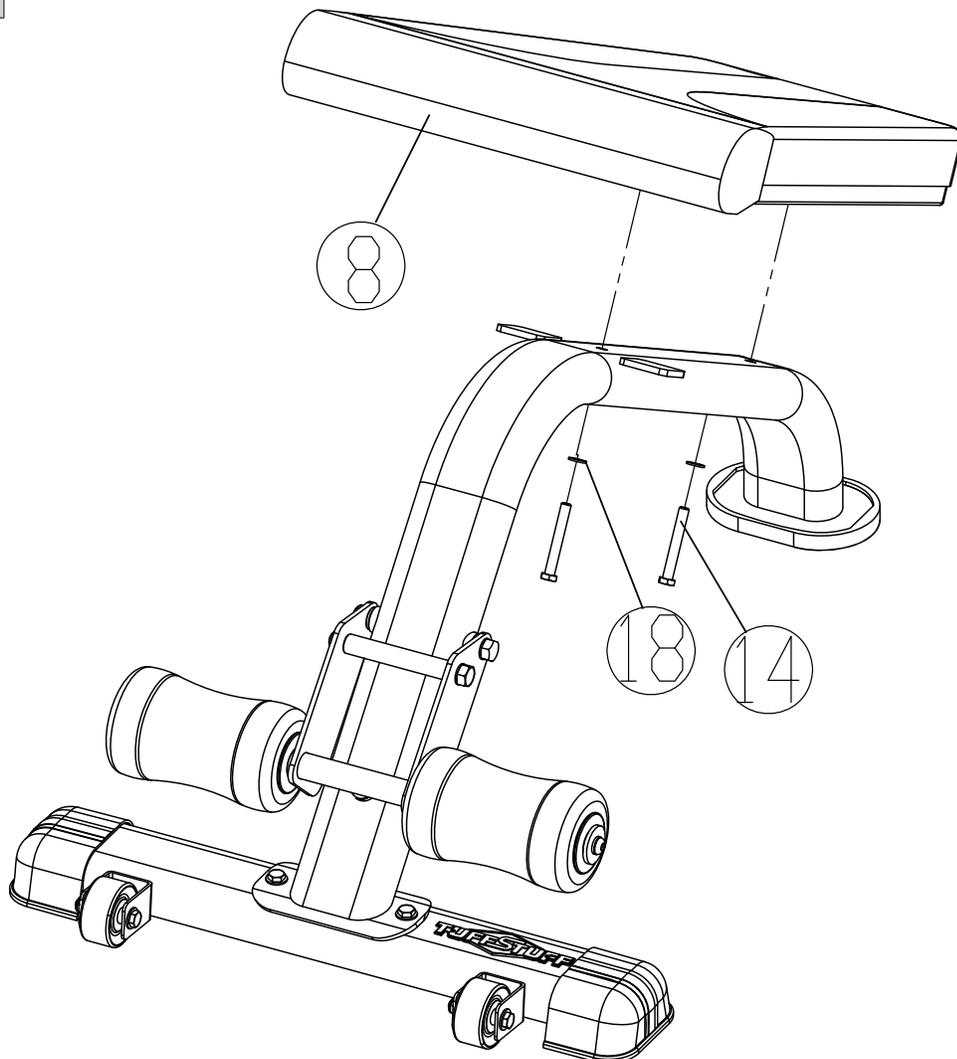
Step 1 Assembly List		
Item #	Description	Qty.
1	MAIN FRAME	1
3	STABILIZER FRAME	1
9	PLASTIC ELLIPTICAL SHOE	2
15	HEX HEAD CAP SCREW 3/8-16 X 2 3/8	2
18	FLAT WASHER SAE 3/8"	4
21	NYLON INSERT JAM LOCK NUT 3/8-16	2





### Step 2 Assembly List

Item #	Description	Qty.
2	FOAM ROLL FRAME	1
5	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL	2
6	FOAM ROLL 1" NYLINER BUSHING	4
7	ALUMINUM WASHER .390 ID X 1.500 OD	2
16	HEX HEAD CAP SCREW 1/2-13 X 5 1/2	2
17	BUTTON HEAD SCREW 3/8-16 X 1	2
19	FLAT WASHER SAE 1/2"	2
20	SPLIT LOCK WASHER 3/8"	2
22	NYLON INSERT JAM LOCK NUT 1/2-13	1



### Step 3 Assembly List

Item #	Description	Qty.
8	SEAT PAD	1
14	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	2
18	FLAT WASHER SAE 3/8"	2

**COLOR CHART**

**BOLD FONT = SUB-ASSEMBLY PARTS**

**BLACK= HARDWARE**

# RMA-320 Parts List

					REVO			
ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
<b>1</b>	<b>MAIN FRAME</b>	0	<b>UP5318</b>	1	14	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4	BNH2045	2
<b>2</b>	<b>FOAM ROLL FRAME</b>	0	<b>UP5319</b>	1	15	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/8	BNH2043	4
<b>3</b>	<b>STABILIZER FRAME</b>	0	<b>UP5320</b>	1	16	HEX HEAD CAP SCREW GR-5 Z/P 1/2-13 X 5 1/2	BNH2066	2
4	NYLON TUBE 1/2 X 3/4 X 4 9/16		BNH2099	1	17	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1	BNH2033	2
<b>5</b>	<b>FOAM FOOT ROLL 1 X 4 X 7 W/VINYL</b>		<b>UP3785</b>	2	18	FLAT WASHER SAE Z/P 3/8"	BNH2030	10
6	FOAM ROLL 1" NYLINER BUSHING		BNH2025	4	19	FLAT WASHER SAE Z/P 1/2"	BNH2031	4
7	ALUMINUM WASHER .390 ID X 1.500 OD X .150 THK		BNH1541	2	20	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	2
<b>8</b>	<b>SEAT PAD</b>		<b>UP5321</b>	1	21	NYLON INSERT JAM LOCK NUT Z/P 3/8-16	BNH2026	4
9	PLASTIC HORIZONTAL ELLIPTICAL SHOE		BNH1847	2	22	NYLON INSERT JAM LOCK NUT Z/P 1/2-13	BNH2027	2
10	URETHANE BUMPER 962		BNH0244	1	23	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
11	BRONZE BUSHING 1/2 X 5/8 X 1/2 X 7/8 X 1/8		BNH0528	2	24	HEX KEY ALLOY 7/32"	BNH0575	1
12	RUBBER FOOT FOR 6 X 4 1/4 PLATE		BNH1647	1	25	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
13	BLACK WHEEL 3/8 X 3 X 1 1/4 W/BEARING		BNH0300	2	26	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1

