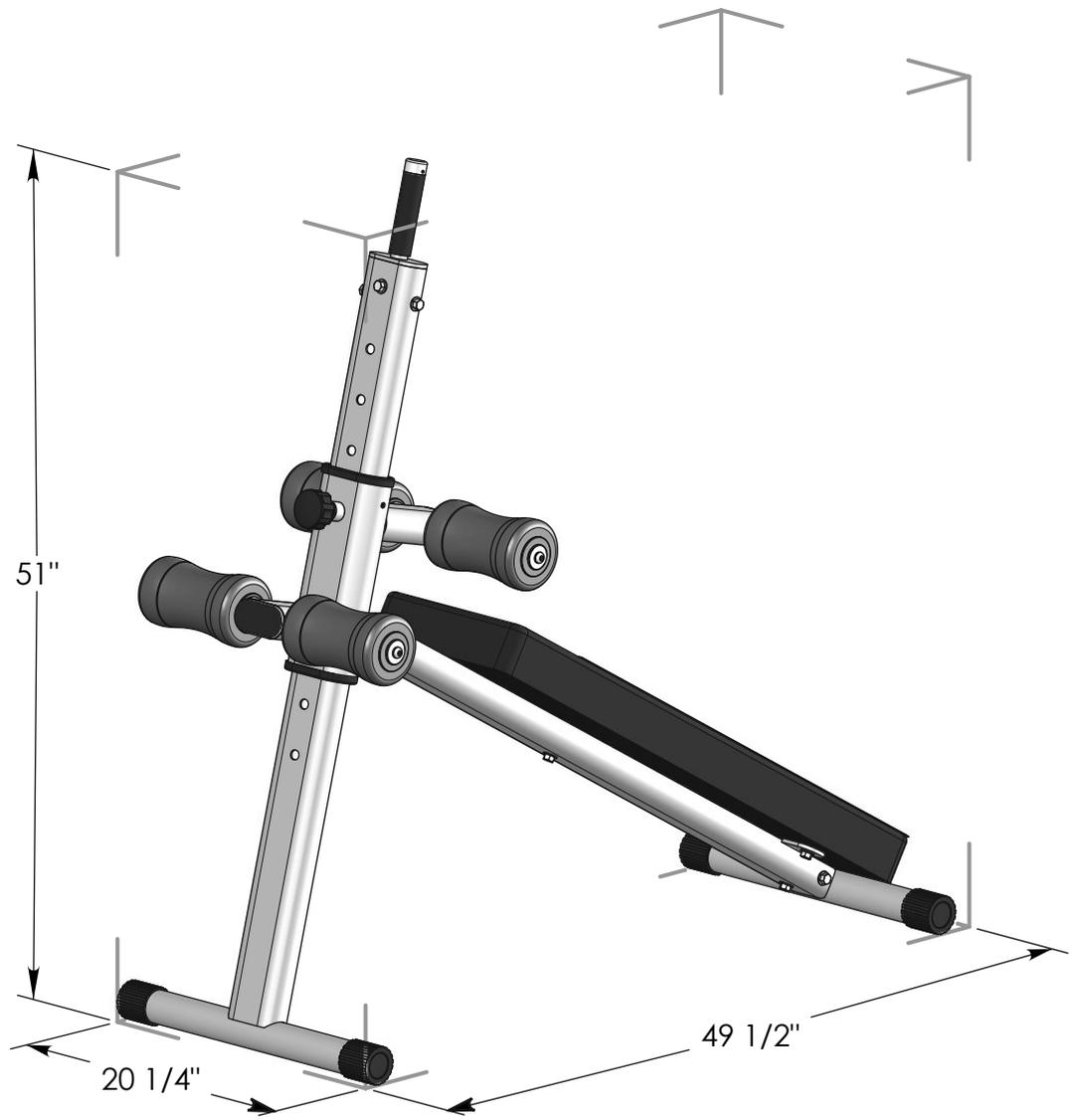


ASSEMBLY INSTRUCTIONS



RAB-335

Adjustable Abdominal Bench



TuffStuff Fitness Equipment, Inc.

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AMERICA'S PREMIER EXERCISE EQUIPMENT

Introduction

About the RAB-335 Adjustable Abdominal Bench

Congratulations on your new purchase of the **Adjustable Abdominal 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 - 200 lbs.
2. Total Machine Weight - 72 lbs.
3. Footprint (LWH) - See Front Cover.

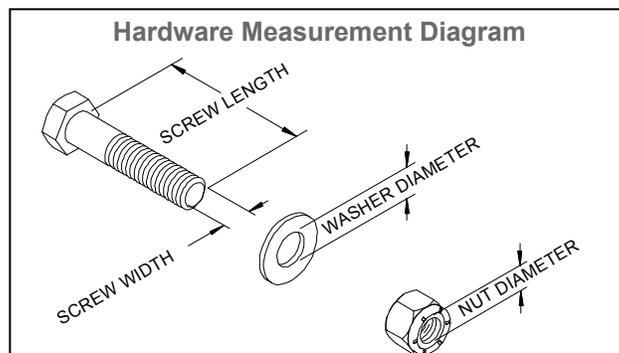
Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Prior to the Assembly of the Adjustable Abdominal Bench

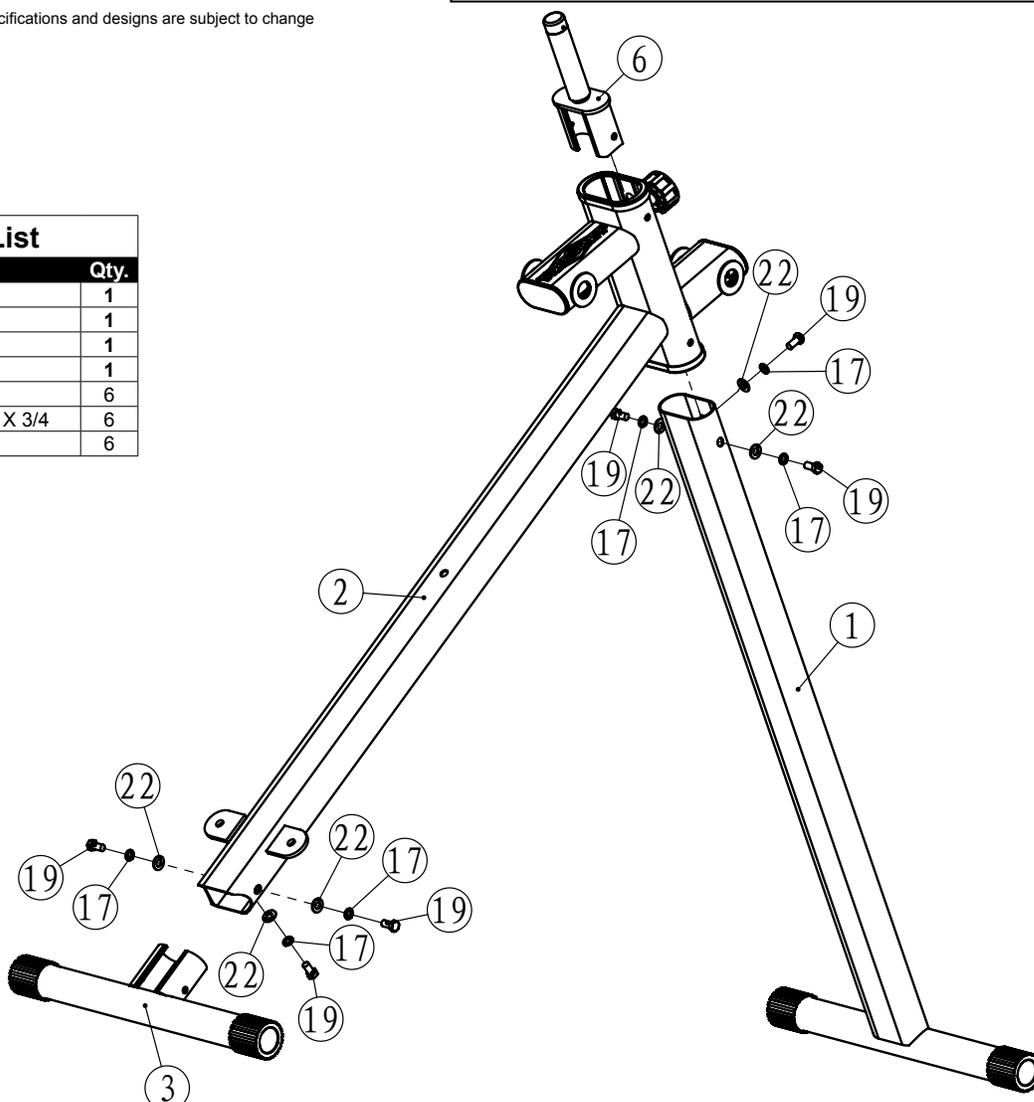
We advise you to consult your local TuffStuff retailer if you should have a question or problem regarding the proper assembly of this unit.

Tool Requirements

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

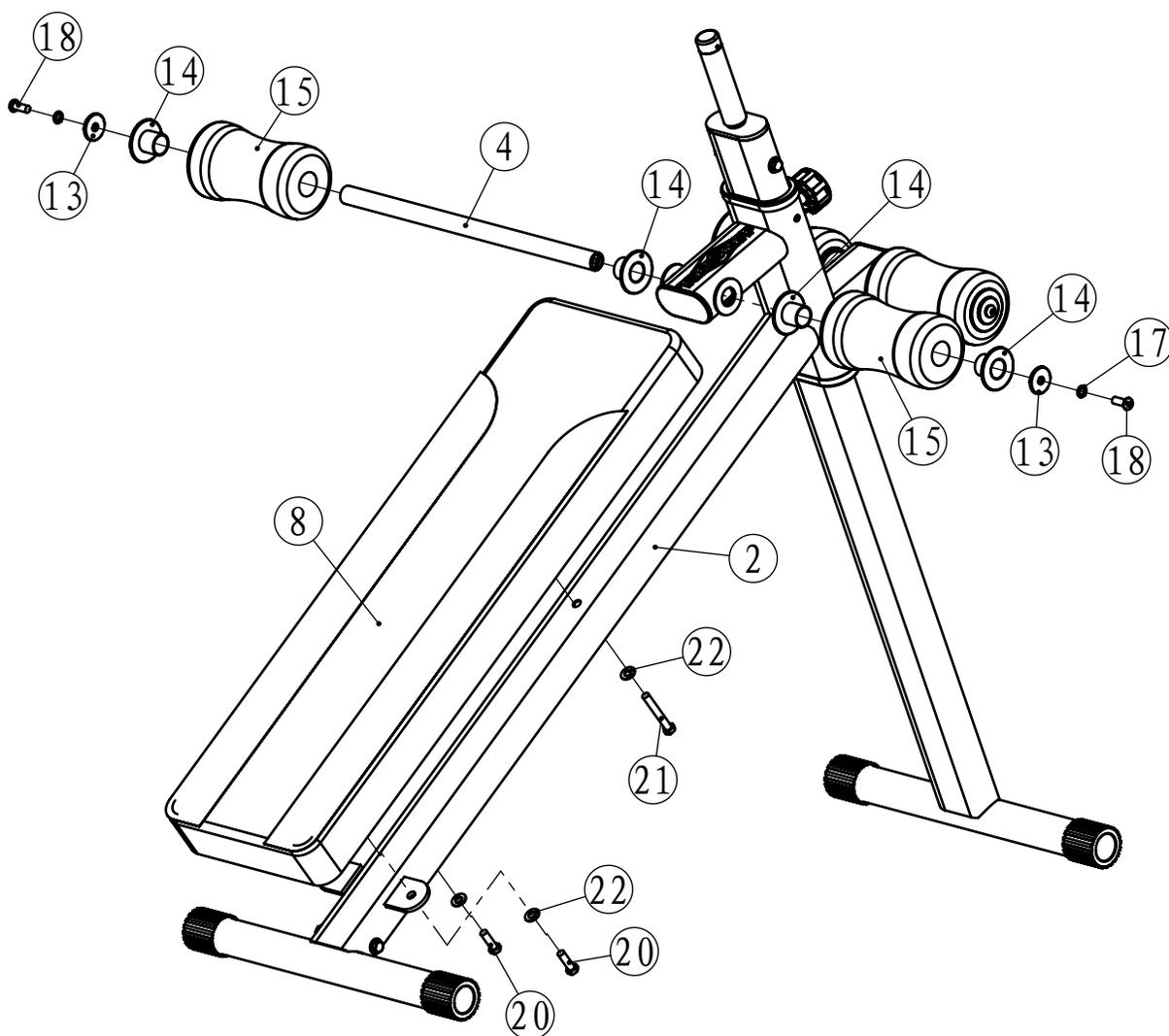


Step 1 Assembly List		
Item #	Description	Qty.
1	FRONT FRAME	1
2	MAIN FRAME	1
3	BASE FRAME	1
6	HANDLE	1
17	SPLIT LOCK WASHER 3/8"	6
19	HEX HEAD CAP SCREW 3/8-16 X 3/4	6
22	FLAT WASHER SAE 3/8"	6



Step 2 Assembly List

Item #	Description	Qty.
4	FOOT ROLL TUBE 1 X 19 1/4	2
8	BACK PAD	1
13	ALUMINUM WASHER .390 ID X 1.5 OD	4
14	FOAM ROLL 1" NYLINER BUSHING	8
15	FOAM FOOT ROLL 1 X 4 X 7	4
17	SPLIT LOCK WASHER 3/8"	4
18	BUTTON HEAD SCREW 3/8-16 X 1	4
20	HEX HEAD CAP SCREW 3/8-16 X 1 1/4	2
21	HEX HEAD CAP SCREW 3/8-16 X 2 3/4	1
22	FLAT WASHER SAE 3/8"	3



COLOR CHART

BOLD FONT = SUB-ASSEMBLY PARTS

BLACK= HARDWARE

RAB-335 Parts List



REV0

ITEM	DESCRIPTION	REV	PART NO.	QTY	ITEM	DESCRIPTION	PART NO.	QTY
1	FRONT FRAME	0	UP3974	1	16	SOCKET SET SCREW ALLOY 10-32 X 1/8	BNH0473	2
2	MAIN FRAME	0	UP3975	1	17	SPLIT LOCK WASHER Z/P 3/8"	BNH2032	10
3	BASE FRAME	0	UP3976	1	18	BUTTON HEAD SOCKET CAP SCREW Z/P 3/8-16 X 1	BNH2033	4
4	FOOT ROLL TUBE 1 X 19 1/4	0	UP3977	2	19	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 3/4	BNH2036	6
5	PLASTIC INSERT ELLIPTICAL GUIDE (2 3/8 X 4 3/4)		BNH2062	2	20	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 1 1/4	BNH2038	2
6	HANDLE	0	UP3978	1	21	HEX HEAD CAP SCREW GR-5 Z/P 3/8-16 X 2 3/4	BNH2045	1
7	TURN/PULL PIN W/KNOB AND LOCK		BNH0989	1	22	FLAT WASHER SAE Z/P 3/8"	BNH2030	9
8	BACK PAD	0	UP3979	1	23	FLAT PHILLIPS MACHINE SCREW 8-32 X 1/4	BNH0408	1
9	PLASTIC CAP W/GROOVE 2" RD BLACK		BNH0689	4	24	FLAT PHILLIPS SCREW ZINC # 2 X 1/2	BNH1480	2
10	PLASTIC INSERT CAP ELLIPTICAL 2 X 4		BNH1794	2	25	HEX KEY ALLOY 3/32"	BNH0372	1
11	RUBBER GRIP 1 ID X .125 X 5		BNH0957	1	26	HEX KEY ALLOY 7/32"	BNH0575	1
12	ALUMINUM CAP 1.020" RD (CAP-100)		BNH0537	1	27	TUFFSTUFF LOGO ALUMINUM SMALL	BNH1323	1
13	ALUMINUM WASHER .390 ID X 1.500 OD X .150 THK		BNH1541	4	28	DECAL-CAUTION WEIGHT TRAINING SAFETY...	BNH0126	1
14	FOAM ROLL 1" NYLINER BUSHING		BNH2025	8	29	DECAL-IMPORTANT FOR BEST PERFORMANCE...	BNH1894	1
15	FOAM FOOT ROLL 1 X 4 X 7 W/VINYL		UP3785	4	30	DECAL-WARNING ATTENTION USERS! MOVING PARTS.	BNH1895	1

