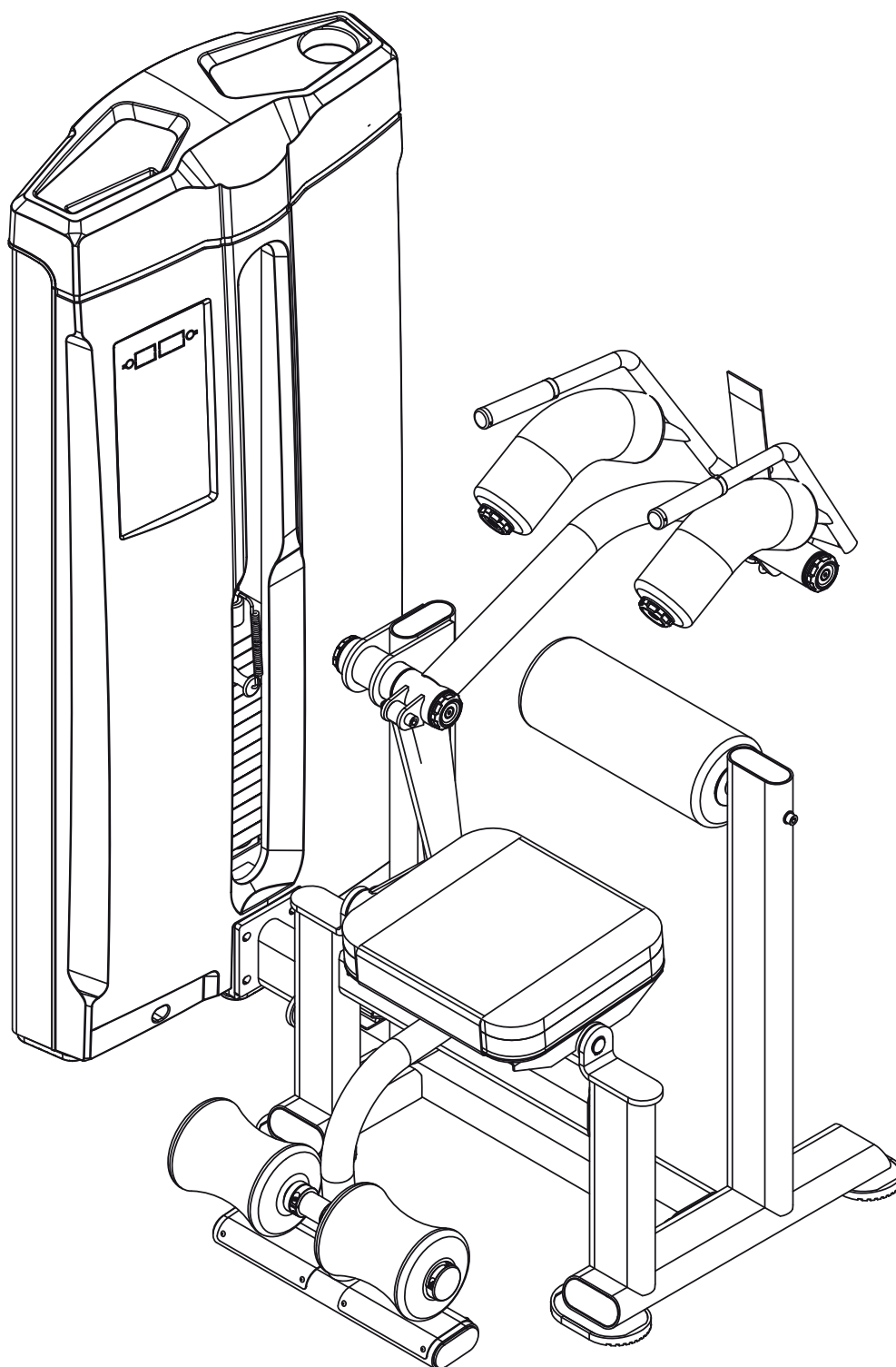
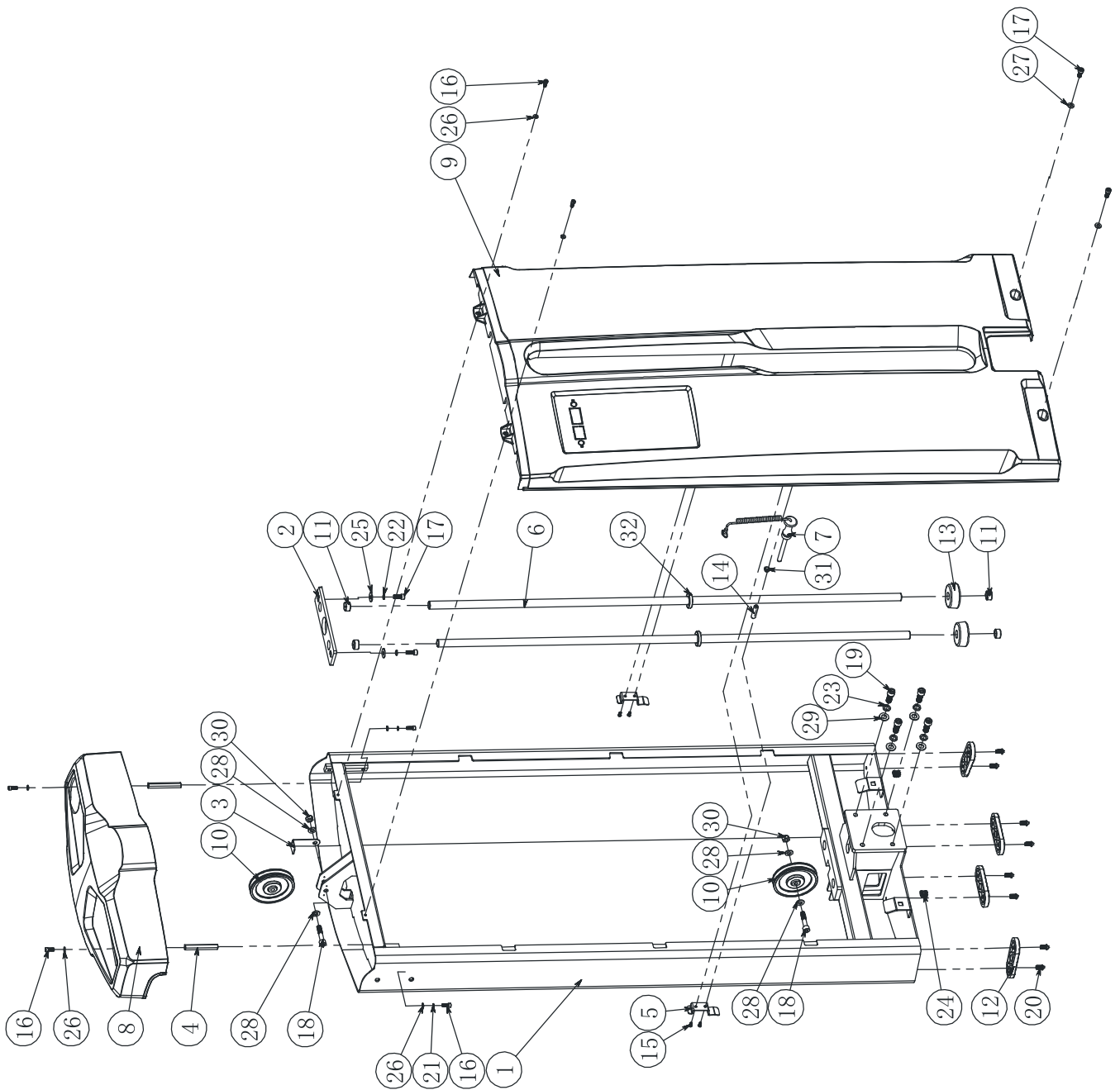


PC1639 Abdominal Curl



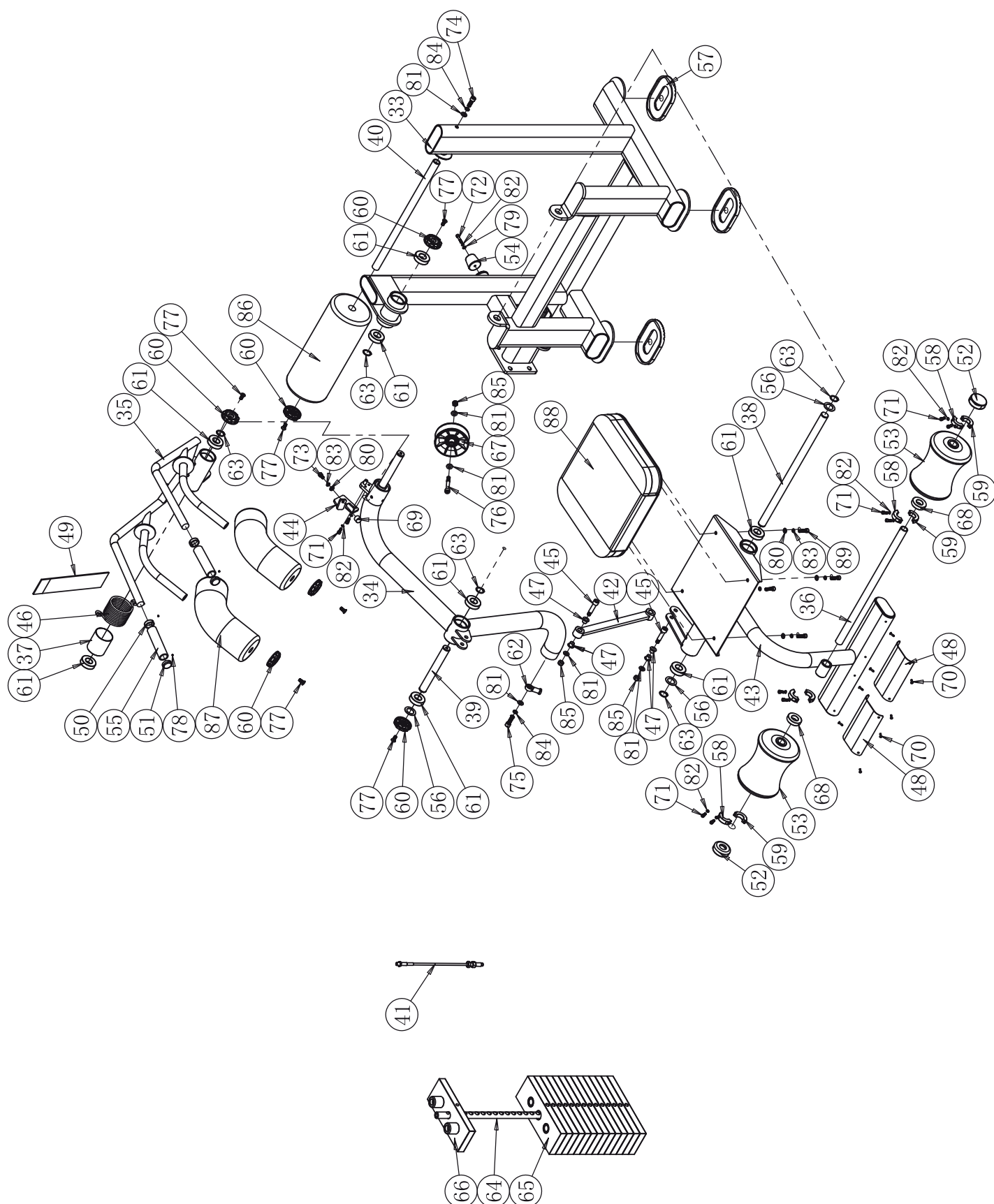
Doorframe Exploded View



Doorframe Exploded List

No.	Description	Specifications	Qty
1	Doorframe		1
2	Guild rod stator		1
3	Pulley catch		1
4	Shield fixation column		2
5	Shield fixation plate		2
6	Guide rod		2
7	Selector pin		1
8	Upper shield		1
9	Front shield		1
10	Pulley	Φ 114*25.4	2
11	Rod end cover		4
12	Rubber mat		4
13	Rubber bumper	Φ62*Φ20*26	2
14	Spring pin	Φ10*45	1
15	Cross recess pan head self-tapping screw	ST4.2*13	4
16	Hex socket head cap screw	M6*16	6
17	Hex socket head cap screw	M8*20	4
18	Hex socket head cap screw	M10*50	2
19	Hex socket head cap screw	M12*30	4
20	Hexagon socket button head screw	M8*16	8
21	Spring washer	M6	2
22	Spring washer	M8	2
23	Spring washer	M12	4
24	Cage nut	M8	2
25	Big washer	Φ24*Φ8.4*2	2
26	Plain washer	Φ12*Φ6.4*1.6	6
27	Plain washer	Φ16*Φ8.4*1.6	2
28	Plain washer	Φ20*Φ10.5*2	4
29	Plain washer	Φ24*Φ13*2.5	4
30	Nylon insert lock nut	M10	2
31	Stopple	Φ 10*8.5	1
32	Rubber bumper	Φ38*Φ21*10	2
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Main frame Exploded View



Main frame Exploded List

No.	Description	Specifications	Qty
33	Main frame		1
34	Lower swing span		1
35	Pull down frame		1
36	Leg pad tube		1
37	Bushing		1
38	Seat pad shaft		1
39	Shaft 1		1
40	Circular pad holder		1
41	Cable set		1
42	Joint frame		1
43	Cushion frame		1
44	Limiting frame		1
45	Stepped bolt		2
46	Torsion spring		1
47	Spacer		4
48	Pedal		2
49	Protecting jacket		1
50	Aluminum ring		2
51	Aluminum end cap		2
52	Protecting jacket		2
53	Leg pads		2
54	Rubber bumper		1
55	Handle cover		2
56	Plastic washer		3
57	Affixed to shackle		3
58	Upper fixed ring		4
59	Lower fixed ring		4
60	End cap		6
61	Bearing	GB T276-94 6205	8
62	Knuckle bearing	PHS 10(M10)	1
63	Circlips for shaft	GB 894.1 25	5
64	15holes shaft		1
65	10lb weight stack plate		14
66	10lb counterweight		1
67	Wide pulley		1
68	Rubber bumper		2
69	Limiting rubber		1
70	Rebite	φ4*12	8
71	Hex socket head cap screw	M6*15	10
72	Hex socket head cap screw	M6*30	1
73	Hex socket head cap screw	M8*15	1
74	Hex socket head cap screw	M10*30	1

Main frame Exploded List

No.	Description	Specifications	Qty
75	Hex socket head cap screw	M10*35	1
76	Hex socket head cap screw	M10*70	1
77	Countersunk hex socket screws	M8*20	6
78	Hexagon socket set screws with cone point	M4*3	8
79	M6 Plain washer	φ12*φ6.4*1.6	1
80	M8 Plain washer	φ16*φ8.4*1.6	5
81	M10 Plain washer	φ20*φ10.5*2	6
82	Spring washer	M6	11
83	Spring washer	M8	5
84	Spring washer	M10	2
85	Nylon insert lock nut	M10	3
86	Round pad		1
87	Foam		2
88	Seat pads		1
89	Hex socket head cap screw	M8*30	4
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