

# SEATED AB / BACK EXTENSION MACHINE

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**ABBACK**

**400991**



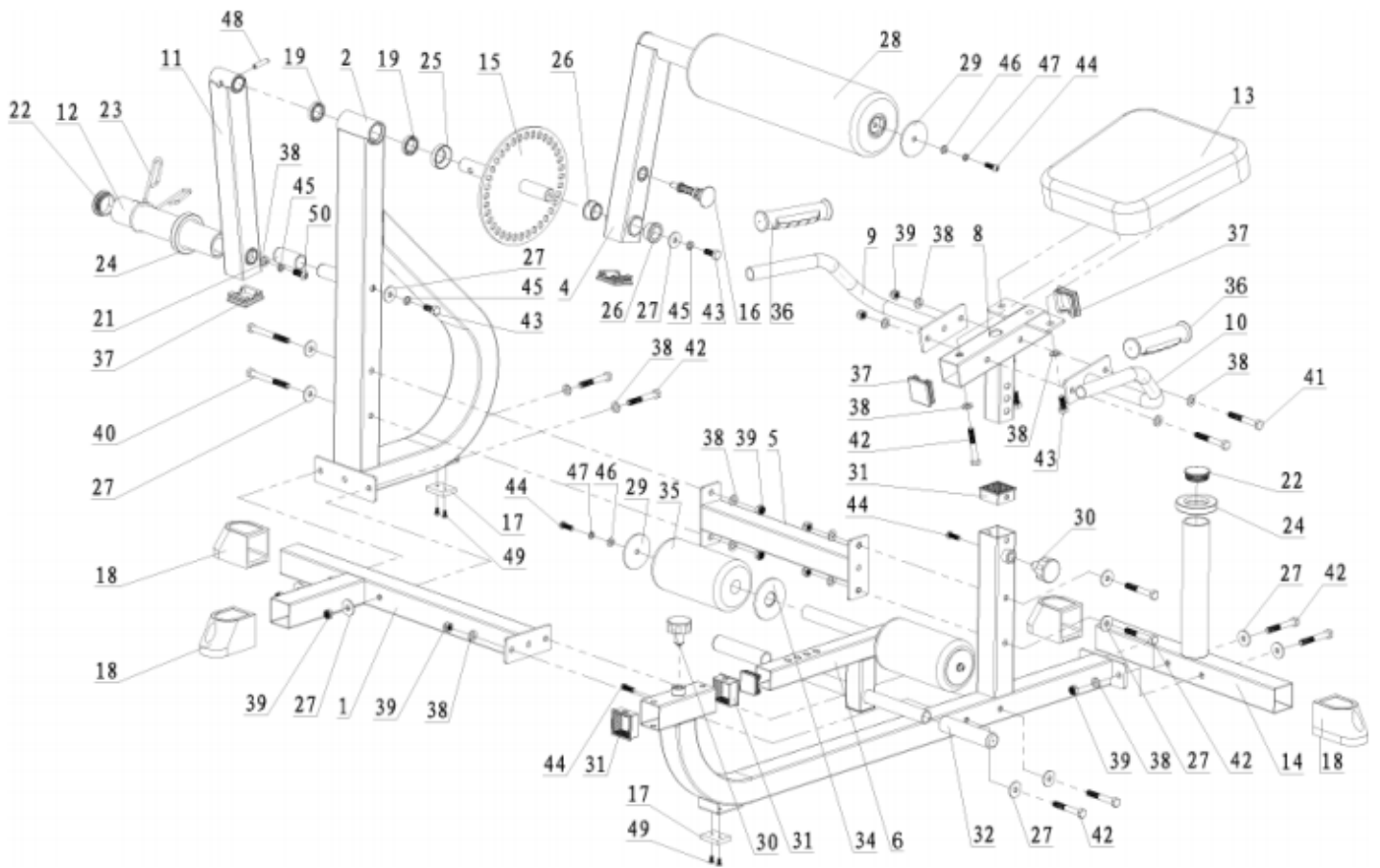
## Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

**Cover photo may show optional equipment not supplied with standard unit. For an Operator's Manual and Decal Kit in French or Spanish Language, please see your dealer.**

# PARTS DIAGRAM / EXPLODED VIEW



PARTS DIAGRAM / EXPLODED VIEW

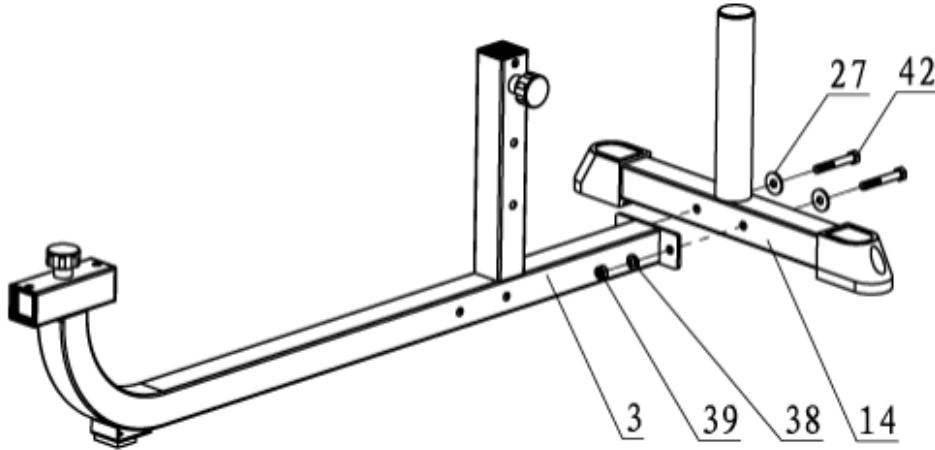
KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	ACROSS FOOT FRAME	1	(26)	COPPER SLEEVE 38*32*25.2*18	2
(2)	SUPPORT FRAME	1	(27)	FLAT WASHER 10.5*30*2.5	12
(3)	CROSS SUPPORT FRAME	1	(28)	FOAM 125*39*450	1
(4)	FOAM FRAME	1	(29)	FOAM WASHER 68.5*9.5*3	3
(5)	CROSS CONNECTION FRAME	1	(30)	ADJUSTABLE KNOB 45*M18*1.5*54	2
(6)	ADJUSTABLE FRAME	1	(31)	SLEEVE F50*2-F40	3
(7)	FOAM WASHER 68.5*9.5*3	1	(32)	FRONT HOLDER SLEEVE 29.5*2	2
(8)	SEAT CUSHION 320*320*60	1	(33)	END CAP F40*2	4
(9)	RIGHT HANDLE FRAME	1	(34)	NYLONGWASHER 80*4	2
(10)	LEFT HANDLE FRAME	1	(35)	FOAM 100*26*180	2
(11)	SWING FRAME	1	(36)	HANDLE SLEEVE	2
(12)	WEIGHT PLATE HOLDER	1	(37)	END CAP F50*3	4
(13)	SEAT CUSHION 320*320*60	1	(38)	FLAT WASHER 11*20*2	18
(14)	REAR FOOT FRAME	1	(39)	NUT M10	12
(15)	ROTARY PLATE	1	(40)	HEX HEAD BOLT M10*9	2
(16)	PINS COMBINATION	1	(41)	HEX HEAD BOLT M10*75	2
(17)	RUBBER PAD 45*35*8	2	(42)	HEX HEAD BOLT M10*70	9
(18)	FOOT PAD F50	4	(43)	HEX HEAD BOLT M10*25	4
(19)	DEEP GROVE BALL BEARING 61805ZZ	2	(44)	BUTTON HEAD BOLT M8*25	5
(20)	WEIGHT PLATE FRAME 25*135*M10	1	(45)	SPRING WASHER 10	3
(21)	SLEEVE 29.5*24.5*60	1	(46)	FLAT WASHER 9*16*1.6	3
(22)	EBD CAP 48*2	2	(47)	SPRING WAHSER 8	3
(23)	CLIP SPRING 50*5	1	(48)	PIN 8*35	1
(24)	CRASH PAD 77*47.5*13	21	(49)	CROSS BOLT M5*10	4
(25)	SLEEVE 45*25.2*11		(50)	INNER HEX HEAD BOLT M10*25	1

## ASSEMBLY INSTRUCTIONS

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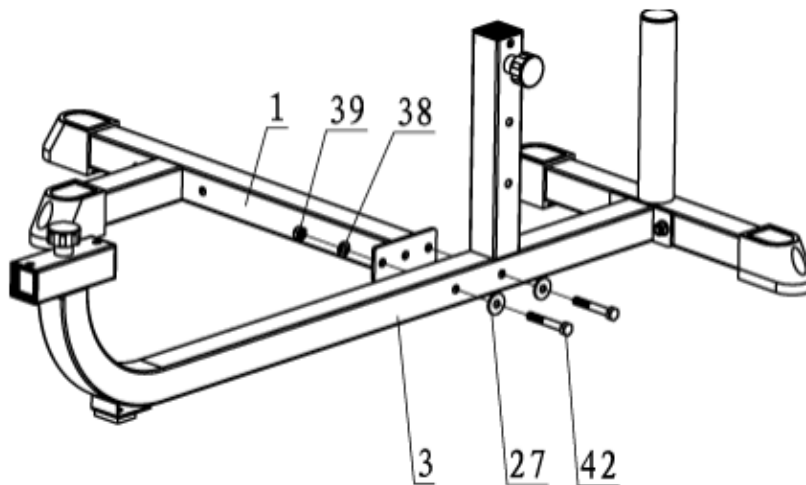
### STEP 1:

Using the **HEX HEAD BOLT M10\*70 (42)** through **FLAT WASHER 10.5\*30\*2.5 (27)** and **CROSS SUPPORT FRAME (2)**, **REAR FOOT FRAME (14)**, **FLAT WASHER 11\*20\*2 (38)**, tighten **NUT M10 (39)**.



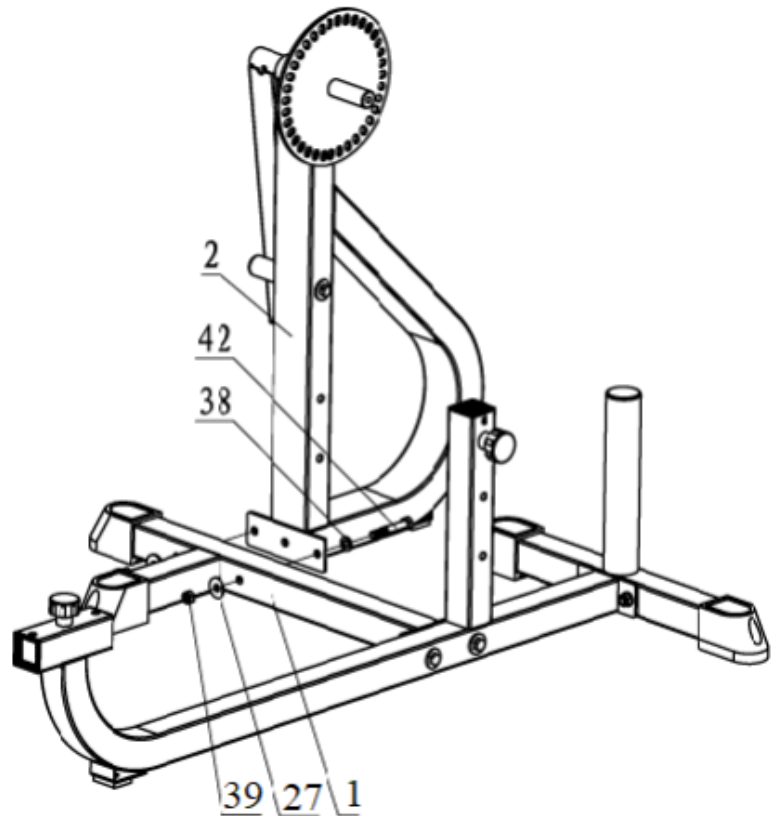
### STEP 2:

Using **HEX HEAD BOLT M10\*70 (42)** through **FLAT WASHER 10.5\*30\*2.5 (27)** to connect **ACROSS FOOT FRAME (1)** and **CROSS SUPPORT FRAME (3)** and through **FLAT WASHER 11\*20\*2 (38)**, screw on **NUT M10 (39)**.  
**DO NOT TIGHTEN THE BOLTS**



**STEP 3:**

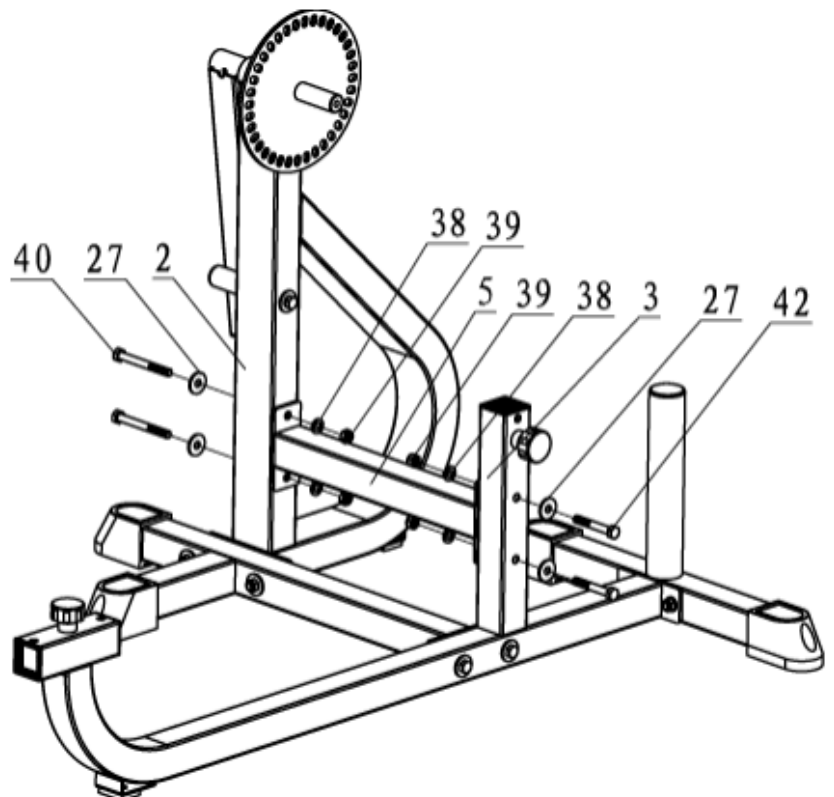
Using **HEX HEAD BOLT M10\*70 (42)** through **FLAT WSHR 11\*20\*2 (38)**, connect **ACROSS FOOT FRAME (1)** and **SUPPORT FRAME (2)** and through **FLAT WASHER 10.5\*30\*2.5 (27)**, screw on **NUT M10 (39)**.  
**DO NOT TIGHT THE BOLTS.**



**STEP 4:**

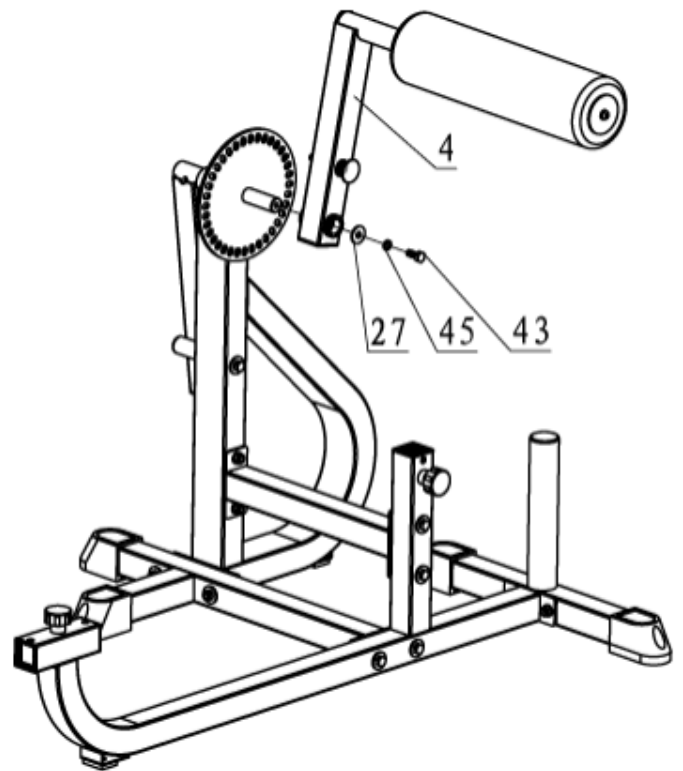
Using **HEAX HEAD BOLT M10\*90 (40)** and **HEX HEAD BOLT M10\*70 (42)** through **FLAT WASHR 10.5\*30\*2.5 (27)**, connect **SUPPORT FRAME (2)**, **CROSS SUPPORT FRAME (3)**, **CROSS CONNECTION FRAME (5)**, through **FLAT WASHER 11\*20\*2 (38)** and screw on **NUT M10 (39)**.

**TIGHTEN ALL M10 (39) NUTS.**



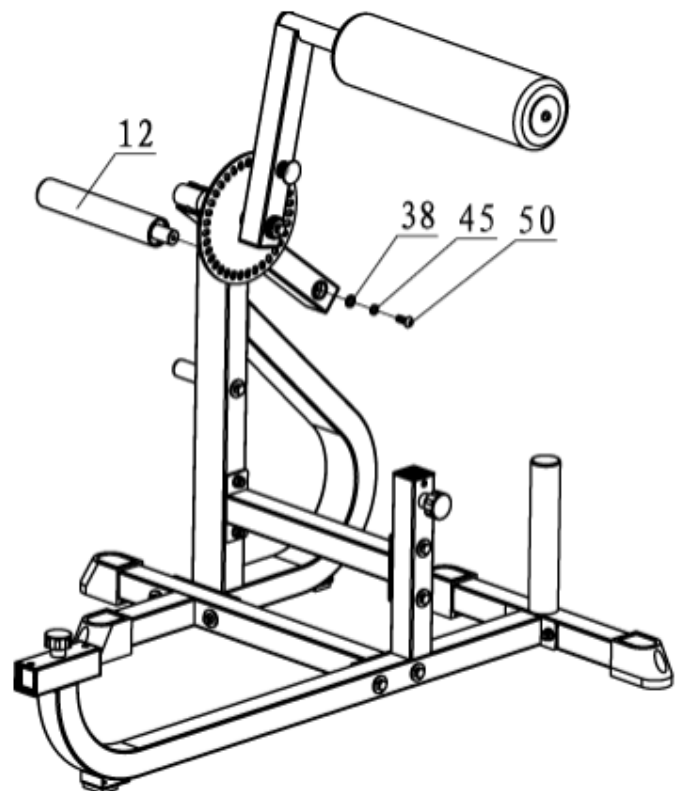
**STEP 5:**

Using **FOAM FRAME (4)** put on indicator diagram, **tighten FLAT WASHER 10.5\*30\*2.5 (27)**, **HEX HEAD BOLT M10\*25 (43)**, **SPRING WASHER 10 (45)**.



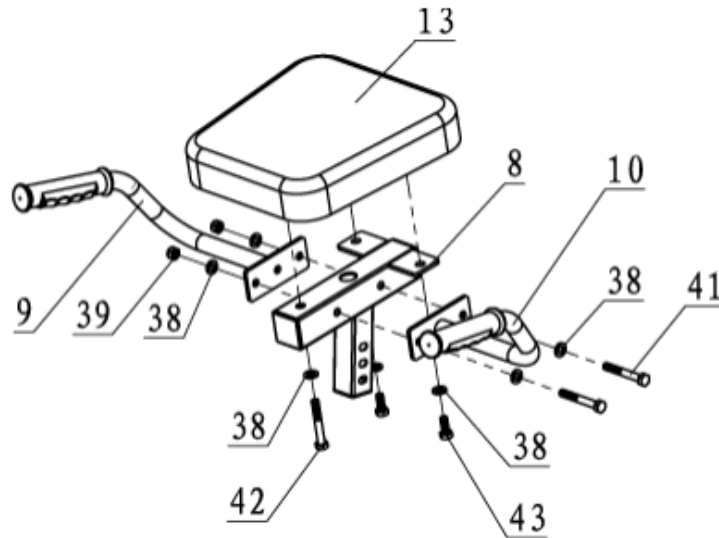
**STEP 6:**

Using **WEIGHT PLATE HOLDER (12)** infix the frame as indicator diagram and install **FLAT WASHER 11\*20\*2 (38)**, **SPRING WAHSER 10 (45)**, **INNER HEX HEAD BOLT M10\*25 (50)**.



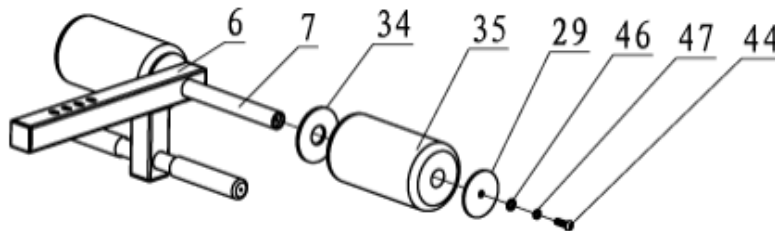
**STEP 7:**

Using **FLAT WASHER 11\*20\*2 (38)**, screw on **NUT M10 (39)** and **HEX HEAD BOLT M10\*75\* (41)**, install **RIGHT HANDLE FRAME (9)** and **LEFT HANDLE FRAME (10)** on **SEAT CUSHION 320\*320\*60 (8)**. Using **FLAT WASHER 11\*20\*2 (38)**, and **HEX HEAD BOLT M10\*70 (42)** and **HEX HEAD BOLT M10\*25 (43)** install **SEAT CISHION 320\*320\*60 (13)** on **SEAT CUSHION 320\*320\*60 (8)**.



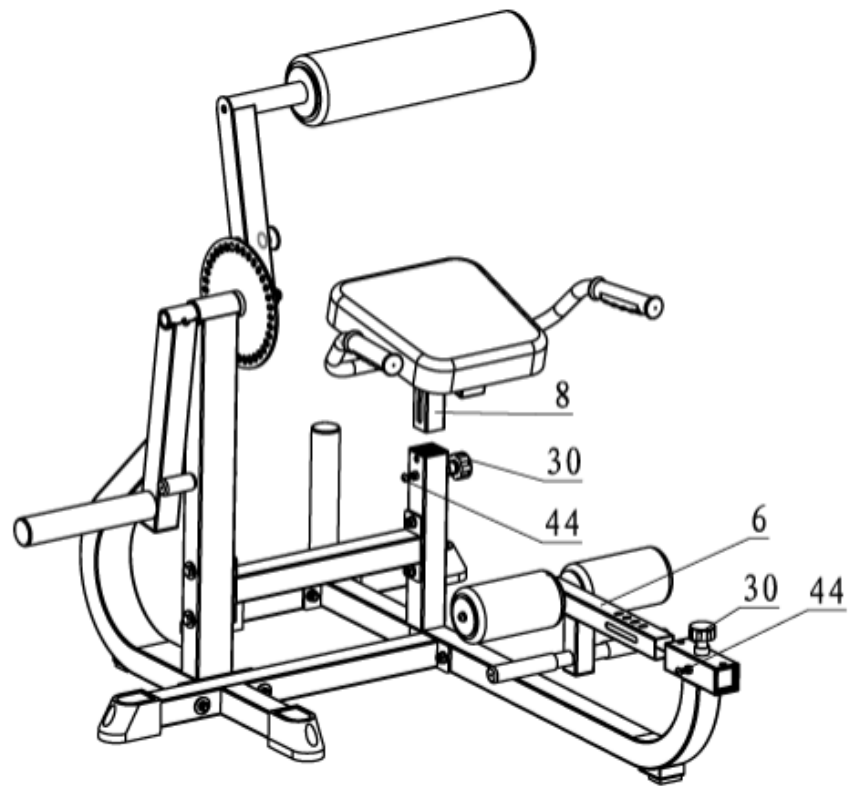
**STEP 8:**

Using **FOAM WASHER 68.5\*9.5\*3 (7)** through **ADJUSTABLE FRAME (6)**, **NYLON WASHER 80\*4 (34)** and **FOAM 100\*26\*180 (35)**. Using **BUTTON HEAD BOLT M8\*25 (44)** through **FOAM WASHER 68.5\*9.5\*3 (29)**, **FLAT WASHER 9\*16\*16 (46)** and **SPRING WAHER 8 (47)** install on **FOAM WASHER 68.5\*9.5\*3 (7)**.



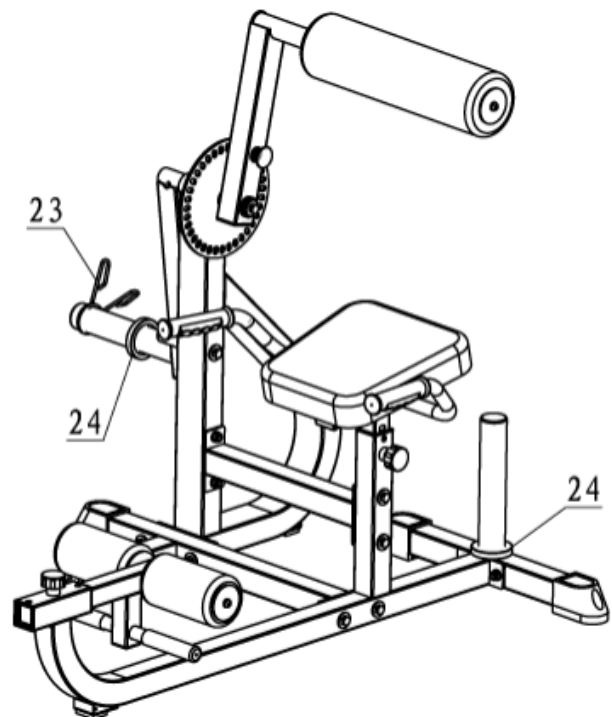
**STEP 9:**

Using **ADJUSTABLE FRAME (6)**  
and **SEAT CUSHION 320\*320\*6**  
**(8)** insert the frame and tighten  
**ADJUSTABLE KNOB**  
**45\*M18\*1.5\*54 (30)** and  
**BUTTON HEAD BOLT M8\*25 (44).**



**STEP 10:**

Using **CRASH PAD 77\*47.5\*13 (24)**  
insert the **REAR FOOT FRAME** and  
install **CLIP SPRING 50\*5 (23).**





## ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, you accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

This equipment must be used with care by capable and competent individuals under supervision,

## WARNING

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Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

## TITAN LIMITED WARRANTY: TERMS, EXCLUSIONS AND LIMITATIONS OF REMEDIES

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This product comes with a one (1) year limited warranty that can be found at [www.titan.fitness/warranty.html](http://www.titan.fitness/warranty.html) Please review the same for all details regarding the Titan Limited Warranty.

**THE TITAN LIMITED WARRANTY FOUND AT [WWW.TITAN.FITNESS/WARRANTY](http://WWW.TITAN.FITNESS/WARRANTY) IS EXCLUSIVE AND IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE, EACH OF WHICH IS HEREBY DISCLAIMED.**



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