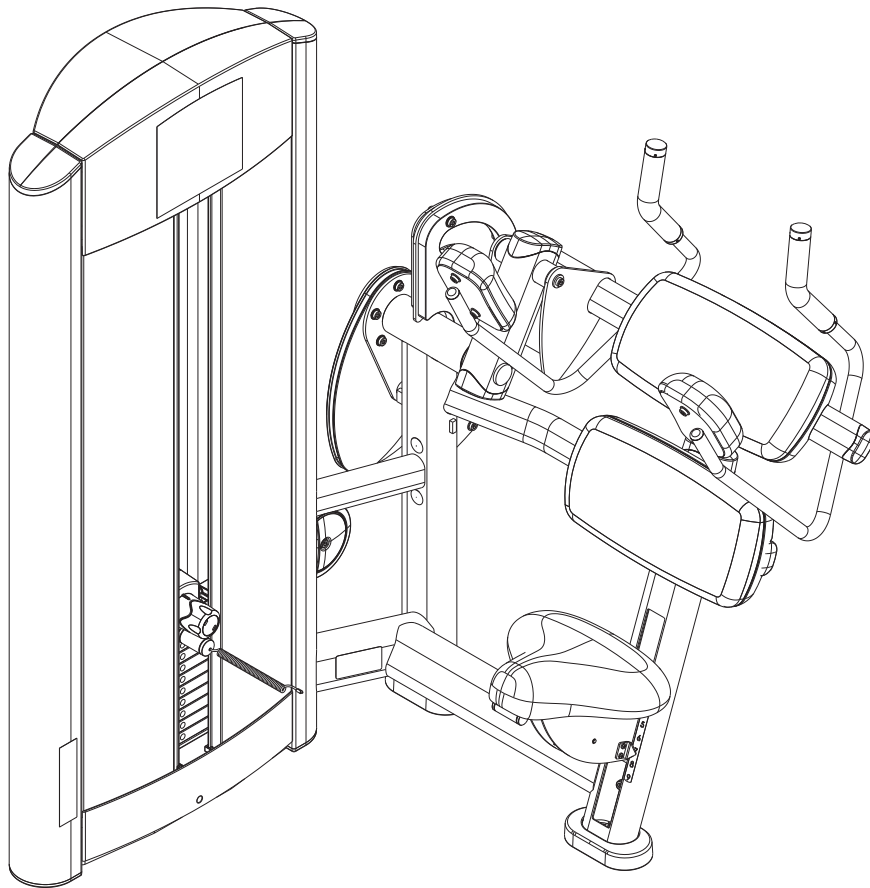


Signature Series Single Station Abdominal

FZAB
SERIAL NUMBER FZAB000700 & Up

Parts List

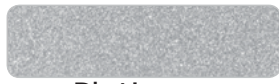


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FZAB ABDOMINAL FRAME AND UPHOLSTERY COLORS

Strength Frame Colors



Platinum



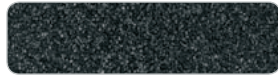
White



Black



Ice Blue Metallic



Midnight Metallic



Nickel



Blue



Red



Yellow



Candy Apple Red

Note: Include frame color in order notes when ordering frame assemblies or weldments.

Strength Upholstery Colors



American Beauty Red 07



Azure 20



Black 01



Cranberry 04



Graphite 22



Hunter Green 13



Regimental Blue 14



Royal Blue 02



Slate 03



Wheat 21



Burgundy 29



Candy Apple Red 28



Chestnut 34



Concord 16



Crocus 19



Dove Gray 37



Emerald 27



Grotto 25



Gun Metal 39



Imperial Blue 33



Jade 26



Navy 32



Northwoods Green 05



Paprika 35



Plum 30



Putty 38



Space Blue 06



Suede 08



Terra Cotta 36



Turquoise 17

Note: Replace XX with above color suffix when ordering pads (ie. 74123XX = 7412301 Black)
Use 99 suffix for custom upholstery.

FZAB ABDOMINAL SHROUD OPTIONS

STANDARD SHROUD NO WRAP



TRANSLUCENT



OPTIONAL StackWraps™ SHROUD + WRAP

BAMBOO



BRONZE



ROSEWOOD



SKY



STAINLESS STEEL



STEM



CO-BRANDED StackWraps™

SHROUD + WRAP

(refer to co-branded parts list)



PLANET FITNESS

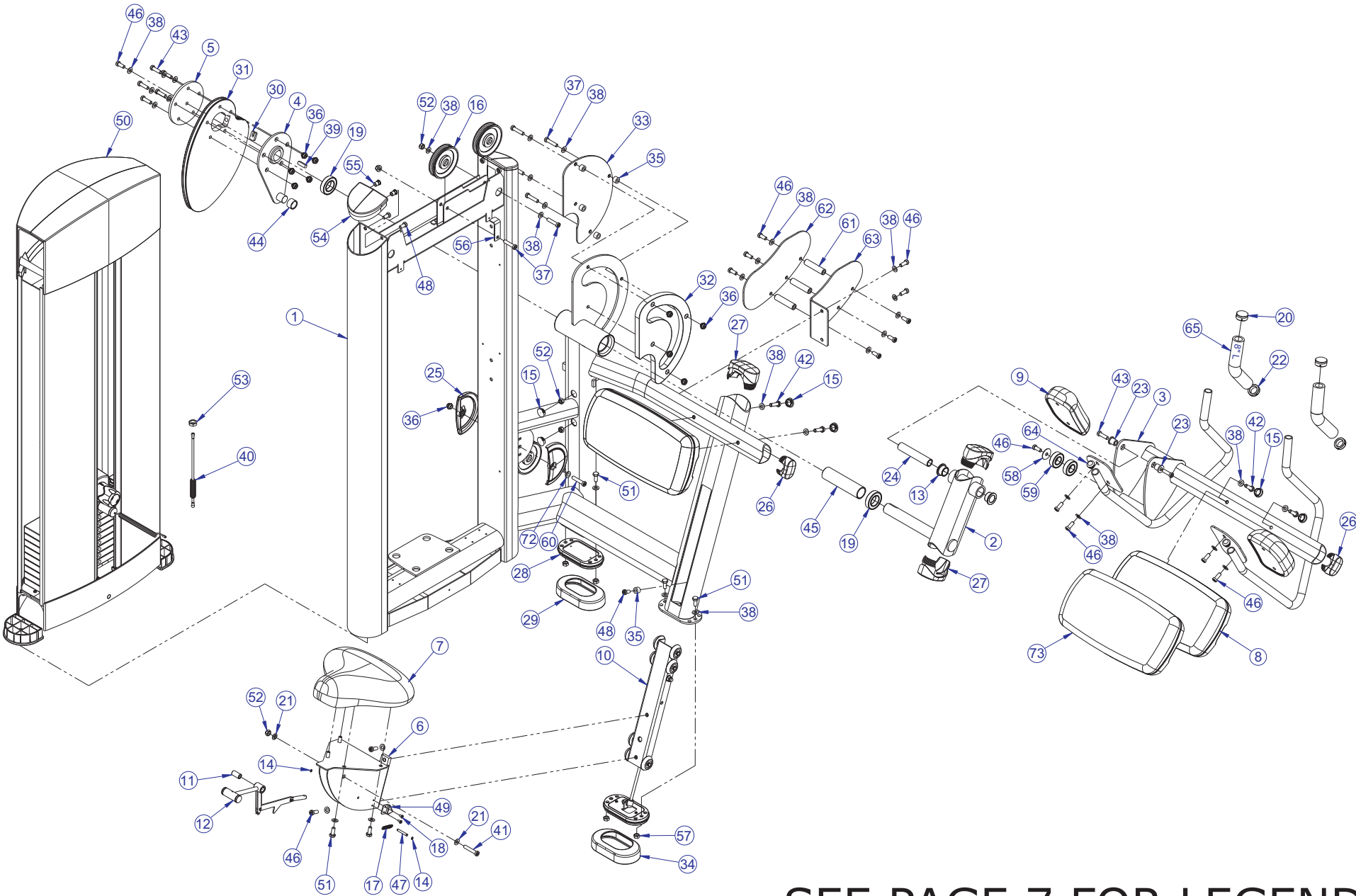


BLINK FITNESS



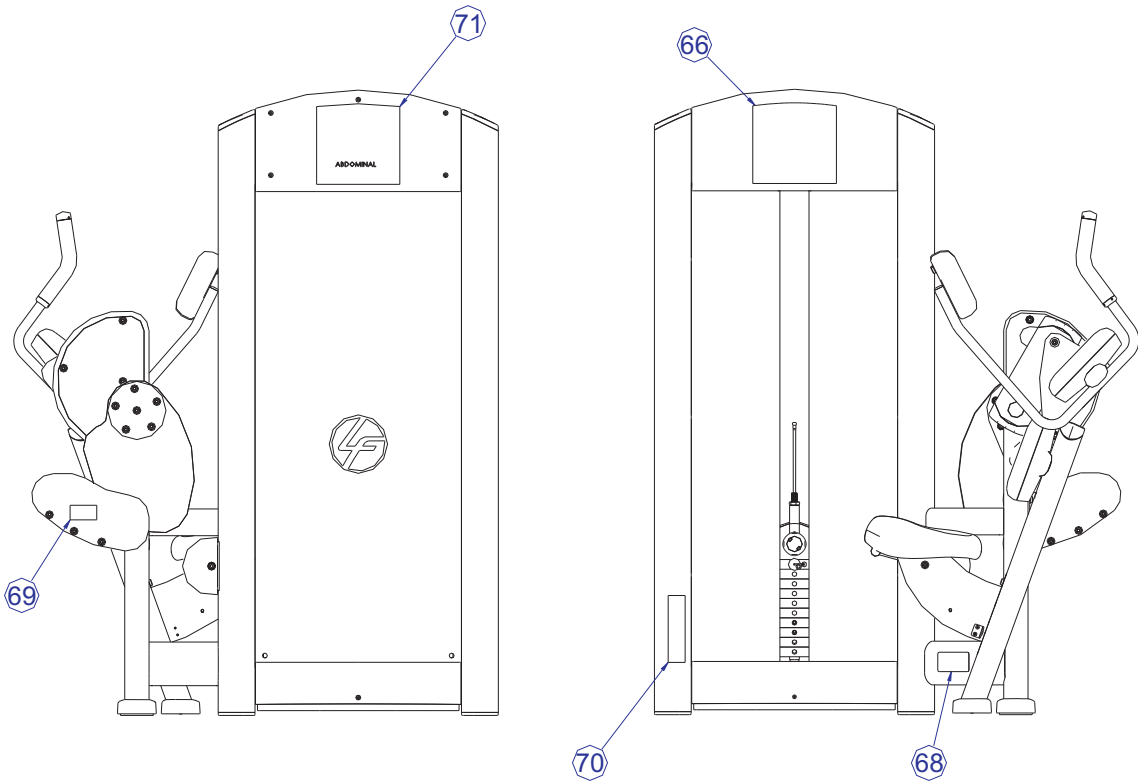
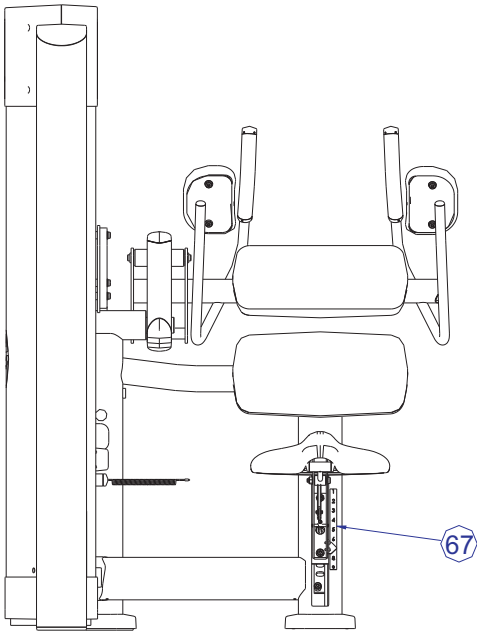
RETRO FITNESS

FZAB ABDOMINAL COMPONENT ASSEMBLY



SEE PAGE 7 FOR LEGEND

FZAB ABDOMINAL COMPONENT ASSEMBLY II



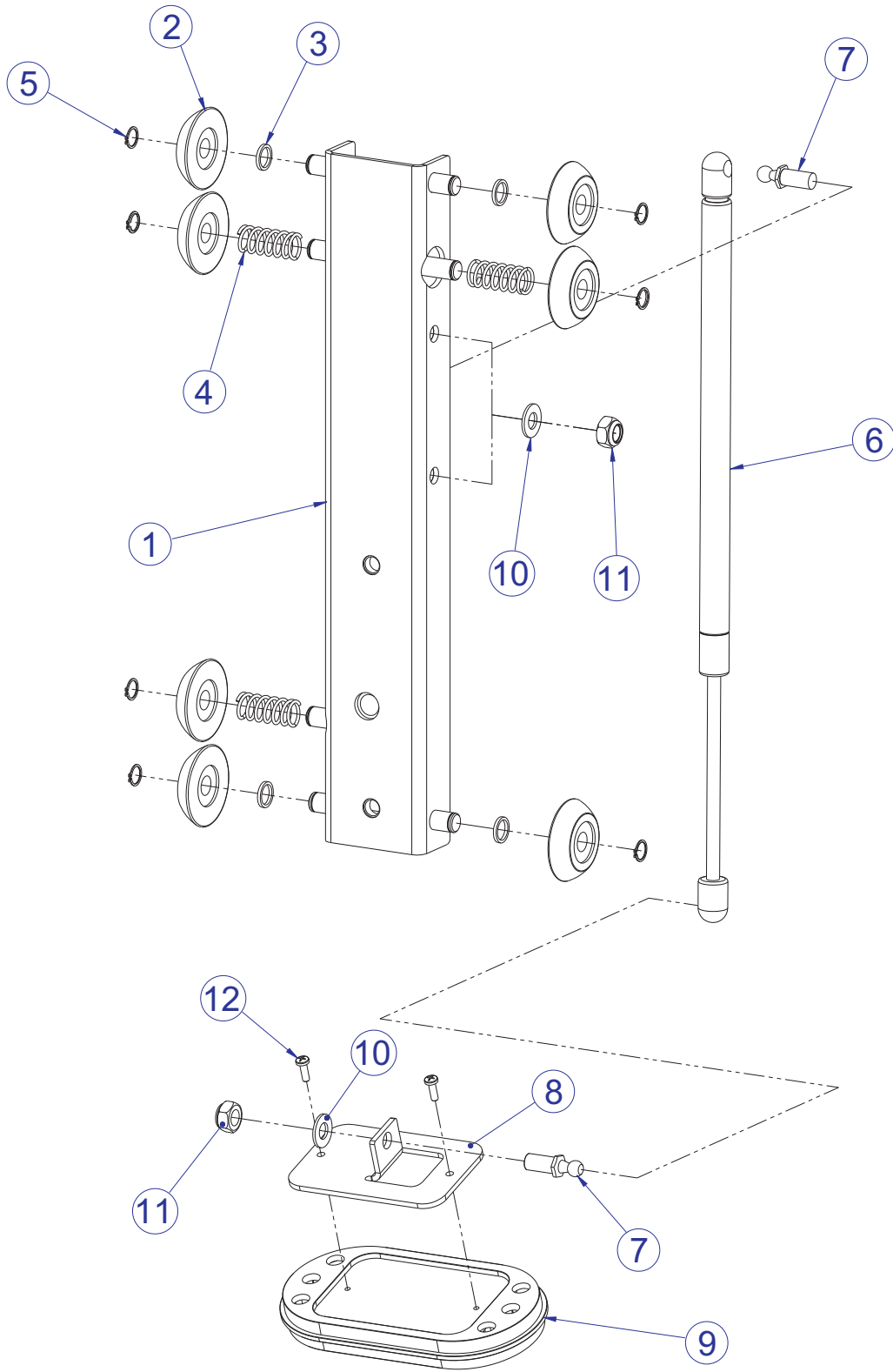
SEE PAGE 7 FOR LEGEND

FZAB ABDOMINAL COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1		WLDMT, FZAB FRAME
2	1	7492601	WLDMT, FZAB PIVOT ARM
3	1	7764001	WLDMT, FZAB WORK ARM
4	1	7493601	WLDMT, FZAB CAM SPPRT
5	1	7329101	PLATE, FZ, CAM COVER
6	1	7330501	WLDMT, FZ SEAT SUPPORT
7	1	72971XX	PAD, SEAT SADDLE
8	2	74689XX	PAD 18 X 9 CONVEX
9	2	73933XX	PAD, ARM REST
10	1	7911101	ASSY, SEAT CARRIAGE
11	1	7776501	SHAFT, .625 X .406 X 1.200
12	1	7778001	ASSY, FZ ADJUSTER HANDLE-GRAY
		7778003	ASSY, FZ ADJUSTER HANDLE-YELLOW
13	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
14	2	3232401	RING, RETAINING, EXTERNAL
15	6	3237403	PLUG, 1" HOLE
16	3	3237801	PULLEY, 4.5" OD
17	1	3239201	SPRING, EXT, .375 X .049 X 2.00
18	2	3239101	SCREW, M5X10 PHL PAN TT ST
19	2	3243201	BEARING, 6007 BALL
20	2	7662902	CAP, GRIP 1.50 OD
21	2	7776401	SPACER, FLANGE .406 X .495 X .81
22	2	7662802	RING, GRIP 1.50 OD
23	2	7764401	SPACER, FLANGE
24	1	7764301	SHAFT, TAPPED 1 DIA X 5.330
25	2	8094101	COVER, PULLEY-BOLTED PARTIAL
26	2	7333801	CAP, SMALL FLOV- END
27	3	7333901	CAP, LARGE FLOV- END
28	1	7334001	FOOT, 2.50 X 4.49 FLOV
29	1	7340201	COVER, FOOT - STRAIGHT
30	1	7342201	PLATE, CABLE END
31	1	7489301	CAM, FZAB
32	1	7763401	CAM, FOLLOWER FZAB
33	1	7560601	SHROUD, FZAB CAM
34	1	7419601	COVER, FOOT-20 DEG.
35	5	7385203	SPACER, .406 X .750 X .500
36	10	7335401	NUT, M10 X 1.5 SOCKET HEAD

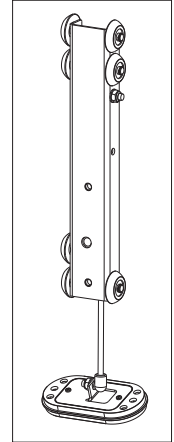
ITEM NO.	QTY.	PART NO.	DESCRIPTION
37	6	3236206	SCREW, M10 X1.5 45MM
38	39	3236601	WASHER, 3/8 SAE SS
39	1	7511601	KEY, .375 SQUARE X 1.25
40	1	7423724	CABLE, FZAB 125-1/4
41	1	3236208	SCREW, M10 X1.5 55MM
42	4	3251204	SCREW, M10 X1.5 X 35MM HEX ZN
43	7	3236204	SCREW, M10 X1.5 35MM
44	1	7690101	BUMPER, SLEEVE - 1 INCH DIA
45	1	7511505	SPACER, FZ/PS INTERNAL 6.345
46	16	3236202	SCREW, M10 X1.5 25MM
47	1	7407502	PIN, LINK
48	5	3236201	SCREW, M10 X1.5 20MM
49	1	7425295	BRKT, SEAT INDICATOR
50	1	7420301	ASSY, MID TOWER-9
51	8	3251202	SCREW, M10 X1.5 X 25MM HEX ZN
52	5	3236801	NUT, M10 HEX NYLOCK SS
53	1	3236902	NUT, M16 X 2 HEX JAM SS
54	2	7326201	CAP, D-TUBE - TOP
55	4	3238601	M10X1.5 THREADED INSERT (HEX)
56	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1
57	4	3254703	NUT, M10 X 1.5 HEX ZINC
58	1	3236701	WASHER, FENDER 3/8" ID X 1.5" SS
59	2	3235601	BEARING, 6205 BALL
60	1	3236207	SCREW, M10 X1.5 50MM
61	3	7582501	SPACER, TAPPED 0.75 DIA X 3.25
62	1	7582701	PLATE, FZAB CAM GUARD
63	1	7582601	BRKT, FZAB CAM GUARD
64	2	3119304	CAP, END 1.00 DIA RD 10-12 GA
65	2	3235802	GRIP, SHADOW GRAY, 8.00"
66	1	7972701	PLACARD, FZAB
67	1	7524501	LABEL, 1-9 STRAIGHT
68	1	7571301	LABEL, SERIAL NUMBER
69	1	7422003	LABEL, MOVING PARTS
70	1	7422004	LABEL, 2" ASTM WARN
71	1	7508601	LABEL, FZAB LOGO
72	1	7630101	RETAINER, CM/MJ, PULLEY
73	2	74691XX	COVER, 18 X 9 CONVEX PAD

FZAB ABDOMINAL FZ SEAT CARRIAGE ASSEMBLY - 7911101



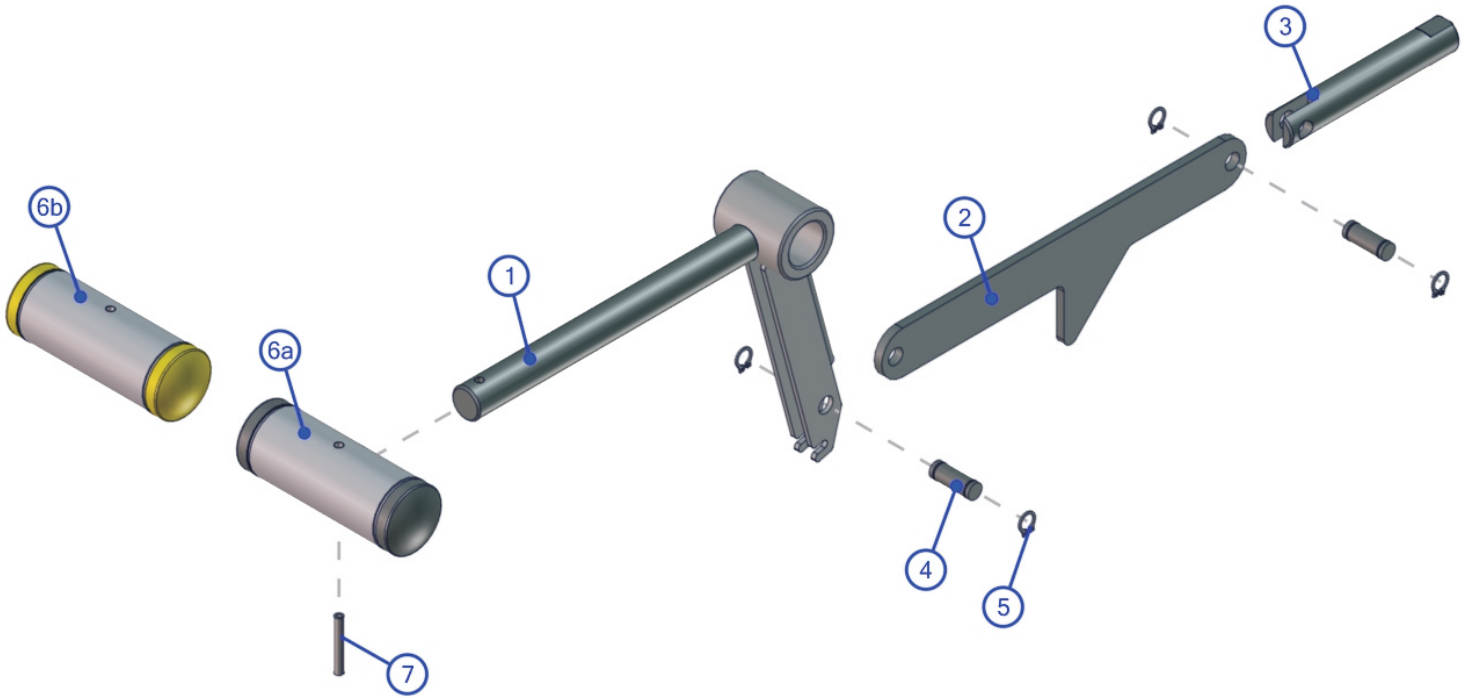
SEE PAGE 9 FOR LEGEND

FZAB ABDOMINAL FZ SEAT CARRIAGE ASSEMBLY LEGEND



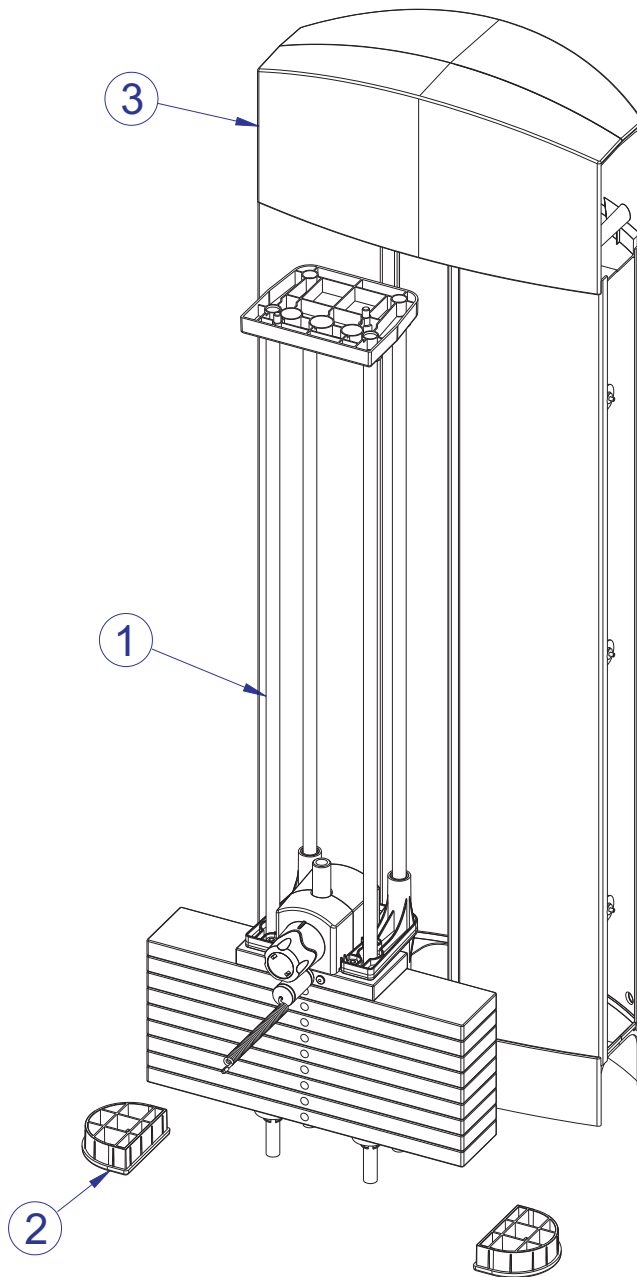
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7911295	WLDMT, SEAT CARRIAGE SHDW GRAY
2	7	7889701	ROLLER, SEAT CARRIAGE
3	4	7911901	SPACER, .625 DIA X 16 GA.
4	3	7912001	SPRING, SEAT CARRIAGE
5	7	3232408	RING, BRE .443, 5100-46, ST,PP,B
6	1	3235703	SPRING, GAS 80N
7	2	7414301	STUD, M10 BALL END M10 X 1.5
8	1	7339401	BRACKET, GAS SPRING
9	1	7334001	FOOT, 2.50 X 4.49 FLOV
10	2	3236601	WASHER, 3/8 SAE SS
11	2	3236801	NUT, M10 HEX NYLOCK SS
12	2	3241201	M4 PHL PAN F ST ZN

FZAB ABDOMINAL FZ ADJUSTER HANDLE ASSEMBLY - 77780XX



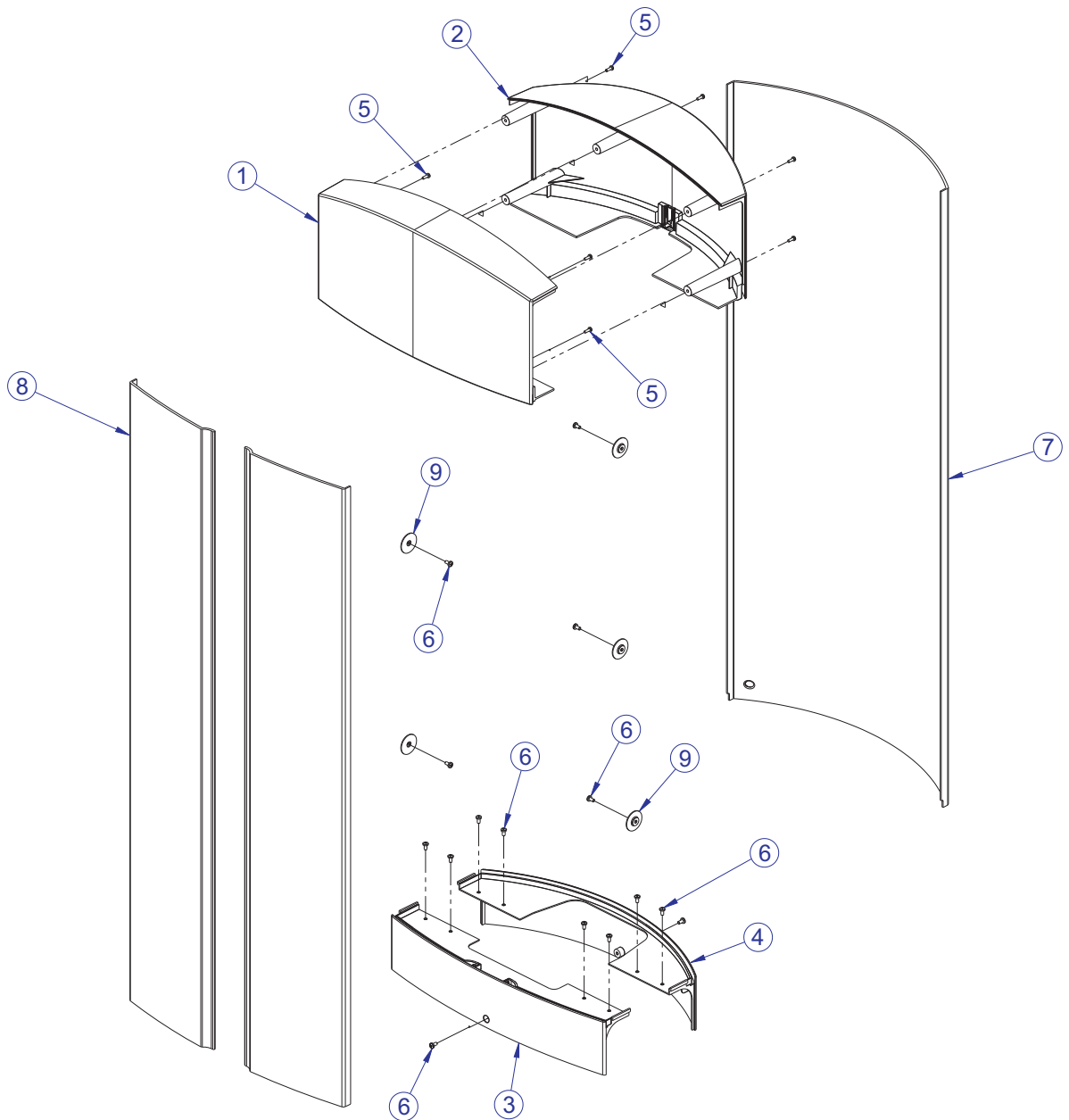
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7777595	WLDMT, FZ SEAT ADJ HANDLE SHADOW GRAY
2	1	7331801	LINK, ADJUSTER
3	1	7331601	PIN, INDEX
4	2	7407501	PIN, LINK
5	4	3232401	RING, RETAINING, EXTERNAL
6	a	7287901	HANDLE, ADJUSTER - SILVER
	b	7287903	HANDLE, ADJUSTER - YELLOW
7	1	3110010	ROLL PIN, 1/8 X 7/8

FZAB ABDOMINAL MID-9 TOWER ASSEMBLY - 7420301



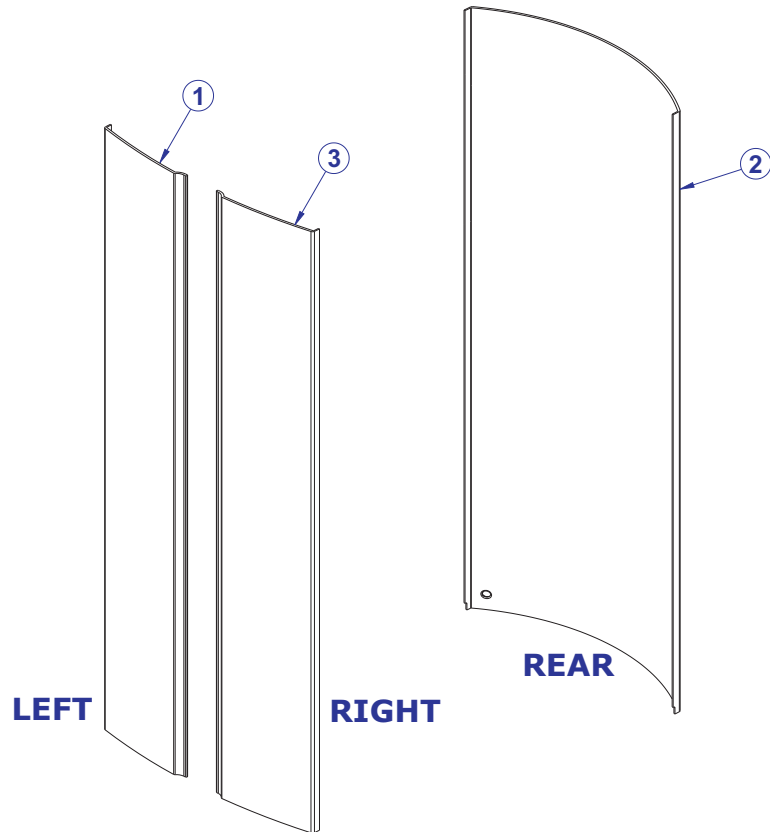
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7420001	ASSY, WEIGHT STACK MID-9
2	2	7326301	CAP, D-TUBE-BTM
3	1	7419801	ASSY, TOWER PLASTICS-MID


FZAB ABDOMINAL STANDARD PLASTIC TOWER ASSEMBLY - 7419801





ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7318601	COVER, TOWER- TOP FRONT
2	1	7318701	COVER, TOWER- TOP REAR
3	1	7318801	COVER, TOWER- BOTTOM FRONT
4	1	7318901	COVER, TOWER- BOTTOM REAR
5	9	3236501	M4 X 0.7 PHL PAN MS ST ZN
6	16	3239101	SCREW, M5X10 PHL PAN TT ST
7	1	7765701	SHROUD, TOWER- REAR SHORT
8	2	7765601	SHROUD, TOWER- FRT SHORT RH
9	6	7583501	RETAINER, FZ SHROUD


FZAB ABDOMINAL OPTIONAL WRAPPED SHROUDS





BAMBOO		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954201	SHROUD, FZ, FNT, SRT, LT -BAMBOO
		2	1	8949101	SHROUD, FZ, REAR, SRT -BAMBOO
		3	1	8949001	SHROUD, FZ, FNT, SRT, RT -BAMBOO

SKY		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954301	SHROUD, FZ, FNT, SRT, LT -SKY
		2	1	8949301	SHROUD, FZ, REAR, SRT -SKY
		3	1	8949201	SHROUD, FZ, FNT, SRT, RT -SKY

BRONZE		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954401	SHROUD, FZ, FNT, LT - BRONZE
		2	1	8949501	SHROUD, FZ, REAR -BRONZE
		3	1	8949401	SHROUD, FZ, FNT, SRT, RT -BRONZE

STEM		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954501	SHROUD, FZ, FNT, SRT, LT -STEM
		2	1	8949701	SHROUD, FZ, REAR, SRT -STEM
		3	1	8949601	SHROUD, FZ, FNT, SRT, RT -STEM

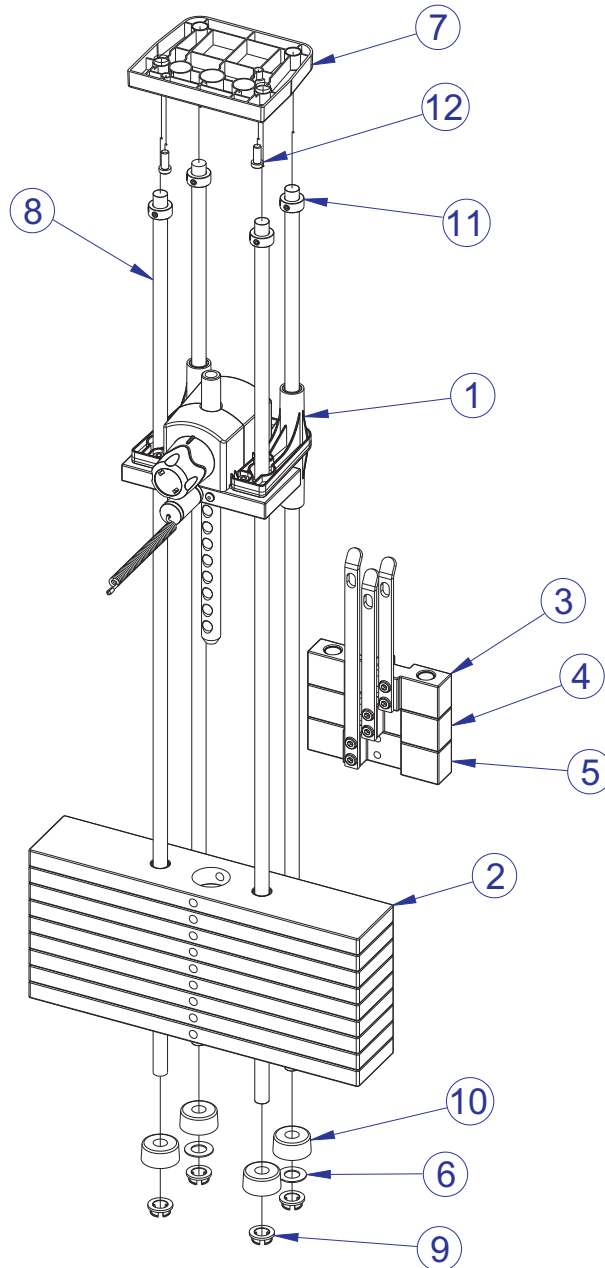
ROSEWOOD		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954601	SHROUD, FZ, FNT, SRT, LT -ROSEWOOD
		2	1	8949901	SHROUD, FZ, REAR, SRT -ROSEWOOD
		3	1	8949801	SHROUD, FZ, FNT, SRT, RT -ROSEWOOD

STAINLESS STEEL		ITEM NO.	QTY.	PART NO.	DESCRIPTION
		1	1	8954701	SHROUD, FZ, FNT, SRT, LT -STAINLESS STEEL
		2	1	8950101	SHROUD, FZ, REAR, SRT -STAINLESS STEEL
		3	1	8950001	SHROUD, FZ, FNT, SRT, RT-STAINLESS STEEL

FZAB ABDOMINAL MID-9 WEIGHT STACK ASSEMBLY - 7420001

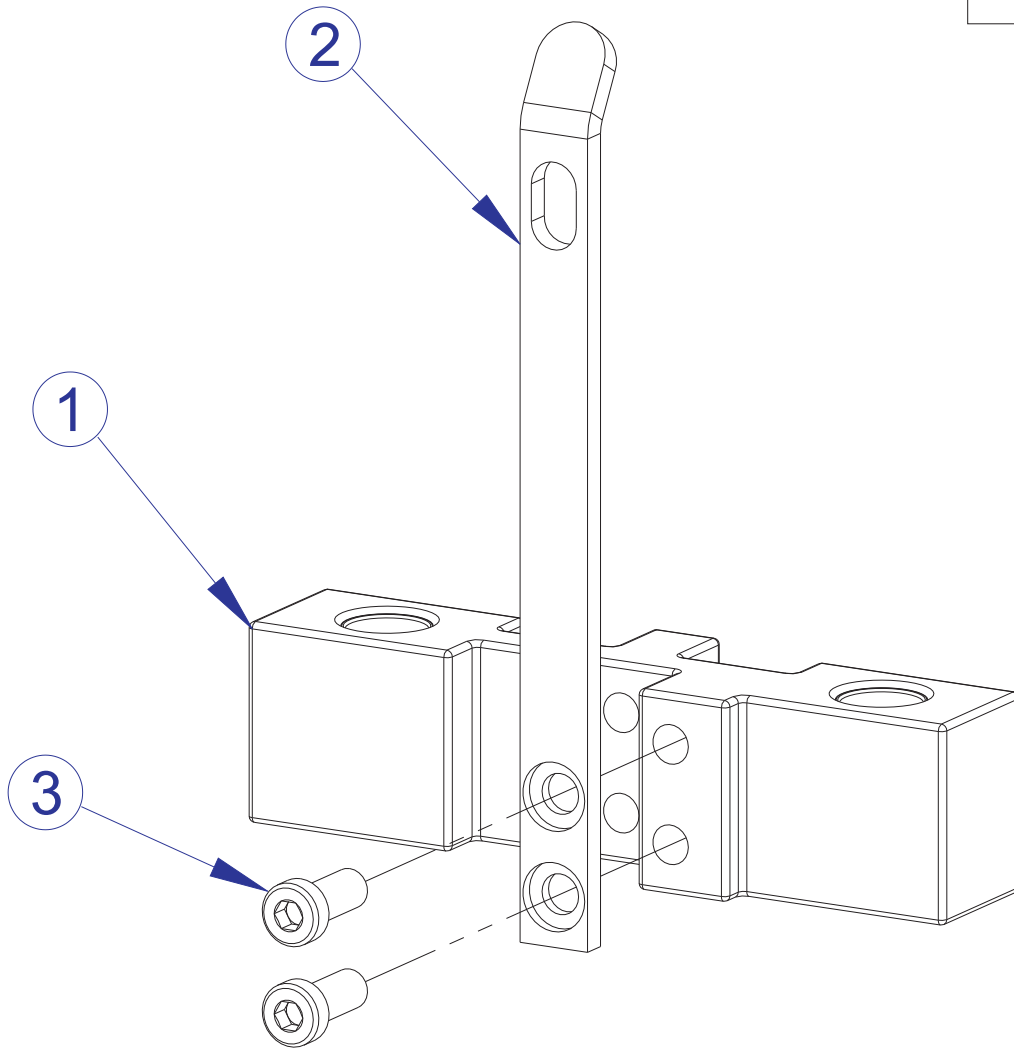
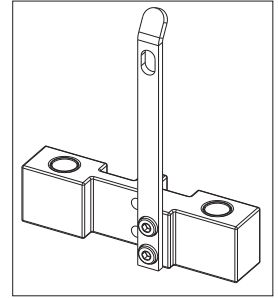
WEIGHT STACK LABELS

7927201	LABEL, 390 LB STACK
7927301	LABEL, 195 KG STACK



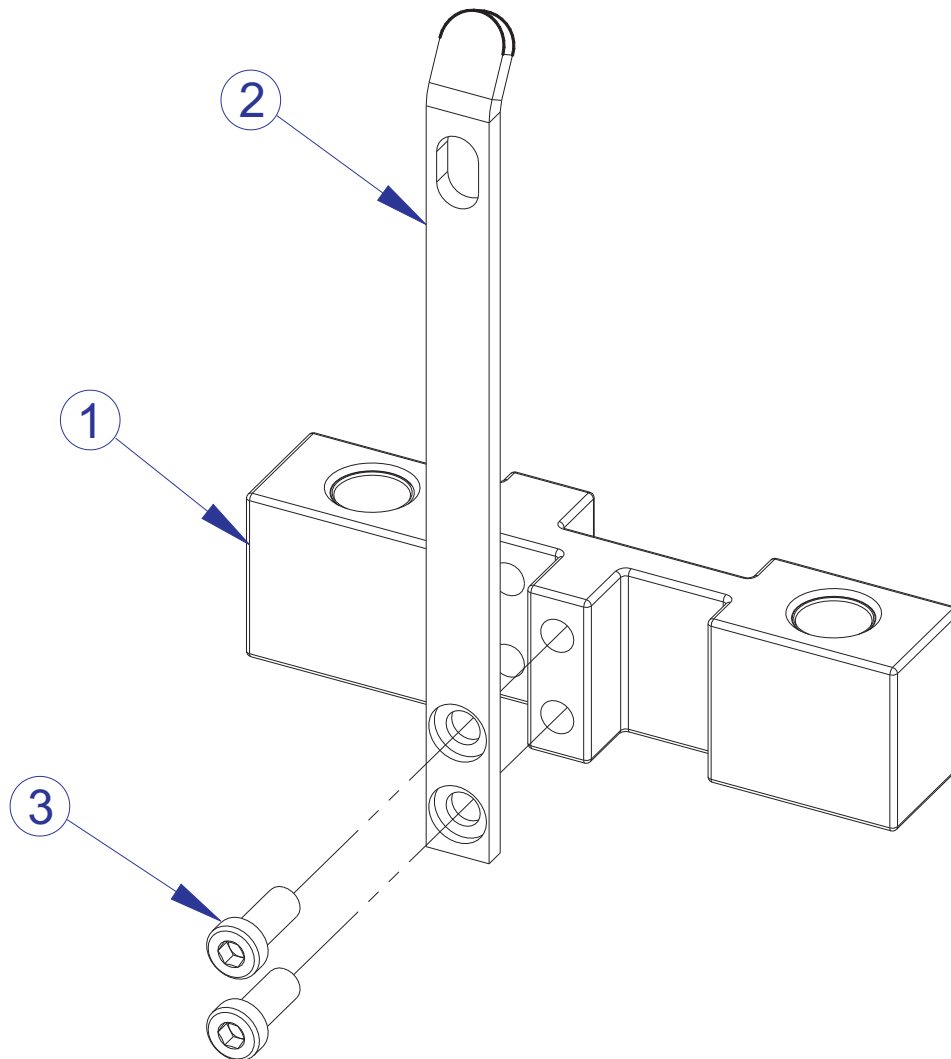
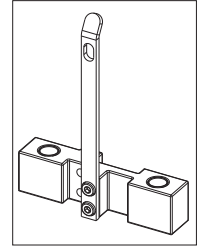
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350601	ASSY, HEAD PLATE (9)
2	9	7328401	WEIGHT PLATE, 20 LB
3	1	7327601	ASSY, INCREMENT WT-5LB
4	1	7327701	ASSY, INCREMENT WT-10LB
5	1	7327801	ASSY, INCREMENT WT-15LB
6	2	7351001	SPACER, INC WT STACK
7	1	7621101	RETAINER, GUIDE ROD-TOP
8	4	7328602	GUIDE ROD, .75 OD SOLID X 53.50
9	4	7337901	BUSHING, GUIDE ROD
10	4	7352101	CUSHION, WEIGHT STACK
11	4	3103301	SHAFT COLLAR, 3/4" ID ZINC
12	2	3236202	M10 X 1.5 X 25 HXS SOC CS SS

FZAB ABDOMINAL 5 LB. INCREMENT WEIGHT ASSEMBLY - 7327601



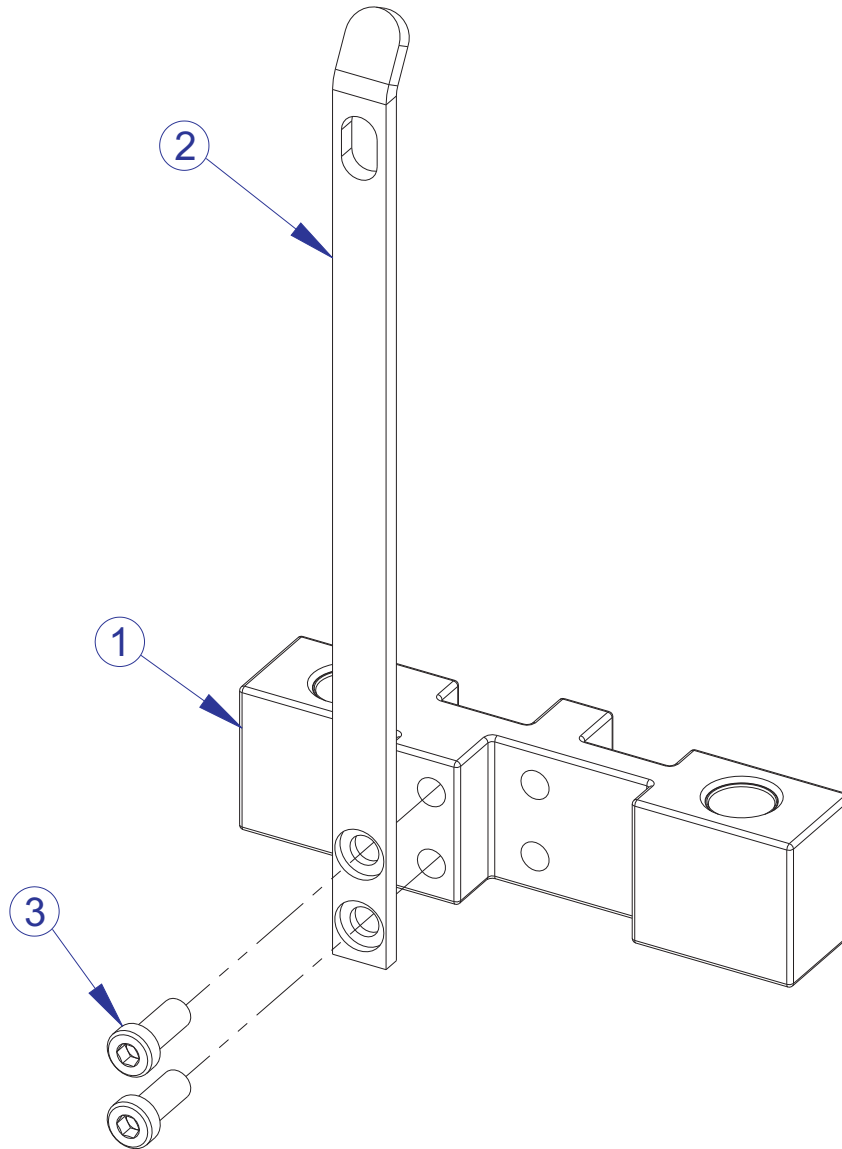
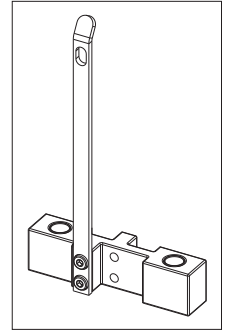
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZAB ABDOMINAL 10 LB. INCREMENT WEIGHT ASSEMBLY - 7327701



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZAB ABDOMINAL 15 LB. INCREMENT WEIGHT ASSEMBLY - 7327801

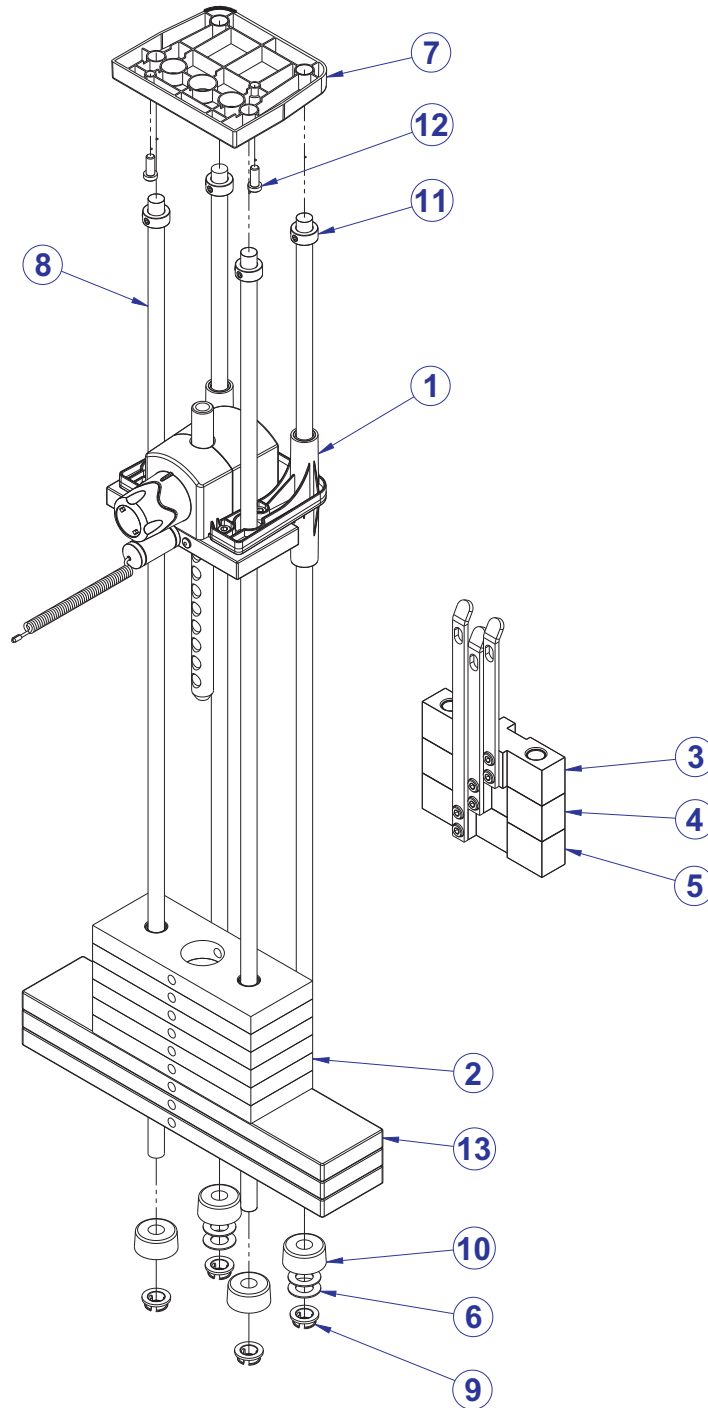


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7968501	ASSY, FZ INC WEIGHT 5LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM

FZAB ABDOMINAL

OPTIONAL MID LIGHT-9 WEIGHT STACK ASSY. - 8866101

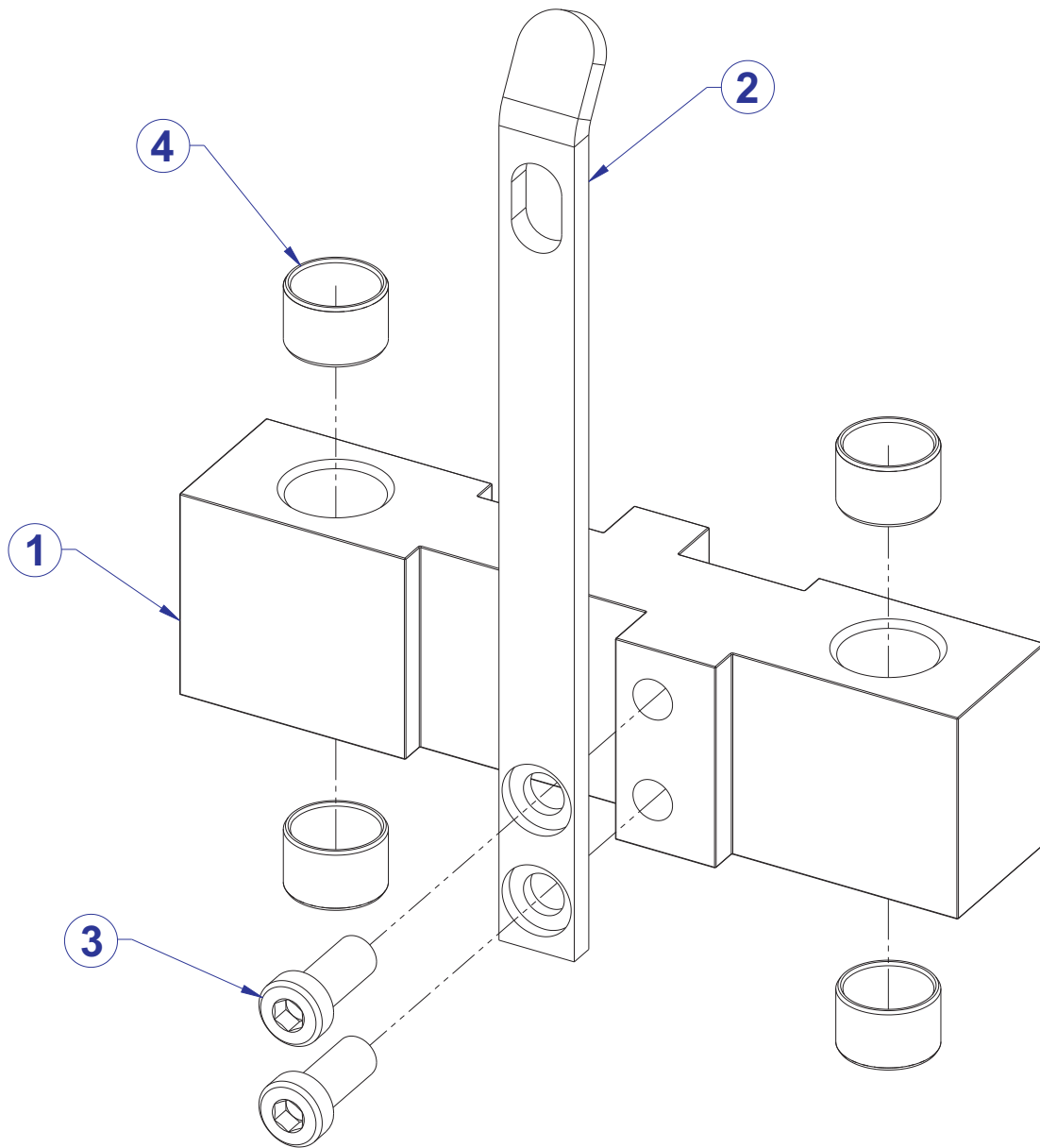
WEIGHT STACK LABELS	
8867101	LABEL, 190 LB STACK



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350601	ASSY, HEAD PLATE (9)
2	6	7353701	ASSY, 10 LB PLATE
3	1	8861301	ASSY, FZ INC WEIGHT - 2.5 LB
4	1	8861401	ASSY, FZ INC WEIGHT - 5 LB
5	1	8861501	ASSY, FZ INC WEIGHT - 7.5 LB
6	4	7351001	SPACER, INC WT STACK
7	1	7621101	RETAINER, GUIDE ROD - TOP
8	4	7328602	GUIDE ROD, .75 OD SOLID 53.50
9	4	7337901	BUSHING, GUIDE ROD
10	4	7352101	CUSHION, WEIGHT STACK
11	4	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
12	2	3236202	SCREW, M10 X1.5 25MM
13	3	7328401	WEIGHT PLATE, 20 LB

FZAB ABDOMINAL

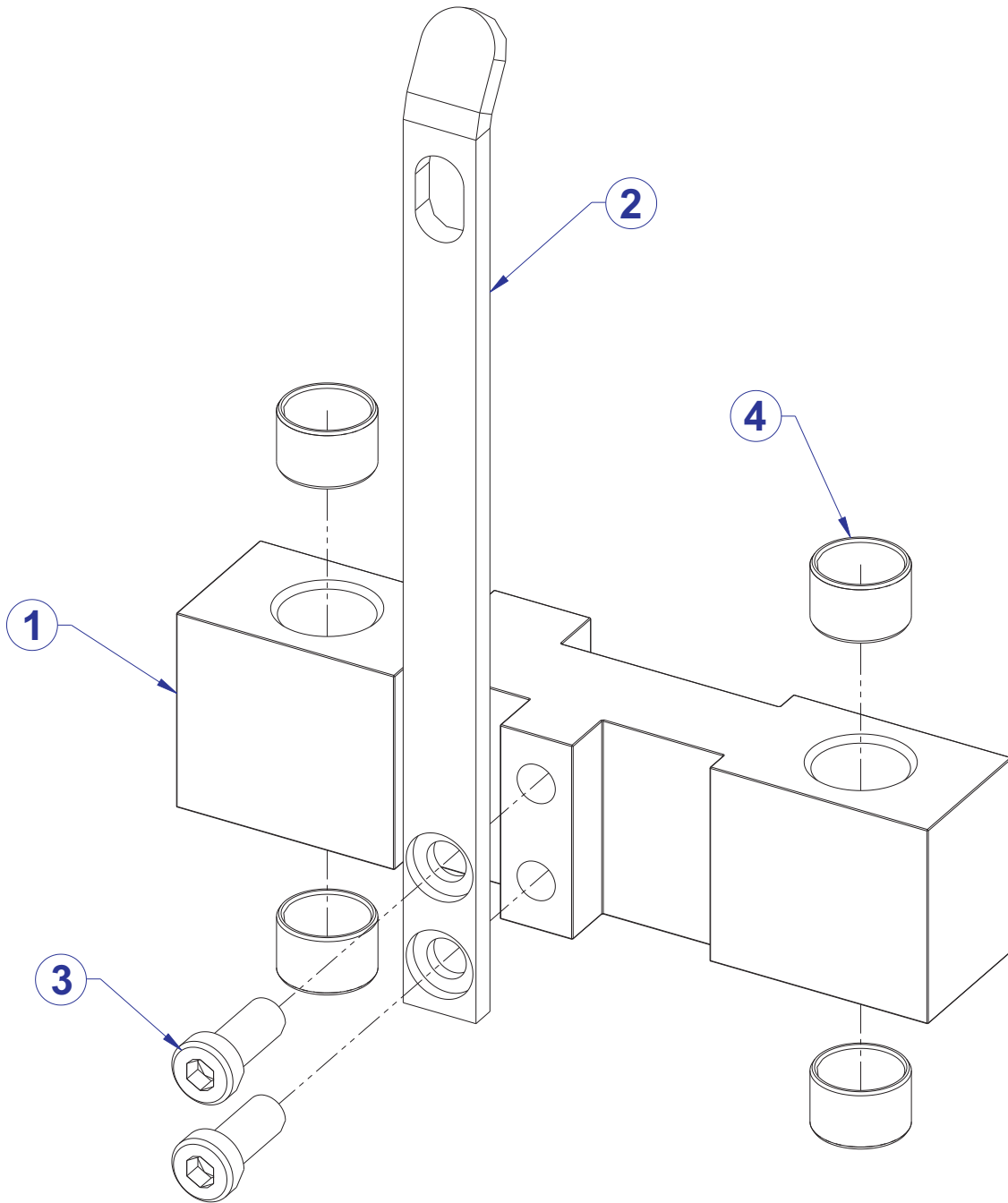
OPTIONAL 2.5 LB. INCREMENT WEIGHT ASSY. - 8861301



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

FZAB ABDOMINAL

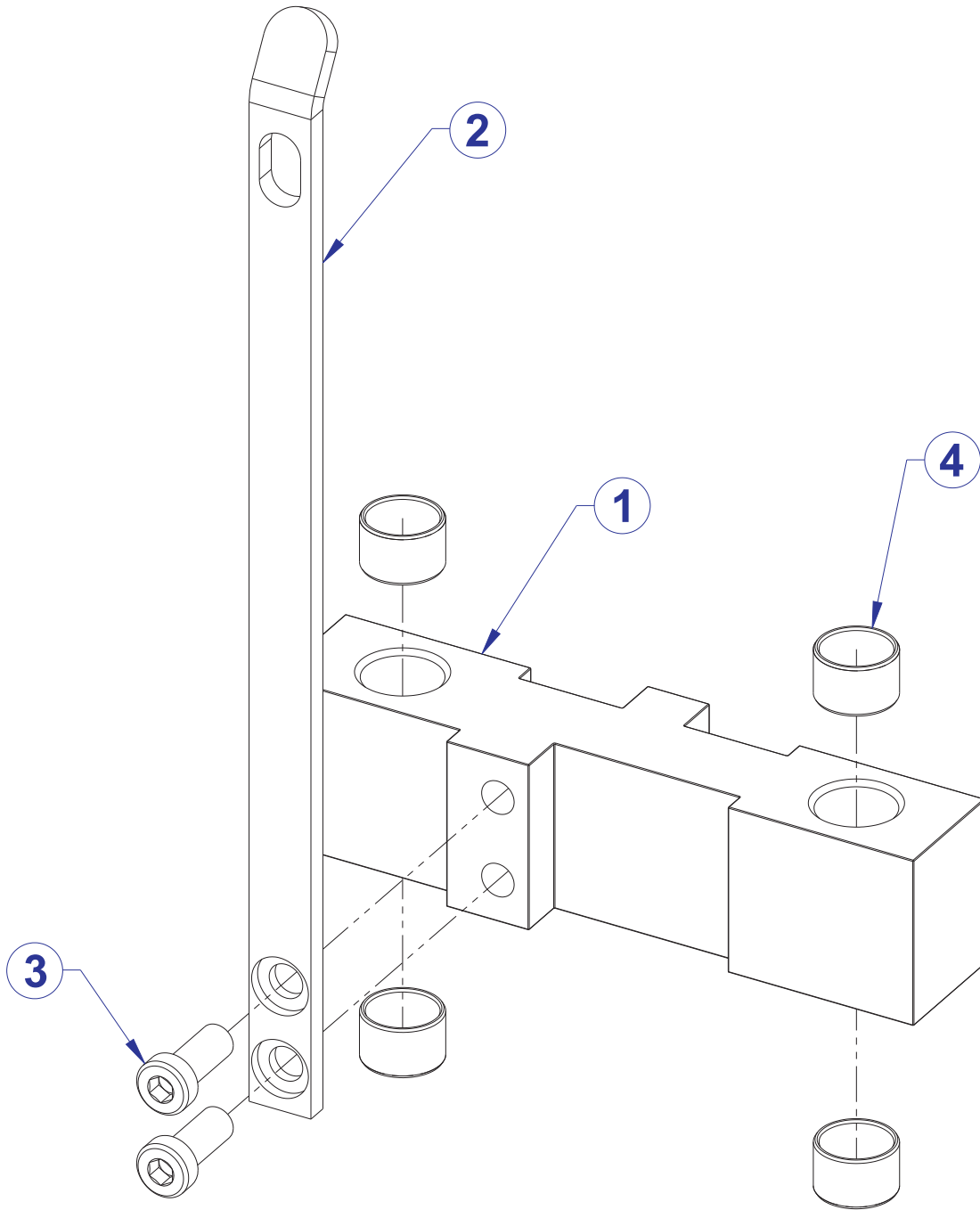
OPTIONAL 5 LB. INCREMENT WEIGHT ASSY. - 8861401



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

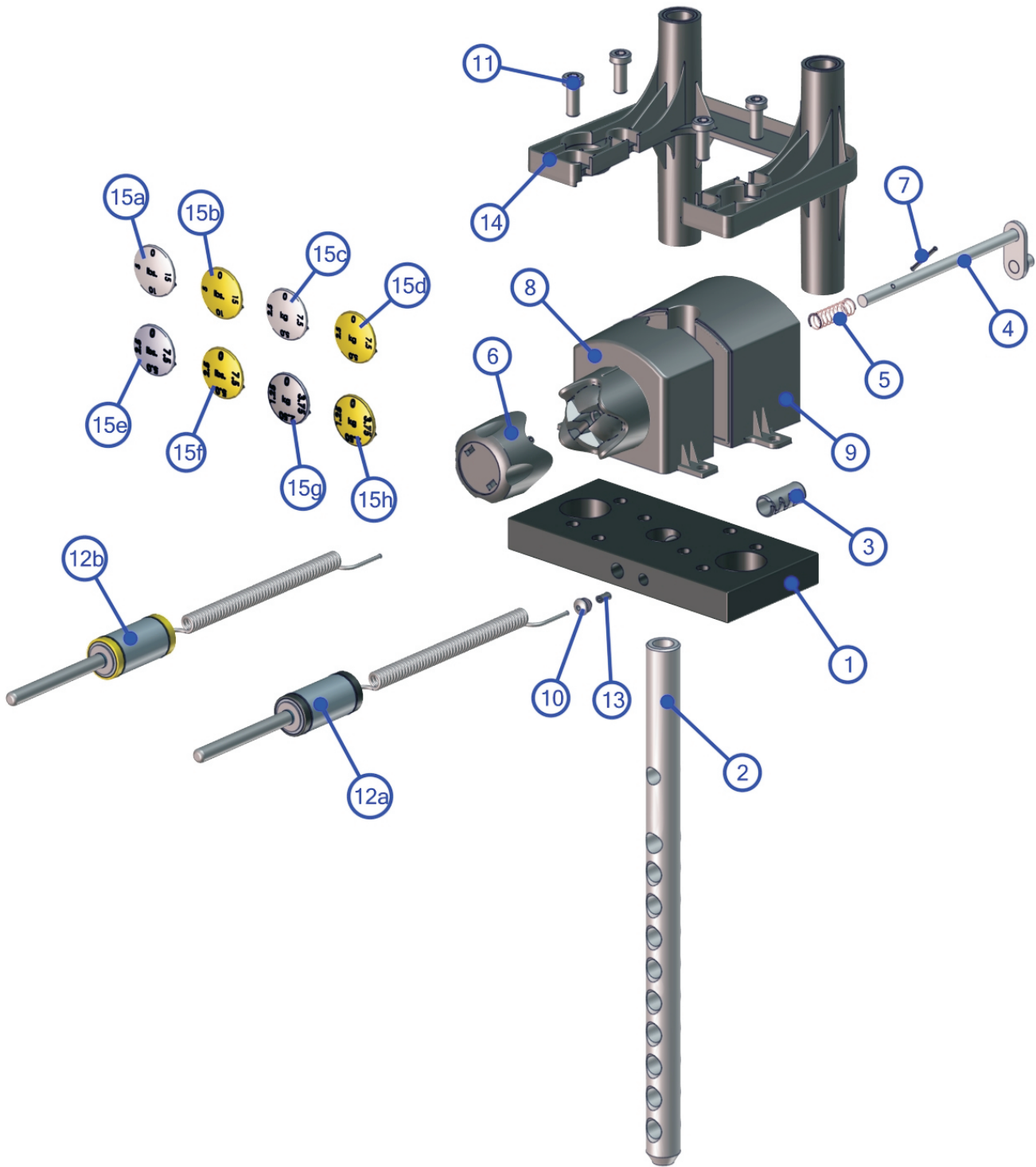
FZAB ABDOMINAL

OPTIONAL 7.5 LB. INCREMENT WEIGHT ASSY. - 8861501



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8861295	INCREMENT WEIGHT, FZ OPTIONAL - SG
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	2	3236202	SCREW, M10 X1.5 25MM
4	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM

FZAB ABDOMINAL HEAD PLATE ASSEMBLY - 7350601



SEE PAGE 23 FOR LEGEND

FZAB ABDOMINAL HEAD PLATE ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION	WHERE USED	
1	1	7326701	HEAD PLATE	-	
2	1	7347801	STEM, 9 PLATE	-	
3	1	3236001	BUSHING, SPRING PIN	-	
4	1	7327201	WLDMT, INCREMENT WT PIN	-	
5	1	8024501	SPRING, 1/2 OD X 1-1/2	-	
6	1	7326101	KNOB, INC WT SELECTOR	-	
7*	1	3110008	ROLL PIN, 1/8 X 1-1/4	-	
8*	1	7326401	HOUSING, SELECTOR - FRONT	-	
9*	1	7326501	HOUSING, SELECTOR - REAR	-	
10	1	7356501	PLUG, LANYARD ATTACHMENT	-	
11	4	3236202	SCREW, M10 X1.5 25MM	-	
12**	a	1	7338101	ASSY, WT STACK SELECTOR PIN-SILVER	-
	b		7338103	ASSY, WT STACK SELECTOR PIN-YELLOW	-
13	1	7523601	CRIMP, CABLE	-	
14	1	8867301	ASSY, FZ, STABILIZER WITH BUSHINGS	-	
15**	a	1	7398601	CAP, SELECTOR KNOB - 5 LBS, SILVER	REG. STACK / LBS.
	b		7398603	CAP, FZ SELECTOR KNOB - 5 LBS, YELLOW	REG. STACK / LBS.
	c		7398701	CAP, FZ SELECTOR KNOB - 2.5 KG, SILVER	REG. STACK / KG.
	d		7398703	CAP, FZ SELECTOR KNOB - 2.5 KG, YELLOW	REG. STACK / KG.
	e		8865801	CAP, FZ SELECTOR KNOB - 2.5 LBS, SILVER	LIGHT STACK / LBS.
	f		8865803	CAP, FZ SELECTOR KNOB - 2.5 LBS, YELLOW	LIGHT STACK / LBS.
	g		8946501	CAP, FZ SELECTOR KNOB - 1.25 KG, SILVER	LIGHT STACK / KG.
	h		8946503	CAP, FZ SELECTOR KNOB - 1.25 KG, YELLOW	LIGHT STACK / KG.

* Kit exists for component set. See bulletin FZ02012701N

** Language specific/Weight stack item. Order separately-not part of assembly.

FZAB ABDOMINAL IMAGE

