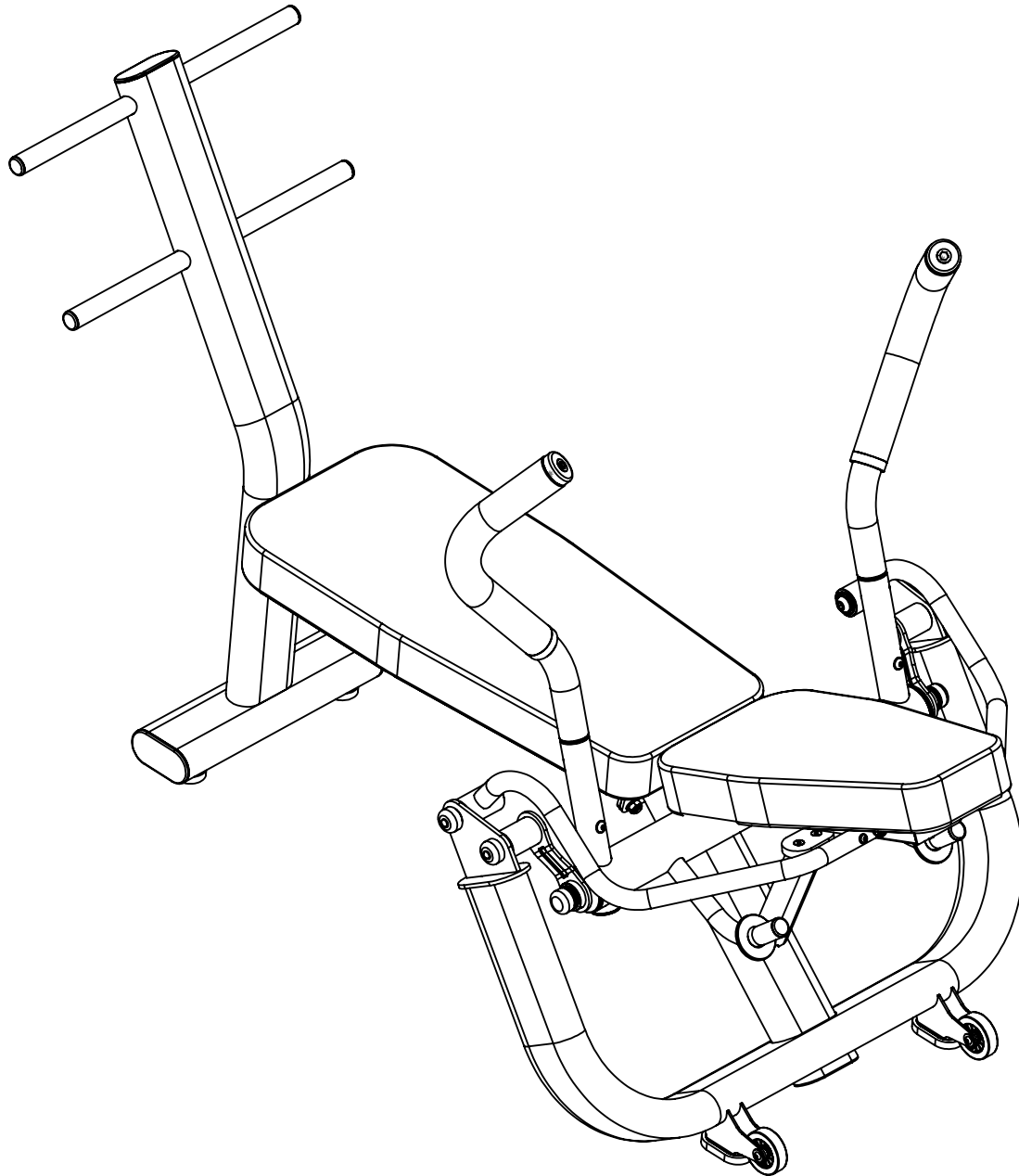




# ASSEMBLY & OPERATION MANUAL



RECORD SERIAL NUMBER HERE

# TABLE OF CONTENTS

<b>Section Description.....</b>	<b>Page</b>
Important Safety Instructions.....	1
Parts List.....	2
Exploded Diagram.....	3
Assembly Instructions.....	4
Decal Reference.....	10
Decal Placement.....	11
General Maintenance Information.....	12
Limited Warranty.....	13

## **IMPORTANT SAFETY INSTRUCTIONS**

Please read this entire manual and familiarize yourself with all decals and warnings before using this ab crunch bench.

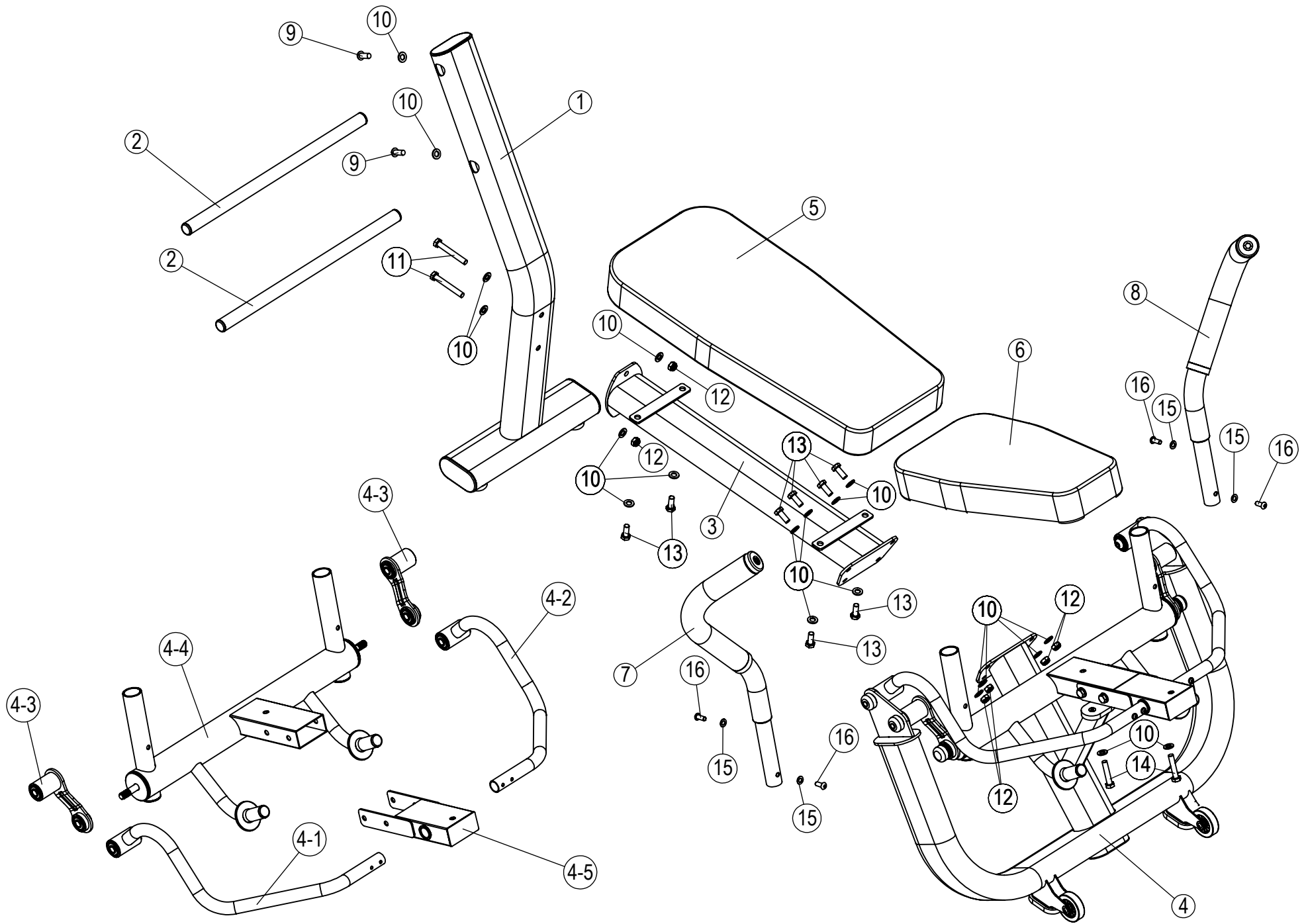
- **WARNING!** It is necessary to inspect this ab crunch bench regularly to maintain safety and proper function. Please use the maintenance schedule included towards the back of this manual. Immediately replace any and all defective or worn parts. See General Maintenance section for complete details.
- Use this ab crunch bench for its intended purpose as described in this Operation Manual.
- Make sure bystanders are at least 5 feet away from the ab crunch bench while it is in use.
- Keep children away from the ab crunch bench at all times.
- Keep the ab crunch bench away from walls and clear of any obstructions and furniture.
- Stop immediately if you experience shortness of breath, pain, or dizziness during your workout. Inspire Fitness strongly recommends consulting your doctor before starting an exercise program.

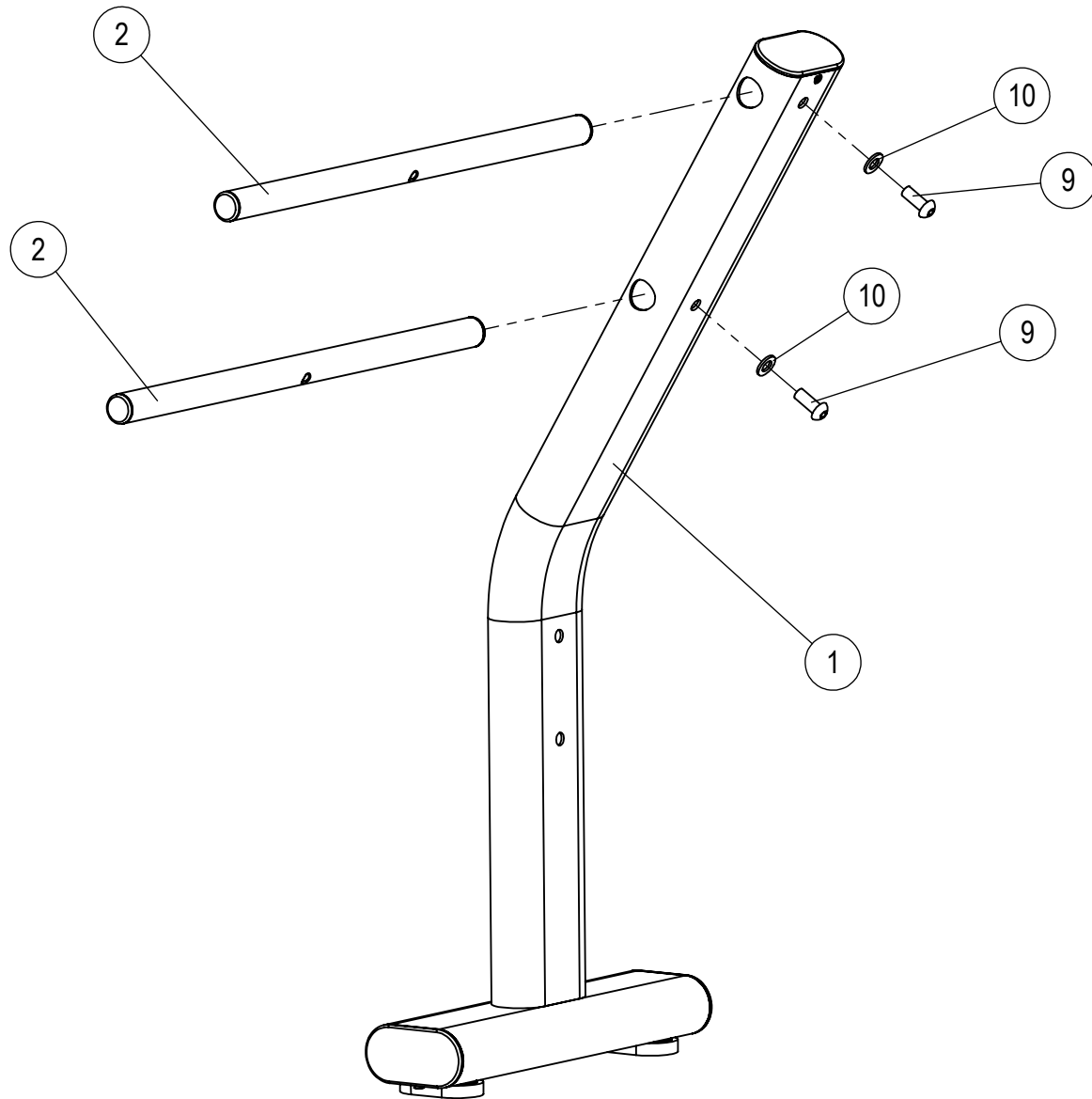
## **TOOLS REQUIRED FOR ASSEMBLY**

- Standard socket set (including 17mm & 19mm sockets)
- 17mm wrench
- 19mm wrench

## PARTS & HARDWARE LIST

<b>Item #</b>	<b>Description</b>	<b>Part Number</b>	<b>Quantity</b>
1	Front Support Assembly	GM540-300-001PZ	1
2	Knurled Foot Tube Assembly	GM540-381-002PZ	2
3	Seat Assembly	GM540-240-001	1
4	Rear Support Assembly	GM540-300-002PZ	1
4-1	Left Connection Assembly	GM540-320-001PZ	1
4-2	Right Connection Assembly	GM540-320-002PZ	1
4-3	Flexible Connection Assembly	GM540-380-002PZ	1
4-4	Pivot Assembly	GM540-380-001PZ	1
4-5	Extension Assembly	GM540-380-003	1
5	Seat Pad Assembly	GM540-400-001	1
6	Head Pad Assembly	GM540-400-002	1
7	Left Handlebar Assembly	GM540-320-003PZ	1
8	Right Handlebar Assembly	GM540-320-004PZ	1
-	Hardware Pack	GM540-891-007PZ	1

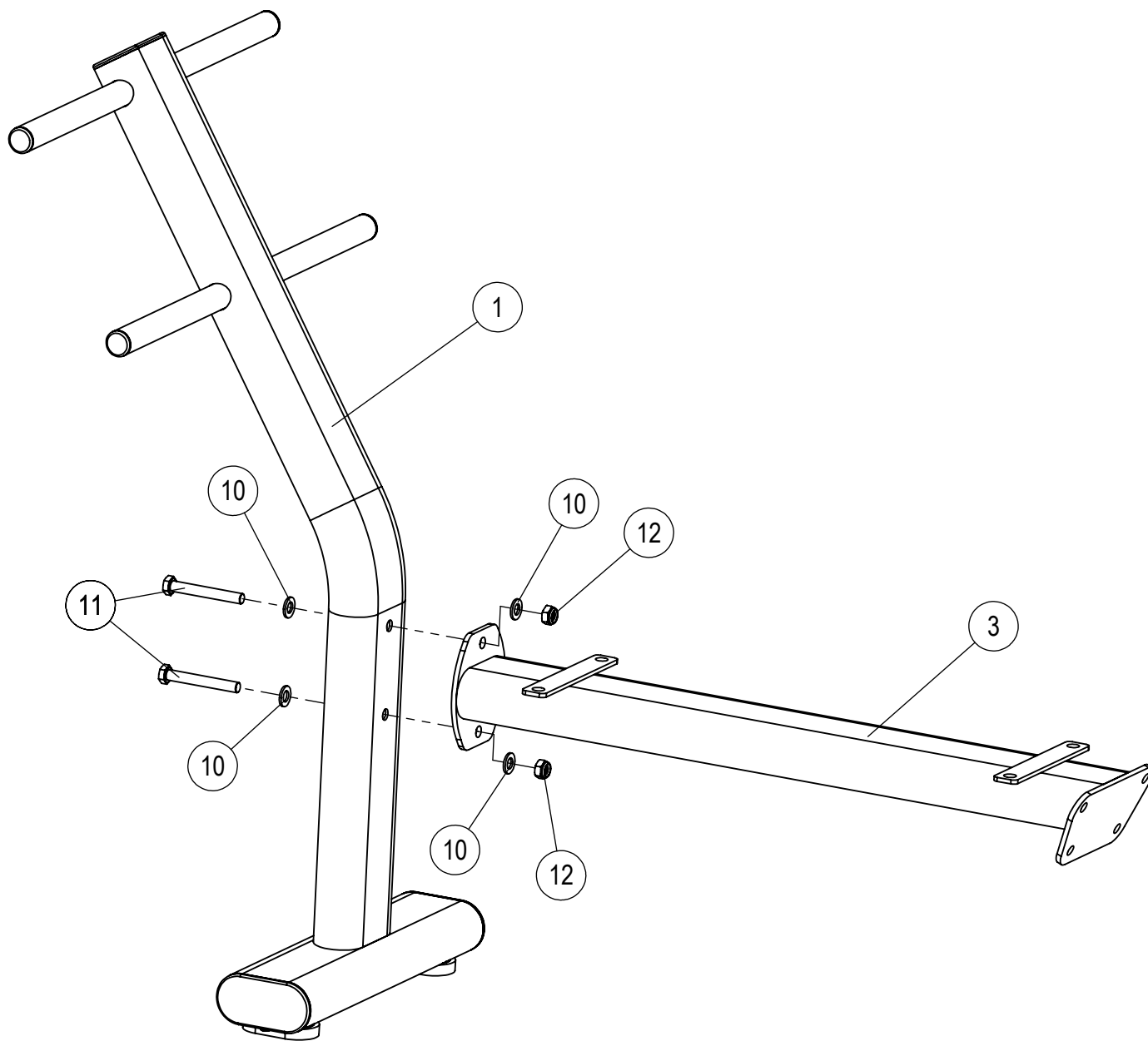




## Step 1

- A Attach the Knurled Foot Tube Assembly (2) to the Front Support Assembly (1) using 1- M10x25 Hex Screw (9) and 1- M10 Flat Washer (10).

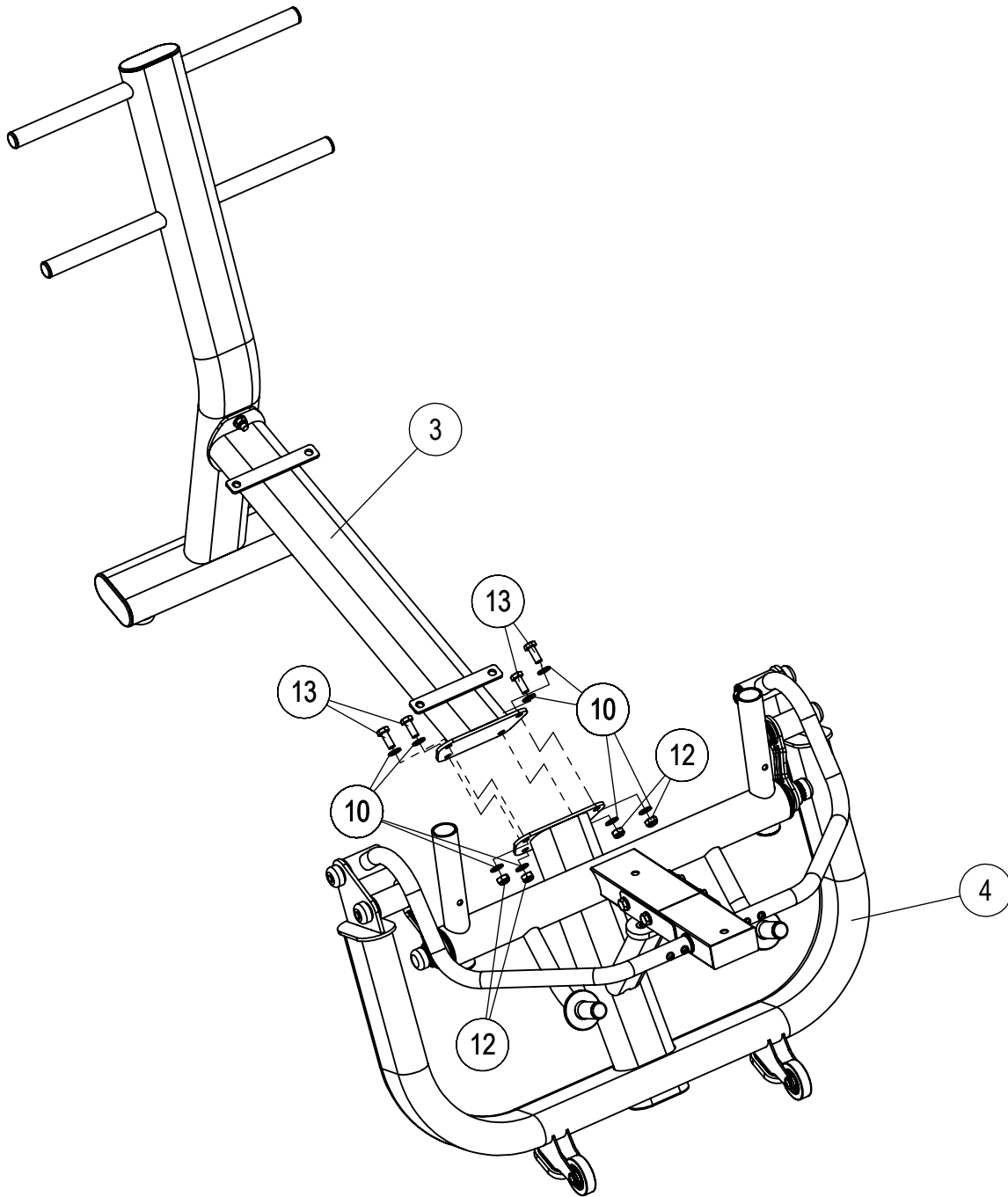
**Tighten all hardware now.**



## Step 2

- A Attach the Seat Assembly (3) to the Front Support Assembly (1) using 2- M10x70 Hex Screws (11), 4- M10 Flat Washers (10) and 2- M10 Lock Nuts (12).

**Hand tighten now.**

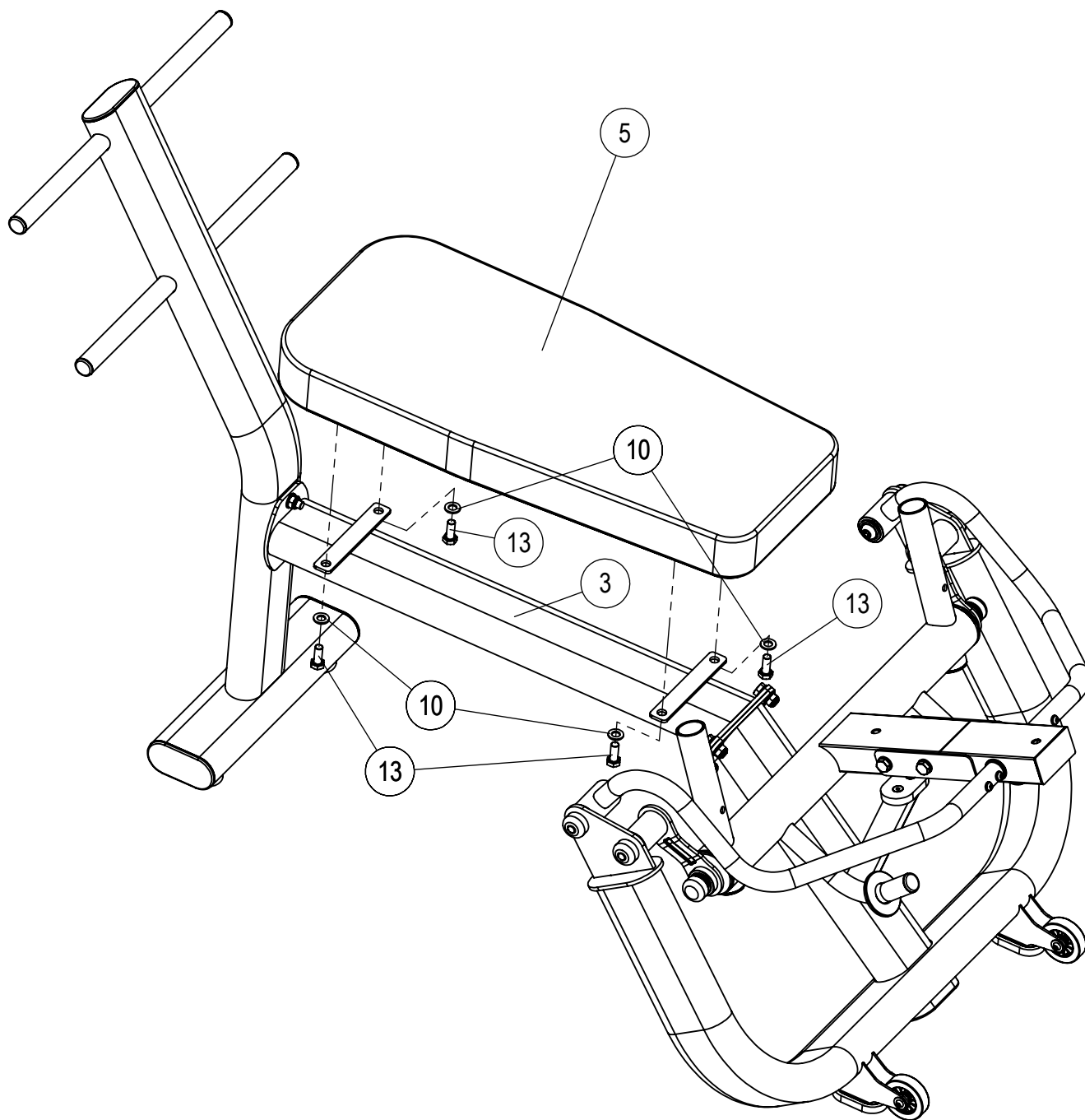


### Step 3

- A Attach the Rear Support Assembly (4) to the Seat Assembly (3) using 4- M10x25 Hex Bolts (13), 8- M10 Flat Washers (10) and 4- M10 Lock Nuts (12).

**Tighten all hardware from Steps 2 & 3.**

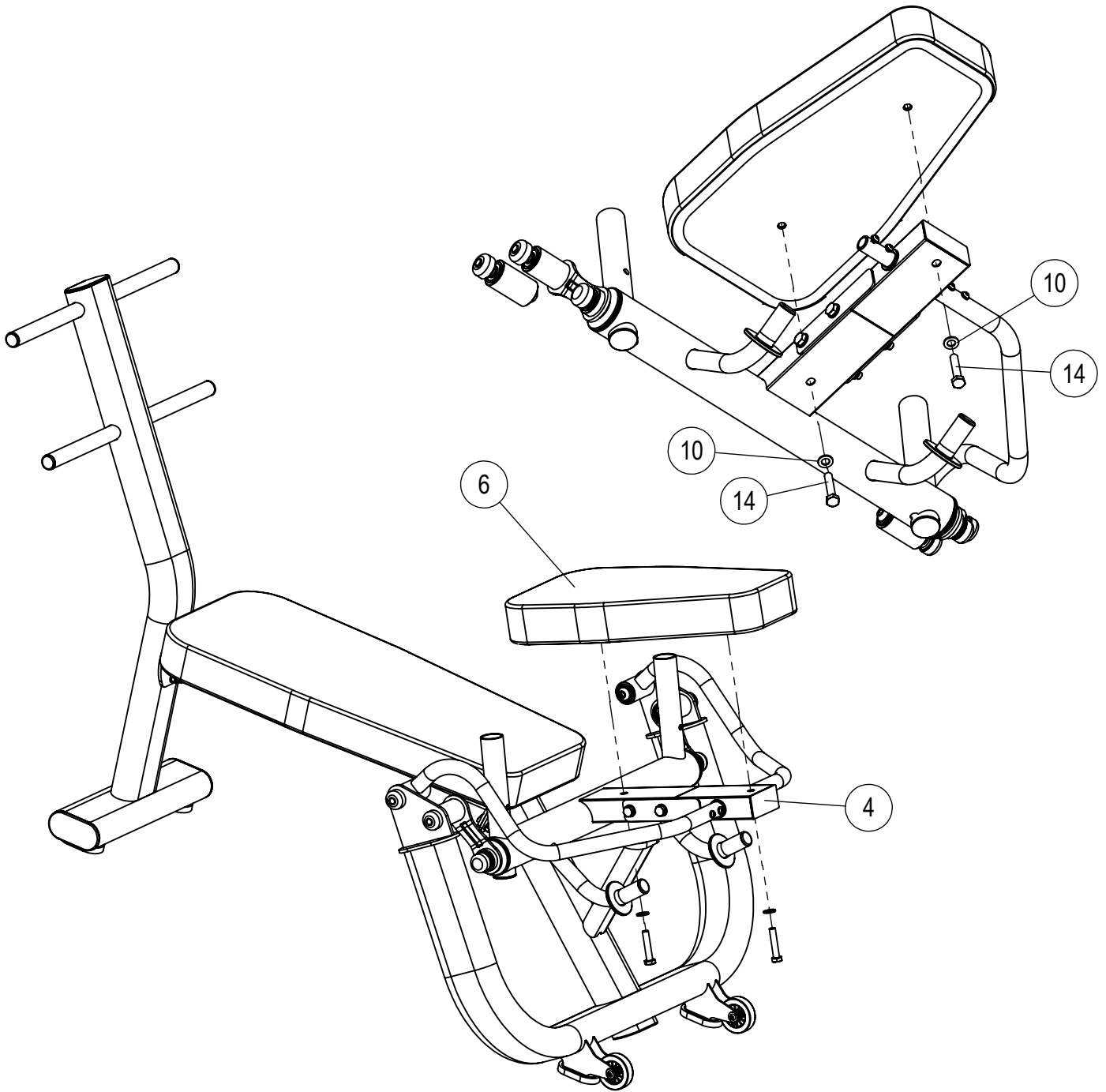




## Step 4

- A Attach the Seat Pad Assembly (5) to the Seat Assembly (3) using 4- M10x25 Hex Bolts (13) and 4- M10 Flat Washers (10).

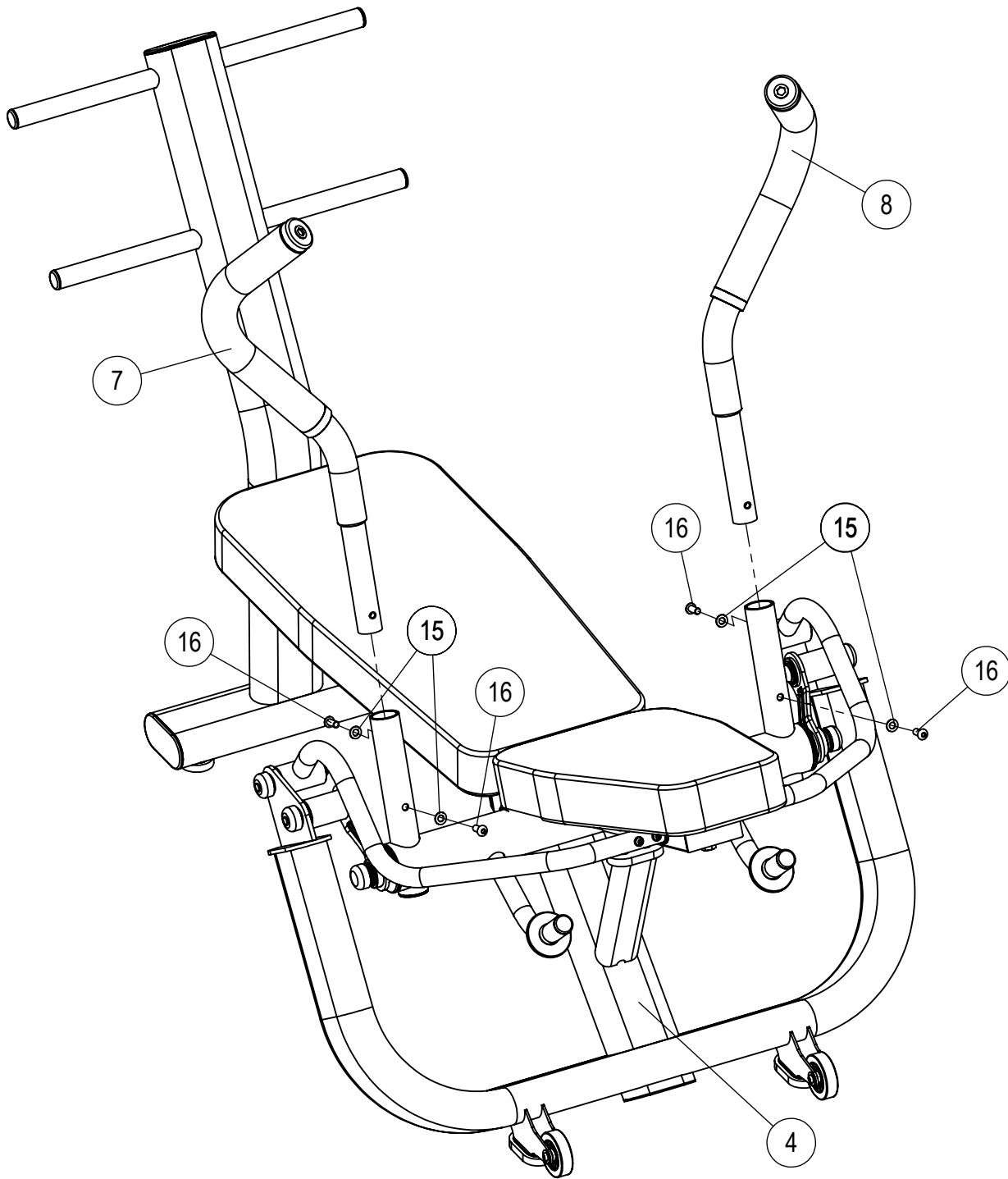
**Tight all hardware now.**



## Step 5

- A Attach the Head Pad Assembly (6) to the Rear Support Assembly (4) using 2- M10x55 Hex Bolts (14) and 2- M10 Flat Washers (10).

**Tight all hardware now.**



## Step 6

- A Attach Left Handlebar Assembly (7) and Right Handlebar Assembly (8) to the Rear Support Assembly (4) using 2- M8x20 Hex Screws (15) and 2- M8 Flat Washers (16) on each side.

**Tight all hardware now.**

# DECAL REFERENCE



1. Sit on seat pad facing the foot bars, then lower body into a comfortable lying position, resting head on the upper pad.
2. Place feet on appropriate foot bar, grip the handles firmly, and raise upper body by contracting abdominal muscles with a slow, controlled motion.
3. Keep head on the upper pad and the neck relaxed.
4. Slowly return to start position.

## WARNING

- BEFORE STARTING AN EXERCISE PROGRAM CONSULT A PHYSICIAN.
- IF YOU FEEL UNUSUAL PAIN, DIZZINESS, SHORTNESS OF BREATH, CHEST TIGHTNESS OR DISCOMFORT, STOP ALL USE AND CONSULT YOUR PHYSICIAN IMMEDIATELY.
- MISUSE OR ABUSE OF THIS EQUIPMENT MAY LEAD TO SERIOUS INJURY OR DEATH.
- KEEP CHILDREN AWAY FROM THIS EQUIPMENT. THIS EQUIPMENT MAY LEAD TO SERIOUS INJURY OR DEATH.
- KEEP CHILDREN AWAY FROM THIS EQUIPMENT. THIS EQUIPMENT IS INTENDED FOR ADULT USE ONLY.
- REPLACE THIS OR ANY OTHER WARNING LABEL IF DAMAGED, ILLEGIBLE, OR MISSING.



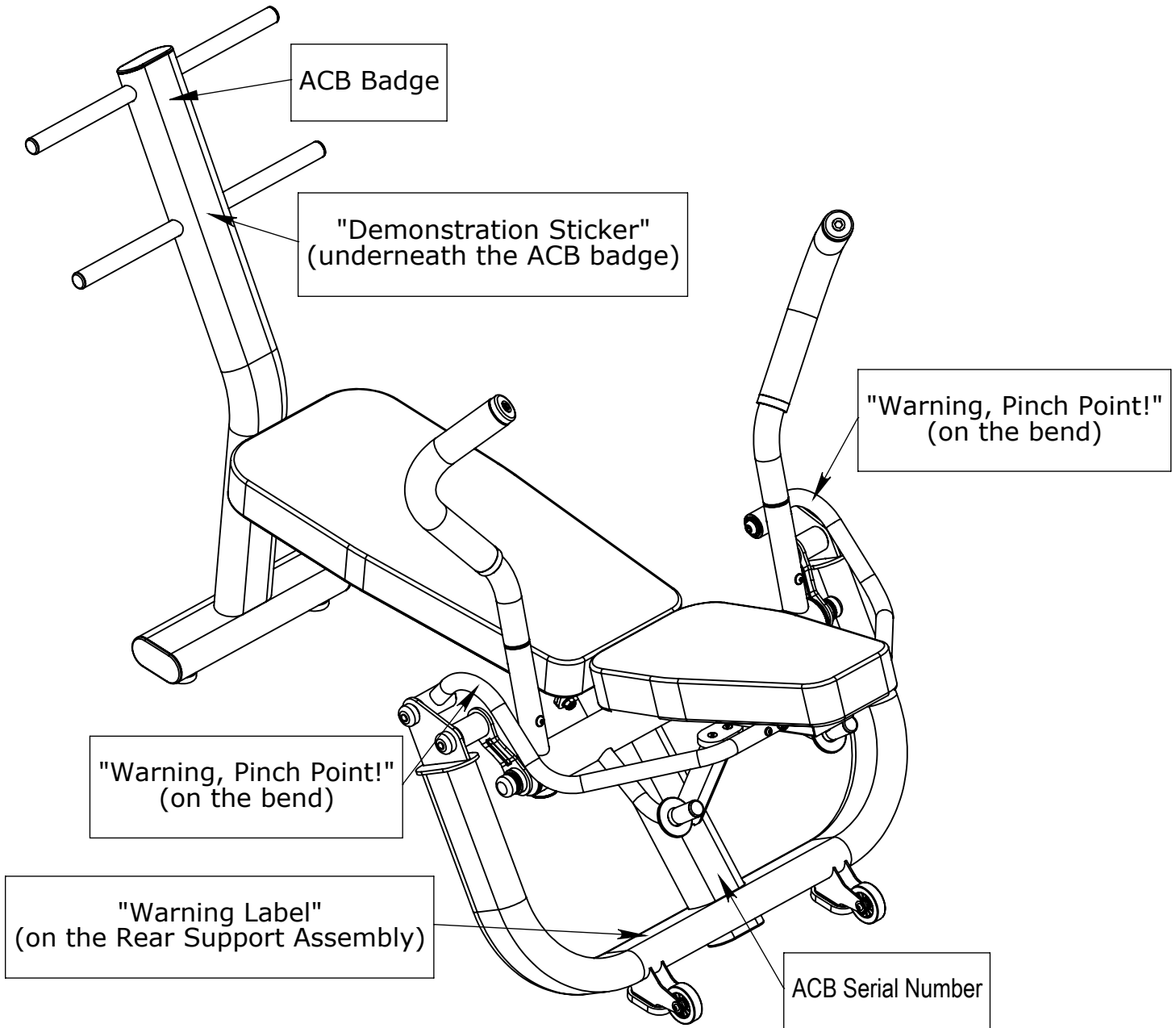
## WARNING

**Pinch Point.**  
**Keep hands and fingers clear.**

**HEALTH IN MOTION, LLC**  
**SALES AND SERVICE: (877) 738-1729**

**MODEL: ACB**  
**SERIAL NO.: XXXXXXXXXX**

# DECAL PLACEMENT



## **GENERAL MAINTENANCE INFORMATION**

**Warning: DO NOT place styrofoam or printed materials on the orthopedic seat pads. Over time, these may stick to the pads and mar the surface.**

**Do not leave items sitting on the orthopedic seat pads, these pads have a special density that takes shape to objects and small objects will leave imprints in the surface that may take time to come out.**

- Regularly inspect product for loose hardware.
- Do not use or store equipment outdoors.
- Locate and familiarize yourself with all warning decals on the ab crunch bench.
- Replace damaged or worn upholstery immediately.

# LIMITED WARRANTY

# INSPIRE

## **In-Home Lifetime Warranty.**

This Warranty applies only in the United States to Inspire Strength products manufactured or distributed by Health In Motion LLC. The warranty period to the original purchaser is lifetime of the original purchaser.

Health In Motion warrants that the Product you have purchased for non-commercial, personal, family or household use from Health In Motion LLC or from an authorized Health In Motion reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

## **Replacement and repair of parts.**

During the warranty period Health In Motion will at no additional charge, repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal non-commercial, personal, family, or household use. In repairing the product Health In Motion may replace defective parts with, at the option of Health In Motion, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of Health In Motion. Health In Motion reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

## **Service procedures.**

To obtain warranty parts, you must return the parts to Health In Motion or an authorized Health In Motion retailer in its original container (or equivalent). You must pre-pay any shipping charges, taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present Health In Motion with proof-of-purchase documents (including the date of purchase, Model, and Serial Number). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Warranty.

## **Conditions and Exceptions.**

This Warranty does not extend to any Product not purchased from Health In Motion LLC or from an authorized Health In Motion reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Health In Motion; (c) by modification of the Product; (d) as a result of service by anyone other than Health In Motion, or an authorized Health In Motion warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product). Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Health In Motion receipt of payment or acceptable arrangement of payment.

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