



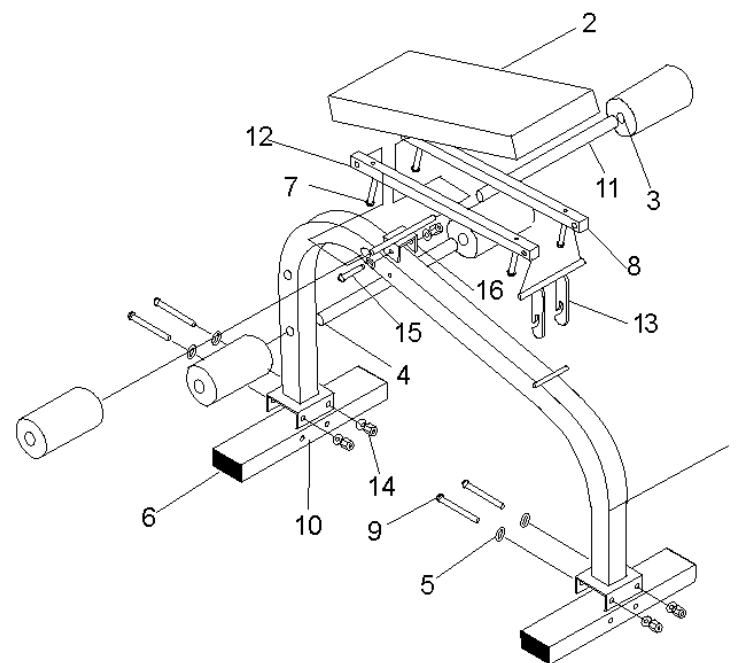
FM-G3002

No.	Part No.	Description	Qty.	Pre-assembled
1	PFMG3002-01	Main Frame	1	No
2	PFMG3002-02	Back Cushion	1	No
3	PFM2002-03	Foam Rollers	4	No
4	PRK1-03	Round Plastic Cap #25	4	Yes
5	PRK1-06	Washers #10	10	No
6	PFM3002-03	Plastic Caps80*40	4	Yes
7	PFM2240-24	Bolts M6*40	4	No
8	PFM2240-32	Plastic Caps25*25	Yes	
9	PFM2101-24	Bolts M10*100	4	No
10	PFMG3002-04	Frame Supports	2	No
11	PFM2101-17	Foam Roller Posts	2	No
12	PFM3002-05	Backrest Support Bar	2	No
13	PFM3002-06	Adjustment Frame	1	No
14	PRK1-05	Nuts M10	5	No
15	PRK1B-06	Bolts M10x70	1	No
16	PFMG3002-03	U-shape frame	1	No

Assembly Procedure

- A) Connect two **Frame Supports**(10) and **Main Frame**(1) with two **Bolts**(9) four **Washers**(5), and two **Nuts**(14) for each side. Connect **U-shape Frame**(16) and **Main Frame**(1) with one **Bolt**(15) two **Washers**(5), and one **Nut**(14).
- B) Attach the left hole-side of the two **Backrest Support Bars**(12) onto the both ends of the left pivot on the **U-shape Frame**(16). Attach another hole-side of the two **Backrest Support Bars**(12) onto the both ends of the pivot on the **Adjustment Frame**(13). Insert the U-shaped hole of the **Adjustment Frame**(13) into the another pivot on the **Main Frame**(1).
- C) Place the **Back Cushion**(2) onto the **Backrest Support Bars**(12). Secure them with four **Bolts**(7).
- D) Insert two **Foam Roller Posts**(11) into the hole on the **Main Frame**(1). Push four **Foam Rollers**(3) into the posts from both sides. Either of the two holes on the vertical part of **Main Frame**(1) can be selected to obtain desired height.

Abdominal Crunch Board Assembly Drawing



NOTE

An Allen Wrench has been provided for machine assembling
Firmly tighten all the Bolts with the wrenches in the machine.