MATRIX

Strong. Smart. Beautiful.

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Assembly Guidelines

G3-S51
Abdominal Crunch

PART # MH0204528B

IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of MATRIX Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is the sole recommended that all users of MATRIX Fitness Systems exercise equipment be informed of the following information prior to its use.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative the sole recommended that all users of MATRIX Fitness Systems exercise equipment be informed MATRIX Fitness Systems equipment is used properly to avoid injury.

2. Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGE PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local MATRIX Fitness Systems dealer.

2. MAINTAIN LABELS AND NAMEPLATES. DO NOT remove labels for any reason. They contain important information. If unreadable or missing, contact your MATRIX Fitness Systems dealer for a replacement.

3. SECURING EQUIPMENT. All equipment MUST be secured to the floor to stabilize and eliminate rocking of tipping over. A licensed contractor must be performed this, where application.

4. MAINTAIN ALL EQUIPMENT. Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular interval's.

5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. MATRIX Fitness System dealers will provide service and maintenance training at our corporate facility upon request.

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G3-S51 Abdominal Crunch

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UNPACKING G3-S51 Abdominal Crunch

Thank you for purchasing a MATRIX Fitness product. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

CAUTION

The weight of the G3-S51 Abdominal Crunch 353lbs. (160kg) not including the weight stack. To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box.

TOOLS NEEDED

DESCRIPTION	QUANTITY
3MM L-Shaped Allen Wrench	1
4MM L-Shaped Allen Wrench	1
5MM L-Shaped Allen Wrench	1
6MM L-Shaped Allen Wrench	1
8MM L-Shaped Allen Wrench	1
10MM L-Shaped Allen Wrench	1
Phillips Screwdriver	1
8MM Open-End Wrench	1
17MM Open-End Wrench	1
Guide Rod Lubrication	1
Hardware Bag	1

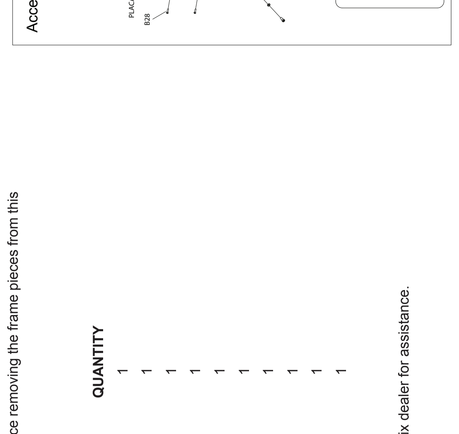
If any items are missing please contact your country's local Matrix dealer for assistance.

Step 1 Frame Detail

Item	Description	Sketch	Qty
B24	Screw (M10x120mm Long)		2
B26	Flat Washer (M10)		12
B27	Lock Washer (M10)		6
D32	Arc-Flat Washer (M10)		8
			4

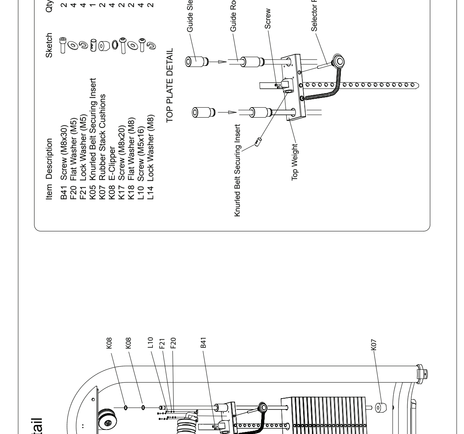
Step 2 Input Detail

Item	Description	Sketch	Qty
B25	Flat Washer (M12)		2
D31	Shoulder Bolt (M12x120mm Long)		1
D33	Shoulder Bolt (M8x13x16mm Long)		1
D34	Axle		1
F04	Flat Key (170x6x20mm Long)		1
F22	Lock Washer (M8)		2
F23	Lock Washer (M12)		2
F24	Flat Washer (M12)		2
F26	Bearing Washer		2



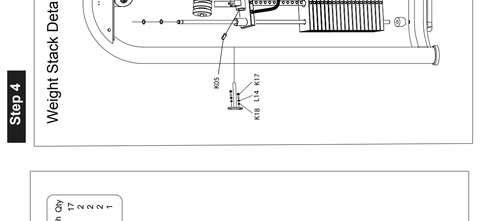
Step 3 Upholstry Detail

Item	Description	Sketch	Qty
D33	Sheeve Axle (M8x56mm Long)		1
F16	Screw (M10x65mm Long)		2
J01	Back Pad		1
J02	Hand Pad		2
J03	Seat Pad		1



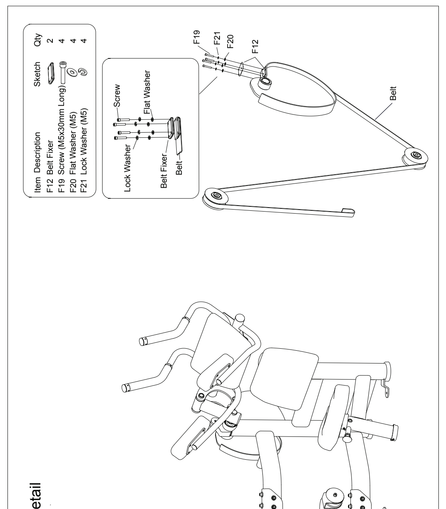
Step 4 Weight Stack Detail

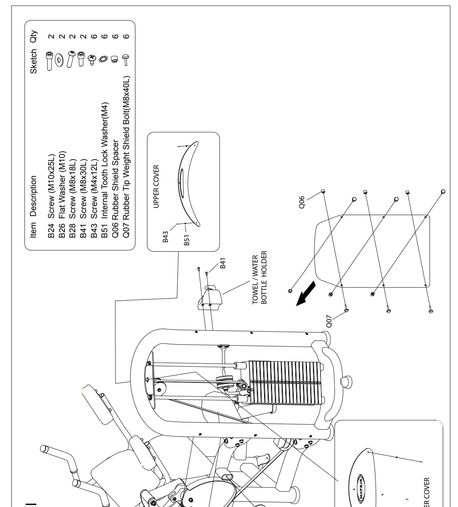
Item	Description	Sketch	Qty
B41	Screw (M8x30)		2
F20	Flat Washer (M8)		4
F21	Lock Washer (M8)		4
K06	Rubber Shield Bushing Insert		2
K07	Rubber Stack Cushions		2
K08	Guide Sleeve		2
K17	Screw (M8x20)		4
K18	Flat Washer (M8)		4
L10	Screw (M8x16)		2
L14	Lock Washer (M8)		2
	TOP PLATE METAL		1



Step 5 Belt Routing Detail

Item	Description	Sketch	Qty
F21	Lock Washer		2
F19	Screw (M5x30mm Long)		4
F20	Flat Washer (M5)		4
F12	Lock Washer (M5)		4



Step 6 Accessory Detail

Item	Description	Sketch	Qty
B24	Screw (M10x25L)		2
B26	Flat Washer (M10)		2
B32	Screw (M8x15L)		2
B41	Screw (M8x30L)		2
B43	Screw (M5x12L)		6
B51	Internal Tooth Lock Washer(M4)		6
OD6	Rubber Shield Spacer		6
OR7	Rubber Ring Washer (Bolt)(M8x40L)		4