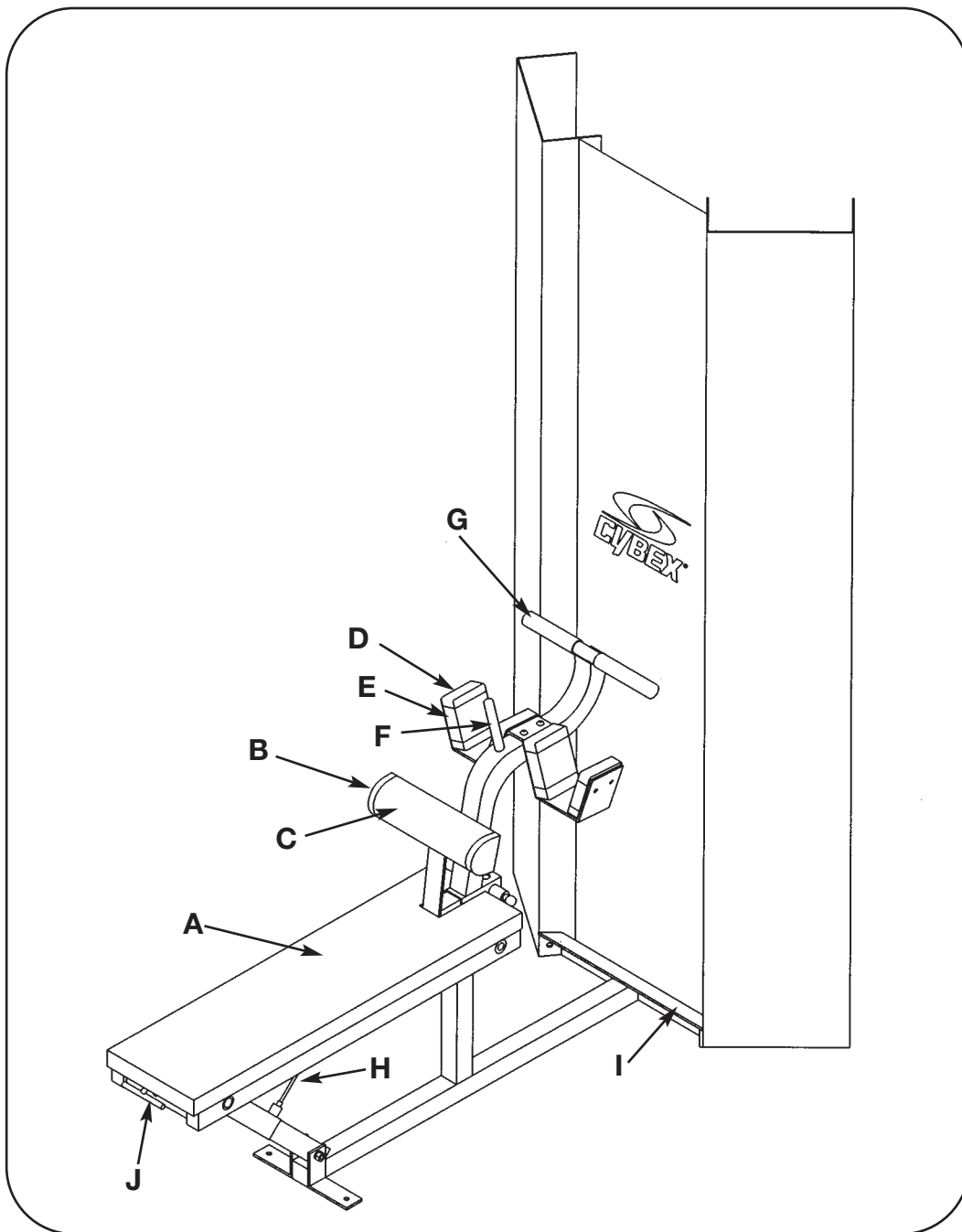


MODULAR BENT LEG ABDOMINAL BOARD

5610

ASSEMBLY & PARTS



DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Back Cushion.....	01286	E. Wear Cover	4000S115-0
B Contour Cushion With Wear Cover (Item C).....	4800-014	F. Foam Grip.....	4005M100
C. Wear Cover.....	4800-094	G. Rubber Grip	02023
D. Sling Cushion With Wear Cover (Item E).....	4000S114-0	H. Cable Subassembly.....	01284
		I. Serial Number Decal	
		J. T-Handle	01259

Upholstery Hardware Pack For Item A....5450S040
 Upholstery Hardware Pack For Item B....5500S026
 Upholstery Hardware Pack For Item D....01285

5610 - Bent Leg Abdominal Board

ITEM	QTY	PART NO.	DESCRIPTION
1	1	01256	Bench
2	1	01257	Base
3	1	01258	Adjusting Tube
4	1	01260	Adjusting Tube
5	1	01261	Adjusting Tube
6	1	01282	Ankle Pad Plate
7	1	01283	Bronze Bearing
8	1	4000M218	Detent Pin
9	2	5208M041	Upper Pivot Shaft
10	4	FB050209	Flange Bearing 1.00 ID x 1.25 OD x .75 L
11	2	FB050219	Flange Bearing .62 ID x .75 OD x .50 L
12	2	GP000004	Pulley Spacer
13	1	GP000203	Pulley Center
14	1	GP000204	Pulley Assembly 3.00
15	2	HC700414	BHSCS .375-16 x .625
16	2	HC700432	BHSCS .375-16 x 2.75
17	1	HD403330	Shoulder Bolt .625 x 2.50 .50-13
18	1	HF309001	Terminal Fastener
19	3	HN704000	Hex Nut .375-16
20	3	HN784000	Hex Nut .50-13
21	3	HS348300	Split Lockwasher .375
22	4	HY662912	Set Screw .312-18 x .50 Cup Point
23	1	JC702814	SHCS .375-16 x .625
24	2	JC780417	BHSCS .50-13 x 1.00
25	3	JS388300	Split Lockwasher .500
26	4	PP080202	Plastic Insert 1.19 x 11 G
27	4	PP090001	Plastic Insert 1.50 x 2.50 x 11 G
28	1	PP090200	Plastic Insert 1.75 Sq x 11 G
29	1	PP090201	Plastic Insert 2.00 Sq x 11 G
30	1	5320P040	Detent Pin
31	4	JC700436	BHSCS .375-16 x 3.25
32			Removed
33	10	JC700420	BHSCS .375-16 x 1.25
34	2	BS070201	Compression Spring
35	2	HY582910	Set Screw #10-32 x .19 Cup Point
36			Removed
37	4	4000S114-0	Sling Cushion
38	1	4800-014	Contour Cushion
39	1	01286	Back Cushion
40	1	4005M100	Foam Grip
41	2	02023	Rubber Grip
42	1	01284	Cable Subassembly
43	1	01259	T-Handle
44	1	PP460200	Plastic Knob
45	1	4800-094	Wear Cover
46	1	4000S115-0	Wear Cover

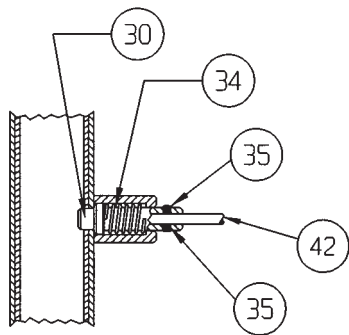
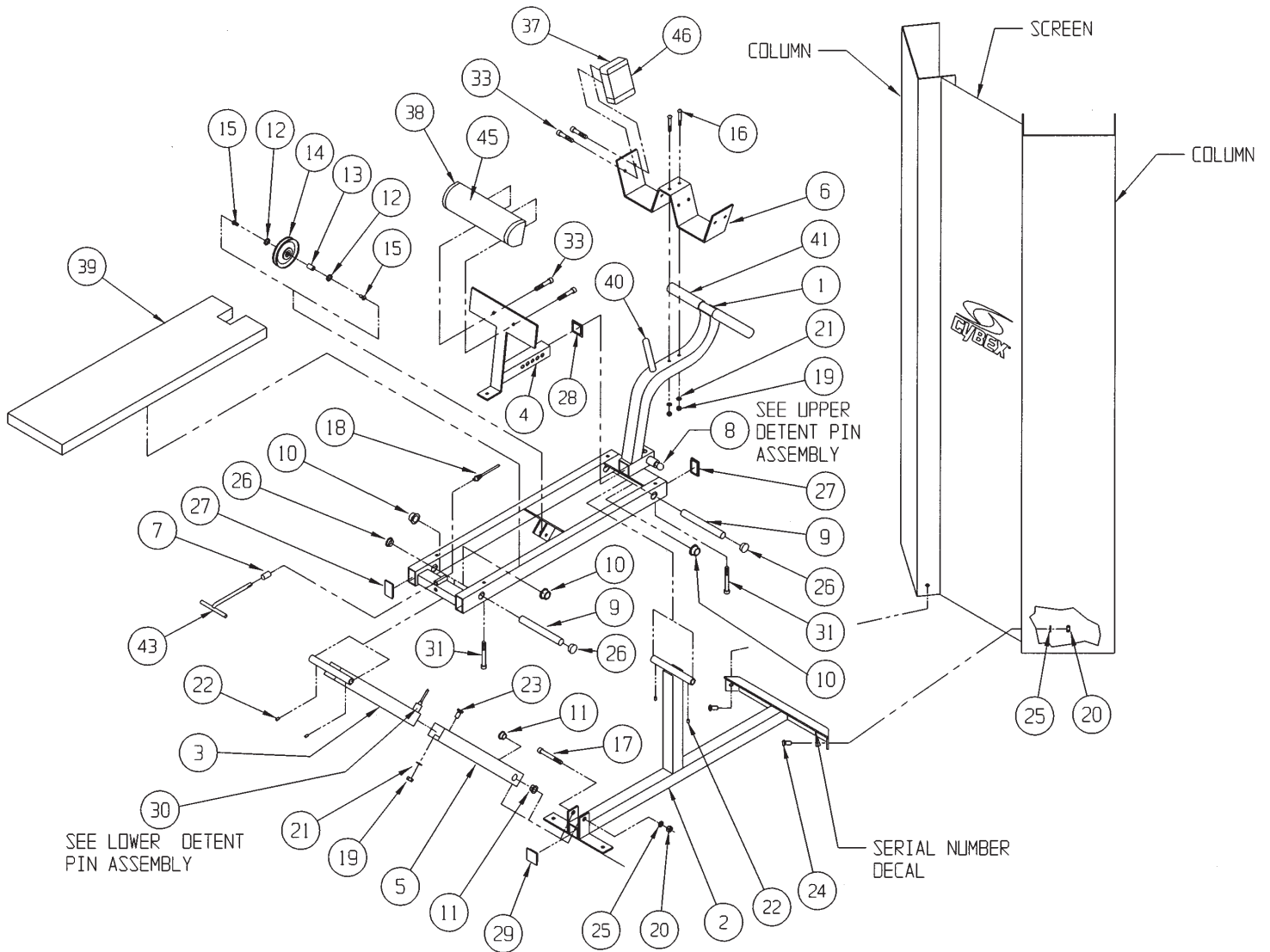
Assembly Notes

1. Keep all shipping packages near area of installation. Standard items include:
 - Bent Leg Abdominal Board Package - 5610-50
 - Cushion Box Assembly - 5610-0
2. Follow assembly guidelines listed on the 5600 Modular Center Post Assembly & Parts instruction sheet, part number 55600.

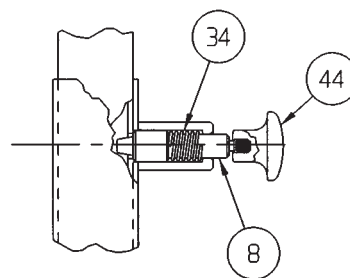
NOTE: The following steps are required when installing cushions on ankle plate (item #6):

1. Remove ankle plate from frame
2. Install cushions on ankle plate
3. While keeping ankle plate straight, secure ankle plate to frame

NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.



LOWER DETENT PIN ASSEMBLY



UPPER DETENT PIN ASSEMBLY