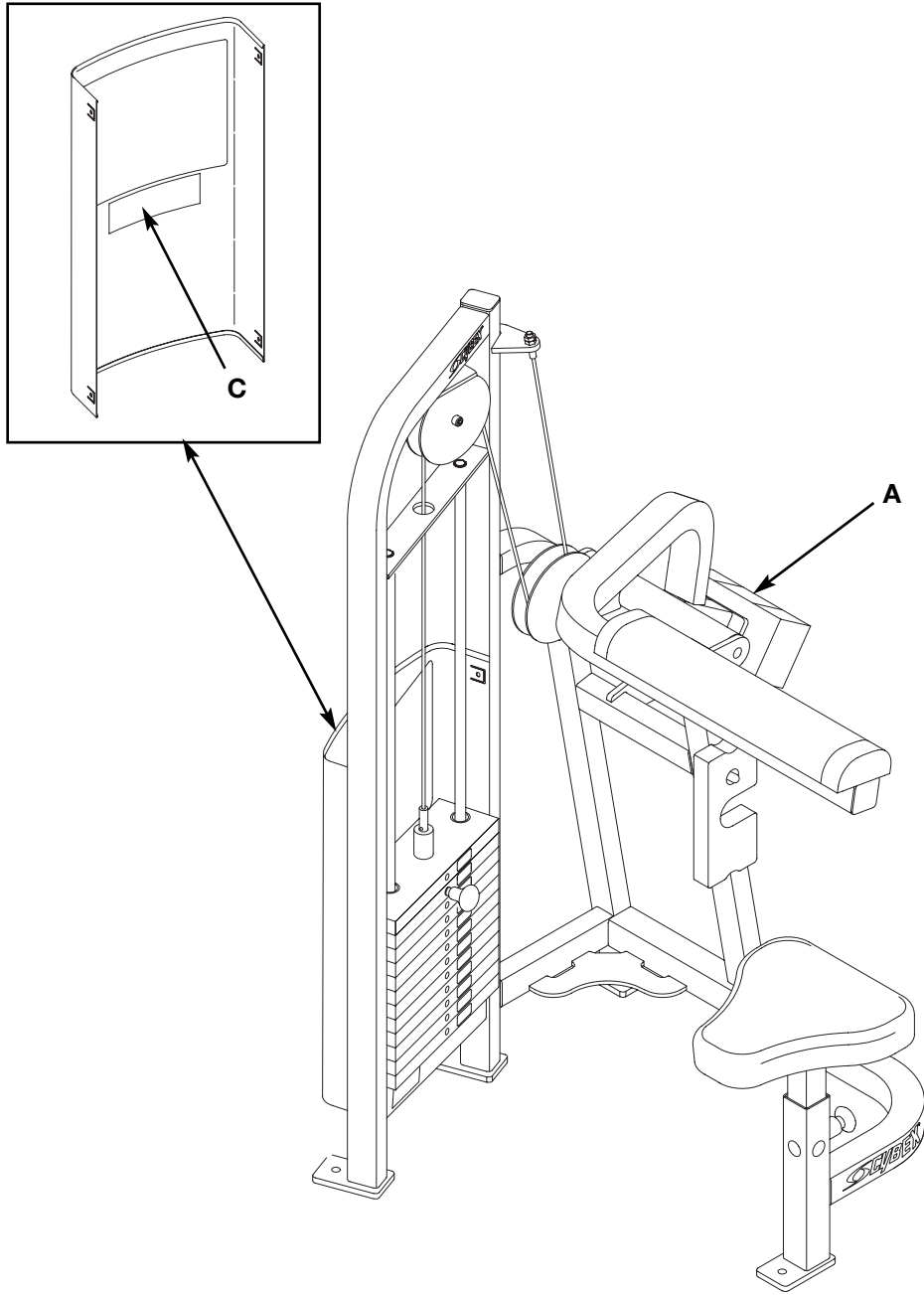


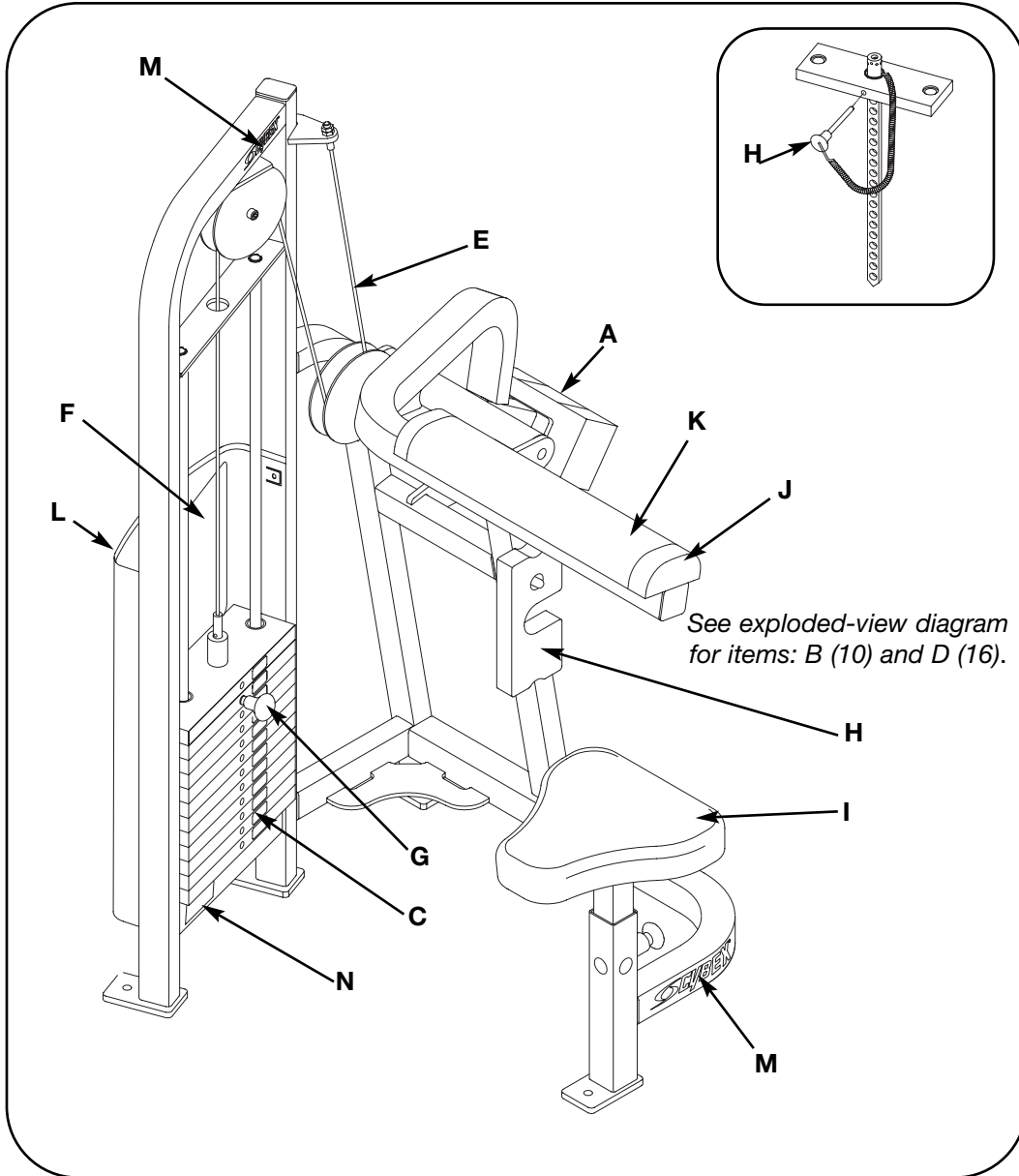
### Ab Crunch - 4885



DESCRIPTION	PART NO.
A. Caution Decal .....	4000Y316
C. Warning Decal .....	4800-381

# AB CRUNCH

PRODUCT NO. 4885



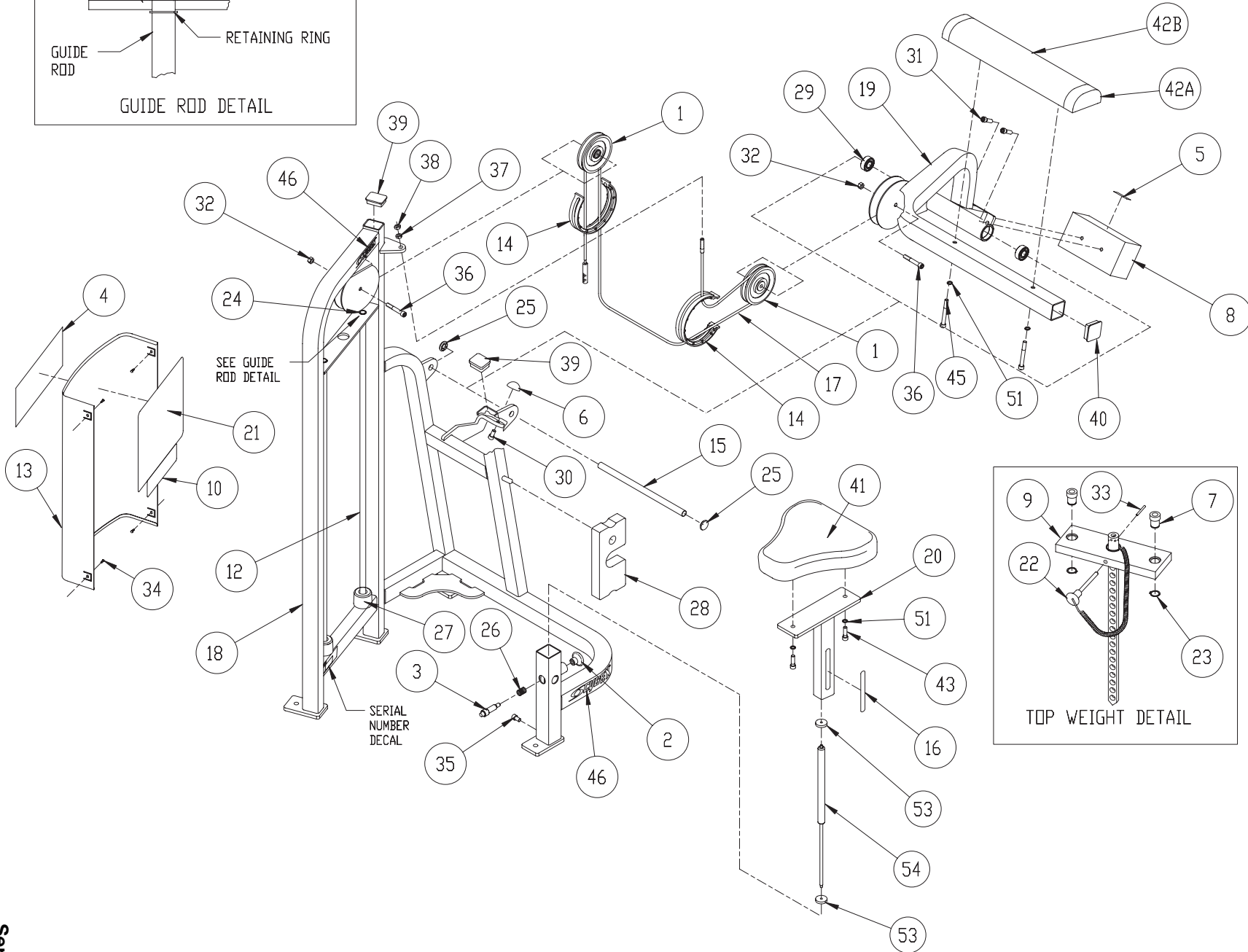
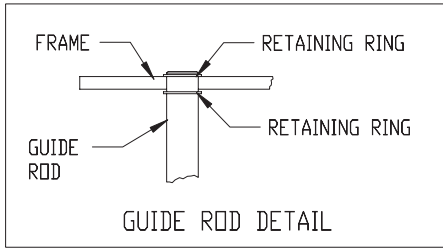
DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Caution Decal .....	4000Y316	J. Chest Cushion w/Wear Cover .....	4800-072
B. Warning Decal .....	4800-381	K. Wear Cover (Item K).....	4800-102
C. Weight Plate Decal .....	4800-554	L. Cybex Decal Black .....	3900-441
D. Seat Adjusting Decal .....	4805-316	L. Cybex Decal Silver .....	3900-442
E. Weight Stack Cable .....	4885-002	M. Cybex Decal Black .....	3900-445
F. Placard Decal .....	4885-598	M. Cybex Decal Silver .....	3900-446
G. Weight Selector Pin .....	BH030207	N. Serial Number Decal	
H. Half Weight .....	C-ZA0002000		
I. Seat Cushion .....	4800-026		

**4885 - Ab Crunch**

ITEM	QTY	PART NO.	DESCRIPTION
1	2	08014	Pulley Assembly 4.50
2	1	11040-440	Knob
3	1	08229	Detent Pin
4	1	3900-441	Cybex Decal 8.50 Vert. Black
4	1	3900-442	Cybex Decal 8.50 Vert. Silver
5	1	4000Y316	Caution Decal
6	1	4505-331	Bumper 1.50 Dia.
7	2	4700-019	Flange Bearing .62 x .92 x 1.50 L
8	1	4705-319	Counterweight
9	1	4800-252	Top Weight 12-4 x 8
10	1	4800-381	Warning Decal
11	1	4800-554	Weight Plate Decal (12.5-150) (Not Shown)
12	2	4800-530	Weight Stack Guide Rod
13	1	4800-701	Weight Stack Guard
14	2	4800-570	Cable Guard
15	1	4800-580	Pivot Shaft
16	1	4805-316	Seat Adjusting Decal
17	1	4885-002	Weight Stack Cable
18	1	4885-200	Frame
19	1	4885-201	Arm
20	1	4885-202	Seat Post
21	1	4885-598	Placard Decal
22	1	BH030207	Weight Selector Pin
23	2	BR030206	Retaining Ring
24	4	BR030214	Retaining Ring .625
25	2	BR110203	Internal Retainer Cap 17 mm
26	1	BS070201	Com Spring .56 x .66 x 1.50 L
27	2	PR060005	Weight Bumper

ITEM	QTY	PART NO.	DESCRIPTION
28	1	C-ZA000200	Half Weight 4 x 12
29	2	FB030232	Radial Bearing 17 mm ID (Ext Race)
30	1	HC702815	SHCS .375-16 x .75
31	2	HC702817	SHCS .375-16 x 1.00
32	2	HN704901	Nylon Locknut .375-16
33	1	HP286819	Spiral Pin .188 x 1.12
34	4	HT102214	Tap Screw #10-12 x .625 A (Phil)
35	1	JC702814	SHCS .375-16 x .625
36	2	JC702824	SHCS .375-16 x 1.75
37	1	JN714200	Hex Nut .375-24
38	1	JN714400	Jam Nut .375-24
39	2	PP090000	Plastic Insert 1.50 x 2.00 x 11 G
40	1	PP090210	Plastic Insert 2.00 Sq x 10-14 G
41	1	4800-019	Seat Cushion
42 A	1	4800-072	Chest Cushion w/Wear Cover
42 B	1	4800-102	Wear Cover
43	2	JC702820	SHCS .375-16 x 1.25
45	2	HC702834	SHCS .375-16 x 3.00
46	2	3900-445	Cybex Decal 1.00 Horiz. Black
46	2	3900-446	Cybex Decal 1.00 Horiz. Silver
48	1	4800-382	Weight Stack Instructions (Not Shown)
49	11	4005C062	Weight Plate 4 x 12 (Not Shown)
50	1	4000-328	Foot Glide Removal Instructions (Not Shown)
51	4	JS347400	Internal Tooth Lockwasher .375
52	1	51198	Strength Warranty Sheet (Not Shown)
53	2	4816-339	Threaded Plug
54	1	EZ000202	Gas Spring

# 4885 - Ab Crunch



SEE GUIDE ROD DETAIL

SERIAL NUMBER DECAL

