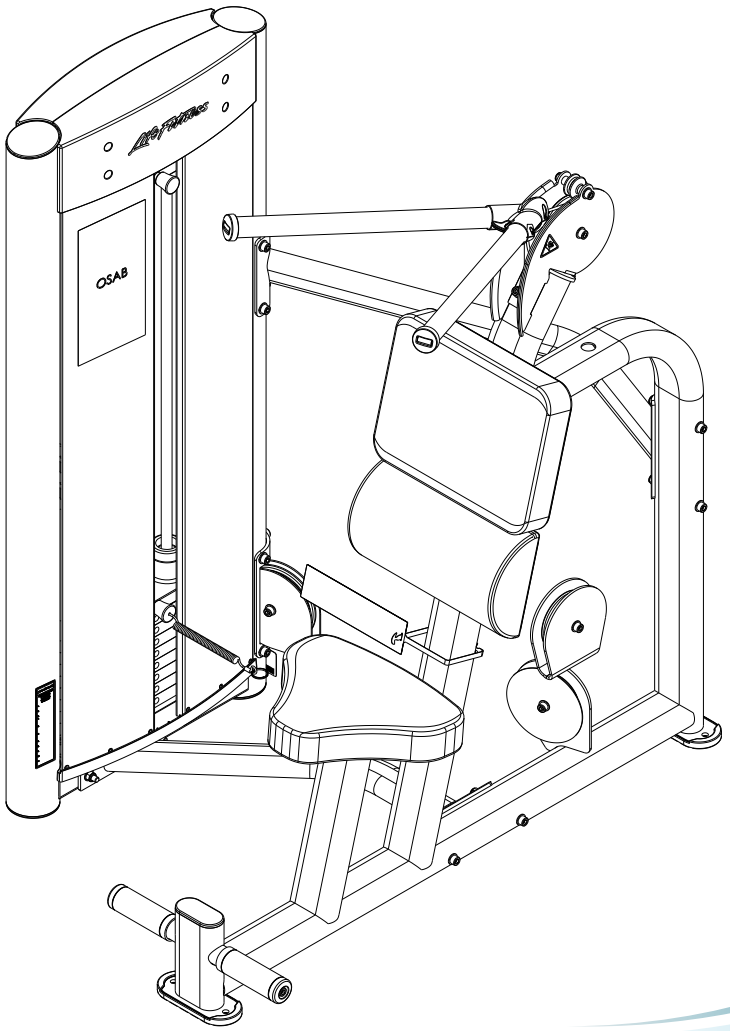
Optima Series
OSAB Abdominal
OSAB

CUSTOMER SUPPORT SERVICES
Parts List



LifeFitness
WHAT WE LIVE FOR

5/19/2015

OSAB ABDOMINAL
CONTENTS

FRAME AND UPHOLSTERY COLORS..... 3

COMPONENT ASSEMBLY..... 4

OSAB FRAME BOX..... 5

OSAB FRAME BOX LEGEND..... 6

FRAME ASSEMBLY..... 7

FLOATING PULLEY..... 8

PULLEY BRACKET ASSEMBLY..... 9

AB HANDLE ASSEMBLY..... 10

TOWER ASSEMBLY..... 11

TOWER ASSEMBLY LEGEND..... 12

TOWER FRAME ASSEMBLY..... 13

OPTIONAL FRONT SHROUD ASSEMBLY..... 14

INCREMENTAL WEIGHT ASSY..... 15

HEAD PLATE ASSEMBLY..... 16

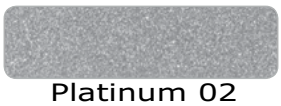
HARDWARE BAGS..... 17

MANUALS..... 18

IMAGE..... 19

OSAB ABDOMINAL
FRAME AND UPHOLSTERY COLORS

Strength Frame Colors


Platinum 02

White 01

Black 03

Custom 99

Ice Blue Metallic 12

Midnight Metallic 04

Nickel 11

Candy Apple Red 20

Blue 14

Red 13

Yellow 15

Planet Fitness Express Yellow 17

Note: Change XX within part number to above color codes when ordering weldments.

Strength Upholstery Colors

American Beauty Red 07

Azure 20

Black 01

Cranberry 04

Graphite 22

Hunter Green 13

Regimental Blue 14

Royal Blue 02

Slate 03

Wheat 21

Burgundy 29

Candy Apple Red 28

Chestnut 34

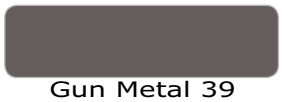
Concord 16

Crocus 19

Dove Gray 37

Emerald 27

Grotto 25


Gun Metal 39

Imperial Blue 33

Jade 26

Navy 32

Northwoods Green 05

Paprika 35

Plum 30

Putty 38

Space Blue 06

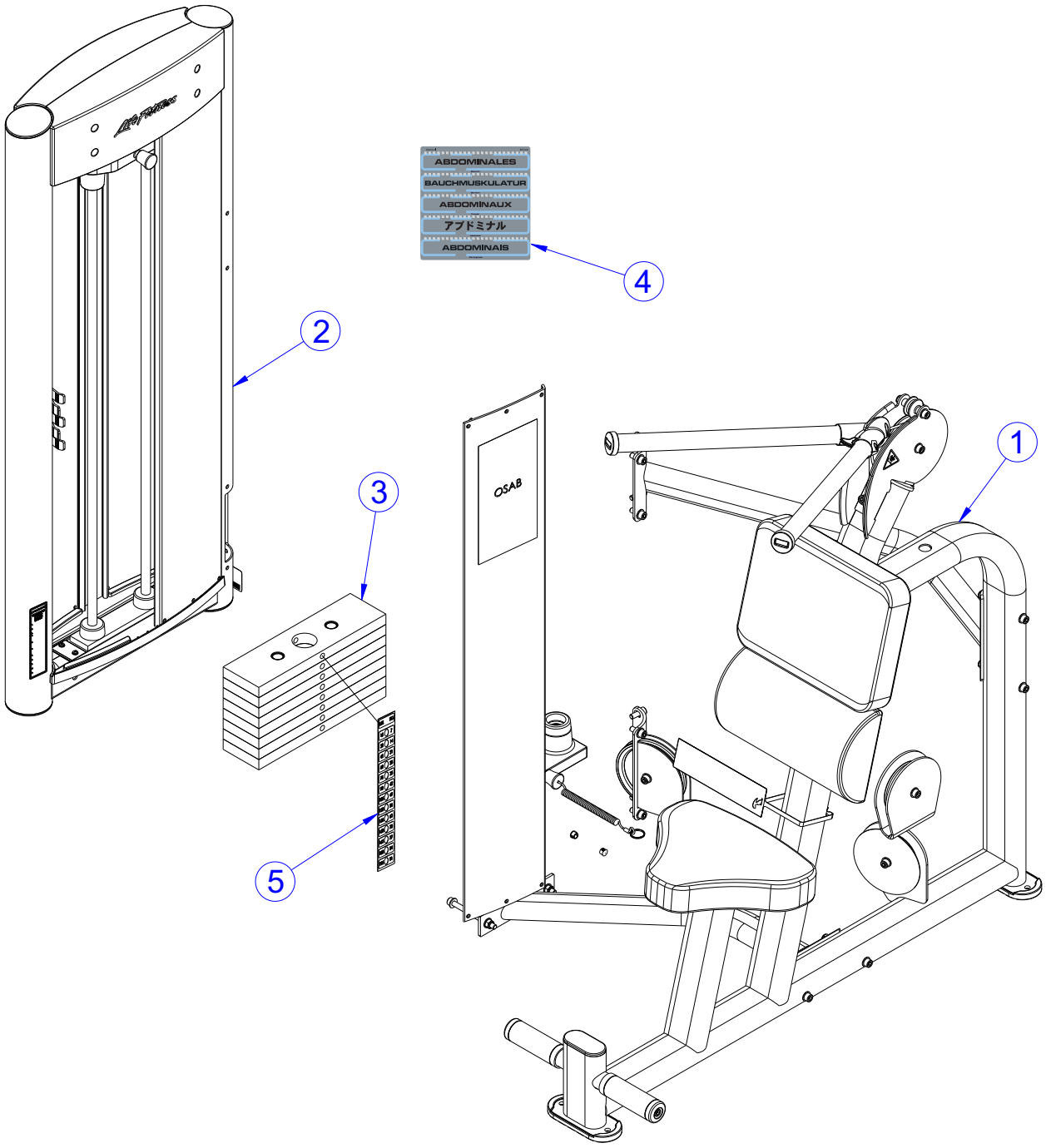
Suede 08

Terra Cotta 36

Turquoise 17

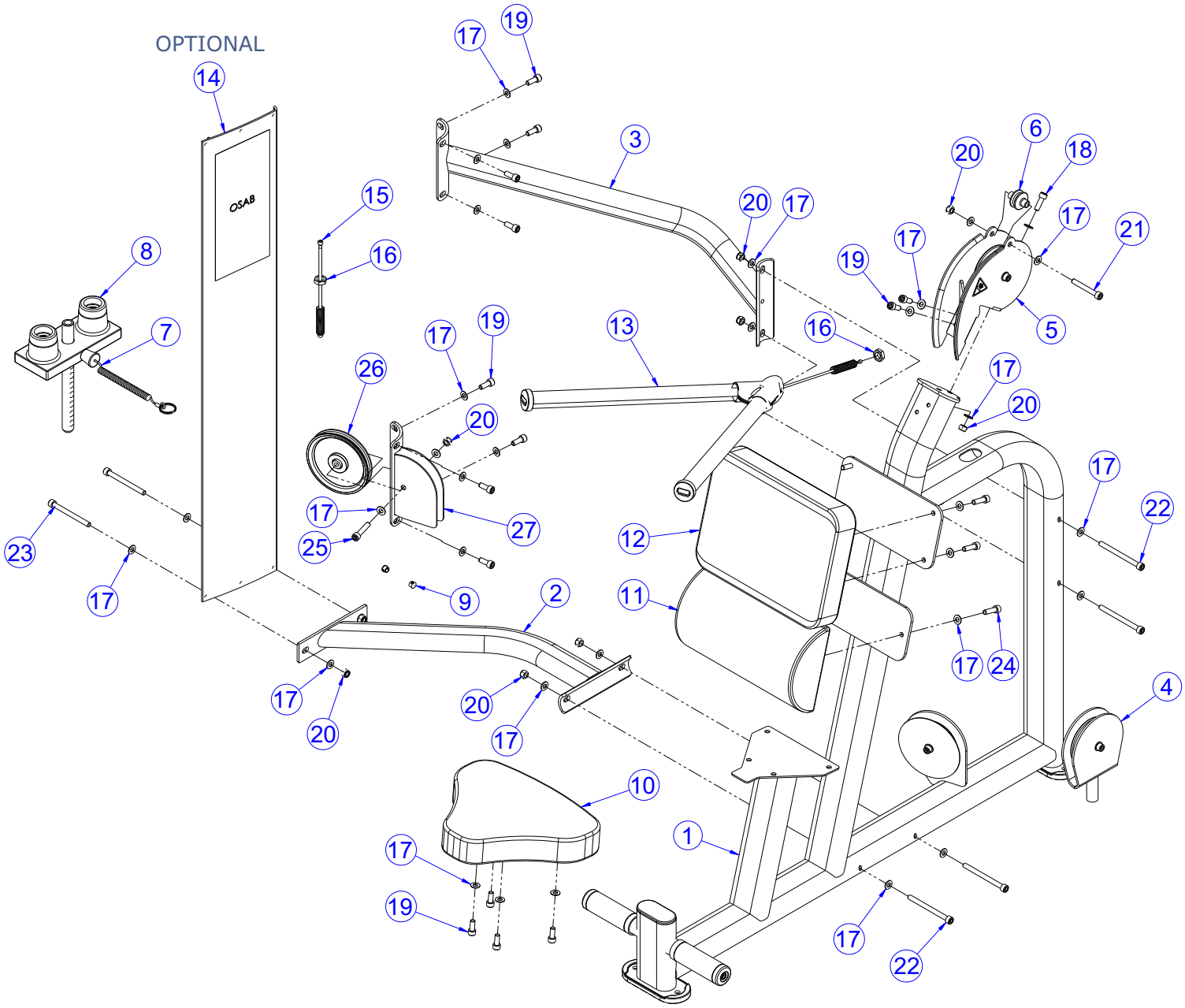
Note: Replace XX with above color suffix when ordering pads (ie. 74123XX = 7412301 Black)
Use 99 suffix for custom upholstery.

OSAB ABDOMINAL
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	SEE PAGE 4	PTD ASSY, OSAB FRAME BOX
2	1	SEE PAGE 10	ASSY, OSTWR, FINAL
3	8	7353801	ASSY, 15 LB PLATE
4	1	8766301	LABEL, OSAB, MULTI LANG SHEET
5	1	8769601	LABEL, WEIGHT STACK, 13 PLATE

OSAB ABDOMINAL
PTD, ASSY, OSAB FRAME BOX

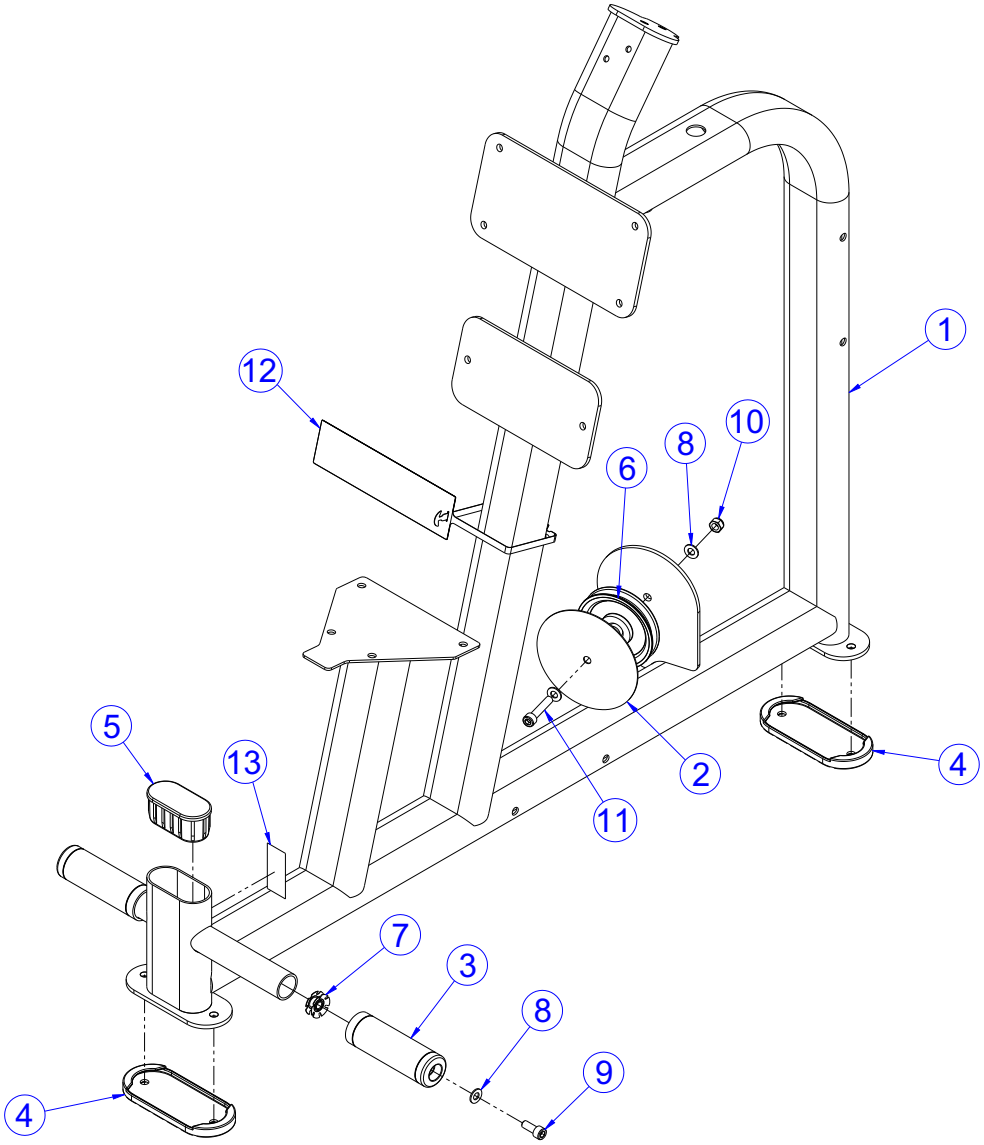


SEE PAGE 6 FOR LEGEND

OSAB ABDOMINAL
PTD, ASSY, OSAB FRAME BOX LEGEND

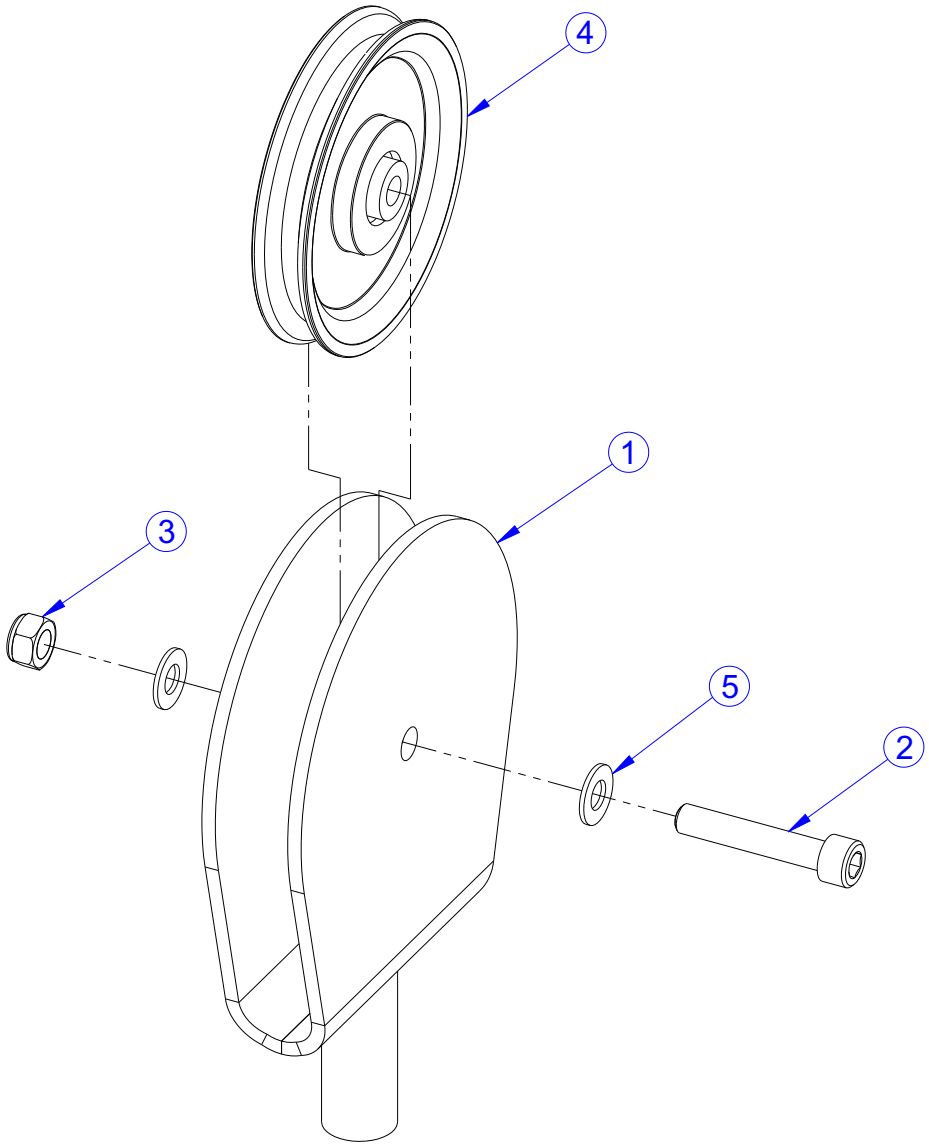
ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	84890XX	PTD ASSY, OSAB FRAME	ANY
2	1	84900XX	WLDMT, CROSS BEAM	ANY
3	1	84902XX	WLDMT, OSAB CONNECT - UPPER	ANY
4	1	86932XX	PTD ASSY, OSAB FLOATING PULLEY	ANY
5	1	86823XX	PTD ASSY, OSAB PULLEY BRKT	ANY
6	1	7746201	STOP, CABLE BALL	-
7	1	8506101	ASSY, SELECTOR PIN	-
8	1	8505602	ASSY, OS, HEAD PLATE, 8 PLATE	-
9	2	3237402	PLUG, 1/2" HOLE	-
10	1	84722XX	PAD, SADDLE, FLAT	UPH
11	1	85240XX	PAD, LUMBAR, HALF ROUND	UPH
12	1	85239XX	PAD, BACK, FLAT	UPH
13	1	9353301	ASSY, OSAB HANDLE	-
14	1	8548601	ASSY, OSAB, FRONT SHROUD	-
15	1	8693301	CABLE, OSAB, TOWER	-
16	3	3236902	NUT, M16 X 2 HEX JAM SS	-
17	38	3102514	WASHER, FLAT 3/8" SAE ST ZN	-
18	1	3251703	SCREW, M10 X1.5 30MM	-
19	14	3251702	SCREW, M10 X1.5 25MM	-
20	9	3242002	NUT, M10 X 1.5 HEX NYLOCK	-
21	1	3251712	SCREW, M10 X1.5 75MM	-
22	4	3251719	SCREW, M10 X1.5 120MM	-
23	2	3251718	SCREW, M10 X1.5 110MM	-
24	6	3251704	SCREW, M10 X1.5 35MM	-
25	1	3251707	SCREW, M10 X1.5 50MM	-
26	1	3239601	PULLEY, 6" OD x 10MM ID	-
27	1	84729XX	WLDMT, OS, 15 DEG. PULLEY	ANY

OSAB ABDOMINAL
FRAME ASSEMBLY - 84890XX



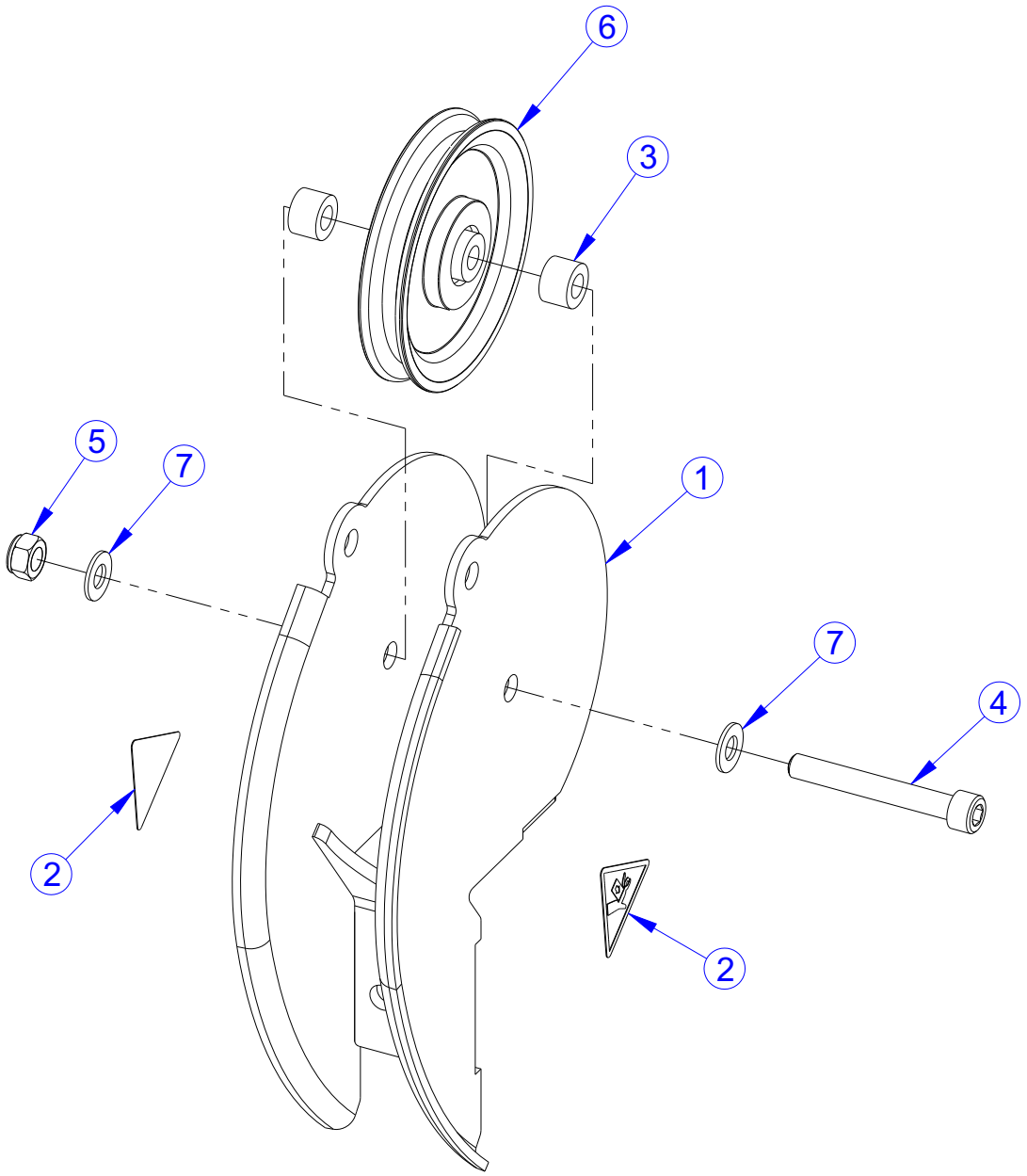
ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	84891XX	WLDMT, OSAB FRAME	ANY
2	1	85146XX	WLDMT, OS PULLEY COVER	ANY
3	2	7800101	GRIP, 1.50 ID FOOT	-
4	2	8474501	FOOT, OPTIMA	-
5	1	8012901	CAP, MFLOV END	-
6	1	3237801	PULLEY, 4.5" OD	-
7	2	7347301	NUT, SPIDER M10 X 1.5	-
8	4	3102514	WASHER, FLAT 3/8" SAE ST ZN	-
9	2	3251702	SCREW, M10 X1.5 25MM	-
10	1	3242002	NUT, M10 X 1.5 HEX NYLOCK	-
11	1	3251707	SCREW, M10 X1.5 50MM	-
12	1	8343101	TAG, BOLT TO FLOOR	-
13	1	7571301	LABEL, SERIAL NUMBER, BLANK	-

OSAB ABDOMINAL
FLOATING PULLEY ASSEMBLY



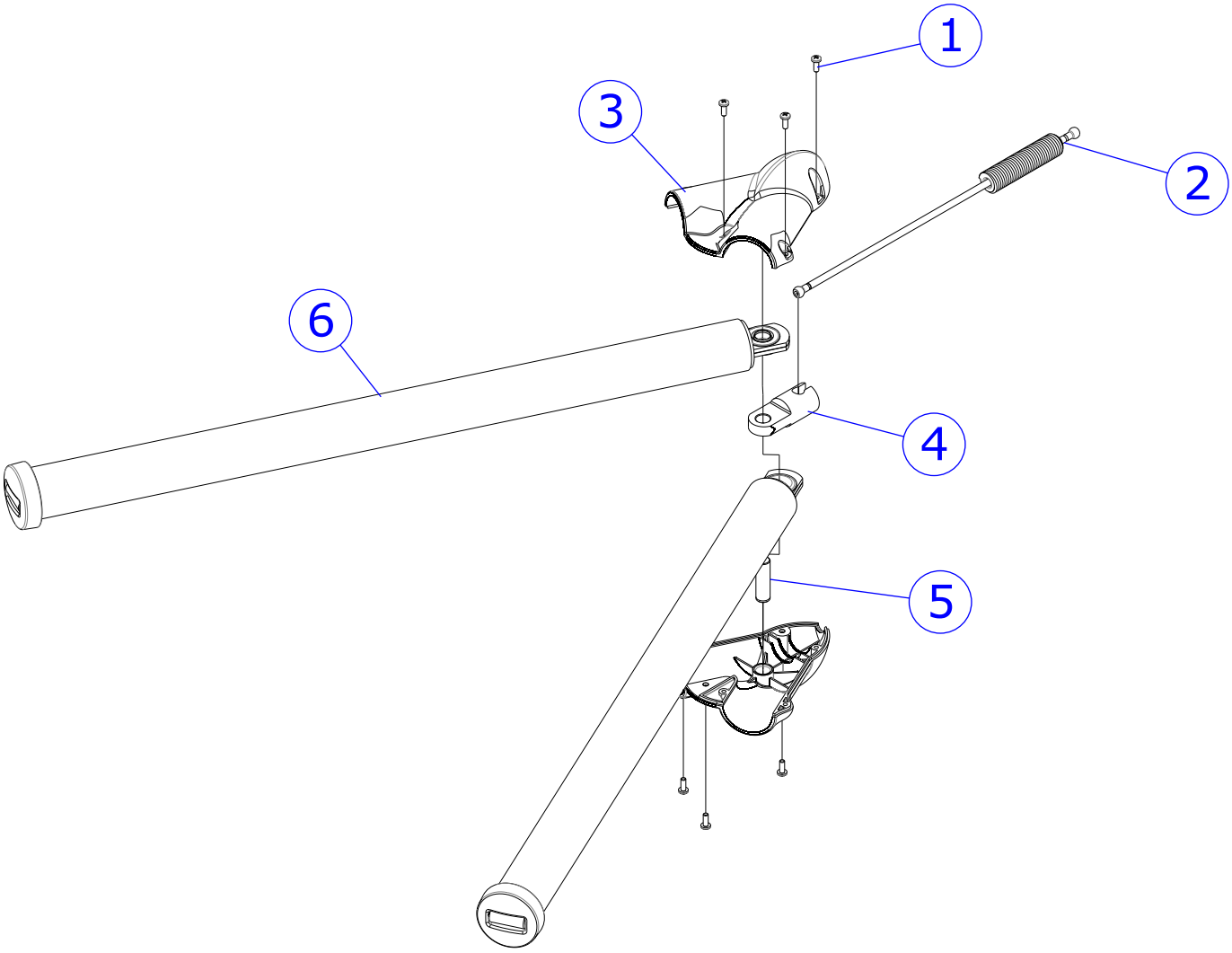
ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	86930XX	WLDMT, THREADED FLOATING PULLEY	ANY
2	1	3251708	SCREW, M10 X1.5 55MM	-
3	1	3242002	NUT, M10 X 1.5 HEX NYLOCK	-
4	1	3237801	PULLEY, 4.5" OD	-
5	2	3102514	WASHER, FLAT 3/8" SAE ST ZN	-

OSAB ABDOMINAL
PULLEY BRACKET ASSEMBLY - 86823XX



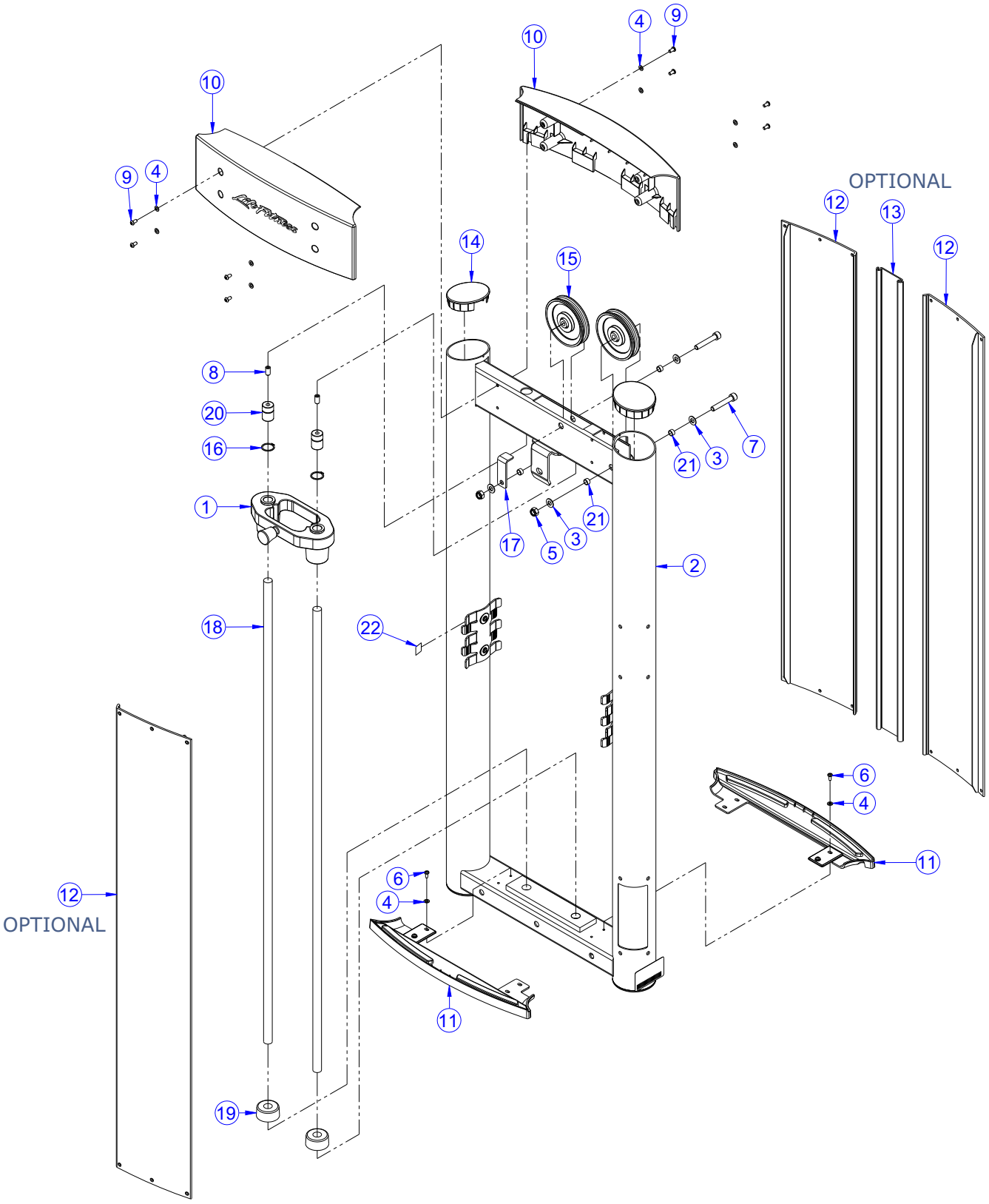
ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	86785XX	WLDMT, OSAB PULLEY BRKT	ANY
2	2	8039501	LABEL, WARNING,TRIANGLE	-
3	2	7385203	SPACER, .406 X .750 X .500	-
4	1	3251712	SCREW, M10 X1.5 75MM	-
5	1	3242002	NUT, M10 X 1.5 HEX NYLOCK	-
6	1	3237801	PULLEY, 4.5" OD	-
7	2	3102514	WASHER, FLAT 3/8" SAE ST ZN	-

OSAB ABDOMINAL
AB HANDLE ASSEMBLY - 9353301



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	6	3226001	6-20 SCREW, PHILLIPS PAN HEAD TYPE PLT
2	1	8490801	CABLE, OSAB, HANDLE
3	2	8655401	COUPLER, OSAB HANDLE
4	1	8655501	LINK, CABLE END
5	1	8655601	PIN, 10mm
6	2	9353201	ASSY, STRAP W/GRIP, HANDLE

OSAB ABDOMINAL
ASSY, OSTWR, FINAL, PLT.

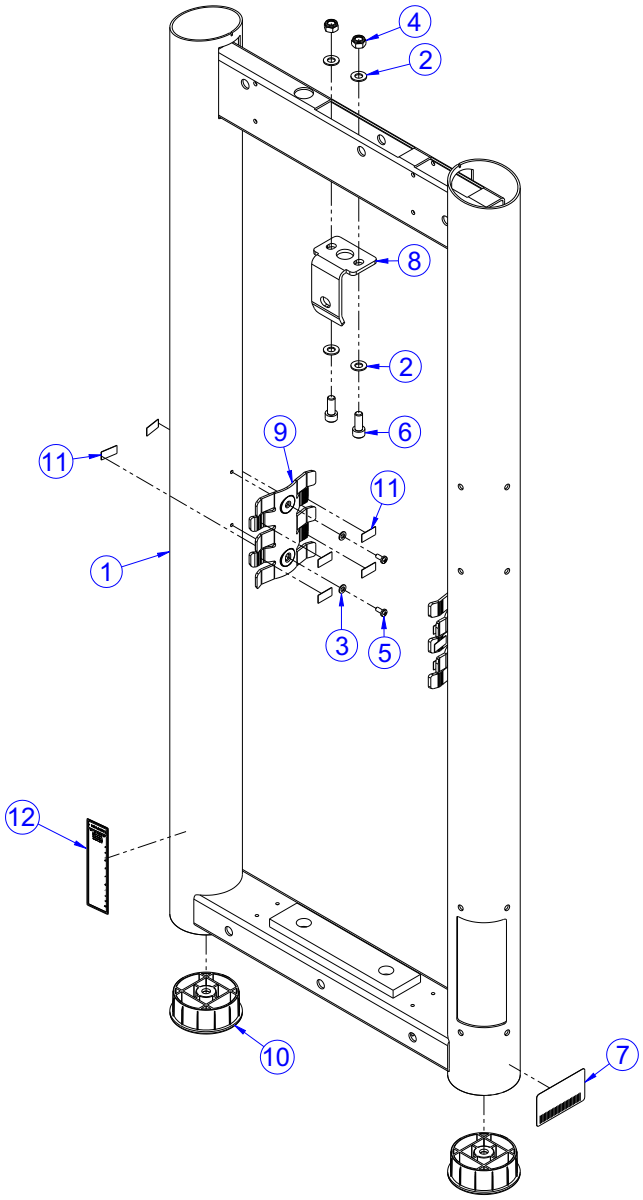


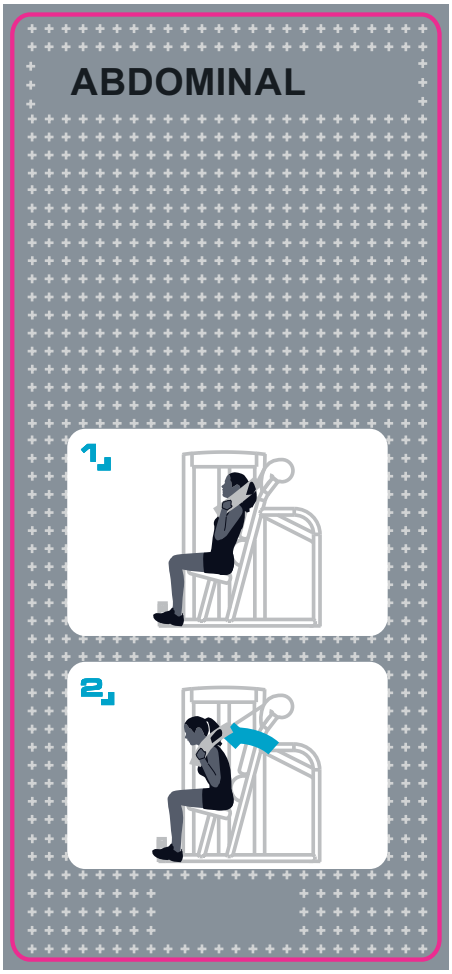
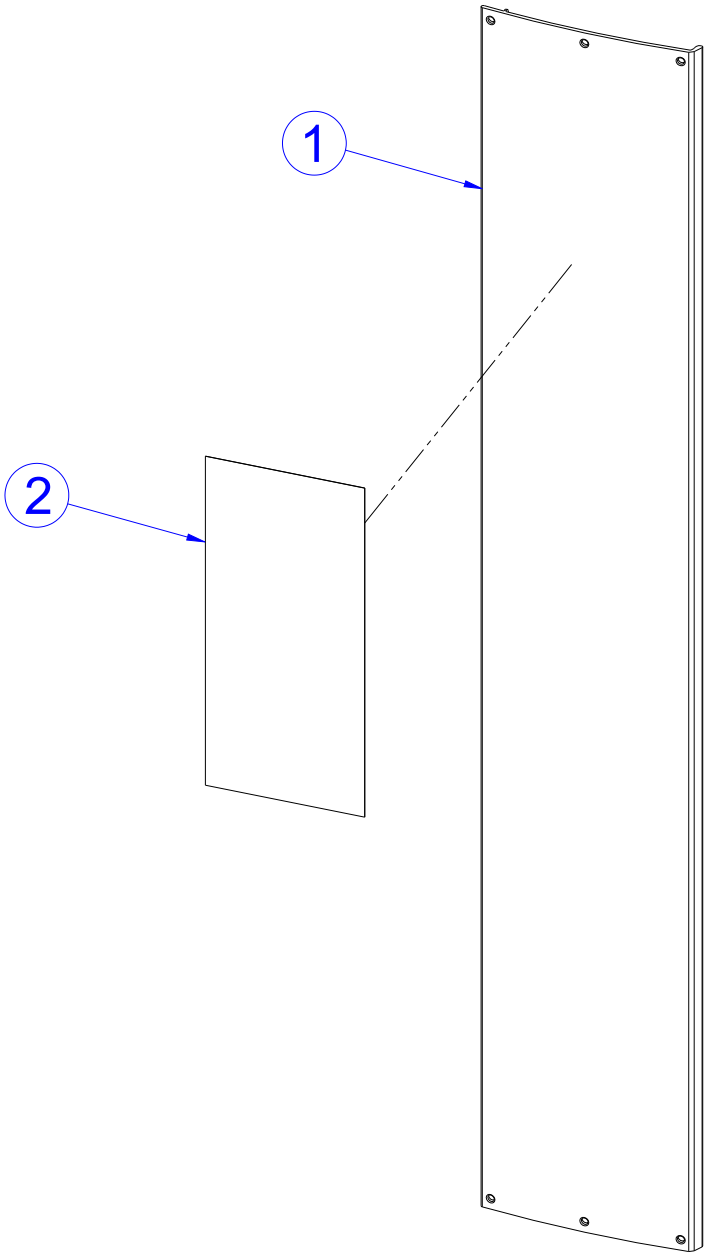
SEE PAGE 12 FOR LEGEND

OSAB ABDOMINAL
ASSY, OSTWR, FINAL, PLT LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	8504301	ASSY, INCREMENT WEIGHT, 7 LB	SG
2	1	POSSIBLE RMA	ASSY, OSTWR	ANY
3	4	3102514	WASHER, FLAT 3/8" SAE ST ZN	-
4	12	3264101	WASHER, M6	-
5	2	3242002	NUT, M10 X 1.5 HEX NYLOCK	-
6	4	3239103	SCREW, M5X16 PHL PAN TT ST BZ	-
7	2	3251709	SCREW, M10 X1.5 60MM	-
8	2	3240501	M10 X 1.5 HXS NO CUP ST BO	-
9	8	3252803	M6-1.0 X 12 HXS BUT CS ST ZN	-
10	2	8370701	COVER, OS TOWER, TOP	-
11	2	8371301	COVER, OS TOWER, BOTTOM	-
12	3	8370801	SHROUD, OS TOWER, STD	-
13	1	8370901	SHROUD, OS TOWER, CENTER, STD	-
14	2	8371001	CAP, OS TOWER, TOP	-
15	2	3237801	PULLEY, 4.5" OD	-
16	2	3232421	RING, BRE .940, 5100-100 ST PP B	-
17	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1	-
18	2	7328621	GUIDE ROD, .75 OD SOLID 48.60	-
19	2	7352101	CUSHION, WEIGHT STACK	-
20	2	7402301	RETAINER, GUIDEROD	-
21	4	7489403	BSHNG, .500 OD X .402 ID X .272	-
22	12	8682601	TAPE, NON-SKID, CLEAR	-

OSAB ABDOMINAL
PTD ASSY, OSTWR-PLT



ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	POSSIBLE RMA	WLDMT, OS TOWER	ANY
2	4	3102514	WASHER, FLAT 3/8" SAE ST ZN	-
3	4	3264101	WASHER, M6	-
4	2	3242002	NUT, M10 X 1.5 HEX NYLOCK	-
5	4	3239102	SCREW, M5X12 PHL PAN TT ST BZ	-
6	2	3251702	SCREW, M10 X1.5 25MM	-
7	1	7571301	LABEL, SERIAL NUMBER, BLANK	-
8	1	8332101	BRKT, OS TOWER, INC WT STRIKER	-
9	2	8371201	CLIP, OS TOWER	-
10	2	8423801	FOOT, OS TOWER	-
11	12	8682601	TAPE, NON-SKID, CLEAR	-
12	1	8630801	LABEL, ASTM WARN, SELECT SHEET	-

OSAB ABDOMINAL
OPTIONAL ASSY, OSAB FRONT SHROUD - 8548601