

**FREE WEIGHT ADJUSTABLE  
ABDOMINAL BENCH &  
ADJUSTABLE DECLINE BENCH**

SERIAL NO.'S

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- 2 SEAT FRAME ASSEMBLY
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**Maintenance Manual**

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See last pages of this manual for Sample Training Record and Training Chart.

**PARTS AND SERVICE**

709 Powerhouse Road  
Independence, VA 24348

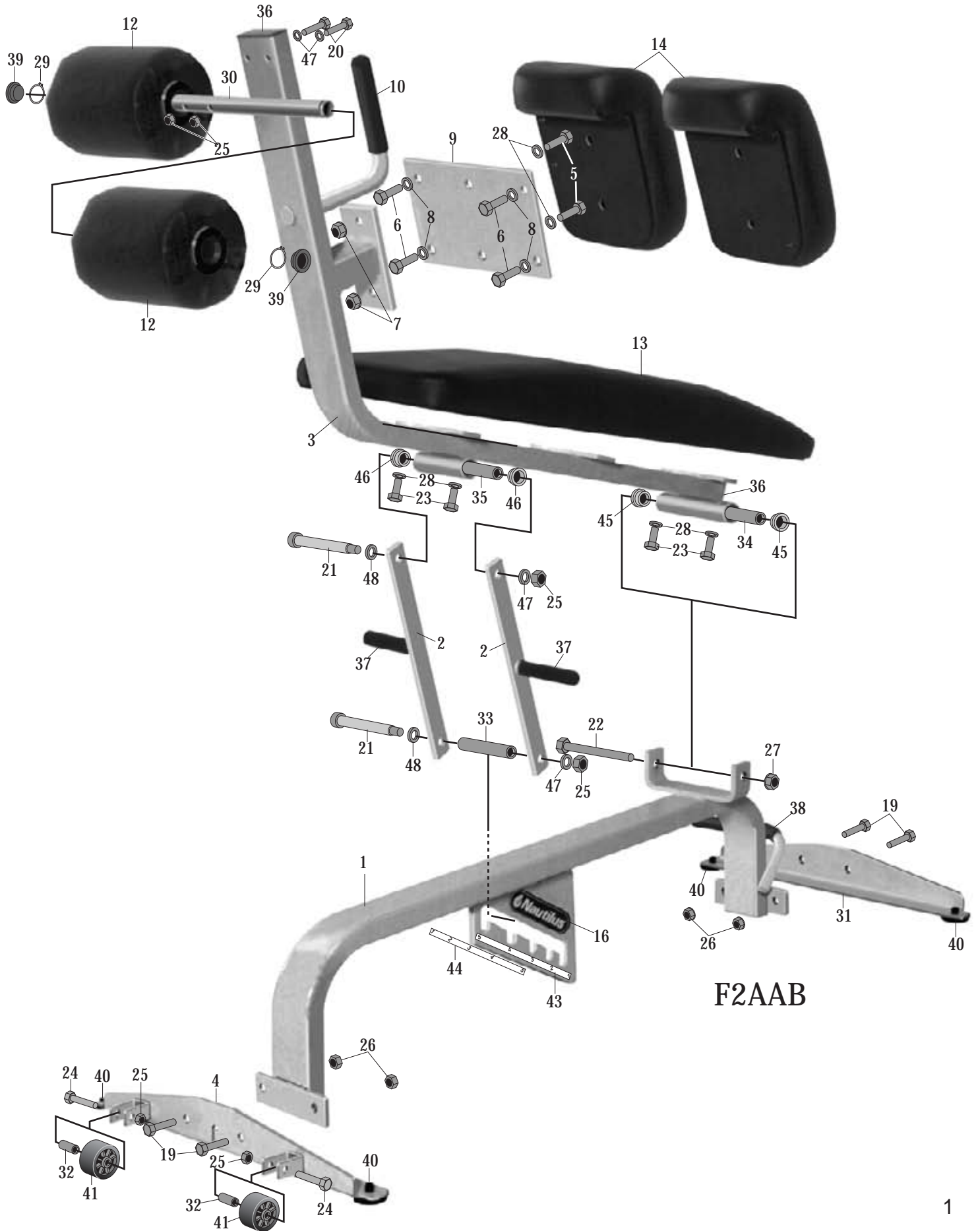
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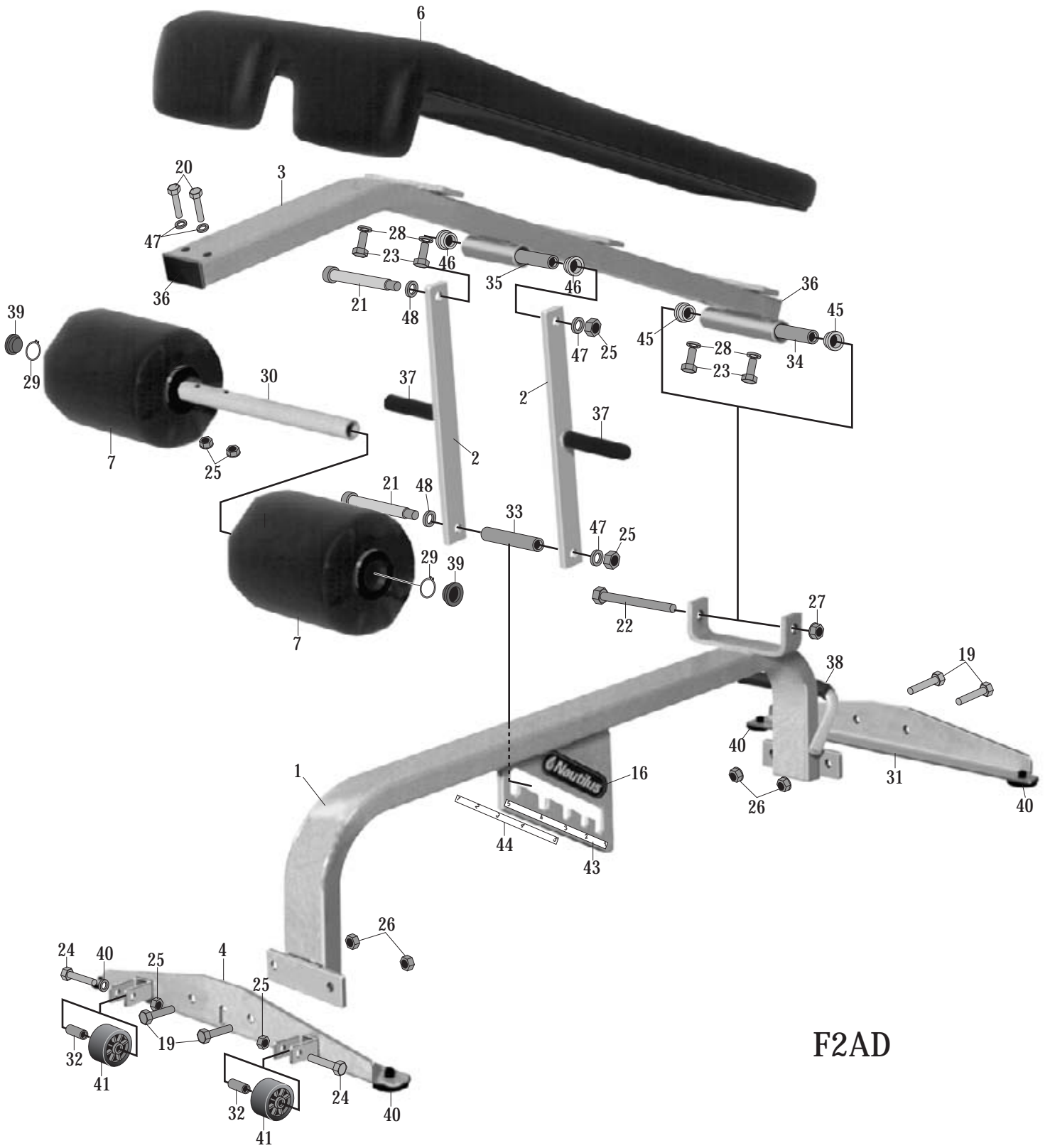
F2AAB

F2AD

**ADJUSTABLE ABDOMINAL ASSEMBLY**



**F2AAB**



**F2AD**

## F2AAB FREEWEIGHT ADJUSTABLE ABDOMINAL BENCH

Ref #	Part #	Description
1	BSF215	BASE FRAME ASSEMBLY
2	LK210	ADJUSTMENT LINK
3	SF215	SEAT FRAME ASSEMBLY
4	FL203	FOOT LINK
5	02-9210	BOLT HH5 3/8 X 1
6	02-9220	BOLT HH5 3/8 X 1 1/4 (UPH)
7	03-1035	NUT FLANGE 3/8-16
8	04-5213	WASHER INT LOK 3/8 (UPH)
9	07-8394	1/4" UPHOLSTERY MOUNT PLATE
10	09-1058	RUBBER HAND GRIP, 7/8 X 4 1/2
11	19-5174	PARTS MANUAL F2AAB / F2AD
12	UP9530	ROLLER PAD
13	UP9949	ARCHED BACK PAD
14	UP9115	THIGH PAD
	IN02	INSPECTION KIT
15	12-1080	INSPECTION STICKER DECAL
16	12-1089	NAUTILUS NAMEPLATE 1 1/2 x 6 1/4 L PLASTIC
17	19-1291	DECAL SERIAL # BAR CODE
18	40-7167	BAG 50 X 46 X 86 X .002 THICK
	PR09	F2AAB/AD KIT
19	01-1261	BOLT HH5 1/2 X 1
20	01-1550	BOLT HH5 3/8 x 3
21	01-3180	SHOULDER BOLT 1/2 X 4 1/2
22	01-2282	BOLT HH5 5/8 x 8 1/2
23	02-9220	BOLT HH5 3/8 X 1 1/4 (UPH)
24	02-9250	BOLT HH5 3/8 x 2 1/4
25	03-1035	NUT NTE 3/8
26	03-1055	NUT NTE 1/2
27	03-2060	NUT NTE 5/8
28	04-5213	WASHER INT LOK 3/8 (UPH)
29	06-8230	SNAP RING EXTERNAL, 1" THIN 5100-100
30	07-8329	1" DIA ROLLER PAD MOUNT
31	07-8542	BASE ANGLE
32	07-8345	SLEEVE 1/2 DIA X .058W TUBE X 1 1/2 L
33	07-9027	NYLON SLEEVE 3/4 DIA NYLON 3 11/16 L
34	08-5064	PIVOT SPACER - 1" DIA .188W TU L = 7 7/32
35	08-5065	LINK PIVOT SPACER - 3/4 DIA .120W TU L = 3 11/16
36	09-2060	PLUG, FRAME, 1-1/2 X 3
37	09-1010	3/4 X 5 CLOSED END GRIP
38	09-1058	RUBBER HAND GRIP, 7/8 X 4 1/2
39	09-3074	HOLE PLUG 3/4 DIA BLACK
40	09-5030	FOOTPAD ROUND MOLDED
41	09-8340	WHEEL MOLDED NYLON
42	12-1089	NAUTILUS NAMEPLATE 1 1/2 x 6 1/4 L PLASTIC
43	12-1122	DECAL F2AD/AAB RIGHT
44	12-1123	DECAL F2AD/AAB LEFT
45	45-1051	BUSHING IGUS 1" ID X 1/2 LONG, FLANGE
46	45-1062	BUSHING IGUS 3/4" ID X 3/4 LONG, FLANGE
47	04-2020	WASHER FLAT 3/8
48	04-5207	WASHER 1/2 SAE

## F2AD FREEWEIGHT ADJUSTABLE DECLINE BENCH

Ref #	Part #	Description
1	BSF215	BASE FRAME ASSEMBLY
2	LK210	ADJUSTMENT LINK
3	SF212	SEAT FRAME ASSEMBLY
4	FL203	FOOT LINK
5	19-5174	PARTS MANUAL F2AAB / F2AD
6	UP9940	SEAT / BACK PAD
7	UP9530	ROLLER PAD
	IN02	INSPECTION KIT
15	12-1080	INSPECTION STICKER DECAL
16	12-1089	NAUTILUS NAMEPLATE 1 1/2 x 6 1/4 L PLASTIC
17	19-1291	DECAL SERIAL # BAR CODE
18	40-7167	BAG 50 X 46 X 86 X .002 THICK
	PR09	F2AAB/AD KIT
19	01-1261	BOLT HH5 1/2 X 1
20	01-1550	BOLT HH5 3/8 x 3
21	01-3180	SHOULDER BOLT 1/2 X 4 1/2
22	01-2282	BOLT HH5 5/8 x 8 1/2
23	02-9220	BOLT HH5 3/8 X 1 1/4 (UPH)
24	02-9250	BOLT HH5 3/8 x 2 1/4
25	03-1035	NUT NTE 3/8
26	03-1055	NUT NTE 1/2
27	03-2060	NUT NTE 5/8
28	04-5213	WASHER INT LOK 3/8 (UPH)
29	06-8230	SNAP RING EXTERNAL, 1" THIN 5100-100
30	07-8329	1" DIA ROLLER PAD MOUNT
31	07-8542	BASE ANGLE
32	07-8345	SLEEVE 1/2 DIA X .058W TUBE X 1 1/2 L
33	07-9027	NYLON SLEEVE 3/4 DIA NYLON 3 11/16 L
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44	12-1123	DECAL F2AD/AAB LEFT
45	45-1051	BUSHING IGUS 1" ID X 1/2 LONG, FLANGE
46	45-1062	BUSHING IGUS 3/4" ID X 3/4 LONG, FLANGE
47	04-2020	WASHER FLAT 3/8
48	04-5207	WASHER 1/2 FLAT