

Red: PAINTED ITEMS
Blue: KITS

PART NO.	QTY.	DESCRIPTION	PART NO.	QTY.	DESCRIPTION
01-1011	2	Allen Socket Cap Head Bolt Serrated Shoulder M12-1.75x70mm	27-0063	2	Shield, HS Tower, Left/Right
01-9315	4	BOLT,M6X1.00,16MM,HHC,HE,CS	27-0074	1	Plate, Index Locking, Seat back, HS-AC
01-9316	2	BOLT,M8X1.25,40MM,HHC,HE,CS	27-0085	2	Hub Adapter Molded
01-9317	2	BOLT M10 X 1.5 45MM HHC HE CS ZP	27-0087	1	Axle, Pivot, Seat Back, HS-AC
01-9319	2	SCREW,M10 X 1.5,90MM,BHC,HK, ZP	27-0109	2	Counter Weight for HS Swivel Brkt, Thin
01-9320	8	SCREW,M12 X 1.75,25MM,BHC,HK, ZP	27-0110	2	Counter Weight for HS Swivel Brkt, Thick
01-9321	4	BOLT M10 X 1.5 25MM HHC HE CS ZP	27-0234	2	GRIP HANDLE, STARTRAC,RED, 6"
02-4086	8	SCREW, M6 X 16 PAN TORX, ZP, THD FORMER	60-2000	1	Human Sport Weight Tower
02-9318	2	SCREW, M10-1.5x16 SHC, HK, AS, ZP	61-2010	1	HS Arm Crunch Top Plate Assembly
02-9321	4	SCREW M8 X 1.25 30MM SHC HK AS, ZP	61-2014	1	Safety Platform
02-9322	2	SCREW M10 X 1.5 20MM BHC HK, ZP	63-2000	1	Linkage, Tower Pulley, HS
02-9323	2	SCREW M6 X 1.0 20MM BHC HK ZP	63-2001	1	HS-Arm Crunch Adjustable Seat Back
02-9329	8	SCREW M10 X 1.5, 25 MM BHC HK, ZP	66-2003	1	HS Arm Crunch Seat Frame
03-3043	1	5/16" Lock Nut	68-2001	1	Extension Arm Lower Left HS-AC
03-4067	4	EXTRUDED U-NUT M8 X 1.25	68-2002	1	Extension Arm HS-AC Lower Right
03-4248	6	Cage Nut 10mm for Panel 4.1 - 5.3mm	730-0127-F	2	STRAP, CRUNCH, HS (FABRICATED)
03-5203	8	NUT,M10x1.5,ACORN, CL6	730-0143	4	CLIP, CARABINER, 1/4" DIA X 2 3/4 L.
03-5204	2	NUT,M12x1.75,ACORN, CL6	730-1559	4	GUIDE RODE,Ø22MM X 1438MM
04-5251	6	LOCK WASHER, M6	731-0040	2	STOP,Ø50X26,RUBBER
04-5252	26	LOCK WASHER, M8	731-0111	4	STOP,BUMPER,WGT PLT
04-5253	30	LOCK WASHER, M10	731-0112	4	SET COLLAR, GUIDE ROD, 22.4mm I.D.
04-5256	10	LOCK WASHER M12	731-0124	4	CAP,GUIDE ROD,RUBBER
050-2212	2	STICKER,SWITCH,HS	731-0165	6	CAP,PLASTIC,PULLEY,Ø120mm
050-2213	1	DECAL, WEIGHT STACK - HS	731-0169	8	SCREW, M8X1.25,20MM, BHC, HK, ZP
050-2224	1	STICKER,LNL, HS (LEFT & RIGHT)	731-0209	2	CAP,END, 110 X 50
050-2225	2	DECAL, WARNING MULTI LANGUAGE - HS	731-0225	2	SCREW,M3.5 X 9.5,SELF TAPPING
050-5422	1	PLACARD, HSAC3, AB CRUNCH, LEFT	731-0266-00XX	1	ASSY,UPPER BACK PAD,AB
050-5423	1	PLACARD, HSAC3, ARM CURL, RIGHT	731-0359	2	SCREW,M8 X 1.25,25mm,BHC,HK, ZP
06-8016	1	Cable Assembly HS- AC	731-0362	6	SCREW,M10 X 1.5,45MM,BHC,HK, ZP
06-8016	1	Cable Assembly HS- AC	731-0363	6	NUT,M10X1.5,NYLOC
07-9170	2	BALL STUD	731-0364	2	SCREW, M8X1.25, 45mm, BHC, HK, ZP
09-8341	8	120mm OD pulley with 17mm ID Bearing	731-0365	18	NUT,M8 X 1.25,NYLOC JAM
10-3042	1	LIFT-O-MAT 200N GAS SPRING	731-0367	8	WASHER,PLAIN,M10
12-1655	4	PLUG-PRY OUT, .205 DIA	731-0368	4	SCREW,M8 X 1.25,40mm,BHC,HK, ZP
12-8013	1	TAG, ASSEM. DIMS, HSAC2	731-0373	4	WASHER,PLAIN,M6
12-8016	1	Decal Seat Back Range- HSAC	731-0389	6	SCREW,M8 X 1.25,35mm,BHC,HK, ZP
12-8023	1	Made In USA-Core Decal	731-0512	8	STICKER,CAUTION,PINCH
12-8024	1	DECAL, NAUTILUS,DECO, 0.91" x 3.90"	731-0517	1	STICKER, WARNING, BOLT DOWN
12-8025	2	DECAL, HUMANSPORT, 3.12" x 23" (tower)	731-0678	1	AB CRUNCH SEAT BACK RIGHT
140-3702	1	EDGE TRIM, 1/8, WITH BUTYL	731-0679	1	AB SEAT BACK LEFT
19-9070	1	HumanSport Weight Stack Spacer Box	731-1357	2	CAP, BEARING 1 3/4 RND
19-9072	1	HumanSport Cardboard padding	731-1448	2	NUT,M8 x 1.25,ACORN, CL6
19-9073	2	HumanSport Pulley Box	731-2647	3	FOOT,LONG,LEVERAGE
19-9074	2	HumanSport Corrugated Angle Pad	731-3780	2	SCREW,M6 X1.0, 35mm, BHC,HK, ZP
19-9076	1	30" X 46" 4-Way Entry Pallet	731-5762	2	NUT,M6 x 1.0, ACORN, CL6
27-0035	6	Cover, Pulley, Flat Steel	731-7666	1	ASSY,PULL PIN,12.5 X 102.5 PIN
27-0036	10	SPACER, PULLEY BRACKET, HUMAN SPORT	91-999	1	Paint (1.5 lbs)
27-0040	2	Bracket, Pulley Top Weight, Front, HS	95-0695	1	Human Sport Carbon Fiber Trim Kit
27-0041	2	Bracket, Pulley Top Weight, Rear, HS	95-0785	2	KIT, HUMAN SPORT, PULLEY, ROLLED EDGE (W/O C-WEIGHT)
27-0047	4	ASSY,SWIVEL,HANDLE,HUMAN SPORT	95-0785	2	KIT, HUMAN SPORT, PULLEY, ROLLED EDGE (W/O C-WEIGHT)
27-0060	1	Shield, HS Tower, Front, Left	OPT-WT-33	1	Human Sport Weight Stack-Right
27-0061	1	Shield, HS Tower, Front Right	OPT-WT-33	1	Human Sport Weight Stack-Left
27-0062	1	Shield, HS Tower, Rear	SM20473	1	TYRAP, 1/8" X 4"



Bolt Torque Specifications			
Size	Grade 5	Grade 8	
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

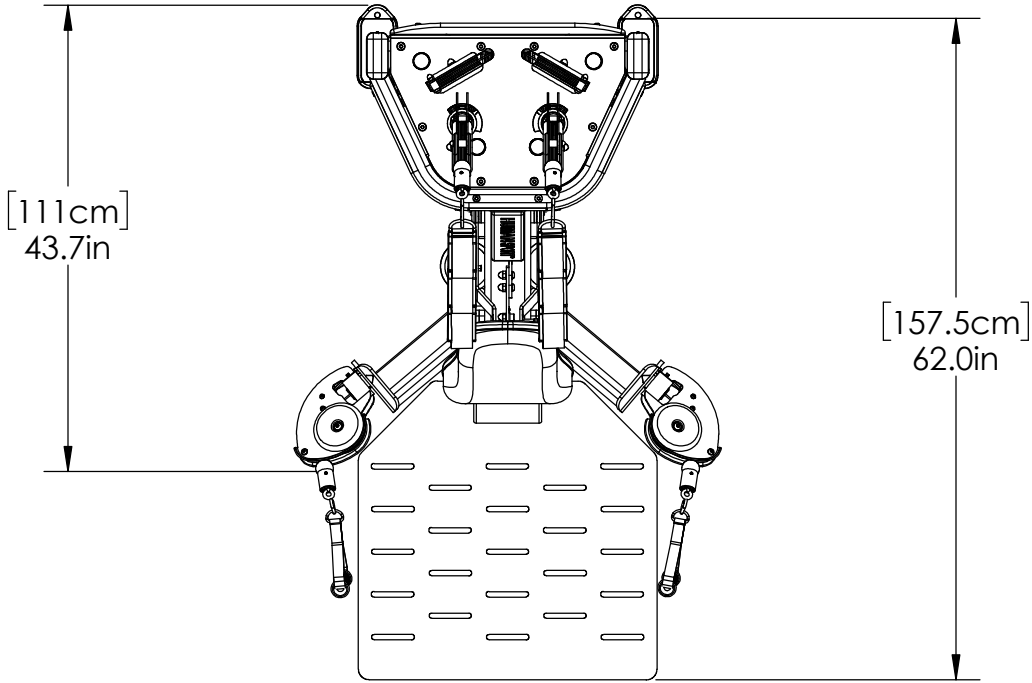
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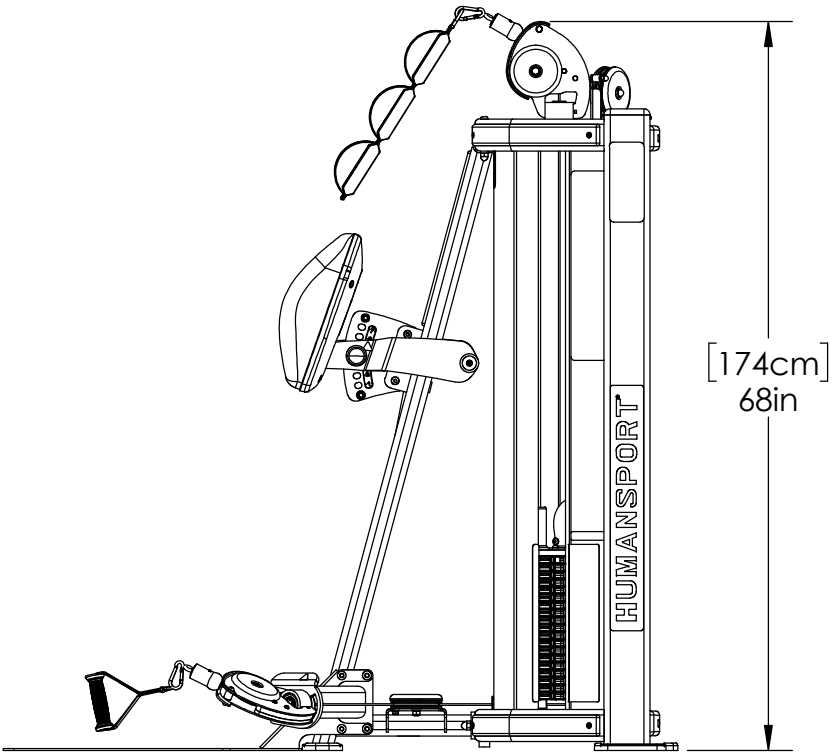
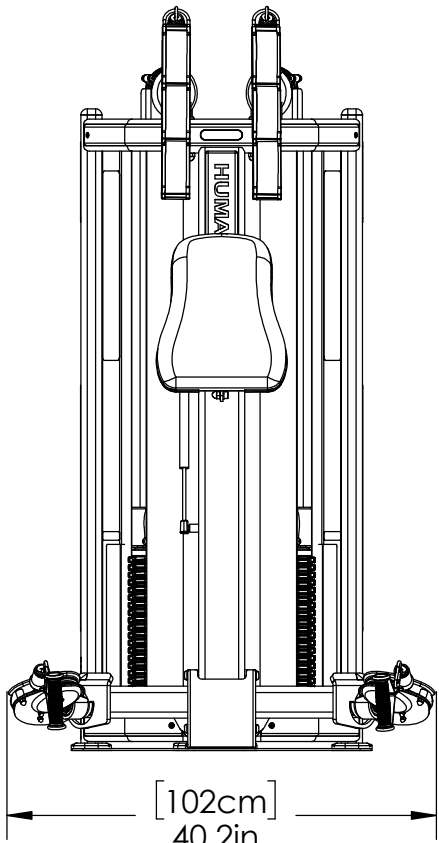
HUMAN SPORT ARM CRUNCH
HSAC3

REV J

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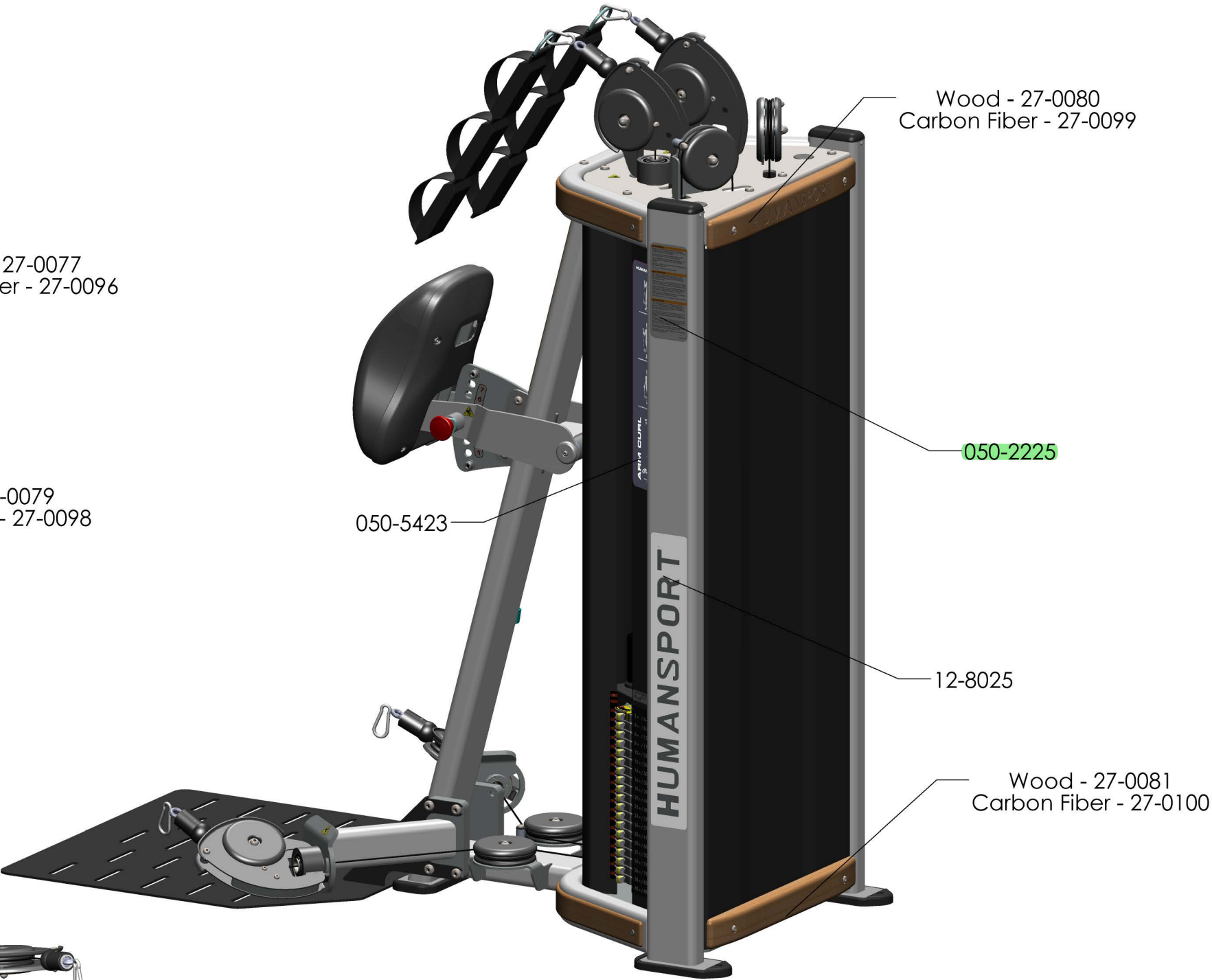
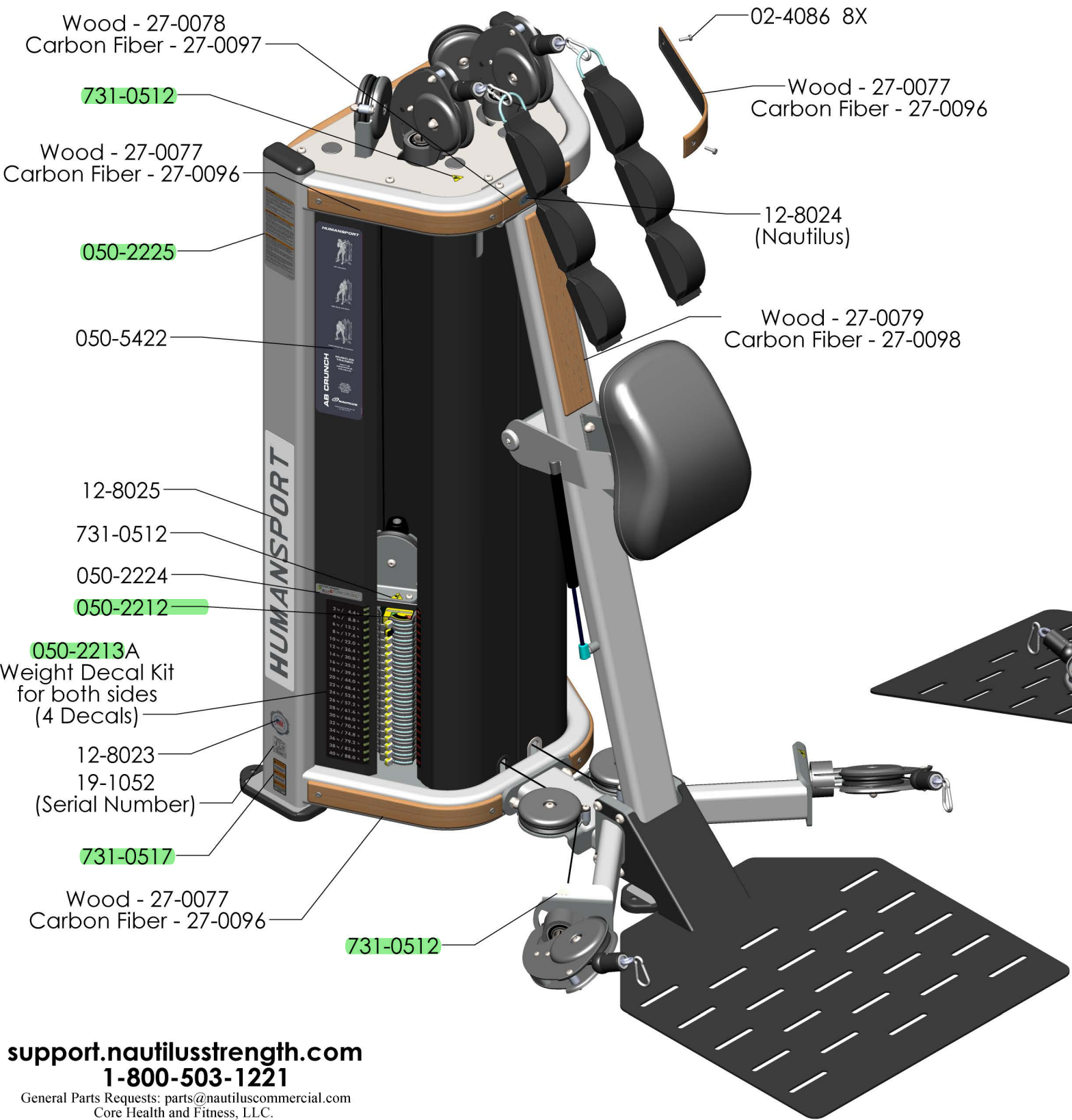
HSAC3		
Description	US	Metric
Width	40 1/4"	102 cm
Depth	43 3/4"	111 cm
Height	68 1/2"	174 cm
Weight	674 lbs	306 Kgs



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5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

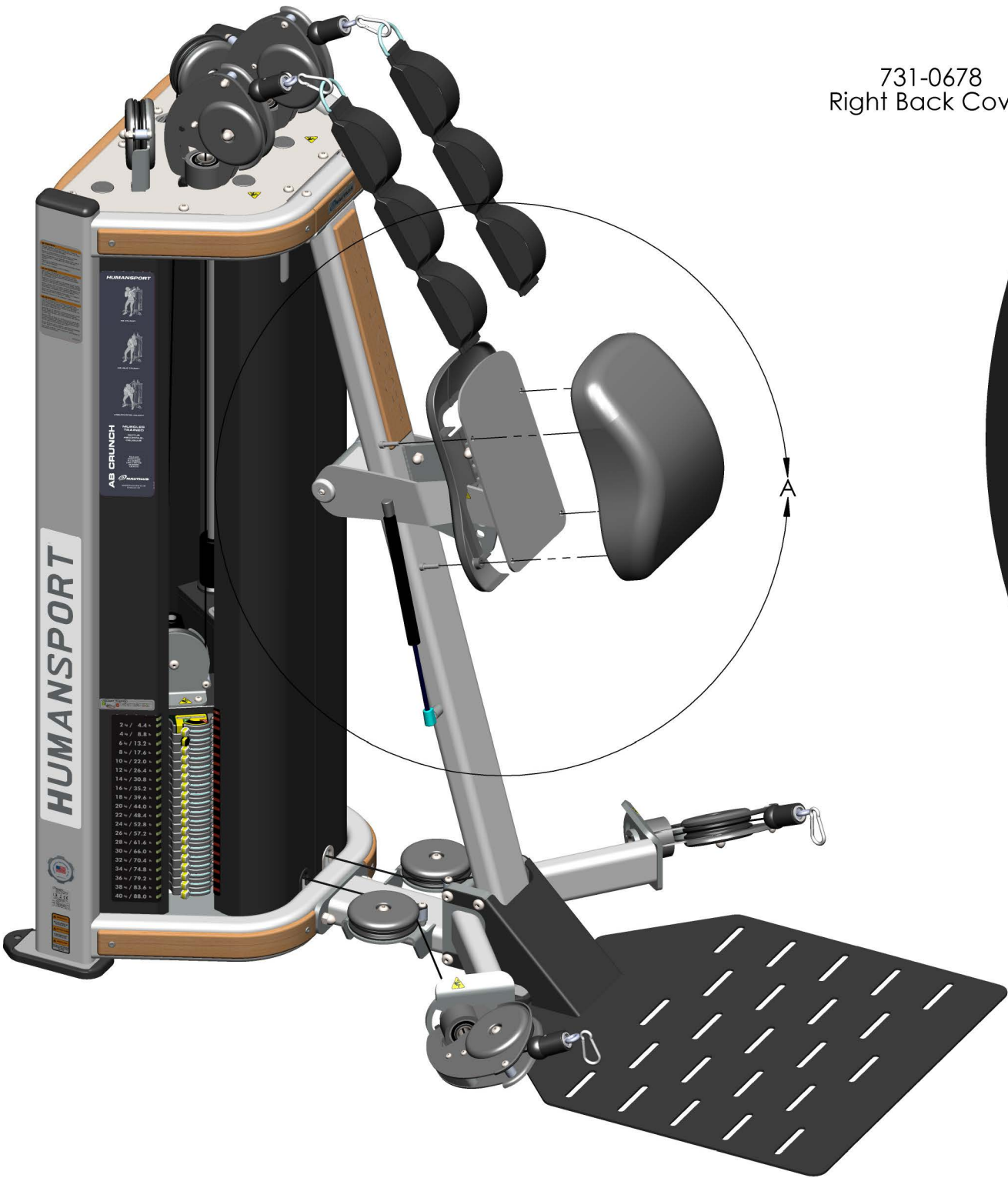
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731-0678
Right Back Cover

731-0679
Left Back Cover

731-0266-01

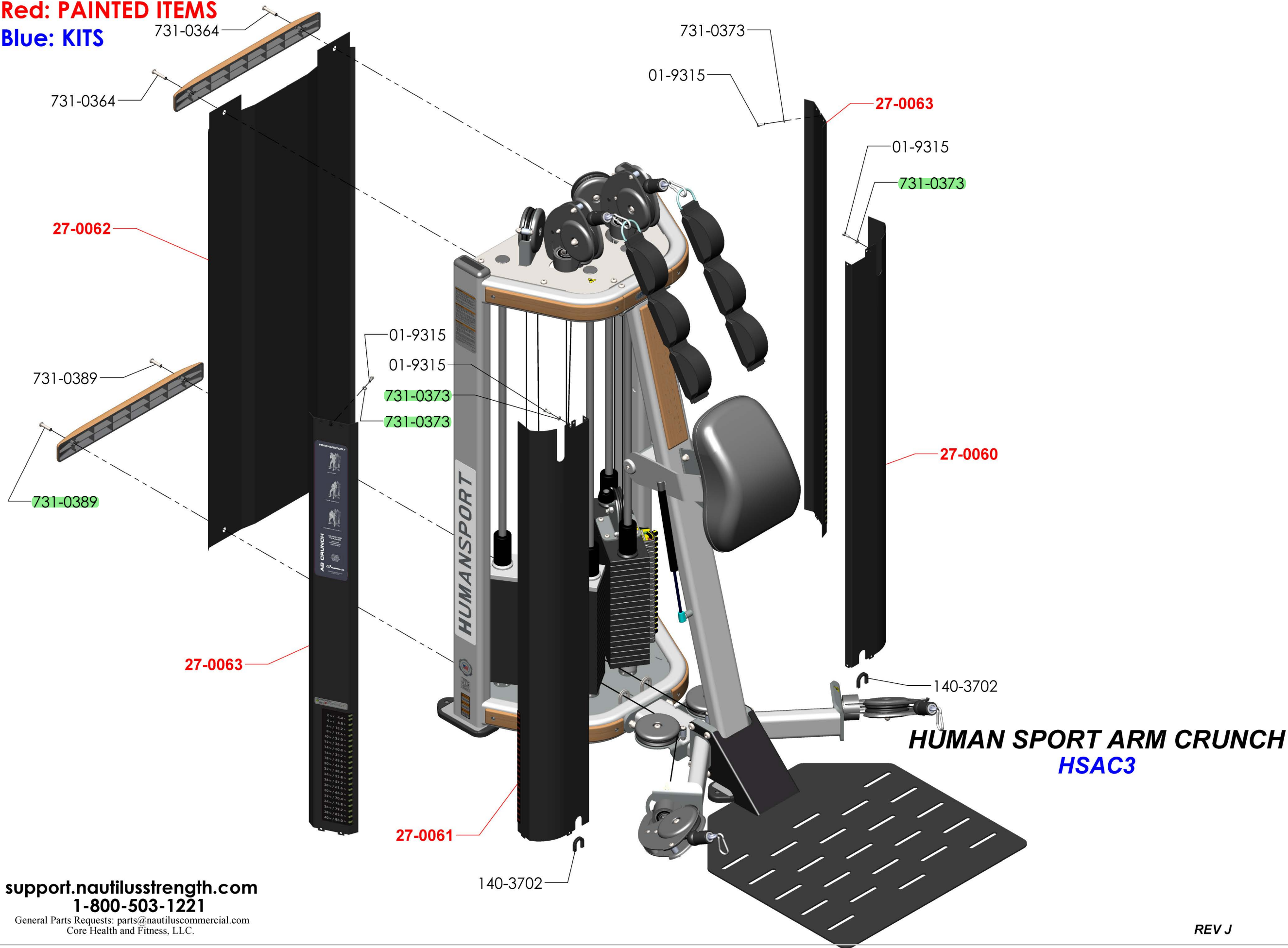
02-9321 4x

DETAIL A
SCALE 1 : 5

HUMAN SPORT ARM CRUNCH
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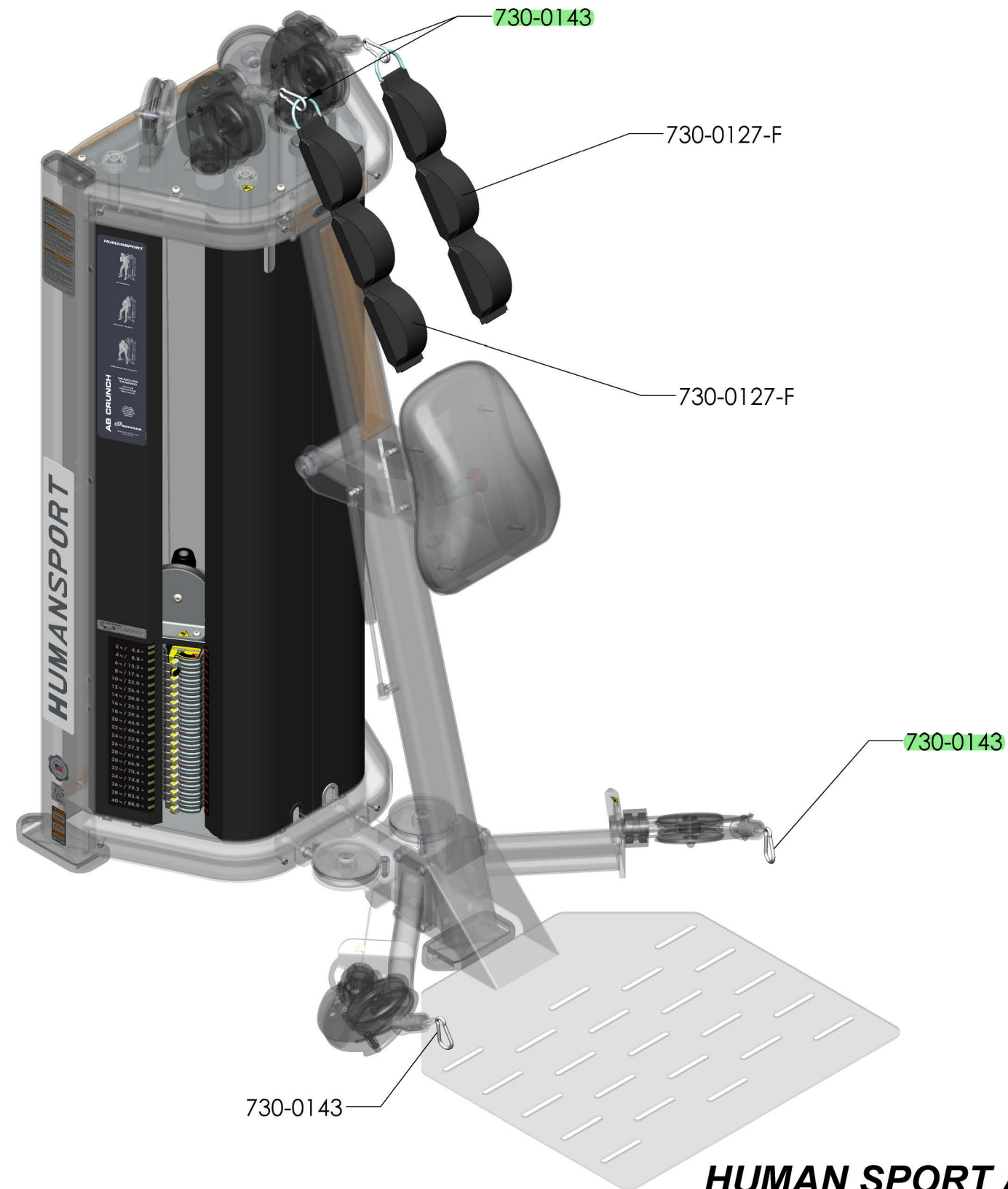
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REV J

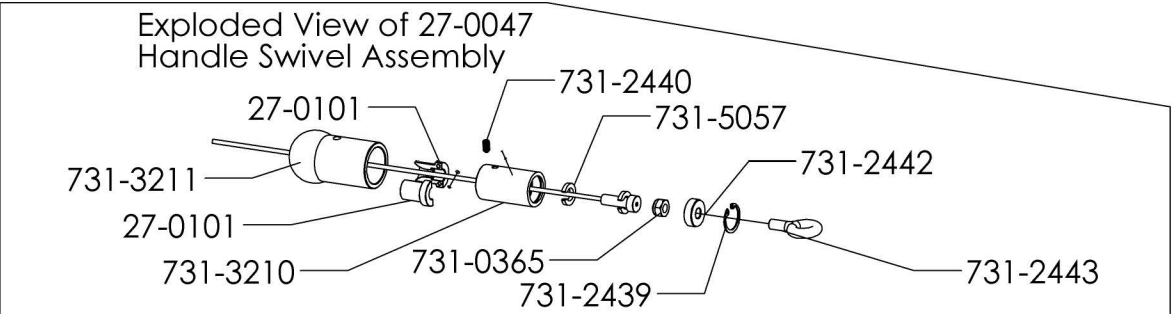
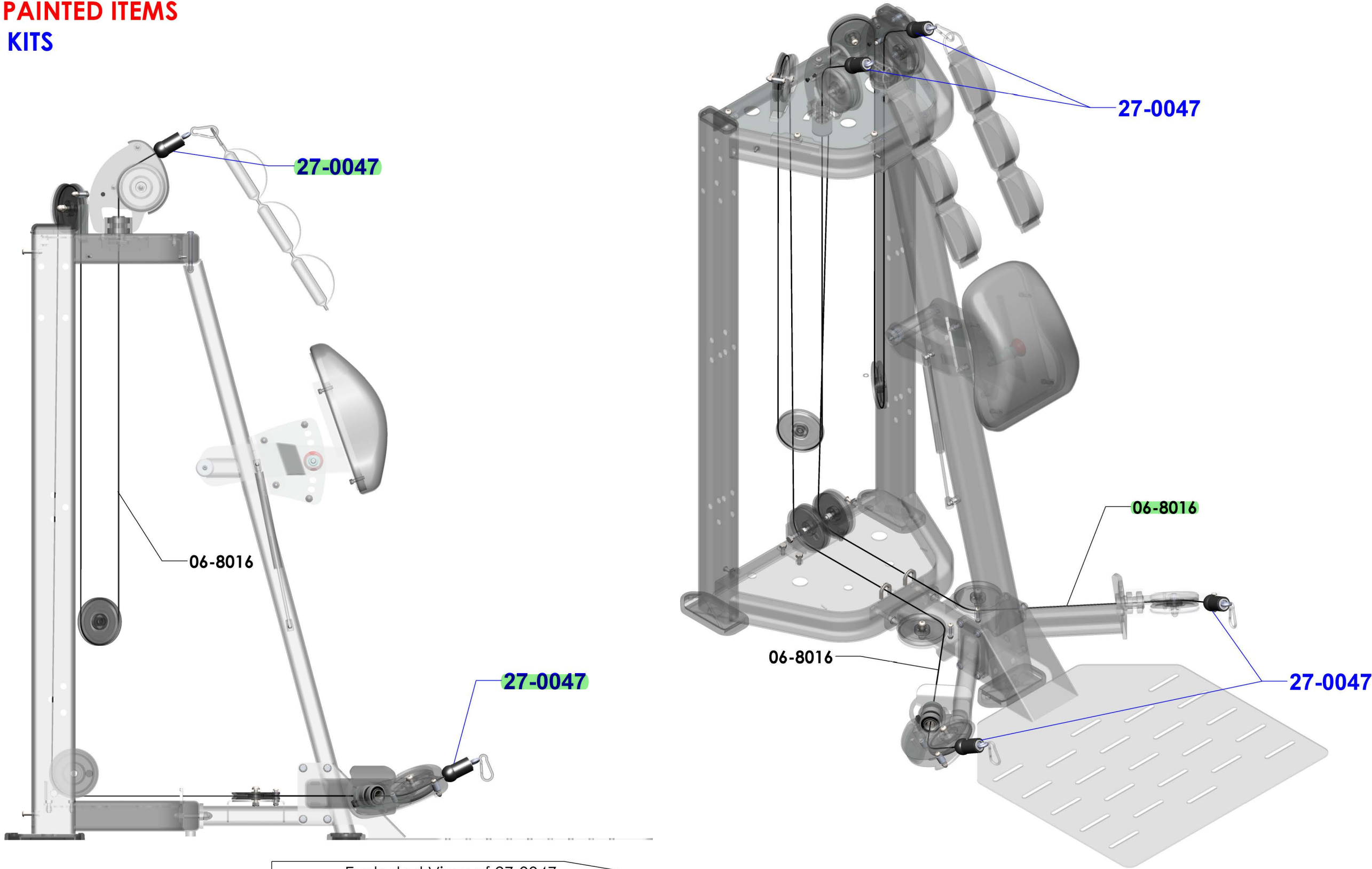
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1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



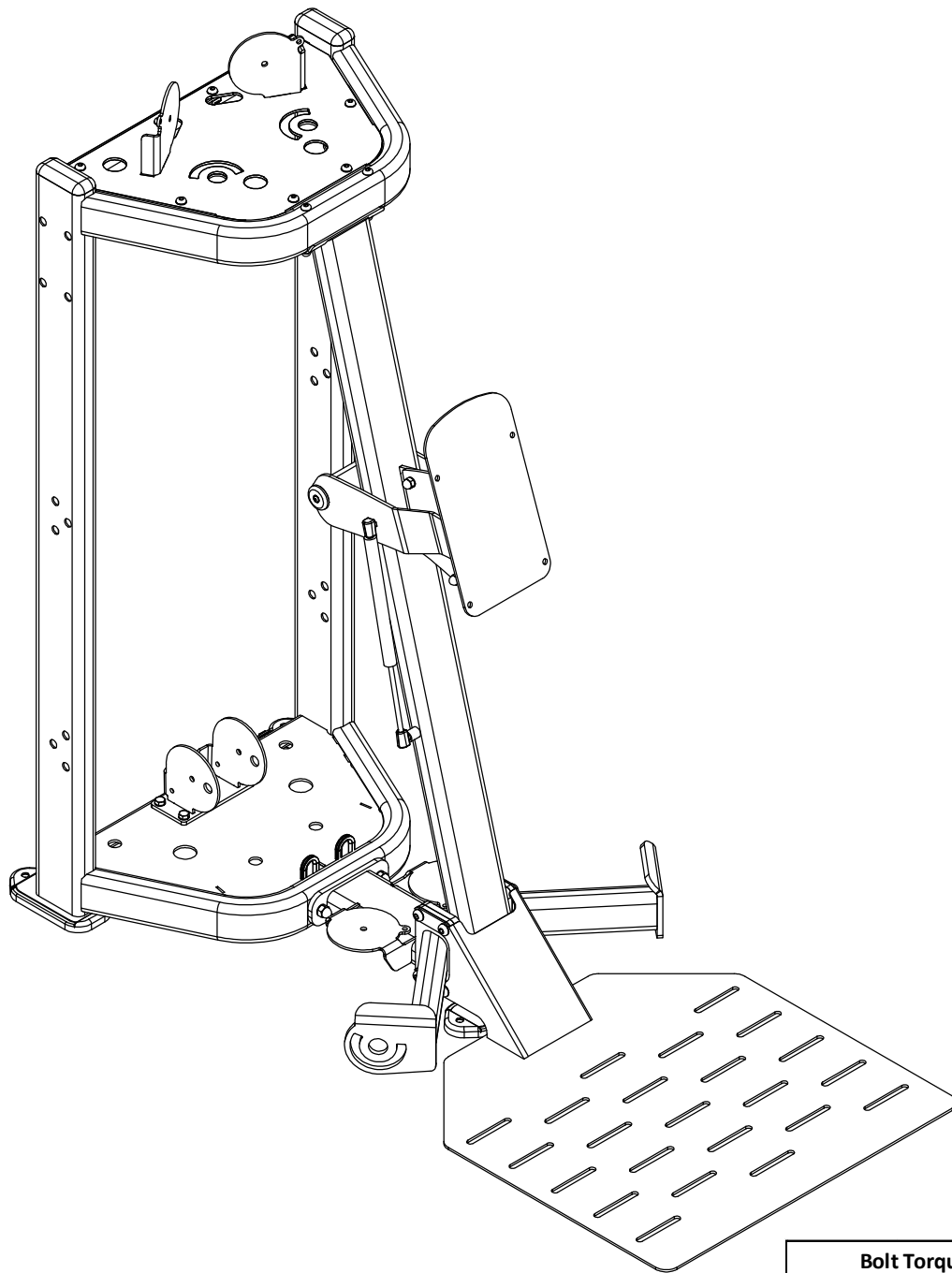
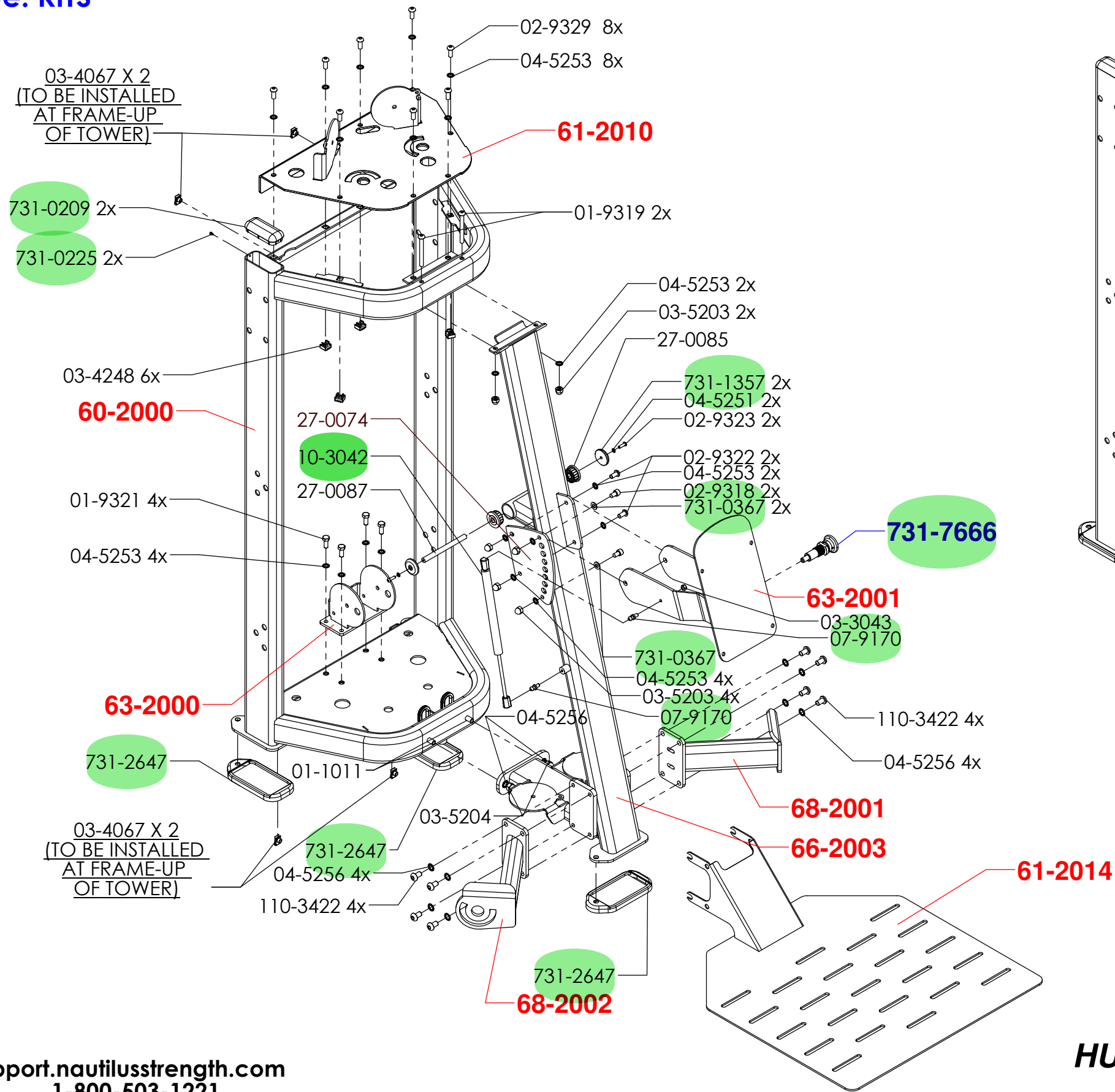
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M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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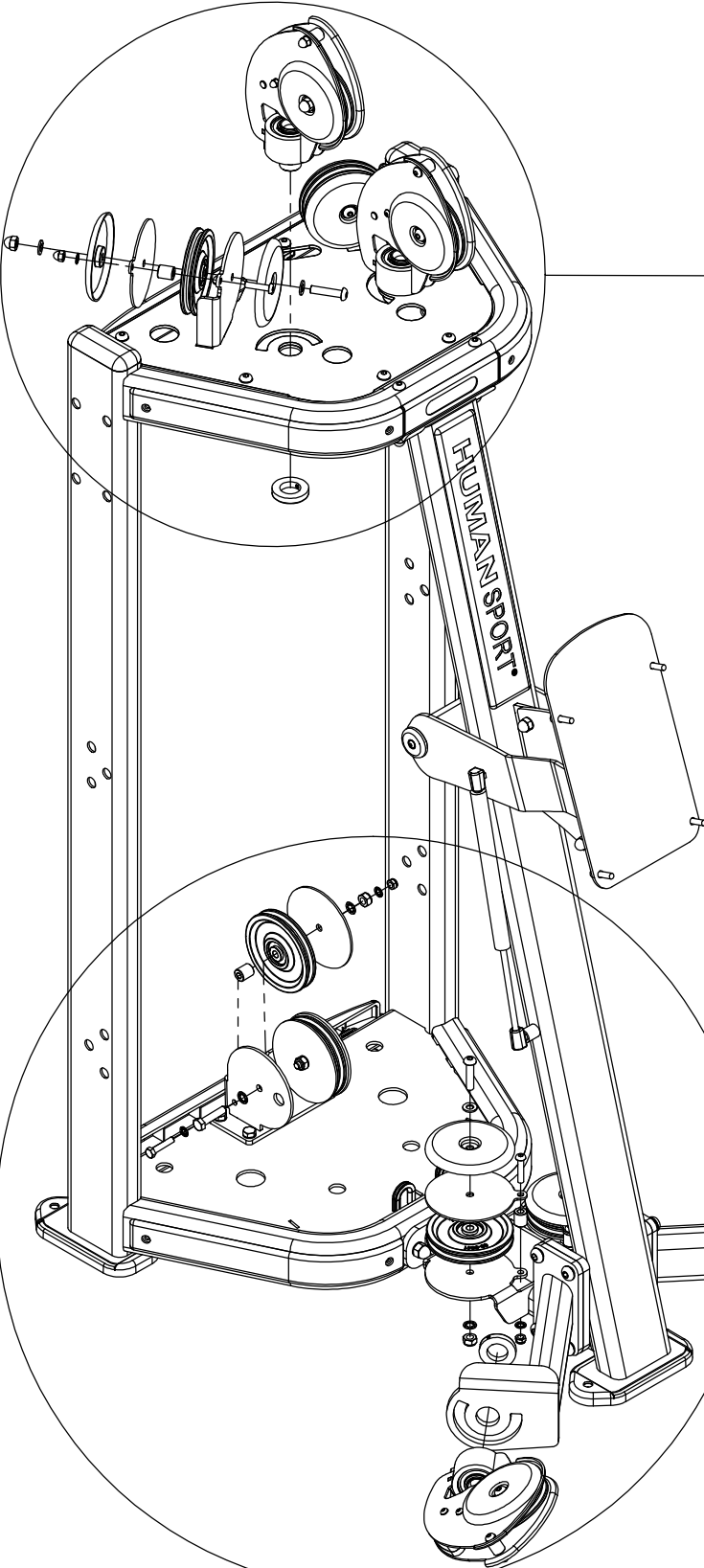


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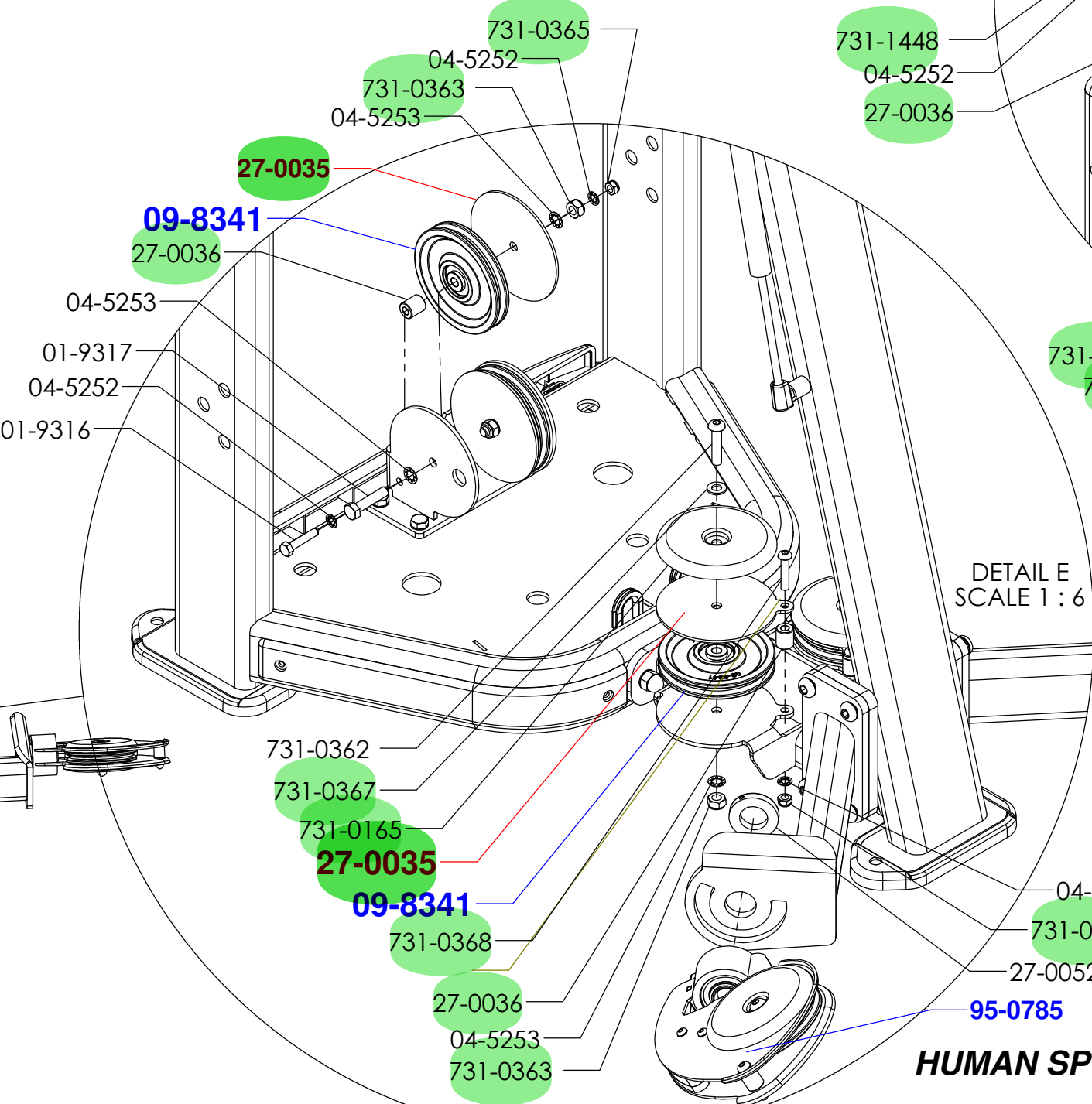
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REV J

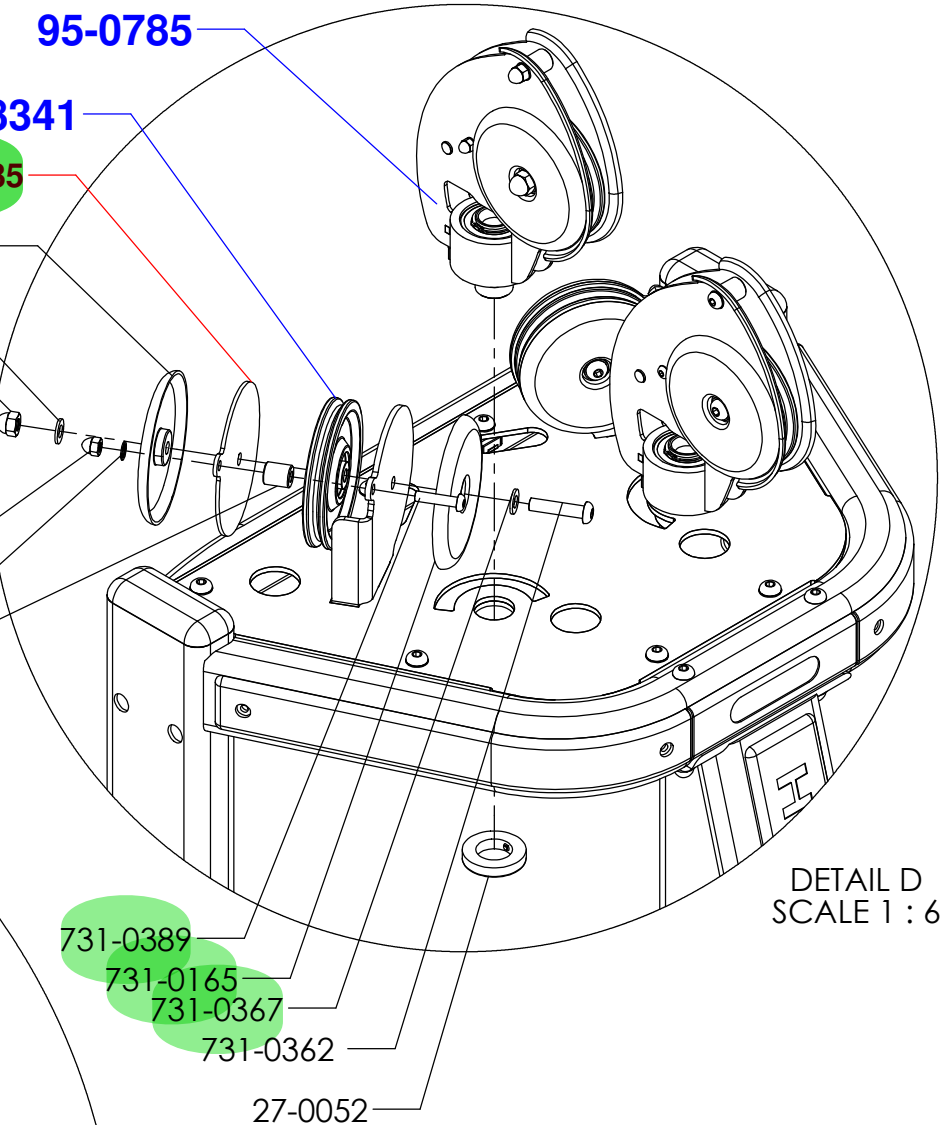
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DETAIL E
SCALE 1 : 6

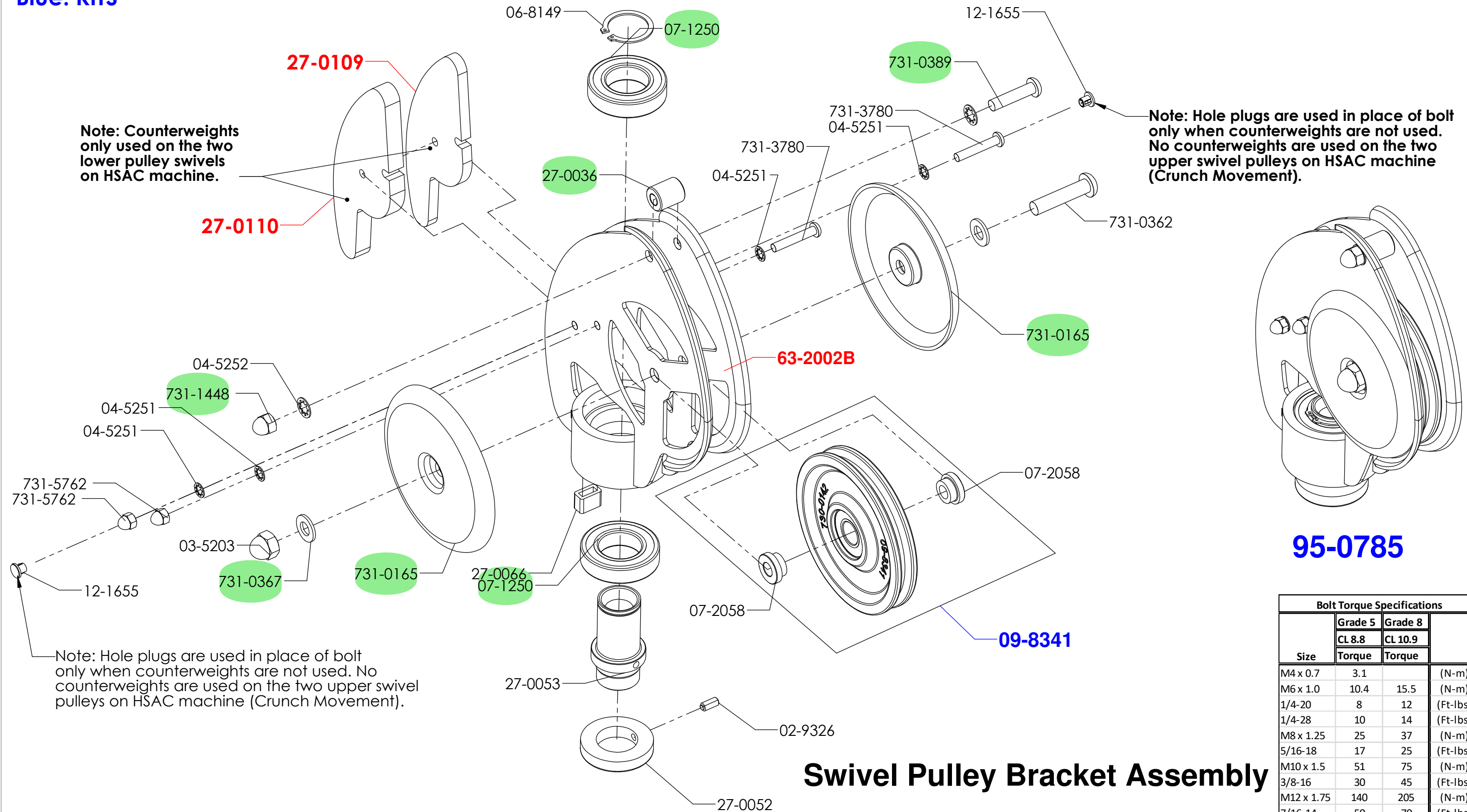


DETAIL D
SCALE 1 : 6

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HUMAN SPORT ARM CRUNCH
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Swivel Pulley Bracket Assembly

HUMAN SPORT ARM CRUNCH

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Upper Swiveling Pulley
Brackets DO NOT get
counterweights.

HUMAN SPORT ARM CRUNCH:
Upper pulley brackets do not get
counterweights.
Lower pulley brackets do get
counterweights.

Lower Swiveling Pulley
Brackets DO get
counterweights.

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