



Red: PAINTED ITEMS
Blue: KITS

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.

Customer Service & Parts 800/ 235-2233
General Parts Requests: parts@medfitsys.com
Warranty Field Service Requests: servicerequest@medfitsys.com
Med-Fit Systems, Inc. 800/ 831-7665

www.medfitsystems.com

PART NO.	With Tower/QTY.	DESCRIPTION
03-4245	1	PROPELL NUT, 1/2-13, PNP12136-ZN
01-0011	1	1/2 -13 UNC x 3 Bolt
01-1115	1	3/8 -16 UNC x 2 1/2 Bolt
01-1321	1	1/2 -13 UNC x 2 1/2 Bolt
01-1351	1	1/2 -13 UNC x 3 1/4 Bolt
01-1551	1	3/8 -16 UNC x 3 1/4 Bolt
01-2230	1	5/8-11 UNC x 5 Bolt
01-4030	2	1/4 -20 UNC x 1 Wiz Lock Bolt
01-4035	2	1/4 -20 UNC x 1 1/4 Wiz Lock Bolt
01-4058	4	BOLT BH, 1/2 -13 x 4" ZINC
01-4082	1	BOLT BH, 1/2 -13 x 2" ZINC
01-4086	1	BOLT BH, 0.625 -11 UNC x 1 1/2" ZINC
02-2051	2	SCREW AFH 0.375 -16 UNC x 1" ZINC
02-2290	2	SCW-FHSCS 0250-20x1.25 G8-SS
02-4129	1	SCREW SET, 1/4 -20 UNC x 1/4
02-9210	4	3/8 -16 UNC x 1 Bolt
02-9220	4	3/8 -16 UNC x 1 1/4 Bolt
02-9250	4	3/8 -16 UNC x 2 1/4 Bolt
03-1035	8	3/8" Lock Nut
03-1055	7	1/2" Lock Nut
03-1067	1	5/8" Lock Nut
03-3057	1	Nut Weld 5/8-11
03-4290	2	1/4" Whiz Nut
04-5213	14	3/8" Internal Loc Washer
04-5214	3	1/2" Internal Loc Washer
06-2005	1	#100 CONNECTING LINK
06-5044	1	NYLON BELT ROLLER LONG
07-4000	2	NYLINER PLASTIC BEARING
07-4125	1	PLUNGER ASSEMBLY LENGTH 3 3/4"
07-8359	2	IDLER PULLEY SPACER
07-8982	2	STRAP CLAMP END (5/16 HOLES)
07-9276	2	Nylon Slide - 1 1/2" Sq tube
07-9760	4	IDLER PULLEY SPACER
07-9941	1	COUNTERWEIGHT
08-2056	1	MOLDED SHAFT SPACER
09-2010	1	1 1/4 x 1 1/4 x 11 GA FRAME PLUG
09-2020	4	1 1/2 SQ 11 GA FRAME PLUG
09-2060	2	1 1/2 X 3 11 GA FRAME PLUG
09-2070	2	2 X 2 11 GA FRAME PLUG
09-3032	2	PLUG BLACK HOLE 7/8 DOP-875
09-3068	2	PLUG BLACK HOLE 7/16" MP-0437
09-3069	2	1/2" DIA HOLE PLUG BLACK
09-3072	2	3/8" DIA HOLE PLUG
09-3075	1	Plug, 1-1/4 hole
09-3078	1	BLACK HOLE PLUG MP-1093
09-3084	2	HOLE PLUG 1.25 OD X 1.0 ID X .75
09-3098	1	VINYL CAP 1" ID X 3/4 RED
09-5002	1	PEC FLY BUMPER
09-5030	3	FOOTPAD MOLDED BLACK
09-6135	1	WEIGHT STACK PIN BELT ROLLER
09-8172	2	1 3/4 DIA HOLE PLUG
09-8319	3	3 OD X 2 WIDE MOLDED PULLEY
09-8330	1	REDIRECTIONAL PULLEY 4"
09-9600	2	TUBE INSERT 1.010 ID PN3045-4-1
12-1026	1	KEEP HANDS AWAY
12-1074	1	SEAT ADJUSTMENT DECAL 1-11 BLK
12-1380	1	Made In USA
12-6046	1	Made in USA - Seat Frames
12-7001	1	Shield Placard S8AB
18-0026 (144")	1	MECTROL BELT 1" (144")
19-1291	1	SERIAL NO. DECAL
19-1575	2	BEARING - PILLOW BLOCK 1"
32-0001	1	PAD SEAT STANDARD "ONE"
32-0006	1	CONTOURED S6LB BACK PAD
56-0034	1	CLAMP BELT 1"
56-0217	1	Clamp Belt ONE
56-0449	1	SLIDE CAP 1 1/2" SQ. (Extended)
56-0451	1	MOUNT UPHOLSTERY ROLLER
56-0504	2	STOP CAM S8AB
56-0508	1	COUNTERWEIGHT ARM S8AB
64-1405	1	MOVEMENT ARM S8AB
66-1402	1	MAIN FRAME S8AB-LB
91-999	1	Paint (1.5 lbs)
S8WST	1	Tower Weight Nova Short
SE703	1	STANDARD SEAT
UP8385	1	ROLLER PAD
UP9195	2	UPH. ELBOW PAD S5AB
56-0589	2	Grip Cap Washer, 1 1/4
56-0391	2	GRIP MOLDED LARGE 1 1/4" I.D.



S8 ABDOMINAL
S8AB
REV H

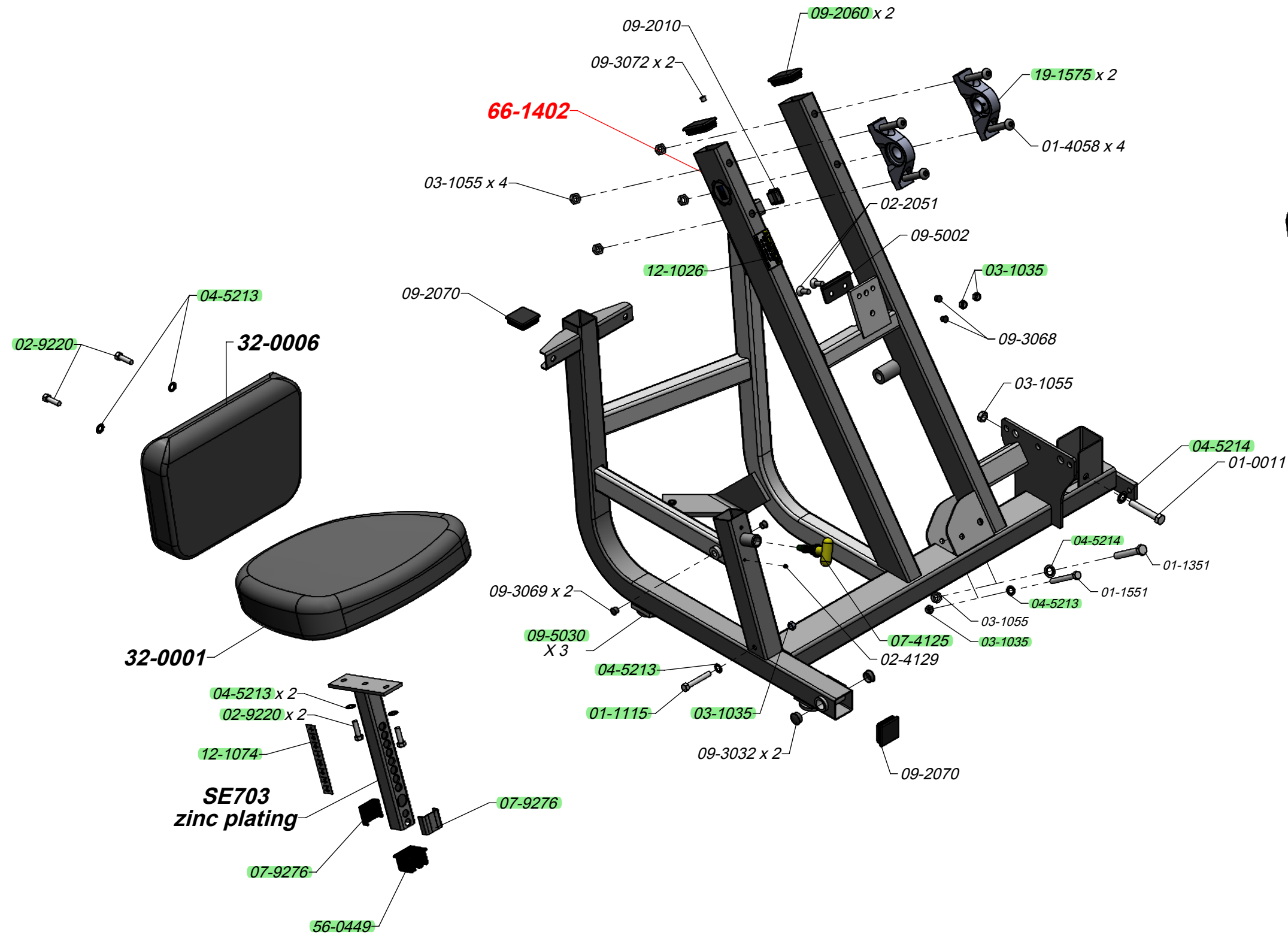
Bolt Torque Specifications	Bolt Torque Specifications	
	Grade 5	Grade 8
Size	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
3/8-16	30	45
7/16-14	50	70
1/2-13	75	110
1/2-20	90	120
5/8-11	150	220
5/8-18	180	240

Red: PAINTED ITEMS
Blue: KITS



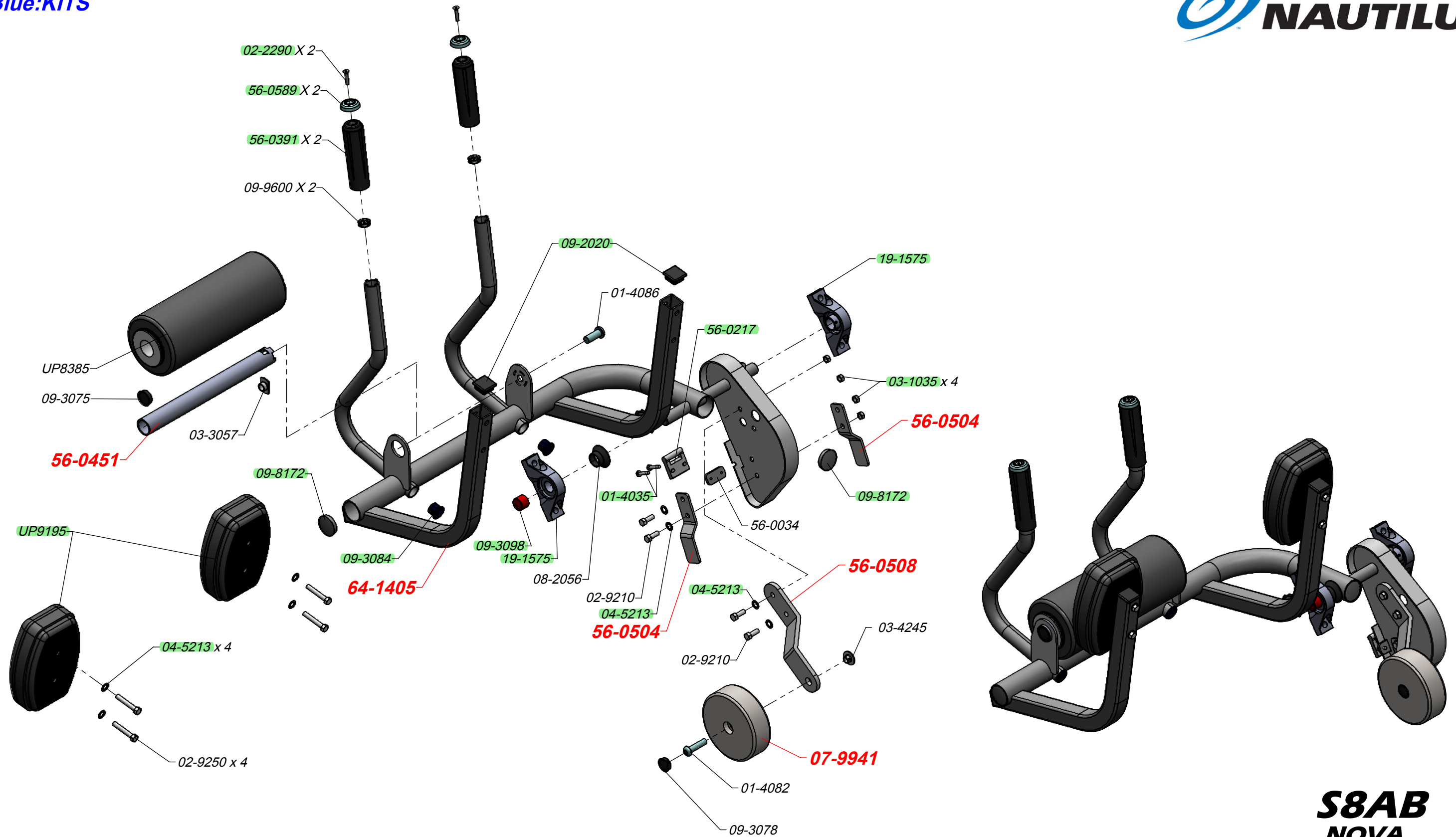
S8AB
NOVA
ABDOMINAL
Parts Diagram

Red: PAINTED ITEMS
Blue: KITS



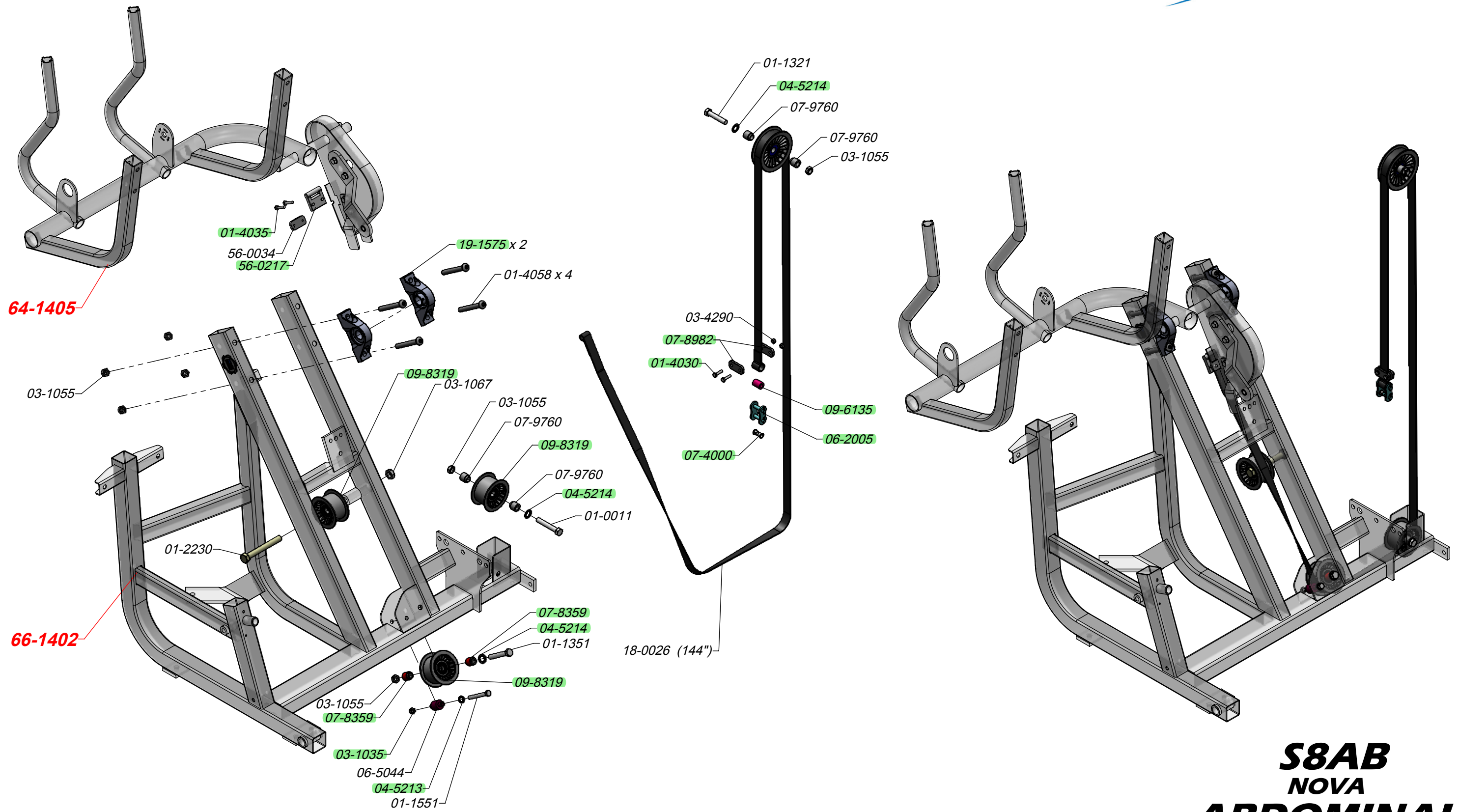
S8AB
NOVA
ABDOMINAL
Parts Diagram

Red: PAINTED ITEMS
Blue: KITS



S8AB
NOVA
ABDOMINAL
Parts Diagram

Red: PAINTED ITEMS
Blue: KITS



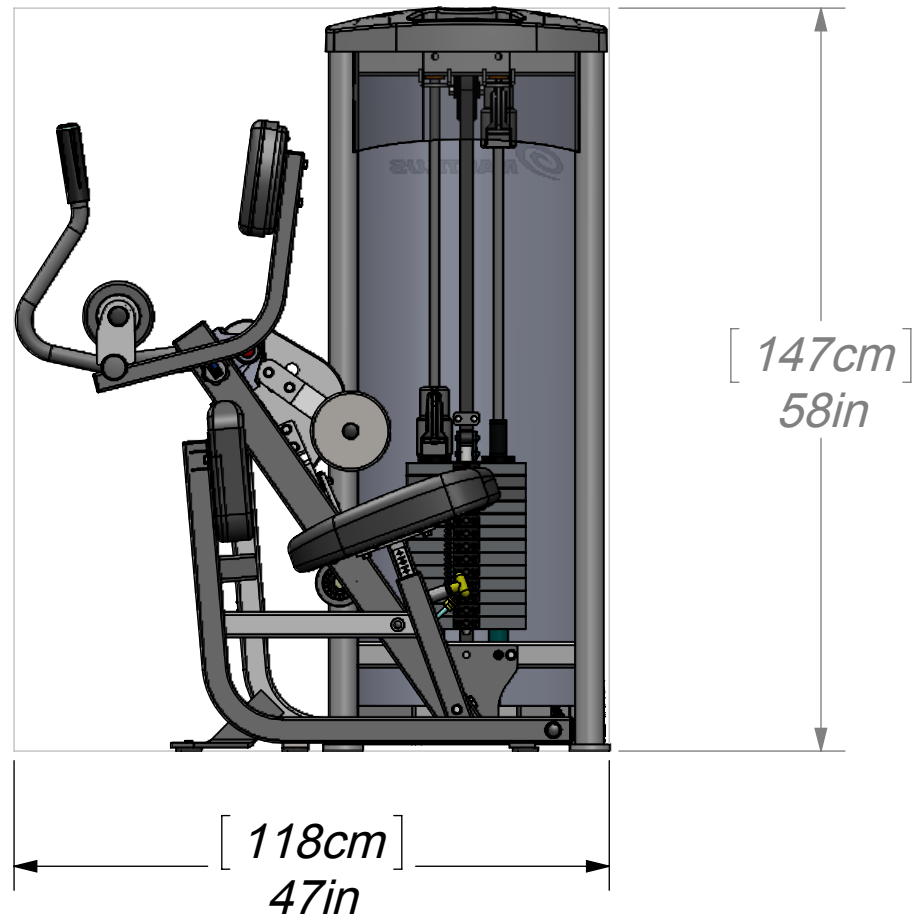
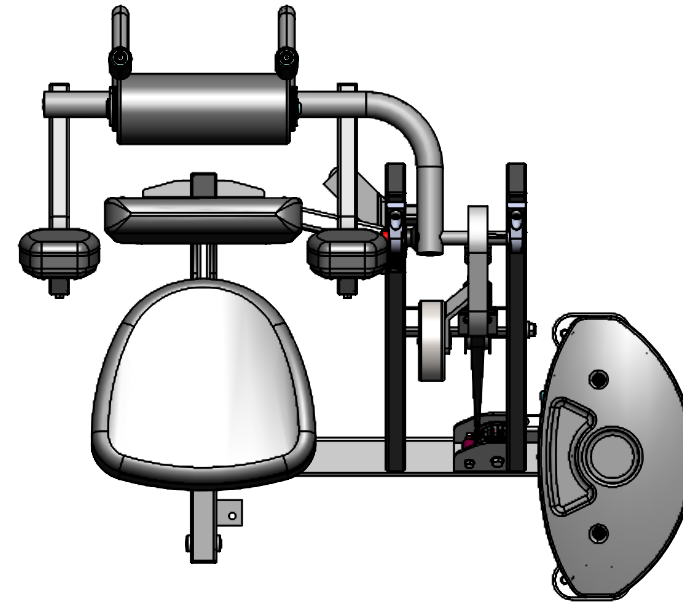
S8AB
NOVA
ABDOMINAL
Parts Diagram



Customer Service & Parts 800/ 235-2233
General Parts Requests: parts@medfitsys.com
Field Service Requests: servicerequest@medfitsys.com
GSA Parts Requests: gsa@medfitsys.com
Med-Fit Systems, Inc. 800/ 831-7665

www.medfitsystems.com

10/1/12	S8AB
Units	Weight
lbs	434
kg	197



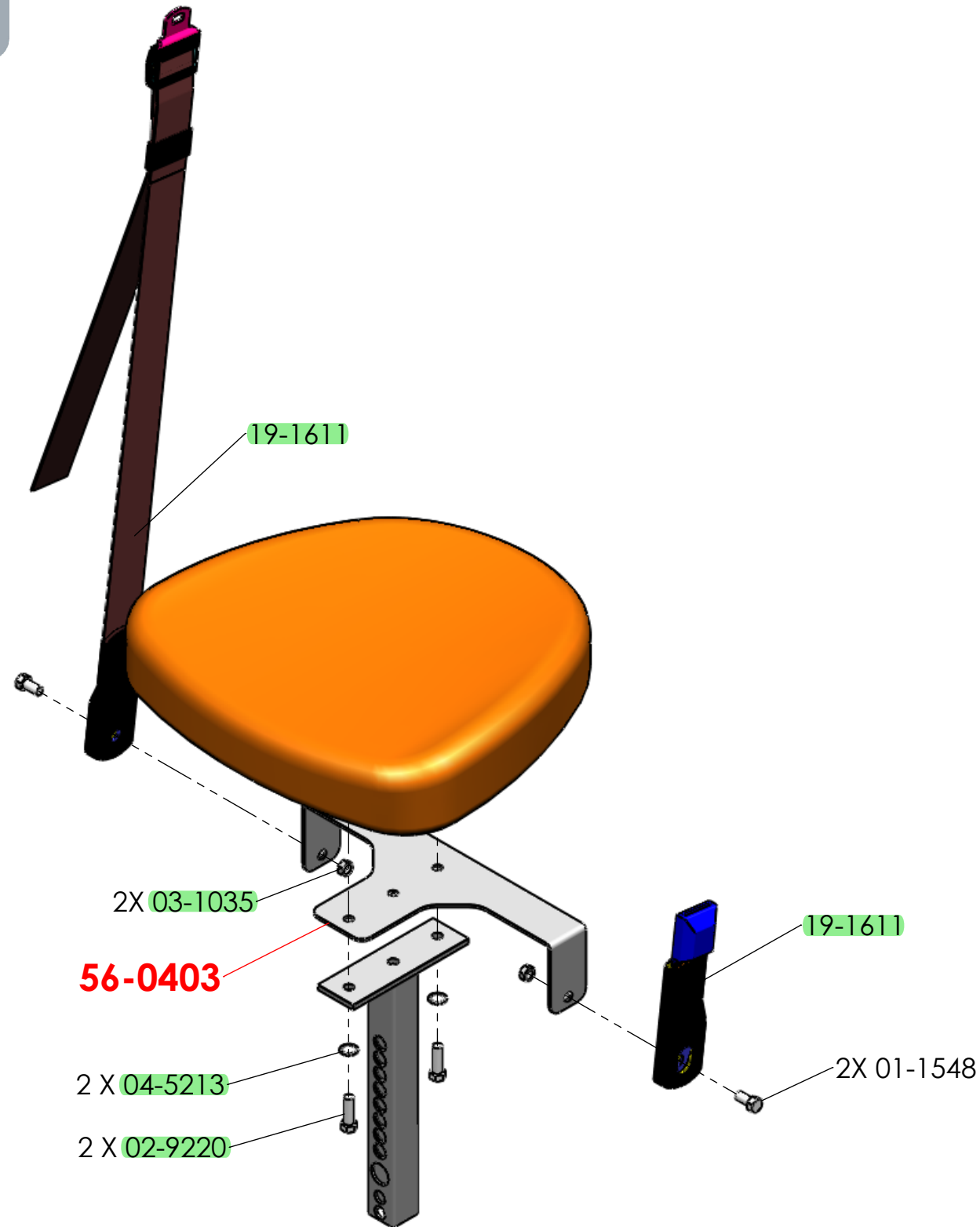
S8 ABDOMINAL
S8AB
REV H



Customer Service & Parts 800/ 235-2233
 General Parts Requests: parts@medfitsys.com
 Field Service Requests: servicerequest@medfitsys.com
 GSA Parts Requests: gsa@medfitsys.com
 Med-Fit Systems, Inc. 800/ 831-7665

www.medfitsystems.com

Red: PAINTED ITEMS
Blue: KITS



PART NO.	QTY.	DESCRIPTION
01-1548	2	3/8 -16 UNC x 3/4 Wiz Lock Bolt
02-9220	2	3/8 -16 UNC x 1 1/4 Bolt
03-1035	2	3/8" Lock Nut
04-5213	2	3/8" Internal Loc Washer
19-1611	1	SEAT BELT SHORT
56-0403	1	SEAT BELT ATTACHMENT

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.

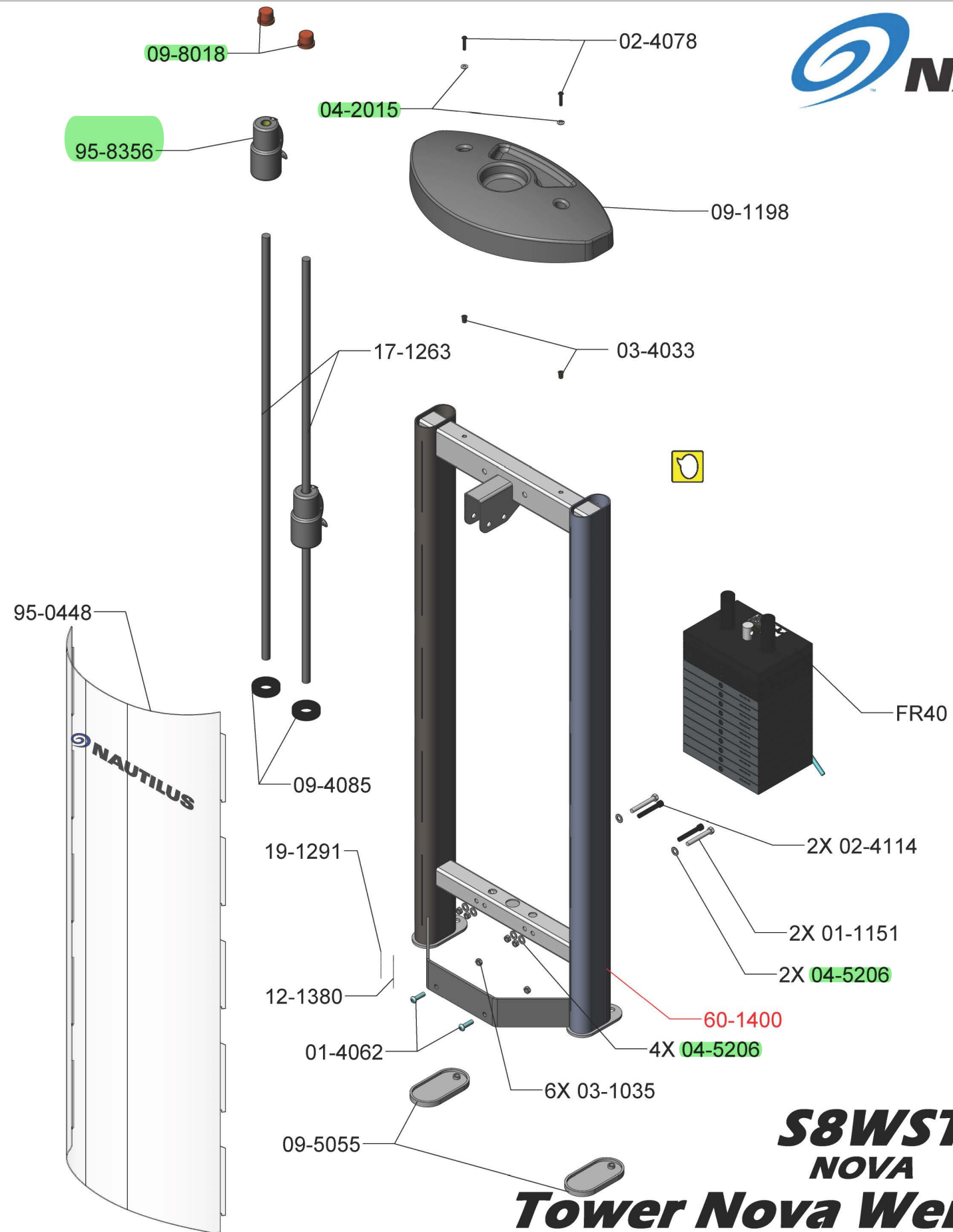
S4AB, S8AB Seat Belt Kit
95-0580

Bolt Torque Specifications	Bolt Torque Specifications	
	Grade 5	Grade 8
Size	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
3/8-16	30	45
7/16-14	50	70
1/2-13	75	110
1/2-20	90	120
5/8-11	150	220
5/8-18	180	240

REV A



Number	Default/QTY.	Description
01-1151	2	3/8 -16 UNC x 2 1/4 Bolt
01-4062	2	BUTTON HEAD SOCKET CAP SCREW 3/8-16 x 1 1/4" BRIGHT ZINC
02-4078	2	BLACK SHIELD SCREW 1/4-20 x 1 1/4" ROUND HEAD PHILLIPS SCREW
02-4114	2	Alloy Steel Black Finish
03-1035	6	3/8" Lock Nut
03-4033	2	NUT INSERT, 1/4-20, HEX
04-2015	2	WASHER, FLAT, 1/4" SAE Black
04-5206	6	WASHER, FLAT, 3/8" SAE
09-1198	1	Cap Nova Tower Top
09-4085	2	BUMPER TOP BAR
09-5055	2	Footpad Nova
09-8018	2	GUIDE ROD BUSHING
17-1263	2	GUIDE ROD
60-1400	1	Tower Nova Weight
95-0448	1	Shield Kit Nova Short Std.
FR40	1	Weight Stack 200#
95-8356	2	Weight 5# Studio assembly
91-999	1	Paint (1.5 lbs)
12-1380	1	MADE IN USA
19-1291	1	SERIAL NO. DECAL



**S8WST
NOVA
Tower Nova Weight Short
Parts Diagram**

Last Rev Date: 7/02/10