



Red: PAINTED ITEMS
Blue: KITS

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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.

ECO	REVISION	REVISIONS REV DESCRIPTION	APPROVED	DATE
022015-A	A	Initial Release	GMW	02/20/15
042915-B	B	Removed 4 Revnuts	GMW	4/29/2015
	C	Removed 2 flat washers from weight st bumpers	RCA	8/3/2015
	D	Changed Upholstery Part # (added -00XX)	RCA	8/3/2015
080715-B	E	Added 6 M10 Cage Nuts	GMW	8/17/2015
090815-C	F	Made cable assemblies symmetric with regards to hardware. Removed 04-5252 on bolt head side on 731-0389 from each cable keeper.	MBS	8/20/2015
091815-B	G	ADDED SCREWS, 02-4086, TO ATTACH WOOD TRIM 27-0077-01	RCA	9/28/2015
092815-A	H	REVISED 27-0085 TO MOLDED PART. DELETED 05-1040	RCA	9/29/2015

ITEM	PART NO.	Default/QTY.	DESCRIPTION	ITEM	PART NO.	Default/QTY.	DESCRIPTION
1	01-1011	2	Allen Socket Cap Head Bolt Serrated Shoulder M12-1.75x70mm	50	27-0087	1	Axle, Pivot, Seat Back, HS-AC
2	01-9315	4	BOLT,M6X1.00,16MM,HHC,HE,CS	51	27-0109	2	Counter Weight for HS Swivel Brkt, Thin
3	01-9316	2	BOLT,M8X1.25,40MM,HHC,HE,CS	52	27-0110	2	Counter Weight for HS Swivel Brkt, Thick
4	01-9317	2	BOLT M10 X 1.5 45MM HHC HE CS ZP	53	60-2000	1	Human Sport Weight Tower
5	01-9319	2	SCREW,M10 X 1.5,90MM,BHC,HK, ZP	54	61-2010	1	HS Arm Crunch Top Plate Assembly
6	01-9321	4	BOLT M10 X 1.5 25MM HHC HE CS ZP	55	63-2000	1	Linkage, Tower Pulley, HS
7	02-4086	8	SCREW, M6 X 16 PAN TORX, ZP, THD FORMER	56	63-2001	1	HS-Arm Crunch Adjustable Seat Back
8	02-9318	2	SCREW, M10-1.5x16 SHC, HK, AS, ZP	57	66-2003	1	HS Arm Crunch Seat Frame
9	02-9321	4	SCREW M8 X 1.25 30MM SHC HK AS, ZP	58	68-2001	1	Extension Arm Lower Left HS-AC
10	02-9322	2	SCREW M10 X 1.5 20MM BHC HK, ZP	59	68-2002	1	Extension Arm HS-AC Lower Right
11	02-9323	2	SCREW M6 X 1.0 20MM BHC HK ZP	60	730-0126	2	GRIP HANDLE, STARTRAC, 6"
12	02-9329	8	SCREW M10 X 1.5, 25 MM BHC HK, ZP	61	730-0127	2	STRAP, CRUNCH, HS
13	03-3043	1	5/16" Lock Nut	62	730-1559	4	GUIDE RODE,Ø22MM X 1438MM
14	03-4067	4	EXTRUDED U-NUT M8 X 1.25	63	731-0040	2	STOP,Ø50X26,RUBBER
15	03-4248	6	Cage Nut 10mm for Panel 4.1 - 5.3mm	64	731-0111	4	STOP,BUMPER,WGT PLT
16	03-5203	8	NUT,M10x1.5,ACORN, CL6	65	731-0112	4	SET COLLAR, GUIDE ROD, 22.4mm I.D.
17	03-5204	2	NUT,M12x1.75,ACORN, CL6	66	731-0124	4	CAP,GUIDE ROD,RUBBER
18	04-5251	6	LOCK WASHER, M6	67	731-0165	6	CAP,PLASTIC,PULLEY,Ø120mm
19	04-5252	26	LOCK WASHER, M8	68	731-0169	8	SCREW, M8X1.25,20MM, BHC, HK, ZP
20	04-5253	30	LOCK WASHER, M10	69	731-0209	2	CAP, END, 110 X 50
21	04-5256	10	LOCK WASHER M12	70	731-0225	2	SCREW,M3.5 X 9.5,SELF TAPPING
22	050-2022	1	STICKER,STAR TRAC,DECO, 23MM X 99MM	71	731-0266-00XX	1	ASSY,UPPER BACK PAD,AB
23	050-2212	2	STICKER,SWITCH,HS	72	731-0359	2	SCREW,M8 X 1.25,25mm,BHC,HK, ZP
24	050-2213	1	DECAL, WEIGHT STACK - HS	73	731-0362	6	SCREW,M10 X 1.5,45MM,BHC,HK, ZP
25	050-2224	1	STICKER,LNL, HS (LEFT & RIGHT)	74	731-0363	6	NUT,M10X1.5,NYLOC
26	050-2225	2	DECAL, WARNING MULTI LANGUAGE - HS	75	731-0364	2	SCREW, M8X1.25, 45mm, BHC, HK, ZP
27	050-2226	1	PLACARD, ARM/CRUNCH, HS	76	731-0365	18	NUT,M8 X 1.25,NYLOC JAM
28	06-5020	4	CLIP, CARABINEER	77	731-0367	8	WASHER,PLAIN,M10
29	06-8016	1	Cable Assembly HS- AC	78	731-0368	4	SCREW,M8 X 1.25,40mm,BHC,HK, ZP
30	06-8016	1	Cable Assembly HS- AC	79	731-0373	4	WASHER,PLAIN,M6
31	07-9170	2	BALL STUD	80	731-0389	6	SCREW,M8 X 1.25,35mm,BHC,HK, ZP
32	09-8341	8	120mm OD pulley with 17mm ID Bearing	81	731-0512	8	STICKER,CAUTION,PINCH
33	10-3042	1	LIFT-O-MAT 200N GAS SPRING	82	731-0517	2	STICKER, WARNING, BOLT DOWN
34	110-3422	8	SCREW, M12X1.75X20, BHC	83	731-0678	1	AB CRUNCH SEAT BACK RIGHT
35	12-1655	4	PLUG-PRY OUT, .205 DIA	84	731-0679	1	AB SEAT BACK LEFT
36	12-1688	2	HumanSport Tower Decal	85	731-1357	2	CAP, BEARING 1 3/4 RND
37	12-8013	1	TAG, ASSEM, DIMS, HSAC2	86	731-1448	2	NUT,M8 x 1.25,ACORN, CL6
38	12-8016	1	Decal Seat Back Range- HSAC	87	731-2647	3	FOOT, LONG, LEVERAGE
39	27-0035	6	Cover, Pulley, Flat Steel	88	731-3780	2	SCREW,M6 X1.0, 35mm, BHC,HK, ZP
40	27-0036	10	SPACER, PULLEY BRACKET, HUMAN SPORT	89	731-5762	2	NUT,M6 x 1.0, ACORN, CL6
41	27-0040	2	Bracket, Pulley Top Weight, Front, HS	90	731-6209	1	ASSY,PULL PIN,12.5 X 102.5 PIN
42	27-0041	2	Bracket, Pulley Top Weight, Rear, HS	91	91-999	1	Paint (1.5 lbs)
43	27-0047	4	ASSY,SWIVEL,HANDLE,HUMAN SPORT	92	95-0687	2	KIT SWIVELING PULLEY ASSEMBLY
44	27-0060	1	Shield, HS Tower, Front, Left	93	95-0687	2	KIT SWIVELING PULLEY ASSEMBLY
45	27-0061	1	Shield, HS Tower, Front Right	94	95-0695	1	Human Sport Wood Trim Kit
46	27-0062	1	Shield, HS Tower, Rear	95	OPT-WT-33	1	Human Sport Weight Stack-Right
47	27-0063	2	Shield, HS Tower, Left/Right	96	OPT-WT-33	1	Human Sport Weight Stack-Left
48	27-0074	1	Plate, Index Locking, Seat back, HS-AC	97	SM20473	1	TYRAP, 1/8" X 4"
49	27-0085	2	Hub Adapter Molded				



HSAC2

REV H

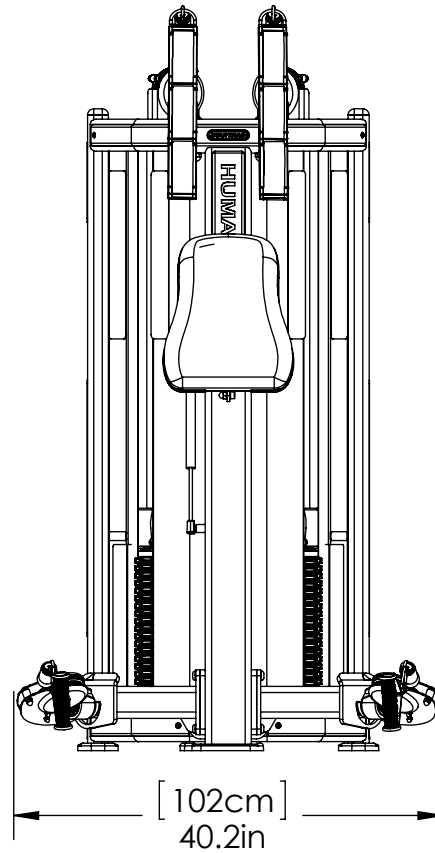
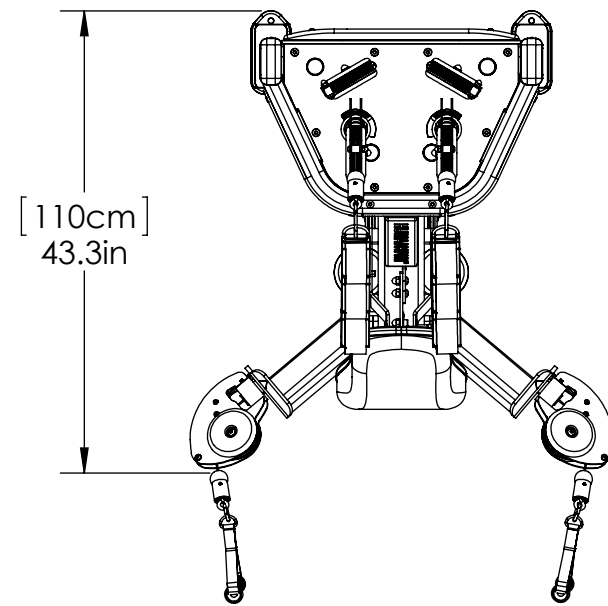
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Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205

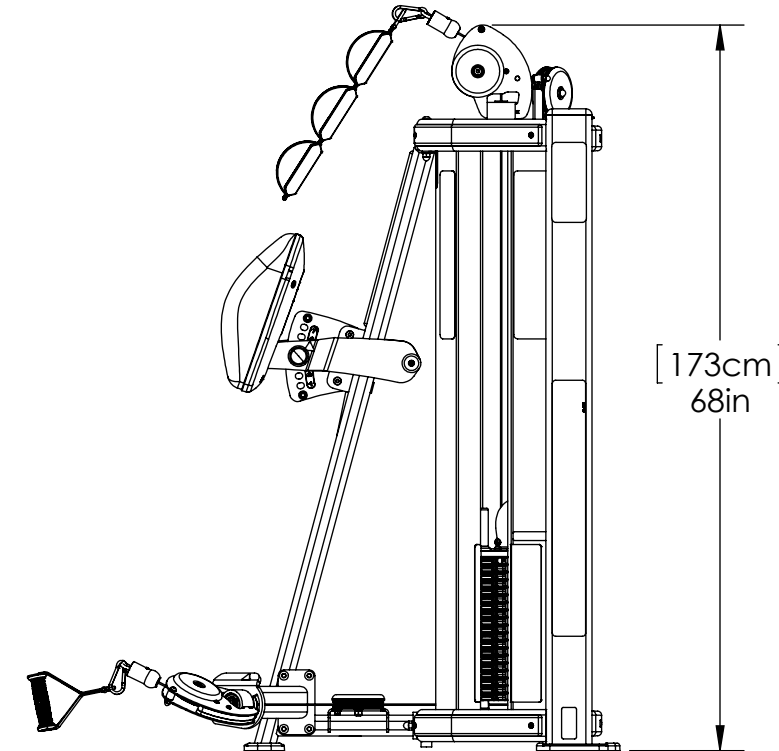
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HSAC2 1-16-2015		
Description	US	Metric
Width	40 1/4"	102 cm
Depth	43 3/8"	110 cm
Height	68"	173 cm
Weight	674 lbs	306 Kgs



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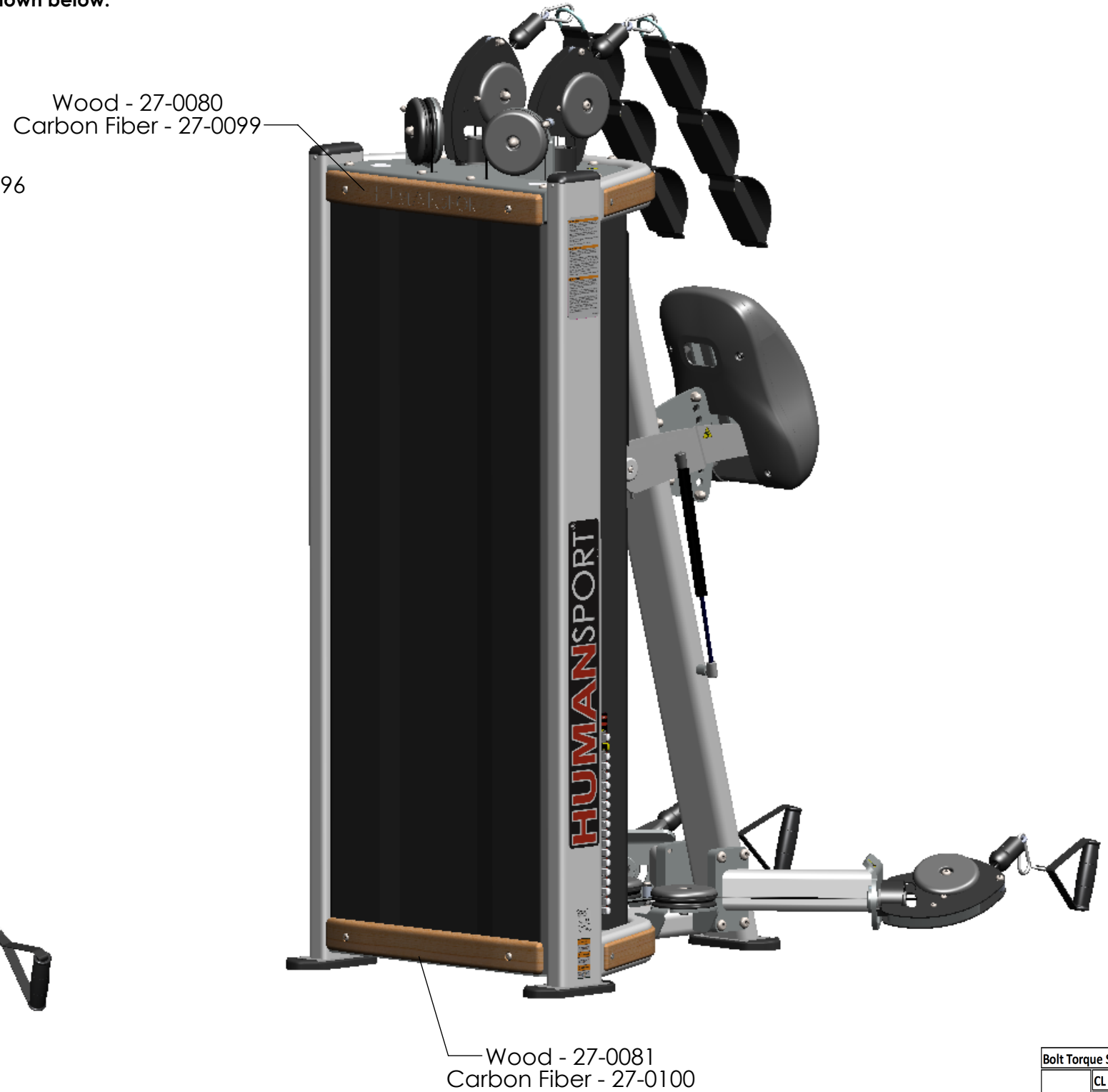
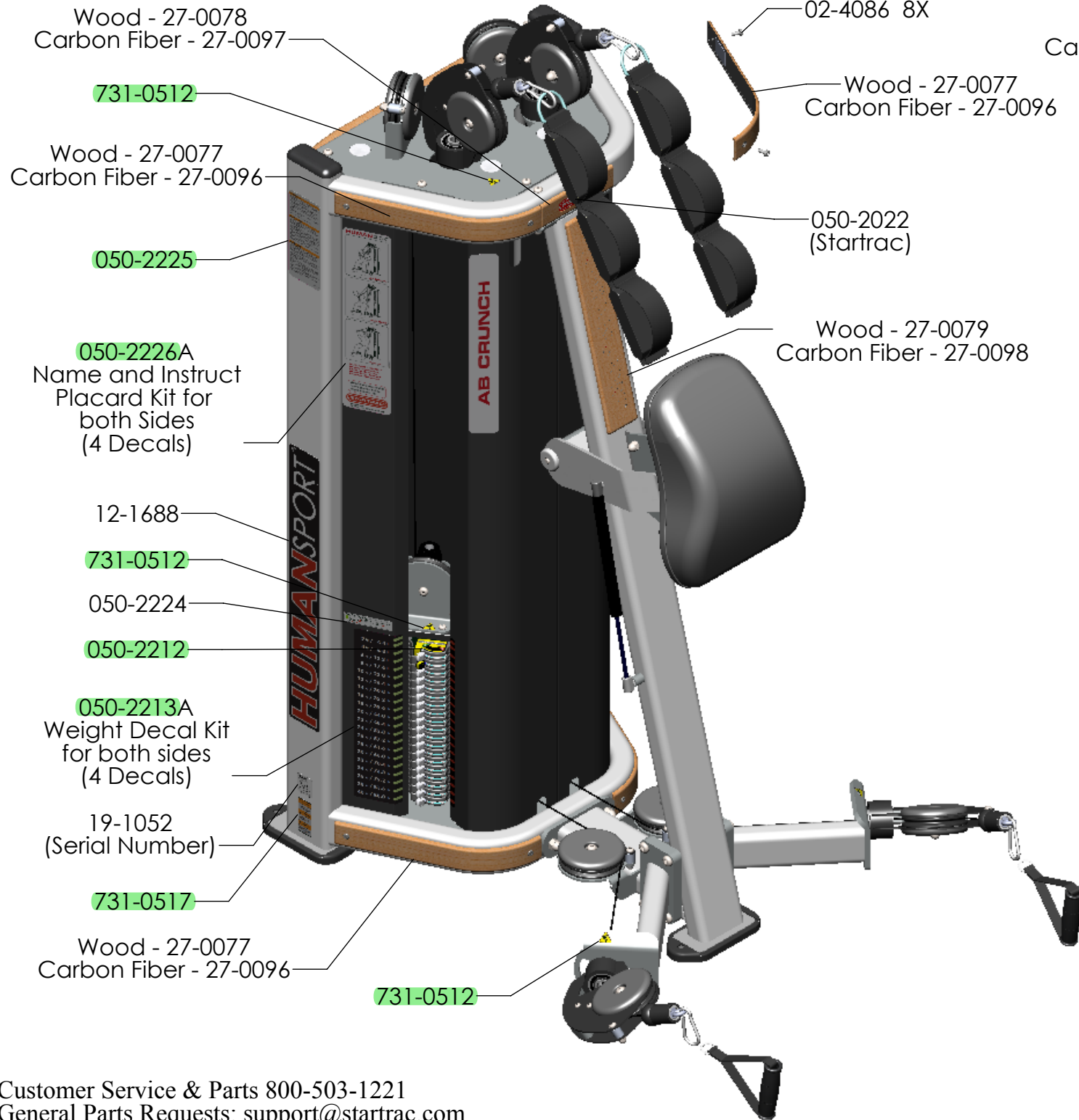
HSAC2

REV H

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	Torque (N-M)	Torque (N-M)
M4-7	3.1	15.5
M6-1	10.4	37
M8-1.25	25	75
M10-1.5	51	160
M12-1.75	87	205
M14-2	140	

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HSAC2

REV H

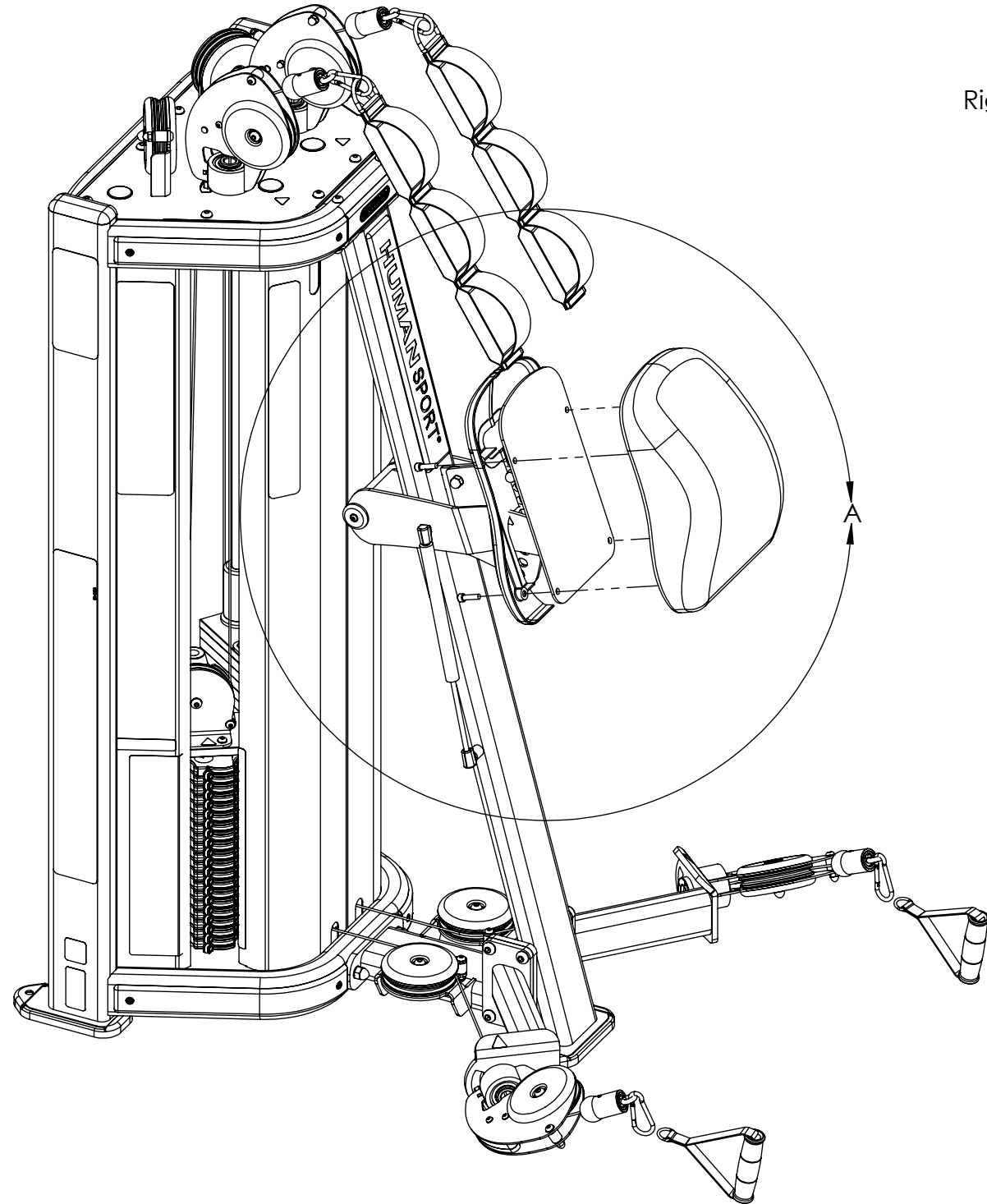
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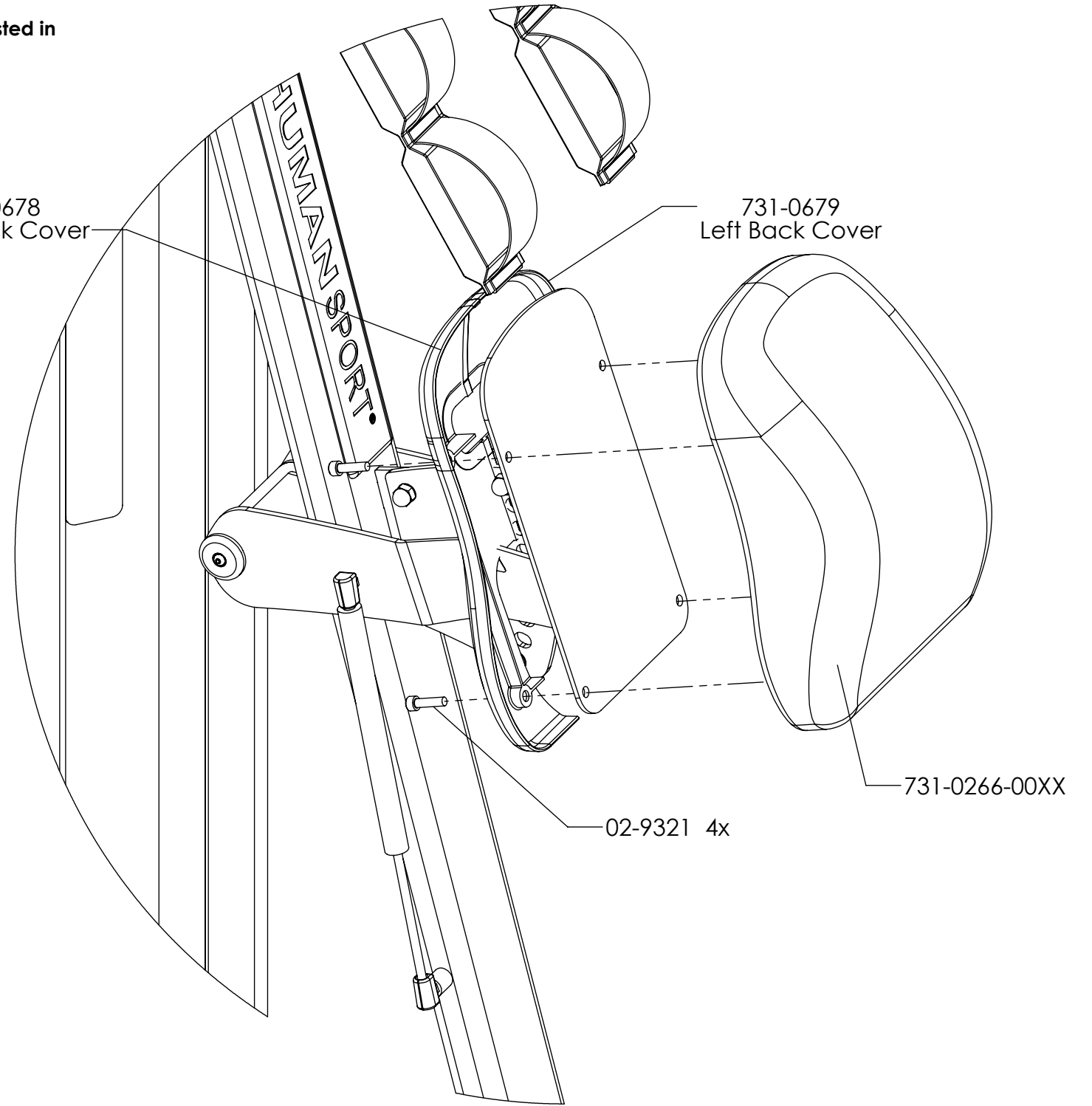
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731-0678
Right Back Cover

731-0679
Left Back Cover



DETAIL A
SCALE 1 : 5

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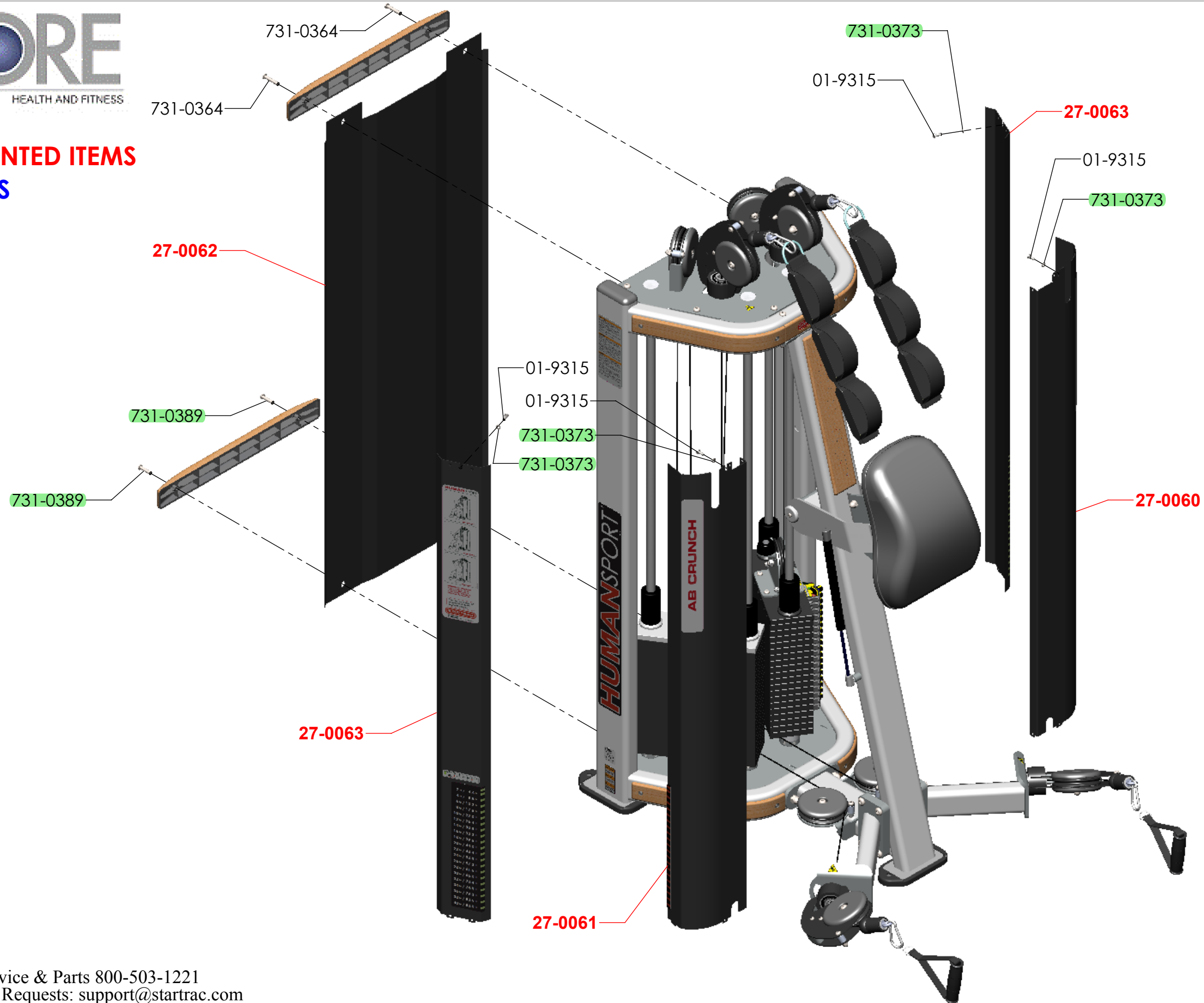
HSAC2

REV H

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	Torque (N-M)	Torque (N-M)
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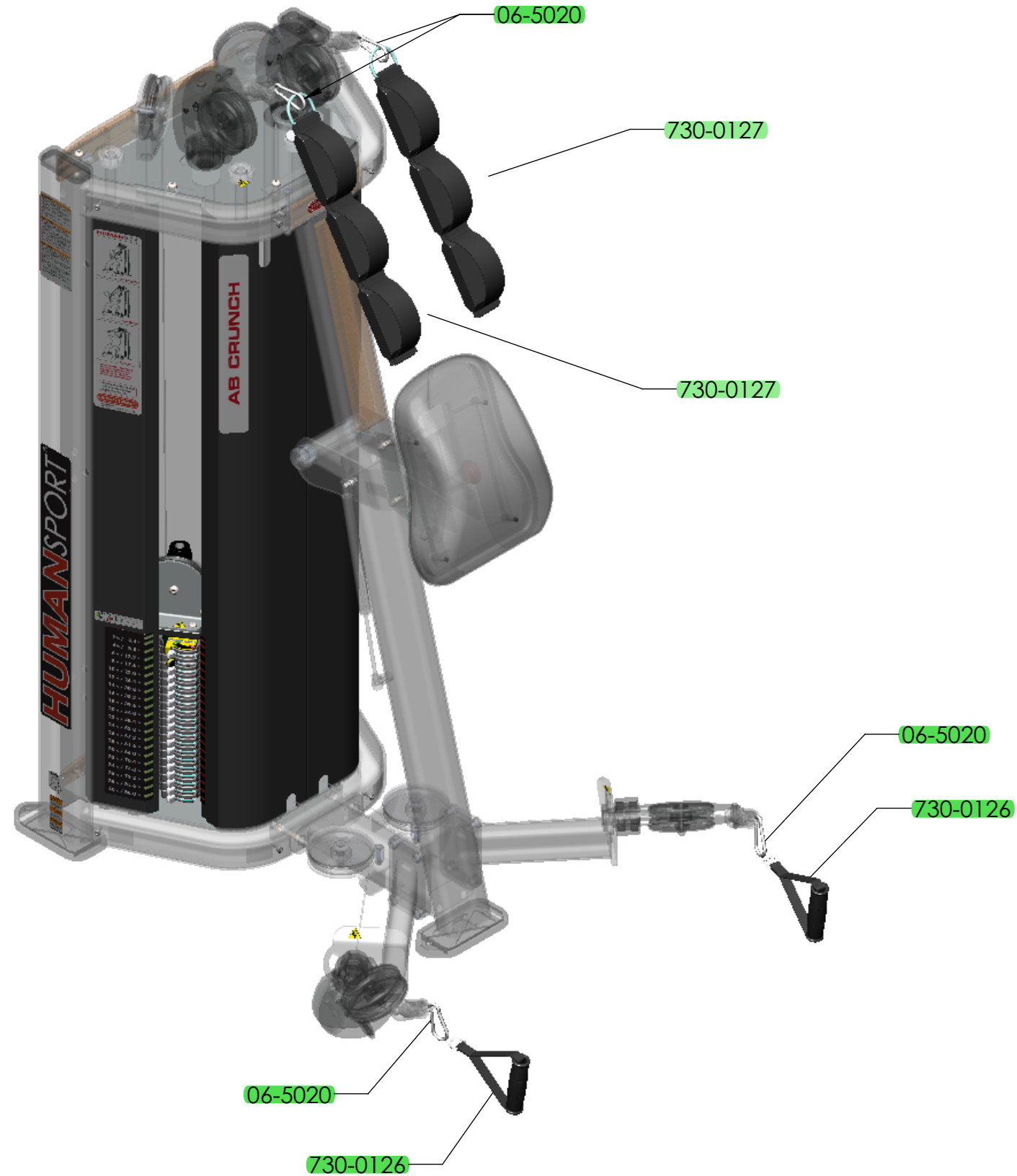
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HSAC2

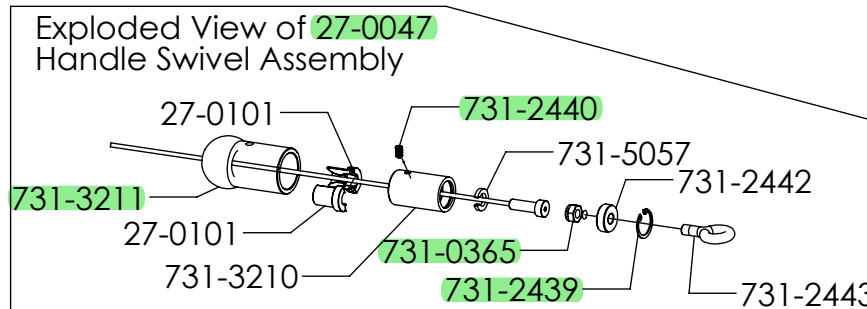
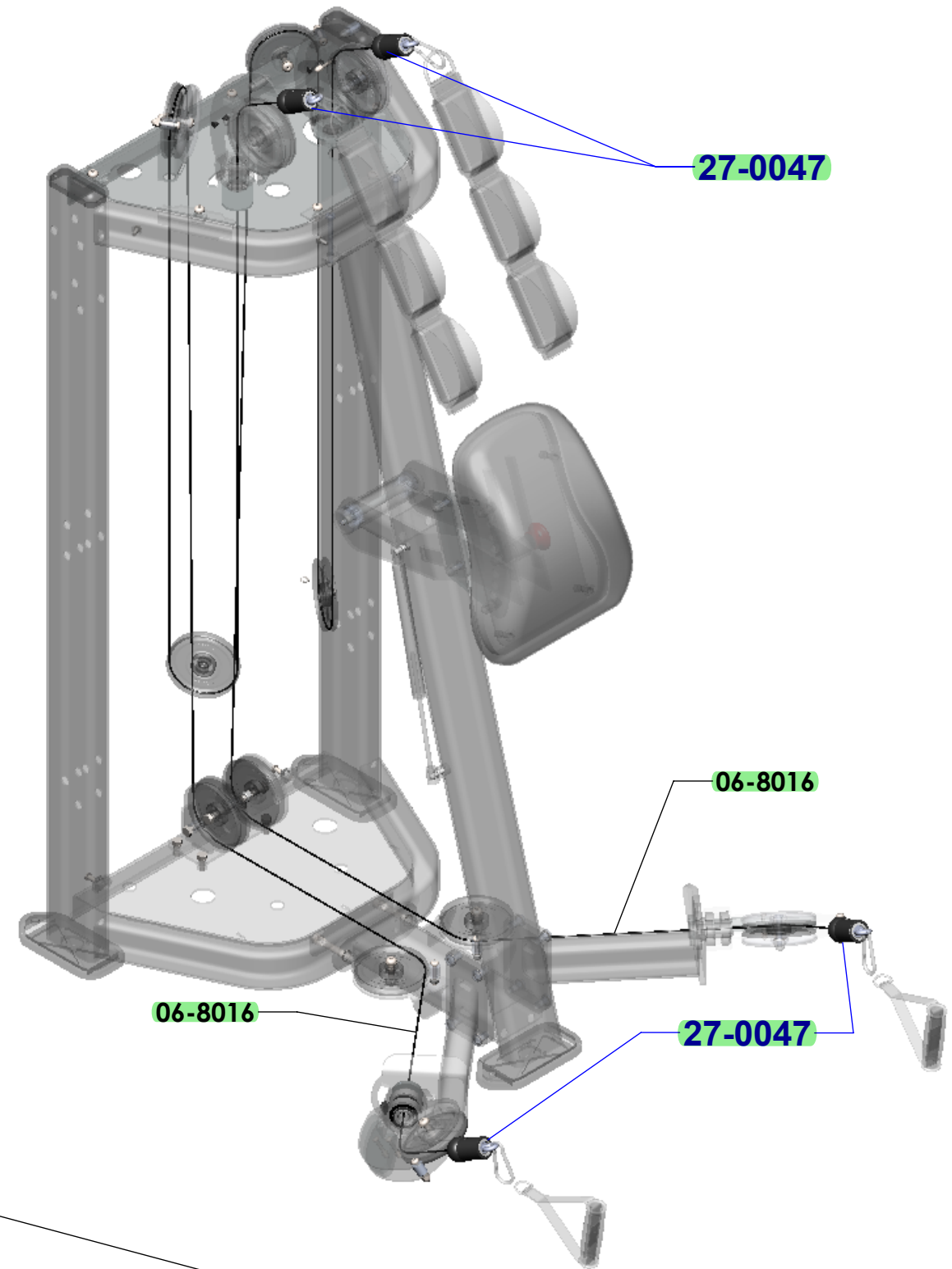
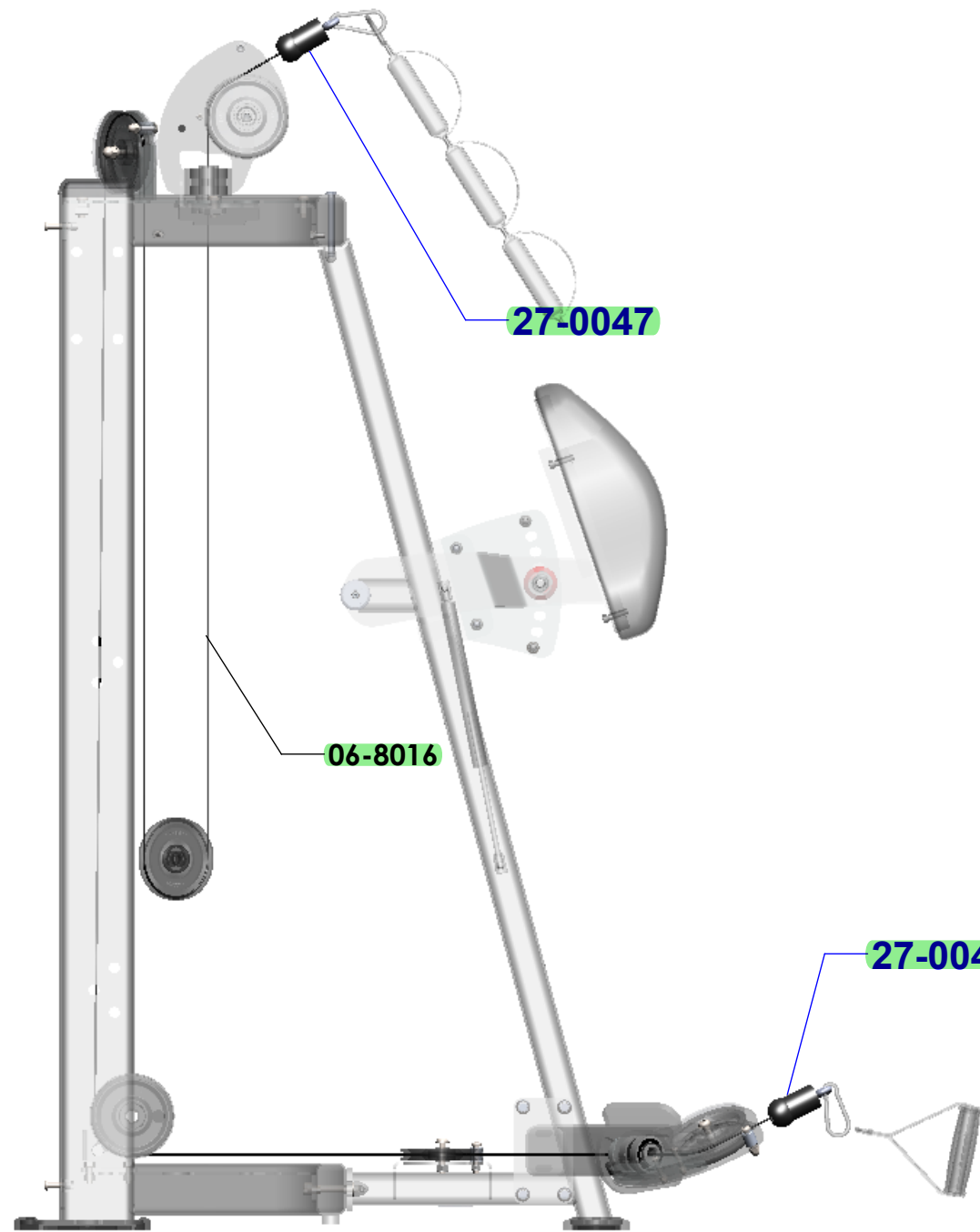
REV H

Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-7	3.1	
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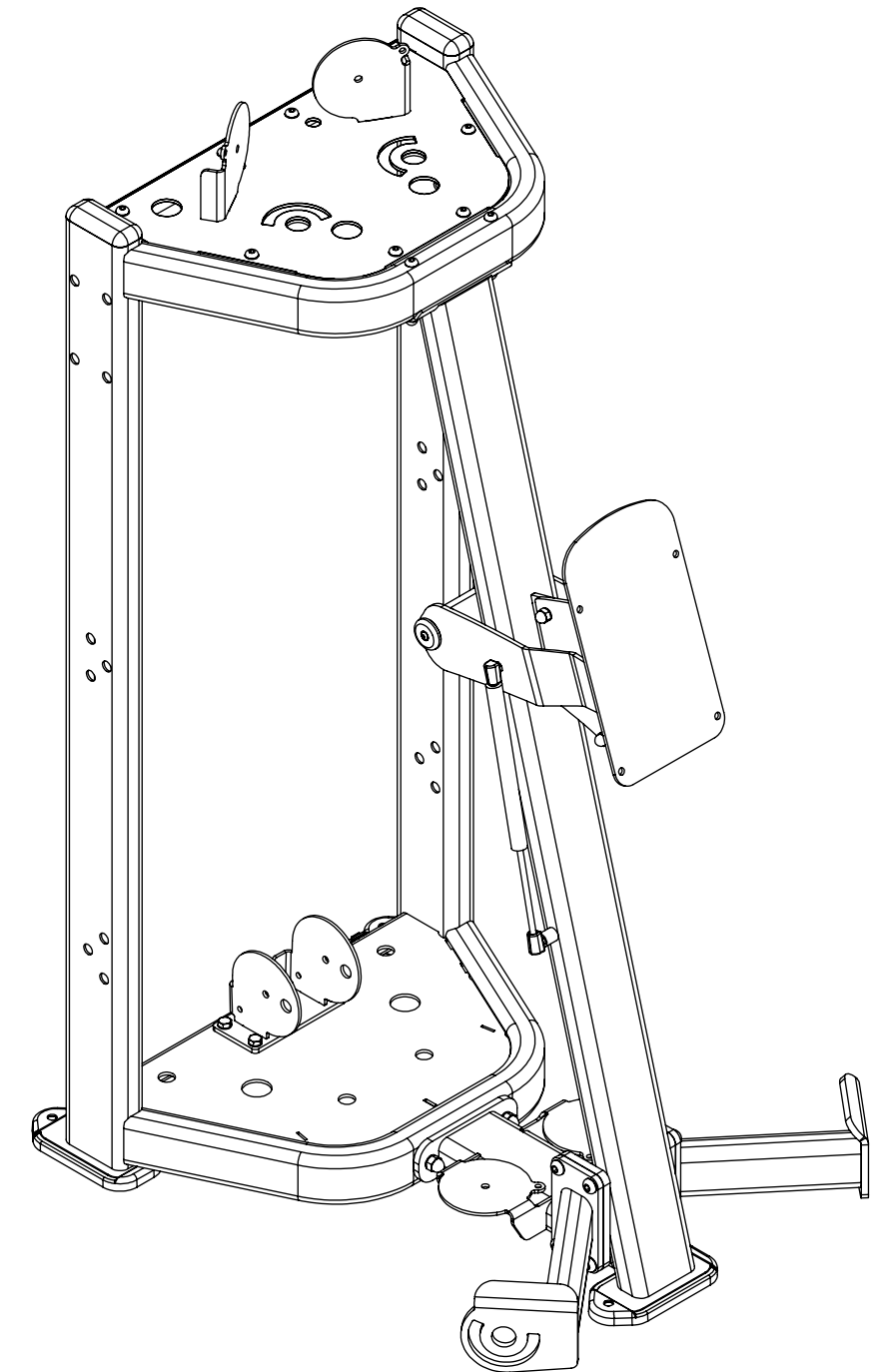
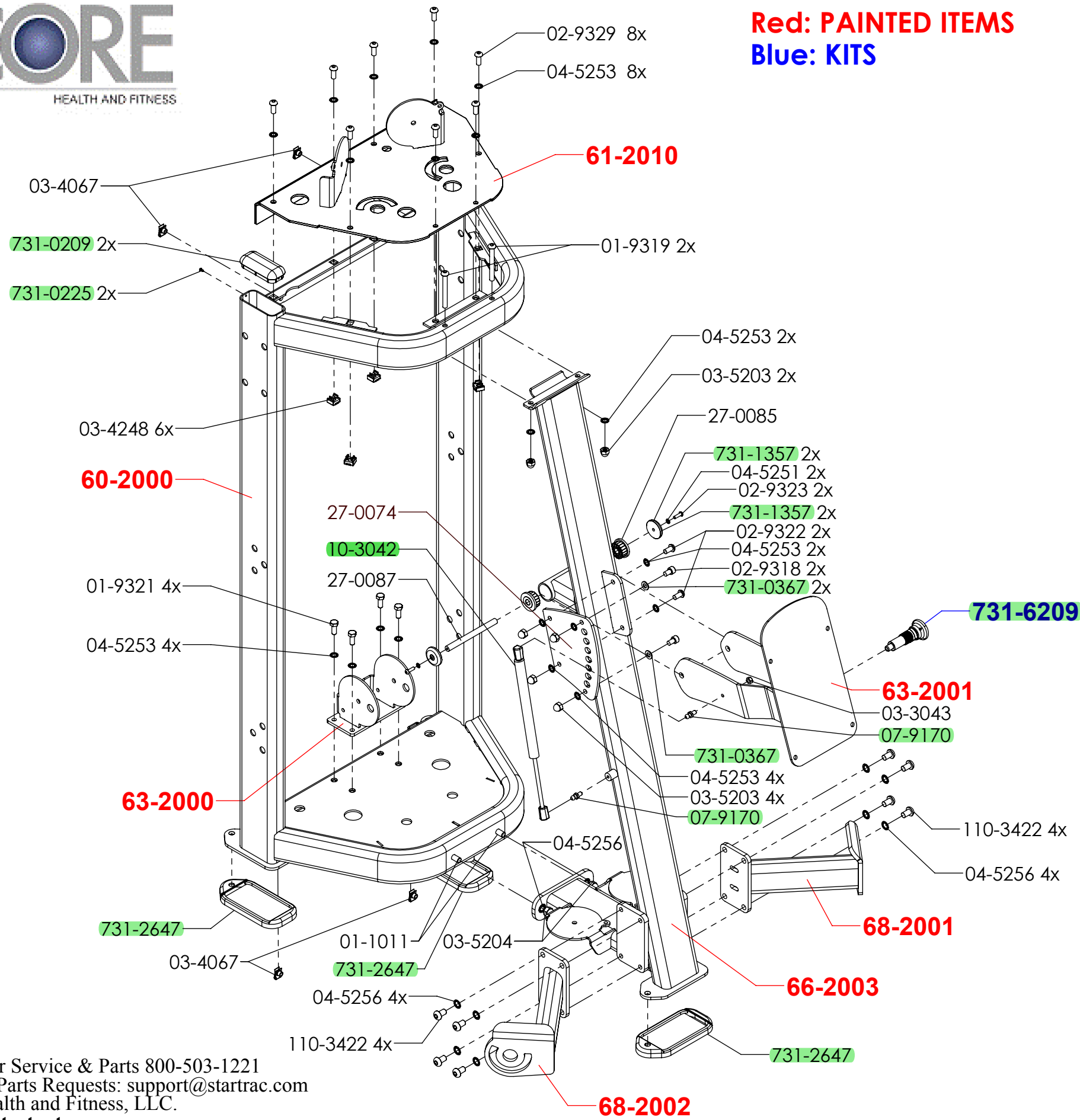
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HSAC2

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HSAC2

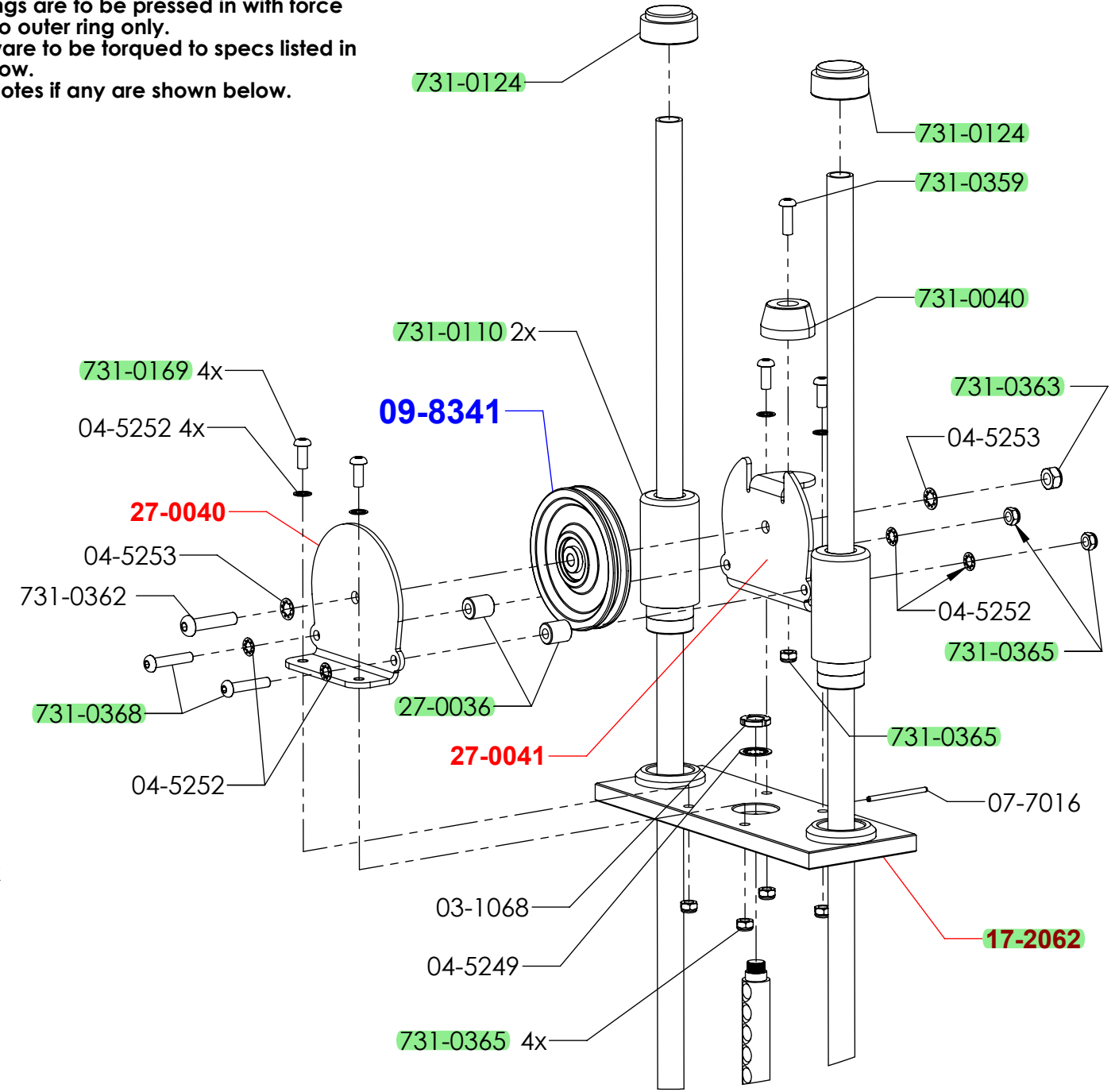
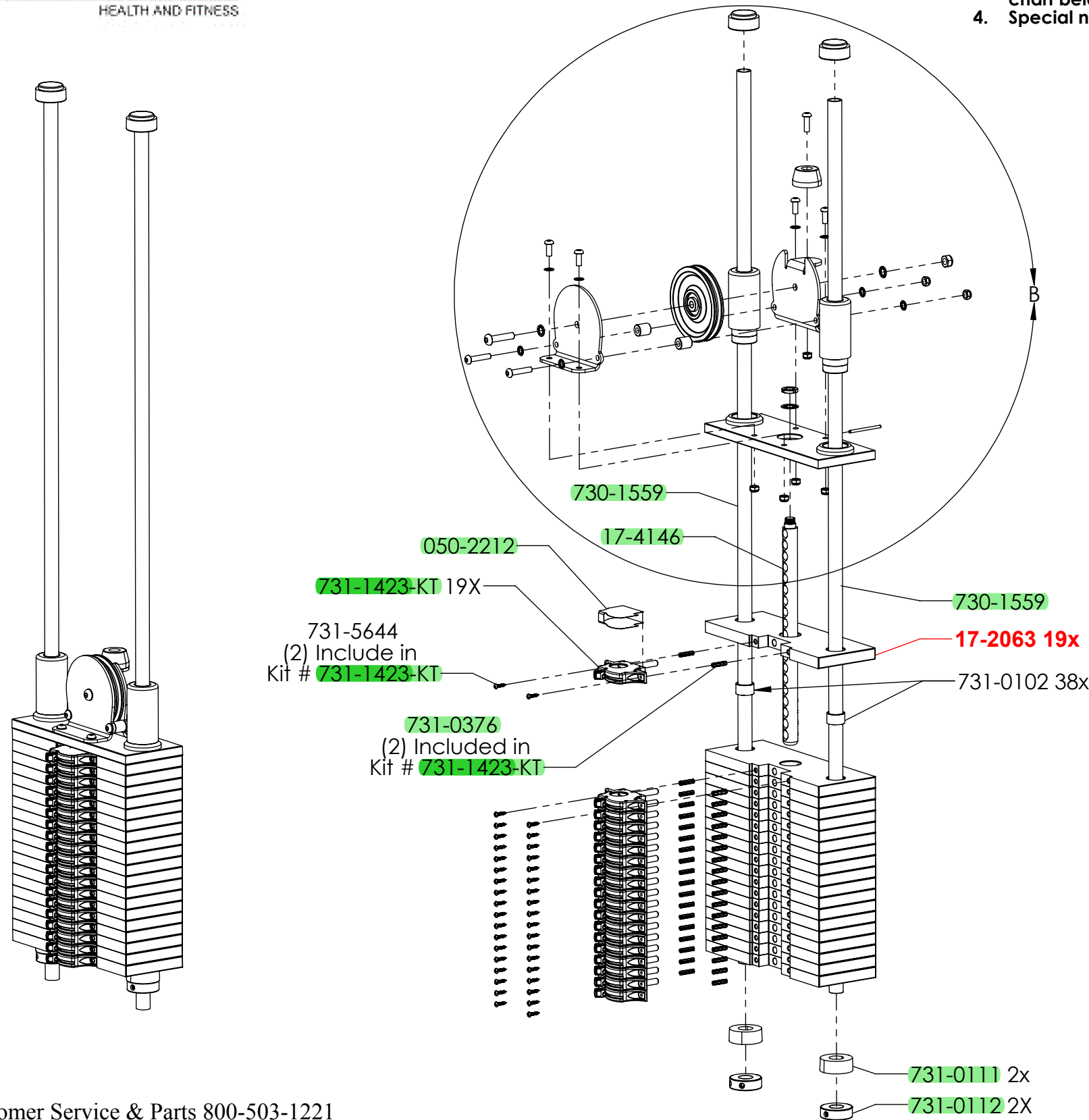
REV H

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DETAIL B
SCALE 1 : 5

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HS Weight Stack System

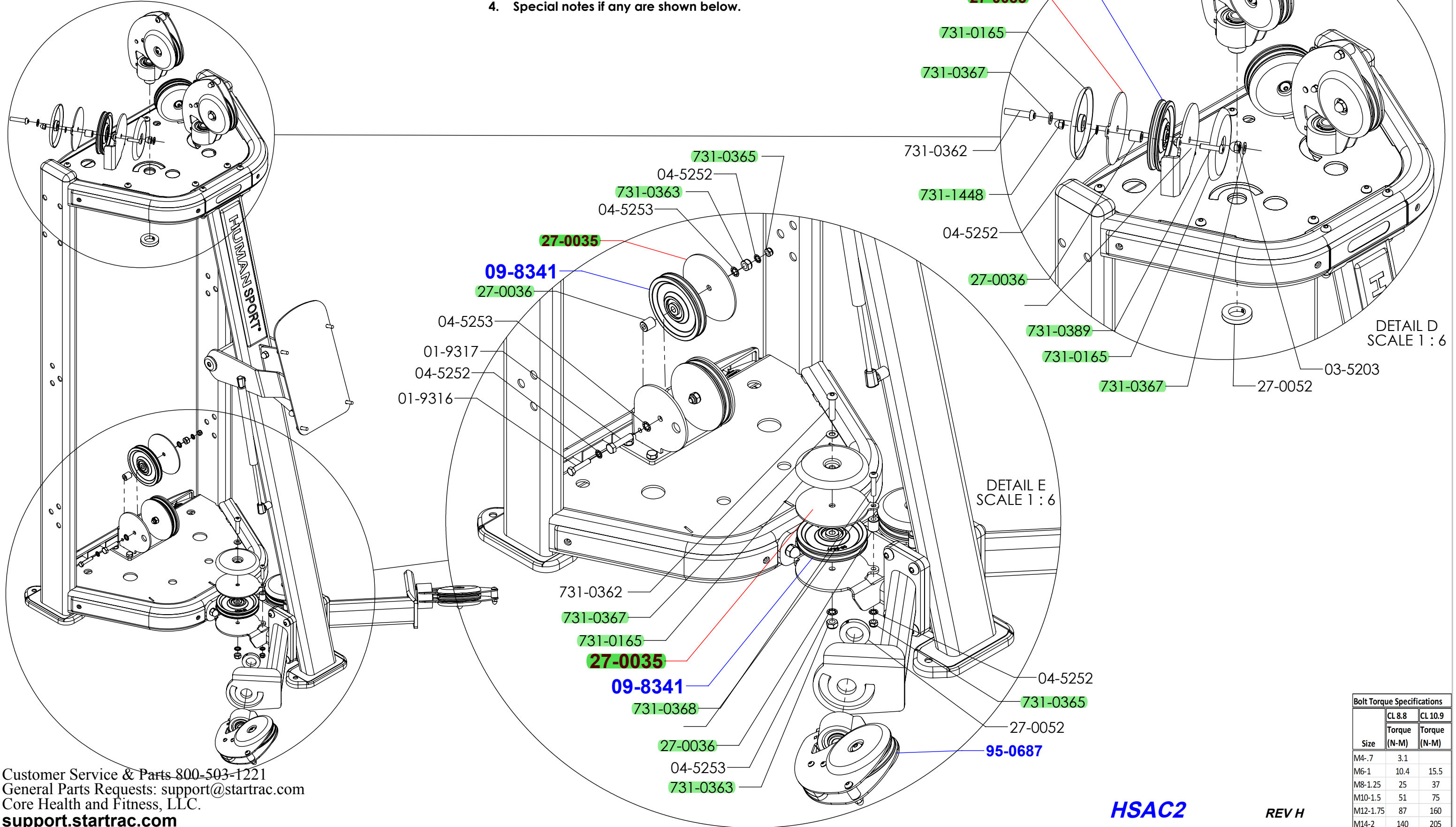
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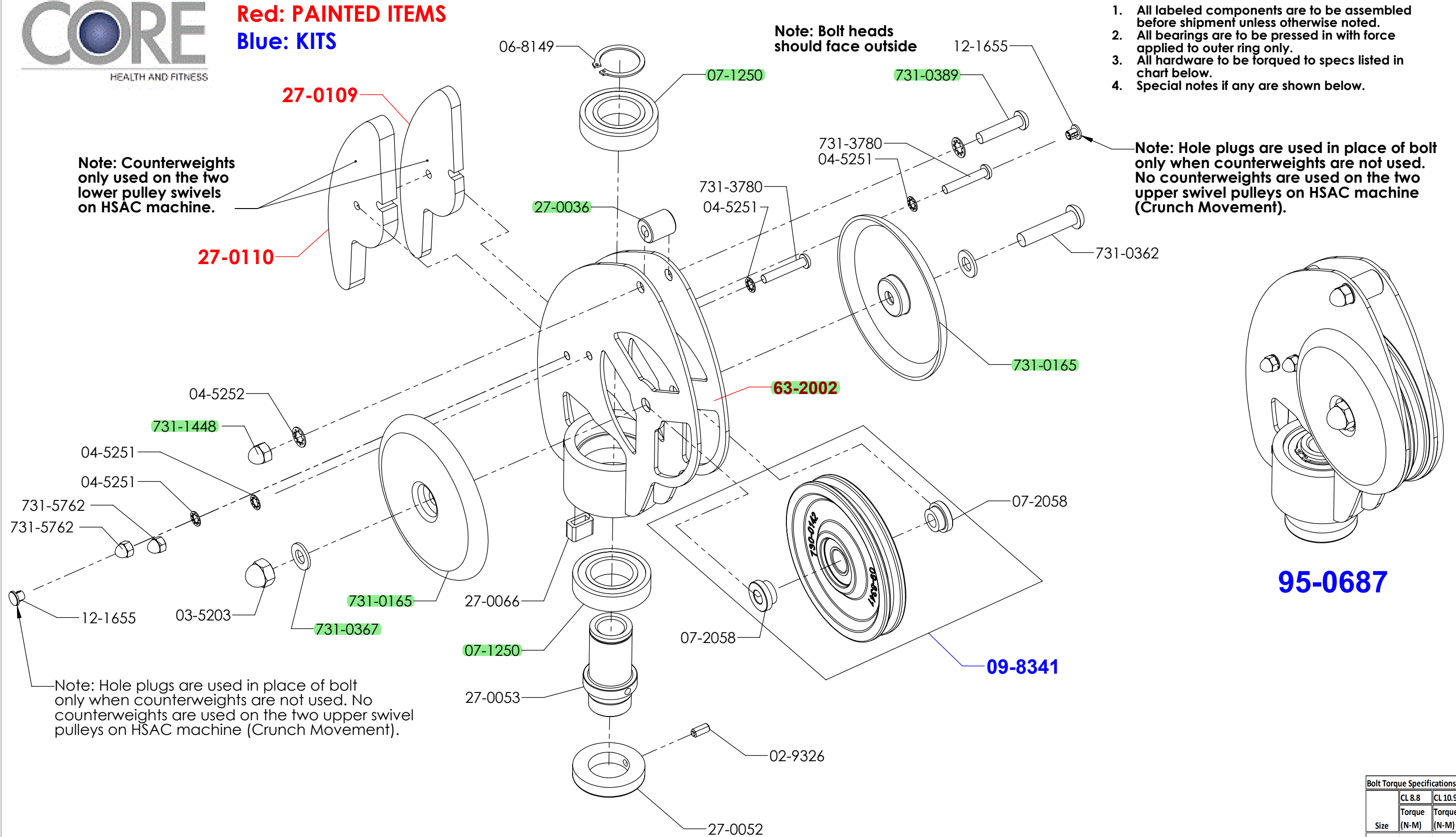
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HSAC2

REV H

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Swivel Pulley Bracket Assembly
HSAC2 REV H

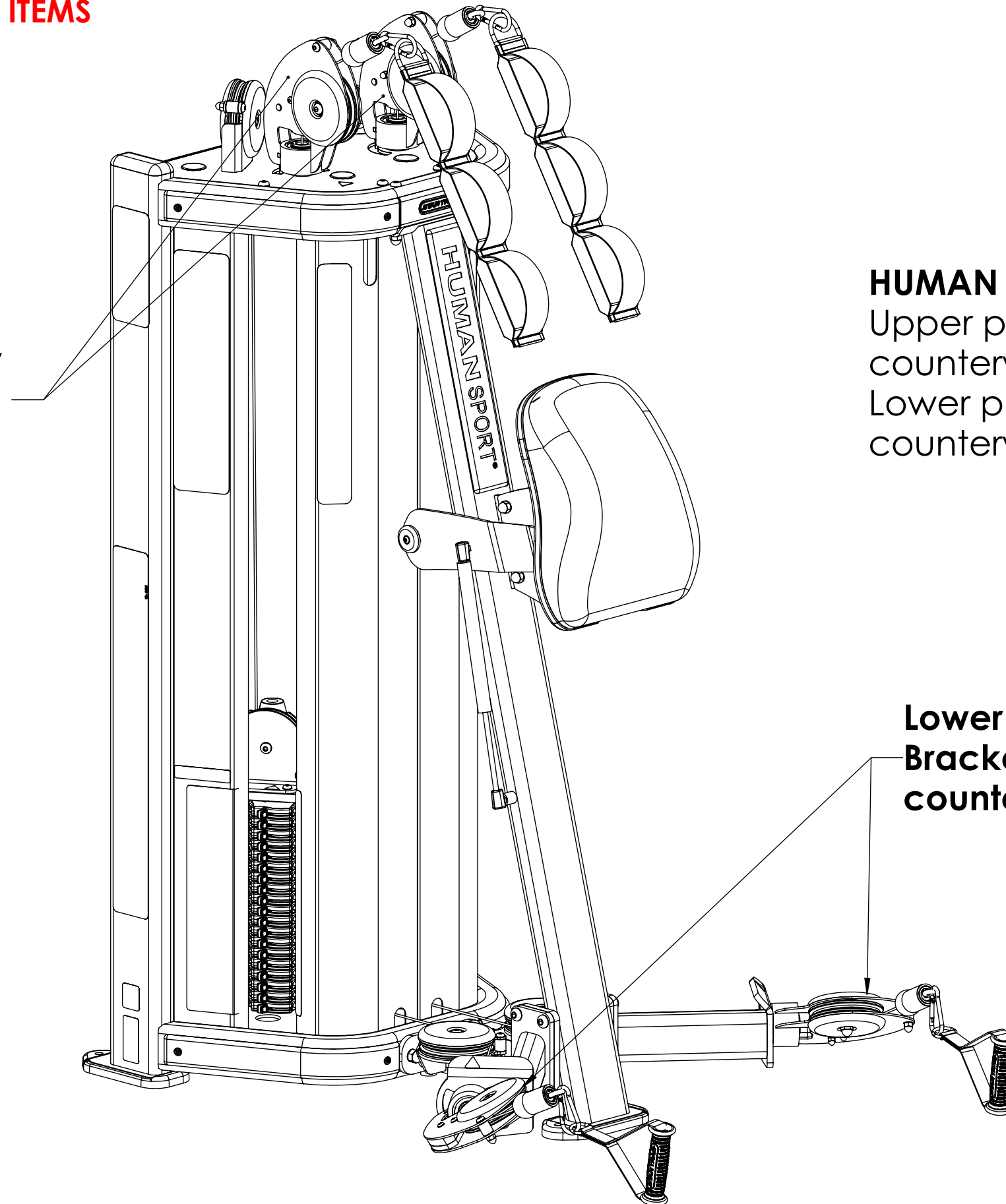
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Upper Swiveling Pulley Brackets **DO NOT** get counterweights.



HUMAN SPORT ARM CRUNCH:

Upper pulley brackets do not get counterweights.
Lower pulley brackets do get counterweights.

Lower Swiveling Pulley Brackets **DO** get counterweights.

Bolt Torque Specifications		
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	Torque (N-M)	Torque (N-M)
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M6-1	10.4	15.5
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