

Product May Vary
Slightly From Pictured.

AB SESSION

Owner's Manual Safety Instructions Customer Service Operation

Safety Instructions

WARNING: This equipment is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in death or serious injury.

WARNING: This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the AB Session.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **AB Session** for the first time.
2. The **AB Session** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
3. Keep children away from the **AB Session**. Do not allow children to use or play on the **AB Session**. Keep children and pets away from the **AB Session** when it is in use.
4. It is recommended that you place this exercise equipment on an equipment mat.
5. Set up and operate the **AB Session** on a solid level surface. Do not position the **AB Session** on loose rugs or uneven surfaces.
6. Make sure that adequate space is available for access to and around the **AB Session**.
7. Before using, inspect the **AB Session** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
8. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
9. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
10. Do not wear loose or dangling clothing while using the **AB Session**.
11. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
12. Be careful to maintain your balance while using, or assembling the **AB Session**, loss of balance may result in a fall and serious bodily injury.
13. The **AB Session** should be used by only one person at a time.
14. The **AB Session** is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Produced Exclusively by



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When calling for parts or
service, please specify the
following model number:
05-0874

MADE IN TAIWAN
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2015, 07

Assembly Instructions

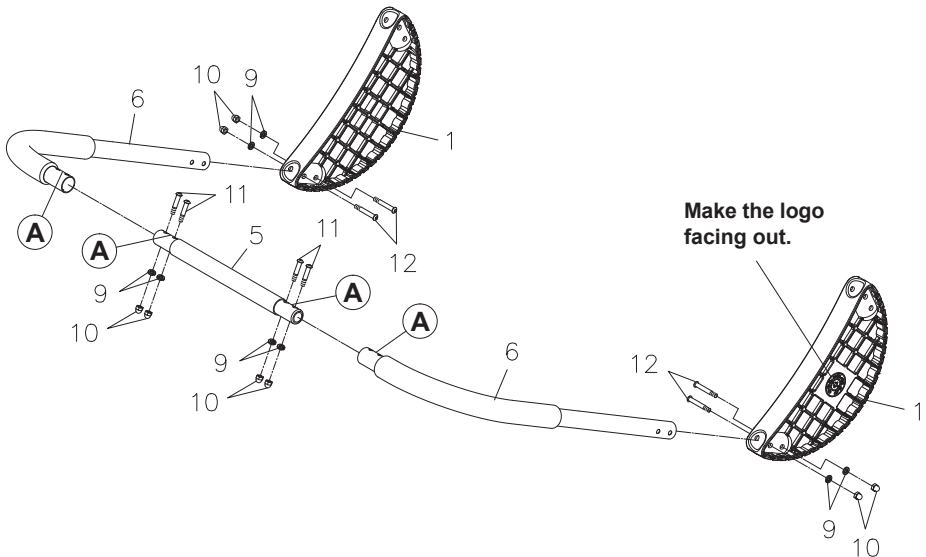
NOTE: Do not tighten any bolts until STEP 4.

STEP 1

Refer to the letter indicators **(A)** on the parts. Insert the **HANDRAILS(6)** into the **CONNECTING BAR A(5)** and secure with **BUTTON HEAD BOLTS(M6x1x30mm)(11)**, **LOCK WASHERS(M6)(9)**, and **ACORN NUTS(M6x1)(10)**.

STEP 2

Position the **HOUSINGS(1)** to make the logo facing out. Insert the **HANDRAILS(6)** into the **HOUSINGS(1)** and secure with **BUTTON HEAD BOLTS(M6x1x40mm)(12)**, **LOCK WASHERS(M6)(9)**, and **ACORN NUTS(M6x1)(10)**.



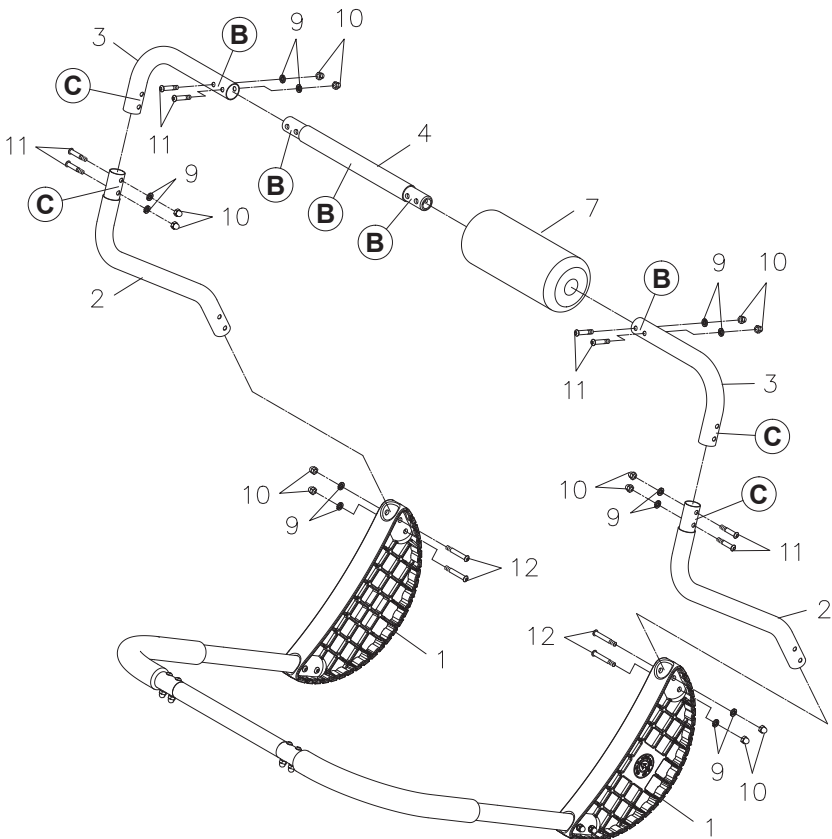
Assembly Instructions

STEP 3

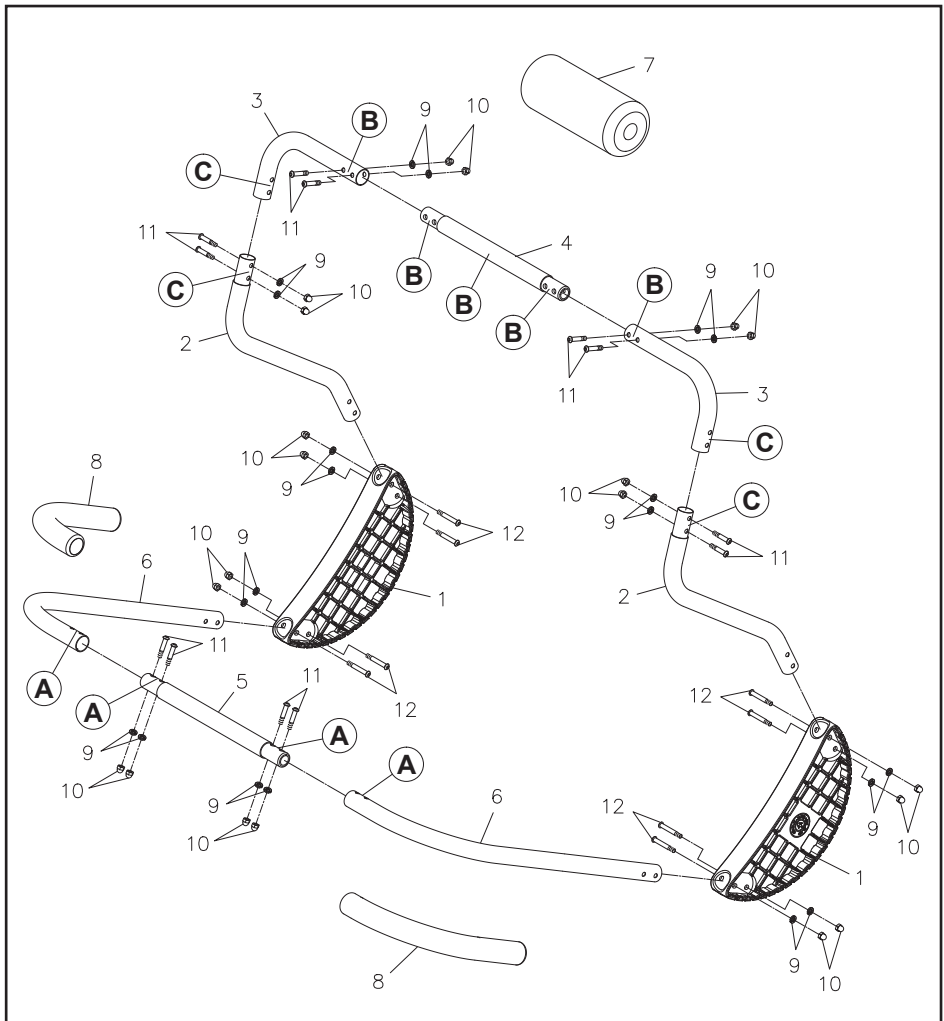
Refer to the letter indicators **(B)** on the parts. Slide the **HEADREST FOAM PAD(7)** onto the **CONNECTING BAR B(4)**. Insert the **UPPER HEADREST SUPPORTS(3)** into the **CONNECTING BAR B(4)** and secure with **BUTTON HEAD BOLTS(M6x1x30mm)(11)**, **LOCK WASHERS(M6)(9)**, and **ACORN NUTS(M6x1)(10)**.

STEP 4

Refer to the letter indicators **(C)** on the parts. Insert the **HEADREST SUPPORTS(2)** into the **UPPER HEADREST SUPPORTS(3)** and secure with **BUTTON HEAD BOLTS(M6x1x30mm)(11)**, **LOCK WASHERS(M6)(9)**, and **ACORN NUTS(M6x1)(10)**. Insert the **HEADREST SUPPORTS(2)** into the **HOUSINGS(1)** and secure with **BUTTON HEAD BOLTS(M6x1x40mm)(12)**, **LOCK WASHERS(M6)(9)**, and **ACORN NUTS(M6x1)(10)**. Tighten all bolts from STEP 1 to STEP 4.



Product Parts Drawing and Parts List



Part No. and Description

Part No.	Description	Qty
1	Housing	2
2	Headrest Support	2
3	Upper Headrest Support	2
4	Connecting Bar B	1
5	Connecting Bar A	1
6	Handrail	2
7	Headrest Foam Pad	1
8	Foam Grip	2

Part No. and Description

Part No.	Description	Qty
9	Lock Washer (M6)	20
10	Acorn Nut (M6 x 1)	20
11	Bolt, Button Head (M6 x 1 x 30mm)	12
12	Bolt, Button Head (M6 x 1 x 40mm)	8
13	Wrench	1
14	Allen Wrench (4mm)	1
15	Owner's Manual	1