

Arnold Series Abdominal Crunch Machine Owner's Manual

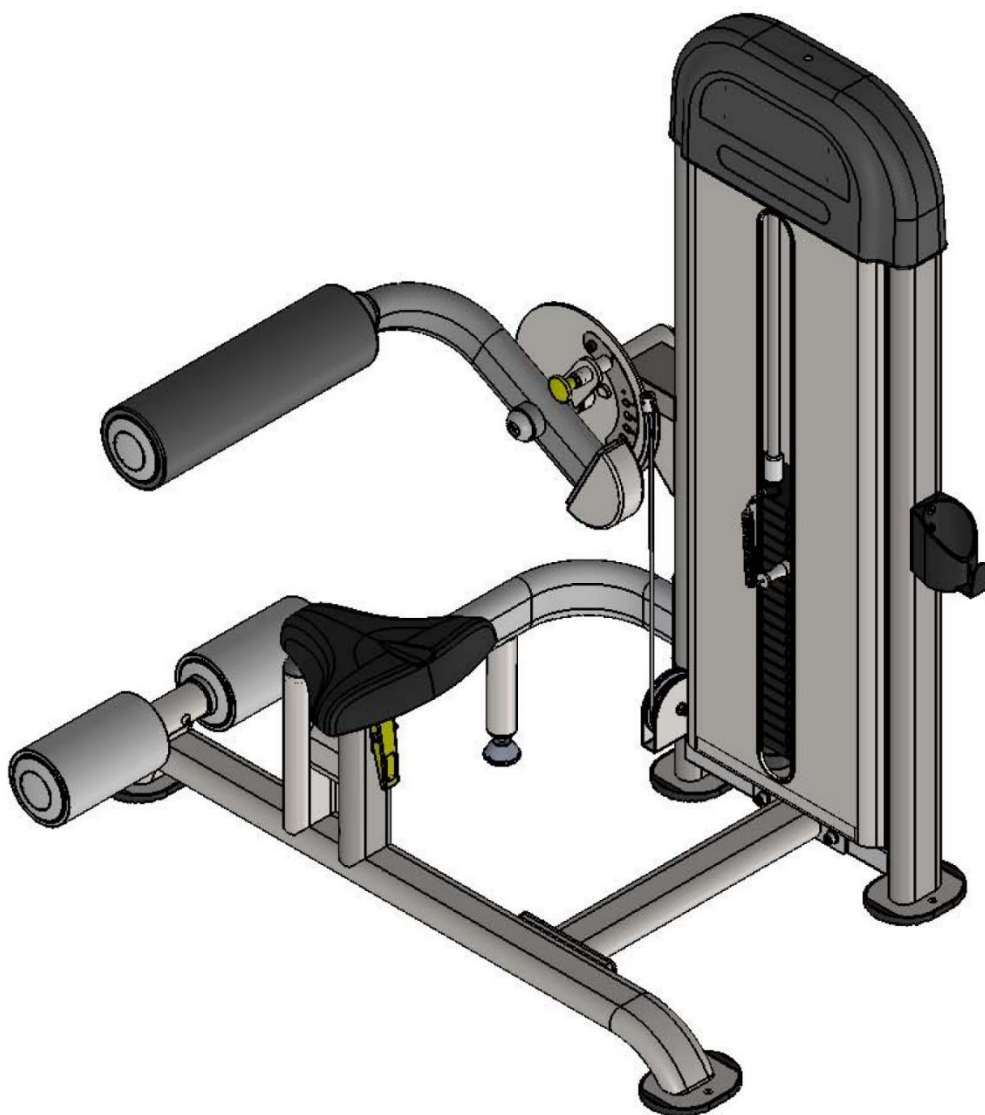


Table Of CONTENTS

Safety Notice	Page 2
Label Information	Page 3 – 5
Anchoring Unit	Page 6
Cable Inspection	Page 7
Assembly instructions	Page 8 – 15
Part List	Page 16 – 17
Pre-Assembled Components	Page 18 – 22
Instructions For use	Page 23
Maintenance	Page 24

IMPORTANT SAFETY NOTICE

PRECAUTIONS:

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **Maximum user weight: 150kg.**
- Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Position the machine on a clear, level surface. DO NOT use near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. Do not wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required.
- Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- DO NOT place any sharp objects around the machine.
- Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
- Before exercising, always stretch first.
- Never operate the machine if it is not functioning properly.
- Please read the instructions carefully before assembling the machine.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Label Information:

Carefully read ALL Danger, Warning & Caution labels posted on the machine



ABDOMINAL CRUNCH

START

FINISH

ABDOMINAL CRUNCH

1. Select appropriate weight resistance for your present fitness level.
2. Adjust seat height to position long chest pad at mid-chest.
3. Adjust start position using pull knob located on cam for desired range of motion.
4. Sit and position feet under lower short pad and wrap arms around long chest pad.
5. Slowly contract abdominals downward in a crunch motion.
6. Return weight with controlled movement to start position.

Safety Tips

1. Read all caution and warning labels posted on the machine. Seek assistance from staff if unfamiliar with the machine or its use.
2. It is important to know your own physical condition before beginning any type of exercise program.
3. Always choose a light resistance when using a machine the first time.
4. Train at a controlled rate of speed.
5. Never hold your breath-inhaling during least resistant and exhaling at maximum resistant.
6. Warm-up with light cardio exercises, stretchings or callisthenics.

■ ABDOMINAL CRUNCH
● Trunk Flexion

IRDZT-103-EN

INSPECTIONS

Recommended Inspection
Replace all parts at first signs of wear or damage.

	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	*				
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	*				
INSPECT: Cables, Belts and tension (adjust if needed).	*				
INSPECT: All labels	*				
INSPECT: All nuts and bolts (tighten if needed).	*				
INSPECT: Accessory bars, handles rubber grips.	*				
INSPECT: All anti-skid surfaces.	*				
CLEAN & LUBRICATE: Clean guide rods with Super Lube. spray lubricant and lubricate with Super Lube (PTFE) grease.			*		
LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			*		
CLEAN & WAX: All powder-coat finishes.				*	
REPLACE: Cables & connecting parts.					*

Use only genuine IronMaster replacement parts. Failure to do so will void warranty and could result in serious injury or death.

IRDZT-013E

CAUTION

CHECK
Pull-pin is fully engaged in the hole before use.

IRDZT-009E

DANGER

TIGHTEN
this retaining nut before use.

IRDZT-003E

WARNING

Keep body, hands and fingers clear of all moving parts.

IRDZT-004E

IMPORTANT

For smooth performance, lubricate all gliding surfaces with silicone spray lubricant.

IRDZT-017E

CAUTION

CHECK
Pull-pin is fully engaged in the hole before use.

IRDZT-009E

DANGER

Use this equipment ONLY for its intended purpose.

If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel.

Failure to comply could result in serious injury or death.
IRDZT-001E

IMPORTANT

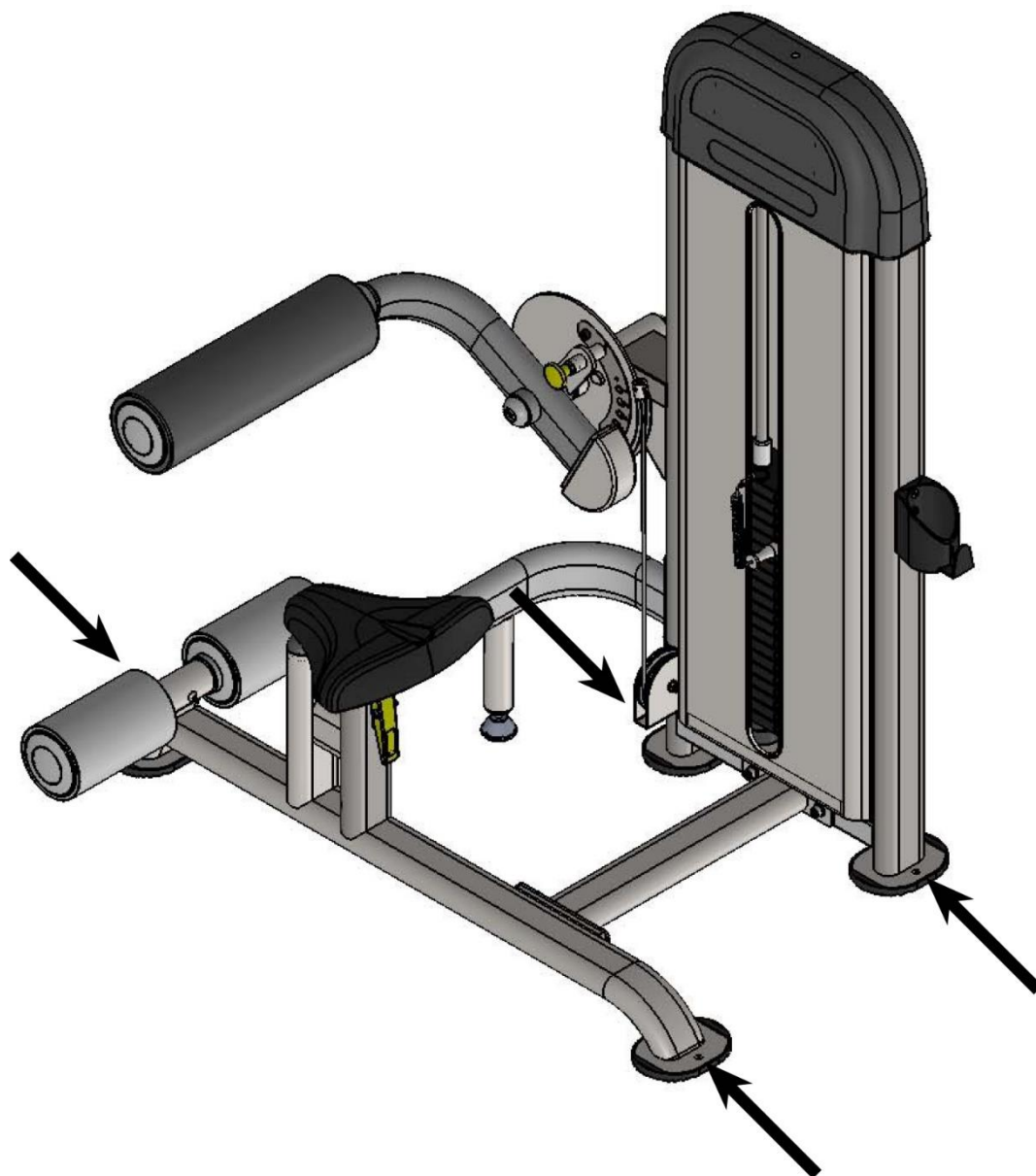
CHECK CABLES

Be sure cables run between the pulleys and working properly.

IRDZT-016E

Anchoring Unit

Holes on the frame are provided for anchoring the unit to the floor. See anchoring hole locations Below



Cable Inspection

WARNING:

THE FOLLOWING CONDITIONS MAY INDICATE A WORN CABLE. REPLACE IMMEDIATELY



"NECKING", STRETCHED CABLE COVERING



A CRACK IN THE CABLE COVER



A TEAR IN THE CABLE COVER



A BREAK ON THE CABLE



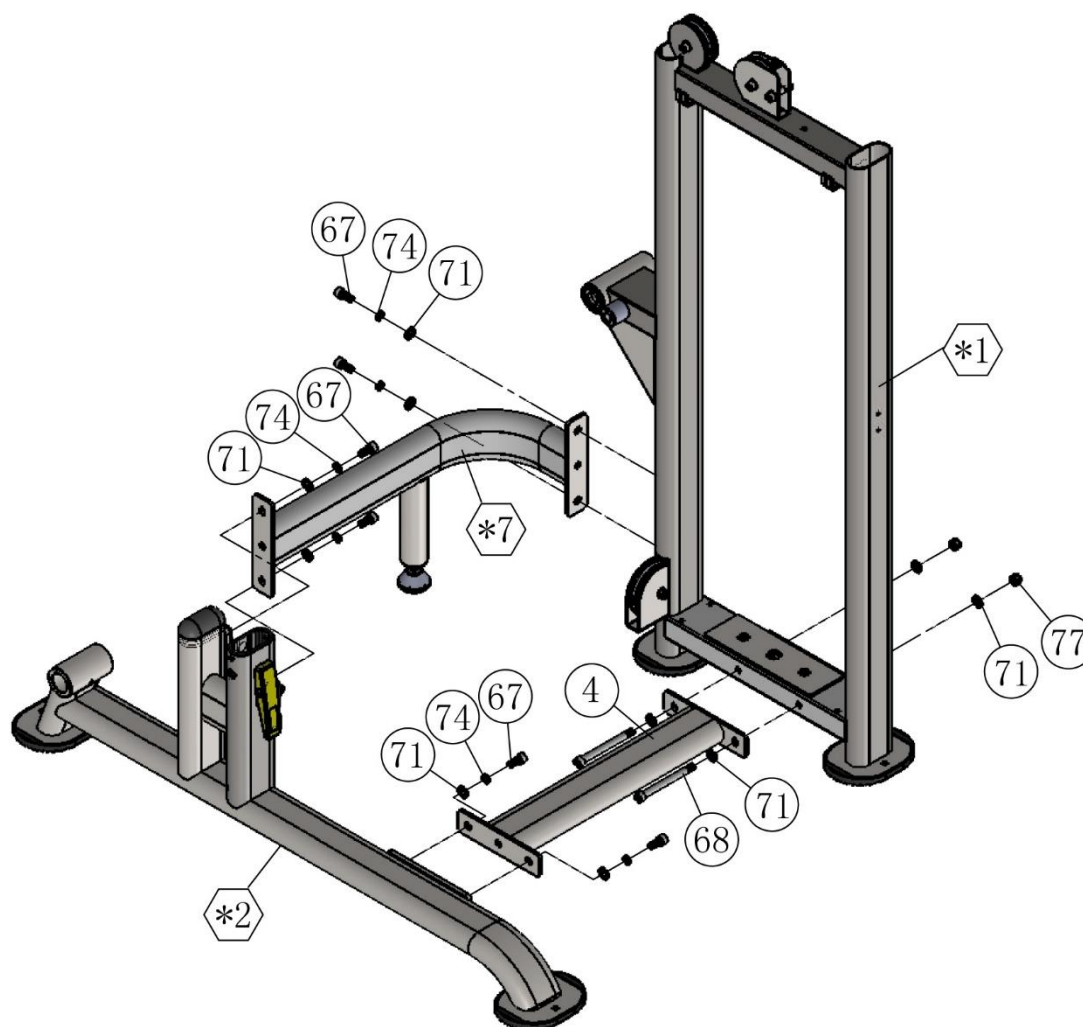
CABLE END SLIPPING OUT

Important Note:

Damaged or worn cables (as shown above) may damage the pulley(s). you must inspect the pulleys at this time for wear and tear. Replace if needed.

Step 1

Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	68	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	71	Flat Washer $\Phi 12$	10
*7	Top Brace	1	74	Spring Washer $\Phi 12$	6
4	Bottom Cross Bracket	1	77	Nylon Lock Nut M12	2
67	Hex Recessed Round Head Screw M12*25	6			

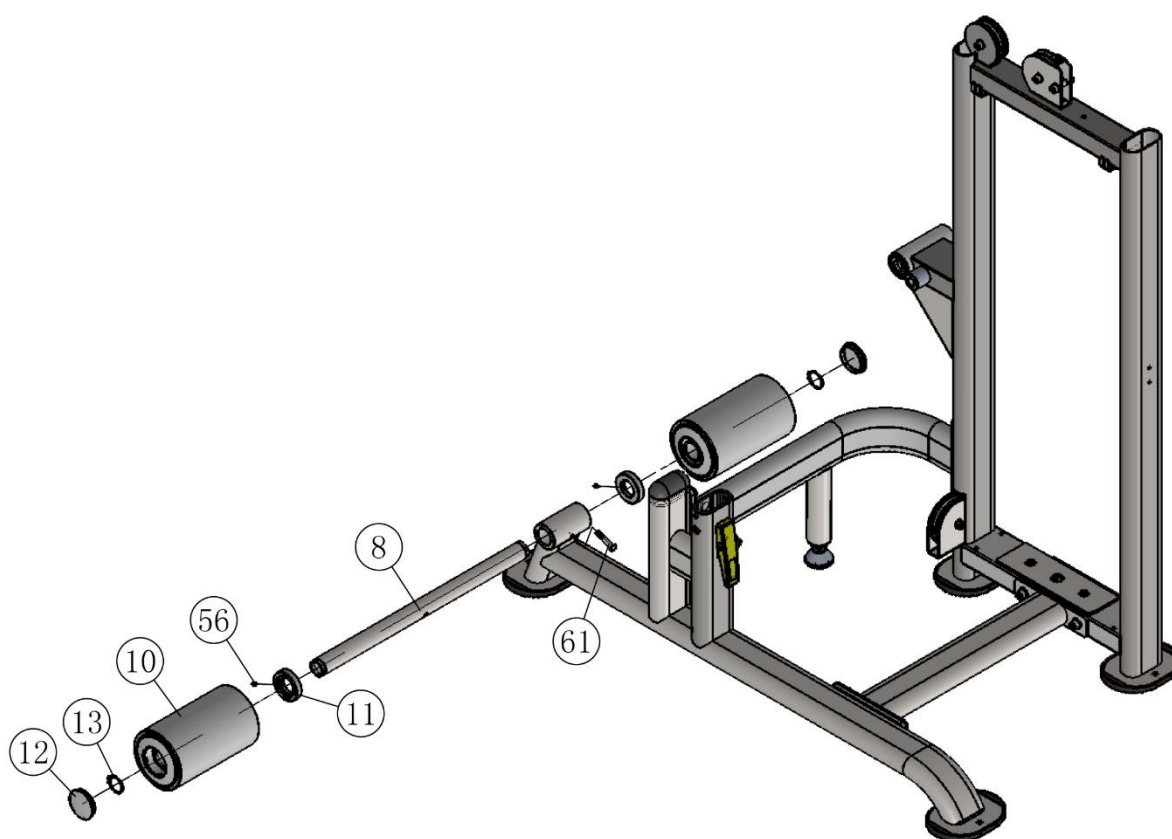


NOTE:

It is strongly recommended that 2 people participate in the assembly of this unit.

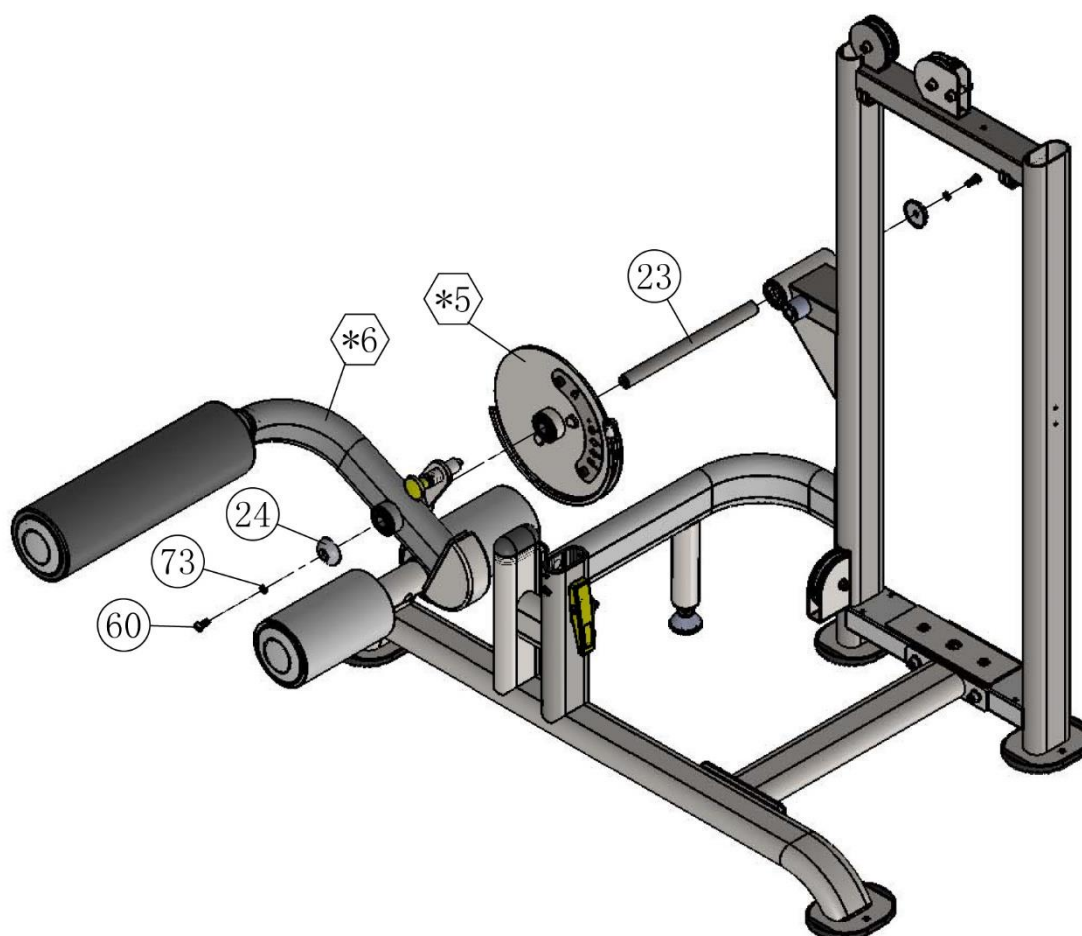
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Foam Tube $\Phi 38 \times 83$	1	13	External Circlip $\Phi 38$	2
10	Short Foam	2	56	Hex Socket Set Screw with Cup Point M6*12	2
11	Foam Collar	2	61	Hex Recessed Flat Head Screw M10*50	1
12	Foam Small End Cap	2			



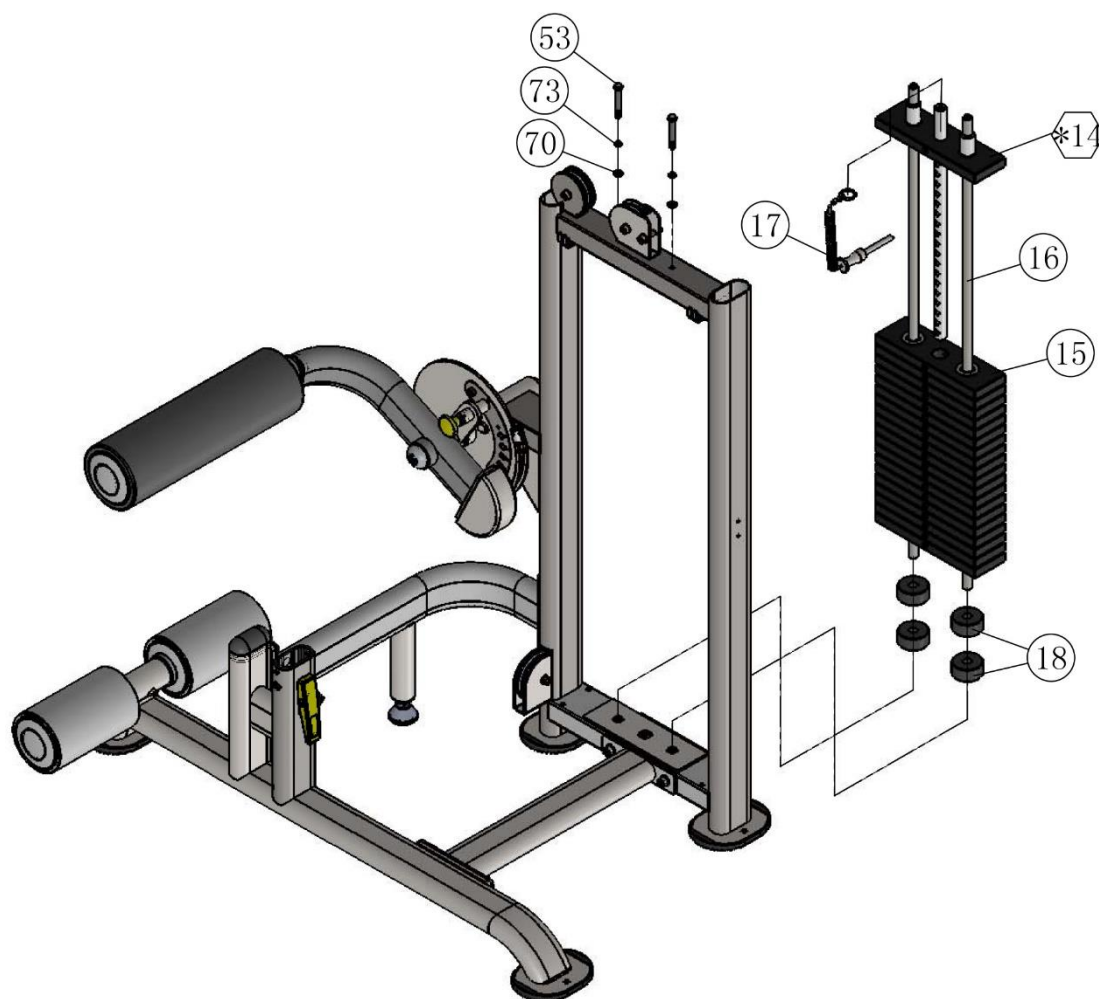
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Cam	1	24	Axle End Cap	2
*6	Foam Roll Tube	1	60	Hex Recessed Flat Head Screw M10*25	2
23	Axle	1	73	Spring Washer $\Phi 10$	2



Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*14	Top Block	1	53	Hex Bolt M10*75	2
15	4.5kg Weight Plate	19	70	Flat Washer $\Phi 10$	2
16	Guide Rod	2	73	Spring Washer $\Phi 10$	2
17	Selector Pin	1	78	Weight Plate Label	1
18	Rubber Donut	4			

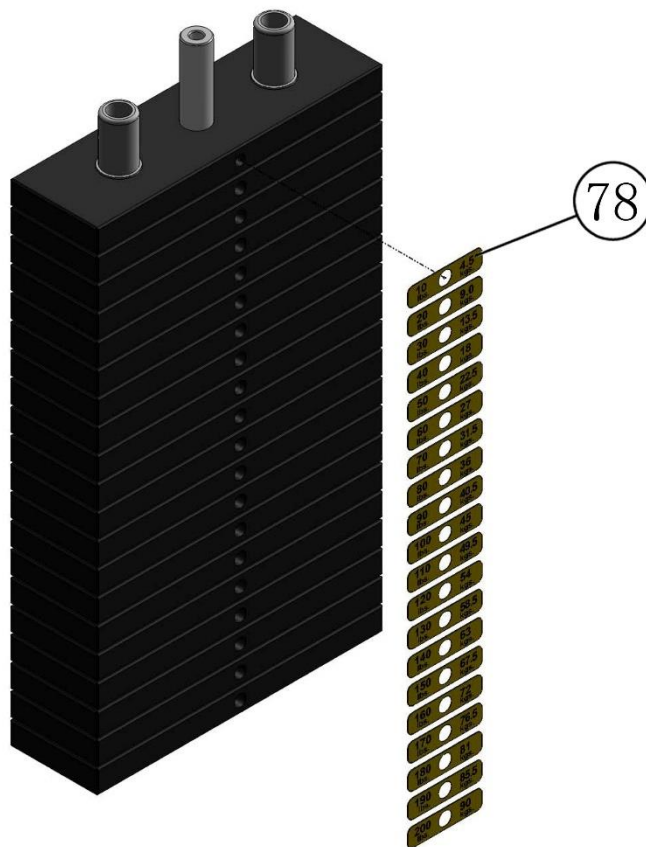


NOTE:

1. Please place the side with the plastic part face up when you assemble the weight plate.
2. You can remove the pulley in position A first, then assemble Hex Bolt M10*75(#53-2).

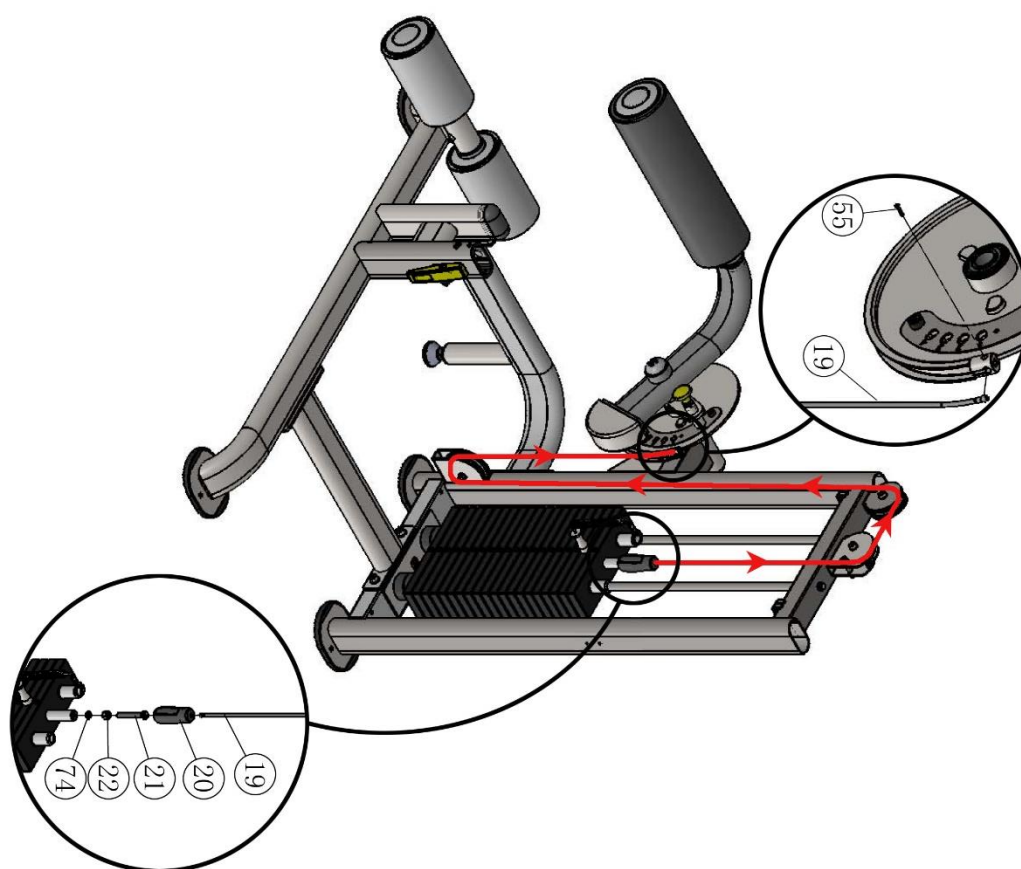
Weight stack label instructions :

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label (#78) and make sure that the label remains attached to the application tape.
3. Line up left edge of label sheet with outside edge of weight holes.
4. Make sure label is straight and slowly press into place.
5. Gently remove application tape and rub each label firmly against the weight stack.
6. Allow labels to stand for 2 days to allow adhesive to cure fully.



Step 5: Cable Routing

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
19	Cable	1	22	Hex Nut M12	1
20	Bumper Cap	1	55	Cross Countersunk Head Screw M3*15	1
21	Hex Split Bolt	1	74	Spring Washer $\Phi 12$	1

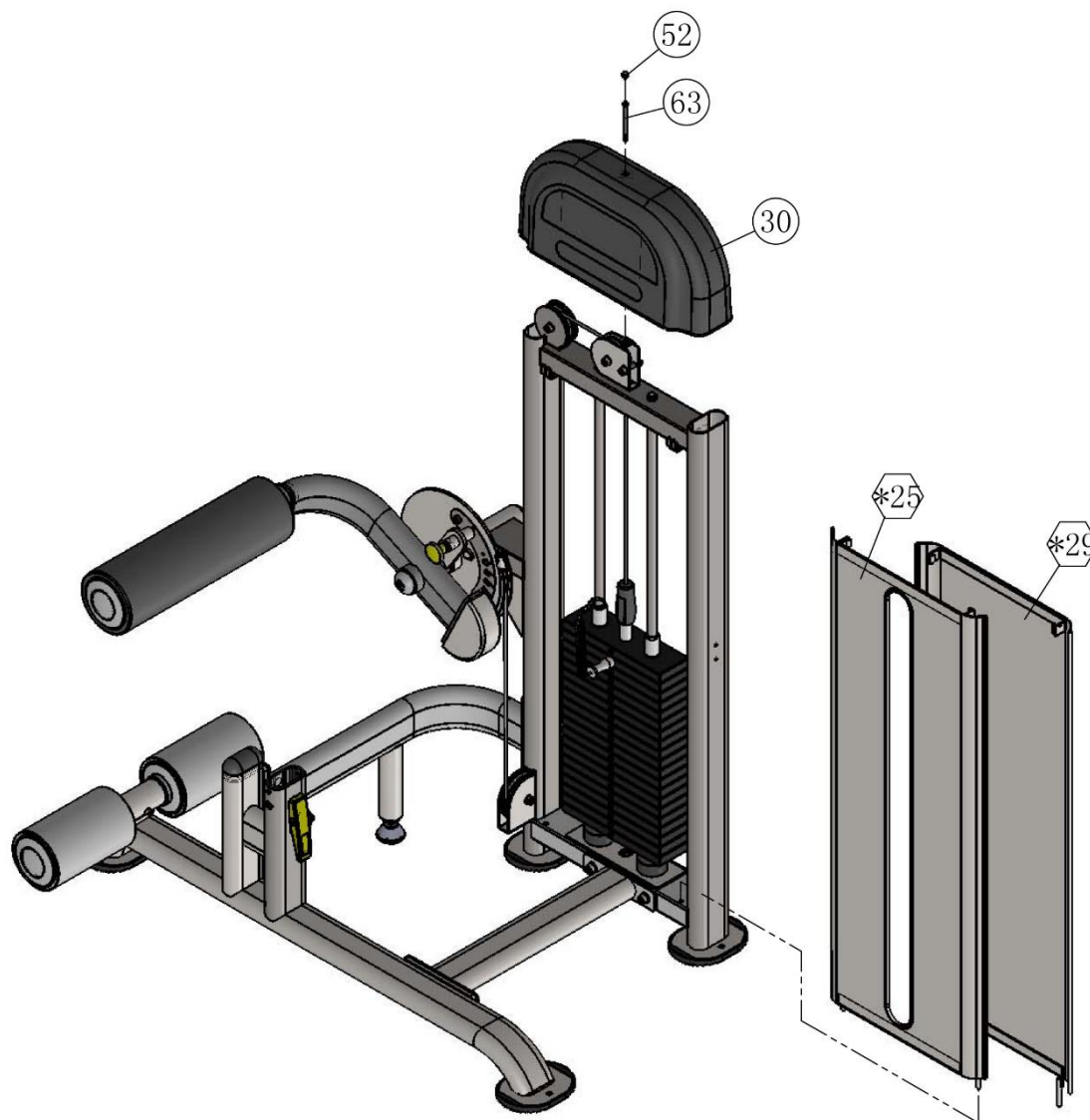


SPECIAL NOTE:

Pulleys at the location are around the wire, you can tie the wire on one end of the cable and pull the wire to help install the cable.

Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*25	Weight Shield Front	1	52	Hole Plug	1
*29	Weight Shield Rear	1	63	Hex Recessed Round Head Screw M6*95	1
30	Weight Shield Top	1			

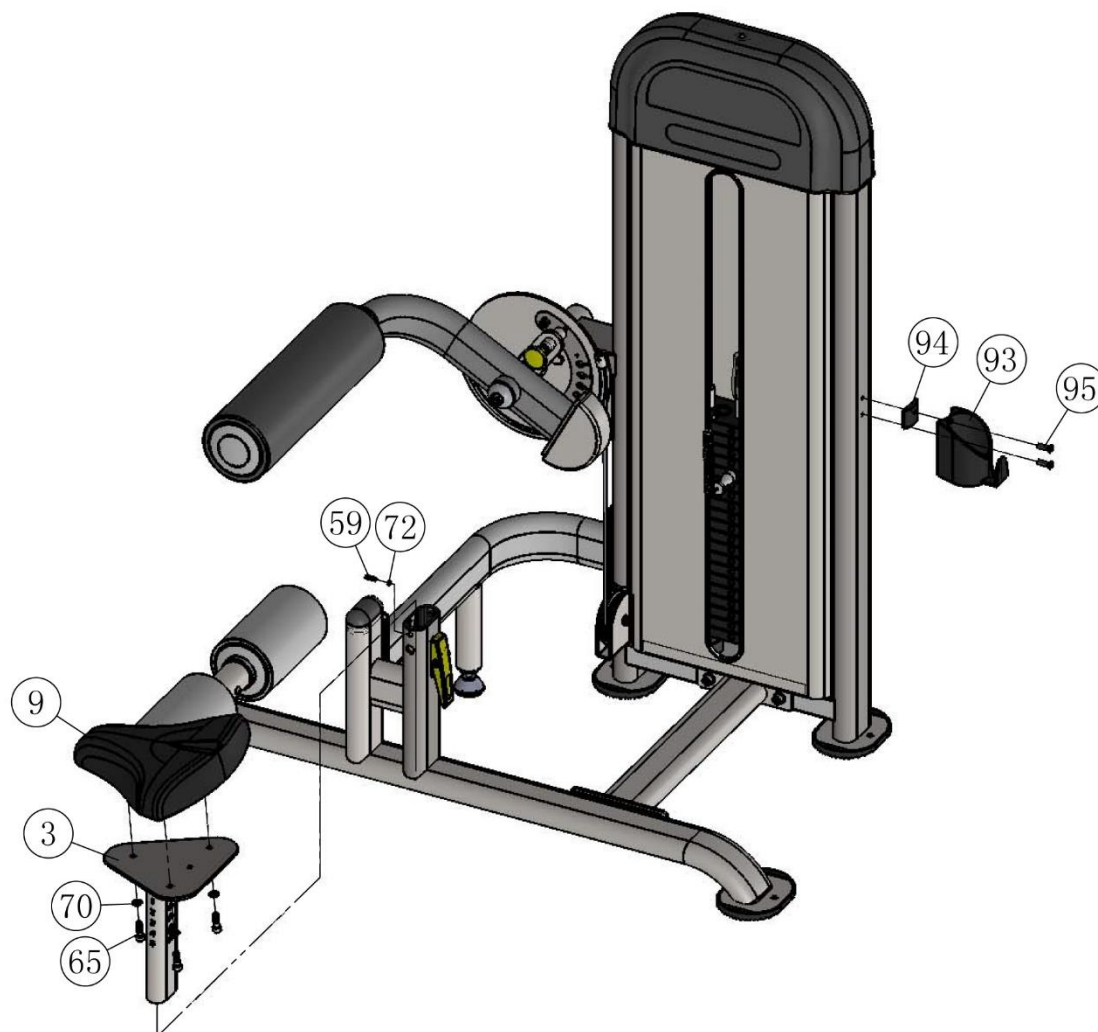


NOTE:

Please assemble Weight Shield Front & Rear (*25 & *29) first, then assemble Weight Shield Top (#30).

Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Adjustable Seat Pad Tube	1	72	Spring Washer $\Phi 6$	1
9	Seat Pad	1	93	Bottle Cage	1
59	Hex Recessed Flat Head Screw M6*20	1	94	Spacer Block	1
65	Hex Recessed Round Head Screw M10*30	3	95	Hex Recessed Countersunk Head Screw M8*30	2
70	Flat Washer $\Phi 10$	3			



Parts List

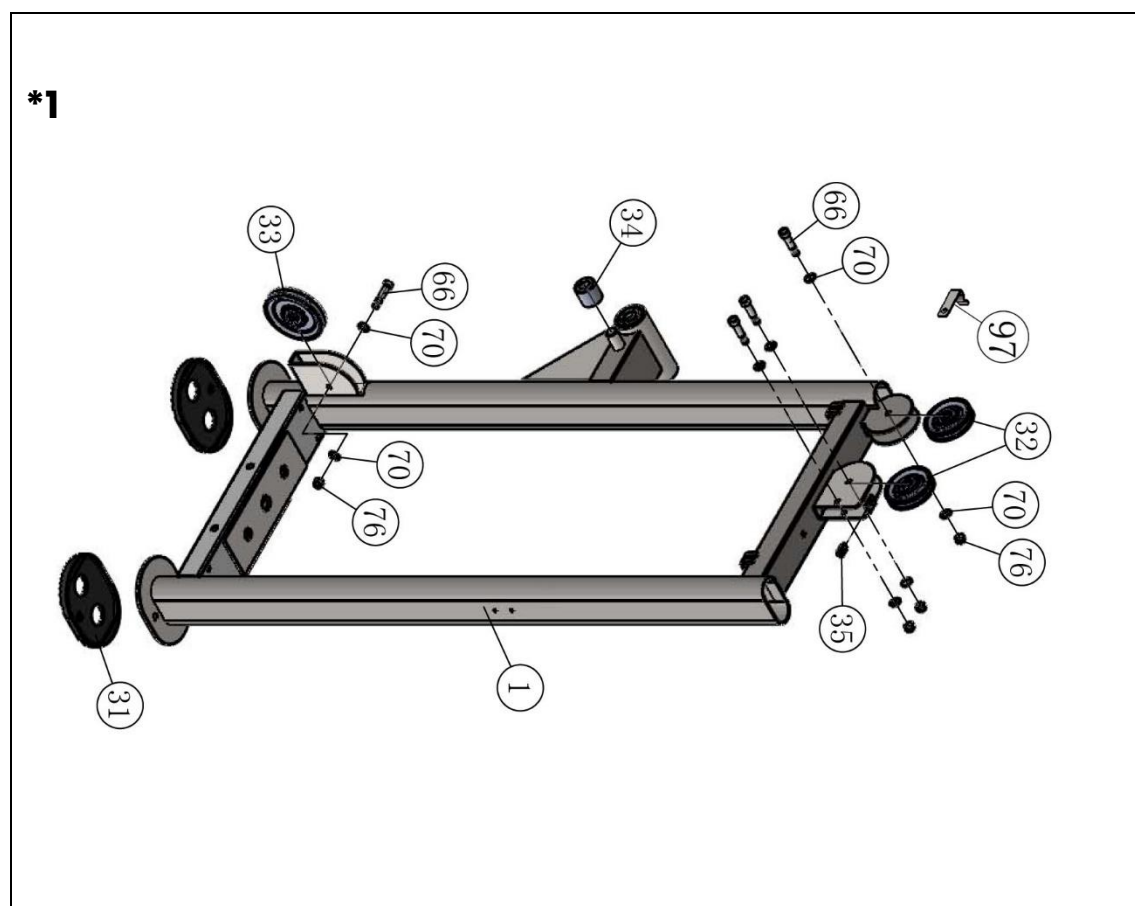
Item #	Description	Qty	Item #	Description	Qty
1	Weight Stack Frame	1	26	Edge Protector Chrome 1	1
2	Main Frame	1	27	Edge Protector Chrome 2	1
3	Adjustable Seat Pad Tube	1	28	Edge Protector Chrome 3	3
4	Bottom Cross Bracket	1	29	Weight Shield Rear	1
5	Cam	1	30	Weight Shield Top	1
6	Foam Roll Tube	1	31	Elliptical Rubber Shoe	4
7	Top Brace	1	32	Pulley $\Phi 90 \times \delta 26$	2
8	Foam Tube $\Phi 38 \times \delta 3$	1	33	Pulley $\Phi 114 \times \delta 26$	1
9	Seat Pad	1	34	Cushion	1
10	Short Foam	2	35	Cage Nut	1
11	Foam Collar	2	36	Adjustable Release Handle	1
12	Foam Small End Cap	3	37	α Spring	1
13	External Circlip $\Phi 38$	3	38	Pull Pin Stiff Spring	1
14	4.5kg Top Block	1	39	Oval Tube Plastic Glide Insert	1
15	4.5kg Weight Plate	19	40	Elliptical Plug $100 \times 50 \times \delta 2.5$	1
16	Guide Rod	2	41	Cam Backplate	1
17	Selector Pin	1	42	T Bearing	4
18	Rubber Donut	4	43	Nylon Collar	2
19	Cable	1	44	Foam	1
20	Bumper Cap	1	45	Pull Pin Handle	1
21	Hex Split Bolt	1	46	Counterbalance R90	1
22	Hex Nut M12	1	47	Perforated Bolt	1
23	Axle	1	48	Pull Pin Lever	1
24	Axle End Cap	2	49	Leveller	1
25	Weight Shield Front	1	50	Selector Lever	1

Parts List

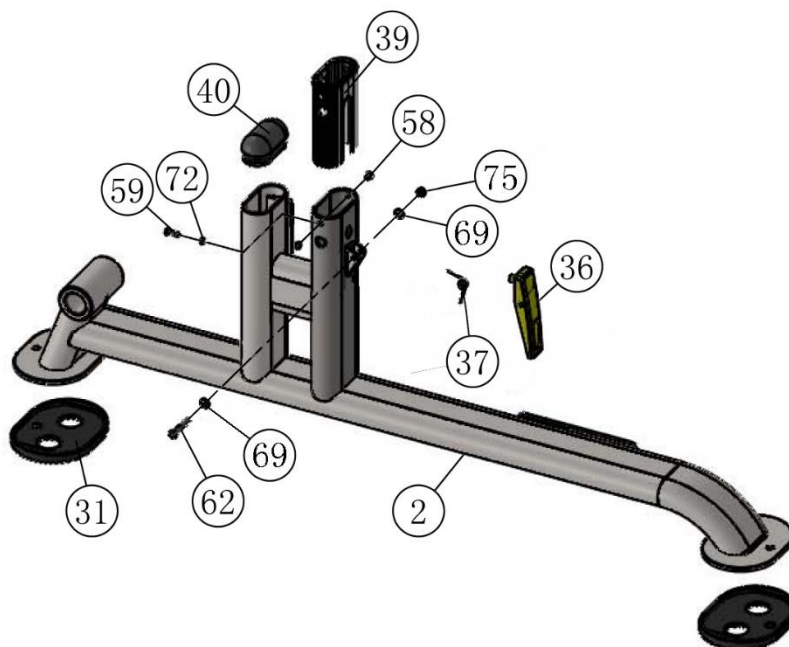
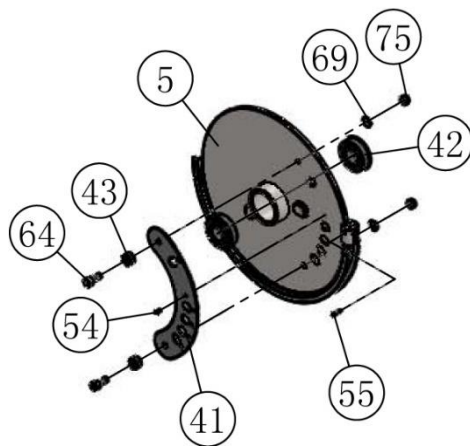
Item#	Description	Qty.	Item#	Description	Qty.
51	Elastic Cylindrical Pin Φ10*65	1	74	Spring Washer Φ12	7
52	Hole Plug	1	75	Nylon Lock Nut M8	3
53	Hex Bolt M10*75	2	76	Nylon Lock Nut M10	5
54	Cross Countersunk Head Screw M3*6	1	77	Nylon Lock Nut M12	2
55	Cross Countersunk Head Screw M3*15	1	78	Weight Plate Label	1
56	Hex Socket Set Screw with Cup Point M6*12	2	79	LABEL-ABDOMINAL CRUNCH	2
57	Hex Recessed Countersunk Head Screw M10*25	2	80	LABEL-EXERCISE CHART	1
58	Hex Recessed Flat Head Screw M6*8	2	81	LABEL-DANGER(IRDTZ-001E)	2
59	Hex Recessed Flat Head Screw M6*20	1	82	LABEL-DANGER(IRDTZ-002E)	1
60	Hex Recessed Flat Head Screw M10*25	2	83	LABEL-WARNING(IRDTZ-004E)	2
61	Hex Recessed Flat Head Screw M10*50	1	84	LABEL-WARNING(IRDTZ-007E)	1
62	Hex Recessed Round Head Screw M8*50	1	85	LABEL-WARNING(IRDTZ-008E)	1
63	Hex Recessed Round Head Screw M6*95	1	86	LABEL-CAUTION(IRDTZ-009E)	2
64	Hex Recessed Round Head Screw M8*20	2	87	LABEL-INSPECTIONS	1
65	Hex Recessed Round Head Screw M10*30	3	88	LABEL-CHECK CABLES	1
66	Hex Recessed Round Head Screw M10*50	4	89	LABEL-IMPORTANT(IRDTZ-017E)	1
67	Hex Recessed Round Head Screw M12*25	6	90	LABEL-DANGER(IRDTZ-052E)	1
68	Hex Recessed Round Head Screw M12*135	2	93	Bottle Cage	1
69	Flat Washer Φ8	4	94	Spacer Block	1
70	Flat Washer Φ10	15	95	Hex Recessed Countersunk Head Screw M8*30	2
71	Flat Washer Φ12	10	96	Hex Thin Nut M10	1
72	Spring Washer Φ6	1	97	"L-plate	1
73	Spring Washer Φ10	4			

Pre-Assemble Components Parts List

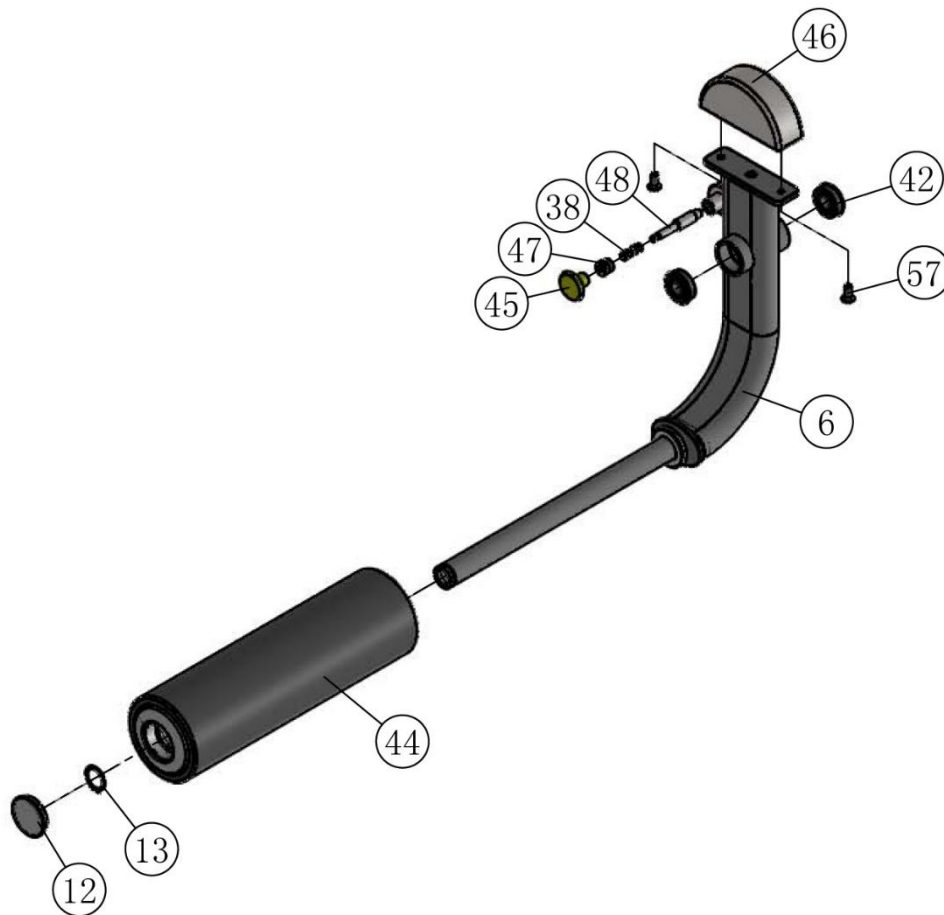
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack	1	*7	Top Brace	1
*2	Main Frame	1	*14	Top Block	1
*5	Cam	1	*25	Weight Shield Front	1
*6	Foam Roll Tube	1	*29	Weight Shield Rear	1



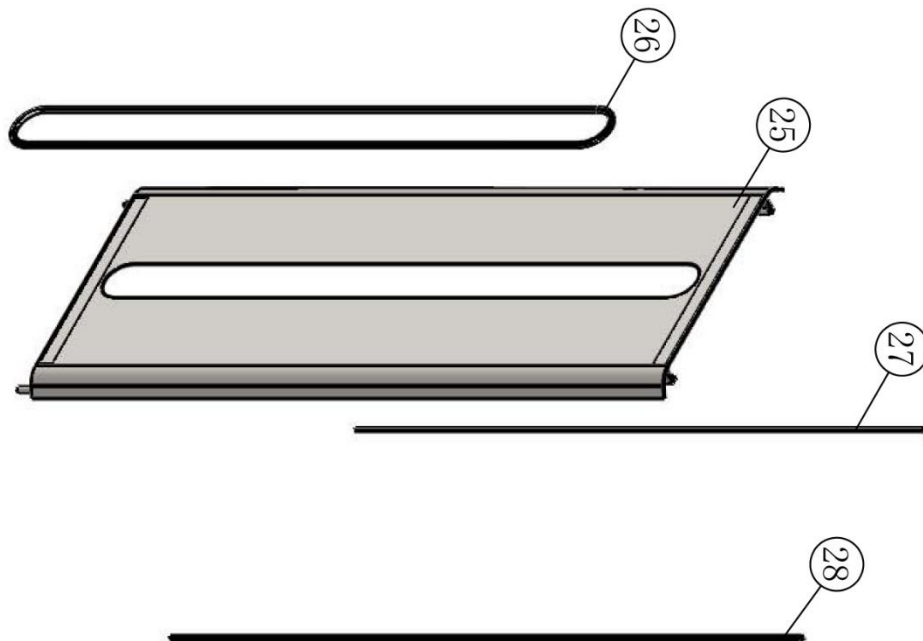
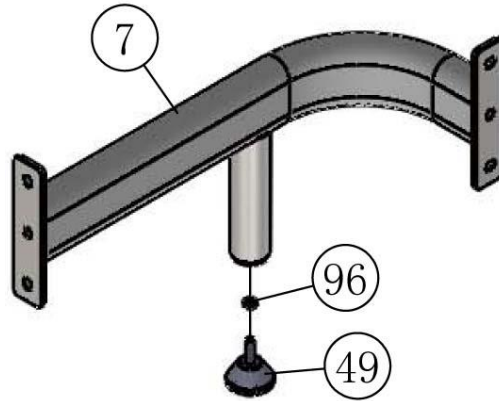
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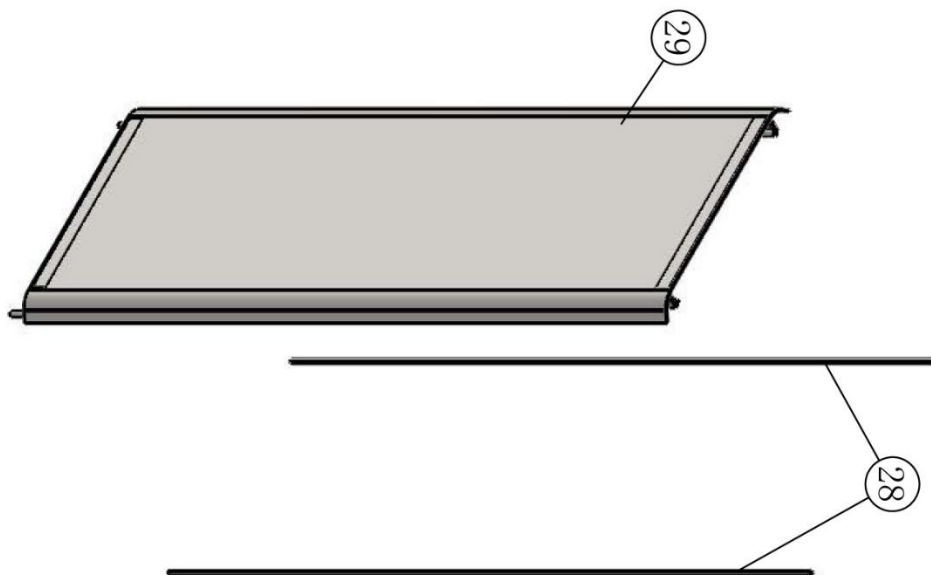
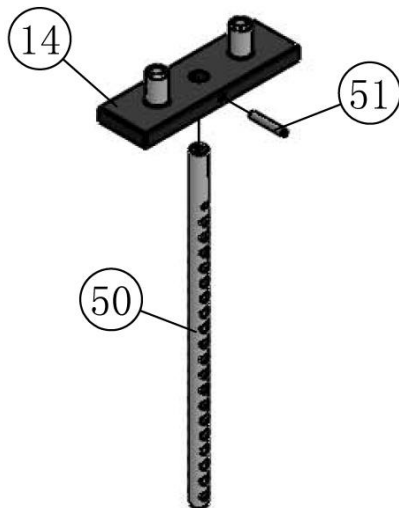
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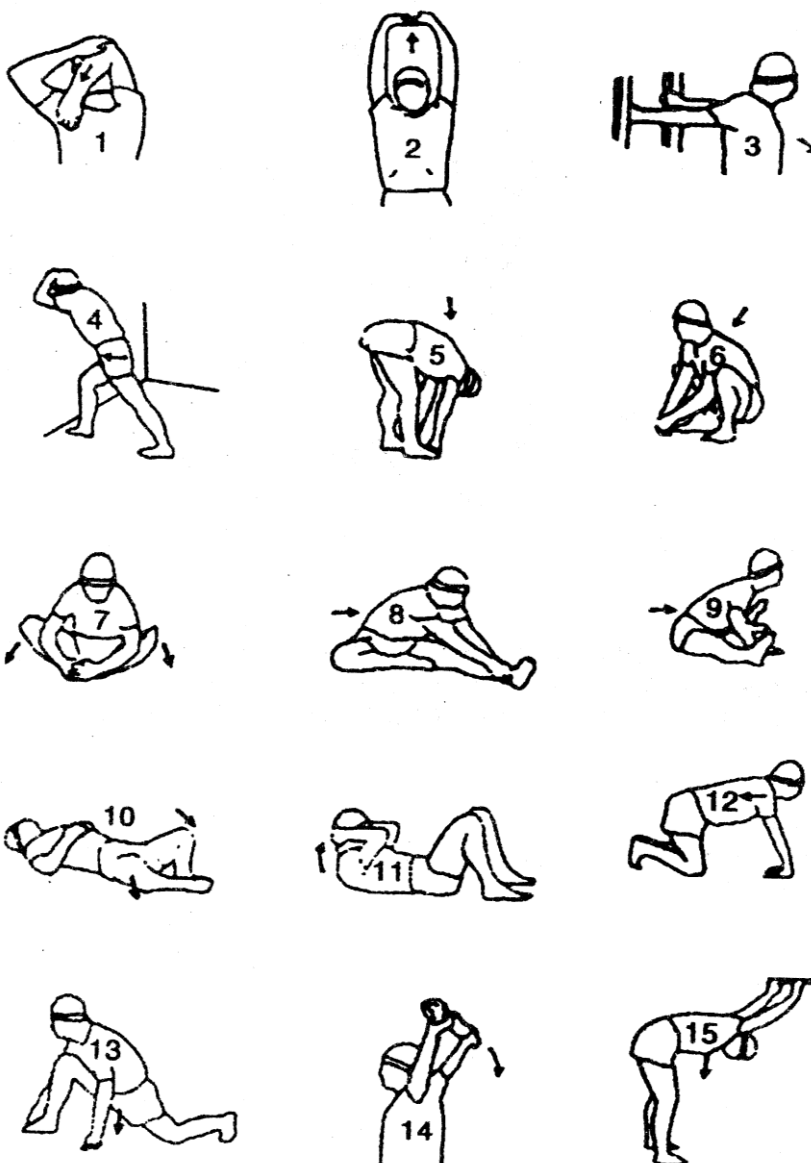


***14**



INSTRUCTIONS FOR USE

Using this Machine will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight. The machine helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch—if it hurts, **STOP**.



MAINTENANCE

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Machine.

Note: Do not use oil-based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All bushings should be checked regularly for signs of wear.
3. Check and adjust cable tension periodically as it will maintain proper anatomical function.
4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part which is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.
5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
6. All chrome plated surfaces should be cleaned regularly to prolong the life and lustre of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.
7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
8. Check welds to be free of cracks.

Failure to perform routine maintenance could result in personal injury and/or equipment damage.