



HUDSON STEEL

Owner's Manual

AB/BACK MACHINE



215-00130
10/06 Rev A



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Important Safety Information



This manual will guide you through the assembly process.



NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

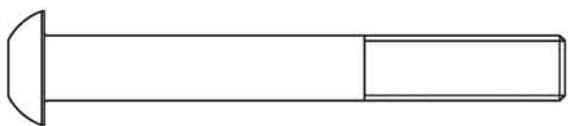
SAFETY INFORMATION WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative.



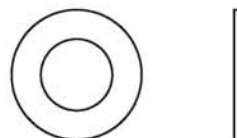
[39#] M10*80 4pcs



[37#] M8*6 1pc



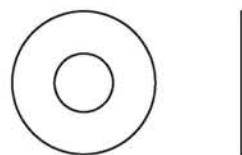
[38#] M10*70 1pc



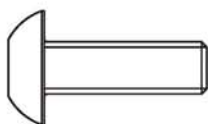
[42#] $\Phi 11 * \Phi 23 * 2$ 12pcs



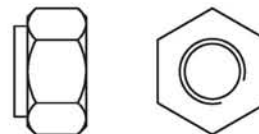
[40#] M10*25 2pcs



[43#] $\Phi 9 * \Phi 16 * 1.6$ 6pcs

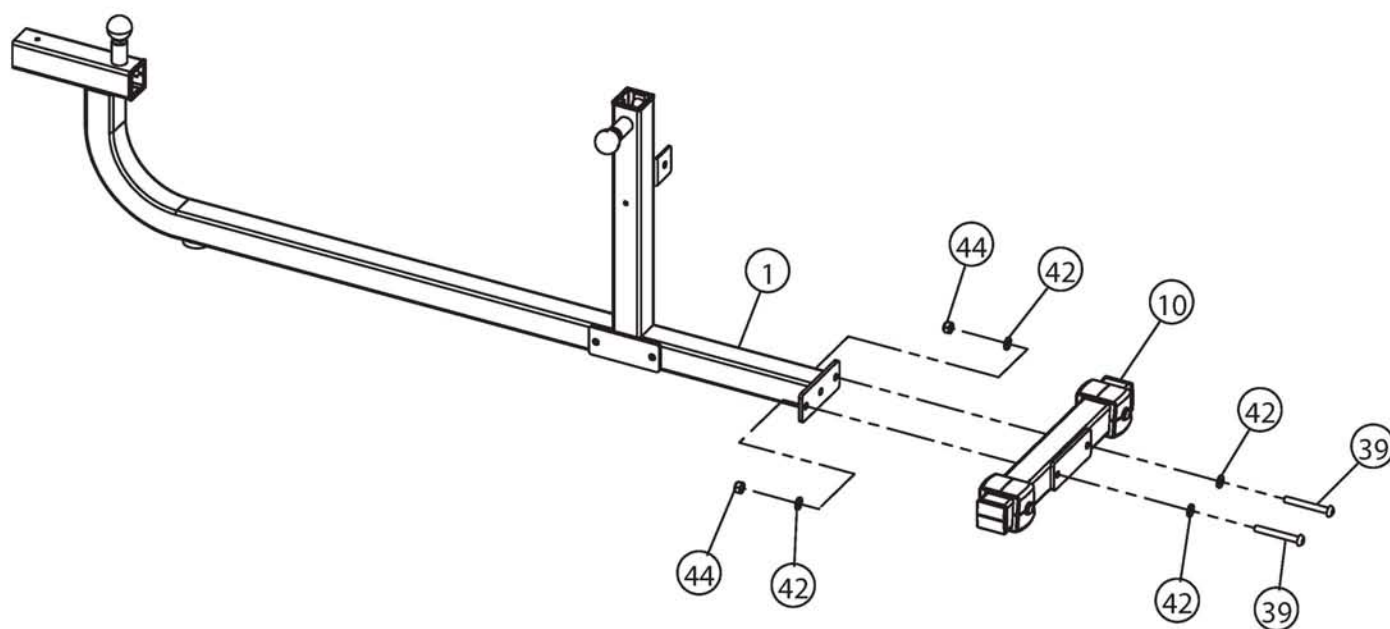


[41#] M8*25 6pcs



[44#] M10 5pcs

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

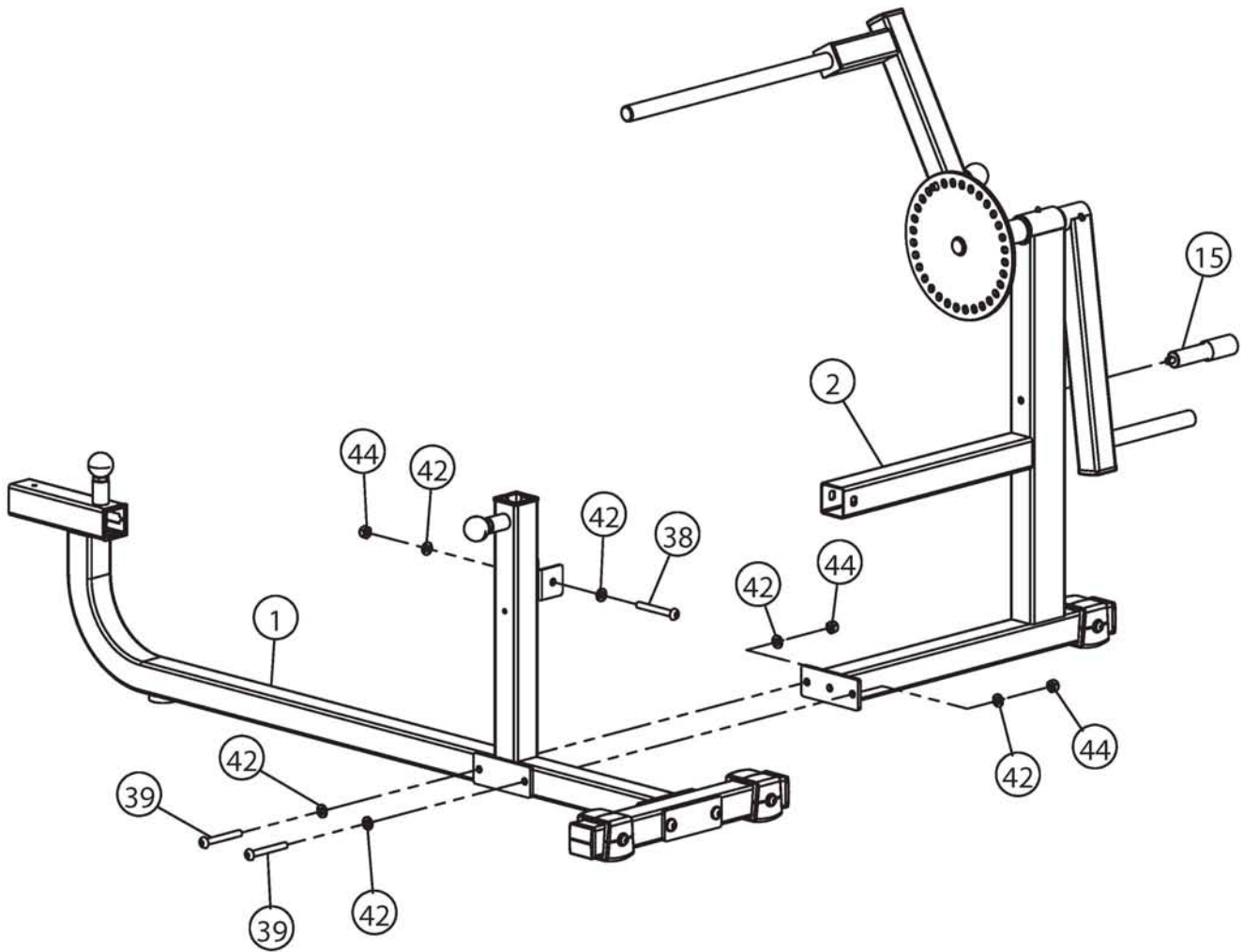


STEP 1

Connect Main Frame (1) to Rear Base (10) using:

- 2 x (39) Bolt
- 4 x (42) Washer
- 2 x (44) Nylon Lock Nut

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



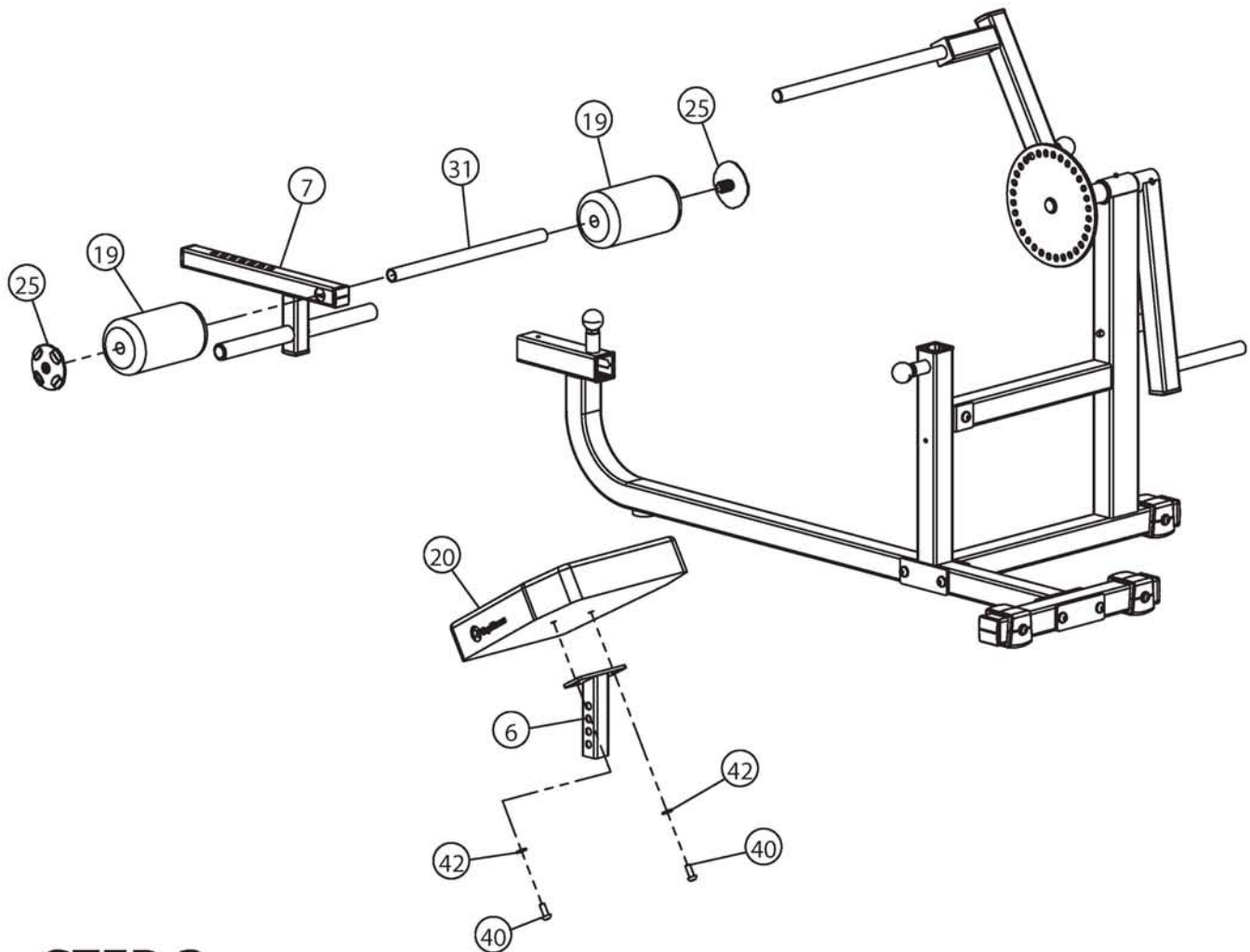
STEP 2

Connect Side Frame (2) to Main Frame (1) using:

- | | |
|-------------------------|-----------------|
| 1 x (38) Bolt | 7 x (42) Washer |
| 3 x (44) Nylon Lock Nut | 2 x (39) Bolt |

Insert Stopper Prong (15) into Side Frame.

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 3

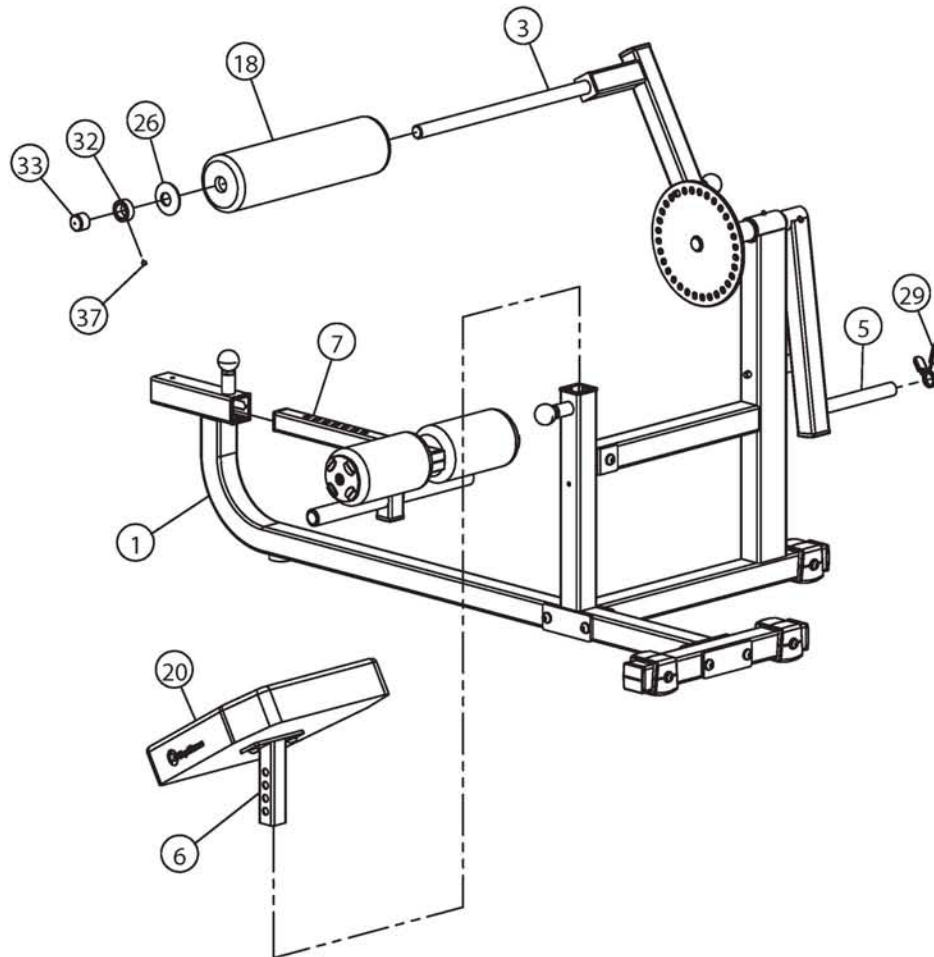
Complete the Adjustable Foot Frame (7) assembly using:

- 1 x (31) Roller Tube
- 2 x (19) Upholstered Roller Pad
- 2 x (25) Big Plug

Complete Seat Pad (20) assembly using:

- 1 x (6) Seat Support
- 2 x (40) Bolt
- 2 x (42) Washer

NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.



STEP 4

Slide Adjustable Foot Frame (7) assembly into Main Frame and secure with Pop pin.

Insert Seat Pad (20) assembly into Main Frame and secure with Pop Pin.

Slide Long Upholstered Roller Pad (18) onto Pivot Arm and secure with:

- 1 x (32) Collar
- 1 x (37) Allen Bolt
- 1 x (33) End Cap for Shaft
- 1 x (26) Big Plastic Washer

Use Spring Collar (29) to secure weight plates on Weight Holder.

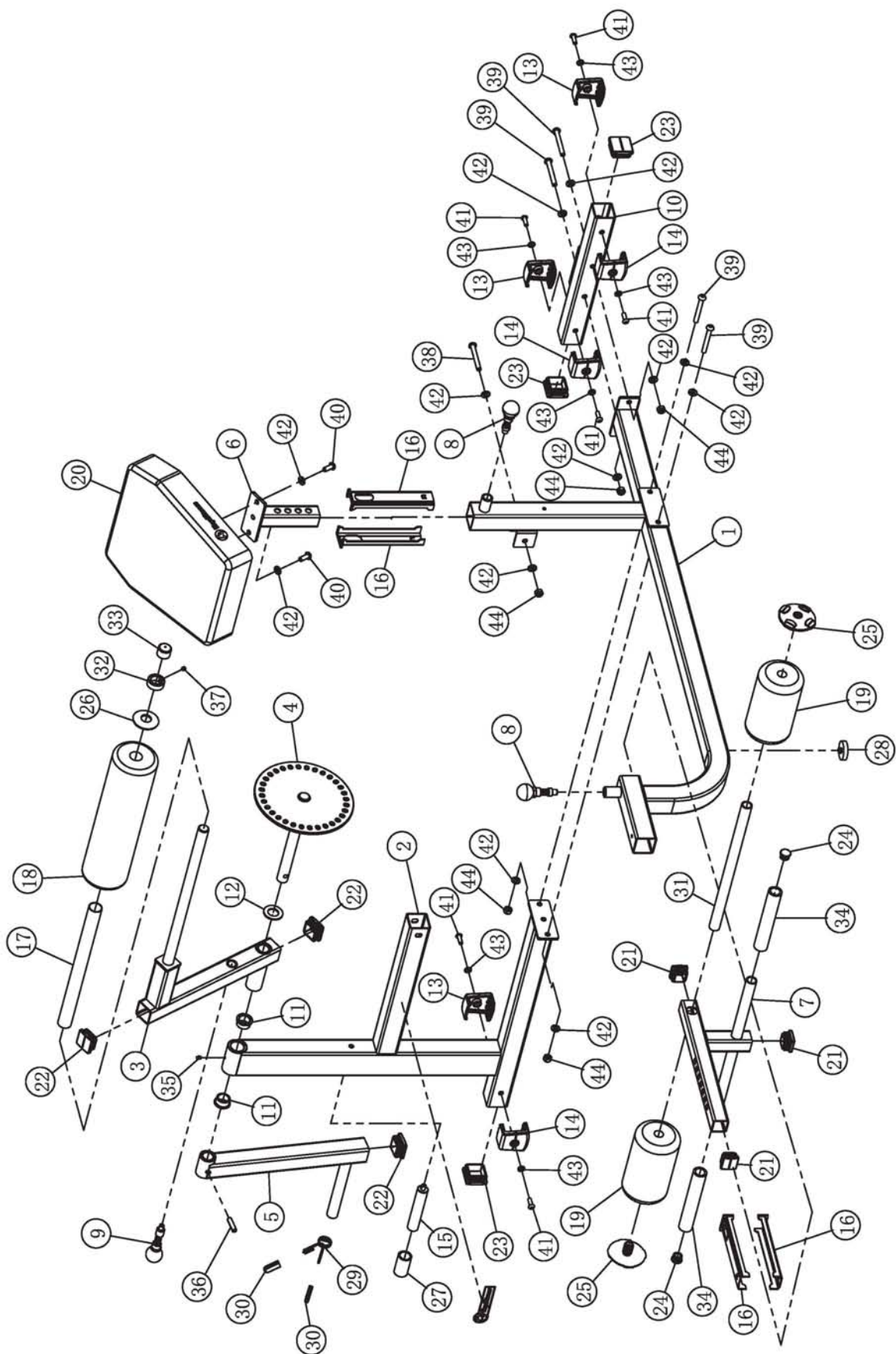


Parts List

KF-ABM Parts List Rev A

Ref #	Part #	Description	Qty
1	223-01051	FRAME, MAIN H-ABM	1
2	223-01052	FRAME, SIDE H-ABM	1
3	219-00440	PIVOT ARM, H-ABM	1
4	219-00128	CIRCULAR PLATE W/ AXLE H-ABM/BTM	1
5	219-00146	WEIGHT HOLDER H-LEGM	1
6	219-00498	SUPPORT, SEAT H-ABM	1
7	219-00499	FRAME, FOOT H-ABM	1
8	210-00257	POP PIN (LOCKING), H-45/ H-AAB	2
9	210-00259	LONG POP PIN, H-LEGM	1
10	223-01053	BASE, REAR H-ABM	1
11	202-00016	BRONZE ID 25.4	2
12	206-00134	PLASTIC WASHER H-2050/1850	1
13	206-00392	FOOT CAP, RIGHT 50.8 H SERIES	3
14	206-00393	FOOT CAP, LEFT 50.8 H SERIES	3
15	210-00120	STOPPER PRONE	1
16	206-00114	PLASTIC SLEEVE, 50.8x44.5	4
17	206-00436	PLASTIC TUBE FOR FOAM PAD, H-ABM	1
18	228-00078	LONG FOAM ROLLER H-ABM	1
19	206-00395	FOAM PADDING, 100X22X180 H SERIES	2
20	228-00241	PAD, SEAT H-ABM	1
21	206-00182	PLUG 38	3
22	206-00020	PLUG 44.5	3
23	206-00391	SQUARE PLUG, 50.8 H SERIES	3
24	206-00138	ROUND PLUG 25	2
25	206-00390	PLUG, ROLLER PAD TUBE CAP, H SERIES	2
26	206-00033	BIG PLASTIC WASHER , 46*26*3	1
27	206-00044	RUBBER SLEEVE	1
28	206-00471	BUMPER, H-ABM	1
29	219-00008	SPRING COLLAR	1
30	219-00326	SPRING COLLAR PLASTIC GRIPS	2
31	219-00437	ROLLER TUBE, H-ABM	1
32	219-00325	COLLAR	1
33	206-00200	END CAP FOR SHAFT	1
34	206-00207	GRIP, 32X23X185	2
35	206-00458	GREASE FITTING, H-ABM	1
36	202-00255	PIVOT TENSION PIN	1
37	202-00143	SCREW, M8*6	1
38	202-00637	SCREW, M10X70 BUTTON HEAD SOCKET CAP	1
39	202-00634	SCREW, M10X80 BUTTON HEAD SOCKET CAP	4
40	202-00662	SCREW, BUTTON HEAD SOCKET CAP M10X25	2
41	202-00636	SCREW, M8X25 BUTTON HEAD SOCKET CAP	6
42	202-00223	WASHER, 11X23X2	12
43	202-00094	WASHER 8, 9*28*2	6
44	202-00091	NYLON NUT, M10	5
45	202-00133	HEX KEY 4	1
46	202-00703	HEX KEY 5	1
47	202-00132	HEX KEY 6	1

Exploded View





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