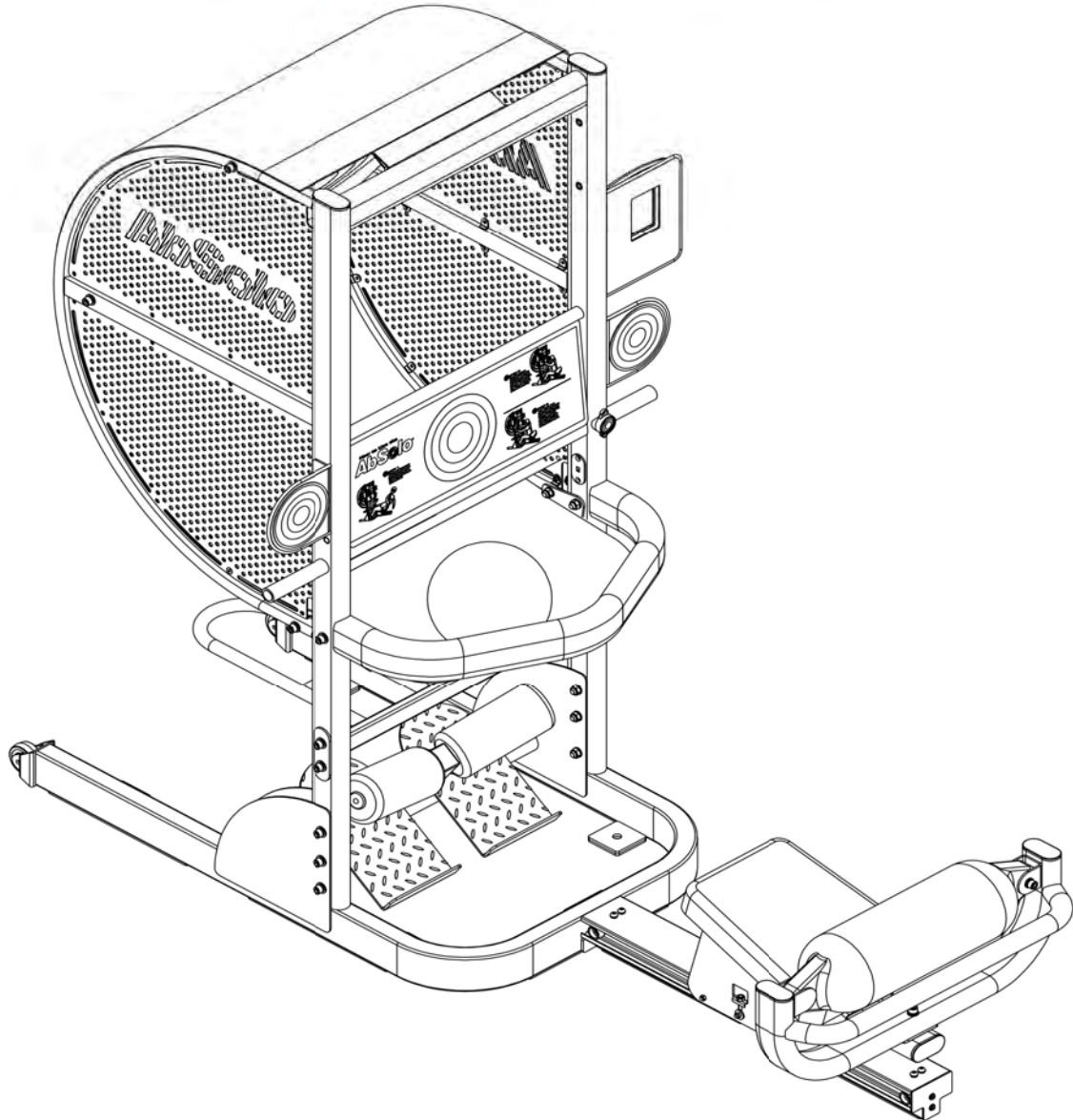
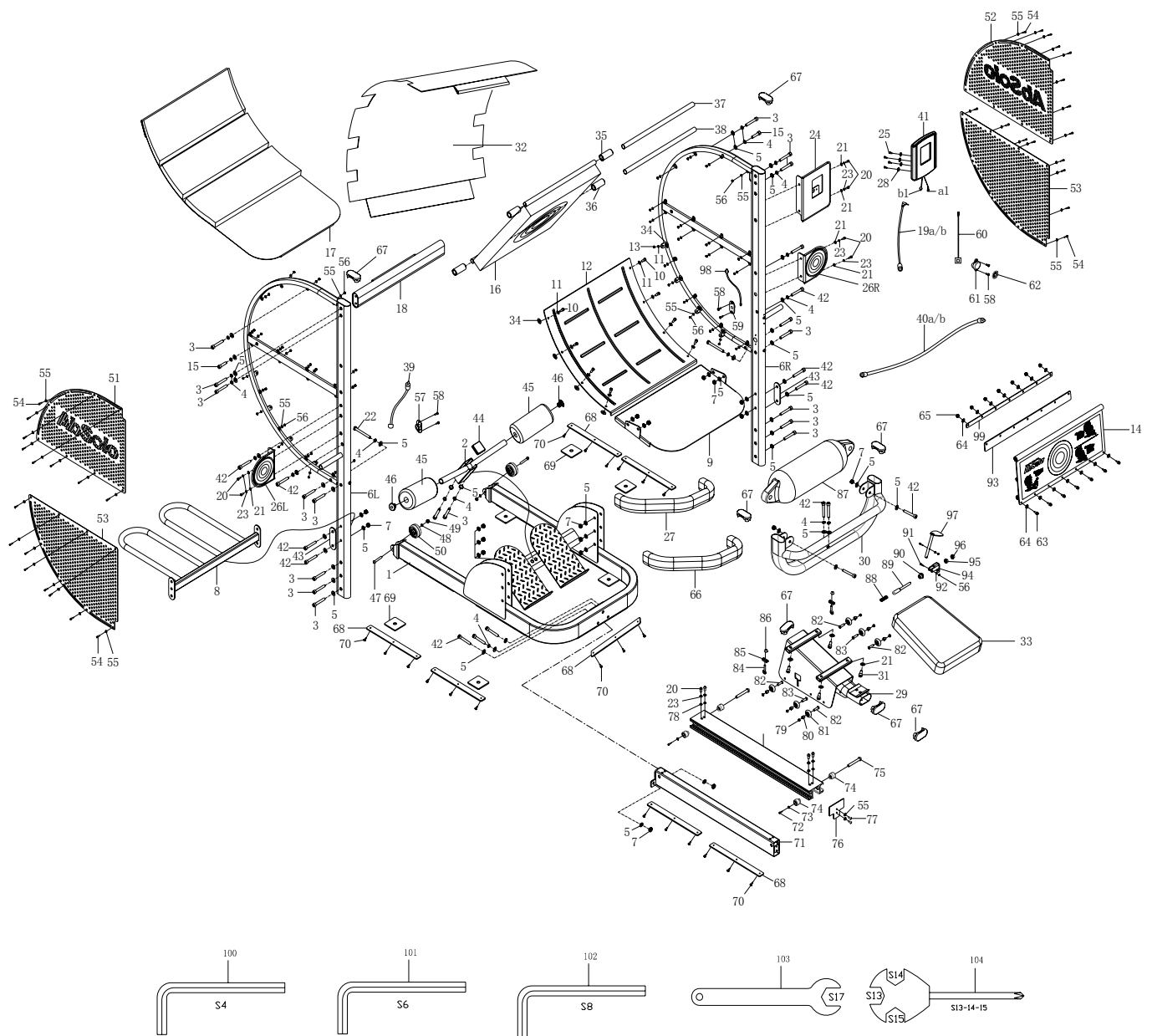


AbSolo®



OWNER'S MANUAL

EXPLODED VIEW:



PARTS LIST

NO	Part name and description	QTY
1	Base assembly	1
2	Leg assembly	1
3	M10*60*S8 Hex screw	18
4	d10 Spring Wahser	33
5	d10*Φ20*2 Washer	49
6L	Left Upright assembly	1
6R	Right Upright assembly	1
7	Nylon Nut M10*H9.5*S17	16
8	Ball rack assembly	1
9	Lower Chute	1
10	M5*20*S4 Hex screw	8
11	Washer d5*Φ13*1	16
12	Upper Chute	1
13	Nylon Nut M5*H5.5*S10	8
14	Baffle	1
15	M10*45*S8 Hex screw	2
16	bull's eye baffle	1
17	Chute cover	1
18	Horizontal bar	1
19a/b	Middle wire	1
20	M8*16*S6 Hex screw	10
21	Washer d8*Φ22*2	10
22	Hex bolt M10*100*S17	2
23	d8 Spring Washer	4
24	Monitor support	1
25	Bolt M4*12*Φ6	4
26L	Left small support	1
26R	Right small support	1
27	Ball block	1
28	Washer d4*Φ9*1	4
29	Seat support assembly	1

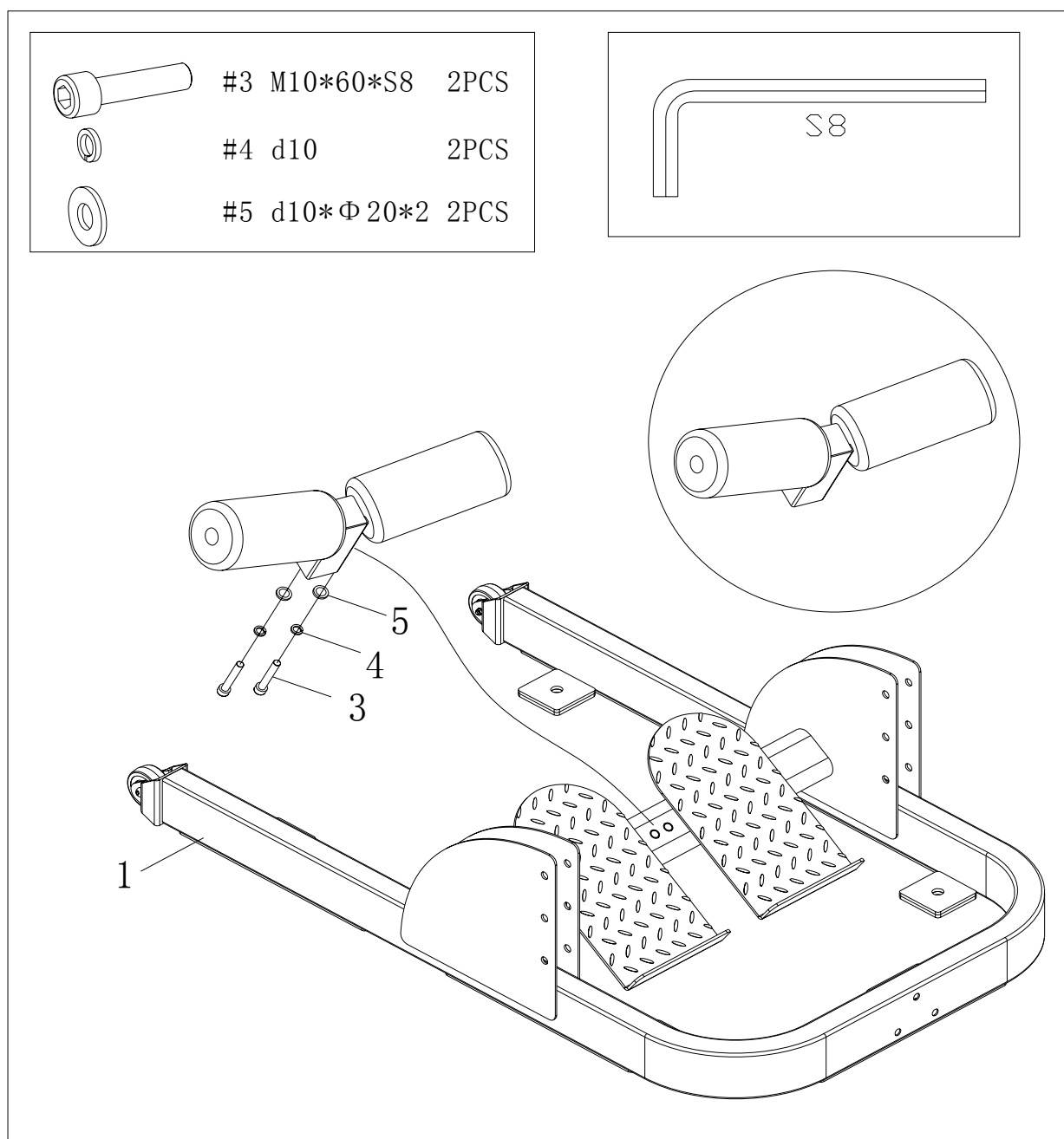
NO	Part name and description	QTY
30	Bladder support assembly	1
31	M8*25*S6 Hex screw	4
32	Cover	1
33	Seat pad	1
34	Plastic washer Φ8.5*Φ16*2	8
35	Spacer Φ30*Φ20*57	2
36	SpacerΦ30*Φ20*67	2
37	Fixed tube 1	1
38	Fixed tube 2	1
39	Receiver	1
40a/b	Upper wire	1
41	Monitor	1
42	M10*65*S8 Hex screw	13
43	Reinforcement of ball rack	1
44	Square End cap F50*50*15	1
45	Foamφ100*φ25.4*200	2
46	End capφ35*25*20	2
47	M8*50*20*S6 Hex screw	2
48	Washer d8*Φ20*2	2
49	Nylon nut M8*H7.5*S13	2
50	Transport wheelφ63*φ8*32	2
51	Left closure Plate-upper t2*616*473	1
52	Right closure Plate-upper t2*616*473	1
53	Left/Right closure plate-Lowert 2*616*473	2
54	M5*12*S4 Hex screw	32
55	Washer d5*Φ13*1	66
56	Nylon nut M5*H5.5*S10	34
57	Receiver base 67*32*14	1
58	Bolt M5*8*Φ8.5	6
59	Transmitter Base 67*32*14	1
60	Button L450	1

61	Button support 64*39*23	1
62	Button coverΦ31*3.8	1
63	Hex screw M6*20*S5	7
64	Washer d6*Φ12*1.2	14
65	Nylon nut M6*H6*S10	7
66	FoamΦ20*5*140	1
67	Oval End cap PT80*40*20	6
68	Rubber pad t5*350*40	7
69	Rubber Pad t5*75*75	4
70	Screw ST4.2*10	21
71	Track Frame	1
72	M6*16*S5 Hex screw	2
73	Washer d6*Φ18*2	2
74	SpacerΦ11.4*Φ27*26	4
75	AxleΦ10.9*80*14	2
76	Cover t3*100*83	1
77	Bolt M5*10*Φ10	2
78	Washer d8*Φ16*1.5	4
79	Nylon Nut M8*H7.5*S13	6
80	SpacerΦ12.5*Φ8.2*10	6
81	WheelΦ35*Φ8*11	6
82	Hex screw M8*28*10*S5	4

83	Hex screw M8*28*12*S5	2
84	Adjustable bolt M6*52*Φ10*2.5	2
85	U-shaped support 30*10*1.5	2
86	Nylon nutM6*H6*S10	2
87	BladderΦ160*615*555	1
88	Spring Φ1.8*Φ14*39.4*N7	1
89	Pop PinΦ15*119	1
90	Nut Φ25*6*M18*12*Φ10.5	1
91	Hex bolt M5*28*10*S4	2
92	Washer d5*Φ16*1.5	2
93	Baffle cover t5*595*45	1
94	Support t4*104*56	1
95	Hex Bolt M10*H7*S17	1
96	Nylon Nut M10*H9.5*S17	1
97	Control lever	1
98	Transmitter	1
99	Reinforcement t2*595*20	1
100	Tool S4	1
101	Tool S6	1
102	Tool S8	1
103	Tool S17	1
104	Tool S13-14-15	1

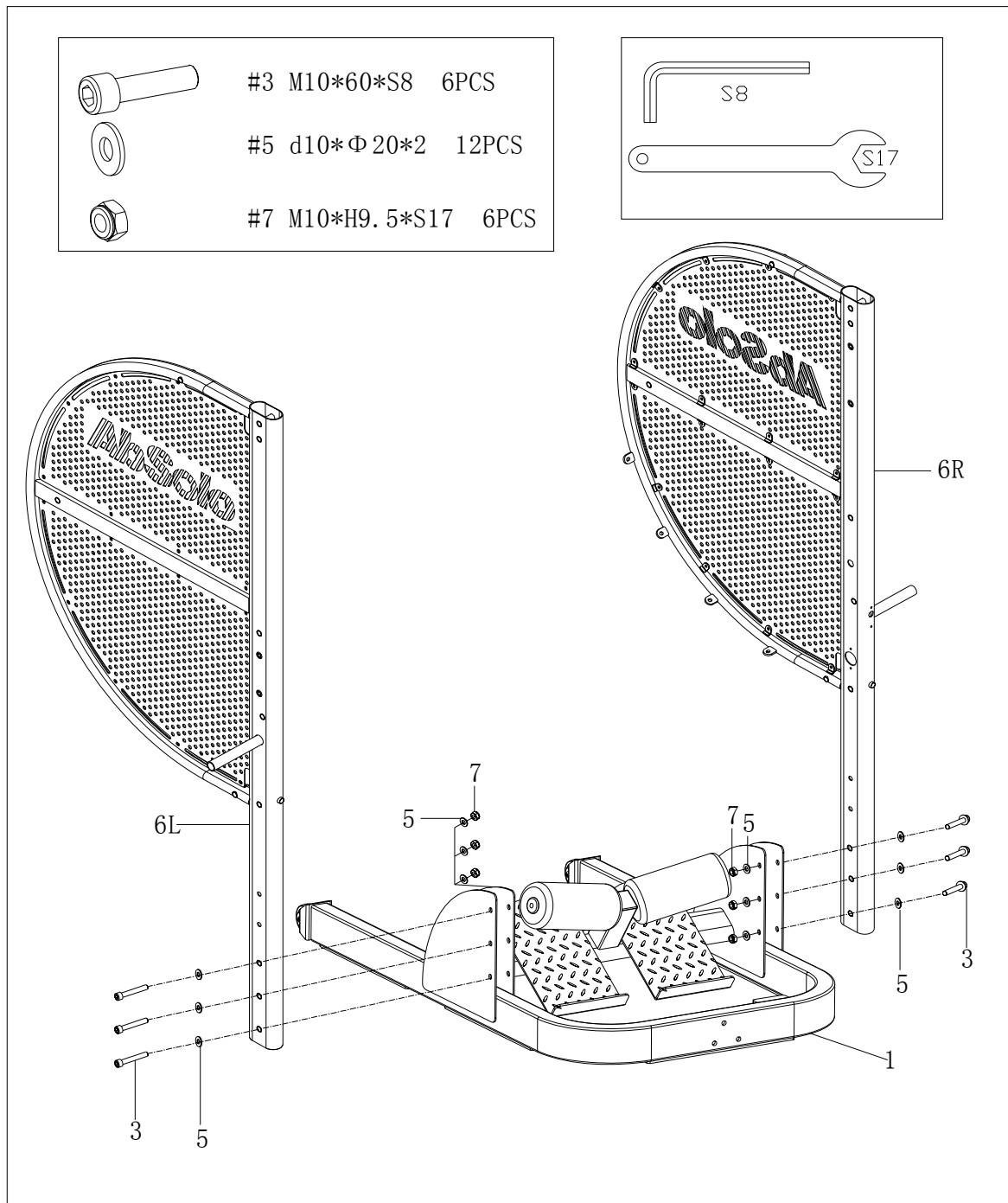
Assembly Steps

Step 1:



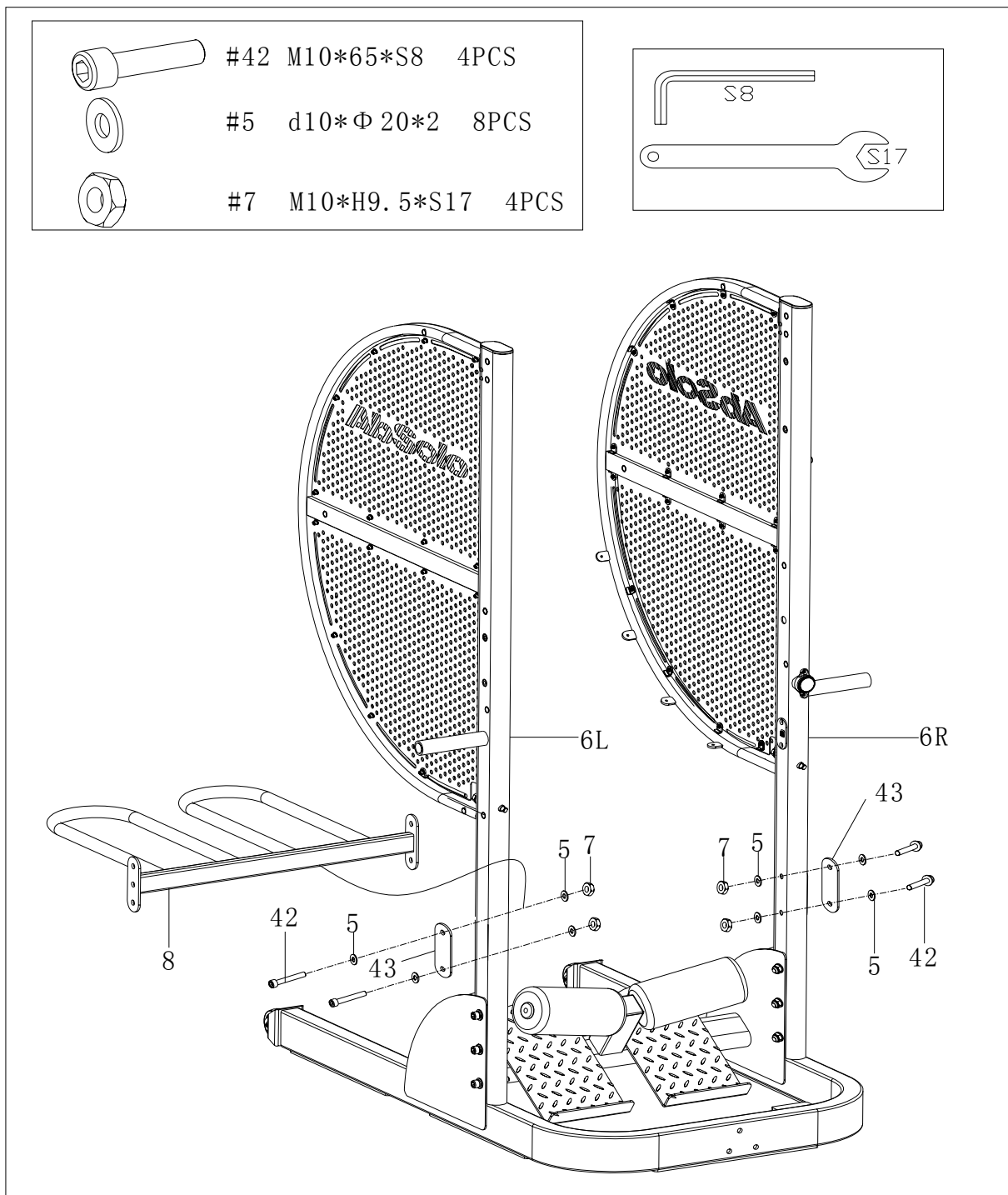
Attach the leg assembly to the base assembly.

Step 2:



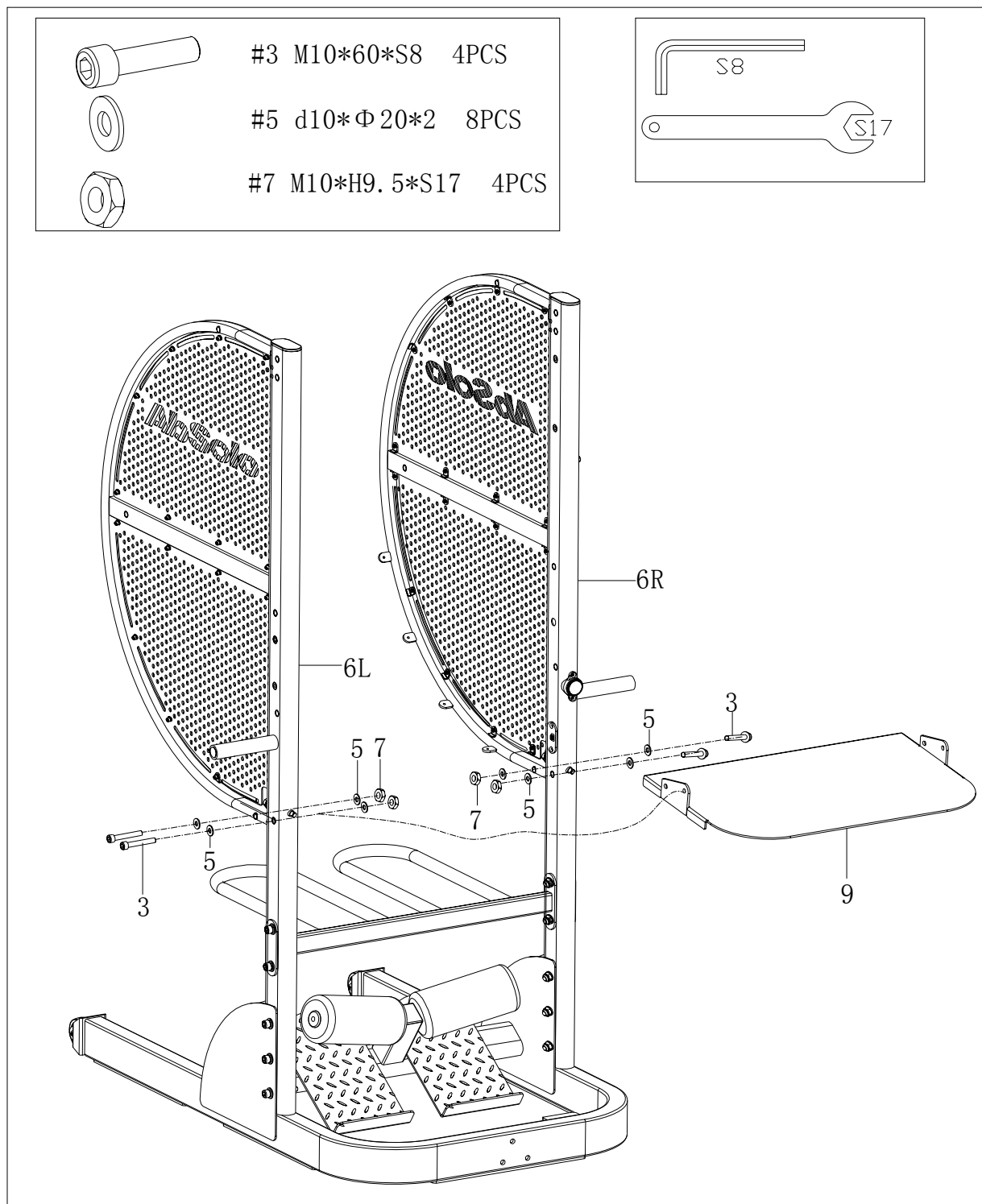
Attach the Left/Right Upright assembly to the base assembly.

Step 3:



Attach Ball rack to the left/right Upright assembly.

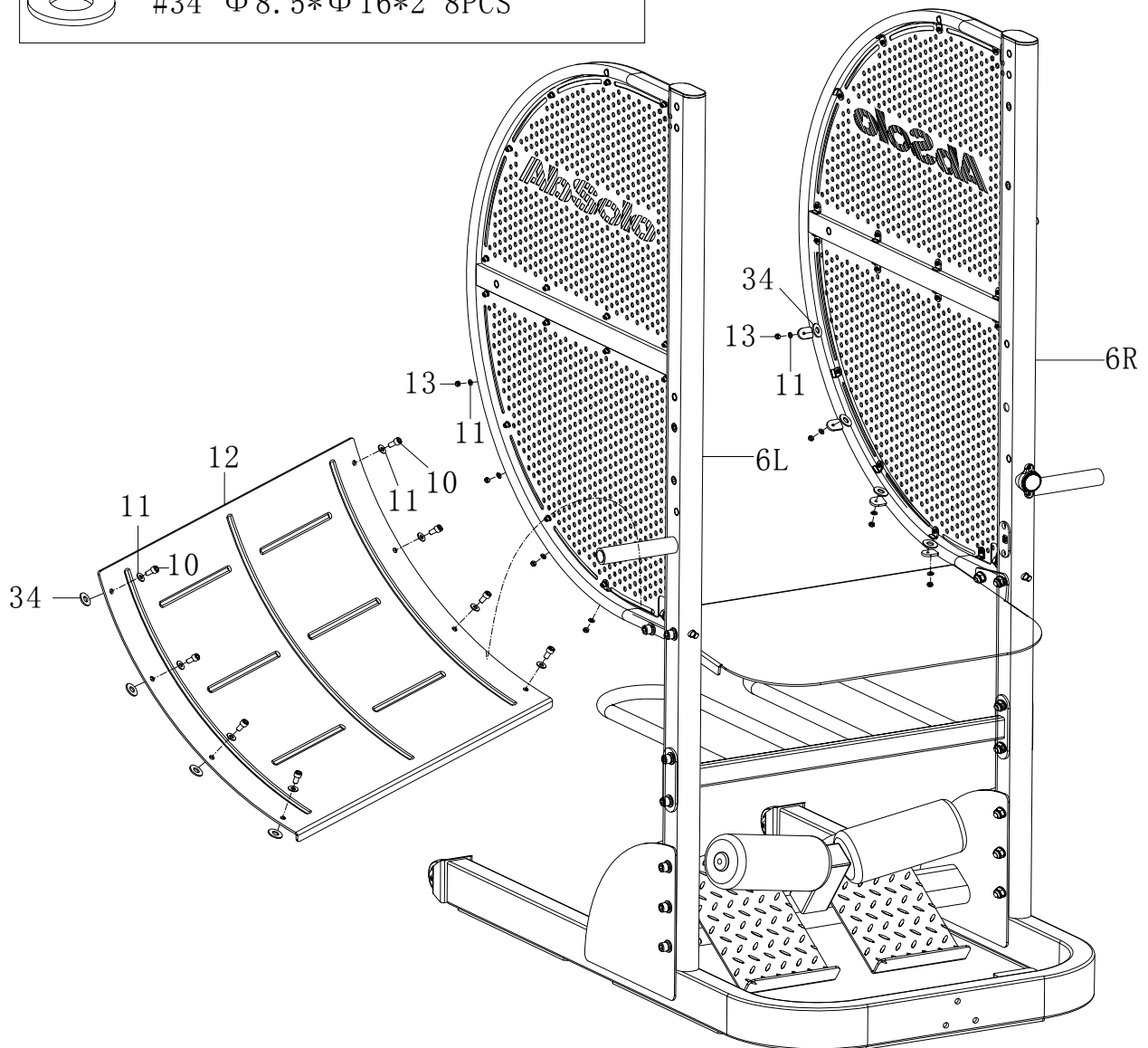
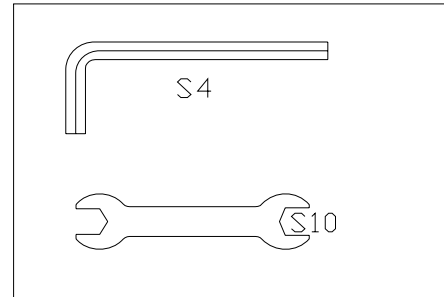
Step 4:



Attach Lower Chute to the left/right Upright assembly.

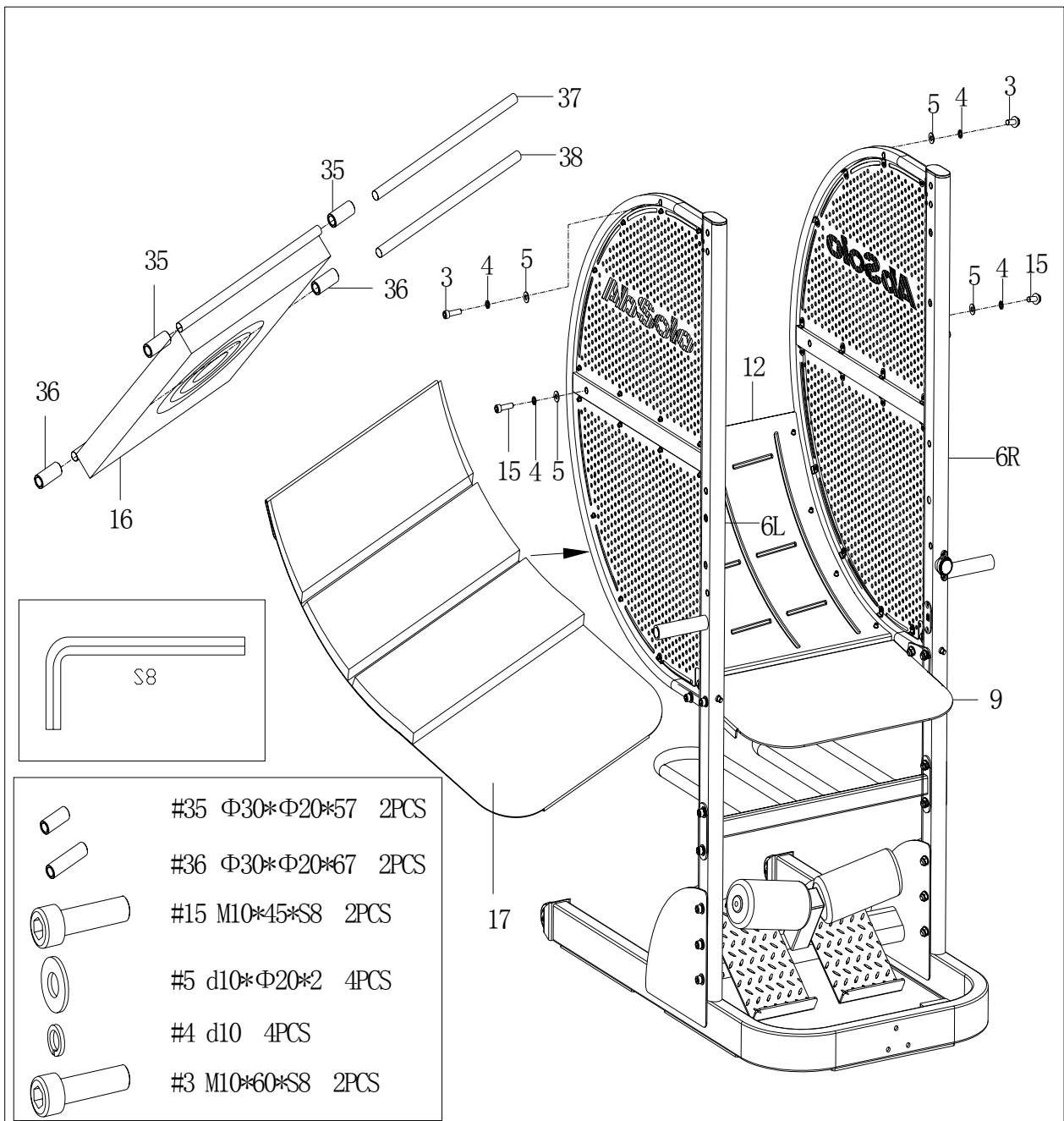
STEP 5:

-  #10 M5*20*S4 8PCS
-  #11 d5*Φ 13*1 16PCS
-  #13 M5*H5.5*S10 8PCS
-  #34 Φ 8.5*Φ 16*2 8PCS



Attach Upper chute to the left/right Upright assembly.

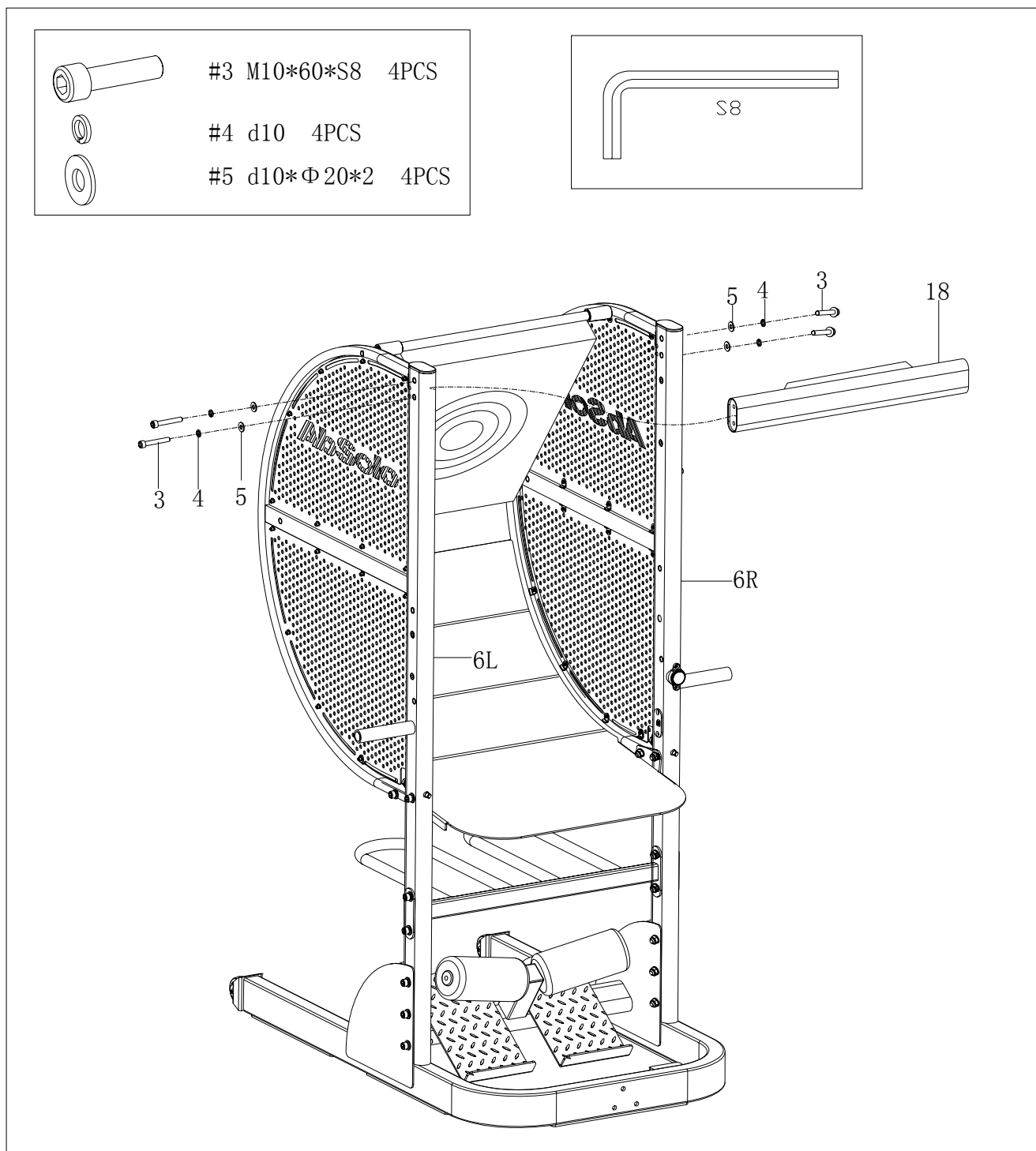
Step 6:



Attach the Chute cover to the Upper and Lower chute.

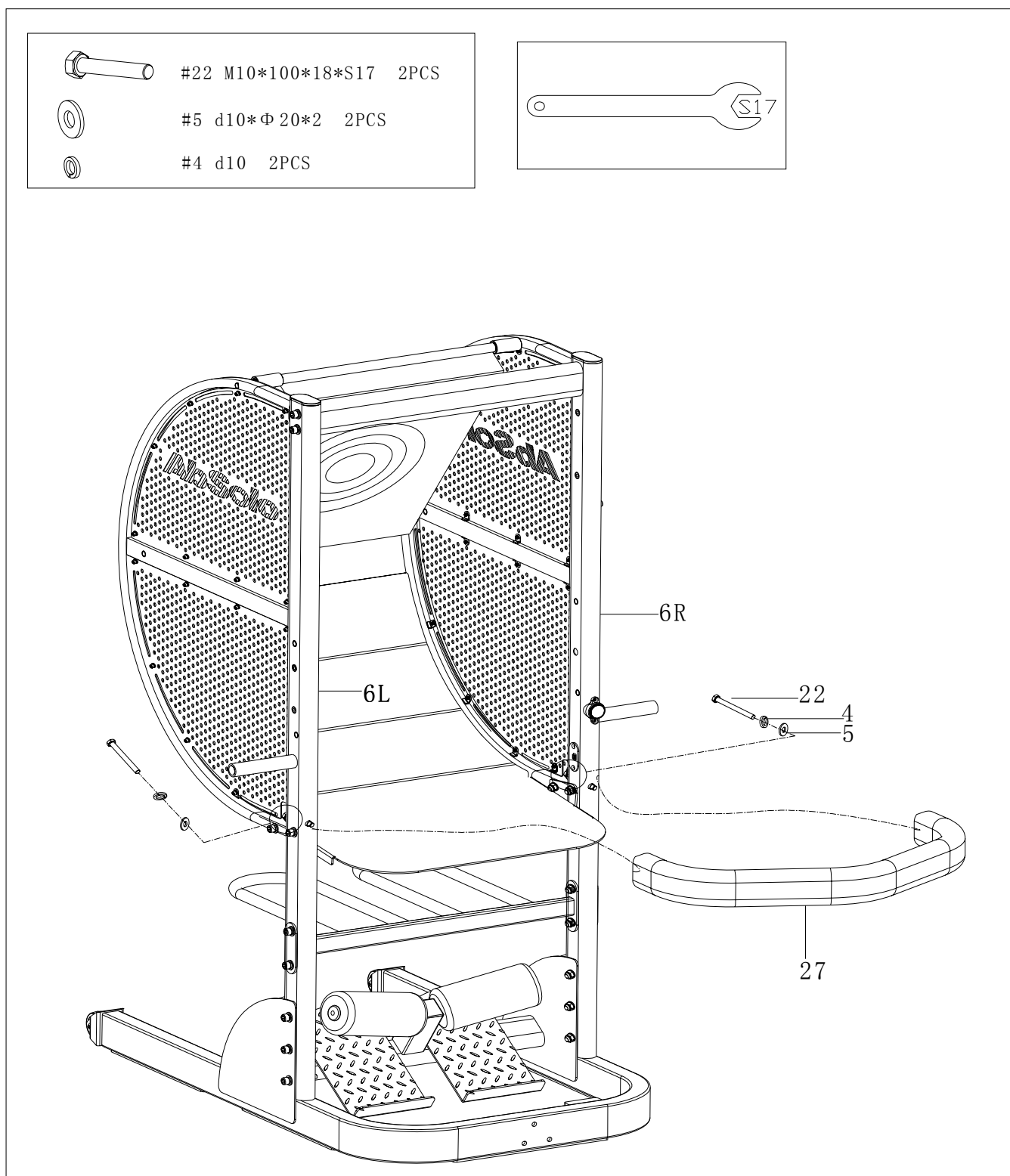
Attach bull's eyes baffle to the Left/Right Upright assembly.

Step 7:



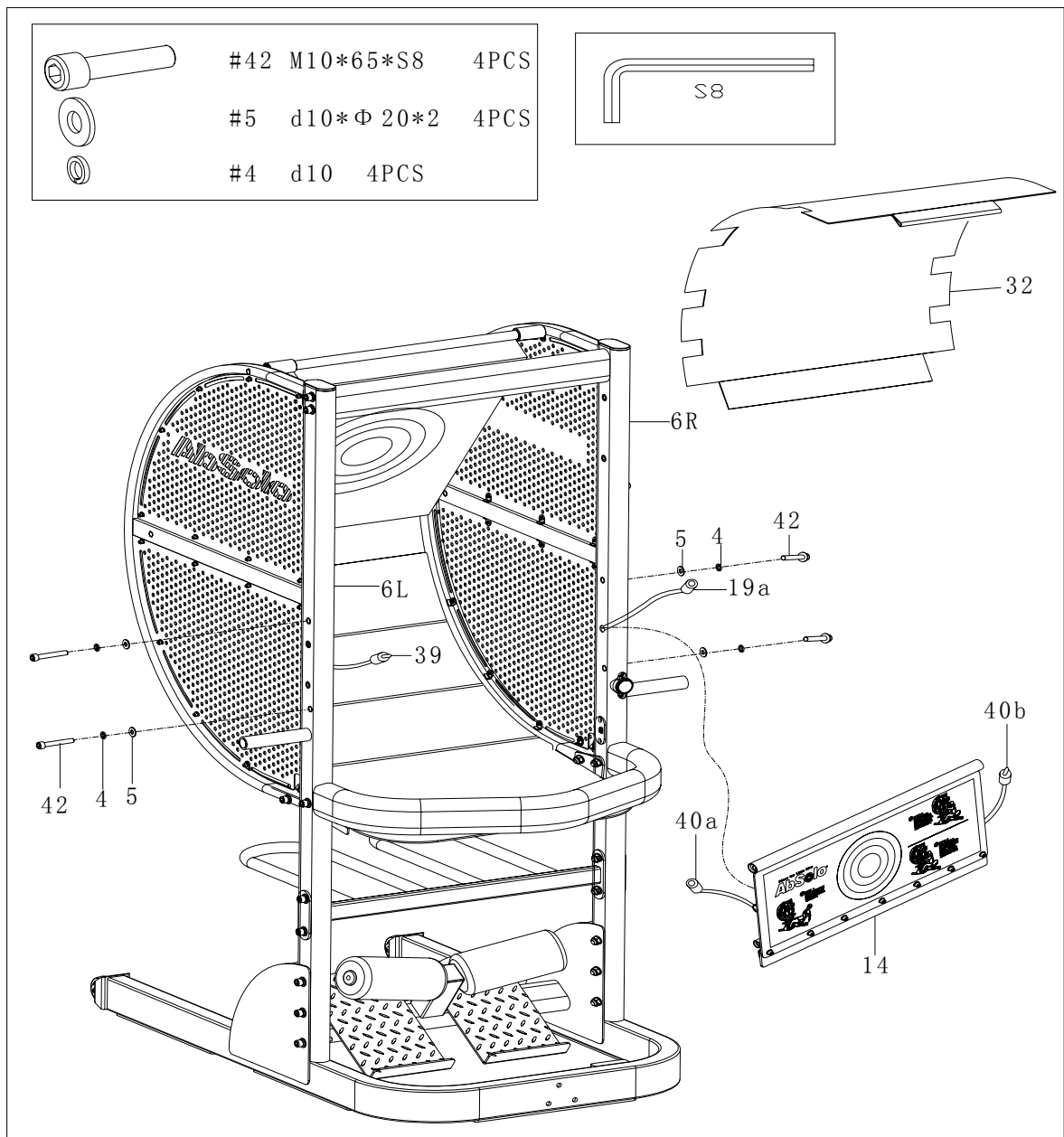
Attach Horizontal bar to the Left/Right Upright assembly.

Step 8:



Attach Ball block to the Left/Right Upright assembly.

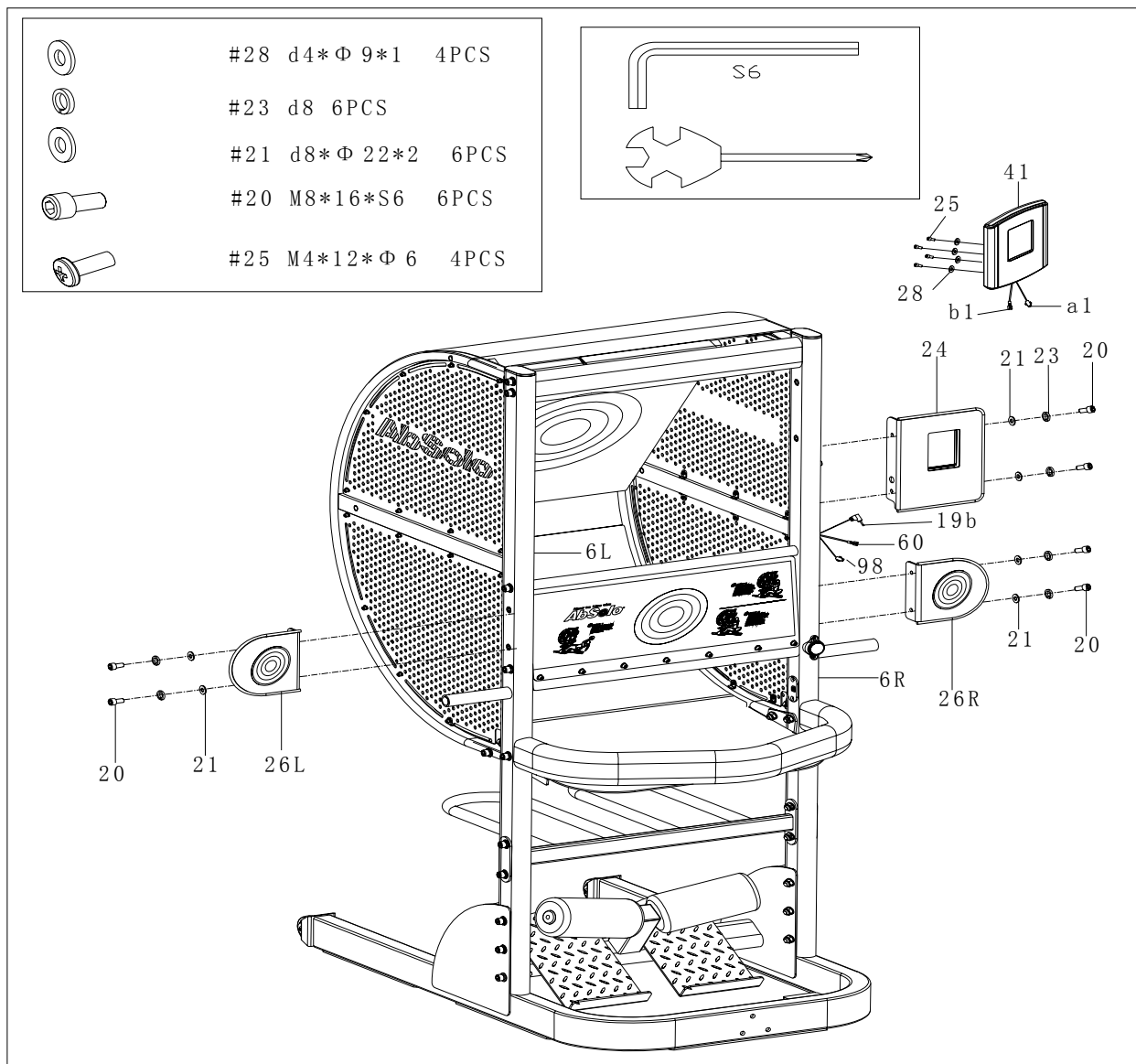
Step 9:



Connect the wires from Left/Right Upright assembly to the wires from center target plate.

Attach the cloth cover to the top of the Left/Right Upright assembly.

Step 10:

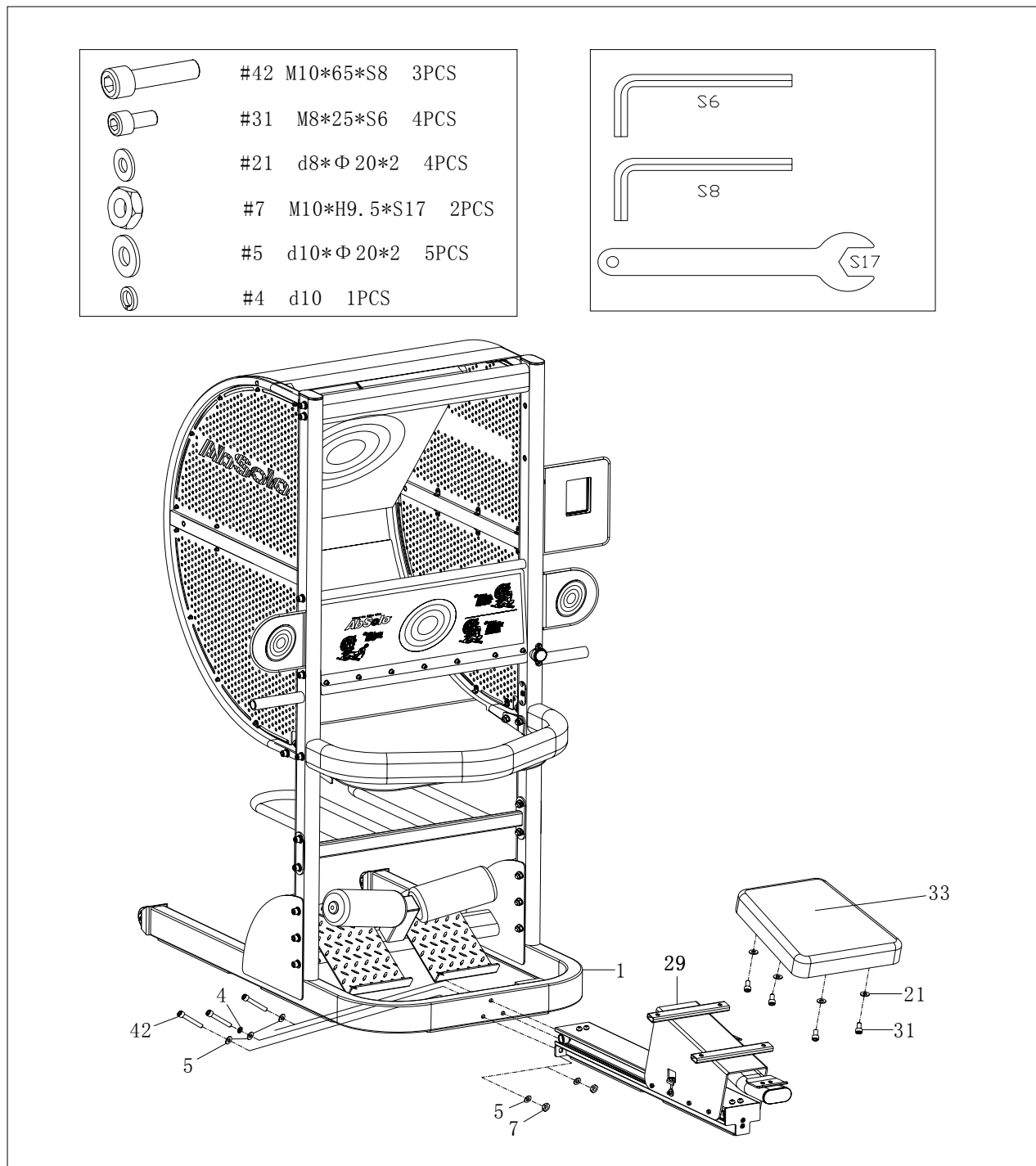


Attach the counter mount and Left/Right target plates to the Left/Right Upright assembly.

Connect the wires from the counter to the wires from Upright assembly and then attach the counter unit to it's mount plate.

(Please do not over-tighten screws in this set of steps.)

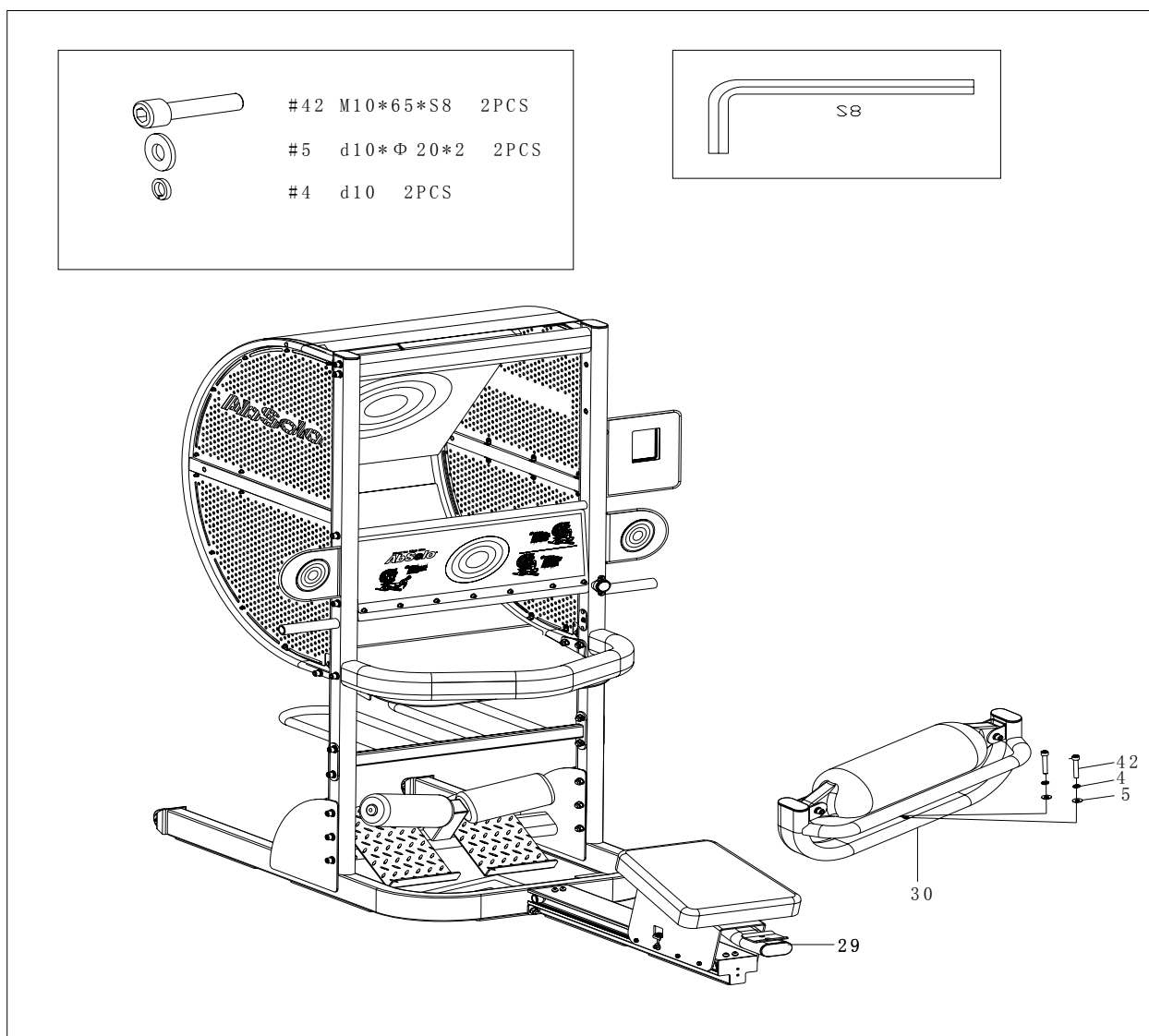
Step 11:



Attach the seat to the seat mount assembly rail.

Next attach the seat support assembly to the base assembly.

Step 12:



Attach the back support cushion assembly to the seat support assembly.

WARNING

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

- Read all warnings and obtain proper instruction on use of this machine prior to using.
- Obtain a medical exam prior to beginning an exercise program.
- Keep head, limbs, fingers and hair clear of all moving parts.
- Inspect machine prior to use. Do NOT use if it appears damaged or inoperable.
- Do NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Use the machine only for intended use. Obtain instruction and DO NOT modify the machine.
- Children must not be allowed near this machine.
- Teenagers must be supervised in the use of this machine.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

AbSolo®

Manufacturer's Limited Warranty

The manufacturer warrants that your Ab Solo is free of defects in materials and workmanship and will, at its option, repair or replace any defective AbSolo that is returned to it. Except as described in the following sentence, all parts and components of the AbSolo are warranted for three (3) years from the original date of purchase. The air-filled seat bumper is warranted for one (1) year, the throw target is warranted for one (1) year, and the pads are warranted for ninety (90) days from the date of original purchase.

This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty.
2. The warranty extends only to the original purchaser and is not transferable. In addition, proof of purchase must be demonstrated.
3. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
4. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of this warranty.
5. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy under this warranty. The manufacturer shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product.

MANUFACTURER MAKES NO WARRANTY OTHER THAN THE WARRANTY SET FORTH HEREIN. SUCH WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

Thank you for purchasing the ABSOLO®.
Our customer service staff is ready to help
and to answer any questions.

Our phone number is: 866-219-5335(Toll Free),
908-879-2713(Outside US)

The Abs Company,173 Route 206,P.O.Box 9
Chester,NJ 07930

Website:www.TheAbsCompany.com

Email:Info@TheAbsCompany.com

Please call us if you have any questions.

Customer service staff can be reached

Monday to Friday from 9:00 AM to 5:00PM Eastern Standard Time.

You can also send us an email, or visit our website

For additional customer service information.

Prior to calling or emailing,

Please have the following information with you:

- Customer Name and Address
 - Telephone Number
 - Proof of Purchase
- Product Model Number



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