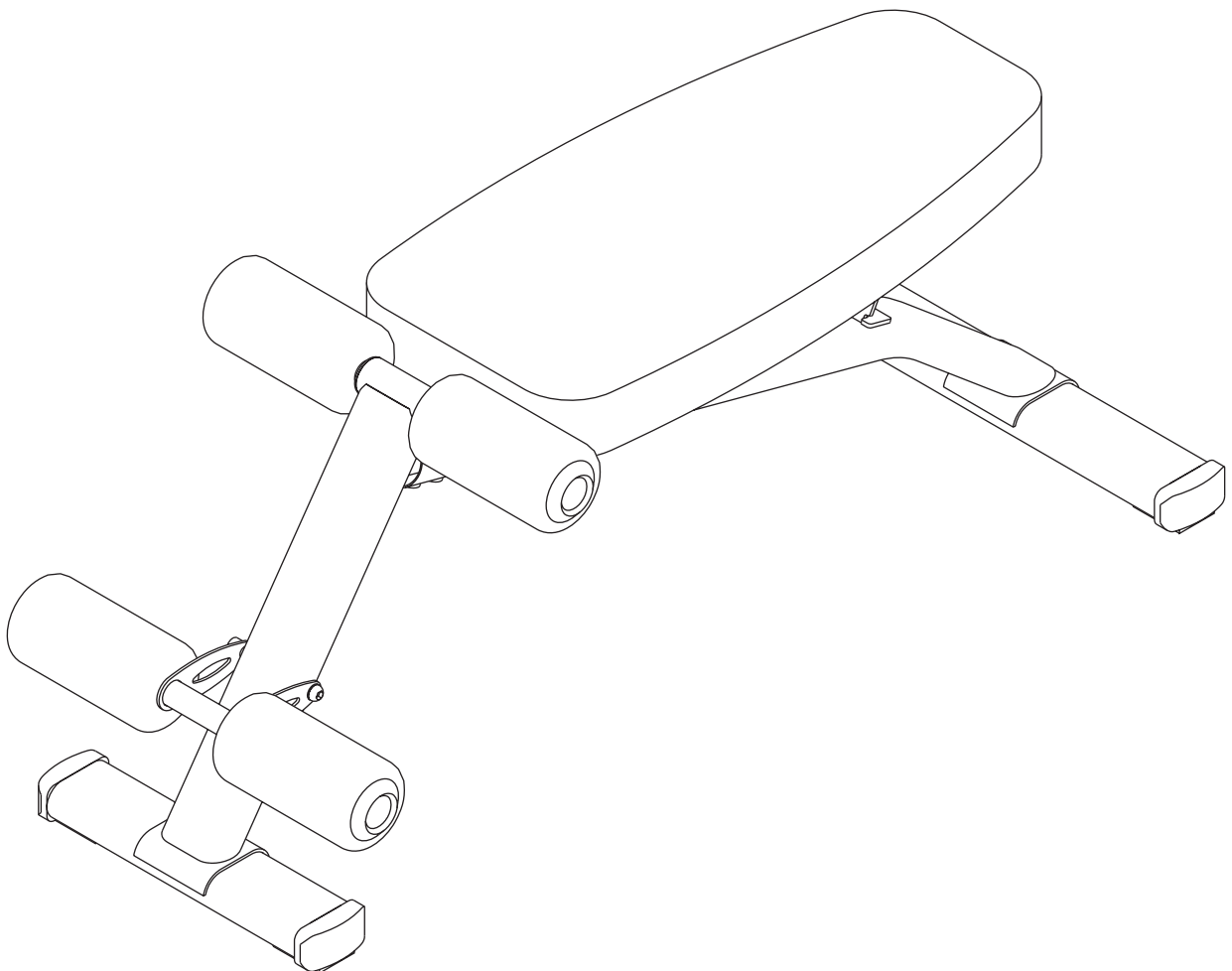
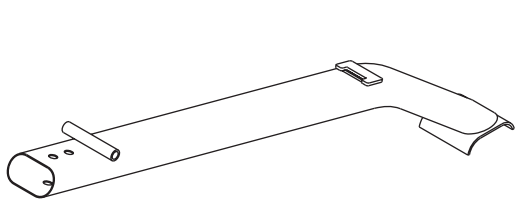


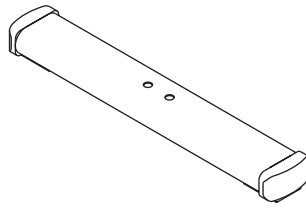


ADJUSTABLE AB BENCH ADBE-10230

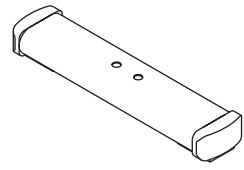




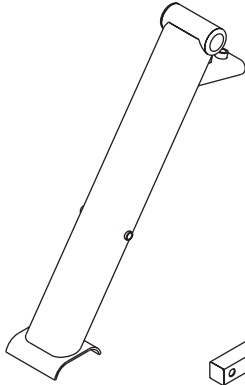
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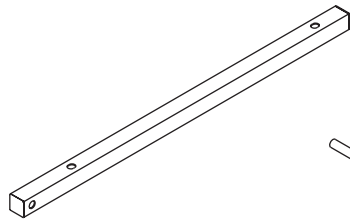
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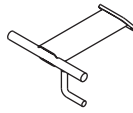
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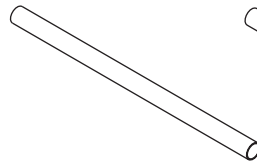
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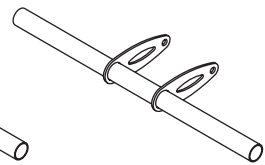
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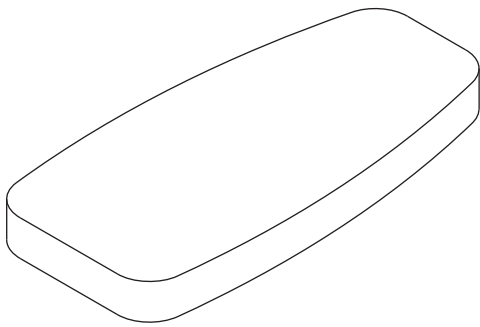
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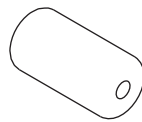
No.7 x 1



No.8 x 1



No.9 x 1



No.10 x 4



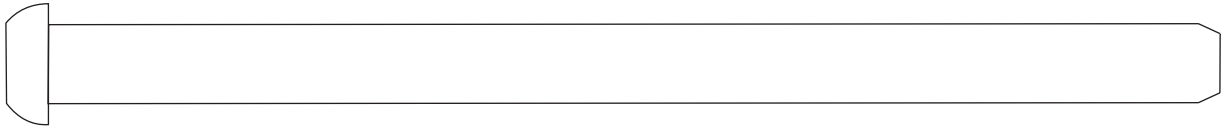
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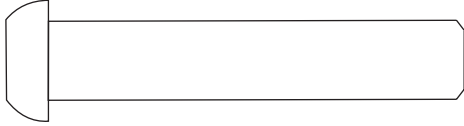
No.23 x 3



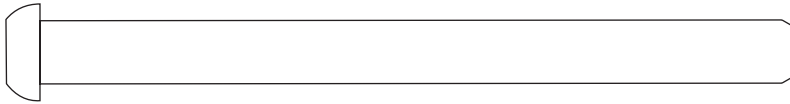
No.24 x 1



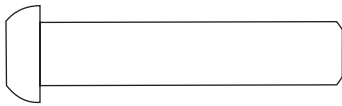
M10x155mm Bolt / Perno / Boulon (11)



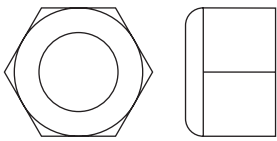
M10x55mm Bolt / Perno / Boulon (12)



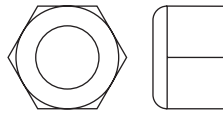
M8x100mm Bolt / Perno / Boulon (13)



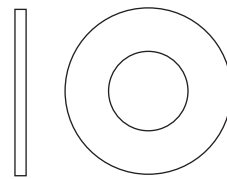
M8x40mm Bolt / Perno / Boulon (14)



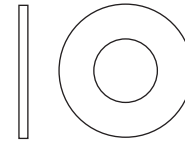
M10 Nylon Locknut
Écrou en Nylon /
Contratuerca de nilón (15)



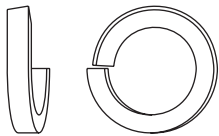
M8 Nylon Locknut
Écrou en Nylon /
Contratuerca de nilón (16)



M10 Washer
Arandela / Rondelle (17)



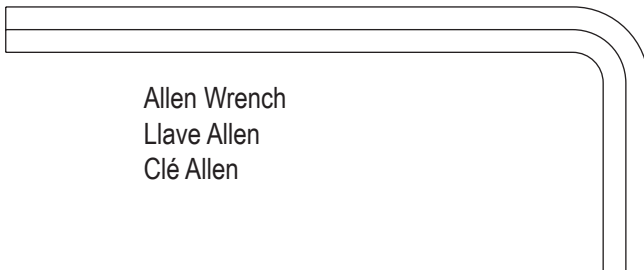
M8 Washer
Arandela / Rondelle (18)



M10 Spring Washer (25)

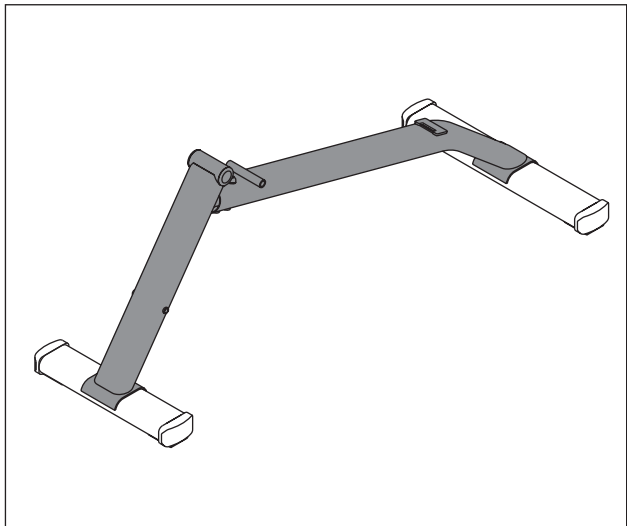
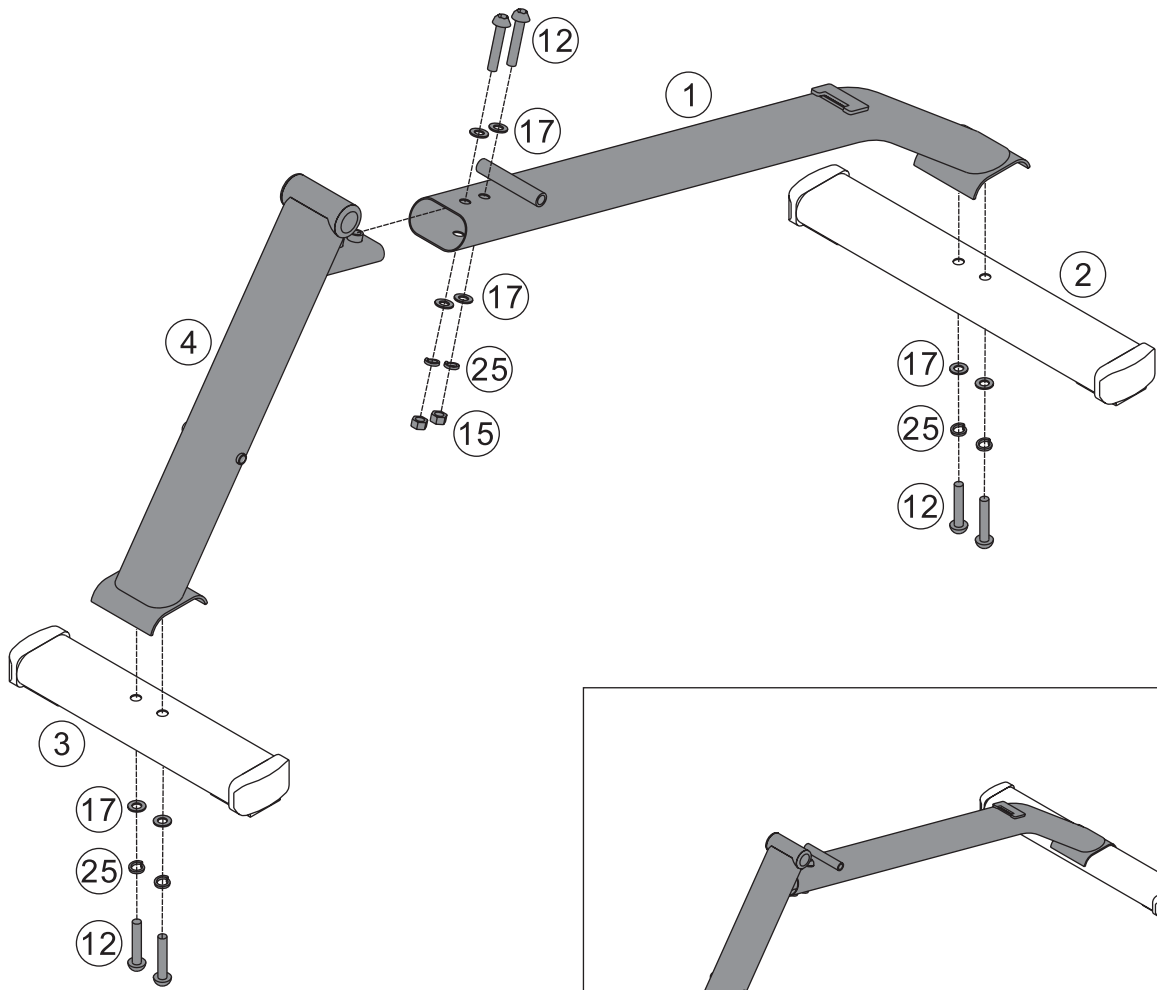
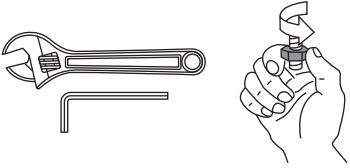


M8 Spring Washer (26)

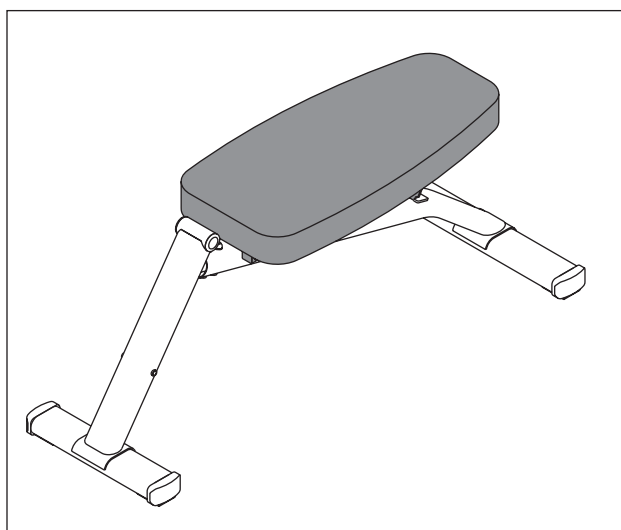
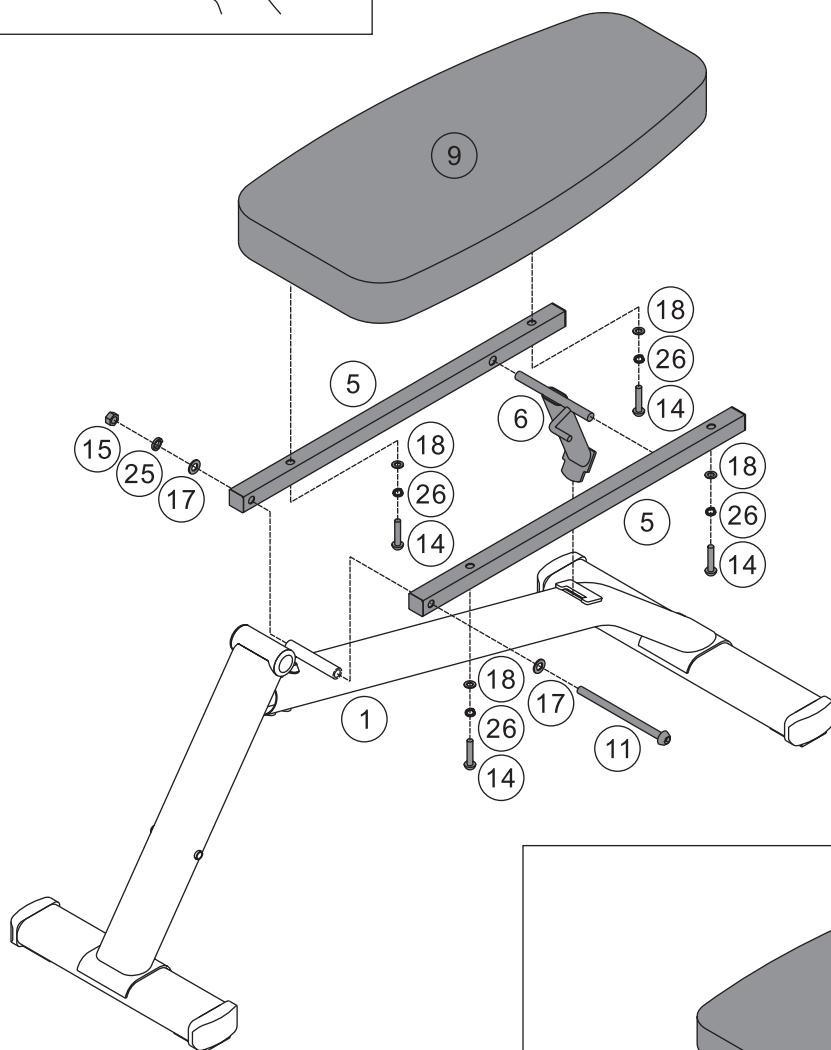
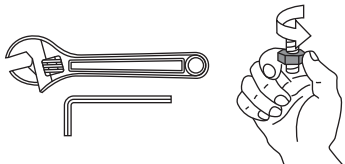


Allen Wrench
Llave Allen
Clé Allen

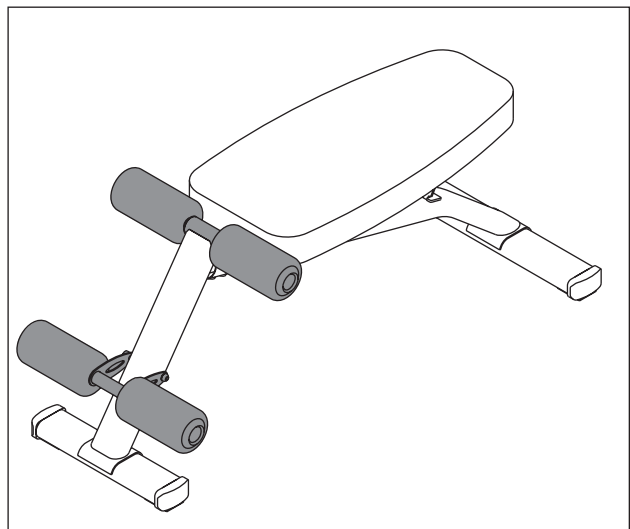
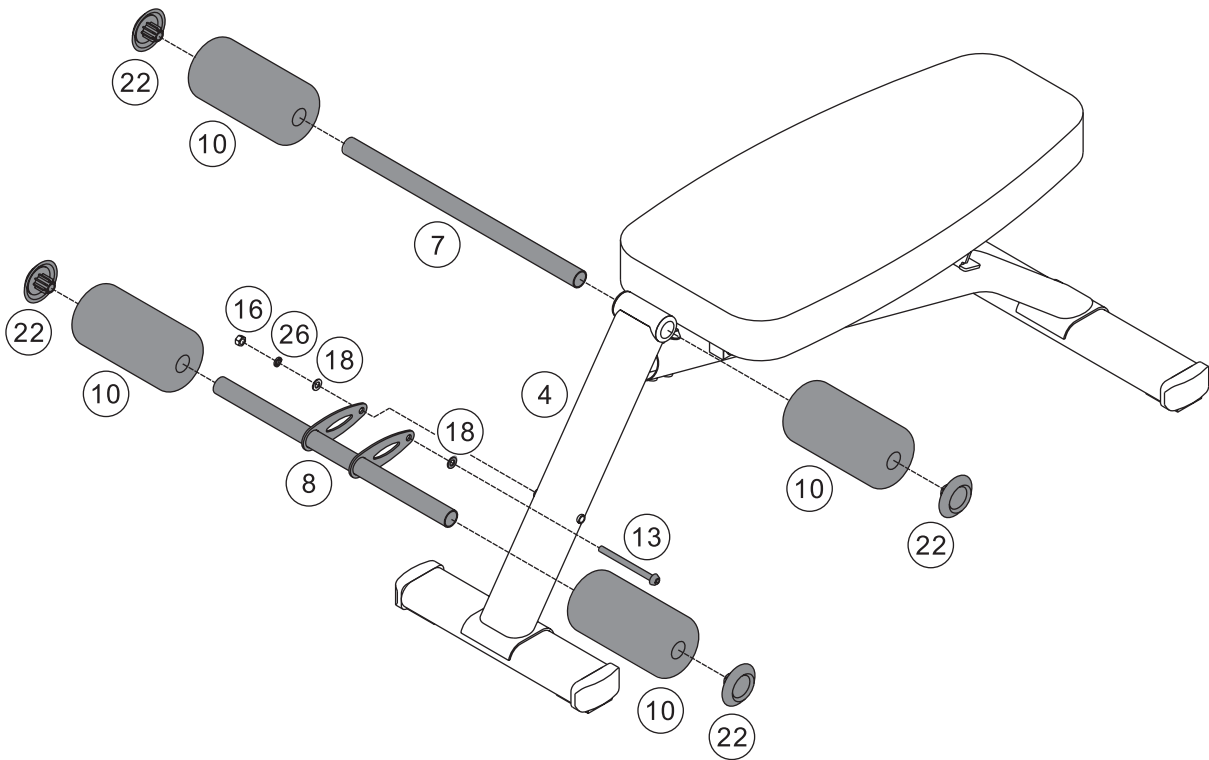
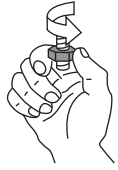
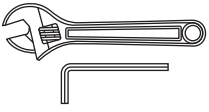
12		×6 M10×55mm
15		×2 M10
17		×8 Ø16×Ø8.4
25		×6 M10



- | | | |
|---|---|--------------|
| ⑪ |  | ×1 M10×155mm |
| ⑭ |  | ×4 M8×40mm |
| ⑮ |  | ×1 M10 |
| ⑰ |  | ×2 Ø20×Ø10.5 |
| ⑱ |  | ×4 Ø16×Ø8.4 |
| ⑳ |  | ×1 M10 |
| ㉑ |  | ×4 M8 |



- | | | |
|----|---|-------------|
| 13 |  | ×1 M8×100mm |
| 16 |  | ×1 M8 |
| 18 |  | ×2 Ø16×Ø8.4 |
| 26 |  | ×1 M8 |

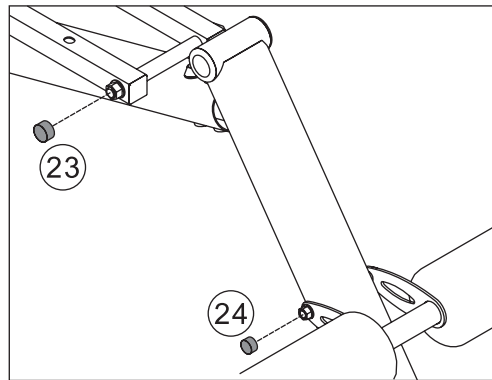
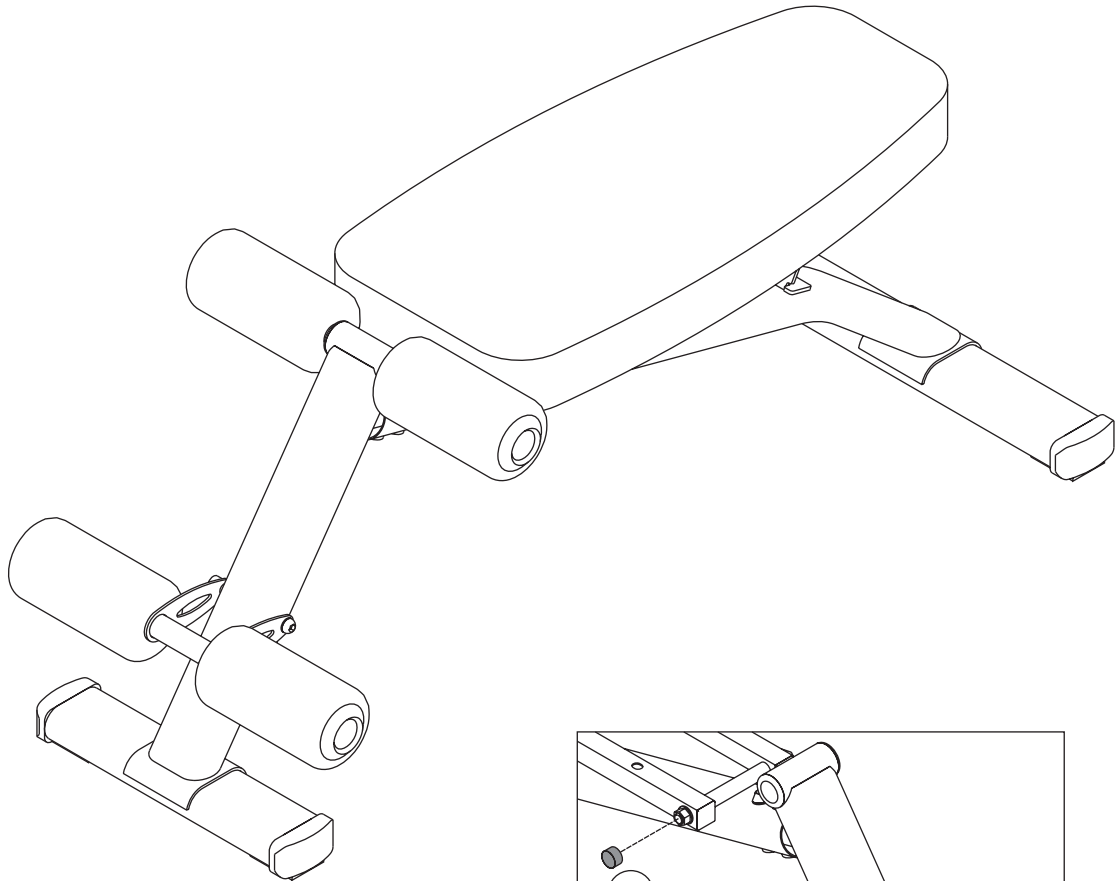


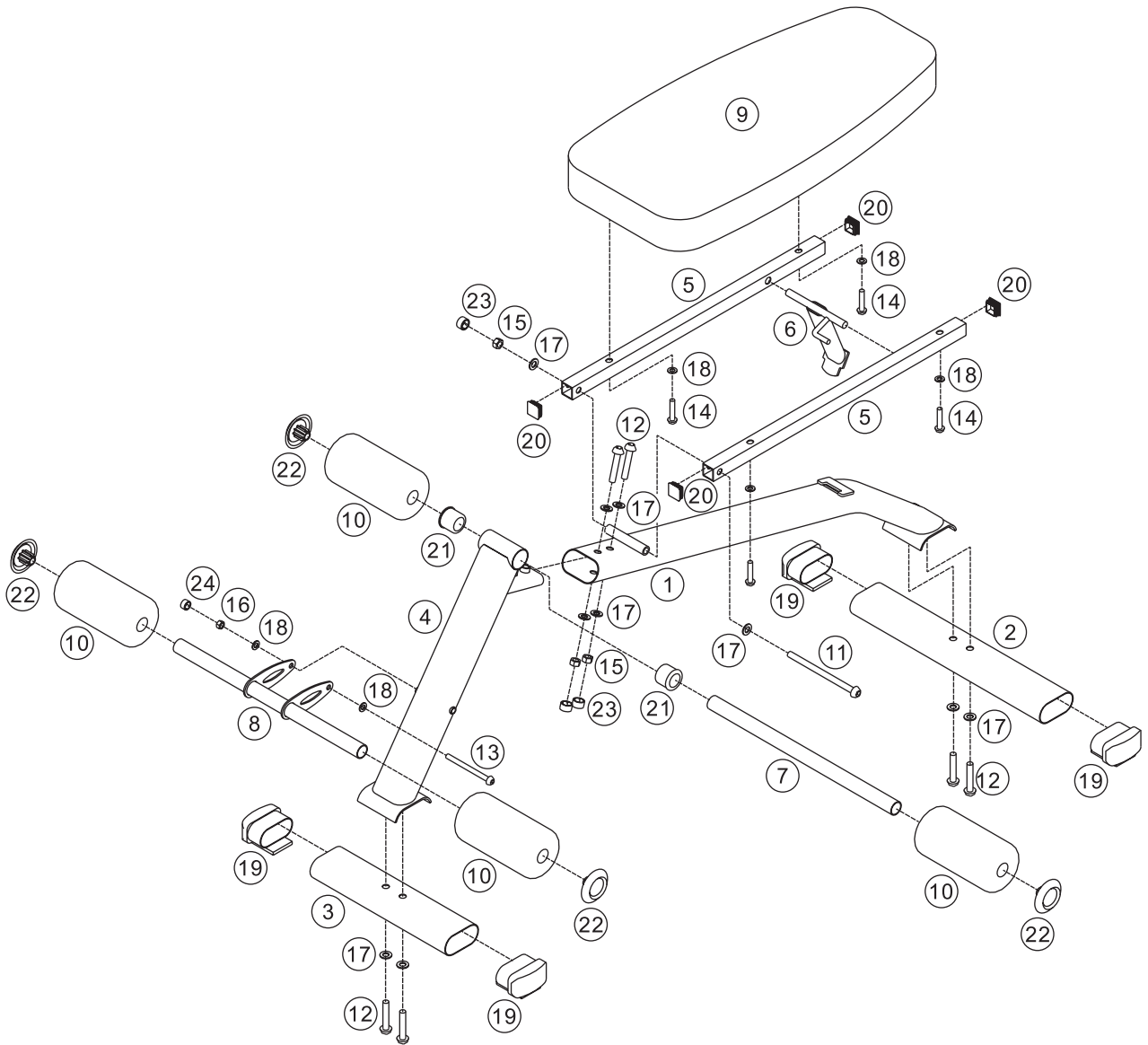


×3 M10



×1 M8





No.	Part No.	Description	Qty.
1	FMAD611-01	Main Frame	1
2	FMAD611-02	Rear Base	1
3	FMAD611-03	Front Base	1
4	FMAD611-04	Front Post	1
5	FMAD611-05	Backrest Support	2
6	FMAD611-06	Backrest Incline Support	1
7	FMAD611-07	Foam Tube	1
8	FMAD611-08	Foam Tube Frame	1
9	FMAD611-09	Backrest Board	1
10	FMAD614AB-16	Foam Roll	4
11	FMAD611-10	M10 x 155mm Bolt	1
12	PFMCS704MF-13	M10 x 55mm Bolt	6
13	FMAD611-11	M8 x 100mm Bolt	1
14	PFMS80-32	M8 x 40mm Bolt	4
15	PRK1-05	M10 Nylon Locknut	3
16	PHHKRK6-10	M8 Nylon Locknut	1
17	PRK1-06	M10 Washer	10
18	PFM2006-27	M8 Washer	6
19	PFMH1001-21	40x80mm Ellipse End Cap	4
20	PFM2240-32	25mm Square Inner Cap	4
21	PFM4004-18	38x25mm Round Plastic Bushing	2
22	FMAD614AB-22	25mm Large Round Inner Cap	4
23	FMAD614AB-23	Bolt Cover Cap	3
24	FMAD611-12	Bolt Cover Cap	1
25	FMAD613-06	M10 Spring Washer	7
26	FMAD613-07	M8 Spring Washer	5