

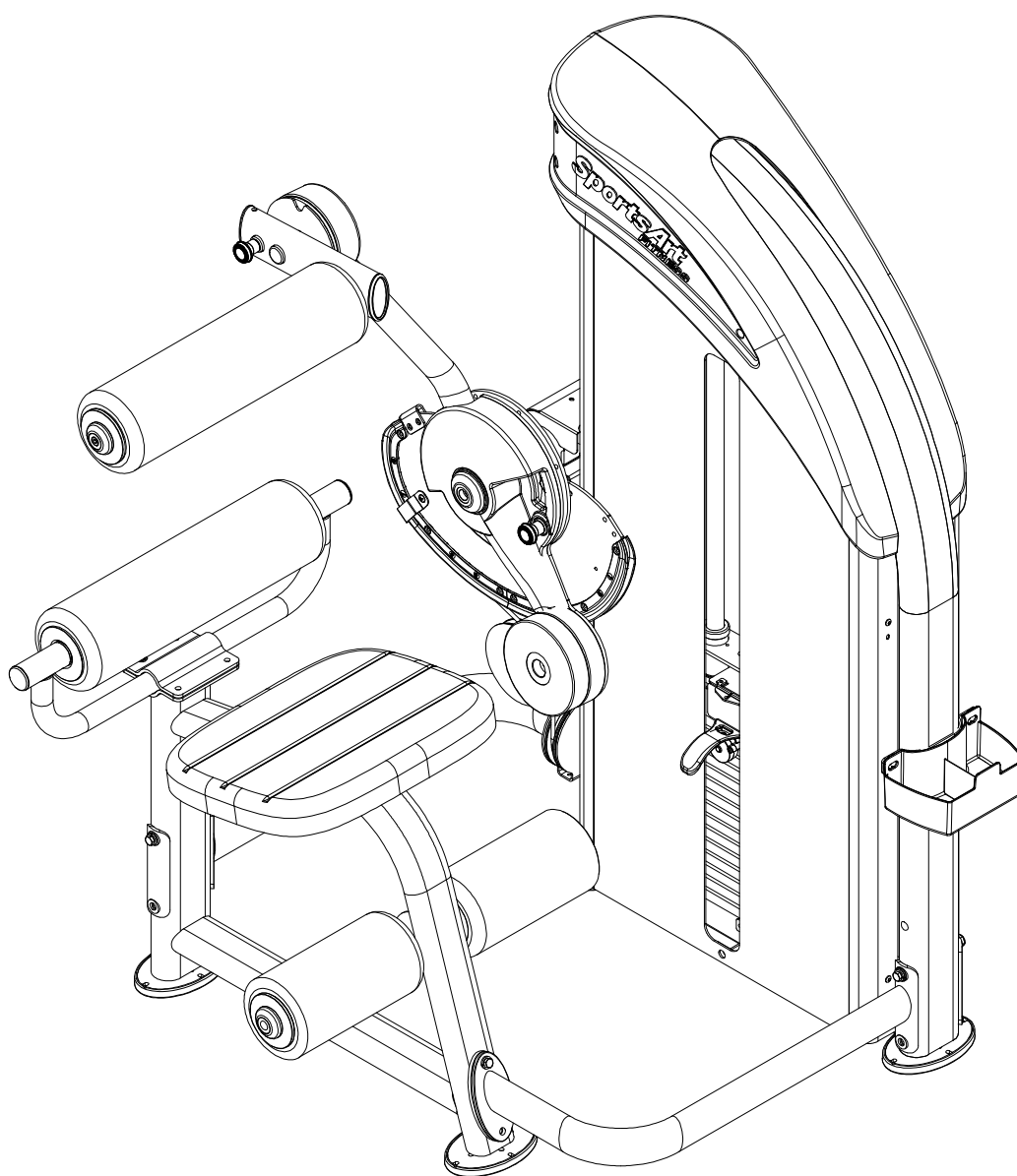
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the P731 Abdominal Crunch machine. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

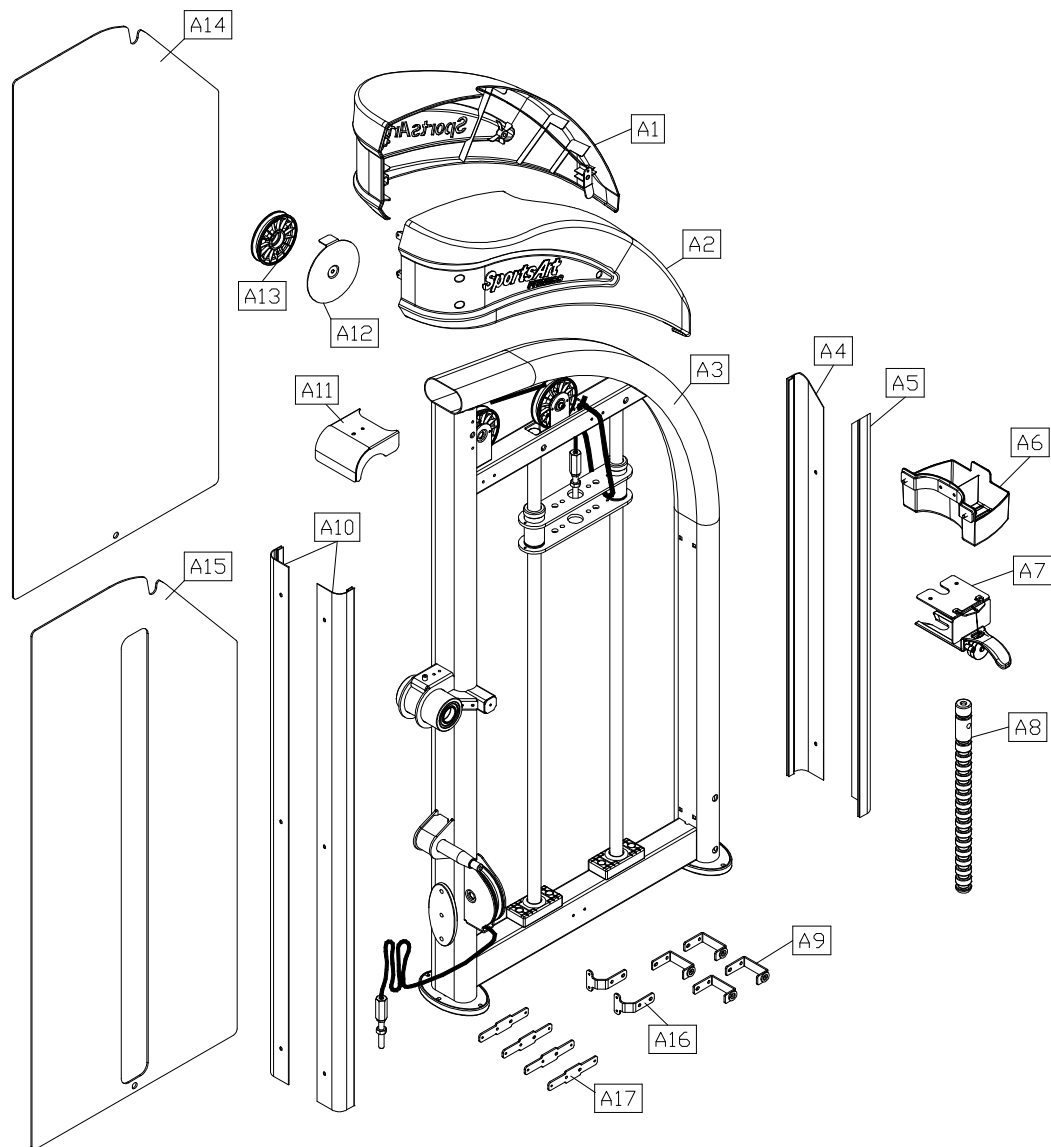
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- This product is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb.

CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

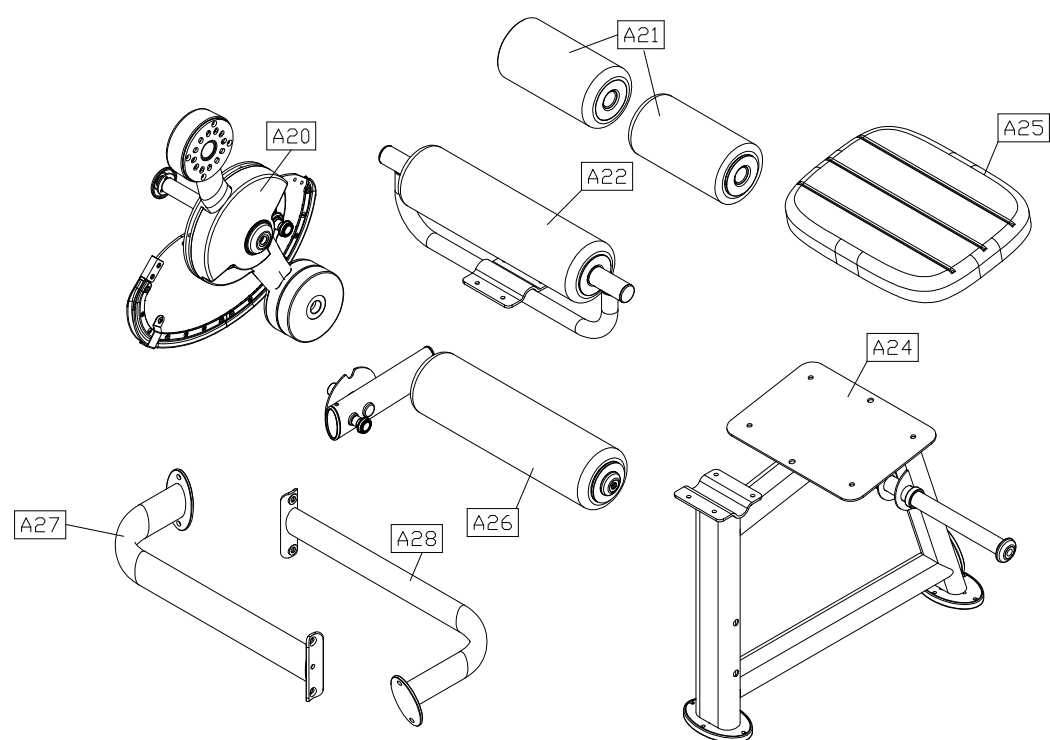
***NOTE:** Regarding the decaled resistance on the unit weight stack, the actual weight being lifted is configured at a ratio of 1:1. Example: If the stack fork is engaged at 60KG (132LB) at the weight stack, the actual pulling weight is 60KG (132LB).

3. LIST OF PARTS

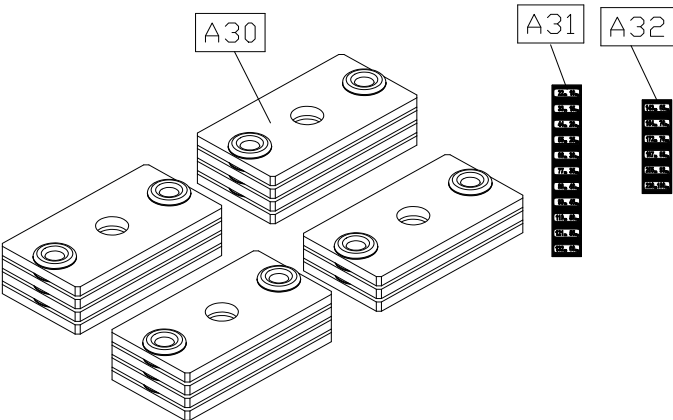
Box A



Box B



Box C



Box A - Main Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A1	Weight stack top right cover	1	A10	Cover support plate A	2
A2	Weight stack top left cover	1	A11	Cover	1
A3	Main frame	1	A12	Pulley cover	1
A4	Cover support plate B-2	1	A13	Pulley	1
A5	Cover support plate B-1	1	A14	Rear cover	1
A6	Storage tray	1	A15	Front cover	1
A7	Stack fork	1	A16	Bracket	2
A8	Weight stack rod	1	A17	Bracket	4
A9	Cover bracket	1			

Box B - User Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A20	CAM	1	A25	Seat bottom	1
A21	Cylindrical cushion	2	A26	Cylindrical cushion arm	1
A22	Back cushion bracket	1	A27	Connector A	1
A24	Seat frame	1	A28	Connector B	1

Box C - Weight Plates Components					
No.	Name	Qty.	No.	Name	Qty.
A30	5kg/11lb weight plate	15	A32	Weight plate sticker (65kg~100kg/143lb ~220lb)	1
A31	Weight plate sticker (10kg~60kg/22lb ~132lb)	1			

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
12	Screw soft cap	1		
13	Phillips screw	6	M6*P1.0*L12	
14	Screw socket	8	SGN-07	
15	Mushroom top inner hex screw	12	M6*P1.0*L12	
16	Mushroom top Phillips screw	8	M5*L15	
17	Mushroom top Phillips screw	10	M5*0.8*L8	
18	Round sticker	3	D25	
19	Round head inner hex screw	2	M6*P1.0*L12	
	Bushing	2	D19*7.8	
	L-shaped Allen wrench	2	(M4)	
	L-shaped Allen wrench	1	(M5)	
	L-shaped Allen wrench	1	(M6)	
	L-shaped Allen wrench	1	(M8)	
	Open end wrench	2	(13*17)	
	Phillips-head screw driver	1		

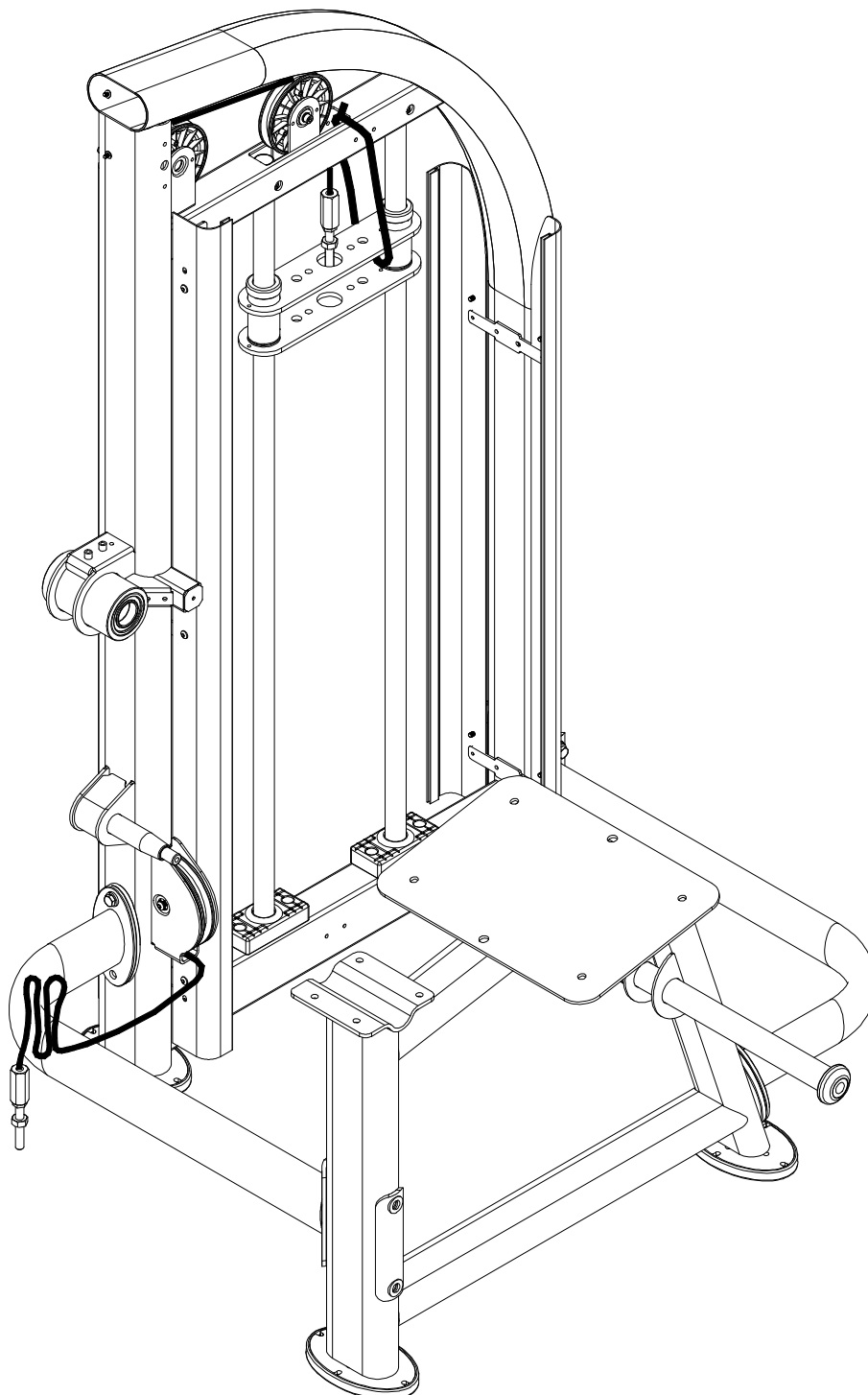
Components on the Product			
No.	Name	Specification	Notes
20	Upper stack carriage set		
21	Hex bolt	M10*P1.5*L130	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Nylon hex lock nut	M10	
22	Hex bolt	M10*P1.5*L20	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
23	Hex bolt	M8*P1.25*L65	
	Washer	D17*d8.3*t2	
	PU tube	ØD12*d8*L51	
	Nylon hex lock nut	M8	
24	Guide rod		
25	Round head inner hex screw	M8*P1.25*L18	
	Spring washer	M8*t2.0	
	Washer	D17*d8*t1.5	
26	Round head inner hex screw	M8*P1.25*L20	
27	Axle cover	Ø65	
28	Mushroom top inner hex screw	M6*P1.0*L20	

Components on the Product			
No.	Name	Specification	Notes
29	Mushroom top inner hex screw	M6*P1.0*L12	
	Spring washer	M6	
	Flat washer	D20*d6.3*t1.5	
30	CAM support plate		
31	Mushroom top inner hex screw	M6*P1.0*L10	
32	Cable set block		
33	Mushroom top inner hex screw	M6*P1.0*L20	
	Spring washer	M6	
	Nylon hex lock nut	M6	
34	Round head inner hex screw	M8*P1.25*L20	
38	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D17*d8.3*t1	
39	Round head inner hex screw	M8*P1.25*L30	
	Spring washer	M8	
	Flat washer	D22*d8.5*t3.0	
	Nylon hex lock nut	M8	
40	Round head inner hex screw	M8*P1.25*L30	
41	Mushroom top inner hex screw	M6*P1.0*L12	
43	Mushroom top inner hex screw	M6*P1.0*L12	
	Washer	D20*d6.3*t1.5	
44	Bevelled head Phillips screw	M5*L8	

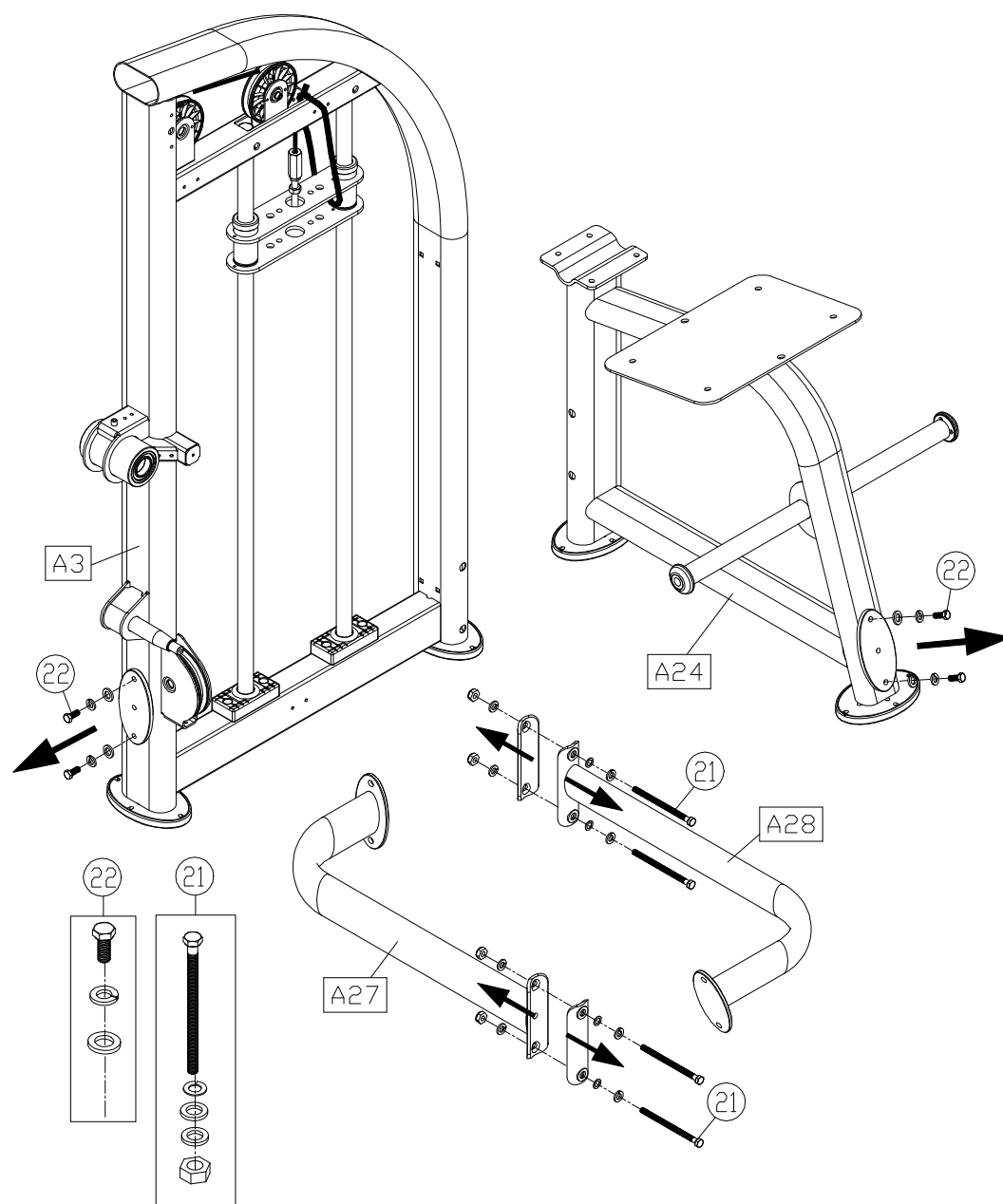
4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” or “nuts” is used where washers and other hardware may be involved.

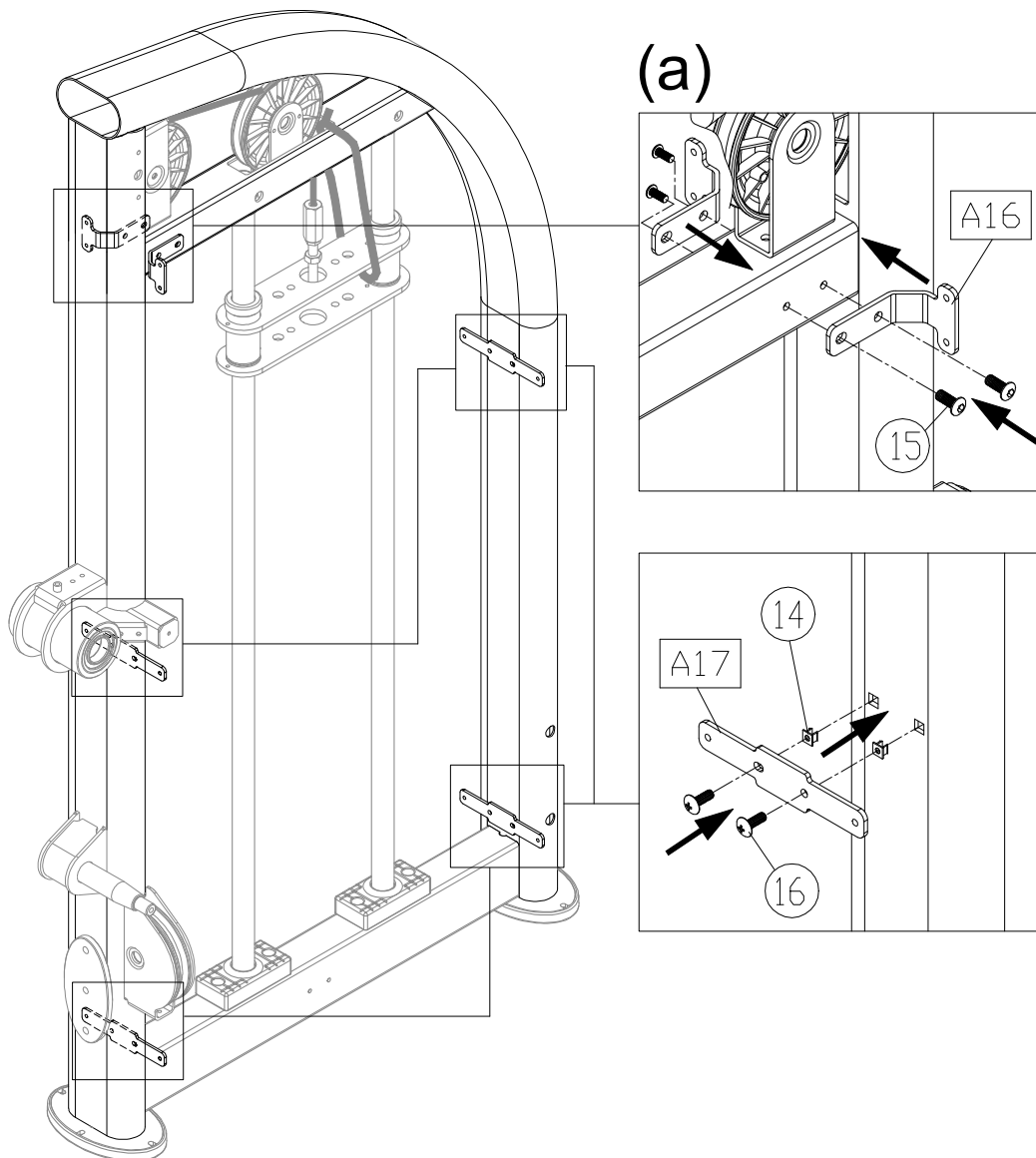
STEP 1 Cover Support Plate and the Connector Installation



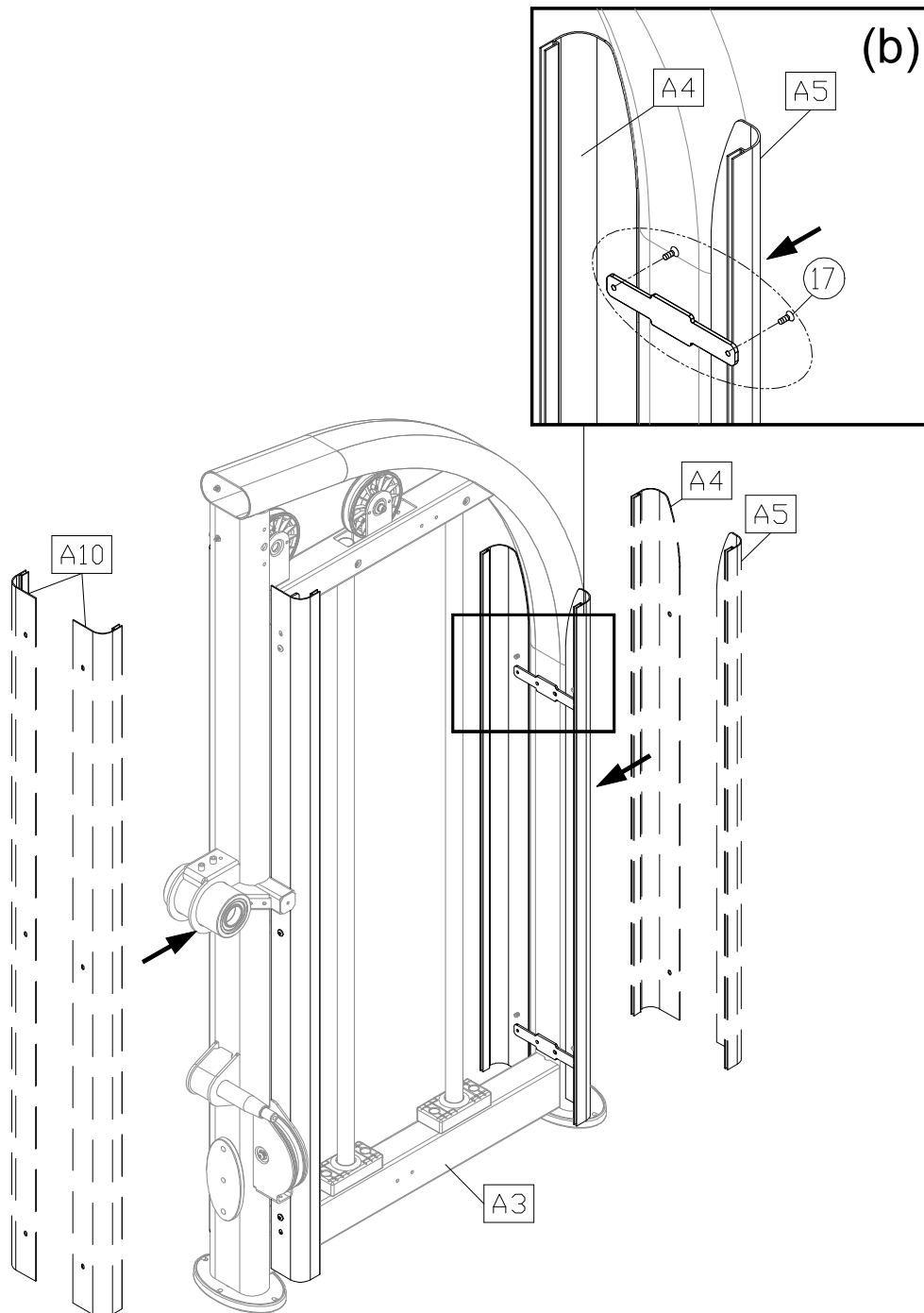
*Loosen and remove the screws (21) (22) and the connecting plates from the connectors (A3) (A24) (A27) (A28) as shown. Carefully set each piece aside.



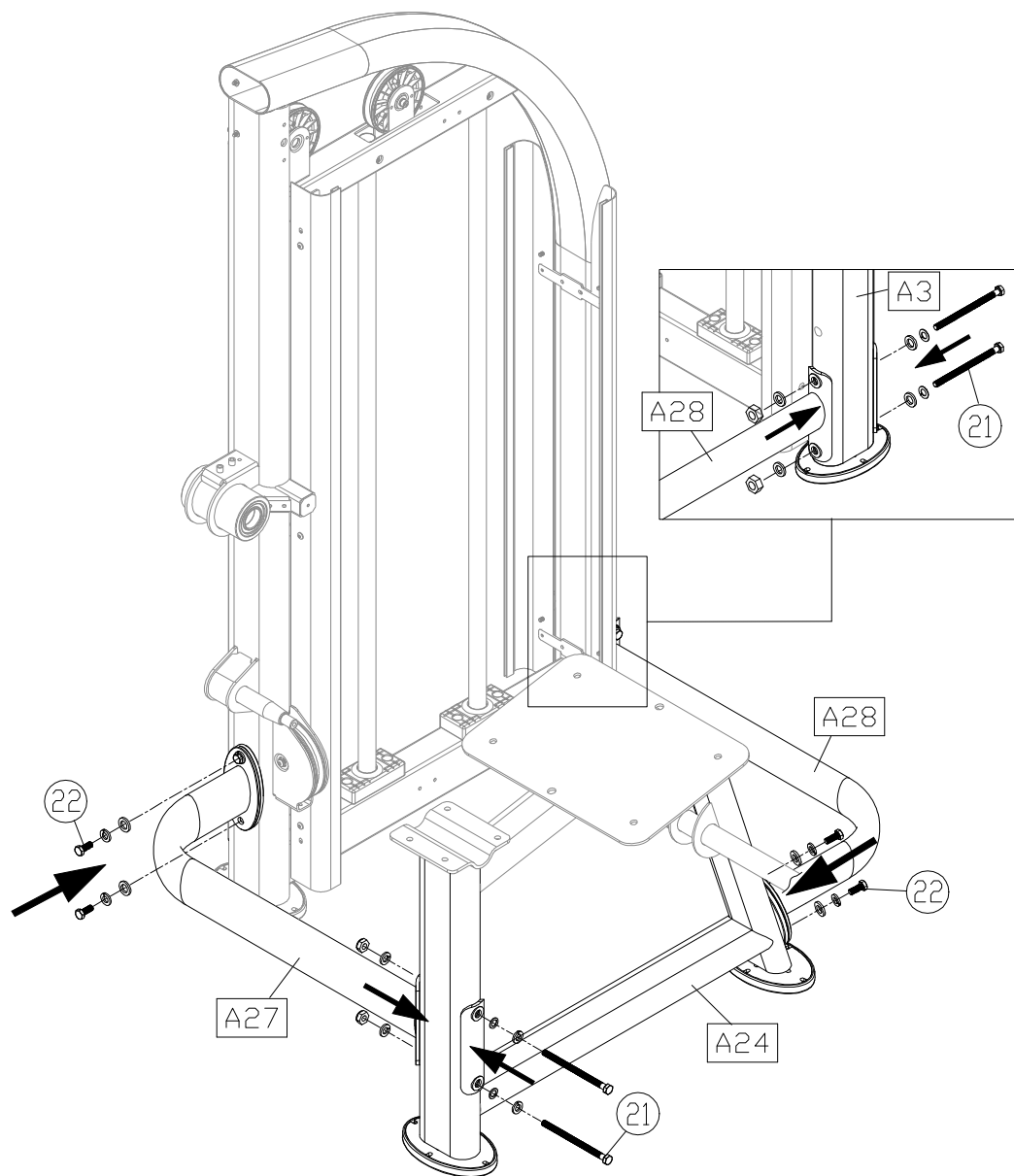
- (a). Insert the screw sockets (14) into place in the main frame (A3) as shown, and then use the screws (15) (16) to secure the brackets (A16) (A17) in place.
(Note: The bracket (A16) must be secured to the top of main frame as shown.)



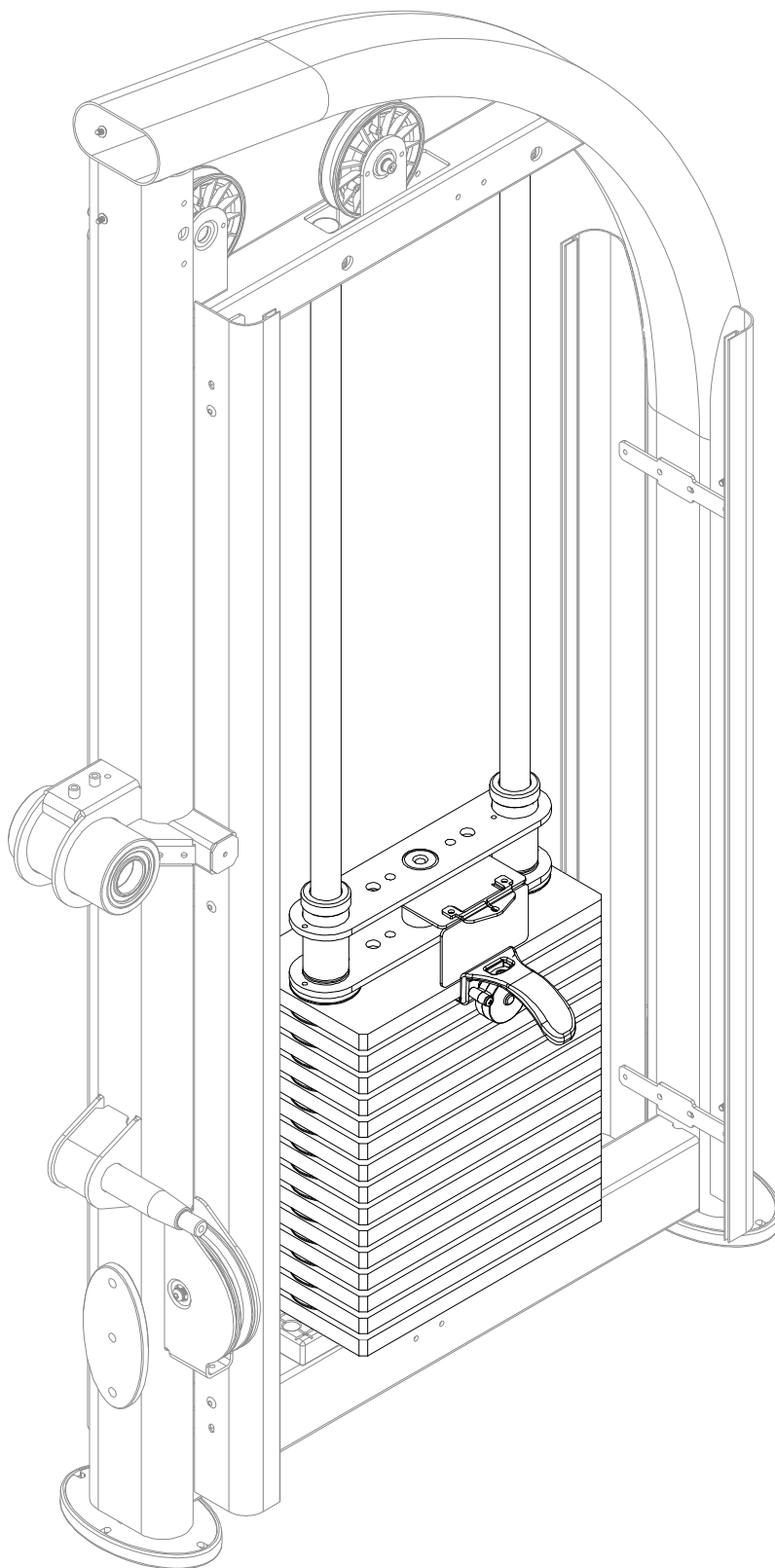
- (b). Use the screws (17) to secure the cover support plates (A10) to the straight frame of the main frame (A3) and then secure the cover support plates (A4) (A5) to the both side of the curved frame as shown.
(Note: The cover support plates must be secured outside of the bracket (A16) (A17).)



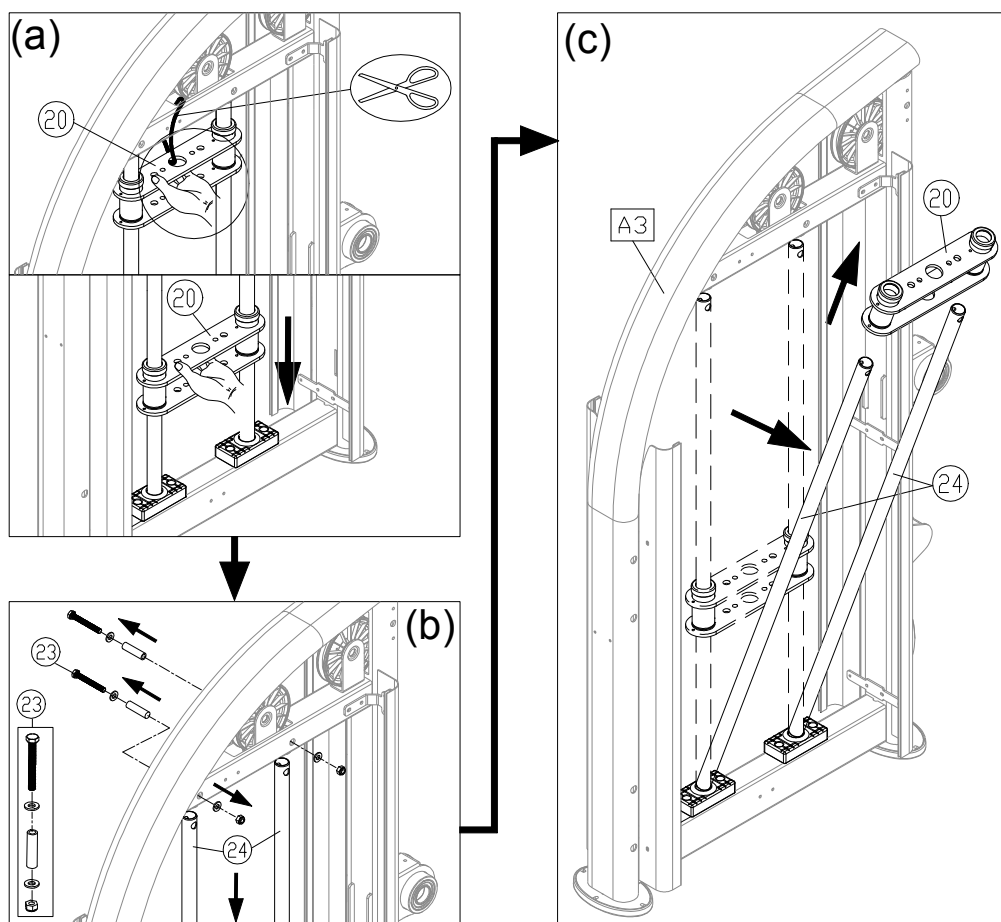
- (c). Use the connectors (A27) (A28) to connect the main frame (A3) and the seat frame (A24), and then secure the screws (21) (22).
(Note: Secure the screws (A22) at last to avoid the machine is not steady.)



STEP 2 Weight Stack Installation

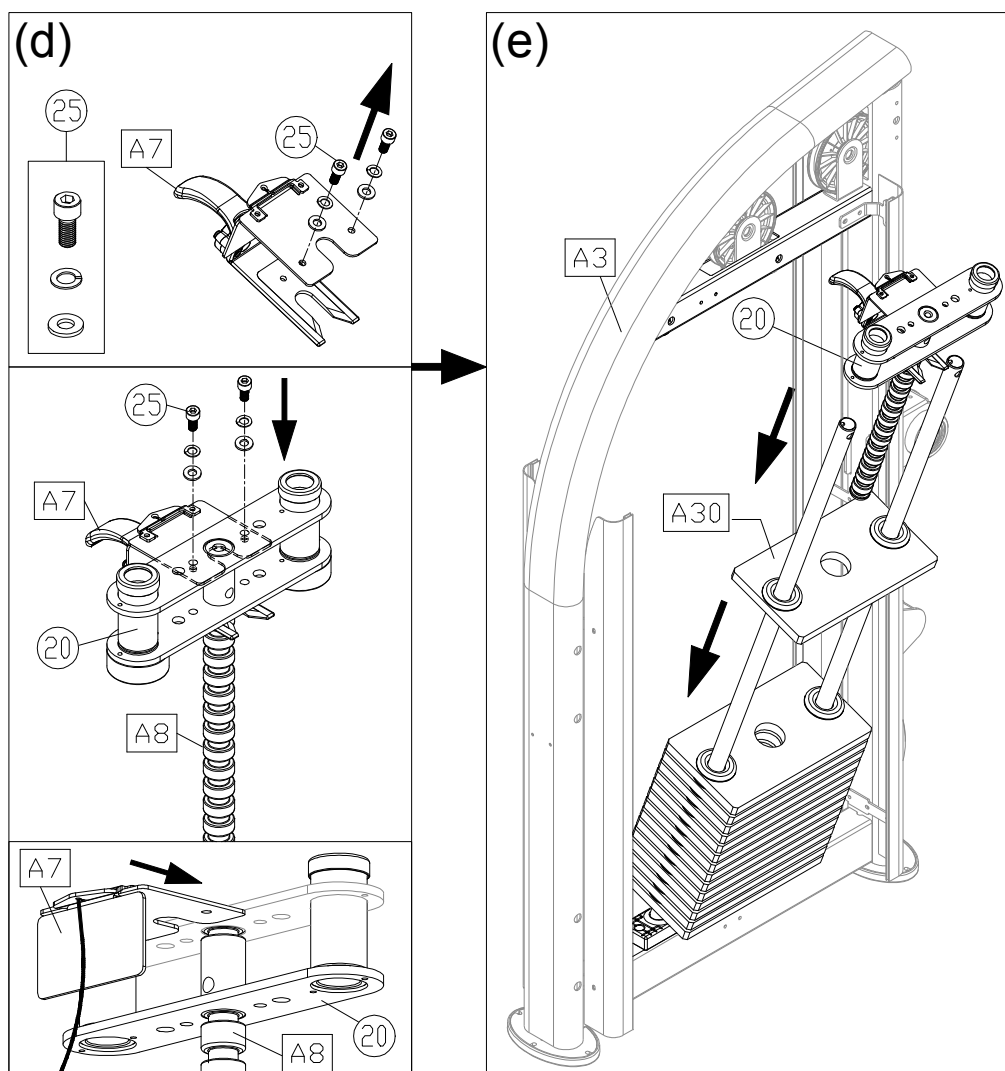


- (a). Hold the upper stack carriage set (20), and then cut the zip tie. Gently lower the upper stack carriage set (20) into place as shown.
- (b). Remove the screws (23). Set the guide rod (24) downward into place as shown.
- (c). Tilt the guide rod (24) backward and then lift the upper stack carriage set (20) off the guide rods as shown. Carefully set the upper stack carriage set (20) aside.

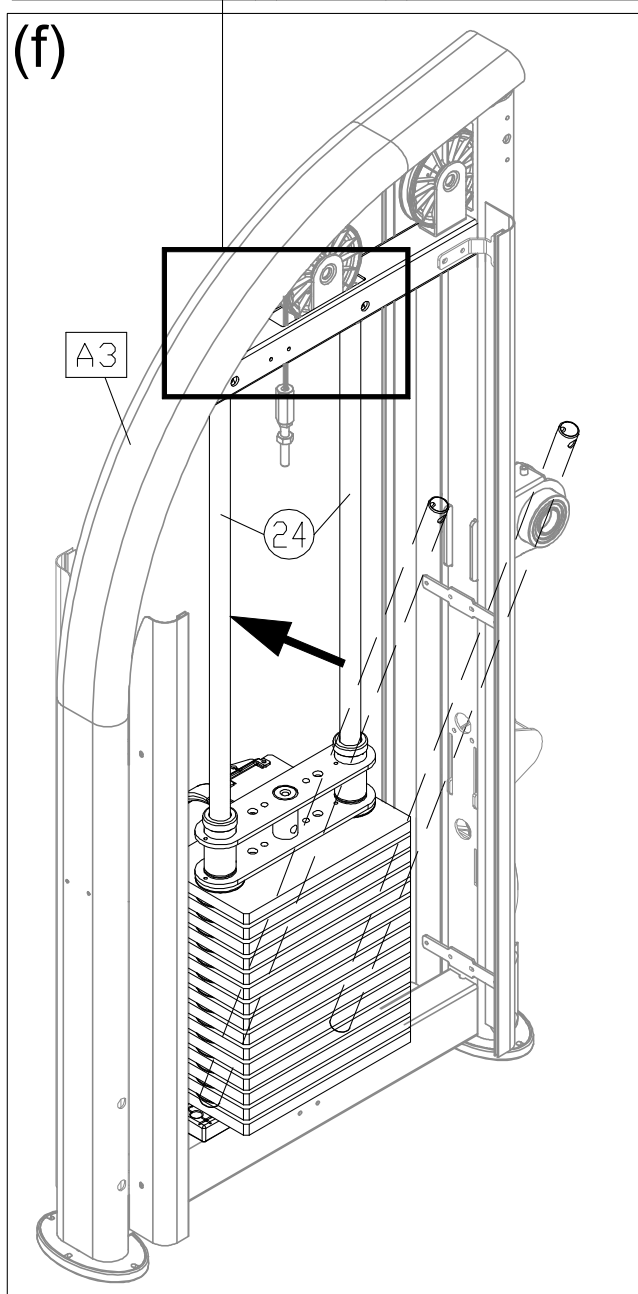
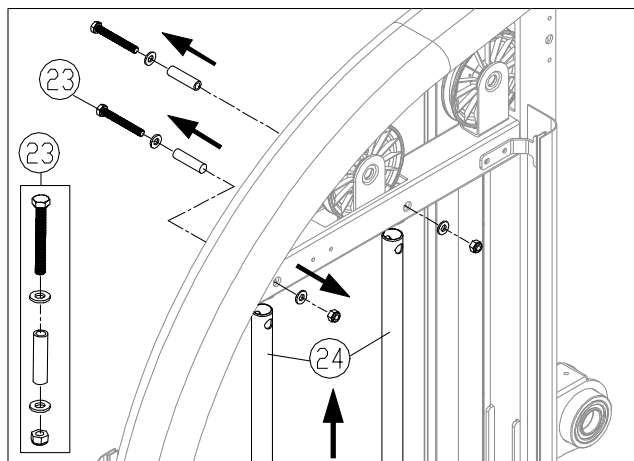


- (d). Loosen and remove the screws (25) from the stack fork (A7) and insert the weight stack rod (A8) into the central mounting position of the upper stack carriage set (20). Use the screws (25) to secure the stack fork (A7) into place of the upper stack carriage set (20) as shown.
(Note: Remove the stack fork first before assembling.)
- (e). Insert and lower the (5 kg/11lb) weight plates (A30) into place on the guide rods (24) one at a time. Once complete, slide down the upper stack carriage set (20) on top of the weight stack.
- (Note: The convex side of weight plate should face up and the stack fork (A7) points toward the front.)

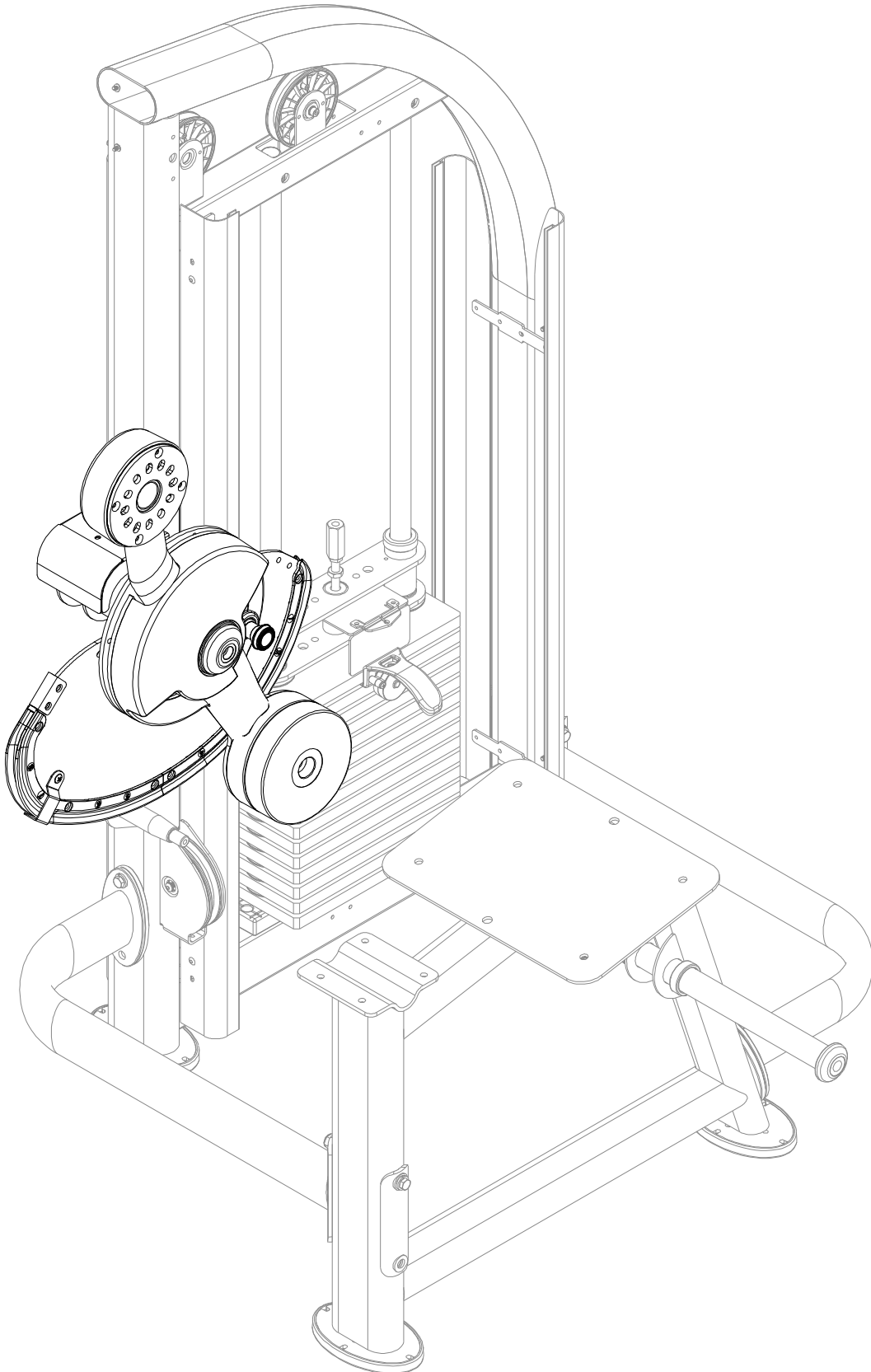
* If there is an optional (7.5kg/16.5lb) weight plate installed, insert the optional weight plates first before the (5 kg/11lb) weight plates (A30).



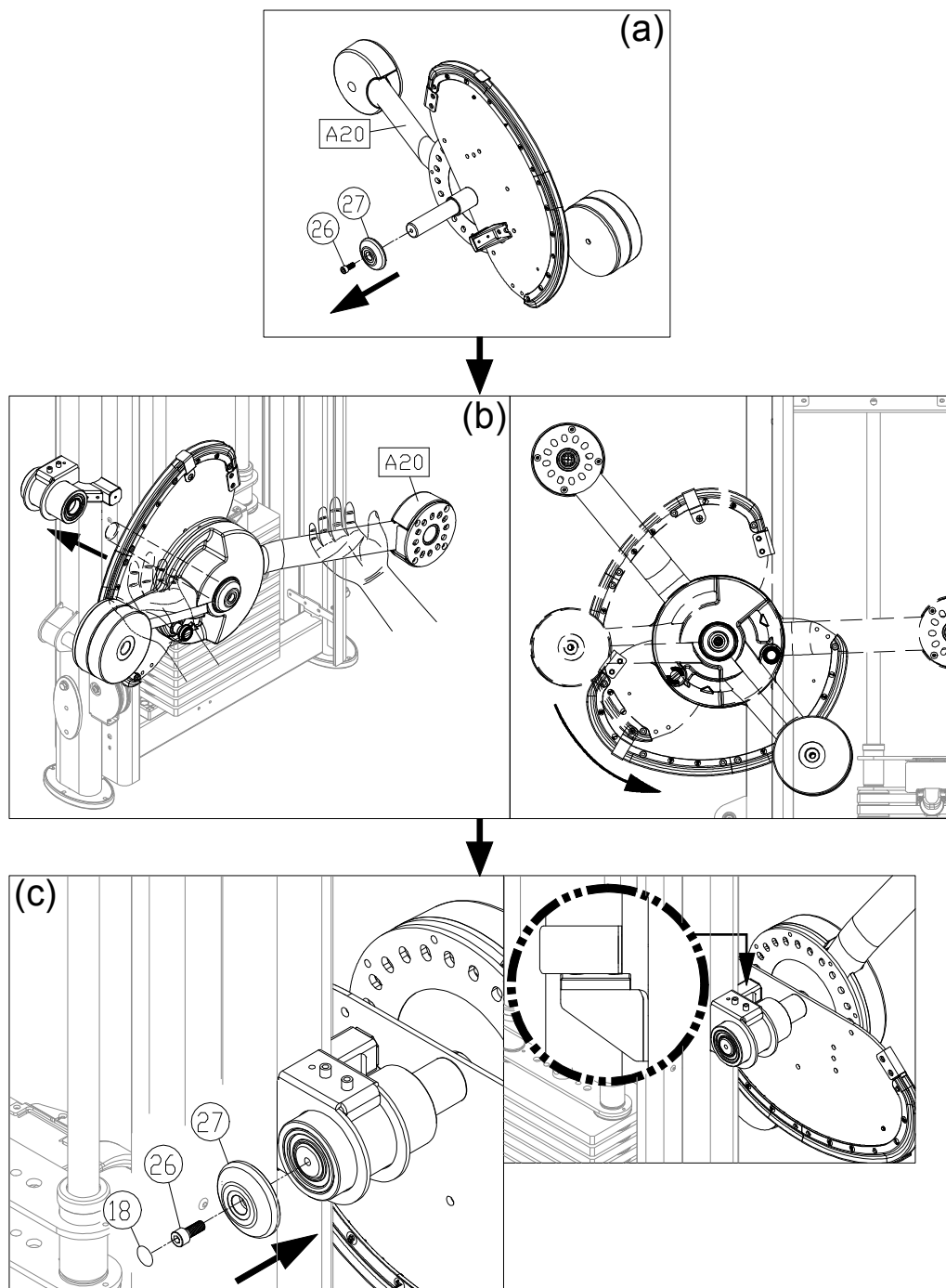
- (f). Tilt the guide rods (24) back into place and then lift them up to their mounting position, and then secure the assembly with the screws (23).



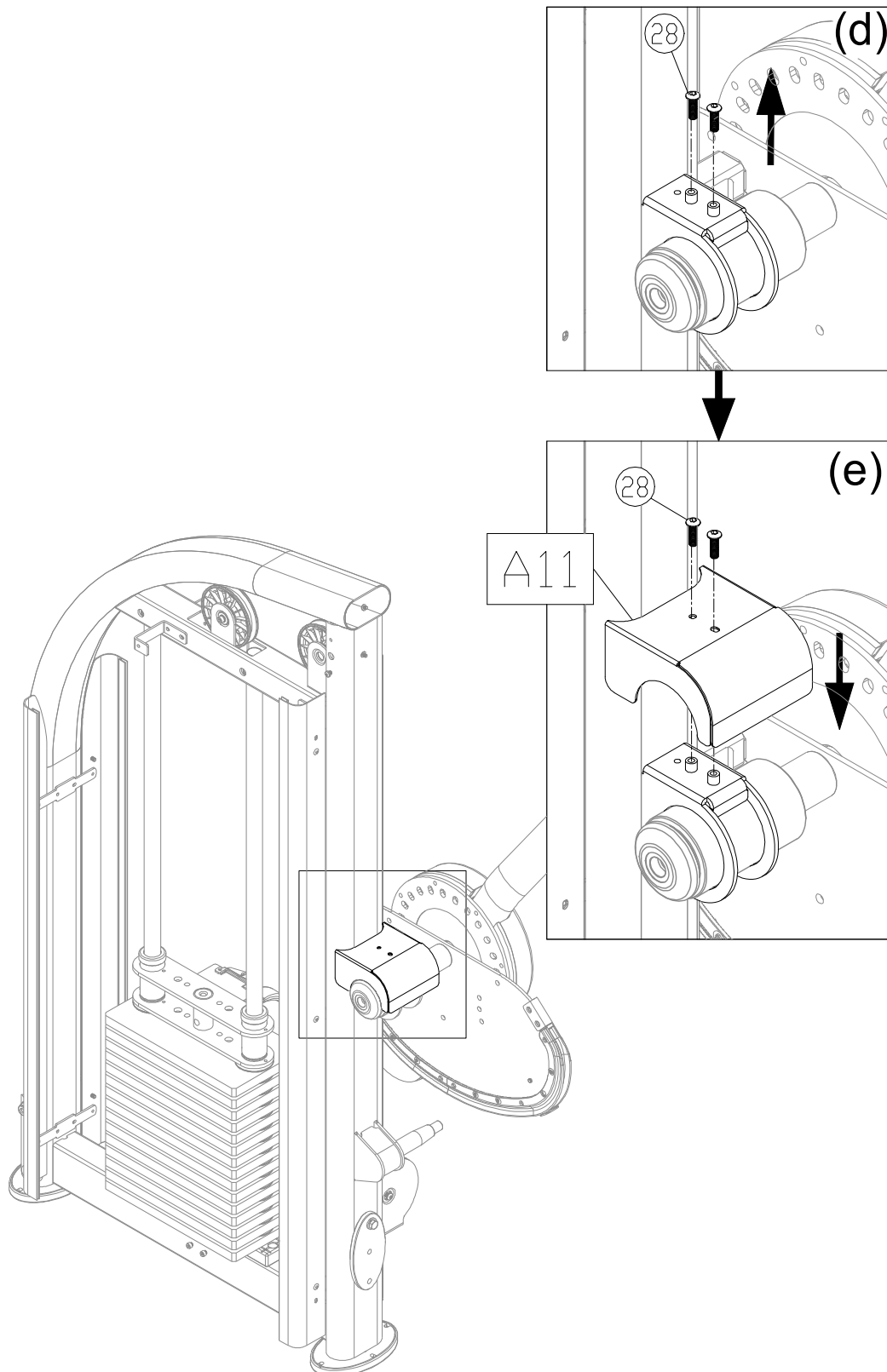
STEP 3 CAM Installation



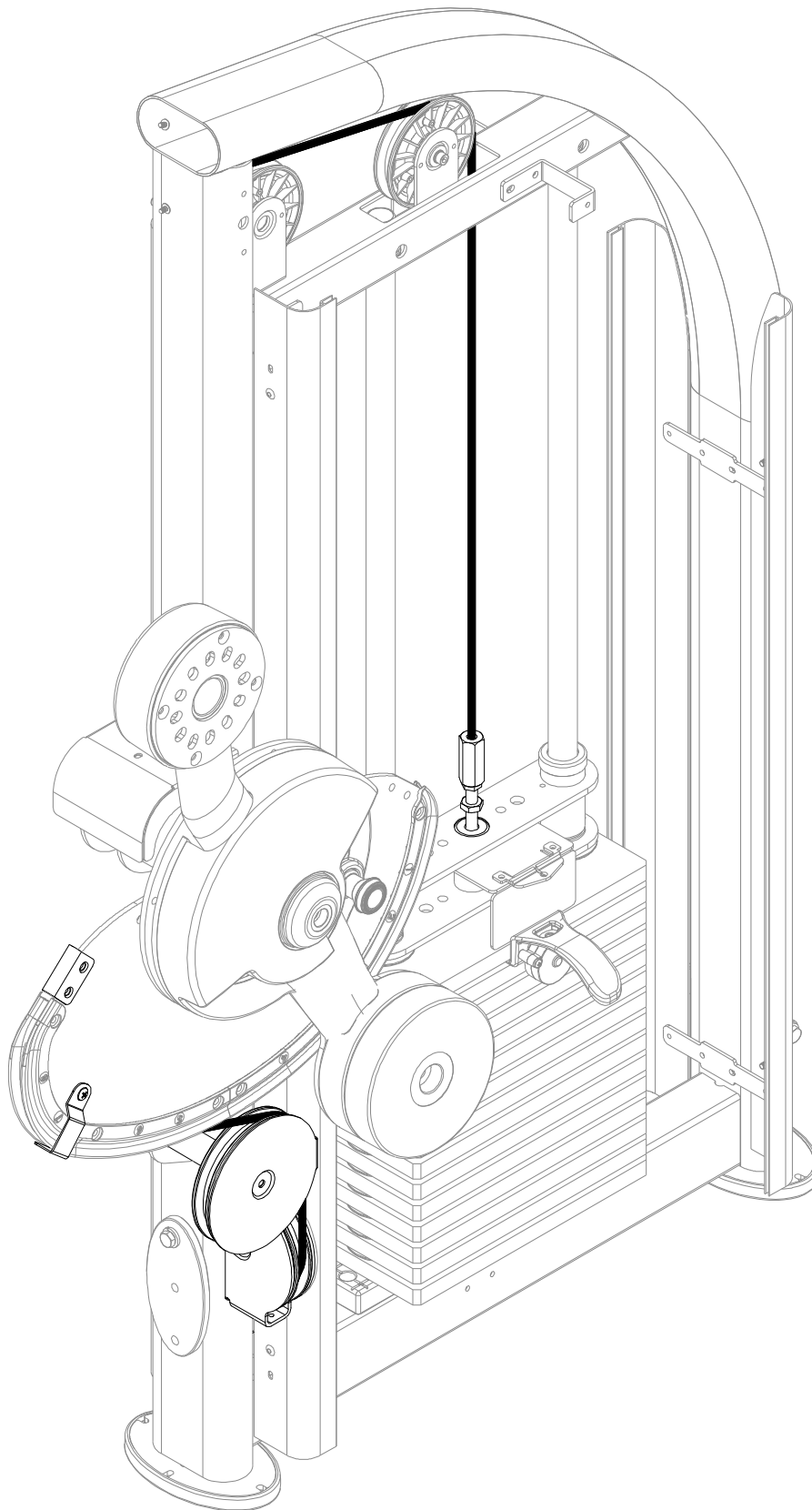
- (a). Loosen and remove the screw (26) and the cap (27) from the CAM (A20).
- (b). Place the CAM (A20) horizontally into its mounting area, and then rotate the cam so that the rotator arm is pointing downward as shown.
(Note: Due to the CAM hasn't been connected to the cable yet, to avoid any injuries, please make sure no one is near the CAM.)
- (c). Secure the axle cover (27) in place with the screw (26), and then apply the round sticker (18) as shown.
(Note: The stopper must be rested below the tube as shown.)



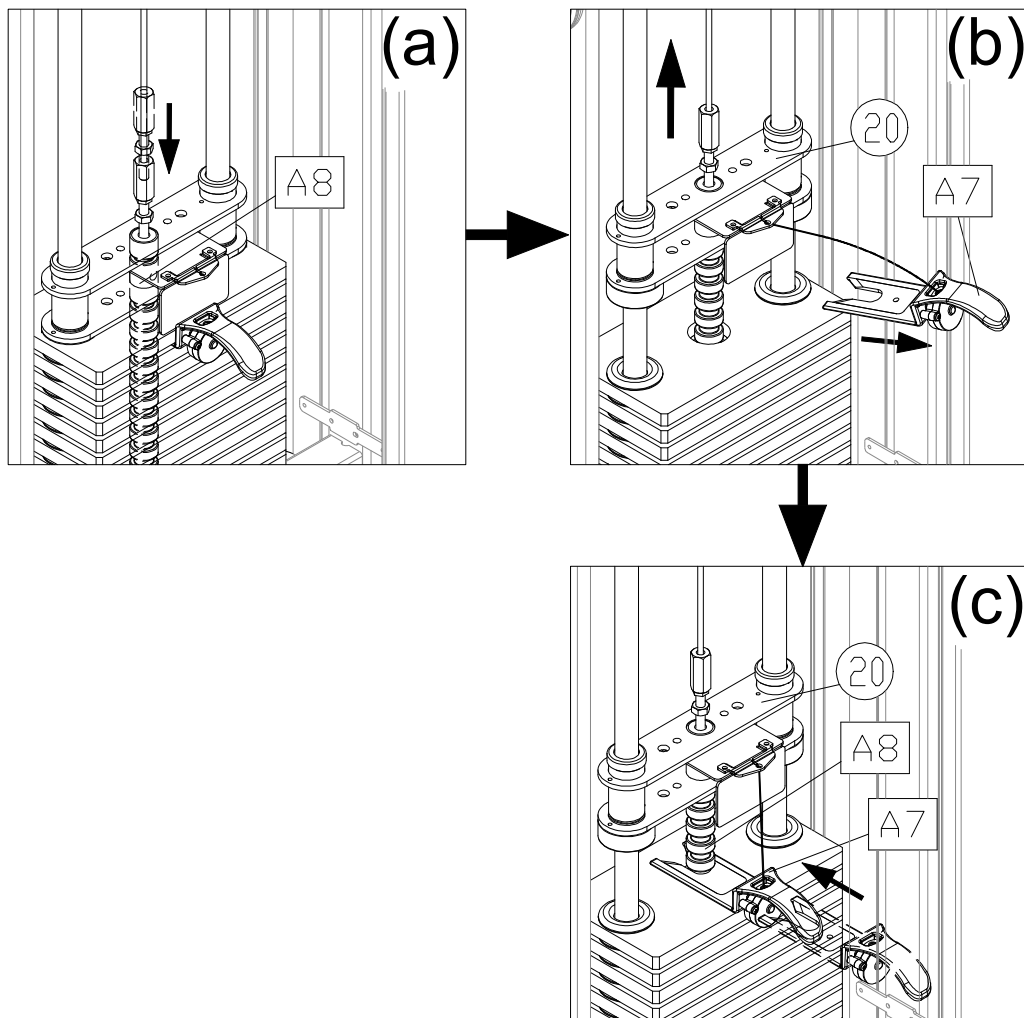
- (d). Loosen and remove the screws (28) from the CAM mounting area.
(e). Secure the cover (A11) with the screws (28).
(Note: The bakelite must be rested below the cover as shown.)



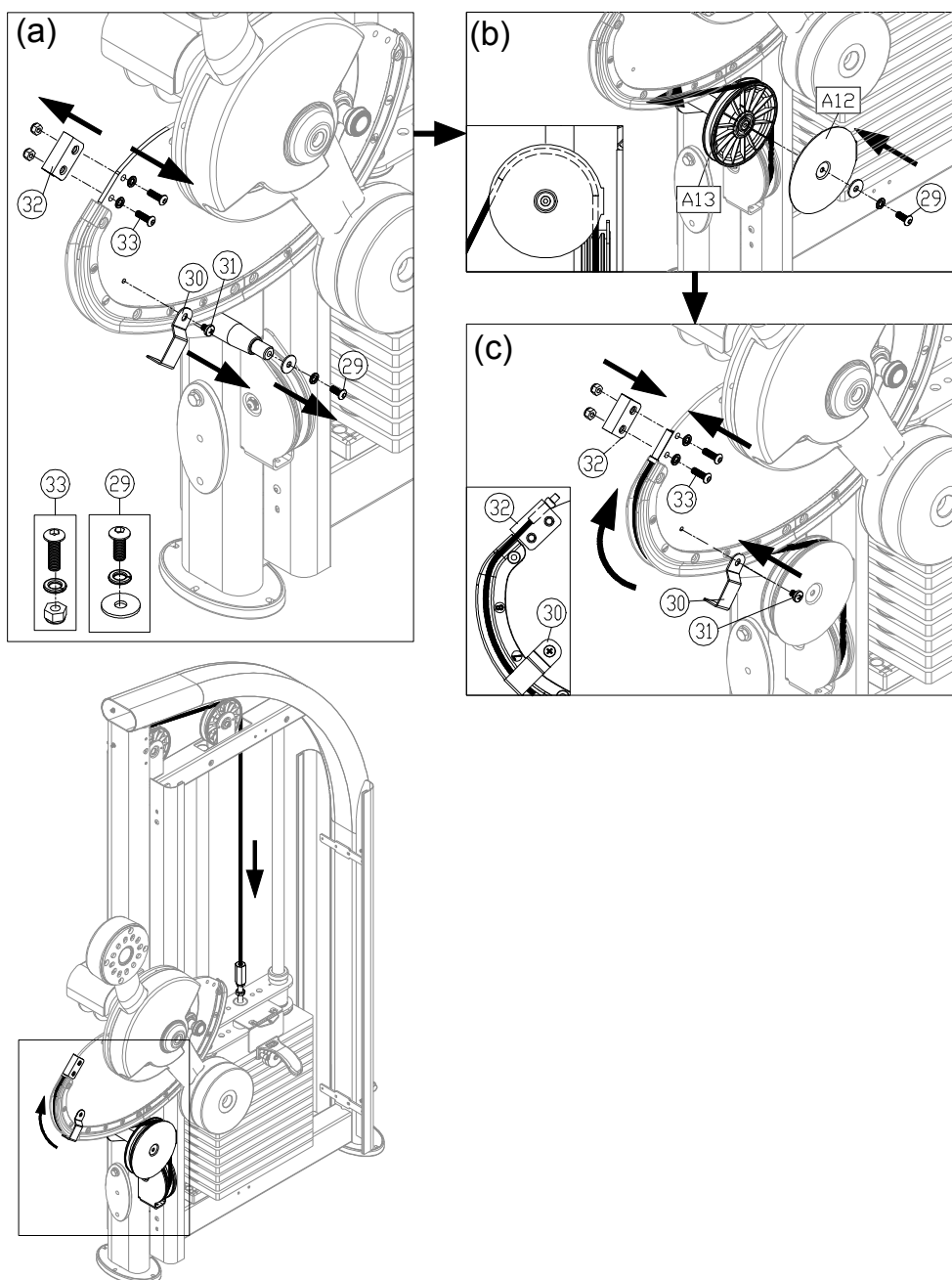
STEP 4 Cable Installation



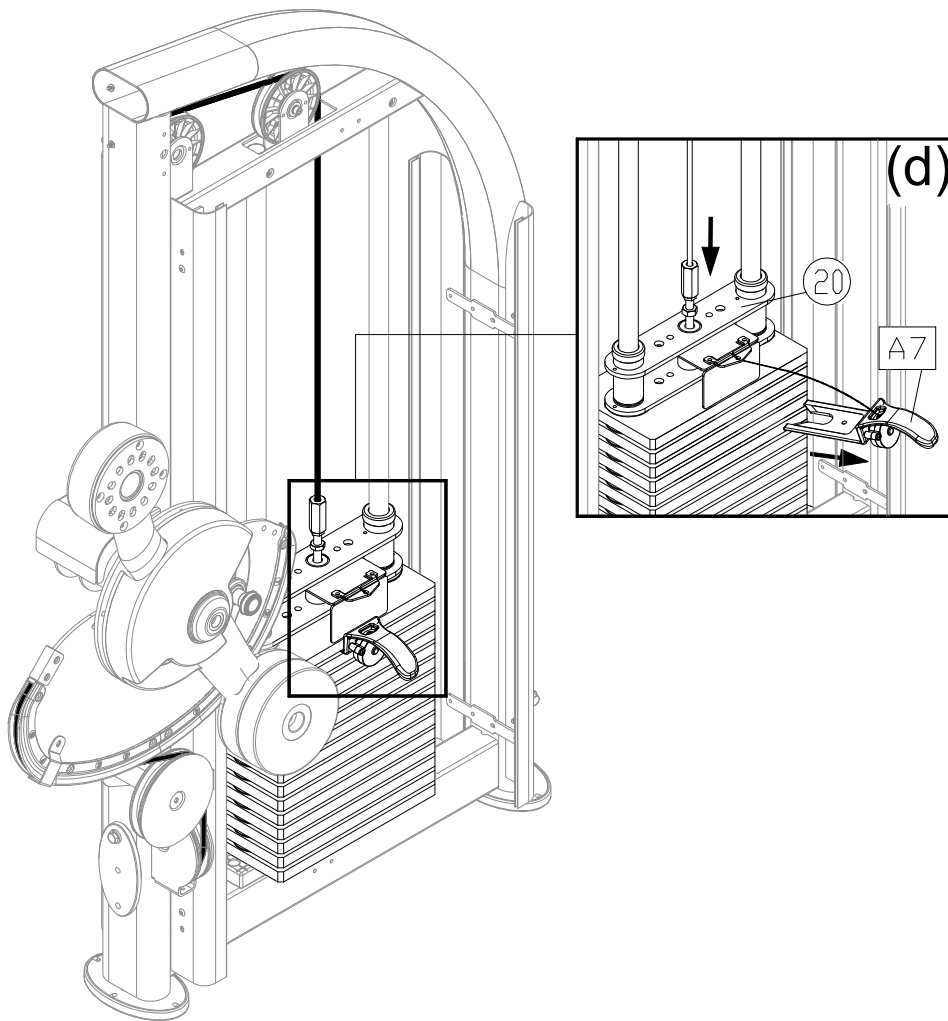
- (a). Insert the cable nut as indicated by the arrows onto the weight stack rod (A8) at least 15-20mm deep as shown.
- (b). Take out the stack fork (A7) and lift the upper stack carriage set (20) up.
- (c). Insert the stack fork (A7) into the stack rod (A8) so that the cable is loose. This will make the next assembly easier.



- (a). Loosen and remove the screws (29) (31) (33), the cable set block (32) and the CAM support plate (30) from the main frame.
- (b). Install the pulley (A13) and insert the cable goes through the pulley (A13) as indicated by the arrows, and then screw the pulley cover (A12) and the components (29) in place.
(Note: When securing the pulley cover, make sure the cover does not interfere with cable.)
- (c). Insert the cable through the cable set block (32) as indicated by the arrows, and then screw the cable set block (32) and the CAM support plate (30) in place.
(Note: When securing the cable set block (32), make sure the cable nut is at outside and the CAM stop plate (30) does not interfere with cable when securing it back into place.)

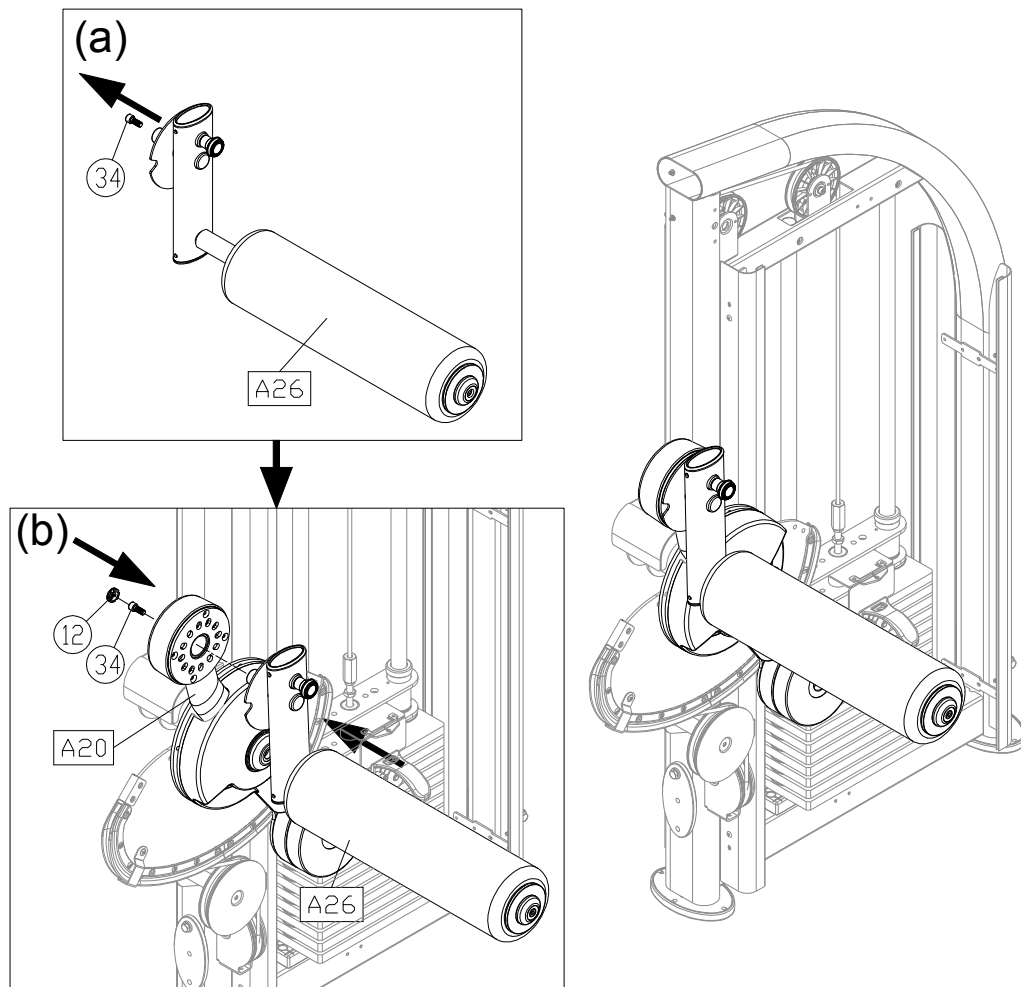


- (d). After completing the cable installation, hold the upper stack carriage set (20), and then take out the stack fork (A7). Gently lower the upper stack carriage set (20).
- (Note: Please make sure that the cable is running in the groove of the pulley. Rotate the CAM to check for cable interference and its tightness. If the cable is too loose or too tight, follow the cable adjusting instruction to adjust it.)

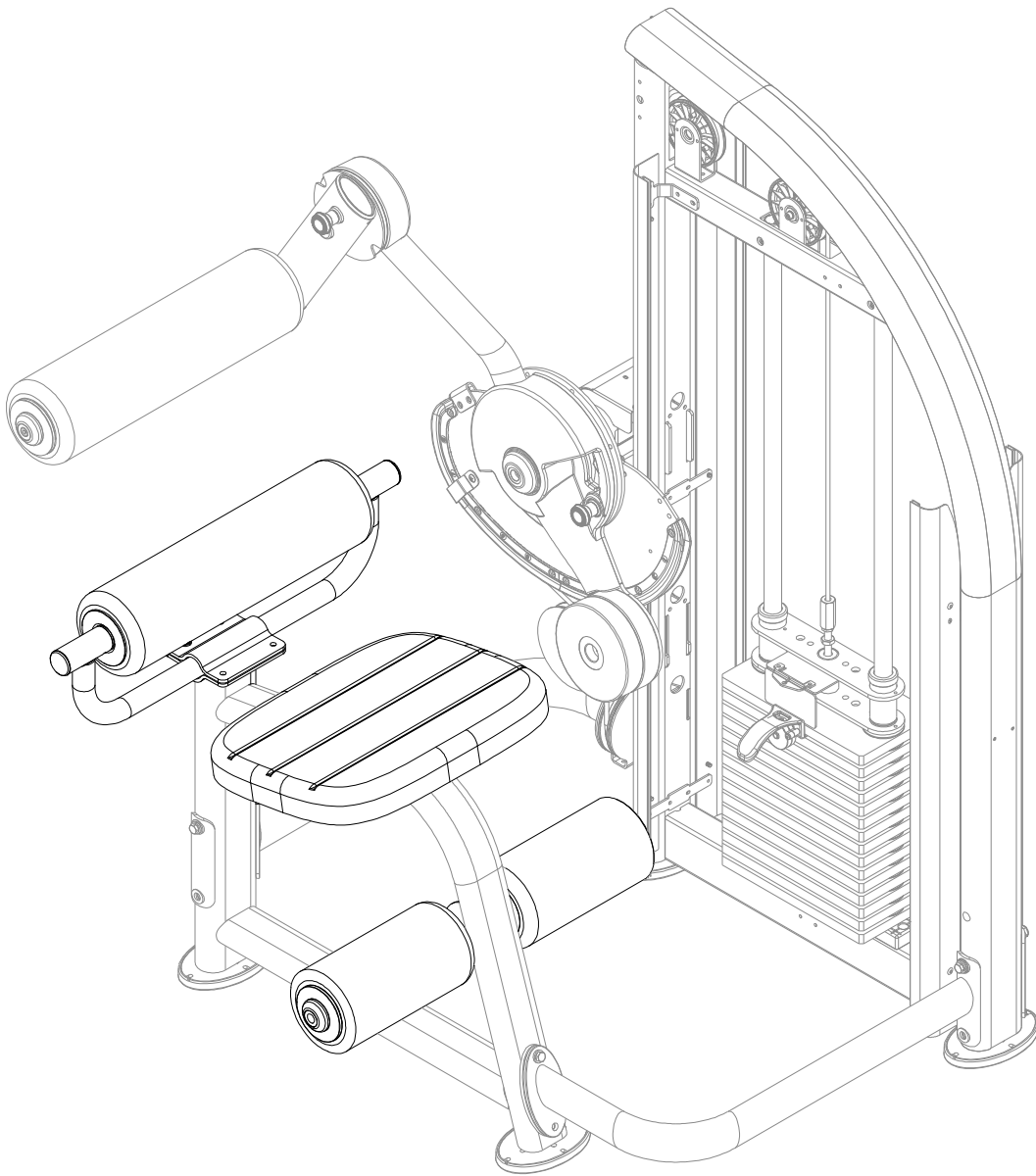


STEP 5 Cylindrical Cushion Arm Installation

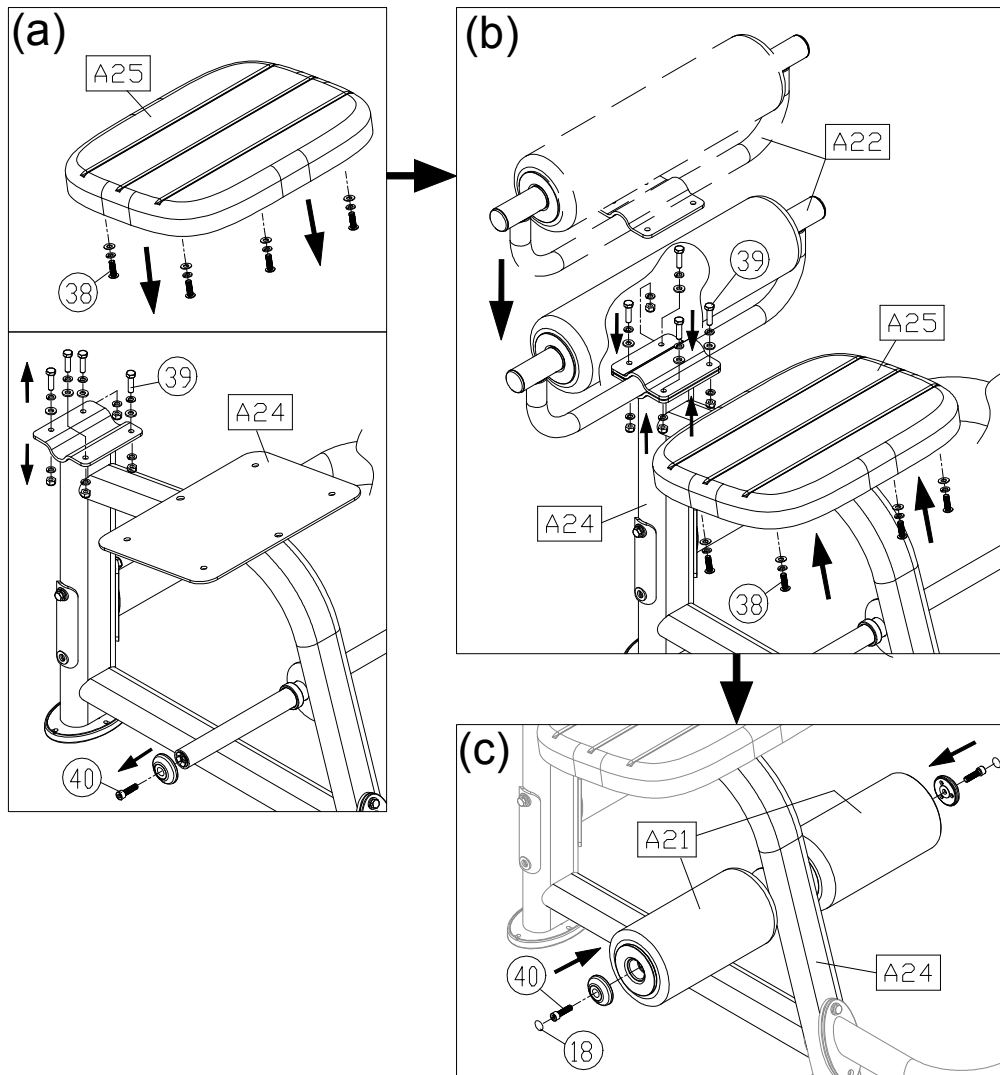
- (a). First, remove the screws (34) from the cylindrical cushion arm (A26).
- (b). Insert the cylindrical cushion arm (A26) onto the CAM (A20). Secure it in place with the screw (34) and the screw soft cap (12).



STEP 6 Seat Bottom, Cylindrical Cushion and Cushion Bracket Installation



- (a). Loosen and remove the screw (38) (39) (40) from the seat bottom (A25) and the seat frame (A24) as shown.
- (b). Use the screws (38) (39) to secure the seat bottom (A25) and the back cushion bracket (A22) to the seat frame (A24).
- (c). Insert the cylindrical cushion (A21) onto place on the seat frame (A24) as shown. Screw the axle cover in place with the screw (40), and then apply the round sticker (18) as shown.

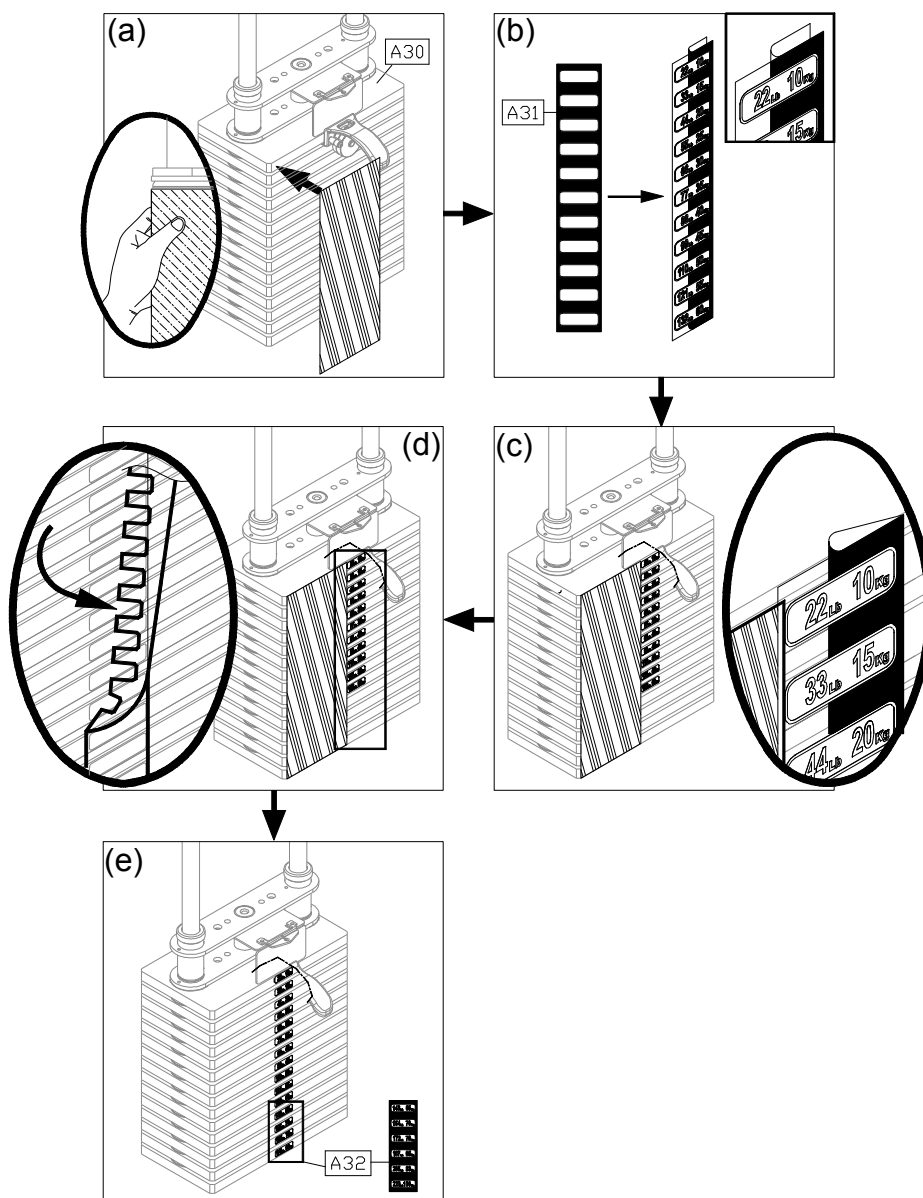


STEP 7 Apply the Weight Stack Sticker

Note: Before applying weight plate stickers, please wipe the area clean, and clean your hands before proceeding to the next step.

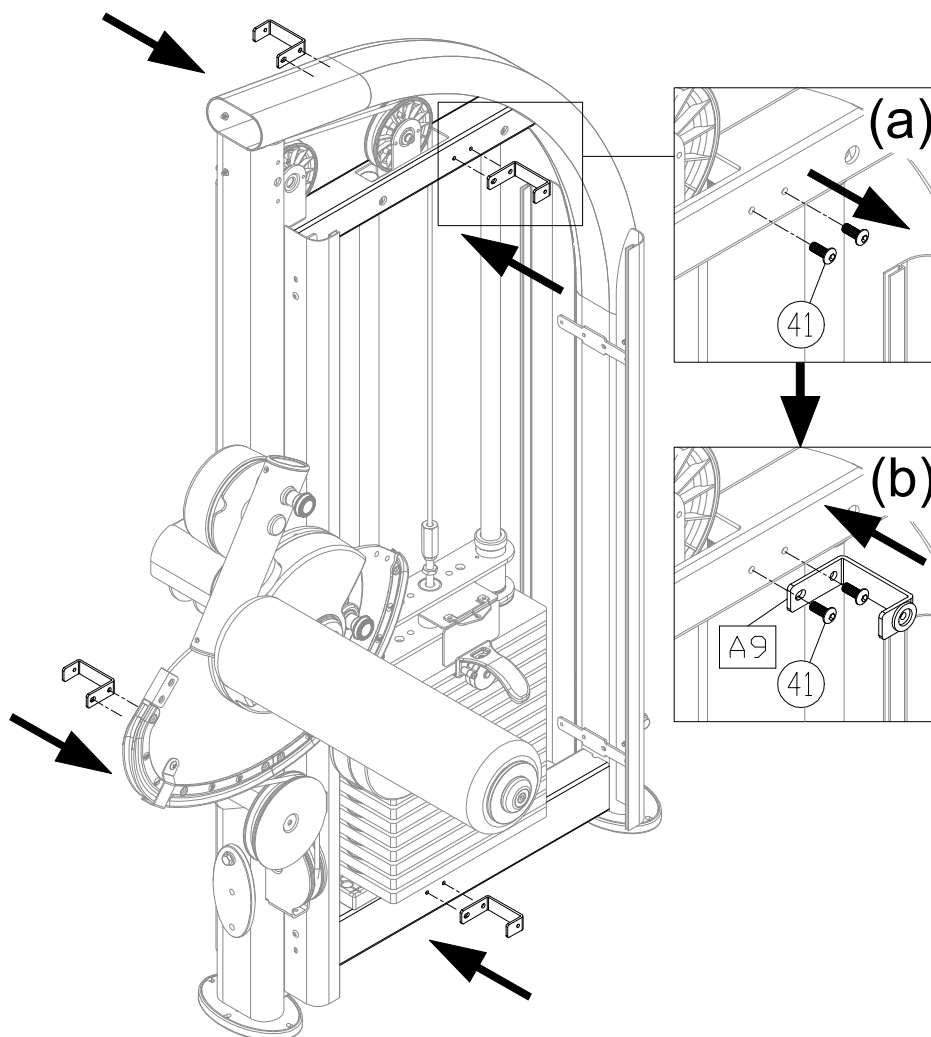
- Align and tape the cardboard (A30) to the upper left corner of the weight plate.
- Peel off the top half of the weight sticker (A31) backing. Leave the clear outside margin in place on the sticker. Don't peel off the margin.
- Press the numbered part of the sticker in place while you peel off the clear margin of the sticker.
- Peel off the clear margin of the sticker.
- Follow steps (b) ~ (d) to apply the weight plate sticker (A32) to the lower part of the weight stack. When the stickers are in place, peel off the cardboard. Press the sticker in place to ensure good contact on the weight plate.

*If there are additional optional weight plates, use the optional weight plate stickers.

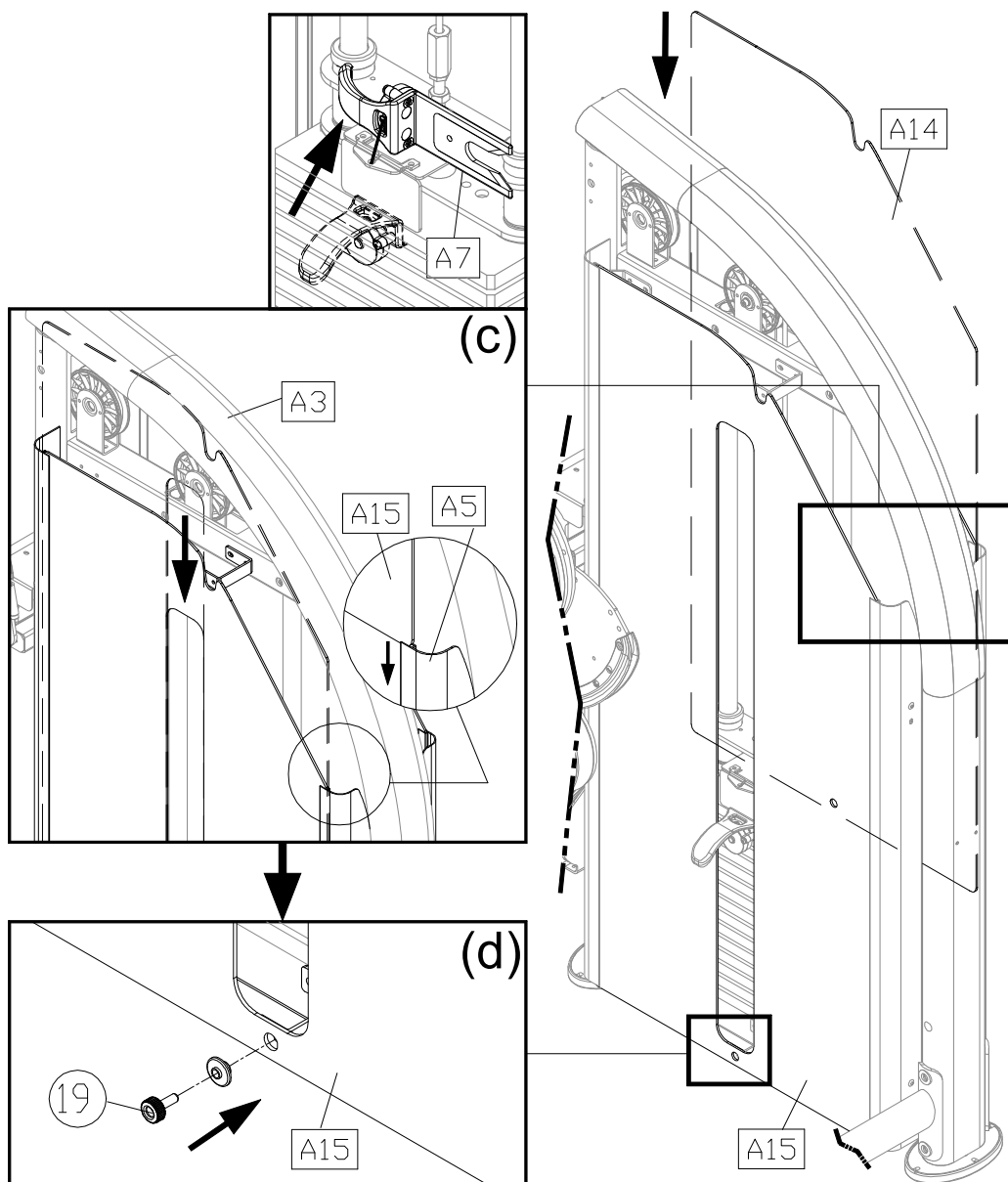


STEP 8 Front Cover and Rear Cover Installation

- (a). Loosen and remove the screws (41) from the main frame.
- (b). Use the screws (41) to secure the cover bracket (A9) in place on the main frame as shown.



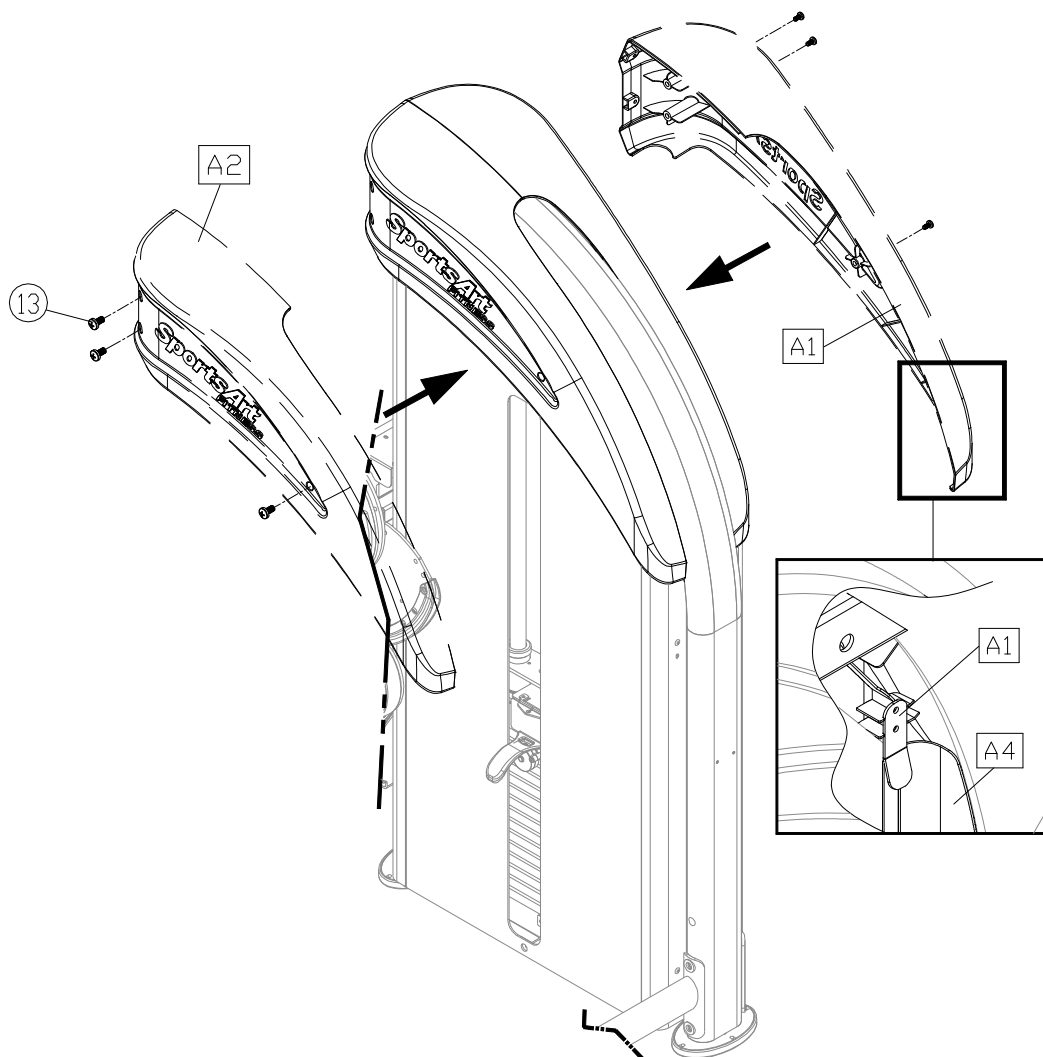
- (c). Slide the front cover (A14) (A15) from the top down into the cover support plates' grooves (A4) (A5) (A10).
(Note: Take out the stack fork (A7) and place it on the upper stack carriage set (20) as shown to avoid damaging to the cover.)
- (d). Secure the assembly with the screw (19) as shown.



STEP 9 Top Covers Installation

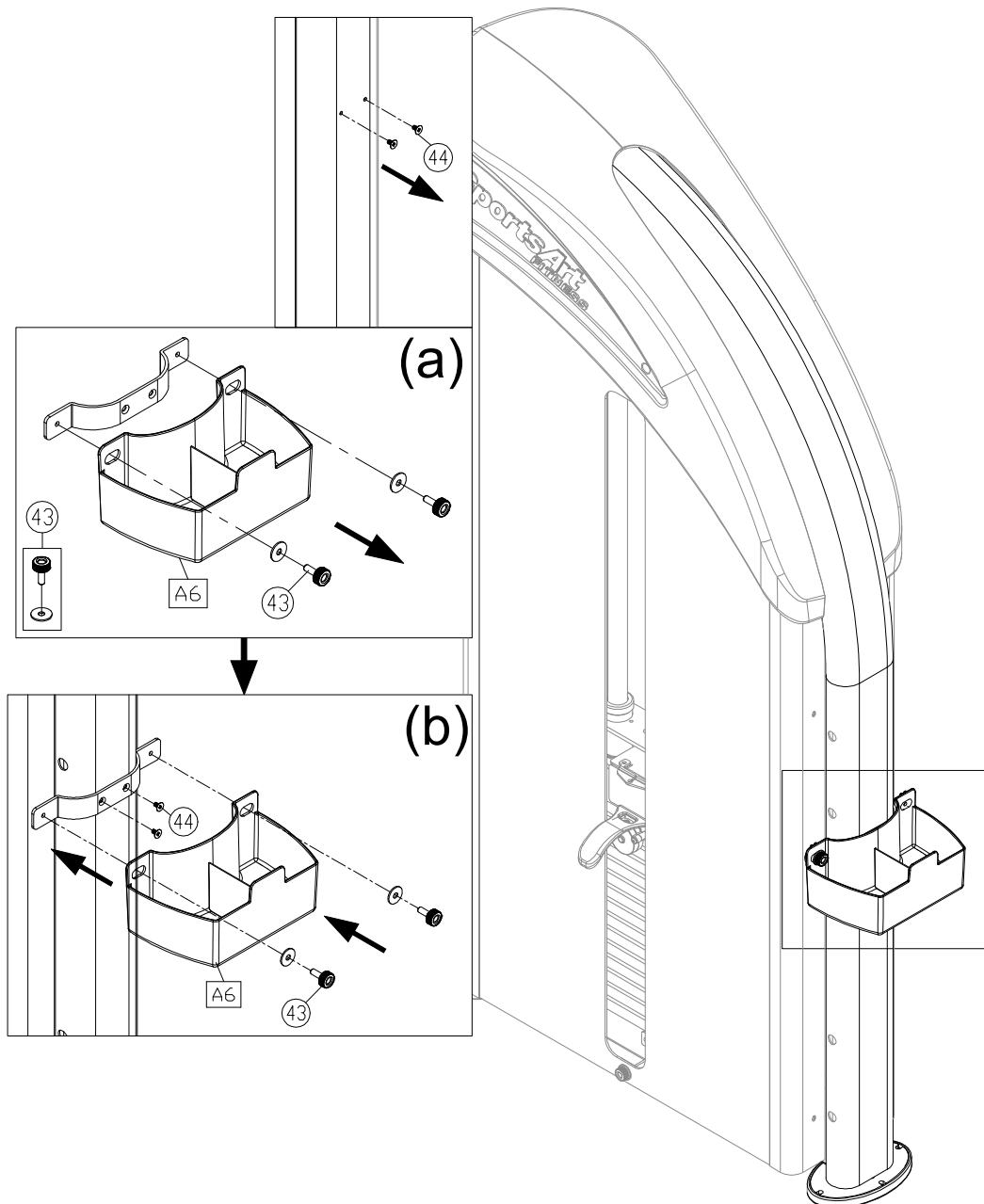
*Secure the weight stack top right covers (A1) and the top left cover (A2) with the screws (13).

(Note: During assembling, place the bracket of the top covers inside of the cover support plates (A4) (A5) as shown.)



STEP 10 Storage Tray Installation

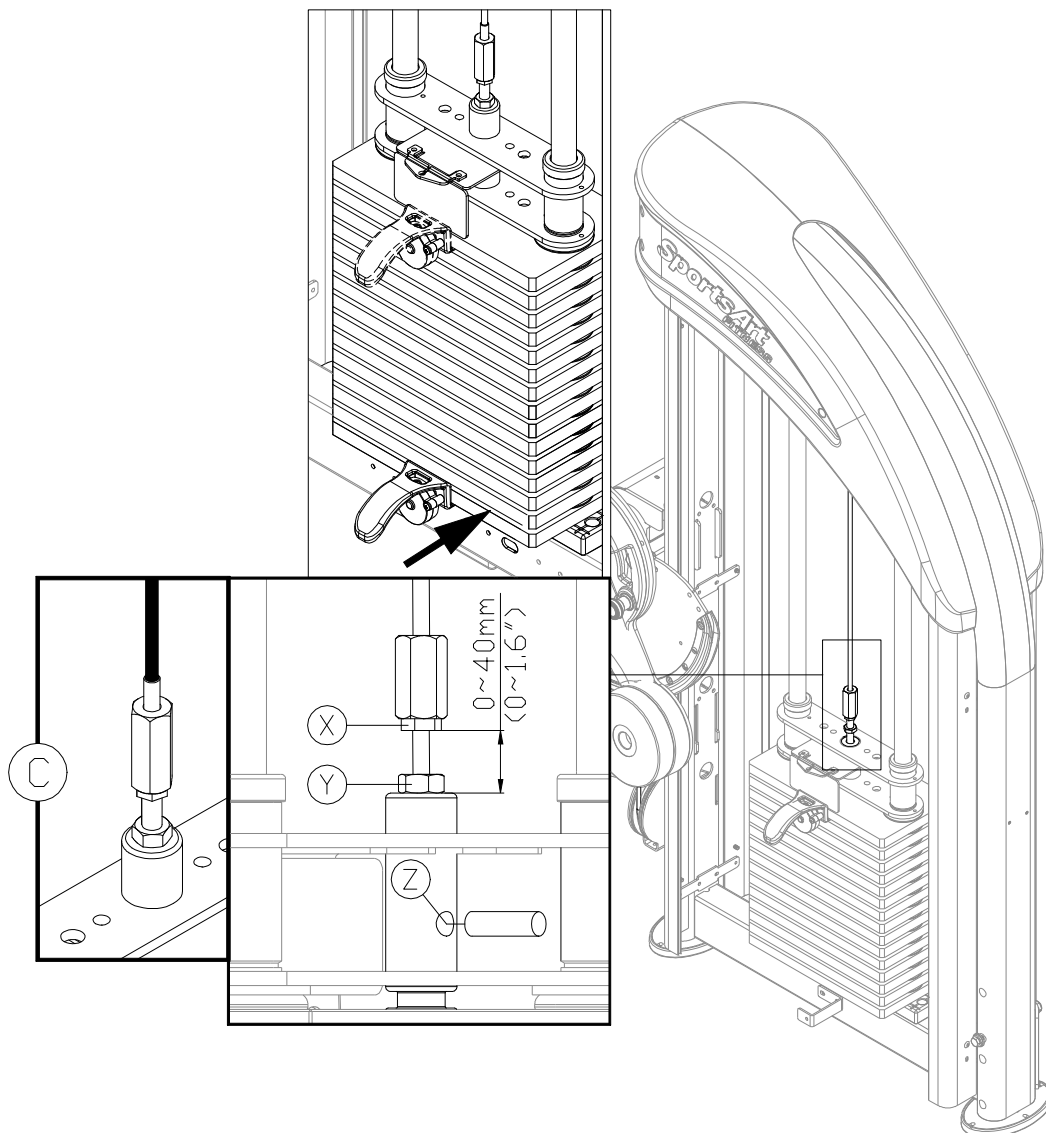
- (a). Loosen and remove the screws (43) (44) from the storage tray (A6) and the main frame.
- (b). Hold the storage tray (A6) in place and secure it with the bracket and the screws (44) (43) as shown.



STEP 11 Cable Adjustment

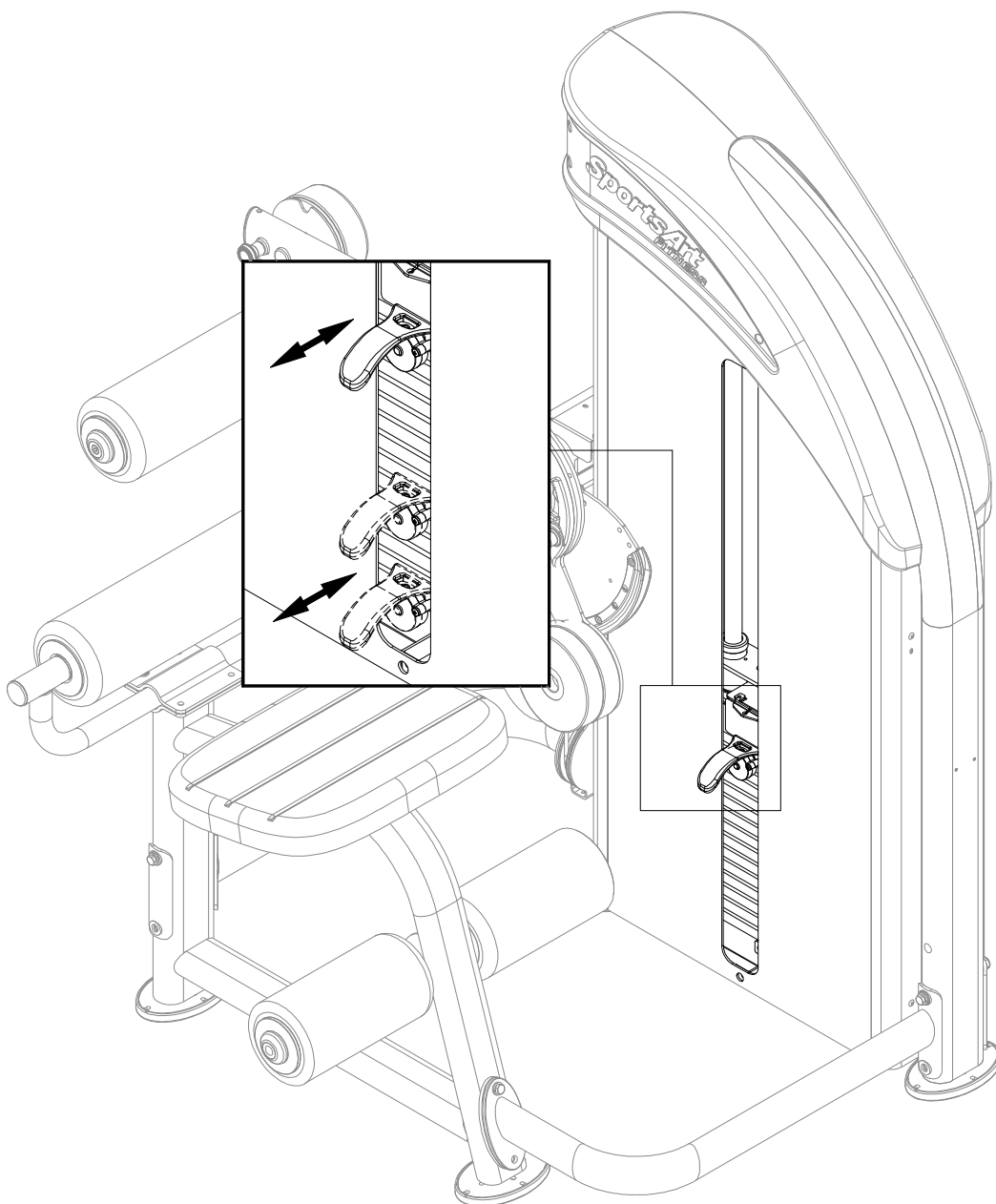
* Insert the stack fork into the gap under the lowest weight plate, and then adjust the large nut at area C. Adjust until the upper stack carriage set moves slightly.

To adjust the cable, first insert the (Z) rod and loosen the (Y) nut, and then adjust the (X) nut. If the cable is too long, adjust the (X) nut downward. If too short, adjust the (X) nut upward. After adjusting the (X) nut, tighten the (Y) nut against the weight stack to secure this position.



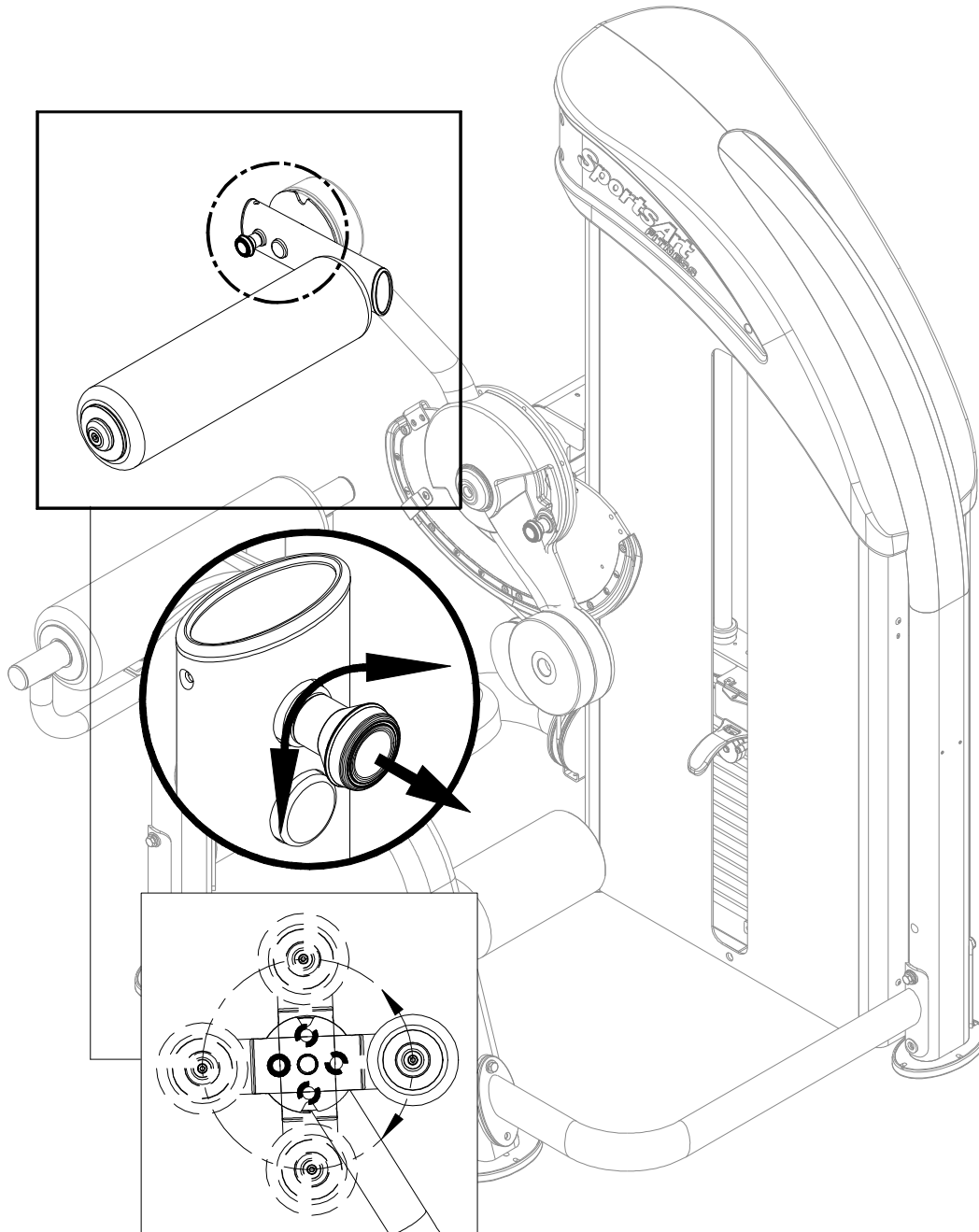
STEP 12 Stack Fork Inspections

- * Please follow operating instructions on the product sticker to test operation and confirm that the equipment is working properly.
- * Insert the stack fork to make sure that every weight plate can be engaged easily.
- * Insert the stack fork at the heaviest weight setting at which you can safely operate the equipment.
- * Exercise to lift the stack several times, and then inspect the cable for proper tightness. If necessary, make adjustments according to the instructions “Cable adjustment” of this manual.
- * Ensure that anyone who is not operator does not near the equipment when testing.

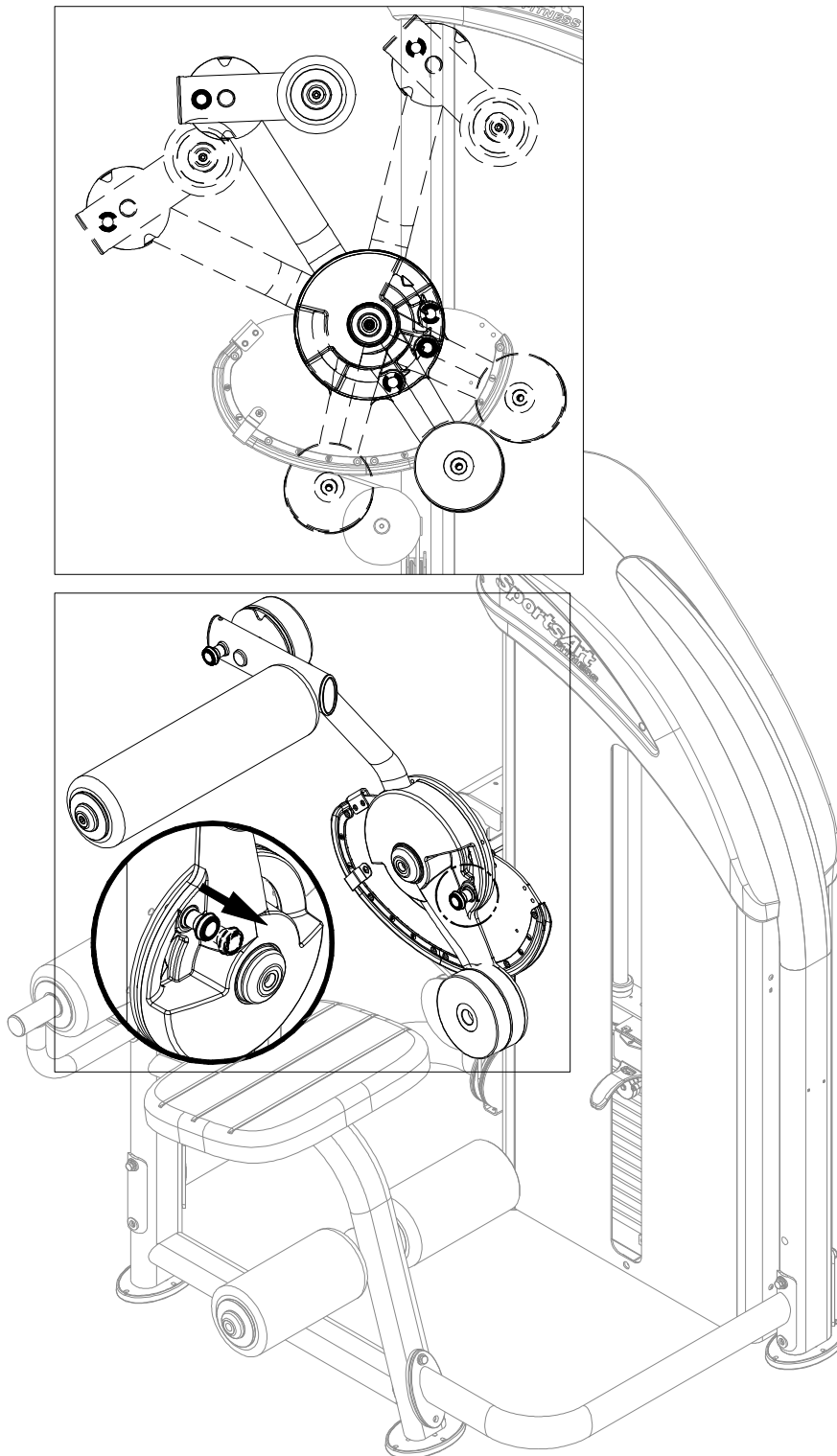


5. OPERATION INSTRUCTION

- * Pull out the knob to adjust the cylindrical cushion arm position. You can rotate and secure the cylindrical cushion arm as desired for use within a 360 degree range. When released, the knob automatically engages to secure the position.



- * Pull out the knob on the rotator arm of CAM. Place the rotator as desired for use. When released, the knob automatically engages to secure the position.



6. MAINTENANCE

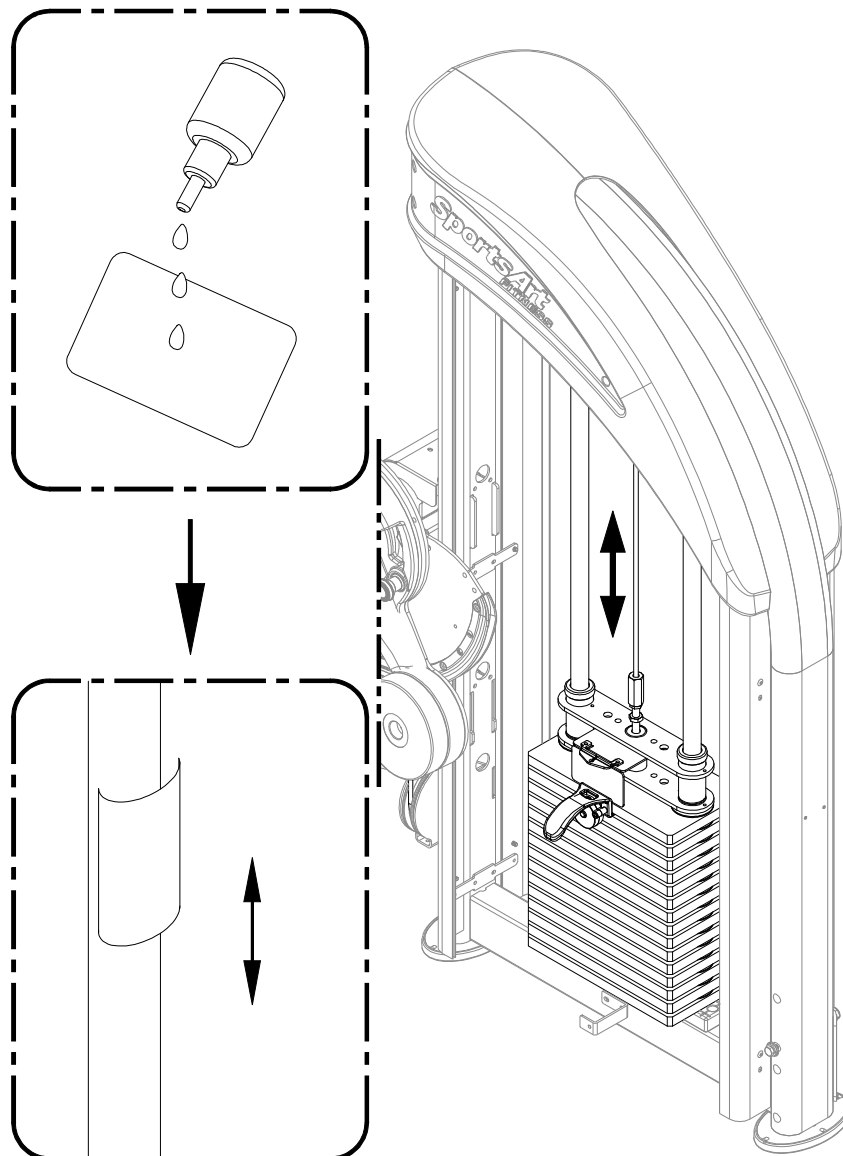
This section covers maintenance topics and includes a maintenance schedule, task list, and log.

Maintenance Machine Maintenance

1. Apply lubricant to the guide rods every week.

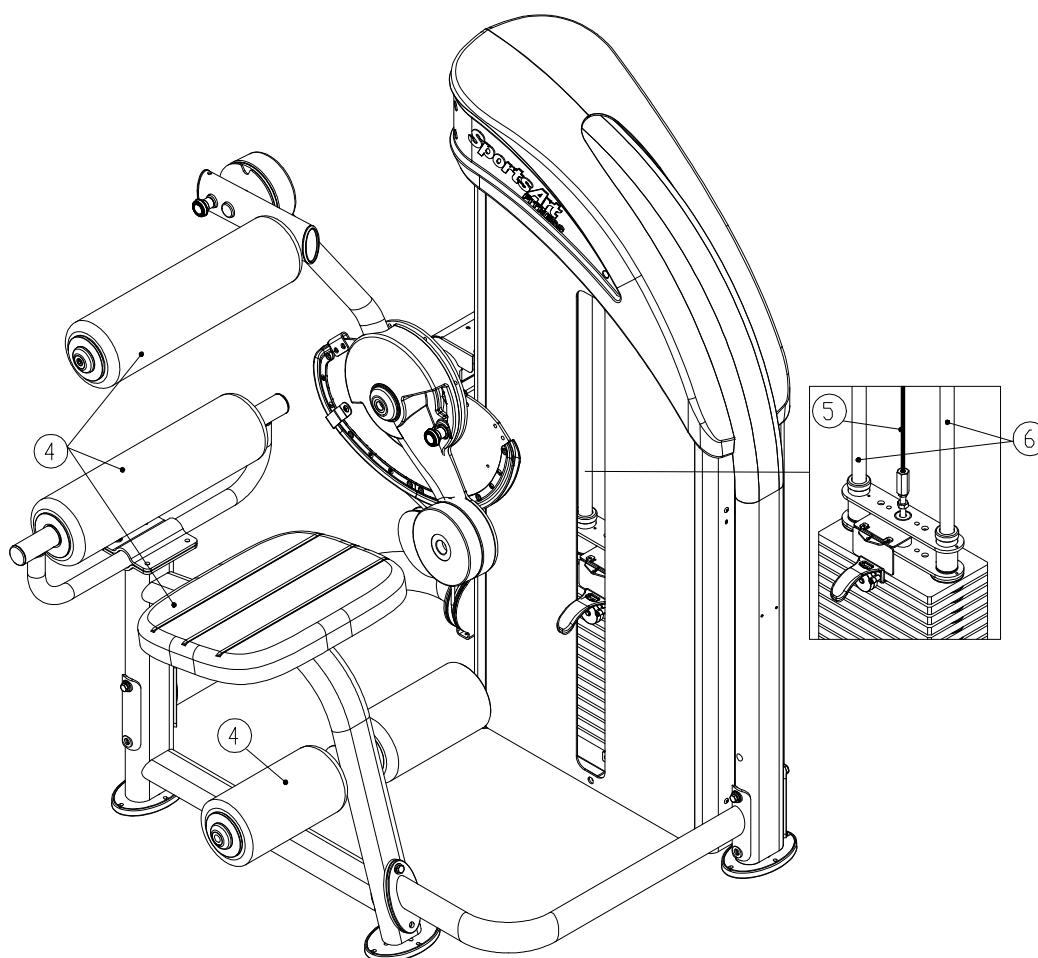
Procedure:

- (a). Put some lubricant on a clean, lint-free cloth. Rub the lubricated cloth on the guide rods.
 - (b). Load the upper stack carriage set. Exercise to test operation.
 - (c). Repeat steps (a) and (b) 2-3 times. (Note: the cloth should be lint-free.)
2. After lubricating the guide rods, inspect cable tightness. Refer to the manual, and adjust it if necessary.



Maintenance Schedule

(P731) Maintenance Schedule							
	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	●					Clean.
2	Screws	●					Inspect for looseness and secure if necessary.
3	Test	●					Check for proper equipment operation.
4	Back/Seat Cushion	●					Use damped cloth to clean.
5	Cable		●				Check for damage or wear. Replace it if necessary.
6	Guide Rod		●				Clean and lubricate.



Maintenance Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel to wipe down the product exterior.
2. Inspect all screws. Secure if necessary.
3. Make sure the machine is working properly.
4. Wipe the cushions clean with a damp cloth.

Weekly tasks

1. Check the cable for damage or tear.
2. Clean and lubricate the guide rods.

Caution

- Please follow standard safety precautions when working on this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

Maintenance One-Year Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: _____

7. CONSIGNES DE SÉCURITÉ IMPORTANTES

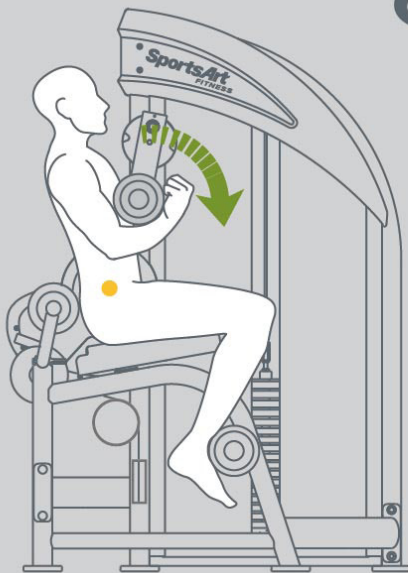
Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le produit selon les instructions.
- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le produit.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.
- Soyez prudent lors du montage et démontage de l'appareil.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand de produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

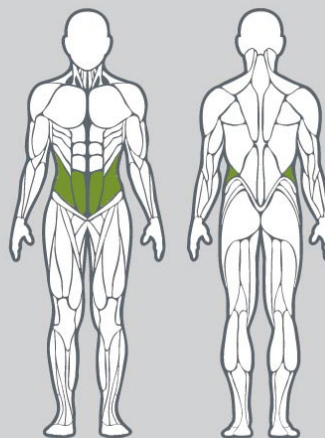
ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement. Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet. Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

P731 Abdominal Crunch



- 1 Place your lower shins behind the lower roller pad.
- 2 Press your lower back against the middle roller pad.
- 3 Adjust rotator if necessary. Hold the upper roller pad against your chest.
- 4 Select weight that allows you to perform the exercise correctly.
- 5 Lean the upper body forward. Exhale while exerting force.



www.sportsartfitness.com

CAUTION

Do not use this machine if you are unfamiliar or do not know how to operate it. Do not allow people near this machine when in use. Keep clear of parts not intended for contact during exercise. For your safety, exhale while you exert force.