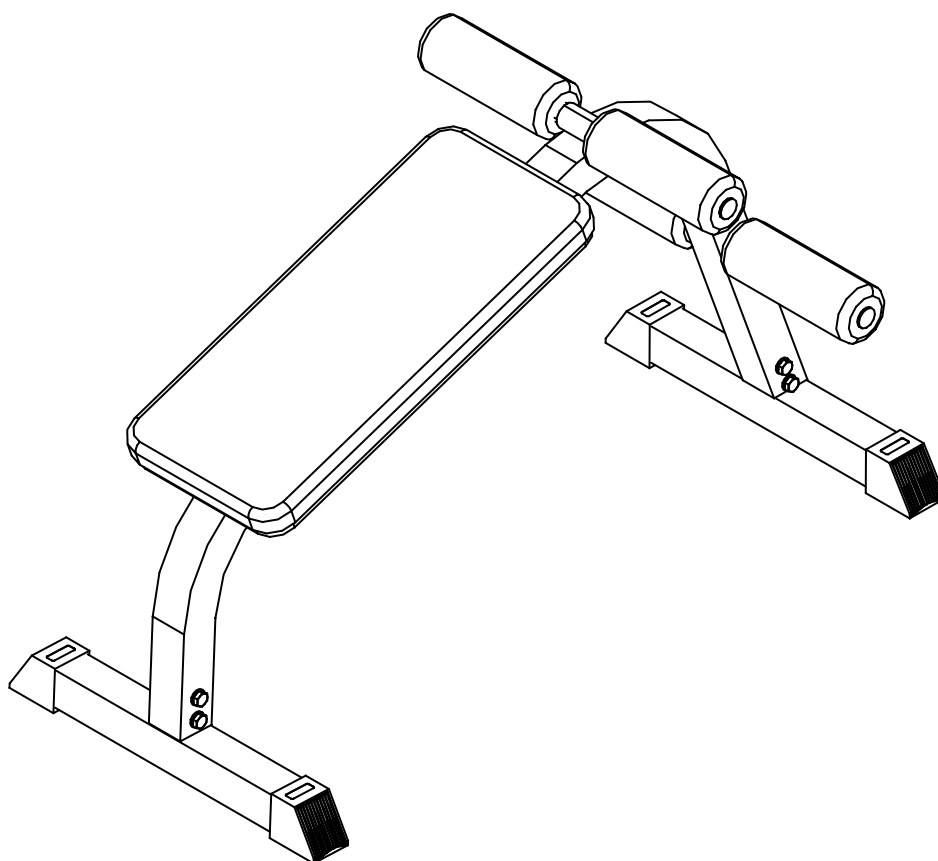


PAB-139X

AB BOARD

OWNER'S MANUAL



Архангельск (8182)63-90-72	Ижевск (3412)26-03-58	Магнитогорск (3519)55-03-13	Пермь (342)205-81-47	Сургут (3462)77-98-35
Астана (7172)727-132	Иркутск (395)279-98-46	Москва (495)268-04-70	Ростов-на-Дону (863)308-18-15	Тверь (4822)63-31-35
Астрахань (8512)99-46-04	Казань (843)206-01-48	Мурманск (8152)59-64-93	Рязань (4912)46-61-64	Томск (3822)98-41-53
Барнаул (3852)73-04-60	Калининград (4012)72-03-81	Набережные Челны (8552)20-53-41	Самара (846)206-03-16	Тула (4872)74-02-29
Белгород (4722)40-23-64	Калуга (4842)92-23-67	Нижний Новгород (831)429-08-12	Санкт-Петербург (812)309-46-40	Тюмень (3452)66-21-18
Брянск (4832)59-03-52	Кемерово (3842)65-04-62	Новокузнецк (3843)20-46-81	Саратов (845)249-38-78	Ульяновск (8422)24-23-59
Владивосток (423)249-28-31	Киров (8332)68-02-04	Новосибирск (383)227-86-73	Севастополь (8692)22-31-93	Уфа (347)229-48-12
Волгоград (844)278-03-48	Краснодар (861)203-40-90	Омск (3812)21-46-40	Симферополь (3652)67-13-56	Хабаровск (4212)92-98-04
Вологда (8172)26-41-59	Красноярск (391)204-63-61	Орел (4862)44-53-42	Смоленск (4812)29-41-54	Челябинск (351)202-03-61
Воронеж (473)204-51-73	Курск (4712)77-13-04	Оренбург (3532)37-68-04	Сочи (862)225-72-31	Череповец (8202)49-02-64
Екатеринбург (343)384-55-89	Липецк (4742)52-20-81	Пенза (8412)22-31-16	Ставрополь (8652)20-65-13	Ярославль (4852)69-52-93
Иваново (4932)77-34-06	Киргизия (996)312-96-26-47	Казахстан (772)734-952-31	Таджикистан (992)427-82-92-69	

Единый адрес для всех регионов: bda@nt-rt.ru || www.bodysolid.nt-rt.ru

PAB-139X

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PAB-139X

SAFETY INSTRUCTIONS

**WHEN USING EXERCISE EQUIPMENT,
YOU SHOULD ALWAYS TAKE BASIC
PRECAUTIONS INCLUDING THE
FOLLOWING:**

- Read all instructions before using the PAB-139X. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause serious injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts
- Use care when getting on or off the unit.
- Do no overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

PERSONAL SAFETY DURING ASSEMBLY

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment
- Assemble and operate the PAB-139X on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PAB-139X is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Powerline Ab-Board.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

OBTAINING SERVICE

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Powerline by Body Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Powerline website at www.bodysolid.com or contact an authorized Powerline dealer or a Powerline factory-authorized service company or contact Body-Solid customer service at one of the following:

**RETAIN THIS OWNER'S MANUAL FOR
FUTURE REFERENCE. PART NUMBERS
ARE REQUIRED WHEN ORDERING PARTS.**

PAB-139X

PREPARATION

REQUIRED TOOLS

The basic tools that you must obtain before assembling the PAB-139X include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Standard / Metric Allen Key Set

INSTALLATION REQUIREMENTS

Follow these installation requirements when assembling the PAB-139X:

Set up the PAB-139X on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

ORDERING REPLACEMENT PARTS

If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

1. Model Number
2. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

ASSEMBLY TIPS

Read all “Notes” on each page before beginning each step.

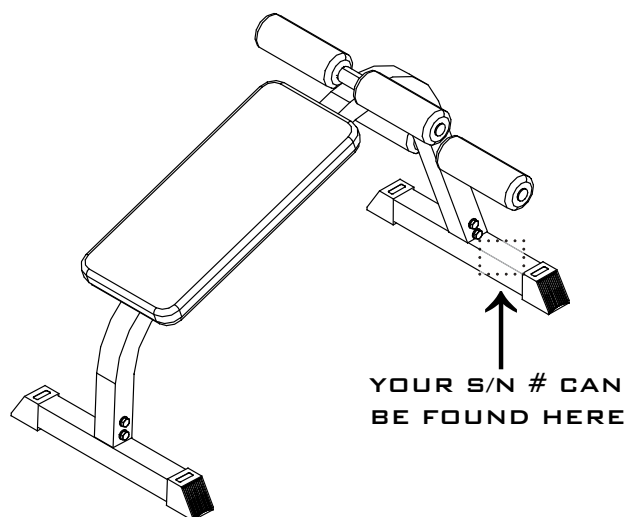
While you may be able to assemble the PAB-139X using the illustrations only, important safety notes and other tips may be included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

NOTE: The bottles that are marked “Poison” is your touch up paint. Keep away from children.

CAUTION: Obtain assistance! If you feel like you can’t assemble the PAB-139X by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.



PAB-139X

HARDWARE LIST

<u>PART #</u>	<u>SIZE</u>	<u>DESCRIPTION</u>	<u>QUANTITY</u>
1	M10X16mm	HEX HEAD BOLT	8 PCS.
2	M8X70mm	HEX HEAD BOLT	2 PCS.
3	M10 (I.D.)	WASHER	8 PCS.
4	M8 (I.D.)	WASHER	2 PCS.
5	M8	SPRING WASHER	2 PCS.
6	2"X2"	FOOT CAPS	4 PCS.
7	1" DIA.	ROUND END CAPS	4 PCS.
8	3"X8"	FOAM ROLLER	4 PCS.

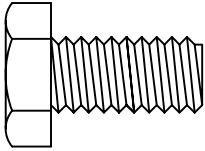
PAB-139X

HARDWARE ILLUSTRATION

PART #1

M10X16 HEX HEAD BOLT)

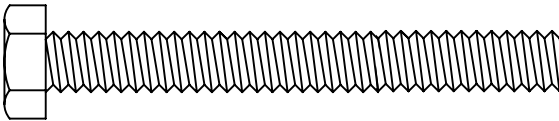
QTY. 8



PART #2

M8X70 HEX HEAD BOLT

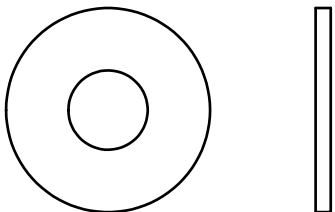
QTY. 2



PART #3

M10 WASHER

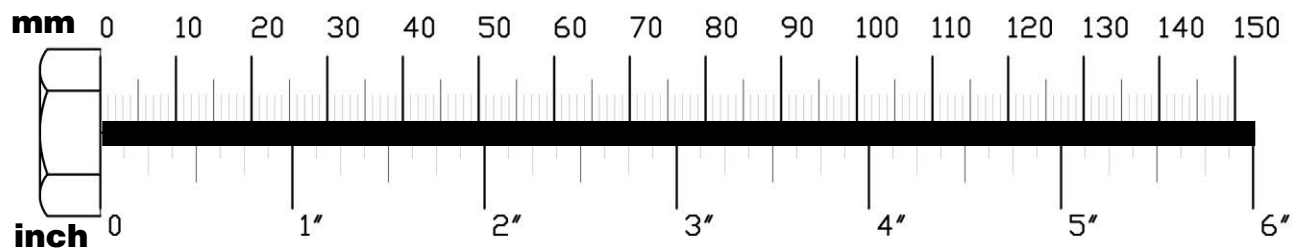
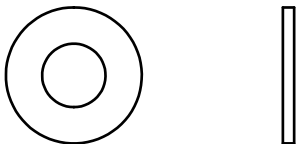
QTY. 8



PART #4

M8 WASHER

QTY. 2



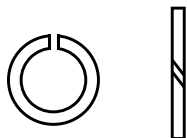
PAB-139X

HARDWARE LIST CONT.

PART #5

M8 SPRING WASHER

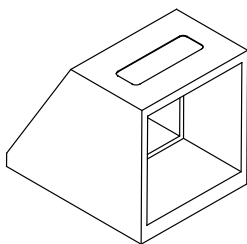
QTY. 2



PART #6

FOOT CAP

QTY. 4



PART #7

ROUND END CAP

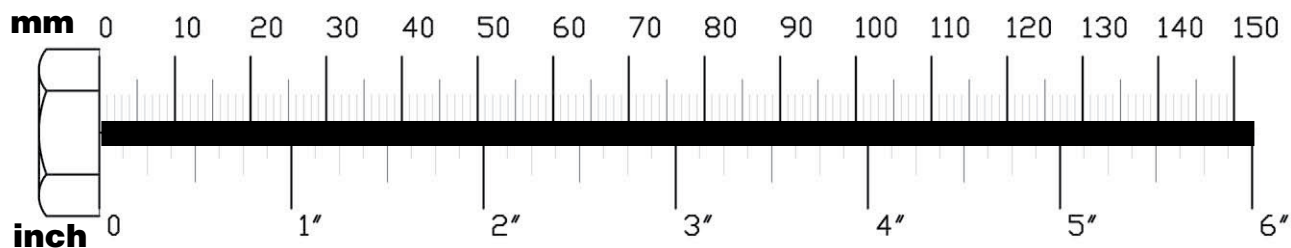
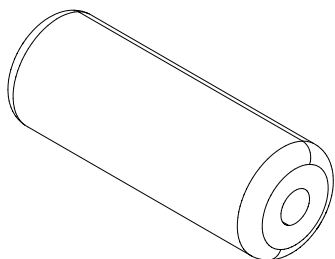
QTY. 4



PART #8

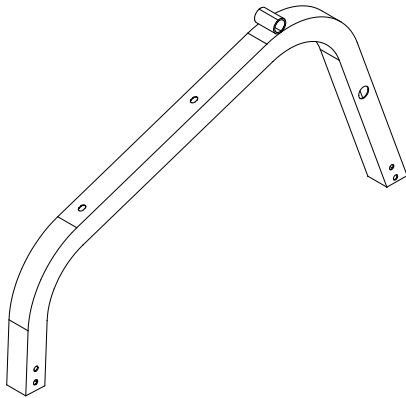
FOAM ROLLER

QTY. 4

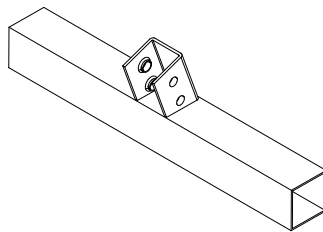


PAB-139X

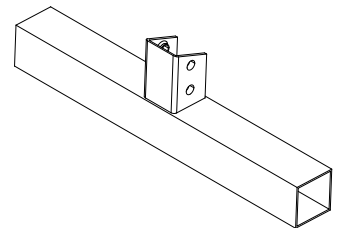
PART LIST



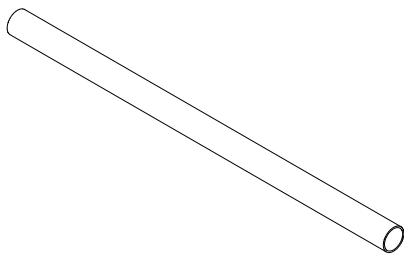
PART A
MAINFRAME
[1 PCS]



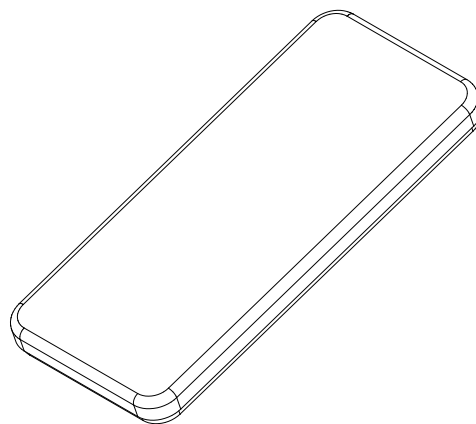
PART B
RIGHT LOWER FRAME
[1 PCS]



PART C
LEFT LOWER FRAME
[1 PCS]



PART D
ROLLER BAR
[2PCS]



PART E
SEAT PAD
[1 PCS]

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STEP 1

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS
IN THE SEQUENCE THAT THEY ARE PRESENTED.**

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN
UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

1 A. CONNECT LEFT LOWER FRAME (C) TO MAINFRAME (A) USING:

4 - (#1) M10X16MM HEX HEAD BOLT

4 - (#3) M10 WASHER

**1 B. CONNECT RIGHT LOWER FRAME (B) TO MAINFRAME (A)
USING:**

4 - (#1) M10X16MM HEX HEAD BOLT

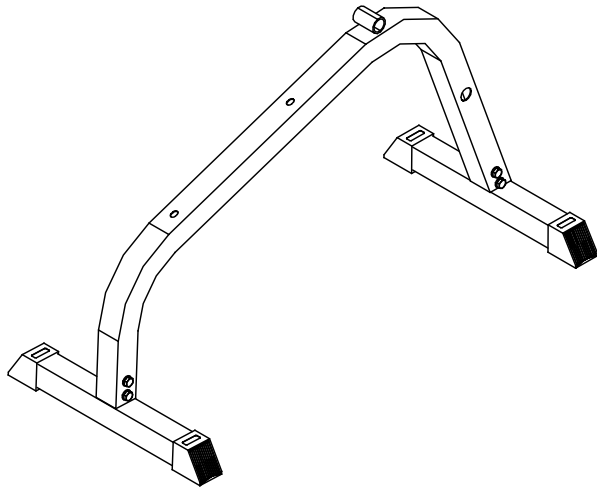
4 - (#3) M10 WASHER

**1 C. INSERT FOOT CAPS ONTO THE ENDS OF RIGHT LOWER
FRAME (B) AND LEFT LOWER FRAME (C) USING:**

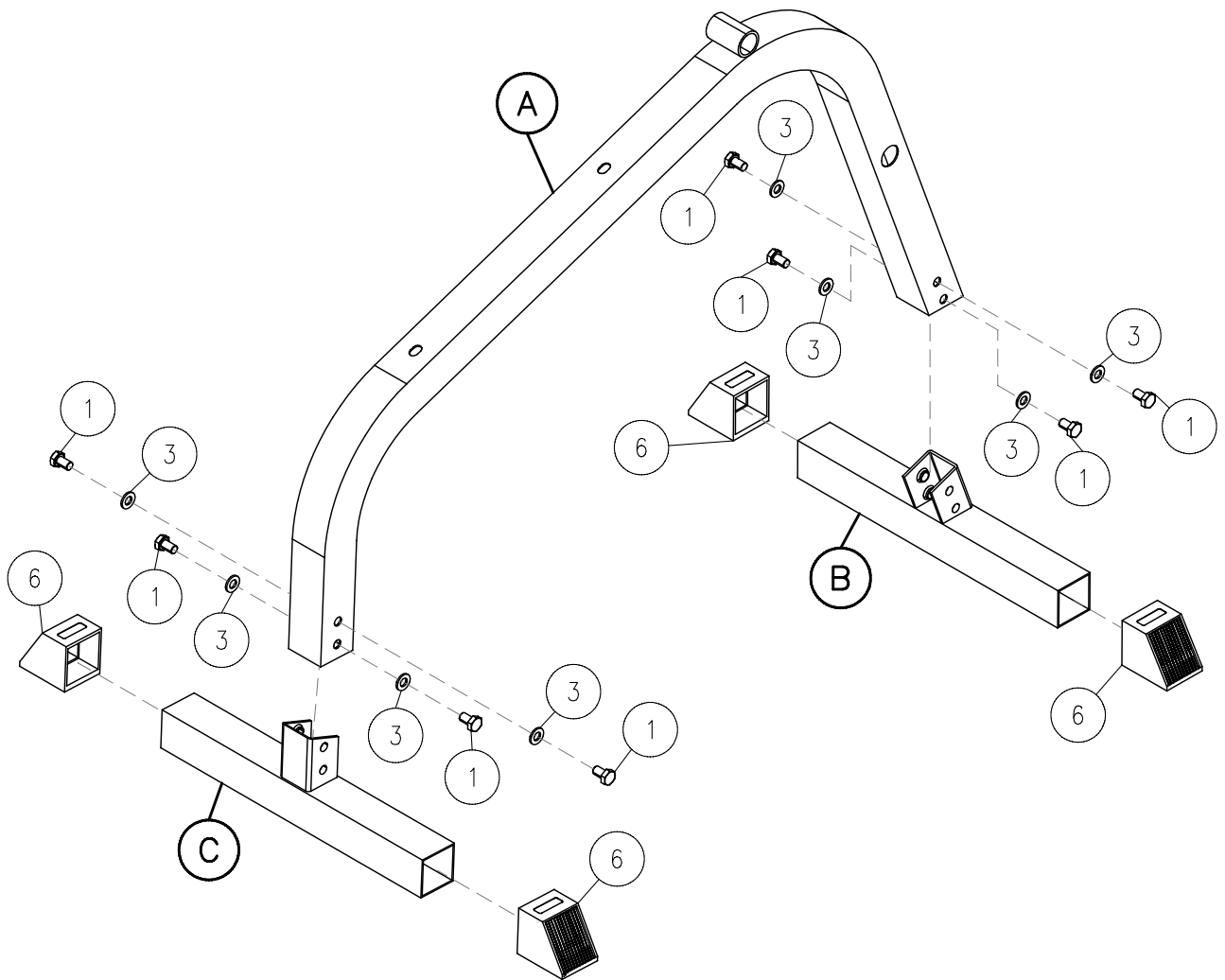
4 - (#6) 2"X2" FOOT CAP

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STEP 1



**ABOVE SHOWS STEP 1
ASSEMBLED AND COMPLETED**



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STEP 2

**BE CAREFUL TO ASSEMBLE ALL COMPONENTS
IN THE SEQUENCE THAT THEY ARE PRESENTED.**

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN
UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED.

NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

2A. CONNECT SEAT PAD (E) TO MAINFRAME (A) USING:

- 2 - (#2) M8X70MM HEX HEAD BOLT
- 2 - (#5) M8 SPRING WASHER
- 2 - (#4) M8 WASHER

**2B. INSERT ROLLER BAR (D) INTO THE TOP ROUNDED SLOT OF
MAINFRAME (A). INSERT FOAM ROLLERS AND END CAPS ON
EACH SIDE OF THE SLOT USING:**

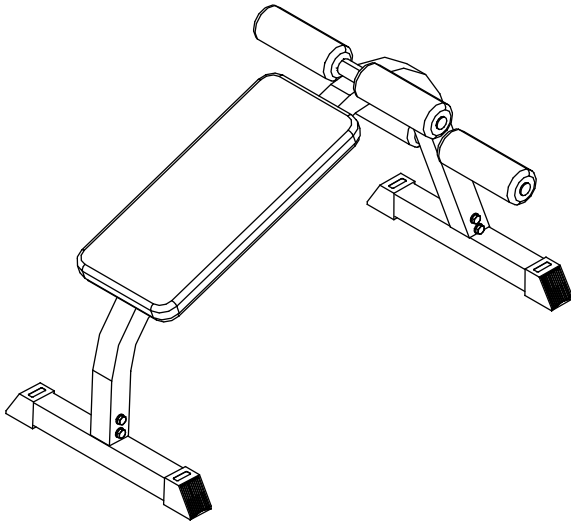
- 2 - (#8) Ø3"X8" FOAM ROLLER
- 2 - (#7) Ø1" ROUND END CAP

**2C. INSERT ROLLER BAR (D) INTO THE BOTTOM ROUNDED SLOT OF
MAINFRAME (A). INSERT FOAM ROLLERS AND END CAPS ON
EACH SIDE OF THE SLOT USING:**

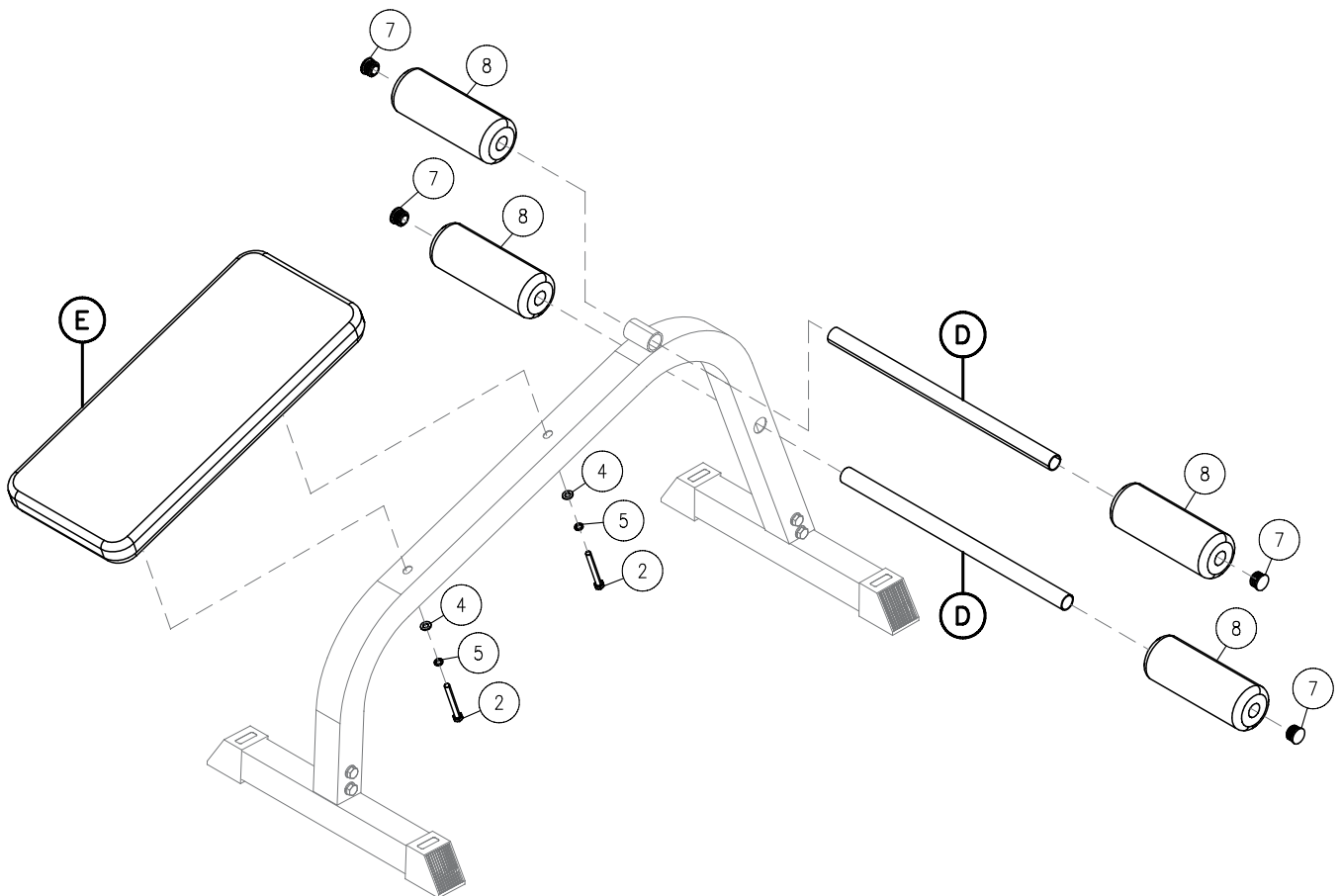
- 2 - (#8) Ø3"X8" FOAM ROLLER
- 2 - (#7) Ø1" ROUND END CAP

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STEP 2



**ABOVE SHOWS STEP 2
ASSEMBLED AND COMPLETED**



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EXPLODED VIEW

