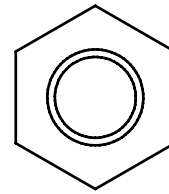
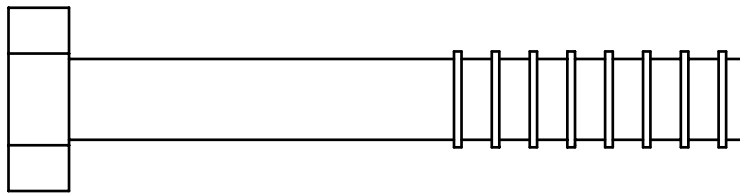


**ABCORE FITNESS, Inc. Corporate Office**  
20 Progress Street, East Stroudsburg, PA 18301  
Tel. (570) 424.1006 · Toll Free (800)748-8525  
[www.fitnessabcore.com](http://www.fitnessabcore.com)

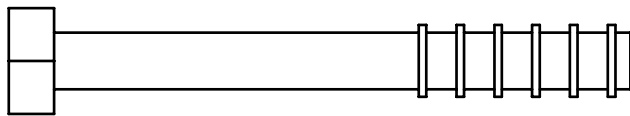
**WAB-400 OWNER'S MANUAL**

# WAB-400 ASSEMBLY INSTRUCTIONS

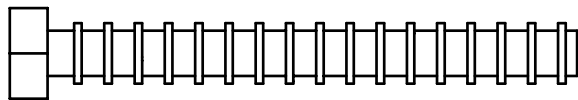
## HARDWARE ILLUSTRATION



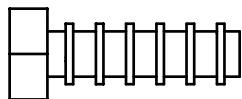
(A1)HEX BOLT 1/2"X3-1/2"L PARTIAL QTY.2



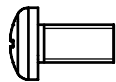
(A2)HEX BOLT 3/8"X3"L PARTIAL QTY.8



(A3)HEX BOLT 5/16"X2-3/4"L PARTIAL QTY.2



(A4)HEX BOLT 5/16"X1"L PARTIAL QTY.4

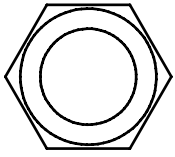


(A5)ROUND CROSS SCREW M5X10L PARTIAL QTY.2

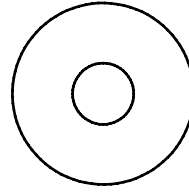
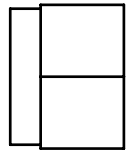


# WAB-400 ASSEMBLY INSTRUCTIONS

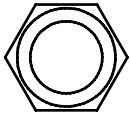
## HARDWARE ILLUSTRATION



(B1) NYLON LOCK NUT 1/2" QTY.2



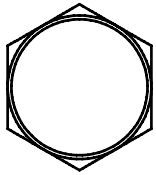
(C3) 5/16" (I.D) FLAT WASHER Ø24 QTY.6



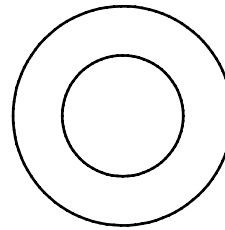
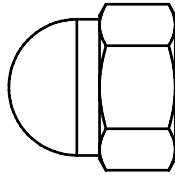
(B2) NYLON LOCK NUT 3/8" QTY.8



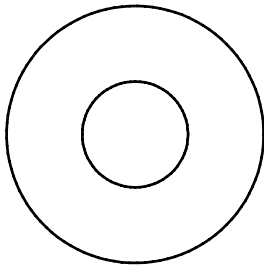
(C4) M5 (I.D) FLAT WASHER Ø12 QTY.2



(B3) DOMED CAP NUT 1/2" QTY.4



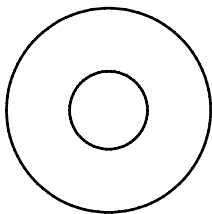
(C5) Ø29XØ16X2t FLAT WASHER QTY.6



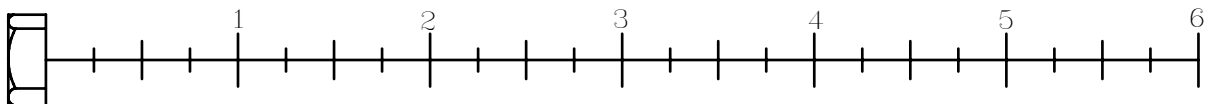
(C1) 1/2" (I.D) FLAT WASHER Ø34 QTY.4



(C6) SPRING WASHER 5/16" QTY.6



(C2) 3/8" (I.D) FLAT WASHER Ø27 QTY.16



# WAB-400 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

D1. Ø3/4"XØ15.8X25L STEEL BUSHING (8110-072)	-----	[2PCS]
D2. Ø1" ROUND END CAP (8341-033)	-----	[2PCS]
D3. 1"X2" END CAP(9211-009)	-----	[6PCS]
D4. 50mmX50mmX1.8t END CAP(9211-082)	-----	[4PCS]
D5. 45mmX45mmX1.8t END CAP(9211-091)	-----	[1PCS]
D6. 40X80X2tX35H END CAP(9211-113)	-----	[2PCS]
D7. Ø1"X135L RUBBER GRIP(9212-055)	-----	[2PCS]
D8. 2" NYLON WASHER (9214-001)	-----	[4PCS]
D9. 3" NYLON WASHER (9214-008)	-----	[2PCS]
D10. Ø2-1/2"X1/2"tX26 RUBBER DOUNT(9310-011)	-----	[1PCS]
D11. Ø58X116X29t RUBBER DOUNT(9310-057)	-----	[1PCS]
D12. Ø1" SHAFT COLLAT(RC-07T)	-----	[1PCS]

D1.



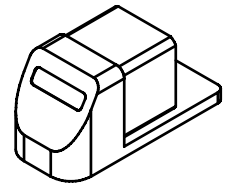
D2.



D3.



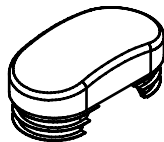
D4.



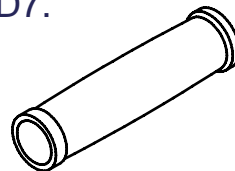
D5.



D6.



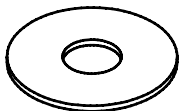
D7.



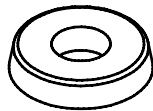
D8.



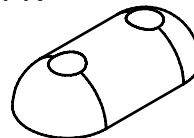
D9.



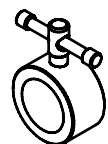
D10.



D11.



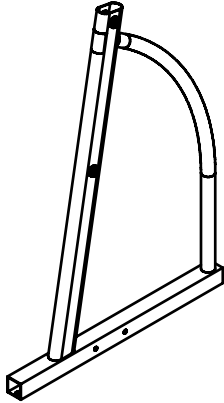
D12.



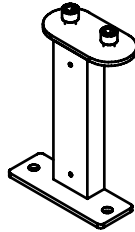
# WAB-400 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

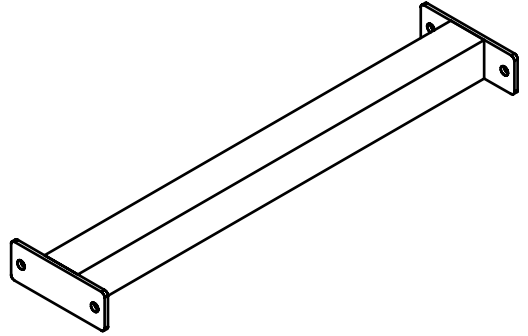
A[2PCS]



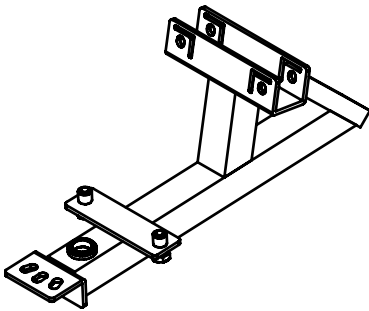
B[1PCS]



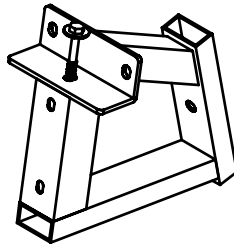
C[1PCS]



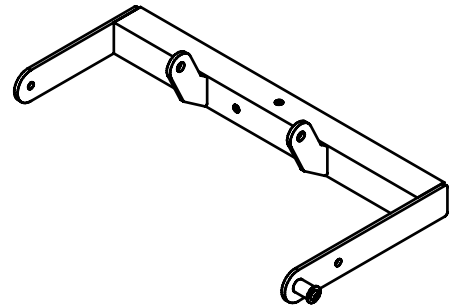
D[1PCS]



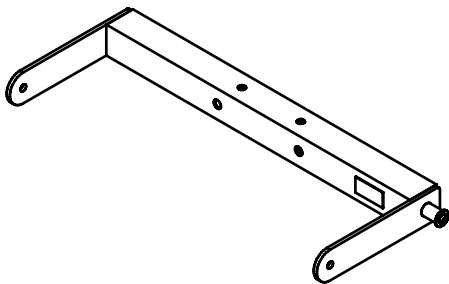
E[1PCS]



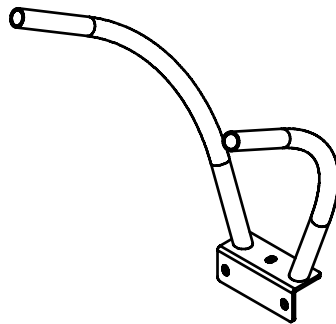
F[1PCS]



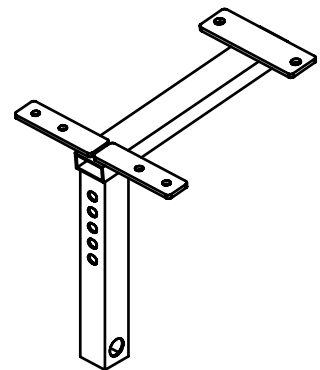
G[1PCS]



H[1PCS]



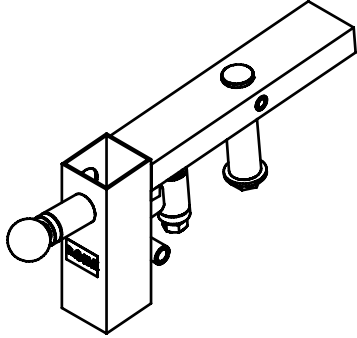
I[1PCS]  
6650-001



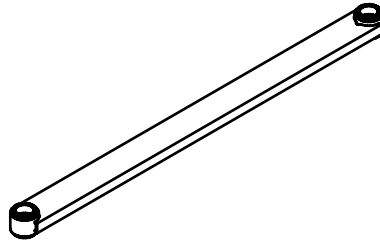
# WAB-400 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

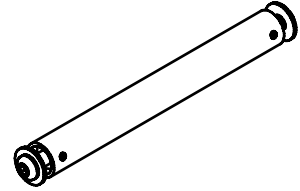
J[1PCS]  
6660-001



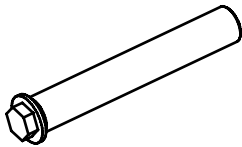
K[1PCS]  
6630-001



L[1PCS]  
6640-004



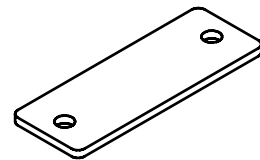
M[1PCS]  
8220-079



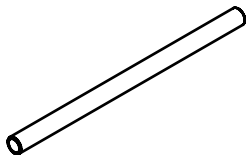
N[1PCS]  
8220-079



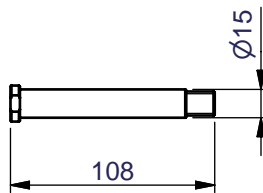
O[2PCS]  
8312-090



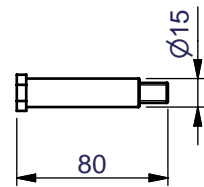
P[1PCS]  
Ø25.4X2.5tX420L



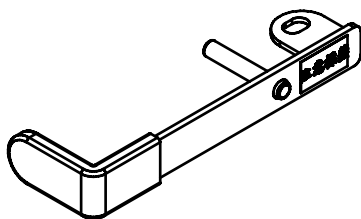
Q[2PCS]  
8210-100



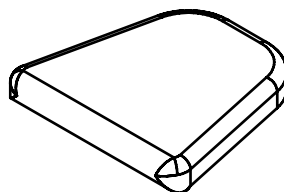
R[2PCS]  
8210-101



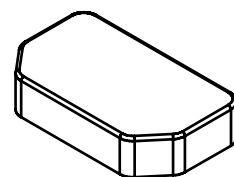
S[1PCS]  
280217



T[1PCS]  
9121-059



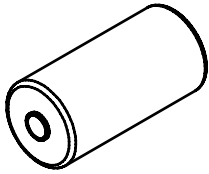
U[1PCS]  
9111-062



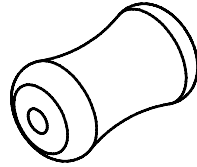
# WAB-400 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

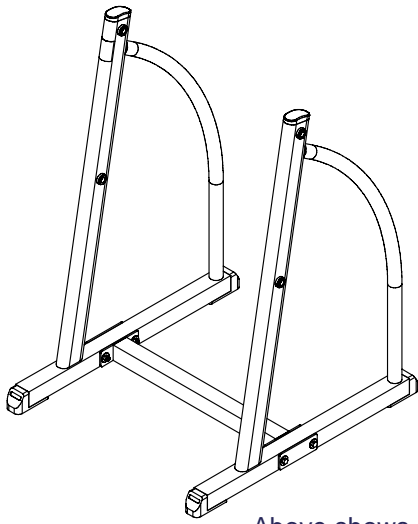
V[1PCS]  
9161-049



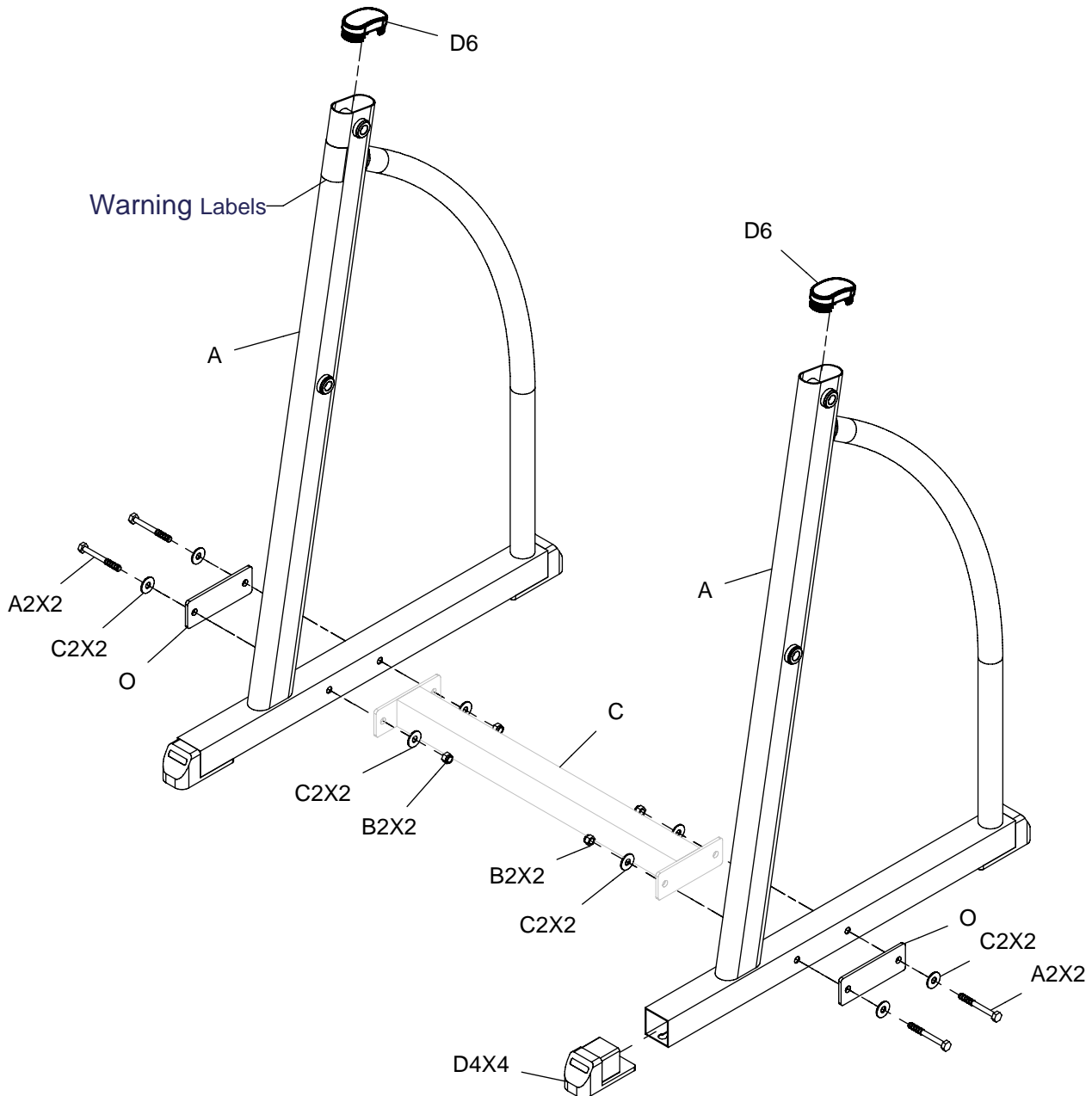
W[2PCS]  
9161-052



# WAB-400 ASSEMBLY INSTRUCTIONS

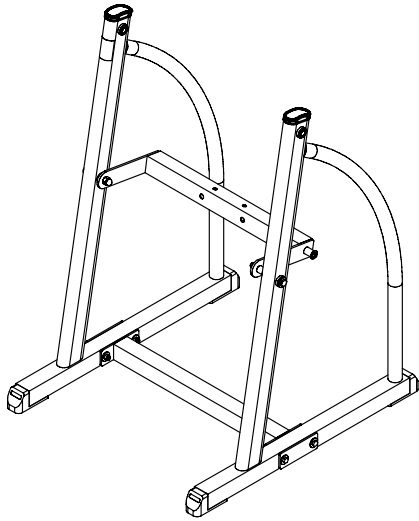


Above shows STEP 1  
assembled and completed

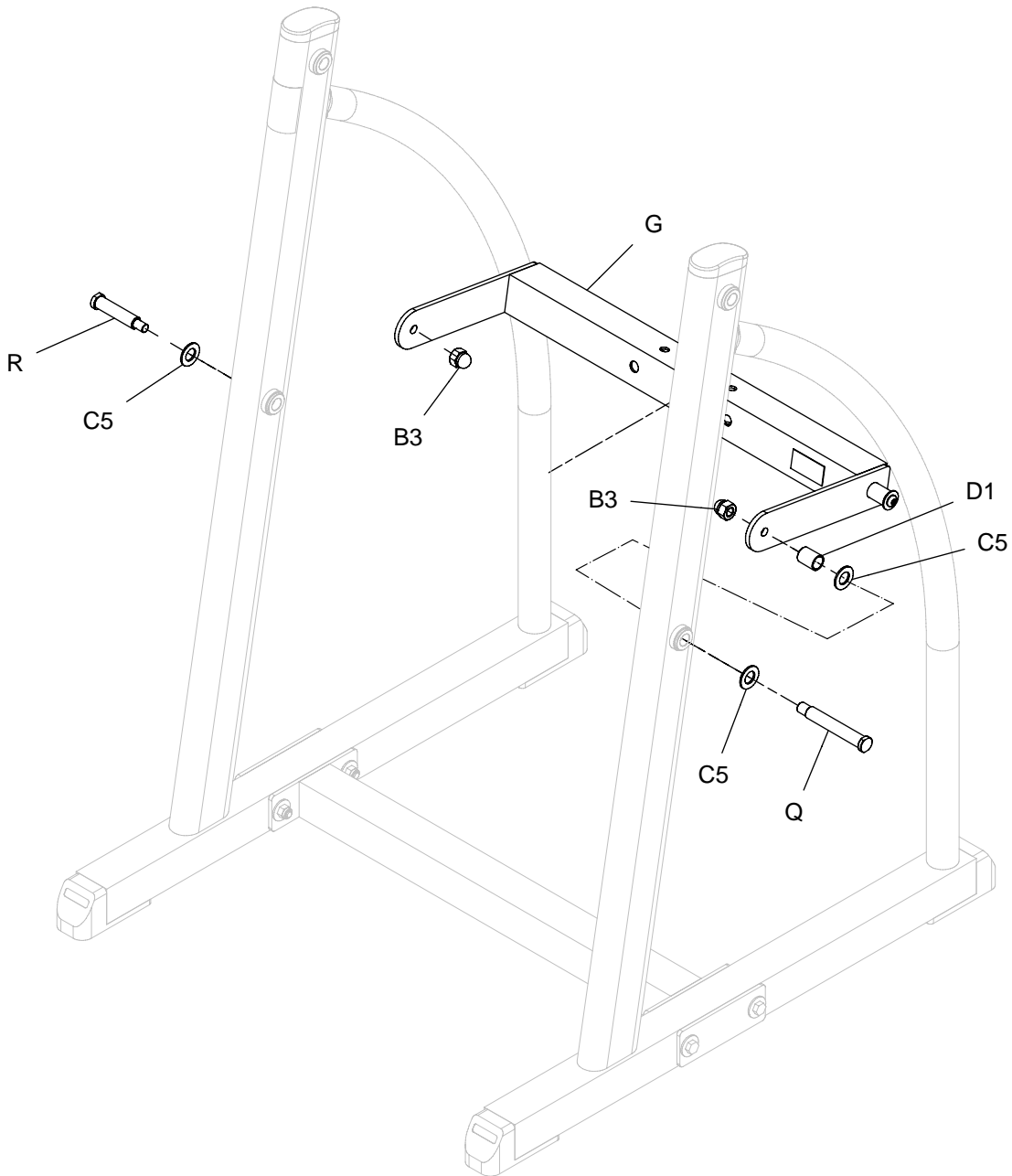




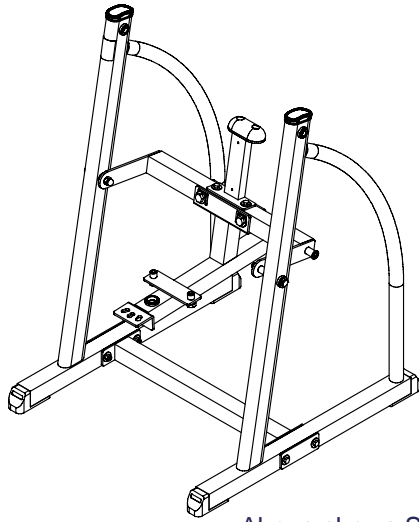
# WAB-400 ASSEMBLY INSTRUCTIONS



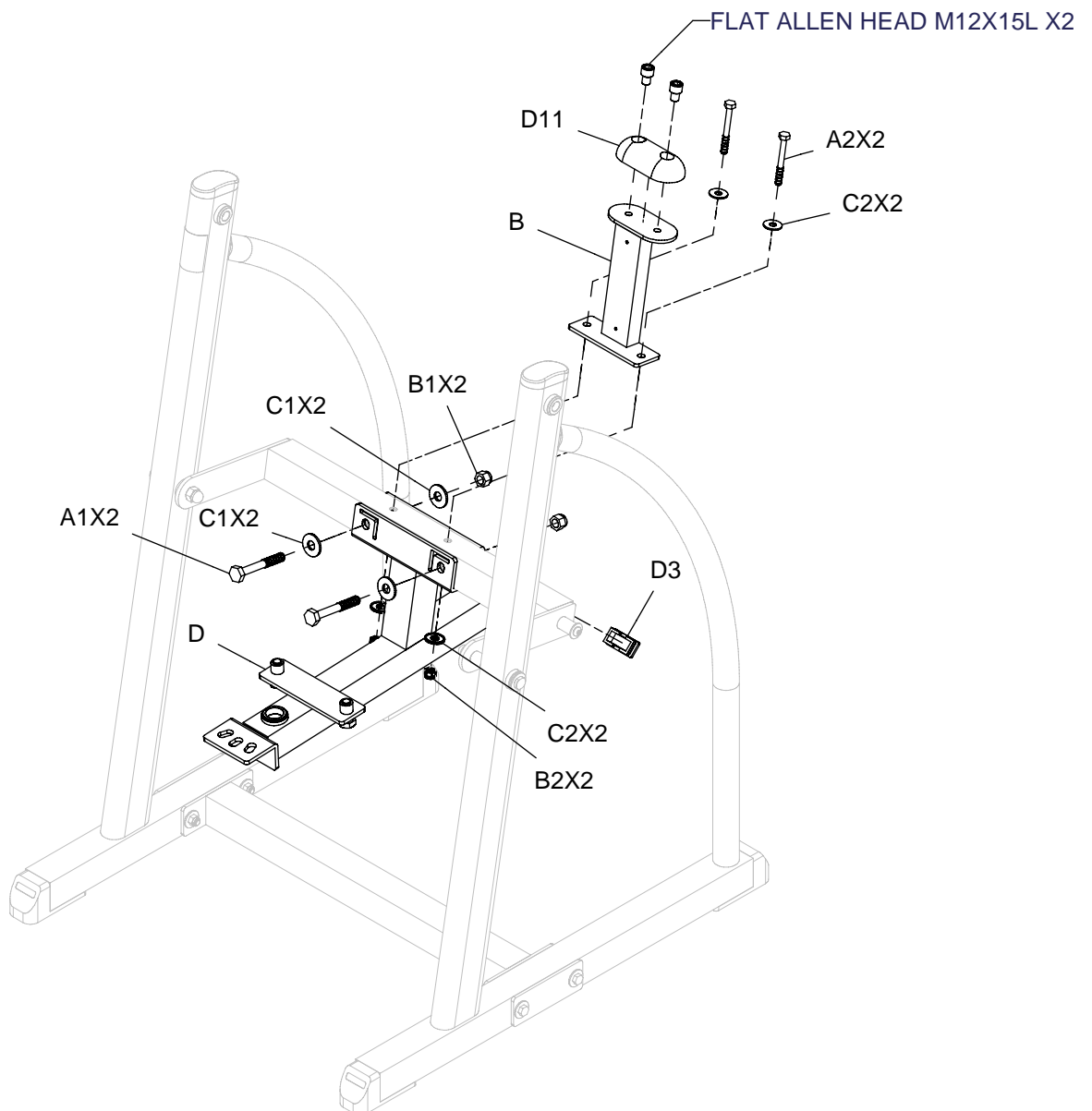
Above shows STEP 2  
assembled and completed



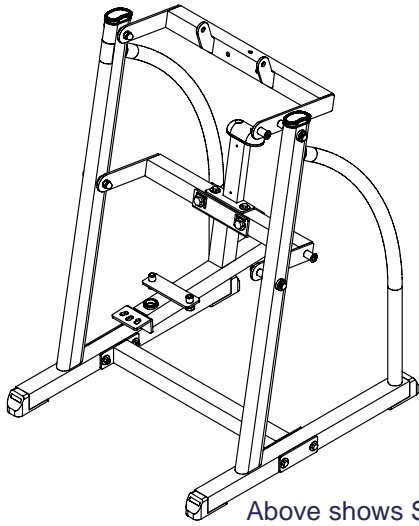
# WAB-400 ASSEMBLY INSTRUCTIONS



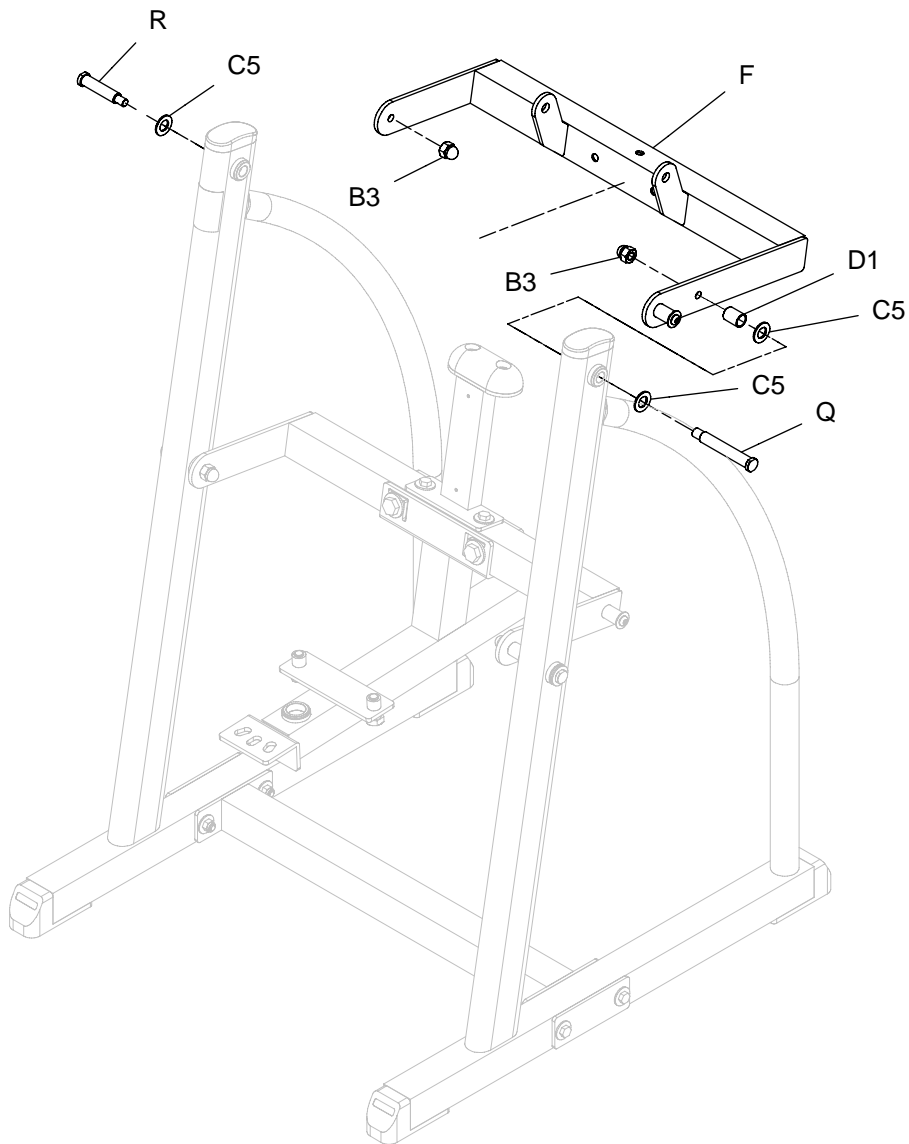
Above shows STEP 3 assembled and completed



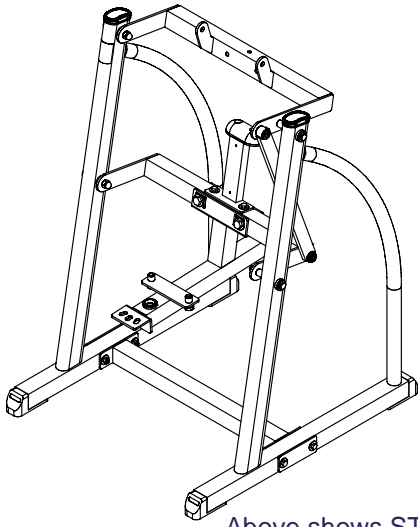
# WAB-400 ASSEMBLY INSTRUCTIONS



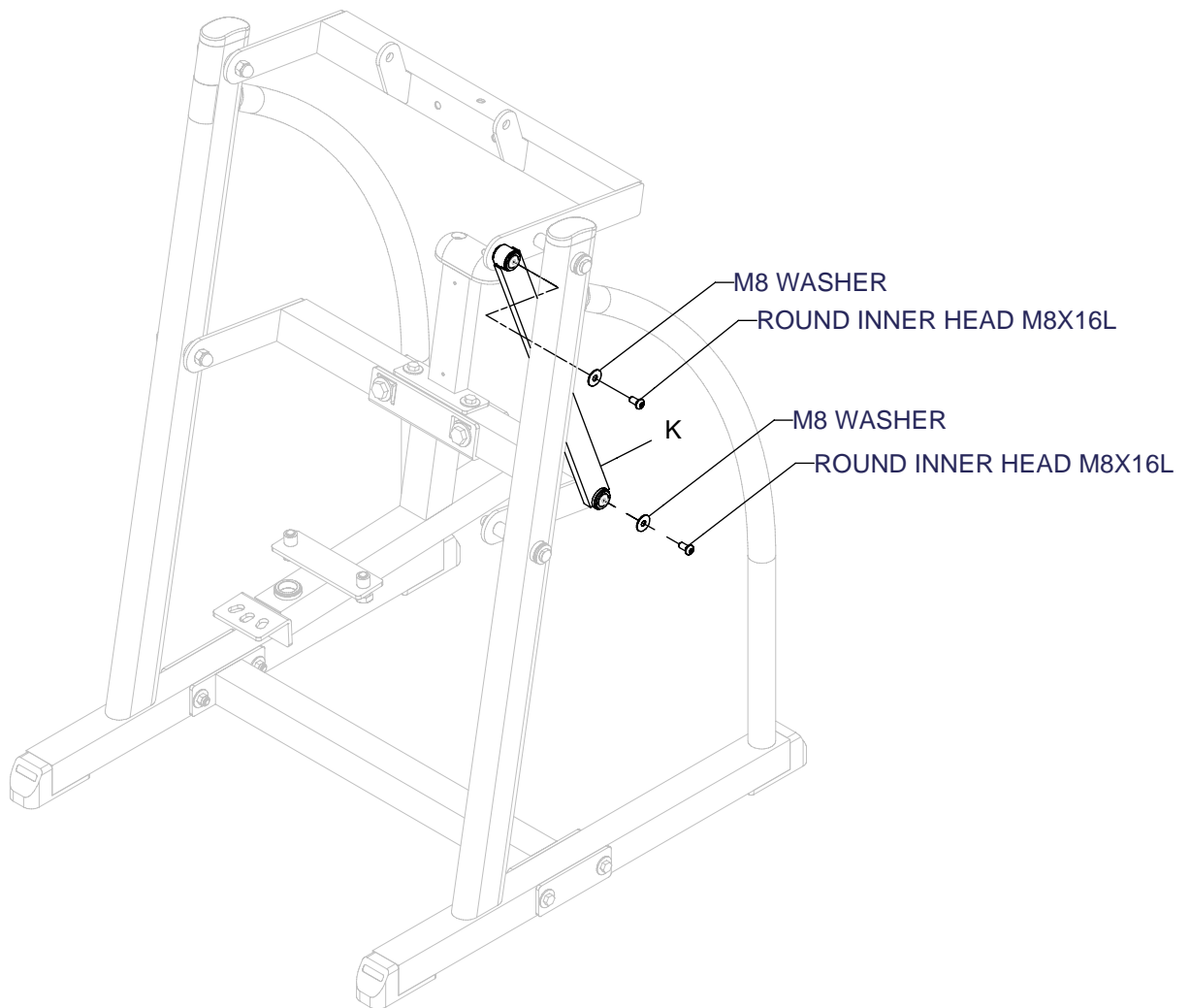
Above shows STEP 4  
assembled and completed



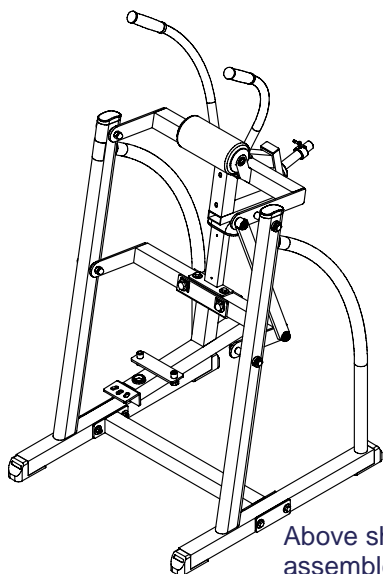
# WAB-400 ASSEMBLY INSTRUCTIONS



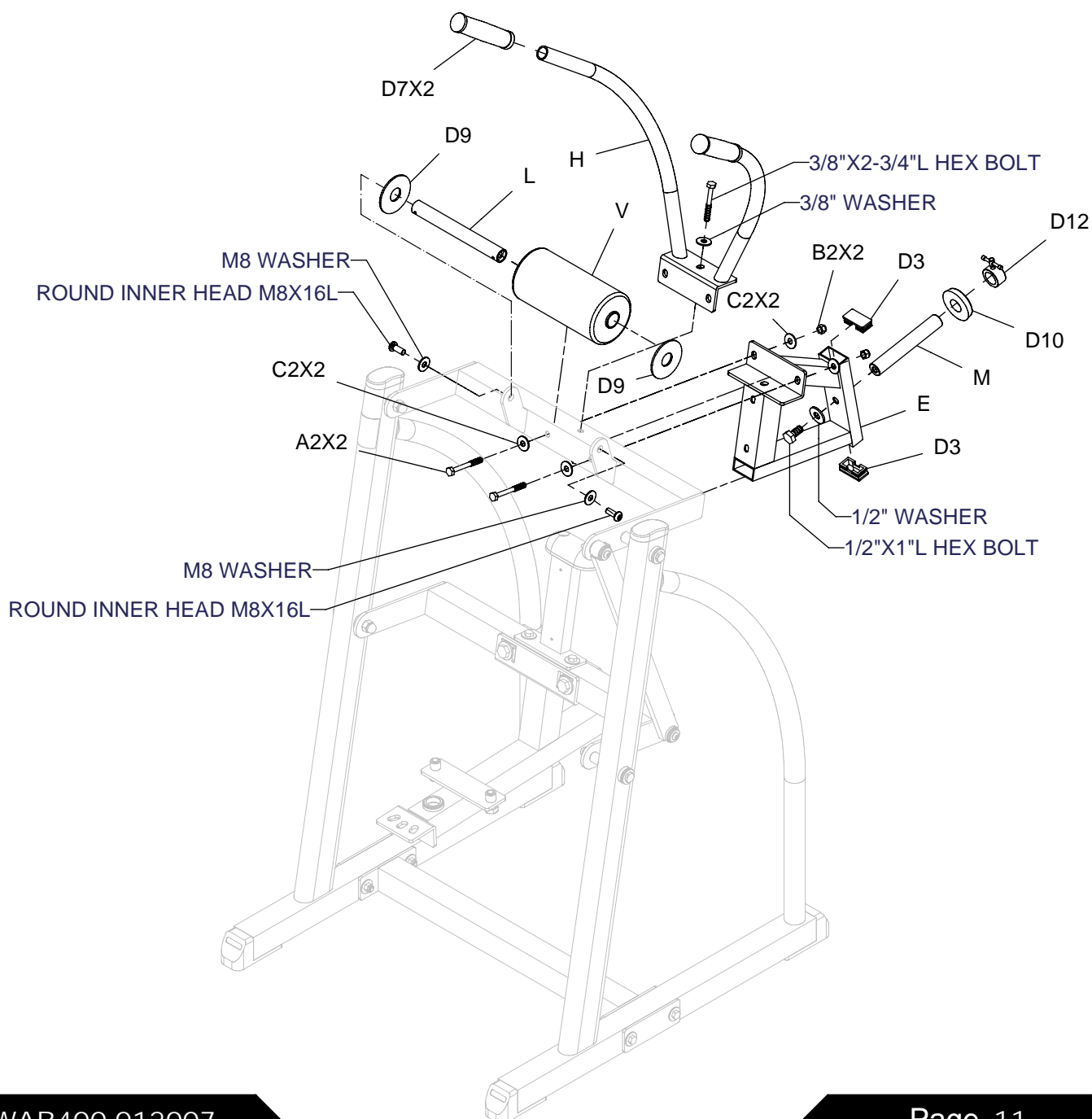
Above shows STEP 5  
assembled and completed



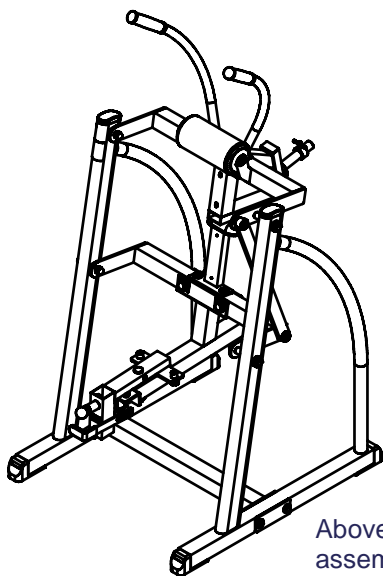
# WAB-400 ASSEMBLY INSTRUCTIONS



Above shows STEP 6  
assembled and completed

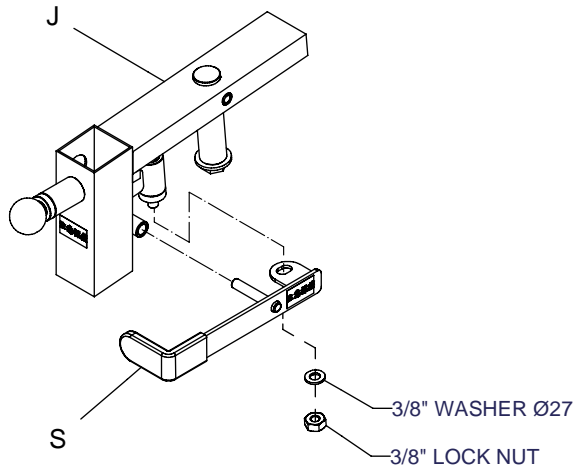


# WAB-400 ASSEMBLY INSTRUCTIONS

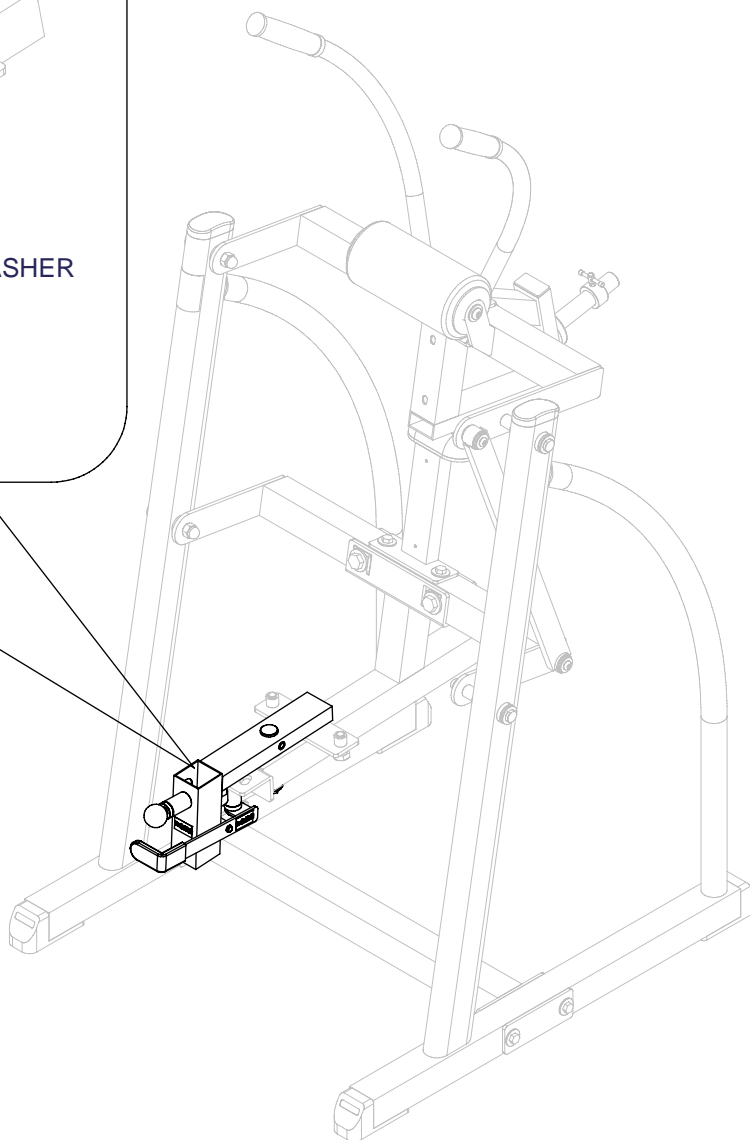
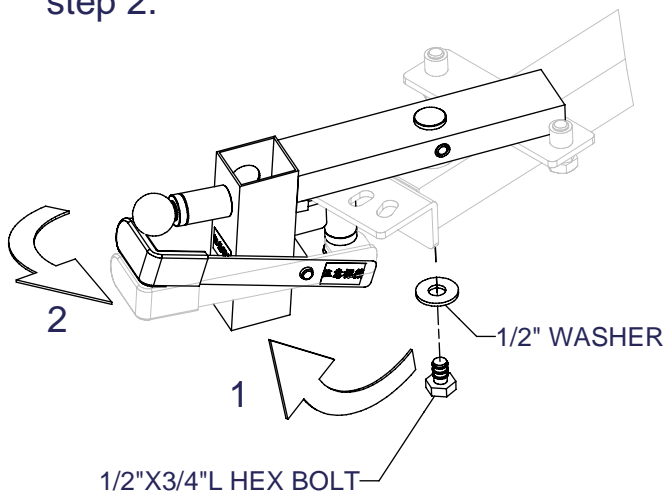


Above shows STEP 7  
assembled and completed

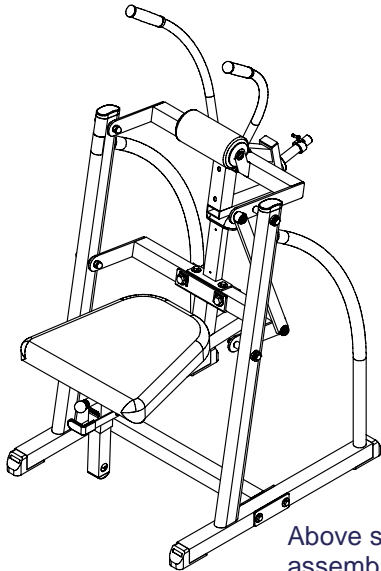
step 1.



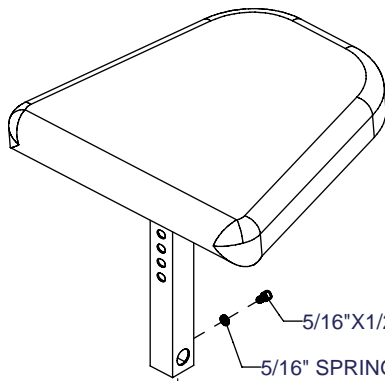
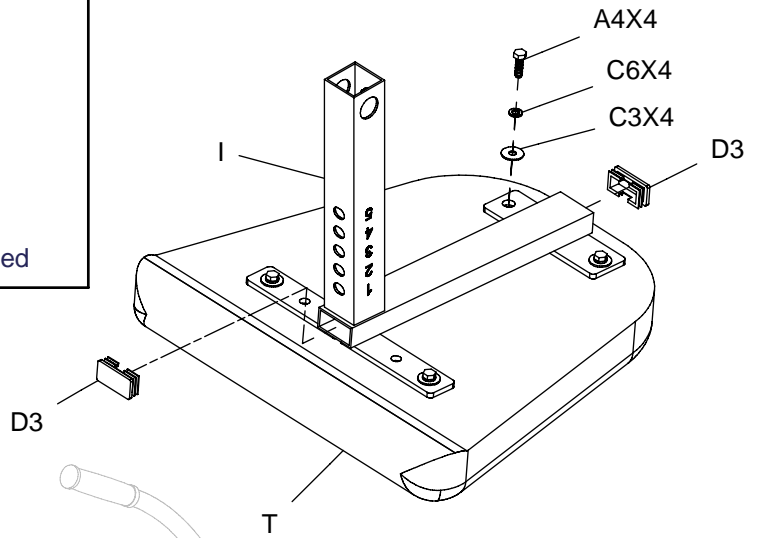
step 2.



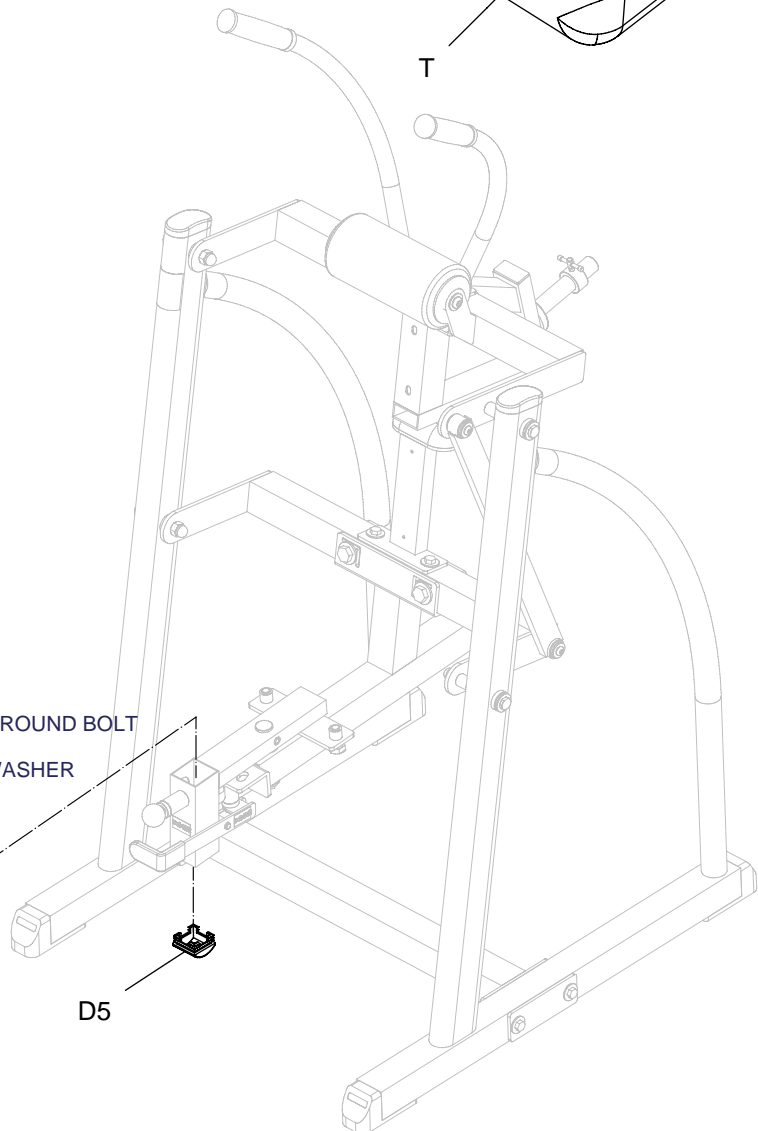
# WAB-400 ASSEMBLY INSTRUCTIONS



Above shows STEP 8  
assembled and completed

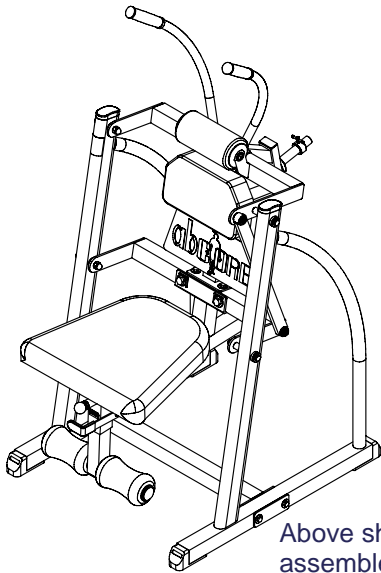


5/16" X 1/2" L ROUND BOLT  
5/16" SPRING WASHER



D5

# WAB-400 ASSEMBLY INSTRUCTIONS



Above shows STEP 9 assembled and completed

