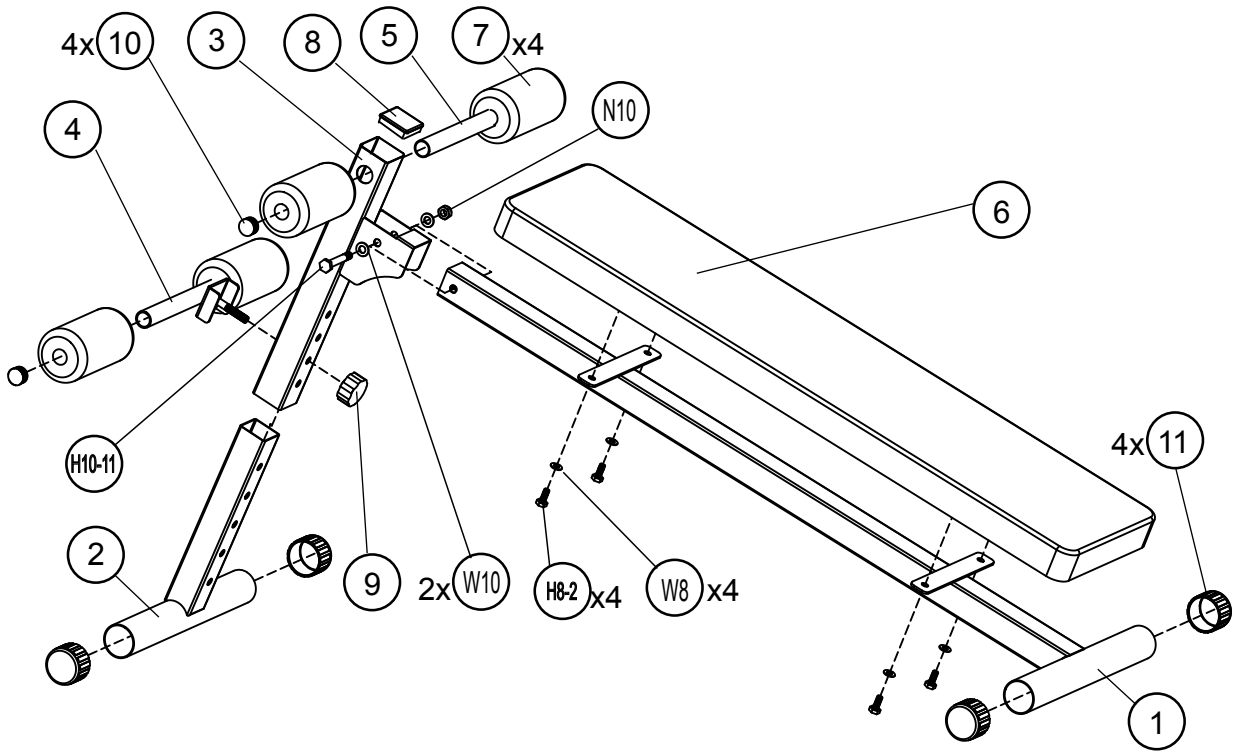


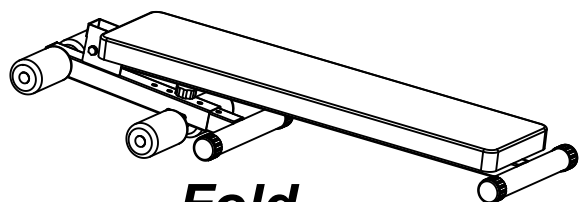
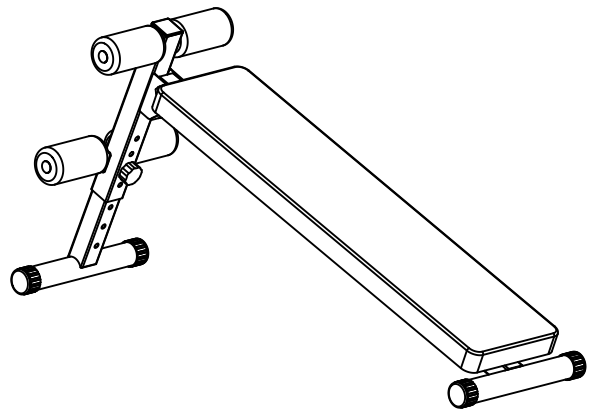
Adjustable Crunch Board

Model #: 306 CB

Assembly Instructions



Part#	Description	Qty
1	Rear Frame	1
2	Front Foot Tube	1
3	Front Frame	1
4	Leg Holder	1
5	Foam Tube	1
6	Backrest Pad	1
7	Foam Roll	4
8	F50x50mm Inner Cap	1
9	Leg Holder Nut	1
10	Dia 25mm Inner Cap	4
11	Dia 50mm Outer Cap	4
H8-3	M8x25mm Hex Head Bolt	4
H10-11	M10x65mm Hex Head Bolt	1
W8	M8 Washer	4
W10	M10 Washer	2
N10	M10 Nut	1



Fold