



**Red: PAINTED ITEMS**  
**Blue: KITS**

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

BOM Table		
PART NO.	QTY.	DESCRIPTION
01-4036	2	BOLT BH , 3/8 -16 x 3/4" ZINC
01-4053	6	BOLT BH ,1/2 -13 x 1" ZINC
01-4064	2	BOLT BH 3/8-16 X 2" ZINC
02-9220	4	3/8 -16 UNC x 1 1/4 Bolt
03-1035	2	3/8" Lock Nut
04-5207	6	WASHER, FLAT, 1/2" SAE
04-5213	8	3/8" Internal Loc Washer
05-1065	4	BRASS FLANGE BUSHING .760 X 1 X 1/2
06-8285	4	1 3/4 Inv. Ext. Snap RinG
07-9787	2	BUSHING SLEEVE
09-1058	2	7/8 x 4 1/2 FOAM GRIP
09-1211	2	Plug Frame 2 X 3 "ONE"
09-1224	2	GRIP ASSEMBLY HYD SEAT ADJUSTMENT
09-2090	2	2 X 3 X 11 GA FRAME PLUG
09-3055	2	2 X 4 11 GA FRAME PLUG
09-4004	4	MOLDED UPH. ROLLER END CAP
09-5030	1	FOOTPAD MOLDED BLACK
12-1193	1	PINCH POINT WARNING DECAL
12-1380	1	Made In USA
12-1411	1	WL#6 MAX USER WEIGHT 350 LBS
12-1814	1	WARNING LABEL, GENERAL WARNING LABEL
12-5619	2	Nautilus Transfer Decal - Small BLACK
12-6036	1	Decal, F3AAB F3AD, 0 thru 20 Deg, Left
12-6037	1	Decal, F3AAB F3AD, 0 thru 20 Deg, Right
19-1291	1	SERIAL NO. DECAL
56-0071	3	SLEEVE PIVOT SEAT 090
56-0258	2	LINK MOVEMENT ARM BACKPAD
56-0260	2	WHEEL, 70mm (2.76")
56-0425	1	Sleeve
56-0427	2	Handle F3090 Adjustment
65-1306	1	F3AAB SEAT ASSEMBLY
66-1304	1	F3AAB SEAT FRAME
91-999	1	Paint (1.5 lbs)
UP9949	1	F2AAB SEAT UPHOLSTERY
UP9955	4	UPHOLSTERY ROLLER



## F3 ADJUSTABLE ABDOMINAL BENCH

### F3AAB

Bolt Torque Specifications		
Size	Grade 5	Grade 8
	Torque (ft-lbs)	Torque (ft-lbs)
1/4-20	8	12
1/4-28	10	14
5/16-18	17	25
3/8-16	30	45
7/16-14	50	70
1/2-13	75	110
1/2-20	90	120
5/8-11	150	220
5/8-18	180	240

Customer Service & Parts 800/ 235-2233  
 General Parts Requests: parts@medfitsys.com  
 Field Service Requests: servicerequest@medfitsys.com  
 GSA Parts Requests: gsa@medfitsys.com  
 Med-Fit Systems, Inc. 800/ 831-7665

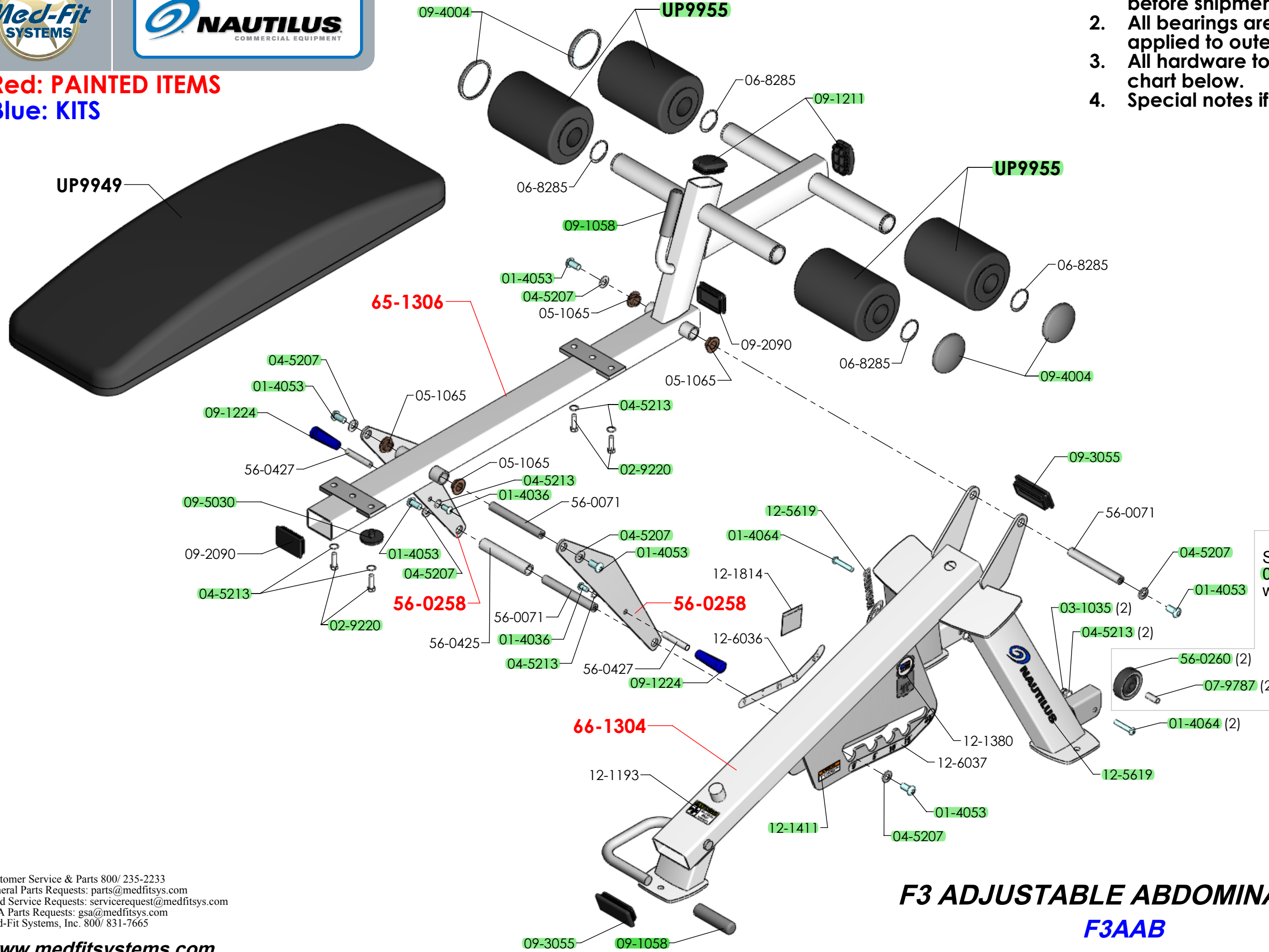
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Service Note:  
**07-9787** is required  
when ordering **56-0260**.

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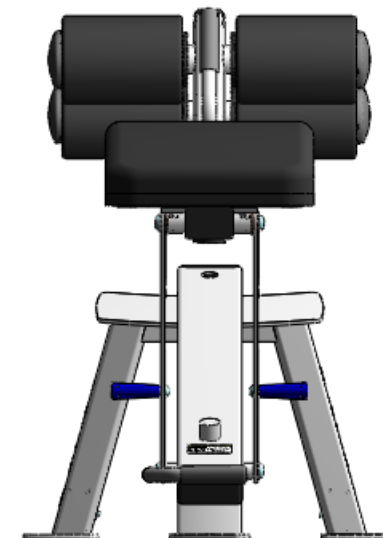
### F3AAB

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10/5/12	F3AAB
Units	Weight
lbs	115
kg	52



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