

Red: PAINTED ITEMS

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PART NO.	QTY.	DESCRIPTION	PART NO.	QTY.	DESCRIPTION
01-1011	2	Allen Socket Cap Head Bolt Serrated Shoulder M12-1.75x70mm	27-0074	1	Plate, Index Locking, Seat back, HS-AC
01-9315	4	BOLT,M6X1.00,16MM,HHC,HE,CS	27-0085	2	Hub Adapter Molded
01-9316	2	BOLT,M8X1.25,40MM,HHC,HE,CS	27-0087	1	Axle, Pivot, Seat Back, HS-AC
01-9317	2	BOLT M10 X 1.5 45MM HHC HE CS ZP	27-0109	2	Counter Weight for HS Swivel Brkt, Thin
01-9319	2	SCREW,M10 X 1.5,90MM,BHC,HK, ZP	27-0110	2	Counter Weight for HS Swivel Brkt, Thick
01-9320	8	SCREW,M12 X 1.75,25MM,BHC,HK, ZP	27-0234	2	GRIP HANDLE, STARTRAC,RED, 6"
01-9321	4	BOLT M10 X 1.5 25MM HHC HE CS ZP	60-2000	1	Human Sport Weight Tower
02-4086	8	SCREW, M6 X 16 PAN TORX, ZP, THD FORMER	61-2010	1	HS Arm Crunch Top Plate Assembly
02-9318	2	SCREW, M10-1.5x16 SHC, HK, AS, ZP	61-2014	1	Safety Platform
02-9321	4	SCREW M8 X 1.25 30MM SHC HK AS, ZP	63-2000	1	Linkage, Tower Pulley, HS
02-9322	2	SCREW M10 X 1.5 20MM BHC HK AS, ZP	63-2001	1	HS-Arm Crunch Adjustable Seat Back
02-9323	2	SCREW M6 X 1.0 20MM BHC HK ZP	66-2003	1	HS Arm Crunch Seat Frame
02-9329	8	SCREW M10 X 1.5, 25 MM BHC HK, ZP	68-2001	1	Extension Arm Lower Left HS-AC
03-3043	1	5/16" Lock Nut	68-2002	1	Extension Arm HS-AC Lower Right
03-4067	4	EXTRUDED U-NUT M8 X 1.25	730-0127-F	2	STRAP, CRUNCH, HS (FABRICATED)
03-4248	6	Cage Nut 10mm for Panel 4.1 - 5.3mm	730-0143	4	CLIP, CARABINER, 1/4" DIA X 2 3/4 L.
03-5203	8	NUT,M10x1.5,ACORN, CL6	730-1559	4	GUIDE RODE,Ø22MM X 1438MM
03-5204	2	NUT,M12x1.75,ACORN, CL6	731-0040	2	STOP,Ø50X26,RUBBER
04-5251	6	LOCK WASHER, M6	731-0111	4	STOP,BUMPER,WGT PLT
04-5252	26	LOCK WASHER, M8	731-0112	4	SET COLLAR, GUIDE ROD, 22.4mm I.D.
04-5253	30	LOCK WASHER, M10	731-0124	4	CAP,GUIDE ROD,RUBBER
04-5256	10	LOCK WASHER M12	731-0165	6	CAP,PLASTIC,PULLEY,Ø120mm
050-2022	1	STICKER,STAR TRAC,DECO, 23MM X 99MM	731-0169	8	SCREW, M8X1.25,20MM, BHC, HK, ZP
050-2212	2	STICKER,SWITCH,HS	731-0209	2	CAP, END, 110 X 50
050-2213	1	DECAL, WEIGHT STACK - HS	731-0225	2	SCREW,M3,5 X 9.5,SELF TAPPING
050-2224	1	STICKER,LNL, HS (LEFT & RIGHT)	731-0266-00XX	1	ASSY,UPPER BACK PAD,AB
050-2225	2	DECAL, WARNING MULTI LANGUAGE - HS	731-0359	2	SCREW,M8 X 1.25,25mm,BHC,HK, ZP
050-2226	1	PLACARD, ARM/CRUNCH, HS	731-0362	6	SCREW,M10 X 1.5,45MM,BHC,HK, ZP
06-8016	1	Cable Assembly HS- AC	731-0363	6	NUT,M10X1.5,NYLOC
06-8016	1	Cable Assembly HS- AC	731-0364	2	SCREW, M8X1.25, 45mm, BHC, HK, ZP
07-9170	2	BALL STUD	731-0365	18	NUT,M8 X 1.25,NYLOC JAM
09-8341	8	120mm OD pulley with 17mm ID Bearing	731-0367	8	WASHER,PLAIN,M10
10-3042	1	LIFT-O-MAT 200N GAS SPRING	731-0368	4	SCREW,M8 X 1.25,40mm,BHC,HK, ZP
12-1655	4	PLUG-PRY OUT, .205 DIA	731-0373	4	WASHER,PLAIN,M6
12-1688	2	HumanSport Tower Decal	731-0389	6	SCREW,M8 X 1.25,35mm,BHC,HK, ZP
12-8013	1	TAG, ASSEM. DIMS, HSAC2	731-0512	8	STICKER,CAUTION,PINCH
12-8016	1	Decal Seat Back Range- HSAC	731-0517	1	STICKER, WARNING, BOLT DOWN
12-8023	1	Made In USA-Core Decal	731-0678	1	AB CRUNCH SEAT BACK RIGHT
140-3702	1	EDGE TRIM, 1/8, WITH BUTYL	731-0679	1	AB SEAT BACK LEFT
19-9070	1	HumanSport Weight Stack Spacer Box	731-1357	2	CAP, BEARING 1 3/4 RND
19-9072	1	HumanSport Cardboard padding	731-1448	2	NUT,M8 x 1.25,ACORN, CL6
19-9073	2	HumanSport Pulley Box	731-2647	3	FOOT,LONG,LEVERAGE
19-9074	2	HumanSport Corrugated Angle Pad	731-3780	2	SCREW,M6 X1.0, 35mm, BHC,HK, ZP
19-9076	1	30" X 46" 4-Way Entry Pallet	731-5762	2	NUT,M6 x 1.0, ACORN, CL6
27-0035	6	Cover, Pulley, Flat Steel	731-7666	1	ASSY,PULL PIN,12.5 X 102.5 PIN
27-0036	10	SPACER, PULLEY BRACKET, HUMAN SPORT	91-999	1	Paint (1.5 lbs)
27-0040	2	Bracket, Pulley Top Weight, Front, HS	95-0695	1	Human Sport Carbon Fiber Trim Kit
27-0041	2	Bracket, Pulley Top Weight, Rear, HS	95-0785	2	KIT, HUMAN SPORT, PULLEY, ROLLED EDGE (W/O C-WEIGHT)
27-0047	4	ASSY,SWIVEL,HANDLE,HUMAN SPORT	95-0785	2	KIT, HUMAN SPORT, PULLEY, ROLLED EDGE (W/O C-WEIGHT)
27-0060	1	Shield, HS Tower, Front, Left	OPT-WT-33	1	Human Sport Weight Stack-Right
27-0061	1	Shield, HS Tower, Front Right	OPT-WT-33	1	Human Sport Weight Stack-Left
27-0062	1	Shield, HS Tower, Rear	SM20473	1	TYRAP, 1/8" X 4"
27-0063	2	Shield, HS Tower, Left/Right			



Bolt Torque Specifications			
Size	Grade 5		(N-m)
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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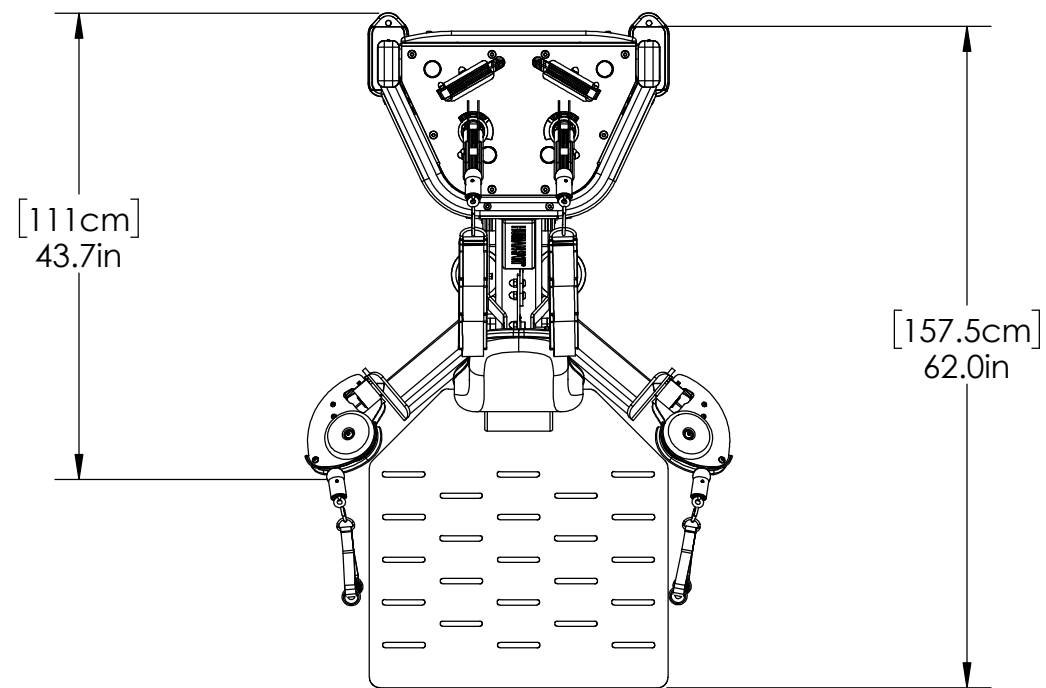
General Parts Requests: parts@nautiluscommercial.com
Core Health and Fitness, LLC.

**HUMAN SPORT ARM CRUNCH
HSAC2**

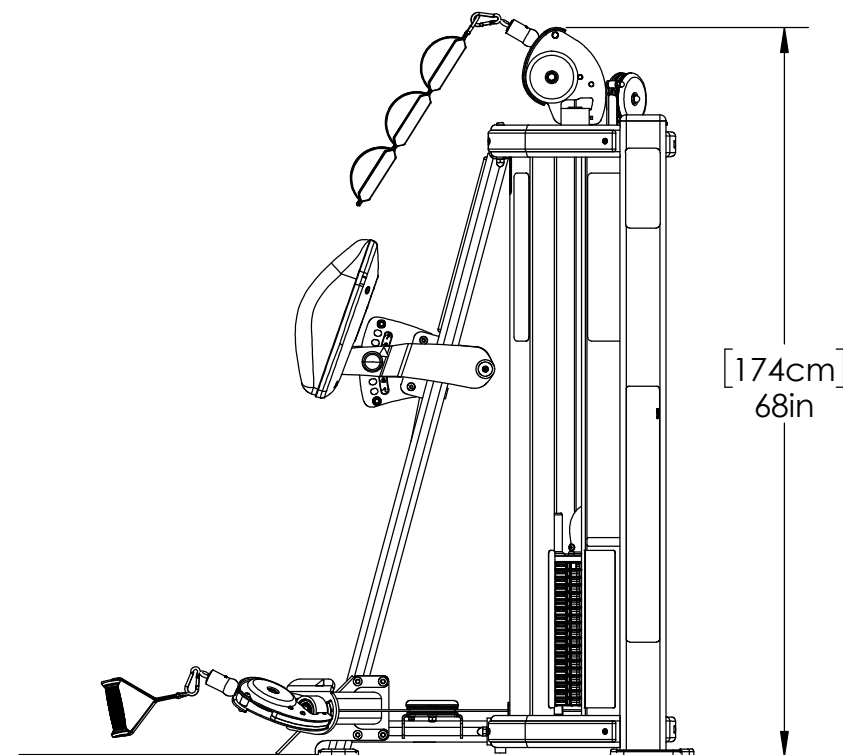
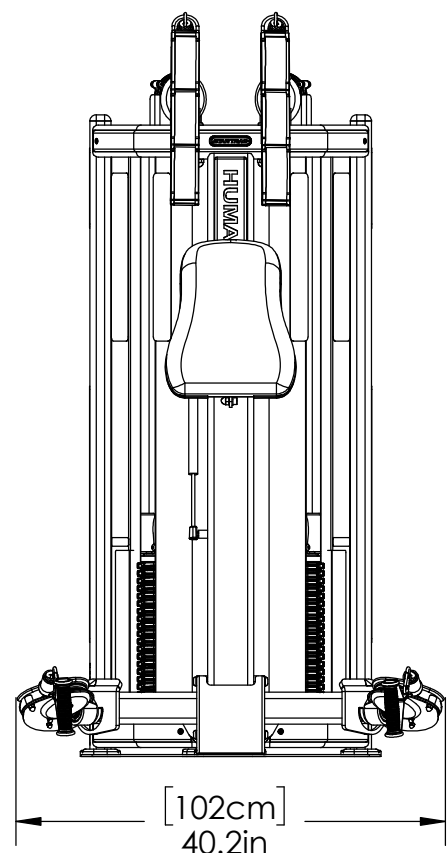
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HSAC2		
Description	US	Metric
Width	40 1/4"	102 cm
Depth	43 3/4"	111 cm
Height	68 1/2"	174 cm
Weight	674 lbs	306 Kgs



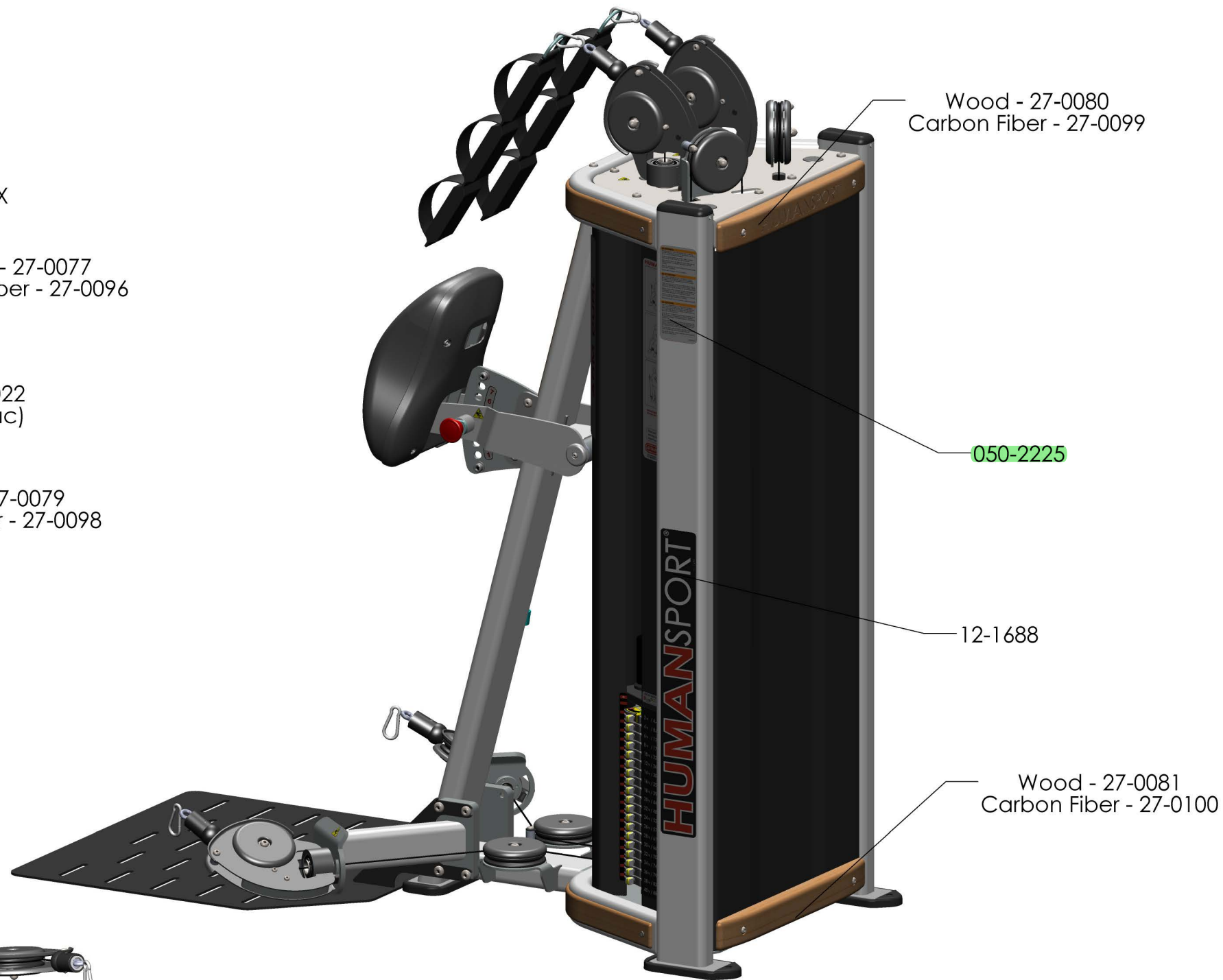
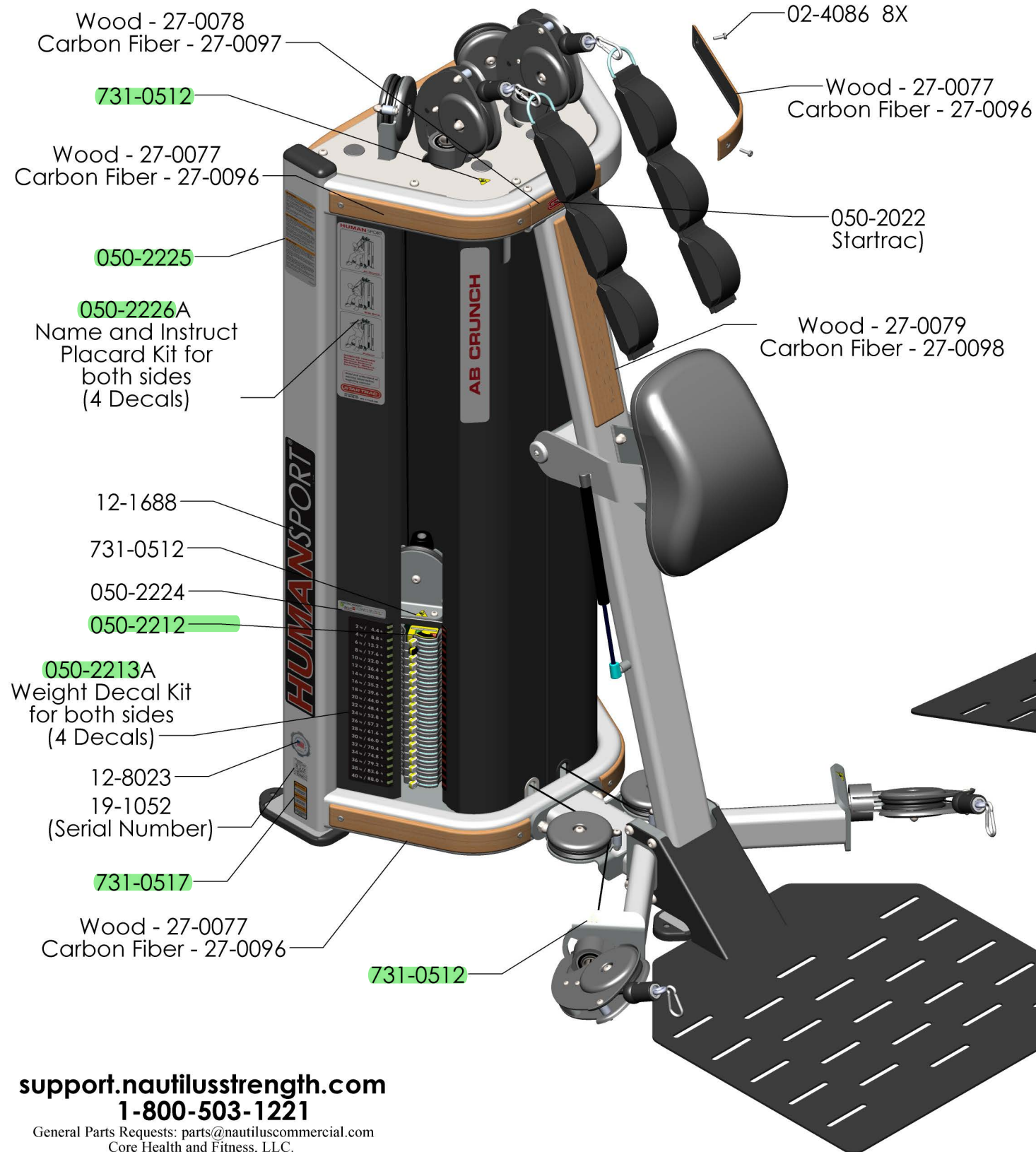
HUMAN SPORT ARM CRUNCH
HSAC2
 REV N

Bolt Torque Specifications			
Size	Grade 5		
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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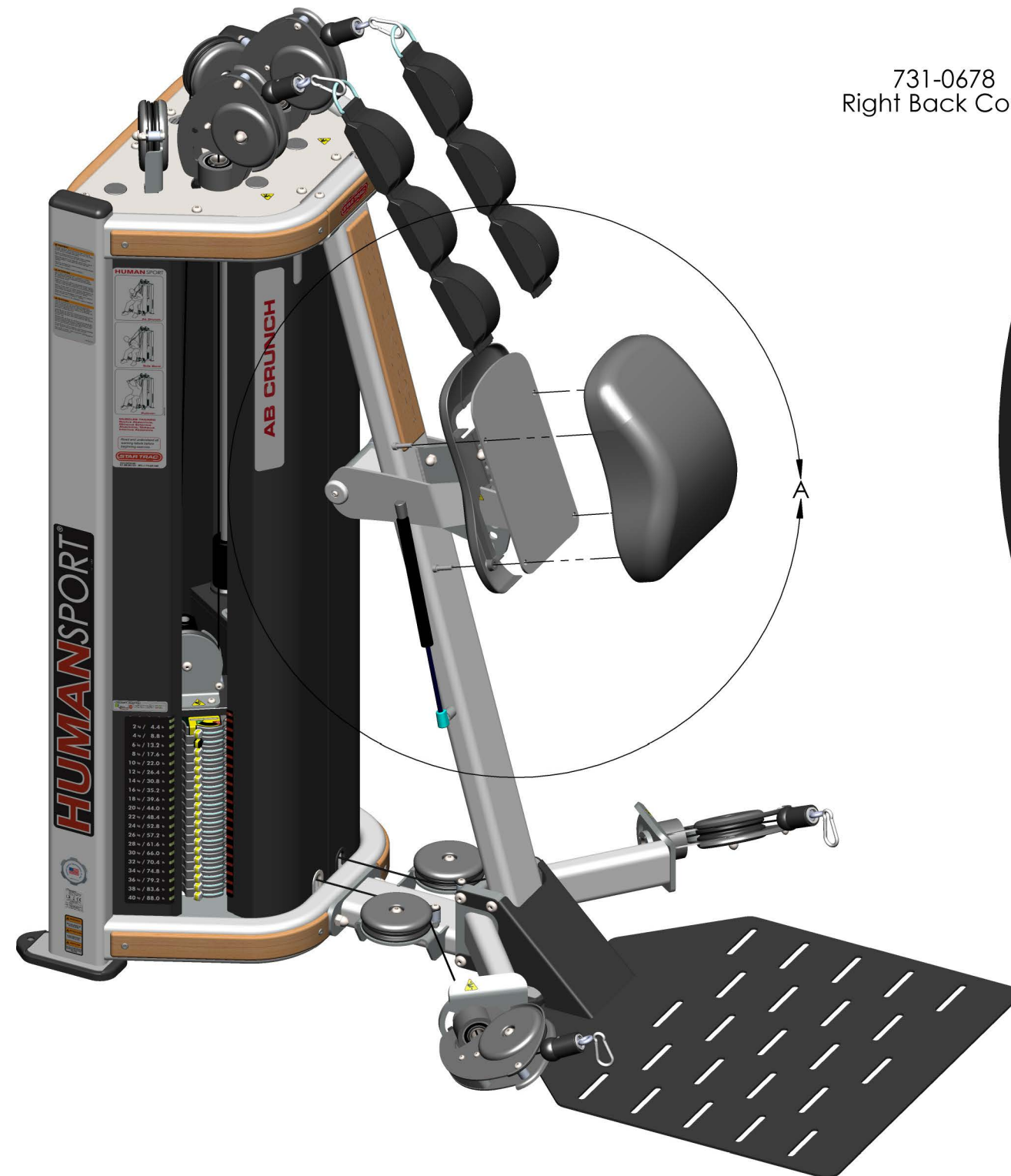
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HUMAN SPORT ARM CRUNCH

HSAC2
REV N

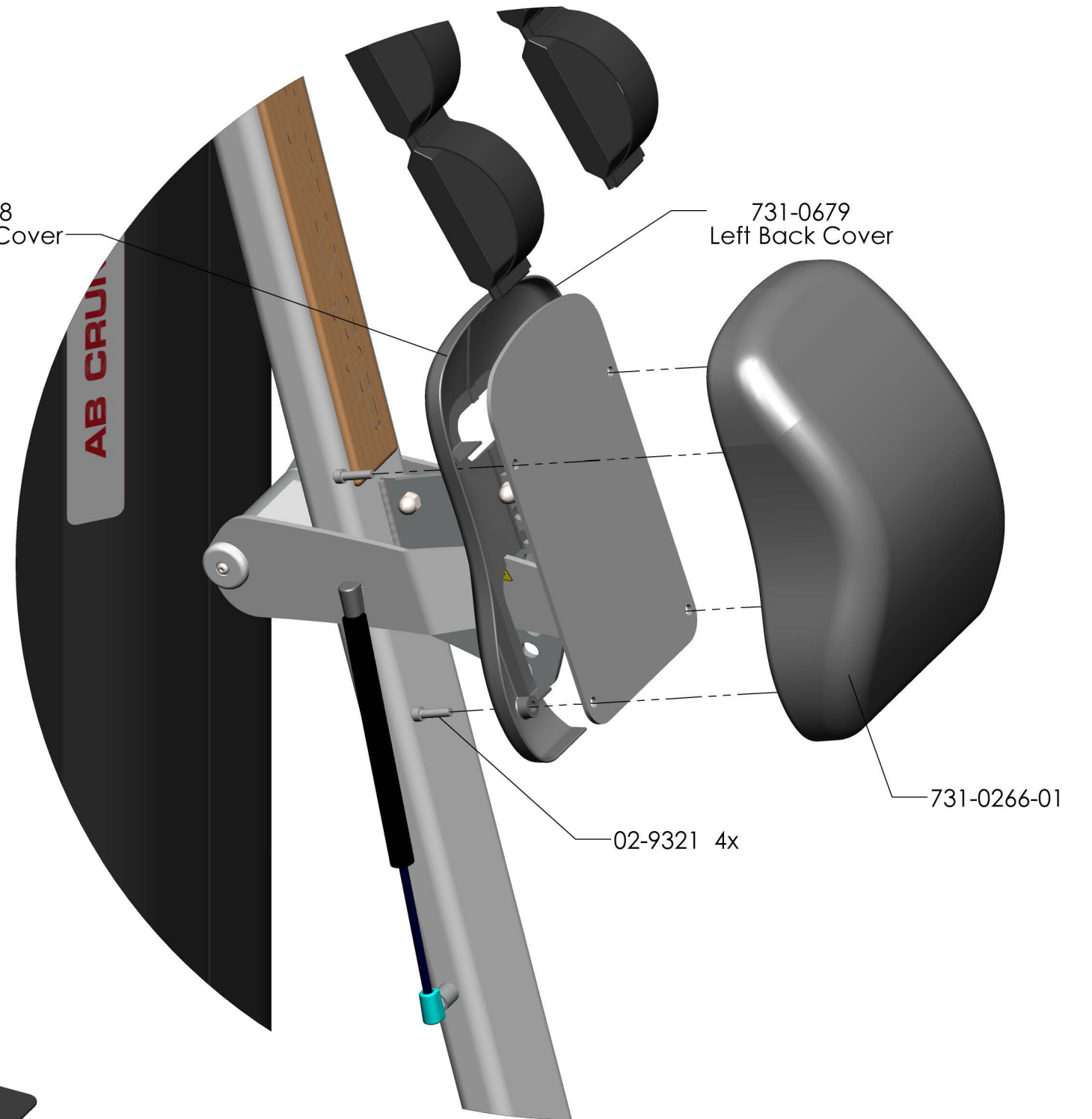
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731-0678
Right Back Cover

731-0679
Left Back Cover



02-9321 4x

731-0266-01

DETAIL A
SCALE 1 : 5

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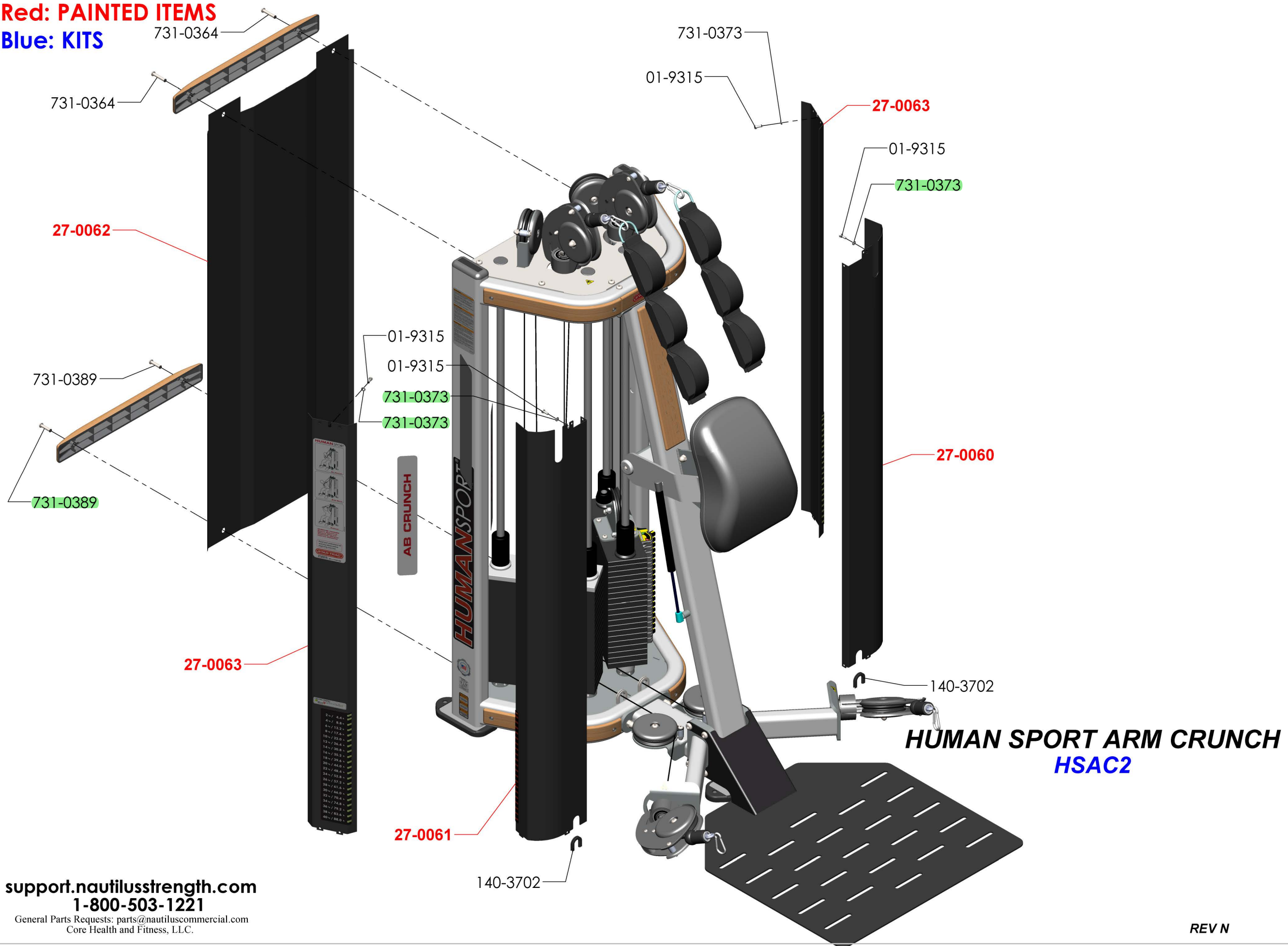
HUMAN SPORT ARM CRUNCH

HSAC2

REV N

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HUMAN SPORT ARM CRUNCH HSAC2

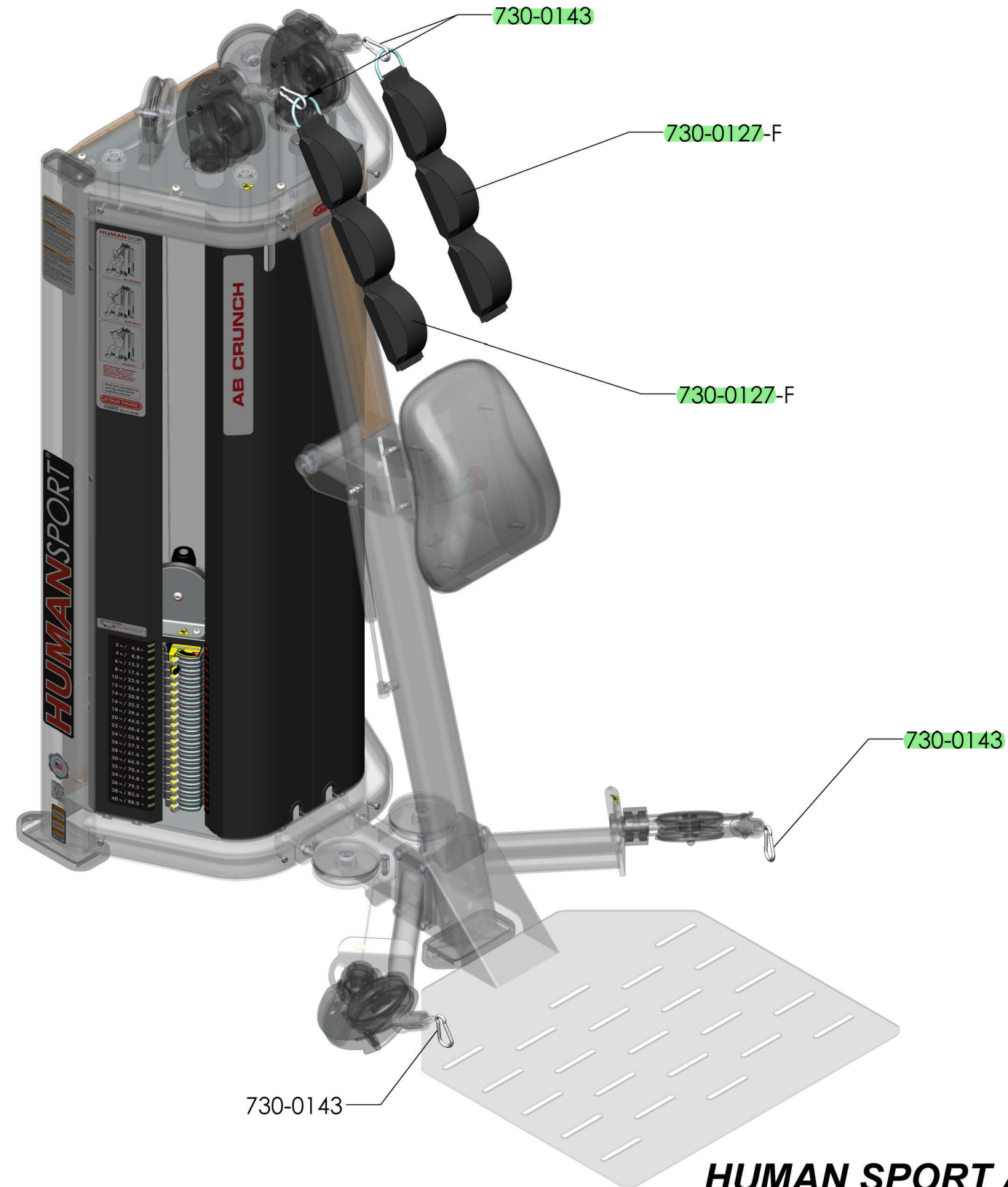
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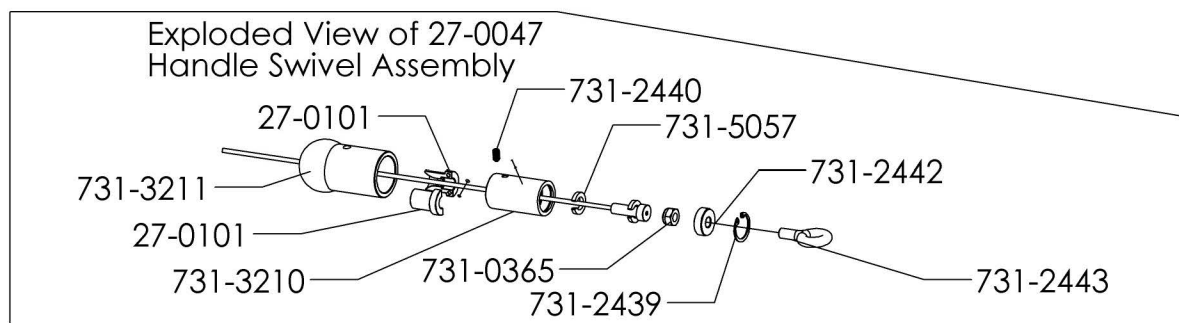
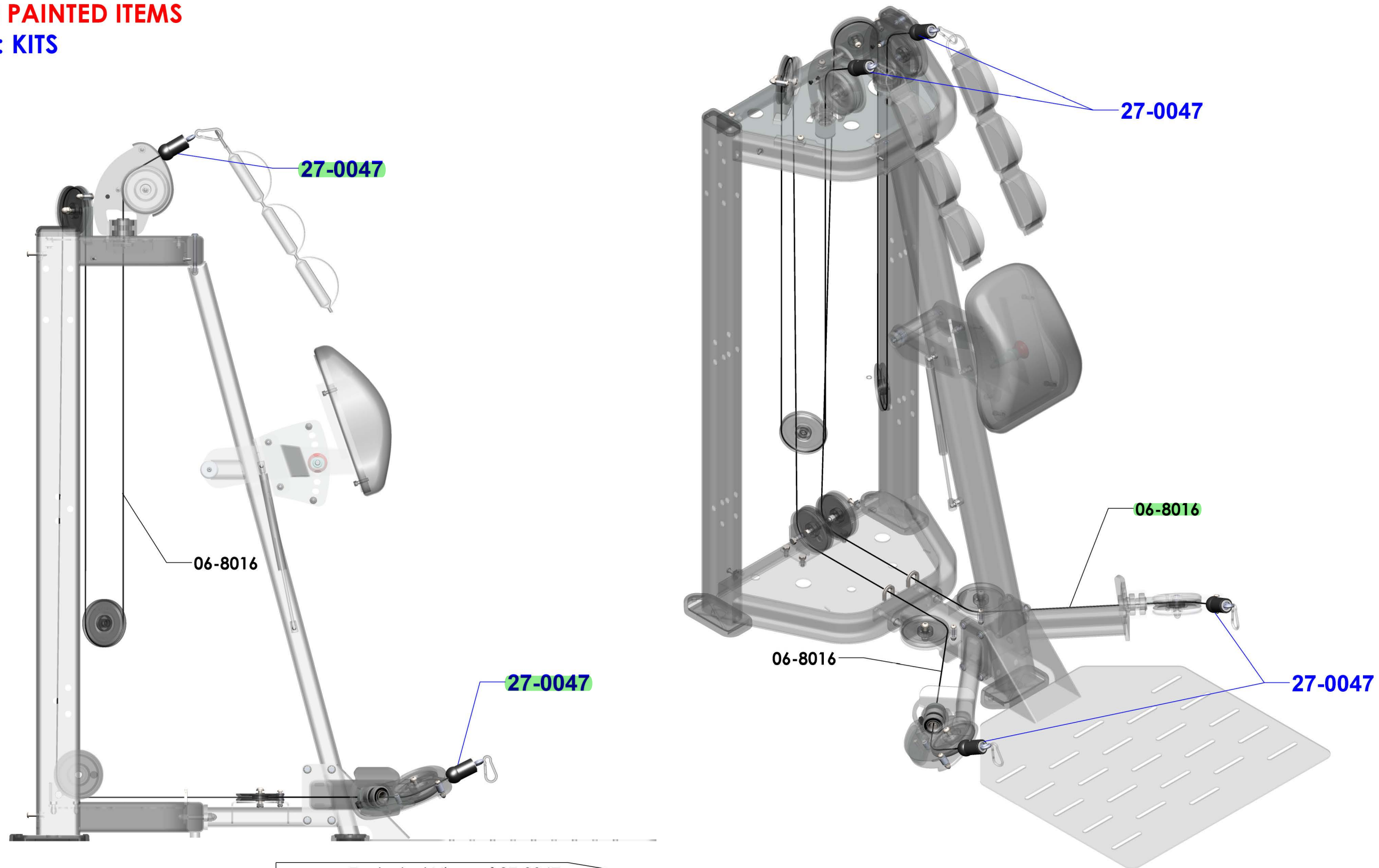
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1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any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



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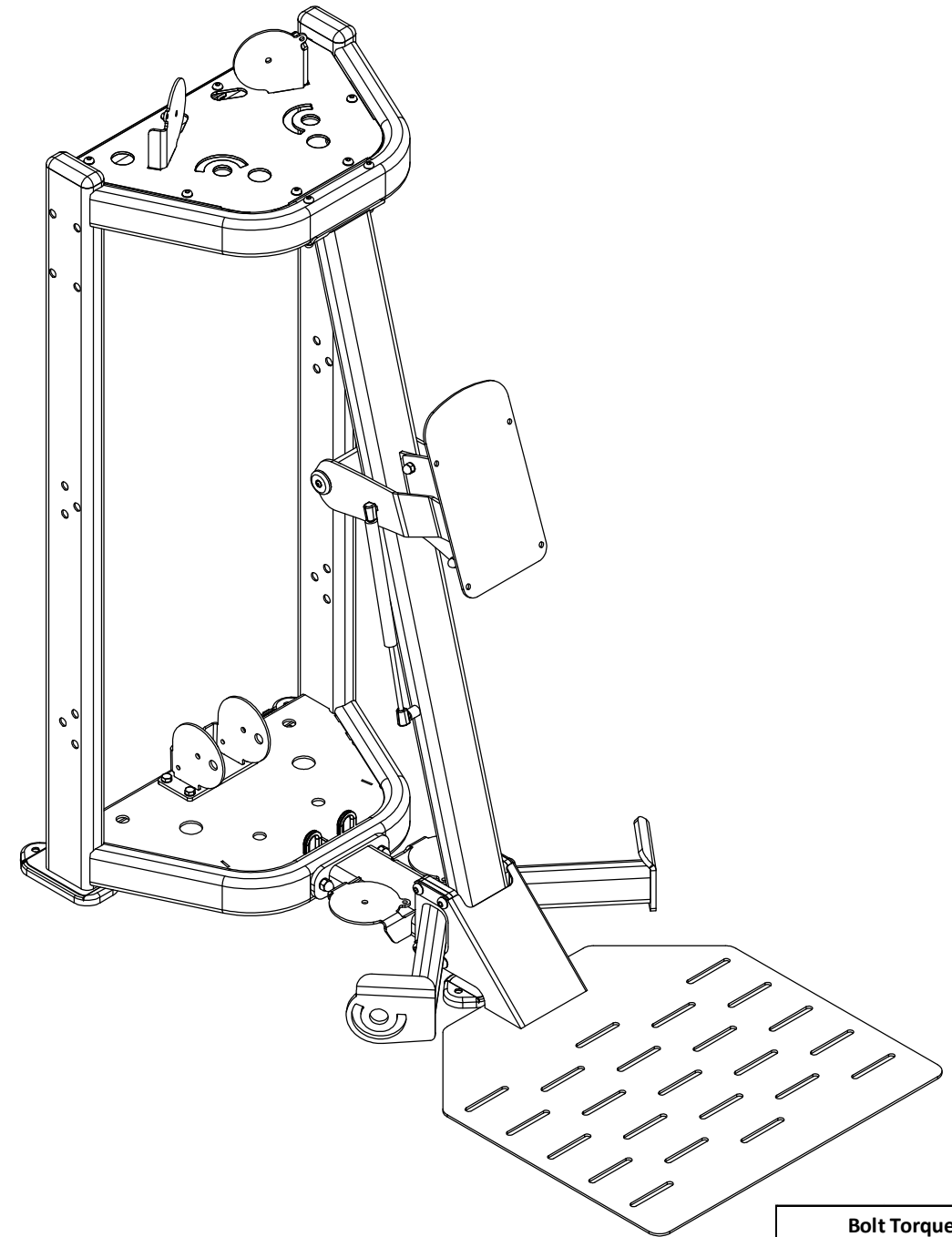
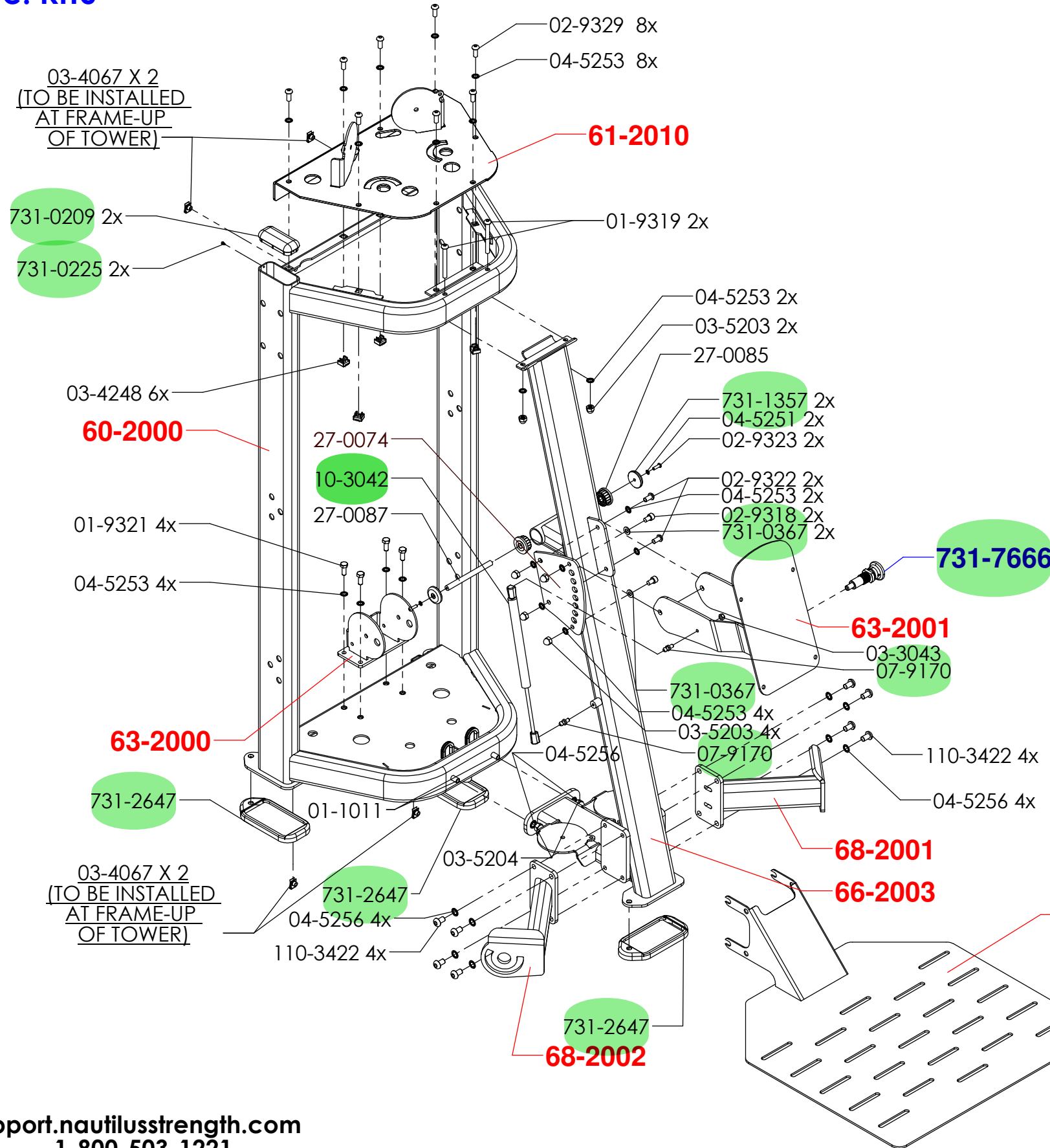


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HUMAN SPORT ARM CRUNCH
HSAC2
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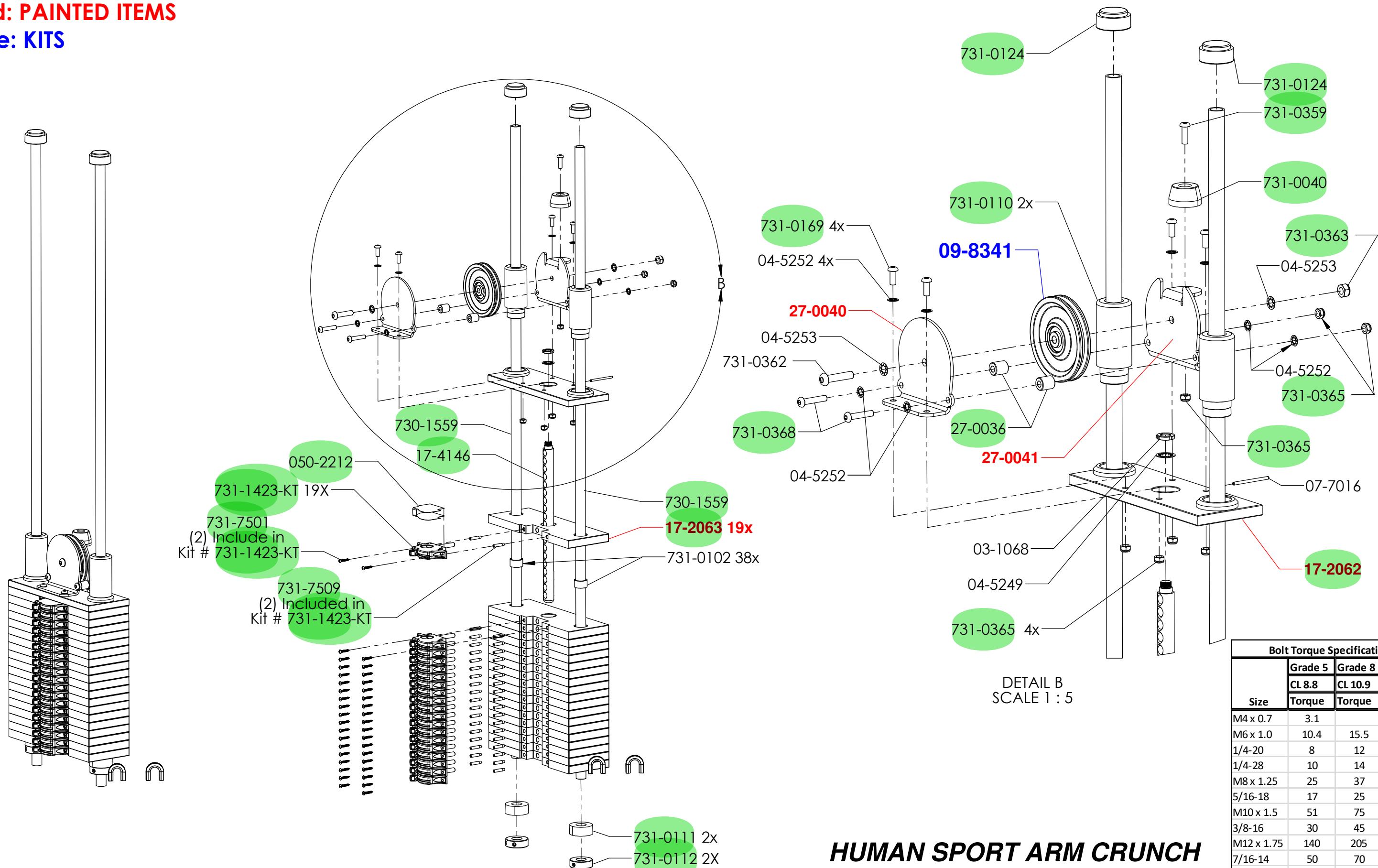
Bolt Torque Specifications			
Size	Torque		
	Grade 5 CL 8.8	Grade 8 CL 10.9	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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HUMAN SPORT ARM CRUNCH
HSAC2
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DETAIL B
SCALE 1 : 5

Bolt Torque Specifications			
Size	Grade 5		
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

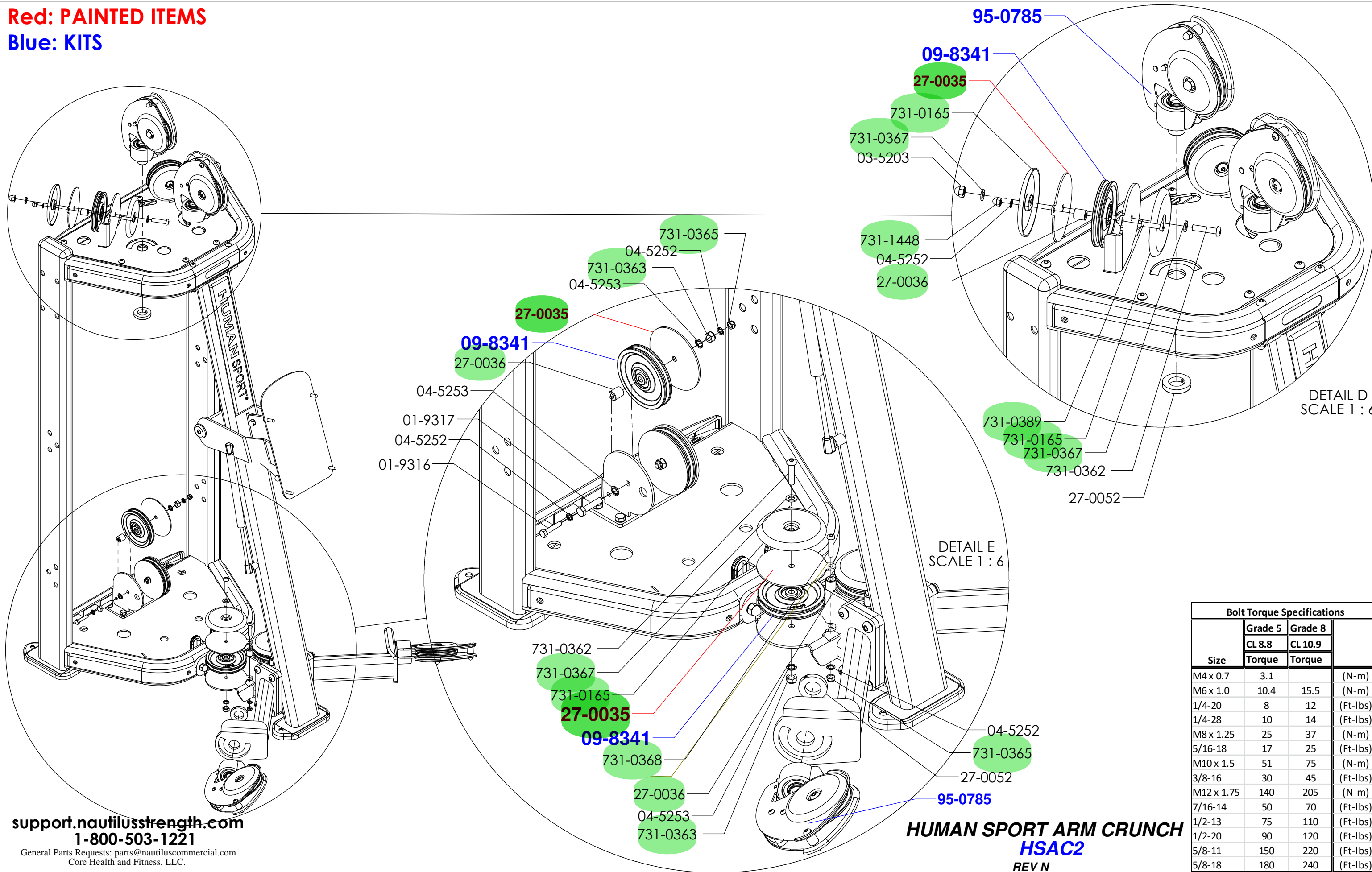
HUMAN SPORT ARM CRUNCH
HS Weight Stack System

REV N

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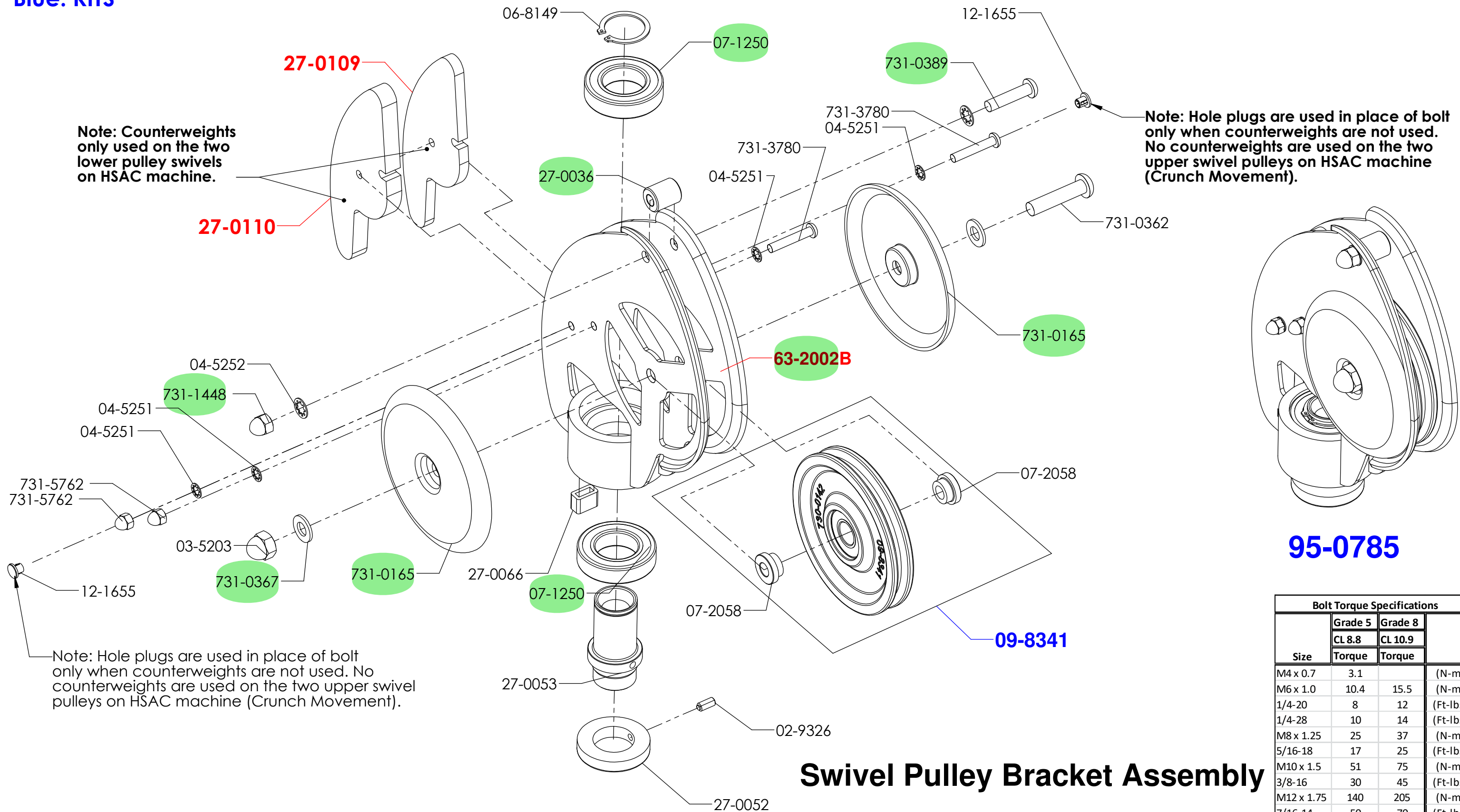
**HUMAN SPORT ARM CRUNCH
HSAC2**

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Bolt Torque Specifications			
Size	Grade 5		
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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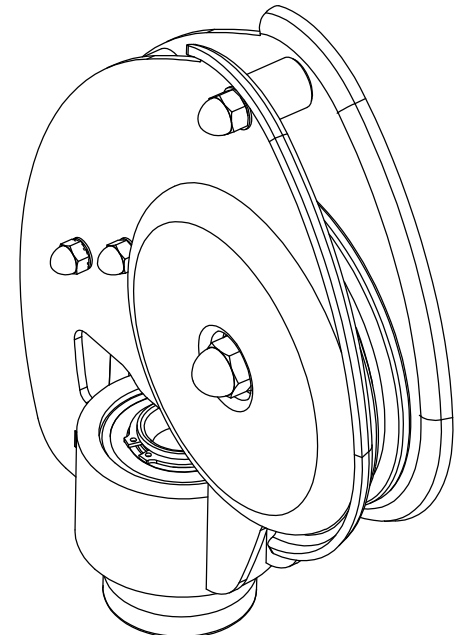
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Note: Counterweights only used on the two lower pulley swivels on HSAC machine.

Note: Hole plugs are used in place of bolt only when counterweights are not used. No counterweights are used on the two upper swivel pulleys on HSAC machine (Crunch Movement).

Note: Hole plugs are used in place of bolt only when counterweights are not used. No counterweights are used on the two upper swivel pulleys on HSAC machine (Crunch Movement).



95-0785

Bolt Torque Specifications			
Size	Grade 5		
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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Swivel Pulley Bracket Assembly
HUMAN SPORT ARM CRUNCH
HSAC2
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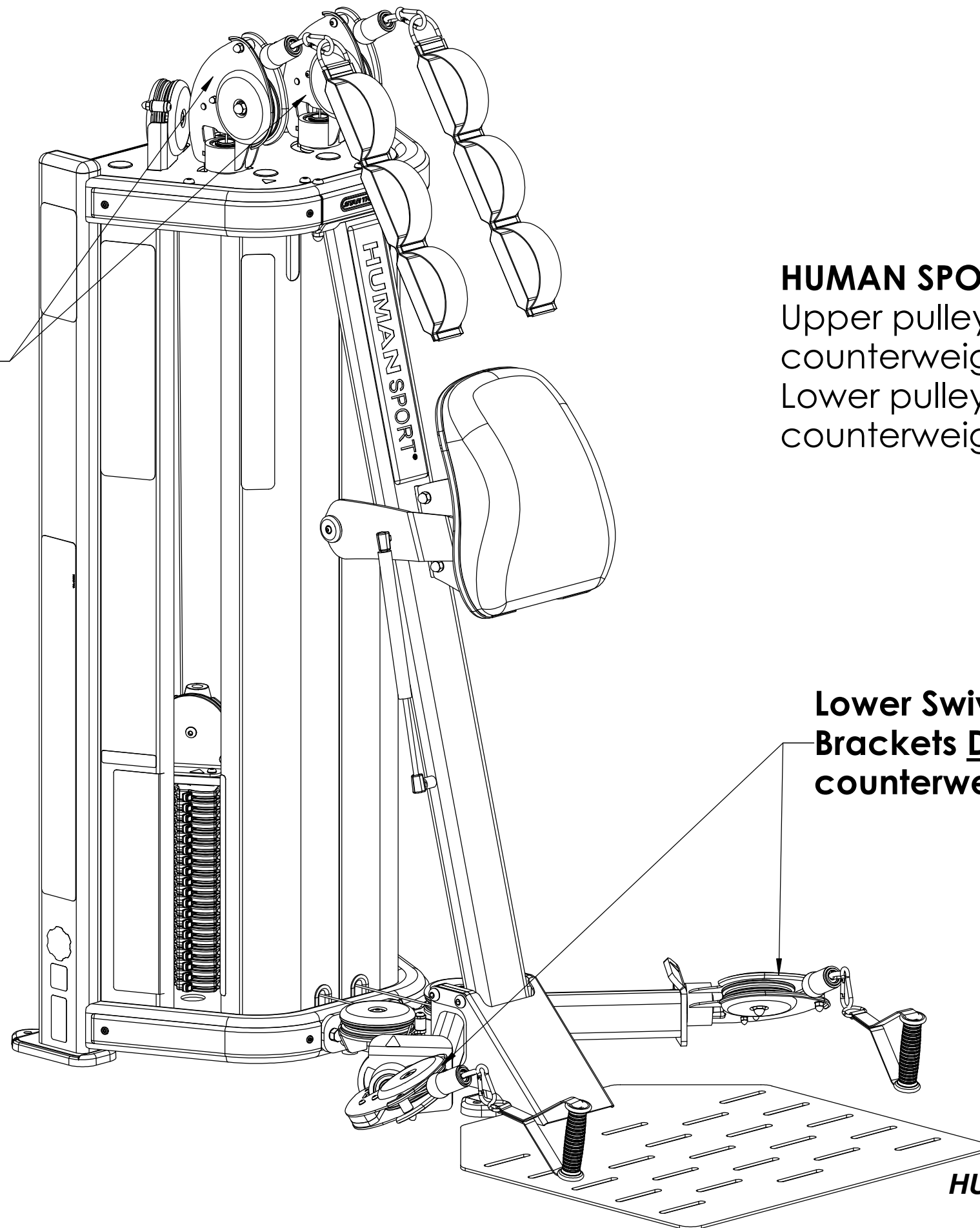
Upper Swiveling Pulley
Brackets **DO NOT** get
counterweights.

HUMAN SPORT ARM CRUNCH:

Upper pulley brackets do not get
counterweights.

Lower pulley brackets do get
counterweights.

Lower Swiveling Pulley
Brackets **DO** get
counterweights.



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HUMAN SPORT ARM CRUNCH
HSAC2
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Bolt Torque Specifications			
Size	Grade 5	Grade 8	
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)