

ADDING ADDITIONAL COUNTERBALANCE WEIGHTS TO THE GLUTE COASTER

In the event that you would like to increase the counterbalance stack weight, we have a part designed for this modification (ABS920028). It is simple and easy to make this change.

1. Begin by blocking the carriage at the top of the rails or simply uncouple it and let it rest at the base of the rails. Make sure the weight stack pin is disengaged from the weight stack.

2. Remove the back shroud to gain access to the weight stack. Next loosen the bushings at the top of each weight stack rod. Tip the rods back towards the outside of the unit. You will now be able to remove both of the bushings from the rods.

3. Carefully lift off the counterbalance weight stack from the rods. Next lift off the top weight plate. This will no longer be used on the unit.

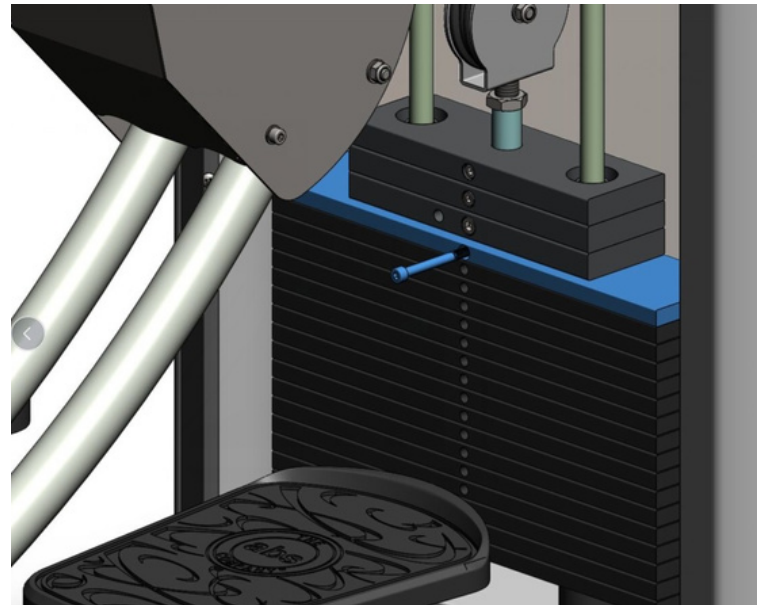
4. Install the new counterbalance weight to the stack with the bolt hole lined up with the bolts on the current counter balance stack.

5. Slide the counterbalance weight back on the stack being sure that the cables are not crossed or tangled.

6. Re-install the bushings and secure them at the top of the weight stack rods

7. Attach the new weight plate under the 3pc stack and secure with the bolt that came with it.

8. Close up the back of the unit & unblock or reattach the carriage to the cable.



Call for details: **1-866-219-5335** Outside the US: **1-908-879-2713**

www.TheAbsCompany.com

The Abs Company, 8429 Lorraine Rd #362 , Lakewood Ranch, FL 34202