

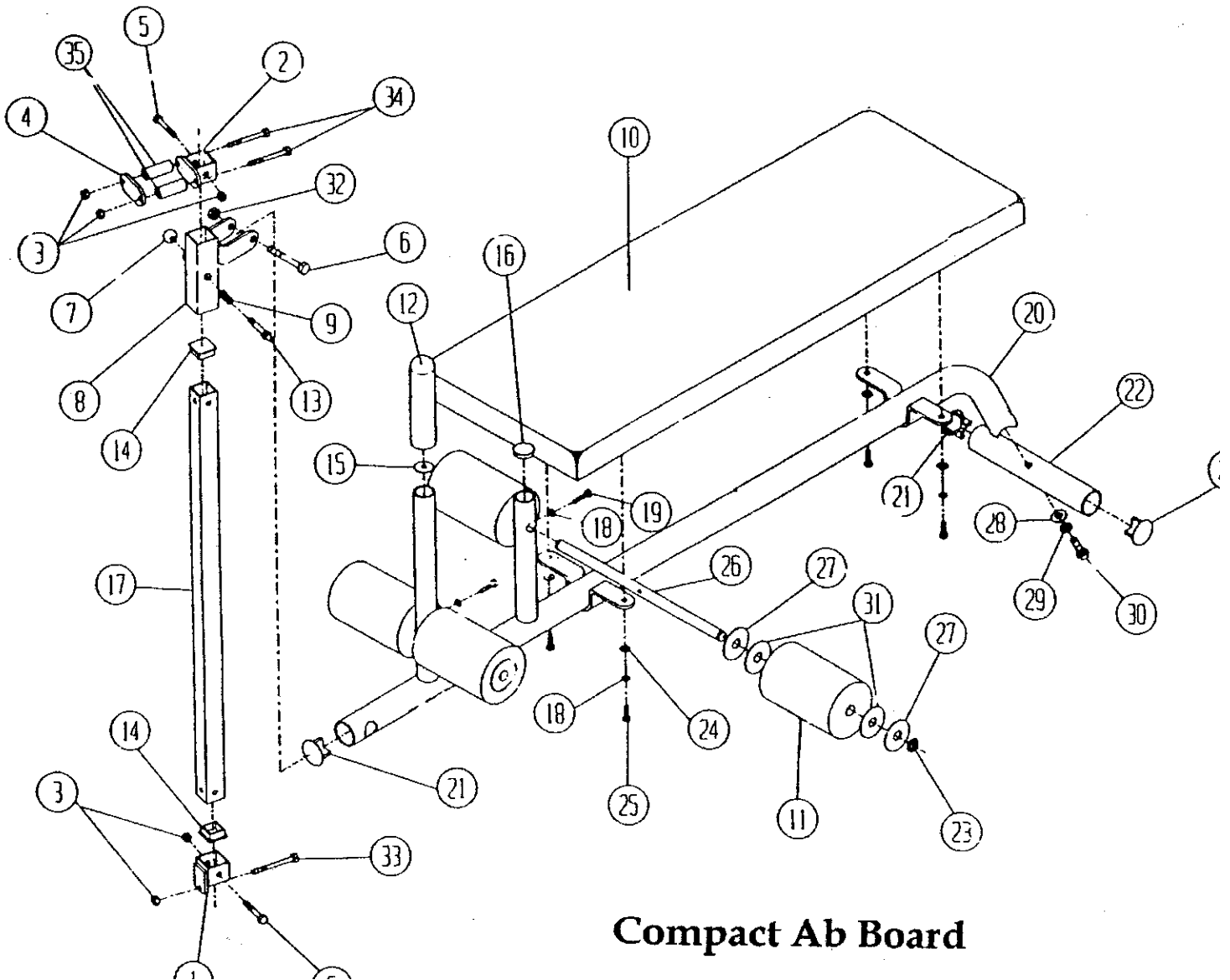
Figure 8

## Thigh/Knee Add-on Station

4	94213	NUT 3/8-16
5	99612	BOLT 3/8-16 X 2.75
26	99309	PLUG 1.5" SQUARE
58	99325	DISC
60	99633	LOCKWASHER 5/16"
67	99620	NUT 5/16-18
71	94215	NUT 1/2-13
78	994766	BENCH PAD
80	99148	BUSHING
81	99665	SPRING PIN
83	99655	BOLT 1/2-13
85	99248	CAP GLIDE
86	99266	BUMPER
87	99314	BOLT 5/16-12 X .75
95	99710	SLEEVE
123	94361	LOCKWASHER 1/4"
135	992739	BOLT
143	99346	PULLEY WHEEL
171	97727	RETAINER RING
173	92498	BOLT
174	99476	EXTENSION WELDMNT
175	992492	T/K ARM ASSEMBLY
177	52222	NYLON WASHER
178	99472	T/K LEG WELDMNT
179	994671	ROLLER PAD
180	992494	PIVOT SHAFT
181	99649	BOLT
182	99723	BEARING
183	99470	CABLE
186	99437	FRAME POST

**COMPACT AB BOARD PARTS LIST**

<u>PART NO.</u>	<u>DESCRIPTION</u>	<u>PART NO.</u>	<u>DESCRIPTION</u>
1.	990842	Bracket-Bottom	
2.	990843	Bracket-Top	
3.	94213	Nut-3/8-16 Nylon Insert	
4.	994226	Tab-1/4x1-1/2x3-3/8	
5.	99610	Screw-3/8-16x2-1/4" Hex	
6.	99673	Screw-1/2-13x3-1/4" Hex	
7.	99310	Knob 1-3/8" Dia Plastic	
8.	990858	Ab Adjust Tube Weld	
9.	98046	Spring-1-1/2" compression	
10.	994688	Uph -Board Blk Dyna	
11.	994670	Uph Roller-6" Blk Dyna	
12.	99373	Grip-7/8x6-1/2"	
13.	993685	Plunger	
14.	99309	Plug-1-1/2" Square Plastic	
15.	992312	Disc-End Cap	
16.	400092	Plug-1-1/2" Round Tube	
17.	400013	Tube Adj Ab Upright	
18.	99633	Washer-5/16" Lock	
19.	992739	Screw-5/16-18x1-1/4" Hex	
20.	990335	Adjust Ab Frame Weld	
21.	99374	Plug-2" OD Chrome	
22.	400052	Tube Foot	
23.	97727	Retaining Ring	
24.	94296	Washer-5/16" Flat USS	
25.	99602	Screw-5/16-18x1" Hex	
26.	99495	Roller Shaft	
27.	99325	Disc Aluminum	
28.	94310	Washer-1/2" Flat SAE	
29.	94376	Washer-1/2" Lock	
30.	99670	Screw-1/2-13x1-1/2" Hex	
31.	52222	Washer-Nylon	
32.	94215	Nut 1/2-13 Nylon Insert	
33.	99614	Screw-3/8-16x3-1/4 Hex	
34.	99613	Screw-3/8-16x3" Hex	
35.	990844	Tube-.69 OD x 1.76" Chrome	



**Compact Ab Board**

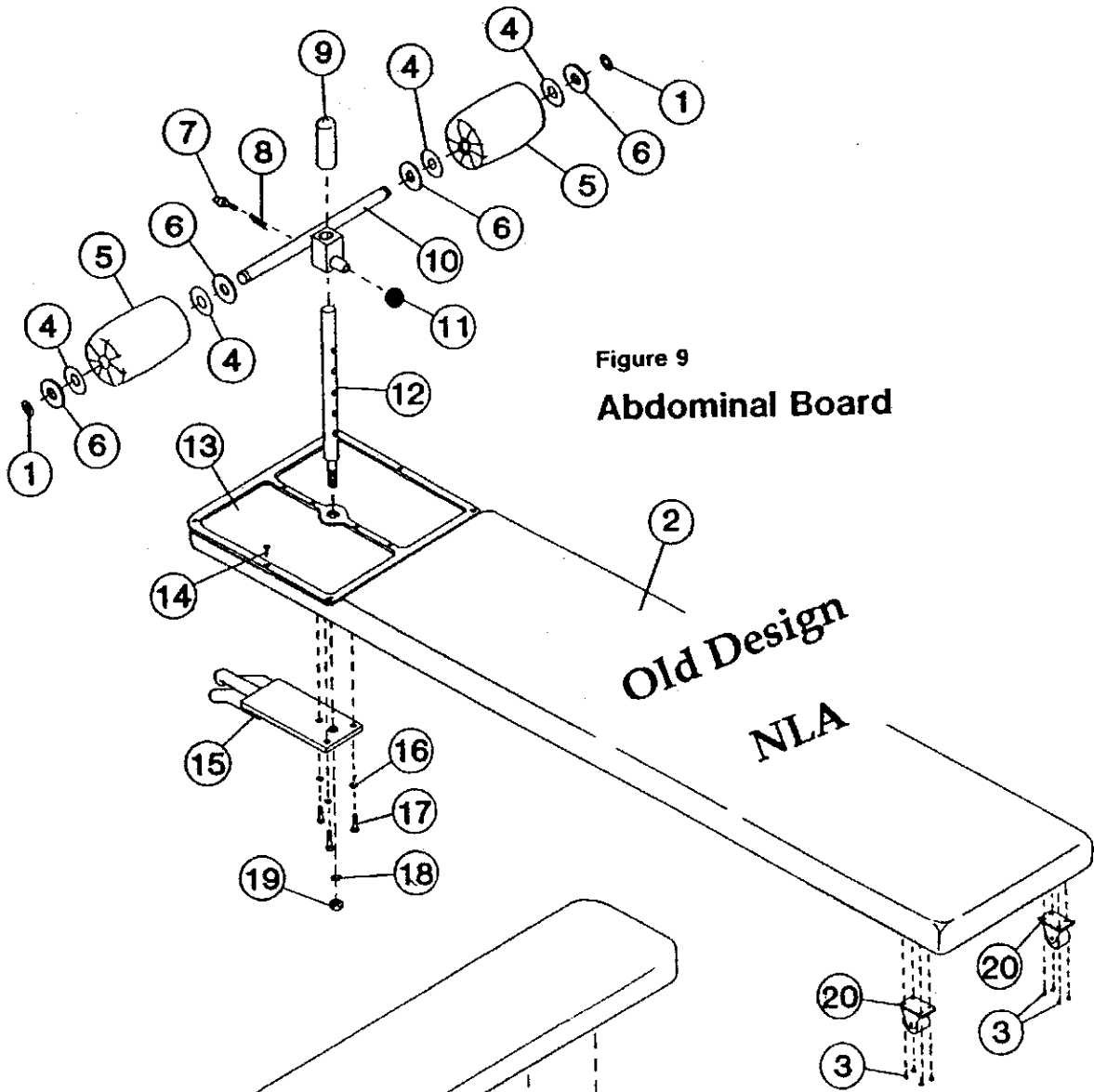


Figure 9  
Abdominal Board

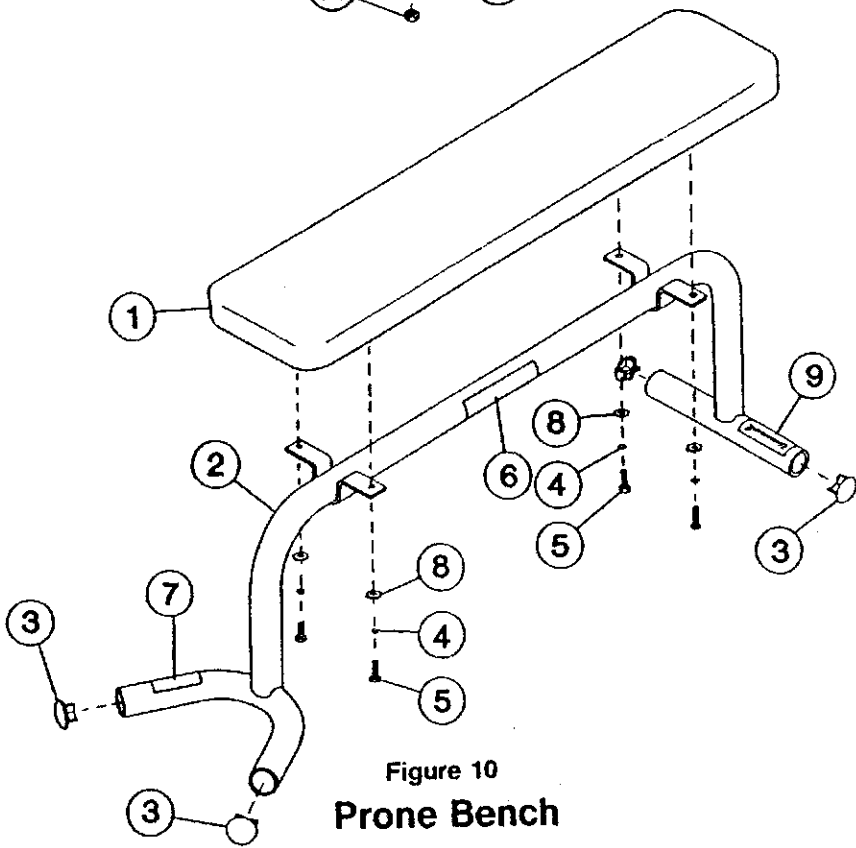


Figure 10  
Prone Bench

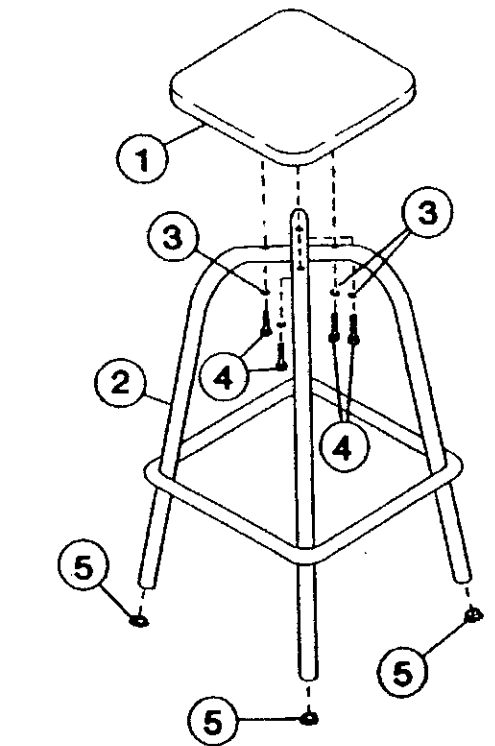


Figure 11  
Tall Stool

# PARTS LIST

## Prone Bench

Item	Part No.	Description
1.		See Uph Chart-Prone Bench
2.	99183	Frame Weldment-Prone Bench
3.	99374	Plug-2" OD Chrome
4.	99633	Lockwasher-5/16"
5.	99602	Screw-5/16-18x 1 Hex
6.	99368	Decal
7.	98959	Label-Warning
8.	94296	Washer-5/16"
9.	97622	Decal-Universal Address

## Abdominal Board

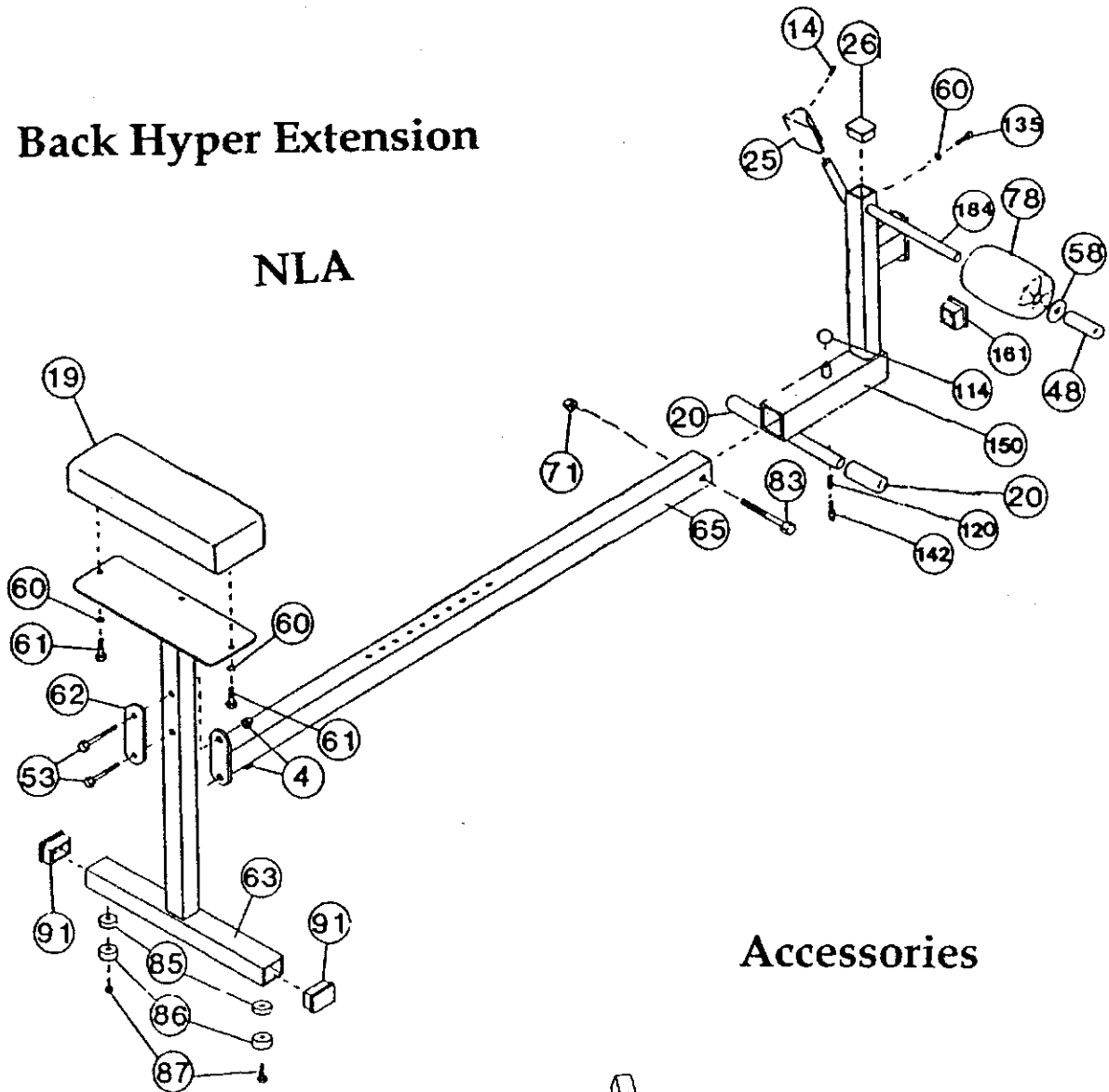
Item	Part No.	Description
1.	97727	Retaining Ring
2.		See Uph Chart-Ab Board
3.	99463	Screw-#10x1" Round Head Self Tapping
4.	52222	Washer-.781 ID Nylon
5.	99321	Uph Roller
6.	99325	Disc-25/32" ID Aluminum
7.	993685	Plunger
8.	98046	Spring-1-1/2" Compression
9.	99371	Grip-Black 7/8x41/2
10.	992972	Roller Adjust Bracket Weldment
11.	99310	Knob-1 3/8" Dia Plastic
12.	992971	Upright-Ab Bd Roller Adj
13.	99460	Foot Rest-Ab Bd
14.	99464	Drive Nail
15.	99420	3 Prong Bracket
16.	99633	Lockwasher-5/16"
17.	99644	Screw-5/16-18x 1 3/4" Hex
18.	94381	Lockwasher-5/8"
19.	99647	Nut-5/8-18 hex
20.	99462	Wheel- Ab Bd

## Tall Stool

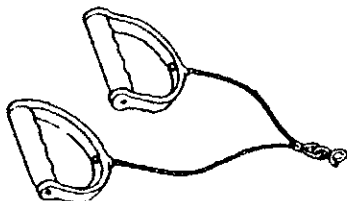
Item	Part No.	Description
1.		See Uph Chart-Stool Top
2.	99823	Frame Weldment-Tall Stool
3.	99632	Lockwasher-1/4 External Tooth
4.	99681	Screw-1/4-20x 1-3/4 Hex
5.	99311	Cap-1" Plastic

# Back Hyper Extension

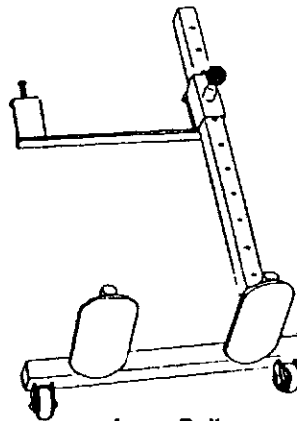
NLA



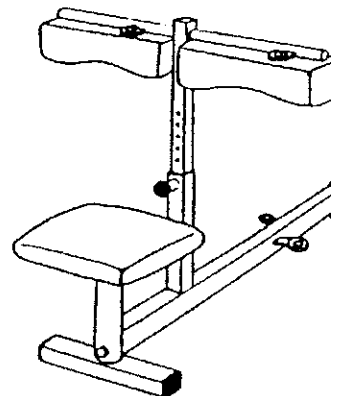
## Accessories



**Stirrup Handles**  
Part No. 9423



**Long Pull**  
Part No. 9924



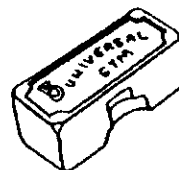
**Hold-Down Seat**  
Part No. 9930



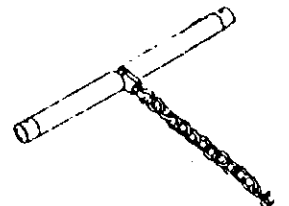
**Nylon Ankle Strap**  
Part No. 9627



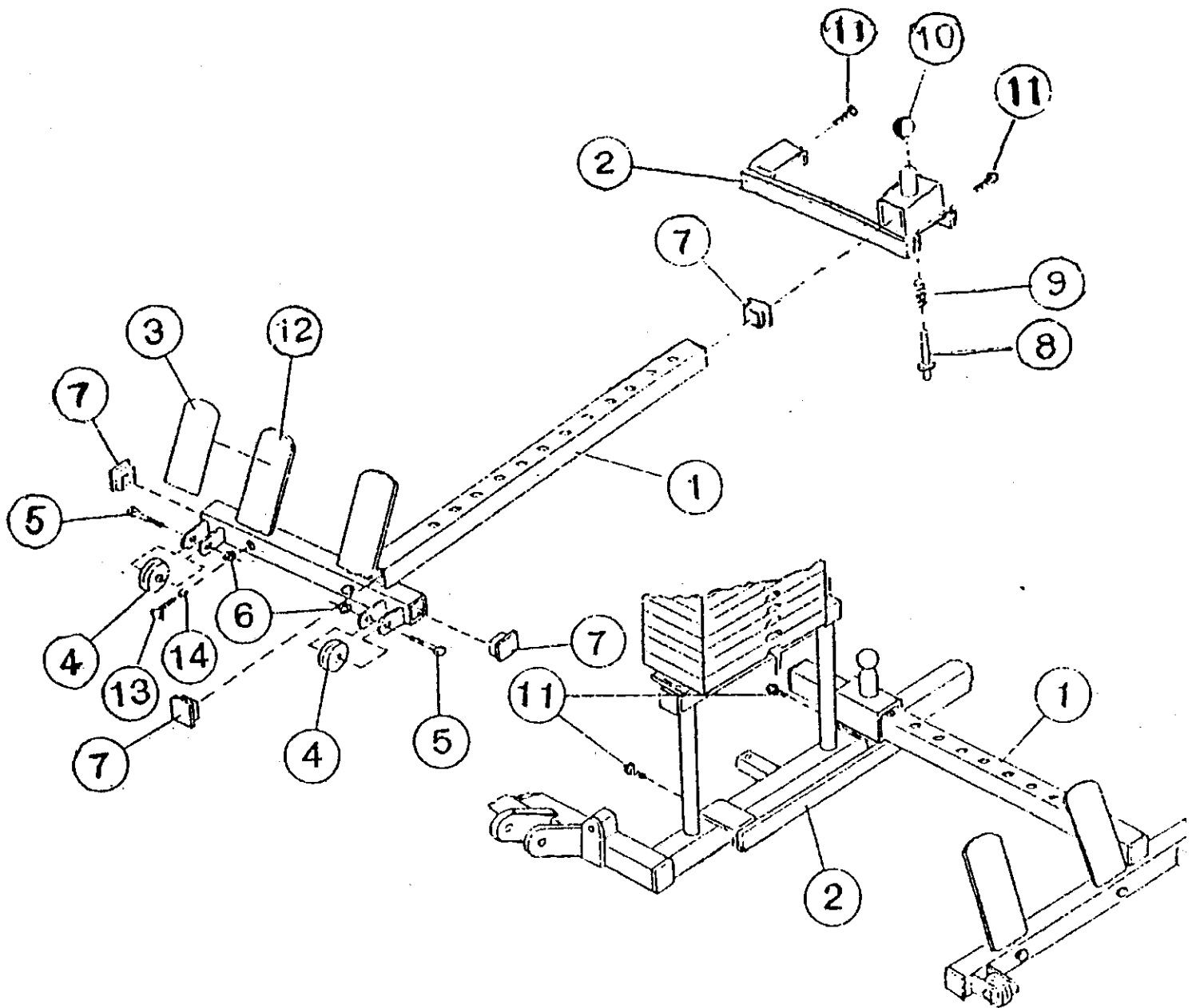
**Weight Adapter**  
Part No. 9430



**Weight Adapter**  
Part No. 9429

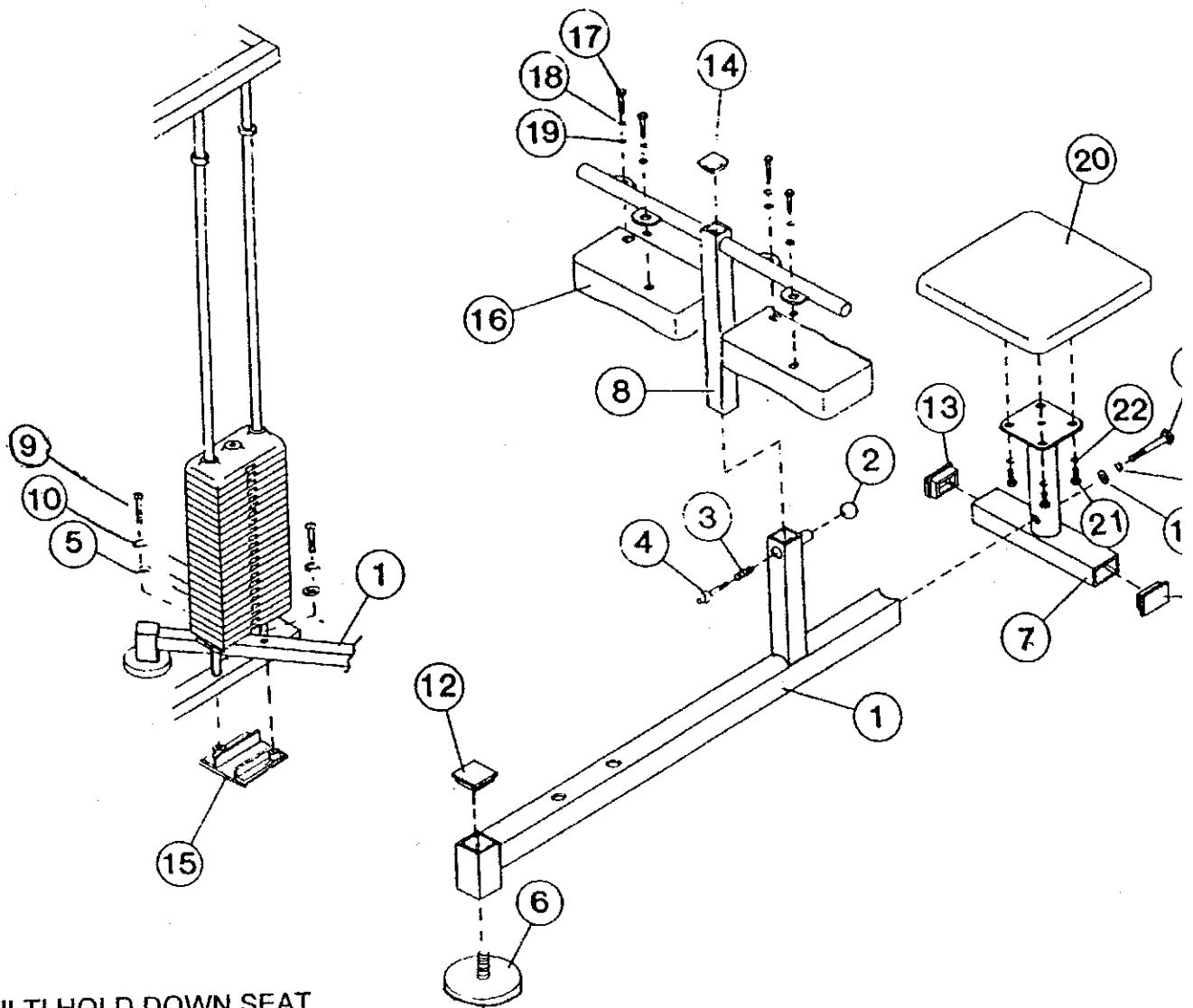


**Multi-Purpose Exercise Bar**  
Part No. 992286



### LONG PULL ATTACHMENT

ITEM	PART#	DESCRIPTION
1	993823	WELDMENT, ADJUST MULTI LONG
2	993821	WELDMENT, ATTACH BRACKET
3	993818	FRICTION PAD F/ MULTI LONG PULL
4	992978	WHEEL- 2" BLACK PLASTIC
5	99644	SCREW 5/16 -18 X 1 3/4 HEX HEAD CAP GRADE 5
6	99620	NUT 5/16 - 18 HEX LOCK
7	99309	PLUG 1 1/2" SQUARE PLASTIC
8	992187	PLUNGER, LONGER
9	98046	SPRING 1 1/2" COMPRESSION
10	99310	KNOB 1 1/38" DIAMETER PLASTIC
11	92820	SCREW 3/8-16 X 1/2" HEX HEAD CAP GRADE 5
12	993850	WELDMENT FOOT PEDAL
13	99650	SCREW 3/8-16 X 1 1/4 HEX HEAD CAP GRADE 5
14	99650	SCREW 3/8-16 X 1 1/4 HEX HEAD CAP GRADE 5

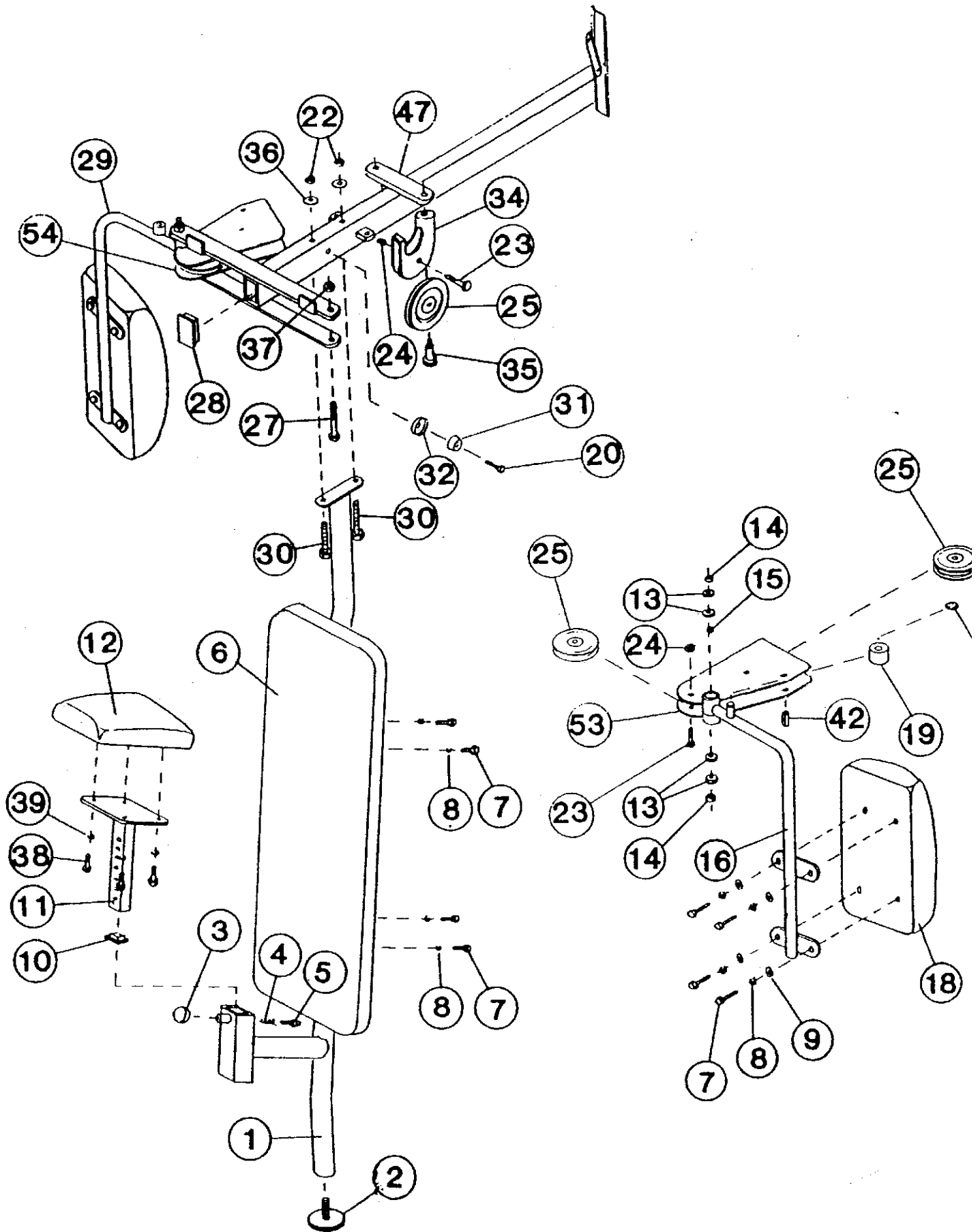


### MULTI HOLD DOWN SEAT

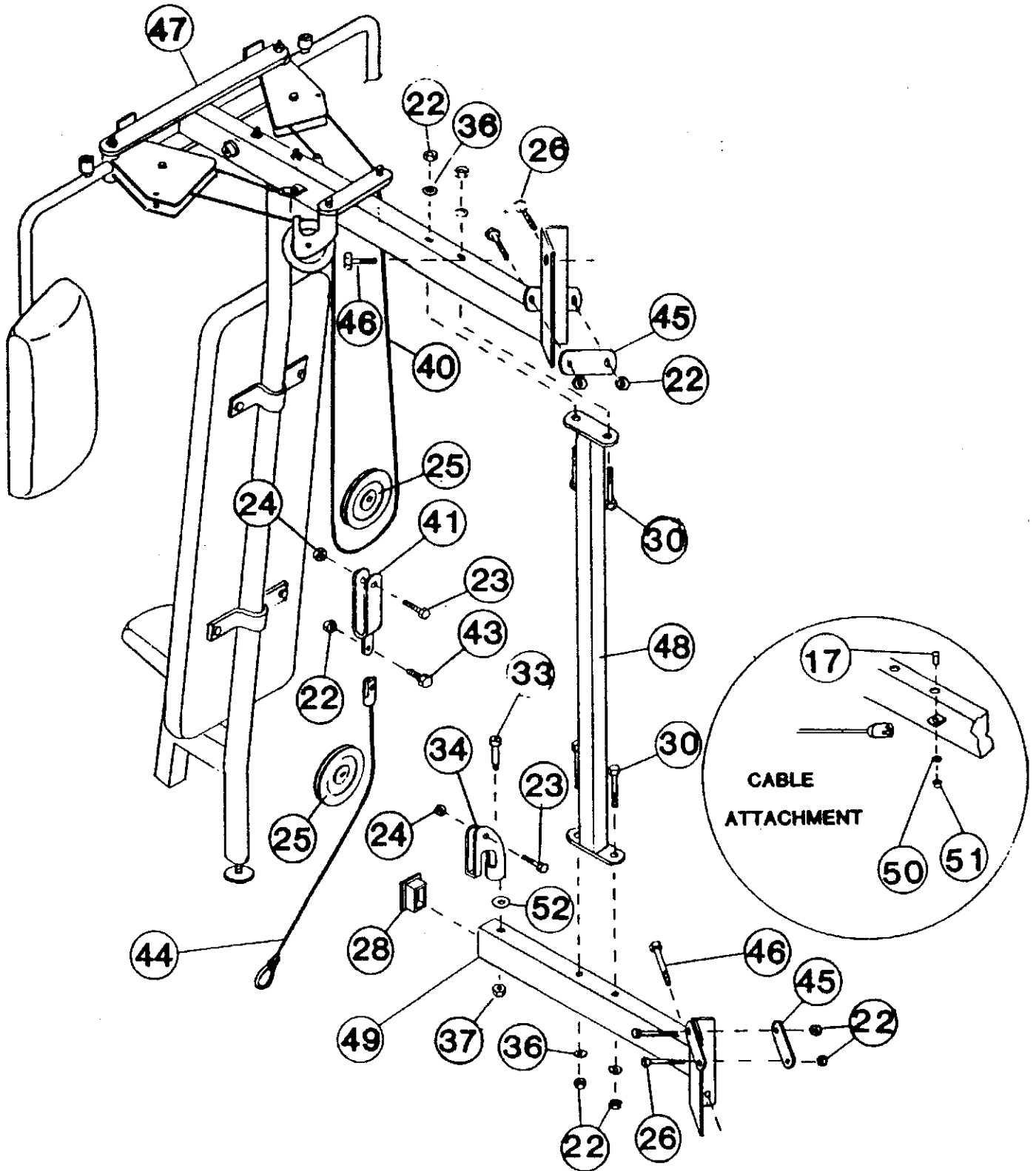
ITEM	PART#	DESCRIPTION
1	990408	EXTENSION WELDMENT-HOLD DOWN SEAT
2	99310	KNOB 1 3/8" DIAMETER PLASTIC
3	98046	SPRING 1/2" COMPRESSION
4	993685	PLUNGER ZINC PLATED
5	94310	FLAT WASHER 1/2"
6	301395	HANDWHEEL-BLACK
7	993720	SUPPORT WELDMENT-HOLD DOWN SEAT
8	993721	PAD ADJUST WELDMENT
9	99673	SCREW 1/2 - 3 X 3 1/4 HEX HEAD CAP GRADE 5
10	94376	LOCKWASHER 1/2"
11	98836	WASHER 1/2" CURVED
12	98961	PLUG 2" SQUARE
13	98833	PLUG 1 1/2 X 2 1/2 PLASTIC
14	99309	PLUG 1 1/2 SQUARE PLASTIC
15	990407	PLATE WELDMENT
16	994676	SEE UPHOLSTRY CHART
17	992739	SCREW 5/16-18 X 1 1/4 HEX HEAD CAP GRADE 5
18	99633	LOCKWASHER 5/16" MEDIUM SPLIT RING
19	94296	WASHER 5/16" PLAIN
20	994635	SEE UPHOLSTRY CHART
21	99600	SCREW 1/4-20 X 1" HEX HEAD CAP GRADE 5
22	94361	LOCKWASHER 1/4" SPRING MEDIUM



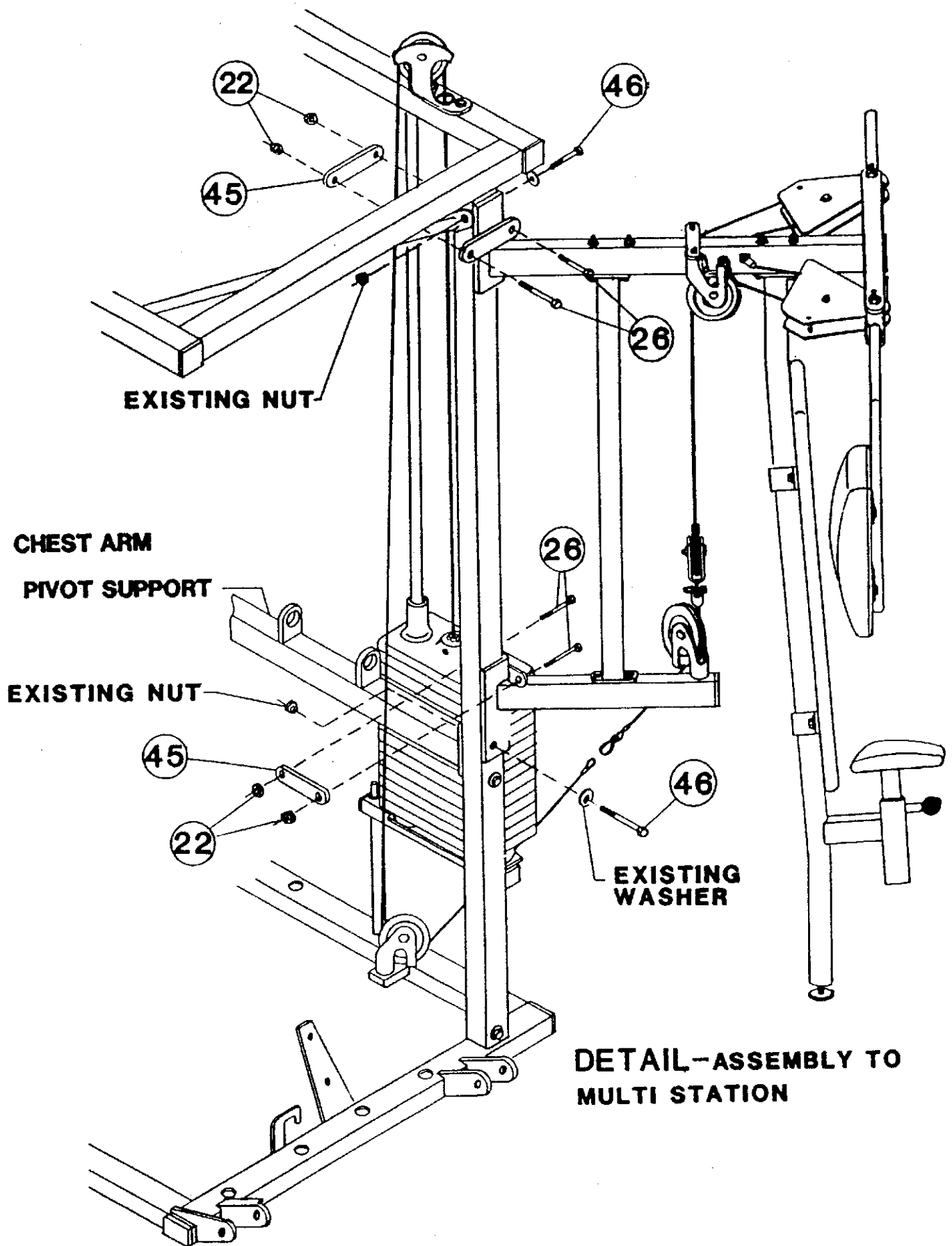
VERTICAL CHEST ACCESSORY FOR CENTURION



VERTICAL CHEST ACCESSORY FOR CENTURION



# VERTICAL CHEST ACCESSORY FOR CENTURION



## VERTICAL CHEST ACCESSORY

1	994269	UPRIGHT WELDMENT-VERTICAL CHEST ACCESSORY
2	301395	PAD-INNER 1.5" BLACK
3	99310	KNOB-1 3/8" DIAMETER, PLASTIC
4	98046	SPRING-1 1/2" COMPRESSION
5	993685	PLUNGER
6	994692	SEE UPHOLSTERY CHART
7	99602	SCREW-5/16-18X1" HEX HEAD CAP GRADE 5
8	99633	LOCKWASHER-5/16"
9	94296	WASHER-5/16"
10	99309	1 1/2" SQUARE PLASTIC PLUG
11	993885	SEAT POST WELDMENT
12	994691	SEE UPHOLSTERY CHART
13	992796	BEARING-LIFT ARM ROLLER
14	994273	SPACER-.567 IDX.75 ODX.125
15	992797	SPACER-BEARING LONG
16	994424	ARM WELDMENT-VERT CHEST LEFT HAND
17	95757	PIN-.38X 1.06 CLEVIS
18	994693	SEE UPHOLSTERY CHART
19	99710	BUMPER-RUBBER SLEEVE
20	99314	SCREW-5/16-12 X 3/4" HEX HEAD SELF TAPPING
21	97727	RETAINING RING-.75 SHAFT, 14 PRONG
22	94213	NUT-3/8-16 TORK LOK
23	99603	SCREW-5/16-18 X 1/12" HEX HEAD CAP GRADE 5
24	99620	NUT-5/16-18 NYLON INSERT LOCK
25	99346	PULLEY WHEEL
26	99614	SCREW-3/8-16X 3 1/4 HEX HEAD CAP GRADE 5
27	92297	SCREW 1/2-13 X 4" HEX HEAD CAP GRADE 5
28	98833	PLUG 1 1/2" X 2 1/2" PLASTIC
29	994425	ARM WELDMENT-VERT CHEST RIGHT HAND
30	99615	SCREW 3/8-16 X 3 1/2" HEX HEAD CAP GRADE 5
31	99266	RECESS BUMPER GLIDE
32	99248	CAP-GLIDE
33	92006	SCREW 5/8 X 3 3/4" SOC HEAD SHOULDER BOLT
34	99277	PULLEY BRACKET #2053A
35	99630	BOLT 5/8" X 1 1/4" SOC HEAD SHOULDER BOLT
36	99634	WASHER 3/8" FENDER
37	94215	NUT 1/2-13 2A TORK LOK
38	99600	SCREW 1/4-20 X 1" HEX HEAD CAP GRADE 5
39	94361	LOCKWASHER-1/4"
40	990002	CABLE ASSEMBLY-112.50, CLEVIS ENDS
41	994274	PULLEY BRACKET
42	95725	PIN 1/4" X 1" SPRING
43	99609	SCREW 3/8-16 X 1-1/4" HEX HEAD CAP GRADE 5
44	994469	CABLE ASSEMBLY 33"
45	994226	BRACKET-.25 X 1.5" X3.38" PLATED
46	99613	SCREW 3/8-16 X 3" HEX HEAD CAP GRADE 5
47	994476	TOP FRAME WELDMENT
48	994236	UPRIGHT BRACE TUBE WELDMENT
49	994239	BRACKET WELDMENT-BOTTOM
50	94283	FASTNER-.38 PUSHNUT
51	99319	CAP-CLEVIS PIN
52	94016	WASHER-NYLON .68 X 1.5 X 1.2
53	994423	PLATE - WELDMENT LEFT HAND
54	994422	PLATE - WELDMENT RIGHT HAND

## Centurion Upholstery Chart

	<i>Dynafoam*</i>	<i>Naugahyde*</i>
<b>Compact Ab Board</b>		
Bench	994745	992865
Rollers	994671 (1)	992141 (1)
<b>Back Hyper Extension</b>		
Pad	994754	992214
Roller	994671	992140
<b>Prone Bench</b>		
	994751	992281
<b>Hip Flexor</b>		
Back	994683 (1)	992872 (1)
Arms	994682 (1)	992873 (1)
<b>Leg Press</b>		
Seat	994763	992243
Back	994760	992245
<b>Tall Stool</b>		
	994757	992279
<b>Thigh Knee</b>		
Bench	994766	992208
Rollers	994671 (1)	992141 (1)
<b>Hold Down Hi/Lo</b>		
Seat	994757	992279
Knee Pads	994678 (1)	992875 (1)
<b>Vertical Chest</b>		
Seat	994744	992879
Back	994742	992869
Arm Pads	994775 (1)	992870 (1)

\* Dynafoam available only in Black

\*\* Naugahyde must specify color

All upholstery above contains assembly hardware

# Top Weight Plates

## Old Designs

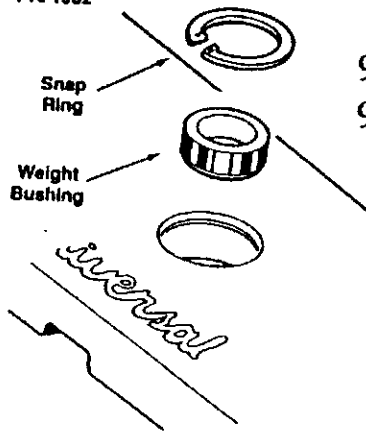
992624, 99228\*, 992313\*\*, 99896\*\*\*  
 99747\*, 992314\*\*, 992386\*\*\*  
 99230, 993935\*  
 99748, 993936\*  
 99232, 994519\*  
 99749, 994518\*

## Current Design

10# Black 990184  
 10# Chrome 990185  
 15# Black 990188  
 15# Chrome 990189  
 20# Black 990192  
 20# Chrome 990193

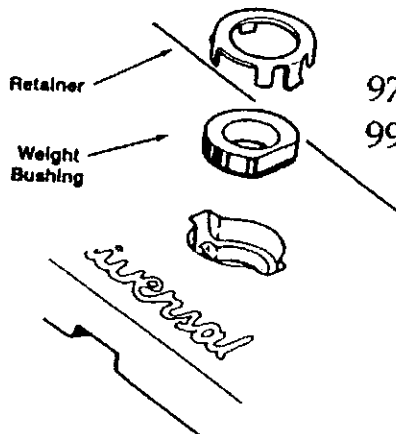
\* Extended Bushing  
 \*\* 1.5" thick plate

Early Model  
 Weight Plate  
 Pre 1982



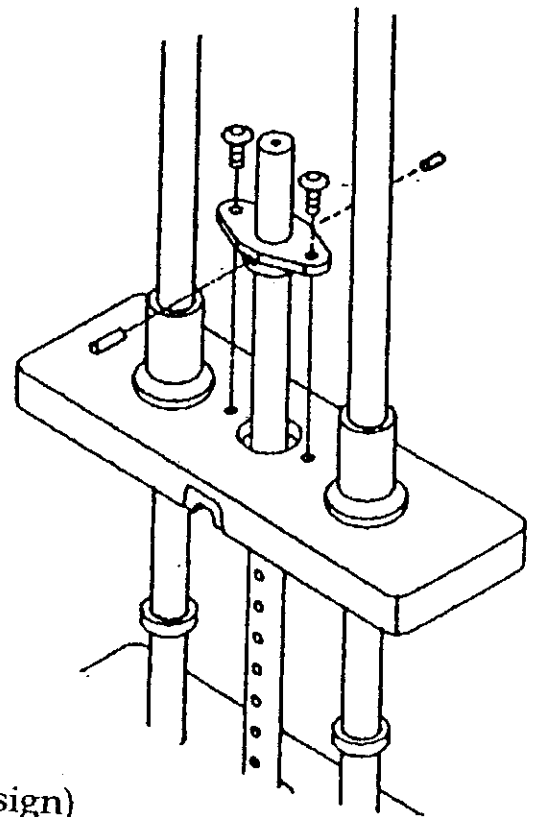
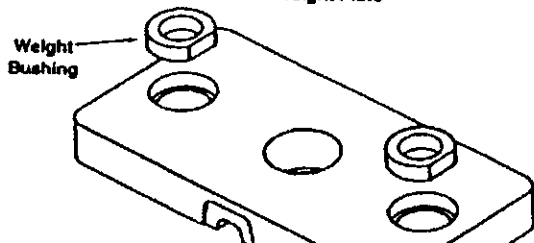
99312 retainer  
 99264 bushing

Late Model  
 Weight Plate  
 1982-1991



97617 retainer  
 992143 bushing (current design)

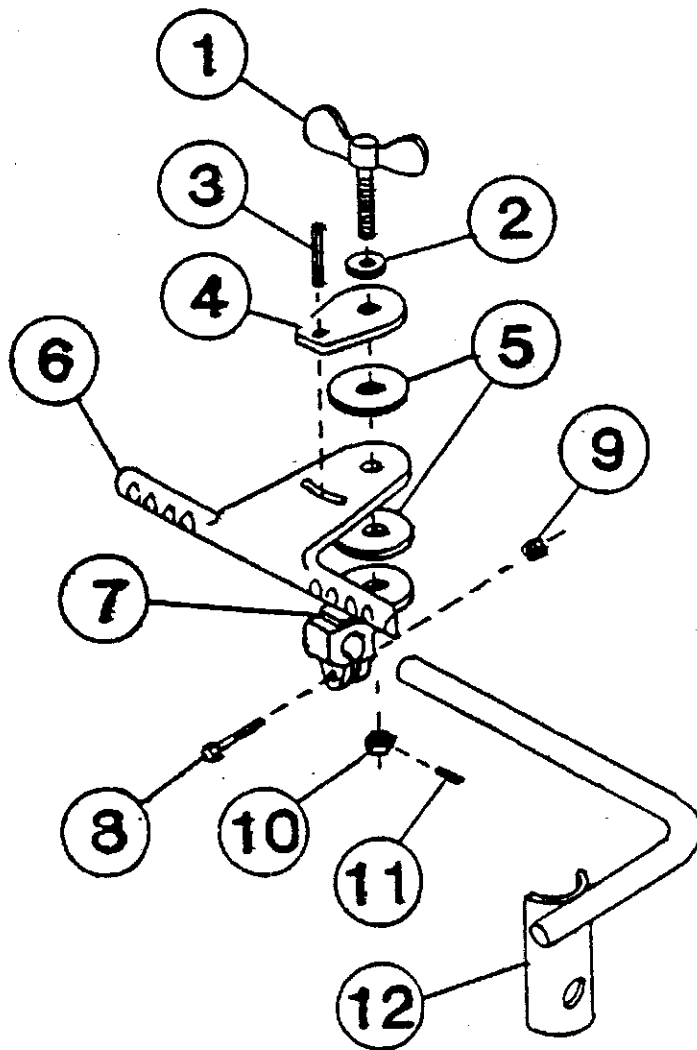
Summer 1991 → Current Model  
 Weight Plate



## Current Design Parts

990215 Coupler for Top Weight  
 990303 Coupler to Update Power Pak  
 95001 Spring Pins (2 required)  
 92492 Socket Screws (2 required)

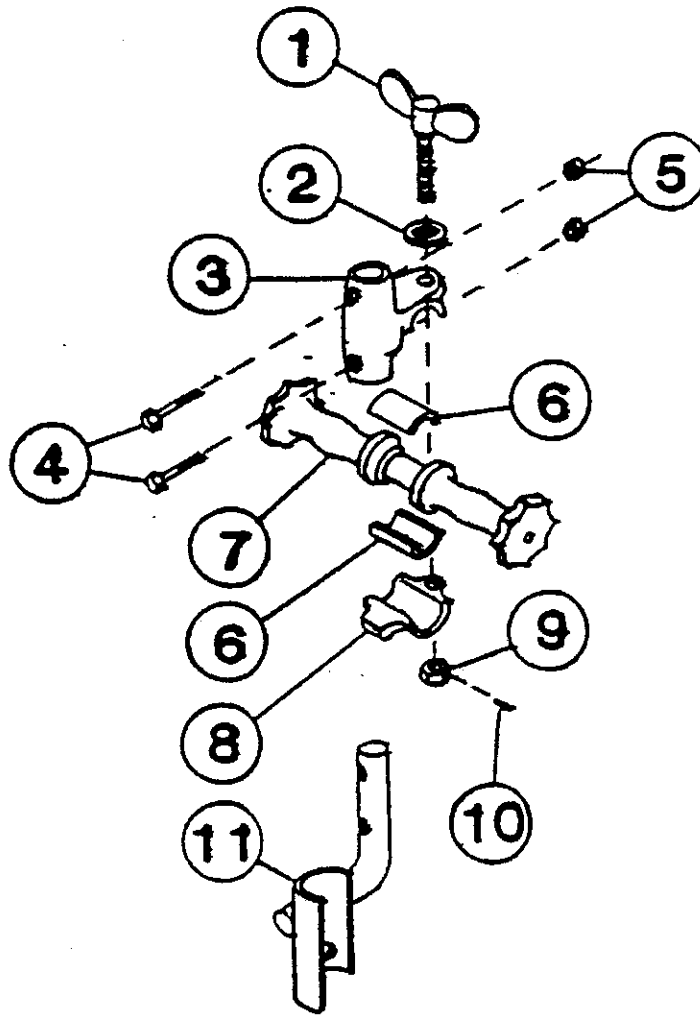
## HAND GRIPPER ACCESSORY



### Hand Gripper Accessory

ITEM	PART#	DESCRIPTION
1	99408	WING BOLT-WRIST ROLLER #2104
2	994302	WASHER- 3/8 IN SAE PLAIN
3	99639	PIN- 5/16 X 1 1/2 SPRING
4	99412	HANDGRIPPER DIAL #2204
5	99403	HANDGRIPPER-LEATHER
6	99410	HANDGRIPPER BODY #2203
7	99414	HANDGRIPPER GOOSENECK
8	99603	SCREW- 5/16 - 18 X 1 1/2" HEX HEAD CAP GRADE 5
9	99620	NUT- 5/16-18 HEX NYLON INSERT
10	99735	NUT- 3/8-24 HEX LOCK
11	99643	PIN- 3/32 X 1/2" ROLL
12	992763	BRACKET WELDMENT

## WRIST ROLLER ACCESSORY



### Wrist Roller Accessory

1	99408	WING BOLT- WRIST ROLLER #2104
2	994302	WASHER- 3/8 IN. SAE PLAIN
3	99406	HOUSING- WRIST ROLLER
4	99644	SCREW- 5/16-18 X 1 3/4" HEX HEAD CAP GRADE 5
5	99620	NUT 5/16-18 HEX NYLON INSERT
6	99402	WRIST ROLLER-LEATHER
7	99399	WRIST ROLLER BAR ASSY
8	99407	CLAMP- WRIST ROLLER #2102 A
9	99735	NUT 3/8 X 24 HEX LOCK
10	99643	PIN- 3/32 X 1/2 ROLL
11	992760	BRACKET WELDMENT