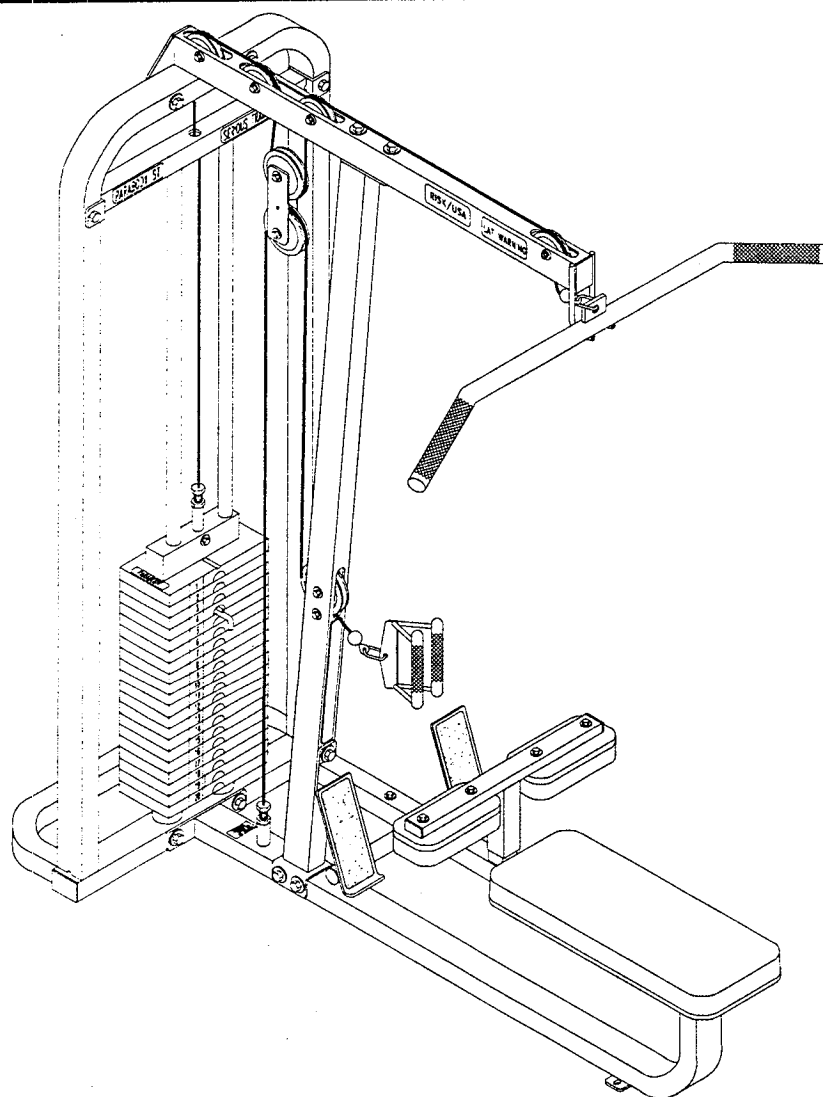


# PARABODY

## *Serious Steel*

913101 WEIGHT STACK OPTION

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## ASSEMBLY INSTRUCTIONS

## IMPORTANT NOTES

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Consult your physician before beginning any exercise program.
2. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
3. Do not allow minors or children to play on or around this equipment.
4. Exercise with care to avoid injury.
5. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

### Please note:

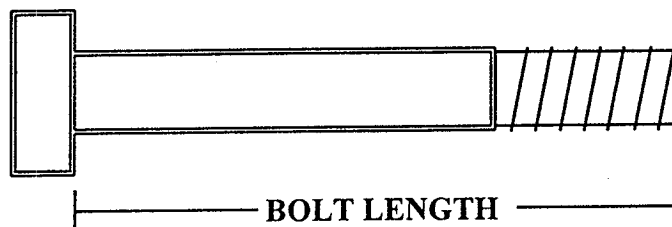
- \* Thank you for purchasing the Parabody 913101 Weight Stack option. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

## Tools Required for Assembly

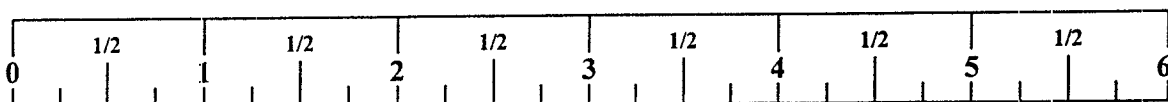
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* Adjustable wrench
- \* Teflon or Silicon spray

## Bolt Length Ruler

**NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.**

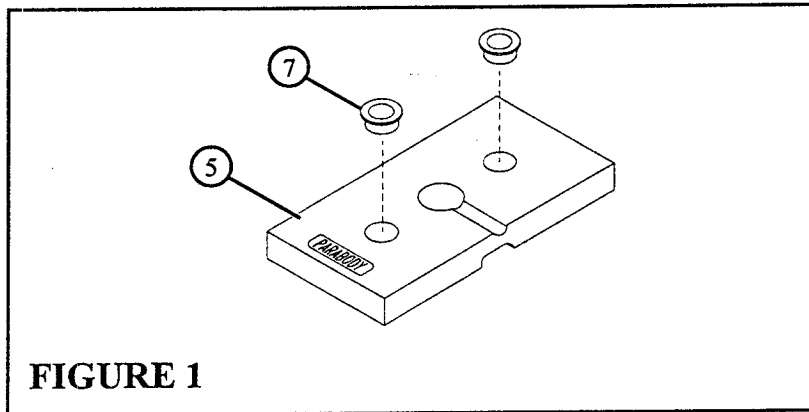


**BOLT LENGTH RULER:**



# PARTS LIST

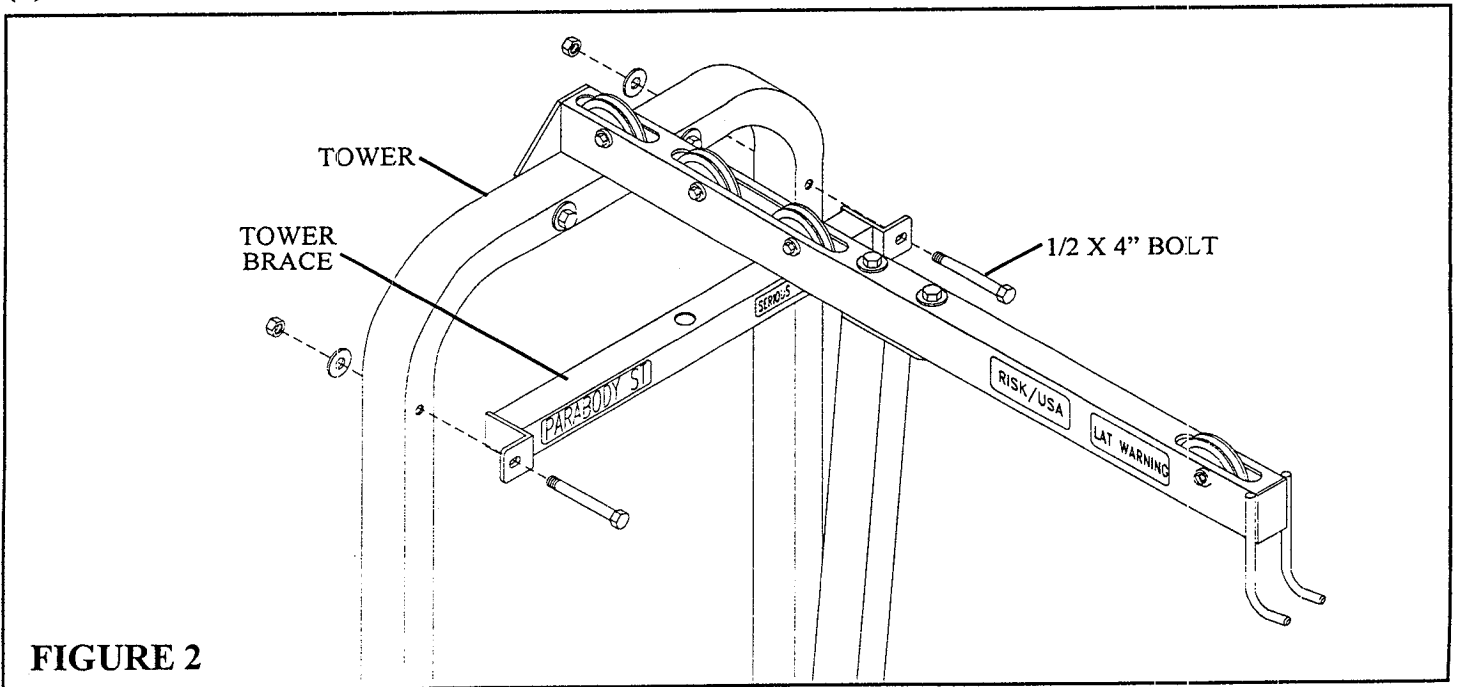
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6284501	WEIGHT STACK SHAFT	1	7	6382301	PLATE BUSHING 10 COUNT	4
2	6523401	GUIDE ROD	2	8	6595201	GUIDE ROD BUSHING	2
3	6628401	HEAD PLATE	1	9	3202401	3/8 X 1" BUTTONHEAD CAPSCREW	1
4	6214401	SELECTOR PIN	1	10	3114502	3/8" LOCK WASHER	1
5	6214501	WEIGHT PLATES	20	11	6189501	WEIGHT STACK LABELS	1
6	3108002	WEIGHT STACK CUSHION	2				



**FIGURE 1**

**STEP 1:**

Snap two WEIGHT PLATE BUSHINGS (7) into the "PARABODY" side of all twenty WEIGHT PLATES (5) as shown in FIGURE 1.



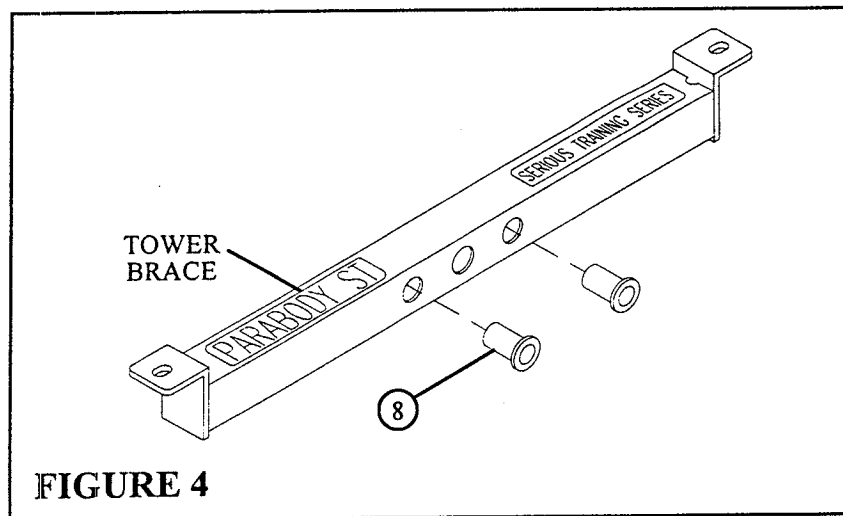
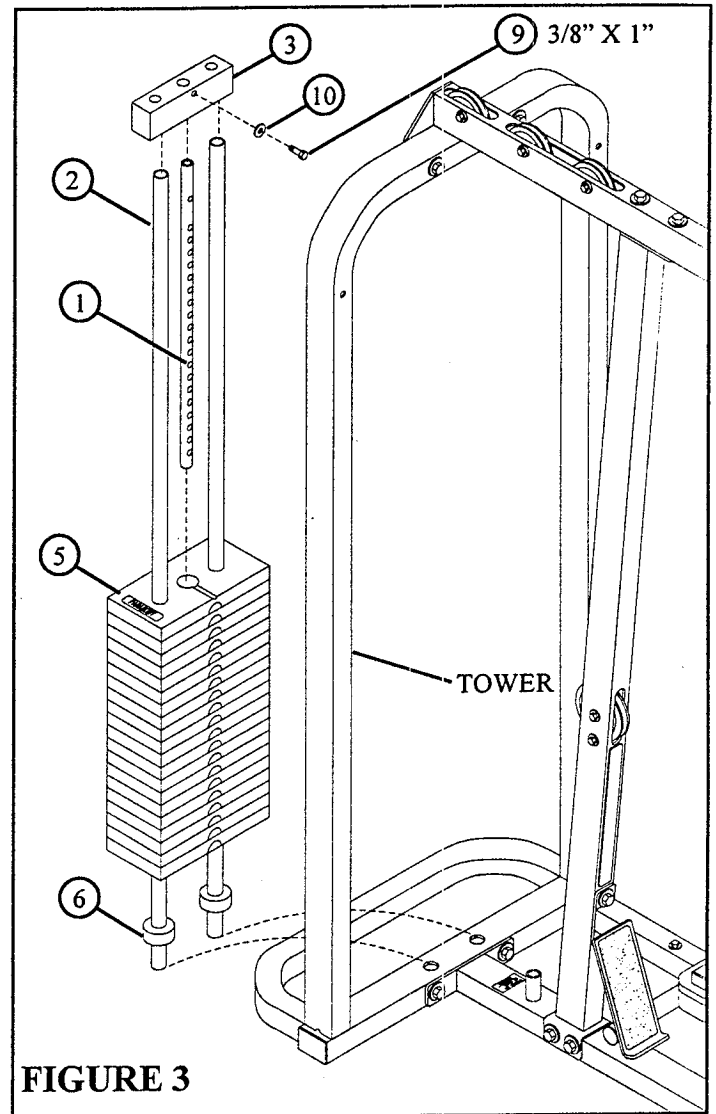
**FIGURE 2**

**STEP 2:**

Remove two 1/2 X 4" BOLTS, two 1/2" WASHERS, and two 1/2" LOCK NUTS from the TOWER BRACE to remove the TOWER BRACE from the TOWER as shown in FIGURE 2.

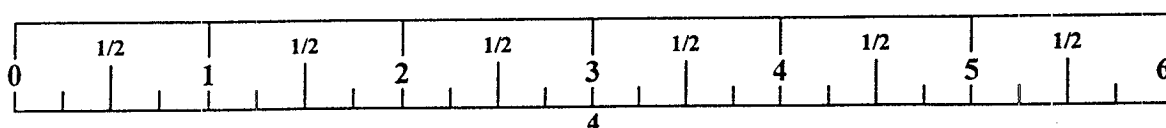
**STEP 3:**

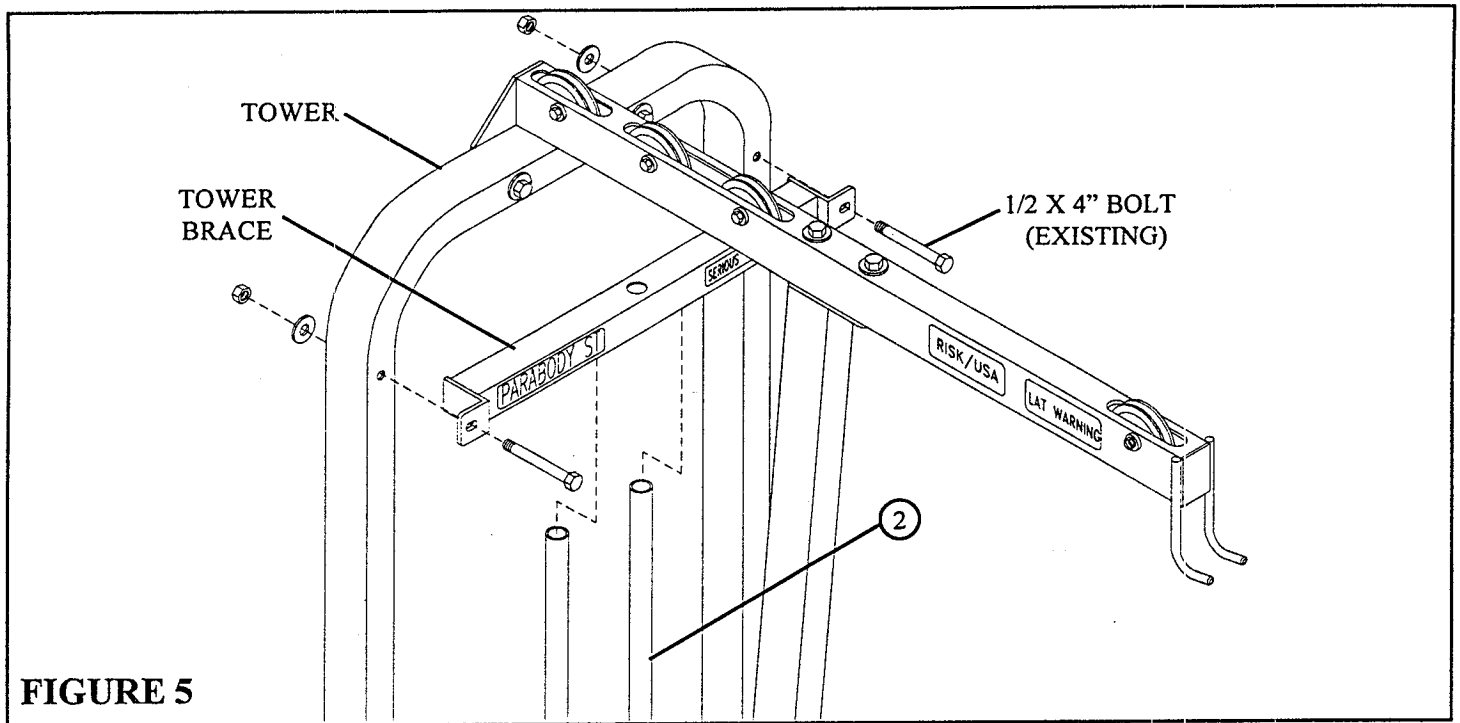
- A. Insert the two GUIDE RODS (2) into the base of the TOWER as shown in FIGURE 3. Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.
- B. Slide two WEIGHT STACK CUSHIONS (6) down over the GUIDE RODS (2). See FIGURE 3.
- C. Using **EXTREME CARE** slide twenty WEIGHT PLATES (5) down over the GUIDE RODS (2) with the "PARABODY" side up and the key-hole facing as shown in FIGURE 3.
- D. Securely assemble the WEIGHT STACK SHAFT (1) to the HEAD PLATE (3) using one 3/8 X 1" BUTTON HEAD CAP SCREW (9) and one 3/8" LOCK WASHER (10). (Note: The bolt hole in the HEAD PLATE (3) should be on top.)
- E. Carefully Slide the HEAD PLATE ASSEMBLY (1 & 3) down over the GUIDE RODS (2) onto the weight stack as shown in FIGURE 3.



**STEP 4:**

Insert two GUIDE ROD BUSHINGS (8) into the holes in the TOWER BRACE. See FIGURE 4.

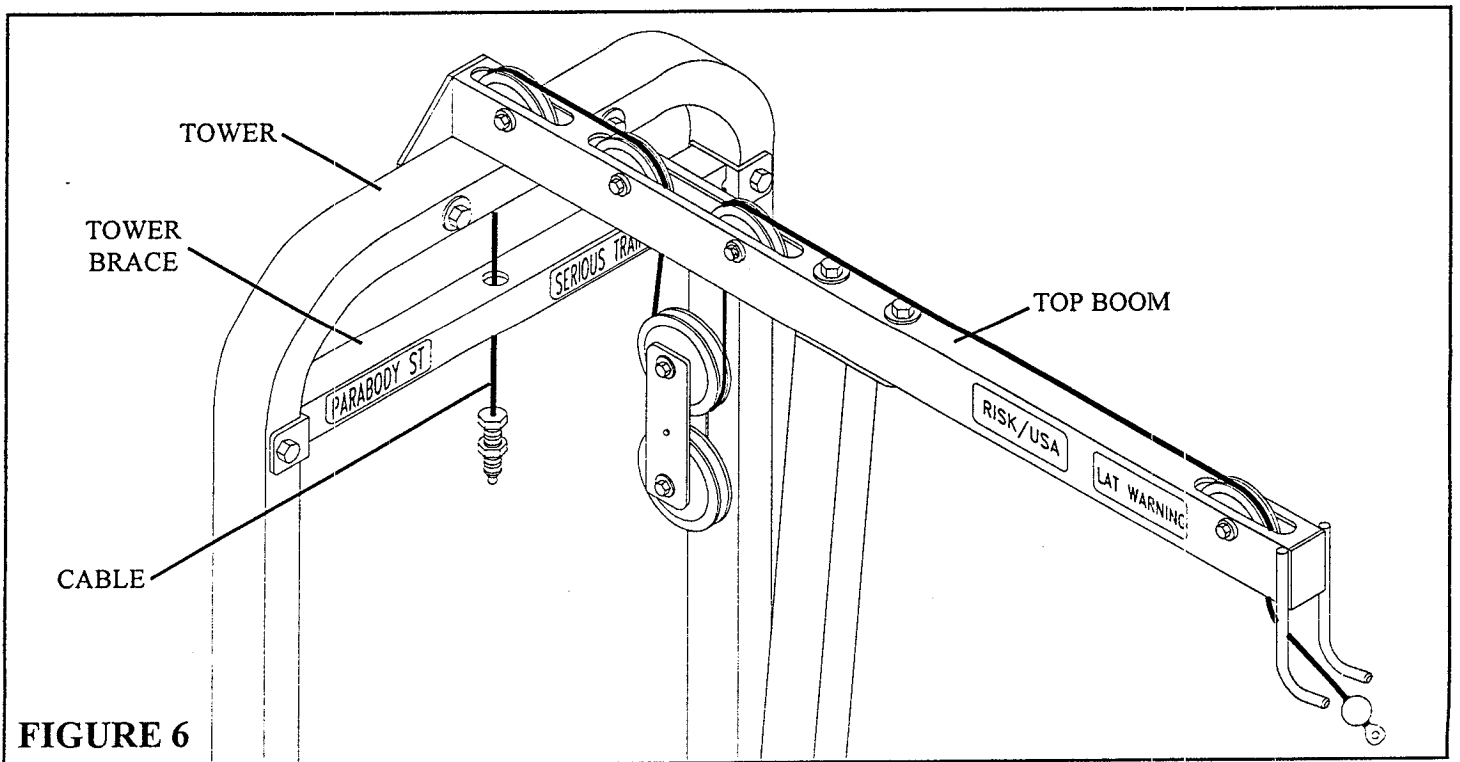




**FIGURE 5**

**STEP 5:**

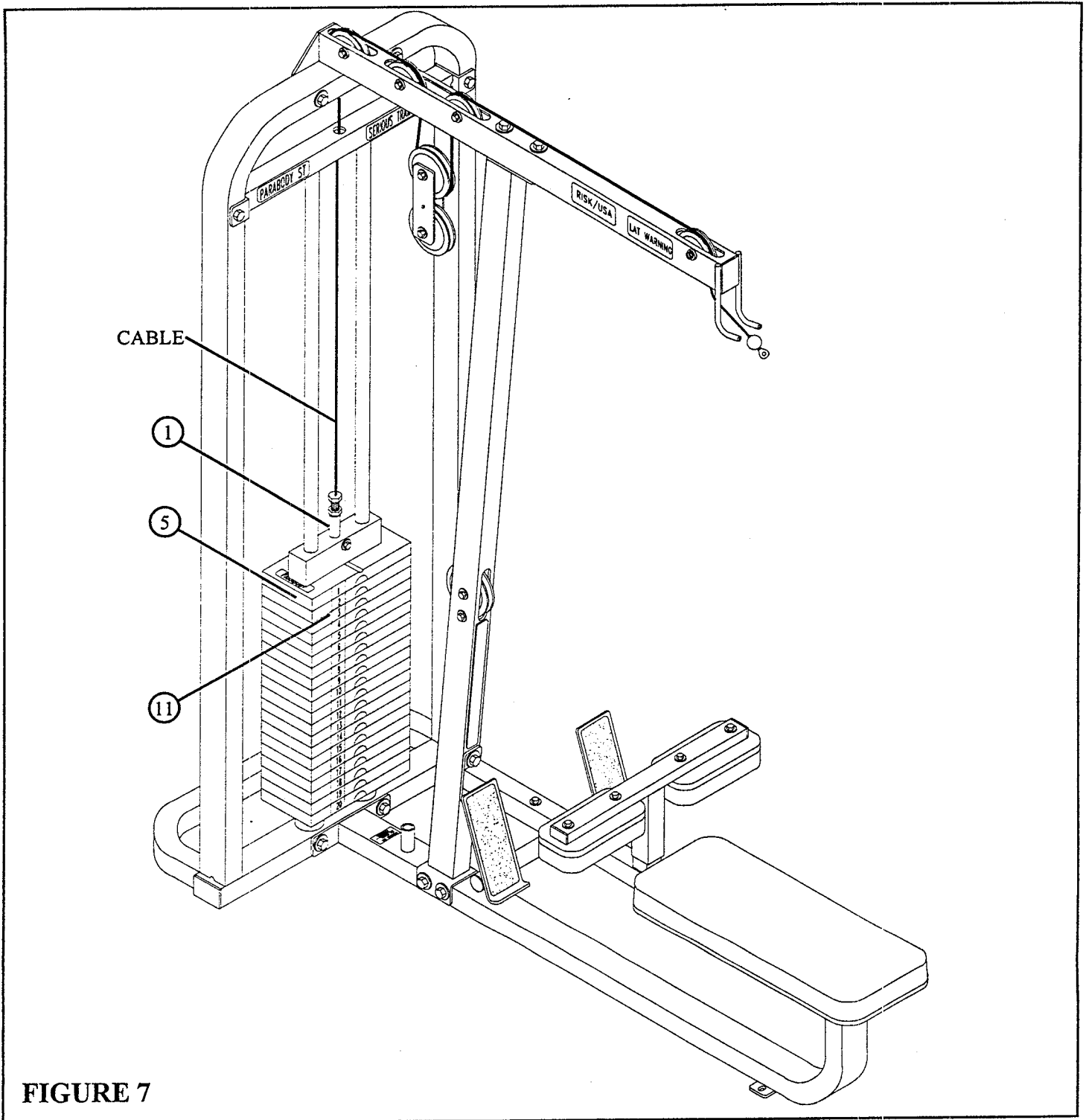
Place TOWER BRACE over the GUIDE RODS (2) and securely fasten TOWER BRACE to TOWER using previously removed 1/2" X 4" BOLTS, 1/2" WASHERS, AND 1/2" NUTS as shown in FIGURE 5.



**FIGURE 6**

**STEP 6:**

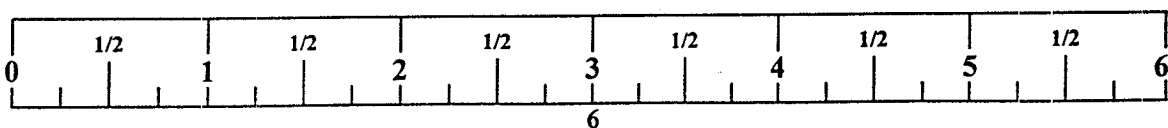
Route threaded end of CABLE (part # 6671601) around pulleys in TOP BOOM and PULLEY BLOCK ASSEMBLY. Route CABLE (part # 6671601) down through hole in TOWER and TOWER BRACE as shown in FIGURE 6.

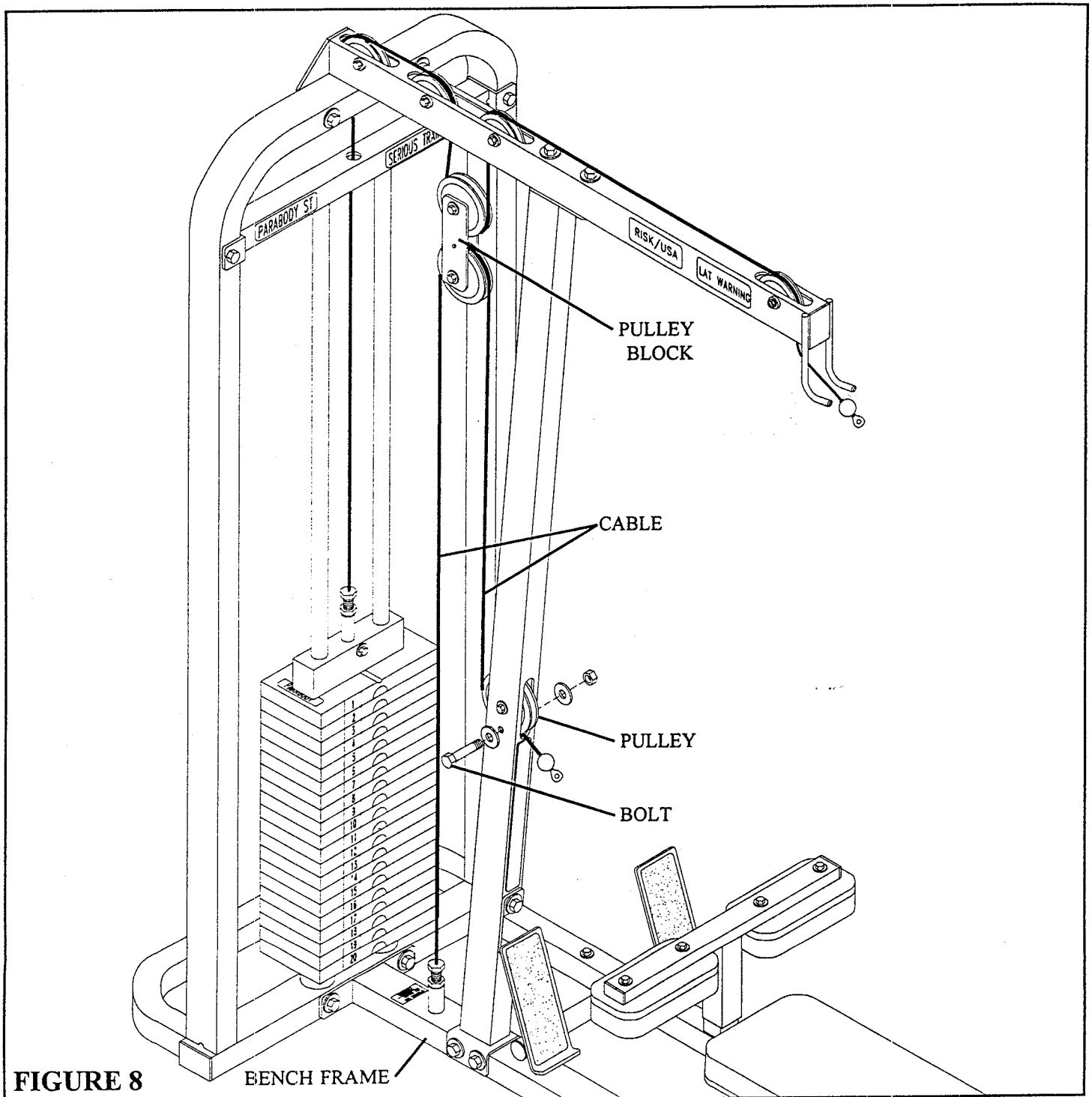


**FIGURE 7**

**STEP 7:**

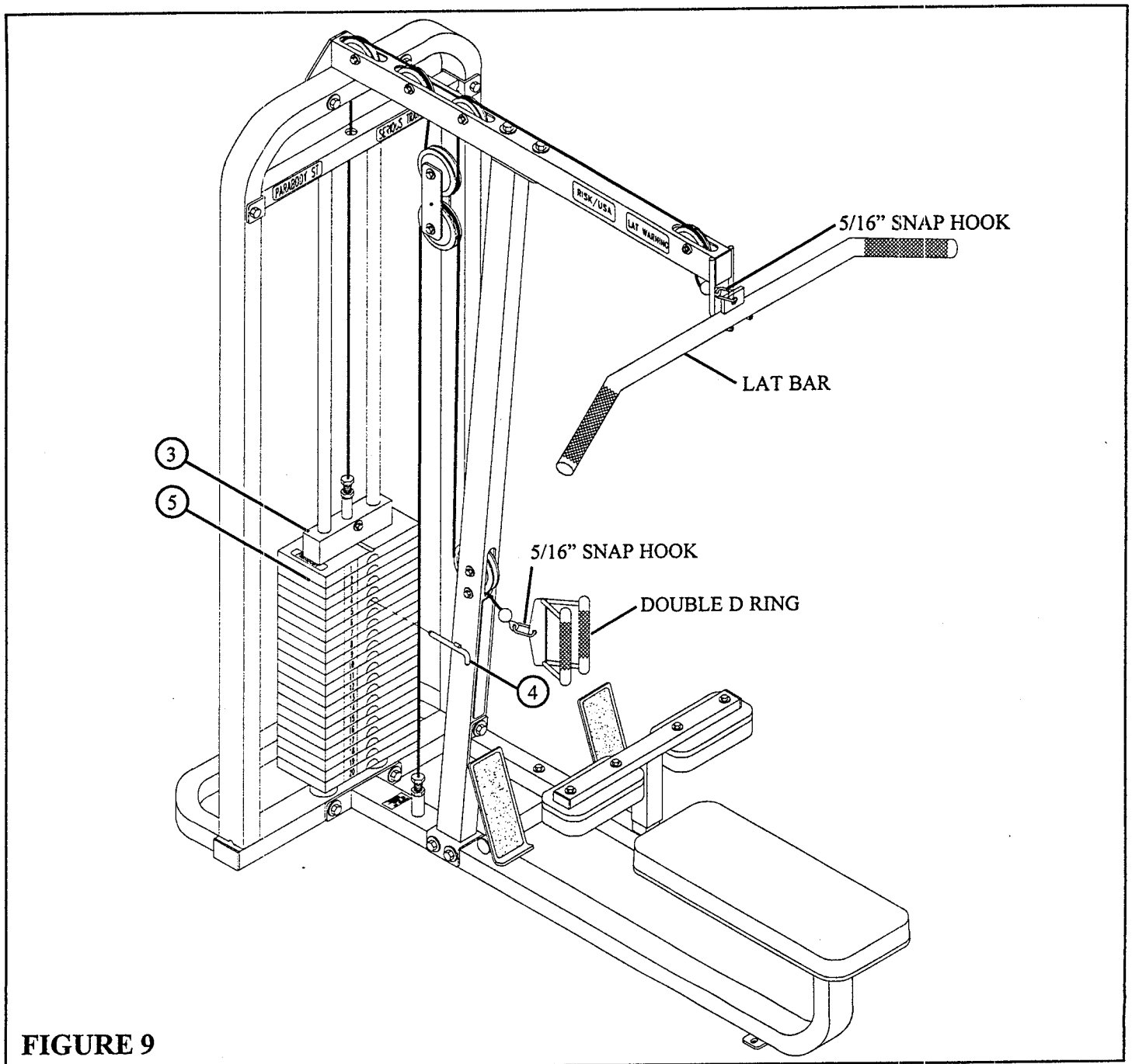
- A. Screw the threaded end of the CABLE (part #66716001) approximately 3/4" into the end of the WEIGHT STACK SHAFT (1) and tighten jam nut securely.
- B. Apply one WEIGHT STACK LABEL (11) to each WEIGHT PLATE (5) as shown. Labels 1 through 20 should be applied from top to bottom of the WEIGHT STACK and close to the key-hole.





**STEP 8:**

- A. Remove the BOLT, WASHERS, and LOCK NUT below the PULLEY in UPRIGHT. See FIGURE 8.
- B. Insert the threaded end of CABLE (part #6671001) under the PULLEY in UPRIGHT and around the bottom PULLEY of the PULLEY BLOCK . See FIGURE 8.
- C. Fasten end of CABLE (part #6671001) into threaded housing on the base of BENCH FRAME and tighten jam nut securely.
- D. Securely fasten previously removed BOLT, WASHERS, and LOCK NUT. (NOTE: The CABLE (part #6671001) should be routed over the bolt and washer.

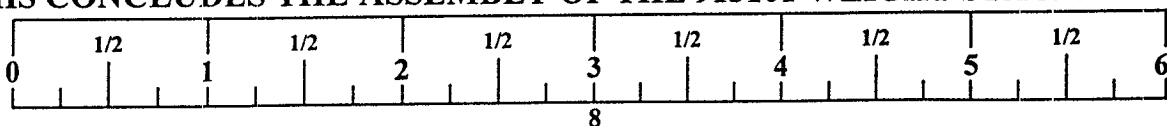


**FIGURE 9**

**STEP 9:**

- A. Attach CHROME LAT BAR & DOUBLE D CHROME HANDLE to ball ends of cables using 5/16" SNAP HOOKS. See FIGURE 9.
- B. If the HEAD PLATE (3) does not sit on top of the first WEIGHT PLATE (5), push the head plate down, insert the SELECTOR PIN (4) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (3) from lifting up.
- C. If after completing STEP B the HEAD PLATE (3) still does not sit on top of the first WEIGHT PLATE (5) or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.

**THIS CONCLUDES THE ASSEMBLY OF THE 913101 WEIGHT STACK OPTION**





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