

FREE WEIGHT SMITH SYSTEM



PARABODY

AND SPECIALIZED
WORKOUT STATIONS



**YOU CAN ALWAYS TELL
WHO USES PARABODY**

**YOU'RE ONLY AS GOOD
AS THE EQUIPMENT YOU USE**

What you see is what you get with the ParaBody Smith System and Specialized Workout Stations. No pretense here. Just all the variety, durability, and performance you need to get the job done. It's as simple as that. Club-quality equipment that's built to last. These machines deliver the kind of free weight workout your body craves. Don't let the equipment you use limit your strength-training regimen. Get the equipment that works just as hard as you do. With the Free Weight Smith System and a full range of specialized workout stations to choose from, you can't go wrong with ParaBody.

PARABODY SMITH SYSTEM THE DREAM MACHINE.

If you've ever dreamed of setting up the ultimate home gym, the Smith System is the perfect centerpiece. It's a commercial-grade, 3-in-1 free weight system: a free-weight barbell racking system, a Smith Machine, and a selectorized weight stack system (optional). It's all you need and more.

- Combination Smith Machine and fully-versatile Free Weight System provide ultimate lifting variety
- 7DegreeSlant™ design enables exercises that mirror the body's natural movement pattern and provides more freedom of movement
- Commercial-quality Thomson™ linear bearings and case-hardened guide rods ensure controlled movement, smoothness, and durability under all weight loads
- SmartRack™ technology offers unparalleled safety and efficiency with barbell movements

SMITH SYSTEM [888] OPTIONAL ATTACHMENTS

- 889 210 lb (95 kg) Selectorized Lat/Low Row
- 885 Olympic Adapters for Plate Holders
- 890 Olympic Plate Weight Horns
- 887 Plate-Loaded Lat/Low Row*
- 874 Multi-Angle Bench

MULTI-ANGLE BENCH [874] OPTIONAL ATTACHMENTS

- 803 Plate-Loaded Lat/Low Row*
- 849 Low Row Foot Platform for 803
- 848 Plate-Loaded Deluxe Lat/Low Row*
- 824 Leg Extension/Leg Curl* (Lock the pin for Sit-Ups)
- 823 Leg Hold Down for Sit-Ups (Not needed if you get 824)
- 885 Olympic Adapters for Plate Holders
- 886 Arm Curl Attachment

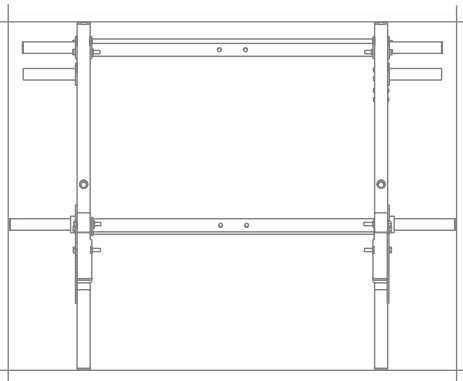
*See pages 6-7 for more information

*All plate-loaded attachments accommodate standard weight plates. Olympic adapters (885) can be added for greater stability when using Olympic-style weight plates.

SPECIFICATIONS

Assembled Dimensions (Base):	54"L x 70"W x 83"H	137 cm x 178 cm x 211 cm
Assembled Dimensions (All Options):	110"L x 70"W x 84"H	280 cm x 178 cm x 214 cm
Live Working Area (All Options):	114"L x 96"W x 93"H	290 cm x 244 cm x 236 cm
Warranty: *	Limited lifetime warranty on frames, welds, and parts; 3-year warranty on upholstered pads and cables	

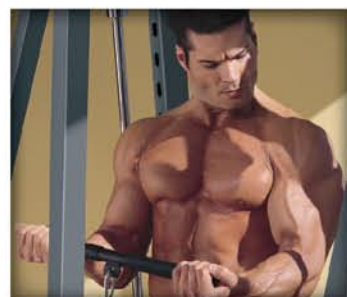
*Warranties outside the U.S. may vary



SMITH SYSTEM OPTIONAL ATTACHMENTS

- ① 889 210 lb. (95kg) Selectorized Lat/Low Row
- ② 885 Olympic Adapters for Plate Holders
- ③ 824 Leg Curl/Extension*
- ④ 890 Olympic Plate Weight Horns (comes standard with two)
- ⑤ 874 Multi-Angle Bench

Note: Barbells, Plates, Straps, Handles, and Dumbbells Sold Separately





MULTI-ANGLE BENCH

- Fully adjusts from decline to shoulder press
- Quick Flip™ seat with pull-pin back adjustment
- Expandable with attachment options shown
- 44"L x 18"W x 18"H



FLAT/INCLINE BENCH

- 12-position flat/incline bench
- Heavy-duty steel construction
- Sturdy, compact design which is easy to use
- 44"L x 18"W x 14"H



HYPEREXTENSION/ROMAN CHAIR

- Effectively exercise lower back and abs
- Adjustable footholds for proper positioning
- High-density pads for optimal comfort
- 47"L x 20"W x 39"H



HIP SLED

- Solid construction for exceptional stability
- Frictionless needle bearing carriage travel
- Easy pull-pin changeovers
- 77"L x 33"W x 55"H



LAT/LOW ROW STATIONS (ATTACH TO 874 BENCH)

- 848 - Deluxe station with lat & low row bars
11"L x 36.5"W x 81"H
- 803 - 5"L x 10"W x 70"H
- 849 - Low Row Foot Platform for 803



VERTICAL KNEE RAISE/CHIN/DIP

- Vertical knee raise works abdominals
- Chin-ups work back, shoulders, and arms
- Dips work shoulders, triceps, and chest
- 54"L x 48"W x 81"H



LEG CURL/EXTENSION STATION

- Quick and easy dual function
- Quick and easy pull-pin adjustments
- Heavy-duty steel construction
- 54"L x 30"W x 40"H



SEATED LEVERAGE CALF STATION

- Targets and isolates calf muscles
- Quick and easy pull-pin adjustments
- Heavy-duty steel construction
- 45"L x 22"W x 26"H



ARM CURL BENCH

- Precisely targets and isolates arm muscles
- Quick and easy pull-pin adjustments
- Heavy-duty steel construction
- 40"L x 30"W x 30"H



AB CRUNCH

- Heavy-duty steel construction
- High quality foam knee/ankle rollers
- Sturdy, compact design which is easy to use
- 44"L x 18"W x 18"H



PLATE TREE/OLYMPIC ADAPTERS

- Easy-storage plate tree saves time
- Accommodates Olympic weight plates
- Heavy-duty steel construction
- 18"L x 28"W x 36"H



DUMBBELL RACKS

- Horizontal and vertical racks
- Heavy-duty steel construction
- Horizontal: 53"L x 18"W x 31"H
- Vertical: 27"L x 15"W x 45"H

Barbells, weight plates, straps, handles, and dumbbells sold separately. Visit parabody.com for specialized workout station metric dimensions.

© 2007 Life Fitness, a division of Brunswick Corporation. All rights reserved. ParaBody, 7Degressant, Quick Flip, SmartRack, and Wolf Sleeve are trademarks of Brunswick Corporation. In a continual effort to improve our products, specifications are subject to change. CD-067-06 (01.07)

PARABODY.

For more information visit us at PARABODY.COM

Location of your nearest authorized ParaBody dealer | Leading fitness magazine reviews of our equipment
Training tips written by fitness experts on the benefits of strength training | Sign up for our monthly newsletter

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>