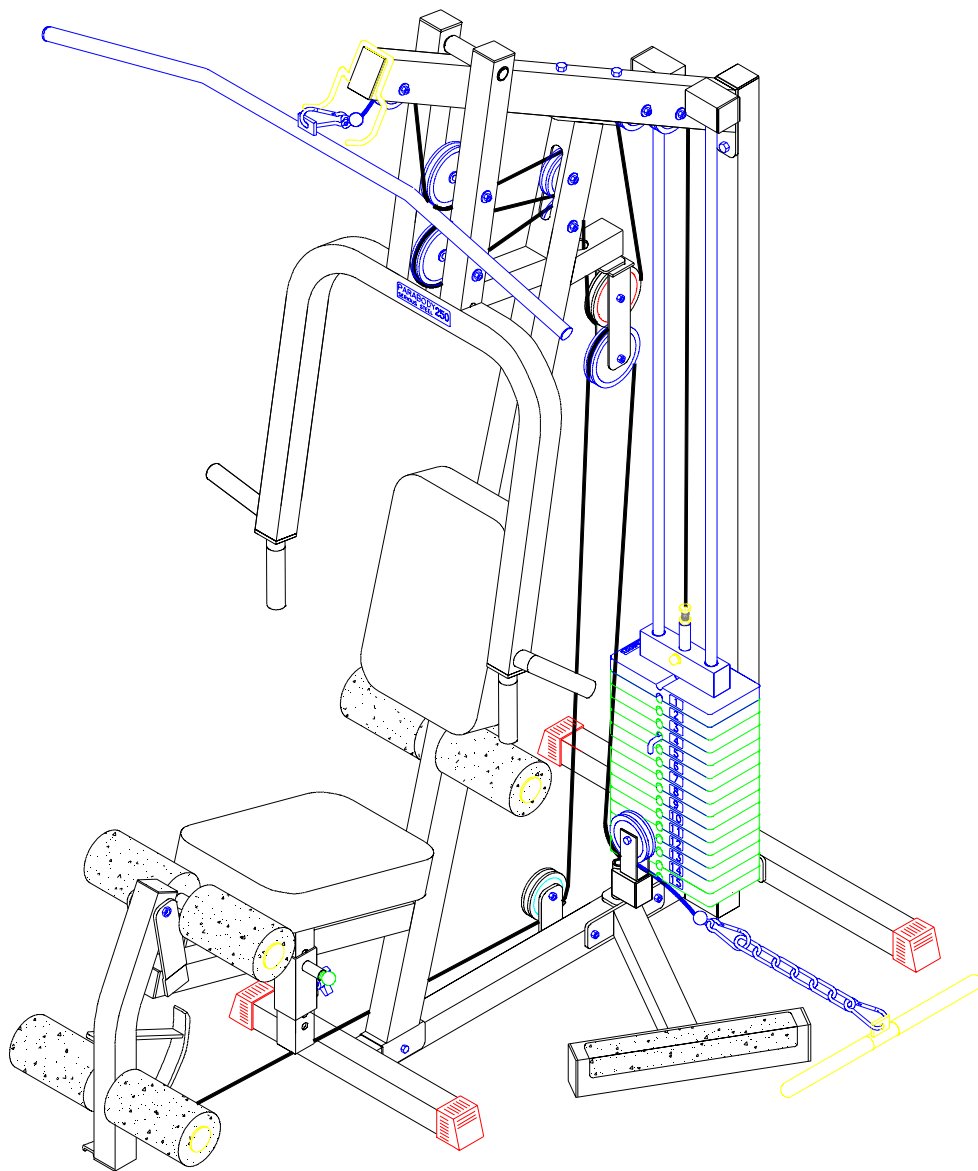


# PARABODY

## *Serious Steel*

### 250101 HOME GYM

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## ASSEMBLY INSTRUCTIONS

## IMPORTANT NOTES

WELCOME TO THE WORLD OF *Serious steel!*

### Please note:

- \* Thank you for purchasing the Parabody 250101 Home Gym. 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.

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

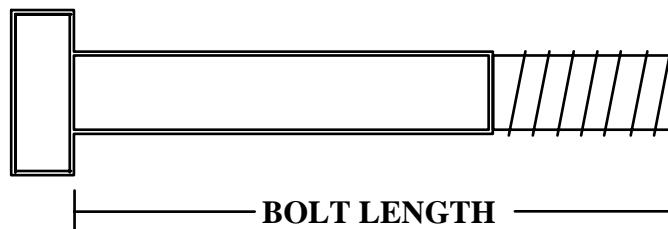
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your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

## Tools Required for Assembly

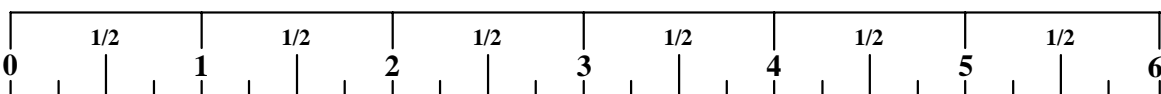
- \* Rubber mallet or hammer
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* 5/32" Allen wrench
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

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

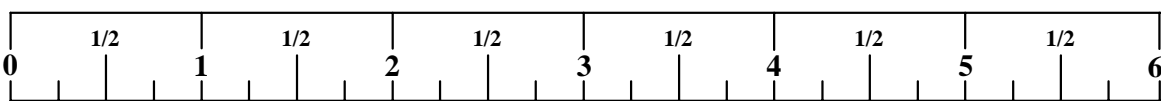


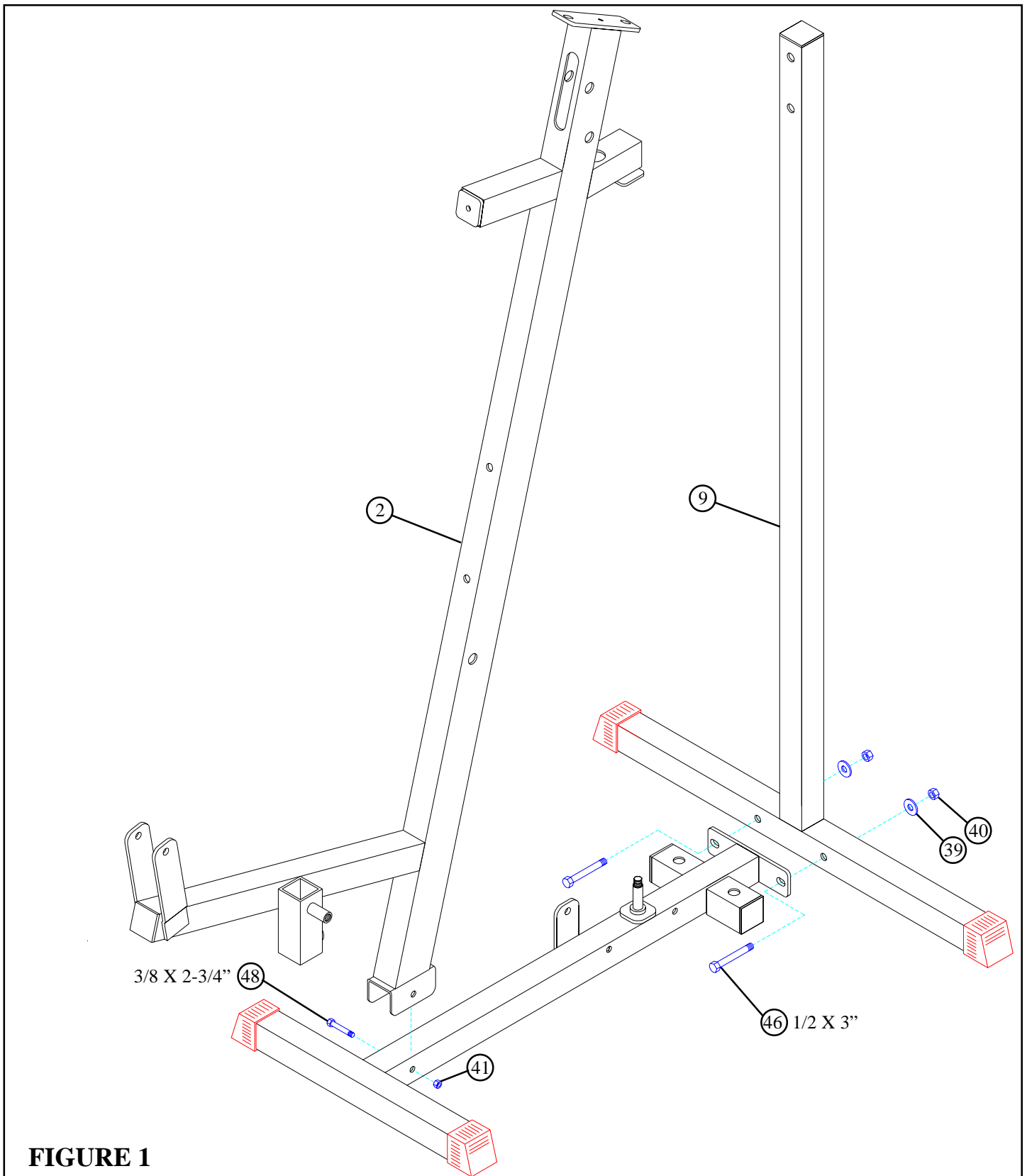
### BOLT LENGTH RULER:



# PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6594303	LEG CURL EXT	1	30	6020601	1/2" FLANGE BEARING	2
2	6593703	FRONT UPRIGHT	1	31	6075906	12 LINK CHAIN	1
3	6593503	PRESS ARM	1	32	6122701	3/8 X 1" SPACER	4
4	6594102	PRESS SEAT	1	33	6145801	3 PRONG KNOB	1
5	6501302	SWIVEL PULLEY BRACKET	1	34	6214401	WEIGHT STACK SELECTOR PIN	1
6	6594702	FLOATING PULLEY BRACKET	1	35	6412001	SPRING PIN ASSEMBLY	1
7	6718503	TOP BOOM	1	36	6480301	3/8" FLANGE SPACER	10
8	6718203	BASE	1	37	6595101	ADJUSTABLE GLIDE	1
9	6717803	REAR UPRIGHT	1	38	3102501	3/8" FLAT WASHER	12
10	6717502	CALF BLOCK	1	39	3102502	1/2" FLAT WASHER	6
11	6275302	LAT BAR	1	40	3102801	1/2" LOCK NUT	5
12	6597402	SEAT PAD	2	41	3102802	3/8" LOCK NUT	13
13	6468401	3/4 X 7" SHAFT	1	42	3102804	1/2" LOW HT LOCK NUT	2
14	6125101	3/4 X 16" TUBE	3	43	3102807	3/8" LOW HT LOCK NUT	2
15	6194601	4 X 7" ROLLER PAD	6	44	3102901	3/8 X 1-1/4" BOLT	2
16	6514401	65-3/4" GUIDE ROD	2	45	3102905	3/8 X 3-3/4" BOLT	2
17	6189501	WEIGHT STACK LABEL	1	46	3102910	1/2 X 3" BOLT	5
18	3116101	4-1/2" PULLEY	4	47	3102917	1/2 X 4" BOLT	2
19	3116201	3-1/2" PULLEY	7	48	3102922	3/8 X 2-3/4" BOLT	10
20	6714601	HEAD PLATE	1	49	3102924	3/8 X 1-3/4" BOLT	4
21	6266001	WEIGHT STACK SHAFT	1	50	3106803	5/16" SET SCREW	2
22	6270501	4 X 14" NON-SKID STRIP	1	51	3202109	3/8 X 7-1/2" BOLT	2
23	6382301	WEIGHT PLATE BUSHING 10 CT	3	52	3105401	3/4" STARLOCK COLLAR	6
24	6274402	LOW ROW BAR	1	53	3108002	WEIGHT STACK CUSHION	2
25	6409101	ANKLE STRAP	1	54	<del>3117401</del>	CAP PLUG	2
26	6722401	WEIGHT STACK CABLE ASSY	1	55	6533501	2-3/8" L-BRACKET	1
27	6722501	LEG CURL CABLE ASSY	1	56	6405201	2" SQ. END CAP	2
28	3103801	SNAP LINK	3	57	6416601	PARAGLIDES QTY 8	1
29	3104901	3/4" FLANGE BEARING	2	58	6214501	WEIGHT PLATE	15





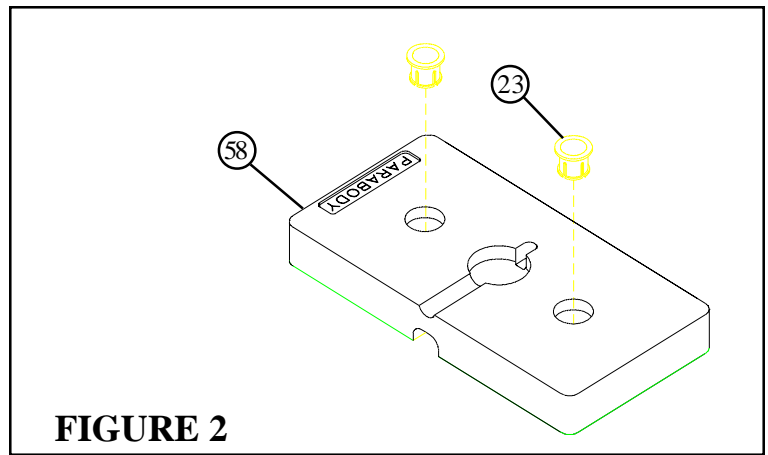
**FIGURE 1**

**STEP 1**

- Loosely assemble the REAR UPRIGHT (9) to the BASE (8) using two 1/2 X 3" BOLTS (46), two 1/2" FLAT WASHERS (39), and two 1/2" LOCK NUTS (40). See FIGURE 1.
- Loosely assemble the FRONT UPRIGHT (2) to the BASE (8) using one 3/8 X 2-3/4" BOLT (48) and one 3/8" LOCK NUT (41) as shown in FIGURE 1.

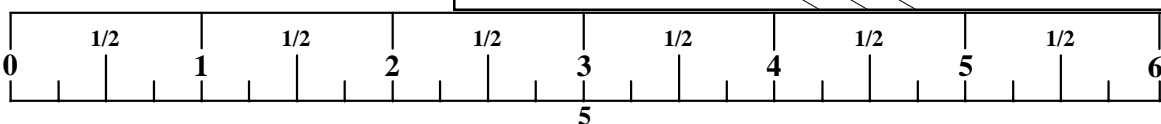
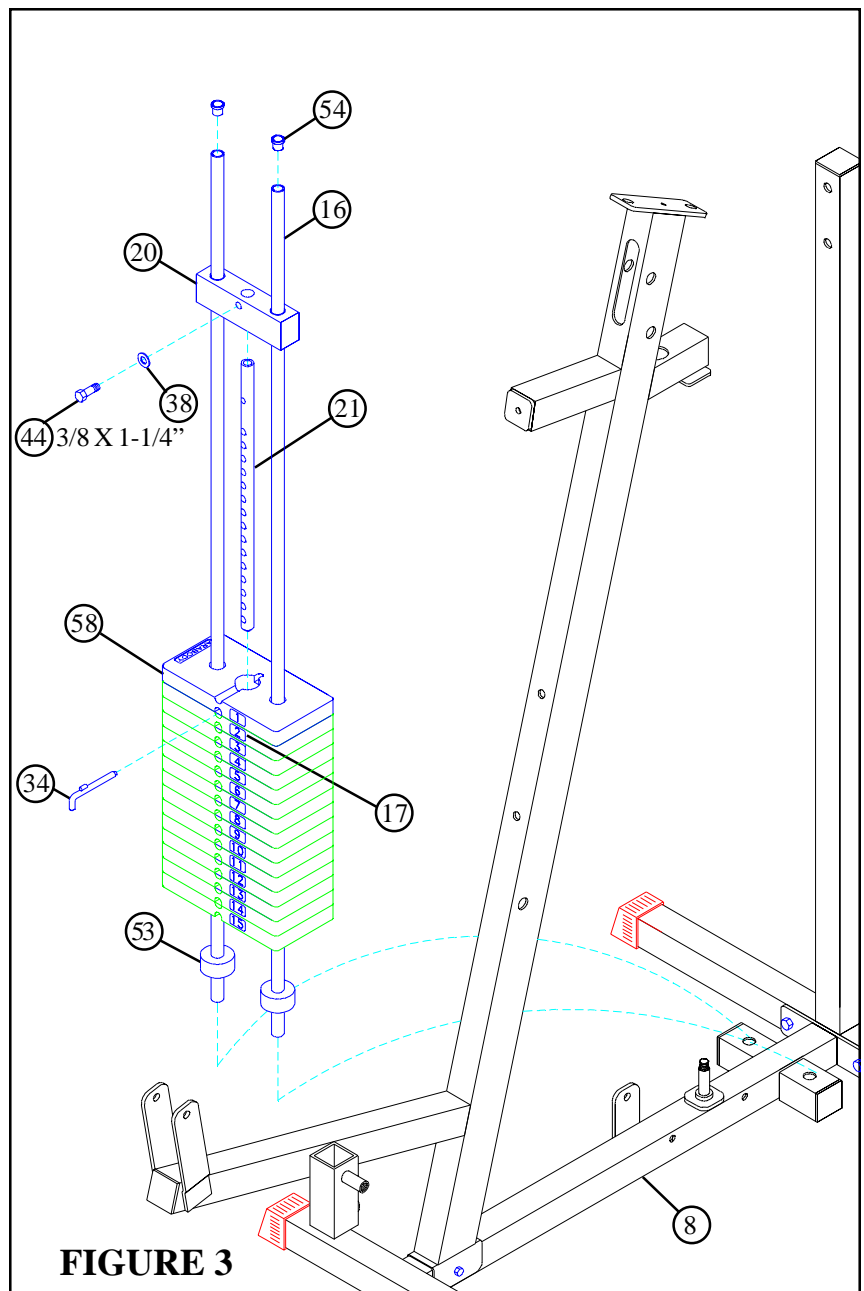
## STEP 2

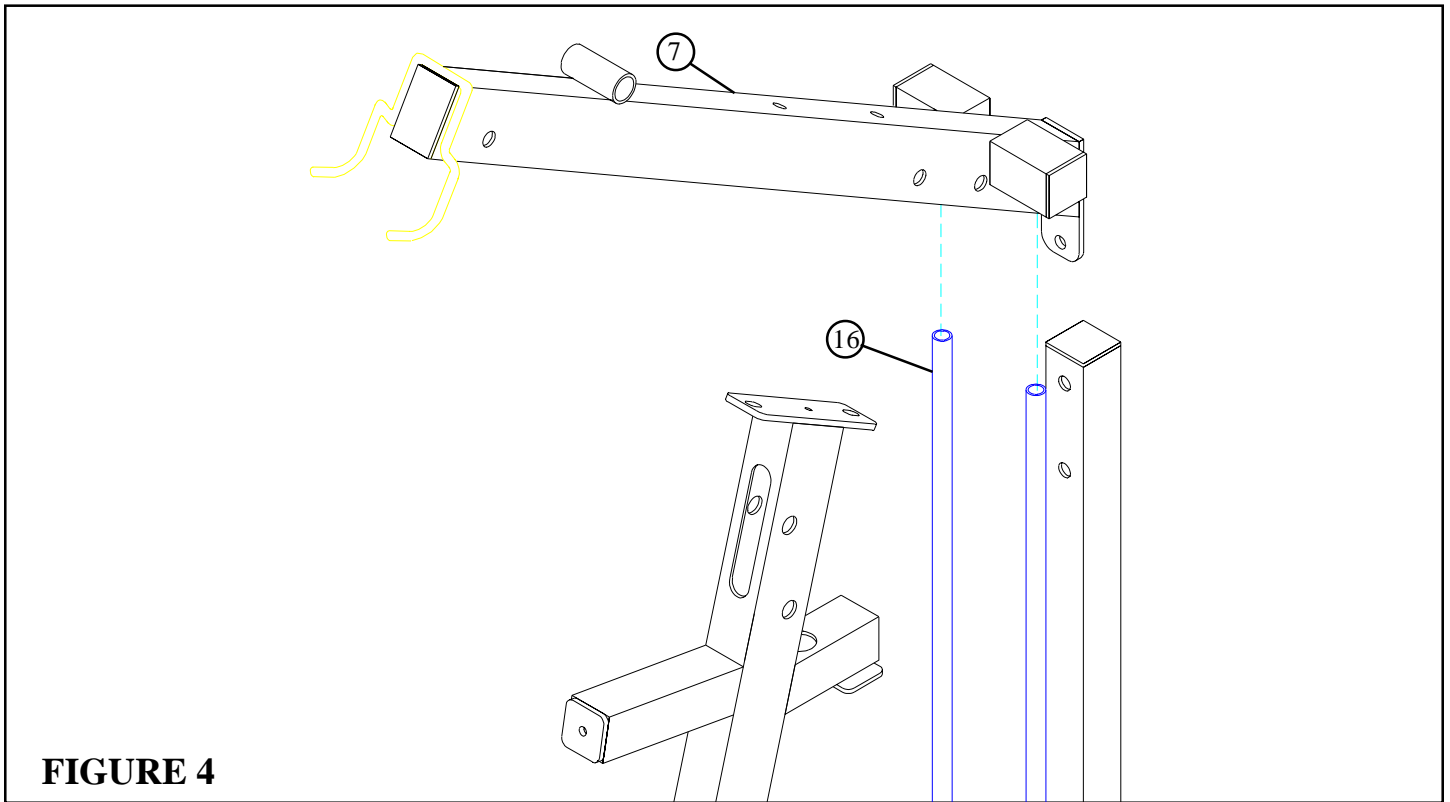
- Insert two WEIGHT PLATE BUSHINGS (23) into the “PARABODY” side of each of the fifteen WEIGHT PLATES (58) as shown in FIGURE 2.



## STEP 3

- Securely assemble the WEIGHT STACK SHAFT (21) to the HEAD PLATE (20) using one 3/8 X 1-1/4” BOLT (44) and one 3/8” WASHER (38).
- Insert two GUIDE RODS (16) into the BASE (8) as shown on FIGURE 3. (**NOTE: Lubricate GUIDE RODS (16) with silicon or teflon spray available at most hardware stores.**)
- Slide two WEIGHT STACK CUSHIONS (53) down over the GUIDE RODS (16).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (58) down over the GUIDE RODS (16) on to the WEIGHT STACK CUSHIONS (53). Make sure that the keyholes of the WEIGHT PLATES (58) are all facing the right way.
- Slide the head plate assembly down over the GUIDE RODS (16) onto the weight stack.
- Insert two CAP PLUGS (54) into the top of the GUIDE RODS (16).
- Attach the WEIGHT STACK LABELS (17) to the weight stack. Also insert the WEIGHT STACK SELECTOR PIN (34) into the first WEIGHT PLATE (58) of the weight stack.

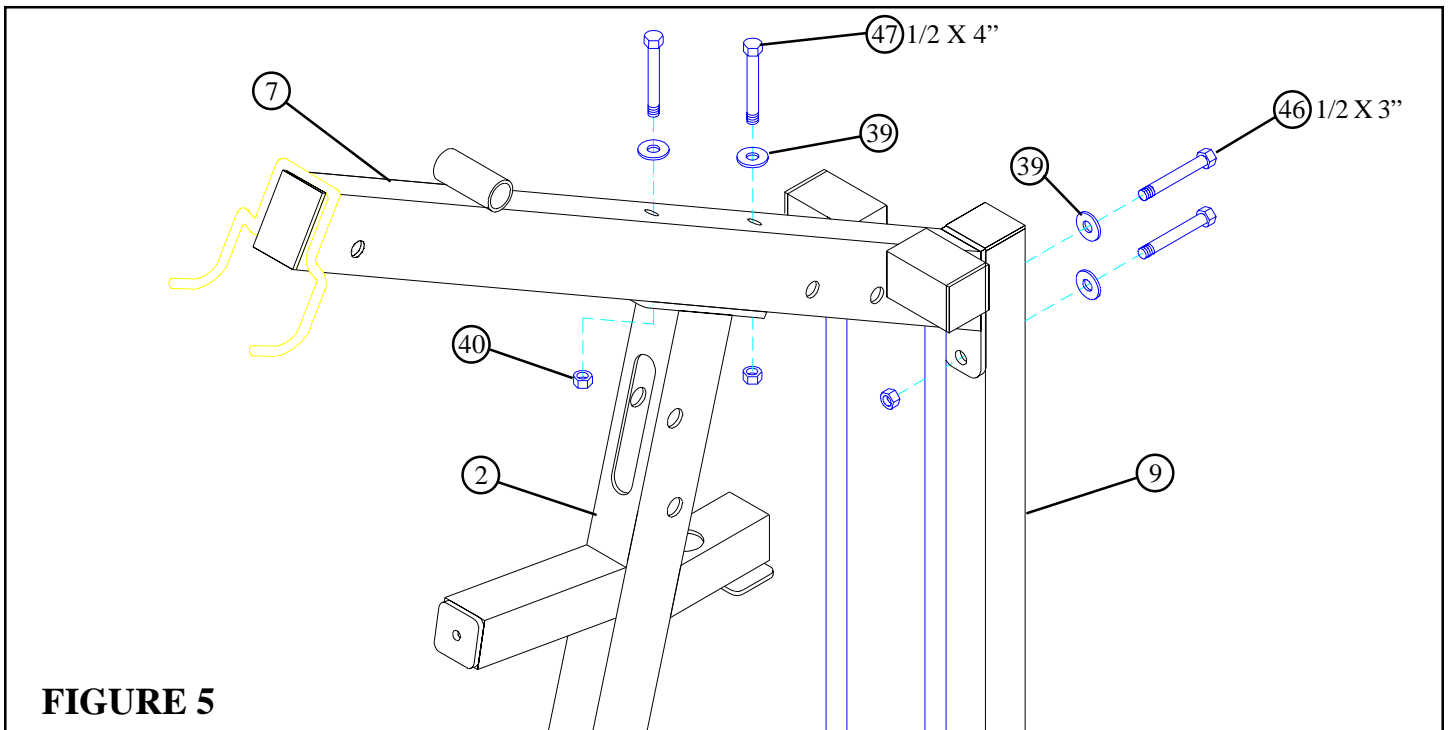




**FIGURE 4**

**STEP 4**

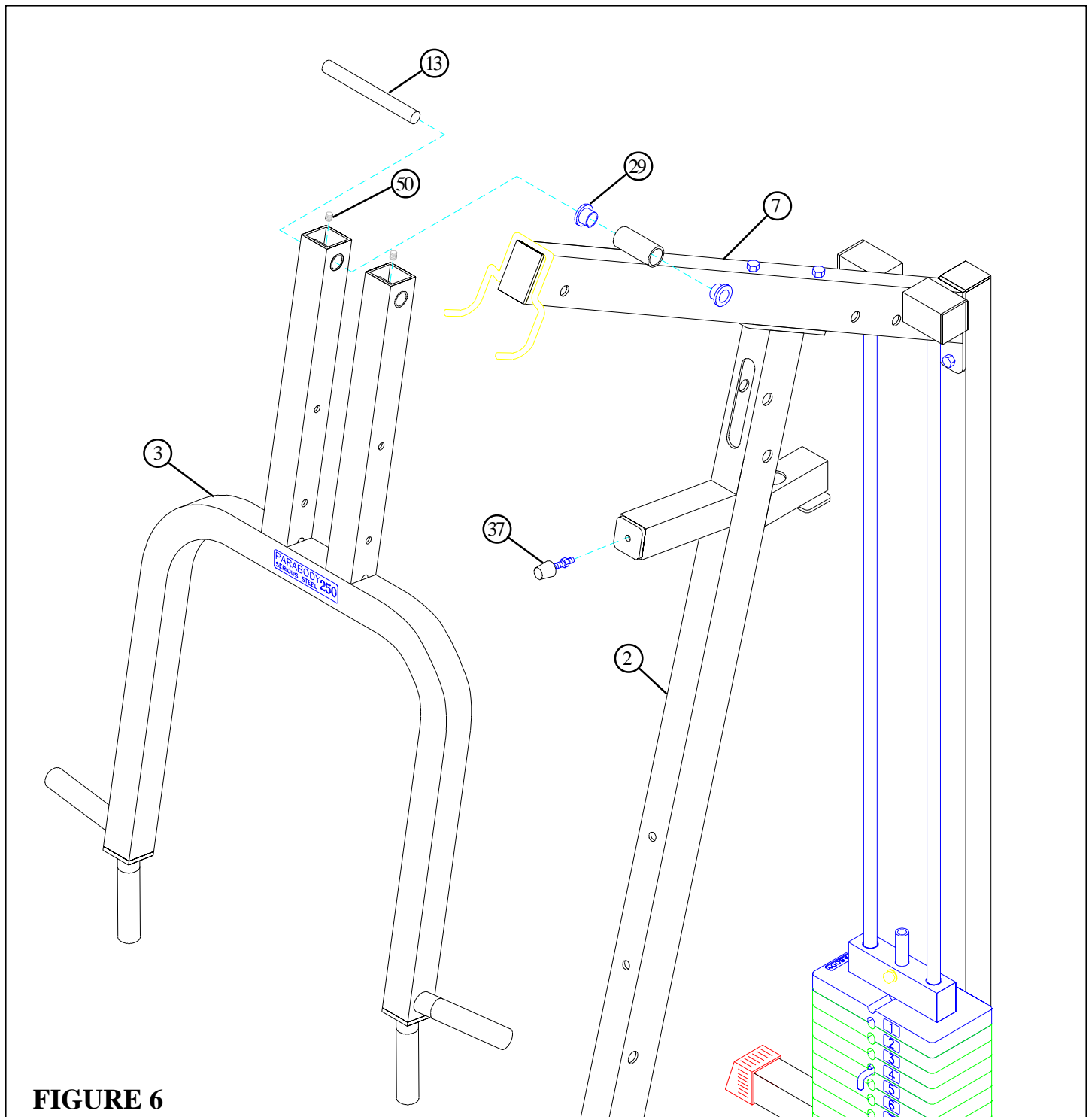
- Swing the GUIDE RODS (16) under the TOP BOOM (7) as shown on FIGURE 4.



**FIGURE 5**

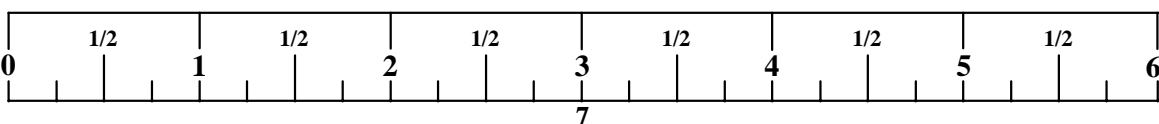
**STEP 5**

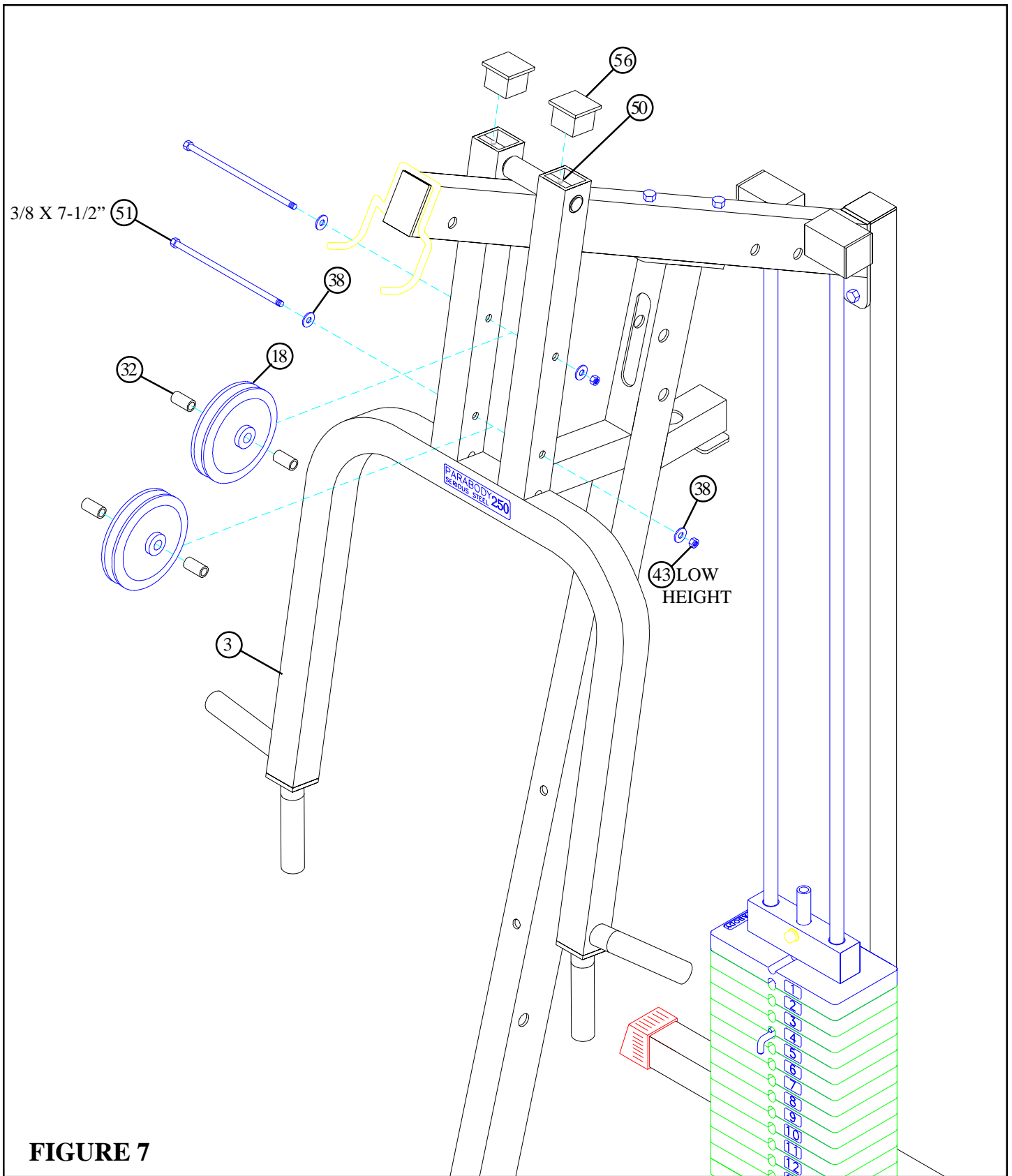
- Loosely assemble the TOP BOOM (7) to the REAR UPRIGHT (9) using two 1/2 X 3" BOLTS (46), two 1/2" WASHERS (39), and one 1/2" LOCKNUT (40). See FIGURE 5.
- Loosely assemble the TOP BOOM (7) to the FRONT UPRIGHT (2) using two 1/2 X 4" BOLTS (47), two 1/2" WASHERS (39), and two 1/2" LOCKNUTS (40). See FIGURE 5.
- At this time, securely tighten all frame connections in this order: REAR UPRIGHT (9) to TOP BOOM (7), REAR UPRIGHT (9) to BASE (8), TOP BOOM (7) to FRONT UPRIGHT (2), and FRONT UPRIGHT (2) to BASE (8).



**STEP 6**

- Insert two 3/4" FLANGE BEARINGS (29) into the TOP BOOM (7) as shown in FIGURE 6.
- Screw the ADJUSTABLE GLIDE (37) approximately 1/2" into the FRONT UPRIGHT (2) and tighten jam nut securely as shown.
- Attach the PRESS ARM (3) to the TOP BOOM (7) using the 3/4 X 7" SHAFT (13) as shown. Align the holes in the PRESS ARM (3) with the 3/4" FLANGE BEARINGS (29) and tap the SHAFT (13) in place with a rubber mallet. The SHAFT (13) should be flush with the outer edges of the PRESS ARM (3).
- Install two 5/16" SET SCREWS (50) into the top of the PRESS ARM (3) as shown in FIGURE 6.



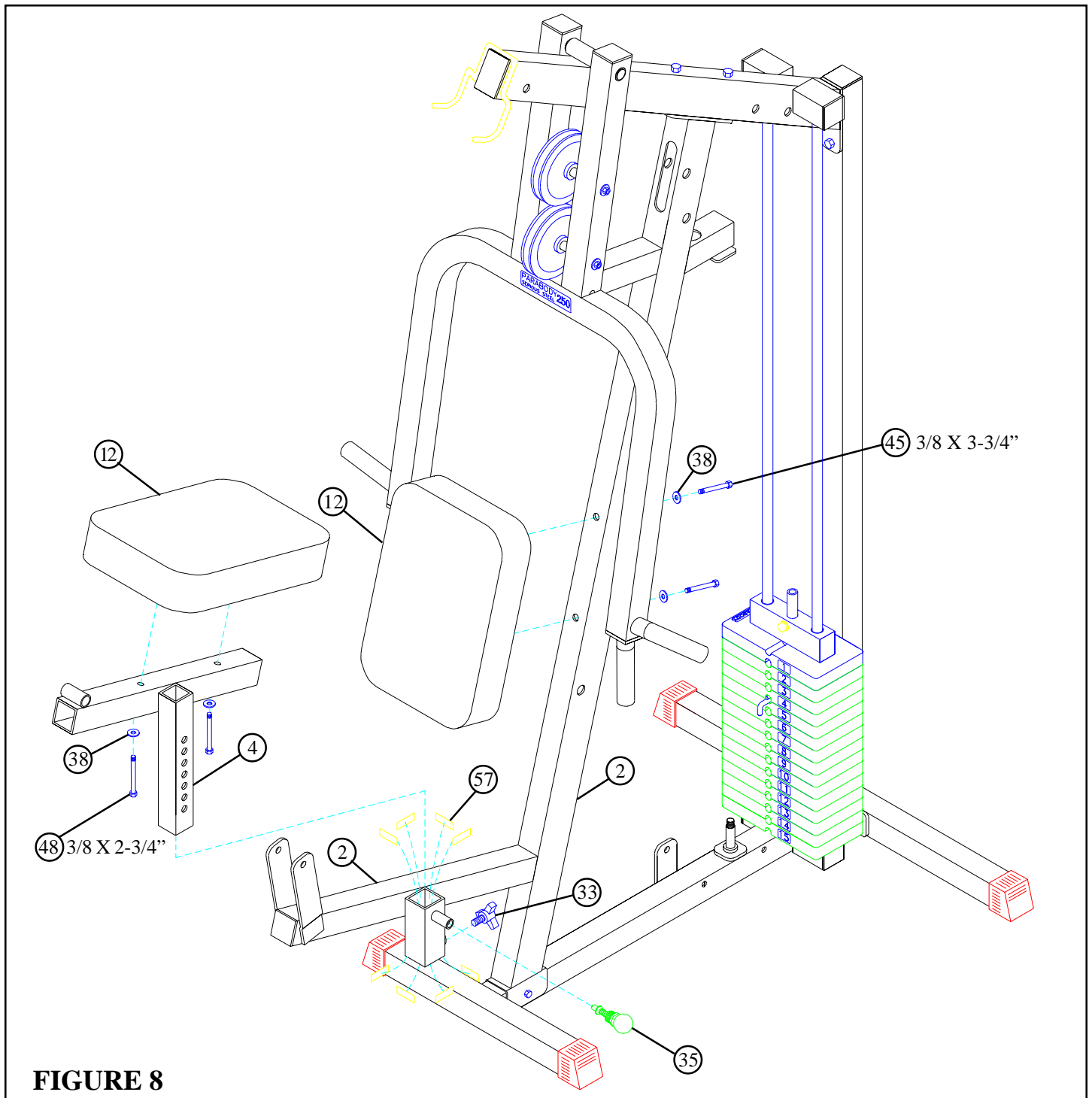


**FIGURE 7**

**STEP 7**

- Loosely assemble two 4-1/2" PULLEYS (18) to the PRESS ARM (3) using two 3/8 X 7-1/2" BOLTS (51), four 3/8" WASHERS (38), four 3/8 X 1" SPACERS (32), and two 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 7. Once both PULLEYS are installed, you may securely tighten these two connections.
- Securely tighten the two SET SCREWS (50) and insert two 2" SQ. END CAPS (56) into open ends of the PRESS ARM (3) as shown in FIGURE 7.

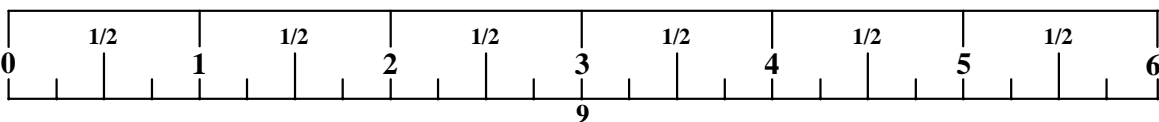


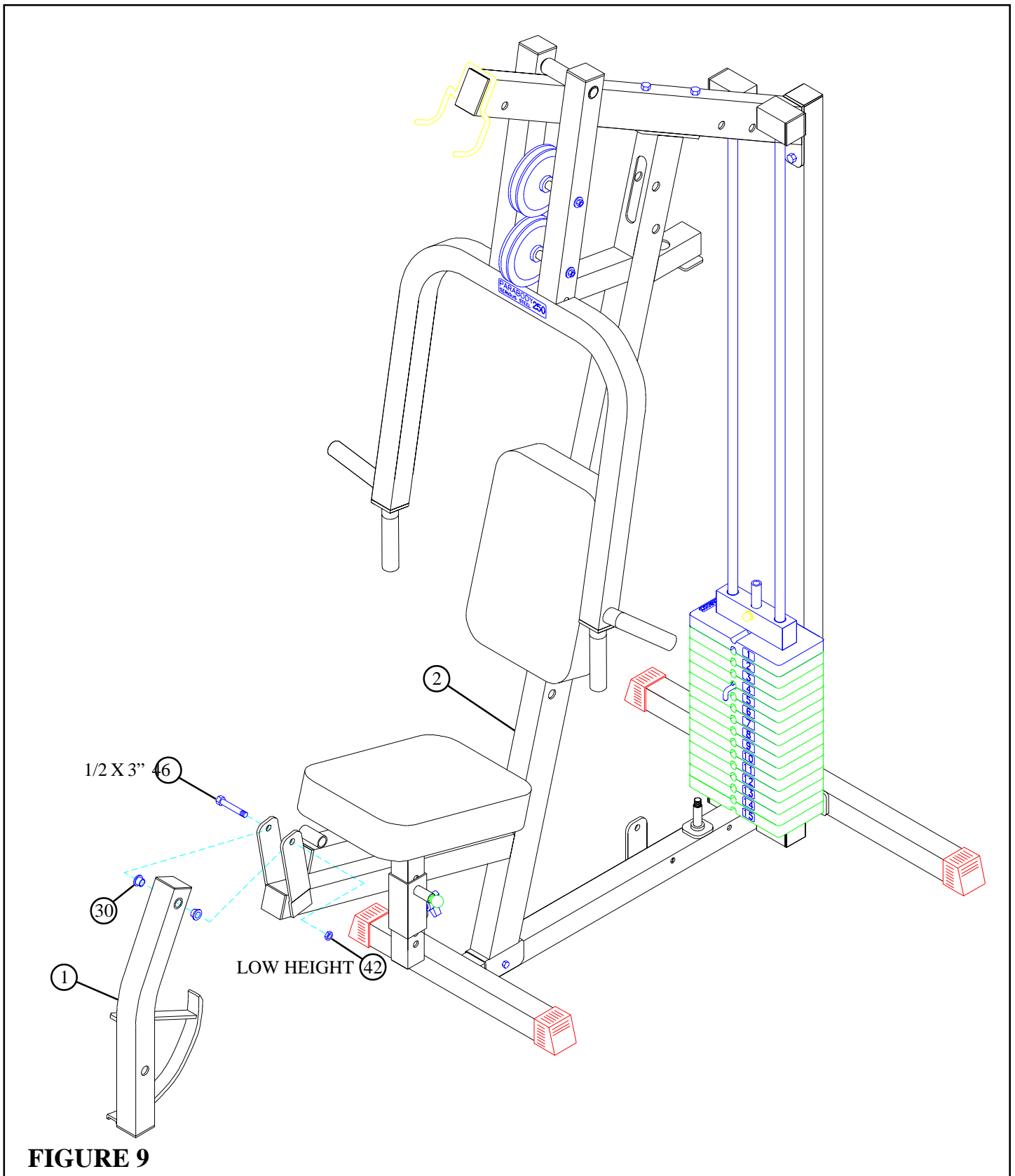


**FIGURE 8**

**STEP 8**

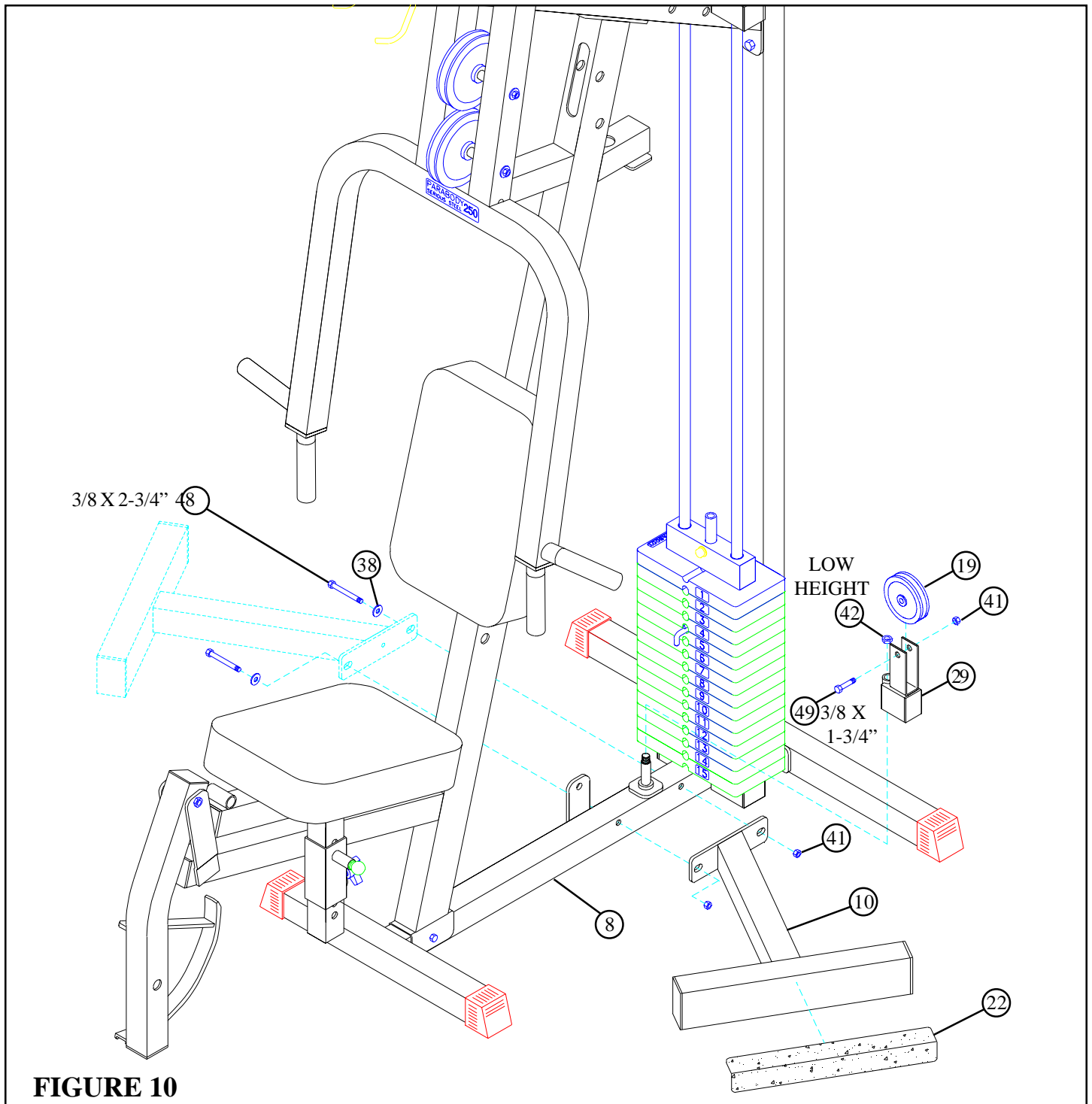
- Securely assemble one SPRING PIN ASSEMBLY (35) and one 3 PRONG KNOB (33) to the FRONT UPRIGHT (2) as shown.
- Apply eight PARAGLIDES (57) to the **INSIDE** of the tube on the FRONT UPRIGHT (2) as shown.
- Securely assemble one SEAT PAD (12) to the PRESS SEAT (4) using two 3/8 X 2-3/4" BOLTS (48) and two 3/8" WASHERS (38) as shown in FIGURE 8.
- Insert the PRESS SEAT ASSEMBLY into the FRONT UPRIGHT (2) as shown. The PRESS SEAT height can be adjusted using the SPRING PIN (35) and can be secured with the 3 PRONG KNOB (33).
- Securely assemble one SEAT PAD (12) to the FRONT UPRIGHT (2) using two 3/8 X 3-3/4" BOLTS (45) and two 3/8" WASHERS (38) as shown in FIGURE 8.





### STEP 9

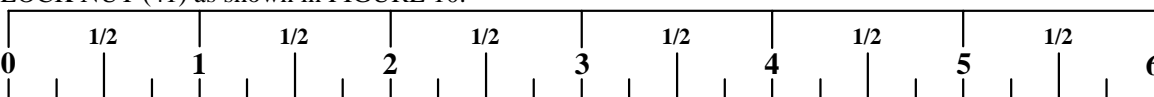
- Insert two 1/2" FLANGE BEARINGS (30) into the the LEG CURL EXT (1) as shown.
- Assemble the LEG CURL EXT (1) to the FRONT UPRIGHT (2) using one 1/2 X 3" BOLT (46) and one 1/2" LOW HEIGHT LOCK NUT (42). (Note: Tighten this connection enough to remove excess play yet allow the LEG CURL EXT to rotate freely.)

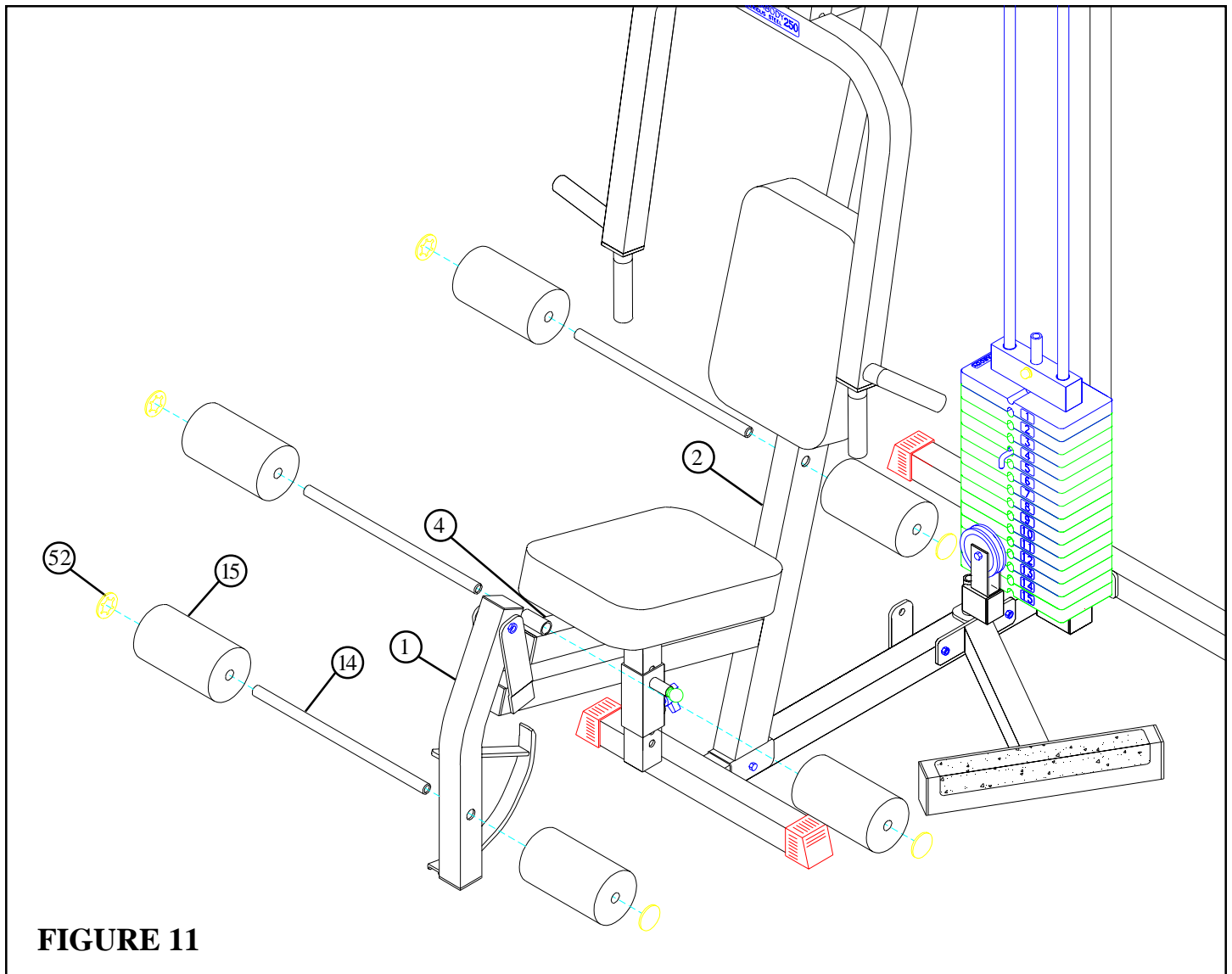


**FIGURE 10**

**STEP 10**

- Securely assemble the CALF BLOCK (10) to the BASE (8) using two 3/8 X 2-3/4" BOLTS (48), two 3/8" WASHERS (38), and two 3/8" LOCK NUTS (41) as shown in FIGURE 10. (Note: The CALF BLOCK can be assembled to either side of the BASE.)
- Apply the 4 X 14" NON-SKID STRIP (22) to the outside of the CALF BLOCK (10) as shown in FIGURE 10.
- Assemble the SWIVEL PULLEY BRACKET (5) to the BASE (8) using one 1/2" LOW HEIGHT LOCK NUT (42) as shown in FIGURE 10. (Note: Tighten this connection enough to remove excess play yet allowing SWIVEL PULLEY BRACKET to rotate freely.)
- Securely assemble one 3-1/2" PULLEY (19) to the SWIVEL PULLEY BRACKET (5) using one 3/8 X 1-3/4" BOLT (49) and one 3/8" LOCK NUT (41) as shown in FIGURE 10.





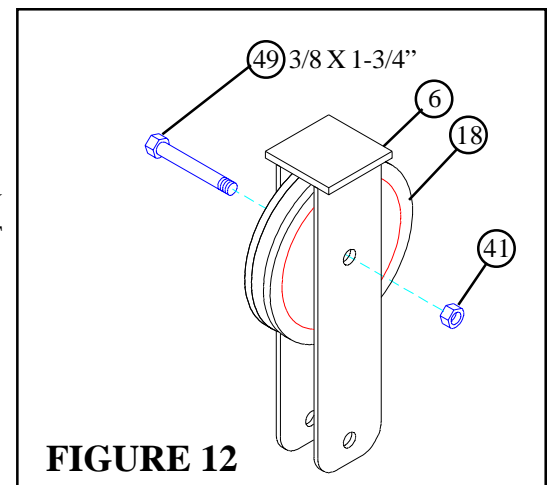
**FIGURE 11**

**STEP 11**

- Attach two 4 X 7" ROLLER PADS (15) to the FRONT UPRIGHT (2) using one 3/4 X 16" TUBE (14) and two 3/4" STARLOCK COLLARS (52) as shown in FIGURE 11.
- Attach two 4 X 7" ROLLER PADS (15) to the PRESS SEAT (4) using one 3/4 X 16" TUBE (14) and two 3/4" STARLOCK COLLARS (52) as shown in FIGURE 11.
- Attach two 4 X 7" ROLLER PADS (15) to the LEG CURL EXT (1) using one 3/4 X 16" TUBE (14) and two 3/4" STARLOCK COLLARS (52) as shown in FIGURE 11.

**STEP 12**

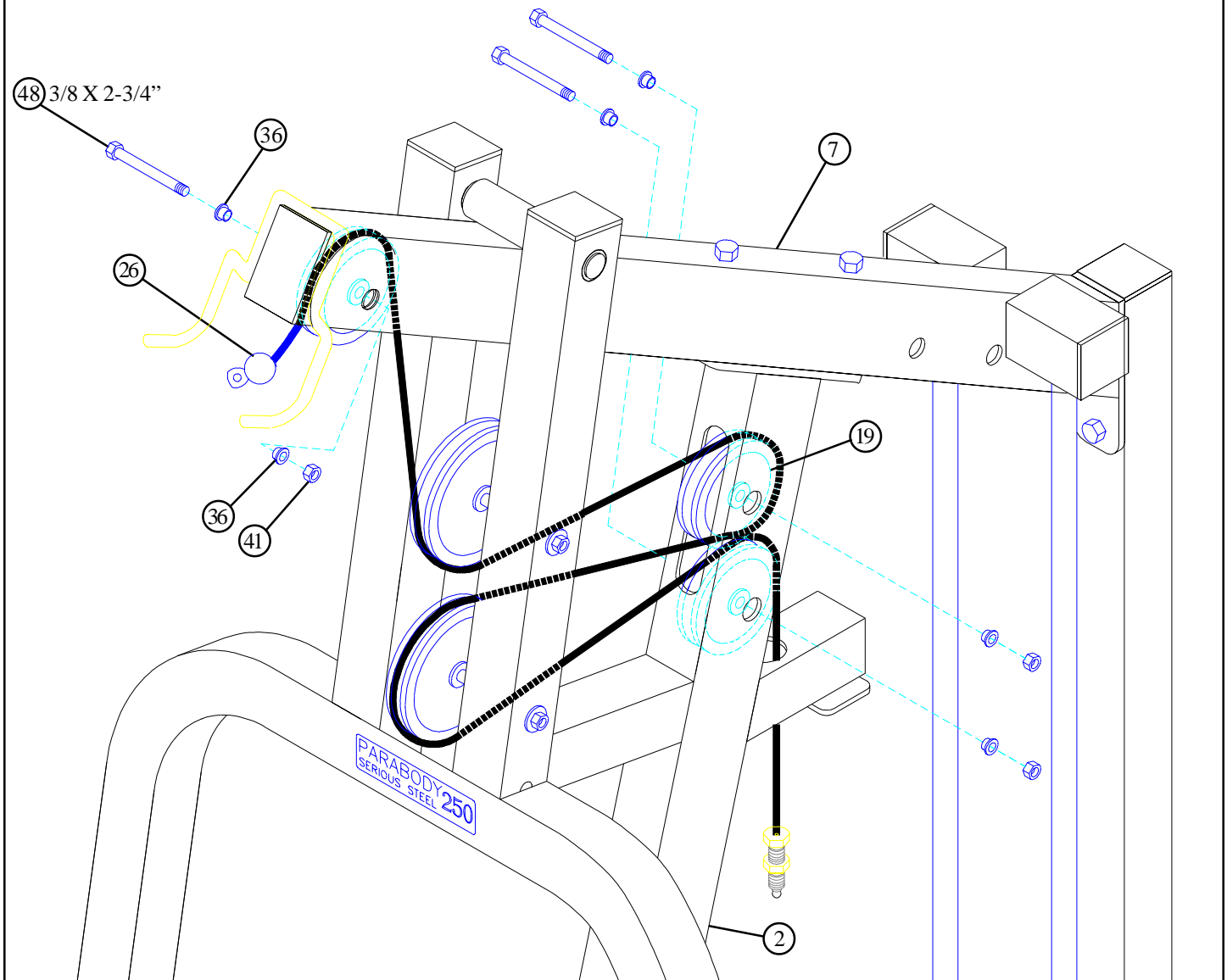
- Securely assemble one 4-1/2" PULLEY (18) to the FLOATING PULLEY BRACKET (6) using one 3/8 X 1-3/4" BOLT (49) and one 3/8" LOCK NUT (41) as shown in FIGURE 12.



**FIGURE 12**

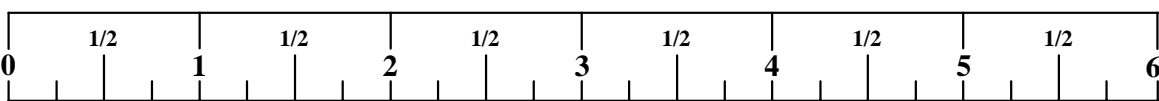
**FIGURE 13**

\* All connections use one 3/8 X 2-3/4" BOLT (48), two 3/8" FLANGE SPACERS (36), and one 3/8" LOCK NUT (41).

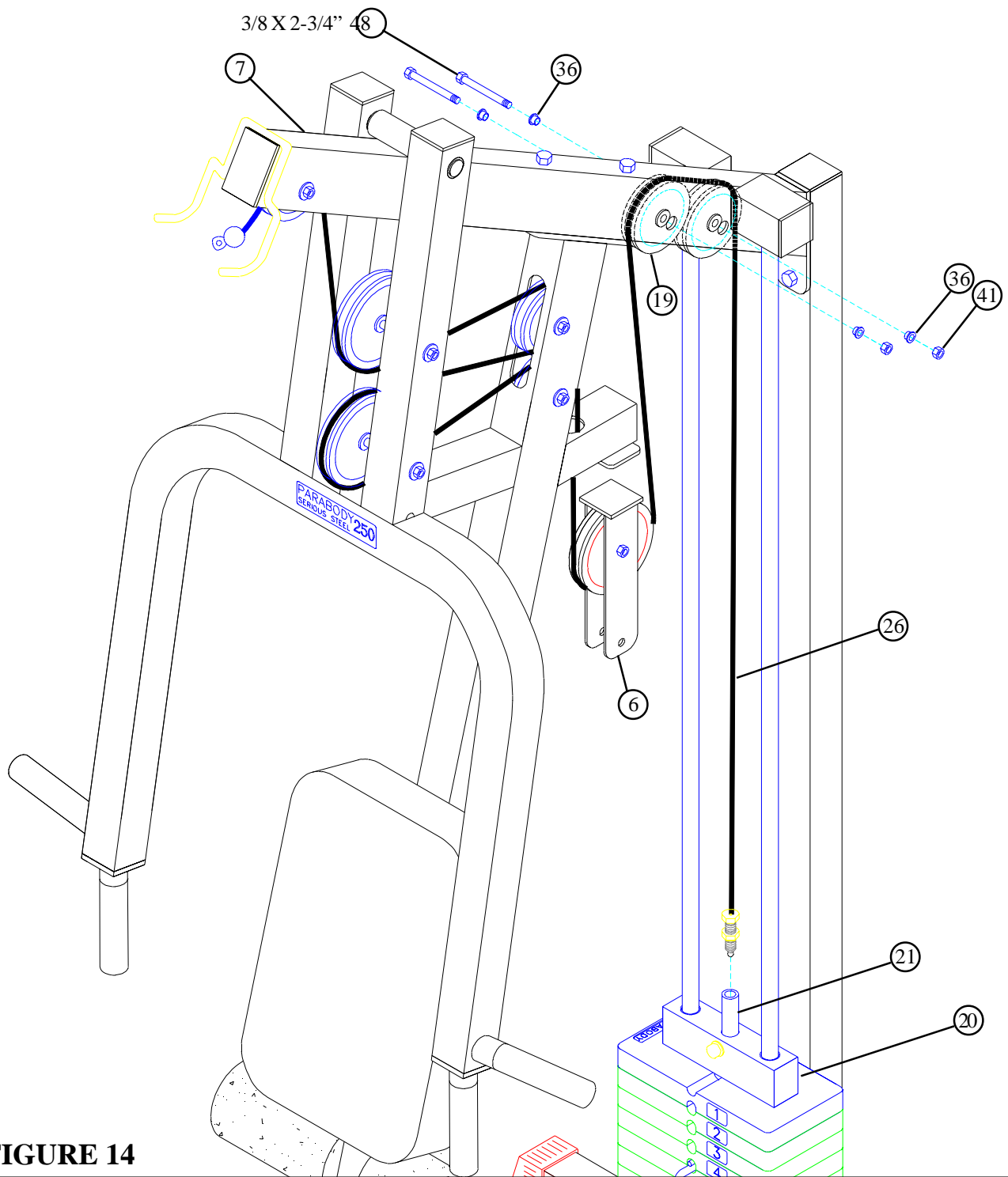


**STEP 13**

- Securely assemble the ball end of the WEIGHT STACK CABLE (26) and one 3-1/2" PULLEY (19) to the TOP BOOM (7) using one 3/8 X 2-3/4" BOLT (48), two 3/8" FLANGE SPACERS (36), and one 3/8" LOCK NUT (41) as shown in FIGURE 13. (**Note: Loop the CABLE around the PULLEY prior to inserting it into the slot in the TOP BOOM.**)
- Route the threaded end of the WEIGHT STACK CABLE (26) underneath the upper press arm pulley. Securely assemble the WEIGHT STACK CABLE (26) and one 3-1/2" PULLEY (19) to the FRONT UPRIGHT (2) using one 3/8 X 2-3/4" BOLT (48), two 3/8" FLANGE SPACERS (36), and one 3/8" LOCK NUT (41) as shown in FIGURE 13. (**Note: Loop the CABLE around the PULLEY prior to inserting it into the upper slot in the FRONT UPRIGHT.**)
- Route threaded end of the WEIGHT STACK CABLE (26) around the lower press arm pulley, through the lower slot in the FRONT UPRIGHT (2), and down through the large hole in the FRONT UPRIGHT (2). Securely assemble the WEIGHT STACK CABLE (26) and one 3-1/2" PULLEY (19) to the FRONT UPRIGHT (2) using one 3/8 X 2-3/4" BOLT (48), two 3/8" FLANGE SPACERS (36), and one 3/8" LOCK NUT (41) as shown in FIGURE 13. (**Note: Loop the CABLE around the PULLEY prior to inserting it into the lower slot in the FRONT UPRIGHT.**)



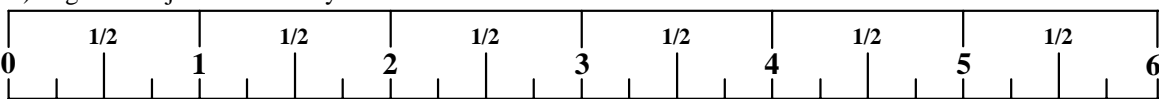
\* All connections use one 3/8 X 2-3/4" BOLT (48), two 3/8" FLANGE SPACERS (36), and one 3/8" LOCK NUT (41).

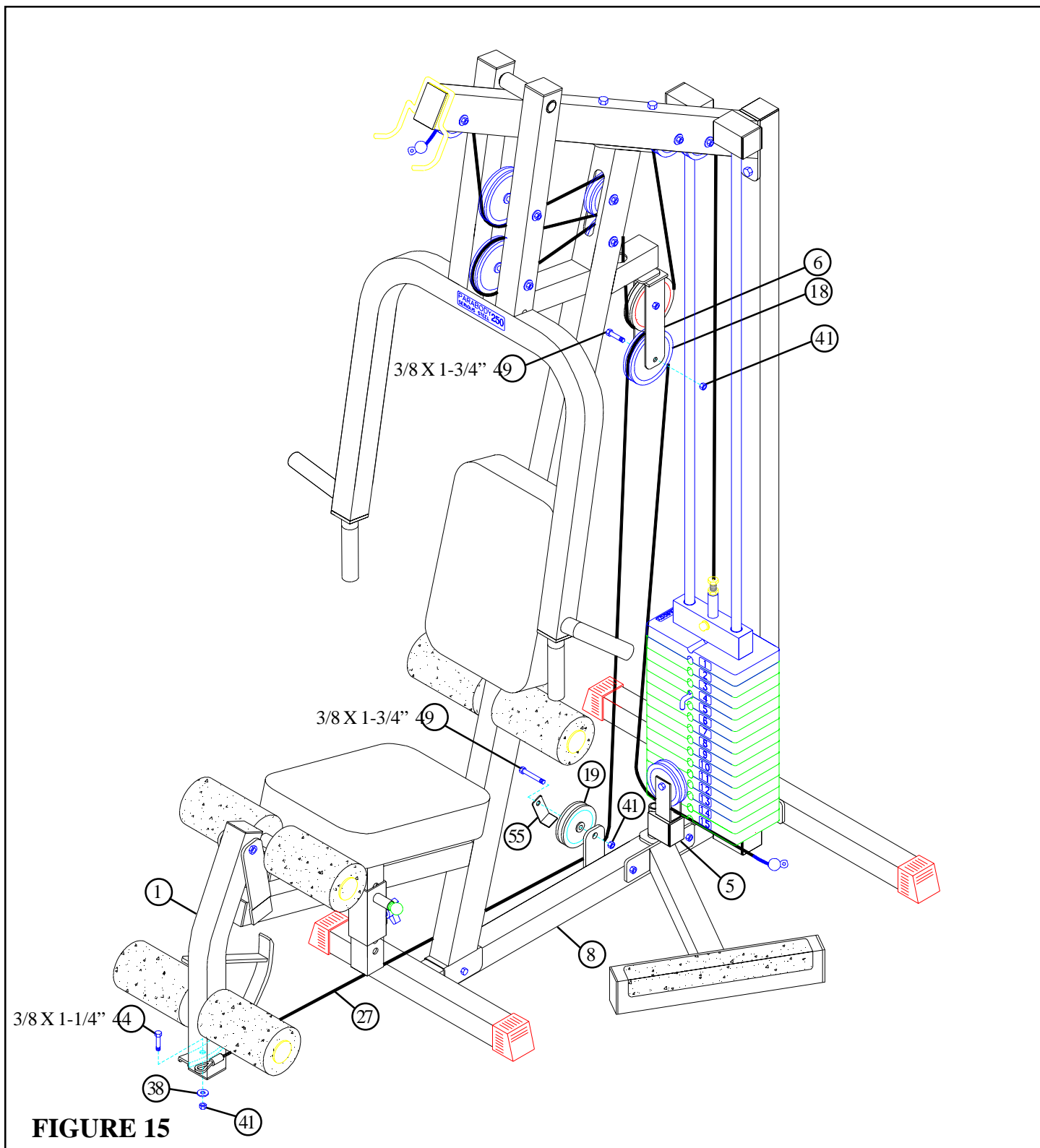


**FIGURE 14**

**STEP 14**

- Securely assemble the WEIGHT STACK CABLE (26) and two 3-1/2" PULLEYS (19) to the TOP BOOM (7) using two 3/8 X 2-3/4" BOLTS (48), four 3/8" FLANGE SPACERS (36), and two 3/8" LOCK NUTS (41) as shown in FIGURE 14. (**Note: Loop the CABLE over the PULLEYS prior to inserting it into TOP BOOM.**)
- Hang the FLOATING PULLEY BRACKET (6) over the WEIGHT STACK CABLE (26) as shown in FIGURE 14.
- Screw the threaded end of the WEIGHT STACK CABLE (26) into the end of the WEIGHT STACK SHAFT (21) until the FLOATING PULLEY BRACKET (6) firmly contacts the FRONT UPRIGHT (2) and the CABLE (26) slightly pulls on the HEAD PLATE (20). Tighten the jam nut securely. See FIGURE 14.

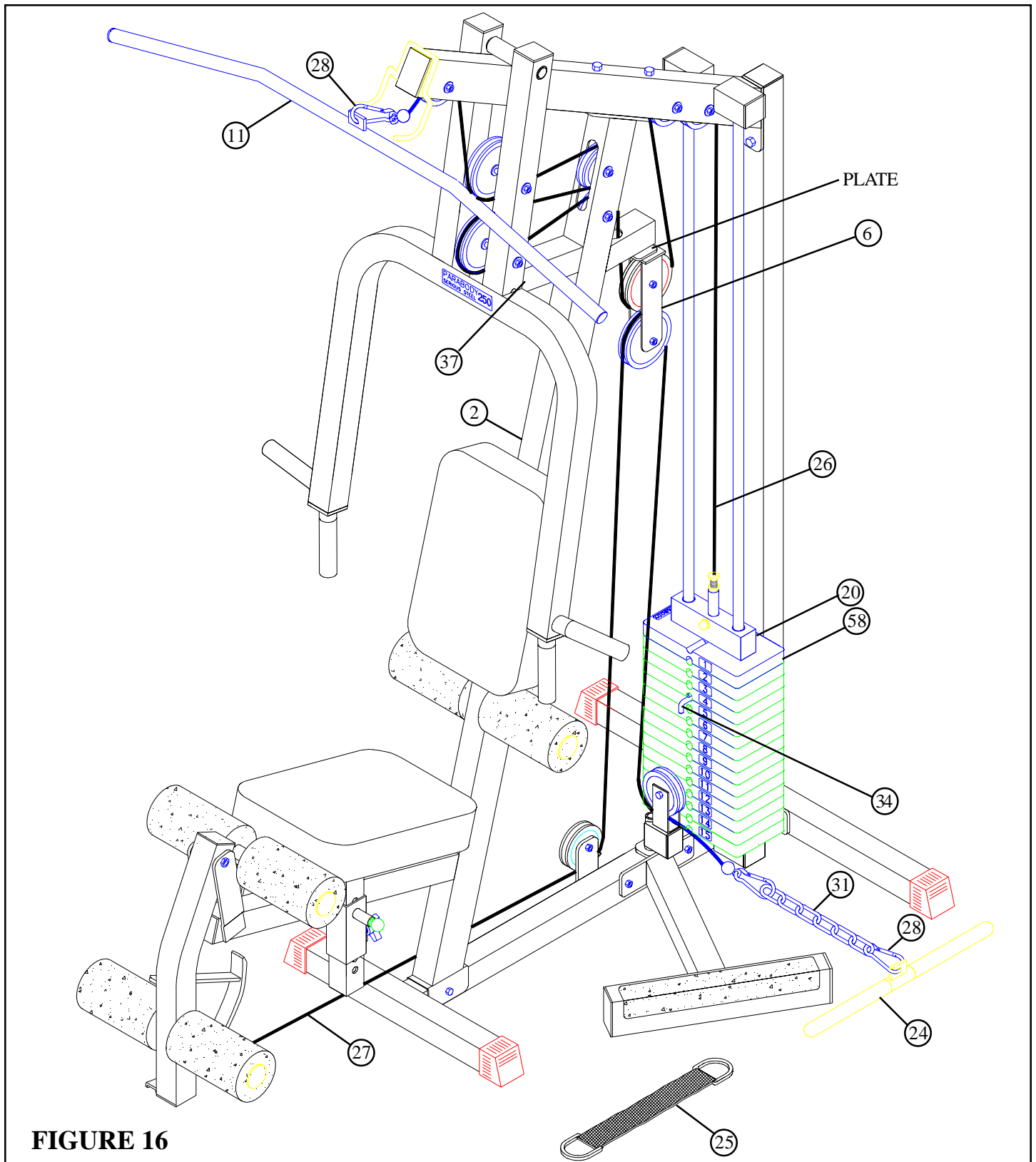




### STEP 15

- Securely assemble one 4-1/2" PULLEY (18) to the FLOATING PULLEY BRACKET (6) using one 3/8 X 1-3/4" BOLT (49) and one 3/8" LOCK NUT (41) as shown in FIGURE 15.
- Securely assemble one 3-1/2" PULLEY (19) to the BASE (8) using one 3/8 X 1-3/4" BOLT (49), one "L" BRACKET (55), and one 3/8" LOCK NUT (41) as shown in FIGURE 15. (Note: The "L" BRACKET should be positioned at a 45 degree angle to function properly.)
- Route the "Loop" end of the LEG CURL CABLE (27) around the SWIVEL PULLEY BRACKET (5) and the previously installed pulleys and securely assemble it to the LEG CURL EXT (1) using one 3/8 X 1-1/4" BOLT (44), one 3/8" WASHER (38), and one 3/8" LOCK NUT (41) as shown in FIGURE 15.





**FIGURE 16**

**STEP 16**

- If upon completion of assembly, the HEAD PLATE (20) does not sit on top of the first WEIGHT PLATE (58), push the HEAD PLATE (20) down, insert the WEIGHT STACK PIN (34) and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (20) from lifting up. See FIGURE 16.
- If after completing previous step, the HEAD PLATE (20) still does not sit on top of the first WEIGHT PLATE (58) or if there is excess slack in the cable system, adjust the threaded end of the WEIGHT STACK CABLE (26) and the ADJUSTABLE GLIDE (37) accordingly and retighten the jam nut. See FIGURE 16.

(Continued on next page)



(Continued from previous page)

- For maximum performance, the HEAD PLATE (20) should just barely sit on the top WEIGHT PLATE (58) and the FLOATING PULLEY BRACKET (6) should firmly contact the PLATE on the FRONT UPRIGHT (2). See FIGURE 16.

**STEP 17**

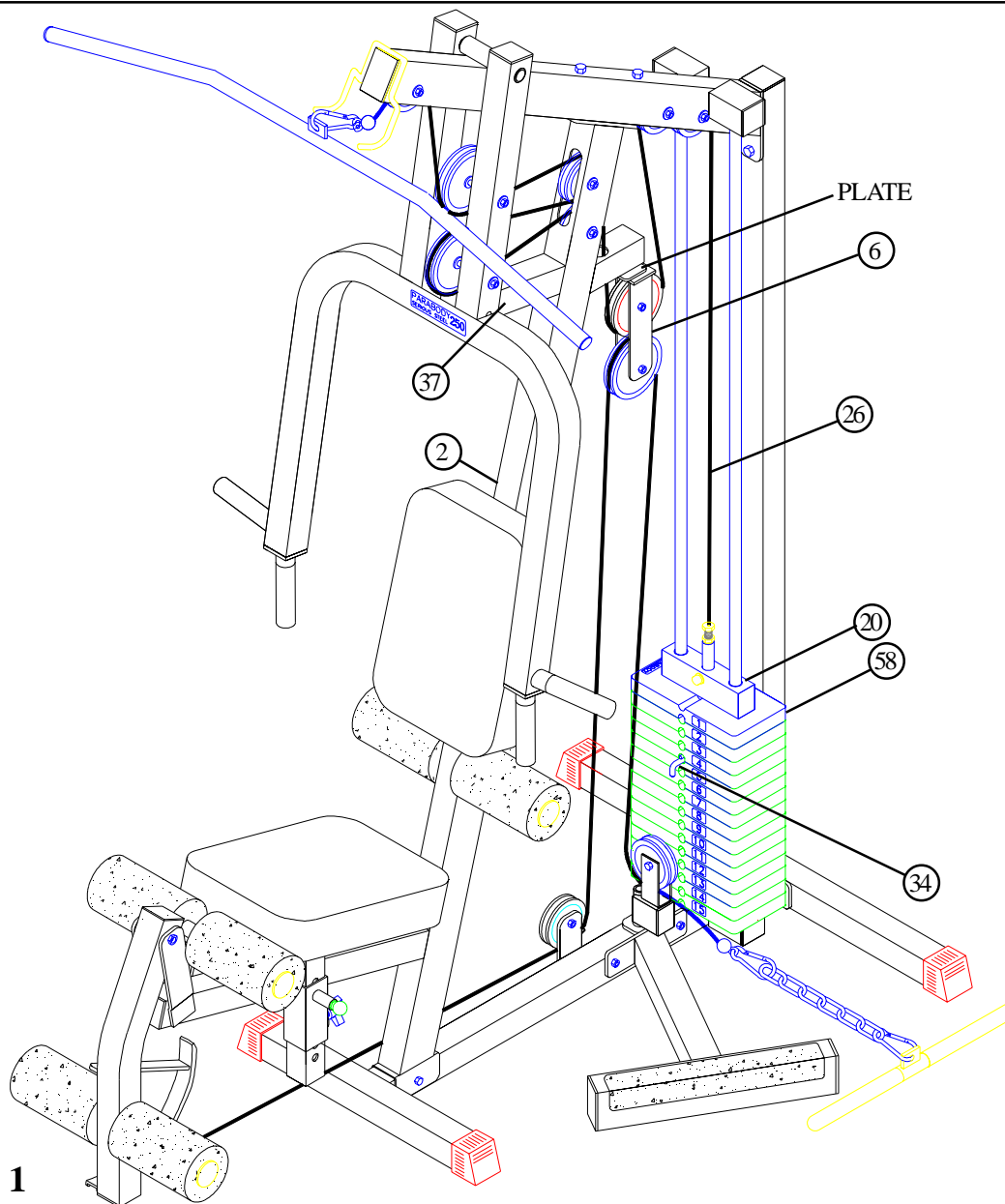
- Attach the LAT BAR (11) to the ball end of WEIGHT STACK CABLE (26) using one SNAP LINK (28) as shown in FIGURE 16..
- Attach the LOW ROW BAR (24) or the ANKLE STRAP (25) to the ball end of LEG CURL CABLE (27) using two SNAP LINKS (28) and one 12 LINK CHAIN (31) as shown in FIGURE 16.

**Thank you for purchasing the Parabody 250101 Home Gym. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.**

# 250101 ADDENDUM INSTRUCTIONS

**!! IMPORTANT !!**

**PLEASE USE THE ATTACHED INSTRUCTIONS TO ADJUST THE CABLE TENSION.**



**FIGURE 1**

## STEP 1

- If upon completion of assembly, the HEAD PLATE (20) does not sit on top of the first WEIGHT PLATE (58), push the HEAD PLATE (20) down, insert the WEIGHT STACK PIN (34) and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (20) from lifting up. See FIGURE 1.
- If after completing previous step, the HEAD PLATE (20) still does not sit on top of the first WEIGHT PLATE (58) or if there is excess slack in the cable system, adjust the threaded end of the WEIGHT STACK CABLE (26) and the ADJUSTABLE GLIDE (37) accordingly and retighten the jam nut. See FIGURE 1.
- For maximum performance, the HEAD PLATE (20) should just barely sit on the top WEIGHT PLATE (58) and the FLOATING PULLEY BRACKET (6) should firmly contact the PLATE on the FRONT UPRIGHT (2). See FIGURE 1.

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