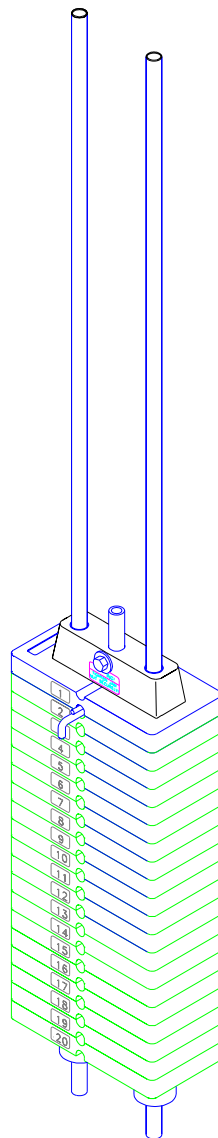


PARABODY

Serious Steel

359101 50 LB. ADD-ON KIT



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6284501	20 HOLE WEIGHT STACK SHAFT	1
2	6382301	WEIGHT PLATE BUSHING 10 CT	1

KEY	PART #	DESCRIPTION	QTY
3	6198501	WEIGHT STACK LABEL (1-25)	1
4	6214501	WEIGHT PLATES	5

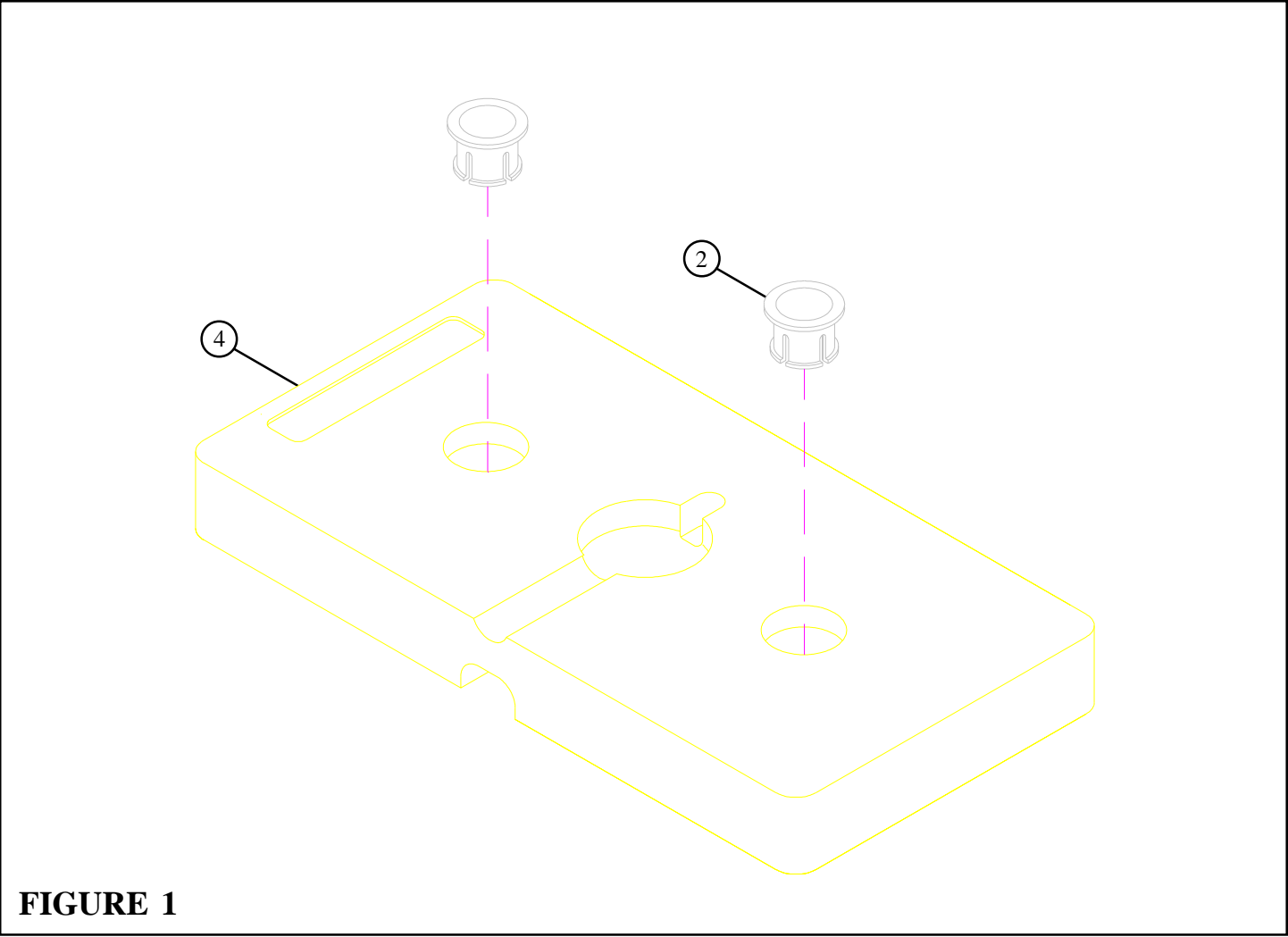


FIGURE 1

STEP 1:

- Snap two WEIGHT PLATE BUSHINGS (3) into the top of all five WEIGHT PLATES (6) as shown in FIGURE 1.

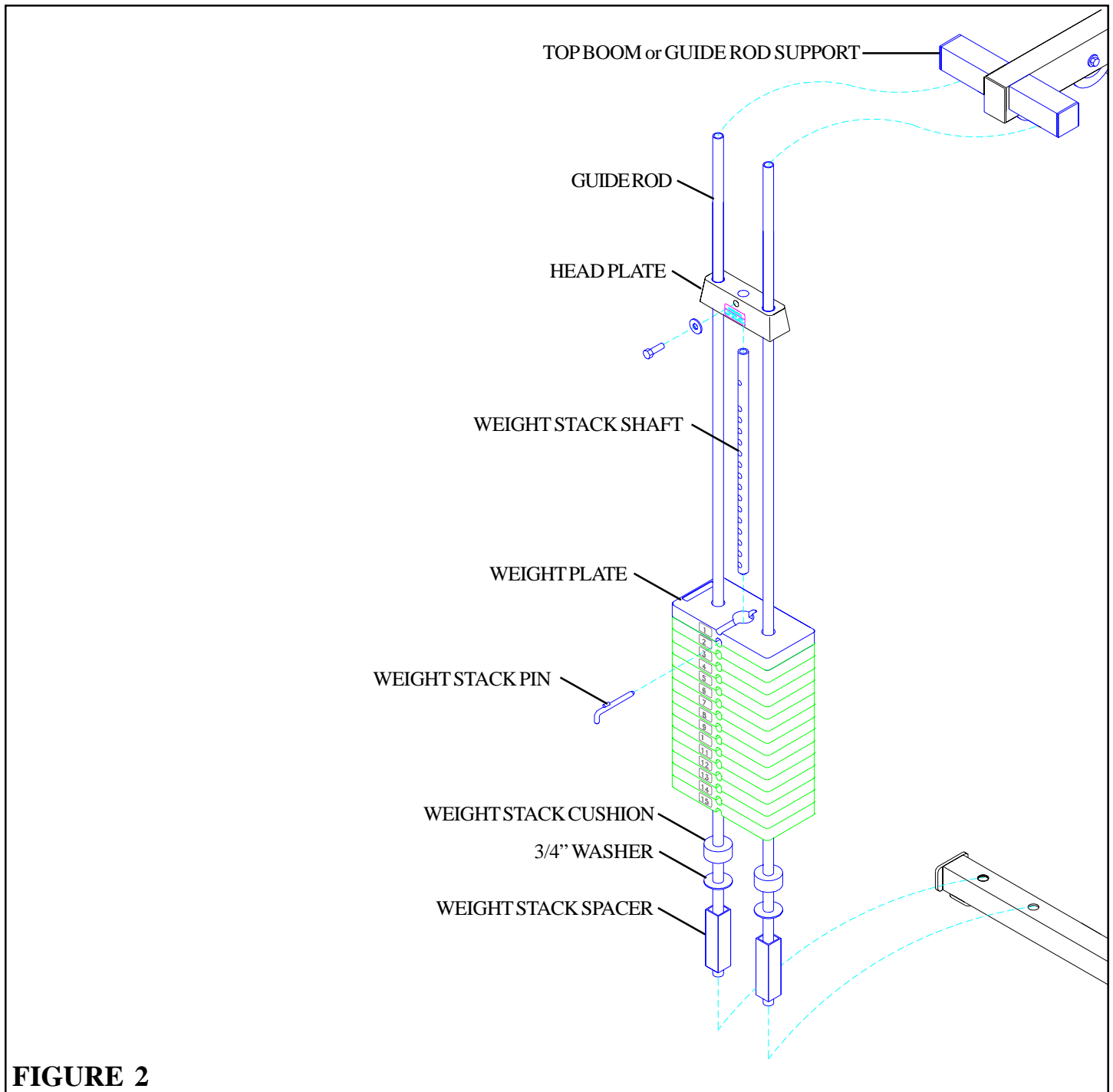
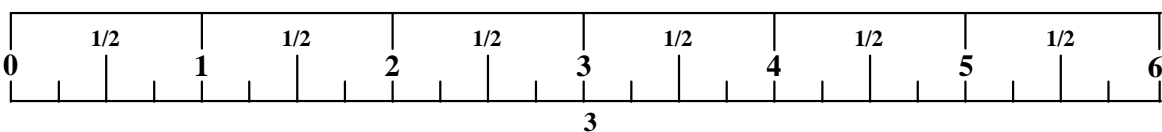
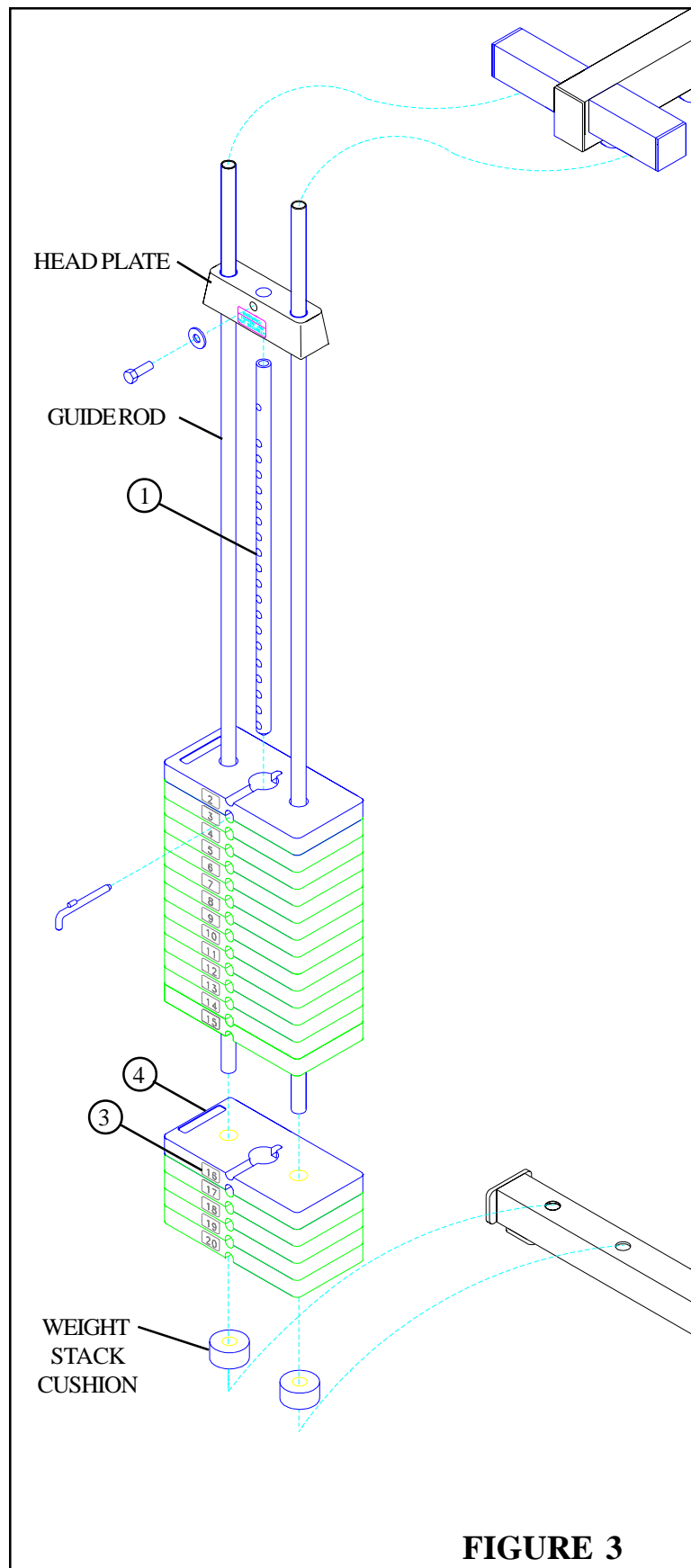


FIGURE 2

STEP 2:

- Remove the WEIGHT STACK SELECTOR PIN from the WEIGHT STACK as shown in FIGURE 2.
- Unthread the CABLE from the WEIGHT STACK SHAFT of the HEAD PLATE as shown in FIGURE 2.
- Remove or loosen the TOP BOOM or GUIDE ROD SUPPORT. (Refer to Home Gym instructions)
- Tilt the GUIDE RODS back and remove the HEAD PLATE ASSEMBLY, fifteen WEIGHT PLATES, two WEIGHT STACK CUSHIONS, two 3/4" WASHERS, and two WEIGHT STACK SPACERS as shown in FIGURE 1. (**NOTE: Please discard the two 3/4" WASHERS, and the two WEIGHT STACK SPACERS.**)
- Unbolt the old WEIGHT STACK SHAFT from the HEAD PLATE. (**NOTE: Please discard the old WEIGHT STACK SHAFT.**)





STEP 4:

- **SECURELY** assemble the 20 HOLE WEIGHT STACK SHAFT (1) to the HEAD PLATE. (NOTE: The bolt hole in the HEAD PLATE should be on top.)
- Insert the two GUIDE RODS through the two WEIGHT STACK CUSHIONS into the base as shown in FIGURE 3. **Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.**
- **USING EXTREME CARE**, slide the five new WEIGHT PLATES (4) and the previous fifteen WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK CUSHIONS. (NOTE: Make sure that the key holes of the WEIGHT PLATES all face the same way.)
- Carefully Slide the new HEAD PLATE ASSEMBLY down over the GUIDE RODS onto the weight stack as shown in FIGURE 3.
- Attach the WEIGHT STACK LABELS (3) (#16-20) to the five WEIGHT PLATES (4) as shown on FIGURE 3.
- Screw the CABLE into the WEIGHT STACK SHAFT of the HEAD PLATE until the CABLE slightly pulls on the HEAD PLATE.
- **TIGHTEN jam nut securely!**
- **SECURELY** tighten all loose connections.

Thank you for purchasing the Parabody 359101 50 LB. ADD-ON KIT. If unsure of proper use of equipment, call your local LifeFitness distributor or call the Parabody customer service department at (800) 328-9714.

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