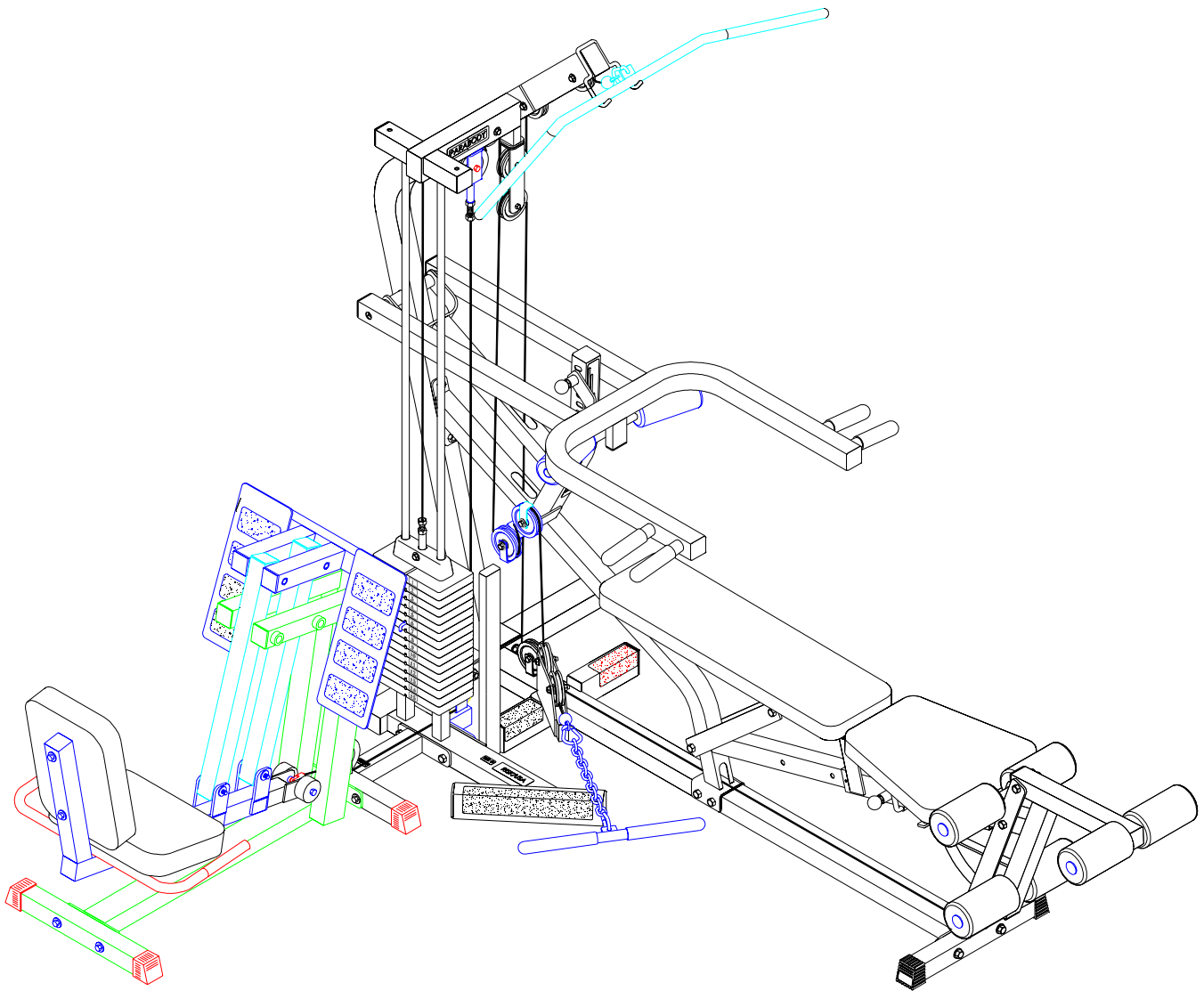


# PARABODY

## *Serious Steel*

### 360101 375 LEG PRESS ADAPTER KIT

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### ASSEMBLY INSTRUCTION

## 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:

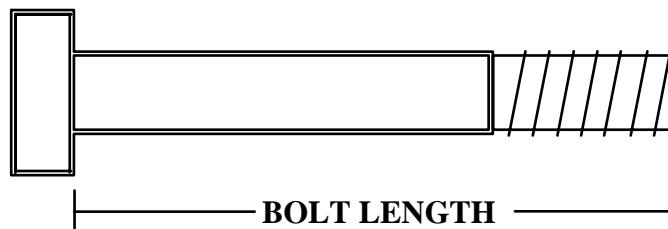
- \* Thank you for purchasing the Parabody 360101 Leg Press Adapter Kit. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* We recommend cleaning your product (pads and frame) on a regular 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

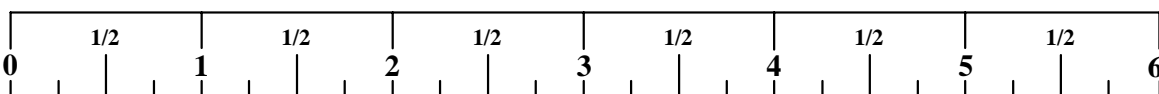
- \* Rubber mallet or hammer
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

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



### BOLT LENGTH RULER:



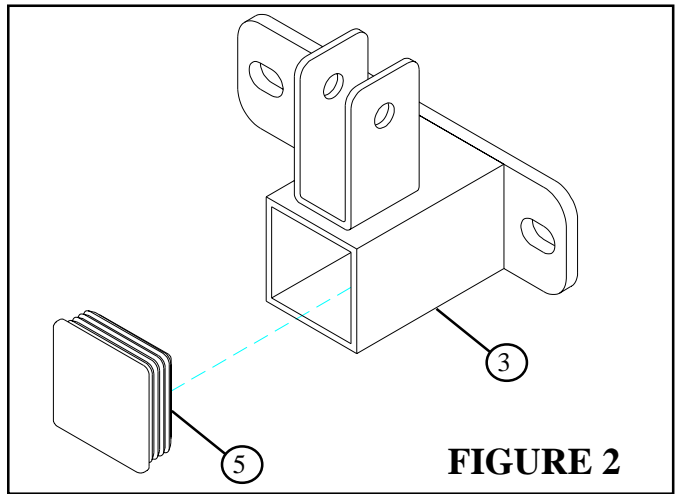
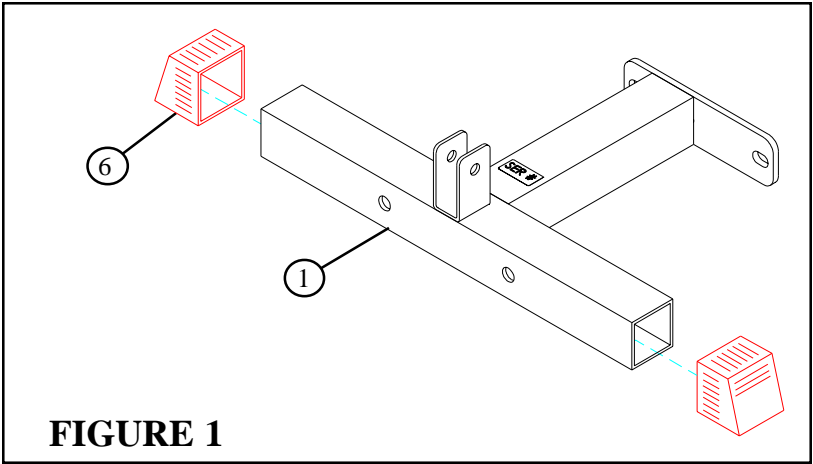
# PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6838003	FRONT LEG	1	9	3102802	3/8" LOCKNUT	3
2	6693902	PULLEY BRACKET	1	10	3102933	3/8 X 2" BOLT	3
3	6838103	BASE CONNECTION	1	11	3102910	1/2 X 3" BOLT	2
4	3116201	3-1/2" PULLEY	2	12	3102937	1/2 X 4-1/2" BOLT	2
5	6405201	2" SQ. END CAP	1	13	6837801	PRIMARY CABLE	1
6	6467001	2" SQ. COVER CAP	2	14	6837901	LEG PRESS CABLE	1
7	6832701	2" SQ. RUBBER BUMPER	1	15	3102502	1/2" WASHER	2
8	3102501	3/8" WASHER	6	16	3102801	1/2" LOCK NUT	2

**NOTE: The LEG PRESS ATTACHMENT (832101) must be assembled before connecting it to the PARABODY 375 HOME GYM**

### STEP 1

- Slide two 2" SQ. COVER CAPS (6) over the FRONT LEG (1) as shown in FIGURE 1.

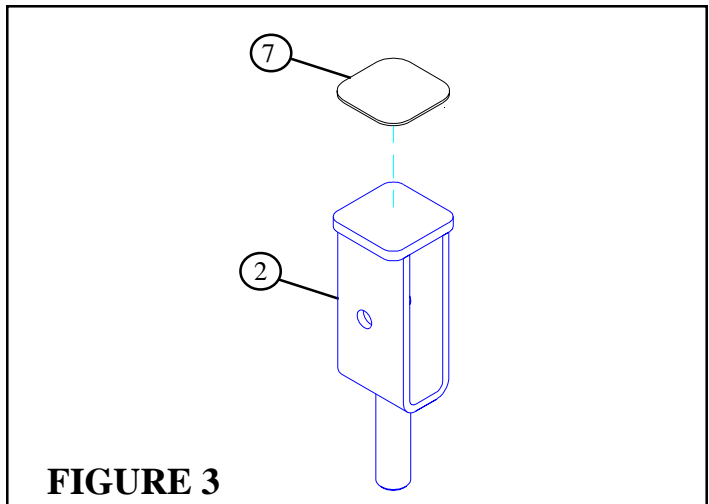


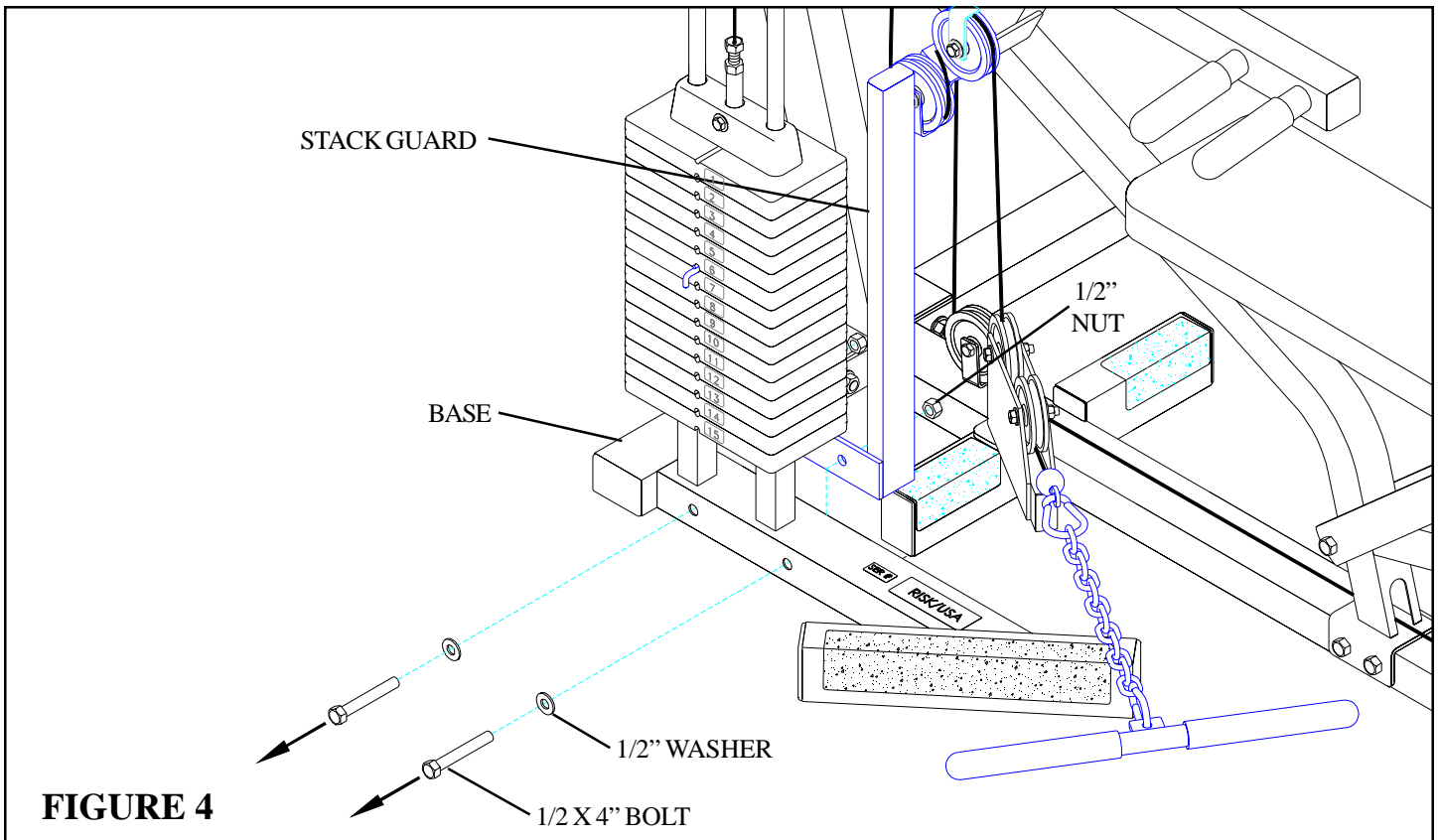
### STEP 2

- Slide one 2" SQ. END CAP (5) into the BASE CONNECTION (3) as shown in FIGURE 2.

### STEP 3

- Attach one 2" SQ. RUBBER BUMPER (7) to the top of the PULLEY BRACKET (2) as shown in FIGURE 3.

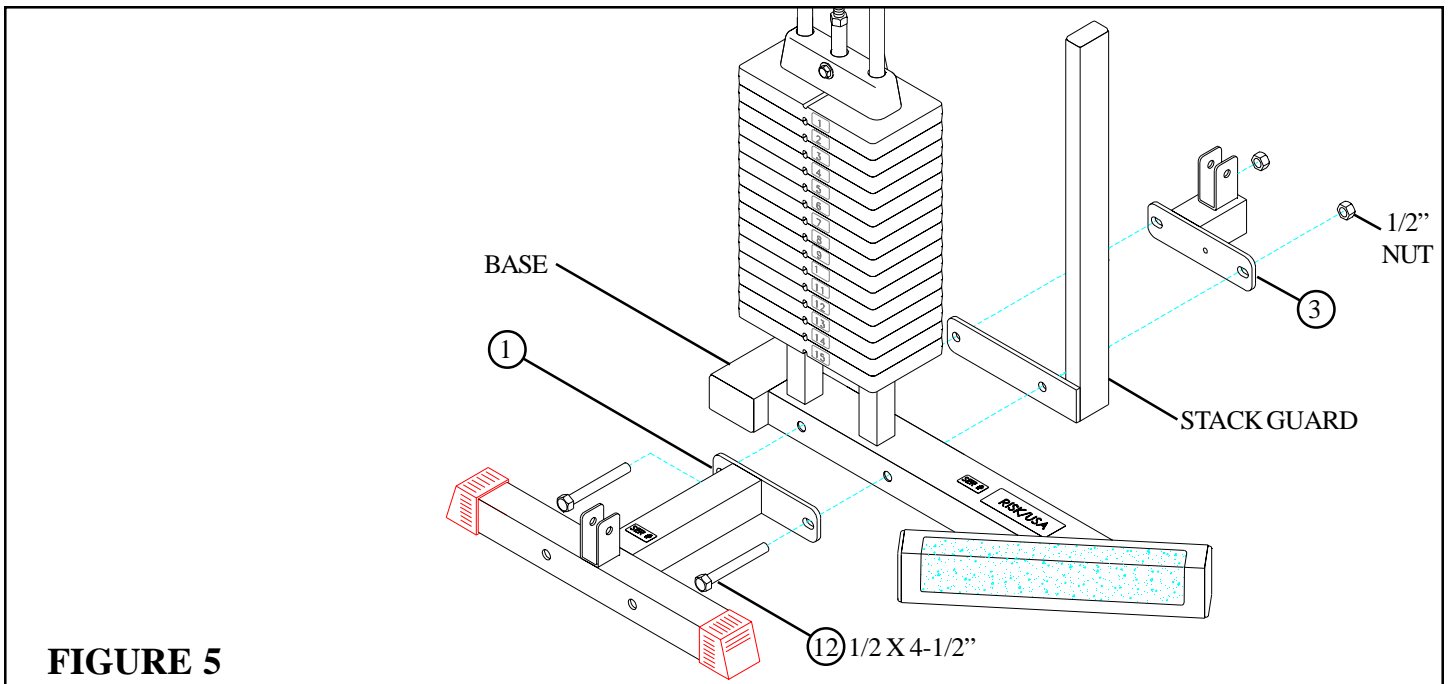




**FIGURE 4**

**STEP 4**

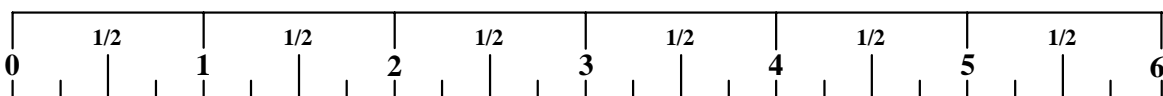
- Remove two 1/2 X 4" BOLTS, two 1/2" WASHERS, and two 1/2" LOCK NUTS from the BASE and STACK GUARD as shown in FIGURE 4. (NOTE: Discard the 1/2 X 4" BOLT.)

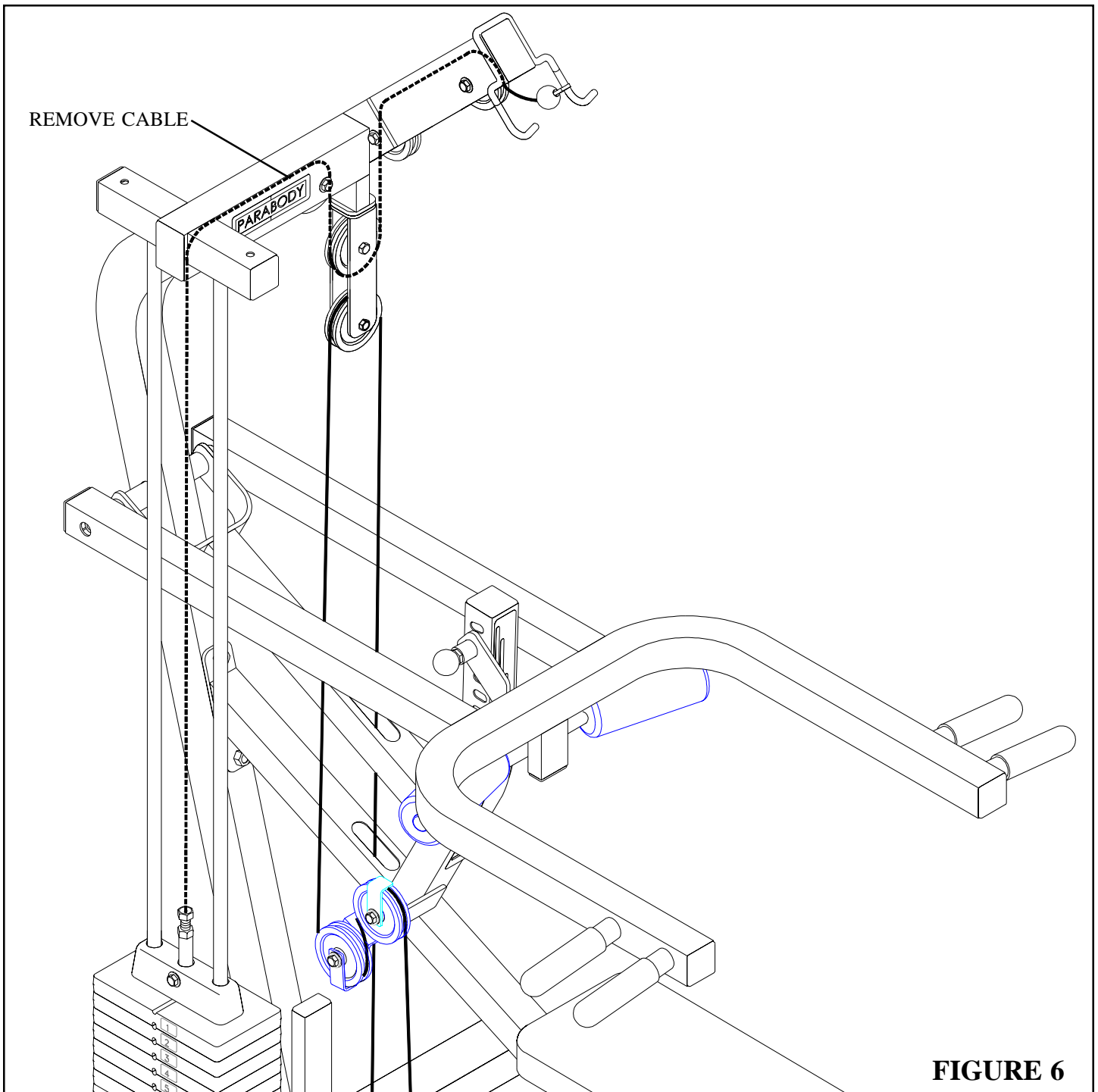


**FIGURE 5**

**STEP 5**

- Securely fasten the FRONT LEG (1) and the BASE CONNECTION (3) to the BASE and STACK GUARD using two 1/2 X 4-1/2" BOLTS (12) and two previously removed 1/2" LOCKNUTS. See FIGURE 5.





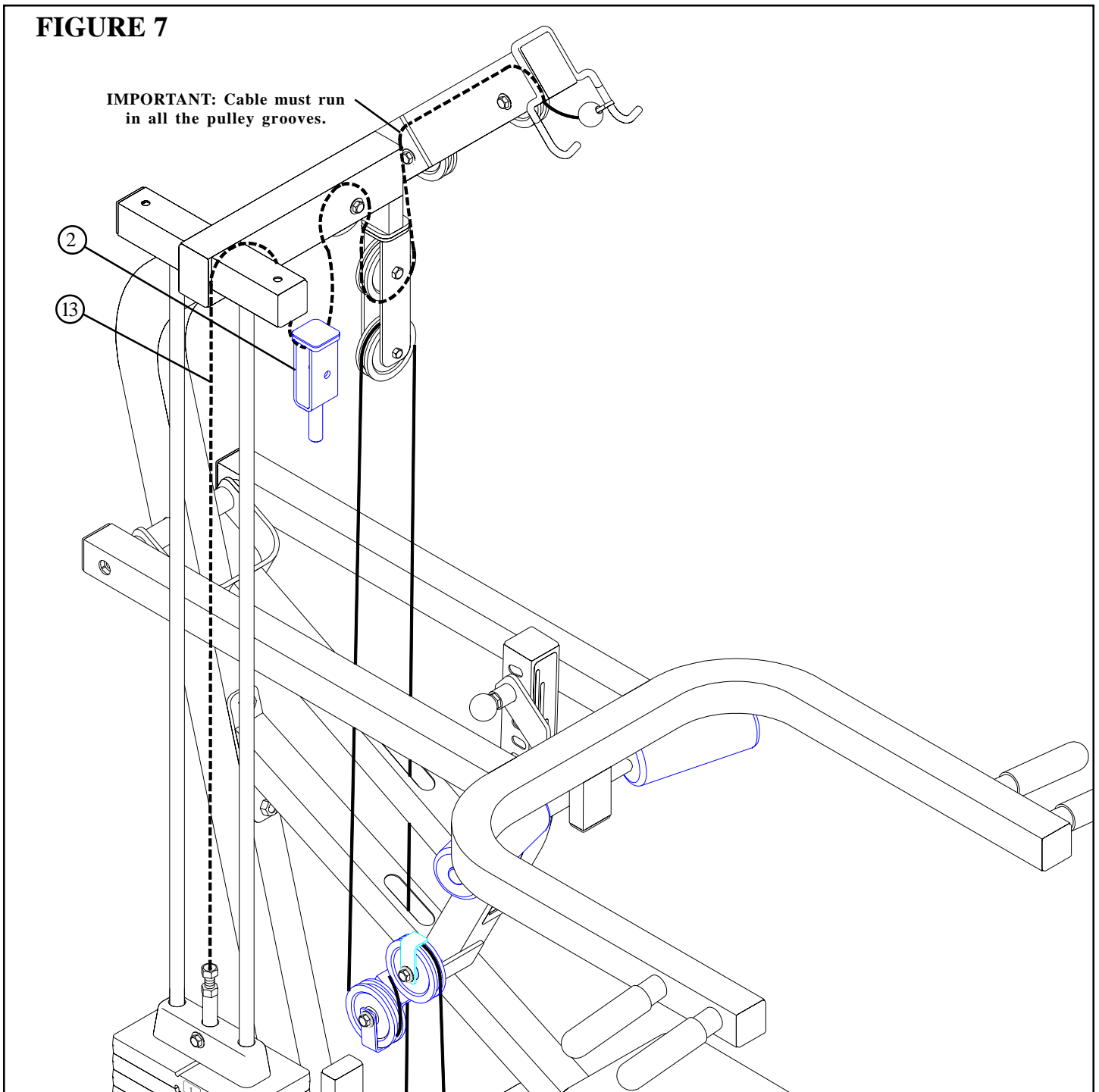
**FIGURE 6**

**STEP 6**

Remove the existing CABLE (part #68331) using the following steps:

- Disconnect LAT BAR from TOP BOOM.
- Unscrew the threaded end of CABLE from the HEAD PLATE ASSEMBLY.
- Route the CABLE around the FLOATING PULLEY as shown in FIGURE 6.
- Route the CABLE through the TOP BOOM as shown in FIGURE 6.
- The pulleys in TOP BOOM may need to be temporarily removed to remove CABLE.
- **(NOTE: Discard CABLE part #68331)**

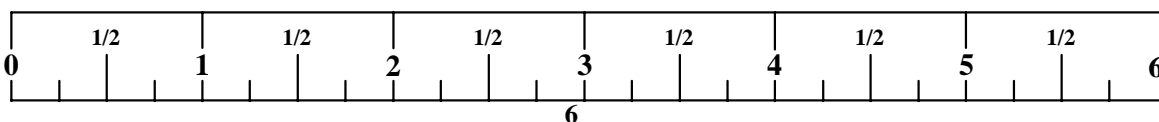
**FIGURE 7**



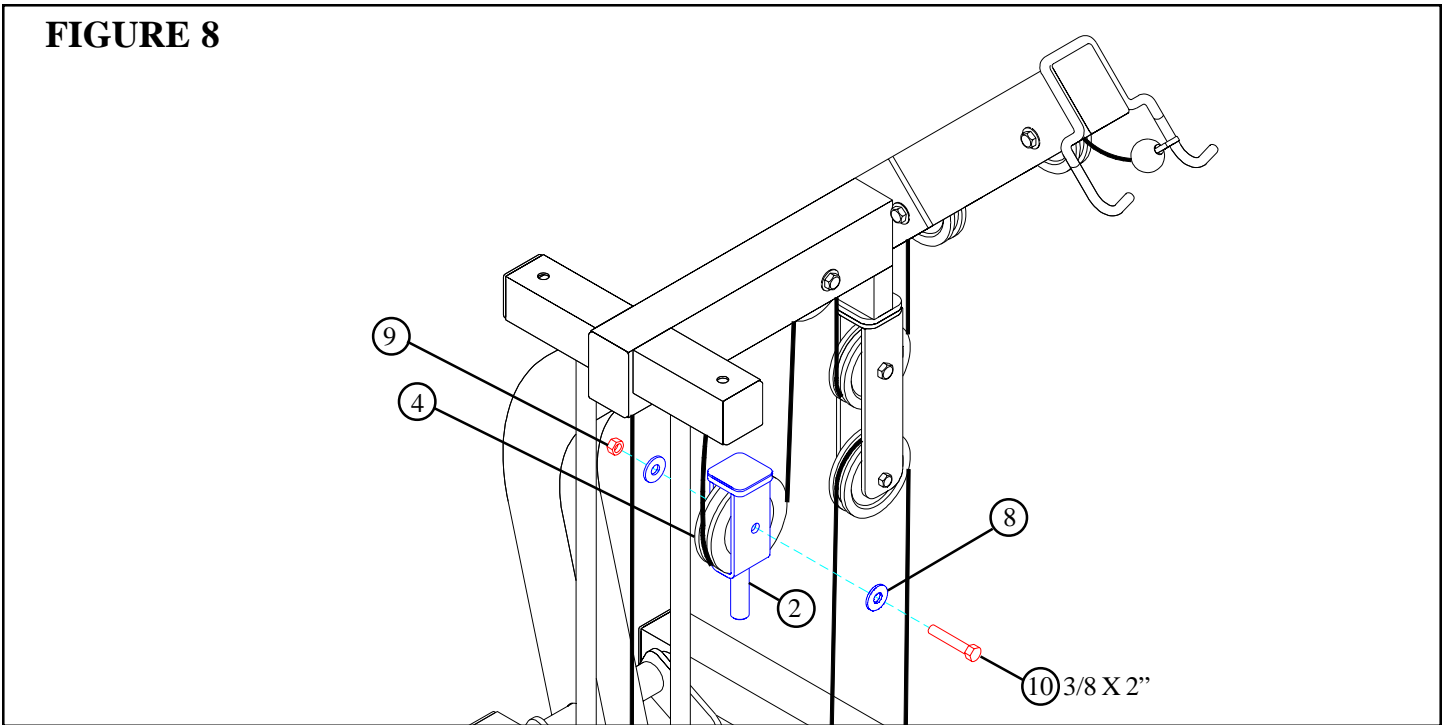
**STEP 7**

Install the **NEW PRIMARY CABLE (13)** using the following steps:

- Route the **CABLE (13)** through the **TOP BOOM** as shown in **FIGURE 7**. The pulleys in **TOP BOOM** may need to be temporarily removed to perform this step. (**Note: Make sure the CABLE is running in all the pulley grooves.**)
- Route the **CABLE (13)** around the **FLOATING PULLEY BRACKET** as shown in **FIGURE 7**.
- Route the **CABLE (13)** back over one pulley in the **GUIDE ROD SUPPORT**, down through the **PULLEY BRACKET (2)** and over the second pulley in the **GUIDE ROD SUPPORT**.
- Screw the threaded end of **CABLE (13)** into the **HEAD PLATE ASSEMBLY**.



**FIGURE 8**



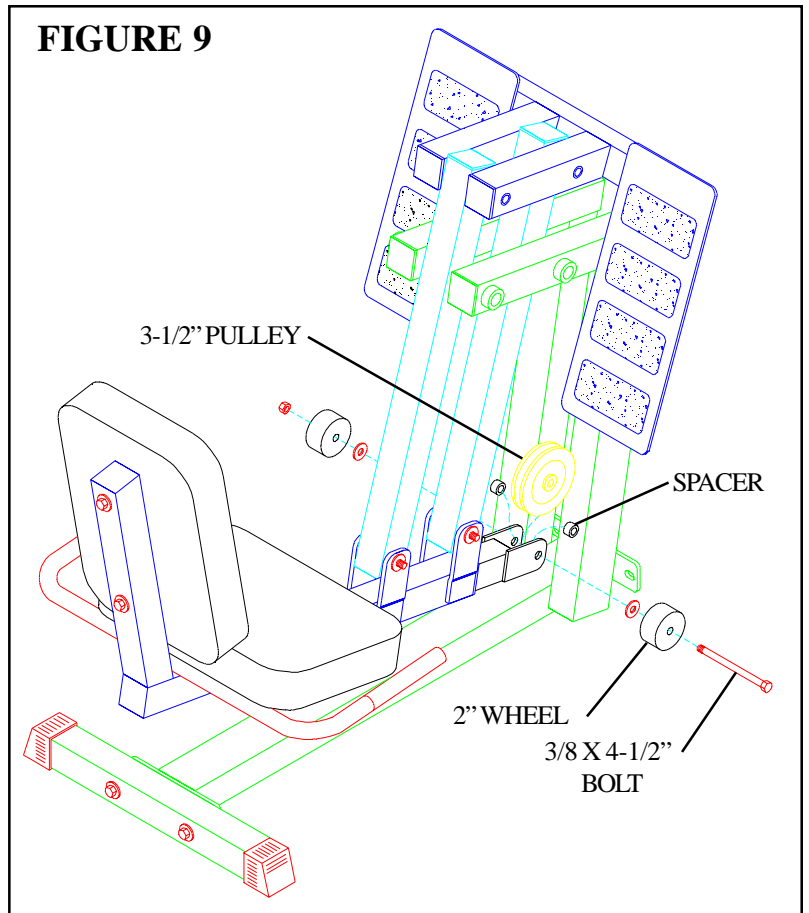
**STEP 8**

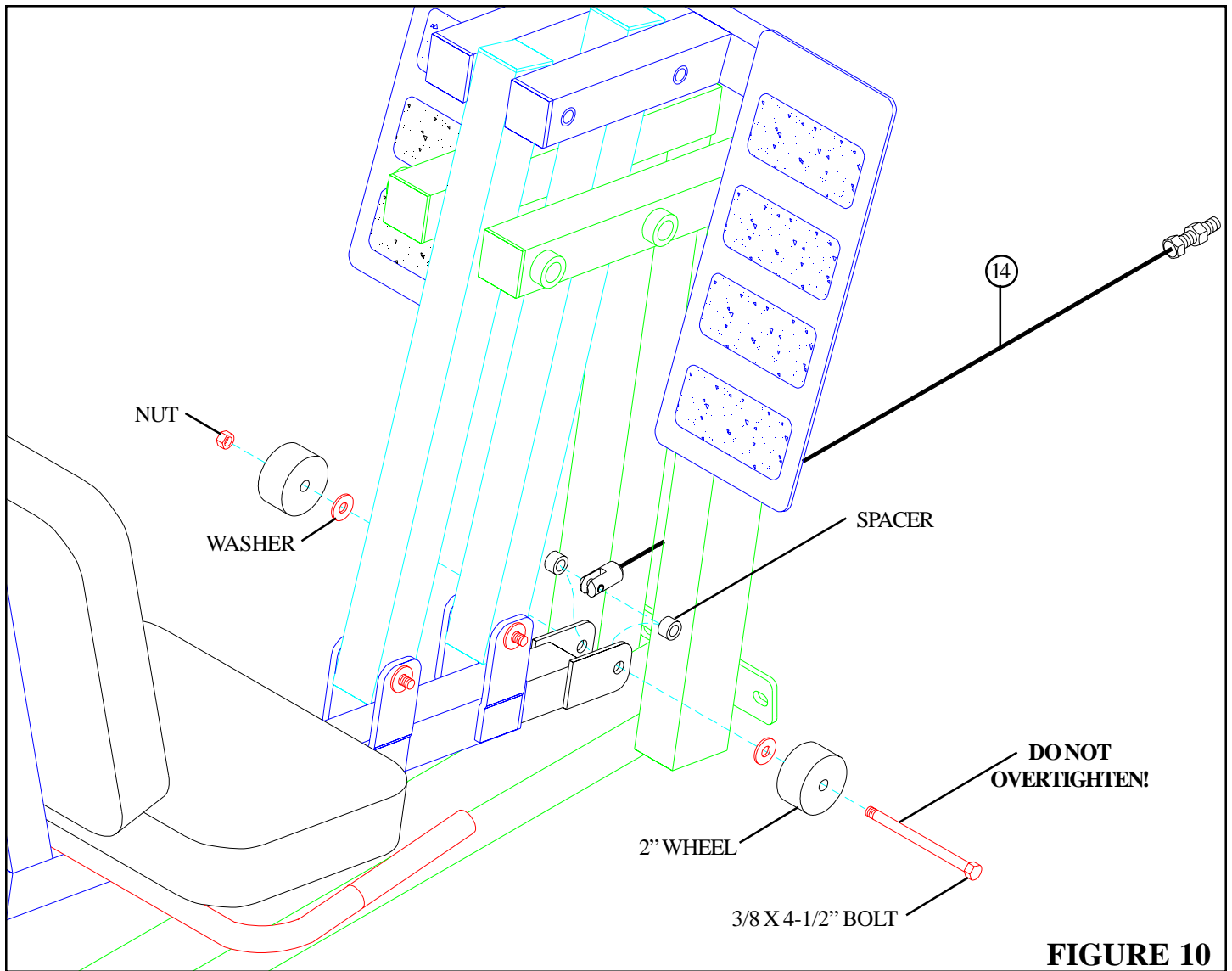
- Loop CABLE (13) around one 3-1/2" PULLEY (4) in the PULLEY BRACKET (2) and **SECURELY** assemble using one 3/8 X 2" BOLT (10), and two 3/8" WASHERS (8) and one 3/8" LOCK NUT (9) as shown in FIGURE 8.

**STEP 9**

- Remove one existing 3-1/2" PULLEY, two WASHERS, two 2" WHEELS and two SPACERS from the ADJUSTMENT TUBE on the 832 LEG PRESS OPTION by unfastening the 3/8 X 4-1/2" BOLT holding the pulley on. See FIGURE 9. (**NOTE: The pulley will be used in STEP 12.**)

**FIGURE 9**

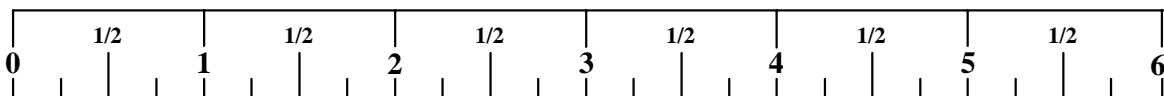




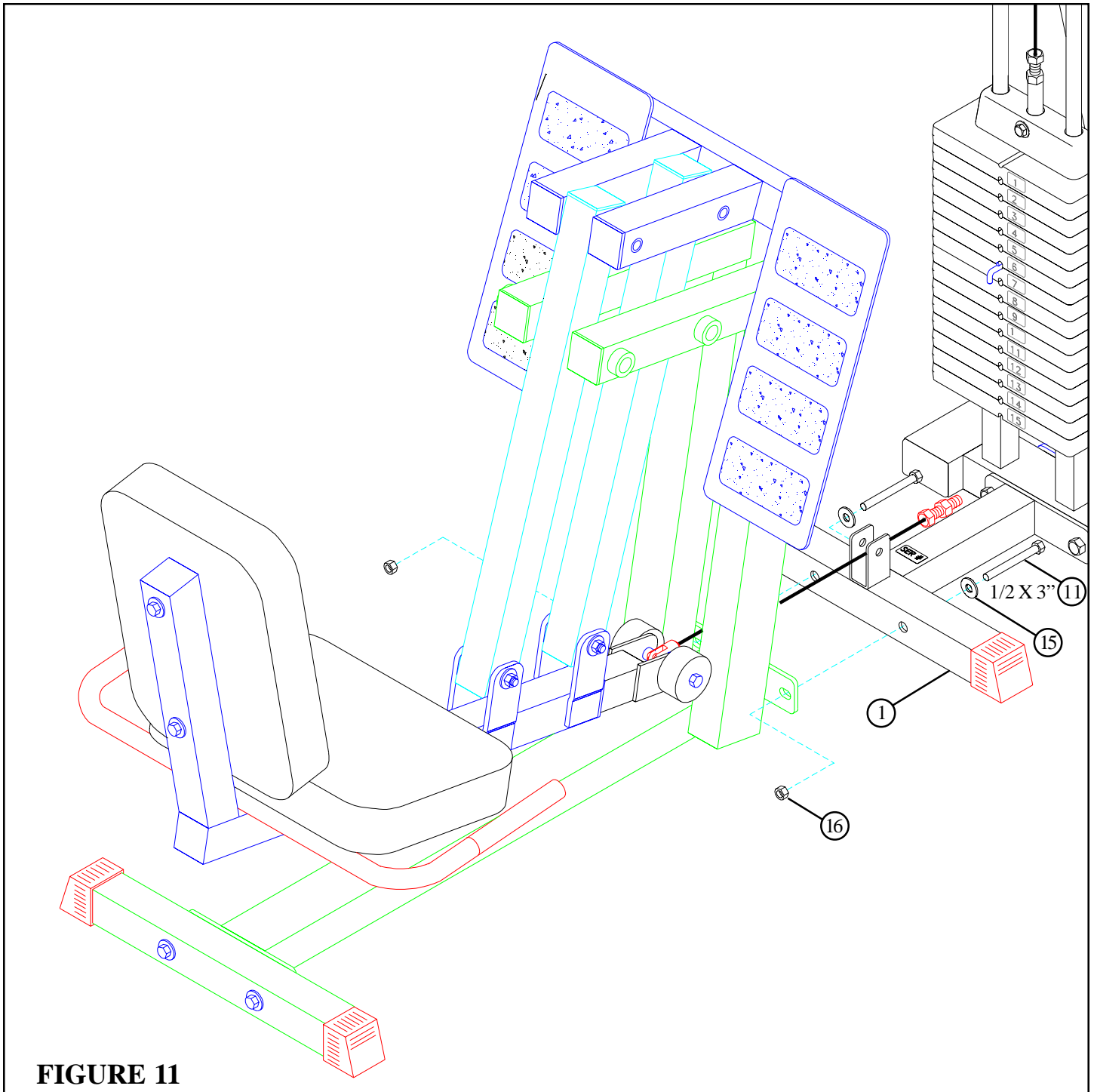
**FIGURE 10**

**STEP 10**

- Assemble the LEG PRESS CABLE (14) to the ADJUSTMENT TUBE on the 832 using the existing previously removed 3/8 X 4-1/2" BOLTS, SPACERS, WASHERS, 2" WHEELS AND NUT. (Note: Do not overtighten! Tighten only until nut is completely on bolt.) See FIGURE 10.



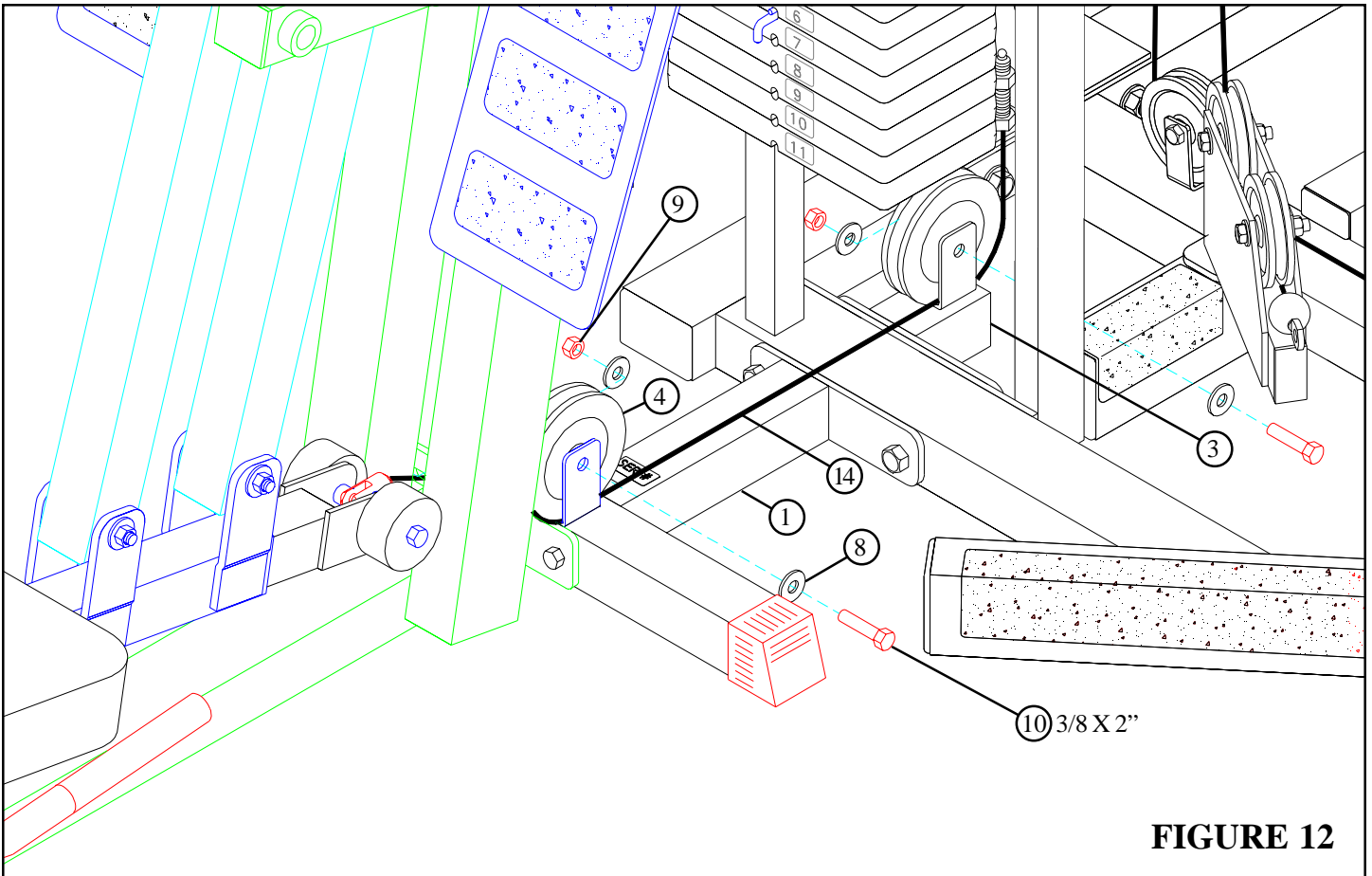




**FIGURE 11**

**STEP 11**

- Securely fasten the 832 LEG PRESS to the FRONT LEG (1) using two 1/2 X 3" BOLTS (11), two 1/2" WASHERS (15), and two 1/2" LOCK NUTS (16) as shown in FIGURE 11.



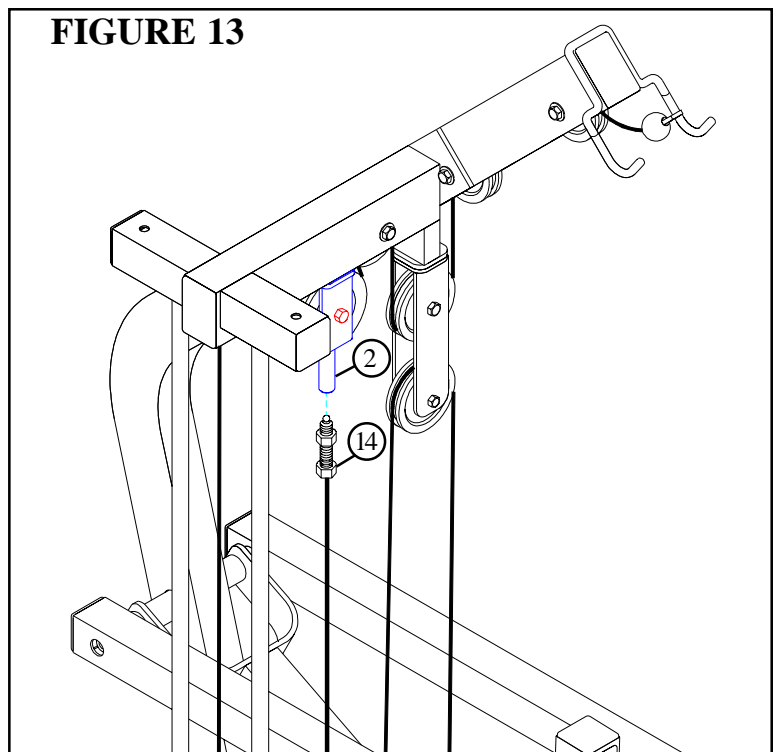
**FIGURE 12**

**STEP 12**

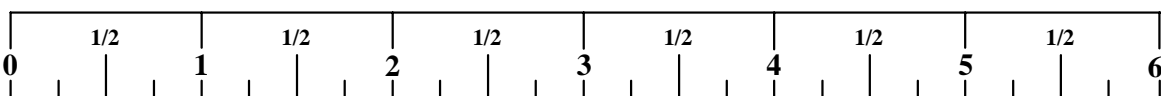
- Attach one 3-1/2" PULLEY (4) to the FRONT LEG (1) and one 3-1/2" PULLEY (4) to the BASE CONNECTION (3) using two 3/8 X 2" BOLTS (10), four 3/8" WASHERS (8) and two 3/8" LOCKNUTS (9). (Note: Make sure CABLE (14) is running under PULLEYS.)

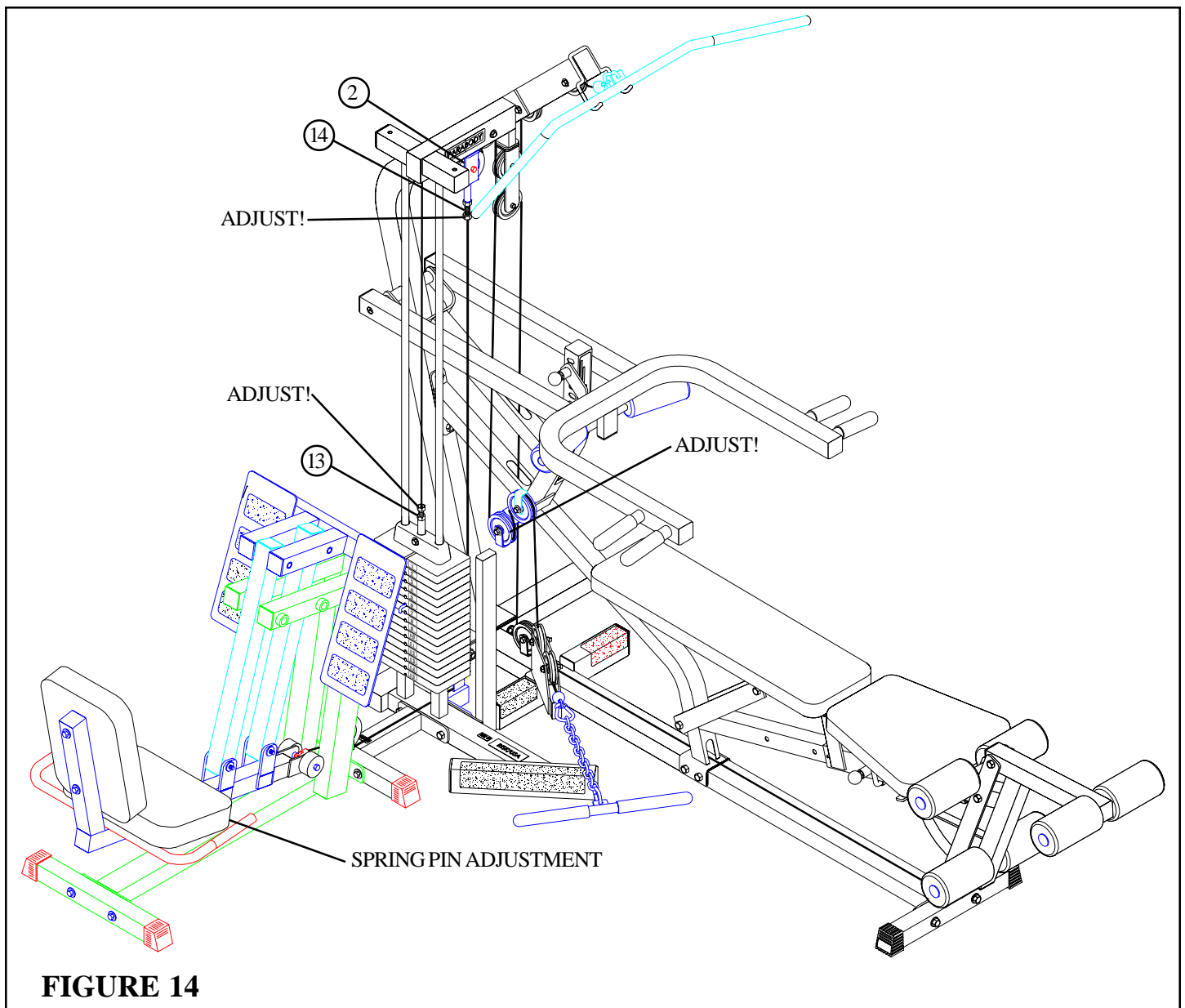
**STEP 13**

- Screw the threaded end of LEG PRESS CABLE (14) to the PULLEY BRACKET (2) as shown in FIGURE 13.



**FIGURE 13**





**FIGURE 14**

**STEP 14**

- The 832 LEG PRESS is equipped with a spring pin adjustment to accommodate different sized users and allow easy entry and exit from the machine. To use, you must slightly push against the foot plates to take tension off the pin.
- To set the correct amount of tension in the cables, adjust the 832 LEG PRESS into the last adjustment hole (so the LEG PRESS is spread apart) and remove the WEIGHT STACK PIN. Thread the PRIMARY CABLE (13) into the HEAD PLATE ASSEMBLY until both PULLEY BRACKETS (2) are held against the TOP BOOM and the cable is slightly pulling up on the HEAD PLATE. Tighten the jam but securely. Next, thread the LEG PRESS CABLE (14) into the PULLEY BRACKET (2) until cable is tight , then tighten the jam nut securely.
- If further adjustment is needed, loosen and adjust the pulley attached to the slotted tab on the BENCH FRAME. (**NOTE: It is natural for the LEG PRESS CABLE to slacken when seat is adjusted inward.**)

**Thank you for purchasing the Parabody 360101 Leg Press Adapter Kit. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.**

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