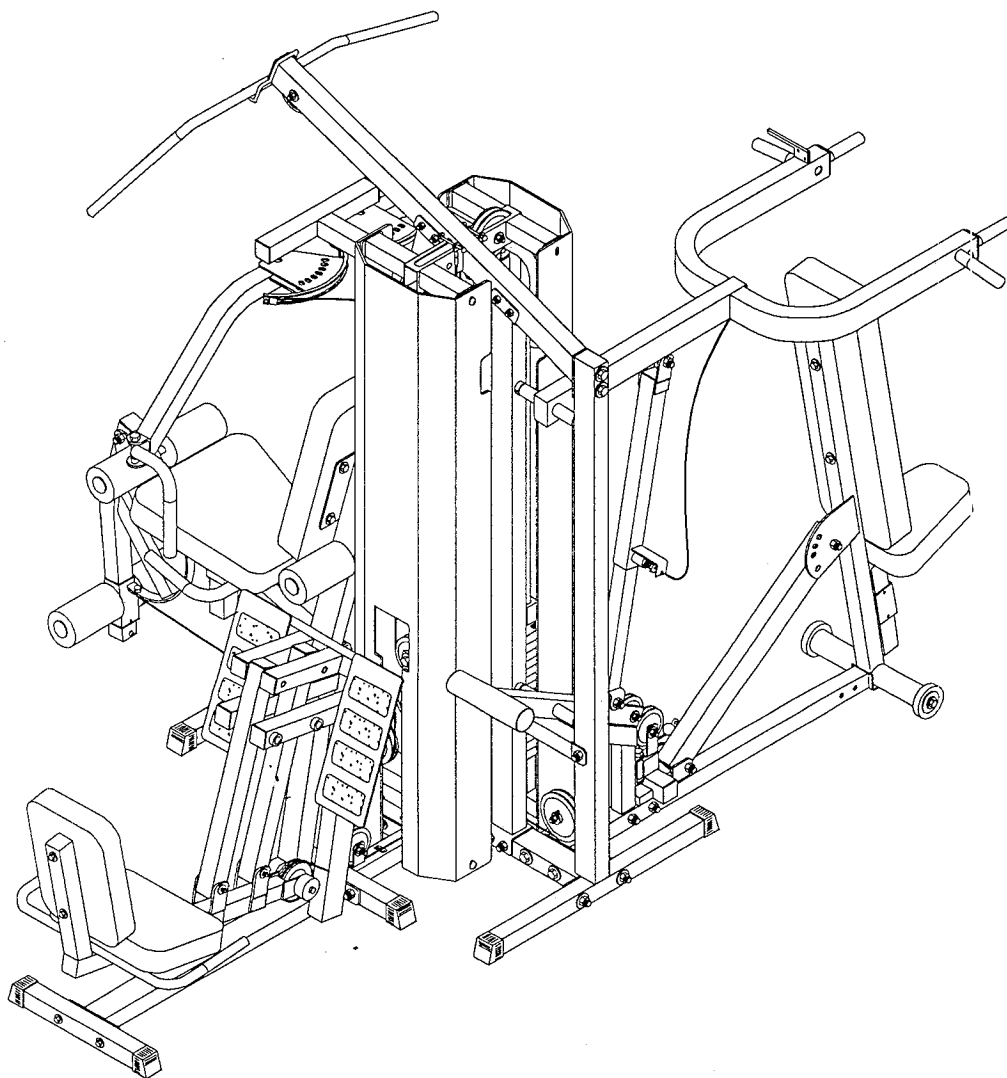


PARABODY

Serious Steel

435103 LEG PRESS ADAPTER KIT



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF *Serious Steel!*

Please note:

- * Thank you for purchasing the 435103 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.

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

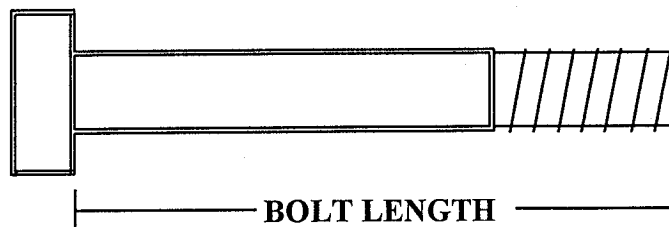
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your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

Tools Required for Assembly

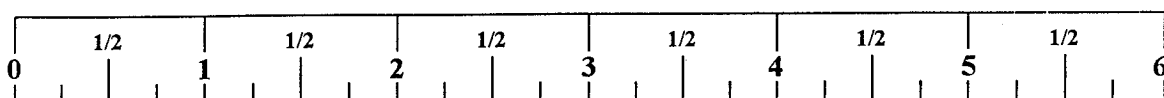
- * Rubber mallet or hammer
- * 3/4" wrench
- * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * 7/32" Allen wrench
- * Adjustable wrench
- * Tape measure

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	6747603	FRONT LEG	1	9	6535301	1/4" CAP NUT	1
2	3116202	3-1/2" PULLEY	2	10	3102501	3/8" WASHER	4
3	3108102	QUICK DISCONNECT LINK	1	11	3102802	3/8" LOCKNUT	2
4	6427101	KEYHOLE CLEVIS	1	12	3102502	1/2" WASHER	4
5	3117305	CLEVIS PIN	1	13	3102801	1/2" LOCKNUT	4
6	3112901	COTTER PIN	1	14	3102933	3/8 X 2" BOLT	2
7	6732901	TENSION CORD	1	15	3102910	1/2 X 3" BOLT	4
8	6747901	LEG PRESS CABLE	1				

NOTE: The LEG PRESS ATTACHMENT (832101) must be assembled before connecting it to the PARABODY 425103 HOME GYM

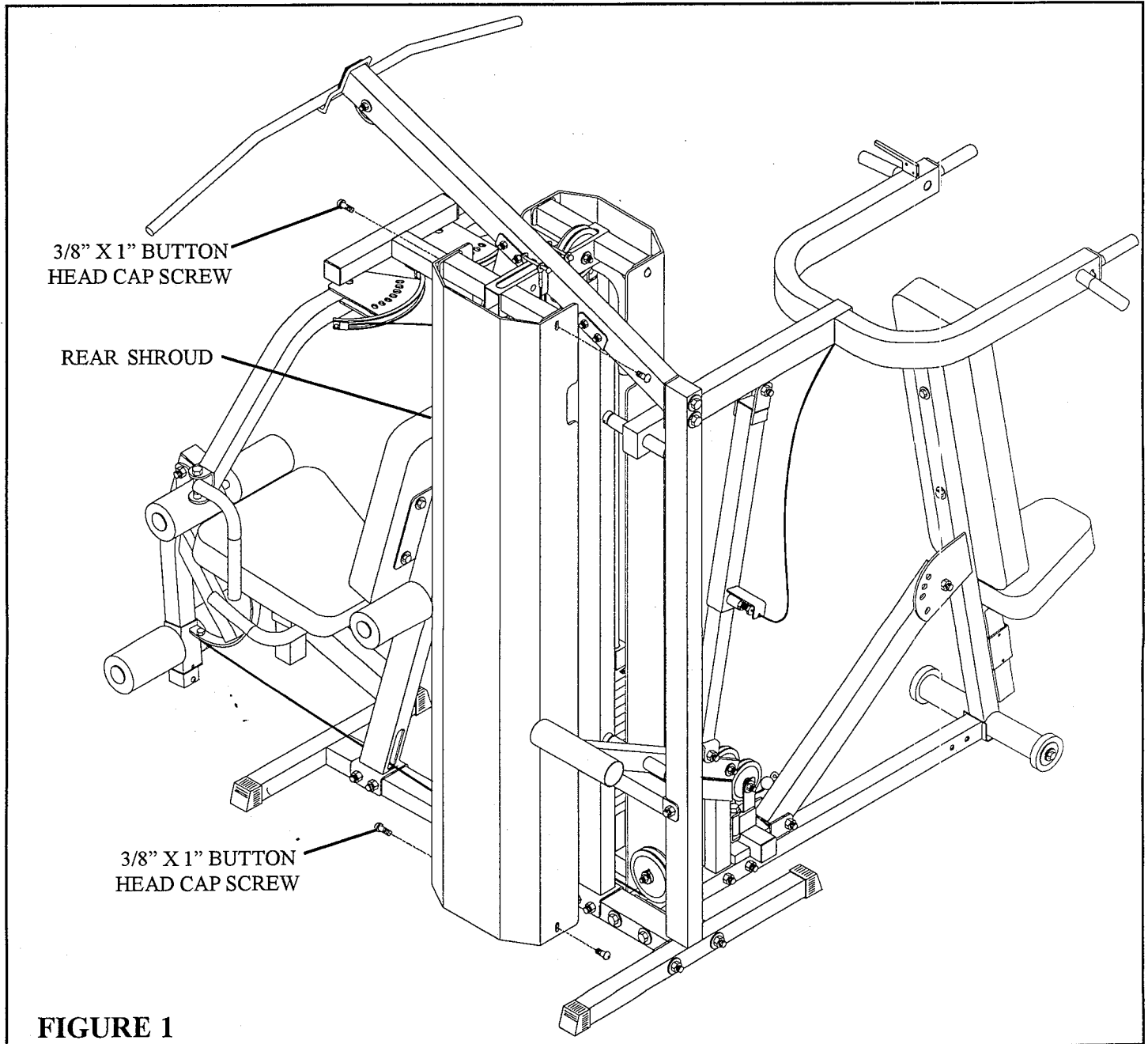


FIGURE 1

STEP 1

- **REMOVE** the four 3/8" X 1" BUTTON HEAD CAP SCREWS from the rear SHROUD. Remove the SHROUD from the 425103 HOME GYM. See FIGURE 1.



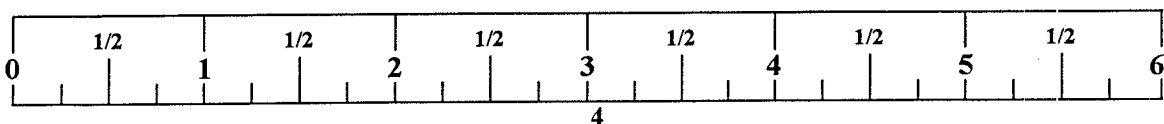
REAR
SHROUD

The diagram shows a vertical, U-shaped component labeled 'REAR SHROUD'. It has a top flange with a hole and a bottom flange with a hole. A weight stack opening is shown being removed from the bottom of the shroud. A dashed line indicates the original position of the opening, and a solid line shows the new shape after removal. A small '0' is marked at the bottom right corner of the shroud.

FIGURE 2

STEP 2

- If the 445103 SECOND STACK OPTION is not installed, the rear SHROUD opening must be removed. Apply pressure to the bottom of the SHROUD where the “V” groove is and carefully remove the weight stack opening on the SHROUD as shown in FIGURE 3.



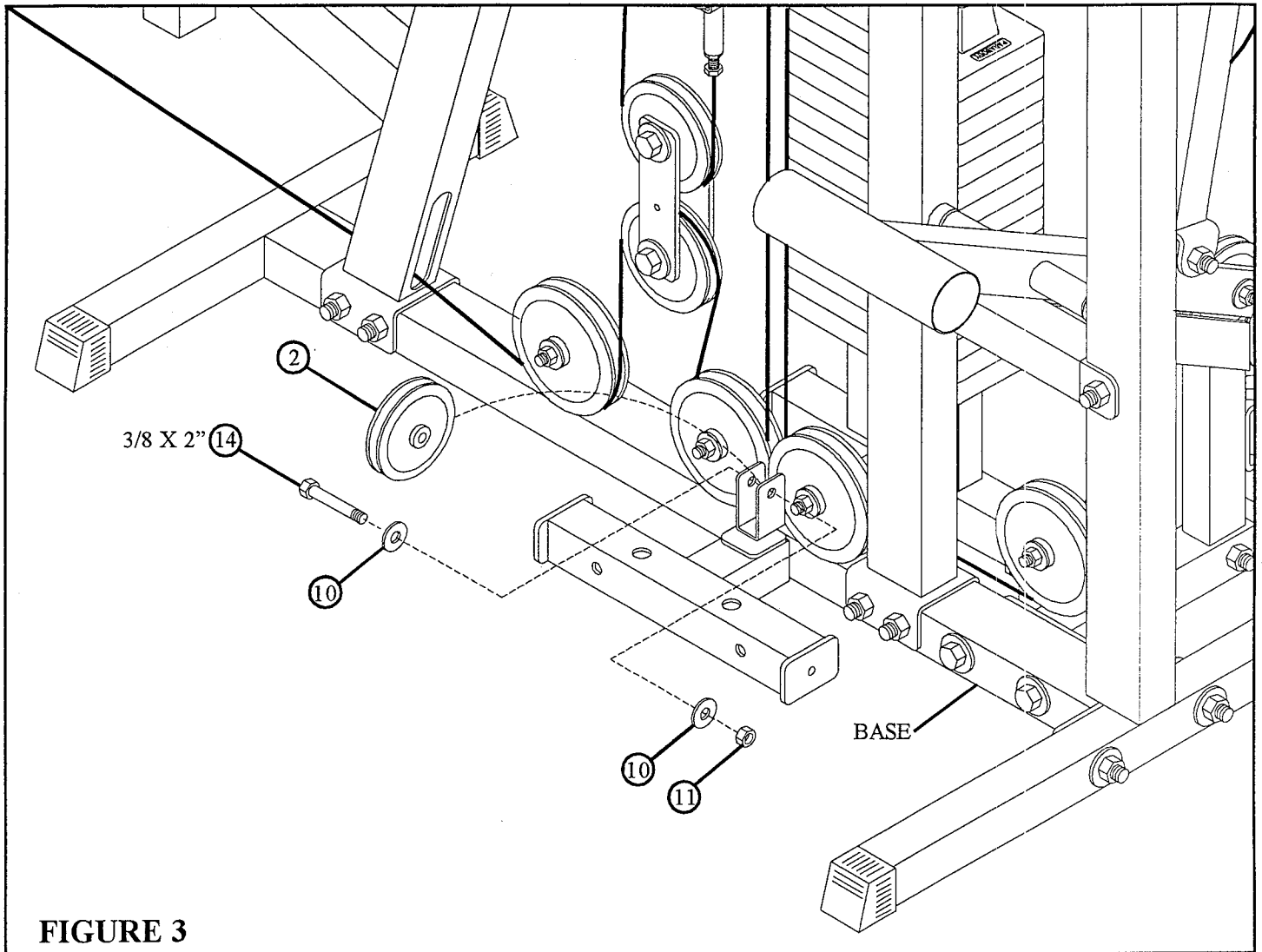


FIGURE 3

STEP 3

- **SECURELY** attach one 3-1/2" PULLEY (2) to the BASE using one 3/8 X 2" BOLT (14), two 3/8" WASHERS (10) , and one 3/8" LOCK NUT (11). See FIGURE 3.

STEP 4

- **SECURELY** attach one 3-1/2" PULLEY (2) to the FRONT LEG (1) using one 3/8 X 2" BOLT (14), two 3/8" WASHERS (10), and one 3/8" LOCK NUT (11). See FIGURE 4.
- Attach the open end of PRESS LINK CABLE (8) to the QUICK DISCONNECT LINK (3). See FIGURE 4.
- **SECURELY** tighten the QUICK DISCONNECT (3) to the tab on the FRONT LEG (1) as shown in FIGURE 4.

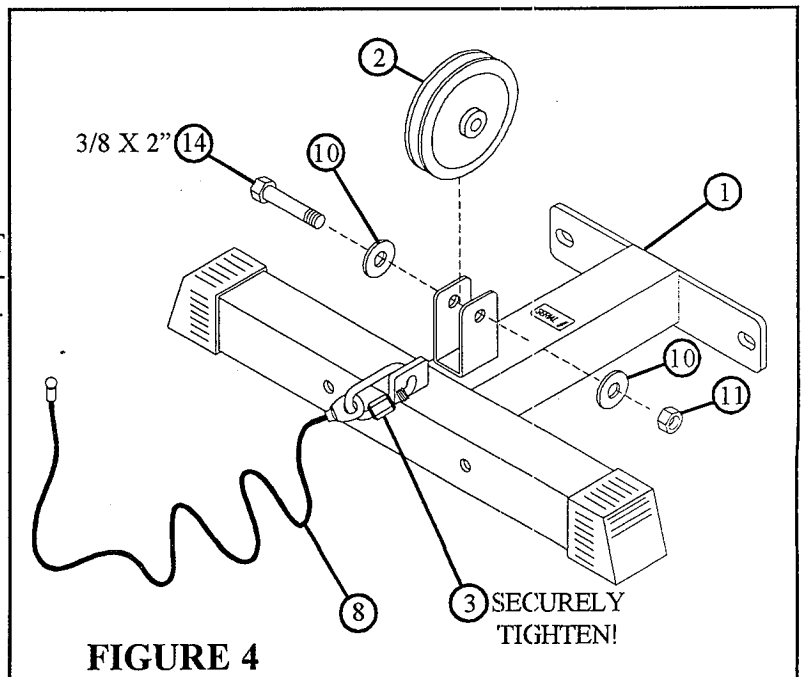


FIGURE 4

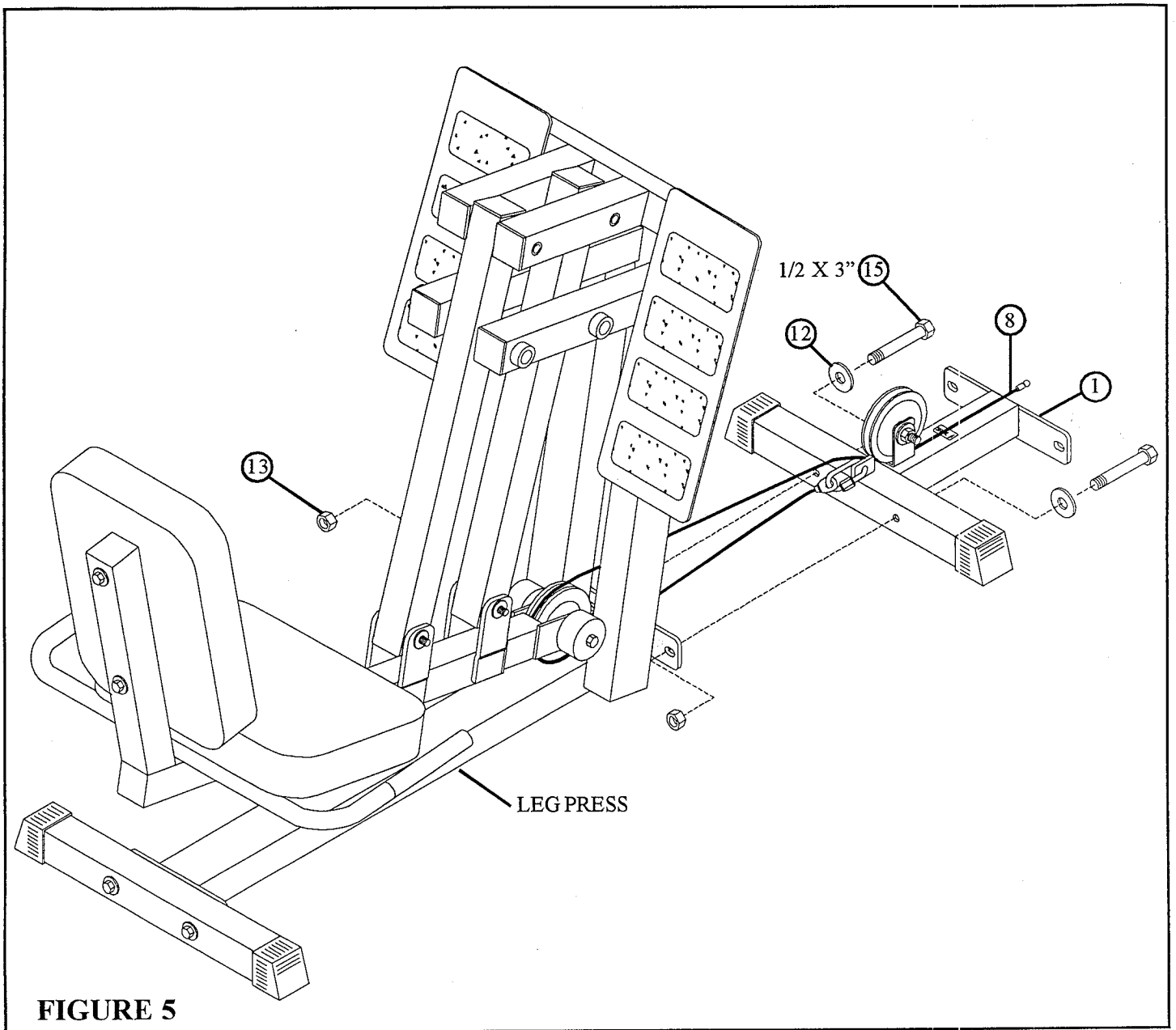
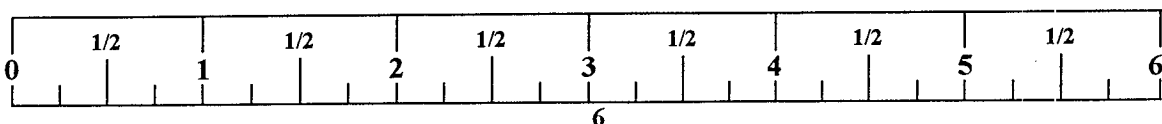
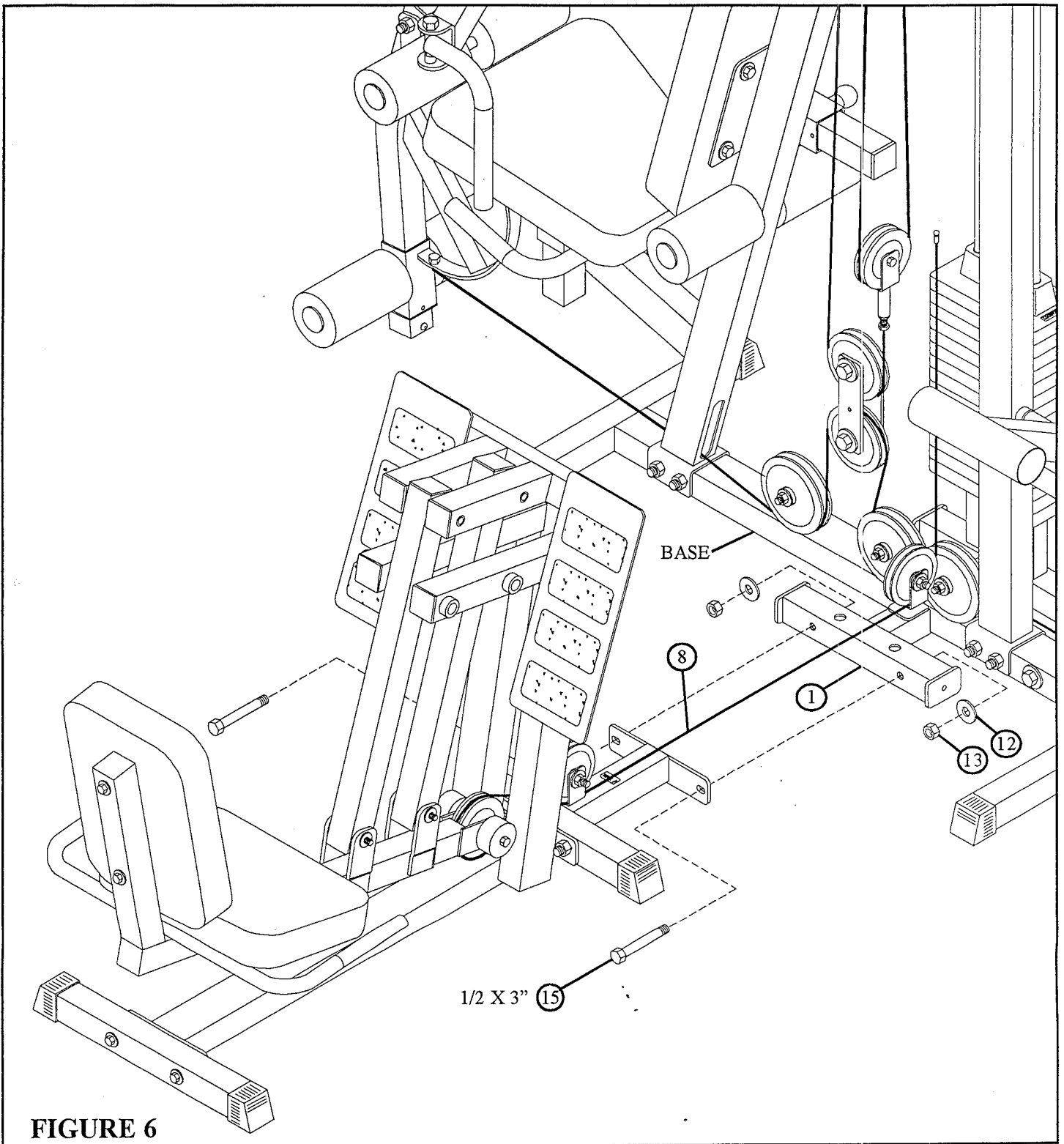


FIGURE 5

STEP 5

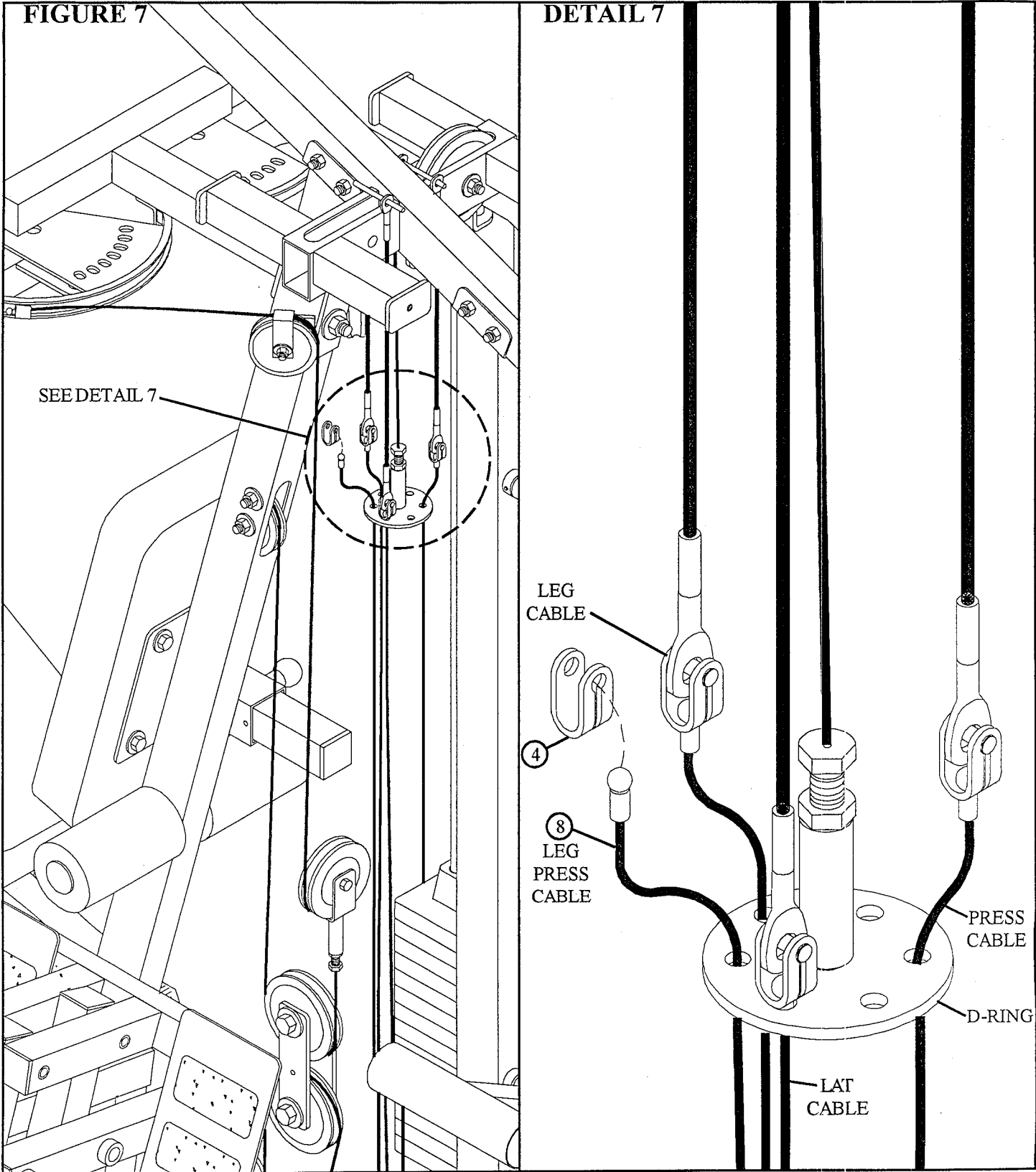
- **SECURELY** attach the LEG PRESS to the FRONT LEG (1) using two 1/2" X 3" BOLTS (15), two 1/2" WASHERS (12), and two 1/2" LOCK NUTS (13). See FIGURE 5.
- Route LEG PRESS CABLE (8) around the 3-1/2" PULLEY on the LEG PRESS and **UNDER** the 3-1/2" PULLEY on the FRONT LEG (1) as shown in FIGURE 5.





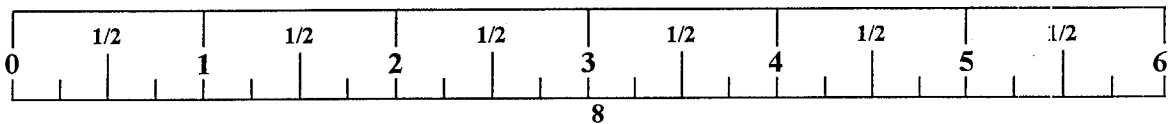
STEP 6

- **SECURELY** attach the FRONT LEG (1) to 425 BASE using two 1/2 X 3" BOLTS (15), two 1/2" WASHERS (12) and two 1/2" LOCK NUTS (13). See FIGURE 6.
- Route LEG PRESS CABLE (8) under the 3-1/2" PULLEY on the 425 BASE as shown in FIGURE 6.



STEP 7

- Run the LEG PRESS CABLE (8) through the correct hole on the d-ring and attach one KEYHOLE CLEVIS (4) to the end of the LEG PRESS CABLE (8). See FIGURE 7 & DETAIL 7.



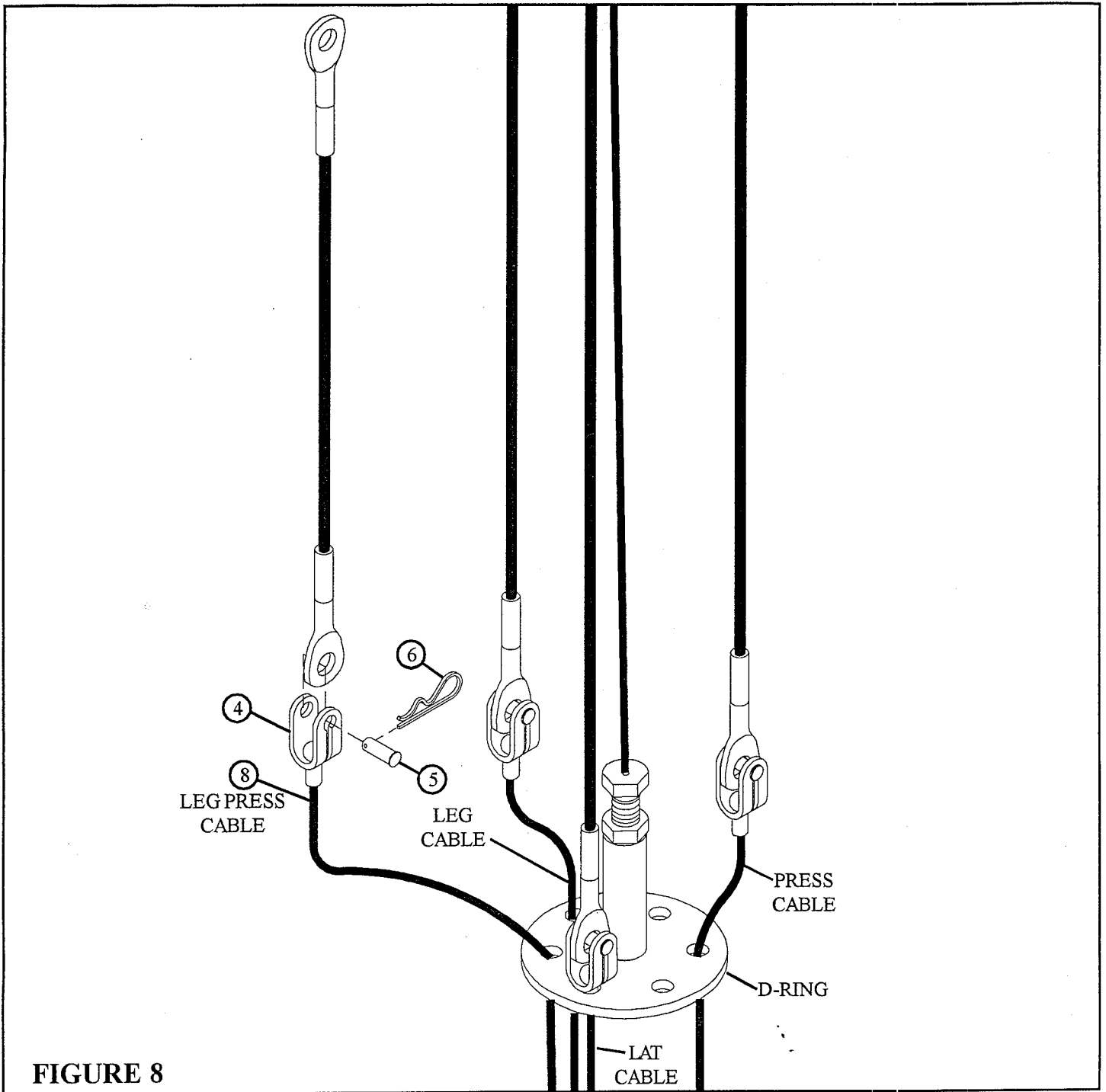
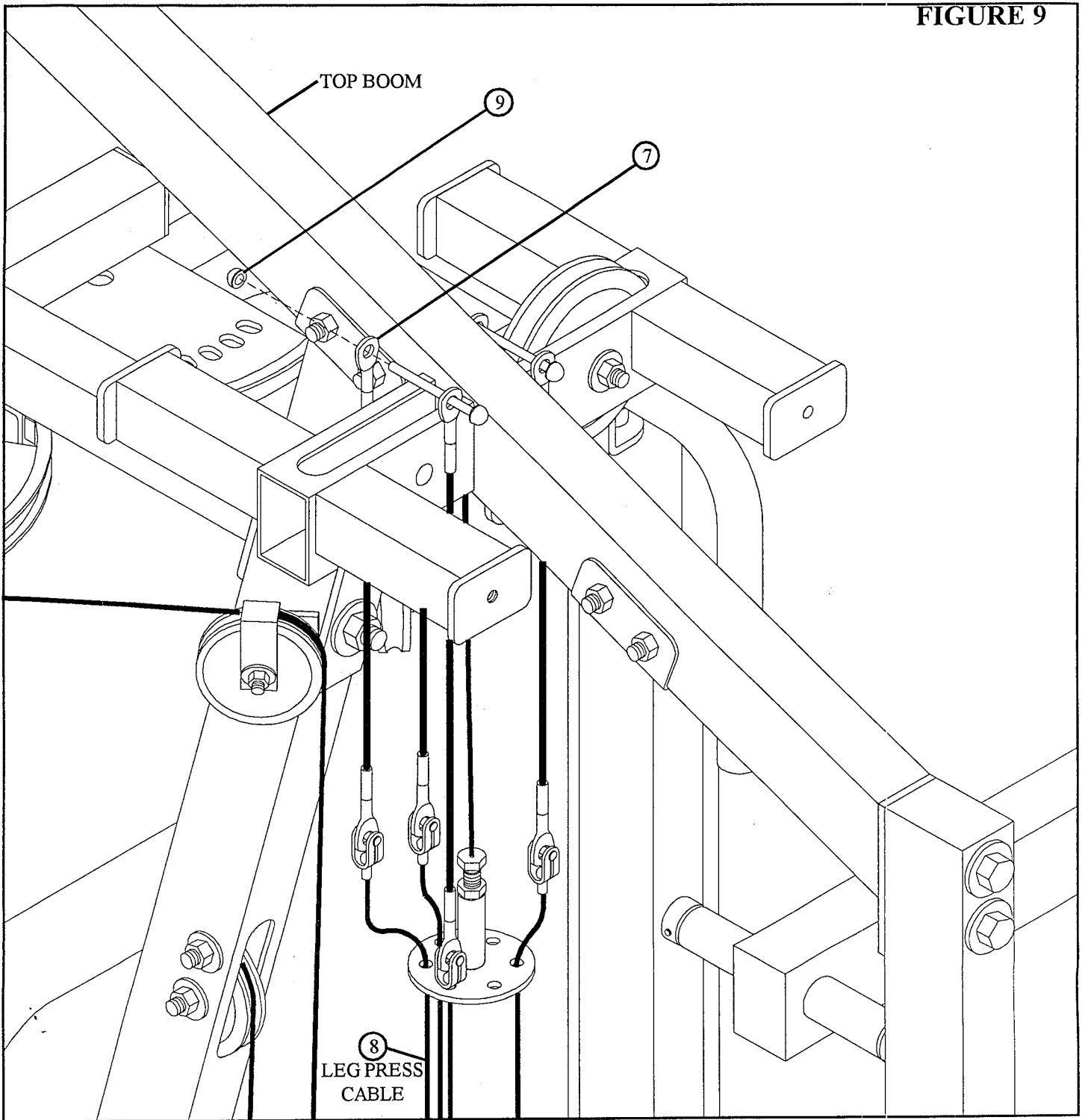


FIGURE 8

STEP 8

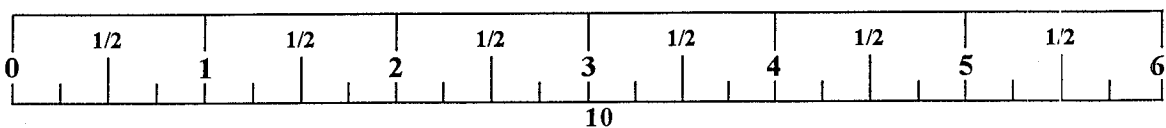
- Attach one TENSION CORD (7) to the KEYHOLE CLEVIS (4) using one CLEVIS PIN (5) and one COTTER PIN (6) as shown in FIGURE 8.

FIGURE 9



STEP 9

- **CAREFULLY** attach the TENSION CORD (7) to the corresponding small shaft on the TOP BOOM using one 1/4" CAP NUT (9) as shown in FIGURE 9.



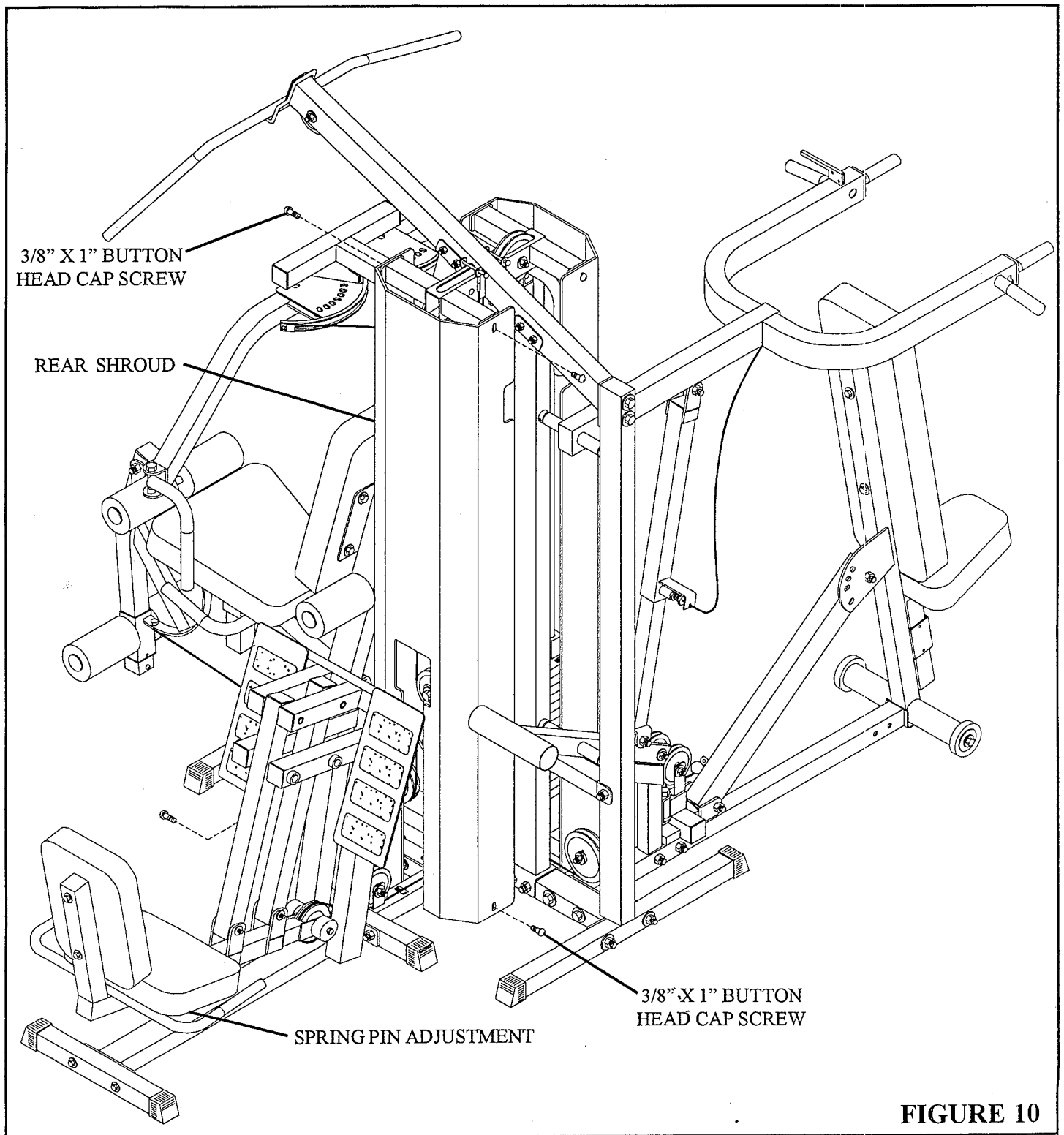


FIGURE 10

STEP 10

- **SECURELY** attach the four previously removed 3/8 X 1" BUTTON HEAD CAP SCREWS to the rear SHROUD. See FIGURE 10.
- 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.

Thank you for purchasing the Parabody 435103 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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