
PARABODY INC.



EX500 PEC DEC ATTACHMENT

503

**PRODUCT ASSEMBLY
INSTRUCTION SHEETS**

TOOLS REQUIRED FOR ASSEMBLY:

- 9/16 INCH SOCKET
- 1/2 INCH SOCKET
- ADJUSTABLE WRENCH
- HAMMER or RUBBER MALLET

REVISION: M

If you experience any problems with the assembly of this product, please contact your dealer or your PARABODY Customer Service representative at:

1-800-328-9714

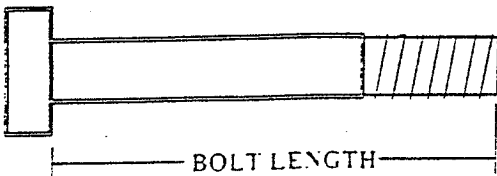
503 EX500 PEC DEC ATTACHMENT ASSEMBLY PARTS LIST FOR STEP #1 & #2

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

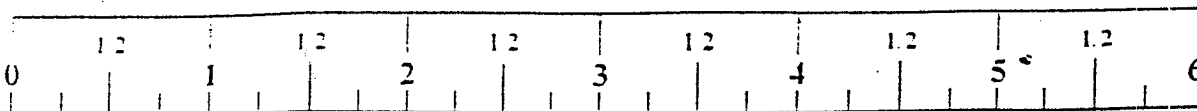
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 1-3/4 BOLT	3
2.	3/8 X 2-3/4 BOLT	2
3.	3/8 X 3 BOLT	4
4.	3/8 X 3-1/4 BOLT	2
5.	STAR LOCK COLLAR	2
6.	3/4 I.D. X 3/4 LG. FLANGE BEARING	4
7.	3/8 WASHER	13
8.	3/8 LOCK WASHER	11
9.	3/8 NUT	9
10.	COTTER PIN	1
11.	PLUNGER	1
12.	SPRING	1
13.	KNOB	1
14.	PLASTIC STOPS	2
15.	1-1/2 IN. SQ. END CAP	1
16.	1-3/4 IN. SQ. END CAP	1
17.	2 IN. SQ. END CAP	7
18.	PARAGLIDE STRIPS (STRIP OF 8)	1
19.	CABLE RETAINING CLIP	3
20.	5/16 X 1 BOLT	2
21.	3/8 X 1-1/2 BOLT	2
22.	5/16 WASHER	4
23.	5/16 LOCK WASHER	2
24.	5/16 NUT	2
25.	SNAP CAP WASHERS	4
26.	SNAP CAP	4
27.	SPACER BUSHING	1
28.	THUMBSCREW	1

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



BOLT LENGTH RULER:



503 EX500 PEC DEC ATTACHMENT ASSEMBLY PARTS LIST FOR STEP #1 & #2

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

SWIVEL PULLEY HARDWARE/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3/4 BOLT	1
2.	5/16 WASHER	2
3.	3/8 LOW HEIGHT LOCK NUT	1
4.	3/8 WASHER	1
5.	SWIVEL PULLEY BRACKET	2

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BEARING HOUSING(6186901).....	1
2.	BACK SUPPORT FRAME(6186501).....	1
3.	PULLEY BRACKET SUPPORT(6215501).....	1
4.	SEAT FRAME(6187301).....	1
5.	LEFT PEC DEC ARM(6219801).....	1
6.	RIGHT PEC DEC ARM(6219901).....	1
7.	BACK PAD(6188201).....	1
8.	SEAT PAD(6188601).....	1
9.	ARM ROLLER PAD(6176201).....	2
10.	3/8 DIA. x 1 IN. LG. BUSHING PULLEY(3116101).....	2
11.	PEC DEC LOOP CABLE ASSEMBLY(6251801).....	1
12.	SECONDARY SWAPOUT CABLE ASSEMBLY(6243601).....	1
13.	3/8 DIA. X 1 IN. LG. BUSHING PULLEY(3116101).....	3

503 EX500 PEC DEC ATTACHMENT ASSEMBLY INSTRUCTIONS STEP #1)

THE INSTRUCTIONS FOR STEP #1 ARE TO BE USED WITH DRAWING SHEET #1 OF 2.

Carefully place the BEARING HOUSING and the BACK SUPPORT FRAME on the floor and loosely assemble them together before attaching them to the REAR RIGHT UPRIGHT, using one (1) 3/8 X 3 BOLT, two (2) 3/8 WASHERS, one (1) 3/8 LOCK WASHER, and one (1) 3/8 NUT.

Insert one (1) 2 IN. SQ. END CAP into the end of the PULLEY BRACKET SUPPORT.

Loosely assemble the BEARING HOUSING/BACK SUPPORT FRAME ASSEMBLY and the PULLEY BRACKET SUPPORT to the EX500 BASE UNIT'S REAR RIGHT UPRIGHT at CONNECTION POINTS #1 and #2, using the following hardware:

CONNECTION #1: two (2) 3/8 X 3-1/4 BOLTS, four (4) 3/8 WASHERS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 NUTS.

CONNECTION #2: one (1) 3/8 X 3 BOLT, two (2) 3/8 WASHERS, one (1) 3/8 LOCK WASHER, and one (1) 3/8 NUT.

NOTE: PULLEY FLATS MUST BE ANGLED DOWNWARD ON THE PULLEY BRACKET SUPPORT.

Tighten all loose bolt connections for FRAME ASSEMBLY.

Insert two (2) 2 IN. SQ. END CAPS into each end of the BEARING HOUSING.

Carefully insert two (2) FLANGE BEARINGS into the top and bottom sides of the BEARING HOUSING on each end. (4 BEARINGS total). (CAUTION: DO NOT OVER TAP THESE BEARINGS INTO PLACE, WHICH CAN CAUSE DEFORMATION TO THE BEARING, MAKING THEM UNUSABLE)

Insert four (4) 2 IN. SQ. END CAPS into both ends of the LEFT. and RIGHT PEC DEC ARMS.

Insert the LEFT and RIGHT PEC DEC ARMS through the FLANGE BEARINGS in the BEARING HOUSING on their respective sides and secure them in place with the two (2) PUSH ON COLLARS.

Remove the paper backing from the two (2) PLASTIC STOPS and adhere them to the backside of the BEARING HOUSING CAM STOP, approximately where shown. in order to give the PEC DEC ARM CAM full contact when the PEC DEC ARMS are back in their resting position.

Loosely Assemble two (2) 3/8 DIA. X 1 IN. LG. BUSHING PULLEYS and two (2) CABLE RETAINING CLIPS to the PULLEY BRACKET SUPPORT. using two (2) 3/8 X 1-3/4 BOLTS, two (2) 3/8 LOCK WASHERS, and two 3/8 NUTS. Connection will be tightened after the cable has been routed. (in STEP #2)

Slide the two (2) 12 IN. ARM ROLLER PADS onto each PEC DEC ARM. If a lubricant is required. RUBBING ALCOHOL thoroughly coating the inside of the grip is the best material to use.

503 EX500 PEC DEC ATTACHMENT ASSEMBLY INSTRUCTIONS (STEP #1)

12. Attach eight (8) PARAGLIDE STRIPS to the BACK SUPPORT FRAME as shown in DETAIL A on (STEP #1 SHEET #1 of #2), using the following steps:
 - A. Thoroughly clean all inside and outside surfaces where the PARAGLIDE STRIPS are to be attached.
 - B. Remove the paper backing from the PARAGLIDE STRIPS AND FIRMLY APPLY them to all of the shown surfaces. (8 places)
13. Assemble the SPRING PIN ASSEMBLY on the BACK SUPPORT FRAME, using one (1) PLUNGER, one (1) KNOB, one (1) SPRING, one (1) SPACER and one (1) COTTER PIN. (SEE DETAIL A)
14. Insert the 1-1/2 IN. SQ. END CAP into the top end of the SPRING PIN ASSEMBLY HOUSING on the BACK SUPPORT FRAME. (SEE DETAIL A)
15. Securely assemble the BACK PAD, using two (2) 3/8 X 3 BOLTS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 WASHERS.
16. Insert one (1) 1-3/4 IN. SQ. END CAP into the end of the SEAT FRAME.
17. Disengage the SPRING PIN ASSEMBLY on the BACK SUPPORT FRAME and insert the SEAT PAD ASSEMBLY into the seat receptacle. Release the SPRING PIN and push the SEAT PAD ASSEMBLY down until the SPRING PIN PLUNGER engages with the desired hole.
18. Securely assemble the SEAT PAD to the SEAT FRAME, using two (2) 3/8 X 2-3/4 BOLTS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 WASHERS.

NOTE: WHEN DESIRED SEAT LOCATION IS FOUND, SECURE IN PLACE USING ONE THUMBSCREW. (SEE DETAIL A)

503 EX500 PEC DEC ATTACHMENT ASSEMBLY INSTRUCTIONS (STEP #2)

• THE INSTRUCTIONS FOR STEP #2 ARE TO BE USED WITH DRAWING SHEET #2 OF 2.

1. Loosely assemble one (1) 3/8 DIA. X 1 IN. LG. BUSHING PULLEY and one (1) CABLE RETAINING CLIP to the PULLEY FLAT on the WEIGHT STACK SUPPORT BASE, (CONNECTION POINT #3), using one (1) 3/8 X 1-3/4 BOLT, one (1) 3/8 LOCK WASHER, and one (1) 3/8 NUT. (SEE DETAIL A).
2. ASSEMBLE the SWIVEL PULLEY BRACKETS using (1) 3/8 DIA x 3/4 BOLT, (2) 5/16 WASHERS, (1) 3/8 WASHER and (1) 3/8 LOCK NUT. (TIGHTEN UNTIL LOCKED, THEN BACK OFF 1/4 TURN.) (SEE DETAIL E)
3. LOOSELY attach two (2) 3/8 DIA. X 1 IN. LG. BUSHING PULLEYS into the PULLEY BRACKET ASSEMBLY, using two (2) 3/8 X 1-1/2 BOLTS, four (4) CAP WASHERS, two (2) 3/8 NUTS and four (4) CAPS. (SEE DETAIL "B")

NOTE: BEFORE PROCEEDING WITH CABLE INSTALLATION, UNRAVEL CABLE, AND REMOVE AS MUCH SPIRALING AS POSSIBLE.

4. Route the PEC DEC LOOP CABLE ASSEMBLY through the top half of the PULLEY BRACKET ASSEMBLY, and securely attach each CABLE END to each CAM on the LEFT and RIGHT PEC DEC ARMS, using two (2) 5/16 X 1 BOLTS, FOUR (4) 5/16 WASHERS, two (2) 5/16 LOCK WASHERS, and two (2) 5/16 NUTS.

NOTE MAKE SURE CABLE ENDS REST FLAT AGAINST THE INSIDE OF THE CAMS) (SEE DETAIL C AND PULLEY REFERENCE POINTS A, B, & C ON THE CABLE ROUTING DIAGRAM AND VIEW OF THE ASSEMBLED PRODUCT

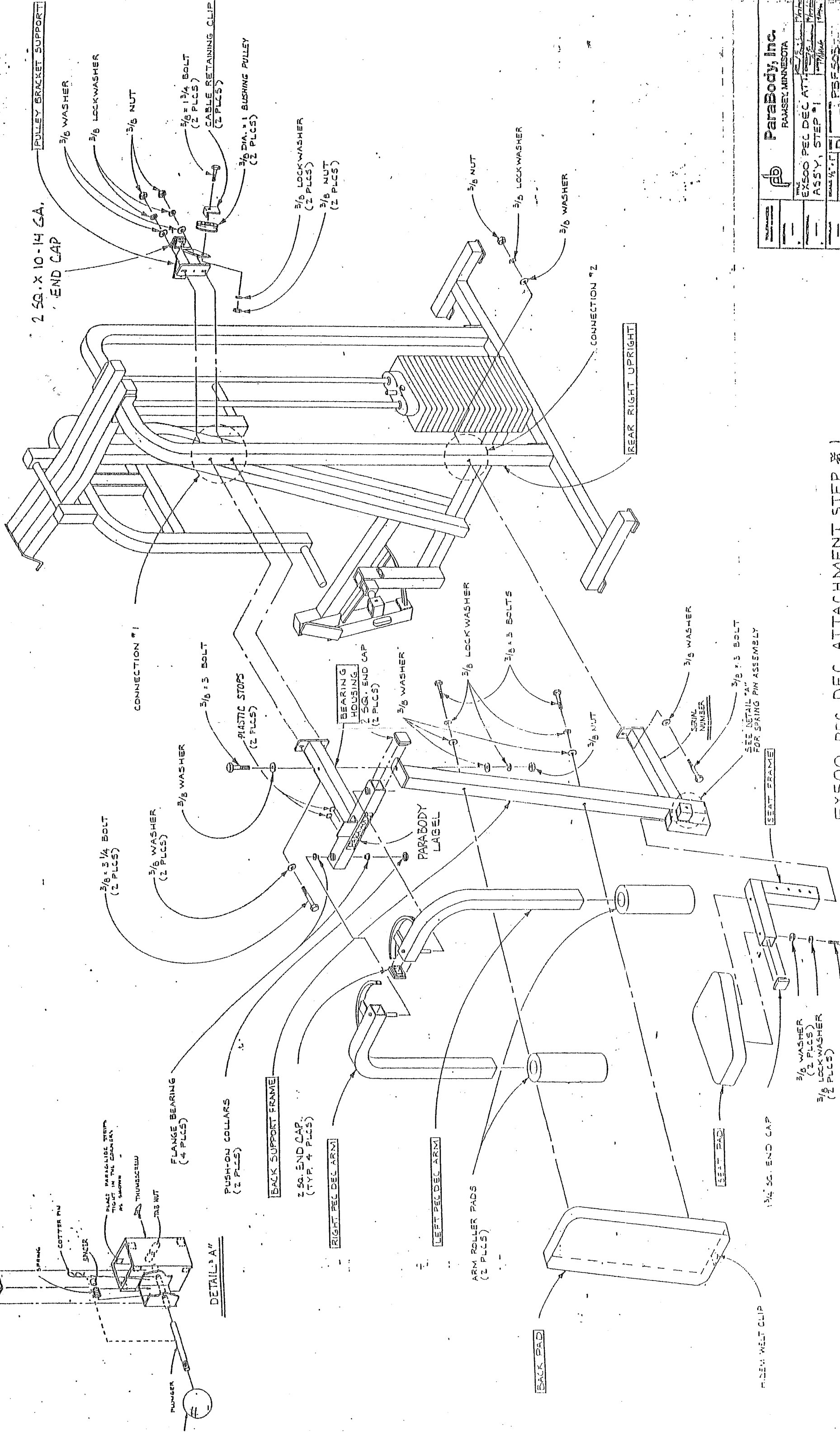
NOTE: POSITION THE CABLE RETAINING CLIPS ON THE PULLEY BRACKET SUPPORT IN A VERTICAL POSITION AFTER PEC DEC LOOP CABLE ASSEMBLY HAS BEEN ROUTED, AND TIGHTEN SECURELY (SEE ASSEMBLY VIEW ON SHEET #1)

SKIP SEQUENCE #5 IF ASSEMBLING PEC DEC AND THE BASE UNIT AT THE SAME TIME.

5. Disconnect the OLD SECONDARY CABLE ASSEMBLY at the LEG CURL ATTACHMENT CONNECTION POINT #4 (SEE DETAIL D) and remove it by pulling it out from the LOW ROW PULLEY STATION (CONNECTION POINT #5) and discard. Loosen the bolt connection at PULLEY REFERENCE POINT H so that the SECONDARY CABLE ASSEMBLIES (OLD & NEW SWAPOUT) can be passed under the CABLE RETAINER CLIP.
5. Reroute the new SECONDARY SWAPOUT CABLE ASSEMBLY by starting at PULLEY reference point D on the CABLE ROUTING DIAGRAM. Continue to pass the CABLE ASSEMBLY over PULLEYS REFERENCE POINTS E, F, G, & H, and reattach the CABLE end to the LEG CURL EXTENSION CAM as shown in DETAIL D. (MAKE SURE CABLE END RESTS FLAT ON THE CAM) Re tighten the bolt connections at PULLEY REFERENCE POINTS H (ADJUSTABLE PRE STRETCH SLIDE) and F (PULLEY FLAT on the WEIGHT STACK SUPPORT BASE).

TIGHTEN all PULLEY CONNECTIONS.

U	1792 PARTS LIST	WBS	WMI	DATE
K	REMOVE GA. FROM	1795		
L	IDENTIFY BOM			
GA	END CAP	1823		



2 SQ. X 10-14 GA.
END CAP

PULLEY BRACKET SUPPORT

3/8 WASHER
3/8 LOCKWASHER
3/8 NUT
3/8 x 1 3/4 BOLT
(2 PLCS)
CABLE RETAINING CLIP
(2 PLCS)
3/8 DIA. 1:1 BUSHING PULLEY
(2 PLCS)
3/8 LOCKWASHER
(2 PLCS)
3/8 NUT
(2 PLCS)

3/8 NUT
(2 PLCS)
3/8 LOCKWASHER
(2 PLCS)
3/8 WASHER

CONNECTION #2

REAR RIGHT UPRIGHT

CONNECTION #1

3/8 x 3 BOLT
3/8 WASHER
(2 PLCS)
PLASTIC STOPS
(2 PLCS)

BEARING HOUSING
2 SQ. END CAP
(2 PLCS)

3/8 WASHER

3/8 LOCKWASHER

3/8 x 3 BOLTS

3/8 WASHER

3/8 x 3 BOLT

SEE DETAIL "A"
FOR SPRING PIN ASSEMBLY

SEAT FRAME

3/8 x 3 1/4 BOLT
(2 PLCS)
3/8 WASHER
(2 PLCS)

PAROODY LABEL

BACK SUPPORT FRAME

2 SQ. END CAP
(TYP. 4 PLCS)

RIGHT PEO-DEC ARM

LEFT PEO-DEC ARM

ARM ROLLER PADS
(2 PLCS)

BACK PAD

SEAT PAD

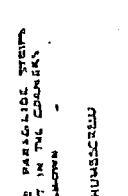
1 1/4 SQ. END CAP

FLUSH WELT CLIP

3/8 WASHER
(2 PLCS)

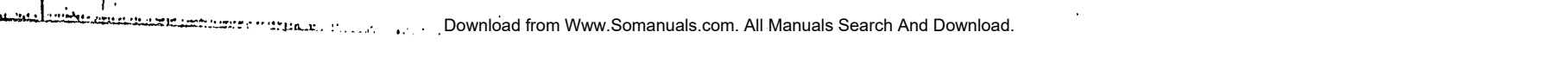
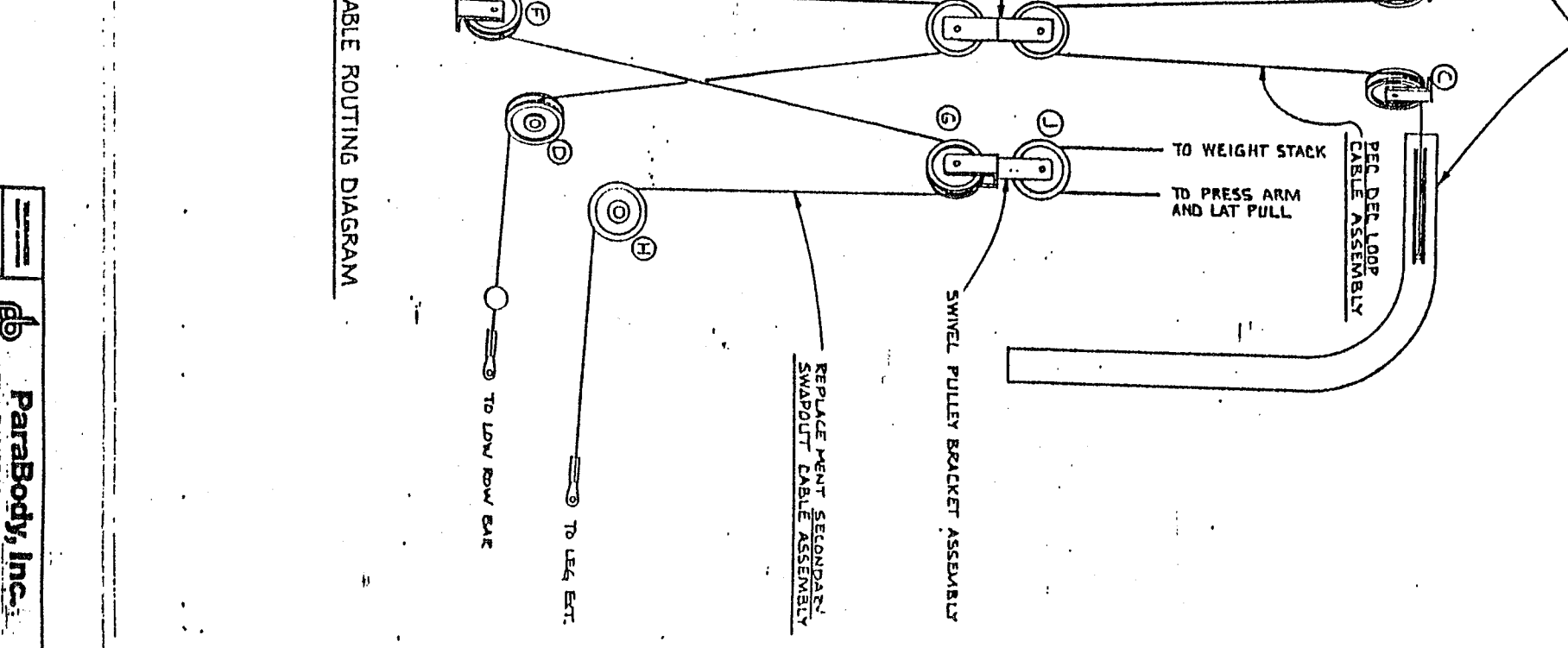
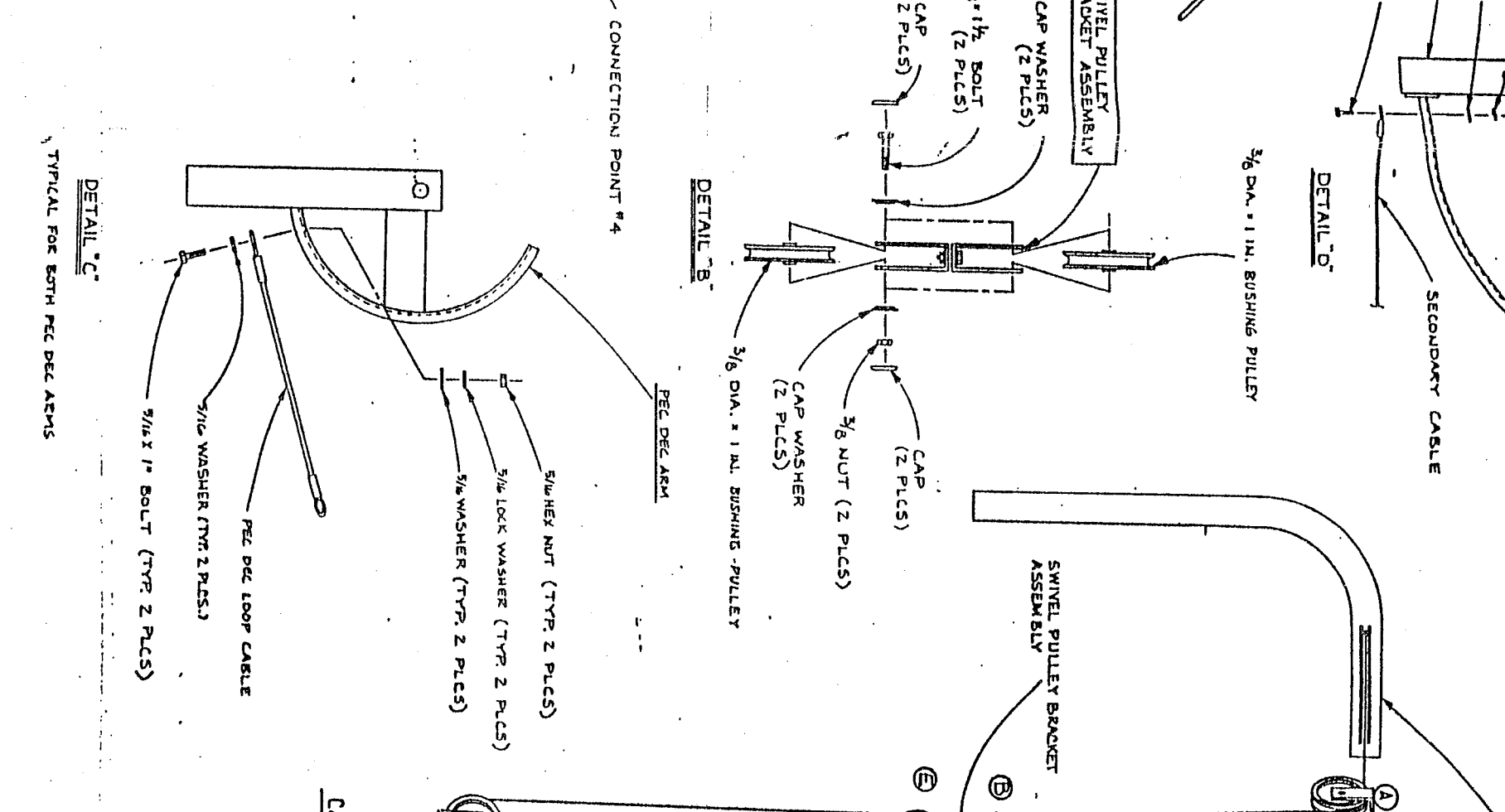
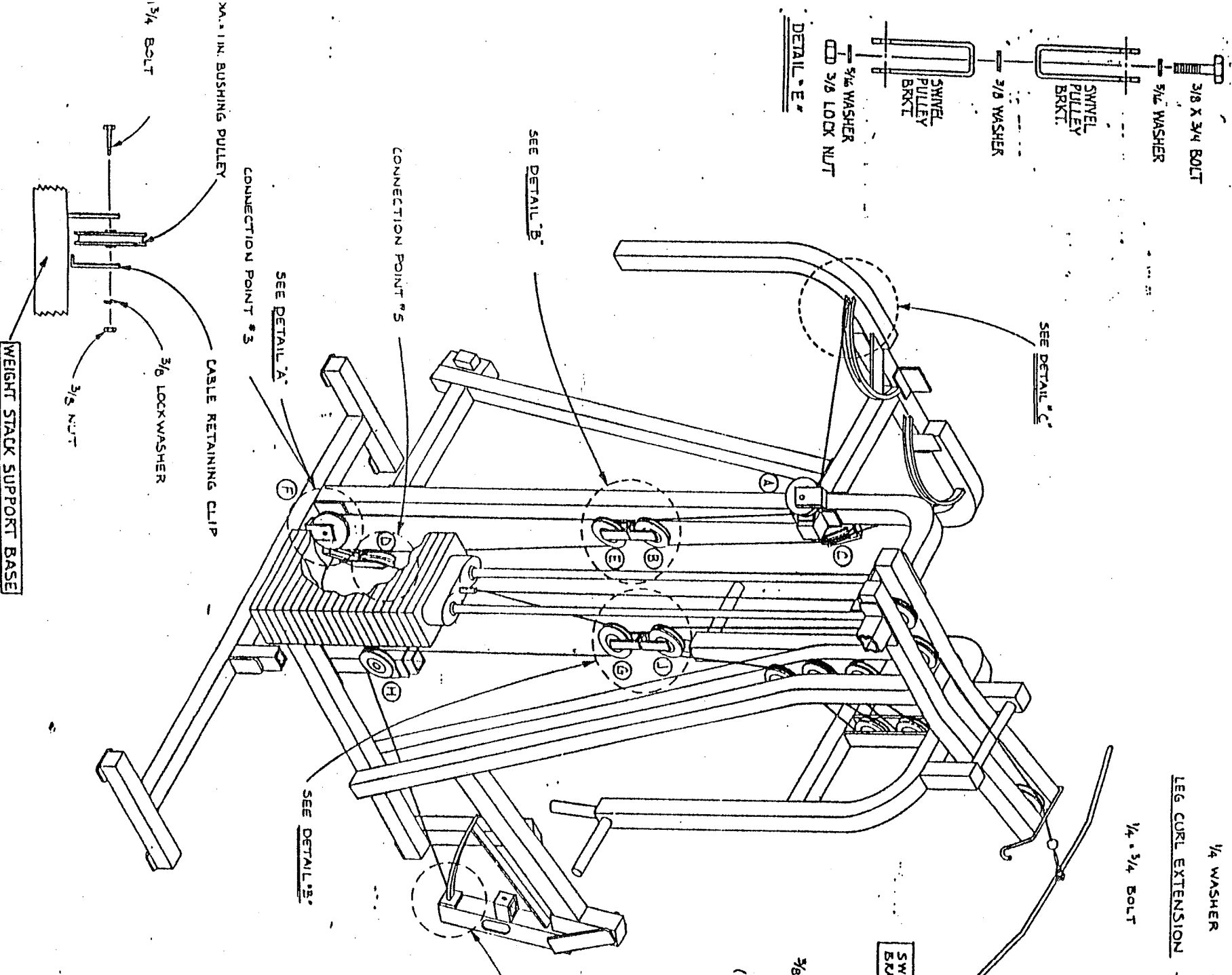
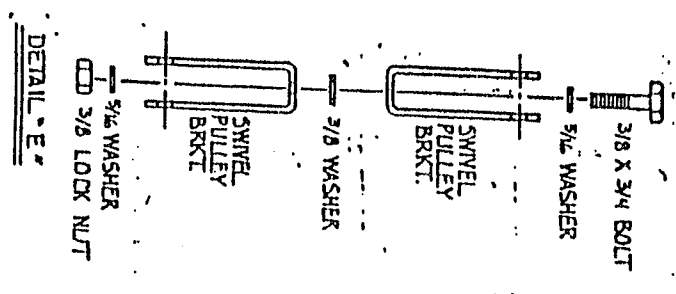
3/8 LOCKWASHER
(2 PLCS)

3/8 x 1 3/4 BOLT
(2 PLCS)



Paroody, Inc. RAMSEY, MINNESOTA	
EX500 PEO DEC ATT	DATE
ASSY, STEP #1	REV
SCALE 1/2" = 1"	PROJ
1021D	PSE/SS

EX500 PEO DEC ATTACHMENT STEP #1



EX 500 PEC DEC ATTACHMENT STEP # 2

Parabody, Inc.
RAVENS CANTON, OHIO
EX 500 PEC DEC ATTACHMENT ASSEMBLY STEP # 2

REV	DATE	DESCRIPTION
1	12/11/00	ISSUE
2	01/11/01	REVISED
3	03/11/01	REVISED
4	05/11/01	REVISED
5	07/11/01	REVISED
6	09/11/01	REVISED
7	11/11/01	REVISED
8	01/12/02	REVISED
9	03/12/02	REVISED
10	05/12/02	REVISED
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