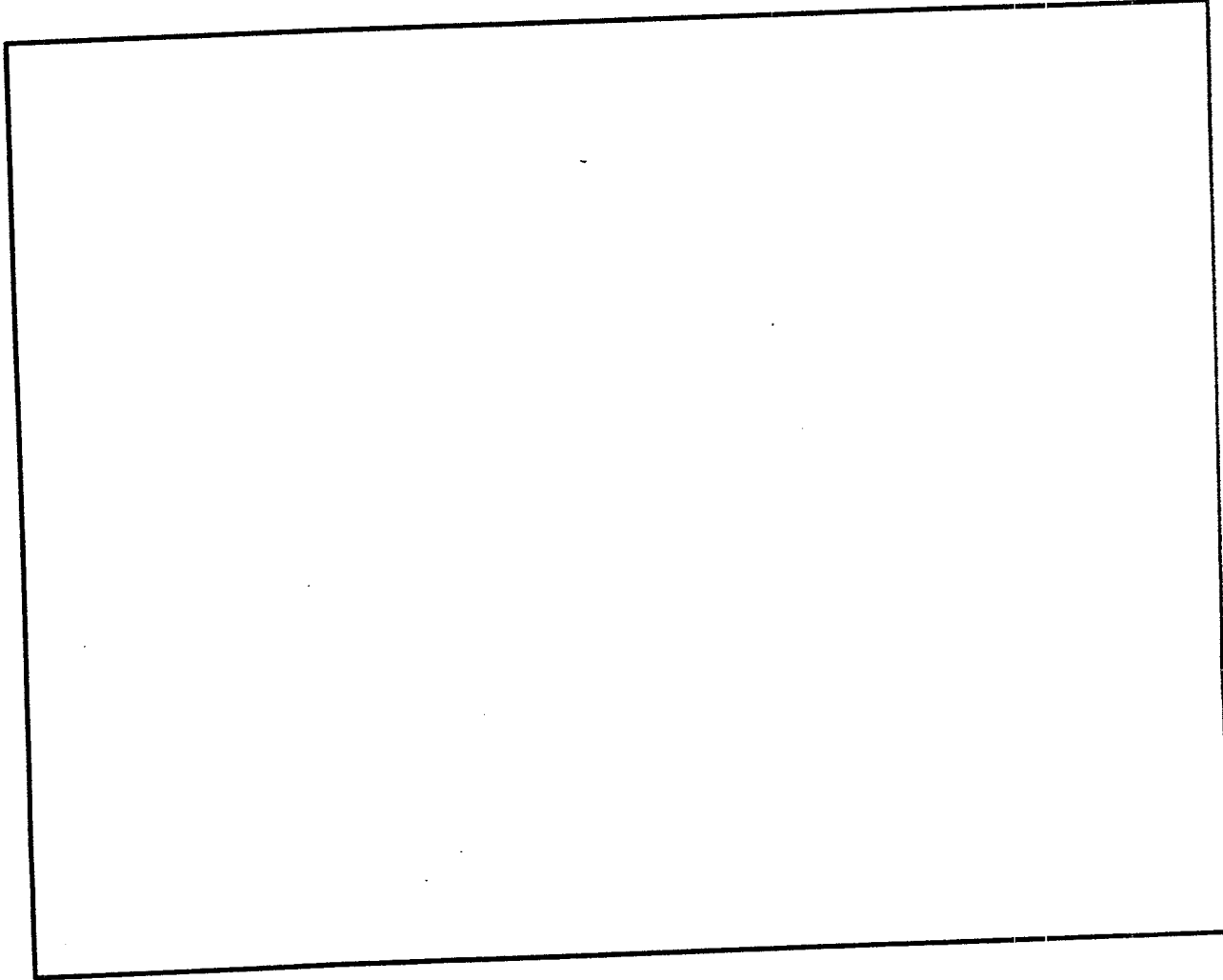




Strength Building Gear

704101

REGGIE WHITE ALL PRO SYSTEM



**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

1
11/21/95

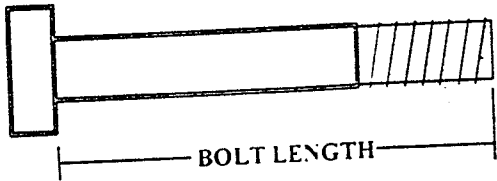
704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

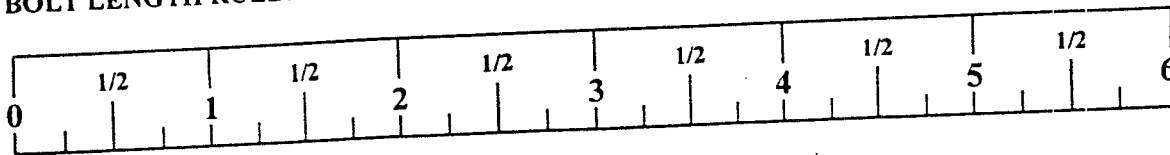
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 6 IN. BOLT	1
2.	3/8 X 3-1/4 IN. BOLT	1
3.	3/8 X 3 IN. BOLT	3
4.	3/8 X 2-3/4 IN. BOLT	19
5.	3/8 X 2-1/2 IN. BOLT	4
6.	3/8 X 2 IN. BOLT	6
7.	3/8 X 1-3/4 IN. BOLT	1
8.	3/8 X 1-1/2 IN. BOLT	4
9.	3/8 IN. WASHER	24
10.	3/8 IN. LOCK WASHER	8
11.	3/8 IN. LOCK NUT	30
12.	3/8 IN. LOW HEIGHT LOCK NUT	1
13.	3/8 IN. SPACER	8
14.	1/2 IN. FLANGE BEARING	4
15.	SPRING PIN ASSEMBLY	4
16.	QUICK LINK	2
17.	SNAP HOOK	3
18.	CHAIN	1
19.	BALL PIN	1
20.	L-PIN	2
21.	2 IN. SQ. COVER CAP	4
22.	2 IN. SQ. END CAP	13
23.	1-3/4 IN. SQ. END CAP	4
24.	1 X 8 IN. GRIP	2
25.	CARRIAGE GUIDE	4
26.	CABLE RETAINING CLIP	2
27.	1/2 IN. ID. PRESS-ON CAP	2
28.	PARAGLIDE STRIP	5
29.	MUSHROOM CAP	4
30.	3/4 IN. SQ. RUBBER BUMPER	2

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



BOLT LENGTH RULER:



704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	UPRIGHT FRAME WLDMT(6536202).....	1
2.	PULLEY MOUNT FLAT(6546902).....	2
3.	UPRIGHT WLDMT(6547002).....	2
4.	BASE(6547502).....	1
5.	BAR HOLDER WLDMT(6547602).....	2
6.	SAFETY RAIL WLDMT(6547802).....	2
7.	CARRIAGE WLDMT(6548002).....	1
8.	BEARING HOUSING WLDMT(6548102).....	1
9.	LEFT ARM WLDMT(6548502).....	1
10.	RIGHT ARM WLDMT(6548402).....	1
11.	PULLEY BRACKET WLDMT(6516502).....	1
12.	LAT BAR WLDMT(6275302).....	1
13.	LOW ROW BAR WLDMT(6274402).....	1
14.	LEG PEDESTAL WLDMT(6549202).....	1
15.	FRONT LEG WLDMT(6549502).....	1
16.	BENCH TOP WLDMT(6549902).....	1
17.	ADJ. PAD SUPPORT RIGHT(6550202).....	1
18.	ADJ. PAD SUPPORT LEFT(6550102).....	1
19.	REAR LEG WLDMT(6550502).....	1
20.	ROLLER PAD SWIVEL WLDMT(6549802).....	1
21.	HORIZONTAL SUPPORT(6547202).....	1
22.	CONNECTOR PLATE(6542402).....	2
23.	ROLLER PAD SHAFT(6485301).....	1
24.	3-3/16 IN. ROLLER PAD(6016401).....	4
25.	4 X 12 ROLLER PAD(6176201).....	2
26.	SMALL BACK PAD(6550901).....	1
27.	LARGE BACK PAD(6545401).....	1
28.	SEAT PAD(6545601).....	1
29.	3-1/2 IN. PULLEY(3116201).....	11
30.	LABEL (1-25)(6189501).....	2
31.	CABLE ASSEMBLY, 110"(6553101).....	2
32.	CABLE ASSEMBLY, 77-5/8"(6535601).....	1

THANK YOU

FOR PURCHASING THE 704101 REGGIE WHITE ALL PRO SYSTEM. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE 704101 REGGIE WHITE ALL PRO SYSTEM MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PEOPLE TO AVOID POSSIBLE INJURY.
- KEEP ALL FRAME CONNECTIONS LOOSE, UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER

1. Slide two (2) 2 IN. SQ. COVER CAPS over the ends of the BASE as shown on drawing.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the end of the BASE of the UPRIGHT FRAME as shown on drawing.
3. SECURELY assemble the UPRIGHT FRAME to the BASE as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. (BEFORE TIGHTENING CONNECTION MAKE SURE THAT THE UPRIGHT FRAME IS SQUARE TO THE BASE)
4. Attach eight (8) PARAGLIDE STRIPS to the CARRIAGE as shown in (DETAIL A) using the following steps:
 - A. Thoroughly clean all inside surfaces where the PARAGLIDES are to be attached.
 - B. Remove the PARAGLIDES from paper backing the and firmly apply them to all shown surfaces (8 places)
5. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the CENTER of the CARRIAGE STOP on the CARRIAGE.
6. Slide the CARRIAGE down over the REAR UPRIGHT of the UPRIGHT FRAME as shown on drawing

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7. Insert three (3) 1-3/4 IN. SQ. END CAPS into the ends of the **BEARING HOUSING** as shown on drawing.
8. Slide the **BEARING HOUSING** down over the **FRONT UPRIGHT** of the **UPRIGHT FRAME** to the first set of holes as shown on drawing. **SECURELY** assemble it to the **UPRIGHT** using two (2) 3/8 X 2-3/4 IN. BOLTS, and two (2) 3/8 IN. LOCK NUTS.
9. **LOOSELY** assemble three (3) 3-1/2 IN. PULLEYS, and six (6) 3/8 IN. SPACERS in between the two (2) **PULLEY MOUNT FLATS** as shown on drawing, using three (3) 3/8 X 2-3/4 IN. BOLTS, and three (3) 3/8 IN. LOCK NUTS.
10. **LOOSELY** assemble the **PULLEY MOUNT FLAT ASSEMBLY** to the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, and two (2) 3/8 IN. LOCK NUTS.
11. **LOOSELY** assemble the **HORIZONTAL SUPPORT** in between the **PULLEY MOUNT FLATS** as shown on drawing, using one (1) 3/8 X 2-3/4 IN. BOLT, and one (1) 3/8 IN. LOCK NUT.
12. Attach thirty-two (32) **PARAGLIDE STRIPS** to the two (2) **BAR HOLDERS** and the two (2) **SAFETY RAILS** as shown in **(DETAIL A)** using the following steps:
 - A. Thoroughly clean all inside surfaces where the **PARAGLIDES** are to be attached.
 - B. Remove the **PARAGLIDES** from paper backing the and firmly apply them to all shown surfaces (8 places)
13. **SECURELY** Assemble four (4) **SPRING PIN ASSEMBLIES** to the **SPRING PIN BARRELS**, of the two (2) **BAR HOLDERS** and the two (2) **SAFETY RAILS** as shown in **(DETAIL B)**. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
14. Pull back the **SPRING PIN** on the **SAFETY RAILS** and slide one down over each **UPRIGHT** as shown on drawing. Engage the **SPRING PIN** into a desired adjustment hole.
15. Pull back the **SPRING PIN** on the **BAR HOLDERS** and slide one down over each **UPRIGHT** as shown on drawing. Engage the **SPRING PIN** into a desired adjustment hole.
16. **LOOSELY** assemble the two (2) **UPRIGHT ASSEMBLIES** to the **BASE** as shown on drawing, using four (4) 3/8 X 2-3/4 IN. BOLTS, and four (4) 3/8 IN. LOCK NUTS.
17. **LOOSELY** assemble the two **UPRIGHTS** to the ends of the **HORIZONTAL SUPPORT** as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.
18. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**
19. Insert four (4) 2 IN. SQ. END CAPS into **BOTH ENDS** of the **LEFT**, and **RIGHT PEC DEC ARMS** as shown on drawing.
20. Insert four (4) 1 1/2 IN. FLANGE BEARINGS into the **BUSHINGS** of the **BEARING HOUSING**, as shown on drawing.

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21. Insert the **LEFT** and **RIGHT PEC DEC ARMS** through the 1/2 IN. **FLANGE BEARINGS** in the **BEARING HOUSING** on their respective sides as shown on drawing, and **SECURE** them in place with two (2) 1 1/2 IN. ID. **PRESS-ON CAPS**.
22. Slide two (2) 4 X 12 **ROLLER PADS** onto the **LEFT** and **RIGHT PEC DEC ARMS** until the **ROLLER PAD** is **FLUSH** with the bottom of the **ARMS**. (IF A **LUBRICANT IS REQUIRED**, COAT THE **INSIDE OF THE ROLLER PAD WITH RUBBING ALCOHOL**. ALSO, **ROTATING THE PAD WHILE PUSHING UP WILL HELP TO EASE ASSEMBLY**)
23. Attach two (2) **CARRIAGE GUIDES** to the **CAM STOP** on the **BEARING HOUSING** where the **CAMS** of the **PEC DEC ARMS** contact the **CAM STOP**.
24. **LOOSELY** assemble two (2) 3-1/2 IN. **PULLEYS**, and two (2) **CABLE RETAINING CLIPS** to the **PLATES** of the **BEARING HOUSING** as shown on drawing, using two (2) 3/8 X 2 IN. **BOLTS**, two (2) 3/8 IN. **WASHERS**, and two (2) 3/8 IN. **LOCK NUTS**. (NOTE: **THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED**)
25. **SECURELY** assemble the **SMALL BACK PAD** to the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 2-1/2 IN. **BOLTS**, and two (2) 3/8 IN. **LOCK WASHERS**.
26. **SECURELY** assemble one (1) 3-1/2 IN. **PULLEY**, and two (2) 3/8 IN. **SPACERS** in between the **PLATES** at the bottom of the **UPRIGHT FRAME** as shown on drawing, using one (1) 2-3/4 IN. **BOLT**, and one (1) 3/8 IN. **LOCK NUT**.
27. **LOOSELY** assemble two (2) 3-1/2 IN. **PULLEYS**, and two (2) **CABLE RETAINING CLIPS** to the **PLATES** of the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 2 IN. **BOLTS**, two (2) 3/8 IN. **WASHERS**, and two (2) 3/8 IN. **LOCK NUTS**. (NOTE: **THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED**)
28. **LOOSELY** assemble two (2) **CONNECTOR PLATES** around two (2) 3-1/2 IN. **PULLEYS**, using two (2) 3/8 X 2 IN. **BOLTS**, and two (2) 3/8 IN. **LOCK NUTS**. (NOTE: **THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED**)

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

29. To install **LOOP CABLE**, start by inserting the **BALL ENDS** of the **CABLE** into the **BUSHINGS** on the **CAMS** of the **LEFT** and **RIGHT PEC DEC ARMS**.
 - Drape both sides of the **CABLE** over the **PULLEYS** on the **BEARING HOUSING**. Position **CABLE RETAINING CLIPS** in a vertical position over the **PULLEY** and **CABLE**, after the **LOOP CABLE** has been routed. Tighten the **PULLEY CONNECTION** completely.
 - Place one (1) 3-1/2 IN **PULLEY** into the **LOOP** of the **CABLE** created from the above step, and **SECURELY** assemble the **PULLEY BRACKET** to the **PULLEY**, using one (1) 3/8 X 1-3/4 IN. **BOLT**, and one (1) 3/8 IN. **LOCK NUT**. (NOTE: **MAKE SURE THAT THE CABLE IS IN THE GROOVE OF THE PULLEY BEFORE TIGHTENING**)
 - See **CABLE ROUTING DIAGRAM** for help in completing this step.

704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY INSTRUCTIONS

30. To install the **HIGH PULLEY CABLE**, start by routing the end of the **CABLE WITHOUT the WHITE BALL** over the **TOP PULLEY** on the **PULLEY MOUNT FLATS**. After the **CABLE** has been routed **SECURELY** assemble one (1) $\frac{3}{8}$ X $2\text{-}\frac{3}{4}$ IN. **BOLT**, and one (1) $\frac{3}{8}$ IN. **LOCK NUT** to the hole in front of the **PULLEY** on the **PULLEY MOUNT FLATS**. (**DO NOT OVER TIGHTEN THIS BOLT**)
 - Run **CABLE** over and down the **SECOND PULLEY** of the **PULLEY MOUNT FLATS**. Run the **CABLE** around one of the **PULLEYS** of the **PULLEY BLOCK** and up to the **THIRD PULLEY** of the **PULLEY MOUNT FLATS**.
 - Pull **CABLE** over and down the **THIRD PULLEY**, to the **CARRIAGE** and attach the **CABLE** to the **CARRIAGE**, using one (1) **QUICK LINK**. (SEE **DETAIL C**)
 - See **CABLE ROUTING DIAGRAM** for help in completing this step.
31. To install **LOW PULLEY CABLE**, start by inserting the end of the **CABLE WITHOUT the WHITE BALL** under the **FRONT PULLEY** of the **UPRIGHT FRAME**. After the **CABLE** has been routed **SECURELY** assemble one (1) $\frac{3}{8}$ X $2\text{-}\frac{3}{4}$ IN. **BOLT**, and one (1) $\frac{3}{8}$ IN. **LOCK NUT** to the hole in underneath the **FRONT PULLEY**. (**DO NOT OVER TIGHTEN THIS BOLT**)
 - Run the **CABLE** back to and around the second **PULLEY** behind the **FRONT PULLEY**. After the **CABLE** has been routed, position the **CABLE RETAINING CLIP** in a vertical position under the **PULLEY** and **CABLE** and tighten the **PULLEY CONNECTION** completely.
 - Run the **CABLE** up to and around the **BOTTOM PULLEY** on the **PULLEY BLOCK**. (**NOTE: THE CABLE MUST BE ROUTED AROUND THE BOTTOM PULLEY FROM THE REAR TO THE FRONT**)
 - Run the **CABLE** down to and around the **PULLEY** behind the **SMALL SEAT PAD** on the **UPRIGHT FRAME** and attach the end of the **CABLE** to the **PULLEY BRACKET** of the **LOOP CABLE**, using one (1) **QUICK LINK**. After the **CABLE** has been routed, position the **CABLE RETAINING CLIP** in a vertical position under the **PULLEY** and **CABLE** and tighten the **PULLEY CONNECTION** completely.
 - See **CABLE ROUTING DIAGRAM** for help in completing this step.
32. Tighten the **PULLEY CONNECTIONS** of the **PULLEY BLOCK**.
33. Insert one (1) $1\text{-}\frac{3}{4}$ IN. **SQ. END CAP** into the end of the **BENCH TOP**, and three (3) $1\text{-}\frac{3}{4}$ IN. **SQ. END CAPS** into the ends of the **FRONT LEG** as shown on drawing.
34. **SECURELY** assemble the **BENCH TOP** to the **FRONT LEG** as shown on drawing, using two (2) $\frac{3}{8}$ X $2\text{-}\frac{3}{4}$ IN. **BOLTS**, four (4) $\frac{3}{8}$ IN. **WASHERS**, and two (2) $\frac{3}{8}$ IN. **LOCK NUTS**.
35. Insert three (3) $1\text{-}\frac{3}{4}$ IN. **SQ. END CAPS** into the ends of the **REAR LEG** as shown on drawing.
36. Assemble the **REAR LEG** to the **BENCH TOP** as shown on drawing, using one (1) $\frac{3}{8}$ X 3 IN. **BOLT** four (4) $\frac{3}{8}$ IN. **WASHERS**, and one (1) $\frac{3}{8}$ IN. **LOCK NUT**. (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE REAR LEG TO ROTATE FREELY**)

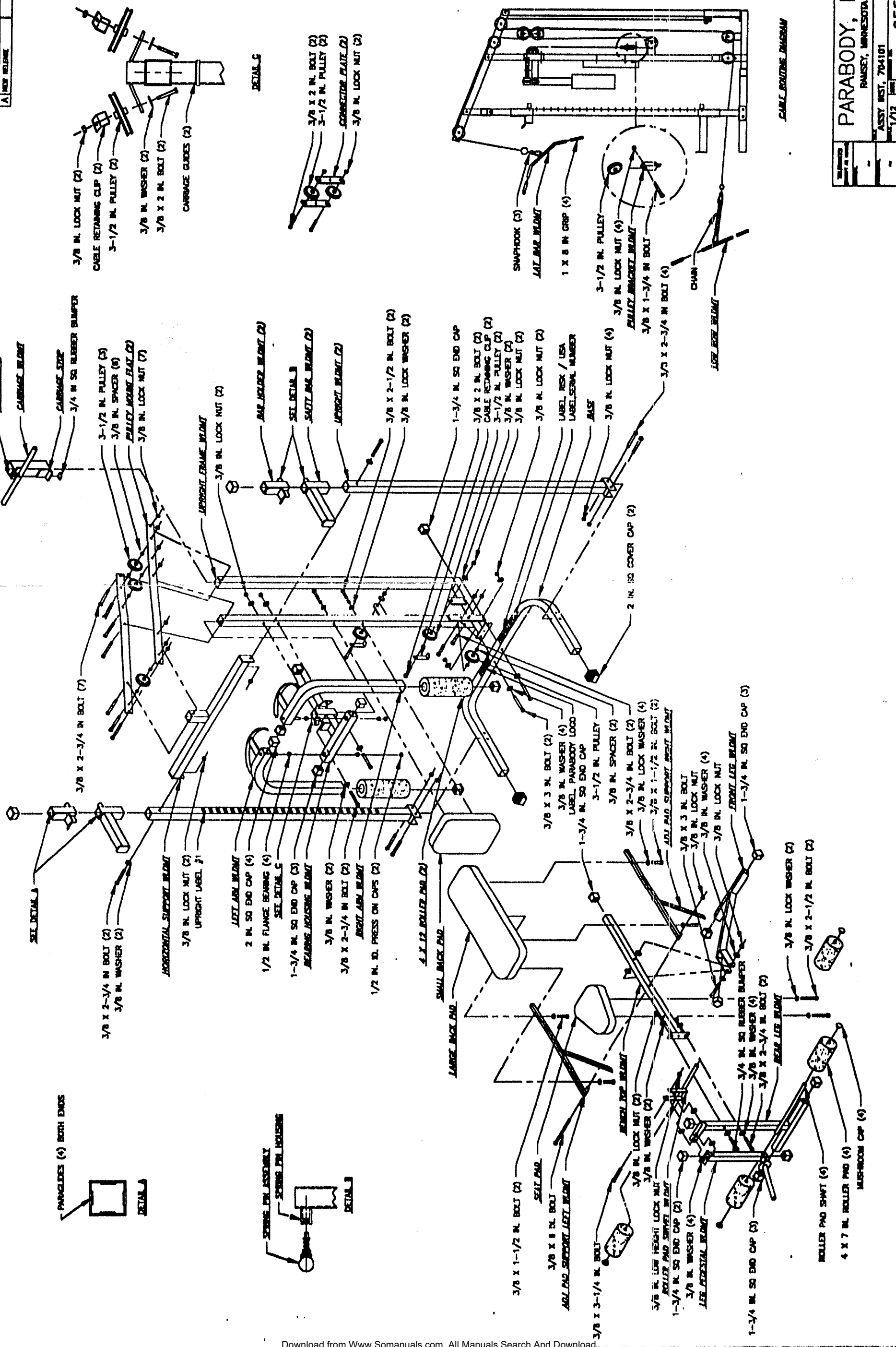
704101 REGGIE WHITE ALL PRO SYSTEM ASSEMBLY INSTRUCTIONS

37. Assemble the **LEFT** and **RIGHT ADJ. PAD SUPPORTS** to the **BENCH TOP** as shown on drawing, using one (1) $\frac{3}{8}$ X 6 IN. BOLT, and one (1) $\frac{3}{8}$ IN. LOCK NUT. (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE ADJ. PAD SUPPORT TO ROTATE FREELY**)
38. **SECURELY** assemble the **LARGE BACK PAD** to the **LEFT** and **RIGHT ADJ. PAD SUPPORTS** as shown on drawing, using four (4) $\frac{3}{8}$ X 1-1/2 IN. BOLTS, and four (4) $\frac{3}{8}$ IN. LOCK WASHERS.
39. **SECURELY** assemble the **SEAT PAD** to the **BENCH TOP** as shown on drawing, using two (2) $\frac{3}{8}$ X 2-1/2 IN. BOLTS, and two (2) $\frac{3}{8}$ IN. LOCK WASHERS.
40. Insert two (2) 1-3/4 IN. SQ. END CAPS into the ends of the **LEG PEDESTAL** as shown on drawing.
41. Assemble two (2) 4 X 7 IN. **ROLLER PADS**, and one (1) **ROLLER PAD SHAFT** to the **LEG PEDESTAL** as shown on drawing, using two (2) MUSHROOM CAPS.
42. Also assemble two (2) 4 X 7 **ROLLER PADS** to the **ROLLER PAD SWIVEL** as shown on drawing, using two (2) MUSHROOM CAPS.
43. Assemble the **ROLLER PAD SWIVEL** and the **LEG PEDESTAL** to the **PLATES** of the **FRONT LEG** as shown on drawing, using one (1) $\frac{3}{8}$ X 3-1/4 IN. BOLT, four (4) $\frac{3}{8}$ IN. WASHERS, and one (1) $\frac{3}{8}$ IN. LOW HEIGHT LOCK NUT. (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE ROLLER PAD SWIVEL AND LEG PEDESTAL TO ROTATE FREELY**)
44. Attach one (1) $\frac{3}{4}$ IN. SQ. RUBBER BUMPER to the **LEG PEDESTAL** where it contacts the top BOLT on the **FRONT LEG**.
45. Slide four (4) 1 X 8 IN. GRIPS over each end of both the **LAT BAR**, and the **LOW ROW BAR**. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE) (SEE DETAIL A AND B)
46. Attach the **LAT BAR** to the **HIGH PULLEY CABLE**, and the **LOW ROW BAR** to the **LOW PULLEY CABLE**, by using two (2) SNAP HOOKS. (SEE DRAWING)
47. To adjust the **LOW ROW BAR**. Remove the **LOW ROW BAR** from the SNAP HOOK on the **LOW PULLEY CABLE**, and attach the **CHAIN**. Attach another SNAP HOOK to the **LOW ROW BAR** and adjust it to the desired **CHAIN LINK**. (SEE DETAIL B)
48. Attach two (2) sets of UPRIGHT LABELS to the inside surface of both **FRONT UPRIGHTS** as shown on drawing.
49. To perform **DECLINE PRESS** or **AB CRUNCHES**, rotate the **REAR LEG** underneath the **BENCH**, and allow the end of the **BENCH TOP** to rest on the floor. Insert one (1) L-PIN into the **BUSHING** of the **LEG PEDESTAL** to assure leg hold down during the exercise.
50. To perform **INCLINE PRESSES**, rotate the **LARGE BACK PAD** up to the desired height and insert one (1) BALL PIN through both plates of the **ADJ. PAD SUPPORTS**, and allow the PIN to rest on top of the **BENCH TOP**.

01 AS SHOWN

REVISIONS

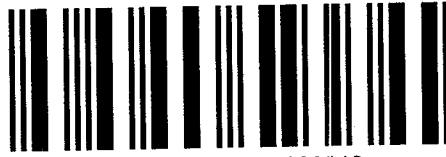
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CABLE ROUTING DIAGRAM

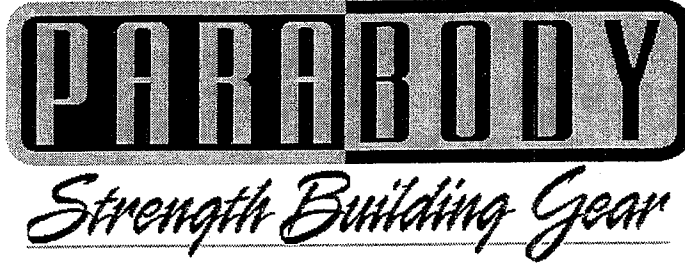
PARABODY, INC.
 RAMSEY, MINNESOTA

ASSY INST. 704101
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 65552



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Do not mark this box!



705101
REGGIE WHITE ALL PRO GYM

PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

THANK YOU

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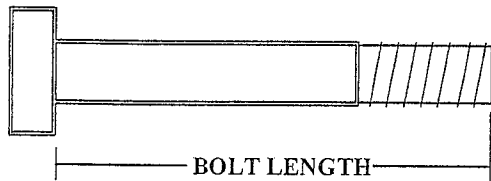
705101 REGGIE WHITE ALL PRO GYM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

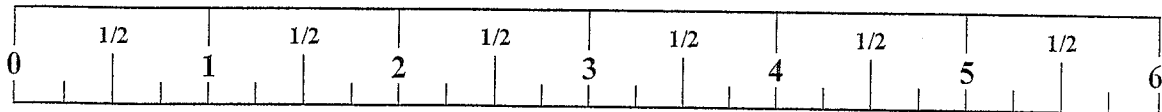
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	WASHER, FLAT 3/8 ID.....	19
2.	WASHER, LOCK 3/8 ID.....	5
3.	NUT, NYLOCK 3/8-16.....	21
4.	NUT, NYLOCK 3/8-16 LOW HT.....	3
5.	BOLT, HHG2 3/8-16 X 2-1/2.....	1
6.	BOLT, HHG2 3/8-16 X 3.....	1
7.	BOLT, HHG2 3/8 X 3-3/4.....	1
8.	BOLT, HHG2 3/8-16 X 2-3/4.....	19
9.	BOLT, HHG2 3/8-16 X 1-3/4.....	6
10.	BOLT, HHG2 3/8-16 X 1-1/2.....	1
11.	LINK, SNAP 5/16 DIA.....	3
12.	BEARING, FLG 3/4 ID X 1 OD.....	2
13.	SET SCREW, C PT 5/16-18 X 3/8.....	2
14.	LINK, QUICK DISCONNECT 1/4.....	1
15.	PIN WEIGHT STACK SELECTOR.....	1
16.	SPACER, FLNGE 3/8 X 5/8 X 9/16.....	12
17.	CAP, END 3 X 2 11GA.....	2
18.	GRIP, 1-1/4 X 5 CLOSED END.....	2
19.	GRIP, 1 X 8 CLOSED END.....	4
20.	CUSHION, WEIGHT STACK 3/4 ID.....	2
21.	BUMPER, RUBBER 1-1/4 SQ.....	2
22.	BOLT, NYLON 3/8-16 X 2 BLK.....	2
23.	CAP, END 2 SQ 10-14 GA.....	6
24.	CAP, COVER 2SQ PARABODY LOGO.....	2
25.	CAP, MUSHROOM 9/16 OD.....	4
26.	PULLEY, 3-1/2 OD X 3/8 ID X 1.....	11
27.	CHAIN, 12 LINK.....	1
28.	HEAD PLATE 3/4.....	1
29.	SHAFT, SELECT 3/4 DIA 15 HOLE.....	1
30.	ASSY, PLATE BUSHING 10 CT.....	3
31.	SHAFT, 3/4 DIA X 9-1/8.....	1

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



BOLT LENGTH RULER:



705101 REGGIE WHITE ALL PRO GYM ASSEMBLY INSTRUCTIONS

the 5-1/4 PLATE assembled in step 17.

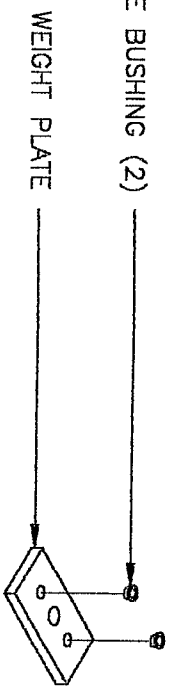
20. Connect the bottom CABLE to the **CROSS BRACE** using one QUICK DISCONNECT LINK.
21. Insert the WEIGHT STACK SELECTOR PIN into one of the WEIGHT PLATES.
22. **SECURELY TIGHTEN ALL LOOSE PULLEY CONNECTIONS AT THIS TIME.**
23. Connect the top CABLE to the WEIGHT STACK SHAFT by tightening the threaded end in until the cables are taught.
24. Attach one (1) 3/8 X 2-1/2 IN. BOLT and one (1) 3/8 IN. NUT to the **LEG CURL EXTENSION** below the PULLEY as shown in DETAIL C.
25. Insert the 15-3/4 IN. TUBE into the **LEG CURL EXTENSION**.
26. Attach ROLLER PADS and MUSHROOM CAPS to the 15-3/4 IN. TUBE and to the **ROLLER PAD SWIVEL**.
27. Attach GRIPS to the PRESS ARM, LOW ROW BAR, and to the LAT BAR.
28. Attach the **LAT BAR** and **LOW ROW BAR** to the BOTTOM and TOP CABLES using three (3) SNAP LINKS and one (1) CHAIN.
29. The **LAT BAR** and **LOW ROW BAR** should be disconnected from machine when performing other exercises.

705101 REGGIE WHITE ALL PRO GYM ASSEMBLY INSTRUCTIONS

1. Slide two (2) 2 IN. SQ. COVER CAPS over the ends of the **BASE** as shown on drawing.
2. Insert all **END CAPS** into the **WELDMENTS** as shown on drawing.
3. **SECURELY** assemble the **UPRIGHT** to the **BASE** as shown on drawing.
 - **BEFORE TIGHTENING CONNECTION MAKE SURE THAT THE UPRIGHT FRAME IS SQUARE TO THE BASE.**
 - **MAKE SURE BOLTS GO THROUGH THE BASE FIRST AND THAT LOW HEIGHT LOCK NUTS ARE USED.)**
4. Attach the **SEAT SUPPORT** to the **BASE** and **UPRIGHT** as shown in drawing.
5. Assemble **PULLEYS** to the inside of the **TOP BOOM** as shown in **DETAIL B** and string **CABLE 6571001** as shown in **CABLE ROUTING DIAGRAM**.
6. Attach the **TOP BOOM** to the **UPRIGHT**. (**MAKE SURE CABLE RUNS OVER TOP OF BOLTS**)
7. Insert two (2) **WEIGHT PLATE BUSHINGS** into each **WEIGHT PLATE** as shown in **DETAIL A**.
8. Insert **GUIDE RODS** and **WEIGHT STACK CUSHIONS** into **BASE**.
9. **CAREFULLY** slide fifteen (15) **WEIGHT PLATES** onto the **GUIDE RODS**.
10. Assemble the **HEAD PLATE** and **WEIGHT STACK SHAFT** and slide it onto the **GUIDE RODS**.
11. Attach **GUIDE RODS** to the **TOP BOOM** using two (2) **NYLON BOLTS**.
12. Attach the **LEG EXTENSION** and **ROLLER PAD SWIVEL** to the **SEAT SUPPORT** as shown in **DETAIL C**.
13. Attach the **SEAT** and **BACK PADS** to the **SEAT SUPPORT** and **UPRIGHT**.
14. Attach two (2) **RUBBER BUMPERS** to the **SEAT SUPPORT** as shown in **DETAIL C**.
15. To attach **PRESS ARM ASSEMBLY** to the **BASE**, follow assembly drawing and these steps:
 - Insert the **SHAFT** and two (2) **3/4 IN. FLANGE BEARINGS** into the **BASE**.
 - **LOOSELY** attach the **CROSS BRACE** to one of the **PRESS ARMS**.
 - Attach this **PRESS ARM** to the **SHAFT** using a **SET SCREW**.
(NOTE: Make sure that the **CROSS BRACE** is resting on the **RUBBER BUMPER** of the **SEAT SUPPORT** and positioned so that the bottom tab is closer to the rear of the gym.)
 - Attach the other **PRESS ARM** to the **CROSS BRACE** and the **SHAFT**.
 - **IN THIS ORDER**, press the bottom of the **PRESS ARMS** together against the locking collars and **tighten** both **SET SCREWS**, then center **CROSS BRACE** and tighten bolts.
16. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**
17. Assemble two (2) **PULLEYS** to the **5-1/4 PLATE** as shown on drawing.
18. **LOOSELY** assemble all remaining **PULLEYS** to the gym as shown on drawing.
19. String **CABLE 6575601** as shown in **CABLE ROUTING DIAGRAM**, looping it with the top cable using

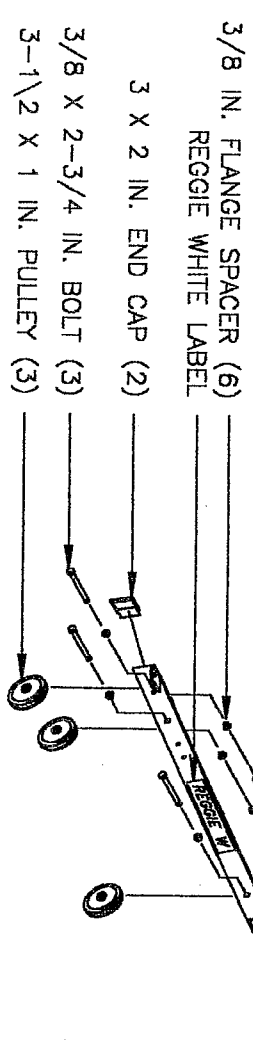
DASH NO	DESCRIPTION
01	AS SHOWN

WEIGHT PLATE BUSHING (2)



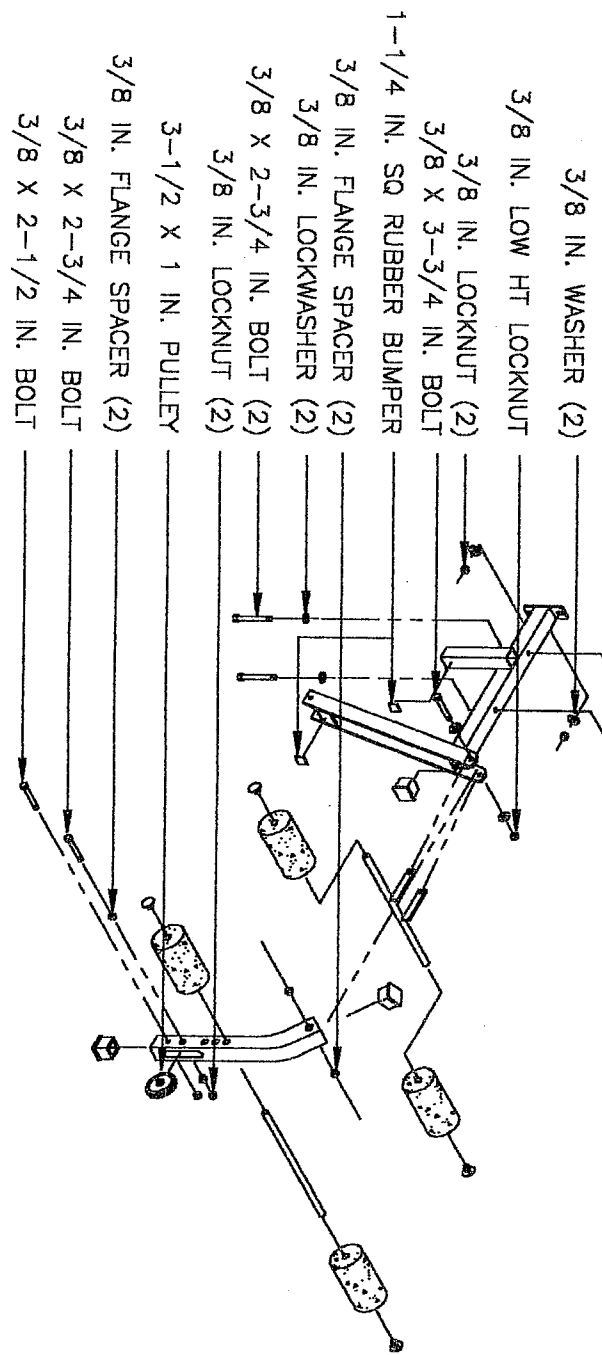
DETAIL A

3/8 IN. LOCKNUT (3)



DETAIL B

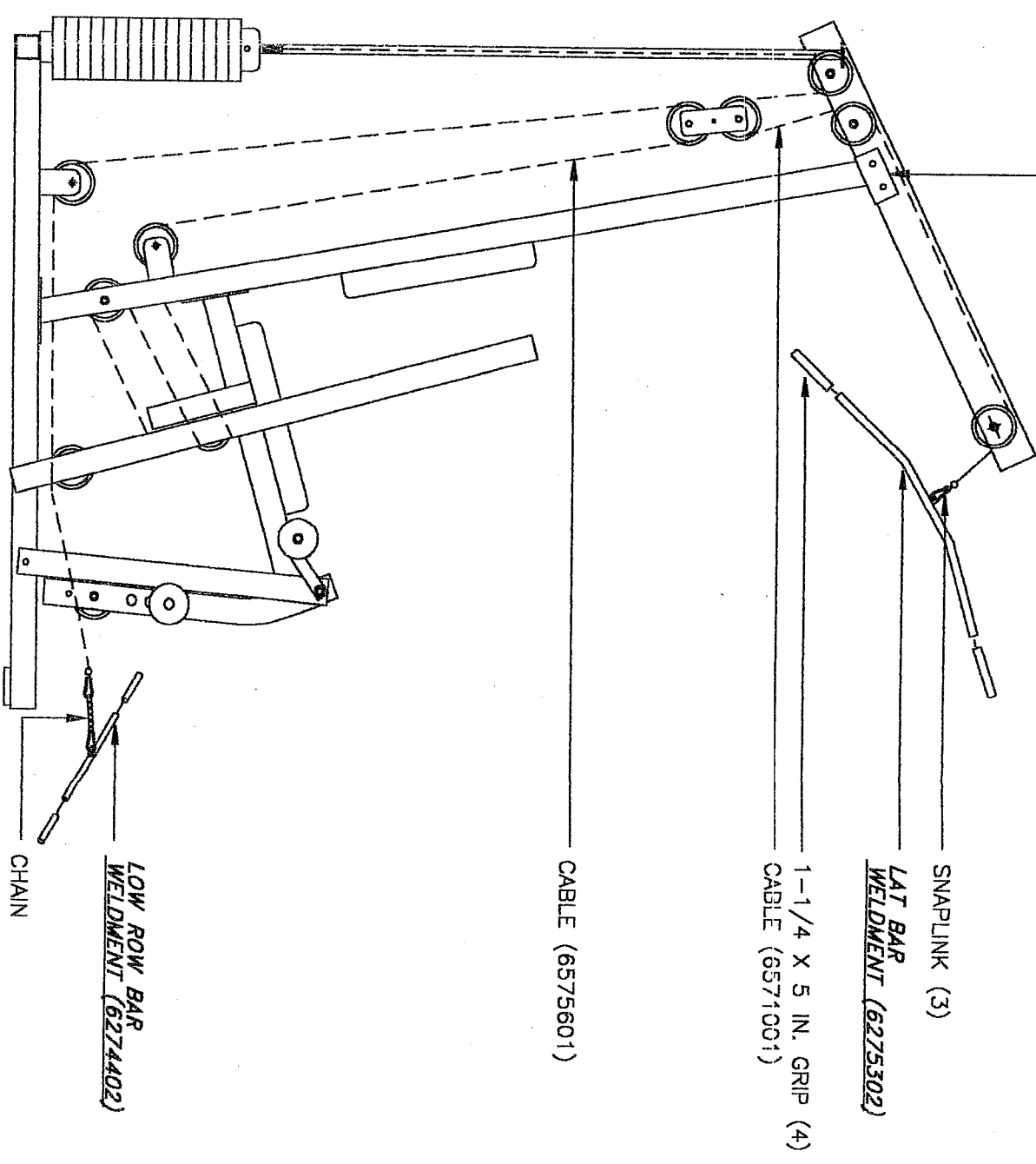
PAD (6550901)



DETAIL C

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
B		2740	DLW	10/95

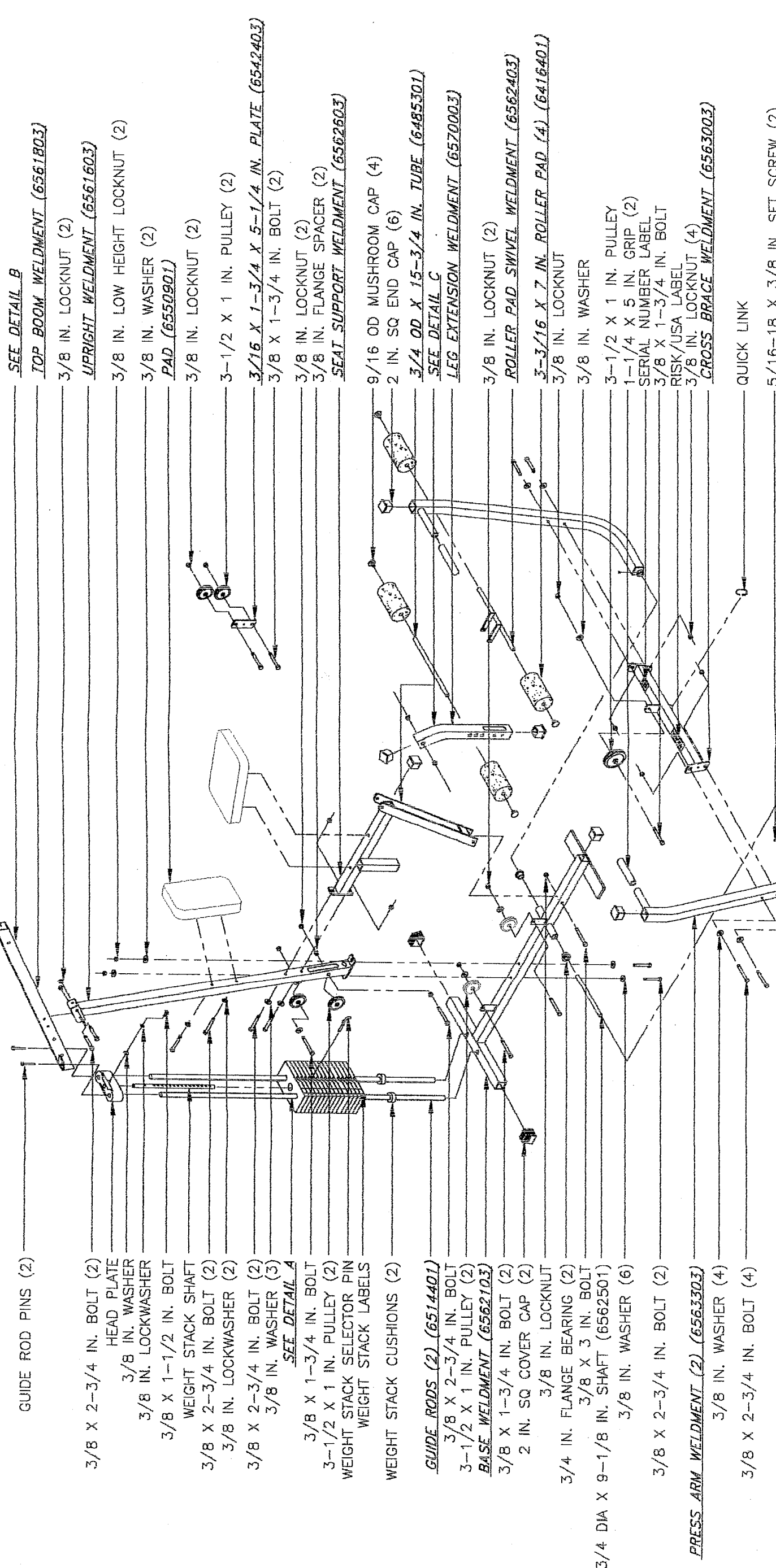
* NOTE : CABLE MUST RUN OVER TOP OF BOLTS !



CABLE ROUTING DIAGRAM

TOLERANCES (EXCEPT AS NOTED)	DECIMAL	~
	FRACTIONAL	~
	ANGULAR	~
TITLE		
ASSY INST, 705101		
PARABODY, INC.		
RAMSEY, MINNESOTA		
SCALE	1/24	SIZE
SHEET	2 OF 2	DRAWING NO.
DR	JRD	CHK'D
	10/95	TKB
		APP'D
		JRD
		10/95
65706		

DASH NO	DESCRIPTION	REVISIONS		
01	AS SHOWN	REV	CHG NO	APP'D
		B	2740	DLM
		ADDED NOTE:		DATE
				10/95



TOLERANCES (EXCEPT AS NOTED)	
DECIMAL	~
FRACTIONAL	~
ANGULAR	~

TITLE		DRAWING NO.	
ASSY INST, 705101		65706	
SCALE	SIZE		
1/24	B		
SHEET			
1 OF 2			
DR	JRD	CHK'D	APP'D
		TKB	JRD
		10/95	10/95

PARABODY, INC.
RAMSEY, MINNESOTA

NOTE: CAREFULLY READ STEP 15 FOR PROPER ASSEMBLY.

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