

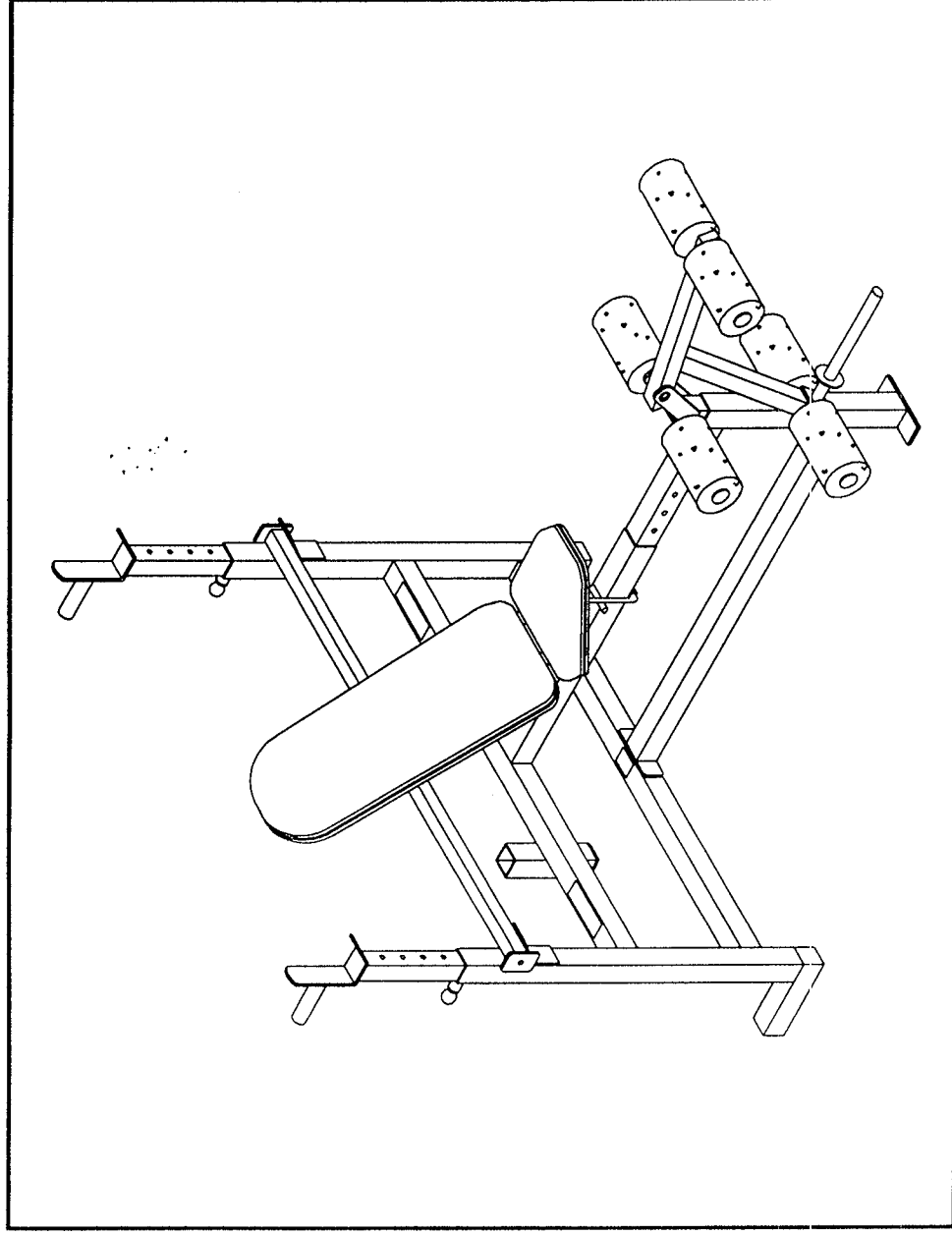
802101 WORKOUT CENTER. ASSEMBLY INSTRUCTIONS

20. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the LEG EXTENSION approximately where shown on drawing.
21. When ready to perform LEG CURLS or LEG EXTENSION, insert the LEG EXTENSION NECK into the front of the BENCH FRAME all the way. Secure the NECK in place with one (1) THUMBSCREW.
22. To adjust the SEAT PAD, lift SEAT PAD up and pull back the U-PIN and allow it to rest up against the SPRING PIN HOUSING on the WOLFF SLEEVE.
23. Set the HEIGHT ADJUSTMENT BAR across the UPRIGHT FRAME as shown on drawing, for performing INCLINE, or MILITARY PRESSES. When performing DIPS, use the HEIGHT ADJUSTMENT BAR to hold the BACK PAD forward as shown in the WORKOUT MANUAL.
24. Follow the WORKOUT MANUAL for the correct way to use this product.

PARABODY

Strength Building Gear

802101 WORK OUT CENTER



PRODUCT ASSEMBLY INSTRUCTIONS SHEETS

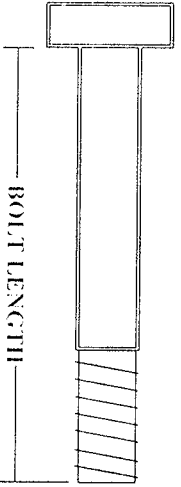
802101 WORKOUT CENTER ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

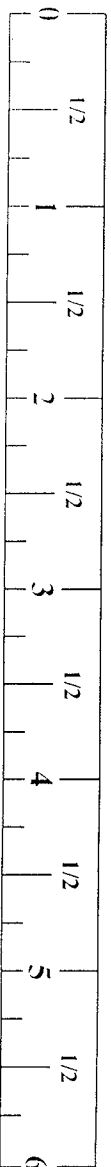
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3 IN. BOLT	1
2.	3/8 X 3 IN. BOLT	2
3.	3/8 X 2-3/4 IN. BOLT	1
4.	3/8 X 1 IN. BOLT	4
5.	1/2 IN. WASHER	2
6.	3/8 IN. WASHER	10
7.	3/8 IN. LOCK WASHER	4
8.	1/2 IN. LOW HEIGHT LOCK NUT	1
9.	3/8 IN. LOCK NUT	3
10.	SPRING PIN ASSEMBLY	3
11.	1/2 IN. FLANGE BEARING	2
12.	9/16 IN. MUSHROOM CAP	6
13.	PAI. NUT	1
14.	THUMBSCREW	2
15.	1-1/4 X 5 IN. GRIP	2
16.	PARAGLIDE STRIP (8 PER)	3
17.	3/4 IN. SQ. RUBBER BUMPER	1
18.	2 IN. SQ. END CAP	4
19.	1-3/4 IN. SQ. END CAP	4

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



BOLT LENGTH RULER:



802101 WORKOUT CENTER ASSEMBLY INSTRUCTIONS

- Attach eight (8) PARAGLIDE STRIPS to both UPRIGHT TUBES on the UPRIGHT FRAME (FOUR FOR EACH UPRIGHT) as shown in (DETAIL A) using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
 - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
- Attach eight (8) PARAGLIDE STRIPS to the bottom of both SADDLES as shown in (DETAIL C) using the steps outlined in STEP 7
- Slide two (2) 1-1/4 X 5 IN. GRIPS over the DIP HANDLES of both SADDLES. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)
- Pull back the SPRING PIN on the UPRIGHT TUBES, and insert the SADDLES as shown on drawing. Slide the SADDLE down to the desired height and release the SPRING PIN into the hole.
- When ready to perform the DIP EXERCISE, simply insert the SADDLES into the DIP TUBES of the UPRIGHT FRAME as shown on drawing.
- To assemble the SEAT PAD to the WOLFF SLEEVE, start by sliding two (2) HINGE TABS over the PIN of the WOLFF SLEEVE (ONE ON EACH SIDE) as shown on drawing, and SECURELY assemble each HINGE TAB to the SEAT PAD using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN)
- To assemble the BACK PAD to the WOLFF SLEEVE, slide the two (2) remaining HINGE TABS over the PIN of the WOLFF SLEEVE (ONE ON EACH SIDE) as shown on drawing, and SECURELY assemble each HINGE TAB to the BACK PAD using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE BOTH HINGE TABS ARE UP AGAINST THE OTHER HINGES)
- Insert one (1) 1-3/4 IN. SQ. END CAP into the top of the LEG EXTENSION NECK as shown on drawing.
- Slide two (2) ROLLER PADS over each end of the SHAFT of the LEG EXTENSION NECK, as shown on drawing, and hold in place using two (2) 9/16 IN. MUSHROOM CAPS.
- Insert three (3) 1-3/4 IN. SQ. END CAPS into the ends of the LEG EXTENSION as shown on drawing.
- Insert two (2) 1/2 IN. FLANGE BEARINGS into the BUSHING on the LEG EXTENSION as shown on drawing.
- Assemble the LEG EXTENSION NECK to the LEG EXTENSION as shown on drawing, using one (1) 1/2 X 3 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG EXTENSION TO ROTATE FREELY)
- Assemble four (4) ROLLER PADS to the LEG EXTENSION as shown on drawing, using two (2) ROLLER PAD SHAFTS, and four (4) 9/16 IN. MUSHROOM CAPS.

802101 WORKOUT CENTER. ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 802101 WORKOUT CENTER. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE 802101 WORKOUT CENTER MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- 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, 3/4 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER

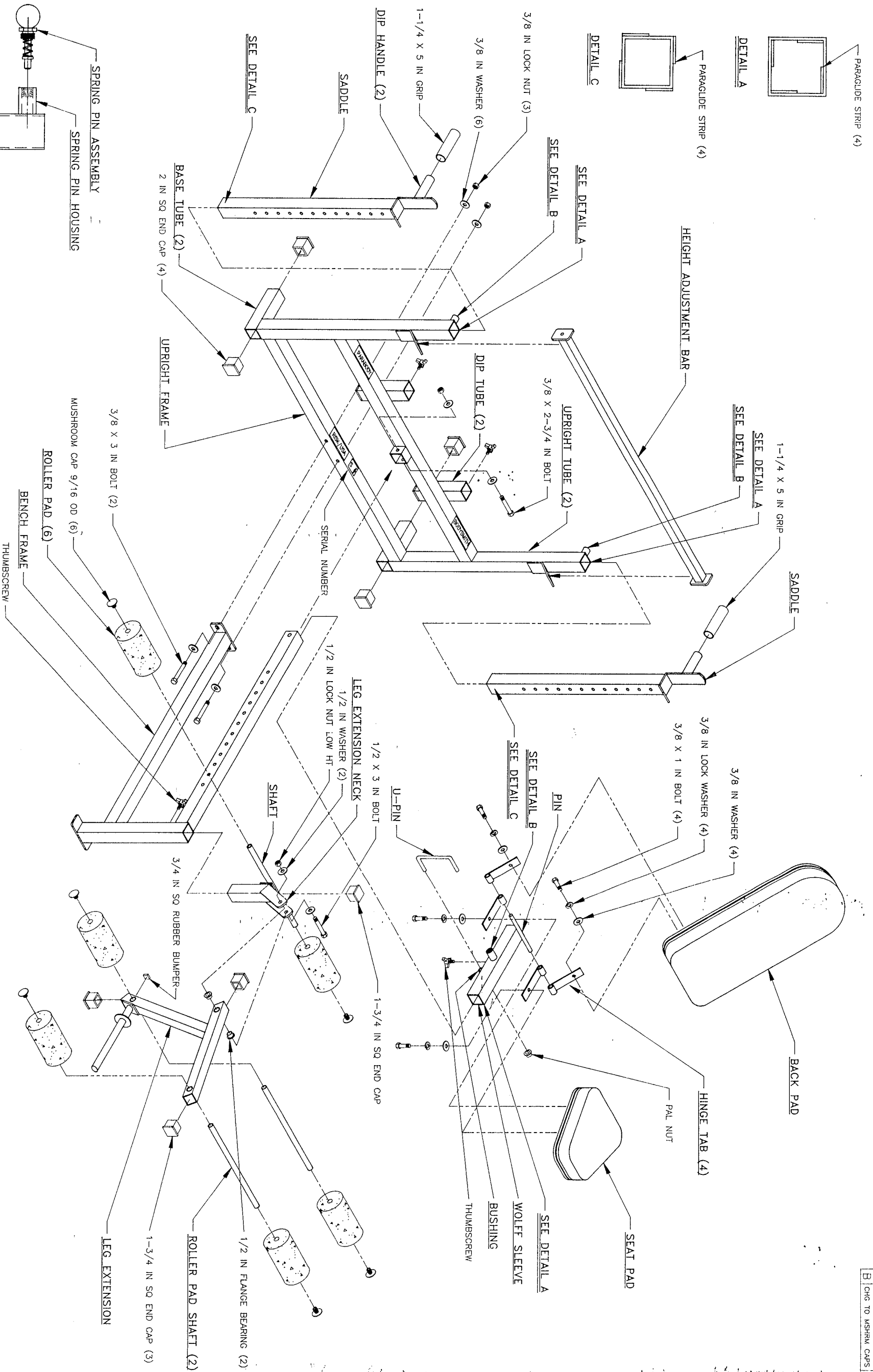
1. Attach eight (8) PARAGLIDE STRIPS to the **WOLFF SLEEVE (FOUR ON EACH END)** as shown in (DETAIL A) using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
 - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
2. Insert one (1) U-PIN through the **BUSHING** of the **WOLFF SLEEVE** as shown on drawing, and attach one (1) PAL NUT to the end of the U-PIN.
3. **SECURELY** Assemble three (3) SPRING PIN ASSEMBLIES to the **SPRING PIN HOUSINGS**, two (2) on the **UPRIGHT TUBES**, and one (1) on the **WOLFF SLEEVE** as shown in (DETAIL B)
(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
4. Pull back the **SPRING PIN** on the **WOLFF SLEEVE** and slide it over the end of the **BENCH FRAME** as shown on drawing. Engage the **SPRING PIN** into one of the adjustment holes. Secure the **WOLFF SLEEVE** in place with one (1) THUMBSCREW.
5. Insert four (4) 2 IN. SQ. END CAPS into the **BASE TUBES** of the **UPRIGHT FRAME** as shown on drawing.
6. **SECURELY** assemble the **BENCH FRAME** to the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, one (1) 3/8 X 2-3/4 IN. BOLT, six (6) 3/8 IN. WASHERS, and three (3) 3/8 IN. LOCK NUTS.

802101 WORKOUT CENTER. ASSEMBLY PARTS LIST

WELDMENTS/PARTS:
 SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	UPRIGHT FRAME WLDMT (6468801)	1
2.	BENCH FRAME WLDMT (6468901)	1
3.	HEIGHT ADJUSTMENT BAR WLDMT (6111001)	1
4.	WOLFF SLEEVE WLDMT (6406601)	1
5.	SADDLE WLDMT (6407301)	2
6.	LEG EXTENSION NECK WLDMT (6407201)	1
7.	LEG EXTENSION WLDMT (6024701)	1
8.	HINGE TAB (6406401)	4
9.	U-PIN (6406501)	1
10.	ROLLER PAD SHAFT (6485301)	2
11.	ROLLER PAD (6194601)	6
12.	SEAT PAD (6452501)	1
13.	BACK PAD (6452401)	1

REV	DESCRIPTION	CHK NO	APP'D	DATE
A	NEW RELEASE	2428	DLM	8/94
B	CHG TO MSHRM CAPS	22549	DLM	7/95



TOLERANCES		TITLE	
LOCATED AS SHOWN	PRECISION	ASSY INST.	802101
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~	~	SHEET	1 OF 1
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~	~	DATE	8/94

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