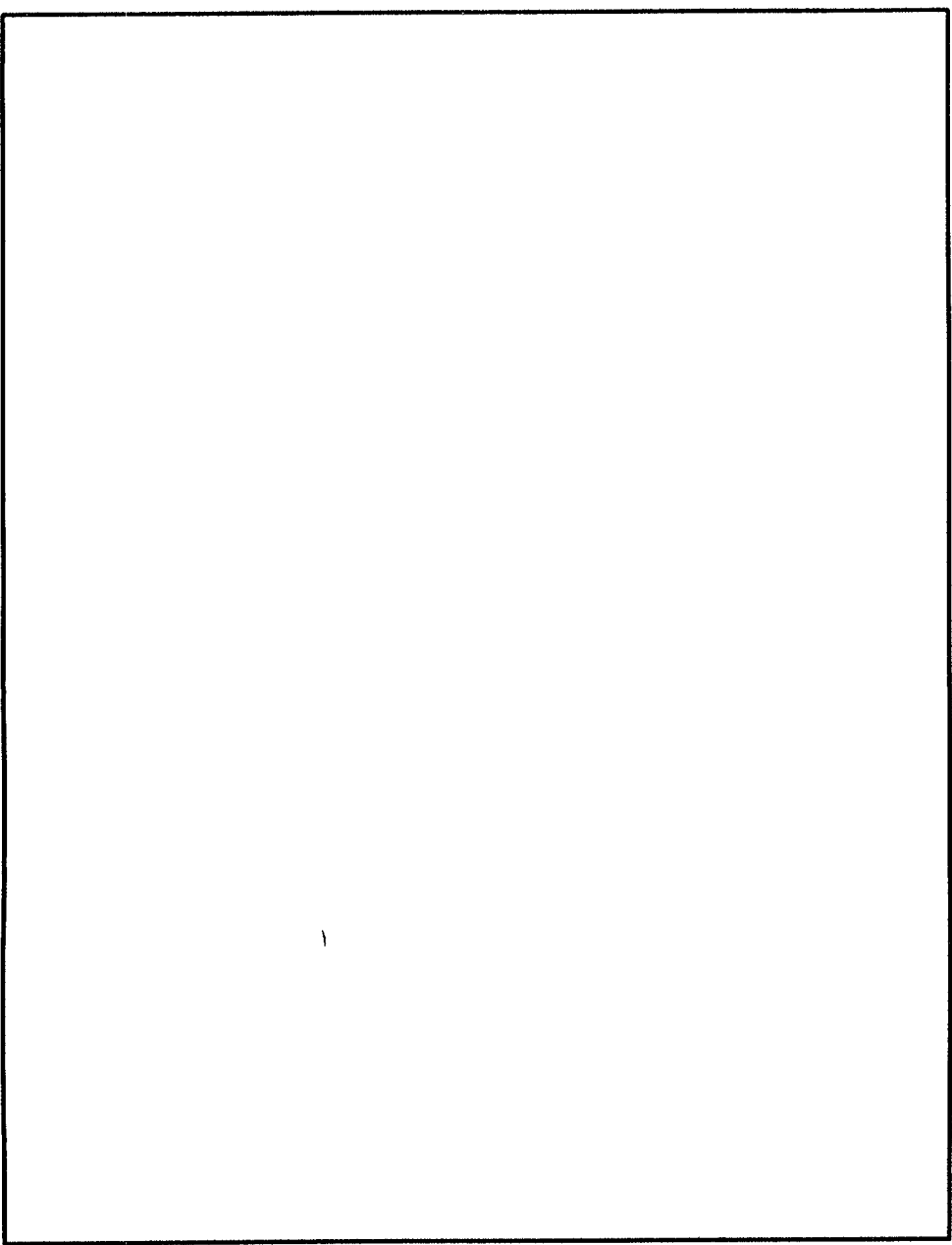


Strength Building Gear

811101

LEG CURL/EXTENSION MACHINE



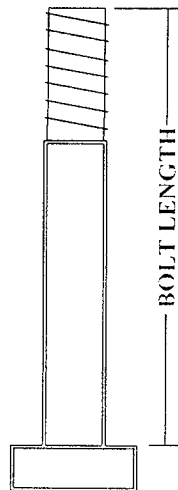
**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

811101 LEG CURL/EXTENSION MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE: ITEM	NAME/DESCRIPTION	QTY
1.	1-1/4 IN. SQ. RUBBER BUMPON	1
2.	1-1/2 X 2-1/2 IN. END CAP	4
3.	1/2 X 3-1/4 IN. BOLT	1
4.	1/2 IN. WASHER	4
5.	1/2 IN. LOCK WASHER	4
6.	1/2 IN. NUT	4
7.	8 IN. FOAM GRIP	4
8.	3/8 X 3 IN. BOLT	2
9.	3/8 IN. WASHER	4
10.	3/8 IN. LOCK WASHER	4
11.	3/8 X 3-1/4 IN. BOLT	2
12.	2 IN. SQ. END CAP	4
13.	FLANGE BEARING	2
14.	1/2 IN. LOW HEIGHT LOCK NUT	1
15.	1-1/2 IN. SQ. END CAP	4
16.	KNOB	2
17.	PLUNGER	2
18.	SPRING	2
19.	SPACER	2
20.	COTTER PIN	2
21.	9/16 IN. MUSHROOM CAP	6
22.	1/2 X 2-1/2 IN. BOLT	4
23.	BLACK PLASTIC WASHER	4

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



BOLT LENGTH RULER:



811101 LEG CURL/EXTENSION MACHINE ASSEMBLY INSTRUCTIONS

6. Assemble the **SPRING PIN ASSEMBLY** into the **SPRING PIN ASSEMBLY HOUSING** on each end of the **LEG CURL PEDESTAL**, using two (2) **KNOBS**, two (2) **PLUNGERS**, two (2) **SPRINGS**, two (2) **SPACERS**, and two (2) **COTTER PINS**, using the following steps:
 - A. Assemble the **KNOB** to the **PLUNGER**.
 - B. Insert the **PLUNGER** through the first hole of the housing.
 - C. Slip the **SPRING**, and the **SPACER** over the end of the **PLUNGER**. (**IN THAT ORDER**)
 - D. Insert the **PLUNGER** through the second hole of the housing.
 - E. Pull back **SPACER** on the **PLUNGER**, and insert the **COTTER PIN** through the hole.
 - F. (**SEE DETAIL A ON DRAWING**)

NOTE: ON THE SPRING PIN ASSEMBLY HOUSING CLOSEST TO THE WEIGHT PEG, THE KNOB CANNOT BE ASSEMBLED TO THE PLUNGER BEFORE IT IS INSERTED INTO THE HOLE ON THE SPRING PIN ASSEMBLY HOUSING.

7. Insert four (4) 1-1/2 IN. SQ. END CAPS into each end of the **SPRING PIN HOUSING** on the **LEG CURL PEDESTAL**.
8. Disengage the **SPRING PIN ASSEMBLY** on each end of the **LEG CURL PEDESTAL**, and insert two (2) **ADJUSTABLE ROLLER PAD SLEEVES**. (**SEE DRAWING**)
9. Insert three (3) 2 IN. SQ. END CAPS into each end on the **LEG CURL PEDESTAL**.
10. Insert two (2) **FLANGE BEARINGS** into the **BUSHING** on top of the **LEG CURL PEDESTAL**.
11. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPON to the back of the **LEG CURL PEDESTAL** (**SEE DETAIL B**)
12. Assemble the **LEG CURL PEDESTAL** between the **FLATS** of the **BENCH FRAME**, using one (1) 1/2 X 3-1/4 IN. BOLT, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. Tighten connection so that it rotates smoothly and freely.

13. Assemble two (2) **ROLLER PADS** on each end of the **LEG CURL PEDESTAL**, (four total) using two (2) **ROLLER PAD SHAFTS**, four (4) **BLACK PLASTIC WASHERS**, and four (4) 9/16 IN. MUSHROOM CAPS.

NOTE: THE BLACK PLASTIC WASHERS SHOULD BE LOCATED BETWEEN THE ROLLER PAD AND THE LEG CURL PEDESTAL, (1 FOR EACH ROLLER PAD.)

14. **SECURELY** mount the **BACK PAD** to the **BENCH FRAME**, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
15. Slip two (2) 8 IN. FOAM GRIPS onto ends of the **LEG EXTENSION HANDLE**. (**SEE NOTE FROM STEP 4**)
16. Assemble the **SEAT PAD** and **LEG EXTENSION HANDLE** to the **BENCH FRAME**, using two (2) 3/8 X 3-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 WASHERS. (**SEE DRAWING**)
17. Assemble two (2) **ROLLER PADS** onto the **BENCH FRAME**, using one (1) **ROLLER PAD SHAFT**, and two (2) 9/16 IN. MUSHROOM CAPS.

811101 LEG CURL/EXTENSION MACHINE ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 811101 LEG CURL/EXTENSION MACHINE. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

***** IMPORTANT *****

- THE 811101 LEG CURL/EXTENSION MACHINE 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, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER

1. Insert four (4) 1-1/2 X 2-1/2 IN. END CAPS into each end of the REAR BASE LEG W/HANDLES and the FRONT BASE LEG.
2. SECURELY assemble the REAR BASE LEG W/HANDLES to the rear of the BENCH FRAME, using two (2) 1/2 X 2-1/2 IN. BOLTS, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (NOTE: THE HANDLES ON THE REAR BASE LEG SHOULD FACE AWAY FROM THE REAR OF THE BENCH FRAME)
3. SECURELY assemble the FRONT BASE LEG to the front of the BENCH FRAME, using two (2) 1/2 X 2-1/2 IN. BOLTS, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (SEE DETAIL C)
4. Slip two (2) 8 IN. FOAM GRIPS onto the HANDLES of the REAR BASE LEG. (NOTE: IF A LUBRICANT IS REQUIRED, USE RUBBING ALCOHOL, TO THOROUGHLY COAT THE INSIDE OF THE GRIP)
5. Insert one (1) 2 IN. SQ. END CAP into the end of the tube on top of the BENCH FRAME.

811101 LEG CURL/EXTENSION MACHINE ASSEMBLY PARTS LIST

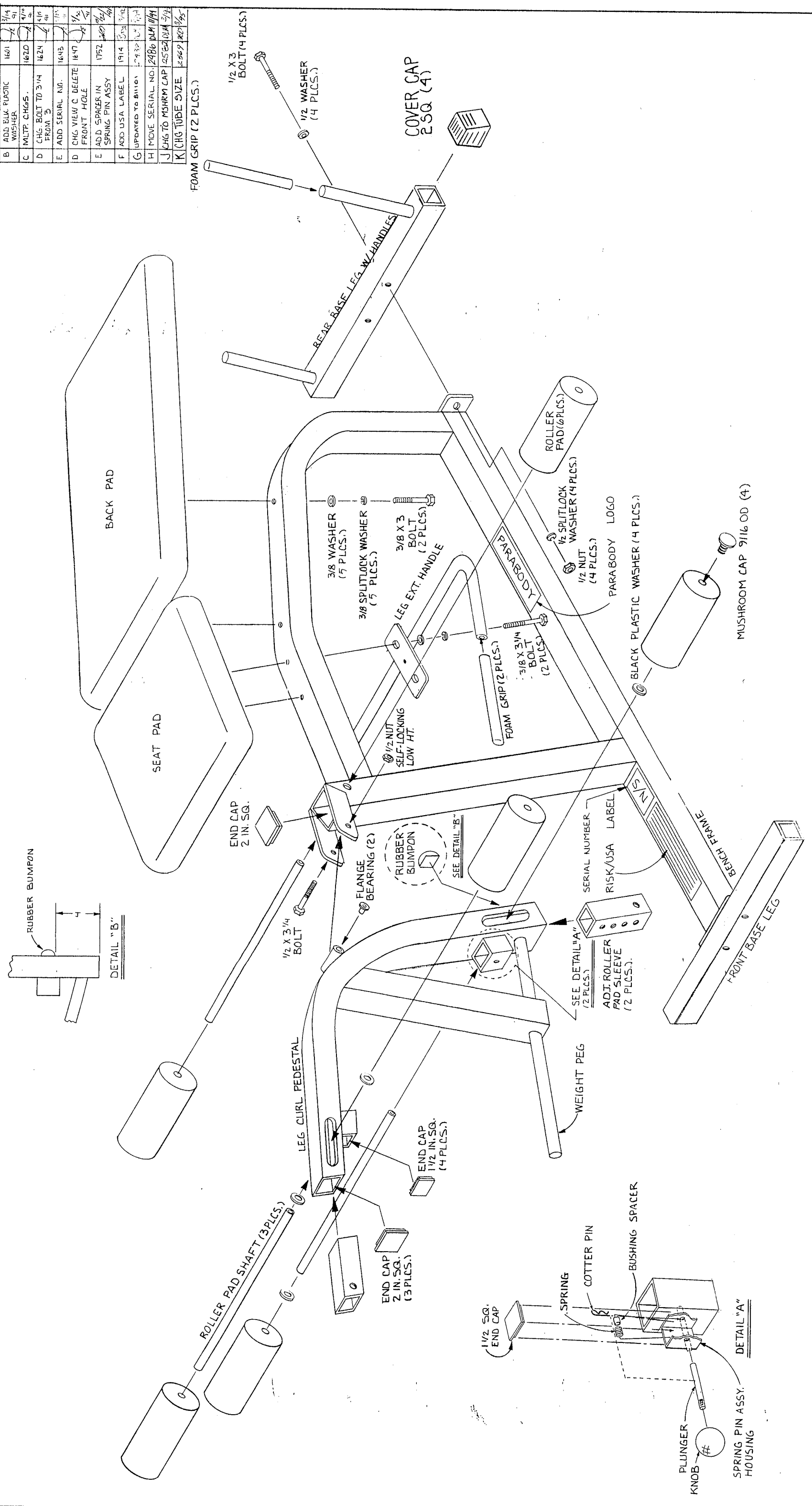
WELDMENT PARTS:
SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	BENCH FRAME	1
2.	REAR BASE LEG W/HANDLES	1
3.	REAR BASE LEG	1
4.	LEG EXTENSION HANDLE	1
5.	LEG CURL PEDESTAL	1
6.	ADJUSTABLE ROLLER PAD SLIPVES	2
7.	ROLLER PAD SHAFTS	3
8.	BACK PAD	1
9.	SEAT PAD	1
10.	ROLLER PADS	6

DASH NO
-0001

DESCRIPTION
AS SHOWN

REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	N/A		3/14/91
B	ADD BLK. PLASTIC WASHER	1601		4/10/91
C	MLTP. CHGS.	1620		4/10/91
D	CHG. BOLT TO 3/14 FROM 3/8	1624		4/10/91
E	ADD SERIAL NO.	1643		5/1/91
F	CHG VIEW C. DELETE FRONT HOLE	1647		5/1/91
G	ADD SPACER IN SPRING PIN ASSY	1752		6/1/91
H	ADD USA LABEL	1914		7/1/91
I	UPDATED TO B1110	2433		8/1/91
J	MOVE SERIAL NO. TO MSHRM CAP	2486		8/1/91
K	CHG TO MSHRM CAP	2523		8/1/91
L	CHG TUBE SIZE	2569		8/1/91



ParaBody, Inc.
RAMSEY, MINNESOTA

TOLERANCES UNLESS NOTED:
DECIMAL: .005
FRACTIONAL: 1/16
ANGULAR: .5°

TITLE: ASSY INST, B1102
COR: INGL
DATE: 2-22-91
CRED: [Signature]
APP'D: [Signature]

SCALE: 1/4" = 1"
SHEET 1 OF 1

DRAWING NO: 63914

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