

827101 LAT MACHINE ASSEMBLY INSTRUCTIONS

03/09/9523. Route first **CABLE** through **BOOM** and **CONNECTOR PLATES** then attach to **WEIGHT CARRIAGE**, with one (1) **QUICKLINK**. (SEE **CABLE ROUTING DIAGRAM**)

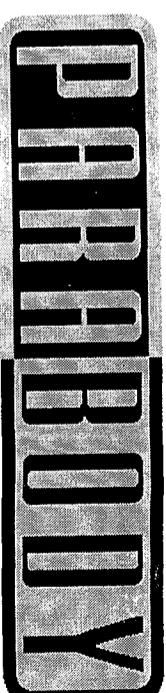
24. LOOSELY assemble three (3) 3-1/2 O.D. X IN. BUSHING PULLEYS, to the **BOOM** using three (3) 3/8 X 2-3/4 IN. BOLTS, six (6) STEP SPACERS, and three (3) 3/8 IN. LOCKNUTS. (SEE **CABLE ROUTING DIAGRAM**).

25. Route second **CABLE** through **SWIVEL PULLEY BRACKET**, **FRONT UPRIGHT** and **CONNECTOR PLATES**, attach end of **CABLE** to **BASE**, using one (1) 3/8 X 3-1/4 IN. BOLT, three (3) 3/8 IN. WASHERS and one (1) 3/8 IN. LOCKNUT. (SEE **CABLE ROUTING DIAGRAM**)

26. LOOSELY assemble the **BOOM** to the **FRONT UPRIGHT** using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCKNUTS.

27. **TIGHTEN ALL LOSE CONNECTIONS AT THIS TIME.**

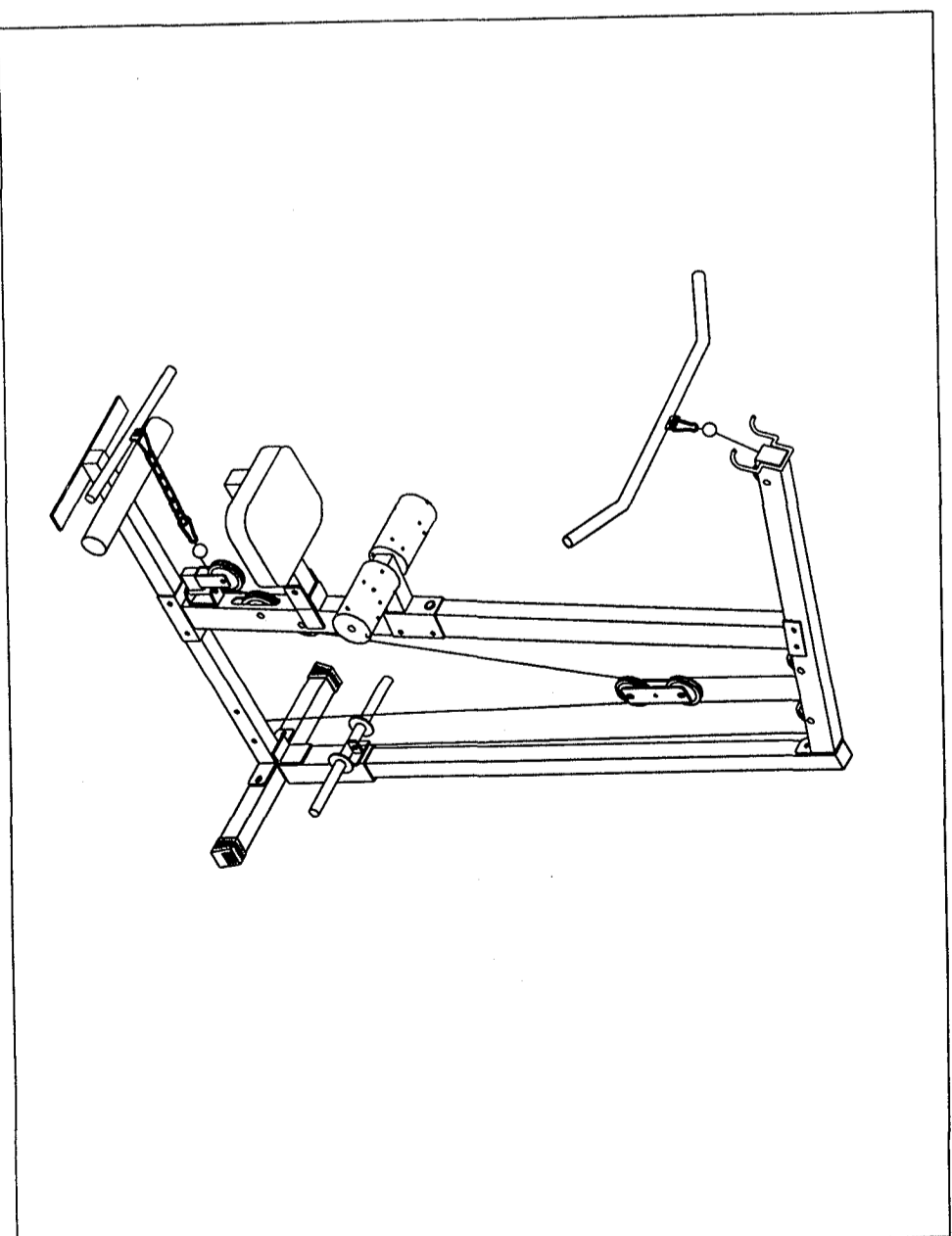
28. Connect **LAT BAR** to **CABLE** using one (1) **SNAPHOOK** , and connect **LOW ROW BAR** to **CABLE** using two (2) **SNAPHOOKS** , and one (1) **CHAIN**.



Strength Building Gear

827101

LAT MACHINE



PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

827101 LAT MACHINE ASSEMBLY PARTS LIST

HARDWARE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 IN WASHER	21
2.	1/2 IN WASHER	9
3.	3/8 IN LOCK WASHER	2
4.	1/2 IN LOCK WASHER	1
5.	3/8 IN LOCK NUT	13
6.	1/2 IN LOCK NUT	2
7.	1/2 IN LOW HT LOCK NUT	3
8.	3/8 IN LOW HT LOCK NUT	2
9.	3/8 X 2-1/4 IN BOLT	2
10.	3/8 X 3 IN BOLT	6
11.	1/2 X 3 IN BOLT	1
12.	1/2 X 3-1/4 IN BOLT	3
13.	3/8 X 2-3/4 IN BOLT	7
14.	1/2 X 3-1/2 IN BOLT	1
15.	1/2 X 2-3/4 IN BOLT	1
16.	3/8 X 3-1/4 IN BOLT	1
17.	3/8 X 1-3/4 IN BOLT	1
18.	SNAPHOOK	3
19.	QUICKLINK	1
20.	3/8 IN. STEP SPACER	10
21.	SPRING PIN / T-SCREW ASSEMBLY	1
22.	1/2 IN FLANGE BEARING	4
23.	CHAIN	1
24.	2-1/2 IN. OD END CAP	2
25.	4-1/2 OD X 3/8 ID PULLEY	1
26.	3-1/2 OD X 3/8 ID PULLEY	7
27.	CABLE ASSY, 110 LG	2
28.	3 X 2 IN END CAP	1
29.	2 X 1-1/2 IN END CAP	1
30.	1-1/4 IN. RUBBER BUMPER	1
31.	1 X 8 IN. GRIP	4
32.	CARRIAGE GUIDES	8
33.	1-1/2 X 3/4 IN. PARAGLIDE STRIPS (8 QTY)	1
34.	2-1/2 X 5-1/2 IN. NON SKID STRIP	2
35.	3/8 ID X 2-1/16 NYLON BUSHING	2
36.	3/8 ID X 5 IN VINYL CAP	2
37.	2 SQ END CAP	4
38.	2 SQ COVER CAP	2
39.	9/16 OD MUSHROOM CAP	2
40.	7/16 DIA PLUG CAP	2

827101 LAT MACHINE ASSEMBLY INSTRUCTIONS

9. LOOSELY assemble the **BOOM** to the **REAR UPRIGHT** using one (1) 1/2 X 3 IN. BOLT, one (1) 1/2 X 2-3/4 IN. BOLT, three (3) 1/2 IN. WASHERS, one (1) 1/2 IN. LOCKWASHER and one (1) 1/2 IN. LOW HT. LOCKNUT.
10. **AT THIS TIME, TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**
11. Insert one (1) 3 x 2 IN. END CAP into front end of the **BOOM**, and SLIDE two (2) 3/8 ID X 5 IN. VINYL CAPS over lat bar hooks.
12. LOOSELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY and one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY to the **FRONT UPRIGHT** by using two (2) 3/8 X 2-3/4 IN. BOLTS, four (4) STEP SPACERS and two (2) 3/8 IN. LOCKNUTS.
13. SECURELY assemble the **SWIVEL PULLEY BRACKET** to the **FRONT UPRIGHT** by using one (1) 1/2 X 3-1/2 IN. BOLT, two (2) 1/2 IN. FLANGE BEARINGS and one (1) 1/2 IN. LOW HT. LOCKNUT. Before step 14. begins, CABLE must be placed under 3-1/2 O.D. X 1 IN. BUSHING PULLEY as shown in the **(CABLE ROUTING DIAGRAM)**.
14. LOOSELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, to the **SWIVEL PULLEY BRACKET** by using one (1) 3/8 X 1-3/4 IN. BOLT and one (1) 3/8 IN. LOCKNUT. **INSERT** (1) 1-1/2 X 2 IN END CAP into the front of the **SWIVEL PULLEY BRACKET** tube.
15. SECURELY assemble the **SEAT PAD**, to the **SEAT SUPPORT**, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
16. Attach the **SPRING PIN / T-SCREW ASSEMBLY** to the **KNEE HOLD DOWN** as shown in **(DETAIL A)**.
17. Insert one (1) 2 IN. SQ END CAP into the front of the **KNEE HOLD DOWN**, and one (1) 2 IN. SQ END CAP into the top of the **REAR UPRIGHT**.
18. Attach eight (8) 1-1/2 X 3/4 IN. PARAGLIDE STRIPS to the **KNEE HOLD DOWN**, as shown in **(DETAIL A)**.
 - A. Thoroughly clean all inside surfaces where the PARAGLIDES are to be attached.
 - B. Remove individual PARAGLIDES from the paper backing, and firmly apply them to all of the shown surfaces (8 places)
19. Attach the **KNEE HOLD DOWN** to the **FRONT UPRIGHT** using two (2) 3/8 X 2-3/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. NYLON BUSHINGS, and two (2) 3/8 IN. LOW HT. LOCKNUTS.
20. Assemble two (2) 4 X 7 IN. ROLLER PADS, to the **KNEE HOLD DOWN**, using one (1) ROLLER PAD SHAFT, and two (2) 9/16 O.D. MUSHROOM CAPS.
21. Slide four (4) 1 X 8 IN. GRIPS over the ends of the **LAT BAR**, and the **LOW ROW BAR**. **(NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE GRIP WILL WORK THE BEST.)**
22. Assemble two (2) 3-1/2 O.D. X 1 IN. BUSHING PULLEYS to the **CONNECTOR PLATES** using two (2) 3/8 X 2-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS and two (2) 3/8 IN. LOCKNUTS.

827101 LAT MACHINE ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 827101 LAT MACHINE. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE 827101 LAT 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

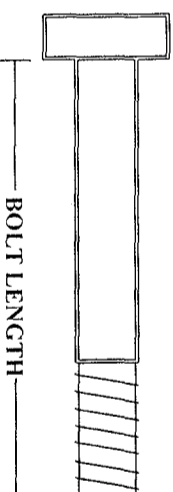
1. Insert one (1) 2 IN. SQ. END CAP into the front end of the **BASE**, two (2) 7/16 DIA. PLUG CAPS into each side of the **BASE**, and two (2) 2-1/2 IN. OD END CAPS into the ends of the **FOOT BRACE TUBE**.
2. Apply two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE TUBE**, on the **BASE**, as shown on drawing.
3. **LOOSELY** assemble the **REAR UPRIGHT** to the **BASE**, using two (2) 1/2 X 3-1/4 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS.
4. Attach eight (8) **CARRIAGE GUIDES** to the **WEIGHT CARRIAGE**, as shown in (DETAIL B) using the following steps:
 - A. Thoroughly clean all inside surfaces where the **CARRIAGE GUIDES** are to be attached.
 - B. Remove the paper backing from the **CARRIAGE GUIDES**, and firmly apply them to all of the shown surfaces (8 places)
5. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the **CARRIAGE STOP**, on the **WEIGHT CARRIAGE**.
6. Slide the **WEIGHT CARRIAGE** down over the **REAR UPRIGHT**.
7. **LOOSELY** assemble the **FRONT UPRIGHT**, to the **BASE**, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCKNUTS.
8. Insert one (1) 2 IN. SQ. END CAP into the end of the **SEAT SUPPORT**, assemble to **FRONT UPRIGHT** using one (1) 1/2 X 3-1/4 IN. BOLT, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. FLANGE BEARINGS, and one (1) 1/2 IN. LOW HT. LOCKNUT.

827101 LAT MACHINE ASSEMBLY PARTS LIST

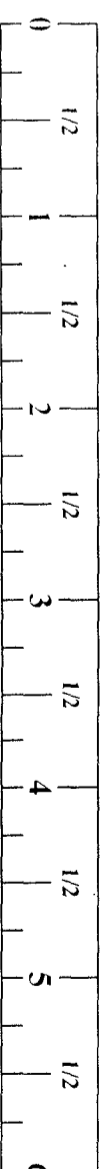
NOTE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS: ITEM	NAME/DESCRIPTION	QTY
1.	BASE	(6511201) 1
2.	REAR UPRIGHT	(6512001) 1
3.	SWIVEL PULLEY BRACKET	(6501301) 1
4.	WEIGHT CARRIAGE	(6511001) 1
5.	FRONT UPRIGHT	(6511601) 1
6.	SEAT SUPPORT	(6489201) 1
7.	KNEE HOLD DOWN	(6489101) 1
8.	SEAT PAD	(6456901) 1
9.	LAT BAR	(6275301) 1
10.	LOW ROW BAR	(6389701) 1
11.	4 X 7 IN. ROLLER PAD	(6194601) 2
12.	BOOM	(6511301) 1
13.	PAINTED CONNECTOR	(6013701) 1
14.	ROLLER PAD SHAFT	(6485301) 2

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



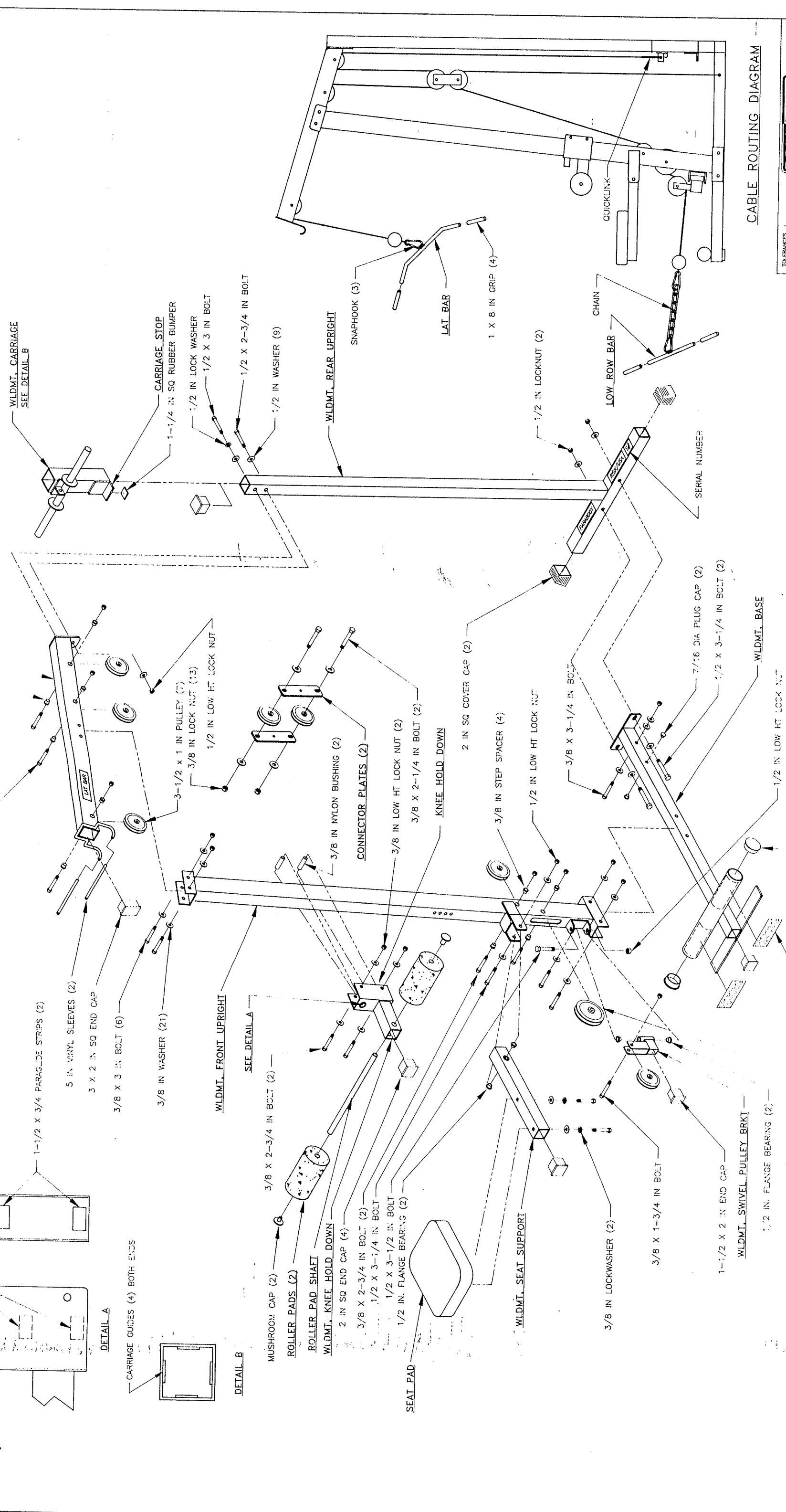
BOLT LENGTH RULER:



DWG NO 01 AS SHOWN

SPRING PIN/T-SCREW ASSEMBLY

REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2558	DUM	1/78
B	ADDED CAP, PLUG	2574	DUM	2/78
C	CHG HARDWARE	2599	DUM	2/78
D	ADDED LABELS			



CABLE ROUTING DIAGRAM

PARABODY
 Strength Building Steel
 ASSY INST. 827101
 SCALE: 1/8" = 1" SEE DRAWING 62
 SPEC: CP - C
 65035
 DATE: 1/78
 DWG: 1/78

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