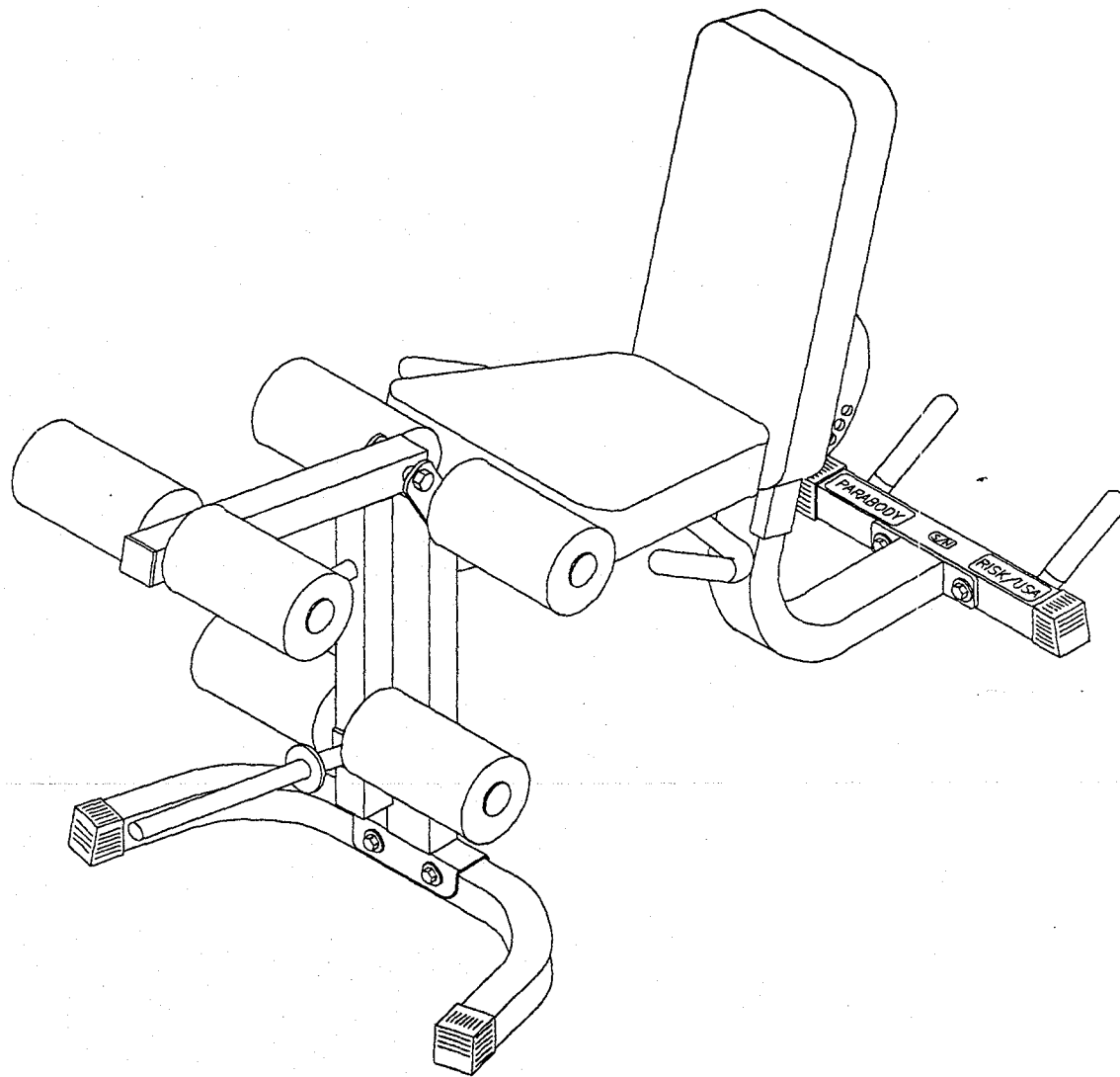


# PARABODY

## *Serious Steel*

### 829102 LEG CURL/EXTENSION

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### ASSEMBLY INSTRUCTIONS

Part # 6668901

1

Revision: 09/12/97

## IMPORTANT NOTES

WELCOME TO THE WORLD OF ***Serious Steel!***

### Please note:

- \* Thank you for purchasing the Parabody 829102 Leg Curl/ Extension. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

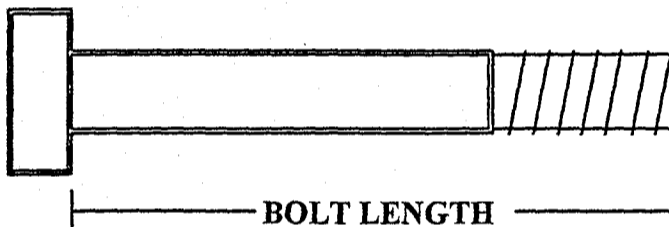
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

## Tools Required for Assembly

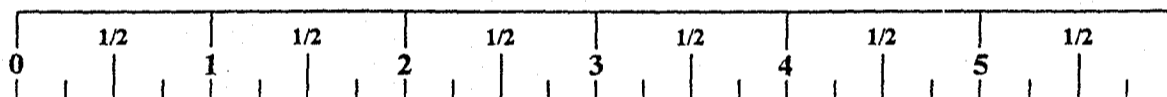
- \* Rubber mallet or hammer
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

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



**BOLT LENGTH RULER:**



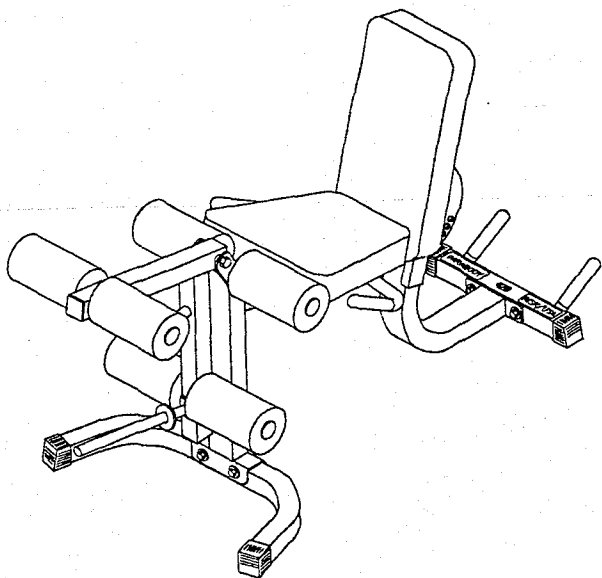
# PARTS LIST

3202102

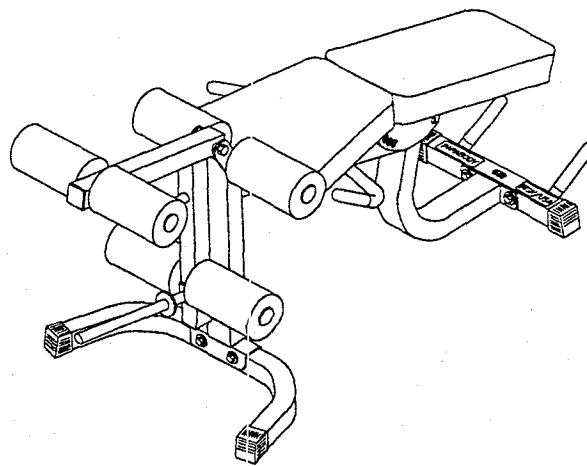
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6259103	FRONT SUPPORT TUBE	1	20	3102904	3/8 X 3" BOLT	8
2	6625402	BACK PAD ADJUST TUBE	1	21	3102906	3/8 X 4" BOLT	2
3	6625502	BACK PAD SUPPORT TUBE	1	22	3102917	1/2 X 4" BOLT	1
4	6216702	1-3/4 SQ X 5" TUBE	1	23	<del>3102961</del>	1/2 X 7" BOLT	1
5	6668202	1-3/4 SQ X 13-1/2" TUBE	1	24	3102501	3/8" FLAT WASHER	20
6	6662002	LEG CURL/EXTENSION	1	25	3102801	3/8" NYLOCK NUT	4
7	6661202	BACK PAD ASSY	1	26	3102804	1/2" LOW HT. NYLOCK NUT	2
8	6661602	SEAT PAD ASSY	1	27	3102807	3/8" LOW HT. NYLOCK NUT	2
9	6662203	LEG EXT HANDLE RHT	1	28	6405201	2" SQ END CAP	3
10	6662303	LEG EXT HANDLE LFT	1	29	6692601	3 X 2" END CAP	2
11	6668503	LEG FRAME	1	30	3102416	2 X 1" END CAP	4
12	6661903	REAR BASE LEG	1	31	6406401	HINGE TAB	2
13	6125101	3/4 X 16" TUBE	2	32	3104301	3/4" SQ RUBBER BUMPER	1
14	6549301	3/4 X 17" TUBE	1	33	6416601	1-1/2 X 3/4" GLIDE (QTY 8)	2
15	6194601	4 X 7" ROLLER PAD	6	34	3107801	1/2" FLANGE BEARING	2
16	6628302	1/8 X 2 X 8" PLATE	1	35	3105401	STARLOCK COLLAR	6
17	6412001	3/8" DIA SPRING PIN	2	36	3103101	1-1/4 X 5" GRIP	4
18	6466901	1/2" DIA SPRING PIN	1	37	6467001	PARABODY LOGO END CAP	4
19	3102909	3/8 X 1" BOLT	4				

(7) 6661201  
6661601

## LEG EXTENSION

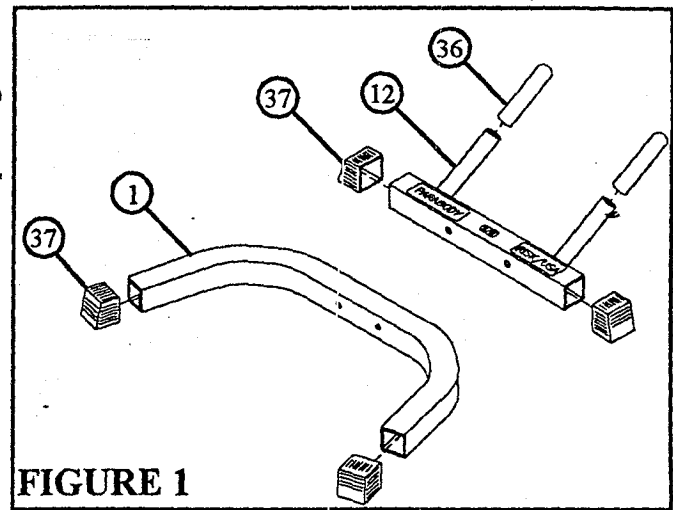


## LEG CURL

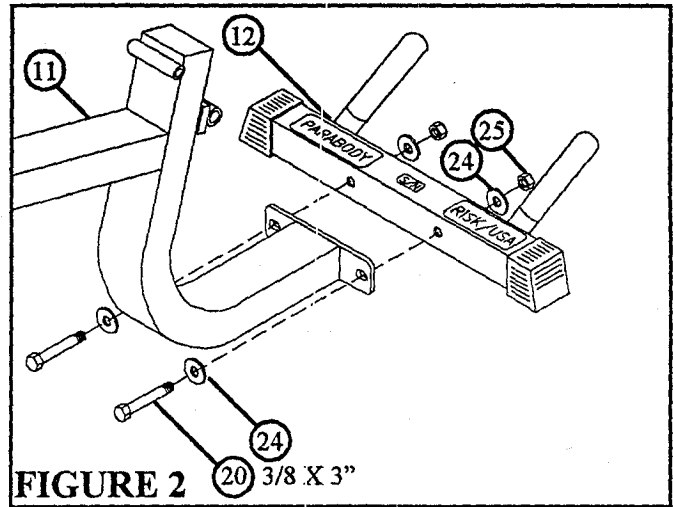


**STEP 1:** Insert four PARABODY LOGO END CAPS (37) into the ends of REAR BASE LEG (12) and FRONT BASE SUPPORT (1). See FIGURE 1.

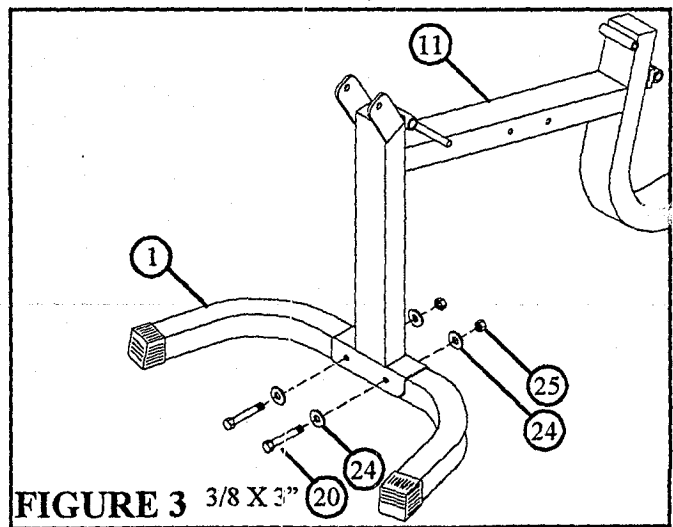
**STEP 2:** Slide two 1-1/4 x 5" GRIPS (36) over tubes on REAR BASE LEG (12). See FIGURE 1.



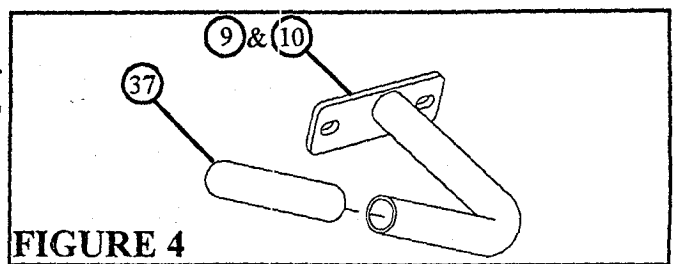
**STEP 3:** Securely assemble REAR BASE LEG (12) to LEG FRAME (11) using two 3/8 X 3" BOLTS (20), four 3/8" FLAT WASHERS (24), and two 3/8" NYLOCK NUTS (25). See FIGURE 2.



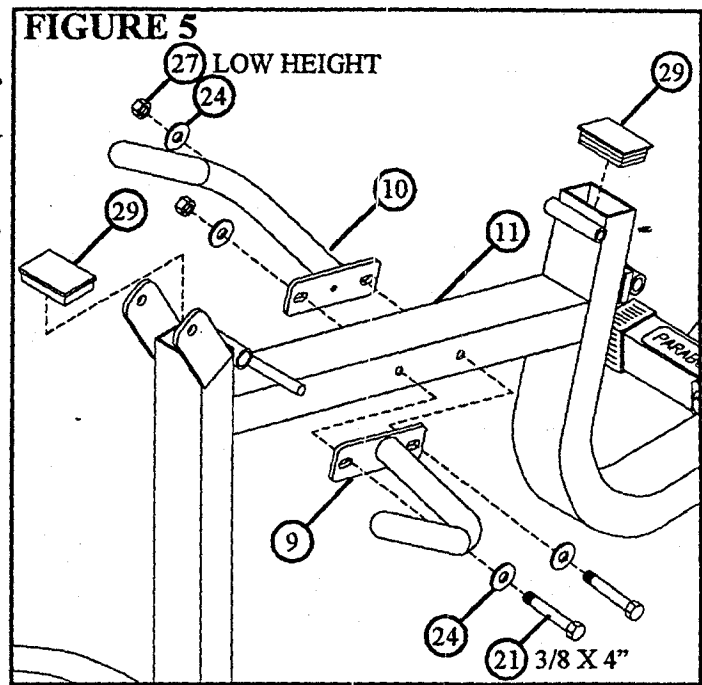
**STEP 4:** Securely assemble FRONT BASE SUPPORT (1) to LEG FRAME (11) using two 3/8 X 3" BOLTS (20), four 3/8" FLAT WASHERS (24), and two 3/8" NYLOCK NUTS (25). See FIGURE 3.



**STEP 5:** Slide two 1-1/4 X 5" GRIPS (37) over RIGHT LEG EXT HANDLE (9) & LEFT LEG EXT HANDLE (10). See FIGURE 4.

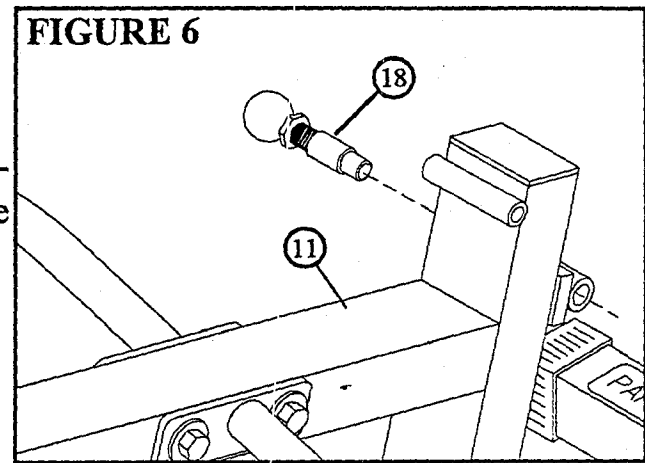


**STEP 6:** Securely assemble RIGHT (9) & LEFT (10) LEG EXT HANDLES to LEG FRAME (11) using two 3/8 X 4" BOLTS (21), four 3/8" FLAT WASHERS, and two 3/8" LOW HEIGHT NYLOCK NUTS (27). See FIGURE 5.

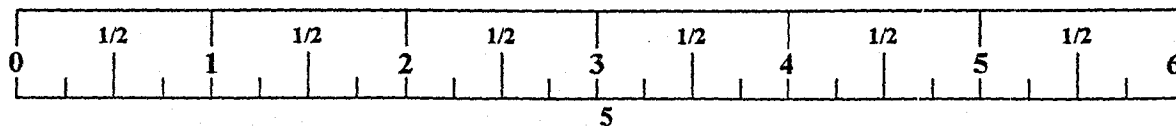
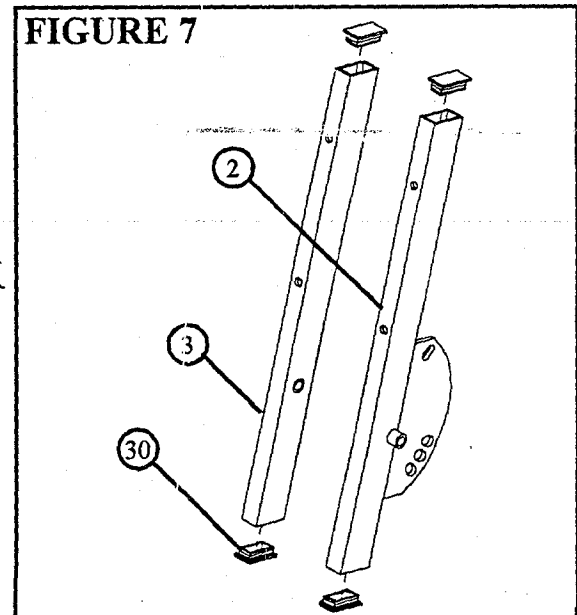


**STEP 7:** Insert two 3 X 2" END CAPS (29) into the leg frame as shown in FIGURE 5.

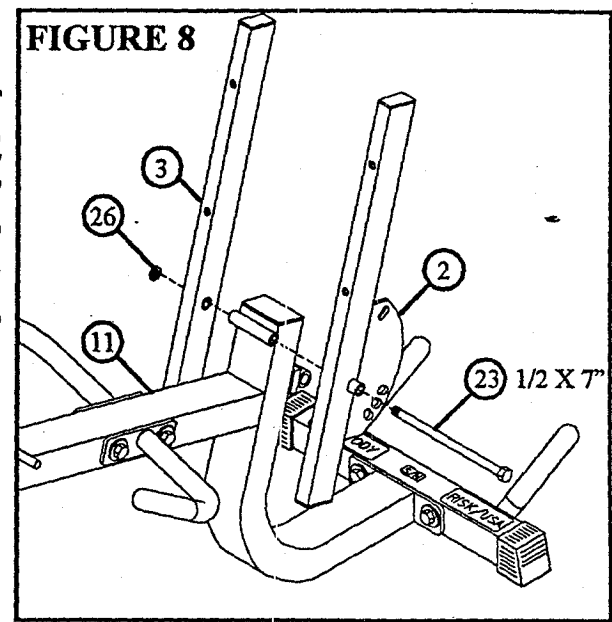
**STEP 8:** Securely assemble one 1/2" SPRING PIN ASSEMBLY (18) into the spring pin barrel on the LEG FRAME (11) as shown in FIGURE 6.



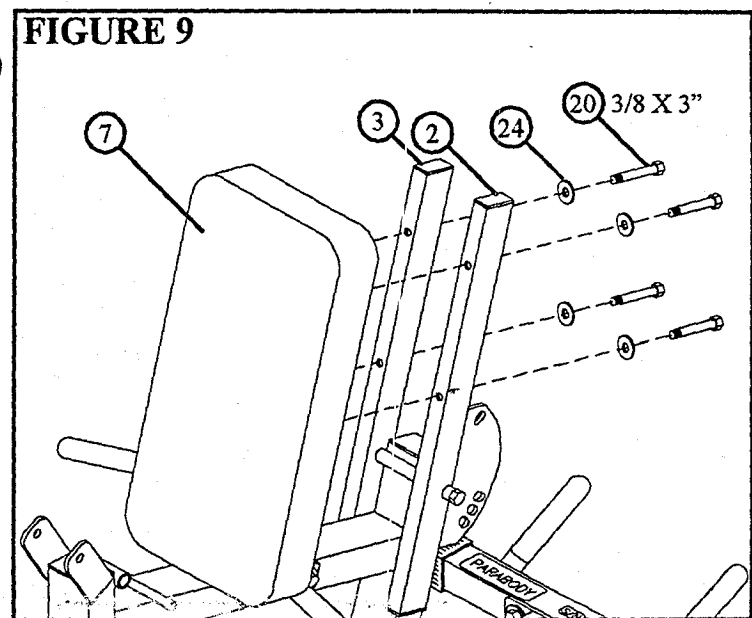
**STEP 9:** Insert four 2 X 1" END CAPS (30) into the ends of the BACK PAD ADJUST TUBE (2) & BACK PAD SUPPORT TUBE (3). See FIGURE 7.



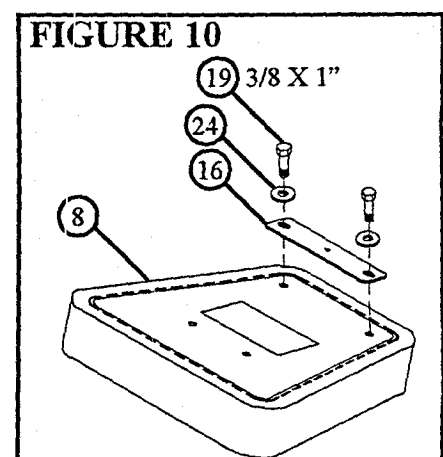
**STEP 10:** Securely assemble BACK PAD ADJUST TUBE (2) & BACK PAD SUPPORT TUBE (3) to LEG FRAME (11) using one 1/2 X 7" BOLT (23) and one 1/2" LOW HEIGHT NYLOCK NUT (26). (NOTE: SECURELY TIGHTEN BOLT THEN BACK NUT OFF 1/4 TURN TO ALLOW THE TWO PARTS TO ROTATE FREELY.) See FIGURE 8.



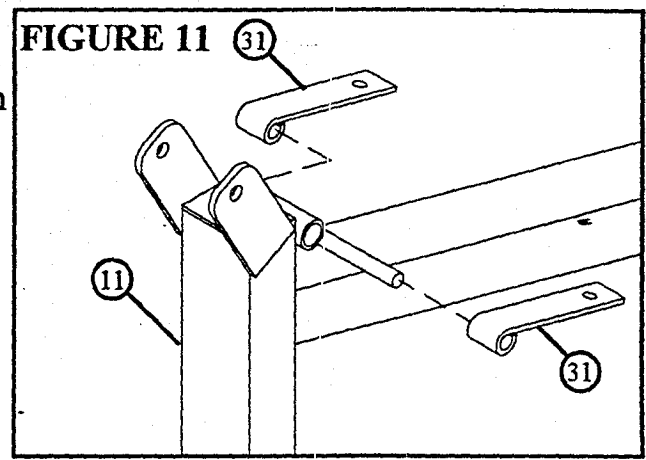
**STEP 11:** Securely attach the BACK PAD (7) to the BACK PAD TUBES (2 & 3) using four 3/8 X 3" BOLTS (20) and four 3/8" FLAT WASHERS (24). See FIGURE 9.



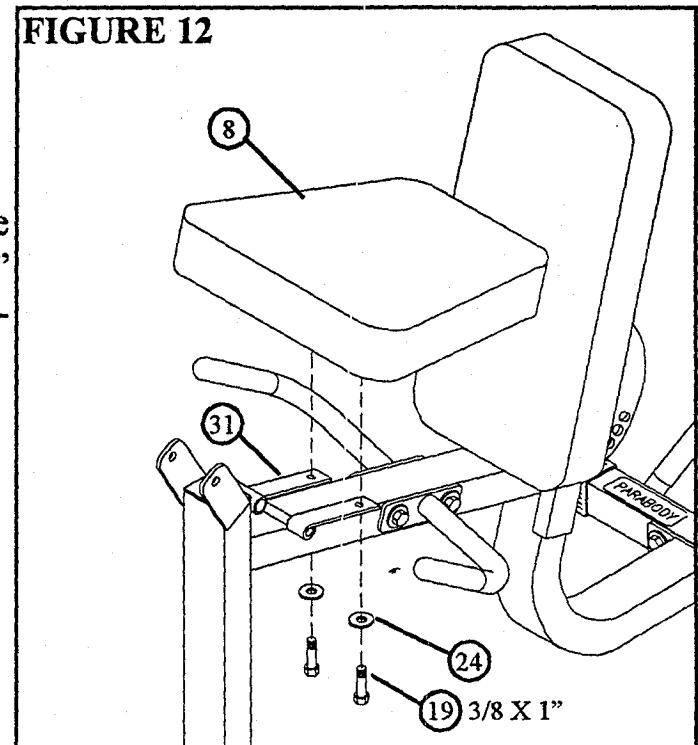
**STEP 12:** Securely fasten 2 X 8" PLATE (16) to bottom of SEAT PAD (8) using two 3/8 X 1" BOLTS (19) and two 3/8" FLAT WASHERS (24). See FIGURE 10.



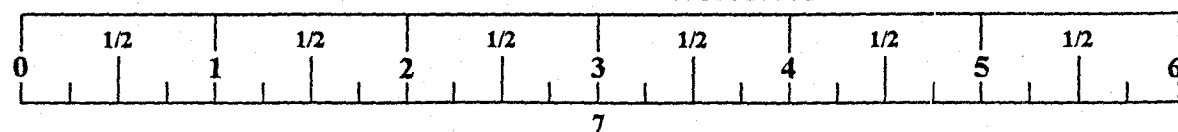
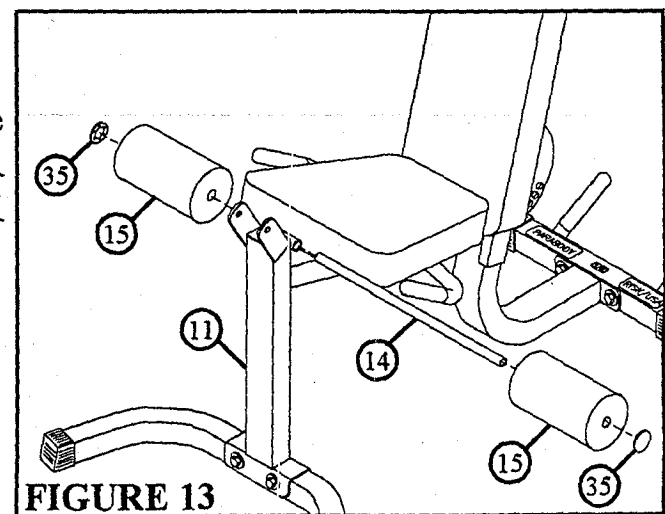
**STEP 13:** Slide two HINGE TABS (31) over posts on LEG FRAME (11). See FIGURE 11.



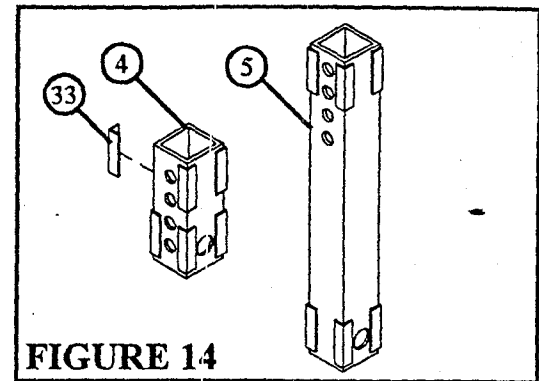
**STEP 14:** Securely attach the SEAT PAD (8) to the HINGE TABS (31) using two 3/8 X 1" BOLTS (19) and two 3/8" FLAT WASHERS (24). See FIGURE 12.



**STEP 15:** Attach two ROLLER PADS (15) to the LEG FRAME (11) using one 17" ROLLER PAD SHAFT (14) and two STARLOCK COLLARS (35). See FIGURE 13.

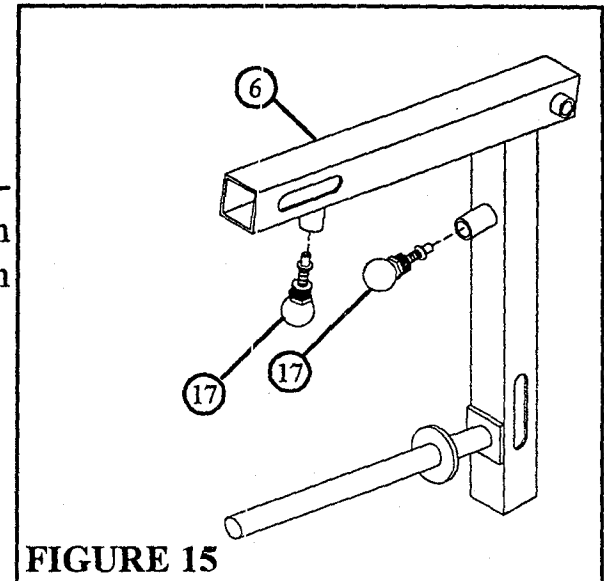


**STEP 16:** Attach eight 1-1/2" X 3/4" GLIDES (33) to 5" ROLLER PAD ADJUSTER (4) and attach eight 1-1/2" X 3/4" GLIDES (33) to 13-1/2" ROLLER PAD ADJUSTER (5) as shown in FIGURE 14.



**FIGURE 14**

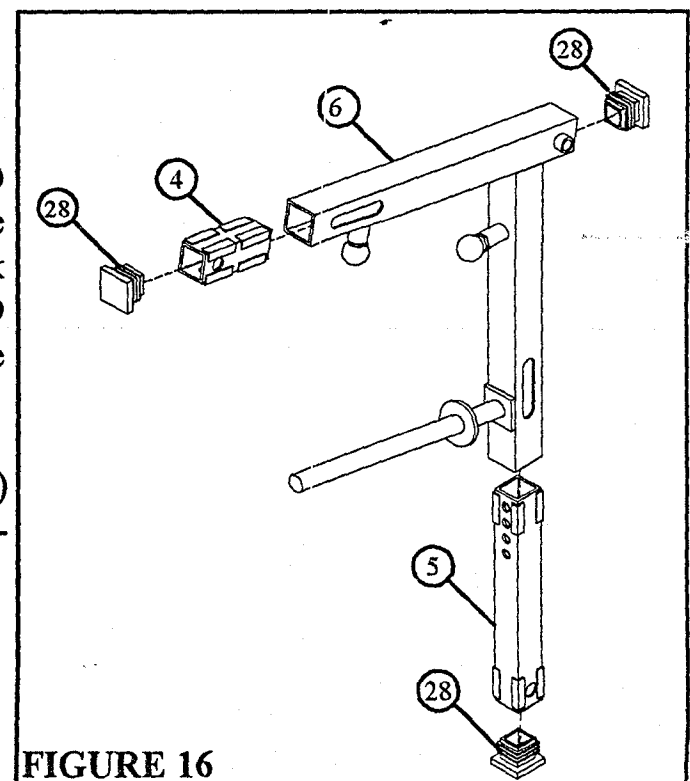
**STEP 17:** Securely assemble two 3/8" SPRING PIN ASSEMBLIES (17) into the spring pin barrels on the LEG CURL/EXTENSION (6) as shown in FIGURE 15.



**FIGURE 15**

**STEP 18:** Insert 5" & 13-1/2" ROLLER PAD ADJUSTERS (4 & 5) in the ends of the LEG CURL/EXTENSION (6). Pull back on SPRING PINS until ROLLER PAD ADJUSTERS (4 & 5) lock in place. See FIGURE 16.

**STEP 19:** Insert three 2" SQUARE END CAPS (28) into the ends of the LEG CURL/EXTENSION (6). See FIGURE 16.



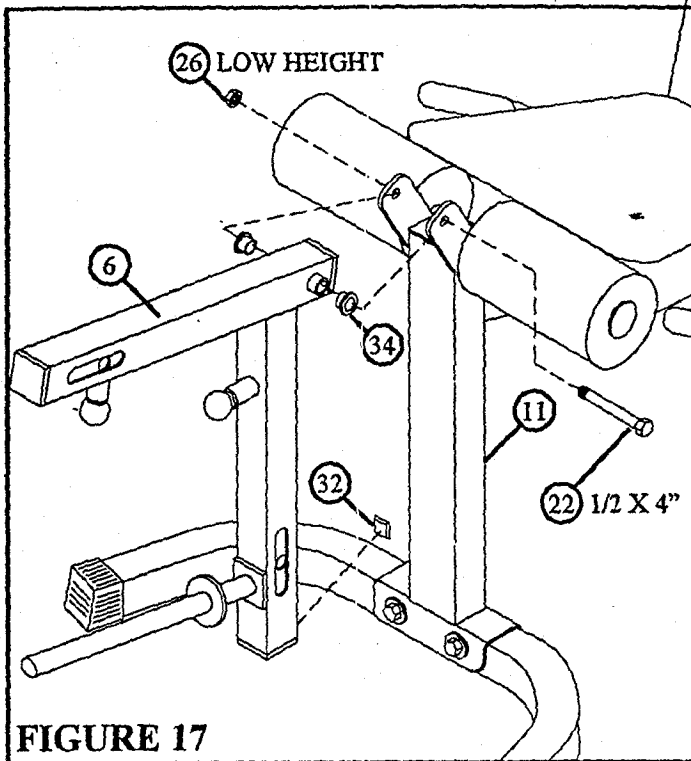
**FIGURE 16**



**STEP 20:** Insert two 1/2" FLANGE BEARINGS (34) into the LEG CURL/EXTENSION (6). See FIGURE 17.

**STEP 21:** Securely assemble LEG CURL/EXTENSION (6) to LEG FRAME (11) using one 1/2 X 4" BOLT (22) and one 1/2" LOW HEIGHT NYLOCK NUT (26). (NOTE: SECURELY TIGHTEN BOLT THEN BACK NUT OFF 1/4 TURN TO ALLOW THE PART TO ROTATE FREELY.) See FIGURE 17

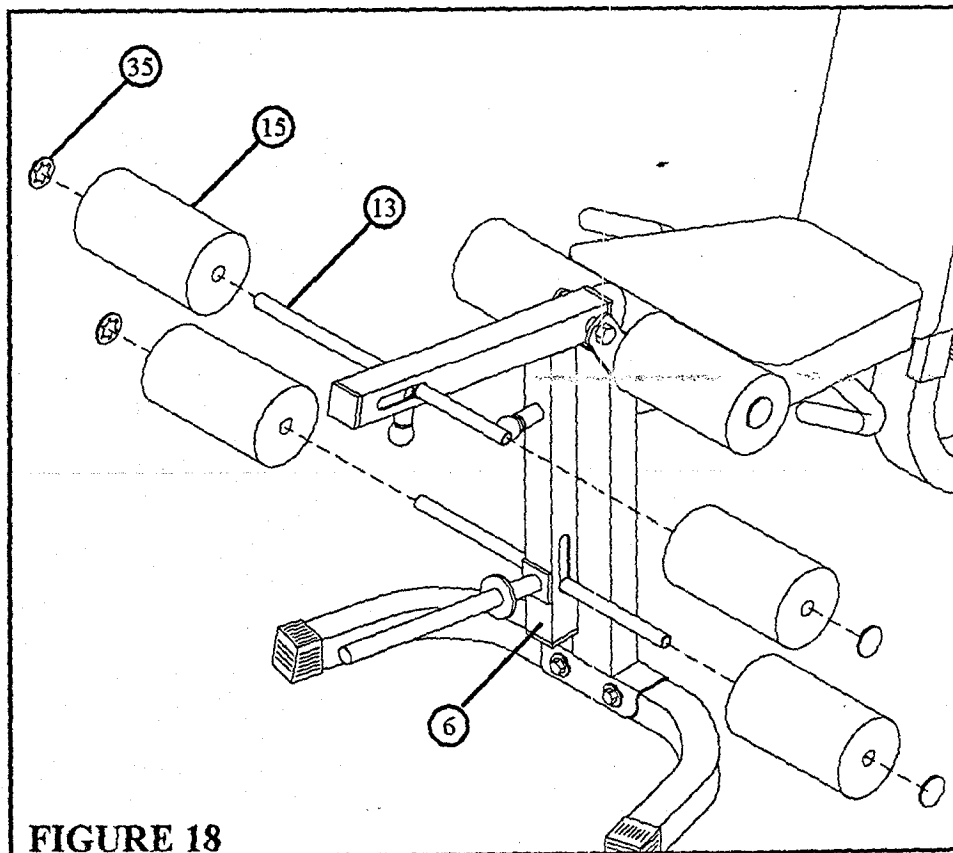
**STEP 22:** Attach one 3/4" SQUARE RUBBER BUMPER (32) between the contact point of the LEG CURL/EXTENSION (6) and the LEG FRAME (11). See FIGURE 17.



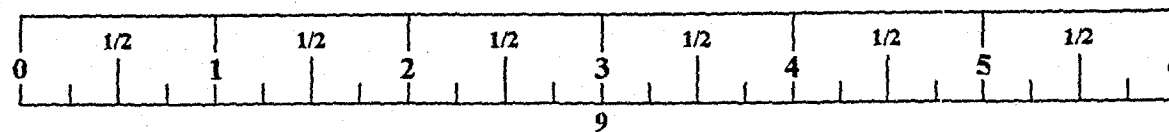
**FIGURE 17**

**STEP 23:** Attach four ROLLER PADS (15) to the LEG CURL/EXTENSION (6) using two 16" ROLLER PAD SHAFTS (13) and four STARLOCK COLLARS (35). See FIGURE 18.

**THIS CONCLUDES THE ASSEMBLY OF THE PARABODY 829102 LEG CURL/EXTENSION**



**FIGURE 18**



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