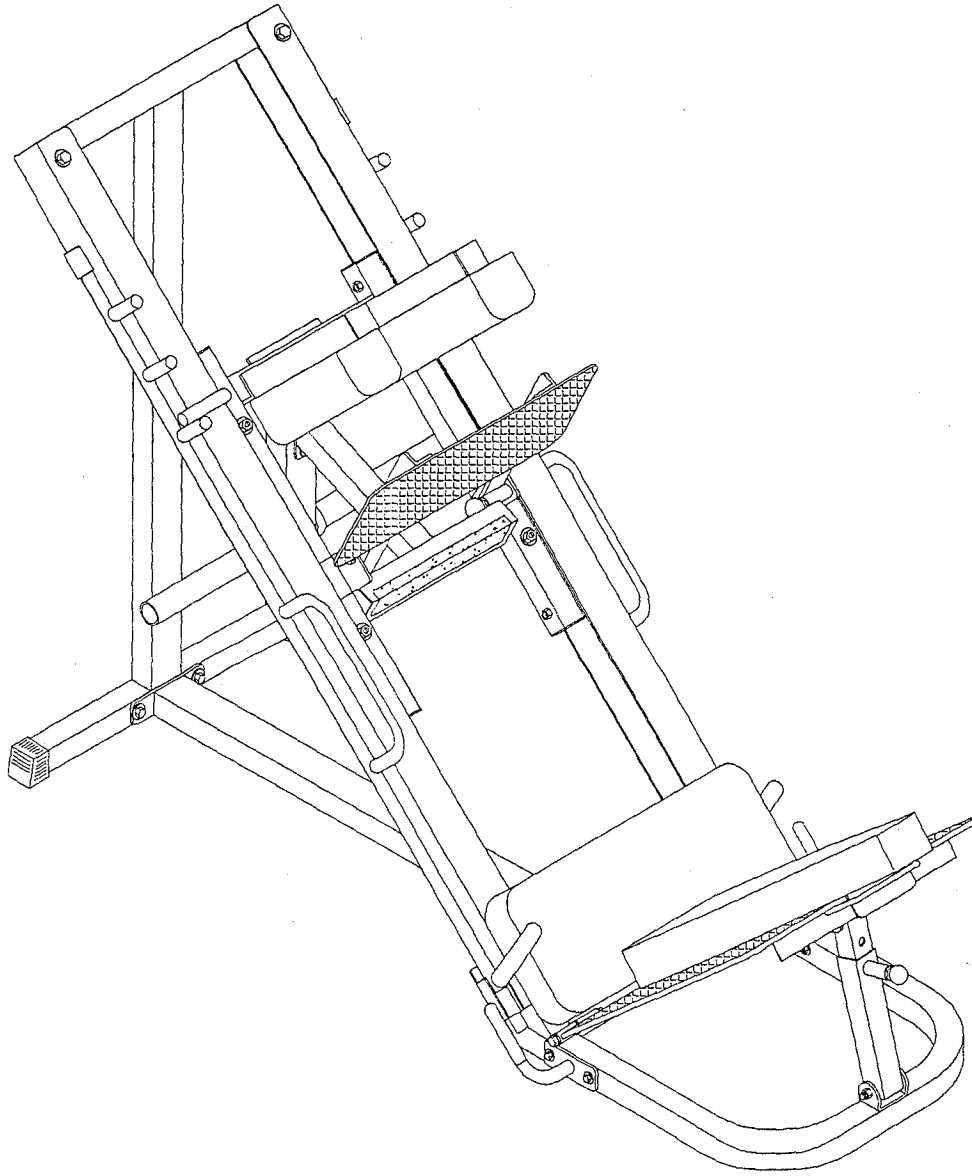


PARABODY

Serious Steel

835102 HIP SLED



ASSEMBLY INSTRUCTIONS

Part # 6754601

1

Revision: 5/24/00

IMPORTANT NOTES

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

Please note:

- * Thank you for purchasing the Parabody 835102 HIP SLED. 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:

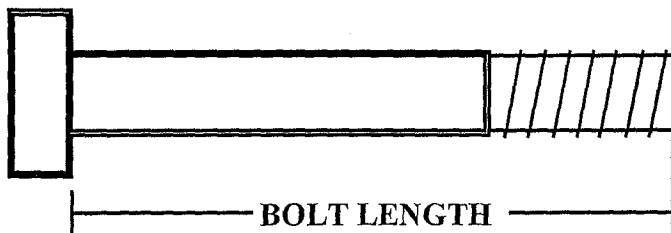
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your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

Tools Required for Assembly

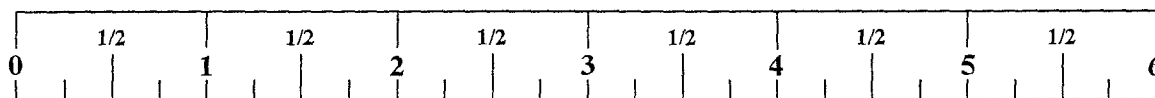
- * 3/4" wrench
- * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

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



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6504903	BASE	1	25	6270501	4 X 14" NON-SKID STRIP	1
2	6506803	PLATFORM SLEEVE	1	26	6405201	2" SQ. END CAP	8
3	6507403	PAD SUPPORT	2	27	6416601	1-1/2" X 3/4" PARAGLIDE	1
4	6507703	RIGHT HANDLE	1	28	6467001	2" SQ. COVER CAP	2
5	6507803	LEFT HANDLE	1	29	3102501	3/8" WASHER	24
6	6505403	REAR UPRIGHT	1	30	3102601	3/8" LOCK WASHER	8
7	6505902	CARRIAGE STOP BAR	2	31	3102802	3/8" LOCK NUT	8
8	6504103	LEFT RAIL	1	32	3102502	1/2" WASHER	32
9	6504203	RIGHT RAIL	1	33	3102801	1/2" LOCK NUT	14
10	6504402	FOOT PLATE	1	34	3102804	1/2" LOW HEIGHT LOCK NUT	8
11	6504702	PLATFORM	1	35	3102909	3/8 X 1" BOLT	2
12	6506602	PLATFORM ADJUSTMENT	1	36	3102933	3/8 X 2" BOLT	4
13	6507002	WEIGHT SUPPORT	1	37	3102904	3/8 X 3" BOLT	8
14	6521202	ADJ. WHEEL BRACKET	2	38	3102935	3/8 X 4-1/2" BOLT	2
15	6534302	PAD STOP	1	39	3202101	1/2 X 1-1/4" BOLT	2
16	6501402	CARRIAGE	1	40	3102953	1/2 X 2-3/4" BOLT	2
17	6509201	SHOULDER PAD	2	41	3102918	1/2 X 3-1/4" BOLT	6
18	6666901	SEAT PAD	1	42	3102917	1/2 X 4" BOLT	2
19	6667301	BACK PAD	1	43	3102937	1/2 X 4-1/2" BOLT	8
20	6500501	3" DIA. WHEEL	4	44	3102944	1/2 X 5" BOLT	2
21	6500601	2" DIA. WHEEL	4	45	3110002	1-1/4" ROLL PIN	2
22	3103101	1-1/4 X 5" GRIP	2	46	6020601	1/2" FLANGE BEARING	8
23	3103104	1 X 5" GRIP	2	47	6466901	1/2" DIA. SPRING PIN	2
24	3116001	1-1/4" SQ. RUBBER BUMPER	2				

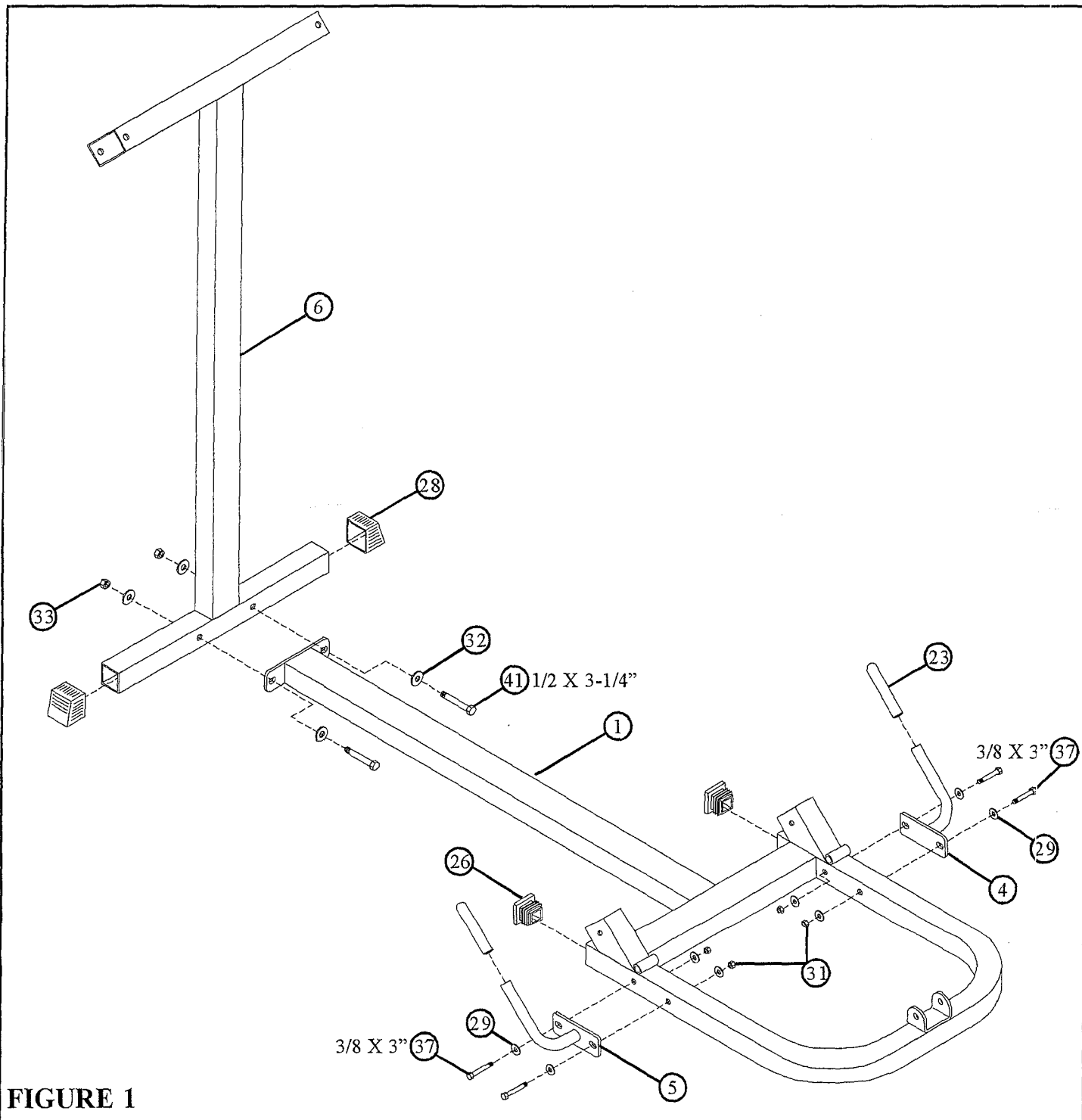
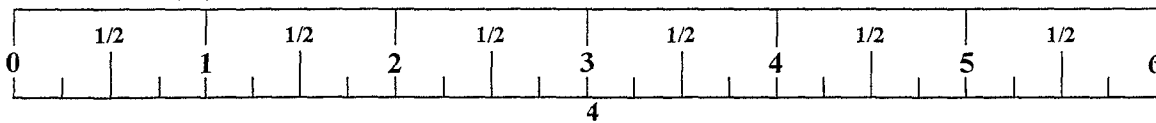


FIGURE 1

STEP 1:

- Insert two 2" SQ. END CAPS (26) into each end of the BASE (1) as shown in FIGURE 1.
- Attach two 2" SQ. COVER CAPS (28) over each end of the base of the REAR UPRIGHT (6).
- **SECURELY** assemble the REAR UPRIGHT (6) to the BASE (1) as shown in FIGURE 1 using two 1/2 X 3-1/4" BOLTS (41), four 1/2" WASHERS (32), and two 1/2" LOCK NUTS (33).
- **SECURELY** assemble the RIGHT (4) and LEFT HANDLES (5) to the BASE (1) on their respective sides using four 3/8 X 3" BOLTS (37), eight 3/8" WASHERS (29), and four 3/8" LOCK NUTS (31).
- Slide two 1 X 5" GRIPS (23) over the ends of the RIGHT (4) and LEFT HANDLES (5) as shown in FIGURE 1.



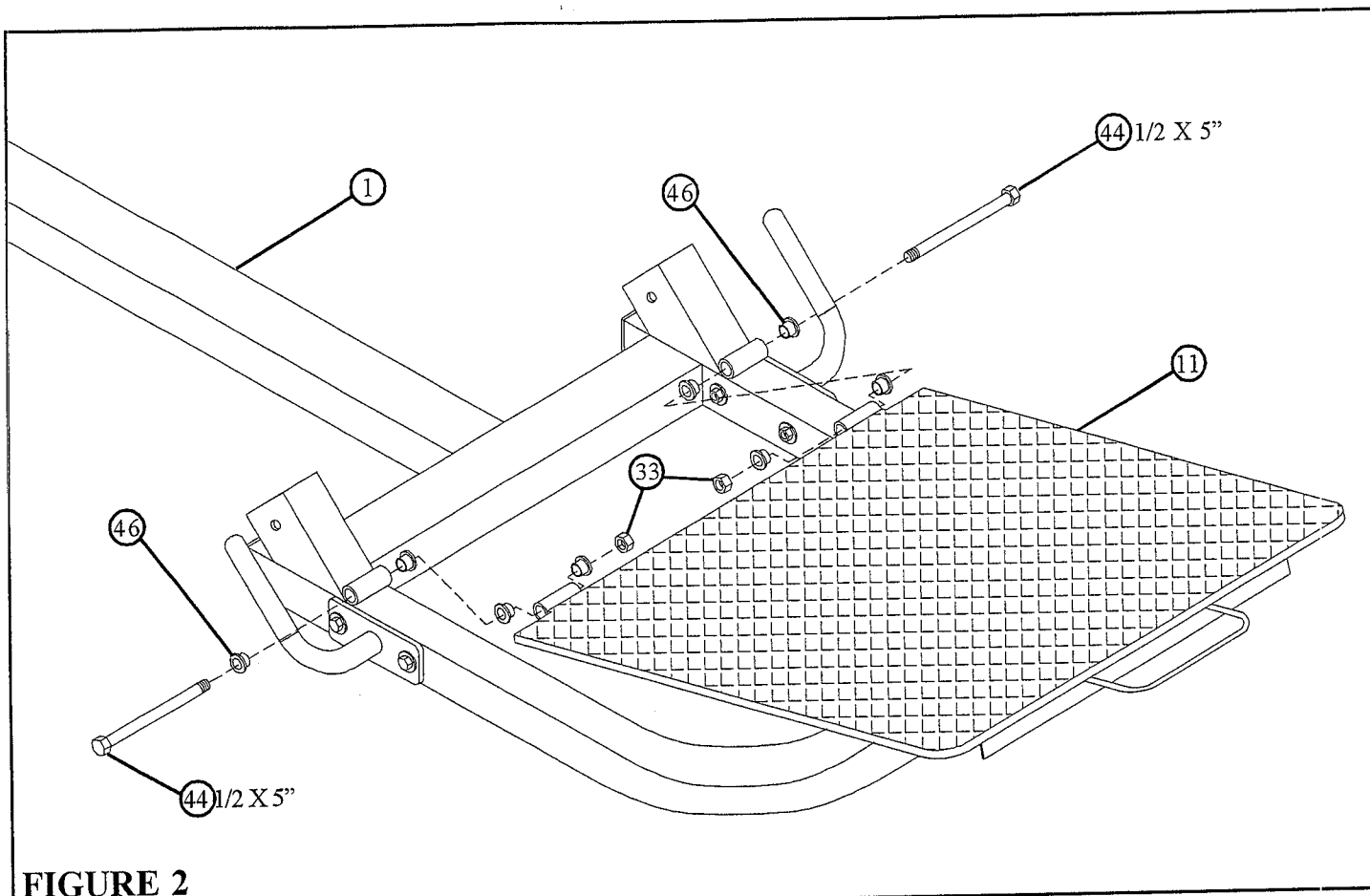


FIGURE 2

STEP 2:

- Insert four 1/2" FLANGE BEARINGS (46) into the BUSHINGS on the BASE (1), and four 1/2" FLANGE BEARINGS (46) into the BUSHINGS on the PLATFORM (11) as shown in FIGURE 2.
- Assemble the PLATFORM (11) between the BUSHINGS on the BASE (1) as shown in FIGURE 2 using two 1/2 X 5" BOLTS (44) and two 1/2" LOCK NUTS (33). (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM TO ROTATE FREELY**)

STEP 3:

- Attach four 1-1/2 X 3/4" PARAGLIDE STRIPS (27) to the end of the PLATFORM ADJUSTMENT (12), and four 1-1/2 X 3/4" PARAGLIDE STRIPS (27) to the end of the PLATFORM SLEEVE as shown in FIGURE 3 using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS (27) are to be attached.
 - Remove the PARAGLIDE STRIPS (27) from the paper backing and firmly apply them to all shown surfaces.
- **SECURELY** Assemble one 1/2" DIA. SPRING PIN (47) to the SPRING PIN HOUSING, on the PLATFORM SLEEVE (2) as shown in FIGURE 3. (**!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN SECURELY**)

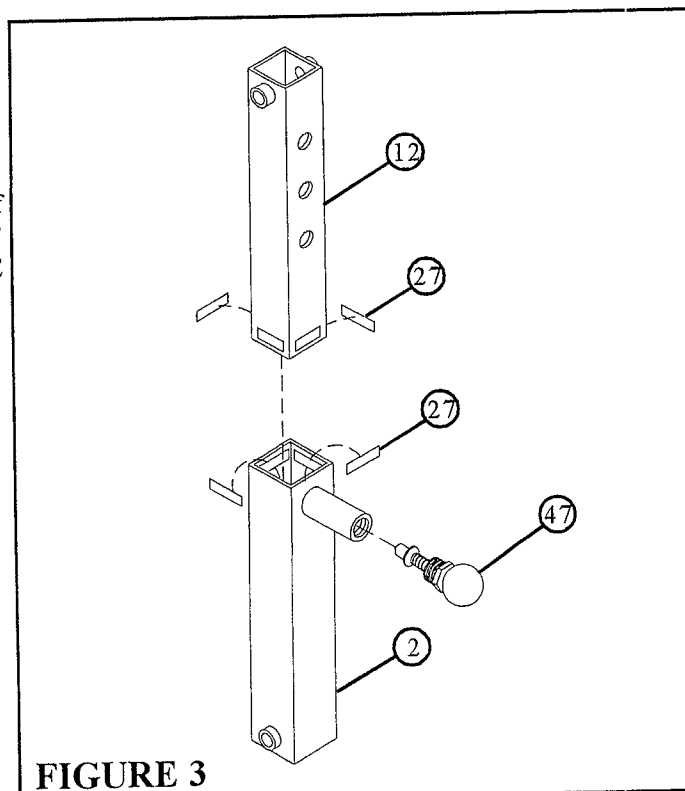


FIGURE 3

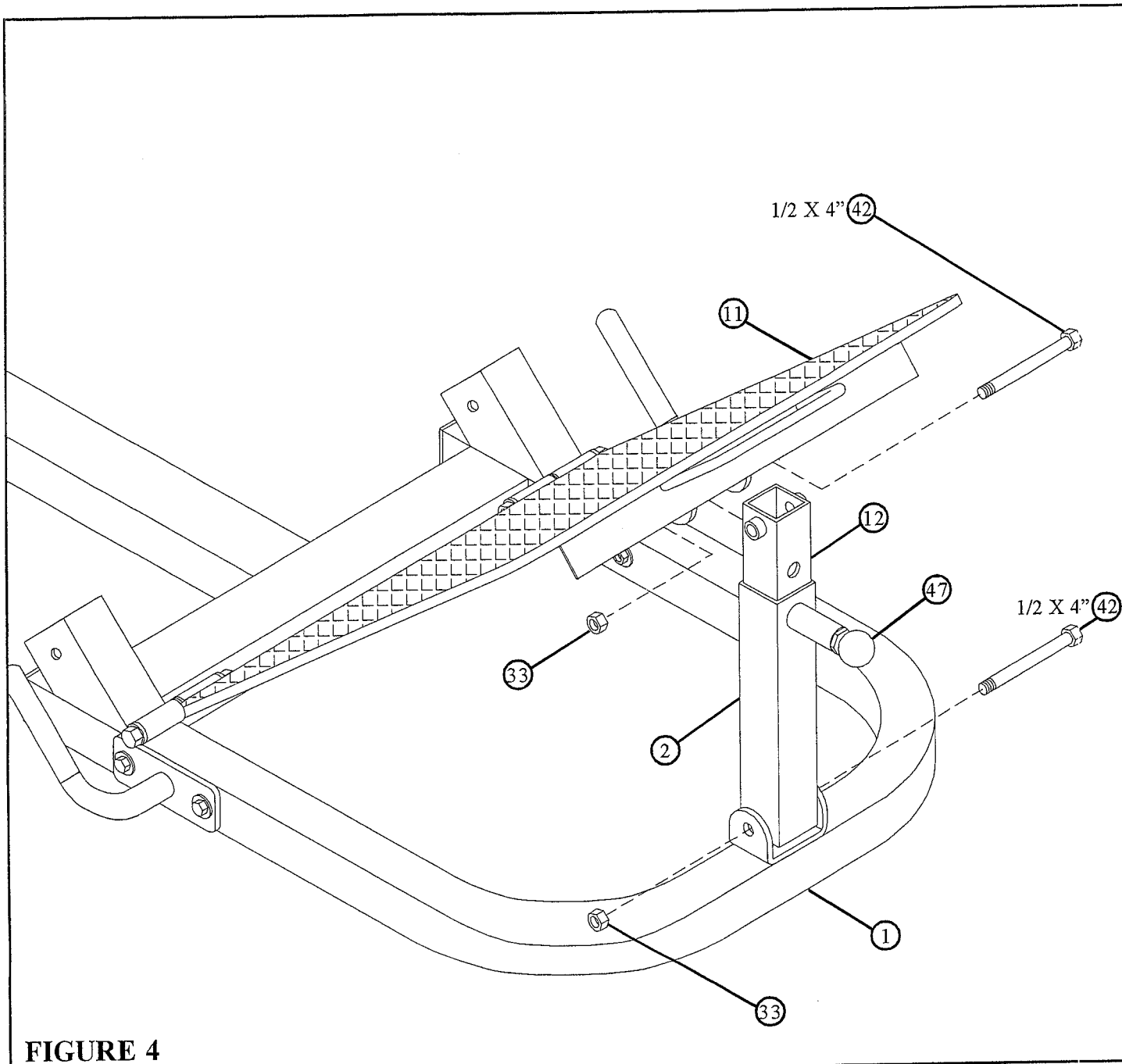
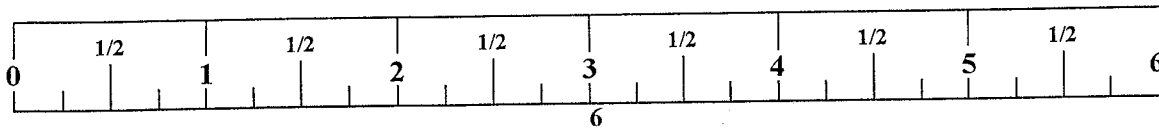


FIGURE 4

STEP 4:

- Assemble the PLATFORM SLEEVE (2) to the BASE (1) as shown in FIGURE 4 using one 1/2 X 4" BOLT (42), and one 1/2" LOCK NUT (33). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM SLEEVE TO ROTATE FREELY)**
- Pull back the 1/2" DIA. SPRING PIN (47) on the PLATFORM SLEEVE (2) and insert the PLATFORM ADJUSTMENT (12) into it. Slide the PLATFORM ADJUSTMENT (12) down to the first adjustment hole and release the SPRING PIN (47).
- Assemble the PLATFORM ADJUSTMENT (12) to the PLATFORM (11) as shown in FIGURE 4 using one 1/2 X 4" BOLT (42), and one 1/2" LOCK NUT (33). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM ADJUSTMENT TO ROTATE FREELY)**



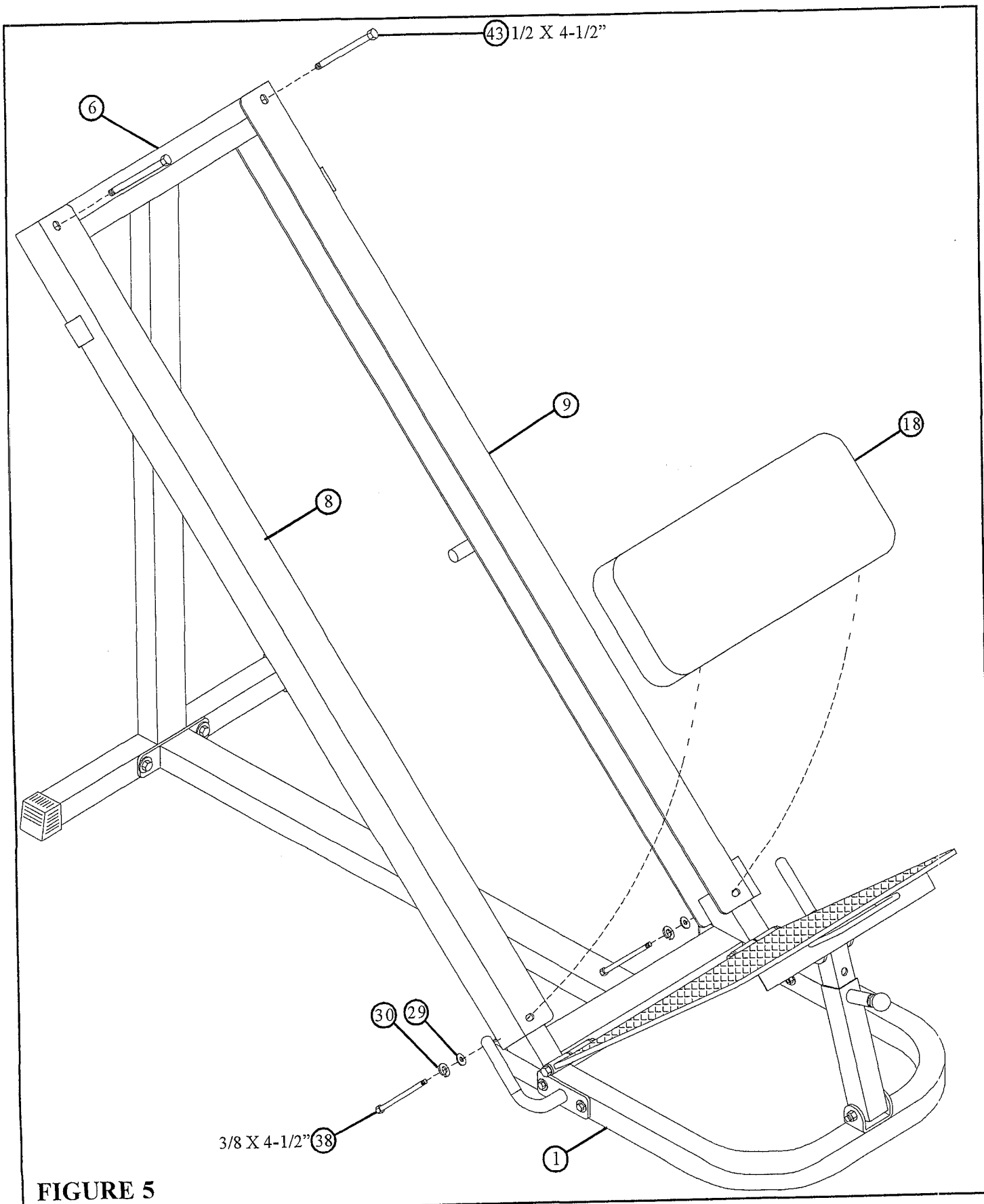


FIGURE 5

STEP 5:

- **LOOSELY** assemble the LEFT (8) and RIGHT RAILS (9), along with the SEAT PAD (18) to the BASE (1) as shown in FIGURE 5 using two 3/8 X 4-1/2" BOLTS (38), two 3/8" LOCK WASHERS (30), and two 3/8" WASHERS (29). Temporarily assemble the RAILS to the REAR UPRIGHT (6) using two 1/2 X 4-1/2" BOLTS (43) to aid in the assembly of this step.

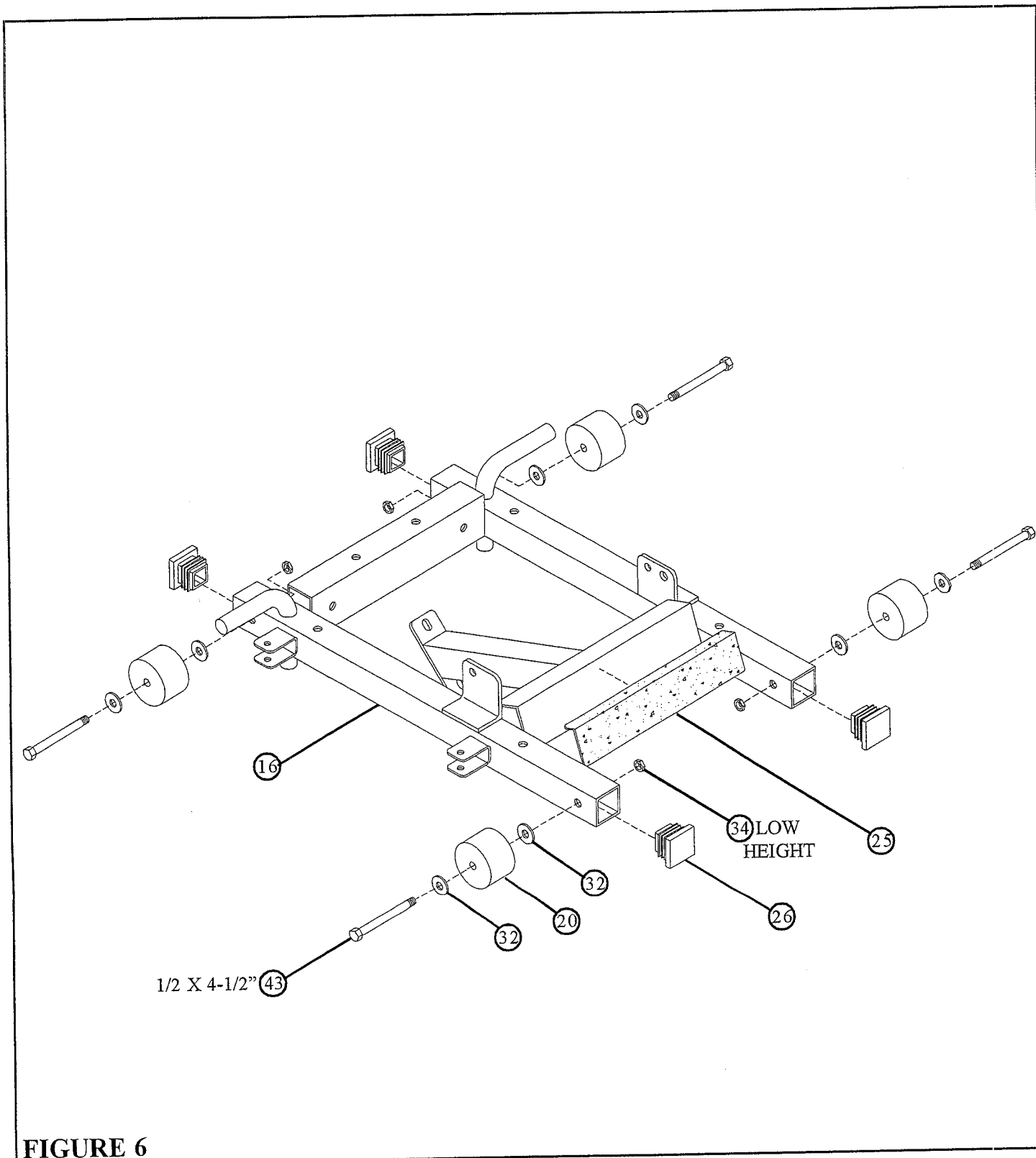
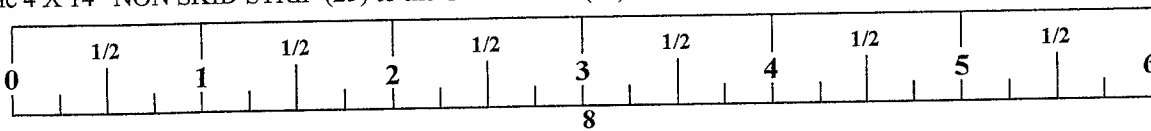


FIGURE 6

STEP 6:

- Insert four 2" SQ. END CAPS (26) into the each end of the CARRIAGE (16) as shown in FIGURE 6.
- **SECURELY** assemble four 3" DIA. WHEELS (20) to the sides of the CARRIAGE (16) as shown in FIGURE 6 using four 1/2 X 4-1/2" BOLTS (43), eight 1/2" WASHERS (32), and four 1/2" LOW HEIGHT LOCK NUTS (34).
- Attach one 4 X 14" NON SKID STRIP (25) to the CARRIAGE (16) as shown in FIGURE 6.



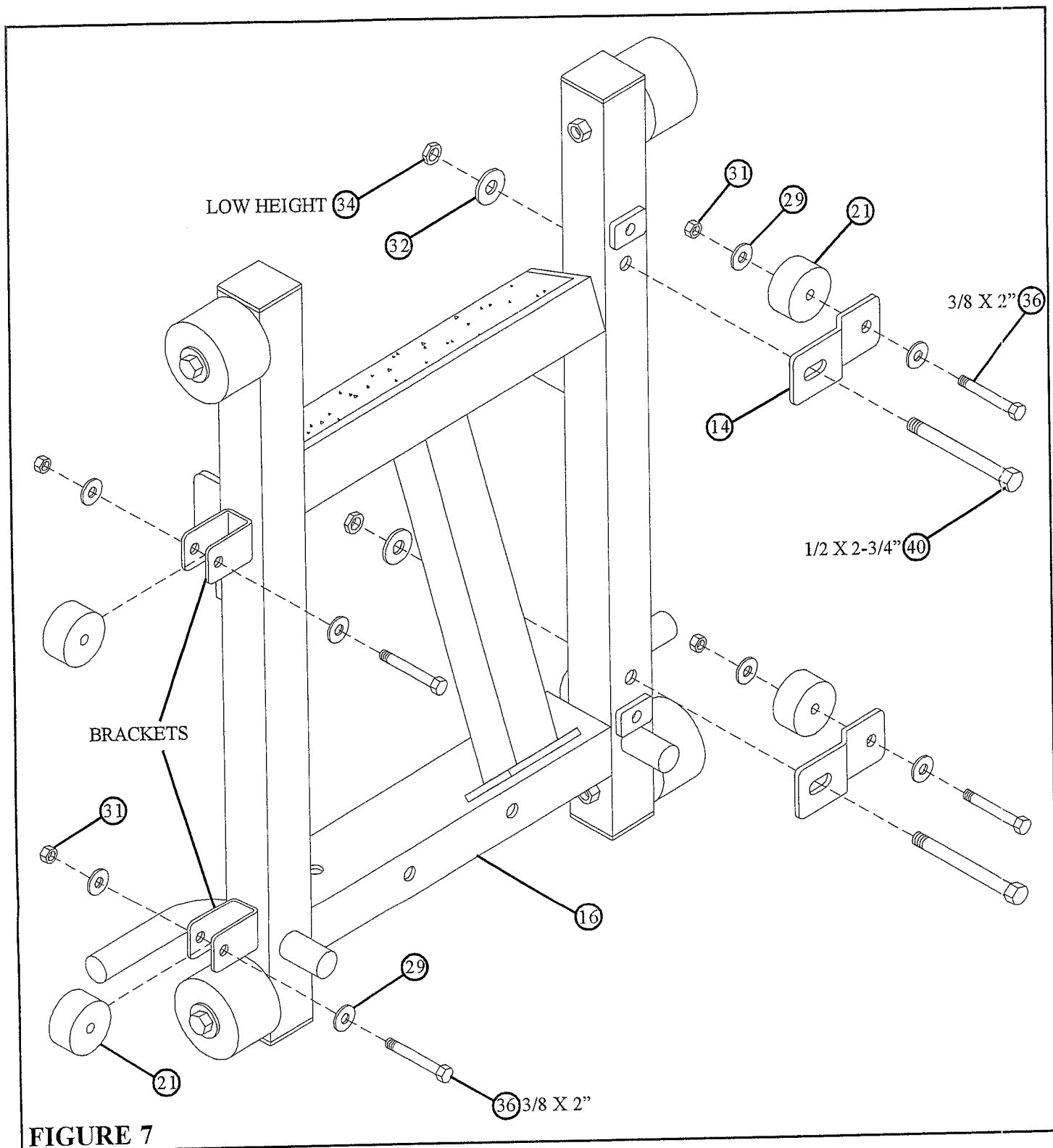
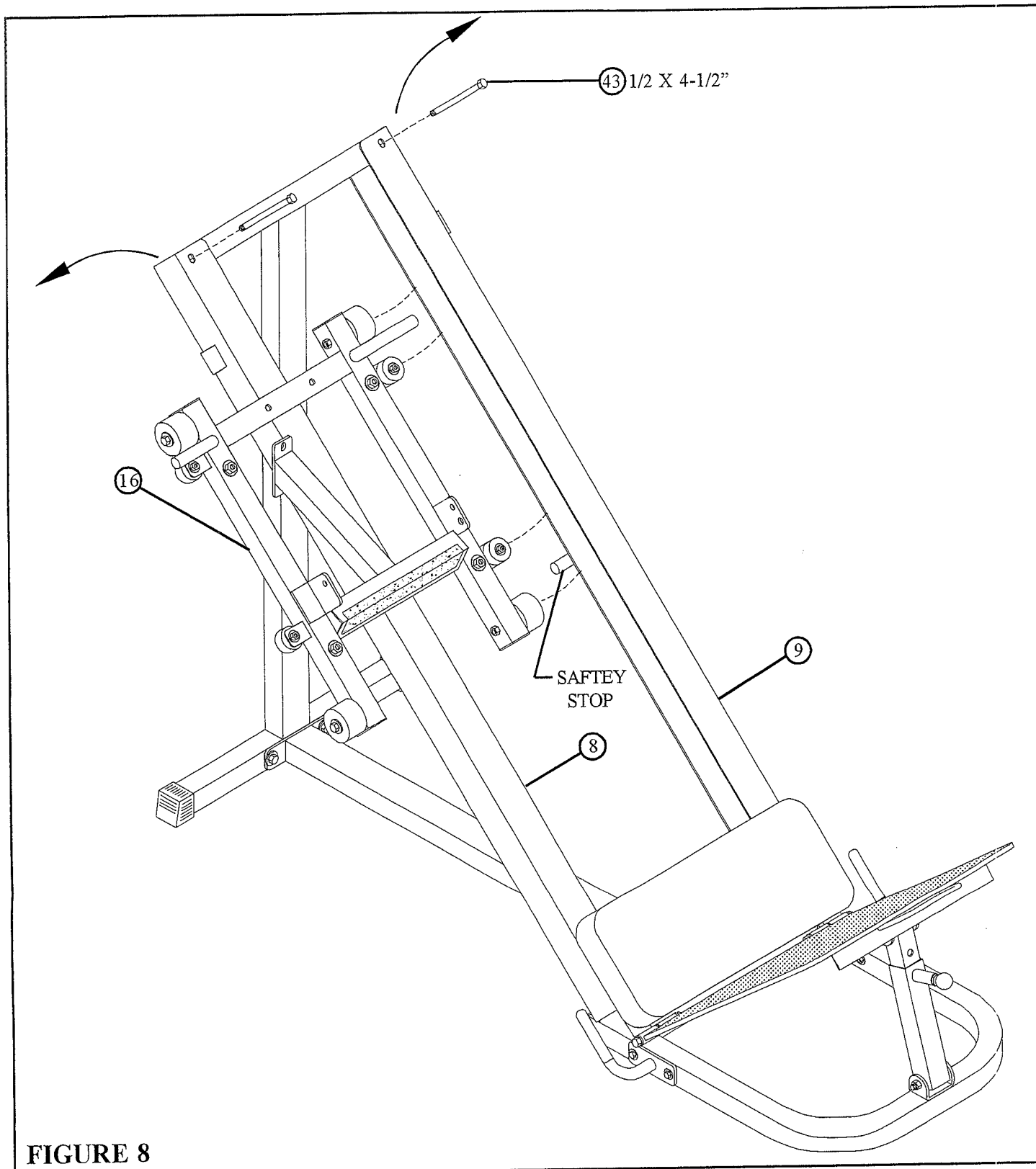


FIGURE 7

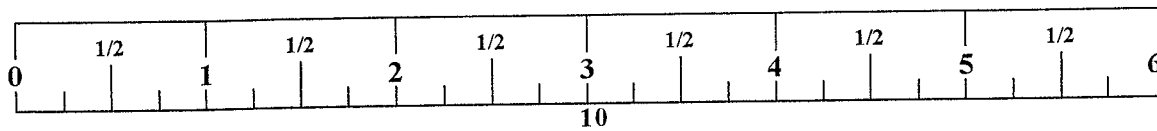
STEP 7:

- **SECURELY** assemble two 2" DIA. WHEELS (21) to the BRACKETS on the left side of the CARRIAGE (16) as shown in FIGURE 7 using two 3/8 X 2" BOLTS (36), four 3/8" WASHERS (29), and two 3/8" LOCK NUTS (31).
- Assemble the two ADJ. WHEEL BRACKETS (14) to the right side of the CARRIAGE (16) as shown in FIGURE 7 using two 1/2 X 2-3/4" BOLTS (40), two 1/2" WASHERS (32), and two 1/2" LOW HEIGHT LOCK NUTS (34). (**NOTE: TIGHTEN BRACKETS SECURELY TO THE CARRIAGE, THEN BACK NUT OFF 1/2 TURN TO ALLOW FOR ADJUSTMENT IN A LATTER STEP.**)
- **SECURELY** assemble two 2" DIA. WHEELS (21) to the ADJ. WHEEL BRACKETS (14) on the right side of the CARRIAGE (16) as shown in FIGURE 7 using two 3/8 X 2" BOLTS (36), four 3/8" WASHERS (29), and two 3/8" LOCK NUTS (31).



STEP 8:

- Remove the two temporary 1/2 X 4-1/2" BOLTS (43) from **STEP 5**.
- Swing the **LEFT (8)** and **RIGHT (9)** RAILS out enough to insert the **CARRIAGE ASSEMBLY (16)** in between them. Allow the **CARRIAGE (16)** to rest on the **SAFETY STOPS** underneath the RAILS. See **FIGURE 8**.



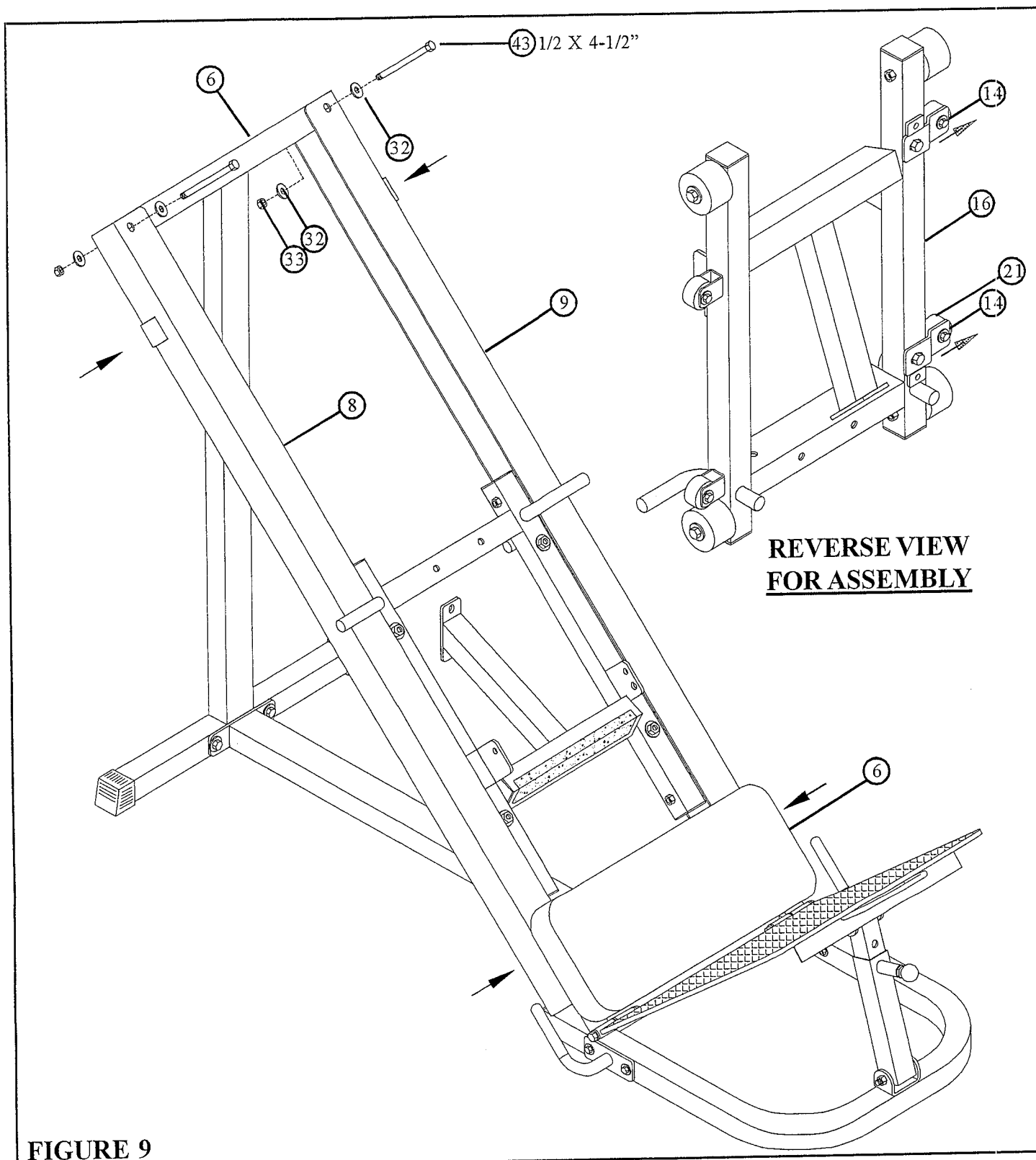


FIGURE 9

STEP 9:

- **SECURELY** reassemble the LEFT (8) and RIGHT (9) RAILS to the REAR UPRIGHT (6) as shown in FIGURE 9 using the two 1/2 X 4-1/2" BOLTS (43), four 1/2" WASHERS (32), and two 1/2" LOCK NUTS (33). (!!! IMPORTANT !!! BEFORE TIGHTENING MOVE THE RAILS IN AS FAR AS POSSIBLE)
- **SECURELY** tighten the two 3/8 X 4-1/2" BOLTS (38) holding the SEAT PAD (18) from STEP 5. (!!! IMPORTANT !!! BEFORE TIGHTENING MOVE THE RAILS IN AS FAR AS POSSIBLE)
- To adjust the side to side movement of the CARRIAGE (16), start by sliding the CARRIAGE (16) as far to the left as possible inside the RAILS (8 & 9). Adjust the ADJ. WHEEL BRACKETS (14) out until the 2" DIA. WHEELS (21) contact the RIGHT RAIL (9). **SECURELY** tighten bolt connection. See FIGURE 9 and REVERSE CARRIAGE VIEW.

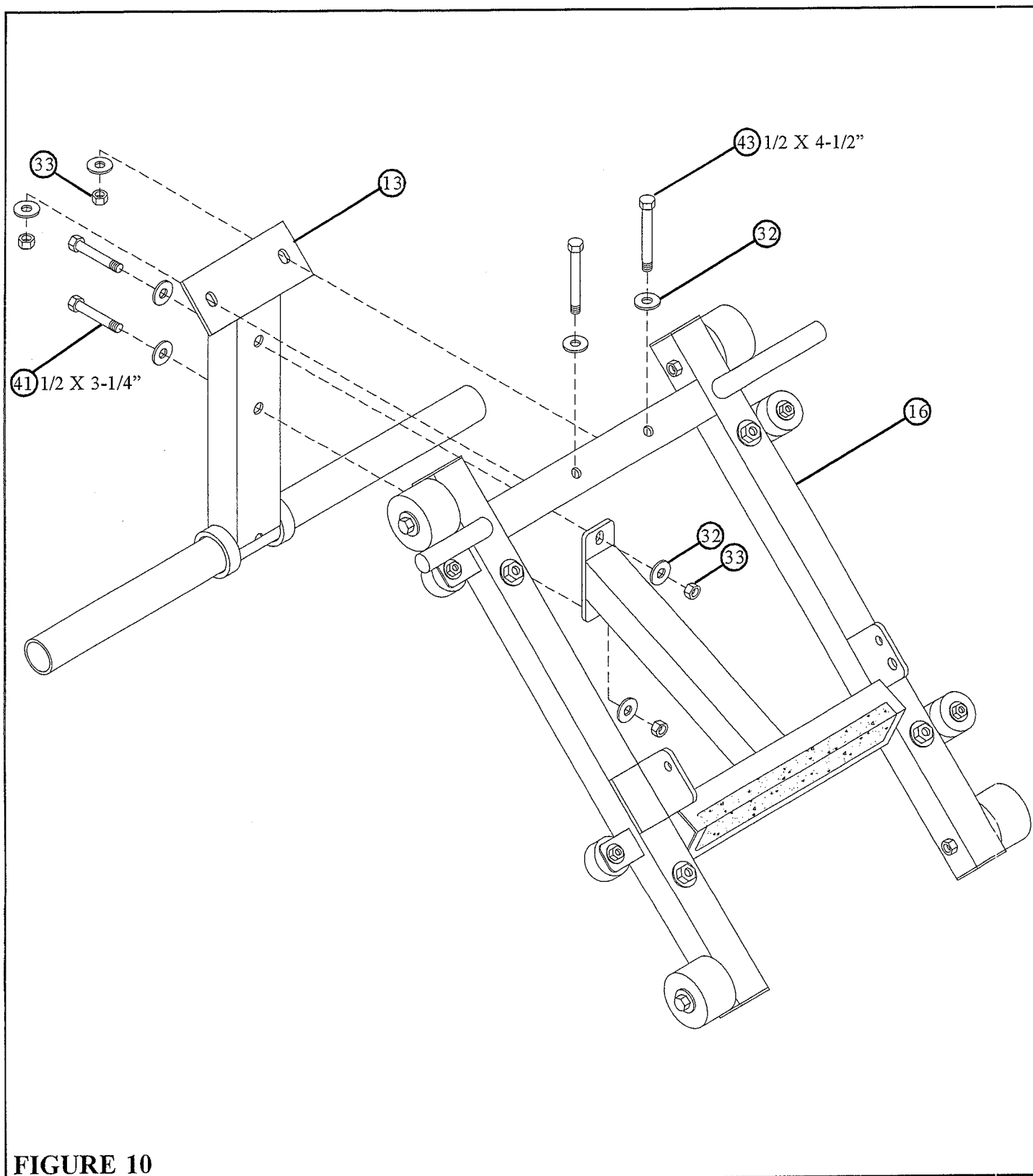
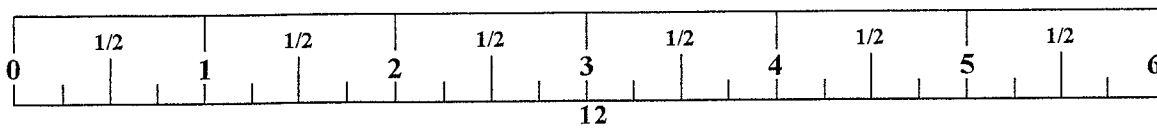


FIGURE 10

STEP 10:

- **SECURELY** assemble the WEIGHT SUPPORT (13) to the CARRIAGE (16) as shown in FIGURE 10 using two 1/2 X 4-1/2" BOLTS (43), two 1/2 X 3-1/4" BOLTS (41), eight 1/2" WASHERS (32), and four 1/2" LOCK NUTS (33).



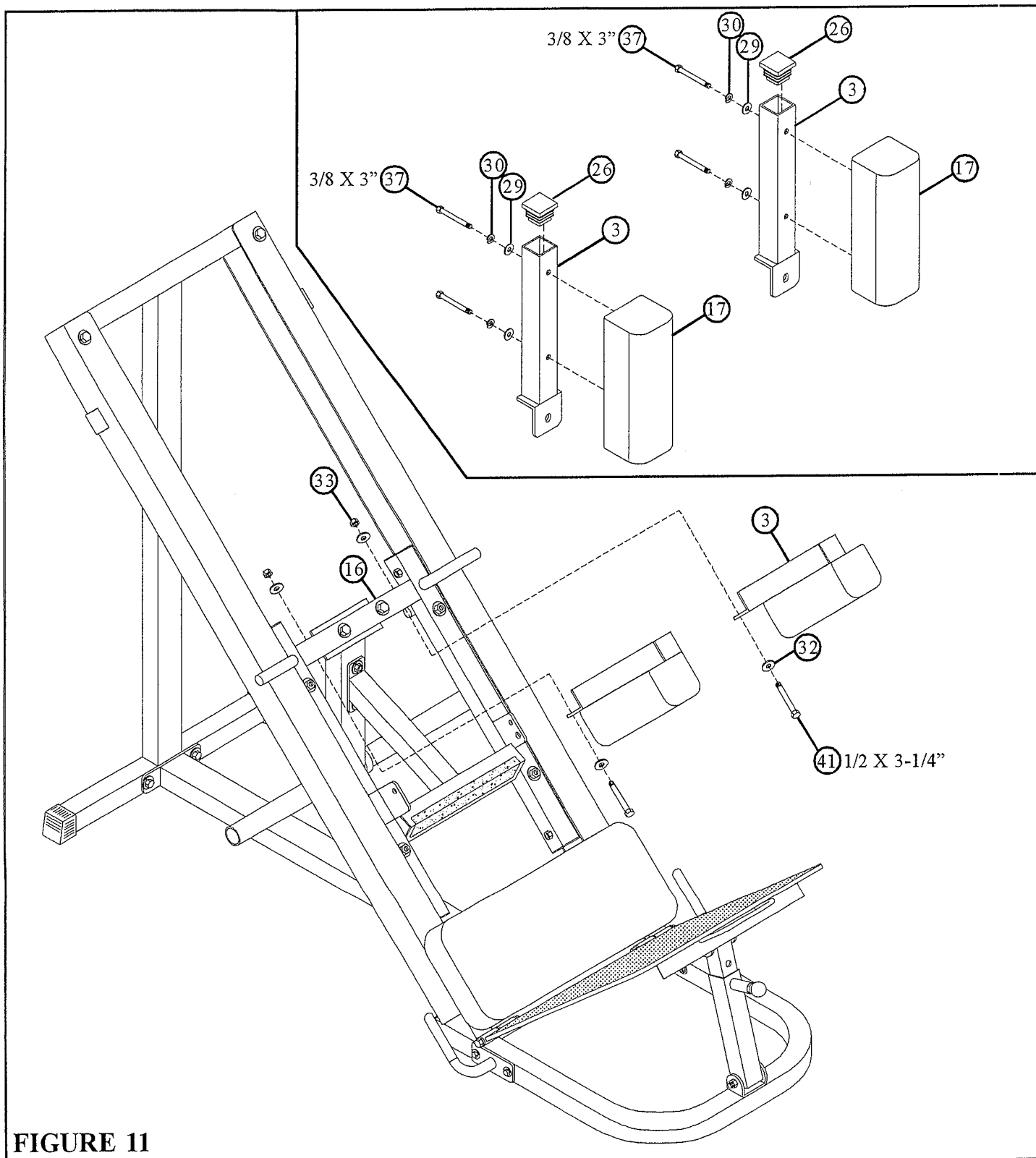


FIGURE 11

STEP 11:

- Insert two 2" SQ. END CAPS (26) into the ends of each PAD SUPPORT (3) as shown in FIGURE 11.
- **SECURELY** assemble the two PAD SUPPORTS (3) to the CARRIAGE (16) as shown in FIGURE 11 using two 1/2 X 3-1/4" BOLTS (41), four 1/2" WASHERS (32), and two 1/2" LOCK NUTS (33).
- **SECURELY** assemble two SHOULDER PADS (17) to the PAD SUPPORTS (3) on the CARRIAGE (16) as shown in FIGURE 11 using four 3/8 X 3" BOLTS (37), four 3/8" LOCK WASHERS (30), and four 3/8" WASHERS (29).

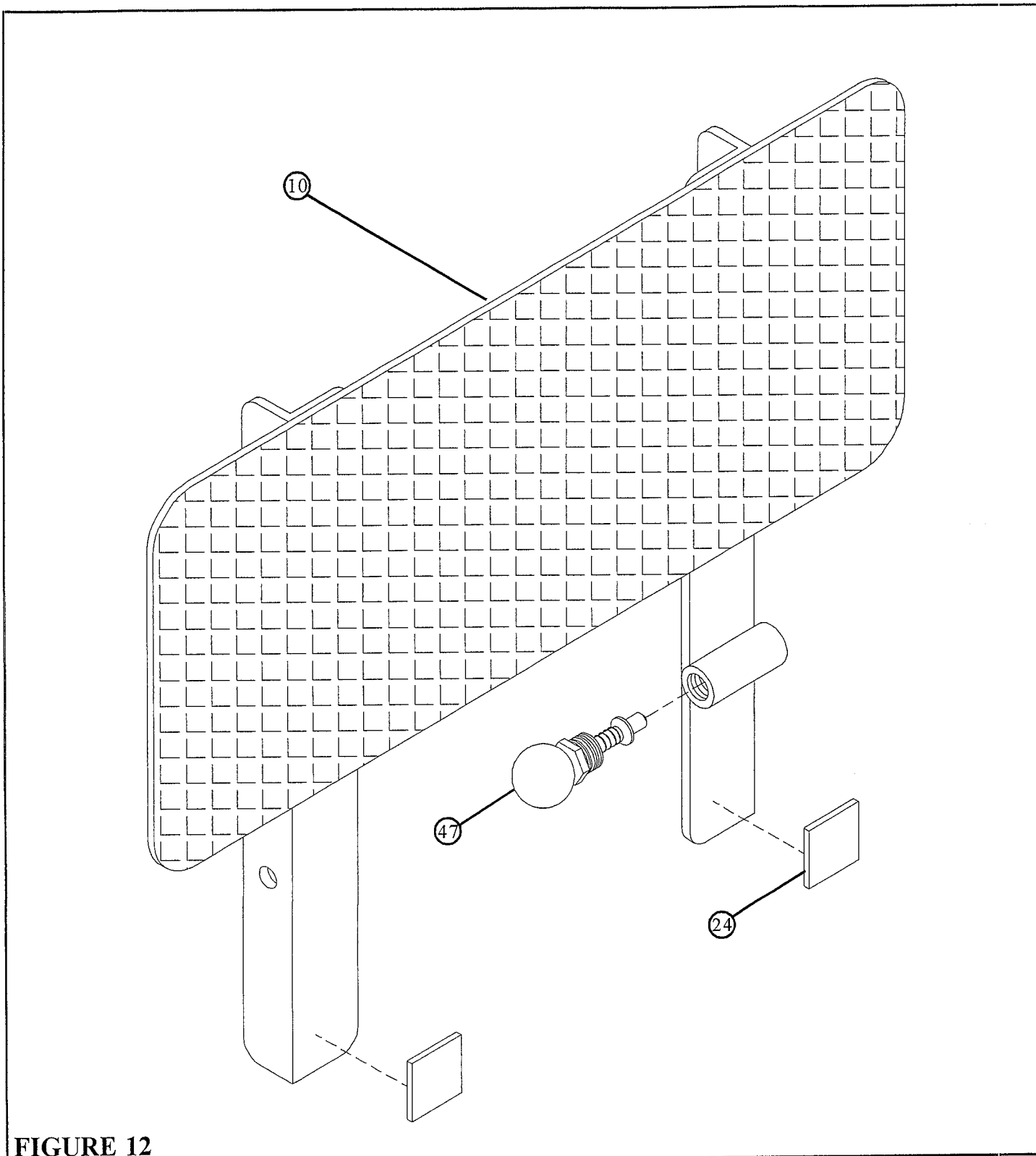
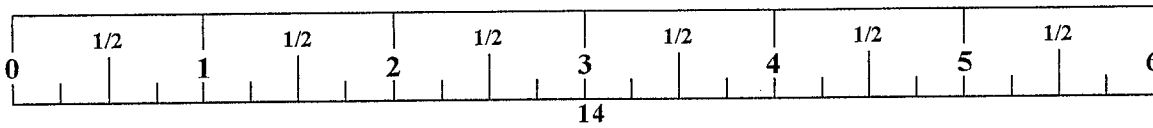


FIGURE 12

STEP 12:

- Attach two 1-1/4" SQ. RUBBER BUMPERS (24) to the ends of the ANGLES of the FOOT PLATE (10) as shown in FIGURE 12.
- **SECURELY** assemble one 1/2" DIA. SPRING PIN (47) to the SPRING PIN HOUSING on the FOOT PLATE (10) as shown in FIGURE 12. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN SECURELY)**



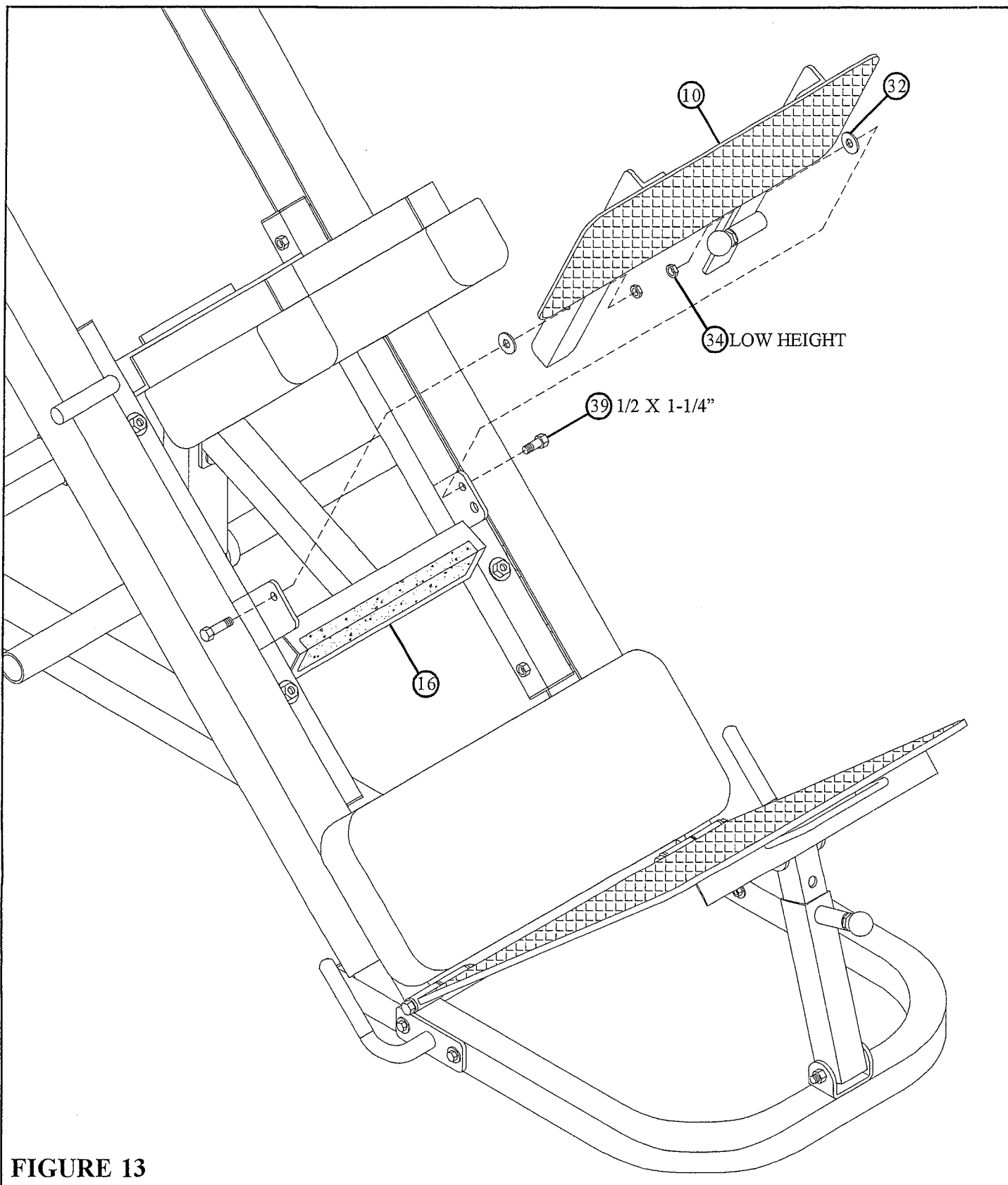


FIGURE 13

STEP 13:

- Assemble the FOOT PLATE (10) to the CARRIAGE (16) as shown in FIGURE 13, using two 1/2 X 1-1/4" BOLTS (39), two 1/2" WASHERS (32), and two 1/2" LOW HEIGHT LOCK NUTS (34). **(TIGHTEN THE CONNECTION COMPLETELY, THEN BACK THE NUTS OFF 1/4 TURN)**

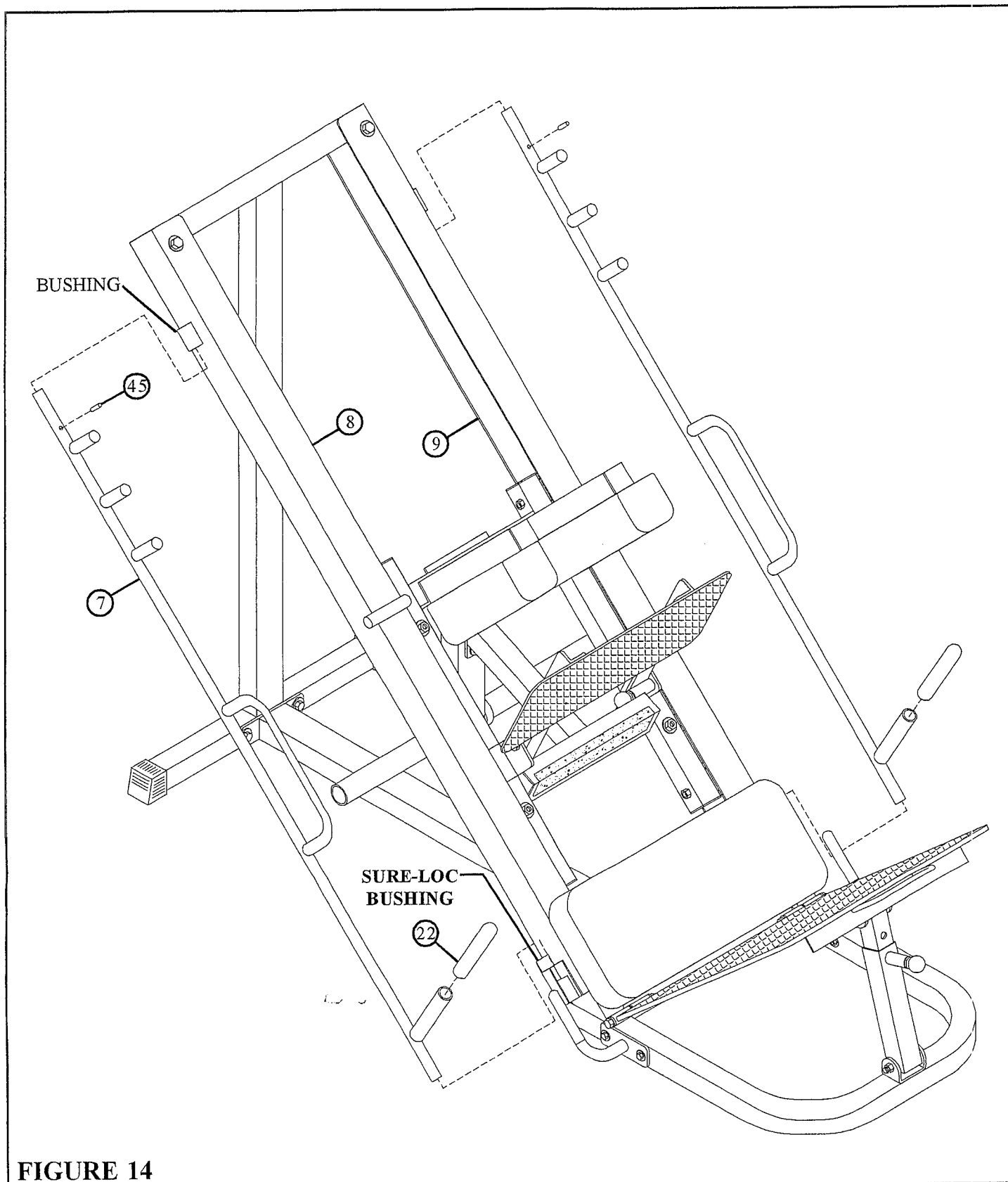


FIGURE 14

STEP 14:

- To assemble the CARRIAGE STOP BAR (7) to the side of the LEFT RAIL (8), start by inserting the top of the BAR (7) into the BUSHING at the top of the RAIL as far as possible, then lower the BAR (7) into the SURE-LOC BUSHING at the bottom of the RAIL. **(MAKE SURE THE STOP PEGS ARE VERTICAL)**, then insert one 1-1/4" ROLL PIN (45) into the hole at the top of the BAR (7). **(DO NOT LET THE ROLL PIN PROTRUDE BENEATH THE BAR)** Repeat this step on the RIGHT RAIL (9).
- Slide two 1-1/4 X 5" GRIPS (22) over the HANDLES on the CARRIAGE STOP BARS (7) as shown in FIGURE 14.

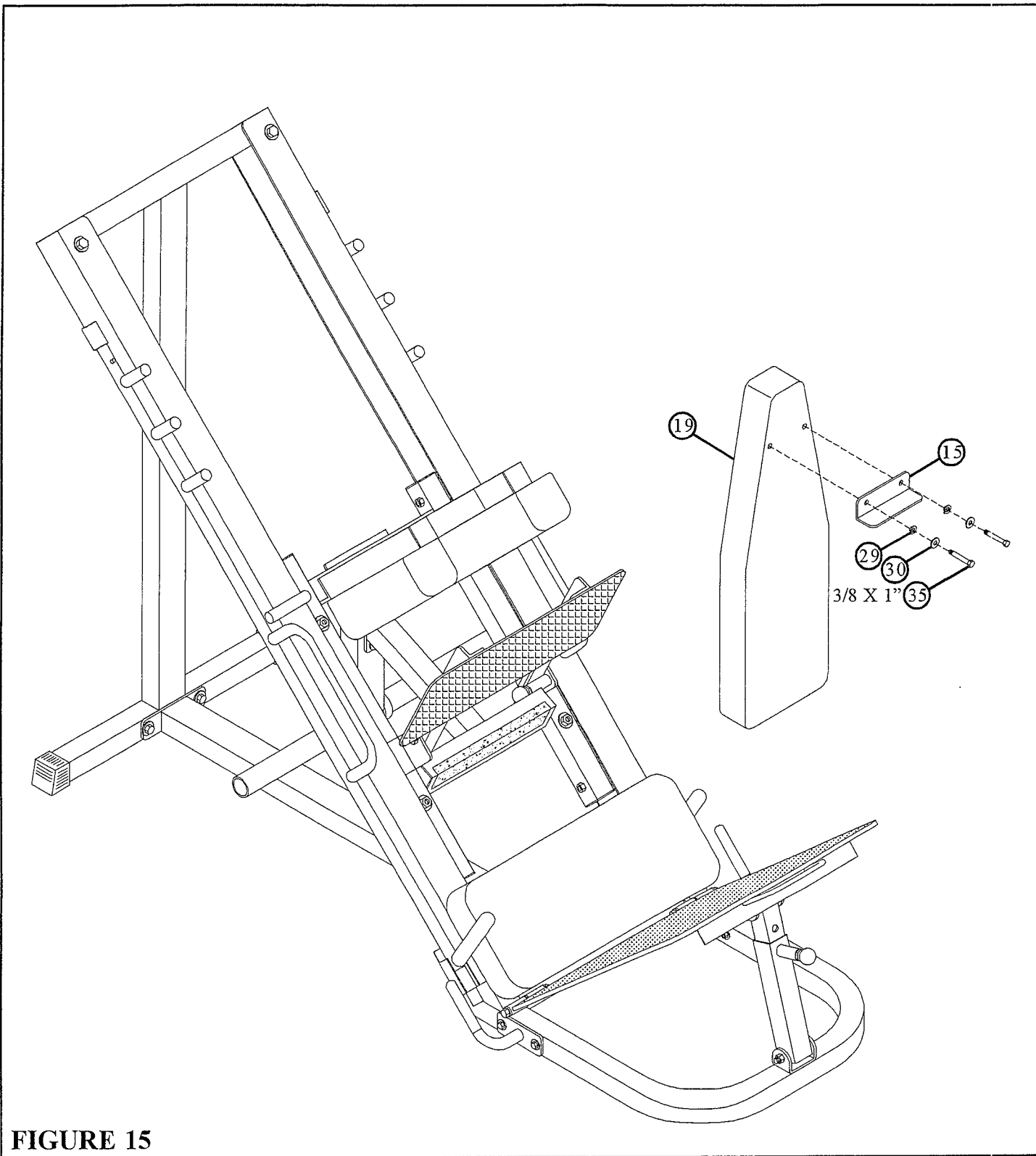


FIGURE 15

STEP 15:

- **SECURELY** assemble the PAD STOP (15) to the BACK PAD (19) as shown in FIGURE 15 using two 3/8 X 1" BOLTS (35), two 3/8" LOCK WASHERS (30), and two 3/8" WASHERS (29).

MAKE SURE ALL CONNECTIONS ARE SECURELY TIGHTENED.

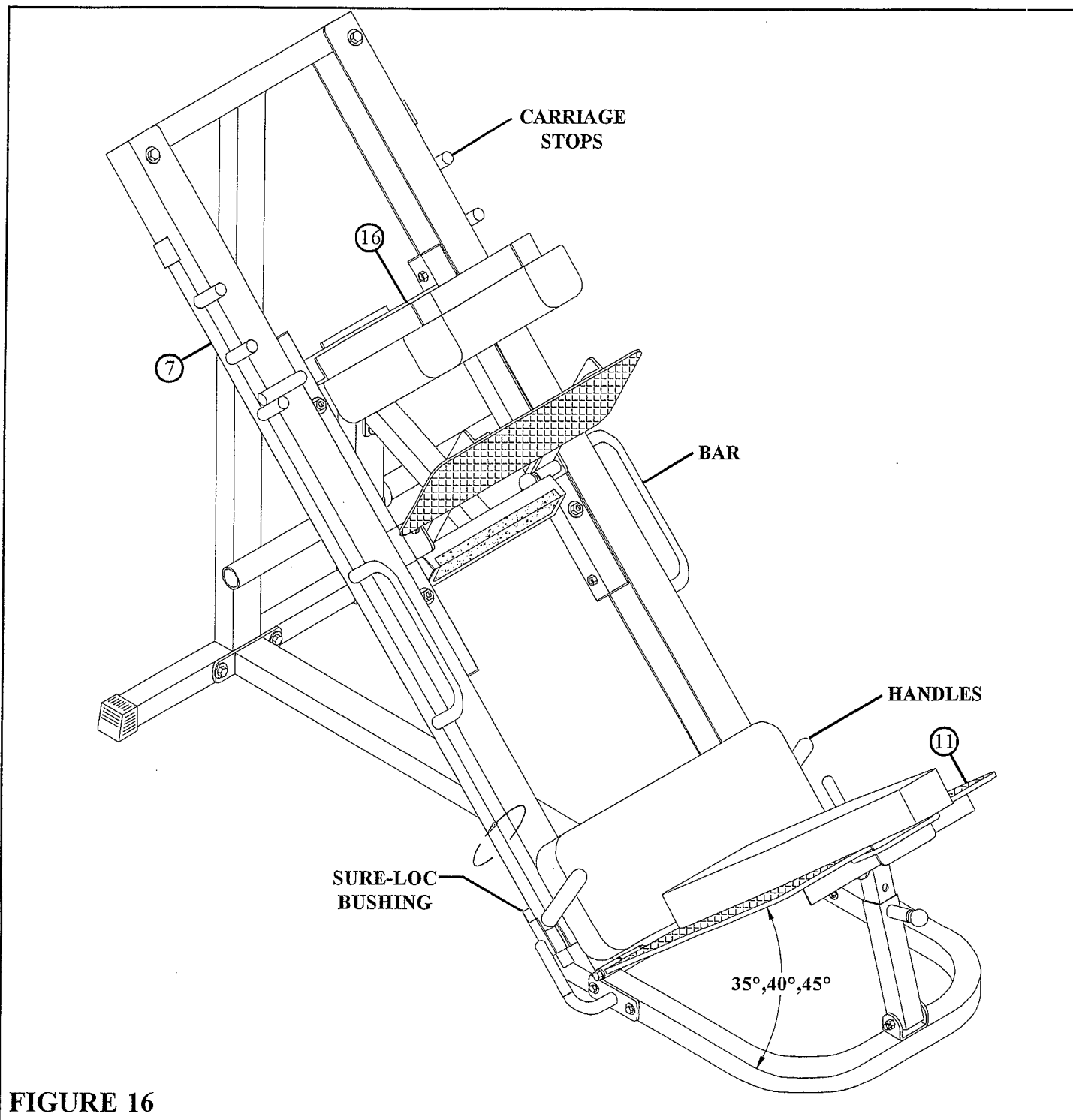
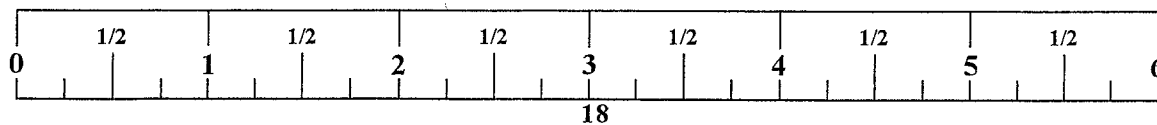


FIGURE 16

STEP 16:

- The PLATFORM (11) can adjust into three positions: 35, 40, and 45 degrees
- The HIP SLED was designed with the SURE-LOC SYSTEM for ultimate safety. To activate the CARRIAGE STOP BARS (7) from either the LEG PRESS or HACK SQUAT position, begin by moving the CARRIAGE (16) up. Grasp the (HANDLES or BAR) on the CARRIAGE STOP BARS (7) and (push or pull) up and rotate them out. Now the stops are out of the way to perform the exercise.
- To stop the CARRIAGE (16) on one of the three carriage stops simply rotate the CARRIAGE STOP BARS (7) back up and allow them to drop down into the SURE-LOC SYSTEM.



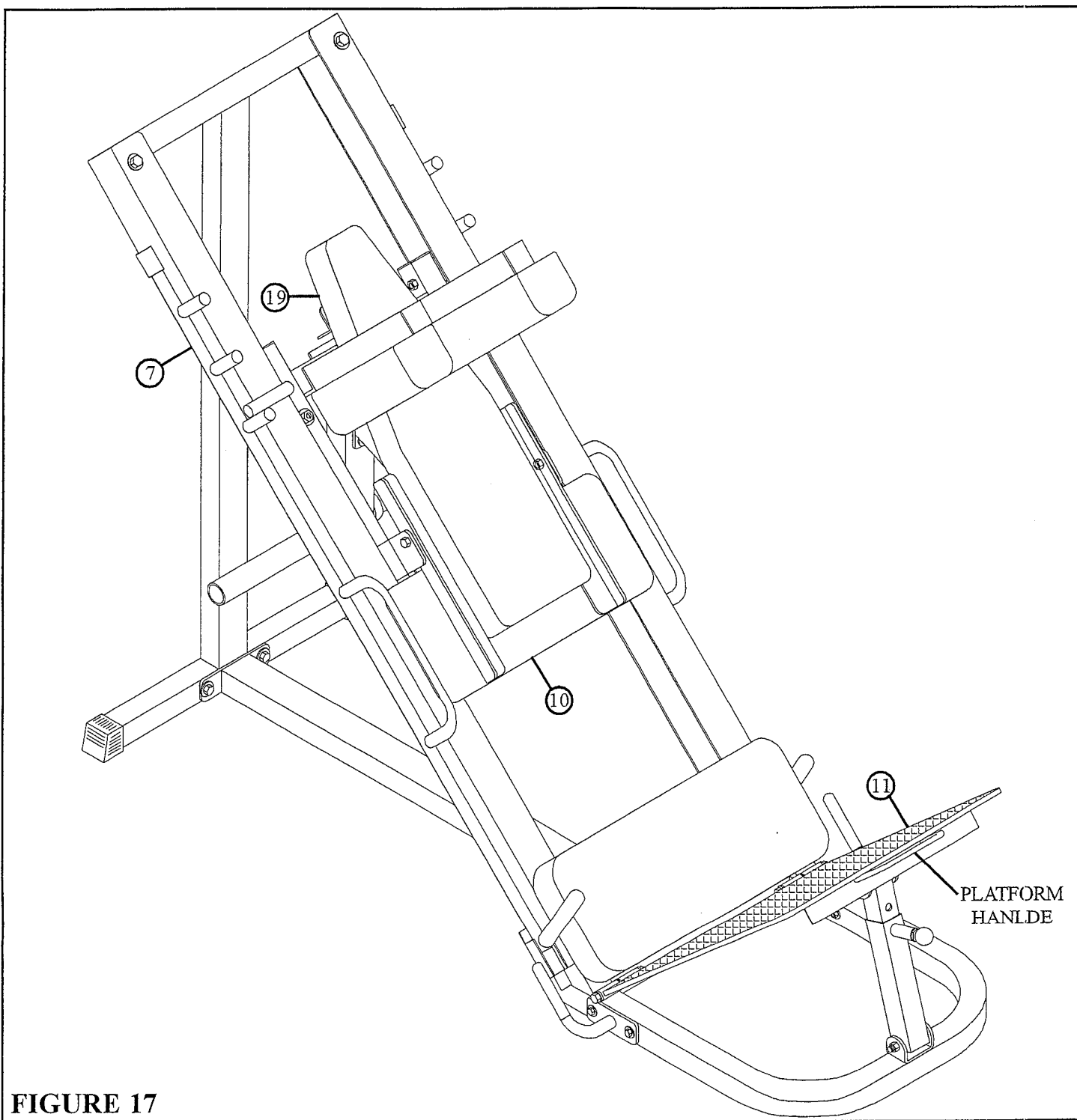


FIGURE 17

STEP 17:

- To perform LEG PRESSES, center the BACK PAD (19) down on top of the PLATFORM (11) and lock the PAD STOP (15) on the back of the BACK PAD (19) behind the PLATFORM HANDLE then rotate the FOOT PLATE (10) on the CARRIAGE (16) up until the SPRING PIN engages the hole
- To perform CALF RAISES, move the CARRIAGE (16) to the top carriage stop of the CARRIAGE STOP BAR (7). Place feet on the HORIZONTAL TUBE of the CARRIAGE (16). **(WHERE THE NON-SKID STRIP IS LOCATED) (DO NOT ROTATE THE CARRIAGE STOP BARS DOWN FOR THIS EXERCISE)**
- To perform HACK SQUATS, make sure that the FOOT PLATE (10) of the CARRIAGE (16) is down. Position the BACK PAD (19) between the SHOULDER PADS of the CARRIAGE (16). **(MAKE SURE THAT THE PAD STOP IS RESTING ABOVE THE CROSS TUBE ON THE CARRIAGE)**

THIS CONCLUDES THE ASSEMBLY OF THE 835102 HIP SLED.

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