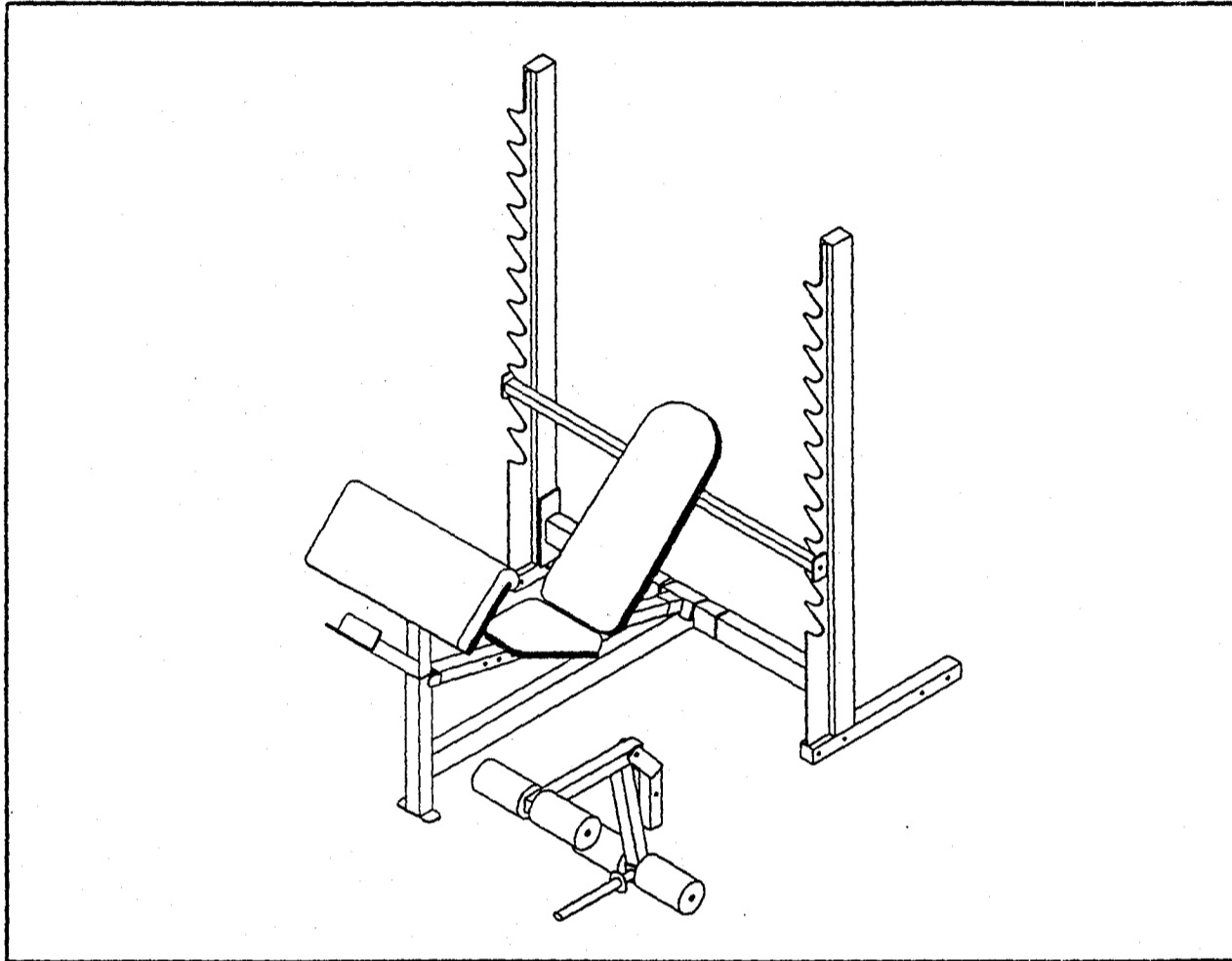


PARABODY

Strength Building Gear

866101

STRENGTH BUILDING SYSTEM



**PRODUCT ASSEMBLY
INSTRUCTION SHEETS**

1
02/23/95

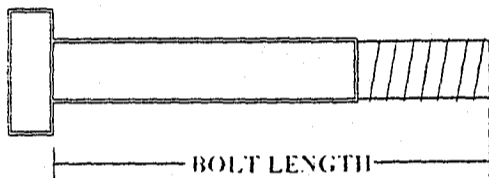
866101 ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

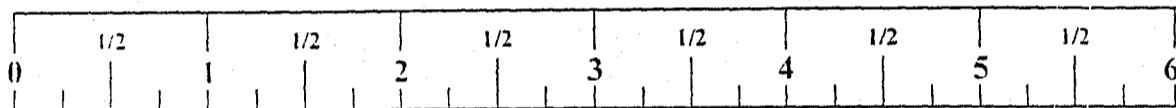
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 4 IN. BOLT	1
2.	1/2 X 3-1/4 IN. BOLT	6
3.	1/2 X 3 IN. BOLT	1
4.	3/8 X 2-3/4 IN. BOLT	1
5.	3/8 X 1-1/4 IN. BOLT	6
6.	1/2 IN. WASHER	16
7.	3/8 IN. WASHER	8
8.	3/8 IN. LOCK WASHER	6
9.	1/2 IN. LOW HEIGHT LOCK NUT	1
10.	1/2 IN. LOCK NUT	7
11.	3/8 IN. LOCK NUT	1
12.	SPRING PIN ASSEMBLY	1
13.	1/2 IN. FLANGE BEARING	4
14.	9/16 IN. MUSHROOM CAP	6
15.	PAL NUT	1
16.	THUMBSCREW	2
17.	CARRIAGE GUIDE	2
18.	PARAGLIDE STRIP (8 PER)	1
19.	1-1/4 IN. SQ. RUBBER BUMPER	1
20.	3/4 IN. SQ. RUBBER BUMPER	1
21.	3 X 2 IN. END CAP	2
22.	2 IN. SQ. END CAP	4
23.	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:



866101 ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	UPRIGHT FRAME WLDMT(6428401).....	2
2.	BENCH FRAME WLDMT(6428501).....	1
3.	ARM CURL FRAME WLDMT(6418501).....	1
4.	CROSS BRACE WLDMT(6428301).....	1
5.	HEIGHT ADJUSTMENT BAR WLDMT(6428601).....	1
6.	WOLFF SLEEVE WLDMT(6406601).....	1
7.	BENCH SLIDE WLDMT(6428701).....	1
8.	SLIDE SUPPORT WLDMT(6428201).....	1
9.	LEG EXTENSION NECK WLDMT(6416301).....	1
10.	LEG EXTENSION WLDMT(6416401).....	1
11.	HINGE TAB(6406401).....	4
12.	U-PIN(6406501).....	2
13.	ROLLER PAD SHAFT(6485301).....	2
14.	ROLLER PAD(6194601).....	6
15.	SEAT PAD(6408401).....	1
16.	BACK PAD(6408001).....	1
17.	ARM CURL PAD(6418901).....	1
18.	UPRIGHT LABELS (1-25)(6189501).....	2

3
02/23/95

866101 ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE *866101 STRENGTH BUILDING SYSTEM*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

*****IMPORTANT*****

- THE *866101 STRENGTH BUILDING SYSTEM* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.
- 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) 3 X 2 IN. END CAP into the top of the UPRIGHT FRAME, and two (2) 2 IN. SQ. END CAPS into the BASE of the UPRIGHT FRAME as shown on drawing. Repeat this step for the second UPRIGHT FRAME.
2. SECURELY assemble both UPRIGHT FRAMES to the CROSS BRACE as shown on drawing using four (4) 1/2 X 3-1/4 IN. BOLTS, eight (8) 1/2 IN. WASHERS, and four (4) 1/2 IN. LOCK NUTS. (IMPORTANT: THE ANGLE BRACKETS ON THE CROSS BRACE ARE OFFSET, PLEASE MAKE SURE THAT THE LONGEST END OF THE BRACKET IS FACING UP BEFORE ASSEMBLY)
3. SECURELY assemble the BENCH FRAME to the CROSS BRACE as shown on drawing 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. Insert two (2) 1/2 IN. FLANGE BEARINGS into each end of the BUSHING of the BENCH FRAME as shown on drawing.
5. SECURELY assemble the BENCH SLIDE to the BUSHING of the BENCH FRAME as shown on drawing, using one (1) 1/2 X 4 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOCK NUT.

866101 ASSEMBLY INSTRUCTIONS

6. 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.
7. 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.
8. SECURELY Assemble one (1) SPRING PIN ASSEMBLY to the SPRING PIN BARREL, of the WOLFF SLEEVE as shown in (DETAIL B). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
9. Pull back the SPRING PIN on the WOLFF SLEEVE and slide it over the end of the BENCH SLIDE as shown on drawing. Engage the SPRING PIN into one of the adjustment holes. Secure the WOLFF SLEEVE in place with one (1) THUMBSCREW.
10. LOOSELY assemble one (1) THUMBSCREW to the UPRIGHT TUBE of the BENCH FRAME as shown on drawing. (THIS WILL BE USED TO SECURE ATTACHMENTS IN PLACE)
11. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the SLIDE SUPPORT as shown on drawing.
12. SECURELY assemble the SLIDE SUPPORT to the end of the BENCH SLIDE as shown on drawing using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN WASHERS, and one (1) 3/8 IN. LOCK NUT.
13. Attach two (2) CARRIAGE GUIDES to the top of the BENCH FRAME where the SLIDE SUPPORT makes contact. See drawing.
14. 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 1-1/4 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)
15. 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 1-1/4 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)
16. Insert one (1) 1-3/4 IN. SQ. END CAP into the top of the LEG EXTENSION NECK as shown on drawing.
17. 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) STAR LOCK COLLARS.
18. Insert three (3) 1-3/4 IN. SQ. END CAPS into the ends of the LEG EXTENSION as shown on drawing.

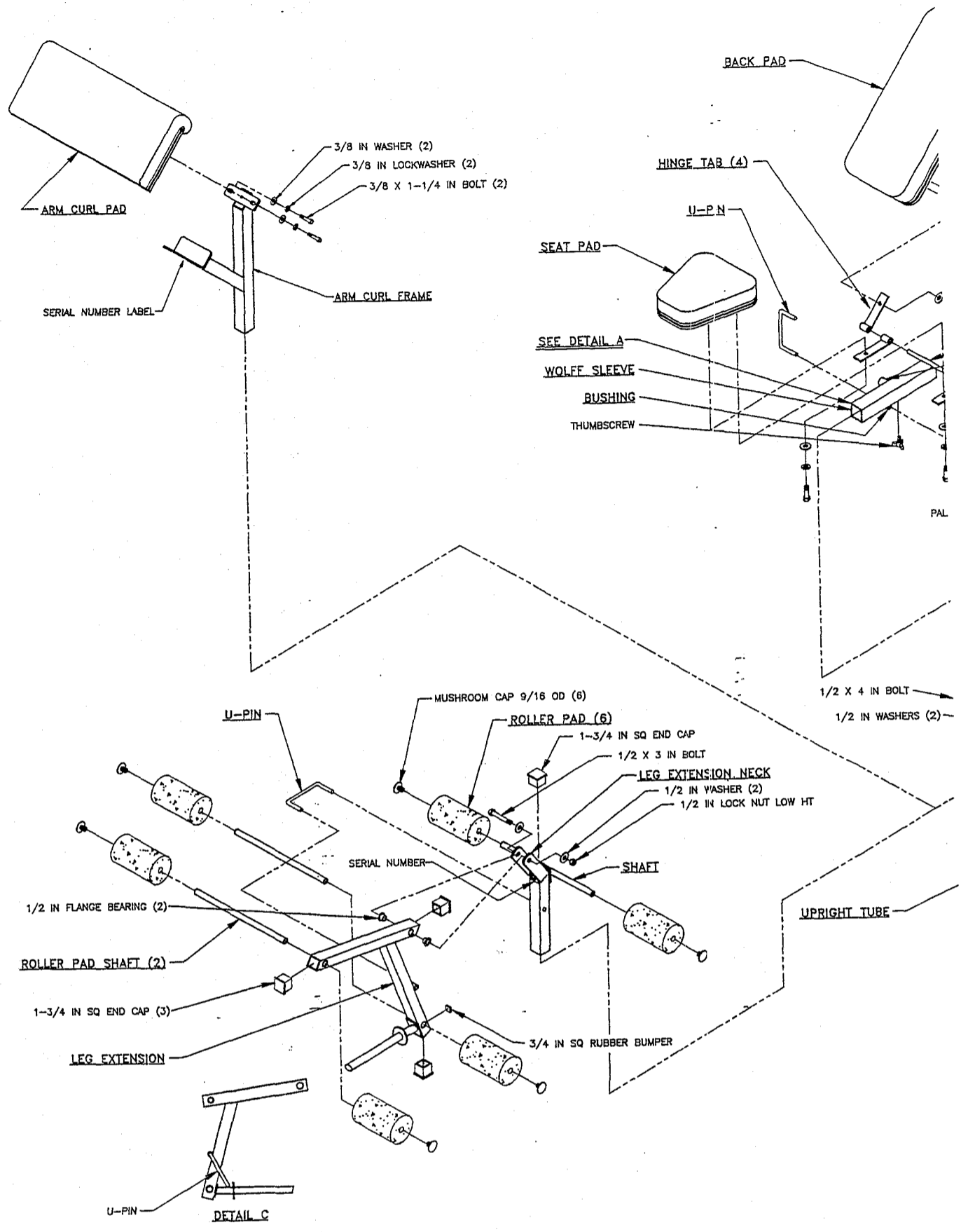
866101 ASSEMBLY INSTRUCTIONS

19. Insert two (2) 1/2 IN. FLANGE BEARINGS into the BUSHING on the LEG EXTENSION as shown on drawing.
20. 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)
21. Assemble four (4) ROLLER PADS to the LEG EXTENSION as shown on drawing, using two (2) ROLLER PAD SHAFTS, and four (4) STAR LOCK COLLARS.
22. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the LEG EXTENSION approximately where shown on drawing.
23. Insert the U-PIN (WHEN NOT IN USE) through the BUSHING of the LEG EXTENSION, and position it behind the WASHER on the WEIGHT PEG of the LEG EXTENSION. (SEE DETAIL C)
24. SECURELY assemble the ARM CURL PAD to the ARM CURL FRAME as shown on drawing, using two (2) 3 8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
25. Attach two sets of UPRIGHT LABELS (1 to 12) to the inside surfaces of both UPRIGHT FRAMES as shown on drawing.

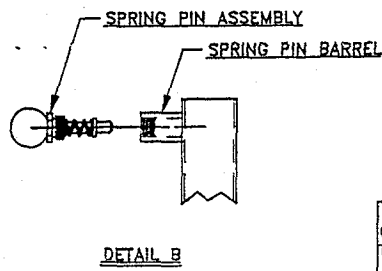
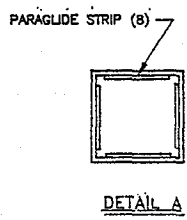
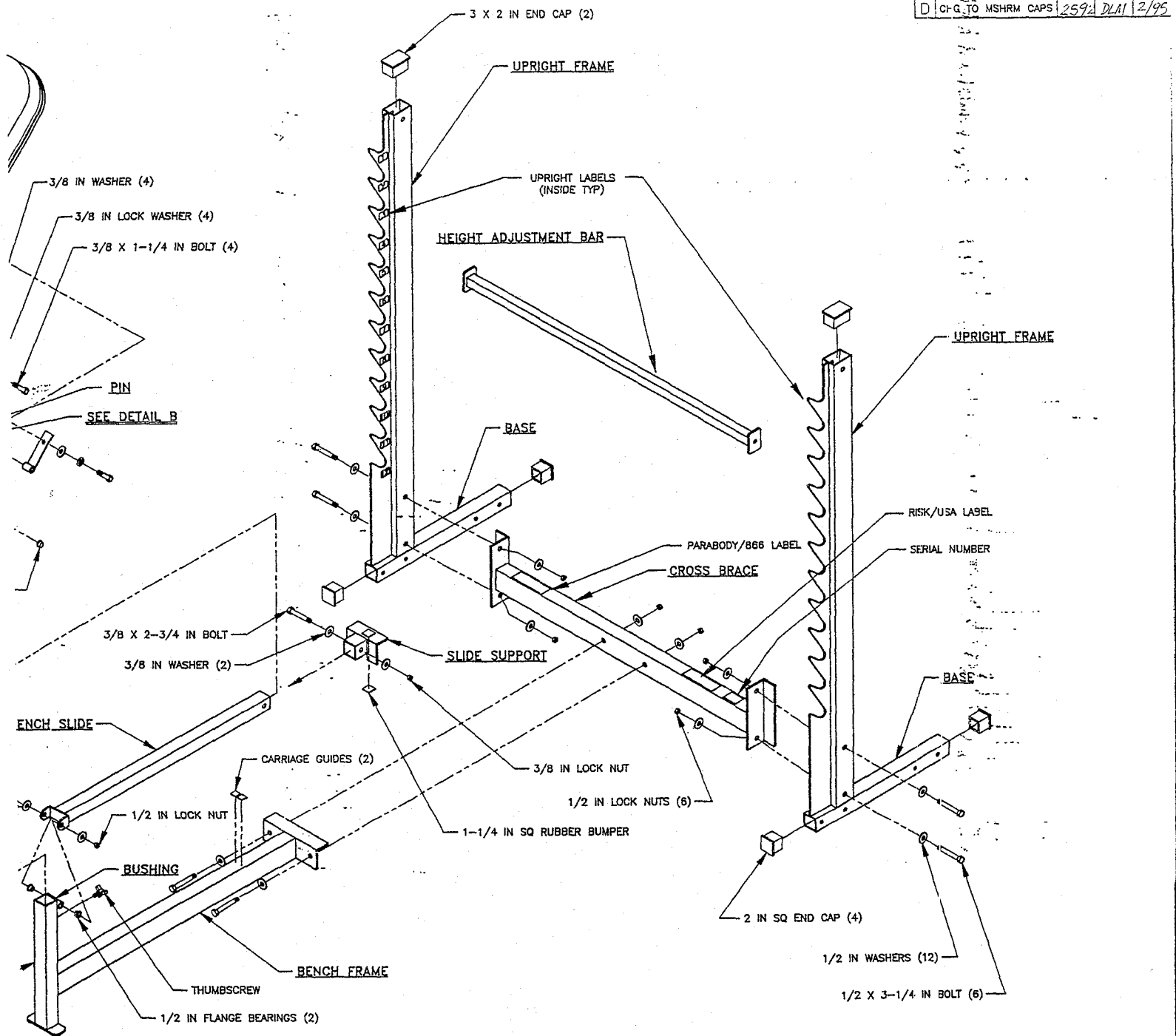
866101 EXERCISE SET-UP

1. To perform **FLAT BENCH EXERCISES**, lift the **BENCH SLIDE** up and set the **HEIGHT ADJUSTMENT BAR** into the bottom rungs of the **UPRIGHT FRAMES**. Lower the **BENCH SLIDE** down on top of the **HEIGHT ADJUSTMENT BAR**. Adjust the **WOLFF SLEEVE** forward or backward until proper alignment with **UPRIGHTS** is reached, and tighten **THUMBSCREW**.
2. To perform **INCLINE PRESSES**, lower the **BENCH SLIDE** down onto the **BENCH FRAME**. Place the **HEIGHT ADJUSTMENT BAR** into the forth or fifth rungs (**DEPENDING ON ANGLE OF INCLINE**) of the **UPRIGHT FRAMES**. Adjust the **WOLFF SLEEVE** forward or backward until proper alignment with **UPRIGHTS** is reached, and tighten **THUMBSCREW**. Adjust the **SEAT PAD**, by pulling back the **U-PIN** and allow it to rest up again the **SPRING PIN HOUSING** on the **WOLFF SLEEVE**.
3. To perform **MILITARY PRESSES**, lower the **BENCH SLIDE** down onto the **BENCH FRAME**. Place the **HEIGHT ADJUSTMENT BAR** into the fifth rungs of the **UPRIGHT FRAMES**. Adjust the **WOLFF SLEEVE** backward to the last adjustment hole in the **BENCH SLIDE**, and tighten **THUMBSCREW**.
4. To perform **DECLINE PRESSES**, and **AB CRUNCHES** the **LEG CURL/EXTENSION PEDESTAL** will be needed. Insert the **U-PIN** through the hole in the **LEG EXTENSION NECK** and the **BUSHING** on the **LEG EXTENSION (AT THE SAME TIME)**. Insert the **LEG EXTENSION NECK** into the **UPRIGHT TUBE** of the **BENCH FRAME** and allow the **U-PIN** to rest on top, and tighten **THUMBSCREW**. Lower the **BENCH SLIDE** down onto the **BENCH FRAME**. Lock legs in behind the **ROLLER PADS** of the **LEG CURL/EXTENSION PEDESTAL**. The **WOLFF SLEEVE** may be adjusted for comfort.
5. To perform **LEG CURLS** or **LEG EXTENSIONS**, make sure that the **BENCH SLIDE** is in the **FLAT BENCH** position, and that the **U-PIN** is not in the **LEG EXTENSION NECK**. Slide the **LEG EXTENSION NECK** into the **UPRIGHT TUBE** of the **BENCH FRAME**.
6. To perform **SQUATS**, (**MAKE SURE THAT NO ATTACHMENTS ARE IN THE UPRIGHT TUBE OF THE BENCH FRAME**) slide the **WOLFF SLEEVE** to the front of the **BENCH SLIDE**. Rotate the **BENCH SLIDE** up and allow it to rest on the **UPRIGHT TUBE**. Allow the **BACK PAD** to hang down. (**THE HANGING WEIGHT OF THE BACK PAD WILL KEEP THE BENCH SLIDE FORWARD**)
7. To perform **ARM CURLS**, insert the **ARM CURL ATTACHMENT** into the **UPRIGHT TUBE** of the **BENCH FRAME**, and tighten the **THUMBSCREW**.
8. Please follow the **WORKOUT MANUAL** for the correct way to use this product.

DASH NO	DESCRIPTION
01	AS SHOWN



REVISIONS				
REV	DESCRIPTION	CHG NO	APPD	DATE
A	NEW RELEASE	2354	DMT	8/84
B	LABEL PLACEMENT AS SHOWN	2378	DLA	7/84
C	ADDED UPRIGHT-LABELS	2424	DLA	8/84
D	CHG TO MSHRM CAPS	2592	DLA	2/95



TOLERANCES (EXCEPT AS NOTED)		 Strength Building Gear	
DECIMAL	~		
FRACTIONAL	~	TITLE ASSY INST. 366101	
ANGULAR	~	SCALE 1/10	SIZE DRAWING NO. 64338
	~	SHEET 1 OF 1	D
DR	JWE	5/84	CHK'D DMT 8/84 APP'D MN 0784

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