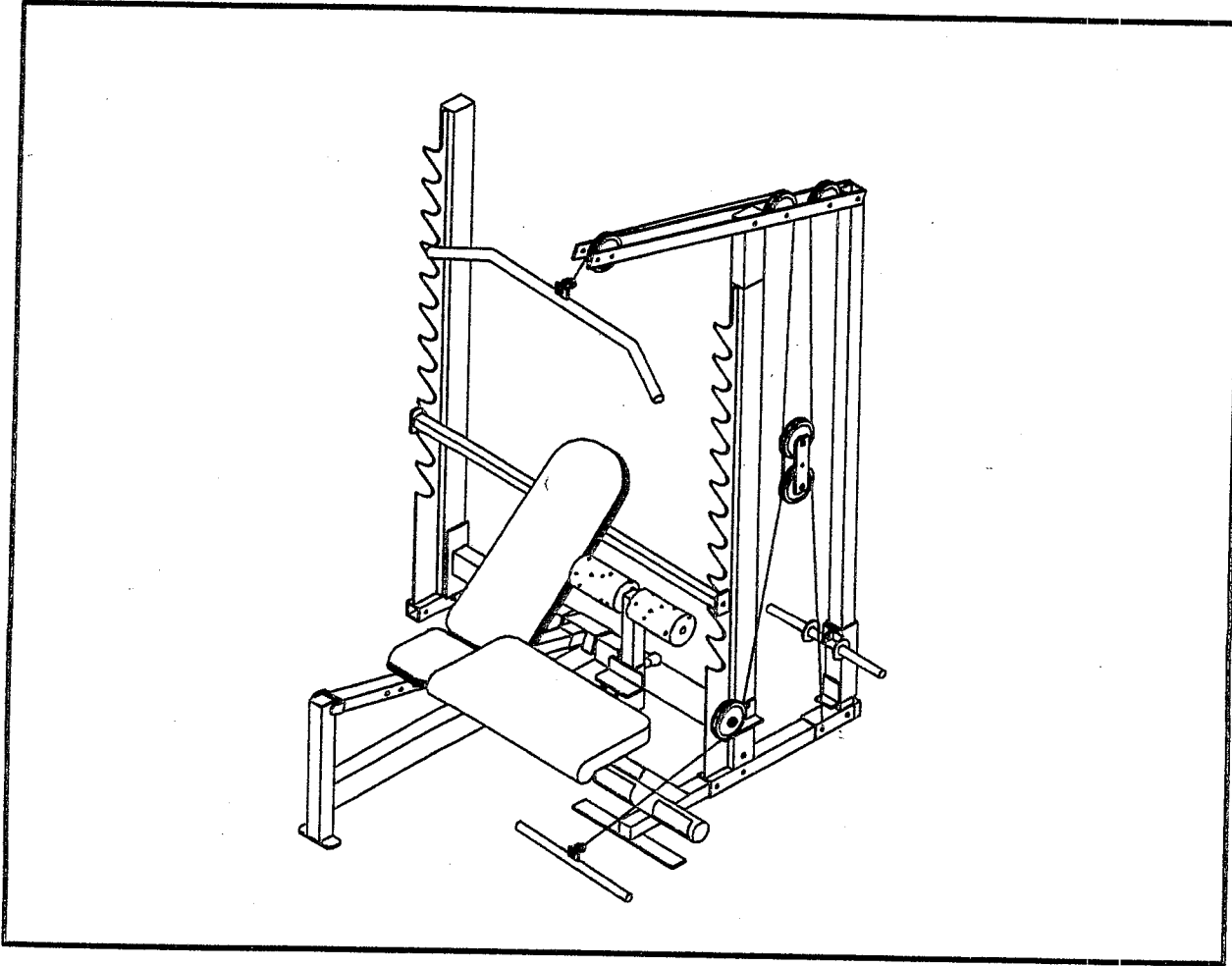


**PARABODY**

*Strength Building Gear*

867101  
LAT OPTION



**PRODUCT ASSEMBLY  
INSTRUCTION SHEETS**

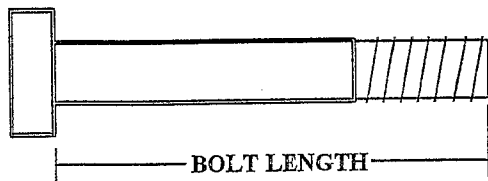
## 867101 LAT OPTION ASSEMBLY PARTS LIST

**SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY**

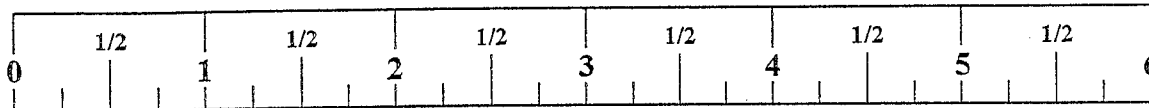
**HARDWARE:**

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/2 IN. BOLT .....	2
2.	1/2 X 3 IN. BOLT .....	1
3.	3/8 X 3-1/4 IN. BOLT .....	7
4.	3/8 X 3 IN. BOLT .....	1
5.	3/8 X 2-3/4 IN. BOLT .....	1
6.	3/8 X 2-1/4 IN. BOLT .....	3
7.	1/2 IN. WASHER .....	4
8.	3/8 IN. WASHER .....	25
9.	1/2 IN. LOCK NUT .....	2
10.	3/8 IN. LOCK NUT .....	12
11.	3/4 X 1/2 X 1-9/16 IN. SPACER .....	1
12.	5/8 X 3/8 X 1/2 IN. SPACER .....	6
13.	5/8 X 3/8 X 1/4 IN. SPACER .....	1
14.	3/4 IN. STARLOCK COLLAR .....	2
15.	CHAIN .....	1
16.	5/16 IN. SNAP HOOK .....	4
17.	SPRING PIN ASSEMBLY .....	1
18.	THUMBSCREW .....	3
19.	PARAGLIDE STRIP (8 PER) .....	1
20.	CARRIAGE GUIDE .....	10
21.	1-1/4 IN. SQ. RUBBER BUMPER .....	1
22.	1 X 8 IN. GRIP .....	4
23.	5-1/2 X 2-1/2 IN. NON SKID STRIP .....	2
24.	1-3/4 IN. SQ. END CAP .....	2
25.	2-1/2 IN. OD. END CAP .....	2

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



**BOLT LENGTH RULER:**



## 867101 LAT OPTION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

### WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	LAT BASE WLDMT .....(6474001).....	1
2.	LAT UPRIGHT WLDMT .....(6431301).....	1
3.	CARRIAGE WLDMT .....(6432301).....	1
4.	UPRIGHT EXTENSION WLDMT .....(6431401).....	1
5.	PULLEY MOUNT FLATS .....(6430101).....	2
6.	LOW PULLEY SUPPORT WLDMT .....(6431601).....	1
7.	KNEE HOLD DOWN SUPPORT WLDMT .....(6431801).....	1
8.	KNEE HOLD DOWN TUBE .....(6431701).....	1
9.	ROLLER PAD SHAFT .....(6125101).....	1
10.	ROLLER PAD .....(6194601).....	2
11.	3-1/2 X 3/8 X 1 IN. PULLEY .....(3116201).....	6
12.	CONNECTOR PLATE .....(6013701).....	2
13.	119-1/2 IN. CABLE .....(6432801).....	2
14.	LAT BAR WLDMT .....(6275301).....	1
15.	LOW ROW BAR WLDMT .....(6274401).....	1

## 867101 LAT OPTION ASSEMBLY INSTRUCTIONS

### THANK YOU

FOR PURCHASING THE 867101 LAT OPTION. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

### \*\*\*IMPORTANT\*\*\*

- THE 867101 LAT OPTION CAN BE ASSEMBLED TO EITHER UPRIGHT FRAME. THE ASSEMBLY DRAWING ILLUSTRATES A RIGHT SIDE ASSEMBLY
- 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) 1-3/4 IN. SQ. END CAP into the front end of the LAT BASE, and two (2) 2-1/2 IN. OD. END CAPS into each end of the FOOT BRACE on the LAT BASE as shown on drawing.
2. Attach two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the FOOT BRACE on the LAT BASE as shown on drawing.
3. SECURELY assemble one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT to the second set of holes in the BASE of the UPRIGHT FRAME as shown on drawing.
4. Remove the 2 IN. SQ. END CAP from the BASE of the UPRIGHT FRAME and insert the LAT BASE up to the BOLT as shown on drawing and secure it in place, using one (1) THUMBSCREW.
5. LOOSELY assemble the LAT UPRIGHT to the BASE of the UPRIGHT FRAME as shown on drawing using one (1) 3/8 X 3 IN. BOLT, two (2) 3/8 IN. WASHERS, and one 3/8 IN. LOCK NUT for the OUTSIDE HOLE, and one 3/8 X 3-1/4 IN. BOLT, three (3) 3/8 IN. WASHERS, and one 3/8 IN. LOCK NUT for the INSIDE HOLE. (DO NOT TIGHTEN THE BOLT CONNECTIONS AT THIS TIME)
6. Attach eight (8) CARRIAGE GUIDES to both ends of the CARRIAGE as shown in (DETAIL A) 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 shown surfaces (8 places)
7. Attach one (1) 1-1/4 SQ. IN. RUBBER BUMPER to the center of the CARRIAGE STOP on the CARRIAGE as shown on drawing.

## 867101 LAT OPTION ASSEMBLY INSTRUCTIONS

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8. Slide the **CARRIAGE** down over the **LAT UPRIGHT** as shown on drawing. **(MAKE SURE THAT THE WEIGHT PEG ON THE CARRIAGE IS FACING TOWARDS THE FRONT OF THE MACHINE)**
9. **SECURELY** assemble the **UPRIGHT EXTENSION** to the top of the **UPRIGHT FRAME** as shown in **(DETAIL B)** using one (1) 1/2 X 3 IN. BOLT, the 3/4 X 1/2 X 1-9/16 IN. SPACER, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. NUT.
10. **LOOSELY** assemble three (3) 3-1/2 X 3/8 X 1 IN. PULLEYS, and six (6) 5/8 X 3/8 X 1/2 IN. SPACERS between the **PULLEY MOUNT FLATS** as shown on drawing using three (3) 3/8 X 3-1/4 IN. BOLTS, six (6) 3/8 IN. WASHERS, and three (3) 3/8 IN. LOCK NUTS. **(DO NOT TIGHTEN THE BOLT CONNECTIONS AT THIS TIME)**
11. **LOOSELY** assemble the two (2) **PULLEY MOUNT FLATS** to the **LAT UPRIGHT**, and the **UPRIGHT EXTENSION** as shown on drawing, using two (2) 3/8 X 3-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. **(DO NOT TIGHTEN THE BOLT CONNECTIONS AT THIS TIME)**
12. Loosen, remove, and discard the top 1/2 X 3-1/4 IN. BOLT that connects the **CROSS BRACE** to the **UPRIGHT FRAME**, and **SECURELY** assemble the **LOW PULLEY SUPPORT** to the **UPRIGHT FRAME** as shown on drawing using one (1) 1/2 X 3-1/2 IN. BOLT, and re-using the two (2) 1/2 IN. WASHERS, and the one 1/2 IN. LOCK NUT.
13. **LOOSELY** assemble one (1) 3-1/2 X 3/8 X 1 IN. PULLEY and one 5/8 X 3/8 X 1/4 IN. SPACER to the **LOW PULLEY SUPPORT** as shown on drawing using one (1) 3/8 X 2-1/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT. **(THIS CONNECTION WILL BE TIGHTENED AFTER CABLE HAS BEEN ROUTED)**
14. **LOOSELY** assemble two (2) 3-1/2 X 3/8 X 1 IN. PULLEYS between two (2) **CONNECTOR PLATES** as shown on drawing using two (2) 3/8 X 2-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. **(THIS CONNECTION WILL BE TIGHTENED AFTER CABLE HAS BEEN ROUTED)**
15. Route the first **CABLE (THE END WITHOUT WHITE BALL)** over the **HIGH PULLEY** of the **PULLEY MOUNT FLATS**. Then assemble one (1) 3/8 X 3-1/4 IN. BOLT two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT to the last hole of the **PULLEY MOUNT FLATS**. **(DO NOT OVER TIGHTEN BOLT) (MAKE SURE THAT THE CABLE IS BETWEEN THE PULLEY AND BOLT)**
  - Pull **CABLE** over and down the **SECOND PULLEY** of the **PULLEY MOUNT FLATS**. Run the **CABLE** around one of the **PULLEYS** assembled to the **CONNECTOR PLATES** from **STEP 14**, and up to the **THIRD PULLEY** of the **PULLEY MOUNT FLATS**.
  - Pull **CABLE** over and down the **THIRD PULLEY**, to the **CARRIAGE**. Attach the **CABLE** to the **CARRIAGE**, using one (1) 5/16 IN. SNAP HOOK.
  - See **CABLE ROUTING DIAGRAM** for help in completing **STEP 15**.

## 867101 LAT OPTION ASSEMBLY INSTRUCTIONS

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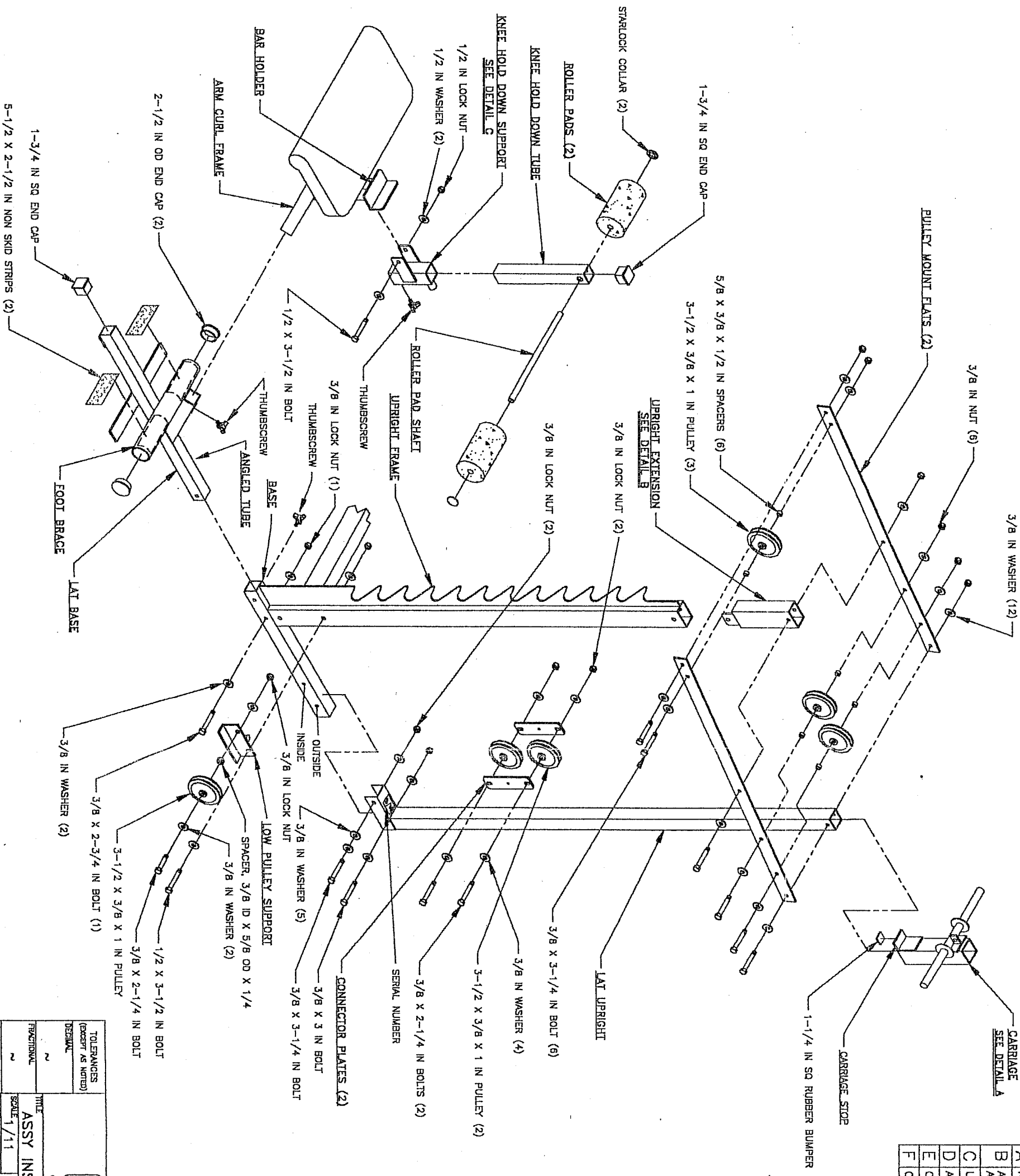
16. Route the second **CABLE (THE END WITHOUT WHITE BALL)** under the **LOW PULLEY** attached to the **LOW PULLEY SUPPORT** on the **UPRIGHT FRAME**. **SECURELY** tighten the **PULLEY CONNECTION** after the **CABLE** has been routed.
  - Route the **CABLE** up and around the **SECOND PULLEY** assembled to the **CONNECTOR PLATES** from **STEP 14** and down to the inside bolt connection of the **LAT UPRIGHT**.
  - **SECURELY** assemble the **CABLE END** to the **3/8 X 3-1/4 BOLT** connection of the **LAT UPRIGHT** to the **UPRIGHT FRAME** as shown on the **CABLE ROUTING DIAGRAM**. **(MAKE SURE THAT THERE IS A WASHER ON BOTH SIDE OF THE CABLE END BEFORE TIGHTENING)** **(TIGHTEN THE OTHER BOLT CONNECTION AT THIS TIME)**
  - See **CABLE ROUTING DIAGRAM** for help in completing **STEP 16**.
17. **TIGHTEN ALL LOOSE BOLT CONNECTION FROM STEPS 5,10,11, AND 14.**
18. Attach eight (8) **PARAGLIDE STRIPS** to the **KNEE HOLD DOWN SUPPORT (FOUR ON EACH END)** as shown in **(DETAIL C)** 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.
19. **SECURELY** Assemble one (1) **SPRING PIN ASSEMBLY** to the **SPRING PIN BARREL** of the **KNEE HOLD DOWN SUPPORT**, as shown in **(DETAIL C)**. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
20. Attach two (2) **CARRIAGE GUIDES** to the **KNEE HOLD DOWN SUPPORT** as shown in **(DETAIL C)**.
21. **SECURELY** assemble the **KNEE HOLD DOWN SUPPORT** to the **ARM CURL FRAME** as shown on drawing using one (1) **1/2 X 3-1/2 IN. BOLT**, two (2) **1/2 IN. WASHERS**, and one (1) **1/2 IN. LOCK NUT**. **(BEFORE TIGHTENING MAKE, SURE KNEE HOLD DOWN SUPPORT IS UP TIGHT AGAINST THE BAR HOLDER OF THE ARM CURL FRAME)**
22. Insert the **ARM CURL FRAME** into the **ANGLED TUBE** on the **LAT BASE** as shown on drawing, and secure in place using one (1) **THUMBSCREW**.
23. Insert one (1) **1-3/4 IN. SQ. END CAP** into the top end of the **KNEE HOLD DOWN TUBE** as shown on drawing.
24. Assemble two (2) **ROLLER PADS** to the **KNEE HOLD DOWN TUBE** as shown on drawing using one (1) **ROLLER PAD SHAFT** and two (2) **3/4 IN. STARLOCK COLLARS**.
25. Pull back on the **SPRING PIN** on the **KNEE HOLD DOWN SUPPORT** and insert the **KNEE HOLD DOWN TUBE** down to the desired hole setting and release the **SPRING PIN**. Secure in place with one (1) **THUMBSCREW**.

## **867101 LAT OPTION ASSEMBLY INSTRUCTIONS**

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26. Slide four (4) 1 X 8 IN. GRIPS over both ends of the **LAT BAR** and **LOW ROW BAR**. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)
27. To attach the **LAT BAR** or **LOW ROW BAR** to the **HIGH** or **LOW CABLE** use two (2) 5/16 IN. SNAP HOOKS as shown on **CABLE ROUTING DIAGRAM**.
28. To adjust either the **LAT BAR** or **LOW ROW BAR**, attach the **CHAIN** to the **HIGH** or **LOW CABLE**. Using one (1) 5/16 IN. SNAP HOOK to adjust the **LAT BAR** or **LOW ROW BAR** up and down the **CHAIN**.
29. When performing **SQUATS** in the **866 STRENGTH BUILDING SYSTEM** please remove the **LAT BASE ATTACHMENT** from the **UPRIGHT FRAME**.

REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2354	DMT	8/84
B	ADDED 1/4 SPACER AND THUMBSCREW	2376	DLM	7/94
C	UPDATE LAT BASE	2439	DMT	9/94
D	ADDED S/N	2488	DLM	11/94
E	CHG TO MSHRM CAP	2587	DLM	3/95
F	CHG TO STARLOCK	3017	TKB	4/97



**PERBODY**  
Strength Building Systems

TOLERANCES (EXCEPT AS NOTED)  
DECIMAL ~  
FRACTIONAL ~  
ANGULAR ~

SCALE 1/11  
SHEET 1 OF 2  
SIZE C

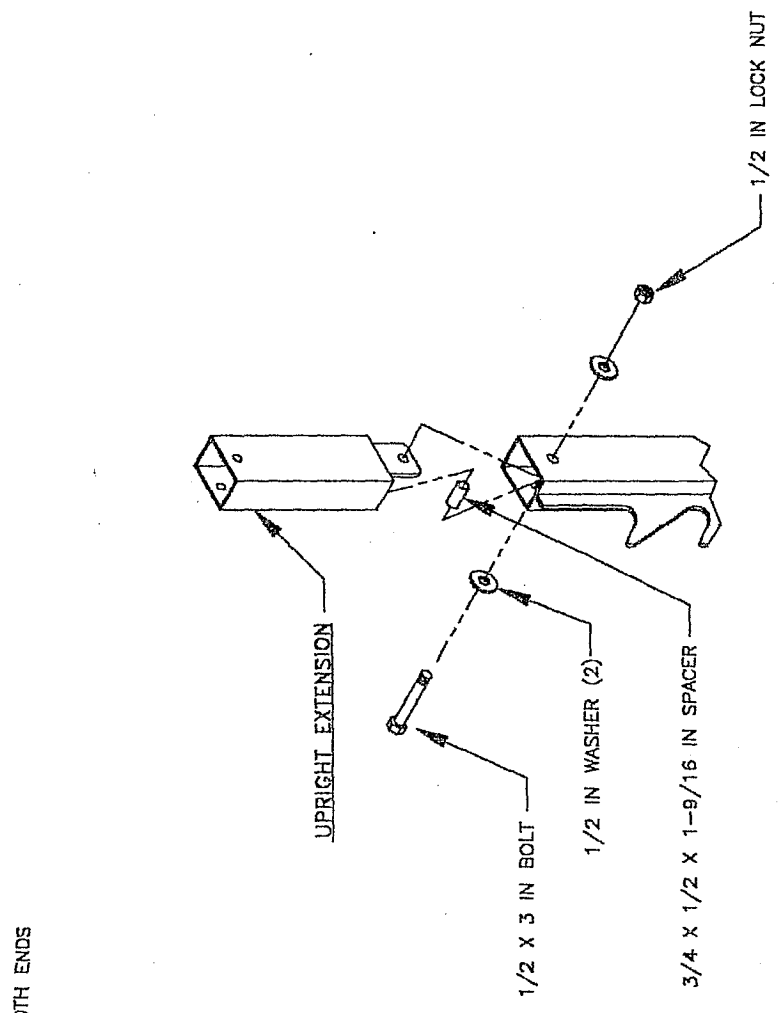
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CHK'D DMT  
DATE 5/94  
APP'D  
DATE 8/94

ASSY INST, 867101  
DRAWING NO. 64340

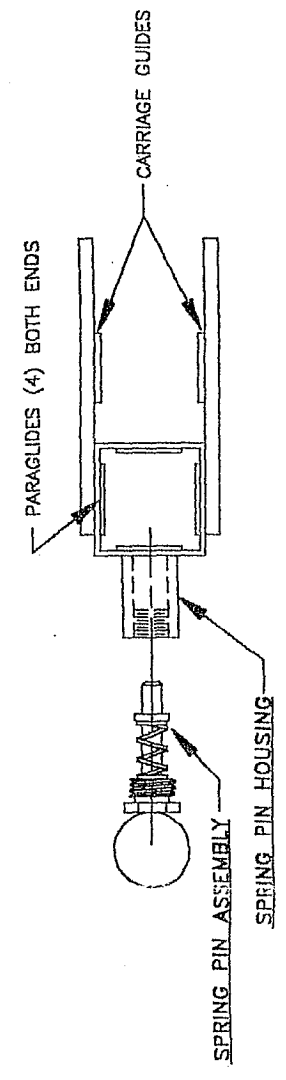


REVISIONS			
REV	DESCRIPTION	CHG NO	APP'D DATE
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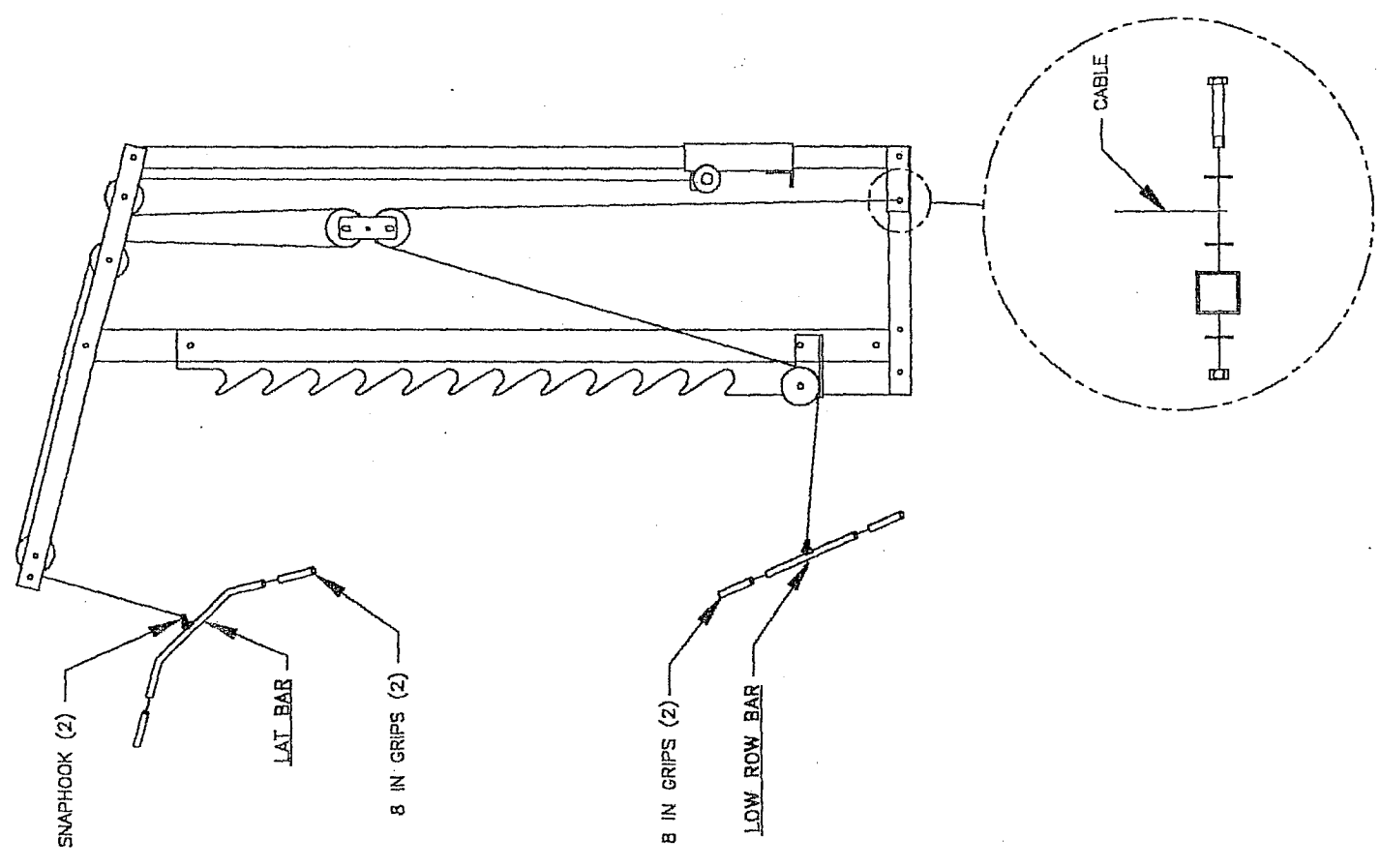
DASH NO	DESCRIPTION
01	AS SHOWN



DETAIL B



DETAIL C



TOLERANCES (EXCEPT AS NOTED)		TITLE	
DECIMAL	2	ASSY INST, 867101	
FRACTIONAL	2	RAMSEY, MINNESOTA	
ANGULAR	2	SCALE	1/11
		SIZE	C
		SHEET	2 OF 2
		DR	JWE
		CHK'D	DMT
		APP'D	MN
			5/84
			6/84
			64340

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