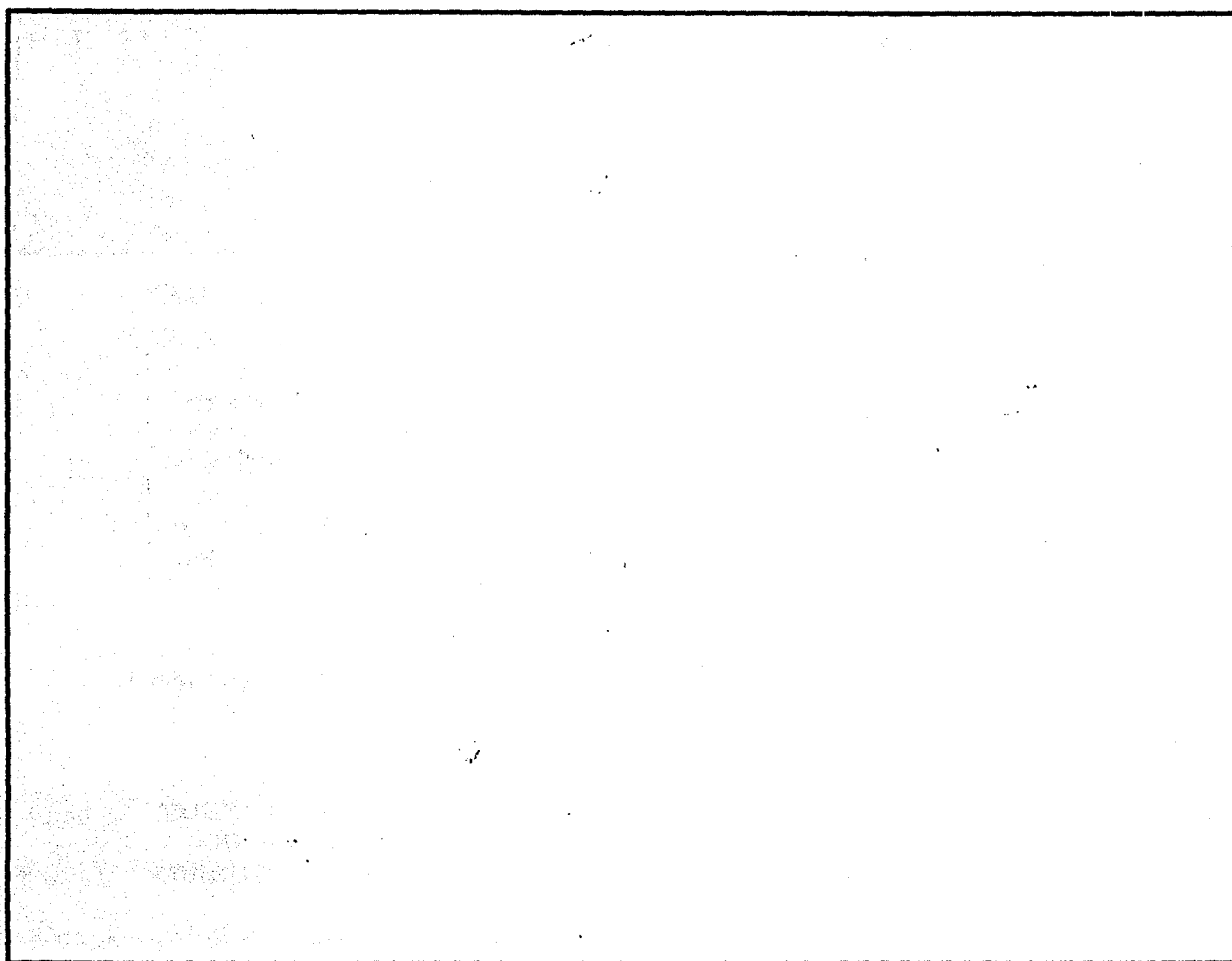




Strength Building Gear

868

WEIGHT STACK OPTION



**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

REVISION A

868 WEIGHT STACK OPTION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

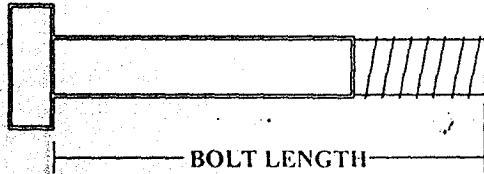
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3-1/2 IN. BOLT	3
2.	3/8 X 2-3/4 IN. BOLT	1
3.	3/8 X 1-1/2 IN. BOLT	1
4.	3/8 IN WASHER	3
5.	3/8 IN. LOCK WASHER	1
6.	3/8 IN. LOCK NUT	1
7.	WEIGHT STACK PIN	1
8.	3/8 IN. SPACER	2
9.	WEIGHT PLATE BUSHING	40
10.	2 IN. SQ. END CAP	5
11.	WEIGHT STACK CUSHION	2

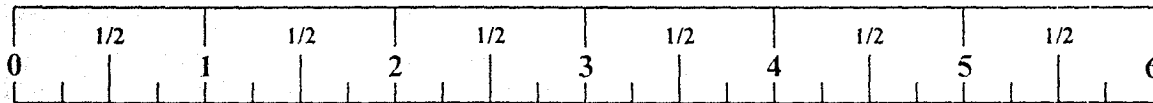
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE WELDMENT(6452101).....	1
2.	TOP SUPPORT WELDMENT(6451701).....	1
3.	CABLE(6262901).....	1
4.	GUIDE ROD(6374601).....	2
5.	HEAD PLATE(6223001).....	1
6.	WEIGHT STACK SHAFT(6284501).....	1
7.	4-1/2 X 3/8 X 1 IN. PULLEY(3116101).....	1
8.	WEIGHT STACK LABEL(6189501).....	1

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



BOLT LENGTH RULER:



THANK YOU

FOR PURCHASING THE **868 WEIGHT STACK OPTION**. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

*****IMPORTANT*****

- 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, 9/16 SOCKET or WRENCH; ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER

1. TO PREPARE THE **866 STRENGTH BUILDING SYSTEM** TO ACCEPT **868 WEIGHT STACK OPTION** PLEASE USE THE FOLLOWING STEPS:
 - Detach the **HIGH PULLEY CABLE** from the **CARRIAGE WELDMENT** and remove the **CABLE** from the machine. (THE **BOLT IN FRONT OF THE HIGH PULLEY** WILL NEED TO BE **LOOSENED OR REMOVED TO DISASSEMBLE THE CABLE**)
 - Loosen and remove the **PULLEY** and **RELATED HARDWARE** from between the **PULLEY MOUNT FLATS** directly above the **WEIGHT CARRIAGE**. (PLEASE DISCARD THESE ITEMS)
 - Loosen the **BOLT** connection of the **SECOND PULLEY** between the **PULLEY MOUNT FLATS**. Also, loosen the **BOLT** connection of the **PULLEY MOUNT FLATS** to the **UPRIGHT EXTENSION**.
 - Loosen and remove the **BOLT** and **RELATED HARDWARE** from the connection of the **PULLEY MOUNT FLATS** to the **LAT UPRIGHT**. Rotate the **PULLEY MOUNT FLATS** up and remove the **CARRIAGE WELDMENT**. **LOOSELY** reassemble the **PULLEY MOUNT FLATS** to the **LAT UPRIGHT**.
 - Loosen and remove the two (2) **BOLTS** and **RELATED HARDWARE** from the connection of the **LAT UPRIGHT** to the **BASE** of the **UPRIGHT FRAME**. (PLEASE SAVE THE ONE (1) **3/8 X 3-1/4 IN. BOLT**, FIVE (5) **3/8 IN. WASHERS**, AND THE TWO (2) **3/8 IN. LOCK NUTS** FOR RE-ASSEMBLY IN A LATER STEP, AND DISCARD THE **3/8 X 3 IN. BOLT**)
2. Insert two (2) **2 IN. SQ. END CAPS** into each end of the **BASE WELDMENT**, and three (3) **2 IN. SQ. END CAPS** the ends of the **TOP SUPPORT WELDMENT** as shown on drawing.

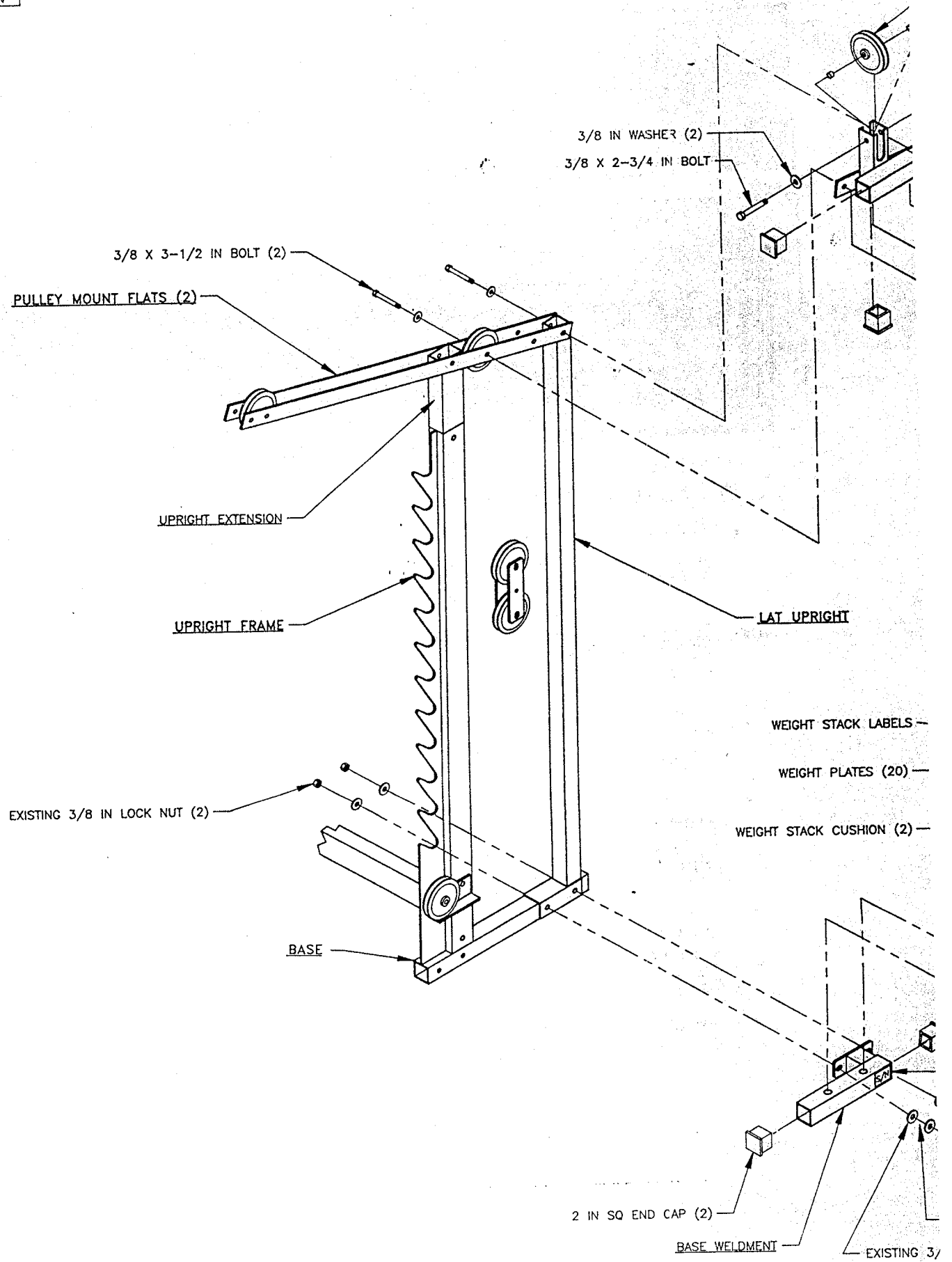
868 WEIGHT STACK OPTION ASSEMBLY INSTRUCTIONS

3. **SECURELY** assemble one (1) 4-1/2 X 3/8 X 1 IN. PULLEY, and two (2) 3/8 IN. SPACERS to the **TOP SUPPORT WELDMENT** 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.
4. **LOOSELY** assemble the **BASE WELDMENT** to the **BASE** of the **LAT UPRIGHT** as shown on the **CABLE ROUTING DIAGRAM** in the following order:
 - **LOOSELY** assemble one (1) 3/8 X 3-1/2 IN. BOLT along with the **CABLE** to the inside hole of the **BASE WELDMENT**. Re-use the three (3) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT from **STEP 1**. (**PLEASE SEE THE CABLE ROUTING DIAGRAM**)
 - **LOOSELY** assemble the EXISTING 3/8 X 3-1/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT from **STEP 1** for the outside hole of the **BASE WELDMENT**. (**PLEASE SEE THE CABLE ROUTING DIAGRAM**)
5. Insert the **GUIDE RODS** into the holes of the **BASE WELDMENT** as shown on drawing, and allow them to tilt back. (**NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES**)
6. Slide two (2) **WEIGHT STACK CUSHIONS (RADIUS EDGE FACING UP)** down over the **GUIDE RODS** as shown on drawing.
7. **SECURELY** assemble the **WEIGHT STACK SHAFT** to the **HEAD PLATE** as shown on drawing, using one (1) 3/8 X 1-1/2 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER.
8. Snap two (2) **WEIGHT PLATE BUSHINGS** each, into twenty (20) **WEIGHT PLATES** as shown in (**DETAIL A**).
9. **USING EXTREME CARE** slide all twenty (20) **WEIGHT PLATES** down over the **GUIDE RODS** onto the **WEIGHT STACK CUSHIONS** as shown on drawing. (**MAKE SURE THAT THE KEY HOLES OF THE WEIGHT PLATES ARE ALL FACING THE SAME WAY**)
10. Slide the **HEAD PLATE ASSEMBLY** down over the **GUIDE RODS** onto the **WEIGHT STACK** as shown on drawing.
11. Slide the **TOP SUPPORT WELDMENT** over the **GUIDE RODS** as shown on drawing.
12. Remove the NUTS and WASHERS from the two (2) loosened BOLT connections on the **PULLEY MOUNT FLATS** above the **WEIGHT STACK** as shown. Swing the **TOP SUPPORT WELDMENT** over the top of the two (2) BOLTS. When the **TOP SUPPORT** is in position replace these two (2) existing BOLTS with two (2) 3/8 X 3-1/2 IN. BOLTS (**ONE AT A TIME**). **SECURELY** assemble the WASHERS and NUTS to the BOLTS. (**SEE DRAWING**)
13. **SECURELY** tighten the BOLT connections of the **BASE WELDMENT** from **STEP 4**. (**MAKE SURE THAT THE LOW PULLEY CABLE IS RUNNING VERTICALLY BEFORE TIGHTENING**)

868 WEIGHT STACK OPTION ASSEMBLY INSTRUCTIONS

14. To assemble the **WEIGHT STACK CABLE**, follow the cable routing diagram on drawing, and use the following steps:
 - Route the threaded end of the **WEIGHT STACK CABLE** over the **HIGH PULLEY** between the **PULLEY MOUNT FLATS**. Then reassemble the one (1) 3/8 X 3-1/4 IN. **BOLT** and **RELATED HARDWARE** to the hole in front of the **HIGH PULLEY (IF NECESSARY)**. (**DO NOT OVER TIGHTEN BOLT**) (**MAKE SURE THAT THE CABLE IS BETWEEN THE PULLEY AND BOLT**)
 - Continue the **CABLE** down to the **SECOND PULLEY** between the **PULLEY MOUNT FLATS**. Pull the **CABLE** over this **PULLEY** and down to the **PULLEY BLOCK**.
 - Continue the **CABLE** around the **TOP PULLEY** of the **PULLEY BLOCK** and up to the **PULLEY** of the **TOP SUPPORT WELDMENT** above the **WEIGHT STACK**.
 - Continue the **CABLE** over and down this **PULLEY** to the **WEIGHT STACK**, and **SECURELY** assemble the **CABLE** to the **WEIGHT STACK SHAFT** of the **HEAD PLATE** as shown in the **CABLE ROUTING DIAGRAM**.
 - See **CABLE ROUTING DIAGRAM** for help in completing this step.
15. Attach the **WEIGHT STACK LABELS** to the **WEIGHT STACK** as shown on drawing.
16. To select **WEIGHT**, rotate the **WEIGHT STACK SELECTOR PIN** clock wise 90 degrees, insert into the slot of the desired **WEIGHT PLATE**, and rotate the **PIN** back down.

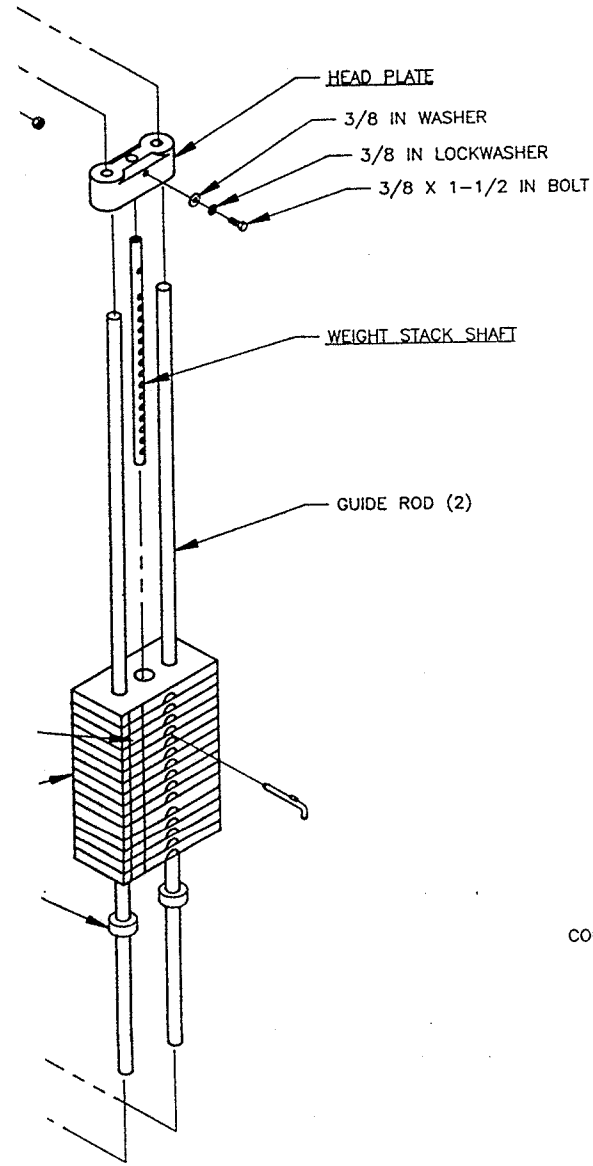
DASH NO	DESCRIPTION
01	AS SHOWN



REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2422	DLM	8/94
B	ADDED S/N			

- 4-1/2 X 3/8 X 1 IN PULLEY

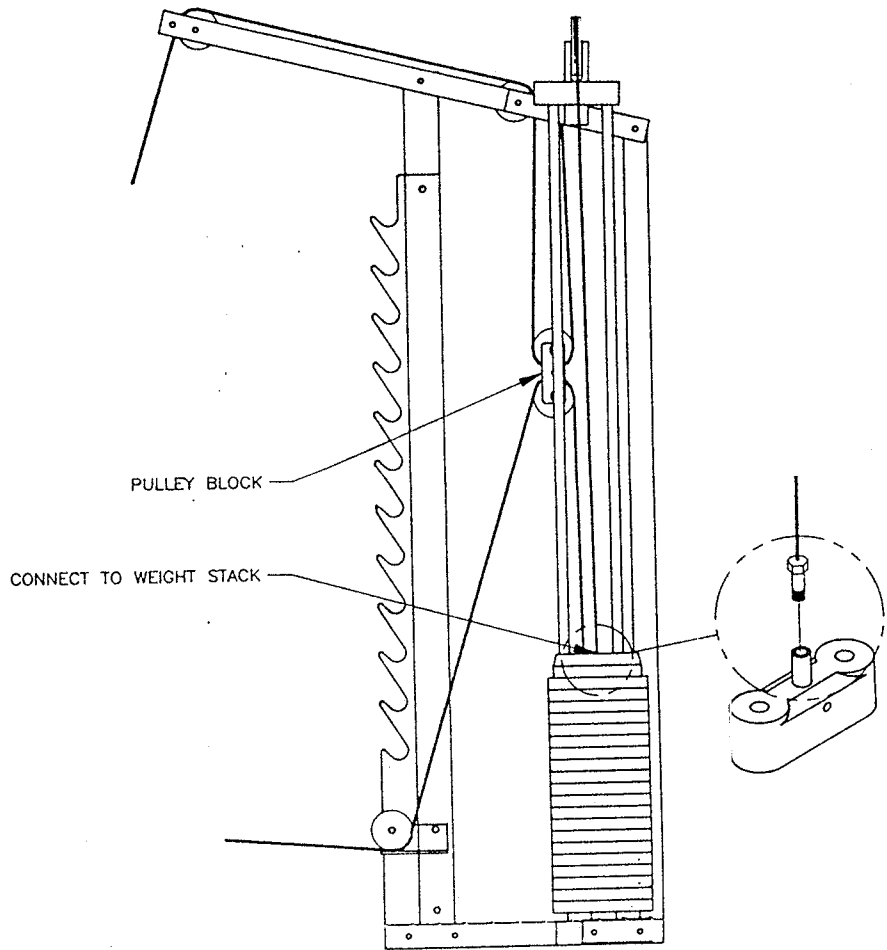
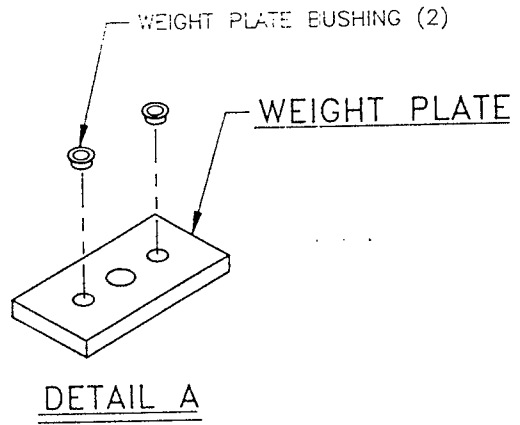
- 5/8 X 3/8 X 3/8 IN SPACER (2)
- 3/8 IN LOCK NUT
- 2 IN SQ END CAP (3)
- TOP SUPPORT WELDMENT
- EXISTING 3/8 IN WASHER (4)
- EXISTING 3/8 IN LOCK NUT (2)



SERIAL NUMBER

- EXISTING 3/8 X 3-1/4 IN BOLT
- 3/8 X 3-1/2 IN BOLT

SPACE BETWEEN WASHERS
WASHER (5)



CABLE ROUTING DIAGRAM

TOLERANCES (EXCEPT AS NOTED)	PARABODY <i>Strength Building Gear</i>
DIMENSIONAL	
FRAC	ASSY INST, 868101
SCALE	1/5
DRAWING NO	64606

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>