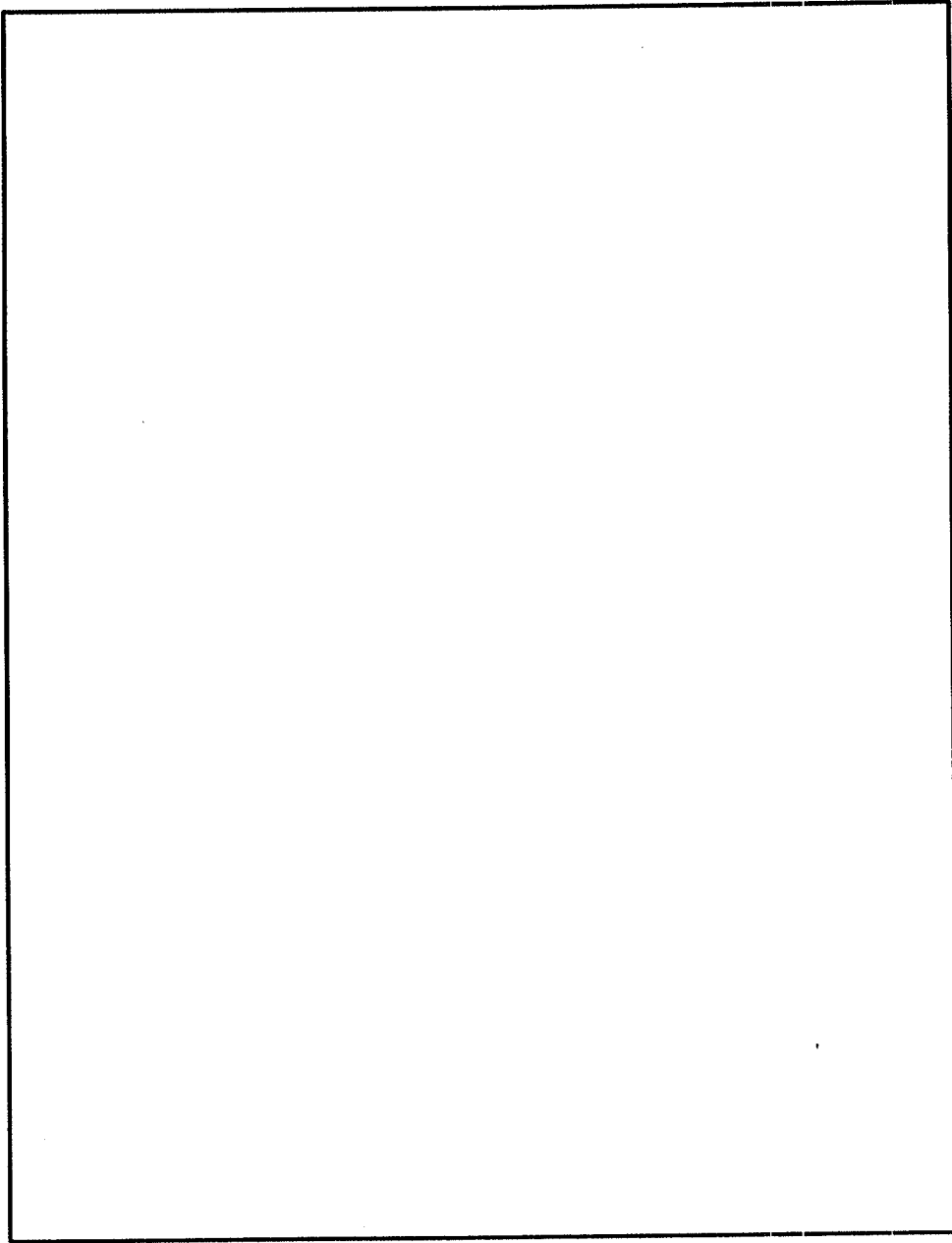


PARABODY

Strength Building Gear

875101

LAT OPTION



**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

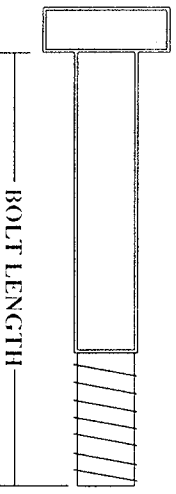
875101 LAT OPTION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

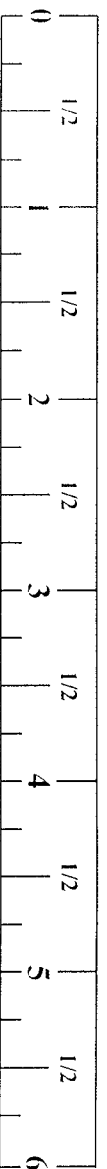
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3-1/4 IN. BOLT	2
2.	3/8 X 3 IN. BOLT	1
3.	3/8 X 2-3/4 IN. BOLT	4
4.	3/8 X 2 IN. BOLT	1
5.	3/8 IN WASHER	14
6.	3/8 IN. LOCK NUT	8
7.	3/8 IN. SPACER	2
8.	SNAP HOOK	4
9.	9/16 IN. MUSHROOM CAP	2
10.	CHAIN	1
11.	THUMBSCREW	1
12.	1 X 8 IN. GRIP	4
13.	1-1/4 IN. SQ. RUBBER BUMPER	1
14.	5-1/2 X 2-1/2 IN. SQ. NON SKID STRIP	2
15.	CARRIAGE GUIDE	8
16.	2 X 3/4 IN. PARAGLIDE STRIP	1
17.	2 X 1-1/2 IN. PARAGLIDE STRIP	3
18.	2-1/2 OD END CAP	2
19.	2 IN. SQ. END CAP	2
20.	1-3/4 IN. SQ. END CAP	1
21.	STEP SPACER	2

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



BOLT LENGTH RULER:



875101 LAT OPTION ASSEMBLY INSTRUCTIONS

25. Slide four (4) 1 X 8 IN. GRIPS over both ends of the LAT BAR and LOW ROW BAR as shown on drawing. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)
26. To attach either the LAT BAR or LOW ROW BAR to the HIGH PULLEY or LOW PULLEY CABLE follow the CABLE ROUTING DIAGRAM. (PLEASE REMOVE THE LAT BAR WHEN NOT IN USE)
27. To adjust either the LAT BAR or LOW ROW BAR, attach the CHAIN to the HIGH PULLEY or LOW PULLEY CABLE. Using one (1) SNAP HOOK to adjust the LAT BAR or LOW ROW BAR up and down the CHAIN.

875101 LAT OPTION ASSEMBLY INSTRUCTIONS

17. To attach the **LOW ROW PULLEY BRACKET** and/or the **KNEE SUPPORT** to the **UPRIGHT**, simply rotate the attachment 90 degrees from shown, and insert the pin of the attachment through the desired hole in the **UPRIGHT**. Rotate the attachment back down into its resting position.
18. **SECURELY** assemble the **BASE INSERT** into the end of the **LAT BASE** 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.
19. 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.
20. 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.
21. **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** as shown on drawing.
22. Insert the **LAT BASE ASSEMBLY** into the **BASE** of the **UPRIGHT** up to the BOLT as shown on drawing and secure it in place, using one (1) THUMBSCREW.
23. To assemble the **HIGH PULLEY CABLE**, follow the **CABLE ROUTING DIAGRAM** on drawing, and use the following steps:
 - Attach the end of the **CABLE** without the **BALL** to the **CARRIAGE** as shown on drawing using one (1) SNAP HOOK.
 - Route the **CABLE** up and over the **PULLEY** above the **CARRIAGE**. Continue the **CABLE** to the front of the **UPRIGHT** and around the **HIGH PULLEY**.
 - Insert one (1) 2 IN. SQ. END CAP into the front of the **FRONT LAT BOOM** as shown on drawing after the **CABLE** has been routed around the **HIGH PULLEY**. Attach one (1) SNAP HOOK to the end of the **CABLE**.
 - See **CABLE ROUTING DIAGRAM** for help in completing this step.
24. To assemble the **LOW PULLEY CABLE**, follow the **CABLE ROUTING DIAGRAM** on drawing, and use the following steps:
 - Attach the end of the **CABLE** without the **BALL** to the SNAP HOOK on the end of the **HIGH PULLEY CABLE** as shown on drawing.
 - Route the **CABLE** down and around the **PULLEY** of the **LOW ROW PULLEY BRACKET**. Attach one (1) SNAP HOOK to the end of the **CABLE**.

875101 LAT OPTION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	LAT UPRIGHT WLDMT (6443701)	1
2.	CARRIAGE WLDMT (6432301)	1
3.	REAR LAT BOOM WLDMT (6443401)	1
4.	FRONT LAT BOOM WLDMT (6521801)	1
5.	KNEE SUPPORT WLDMT (6459701)	1
6.	LOW PULLEY BRACKET WLDMT (6443901)	1
7.	LAT BASE WLDMT (6474101)	1
8.	LAT BAR WLDMT (6275301)	1
9.	LOW ROW BAR WLDMT (6274401)	1
10.	BASE INSERT (6465801)	1
11.	HIGH PULLEY CABLE (6452701)	1
12.	LOW PULLEY CABLE (6451401)	1
13.	4-1/2 X 3/8 X 1 IN. PULLEY (3116101)	3
14.	4 X 7 IN. ROLLER PAD (6194601)	2
15.	ROLLER PAD SHAFT (6485301)	1

THANK YOU

FOR PURCHASING THE *875101 LAT OPTION*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

****IMPORTANT****

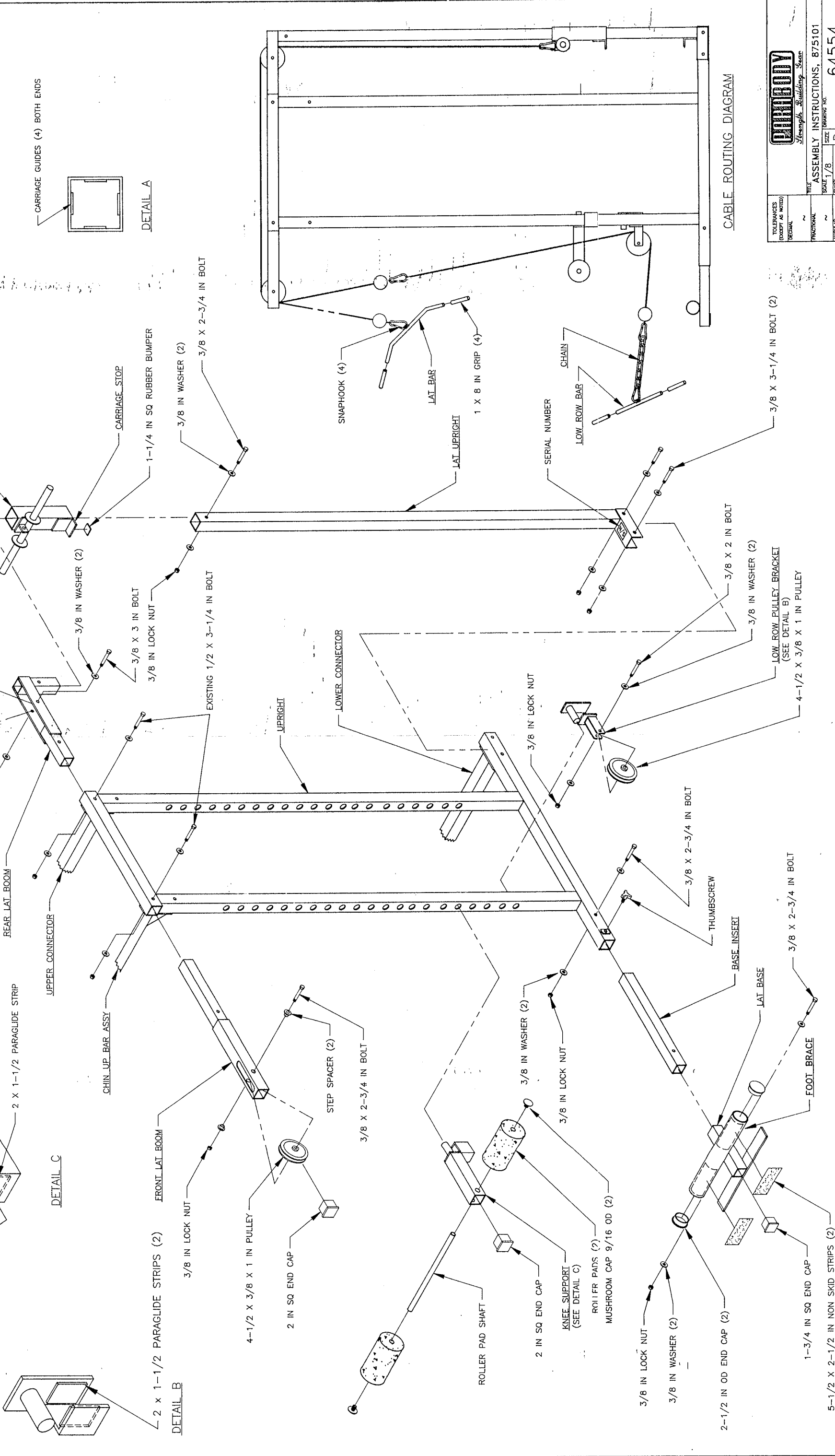
- THE *875101 LAT OPTION* CAN BE ASSEMBLED TO EITHER SIDE. HOWEVER THE ASSEMBLY DRAWING ILLUSTRATES A RIGHT SIDE ASSEMBLY.
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER

1. Remove three (3) 2 IN. SQ. END CAPS from the UPRIGHT (THE TWO FROM THE TOP, AND ONE FROM THE BASE IN THE FRONT) on the side in which the LAT OPTION will be assembled. (PLEASE DISCARD THESE ITEMS)
2. Loosen and remove the two (2) 1/2 X 3-1/4 IN. BOLTS and RELATED HARDWARE from the assembly of the LOWER CONNECTOR to the UPRIGHT from the side in which the LAT OPTION will be assembled. (PLEASE DISCARD THESE ITEMS)
3. Loosen and remove the TOP 1/2 X 3-1/4 IN. BOLT and RELATED HARDWARE from the assembly of the UPPER CONNECTOR to the UPRIGHT from the side in which the LAT OPTION will be assembled. (PLEASE SAVE THESE ITEMS FOR RE-ASSEMBLY IN A LATER STEP)
4. 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)
5. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the center of the CARRIAGE STOP on the CARRIAGE as shown on drawing. Proceed to slide the CARRIAGE down over the LAT UPRIGHT as shown on drawing.
6. SECURELY assemble one (1) 4-1/2 X 3/8 X 1 IN. PULLEY, and two (2) 3/8 IN. SPACERS between the PLATES of the REAR LAT BOOM as shown on drawing using one (1) 3/8 X 3 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.

7. SECURELY assemble the REAR LAT BOOM to the top of the LAT UPRIGHT 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.
8. SECURELY assemble the LAT UPRIGHT ASSEMBLY to the UPRIGHT as shown on drawing using the following steps:
 - Slide the BOTTOM of the LAT UPRIGHT ASSEMBLY over the BASE of the UPRIGHT while at the same time inserting the REAR LAT BOOM into the TOP of the UPRIGHT.
 - SECURELY reassemble the LOWER ASSEMBLY from (STEP 2, the LAT UPRIGHT ASSEMBLY to the LOWER CONNECTOR) 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.
 - SECURELY reassemble the UPPER ASSEMBLY from (STEP 3, the UPPER CONNECTOR to the UPRIGHT) using the one (1) 1/2 X 3-1/4 IN. BOLT, and the RELATED HARDWARE from STEP 3.
9. SECURELY assemble one (1) 4-1/2 X 3/8 X 1 IN. PULLEY of the FRONT LAT BOOM as shown on drawing using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) STEP SPACERS, and one (1) 3/8 IN. LOCK NUT.
10. Loosen and remove the TOP 1/2 X 3-1/4 IN. BOLT and RELATED HARDWARE from the assembly of the CHIN UP BAR ASSEMBLY to the UPRIGHT from the side in which the LAT OPTION will be assembled. (PLEASE SAVE THESE ITEMS FOR RE-ASSEMBLY IN THE NEXT STEP)
11. Insert the FRONT LAT BOOM into the TOP of the UPRIGHT as shown on drawing, and SECURELY reassemble the 1/2 X 3-1/4 IN. BOLT and RELATED HARDWARE from the above STEP.
12. Attach one (1) 2 X 3-4 IN. PARAGLIDE STRIP, and one (1) 2 X 1-1/2 IN. PARAGLIDE STRIP to the KNEE SUPPORT as shown in (DETAIL C) using the following steps:
 - A. Thoroughly clean the surfaces where the PARAGLIDE STRIPS are to be attached.
 - B. Remove the paper backing from the PARAGLIDE STRIPS and firmly apply them to the shown surfaces.
13. Insert one (1) 2 IN. SQ. END CAP into the end of the KNEE SUPPORT as shown on drawing.
14. Assemble two (2) ROLLER PADS to the KNEE SUPPORT as shown on drawing using one (1) ROLLER PAD SHAFT and two (2) 9/16 IN. MUSHROOM CAPS.
15. Attach two (2) 2 X 1-1/2 IN. PARAGLIDE STRIPS to the LOW ROW PULLEY BRACKET as shown in (DETAIL B) and following steps A. and B. from STEP 12.
16. SECURELY assemble one (1) 4-1/2 X 3/8 X 1 IN. PULLEY to the LOW ROW PULLEY SUPPORT as shown on drawing using one (1) 3/8 X 2 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.

REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2422	DLM	8/94
B	MODIFY LAT BASE	2245	DMT	9/94
C	ADDED S/N	2486	DLM	11/94
D	CHG TO MSHRM CAP	2590	DLM	2/95
E	CHG FRONT BOOM	2611	DLM	5/95

DASH NO	01	AS SHOWN
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CABLE ROUTING DIAGRAM

DANBURY
Strength Building Since 1899

TOLERANCES (UNLESS NOTED)
FRACTIONAL 2
DECIMAL 2
ANGLE 1 OF 10

ASSEMBLY INSTRUCTIONS, 875101
SCALE 1/8"
SHEET 1 OF 1
DATE 8/94
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APP'D MGN
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9/94

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