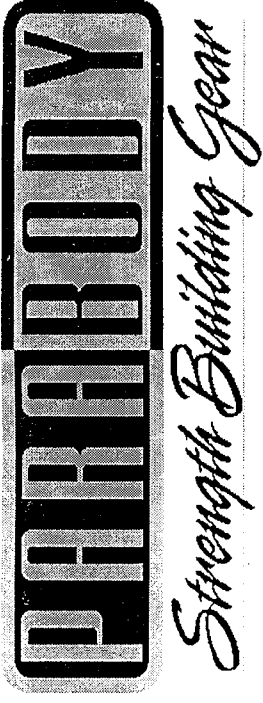
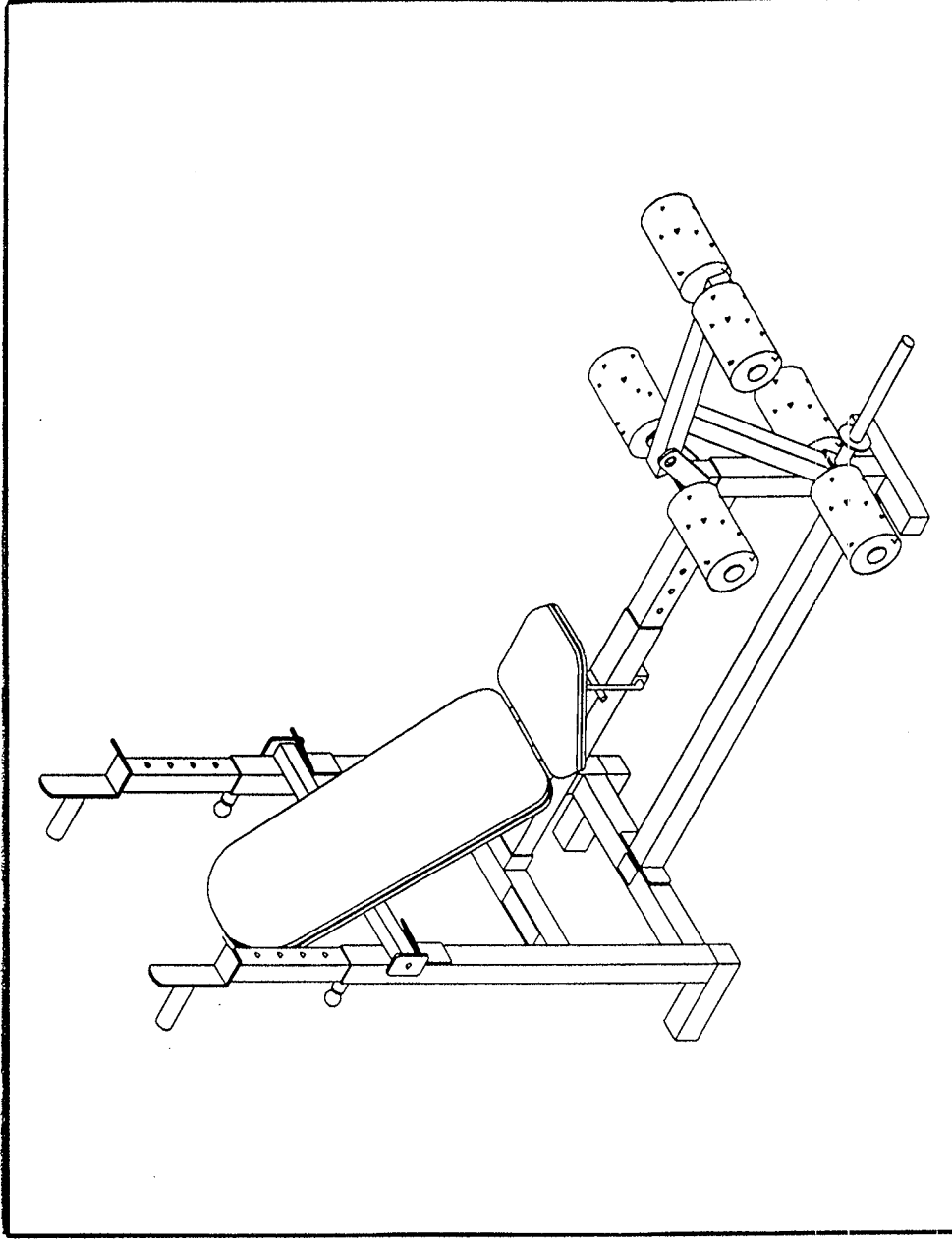


877101 BODYSMITH WORKOUT CENTER. ASSEMBLY INSTRUCTIONS

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) 9/16 IN. MUSHROOM CAPS.
22. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the **LEG EXTENSION** approximately where shown on drawing.
23. When ready to perform **LEG CURLS** or **LEG EXTENSION**, pull up slowly on the front of the **BENCH FRAME** and allow the **U-PIN** to rest on top of the **TAB** of the **BASE LEG**. Insert the **LEG EXTENSION NECK** into the front of the **BENCH FRAME** all the way. Secure the **NECK** in place with one (1) THUMBSCREW. (NOTE: **THE BENCH FRAME MUST BE ADJUSTED UP WHEN USING THE LEG EXTENSION TO ALLOW PROPER CLEARANCE FOR WEIGHT PLATES**)
24. To adjust the **SEAT PAD**, lift **SEAT PAD** up and pull back the **U-PIN** and allow it to rest against the **SPRING PIN HOUSING** on the **WOLFF SLEEVE**.
25. Set the **HEIGHT ADJUSTMENT BAR** across the **UPRIGHT FRAME** as shown on drawing, for performing **INCLINE**, or **MILITARY PRESSES**. When performing **DIPS**, use the **HEIGHT ADJUSTMENT BAR** to hold the **BACK PAD** forward as shown in the **WORKOUT MANUAL**.
26. Follow the **WORKOUT MANUAL** for the correct way to use this product.



877101 BODYSMITH WORK OUT CENTER



PRODUCT ASSEMBLY INSTRUCTIONS SHEETS

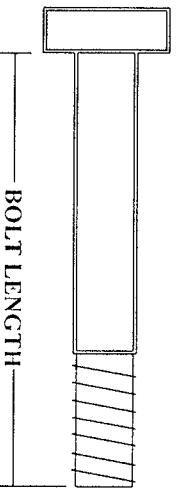
877101 BODYSMITH WORKOUT CENTER. ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

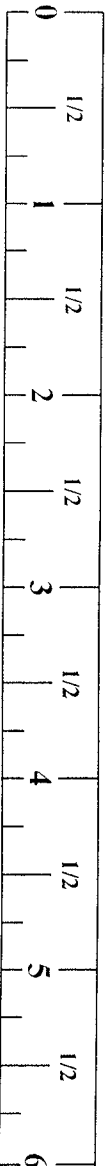
HARDWARE:

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

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



BOLT LENGTH RULER:



877101 BODYSMITH WORKOUT CENTER. ASSEMBLY INSTRUCTIONS

8. **SECURELY** assemble the **BENCH FRAME** to the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, one (1) 3/8 X 2-3/4 IN. BOLT, six (6) 3/8 IN. WASHERS, and three (3) 3/8 IN. LOCK NUTS.
9. Attach eight (8) PARAGLIDE STRIPS to both **UPRIGHT TUBES** on the **UPRIGHT FRAME (FOUR FOR EACH UPRIGHT)** 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.
10. Attach eight (8) PARAGLIDE STRIPS to the bottom of both **SADDLES** as shown in (DETAIL C) using the steps outlined in **STEP 9**
11. Slide two (2) 1-1/4 X 5 IN. GRIPS over the **DIP HANDLES** of both **SADDLES**. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)
12. Pull back the SPRING PIN on the **UPRIGHT TUBES**, and insert the **SADDLES** as shown on drawing. Slide the **SADDLE** down to the desired height and release the SPRING PIN into the hole.
13. Secure the **SADDLES** in place with two (2) THUMBSCREWS as shown on drawing.
14. To 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 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. To 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 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) 9/16 IN. MUSHROOM CAPS.
18. Insert three (3) 1-3/4 IN. SQ. END CAPS into the ends of the **LEG EXTENSION** as shown on drawing.
19. Insert two (2) 1/2 IN. FLANGE BEARINGS into the **BUSHING** on the **LEG EXTENSION** as shown on drawing.

877101 BODYSMITH WORKOUT CENTER. ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 877101 BODYSMITH WORKOUT CENTER. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

*****IMPORTANT*****

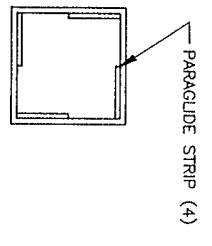
- THE 877101 BODYSMITH WORKOUT CENTER MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 9/16 SOCKET or WRENCH, 3/4 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER

1. 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.
2. Insert one (1) U-PIN through the BUSHING of the WOLFF SLEEVE and one (1) U-PIN through the BUSHING of the BENCH FRAME as shown on drawing, and attach two (2) PAL NUTS to the ends of the U-PINS.
3. SECURELY Assemble three (3) SPRING PIN ASSEMBLIES to the SPRING PIN HOUSINGS, two (2) on the UPRIGHT TUBES, and one (1) on the WOLFF SLEEVE as shown in (DETAIL B) (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
4. Pull back the SPRING PIN on the WOLFF SLEEVE and slide it over the end of the BENCH FRAME as shown on drawing. Engage the SPRING PIN into one of the adjustment holes. Secure the WOLFF SLEEVE in place with one (1) THUMBSCREW.
5. Insert two (2) 2 IN. SQ. END CAPS into both ends of the BASE LEG as shown on drawing.
6. Insert the BASE LEG into the front of the BENCH FRAME as shown on drawing. (MAKE SURE THAT THE TAB ON THE BASE LEG IS UNDER THE BENCH FRAME)
7. Insert four (4) 2 IN. SQ. END CAPS into the BASE TUBES of the UPRIGHT FRAME as shown on drawing.

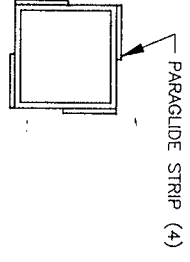
877101 BODYSMITH WORKOUT CENTER. ASSEMBLY PARTS LIST

WELDMENTS/PARTS:
SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	UPRIGHT FRAME WLDMT(6407101)	1
2.	BENCH FRAME WLDMT(6407501)	1
3.	HEIGHT ADJUSTMENT BAR WLDMT(6100401)	1
4.	WOLFF SLEEVE WLDMT(6406601)	1
5.	BASE LEG WLDMT(6407801)	1
6.	SADDLE WLDMT(6407301)	2
7.	LEG EXTENSION NECK WLDMT(6407201)	1
8.	LEG EXTENSION WLDMT(6024701)	1
9.	HINGE TAB(6406401)	4
10.	U-PIN(6406501)	2
11.	ROLLER PAD SHAFT(6485301)	2
12.	ROLLER PAD(6194601)	6
13.	SEAT PAD(6452501)	1
14.	BACK PAD(6452401)	1



DETAIL A

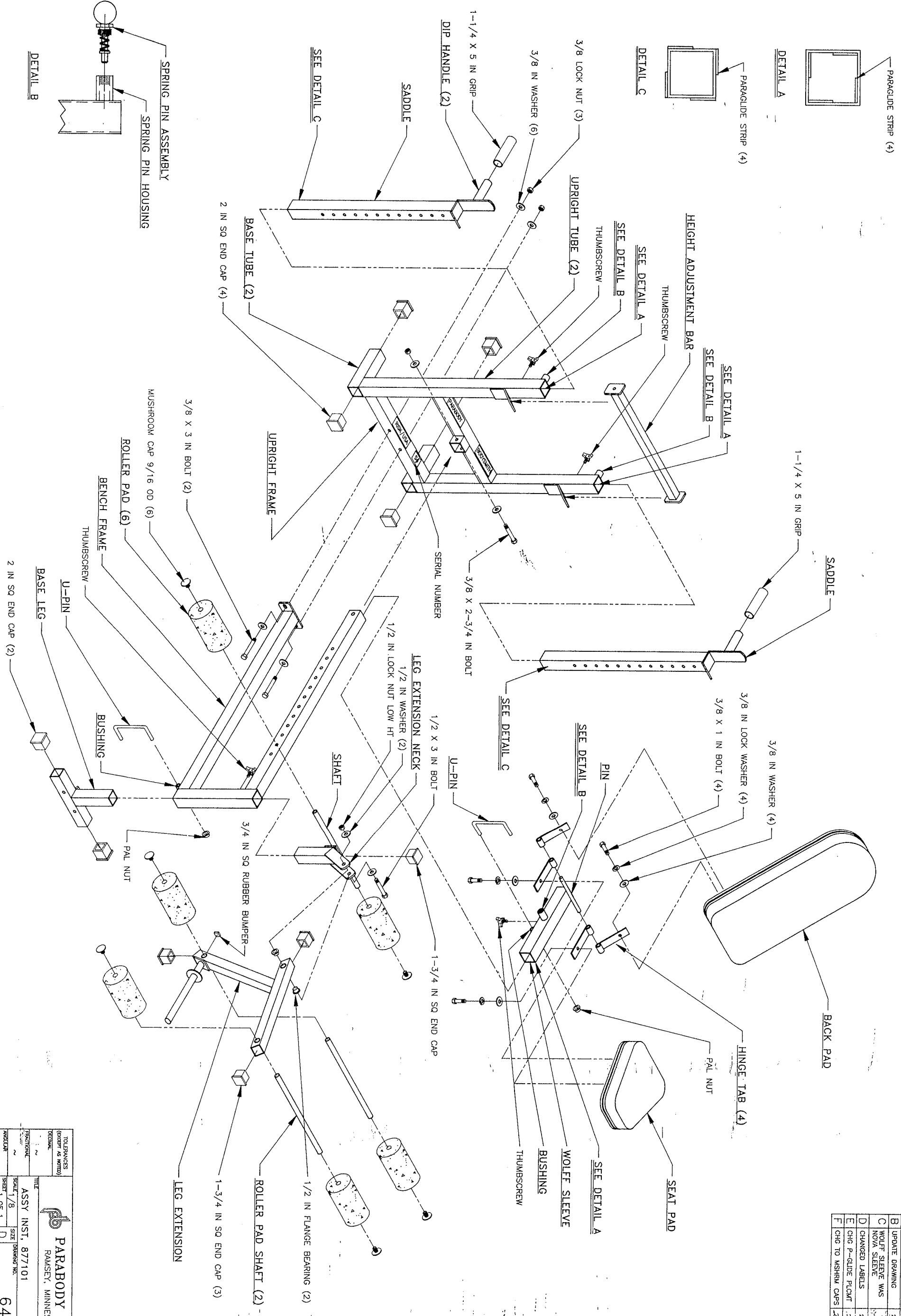


DETAIL B



DETAIL C

REVISIONS			
REV	DESCRIPTION	CHG NO	DATE
A	NEW RELEASE		3/94
B	UPDATE DRAWING	2340	3/94
C	WOLF SLEEVE WAS NOT A SLEEVE		
D	CHANGED LABELS	2336	5/94
E	CHG P-GUIDE PICKUP	2336	12/94
F	CHG TO MSHRM CAPS	2543	2/95



TOLERANCES (UNLESS OTHERWISE SPECIFIED)

PARABODY INC.
RAMSEY, MINNESOTA

ASSY INST. 877101
SCALE 1/8" = 1" SIZE DRAWING NO. 64095
SHEET 1 OF 1

DATE: 3/94
BY: JWE
CHKD: DMT
APP'D: DMT

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>