

893101 PROSYSTEM ASSEMBLY INSTRUCTIONS

!!! WARNING !!!

MAKE SURE SNAP HOOKS ARE FASTENED BEFORE DOING EXERCISES

!!! WARNING !!!

DO NOT OPERATE THIS MACHINE WITH LAT BAR OFF SAFETY HOOKS EXCEPT DURING HIGH PULLEY EXERCISES

!!! WARNING !!!

THE LAT BAR IS NOT TO BE USED FOR PULL-UPS

!!! NOTE !!!

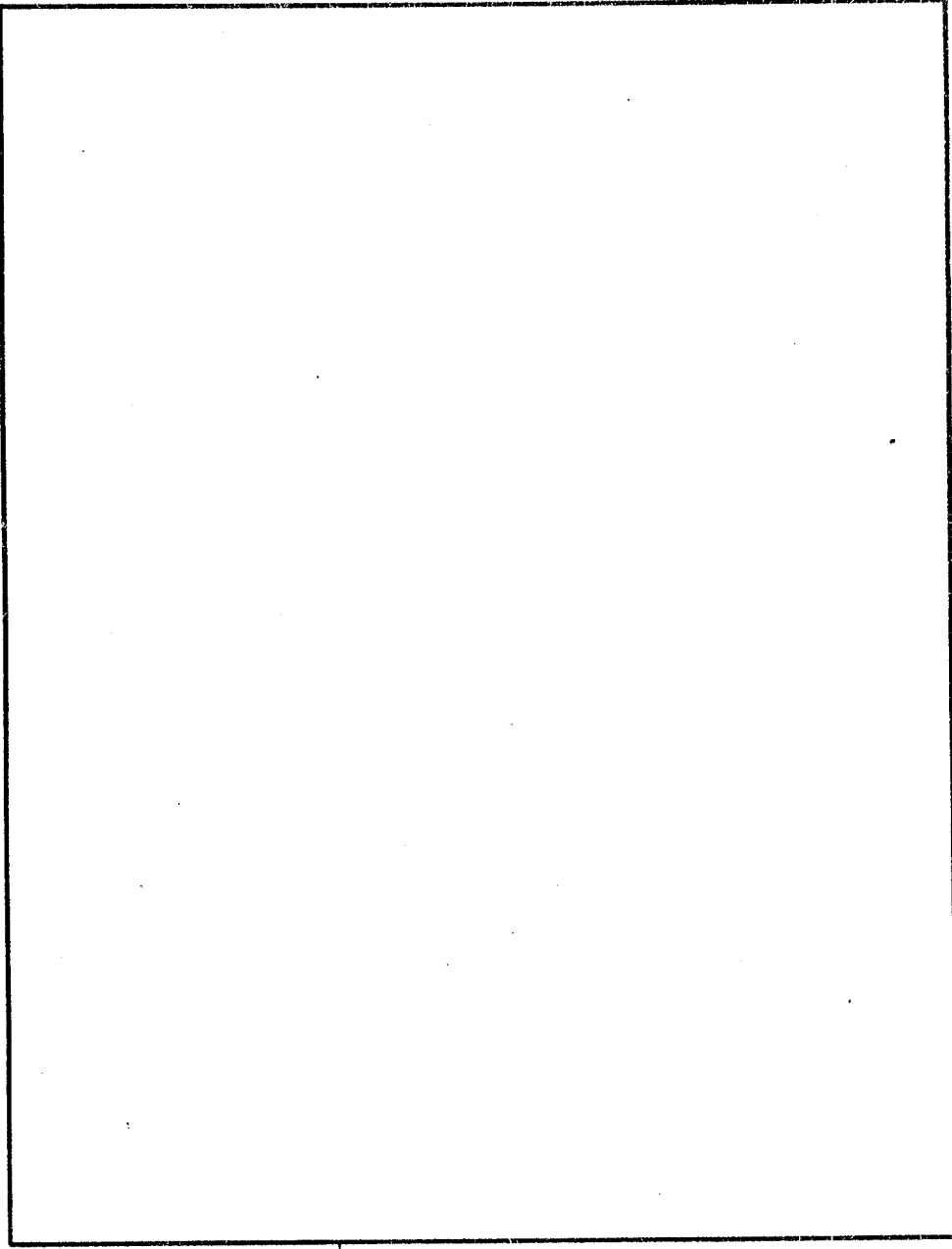
PLACE LOW ROW BAR IN LOW ROW BAR HOLDERS WHEN NOT IN USE

PARABODY

Strength Building Gear

893101

PROSYSTEM



PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

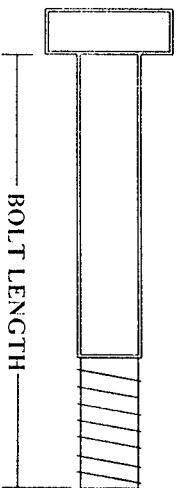
893101 PROSYSTEM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

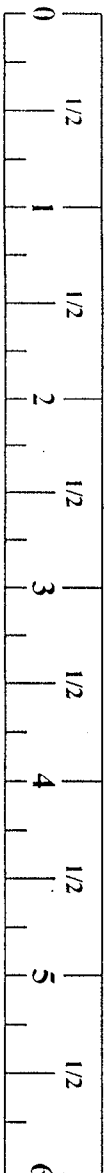
HARDWARE:

| ITEM | NAME/DESCRIPTION | QTY |
|------|---------------------------------------|-----|
| 1. | 3/8 X 3-1/4 IN. BOLT | 2 |
| 2. | 3/8 X 3 IN. BOLT | 14 |
| 3. | 3/8 X 2-3/4 IN. BOLT | 1 |
| 4. | 3/8 X 2 IN. BOLT | 2 |
| 5. | 3/8 X 1-3/4 IN. BOLT | 2 |
| 6. | 3/8 IN. WASHER | 25 |
| 7. | 3/8 IN. LOCK WASHER | 18 |
| 8. | 3/8 IN. NUT | 18 |
| 9. | 3/8 IN. LOW HEIGHT LOCK NUT | 3 |
| 10. | 5/16 IN. SNAP HOOK | 4 |
| 11. | 9/16 IN. MUSHROOM CAP | 2 |
| 12. | 1-1/4 IN. SQ. RUBBER BUMPER | 1 |
| 13. | CARRIAGE GUIDE | 8 |
| 14. | 2 IN. SQ. END CAP | 7 |
| 15. | ROD END COVER (1/4 X 5-3/8) | 2 |
| 16. | 1 X 8 IN. GRIP | 4 |
| 17. | 3/4 X 2 IN. PARAGLIDE STRIP | 1 |
| 18. | 1-1/2 X 2 IN. PARAGLIDE STRIP (9 PER) | 1 |
| 19. | 1/2 IN. LG. PULLEY SPACER | 6 |

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



BOLT LENGTH RULER:



893101 PROSYSTEM ASSEMBLY INSTRUCTIONS

24. To install SECONDARY CABLE (6255901), start by inserting the end of the CABLE, WITHOUT the WHITE BALL under the FRONT PULLEY in the LOW ROW PULLEY HOUSING on the MAIN UPRIGHT. (REMOVE PULLEY FOR EASE OF INSTALLATION)
 - Push the CABLE under the FRONT PULLEY and through the HOLE of the MAIN UPRIGHT to the PULLEY on the UPRIGHT BRACE of the MAIN UPRIGHT. Pull the CABLE until the WHITE BALL stops against the FRONT PULLEY and the LOW ROW PULLEY HOUSING.
 - Pull the CABLE around the BRACE PULLEY and up to the SECOND PULLEY on the PULLEY BLOCK SYSTEM. (NOTE: THE CABLE MUST BE ROUTED AROUND THE SECOND PULLEY FROM THE REAR TO THE FRONT)
 - Pull the CABLE around the SECOND PULLEY of the PULLEY BLOCK SYSTEM and down to the first HOLE above the larger set of HOLES on the MAIN UPRIGHT. Attach the end of the CABLE to the MAIN UPRIGHT, using one (1) 3/8 X 2-3/4 IN. BOLT, one (1) 3/8 IN. WASHER, one (1) 3/8 IN. LOCK WASHER and one (1) 3/8 IN. NUT. (SEE DETAIL F)
 - See CABLE ROUTING DIAGRAM (DETAIL A) for help in completing STEP 24.
25. TIGHTEN ALL LOOSE PULLEY CONNECTIONS MADE TO THIS POINT.
26. Slide four (4) 1 X 8 IN. GRIPS over each end of both the LAT BAR, and the LOW ROW BAR. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE) (SEE DETAIL A AND B)
27. Attach the LAT BAR to the PRIMARY CABLE, and the LOW ROW BAR to the SECONDARY CABLE, by using two (2) 5/16 IN. SNAP HOOK. (SEE DETAIL A AND B)
28. To adjust the LOW ROW BAR, Remove the LOW ROW BAR from the 5/16 IN. SNAP HOOK on the SECONDARY CABLE, and attach the CHAIN. Attach another 5/16 IN. SNAP HOOK to the LOW ROW BAR and adjust it to the desired CHAIN LINK. (SEE DETAIL B)
29. Attach two (2) sets of UPRIGHT LABELS (designated #1 to #21) to the inside surface of both FRONT UPRIGHTS. (SEE DRAWING)
30. To use the LOW ROW FOOT BRACE, slip it over the BASE LEGS, and up against the UPRIGHTS of the FRONT UPRIGHTS. (SEE DRAWING)

6. Attach one (1) 1-1/4 SQ. RUBBER BUMPER to the **CENTER** of the **CARRIAGE STOP** on the **WEIGHT CARRIAGE**.
7. Slide **WEIGHT CARRIAGE** down over the **REAR UPRIGHT** of the **MAIN UPRIGHT**. (**NOTE: MAKE SURE THAT THE WEIGHT PEG ON THE WEIGHT CARRIAGE IS FACING TOWARDS THE FRONT OF THE MACHINE**)
8. **LOOSELY** attach the two (2) **PULLEY MOUNT FLATS** to the **REAR** and **FRONT UPRIGHTS** of the **MAIN UPRIGHT**, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (**NOTE: THE HOLE CLOSEST TO THE END ON THE PULLEY MOUNT FLATS SHOULD BE ASSEMBLED TO THE REAR UPRIGHT**) (SEE DRAWING)
9. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**
10. **LOOSELY** attach two (2) 3-1/2 O.D. X 1 IN. BUSHING PULLEY and four (4) 1/2 IN. LG. PULLEY SPACERS (**ONE ON EACH SIDE OF THE PULLEYS**) between the **PULLEY MOUNT FLATS** above the **WEIGHT CARRIAGE**, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
11. Slide the two (2) **ROD END COVERS** over the ends of the **LAT BAR HOLDER**.
12. Slide the **LAT BAR HOLDER** over the **PULLEY MOUNT FLATS**, and **LOOSELY** assemble in place, using one (1) 3/8 X 3-1/4 BOLT, and one (1) 3/8 IN. LOW HEIGHT LOCK NUT. (**NOTE: USE THE SECOND SET OF HOLES IN FROM THE END**) (SEE DRAWING)
13. **LOOSELY** assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, and two (2) 1/2 IN. LG. PULLEY SPACER (**ONE ON EACH SIDE OF THE PULLEY**) between the **PULLEY MOUNT FLATS** at the **FRONT**, using one (1) 3/8 X 3-1/4 IN. BOLTS, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
14. **LOOSELY** assemble one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY to the **PULLEY BRACKET** on the **UPRIGHT BRACE** of the **MAIN UPRIGHT**, using one (1) 3/8 X 1-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
15. **LOOSELY** assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY to the **LOW ROW PULLEY HOUSING** of the **MAIN UPRIGHT**, using one (1) 3/8 X 1-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
16. To assemble the **PULLEY BLOCK SYSTEM**, **SECURELY** assemble two (2) **PAINTED CONNECTORS** around two (2) 3-1/2 O.D. X 1 IN. BUSHING PULLEYS, using two (2) 3/8 X 2 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOW HEIGHT LOCK NUTS. (**NOTE: THE HOLES IN THE PAINTED CONNECTOR ARE OVAL, MAKE SURE THAT THE PULLEYS ARE AT THE MAXIMUM WIDTH, SEE DETAIL G**)

893101 PROSYSTEM ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 893101 PROSYSTEM. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE 893101 PROSYSTEM MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PEOPLE TO AVOID POSSIBLE INJURY.
- KEEP ALL FRAME CONNECTIONS LOOSE, UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.
- 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

893101 PROSYSTEM ASSEMBLY INSTRUCTIONS

6. Attach one (1) 1-1/4 SQ. RUBBER BUMPER to the CENTER of the CARRIAGE STOP on the WEIGHT CARRIAGE.
7. Slide WEIGHT CARRIAGE down over the REAR UPRIGHT of the MAIN UPRIGHT. (NOTE: MAKE SURE THAT THE WEIGHT PEG ON THE WEIGHT CARRIAGE IS FACING TOWARDS THE FRONT OF THE MACHINE)
8. LOOSELY attach the two (2) PULLEY MOUNT FLATS to the REAR and FRONT UPRIGHTS of the MAIN UPRIGHT, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THE HOLE CLOSEST TO THE END ON THE PULLEY MOUNT FLATS SHOULD BE ASSEMBLED TO THE REAR UPRIGHT) (SEE DRAWING)
9. AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.
10. LOOSELY attach two (2) 3-1/2 O.D. X 1 IN. BUSHING PULLEY and four (4) 1/2 IN. LG. PULLEY SPACERS (ONE ON EACH SIDE OF THE PULLEYS) between the PULLEY MOUNT FLATS above the WEIGHT CARRIAGE, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
11. Slide the two (2) ROD END COVERS over the ends of the LAT BAR HOLDER.
12. Slide the LAT BAR HOLDER over the PULLEY MOUNT FLATS, and LOOSELY assemble in place, using one (1) 3/8 X 3-1/4 BOLT, and one (1) 3/8 IN. LOW HEIGHT LOCK NUT. (NOTE: USE THE SECOND SET OF HOLES IN FROM THE END) (SEE DRAWING)
13. LOOSELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, and two (2) 1/2 IN. LG. PULLEY SPACER (ONE ON EACH SIDE OF THE PULLEY) between the PULLEY MOUNT FLATS at the FRONT, using one (1) 3/8 X 3-1/4 IN. BOLTS, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
14. LOOSELY assemble one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY to the PULLEY BRACKET on the UPRIGHT BRACE of the MAIN UPRIGHT, using one (1) 3/8 X 1-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
15. LOOSELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY to the LOW ROW PULLEY HOUSING of the MAIN UPRIGHT, using one (1) 3/8 X 1-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
16. To assemble the PULLEY BLOCK SYSTEM, SECURELY assemble two (2) PAINTED CONNECTORS around two (2) 3-1/2 O.D. X 1 IN. BUSHING PULLEYS, using two (2) 3/8 X 2 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOW HEIGHT LOCK NUTS. (NOTE: THE HOLES IN THE PAINTED CONNECTOR ARE OVAL, MAKE SURE THAT THE PULLEYS ARE AT THE MAXIMUM WIDTH, SEE DETAIL G)

1. Insert six (6) 2 IN. SQ. END CAP into both FRONT UPRIGHTS. Two (2) into each end of the BASE LEG, and one (1) into the TOP end of the UPRIGHT.

2. LOOSELY assemble the BOTTOM UPRIGHT SUPPORT to both FRONT UPRIGHTS, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS. (NOTE: THE LOW ROW BAR HOLDERS ON THE BOTTOM UPRIGHT SUPPORT SHOULD BE UNDERNEATH) (SEE DRAWING)

3. LOOSELY assemble the TOP UPRIGHT SUPPORT to both FRONT UPRIGHTS, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: MAKE SURE THAT THE TOP UPRIGHT SUPPORT IS FLUSH WITH THE TOP OF THE FRONT UPRIGHT) (SEE DRAWING)

4. LOOSELY assemble the MAIN UPRIGHT to the TOP and BOTTOM UPRIGHT SUPPORT, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS. (SEE DRAWING)

5. Attach eight (8) CARRIAGE GUIDES to the WEIGHT CARRIAGE as shown in (DETAIL D) 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)

893101 PROSYSTEM ASSEMBLY INSTRUCTIONS

17. Attach one (1) 3/4 X 2 IN. PARAGLIDE STRIP and one (1) 1-1/2 X 2 IN. PARAGLIDE STRIP to the **ADJUSTABLE KNEE SUPPORT** as shown in (DETAIL E) using the following steps:
 - A. Thoroughly clean all 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.
18. Assemble two (2) ROLLER PADS to the **ADJUSTABLE KNEE SUPPORT**, using one (1) ROLLER PAD SHAFT, and two (2) 9/16 IN MUSHROOM CAPS.
19. Insert one (1) 2 IN. SQ. END CAP into the front end of the **ADJUSTABLE KNEE SUPPORT**.
20. To use the **ADJUSTABLE KNEE SUPPORT**, turn the **KNEE SUPPORT TUBE** so that the ROLLER PADS are vertical. Insert the pin into the desired hole, and rotate clockwise until locked. (SEE DRAWING)
21. Attach eight (8) 1-1/2 X 2 PARAGLIDE STRIPS to the **BAR HOLDERS**, and **SAFETY RAILS** as shown in (DETAIL F) using the following steps:
 - A. Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
 - B. Remove the paper backing from the PARAGLIDE STRIPS and firmly apply them to all shown surfaces.
22. To use the **BAR HOLDERS**, and **SAFETY RAILS** follow the same procedure as in STEP 20.

NOTE: BEFORE PROCEEDING WITH CABLE INSTALLATION, UNRAVEL CABLE, AND REMOVE AS MUCH SPIRALING AS POSSIBLE.

23. To install the **PRIMARY CABLE (6282701)**, start by inserting the end of the **CABLE**, **WITHOUT** the **WHITE BALL** between the **TOP PULLEY** and the **LAT BAR HOLDER** on the **PULLEY MOUNT FLATS. (REMOVE PULLEY FOR EASE OF INSTALLATION)**
 - Pull **CABLE** over **TOP PULLEY** until the **WHITE BALL** stops against the **PULLEY** and the **LAT BAR HOLDER**.
 - Pull **CABLE** over and down the **SECOND PULLEY** of the **PULLEY MOUNT FLATS**. Run the **CABLE** around one of the **PULLEYS** of the **PULLEY BLOCK SYSTEM** and up to the **THIRD PULLEY** of the **PULLEY MOUNT FLATS**.
 - Pull **CABLE** over and down the **THIRD PULLEY**, to the **WEIGHT CARRIAGE**. Attach the **CABLE** to the **WEIGHT CARRIAGE**, using one (1) 5/16 IN. SNAP HOOK. (SEE DETAIL C)
 - See **CABLE ROUTING DIAGRAM (DETAIL A)** for help in completing STEP 23.

NOTE: IF THIS UNIT WILL BE ASSEMBLED WITH OPTIONAL PEC DEC, STOP HERE AND REFER TO THE PEC DEC ASSEMBLY INSTRUCTIONS. COMPLETE STEPS #2 THRU # 18. WHEN THIS IS COMPLETED, SKIP STEP #24, AND CONTINUE ON TO STEP #25 OF THE MAIN UNIT INSTRUCTIONS.

893101 PROSYSTEM ASSEMBLY PARTS LIST

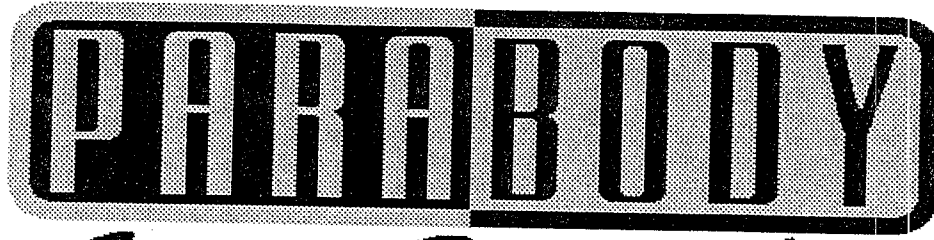
WELDMENTS/PARTS:
SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

| ITEM | NAME/DESCRIPTION | QTY |
|------|---|-------------|
| 1. | MAIN UPRIGHT | (6283903) 1 |
| 2. | WEIGHT CARRIAGE | (6250502) 1 |
| 3. | TOP UPRIGHT SUPPORT | (6250903) 1 |
| 4. | BOTTOM UPRIGHT SUPPORT | (6251103) 1 |
| 5. | FRONT UPRIGHT | (6283602) 2 |
| 6. | ADJUSTABLE KNEE SUPPORT | (6283002) 1 |
| 7. | LAT BAR HOLDER | (6251402) 1 |
| 8. | BAR HOLDER | (6250302) 2 |
| 9. | LAT BAR | (6275302) 1 |
| 10. | LOW ROW BAR | (6274402) 1 |
| 11. | PULLEY MOUNT FLAT | (6283802) 2 |
| 12. | PAINTED CONNECTOR | (6426403) 2 |
| 13. | SAFETY RAILS | (6283402) 2 |
| 14. | LOW ROW FOOT BRACE | (6257102) 1 |
| 15. | PRIMARY CABLE | (6282701) 1 |
| 16. | SECONDARY CABLE | (6255901) 1 |
| 17. | ROLLER PAD | (6194601) 2 |
| 18. | ROLLER PAD SHAFT | (6485301) 1 |
| 19. | CHAIN | (6075906) 1 |
| 20. | UPRIGHT LABELS | (6189501) 2 |
| 21. | 3-1/2 O.D. X 1 IN. BUSHING PULLEY | (3116201) 6 |
| 22. | 4-1/2 O.D. X 1 IN. BUSHING PULLEY | (3116101) 1 |



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Do not mark this box!



Strength Building Gear

**893102
PROSYSTEM**

**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

1
12/06/95

893102 PROSYSTEM 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 | 1 |
| 2. | 1/2 X 3-1/4 IN. BOLT | 6 |
| 3. | 1/2 X 3 IN. BOLT | 3 |
| 4. | 1/2 X 2-3/4 IN. BOLT | 3 |
| 5. | 3/8 X 2-3/4 IN. BOLT | 12 |
| 6. | 3/8 X 2 IN. BOLT | 6 |
| 7. | 3/8 X 1-3/4 IN. BOLT | 1 |
| 8. | 1/2 IN. WASHER | 3 |
| 9. | 3/8 IN. WASHER | 6 |
| 10. | 1/2 IN. LOCK WASHER | 3 |
| 11. | 3/8 IN. LOCK WASHER | 2 |
| 12. | 1/2 IN. LOCK NUT | 10 |
| 13. | 3/8 IN. LOCK NUT | 17 |
| 14. | SNAP LINK | 3 |
| 15. | QUICK LINK | 2 |
| 16. | CHAIN | 1 |
| 17. | SPRING PIN | 3 |
| 18. | 3/4 IN. FLANGE BEARING | 4 |
| 19. | FLANGE SPACER | 8 |
| 20. | THUMBSCREW | 2 |
| 21. | 3 X 2 IN. END CAP | 1 |
| 22. | 2-1/2 IN. RD. END CAP | 2 |
| 23. | 1-3/4 IN. SQ. END CAP | 1 |
| 24. | 2 IN. SQ. END CAP | 8 |
| 25. | 2 IN. SQ. COVER CAP | 2 |
| 26. | MUSHROOM CAP | 2 |
| 27. | 1 X 8 IN. GRIP | 4 |
| 28. | 1-1/4 IN. SQ. RUBBER BUMPER | 1 |
| 29. | 3/4 IN. CAP NUT | 2 |
| 30. | 1 IN. SQ. GLIDE | 10 |
| 31. | 1-1/2 X 3/4 IN. GLIDE | 3 |
| 32. | 5-1/2 X 2-1/2 IN. NON SKID STRIP | 2 |
| 33. | CABLE RETAINING CLIP | 4 |

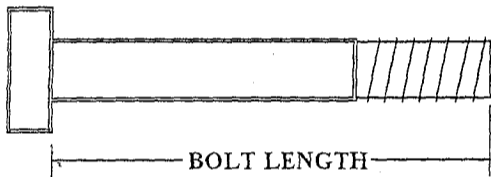
893102 PROSYSTEM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

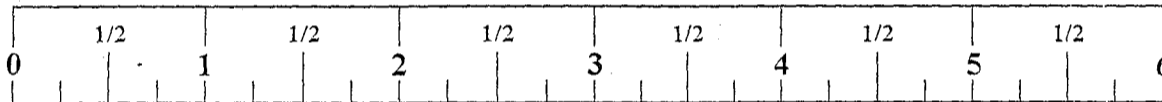
WELDMENTS/PARTS:

| ITEM | NAME/DESCRIPTION | QTY |
|------|---|-----|
| 1. | <u>UPRIGHT FRAME WELDMENT</u> | 1 |
| 2. | <u>TOP BOOM WELDMENT</u> | 1 |
| 3. | <u>CARRIAGE WELDMENT</u> | 1 |
| 4. | <u>2 SO. X 97-3/8 IN. BENT TUBE</u> | 1 |
| 5. | <u>UPRIGHT WELDMENT</u> | 2 |
| 6. | <u>LAT BAR WELDMENT</u> | 1 |
| 7. | <u>BOOM SUPPORT LEFT WELDMENT</u> | 1 |
| 8. | <u>BOOM SUPPORT RIGHT WELDMENT</u> | 1 |
| 9. | <u>SAFETY RAIL WELDMENT</u> | 2 |
| 10. | <u>SWIVEL KNEE SUPPORT WELDMENT</u> | 1 |
| 11. | <u>PULLEY BRACKET WELDMENT</u> | 1 |
| 12. | <u>LOW ROW ATTACHMENT WELDMENT</u> | 1 |
| 13. | <u>BEARING HOUSING WELDMENT</u> | 1 |
| 14. | <u>PEC ARM RIGHT WELDMENT</u> | 1 |
| 15. | <u>PEC ARM LEFT WELDMENT</u> | 1 |
| 16. | <u>CENTER PULLEY BRACKET WELDMENT</u> | 1 |
| 17. | <u>1-3/4 X 5-1/4 IN. PLATE</u> | 2 |
| 18. | <u>LOW ROW BAR</u> | 1 |
| 19. | <u>PAD (6457302)</u> | 1 |
| 20. | <u>4 X 7 IN. ROLLER PAD</u> | 2 |
| 21. | <u>4 X 12 IN. ROLLER PAD</u> | 2 |
| 22. | UPRIGHT LABELS | 2 |
| 23. | 3-1/2 X 1 IN. PULLEY | 11 |
| 24. | CABLE (6492201) | 1 |
| 25. | CABLE (6576201) | 2 |

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



BOLT LENGTH RULER:



THANK YOU

FOR PURCHASING THE 893102 PROSYSTEM, PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE 893102 PROSYSTEM MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PEOPLE 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. Assemble the appropriate END CAPS to the UPRIGHT FRAME WELDMENT, BENT TUBE, and the LOW ROW ATTACHMENT WELDMENT as shown, also attach the 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the LOW ROW ATTACHMENT as shown.
2. SECURELY assemble the LOW ROW ATTACHMENT WELDMENT and the UPRIGHT FRAME WELDMENT to the BENT TUBE as shown.
3. LOOSELY assemble the UPRIGHT WELDMENTS to the BENT TUBE as shown.
4. Attach eight (8) 1 IN. SQ. GLIDES to the CARRIAGE WELDMENT as shown in (DETAIL A) also attach the 1-1/4 SQ. RUBBER BUMPER to the CARRIAGE WELDMENT as shown, then proceed to slide the CARRIAGE WELDMENT down over the UPRIGHT FRAME WELDMENT as shown.
5. Attach the 1-1/2 X 3/4 IN. GLIDES, and the THUMBSCREWS to the SAFETY RAIL WELDMENTS as shown in (DETAIL B), also assemble two (2) SPRING PIN ASSEMBLIES to the SAFETY RAIL WELDMENTS as shown in (DETAIL D), then proceed to slide the SAFETY RAIL WELDMENTS down over the UPRIGHT WELDMENTS as shown.
6. TOP BOOM WELDMENT PRE-ASSEMBLY:
 - A. Route CABLE (6576201) through the front slot and down to the rear slot of the TOP BOOM WELDMENT.
 - B. LOOSELY assemble three (3) 3-1/2 X 1 IN. PULLEYS with FLANGE SPACERS to the TOP BOOM WELDMENT as shown. (NOTE: MAKE SURE CABLE IS IN THE GROOVE OF THE PULLEYS)
 - C. Assemble the 3 X 2 IN. END CAP to the TOP BOOM WELDMENT as shown.
 - D. When the TOP BOOM WELDMENT PRE-ASSEMBLY is complete, LOOSELY assemble it to the UPRIGHT FRAME WELDMENT as shown.

4
12/06/95

893102 PROSYSTEM ASSEMBLY INSTRUCTIONS

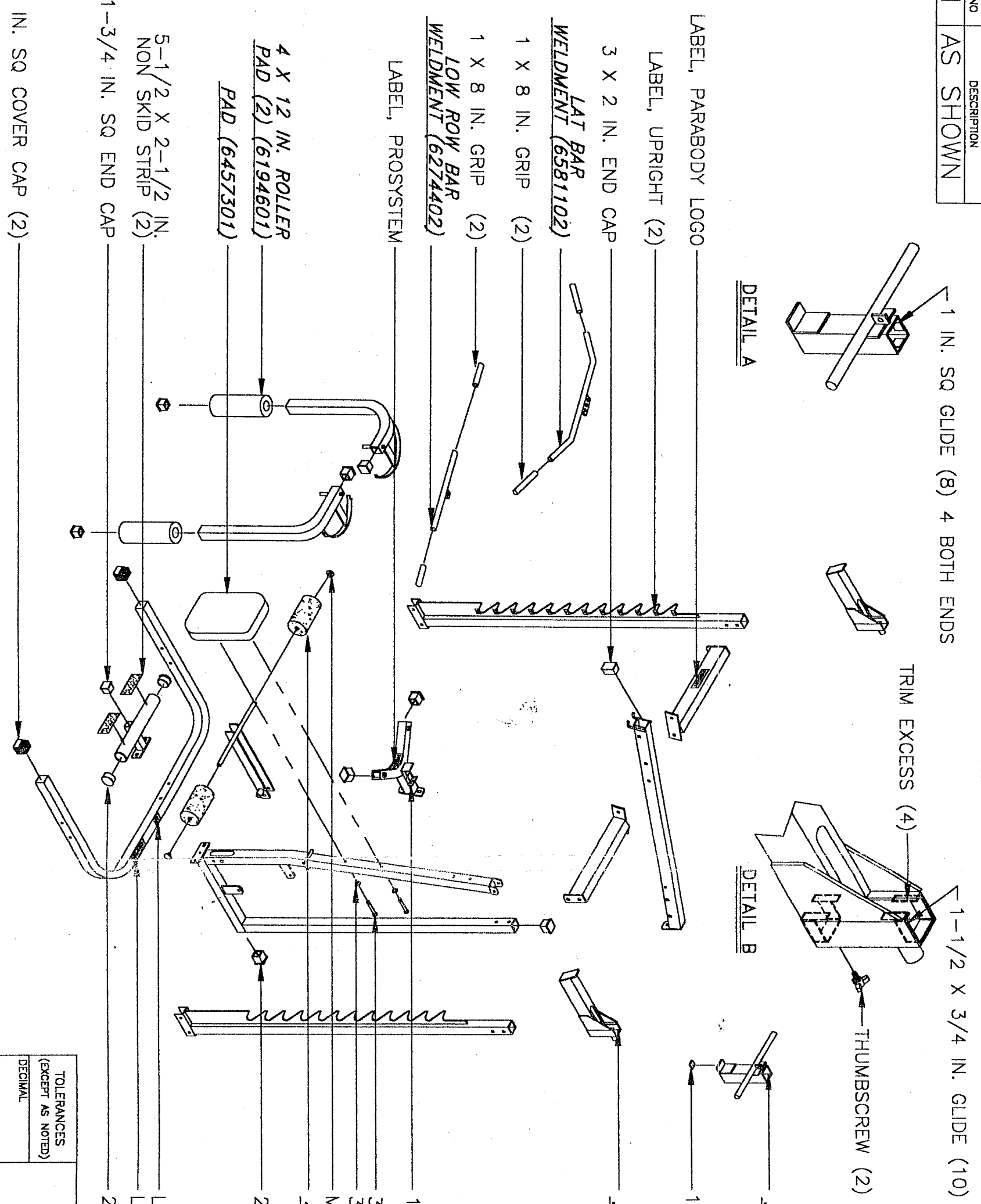
7. LOOSELY assemble the LEFT and RIGHT BOOM SUPPORT WELDMENTS to the TOP BOOM WELDMENT as shown.
8. LOOSELY assemble the UPRIGHT WELDMENTS to the LEFT and RIGHT BOOM SUPPORT WELDMENTS as shown.
9. SECURELY TIGHTEN ALL LOOSE BOLT CONNECTION MADE TO THIS POINT.
10. Assemble the 4 X 7 IN. ROLLER PADS with MUSHROOM CAPS to the SWIVEL KNEE SUPPORT WELDMENT as shown, also assemble one (1) SPRING PIN ASSEMBLY to the SWIVEL KNEE SUPPORT WELDMENT as shown in (DETAIL D) then SECURELY assemble it to the UPRIGHT FRAME WELDMENT as shown. (NOTE: DO NOT OVER TIGHTEN THIS CONNECTION, THE SWIVEL KNEE SUPPORT WELDMENT SHOULD ROTATE FREELY)
11. Insert two (2) 2 IN. SQ. END CAPS into the BEARING HOUSING WELDMENT as shown, then SECURELY assemble it along with the CENTER PULLEY BRACKET WELDMENT to the UPRIGHT FRAME WELDMENT as shown.
12. Insert four (4) 2 IN. SQ. END CAPS into the LEFT and RIGHT PEC ARM WELDMENTS as shown, then assemble them to the BEARING HOUSING WELDMENT as shown. Also attach two (2) 1 IN. SQ. GLIDES to the BEARING HOUSING WELDMENT as shown.
13. SECURELY assemble the PAD to the UPRIGHT FRAME WELDMENT as shown. Also slide the 4 X 12 IN. ROLLER PADS onto the LEFT and RIGHT PEC ARM WELDMENTS as shown. (TIP: USE WINDOW CLEANER ON THE INSIDE OF THE ROLLER PAD TO HELP EASE ASSEMBLY)
14. PULLEY ASSEMBLY:
 - A. LOOSELY assemble four (4) 3-1/2 X 1 IN. PULLEYS with CABLE RETAINING CLIPS to the UPRIGHT FRAME WELDMENT, and the CENTER PULLEY BRACKET WELDMENT as shown in (DETAIL C)
 - B. LOOSELY assemble one (1) 3-1/2 X 1 IN. PULLEY with FLANGE SPACERS at the bottom of the UPRIGHT FRAME WELDMENT as shown.
15. HIGH PULLEY CABLE ROUTING ASSEMBLY (SEE CABLE ROUTING DIAGRAM):
 - A. Attach the pre-assembled CABLE from the TOP BOOM WELDMENT to the CARRIAGE WELDMENT as shown.
 - B. Create a loop in the CABLE below the first and second PULLEY of the TOP BOOM WELDMENT, and place one (1) 3-1/2 X 1 IN. PULLEY into the loop. LOOSELY assemble the 1-3/4 X 5-1/4 IN. PLATES to the PULLEY as shown.
 - C. Assemble one (1) 3-1/2 X 1 IN. PULLEY to the bottom holes of the 1-3/4 X 5-1/4 IN. PLATES as shown.
16. PEC ARM CABLE ROUTING ASSEMBLY (SEE CABLE ROUTING DIAGRAM):
 - A. Attach the ends of CABLE (6492201) to the LEFT and RIGHT PEC ARM WELDMENTS as shown.
 - B. Drape the CABLE over the two (2) PULLEYS on the CENTER PULLEY BRACKET WELDMENT which will create a loop in the CABLE. (NOTE: AFTER CABLE IS ROUTED OVER PULLEYS, POSITION CABLE RETAINING CLIPS OVER THE PULLEYS AS SHOWN AND TIGHTEN)
 - C. Place one (1) 3-1/2 X 1 IN. PULLEY into the loop of the CABLE, and SECURELY assemble the PULLEY BRACKET WELDMENT to the PULLEY as shown.

893102 PROSYSTEM ASSEMBLY INSTRUCTIONS

17. LOW PULLEY CABLE ROUTING ASSEMBLY (SEE CABLE ROUTING DIAGRAM):
 - A. Route CABLE (6576201) under and around the PULLEYS at the bottom of the UPRIGHT FRAME WELDMENT. (NOTE: AFTER CABLE HAS BEEN ROUTED UNDER PULLEY, POSITION CABLE RETAINING CLIP UNDER THE PULLEY AS SHOWN AND TIGHTEN)
 - B. Route CABLE up and around the bottom PULLEY of the 1-3/4 X 5-1/4 IN. PLATES as shown, and down to, and around the PULLEY under the PULLEY BRACKET WELDMENT. (SEE NOTE ABOVE)
 - C. Assemble the end of the CABLE to the PULLEY BRACKET WELDMENT as shown.
 - D. **SECURELY** assemble the appropriate HARDWARE to the hole below the front PULLEY at the bottom of the UPRIGHT FRAME WELDMENT as shown.
 - E. **SECURELY** tighten all remaining PULLEY CONNECTIONS.
18. Slide the 1 X 8 IN. GRIPS over the ends of the LAT BAR WELDMENT and LOW ROW BAR WELDMENT as shown. (TIP: USE WINDOW CLEANER ON THE INSIDE OF THE GRIPS TO HELP EASE ASSEMBLY)
19. SEE CABLE ROUTING DIAGRAM FOR THE COMPLETE USE AND LOCATION OF THE LAT BAR WELDMENT, CHAIN, AND LOW ROW BAR.
20. Attach the UPRIGHT LABELS to the UPRIGHT WELDMENTS as shown.

| DASH NO | DESCRIPTION |
|---------|-------------|
| 01 | AS SHOWN |

| REVISIONS | | | | |
|-----------|-------------------|--------|-------|------|
| REV | DESCRIPTION | CHG NO | APP'D | DATE |
| C | CHG LABEL CONFIG | 2759 | DLM | 1/96 |
| D | RMV PLT L-ROW ATT | 2760 | DLM | 1/96 |

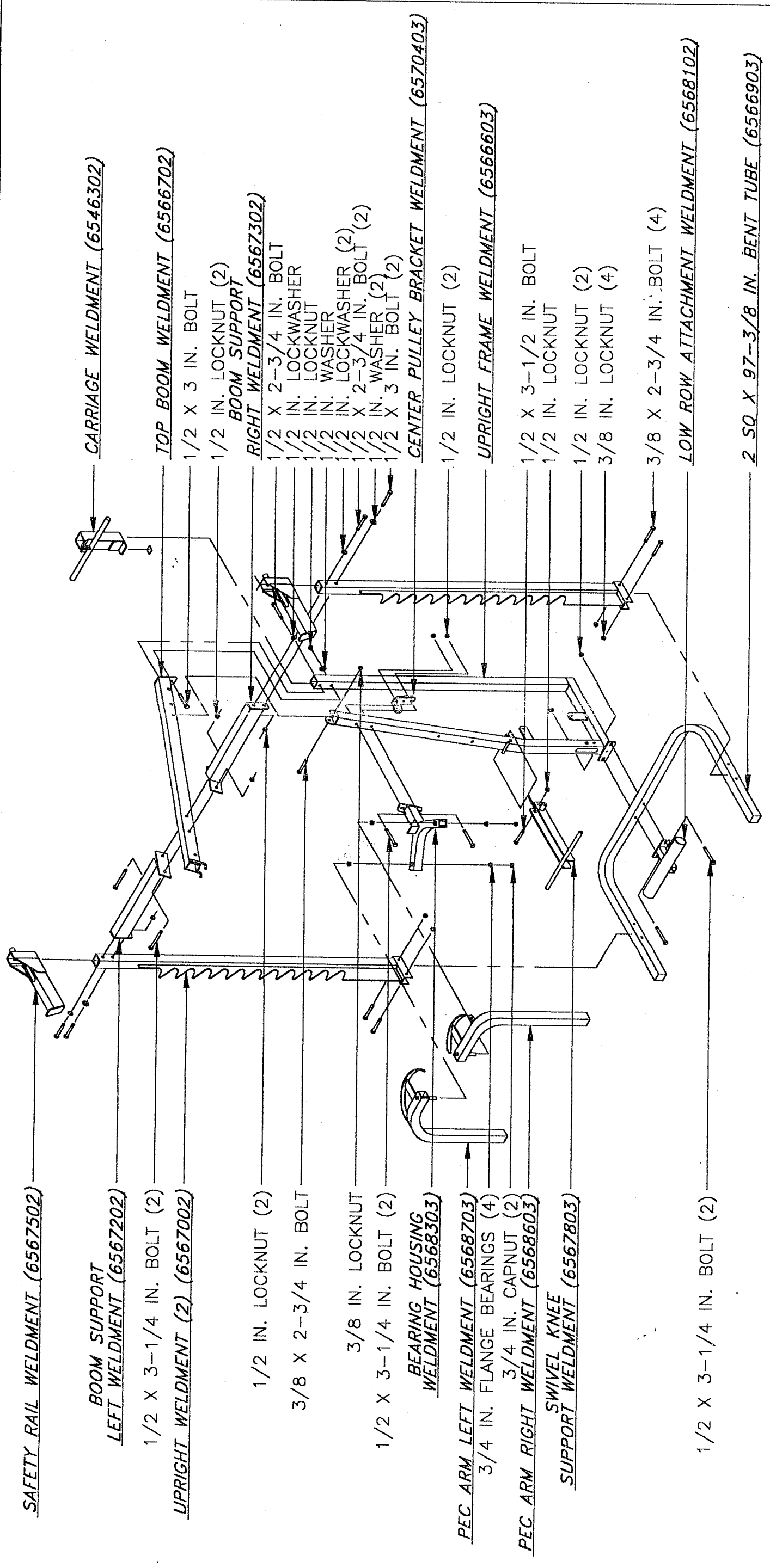


LEVEL 1

| | | | |
|------------------------------|-------|-------------------|-------|
| TOLERANCES (EXCEPT AS NOTED) | | TITLE | |
| DECIMAL | ~ | ASSY INST, 893102 | |
| FRACTIONAL | ~ | PARABODY, INC. | |
| ANGULAR | ~ | RAMSEY, MINNESOTA | |
| SCALE 1/24 | | DRAWING NO. | |
| SHEET 1 OF 4 | | 65763 | |
| DR | JRD | CHK'D | MGN |
| | 10/95 | | 10/95 |
| | | APP'D | DLM |
| | | | 10/95 |

DASH NO
01 AS SHOWN

| REVISIONS | | | | |
|-----------|-------------|--------|-------|------|
| REV | DESCRIPTION | CHG NO | APP'D | DATE |
| D | | 2760 | PLIAK | 1/91 |



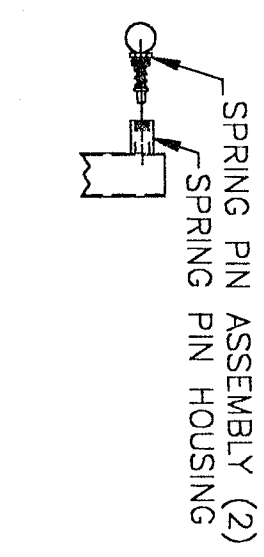
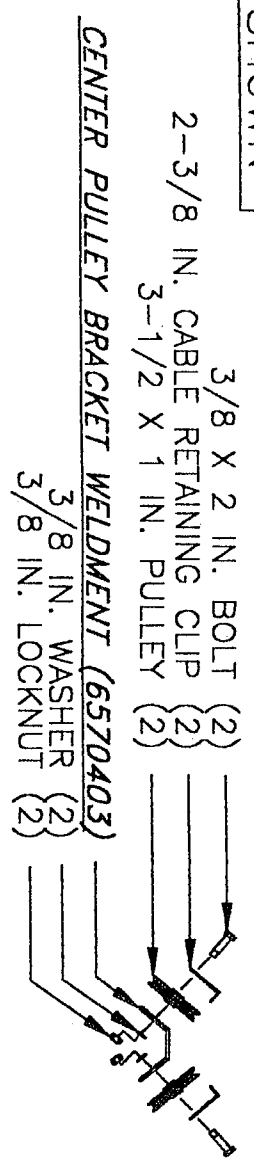
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| DECIMAL | ~ | | |
| FRACTIONAL | ~ | | |
| ANGULAR | ~ | | |
| TITLE | | | |
| ASSY INST, 893102 | | | |
| SCALE | 1/24 | SIZE | DRAWING NO. |
| SHEET | 2 OF 4 | B | 65763 |
| DR | JRD | 10/85 | CHK'D MGN |
| | | 10/85 | APP'D JRD |
| | | | 10/85 |

PARABODY, INC.
RAMSEY, MINNESOTA

LEVEL 2

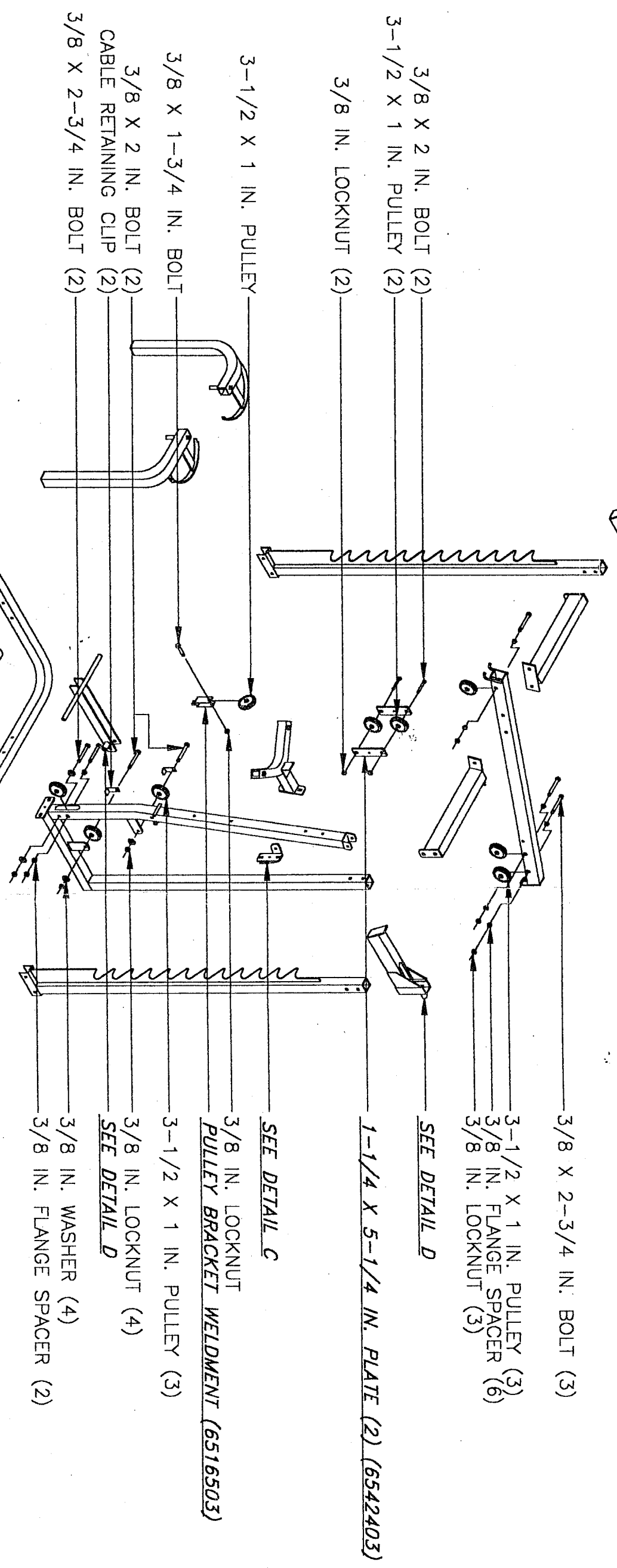
| DASH NO | DESCRIPTION |
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| 01 | AS SHOWN |

| REVISIONS | | | | |
|-----------|-------------|--------|-------|------|
| REV | DESCRIPTION | CHG NO | APP'D | DATE |
| D | | | | 1/87 |



DETAIL C

DETAIL D



- 3/8 X 2 IN. BOLT (2)
- 3-1/2 X 1 IN. PULLEY (2)
- 3/8 IN. LOCKNUT (2)
- 3-1/2 X 1 IN. PULLEY
- 3/8 X 1-3/4 IN. BOLT
- 3/8 X 2 IN. BOLT (2)
- CABLE RETAINING CLIP (2)
- 3/8 X 2-3/4 IN. BOLT (2)
- 3/8 X 2 IN. BOLT (2)
- 3-1/2 X 1 IN. PULLEY (2)
- 3/8 X 2-3/4 IN. BOLT (3)
- 3-1/2 X 1 IN. PULLEY (3)
- 3/8 IN. FLANGE SPACER (6)
- 3/8 IN. LOCKNUT (3)
- 1-1/4 X 5-1/4 IN. PLATE (2) (6542403)
- SEE DETAIL D
- 3/8 IN. LOCKNUT
- PULLEY BRACKET WELDMENT (6516503)
- 3-1/2 X 1 IN. PULLEY (3)
- 3/8 IN. LOCKNUT (4)
- SEE DETAIL D
- 3/8 IN. WASHER (4)
- 3/8 IN. FLANGE SPACER (2)

| | | |
|---------------------------------|------------|---|
| TOLERANCES (EXCEPT AS NOTED) | DECIMAL | 2 |
| | FRACTIONAL | 2 |
| | ANGULAR | 2 |

TITLE
PARABODY, INC.
 RAMSEY, MINNESOTA

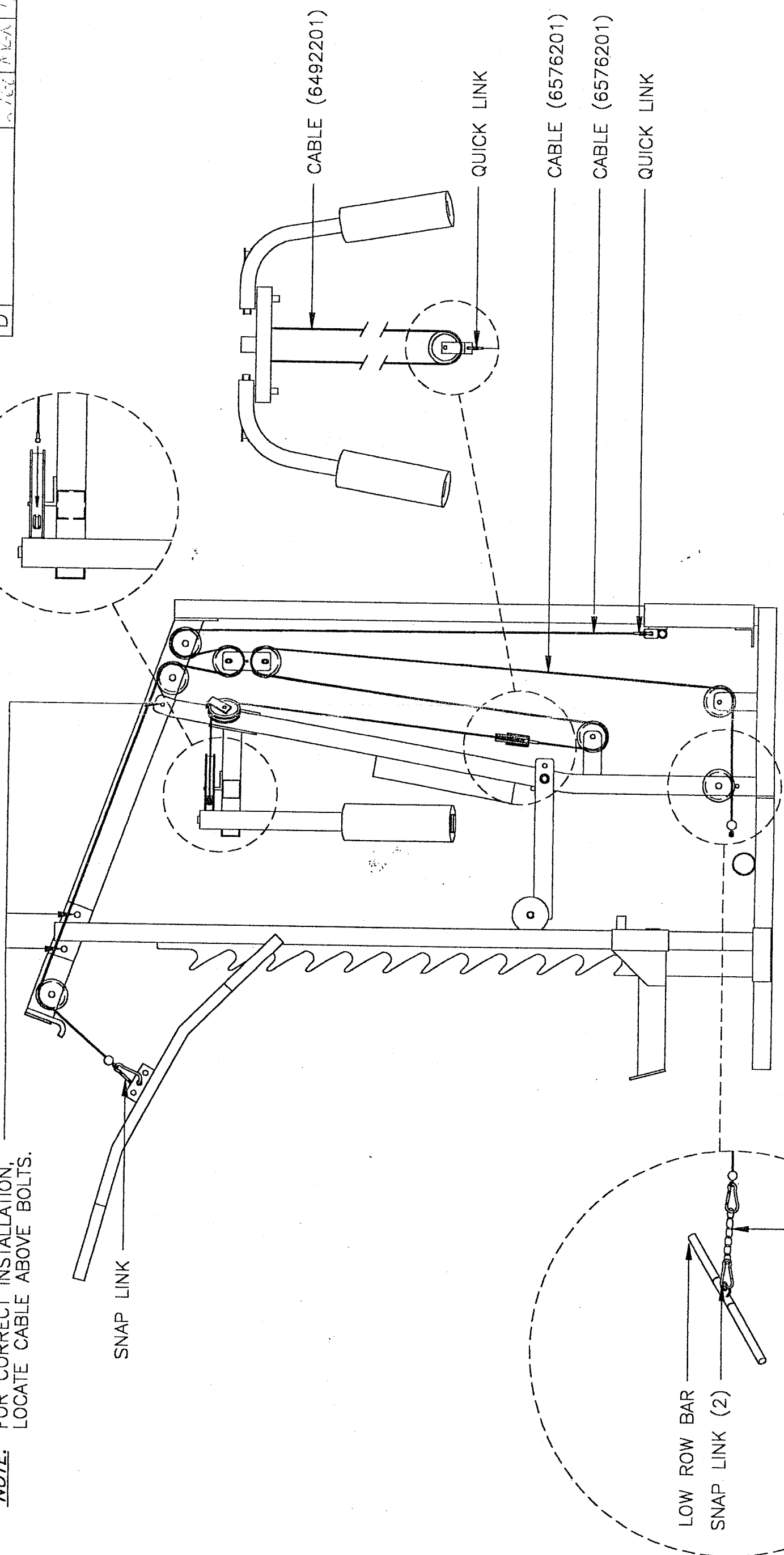
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|-------|--------|-------------------|-------|
| TITLE | | ASSY INST, 893102 | |
| SCALE | 1/24 | SIZE | B |
| SHEET | 3 OF 4 | DRAWING NO. | 65763 |
| DR | JRD | CHK'D | MGN |
| | 10/95 | APP'D | DLM |
| | | | 10/95 |

LEVEL 3

| | |
|---------|-------------|
| DASH NO | DESCRIPTION |
| 01 | AS SHOWN |

NOTE: FOR CORRECT INSTALLATION, LOCATE CABLE ABOVE BOLTS.

| REVISIONS | | | | |
|-----------|-------------|--------|-------|------|
| REV | DESCRIPTION | CHG NO | APP'D | DATE |
| D | | | MCA | 1/94 |



CABLE ROUTING DIAGRAM

LEVEL 4

| | | | |
|------------------------------|-------|-------------------|-------------|
| TOLERANCES (EXCEPT AS NOTED) | | PARABODY, INC. | |
| DECIMAL | ~ | RAMSEY, MINNESOTA | |
| FRACTIONAL | ~ | TITLE | |
| ANGULAR | ~ | ASSY INST, 893102 | |
| | | SCALE | DRAWING NO. |
| | | 1/24 | 65763 |
| | | SHEET | 4 OF 4 |
| DR | JRD | CHK'D | MGN |
| | 10/95 | APP'D | DLM |
| | 10/95 | | 10/95 |

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