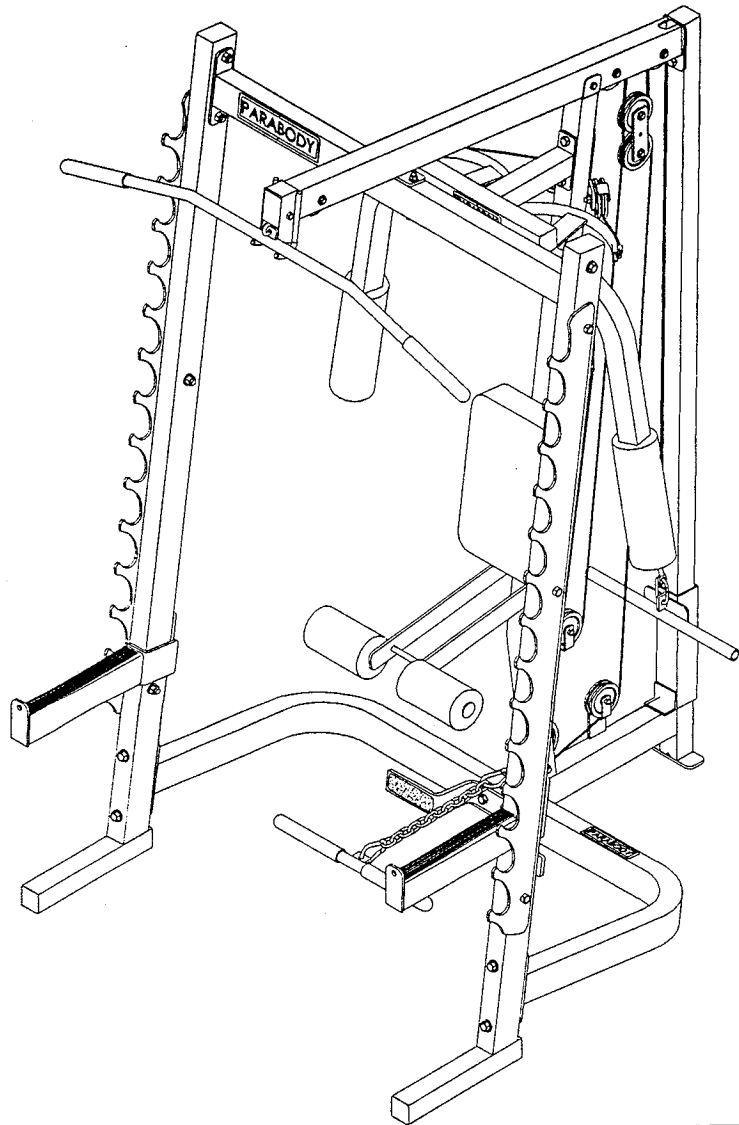


PARABODY

Serious Steel

894104 PEC DEC OPTION



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF *Serious Steel!*

Please note:

- * Thank you for purchasing the Parabody 894104 PEC DEC OPTION. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

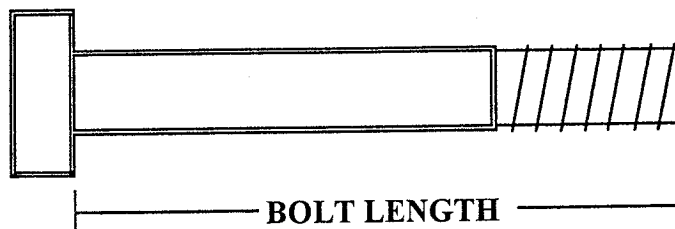
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult a physician before beginning any exercise program.

Tools Required for Assembly

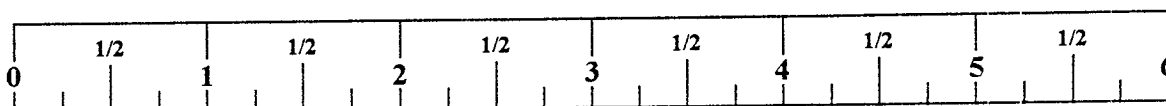
- * 3/4" wrench
- * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

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

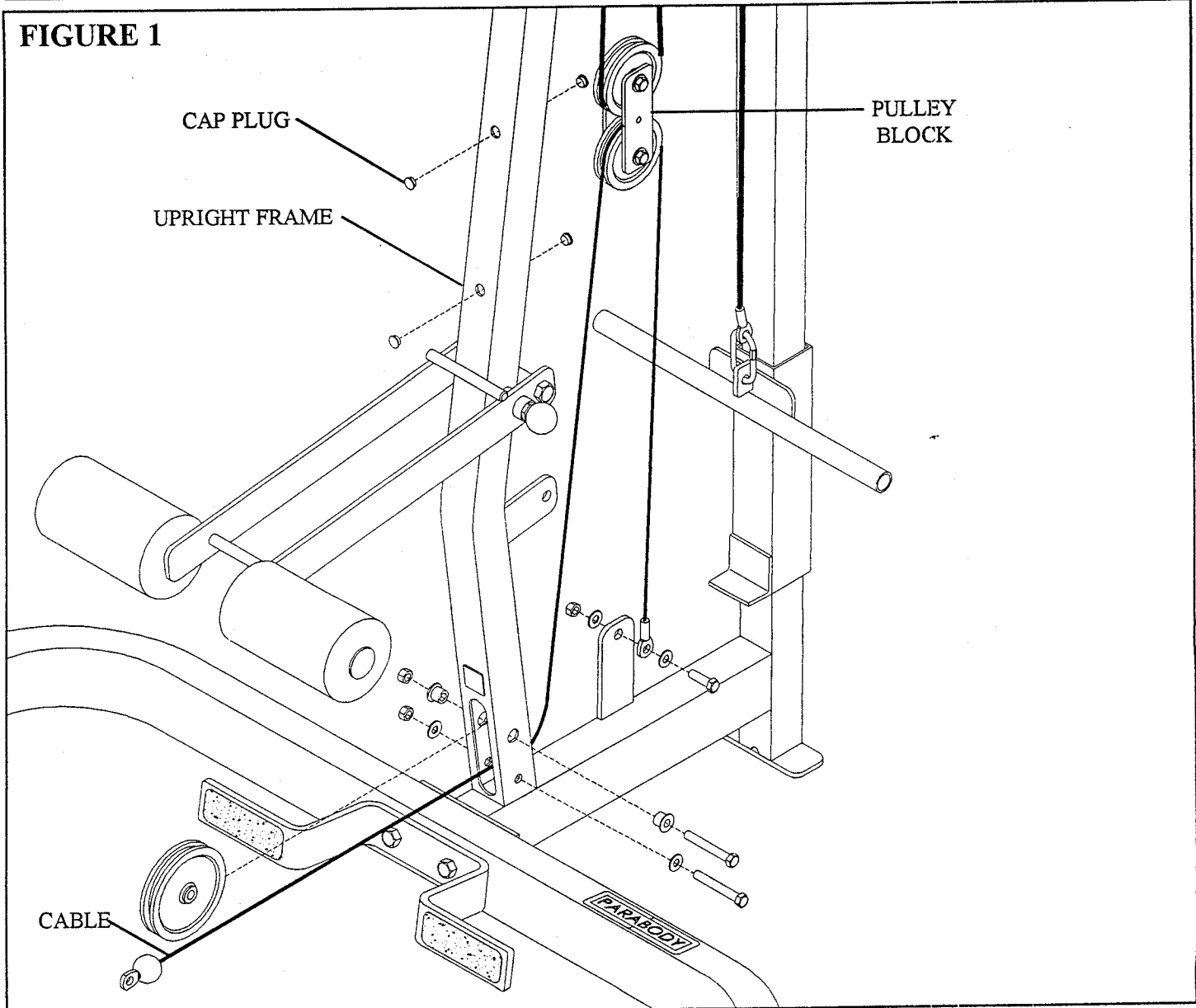


BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6818103	BEARING HOUSING	1	12	6140701	1 X 1" GUIDE	2
2	6818403	PEC DEC ARM LEFT	1	13	6533501	CABLE RETAINING CLIP	4
3	6818503	PEC DEC ARM RIGHT	1	14	3102933	3/8 X 2" BOLT	5
4	6818303	CENTER PULLEY BRACKET	1	15	3102922	3/8 X 2-3/4" BOLT	2
5	6686802	PULLEY BRACKET	1	16	3102918	1/2 X 3-1/4" BOLT	2
6	6597402	BACK PAD	1	17	3102501	3/8" WASHER	6
7	6176201	4 X 12" ROLLER PAD	2	18	3102801	3/8" LOCK NUT	5
8	3116201	3-1/2" PULLEY	5	19	3102502	1/2" WASHER	2
9	6492201	94-1/2" CABLE	1	20	3102801	1/2" LOCK NUT	2
10	6819001	134-3/4" CABLE	1	21	3104901	3/4" FLANGE BEARING	4
11	6405201	2" SQ END CAP	6	22	3102804	1/2" LOW HEIGHT LOCKNUT	2



STEP 1:

- Remove the lower CABLE from the UPRIGHT FRAME and PULLEY BLOCK and discard as shown in FIGURE 1.
- Remove eight 9/16" HOLE PLUGS from the UPRIGHT FRAME if applicable. See FIGURE 1.

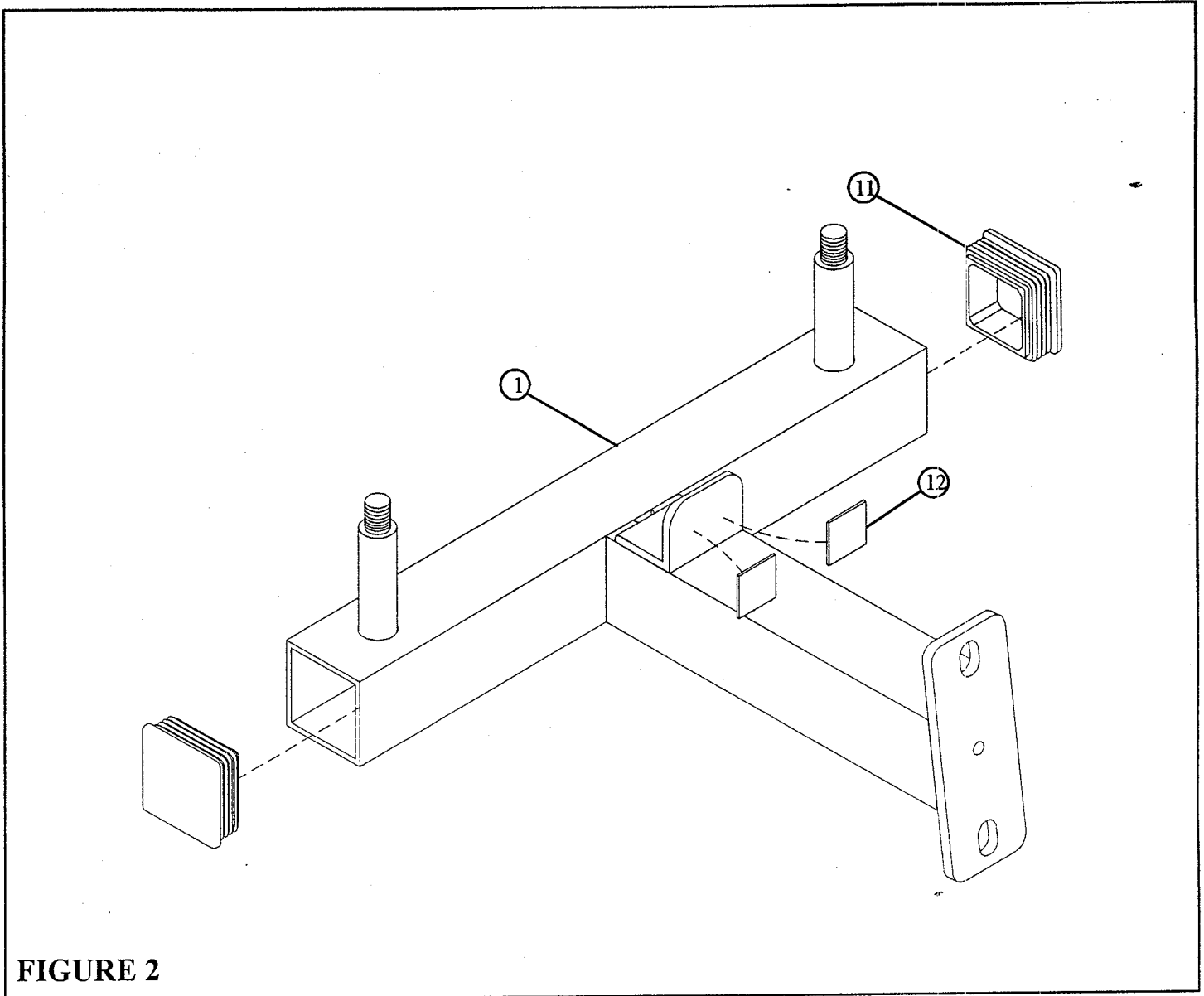
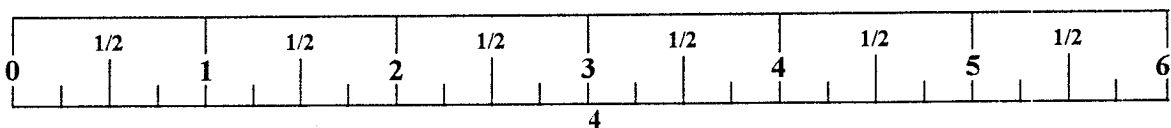


FIGURE 2

STEP 2:

- Assemble two 1 X 1" GLIDES (12) to the BEARING HOUSING (1) as shown in FIGURE 2.
- Insert two 2" SQ. END CAPS (11) to the ends of the BEARING HOUSING (1) as shown in FIGURE 2.



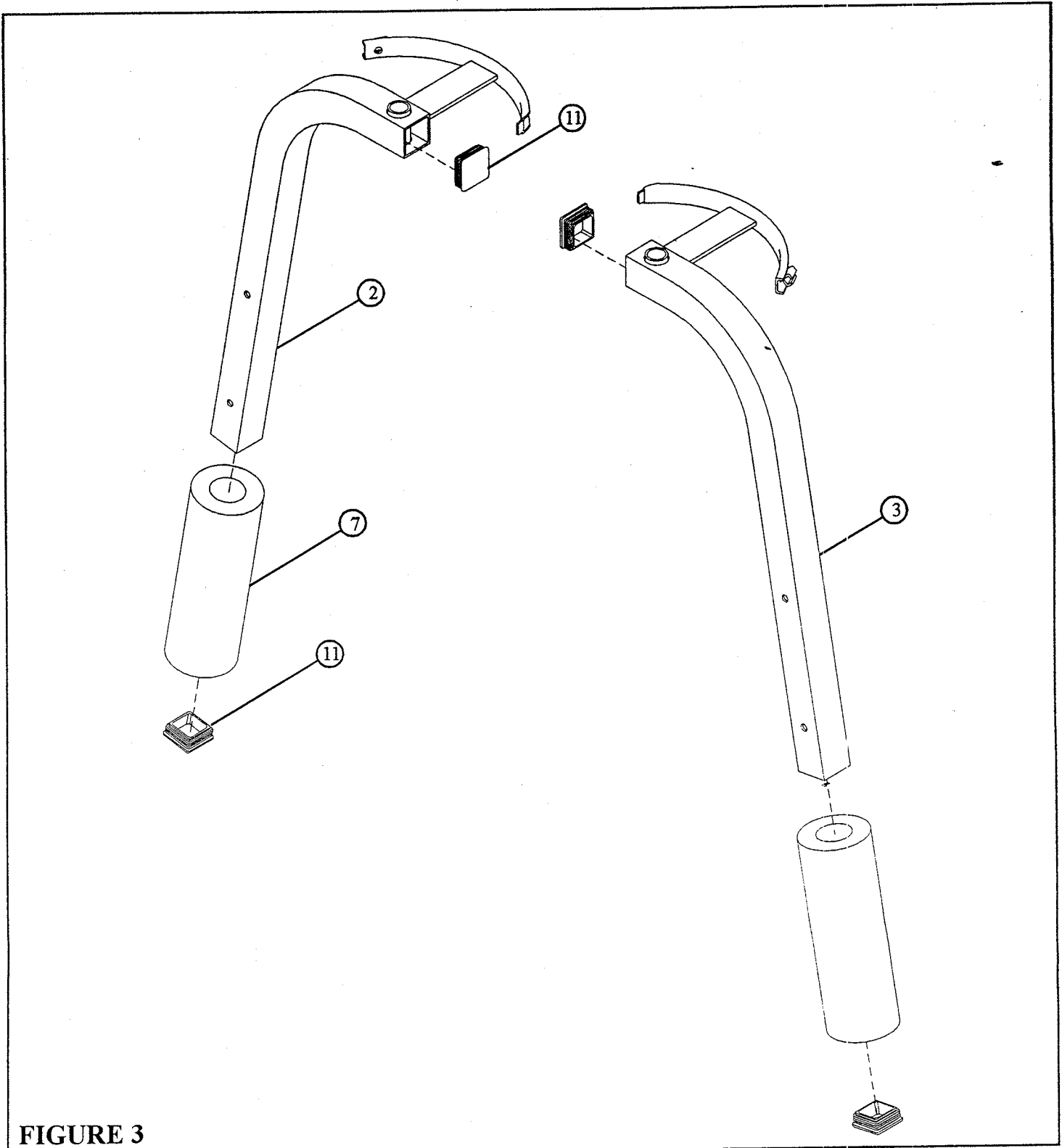


FIGURE 3

STEP 3:

- Insert four 2" SQ. END CAPS (11) into the ends of the LEFT and RIGHT PEC DEC ARMS (2 & 3) as shown in FIGURE 3.
- Assemble two 4 X 12" ROLLER PADS (7) to the LEFT and RIGHT PEC DEC ARMS (2 & 3) as shown in FIGURE 3. (**TIP:** Spray window cleaner on the inside of the roller pad to help ease assembly.)

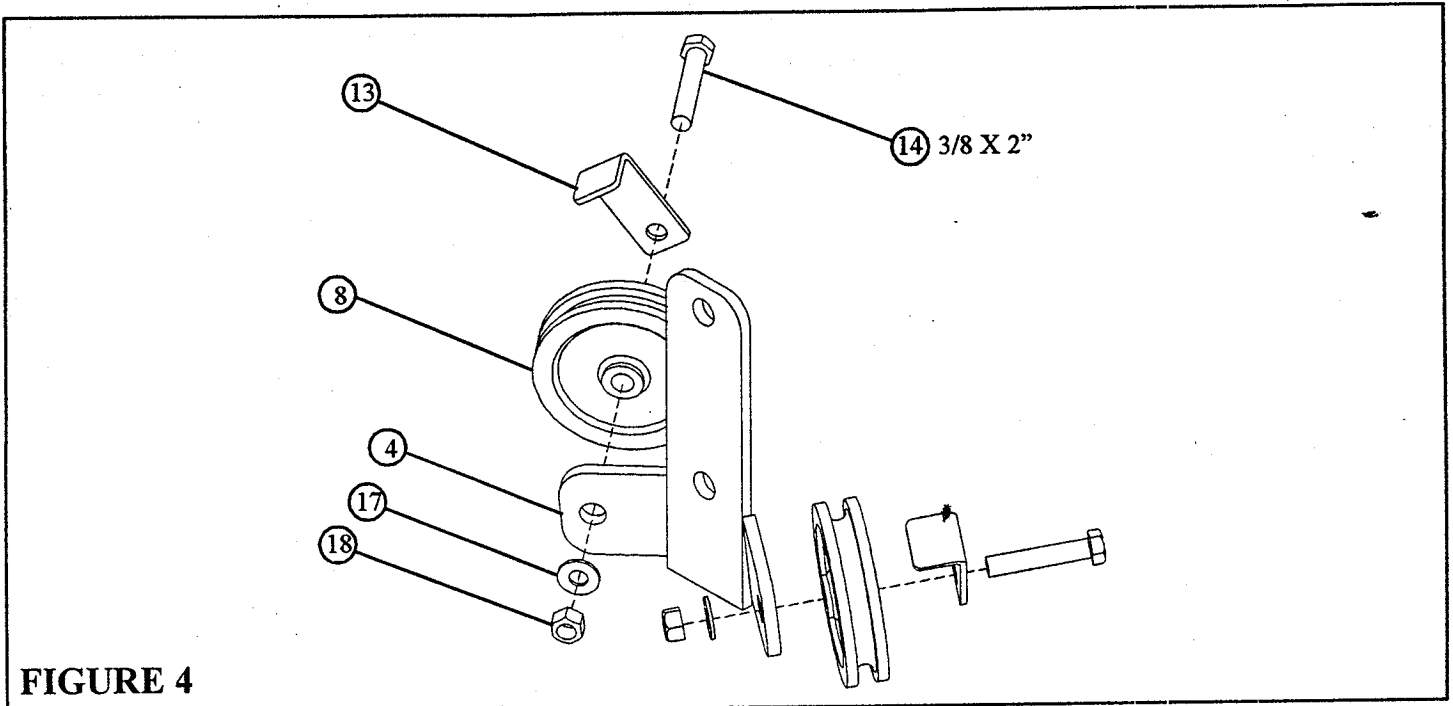


FIGURE 4

STEP 4:

- **LOOSELY** assemble two 3-1/2" PULLEYS (8) and two CABLE RETAINING CLIPS (13) to the CENTER PULLEY BRACKET (4) using two 3/8 X 2" BOLTS (14), two 3/8" WASHERS (17), and two 3/8" LOCKNUTS (18). See FIGURE 4.

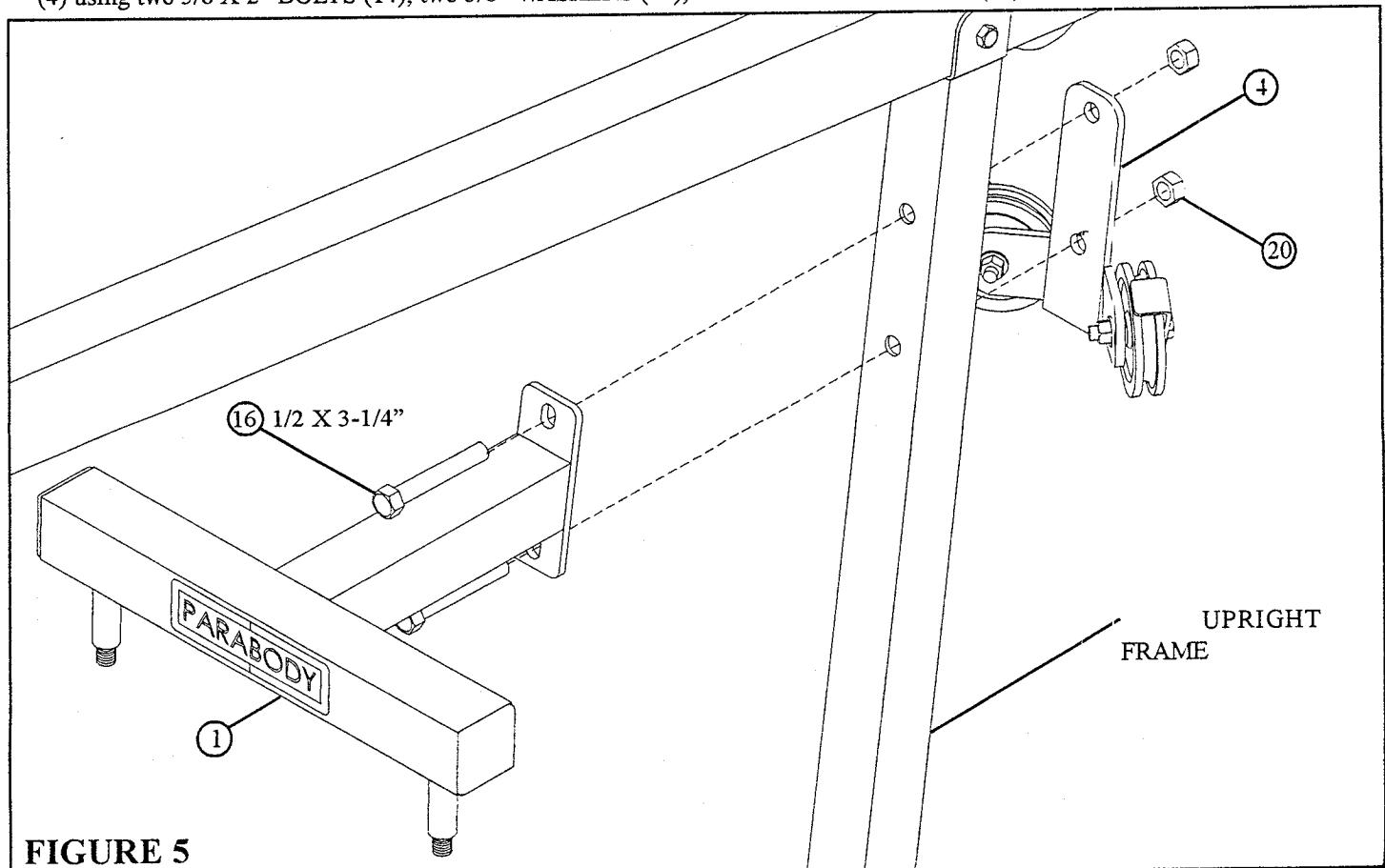
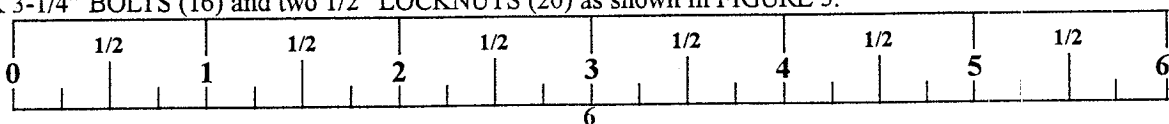


FIGURE 5

STEP 5:

- **SECURELY** assemble the BEARING HOUSING (1) and the CENTER PULLEY BRACKET (4) to the UPRIGHT FRAME using two 1/2 X 3-1/4" BOLTS (16) and two 1/2" LOCKNUTS (20) as shown in FIGURE 5.



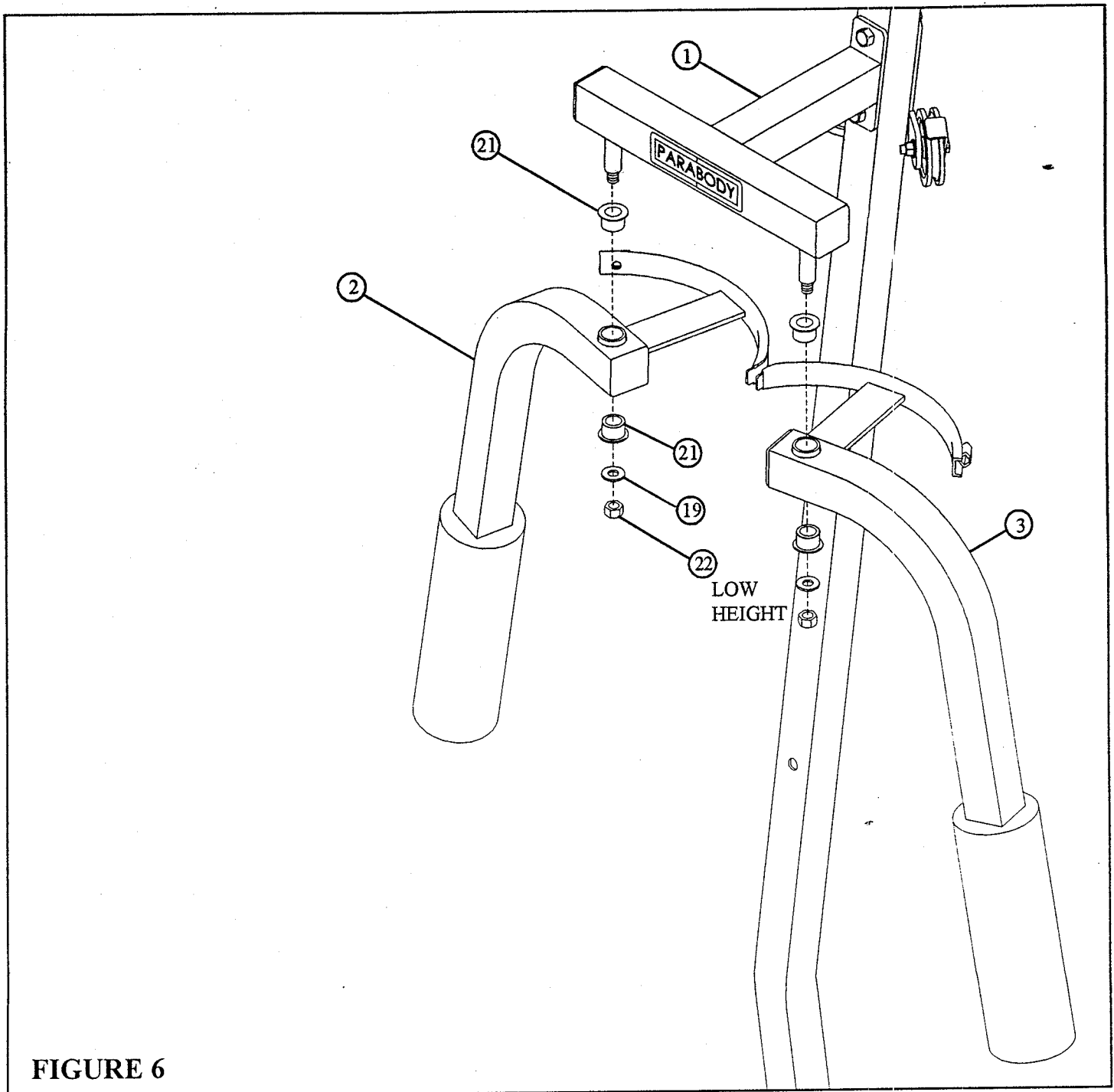


FIGURE 6

STEP 6:

- Assemble the LEFT & RIGHT PEC DEC ARMS (2 & 3) to the BEARING HOUSING (1) using four 3/4" FLANGE BEARINGS (21), two 1/2" WASHERS (19), and two 1/2" LOW HEIGHT LOCK NUTS (22) as shown in FIGURE 6. (Tighten connection securely, then back nut off 1/8 turn or until arm rotates freely.)

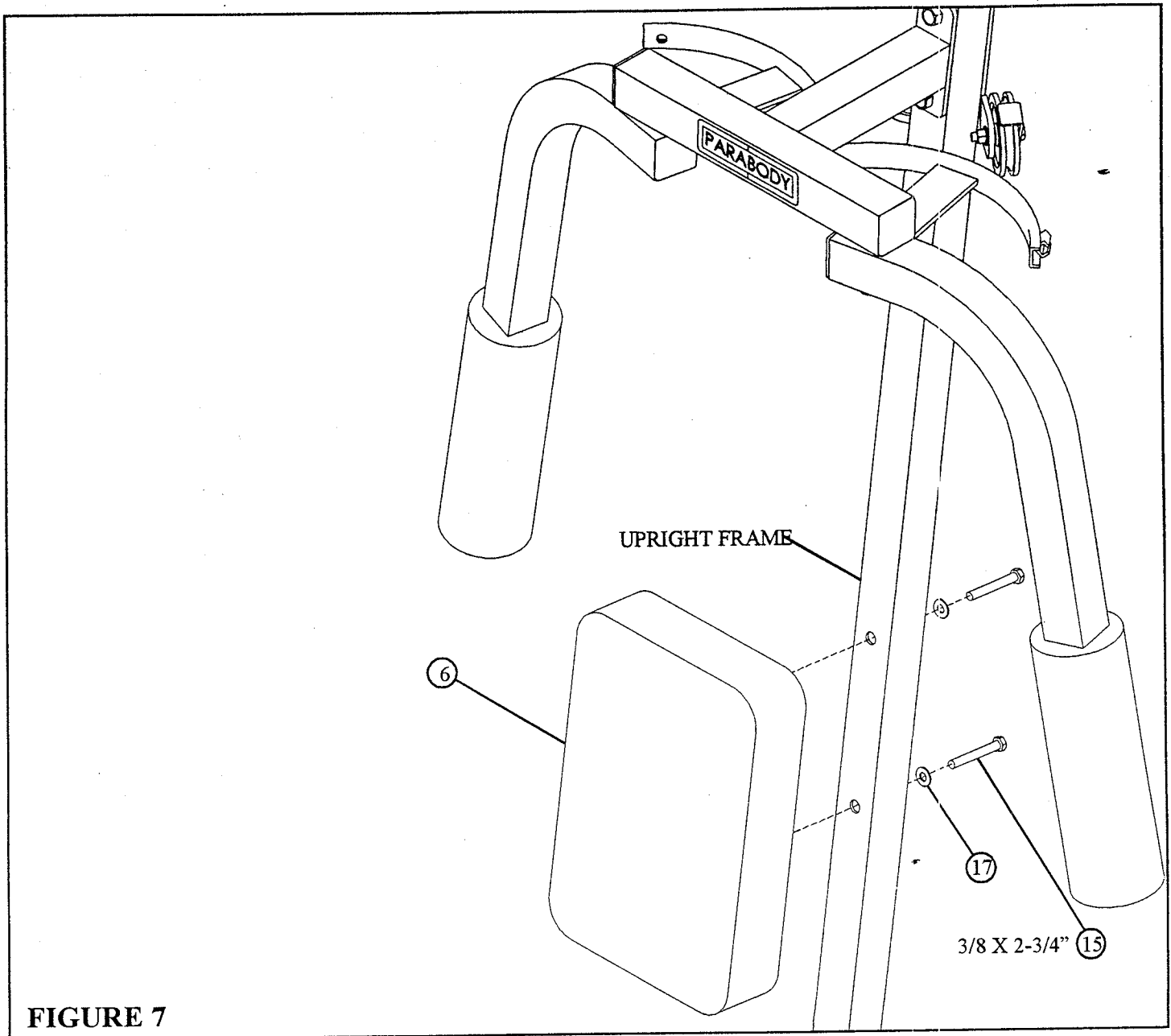
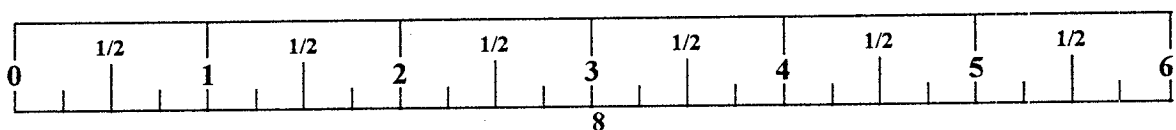


FIGURE 7

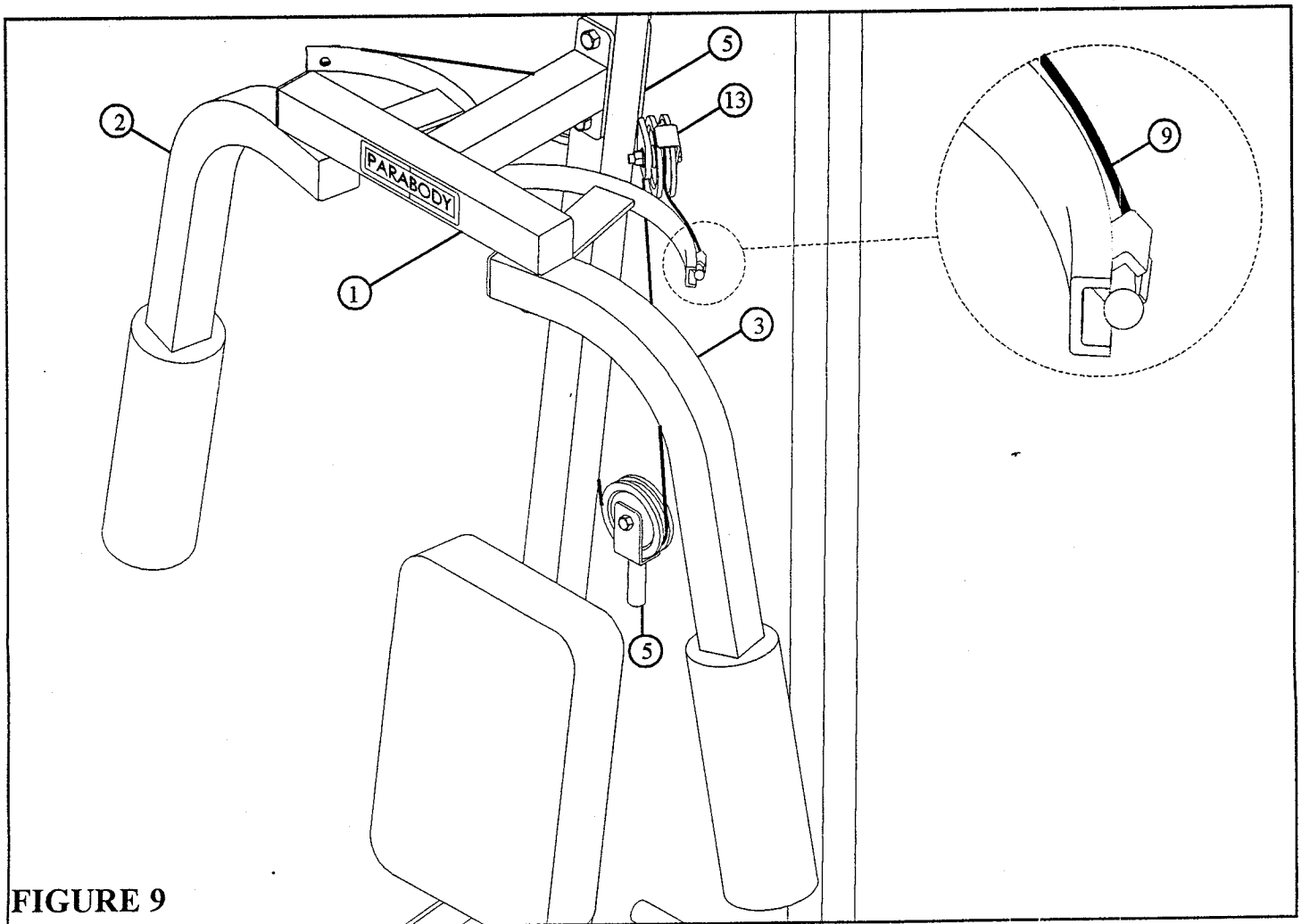
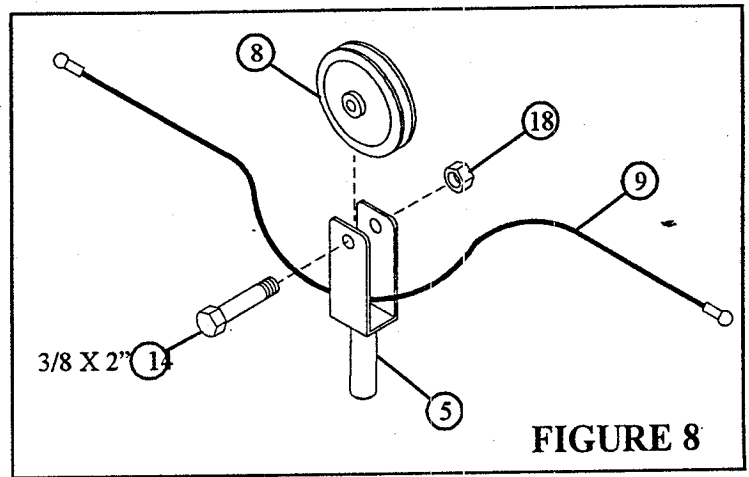
STEP 7:

- **SECURELY** assemble BACK PAD (6) to the UPRIGHT FRAME using two 3/8 X 2-3/4" BOLTS (15) and two 3/8" WASHERS (17) as shown in FIGURE 7.



STEP 8

- Wrap the 94-1/2" CABLE (9) around one 3-1/2" PULLEY (8) and **SECURELY** assemble the PULLEY to the PULLEY BRACKET (5) using one 3/8 X 2" BOLT (14) and one 3/8" LOCKNUT (18) as shown in FIGURE 8.



STEP 9:

- Insert each end of the 94-1/2" CABLE (9) into the bushings on the cams of the LEFT (2) & RIGHT (3) PEC ARMS, then drape the CABLE over the PULLEYS assembled to the CENTER PULLEY BRACKET (4) as shown in FIGURE 9.
- After CABLE (9) has been routed over the PULLEYS on the CENTER PULLEY BRACKET (4), position CABLE RETAINING CLIPS (13) at a 45° angle over the PULLEYS and **SECURELY** tighten. See FIGURE 9. (NOTE: If CABLE (9) is not tracking in the center of the cams on the LEFT (2) & RIGHT (3) PEC ARMS, Loosen BEARING HOUSING (1) and adjust it up then retighten.)

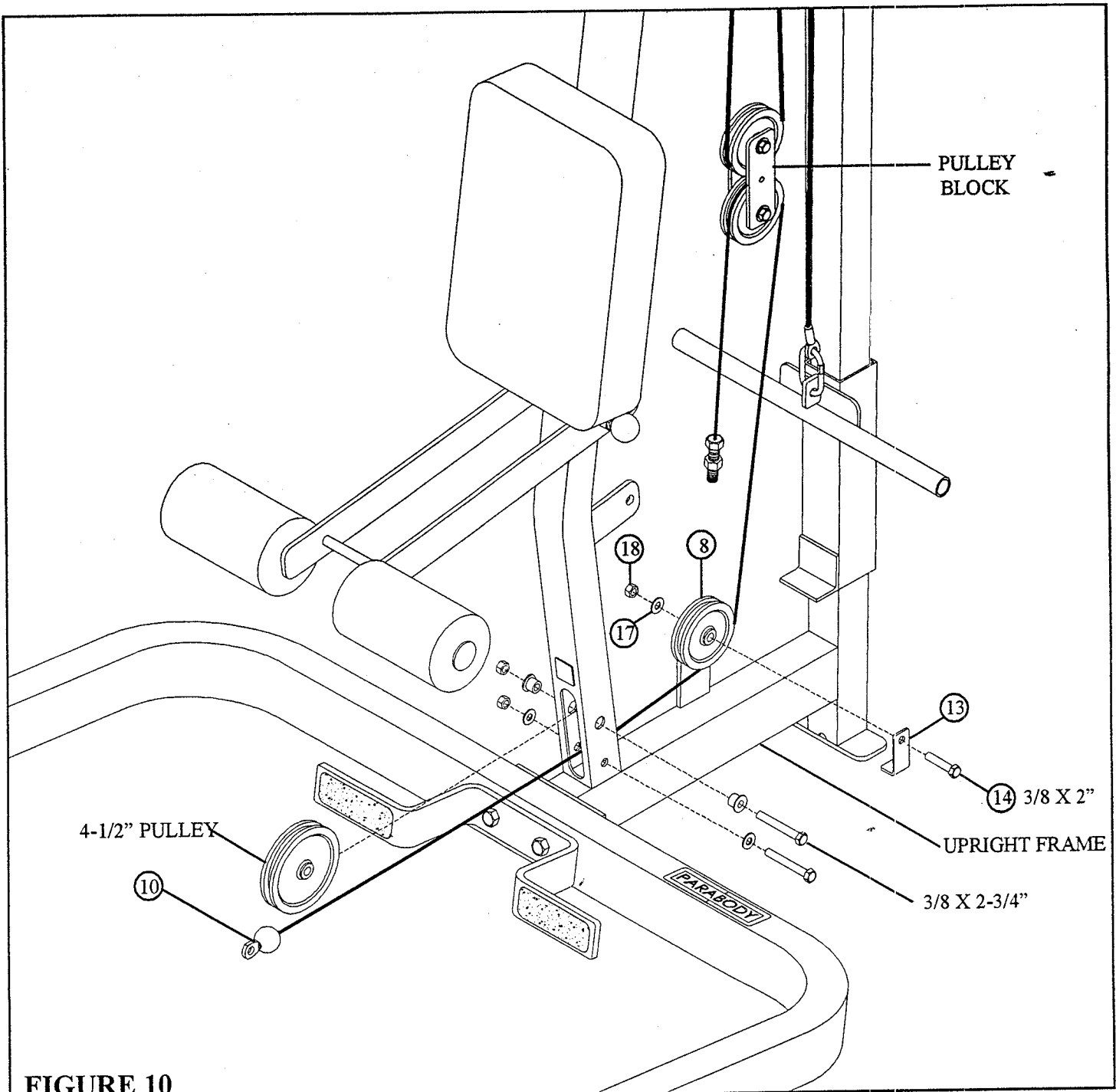


FIGURE 10

STEP 10:

- Route the end of the 134-3/4" CABLE (10) through the slot of the UPRIGHT FRAME then **SECURELY** assemble one previously removed 4-1/2" PULLEY to the UPRIGHT FRAME using two previously removed 3/8 X 2-3/4" BOLTS, two 3/8" FLANGE SPACERS, two 3/8" WASHERS , and two 3/8" LOCK NUTS . (NOTE: The CABLE (10) should be routed between the pulley and the retaining bolt as shown in FIGURE 10.)
- Wrap the CABLE (10) around one 3-1/2" PULLEY (8) and **SECURELY** assemble the PULLEY to the plate on the UPRIGHT FRAME using one 3/8 X 2" BOLT (14), one CABLE RETAINING CLIP (13), one 3/8" WASHER (17) , and one 3/8" LOCK NUT (18) . (NOTE: Before tightening PULLEY, make sure RETAINING CLIP is positioned as shown in FIGURE 10.)
- WRAP the CABLE (10) around the bottom 3-1/2" PULLEY of the PULLEY BLOCK as shown in FIGURE 10.

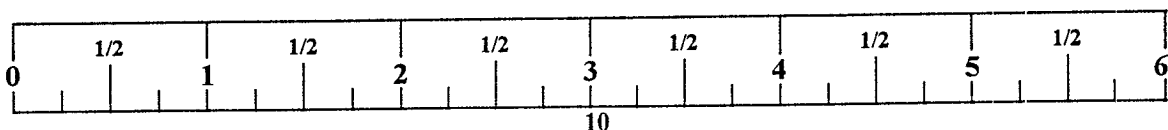
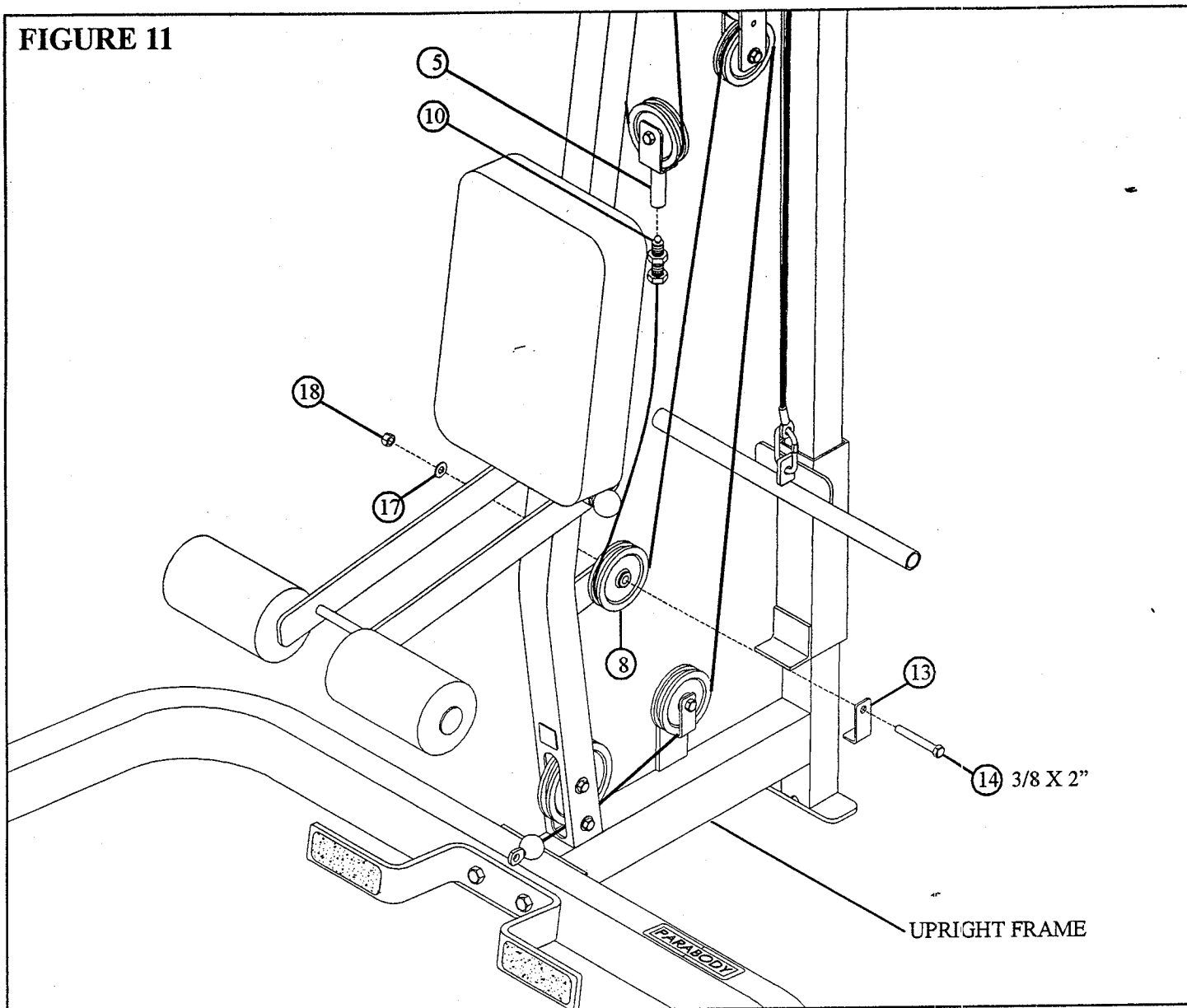


FIGURE 11



STEP 11:

- Wrap the CABLE (10) around one 3-1/2" PULLEY (8) and **SECURELY** assemble the PULLEY to the plate on the UPRIGHT FRAME using one 3/8 X 2" BOLT (14), one CABLE RETAINING CLIP (13), one 3/8" WASHER (17), and one 3/8" LOCK NUT (18) as shown in FIGURE 11. (NOTE: Before tightening PULLEY, make sure RETAINING CLIP is positioned as shown in FIGURE 11.)
- **SECURELY** thread the end of the CABLE (10) 3/4 of the way into into the threaded housing on the PULLEY BRACKET (5) and **SECURELY** tighten jam nut.

Thank you for purchasing the Parabody 894104 PEC DEC OPTION. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-

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