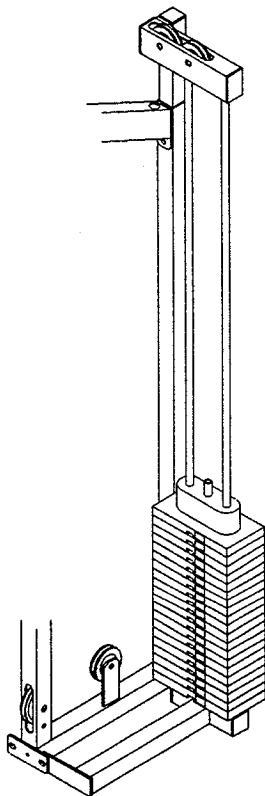


PARABODY

Serious Steel

897101

**WEIGHT STACK OPTION
ASSEMBLY INSTRUCTIONS**



**ParaBody, Incorporated
14150 Sunfish Lake Boulevard
Ramsey, MN 55303
1-800-328-9714**

897101 WEIGHT STACK OPTION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

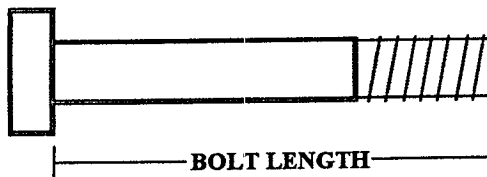
HARDWARE:

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

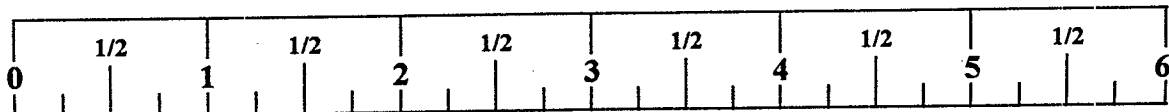
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	PULLEY HOUSING WELDMENT (6659403)	1
2.	BASE WELDMENT (6659503)	1
3.	GUIDE ROD (6523401)	2
4.	HEAD PLATE (6223001)	1
5.	WEIGHT STACK SHAFT (6284501)	1
6.	WEIGHT STACK CABLE (6660101)	1
7.	WEIGHT PLATE	20
8.	3-1/2 X 1 IN. PULLEY	2
9.	WEIGHT STACK LABEL (1-25)	1

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



BOLT LENGTH RULER:



897101 WEIGHT STACK OPTION ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 897101 WEIGHT STACK OPTION, PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

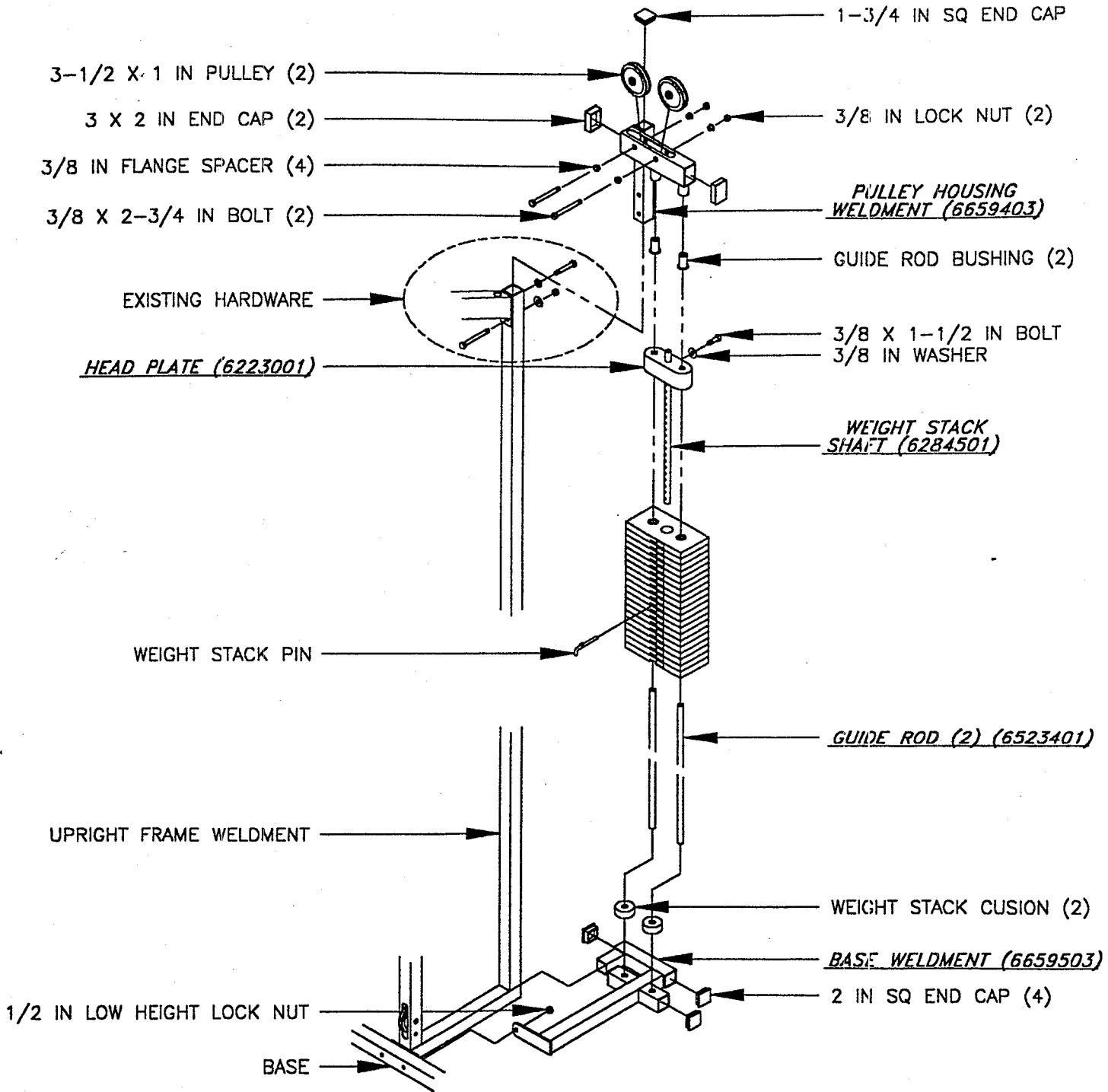
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER

1. Remove the LAT BAR from the HIGH PULLEY CABLE, and set aside. Loosen and remove the three (3) 3-1/2 X 1 IN PULLEYS from the TOP BOOM WELDMENT of the PROSYSTEM. Detach HIGH PULLEY CABLE from the WEIGHT CARRIAGE WELDMENT, remove the CABLE.
2. Loosen and remove TOP BOOM WELDMENT from the PROSYSTEM. Then Remove the WEIGHT CARRIAGE WELDMENT from the PROSYSTEM.
3. Remove the 2 IN SQ END CAPS from the top and bottom of the UPRIGHT FRAME WELDMENT of the PROSYSTEM.
4. Insert four (4) 2 IN SQ END CAPS into the ends of the **BASE WELDMENT** as shown on drawing.
5. Loosen the right bolt connection of the BASE to the UPRIGHT FRAME WELDMENT on the PROSYSTEM and remove nut. **SECURELY** assemble the **BASE WELDMENT** to the UPRIGHT FRAME WELDMENT of the PROSYSTEM as shown, using the replacement 1/2 IN LOW HEIGHT LOCK NUT.
6. Insert the **GUIDE RODS** into the holes of the **BASE WELDMENT** as shown, and allow them to tilt back. (**NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY**). Slide the two (2) WEIGHT STACK CUSHIONS down over the **GUIDE RODS** as shown.
7. **SECURELY** assemble the **WEIGHT STACK SHAFT** to the **HEAD PLATE** as shown on drawing. Also insert two (2) WEIGHT PLATE BUSHINGS each into twenty (20) **WEIGHT PLATES** as shown in (**DETAIL A**).
8. **USING EXTREME CARE** slide the **WEIGHT PLATES** down over the **GUIDE RODS** onto the **WEIGHT STACK CUSHIONS** as shown. (**MAKE SURE THAT THE KEY HOLES OF THE WEIGHT PLATES ARE ALL FACING AS SHOWN**) Slide the **HEAD PLATE ASSEMBLY** down over the **GUIDE RODS** onto the **WEIGHT STACK** as shown.

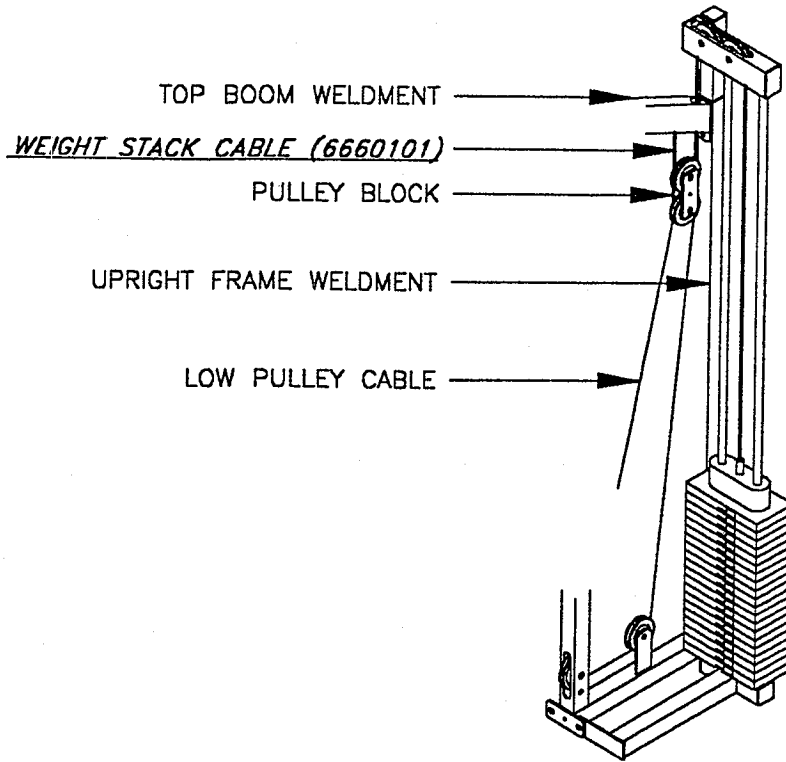
897101 WEIGHT STACK OPTION ASSEMBLY INSTRUCTIONS

9. Insert two (2) **GUIDE ROD BUSHINGS** into the **ROUND TUBES** of the **PULLEY HOUSING WELDMENT** as shown. Also insert one (1) **1-3/4 IN SQ END CAP** into the top of the **PULLEY HOUSING WELDMENT**.
10. Tilt the **GUIDE RODS** back up to vertical. Insert the **PULLEY HOUSING WELDMENT** into the **UPRIGHT FRAME WELDMENT** of the **PROSYSTEM** while at the same time insert the **GUIDE RODS** into the **GUIDE ROD BUSHINGS** of the **PULLEY HOUSING WELDMENT** as shown.
11. Route the **WEIGHT STACK CABLE** through the front slot and down to the rear slot of the **TOP BOOM WELDMENT**. **LOOSELY** Re-assemble the three (3) **3-1/2 X 1 IN. PULLEYS** to the **TOP BOOM WELDMENT**. (**NOTE: MAKE SURE CABLE IS IN THE GROOVE OF THE FIRST TWO PULLEYS ONLY**).
12. **SECURELY** re-assemble the **TOP BOOM WELDMENT** to the **PROSYSTEM** the same way it was removed using the existing hardware. (**MAKE SURE THAT THE BOLTS OF THE BOOM SUPPORTS RUN UNDERNEATH THE CABLE INSIDE OF THE TOP BOOM**)
13. **LOOSELY** assemble two (2) **3-1/2 X 1 IN PULLEYS** to the **PULLEY HOUSING WELDMENT** as shown.
14. **WEIGHT STACK CABLE ROUTING (SEE CABLE ROUTING DIAGRAM) (NOTE: SOME PULLEYS MAY HAVE TO BE REMOVED AND REASSEMBLED IN ORDER TO ROUTE THE CABLE.**
 - A. Route the threaded end of the **WEIGHT STACK CABLE** under, and around the top **3-1/2 X 1 IN. PULLEY** of the **PULLEY BLOCK**, and back up through the large hole on top of the **TOP BOOM WELDMENT**.
 - B. Route the **CABLE** through the hole and over and around the two **PULLEYS** in the **PULLEY HOUSING WELDMENT**. Run the cable down through the large hole above the **WEIGHT STACK** and down to the **WEIGHT STACK SHAFT** of the **HEAD PLATE**.
 - C. Thread the end of the **CABLE** into the end of the **WEIGHT STACK SHAFT**.
 - D. Insert the **3 X 2 IN. END CAPS** into the ends of the **PULLEY HOUSING WELDMENT** as shown on drawing.
 - E. **SECURELY** tighten all loose pulley connections.
15. Re-attach **LAT BAR WELDMENT** to the **HIGH PULLEY CABLE**.
16. Attach the **WEIGHT STACK LABELS** to the **WEIGHT STACK** as shown in **(DETAIL A)**.
17. 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.

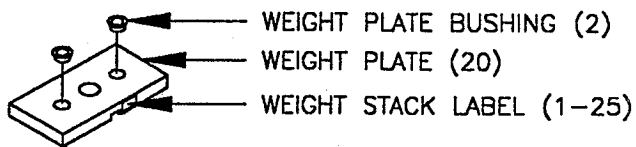
DASH NO	DESCRIPTION
01	AS SHOWN



REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE



CABLE ROUTING DIAGRAM



DETAIL A

TOLERANCES (EXCEPT AS NOTED)	PARABODY, INC.			
	RAMSEY, MINNESOTA			
DECIMAL	TITLE			
~	ASSY INST, 897101			
FRACTIONAL	SCALE	SIZE	DRAWING NO.	
~	1/21	B	66600	
ANGULAR	SHEET	DR		
~	1 OF 1	MGN	11/96	CHK'D
				APP'D
				M6N 11/96

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