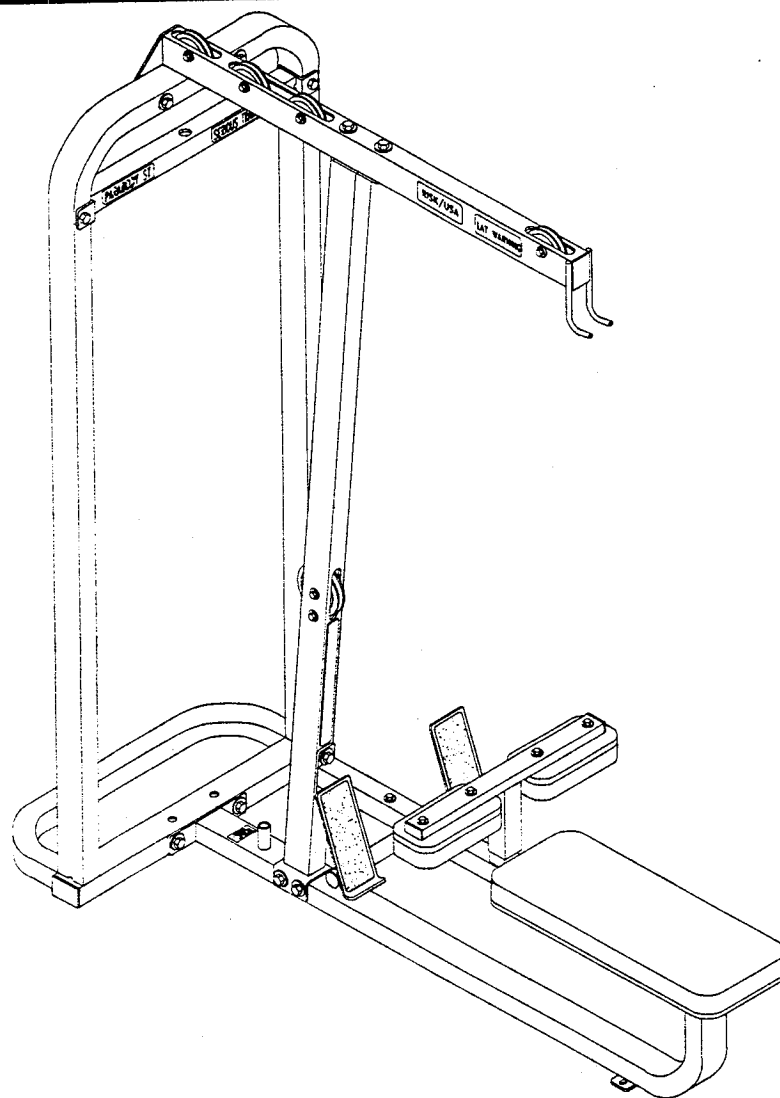


# PARABODY

## *Serious Steel*

### 908101 ST LAT MACHINE

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## ASSEMBLY INSTRUCTIONS

## IMPORTANT NOTES

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

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

**Please note:**

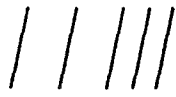
- \* Thank you for purchasing the Parabody 908101 ST Lat Machine. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

### Tools Required for Assembly

- \* Rubber mallet or hammer
- \* 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

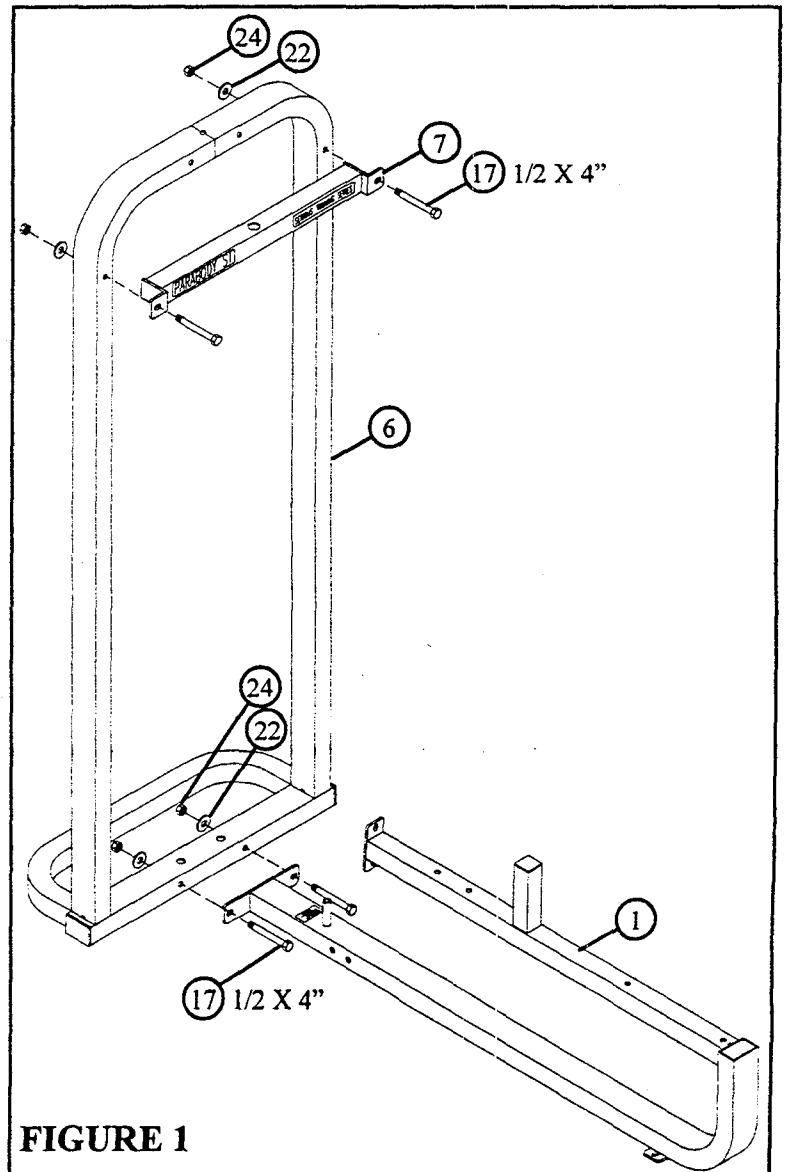
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6671803	BENCH FRAME	1	15	6637102	SEAT PAD	1
2	6673703	TOP BOOM	1	16	6676802	KNEE PAD	2
3	6672202	KNEE SUPPORT	1	17	3102917	1/2 X 4" BOLT	12
4	6674103	UPRIGHT	1	18	3102910	1/2 X 3" BOLT	2
5	6674402	FOOT SUPPORT	1	19	3102922	3/8 X 2-3/4" BOLT	8
6	6672703	TOWER	1	20	3102902	3/8 X 2-1/4" BOLT	2
7	6674603	TOWER BRACE	1	21	3102924	3/8 X 1-3/4" BOLT	4
8	6489902	PLATE, 1/4 X 2 X 7-1/4	2	22	3102502	1/2 " WASHER	12
9	6621001	CHROME LAT BAR	1	23	3102501	3/8" WASHER	12
10	6678201	DOUBLE D CHROME HANDLE	1	24	3102801	1/2" LOCKNUT	13
11	6671601	121-3/4" CABLE ASSY	1	25	3102802	3/8" LOCKNUT	8
12	6671001	117-1/4" CABLE ASSY	1	26	6480301	3/8" FLANGE SPACER	10
13	3116101	4-1/2" PULLEY	3	27	6412001	3/8" SPRING PIN	1
14	3116201	3-1/2" PULLEY	4	28	3103801	5/16" SNAP HOOK	2

## STEP 1:

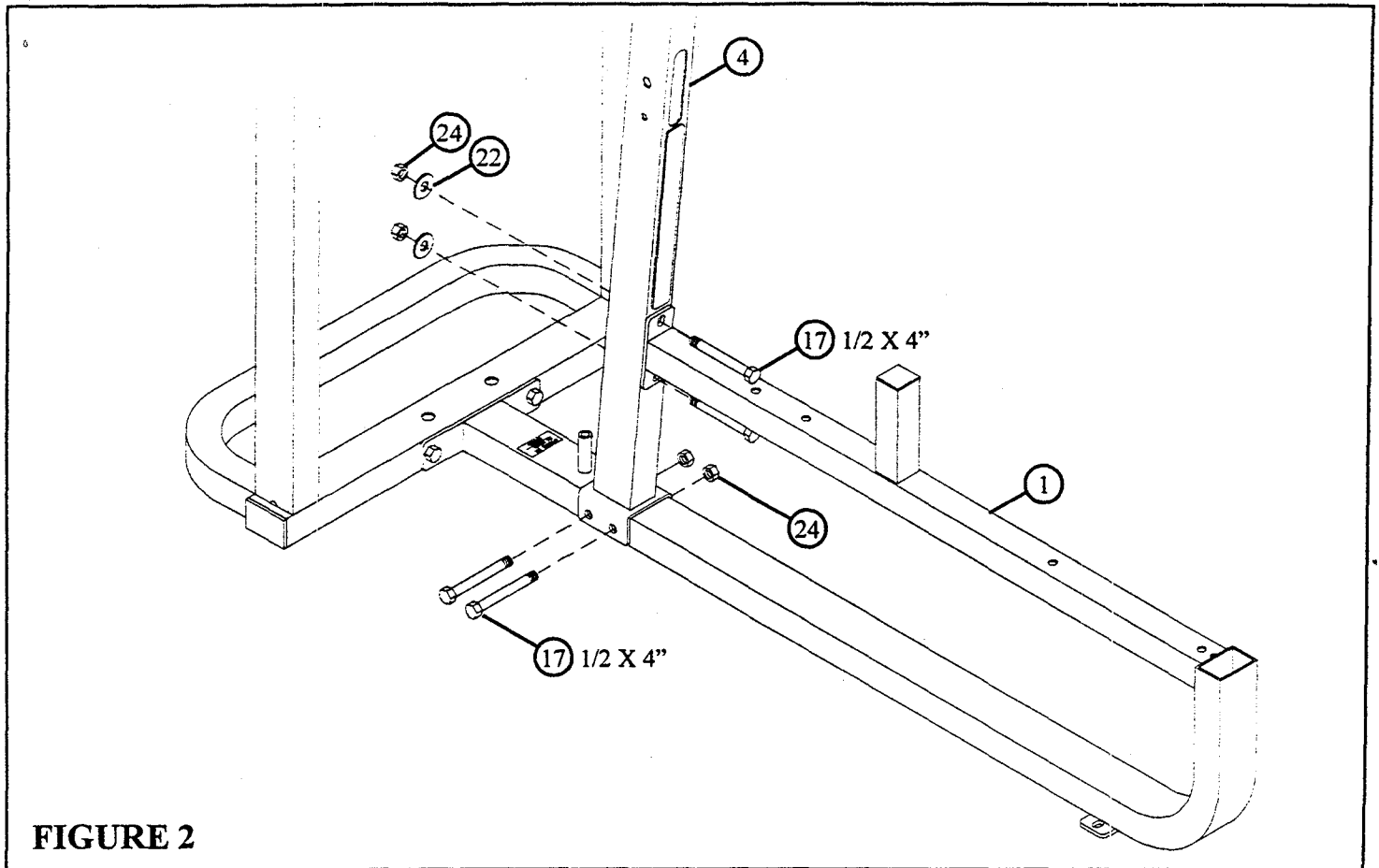
Securely attach the TOWER BRACE (7) to TOWER (6) using two 1/2 X 4" BOLTS (17), two 1/2" WASHERS (22), and two 1/2" LOCK NUTS (24) as shown in FIGURE 1.

## STEP 2:

Loosely attach TOWER (6) to BENCH FRAME (1) using two 1/2 X 4" BOLTS (17), two 1/2" WASHERS (22), and two 1/2" LOCK NUTS (24) as shown in FIGURE 1.



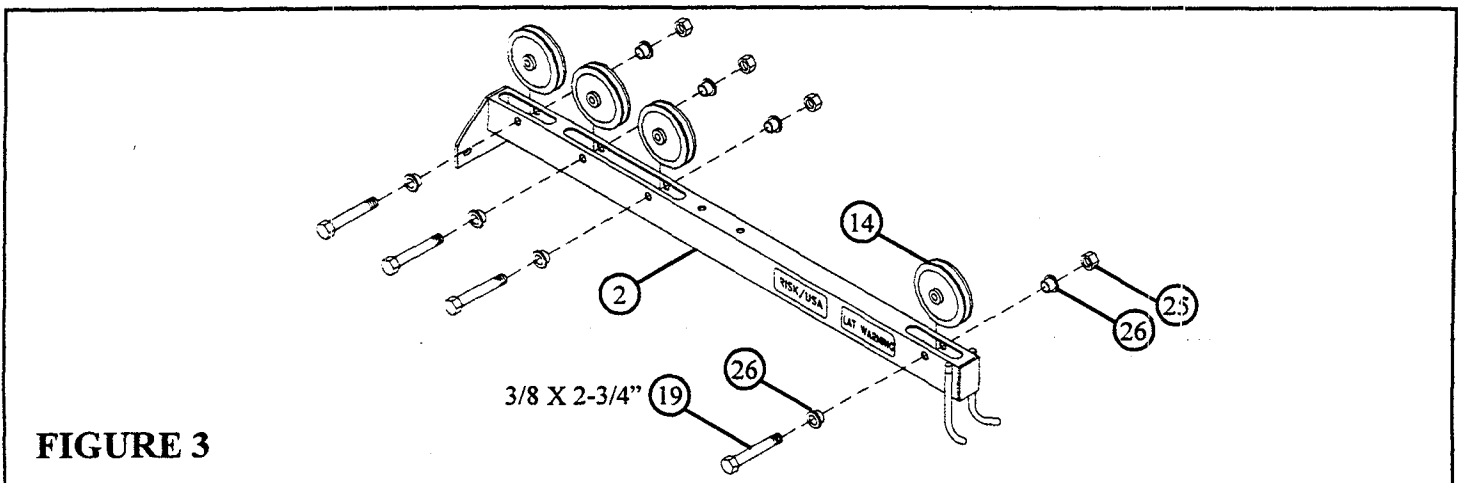
**FIGURE 1**



**FIGURE 2**

**STEP 3:**

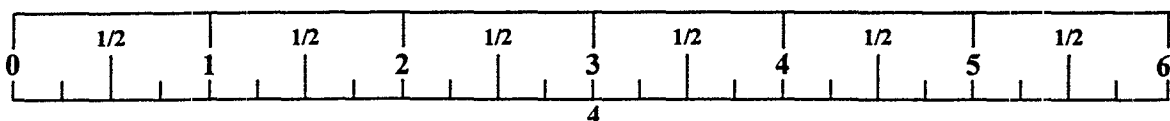
Loosely attach UPRIGHT (4) to BENCH FRAME (1) using four 1/2 X 4" BOLTS (17), two 1/2" WASHERS (22), and four 1/2" LOCK NUTS (24) as shown in FIGURE 2.

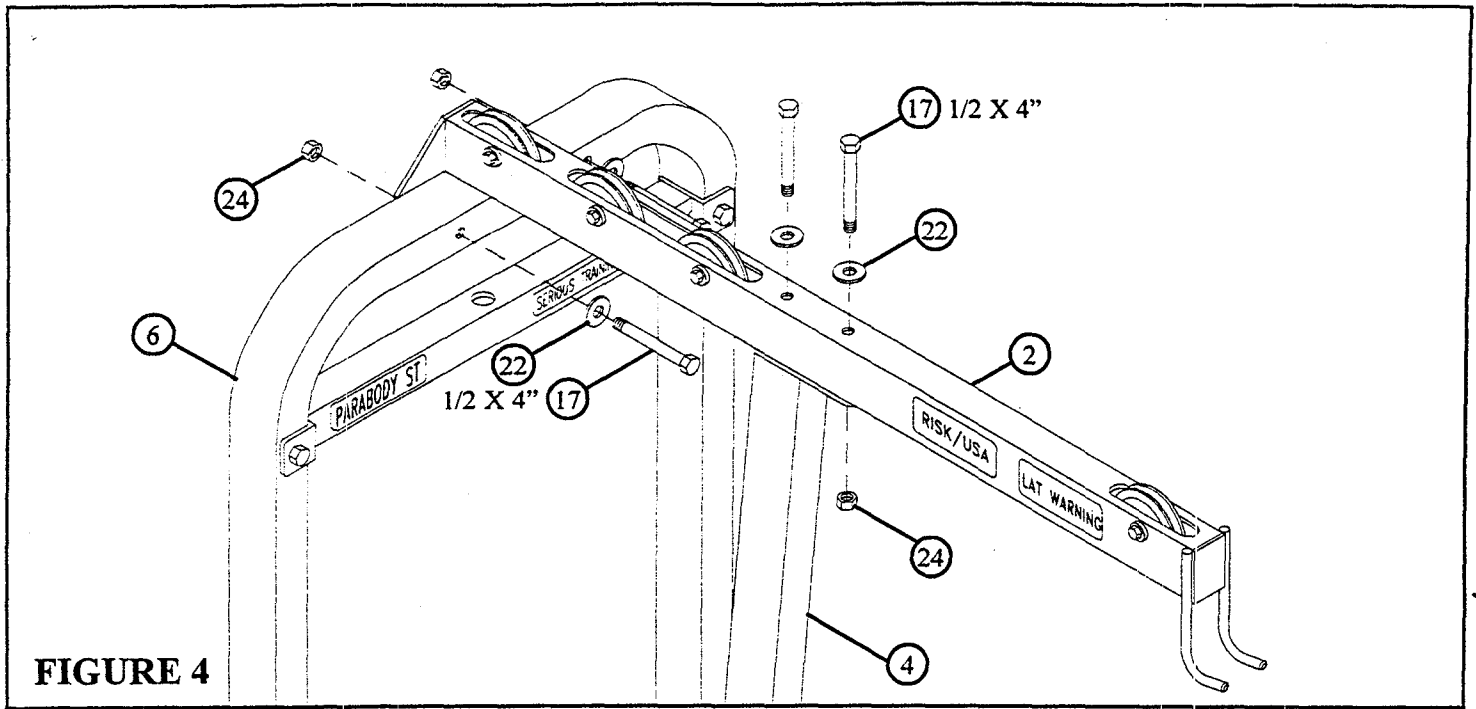


**FIGURE 3**

**STEP 4:**

Securely attach four 3-1/2" PULLEYS (14) to the TOP BOOM (2) using four 3/8 X 2-3/4" BOLTS (19), eight 3/8" FLANGE SPACERS (26), and four 3/8" LOCK NUTS (25) as shown in FIGURE 3.

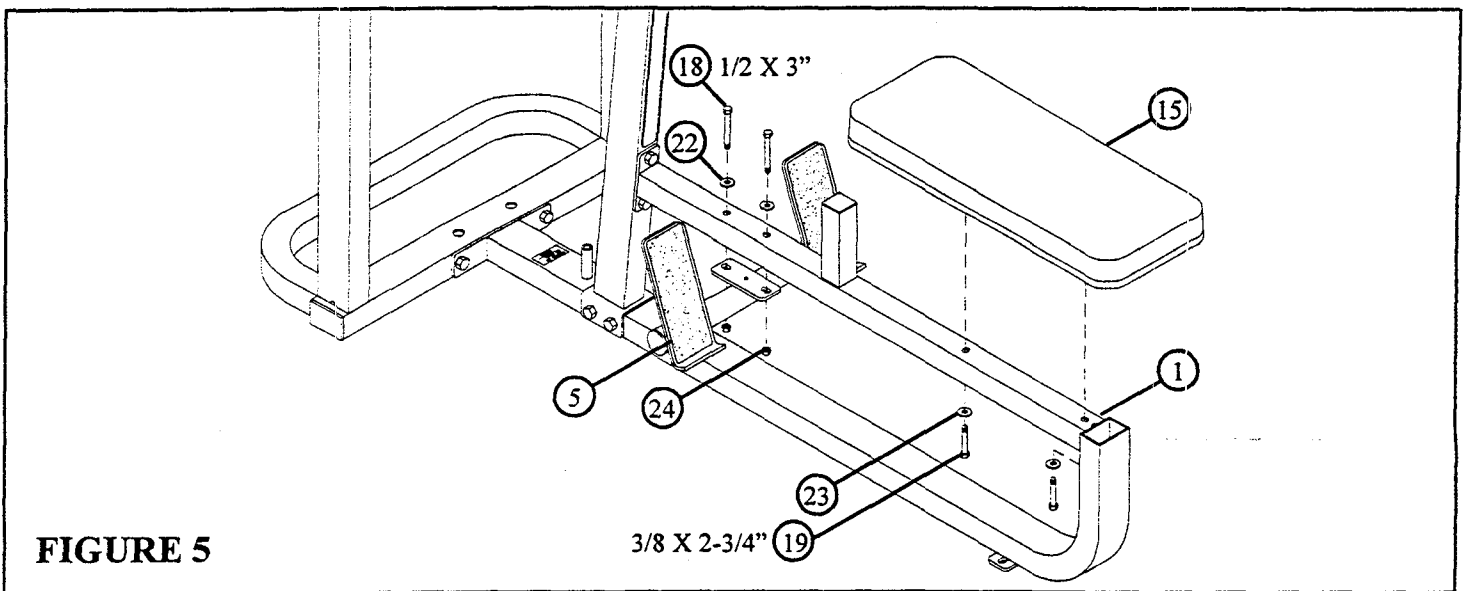




**FIGURE 4**

**STEP 5:**

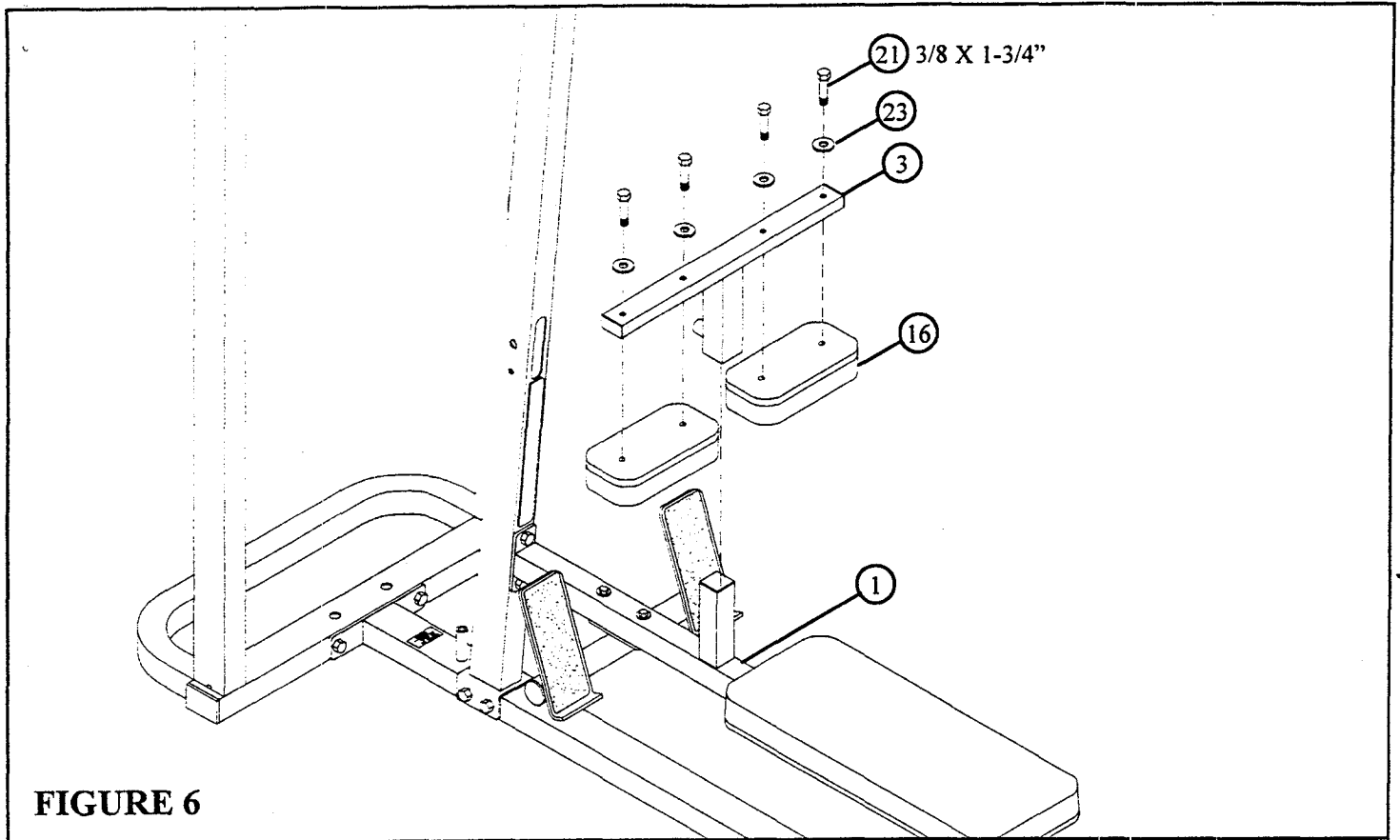
- A. Loosely attach TOP BOOM (2) to TOWER (6) and UPRIGHT (4) using four 1/2 X 4" BOLTS (17), four 1/2" WASHERS (22), and three 1/2" LOCK NUTS (24) as shown in FIGURE 4.
- B. Securely tighten all loose frame connections made to this point.



**FIGURE 5**

**STEP 6:**

- A. Securely attach FOOT SUPPORT (5) to the BENCH FRAME (1) using two 1/2 X 3" BOLTS (18), two 1/2" WASHERS (22), and two 1/2" LOCK NUTS (24) as shown in FIGURE 5.
- B. Securely attach SEAT PAD (15) to the BENCH FRAME (1) using two 3/8 X 2-3/4" BOLTS (19) and two 3/8" WASHERS (23) as shown in FIGURE 5.



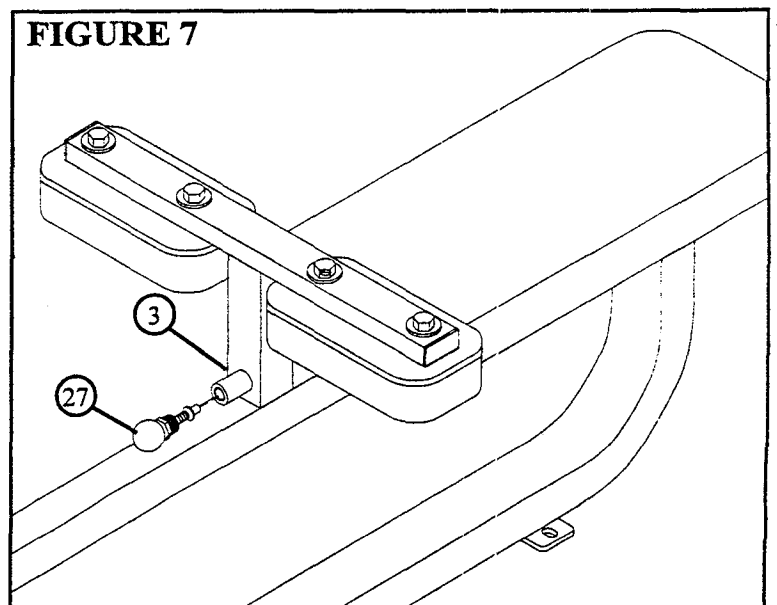
**FIGURE 6**

**STEP 7:**

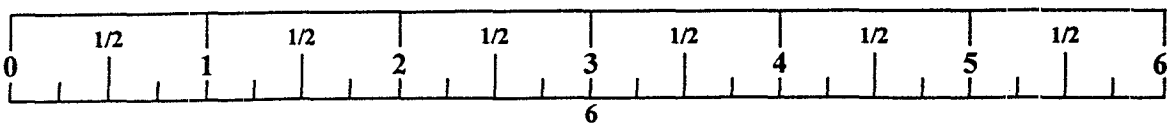
- A. Securely attach two KNEE PADS (16) to KNEE SUPPORT (3) using four 3/8 X 1-3/4" BOLTS (21) and four 3/8" WASHERS (23). See FIGURE 6.
- B. Slide KNEE SUPPORT (3) over square tube on BENCH FRAME (1). Make sure SPRING PIN HOUSING on the KNEE SUPPORT (3) is facing away from the SEAT PAD. See FIGURE 6 & 7.

**STEP 8:**

Securely thread 3/8" SPRING PIN (27) to the SPRING PIN HOUSING on the KNEE SUPPORT (3) as shown in FIGURE 7.

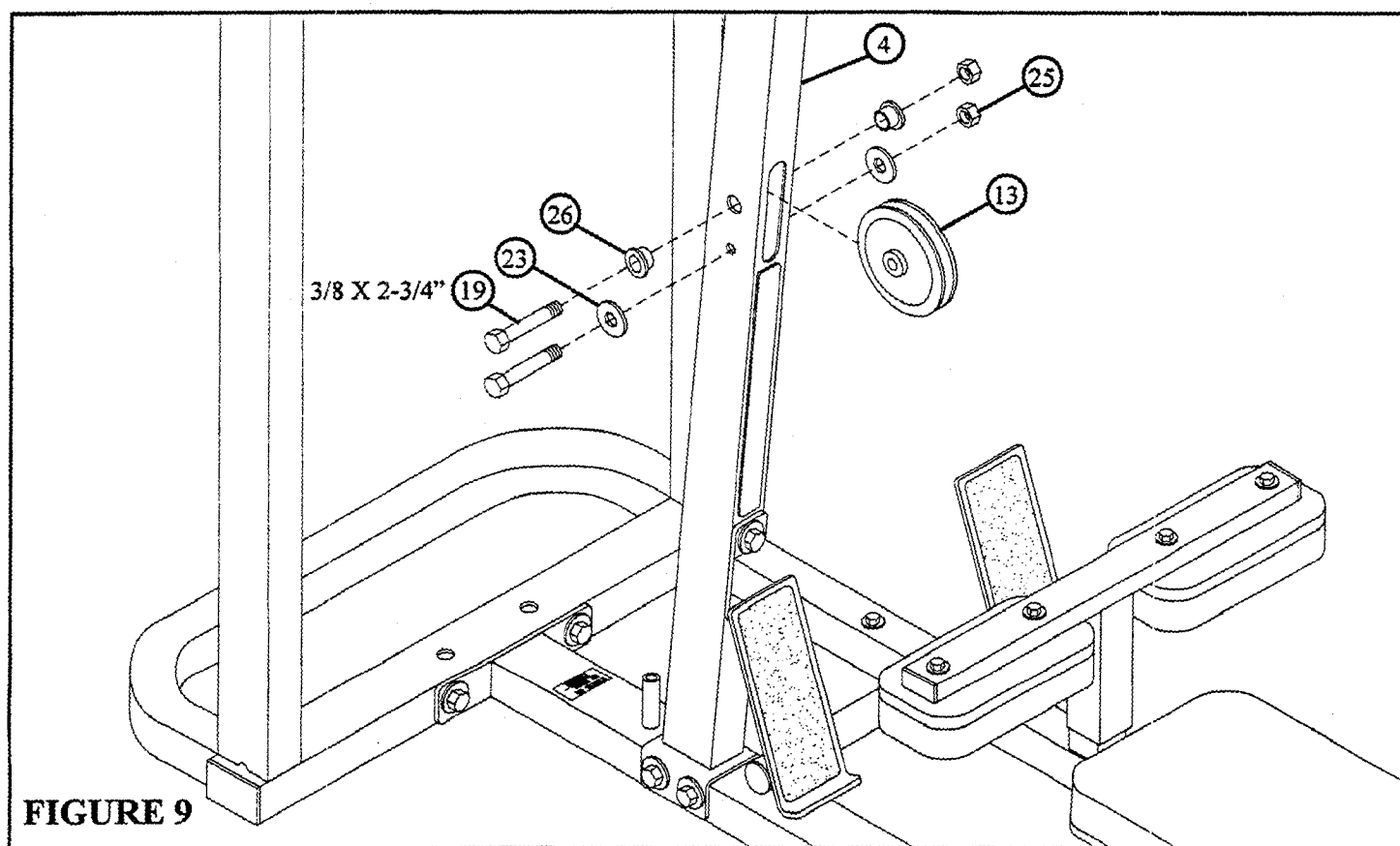
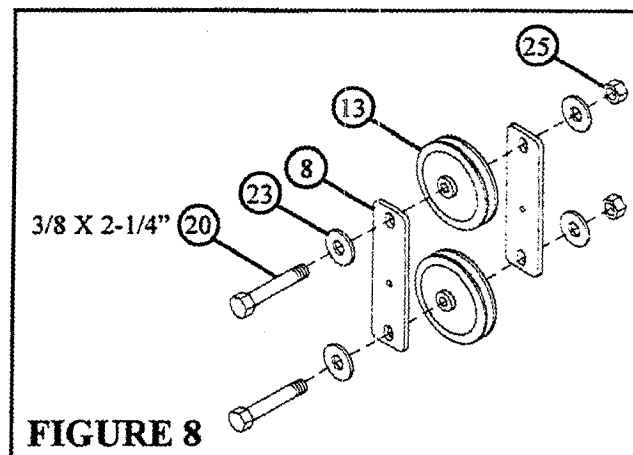


**FIGURE 7**



**STEP 9:**

Assemble two 7-1/4" PLATES (8) to two 4-1/2" PULLEYS (13) using two 3/8 X 2-1/4" BOLTS (20), four 3/8" WASHERS (23), and two 3/8" LOCK NUTS (25). See FIGURE 8.



**STEP 10:**

Securely assemble one 4-1/2" PULLEY (13) to the UPRIGHT (4) using two 3/8 X 2-3/4" BOLTS (19), two 3/8" FLANGE SPACERS (26), two 3/8" WASHERS (23), and two 3/8" LOCK NUTS (25). See FIGURE 9.

**THIS CONCLUDES THE ASSEMBLY OF THE 908101. PLEASE REFER TO THE 912101 OR 913101 INSTRUCTIONS ON HOW TO ASSEMBLE THE WEIGHT OPTION.**

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