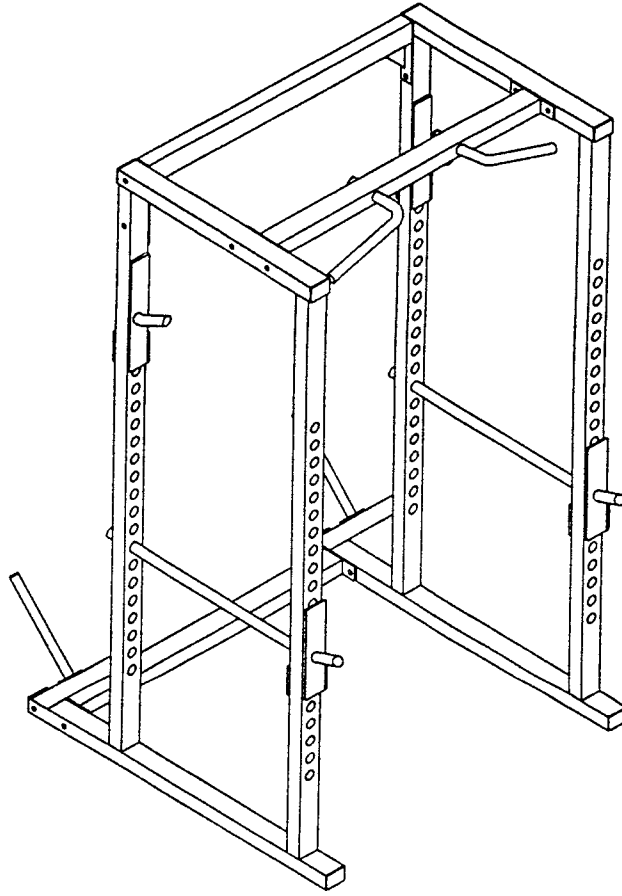


PARABODY

Serious Steel

**945101
POWER RACK
ASSEMBLY INSTRUCTIONS**



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

Part # 6645801

1

Revision: 07/15/96

945101 POWER RACK ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

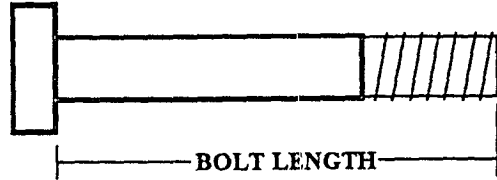
ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 4 IN BOLT	12
2.	1/2 X 3 IN BOLT	4
3.	1/2 IN WASHER	16
4.	1/2 IN LOCK NUT	14
5.	3 X 2 IN END CAP	8
6.	1-1/4 IN RD END CAP	4
7.	1-3/4 IN RD END CAP	2
8.	1-1/2 X 2 IN GLIDE	12

L 428290 |

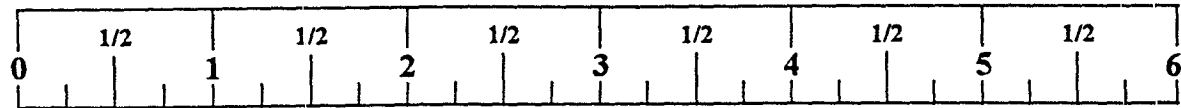
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	UPRIGHT FRAME WELDMENT(6645003)	2
2.	PLATE HOLDER WELDMENT(6644002)	2
3.	SAFETY BAR WELDMENT(6645202)	2
4.	BAR SUPPORT WELDMENT(6645302)	2
5.	CHIN-UP CONNECTOR WELDMENT(6644502)	1
6.	LOWER CONNECTOR WELDMENT(6644203)	1
7.	UPPER CONNECTOR WELDMENT(6643703)	1

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



BOLT LENGTH RULER:



THANK YOU

FOR PURCHASING THE 945101 POWER RACK. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

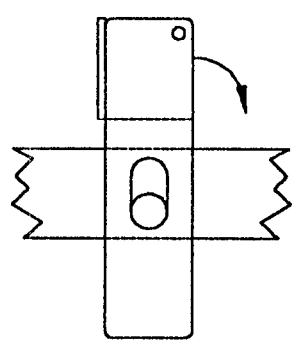
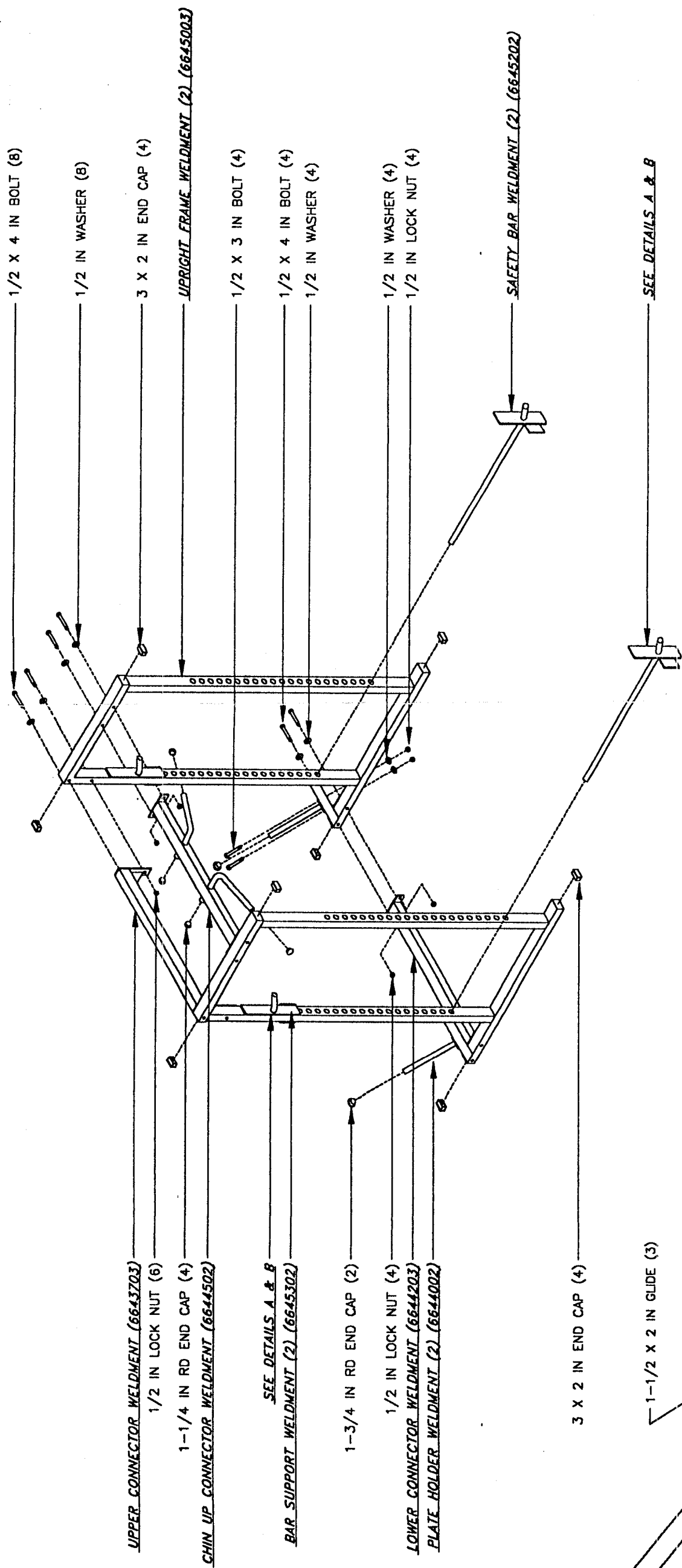
*****IMPORTANT*****

- THE 945101 POWER RACK 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 and WRENCH, and RUBBER MALLET or HAMMER

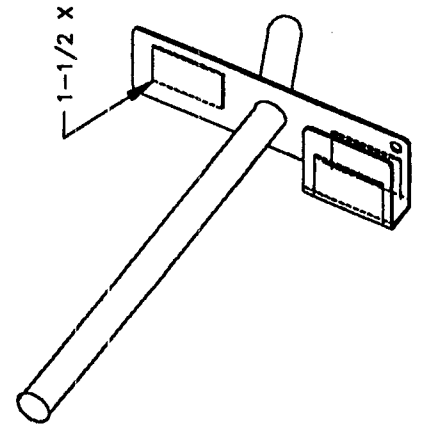
1. Insert eight (8) 3 X 2 IN END CAPS into the ends of the UPRIGHT FRAME WELDMENTS as shown on drawing.
2. LOOSELY assemble the LOWER CONNECTOR WELDMENT and the UPPER CONNECTOR WELDMENT between each UPRIGHT FRAME WELDMENT as shown on drawing.
3. Insert four (4) 1-1/4 IN RD END CAPS into the ends of the TUBES on the CHIN-UP CONNECTOR WELDMENT as shown on drawing.
4. LOOSELY assemble the CHIN-UP CONNECTOR WELDMENT between the UPRIGHT FRAME WELDMENTS as shown on drawing.
5. Insert two (2) 1-3/4 IN RD END CAPS into the ends of the PLATE HOLDER WELDMENTS as shown on drawing.
6. LOOSELY assemble the PLATE HOLDER WELDMENTS to the UPRIGHT FRAME WELDMENTS as shown on drawing.
7. When all components are assembled, SECURELY tighten all bolt connections.
8. Attach twelve (12) 1-1/2 X 2 IN GLIDES (three each) to the SAFETY BAR WELDMENTS and BAR SUPPORT WELDMENTS as shown in (DETAIL A).
9. Insert the BAR SUPPORT WELDMENT, and the SAFETY BAR WELDMENT into the desired hole setting as shown on drawing and in (DETAIL B).

DASH NO	DESCRIPTION
01	AS SHOWN

REVISIONS			
REV	DESCRIPTION	CHG NO	APP'D



DETAIL B



DETAIL A

TOLERANCES (EXCEPT AS NOTED)		TITLE	
DECIMAL	~	ASSY INST, 945101	
FRACTIONAL	~	SCALE	1/24
ANGULAR	~	SHEET	1 OF 1
		SIZE	B
		DR	SAL
		CHK'D	7/96
		APP'D	MEN
			7/96

PARABODY, INC.
RAMSEY, MINNESOTA

66458

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