FACTOR 625 LEG PRESS ATTACHMENT ASSEMBL

TOOLS REQUIRED FOR ASSEMBLY

- 9/16 inch wrench
- 3/4 inch wrench
- 1/2 inch wrench
- adjustable wrench
- hammer or rubber mallet
- 5/32 allen wrench

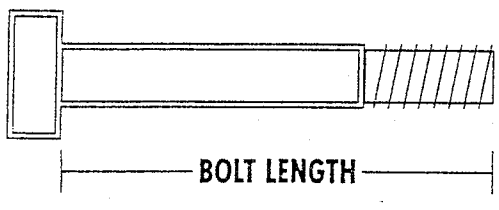
IMPORTANT

- THE PARABODY FACTOR 625 BASE UNIT MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCT
- PARABODY STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.
- KEEP ALL FRAME BOLT CONNECTIONS LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHT

!!!WARNING!!!

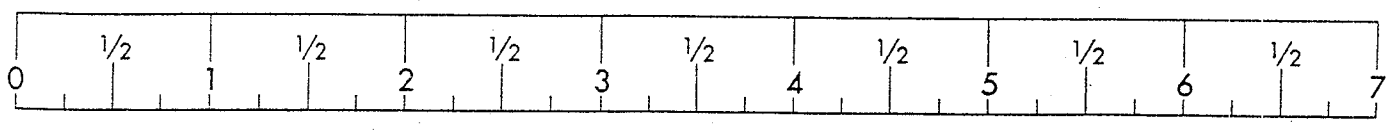
MAKE SURE SNAP HOOKS ARE FASTENED BEFORE DOING EXERCISES.

NOTE: We recommend cleaning your product (pads and the frame members) on a regular basis, using warm soapy water. Also, touch-up paint can be purchased from your ParaBody Customer Service Representative at **1-800-328-9714.**



NOTE: Bolt length is measured from the underside of the head of the bolt.

BOLT LENGTH RULER:



IF you have any questions on the proper assembly of equipment, do not hesitate to call the ParaBody Customer Service Department at 1-800-328-9714

LEG PRESS PARTS AND HARDWARE LIST

G PRESS PARTS LIST

TS/PARTS:

NAME/DESCRIPTION		QTY.
Seat Pad	(PB3078-01)	1
Back Pad	(PB3080-01)	1
Leg Press Frame	(PB3170-01)	1
Telescoping Tube Plated	(PB3043-01)	1
Pendulum	(PB3047-01)	1
Pivot Axle	(PB3081-01)	1
Leg Press Cable	(PB3236-01)	1
Non-Skid Strip 4" x 17"	(PB2634-01)	4

EG PRESS HARDWARE LIST

ıd count all parts before beginning assembly.

'ARE:

NAME/DESCRIPTION	QTY.
Grip 1¼" x 5"	2
¾" x 1" Oilite Bushing	2
Compression Spring	1
Cotter Pin	1
Plunger	1
Spacer	1
Knob	1
2" Square End Cap (10-14 ga)	8
Weight Stack Bumper	1
⅜" x 1¼" Bolt	5
⅜" Washer	6
⅜" Lock Washer	7
½" x 4½" Bolt	2
½" Washer	2
½" Lock Washer	2
½" Nut	2
4½" w/1" Clevis Pulley	4
Long Cable Retaining Clip	1
Cable Retaining Clip	2
⅜" x 4½" Bolt	4
⅜" Nut	1
5/16" x ¼" Lg. Set Screw	2

IMPORTANT NOTICE

If you have installed a second weight stack, go to Figure 5.

If you have not purchased the second weight stack, please complete the following steps before proceeding to Figure 5.

1. Remove the blank shroud from the rear of the Factor 625.
2. Remove the rotary cable from the unit and also the associated shock cord.
3. Load the Leg Press Cable into the D-Ring in the position the Rotary Cable was removed from. Remove the elastic shock cord from the Rotary Cable and attach to the Leg Press Cable as shown (same routing of elastic cord as on Rotary Cable).

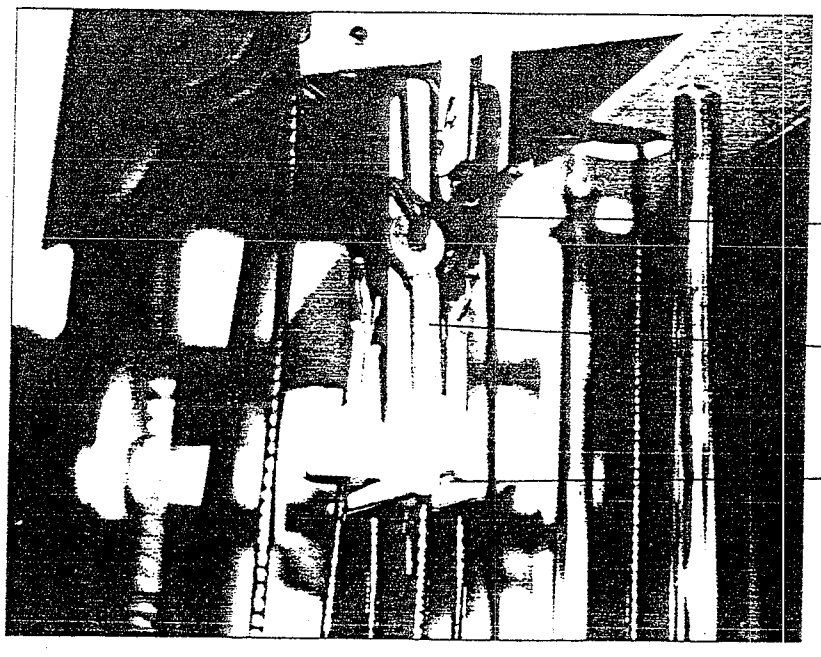
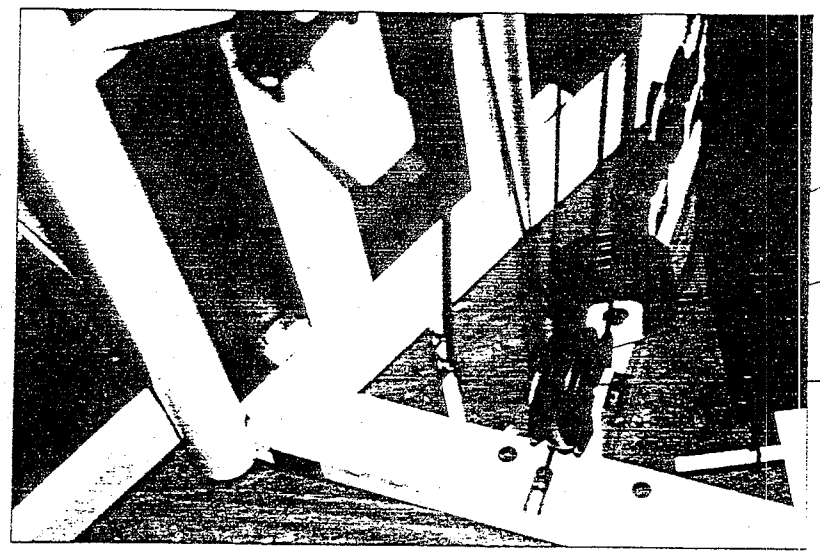


FIGURE 1

1. Attach two (2) 4½" w/1" Clevis Pulleys to the Base Frame and one (1) more long cable retaining clip with existing hardware after removing one (1) 4½" w/2" Clevis Pulley previously installed. (See Detail "A"). Route cable as shown. The pulley at the right side (as you face the back of the unit) has Leg Press cable from D-ring routed under and back up to pulley shown in Figure 2.



DETAIL "A"

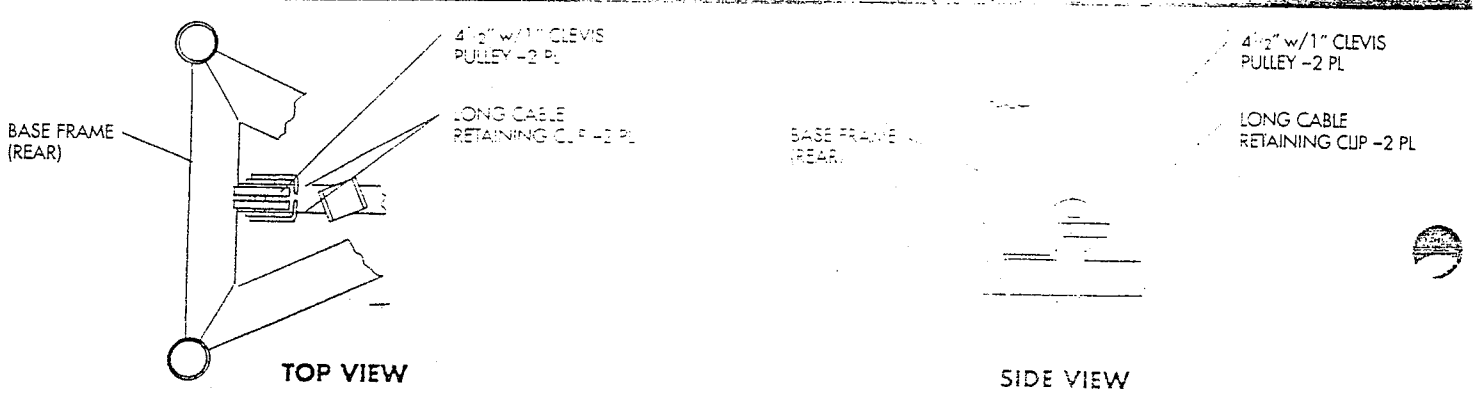


FIGURE 2

ntinue to route Leg Press cable as shown.

2. Remove the bolt used to hold the lat boom to the tube on the rear of the Main Frame and attach one (1) 4½" w/1" Clevis Pulley and one (1) cable retaining clip using one (1) ⅜" x 4½" bolt and the existing ⅜" Locknut and ⅜" Washer supplied. Route cable as shown. Locate cable retaining clip approximately as shown.

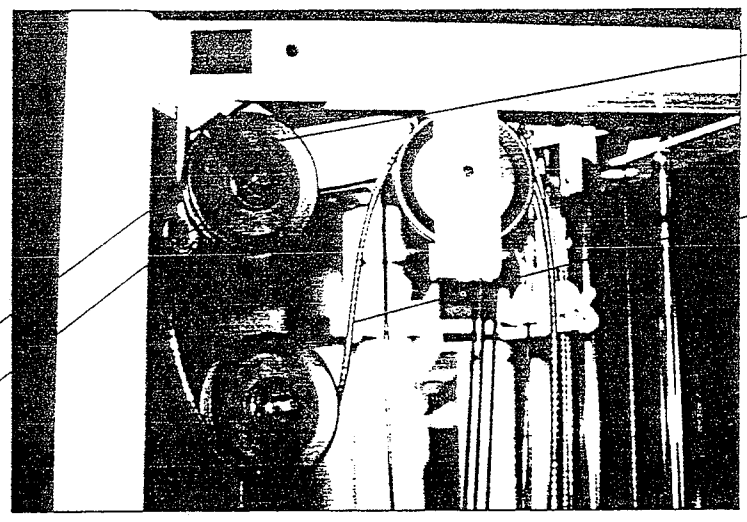


FIGURE 3

1. Remove the bolt used to hold the pulley in the lat boom (pulley to rear of D-Ring) and attach one (1) 4½" w/1" Clevis Pulley and one (1) cable retaining clip using one (1) ⅜" x 4½" Bolt and existing ⅜" Lockwasher.

Continue to route the cable down and under e left pulley shown in Figure 1.

NOTE: Position both cable retaining clips as shown. Make sure cable does not rub on cable retaining clips after cable is completely routed.

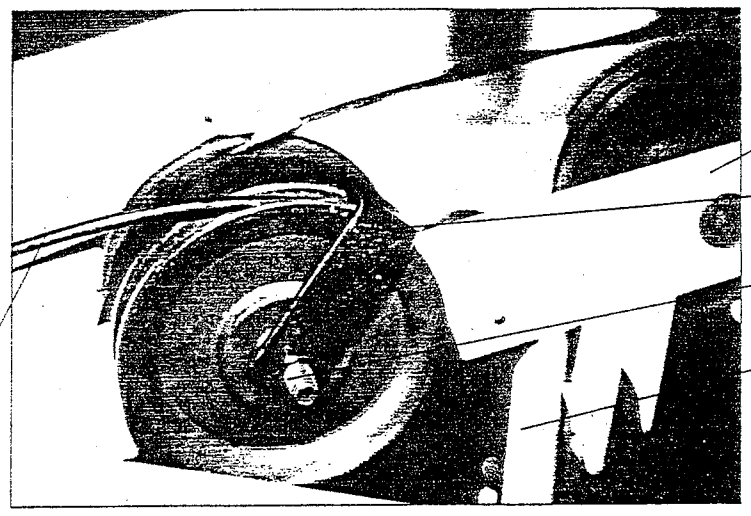


FIGURE 4

NOTE: See PBF604 Optional Shroud Kit for optional shroud assembly.

Secure leg press Shroud as shown in Figure 4.

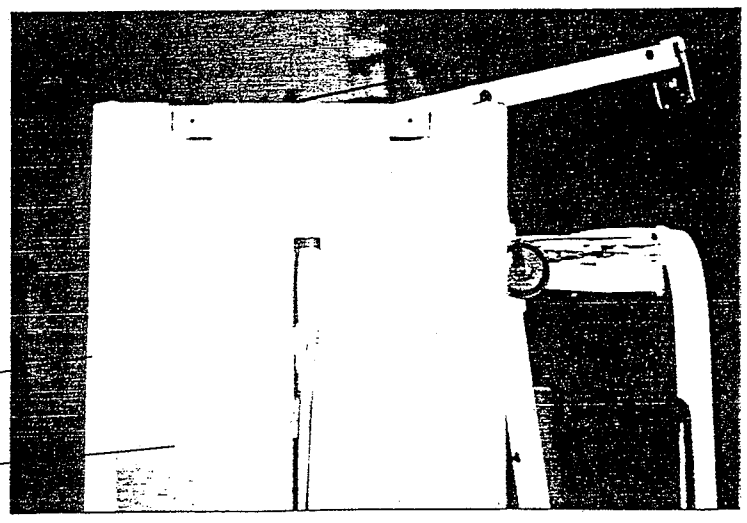


FIGURE 5

1. Attach the Leg Press Frame to the Main Frame on top using two (2) ½" x 4½" Bolts, two (2) ½" Washers, two (2) ½" Lockwashers and two (2) ½" nuts.
2. Attach four (4) 4" x17" Non-Skid Strips to the angled foot plate on the Leg Press Frame as shown.
3. Install two (2) 2" Square End Caps (10-14 ga) into the angled tubes on the Leg Press Frame and two (2) 2" Square End Caps (10-14 ga) into the base tubes of the Leg Press Frame.
4. Slide one (1) Weight Stack Cushion over the Pin Stop of the base of the Leg Press Frame.

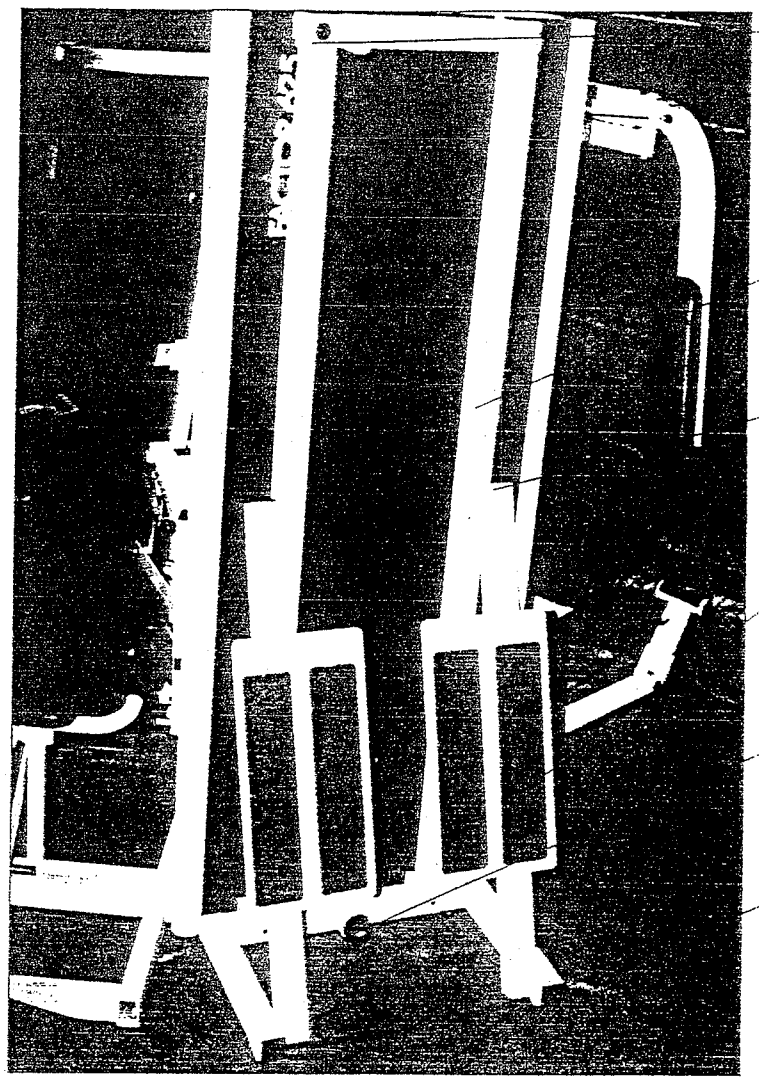


FIGURE 6

1. Attach the Leg Press Frame to the Main Frame at the base using two (2) ⅜" x 4½" Bolts, two (2) ⅜" Lockwashers and two (2) ⅜" washers.

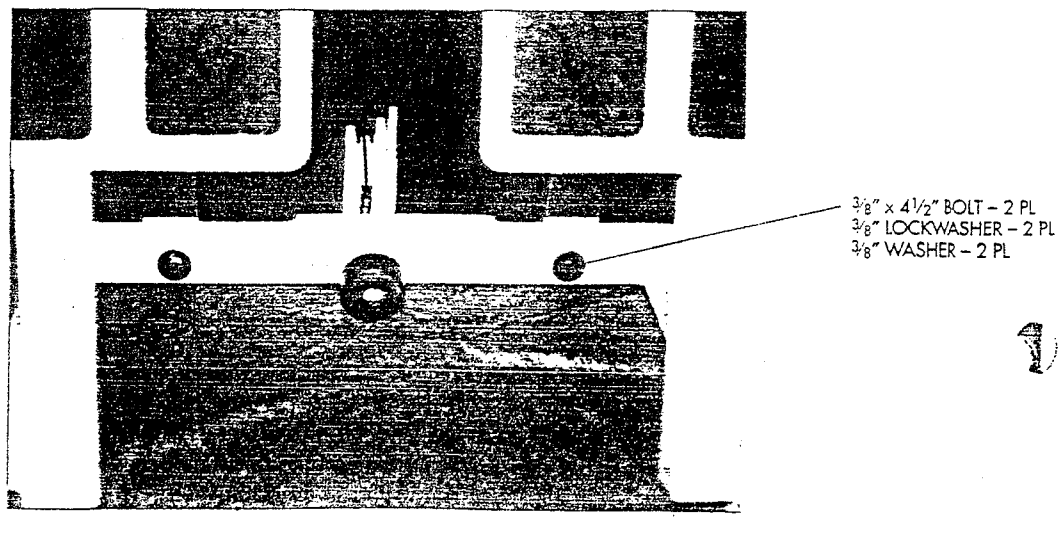


FIGURE 7

Assemble the spring pin assembly to the Pendulum Frame using one (1) knob, one (1) plunger, one (1) spring, one (1) spacer, and one (1) cotter pin, using the following steps:

A. Assemble the knob to the plunger

B. Insert the plunger through the first housing and through the first hole of the second housing.

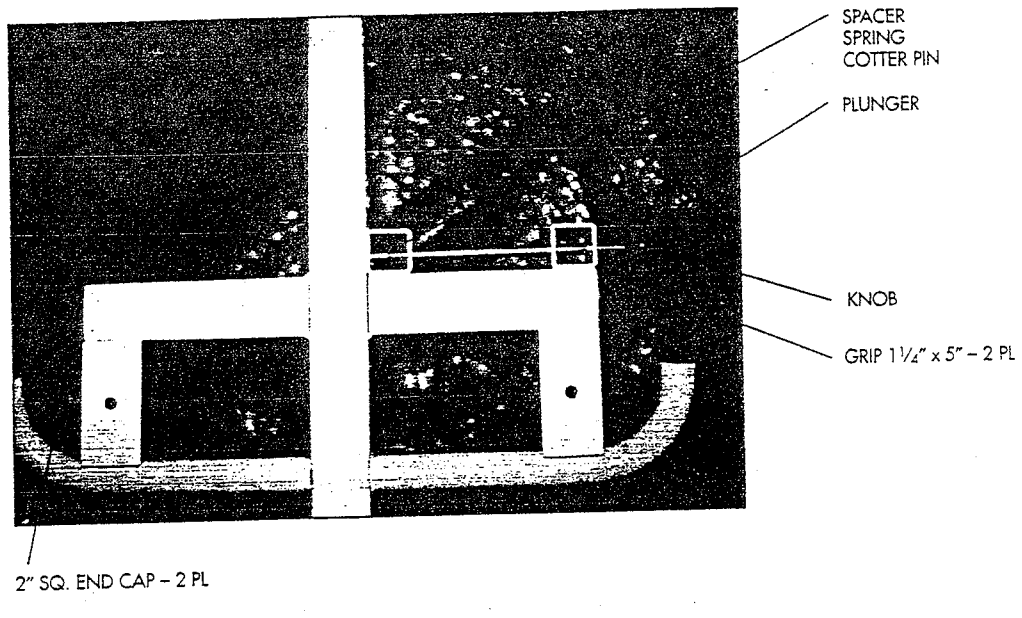
C. Slip the Spring and the spacer over the end of the plunger (in that order).

D. Insert the plunger through the second hole of the housing.

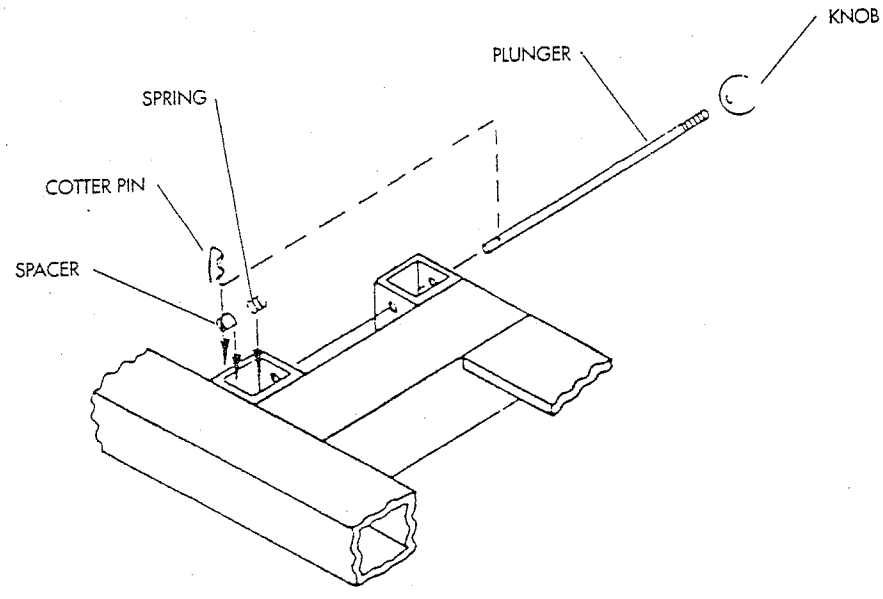
E. Pull back the spacer on the plunger and insert the cotter pin through the hole.

F. (See Detail B)

2. Slide two (2) 1¼" x 5" grips over the handles of the pendulum frame. (NOTE: If a lubricant is required, rubbing alcohol, thoroughly coating the inside of the grip, is the best material to use).
3. Install two (2) 2" Square End Caps (10-14 ga) to pendulum as shown.



DETAIL "B"



STOP! BEFORE GOING ON, STOP!

The seat adjustment tube may be pre-assembled. If so, remove it from the front end of the Pendulum. Turn it so that the tab at the front of the seat adjustment tube is facing up. Re-insert it into the front end of the Pendulum Frame. See Figure 11 for proper orientation.

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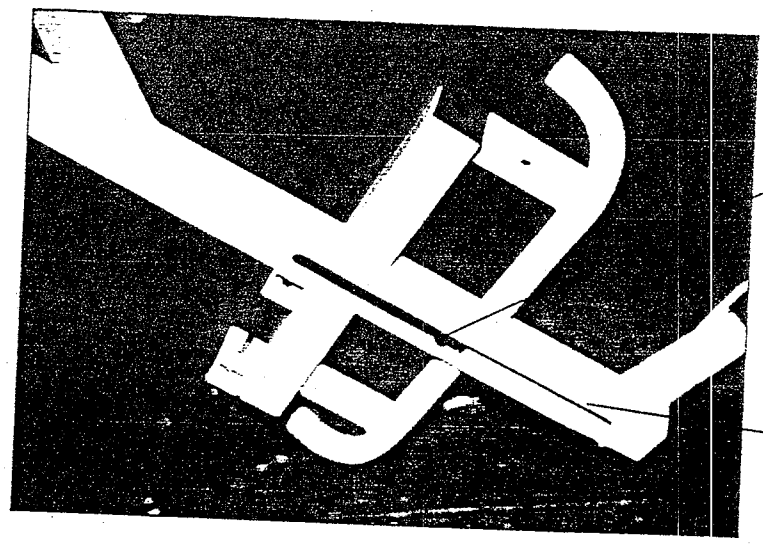
FIGURE 8

1. Insert the seat adjustment tube into the front end of the Pendulum Frame. Pull back the spring pin assembly, and advance the seat adjustment tube all the way in. (Make sure tab at the front end of the seat adjustment tube is up. See Figure11).
2. Securely fasten one (1) 3⁄8" x 1¼" Bolt, one (1) 3⁄8" Lockwasher, and one (1)3⁄8" Nut to the hole in the rear of the seat adjustment tube, on the underside of the Pendulum Frame between the slot. (See Detail C).



DETAIL "C"

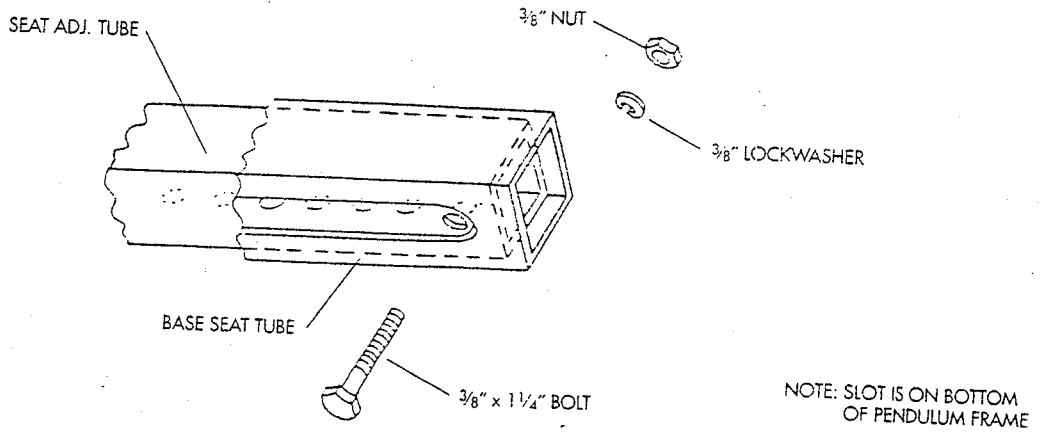


FIGURE 9

1. Install two (2) ¾" I.D. Flange Bearings into each end of the pivot tube on the top of the Pendulum Frame. (This step may be pre-assembled).

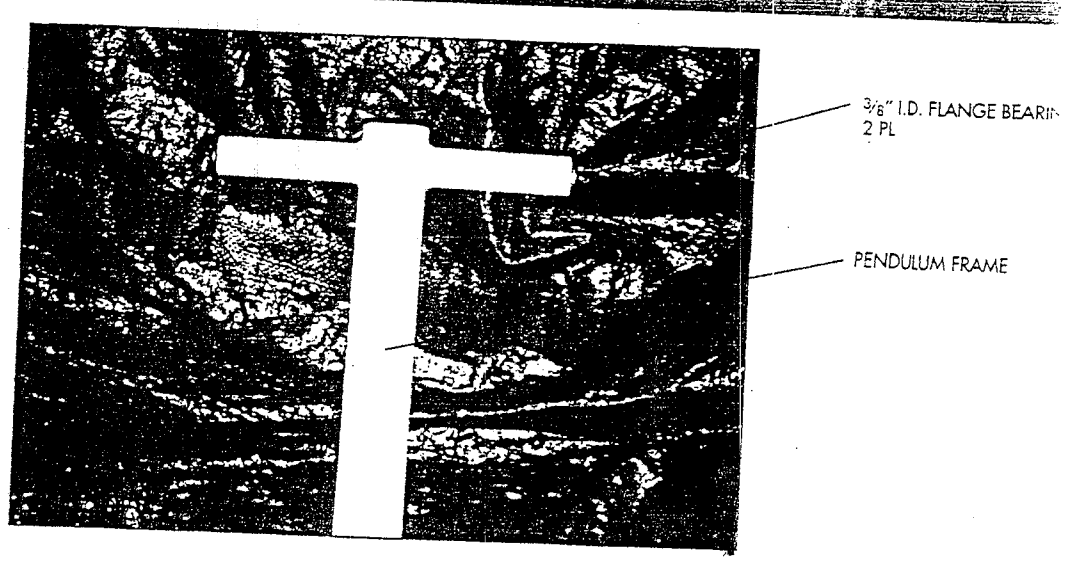


FIGURE 10

Attach the Pendulum Frame to the leg press frame by sliding the pivot axle through the collars on the pivot tabs of the leg press frame and through the pivot tube at the top of the pendulum frame. Thread two (2) 5/16" x 1/4" lg. set screws into both collars and tighten. (This step may be pre-assembled)

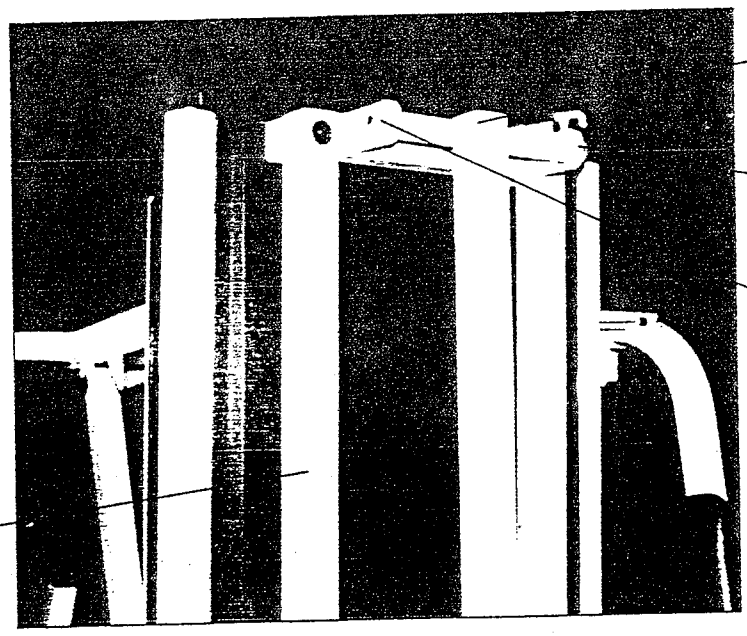


FIGURE 11

1. Attach the cable assembly to the telescoping tube with the Clevis pin and wire clip supplied on cable.

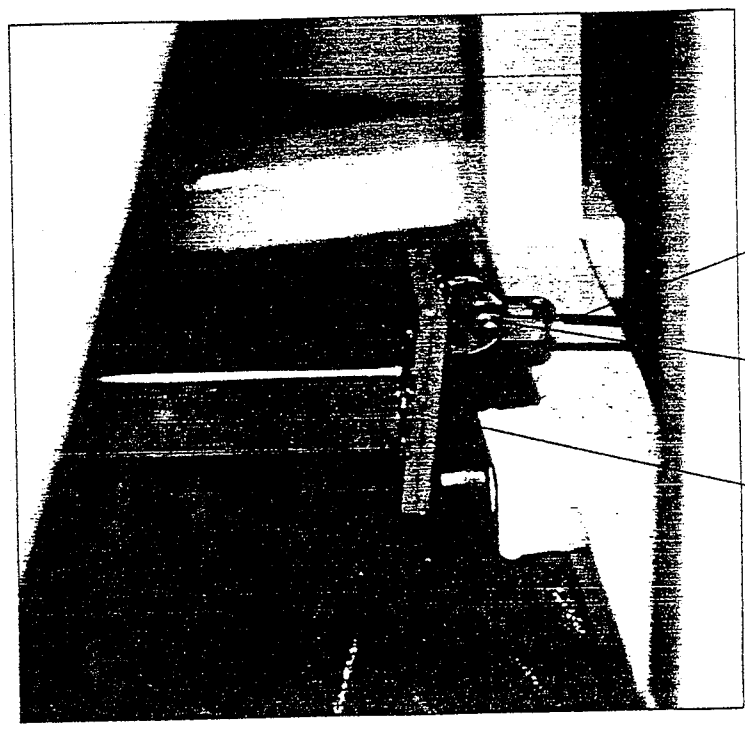


FIGURE 12

1. Attach the back pad to the bracket flats of the back rest tube on the Pendulum Frame using two (2) 3⁄8″ x 1 1⁄4″ Bolts, two (2) 3⁄8″ Lockwashers, and two (2) 3⁄8″ Washers.

NOTE: HOLES IN THE BACK OF THE SEAT BACK PAD ARE OFF-CENTER. MAKE SURE YOU ATTACH THE SEAT BACK PAD SO THAT THERE IS A MAXIMUM GAP BETWEEN THE BACK PAD AND THE SEAT PAD.

2. Insert one (1) 2″ square end cap (10-14 ga.) in the top of the back rest tube and one (1) 2″ square end cap in the end of the pendulum frame under the back rest tube.

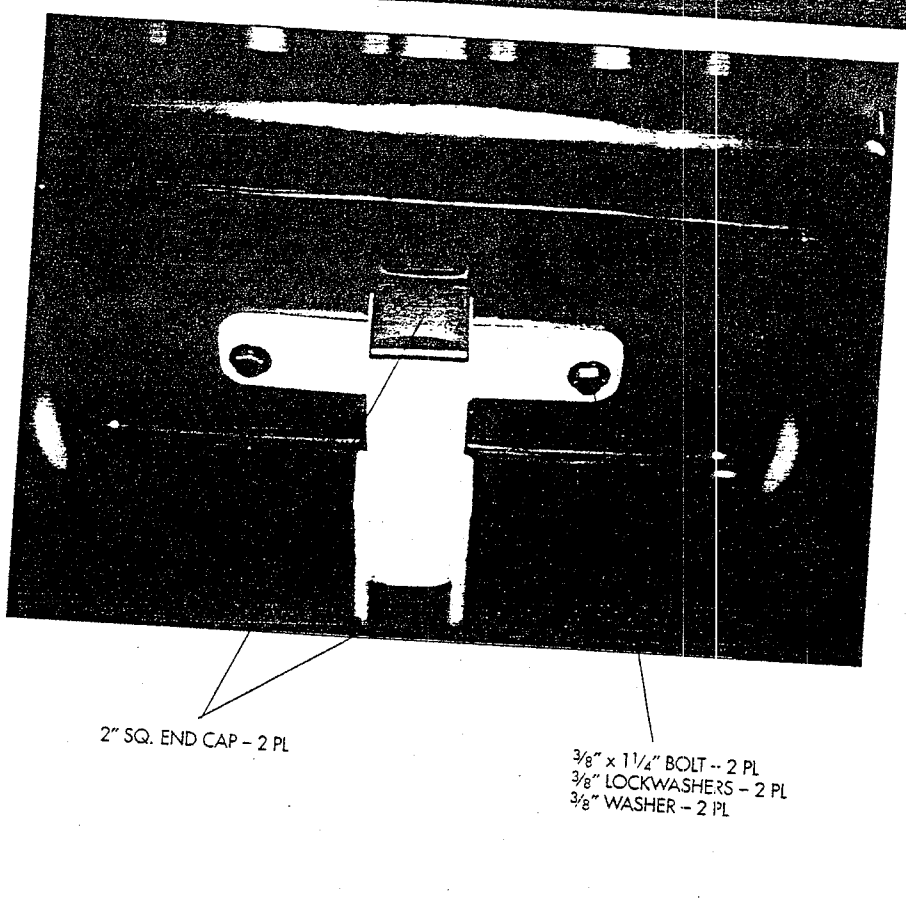


FIGURE 13

1. Attach the seat pad to the seat plates on the Pendulum Frame, using two (2) 3⁄8″ x 1 1⁄4″ Bolts, two (2) 3⁄8″ Lockwashers, and two (2) 3⁄8″ Washers.

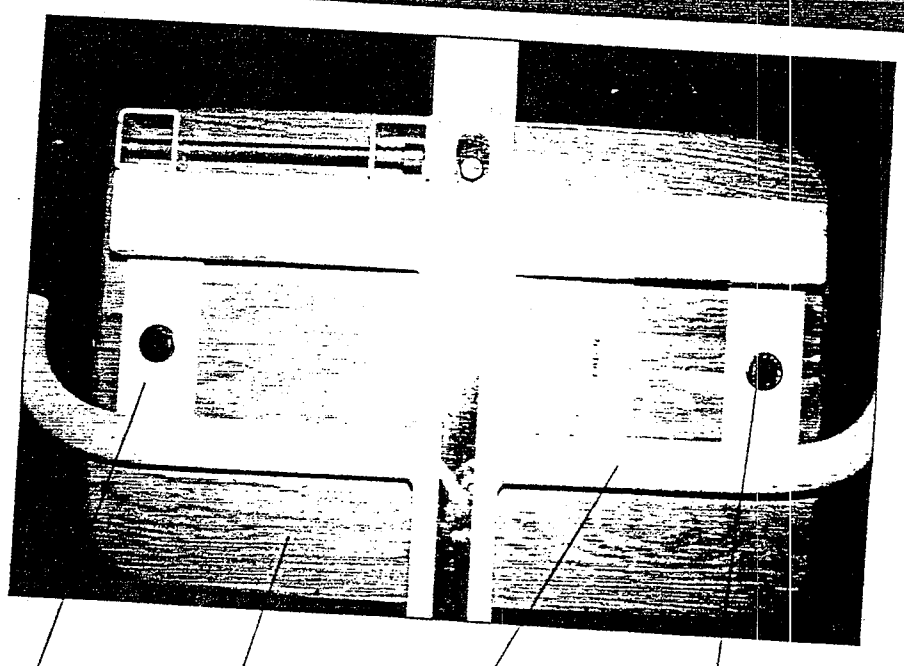


FIGURE 14

ghten any loose connections at this time.
Your FACTOR 625 should be assembled as shown!