

## PBF049 DELUXE LOW ROW ATTACHMENT ASSEMBLY INSTRUCTIONS

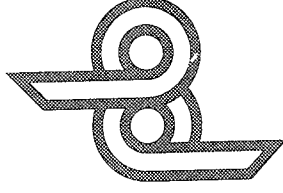
### FLAT and INCLINE BENCH

1. Remove the hardware from the assembly of the **FRONT LEG** to the **BENCH**, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
3. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: **THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP**)
4. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
5. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
6. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with on **SAFETY LOCK PIN**.

### DELUXE LAT MACHINE and ECONO LAT MACHINE (PBF010)

1. Remove the hardware from the assembly of the **SEAT SUPPORT** to the **BASE** of the **LAT MACHINE**, and discard the two (2) 1/2 X 3 IN. BOLTS, and the two 1/2 IN. LOCK WASHERS. (DO NOT DISCARD THE TWO (2) 1/2 IN. WASHERS, AND TWO 1/2 IN. NUTS)
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
3. **THE CONNECTOR PLATE IS NOT REQUIRED FOR THIS ASSEMBLY PLEASE DISCARD.**
4. Assemble the **ADJUSTMENT TUBE ASSEMBLY** to the **SEAT SUPPORT** and **BASE** as shown on drawing, using two (2) 1/2 X 3-1/4 IN. BOLTS, two (2) 1/2 IN. LOCK WASHERS, and the two (2) 1/2 IN. WASHERS, and two (2) 1/2 IN. NUTS from STEP 1. (NOTE: **THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP**)
5. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
6. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
7. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with on **SAFETY LOCK PIN**.

PARABODY INC.



## **DELUXE LOW ROW ATTACHMENT**

**PBF049**

## **PRODUCT ASSEMBLY INSTRUCTION SHEETS**

### **TOOLS REQUIRED FOR ASSEMBLY:**

- 3/4 INCH SOCKET
- 9/16 INCH SOCKET
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

**REVISION: G**

If you experience any problems with the assembly of this product, please contact your dealer or your PARABODY Customer Service representative at:

**1-800-328-9714.**

## PBF049 DELUXE LOW ROW ATTACHMENT ASSEMBLY PARTS LIST

### SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

#### HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/4 IN. BOLT	2
2.	3/8 X 3-1/2 IN. BOLT	2
3.	3/8 IN. WASHER	2
4.	1/2 IN. LOCK WASHER	4
5.	3/8 IN. LOCK WASHER	2
6.	3/8 IN. NUT	2
7.	SAFETY LOCK PIN	2
8.	2 IN. SQ. END CAP	1
9.	1-3/4 IN. SQ. END CAP	1
10.	2-1/2 X 5-1/2 IN. NON SKID STRIP	4

#### WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	FOOT BRACE ASSEMBLY	1
2.	ADJUSTMENT TUBE ASSEMBLY	1
3.	CONNECTOR PLATE	1

## PBF049 DELUXE LOW ROW ATTACHMENT ASSEMBLY INSTRUCTIONS

### IMPORTANT:

THE BODYSMITH DELUXE LOW ROW ATTACHMENT WAS DESIGNED TO BE USED ON SEVERAL BODYSMITH PRODUCTS. PLEASE FOLLOW THE INSTRUCTIONS INTENDED FOR YOUR SPECIFIC PRODUCT:

- FLAT/INCLINE/DECLINE BENCH
- BODYSMITH BENCH WIDE and NARROW
- FLAT and INCLINE BENCH
- DELUXE LAT MACHINE
- ECONO LAT MACHINE (PBF010)

#### FLAT/INCLINE/DECLINE BENCH:

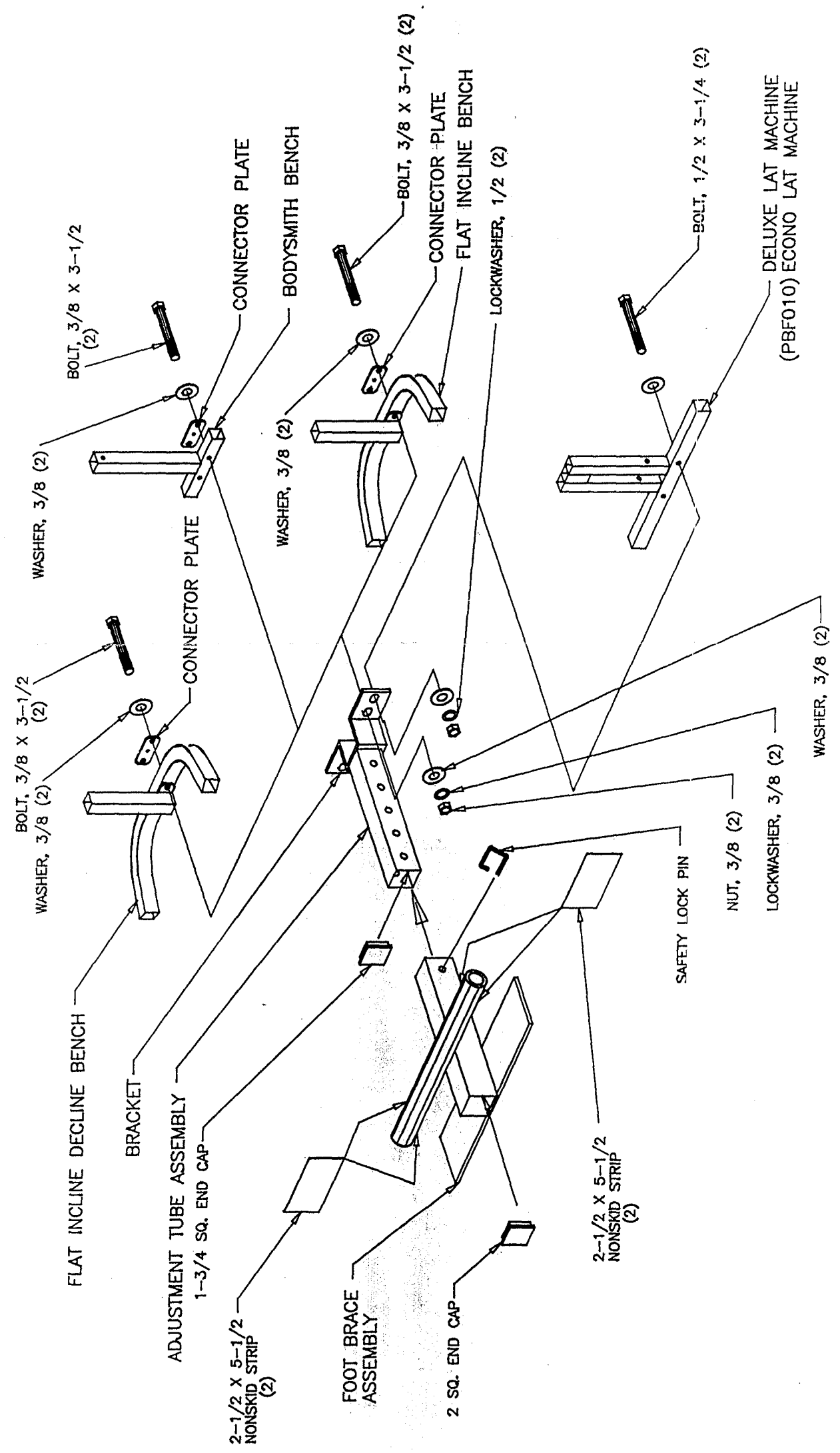
1. Remove the hardware from the assembly of the **FRONT LEG** to the **BENCH**, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
3. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
4. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
5. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
6. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with the **SAFETY LOCK PIN**.

#### BODYSMITH BENCH WIDE and NARROW

1. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
2. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **FRONT LEG** of the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
3. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
4. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
5. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with on **SAFETY LOCK PIN**.

REV.	DESCRIPTION	DATE
G	ADD 007/007A 005C	

FORM NO. 100-000000



REVISIONS	DATE	BY	DESCRIPTION
1			DELUXE LAT MACHINE
2			ECONO LAT MACHINE
3			ATT. FINAL ASSY
4			NONSKID STRIP
5			SAFETY LOCK PIN
6			2-1/2 X 5-1/2 NONSKID STRIP

PARABODY INC.  
RAMSEY, MINNESOTA

DELUXE LAT MACHINE  
ECONO LAT MACHINE  
ATT. FINAL ASSY  
NONSKID STRIP  
SAFETY LOCK PIN  
2-1/2 X 5-1/2 NONSKID STRIP

PBF049

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