

PBF064 ROTARY SMITH MACHINE ASSEMBLY INSTRUCTIONS CONTINUED

10. Insert four (4) 2 IN. SQ. END CAPS (10-14 GA) into the ends of the LEFT and RIGHT ARMS.
11. Insert two (2) 3/4 IN. I. D. BEARINGS into the BUSHINGS of the LEFT and RIGHT ARMS. (SEE DRAWING)
12. Insert the AXEL of the LEFT ARM through the 3/4 IN. I. D. BEARING on the PIVOT TUBE of the REAR PIVOT. Slide one (1) STARLOCK COLLAR over the AXEL. (SEE DRAWING) Let the front end of the LEFT ARM rest on the floor.
13. Insert one end of the SMITH BAR into the 3/4 IN. I. D. BEARING at the front of the LEFT ARM. (THE HOOKS OF THE SMITH BAR MUST FACE THE FRONT SEE DRAWING)
14. Insert the AXEL of the RIGHT ARM through the 3/4 IN. I. D. BEARING on the PIVOT TUBE of the REAR PIVOT. Also insert the other end of the SMITH BAR into the 3/4 IN. I. D. BEARING at the front of the RIGHT ARM. Slide one (1) STARLOCK COLLAR over the AXEL. (SEE DRAWING)
15. Insert two (2) 2 IN. SQ. END CAPS (14-18 GA) into both ends of the CROSS BRACE TUBE on the ARM BRACE. (SEE DRAWING)
16. LOOSELY assemble the ARM BRACE between the LEFT and RIGHT ARMS, along with two (2) CONNECTOR PLATES as shown on drawing, using four (4) 1/2 X 3-1/4 IN. BOLTS, eight (8) 1/2 IN. WASHERS, four (4) 1/2 IN. LOCK WASHERS, and four (4) 1/2 IN. NUTS. (MAKE SURE CROSSBRACE TUBE IS UNDERNEATH THE ARM BRACE BEFORE ASSEMBLY)
17. Move the SMITH BAR up and down its range of motion several times. This will help settle the FRAME. (NOTE: AS YOU MOVE THE SMITH BAR UP AND DOWN CHECK TO MAKE SURE THAT THE ARMS DO NOT INTERFERE WITH THE SIDE FRAMES. AS WELL, ROTATE THE SMITH BAR SO THE HOOKS ARE RESTING ON THE WEIGHT PEGS TO ENSURE THAT THE HOOKS ARE NO CLOSER THAN 1/8" FROM THE EDGE OF THE WEIGHT PEG. HOOKS NEED NOT BE IN THE EXACT CENTER OF EACH PEG BUT SHOULD NEVER BE CLOSER THAN 1/8" FROM THE END OF ANY PEG. CHECK POSITION OF THE HOOKS ON ALL WEIGHT PEGS.)
18. AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS USING THE FOLLOWING SEQUENCE (see circled number sequence on drawing): TIGHTEN BOLT CONNECTION CLUSTERS IN NUMBERED SEQUENCE BY FIRST TIGHTENING BOLTS SLIGHTLY MORE THAN FINGER TIGHT AND THEN STARTING OVER WITH SEQUENCE, TIGHTEN ALL THE WAY DOWN.
19. Slip two (2) STOP PLATES, (ONE ON EACH SIDE) over the desired WEIGHT PEG on the LEFT and RIGHT SIDE FRAMES. Hold in place with two (2) DETENT PINS. (SEE DRAWING)
20. Insert two (2) CAP PLUGS into both ends of the CHIN UP BAR.

PARABODY INC.



ROTARY SMITH MACHINE MAIN UNIT PBF064

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY:

- * 9/16 INCH WRENCH
- * 1/2 INCH WRENCH
- * ADJUSTABLE WRENCH
- * HAMMER or RUBBER MALLET

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.

PBF064 ROTARY SMITH MACHINE ASSEMBLY PARTS LIST

PBF064 ROTARY SMITH MACHINE ASSEMBLY INSTRUCTIONS

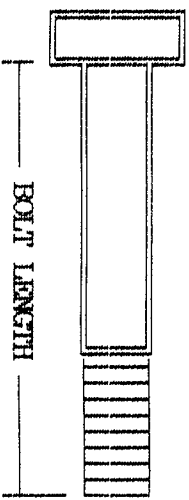
NOTE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 4-1/2 IN. BOLT	10
2.	3/8 X 4 IN. BOLT	4
3.	1/2 X 3-1/4 IN. BOLT	4
4.	1/2 X 1 IN. BOLT	2
5.	1/2 IN. WASHER	30
6.	3/8 IN. WASHER	8
7.	1/2 IN. LOCKWASHER	14
8.	3/8 IN. LOCKWASHER	4
9.	1/2 IN. LOW HEIGHT LOCK NUT	2
10.	1/2 IN. NUT	14
11.	3/8 IN. NUT	4
12.	3/4 IN. I.D. BEARING	6
13.	DEFENT PIN	2
14.	2 X 3 IN. SQ. END CAP	4
15.	2 IN. SQ. END CAP (10-14 GA)	6
16.	4 X 17 IN. NON SKID STRIP	4
17.	STARLOCK COLLAR	2
18.	2 IN. SQ. END CAP (14-18 GA)	2
19.	CAP PLUG	2

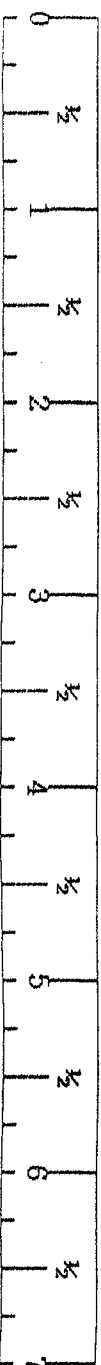
NOTE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	RIGHT SIDE FRAME	1
2.	LEFT SIDE FRAME	1
3.	CONNECTOR PLATE	2
4.	REAR PIVOT	1
5.	FOOT PLATE	1
6.	SMITH BAR	1
7.	LEFT ARM	1
8.	RIGHT ARM	1
9.	ARM BRACE	1
10.	LOWER BRACE	1
11.	CHIN-UP BAR	1
12.	STABILIZER	2
13.	STOP PLATE	2
14.	PLATE GUARD	2
15.	DELUXE OLY ADAPTOR	2

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



BOLT LENGTH RULER:



IMPORTANT:

* THE BODYSMITH ROTARY SMITH MACHINE MUST BE ASSEMBLED ON A FLAT LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
 * PARABODY, INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY !!!

***** IMPORTANT *****
 KEEP ALL FRAME BOLT CONNECTIONS LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.

1. Insert four (4) 2 X 3 IN. SQ. END CAPS into both ends of the BASE on the LEFT and RIGHT SIDE FRAMES.
2. LOOSELY assemble the LOWER BRACE, and one (1) STABILIZER to the LEFT SIDE FRAME as shown on drawing, using two (2) 1/2 X 4-1/2 IN. BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (SEE DRAWING)
3. LOOSELY assemble the one (1) STABILIZER, and the RIGHT SIDE FRAME to the other end of the LOWER BRACE, as shown on drawing, using two (2) 1/2 X 4-1/2 IN. BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (SEE DRAWING)
4. LOOSELY assemble the CHIN-UP BAR to the LEFT and RIGHT SIDE FRAMES at the top as shown on drawing, using two (2) 1/2 X 1 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS. (FOR THE TOP SET OF HOLES) Finish assembly, using two (2) 1/2 X 4-1/2 IN. BOLTS, four (4) 1/2 IN. LOCK WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (FOR THE BOTTOM SET OF HOLES) (SEE DRAWING)
5. LOOSELY assemble the FOOT PLATE between the LEFT and RIGHT SIDE FRAMES as shown on drawing, using four (4) 3/8 X 4 IN. BOLTS, eight (8) 3/8 IN. WASHERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS.
6. Attach four (4) 4 X 20 NON SKID STRIPS to the FOOT PLATE approximately where shown on drawing.
7. Insert two (2) 2 IN. SQ. END CAPS (10-14 GA) into the ends of the PIVOT TUBES on the REAR PIVOT. (SEE DRAWING)
8. LOOSELY assemble the REAR PIVOT along with two (2) PLATE GUARDS, to the LEFT and RIGHT SIDE FRAMES as shown on drawing, using four (4) 1/2 X 4-1/2 IN. BOLTS, eight (8) 1/2 IN. WASHERS, four (4) 1/2 IN. LOCK WASHERS, and four (4) 1/2 IN. NUTS. (PLEASE SEE DRAWING FOR THE CORRECT WAY TO ASSEMBLE THE PLATE GUARDS)
9. Insert four (4) 3/4 IN. I.D. BEARINGS into the BUSHINGS of the PIVOT TUBES of the REAR PIVOT. (SEE DRAWING)

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