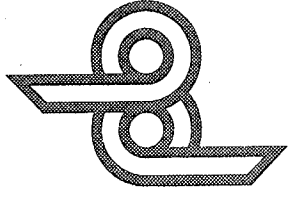


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**PARABODY INC.**



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**VERTICAL LEG PRESS ATTACHMENT**  
**065**

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**PRODUCT ASSEMBLY**  
**INSTRUCTION SHEETS**

**TOOLS REQUIRED FOR ASSEMBLY**

- RATCHET
- 9/16 INCH SOCKET
- RUBBER MALLET or HAMMER

**REVISION: C**

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**

## 065 VERTICAL LEG PRESS ATT. ASSEMBLY PARTS LIST

### SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

#### HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 1 IN. BOLT	4
2.	3/8 IN. WASHER	4
3.	3/8 IN. LOCK WASHER	4
4.	DETENT PIN	2
5.	3/4 I.D. FLANGE BEARING	2
6.	3/4 I.D. STAR LOCK COLLAR	2
7.	5/16 X 1/4 IN. SET SCREW	2
8.	CARRIAGE GUIDE	2
9.	1-3/4 IN. SQ. END CAP	1
10.	1 X 5 IN. GRIP	2

#### WELDMENTS/PARTS:

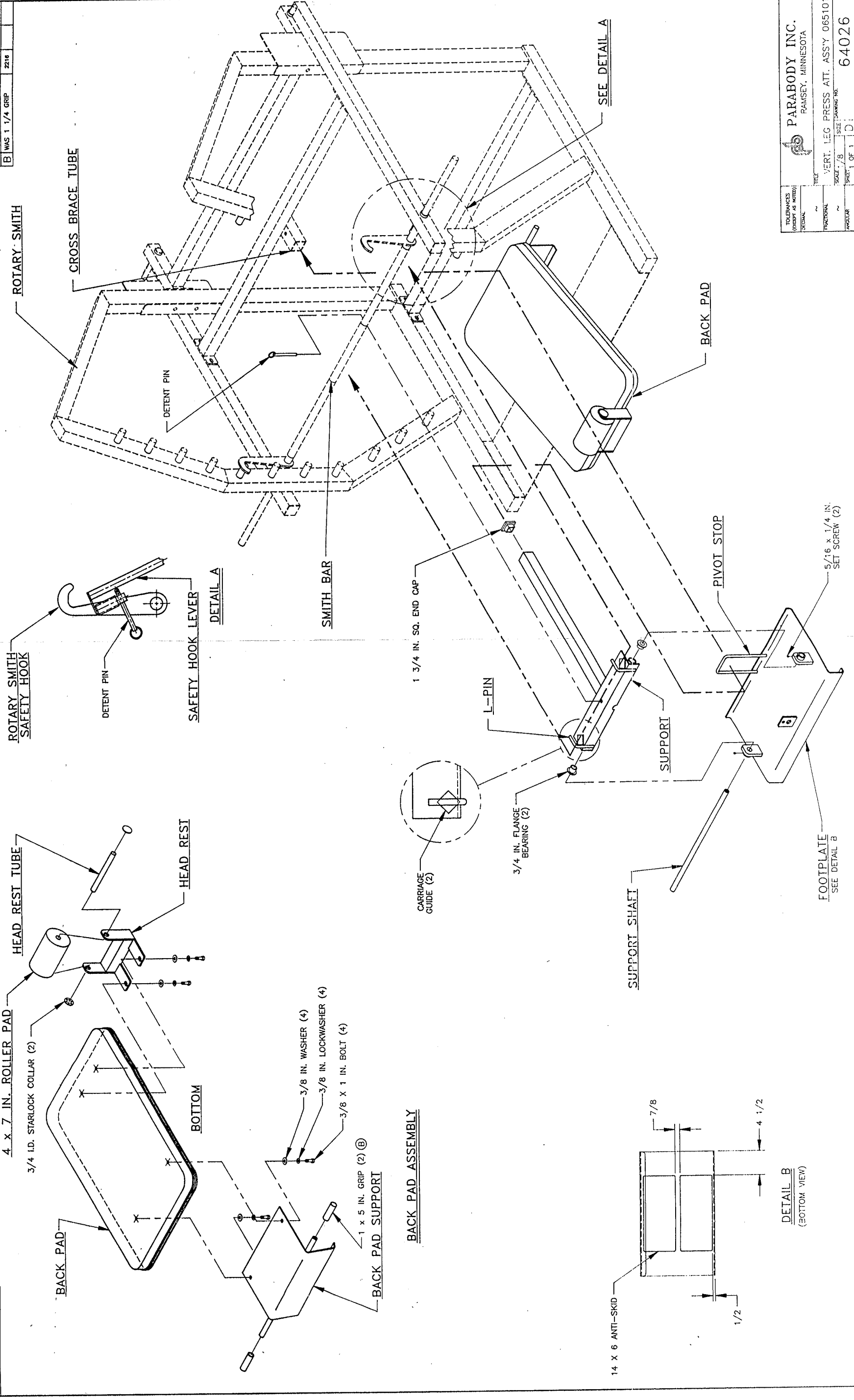
ITEM	NAME/DESCRIPTION	QTY
1.	FOOT PLATE	1
2.	SUPPORT	1
3.	BACK PAD SUPPORT	1
4.	HEAD REST	1
5.	SAFETY HOOK LEVER	1
6.	SUPPORT SHAFT	1
7.	HEAD REST TUBE	1
8.	BACK PAD	1
9.	4 X 7 IN. ROLLER PAD	1
10.	14 X 6 IN. NON SKID STRIP	2

## 065 VERTICAL LEG PRESS ATT. ASSEMBLY INSTRUCTIONS

1. Insert one (1) 1-3/4 IN. END CAP into the end of the SUPPORT, as shown on drawing.
2. Attach two (2) CARRIAGE GUIDES to each side of the SUPPORT as shown on drawing.
3. Insert two (2) 3/4 I.D. FLANGE BEARINGS into both ends of the SUPPORT, as shown on drawing.
4. Attach two (2) 14 X 6 IN. NON SKID STRIPS to the FOOT PLATE as shown in (DETAIL B)
5. Pass the SUPPORT through the (PIVOT STOP) of the FOOT PLATE as shown on drawing, and assemble the SUPPORT to the FOOT PLATE using the SUPPORT SHAFT. SECURE the SUPPORT SHAFT in place using two (2) 1/4 X 5/16 IN. SET SCREWS. (SEE DRAWING)
6. Slide the end of the SUPPORT TUBE into the (CROSS BRACE TUBE) of the ROTARY SMITH, until the (SMITH BAR) is positioned between the L-PINS and the CARRIAGE GUIDES on the SUPPORT. (SEE DRAWING)
7. When the (SMITH BAR) is up against the L-PINS of the SUPPORT, insert one (1) DETENT PIN into the hole in the SUPPORT behind the (SMITH BAR).
8. Slide two (2) 1-1/4 X 5 IN. GRIPS onto the HANDLE of the BACK PAD SUPPORT, as shown on drawing.
9. SECURELY assemble the BACK PAD SUPPORT to the BOTTOM of the BACK PAD as shown on drawing, using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
10. Assemble the 4 X 7 IN. ROLLER PAD to the HEAD REST as shown on drawing, using the HEAD REST TUBE, and two (2) 3/4 I.D. STAR LOCK COLLAR.
11. SECURELY assemble the HEAD REST ASSEMBLY to the BOTTOM of the BACK PAD as shown on drawing, using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
12. Position the BACK PAD ASSEMBLY into the ROTARY SMITH MACHINE, as shown on drawing.
13. Attach the SAFETY HOOK LEVER to the SAFETY HOOK of the (SMITH BAR) as shown in DETAIL A, and hold in place with one (1) DETENT PIN. Use this SAFETY HOOK LEVER to rotate the (SMITH BAR) when performing the exercise.

REVISIONS			
REV	DESCRIPTION	CHK NO	DATE
A	NEW RELEASE	2106	10/83
B	WAS 1 1/4 GRIP	2216	

CHK NO	DESCRIPTION
-01	AS SHOWN



TOLERANCES (EXCEPT AS NOTED)	
FRACTIONAL	± .005
DECIMAL	± .005
ANGULAR	± .01

**PARABODY INC.**  
 RAMSEY, MINNESOTA

VERT. LEG PRESS ATT. ASSY 065101  
 SCALE 7/8  
 SHEET 1 OF 1  
 DRAWING NO. 64026  
 9/83  
 WRO

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