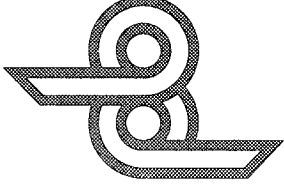


PBF460 FREE STAND CHIN DIP ASSEMBLY INSTRUCTIONS

7. LOOSELY assemble the **CHIN UP BAR** on top of the **LEFT** and **RIGHT UPRIGHTS**, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 NUTS. (SEE DRAWING)
8. At this time **TIGHTEN** all loose frame connections made to this point.
9. Attach two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **BOTTOM UPRIGHT CONNECTOR** as shown on drawing.
10. Slide two (2) 1-1/4 X 7 IN. GRIPS over the **HANDLES** of the **TOP UPRIGHT CONNECTOR**. Also slide the two (2) 1 X 8 IN. GRIPS over each end of the **CHIN-UP BAR**. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE)

PARABODY INC.



FREE STAND CHIN DIP PBF460

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

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

REVISION: A

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

PBF460 FREE STAND CHIN DIP ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

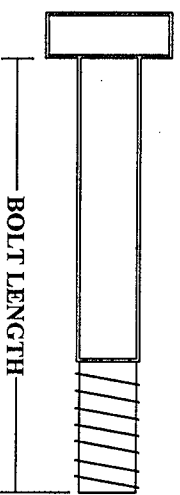
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	10
2.	1/2 X 3-1/4 IN. BOLT	4
3.	3/8 IN. WASHER	20
4.	1/2 IN. WASHER	8
5.	3/8 IN. LOCK WASHER	10
6.	1/2 IN. LOCK WASHER	4
7.	3/8 IN. NUT	10
8.	1/2 IN. NUT	4
9.	1 X 8 IN. GRIP	2
10.	1-1/4 X 7 IN. GRIP	2
11.	2 IN. SQ. COVER CAP	4
12.	2 IN. SQ. END CAP	2
13.	2-1/2 X 5-1/2 IN. NON SKID STRIP	2

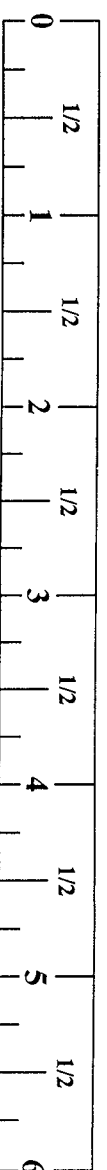
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE LEG	2
2.	LEFT UPRIGHT	1
3.	RIGHT UPRIGHT	1
4.	BOTTOM UPRIGHT CONNECTOR	1
5.	TOP UPRIGHT CONNECTOR	1
6.	CHIN UP BAR	1

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



BOLT LENGTH RULER:



PBF460 FREE STAND CHIN DIP ASSEMBLY INSTRUCTIONS

IMPORTANT:

- THE PARABODY FREE STAND CHIN DIP MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

*** IMPORTANT ***

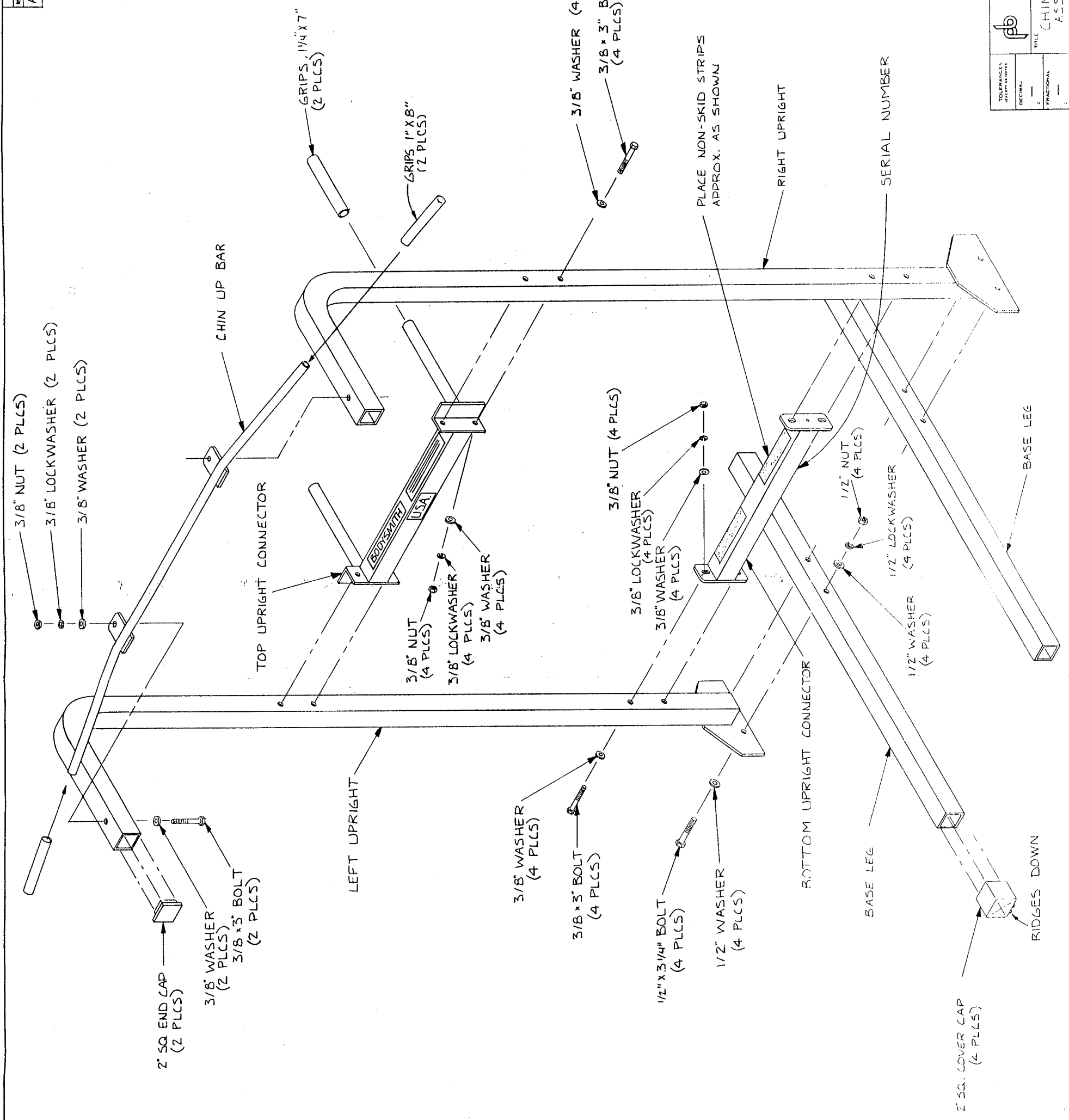
KEEP ALL LOOSE FRAME CONNECTIONS

LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN

- Slide four (4) 2 IN. SQ. COVER CAPS over each end of the BASE LEGS. NOTE: THE 2 IN. SQ. COVER CAP HAVE RIDGES ON ONE SIDE. THEY SHOULD BE PUT ON THE BASE LEGS SO THAT THE RIDGES CONTACT THE FLOOR.
- Insert two (2) 2 IN. SQ. END CAPS into the top end of the LEFT and RIGHT UPRIGHTS.
- LOOSELY assemble one BASE LEG to the LEFT UPRIGHT, using two (2) 1/2 X 3-1/4 IN. BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (NOTE: THE LONGER END OF THE BASE LEG, SHOULD BE IN FRONT. SEE DRAWING)
- LOOSELY assemble the other BASE LEG to the RIGHT UPRIGHT, using two (2) 1/2 X 3-1/4 IN. BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (SEE NOTE ABOVE)
- LOOSELY assemble the BOTTOM UPRIGHT CONNECTOR between the LEFT and RIGHT UPRIGHTS, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS.
- LOOSELY assemble the TOP UPRIGHT CONNECTOR between the LEFT and RIGHT UPRIGHTS, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS. (NOTE: THE HANDLES ON THE TOP UPRIGHT CONNECTOR SHOULD FACE THE REAR. SEE DRAWING)

REV	DESCRIPTION	ENG NO	APPRO DATE
A	NEW RELEASE	2030	4/20/93

DASH NO. DESCRIPTION



ParaBody, Inc.
 RAMSEY, MINNESOTA

TITLE: CHIN / DIP ASSEMBLY
 DR: ERIKSSON
 CHK: [Signature]
 APPR: [Signature]

SCALE: 1/2" = 1'-0"
 SHEET: 1 OF 1
 DRAWING NO: PBE4160

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