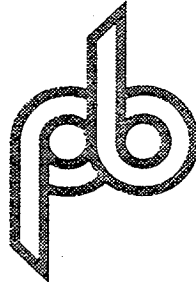


---

**PARABODY INC.**



**EX500 VERTICAL KNEE RAISE ATTACHMENT  
PBF502**

---

**PRODUCT ASSEMBLY  
INSTRUCTION SHEETS**

**TOOLS REQUIRED FOR ASSEMBLY:**

- 3/4 INCH SOCKET
- 9/16 INCH SOCKET
- 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.**

# PBF502 EX500 VERTICAL KNEE RAISE ATTACHMENT ASSEMBLY PARTS LIST

**SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY**

**HARDWARE:**

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

**WELDMENTS/PARTS:**

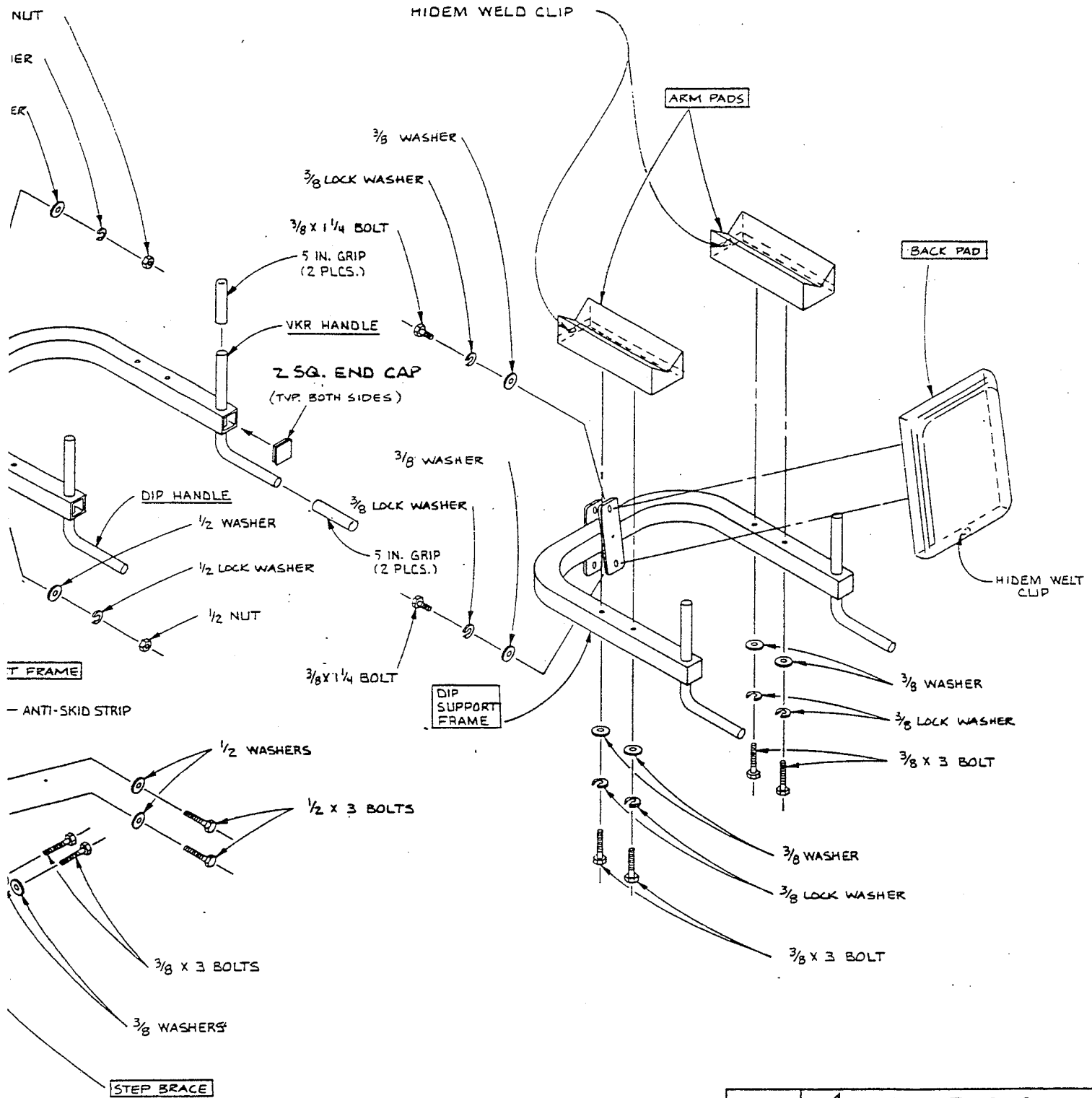
ITEM	NAME/DESCRIPTION	QTY
1.	DIP SUPPORT FRAME ..... (PB1847-1).....	1
2.	STEP BRACE ..... (PB1850-1).....	1
3.	BACK PAD ..... (PB1853-1).....	1
4.	ARM PAD ..... (PB1855-1).....	2
5.	8 IN. CONNECTOR PLATE ..... (PB1893-1).....	1

## **PBF502 EX500 VERTICAL KNEE RAISE ATTACHMENT ASSEMBLY**

---

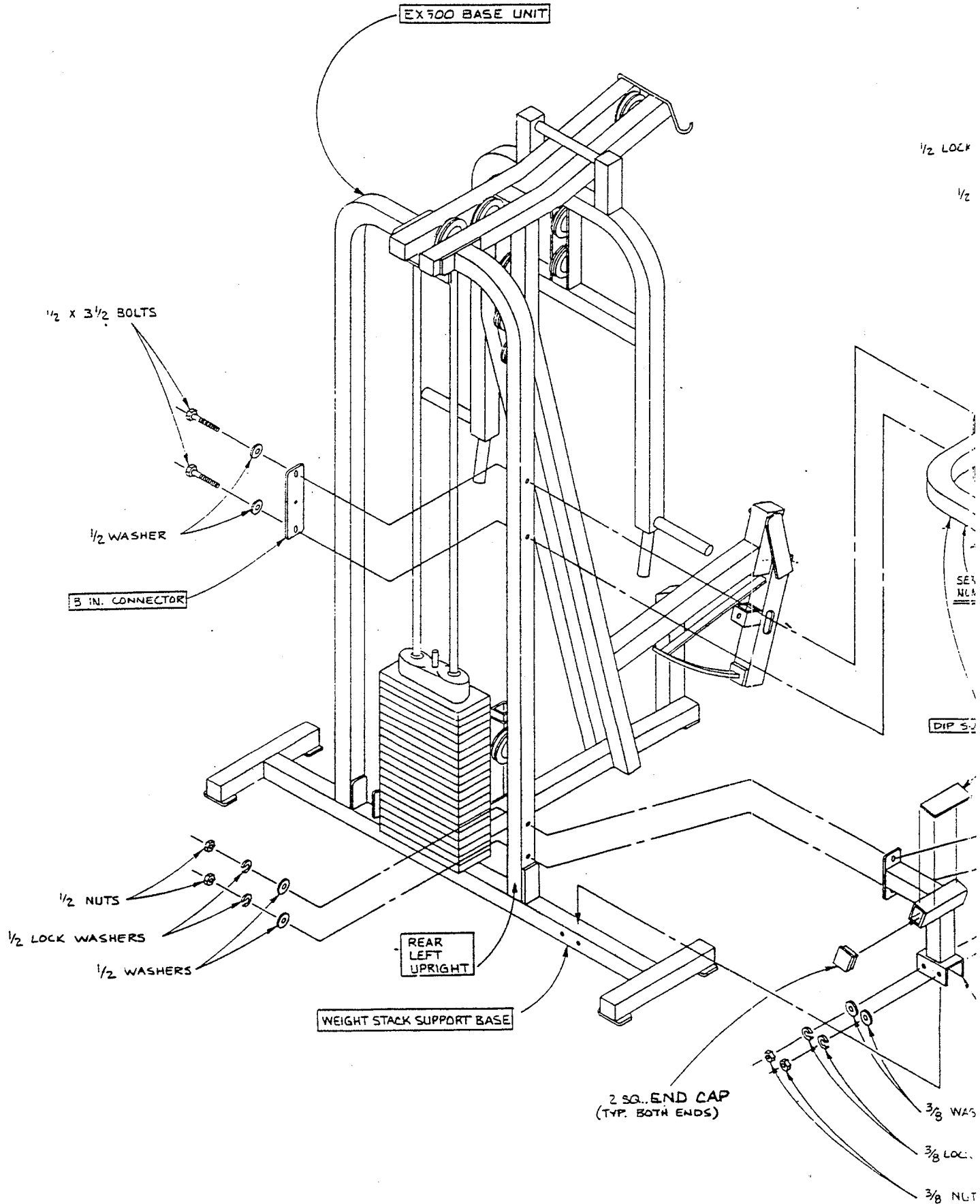
1. **Securely attach the DIP SUPPORT FRAME to the EX500 BASE UNIT'S REAR LEFT UPRIGHT using two (2) 1/2 X 3-1/2 BOLTS, four (4) 1/2 WASHERS one (1) 8 IN. CONNECTOR PLATE two (2) 1/2 LOCK WASHERS, and two (2) 1/2 NUTS.**
2. **Insert two (2) 2 IN. SQ. END CAPS into each end of the DIP SUPPORT FRAME.**
3. **Attach four (4) 5 IN. GRIPS onto the DIP and VKR HANDLES. IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE.**
4. **Securely assemble the BACK PAD to the DIP SUPPORT FRAME, using two (2) 3/8 X 1-1/4 BOLTS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 WASHERS. BE SURE TO POSITION THE PAD SO THAT THE METAL HIDEWELT CLIP IS POSITIONED IN THE DOWN POSITION.**
5. **Securely assemble the two (2) ARM PADS to each side of the DIP SUPPORT FRAME, using four (4) 3/8 X 3 BOLTS, four (4) 3/8 LOCK WASHERS, and four (4) 3/8 WASHERS. BE SURE TO POSITION THE PAD SO THAT THE METAL HIDEWELT CLIP IS POSITIONED AWAY FROM THE DIP AND VKR HANDLES.**
6. **Before assembling the STEP BRACE to the BASE UNIT, loosen bolts on the LEFT and RIGHT UPRIGHTS at the BASE and TOP BOOM.**
7. **Loosely assemble the STEP BRACE to the EX500 BASE UNIT'S WEIGHT STACK SUPPORT BASE, using two (2) 3/8 X 3 BOLTS, four (4) 3/8 WASHERS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 NUTS.**
8. **Loosely assemble the STEP BRACE to the EX500 BASE UNIT'S REAR LEFT UPRIGHT, using two (2) 1/2 X 3 BOLTS, four (4) 1/2 WASHERS, two (2) 1/2 LOCK WASHERS, and two (2) 1/2 NUTS.**
9. **Tighten the bolt connections on the STEP BRACE, and re tighten bolts that were loosened from STEP 6.**
10. **Peel off the paper backing of the ANTI-SKID STRIP and adhere it to the STEP BRACE approximately centered on the tube.**
11. **Insert the two (2) 2 IN. SQ. X 12 GA. END CAPS into each end of the STEP BRACE.**

REVISIONS				
REV	DESCRIPTION	ENG NO	APPD	DATE
A	NEW RELEASE	14901	[Signature]	4/24/11
B	CHG. BOLT LENGTH	1535	[Signature]	11/10/11
C	CHG. 2 X 3 TUBE	1576	[Signature]	11/10/11
D	ADD SERIAL NUMBER	1643	[Signature]	5/21/12
E	REDESIGN	1667	[Signature]	6/11/12
F	DELETE 12 GA. FROM END CAP	1795		



TOLERANCES UNLESS NOTED OTHERWISE		<b>ParaBody, Inc.</b> RAMSEY, MINNESOTA	OR <b>B. BUHRMAN</b> 4/14/11 DATE: 4/14/11 APPROV: [Signature] 4/14/11	
DECIMAL			TITLE <b>V.K.R. ATTACHMENT, EX500</b>	
FRACTIONAL		SCALE: NONE	BOX: D	DRAWING NO.: PBF502
SHEET 1 OF 1				

# Vertical Knee Raise



## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>