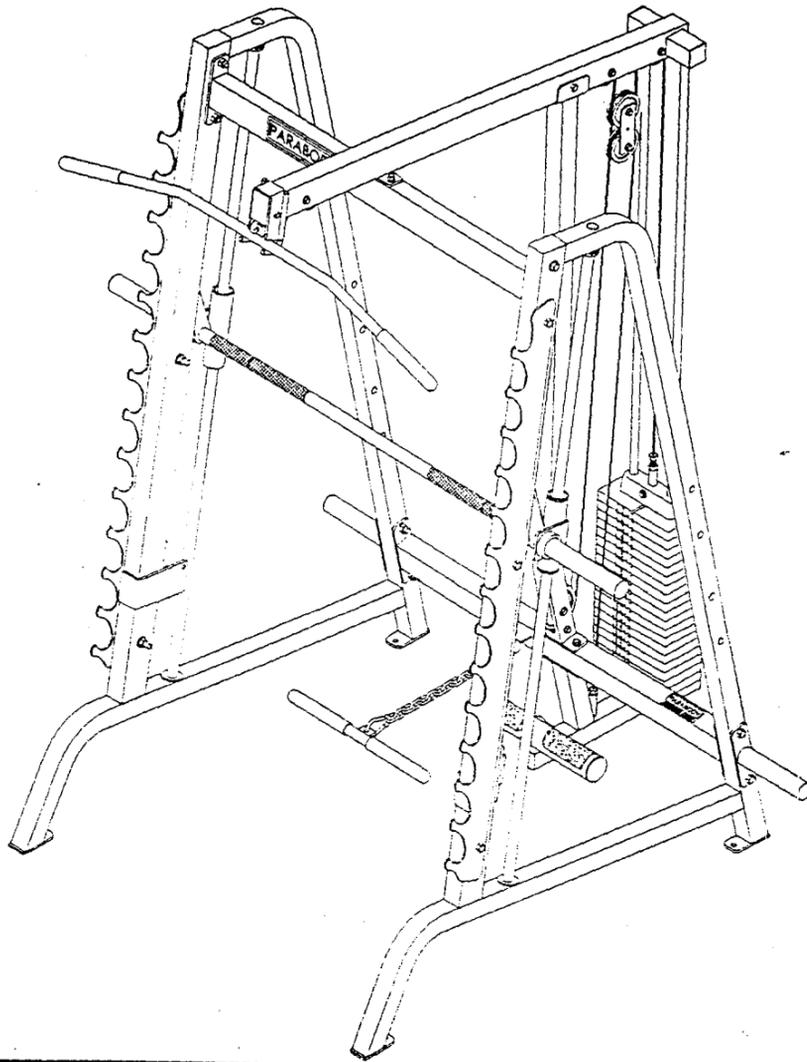


# PARABODY

## *Serious Steel*

### 880101 WEIGHT STACK OPTION

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### ASSEMBLY INSTRUCTIONS

## IMPORTANT NOTES

### WELCOME TO THE WORLD OF *Serious Steel!*

**Please note:**

\* Thank you for purchasing the Parabody 880101 WEIGHT STACK OPTION. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

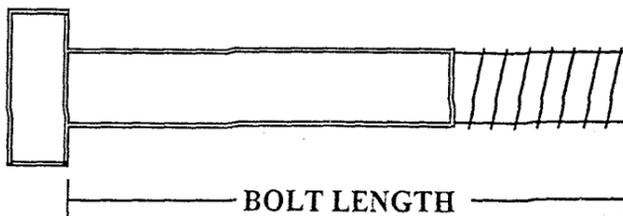
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult a physician before beginning any exercise program.

### Tools Required for Assembly

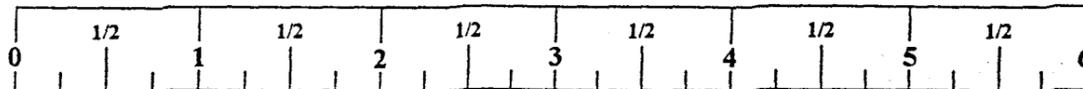
- \* 3/4" wrench
- \* 9/16" wrench
- \* 5/32 Allen wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* Adjustable wrench
- \* Tape measure

### Bolt Length Ruler

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

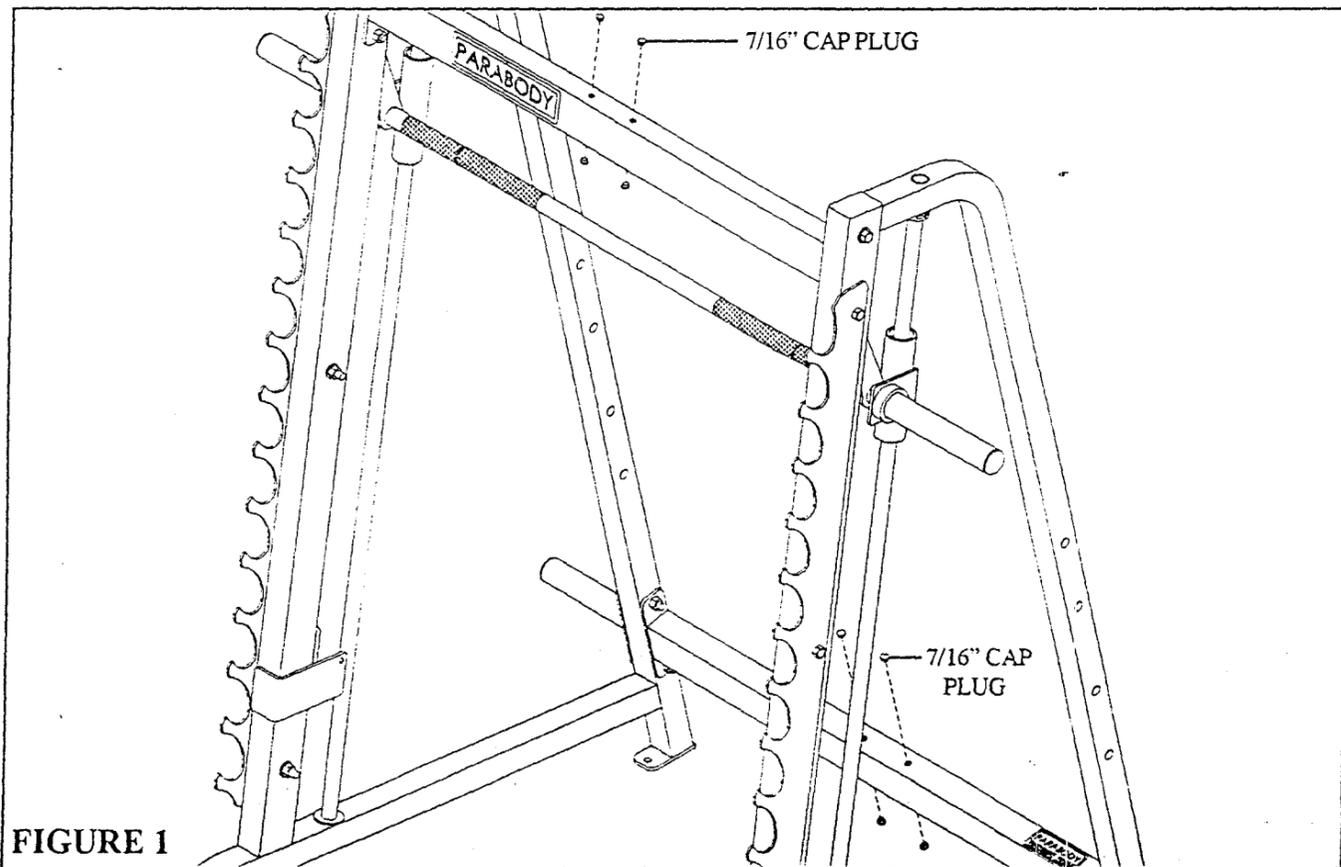


**BOLT LENGTH RULER:**



## PARTS LIST

KEY	PART#	DESCRIPTION	QTY	KEY	PART#	DESCRIPTION	QTY
1	6814303	UPRIGHT	1	22	3203301	VINYL CAP	2
2	6800602	ADJ FOOT SUPPORT	1	23	6542402	3/16 X 1-3/4 X 5-1/4" PLATE	2
3	6814003	STACK BASE	1	24	6416601	3/4 X 1-1/2" GLIDE	1
4	6813703	TOP BOOM	1	25	3102901	3/8 X 1-1/4" BOLT	1
5	6801102	LAT BAR SUPPORT	1	26	3108002	WEIGHT STACK CUSHION	2
6	6816501	76" GUIDE ROD	2	27	6595201	GUIDEROD BUSHING	2
7	6274402	LOW ROW BAR	1	28	6382301	WEIGHT PLATE BUSHING (10 CT)	4
8	6725302	LAT BAR	1	29	3102807	3/8" LOW HEIGHT LOCK NUT	3
9	3116201	3-1/2" PULLEY	5	30	3102501	3/8" WASHER	15
10	3116101	4-1/2" PULLEY	1	31	3102802	3/8" LOCK NUT	10
11	6832801	124" CABLE	1	32	3102922	3/8 X 2-3/4" BOLT	7
12	6671001	117-3/4" CABLE	1	33	6480301	3/8" FLANGE SPACER	8
13	6692601	3 X 2" END CAP	2	34	3103801	5/16" SNAP HOOK	3
14	3103102	1 X 8" GRIP	4	35	3102933	3/8 X 2" BOLT	2
15	3103302	13/16" SHAFT COLLAR	2	36	6714601	HEAD PLATE	1
16	6405201	2" SQ. END CAP	4	37	6075906	12 LINK CHAIN	1
17	6214401	WEIGHT STACK SELECTOR PIN	1	38	3102906	3/8 X 4" BOLT	4
18	6177001	2-1/2 X 5-1/2" NON-SKID STRIP	2	39	6284501	20 HOLE SELECTOR SHAFT	1
19	3119301	2-1/2" ROUND END CAP	2	40	6214501	WEIGHT PLATE	20
20	6236701	1-3/4" SQ. END CAP	1	41	6198501	WEIGHT STACK LABELS (1-25)	1
21	6412001	SPRING PIN ASSEMBLY	1				



**FIGURE 1**

**STEP 1:**

- Remove four 7/16" CAP PLUGS from the UPPER & LOWER CROSS SUPPORTS on the 888 SMITH MACHINE as shown in FIGURE 1.

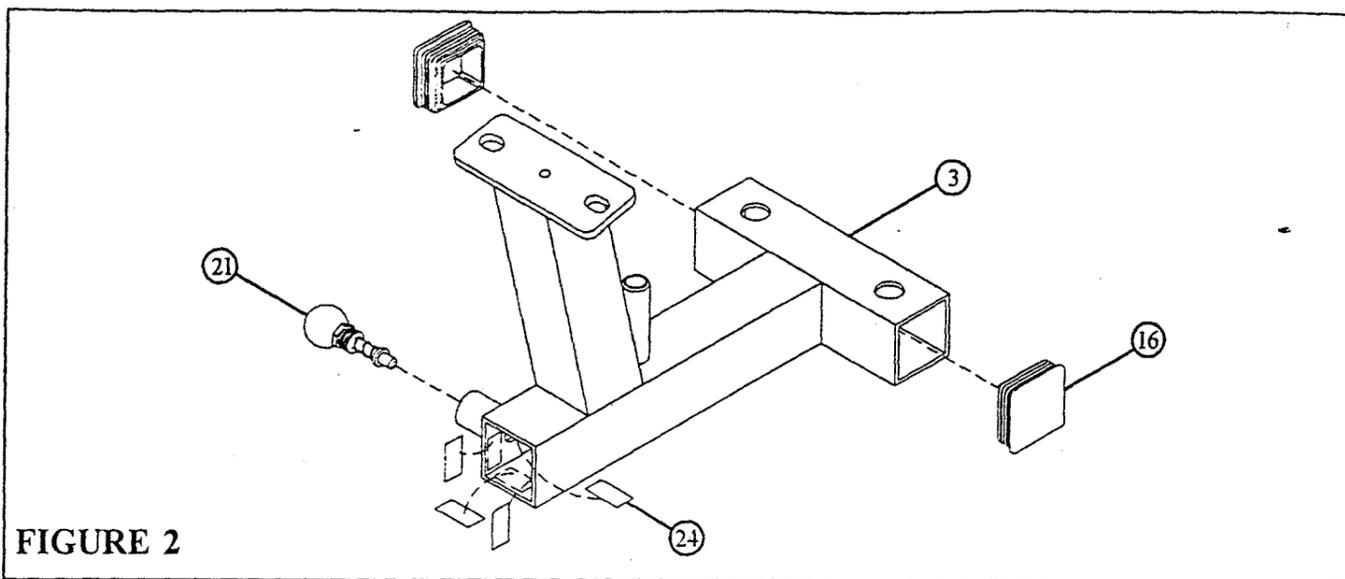


FIGURE 2

**STEP 2:**

- Insert two 2" END CAP (16) into the ends of the STACK BASE (3) as shown in FIGURE 2.
- Attach four 3/4 X 1-1/2" GLIDES (24) to the inside of the tube on the STACK BASE (3) as shown in FIGURE 2 using the following steps:
  - Thoroughly clean all surfaces where the 3/4 X 1-1/2" GLIDES (24) are to be attached.
  - Remove the 3/4 X 1-1/2" GLIDES (24) from the paper backing and firmly apply them to all shown surfaces.
- SECURELY assemble one SPRING PIN ASSEMBLY (21) to the spring pin barrel on the STACK BASE (3). See FIGURE 2.

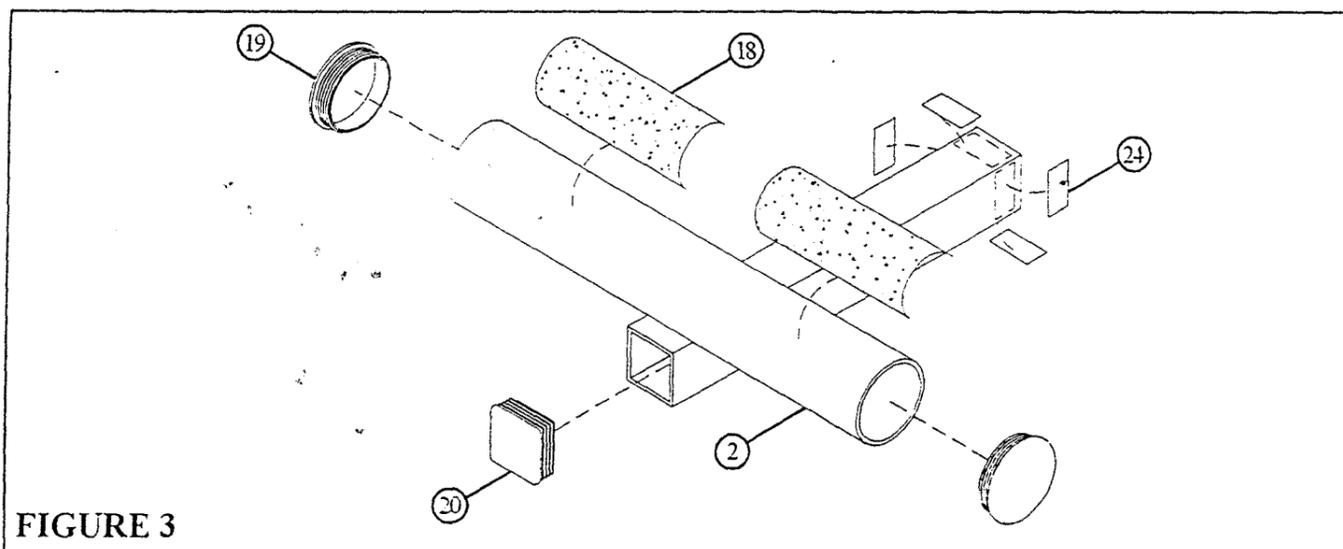
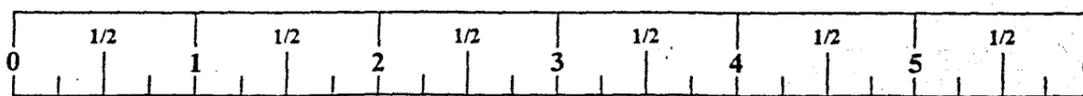


FIGURE 3

**STEP 3:**

- Insert two 2-1/2" ROUND END CAPS (19) into the ends of the ADJ. FOOT SUPPORT (2) as shown in FIGURE 3.
- Insert one 1-3/4" END CAP (20) into the end of the ADJ. FOOT SUPPORT (2) as shown in FIGURE 3.
- Apply two 2-1/2 X 5-1/2" NON-SKID STRIPS (18) to the ADJ. FOOT SUPPORT (2) as shown in FIGURE 3.
- Attach four 3/4 X 1-1/2" GLIDES (24) to the outside of the ADJ FOOT SUPPORT (2) as shown in FIGURE 3 using the following steps:
  - Thoroughly clean all surfaces where the 3/4 X 1-1/2" GLIDES (24) are to be attached.
  - Remove the 3/4 X 1-1/2" GLIDES (24) from the paper backing and firmly apply them to all shown surfaces.



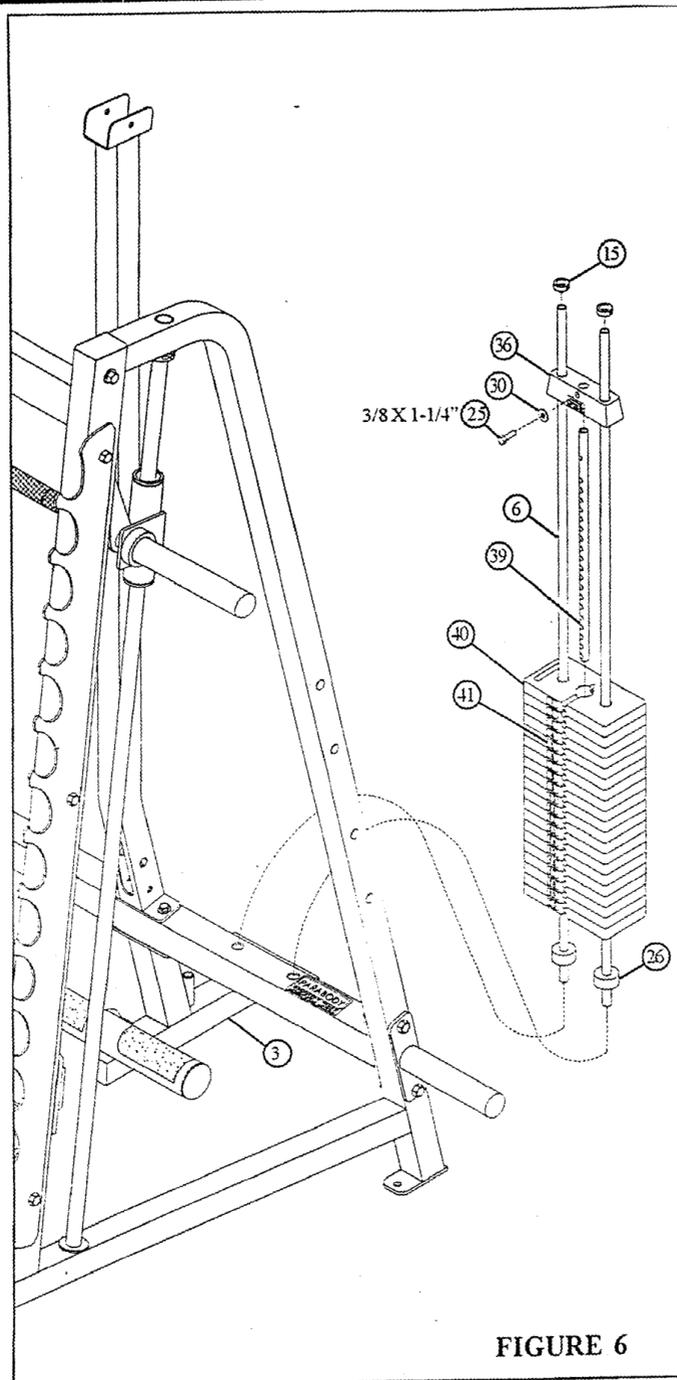
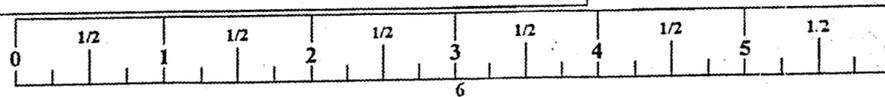
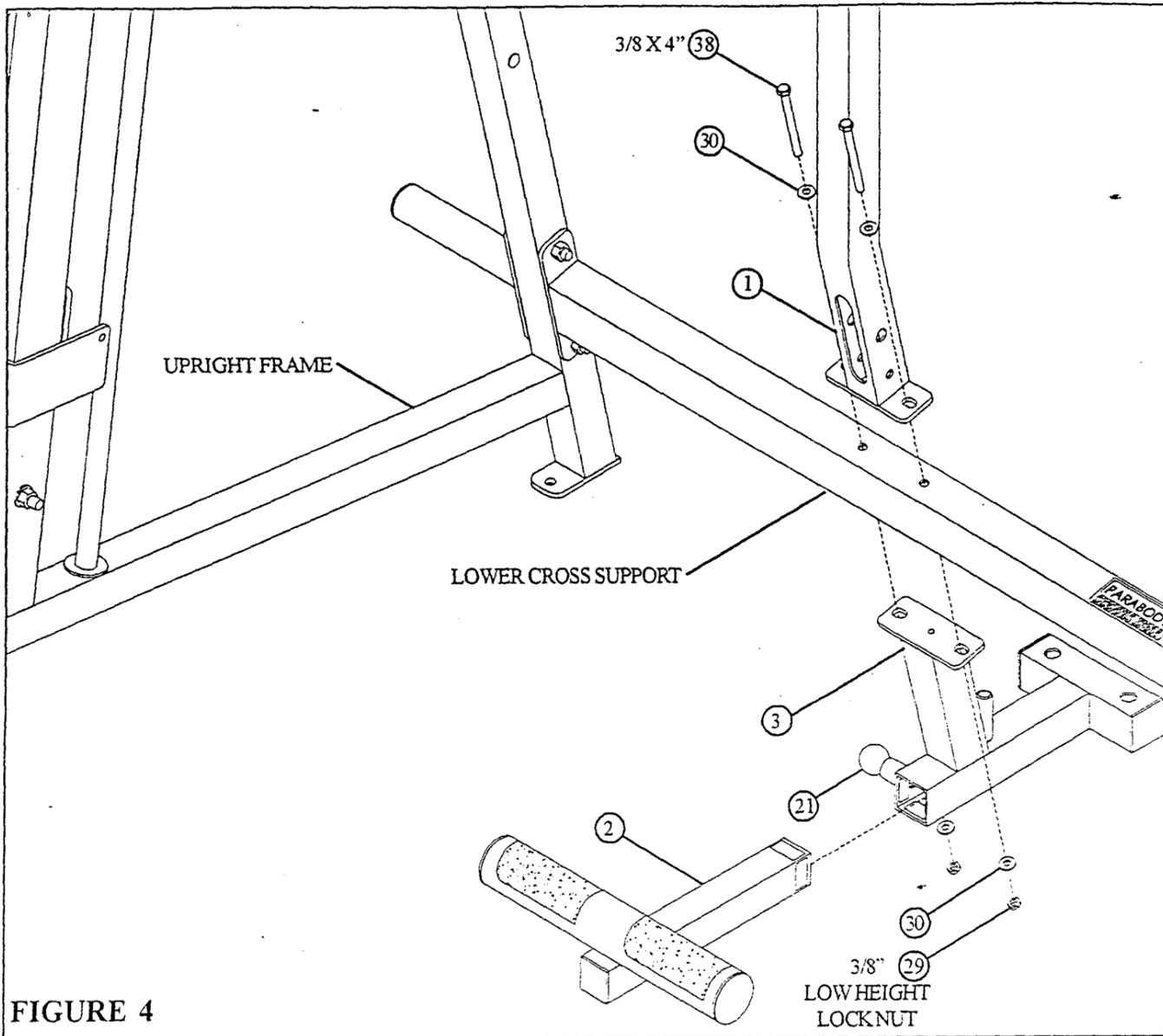


FIGURE 6

**STEP 6:**

- Insert two GUIDE RODS (6) into the STACK BASE (3) as shown in FIGURE 6. Lubricate the GUIDE RODS (6) with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (26) down over the GUIDE RODS (6). See FIGURE 6.
- Using **EXTREME CARE** slide twenty WEIGHT PLATES (40) down over the GUIDE RODS (6) with the key-hole facing as shown in FIGURE 6.
- Securely assemble the 20 HOLE SELECTOR SHAFT (39) to the HEAD PLATE (36) using one 3/8 X 1-1/4" BOLT (25) and one 3/8" WASHER (30). (Note: The bolt hole in the HEAD PLATE (36) should be on top.)
- Carefully Slide the HEAD PLATE ASSEMBLY (36 & 39) down over the GUIDE RODS (6) onto the weight stack as shown in FIGURE 6.
- Slide two 13/16" SHAFT COLLARS (15) over the GUIDE RODS (6) as shown in FIGURE 6.
- Apply one set of WEIGHT STACK LABELS - 1-25 (41) to each WEIGHT PLATE (40) as shown in FIGURE 6.





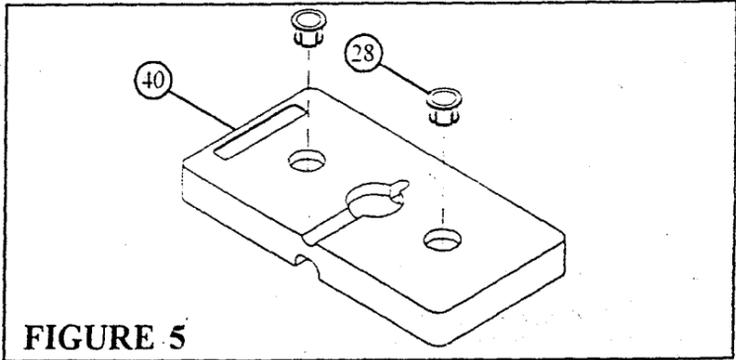
**FIGURE 4**

**STEP 4:**

- **NOTE:** It may be necessary to loosen the 1/2 X 3-1/4" BOLTS of the LOWER CROSS SUPPORT connecting to the UPRIGHT FRAME before beginning STEP 4.
- **SECURELY** assemble the STACK BASE (3) and the UPRIGHT (1) to the LOWER CROSS SUPPORT using two 3/8 X 4" BOLTS (38), four 3/8" WASHERS (30), and two 3/8" LOW HEIGHT LOCK NUTS (29). See FIGURE 4.
- Pull back on the SPRING PIN (21) and **CAREFULLY** insert the ADJ. FOOT SUPPORT (2) into the STACK BASE (3) as shown in FIGURE 4.
- Retighten the 1/2 X 3-1/4" BOLTS loosened in the above STEP.

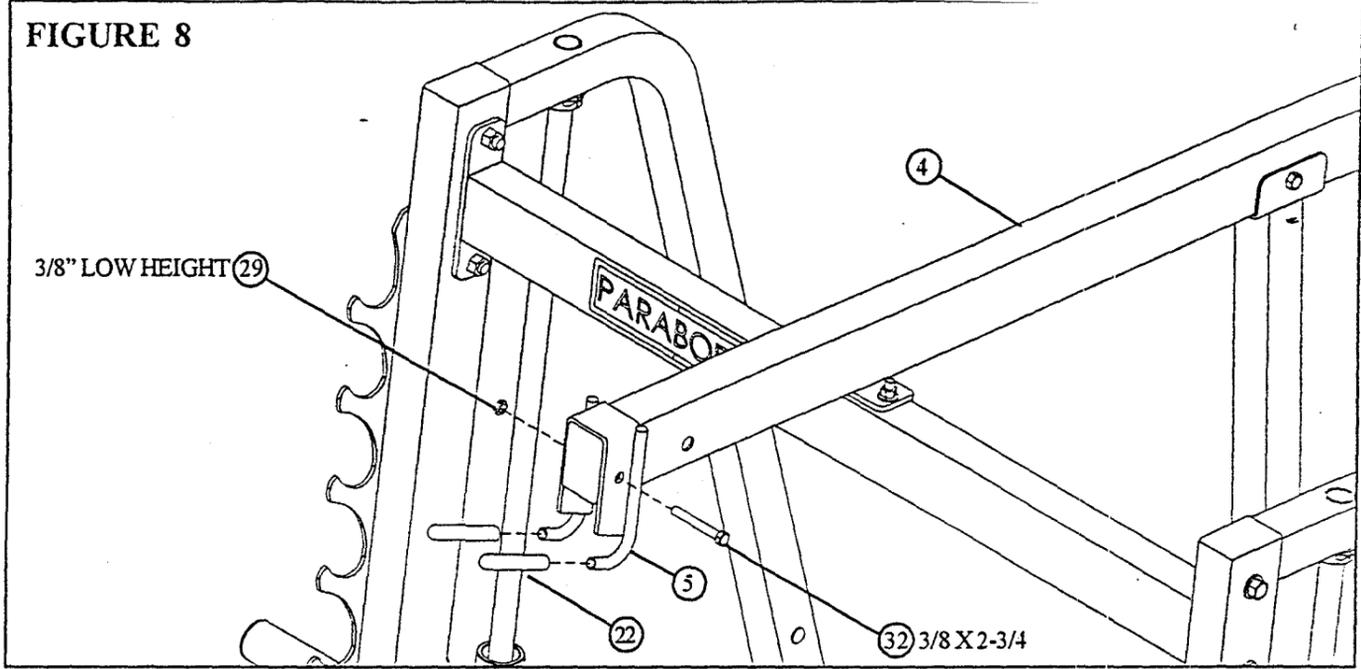
**STEP 5:**

- Snap two WEIGHT PLATE BUSHINGS (28) into the top of all twenty WEIGHT PLATES (40) as shown in FIGURE 5.



**FIGURE 5**

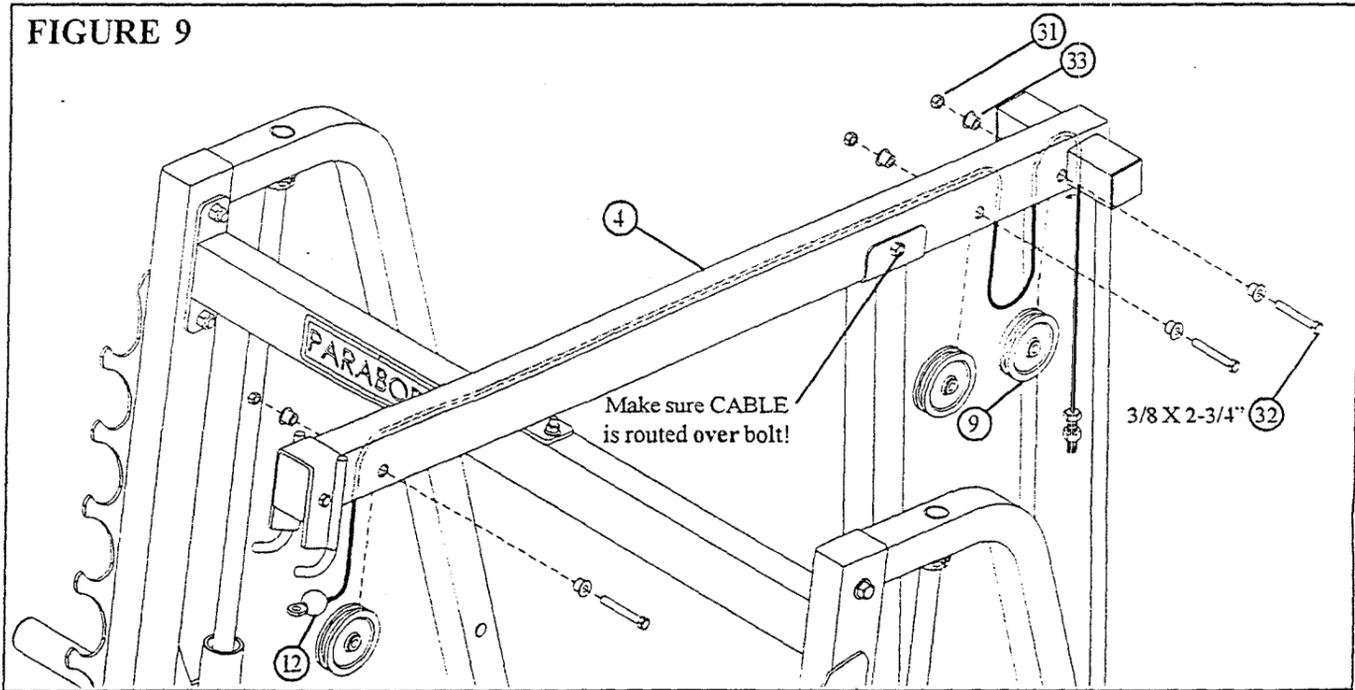
**FIGURE 8**



**STEP 8:**

- **SECURELY** assemble the LAT BAR SUPPORT (5) to the TOP BOOM (4) using one 3/8 X 2-3/4" (32) and one 3/8" LOW HEIGHT LOCK NUT (29). See FIGURE 8.
- Slide two VINYL CAPS (22) over the LAT BAR SUPPORT (5) as shown in FIGURE 8.

**FIGURE 9**



**STEP 9:**

- Route the 117-3/4" CABLE (12) through the TOP BOOM (4) as shown in FIGURE 9. (NOTE: It may be necessary to remove the 3/8 X 2-3/4" BOLT to ensure CABLE is routed over the TOP of the BOLT.)
- **SECURELY** assemble three 3-1/2" PULLEYS (9) into the slots of the TOP BOOM (4) using three 3/8 X 2-3/4" BOLTS (32), six 3/8" FLANGE SPACERS (33), and three 3/8" LOCK NUTS (31) as shown in FIGURE 9. (NOTE: Make sure the cable is routed over all the pulleys.)
- **SECURELY** retighten the removed 3/8 X 2-3/4" BOLT from the above step.

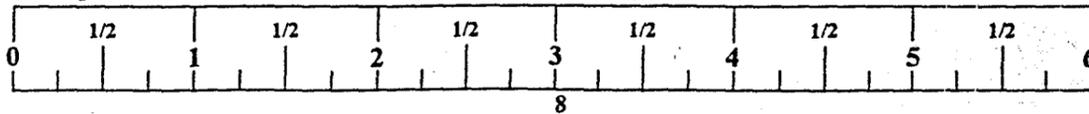
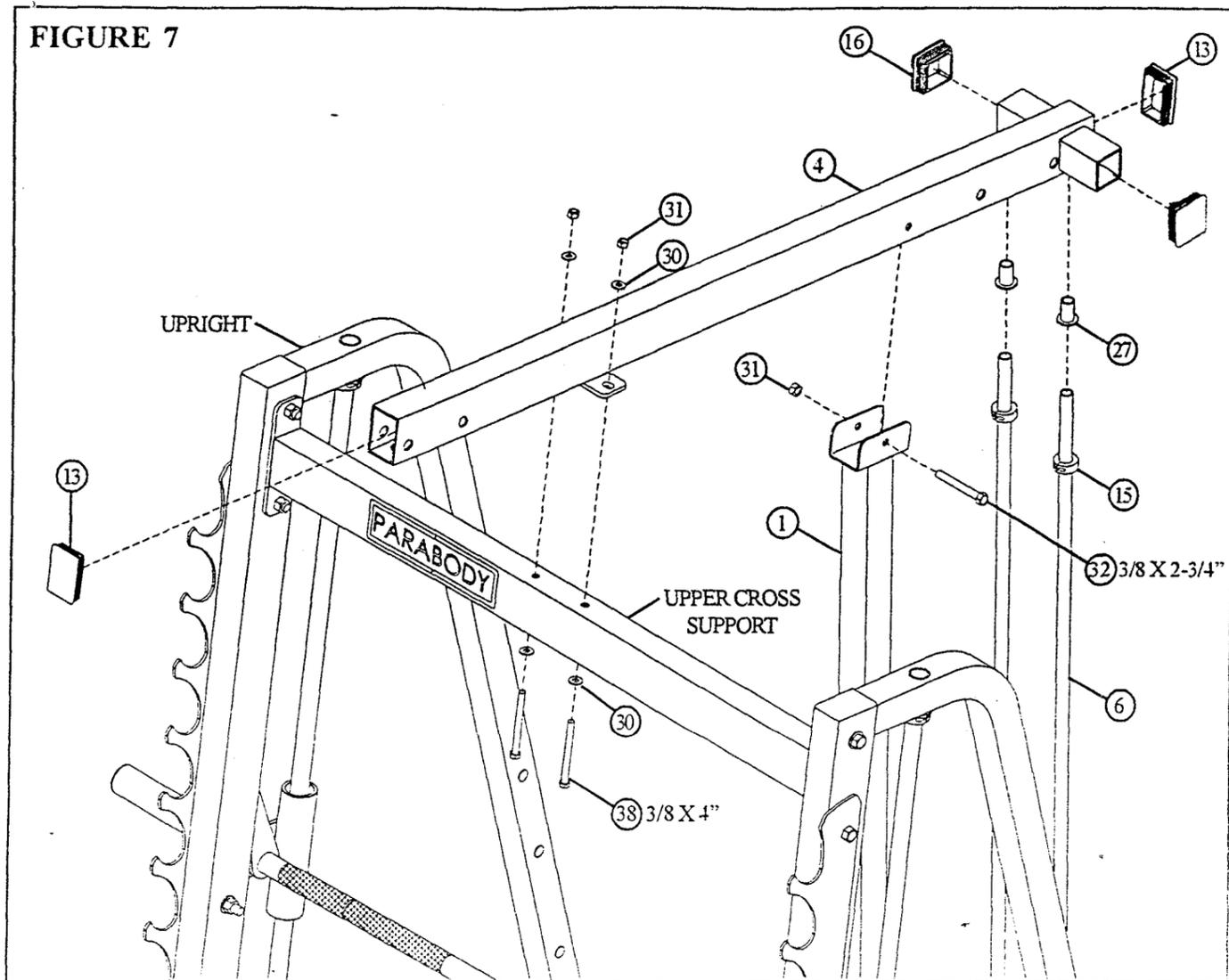


FIGURE 7

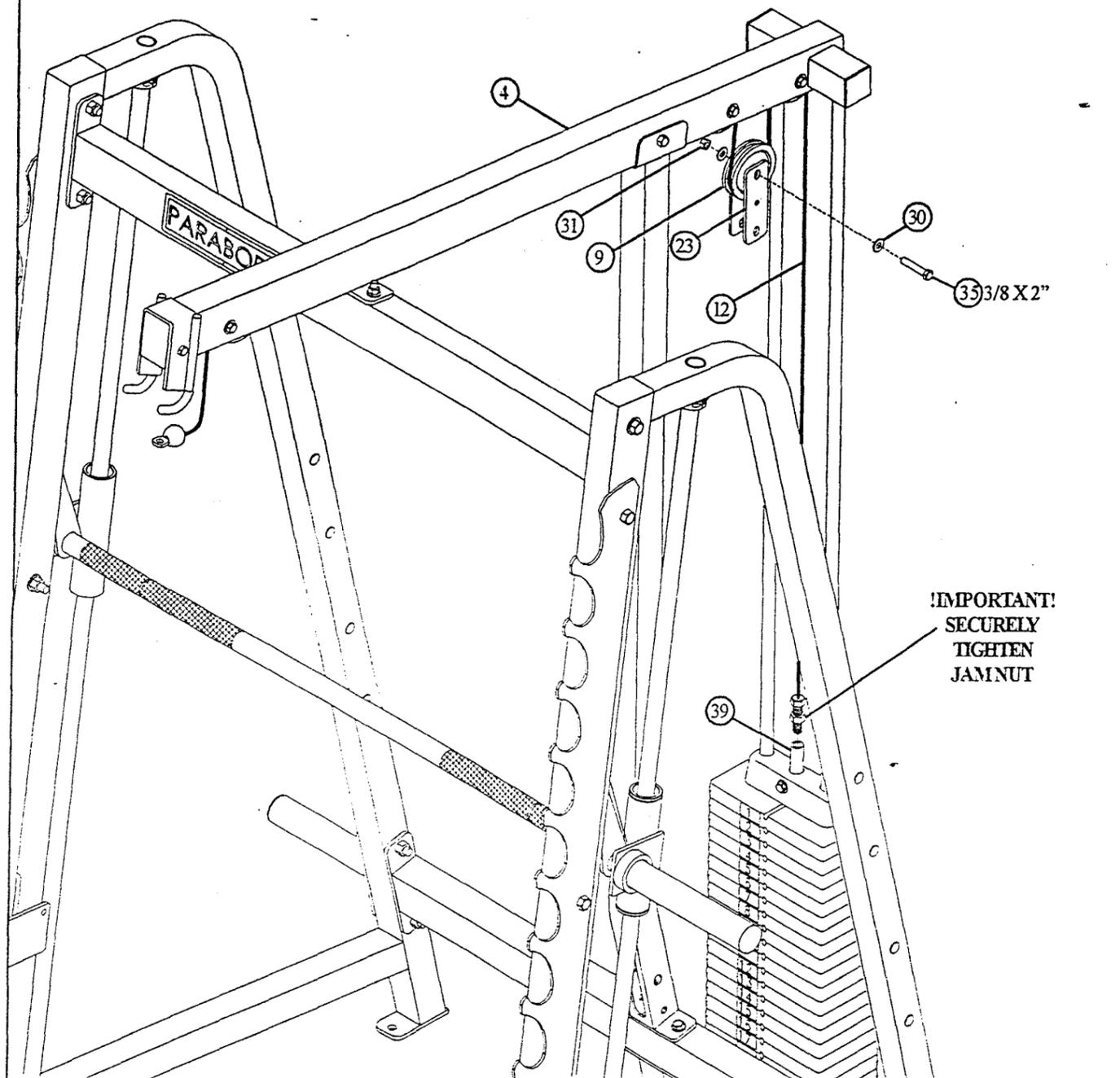


STEP 7:

- **NOTE:** It may be necessary to loosen the 1/2 X 3-1/4" BOLTS of the UPPER CROSS SUPPORT connecting the UPRIGHT FRAME before beginning STEP 7.
- Insert two GUIDE ROD BUSHINGS (27) into the TOP BOOM (4) as shown in FIGURE 7.
- Insert two 3 X 2" END CAPS (13) into the ends of the TOP BOOM (4). See FIGURE 7.
- Insert two 2" SQ. END CAPS (16) into the ends of the TOP BOOM (4). See FIGURE 7.
- Place TOP BOOM (4) over the GUIDE RODS (6) and **LOOSELY** assemble the TOP BOOM (4) to the UPRIGHT (1) using one 3/8 X 2-3/4" BOLT (32) and one 3/8" LOCK NUT (31) as shown in FIGURE 7
- **LOOSELY** assemble the TOP BOOM (4) to the UPPER CROSS SUPPORT using two 3/8 X 4" BOLTS (38), four 3/8" WASHERS (30) and two 3/8" LOCK NUTS (31). See FIGURE 7.
- Slide the 13/16" SHAFT COLLARS (15) to the top of the GUIDE RODS (6) and **SECURELY** tighten the SHAFT COLLAR (15) set screws. See FIGURE 7.
- **SECURELY** tighten all connections made up to this point.



FIGURE 10



**STEP 10:**

- Screw the threaded end of the CABLE (12) approximately 3/4" into the end of the 20 HOLE SELECTOR SHAFT (39) and tighten jam nut securely. See FIGURE 10.
- Place one 3-1/2" PULLEY (9) into the loop of the CABLE (12) below the second and third PULLEY of the TOP BOOM (4) as shown in FIGURE 10.
- **LOOSELY** assemble two 3/16 X 1-3/4 X 5-1/4" PLATES (23) to each side of the 3-1/2" PULLEY (9) using one 3/8 X 2" BOLT (35), two 3/8" WASHERS (30), and one 3/8" LOCK NUT (31). See FIGURE 10.