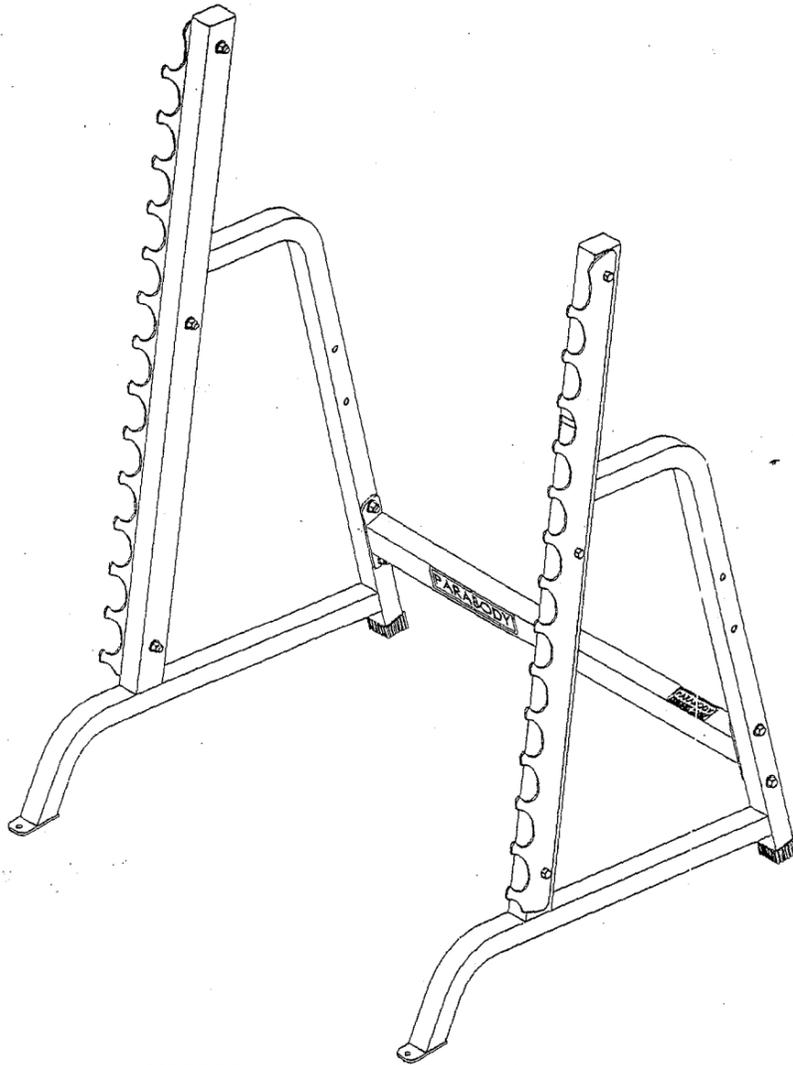


PARABODY

Serious Steel

838101 POWER SYSTEM



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

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

Please note:

* Thank you for purchasing the Parabody 838101 POWER SYSTEM. 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:

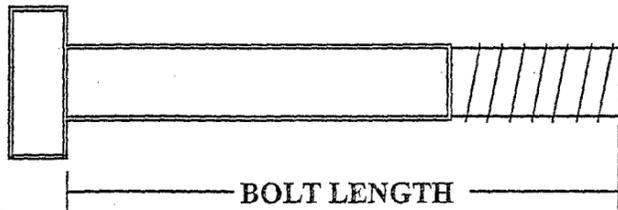
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your 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

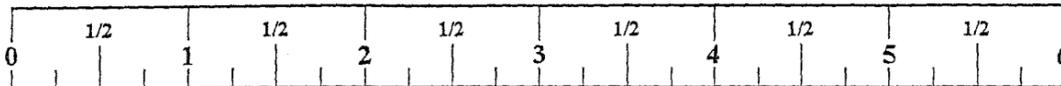
- * 3/4" wrench
- * Ratchet with 3/4" socket

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
1	6809903	UPRIGHT FRAME	2
2	6809803	CROSSBRACE	1
3	6812402	SMARTRACK	2
4	6692601	3 X 2" END CAP	2
5	6467001	2" SQ. COVER CAP	2
6	3102910	1/2 X 3" BOLT	10
7	3102502	1/2" WASHER	10
8	3102801	1/2" LOCK NUT	10

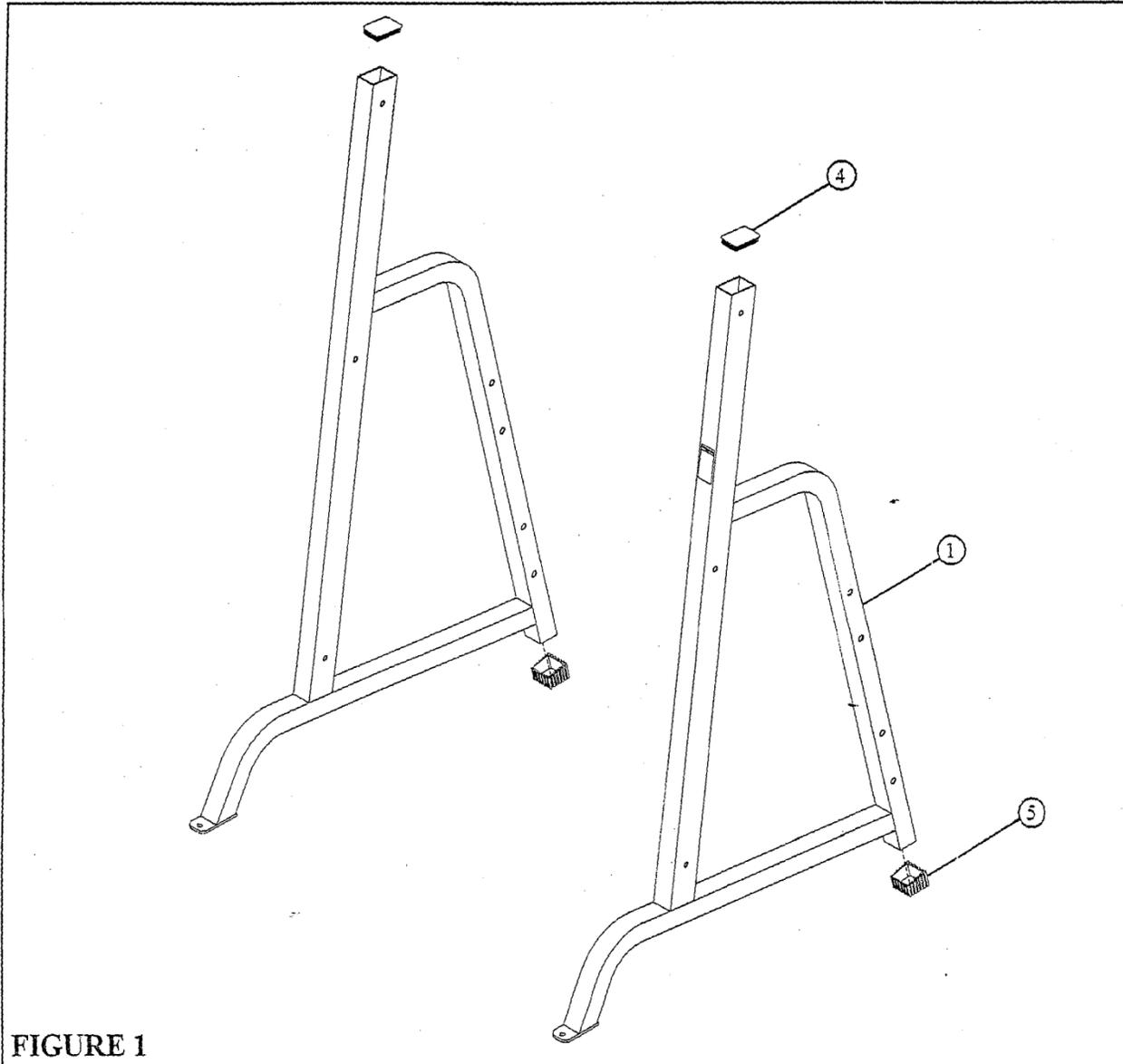
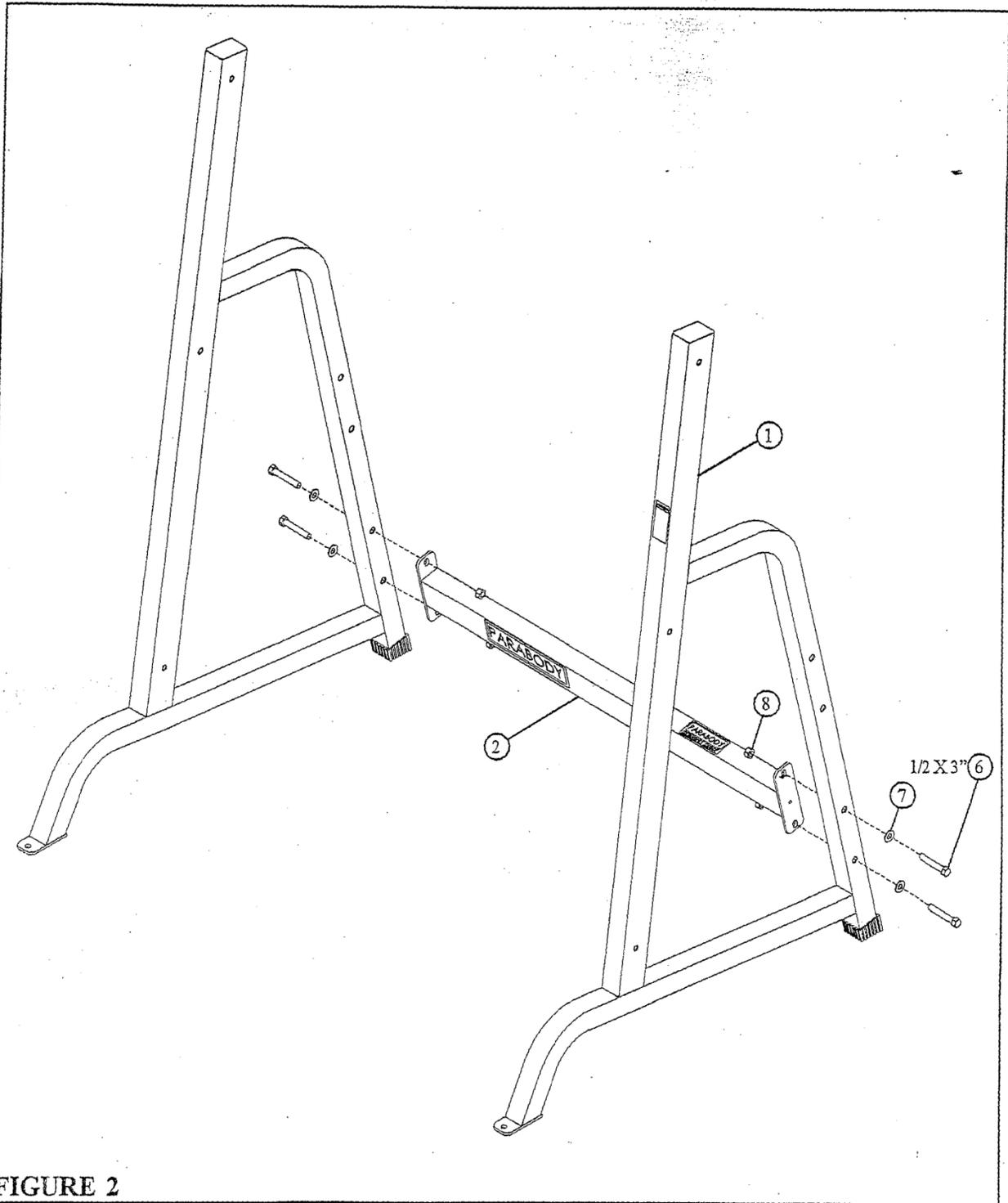


FIGURE 1

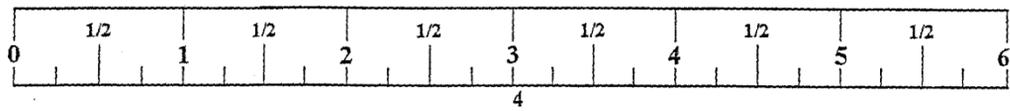
STEP 1:

- Insert two 3 X 2" END CAPS (4) in the top of the UPRIGHT FRAMES (1) as shown in FIGURE 1.
- Insert two 2 SQ. COVER CAPS (5) on the bottom of the UPRIGHT FRAMES (1) as shown in FIGURE 1



STEP 2:

- **SECURELY** assemble the CROSS BRACE (2) to the UPRIGHT FRAMES (1) as shown in FIGURE 2, using four 1/2 X 3" BOLTS (6), four 1/2" WASHERS (7), and four 1/2" LOCK NUTS (8).



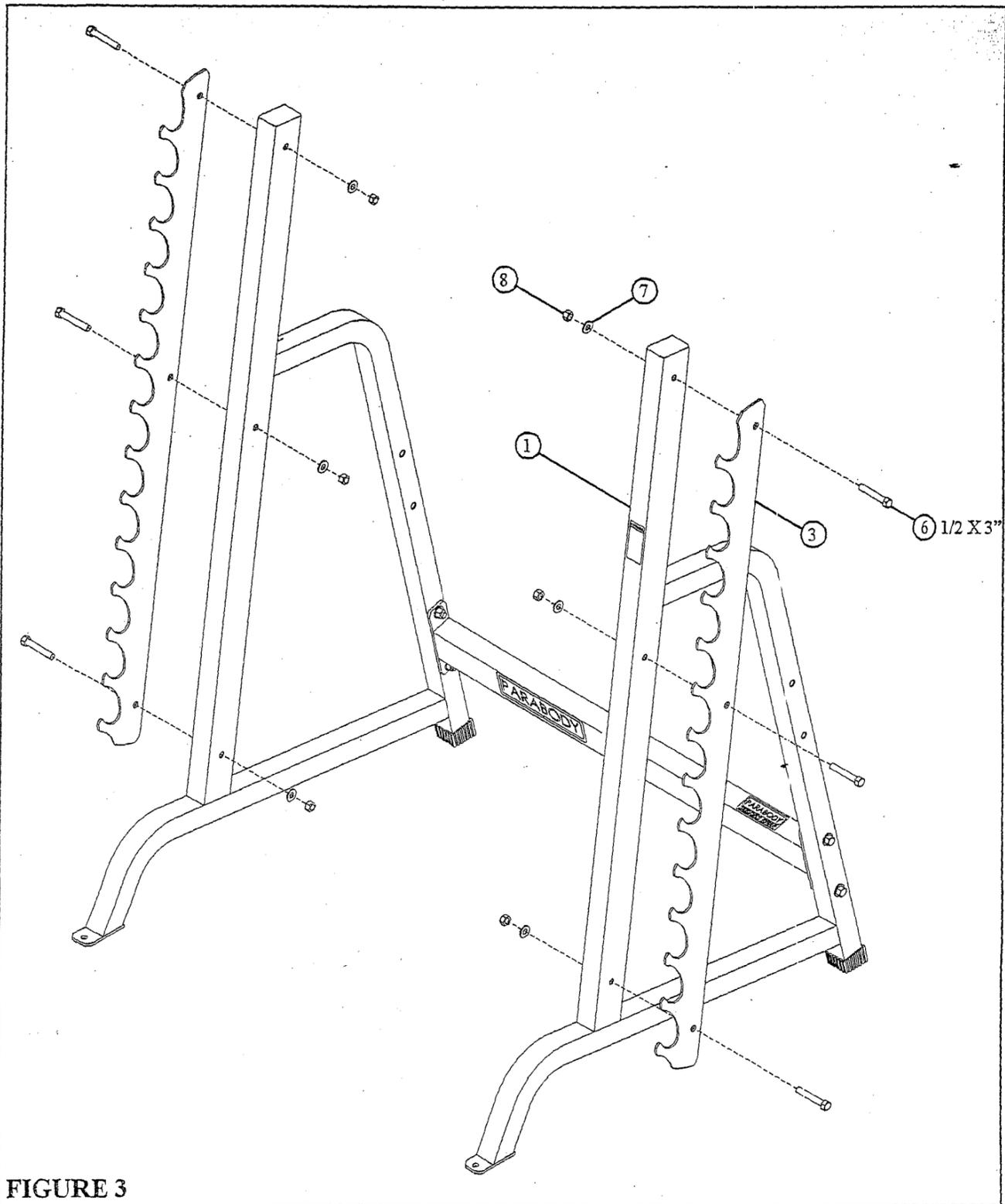


FIGURE 3

STEP 3:

- **SECURELY** assemble the SMART RACKS (3) to the outside of the UPRIGHT FRAMES (1) as shown in FIGURE 3, using six 1/2 X 3" BOLTS (6), six 1/2" WASHERS (7), and six 1/2" LOCK NUTS (8).

Thank you for purchasing the Parabody 838101 POWER SYSTEM. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.