

PBF011A LEG CURL & EXTENSION MACHINE ASSEMBLY INSTRUCTIONS

6. Assemble the **SPRING PIN ASSEMBLY** into the **SPRING PIN ASSEMBLY HOUSING** on each end of the **LEG CURL PEDESTAL**, using two (2) **KNOBS**, two (2) **PLUNGERS**, two (2) **SPRINGS**, two (2) **SPACERS**, and two (2) **COTTER PINS**, using the following steps:
 - A. Assemble the **KNOB** to the **PLUNGER**.
 - B. Insert the **PLUNGER** through the first hole of the housing.
 - C. Slip the **SPRING**, and the **SPACER** over the end of the **PLUNGER**. **(IN THAT ORDER)**
 - D. Insert the **PLUNGER** through the second hole of the housing.
 - E. Pull back **SPACER** on the **PLUNGER**, and insert the **COTTER PIN** through the hole.
 - F. **(SEE DETAIL A ON DRAWING)**

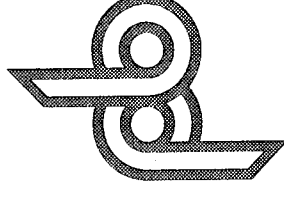
NOTE: ON THE SPRING PIN ASSEMBLY HOUSING CLOSEST TO THE WEIGHT PEG, THE KNOB CANNOT BE ASSEMBLED TO THE PLUNGER BEFORE IT IS INSERTED INTO THE HOLE ON THE SPRING PIN ASSEMBLY HOUSING.

7. Insert four (4) 1-1/2 IN. SQ. END CAPS into each end of the **SPRING PIN HOUSING** on the **LEG CURL PEDESTAL**.
8. Disengage the **SPRING PIN ASSEMBLY** on each end of the **LEG CURL PEDESTAL**, and insert two (2) **ADJUSTABLE ROLLER PAD SLEEVES**. **(SEE DRAWING)**
9. Insert three (3) 2 IN. SQ. END CAPS into each end on the **LEG CURL PEDESTAL**.
10. Insert two (2) **FLANGE BEARINGS** into the **BUSHING** on top of the **LEG CURL PEDESTAL**.
11. Attach one (1) 1-1/4 IN. SQ. **RUBBER BUMPON** to the back of the **LEG CURL PEDESTAL** **(SEE DETAIL B)**
12. Assemble the **LEG CURL PEDESTAL** between the **FLATS** of the **BENCH FRAME**, using one (1) 1/2 X 3-1/4 IN. **BOLT**, and one (1) 1/2 IN. **LOW HEIGHT LOCK NUT**. Tighten connection so that it rotates smoothly and freely.
13. Assemble two (2) **ROLLER PADS** on each end of the **LEG CURL PEDESTAL**, (four total) using two (2) **ROLLER PAD SHAFTS**, four (4) **BLACK PLASTIC WASHERS**, and four (4) **PUSH ON COLLARS**.

NOTE: THE BLACK PLASTIC WASHERS SHOULD BE LOCATED BETWEEN THE ROLLER PAD AND THE LEG CURL PEDESTAL, (1 FOR EACH ROLLER PAD)

14. **SECURELY** mount the **BACK PAD** to the **BENCH FRAME**, using two (2) 3/8 X 3 IN. **BOLTS**, two (2) 3/8 IN. **LOCK WASHERS**, and two (2) 3/8 IN. **WASHERS**.
15. Slip two (2) 8 IN. **FOAM GRIPS** onto ends of the **LEG EXTENSION HANDLE**. **(SEE NOTE FROM STEP 4)**
16. Assemble the **SEAT PAD** and **LEG EXTENSION HANDLE** to the **BENCH FRAME**, using two (2) 3/8 X 3-1/4 IN. **BOLTS**, two (2) 3/8 IN. **LOCK WASHERS**, and two (2) 3/8 **WASHERS**. **(SEE DRAWING)**
17. Assemble two (2) **ROLLER PADS** onto the **BENCH FRAME**, using one (1) **ROLLER PAD SHAFT**, and two (2) **PUSH ON COLLARS**.

PARABODY INC.



LEG CURL AND EXTENSION MACHINE PBF011A

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: F

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

PBF011A LEG CURL & EXTENSION MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1-1/4 IN. SQ. RUBBER BUMPER	1
2.	1-1/2 X 2-1/2 IN. END CAP	4
3.	1/2 X 3-1/4 IN. BOLT	1
4.	1/2 IN. WASHER	4
5.	1/2 IN. LOCK WASHER	4
6.	1/2 IN. NUT	4
7.	8 IN. FOAM GRIP	4
8.	3/8 X 3 IN. BOLT	2
9.	3/8 IN. WASHER	4
10.	3/8 IN. LOCK WASHER	4
11.	3/8 X 3-1/4 IN. BOLT	2
12.	2 IN. SQ. END CAP	4
13.	FLANGE BEARING	2
14.	1/2 IN. LOW HEIGHT LOCK NUT	1
15.	1-1/2 IN. SQ END CAP	4
16.	KNOB	2
17.	PLUNGER	2
18.	SPRING	2
19.	SPACER	2
20.	COTTER PIN	2
21.	PUSH ON COLLAR	6
22.	1/2 X 2-1/2 IN. BOLT	4
23.	BLACK PLASTIC WASHER	4

WELDMENT PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BENCH FRAME	1
2.	REAR BASE LEG W/ HANDLES	1
3.	FRONT BASE LEG	1
4.	LEG EXTENSION HANDLE	1
5.	LEG CURL PEDESTAL	1
6.	ADJUSTABLE ROLLER PAD SLEEVES	2
7.	ROLLER PAD SHAFTS	3
8.	BACK PAD	1
9.	SEAT PAD	1
10.	ROLLER PADS	6

PBF011A LEG CURL & EXTENSION MACHINE ASSEMBLY INSTRUCTIONS

IMPORTANT:

- THE BODYSMITH LEG CURL & EXTENSION MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

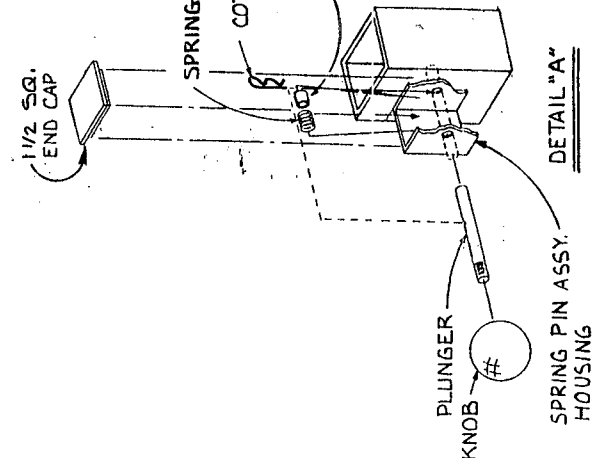
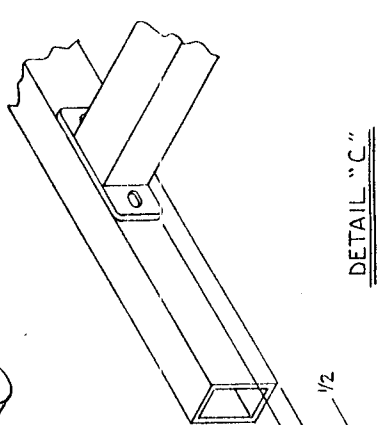
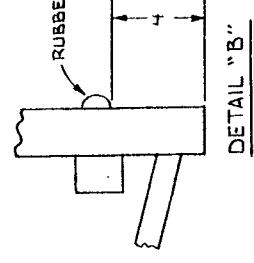
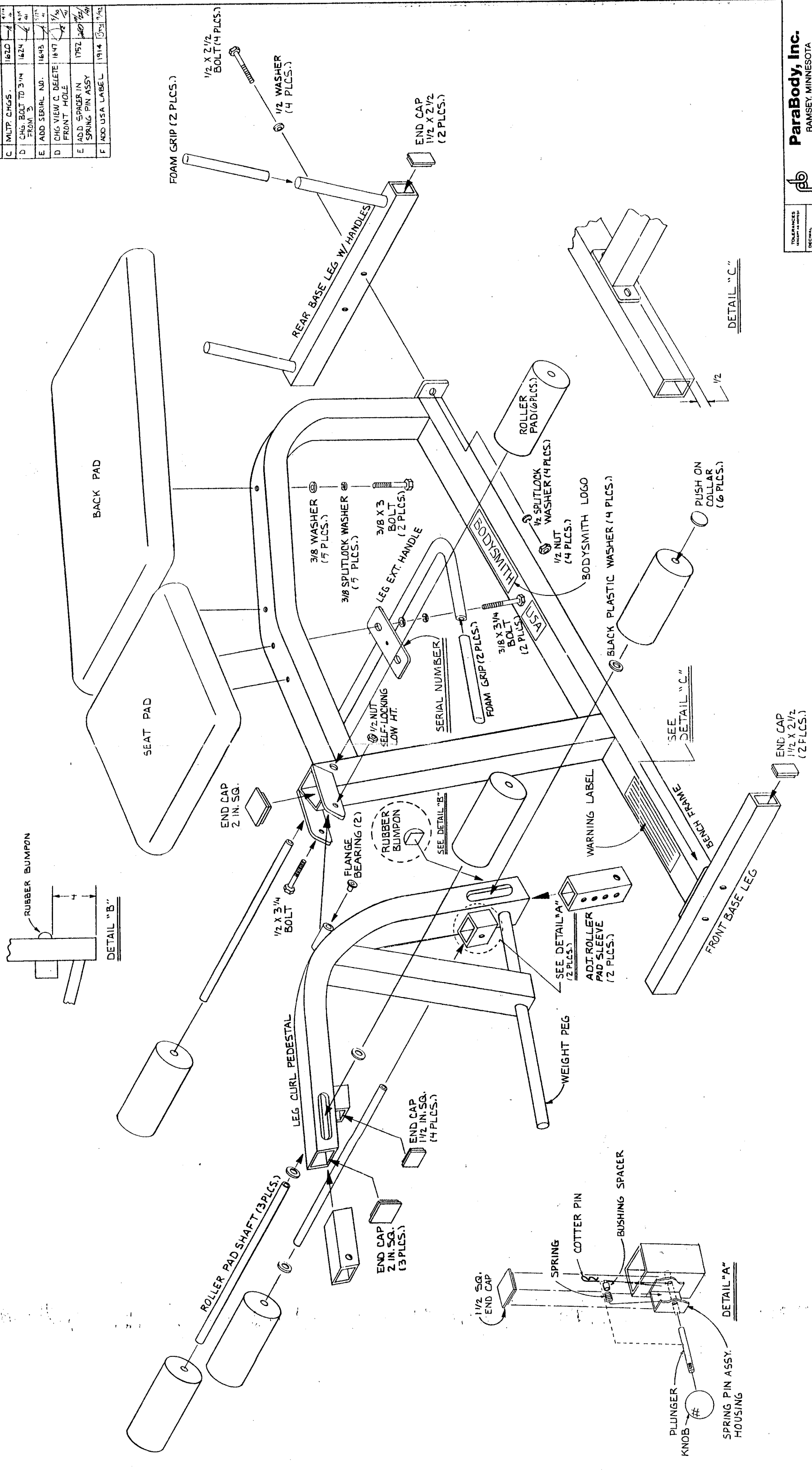
***** IMPORTANT *****

KEEP ALL LOOSE FRAME CONNECTIONS

LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN

1. Insert four (4) 1-1/2 X 2-1/2 IN. END CAPS into each end of the REAR BASE LEG W/HANDLES and the FRONT BASE LEG.
2. SECURELY assemble the REAR BASE LEG W/HANDLES to the rear of the BENCH FRAME, using two (2) 1/2 X 2-1/2 IN. BOLTS, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (NOTE: THE HANDLES ON THE REAR BASE LEG SHOULD FACE AWAY FROM THE REAR OF THE BENCH FRAME)
3. SECURELY assemble the FRONT BASE LEG to the front of the BENCH FRAME, using two (2) 1/2 X 2-1/2 IN. BOLTS, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (SEE DETAIL C)
4. Slip two (2) 8 IN. FOAM GRIPS onto the HANDLES of the REAR BASE LEG. (NOTE: IF A LUBRICANT IS REQUIRED, USE RUBBING ALCOHOL, TO THOROUGHLY COAT THE INSIDE OF THE GRIP)
5. Insert one (1) 2 IN. SQ. END CAP into the end of the tube on top of the BENCH FRAME.

REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	N/A		2/22
B	ADD BLK PLASTIC WASHER	1601		3/14 91
C	MULTI CHGS.	1620		9/11 91
D	CHG BOLT TO 3/16 FROM 3/8	1624		4/16 91
E	ADD SERIAL NO.	1643		5/17 91
F	CHG VIEW C. DELETE FRONT HOLE	1647		9/16 91
G	ADD SPACER IN SPRING PIN ASSY	1752		10/24 91
H	ADD USA LABEL	1914		3/24 92



ParaBody, Inc.
 RAMSEY, MINNESOTA

TOLERANCES UNLESS SHOWN OTHERWISE:
 DECIMAL .005
 FRACTIONAL 1/16
 ANGULAR .5°

ASSEMBLY INSTRUCTIONS
 LEG CURL / EXT. MACH.

SCALE 1/4" = 1"
 SHEET 1 OF 1

DRAWING NO. PBF011A

DASH NO. -0001
 DESCRIPTION AS SHOWN