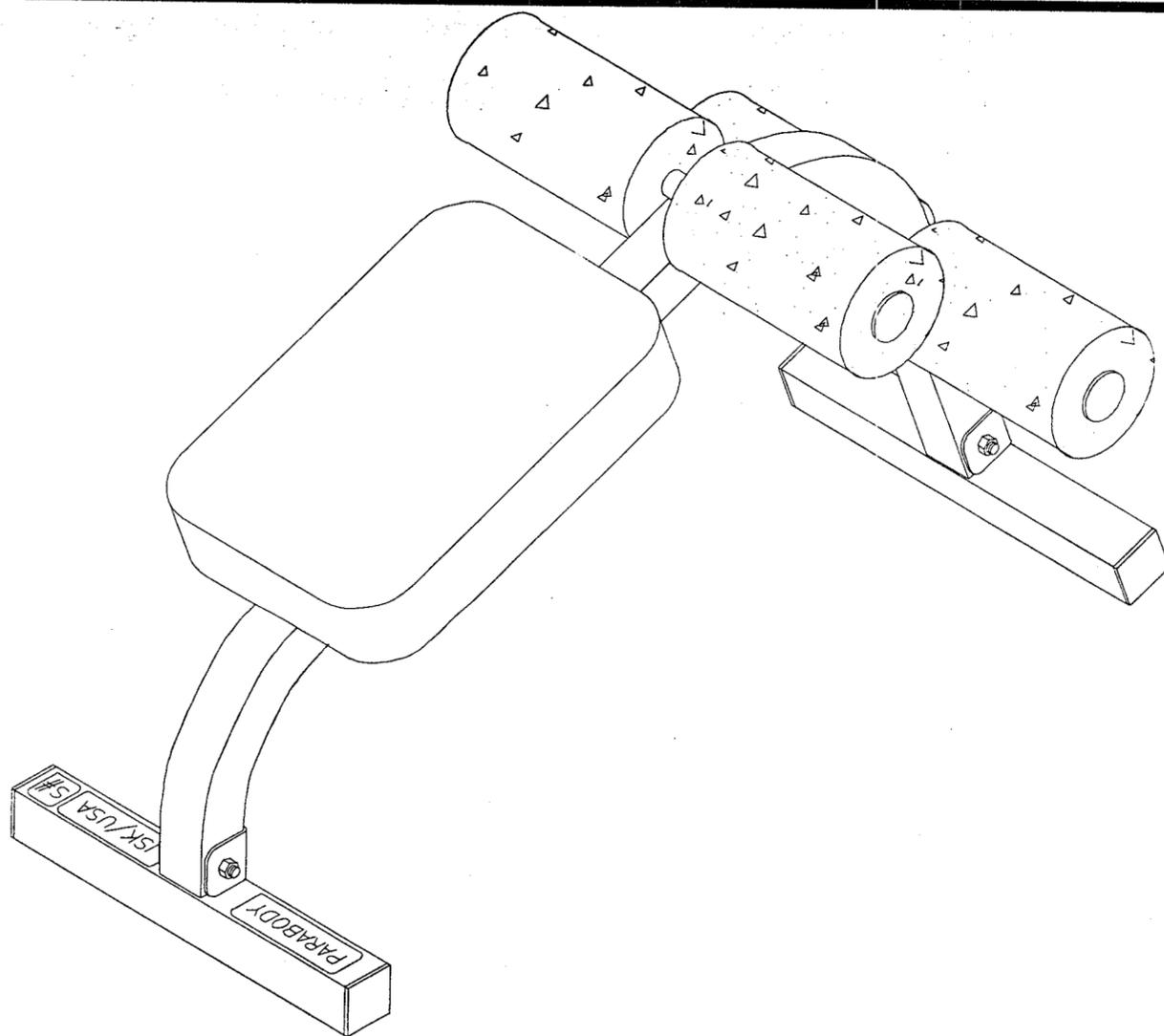


PARABODY

Serious Steel

855103 AB CRUNCH BENCH



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

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

Please note:

- * Thank you for purchasing the Parabody 855103 AB CRUNCH BENCH. 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:

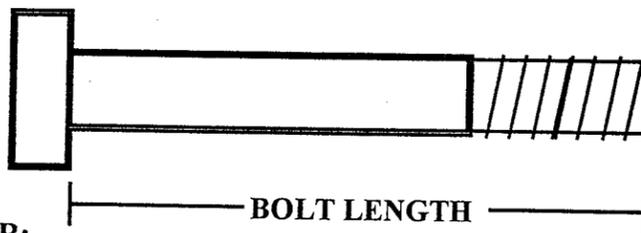
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your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

Tools Required for Assembly

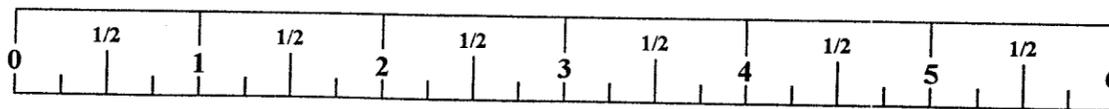
- * 9/16" wrench
- * Ratchet with 9/16" socket
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

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

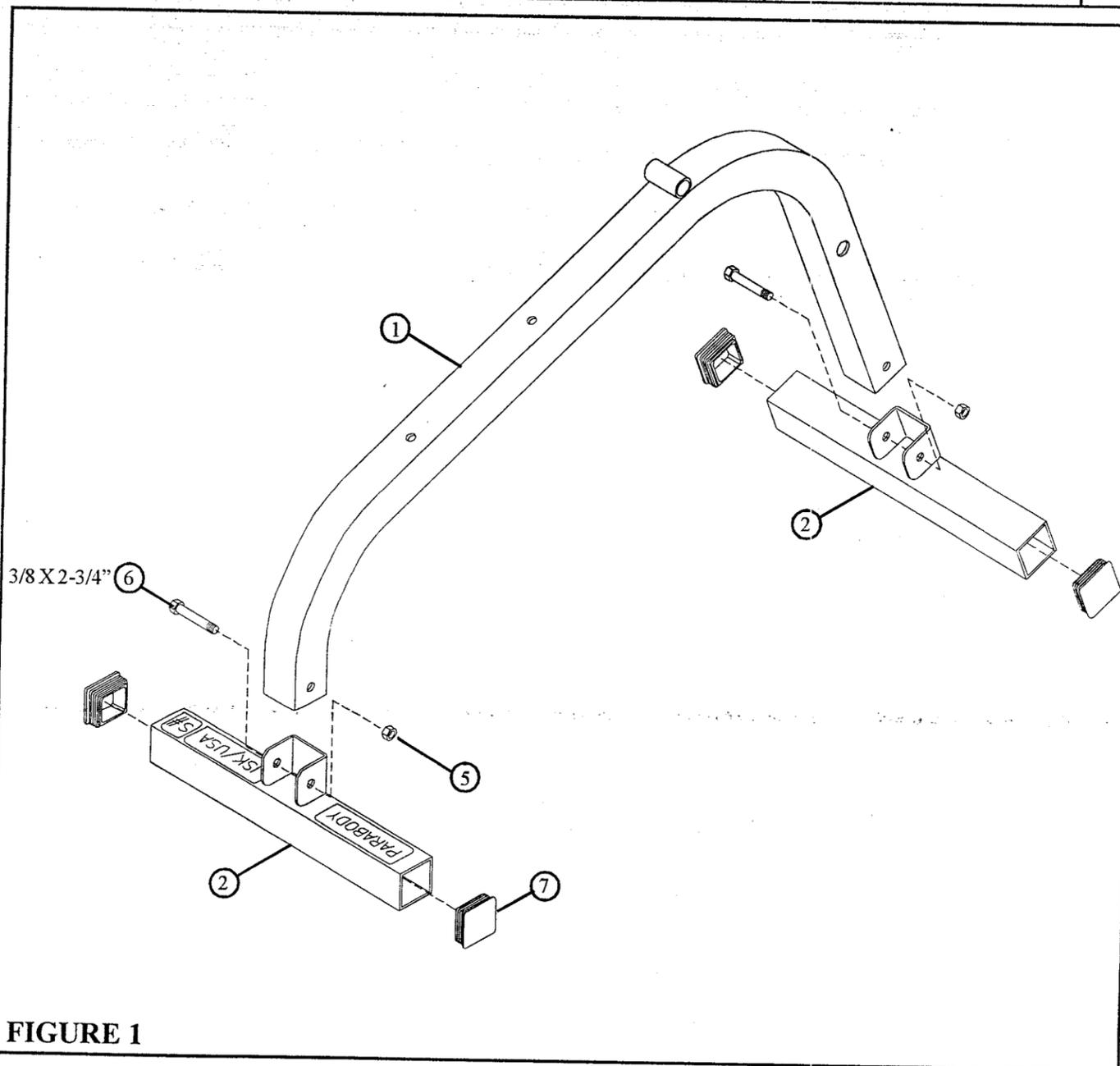


BOLT LENGTH RULER:



PARTS LIST

KEY	PART#	DESCRIPTION	QTY	KEY	PART#	DESCRIPTION	QTY
1	6560103	BENCHFRAME	1	6	3102922	3/8 X 2-3/4" BOLT	2
2	6560003	TUBE	2	7	6405201	2" SQ. END CAP	4
3	6597402	PAD ASSEMBLY	1	8	6125101	3/4 X 16" TUBE	2
4	3102601	3/8" LOCK WASHER	2	9	6194601	ROLLERPAD	4
5	3102802	3/8" LOCK NUT	2	10	3105401	STARLOCK COLLAR	4



STEP 1:

- Insert four 2" SQ. END CAPS (7) into the ends of the two TUBES (2) as shown in FIGURE 1.
- **SECURELY** assemble the two TUBES (2) to the BENCH FRAME (1) using four 3/8 X 2-3/4" BOLTS (6) and two 3/8" LOCK NUTS (5). See FIGURE 1.

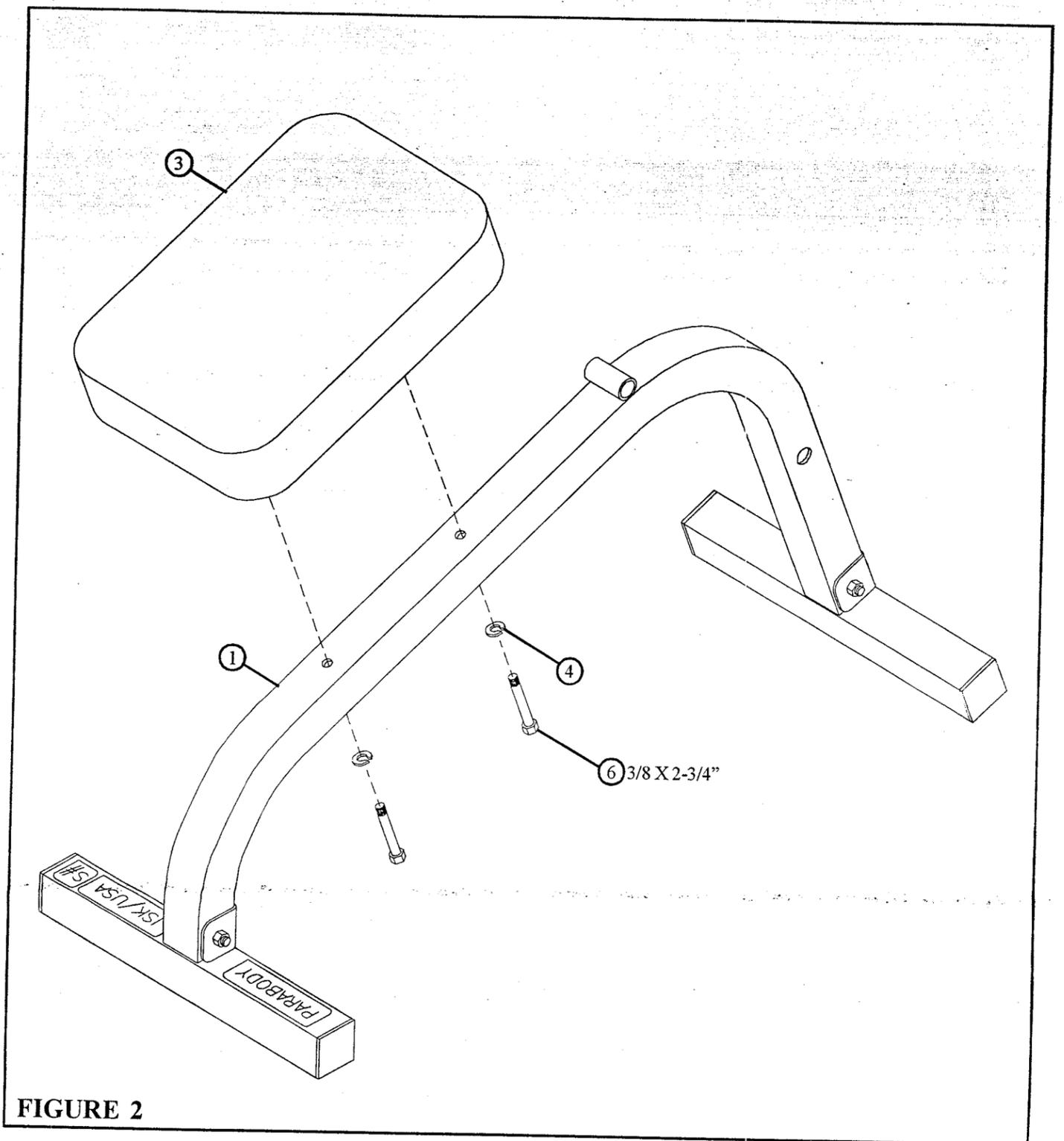
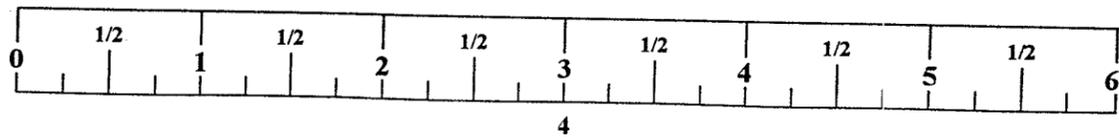


FIGURE 2

STEP 2:

- **SECURELY** assemble the PAD (3) to the BENCH FRAME (1) using two 3/8" X 2-3/4" BOLTS (6), two 3/8" LOCK WASHERS (4). See FIGURE 2.



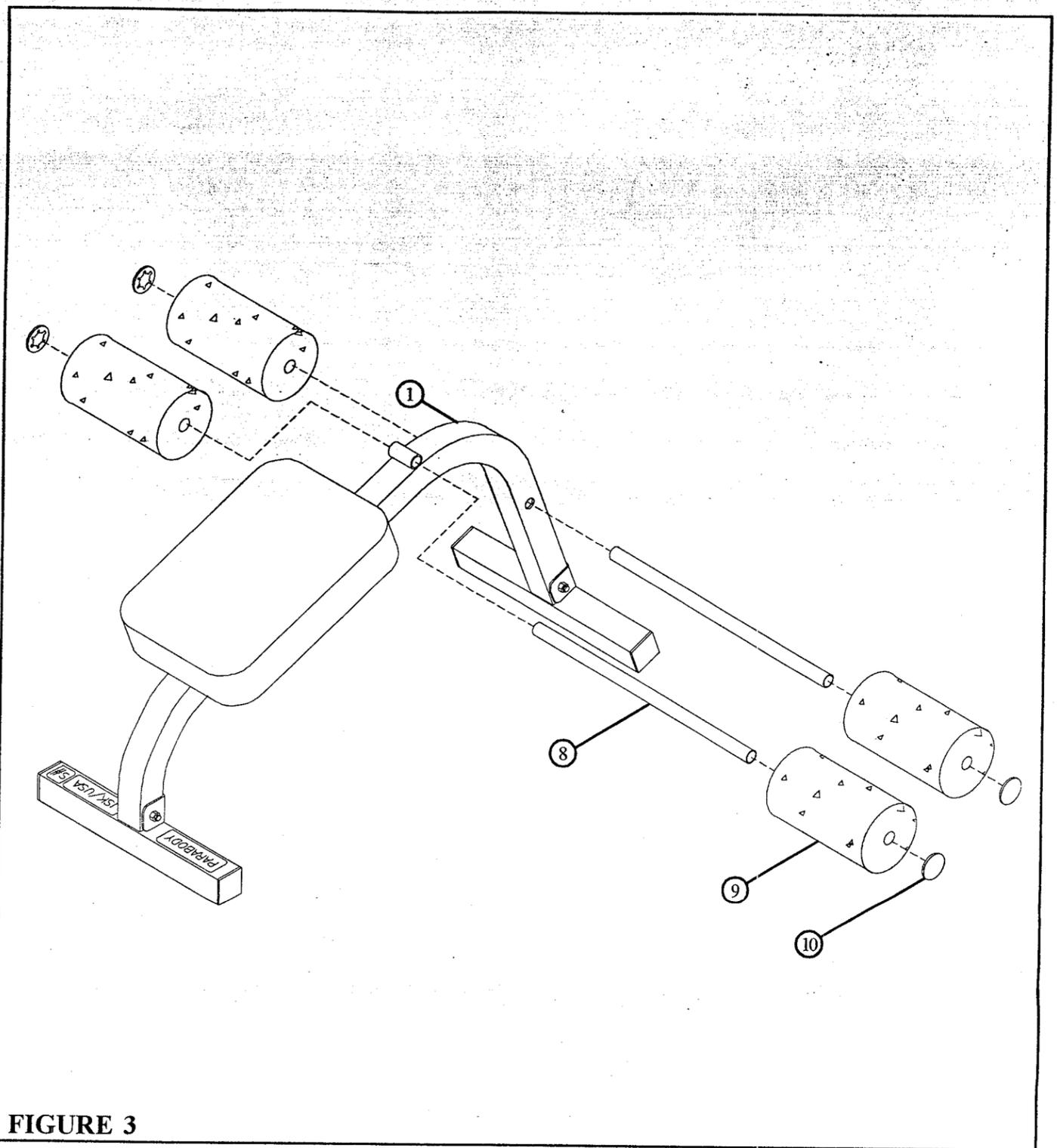


FIGURE 3

STEP 3:

- Slide the four ROLLER PADS (8) onto two 3/4 X 16" TUBES (8) using four STARLOCK COLLARS (10) as shown in FIGURE 3.

THIS CONCLUDES THE ASSEMBLY OF THE 855103 AB CRUNCH BENCH