

PBF508 50 POUND ADD-ON KIT ASSEMBLY INSTRUCTIONS CONTINUED

!!! WARNING !!!

MAKE SURE SNAP HOOKS ARE FASTENED BEFORE DOING EXERCISES

!!! WARNING !!!

DO NOT OPERATE THIS MACHINE WITH THE LAT BAR OFF
SAFETY HOOKS EXCEPT DURING HIGH PULLEY EXERCISES

!!! WARNING !!!

THE LAT BAR IS NOT TO BE USED FOR PULL UPS

PARABODY INC.



EX500/50 POUND ADD-ON KIT
PBF508

PRODUCT ASSEMBLY
INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY:
* 9/16 INCH SOCKET
* 5/32 INCH HEX KEY
* ADJUSTABLE WRENCH

REVISION: A

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.

PPF508 50 POUND ADD-ON KIT ASSEMBLY PARTS LIST

SOFT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

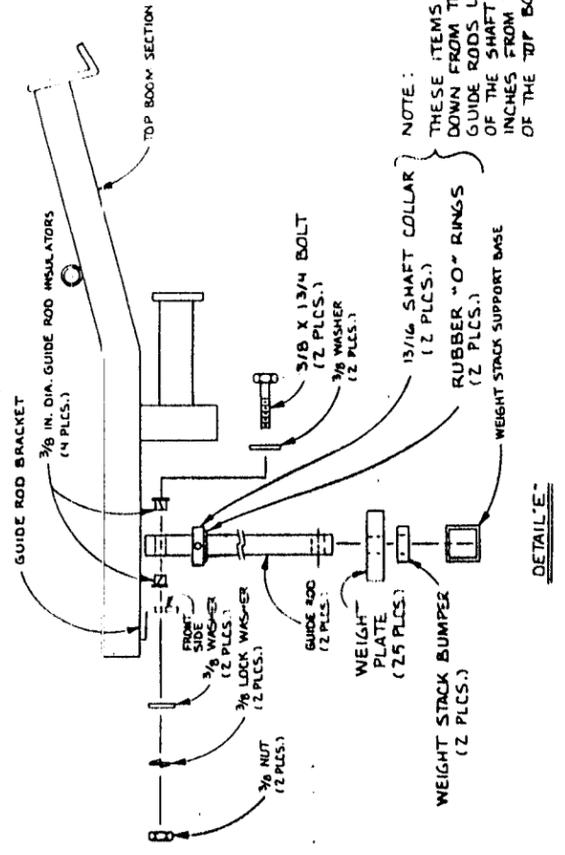
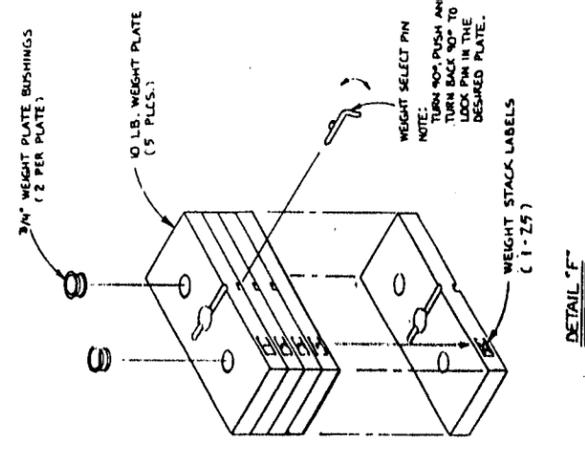
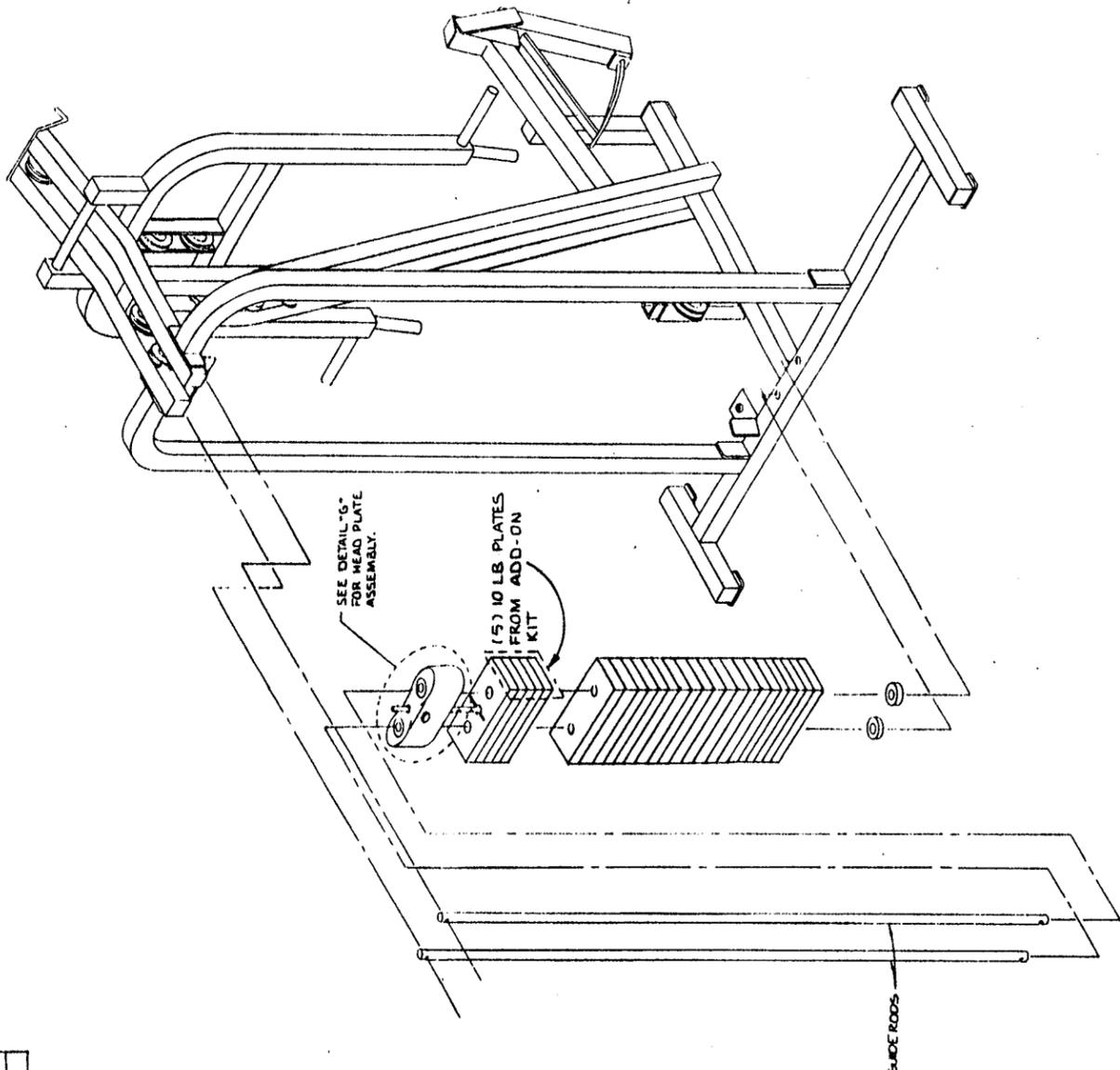
HARDWARE:	
ITEM	NAME/DESCRIPTION
1.	WEIGHT STACK SHAFT (PB2567-1) 1
2.	WEIGHT PLATES (PB2145-1) 5
3.	SWAPOOT PRIMARY CABLE ASSEMBLY (PB2077-1) 1
4.	WEIGHT PLATE BUSHINGS (PB2245-1) 10
5.	WEIGHT PLATE DECALS (1-25) (PB1895-1) 1
	QTY

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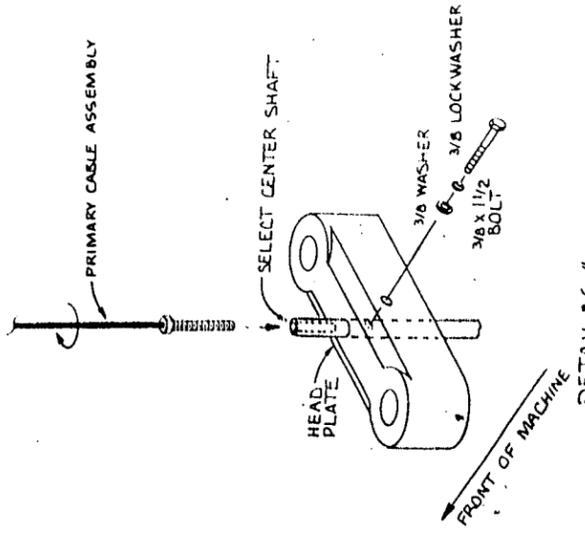
IMPORTANT:

* PARABODY, INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY !!

1. Remove the WEIGHT SELECT PIN from the WEIGHT STACK and set aside.
 2. Remove the LAT BAR and the 5/16 SNAP HOOK from the end of the PRIMARY CABLE.
 3. Unthread the PRIMARY CABLE from the WEIGHT STACK SHAFT of the HEAD PLATE ASSEMBLY, and remove the CABLE from the MACHINE. (PLEASE DISCARD THE CABLE.)
 4. Press two (2) WEIGHT PLATE BUSHINGS each, into the top of five (5) WEIGHT PLATES. (10 BUSHINGS TOTAL, SEE DETAIL F)
 5. Unbolt GUIDE RODS from the GUIDE ROD BRACKET of the TOP BOOM, and save the hardware to be used later.
 6. Tilt GUIDE RODS to the side, and remove the 13/16 IN. SHAFT COLLARS, RUBBER RINGS, and HEAD PLATE ASSEMBLY.
 7. USING EXTREME CARE, slide each of the five (5) WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK. (NOTE: MAKE SURE THAT THE KEY HOLES OF THE FIVE WEIGHT PLATES MATCH THE KEY HOLES OF THE WEIGHT STACK.)
 8. Unbolt the old WEIGHT STACK SHAFT from the HEAD PLATE and replace it with the WEIGHT STACK SHAFT. (SEE DETAIL G) (PLEASE DISCARD THE OLD WEIGHT STACK SHAFT.)
 9. Slide the new HEAD PLATE ASSEMBLY down over the GUIDE RODS onto WEIGHT STACK. Also slide the RUBBER O-RINGS and the 13/16 IN. SHAFT COLLARS onto the GUIDE RODS.
 10. Reassemble the GUIDE RODS to the GUIDE ROD BRACKET of the TOP BOOM in the same order that they were removed. (SEE DETAIL E)
- CAUTION: DO NOT OVER TIGHTEN GUIDE RODS TO THE FRONT SIDE OF THE TOP BOOM SECTION. OVER TIGHTENING MAY CAUSE THE GUIDE RODS TO ROLL, CREATING A BINDING EFFECT ON THE HEAD PLATE.**
11. Slide the 13/16 IN. SHAFT COLLARS up the GUIDE RODS to approximately (4 INCHES) under GUIDE ROD BRACKET, and retighten. Slide the RUBBER O-RINGS up and directly under the SHAFT COLLARS.
 12. To route the new SWAPOOT PRIMARY CABLE, follow the configuration shown in the CABLE ROUTING DIAGRAM on drawing.
 13. Attach the SWAPOOT PRIMARY CABLE to the HEAD PLATE ASSEMBLY, thread the stud onto the WEIGHT STACK SHAFT and tighten completely.
 14. Remove the old set of WEIGHT STACK LABELS from the previous twenty (20) WEIGHT PLATES, and attach the new set of WEIGHT STACK LABELS (1-25) to the same location.
 15. Attach the LAT BAR to the SWAPOOT PRIMARY CABLE, using the 5/16 IN. SNAP HOOK, and return it to LAT BAR HOLDER on the TOP BOOM. (SEE DETAIL M)



NOTE:
 THESE ITEMS SHOULD SLIDE DOWN FROM THE TOP OF THE GUIDE RODS UNTIL THE TOP OF THE SHAFT COLLAR IS FOUR INCHES FROM THE UNDER SIDE OF THE TOP BOOM SECTION.



CABLE ROUTING DIAGRAM

