



Serious Steel

866103

STRENGTH BUILDING SYSTEM

THANK YOU

FOR PURCHASING THE *866103 STRENGTH BUILDING SYSTEM*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

*****IMPORTANT*****

- THE *866103 STRENGTH BUILDING SYSTEM* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.
- 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
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER

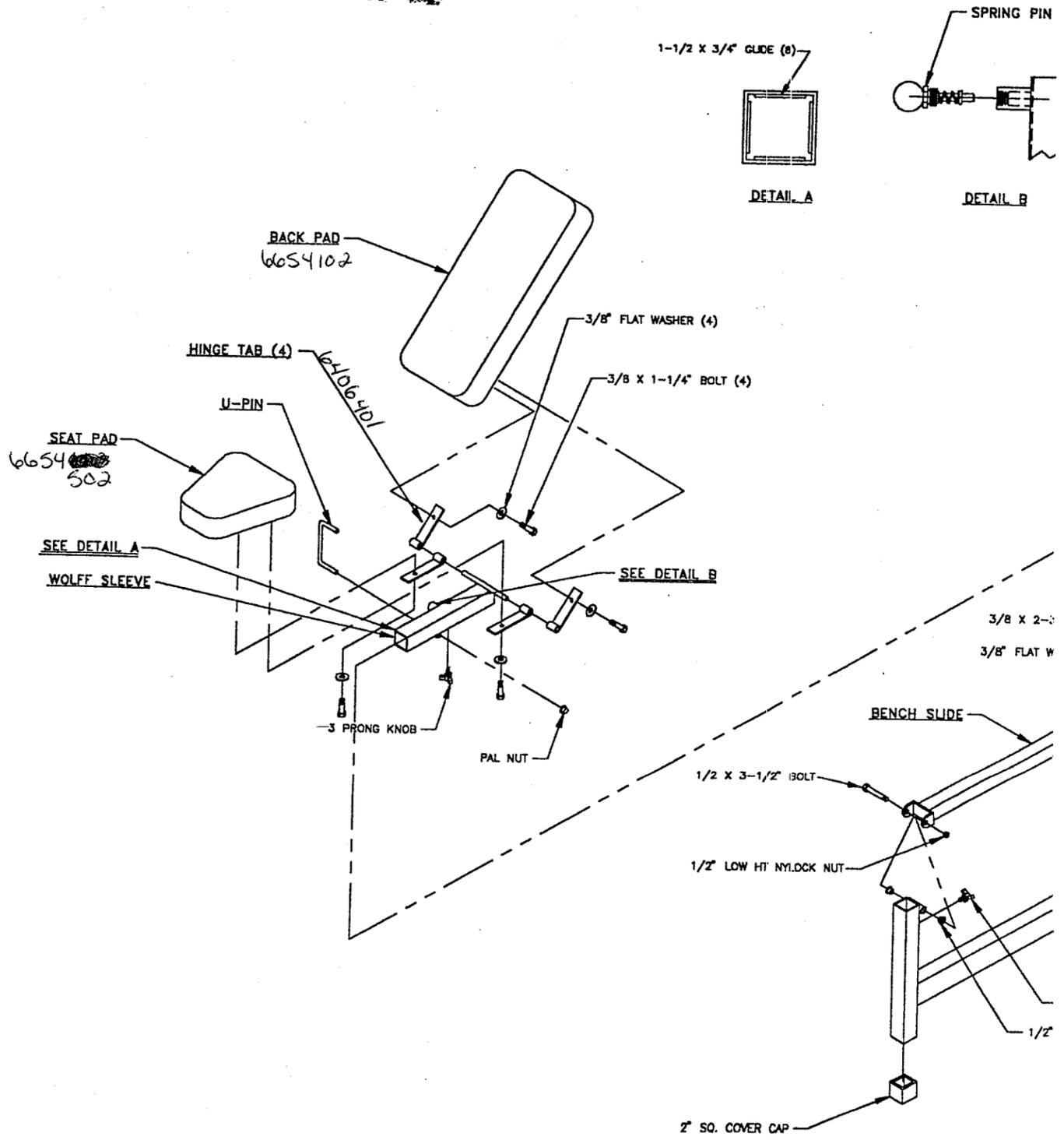
**ASSEMBLY
INSTRUCTIONS**

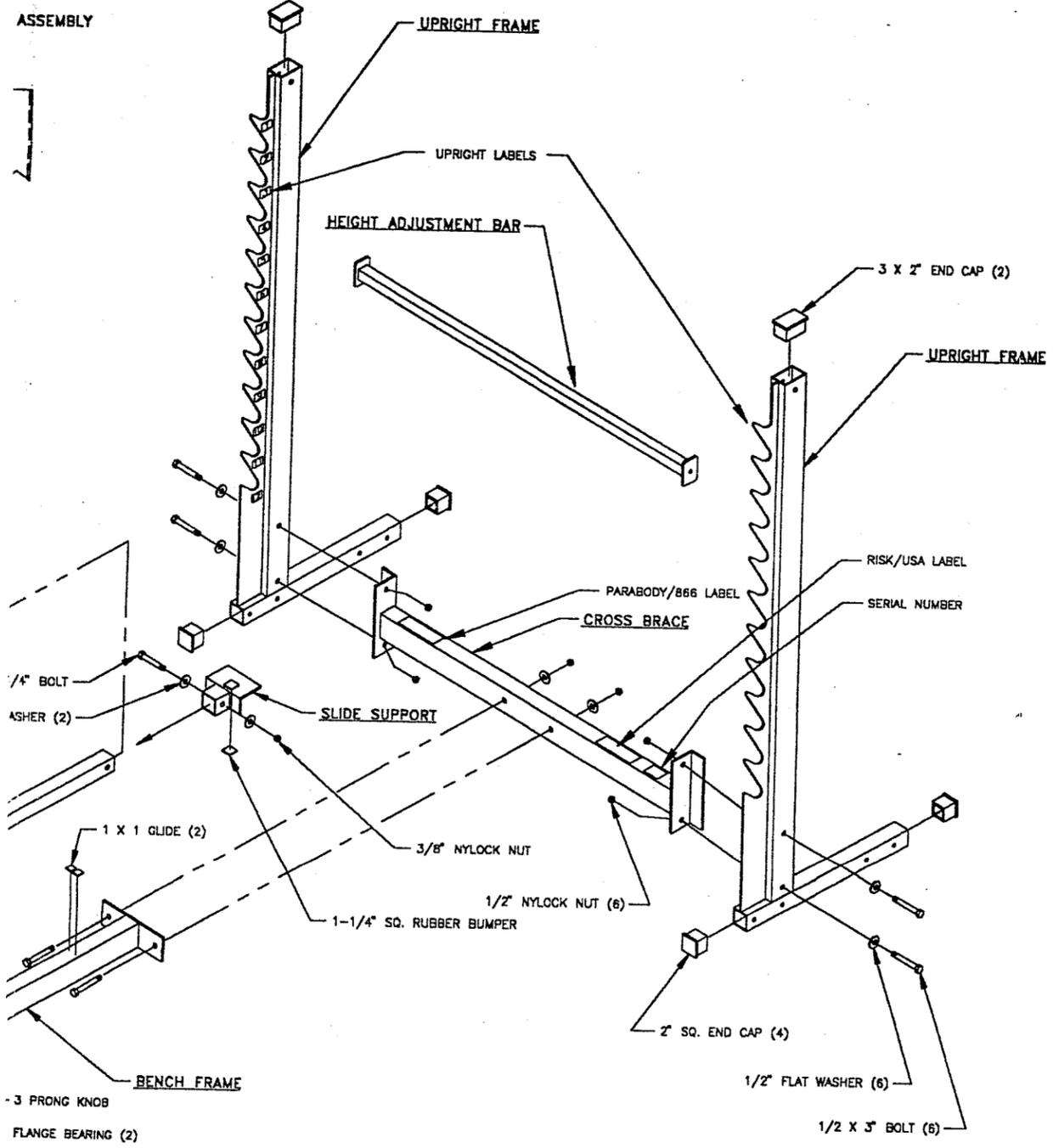
1. Insert one (1) 3 X 2 IN. END CAP into the top of the UPRIGHT FRAME, and two (2) 2 IN. SQ. END CAPS into the BASE of the UPRIGHT FRAME as shown on drawing. Repeat this step for the second UPRIGHT FRAME.
2. SECURELY assemble both UPRIGHT FRAMES to the CROSS BRACE as shown on drawing using four (4) 1/2 X 3 IN. BOLTS, four (4) 1/2 IN. WASHERS, and four (4) 1/2 IN. LOCK NUTS. (IMPORTANT: THE ANGLE BRACKETS ON THE CROSS BRACE ARE OFFSET, PLEASE MAKE SURE THAT THE LONGEST END OF THE BRACKET IS FACING UP BEFORE ASSEMBLY)
3. SECURELY assemble the BENCH FRAME to the CROSS BRACE as shown on drawing using two (2) 1/2 X 3 IN. BOLTS, two (2) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS. Attach one 2" sq. cover cap to the BENCH FRAME as shown.
4. Insert two (2) 1/2 IN. FLANGE BEARINGS into each end of the BUSHING of the BENCH FRAME as shown on drawing.
5. SECURELY assemble the BENCH SLIDE to the BUSHING of the BENCH FRAME as shown on drawing, using one (1) 1/2 X 3-1/2 IN. BOLT one (1) 1/2 IN. LOW HT LOCK NUT.
6. Attach eight (8) 1-1/2 X 3/4" GLIDES to the WOLFF SLEEVE (FOUR ON EACH END) as shown in (DETAIL A) using the following steps:
 - Thoroughly clean all surfaces where the GLIDES are to be attached.
 - Remove the GLIDES from the paper backing and firmly apply them to all shown surfaces.
7. Insert one (1) U-PIN through the BUSHING of the WOLFF SLEEVE as shown on drawing, and attach one (1) PAL NUT to the end of the U-PIN.
8. SECURELY Assemble one (1) SPRING PIN ASSEMBLY to the SPRING PIN BARREL, of the WOLFF SLEEVE as shown in (DETAIL B). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
9. Pull back the SPRING PIN on the WOLFF SLEEVE and slide it over the end of the BENCH SLIDE as shown on drawing. Engage the SPRING PIN into one of the adjustment holes. Secure the WOLFF SLEEVE in place with one (1) 3-PRONG KNOB.
10. LOOSELY assemble one (1) 3 PRONG KNOB to the UPRIGHT TUBE of the BENCH FRAME as shown on drawing. (THIS WILL BE USED TO SECURE ATTACHMENTS IN PLACE)
11. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the SLIDE SUPPORT as shown on drawing.
12. SECURELY assemble the SLIDE SUPPORT to the end of the BENCH SLIDE as shown on drawing using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN WASHERS, and one (1) 3/8 IN. LOCK NUT.
13. Attach two (2) 1 X 1 GLIDES to the top of the BENCH FRAME where the SLIDE SUPPORT makes contact. See drawing.
14. Assemble the SEAT PAD to the WOLFF SLEEVE, start by sliding two (2) HINGE TABS over the PIN of the WOLFF SLEEVE (ONE ON EACH SIDE) as shown on drawing, and SECURELY assemble each HINGE TAB to the SEAT PAD using two (2) 3/8 X 1-1/4 IN. BOLTS and two (2) 3/8 IN. WASHERS. (MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN)

15. Assemble the **BACK PAD** to the **WOLFF SLEEVE**, slide the two (2) remaining **HINGE TABS** over the **PIN** of the **WOLFF SLEEVE (ONE ON EACH SIDE)** as shown on drawing, and **SECURELY** assemble each **HINGE TAB** to the **BACK PAD** using two (2) **3/8 X 1-1/4 IN. BOLTS** and two (2) **3/8 IN. WASHERS. (MAKE SURE BOTH HINGE TABS ARE UP AGAINST THE OTHER HINGES)**
16. Attach two sets of **UPRIGHT LABELS (1 to 12)** to the inside surfaces of both **UPRIGHT FRAMES** as shown on drawing.

866103 EXERCISE SET-UP

1. To perform **FLAT BENCH EXERCISES**, lift the **BENCH SLIDE** up and set the **HEIGHT ADJUSTMENT BAR** into the bottom rungs of the **UPRIGHT FRAMES**. Lower the **BENCH SLIDE** down on top of the **HEIGHT ADJUSTMENT BAR**. Adjust the **WOLFF SLEEVE** forward or backward until proper alignment with **UPRIGHTS** is reached, and tighten **THUMBSCREW**.
2. To perform **INCLINE PRESSES**, lower the **BENCH SLIDE** down onto the **BENCH FRAME**. Place the **HEIGHT ADJUSTMENT BAR** into the fourth or fifth rungs (**DEPENDING ON ANGLE OF INCLINE**) of the **UPRIGHT FRAMES**. Adjust the **WOLFF SLEEVE** forward or backward until proper alignment with **UPRIGHTS** is reached, and tighten **THUMBSCREW**. Adjust the **SEAT PAD**, by pulling back the **U-PIN** and allow it to rest up again the **SPRING PIN HOUSING** on the **WOLFF SLEEVE**.
3. To perform **MILITARY PRESSES**, lower the **BENCH SLIDE** down onto the **BENCH FRAME**. Place the **HEIGHT ADJUSTMENT BAR** into the fifth rungs of the **UPRIGHT FRAMES**. Adjust the **WOLFF SLEEVE** backward to the last adjustment hole in the **BENCH SLIDE**, and tighten **THUMBSCREW**.
4. To perform **DECLINE PRESSES**, and **AB CRUNCHES** the **OPTIONAL LEG CURL/EXTENSION PEDESTAL** will be needed. Insert the **U-PIN** through the hole in the **LEG EXTENSION NECK** and the **BUSHING** on the **LEG EXTENSION (AT THE SAME TIME)**. Insert the **LEG EXTENSION NECK** into the **UPRIGHT TUBE** of the **BENCH FRAME** and allow the **U-PIN** to rest on top, and tighten **THUMBSCREW**. Lower the **BENCH SLIDE** down onto the **BENCH FRAME**. Lock legs in behind the **ROLLER PADS** of the **LEG CURL/EXTENSION PEDESTAL**. The **WOLFF SLEEVE** may be adjusted for comfort.
5. To perform **SQUATS**, (**MAKE SURE THAT NO ATTACHMENTS ARE IN THE UPRIGHT TUBE OF THE BENCH FRAME**) slide the **WOLFF SLEEVE** to the front of the **BENCH SLIDE**. Rotate the **BENCH SLIDE** up and allow it to rest on the **UPRIGHT TUBE**. Allow the **BACK PAD** to hang down. (**THE HANGING WEIGHT OF THE BACK PAD WILL KEEP THE BENCH SLIDE FORWARD**)
6. Please follow the **WALL CHART** for the correct way to use this product.





| | | | | | |
|---------------------------------|--|----------------------------|--------|-----------------------------|-------|
| TOLERANCES (EXCEPT AS NOTED) | <h1 style="text-align: center;">PARABODY, INC.</h1> <p style="text-align: center;">RAMSEY, MINNESOTA</p> | | | | |
| DECIMAL | | | | ~ | |
| FRACTIONAL | ~ | TITLE ASSY INST, 866103 | | | |
| ANGULAR | ~ | SCALE 1/14 | SIZE C | DRAWING NO. 66576 | |
| | DR | SAI | 10/96 | CHK'D | APP'D |