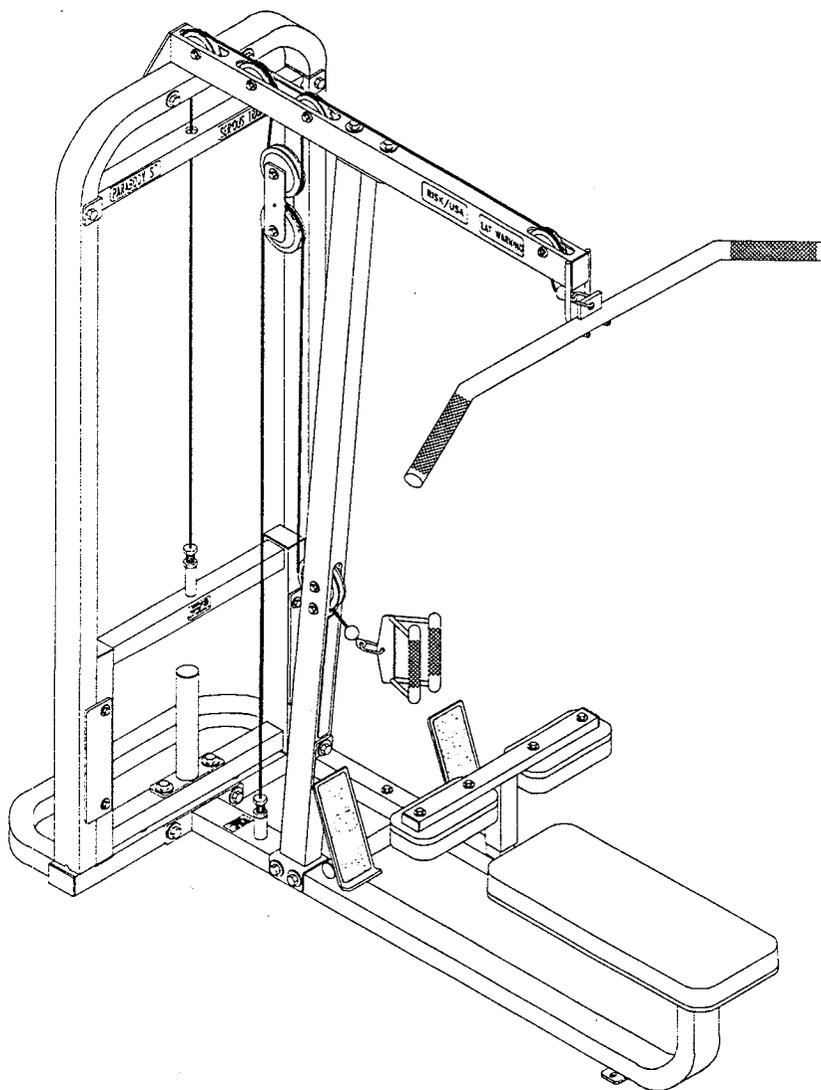


# PARABODY

## *Serious Steel*

### 912101 WEIGHT CARRIAGE OPTION

---



---

## ASSEMBLY INSTRUCTIONS

## IMPORTANT NOTES

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

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

### **Please note:**

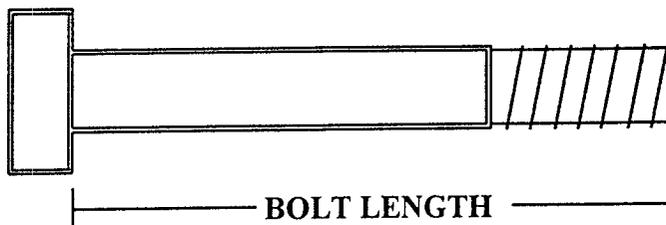
- \* Thank you for purchasing the Parabody 912101 Weight Carriage Option. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

## Tools Required for Assembly

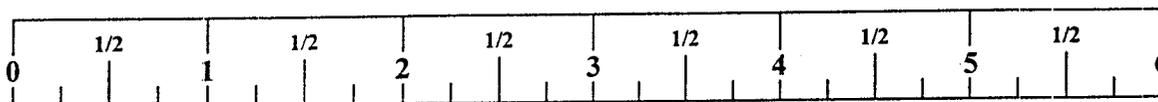
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* Adjustable wrench

## Bolt Length Ruler

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



### **BOLT LENGTH RULER:**



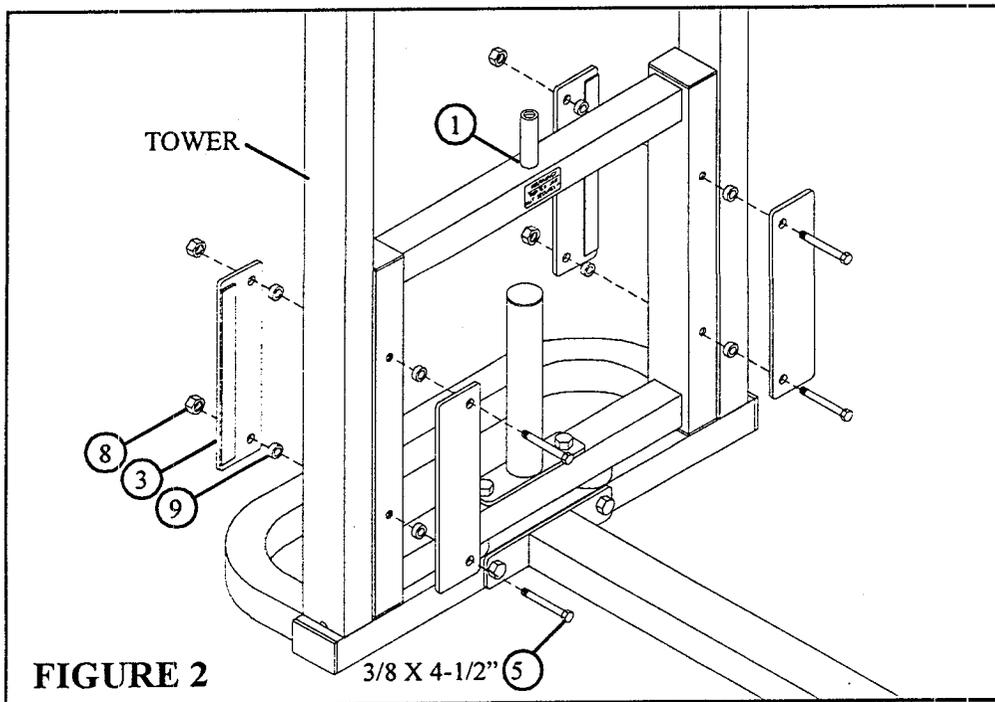
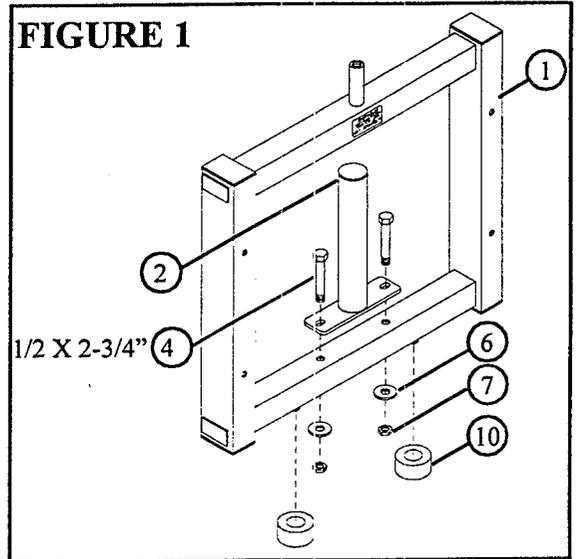
# PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6675202	CARRIAGE	1	6	3102502	1/2" WASHER	2
2	6675501	CHROME PLATE HOLDER	1	7	3102804	1/2" LOW HEIGHT LOCKNUT	2
3	6675303	PLATE, 1/4 X 3 X 12"	4	8	3102802	3/8" LOCK NUT	4
4	3102935	1/2 X 2-3/4" BOLT	2	9	6122704	1/4" SPACER	8
5	3102953	3/8 X 4-1/2" BOLT	4	10	3108002	3/4" WEIGHT STACK CUSHION	2

## STEP 1:

A. Securely attach the CHROME PLATE HOLDER (2) to CARRIAGE (1) using two 1/2 X 2-3/4" BOLTS (4), two 1/2" WASHERS (6), and two 1/2" LOW HEIGHT LOCK NUTS (7) as shown in FIGURE 1.

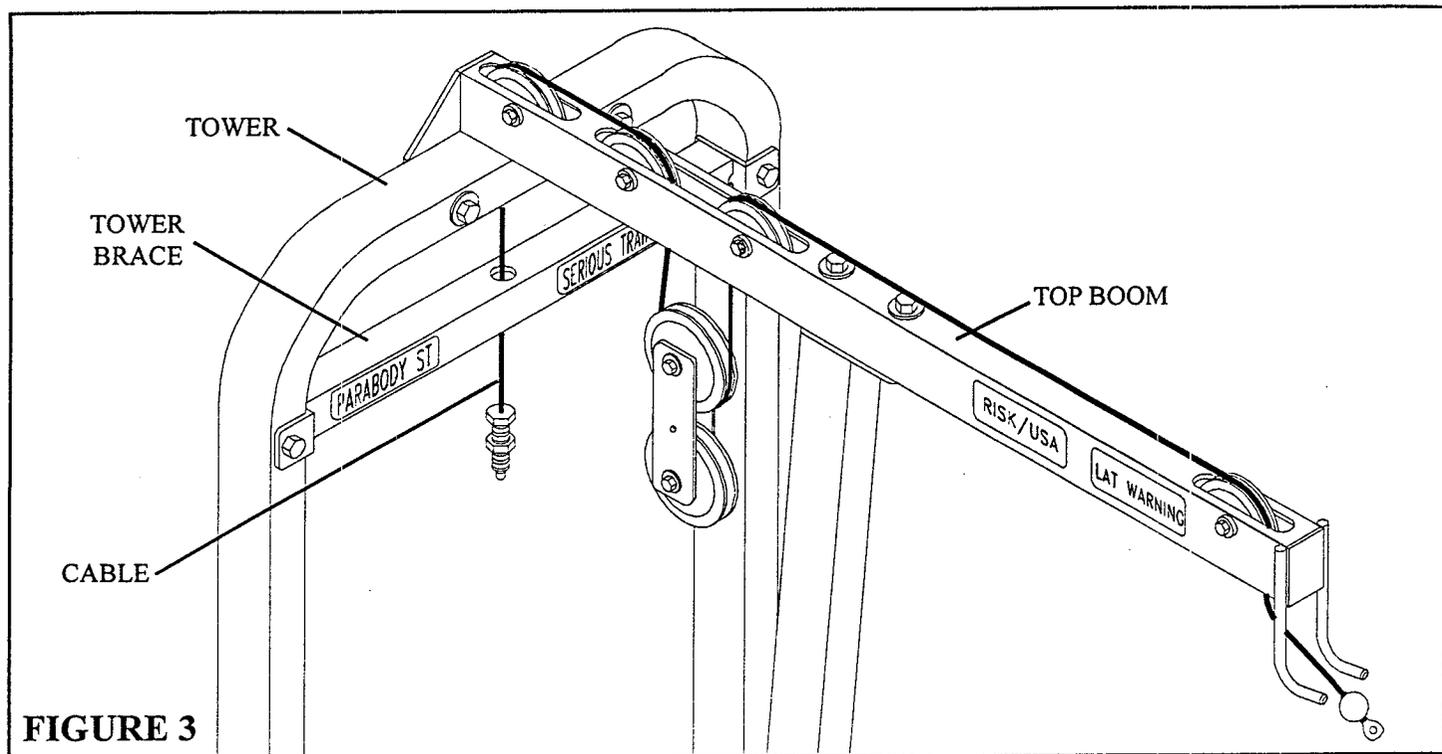
B. Attach two 3/4" WEIGHT STACK CUSHIONS (10) to the small tubes on the bottom of CARRIAGE (1) as shown in FIGURE 1.



## STEP 2:

A. Place CARRIAGE (1) between TOWER. See FIGURE 2.

B. Securely attach four 1/4 X 3 X 12" PLATES (3) to CARRIAGE (1) using four 3/8 X 4-1/2" BOLTS (5), eight 1/4" SPACERS (9), and four 3/8" LOCK NUTS (8) as shown in FIGURE 2.



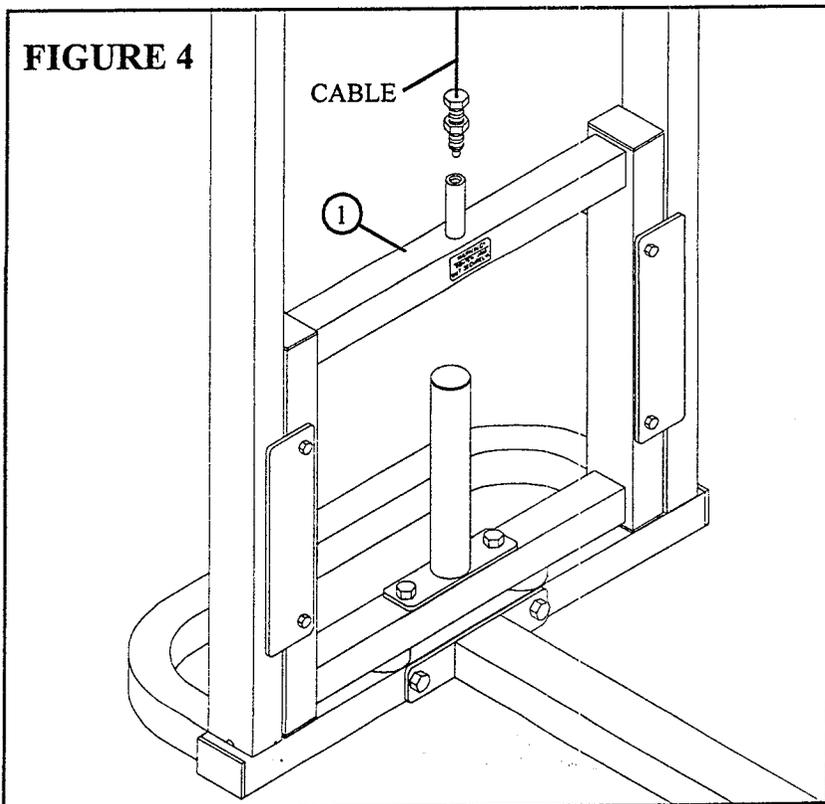
**FIGURE 3**

**STEP 3:**

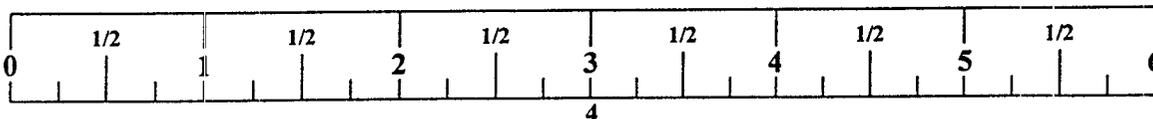
Route threaded end of CABLE (part # 6671601) around pulleys in TOP BOOM and PULLEY BLOCK ASSEMBLY. Route CABLE (part # 6671601) down through hole in TOWER and TOWER BRACE as shown in FIGURE 3.

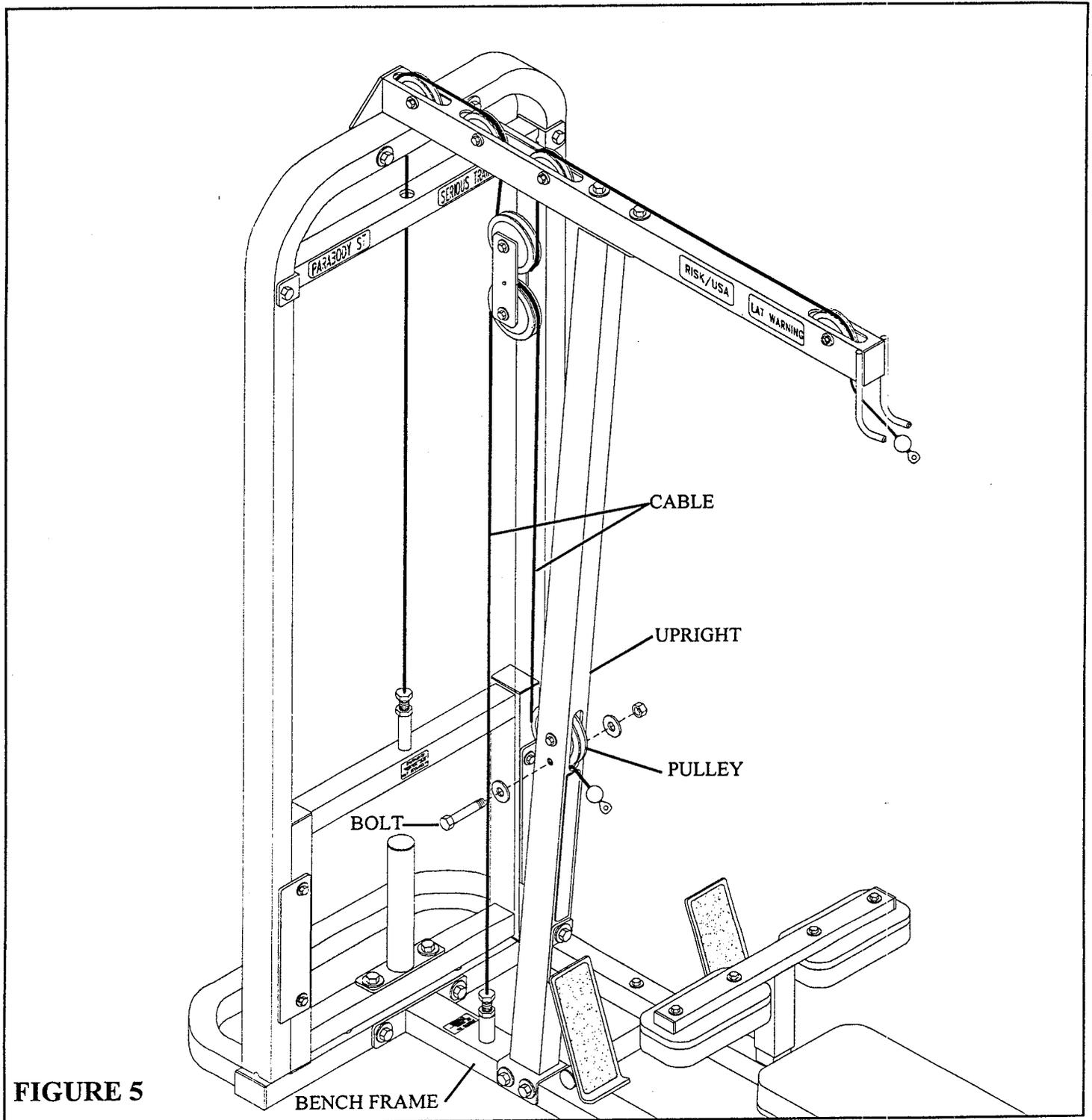
**STEP 4:**

Thread end of CABLE (part # 6671601) into CARRIAGE (1) and securely tighten jam nut as shown in FIGURE 4.



**FIGURE 4**

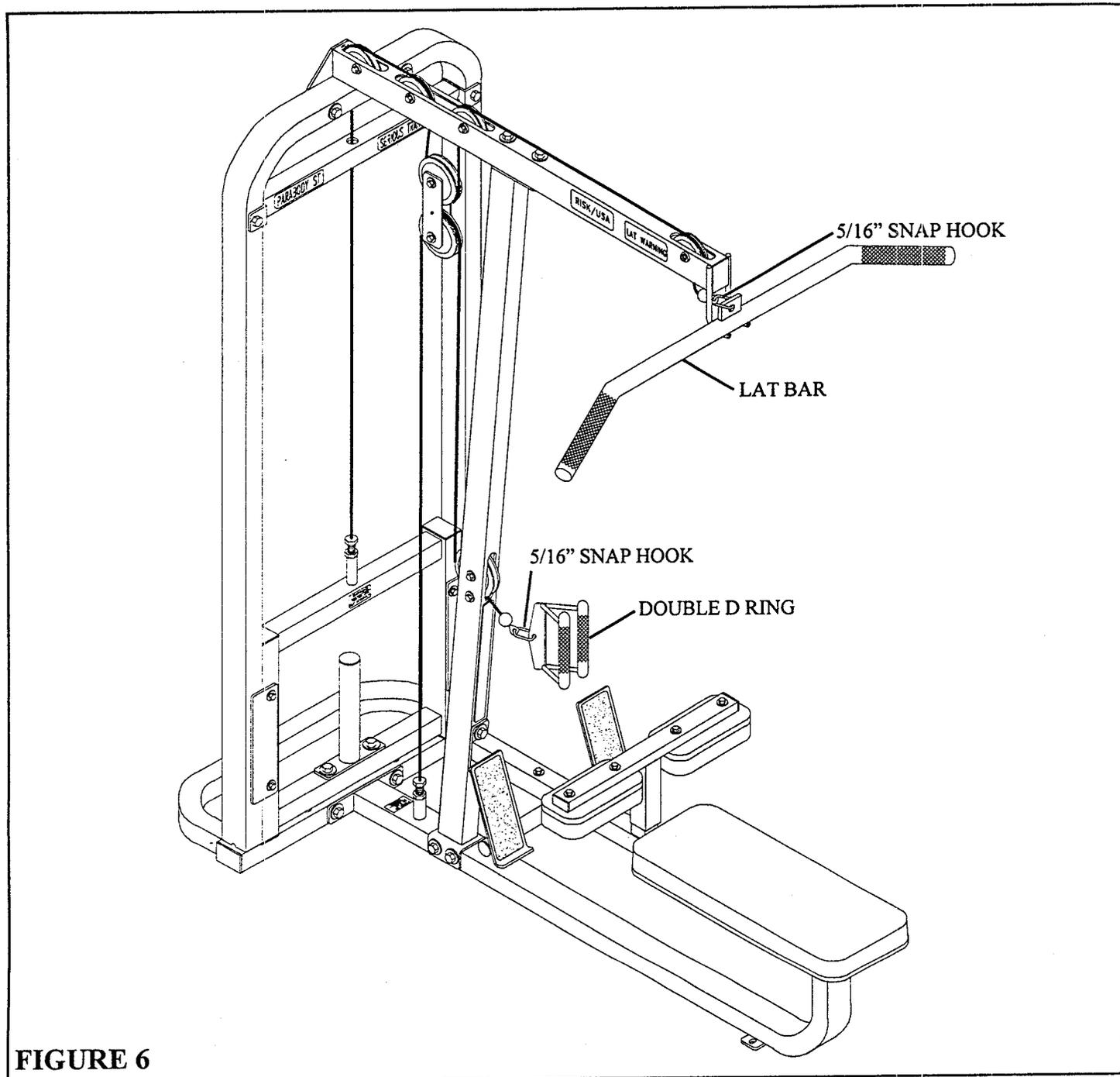




**FIGURE 5**

**STEP 5:**

- A. Remove the BOLT & WASHERS below the PULLEY in upright. See FIGURE 5.
- B. Insert the threaded end of CABLE (part #6671001) under the PULLEY in UPRIGHT and around the bottom PULLEY of the PULLEY BLOCK . See FIGURE 5.
- C. Fasten end of CABLE (part #6671001) into threaded housing on the base of BENCH FRAME.
- D. Tighten jam nut securely.
- E. Securely fasten previously removed BOLT & WASHER. (NOTE: The CABLE (part #6671001) should be routed over the bolt and washer.



**FIGURE 6**

**STEP 6:**

Attach CHROME LAT BAR & DOUBLE D CHROME HANDLE to ball ends of cables using 5/16" SNAP HOOKS. See FIGURE 6.

**THIS CONCLUDES THE ASSEMBLY OF THE 912101**

