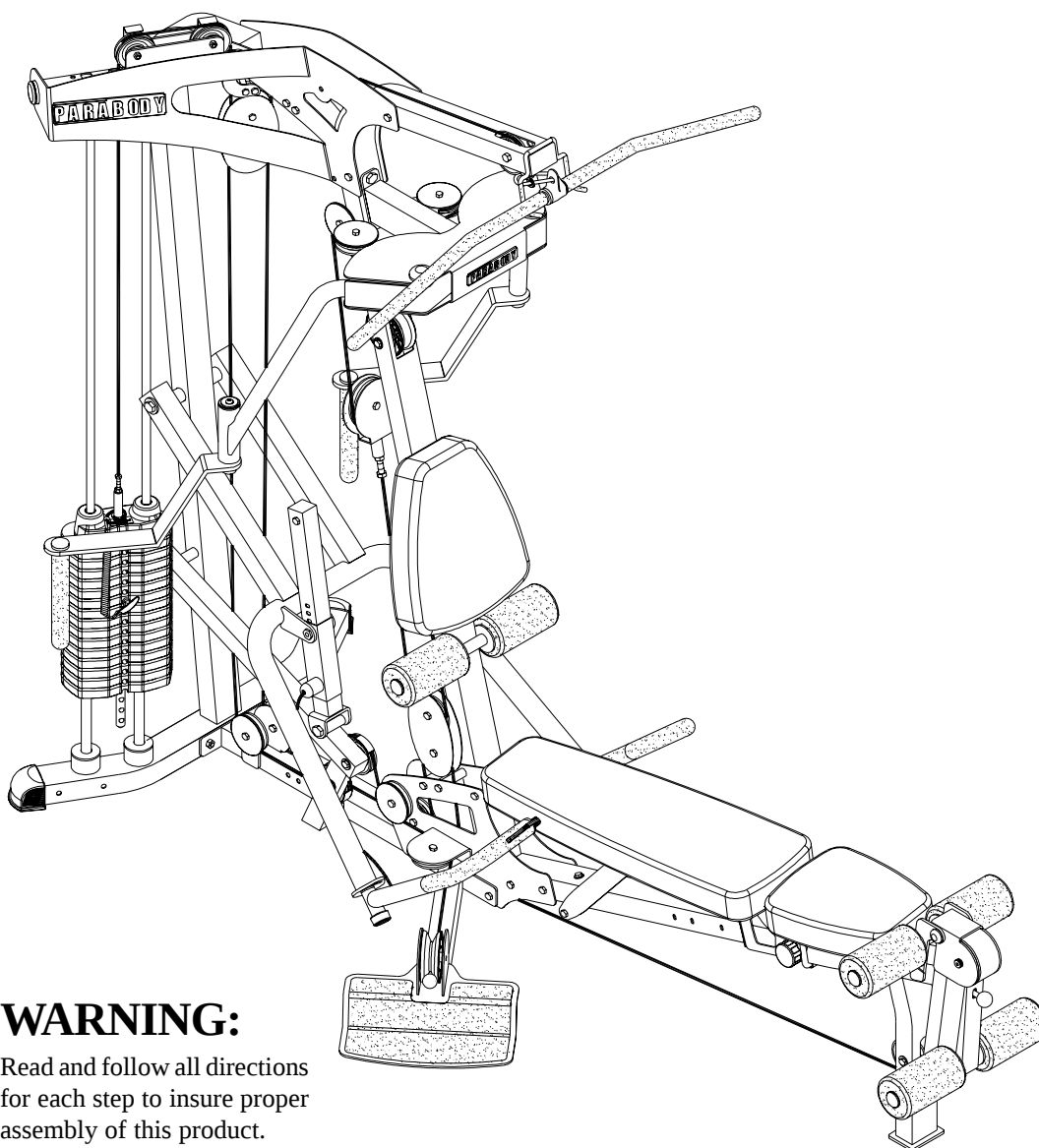


# PARABODY®

## GS6 GYM SYSTEM



### WARNING:

Read and follow all directions for each step to insure proper assembly of this product.



## USER'S GUIDE

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## IMPORTANT SAFETY INFORMATION



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.
9. Children must not be allowed near this machine. Supervise teenagers.

**NOTE:** In a continual effort to improve our products, specifications are subject to change  
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[www.parabody.com](http://www.parabody.com)

## IMPORTANT NOTES

### Please note:

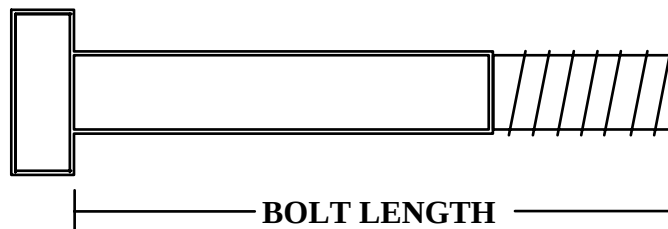
- \* Thank you for purchasing the ParaBody GS6 Gym System. Please read these instructions thoroughly and keep them for future reference.
- \* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

## Tools Required for Assembly

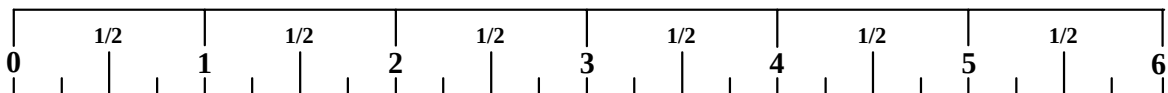
- \* Rubber mallet or hammer
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* 5/32" Allen wrench
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

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



**BOLT LENGTH RULER:**



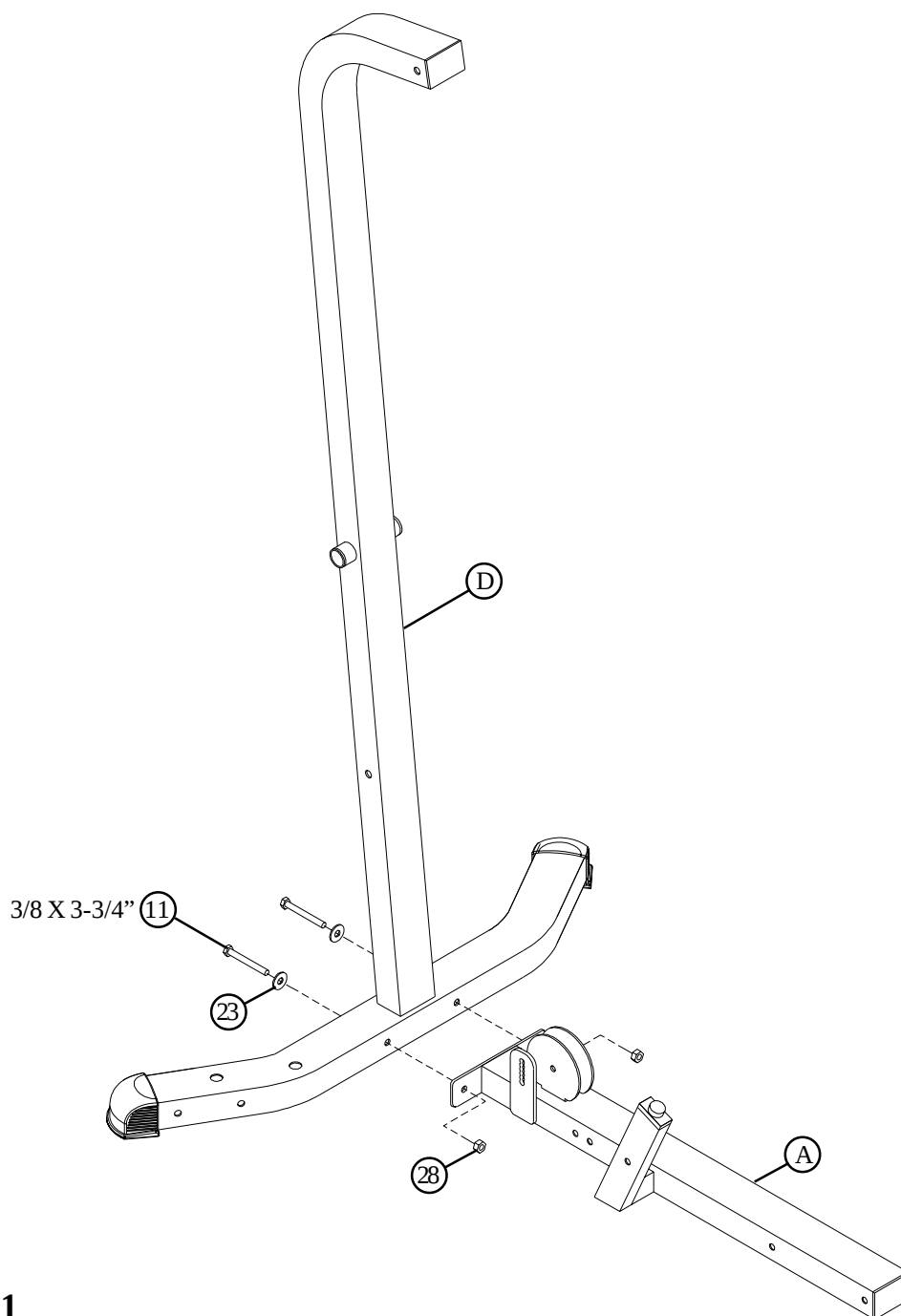
## GS6 COMPONENTS PARTS LIST

| KEY | PART #      | DESCRIPTION             | QTY |
|-----|-------------|-------------------------|-----|
| A   | ACU04-1528  | BASE                    | 1   |
| B   | ACU02-1526  | BASE PLATE              | 2   |
| C   | ACU02-1451  | 3-1/2" PULLEY GUARD     | 9   |
| D   | ACU02-1529A | REAR FRAME              | 1   |
| E   | ACU04-1530  | FRONT FRAME             | 1   |
| F   | ACU04-1532  | FOOT ASSEMBLY           | 1   |
| G   | ACU04-1533  | PRESS ARM ADJUSTMENT    | 1   |
| H   | ACU04-1534  | LEG EXTENSION HOLDER    | 1   |
| I   | ACU04-1535  | PRESS ARM               | 1   |
| J   | ACU04-1536  | BENCH TUBE              | 1   |
| K   | ACU02-1523  | BENCH BRACE             | 1   |
| L   | ACU02-1071  | FLOATING PULLEY PLATE   | 4   |
| M   | ACU04-1528  | SEAT ADJUST             | 1   |
| N   | ACU02-1524  | SEAT HINGE              | 2   |
| O   | ACU04-1539  | SEAT SUPPORT BRACKET    | 1   |
| P   | ACU04-1551  | PEC FLY HANDLE          | 2   |
| Q   | ACU04-1541  | LEFT PRESS ARM HANDLE   | 1   |
| R   | ACU04-1542  | RIGHT PRESS ARM HANDLE  | 1   |
| S   | ACU04-1543  | LEFT PEC FLY ARM        | 1   |
| T   | ACU04-1544  | RIGHT PEC FLY ARM       | 1   |
| U   | ACU04-1545  | PEC FLY MOUNT           | 1   |
| V   | ACU04-1531  | BACKING PLATE           | 1   |
| W   | ACU04-1546  | FLOATING PULLEY BRACKET | 1   |
| X   | ACU04-1547A | RIGHT TOP ASSEMBLY      | 1   |
| Y   | ACU02-1525  | LEFT TOP PLATE          | 1   |
| Z   | ACU04-1342  | LONG "L" CABLE BRACE    | 1   |
| AA  | ACU02-0055  | L CABLE RETAINER        | 2   |
| AB  | ACU01-2009  | 3/4 X 17-1/2" TUBE      | 1   |
| AC  | ACU01-2249  | 3/4 X 17-13/32 "L" TUBE | 1   |
| AD  | ACU04-1548  | LEG PEDESTAL            | 1   |
| AE  | ACU04-1549  | PRESS LOAD ARM          | 1   |
| AF  | ACU04-1537  | SEAT FRAME              | 1   |
| AG  | ACU04-1540  | PIVOT ASSEMBLY          | 1   |
| AH  | ACU04-1550  | PRESS ARM ADJUST. TUBE  | 1   |
| AI  | ACU01-2247A | GUIDE ROD               | 2   |
| AJ  | ACU04-1165  | WEIGHT STACK SPACER     | 2   |
| AK  | ACU10-0204  | HEAD PLATE<br>ASSEMBLY  | 1   |
|     | ACU10-0216  |                         |     |
| AL  | ACU04-1386  | LAT BAR                 | 1   |
| AM  | ACU04-0622  | LOW ROW BAR             | 1   |
| AN  | ACU06-0047  | 1" WEIGHT STACK CUSHION | 2   |
| AO  | ACU06-0429  | BUMPER 25/32h           | 2   |
| AP  | ACU07-0135  | BACK PAD                | 1   |
| AQ  | ACU07-0168  | SEAT PAD                | 1   |
| AR  | ACU07-0169  | BENCH PAD               | 1   |

[illegible]

# HARDWARE PARTS LIST

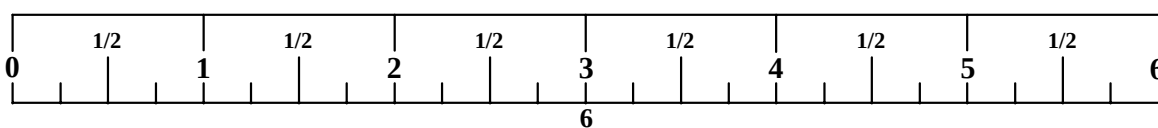
| KEY | PART #             | DESCRIPTION           | QTY | KEY | PART #            | DESCRIPTION               | QTY |
|-----|--------------------|-----------------------|-----|-----|-------------------|---------------------------|-----|
| 1   | ACUDA1E012101213NB | HEX BOLT 1/2 X 10-1/2 | 1   | 46  | ACU06-0358        | PLASTIC SLEEVE 2 LG       | 2   |
| 2   | ACUDA1E01271413NB  | HEX BOLT 1/2 X 7-1/4  | 1   | 47  | ACU06-0375        | PLASTIC SLEEVE 2-29/32 LG | 4   |
| 3   | ACUDA1E01260013NB  | HEX BOLT 1/2 X 6      | 2   | 48  | ACU06-0363        | 3/4 PLASTIC WASHER        | 6   |
| 4   | ACUDA1E01241413NB  | HEX BOLT 1/2 X 4-1/4  | 1   | 49  | ACU06-0024        | 3-1/2 PULLEY              | 20  |
| 5   | ACUDA1C01209213NB  | HEX BOLT 1/2 X 92mm   | 2   | 50  | ACU06-0025        | 4-1/2 PULLEY              | 2   |
| 6   | ACUDA1E01231213NB  | HEX BOLT 1/2 X 3-1/2  | 1   | 51  | ACU06-0360        | VPULLEY                   | 2   |
| 7   | ACUDA1E01230013NB  | HEX BOLT 1/2 X 3      | 2   | 52  | ACUDAE103821416NB | HEX BOLT 3/8 X 2-1/4      | 2   |
| 8   | ACUDA1C01210413NB  | HEX BOLT 1/2 X 104mm  | 1   |     |                   |                           |     |
| 9   | ACUDA1E03853416NB  | HEX BOLT 3/8 X 5-3/4  | 1   |     |                   |                           |     |
| 10  | ACUDA1E03840016NB  | HEX BOLT 3/8 X 4      | 3   |     |                   |                           |     |
| 11  | ACUDA1E03833416NB  | HEX BOLT 3/8 X 3-3/4  | 20  |     |                   |                           |     |
| 12  | ACUDA1E03831216NB  | HEX BOLT 3/8 X 3-1/2  | 1   |     |                   |                           |     |
| 13  | ACUDA1E03831416NB  | HEX BOLT 3/8 X 3-1/4  | 1   |     |                   |                           |     |
| 14  | ACUDA1E03830016NB  | HEX BOLT 3/8 X 3      | 5   |     |                   |                           |     |
| 15  | ACUDA1E03823416NB  | HEX BOLT 3/8 X 2-3/4  | 7   |     |                   |                           |     |
| 16  | ACUDA1E03820016NB  | HEX BOLT 3/8 X 2      | 2   |     |                   |                           |     |
| 17  | ACUDA1E03813416NB  | HEX BOLT 3/8 X 1-3/4  | 7   |     |                   |                           |     |
| 18  | ACUDA1E03811416NB  | HEX BOLT 3/8 X 1-1/4  | 2   |     |                   |                           |     |
| 19  | ACUDA1E03801216NB  | HEX BOLT 3/8 X 1/2    | 1   |     |                   |                           |     |
| 20  | ACUDAE01203413YB   | BTN HEAD 1/2 X 3/4    | 2   |     |                   |                           |     |
| 21  | ACUDC1340130030B   | 1/2 X 1-11/32 WASHER  | 2   |     |                   |                           |     |
| 22  | ACUDC126013020B    | 1/2 X 1-1/32 WASHER   | 3   |     |                   |                           |     |
| 23  | ACUDC1250100020B   | 3/8 WASHER            | 14  |     |                   |                           |     |
| 24  | ACDC417010020B     | SPRING WASHER         | 1   |     |                   |                           |     |
| 25  | ACU05-0311         | SHIM WASHER           | 6   |     |                   |                           |     |
| 26  | ACUDB2E01212000B   | LOCK NUT 1/2 X 15/32  | 6   |     |                   |                           |     |
| 27  | ACUDB2E01208000B   | LOCK NUT 1/2 X 5/16   | 7   |     |                   |                           |     |
| 28  | ACUDB2E03811000B   | 3/8 LOCK NUT          | 45  |     |                   |                           |     |
| 29  | ACU05-0384         | 3/4 JAM NUT           | 2   |     |                   |                           |     |
| 30  | ACU05-0381         | SPACER 15/16 LG       | 5   |     |                   |                           |     |
| 31  | ACU05-0385         | SPACER 3/8 LG         | 1   |     |                   |                           |     |
| 32  | ACU05-0386         | SPACER 7/16 LG        | 1   |     |                   |                           |     |
| 33  | ACU05-0387         | SPACER 13/32 LG       | 1   |     |                   |                           |     |
| 34  | ACU05-0388         | SPACER 5-15/16 LG     | 1   |     |                   |                           |     |
| 35  | ACU05-0389         | SPACER 3 LG           | 2   |     |                   |                           |     |
| 36  | ACU05-0390         | SPACER 1/4 LG         | 2   |     |                   |                           |     |
| 37  | ACU05-0212         | COLLAR                | 2   |     |                   |                           |     |
| 38  | ACU05-0193         | CHAIN                 | 1   |     |                   |                           |     |
| 39  | ACUD1108008OU      | SNAP LINK             | 4   |     |                   |                           |     |
| 40  | ACU08-0066         | STEP SPACER 1-1/16 LG | 4   |     |                   |                           |     |
| 41  | ACU08-0077         | STEP SPACER 15/16 LG  | 2   |     |                   |                           |     |
| 42  | ACU08-0085         | STEP SPACER 19/32 LG  | 2   |     |                   |                           |     |
| 43  | ACU05-0292         | SOCKET WRENCH         | 1   |     |                   |                           |     |
| 44  | ACU05-0036         | STARLOCK COLLAR       | 6   |     |                   |                           |     |
| 45  | ACU06-0357         | RH CAP                | 6   |     |                   |                           |     |
|     |                    |                       |     |     |                   |                           |     |
|     |                    |                       |     |     |                   |                           |     |

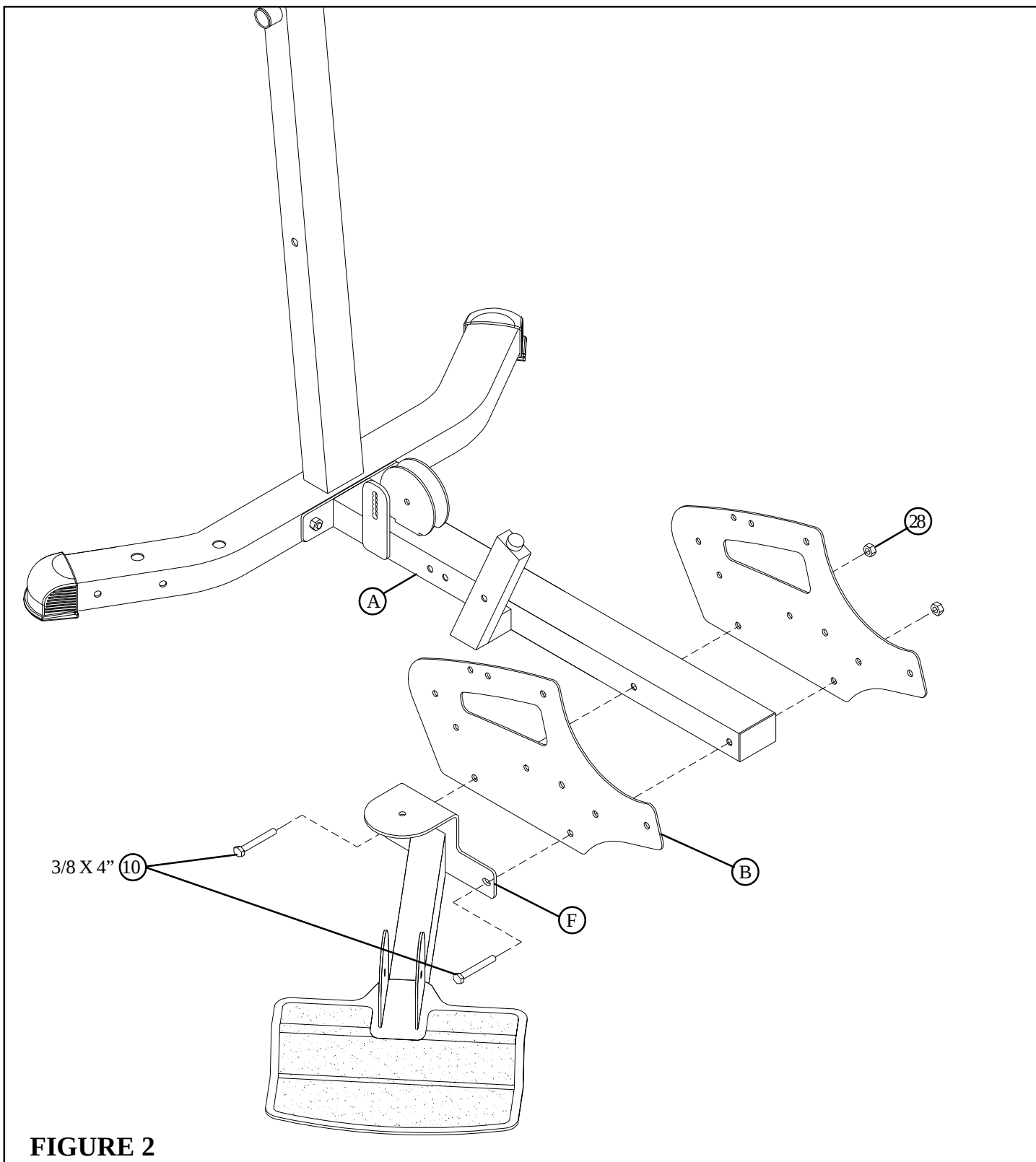


**FIGURE 1**

**STEP 1:**

- **SECURELY** assemble the REAR FRAME (D) to the BASE (A) using two 3/8 X 3-3/4" BOLTS (11), two 3/8" WASHERS (23) and two 3/8" LOCK NUTS (28) as shown in FIGURE 1.

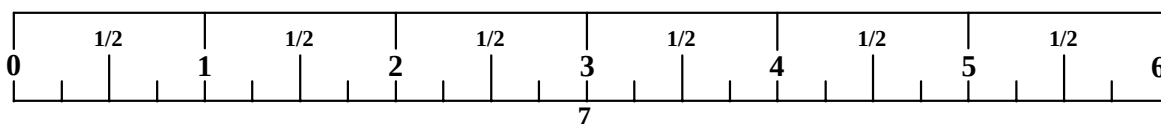


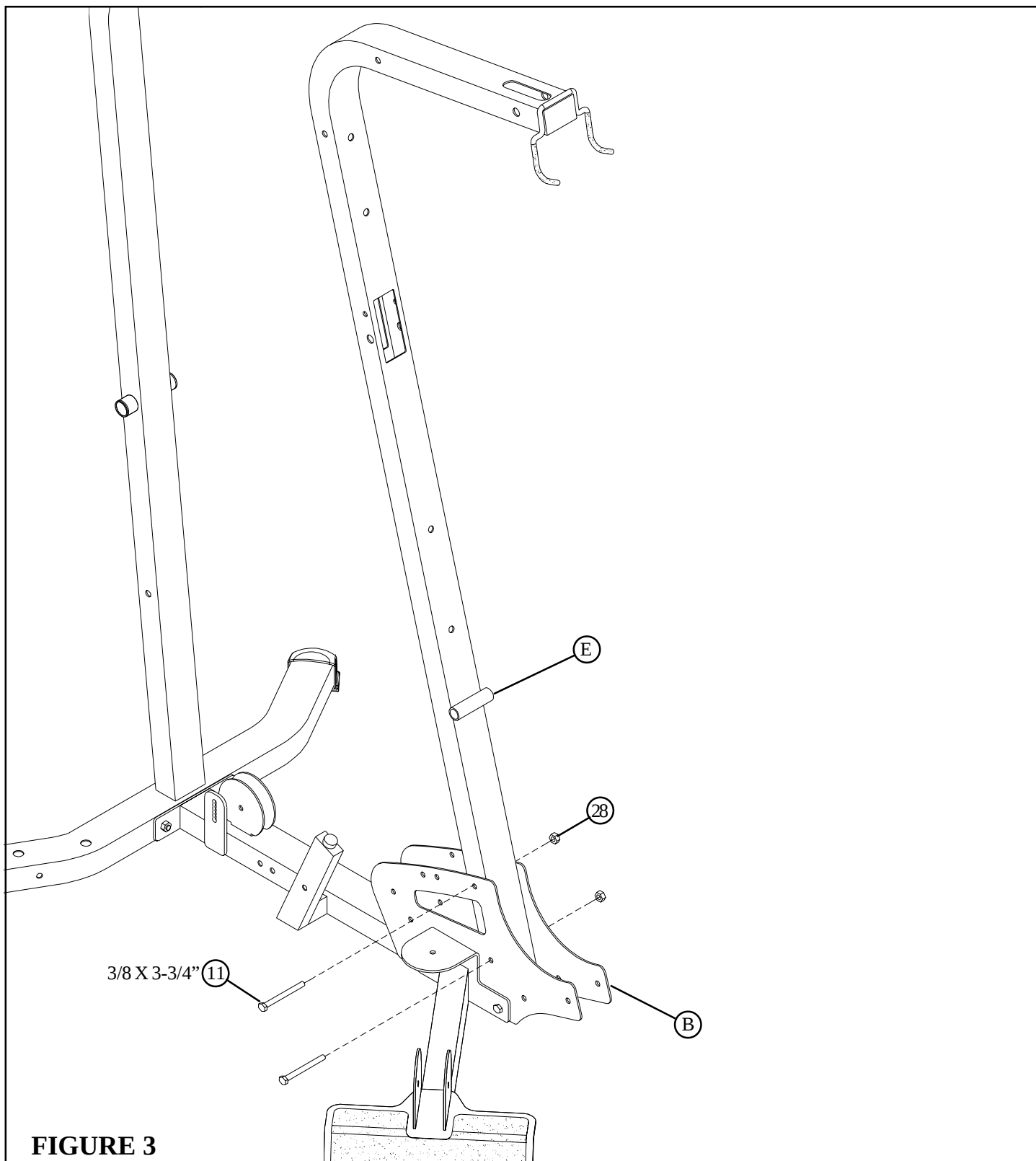


**FIGURE 2**

**STEP 2:**

- **LOOSELY** assemble two BASE PLATES (B) and the FOOT ASSEMBLY (F) to the BASE (A) using two 3/8 X 4" BOLTS (10) and two 3/8" LOCK NUTS (28). See FIGURE 2.

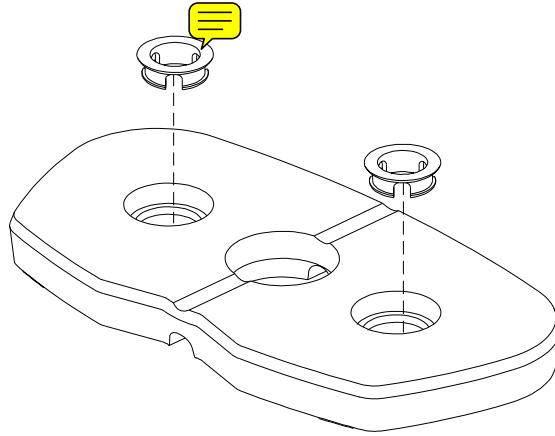




**FIGURE 3**

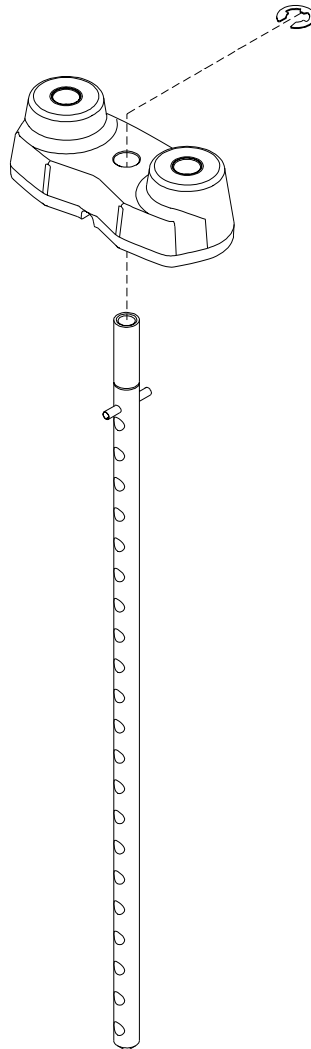
**STEP 3:**

- **SECURELY** assemble the FRONT FRAME (E) to the BASE PLATES (B) using two 3/8 X 3-3/4" BOLTS (11) and two 3/8" LOCK NUTS (28) as shown in FIGURE 3.



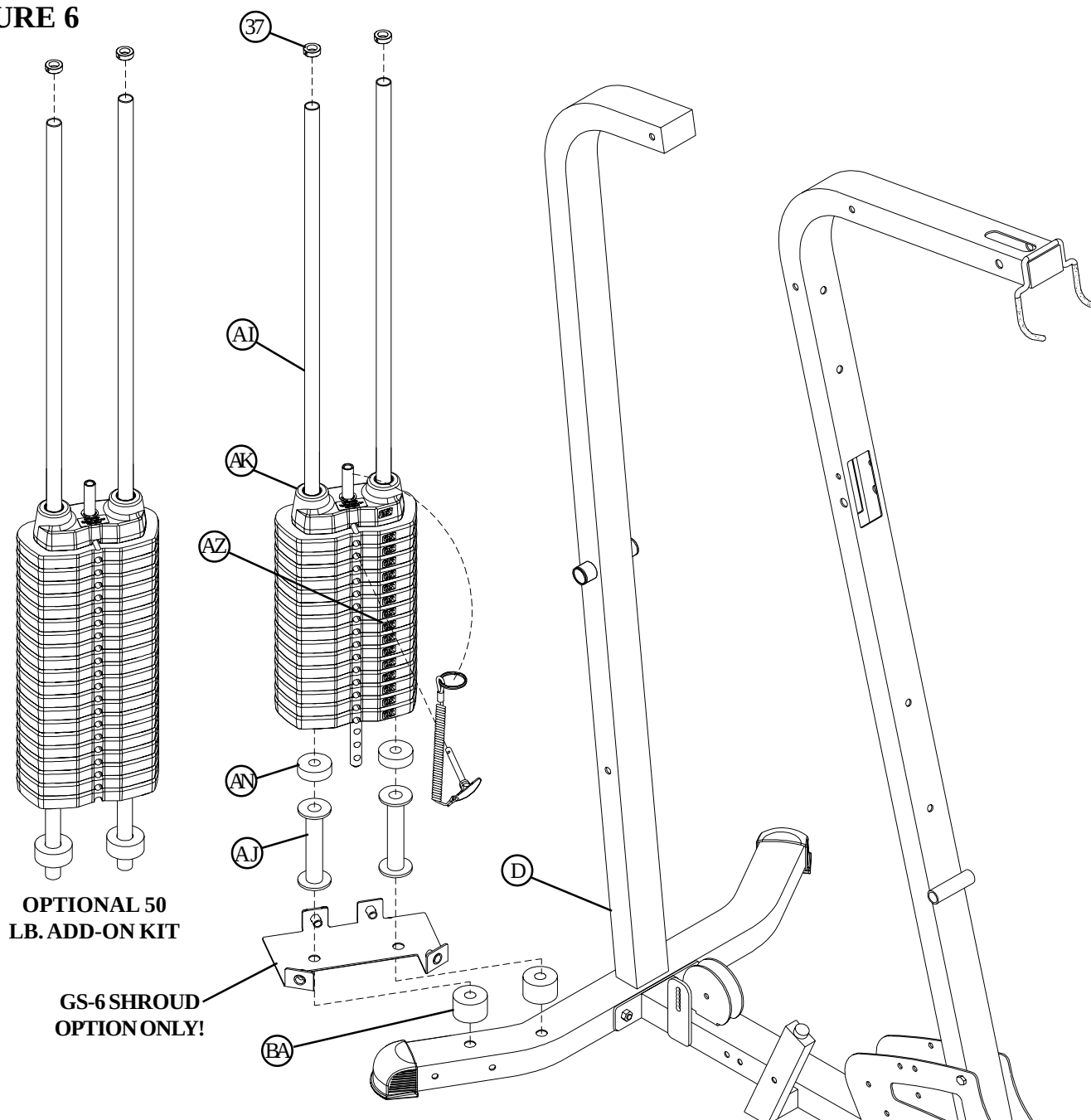
**FIGURE 4**

- CHECK THAT THE HEADPLATE AND WEIGHT PLATES ARE ASSEMBLED AS SHOWN IN FIGURES 4 & 5



**FIGURE 5**

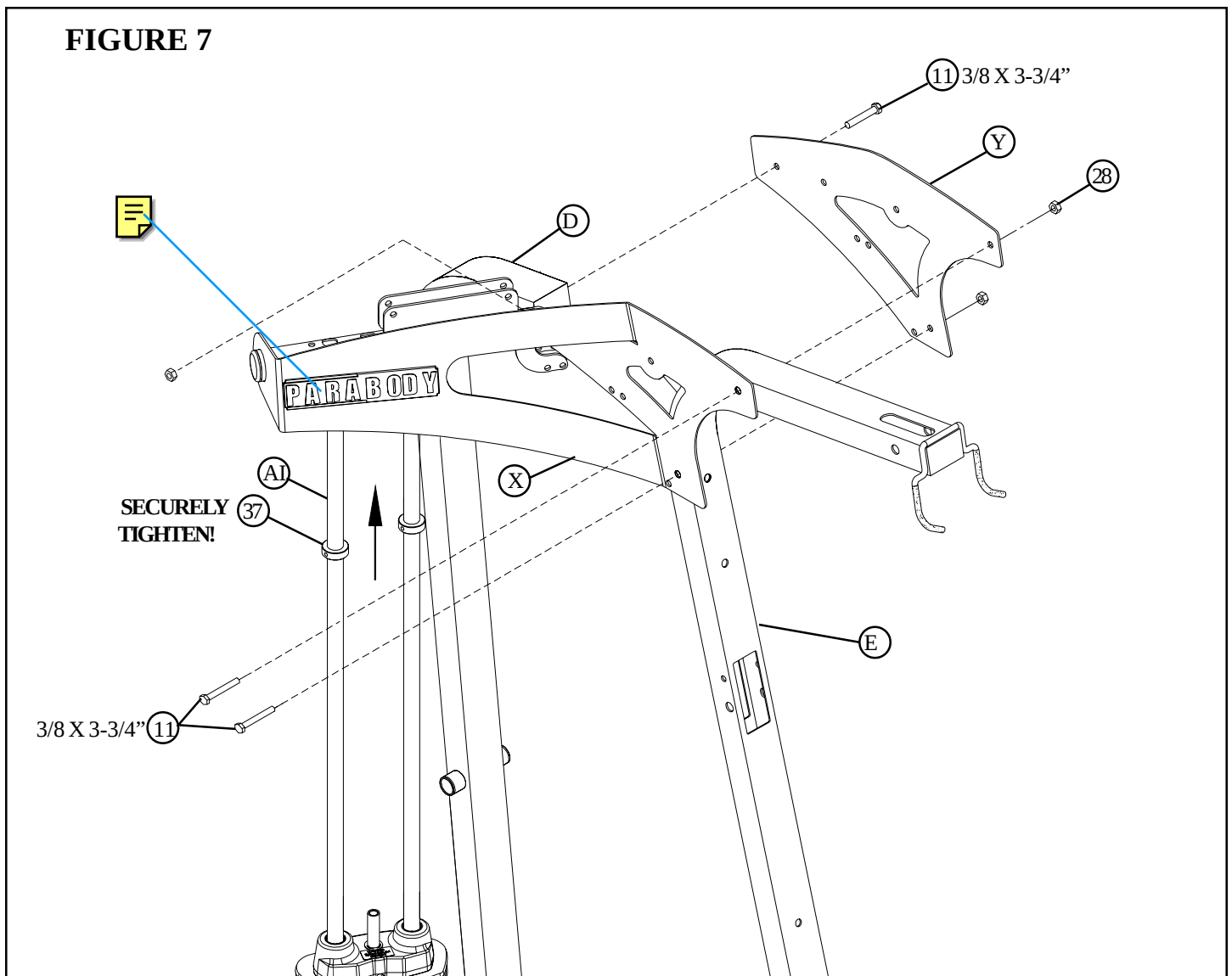
**FIGURE 6**



**STEP 6:**

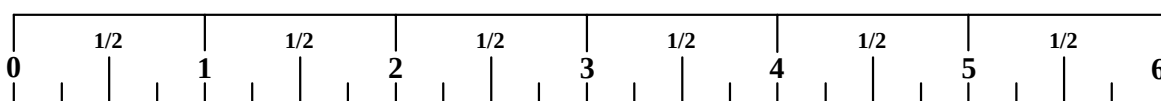
- Insert two GUIDE RODS (AI) and two 2" WEIGHT STACK CUSHIONS (BA) into the REAR FRAME (D) as shown on FIGURE 6.  
(NOTE: If the GS-6 SHROUD OPTION was purchased, place the GUIDE RODS (AI) through the BOTTOM SHROUD BRACKET (found in SHROUD OPTION box) and into the REAR FRAME (D) as shown in FIGURE 6.)
- (NOTE: Lubricate GUIDE RODS (AI) with silicon or teflon spray available at most hardware stores.)
- Slide two WEIGHT STACK SPACERS (AJ), and two 1" WEIGHT STACK CUSHIONS (AN) down over the GUIDE RODS (AI).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (NOTE: If 50-LB. ADD-ON KIT was purchased, slide twenty WEIGHT PLATES and discard the two WEIGHT STACK SPACERS (AJ) and refer to the 50 LB. ADD-ON Kit instructions) down over the GUIDE RODS (AI) on to the 1" & 2" WEIGHT STACK CUSHIONS (AN & BA). Make sure that the WEIGHT PLATES are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (AK) down over the GUIDE RODS (AI) onto the weight stack.
- Slide two SHAFT COLLARS (37) over the GUIDE RODS (AI) as shown in FIGURE 6.
- Apply WEIGHT STACK LABELS (AZ) to WEIGHT PLATES and HEAD PLATE ASSEMBLY (AK) as shown in FIGURE 6. Begin with number one at the HEAD PLATE (AK) with larger numbers in consecutive order towards bottom of weight stack.

**FIGURE 7**

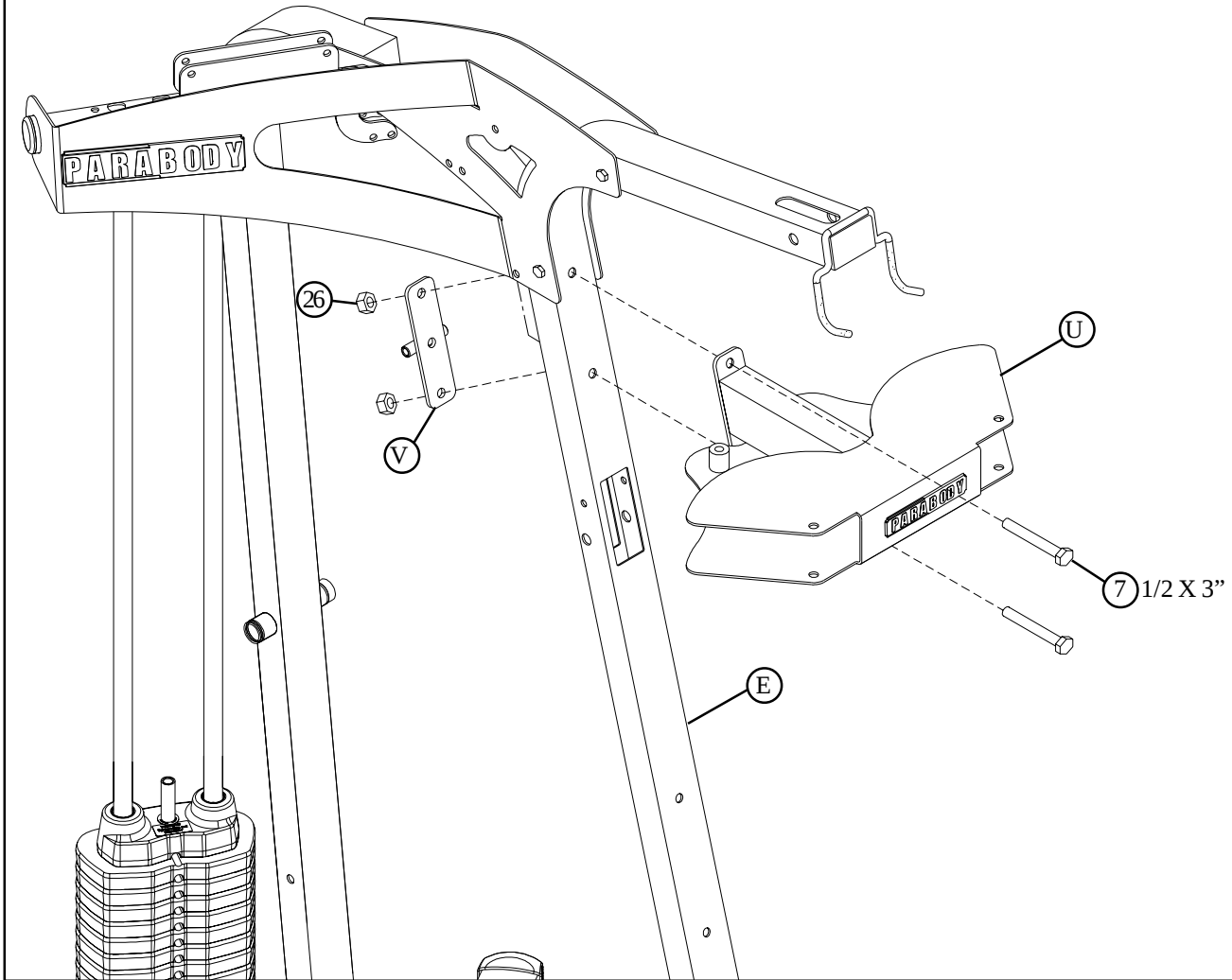


**STEP 7:**

- Swing the GUIDE RODS (AI) into the guide rod bushings in the RIGHT TOP ASSEMBLY (Y) as shown in FIGURE 7.
- **LOOSELY** assemble the RIGHT TOP ASSEMBLY (Y) and the LEFT TOP PLATE (Y) to the REAR FRAME (D) and the FRONT FRAME (E) using three 3/8 X 3-3/4" BOLTS (11) and three 3/8" LOCK NUTS (28). See FIGURE 7.
- **SECURELY TIGHTEN** top of both SHAFT COLLARS (37) flush to bottom of the RIGHT TOP ASSEMBLY (X) as shown in FIGURE 7.

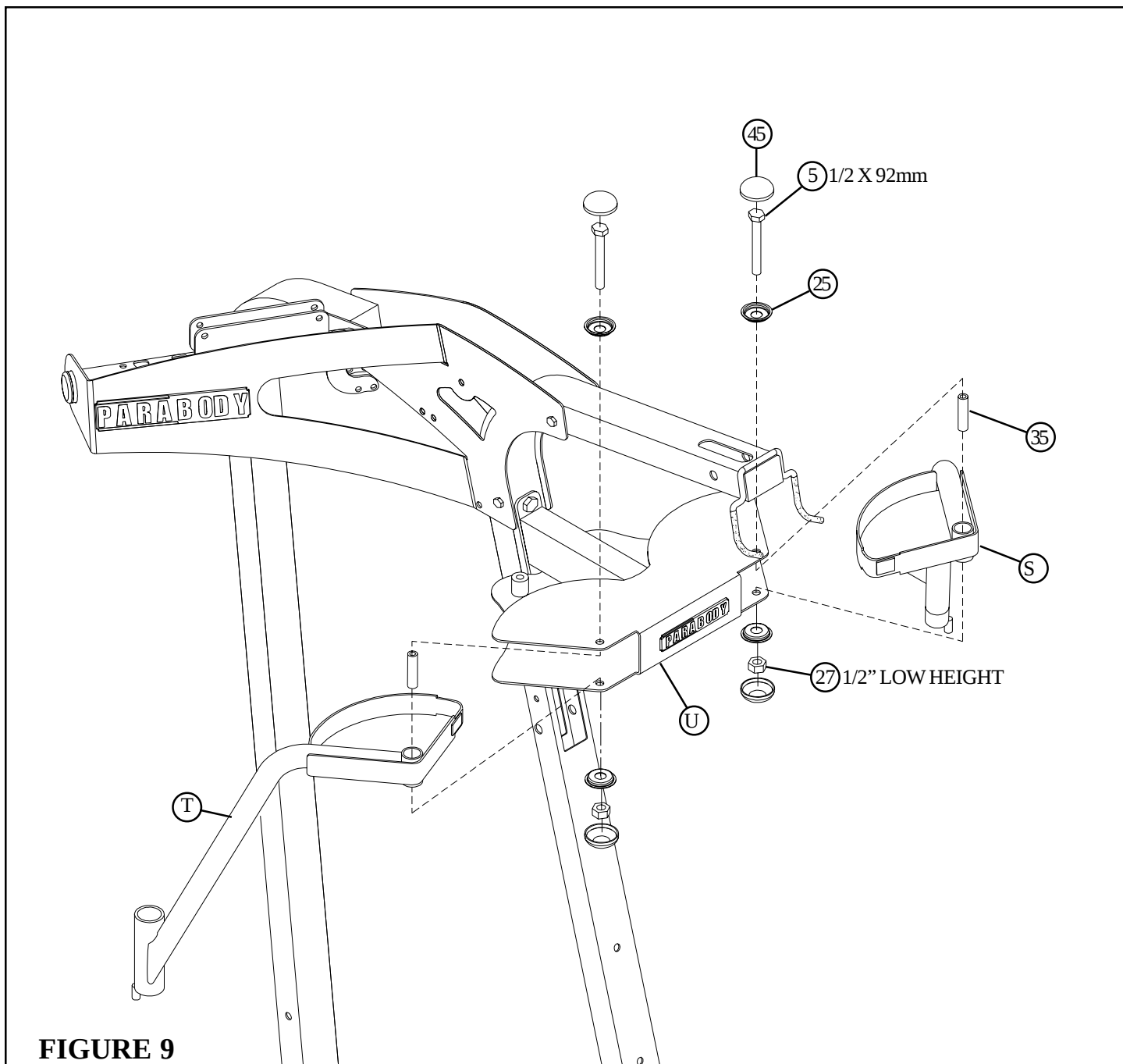


**FIGURE 8**



**STEP 8:**

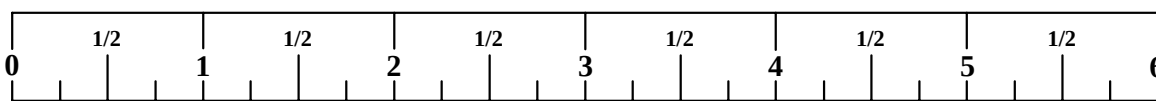
- **SECURELY** assemble the PEC FLY MOUNT (U) and BACKING PLATE (V) to the FRONT FRAME (E) using two 1/2 X 3" BOLTS (7) and two 1/2" LOCK NUTS (26) as shown in FIGURE 8.

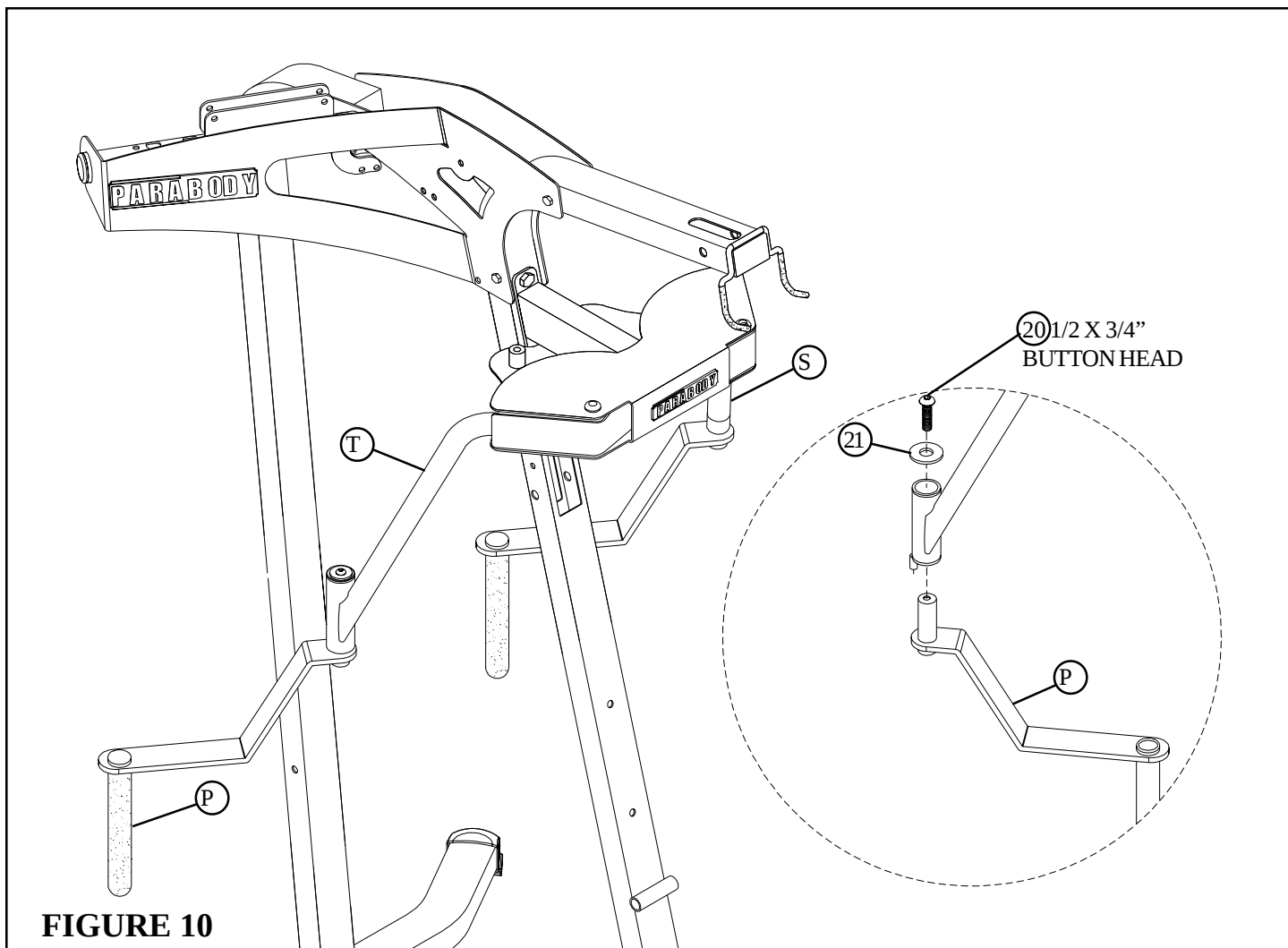


**FIGURE 9**

**STEP 9:**

- Assemble the RIGHT PEC FLY ARM (T) and LEFT PEC FLY ARM (S) to the PEC FLY MOUNT (U) using two 1/2 X 92mm BOLTS (5), two 3" LONG SPACERS (35), four SHIM WASHERS (25), two 1/2" LOW HEIGHT LOCK NUTS (27) and four RH CAPS (45) as shown in FIGURE 9.

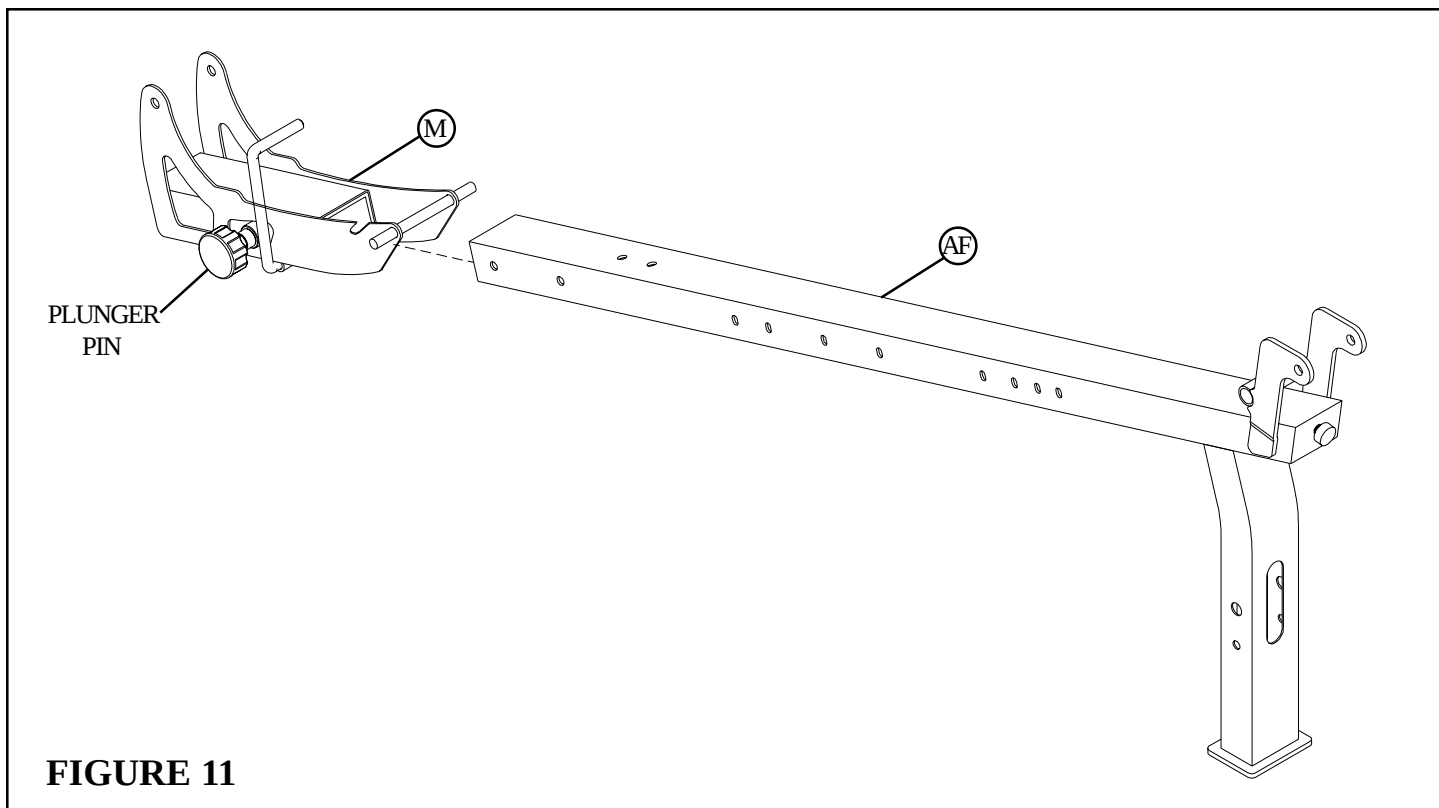




**FIGURE 10**

**STEP 10:**

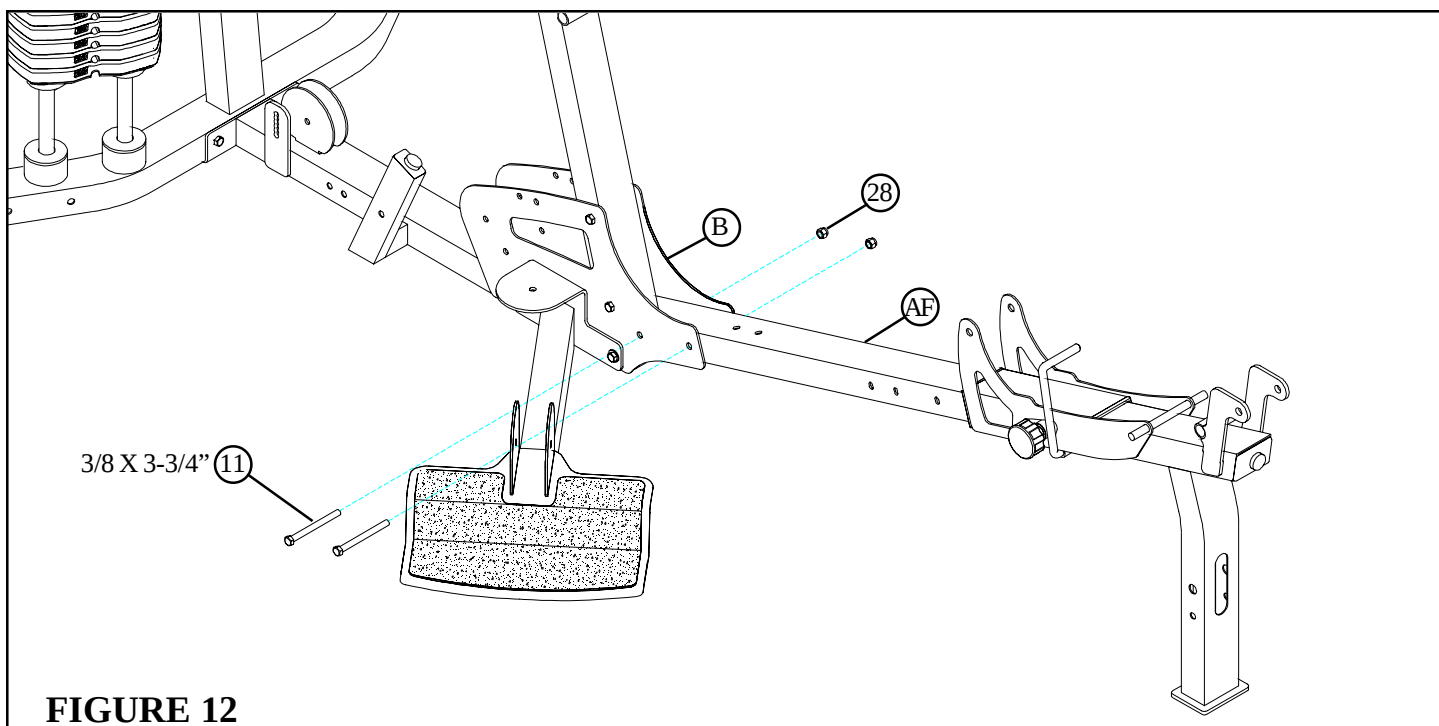
- Assemble the PEC HANDLE (P) to the LEFT PEC FLY ARM (S) using one 1/2 X 3/4" BUTTON HEAD BOLT (20) and one 1/2" WASHER (21) as shown in FIGURE 10.
- Assemble the PEC HANDLE (P) to the RIGHT PEC FLY ARM (T) using one 1/2 X 3/4" BUTTON HEAD BOLT (20) and one 1/2" WASHER (21) as shown in FIGURE 10.



**FIGURE 11**

**STEP 11:**

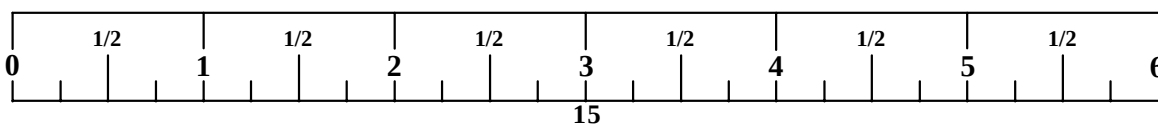
- **CAREFULLY** slide the SEAT ADJUST (M) onto the SEAT FRAME (AF) as shown. The SEAT can be adjusted and tightened using the PLUNGER PIN.

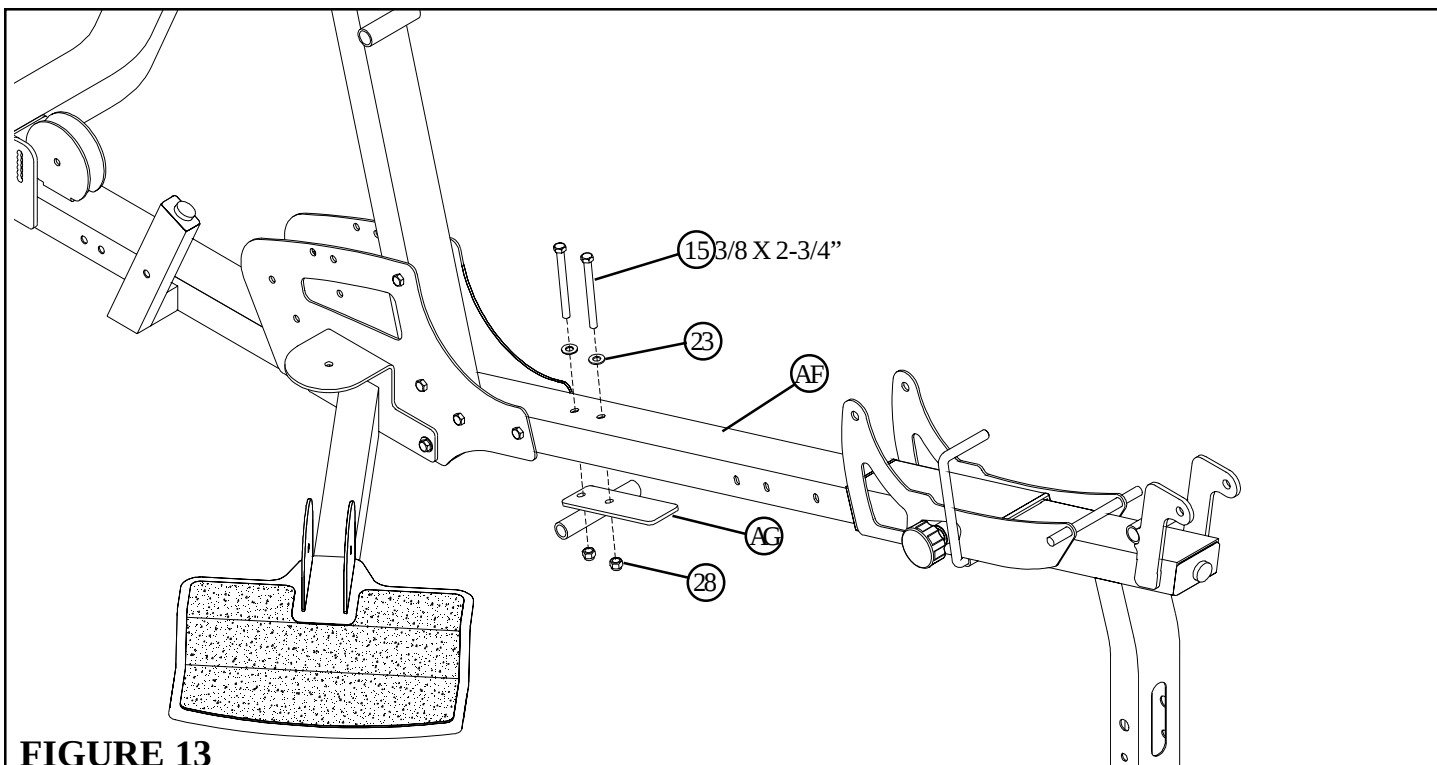


**FIGURE 12**

**STEP 12:**

- **SECURELY** assemble the SEAT FRAME (AF) to the BASE PLATES (B) using two 3/8 X 3-3/4" BOLTS (11) and two 3/8" LOCK NUTS (28) as shown in FIGURE 12.

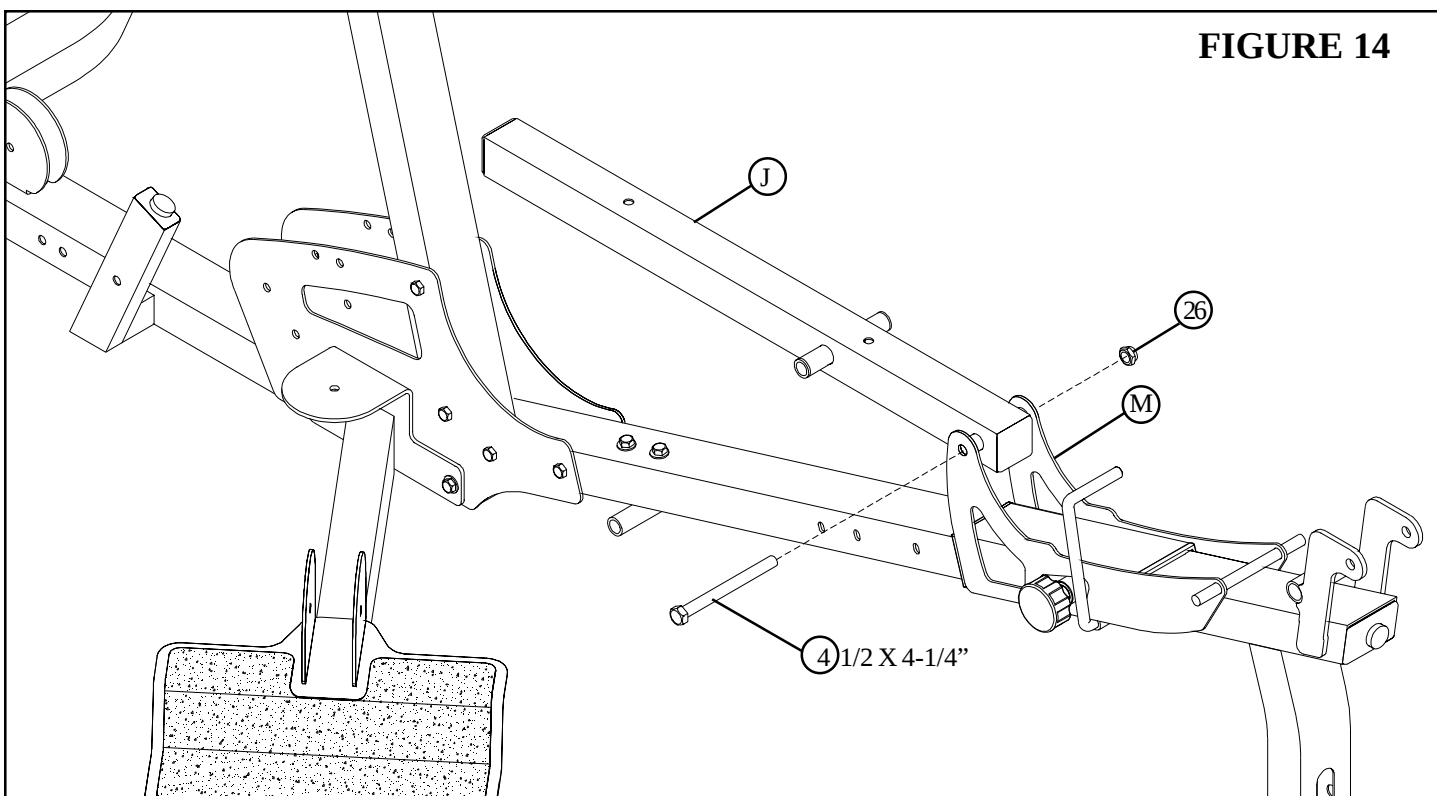




**FIGURE 13**

**STEP 13:**

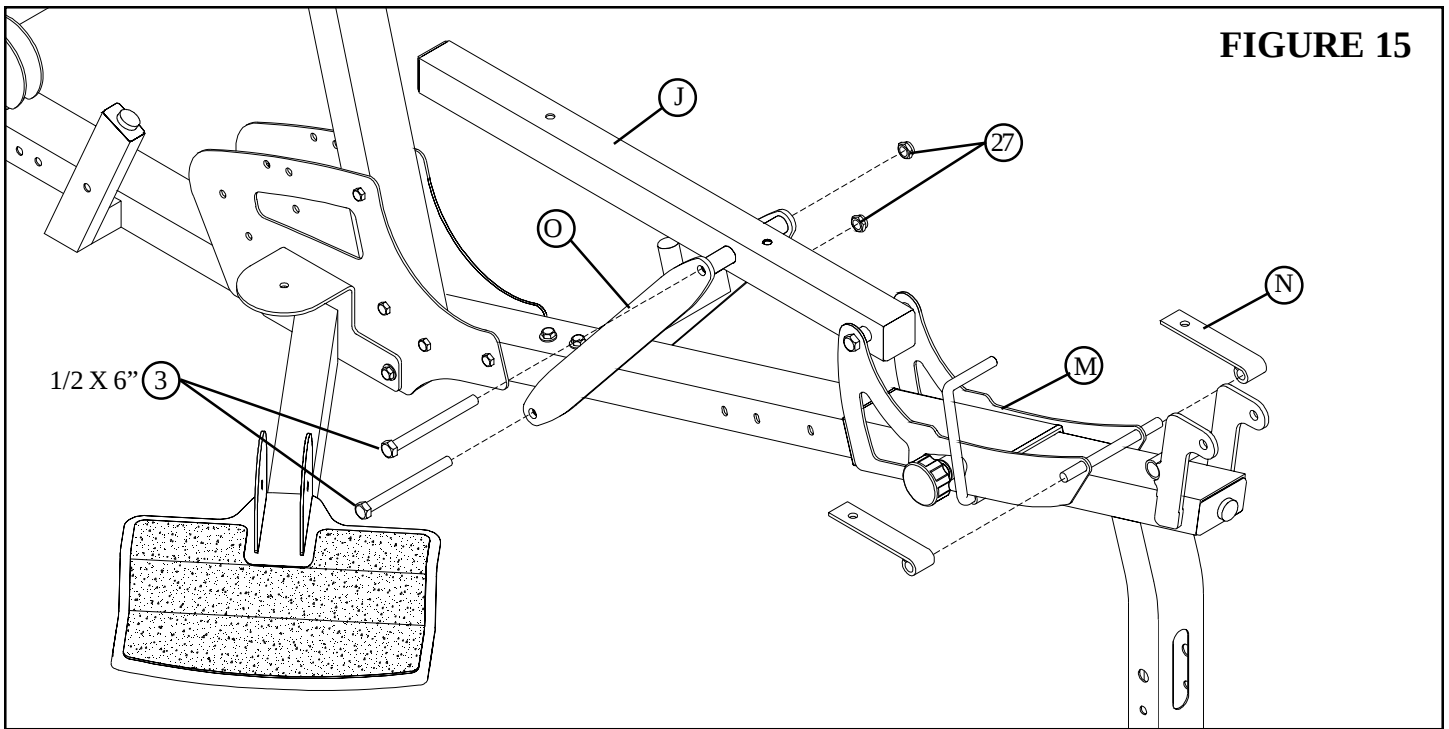
- **SECURELY** assemble the PIVOT ASSEMBLY (AG) to the SEAT FRAME (AF) using two 3/8 X 2-3/4" BOLTS (15), two 3/8" WASHERS (23) and two 3/8" LOCK NUTS (28) as shown in FIGURE 13.



**FIGURE 14**

**STEP 14:**

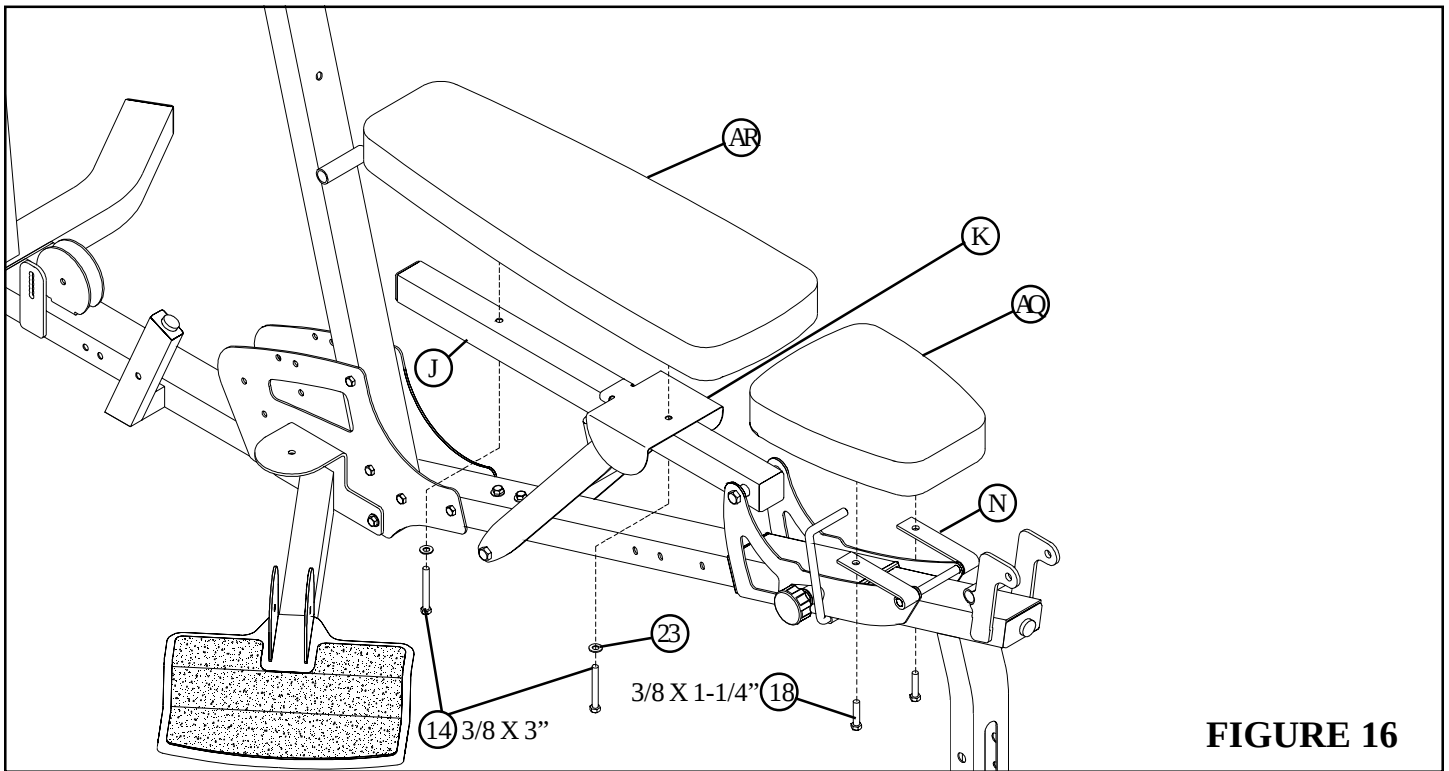
- Assemble the BENCH TUBE (J) to the SEAT ADJUST (M) using one 1/2 X 4-1/4" BOLT (4) and one 1/2" LOCK NUT (26). (**Note: Tighten this connection enough to remove excess play yet allow the BENCH TUBE to rotate freely.**)



**FIGURE 15**

**STEP 15:**

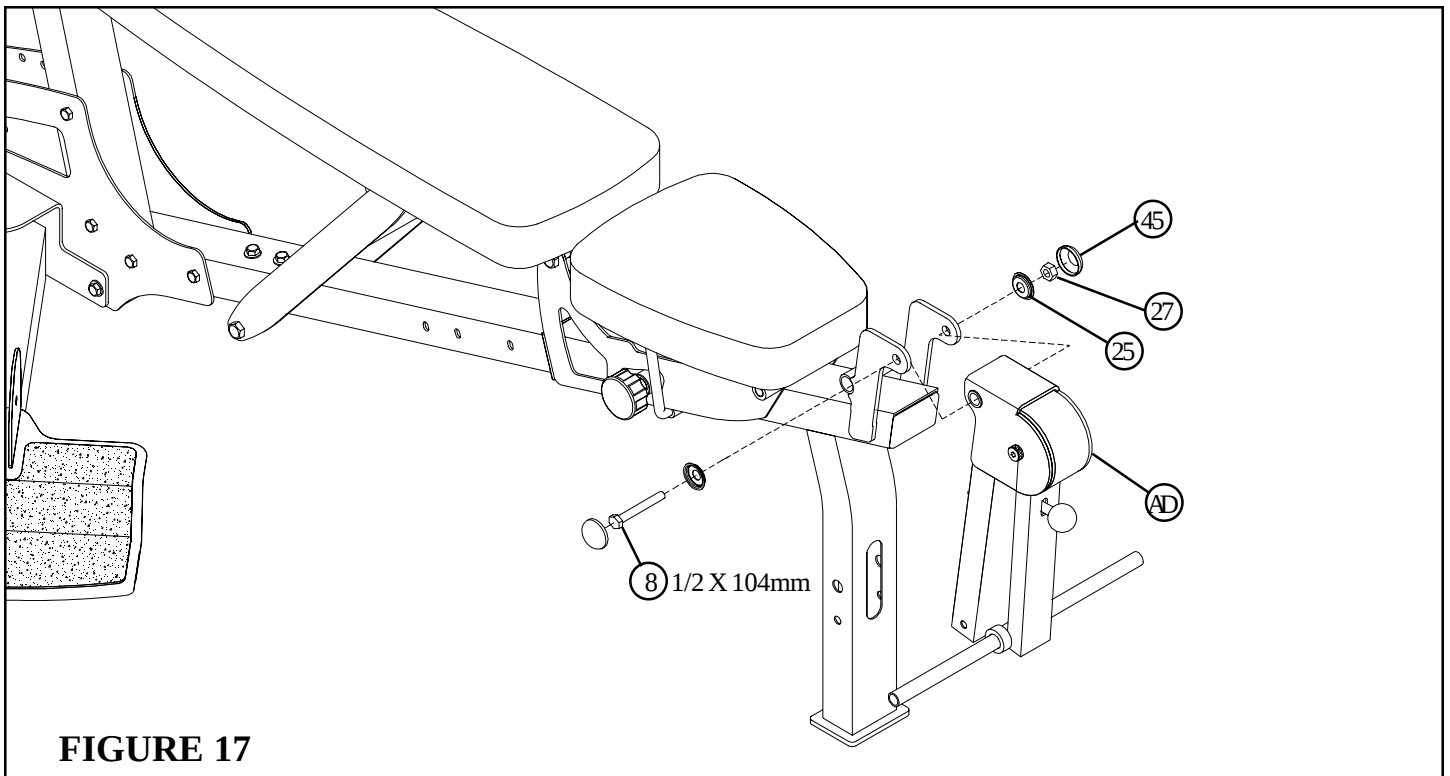
- Assemble the SEAT SUPPORT BRACKET (O) to the PIVOT ASSEMBLY (AG) and the BENCH TUBE (J) using two 1/2 X 6" BOLTS (3) and two 1/2" LOW HEIGHT LOCK NUTS (27). (**Note: Tighten this connection enough to remove excess play yet allow the BENCH TUBE to rotate freely.**)
- Assemble two SEAT HINGES (N) to the tubes on the SEAT ADJUST (M) as shown in FIGURE 15.



**FIGURE 16**

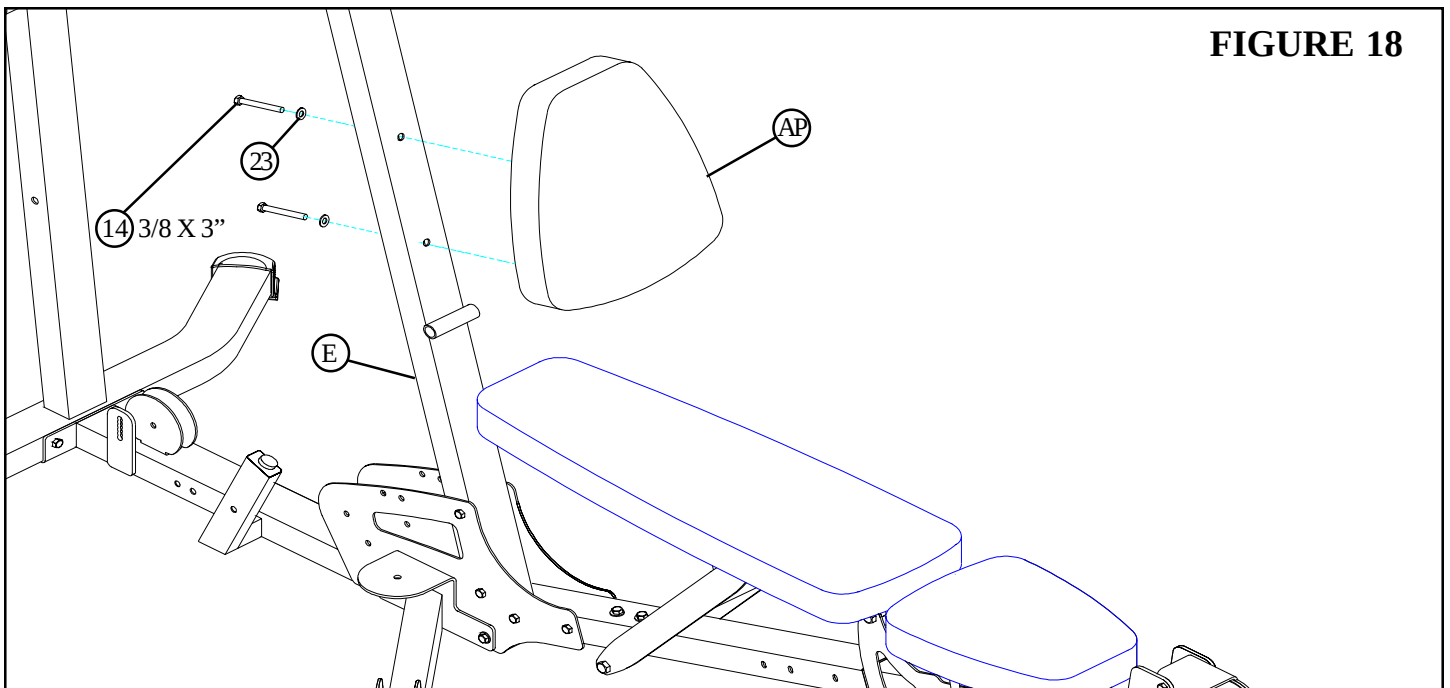
**STEP 16:**

- **SECURELY** assemble the BENCH SEAT PAD (AQ) to the HINGE TABS (N) using two 3/8 X 1" BOLTS (18) See FIGURE 16.
- **SECURELY** assemble the BENCH BACK PAD (AR) to the BENCH BRACKET (K) and the BACK TUBE (J) using two 3/8 X 3" BOLTS (14) and two 3/8" WASHERS (23). See FIGURE 16.



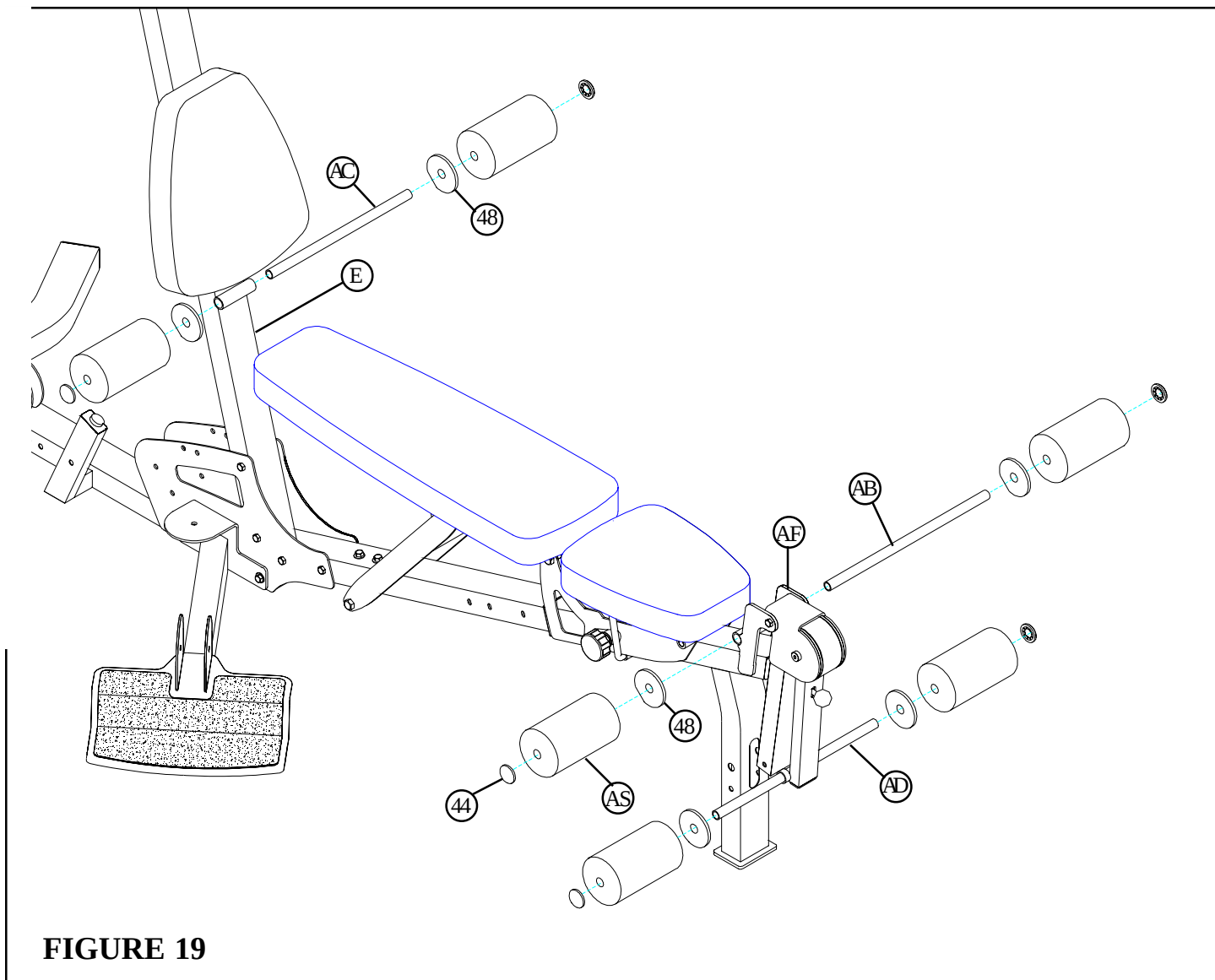
**STEP 17:**

- Assemble the LEG PEDESTAL (AD) to the SEAT FRAME (AF) using one 1/2 X 104mm BOLT (8), two SHIM WASHERS (25), one 1/2" LOCK NUT (27) and two RH CAPS (45). (**Note: Tighten this connection enough to remove excess play yet allow the LEG PEDESTAL to rotate freely.**)



**STEP 18:**

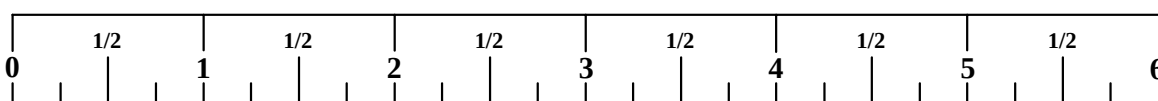
- **SECURELY** assemble one BACK PAD (AP) to the FRONT FRAME (E) using two 3/8 X 3" BOLTS (14) and two 3/8" WASHERS (23). See FIGURE 18.

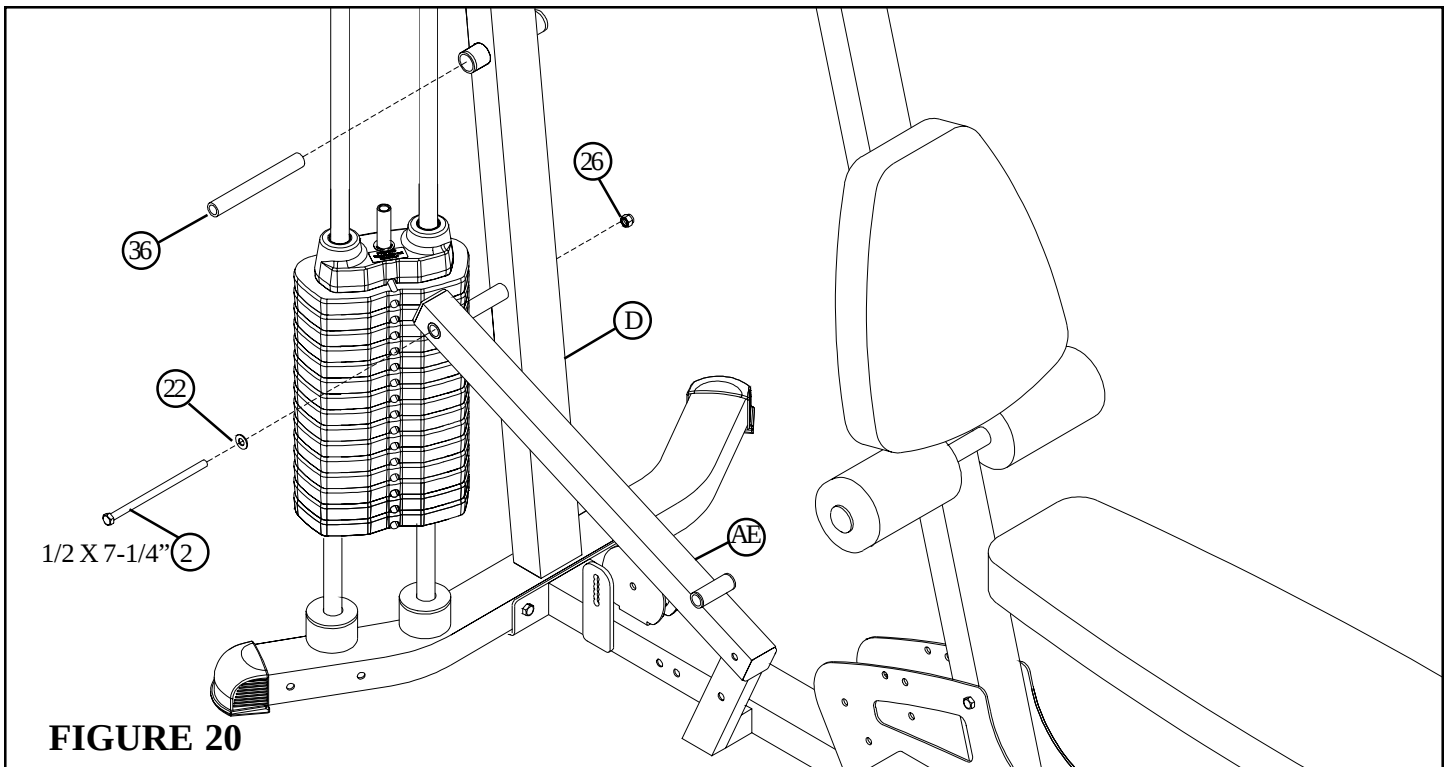


**FIGURE 19**

**STEP 19:**

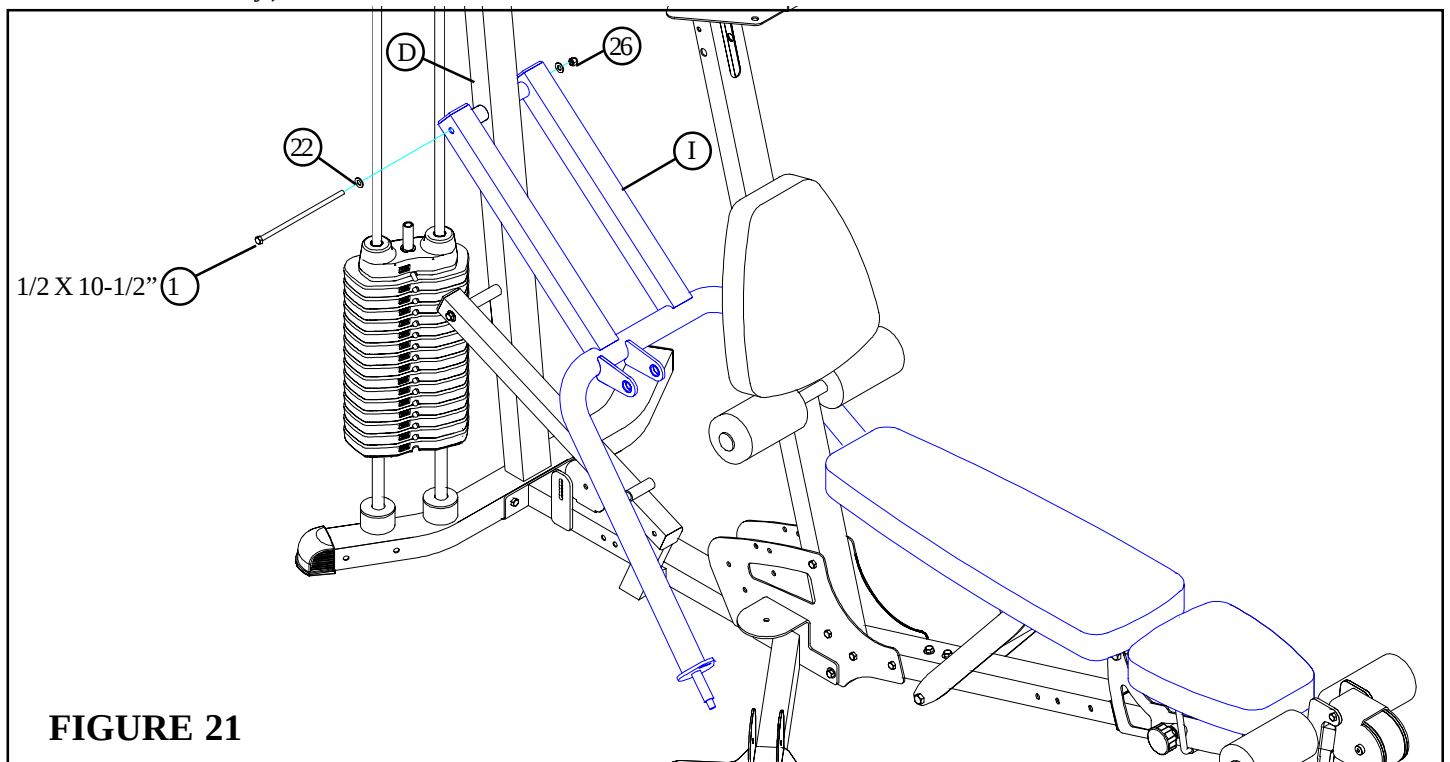
- Assemble two 4 X 7" ROLLER PADS (AS) to the LEG PEDESTAL (AD) using two PLASTIC WASHERS (48) and two STARLOCK COLLARS (44) as shown in FIGURE 19.
- Assemble two 4 X 7" ROLLER PADS (AS) to the SEAT FRAME (AF) using one 3/4 X 17-1/2" TUBE (AB), two PLASTIC WASHERS (48) and two STARLOCK COLLARS (44) as shown in FIGURE 19.
- Assemble two 4 X 7" ROLLER PADS (AS) to the FRONT FRAME (E) using one 3/4 X 17-13/32" TUBE (AC), two PLASTIC WASHERS (48) and two 3/4" STARLOCK COLLARS (44) as shown in FIGURE 19.





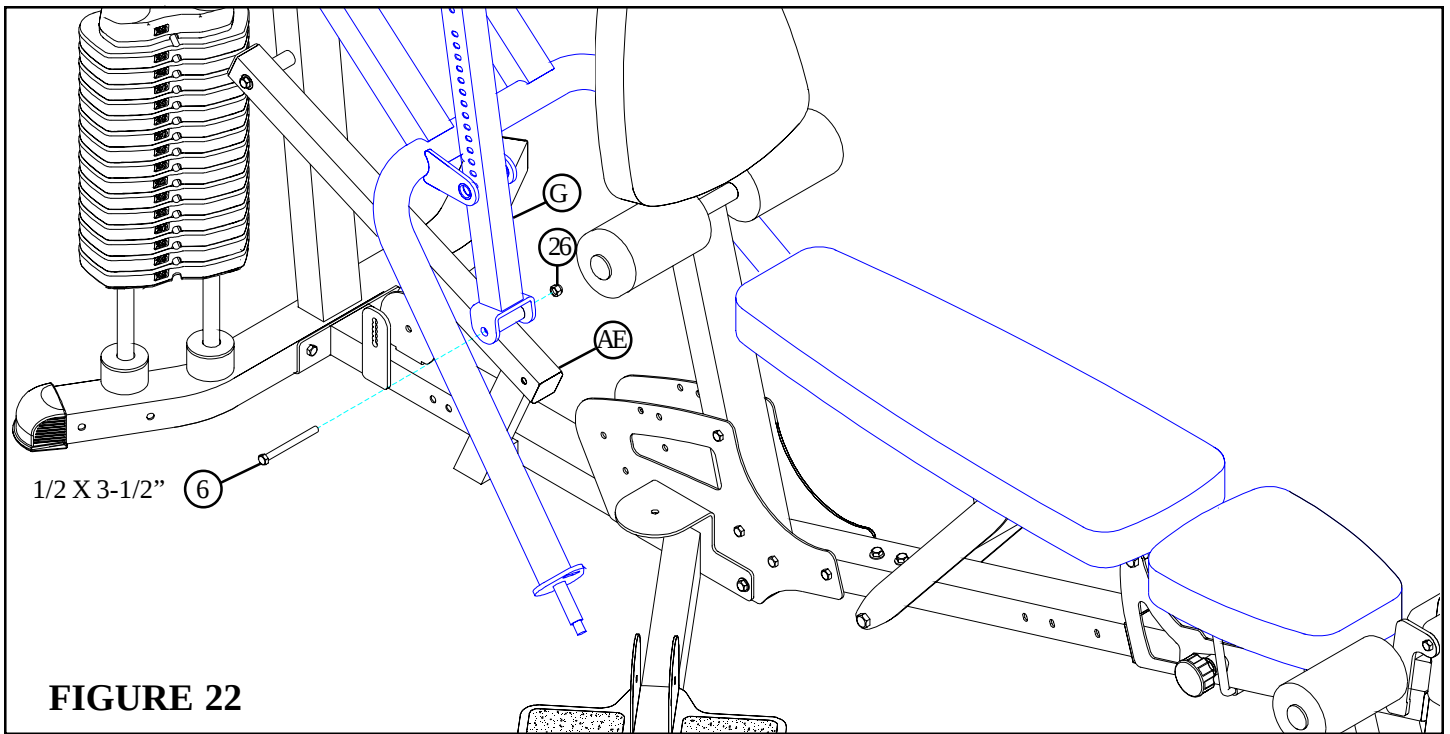
**STEP 20:**

- Insert one 3/4" X 6" SHAFT (36) into the tube on the REAR FRAME (D) as shown.
- **SECURELY** assemble the PRESS LOAD ARM (AE) to the REAR FRAME (D) using one 1/2 X 7-1/4" BOLT (2), one 1/2" WASHER (22) and one 1/2" LOCK NUT (26). (**Note: Tighten this connection enough to remove excess play yet allow the PRESS LOAD ARM to rotate freely.**)



**STEP 21:**

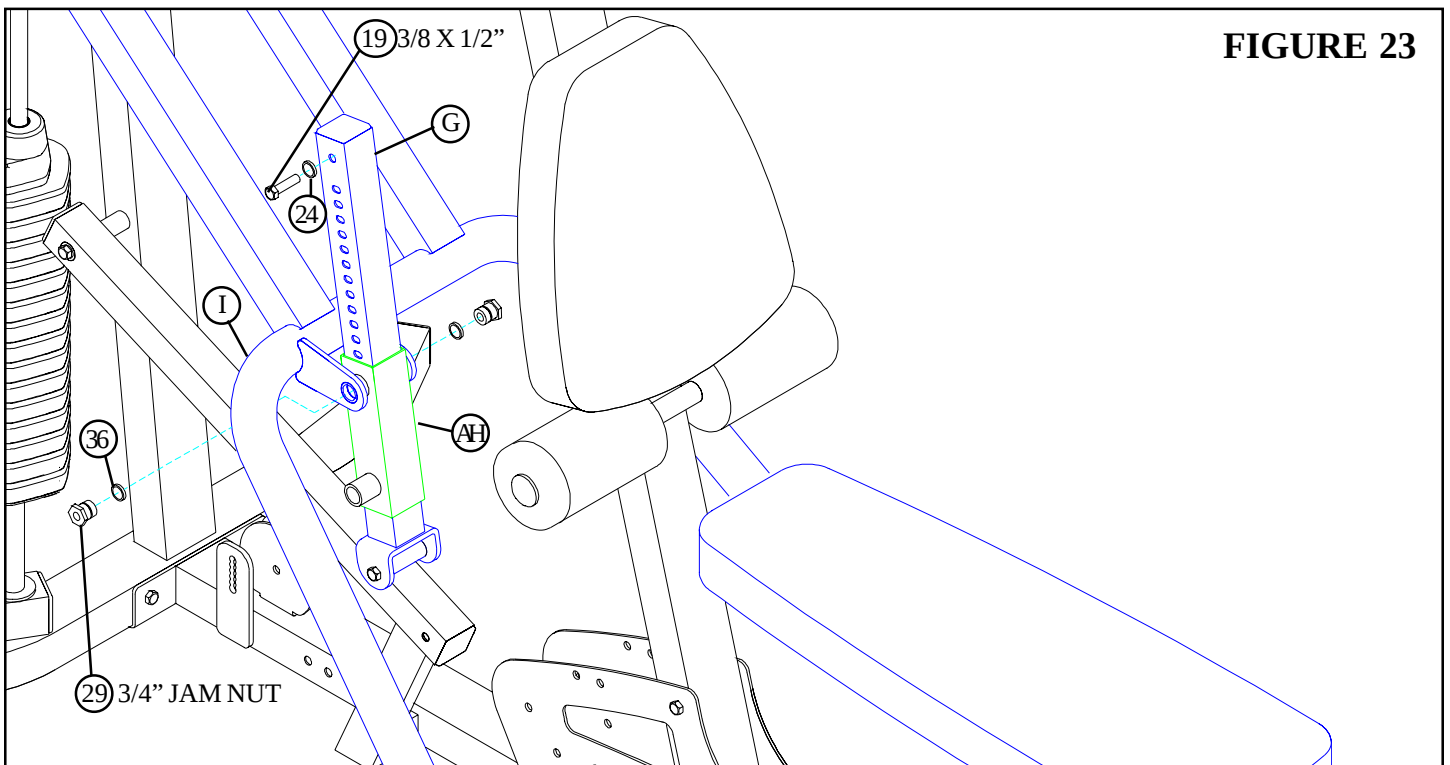
- **SECURELY** assemble the PRESS ARM (I) to the REAR UPRIGHT (D) using one 1/2 X 10-1/2" BOLT (1), two 1/2" WASHERS (22) and one 1/2" LOCK NUT (26) as shown in FIGURE 21.



**FIGURE 22**

**STEP 22:**

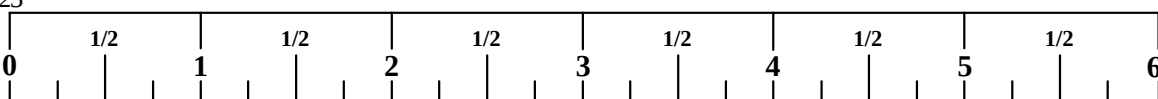
- **SECURELY** assemble the PRESS ARM ADJUSTMENT (G) to the PRESS LOAD ARM (AE) using one 1/2 X 3-1/2" BOLT (6) and one 1/2" LOCK NUT (26) as shown in FIGURE 22.

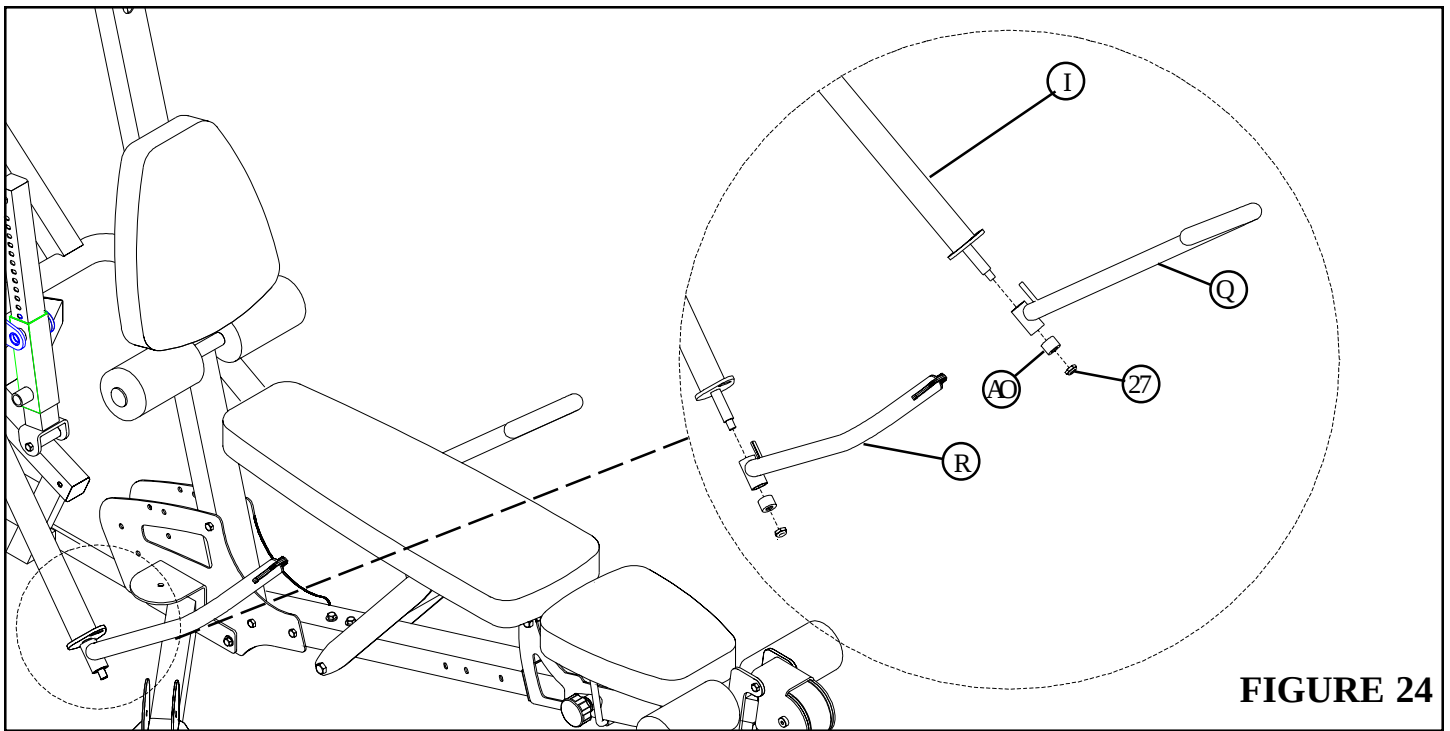


**FIGURE 23**

**STEP 23:**

- **SECURELY** assemble the PRESS ARM ADJUSTMENT (G) to the PRESS ARM (I) and the PRESS ARM ADJUSTMENT TUBE (AH) using two 3/4" JAM NUTS (29) and two 1/4" SPACERS (36) as shown in FIGURE 23.
- **SECURELY** assemble one 3/8 X 1/2" BOLT (19) and one SPRING WASHER (24) to the PRESS ARM ADJUSTMENT (G) as shown in FIGURE 23

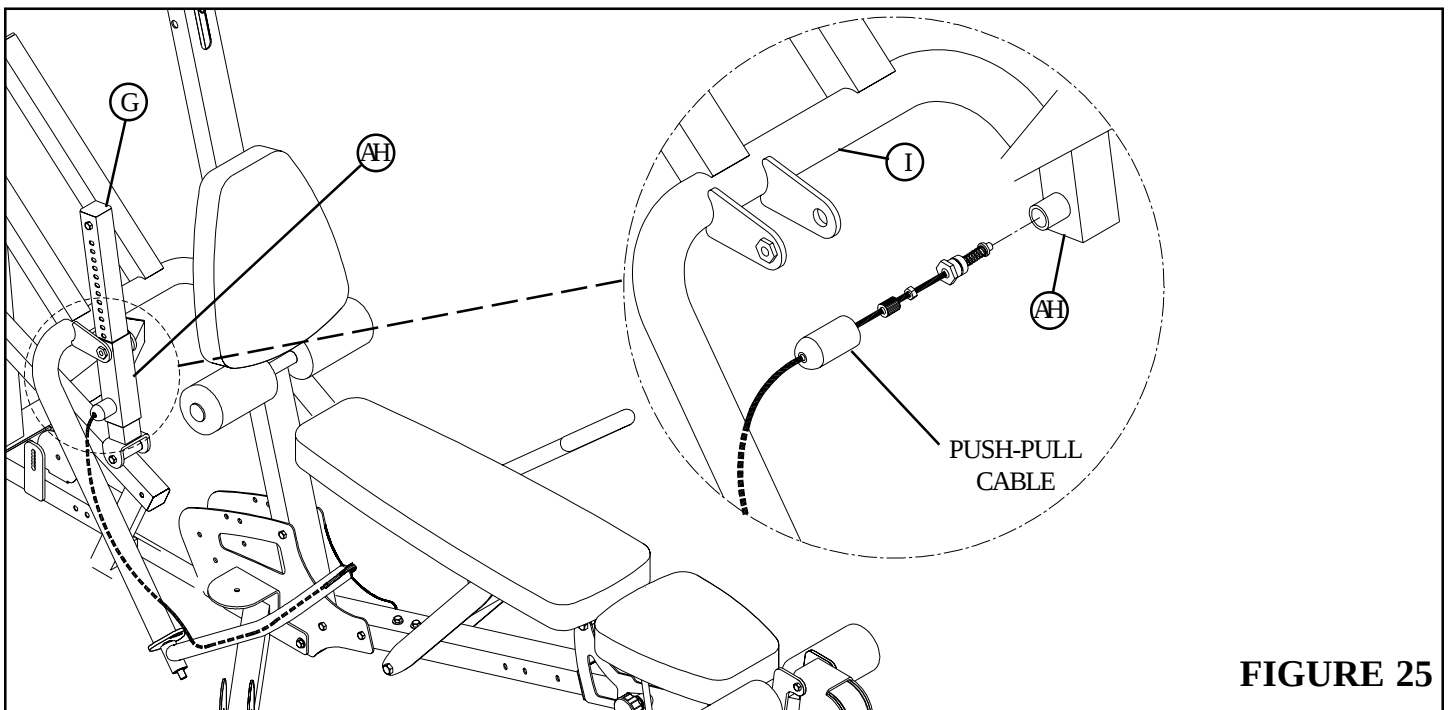




**FIGURE 24**

**STEP 24:**

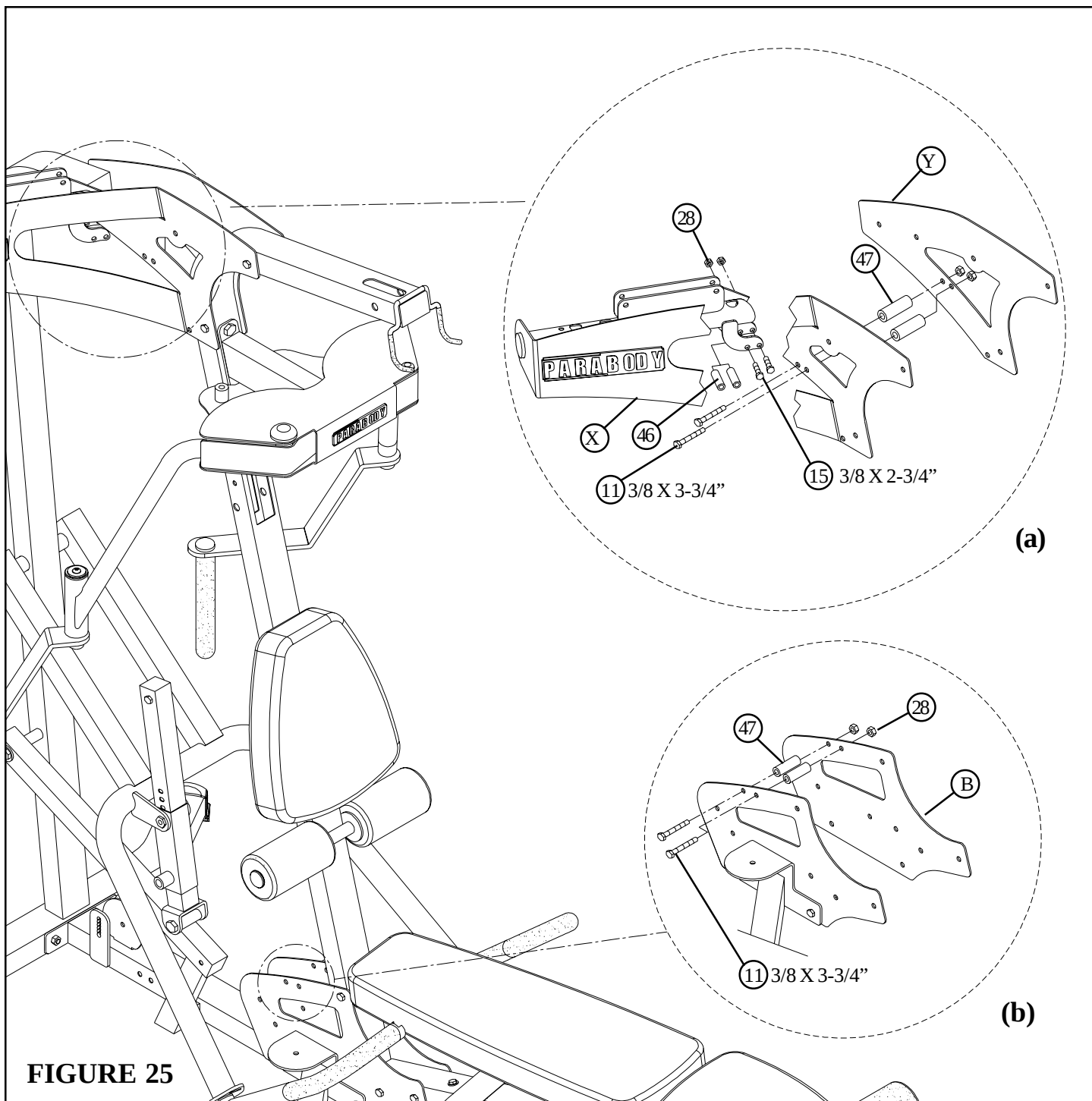
- Assemble the RIGHT PRESS ARM HANDLE (R) to the PRESS ARM (I) using one 25/32" BUMPER (AO) and one 1/2" LOW HEIGHT LOCK NUT (27) as shown in FIGURE 24. **(NOTE: Tighten 1/2" LOW HEIGHT LOCK NUT (27) to remove excess play yet allow the RIGHT PRESS ARM HANDLE (R) to rotate freely.)**
- Assemble the LEFT PRESS ARM HANDLE (Q) to the PRESS ARM (I) using one 25/32" BUMPER (AO) and one 1/2" LOW HEIGHT LOCK NUT (27) as shown in FIGURE 24. **(NOTE: Tighten 1/2" LOW HEIGHT LOCK NUT (27) to remove excess play yet allow the LEFT PRESS ARM HANDLE (Q) to rotate freely.)**



**FIGURE 25**

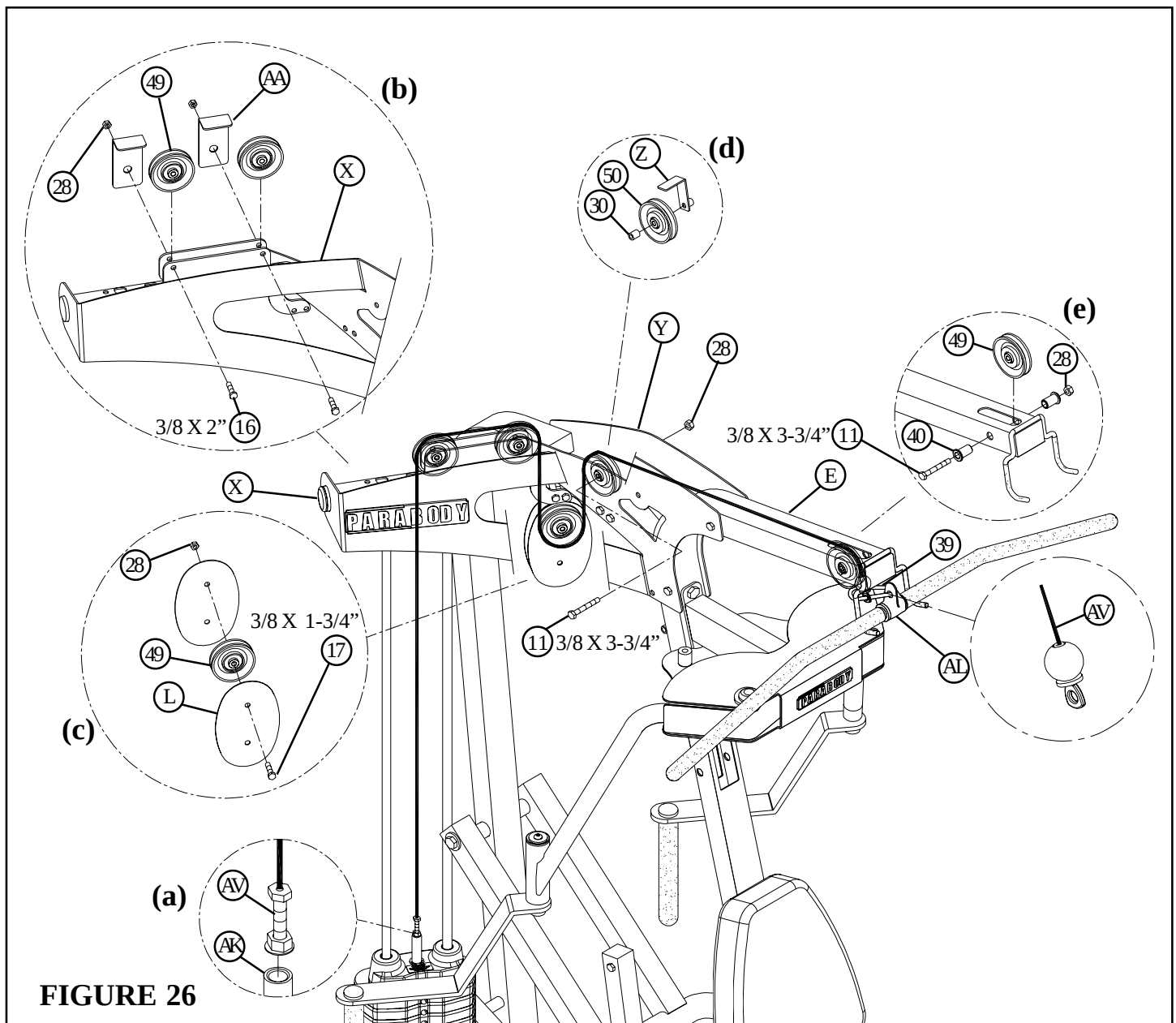
**STEP 25:**

- **SECURELY** assemble the SPRING PIN ASSEMBLY of the PUSH/PULL CABLE to the spring pin barrel on the PRESS ARM ADJUSTMENT TUBE (AH). **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
- Swing the PRESS ARM (I) up until the SPRING PIN of the PUSH/PULL CABLE engages in one of the adjustment holes on the PRESS ARM ADJUSTMENT (G).



**STEP 25:**

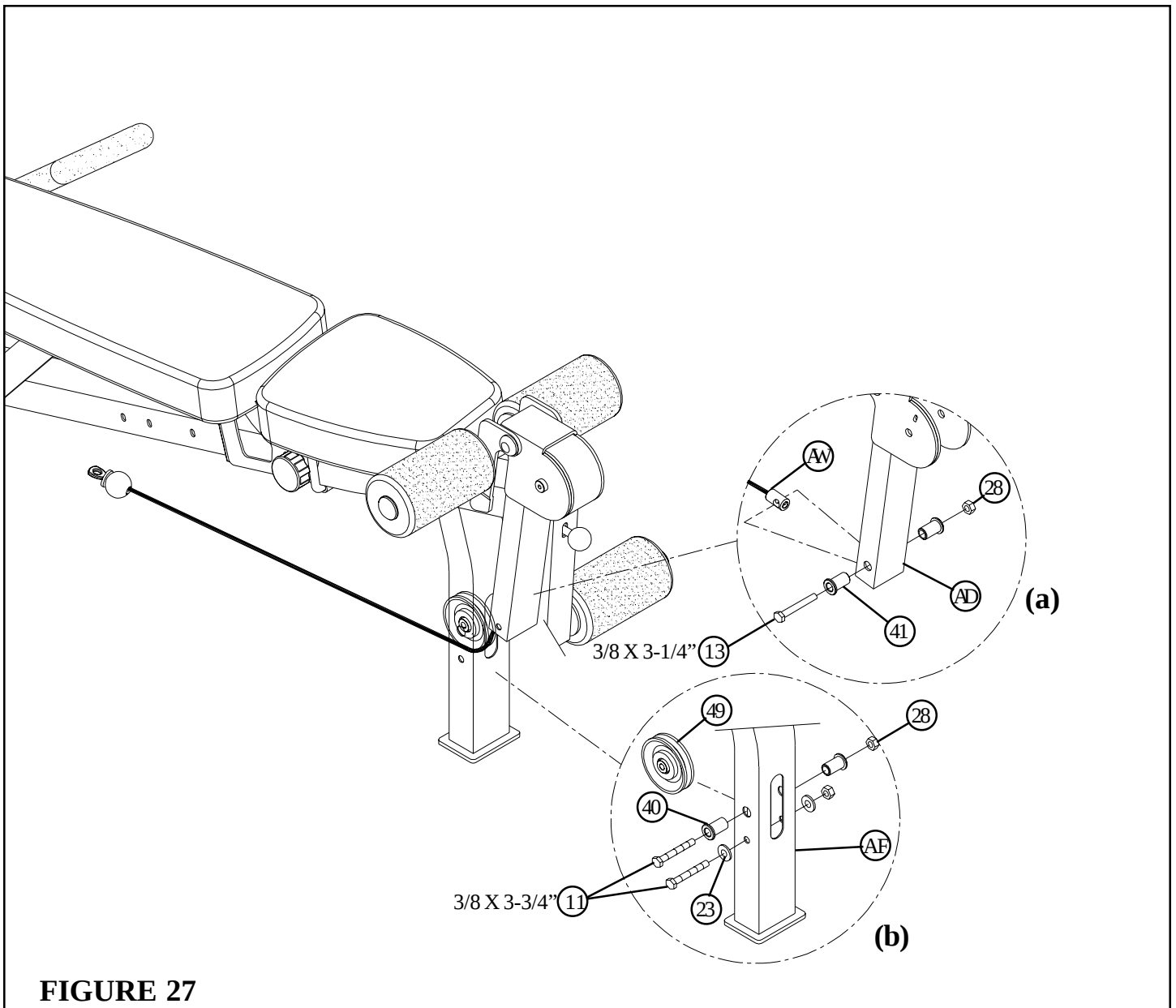
- **SECURELY** assemble two 2" PLASTIC SLEEVES (46) to the RIGHT TOP ASSEMBLY (X) using two 3/8 X 2-3/4" BOLTS (15) and two 3/8" LOCK NUTS (28) as shown in FIGURE 25(a)
- **SECURELY** assemble two 2-29/32" PLASTIC SLEEVES (47) to the RIGHT TOP ASSEMBLY (X) and LEFT TOP PLATE (Y) using two 3/8 X 3-3/4" BOLTS (11) and two 3/8" LOCK NUTS (28) as shown in FIGURE 25(a)
- **SECURELY** assemble two 2-29/32" PLASTIC SLEEVES (47) to the BASE PLATES (B) using two 3/8 X 3-3/4" BOLTS (11) and two 3/8" LOCK NUTS (28) as shown in FIGURE 25(b)



**FIGURE 26**

**STEP 26:**

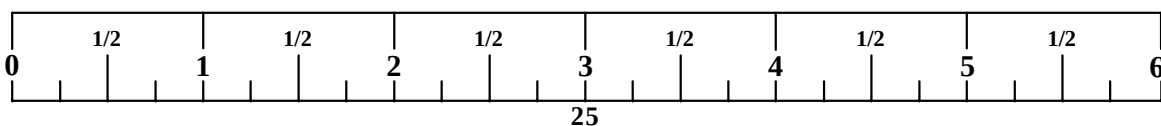
- **IMPORTANT! Uncoil and straighten all CABLES in order to remove all twist prior to installation**
- Screw the long threaded end of the LAT CABLE (AV) into the end of the HEAD PLATE (AK). See FIGURE 26(a)
- Assemble two 3-1/2" PULLEYS (49) to the RIGHT TOP ASSEMBLY (X) using two 3/8 X 2" BOLTS (16), two L CABLE RETAINER (AA) and two 3/8" LOCK NUTS (28) as shown in FIGURE 26(b)
- Route the LAT CABLE (AV) around the pulleys in the RIGHT TOP ASSEMBLY (X) as shown in FIGURE 26. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Route the LAT CABLE (AV) around one 3-1/2" PULLEY (49) and assemble two FLOATING PULLEY PLATES (L) to the 3-1/2" PULLEY (49) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 26(c)
- Route the LAT CABLE (AV) around one 4-1/2" PULLEY (50) and assemble the PULLEY to the RIGHT TOP ASSEMBLY (X) and the LEFT TOP PLATE (Y) using one 3/8 X 3-3/4" BOLT (11), one 3/8 X 15/16" SPACER (30), one LONG "L" CABLE BRACE (Z) and one 3/8" LOCK NUT (28). See FIGURE 26(d)
- Route the LAT CABLE (AV) around one 3-1/2" PULLEY (49) and assemble the PULLEY to the FRONT FRAME (E) using one 3/8 X 3-3/4" BOLT (11), two 3/8 X 1-1/16" FLANGE SPACERS (40) and one 3/8" LOCK NUT (28). See FIGURE 26(e)
- Assemble the LAT BAR (AL) to the LAT CABLE using one SNAP LINK (39) as shown in FIGURE 26.

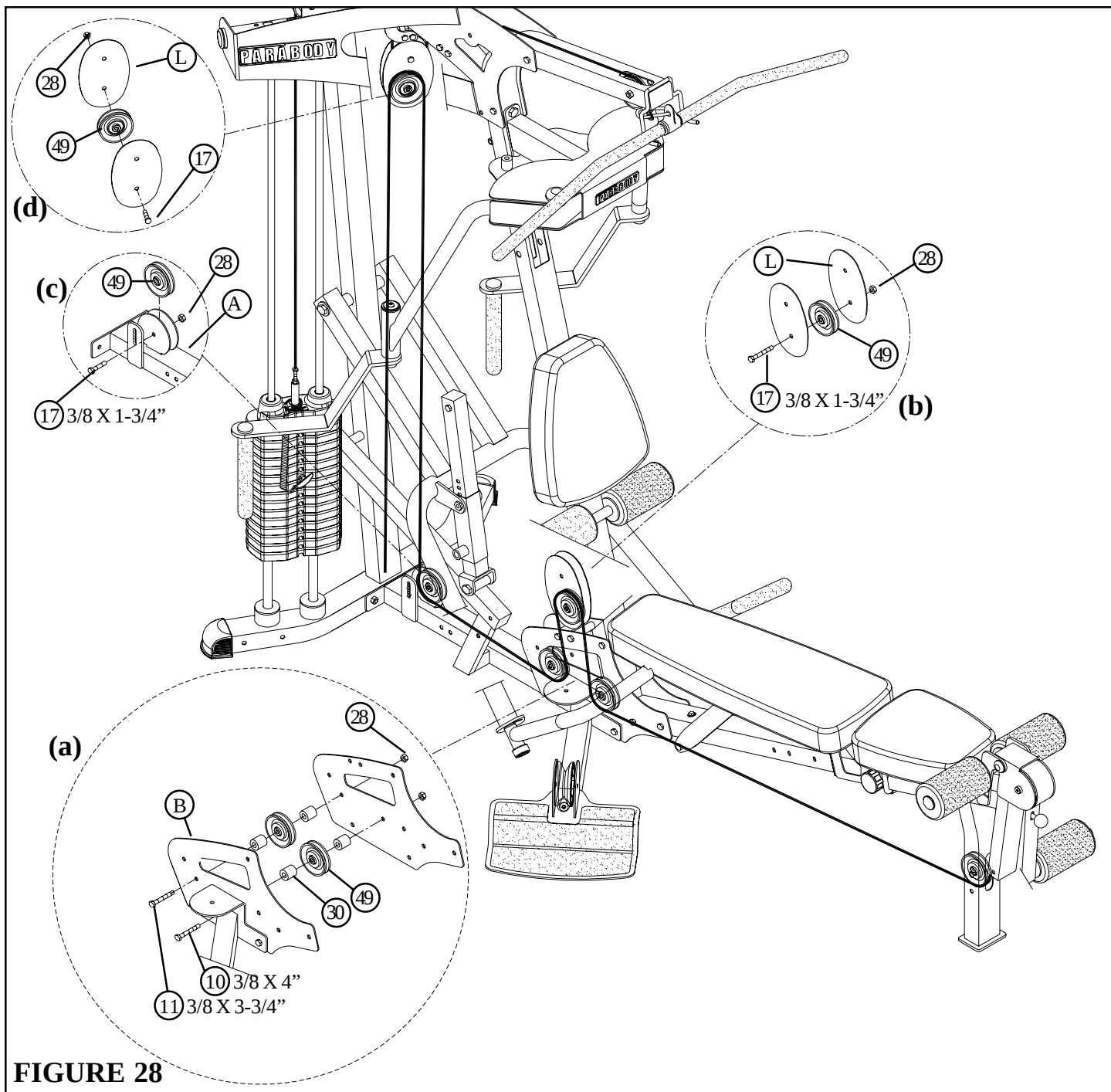


**FIGURE 27**

**STEP 27:**

- Route the threaded end of the LOW CABLE (AW) thru the SEAT FRAME (AF) and assemble the swivel end of LOW CABLE (AW) to the LEG PEDESTAL (AD) using one 3/8 X 3-1/4" BOLT (13), two 15/16" FLANGE SPACERS (41) and one 3/8" LOCK NUT (28). See FIGURE 27(a)
- Securely assemble the LOW CABLE (AW) and one 3-1/2" PULLEY (49) to the SEAT FRAME (AF) using two 3/8 X 3-3/4" BOLTS (11), two 3/8 X 1-1/16" FLANGE SPACERS (40), two 3/8" WASHERS (23) and two 3/8" LOCKNUTS (28). See FIGURE 27(b). **(NOTE: The LOW CABLE (AW) must be routed over the retaining bolt as shown in FIGURE 27.)**

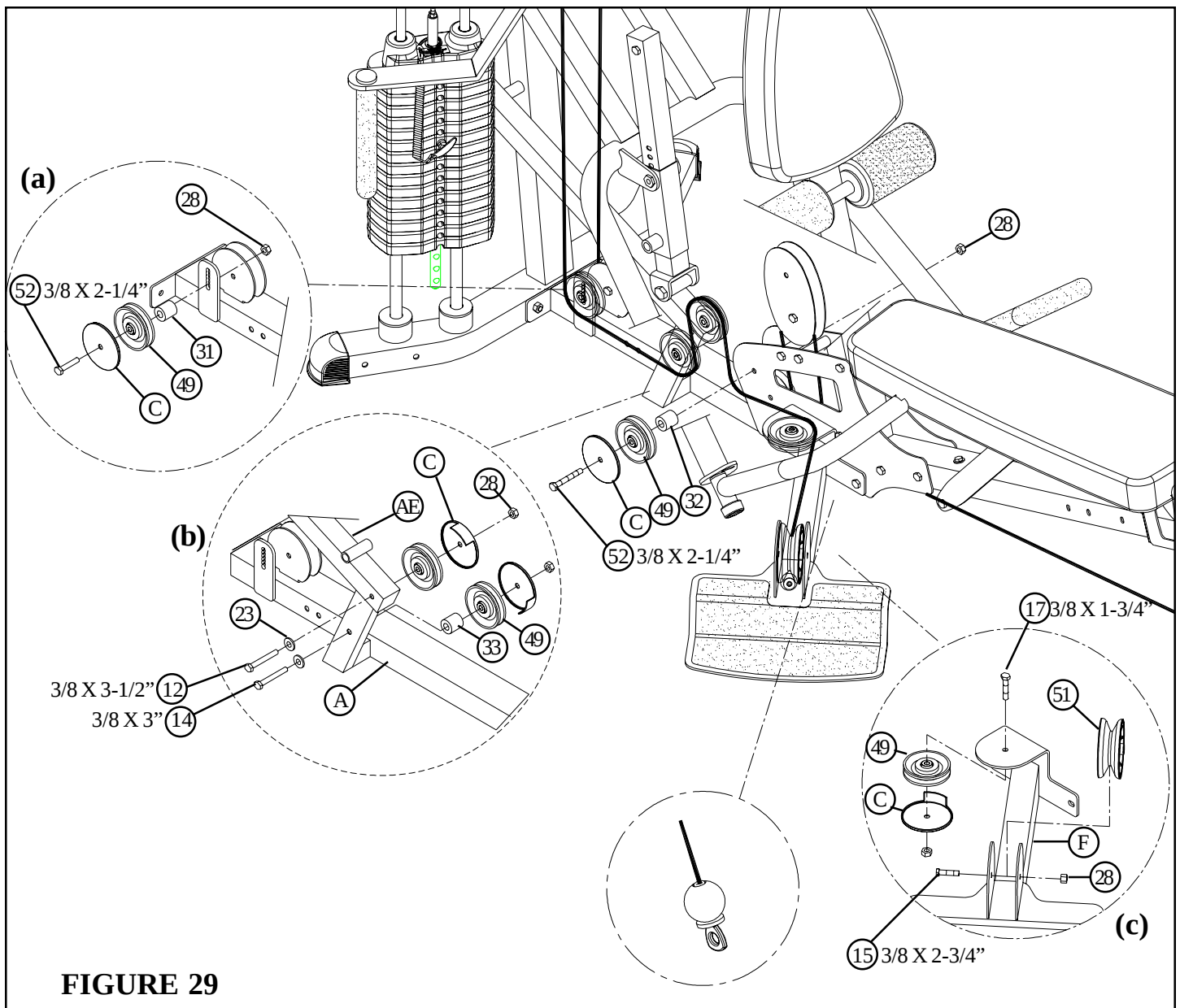




**FIGURE 28**

**STEP 28:**

- Assemble one 3-1/2" PULLEY (49) to the BASE PLATES (B) using one 3/8 X 4" BOLT (10), one 3/8 X 15/16" SPACER (30) and one 3/8" LOCK NUT (28). See FIGURE 28(a) (**Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the BASE PLATES.**)
- Route the LOW CABLE (AW) around one 3-1/2" PULLEY (49) and assemble the 3-1/2" PULLEY (49) to the PULLEY PLATES (L) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 28(b)
- Assemble one 3-1/2" PULLEY (49) to the BASE PLATES (B) using one 3/8 X 3-3/4" BOLT (11), one 3/8 X 15/16" SPACER (30) and one 3/8" LOCK NUT (28). See FIGURE 28(a) (**Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the BASE PLATES.**)
- Route the LOW CABLE (AW) around one 3-1/2" PULLEY (49) and assemble the 3-1/2" PULLEY (49) to the bracket on the BASE (A) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 28(c)
- Route the LOW CABLE (AW) around one 3-1/2" PULLEY (49) and assemble the 3-1/2" PULLEY (49) to the PULLEY PLATES (L) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 28(d)

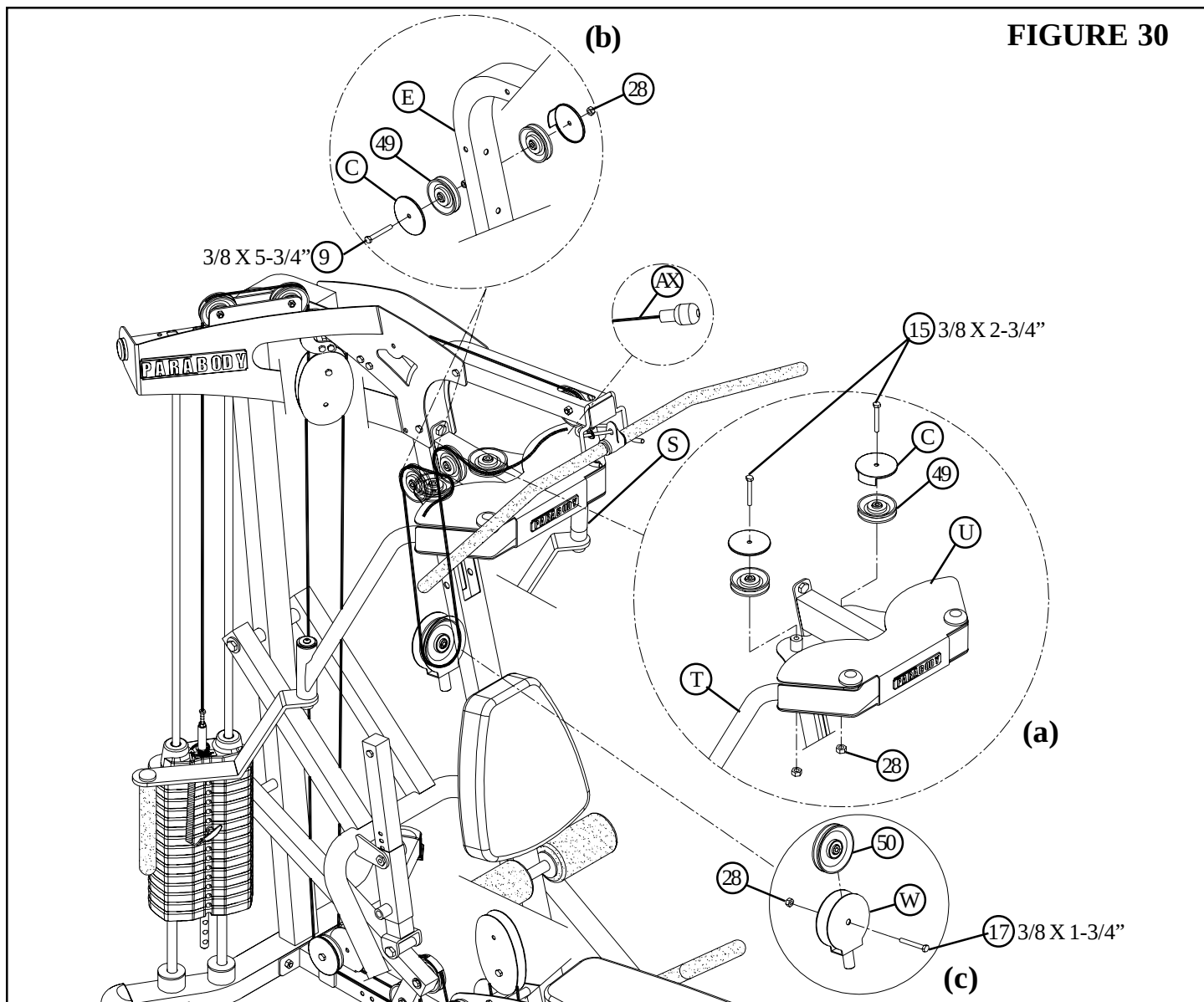


**FIGURE 29**

**STEP 29:**

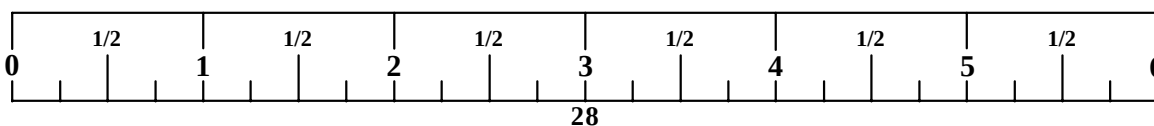
- Assemble one 3-1/2" PULLEY (49) to the bracket on the BASE (A) using one 3/8 X 2-1/4" BOLT (52), one 3-1/2" PULLEY GUARD (C), one 3/8" SPACER (31) and one 3/8" LOCK NUT (28). See FIGURE 29(a) (**Note: Loop the LOW CABLE (45) around the PULLEY prior to assembling the PULLEY to the BASE .**)
- Assemble one 3-1/2" PULLEY (49) to the tube on the BASE (A) using one 3/8 X 3" BOLT (14), one 3/8 WASHER (23) one 3-1/2" PULLEY GUARD (C), one 13/32" SPACER (33) and one 3/8" LOCK NUT (28). See FIGURE 29(b) (**Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the BASE .**)
- Assemble one 3-1/2" PULLEY (49) to the PRESS LOAD ARM (AE) using one 3/8 X 3-1/2" BOLT (12), one 3/8 WASHER (23) one 3-1/2" PULLEY GUARD (C) and one 3/8" LOCK NUT (28). See FIGURE 29(b) (**Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the PRESS LOAD ARM .**)
- Assemble one 3-1/2" PULLEY (49) and one 3-1/2" PULLEY GUARD (C) to the BASE (B) using one 3/8 X 2-1/4" BOLT (52), one 3/8 X 7/16" SPACER (33) and one 3/8" LOCK NUT (28). See FIGURE 29. (**Note: Loop the LOW CABLE (AW) around the PULLEY prior to assembling the PULLEY to the BASE.**)
- Route the LOW CABLE (AW) around one 3-1/2" PULLEY (49) and assemble to the horizontal bracket on the FOOT FRAME (F) using one 3/8 X 1-3/4" BOLT (17), one 3-1/2" PULLEY GUARD (C) and one 3/8" LOCK NUT (28). See FIGURE 29(c)
- Route the LOW CABLE (AW) under one 4-1/2" V-GROOVE PULLEY (51) and assemble the 4-1/2" V-GROOVE PULLEY (50) to the vertical bracket on the FOOT FRAME (F) using 3/8 X 2-3/4" BOLT (15) and one 3/8" LOCK NUT (28). See FIGURE 29(c)

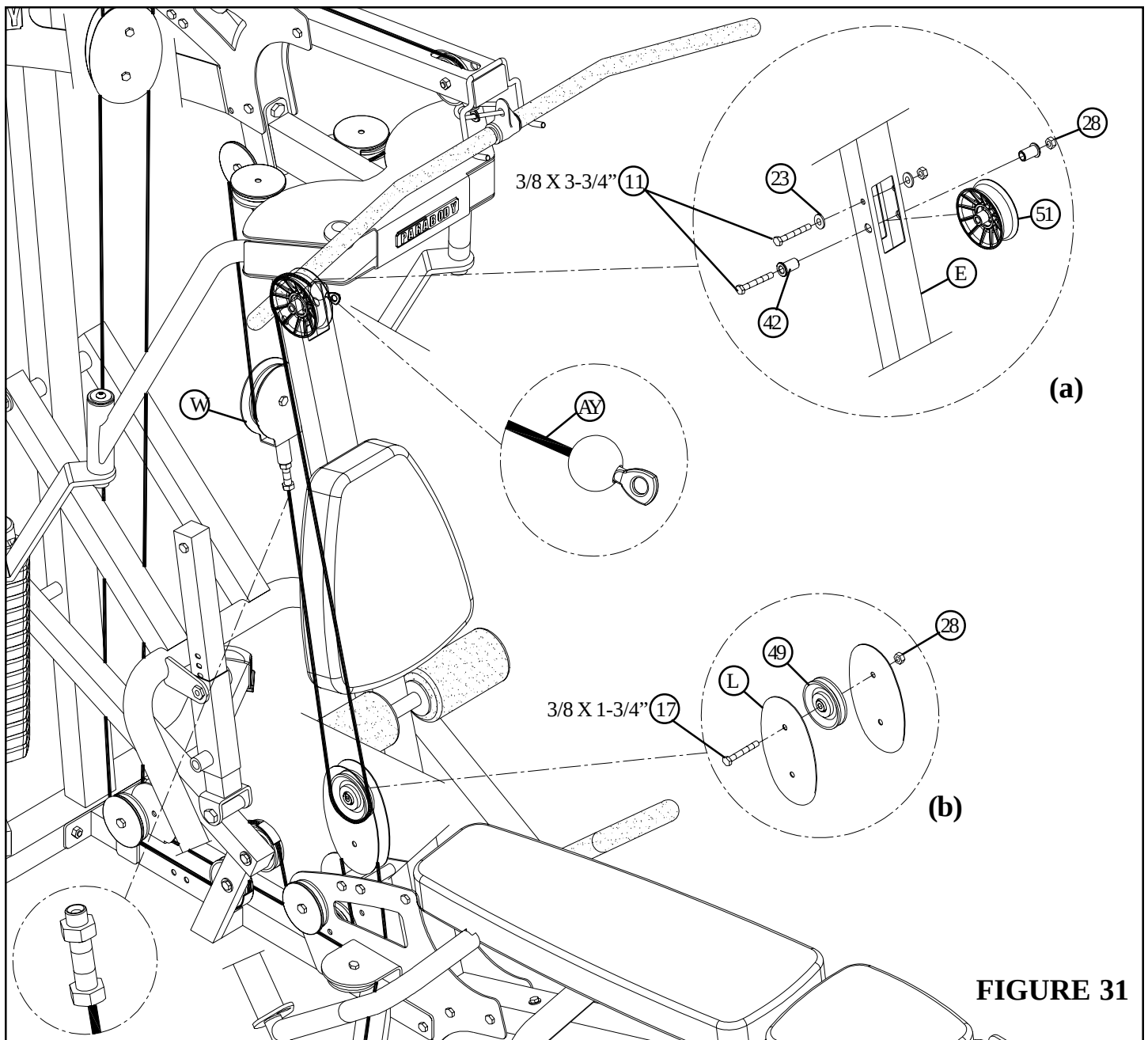
FIGURE 30



**STEP 30:**

- Securely assemble the PEC FLY CABLE (AX) to the RIGHT PEC FLY ARM (T) as shown in FIGURE 30(a)
- Assemble one 3-1/2" PULLEY (49) to the PEC FLY MOUNT (13) using one 3/8 X 2-3/4" BOLT (15), one 3-1/2" PULLEY GUARD (C) and one 3/8" LOCK NUT (28). See FIGURE 30(a) (**Note: Loop the PEC FLY CABLE (AX) around the PULLEY prior to assembling the PULLEY to the PEC FLY MOUNT.**)
- Assemble two 3-1/2" PULLEYS (49) to the FRONT FRAME (E) using one 3/8 X 5-3/4" BOLT (9), two 3-1/2" PULLEY GUARDS (C) and one 3/8" LOCK NUT (28). See FIGURE 30(b) (**Note: Loop the PEC FLY CABLE (AX) around the PULLEY prior to assembling the PULLEY to the FRONT FRAME.**)
- Route the PEC FLY CABLE (AX) around one 4-1/2" PULLEY (50) and assemble the 4-1/2" PULLEY (50) to the FLOATING PULLEY BRACKET (W) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 30(c)
- Assemble one 3-1/2" PULLEY (49) to the PEC FLY MOUNT (U) using one 3/8 X 2-3/4" BOLT (15), one 3-1/2" PULLEY GUARD (C) and one 3/8" LOCK NUT (28). See FIGURE 30(a) (**Note: Loop the PEC FLY CABLE (AX) around the PULLEY prior to assembling the PULLEY to the PEC FLY MOUNT.**)
- Securely assemble the PEC FLY CABLE (AX) to the LEFT PEC FLY ARM (S) as shown in FIGURE 30.

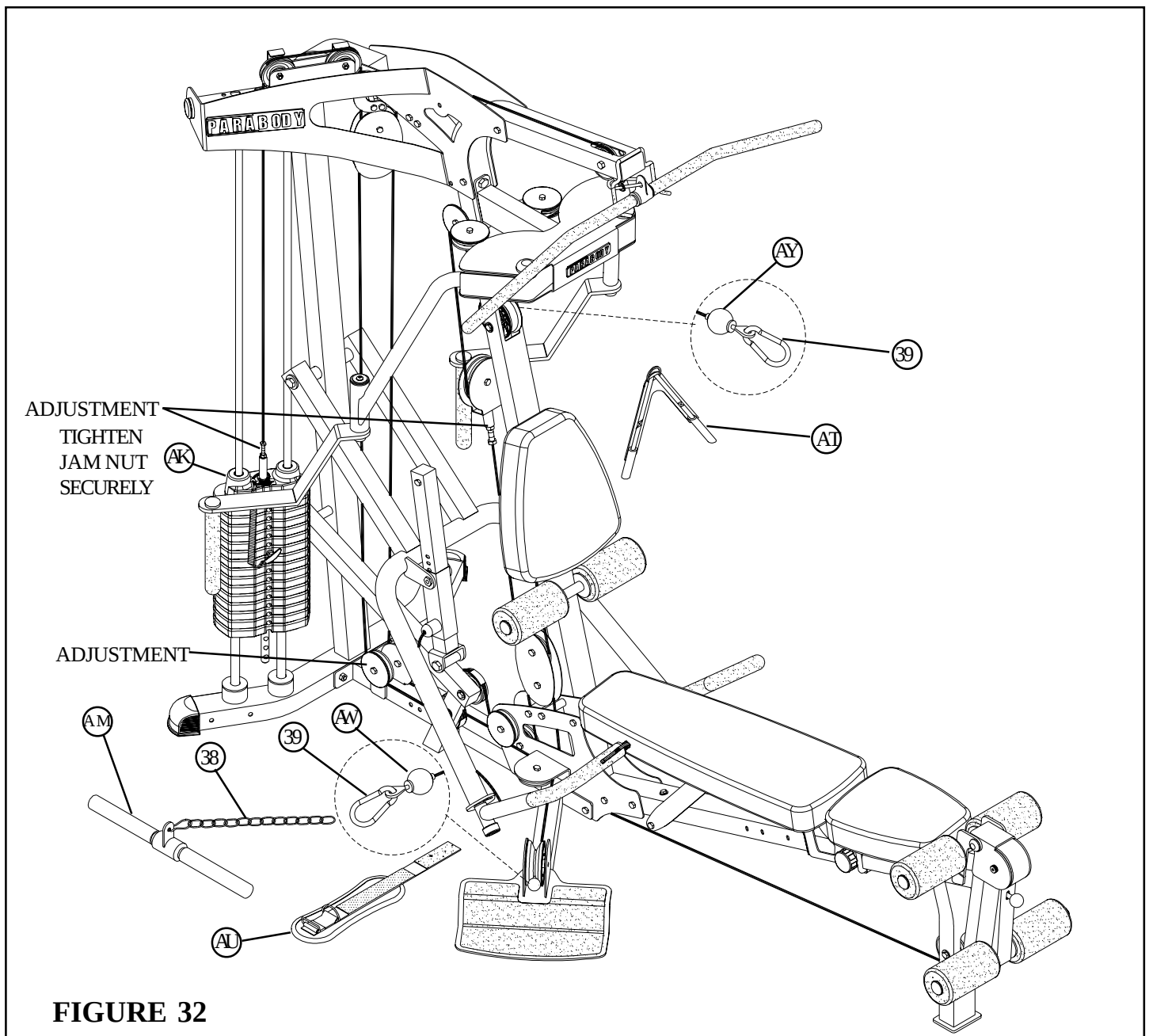




**FIGURE 31**

**STEP 31:**

- Securely assemble the ball end of the AB CRUNCH CABLE (AY) and one 4-1/2" V-PULLEY (51) to the FRONT FRAME (E) using two 3/8 X 3-3/4" BOLTS (11), two 3/8 X 19/32" FLANGE SPACERS (42), two 3/8" WASHERS (23) and two 3/8" LOCKNUTS (28). See FIGURE 31(a) **(NOTE: The AB CRUNCH CABLE (44) should be routed underneath the retaining bolt as shown in FIGURE 31.)**
- Route the AB CRUNCH CABLE (AY) around one 3-1/2" PULLEY (49) and assemble the 3-1/2" PULLEY (49) to the PULLEY PLATES (L) using one 3/8 X 1-3/4" BOLT (17) and one 3/8" LOCK NUT (28). See FIGURE 31(b)
- Screw the threaded end of the AB CABLE (AY) into the end of the FLOATING PULLEY BRACKET (W) .See FIGURE 31.



#### STEP 32:

- If upon completion of assembly, the HEAD PLATE (AK) does not sit on top of the first WEIGHT PLATE, push the HEAD PLATE (AK) down, insert the WEIGHT SELECTOR PIN and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (AK) from lifting up. See FIGURE 32.
- If after completing previous step, the HEAD PLATE (AK) still does not sit on top of the first WEIGHT PLATE or if there is excess slack in the cable system, adjust the threaded end of the LAT CABLE (AV) and FLOATING PULLEY BRACKET (W) accordingly and retighten the jam nuts. See figure 32.
- For maximum performance, the HEAD PLATE (AK) should just barely sit on the top WEIGHT PLATE
- Attach the LOW ROW BAR (AM) to the ball end of LAT CABLE (AV) using one SNAP LINK (39) as shown in FIGURE 32.
- Attach the ANKLE STRAP (AU) to the 12 LINK CHAIN (38) using one SNAP LINK (39) as shown in FIGURE 32
- Attach the AB STRAP (AT) to the ball end of LOW CABLE (AW) using one SNAP LINK (39) as shown in FIGURE 32.

**Thank you for purchasing the ParaBody GS6 Gym System. If unsure of proper use of equipment, call your local ParaBody distributor or call the ParaBody customer service department at (800) 328-9714**

## MAINTENANCE

### Please note:

- \* 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.
- \* Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
- \* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis.
- \* **PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

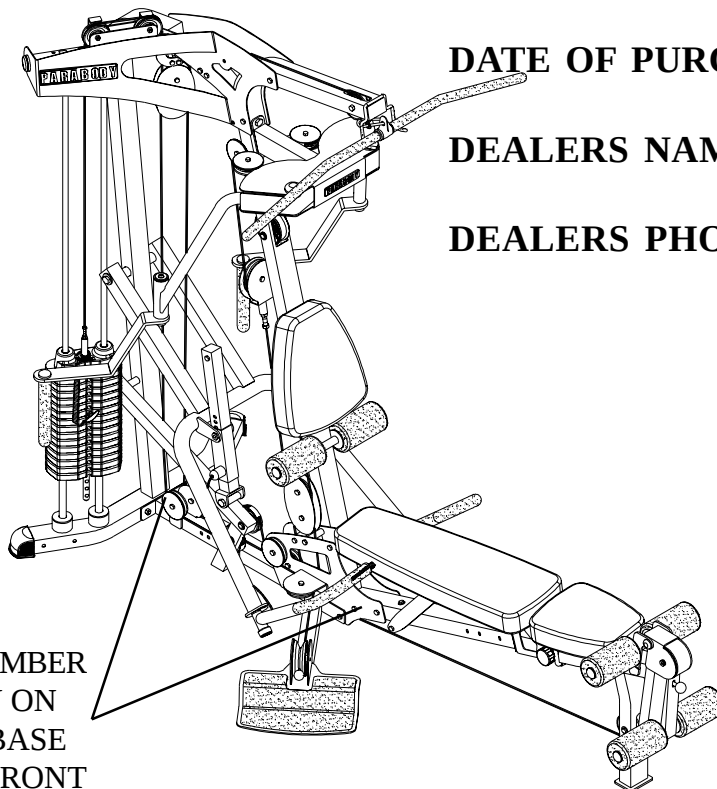
MODEL # \_\_\_\_\_

SERIAL # \_\_\_\_\_

DATE OF PURCHASE: \_\_\_\_\_

DEALERS NAME: \_\_\_\_\_

DEALERS PHONE # \_\_\_\_\_



SERIAL NUMBER  
LOCATION ON  
BACK OF BASE  
AND ON FRONT  
UPRIGHT

**Thank you for purchasing the ParaBody GS6 Gym System**

# L I M I T E D   W A R R A N T Y

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. **LIMITED WARRANTY ON FRAME AND WELDS.** If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
2. **LIMITED WARRANTY ON PARTS.** If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
3. **LIMITED WARRANTY ON CABLES AND UPHOLSTERY.** If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.
4. **CONDITIONS AND EXCEPTIONS.** Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.
5. **REPLACEMENT AND REPAIR EXPENSES.** ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.
6. **SHIPPING.** If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.
7. **CLAIM PROCEDURES.** If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.
8. **OWNER'S RIGHT.** This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.
9. **LIMITATION OF IMPLIED WARRANTIES.** All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.
10. **DISCLAIMER.** No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

## NOTES:

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