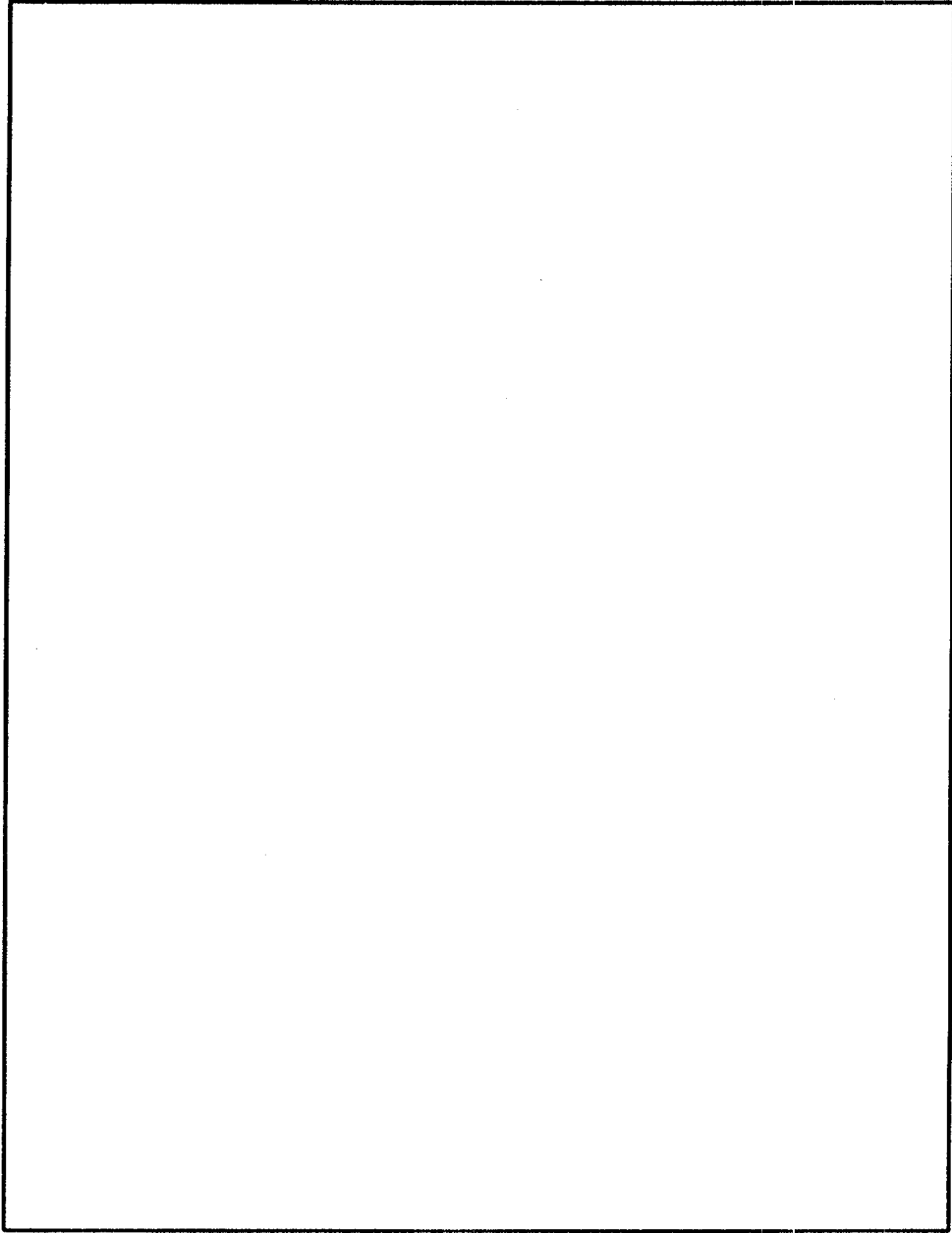


801101 STRENGTH BUILDING SYSTEM ASSEMBLY INSTRUCTIONS

8. Assemble the LEG EXTENSION between the PLATES on the BENCH FRAME as shown on drawing, using one (1) 1/2 X 3 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG EXTENSION TO ROTATE FREELY)
9. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the LEG EXTENSION approximately where shown on drawing.
10. Insert two (2) 1-1/4 IN. SQ. END CAPS into each end of the HEIGHT ADJUSTMENT BAR as shown on drawing.
11. To perform INCLINE PRESSES set the HEIGHT ADJUSTMENT BAR into the CRADLES between the UPRIGHT FRAME as shown on drawing.



801101
STRENGTH BUILDING SYSTEM



PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

801101 STRENGTH BUILDING SYSTEM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

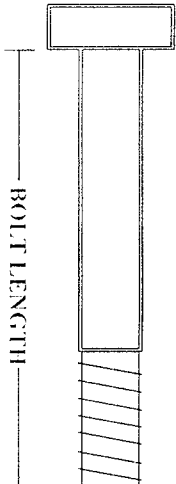
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3 IN. BOLT	3
2.	3/8 X 2-3/4 IN. BOLT	2
3.	3/8 X 1-1/4 IN. BOLT	2
4.	1/2 IN. WASHER	6
5.	3/8 IN. WASHER	4
6.	3/8 IN. LOCK WASHER	4
7.	1/2 IN. LOW HEIGHT LOCK NUT	3
8.	HINGE TAB	2
9.	3/4 IN. SQ. RUBBER BUMPER	1
10.	9/16 IN. MUSHROOM CAP	4
11.	1-1/4 IN. SQ. END CAP	2
12.	1-3/4 IN. SQ. END CAP	5

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BENCH FRAME W/LDMT	(6470902) 1
2.	UPRIGHT FRAME W/LDMT	(6470802) 1
3.	LEG EXTENSION W/LDMT	(6471002) 1
4.	HEIGHT ADJUSTER BAR	(6471102) 1
5.	CONNECTOR PLATE	(6013702) 1
6.	ROLLER PAD	(6194601) 4
7.	ROLLER PAD SHAFT	(6485302) 2
8.	SEAT PAD	(6471302) 1
9.	BACK PAD	(6471202) 1

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



BOLT LENGTH RULER:



801101 STRENGTH BUILDING SYSTEM ASSEMBLY INSTRUCTIONS

THANK YOU

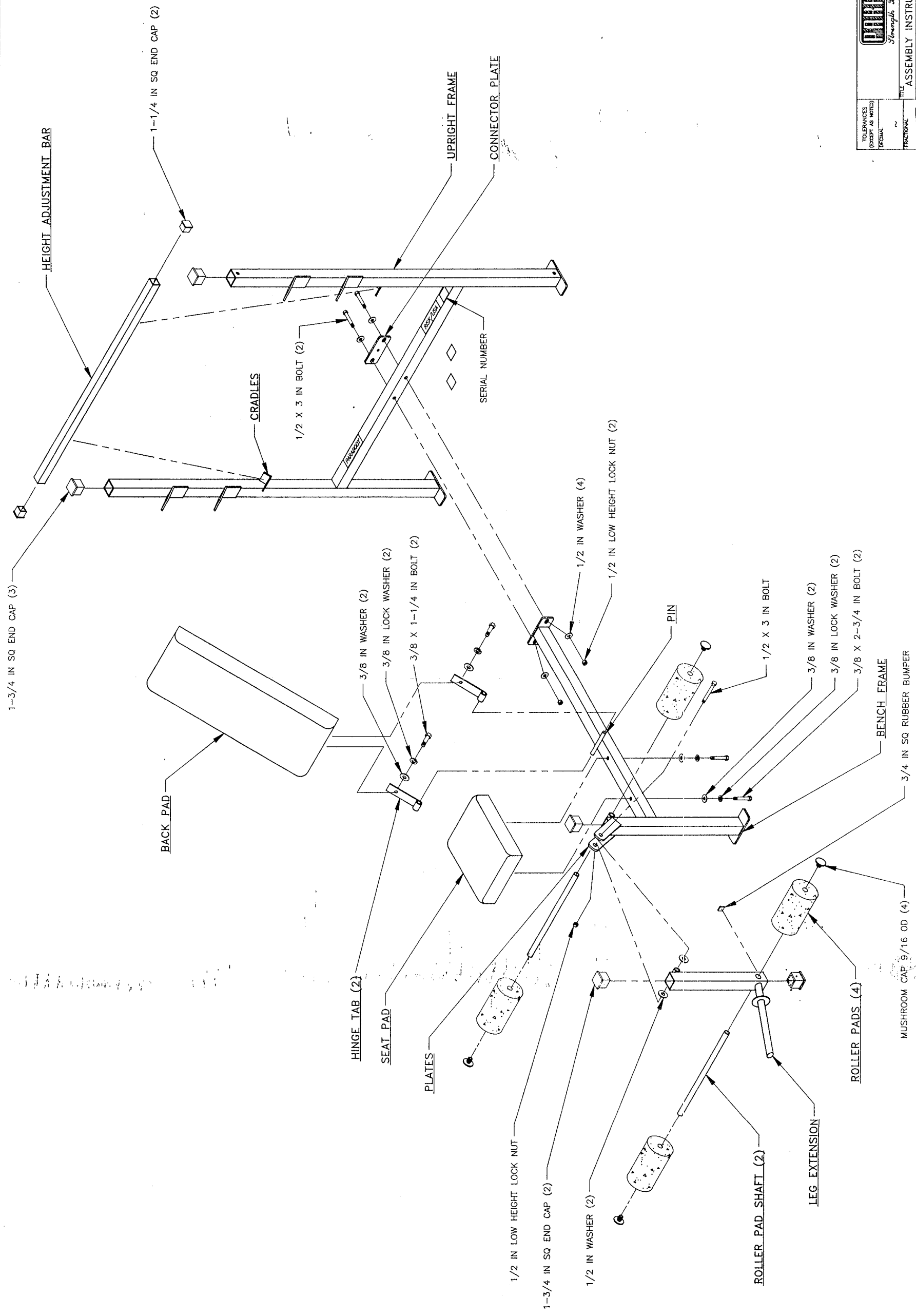
FOR PURCHASING THE 801101 STRENGTH BUILDING SYSTEM. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE 801101 STRENGTH BUILDING SYSTEM MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- 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

- Insert two (2) 1-3/4 IN. SQ. END CAPS into the TOP of the UPRIGHT FRAME, and one (1) 1-3/4 IN. SQ. END CAP into the TOP of the BENCH FRAME as shown on drawing.
- SECURELY assemble the BENCH FRAME, and CONNECTOR PLATE to the UPRIGHT FRAME as shown on drawing using two (2) 1/2 X 3 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOW HEIGHT LOCK NUTS.
- SECURELY assemble the SEAT PAD to the TOP of the BENCH FRAME as shown on drawing using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
- To assemble the BACK PAD to the BENCH FRAME start by sliding two (2) HINGE TABS over the PIN on the BENCH FRAME (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, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN, AND THAT THE PAD IS CENTERED BETWEEN THE UPRIGHT BEFORE TIGHTENING)
- Assemble two (2) ROLLER PADS to the BENCH FRAME as shown on drawing using one (1) ROLLER PAD SHAFT, and two (2) 9/16 IN. MUSHROOM CAPS.
- Insert two (2) 1-3/4 IN. SQ. END CAPS into both ends of the LEG EXTENSION as shown on drawing.
- Assemble two (2) ROLLER PADS to the LEG EXTENSION as shown on drawing using one (1) ROLLER PAD SHAFT, and two (2) 9/16 IN. MUSHROOM CAPS.

REVISIONS			
REV	DESCRIPTION	CHK NO	DATE
A	NEW RELEASE	2437	4/9/84
B	ADD LABELS	2466	DLM 11/94
C	CHG TO MSHRM CAP	2592	DLM 2/95



TOLERANCES (EXCEPT AS NOTED)	
FRACTIONAL	~
DECIMAL	~
ANGLE	~
DR	JWE
DATE	9/94
CHK'D	DLM
APP'D	MCS
DATE	11/94
PARABODY Strength Building System	
ASSEMBLY INSTRUCTIONS, 801101	
SCALE	1/8
SHEET	1 OF 1
SIZE	D
FIGURE	64733