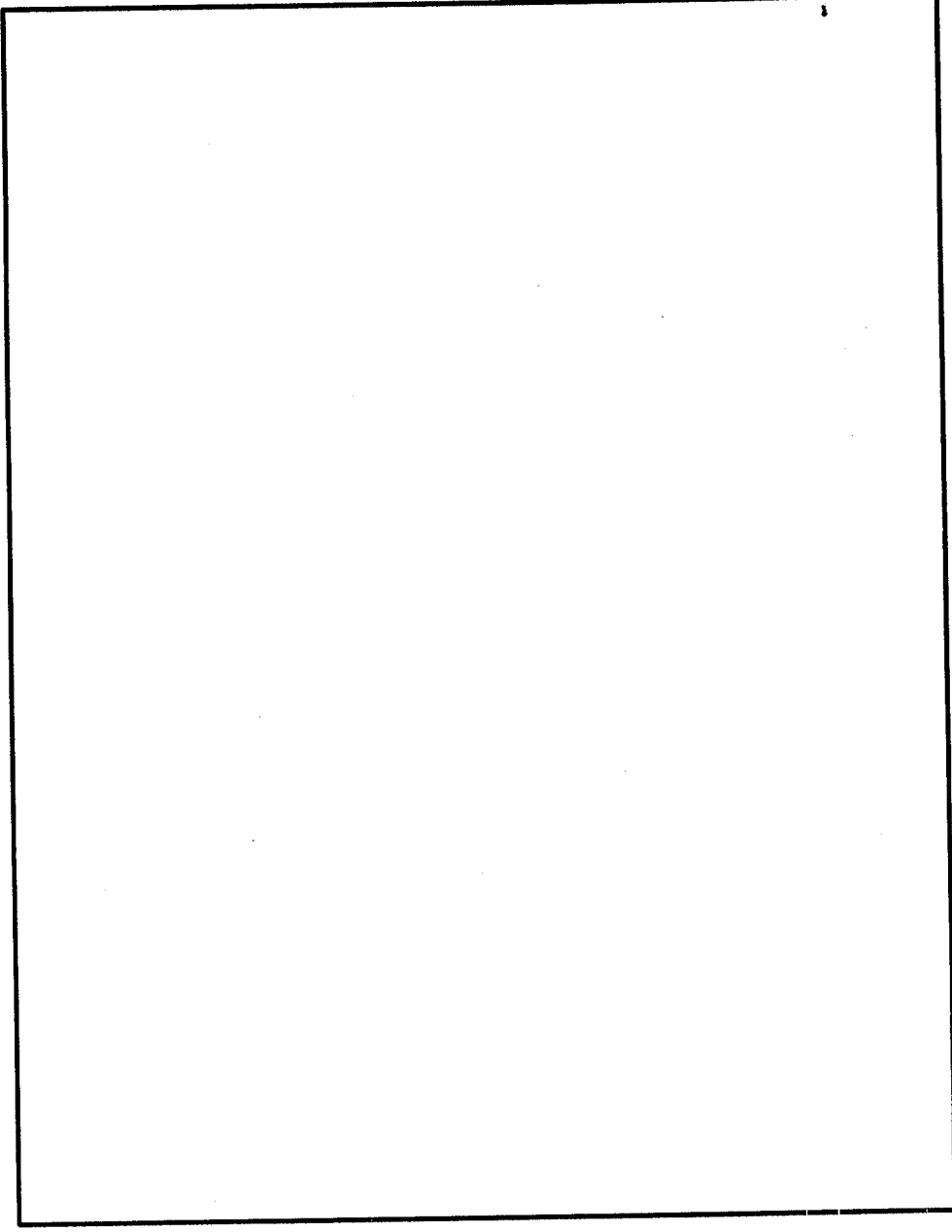


**PARABODY**

*Strength Building Gear*

873

AB/BACK MACHINE



**PRODUCT ASSEMBLY  
INSTRUCTIONS SHEETS**

## 873 AB/BACK MACHINE ASSEMBLY PARTS LIST

### SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

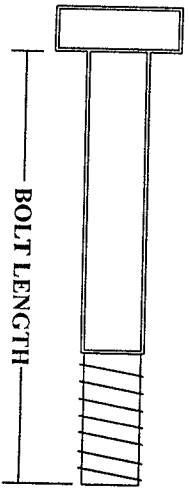
#### HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3-1/4 IN. BOLT	2
2.	3/8 X 3 IN. BOLT	6
3.	3/8 X 2-3/4 IN. BOLT	4
4.	SPRING PIN ASSEMBLY	1
5.	3/8 IN. WASHER	20
6.	3/8 IN LOCK WASHER	4
7.	3/8 IN. LOCK NUT	8
8.	3/4 IN. FLANGE BEARING	2
9.	3/4 IN. STAR LOCK COLLAR	2
10.	THUMB SCREW	2
11.	2 IN. SQ. END CAP	6
12.	1-3/4 IN. SQ. END CAP	2
13.	5-1/2 X 2-1/2 IN. NON SKID STRIP	4
14.	CARRIAGE GUIDE	2
15.	PARAGLIDE STRIP (8 PER)	2

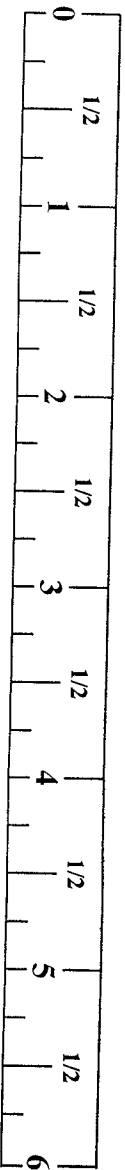
#### WELDMENT/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE FRAME	1
2.	UPRIGHT FRAME	1
3.	SEAT SUPPORT FRAME	1
4.	PIVOT ARM	1
5.	CHEST/BACK BAR	1
6.	ADJUSTABLE SEAT SUPPORT	1
7.	BACK PAD SUPPORT	1
8.	CONNECTOR PLATE	1
9.	SEAT PAD	1
10.	BACK PAD	1
11.	4 X 7 IN. ROLLER PAD	2
12.	20-1/8 P.V.C. PIPE	1

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



BOLT LENGTH RULER:



## 873 AB/BACK MACHINE ASSEMBLY INSTRUCTIONS

21. Slide two (2) ROLLER PADS over the P.V.C. PIPE, until the PADS are flush with one end. (SEE DETAIL C) (NOTE: LIGHTLY SPRAY THE INSIDE OF THE ROLLER PADS WITH WINDOW CLEANER FOR EASE OF INSTALLATION)
22. Slide the P.V.C. PIPE (WITH ROLLER PADS) over the CHEST/BACK BAR as shown on drawing. Then attach one (1) 3/4 IN. STAR LOCK COLLAR to the end of the BAR.
23. **BEFORE PERFORMING THE AB CRUNCH EXERCISE:**
  - A. Adjust the **ADJUSTABLE SEAT SUPPORT** height so that the **ROLLER PADS** are aligned just below the shoulders.
  - B. Slide hips back into the **BACK PAD**.
  - C. Place feet under or on top of the **FOOT REST TUBE** of the **BASE FRAME**.
  - D. Place hands on top of thighs or **ROLLER PADS**.
  - E. Lift and lower weight in a fluent motion.
24. **BEFORE PERFORMING THE BACK EXTENSION EXERCISE:**
  - A. Adjust the **ADJUSTABLE SEAT SUPPORT** height so that the **ROLLER PADS** contacts the base of the shoulder blades.
  - B. Straddle or remove the **BACK PAD SUPPORT**.
  - C. Place feet against the **BASE LEG** of the **BASE FRAME**, with knees bent slightly, and hips aligned with the **PIVOT** of the **PIVOT ARM**.
  - D. Place hands on top of thighs.
  - E. Lift and lower weight in a fluent motion.

## 873 AB/BACK MACHINE ASSEMBLY INSTRUCTIONS

9. Attach four (4) PARAGLIDE STRIPS to the outside surfaces of the **ADJUSTABLE SEAT SUPPORT**, and four (4) PARAGLIDE STRIPS to the inside surfaces of the **SEAT SUPPORT FRAME** as shown in (DETAIL A) using the following steps:
  - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
  - Remove the PARAGLIDE STRIPS from its paper backing and firmly apply them to all shown surfaces (8 places).
10. **SECURELY** Assemble one (1) SPRING PIN ASSEMBLY to the **SPRING PIN HOUSING**, on the **SEAT SUPPORT FRAME** as shown in (DETAIL D) on drawing.
11. Pull back the SPRING PIN on the **SEAT SUPPORT FRAME**, and insert the **ADJUSTABLE SEAT SUPPORT** as shown on drawing. Slide the **ADJUSTABLE SEAT SUPPORT** down to the desired height and release the SPRING PIN into the hole. Secure the **ADJUSTABLE SEAT SUPPORT** in place with one (1) THUMBSCREW.
12. Insert one (1) 1-3/4 IN. SQ. END CAP into the top end of the **BACK PAD SUPPORT** as shown on drawing.
13. **SECURELY** assemble the **BACK PAD** to the **BACK PAD SUPPORT** 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. **(MAKE SURE THE CLIP ON THE PAD IS FACING DOWN)**
14. Attach eight (8) PARAGLIDE STRIPS to the inside surfaces on both ends of the **ADJUSTABLE STOP TUBE** on the **ADJUSTABLE SEAT SUPPORT** as shown in (DETAIL B) using the following steps:
  - Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached.
  - Remove the PARAGLIDE STRIPS from its paper backing and firmly apply them to all shown surfaces (8 places).
15. Insert the **BACK PAD SUPPORT** into the **ADJUSTABLE STOP TUBE** on the **ADJUSTABLE SEAT SUPPORT** as shown on drawing, and hold in place with one (1) THUMBSCREW. **(THE HEIGHT OF THE BACK PAD ASSEMBLY WILL BE ADJUSTED BEFORE PERFORMING THE EXERCISE)**
16. Insert two (2) 2 IN. SQ. END CAPS into each end of the **PIVOT ARM** as shown on drawing.
17. Insert two (2) 3/4 IN. FLANGE BEARING into each end of the **BUSHING** on the **UPRIGHT FRAME** as shown on drawing.
18. Insert the **SHAFT** of the **PIVOT ARM** through the **FLANGE BEARINGS** on the **UPRIGHT FRAME** as shown on drawing, and **SECURE** in place using one (1) 3/4 IN. STAR LOCK COLLAR.
19. Attach two (2) CARRIAGE GUIDES to the **BASE LEG** on the **BASE FRAME** where the **PIVOT ARM** makes contact. **(SEE DRAWING)**
20. **SECURELY** assemble the **CHEST/BACK BAR** and the **CONNECTOR PLATE** to the **PIVOT ARM** as shown on drawing, using two (2) 3/8 X 3-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. **(NOTE: BEFORE FULLY TIGHTENING, MAKE SURE THE BAR IS PARALLEL WITH THE FLOOR)**

## 873 AB/BACK MACHINE ASSEMBLY INSTRUCTIONS

### THANK YOU

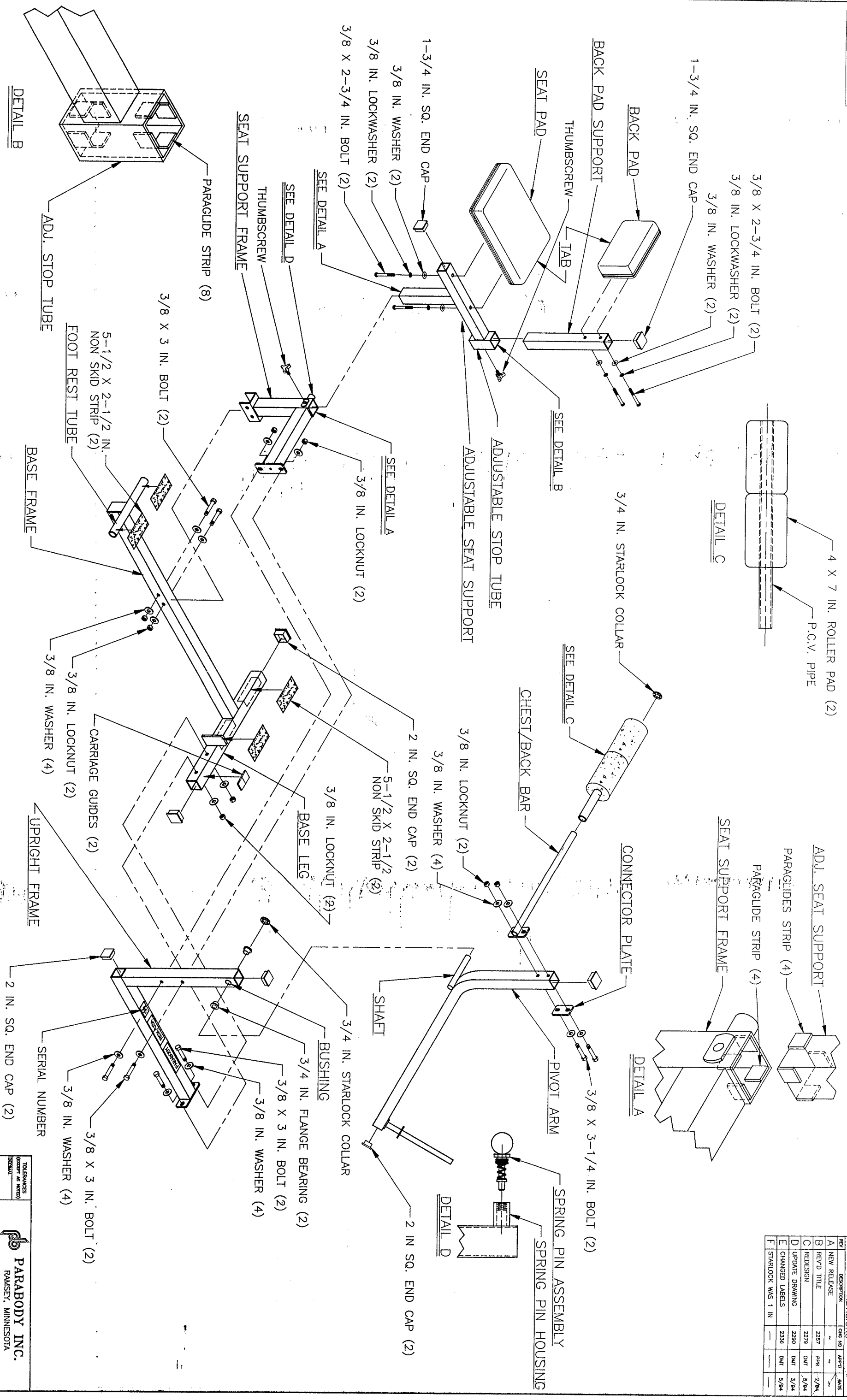
FOR PURCHASING THE 873 AB/BACK MACHINE. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

### \*\*\*IMPORTANT\*\*\*

- **THE 873 AB/BACK MACHINE 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, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER**

1. Insert two (2) 2 IN. SQ. END CAPS into both ends of the **BASE LEG** on the **BASE FRAME** as shown on drawing.
2. Attach two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the **FOOT REST TUBE**, and two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the **BASE LEG** on the **BASE FRAME** approximately where shown on the drawing.
3. Insert two (2) 2 IN. SQ. END CAP into the end of the **UPRIGHT FRAME** as shown on drawing.
4. **LOOSELY** assemble the **UPRIGHT FRAME** to the **BASE FRAME** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.
5. **LOOSELY** assemble the **SEAT SUPPORT FRAME** to the **BASE FRAME** and the **UPRIGHT FRAME** as shown on drawing, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.
6. **AT THIS TIME TIGHTEN THE BOLT CONNECTIONS FROM STEPS 4 AND 5.**
7. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTABLE SEAT SUPPORT** as shown on drawing.
8. **SECURELY** assemble the **SEAT PAD** to the **ADJUSTABLE SEAT SUPPORT** 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. **(MAKE SURE THE CLIP ON END OF PAD IS FACING THE ADJUSTABLE STOP TUBE)**

REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2287	FR	2/84
B	REV'D TITLE	2278	DMT	3/84
C	REDESIGN	2290	DMT	5/84
D	UPDATE DRAWING	2336	DMT	5/84
E	CHANGED LABELS	2336	DMT	5/84
F	STARLOCK WAS 1 IN			



**PARABODY INC.**  
 RAMSEY, MINNESOTA  
 ASSY INST. AB/BACK MACHINE  
 SIZE 1/8  
 SHEET 1 OF 1  
**63954**  
 DATE: JUNE 5/83  
 DRAWN: MGN  
 CHECKED: PFR  
 SCALE: 3/4" = 1"