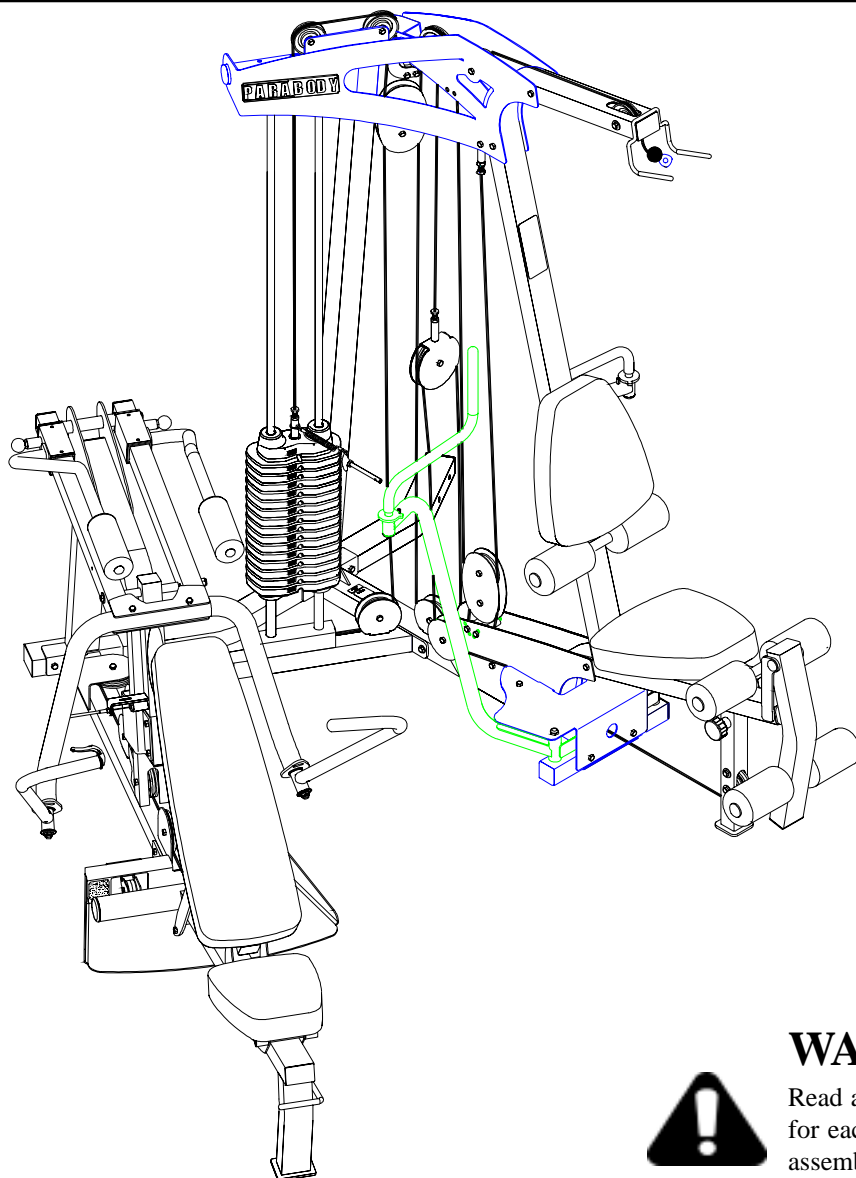


# PARABODY®

## 880 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:

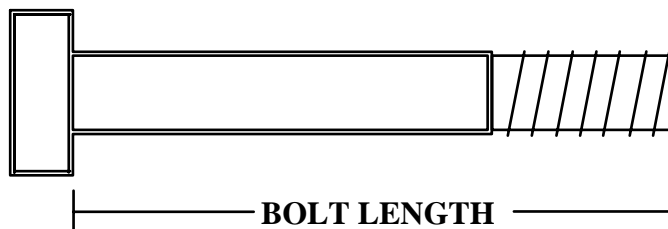
- \* Thank you for purchasing the ParaBody 880 Gym System. Please read these instructions thoroughly and keep them for future reference.
- \* This product must be assembled on a flat, level surface to assure its proper function.
- \* Do not securely tighten any frame connections until the entire frame has been assembled unless otherwise specified.

## Tools Required for Assembly

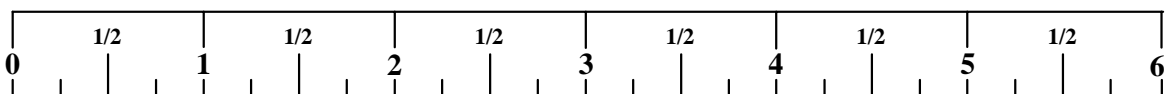
- \* Rubber mallet or hammer
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* 5/32" Allen wrench
- \* Adjustable wrench
- \* Tape measure
- \* Scissors

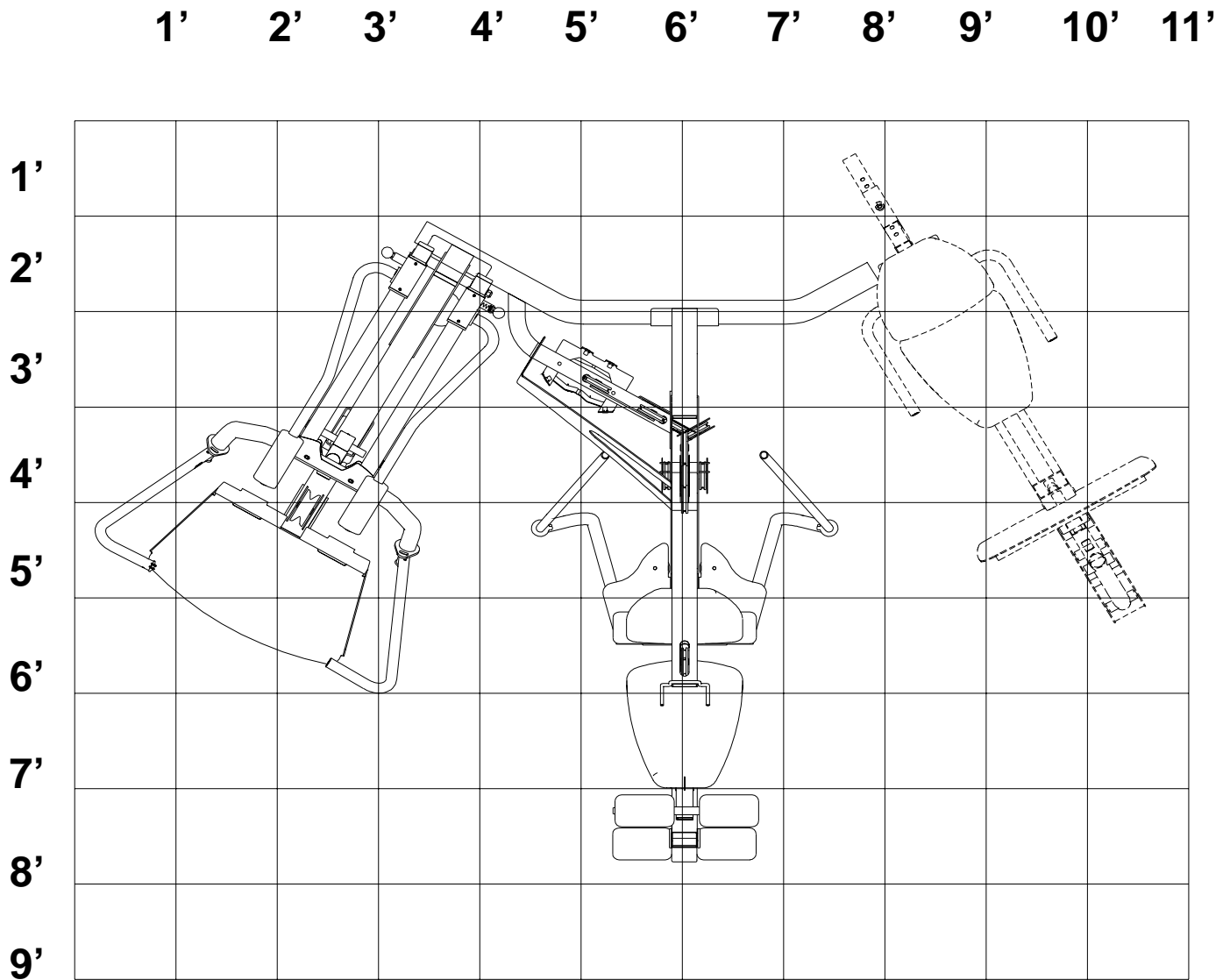
## Bolt Length Ruler

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



**BOLT LENGTH RULER:**





1 Square = 1' X 1'

### Minimum Required Usable Space

Length	= 98 inches (250 cm) 8' 2"
Width	= 98 inches (250 cm) 8' 2"
Height	= 84 inches (213.5 cm) 7"

### Dimensions Including Leg Press (optional)

Length	= 98 inches (250 cm) 8' 2"
Width	= 130 inches (330 cm) 10' 10"

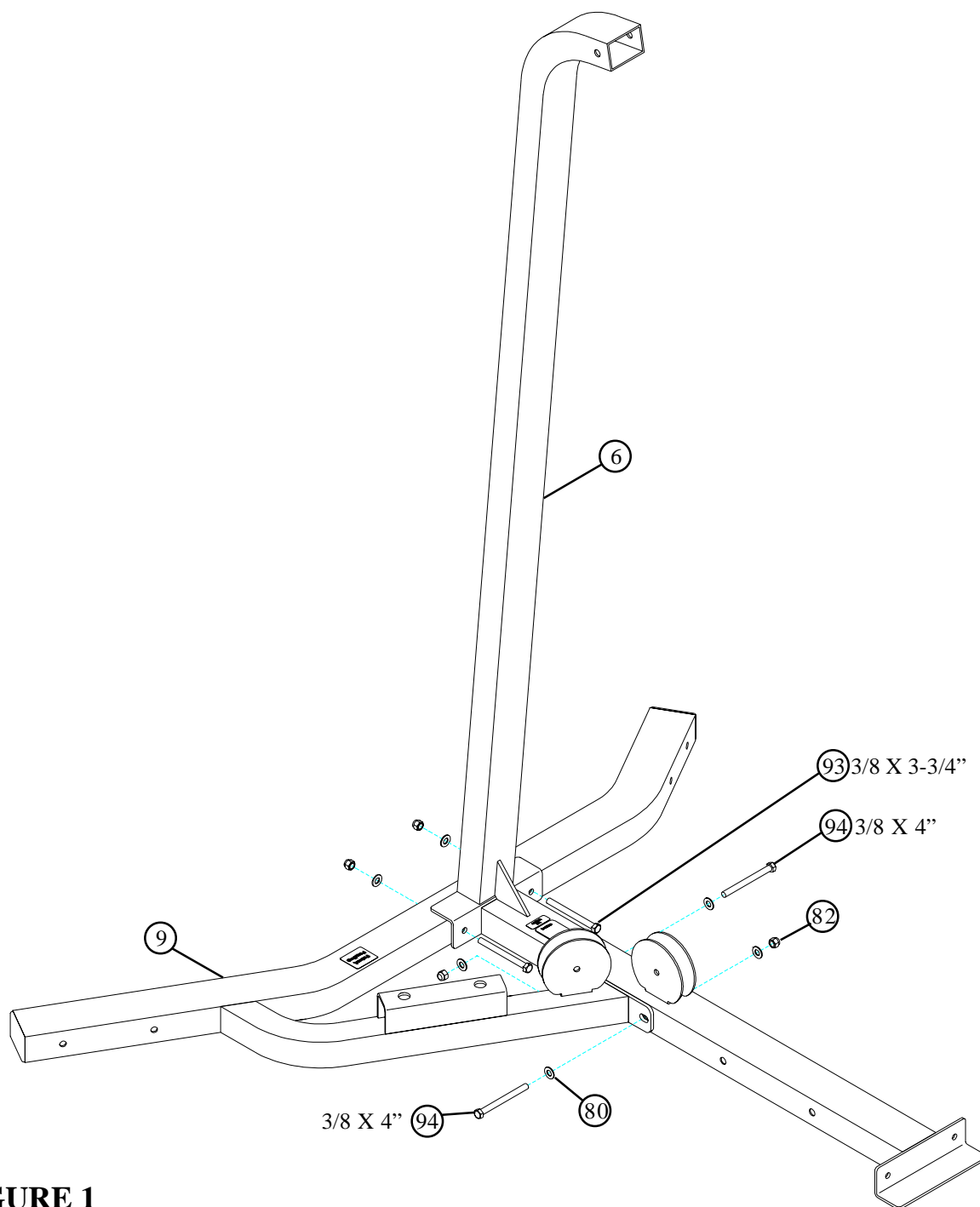
# PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	7139708	FRAME	1
2	7139808	LEG PEDESTAL	1
3	6994721	PEC STATION PAD	2
4	7145002	SEAT ADJUST	1
5	6523401	GUIDE ROD	2
6	7139908	REAR UPRIGHT	1
7	6940808	PULLEY PLATE	4
8	7140108	BOOM BRACKET	1
9	7140208	BASE FRAME	1
10	7129508	BOOM PLATE	1
11	7075808	BASE PLATE	2
12	7149308	16-1/4" TUBE	1
13	7061608	RIGHT PEC ARM	1
14	7061308	LEFT PEC ARM	1
15	7061808	PEC PLATE	1
16	7076208	FLOATING PULLEY BRACKET	1
17	7140302	RIGHT PEC HANDLE	1
18	7140402	LEFT PEC HANDLE	1
19	6549301	3/4" X 17" TUBE	3
20	7012102	WEIGHT STACK SPACERS	2
21	6773802	LAT BAR	1
22	6995708	BOTTOM PULLEY PLATE	3
23	7141608	BENCH FRAME	1
24	7141708	BENCH FOOT	1
25	7136108	ROCKER PIVOT	1
26	7141802	BACK PAD SUPPORT	1
27	7141902	BENCH ROCKER	1
28	7142002	BENCH SEAT ADJUST	1
29	71370	BENCH SEAT PAD	1
30	7135602	BENCH BRACKET	1
31	71366	BENCH BACK PAD	1
32	7141008	PRESS FRAME	1
33	7141108	PRESS EXTERIOR ADJUST	1
34	7141202	PRESS INTERIOR ADJUST	1
35	7141308	PRESS PIVOT	1
36	7133402	FOOT PLATE	1
37	7133708	PRESS ADJUST BRACKET	2
38	7133808	PRESS ARM	1
39	7245908	RIGHT PRESS HANDLE	1
40	7141508	LEFT PRESS HANDLE	1
41	7149808	RIGHT SQUAT ARM	1
42	7149908	LEFT SQUAT ARM	1
43	3116101	4-1/2" PULLEY	3
44	3116201	3-1/2" PULLEY	20
45	6993701	4-1/2" V-GROOVE PULLEY	1
46	6389701	LOW ROW BAR	1
47	7165902	PRESS/LEG CABLE	1

KEY	PART #	DESCRIPTION	QTY
48	7041802	WEIGHT STACK CABLE	1
49	7156002	LAT CABLE	1
50	6535603	PEC CABLE	1
51	6953702	HEAD PLATE	1
52	3103801	SNAP LINK	3
53	3104901	3/4" FLANGE BEARING	14
54	6020601	1/2" FLANGE BEARING	8
55	6480301	3/8 X 9/16" FLANGE SPACER	2
56	6480302	3/8 X 1-1/16" FLANGE SPACER	4
57	6122701	3/8 X 1" SPACER	12
58	6122702	3/8 X 1/2" SPACER	2
59	3103302	13/16" SHAFT COLLAR	2
60	3105401	3/4" STARLOCK	8
61	6075906	12 LINK CHAIN	1
62	6972201	WEIGHT SELECTOR PIN	1
63	3108901	2" PLASTIC WASHER	4
64	6866601	BLACK RH CAP	2
65	6866801	1/2" RH WASHER	2
66	3116001	1-1/4" SQ RUBBER BUMPER	1
67	3108002	WEIGHT STACK CUSHION	2
68	6140701	1" SQ. GLIDE	6
69	6817101	1-5/8" X 5-1/2" NON-SKID STRIP	1
70	6375801	AB CRUNCH STRAP	1
71	6382301	WEIGHT PLATE BUSHING (10CT)	3
72	6409101	ANKLE STRAP	1
73	6416601	PARAGLIDE (QTY 8)	2
74	6892501	FLOOR ROLLER WHEEL	2
75	7095701	WEIGHT PLATE SHAFT	1
76	3221702	3/4" E-RING,	1
77	7143401	PLUNGER PIN	2
78	7115201	SPRING PIN ASSEMBLY	2
79	3102503	3/4" FLAT WASHER	2
80	3102501	3/8" FLAT WASHER	26
81	3102507	1/2" FLAT WASHER	8
82	3102802	3/8" LOCK NUT	43
83	3102807	3/8" LOW HEIGHT LOCK NUT	10
84	3102801	1/2" LOCK NUT	3
85	3102804	1/2" LOW HEIGHT LOCK NUT	7
86	3110001	5/16" ROLL PIN	4
87	3102909	3/8 X 1" BOLT,	2
88	3102924	3/8 X 1-3/4" BOLT	15
89	3102903	3/8 X 2-1/2" BOLT	2
90	3102922	3/8 X 2-3/4" BOLT	14
91	3102904	3/8 X 3" BOLT	2
92	3102915	3/8 X 3-1/4" BOLT	2
93	3102905	3/8 X 3-3/4" BOLT	18
94	3102906	3/8 X 4" BOLT	5

## PARTS LIST

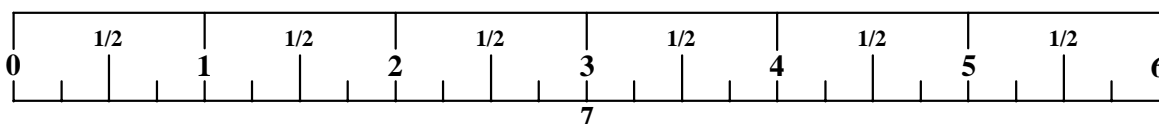
KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
95	3102917	1/2 X 4" BOLT	1		109	7149701	HANDLE PIVOT PIN	1
96	3102937	1/2 X 4-1/2" BOLT	1		110	6686301	1/2" U PIN	1
97	3102911	1/2 X 6" BOLT	4		111	6406401	HINGE TAB	2
98	3102963	1/2 X 11" BOLT	2		112	3110006	1/8" ROLL PIN	1
99	7128202	3/4 X 6" SHAFT	1		113	3232801	BUMPER CAP	1
100	7128203	3/4 X 3-5/16" SHAFT	2		114	ACU-7308601	WEIGHT STACK LABELS	1
101	3232101	10/32" SET SCREW	2		115	6939202	WEIGHT PLATES	15
102	3231501	1/4" X 1-1/2" CAP SCREW	1		116	6016401	PRESS ROLLER PAD	2
103	3231601	1/2" EXT. RETAINING RING	3		117	6194601	LEG ROLLER PAD	6
104	3232001	1/2" CLEVIS PIN	2		118	7159801	THREADED HOUSING	1
105	6533501	CABLE RETAINING CLIP	3		119	3221902	2" NYLON SPACER	2
106	7149501	PRESS ADJUST HANDLE	1		120	3221903	3" NYLON SPACER	2
107	7245601	REMOTE HANDLE RETAINER	1		121	3102907	3/8 X 6" BOLT	1
108	3221703	3/16" EXTERNAL E-RING	1		122	7150001	PUSH-PULL CABLE	1

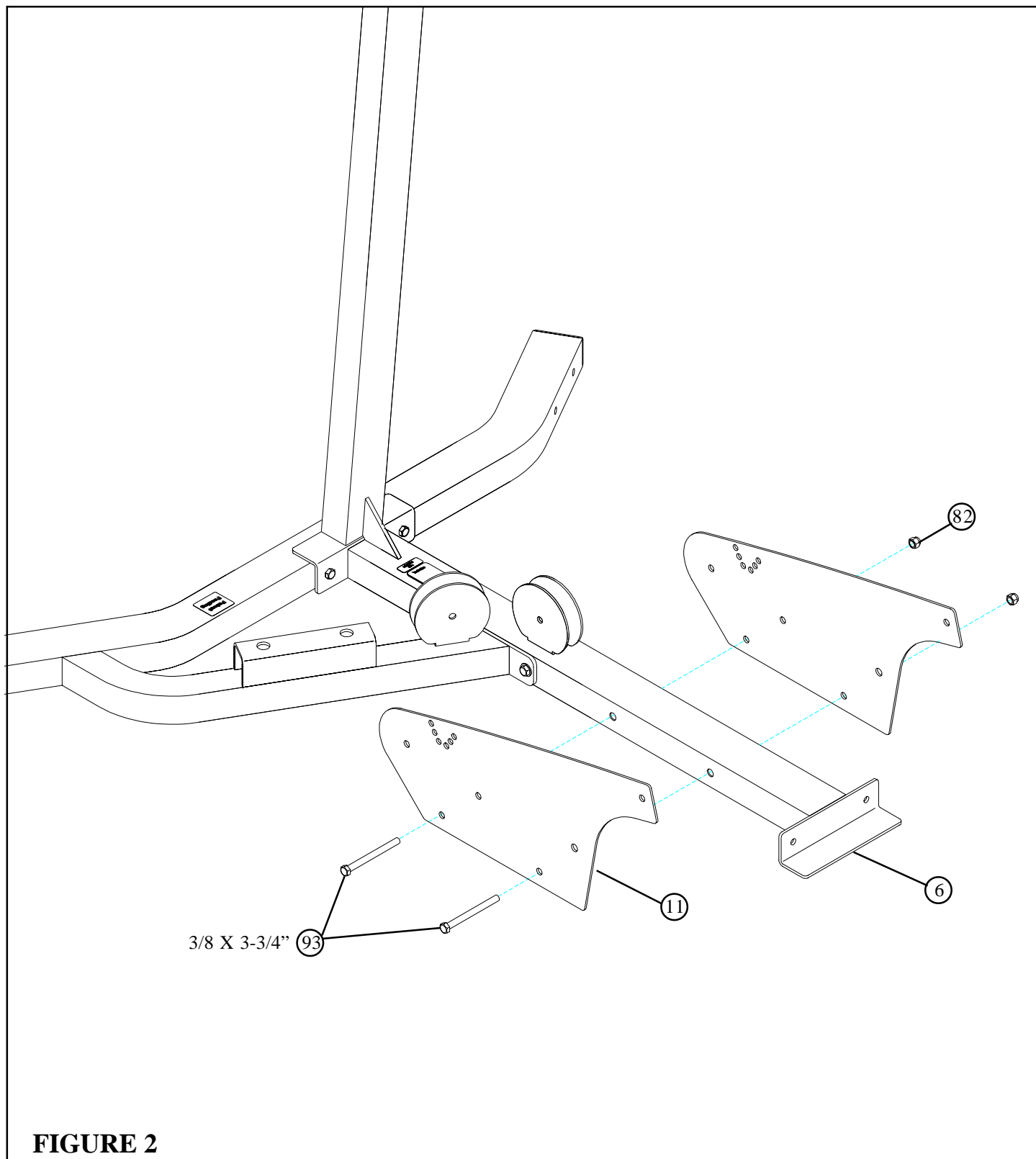


**FIGURE 1**

**STEP 1:**

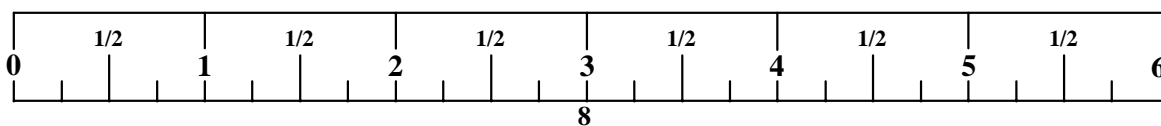
- **SECURELY** assemble the REAR UPRIGHT (6) to the BASE FRAME (9) using two 3/8 X 3-3/4" BOLTS (93), two 3/8 X 4" BOLTS (94), six 3/8" WASHERS (80) and four 3/8" LOCK NUTS (82) as shown in FIGURE 1.

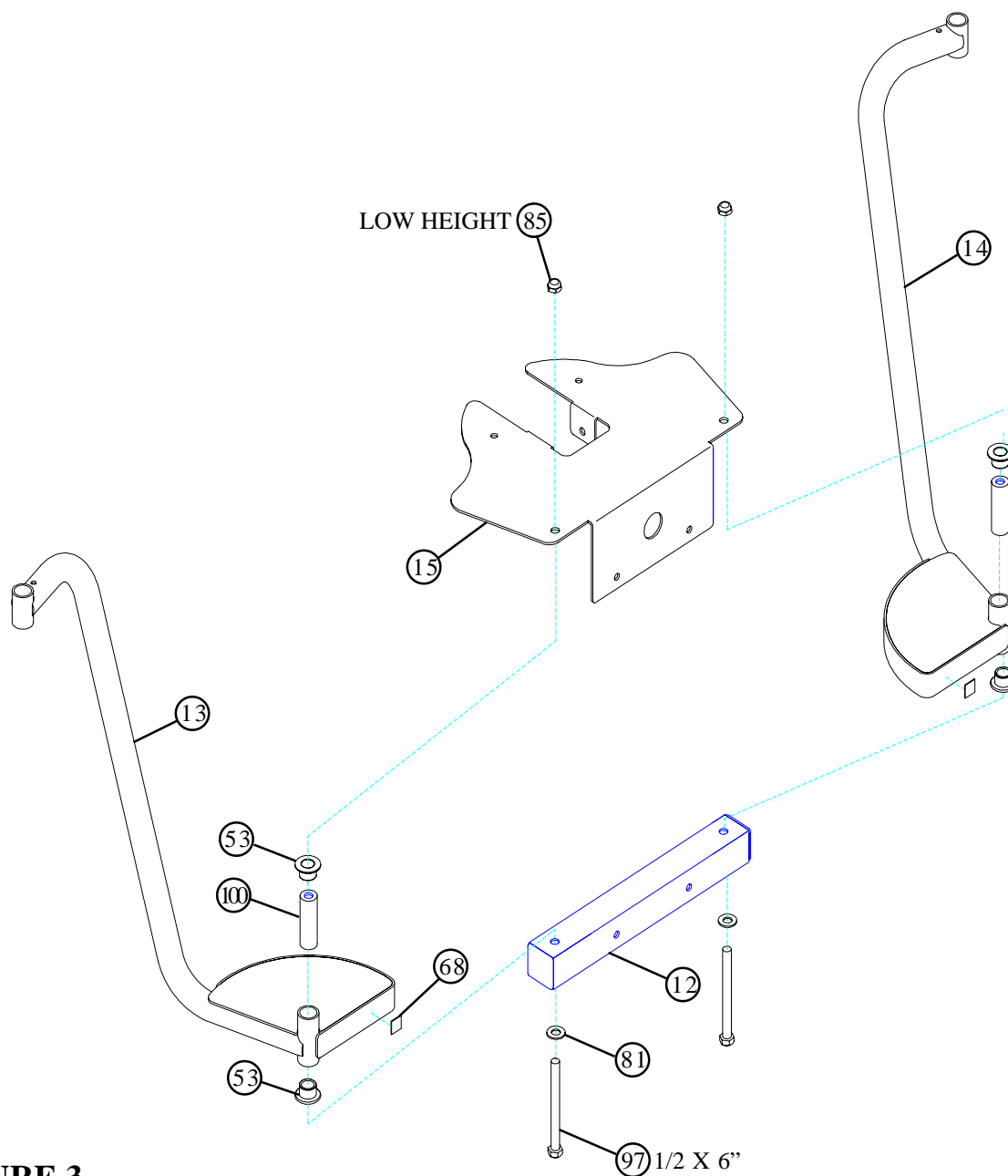




**STEP 2:**

- **LOOSELY** assemble two BASE PLATES (11) to the REAR UPRIGHT (6) using two 3/8 X 3-3/4" BOLTS (93) and two 3/8" LOCK NUTS (82). See FIGURE 2.

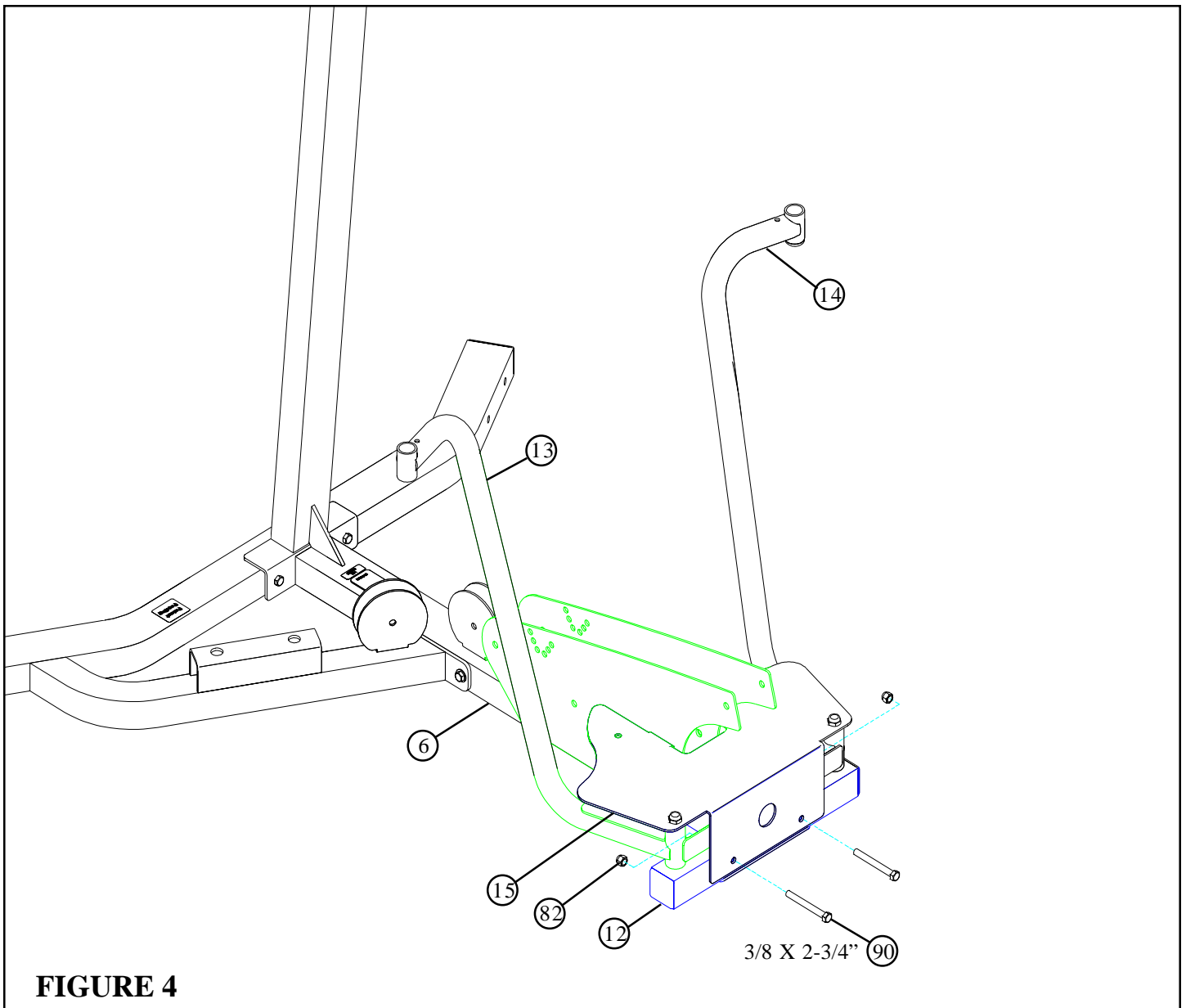




**FIGURE 3**

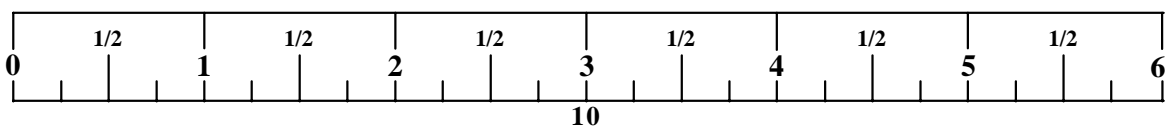
**STEP 3:**

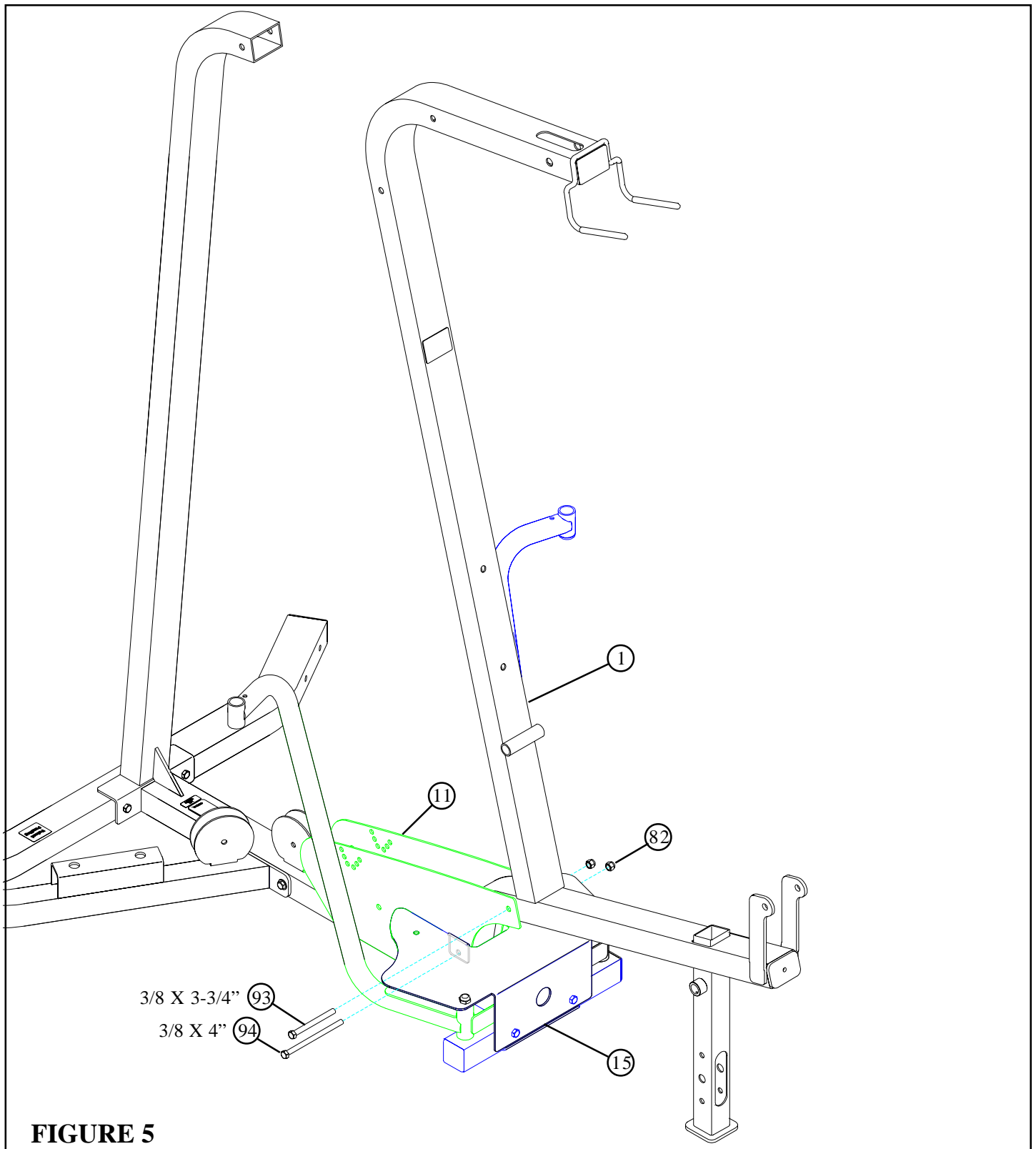
- Assemble one 1" SQ. GLIDE (68) to the RIGHT PEC ARM (13) and one 1" SQ. GLIDE (68) to the LEFT PEC ARM (14) as shown in FIGURE 3.
- Assemble the RIGHT PEC ARM (13) and LEFT PEC ARM (14) to the 16-1/4" TUBE (12) and PEC PLATE (15) using two 1/2 X 6" BOLTS (97), two 1/2" WASHERS (81), four 3/4" FLANGE BEARINGS (53), two 3/4" X 3-5/16" SHAFTS (100) and two 1/2" LOW HEIGHT LOCK NUTS (85) as shown in FIGURE 3.



**STEP 4:**

- **SECURELY** assemble the PEC PLATE (15) and the 16-1/4" TUBE (12) to the REAR UPRIGHT (6) using two 3/8 X 2-3/4" BOLTS (90) and two 3/8" LOCK NUTS (82) as shown in FIGURE 4.

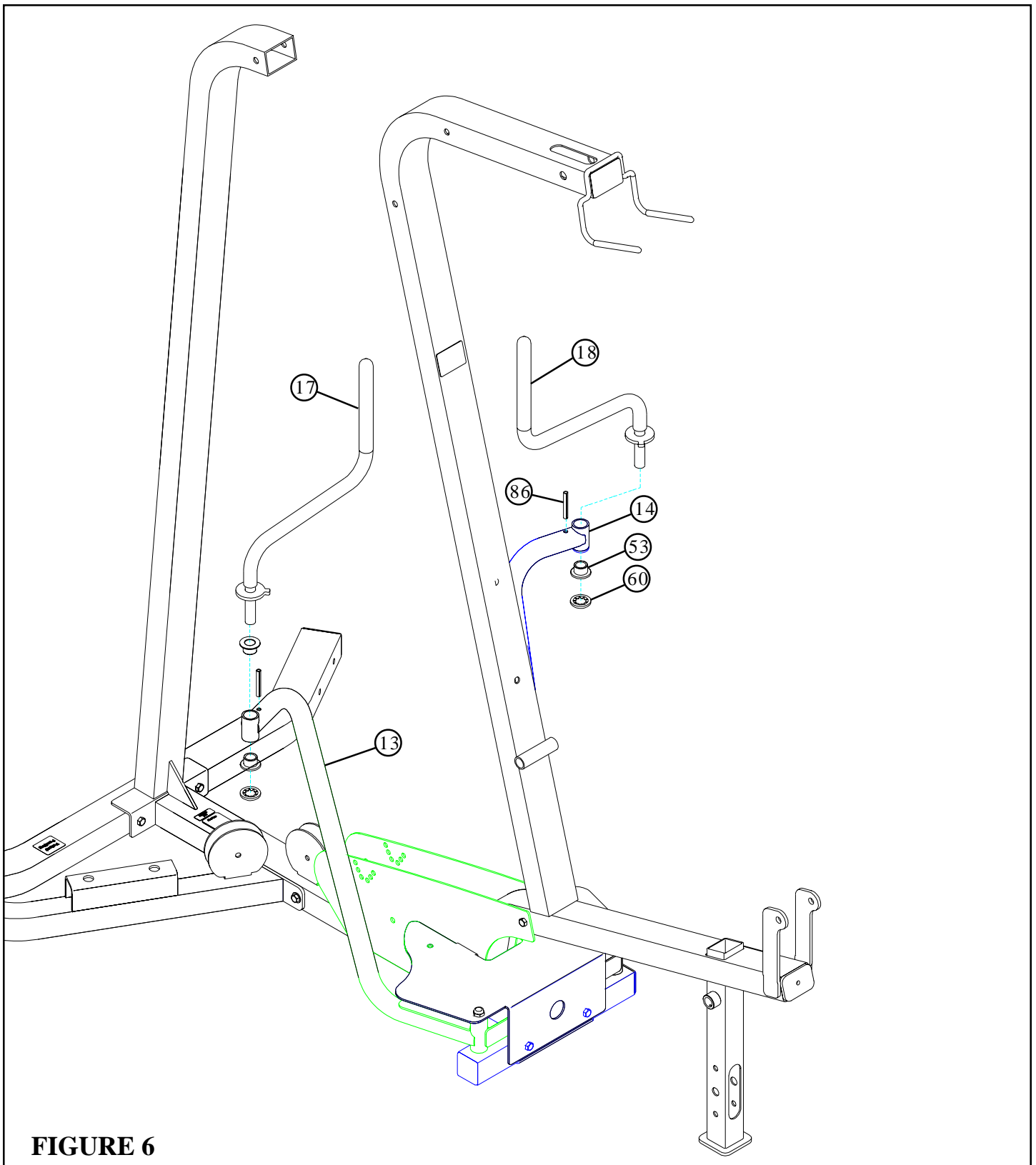




**FIGURE 5**

**STEP 5:**

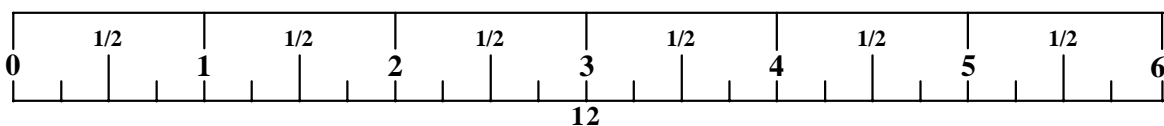
- **SECURELY** assemble the PEC PLATE (15) and the BASE PLATES (11) to the FRAME (1) using one 3/8 X 3-3/4" BOLT (93), one 3/8 X 4" BOLT (94) and two 3/8" LOCK NUTS (82) as shown in FIGURE 5.

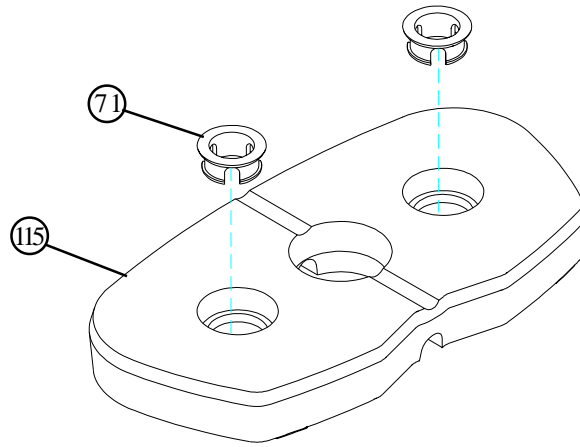


**FIGURE 6**

**STEP 6:**

- Assemble the LEFT PEC ARM (14) to the LEFT PEC HANDLE (18) using two 3/4" FLANGE BEARINGS (53), one STARLOCK COLLAR (60) and one 5/16" ROLL PIN (86) as shown in FIGURE 6.
- Repeat the previous steps to assemble the RIGHT PEC HANDLE (17) and the RIGHT PEC ARM (13) as shown in FIGURE 6.

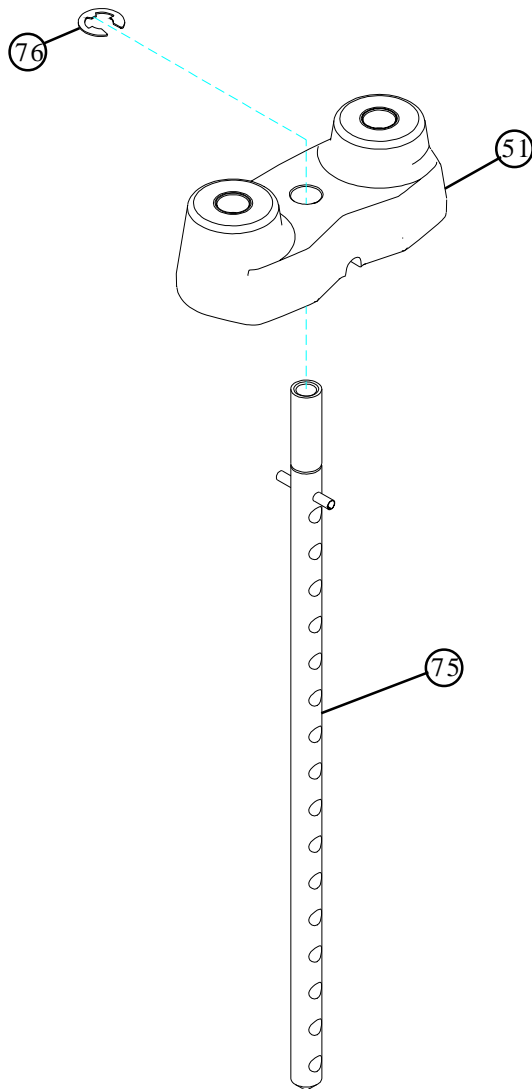




**FIGURE 7**

**STEP 7:**

- Insert two WEIGHT PLATE BUSHINGS (71) into each of the fifteen WEIGHT PLATES (115) as shown in FIGURE 7.

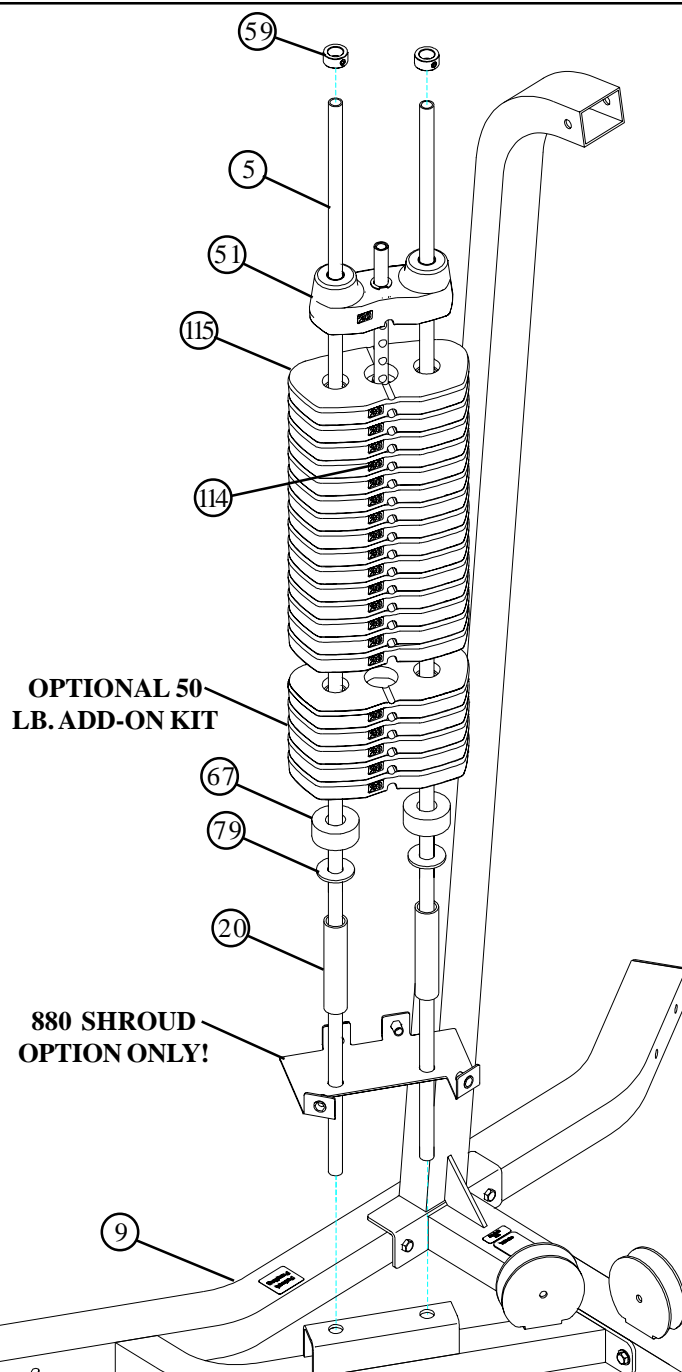


**FIGURE 8**

**STEP 8:**

- Slide the WEIGHT PLATE SHAFT (75) thru the hole in the HEAD PLATE (51), and lock in place using one E-RING (76) as shown in FIGURE 8.

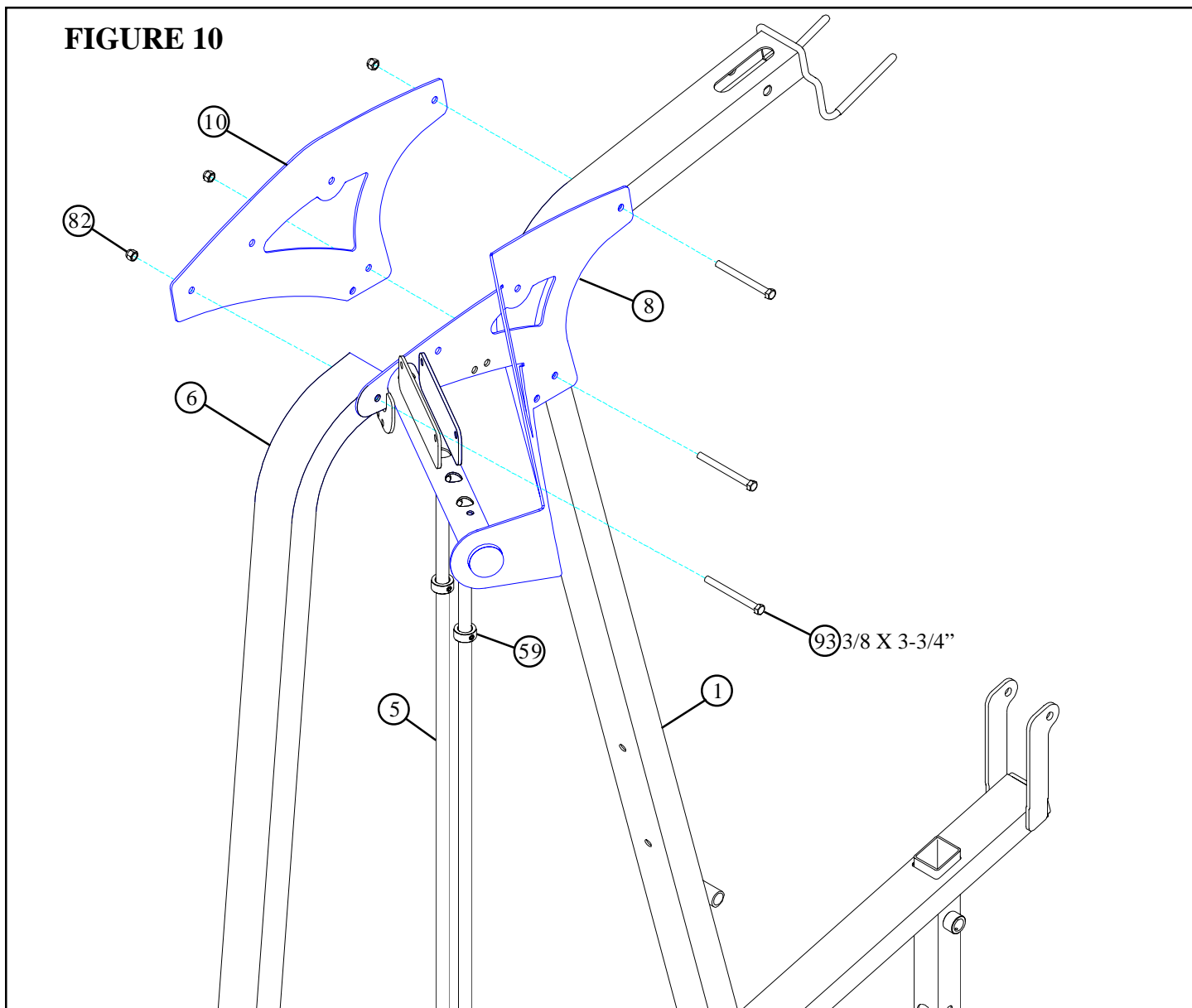
**FIGURE 9**



**STEP 9:**

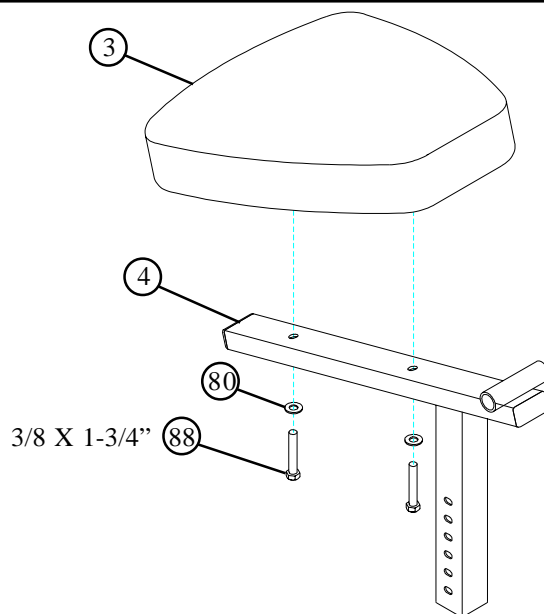
- Insert two GUIDE RODS (5) into the BASE FRAME (9) as shown on FIGURE 4. (NOTE: If the 880 SHROUD OPTION was purchased, place the GUIDE RODS (5) through the BOTTOM SHROUD BRACKET (found in SHROUD OPTION box) and into the BASE FRAME (9) as shown in FIGURE 9.
- (NOTE: Lubricate GUIDE RODS (5) with silicon or teflon spray available at most hardware stores.)
- Slide two WEIGHT STACK SPACERS (20), two 3/4" FLAT WASHERS (79), and two WEIGHT STACK CUSHIONS (67) down over the GUIDE RODS (5).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (115) (NOTE: If 50-LB. ADD-ON KIT was purchased, slide twenty WEIGHT PLATES and discard two WEIGHT STACK SPACERS (20), two 3/4" FLAT WASHERS (79) use the 50 LB. ADD-ON HEAD PLATE and refer to the 50 LB. ADD-ON Kit instructions) down over the GUIDE RODS (5) on to the WEIGHT STACK CUSHIONS (67). Make sure that the WEIGHT PLATES (115) are all facing as shown.
- Slide the head plate assembly down over the GUIDE RODS (5) onto the weight stack.
- Slide two SHAFT COLLARS (59) over the GUIDE RODS (5) as shown in FIGURE 9.
- Apply WEIGHT STACK LABELS (114) to WEIGHT PLATES (115) and HEAD PLATE (51) as shown in FIGURE 9. Begin with number one at the HEAD PLATE (51) with larger numbers in consecutive order towards bottom of weight stack.

**FIGURE 10**



**STEP 10:**

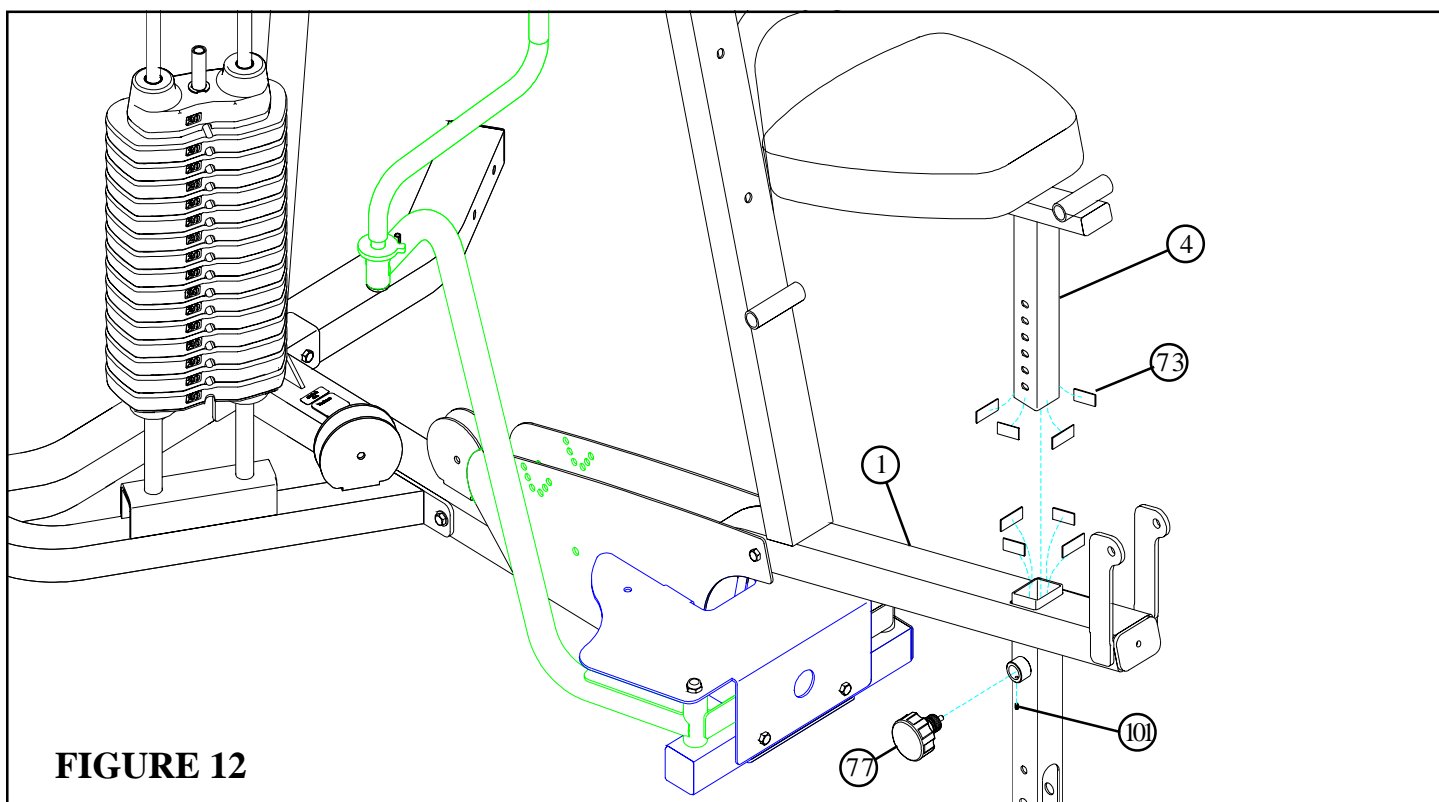
- Swing the GUIDE RODS (5) into the guide rod bushings in the BOOM BRACKET (8) as shown in FIGURE 10.
- **LOOSELY** assemble the BOOM BRACKET (8) and the BOOM PLATE (10) to the REAR UPRIGHT (6) and the FRAME (1) using three 3/8 X 3-3/4" BOLTS (93) and three 3/8" LOCK NUTS (82). See FIGURE 10.



**FIGURE 11**

**STEP 11:**

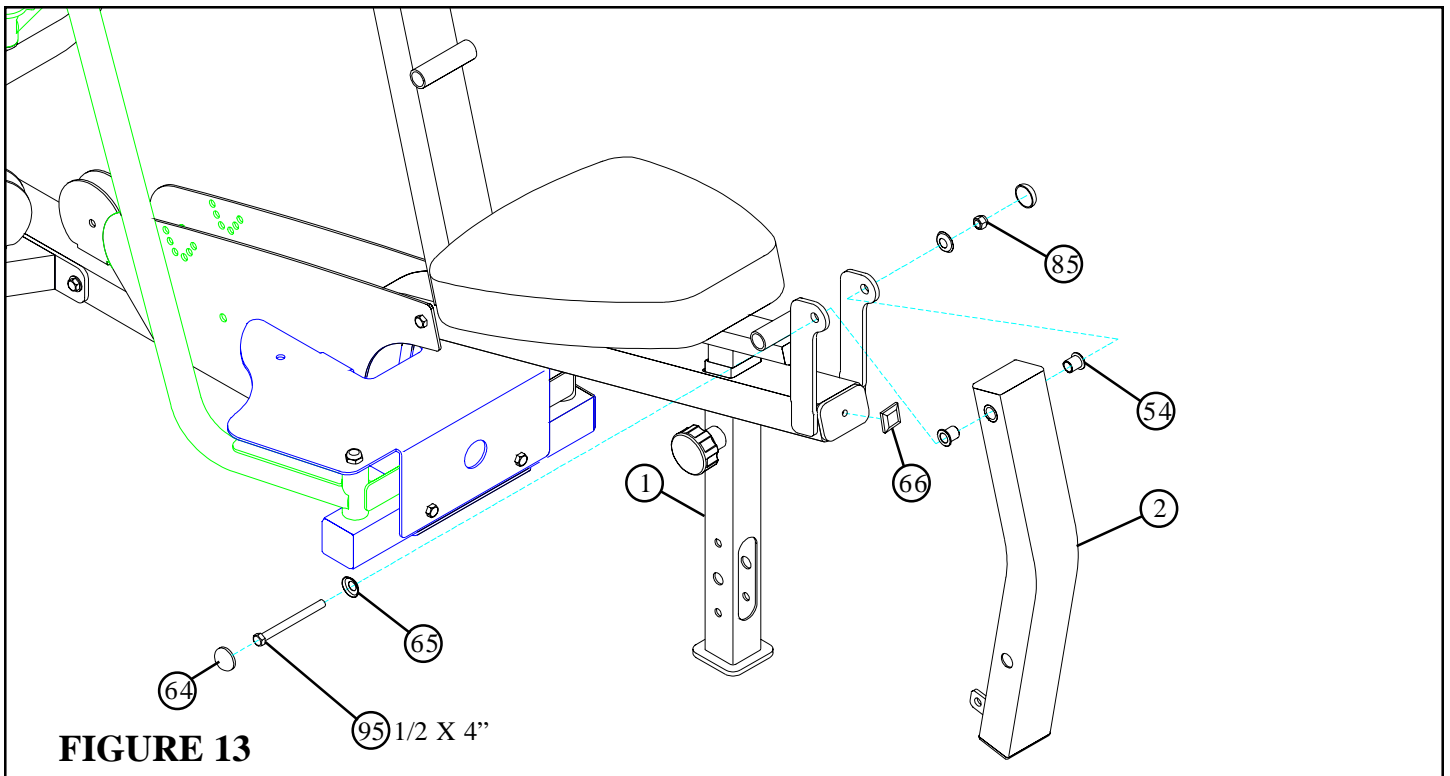
- **SECURELY** assemble one PEC STATION PAD (3) to the SEAT ADJUST (4) using two 3/8 X 1-3/4" BOLTS (88) and two 3/8" WASHERS (80). See FIGURE 11.



**FIGURE 12**

**STEP 12:**

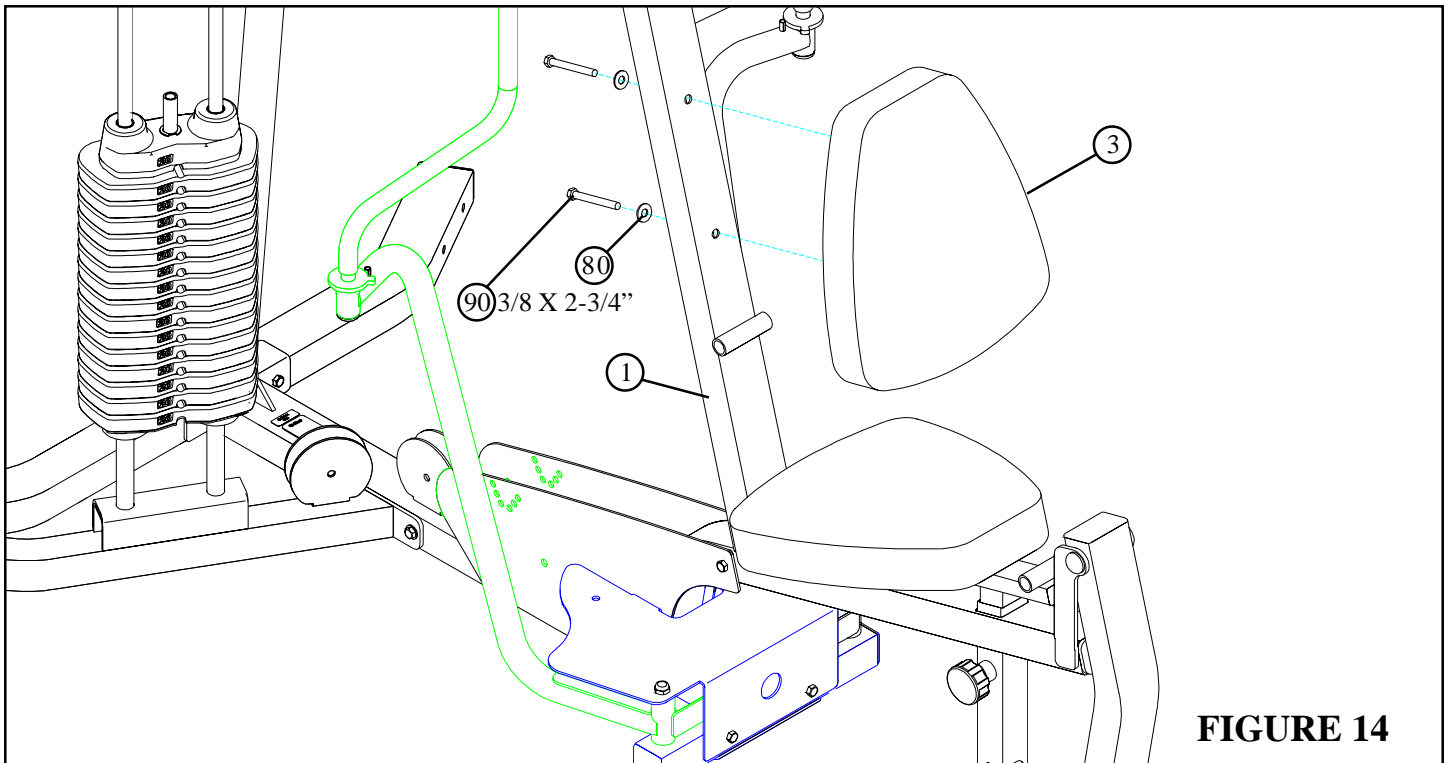
- Securely assemble one PLUNGER PIN (77) to the FRAME (1) as shown. (**NOTE: Screw PLUNGER PIN (77) in all the way.**)
- Securely assemble one 10/32" SET SCREW (101) to the plunger pin barrel on the FRAME (1) then back off 1/4 turn so PLUNGER PIN (77) rotates freely.
- Apply eight PARAGLIDES (73) to the **INSIDE** of the tube on the FRAME (1) and on the **OUTSIDE** of the SEAT ADJUST (4) as shown.
- **CAREFULLY** insert the SEAT ADJUST ASSEMBLY into the FRAME (1) as shown. The SEAT height can be adjusted using the PLUNGER PIN (77).



**FIGURE 13**

**STEP 13:**

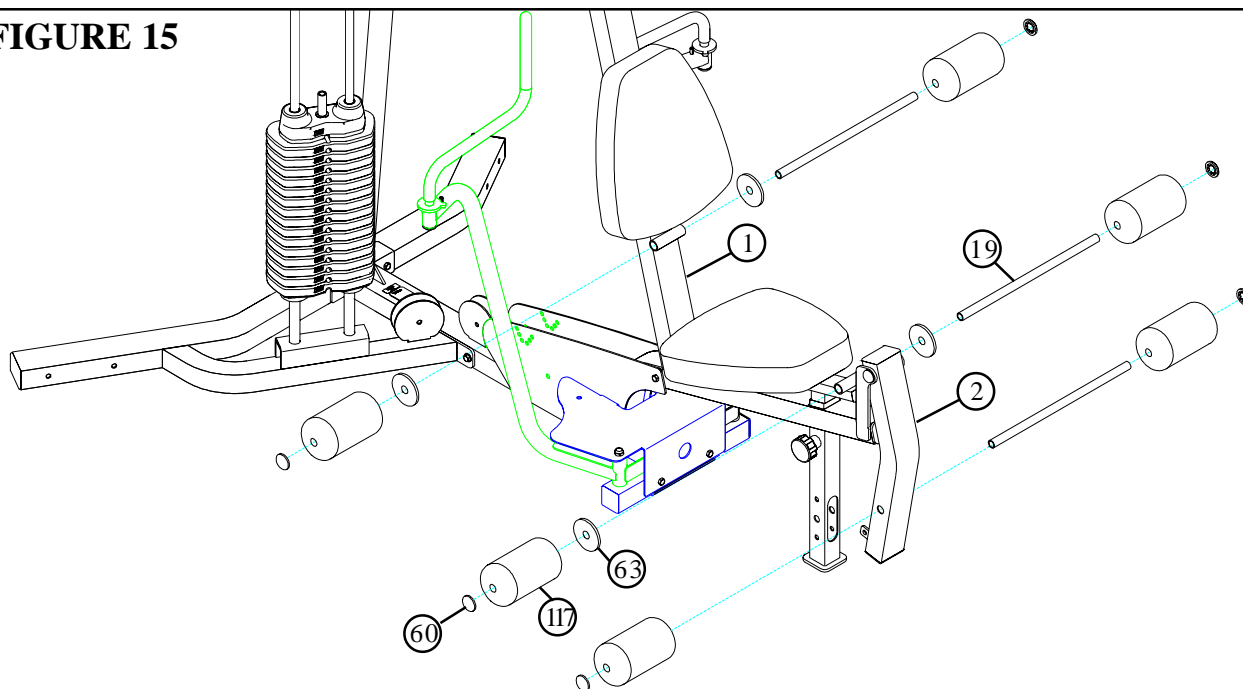
- Insert two 1/2" FLANGE BEARINGS (54) into the the LEG PEDESTAL (2) as shown in FIGURE 13.
- Assemble the LEG PEDESTAL (2) to the FRAME (1) using two RH CAPS (64), one 1/2 X 4" BOLT (95), two 1/2" RH WASHERS (65), and one 1/2" LOW HEIGHT LOCK NUT (85). (**Note: Tighten this connection enough to remove excess play yet allow the LEG PEDESTAL to rotate freely.**)
- Assemble one 1-1/4" RUBBER BUMPER (66) to the FRAME (1) where the LEG PEDESTAL (2) contacts the FRAME (1) as shown in FIGURE 13.



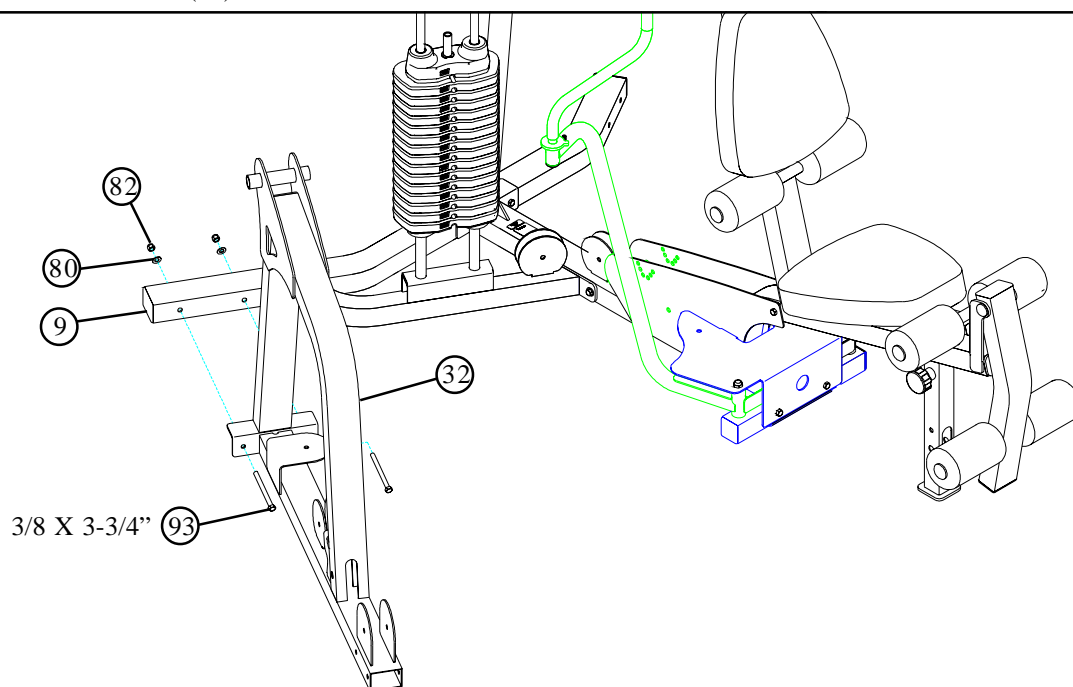
**FIGURE 14**

**STEP 14:**

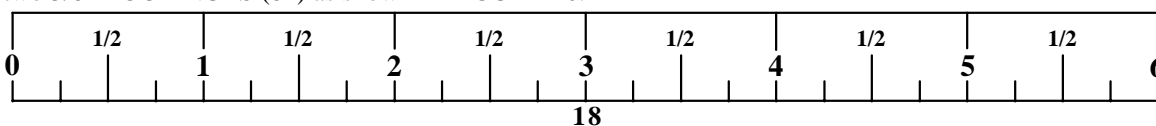
- **SECURELY** assemble one PEC STATION PAD (3) to the FRAME (1) using two 3/8 X 2-3/4" BOLTS (90) and two 3/8" WASHERS (80). See FIGURE 12.

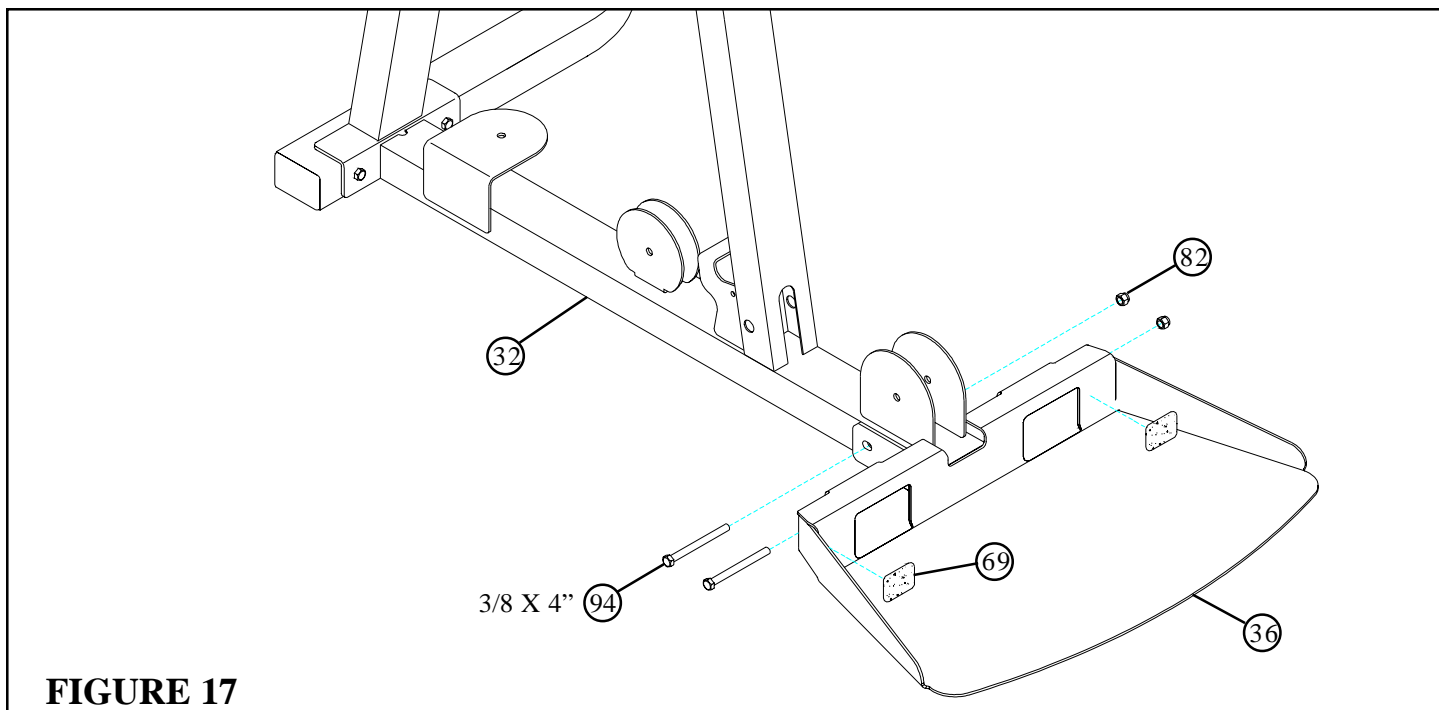
**FIGURE 15****STEP 15:**

- Assemble two ROLLER PADS (117) to the LEG PEDESTAL (2) using one 3/4 X 17" TUBE (19) and two 3/4" STARLOCK COLLARS (60) as shown in FIGURE 15.
- Assemble two ROLLER PADS (117) to the SEAT ADJUST (4) using one 3/4 X 17" TUBE (19), two PLASTIC WASHERS (63) and two 3/4" STARLOCK COLLARS (60) as shown in FIGURE 15.
- Assemble two ROLLER PADS (117) to the FRAME (1) using one 3/4 X 17" TUBE (19), two PLASTIC WASHERS (63) and two 3/4" STARLOCK COLLARS (60) as shown in FIGURE 15.

**FIGURE 16****STEP 16:**

- **LOOSELY** assemble the PRESS FRAME (32) to the BASE FRAME (9) using two 3/8 X 3-3/4" BOLTS (93), two 3/8" WASHERS (80) and two 3/8" LOCK NUTS (82) as shown in FIGURE 16.

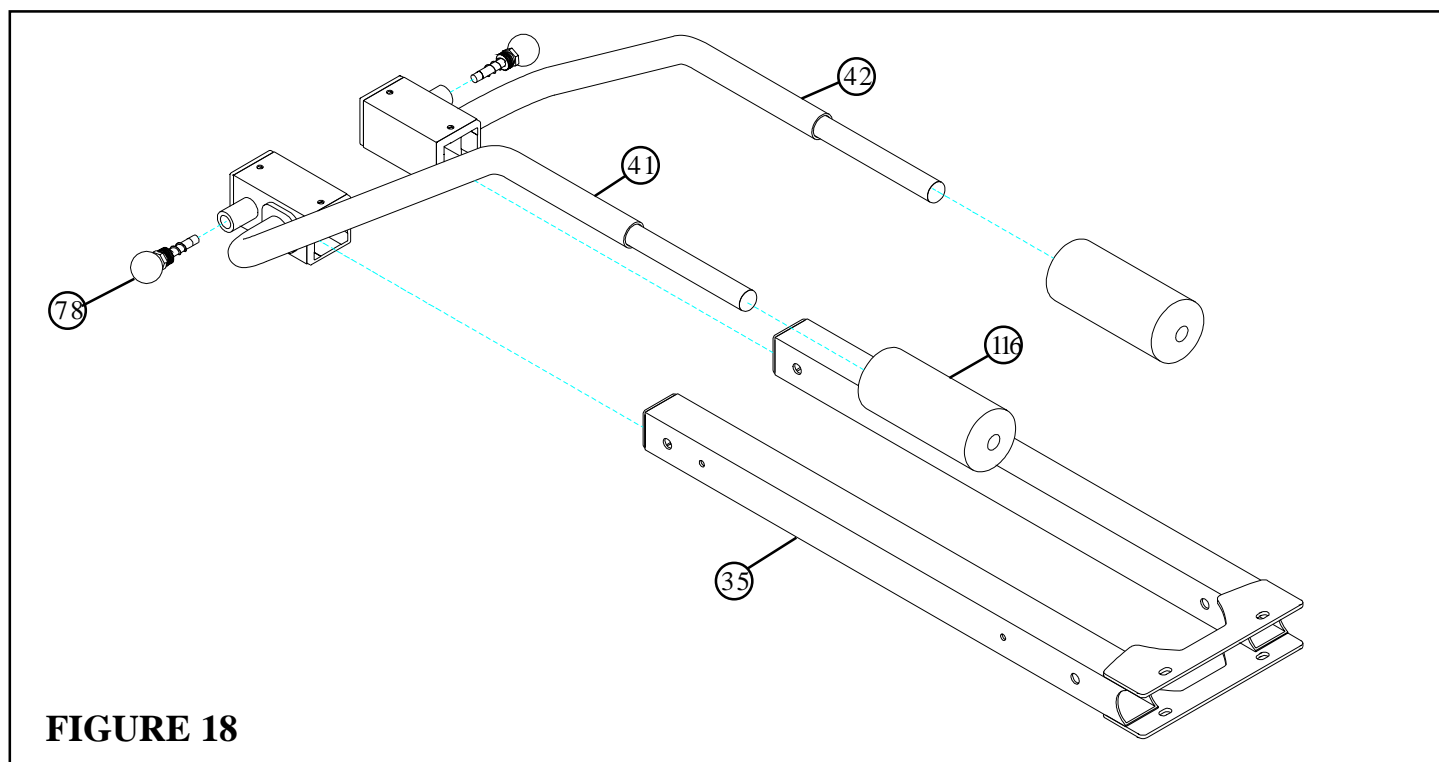




**FIGURE 17**

**STEP 17:**

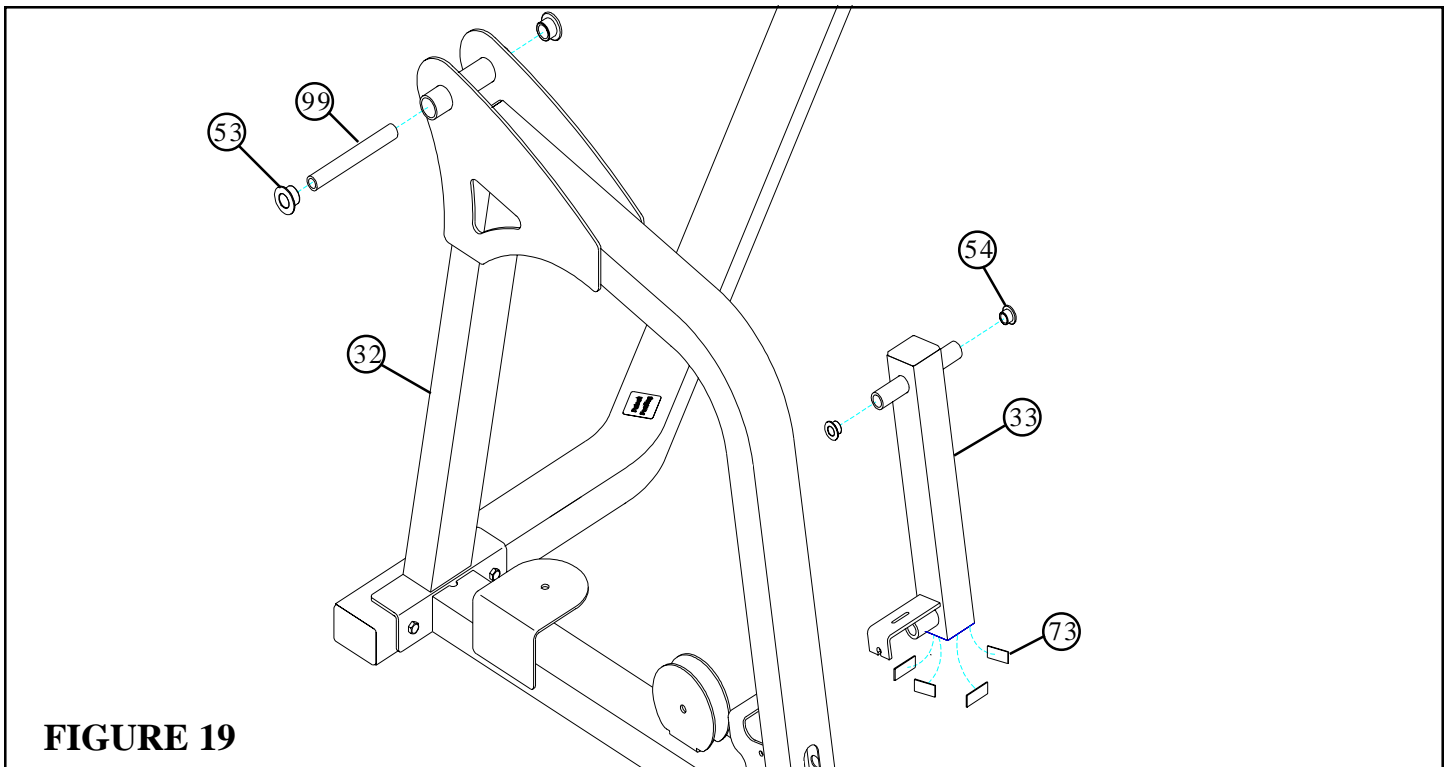
- **SECURELY** assemble the FOOT PLATE (36) to the PRESS FRAME (32) using two 3/8 X 4" BOLTS (94) and two 3/8" LOCK NUTS (82) as shown in FIGURE 17.
- Cut the 1-5/8" X 5-1/2" NON-SKID STRIP (69) in half and assemble the NON-SKID STRIPS (69) to the FOOT PLATE (36) as shown in FIGURE 17.



**FIGURE 18**

**STEP 18:**

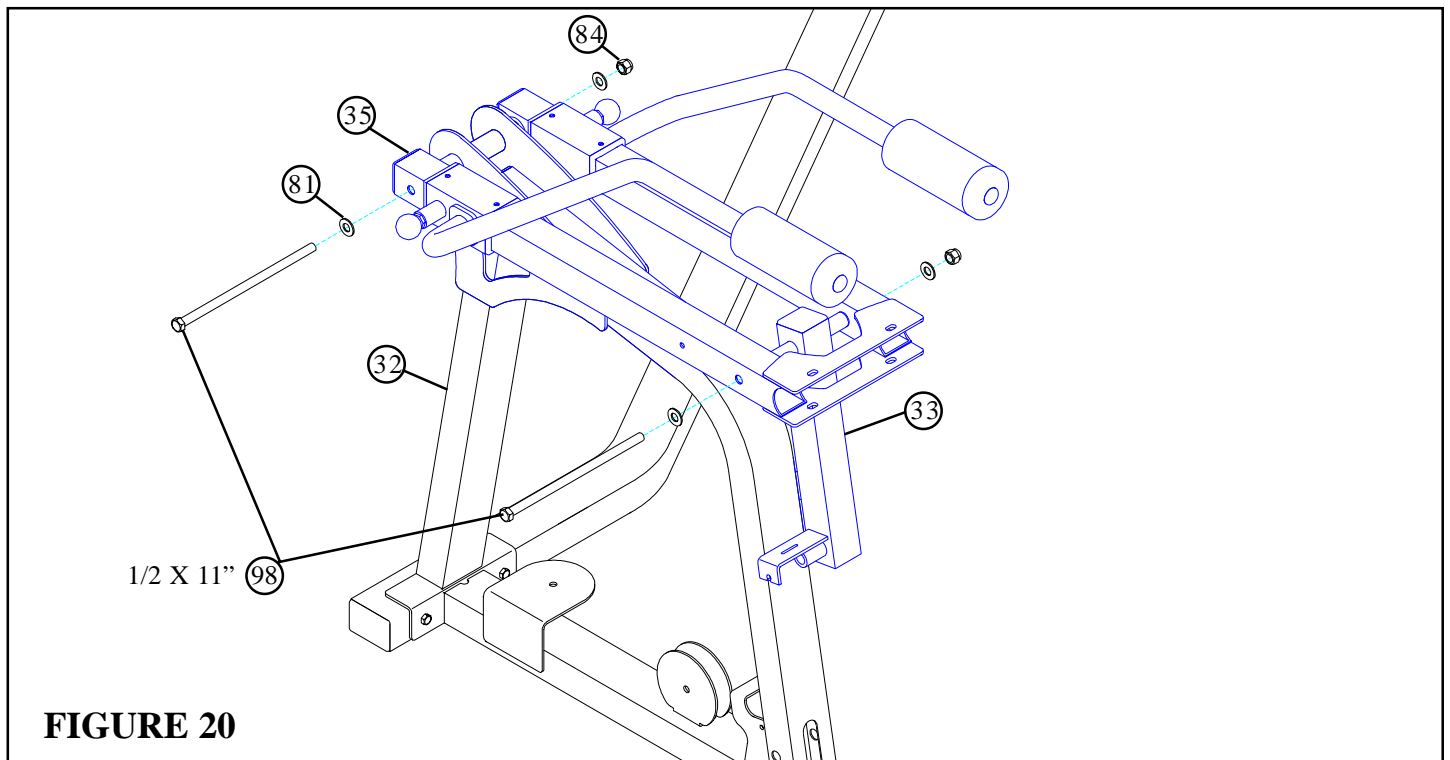
- Assemble two SPRING PINS (78) to the RIGHT and LEFT SQUAT ARMS (41 & 42) as shown in FIGURE 18.
- Slide two PRESS ROLLER PADS (116) over the RIGHT and LEFT SQUAT ARMS (41 & 42) as shown in FIGURE 18.
- Pull back on the SPRING PINS (78) and slide the the RIGHT and LEFT SQUAT ARMS (41 & 42) over the PRESS PIVOT (35) as shown in FIGURE 18.



**FIGURE 19**

**STEP 19:**

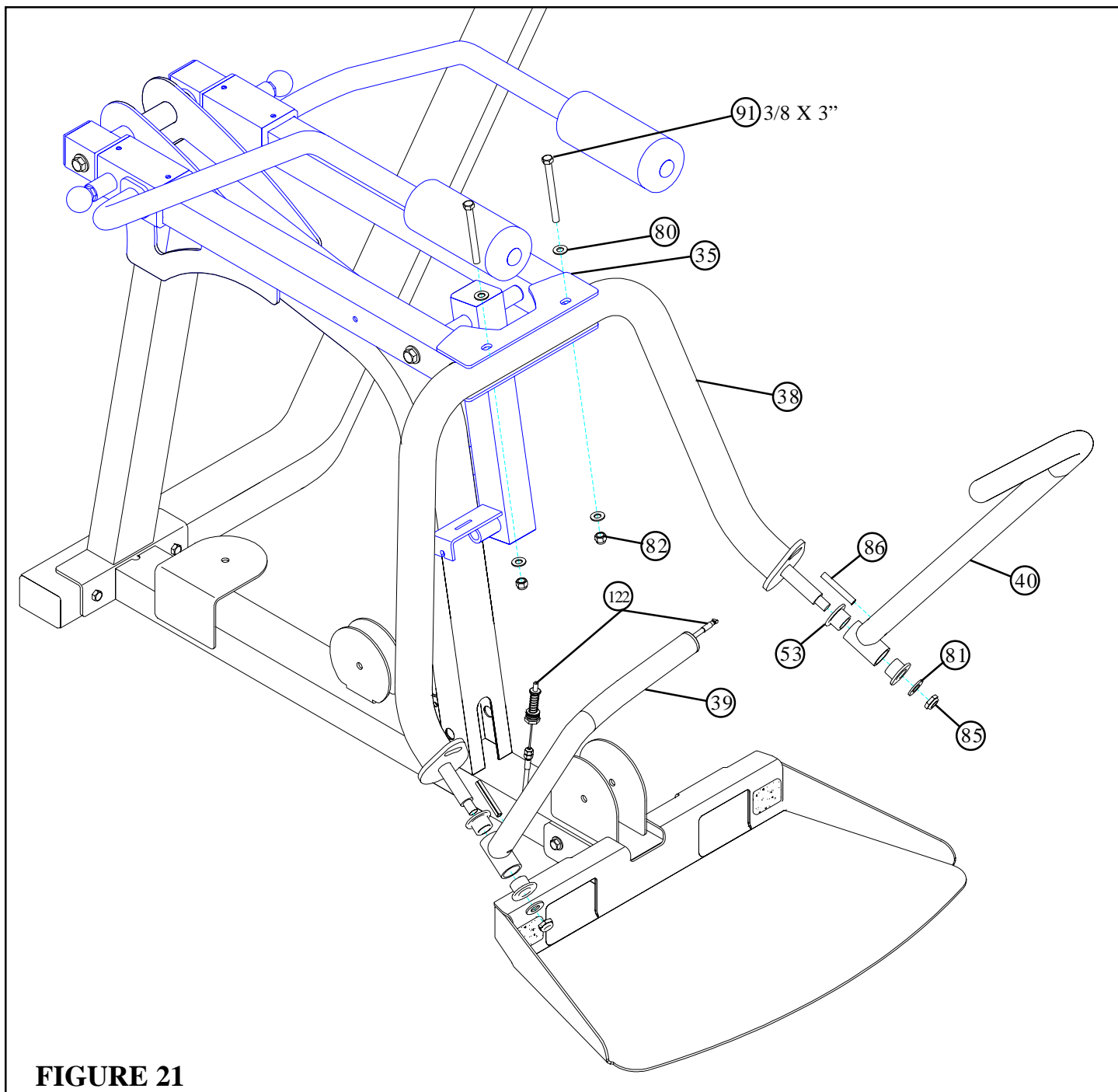
- Insert two 3/4" FLANGE BEARINGS (53) and one 3/4" X 6" SHAFT (99) into the tube on the PRESS FRAME (32) as shown.
- Insert two 1/2" FLANGE BEARINGS (54) into the PRESS EXTERIOR ADJUST (33) as shown in FIGURE 19.
- Apply four PARAGLIDES (73) to the **INSIDE** of the tube on the EXTERIOR PRESS ADJUST (33) as shown in FIGURE 19.



**FIGURE 20**

**STEP 20:**

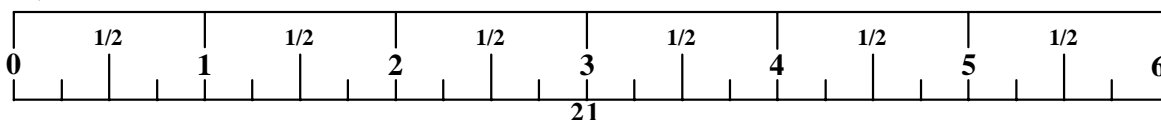
- **SECURELY** assemble the PRESS PIVOT (35) to the PRESS FRAME (32) using one 1/2 X 11" BOLT (98), two 1/2" WASHERS (81) and one 1/2" LOCK NUT (84).
- **SECURELY** assemble the PRESS EXTERIOR ADJUST (33) to the PRESS PIVOT (35) using one 1/2 X 11" BOLT (98), two 1/2" WASHERS (81) and one 1/2" LOCK NUT (84).

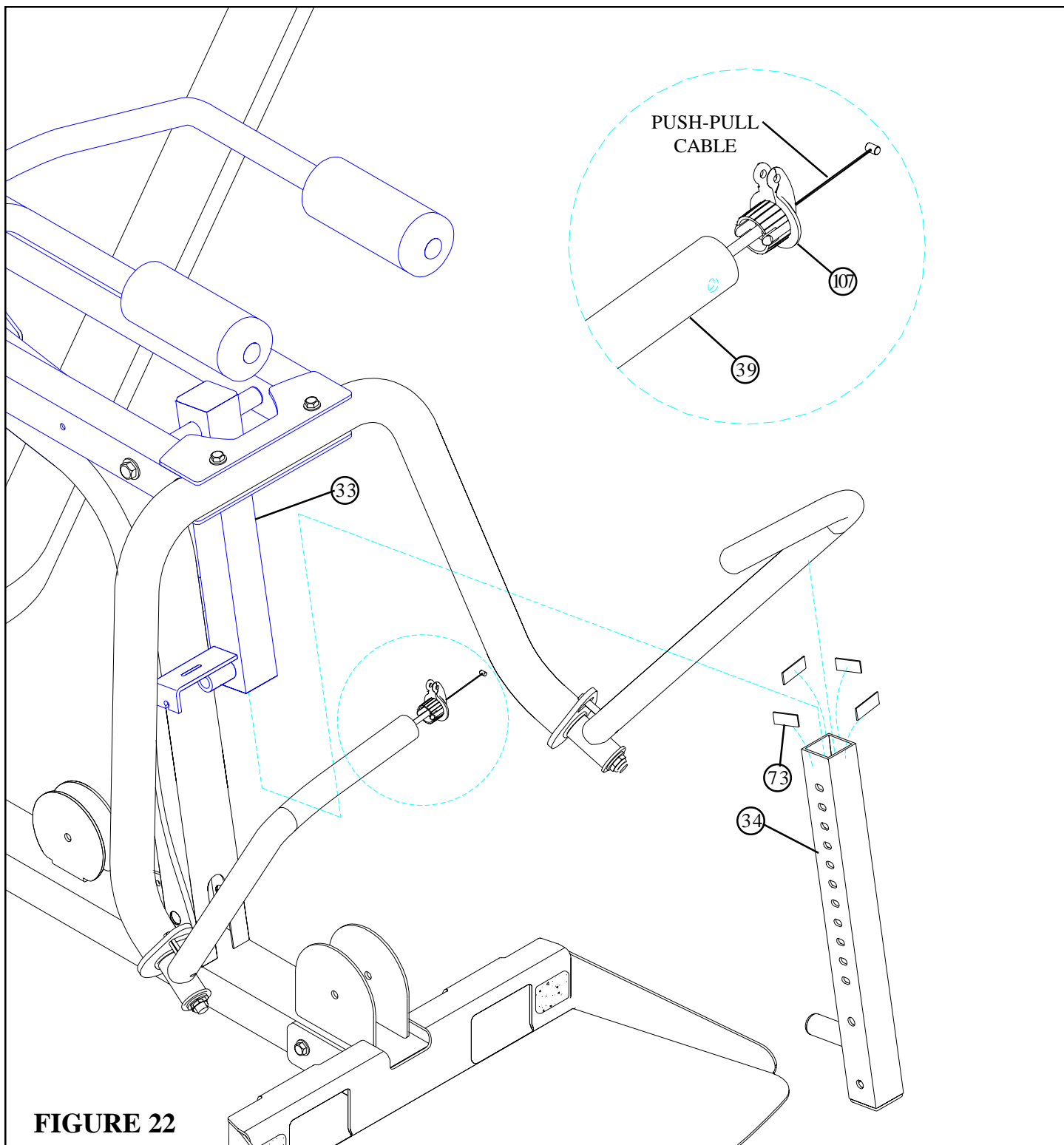


**FIGURE 21**

**STEP 21:**

- **SECURELY** assemble the PRESS ARM (38) to the PRESS PIVOT (35) using two 3/8 X 3" BOLTS (91) four 3/8" WASHERS (80) and two 3/8" LOCK NUTS (82) as shown in FIGURE 21.
- Assemble the RIGHT PRESS HANDLE (39) to the PRESS ARM (38) using two 3/4" FLANGE BEARINGS (53), one 1/2" WASHER (81), one 5/16" ROLL PIN (86) and one 1/2" LOW HEIGHT LOCK NUT (85) as shown in FIGURE 21. (**NOTE: Tighten 1/2" LOW HEIGHT LOCK NUT (85) to remove excess play yet allow the RIGHT PRESS HANDLE (39) to rotate freely.**)
- Assemble the LEFT PRESS HANDLE (40) to the PRESS ARM (38) using two 3/4" FLANGE BEARINGS (53), one 1/2" WASHER (81), one 5/16" ROLL PIN (86) and one 1/2" LOW HEIGHT LOCK NUT (85) as shown in FIGURE 21. (**NOTE: Tighten 1/2" LOW HEIGHT LOCK NUT (85) to remove excess play yet allow the LEFT PRESS HANDLE (40) to rotate freely.**)
- Insert the PUSH-PULL CABLE (122) into the slot of the RIGHT PRESS HANDLE (39) and through the tube as shown in FIGURE 21.

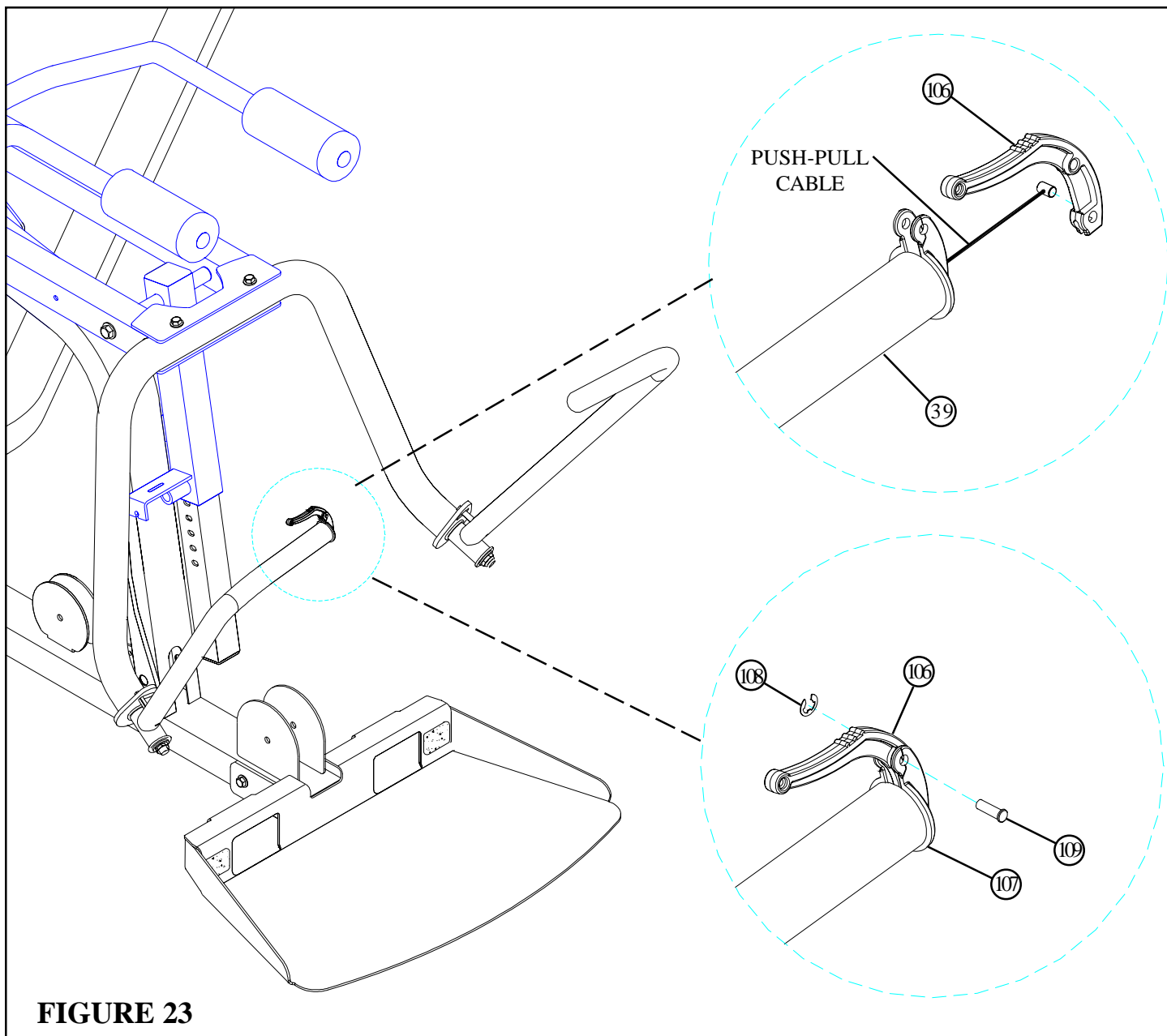




**FIGURE 22**

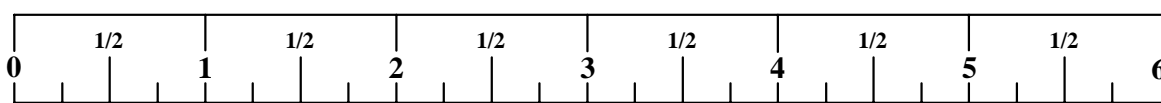
**STEP 22:**

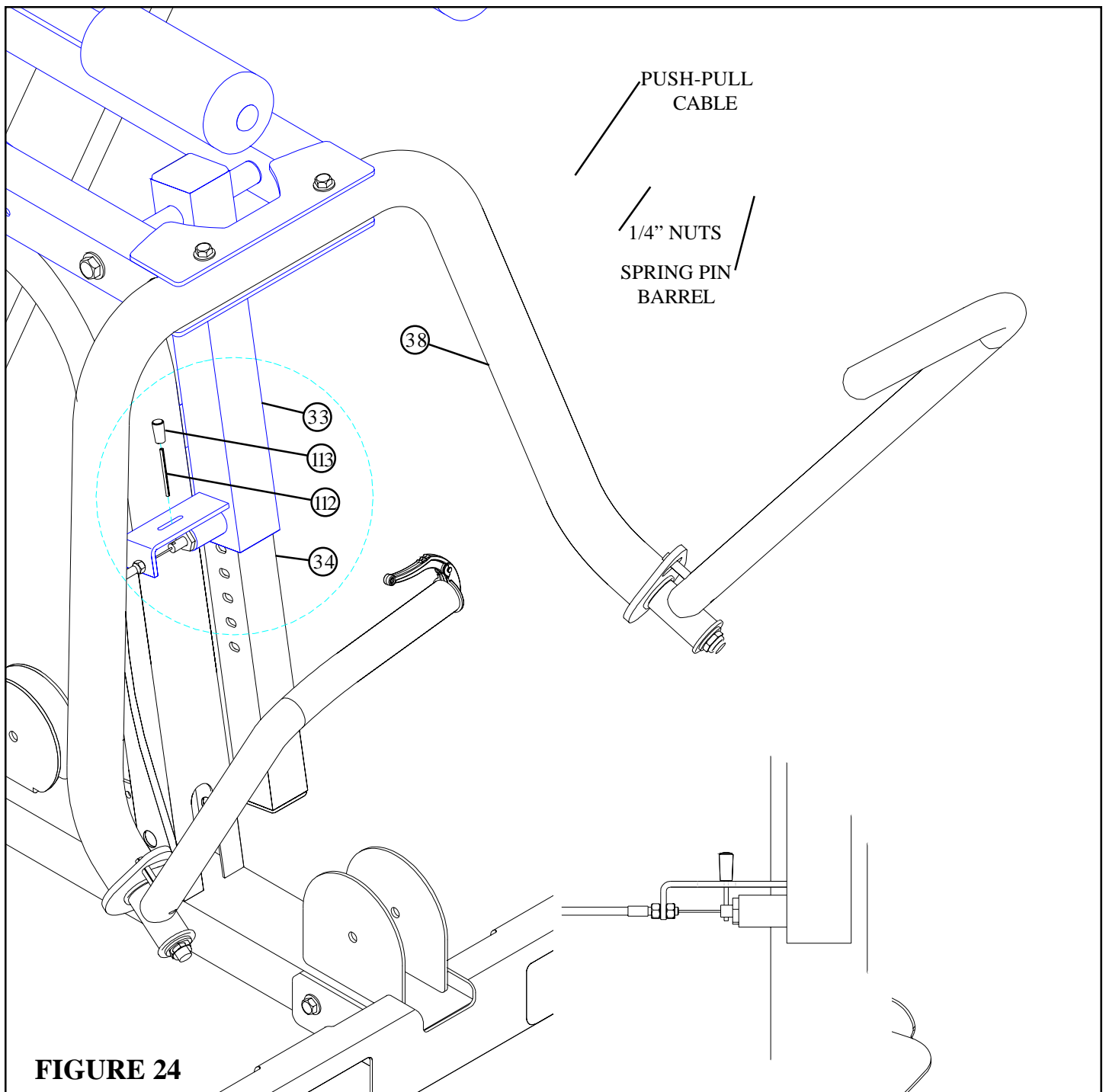
- Apply four PARAGLIDES (73) to the **OUTSIDE** of the PRESS INTERIOR ADJUST (34) as shown in FIGURE 22.
- **CAREFULLY** insert the PRESS INTERIOR ADJUST (34) into the EXTERIOR PRESS ADJUST (33) as shown in FIGURE 22.
- Insert the PUSH-PULL CABLE end thru the center of the REMOTE HANDLE RETAINER (107) and assemble the REMOTE HANDLE RETAINER (107) to the RIGHT PRESS HANDLE (39) as shown in FIGURE 22. (**NOTE: Make sure the grooves on REMOTE HANDLE RETAINER (107) snaps into the holes on the RIGHT PRESS HANDLE (39) and that the REMOTE HANDLE RETAINER (107) is orientated correctly.**)



**STEP 23:**

- Assemble the PUSH-PULL CABLE to the PRESS ADJUST HANDLE (106). Insert the small round barrel on the PUSH-PULL CABLE into the groove of the PRESS ADJUST HANDLE (106) as shown in FIGURE 23.
- Assemble the PRESS ADJUST HANDLE (106) to the REMOTE HANDLE RETAINER (107) using one HANDLE PIVOT PIN (109) and one 3/16" EXTERNAL E-RING (108) as shown in FIGURE 23.

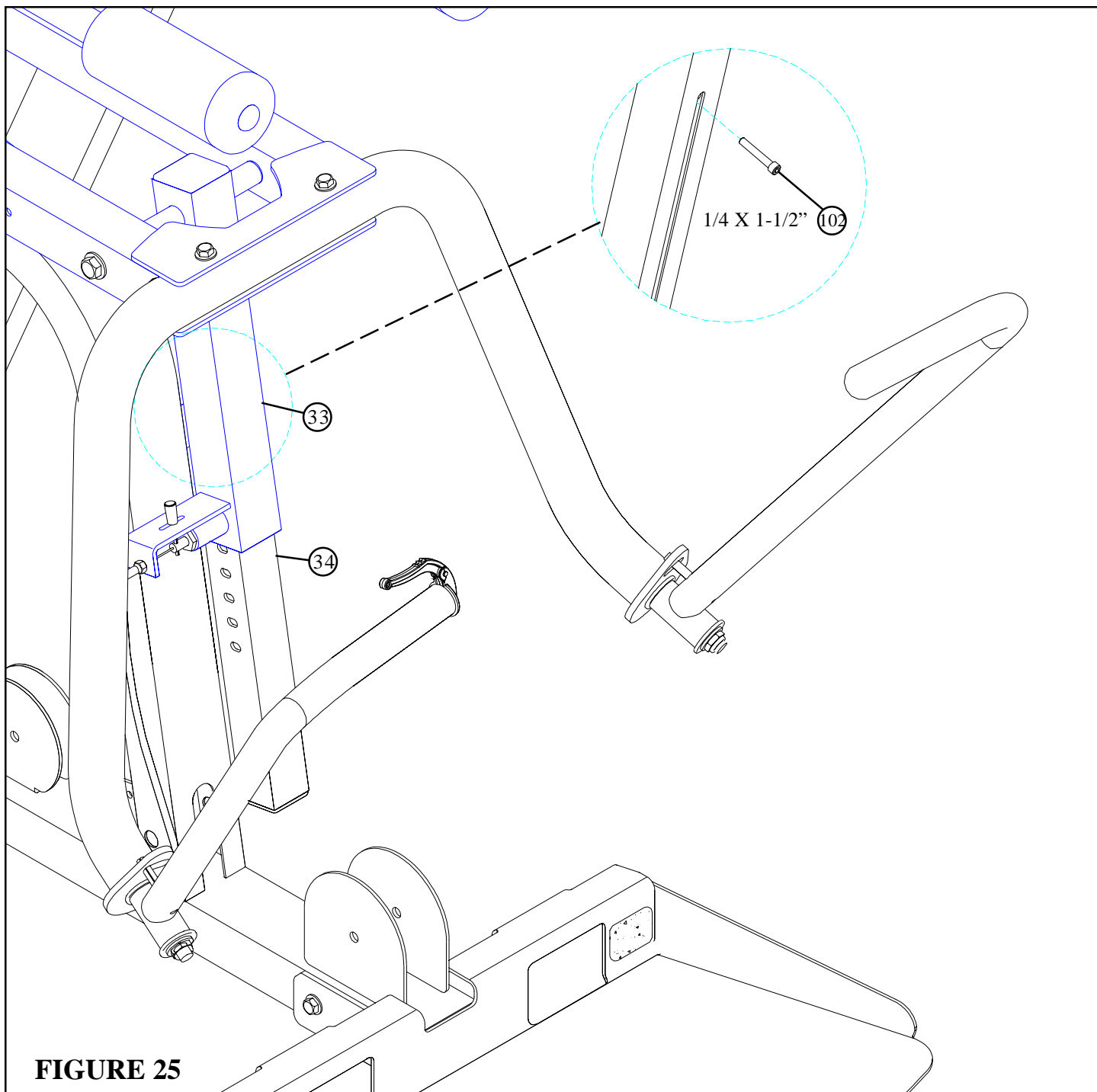




**FIGURE 24**

**STEP 24:**

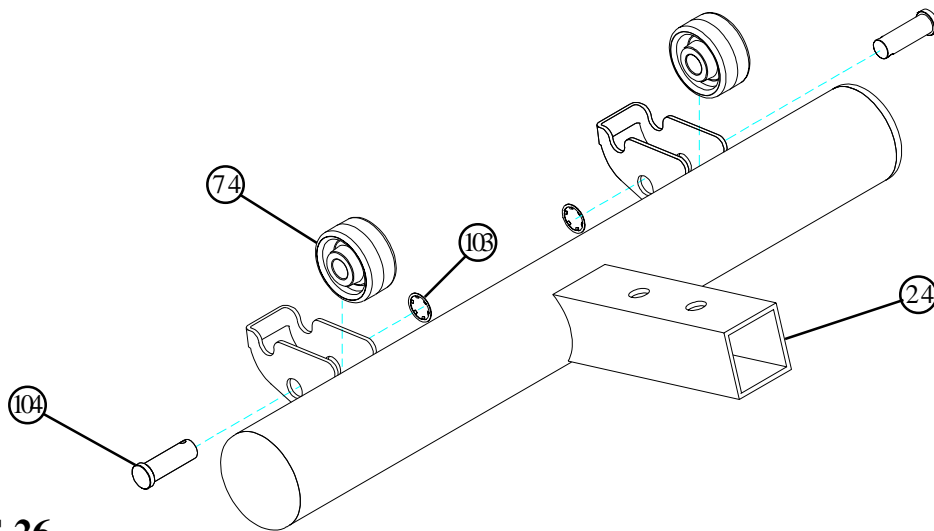
- **SECURELY** assemble the SPRING PIN ASSEMBLY of the PUSH/PULL CABLE to the spring pin barrel on the EXTERIOR PRESS ADJUST (33). (**!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY**)
- Swing the PRESS ARM (38) up until the SPRING PIN of the PUSH/PULL CABLE engages in one of the adjustment holes on the INTERIOR PRESS ARM ADJUST (34).
- Thread the second 1/4" NUT onto the threaded end of the CABLE, and cinch the two 1/4" NUTS around the flat on the EXTERIOR PRESS ADJUST (33). (**IMPORTANT! DO NOT OVER TIGHTEN NUTS!**)
- Use the extra thread on the end of the PUSH-PULL CABLE to adjust out slack. (**!!! DO NOT ADJUST OUT TO FAR !!! ALWAYS ALLOW SPRING PIN ASSEMBLY TO FULLY ENGAGE**)
- Insert the 1/8" ROLL PIN (112) thru the EXTERIOR PRESS ADJUST (33) and into the small hole on the SPRING PIN. (**NOTE: Hammer may be needed to pound in PIN.**) Assemble BUMPER CAP (113) to the 1/8" ROLL PIN (112) as shown in FIGURE 24.



**FIGURE 25**

**STEP 25:**

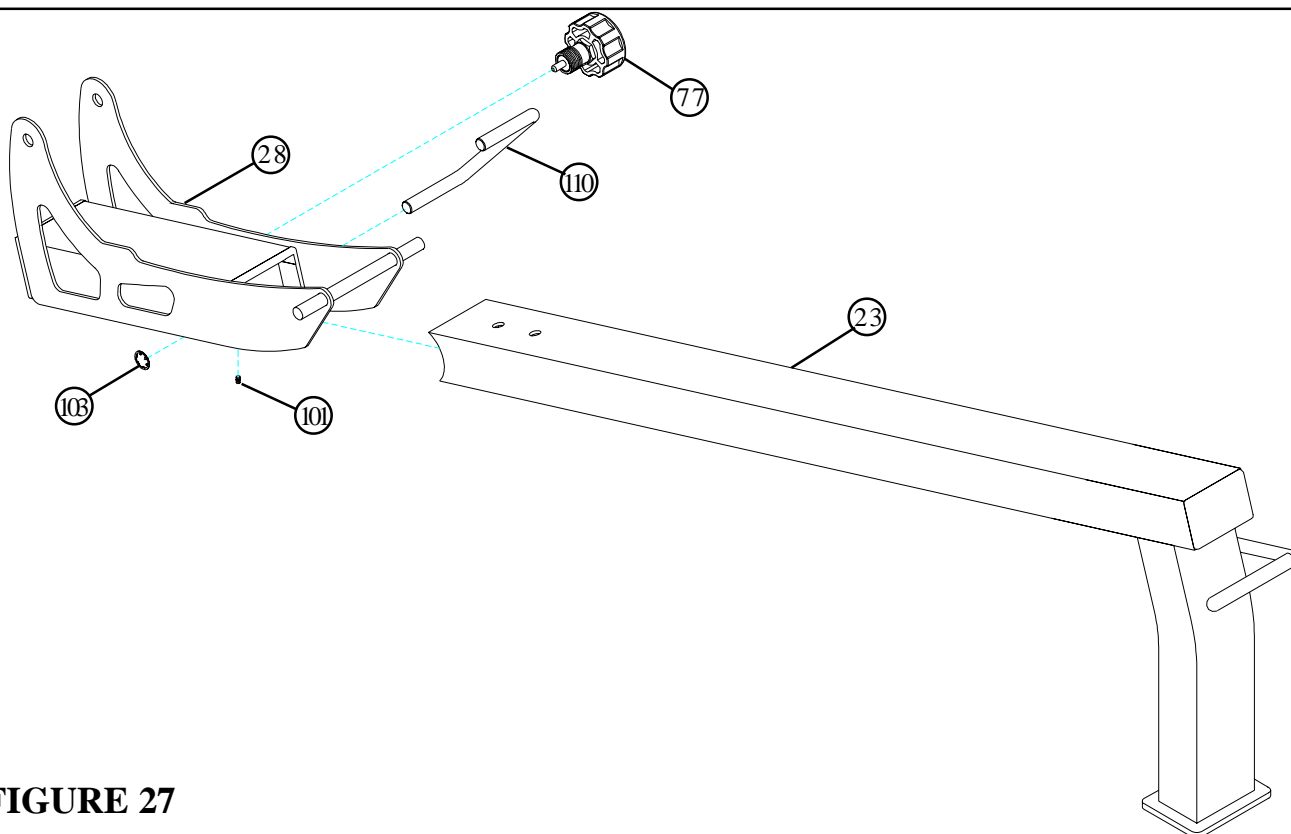
- **SECURELY** assemble one 1/4" X 1-1/2" SOCKET HEAD CAP SCREW (102) thru the EXTERIOR PRESS ADJUST (33) and into the small threaded hole on the INTERIOR PRESS ADJUST (34) as shown in FIGURE 25.



**FIGURE 26**

**STEP 26:**

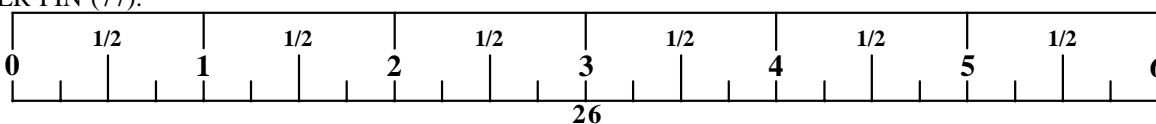
- Assemble two FLOOR ROLLER WHEELS (74) to the BENCH FOOT (24) using two 1/2" X 1-1/2" CLEVIS PINS (104) and two 1/2" EXTERNAL RETAINING RING (103) as shown in FIGURE 26.

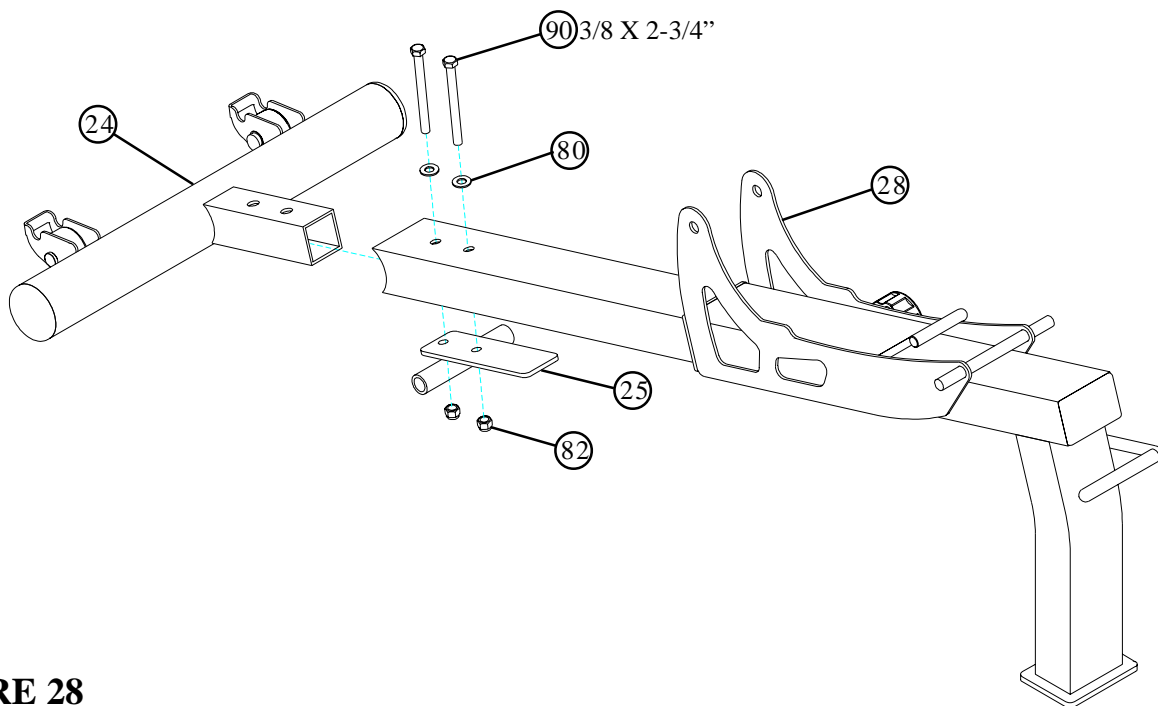


**FIGURE 27**

**STEP 27:**

- Securely assemble one PLUNGER PIN (77) to the BENCH SEAT ADJUST (28) as shown.(NOTE: Screw PLUNGER PIN (77) in all the way.)
- Securely assemble one 10/32" SET SCREW (101) to the plunger pin barrel on the BENCH SEAT ADJUST (28) then back off 1/4 turn so PLUNGER PIN (77) rotates freely.
- Assemble one U-PIN (110) to the BENCH SEAT ADJUST (28) using one 1/2" EXTERNAL RETAINING RING (103).
- **CAREFULLY** insert the BENCH SEAT ADJUST (28) into the BENCH FRAME (23) as shown. The SEAT can be adjusted using the PLUNGER PIN (77).

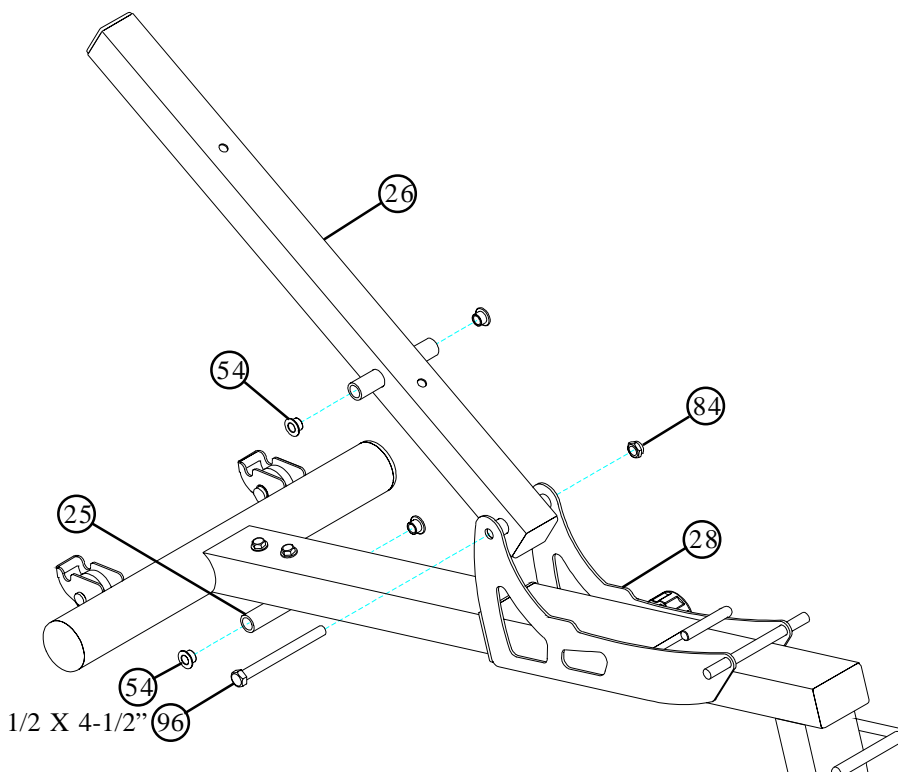




**FIGURE 28**

**STEP 28:**

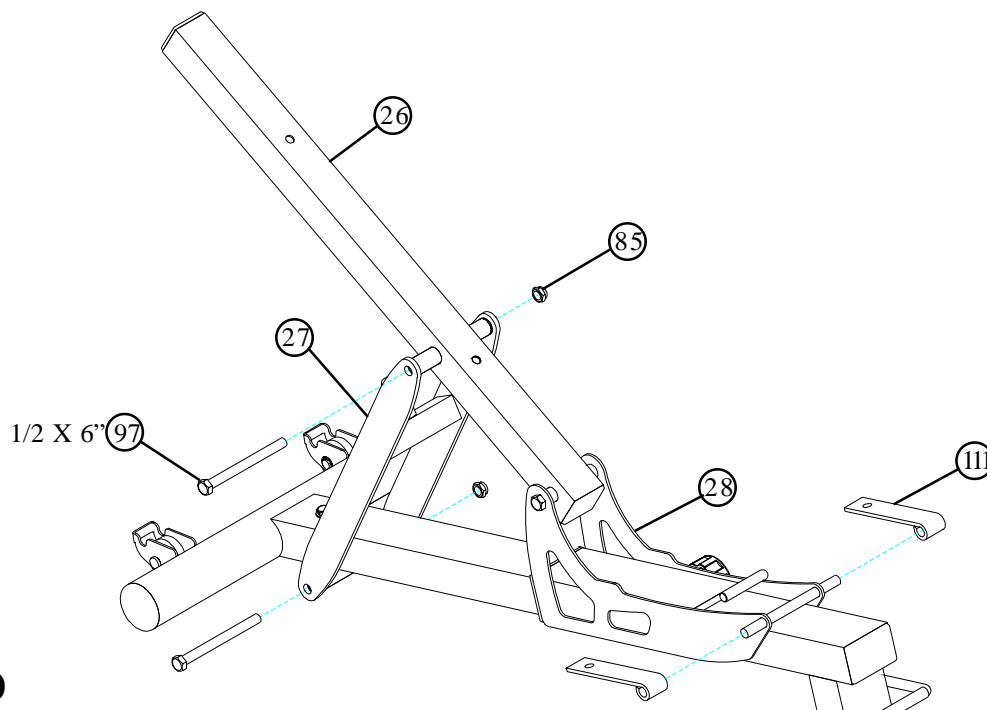
- **SECURELY** assemble the BENCH FOOT (24) to the BENCH FRAME (23) and the ROCKER PIVOT (25) using two 3/8 X 2-3/4" BOLTS (90), two 3/8" WASHERS (80) and two 3/8" LOCK NUTS (82) as shown in FIGURE 28.



**FIGURE 29**

**STEP 29:**

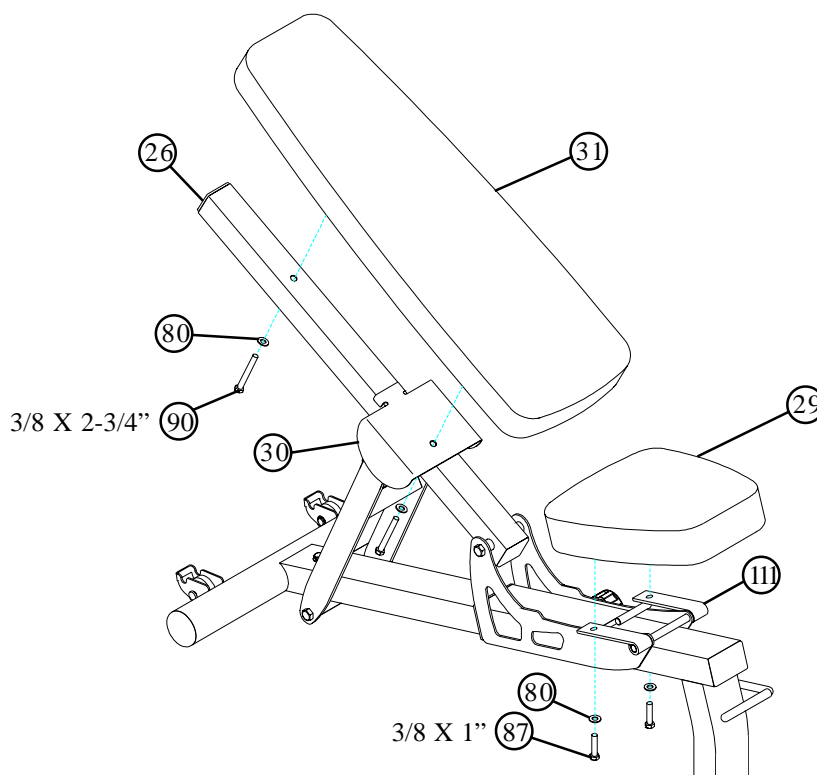
- Insert four 1/2" FLANGE BEARINGS (54) into the ROCKER PIVOT (25) and the BACK PAD SUPPORT (26) as shown in FIGURE 29.
- Assemble the BACK PAD SUPPORT (26) to the BENCH SEAT ADJUST (28) using one 1/2 X 4-1/2" BOLT (96) and one 1/2" LOCK NUT (84). (**Note: Tighten this connection enough to remove excess play yet allow the BACK PAD SUPPORT to rotate freely.**)



**FIGURE 30**

**STEP 30:**

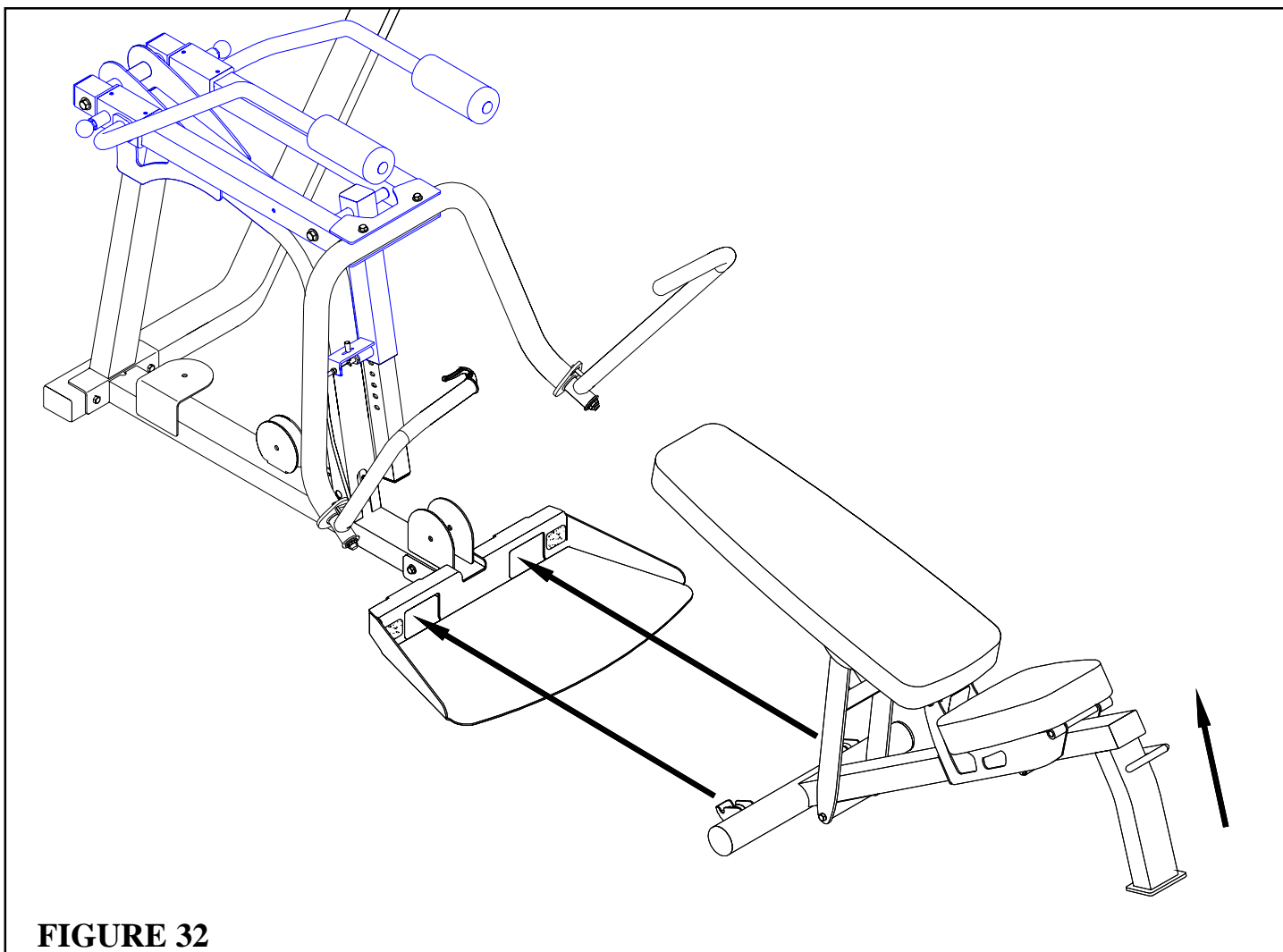
- Assemble the BACK PAD SUPPORT (26) to the BENCH ROCKER (27) using two 1/2 X 6" BOLTS (97) and two 1/2" LOW HEIGHT LOCK NUTS (85). (Note: Tighten this connection enough to remove excess play yet allow the BENCH ROCKER to rotate freely.)
- Assemble two HINGE TABS (111) to the tubes on the BENCH SEAT ADJUST (28) as shown in FIGURE 30.



**FIGURE 31**

**STEP 31:**

- **SECURELY** assemble the BENCH SEAT PAD (29) to the HINGE TABS (111) using two 3/8 X 1" BOLTS (87) and two 3/8" WASHERS (80). See FIGURE 31.
- **SECURELY** assemble the BENCH BACK PAD (31) to the BENCH BRACKET (30) and the BACK PAD SUPPORT (26) using two 3/8 X 2-3/4" BOLTS (90) and two 3/8" WASHERS (80). See FIGURE 31.



**FIGURE 32**

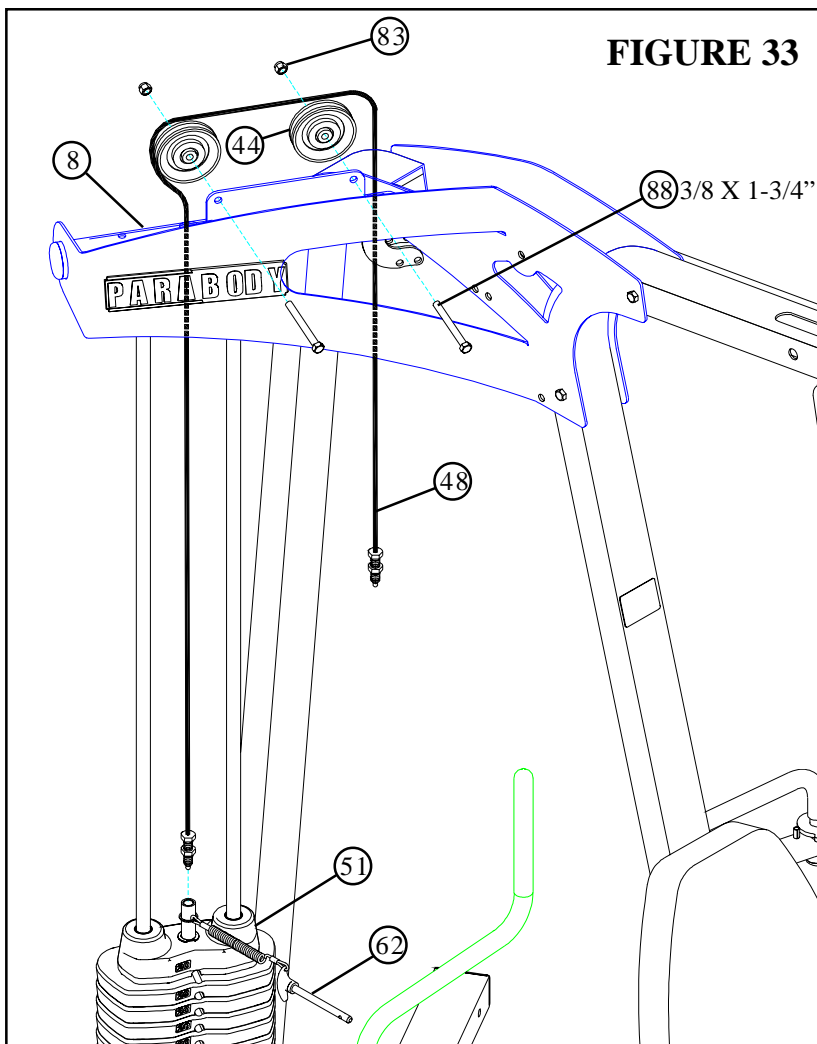
**STEP 32:**

- To assemble the BENCH to the BENCH PRESS FRAME, lift up on the tube on the BENCH and tilt the BENCH on the FLOOR ROLLERS, inserting the BENCH into the BENCH PRESS FRAME as shown in FIGURE 32.

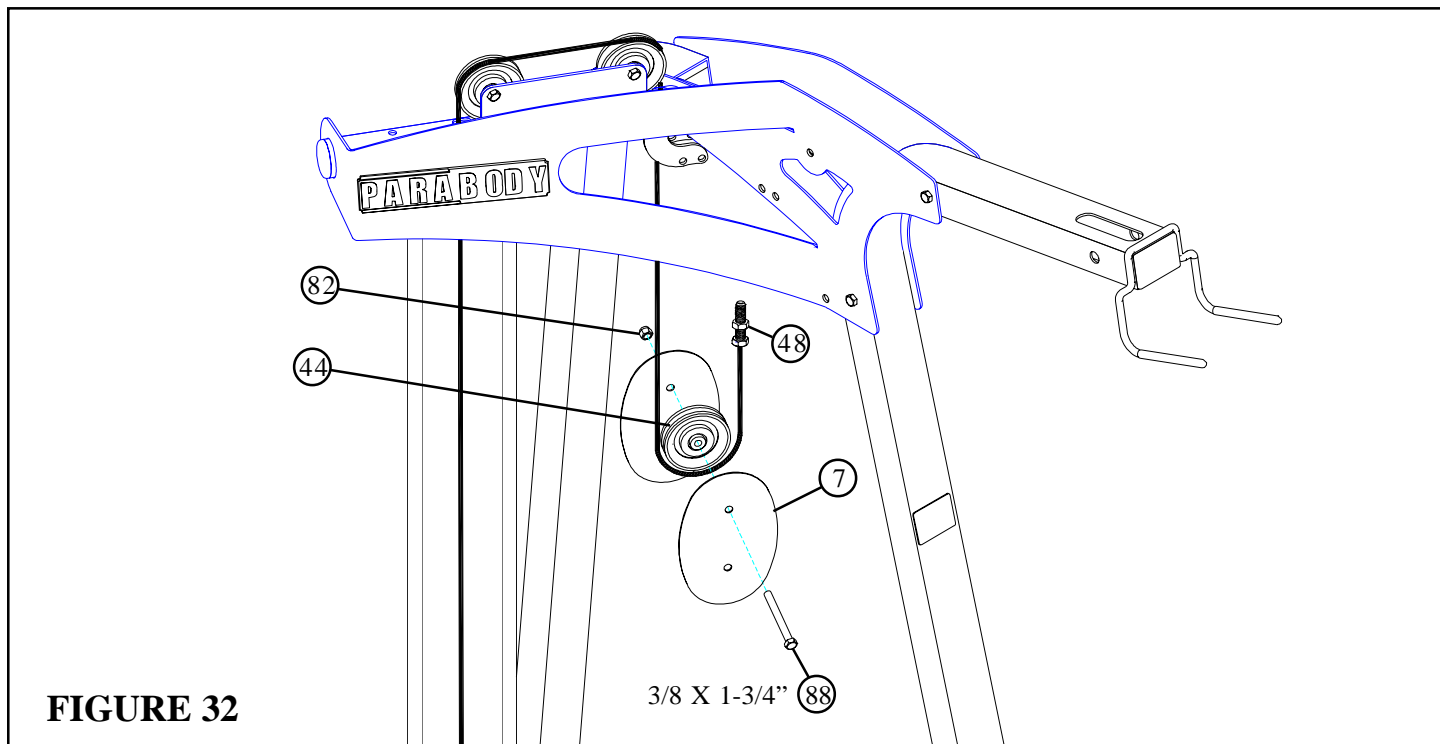
- **IMPORTANT! Uncoil and straighten all CABLES in order to remove all twist prior to installation**

#### STEP 33:

- Assemble the WEIGHT STACK PIN (62) to the HEAD PLATE (51) as shown in FIGURE 33.
- Screw the long threaded end of the WEIGHT STACK CABLE (48) into the end of the HEAD PLATE (51). See FIGURE 33.
- Assemble two 3-1/2" PULLEYS (44) to the BOOM BRACKET (8) using two 3/8 X 1-3/4" BOLTS (88) and two 3/8" LOW HEIGHT LOCK NUTS (83) as shown in FIGURE 33.
- Route the WEIGHT STACK CABLE (48) around the pulleys in the BOOM BRACKET (8) as shown in FIGURE 33. (**NOTE: Make sure the cable runs in the grooves of the pulleys.**)



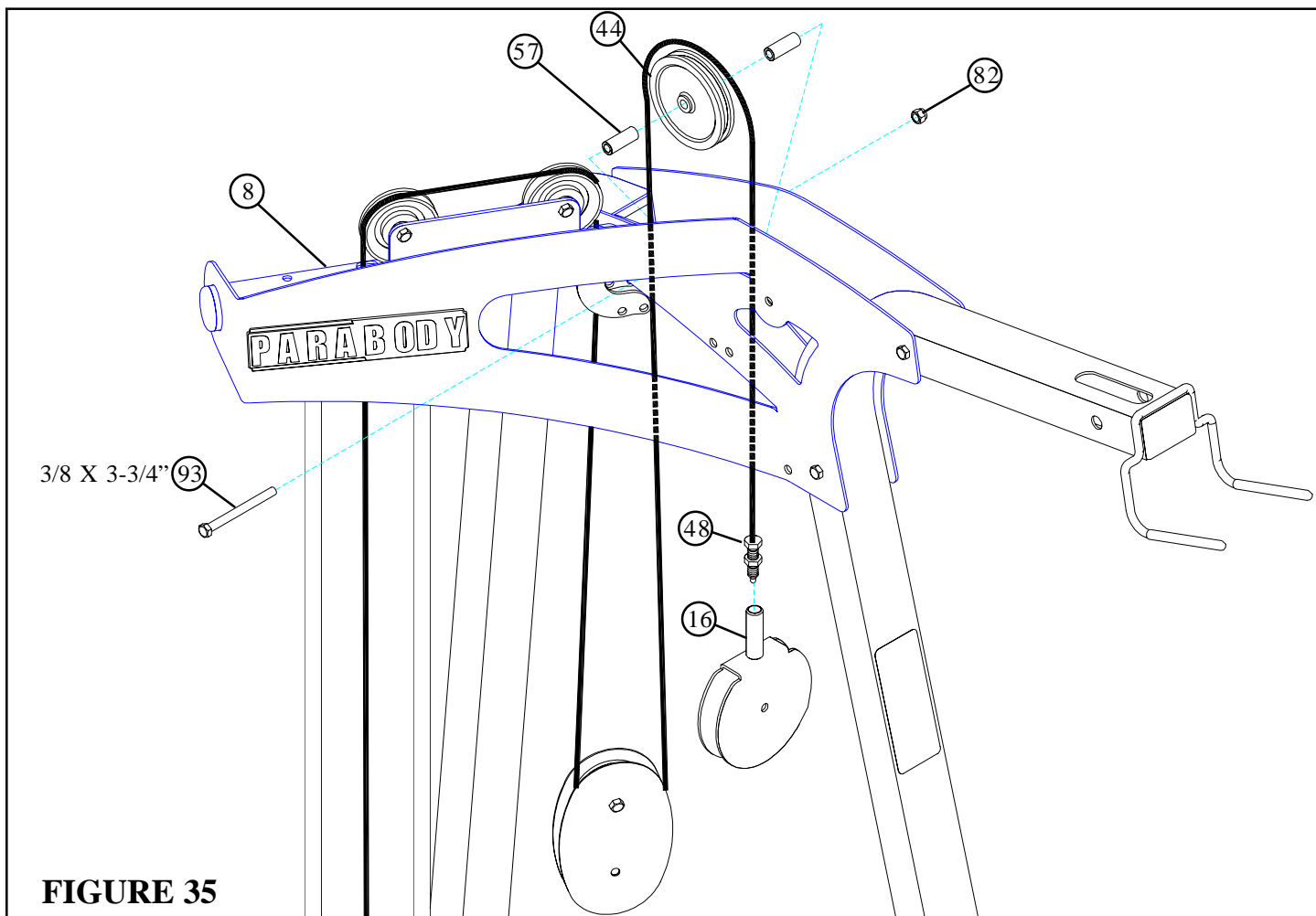
**FIGURE 33**



**FIGURE 32**

#### STEP 32:

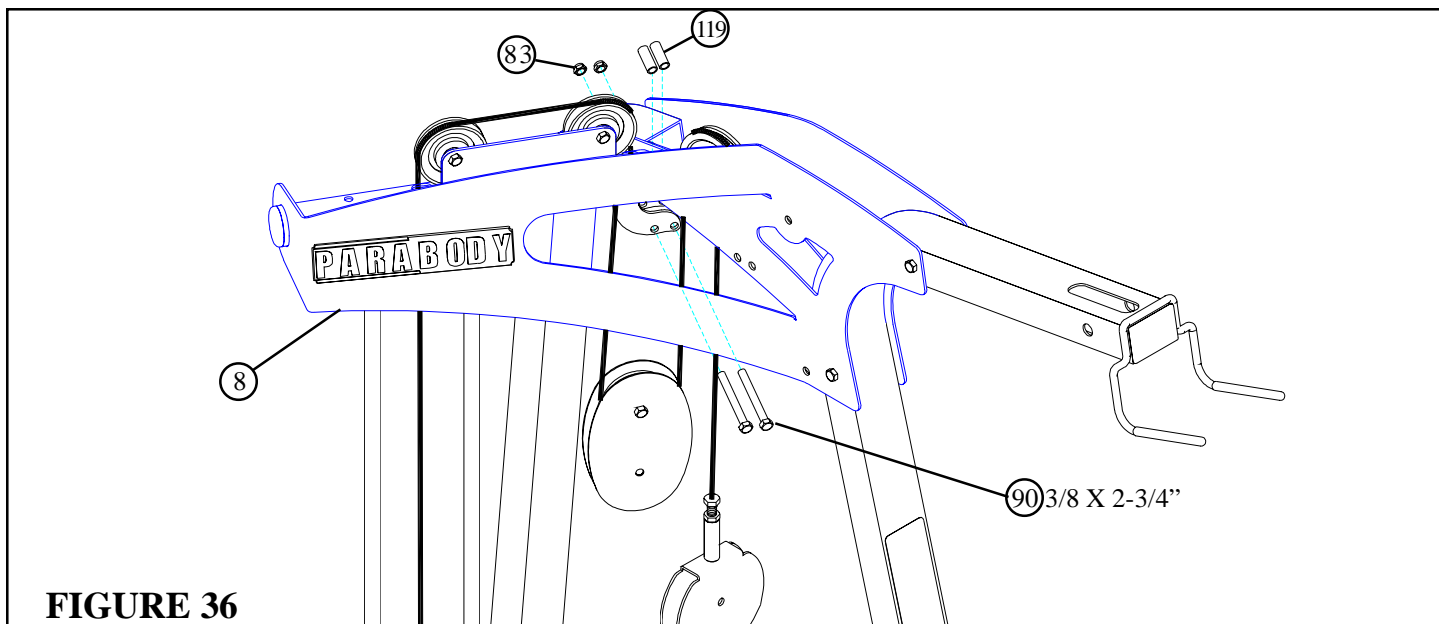
- Route the WEIGHT STACK CABLE (48) around one 3-1/2" PULLEY (44) and assemble two PULLEY PLATES (7) to the 3-1/2" PULLEY (44) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOCK NUT (82). See FIGURE 32.



**FIGURE 35**

**STEP 35:**

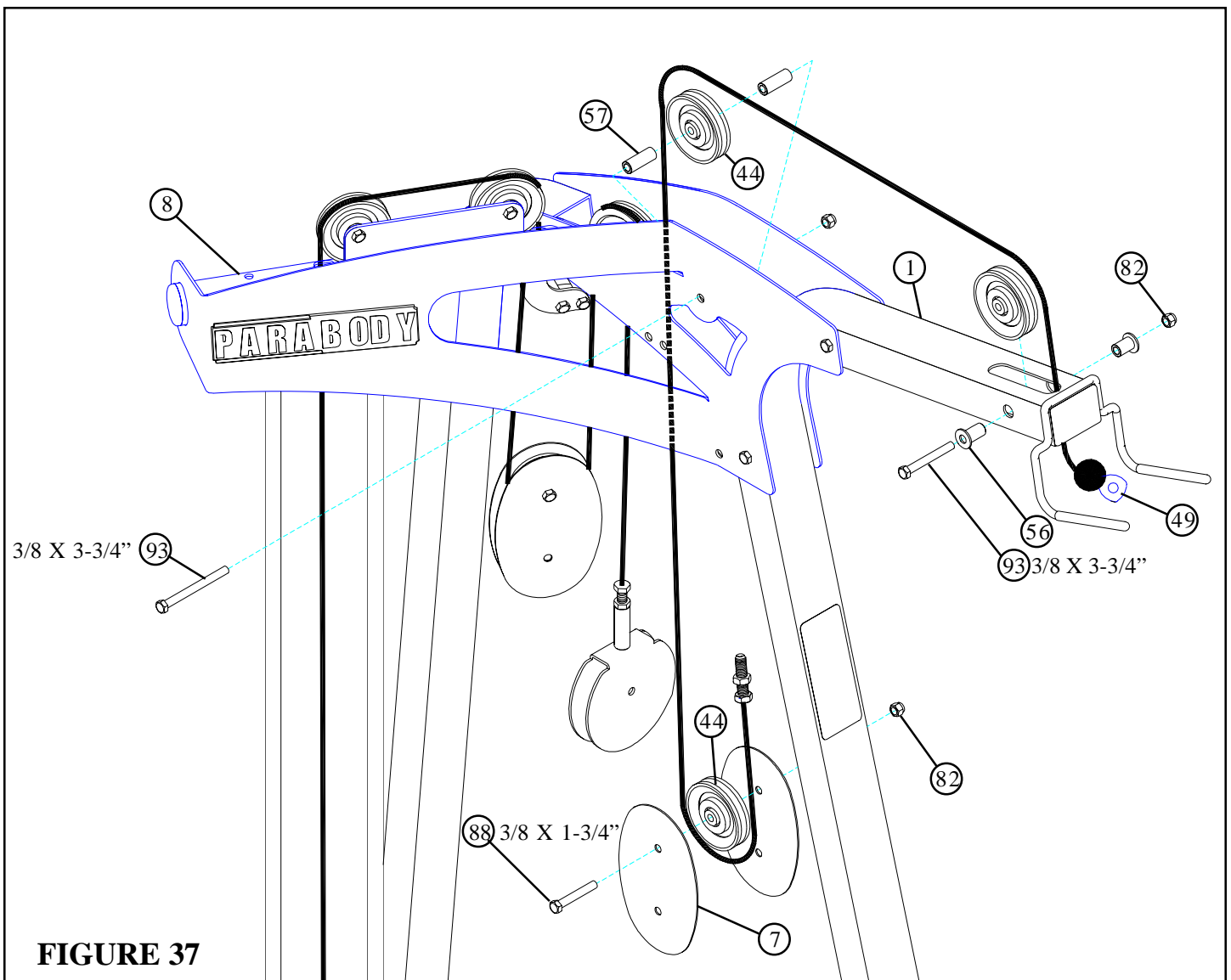
- Route the WEIGHT STACK CABLE (48) around one 4-1/2" PULLEY (43) and assemble the PULLEY to the BOOM BRACKET (8) using one 3/8 X 3-3/4" BOLT (93), two 3/8 X 1" SPACERS (57), and one 3/8" LOCK NUT (82). See FIGURE 35.
- Screw the threaded end of the WEIGHT STACK CABLE (48) into the end of the FLOATING PULLEY BRACKET (16) .



**FIGURE 36**

**STEP 36:**

- **SECURELY** assemble two 2" NYLON SPACERS (119) to the BOOM BRACKET (8) using two 3/8 X 2-3/4" BOLTS (90) and two 3/8" LOW HEIGHT LOCK NUTS (83) as shown in FIGURE 36.

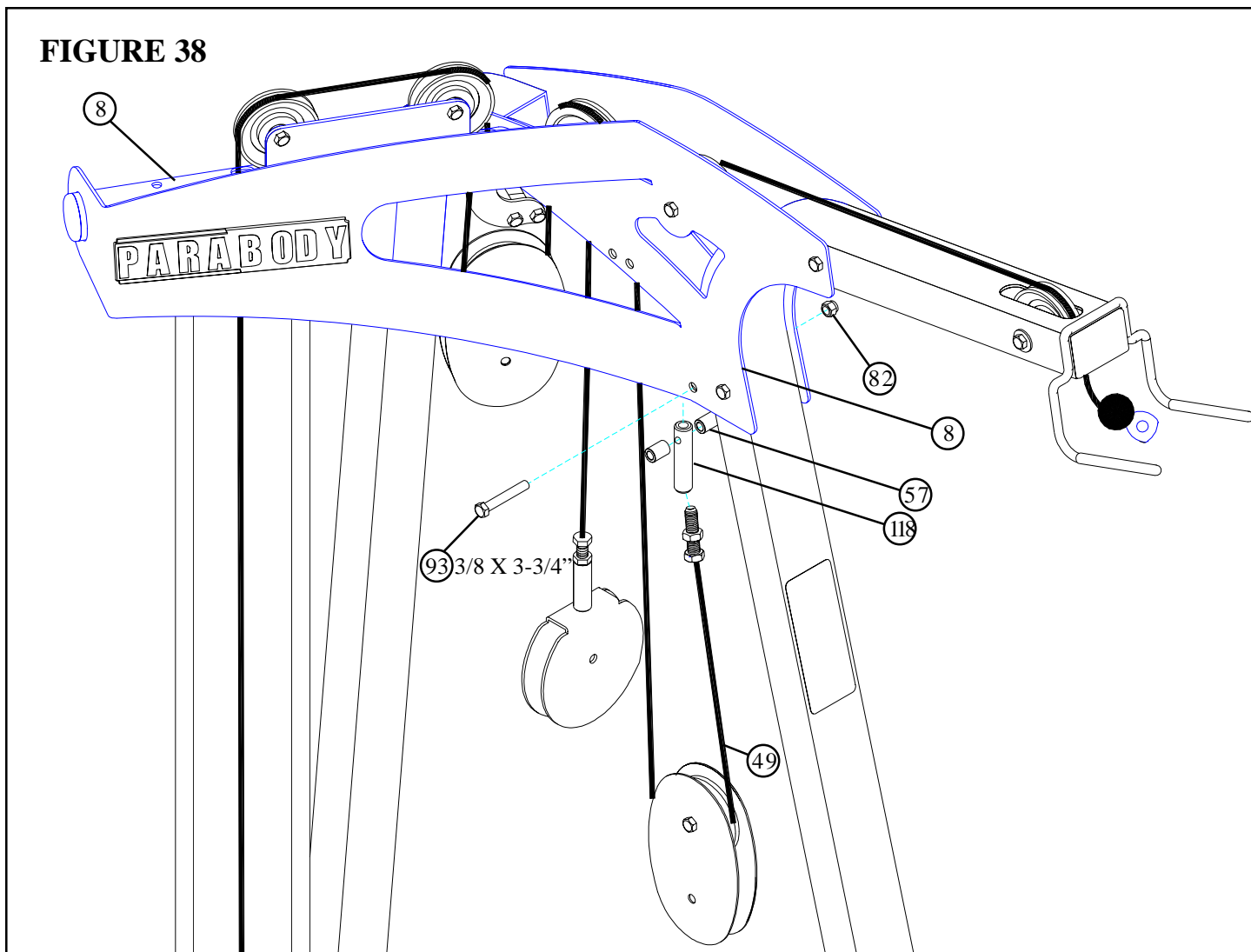


**FIGURE 37**

**STEP 37:**

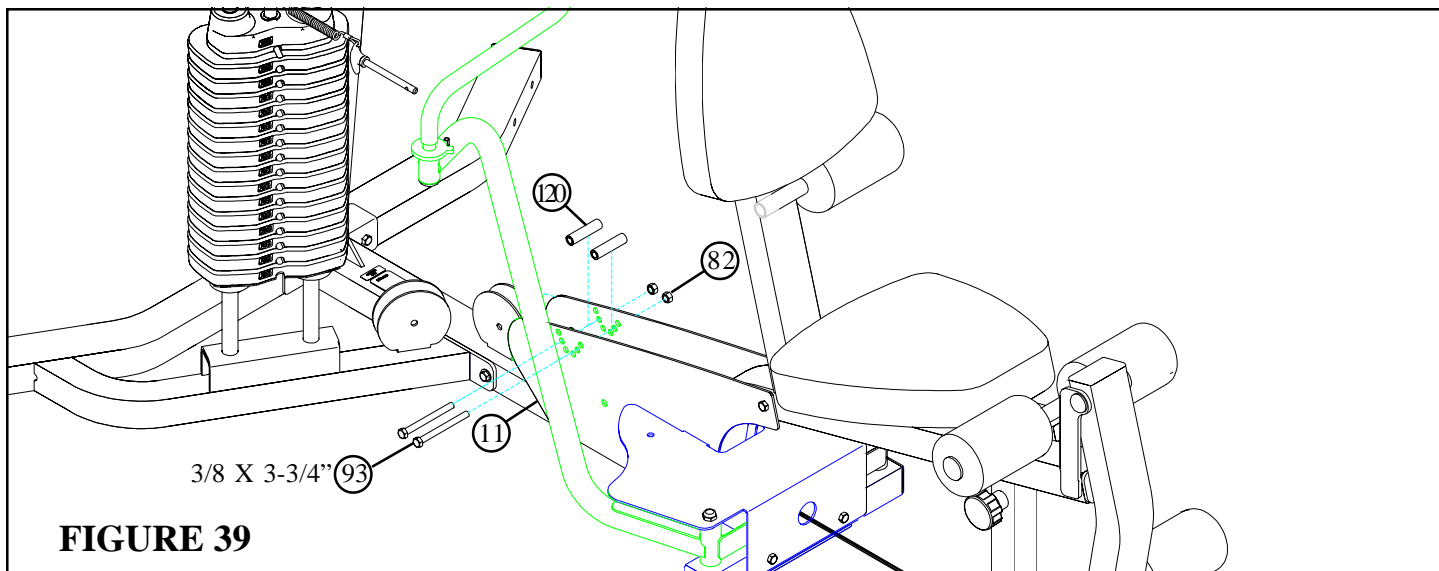
- Route the LAT CABLE (49) through the FRAME (1) and assemble one 3-1/2" PULLEY (44) to the FRAME (1) using one 3/8 X 3-3/4" BOLT (93), two 3/8 X 1-1/16" FLANGE SPACERS (56) and one 3/8" LOCK NUT (82). See FIGURE 37.
- Route the LAT CABLE (49) around one 3-1/2" PULLEY (44) and assemble the PULLEY to the BOOM BRACKET (8) using one 3/8 X 3-3/4" BOLT (93), two 3/8 X 1" SPACERS (57), and one 3/8" LOCK NUT (82). See FIGURE 37.
- Route the LAT CABLE (49) around one 3-1/2" PULLEY (44) and assemble two PULLEY PLATES (7) to the 3-1/2" PULLEY (44) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOCK NUT (82). See FIGURE 37.

**FIGURE 38**



**STEP 38:**

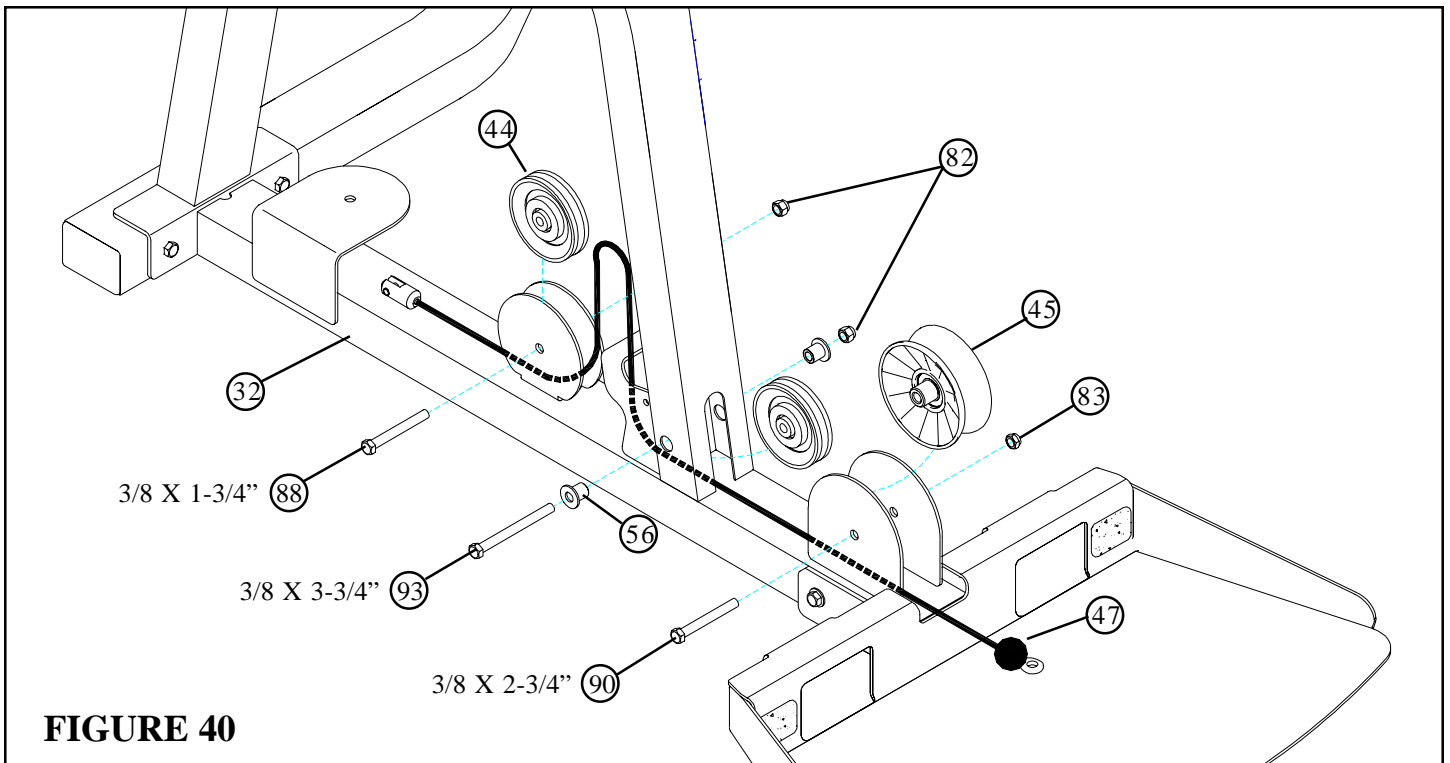
- Securely assemble the LAT CABLE (49) to the THREADED HOUSING (118) then assemble the THREADED HOUSING (118) to the BOOM BRACKET (8) using one 3/8 X 3-3/4" BOLT (93), two 3/8 X 1" SPACERS (57) and one 3/8" LOCK NUT (82) as shown in FIGURE 38.



**FIGURE 39**

**STEP 39:**

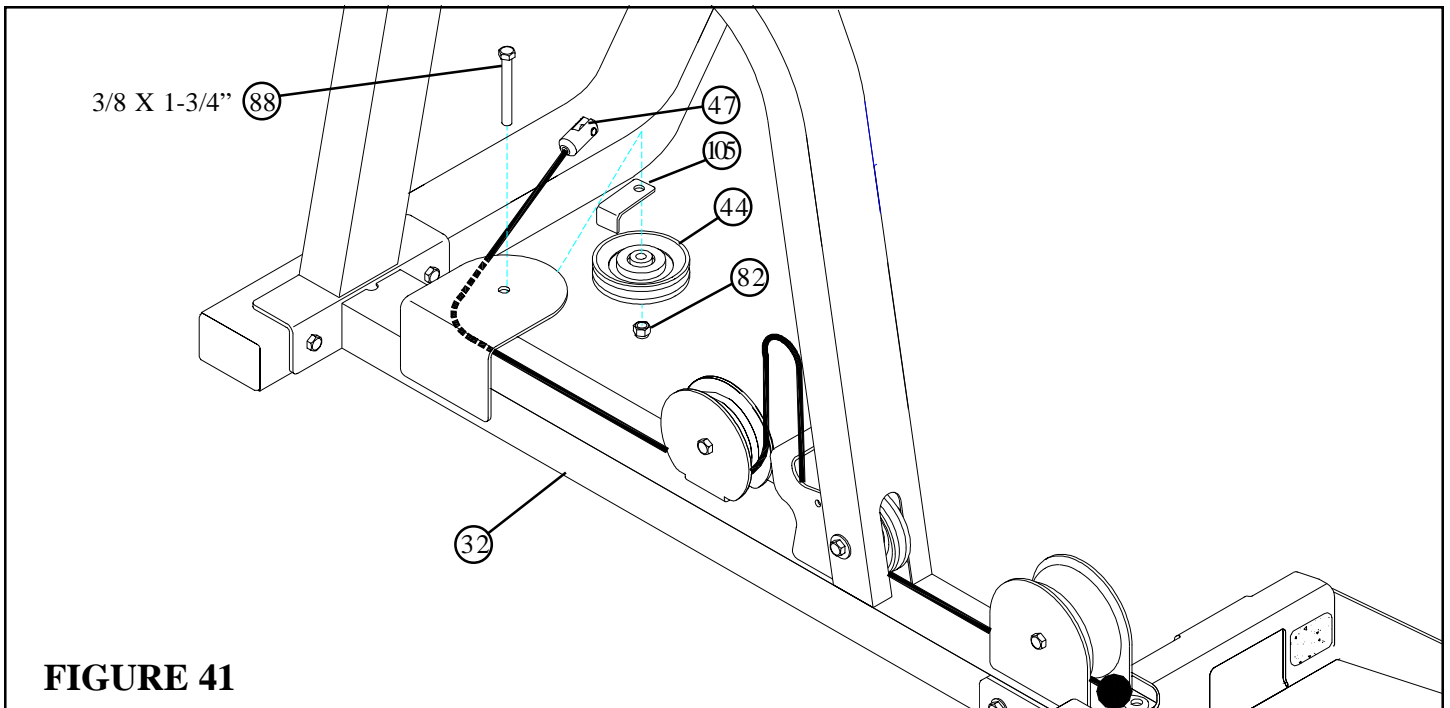
- SECURELY** assemble two 3" NYLON SPACERS (120) to the BASE PLATES (11) using two 3/8 X 3-3/4" BOLTS (93) and two 3/8" LOCK NUTS (82) as shown in FIGURE 39.



**FIGURE 40**

**STEP 40:**

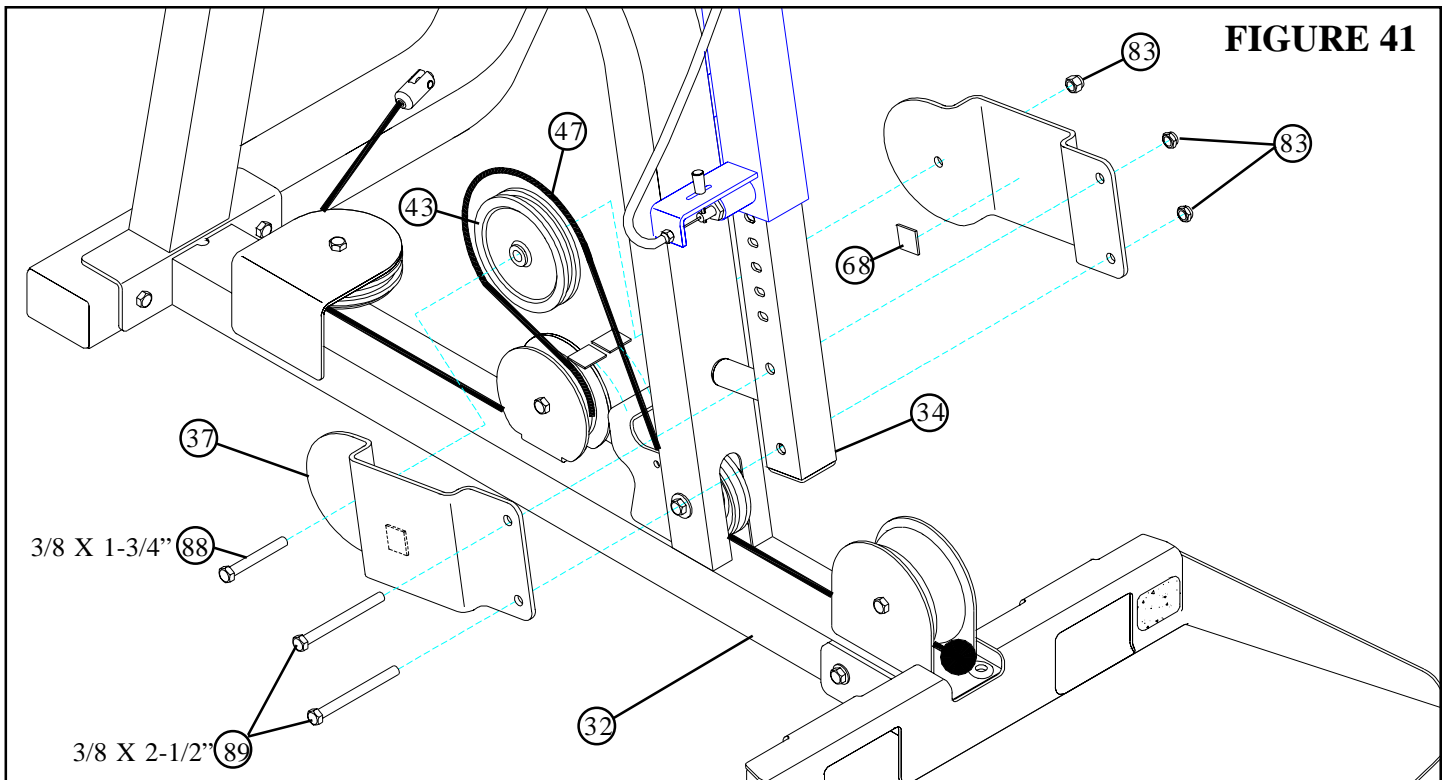
- Route the PRESS/LEG CABLE (47) under one 4-1/2" V-GROOVE PULLEY (45) and assemble the 4-1/2" V-GROOVE PULLEY (45) to the vertical bracket on the PRESS FRAME (32) using 3/8 X 2-3/4" BOLT (90) and one 3/8" LOW HEIGHT LOCK NUT (83). See FIGURE 40.
- Securely assemble the PRESS/LEG CABLE (47) and one 3-1/2" PULLEY (44) to the PRESS FRAME (32) using one 3/8 X 3-3/4" BOLT (93), two 3/8" X 1-1/16" FLANGE SPACERS (56) and one 3/8" LOCKNUT (82).
- Route the PRESS/LEG CABLE (47) around one 3-1/2" PULLEY (44) and assemble to the vertical bracket on the PRESS FRAME (32) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOCK NUT (82). See FIGURE 40.



**FIGURE 41**

**STEP 41:**

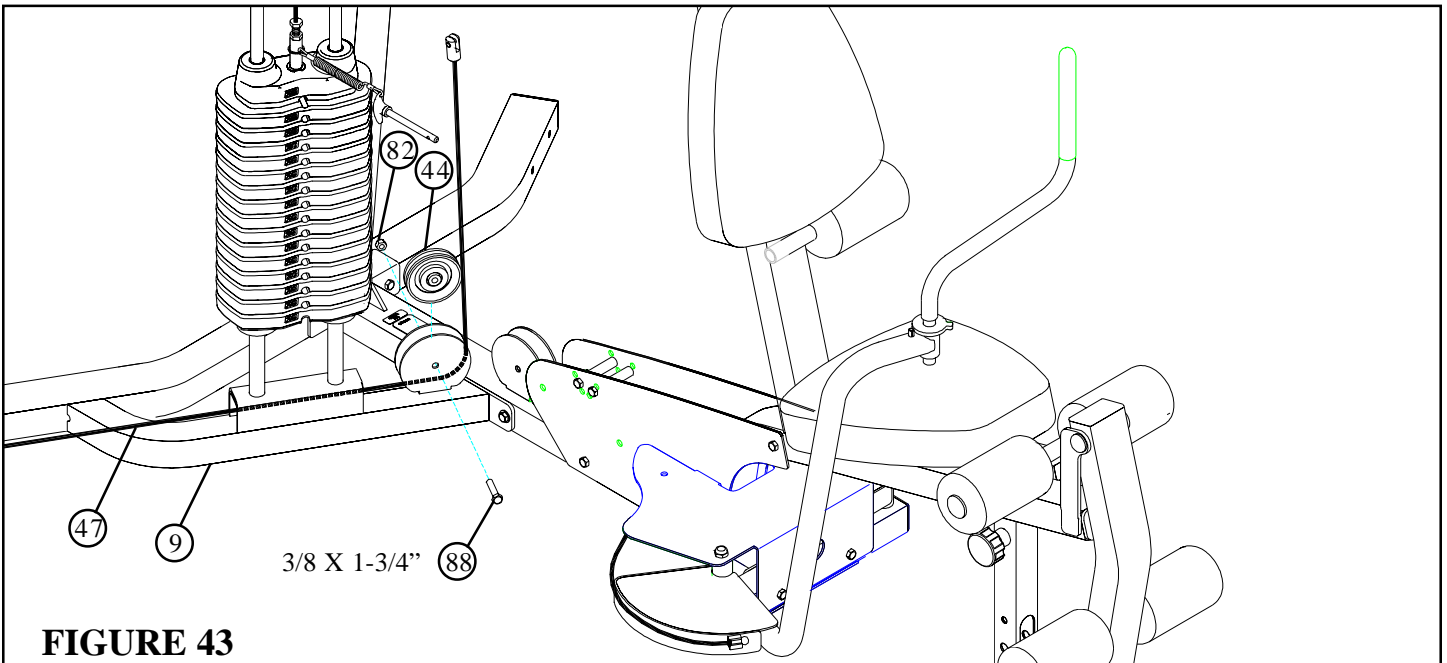
- Route the PRESS/LEG CABLE (47) around one 3-1/2" PULLEY (44) and assemble to the horizontal bracket on the PRESS FRAME (32) using one 3/8 X 1-3/4" BOLT (88), one CABLE RETAINING CLIP (105) and one 3/8" LOCK NUT (82). See FIGURE 41.



**FIGURE 41**

**STEP 42:**

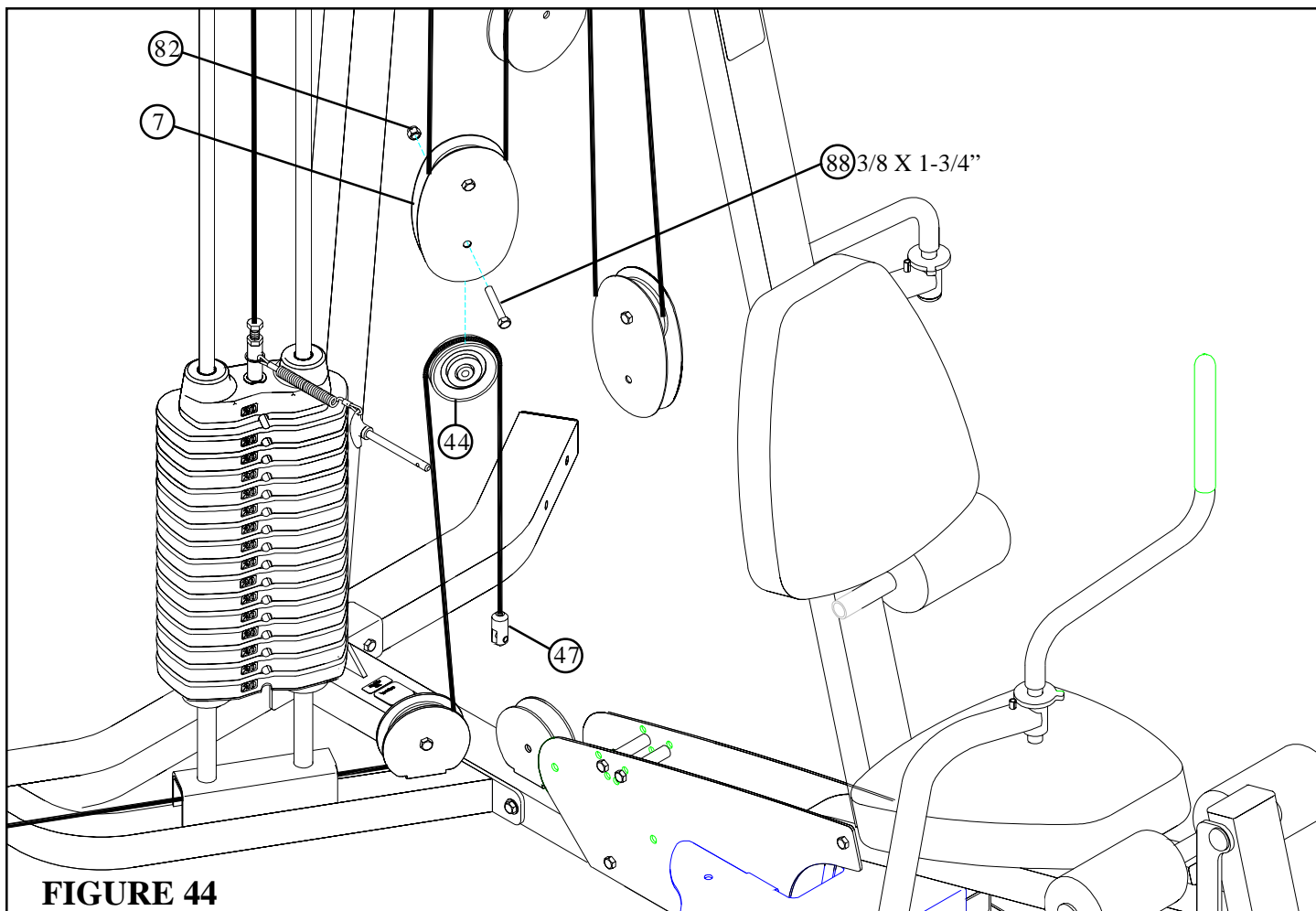
- Assemble two PRESS ADJUST BRACKETS (37) to the INTERIOR PRESS ADJUST (34) using two 3/8 X 2-1/2" BOLTS (89) and two 3/8" LOW HEIGHT LOCK NUTS (83) as shown in FIGURE 42.
- Route the PRESS/LEG CABLE (47) around one 4-1/2" PULLEY (43) and assemble the 4-1/2" PULLEY (43) to the PRESS ADJUST BRACKETS (37) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOW HEIGHT LOCK NUT (83). See FIGURE 42.
- Assemble two 1" SQ. GLIDES (68) to the PRESS FRAME (32) and two 1" SQ. GLIDES (68) to the inside of the PRESS ADJUST BRACKETS (37) at the point where the PRESS ADJUST BRACKETS come into contact with the PRESS FRAME (32) as shown in FIGURE 42.



**FIGURE 43**

**STEP 43:**

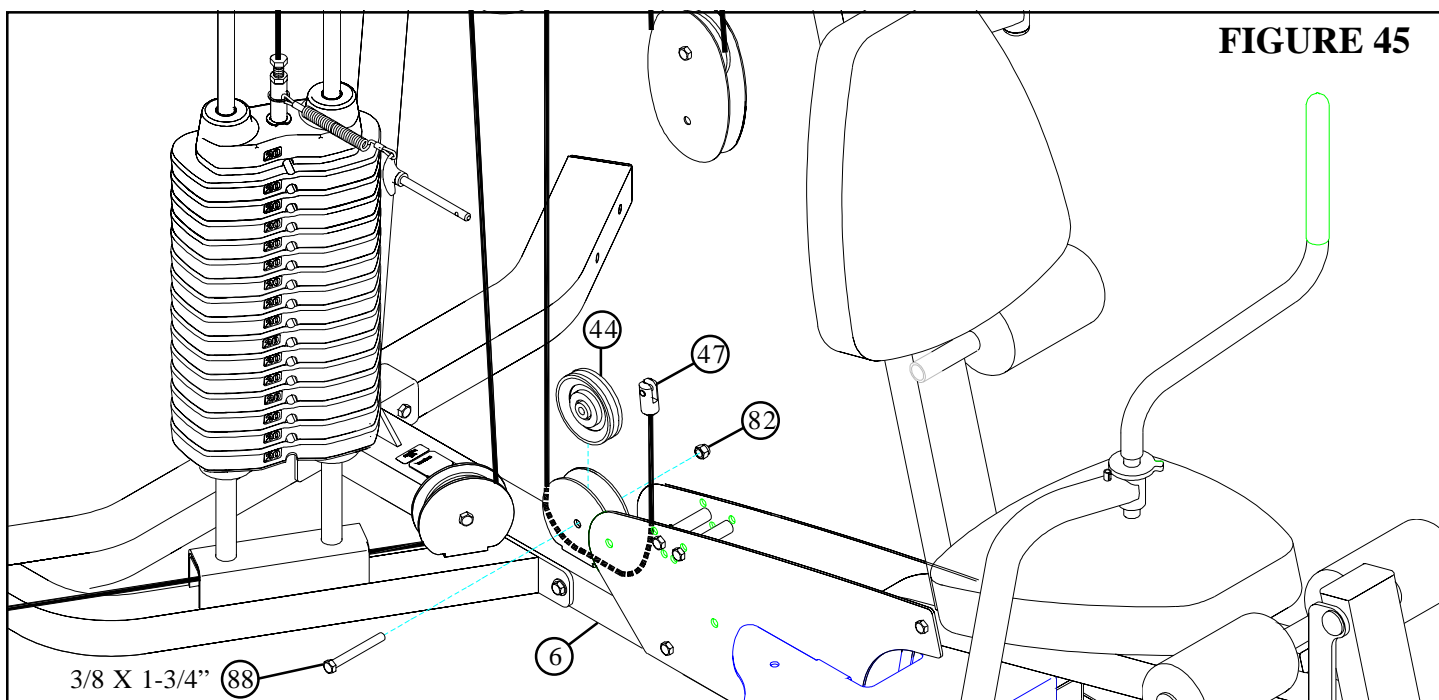
- Route the PRESS/LEG CABLE (47) thru the tube and behind the GUIDE RODS on the BASE FRAME (9) as shown in FIGURE 43. Slide GUIDE RODS up just enough to get the cable end thru. Push GUIDE RODS down when finished.
- Route the PRESS/LEG CABLE (47) around one 3-1/2" PULLEY (44) and assemble the 3-1/2" PULLEY (44) to the bracket on the BASE FRAME (9) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOCK NUT (82). See FIGURE 43.



**FIGURE 44**

**STEP 44:**

- Route the PRESS/LEG CABLE (47) around one 3-1/2" PULLEY (44) and assemble the 3-1/2" PULLEY (44) to the PULLEY PLATES (7) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOCK NUT (82). See FIGURE 44.

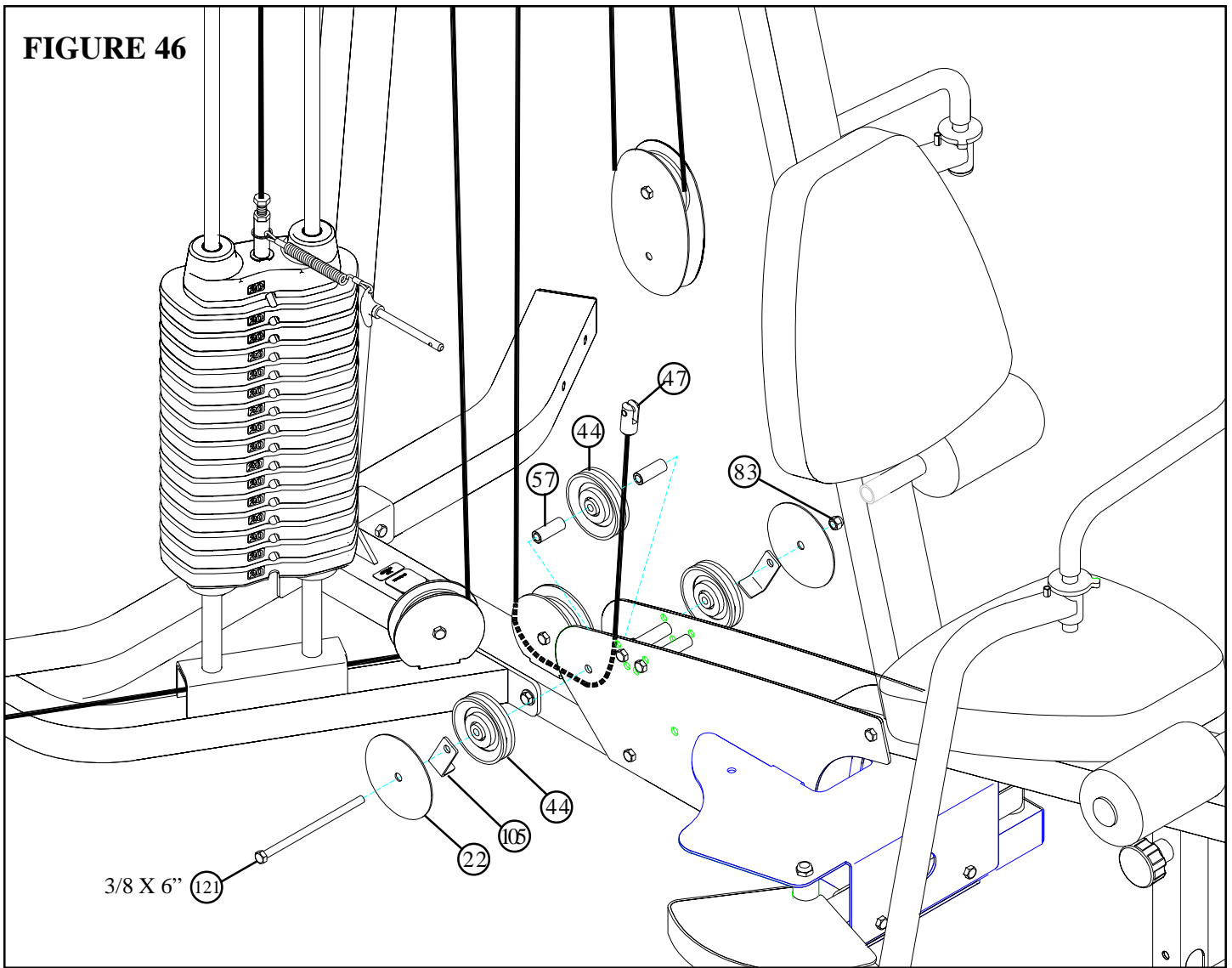


**FIGURE 45**

**STEP 45:**

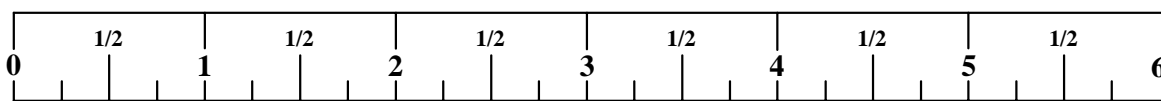
- Route the PRESS/LEG CABLE (47) around one 3-1/2" PULLEY (44) and assemble the 3-1/2" PULLEY (44) to the bracket on the REAR UPRIGHT (6) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOCK NUT (82). See FIGURE 45.

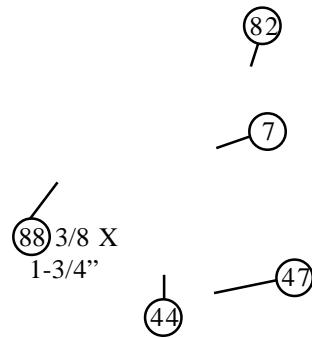
**FIGURE 46**



**STEP 46:**

- Assemble two BOOM PULLEY PLATES (22), three 3-1/2" PULLEYS (44) and two CABLE RETAINING CLIPS (105) to the BASE PLATES (11) using one 3/8 X 6" BOLT (121), two 3/8 X 1" SPACERS (57) and one 3/8" LOW HEIGHT LOCK NUT (83). See FIGURE 46. (Note: Loop the PRESS/LEG CABLE (47) around the PULLEY prior to assembling the center PULLEY to the BASE PLATES.) (NOTE: Make sure CABLE RETAINING CLIPS (105) are positioned as shown.)

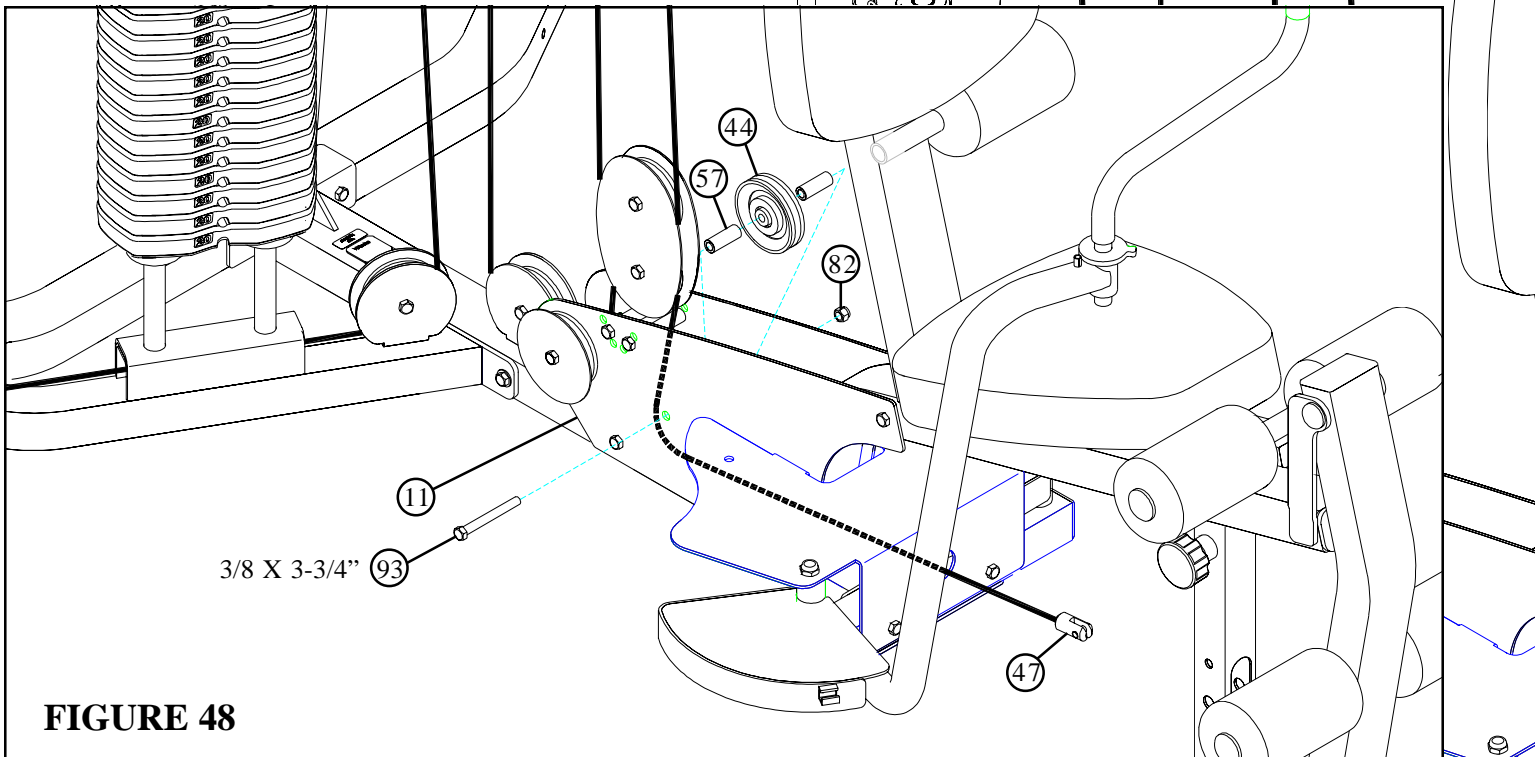




**FIGURE 47**

**STEP 47:**

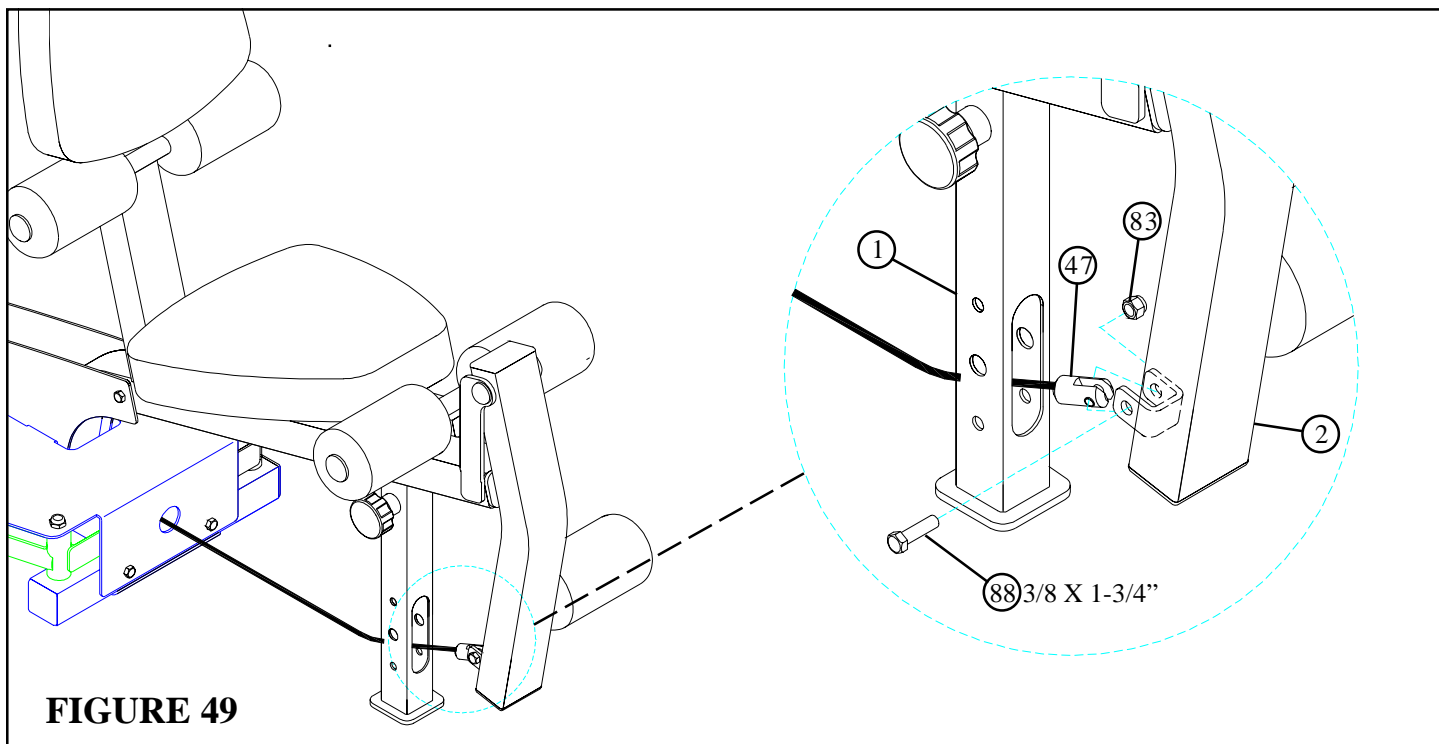
- Route the PRESS/LEG CABLE (47) around one 3-1/2" PULLEY (44) and assemble the 3-1/2" PULLEY (44) to the PULLEY PLATES (7) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOCK NUT (82). See FIGURE 47.



**FIGURE 48**

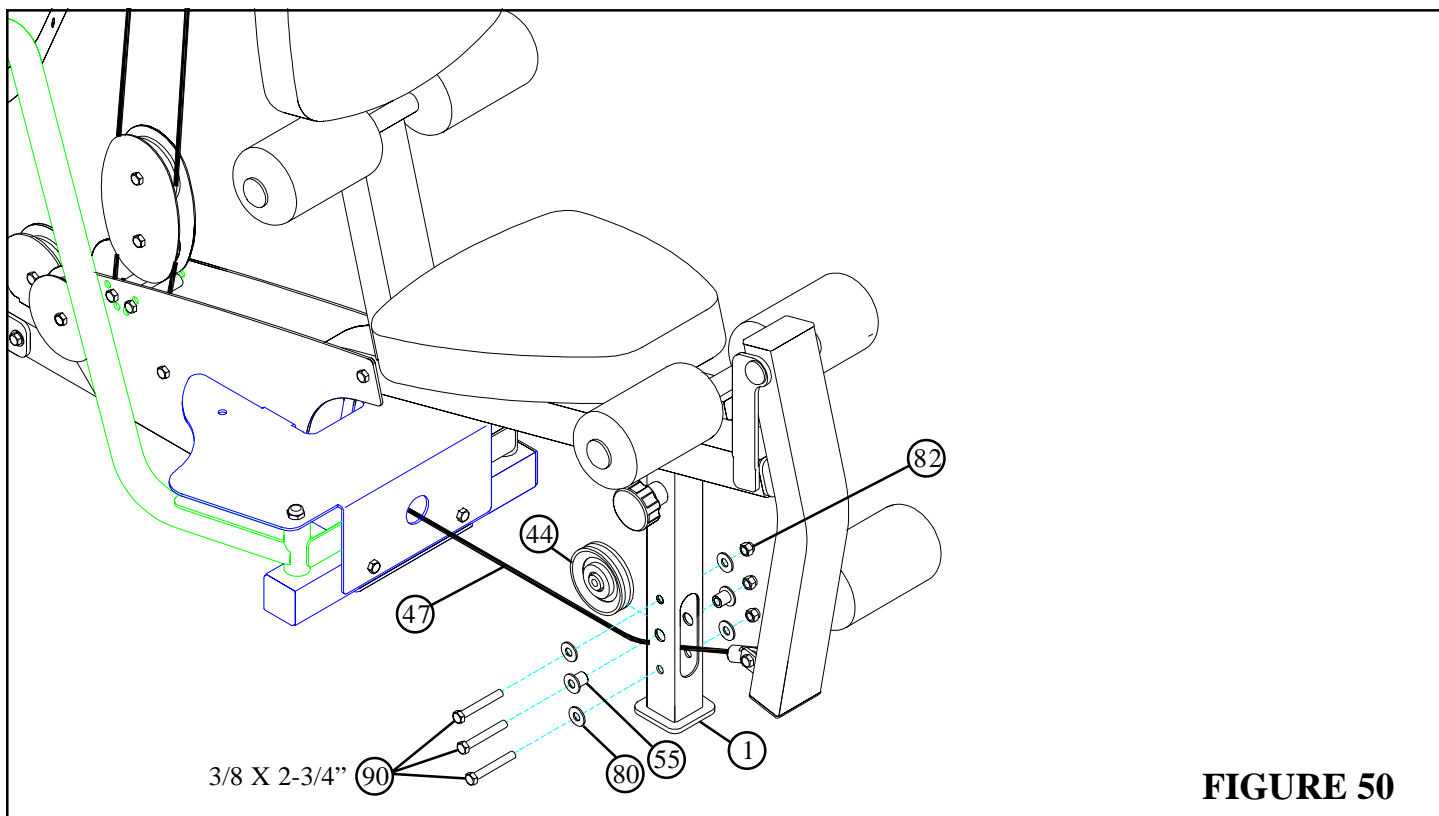
**STEP 48:**

- Assemble one 3-1/2" PULLEY (44) to the BASE PLATES (11) using one 3/8 X 3-3/4" BOLT (93), two 3/8 X 1" SPACERS (57) and one 3/8" LOCK NUT (82). See FIGURE 48. (Note: Loop the PRESS/LEG CABLE (47) around the PULLEY prior to assembling the PULLEY to the BASE PLATES.)



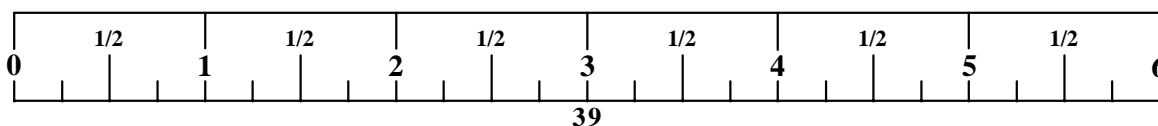
**STEP 49:**

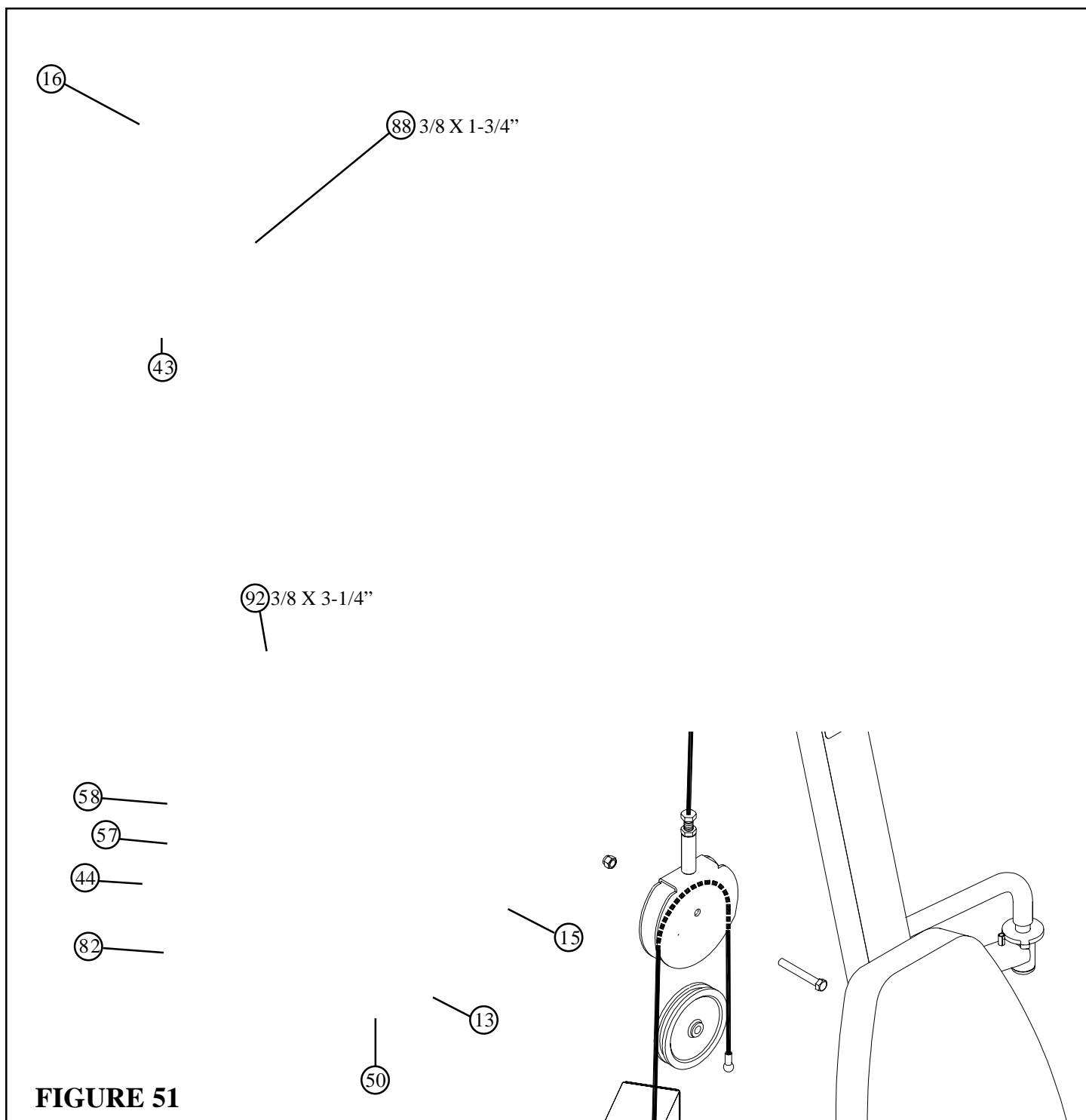
- Route the threaded end of the PRESS/LEG CABLE (47) thru FRAME (1) and assemble the swivel end of PRESS/LEG CABLE (47) to the LEG PEDESTAL (2) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOW HEIGHT LOCK NUT (83). See FIGURE 49.



**STEP 50:**

- Securely assemble the PRESS/LEG CABLE (47) and one 3-1/2" PULLEY (44) to the FRAME (1) using three 3/8 X 2-3/4" BOLTS (90), two 3/8 X 9/16" FLANGE SPACERS (55), four 3/8" WASHERS (80) and three 3/8" LOCKNUTS (82). (**NOTE: The PRESS/LEG CABLE (47) must be routed over the retaining bolt as shown in FIGURE 50.**)

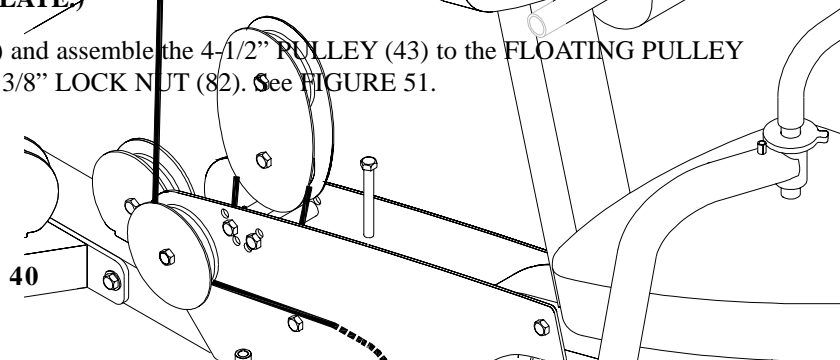


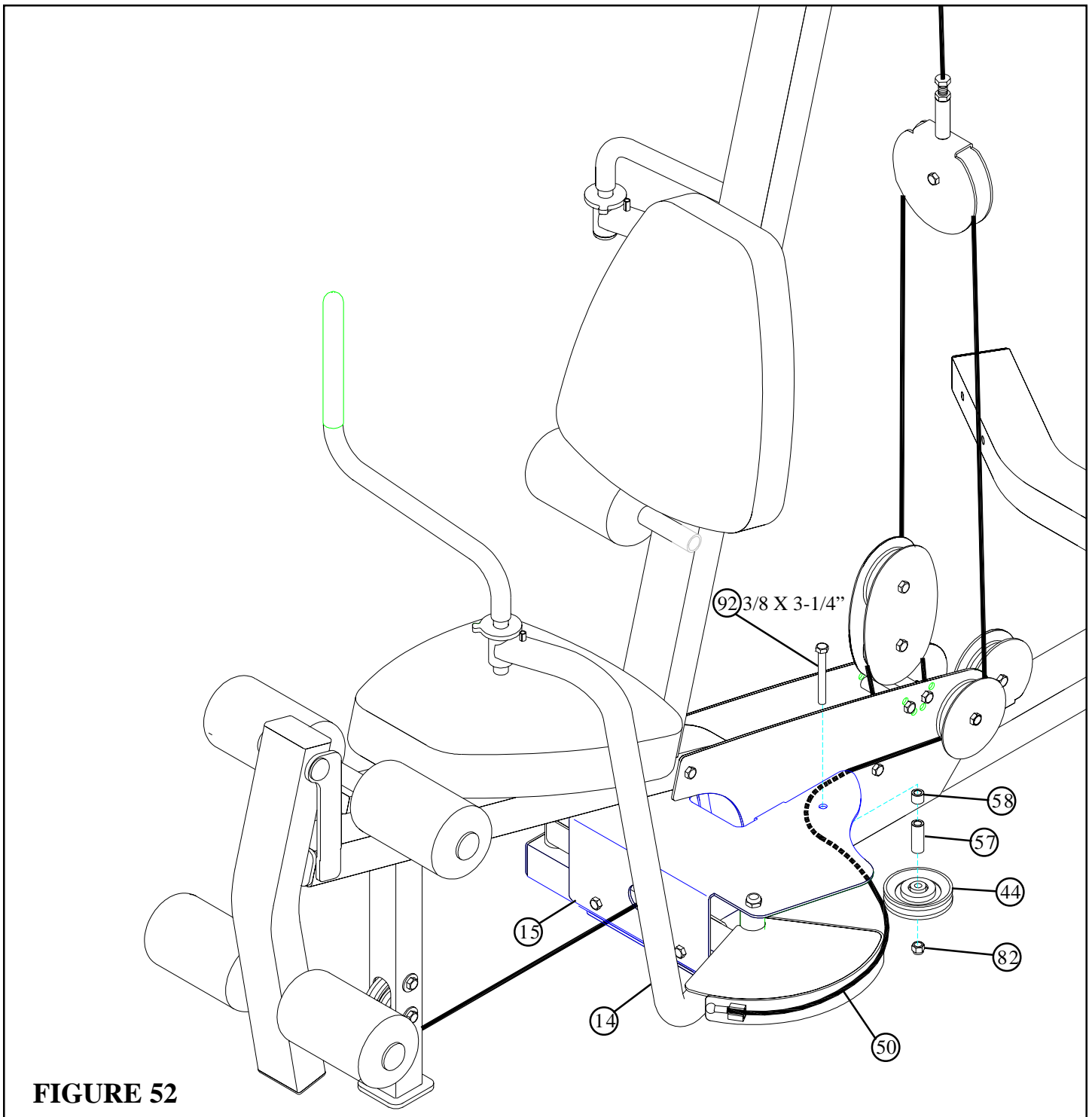


**FIGURE 51**

**STEP 51:**

- Securely assemble the PEC CABLE (50) to the RIGHT PEC ARM (13) as shown in FIGURE 51.
- Assemble one 3-1/2" PULLEY (44) to the PEC PLATE (15) using one 3/8 X 3-1/4" BOLT (92), one 3/8 X 1" SPACER (57), one 3/8 X 1/2" SPACER (58) and one 3/8" LOCK NUT (82). See FIGURE 51. **(Note: Loop the PEC CABLE (50) around the PULLEY prior to assembling the PULLEY to the PEC PLATE.)**
- Route the PEC CABLE (50) around one 4-1/2" PULLEY (43) and assemble the 4-1/2" PULLEY (43) to the FLOATING PULLEY BRACKET (16) using one 3/8 X 1-3/4" BOLT (88) and one 3/8" LOCK NUT (82). See FIGURE 51.

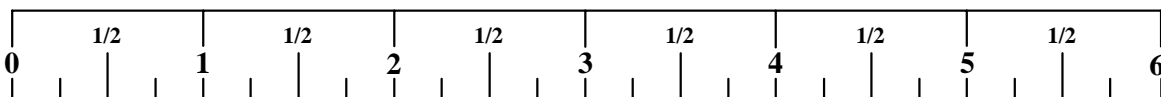


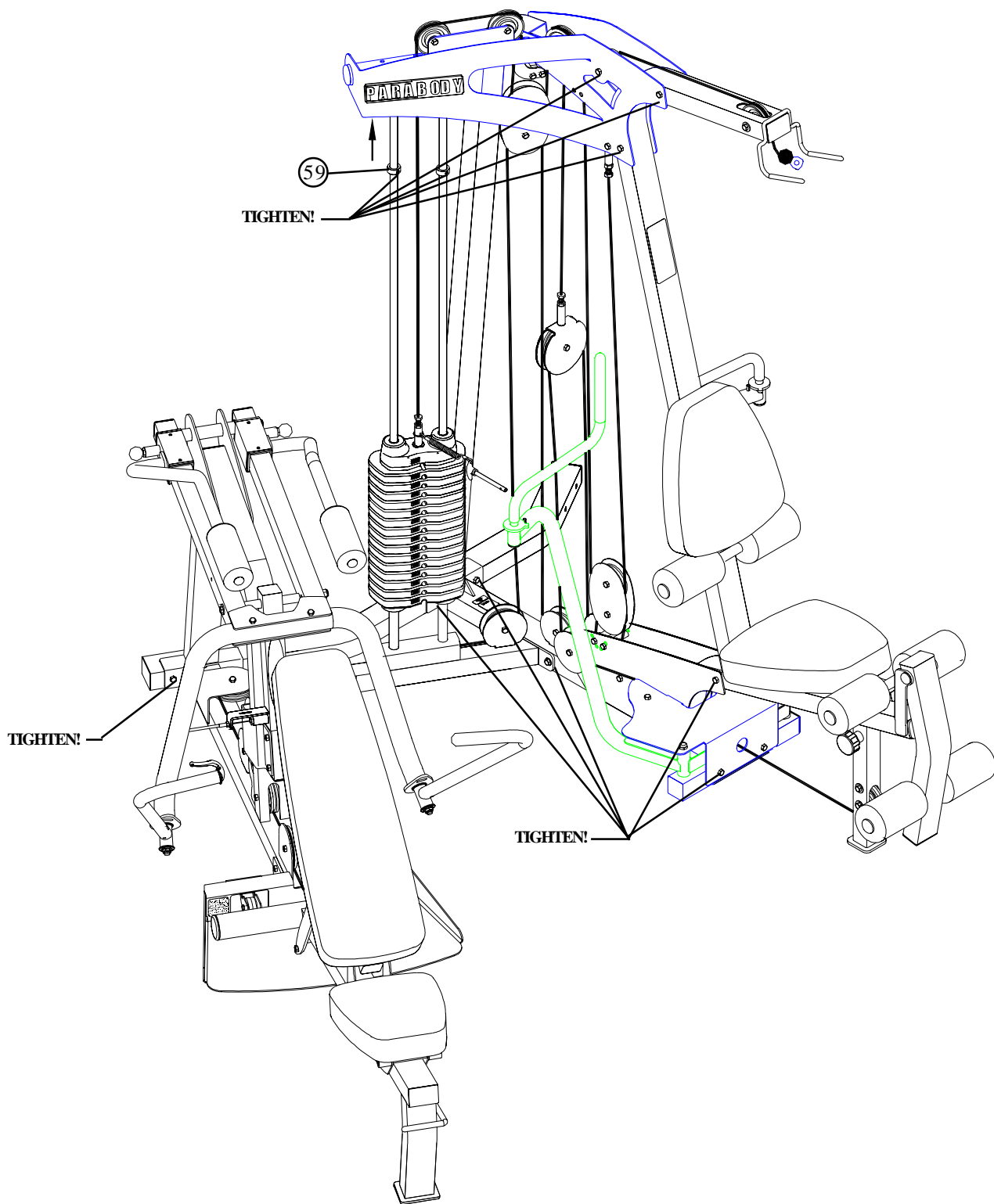


**FIGURE 52**

**STEP 52:**

- Assemble one 3-1/2" PULLEY (44) to the PEC PLATE (15) using one 3/8 X 3-1/4" BOLT (92), one 3/8 X 1" SPACER (57), one 3/8 X 1/2" SPACER (58) and one 3/8" LOCK NUT (82). See FIGURE 52.(Note: Loop the PEC CABLE (50) around the PULLEY prior to assembling the PULLEY to the PEC PLATE.)
- Securely assemble the PEC CABLE (50) to the LEFT PEC ARM (14) as shown in FIGURE 52.

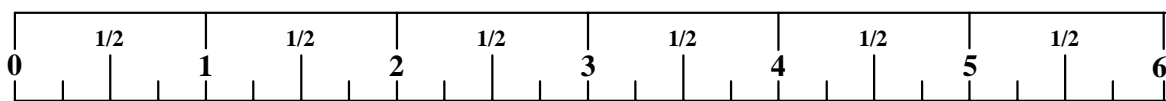




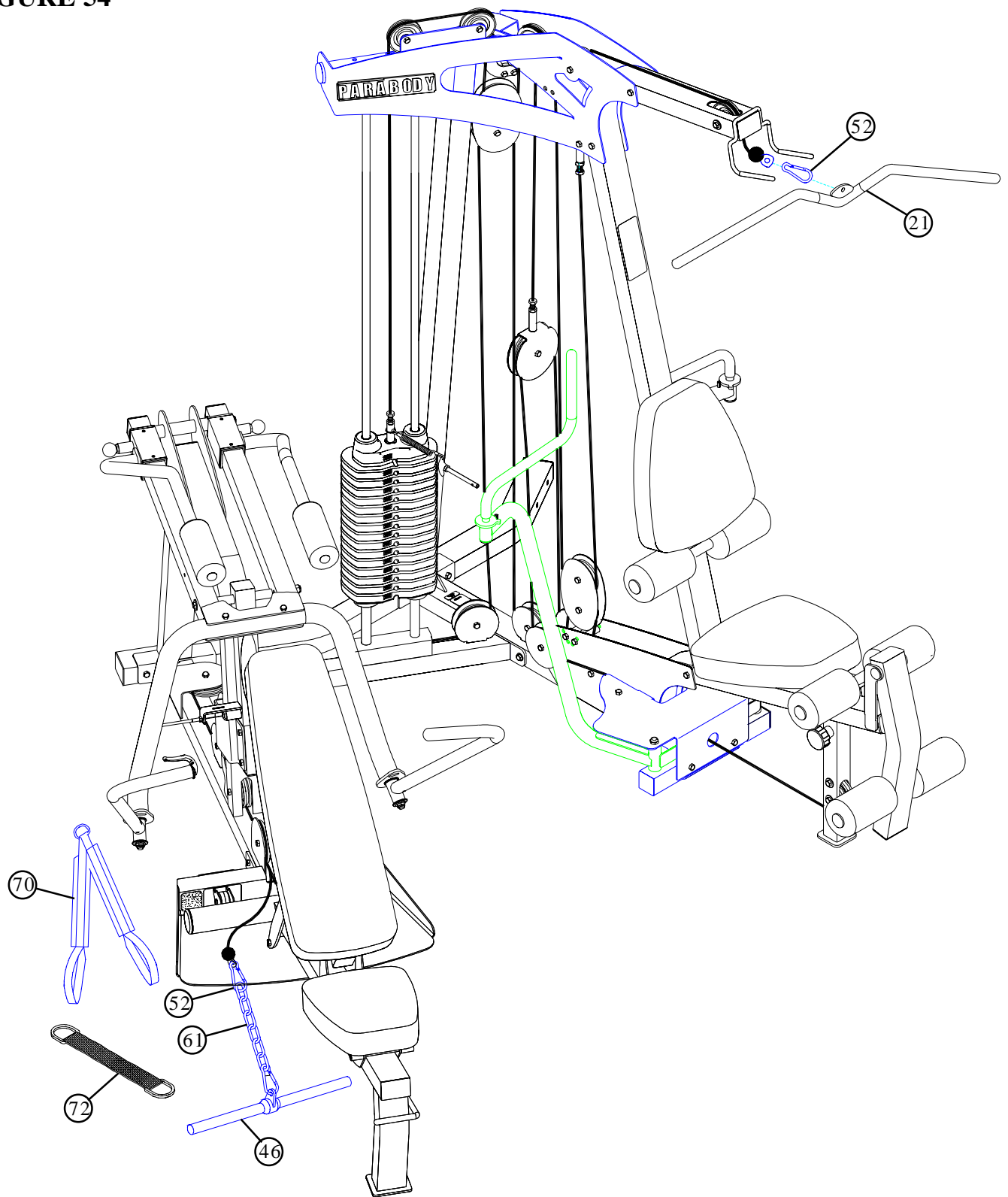
**FIGURE 53**

**STEP 53:**

- **SECURELY** tighten all loose frame connections as shown in FIGURE 53!
- Slide the SHAFT COLLARS (59) to the top of the GUIDE RODS (5) and tighten set screws as shown in FIGURE 53.

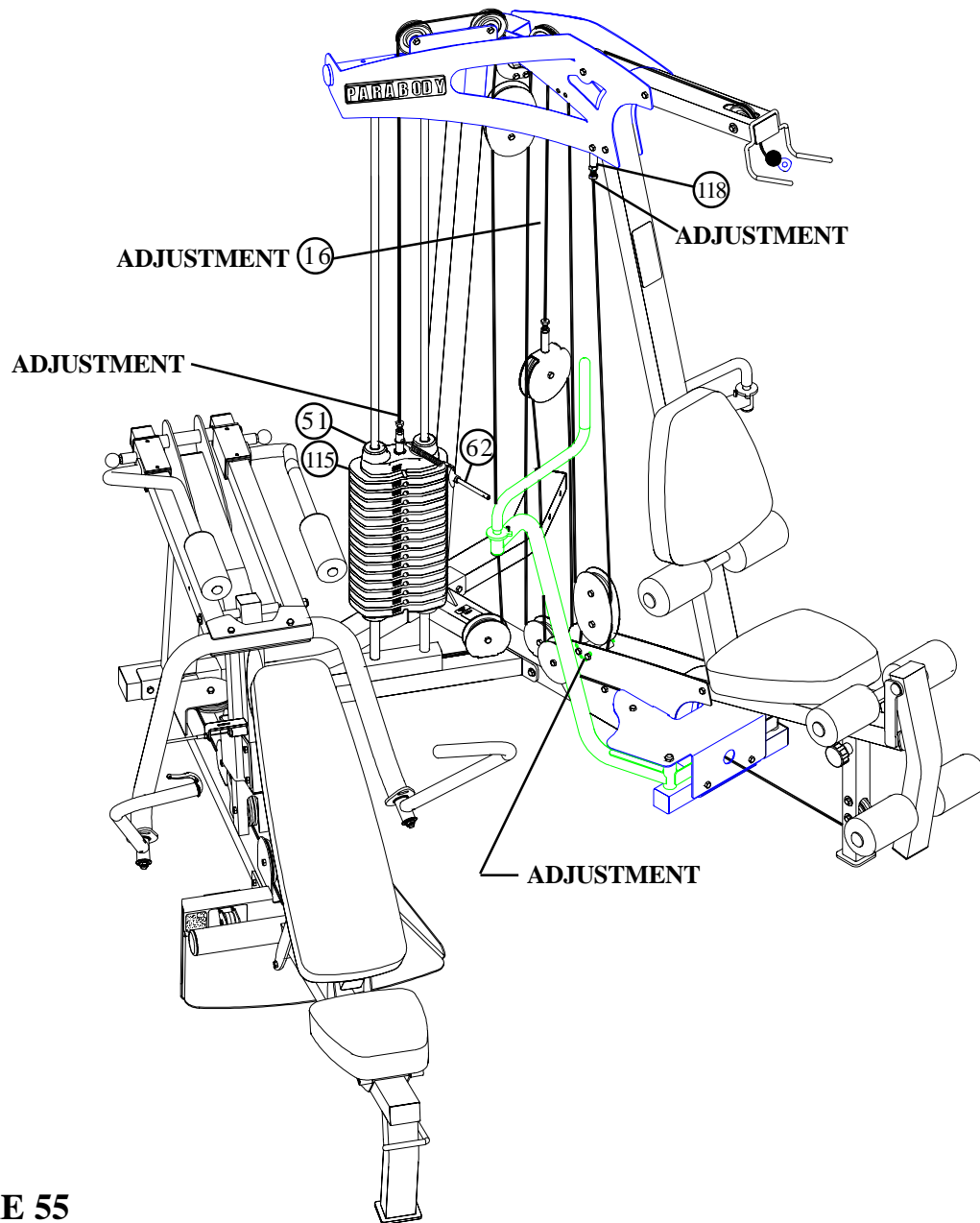


**FIGURE 54**



**STEP 54:**

- Assemble the LOW ROW BAR (46) to the PRESS/LEG CABLE using two SNAP LINKS (52) and one 12-LINK CHAIN (61) as shown in FIGURE 54. The ANKLE STRAP (72) and AB CRUNCH STRAP (70) can also be used.
- Assemble the LAT BAR (21) to the LAT CABLE using one SNAP LINK (52) as shown in FIGURE 54.



**FIGURE 55**

**STEP 55:**

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- If upon completion of assembly, the HEAD PLATE (51) does not sit on top of the first WEIGHT PLATE (115), push the HEAD PLATE (51) down, insert the WEIGHT STACK PIN (62) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (51) from lifting up. See FIGURE 55.
- If after completing the previous step, the HEAD PLATE (51) still does not sit on top of the first WEIGHT PLATE (115) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the FLOATING PULLEY BRACKET (16) and the THREAD HOUSING (118) accordingly and retighten the jam nuts. See figure 55.
- For maximum performance, the HEAD PLATE (51) should just barely sit on the top WEIGHT PLATE (115).
- **NOTE: After making adjustments make sure all jam nuts are SECURELY TIGHTENED!**
- This completes the assembly of the 880 Gym System. If the 880 SHROUD OPTION was purchased refer to the 880 SHROUD KIT assembly instructions.

Thank you for purchasing the ParaBody 880 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 #** \_\_\_\_\_

**Thank you for purchasing the ParaBody 880Gym System.**

## LIMITED WARRANTY

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.

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