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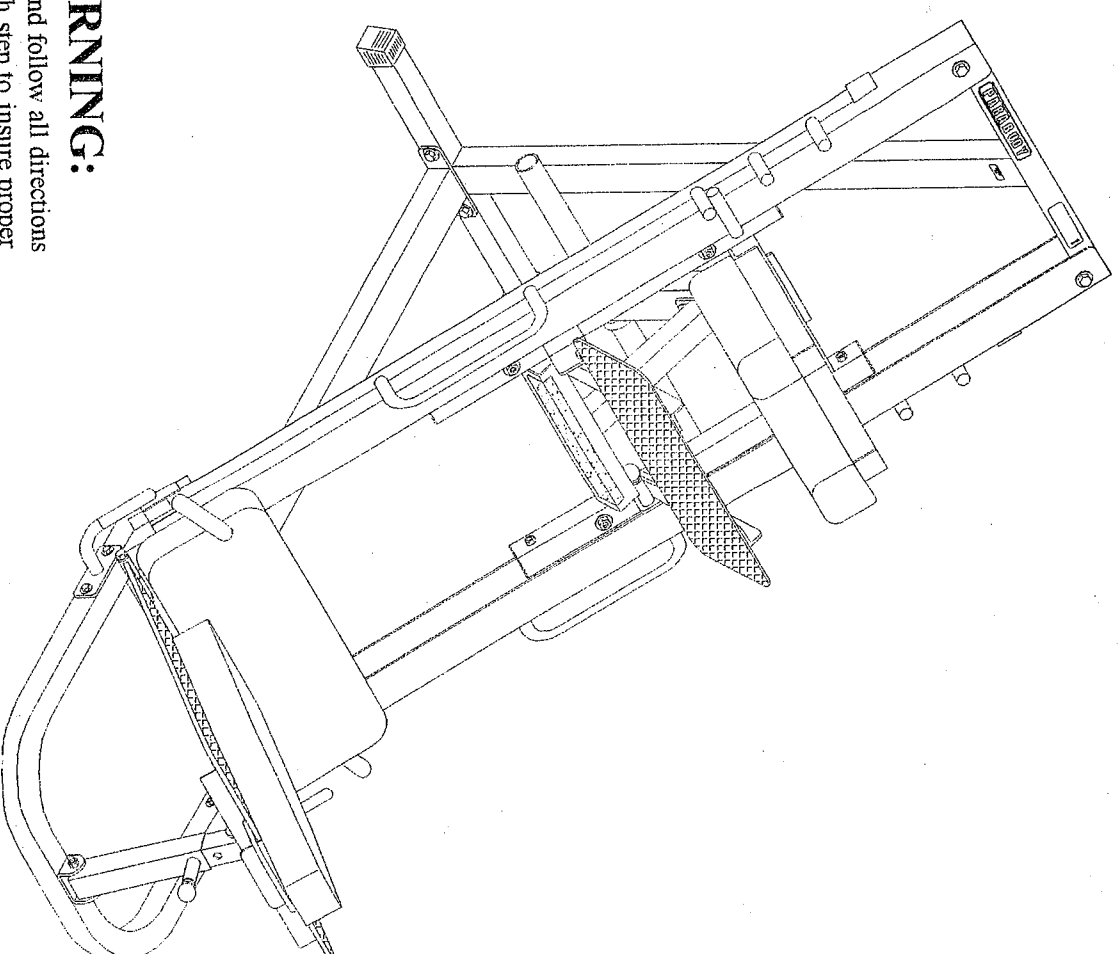
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# PARABODY®

## 835 HP SLED SYSTEM



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

## USER'S GUIDE

CLASS H  
PART # 7078901  
REV A

Version: 835107  
Revision: 03/07/01

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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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## 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, thumb screws, 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:

## 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 or 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 835 Hip Sled System.**

## IMPORTANT NOTES

**Please note:**

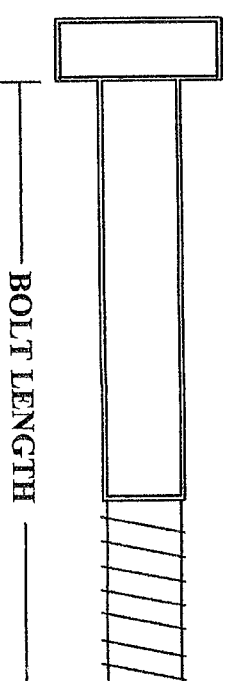
- \* Thank you for purchasing the Parabody 835 Hip Sled System. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

## Tools Required for Assembly

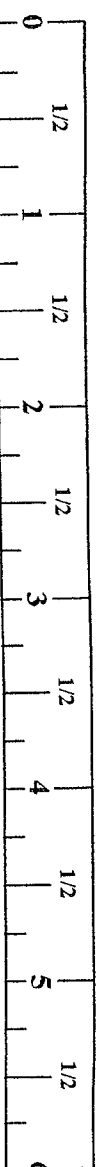
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* Adjustable wrench
- \* Tape measure

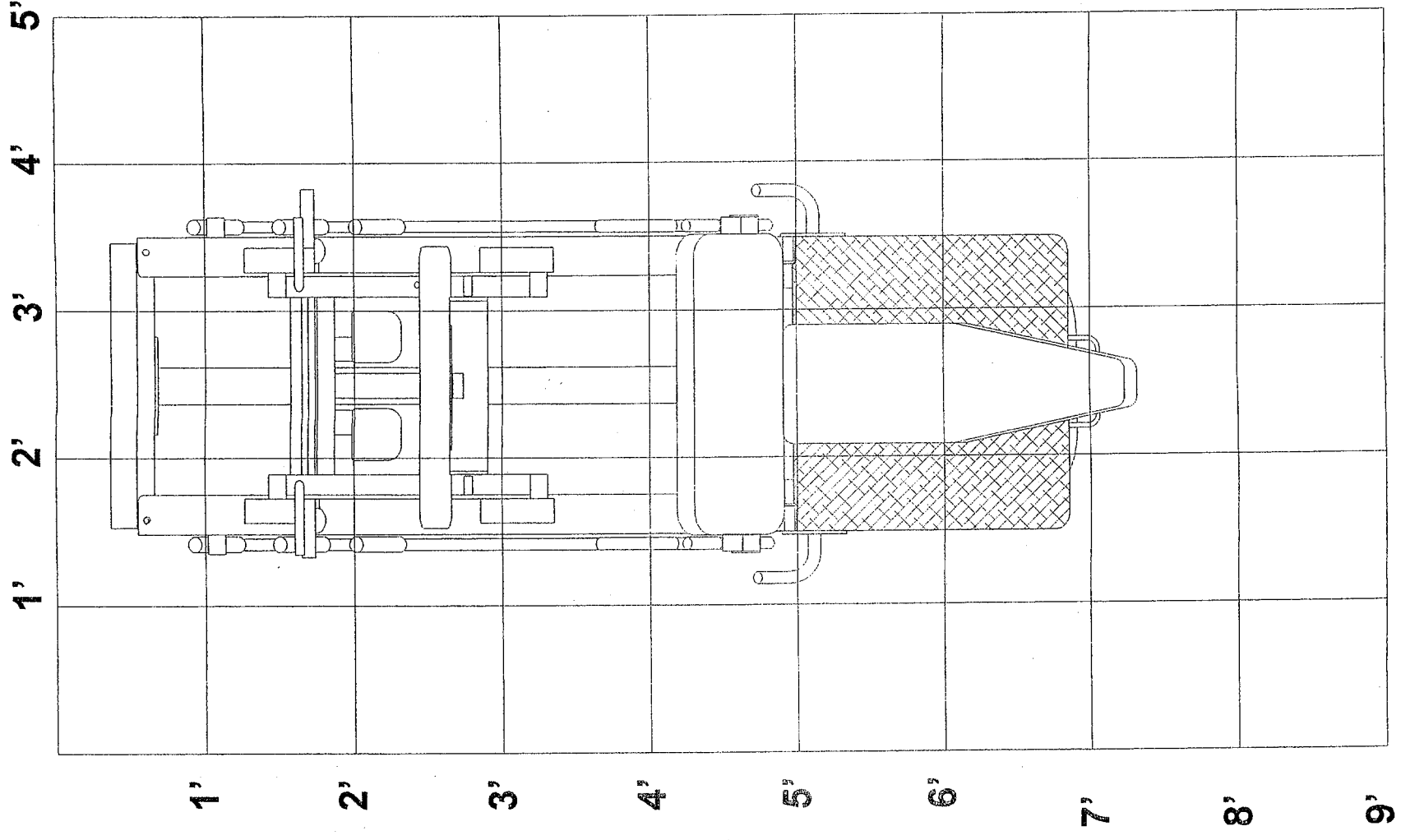
## Bolt Length Ruler

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

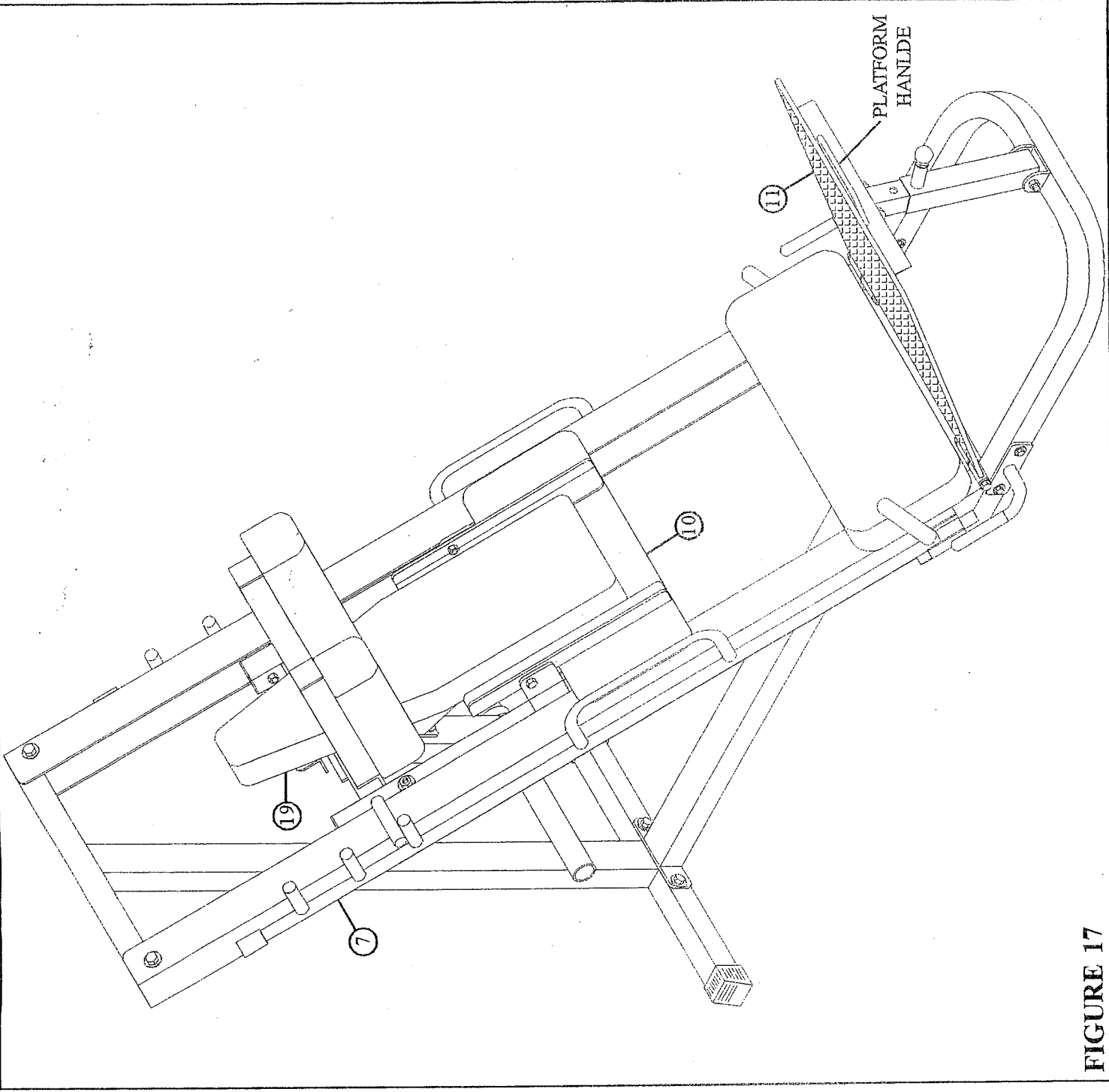


**BOLT LENGTH RULER:**





1 Square = 1' X 1'



**FIGURE 17**

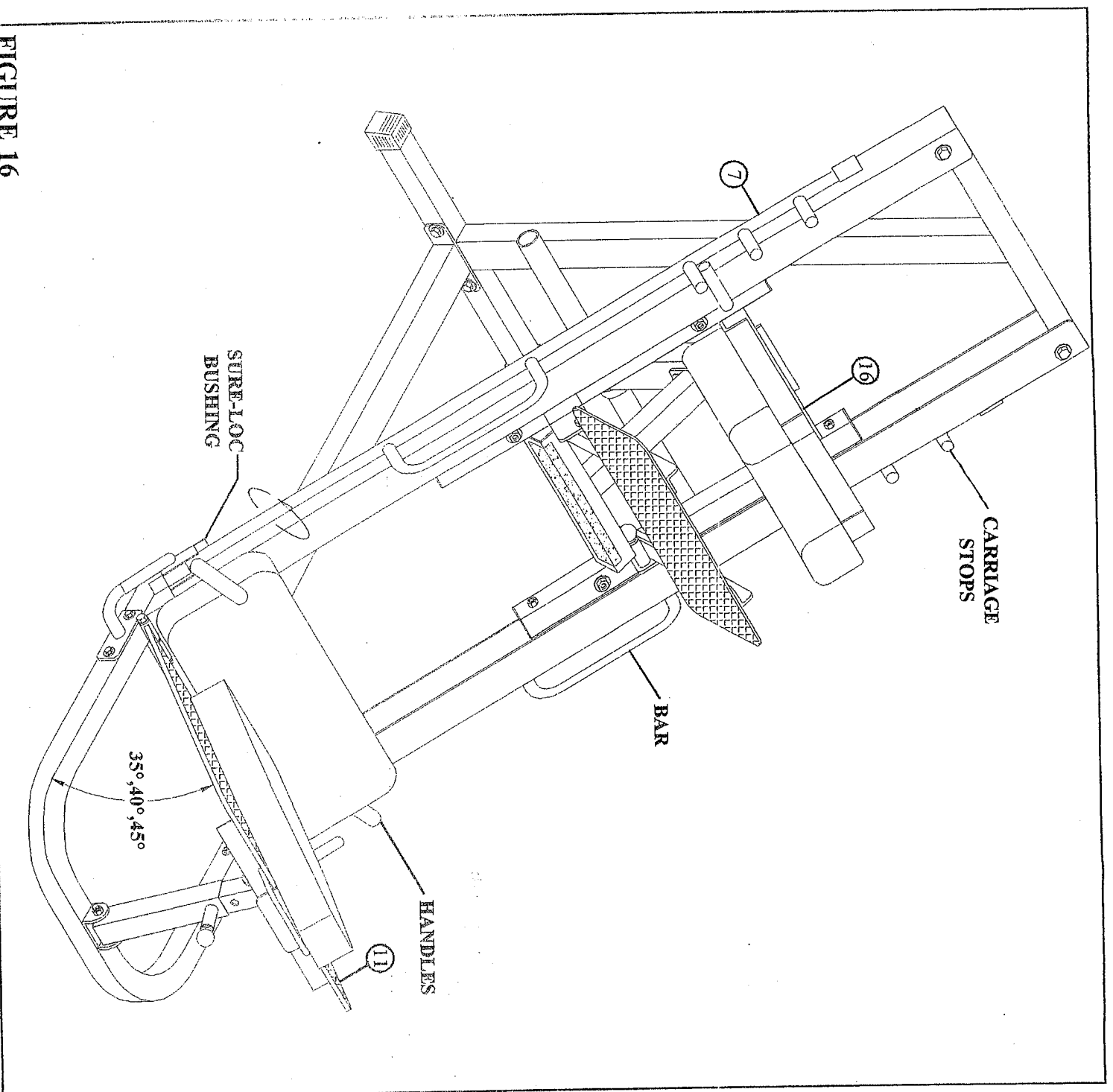
**STEP 17:**

- To perform LEG PRESSES, center the BACK PAD (19) down on top of the PLATFORM (11) and lock the PAD STOP (15) on the back of the BACK PAD (19) behind the PLATFORM HANDLE then rotate the FOOT PLATE (10) on the CARRIAGE (16) up until the SPRING PIN engages the hole
- To perform CALF RAISES, move the CARRIAGE (16) to the top carriage stop of the CARRIAGE STOP BAR (7). Place feet on the HORIZONTAL TUBE of the CARRIAGE (16). (WHERE THE NON-SKID STRIP IS LOCATED) (DO NOT ROTATE THE CARRIAGE STOP BARS DOWN FOR THIS EXERCISE)
- To perform HACK SQUATS, make sure that the FOOT PLATE (10) of the CARRIAGE (16) is down. Position the BACK PAD (19) between the SHOULDER PADS of the CARRIAGE (16). (MAKE SURE THAT THE PAD STOP IS RESTING ABOVE THE CROSS TUBE ON THE CARRIAGE)

**THIS CONCLUDES THE ASSEMBLY OF THE 835 HIP SLED SYSTEM.**

## PARTS LIST

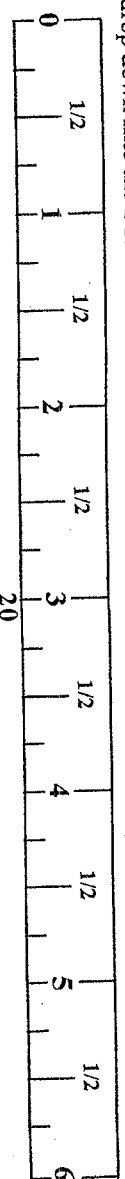
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6504908	BASE	1	25	6270501	4 X 14" NON-SKID STRIP	1
2	6506808	PLATFORM SLEEVE	1	26	6405201	2" SQ. END CAP	8
3	6507408	PAD SUPPORT	1	27	6416601	1-1/2" X 3/4" PARAGLIDE	1
4	6507708	RIGHT HANDLE	2	28	6467001	2" SQ. COVER CAP	2
5	6507808	LEFT HANDLE	1	29	3102501	3/8" WASHER	24
6	6505408	REAR UPRIGHT	1	30	3102601	3/8" LOCK WASHER	8
7	6505902	CARRIAGE STOP BAR	1	31	3102802	3/8" LOCK NUT	8
8	6504108	LEFT RAIL	2	32	3102502	1/2" WASHER	32
9	6504208	RIGHT RAIL	1	33	3102801	1/2" LOCK NUT	14
10	6504402	FOOTPLATE	1	34	3102804	1/2" LOW HEIGHT LOCK NUT	8
11	6504702	PLATFORM	1	35	3102909	3/8 X 1" BOLT	2
12	6506602	PLATFORM ADJUSTMENT	1	36	3102933	3/8 X 2" BOLT	4
13	6507002	WEIGHT SUPPORT	1	37	3102904	3/8 X 3" BOLT	8
14	6521202	ADJ. WHEEL BRACKET	1	38	3102935	3/8 X 4-1/2" BOLT	2
15	6534302	PAD STOP	2	39	3202101	1/2 X 1-1/4" BOLT	2
16	6501402	CARRIAGE	1	40	3102953	1/2 X 2-3/4" BOLT	2
17	6509201	SHOULDER PAD	1	41	3102918	1/2 X 3-1/4" BOLT	6
18	6666901	SEAT PAD	2	42	3102917	1/2 X 4" BOLT	2
19	6667301	BACK PAD	1	43	3102937	1/2 X 4-1/2" BOLT	8
20	6500501	3" DIA. WHEEL	1	44	3102944	1/2 X 5" BOLT	2
21	6500601	2" DIA. WHEEL	4	45	3110002	1-1/4" ROLL PIN	2
22	3103101	1-1/4 X 5" GRIP	4	46	6020601	1/2" FLANGE BEARING	8
23	3103104	1 X 5" GRIP	2	47	6466901	1/2" DIA. SPRING PIN	2
24	3116001	1-1/4" SQ. RUBBER BUMPER	2				

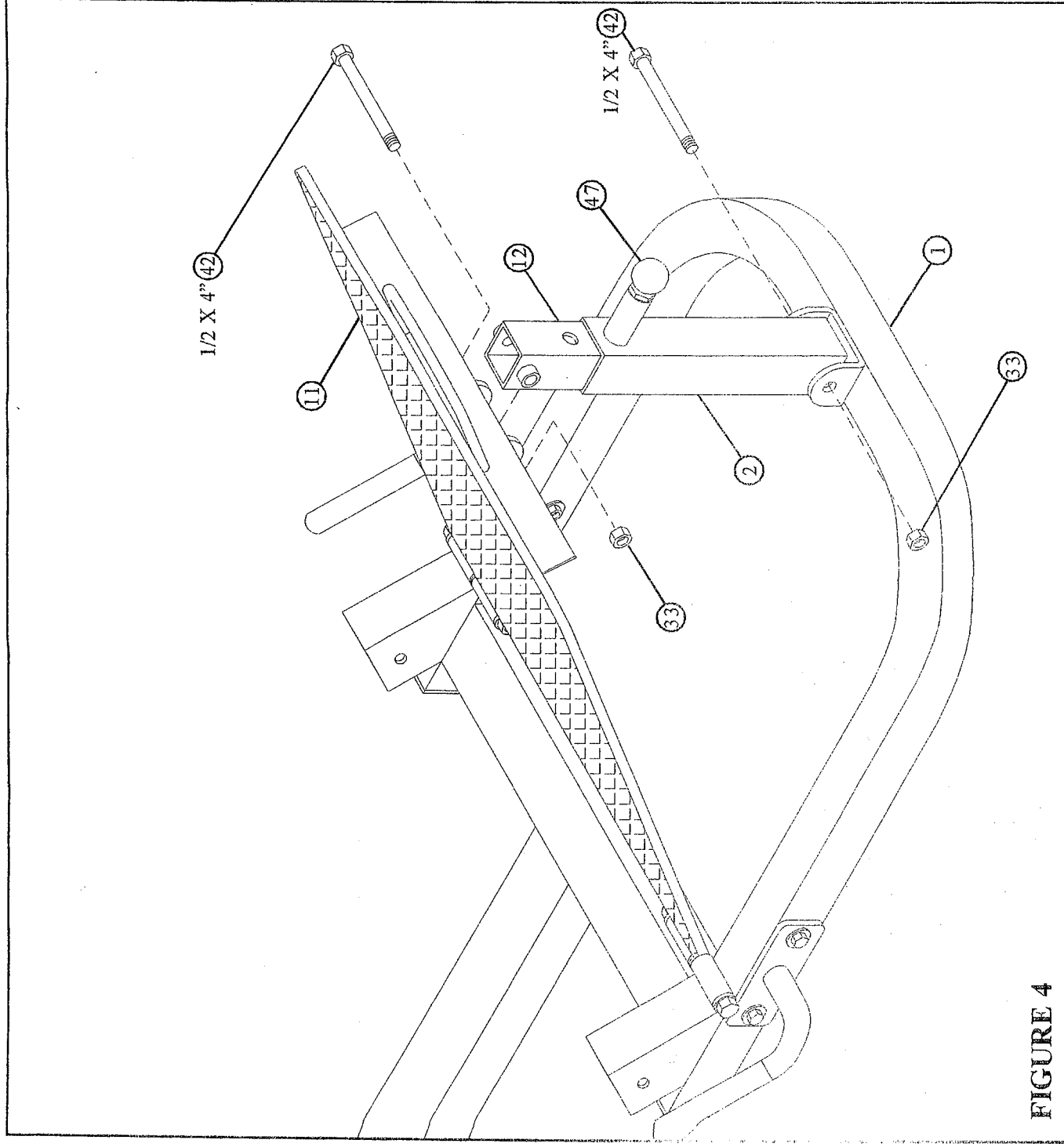


**FIGURE 16**

**STEP 16:**

- The PLATFORM (11) can adjust into three positions: 35, 40, and 45 degrees
- The HIP SLED was designed with the SURE-LOC SYSTEM for ultimate safety. To activate the CARRIAGE STOP BARS (7) from either the LEG PRESS or HACK SQUAT position, begin by moving the CARRIAGE (16) up. Grasp the (HANDLES or BAR) on the CARRIAGE STOP BARS (7) and (push or pull) up and rotate them out. Now the stops are out of the way to perform the exercise.
- To stop the CARRIAGE (16) on one of the three carriage stops simply rotate the CARRIAGE STOP BARS (7) back up and allow them to drop down into the SURE-LOC SYSTEM.

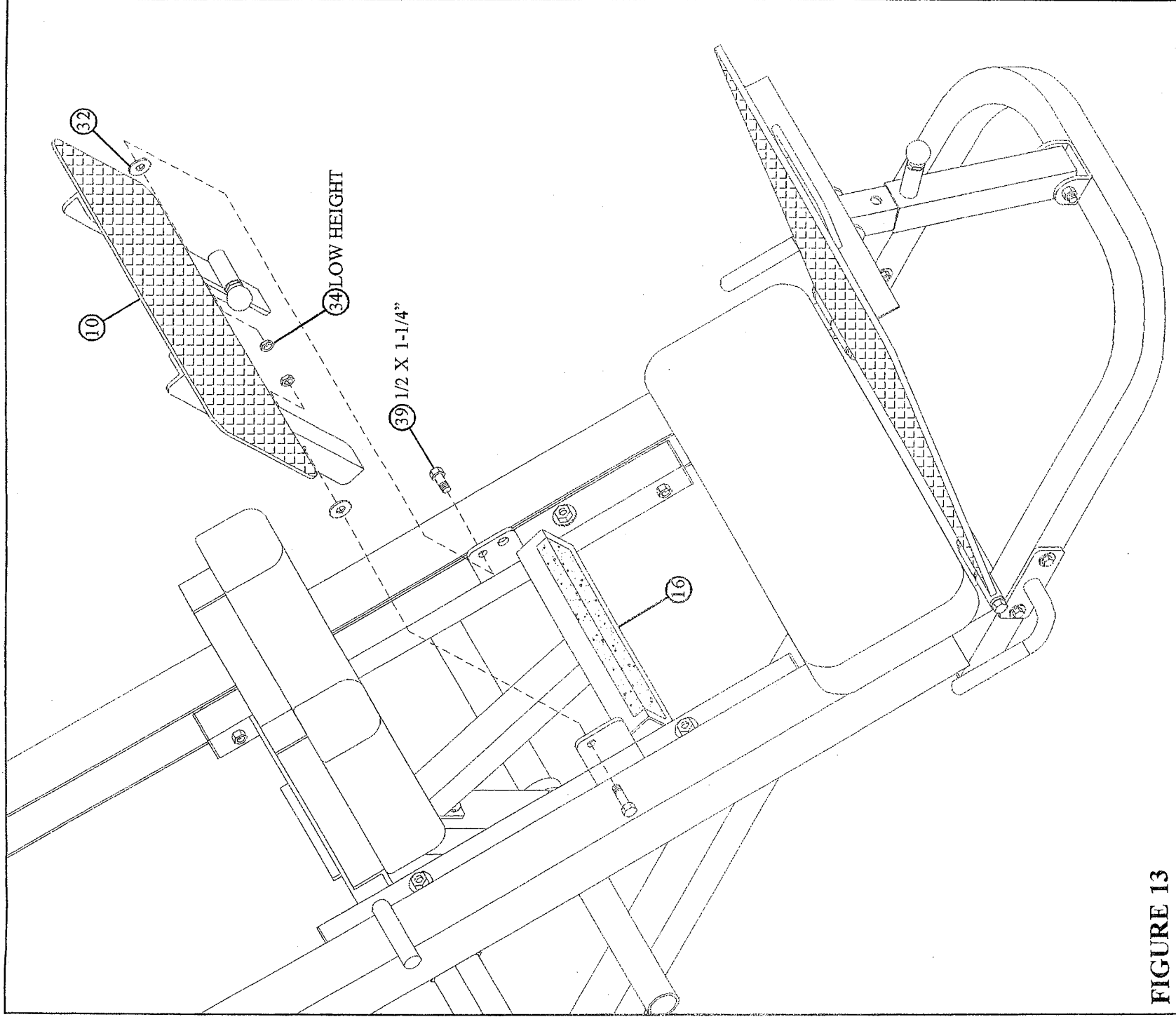
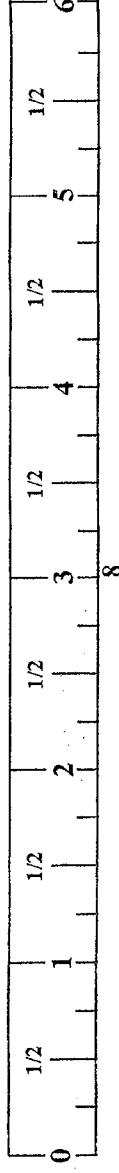




**FIGURE 4**

**STEP 4:**

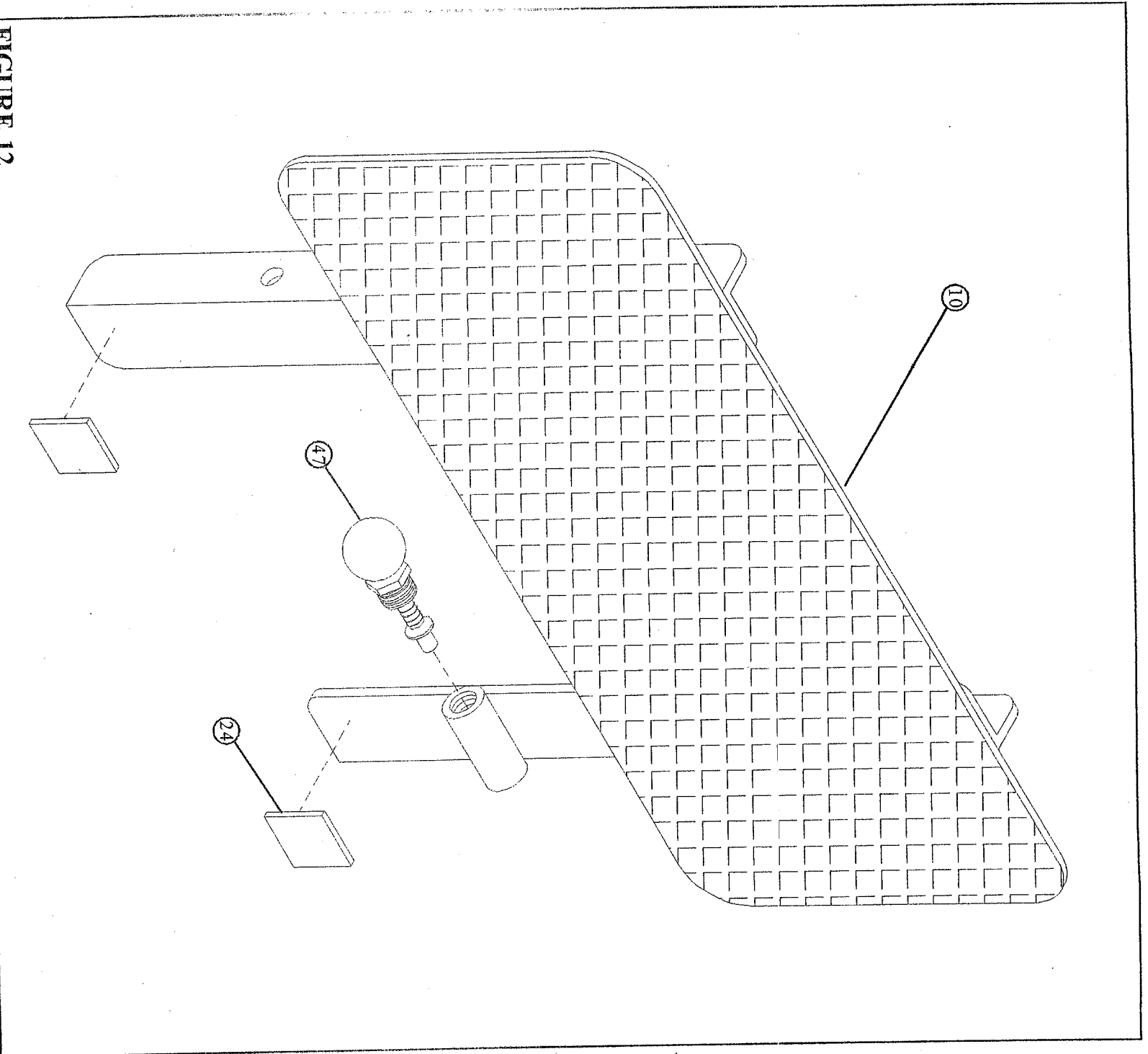
- Assemble the PLATFORM SLEEVE (2) to the BASE (1) as shown in FIGURE 4 using one 1/2 X 4" BOLT (42), and one 1/2" LOCK NUT (33). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM SLEEVE TO ROTATE FREELY)**
- Pull back the 1/2" DIA. SPRING PIN (47) on the PLATFORM SLEEVE (2) and insert the PLATFORM ADJUSTMENT (12) into it. Slide the PLATFORM ADJUSTMENT (12) down to the first adjustment hole and release the SPRING PIN (47).
- Assemble the PLATFORM ADJUSTMENT (12) to the PLATFORM (11) as shown in FIGURE 4 using one 1/2 X 4" BOLT (42), and one 1/2" LOCK NUT (33). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM ADJUSTMENT TO ROTATE FREELY)**



**FIGURE 13**

**STEP 13:**

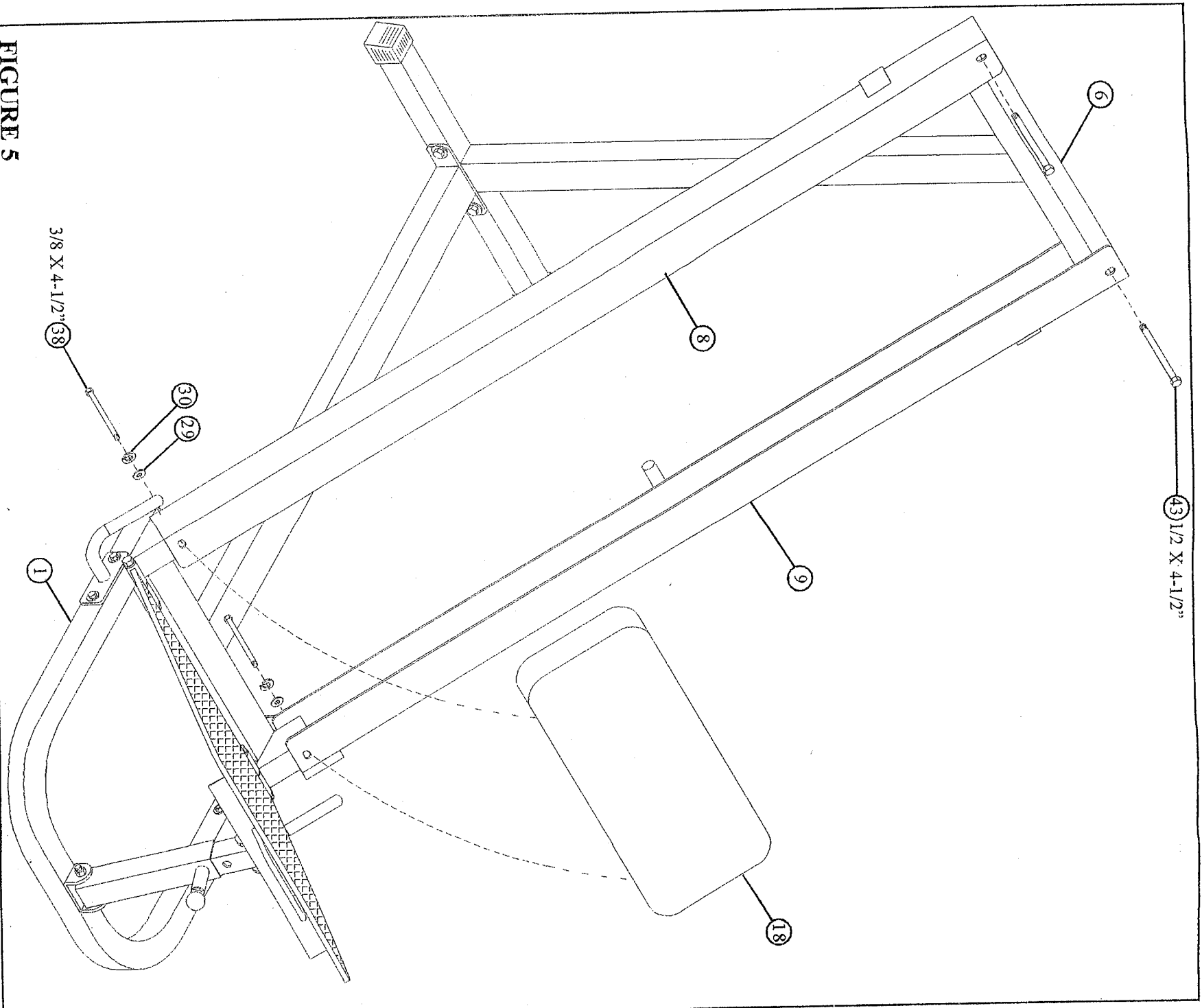
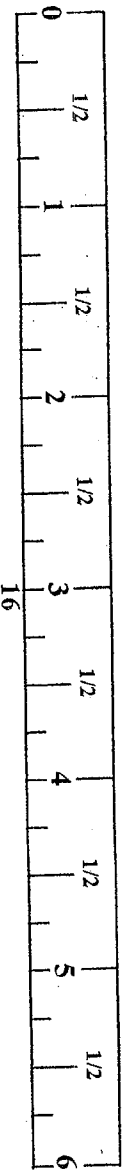
- Assemble the FOOT PLATE (10) to the CARRIAGE (16) as shown in FIGURE 13, using two 1/2 X 1-1/4" BOLTS (39), two 1/2" WASHERS (32), and two 1/2" LOW HEIGHT LOCK NUTS (34). **(TIGHTEN THE CONNECTION COMPLETELY, THEN BACK THE NUTS OFF 1/4 TURN)**



**FIGURE 12**

**STEP 12:**

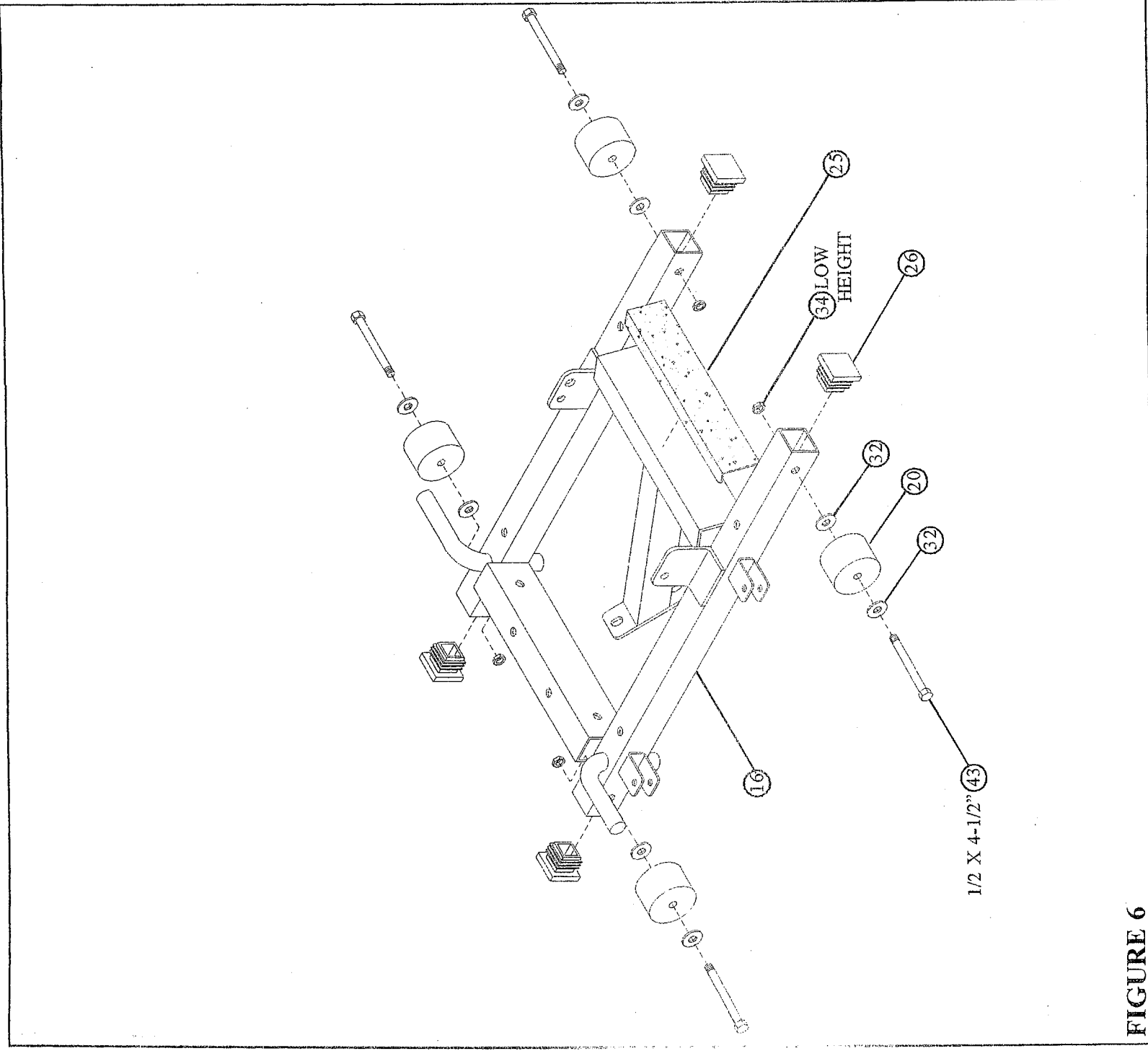
- Attach two 1-1/4" SQ. RUBBER BUMPERS (24) to the ends of the ANGLES of the FOOT PLATE (10) as shown in FIGURE 12.
- SECURELY assemble one 1/2" DIA. SPRING PIN (47) to the SPRING PIN HOUSING on the FOOT PLATE (10) as shown in FIGURE 12. (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN SECURELY)



**FIGURE 5**

**STEP 5:**

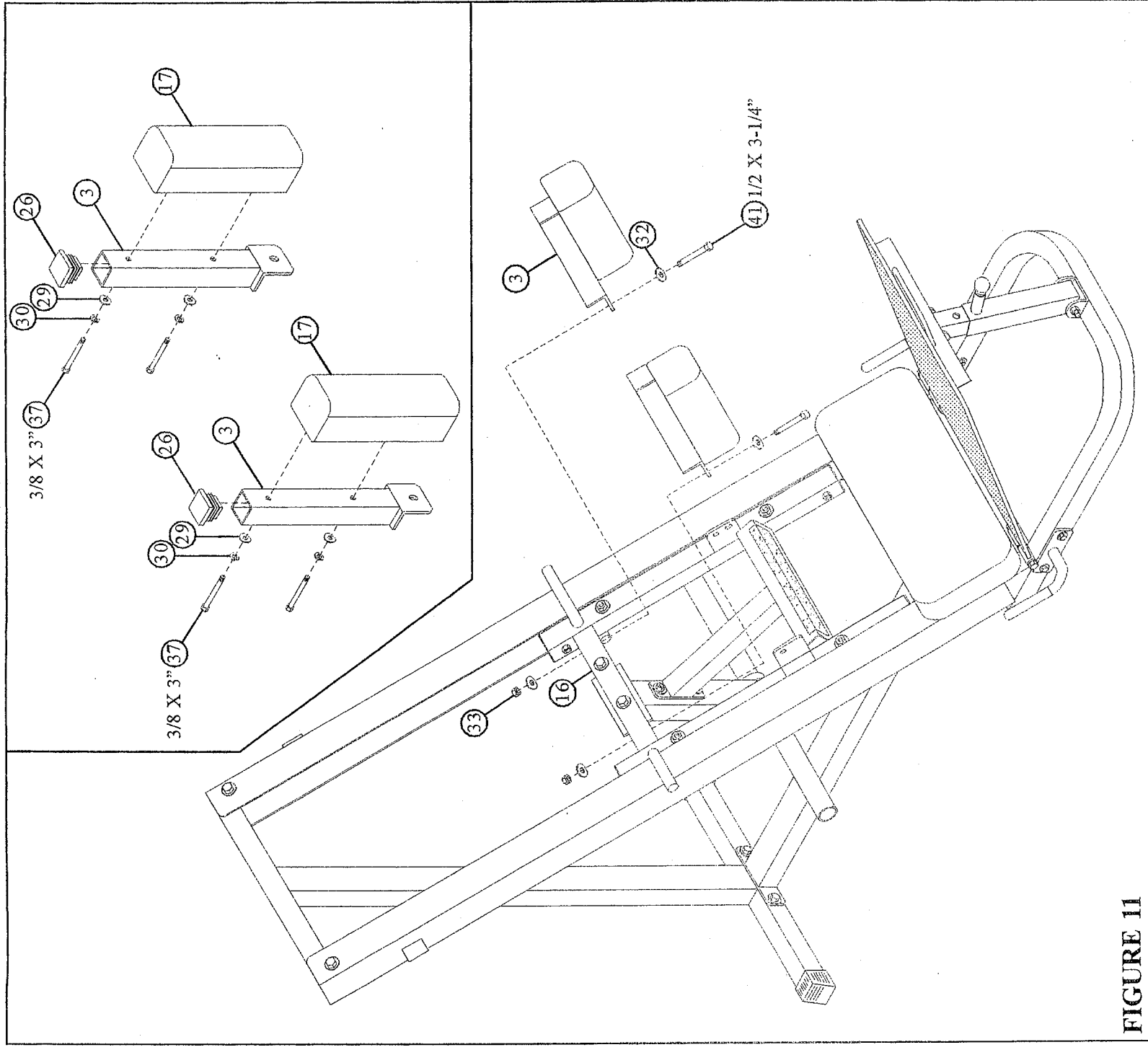
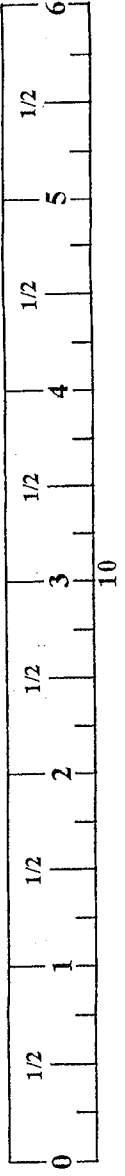
- LOOSELY assemble the LEFT (8) and RIGHT RAILS (9), along with the SEAT PAD (18) to the BASE (1) as shown in FIGURE 5 using two 3/8 X 4-1/2" BOLTS (38), two 3/8" LOCK WASHERS (30), and two 3/8" WASHERS (29). Temporarily assemble the RAILS to the REAR UPRIGHT (6) using two 1/2 X 4-1/2" BOLTS (43) to aid in the assembly of this step.



**FIGURE 6**

**STEP 6:**

- Insert four 2" SQ. END CAPS (26) into the each end of the CARRIAGE (16) as shown in FIGURE 6.
- SECURELY assemble four 3" DIA. WHEELS (20) to the sides of the CARRIAGE (16) as shown in FIGURE 6 using four 1/2 X 4-1/2" BOLTS (43), eight 1/2" WASHERS (32), and four 1/2" LOW HEIGHT LOCK NUTS (34).
- Attach one 4 X 14" NON SKID STRIP (25) to the CARRIAGE (16) as shown in FIGURE 6.

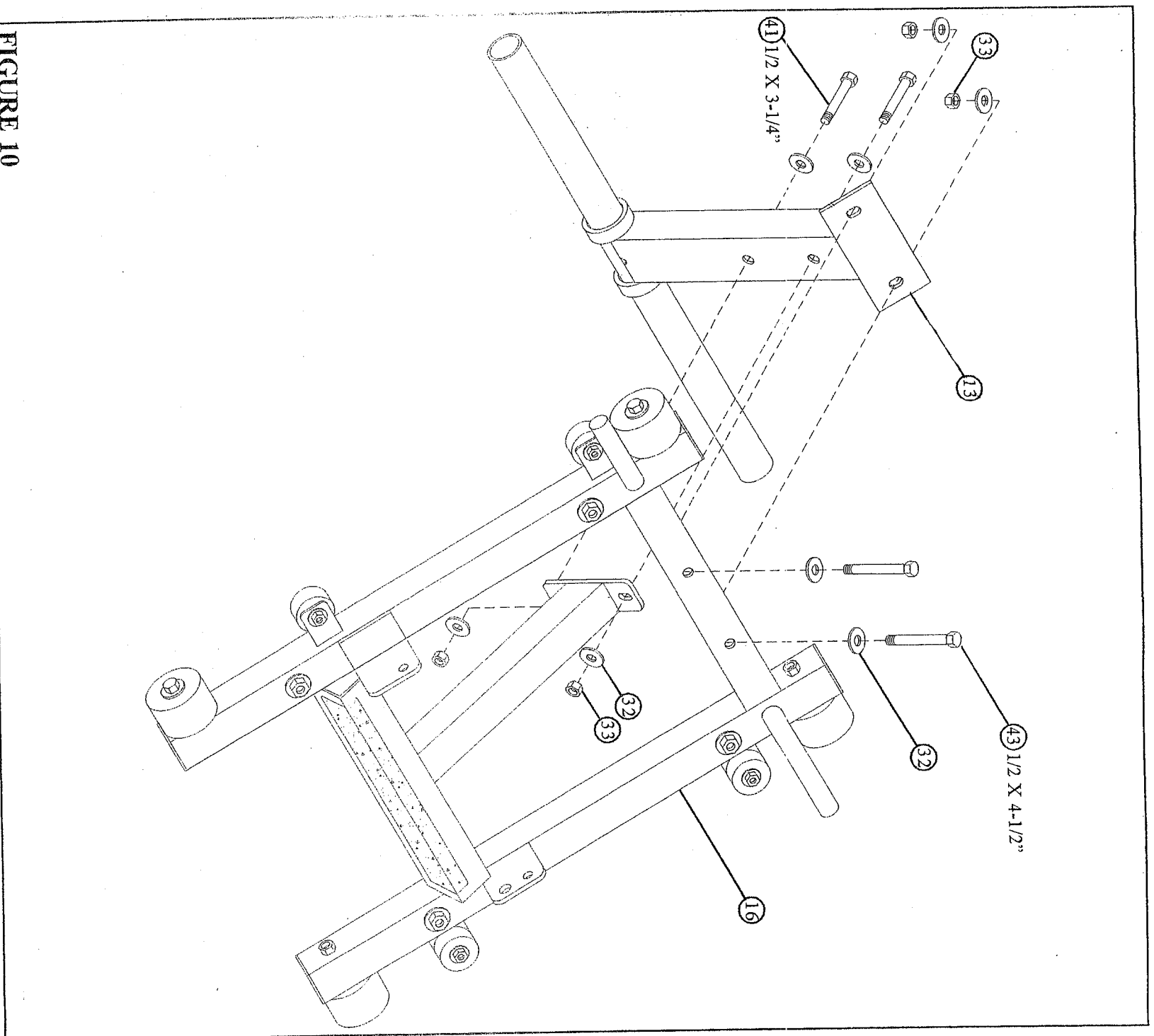


**FIGURE 11**

**STEP 11:**

- Insert two 2" SQ. END CAPS (26) into the ends of each PAD SUPPORT (3) as shown in FIGURE 11.
- SECURELY assemble the two PAD SUPPORTS (3) to the CARRIAGE (16) as shown in FIGURE 11 using two 1/2 X 3-1/4" BOLTS (41), four 1/2" WASHERS (32), and two 1/2" LOCK NUTS (33).
- SECURELY assemble two SHOULDER PADS (17) to the PAD SUPPORTS (3) on the CARRIAGE (16) as shown in FIGURE 11 using four 3/8 X 3" BOLTS (37), four 3/8" LOCK WASHERS (30), and four 3/8" WASHERS (29).

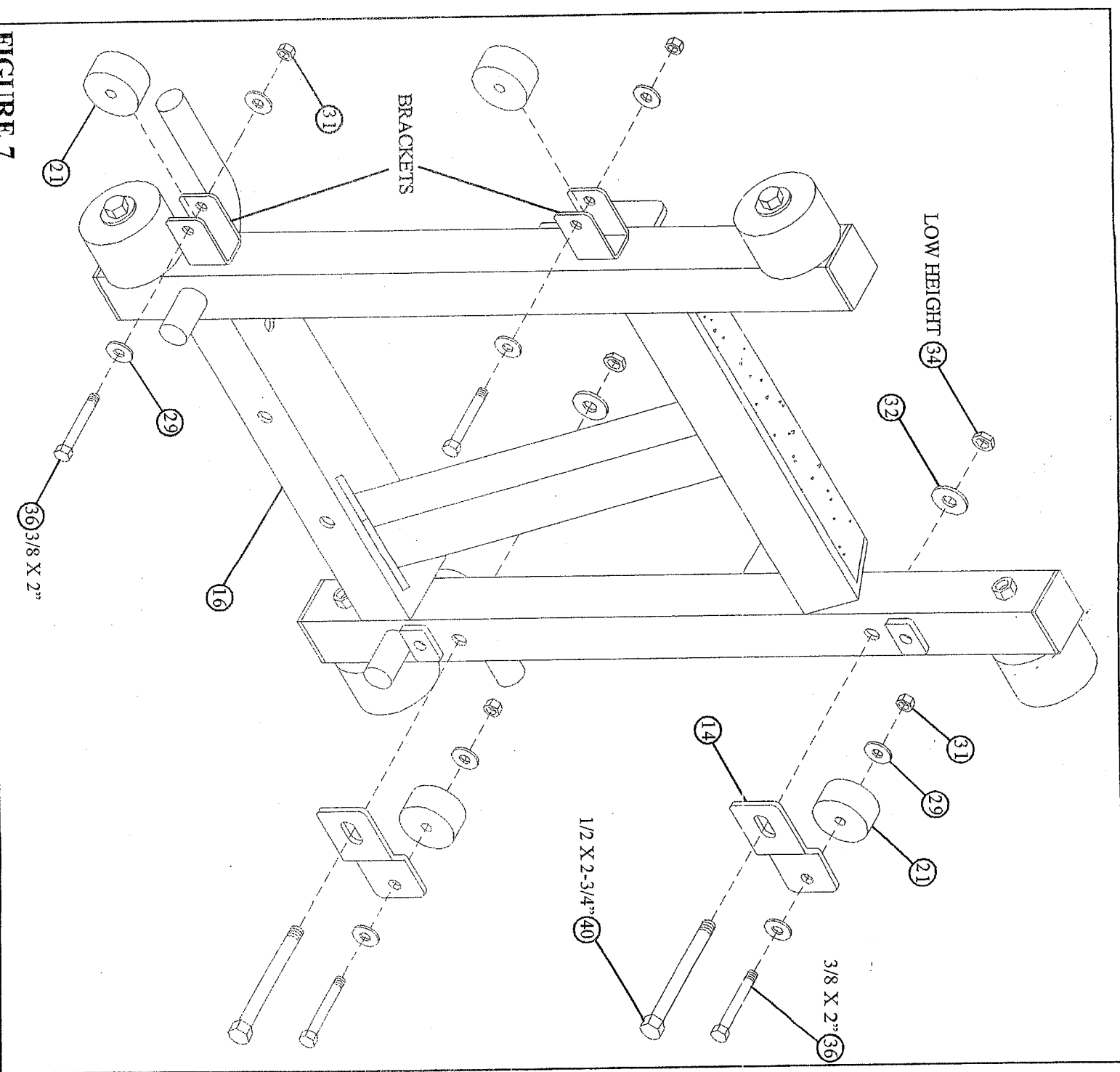
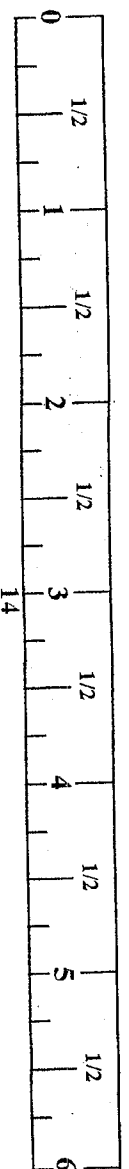




**FIGURE 10**

**STEP 10:**

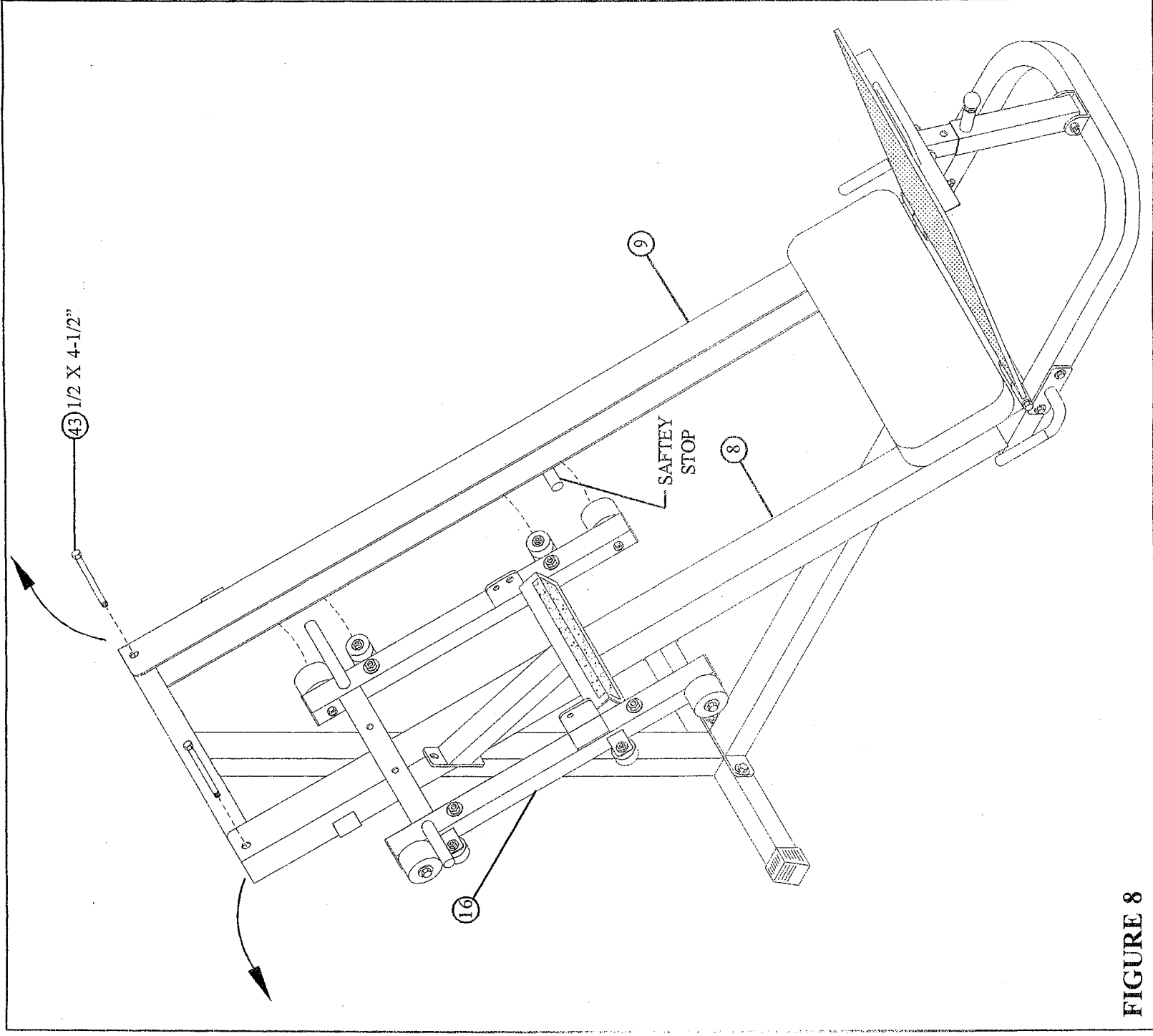
- SECURELY assemble the WEIGHT SUPPORT (13) to the CARRIAGE (16) as shown in FIGURE 10 using two 1/2 X 4-1/2" BOLTS (43), two 1/2 X 3-1/4" BOLTS (41), eight 1/2" WASHERS (32), and four 1/2" LOCK NUTS (33).



**FIGURE 7**

**STEP 7:**

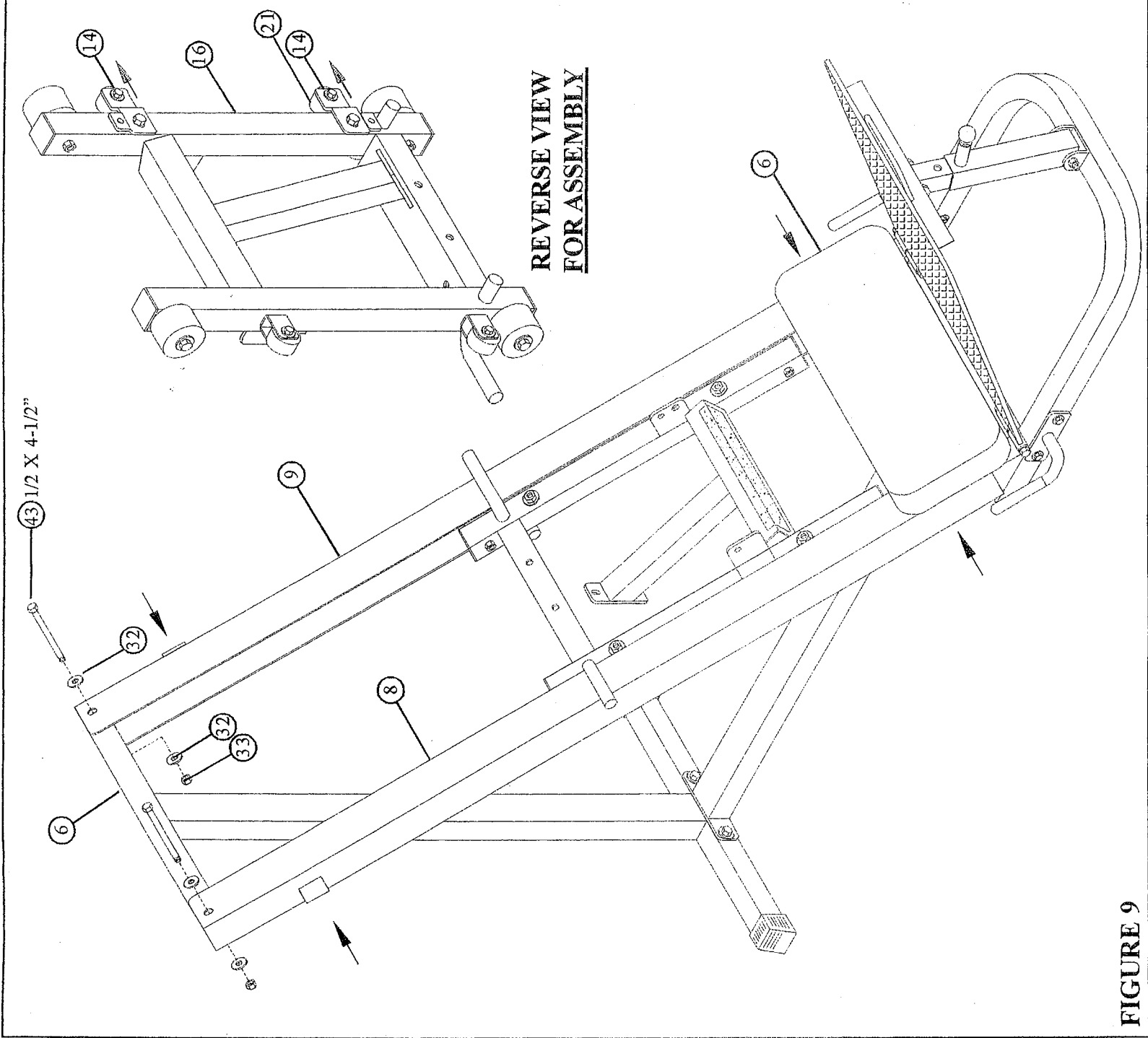
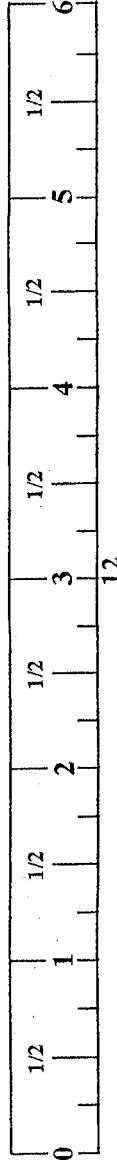
- SECURELY assemble two 2" DIA. WHEELS (21) to the BRACKETS on the left side of the CARRIAGE (16) as shown in FIGURE 7 using two 3/8 X 2" BOLTS (36), four 3/8" WASHERS (29), and two 3/8" LOCK NUTS (31).
- Assemble the two ADJ. WHEEL BRACKETS (14) to the right side of the CARRIAGE (16) as shown in FIGURE 7 using two 1/2 X 2-3/4" BOLTS (40), two 1/2" WASHERS (32), and two 1/2" LOW HEIGHT LOCK NUTS (34). (NOTE: TIGHTEN BRACKETS SECURELY TO THE CARRIAGE, THEN BACK NUT OFF 1/2 TURN TO ALLOW FOR ADJUSTMENT IN A LATER STEP).
- SECURELY assemble two 2" DIA. WHEELS (21) to the ADJ. WHEEL BRACKETS (14) on the right side of the CARRIAGE (16) as shown in FIGURE 7 using two 3/8 X 2" BOLTS (36), four 3/8" WASHERS (29), and two 3/8" LOCK NUTS (31).



**FIGURE 8**

**STEP 8:**

- Remove the two temporary 1/2 X 4-1/2" BOLTS (43) from **STEP 5**.
- Swing the LEFT (8) and RIGHT (9) RAILS out enough to insert the CARRIAGE ASSEMBLY (16) in between them. Allow the CARRIAGE (16) to rest on the SAFETY STOPS underneath the RAILS. See **FIGURE 8**.



**FIGURE 9**

**STEP 9:**

- **SECURELY** reassemble the LEFT (8) and RIGHT (9) RAILS to the REAR UPRIGHT (6) as shown in **FIGURE 9** using the two 1/2 X 4-1/2" BOLTS (43), four 1/2" WASHERS (32), and two 1/2" LOCK NUTS (33). **(!!! IMPORTANT !!! BEFORE TIGHTENING MOVE THE RAILS IN AS FAR AS POSSIBLE)**
- **SECURELY** tighten the two 3/8 X 4-1/2" BOLTS (38) holding the SEAT PAD (18) from **STEP 5**. **(!!! IMPORTANT !!! BEFORE TIGHTENING MOVE THE RAILS IN AS FAR AS POSSIBLE)**
- To adjust the side to side movement of the CARRIAGE (16), start by sliding the CARRIAGE (16) as far to the left as possible inside the RAILS (8 & 9). Adjust the ADJ. WHEEL BRACKETS (14) out until the 2" DIA. WHEELS (21) contact the RIGHT RAIL (9). **SECURELY** tighten bolt connection. See **FIGURE 9** and **REVERSE CARRIAGE VIEW**.