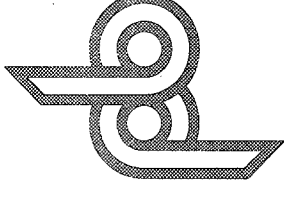

PARABODY INC.



**SELECTORIZED LAT MACHINE
058**

**PRODUCT ASSEMBLY
INSTRUCTION SHEETS**

TOOLS REQUIRED FOR ASSEMBLY

- 9/16 INCH SOCKET
- ADJUSTABLE WRENCH
- HAMMER or RUBBER MALLET

REVISION: J

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

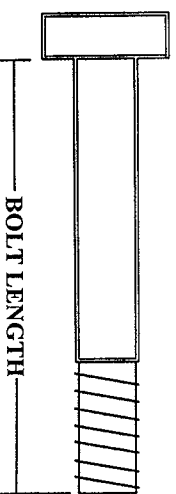
058 SELECTORIZED LAT MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	12
2.	3/8 X 2-3/4 IN. BOLT	2
3.	3/8 X 2-1/2 IN. BOLT	1
4.	3/8 X 2-1/4 IN. BOLT	2
5.	3/8 X 1-3/4 IN. BOLT	2
6.	3/8 X 1-1/2 IN. BOLT	1
7.	1/2 IN. WASHER	4
8.	3/8 IN. LOCK WASHER	20
9.	3/8 IN. WASHER	16
10.	3/8 IN. NUT	17
11.	5/16 IN. SNAP HOOK	3
12.	STAR LOCK COLLAR	2
13.	WEIGHT STACK PIN	1
14.	CABLE RETAINING CLIP	1
15.	SPACER	9
16.	KNOB	1
17.	PLUNGER	1
18.	SPRING	1
19.	COTTER PIN	1
20.	1-1/2 X 2-1/2 IN. END CAP	2
21.	2 IN. SQ. END CAP	1
22.	1-3/4 IN. SQ. END CAP	1
23.	1-1/2 IN. SQ. END CAP	1
24.	ROD END COVER	2
25.	RUBBER O-RING	2
26.	1 X 8 IN. GRIP	4
27.	WEIGHT PLATE BUSHING	40
28.	WEIGHT STACK CUSHION	2
29.	PARAGLIDE STRIPS	16
30.	2-1/2 X 5-1/2 IN. NON SKID STRIP	2
31.	GUIDE ROD PIN	2

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



BOLT LENGTH RULER:



PBF058 SELECTORIZED LAT MACHINE ASSEMBLY INSTRUCTIONS

29. To install SECONDARY CABLE, start by inserting the end of the CABLE without the BALL under the FRONT PULLEY in the LOW ROW PULLEY HOUSING on the FRONT UPRIGHT.
 - Pull the CABLE under the FRONT PULLEY and through the HOLE of the FRONT UPRIGHT to the REAR PULLEY on the opposite side. Pull the CABLE until the WHITE BALL stops against the FRONT PULLEY and the LOW ROW PULLEY HOUSING.
 - Pull the CABLE around the REAR PULLEY and up to the SECOND PULLEY on the PULLEY BLOCK SYSTEM. (NOTE: THE CABLE MUST BE ROUTED AROUND THE SECOND PULLEY FROM THE REAR TO THE FRONT. SEE CABLE ROUTING DIAGRAM (DETAIL D))
 - Pull the CABLE around the SECOND PULLEY of the PULLEY BLOCK SYSTEM and down to the HOLE above the REAR PULLEY on the FRONT UPRIGHT. Attach the end of the CABLE to the FRONT UPRIGHT, using one (1) 3/8 X 2-1/2 IN. BOLT, one (1) 3/8 IN. WASHER, one (1) 3/8 IN. LOCK WASHER and one (1) 3/8 IN. NUT. (SEE CABLE ROUTING DIAGRAM ON DRAWING) (DETAIL D))
30. TIGHTEN ALL LOOSE PULLEY CONNECTIONS MADE TO THIS POINT.
31. Slide four (4) 1 X 8 IN. GRIPS over both ends of the LAT BAR, and the LOW ROW BAR. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE.)
32. Attach the LAT BAR to the PRIMARY CABLE, using one (1) 5/16 IN. SNAP HOOK. (SEE DETAIL D)
33. Attach two (2) 5/16 IN. SNAP HOOKS to each end of the 24 LINK CHAIN, and attach it to the LOW ROW BAR. When doing LOW PULLEY EXERCISES simply attach the CHAIN to the SECONDARY CABLE and adjust the LOW ROW BAR on the CHAIN LINKS.
34. Use one (1) WEIGHT STACK PIN to adjust the desired number of WEIGHT PLATES on the WEIGHT STACK.

!!! WARNING !!!

**MAKE SURE SNAP HOOKS ARE
FASTENED BEFORE DOING EXERCISES**

!!! WARNING !!!

**DO NOT OPERATE THIS MACHINE
WITH LAT BAR OFF SAFETY HOOKS
EXCEPT DURING HIGH PULLEY EXERCISES**

!!! WARNING !!!

THE LAT BAR IS NOT TO BE USED FOR PULL-UPS

PBF058 SELECTORIZED LAT MACHINE ASSEMBLY INSTRUCTIONS

19. Slide the **HEAD PLATE ASSEMBLY** down over the **GUIDE RODS** onto the **WEIGHT STACK**. (SEE **DRAWING**)
20. Slide two (2) **RUBBER O-RINGS** over each **GUIDE ROD**.
21. Position the **GUIDE RODS** under the **GUIDE ROD BRACKET** of the **TOP BOOM**, and hold in place using two (2) **GUIDE ROD PINS**. (SEE **DETAIL F**)
22. Slide the two (2) **RUBBER O-RINGS** up the **GUIDE RODS** to the **GUIDE ROD BRACKET** of the **TOP BOOM**.
23. **LOOSELY** Assemble four (4) 3-1/2 X 1 IN. **BUSHING PULLEYS** into the **TOP BOOM**, using four (4) 3/8 X 3 IN. **BOLTS**, **EIGHT (8) SPACERS**, four (4) 3/8 IN. **LOCK WASHERS**, and four (4) 3/8 IN. **NUTS**. (SEE **DRAWING**)
24. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**
25. Attach the **WEIGHT STACK LABELS** (designated #15 to #205) to the **WEIGHT STACK PLATES**. (SEE **DETAIL B**)
26. Attach the **SEAT PAD** to the **SEAT SUPPORT TUBE** of the **FRONT UPRIGHT**, 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**. (NOTE: **THE SEAT PAD SHOULD EXTEND BEYOND THE SEAT SUPPORT TUBE BY APPROXIMATELY ONE INCH**)
27. To assemble the **PULLEY BLOCK SYSTEM**, assemble two (2) **PAINTED CONNECTORS** around two (2) 3-1/2 O.D. X 1 IN. **BUSHING PULLEYS**, using two (2) 3/8 X 2-1/4 IN. **BOLTS**, four (4) 3/8 IN. **WASHERS**, two (2) 3/8 IN. **LOCK WASHERS** and two (2) 3/8 IN. **NUTS**. (NOTE: **THE HOLES IN THE PAINTED CONNECTORS ARE OVAL, MAKE SURE THAT THE PULLEYS ARE AT THE MAXIMUM WIDTH SEE DETAIL C**)
28. To install the **PRIMARY CABLE**, start by inserting the end of the **CABLE** with the **THREADED FITTING** between the **TOP PULLEY** and the **LAT BAR HOOK** on the **TOP BOOM**. (REMOVE **PULLEY FOR EASE OF INSTALLATION**)
 - Pull **CABLE** over **TOP PULLEY** until the **WHITE BALL** stops against the **PULLEY** and the **LAT BAR HOLDER**.
 - Pull **CABLE** over and down the **SECOND PULLEY** on the **TOP BOOM**. Run the **CABLE** around one **PULLEY** of the **PULLEY BLOCK SYSTEM** and up to the **THIRD PULLEY** on the **TOP BOOM**.
 - Pull **CABLE** over the **THIRD PULLEY**, and over and down the **FORTH PULLEY** above the **WEIGHT STACK**. Attach the **CABLE** to the **HEAD PLATE ASSEMBLY** by threading the **STUD** into the **WEIGHT STACK SHAFT** and tighten completely. (SEE **CABLE ROUTING DIAGRAM ON DRAWING**) (DETAIL D)

PBF058 SELECTORIZED LAT MACHINE ASSEMBLY PARTS LIST

WELDMENTS/PARTS:
SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	BASE..... (PB2628-1)	1
2.	FRONT UPRIGHT..... (PB2631-1)	1
3.	REAR UPRIGHT..... (PB2430-1)	1
4.	ADJUSTABLE ROLLER PAD SLIDE..... (PB2438-1)	1
5.	GUIDE ROD..... (PB2443-1)	2
6.	TOP BOOM..... (PB2633-1)	1
7.	LAT BAR..... (PB2753-1)	1
8.	LOW ROW BAR..... (PB3897-1)	1
9.	PAINTED CONNECTOR..... (PB0137-1)	2
10.	SEAT PAD..... (PB2450-1)	1
11.	4 X 7 IN. ROLLER PAD..... (PB1946-1)	2
12.	WEIGHT STACK LABELS..... (PB2468-1)	1
13.	PRIMARY CABLE..... (PB2629-1)	1
14.	SECONDARY CABLE..... (PB2449-1)	1
15.	24 LINK CHAIN..... (PB0759-5)	1
16.	WEIGHT STACK SHAFT..... (PB2845-1)	1
17.	HEAD WEIGHT PLATE..... (PB2230-1)	1
18.	WEIGHT PLATE..... (PB2145-1)	20
19.	3-1/2 O.D. X 1 IN. BUSHING PULLEY..... (C1162-1)	6
20.	4-1/2 O.D. X 1 IN. BUSHING PULLEY..... (C1161-1)	2

PBF058 SELECTORIZED LAT MACHINE ASSEMBLY INSTRUCTIONS

IMPORTANT:

- THE BODYSMITH SELECTORIZED LAT MACHINE MUST BE ASSEMBLED ON A FLAT LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY, INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.

*** IMPORTANT ***

KEEP ALL LOOSE FRAME CONNECTIONS

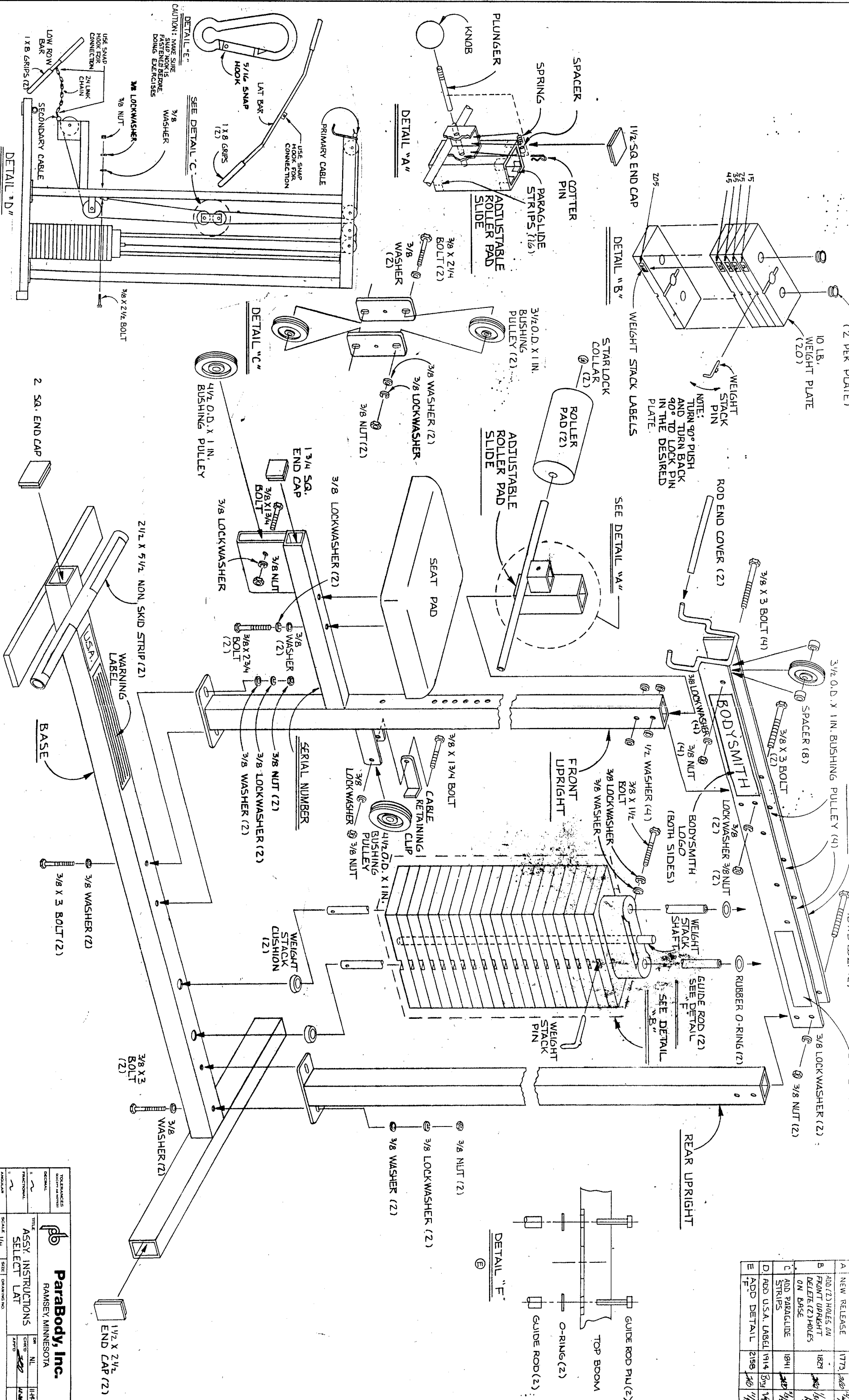
LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN

1. Insert one (1) 2 IN. SQ. END CAP into the front end of the BASE SECTION, and two (2) 1-1/2 X 2-1/2 IN. END CAPS into the ends of the BASE LEG.
2. Apply two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE TUBE on the BASE SECTION as shown on drawing.
3. LOOSELY assemble the REAR UPRIGHT to the BASE SECTION, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
4. LOOSELY assemble the FRONT UPRIGHT to the BASE SECTION, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
5. Insert one (1) 1-3/4 IN. SQ. END CAP into the end of the SEAT SUPPORT TUBE on the FRONT UPRIGHT.
6. LOOSELY attach one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY to the LOW ROW PULLEY HOUSING, on the FRONT UPRIGHT, using one (1) 3/8 X 1-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. (SEE DRAWING)
7. LOOSELY attach one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY, and one (1) CABLE RETAINING CLIP to the PULLEY BRACKET on the FRONT UPRIGHT, using one (1) 3/8 X 1-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. (SEE DRAWING)

058 SELECTORIZED LAT MACHINE ASSEMBLY INSTRUCTIONS

8. Attach eight (16) PARAGLIDE STRIPS (TWO AT EACH CORNER) to the ADJUSTABLE ROLLER PAD SLIDE as shown in (DETAIL A) using the following steps:
 - A. Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached.
 - B. Remove the paper backing from the PARAGLIDE STRIPS and firmly apply them to all shown surfaces (16 places).
9. Attach two (2) 4 X 7 IN. ROLLER PADS to the ADJUSTABLE ROLLER PAD SLIDE using two (2) STAR LOCK COLLARS.
10. Assemble the SPRING PIN ASSEMBLY to the ADJUSTABLE ROLLER PAD SLIDE, using one (1) KNOB, one (1) PLUNGER, one (1) SPRING, one (1) SPACER, and one (1) COTTER PIN, using the following steps:
 - A. Assemble the KNOB to the PLUNGER.
 - B. Insert the PLUNGER through the first hole of the HOUSING.
 - C. Slip the SPRING and the SPACER over the end of the PLUNGER. (IN THAT ORDER)
 - D. Insert the PLUNGER through the second hole of the HOUSING.
 - E. Pull back SPACER on the PLUNGER and insert the COTTER PIN through the hole.
 - F. (SEE DETAIL A)
11. Insert one (1) 1-1/2 IN. SQ. END CAP into the top end of SPRING PIN HOUSING on the ADJUSTABLE ROLLER PAD SLIDE. (SEE DETAIL A)
12. Slide the ADJUSTABLE ROLLER PAD SLIDE down over the FRONT UPRIGHT, and engage the SPRING PIN into any adjustment hole.
13. Slide the two (2) ROD END COVERS over the ends of the LAT BAR HOLDER on the TOP BOOM.
14. LOOSELY assemble the TOP BOOM to the REAR and FRONT UPRIGHTS, using four (4) 3/8 X 3 IN. BOLTS, four (4) 1/2 IN. WASHERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS. (NOTE: THE FOUR (4) 1/2 IN. WASHERS ARE TO BE USED IN BETWEEN THE TOP BOOM AND THE FRONT UPRIGHT ON BOTH SIDES)
15. SECURELY assemble the WEIGHT STACK SHAFT into the HEAD PLATE using one (1) 3/8 X 1-1/2 IN. BOLT one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER.
16. Press two (2) WEIGHT PLATE BUSHINGS each, into the top of twenty (20) WEIGHT PLATES. (40 BUSHINGS TOTAL) (SEE DETAIL B)
17. Place each of the two (2) WEIGHT STACK CUSHIONS (RADIUS EDGES FACING UP) over the GUIDE ROD HOLES on the BASE SECTION. Insert each of the two (2) GUIDE RODS through the WEIGHT STACK CUSHIONS and into the BASE SECTION. (NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES)
18. USING EXTREME CARE, slide each of the twenty (20) WEIGHT PLATES down over the GUIDE RODS onto the BASE SECTION. (NOTE: THE KEY HOLE OF THE WEIGHT PLATES SHOULD ALL BE FACING THE SAME WAY SEE DRAWING)

REV	DESCRIPTION	CHK NO	APPRO DATE
A	NEW RELEASE	1773	7/27/74
B	ADD (2) HOLES ON FRONT UPRIGHT DELETE (2) HOLES ON BASE	1829	11/5/78
C	ADD PARAGLIDE STRIPS	1841	1/12/82
D	ADD U.S.A. LABEL	1914	3/24/82
E	ADD DETAIL	2158	1/15/85



Parabody, Inc.
 RAMSEY, MINNESOTA
 TITLE: ASSY. INSTRUCTIONS SELECT LAT
 SCALE: 1/4" = 1"
 SHEET: 1 OF 1
 DASH NO: 058101