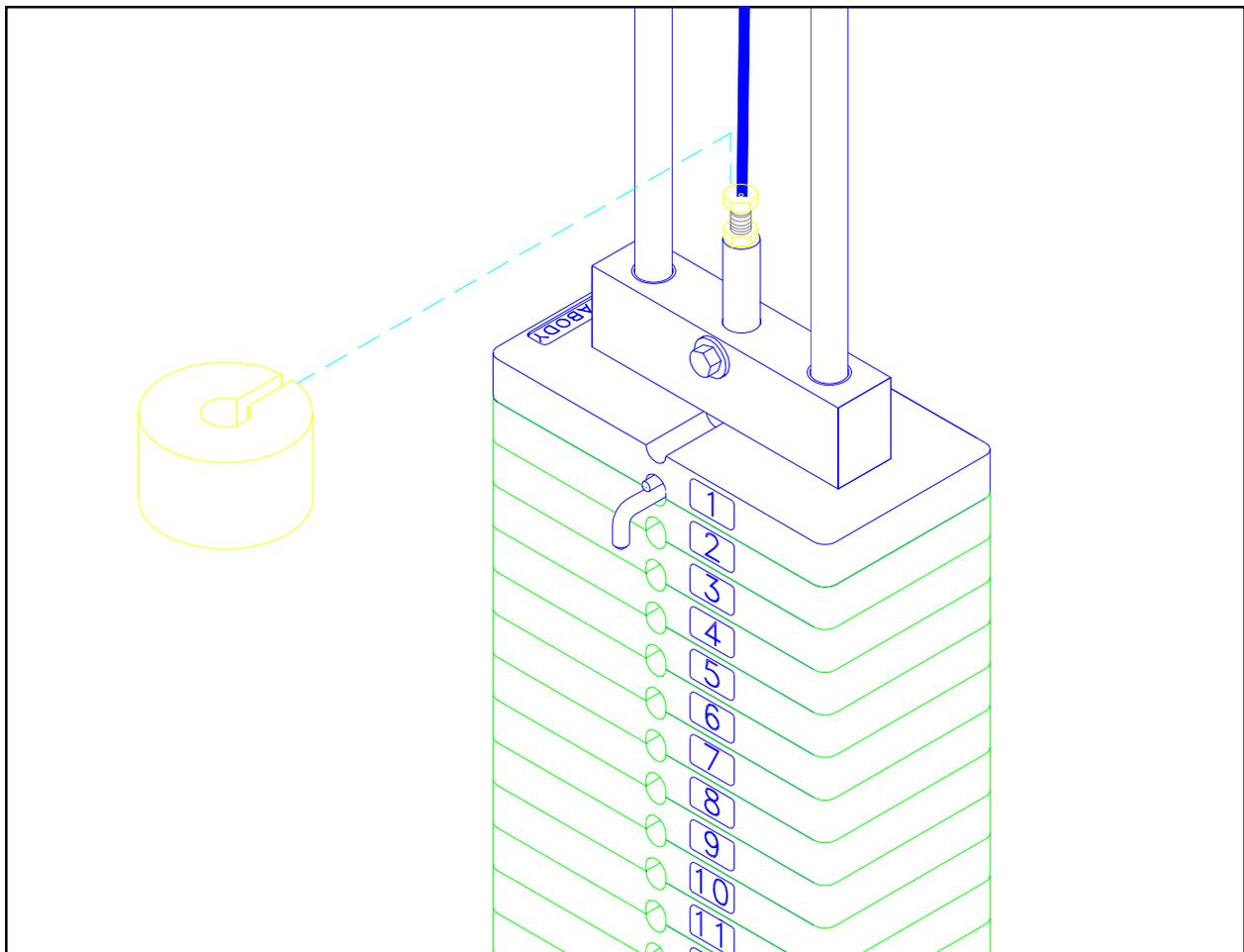


PARABODY

Serious Steel

205101

5 POUND ADAPTER PLATE



The PARABODY 5 LB. ADAPTER PLATE allows the user to move up in 5 lb. weight increments.

To attach the 5 lb. plate to the weight stack, carefully rotate the plate so that the cable will slide through the slot, then lower the plate onto the head plate and over the head plate shaft.