

225 HOME GYM ASSEMBLY INSTRUCTIONS

IMPORTANT

- THANK YOU for purchasing the PARABODY 225 HOME GYM.
- Please keep these instructions for future reference.
- PARABODY, INC. strongly recommends that this product be assembled by two adults to avoid possible injury. This product must be assembled on a flat, level surface to assure it's proper function.
- Tools required for assembly: Ratchet, 3/4" Socket, 9/16" Socket, 3/4" Wrench, 9/16" Wrench, Adjustable Wrench, 5/32" Hex Key, Rubber Mallet or Hammer.
- Please read these instructions thoroughly and identify all parts before assembly.
- If you have problems with this product, please call your PARABODY Dealer or contact the PARABODY Customer Service Department, toll free at 1-800-328-9714.

PARABODY, INC.
14150 SUNFISH LAKE BLVD.
RAMSEY, MN 55303
1-800-328-9714

PARTS LIST (SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY)

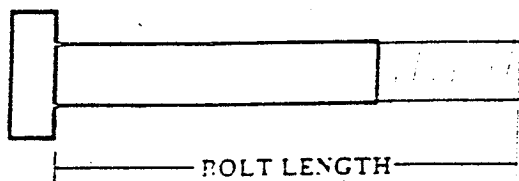
ITEM NO.	PART NO.	DESCRIPTION	QUANTITY
1.	6013703	PLATE, 1/4 X 2 X 5-1/4 WHT	2
2.	6194601	ROLLER PAD, 3/4 ID X 4 OD X 7	6
3.	6274402	WLDMT, LOW ROW BAR BLK	1
4.	6275302	WLDMT, LAT BAR BLK	1
5.	6457302	PAD ASSY, 15-1/2 X 10-1/2	2
6.	6485301	TUBE, 3/4 OD 14GA X 15-3/4	3
7.	6514401	GUIDE ROD, 3/4 OD X 65-3/4	2
8.	6524203	WLDMT, MAIN UPRIGHT WHT	1
9.	6524003	WLDMT, PRESS ARM WHT	1
10.	6515703	WLDMT, BASE WHT	1
11.	6516003	WLDMT, LEG CURL/EXT WHT	1
12.	6516202	WLDMT, ADJUSTABLE SEAT BLK	1
13.	6516503	WLDMT, PULLEY BRACKET WHT	1
14.	6521103	WLDMT, REAR UPRIGHT WHT	1
15.	6524103	WLDMT, PRESS ARM SLEEVE WHT	2
16.	6524303	WLDMT, BOOM WHT	1
17.	6555102	WLDMT, FOOT PLATE BLK	1

HARDWARE LIST

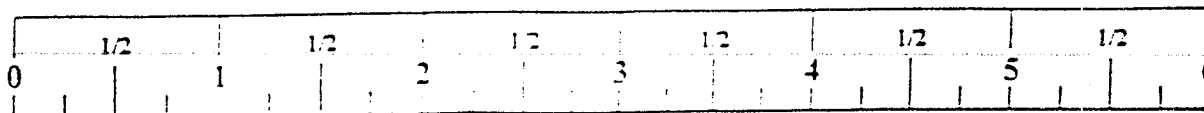
ITEM NO.	PART NO.	DESCRIPTION	QUANTITY
1.	3103105	GRIP, 1-1/4 X 15 CLOSED END	2
2.	3116101	PULLEY, 4-1/2 OD X 3/8 ID X 1	1
3.	3116201	PULLEY, 3-1/2 OD X 3/8 ID X 1	13
4.	6189501	LABEL, WEIGHT STACK 1-25	1
5.	6223001	HEAD PLATE 3/4	1
6.	6266001	SHAFT, SELECT 3/4 DIA 15 HOLE	1
7.	6375801	STRAP, AB CRUNCH	1
8.	6389501	STRAP, ANKLE DELUXE	1
9.	6513301	CABLE ASSY, SE-NB-NB, SE 148-1/2	1
10.	6571001	CABLE ASSY, WS-NB, SE 107 -	1
11.	6513501	CABLE ASSY, L-L 50-5/8 -	1
12.	6513701	SHAFT, 3/4 DIA X 9-1/2	1
13.	3102415	CAP. END 3 X 2 12GA	2
14.	3103102	GRIP, 1 X 8 CLOSED END	4
15.	3108002	CUSHION, WEIGHT STACK 3/4 ID	2
16.	3116001	BUMPER, RUBBER 1-1/4 SQ	1
17.	6145801	KNOB, 3 PRONG 3/8-16 X 3/4	1
18.	6236701	CAP. 1-3/4 SQ 10-14GA	1
19.	6387901	CAP. VINYL 3/8 ID X 5	2
20.	6405201	CAP. END 2 SQ 10-14 GA	7
21.	6416601	GLIDE, 1-1/2 X 3/4 UHMWPE QTY8	1
22.	6484101	CAP. MUSHROOM 9/16 OD	6
PART # 6519701		2	REVISION: 06/04/96

23.	3102501	WASHER, FLAT 3/8 ID	43
24.	3102502	WASHER, FLAT 1/2 ID	7
25.	3102601	WASHER, LOCK 3/8 ID	5
26.	3102602	WASHER, LOCK 1/2 ID	1
27.	3102801	NUT, NYLOCK 1/2-13	2
28.	3102802	NUT, NYLOCK 3/8-16	24
29.	3102804	NUT, NYLOCK 1/2-13 LOW HT	2
30.	3102807	NUT, NYLOCK 3/8-16 LOW HT	2
31.	6467001	CAP, COVER 2SQ PARABODY LOGO .	5
32.	3103801	LINK, SNAP 5/16 DIA	4
33.	3104901	BEARING, FLG 3/4 ID X 1 OD	2
34.	3106803	SET SCREW, C PT 5/16-18 X 3/8	2
35.	3108102	LINK, QUICK DISCONNECT 1/4	2
36.	3201104	BOLT, NYLON 3/8-16 X 2 BLK	2
37.	6014501	PIN POSITION L	1
38.	6020601	BEARING, FLG 1/2 ID X 5/8 OD	2
39.	6075905	CHAIN, 12 LINK	1
40.	6122702	SPACER, 3/8 ID X 5/8 OD X 1/2	4
41.	6214401	PIN WEIGHT STACK SELECTOR	1
42.	6382301	ASSY, PLATE BUSHING 10 CT	3
43.	3102902	BOLT, HHG2 3/8-16 X 2-1/4	3
44.	3102904	BOLT, HHG2 3/8-16 X 3	4
45.	3102906	BOLT, HHG2 3/8-16 X 4	1
46.	3102910	BOLT, HHG2 1/2-13 X 3	3
47.	3102918	BOLT, HHG2 1/2-13 X 3-1/4	2
48.	3102922	BOLT, HHG2 3/8-16 X 2-3/4	18
49.	3102933	BOLT, HHG2 3/8-16 X 2	4
50.	3102941	BOLT, HHG2 3/8-16 X 1-1/2	1
51.	6412001	ASSY, SPRING PIN 3/8 DIA	1
52.	6480301	SPACER, FLNGE 3/8 X 5/8 X 9/16	12

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



BOLT LENGTH RULER:



**NOTE: KEEP ALL CONNECTIONS
LOOSE UNTIL INSTRUCTED TO
SECURELY TIGHTEN.**

1. Attach three 2" SQ COVER CAPS to item (10) BASE.
2. Attach two 2" SQ COVER CAPS and one 2" SQ END CAP to item (14) REAR UPRIGHT.
3. Attach the following components to item (8) MAIN UPRIGHT:
 - one PAD ASSEMBLY
 - two 3/8" X 2-3/4" bolts
 - two 3/8" LOCK WASHERS
 - two 3/8" FLAT WASHERS
 - one 2" SQ END CAP
 - one 3/4" OD X 15-3/4" TUBE
 - two 3/4" ID X 7" ROLLER PADS
 - two MUSHROOM CAPS
 - one SPRING PIN ASSEMBLY
 - one 3-PRONG KNOB
 - eight 1-1/2" X 3/4" GLIDES
 - one 1-1/4" SQ RUBBER BUMPER
4. Attach the following components to item (16) BOOM:
 - two 3/8" X 5" VINYL CAPS
 - two 3" X 2" END CAPS
5. Attach the following components to item (11) LEG CURL/EXTENSION:
 - two 2" SQ END CAPS
 - one 3/4" OD X 15-3/4" TUBE
 - two 3/4" ID X 7" ROLLER PADS
 - two MUSHROOM CAPS
6. Attach the following components to item (9) PRESS ARM:
 - two 2" SQ END CAPS
 - two 1-1/4" X 15" GRIPS
 - one 3-1/2" OD PULLEY
 - four 1/2" SPACERS
 - one 3/8" X 4" BOLT
 - one 3/8" NYLOCK NUT
7. Attach the following components to item (12) ADJUSTABLE SEAT:
 - one PAD ASSEMBLY
 - two 3/8" X 2-3/4" bolts
 - two 3/8" LOCK WASHERS
 - two 3/8" FLAT WASHERS
 - one 2" SQ END CAP
 - one 3/4" OD X 15-3/4" TUBE
 - two 3/4" ID X 7" ROLLER PADS
 - two MUSHROOM CAPS
8. Attach the following components to item (17) FOOT PLATE:
 - one 1-3/4" SQ END CAP
9. Attach item (14) REAR UPRIGHT to item (10) BASE using:
 - two 1/2" X 3-1/4" BOLTS
 - four 1/2" FLAT WASHERS
 - two 1/2" NYLOCK NUTS
10. Attach item (17) FOOT PLATE to item (10) BASE using:
 - two 3/8" X 2-3/4" BOLTS
 - four 3/8" FLAT WASHERS
 - two 3/8" LOW HEIGHT NYLOCK NUTS
11. Attach two item (15) PRESS ARM SLEEVE to item (9) PRESS ARM using:
 - four 3/8" X 2-3/4" BOLTS
 - eight 3/8" FLAT WASHERS
 - four 3/8" NYLOCK NUTS
12. Attach PRESS ARM ASSEMBLY to item (10) BASE using:
 - two 3/4" ID FLANGE BEARINGS
 - one 3/4" DIA X 9-1/2" SHAFT
 - two 5/16" SET SCREWS
13. Attach item (8) MAIN UPRIGHT to item (10) BASE using:
 - two 3/8" X 3" BOLTS
 - four 3/8" FLAT WASHERS

- two 3/8" NYLOCK NUTS

14. Attach item (16) BOOM to item (14) REAR UPRIGHT using:
- two 1/2" X 3" BOLTS
 - three 1/2" FLAT WASHERS
 - one 1/2" LOCK WASHER
 - one 1/2" LOW HT NYLOCK NUT

15. Attach item (11) LEG CURL/EXT to item (8) MAIN UPRIGHT using:
- one 1/2" X 3" BOLT
 - one 1/2" LOW HT NYLOCK NUT
 - two 1/2" ID FLANGE BEARINGS

16. Attach item (19) HEAD PLATE to item (20) SELECT SHAFT using:
- one 3/8" X 1-1/2" BOLT
 - one 3/8" LOCK WASHER
 - one 3/8" FLAT WASHER

17. Install two PLATE BUSHINGS into each of the fifteen WEIGHT PLATES.

18. Place two WEIGHT STACK CUSHIONS over large holes in item (10) BASE.

19. Insert each of the two GUIDE RODS through the WEIGHT STACK CUSHIONS and into the large holes in item (10) BASE.

20. Slide each of the fifteen WEIGHT PLATES over the GUIDE RODS with pin hole facing towards the front of the machine.

21. Slide the HEAD PLATE ASSEMBLY over the GUIDE RODS.

22. Position the GUIDE RODS under item (8) MAIN UPRIGHT and hold in place using two GUIDE ROD PINS.

23. Apply the WEIGHT STACK LABELS
PART # 6519701

to the WEIGHT PLATES.

24. Attach two 3-1/2" OD PULLEYS to two item (1) PLATES using:
- two 3/8" X 2-1/4" BOLTS
 - four 3/8" FLAT WASHERS
 - two 3/8" NYLOCK NUTS

25. Route threaded end of 6513401 CABLE ASSEMBLY as follows:
- into front slot of item (16) BOOM.
 - out through back slot of item (16) BOOM.
 - between two 3-1/2" OD PULLEYS on PULLEY/PLATE ASSEMBLY.
 - into first large hole in bottom of item (16) BOOM.
 - out through second large hole in bottom of item (16) BOOM.
 - thread end of CABLE into top of SELECT STEM.

26. Route end of 6513301 CABLE ASSEMBLY with small black nylon ball as follows:
- through slot of item (11) LEG CURL/EXTENSION.
 - through bottom slot of item (8) MAIN UPRIGHT.
 - between two 3-1/2" OD PULLEYS on PULLEY/PLATE ASSEMBLY.
 - through middle slot of item (8) MAIN UPRIGHT.

27. Attach the following components to middle slot of item (8) MAIN UPRIGHT:
- one 3-1/2" OD PULLEY
 - two FLANGE SPACERS
 - two 3/8" X 2-3/4" BOLTS
 - two 3/8" FLAT WASHERS
 - two 3/8" NYLOCK NUTS

28. Attach the following components to item (11) LEG CURL/EXTENSION:
- one 3-1/2" OD PULLEY

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- two FLANGE SPACERS
- two 3/8" X 2-3/4" BOLTS
- two 3/8" FLAT WASHERS
- two 3/8" NYLOCK NUTS

29. Attach the following components to item (10) BASE:

- three 3-1/2" OD PULLEYS
- three 3/8" X 2" BOLTS
- six 3/8" FLAT WASHERS
- three 3/8" NYLOCK NUTS

30. Attach the following components to bottom slot of item (8) MAIN UPRIGHT:

- one 3-1/2" OD PULLEY
- two FLANGE SPACERS
- one 3/8" X 2-3/4" BOLT
- one 3/8" NYLOCK NUT

31. Attach the following components to front slot of item (16) BOOM:

- one 3-1/2" OD PULLEY
- two FLANGE SPACERS
- one 3/8" X 2-3/4" BOLT
- one 3/8" NYLOCK NUT

32. Attach the following components to back slot of item (16) BOOM:

- one 3-1/2" OD PULLEY
- two FLANGE SPACERS
- one 3/8" X 2-3/4" BOLT
- one 3/8" NYLOCK NUT

33. Attach the following components to top slot of item (16) BOOM:

- one 3-1/2" OD PULLEY
- two FLANGE SPACERS
- one 3/8" X 2-3/4" BOLT
- one 3/8" NYLOCK NUT

34. Attach the following components between pulley flats of item (16)

BOOM:

- one 4-1/2" OD PULLEY
- two 3/8" FLAT WASHERS
- one 3/8" X 2-1/4" BOLT
- one 3/8" NYLOCK NUT

35. Attach item (8) MAIN UPRIGHT to item (16) BOOM using:

- two 3/8" X 3" BOLTS
- four 3/8" FLAT WASHERS
- two 3/8" NYLOCK NUTS

36. Route 6513501 CABLE ASSEMBLY as shown in drawing and attach one end to item (8) MAIN UPRIGHT using one QUICK DISCONNECT LINK. Attach second end to item (13) PULLEY BRACKET using one QUICK DISCONNECT LINK.

37. Assemble item (13) PULLEY BRACKET to 6513301 CABLE ASSEMBLY as show using:

- one 3-1/2" OD PULLEY
- two 3/8" FLAT WASHERS
- one 3/8" X 2" BOLT
- one 3/8" NYLOCK NUT

38. Attach one 1" X 8" GRIP to each end of item (3) LOW ROW BAR.

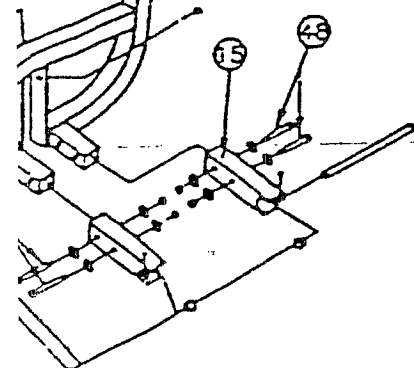
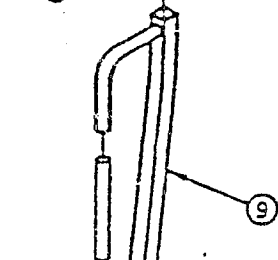
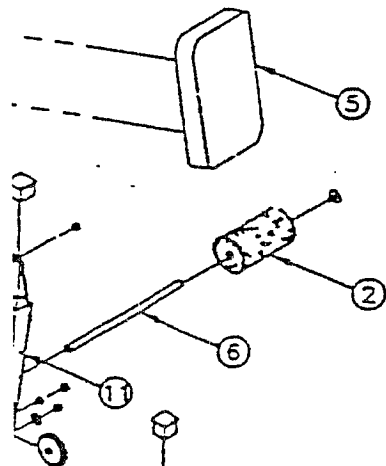
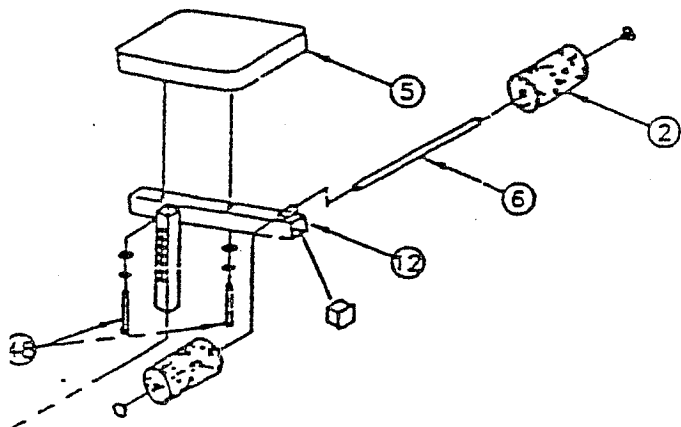
39. Attach one 1" X 8" GRIP to each end of item (4) LAT BAR.

40. SECURELY TIGHTEN ALL CONNECTIONS AT THIS TIME.

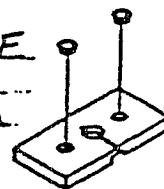
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REVISIONS

REV	DESCRIPTION	CHK NO	APP'D	DATE
A	NEW RELEASE	---	---	---
B	MISC.CHANGES	2694	DLM	7/95
C	MTSC.CHANGES	2720	DLM	9/95

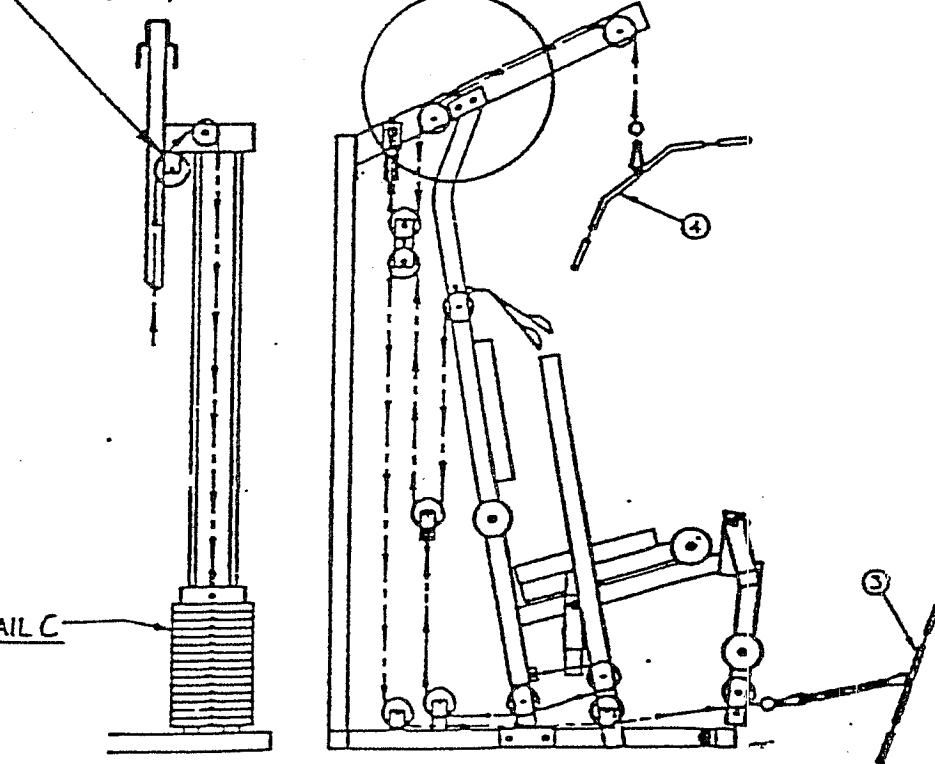


NOTE: CABLE MUST BE
ROUTED OVER BOLTS...
ATTACHING TOP BOOM
TO MAIN UPRIGHT.



DETAIL C

PULLEY, 4-1/2 X 00 X 3/8 ID X 1



CABLE ROUTING DIAGRAM

TOLERANCES (EXCEPT AS NOTED)	PRIMABODY Strength Building Gear		
DECIMAL	TITLE ASSY INST, 225101		
FRACTIONAL	SCALE 1/22	SIZE B	DRAWING NO. 65192
ANGULAR	SHEET 1 OF 1	DR JRD	CHK'D DMM 7/95
		3/95	APP'D DMM 7/95