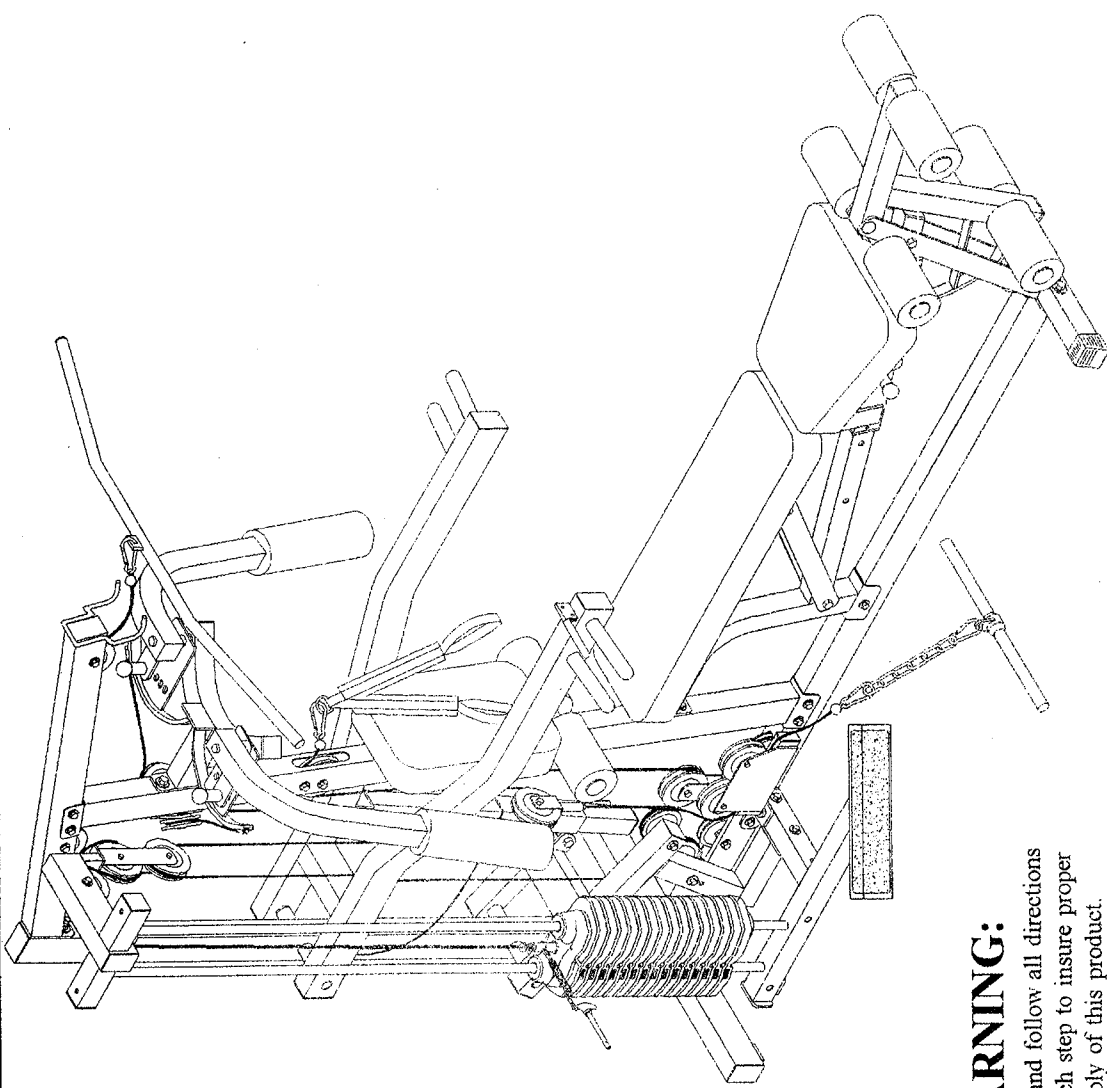


PARABODY®

440 GYM SYSTEM



WARNING:

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



USER'S GUIDE

CLASSH
PART # 7031801
REV. F

Version: 440101
Revision: 10/01/01

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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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IMPORTANT NOTES

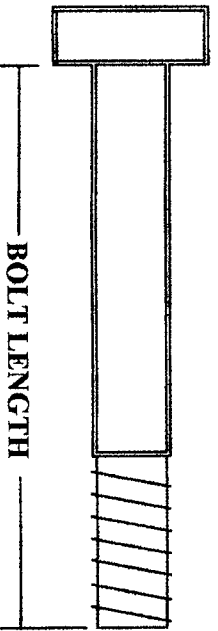
- Please note:**
- * Thank you for purchasing the Parabody 440 Gym System. Please read these instructions thoroughly and keep them for future reference.

* 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 stated.

Tools Required for Assembly

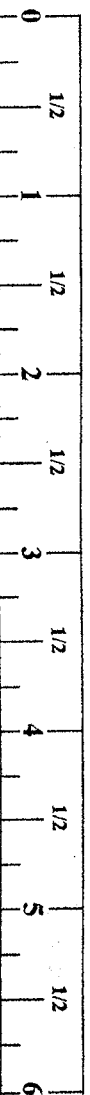
- * Rubber mallet or hammer
- * 3/4" wrench
- * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * 5/32" Allen wrench
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler



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

BOLT LENGTH RULER:



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, pulleys, bushings, 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:

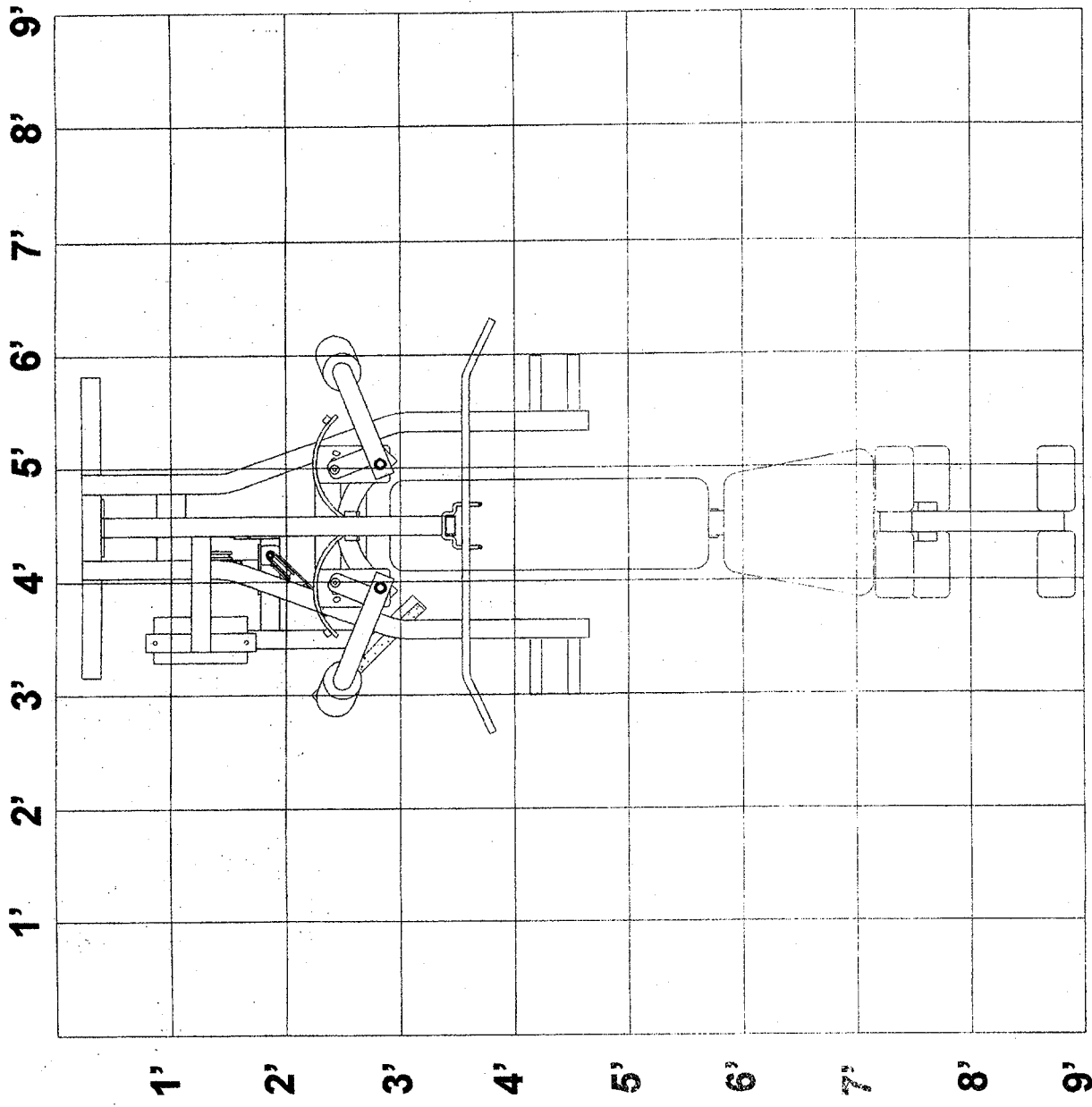
MAINTENANCE

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 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 TAKE BACK.

MODEL # _____
 SERIAL # _____
 DATE OF PURCHASE: _____
 DEALERS NAME: _____
 DEALERS PHONE # _____



1 Square = 1' X 1'

Thank you for purchasing the ParaBody 440 Gym System.

PARTS LIST

KEY	PART#	DESCRIPTION	QTY	KEY	PART#	DESCRIPTION	QTY
1	6875108	FRAME SUPPORT	1	52	3102502	1/2" WASHER	14
2	6688202	WOLF SLEEVE	1	53	3102503	3/4" WASHER	2
3	6687308	WEIGHT STACK BASE	1	54	3109602	PAL NUT	1
4	6832308	LEG CURL/EXTENSION	1	55	6686301	1/2" DIA U-PIN	1
5	6686802	PULLEY BRACKET	1	56	6075906	CHAIN	1
6	6679508	ADJUSTMENT SLIDE	1	57	6972201	WEIGHT STACK PIN	1
7	6688008	TOP BOOM	1	58	6533501	CABLE RETAINING CLIP	5
8	6687508	PRESS ARM	1	59	6321202	CONTROL LEVER	1
9	6687902	PRESS ARM LEVER	1	60	3119201	8-32 X 3/16" SCREW	2
10	6873408	BASE	1	61	3226301	3/8" JOINT CONNECTOR CAP	2
11	7033508	FRONT UPRIGHT	1	62	3221704	E-RING	1
12	6686908	LEVER STOP	1	63	3114407	#10 FLAT WASHER	2
13	6680202	RECEIVING TUBE	1	64	3118401	4" VINYL CAP	1
14	6832902	BACK PAD SUPPORT	1	65	3106803	5/16" SET SCREW	4
15	6874808	LEG SUPPORT	1	66	6480301	3/8" FLANGE SPACER	14
16	6689408	REAR UPRIGHT	1	67	6020601	1/2" FLANGE BEARING	6
17	6688108	BEARING HOUSING	1	68	6019701	3/4" THRUST BEARING	2
18	6681902	PLATE, 1/4 X 2 X 16-1/2"	2	69	3104901	3/4" FLANGE BEARING	8
19	6539808	PEC ARM RIGHT	1	70	6416601	1-3/4 X 3/4" PARAGLIDE	1
20	6539708	PEC ARM LEFT	1	71	6412001	SPRING PIN ASSEMBLY	3
21	6530208	CENTER PULLEY BRACKET	1	72	3103801	5/16" DIA SNAP LINK	4
22	6594702	FLOATING PULLEY	2	73	3105401	STARLOCK COLLAR	10
23	6633902	SWIVEL PULLEY BRACKET	1	74	6939202	WEIGHT PLATE	15
24	6529702	PEC CAM	2	75	6692601	3 X 2" END CAP	2
25	6540202	LAT BAR	1	76	6405201	2" SQ END CAP	2
26	6654321	33-1/2 X 9-1/2" BACK SEAT PAD	1	77	6236701	1-3/4" SQ END CAP	1
27	6597421	15-1/2 X 10-1/2" PEC SEAT PAD	1	78	6406401	HINGE TAB	2
28	6681521	15-3/4 X 15-1/2" LEG SEAT PAD	1	79	3116201	3-1/2" PULLEY	19
29	6690901	3/4 DIA X 11" SHAFT	2	80	7095701	WEIGHT STACK SHAFT	1
30	6125101	3/4 OD X 16" TUBE	3	81	6953702	HEAD PLATE	1
31	6194601	4 X 7" ROLLER PAD	8	82	6375801	STRAP AB CRUNCH	1
32	6176201	PEC DEC ROLLER PAD	2	83	6389701	LOW ROW BAR	1
33	6523401	3/4 X 72-3/8" GUIDE ROD	2	84	6409101	STRAP ANKLE	1
34	7012102	WEIGHT STACK SPACER	2	85	3116001	1-1/4" BUMPER RUBBER	1
35	3102909	3/8 X 1" BOLT	4	86	6270501	4 X 14" NON-SKID	1
36	3102924	3/8 X 1-3/4" BOLT	5	87	6140701	1 X 1" GLIDE	4
37	3102933	3/8 X 2" BOLT	4	88	3108002	WEIGHT STACK CUSHION	2
38	3102922	3/8 X 2-3/4" BOLT	10	89	3117401	CAP PLUG	2
39	3102904	3/8 X 3" BOLT	6	90	6873801	227-5/8" LEG EXT CABLE	1
40	3102905	3/8 X 3-3/4" BOLT	2	91	6687201	73" AB CABLE	1
41	3102906	3/8 X 4" BOLT	4	92	7032301	101-1/2" LAT CABLE	1
42	3102910	1/2 X 3" BOLT	10	93	6535601	77-5/8" PEC DEC CABLE	1
43	3102943	1/2 X 3-1/2" BOLT	3	94	6978101	WEIGHT STACK LABELS	1
44	3102917	1/2 X 4" BOLT	2	95	6145801	THUMBSCREW	1
45	3102937	1/2 X 4-1/2" BOLT	2	96	6382301	WEIGHT PLATE BUSHING 10CT	3
46	3221702	3/4" E-RING	1	97	6866601	BOLT COVER CAP	2
47	3102949	1/2 X 5-1/2" BOLT	2	98	6866801	BOLT COVER WASHER	2
48	3102802	3/8" LOCK NUT	29	99	6122702	3/8" X 1/2" SPACER	2
49	3102801	1/2" LOCK NUT	10	100	6427101	KEYHOLE CLEVIS	1
50	3102804	1/2" LOW HT NYLOCK NUT	8				
51	3102501	3/8" WASHER	31				

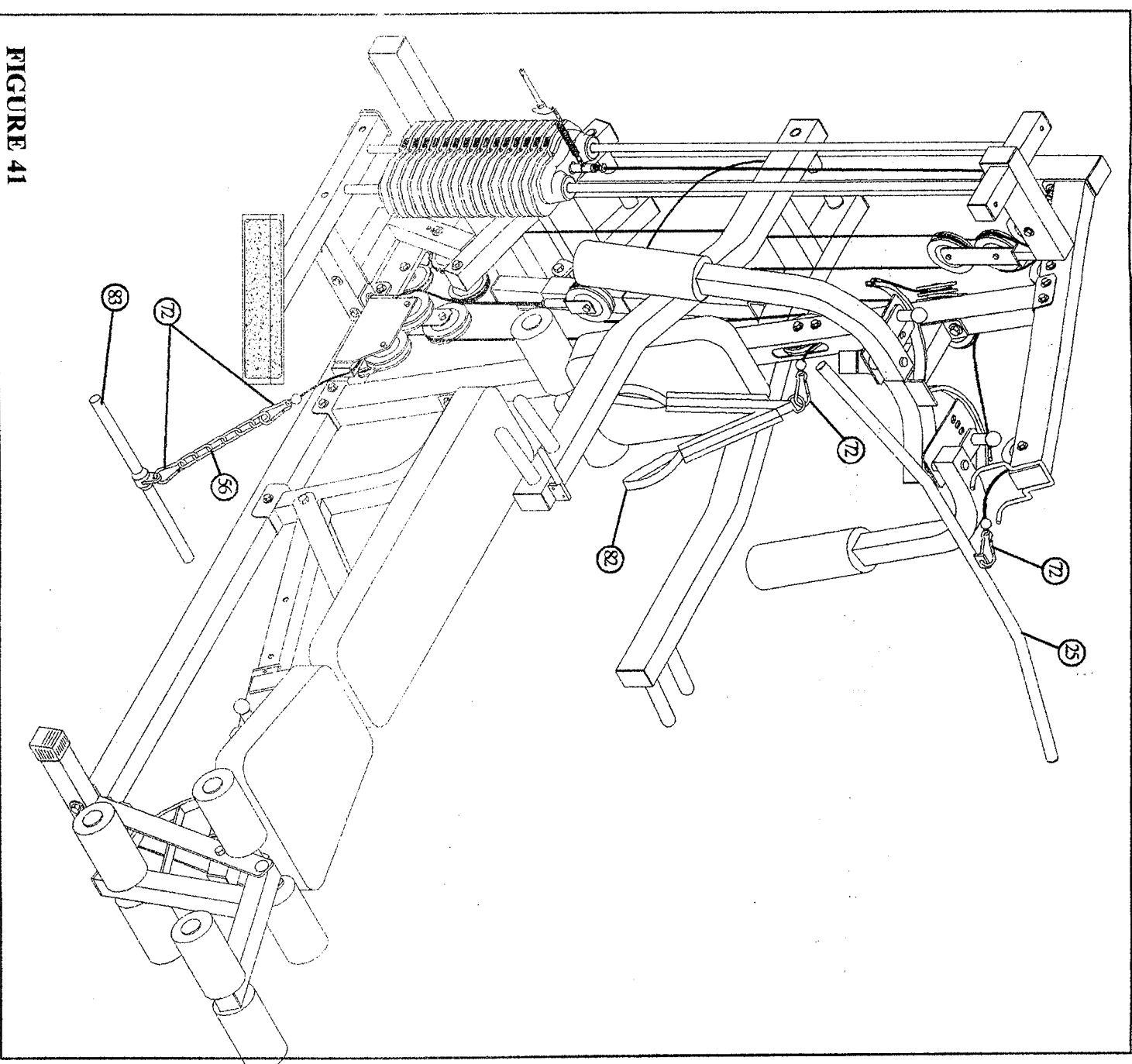


FIGURE 41

STEP 41

- Attach the LAT BAR (25) to the ball end of cable using one 5/16" SNAP LINK (72).
- Attach the AB CRUNCH STRAP (82) to the ball end of cable using one 5/16" SNAP LINK (72).
- Attach the LOW ROW BAR (83) to the ball end of cable using two 5/16" SNAP LINKS (72) and one CHAIN (56).

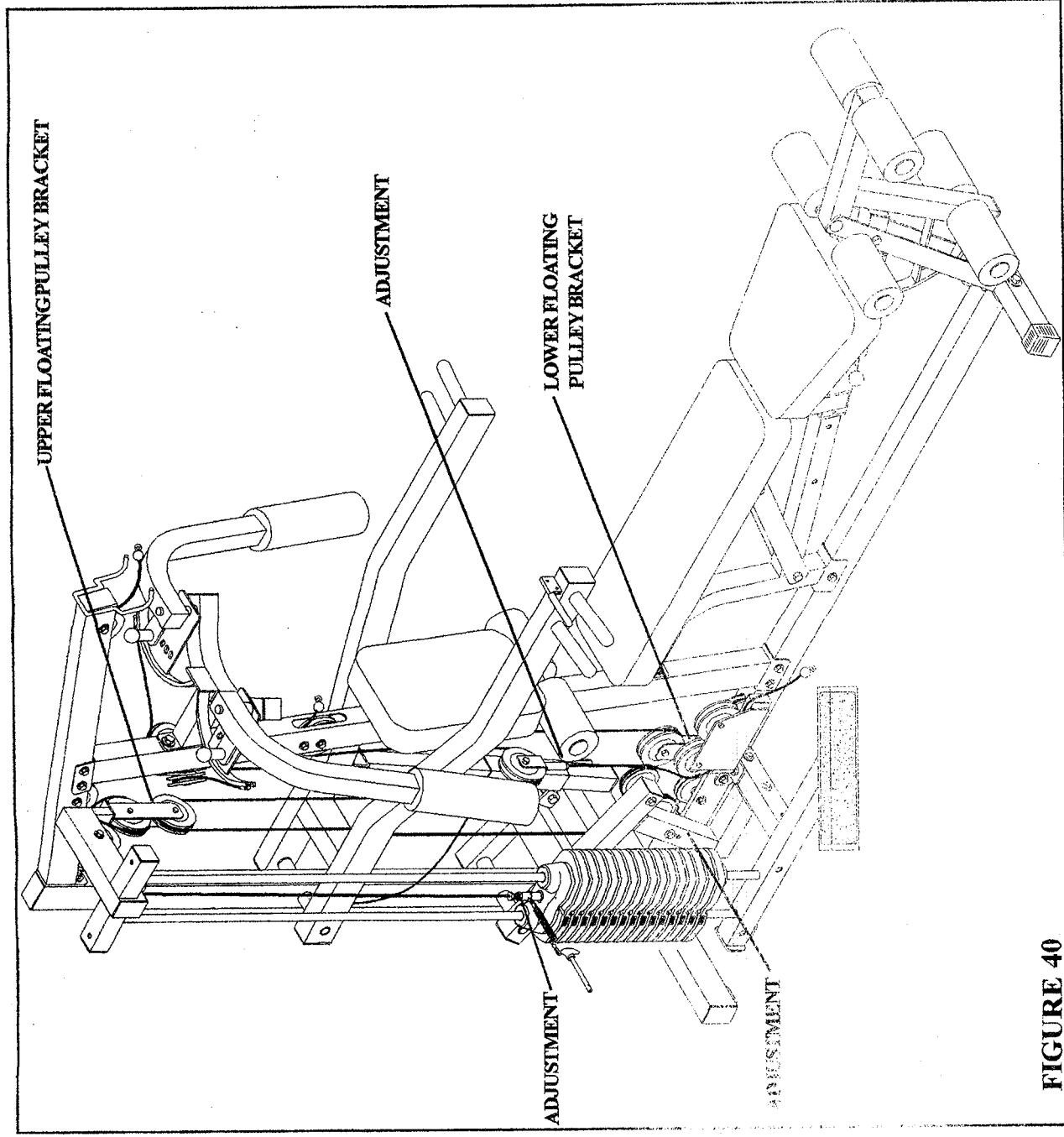


FIGURE 40

STEP 40:

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- For maximum performance, the HEAD PLATE should just barely sit on the top WEIGHT PLATE and the UPPER FLOATING PULLEY BRACKET should firmly contact the end cap in the TOP BOOM, and the LOWER FLOATING PULLEY BRACKET should firmly contact the BASE.

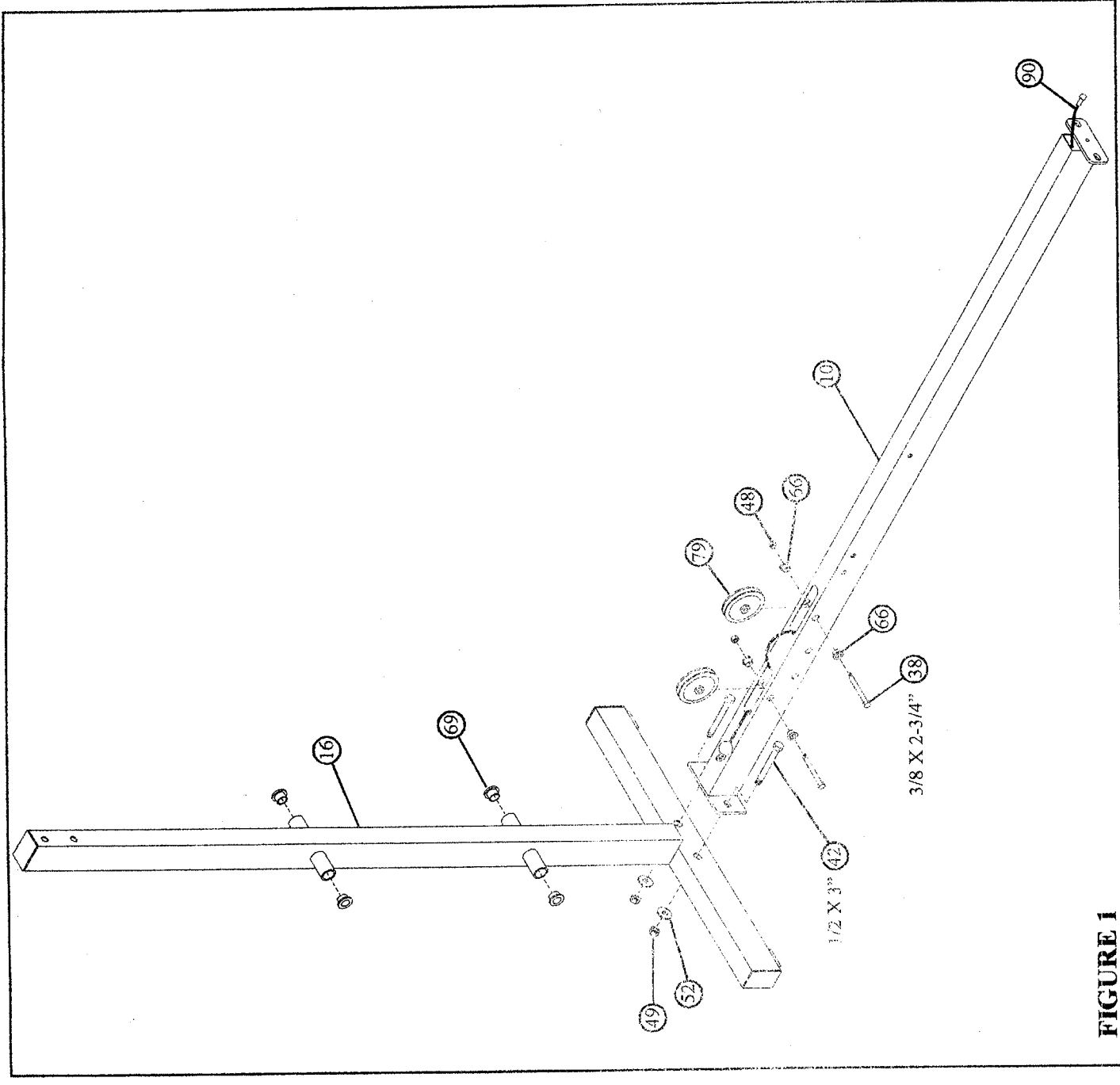


FIGURE 1

STEP 1

- Securely assemble REAR UPRIGHT (16) to BASE (10) using two 1/2 X 3" BOLTS (42), two 1/2" WASHERS (52), and two 1/2" LOCKNUTS (49).
- Slide LEG EXT. CABLE ASSEMBLY (90) through openings in BASE (10) as shown in FIGURE 1.
- Securely assemble two 3-1/2" PULLEYS (79) into BASE (10) using two 3/8 X 2-3/4" BOLTS (38), four 3/8" FLANGE SPACERS (66), and two 3/8" LOCKNUTS (48). **(NOTE: Make sure LEG EXT. CABLE ASSEMBLY (90) is routed under PULLEYS and BOLTS.)**
- Slide LEG EXT. CABLE ASSEMBLY (90) through the opening in the end of the BASE (10) as shown in FIGURE 1.
- Insert four 3/4" FLANGE BEARINGS (69) into tubes on REAR UPRIGHT (16) as shown in FIGURE 1

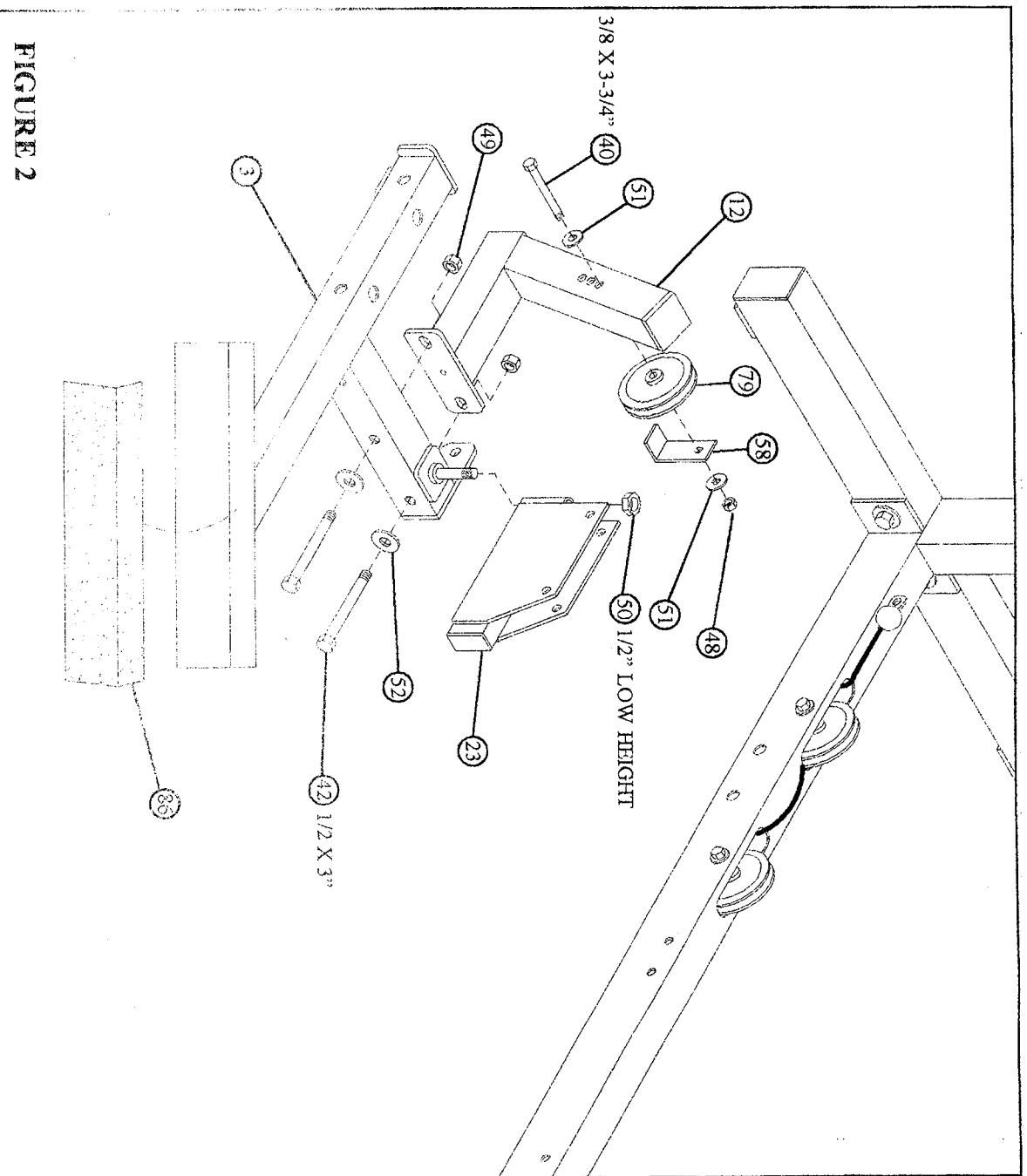


FIGURE 2

STEP 2

- Securely assemble one 3-1/2" PULLEY (79) to the top hole of the LEVER STOP (12) using one 3/8 X 3-3/4" BOLT (40), two 3/8" WASHERS (51), one 2-3/8" RETAINING CLIP (58), and one 3/8" LOCKNUT (48). The extra holes in the LEVER STOP (12) are to be used for cable adjustment.
- Securely attach LEVER STOP (12) to WEIGHT STACK BASE (3) using two 1/2 X 3" BOLTS (42), two 1/2" WASHERS (52), and two 1/2" LOCKNUTS (49).
- Attach SWIVEL PULLEY BRACKET (23) to the WEIGHT STACK BASE (3) using one 1/2" LOW HEIGHT LOCKNUT (50). (NOTE: Securely tighten, then back nut off 1/4 turn to allow the SWIVEL PULLEY BRACKET (23) to rotate freely.)
- Center 4 X 1 1/4" NON SKID STRIP (86) on WEIGHT STACK BASE (3) as shown in FIGURE 2.

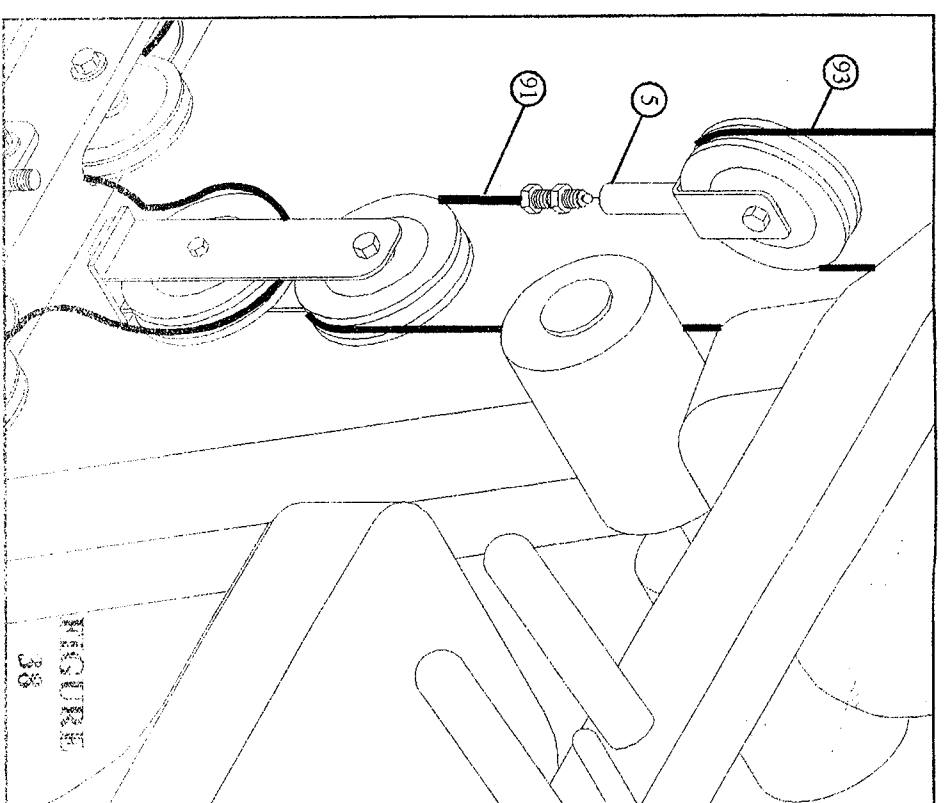
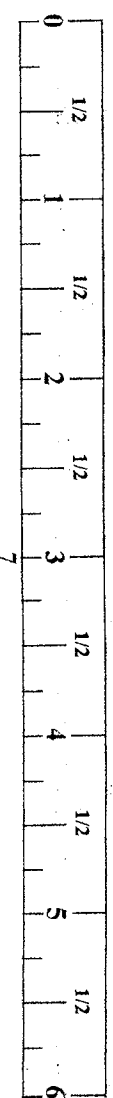


FIGURE 38

STEP 38

- Screw the threaded end of AB CABLE (91) approximately 3/4" into the end of the PULLEY BRACKET (5) and tighten jam nut securely as shown in FIGURE 38.
- **IMPORTANT!** Make sure the cables are running in the grooves of all pulleys.

CABLE ADJUSTMENT

For maximum performance, the HEAD PLATE should just barely sit on the top WEIGHT PLATE and the UPPER FLOATING PULLEY BRACKET should firmly contact the PLATE on the TOP BOOM, and the LOWER FLOATING PULLEY BRACKET should firmly contact the BASE.

- The following adjustment can be made to adjust the cable tension:

- If upon completion of assembly, the HEAD PLATE (81) does not sit on top of the first WEIGHT PLATE (74), push the HEAD PLATE (81) down, insert the WEIGHT STACK PIN (57) and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (81) from lifting up.
- If after completing previous step, the HEAD PLATE (81) still does not sit on top of the first WEIGHT PLATE (74) or if there is excess slack in the cable system, adjust the threaded end of the LAT CABLE (92) accordingly and retighten the jam nut.
- If there is excess slack in the LEG CABLE, move the PULLEY attached to the LEVER STOP (12) down one hole.
- If there is excess slack in the AB or PEC DEC cable system, adjust the threaded end of the AB CABLE (91) accordingly and retighten the jam nut.
- **IMPORTANT!** Retighten both jam nuts when adjustment is completed.

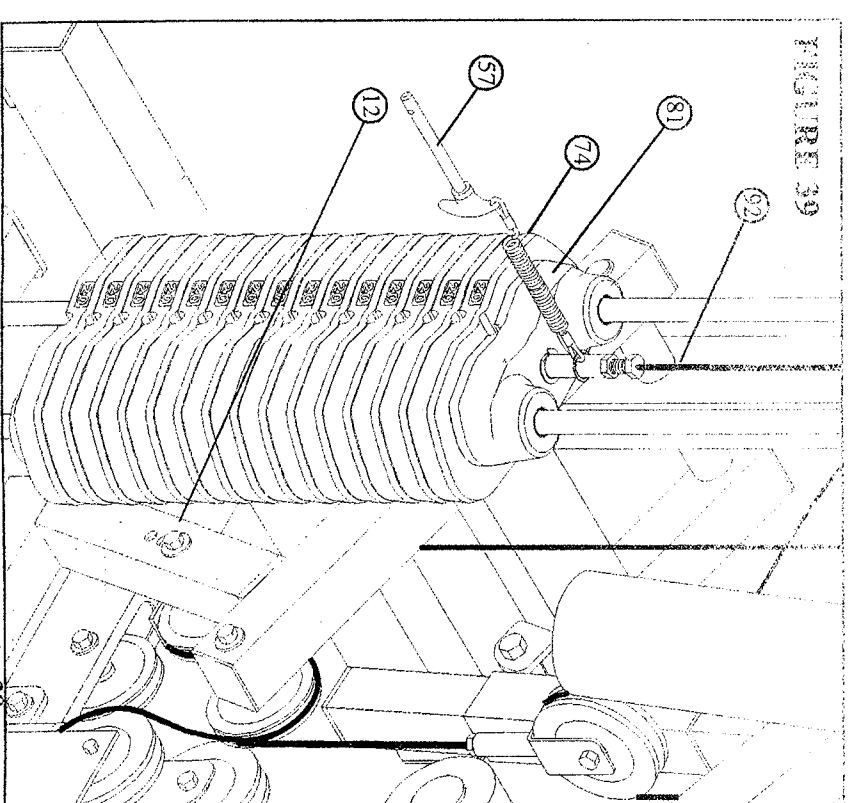
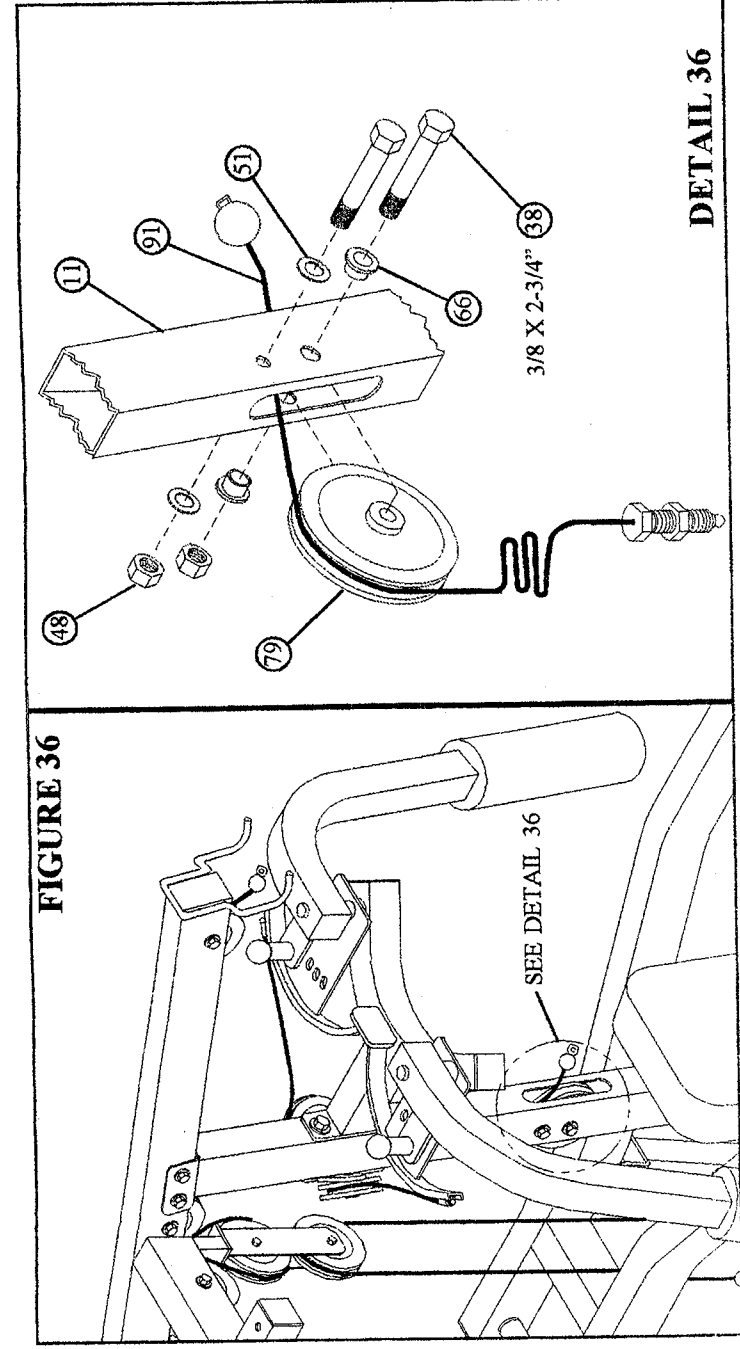


FIGURE 39



STEP 36

Securely assemble the ball end of the AB CABLE (91) and one 3-1/2" PULLEY (79) to the FRONT UPRIGHT (11) using two 3/8 X 2-3/4" BOLTS (38), two 3/8" FLANGE SPACERS (66), two 3/8" WASHERS (51), and two 3/8" LOCKNUTS (48). (NOTE: The AB CABLE (91) should be routed underneath the retaining bolt as shown in DETAIL 36.)

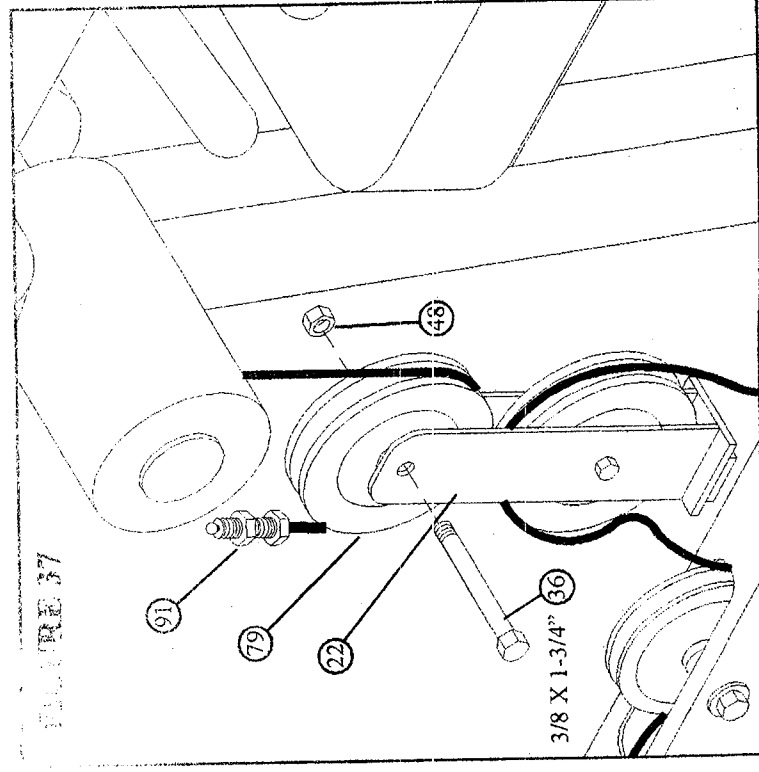


FIGURE 37

STEP 37

Route threaded end of AB CABLE (91) around 3-1/2" PULLEY (79) while assembling one 3-1/2" PULLEY (79) to the lower FLOATING PULLEY BRACKET (22) using one 3/8 X 1-3/4" BOLT (36) and one 3/8" LOCKNUT (48) as shown in FIGURE 37.



27

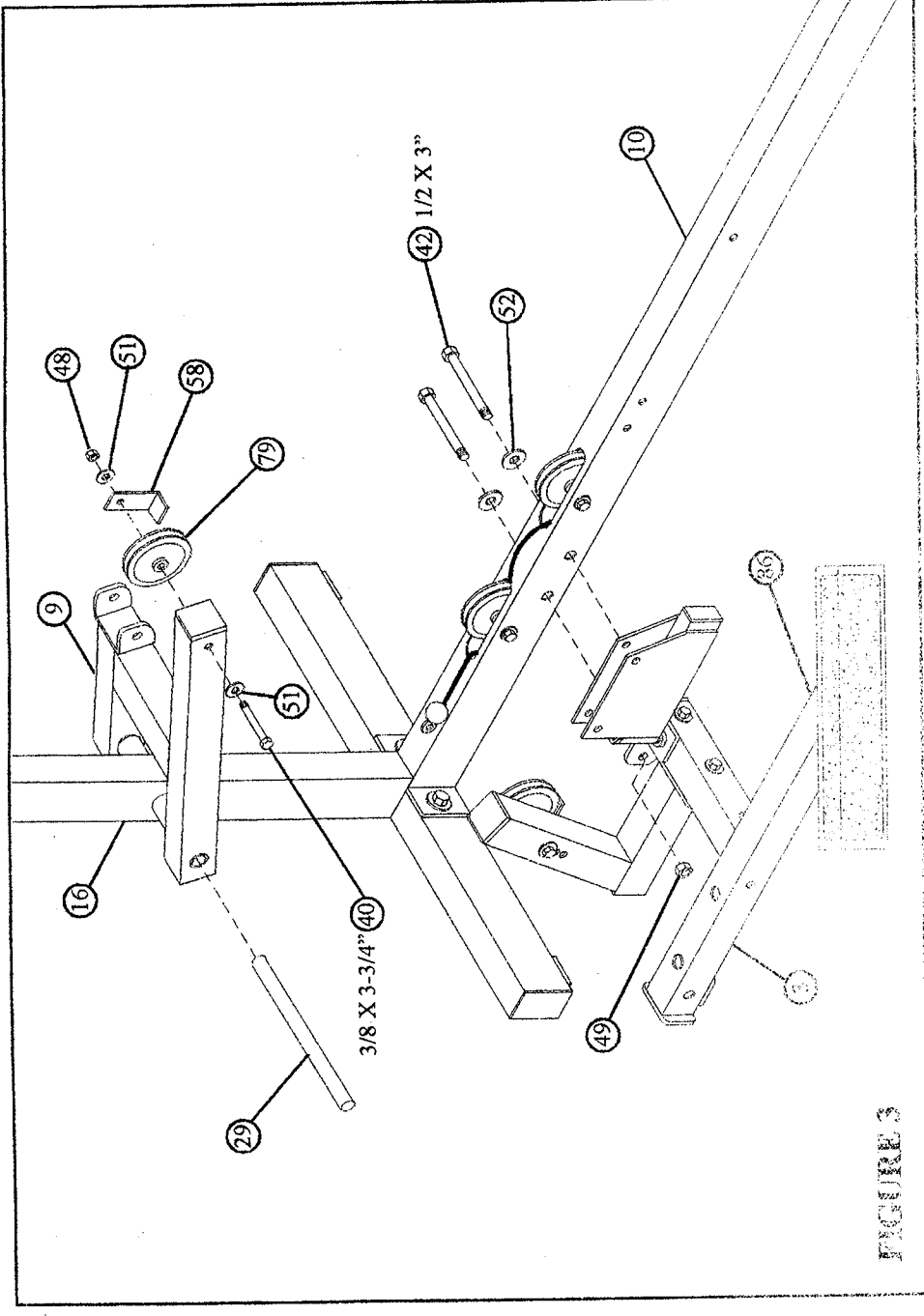


FIGURE 3

STEP 3

- Securely attach WEIGHT HANGER BASE (1) to DASH (10) using two 1/2 X 3" BOLTS (42), two 1/2" WASHERS (52), and one 1/2" LOCKNUT (49).
- Slide one 3/4 DIA X 11" SHAFT (29) through PRESS ARM LEVER (9) & tube on REAR UPRIGHT (16). See FIGURE 3.
- Securely assemble one 3-1/2" PULLEY (79) to PRESS ARM LEVER (9) using one 3/8 X 3-3/4" BOLT (40), two 3/8" WASHERS (51), one 2-3/8" RETAINING CLIP (58), and one 3/8" LOCKNUT (48).

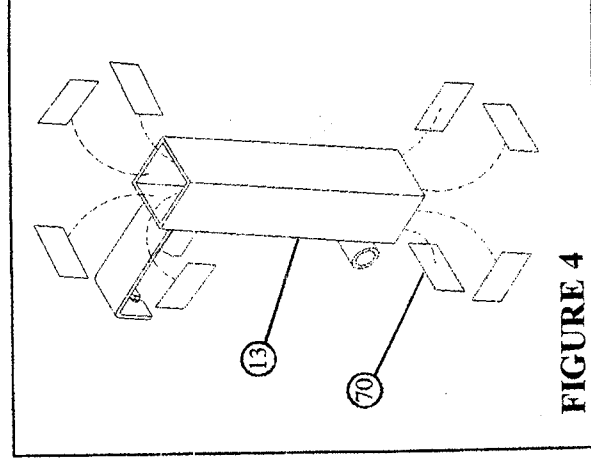


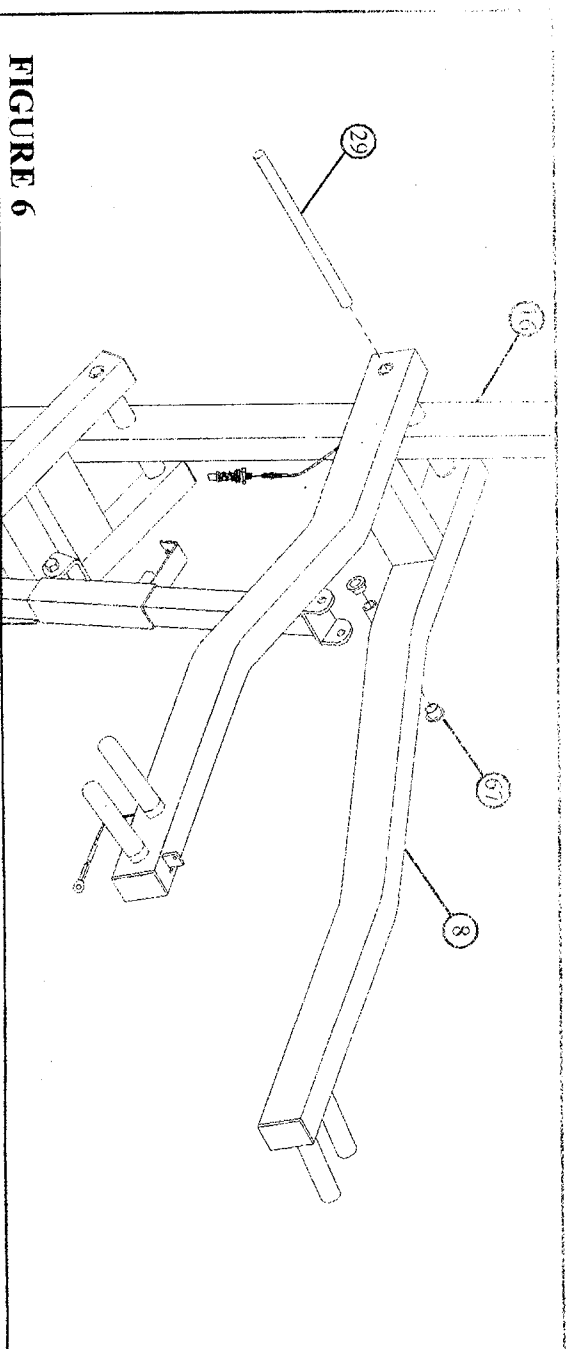
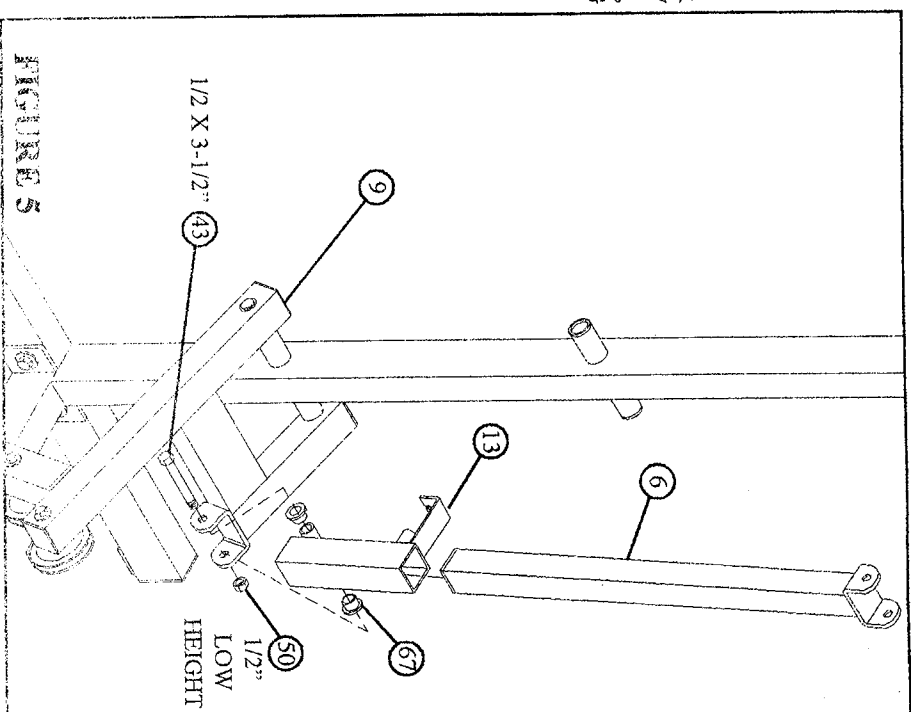
FIGURE 4

STEP 4

- Apply eight 1-3/4 X 3/4" PARAGLIDES (70) to the INSIDE of RECEIVING TUBE (13) as shown in FIGURE 4. (NOTE: Thoroughly clean the inside surface before attaching PARAGLIDES.)

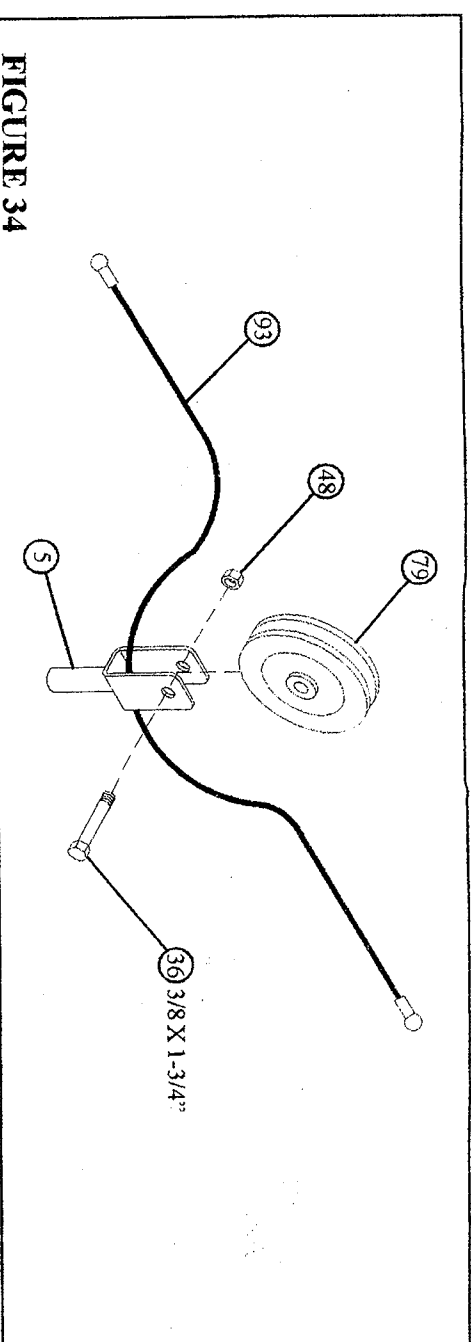
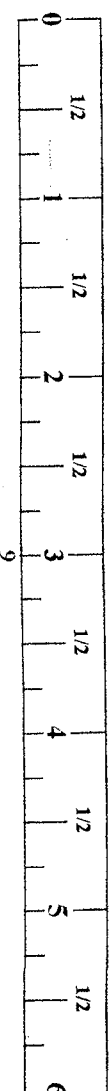
STEP 5

- Insert two 1/2" FLANGE BEARINGS (67) into RECEIVING TUBE (13).
- Attach RECEIVING TUBE (13) to PRESS ARM LEVER (9) using one 1/2 X 3-1/2" BOLT (43), and one 1/2" LOW HEIGHT LOCKNUT (50). (NOTE: Securely tighten, then back nut off 1/4 turn to allow the RECEIVING TUBE (13) to rotate freely.)
- Insert the ADJUSTMENT TUBE (6) into the RECEIVING TUBE (13) as shown in FIGURE 5.



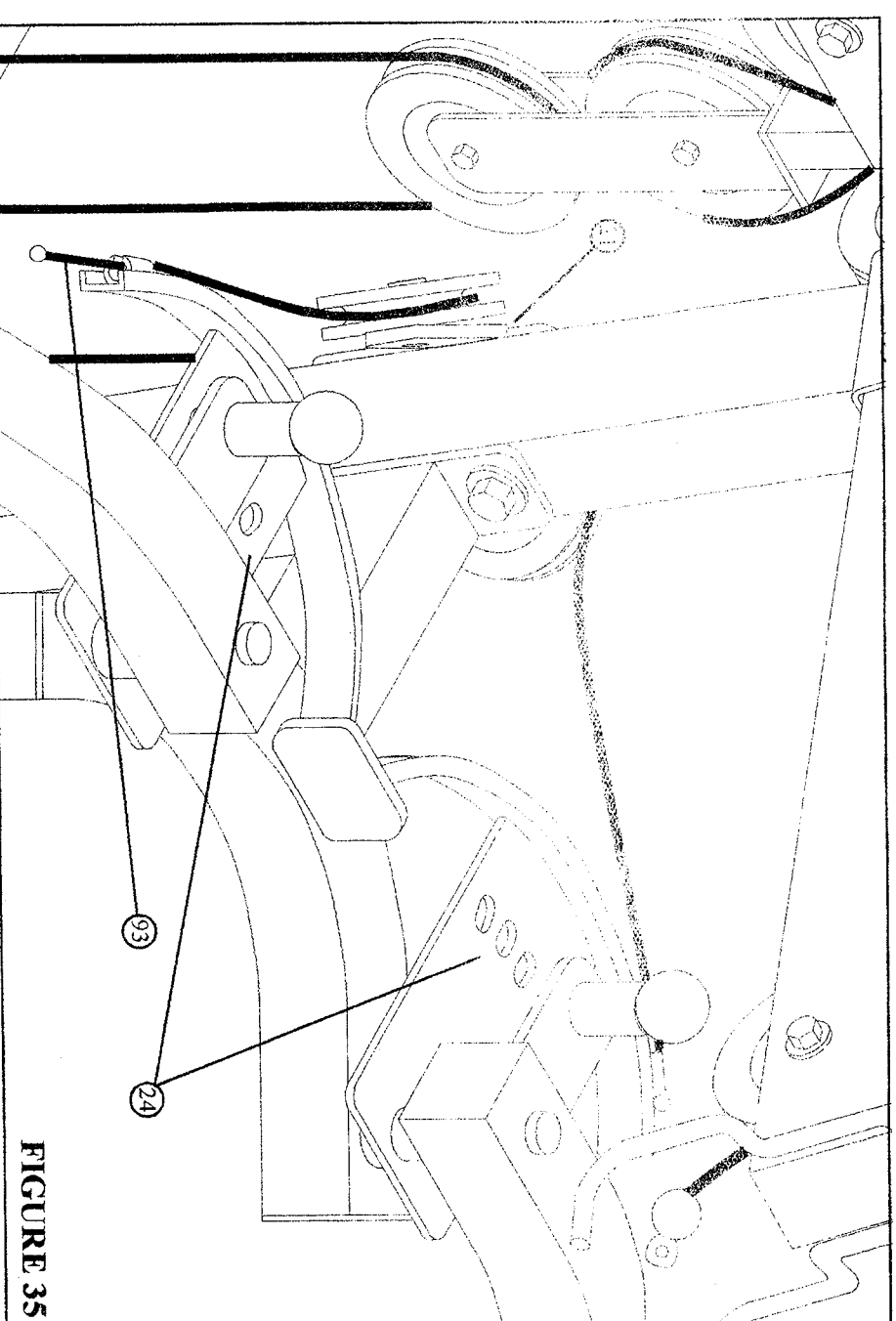
STEP 6

- Slide one 3/4 DIA X 11" SHAFT (29) through PRESS ARM (8) & tube on REAR UPRIGHT (16). See FIGURE 6.
- Insert two 1/2" FLANGE BEARINGS (67) into PRESS ARM (8).



STEP 34

- Assemble one 3-1/2" PULLEY (79) around the PEC DEC CABLE (93) and to the PULLEY BRACKET (5) using one 3/8 X 1-3/4" BOLT (36) and one 3/8" LOCKNUT (48) as shown in FIGURE 34.



STEP 35

- Slide the ends of the PEC DEC CABLE (93) into the bushings on the PEC CAMS (24) as shown on FIGURE 35.
- Lay the PEC DEC CABLE (93) over the pulleys and under the cable retaining clips in the CENTER PULLEY BRACKET (21) as shown in FIGURE 35. (NOTE: The bolt holding pulley and cable retaining clips may need to be loosened to align cable retaining clips with cable.)

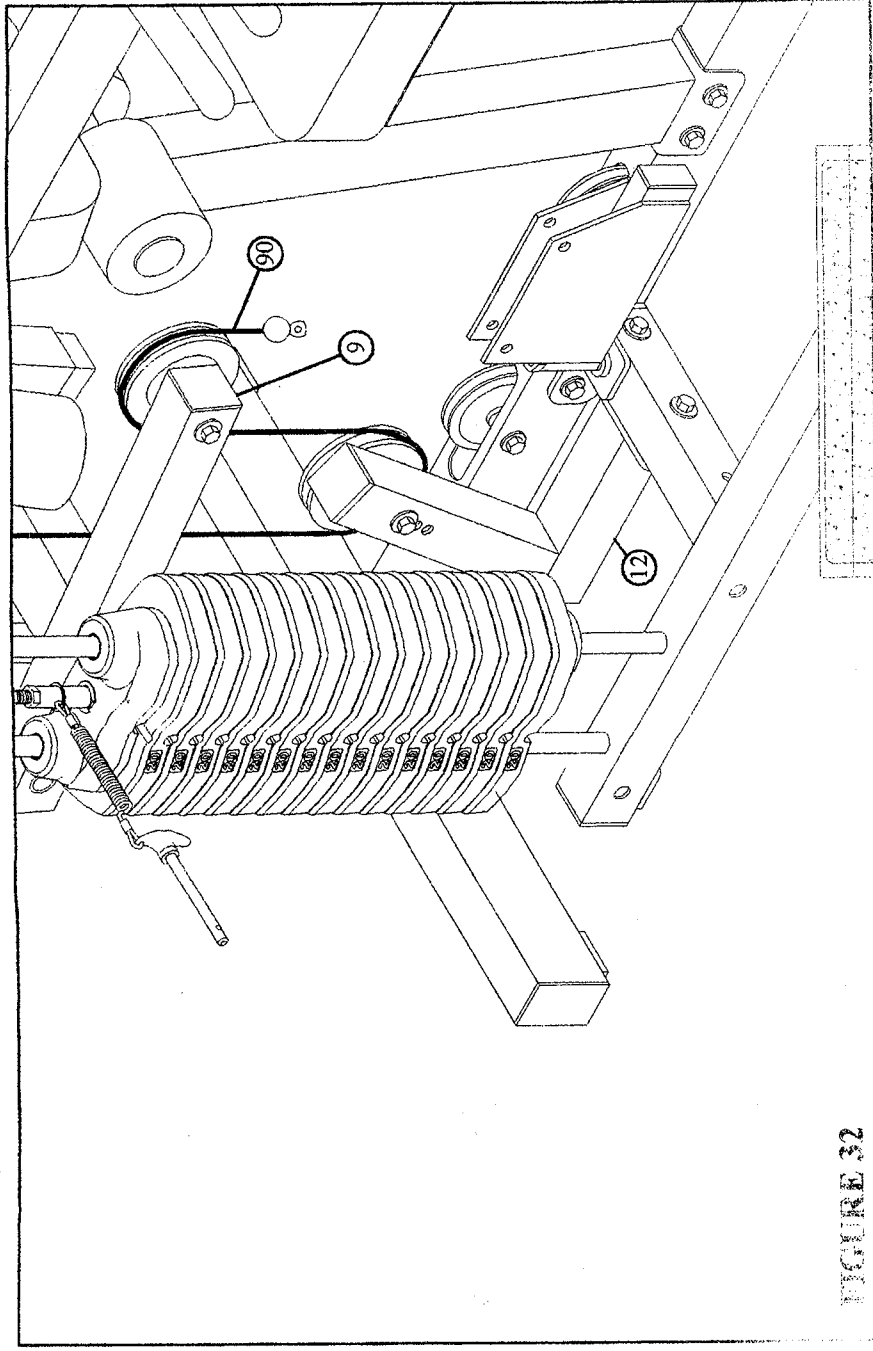


FIGURE 32

STEP 32

- Slide ball end of LEG EXT. CABLE (90) under pulley and cable retaining clip on LEVER STOP (12) as shown in FIGURE 32 (NOTE: The ball holding pulley and cable retaining clip may need to be loosened to align cable retaining clip with cable.)
- Slide ball end of LEG EXT. CABLE (90) under pulley and cable retaining clip on PRESS ARM LEVER (9). (NOTE: The ball holding pulley and cable retaining clip may need to be loosened to align cable retaining clip with cable.)

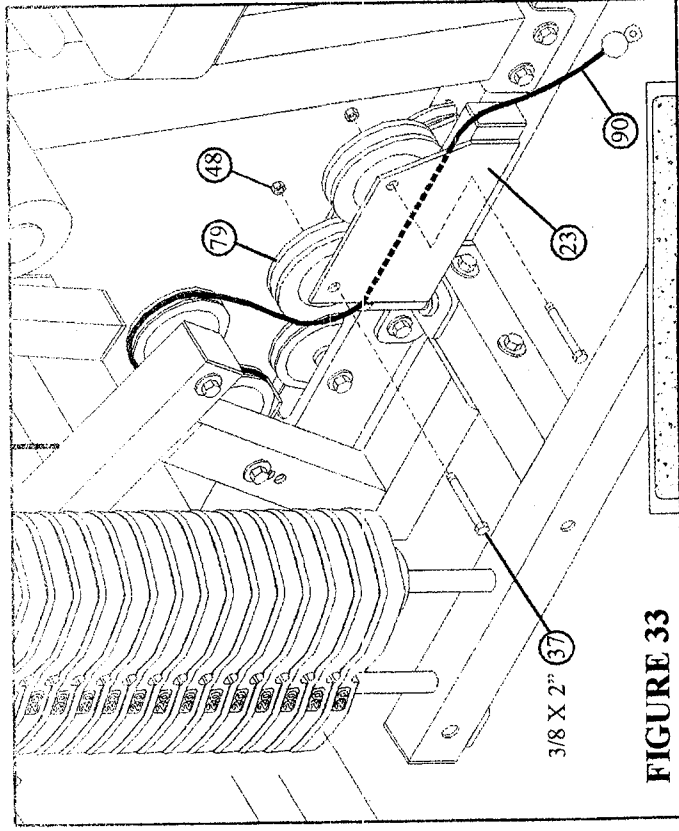


FIGURE 33

STEP 33

- After routing ball end of LEG EXT. CABLE (90) through SWIVEL PULLEY BRACKET (23), attach two 3-1/2" PULLEYS (79) using two 3/8" X 2" BOLTS (37) and two 3/8" LOCK-NUTS (48). See FIGURE 33.

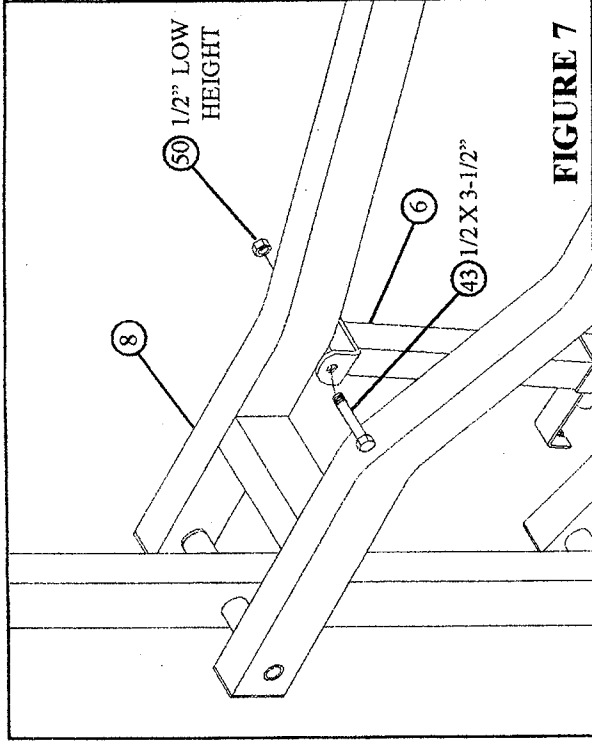


FIGURE 7

STEP 7

- Attach ADJUSTMENT SLIDE (6) to PRESS ARM (8) using one 1/2 X 3-1/2" BOLT (43), and one 1/2" LOW HEIGHT LOCKNUT (50). (NOTE: Securely tighten, then back nut off 1/4 turn to allow the PRESS ARM (8) to rotate freely.)

STEP 8

- Insert the PUSH/PULL CABLE through the bottom of the PRESS ARM (8) up to the CONTROL LEVER (59) and hold in place with one E-RING (62) as shown in FIGURE 8.
- Securely assemble the PUSH/PULL CABLE to the CONTROL LEVER (59) using one 3/8 IN. JOINT CONNECTOR CAP (61), one #10 FLAT WASHER (63), and one 8-32 X 1-1/2 IN. SCREW (60) as shown in FIGURE 8.
- Slide one 4" VINYL SLEEVE (64) over the CONTROL LEVER (59). Then SECURELY assemble the CONTROL LEVER (59) to the TAB on the PRESS ARM (8) using one 3/8" JOINT CONNECTOR CAP (61), one #10 FLAT WASHER (63), and one 8-32 X 1-1/2 IN. SCREW (60) as shown in FIGURE 8.

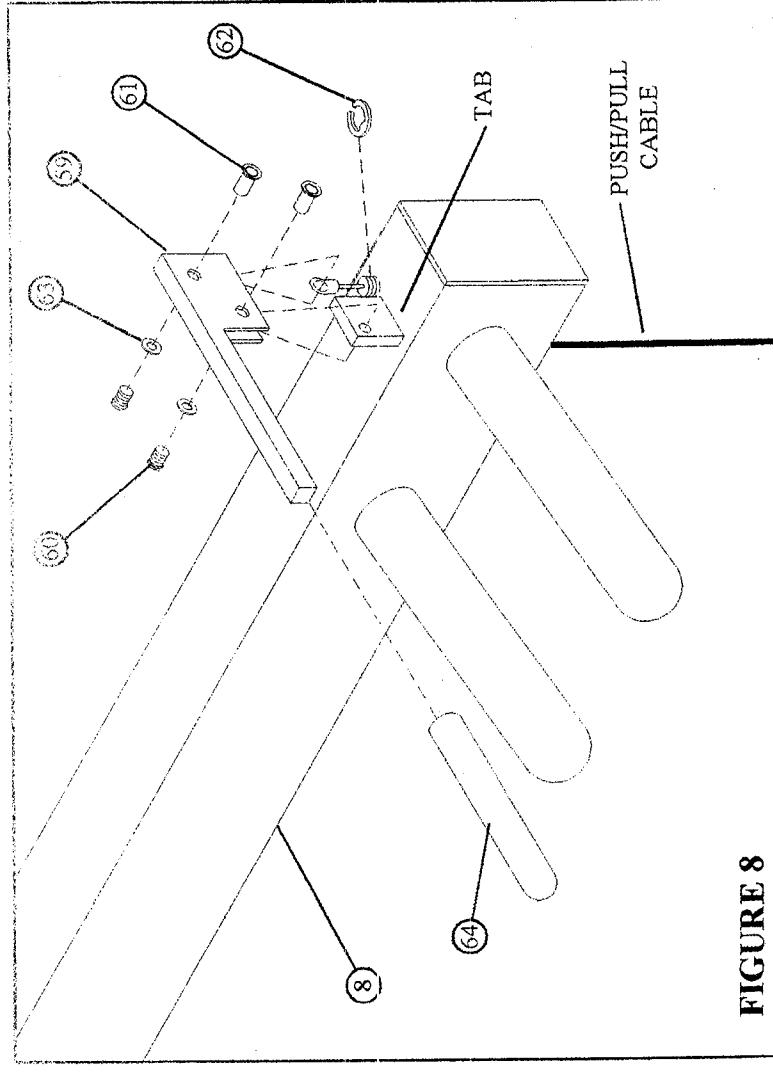
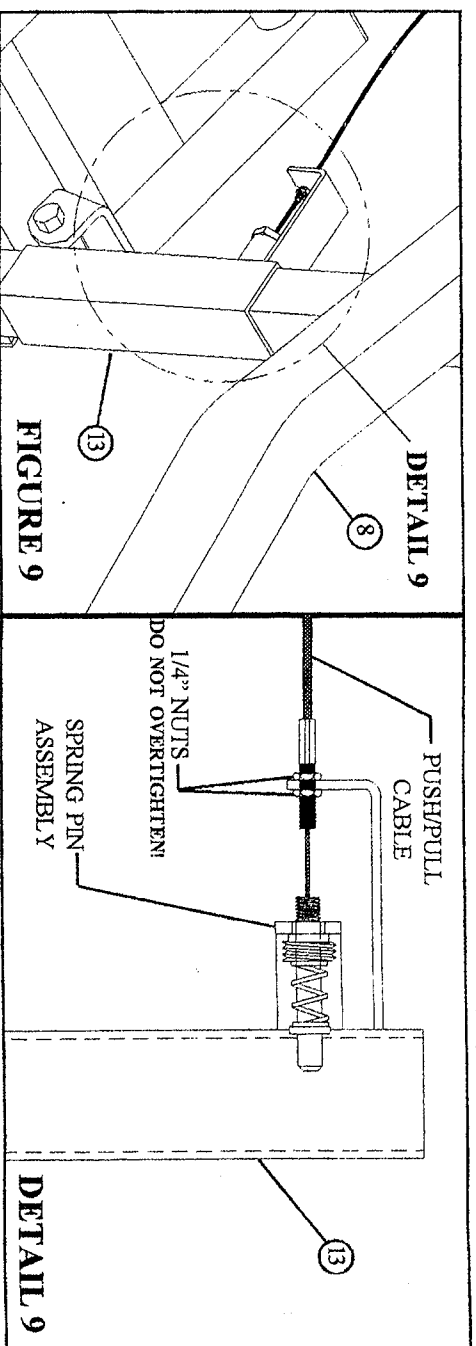


FIGURE 8

10

25



STEP 9

Assemble the PUSH/PULL CABLE from the PRESS ARM (8) to the SPRING PIN HOUSING and to the L-BRACKET on the RECEIVING TUBE (13) as shown on FIGURE 9 and DETAIL 9 using the following steps:

- Thread the first 1/4-28 IN. NUT to the bottom of the threaded end of the CABLE. Allow the other 1/4-28 IN. NUT to hang loose on the exposed CABLE until the SPRING PIN ASSEMBLY is attached.

- Securely assemble the SPRING PIN ASSEMBLY to the SPRING PIN BARREL. (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)

Slide the PRESS ARM (8) up until the SPRING PIN of the PUSH/PULL CABLE engages in one of the adjustment holes.

Thread the second 1/4-28 IN. NUT onto the threaded end of the CABLE, and slide the two 1/4-28 IN. NUTS around the cable.

Use the extra thread on the end of the CABLE to adjust out slack. (!!! DO NOT ADJUST OUT TOO FAR !!! ALWAYS ALLOW SPRING PIN ASSEMBLY TO FULLY ENGAGE)

STEP 10

- Securely tighten two 5/32" SET SCREWS (65) and insert two 3 X 2" END CAPS (75) into the open ends of PRESS ARM (8) as shown in FIGURE 10.

- Securely tighten two 5/32" SET SCREWS (65) and insert two 2" SQ. END CAPS (76) into the open ends of PRESS ARM LEVER (9) as shown in FIGURE 10.

- Securely tighten one 3/8 X 1" BOLT (35), one 3/8" WASHER (51), and one 3/8" LOCKNUT (48) to the bottom of ADJUSTMENT SLIDE (6) as shown in FIGURE 10.

- Insert one 1-3/4" SQ. END CAP (77) into the end of ADJUSTMENT SLIDE (6) as shown in FIGURE 10.

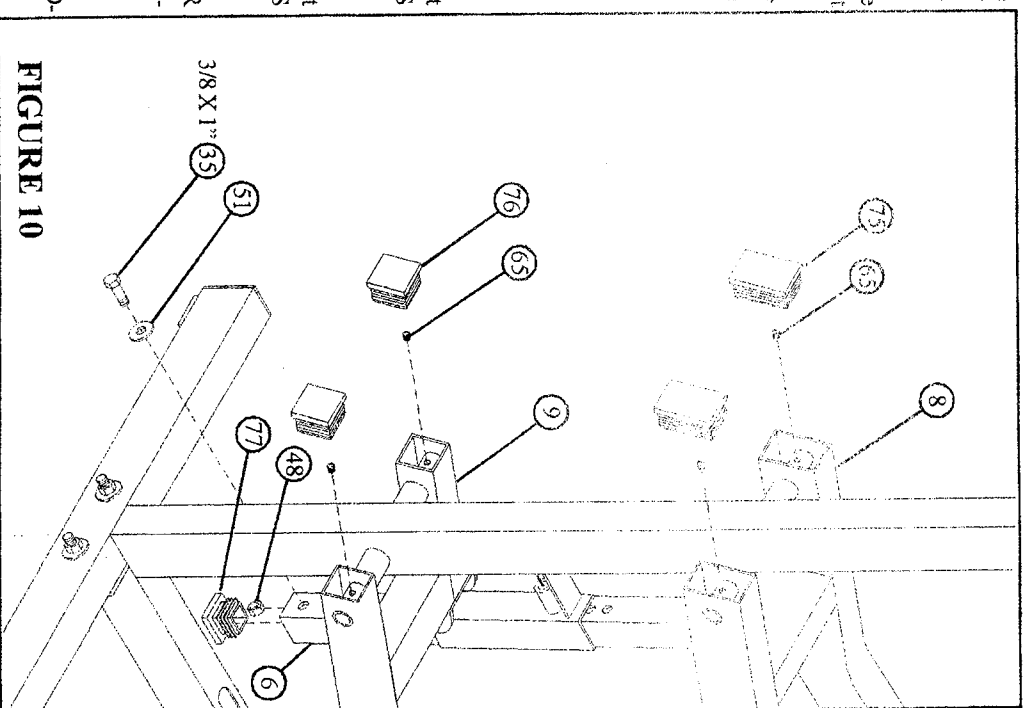
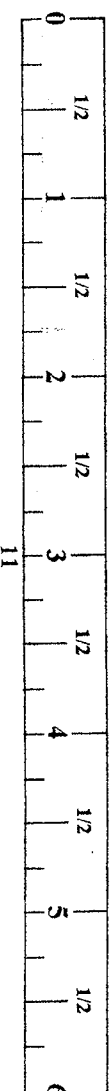


FIGURE 10



- STEP 30**
- Loop LEG EXT. CABLE (90), previously installed in BASE (10), around pulley in lower FLOATING PULLEY BRACKET (22) as shown in FIGURE 30.

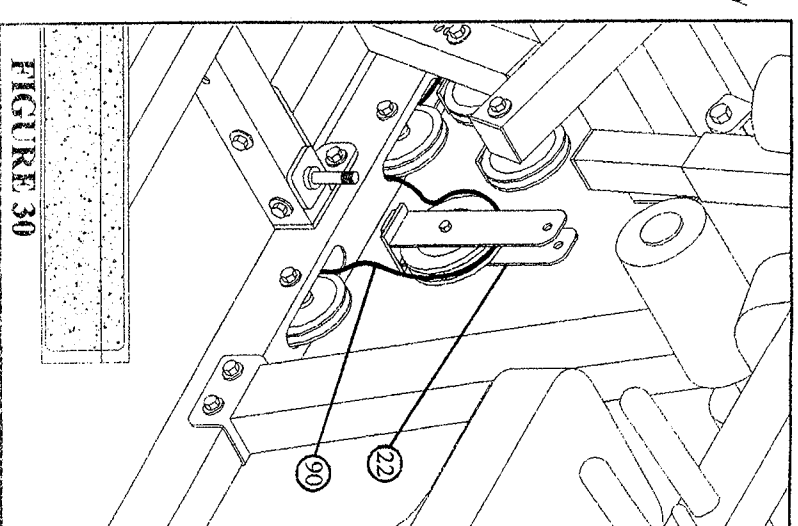


FIGURE 30

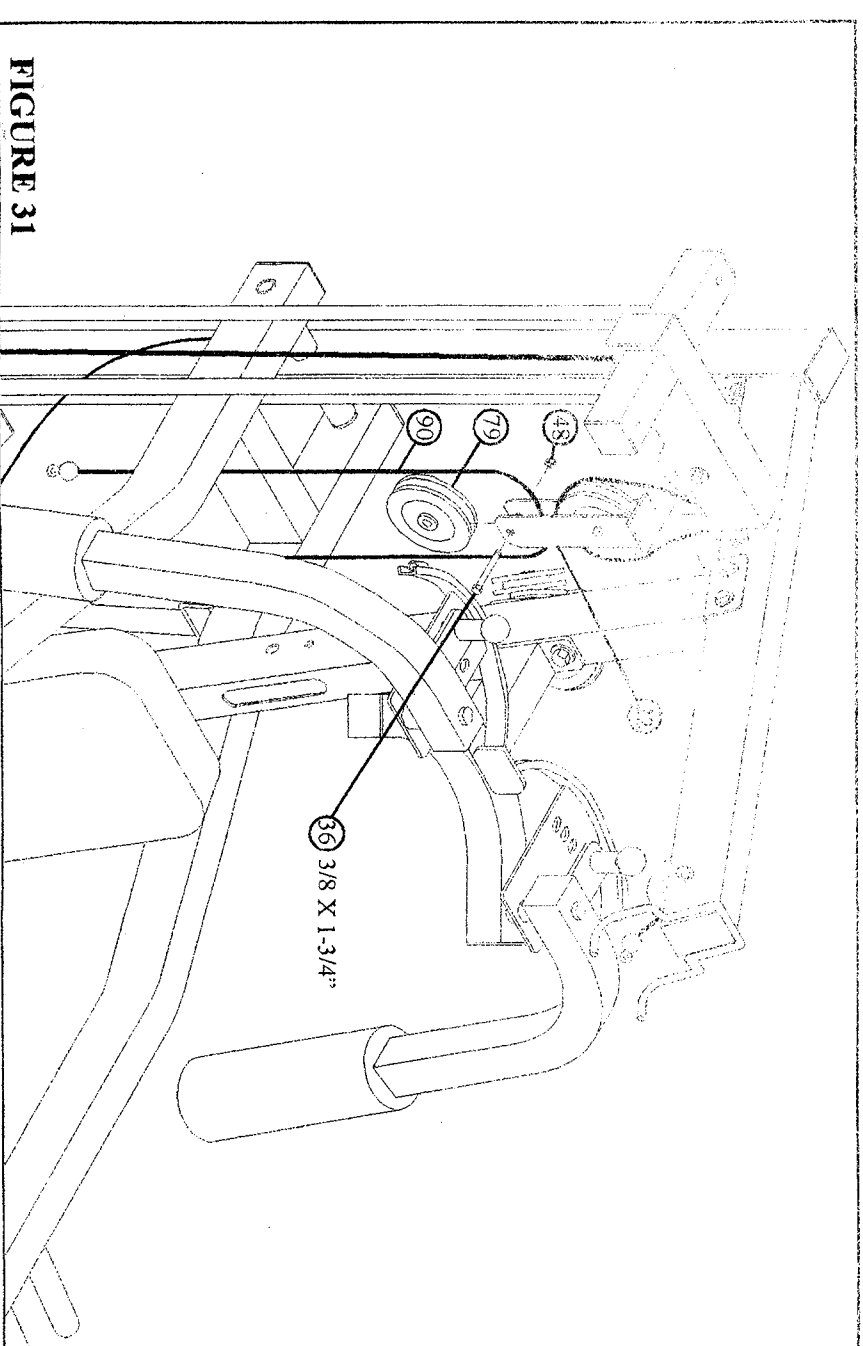


FIGURE 31

STEP 31

- Assemble one 3-1/2" PULLEY (79) around the LEG EXT. CABLE (90) and to the upper FLOATING PULLEY BRACKET (22) using one 3/8 X 1-3/4" BOLT (36) and one 3/8" LOCKNUT (48) as shown in FIGURE 31.

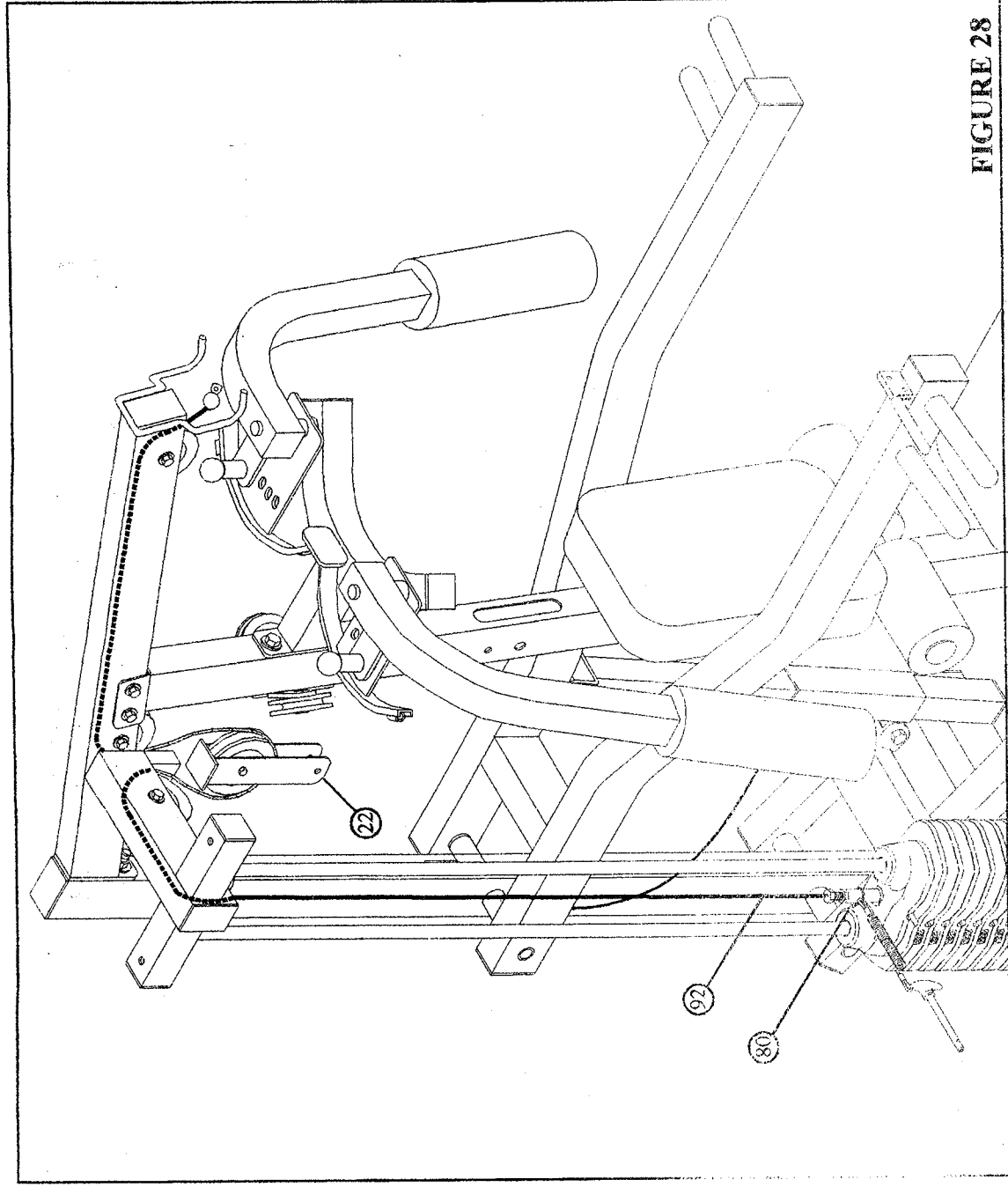


FIGURE 28

STEP 28

- Loop LAT CABLE (92) around pulley in FLOATING PULLEY BRACKET (22) as shown in FIGURE 27.
- Screw the threaded end of LAT CABLE (92) into the end of the WEIGHT STACK SHAFT (80) until the FLOATING PULLEY BRACKET (22) firmly contacts the end cap on the TOP BOOM (7) and the CABLE (92) slightly pulls on the HEAD PLATE (81). Tighten the jam nut securely. See FIGURE 28.

STEP 29

- Assemble one 3-1/2" PULLEY (79) to the other FLOATING PULLEY BRACKET (22) using one 3/8 X 1-3/4" BOLT (36) and one 3/8" LOCK-NUT (48) as shown in FIGURE 29.
- Attach two 1" X 1" GLIDES (87) to the bottom of the second FLOATING PULLEY BRACKET (22) as shown.

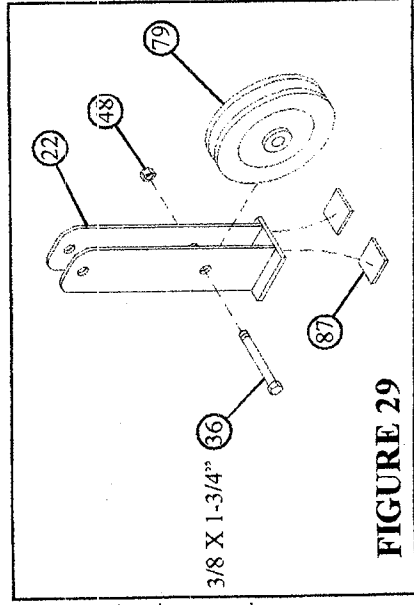
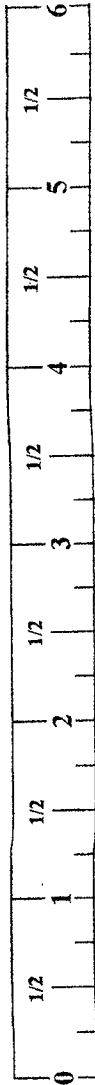


FIGURE 29



STEP 11

- Securely assemble the PEC SEAT PAD (27) to the FRONT UPRIGHT (11) as shown, using two 3/8 X 4" BOLTS (41), and two 3/8" WASHERS (51) as shown in FIGURE 11.
- Assemble two ROLLER PADS (31) to the FRONT UPRIGHT (11) using one 16" TUBE (30), and two STARLOCK COLLARS (73) as shown in FIGURE 11.

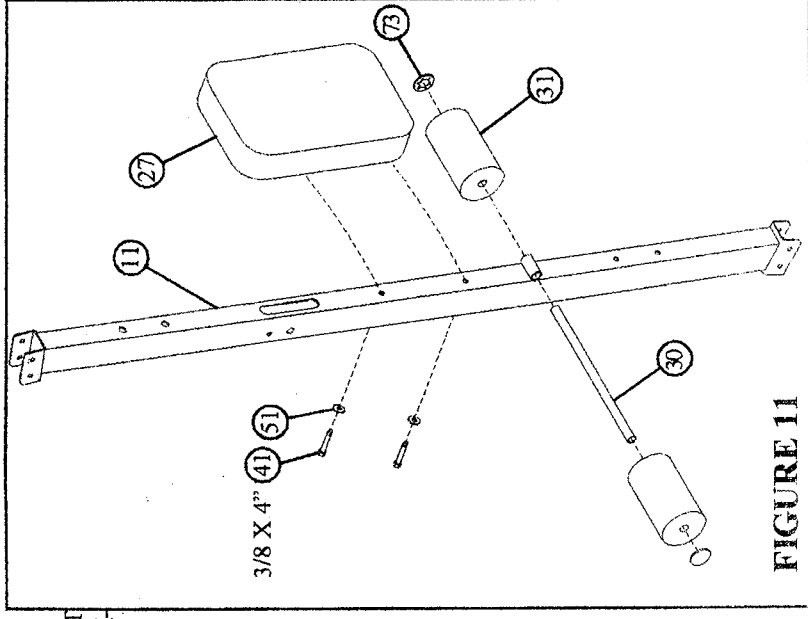


FIGURE 11

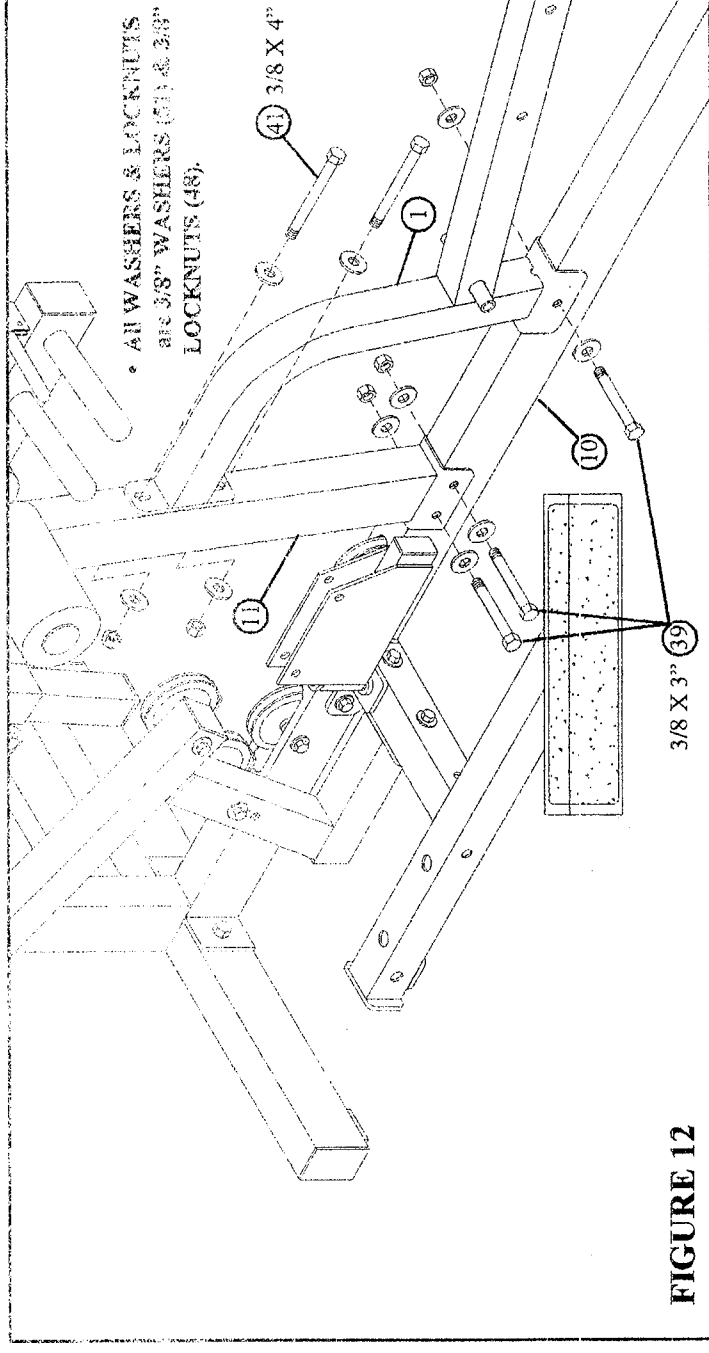
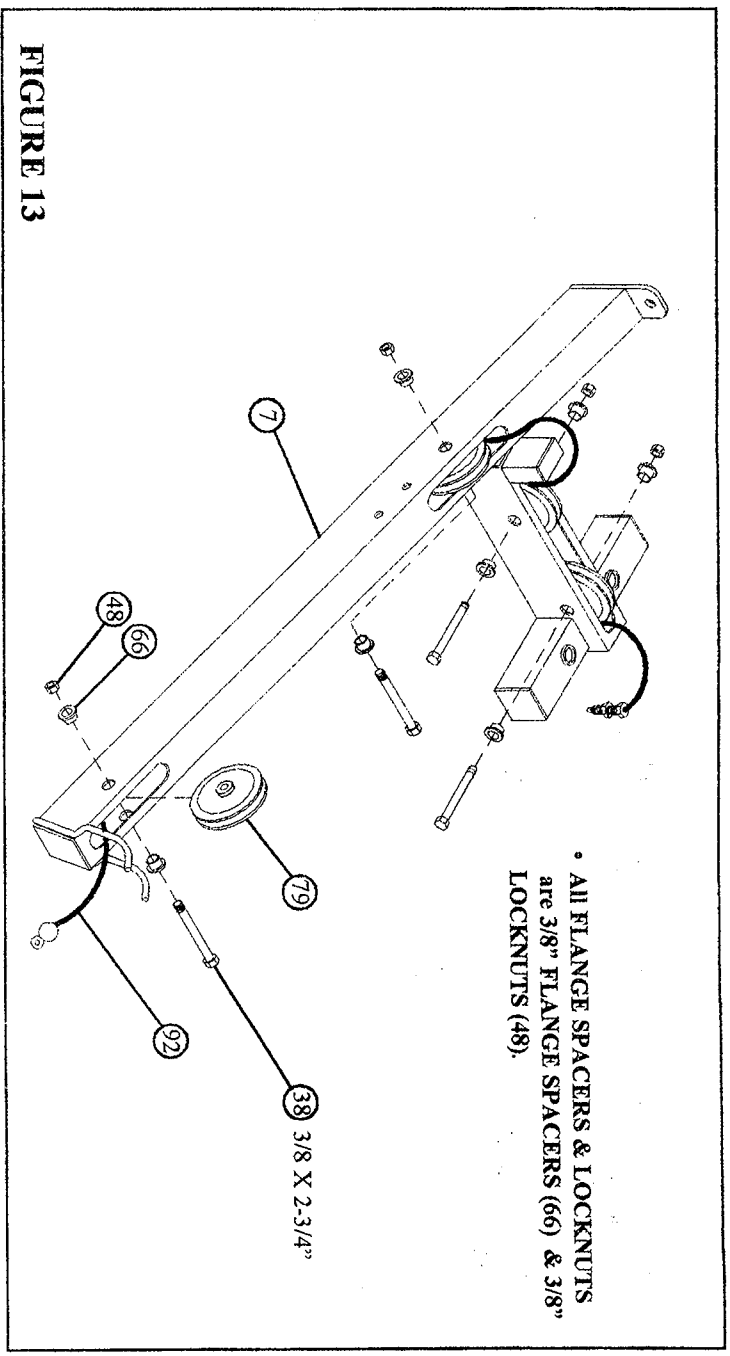
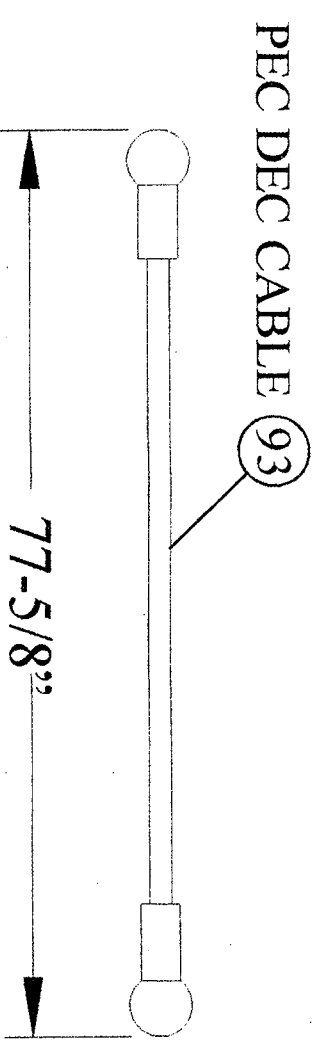
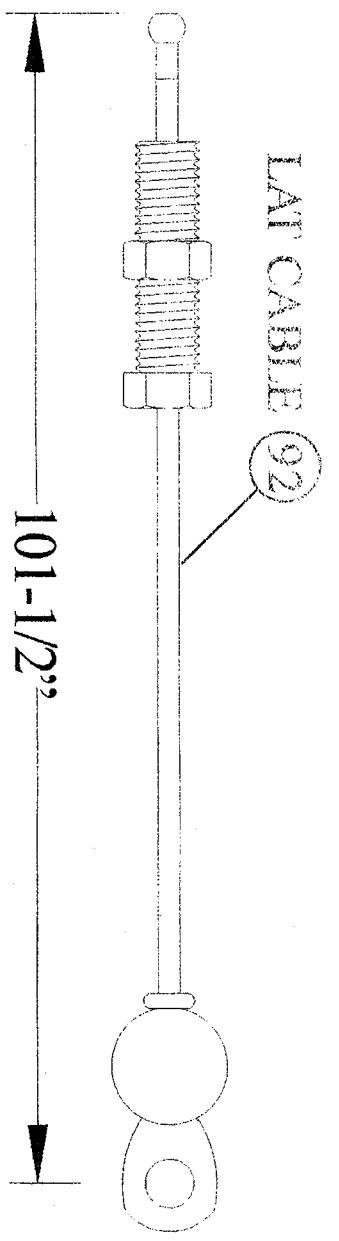
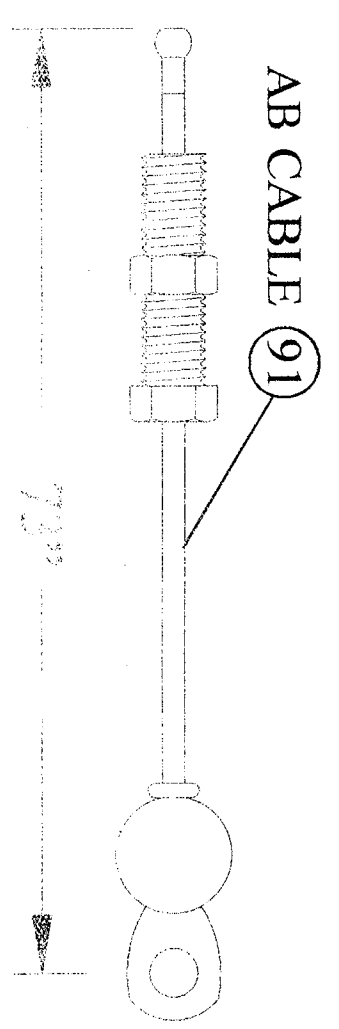
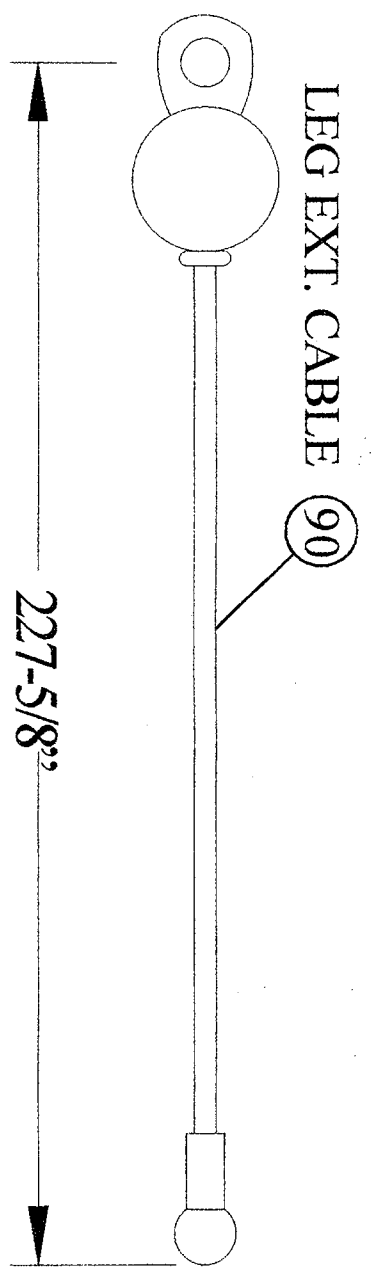


FIGURE 12

STEP 12

- Loosely attach FRONT UPRIGHT (11) to the BASE (10) using two 3/8 X 3" BOLTS (39), four 3/8" WASHERS (51), and two 3/8" LOCKNUTS (48) as shown in FIGURE 12. **(NOTE: Make sure cable is routed under the bolts.)**
- Loosely attach FRAME SUPPORT (1) to the BASE (10) using one 3/8 X 3" BOLT (39), two 3/8" WASHERS (51), and one 3/8" LOCKNUT (48) as shown in FIGURE 12. **(NOTE: Make sure cable is routed under the bolts.)**
- Loosely attach FRAME SUPPORT (1) to the FRONT UPRIGHT (11) using two 3/8 X 4" BOLTS (41), four 3/8" WASHERS (51), and two 3/8" LOCKNUTS (48) as shown in FIGURE 12.

CABLE GUIDE



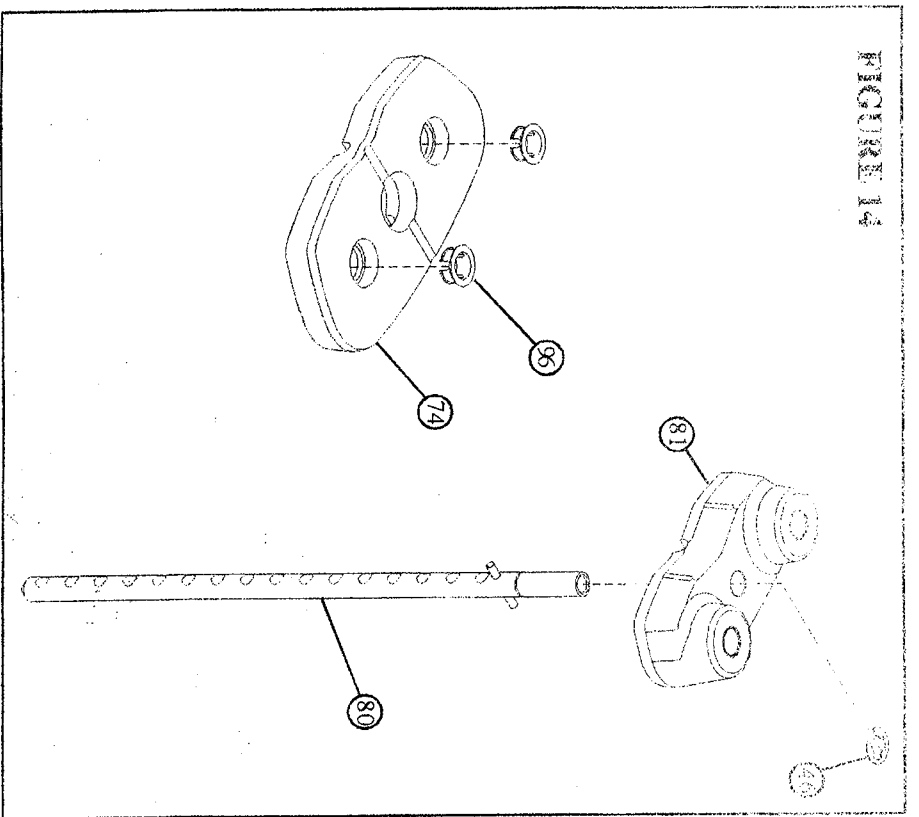
STEP 13
Route the threaded end of LAT CABLE (92) through the TOP BOOM (7) as shown in FIGURE 13.

Loosely assemble four 3-1/2" PULLEYS (79) to the slots in TOP BOOM (7) using four 3/8 X 2-3/4" BOLTS (38), eight 3/8" FLANGE SPACERS (66) and four 3/8" LOCKNUTS (48) as shown in FIGURE 13. (NOTE: Make sure the cable is routed under all the pulleys.)

STEP 14

Slide the WEIGHT PLATE BRUSHES (96) each, into the "top" side of Green WEIGHT PLATES (74) as shown in FIGURE 14.

Slide the WEIGHT PLATE SHAFT (80) thru the hole in the HEAD PLATE (81), and lock in place using one E-RING (46) as shown in FIGURE 14.



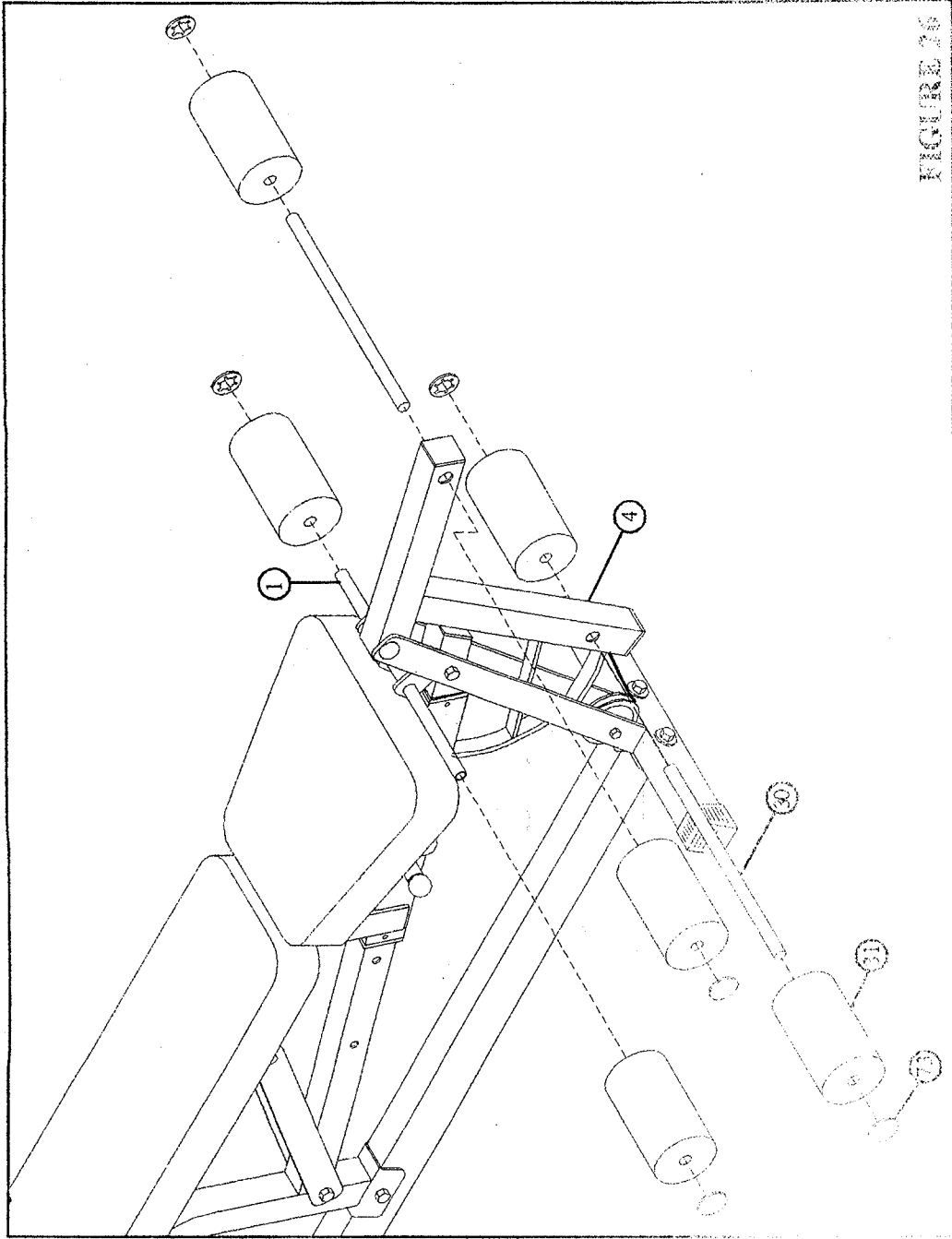


FIGURE 26

- Assemble four ROLLER PADS (31) to the LEO CURL/EXTENSION (4) as shown on FIGURE 26 using two 16" TUBES (30) and four STARLOCK COLLARS (73).
- Assemble two ROLLER PAD (31) to the tubes on FRAME SUPPORT (1) using two STARLOCK COLLARS (73) as shown in FIGURE 26.

STEP 15

- Insert two GUIDE RODS (33) into the WEIGHT STACK BASE (3) as shown on FIGURE 15. (NOTE: Lubricate GUIDE RODS (33) with silicon or teflon spray available at most hardware stores.)
- Slide two WEIGHT STACK SPACERS (34), two 3/4" WASHERS (53), and two WEIGHT STACK CUSHIONS (88) - IN THAT ORDER - down over the GUIDE RODS (33).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (74) down over the GUIDE RODS (33) on to the WEIGHT STACK CUSHIONS (88). Make sure that the keyholes of the WEIGHT PLATES (74) are all facing the right way.
- Slide the head plate assembly down over the GUIDE RODS (33) onto the weight stack.
- Insert two CAP PLUGS (89) into the top ends of the GUIDE RODS (33).
- Attach the WEIGHT STACK LABELS (94) on the weight stack. (NOTE: LABELS consist of one with the Headplate) Also insert the WEIGHT STACK PIN (57) over the WEIGHT PLATE SHAFT (80) as shown.

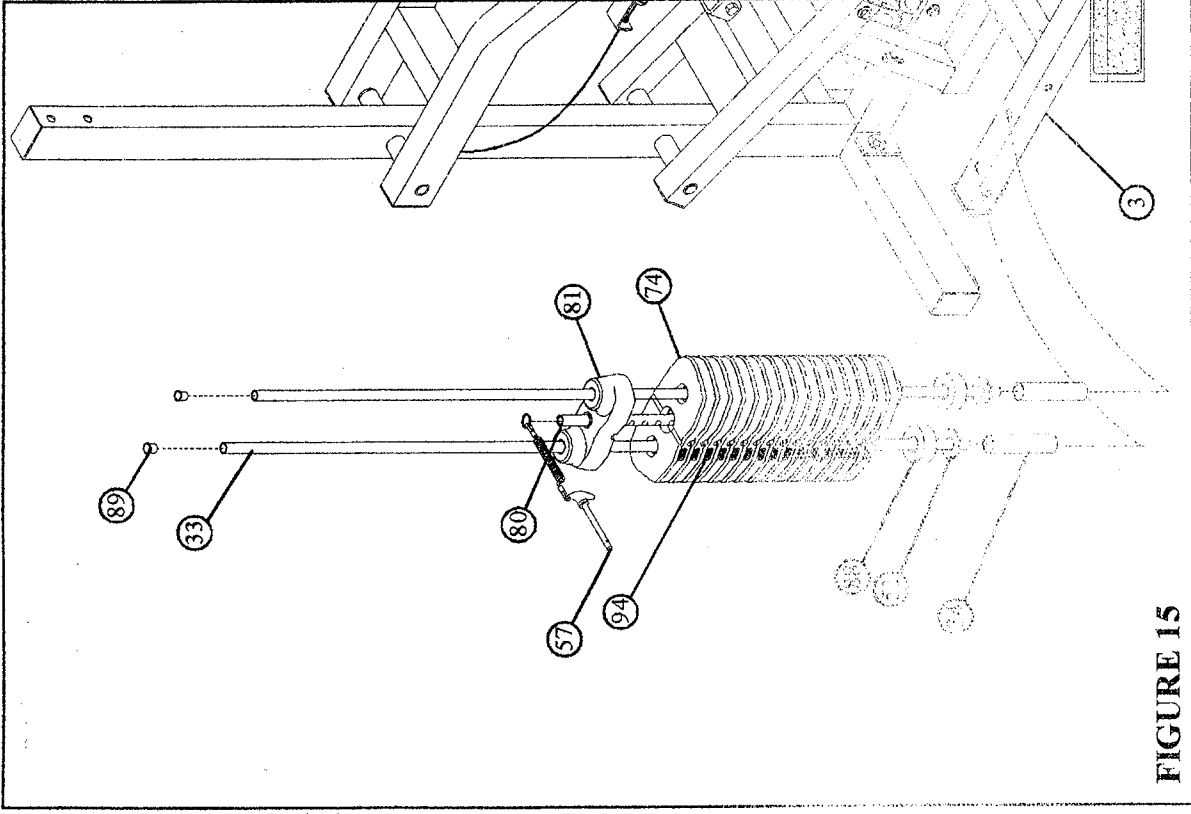


FIGURE 15

STEP 16

- Swing the GUIDE RODS (33) under the TOP BOOM (7) as shown on FIGURE 16.
- Loosely assemble the TOP BOOM (7) to the REAR UPRIGHT (16) using two 1/2 X 4" BOLTS (44), two 1/2" WASHERS (52), and one 1/2" LOCKNUT (49).
- Loosely assemble the TOP BOOM (7) to the FRONT UPRIGHT (11) using two 3/8 X 3" BOLTS (39), four 3/8" WASHERS (51), and two 3/8" LOCKNUTS (48). Make sure LAT CABLE (92) is routed **OVER** top of bolts.

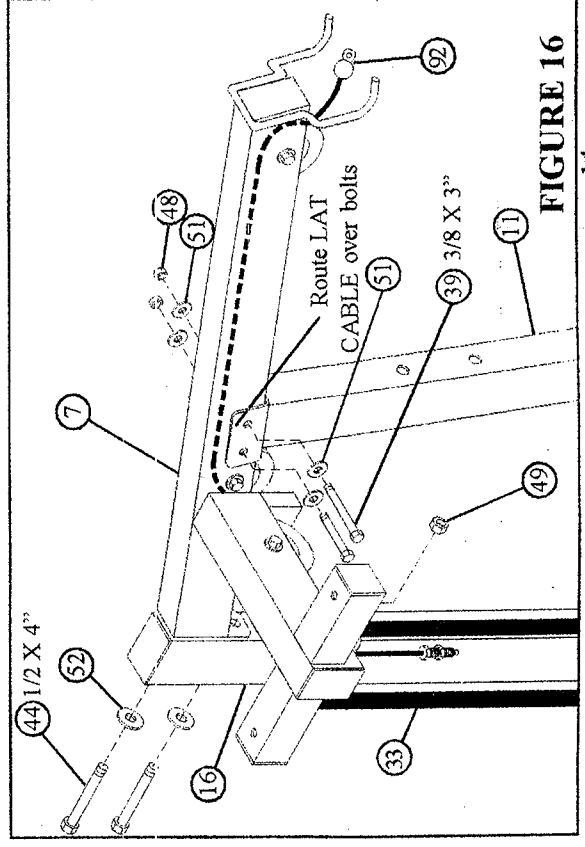


FIGURE 16

STEP 27

- Assemble one 3-1/2" PULLEY (79) to the FLOATING PULLEY BRACKET (22) using one 3/8 X 1-3/4" BOLI (36) and one 3/8" LOCKNUT (48) as shown in FIGURE 27.

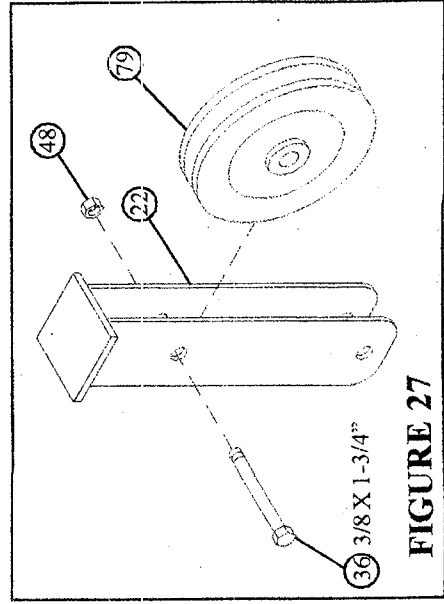


FIGURE 27

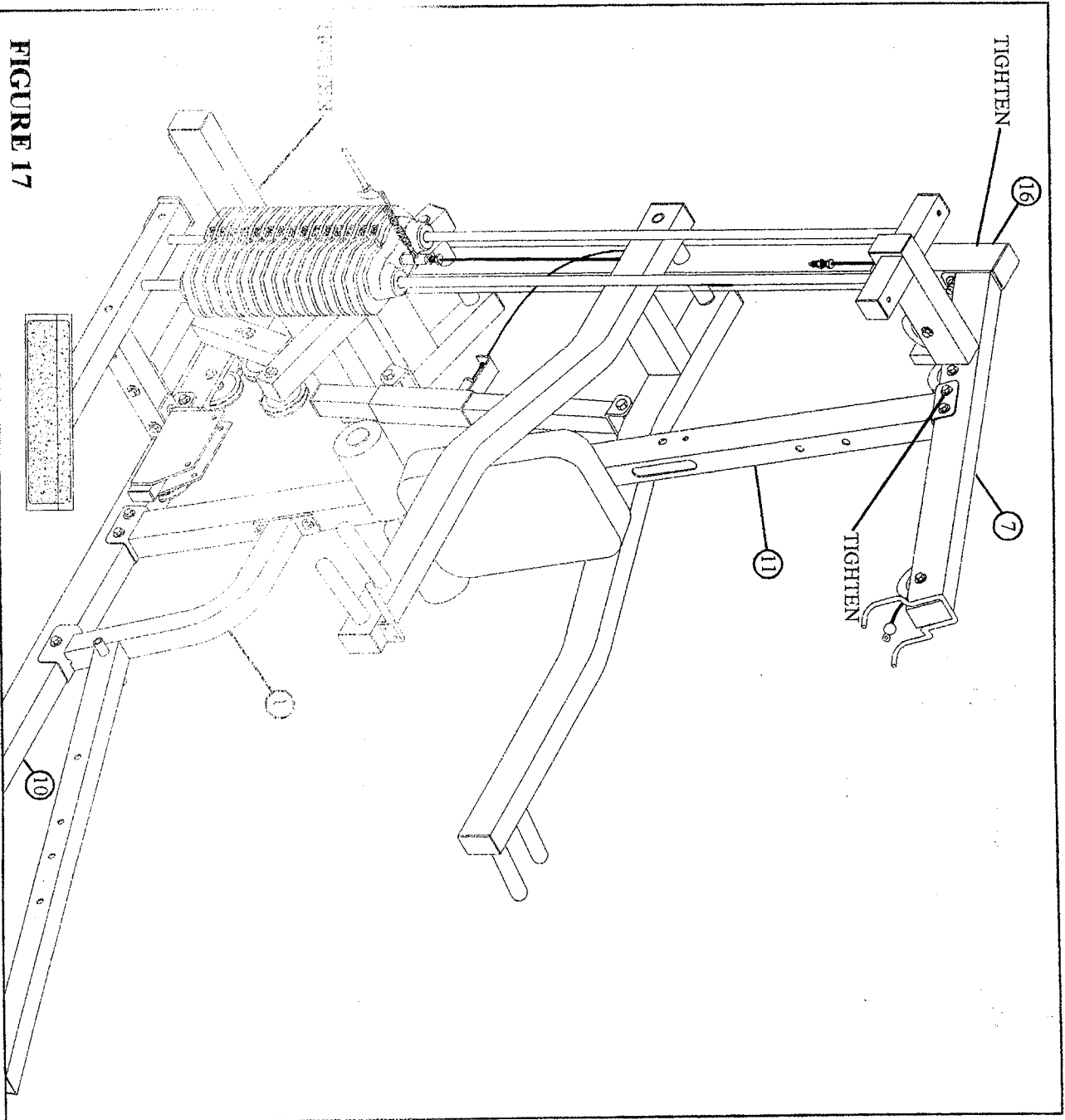


FIGURE 17

STEP 17

Securely tighten all loose frame connections made to this point.

Tighten the:

- REAR UPRIGHT (16) to the BASE (10).
- FRONT UPRIGHT (11) to the BASE (10).
- TOP BOOM (7) to the REAR UPRIGHT (16).
- and the TOP BOOM (7) to the FRONT UPRIGHT (11).

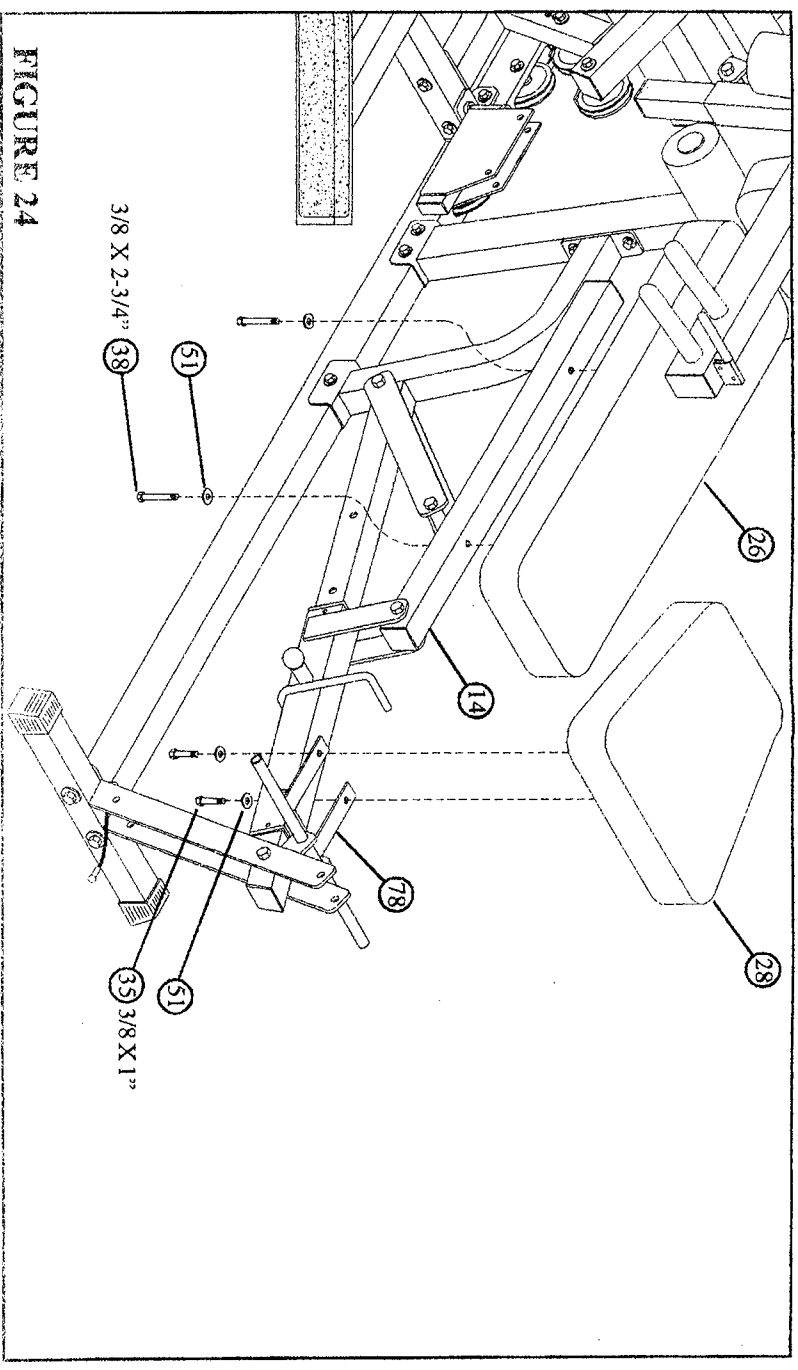
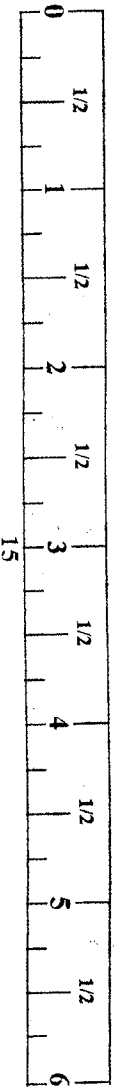


FIGURE 24

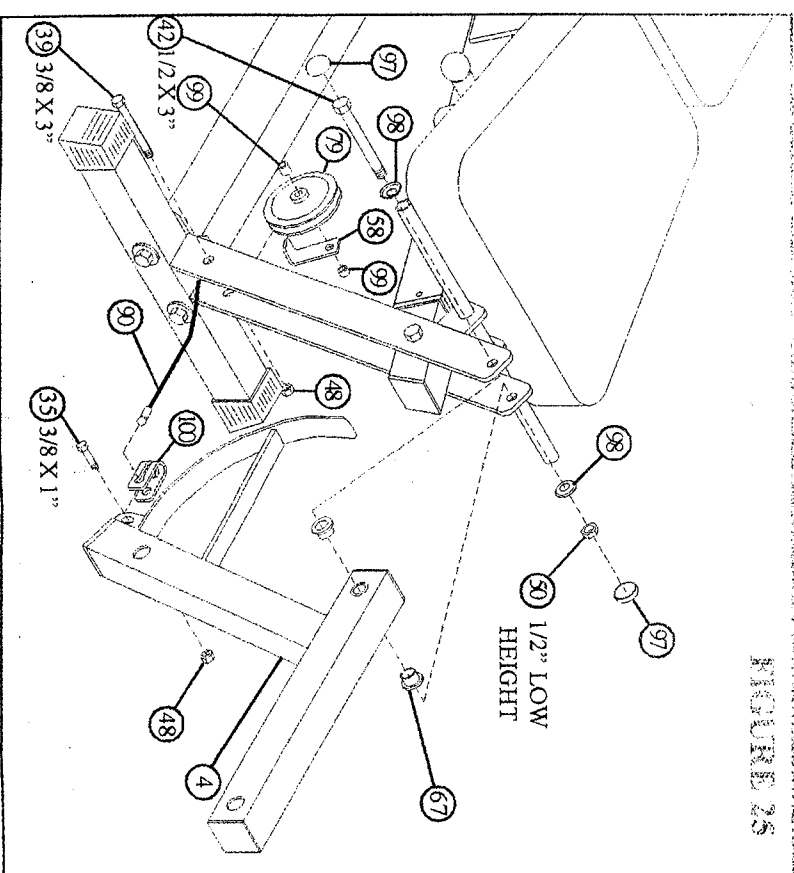
STEP 24

- Securely attach PULLEY (78) to the LEG PAD (26) using two 3/8 X 2-3/4" (38) and two 3/8" WASHERS (51).
- Securely attach LEG PAD (26) to the LEG CURL/EXTENSION (4) using two 3/8 X 1" (35) and two 3/8" WASHERS (51) as shown in FIGURE 24.

STEP 25

Assemble the LEG CURL/EXTENSION (4) using the following steps:

FIGURE 25



20

- Assemble one 1-1/2" PULLEY (78) to the LEG CURL/EXTENSION (4) using one 3/8 X 3" BOLT (35), two 3/8 X 1-1/2" SPACERS (99), one CABLE RETAINING CLIP (58) and one 3/8" LOCK NUT (48). (NOTE: Make sure LEG EXT. CABLE (90) is running under the PULLEY.)
- Insert two 1/2" FLANGE BEARINGS (67) into the LEG CURL/EXTENSION (4).
- Assemble the LEG CURL/EXTENSION (4) to the BENCH FRAME (15) using one 1/2 X 3" (42), two BOLT COVER CAPS (97), two BOLT COVER WASHERS (98) and one 1/2" LOW HEIGHT LOCKNUT (50). (NOTE: Securely tighten, then back nut off 1/4 turn to allow the LEG CURL/EXTENSION (4) to rotate freely.)
- Assemble the ball end of the LEG EXT. CABLE (90) to the KEYHOLE CLEVIS (100) as shown in FIGURE 25.
- SECURE the KEYHOLE CLEVIS (100) to the tab on the LEG CURL/EXTENSION (4) using one 3/8 X 1" BOLT (35) and one 3/8" LOCK NUT (48) as shown in FIGURE 25. (NOTE: Do not overtighten! Keyhole clevis should rotate freely.)

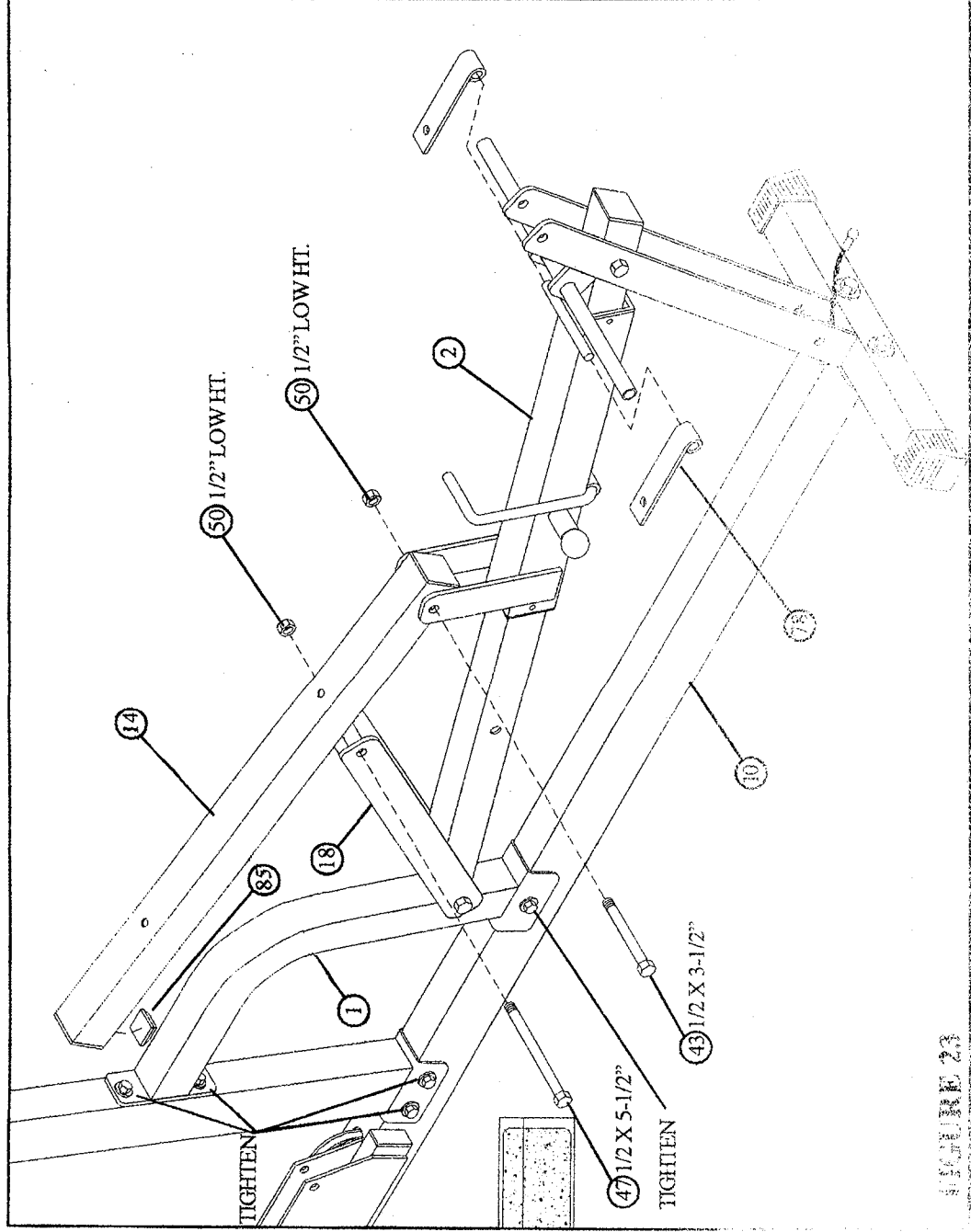


FIGURE 23

STEP 23

- Attach WOLFF SLEEVE (2) to the BACK PAD SUPPORT (14) using one 1/2 X 3-1/2" BOLT (43) and one 1/2" LOW HEIGHT LOCKNUT (50). (NOTE: Securely tighten, then back nut off 1/4 turn to allow the BACK PAD SUPPORT (14) to rotate freely.) See FIGURE 23.
- Attach both 2 X 16-1/2" PLATES (18) to the bushing on the BACK PAD SUPPORT (14) using one 1/2 X 5-1/2" BOLT (47) and one 1/2" LOW HEIGHT LOCKNUT (50). (NOTE: Securely tighten, then back nut off 1/4 turn to allow the 2 X 16-1/2" PLATES (18) to rotate freely.) See FIGURE 23.
- Slide one HINGE TAB (78) on each side of shaft on WOLFF SLEEVE (2). See FIGURE 23.
- Stick one 1-1/4" RUBBER BUMPER (85) on the BACK PAD SUPPORT (14) approximately 1/2" from the end of BACK PAD SUPPORT (14).

At this time, SECURELY tighten the FRAME SUPPORT (1) to the BASE (10) and the FRONT UPRIGHT (11).

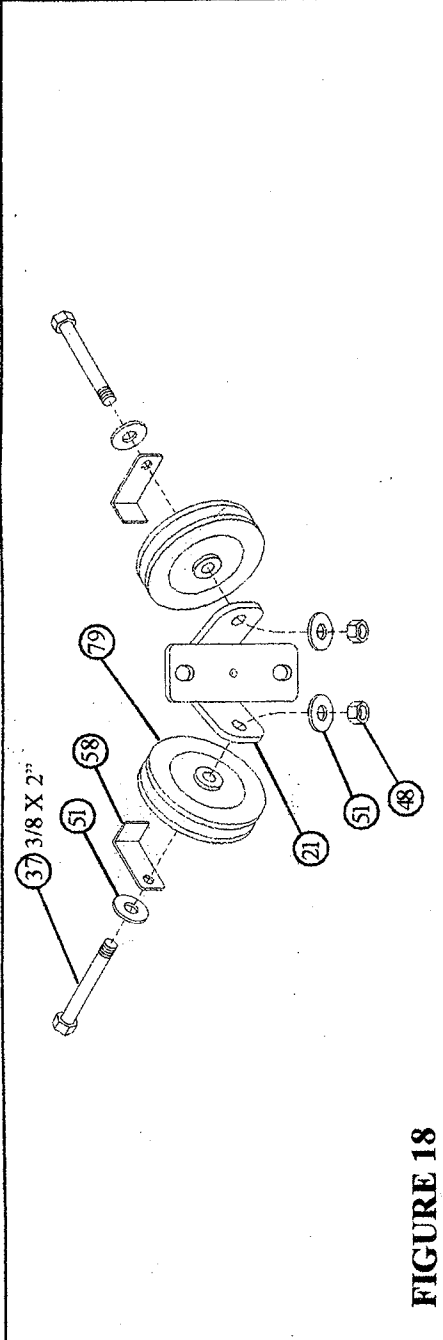
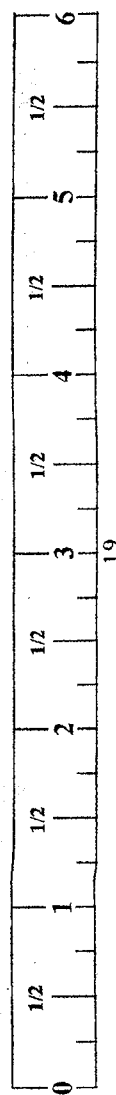


FIGURE 18

STEP 18

- Loosely assemble two 3-1/2" PULLEYS (79) and two 2-3/8" CABLE RETAINING CLIPS (58) to the CENTER PULLEY BRACKET (21) using two 3/8 X 2" BOLTS (37), four 3/8" WASHERS (51), and two 3/8" LOCKNUTS (48). See FIGURE 18. (NOTE: This connection will be tightened after the cable has been routed.)

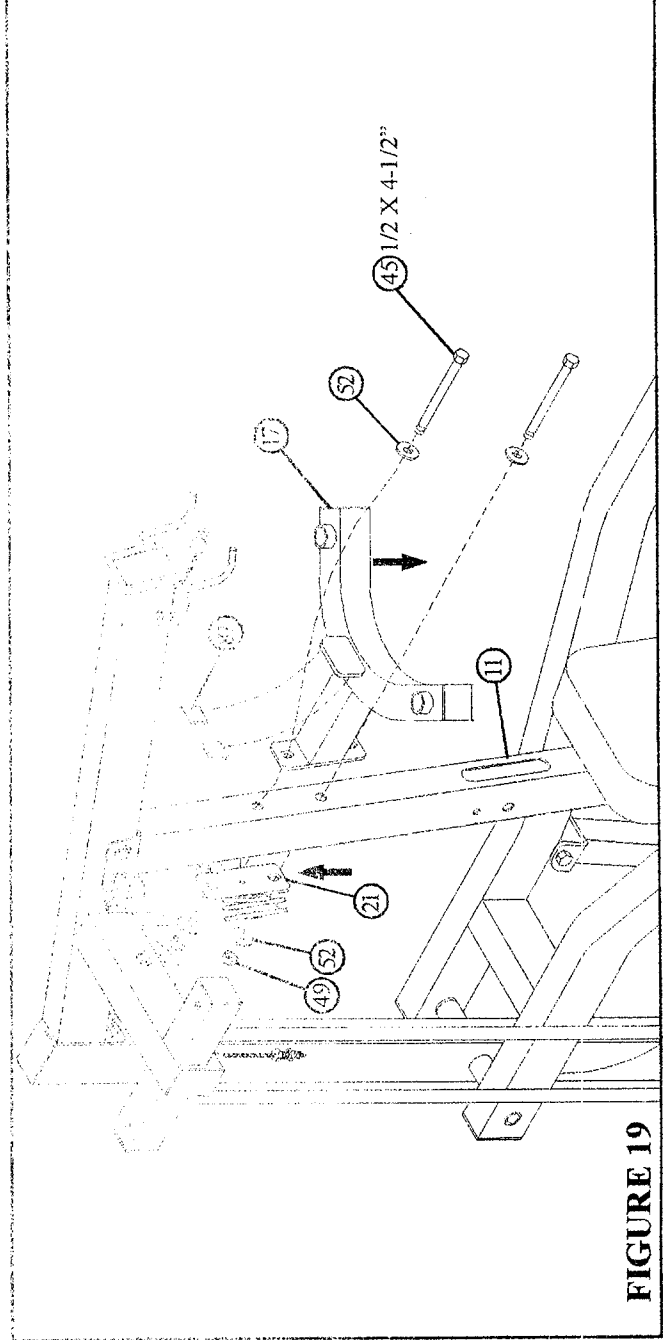


FIGURE 19

STEP 19

- Securely assemble the BEARING HOUSING (17) and the CENTER PULLEY BRACKET (21) to the FRONT UPRIGHT (11) as shown in FIGURE 19, using two 1/2 X 4-1/2" BOLTS (45), four 1/2" WASHERS (52), and two 1/2" LOCKNUTS (49). (NOTE: The connector plates on the BEARING HOUSING (17) and the CENTER PULLEY BRACKET (21) have slotted holes. Shift the BEARING HOUSING (17) down as far as possible and the CENTER PULLEY BRACKET (21) up as far as possible before tightening.)

- Attach two 1" X 1" GLIDES (87) to plate on the BEARING HOUSING (17) as shown.

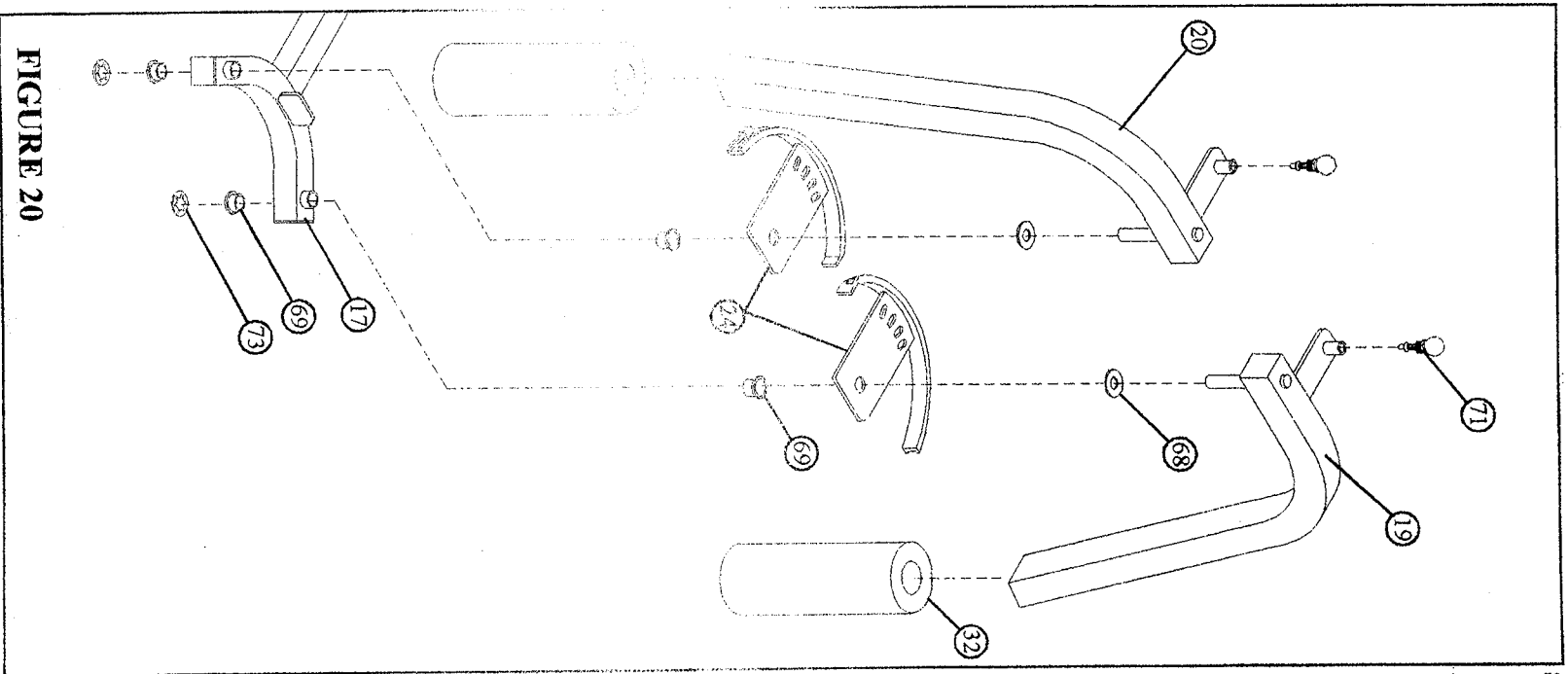


FIGURE 20

STEP 20

- Assemble two 3/4" THRUST WASHERS (68) and two PEC CAMS (24) to the LEFT (20) & RIGHT (19) PEC ARMS, as shown on FIGURE 20.
- Insert four 3/4" FLANGE BEARINGS (69) into the bushings of the BEARING HOUSING (17).
- Insert the LEFT (20) & RIGHT (19) PEC ARMS through the 3/4" FLANGE BEARINGS (69) in the BEARING HOUSING (17) on their respective side as shown, and secure them in place with two 3/4" STARLOCK COLLARS (73).

- Slide two PEC DEC ROLLER PADS (32) onto the LEFT (20) & RIGHT (19) PEC ARMS until the ROLLER PAD (32) is flush with the bottom of the pec arms.

(NOTE: If a lubricant is required coat the inside of the ROLLER PAD (32) with rubbing alcohol or water. Also, reverse the pad while pushing up will help ease assembly.)

- Securely assemble two 3/8" SPRING PIN ASSEMBLIES (71) to the spring pin barrels of the PEC ARMS (19 & 20).

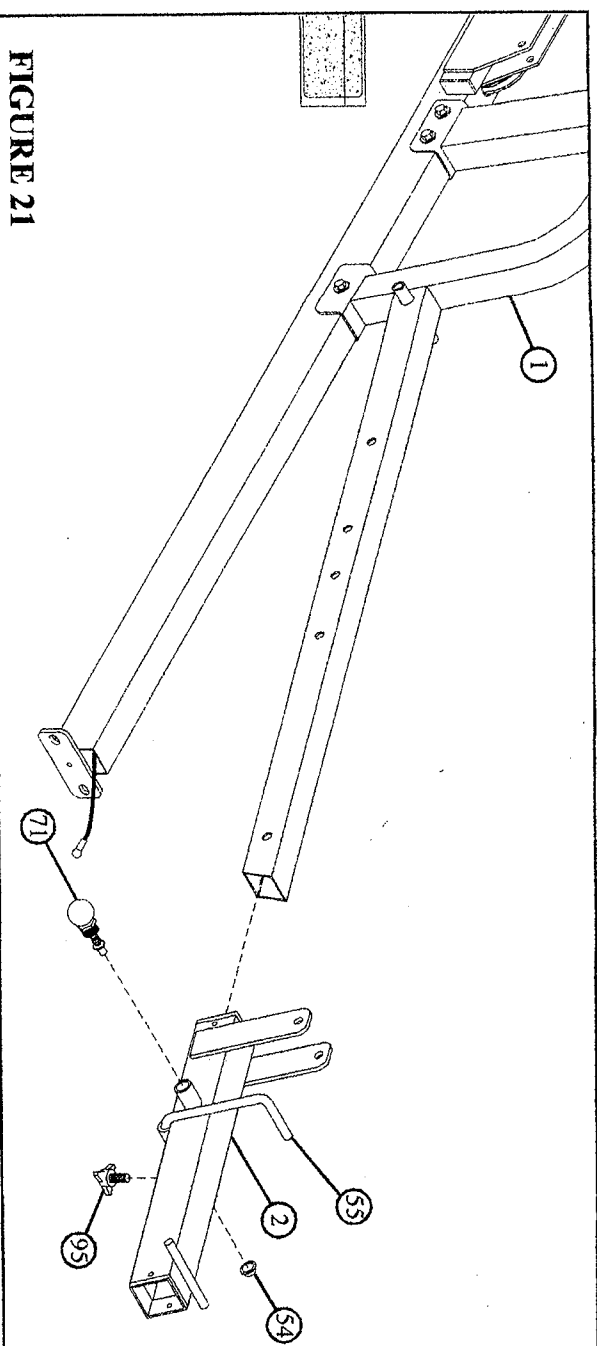
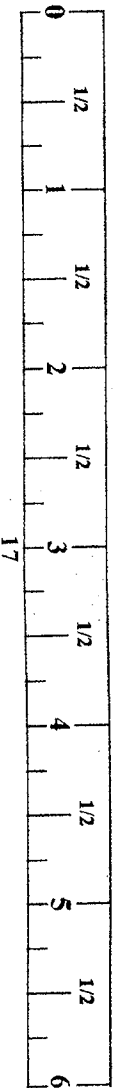


FIGURE 21

STEP 21

- Slide one 1/2" DIA U-PIN (55) through the bushing in the WOLFF SLEEVE (2) then force one 1/2" PAL NUT (54) over end of 1/2" DIA U-PIN (55).

- Slide the WOLFF SLEEVE (2) over the FRAME SUPPORT (1). (NOTE: Make sure the spring pin barrel is facing as shown in FIGURE 21.)

- Securely assemble one 3/8" SPRING PIN ASSEMBLY (71) and one THUMBSCREW (95) to the WOLFF SLEEVE (2).

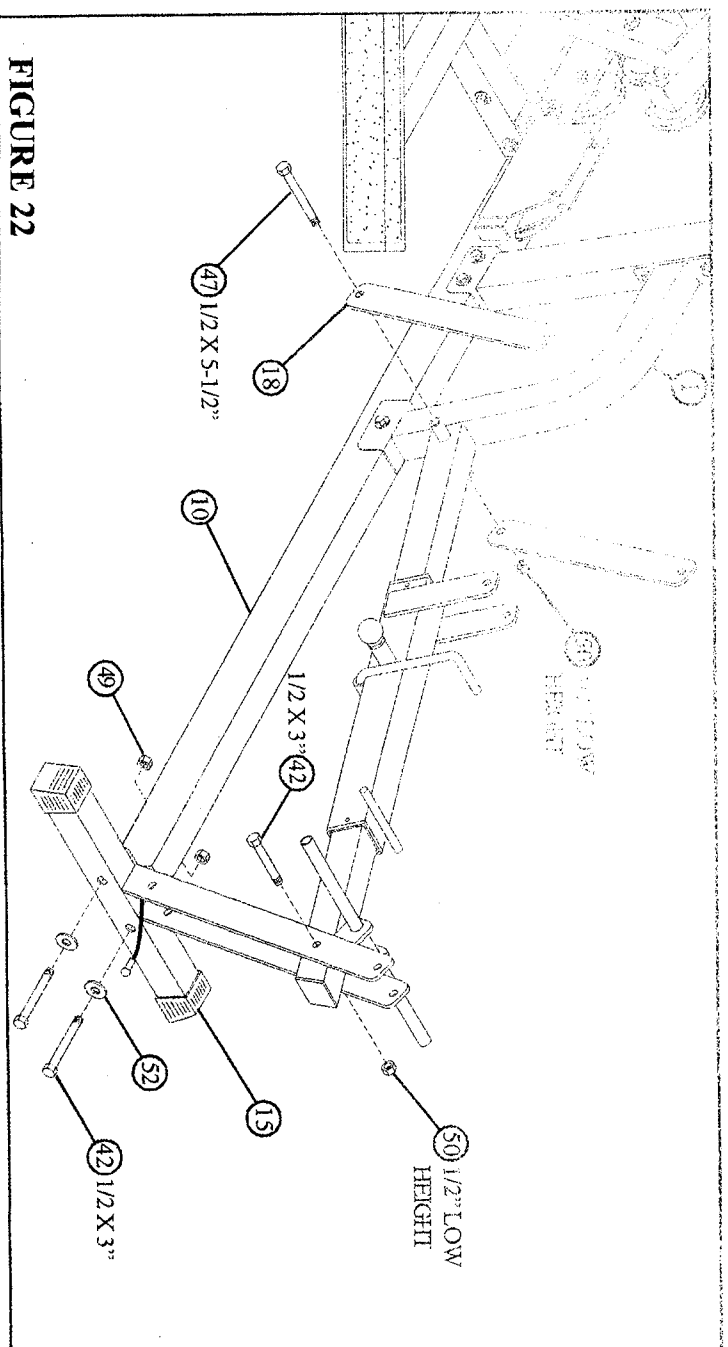


FIGURE 22

STEP 22

- Securely fasten the LEG SUPPORT (15) to the BASE (10) using two 1/2 X 3" BOLTS (42), two 1/2" WASHERS (52) and two 1/2" LOCKNUTS (49).

- Securely attach FRAME SUPPORT (1) to the LEG SUPPORT (15) using one 1/2" X 3" BOLT (42) and one 1/2" LOW HEIGHT LOCKNUT (50) as shown in FIGURE 22.

- Attach two 2 X 16-1/2" PLATES (18) to the FRAME SUPPORT (1) using one 1/2 X 5-1/2" BOLT (47), and one 1/2" LOW HEIGHT LOCKNUT (50) as shown on FIGURE 22. (NOTE: Securely tighten, then back nut off 1/4 turn to allow the 2 X 16-1/2" PLATES (18) to rotate freely.)