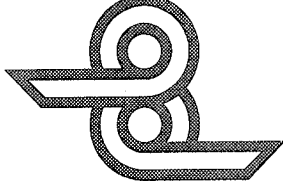


454 FREE STANDING PEC-DEC ASSEMBLY INSTRUCTIONS

20. Carefully insert two (2) FLANGE BEARINGS into the BUSHINGS of the BEARING HOUSING on the TOP BOOM, top and bottom sides on both ends (4 BEARINGS TOTAL) (CAUTION: DO NOT OVERTAP THESE BEARINGS INTO PLACE, THIS CAN CAUSE DEFORMATION TO BEARING, MAKING THEM UNUSABLE.)
21. Insert four (4) 2 IN. SQ. END CAPS into EACH END of the PEC-DEC ARMS.
22. Insert the LEFT and RIGHT PEC DEC ARMS through the FLANGE BEARINGS in the BEARING HOUSING of the TOP BOOM on their respective sides, and secure them in place with two (2) STAR LOCK COLLARS.
23. Slide the two (2) 4IN. DIA. X 12 IN. ROLLER PADS onto each PEC-DEC ARM. NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE GRIP IS THE BEST MATERIAL TO USE.
24. Remove the paper backing from two (2) CARRIAGE GUIDES and adhere them to the backside of the TOP BOOM CAM STOP, approximately where shown, in order give the PEC-DEC ARM CAMS full contact when the PEC DEC ARMS are back in their resting position.
25. LOOSELY assemble two (2) 3/8 DIA. x 1 IN LG. BUSHING PULLEYS and two (2) CABLE RETAINING CLIPS, to the PULLEY BRACKET FLATS on the TOP BOOM using two (2) 3/8 x 1-3/4 BOLTS, two (2) 3/8 LOCK WASHERS and two (2) 3/8 NUTS. Connection will be tightened after the CABLE has been routed.
26. SECURELY attach one end of the PRIMARY CABLE to the CAM HOLE on the LEFT PEC-DEC ARM using one (1) 5/16 X 1 BOLT, two (2) 5/16 WASHERS, one (1) 5/16 LOCK WASHER and one (1) 5/16 NUT. (SEE DETAIL B)
27. Route PRIMARY CABLE over the LEFT SIDE PULLEY on the PULLEY BRACKET FLAT of the TOP BOOM. NOTE: POSITION THE CABLE RETAINING CLIPS ON THE PULLEY BRACKET FLATS AT A 45° ANGLE (APPROXIMATELY), AFTER PRIMARY CABLE HAS BEEN ROUTED. THEN TIGHTEN SECURELY. (SEE DETAIL B)
28. Pull CABLE down, and around under the PULLEY on the PEC-DEC CARRIAGE. (SEE DETAIL D)
29. Pull CABLE up, and over the RIGHT SIDE PULLEY on the PULLEY BRACKET FLAT of the TOP BOOM (SEE NOTE: FROM STEP 26)
30. SECURELY attach the CABLE END to the CAM HOLE on the RIGHT PEC-DEC ARM using one (1) 5/16 x 1 BOLT, two (2) 5/16 WASHERS, one (1) 5/16 LOCK WASHER and one (1) 5/16 NUT. (SEE DETAIL B)

PARABODY INC.



FREE STANDING PEC DEC 454

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

- 9/16 INCH SOCKET
- 1/2 INCH SOCKET
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

REVISION: B

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

454 FREE STANDING PEC-DEC ASSEMBLY INSTRUCTIONS

IMPORTANT:

- THE BODYSMITH FREE STANDING PEC DEC MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

*** IMPORTANT ***

KEEP ALL LOOSE FRAME CONNECTIONS

LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN

1. Insert four (4) 1 1/2 IN X 2 1/2 IN X 11 GA. END CAPS into the ends of the PEC-DEC BASE.
2. Insert one (1) 2 IN SQ END CAP into the end of the CARRIAGE STOP on the REAR UPRIGHT SUPPORT.
3. Insert one (1) 2 IN SQ END CAP into the end of the REAR UPRIGHT SUPPORT.
4. LOOSELY assemble the REAR UPRIGHT SUPPORT to the PEC-DEC BASE, using two (2) 3/8 x 3 BOLTS, four (4) 3/8 WASHERS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 NUTS.
5. Attach EIGHT (8) CARRIAGE GUIDES to the PEC-DEC CARRIAGE as shown in (DETAIL A) using the following steps:
 - A. Thoroughly clean all inside surfaces where the CARRIAGE GUIDES are to be attached.
 - B. Remove the paper backing from the CARRIAGE GUIDES and firmly apply them to all of the shown surfaces (8 places).
6. Remove the paper backing from the 1 1/4 IN SQ RUBBER BUMPER-ON, and attach it to the bottom of CARRIAGE STOP on the PEC-DEC CARRIAGE.
7. Securely assemble one (1) 3/8 DIA. x 1 IN. LG BUSHING PULLEY to the PULLEY MOUNT on the PEC-DEC CARRIAGE, using one (1) 3/8 x 1 3/4 BOLT, one (1) 3/8 LOCK WASHER, and one (1) 3/8 NUT. (SEE DETAIL D)

454 FREE STANDING PEC-DEC ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE	1
2.	REAR UPRIGHT SUPPORT	1
3.	FRONT UPRIGHT SUPPORT	1
4.	PEC-DEC ADJUSTABLE SEAT FRAME	1
5.	PEC-DEC CARRIAGE	1
6.	TOP BOOM	1
7.	PEC-DEC ARM RIGHT	1
8-	PEC-DEC ARM LEFT	1
9.	PEC-DEC SEAT PAD	1
10.	PEC-DEC BACK PAD	1
11.	4 X 12 FOAM ROLLERS	2
12.	PRIMARY CABLE ASSEMBLY	1

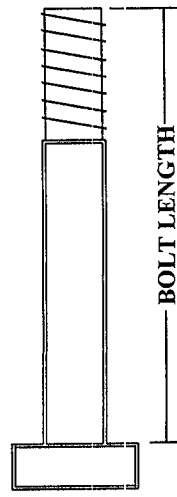
454 FREE STANDING PEC-DEC ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

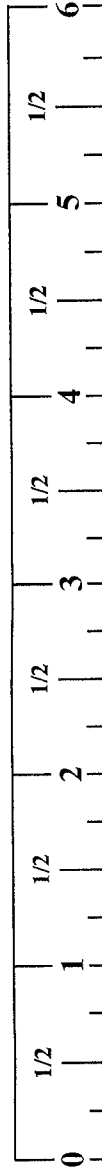
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 LG BOLT	9
2.	3/8 X 2 3/4 LG BOLT	2
3.	3/8 X 1 3/4 LG BOLT	3
4.	5/16 X 3/4 LG BOLT	2
5.	3/8 WASHER	18
6.	3/8 LOCK WASHER	14
7.	5/16 WASHER	4
8.	5/16 LOCK WASHER	2
9.	3/8 NUT	10
10.	5/16 NUT	2
11.	2 IN SQ END CAP	8
12.	1 1/2 IN SQ X 11 GA END CAP	1
13.	1 3/4 IN SQ END CAP	1
14.	1 1/2 IN X 2 1/2 IN X 11 GA END CAP	4
15.	CARRIAGE GUIDES	10
16.	3/4 IN I.D. FLANGE BEARING	4
17.	1 1/4 IN SQ RUBBER BUMP ON	1
18.	4 1/2 IN DIA PULLEY	3
19.	CABLE RETAINING "L" CLIP	2
20.	STAR LOCK COLLAR	2
21.	KNOB	1
22.	PLUNGER	1
23.	SPRING	1
24.	SPACER	1
25.	COTTER PIN	1
26.	PARAGLIDE STRIPS	8

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

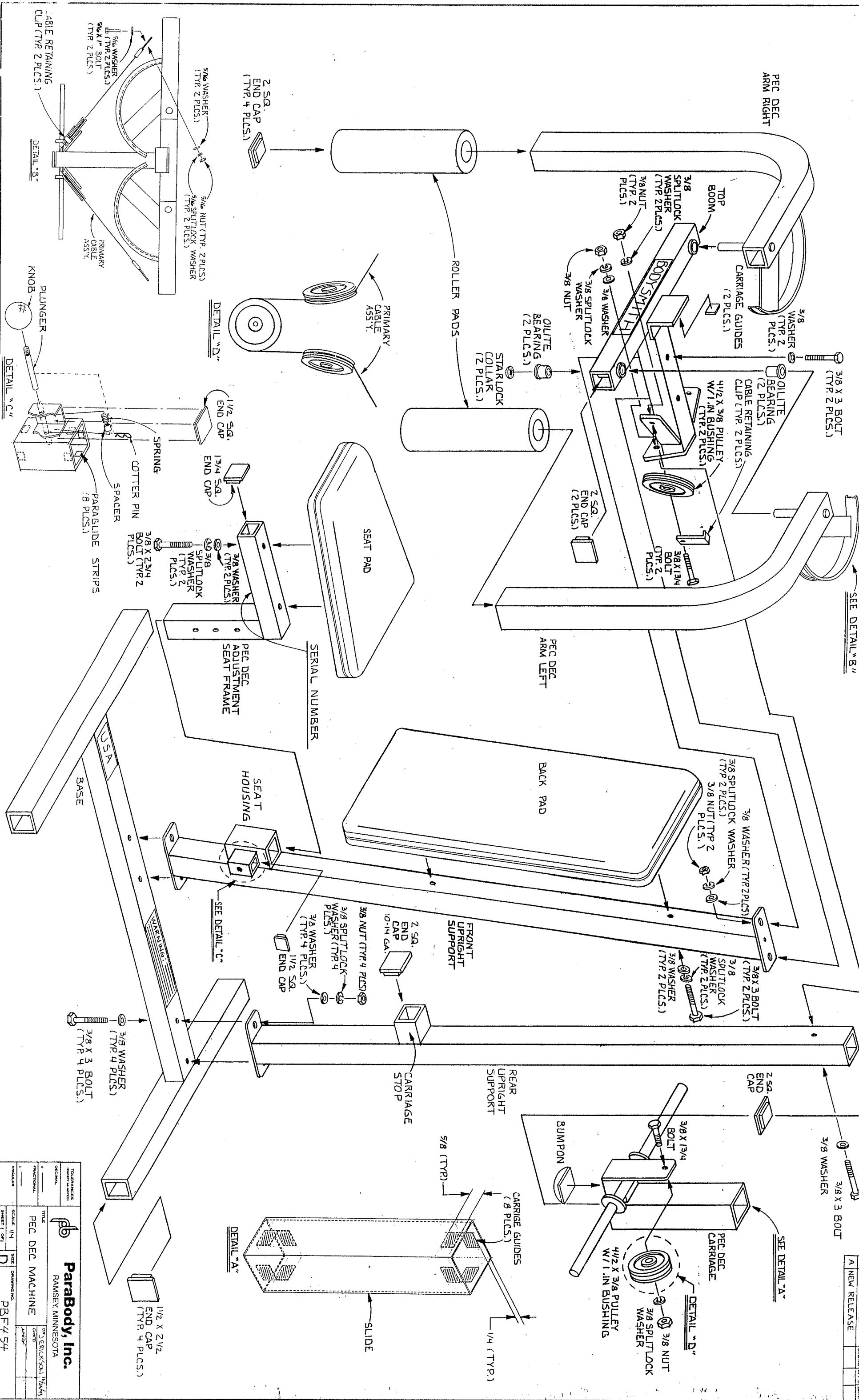


BOLT LENGTH RULER:



454 FREE STANDING PEC-DEC ASSEMBLY INSTRUCTIONS

8. Carefully slide PEC-DEC CARRIAGE over and down to the CARRIAGE STOP on the REAR UPRIGHT SUPPORT.
9. LOOSELY assemble the FRONT UPRIGHT SUPPORT to the PEC-DEC BASE, using two (2) 3/8 x 3 BOLTS, four (4) 3/8 WASHERS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 NUTS.
10. Insert two (2) 2 IN. SQ END CAPS into each end of the BEARING HOUSING on the TOP BOOM.
11. LOOSELY assemble the TOP BOOM to the unit at the following two connection points:
 - TOP BOOM to the FRONT UPRIGHT SUPPORT using two (2) 3/8 x 3 BOLTS, four (4) 3/8 WASHERS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 NUTS.
 - REAR UPRIGHT SUPPORT to the TOP BOOM, using one (1) 3/8 x 3 BOLT, two (2) 3/8 WASHERS, one (1) 3/8 LOCK WASHER and one (1) 3/8 NUT.
12. SECURELY tighten all loose BOLT CONNECTION made to this point.
13. Attach eight (8) PARAGLIDE STRIPS to the SEAT HOUSING on the FRONT UPRIGHT SUPPORT as shown in (DETAIL C) 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 of the shown surfaces (8 places).
14. ASSEMBLE the SPRING PIN ASSEMBLY on the SEAT HOUSING on the FRONT UPRIGHT SUPPORT, using: one (1) KNOB, one (1) PLUNGER, one (1) SPRING, one (1) SPACER, and one (1) COTTER PIN. (SEE DETAIL C)
15. Insert the 1-1/2 IN. SQ. x 12 GA. END CAP into the top end of the SPRING PIN ASSEMBLY HOUSING on the SEAT HOUSING of the FRONT UPRIGHT SUPPORT (SEE DETAIL C)
16. Insert the 1-3/4 IN. SQ. END CAP into the front end of the SEAT FRAME.
17. SECURELY assemble the SEAT PAD to the SEAT FRAME, using two (2) 3/8 x 2-3/4 BOLTS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 WASHERS.
18. Disengage the SPRING PIN ASSEMBLY on the SEAT HOUSING of the FRONT UPRIGHT SUPPORT, and insert the SEAT PAD ASSEMBLY into the SEAT HOUSING. Release the SPRING PIN and push the SEAT PAD ASSEMBLY down until the SPRING PIN PLUNGER engages with the desired hole.
19. SECURELY assemble the BACK PAD, to the FRONT UPRIGHT SUPPORT using two (2) 3/8 x 3 BOLTS, two (2) 3/8 LOCK WASHERS and two (2) 3/8 WASHERS.



Parady, Inc.
 RAMSEY, MINNESOTA
 TITLE: PEC DEC MACHINE
 SCALE: 1/4"
 SHEET: 1 OF 1
 DRAWING NO.: PBF4454