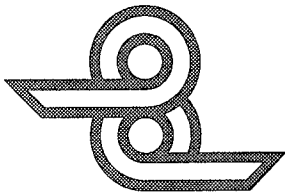


474 FLAT/INCLINE/DECLINE BENCH ASSEMBLY INSTRUCTIONS

7. Assemble the SPRING PIN ASSEMBLY to the SPRING PIN HOUSING on the HEIGHT ADJUSTMENT 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 the SPACER on the PLUNGER and insert the COTTER PIN through the hole.
 - F. SEE (DETAIL B) ON DRAWING.
8. Insert two (2) 1-1/2 IN. SQ. END CAPS into both ends of the SPRING PIN HOUSING on the HEIGHT ADJUSTMENT SLIDE.
9. Pull back the SPRING PIN on the HEIGHT ADJUSTMENT SLIDE and slide it over the end of the BENCH FRAME, as shown on drawing. Engage the SPRING PIN into the second adjustment hole. (MAKE SURE THAT THE BRACKET OF THE HEIGHT ADJUSTMENT SLIDE IS FACING UP)
10. Insert two (2) 2 IN. SQ. END CAPS into each end of the REAR BASE LEG.
11. SECURELY assemble the REAR BASE LEG to the BENCH FRAME as shown on drawing, using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT. (TO REMOVE AS MUCH PLAY AS POSSIBLE, TIGHTEN CONNECTION SO THAT THE TUBE CRUSHES AROUND THE POST OF THE REAR BASE LEG)
12. Attach one (1) 3/8 IN. THUMBSCREW to the FRONT UPRIGHT of the BENCH FRAME as shown on drawing.
13. Assemble the HEIGHT ADJUSTMENT ARM to the BRACKETS of the HEIGHT ADJUSTMENT SLIDE and of the BACK PAD SUPPORT, as shown on drawing using two (2) 1/2 X 4 IN. BOLTS, and two (2) 1/2 IN. LOCK NUTS. (TIGHTEN NUTS SECURELY, THEN BACK OFF 1/4 TURN)
14. SECURELY assemble the BACK PAD to the BACK PAD SUPPORT, using three (3) 3/8 X 1-1/4 IN. BOLTS, three (3) 3/8 IN. LOCK WASHERS, and three (3) 3/8 IN. WASHERS.
15. Assemble the SEAT ADJUSTMENT PIN to the SEAT PAD SUPPORT as shown in (DETAIL C), using one 1/2 IN. PAL NUT.
16. Slide one (1) 4 IN. VINYL CAP over the end of the SEAT ADJUSTMENT PIN, as shown in (DETAIL C).
17. SECURELY assemble the SEAT PAD to the SEAT PAD SUPPORT, using three (3) 3/8 X 1-1/4 IN. BOLTS, three (3) 3/8 IN. LOCK WASHERS, and three (3) 3/8 IN. WASHERS.
18. Assemble two (2) ROLLER PADS, and one ROLLER PAD SHAFT to the BUSHING of the SEAT PAD SUPPORT as shown on drawing, and Secure in place with two (2) STAR LOCK COLLARS.
19. To adjust the BACK PAD, pull back the SPRING PIN on the HEIGHT ADJUSTMENT SLIDE, and move the BACK PAD up or down. When desired angle is reached, release the SPRING PIN and allow it to fall into the adjustment hole on the BENCH FRAME.
20. To adjust the SEAT PAD, pull up on the ROLLER PADS, and allow the SEAT ADJUSTMENT PIN to drop behind the first PIN STOP. Lift even higher to reach the second PIN STOP. To adjust the SEAT PAD down, lift the SEAT PAD up , and swing the SEAT ADJUSTMENT PIN forward, and set the SEAT PAD down.

PARABODY INC.



FLAT/INCLINE/DECLINE BENCH

474

PRODUCT ASSEMBLY
INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

- 9/16 INCH WRENCH or SOCKET
- 3/4 INCH WRENCH or SOCKET
- ADJUSTABLE WRENCH
- RUBBER Mallet or HAMMER

REVISION: E

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

474 FLAT/INCLINE/DECLINE BENCH ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

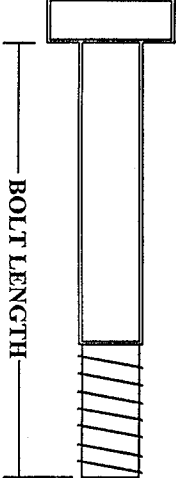
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 4 IN. BOLT	2
2.	3/8 X 2-3/4 IN. BOLT	2
3.	3/8 X 1-1/4 IN. BOLT	6
4.	3/8 IN. WASHER	10
5.	3/8 IN. LOCK WASHER	6
6.	1/2 IN. LOCK NUT	2
7.	3/8 IN. LOCK NUT	2
8.	3/8 IN. L-PIN	1
9.	PLUNGER	1
10.	SPRING	1
11.	SPACER	1
12.	COTTER PIN	1
13.	STAR LOCK COLLAR	4
14.	1/2 IN. PAL NUT	1
15.	3/8 IN. THUMBSCREW	1
16.	2 IN. SQ. END CAP	4
17.	1-1/2 IN. SQ. END CAP	2
18.	KNOB	1
19.	CARRIAGE GUIDES	16
20.	4 IN. VINYL CAP	1

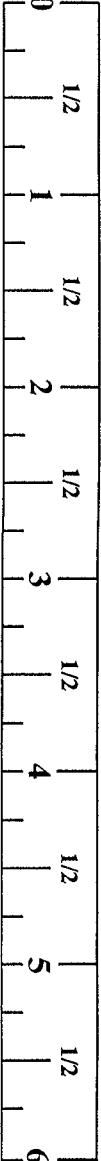
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	HEIGHT ADJUSTMENT ARM	1
2.	BENCH FRAME	1
3.	FRONT BASE LEG	1
4.	REAR BASE LEG	1
5.	LEG HOLD DOWN	1
6.	HEIGHT ADJUSTMENT SLIDE	1
7.	ROLLER PAD SHAFT	1
8.	SEAT ADJUSTMENT PIN	1
9.	SEAT PAD	1
10.	BACK PAD	1
11.	ROLLER PAD	4

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



BOLT LENGTH RULER:



474 FLAT/INCLINE/DECLINE BENCH ASSEMBLY INSTRUCTIONS

IMPORTANT:

- THE BODYSMITH FLAT/INCLINE/DECLINE BENCH MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

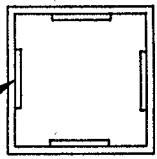
*** IMPORTANT ***

KEEP ALL FRAME CONNECTIONS
LOOSE UNTIL INSTRUCTED IN THE
ASSEMBLY STEP SEQUENCES TO
SECURELY TIGHTEN

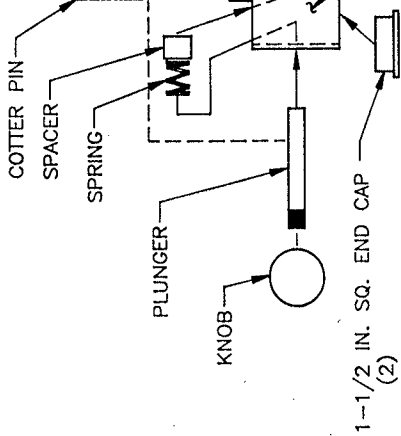
- Insert two (2) 2 IN. SQ. END CAPS into each end of the FRONT BASE LEG.
- Attach eight (8) CARRIAGE GUIDES to the LEG HOLD DOWN as shown in (DETAIL A), using the following steps:
 - Thoroughly clean all inside surfaces where the CARRIAGE GUIDES are to be attached.
 - Remove paper backing from the CARRIAGE GUIDES and firmly apply them to all shown surfaces (8 places)
- Slide two (2) ROLLER PADS onto the bar of the LEG HOLD DOWN as shown on drawing, and SECURE in place with two (2) STAR LOCK COLLARS.
- Slide the LEG HOLD DOWN onto the FRONT UPRIGHT of the BENCH FRAME as shown on drawing, to any of three (3) ADJUSTMENT HOLES on the BENCH FRAME, and hold in place with one (1) L-PIN. (MAKE SURE THAT THE ROLLER PADS ARE FACING UP)
- SECURELY assemble the FRONT BASE LEG to the BENCH FRAME as shown on drawing, using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS and one (1) 3/8 IN. LOCK NUT. (TO REMOVE AS MUCH PLAY AS POSSIBLE TIGHTEN CONNECTION SO THAT THE TUBE CRUSHES AROUND THE POST OF THE FRONT BASE LEG).
- Attach eight (8) CARRIAGE GUIDES to the HEIGHT ADJUSTMENT SLIDE as shown in (DETAIL A), using the following steps:
 - Thoroughly clean all inside surfaces where the CARRIAGE GUIDES are to be attached.
 - Remove paper backing from the CARRIAGE GUIDES and firmly apply them to all shown surfaces (8 places)

REV	DESCRIPTION	CHG NO	APPRO	DATE
D	ADD THUMSCREW	2207	PR	11/93
E	CHG. REAR BASE LEG AND BACK PAD SUPP.	2214	M+J	11/93

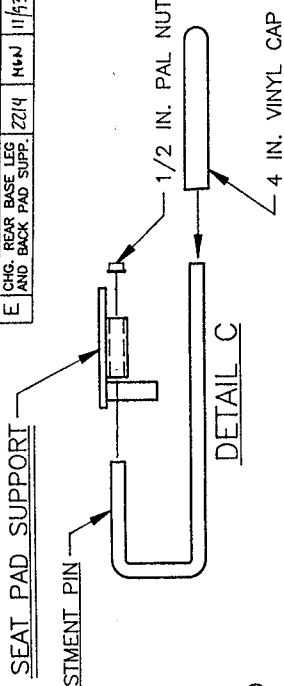
CARRIAGE GUIDES (4) BOTH ENDS



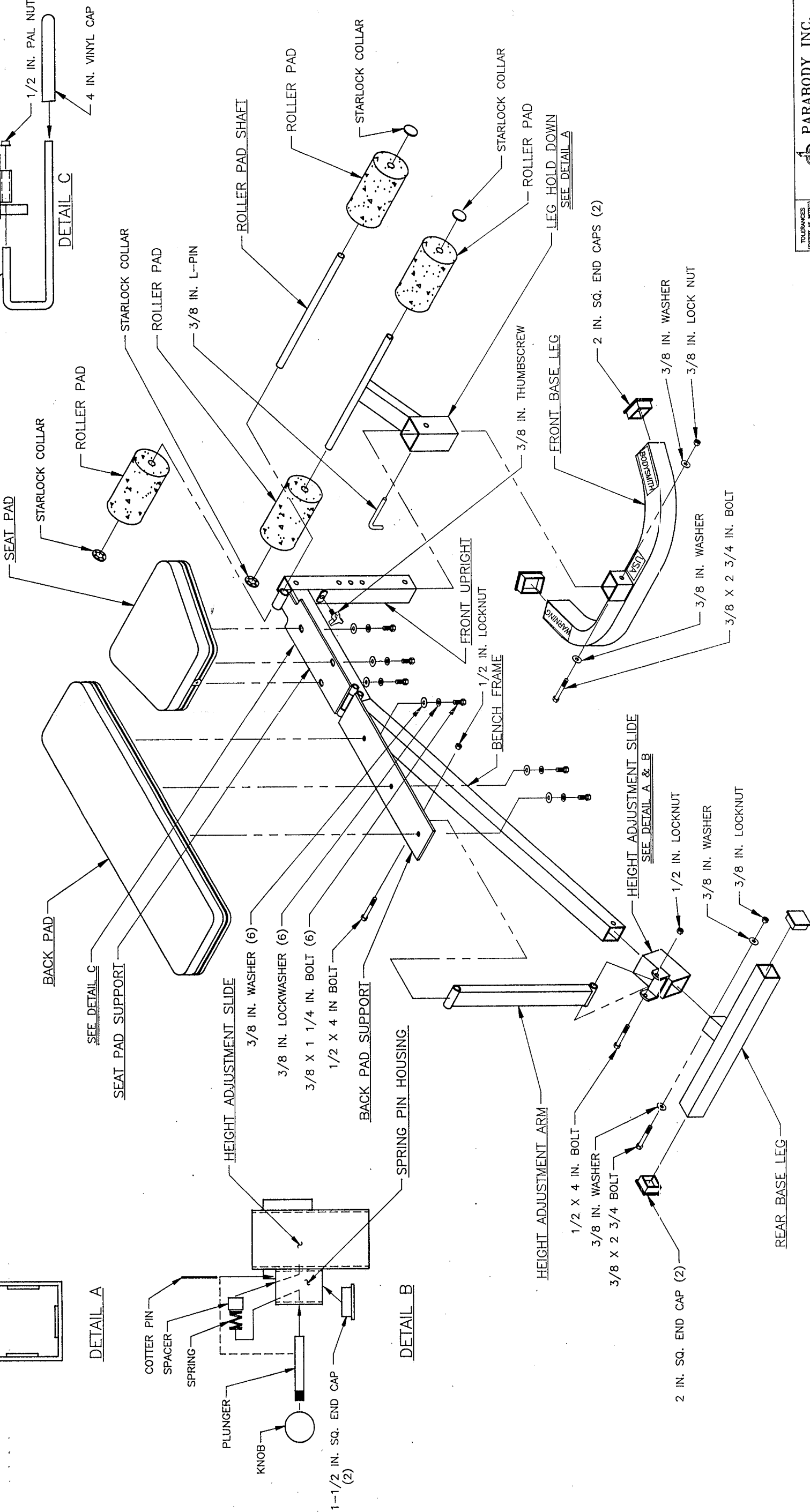
DETAIL A



DETAIL B



DETAIL C



TOLERANCES (EXCEPT AS NOTED)		TITLE		F.I.D. BENCH 474	
DECIMAL	~	FRACTIONAL	~	SCALE	1/6
ANGULAR	~	SHEET	1 OF 1	SIZE	D
DATE	JUNE 7/93	DMT	6/93	DRW'G	63992
PARABODY INC. RAMSEY, MINNESOTA					