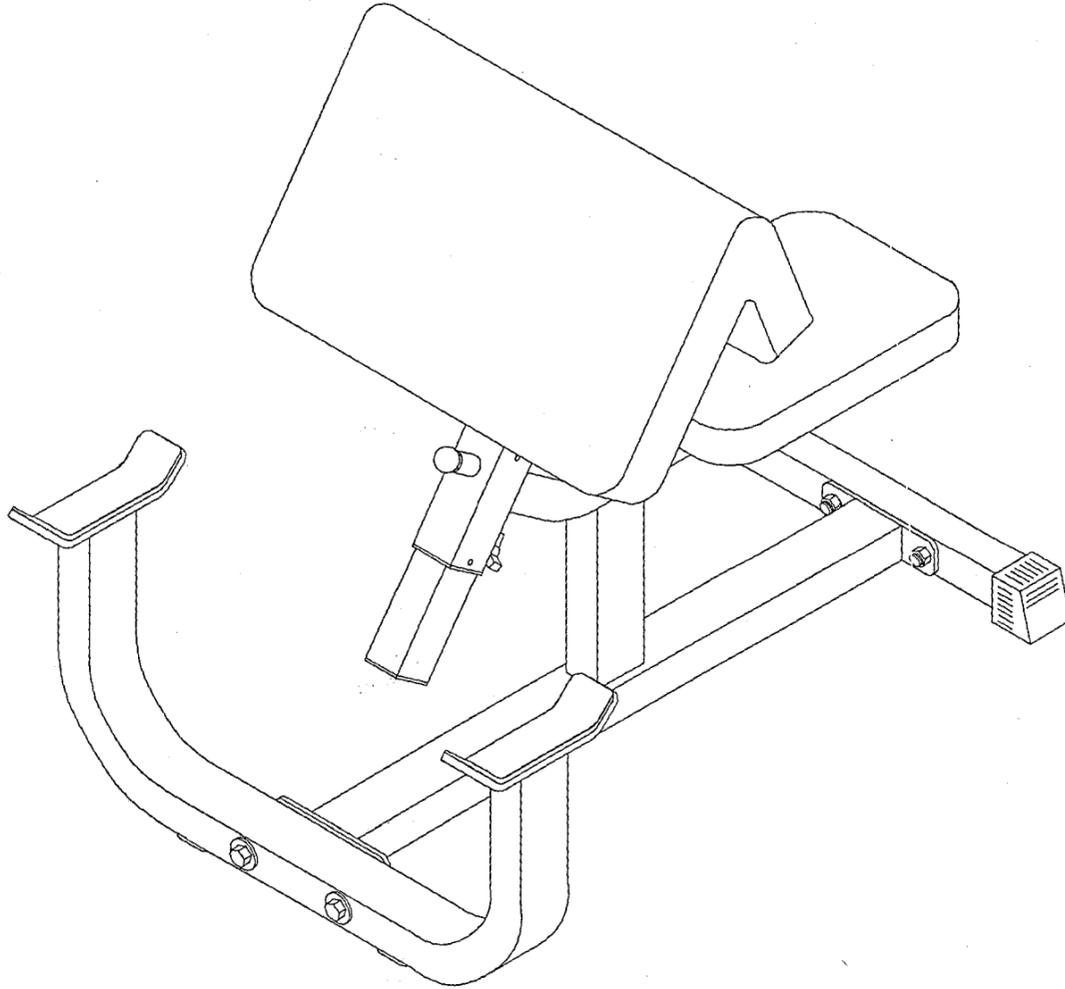


**PARABODY**

*Serious Steel*

**808106 ARM CURL BENCH**

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**ASSEMBLY INSTRUCTIONS**

## IMPORTANT NOTES

WELCOME TO THE WORLD OF  *Serious Steel!*

### Please note:

- \* Thank you for purchasing the Parabody 808106 ARM CURL BENCH. 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.
- \* 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.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

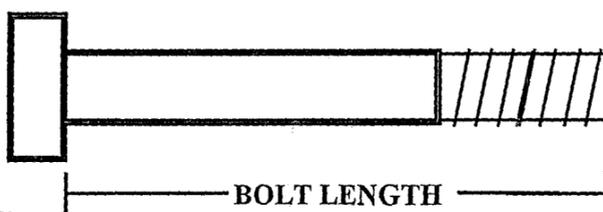
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult a physician before beginning any exercise program.

### Tools Required for Assembly

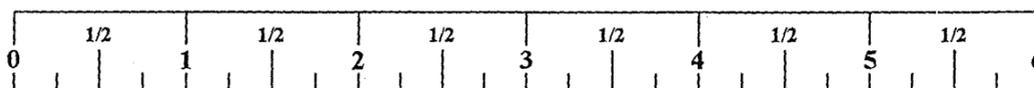
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* 5/16" Allen wrench

### Bolt Length Ruler

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



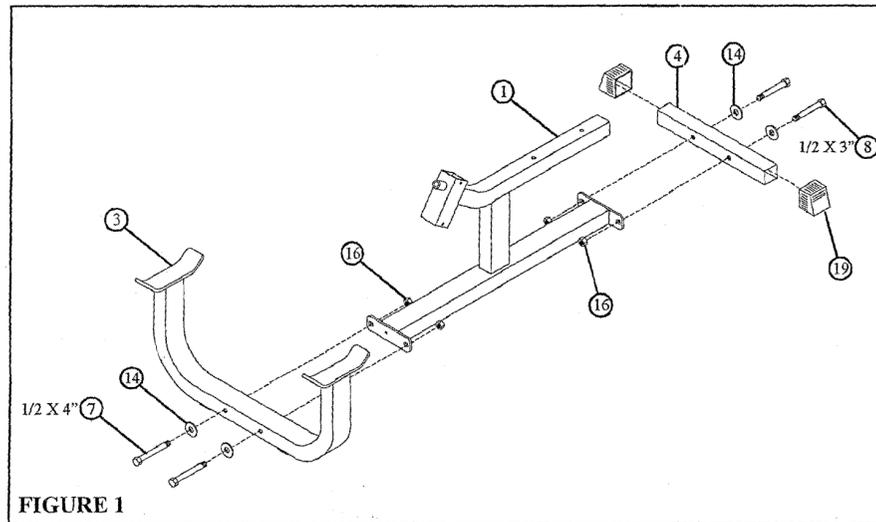
**BOLT LENGTH RULER:**



## PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6762103	BENCH FRAME	1
2	6762302	ARM PAD SUPPORT	1
3	6761501	BAR SUPPORT	1
4	6584203	2" SQ. X 18" TUBE	1
5	6762601	ARM PAD	1
6	6597401	SEAT PAD	1
7	3102917	1/2 X 4" BOLT	2
8	3102910	1/2 X 3" BOLT	2
9	3102922	3/8 X 2-3/4" BOLT	2
10	3102909	3/8 X 1" BOLT	4
11	6412001	3/8" SPRING PIN	1

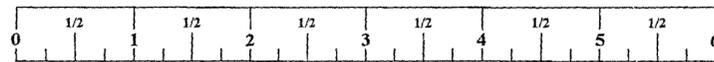
KEY	PART #	DESCRIPTION	QTY
12	3202401	3/8 X 1" BTN HD CAP SCREW	1
13	6590901	2" SQ INSERT GUIDE	2
14	3102502	1/2" WASHER	4
15	3102501	3/8" WASHER	6
16	3102801	1/2" LOCK NUT	4
17	3102701	3/8" NUT	1
18	6145801	THUMBSCREW	1
19	6462001	2" SQ COVER CAP	2
20	6405201	2" SQ END CAP	2
21	6738301	RUBBER STRIP	2



**FIGURE 1**

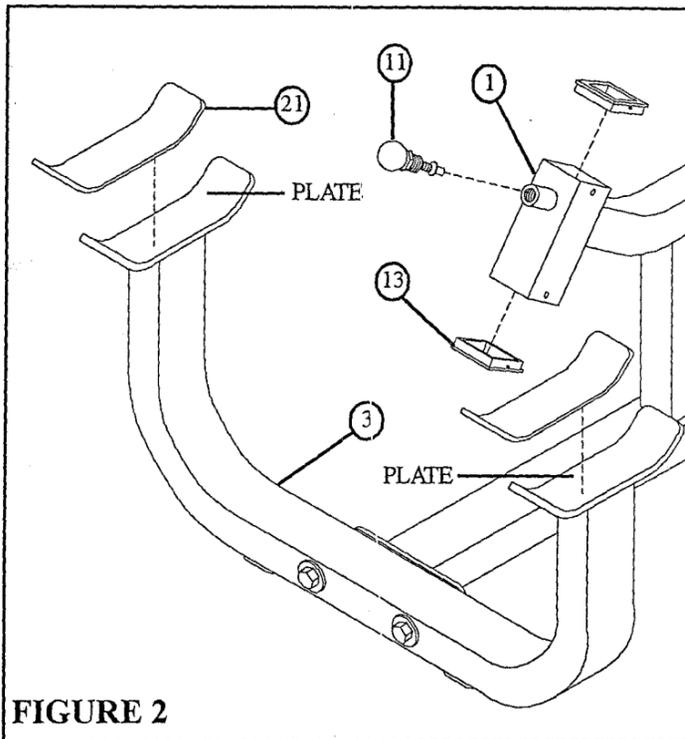
**STEP 1:**

- Slide two 2" SQ COVER CAPS (19) over the ends of the 2 SQ X 18" TUBE (4). See FIGURE 1.
- **SECURELY** assemble the 2" SQ X 18" TUBE (4) to the BENCH FRAME (1) using two 1/2 X 3" BOLTS (8), two 1/2" WASHERS (14), and two 1/2" LOCK NUTS (16) as shown in FIGURE 1.
- **SECURELY** assemble the BAR SUPPORT (3) to the BENCH FRAME (1) using two 1/2 X 4" BOLTS (7), two 1/2" WASHERS (14), and two 1/2" LOCK NUTS (16) as shown in FIGURE 1.



**STEP 2:**

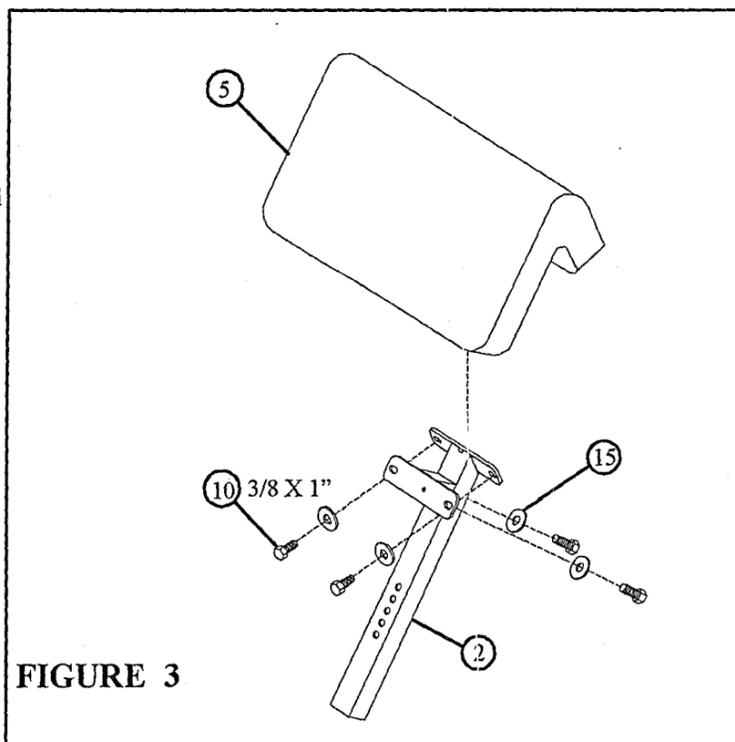
- Clean the surfaces of the PLATES on the BAR SUPPORT (3) with rubbing alcohol and allow to dry.
- Remove backing from the two RUBBER STRIPS (21) and attach them to the PLATES of the BAR SUPPORT (3) as shown in FIGURE 2.
- Assemble the 3/8" SPRING PIN (11) into the SPRING PIN BARREL on the BENCH FRAME (1) and tighten nut securely. See FIGURE 2.
- Snap two 2" SQ INSERT GUIDES (13) into the ends of the BENCH FRAME (1) as shown in FIGURE 2.



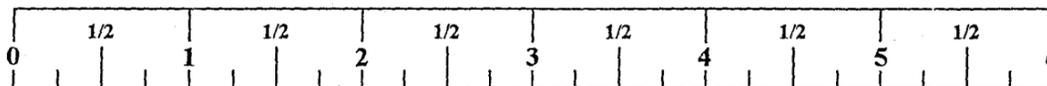
**FIGURE 2**

**STEP 3:**

- **SECURELY** assemble the ARMPAD (5) to the ARM PAD SUPPORT (2) using four 3/8 X 1" BOLTS (10) and four 3/8" WASHERS (15) as shown in FIGURE 3.

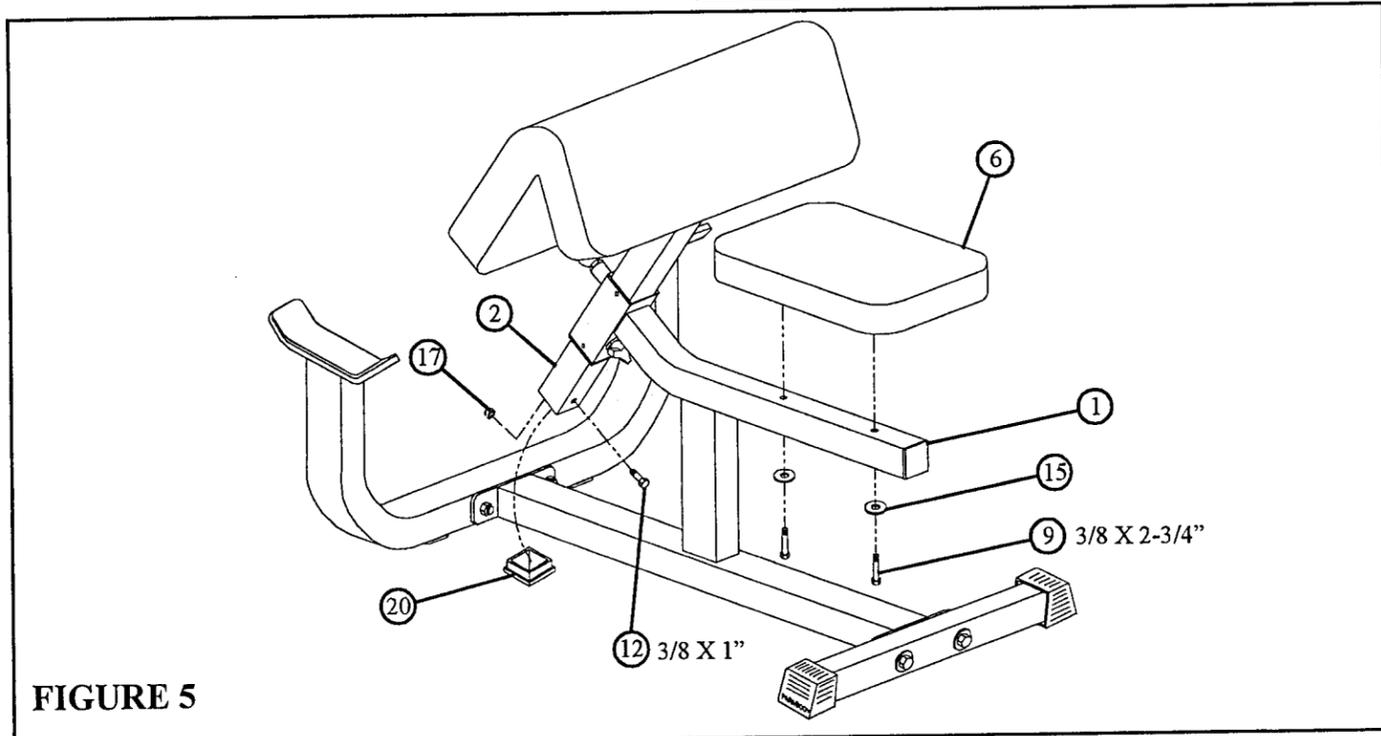
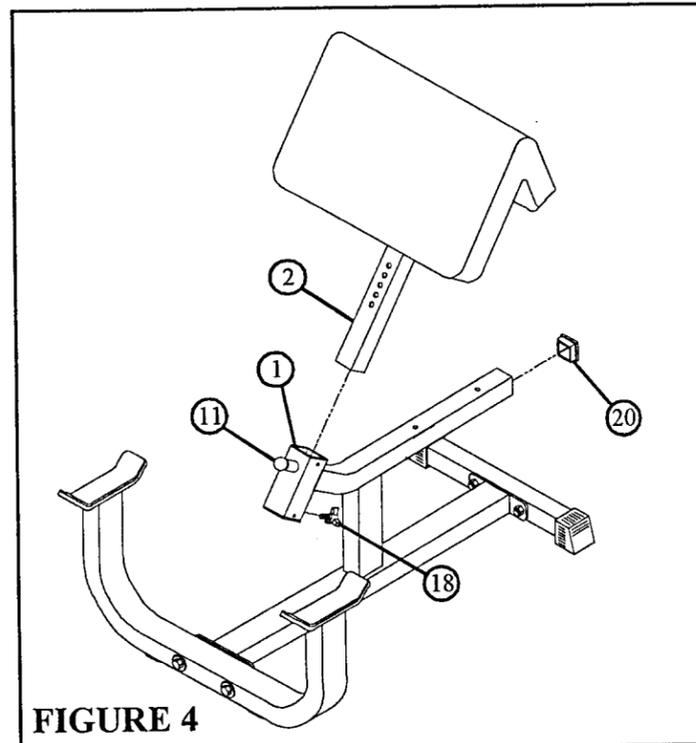


**FIGURE 3**



**STEP 4:**

- Pull back on the 3/8" SPRING PIN (11) and insert the ARM PAD SUPPORT (2) into the BENCH FRAME (1) as shown in FIGURE 4.
- Assemble the THUMBSCREW (18) into the TAB NUT on the BENCH FRAME (1) as shown in FIGURE 4. Tighten the THUMB SCREW to secure the ARM PAD SUPPORT in place.
- Insert one 2" SQ END CAP (20) into the end of the BENCH FRAME (1) as shown in FIGURE 4.



**STEP 5:**

- **SECURELY** assemble one 3/8 X 1" BTN HD CAP SCREW (12), and one 3/8" NUT (17) to the bottom hole of the ARMPAD SUPPORT (2) as shown in FIGURE 5.
- Insert one 2" END CAP (20) into the end of the ARMPAD SUPPORT (2) as shown in FIGURE 5.
- **SECURELY** assemble the SEAT PAD (6) to the BENCH FRAME (1) using two 3/8 X 2-3/4" BOLTS (9) and two 3/8" WASHERS (15) as shown in FIGURE 5.

**Thank you for purchasing the PARABODY 808106 ARM CURL. If unsure of proper use of equipment, call your local PARABODY distributor or call the PARABODY customer service department at (800) 328-9714.**