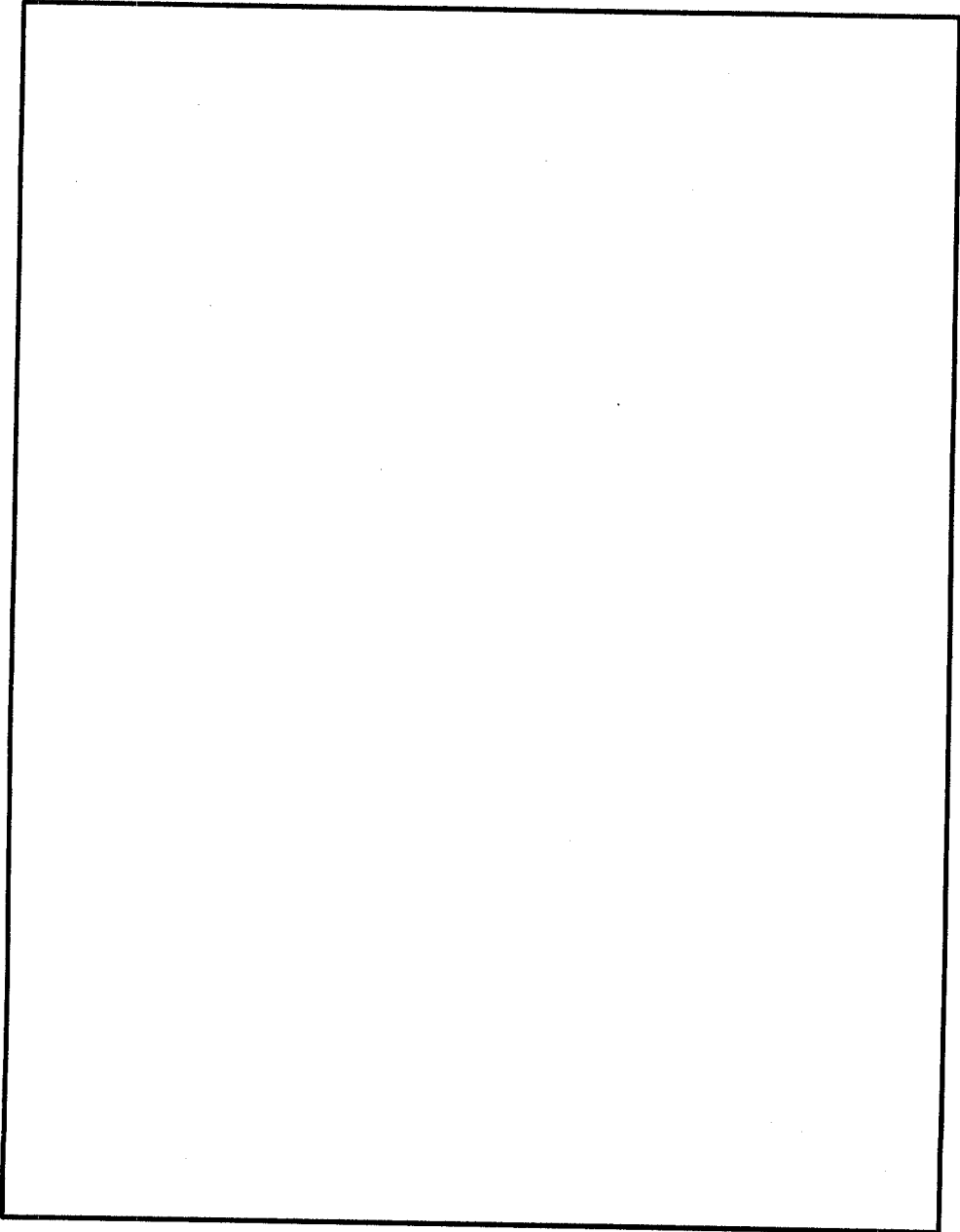


Strength Building Gear

811

LEG CURL/EXTENSION MACHINE



PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

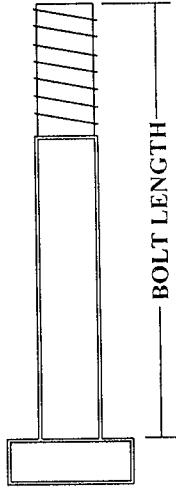
811 LEG CURL/EXTENSION MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

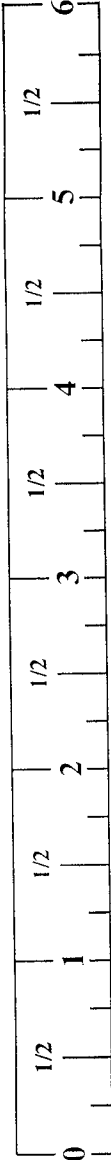
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1-1/4 IN. SQ. RUBBER BUMPON	1
2.	1-1/2 X 2-1/2 IN. END CAP	4
3.	1/2 X 3-1/4 IN. BOLT	1
4.	1/2 IN. WASHER	4
5.	1/2 IN. LOCK WASHER	4
6.	1/2 IN. NUT	4
7.	8 IN. FOAM GRIP	4
8.	3/8 X 3 IN. BOLT	2
9.	3/8 IN. WASHER	4
10.	3/8 IN. LOCK WASHER	4
11.	3/8 X 3-1/4 IN. BOLT	2
12.	2 IN. SQ. END CAP	4
13.	FLANGE BEARING	2
14.	1/2 IN. LOW HEIGHT LOCK NUT	1
15.	1-1/2 IN. SQ. END CAP	4
16.	KNOB	2
17.	PLUNGER	2
18.	SPRING	2
19.	SPACER	2
20.	COTTER PIN	2
21.	PUSH ON COLLAR	6
22.	1/2 X 2-1/2 IN. BOLT	4
23.	BLACK PLASTIC WASHER	4

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



BOLT LENGTH RULER:



811 LEG CURL/EXTENSION MACHINE ASSEMBLY INSTRUCTIONS

6. Assemble the SPRING PIN ASSEMBLY into the SPRING PIN ASSEMBLY HOUSING on each end of the LEG CURL PEDESTAL, using two (2) KNOBS, two (2) PLUNGERS, two (2) SPRINGS, two (2) SPACERS, and two (2) COTTER PINS, 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 SPACER on the PLUNGER, and insert the COTTER PIN through the hole.
- F. (SEE DETAIL A ON DRAWING)

NOTE: ON THE SPRING PIN ASSEMBLY HOUSING CLOSEST TO THE WEIGHT PEG, THE KNOB CANNOT BE ASSEMBLED TO THE PLUNGER BEFORE IT IS INSERTED INTO THE HOLE ON THE SPRING PIN ASSEMBLY HOUSING.

- 7. Insert four (4) 1-1/2 IN. SQ. END CAPS into each end of the SPRING PIN HOUSING on the LEG CURL PEDESTAL.
- 8. Disengage the SPRING PIN ASSEMBLY on each end of the LEG CURL PEDESTAL, and insert two (2) ADJUSTABLE ROLLER PAD SLEEVES. (SEE DRAWING)
- 9. Insert three (3) 2 IN. SQ. END CAPS into each end on the LEG CURL PEDESTAL.
- 10. Insert two (2) FLANGE BEARINGS into the BUSHING on top of the LEG CURL PEDESTAL.
- 11. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPON to the back of the LEG CURL PEDESTAL (SEE DETAIL B)
- 12. Assemble the LEG CURL PEDESTAL between the FLATS of the BENCH FRAME, using one (1) 1/2 X 3-1/4 IN. BOLT, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. Tighten connection so that it rotates smoothly and freely.
- 13. Assemble two (2) ROLLER PADS on each end of the LEG CURL PEDESTAL, (four total) using two (2) ROLLER PAD SHAFTS, four (4) BLACK PLASTIC WASHERS, and four (4) PUSH ON COLLARS.

NOTE: THE BLACK PLASTIC WASHERS SHOULD BE LOCATED BETWEEN THE ROLLER PAD AND THE LEG CURL PEDESTAL, (1 FOR EACH ROLLER PAD.)

- 14. SECURELY mount the BACK PAD to the BENCH FRAME, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
- 15. Slip two (2) 8 IN. FOAM GRIPS onto ends of the LEG EXTENSION HANDLE. (SEE NOTE FROM STEP 4)
- 16. Assemble the SEAT PAD and LEG EXTENSION HANDLE to the BENCH FRAME, using two (2) 3/8 X 3-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 WASHERS. (SEE DRAWING)
- 17. Assemble two (2) ROLLER PADS onto the BENCH FRAME, using one (1) ROLLER PAD SHAFT, and two (2) PUSH ON COLLARS.

811 LEG CURL/EXTENSION MACHINE ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE *811 LEG CURL/EXTENSION MACHINE*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE *811 LEG CURL/EXTENSION MACHINE* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- 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
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER

1. Insert four (4) 1-1/2 X 2-1/2 IN. END CAPS into each end of the REAR BASE LEG W/HANDLES and the FRONT BASE LEG.
2. SECURELY assemble the REAR BASE LEG W/HANDLES to the rear of the BENCH FRAME, using two (2) 1/2 X 2-1/2 IN. BOLTS, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (NOTE: THE HANDLES ON THE REAR BASE LEG SHOULD FACE AWAY FROM THE REAR OF THE BENCH FRAME)
3. SECURELY assemble the FRONT BASE LEG to the front of the BENCH FRAME, using two (2) 1/2 X 2-1/2 IN. BOLTS, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (SEE DETAIL C)
4. Slip two (2) 8 IN. FOAM GRIPS onto the HANDLES of the REAR BASE LEG. (NOTE: IF A LUBRICANT IS REQUIRED, USE RUBBING ALCOHOL, TO THOROUGHLY COAT THE INSIDE OF THE GRIP)
5. Insert one (1) 2 IN. SQ. END CAP into the end of the tube on top of the BENCH FRAME.

811 LEG CURL/EXTENSION MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENT PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BENCH FRAME	1
2.	REAR BASE LEG W/ HANDLES	1
3.	REAR BASE LEG	1
4.	LEG EXTENSION HANDLE	1
5.	LEG CURL PEDESTAL	1
6.	ADJUSTABLE ROLLER PAD SLEEVES	2
7.	ROLLER PAD SHAFTS	3
8.	BACK PAD	1
9.	SEAT PAD	1
10.	ROLLER PADS	6

