

827101 LAT MACHINE ASSEMBLY INSTRUCTIONS

03/09/9523. Route first **CABLE** through **BOOM** and **CONNECTOR PLATES** then attach to **WEIGHT CARRIAGE**, with one (1) **QUICKLINK**. (SEE **CABLE ROUTING DIAGRAM**)

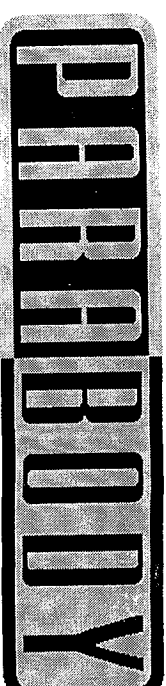
24. LOOSELY assemble three (3) 3-1/2 O.D. X IN. BUSHING PULLEYS, to the **BOOM** using three (3) 3/8 X 2-3/4 IN. BOLTS, six (6) STEP SPACERS, and three (3) 3/8 IN. LOCKNUTS. (SEE **CABLE ROUTING DIAGRAM**).

25. Route second **CABLE** through **SWIVEL PULLEY BRACKET**, **FRONT UPRIGHT** and **CONNECTOR PLATES**, attach end of **CABLE** to **BASE**, using one (1) 3/8 X 3-1/4 IN. BOLT, three (3) 3/8 IN. WASHERS and one (1) 3/8 IN. LOCKNUT. (SEE **CABLE ROUTING DIAGRAM**)

26. LOOSELY assemble the **BOOM** to the **FRONT UPRIGHT** using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCKNUTS.

27. **TIGHTEN ALL LOSE CONNECTIONS AT THIS TIME.**

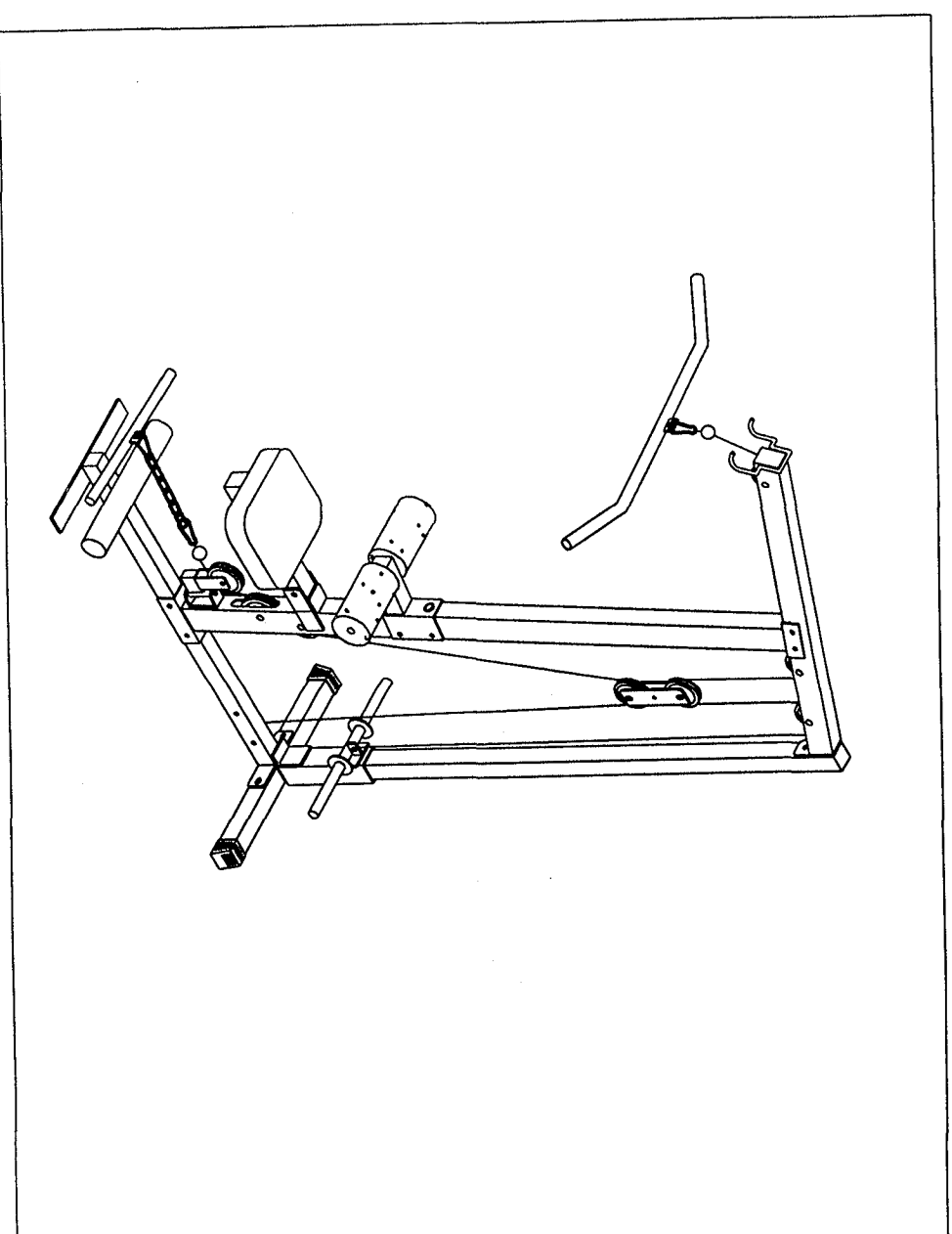
28. Connect **LAT BAR** to **CABLE** using one (1) **SNAPHOOK** , and connect **LOW ROW BAR** to **CABLE** using two (2) **SNAPHOOKS** , and one (1) **CHAIN**.



Strength Building Gear

827101

LAT MACHINE



PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

827101 LAT MACHINE ASSEMBLY PARTS LIST

HARDWARE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 IN WASHER	21
2.	1/2 IN WASHER	9
3.	3/8 IN LOCK WASHER	2
4.	1/2 IN LOCK WASHER	1
5.	3/8 IN LOCK NUT	13
6.	1/2 IN LOCK NUT	2
7.	1/2 IN LOW HT LOCK NUT	3
8.	3/8 IN LOW HT LOCK NUT	2
9.	3/8 X 2-1/4 IN BOLT	2
10.	3/8 X 3 IN BOLT	6
11.	1/2 X 3 IN BOLT	1
12.	1/2 X 3-1/4 IN BOLT	3
13.	3/8 X 2-3/4 IN BOLT	7
14.	1/2 X 3-1/2 IN BOLT	1
15.	1/2 X 2-3/4 IN BOLT	1
16.	3/8 X 3-1/4 IN BOLT	1
17.	3/8 X 1-3/4 IN BOLT	1
18.	SNAPHOOK	3
19.	QUICKLINK	1
20.	3/8 IN. STEP SPACER	10
21.	SPRING PIN / T-SCREW ASSEMBLY	1
22.	1/2 IN FLANGE BEARING	4
23.	CHAIN	1
24.	2-1/2 IN. OD END CAP	2
25.	4-1/2 OD X 3/8 ID PULLEY	1
26.	3-1/2 OD X 3/8 ID PULLEY	7
27.	CABLE ASSY, 110 LG	2
28.	3 X 2 IN END CAP	1
29.	2 X 1-1/2 IN END CAP	1
30.	1-1/4 IN. RUBBER BUMPER	1
31.	1 X 8 IN. GRIP	4
32.	CARRIAGE GUIDES	8
33.	1-1/2 X 3/4 IN. PARAGLIDE STRIPS (8 QTY)	1
34.	2-1/2 X 5-1/2 IN. NON SKID STRIP	2
35.	3/8 ID X 2-1/16 NYLON BUSHING	2
36.	3/8 ID X 5 IN VINYL CAP	2
37.	2 SQ END CAP	4
38.	2 SQ COVER CAP	2
39.	9/16 OD MUSHROOM CAP	2
40.	7/16 DIA PLUG CAP	2

827101 LAT MACHINE ASSEMBLY INSTRUCTIONS

9. LOOSELY assemble the BOOM to the REAR UPRIGHT using one (1) 1/2 X 3 IN. BOLT, one (1) 1/2 X 2-3/4 IN. BOLT, three (3) 1/2 IN. WASHERS, one (1) 1/2 IN. LOCKWASHER and one (1) 1/2 IN. LOW HT. LOCKNUT.
10. AT THIS TIME, TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.
11. Insert one (1) 3 x 2 IN. END CAP into front end of the BOOM, and SLIDE two (2) 3/8 ID X 5 IN. VINYL CAPS over lat bar hooks.
12. LOOSELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY and one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY to the FRONT UPRIGHT by using two (2) 3/8 X 2-3/4 IN. BOLTS, four (4) STEP SPACERS and two (2) 3/8 IN. LOCKNUTS.
13. SECURELY assemble the SWIVEL PULLEY BRACKET to the FRONT UPRIGHT by using one (1) 1/2 X 3-1/2 IN. BOLT, two (2) 1/2 IN. FLANGE BEARINGS and one (1) 1/2 IN. LOW HT. LOCKNUT. Before step 14. begins, CABLE must be placed under 3-1/2 O.D. X 1 IN. BUSHING PULLEY as shown in the (CABLE ROUTING DIAGRAM).
14. LOOSELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, to the SWIVEL PULLEY BRACKET by using one (1) 3/8 X 1-3/4 IN. BOLT and one (1) 3/8 IN. LOCKNUT. INSERT (1) 1-1/2 X 2 IN END CAP into the front of the SWIVEL PULLEY BRACKET tube.
15. SECURELY assemble the SEAT PAD, to the SEAT SUPPORT, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
16. Attach the SPRING PIN / T-SCREW ASSEMBLY to the KNEE HOLD DOWN as shown in (DETAIL A).
17. Insert one (1) 2 IN. SQ END CAP into the front of the KNEE HOLD DOWN, and one (1) 2 IN. SQ END CAP into the top of the REAR UPRIGHT.
18. Attach eight (8) 1-1/2 X 3/4 IN. PARAGLIDE STRIPS to the KNEE HOLD DOWN, as shown in (DETAIL A).
 - A. Thoroughly clean all inside surfaces where the PARAGLIDES are to be attached.
 - B. Remove individual PARAGLIDES from the paper backing, and firmly apply them to all of the shown surfaces (8 places)
19. Attach the KNEE HOLD DOWN to the FRONT UPRIGHT using two (2) 3/8 X 2-3/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. NYLON BUSHINGS, and two (2) 3/8 IN. LOW HT. LOCKNUTS.
20. Assemble two (2) 4 X 7 IN. ROLLER PADS, to the KNEE HOLD DOWN, using one (1) ROLLER PAD SHAFT, and two (2) 9/16 O.D. MUSHROOM CAPS.
21. Slide four (4) 1 X 8 IN. GRIPS over the ends of the LAT BAR, and the LOW ROW BAR. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE GRIP WILL WORK THE BEST.)
22. Assemble two (2) 3-1/2 O.D. X 1 IN. BUSHING PULLEYS to the CONNECTOR PLATES using two (2) 3/8 X 2-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS and two (2) 3/8 IN. LOCKNUTS.

827101 LAT MACHINE ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 827101 LAT MACHINE. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE 827101 LAT 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 one (1) 2 IN. SQ. END CAP into the front end of the **BASE**, two (2) 7/16 DIA. PLUG CAPS into each side of the **BASE**, and two (2) 2-1/2 IN. OD END CAPS into the ends of the **FOOT BRACE TUBE**.
2. Apply two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE TUBE**, on the **BASE**, as shown on drawing.
3. **LOOSELY** assemble the **REAR UPRIGHT** to the **BASE**, using two (2) 1/2 X 3-1/4 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS.
4. Attach eight (8) **CARRIAGE GUIDES** to the **WEIGHT CARRIAGE**, as shown in (DETAIL B) 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)
5. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the **CARRIAGE STOP**, on the **WEIGHT CARRIAGE**.
6. Slide the **WEIGHT CARRIAGE** down over the **REAR UPRIGHT**.
7. **LOOSELY** assemble the **FRONT UPRIGHT**, to the **BASE**, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCKNUTS.
8. Insert one (1) 2 IN. SQ. END CAP into the end of the **SEAT SUPPORT**, assemble to **FRONT UPRIGHT** using one (1) 1/2 X 3-1/4 IN. BOLT, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. FLANGE BEARINGS, and one (1) 1/2 IN. LOW HT. LOCKNUT.

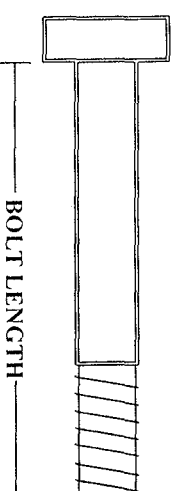
827101 LAT MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

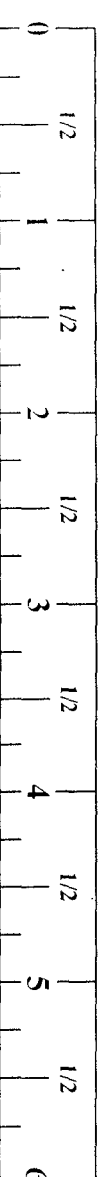
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE	(6511201)
2.	REAR UPRIGHT	(6512001)
3.	SWIVEL PULLEY BRACKET	(6501301)
4.	WEIGHT CARRIAGE	(6511001)
5.	FRONT UPRIGHT	(6511601)
6.	SEAT SUPPORT	(6489201)
7.	KNEE HOLD DOWN	(6489101)
8.	SEAT PAD	(6456901)
9.	LAT BAR	(6275301)
10.	LOW ROW BAR	(6389701)
11.	4 X 7 IN. ROLLER PAD	(6194601)
12.	BOOM	(6511301)
13.	PAINTED CONNECTOR	(6013701)
14.	ROLLER PAD SHAFT	(6485301)

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



BOLT LENGTH RULER:

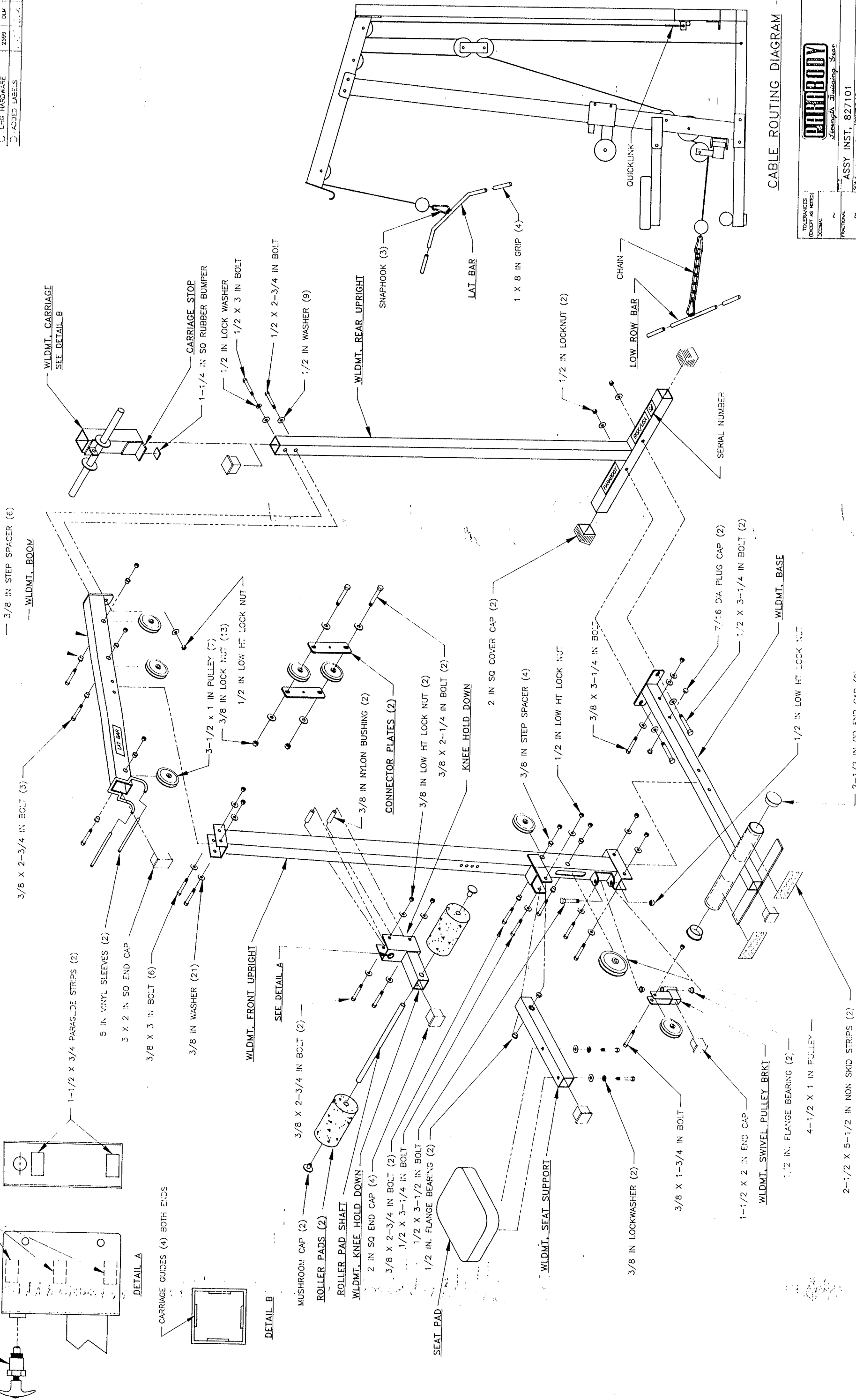


SPRING PIN/T-SCREW ASSEMBLY

1-1/2 X 3/4 PARAGLIDE STRIPS (3) BOTH SIES

REVISIONS

REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2558	DUM	1/78
B	ADDED CAP, PLUG	2574	DUM	2/78
C	CHG HARDWARE	2599	DUM	2/78
D	ADDED LABELS			



CABLE ROUTING DIAGRAM

PARABODY
Strength Building Steel

ASSY INST. 827101
SCALE: 1/8" = 1"
DATE: 1/78
DWG NO: 65035

TOLERANCES (UNLESS NOTED)
FRACTIONAL
ANGULAR