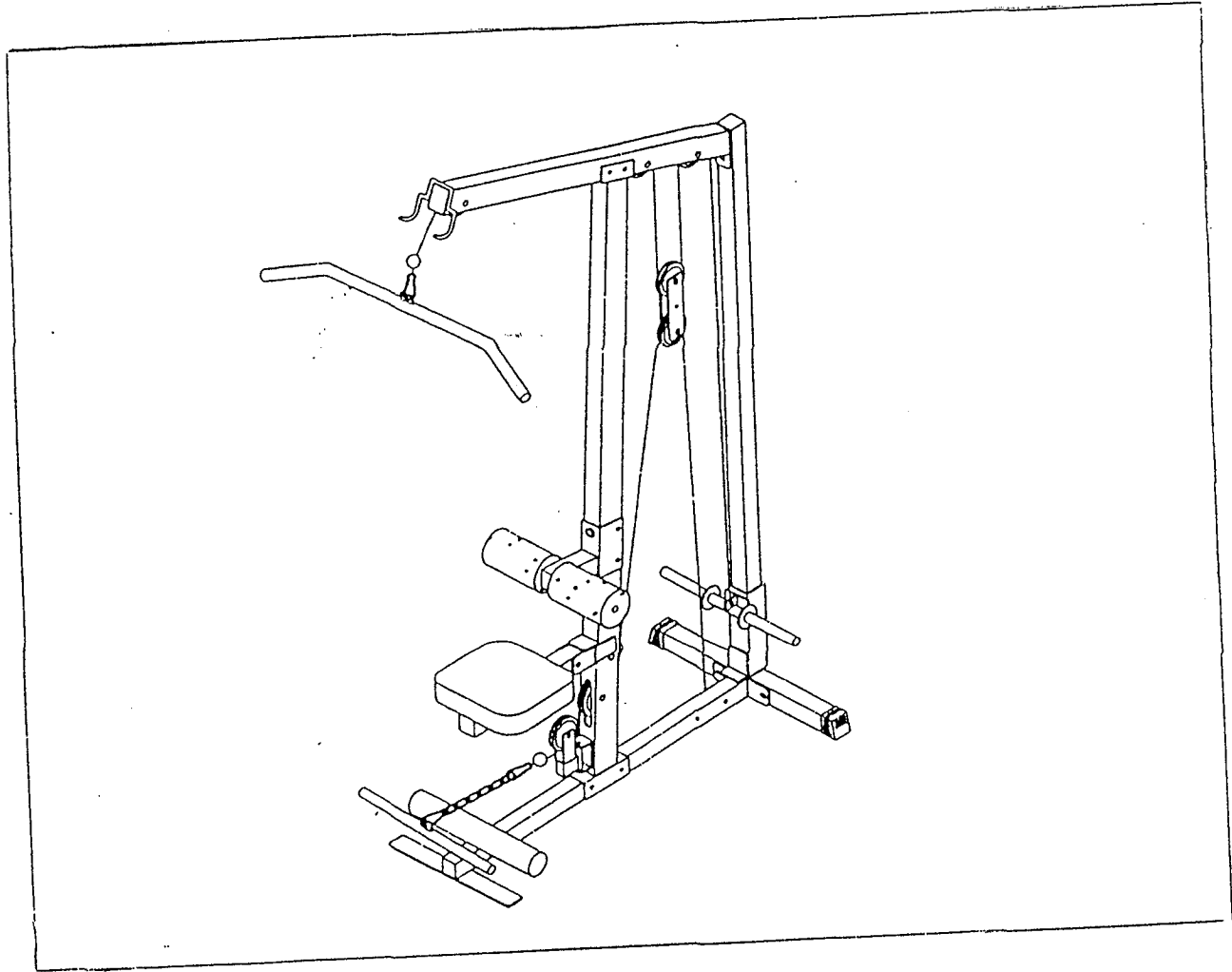


PARABODY

Strength Building Gear

827102
LAT MACHINE



ASSEMBLY
INSTRUCTIONS

827102 LAT MACHINE ASSEMBLY INSTRUCTIONS

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

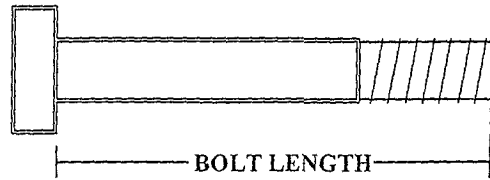
ITEM	NAME/DESCRIPTION	QTY
1.	3/8 IN WASHER	3
2.	1/2 IN WASHER	4
3.	3/8 IN LOCK WASHER	2
4.	1/2 IN LOCK WASHER	1
5.	3/8 IN LOCK NUT	13
6.	1/2 IN LOCK NUT	3
7.	3/8 X 2 IN BOLT	2
8.	1/2 X 3 IN BOLT	4
9.	3/8 X 2-3/4 IN BOLT	12
10.	3/8 X 3-1/4 IN BOLT	1
11.	SNAPHOOK	3
12.	QUICKLINK	1
13.	3/8" STEP SPACER	10
14.	CHAIN	1
15.	2-1/2" OD END CAP	2
16.	3-1/2 OD X 3/8 ID PULLEY	7
17.	CABLE ASSEMBLY	2
18.	3 X 2 IN END CAP	1
19.	1-1/4 IN . RUBBER BUMPER	1
20.	1 X 8" GRIP	4
21.	CARRIAGE GLIDE 1 X 1	8
22.	2-1/2 X 5-1/2" NON SKID STRIP	2
23.	3/8 ID X 5 IN VINYL CAP	2
24.	2 SQ. END CAP	4
25.	2 SQ. COVER CAP	2
26.	9/16 OD MUSHROOM CAP	2

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE WELDMENT.....(6540903).....	1
2.	REAR UPRIGHT WELDMENT	1
3.	WEIGHT CARRIAGE WELDMENT	1
4.	FRONT UPRIGHT WELDMENT.....(6541103).....	1
5.	LAT BAR WELDMENT	1
6.	LOW ROW BAR WELDMENT.....(6274402).....	1
7.	BOOM WELDMENT	1
8.	PAINTED CONNECTOR	2
9.	SEAT PAD	1
10.	4 X 7" ROLLER PAD	2
11.	ROLLER PAD SHAFT	1

827102 LAT MACHINE ASSEMBLY INSTRUCTIONS

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



BOLT LENGTH RULER:



THANK YOU

FOR PURCHASING THE 827102 LAT MACHINE. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

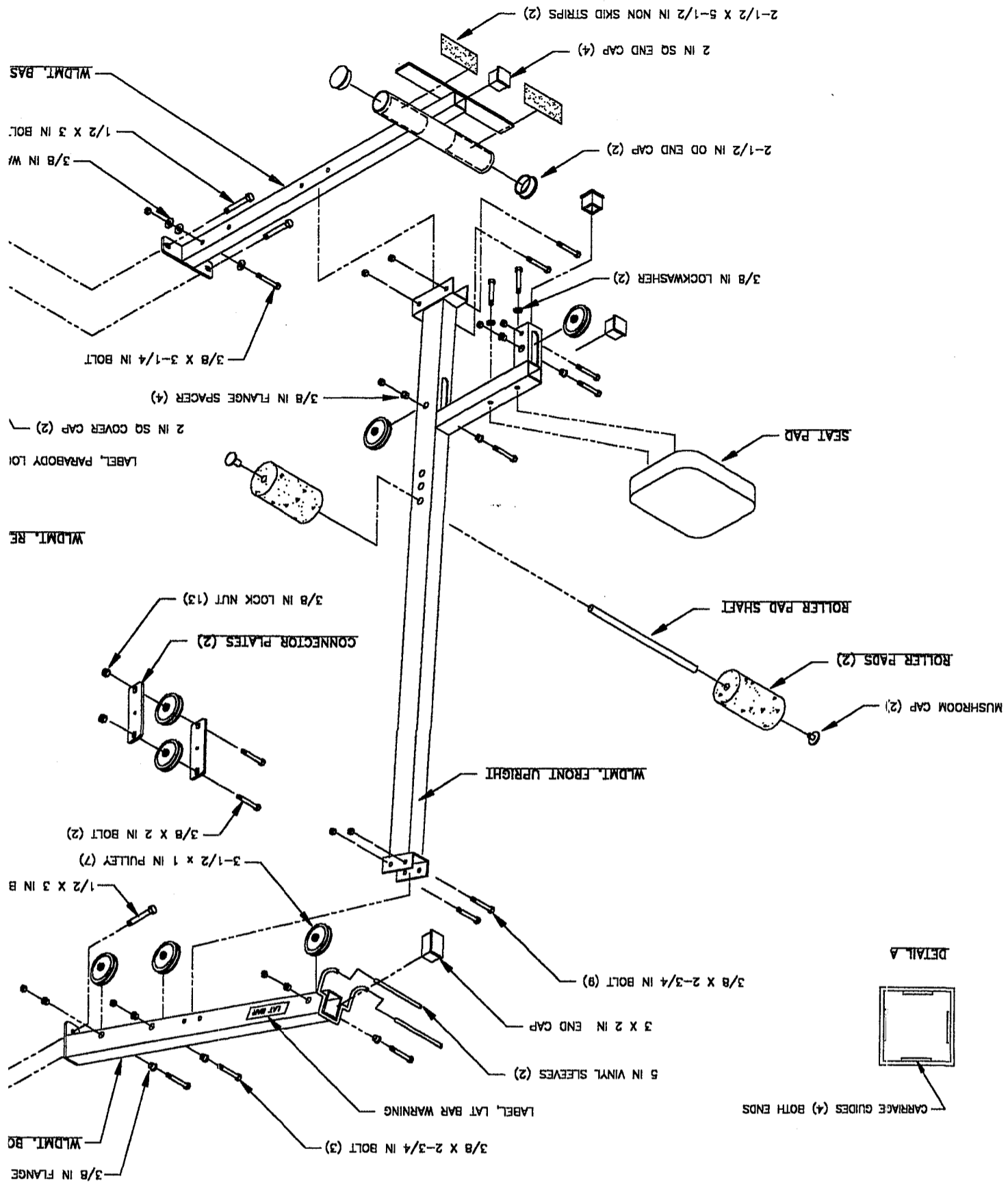
IMPORTANT

- THE 827102 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" END CAP and two (2) 2-1/2" OD END CAPS into the open ends of the BASE.
2. Apply two (2) 2-1/2" X 5-1/2" NON SKID STRIPS to the BASE as shown on drawing.
3. Insert two (2) 2" END CAPS into the open ends of the FRONT UPRIGHT.
4. Insert one (1) 3 X 2" END CAP into front end of the BOOM and slide two (2) 3/8 ID X 5" VINYL CAPS over lat bar hooks.
5. Insert one (1) 2" END CAP into the top of the REAR UPRIGHT. Install two (2) 2" COVER CAPS over the bottom ends of the REAR UPRIGHT.
6. Assemble two (2) 4 X 7" ROLLER PADS to the FRONT UPRIGHT using one (1) ROLLER PAD SHAFT and two (2) MUSHROOM CAPS.

827102 LAT MACHINE ASSEMBLY INSTRUCTIONS

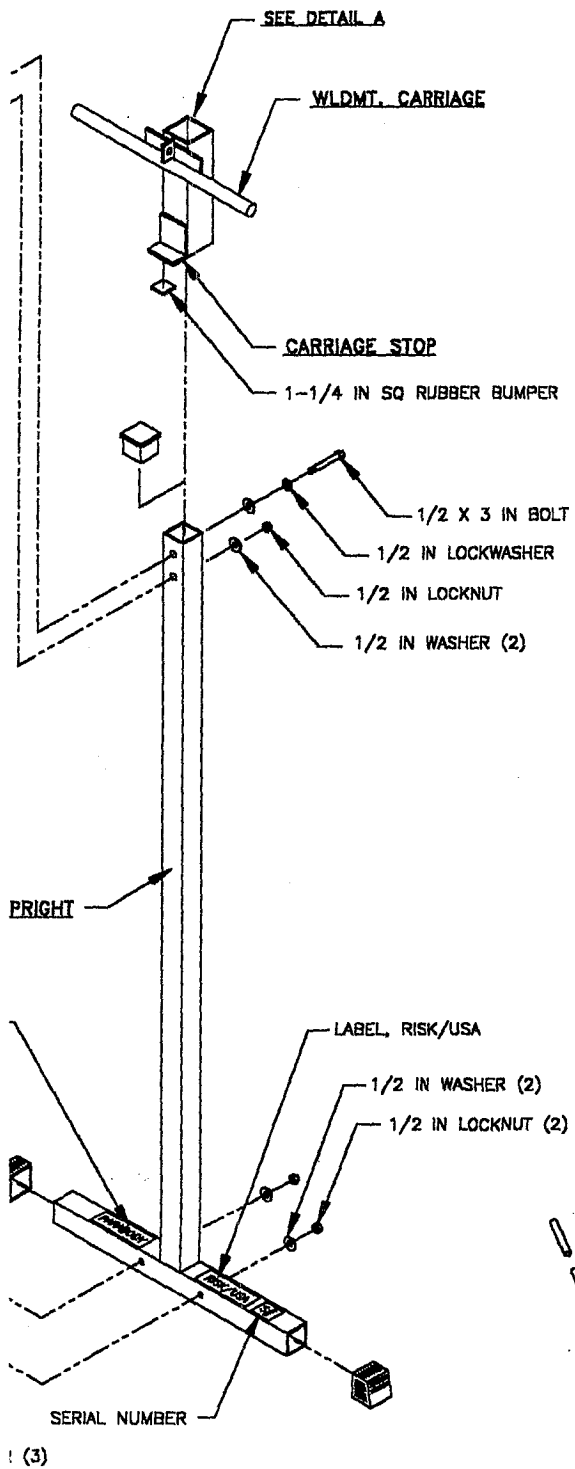
7. Slide four (4) 1 X 8" GRIPS over the ends of the LAT BAR and the LOW ROW BAR. (NOTE: COATING THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL WILL FACILITATE EASIER INSTALLATION.)
8. Attach eight (8) CARRIAGE GLIDES to the WEIGHT CARRIAGE as shown in (DETAIL B) using the following steps:
 - A. Thoroughly clean all inside surfaces where the CARRIAGE GLIDES are to be attached.
 - B. Remove the paper backing from the CARRIAGE GLIDES and firmly apply them to the WEIGHT CARRIAGE (8 places).
9. Attach one (1) 1-1/4" SQ. RUBBER BUMPER to the WEIGHT CARRIAGE.
10. LOOSELY assemble the REAR UPRIGHT to the BASE using two (2) 1/2 X 3" BOLTS, two (2) 1/2" WASHERS, and two (2) 1/2" LOCK NUTS.
11. Slide the WEIGHT CARRIAGE down over the REAR UPRIGHT.
12. LOOSELY assemble the FRONT UPRIGHT to the BASE using two (2) 3/8 X 2-3/4" BOLTS and two (2) 3/8" LOCKNUTS.
13. LOOSELY assemble the BOOM to the REAR UPRIGHT using two (2) 1/2 X 3" BOLTS, two (2) 1/2" WASHERS, one (1) 1/2" LOCKWASHER, and one (1) 1/2" LOCKNUT.
14. LOOSELY assemble two (2) 3-1/2" O.D. PULLEYS to the FRONT UPRIGHT using two (2) 3/8 X 2-3/4" BOLTS, four (4) FLANGE SPACERS and two (2) 3/8" LOCKNUTS.
15. LOOSELY assemble the SEAT PAD to the FRONT UPRIGHT using two (2) 3/8 X 2-3/4" BOLTS and two (2) 3/8" LOCK WASHERS.
16. LOOSELY assemble two (2) 3-1/2" O.D. PULLEYS to the CONNECTOR PLATES using two (2) 3/8 X 2" BOLTS and two (2) 3/8" LOCKNUTS.
17. Route top CABLE ASSEMBLY through BOOM and CONNECTOR PLATES then attach to WEIGHT CARRIAGE with one (1) QUICK LINK. (SEE CABLE ROUTING DIAGRAM)
18. LOOSELY assemble three (3) 3-1/2" O.D. PULLEYS to the BOOM using three (3) 3/8 X 2-3/4" BOLTS, six (6) FLANGE SPACERS, and three (3) 3/8" LOCKNUTS (SEE CABLE ROUTING DIAGRAM).
19. Route bottom CABLE ASSEMBLY through the FRONT UPRIGHT and CONNECTOR PLATES and attach end of CABLE ASSEMBLY to BASE using one (1) 3/8 X 3-1/4" BOLT, three (3) 3/8" WASHERS and one (1) 3/8" LOCKNUT. (SEE CABLE ROUTING DIAGRAM)
20. LOOSELY assemble the BOOM to the FRONT UPRIGHT using two (2) 3/8 X 2-3/4" BOLTS and two (2) 3/8" LOCKNUTS. (NOTE: MAKE SURE THE TOP CABLE ASSEMBLY IS ROUTED OVER THE TWO BOLTS CONNECTING THE BOOM TO THE FRONT UPRIGHT)
21. LOOSELY assemble one (1) 3/8 X 2-3/4" BOLT to the FRONT UPRIGHT just below the CABLE ASSEMBLY using one (1) 3/8" LOCKNUT.
22. TIGHTEN ALL LOSE CONNECTIONS AT THIS TIME.
23. Connect LAT BAR to top CABLE ASSEMBLY using one (1) SNAPHOOK and connect LOW ROW BAR to bottom CABLE ASSEMBLY using two (2) SNAPHOOKS and one (1) CHAIN.



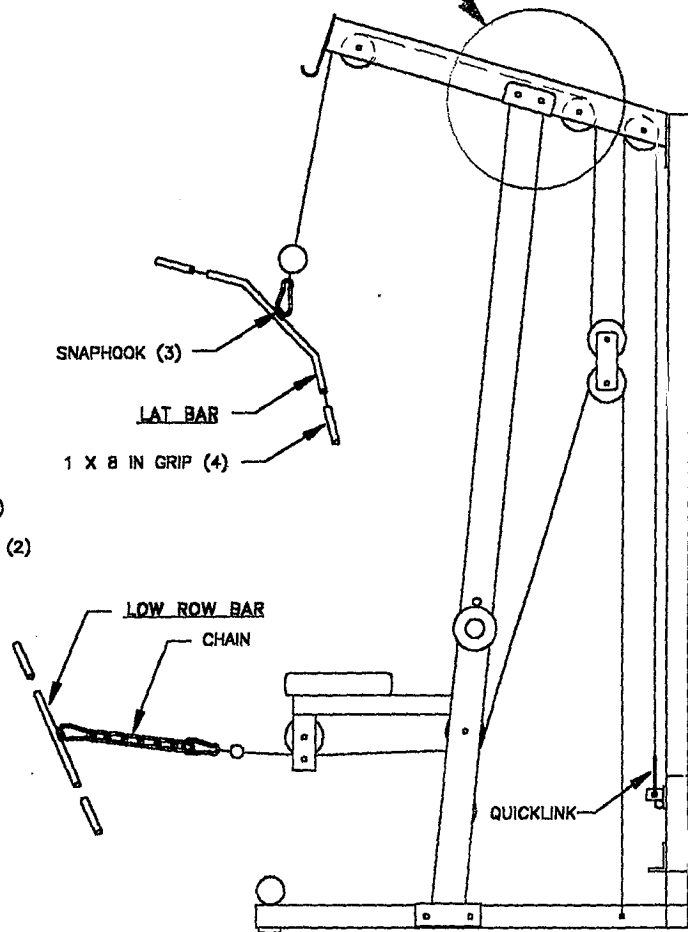
01 AS SHWS
 DESCRIPTION
 QTY

REVISIONS				
REV	DESCRIPTION	CHK NO	APP'D	DATE
A	NEW RELEASE	2682	DLM	2/95

ER (B)



NOTE: CABLE MUST BE ROUTED OVER BOLTS ATTACHING TOP BOOM TO MAIN UPRIGHT.



CABLE ROUTING DIAGRAM

(3)

TOLERANCES (UNLESS AS NOTED)	PARABODY, INC.		
TECHNICAL	RAMSEY, MINNESOTA		
FRACTIONAL	TITLE ASSY INST, 827102		
SCALE	1/8	SIZE	DISCREET INC
ANSI/ASME	1 OF 1	B	65421
OR	JRD	8/95	CHK'D DMT 12/95 APP'D DLM 2/95

DWG. NO.	DESCRIPTION
01	AS SHOWN

