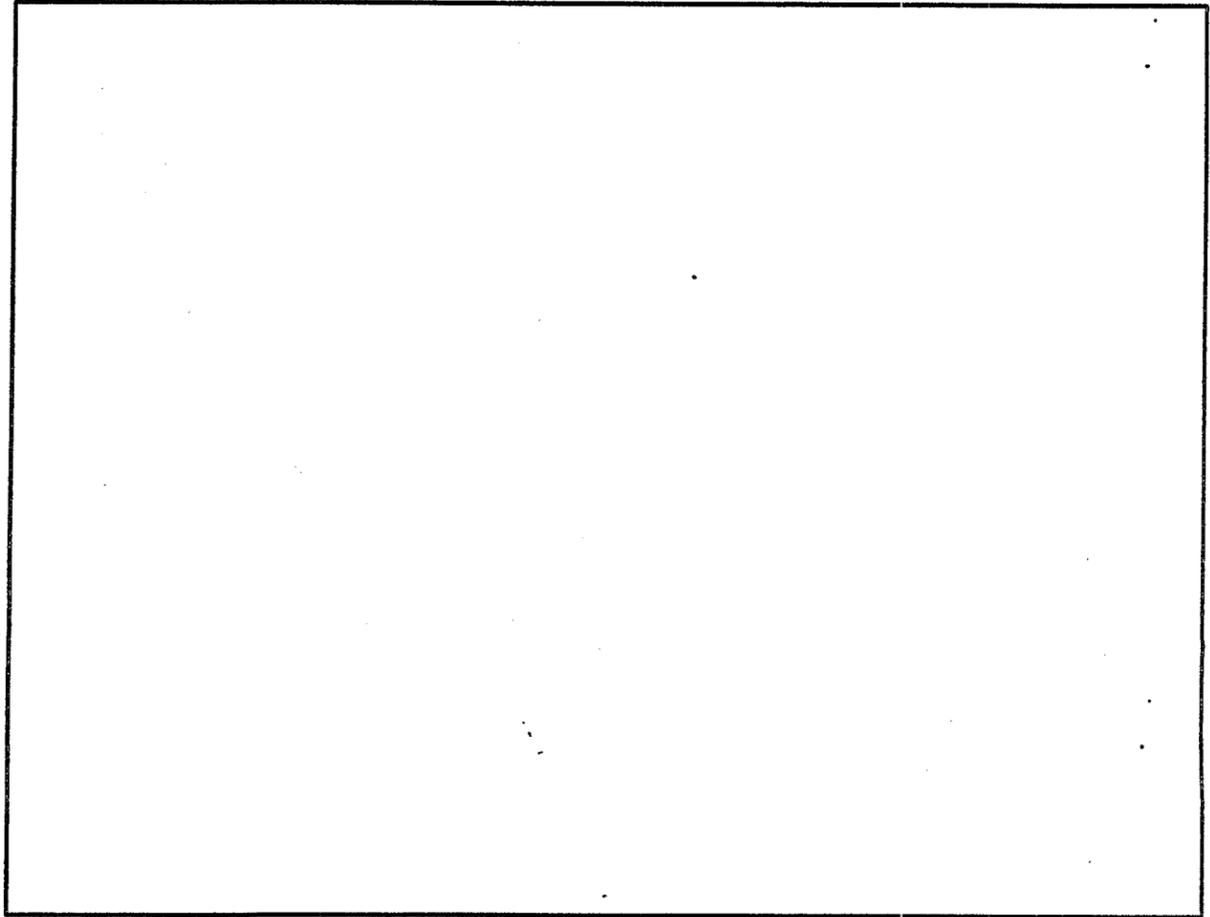




Strength Building Gear

835101
HIP SLED



**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

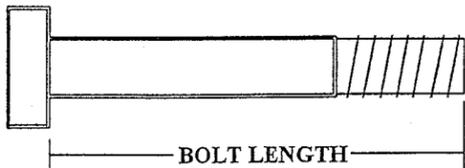
835101 HIP SLED ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

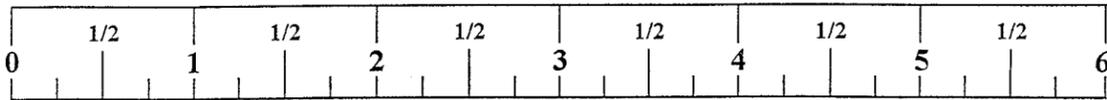
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 5 IN. BOLT	2
2.	1/2 X 4-1/2 IN. BOLT	8
3.	1/2 X 4 IN. BOLT	2
5.	1/2 X 3-1/4 IN. BOLT	6
6.	1/2 X 2-3/4 IN. BOLT	2
7.	1/2 X 1-1/4 IN. BOLT	2
8.	3/8 X 4-1/2 IN. BOLT	2
9.	3/8 X 3 IN. BOLT	8
10.	3/8 X 2 IN. BOLT	4
11.	3/8 X 1 IN. BOLT	2
12.	1/2 IN. WASHER	32
13.	3/8 IN. WASHER	24
14.	3/8 IN. LOCK WASHER	8
15.	1/2 IN. LOCK NUT	14
16.	1/2 IN. LOW HEIGHT LOCK NUT	8
17.	3/8 IN. LOCK NUT	8
18.	SPRING PIN ASSEMBLY	2
19.	5/16 IN. ROLL PIN	2
20.	1/2 IN. ID FLANGE BEARING	8
21.	1-1/4 X 5 IN. GRIP	2
22.	1 X 5 IN. GRIP	2
23.	1-1/4 IN. SQ. RUBBER BUMPER	2
24.	2 IN. SQ. END CAP	8
25.	4 X 14 IN. NON SKID STRIP	1
26.	PARAGLIDE STRIP	8
27.	3 IN. DIA. WHEEL	4
28.	2 IN. DIA WHEEL	4
29.	COVER CAP 2 SQ PARABODY LOGO	2

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



BOLT LENGTH RULER:



835101 HIP SLED ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENT PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	CARRIAGE WLDMNT(6501401).....	1
2.	FOOT PLATE WLDMNT(6504401).....	1
3.	PLATFORM WLDMNT(6504701).....	1
4.	PAD STOP(6505801).....	1
5.	PLATFORM ADJUSTMENT WLDMNT(6506601).....	1
6.	PLATFORM SLEEVE WLDMNT(6506801).....	1
7.	WEIGHT SUPPORT WLDMNT(6507001).....	1
8.	PAD SUPPORT WLDMNT(6507401).....	2
9.	RIGHT HANDLE WLDMNT(6507701).....	1
10.	LEFT HANDLE WLDMNT(6507801).....	1
11.	RIGHT RAIL WLDMNT(6504201).....	1
12.	LEFT RAIL WLDMNT(6504101).....	1
13.	BASE WLDMNT(6504901).....	1
14.	REAR UPRIGHT WLDMNT(6505401).....	1
15.	CARRIAGE STOP BAR WLDMNT(6505901).....	2
16.	ADJ. WHEEL BRACKET(6521201).....	2
17.	BACK PAD(6508801).....	1
18.	SEAT PAD(6508401).....	1
19.	SHOULDER PAD(6509201).....	2

835101 HIP SLED ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE *835101 HIP SLED*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

*****IMPORTANT*****

- **THE *835101 HIP SLED* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION**
- **PARABODY INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY**
- **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 two (2) 2 IN. SQ. END CAPS into each end of the base of the **BASE WELDMENT**.
2. Insert four (4) 1/2 IN. ID FLANGE BEARINGS into the **BUSHINGS** on the **BASE WELDMENT**, and four (4) 1/2 IN. ID FLANGE BEARINGS into the **BUSHINGS** on the **PLATFORM** as shown on drawing.
3. Assemble the **PLATFORM** between the **BUSHINGS** on the **BASE** as shown on drawing using two (2) 1/2 X 5 IN. BOLTS, and two (2) 1/2 IN. LOCK NUTS. (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM ADJUSTMENT TO ROTATE FREELY**)
4. Attach four (4) PARAGLIDE STRIPS to the end of the **PLATFORM ADJUSTMENT**, and four (4) PARAGLIDE STRIPS to the end of the **PLATFORM SLEEVE** as shown in (DETAIL B) using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
 - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
5. **SECURELY** Assemble one (1) SPRING PIN ASSEMBLY to the SPRING PIN BARREL, on the **PLATFORM SLEEVE** as shown in (DETAIL A). (**!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY**)
6. Assemble the **PLATFORM SLEEVE** to the **BASE WELDMENT** as shown on drawing using one (1) 1/2 X 4 IN. BOLT, and one (1) 1/2 IN. LOCK NUT. (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM ADJUSTMENT TO ROTATE FREELY**)

835101 HIP SLED ASSEMBLY INSTRUCTIONS

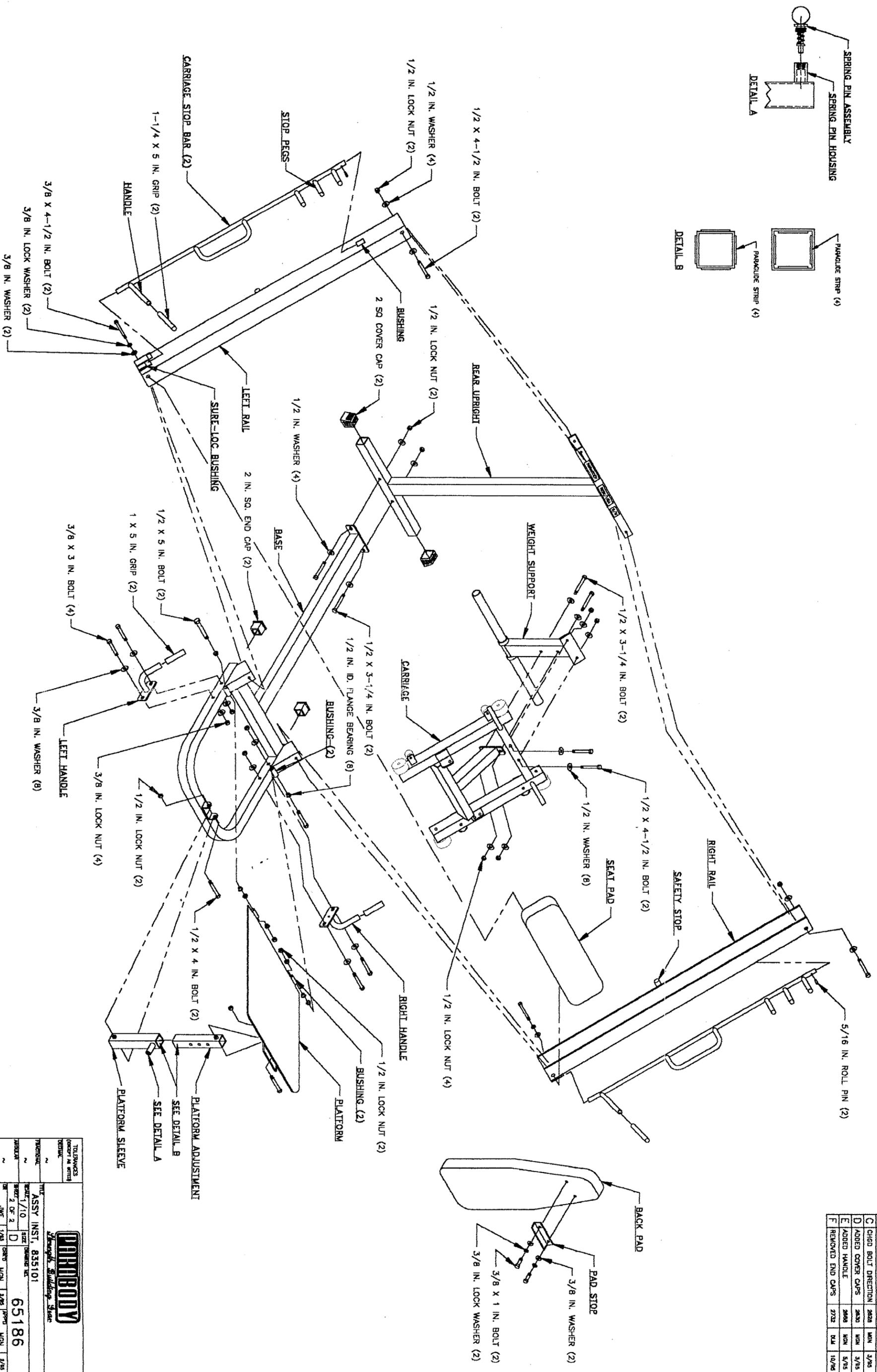
7. Pull back the **SPRING PIN** on the **PLATFORM SLEEVE** and insert the **PLATFORM ADJUSTMENT** into it. Slide the **PLATFORM ADJUSTMENT** down to the first adjustment hole and release the **SPRING PIN**.
8. Assemble the **PLATFORM ADJUSTMENT** to the **PLATFORM** as shown on drawing using one (1) 1/2 X 4 IN. BOLT, and one (1) 1/2 IN. LOCK NUT. (**TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM ADJUSTMENT TO ROTATE FREELY**)
9. **SECURELY** assemble the **LEFT** and **RIGHT HANDLES** to the **BASE** on their respective sides as shown on drawing using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.
10. Slide two (2) 1 X 5 IN. GRIPS over the ends of the **LEFT** and **RIGHT HANDLES** as shown on drawing.
11. Place two (2) 2 IN. SQ. COVER CAPS on each end of the base of the **REAR UPRIGHT**.
12. **SECURELY** assemble the **REAR UPRIGHT** to the **BASE WELDMENT** as shown on drawing 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.
13. **LOOSELY** assemble the **LEFT** and **RIGHT RAILS**, along with the **SEAT PAD** to the **BASE WELDMENT** as shown on drawing using two (2) 3/8 X 4-1/2 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. Temporarily assemble the **RAILS** to the **REAR UPRIGHT** using two (2) 1/2 X 4-1/2 IN. BOLTS to aid in the assembly of this step.
14. Insert four (4) 2 IN. SQ. END CAPS into the each end of the **CARRIAGE** as shown on drawing.
15. **SECURELY** assemble four (4) 3 IN. DIA. WHEELS to the sides of the **CARRIAGE** as shown on drawing using four (4) 1/2 X 4-1/2 IN. BOLTS, eight (8) 1/2 IN. WASHERS, and four (4) 1/2 IN. LOW HEIGHT LOCK NUTS.
16. **SECURELY** assemble two (2) 2 IN. DIA. WHEELS to the **BRACKETS** on the left side of the **CARRIAGE** as shown on drawing using two (2) 3/8 X 2 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.
17. Assemble the two (2) **ADJ. WHEEL BRACKETS** to the right side of the **CARRIAGE** as shown on drawing using two (2) 1/2 X 2-3/4 IN. BOLTS, two (2) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOW HEIGHT LOCK NUTS. (**NOTE: TIGHTEN BRACKETS SECURELY TO THE CARRIAGE, THEN BACK NUT OFF 1/2 TURN TO ALLOW FOR ADJUSTMENT IN A LATTER STEP**)
18. **SECURELY** assemble two (2) 2 IN. DIA. WHEELS to the **ADJ. WHEEL BRACKETS** on the right side of the **CARRIAGE** as shown on drawing using two (2) 3/8 X 2 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.
19. Attach one (1) 4 X 14 IN. NON SKID STRIP to the **HORIZONTAL TUBE** of the **CARRIAGE** as shown on drawing.
20. Remove the two temporary 1/2 X 4-1/2 IN. BOLTS from (STEP 13). Swing the **LEFT** and **RIGHT RAILS** out enough to insert the **CARRIAGE ASSEMBLY** in between them. Allow the **CARRIAGE** to rest on the **SAFETY STOPS** underneath the **RAILS**. **SECURELY** assemble the **RAILS** to the **REAR UPRIGHT** as shown on drawing, using the two (2) 1/2 X 4-1/2 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS.

835101 HIP SLED ASSEMBLY INSTRUCTIONS

21. **SECURELY** tighten the two (2) 3/8 X 4-1/2 IN. BOLTS from (STEP 13). **(!!! IMPORTANT !!! BEFORE TIGHTENING MOVE THE RAILS IN AS FAR AS POSSIBLE)**
22. To adjust the side to side movement out of the **CARRIAGE**, start by sliding the **CARRIAGE** as far to the left as possible inside the **RAILS**. Adjust the **ADJ. WHEEL BRACKETS** from (STEP 17) out until the 2 IN. **WHEELS** contact the **RIGHT RAIL**. **SECURELY** tighten bolt connection.
23. **SECURELY** assemble the **WEIGHT SUPPORT** to the **CARRIAGE** as shown on drawing using two (2) 1/2 X 4-1/2 IN. BOLTS, two (2) 1/2 X 3-1/4 IN. BOLTS, eight (8) 1/2 IN. WASHERS, and four (4) 1/2 IN. LOCK NUTS.
24. Insert two (2) 2 IN. SQ. END CAPS into the ends of each **PAD SUPPORT** as shown on drawing.
25. **SECURELY** assemble the two (2) **PAD SUPPORTS** to the **CARRIAGE** as shown on drawing 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.
26. **SECURELY** assemble two (2) **SHOULDER PADS** to the **PAD SUPPORTS** on the **CARRIAGE** as shown on drawing using four (4) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. WASHERS.
27. Attach two (2) 1-1/4 IN. SQ. RUBBER BUMPERS to the ends of the **ANGLES** of the **FOOT PLATE** as shown on drawing.
28. Assemble the **FOOT PLATE** to the **CARRIAGE** as shown on drawing, using two (2) 1/2 X 1-1/4 IN. BOLTS, two (2) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOW HEIGHT LOCK NUTS. **(TIGHTEN THE CONNECTION COMPLETELY, THEN BACK NUT OFF 1/4 TURN)**
29. **SECURELY** Assemble one (1) **SPRING PIN ASSEMBLY** to the **SPRING PIN BARREL**, on the **FOOT PLATE** as shown in **(DETAIL A)**. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
30. To assemble the **CARRIAGE STOP BAR** to the side of the **LEFT RAIL**, start by inserting the top of the **BAR** into the **BUSHING** at the top of the **RAIL** as far as possible, then lower the **BAR** into the **SURE-LOC BUSHING** at the bottom of the **RAIL**. **(MAKE SURE THE STOP PEGS ARE VERTICAL)** Insert one (1) 5/16 IN. ROLL PIN into the hole at the top of the **BAR**. **(DO NOT LET THE ROLL PIN PROTRUDE BENEATH THE BAR)** Repeat this step on the **RIGHT RAIL**.
31. Slide two (2) 1-1/4 X 5 IN. GRIPS over the **HANDLES** on the **CARRIAGE STOP BARS** as shown on drawing.
32. **SECURELY** assemble the **PAD STOP** to the **BACK PAD** as shown on drawing using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.

835101 EXERCISE SET-UP

1. The **PLATFORM** can adjust into three positions. 35, 40, and 45 degrees
2. The **HIP SLED** was designed with the **SURE-LOC SYSTEM** for ultimate safety. To activate the **CARRIAGE STOP BARS** from either the **LEG PRESS** or **HACK SQUAT** position, begin by moving the **CARRIAGE** up. Grasp the (**HANDLES** or **BAR**) of the **CARRIAGE STOP BARS** and (push or pull) up and rotate them out. Now the stops are out of the way to perform the exercise.
3. To stop the **CARRIAGE** on one of the three stops simply rotate the **CARRIAGE STOP BARS** back up and allow them to drop down into the **SURE-LOC SYSTEM**.
4. To perform **LEG PRESSES**, center the **BACK PAD** down on top of the **PLATFORM**, rotate the **FOOT PLATE** on the **CARRIAGE** up until the **SPRING PIN** engages the hole.
5. To perform **HACK SQUATS**, make sure that the **FOOT PLATE** of the **CARRIAGE** is down. Position the **BACK PAD** between the **SHOULDER PADS** of the **CARRIAGE**. (**MAKE SURE THAT THE PAD STOP IS RESTING ABOVE THE CROSS TUBE ON THE CARRIAGE**)
6. To perform **CALF RAISES**, move the **CARRIAGE** to the top stop of the **CARRIAGE STOP BAR**. Place feet on the **HORIZONTAL TUBE** of the **CARRIAGE**. (**WHERE THE NON-SKID STRIP IS LOCATED**) (**DO NOT ROTATE THE CARRIAGE STOP BARS DOWN FOR THIS EXERCISE**)



REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2608	WGN	2/75
B	ADD WHEEL BOLTS	2624	WGN	3/75
C	CHGD BOLT DIRECTION	2626	WGN	3/75
D	ADDED COVER CAPS	2630	WGN	3/75
E	ADDED HANDLE	2638	WGN	5/75
F	REMOVED END CAPS	2702	KLM	10/76

TELEPHONES (CONTRACT NO. 833101)
PARABODY
 65186
 ASSY INST. 833101
 1/10
 2 OF 2
 1/83
 WGN
 2/75
 WGN
 2/75