

PARABODY[®]

870 VERTICAL DUMBBELL RACK



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

TABLE OF CONTENTS

Safety Statement.....	2	Assembly Instructions.....	4
General Notes.....	3	General Maintenance.....	5
Tools Required.....	3	Warranty Statement.....	6
Parts List.....	4	Product Services.....	7
		Insert-Registration Card	

IMPORTANT SAFETY INFORMATION



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.
9. Children must not be allowed near this machine. Supervise teenagers.

NOTE: In a continual effort to improve our products, specifications are subject to change
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IMPORTANT NOTES

Please note:

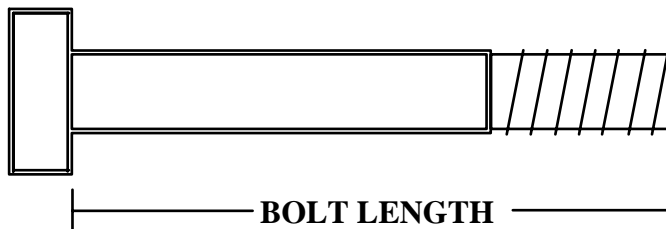
- * Thank you for purchasing the ParaBody 870 DUMBBELL RACK. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * This product must be assembled on a flat, level surface to assure its proper function. **DO NOT** securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

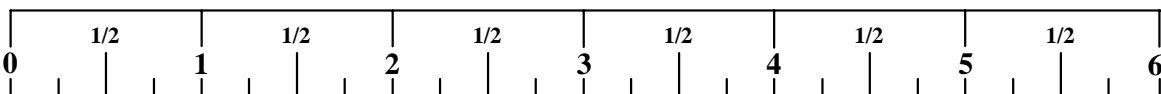
- * 3/4" inch socket
- * 9/16" inch socket
- * Adjustable wrench
- * Rubber mallet or hammer

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	KEY	PART #	DESCRIPTION	QTY
1	6215708	FOOT BRACE ASSY	1	7	6011401	SAFETY LOCK PIN	1
2	6284702	ADJUSTABLE TUBE ASSY	1	8	6405201	2" SQ. END CAP	1
3	6013708	CONNECTOR PLATE	1	9	6236701	1-3/4" SQ. END CAP	1
4	3102942	3/8 X 3-1/2" BOLT	2	10	6177001	2-1/2 X 5-1/2" NON SKID STRIP	4
5	3102501	3/8" FLAT WASHER	4				
6	3102802	3/8" LOCK NUT	2				

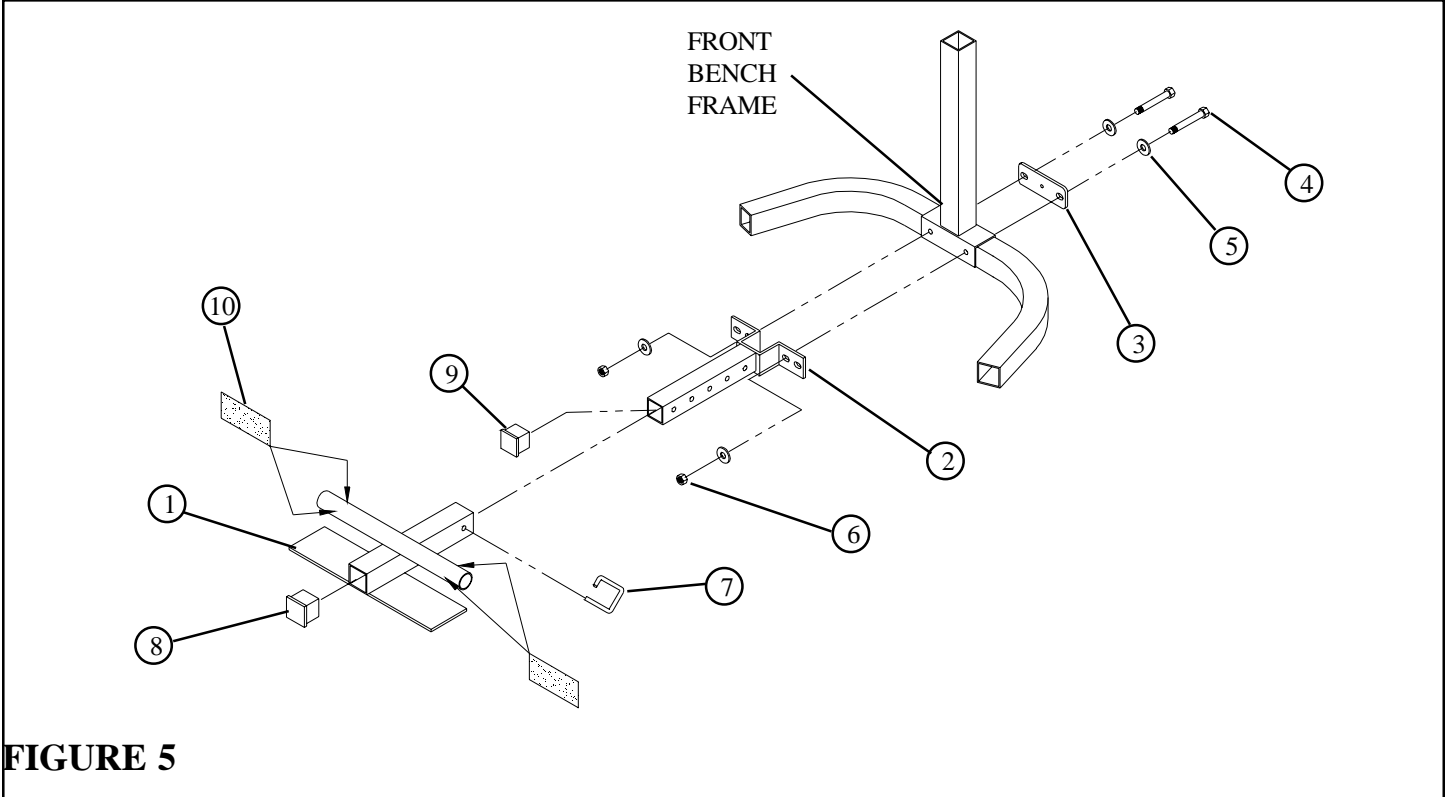


FIGURE 5

STEP 5:

- Remove the hardware from the FRONT LEG of BENCH assembly
- Insert one 1-3/4 END CAP (9) into the open end of the ADJUSTABLE TUBE ASSEMBLY (2) as shown
- Assemble the ADJUSTABLE TUBE ASSEMBLY (2) and the CONNECTOR PLATE (3) to the BENCH using two 3/8 X 3-1/2" BOLTS (4), four 3/8" FLAT WASHERS (5) and two 3/8" LOCK NUTS (6).
(NOTE: THE BRACKET ON THE ADJUSTABLE TUBE ASSEMBLY IS FLUSH (EVEN) WITH THE TUBE, ASSEMBLE FLUSH SIDE UP)
- Insert one 2" SQ END CAP (8) into the front end of the FOOT BRACE (1) as shown
- Attach four NON SKID STRIPS (10) to the FOOT BRACE (1)
- Slide the FOOT BRACE (1) over the ADJUSTABLE TUBE ASSEMBLY (2) to the desired hole setting and hold in place with the SAFETY LOCK PIN (7)

