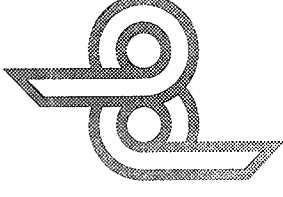


877 BODYSMITH NARROW WORKOUT CTR. ASSEMBLY INSTRUCTIONS

- 24. To adjust the SEAT PAD, lift SEAT PAD up and pull back the U-PIN and allow it to rest up again the SPRING PIN HOUSING on the WOLFF SLEEVE.
- 25. Set the HEIGHT ADJUSTMENT BAR across the UPRIGHT FRAME as shown on drawing, for performing INCLINE, or MILITARY PRESSES. When performing DIPS, use the HEIGHT ADJUSTMENT BAR to hold the BACK PAD forward as shown in the WORKOUT MANUAL.
- 26. Follow the WORKOUT MANUAL for the correct way to use this product.

PARABODY INC.



**BODYSMITH NARROW WORKOUT CTR.
877**

**PRODUCT ASSEMBLY
INSTRUCTION SHEETS**

TOOLS REQUIRED FOR ASSEMBLY

- RATCHET
- 3/4 INCH SOCKET or WRENCH
- 9/16 INCH SOCKET or WRENCH
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

REVISION: C

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

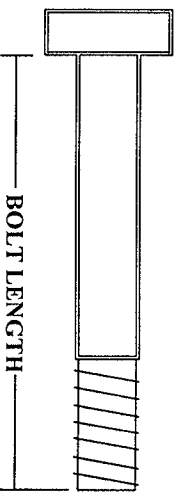
877 BODYSMITH NARROW WORKOUT CTR. ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

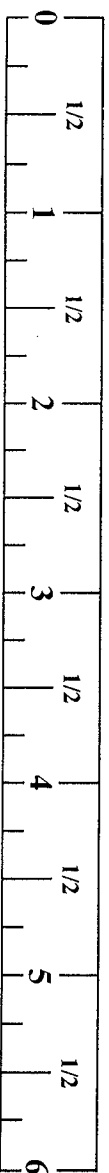
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3 IN. BOLT	1
2.	3/8 X 3 IN. BOLT	2
3.	3/8 X 2-3/4 IN. BOLT	1
4.	3/8 X 1 IN. BOLT	4
5.	1/2 IN. WASHER	2
6.	3/8 IN. WASHER	10
7.	3/8 IN. LOCK WASHER	4
8.	1/2 IN. LOW HEIGHT LOCK NUT	1
9.	3/8 IN. LOCK NUT	3
10.	SPRING PIN ASSEMBLY	3
11.	1/2 IN. FLANGE BEARING	2
12.	STAR LOCK COLLAR	2
13.	PAL NUT	2
14.	THUMBSCREW	4
15.	1-1/4 X 5 IN. GRIP	2
16.	PARAGLIDE STRIP (8 PER)	2
17.	3/4 IN. SQ. RUBBER BUMPER	3
18.	2 IN. SQ. END CAP	1
19.	1-3/4 IN. SQ. END CAP	6

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



BOLT LENGTH RULER:



877 BODYSMITH NARROW WORKOUT CTR. ASSEMBLY INSTRUCTIONS

10. Attach eight (8) PARAGLIDE STRIPS to the bottom of both SADDLES as shown in (DETAIL C) using the steps outlined in STEP 9
11. Slide two (2) 1-1/4 X 5 IN. GRIPS over the DIP HANDLES of both SADDLES. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)
12. Pull back the SPRING PIN on the UPRIGHT TUBES, and insert the SADDLES as shown on drawing. Slide the SADDLE down to the desired height and release the SPRING PIN into the hole.
13. Secure the SADDLES in place with two (2) THUMBSCREWS as shown on drawing.
14. To assemble the SEAT PAD to the WOLFF SLEEVE, start by sliding two (2) HINGE TABS over the PIN of the WOLFF SLEEVE (ONE ON EACH SIDE) as shown on drawing; and SECURELY assemble each HINGE TAB to the SEAT PAD using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN)
15. To assemble the BACK PAD to the WOLFF SLEEVE, slide the two (2) remaining HINGE TABS over the PIN of the WOLFF SLEEVE (ONE ON EACH SIDE) as shown on drawing, and SECURELY assemble each HINGE TAB to the BACK PAD using two (2) 3/8 X 1 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE BOTH HINGE TABS ARE UP AGAINST THE OTHER HINGES)
16. Insert one (1) 1-3/4 IN. SQ. END CAP into the top of the LEG EXTENSION NECK as shown on drawing.
17. Slide two (2) ROLLER PADS over each end of the SHAFT of the LEG EXTENSION NECK, as shown on drawing, and hold in place using two (2) STAR LOCK COLLARS.
18. Insert three (3) 1-3/4 IN. SQ. END CAPS into the ends of the LEG EXTENSION as shown on drawing.
19. Insert two (2) 1/2 IN. FLANGE BEARINGS into the BUSHING on the LEG EXTENSION as shown on drawing.
20. Assemble the LEG EXTENSION NECK to the LEG EXTENSION as shown on drawing, using one (1) 1/2 X 3 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG EXTENSION TO ROTATE FREELY)
21. Assemble four (4) ROLLER PADS to the LEG EXTENSION as shown on drawing, using two (2) ROLLER PAD SHAFTS, and four (4) STAR LOCK COLLARS.
22. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the LEG EXTENSION approximately where shown on drawing.
23. When ready to perform LEG CURLS or LEG EXTENSION, pull up slowly on the front of the BENCH FRAME and allow the U-PIN to rest on top of the TAB of the BASE LEG. Insert the LEG EXTENSION NECK into the front of the BENCH FRAME all the way. Secure the NECK in place with one (1) THUMBSCREW. (NOTE: THE BENCH FRAME MUST BE ADJUSTED UP WHEN USING THE LEG EXTENSION TO ALLOW PROPER CLEARANCE FOR WEIGHT PLATES)

877 BODYSMITH NARROW WORKOUT CTR. ASSEMBLY INSTRUCTIONS

THANK YOU: FOR PURCHASING THE BODYSMITH NARROW WORKOUT CTR. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT: THE BODYSMITH NARROW WORKOUT CTR. MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

1. Attach eight (8) PARAGLIDE STRIPS to the **WOLFF SLEEVE (FOUR ON EACH END)** as shown in (DETAIL A) 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.
2. Insert one (1) U-PIN through the **BUSHING** of the **WOLFF SLEEVE** and one (1) U-PIN through the **BUSHING** of the **BENCH FRAME** as shown on drawing, and attach two (2) PAL NUTS to the ends of the U-PINS.
3. **SECURELY** Assemble three (3) SPRING PIN ASSEMBLIES to the **SPRING PIN HOUSINGS**, two (2) on the **UPRIGHT TUBES**, and one (1) on the **WOLFF SLEEVE** as shown in (DETAIL B) (**!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY**)
4. Pull back the SPRING PIN on the **WOLFF SLEEVE** and slide it over the end of the **BENCH FRAME** as shown on drawing. Engage the SPRING PIN into one of the adjustment holes. Secure the **WOLFF SLEEVE** in place with one (1) THUMBSCREW.
5. Insert two (2) 2 IN. SQ. END CAPS into both ends of the **BASE LEG** as shown on drawing.
6. Insert the **BASE LEG** into the front of the **BENCH FRAME** as shown on drawing. (**MAKE SURE THAT THE TAB ON THE BASE LEG IS UNDER THE BENCH FRAME**)
7. Insert four (4) 2 IN. SQ. END CAPS into the **BASE TUBES** of the **UPRIGHT FRAME** as shown on drawing.
8. **SECURELY** assemble the **BENCH FRAME** to the **UPRIGHT FRAME** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, one (1) 3/8 X 2-3/4 IN. BOLT, six (6) 3/8 IN. WASHERS, and three (3) 3/8 IN. LOCK NUTS.
9. Attach eight (8) PARAGLIDE STRIPS to both **UPRIGHT TUBES** on the **UPRIGHT FRAME (FOUR FOR EACH UPRIGHT)** as shown in (DETAIL A) 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.

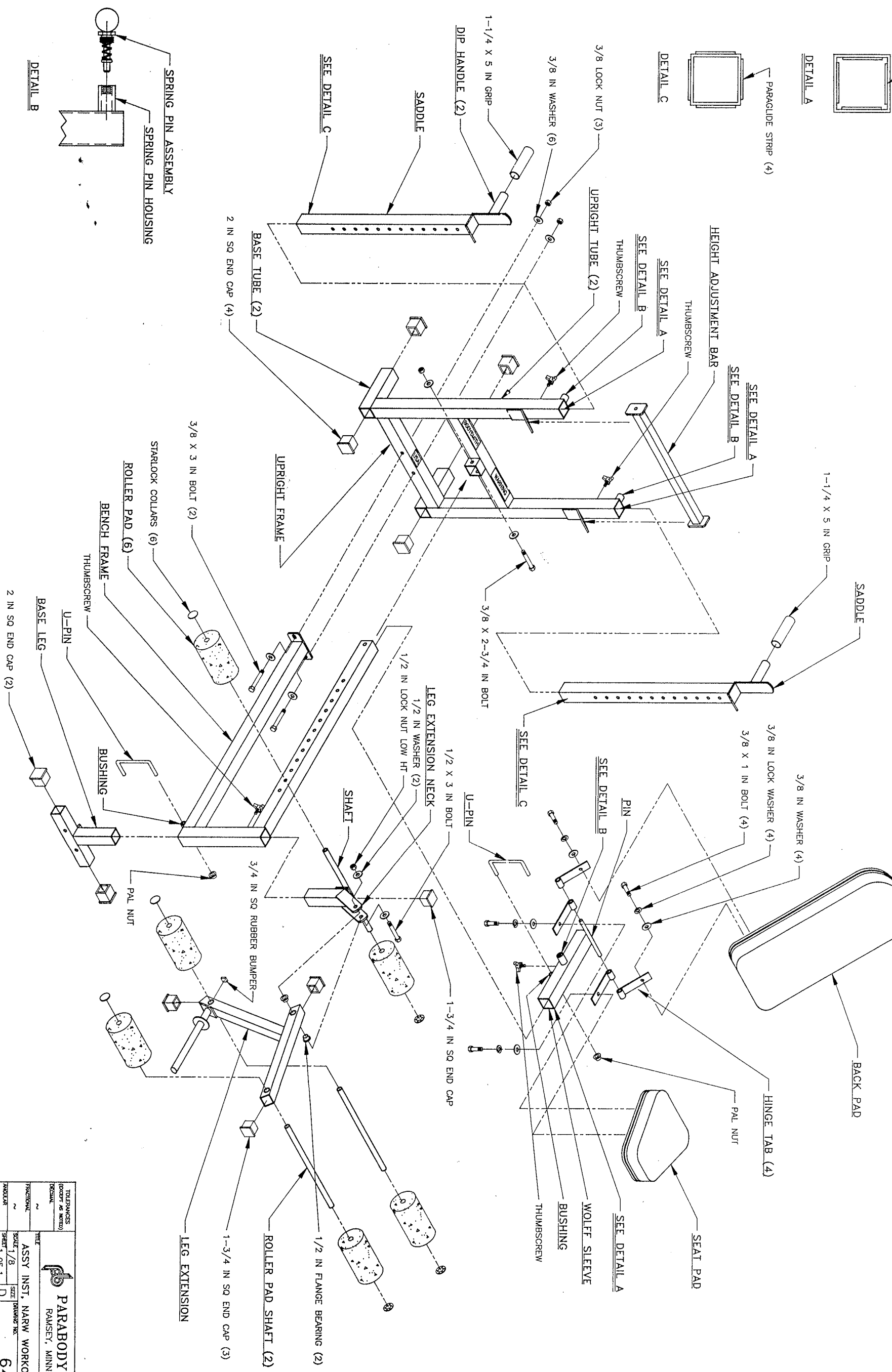
877 BODYSMITH NARROW WORKOUT CTR. ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	UPRIGHT FRAME WLDMT (6406901)	1
2.	BENCH FRAME WLDMT (6407501)	1
3.	HEIGHT ADJUSTMENT BAR WLDMT (6111001)	1
4.	WOLFF SLEEVE WLDMT (6406601)	1
5.	BASE LEG WLDMT (6407801)	1
6.	SADDLE WLDMT (6407301)	2
7.	LEG EXTENSION NECK WLDMT (6407201)	1
8.	LEG EXTENSION WLDMT (6024701)	1
9.	HINGE TAB (6406401)	4
10.	U-PIN (6406501)	2
11.	ROLLER PAD SHAFT (6125101)	2
12.	ROLLER PAD (6194601)	6
13.	SEAT PAD (6408401)	1
14.	BACK PAD (6408001)	1

REV	DESCRIPTION	CHK NO	APP'D	DATE
A	NEW RELEASE			3/94
B	UPDATE DRAWING	2290	DWT	3/94
C	WOLFF SLEEVE WAS NOVA SLEEVE			



PARABODY INC.
RAMSEY, MINNESOTA

ASSY INST, NARW WORKOUT CENTER
64095

DATE: 3/94
DWT

SCALE: 1/8
SHEET 1 OF 1

TOLERANCES (UNLESS OTHERWISE SPECIFIED)
FRACTIONAL DECIMAL
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