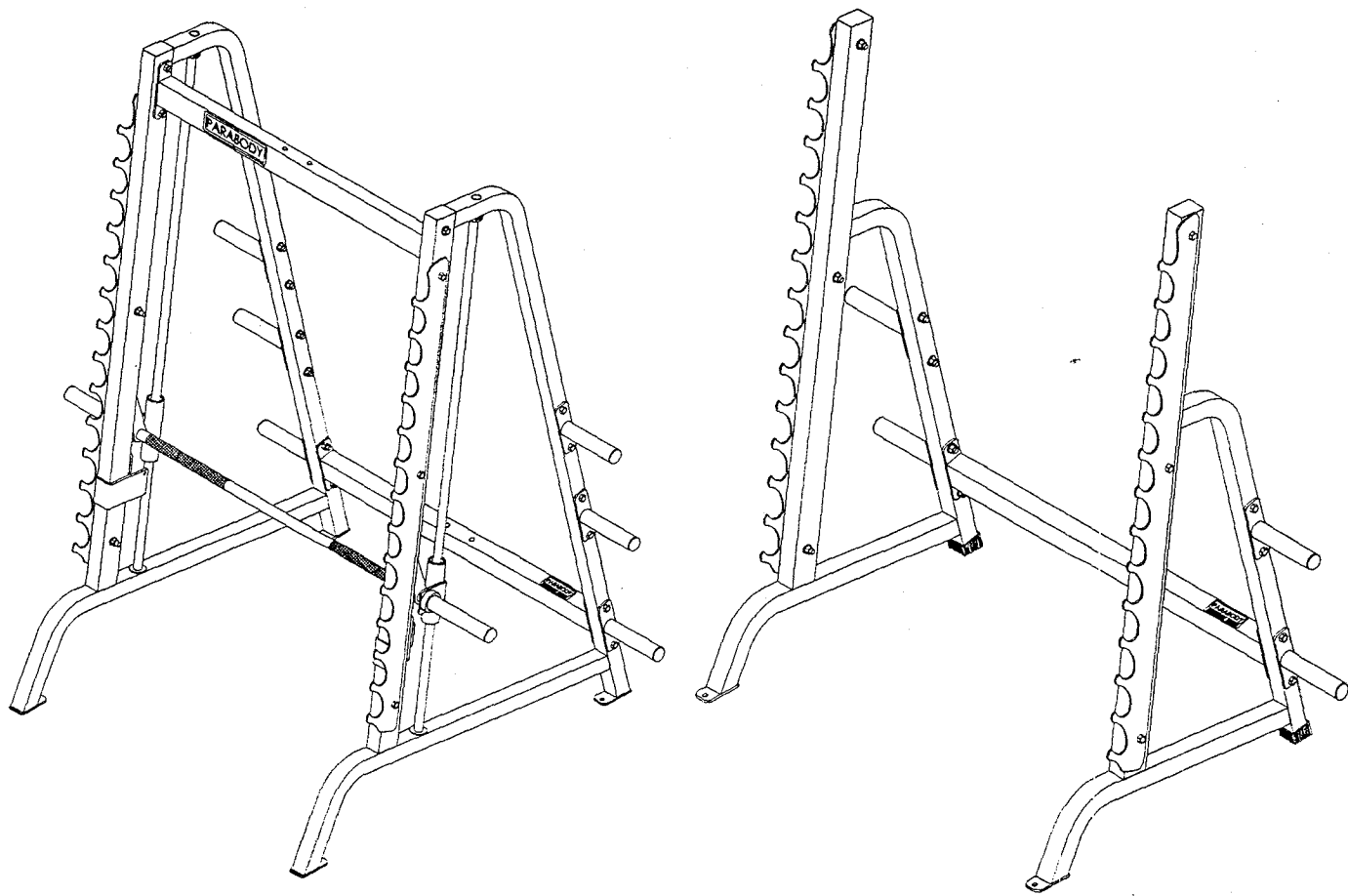


# PARABODY

## *Serious Steel*

### 883101 WEIGHT HORN ATTACHMENT

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### ASSEMBLY INSTRUCTIONS

## IMPORTANT NOTES

WELCOME TO THE WORLD OF ***Serious Steel!***

**Please note:**

\* Thank you for purchasing the Parabody 883101 WEIGHT HORN ATTACHMENT. 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.

We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

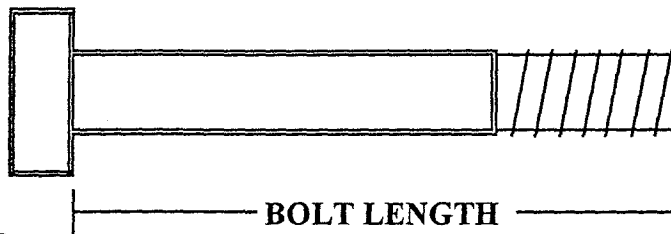
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult a physician before beginning any exercise program.

### Tools Required for Assembly

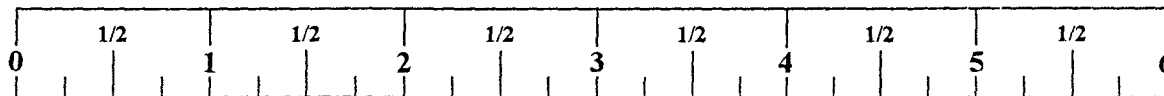
- \* 3/4" wrench
- \* Ratchet with 3/4" socket

### Bolt Length Ruler

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

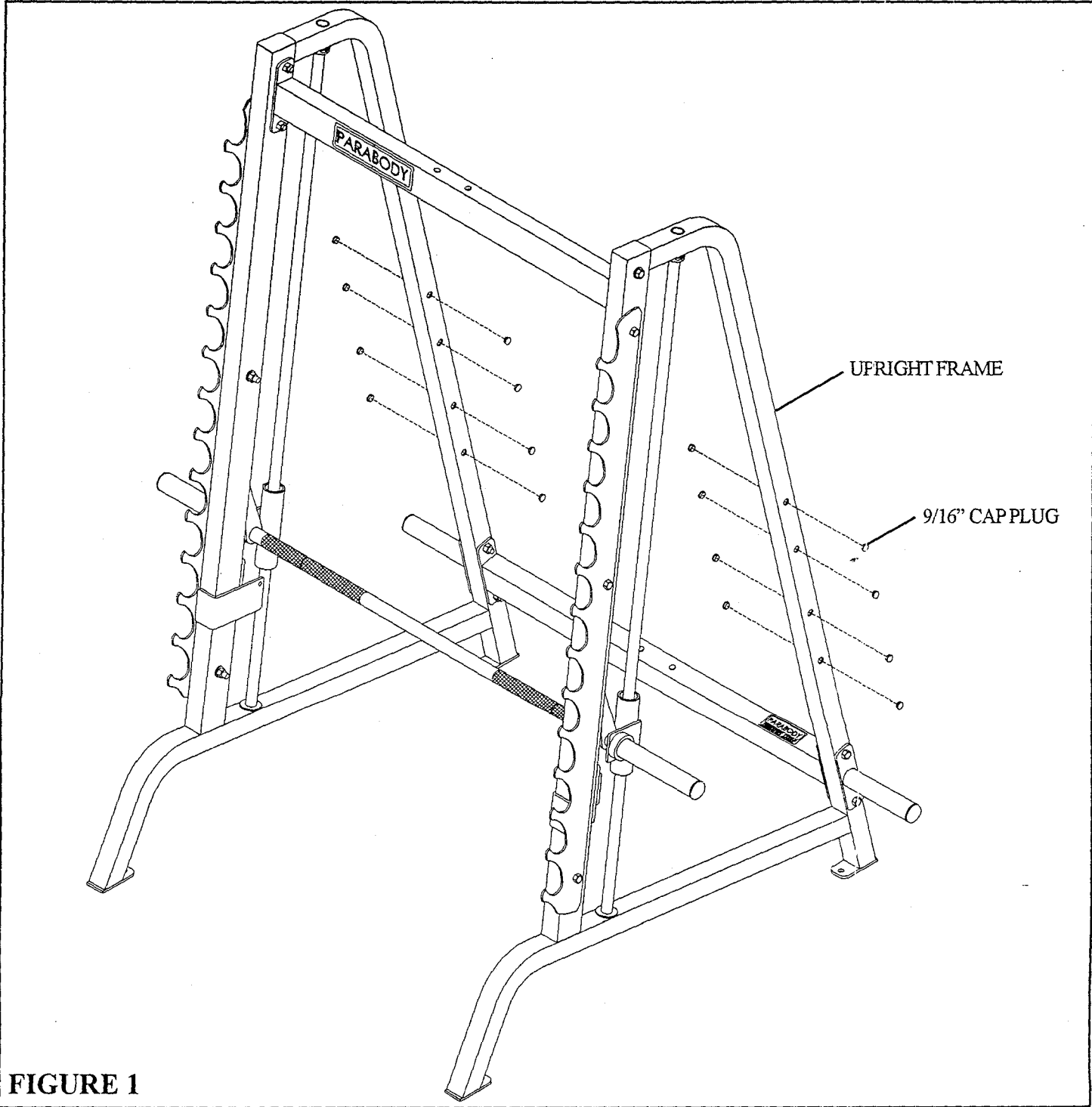


**BOLT LENGTH RULER:**



## PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6799601	PLATE HOLDER	4
2	3102910	1/2 X 3" BOLT	8
3	3102502	1/2" WASHER	8
4	3102801	1/2" LOCK NUT	8
5	3119302	1-3/4" ROUND END CAP	4

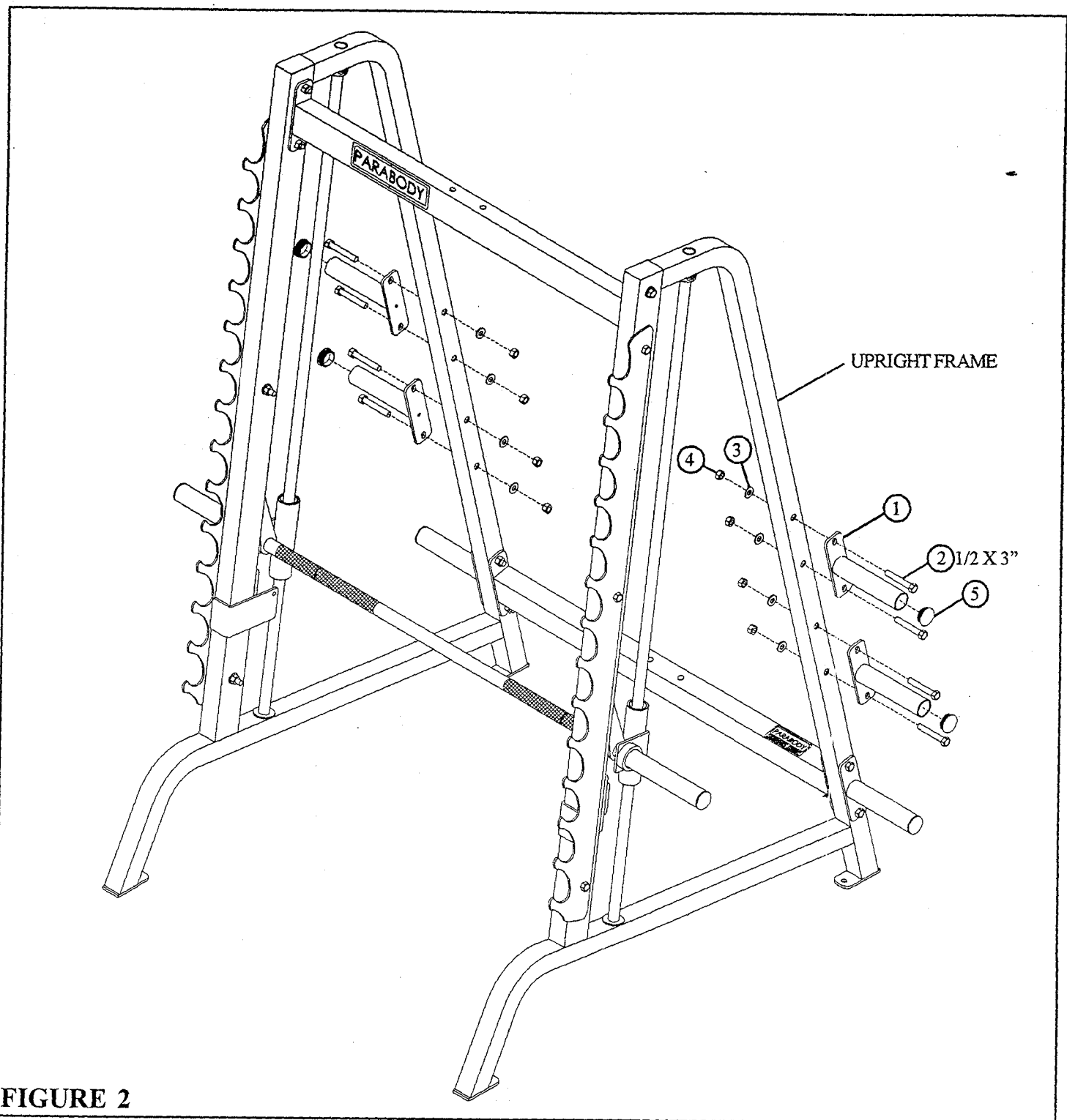


**FIGURE 1**

**STEP 1:**

INSTALLATION SHOWN FOR 888101 SMITH MACHINE. 838101 SQUAT RACK INSTALLATION SHOWN ON PAGE 5 & 6.

- Remove and discard the eight 9/16" CAP PLUGS from the UPRIGHT FRAMES as shown in FIGURE 1.

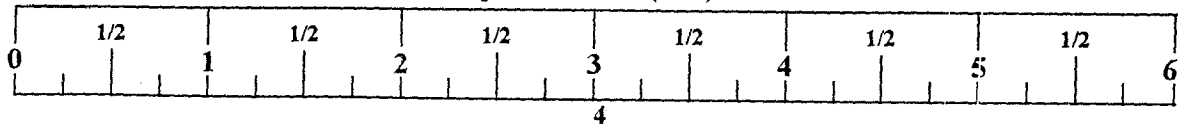


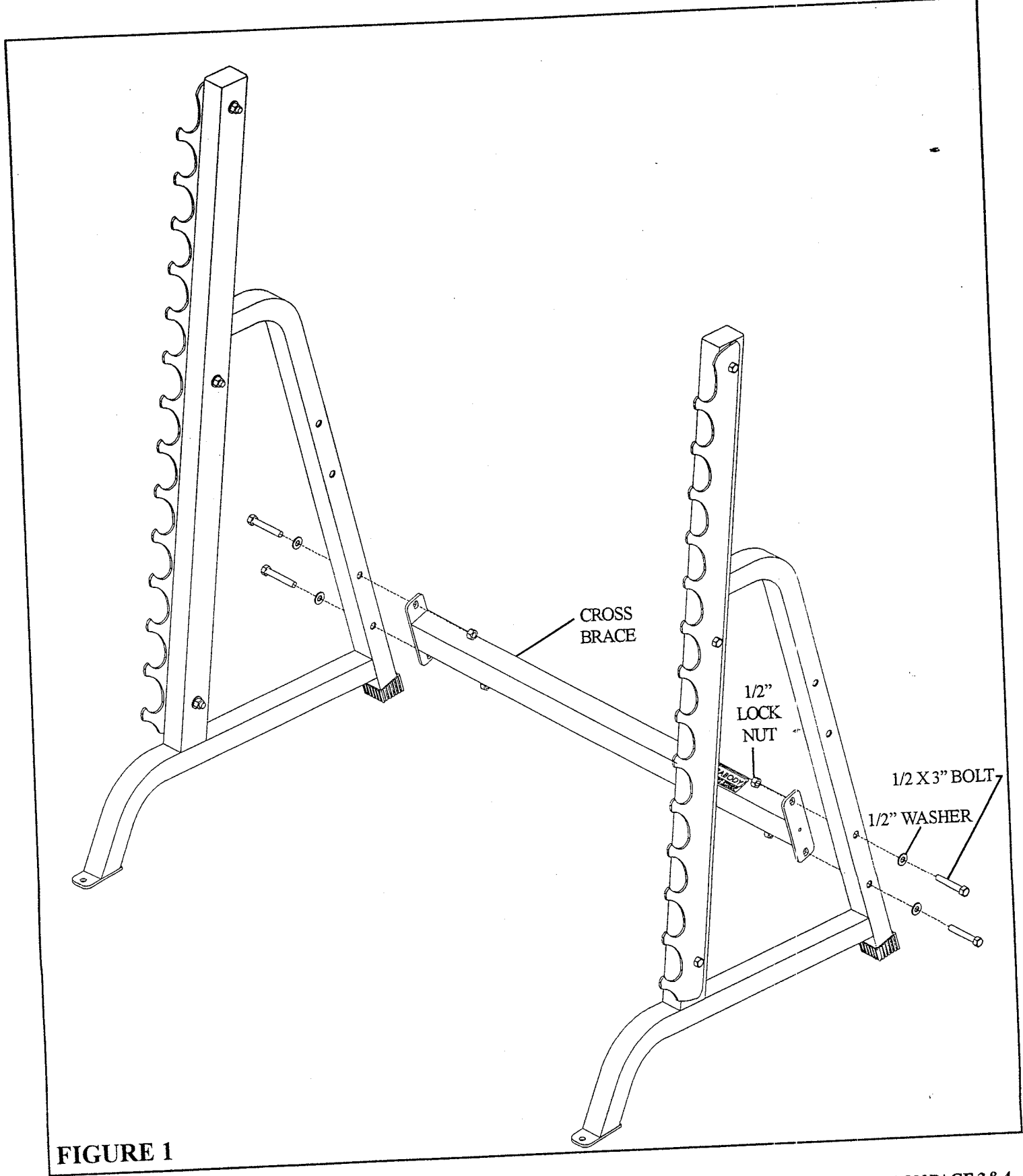
**FIGURE 2**

**STEP 2:**

- Insert four 1-3/4" ROUND END CAPS (5) into the end of the four PLATE HOLDERS (1) as shown in FIGURE 2.
- **SECURELY** assemble the four PLATE HOLDERS (1) to the UPRIGHT FRAMES as shown in FIGURE 2, using eight 1/2 X 3" BOLTS (2), eight 1/2" WASHERS (3), and eight 1/2" LOCK NUTS (4).

**Thank you for purchasing the Parabody 883101 WEIGHT HORN ATTACHMENT. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.**

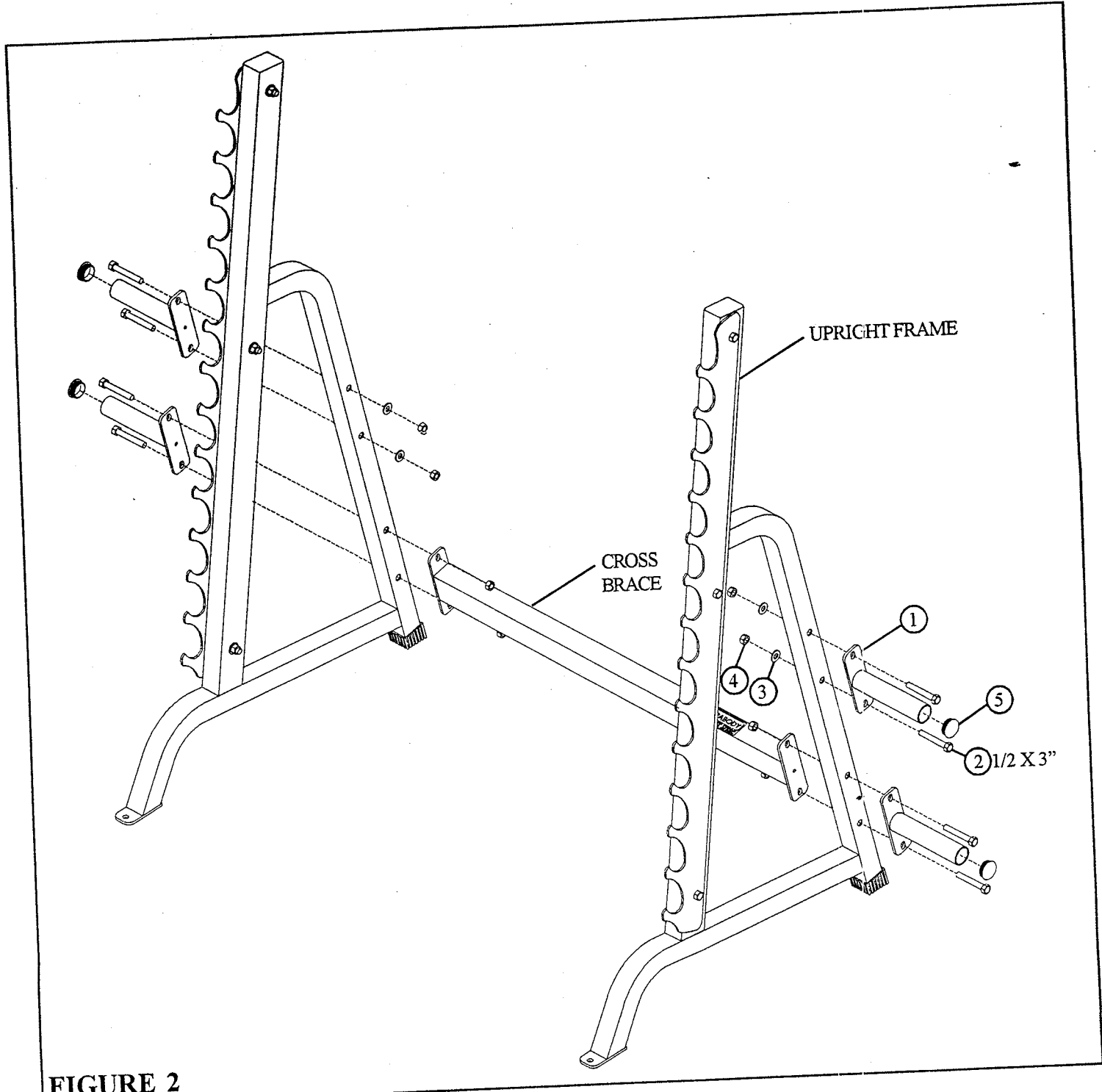




**FIGURE 1**

**STEP 1:**  
**INSTALLATION SHOWN FOR 838101 SQUAT MACHINE. 888101 SMITH MACHINE INSTALLATION SHOWN ON PAGE 3 & 4.**

- Remove and discard the four 1/2 X 3" BOLTS, four 1/2" WASHERS, and four 1/2" LOCK NUTS from the CROSS BRACE as shown in FIGURE 1.



**FIGURE 2**

**STEP 2:**

- Insert four 1-3/4" ROUND END CAPS (5) into the end of the four PLATE HOLDERS (1) as shown in FIGURE 2.
- **SECURELY** assemble two PLATE HOLDERS (1) and the CROSS BRACE to the UPRIGHT FRAMES as shown in FIGURE 2, using four 1/2 X 3" BOLTS (2) and four 1/2" LOCK NUTS (4).
- **SECURELY** assemble the two PLATE HOLDERS (1) to the UPRIGHT FRAMES as shown in FIGURE 2, using four 1/2 X 3" BOLTS (2), four 1/2" WASHERS (3), and four 1/2" LOCK NUTS (4).

**Thank you for purchasing the Parabody 883101 WEIGHT HORN ATTACHMENT. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.**

