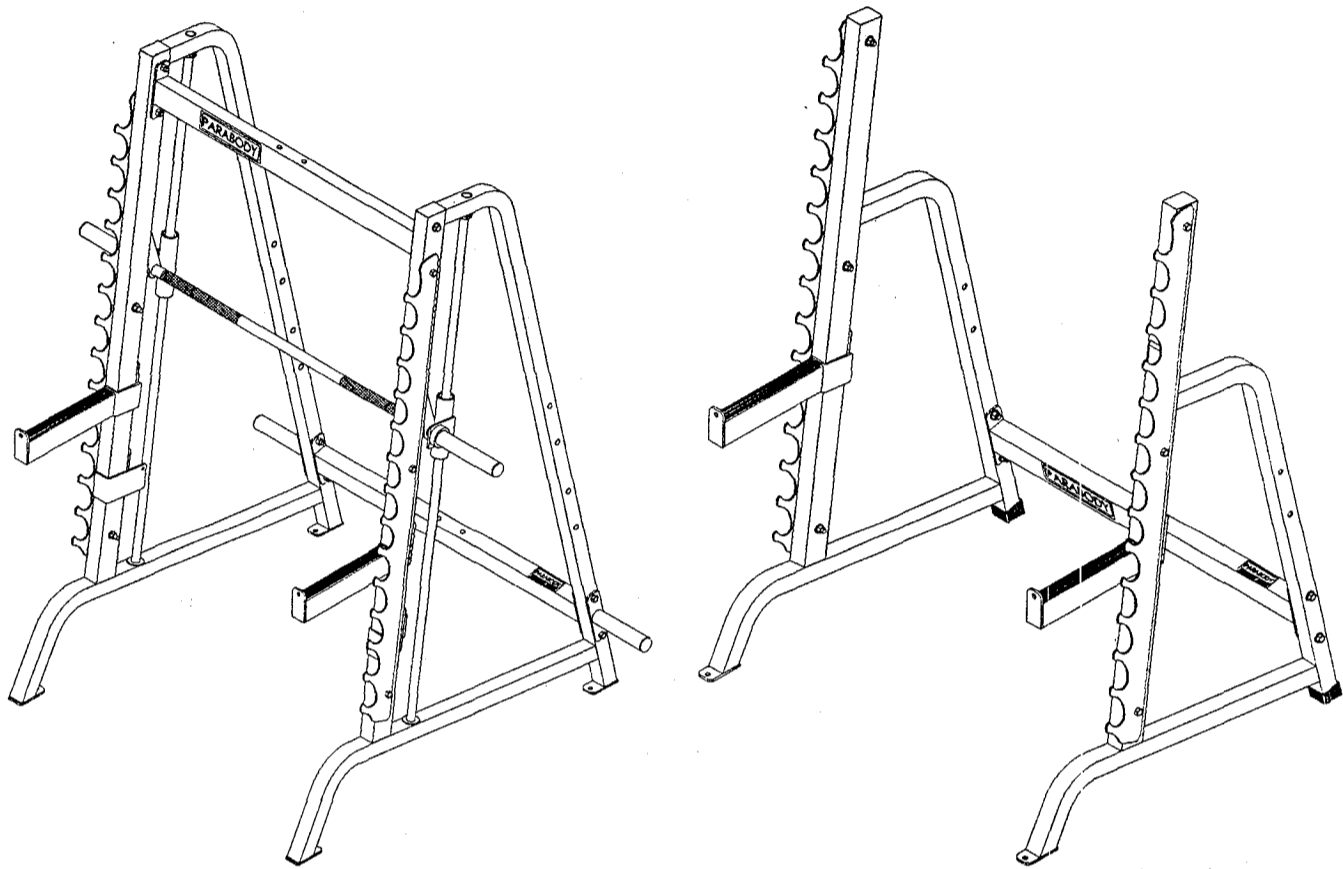


PARABODY

Serious Steel

884101 SAFETY RAIL ATTACHMENT



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

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

Please note:

* Thank you for purchasing the Parabody 884101 SAFETY RAIL 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.

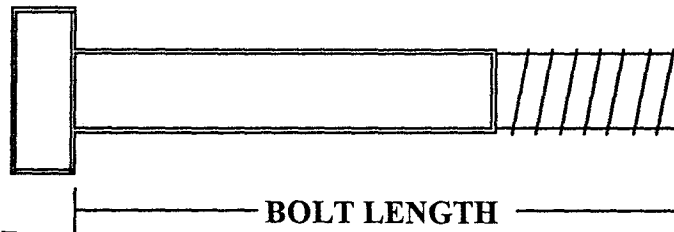
We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

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

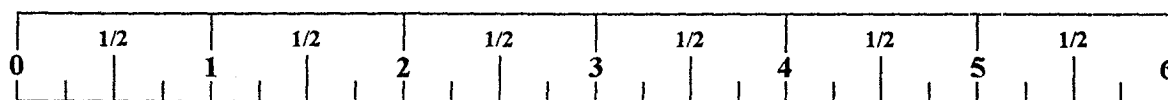
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your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

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	6807602	LEFT SAFETY RAIL	1
2	6807702	RIGHT SAFETY RAIL	1
3	6824601	3-1/4 X 1-3/4" GLIDE	6
4	6817701	13-1/2 X 1-5/8" RUBBER STRIP	2

6817701

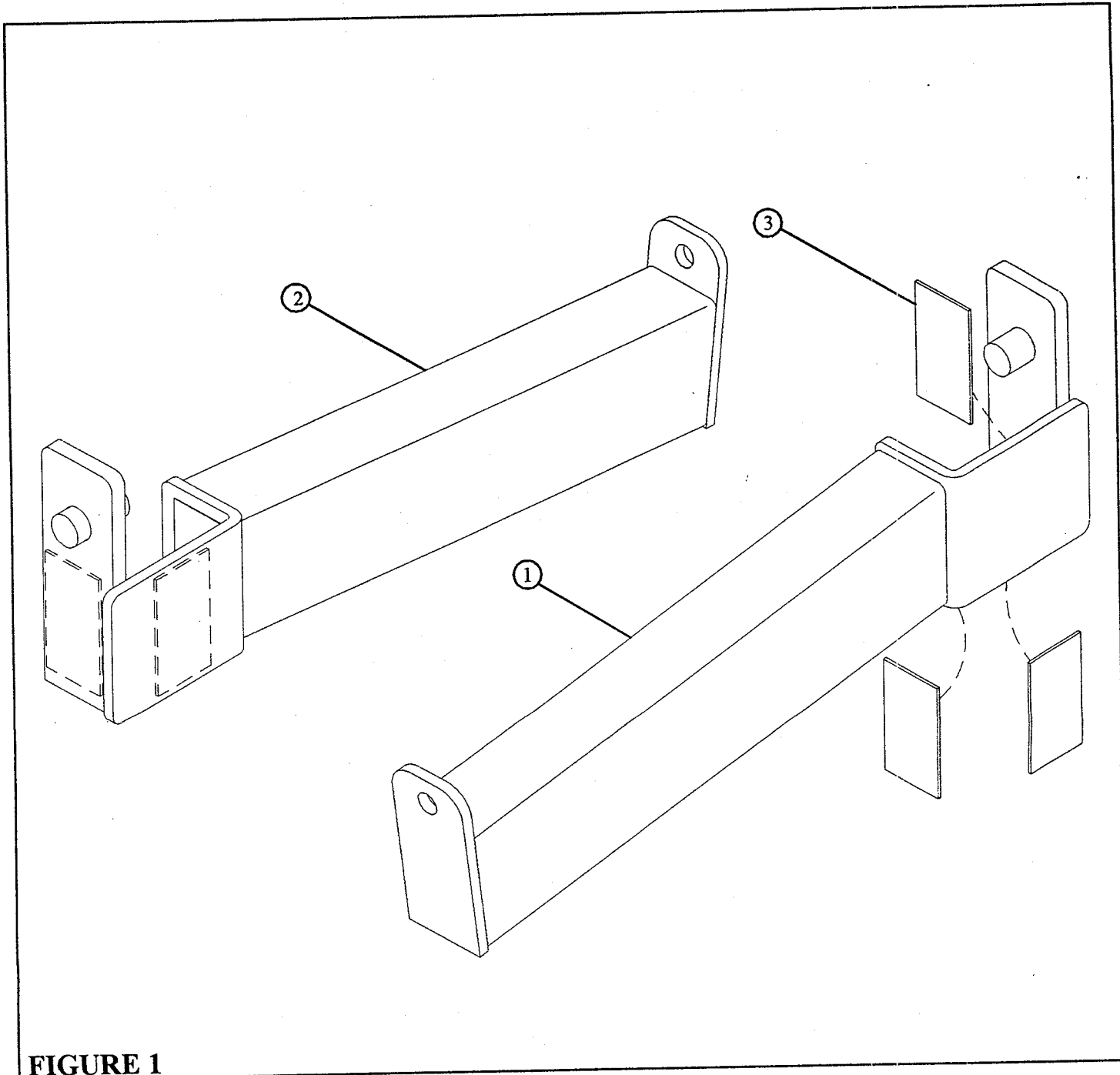


FIGURE 1

STEP 1:

- Attach six 3-1/4 X 1-3/4" GLIDES (3) to the LEFT & RIGHT SAFETY RAILS (1 & 2) as shown in FIGURE 1, using the following steps:
 - Thoroughly clean all surfaces where the 3-1/4 X 1-3/4" GLIDES (3) are to be attached.
 - Remove the 3-1/4 X 1-3/4" GLIDES (3) from the paper backing and firmly apply them to all shown surfaces.

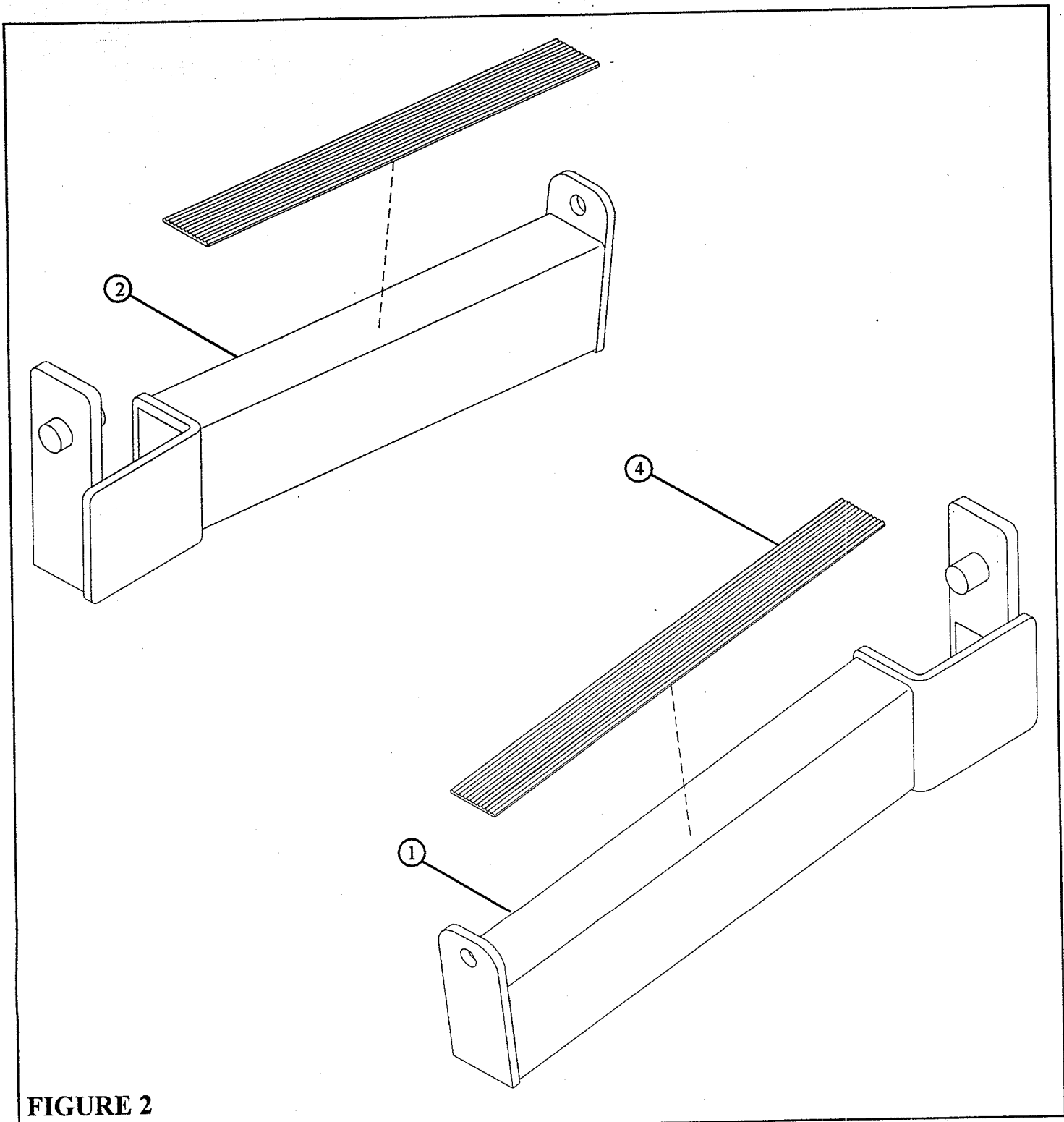
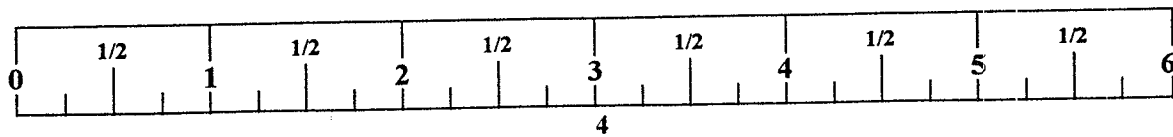


FIGURE 2

STEP 2:

- Attach two 13-1/2 X 1-5/8" RUBBER STRIPS (4) to the LEFT & RIGHT SAFETY RAILS (1 & 2) as shown in FIGURE 2,



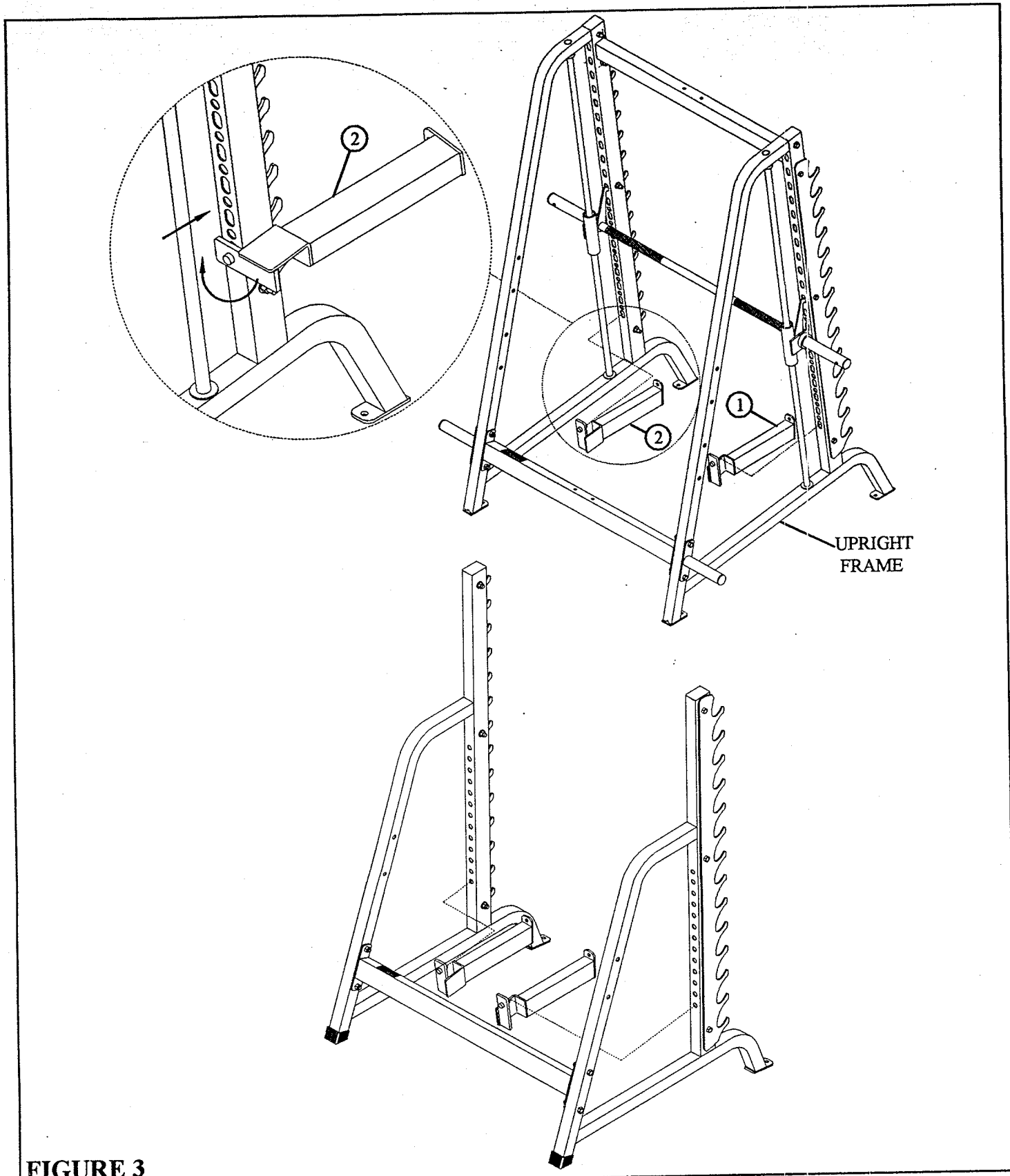


FIGURE 3

STEP 3:

- Assemble the LEFT & RIGHT SAFETY RAILS (1 & 2) to the UPRIGHT FRAMES as shown in FIGURE 3.

Thank you for purchasing the Parabody 884101 SAFETY RAIL ATTACHMENT. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.