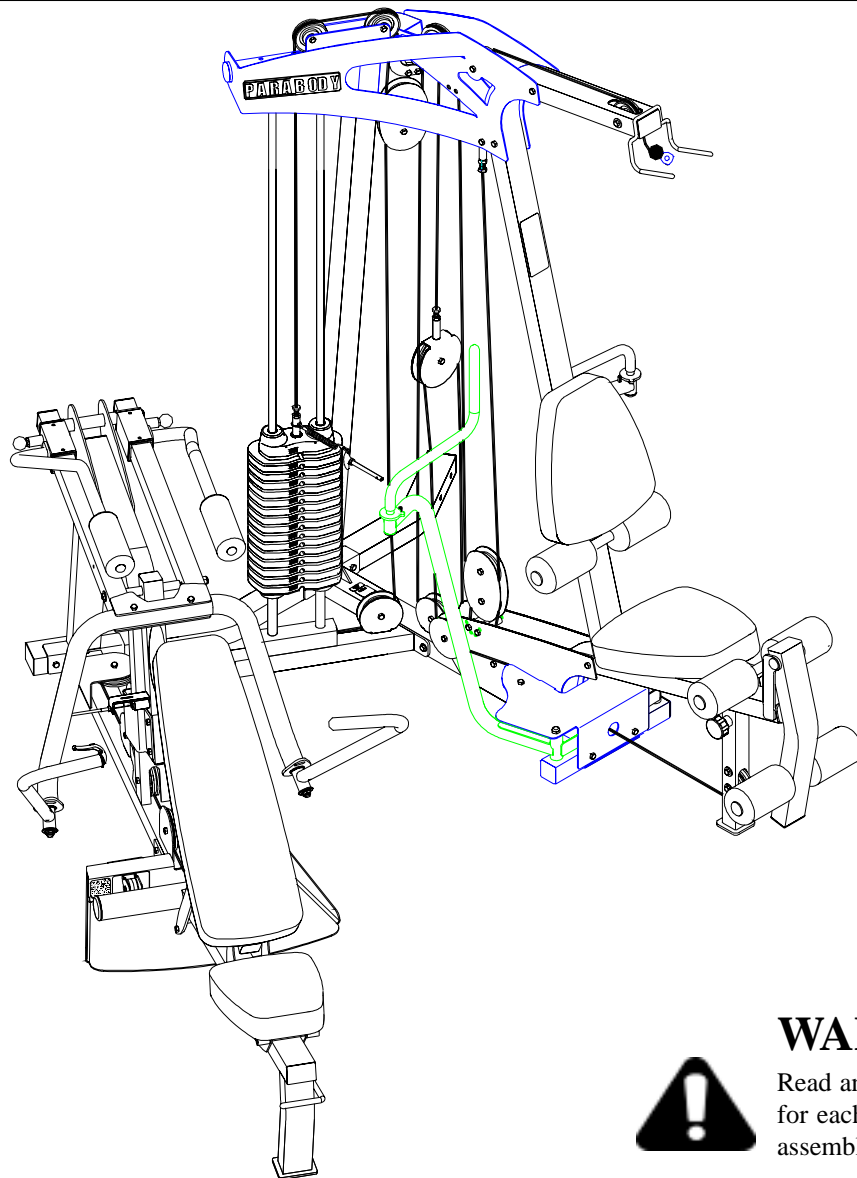


# PARABODY®

## 883 SECOND STACK OPTION FOR 880 GYM SYSTEM



### WARNING:

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



## USER'S GUIDE

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## 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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[www.parabody.com](http://www.parabody.com)

## IMPORTANT NOTES

### Please note:

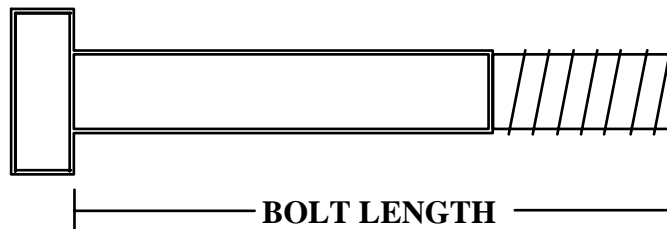
- \* Thank you for purchasing the ParaBody 880 Second Stack Option. Please read these instructions thoroughly and keep them for future reference.
- \* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

## Tools Required for Assembly

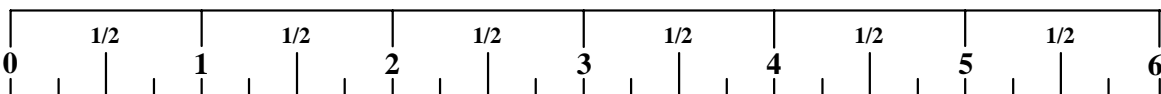
- \* Rubber mallet or hammer
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* 7/32" Allen wrench
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

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



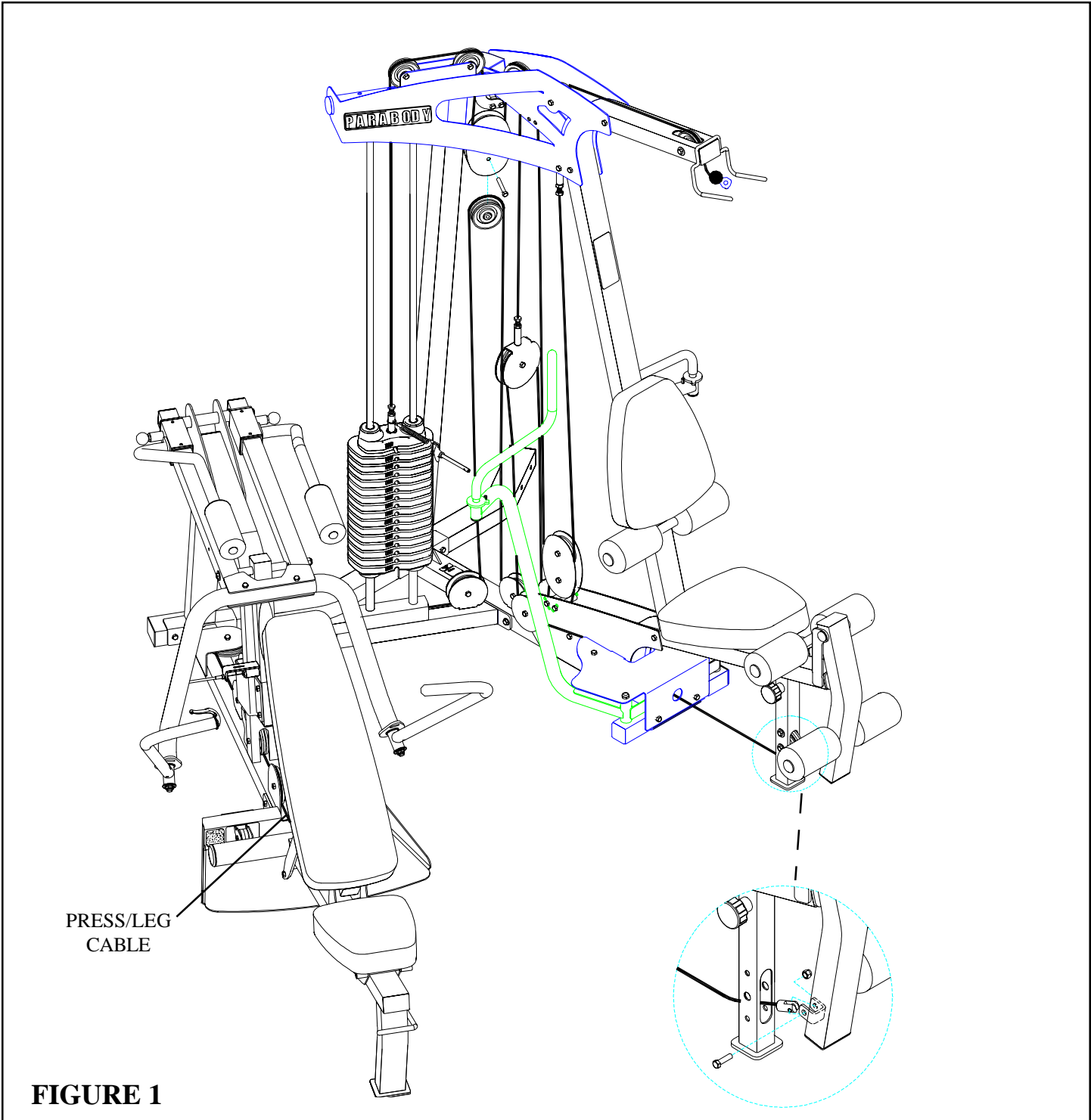
**BOLT LENGTH RULER:**



# PARTS LIST

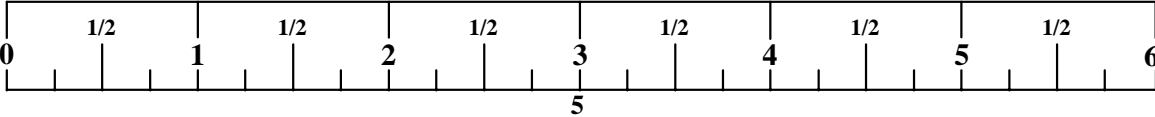
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	7160208	STACK BASE	1	13	3102924	3/8 X 1-3/4" BOLT	3
2	7167908	LEFT BOOM BRACKET	1	14	3102807	3/8" LOW HEIGHT LOCK NUT	2
3	6523401	GUIDE ROD	2	15	3102906	3/8 X 4" BOLT	2
4	7095701	WEIGHT STACK SHAFT	1	16	3102955	3/8 X 4-1/4" BOLT	2
5	7012102	WEIGHT STACK SPACER	2	17	3102802	3/8" LOCK NUT	3
6	6957302	HEAD PLATE	1	18	3102501	3/8" WASHER	4
7	7165701	PRESS STACK CABLE	1	19	3102503	3/4" WASHER	2
8	7156101	LEG CABLE	1	20	6939202	WEIGHT PLATE	15
9	3116201	3-1/2" PULLEY	2	21	6382301	WEIGHT PLATE BUSHING 10 CT.	3
10	6972201	WEIGHT STACK PIN	1	22	3221702	E-RING	1
11	3108002	WEIGHT STACK CUSHION	2	23	3103302	13/16" SHAFT COLLAR	2
12	6978101	WEIGHT STACK LABEL	1	24	7159801	THREADED HOUSING	1

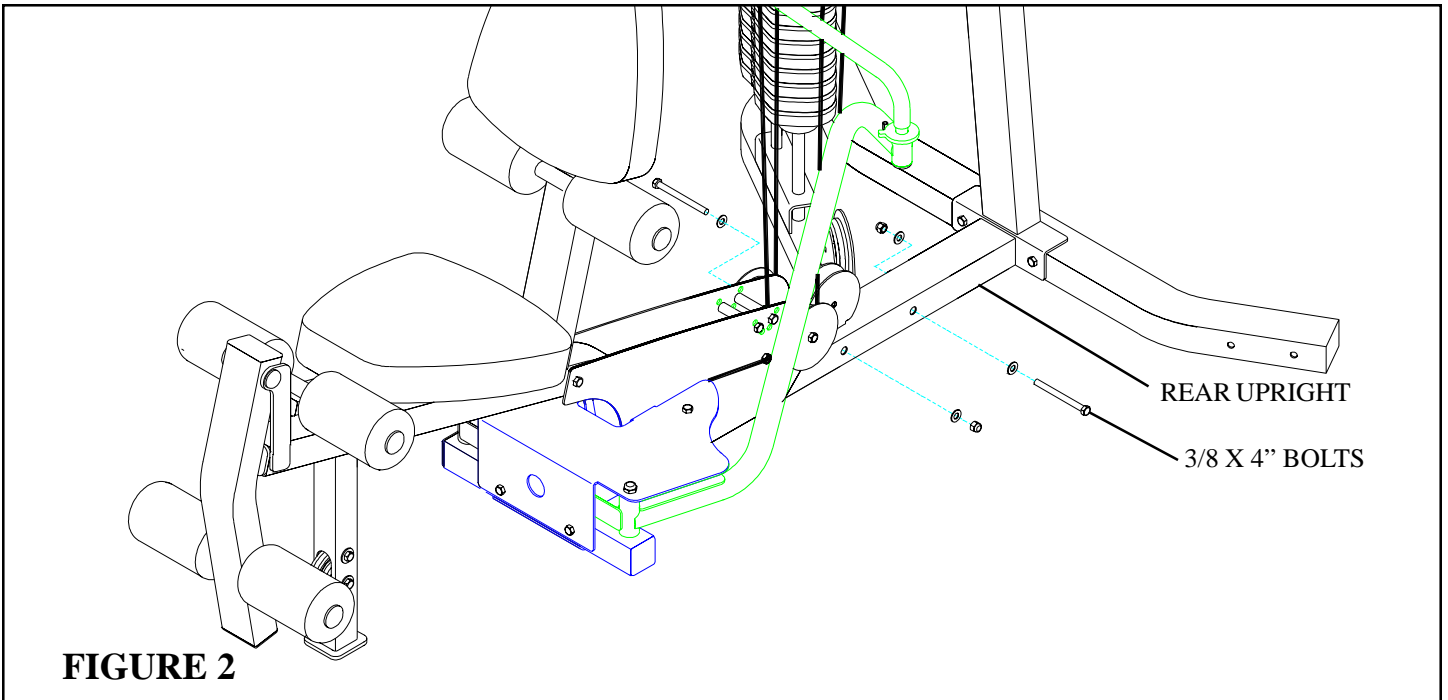
- **NOTE: If assembling the SECOND STACK OPTION to a completely assembled (including cables) 880 GYM SYSTEM without LEG PRESS OPTION, please refer to PAGE 5.**
  
- **NOTE: If assembling the SECOND STACK OPTION to a completely assembled (including cables) 880 GYM SYSTEM with LEG PRESS OPTION, please refer to PAGE 16.**



**STEP 1:**

- **NOTE:** Follow these steps if assembling the **SECOND STACK OPTION** to a completely assembled (including cables) **880 GYM SYSTEM** without **LEG PRESS OPTION**, otherwise please refer to **PAGE 4**.
- **REMOVE** the **PRESS/LEG CABLE** from the **880 GYM SYSTEM** . Discard the **PRESS/LEG CABLE** . See **FIGURE 1** . (**NOTE:** Remove pulleys for ease of removal.)

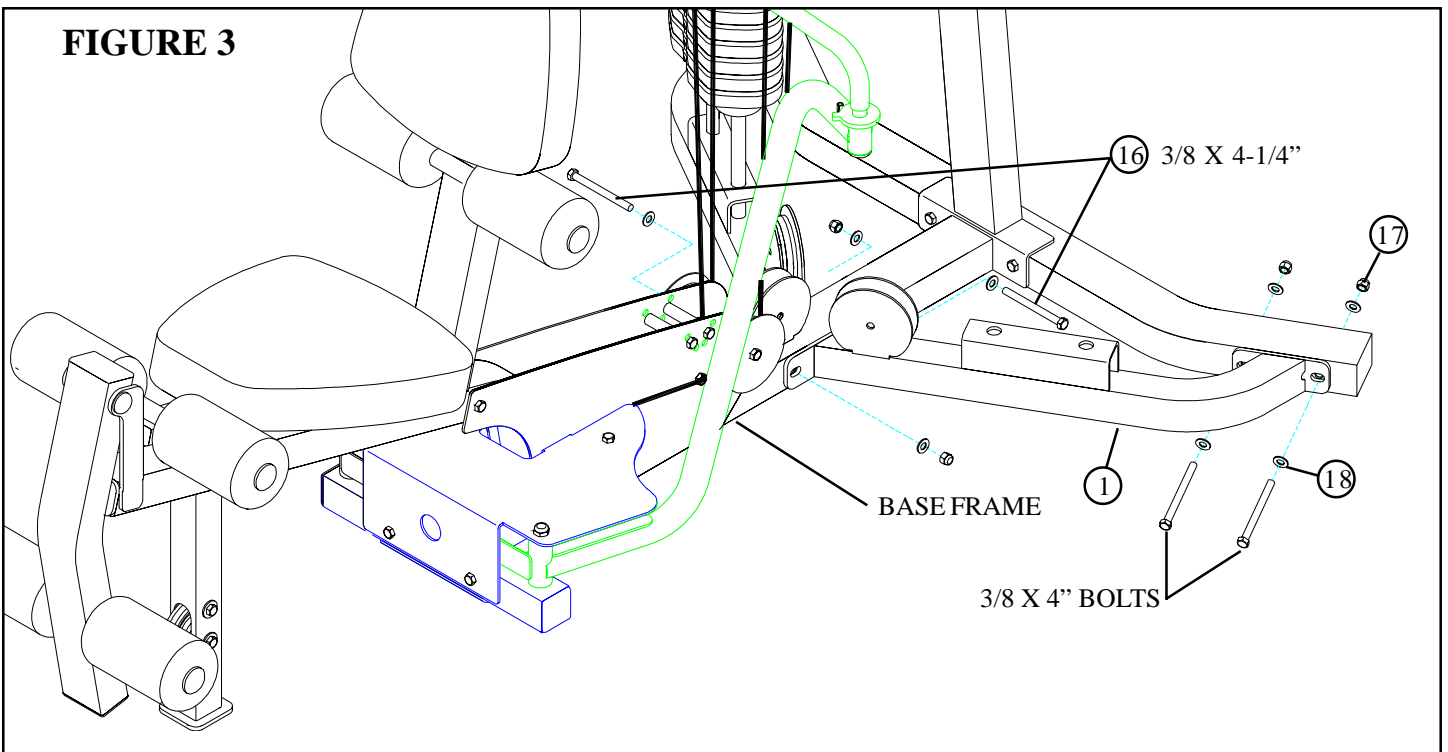




**FIGURE 2**

**STEP 2:**

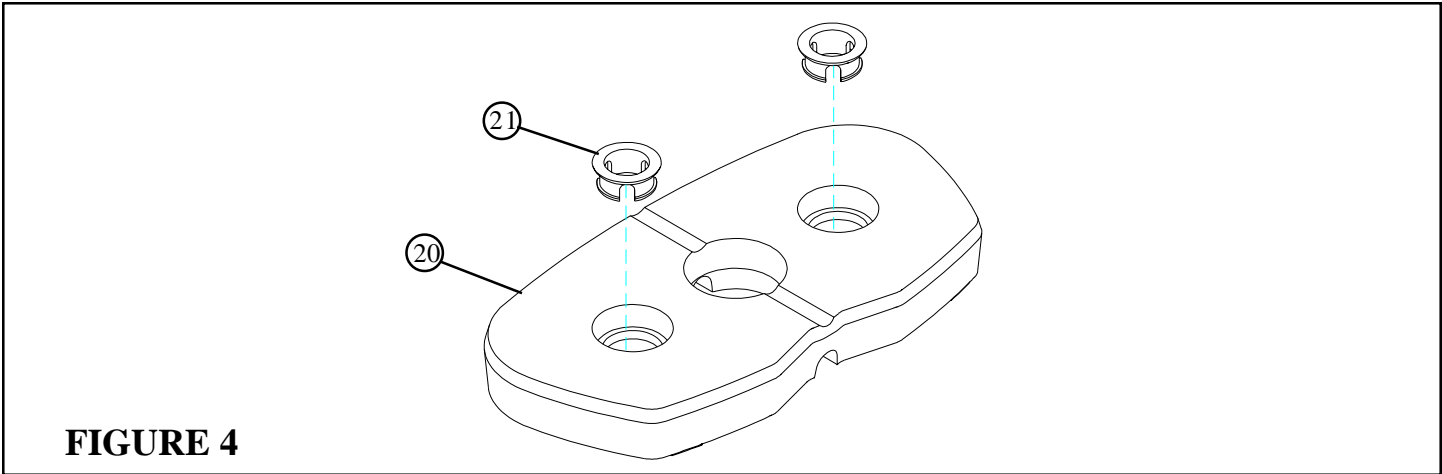
- Remove the two 3/8 X 4" BOLTS, four 3/8" WASHERS and two 3/8" LOCK NUTS from the REAR UPRIGHT as shown in FIGURE 2.



**FIGURE 3**

**STEP 3:**

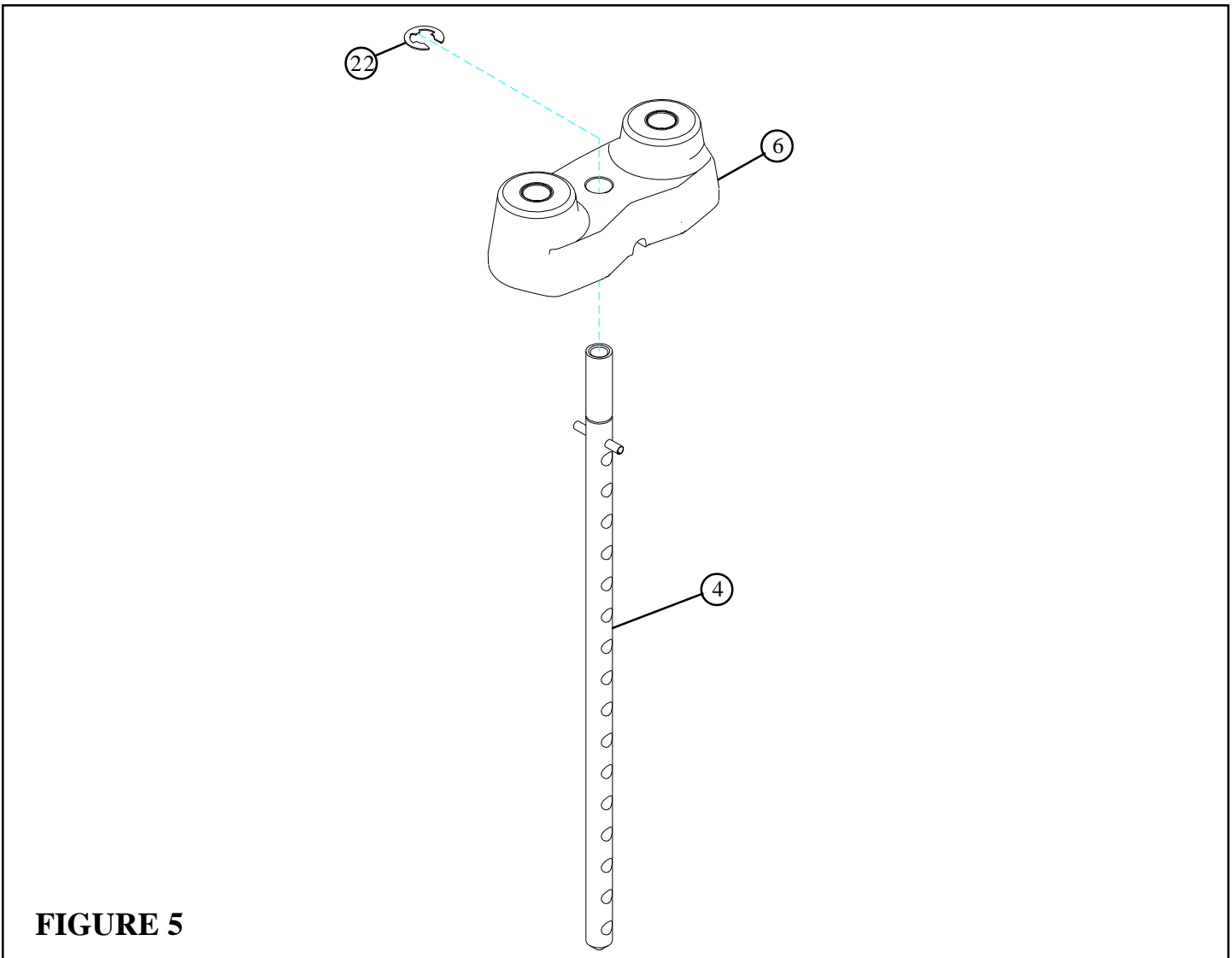
- **SECURELY** assemble the STACK BASE (1) to the BASE FRAME using two 3/8 X 4-1/4" BOLTS (16), two previously removed 3/8 X 4" BOLTS, four 3/8" WASHERS (18), four previously removed 3/8" WASHERS, two 3/8" LOCK NUTS (17) and two previously removed 3/8" LOCK NUTS as shown in FIGURE 3.



**FIGURE 4**

**STEP 4:**

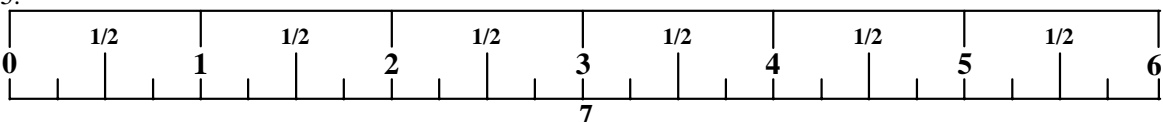
- Insert two WEIGHT PLATE BUSHINGS (21) into each of the fifteen WEIGHT PLATES (20) as shown in FIGURE 4.



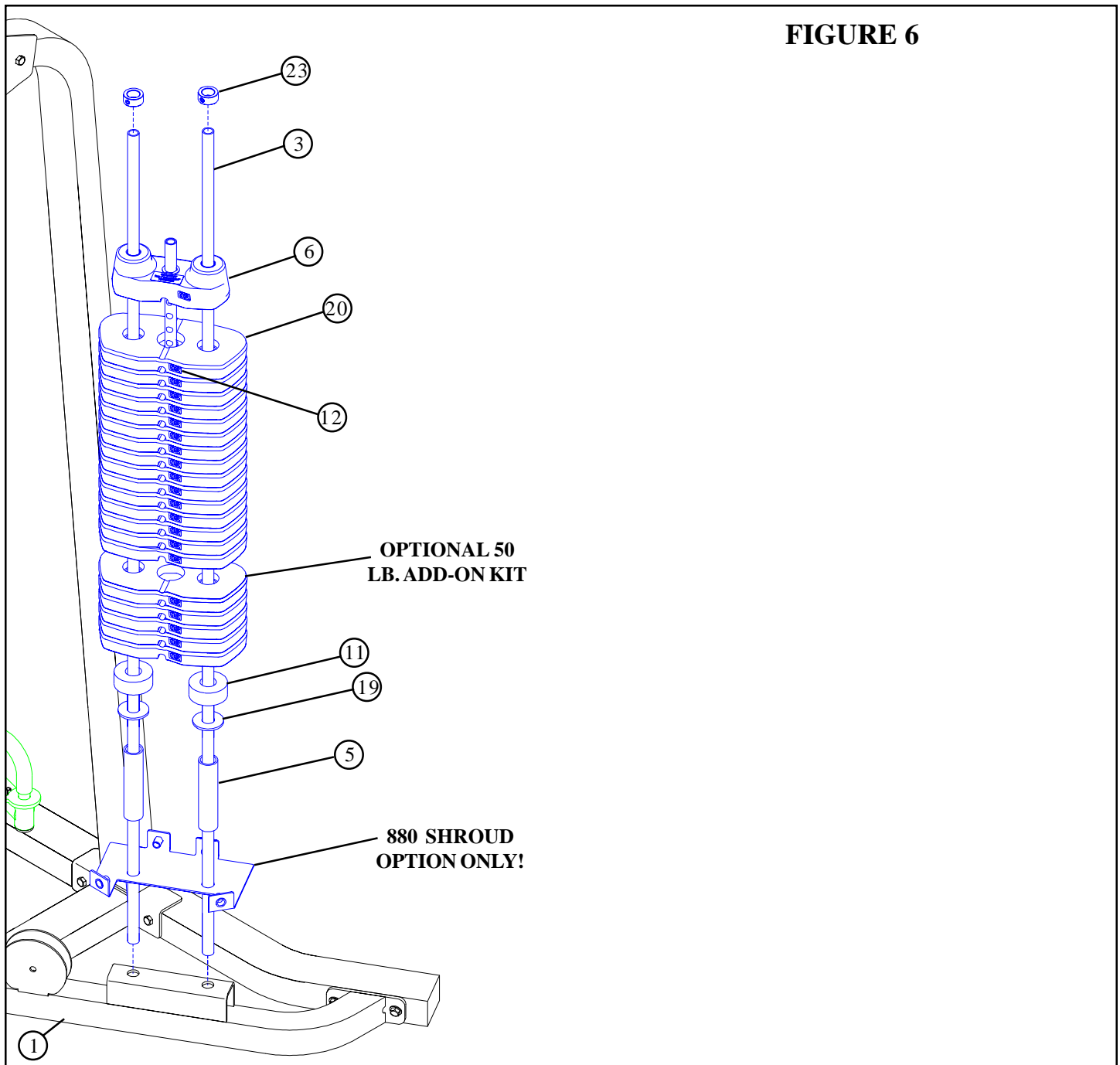
**FIGURE 5**

**STEP 5:**

- Slide the WEIGHT PLATE SHAFT (4) thru the hole in the HEAD PLATE (6), and lock in place using one E-RING (22) as shown in FIGURE 5.



**FIGURE 6**

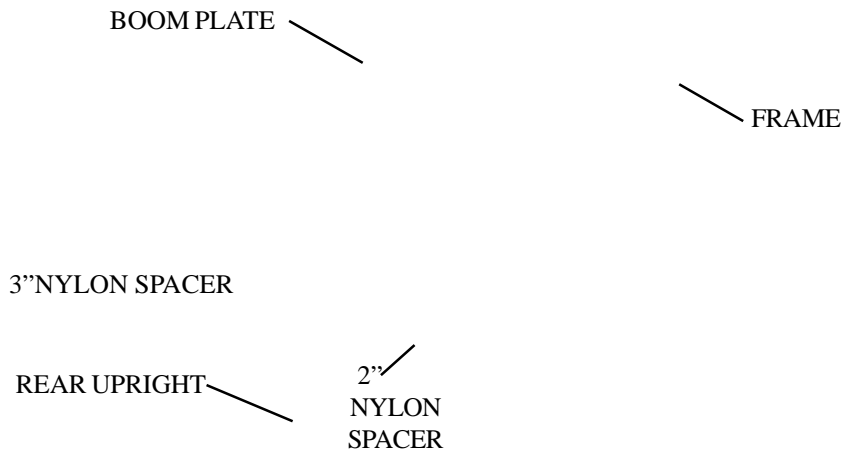


**STEP 6:**

- Insert two GUIDE RODS (3) into the STACK BASE (1) as shown on FIGURE 6. (NOTE: If the 880 SHROUD OPTION was purchased, place the GUIDE RODS (3) through the BOTTOM SHROUD BRACKET (found in SHROUD OPTION box) and into the STACK BASE (1) as shown in FIGURE 6.
- (NOTE: Lubricate GUIDE RODS (3) with silicon or teflon spray available at most hardware stores.)
- Slide two WEIGHT STACK SPACERS (5), two 3/4" FLAT WASHERS (19), and two WEIGHT STACK CUSHIONS (11) down over the GUIDE RODS (3).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (20) (NOTE: If 50-LB. ADD-ON KIT was purchased, slide twenty WEIGHT PLATES and discard two WEIGHT STACK SPACERS (5), two 3/4" FLAT WASHERS (19) use the 50 LB. ADD-ON HEAD PLATE and refer to the 50 LB. ADD-ON Kit instructions) down over the GUIDE RODS (3) on to the WEIGHT STACK CUSHIONS (11). Make sure that the WEIGHT PLATES (20) are all facing as shown.
- Slide the head plate assembly down over the GUIDE RODS (3) onto the weight stack.
- Slide two SHAFT COLLARS (23) over the GUIDE RODS (3) as shown in FIGURE 6.
- Apply WEIGHT STACK LABELS (12) to WEIGHT PLATES (20) and HEAD PLATE (6) as shown in FIGURE 6. Begin with number one at the HEAD PLATE (6) with larger numbers in consecutive order towards bottom of weight stack.



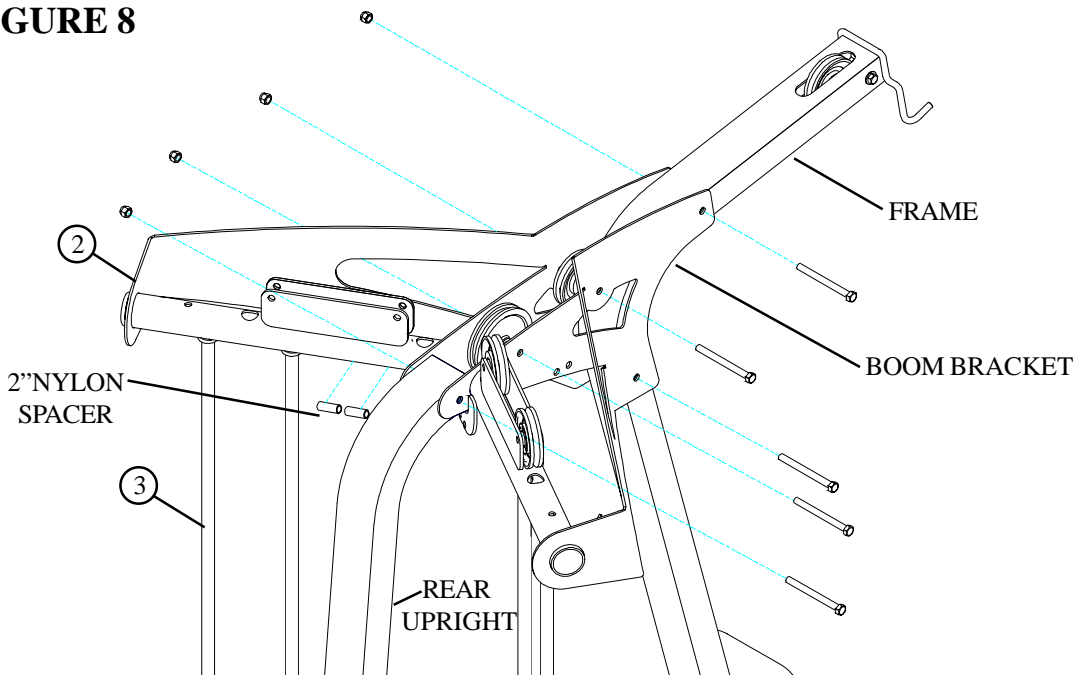
**FIGURE 7**



**STEP 7:**

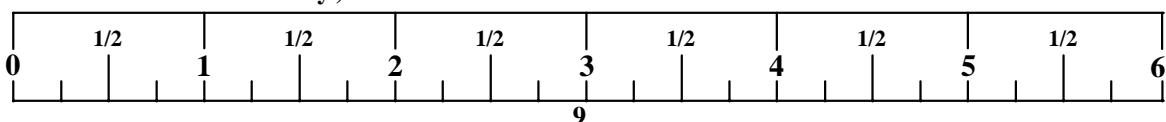
- **CAREFULLY** remove the BOOM PLATE from the the REAR UPRIGHT and the FRAME as shown in FIGURE 7. Discard the BOOM PLATE.

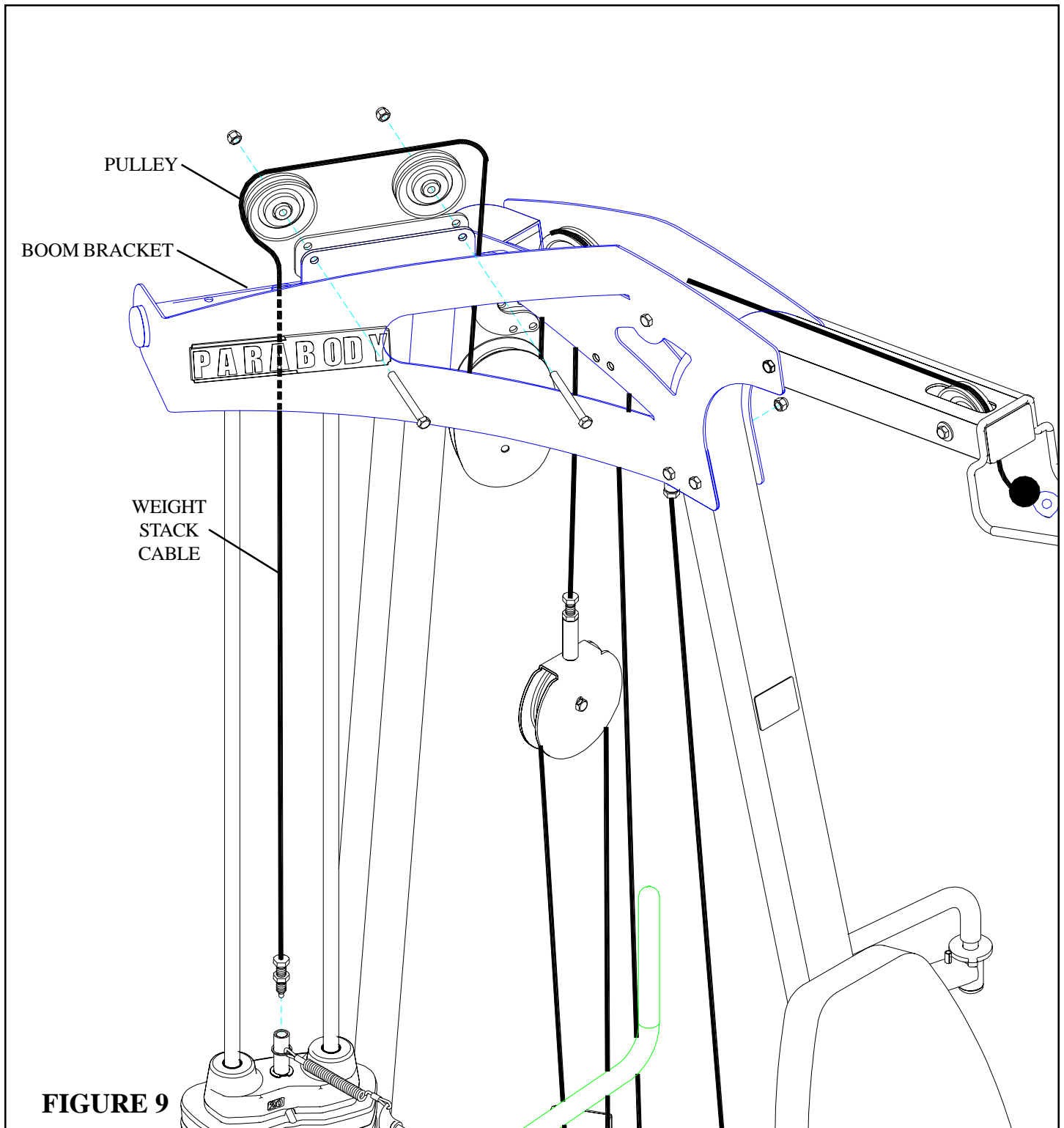
**FIGURE 8**



**STEP 8:**

- Swing the GUIDE RODS (3) into the guide rod bushings in the LEFT BOOM BRACKET (2) as shown in FIGURE 8.
- **SECURELY** assemble the LEFT BOOM BRACKET (2) and the BOOM BRACKET to the REAR UPRIGHT and the FRAME using the previously removed bolts, nylon spacers, washers and lock nuts as shown in FIGURE 8. (NOTE: The 2" NYLON SPACERS go on the LEFT BOOM BRACKET only.)

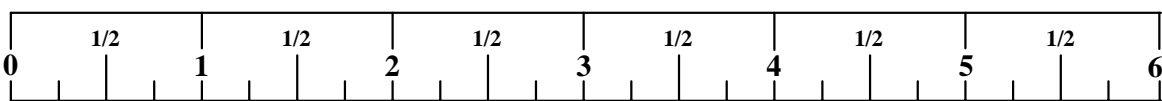




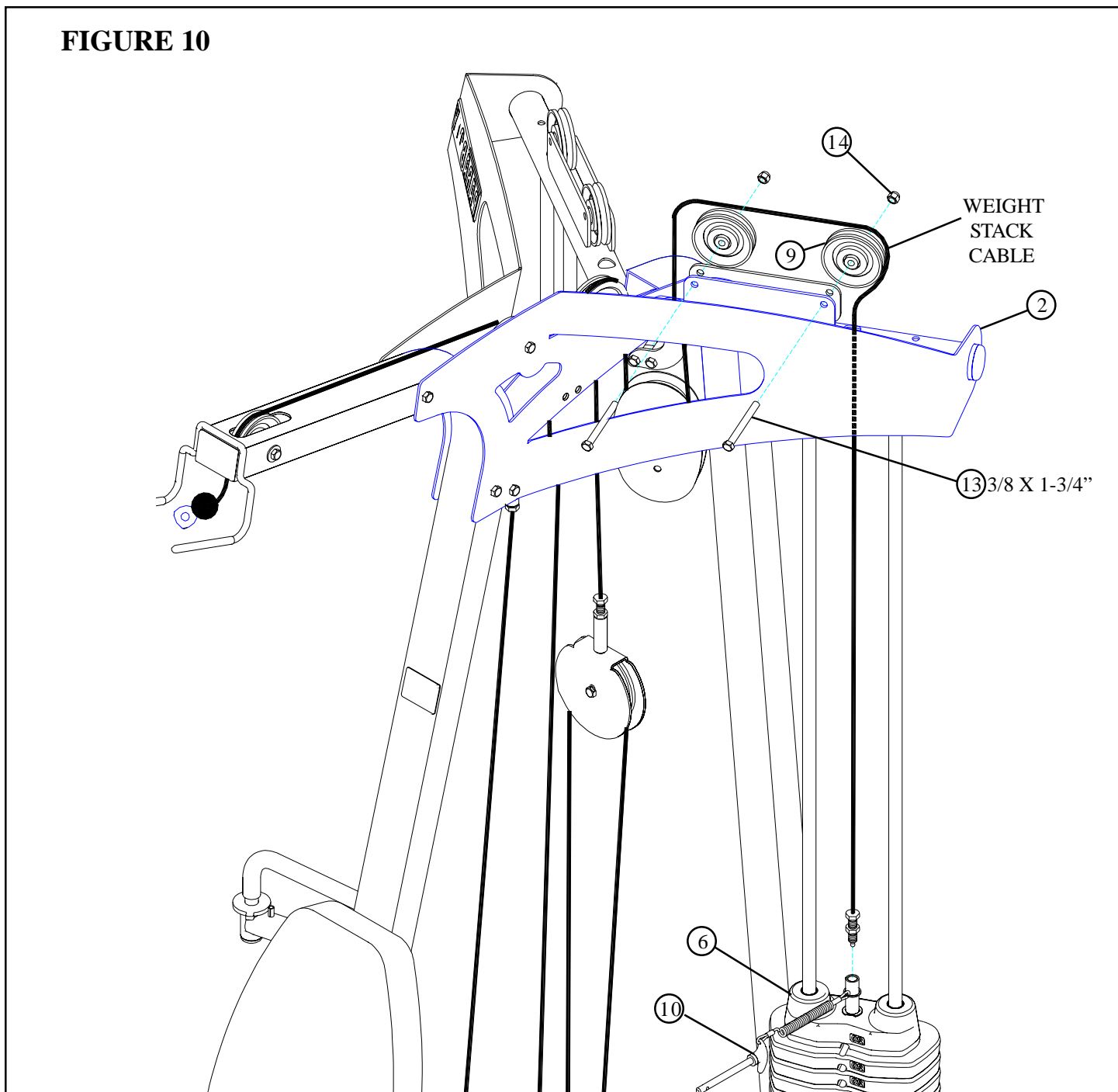
**FIGURE 9**

**STEP 9:**

- Unscrew the threaded ends of the WEIGHT STACK CABLE from the WEIGHT STACK SHAFT and remove the two PULLEYS from the BOOM BRACKET. See FIGURE 9.

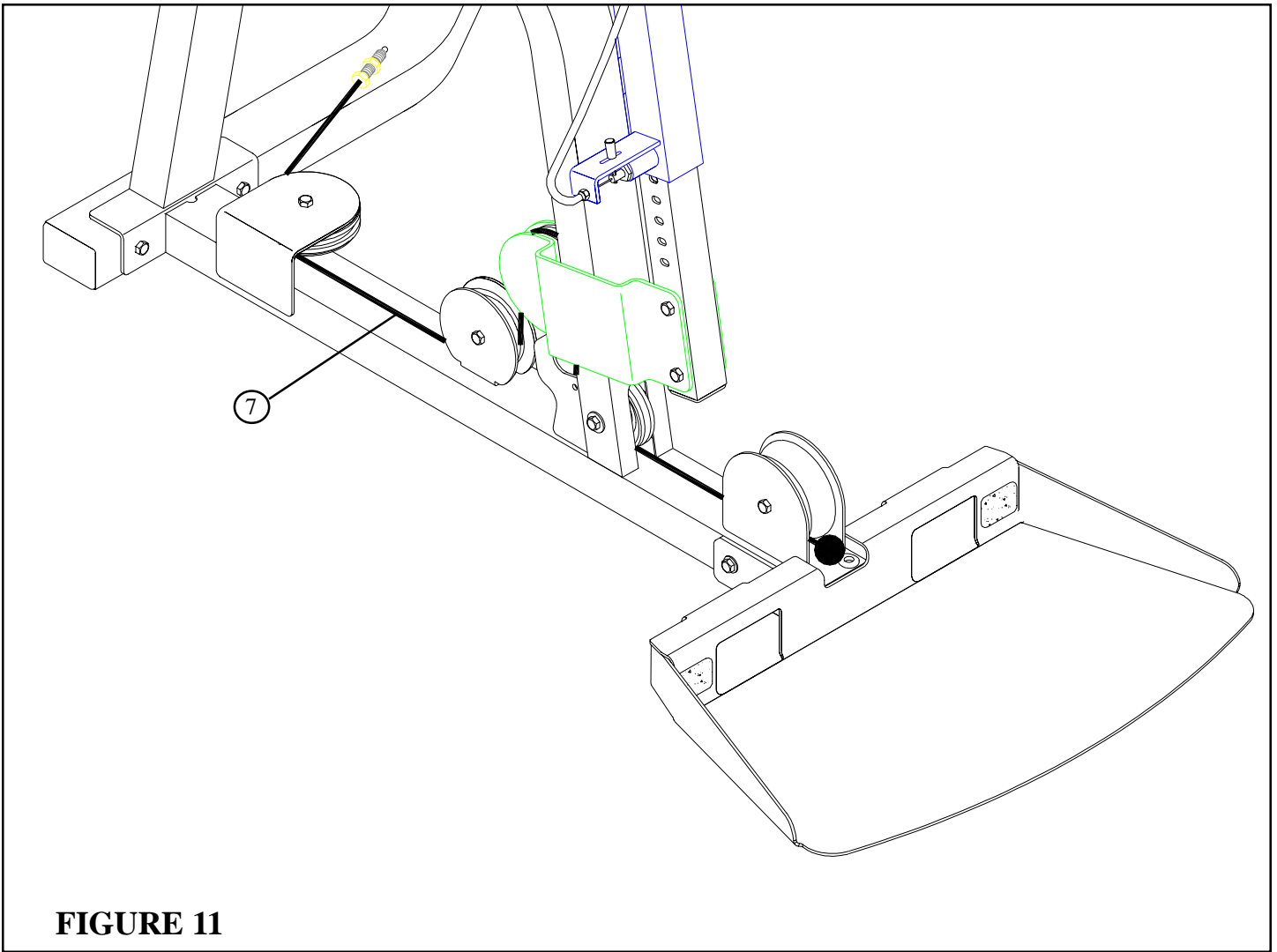


**FIGURE 10**



**STEP 10:**

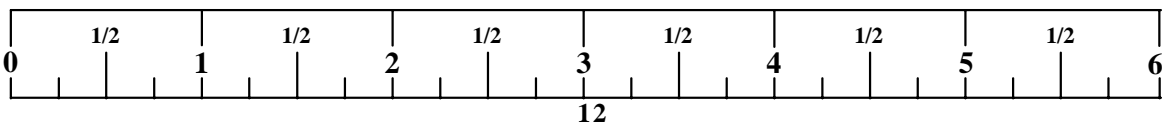
- Assemble two 3-1/2" PULLEYS (9) to the LEFT BOOM BRACKET (2) using two 3/8 X 1-3/4" BOLTS (13) and two 3/8" LOW HEIGHT LOCK NUTS (14) as shown in FIGURE 10.
- Route the WEIGHT STACK CABLE around the pulleys in the LEFT BOOM BRACKET (2) as shown in FIGURE 10. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Assemble the WEIGHT STACK PIN (10) to the HEAD PLATE (6) as shown in FIGURE 10.
- Screw the long threaded end of the WEIGHT STACK CABLE into the end of the HEAD PLATE (6) .See FIGURE 10.

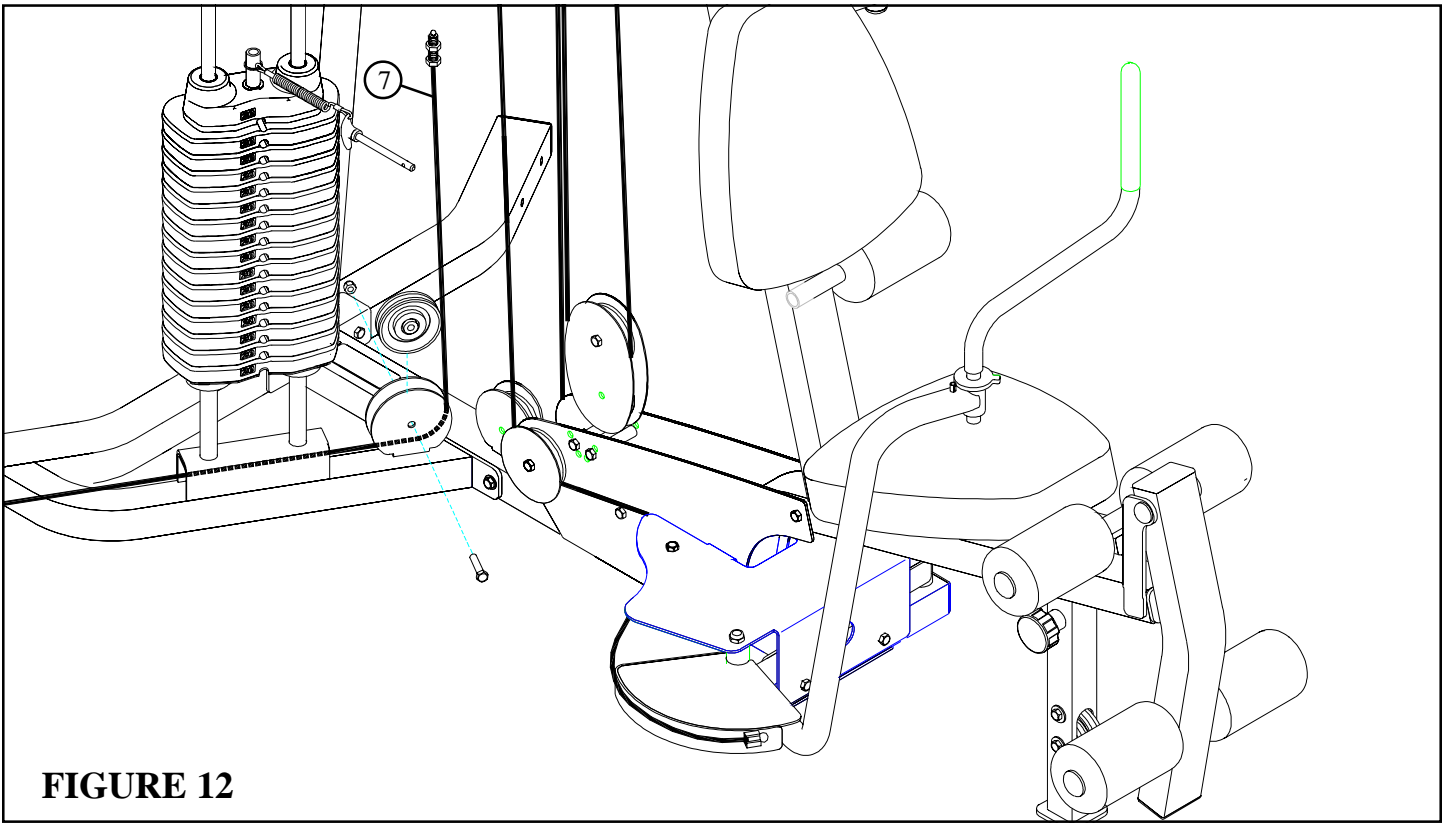


**FIGURE 11**

**STEP 10:**

- Route the new PRESS STACK CABLE (7) thru the PRESS STATION as shown. (**NOTE: Remove pulleys for ease of installation.**)





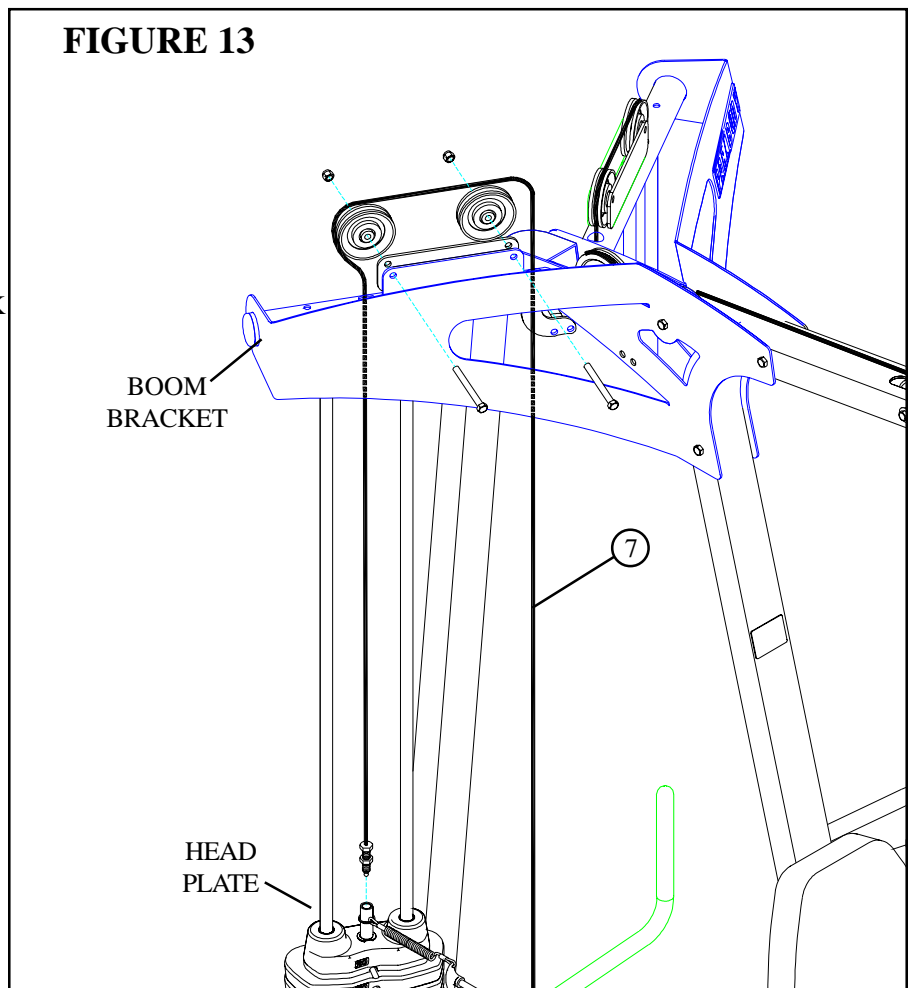
**FIGURE 12**

**STEP 12:**

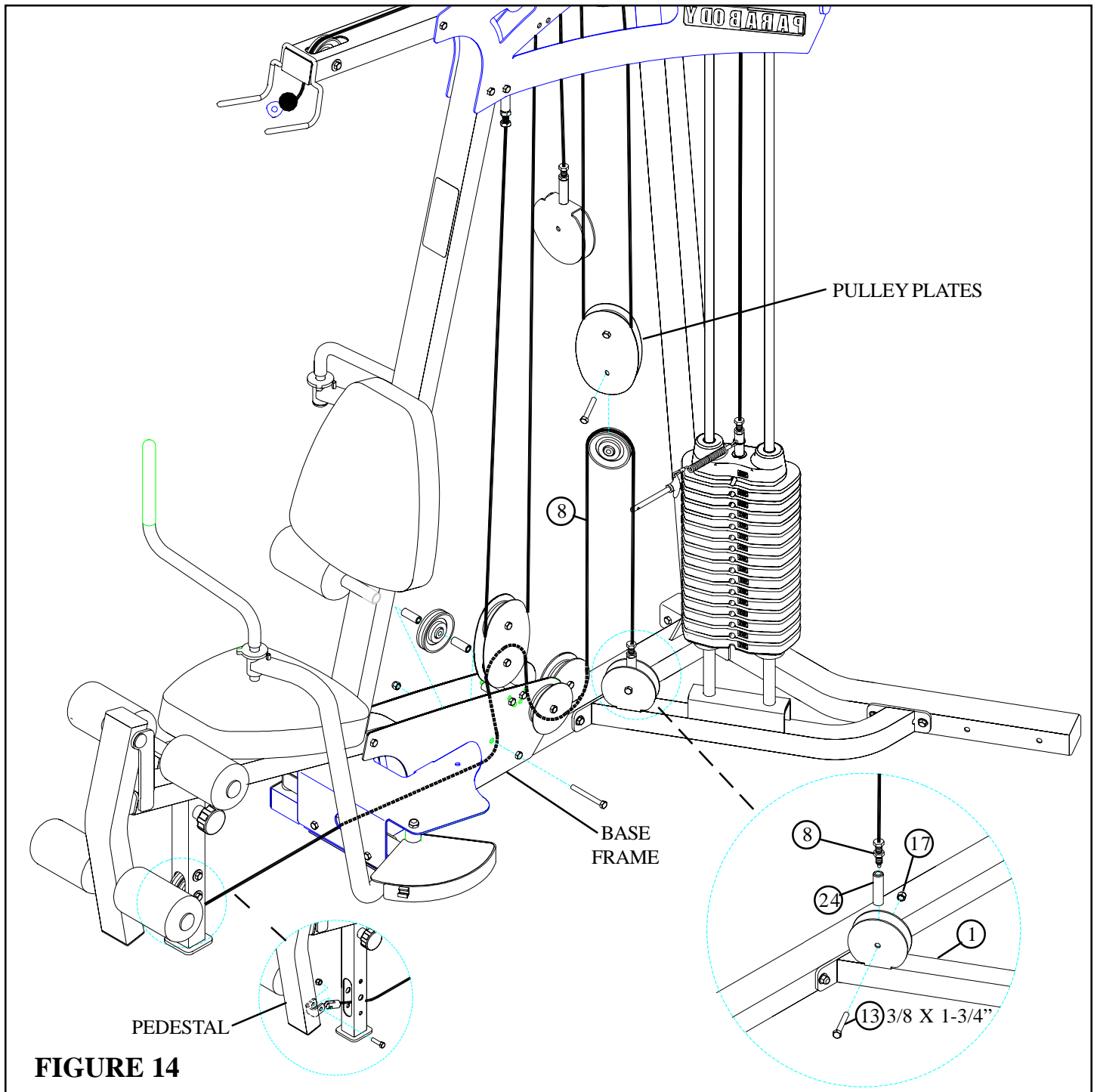
- Route the new PRESS STACK CABLE (7) thru the PEC STATION as shown. **(NOTE: Remove pulleys for ease of installation.)** Slide GUIDE RODS up just enough to get the cable end thru. Push GUIDE RODS down when finished.

**STEP 13:**

- Route the new PRESS STACK CABLE (7) around the pulleys in the BOOM BRACKET using the existing bolts as shown in FIGURE 13. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Screw the threaded end of the PRESS STACK CABLE (7) into the end of the HEAD PLATE. See FIGURE 13.



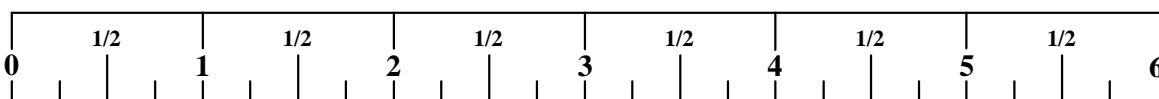
**FIGURE 13**

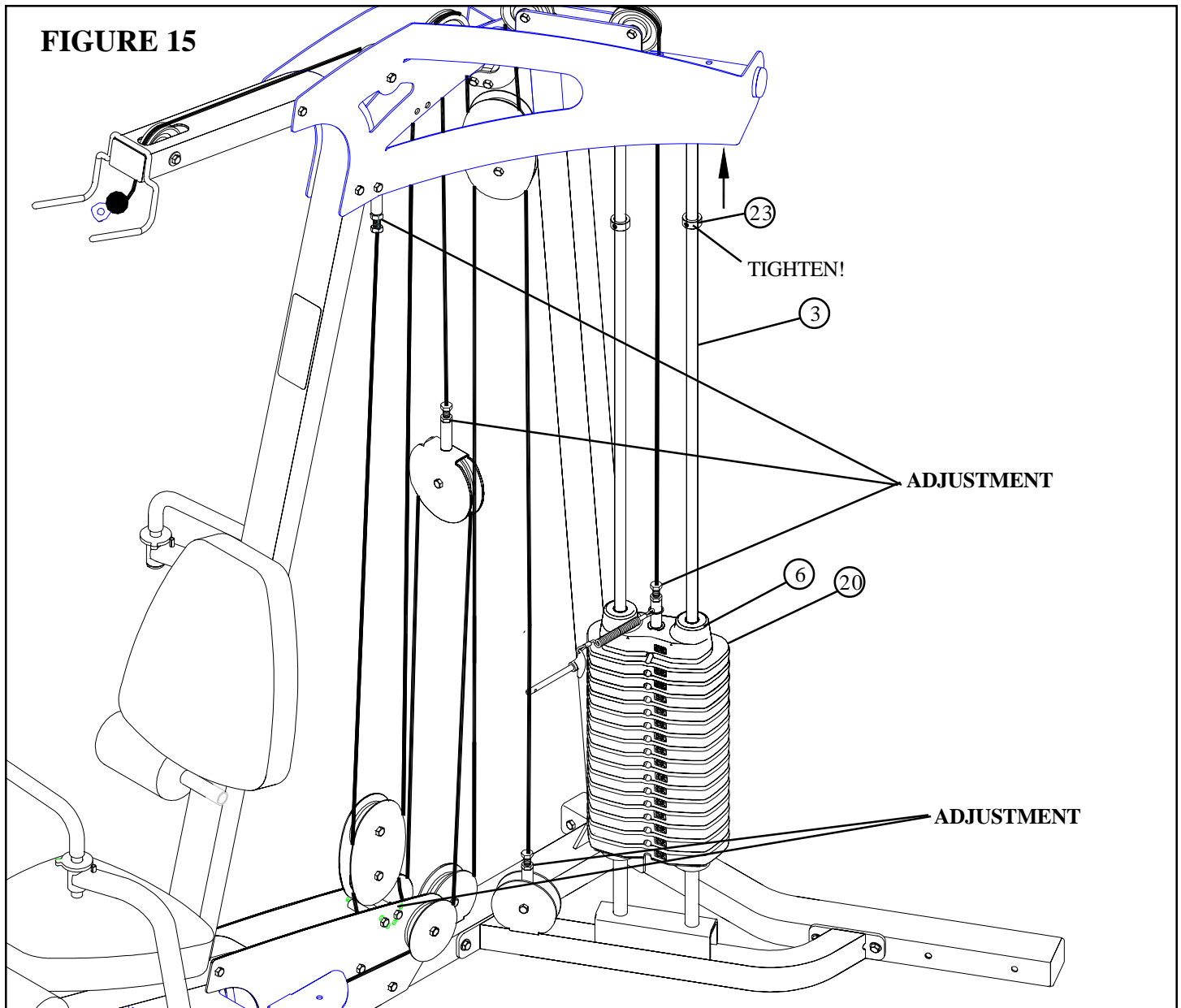


**FIGURE 14**

**STEP 14:**

- Assemble the LEG CABLE (8) to the PEDESTAL and route the LEG CABLE (8) through the BASE FRAME as shown in FIGURE 14. (NOTE: Remove pulleys for ease of installation.)
- Route the LEG CABLE (8) around the 3-1/2" PULLEY on the PULLEY PLATES using one existing 3/8 X 1-3/4" BOLT and one existing 3/8" LOCK NUT. See FIGURE 14.
- Securely assemble the threaded end of the LEG CABLE (8) to the THREADED HOUSING (24) then assemble the THREADED HOUSING (24) to the bracket on the STACK BASE (1) using one 3/8 X 1-3/4" BOLT (13) and one 3/8" LOCK NUT (17) as shown in FIGURE 14.

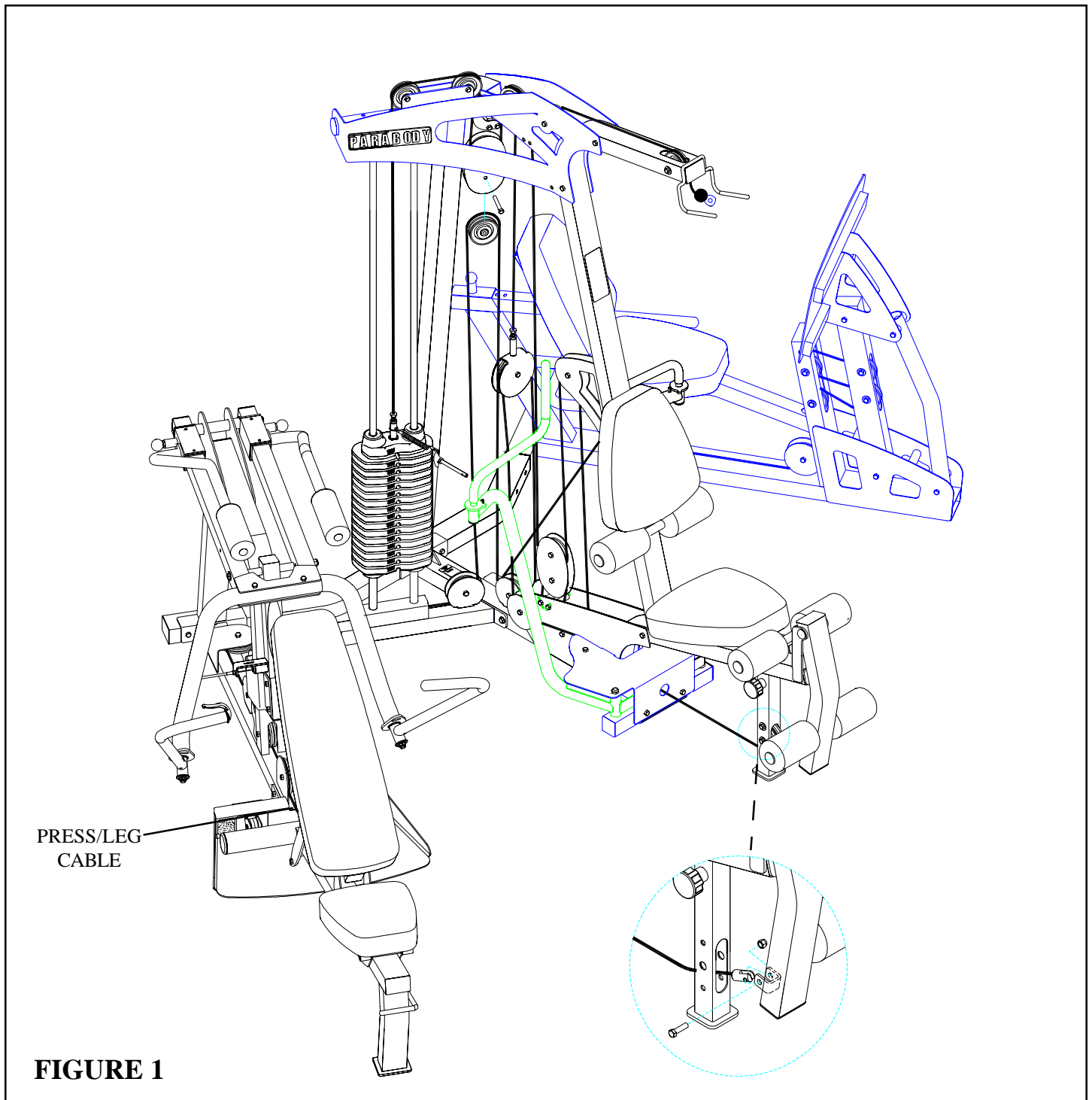




**STEP 15:**

- **SECURELY** tighten all loose frame connections.
- Slide the SHAFT COLLARS (23) to the top of the GUIDE RODS (3) and tighten set screws as shown in FIGURE 15.
- Adjustments can be made in the above locations to set the correct amount of tension in the cables. (**NOTE: FLOATING PULLEYS should rest against the stops.**)
- If upon completion of assembly, the HEAD PLATE (6) does not sit on top of the first WEIGHT PLATE (20), push the HEAD PLATE (6) down, insert the WEIGHT STACK PIN (10) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (6) from lifting up. See FIGURE 15.
- For maximum performance, the HEAD PLATE (6) should just barely sit on the top WEIGHT PLATE (20).
- **NOTE: After making adjustments make sure all jam nuts are SECURELY TIGHTENED!**
- **This completes the assembly of the 880 SECOND STACK OPTION. If the 880 SHROUD OPTION was purchased refer to the 880 SHROUD KIT assembly instructions.**

**Thank you for purchasing the ParaBody 880 Gym System. If unsure of proper use of equipment, call your local ParaBody distributor or call the ParaBody customer service department at (800) 328-9714**



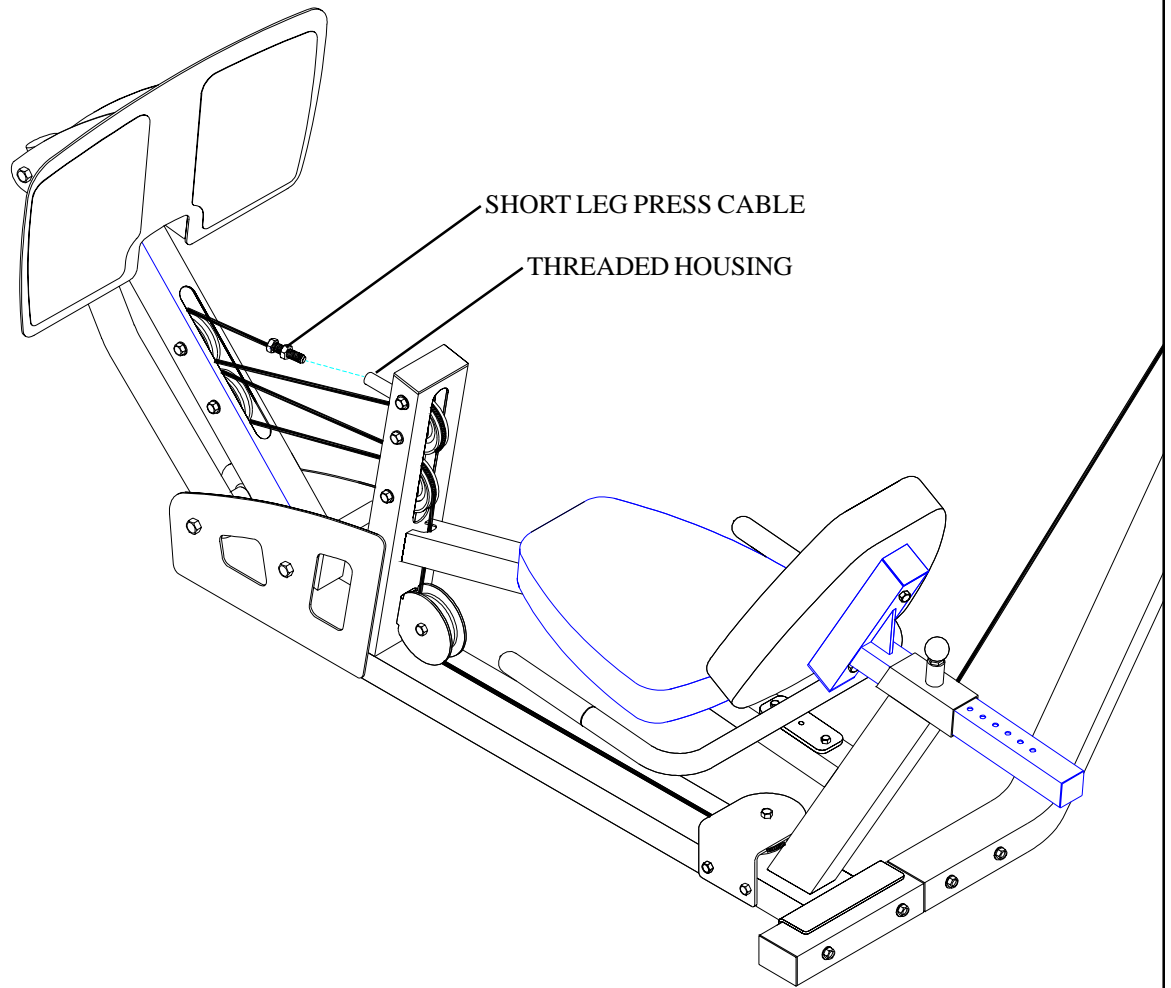
**FIGURE 1**

**STEP 1:**

- **NOTE:** Follow these steps if assembling the **SECOND STACK OPTION** to a completely assembled (including cables) **880 GYM SYSTEM** with **LEG PRESS OPTION** (already assembled to the 880), otherwise please refer to **PAGE 5**.
- **REMOVE** the **PRESS/LEG CABLE** as shown in **FIGURE 1**. Discard the **PRESS/LEG CABLE**. (**NOTE:** Remove pulleys for ease of removal.)



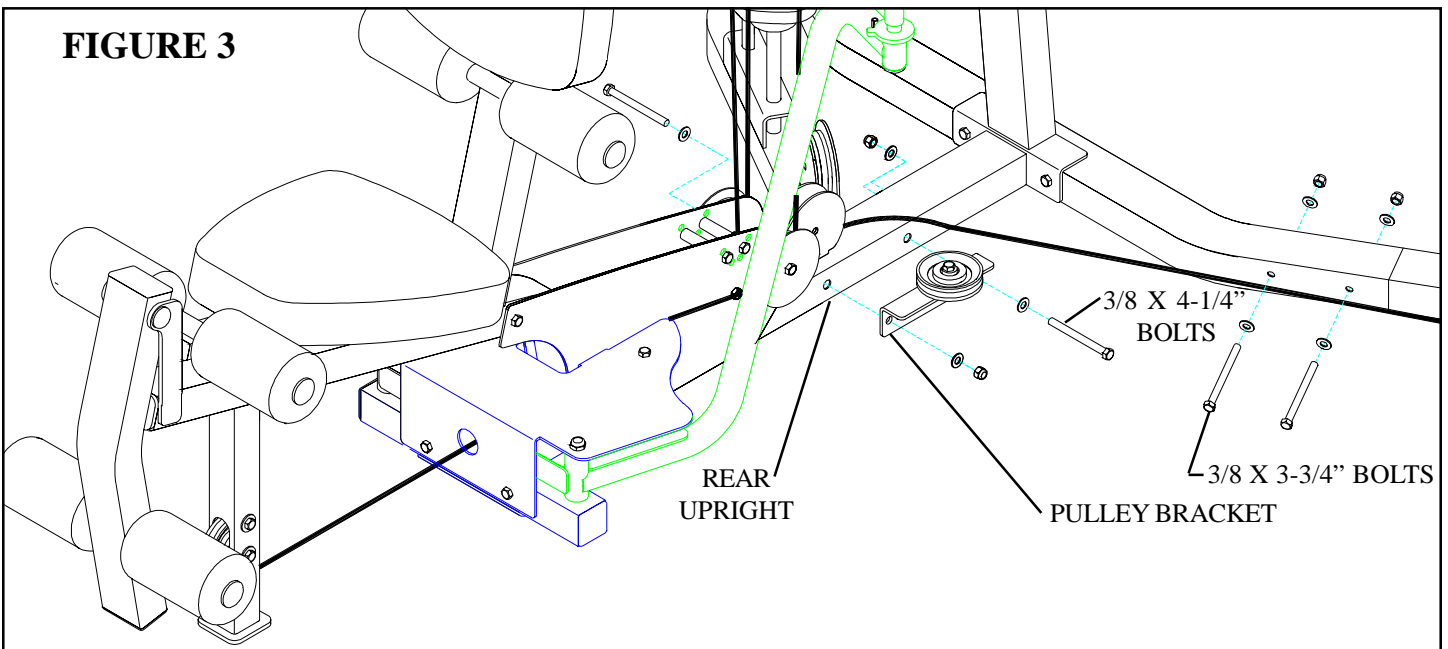
**FIGURE 2**



**STEP 2:**

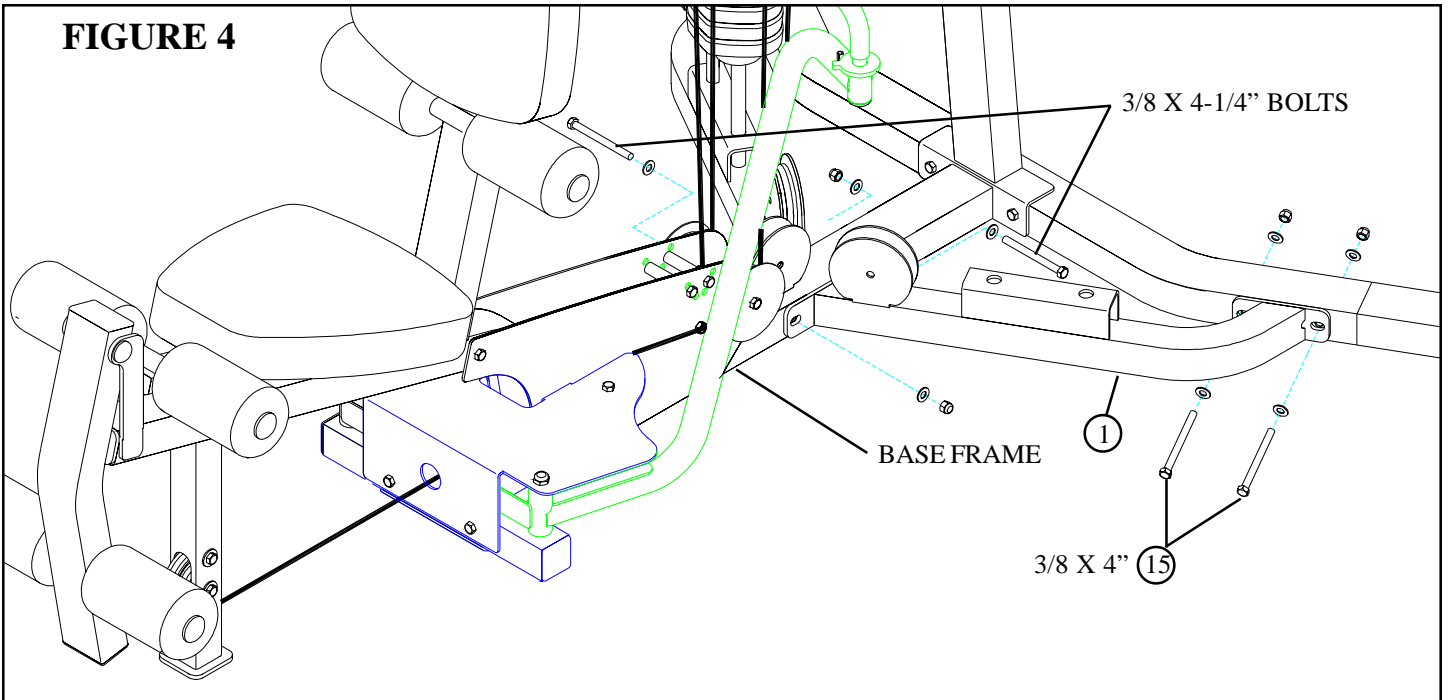
- Carefully remove and discard the SHORT LEG PRESS CABLE from the LEG PRESS as shown in FIGURE 2.

**FIGURE 3**



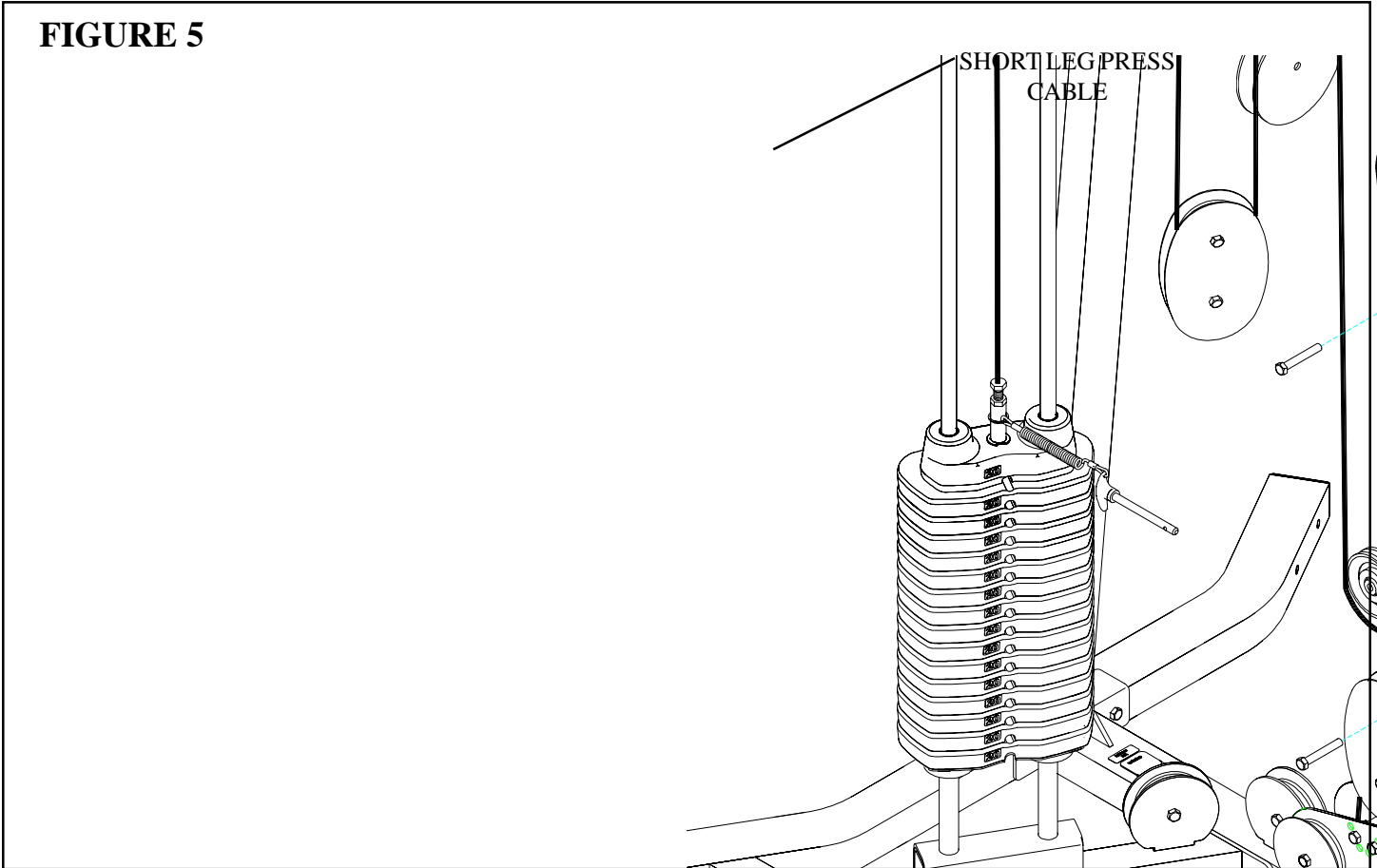
**STEP 3:**

- Remove the two 3/8 X 4-1/4" BOLTS, two 3/8 X 3-3/4" BOLTS, eight 3/8" WASHERS, PULLEY BRACKET and four 3/8" LOCK NUTS from the REAR UPRIGHT and the BASE FRAME as shown in FIGURE 3.



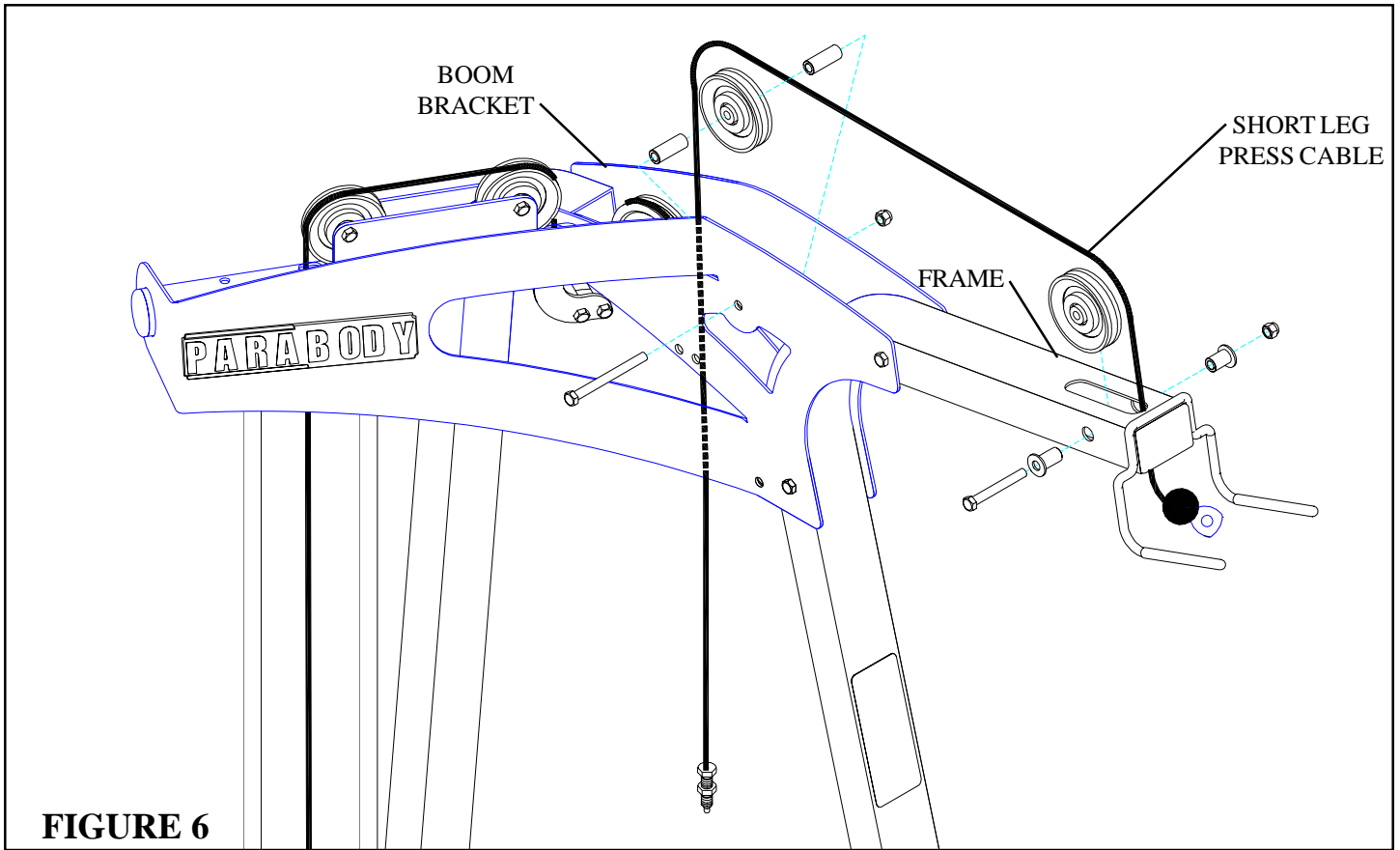
**STEP 4:**

- **SECURELY** assemble the STACK BASE (1) to the BASE FRAME using two 3/8 X 4" BOLTS (15), two previously removed 3/8 X 4-1/4" BOLTS, eight previously removed 3/8" WASHERS and four previously removed 3/8" LOCK NUTS as shown in FIGURE 4.



**STEP 5:**

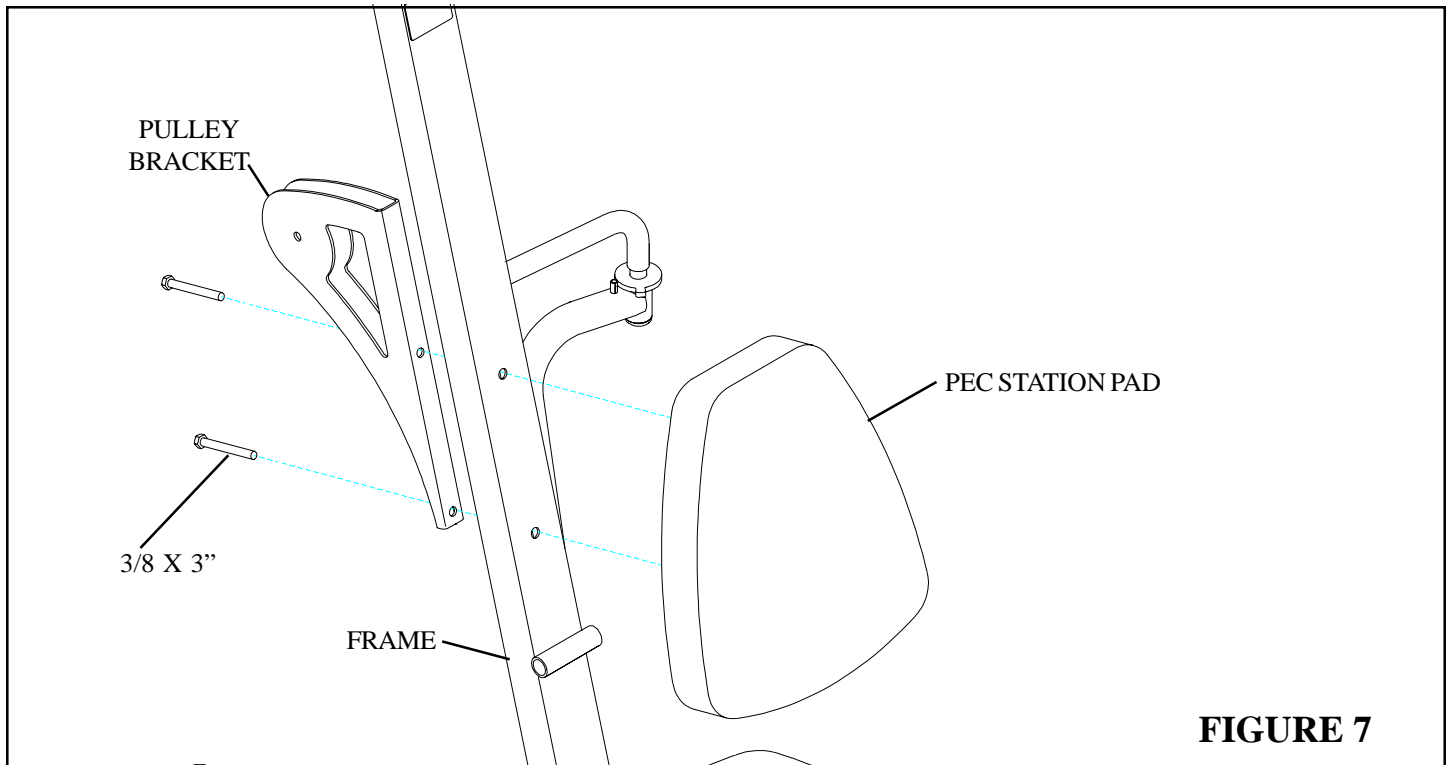
- Remove the SHORT LEG PRESS CABLE from the PULLEY PLATES and the PULLEY BRACKET as shown in FIGURE 5.



**FIGURE 6**

**STEP 6:**

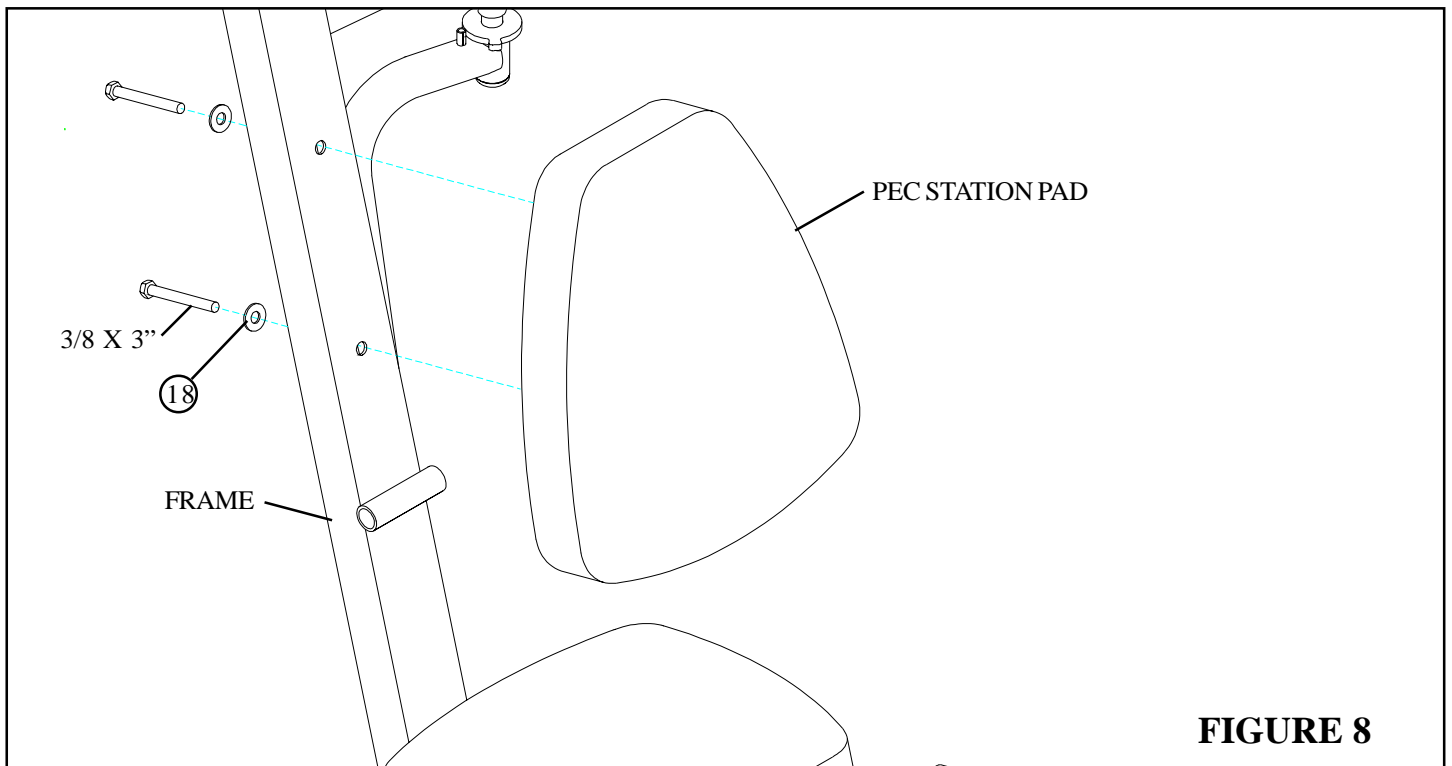
- Remove the rest of the SHORT LEG PRESS CABLE from the FRAME as shown in FIGURE 6. (**NOTE: Remove pulleys for ease of installation.**)



**FIGURE 7**

**STEP 7:**

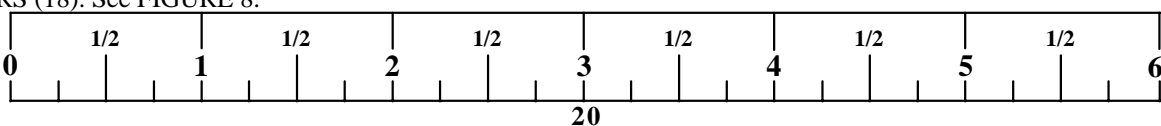
- Remove the PULLEY BRACKET, the PEC STATION PAD and two 3/8 X 3" BOLTS from the FRAME. Discard the PULLEY BRACKET. See FIGURE 7.

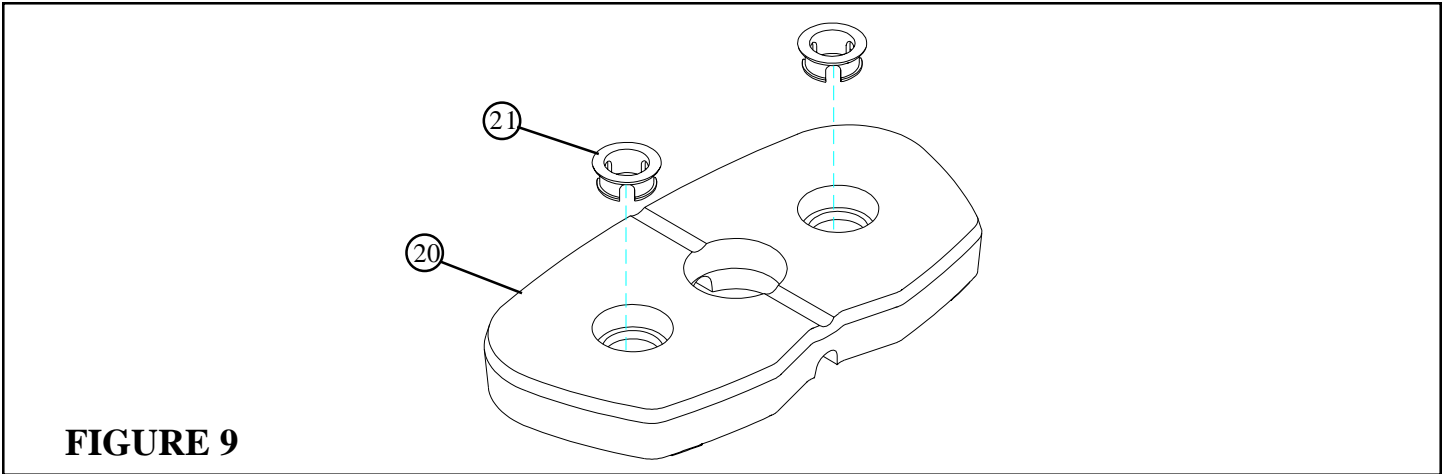


**FIGURE 8**

**STEP 8:**

- SECURELY** assemble the PEC STATION PAD to the FRAME using two previously removed 3/8 X 3" BOLTS and two 3/8" WASHERS (18). See FIGURE 8.

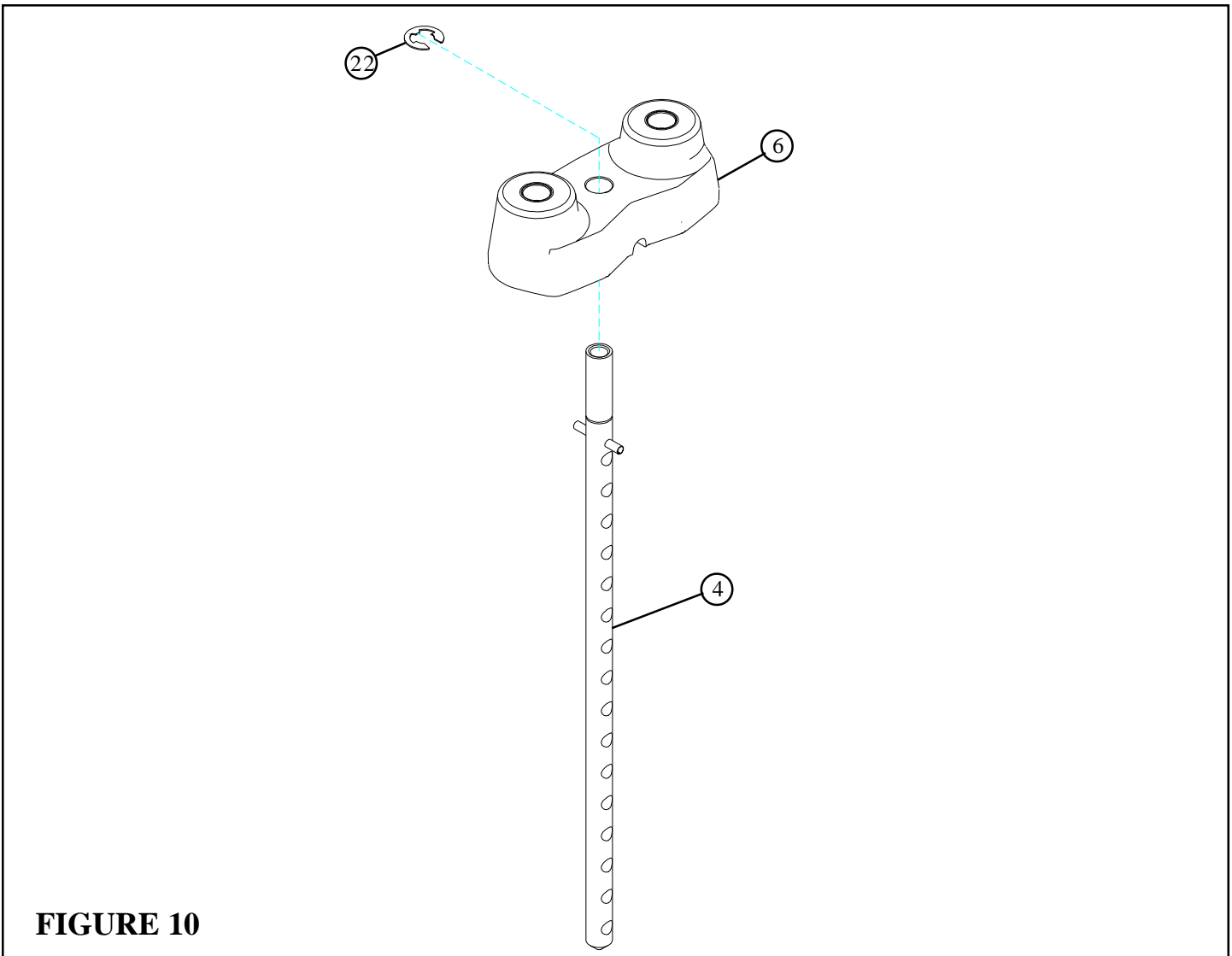




**FIGURE 9**

**STEP 9:**

- Insert two WEIGHT PLATE BUSHINGS (21) into each of the fifteen WEIGHT PLATES (20) as shown in FIGURE 9.

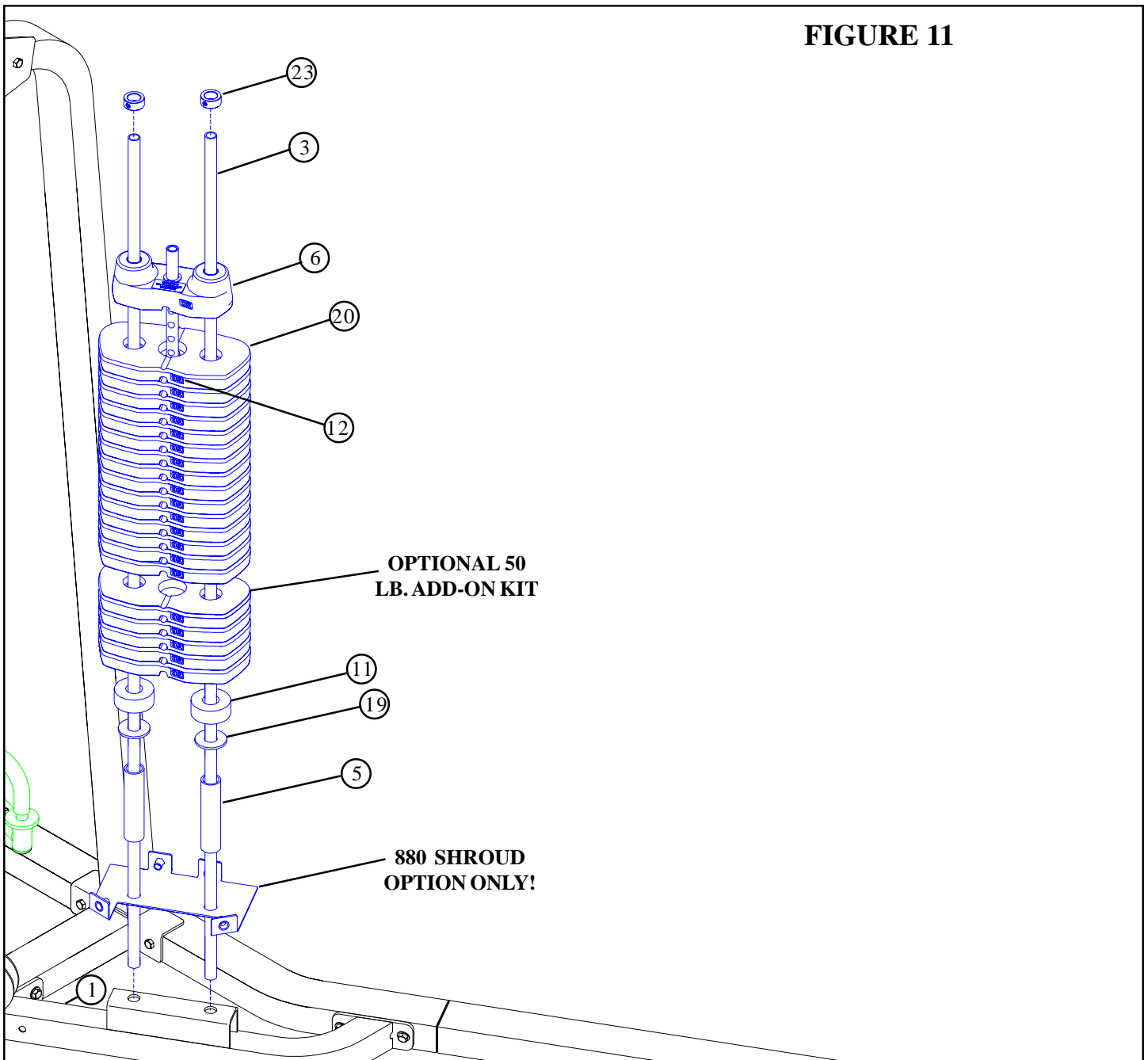


**FIGURE 10**

**STEP 10:**

- Slide the WEIGHT PLATE SHAFT (4) thru the hole in the HEAD PLATE (6), and lock in place using one E-RING (22) as shown in FIGURE 10.

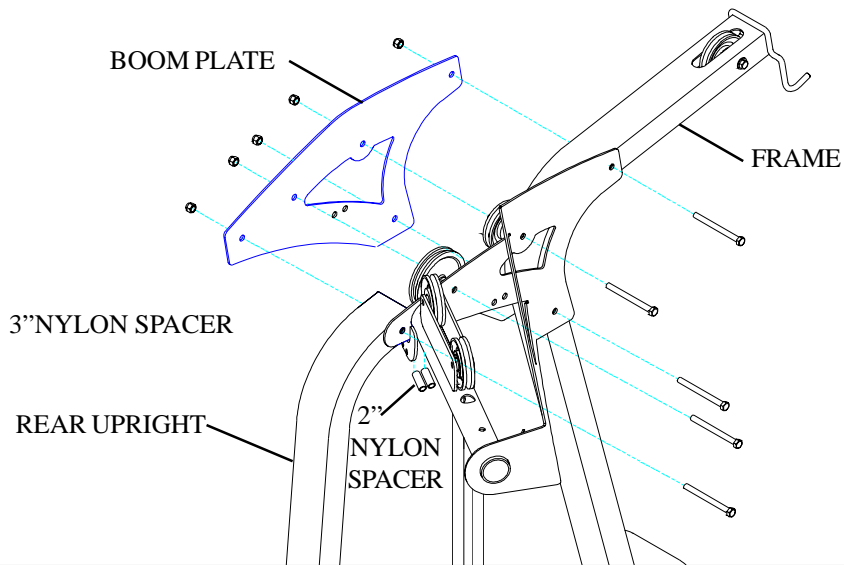
**FIGURE 11**



**STEP 11:**

- Insert two GUIDE RODS (3) into the STACK BASE (1) as shown on FIGURE 11. (NOTE: If the 880 SHROUD OPTION was purchased, place the GUIDE RODS (3) through the BOTTOM SHROUD BRACKET (found in SHROUD OPTION box) and into the STACK BASE (1) as shown in FIGURE 11.
- (NOTE: Lubricate GUIDE RODS (3) with silicon or teflon spray available at most hardware stores.)
- Slide two WEIGHT STACK SPACERS (5), two 3/4" FLAT WASHERS (19), and two WEIGHT STACK CUSHIONS (11) down over the GUIDE RODS (3).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (20) (NOTE: If 50-LB. ADD-ON KIT was purchased, slide twenty WEIGHT PLATES and discard two WEIGHT STACK SPACERS (5), two 3/4" FLAT WASHERS (19) use the 50 LB. ADD-ON HEAD PLATE and refer to the 50 LB. ADD-ON Kit instructions) down over the GUIDE RODS (3) on to the WEIGHT STACK CUSHIONS (11). Make sure that the WEIGHT PLATES (20) are all facing as shown.
- Slide the head plate assembly down over the GUIDE RODS (3) onto the weight stack.
- Slide two SHAFT COLLARS (23) over the GUIDE RODS (3) as shown in FIGURE 11.
- Apply WEIGHT STACK LABELS (12) to WEIGHT PLATES (20) and HEAD PLATE (6) as shown in FIGURE 11. Begin with number one at the HEAD PLATE (6) with larger numbers in consecutive order towards bottom of weight stack.

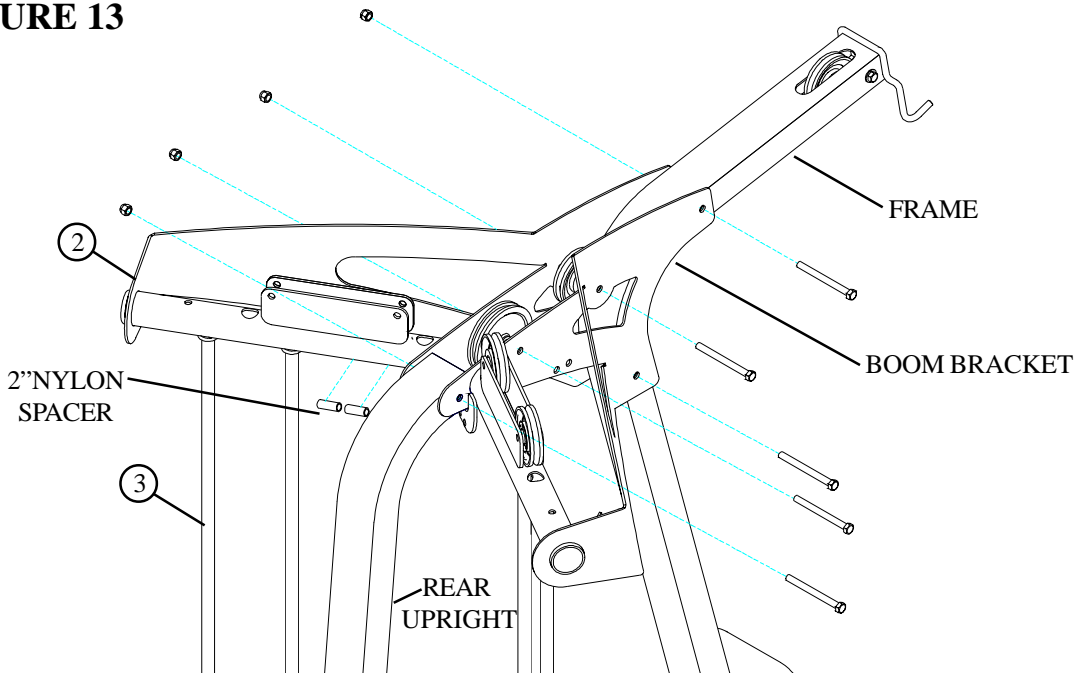
**FIGURE 12**



**STEP 12:**

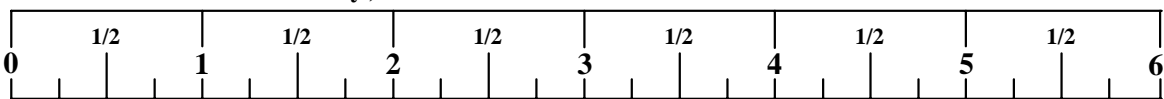
- **CAREFULLY** remove the BOOM PLATE (10) from the the REAR UPRIGHT and the FRAME as shown in FIGURE 12. Discard the BOOM PLATE.

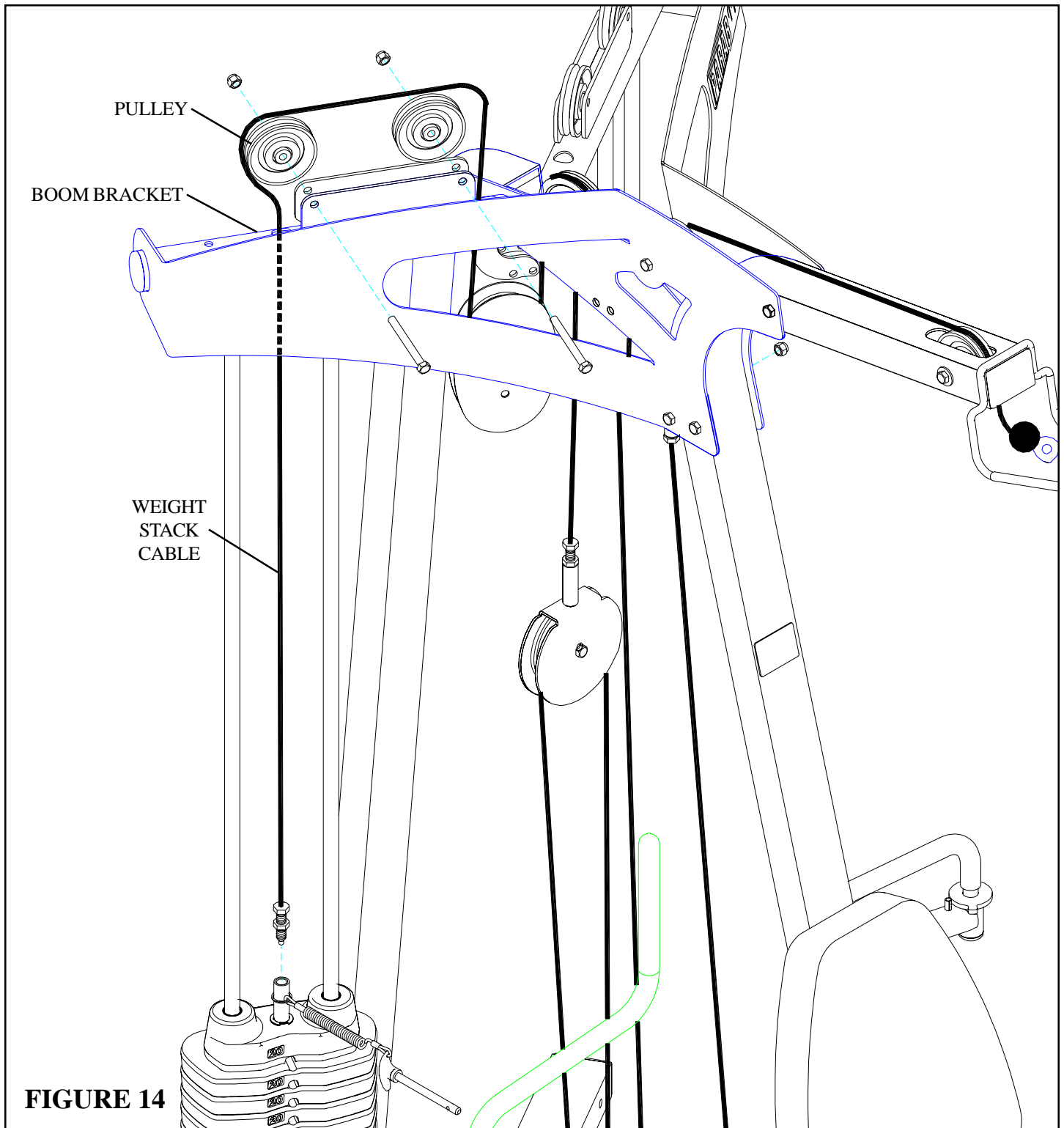
**FIGURE 13**



**STEP 13:**

- Swing the GUIDE RODS (3) into the guide rod bushings in the LEFT BOOM BRACKET (2) as shown in FIGURE 13.
- **SECURELY** assemble the LEFT BOOM BRACKET (2) and the BOOM BRACKET to the REAR UPRIGHT and the FRAME using the previously removed bolts, nylon spacers, washers and lock nuts as shown in FIGURE 13. (**NOTE: The 2" NYLON SPACERS go on the LEFT BOOM BRACKET only.**)





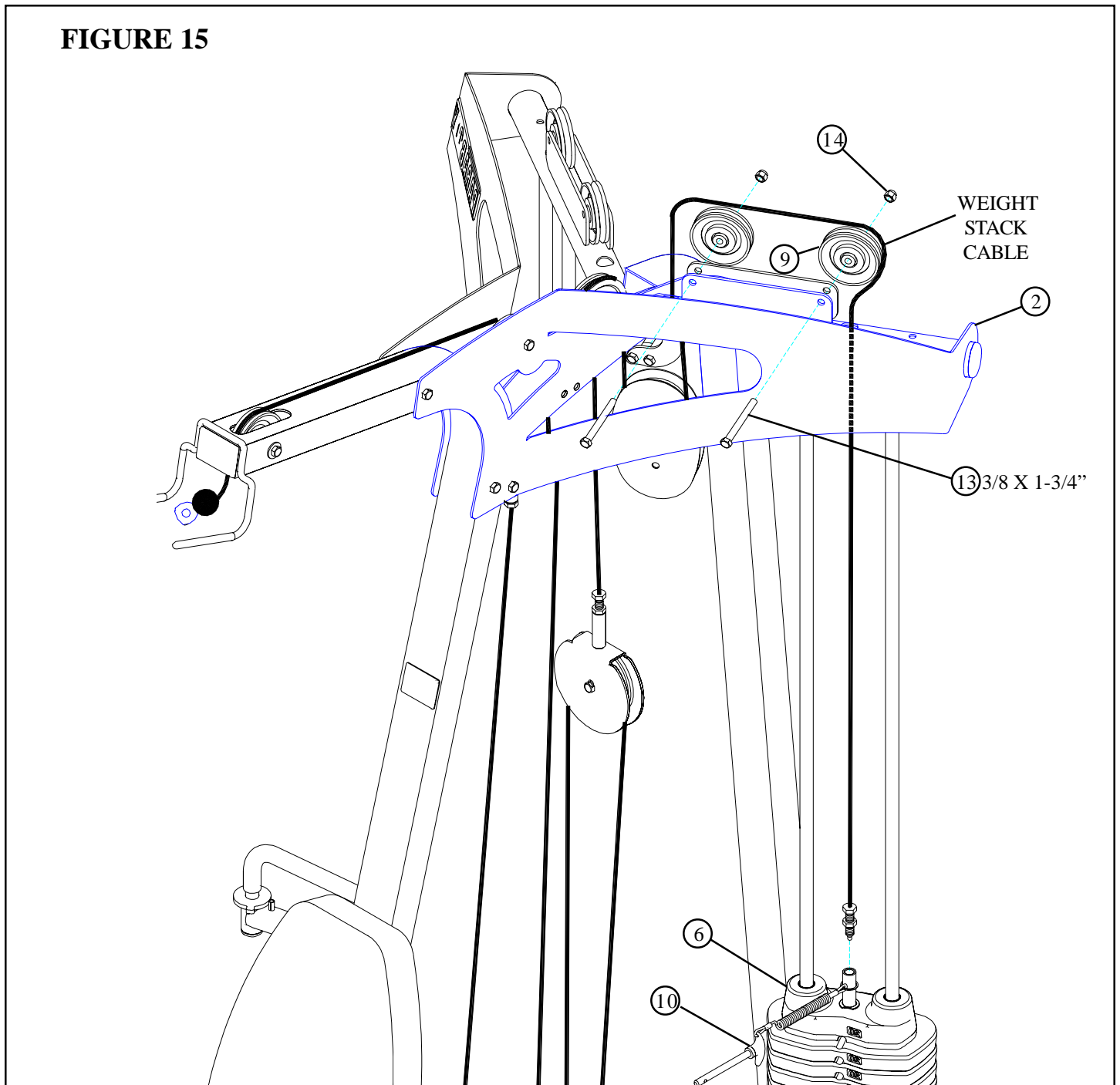
**FIGURE 14**

**STEP 14:**

- Unscrew the threaded ends of the WEIGHT STACK CABLE from the WEIGHT STACK SHAFT and remove the two PULLEYS from the BOOM BRACKET. See FIGURE 14.

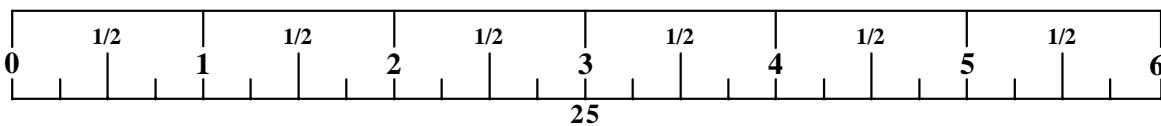


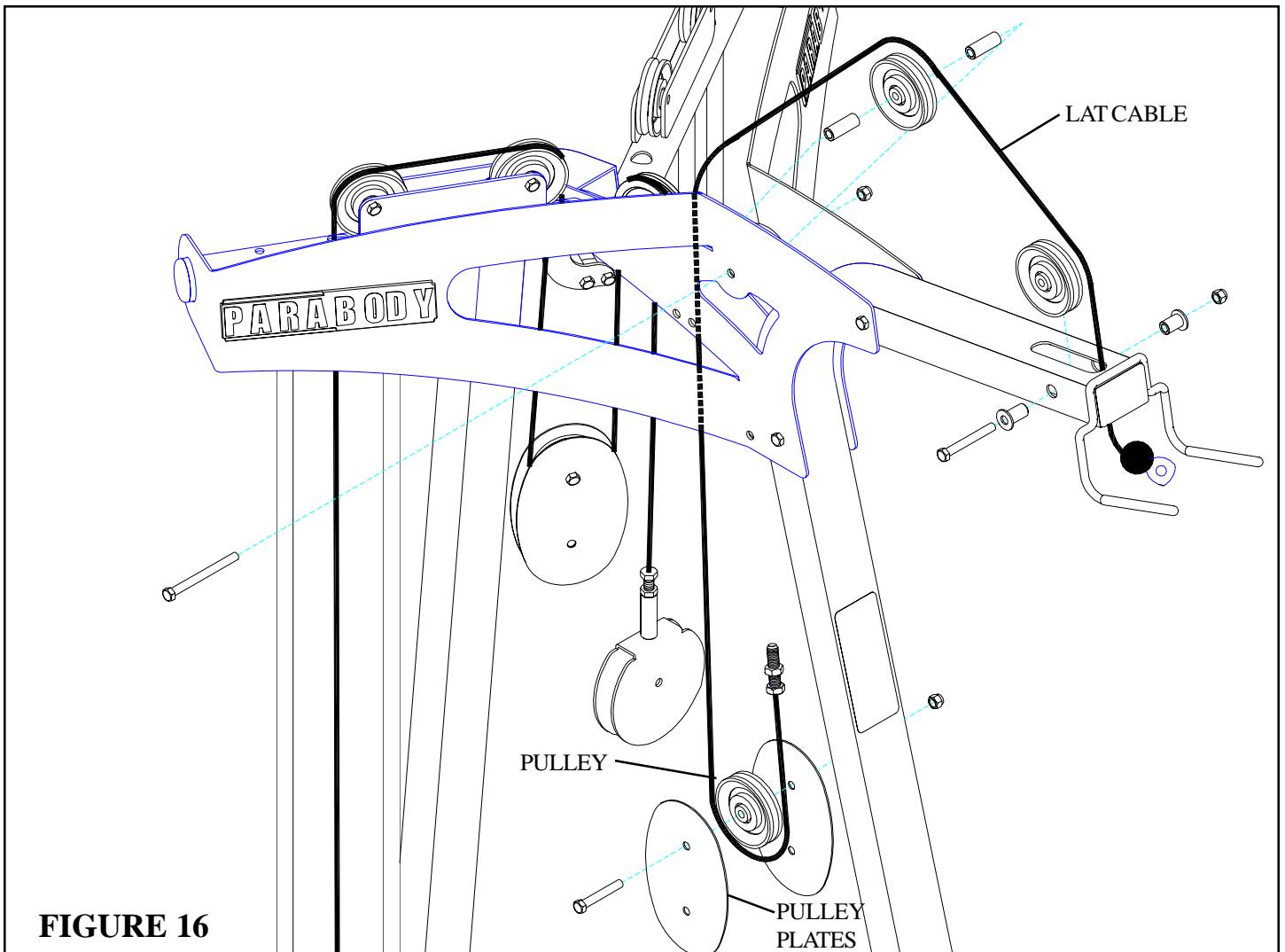
**FIGURE 15**



**STEP 15:**

- Assemble two 3-1/2" PULLEYS (9) to the LEFT BOOM BRACKET (2) using two 3/8 X 1-3/4" BOLTS (13) and two 3/8" LOW HEIGHT LOCK NUTS (14) as shown in FIGURE 15.
- Route the WEIGHT STACK CABLE around the pulleys in the LEFT BOOM BRACKET (2) as shown in FIGURE 15. (**NOTE: Make sure the cable runs in the grooves of the pulleys.**)
- Assemble the WEIGHT STACK PIN (10) to the HEAD PLATE (6) as shown in FIGURE 15.
- Screw the long threaded end of the WEIGHT STACK CABLE into the end of the HEAD PLATE (6) .See FIGURE 15.

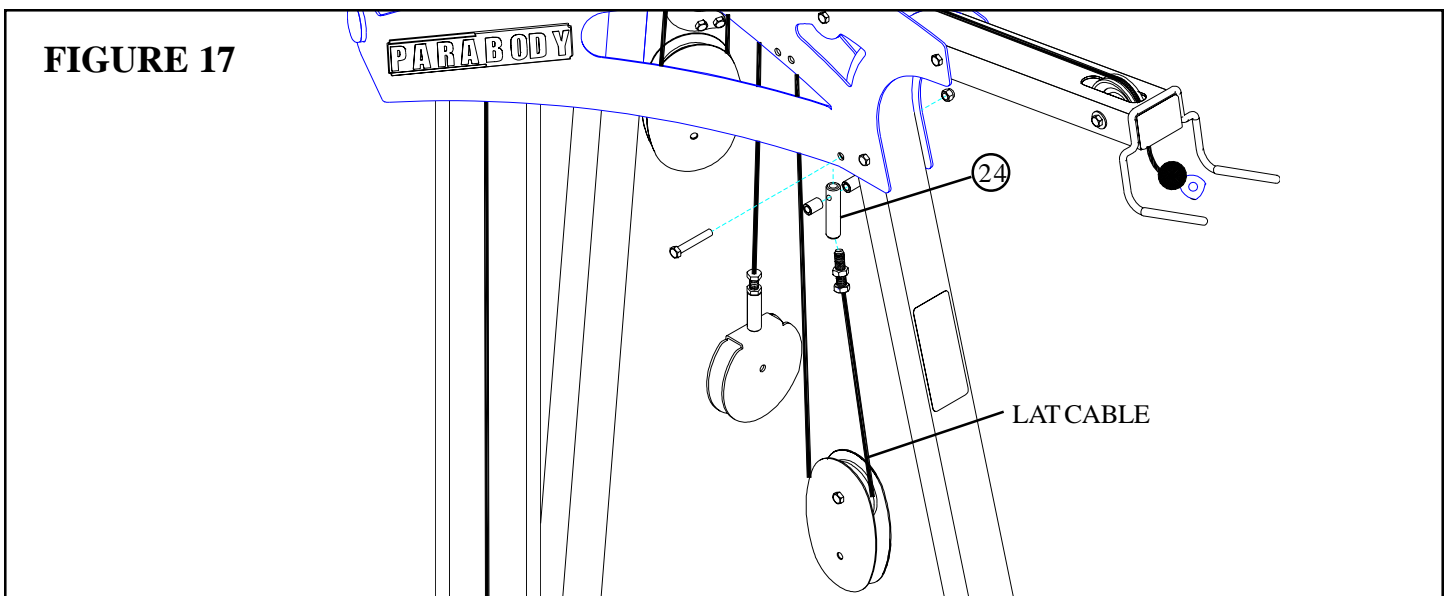




**FIGURE 16**

**STEP 16:**

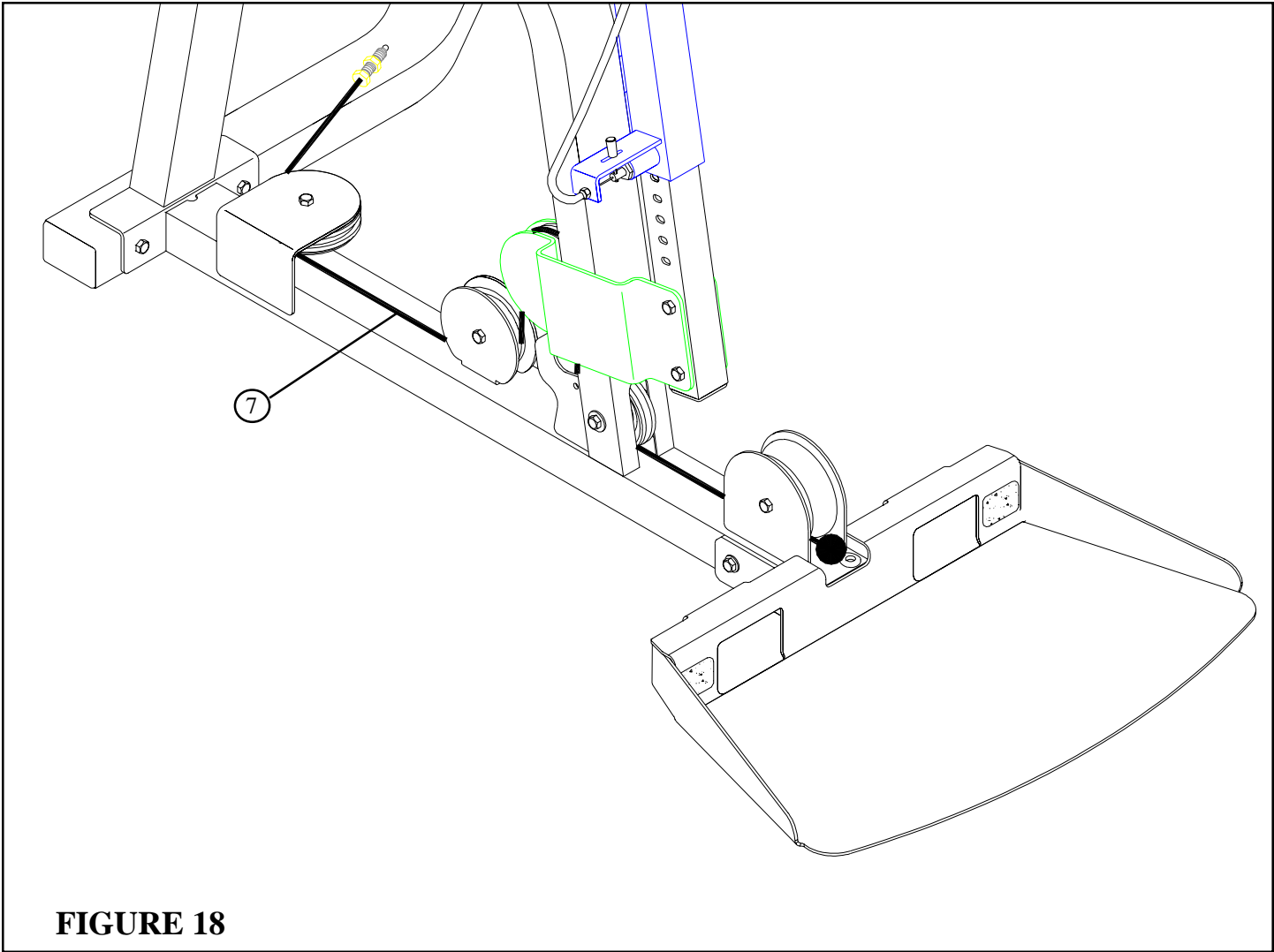
- Route the previously removed original LAT CABLE through the FRAME (1) and assemble one 3-1/2" PULLEY to the PULLEY PLATES using one existing 3/8 X 1-3/4" BOLT and one existing 3/8" LOCK NUT. See FIGURE 16.



**FIGURE 17**

**STEP 17:**

- Securely assemble the LAT CABLE to the THREADED HOUSING (24) then assemble the THREADED HOUSING (24) to the BOOM BRACKET using one previously removed 3/8 X 3-3/4" BOLT, two previously removed 3/8 X 1" SPACERS and one previously removed 3/8" LOCK NUT as shown in FIGURE 17.

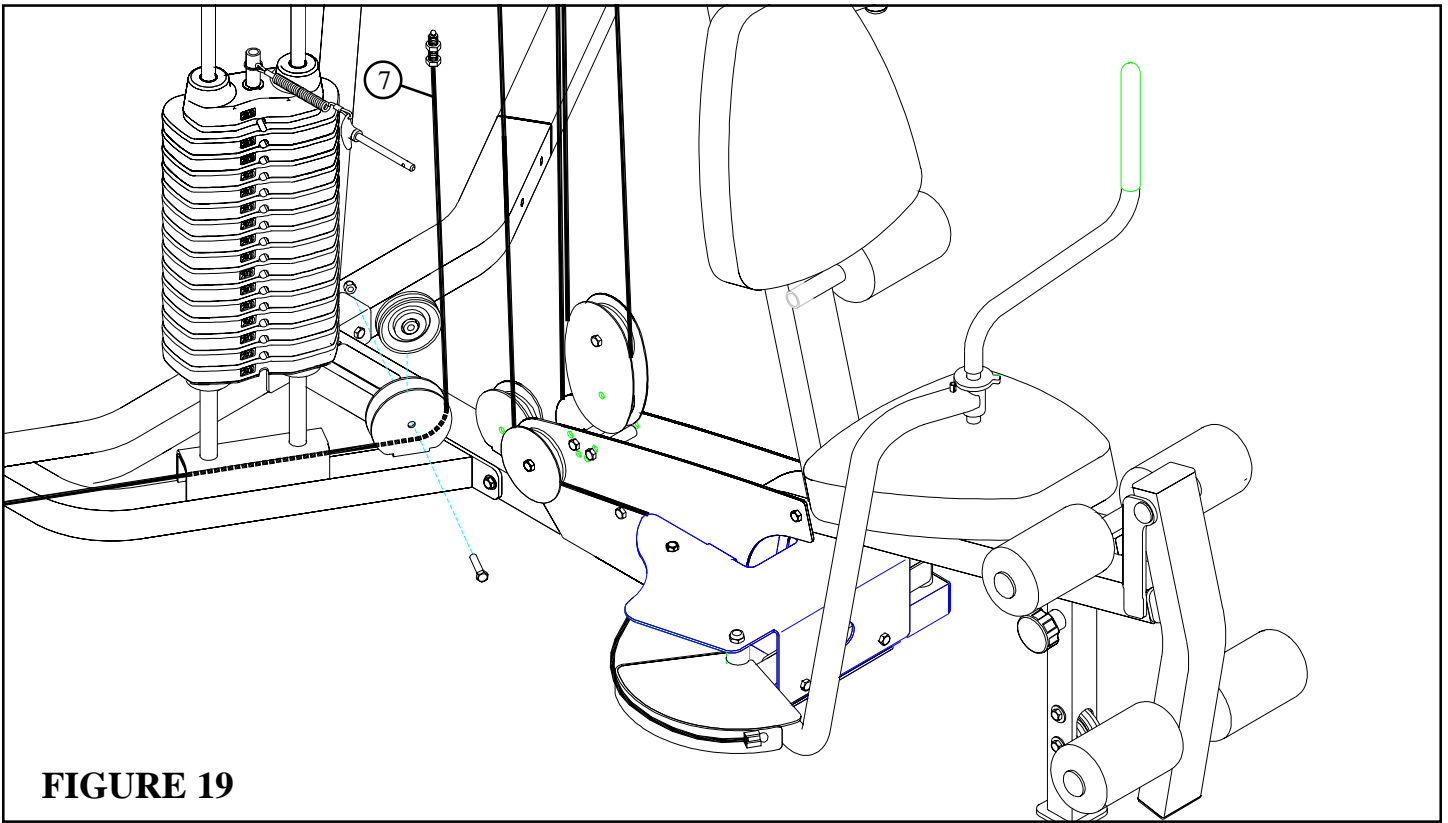


**FIGURE 18**

**STEP 18:**

- Route the new PRESS STACK CABLE (7) thru the PRESS STATION as shown. (NOTE: Remove pulleys for ease of installation.)





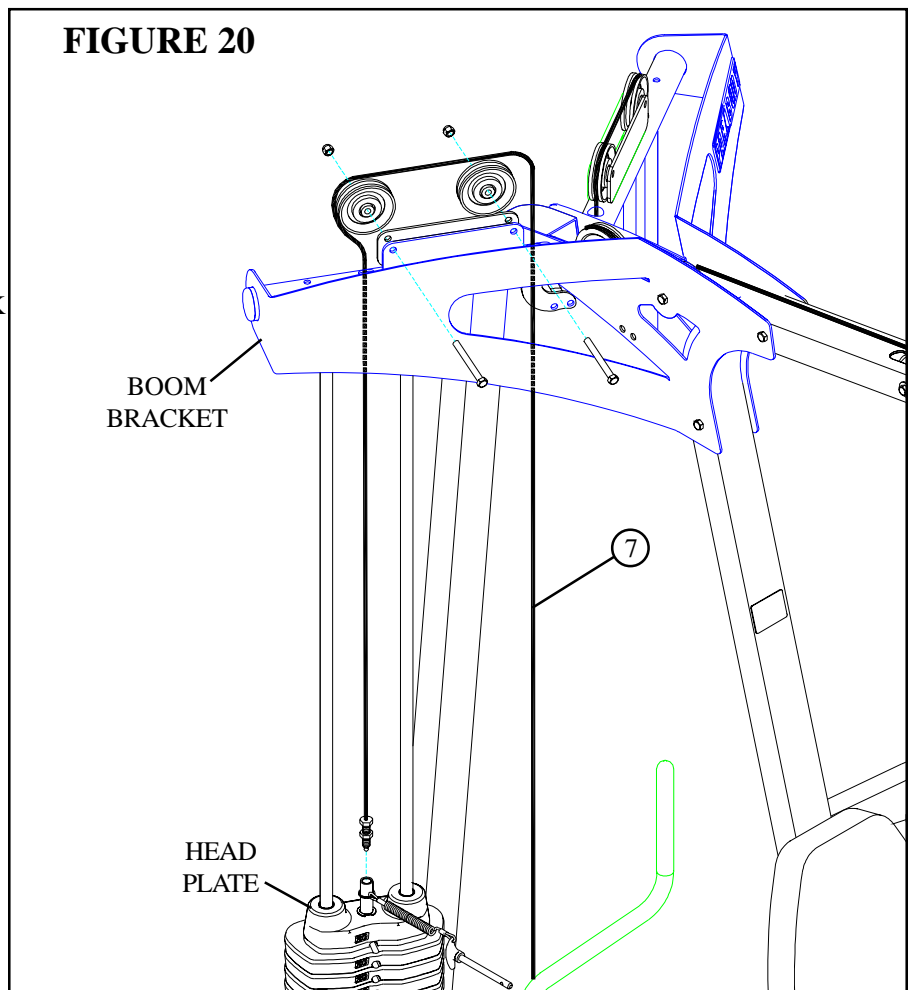
**FIGURE 19**

**STEP 19:**

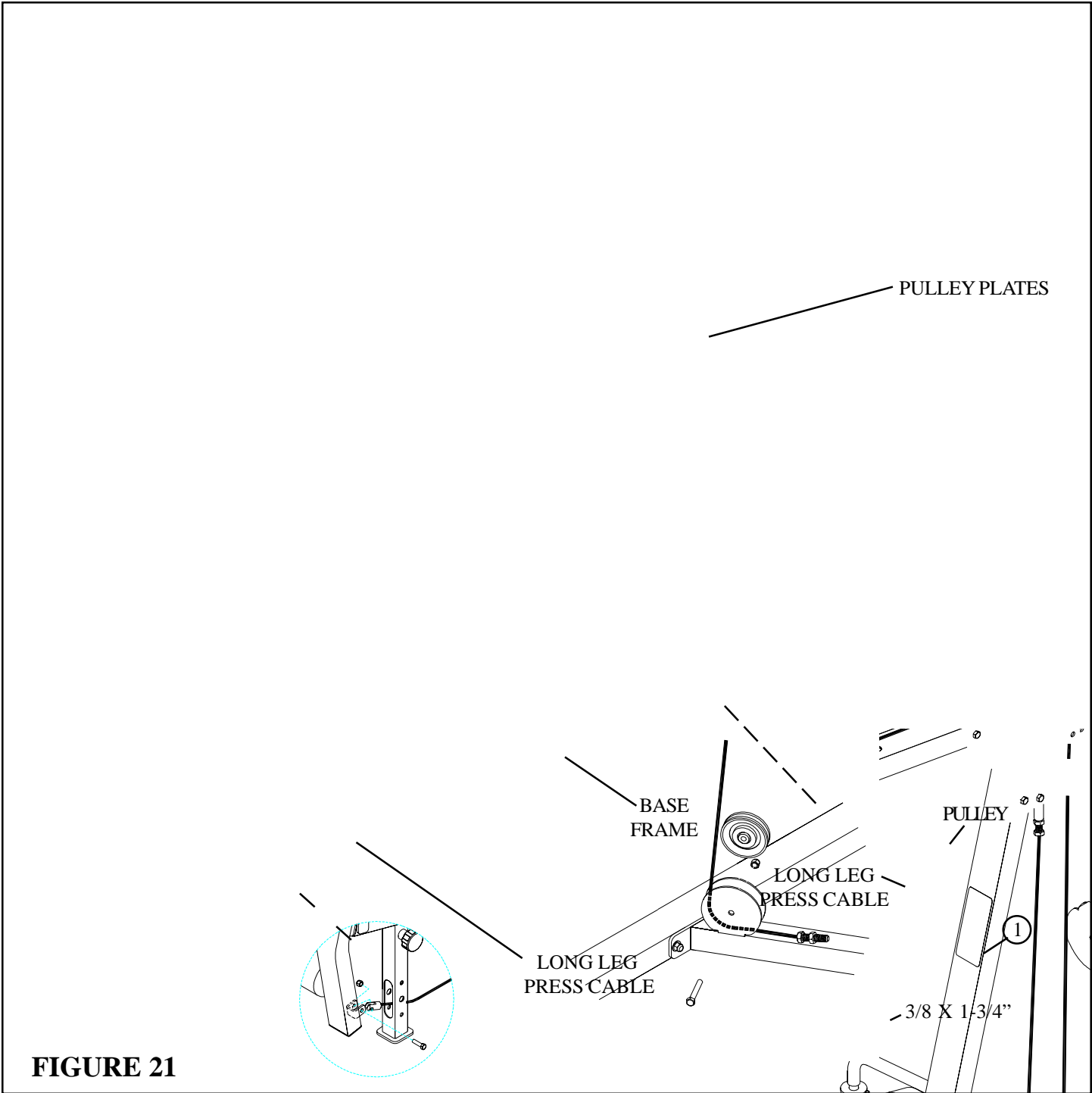
- Route the new PRESS STACK CABLE (7) thru the REAR UPRIGHT as shown. **(NOTE: Remove pulleys for ease of installation.)** Slide GUIDE RODS up just enough to get the cable end thru. Push GUIDE RODS down when finished.

**STEP 20:**

- Route the new PRESS STACK CABLE (7) around the pulleys in the BOOM BRACKET using the existing bolts as shown in FIGURE 20. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Screw the threaded end of the PRESS STACK CABLE (7) into the end of the HEAD PLATE. See FIGURE 20.

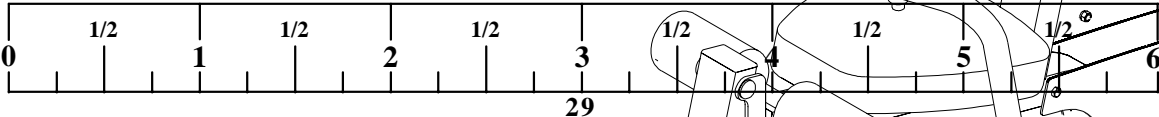


**FIGURE 20**

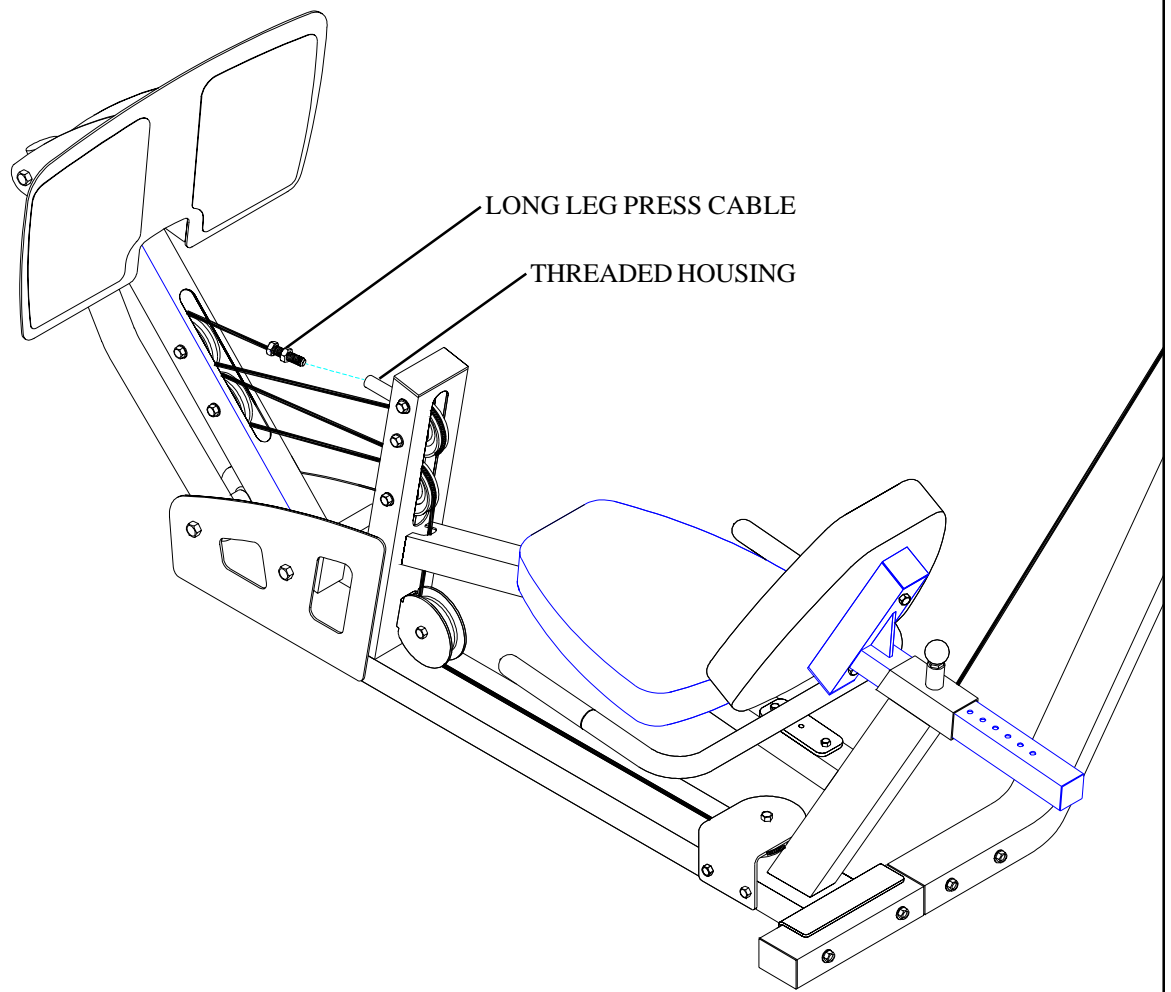


**STEP 21:**

- Assemble the LONG LEG PRESS CABLE (from the 883 LEG PRESS OPTION box) to the PEDESTAL and route the LONG LEG PRESS CABLE thru the BASE FRAME as shown in FIGURE 21. **(NOTE: Remove pulleys for ease of installation.)**
- Route the LONG LEG PRESS CABLE around the 3-1/2" PULLEY on the PULLEY PLATES using one existing 3/8 X 1-3/4" BOLT and one existing 3/8" LOCK NUT. See FIGURE 21.
- Route the LONG LEG PRESS CABLE around one previously removed 3-1/2" PULLEY and assemble to the bracket on the BASE FRAME using one existing 3/8 X 1-3/4" BOLT and one existing 3/8" LOCK NUT. See FIGURE 21.



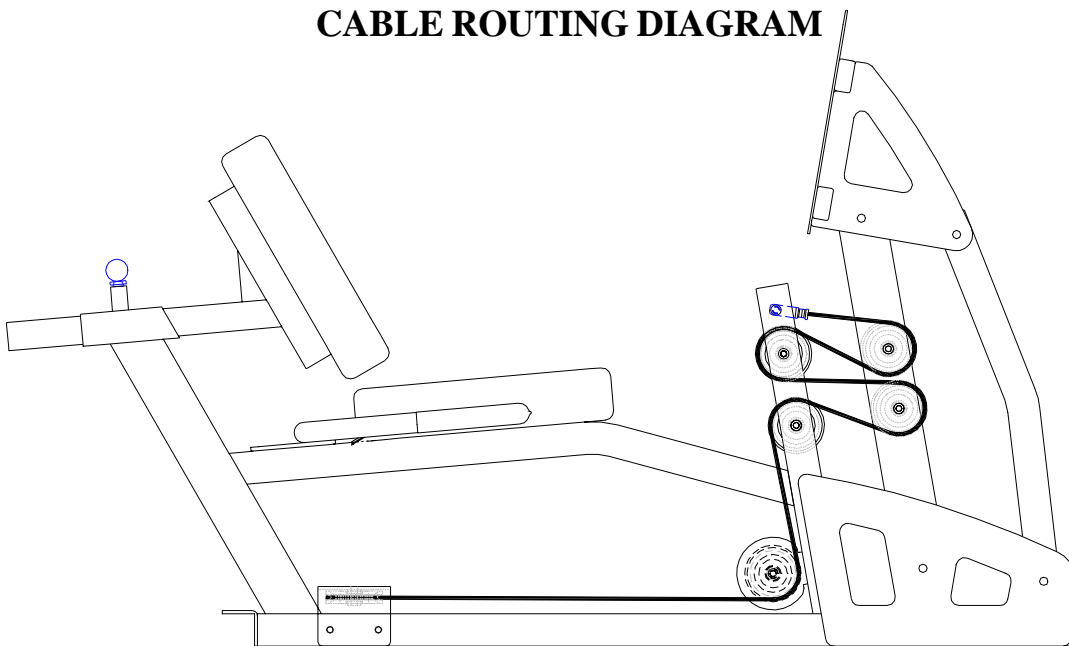
**FIGURE 22**



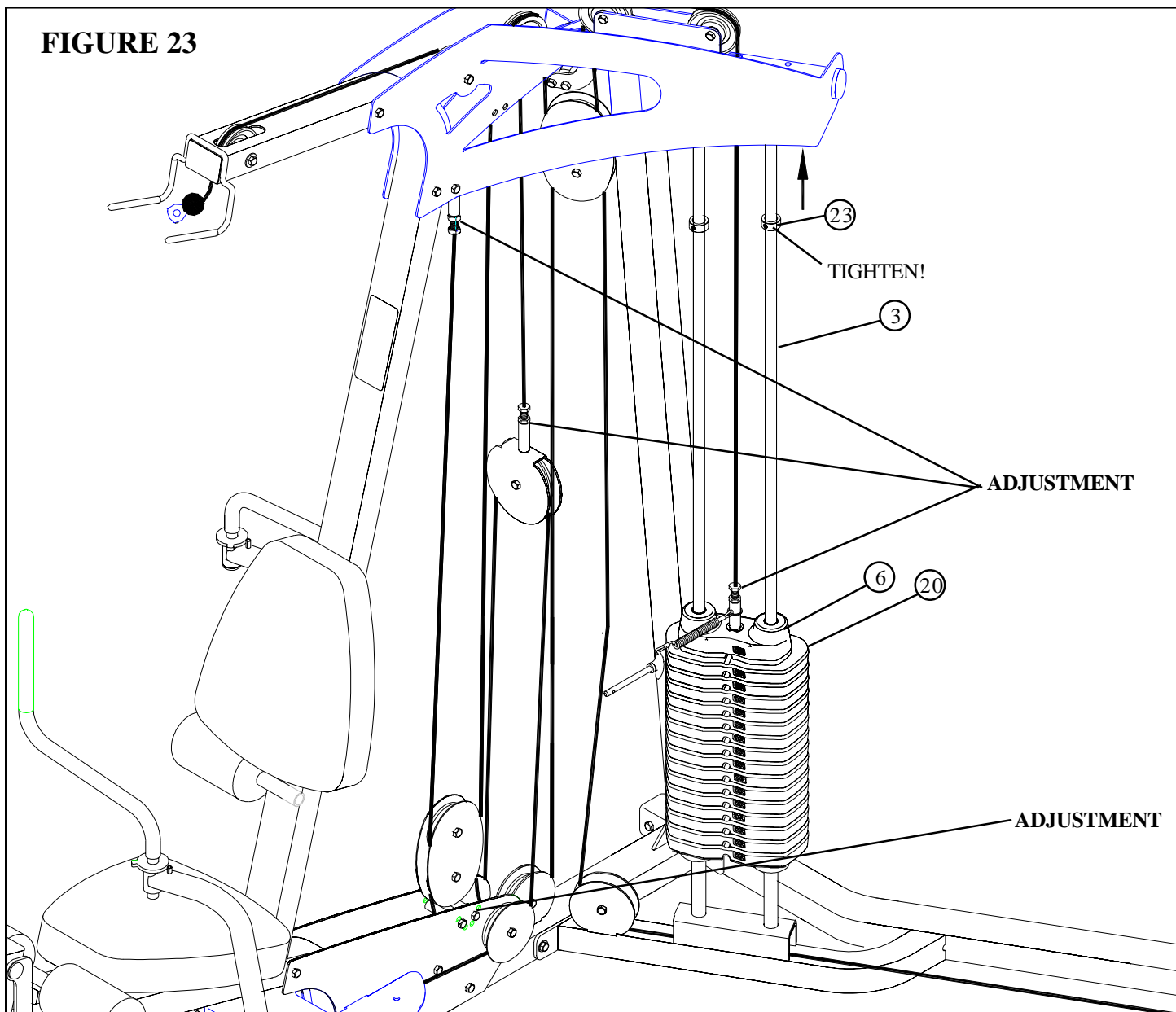
**STEP 22:**

- Carefully route the LONG LEG PRESS CABLE thru the LEG PRESS as shown in FIGURE 22 and assemble the LONG LEG PRESS CABLE to the existing THREADED HOUSING.

**CABLE ROUTING DIAGRAM**



**FIGURE 23**



**STEP 23:**

- **SECURELY** tighten all loose frame connections.
- Slide the SHAFT COLLARS (23) to the top of the GUIDE RODS (3) and tighten set screws as shown in FIGURE 23.
- Adjustments can be made in the above locations to set the correct amount of tension in the cables. (**NOTE: FLOATING PULLEYS should rest against the stops.**)
- If upon completion of assembly, the HEAD PLATE (6) does not sit on top of the first WEIGHT PLATE (20), push the HEAD PLATE (6) down, insert the WEIGHT STACK PIN (10) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (6) from lifting up. See FIGURE 23.
- For maximum performance, the HEAD PLATE (6) should just barely sit on the top WEIGHT PLATE (20).
- **NOTE: After making adjustments make sure all jam nuts are SECURELY TIGHTENED!**
- **This completes the assembly of the 880 SECOND STACK OPTION. If the 880 SHROUD OPTION was purchased refer to the 880 SHROUD KIT assembly instructions.**

**Thank you for purchasing the ParaBody 880 Gym System. If unsure of proper use of equipment, call your local ParaBody distributor or call the ParaBody customer service department at (800) 328-9714**