

Strength Building Gear

893102
PROSYSTEM

**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

893102 PROSYSTEM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

| ITEM | NAME/DESCRIPTION | QTY |
|------|--|-----|
| 1. | 1/2 X 3-1/2 IN. BOLT | 1 |
| 2. | 1/2 X 3-1/4 IN. BOLT | 6 |
| 3. | 1/2 X 3 IN. BOLT | 3 |
| 4. | 1/2 X 2-3/4 IN. BOLT | 3 |
| 5. | 3/8 X 2-3/4 IN. BOLT | 12 |
| 6. | 3/8 X 2 IN. BOLT | 6 |
| 7. | 3/8 X 1-3/4 IN. BOLT | 1 |
| 8. | 1/2 IN. WASHER | 3 |
| 9. | 3/8 IN. WASHER | 6 |
| 10. | 1/2 IN. LOCK WASHER | 3 |
| 11. | 3/8 IN. LOCK WASHER | 2 |
| 12. | 1/2 IN. LOCK NUT | 10 |
| 13. | 3/8 IN. LOCK NUT | 17 |
| 14. | SNAP LINK | 3 |
| 15. | QUICK LINK | 2 |
| 16. | CHAIN | 1 |
| 17. | SPRING PIN | 3 |
| 18. | 3/4 IN. FLANGE BEARING | 4 |
| 19. | FLANGE SPACER | 8 |
| 20. | THUMBSCREW | 2 |
| 21. | 3 X 2 IN. END CAP | 1 |
| 22. | 2-1/2 IN. RD. END CAP | 2 |
| 23. | 1-3/4 IN. SQ. END CAP | 1 |
| 24. | 2 IN. SQ. END CAP | 8 |
| 25. | 2 IN. SQ. COVER CAP | 2 |
| 26. | MUSHROOM CAP | 2 |
| 27. | 1 X 8 IN. GRIP | 4 |
| 28. | 1-1/4 IN. SQ. RUBBER BUMPER | 1 |
| 29. | 3/4 IN. CAP NUT | 2 |
| 30. | 1 IN. SQ. GLIDE | 10 |
| 31. | 1-1/2 X 3/4 IN. GLIDE | 3 |
| 32. | 5-1/2 X 2-1/2 IN. NON SKID STRIP | 2 |
| 33. | CABLE RETAINING CLIP | 4 |

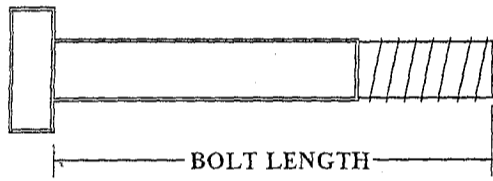
893102 PROSYSTEM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

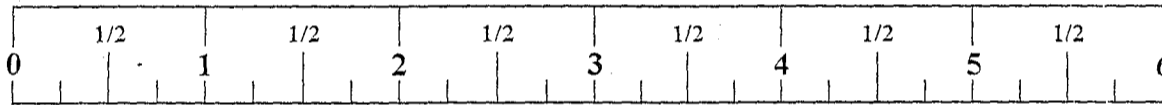
WELDMENTS/PARTS:

| ITEM | NAME/DESCRIPTION | QTY |
|------|---|-----|
| 1. | <u>UPRIGHT FRAME WELDMENT</u> | 1 |
| 2. | <u>TOP BOOM WELDMENT</u> | 1 |
| 3. | <u>CARRIAGE WELDMENT</u> | 1 |
| 4. | <u>2 SO. X 97-3/8 IN. BENT TUBE</u> | 1 |
| 5. | <u>UPRIGHT WELDMENT</u> | 2 |
| 6. | <u>LAT BAR WELDMENT</u> | 1 |
| 7. | <u>BOOM SUPPORT LEFT WELDMENT</u> | 1 |
| 8. | <u>BOOM SUPPORT RIGHT WELDMENT</u> | 1 |
| 9. | <u>SAFETY RAIL WELDMENT</u> | 2 |
| 10. | <u>SWIVEL KNEE SUPPORT WELDMENT</u> | 1 |
| 11. | <u>PULLEY BRACKET WELDMENT</u> | 1 |
| 12. | <u>LOW ROW ATTACHMENT WELDMENT</u> | 1 |
| 13. | <u>BEARING HOUSING WELDMENT</u> | 1 |
| 14. | <u>PEC ARM RIGHT WELDMENT</u> | 1 |
| 15. | <u>PEC ARM LEFT WELDMENT</u> | 1 |
| 16. | <u>CENTER PULLEY BRACKET WELDMENT</u> | 1 |
| 17. | <u>1-3/4 X 5-1/4 IN. PLATE</u> | 2 |
| 18. | <u>LOW ROW BAR</u> | 1 |
| 19. | <u>PAD (6457302)</u> | 1 |
| 20. | <u>4 X 7 IN. ROLLER PAD</u> | 2 |
| 21. | <u>4 X 12 IN. ROLLER PAD</u> | 2 |
| 22. | UPRIGHT LABELS | 2 |
| 23. | 3-1/2 X 1 IN. PULLEY | 11 |
| 24. | CABLE (6492201) | 1 |
| 25. | CABLE (6576201) | 2 |

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



BOLT LENGTH RULER:



THANK YOU

FOR PURCHASING THE 893102 PROSYSTEM, PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE 893102 PROSYSTEM MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PEOPLE TO AVOID POSSIBLE INJURY.
- 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
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER

1. Assemble the appropriate END CAPS to the UPRIGHT FRAME WELDMENT, BENT TUBE, and the LOW ROW ATTACHMENT WELDMENT as shown, also attach the 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the LOW ROW ATTACHMENT as shown.
2. SECURELY assemble the LOW ROW ATTACHMENT WELDMENT and the UPRIGHT FRAME WELDMENT to the BENT TUBE as shown.
3. LOOSELY assemble the UPRIGHT WELDMENTS to the BENT TUBE as shown.
4. Attach eight (8) 1 IN. SQ. GLIDES to the CARRIAGE WELDMENT as shown in (DETAIL A) also attach the 1-1/4 SQ. RUBBER BUMPER to the CARRIAGE WELDMENT as shown, then proceed to slide the CARRIAGE WELDMENT down over the UPRIGHT FRAME WELDMENT as shown.
5. Attach the 1-1/2 X 3/4 IN. GLIDES, and the THUMBSCREWS to the SAFETY RAIL WELDMENTS as shown in (DETAIL B), also assemble two (2) SPRING PIN ASSEMBLIES to the SAFETY RAIL WELDMENTS as shown in (DETAIL D), then proceed to slide the SAFETY RAIL WELDMENTS down over the UPRIGHT WELDMENTS as shown.
6. TOP BOOM WELDMENT PRE-ASSEMBLY:
 - A. Route CABLE (6576201) through the front slot and down to the rear slot of the TOP BOOM WELDMENT.
 - B. LOOSELY assemble three (3) 3-1/2 X 1 IN. PULLEYS with FLANGE SPACERS to the TOP BOOM WELDMENT as shown. (NOTE: MAKE SURE CABLE IS IN THE GROOVE OF THE PULLEYS)
 - C. Assemble the 3 X 2 IN. END CAP to the TOP BOOM WELDMENT as shown.
 - D. When the TOP BOOM WELDMENT PRE-ASSEMBLY is complete, LOOSELY assemble it to the UPRIGHT FRAME WELDMENT as shown.

893102 PROSYSTEM ASSEMBLY INSTRUCTIONS

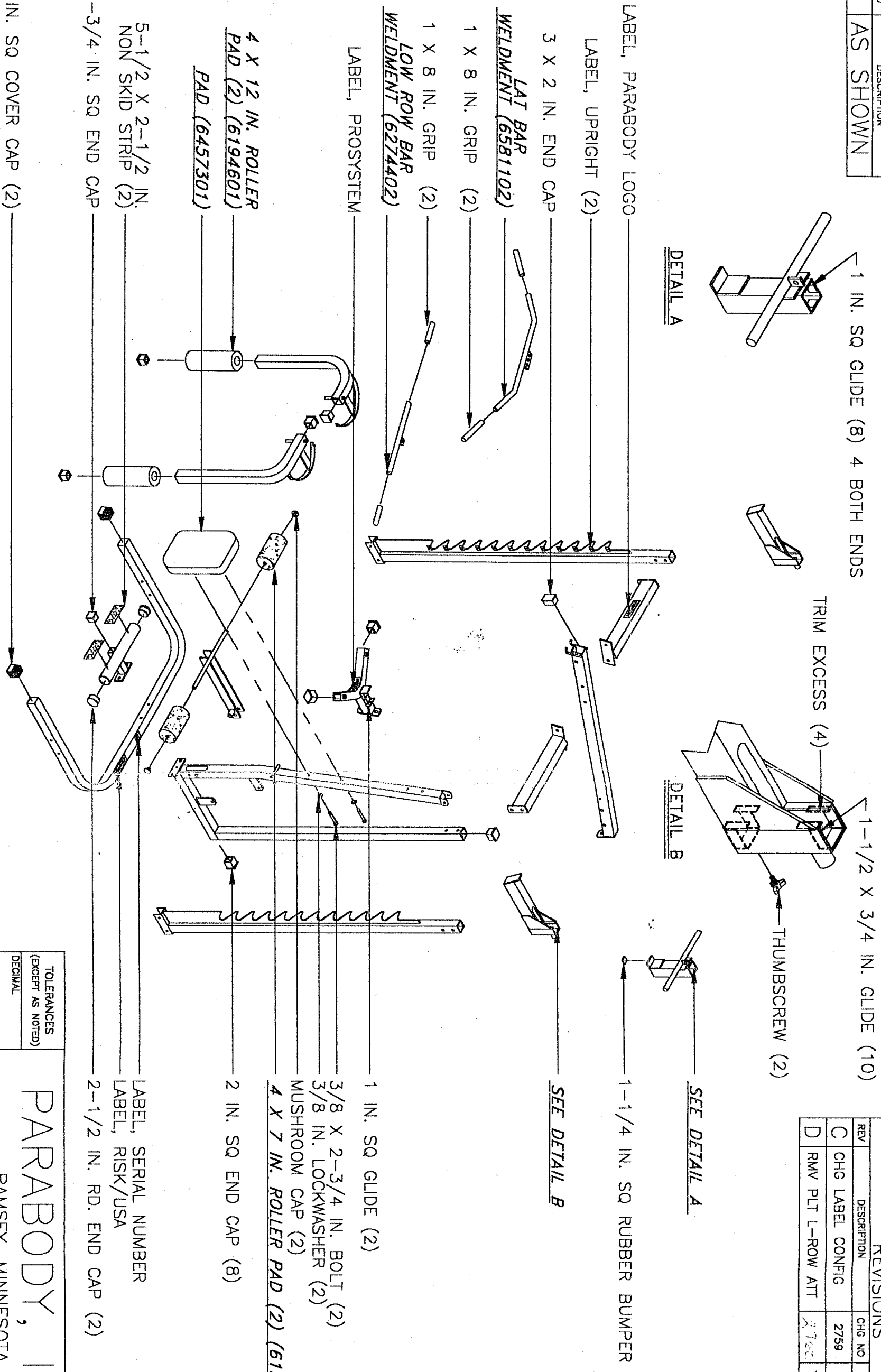
7. LOOSELY assemble the LEFT and RIGHT BOOM SUPPORT WELDMENTS to the TOP BOOM WELDMENT as shown.
8. LOOSELY assemble the UPRIGHT WELDMENTS to the LEFT and RIGHT BOOM SUPPORT WELDMENTS as shown.
9. SECURELY TIGHTEN ALL LOOSE BOLT CONNECTION MADE TO THIS POINT.
10. Assemble the 4 X 7 IN. ROLLER PADS with MUSHROOM CAPS to the SWIVEL KNEE SUPPORT WELDMENT as shown, also assemble one (1) SPRING PIN ASSEMBLY to the SWIVEL KNEE SUPPORT WELDMENT as shown in (DETAIL D) then SECURELY assemble it to the UPRIGHT FRAME WELDMENT as shown. (NOTE: DO NOT OVER TIGHTEN THIS CONNECTION, THE SWIVEL KNEE SUPPORT WELDMENT SHOULD ROTATE FREELY)
11. Insert two (2) 2 IN. SQ. END CAPS into the BEARING HOUSING WELDMENT as shown, then SECURELY assemble it along with the CENTER PULLEY BRACKET WELDMENT to the UPRIGHT FRAME WELDMENT as shown.
12. Insert four (4) 2 IN. SQ. END CAPS into the LEFT and RIGHT PEC ARM WELDMENTS as shown, then assemble them to the BEARING HOUSING WELDMENT as shown. Also attach two (2) 1 IN. SQ. GLIDES to the BEARING HOUSING WELDMENT as shown.
13. SECURELY assemble the PAD to the UPRIGHT FRAME WELDMENT as shown. Also slide the 4 X 12 IN. ROLLER PADS onto the LEFT and RIGHT PEC ARM WELDMENTS as shown. (TIP: USE WINDOW CLEANER ON THE INSIDE OF THE ROLLER PAD TO HELP EASE ASSEMBLY)
14. PULLEY ASSEMBLY:
 - A. LOOSELY assemble four (4) 3-1/2 X 1 IN. PULLEYS with CABLE RETAINING CLIPS to the UPRIGHT FRAME WELDMENT, and the CENTER PULLEY BRACKET WELDMENT as shown in (DETAIL C)
 - B. LOOSELY assemble one (1) 3-1/2 X 1 IN. PULLEY with FLANGE SPACERS at the bottom of the UPRIGHT FRAME WELDMENT as shown.
15. HIGH PULLEY CABLE ROUTING ASSEMBLY (SEE CABLE ROUTING DIAGRAM):
 - A. Attach the pre-assembled CABLE from the TOP BOOM WELDMENT to the CARRIAGE WELDMENT as shown.
 - B. Create a loop in the CABLE below the first and second PULLEY of the TOP BOOM WELDMENT, and place one (1) 3-1/2 X 1 IN. PULLEY into the loop. LOOSELY assemble the 1-3/4 X 5-1/4 IN. PLATES to the PULLEY as shown.
 - C. Assemble one (1) 3-1/2 X 1 IN. PULLEY to the bottom holes of the 1-3/4 X 5-1/4 IN. PLATES as shown.
16. PEC ARM CABLE ROUTING ASSEMBLY (SEE CABLE ROUTING DIAGRAM):
 - A. Attach the ends of CABLE (6492201) to the LEFT and RIGHT PEC ARM WELDMENTS as shown.
 - B. Drape the CABLE over the two (2) PULLEYS on the CENTER PULLEY BRACKET WELDMENT which will create a loop in the CABLE. (NOTE: AFTER CABLE IS ROUTED OVER PULLEYS, POSITION CABLE RETAINING CLIPS OVER THE PULLEYS AS SHOWN AND TIGHTEN)
 - C. Place one (1) 3-1/2 X 1 IN. PULLEY into the loop of the CABLE, and SECURELY assemble the PULLEY BRACKET WELDMENT to the PULLEY as shown.

893102 PROSYSTEM ASSEMBLY INSTRUCTIONS

17. LOW PULLEY CABLE ROUTING ASSEMBLY (SEE CABLE ROUTING DIAGRAM):
 - A. Route CABLE (6576201) under and around the PULLEYS at the bottom of the UPRIGHT FRAME WELDMENT. (NOTE: AFTER CABLE HAS BEEN ROUTED UNDER PULLEY, POSITION CABLE RETAINING CLIP UNDER THE PULLEY AS SHOWN AND TIGHTEN)
 - B. Route CABLE up and around the bottom PULLEY of the 1-3/4 X 5-1/4 IN. PLATES as shown, and down to, and around the PULLEY under the PULLEY BRACKET WELDMENT. (SEE NOTE ABOVE)
 - C. Assemble the end of the CABLE to the PULLEY BRACKET WELDMENT as shown.
 - D. **SECURELY** assemble the appropriate HARDWARE to the hole below the front PULLEY at the bottom of the UPRIGHT FRAME WELDMENT as shown.
 - E. **SECURELY** tighten all remaining PULLEY CONNECTIONS.
18. Slide the 1 X 8 IN. GRIPS over the ends of the LAT BAR WELDMENT and LOW ROW BAR WELDMENT as shown. (TIP: USE WINDOW CLEANER ON THE INSIDE OF THE GRIPS TO HELP EASE ASSEMBLY)
19. SEE CABLE ROUTING DIAGRAM FOR THE COMPLETE USE AND LOCATION OF THE LAT BAR WELDMENT, CHAIN, AND LOW ROW BAR.
20. Attach the UPRIGHT LABELS to the UPRIGHT WELDMENTS as shown.

| DASH NO | DESCRIPTION |
|---------|-------------|
| 01 | AS SHOWN |

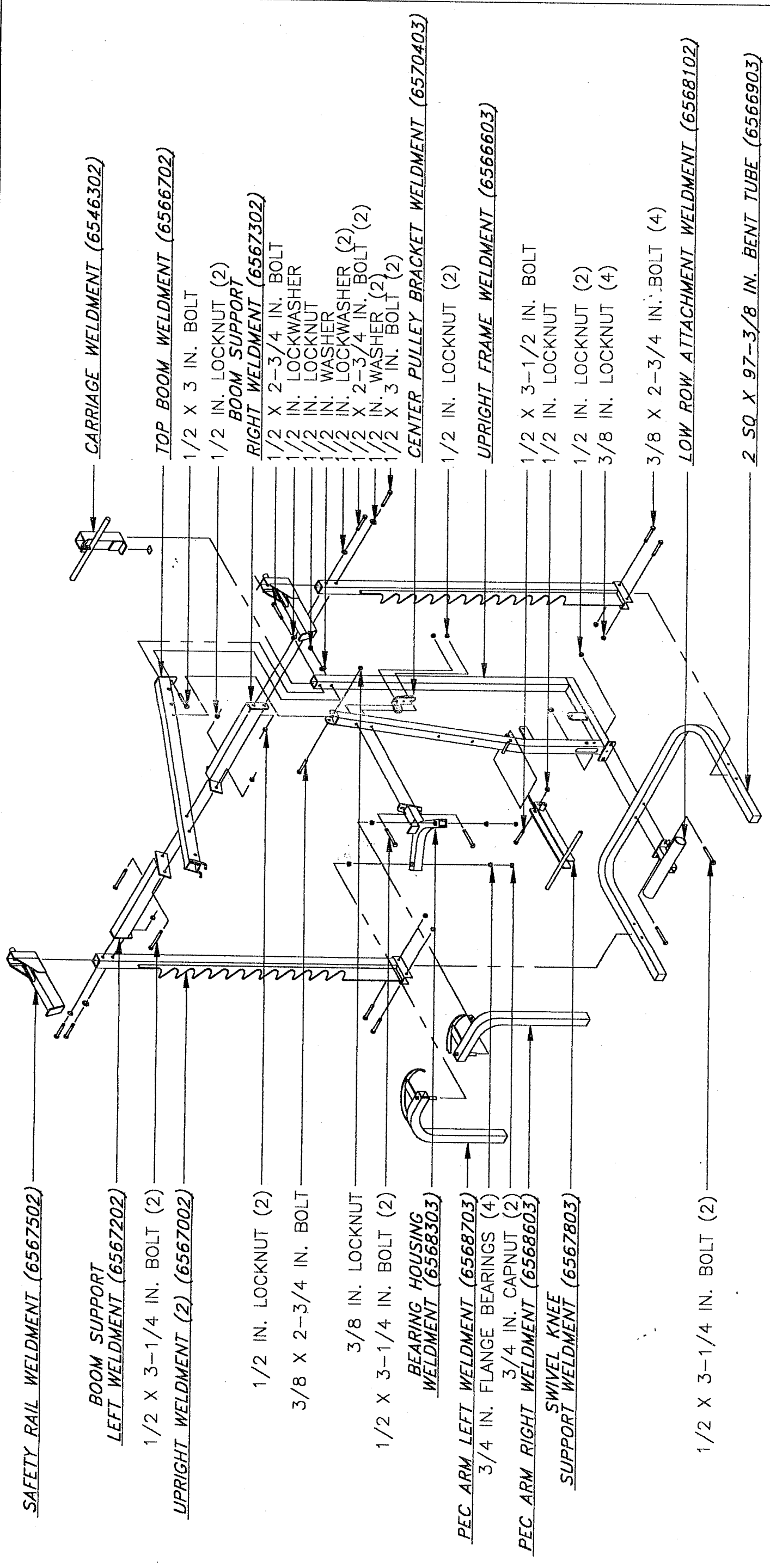
| REVISIONS | | | |
|-----------|-------------------|--------|------------|
| REV | DESCRIPTION | CHG NO | APP'D DATE |
| C | CHG LABEL CONFIG | 2759 | DLM 1/96 |
| D | RMV PLT L-ROW ATT | 2760 | DLM 1/96 |



| | | | |
|------------------------------|-------|-------------------|-------|
| TOLERANCES (EXCEPT AS NOTED) | | TITLE | |
| DECIMAL | ~ | ASSY INST, 893102 | |
| FRACTIONAL | ~ | PARABODY, INC. | |
| ANGULAR | ~ | RAMSEY, MINNESOTA | |
| SCALE 1/24 | | DRAWING NO. | |
| SHEET 1 OF 4 | | 65763 | |
| DR | JRD | CHK'D | MGN |
| | 10/95 | | 10/95 |
| | | APP'D | DLM |
| | | | 10/95 |

DASH NO
01 AS SHOWN

| REVISIONS | | |
|-----------|-------------|------|
| REV | DESCRIPTION | DATE |
| D | | 1/91 |



| TOLERANCES (EXCEPT AS NOTED) | |
|------------------------------|---|
| DECIMAL | ~ |
| FRACTIONAL | ~ |
| ANGULAR | ~ |

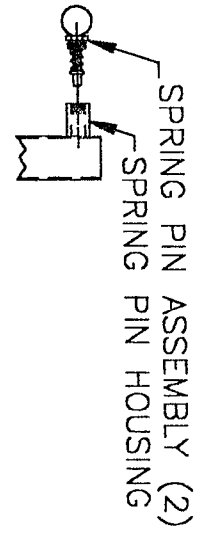
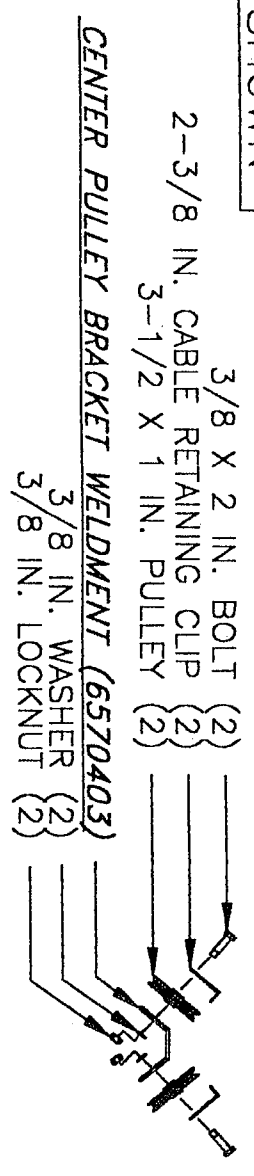
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|-------|--------|-------------------|-------------|
| TITLE | | ASSY INST, 893102 | |
| SCALE | 1/24 | SIZE | DRAWING NO. |
| SHEET | 2 OF 4 | B | 65763 |
| DR | JRD | CHK'D | MGN |
| | 10/85 | APP'D | JRD |
| | | | 10/85 |

PARABODY, INC.
RAMSEY, MINNESOTA

LEVEL 2

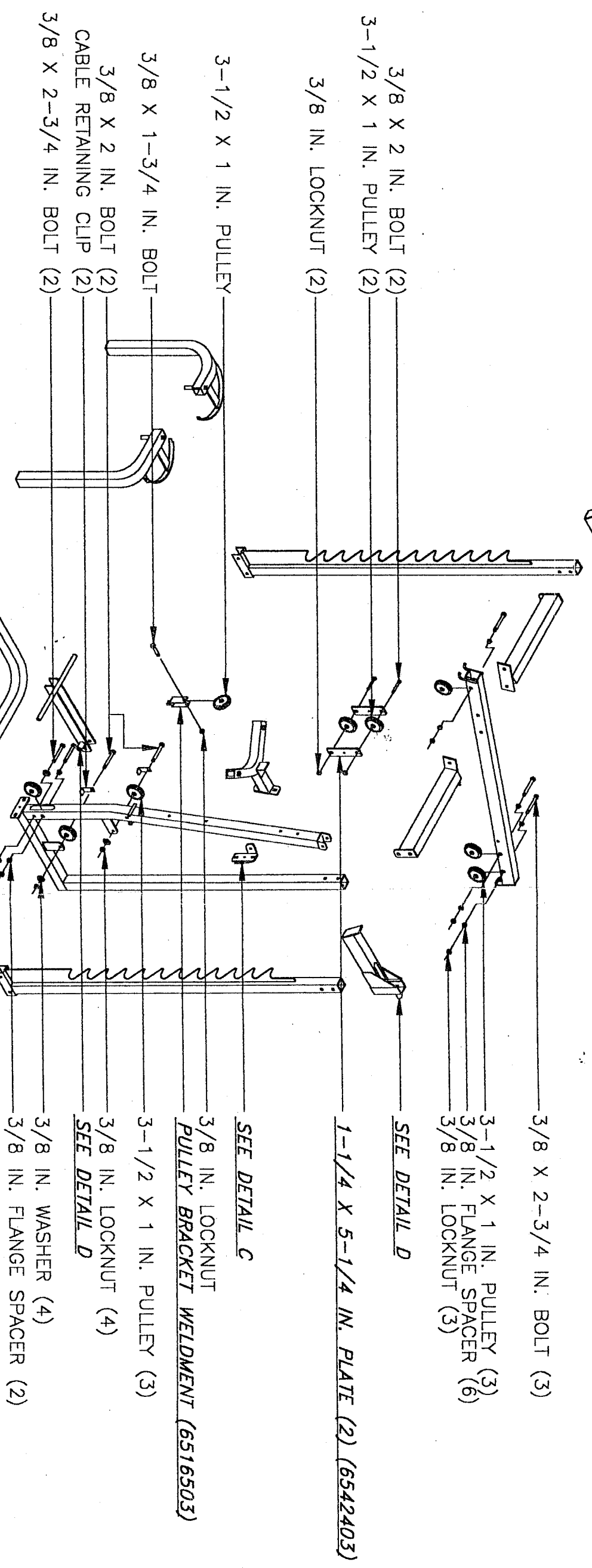
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| 01 | AS SHOWN |

| REVISIONS | | | | |
|-----------|-------------|--------|-------|--------|
| REV | DESCRIPTION | CHG NO | APP'D | DATE |
| D | | | | 1/8/95 |



DETAIL C

DETAIL D



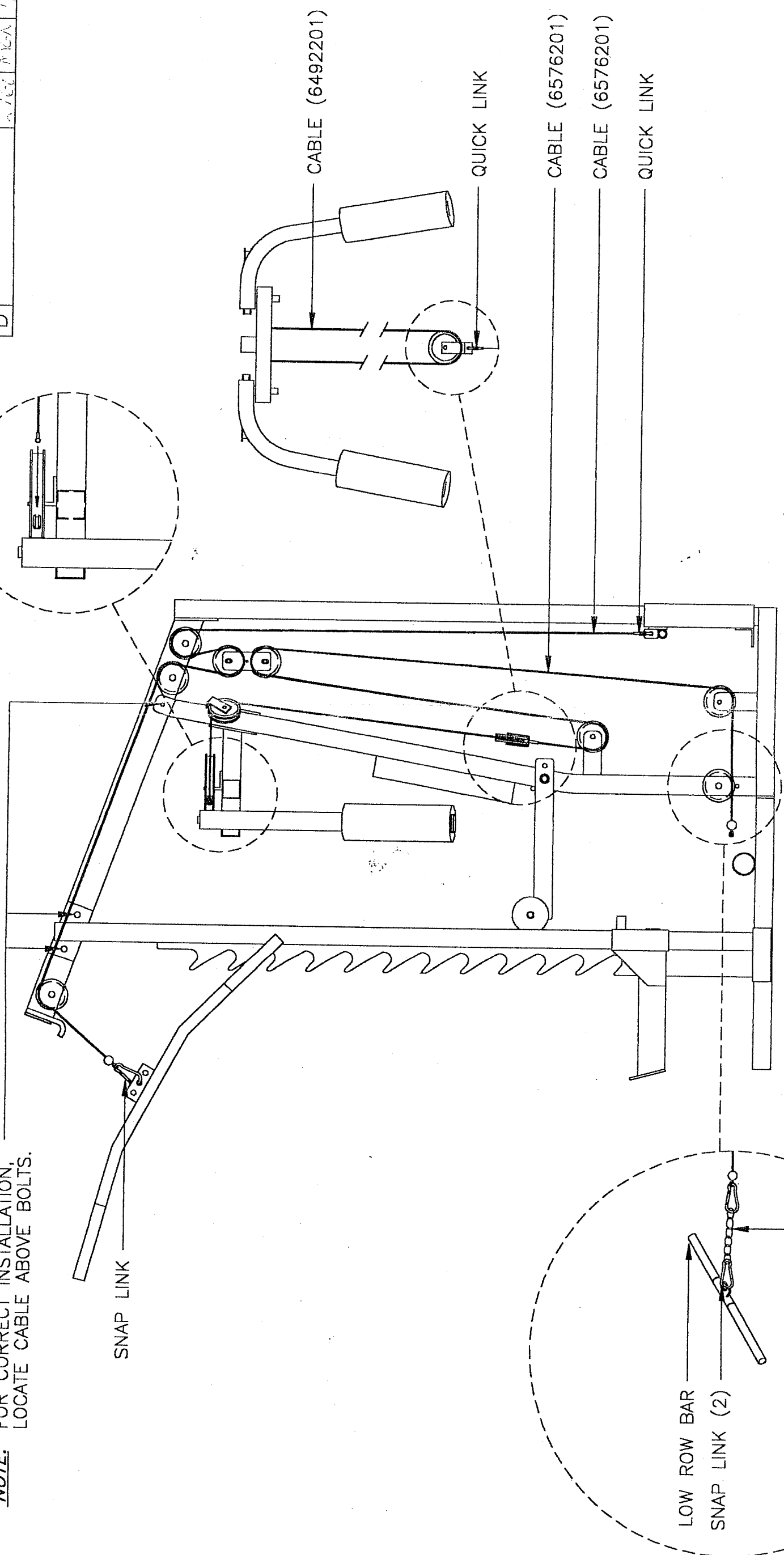
LEVEL 3

| | | | |
|---------------------------------|-------|-------------------|-------|
| TOLERANCES (EXCEPT AS NOTED) | | TITLE | |
| DECIMAL | ~ | ASSY INST, 893102 | |
| FRACTIONAL | ~ | PARABODY, INC. | |
| ANGULAR | ~ | RAMSEY, MINNESOTA | |
| SCALE 1/24 | | DRAWING NO. 65763 | |
| SHEET 3 OF 4 | | SIZE B | |
| DR | JRD | CHK'D | MGN |
| | 10/95 | APP'D | DLM |
| | | | 10/95 |

DASH NO
01 AS SHOWN

NOTE: FOR CORRECT INSTALLATION,
LOCATE CABLE ABOVE BOLTS.

| REVISIONS | | | | |
|-----------|-------------|--------|-------|------|
| REV | DESCRIPTION | CHG NO | APP'D | DATE |
| D | | 10/95 | MGA | 1/96 |



CABLE ROUTING DIAGRAM

LEVEL 4

| | | | |
|---------------------------------|---|-------------------------------------|-------------------|
| TOLERANCES (EXCEPT AS NOTED) | | PARABODY, INC. RAMSEY, MINNESOTA | |
| DECIMAL | ~ | TITLE | ASSY INST, 893102 |
| FRACTIONAL | ~ | SCALE | 1/24 |
| ANGULAR | ~ | SHEET | 4 OF 4 |
| | | DR | JRD |
| | | CHK'D | MGN |
| | | APP'D | 10/95 |
| | | DLM | 10/95 |
| | | DRAWING NO. 65763 | |