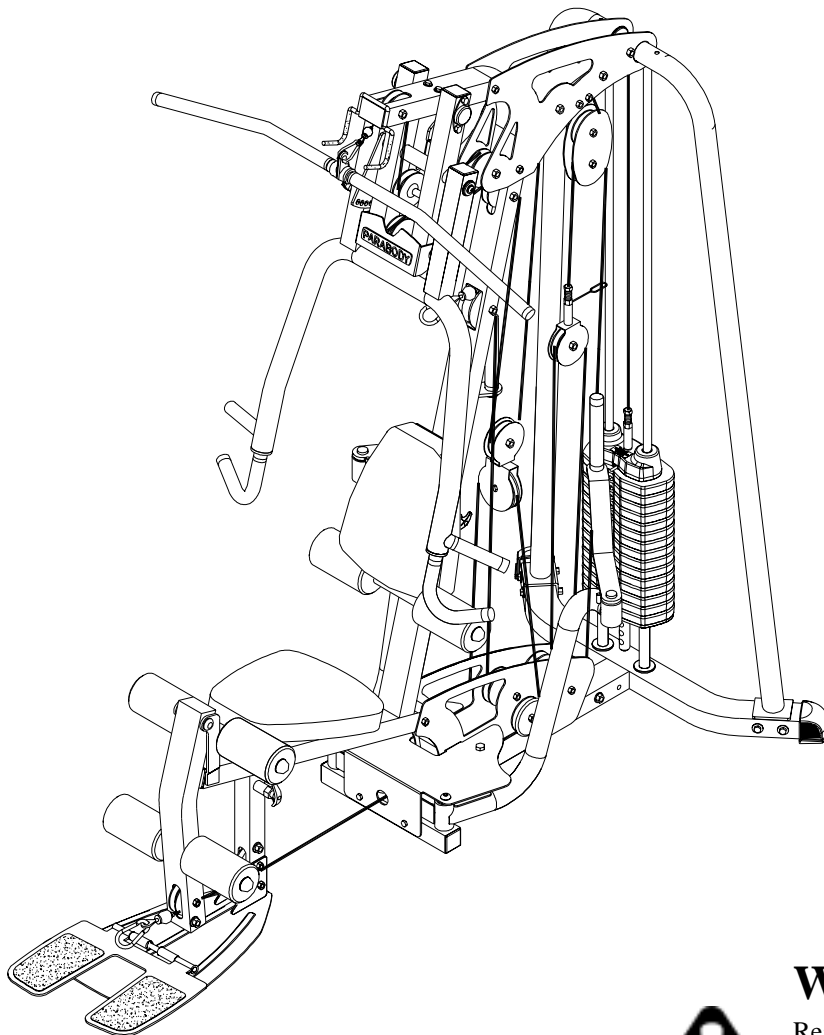


# PARABODY®

## GS4 GYM SYSTEM

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### **WARNING:**

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



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## 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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## IMPORTANT NOTES

### Please note:

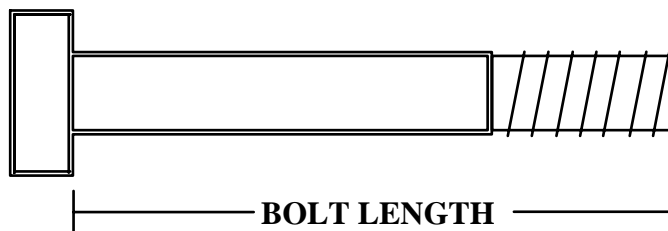
- \* Thank you for purchasing the ParaBody GS4 Gym System. Please read these instructions thoroughly and keep them for future reference.
- \* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

## Tools Required for Assembly

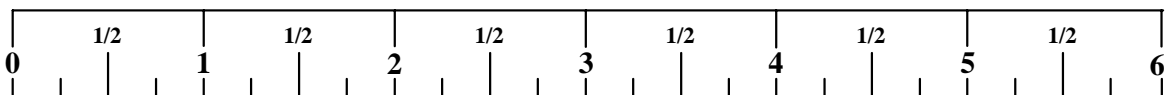
- \* Rubber mallet or hammer
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* 5/32" Allen wrench
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

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



**BOLT LENGTH RULER:**



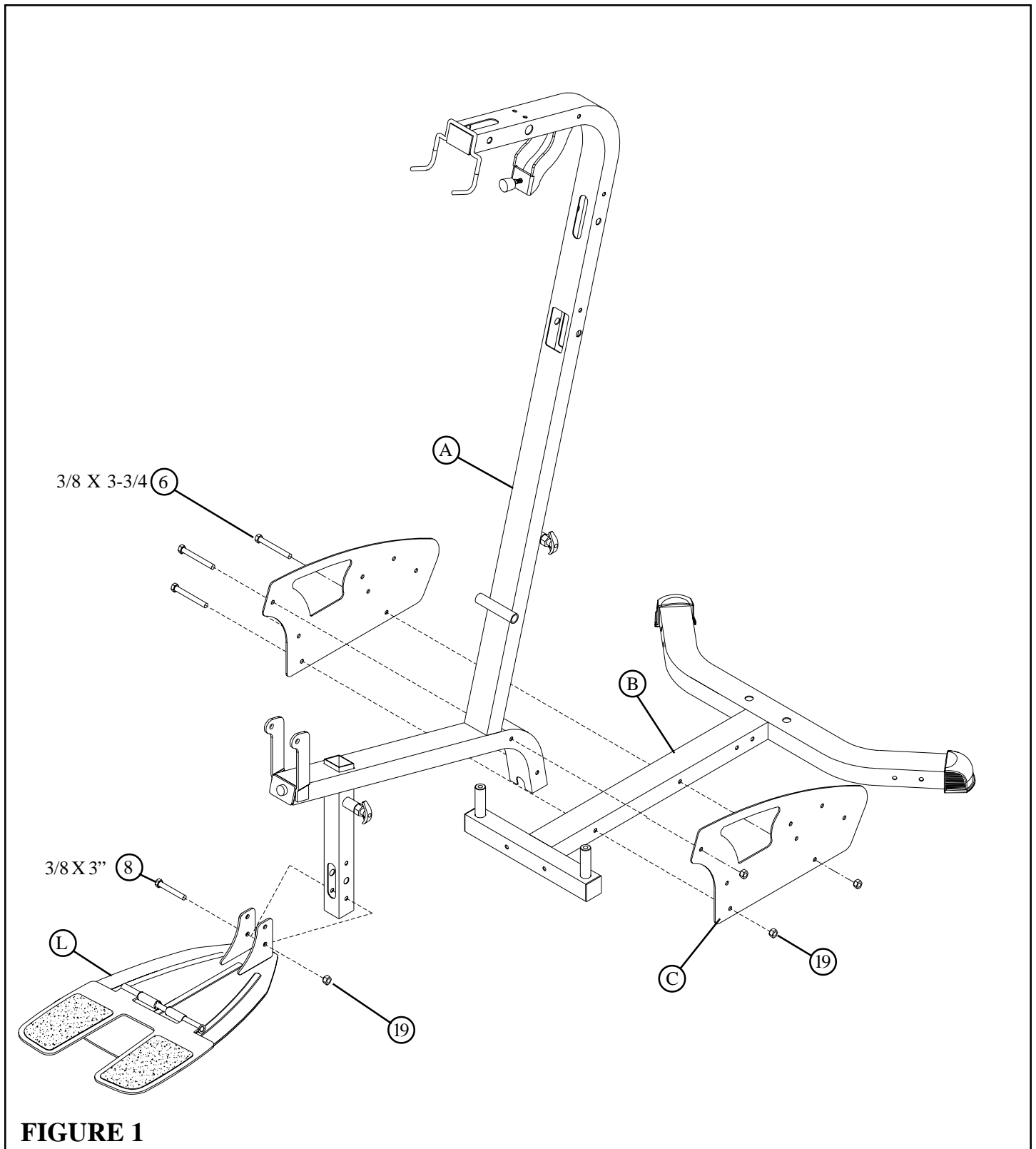
## COMPONENTS PARTS LIST

| KEY | PART #                | DESCRIPTION                | QTY |
|-----|-----------------------|----------------------------|-----|
| A   | ACU04-1512            | FRAME                      | 1   |
| B   | ACU04-1511            | BASE                       | 1   |
| C   | ACU02-1492            | BASE PLATE                 | 2   |
| D   | ACU02-1489            | BOOM PLATE LEFT            | 1   |
| E   | ACU02-1490            | BOOM PLATE RIGHT           | 1   |
| F   | ACU04-1518            | LEFT PEC FLY ARM           | 1   |
| G   | ACU04-1519            | RIGHT PEC FLY ARM          | 1   |
| H   | <del>ACU04-1517</del> | PRESS ARM                  | 1   |
| I   | ACU04-1520            | PEC FLY HANDLE             | 2   |
| J   | ACU04-1515            | SEAT ADJUST                | 1   |
| K   | ACU04-1157            | LEG PEDESTAL               | 1   |
| L   | ACU04-1100            | FOOT PLATE                 | 1   |
| M   | ACU04-1513            | LEFT REAR UPRIGHT          | 1   |
| N   | ACU04-1514            | RIGHT REAR UPRIGHT         | 1   |
| O   | ACU04-1524            | BRACE                      | 1   |
| P   | ACU02-0055            | “L” CABLE RETAINER         | 2   |
| Q   | ACU02-1451            | 3-1/2” PULLEY GUARD        | 2   |
| R   | ACU04-1171            | SHORT “L” CABLE BRACE      | 2   |
| S   | ACU04-1342            | LONG “L” CABLE BRACE       | 1   |
| T   | ACU04-0932            | 3/4 X 17-7/8” TUBE         | 1   |
| U   | ACU04-0934            | 3/4 X 18-3/8” TUBE         | 1   |
| V   | ACU04-0935            | 3/4 X 21” TUBE             | 1   |
| W   | ACU04-1523            | BACK INCLINE ADJUST        | 1   |
| X   | ACU04-1516            | PRESS ARM SUPPORT FRAME    | 1   |
| Y   | ACU02-1493            | PRESS ARM ADJUSTMENT PLATE | 1   |
| Z   | ACU04-1522            | FLOATING PULLEY BRACKET    | 1   |
| AA  | ACU04-1527            | DBL FLOATING PULLEY BRCKET | 1   |
| AB  | ACU02-1071            | FLOATING PULLEY PLATE      | 2   |
| AC  | ACU01-2216            | GUIDE ROD                  | 2   |
| AD  | ACU04-1165            | WEIGHT STACK SPACER        | 2   |
| AE  | ACU06-0047            | WEIGHT STACK CUSHION       | 2   |
| AF  | ACU10-0204ASY         | HEAD PLATE ASSEMBLY        | 1   |
| AG  | ACU04-1386            | LAT BAR                    | 1   |
| AH  | ACU04-0622            | LOW ROW BAR                | 1   |
| AI  | ACU07-0100a           | SEAT/BACK PAD              | 2   |
| AJ  | ACU06-0337            | 4 X 7” ROLLER PAD          | 6   |
| AK  | ACU12-0005            | AB STRAP                   | 1   |
| AL  | ACU12-0041            | ANKLE STRAP                | 1   |
| AM  | ACU13-0145            | LAT CABLE 199-3/4”         | 1   |
| AN  | ACU13-0146            | LOW CA-BLE 168”            | 1   |
| AO  | ACU13-0147            | GUIDE CABLE 96”            | 1   |
| AP  | ACU13-0148            | PEC FLY CABLE 90-1/2”      | 1   |
| AQ  | ACU7308601            | WEIGHT STACK LABEL         | 1   |
|     |                       |                            |     |
|     |                       |                            |     |
|     |                       |                            |     |
|     |                       |                            |     |

## HARDWARE PARTS LIST

| KEY | PART #            | DESCRIPTION         | QTY |
|-----|-------------------|---------------------|-----|
| 1   | ACUDA1E01253413NB | 1/2 X 5-3/4” BOLT   | 1   |
| 2   | ACUDA1C01210413NB | 1/2 X 104mm BOLT    | 1   |
| 3   | ACUDA1E03880016NB | 3/8 X 8” BOLT       | 2   |
| 4   | ACUDA1E03853416NB | 3/8 X 5-3/4” BOLT   | 1   |
| 5   | ACUDA1E03840016NB | 3/8 X 4” BOLT       | 1   |
| 6   | ACUDA1E03833416NB | 3/8 X 3-3/4” BOLT   | 25  |
| 7   | ACUDA1E03831416NB | 3/8 X 3-1/4” BOLT   | 2   |
| 8   | ACUDA1E03830016NB | 3/8 X 3” BOLT       | 2   |
| 9   | ACUDA1E03823416NB | 3/8 X 2-3/4” BOLT   | 3   |
| 10  | ACUDA1E03820016NB | 3/8 X 2” BOLT       | 2   |
| 11  | ACUDA1E03813416NB | 3/8 X 1-3/4” BOLT   | 5   |
| 12  | ACUDA1E03811416NB | 3/8 X 1-1/4” BOLT   | 2   |
| 13  | ACU05-0311        | SHIM WASHER         | 2   |
| 14  | ACUDA1E03803416YB | 3/8 X 3/4” BOLT     | 2   |
| 15  | ACUDAEE01203413YB | 1/2 X 3/4” BTN HEAD | 4   |
| 16  | ACUDACE03810016YB | 3/8 X 1” FLAT HEAD  | 2   |
| 17  | ACUDC1340130030B  | 1/2” FLAT WASHER    | 2   |
| 18  | ACUDC1250100020B  | 3/8” FLAT WASHER    | 19  |
| 19  | ACUDB2E03811000B  | 3/8” LOCK NUT       | 41  |
| 20  | ACUDB2E01208000B  | 1/2” LOCK NUT       | 2   |
| 21  | ACU05-0193        | CHAIN               | 1   |
| 22  | ACUDI1080080U     | SNAP LINK           | 4   |
| 23  | ACU05-0379        | CABLE WIRE GUIDE    | 1   |
| 24  | ACU03-0042        | 1” SPACER           | 11  |
| 25  | ACU03-0210        | 1-1/4” SPACER       | 4   |
| 26  | ACU08-0066        | 1-1/16” STEP SPACER | 6   |
| 27  | ACU08-0074        | 11/16” STEP SPACER  | 2   |
| 28  | ACU08-0085        | 1/2” STEP SPACER    | 2   |
| 29  | ACU05-0212        | SHAFT COLLAR        | 2   |
| 30  | ACU05-0277        | ROLLER PAD CAP      | 6   |
| 31  | ACU06-0194        | 3/8” STAR KNOB      | 1   |
| 32  | ACU06-0021        | RH CAP              | 2   |
| 33  | ACU06-0363        | 3/4” PLASTIC WASHER | 12  |
| 34  | ACU06-0375        | PLASTIC SLEEVE      | 2   |
| 35  | ACU06-0051        | 3-1/2” PULLEY       | 20  |
| 36  | ACU06-0035        | 4-1/2” PULLEY       | 2   |
| 37  | ACU06-0360        | V PULLEY            | 1   |
| 38  | ACUDAEE5160018YB  | 5/16 x 1” BTN HEAD  | 6   |
|     |                   |                     |     |
|     |                   |                     |     |
|     |                   |                     |     |
|     |                   |                     |     |
|     |                   |                     |     |

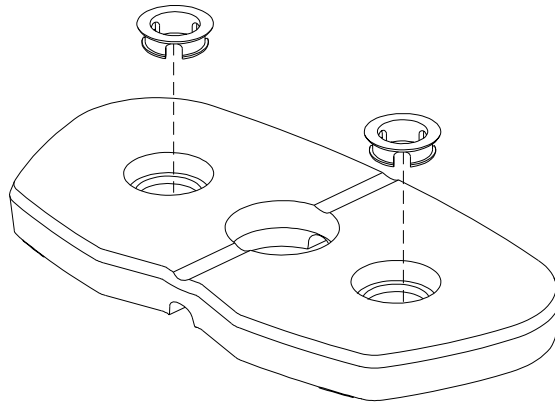
NOTE: SOME OF THE PARTS LISTED MAY BE PRE-INSTALLED



**FIGURE 1**

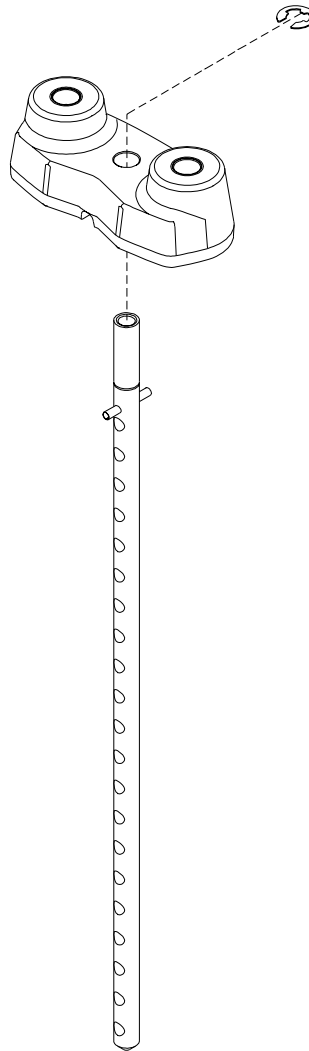
**STEP 1:**

- **LOOSELY** assemble two BASE PLATES (C) to the FRAME (A) and BASE (B) using three 3/8 X 3-3/4" BOLTS (6) and four 3/8" LOCKNUTS (19). See FIGURE 1.
- **LOOSELY** assemble the FOOTPLATE (L) to the lower holes in the FRAME (A) using one 3/8 X 3" BOLT (8) and one 3/8" LOCKNUT (19) as shown in FIGURE 1.

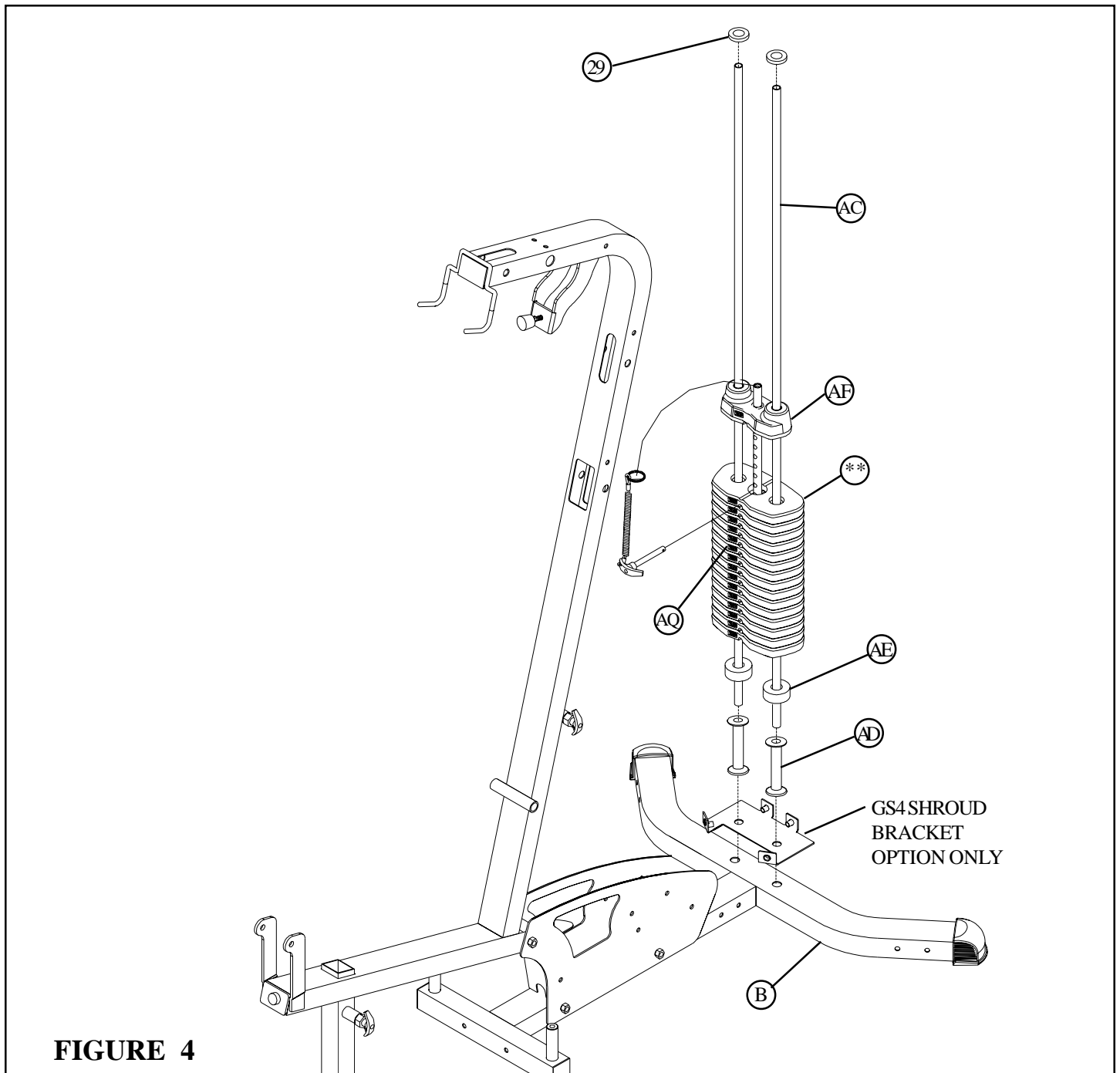


**FIGURE 2**

- CHECK THAT THE HEADPLATE AND WEIGHT PLATES ARE ASSEMBLED AS SHOWN IN FIGURES 2 & 3



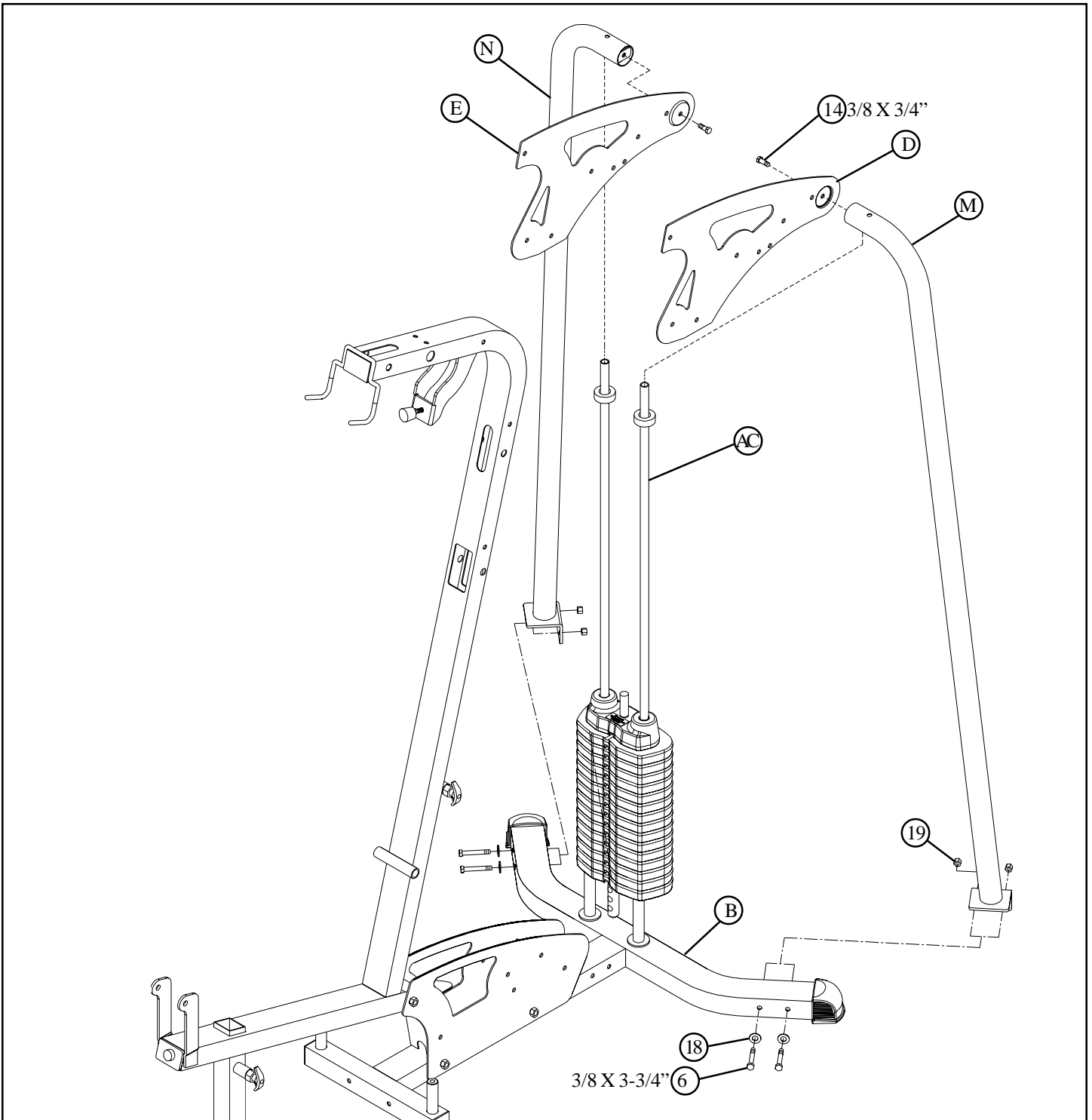
**FIGURE 3**



**FIGURE 4**

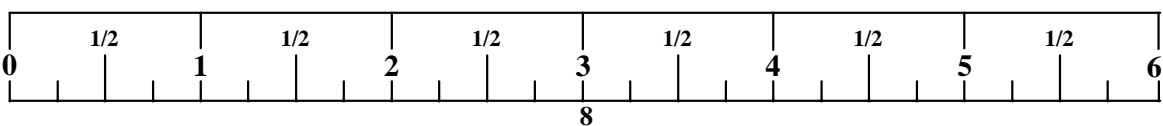
**STEP 4:**

- Insert two GUIDE RODS (AC) into the BASE FRAME (B) as shown on FIGURE 4. (NOTE: If the GS4 SHROUD OPTION was purchased, place the GUIDE RODS (AC) through the BOTTOM SHROUD BRACKET (found in SHROUD OPTION box) and into the BASE FRAME (B) as shown in FIGURE 4.
- (NOTE: Lubricate GUIDE RODS (AC) with silicon or teflon spray available at most hardware stores.)
- Slide two WEIGHT STACK SPACERS (AD) and two WEIGHT STACK CUSHIONS (AE) down over the GUIDE RODS (AC).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (\*\*) down over the GUIDE RODS (AC) on to the WEIGHT STACK CUSHIONS (AE). Make sure that the WEIGHT PLATES (\*\*) are all facing as shown.
- Slide the head plate assembly down over the GUIDE RODS (AC) onto the weight stack.
- Slide two SHAFT COLLARS (29) over the GUIDE RODS (AC) as shown in FIGURE 4.
- Apply WEIGHT STACK LABELS (AQ) to WEIGHT PLATES (\*\*) and HEAD PLATE (AF) as shown in FIGURE 4. Begin with number one at the HEAD PLATE (AF) with larger numbers in consecutive order towards bottom of weight stack.

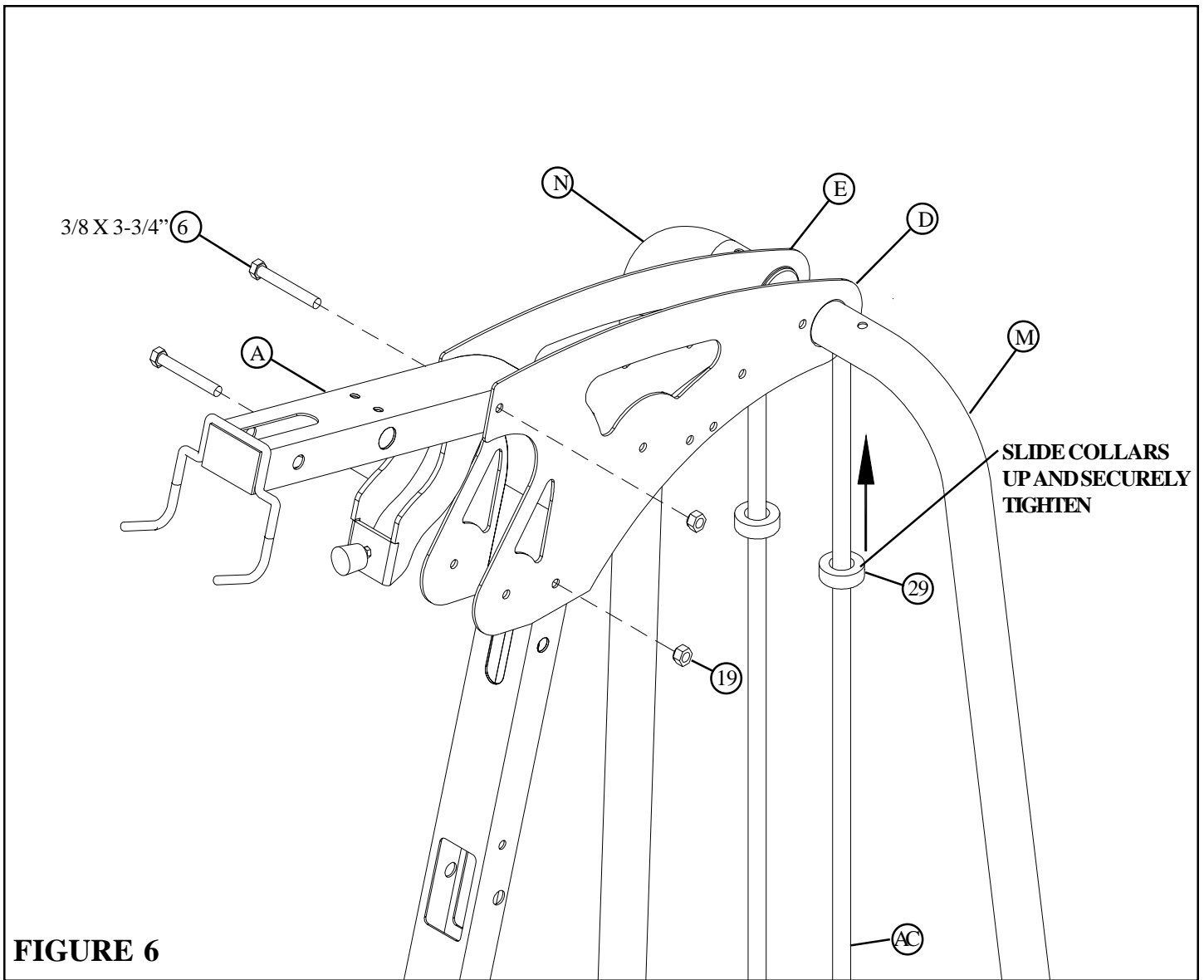


**STEP 5:**

- Carefully slide the RIGHT (N) and LEFT (M) REAR UPRIGHTS over the GUIDE RODS (AC) as shown in FIGURE 5 and **SECURELY** assemble the RIGHT (N) and LEFT (M) REAR UPRIGHTS to the BASE (B) using four 3/8 X 3-3/4" BOLTS (6), four 3/8" WASHERS (18) and two 3/8" LOCK NUTS (19) as shown in FIGURE 5.
- **SECURELY** assemble the RIGHT (E) and LEFT (D) BOOM PLATES to the RIGHT (N) and LEFT (M) REAR UPRIGHTS using two 3/8 X 3/4" BOLTS W/LOCKTITE (14) as shown in FIGURE 5.





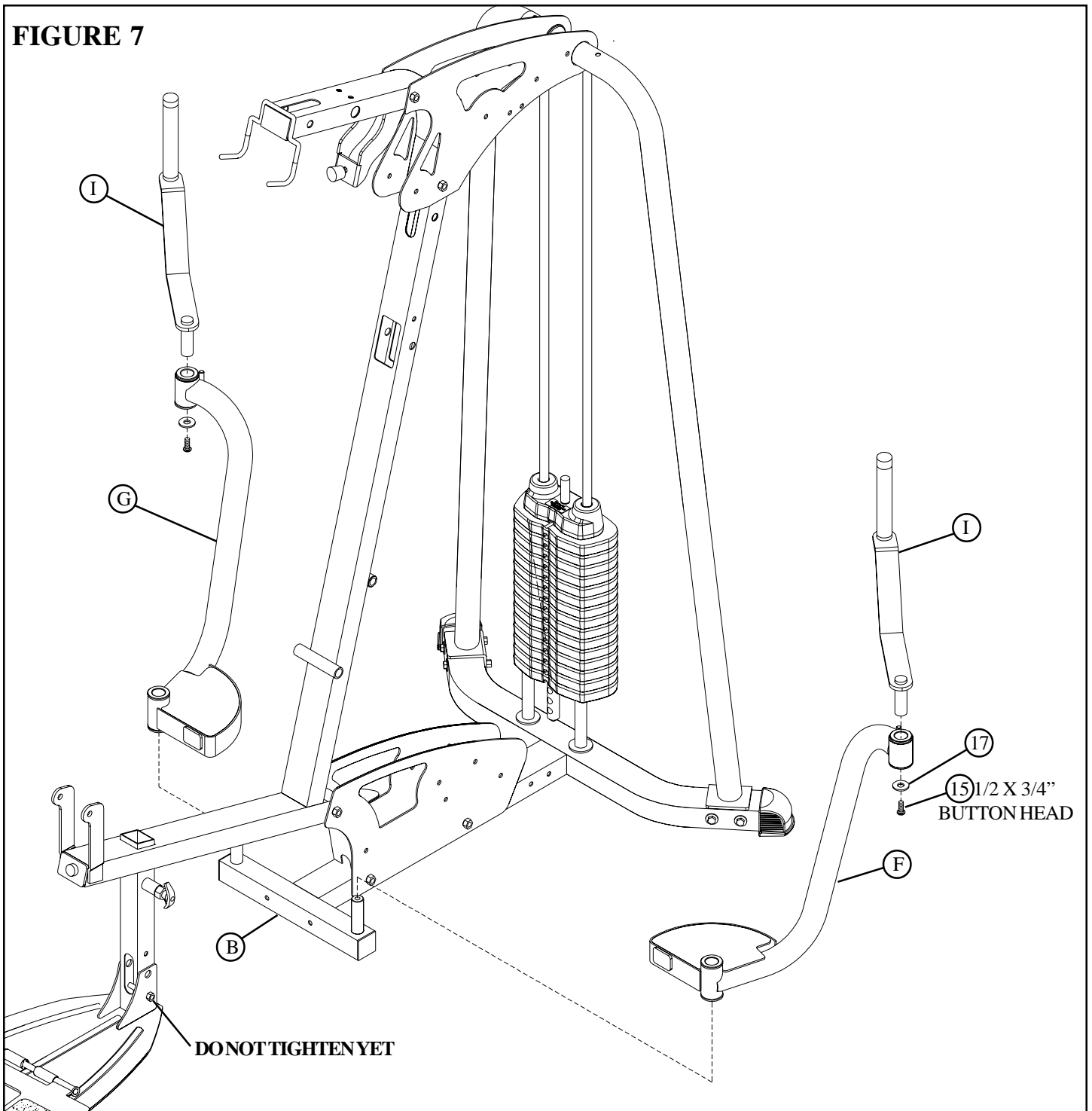


**FIGURE 6**

**STEP 6:**

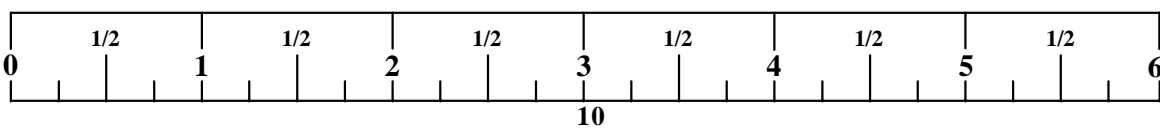
- **SECURELY** assemble the LEFT (D) and RIGHT (E) BOOM PLATES to the FRAME (A) using two 3/8 X 3-3/4" BOLTS (6) and two 3/8" LOCK NUTS (19). See FIGURE 6.
- Slide up both SHAFT COLLARS (29) to top until flush with bottom of the guide rod bushings in both the LEFT (M) and RIGHT (N) REAR UPRIGHTS and **SECURELY TIGHTEN** as shown in FIGURE 6

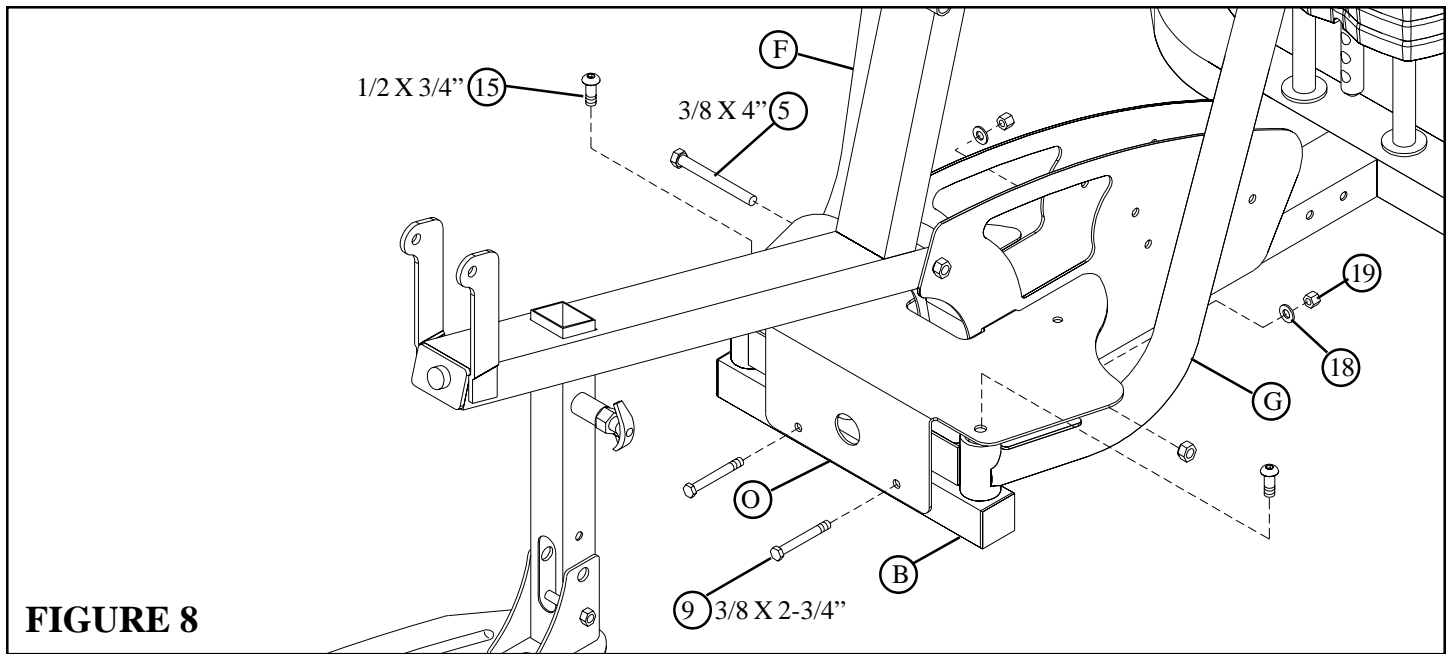
**FIGURE 7**



**STEP 7:**

- Securely tighten all frame connections except the FOOTPLATE/FRAME connection as noted in FIGURE 7.
- Slide the LEFT (F) and RIGHT (G) PEC FLY ARMS over the BASE (B) as shown in FIGURE 7.
- **SECURELY** assemble the PEC FLY HANDLES (I) to the LEFT (F) and RIGHT (G) PEC FLY ARMS using two 1/2 X 3/4" BUTTON HEAD BOLTS (15), and two 1/2" WASHERS (17) as shown in FIGURE 7.

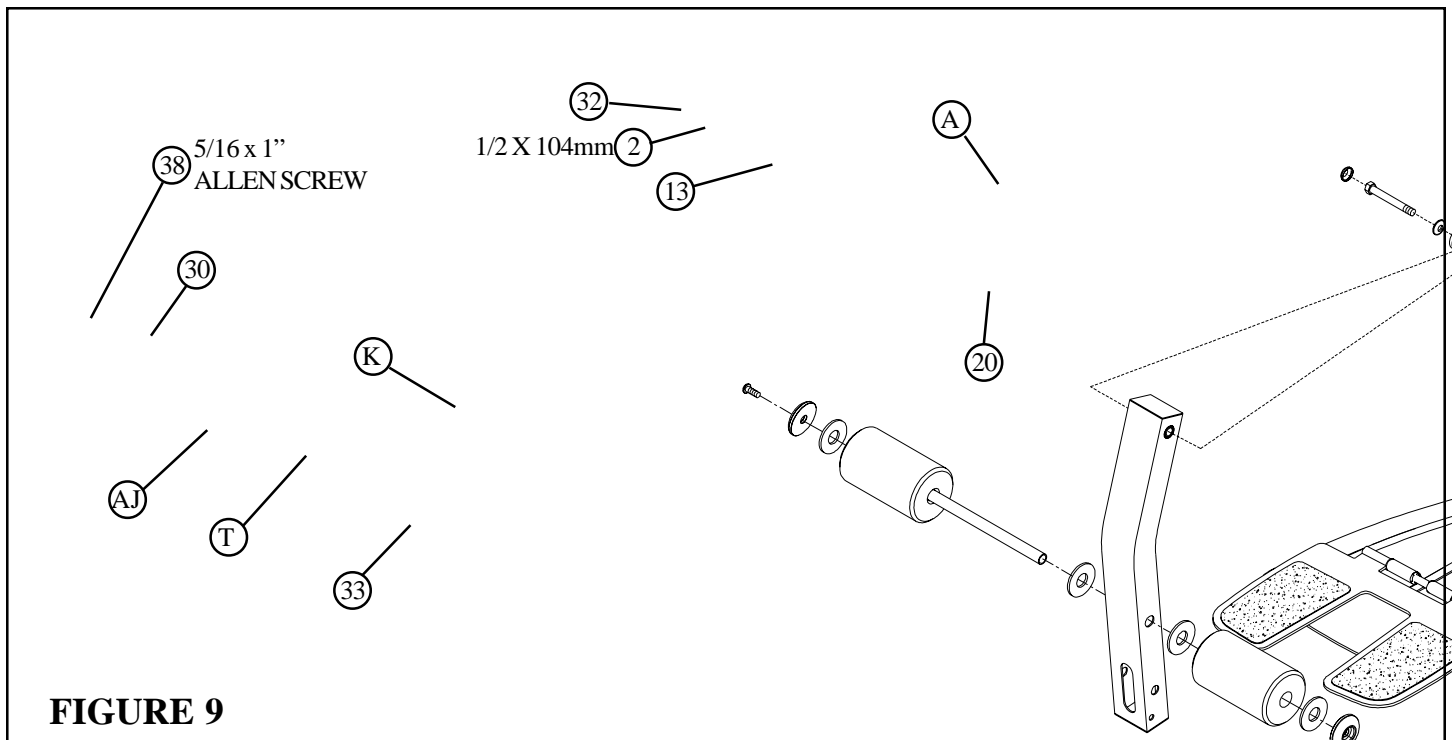




**FIGURE 8**

**STEP 8:**

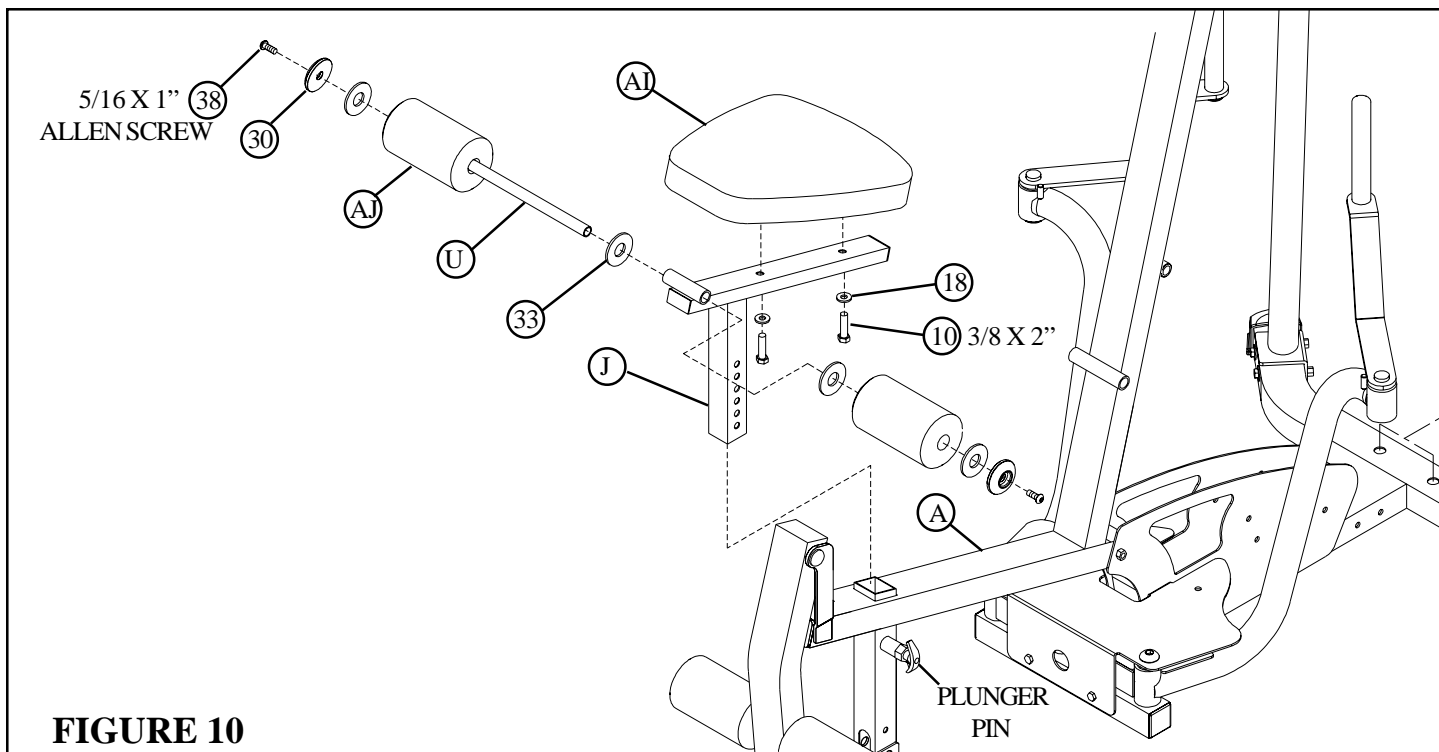
- **SECURELY** assemble the PEC PLATE (O) to the BASE (B) using two 3/8 X 2-3/4" BOLTS (9), one 3/8 X 4" BOLT (5), two 3/8" WASHERS (18) and three 3/8" LOCK NUTS (19) as shown in FIGURE 8.
- **SECURELY** assemble the LEFT (F) and RIGHT (G) PEC FLY ARMS to BASE (B) using two 1/2 X 3/4" BUTTON HEAD BOLTS (15) as shown in FIGURE 8. (**Note: Tighten this connection enough to remove excess play yet allow the PEC FLY ARMS to rotate freely.**)



**FIGURE 9**

**STEP 9:**

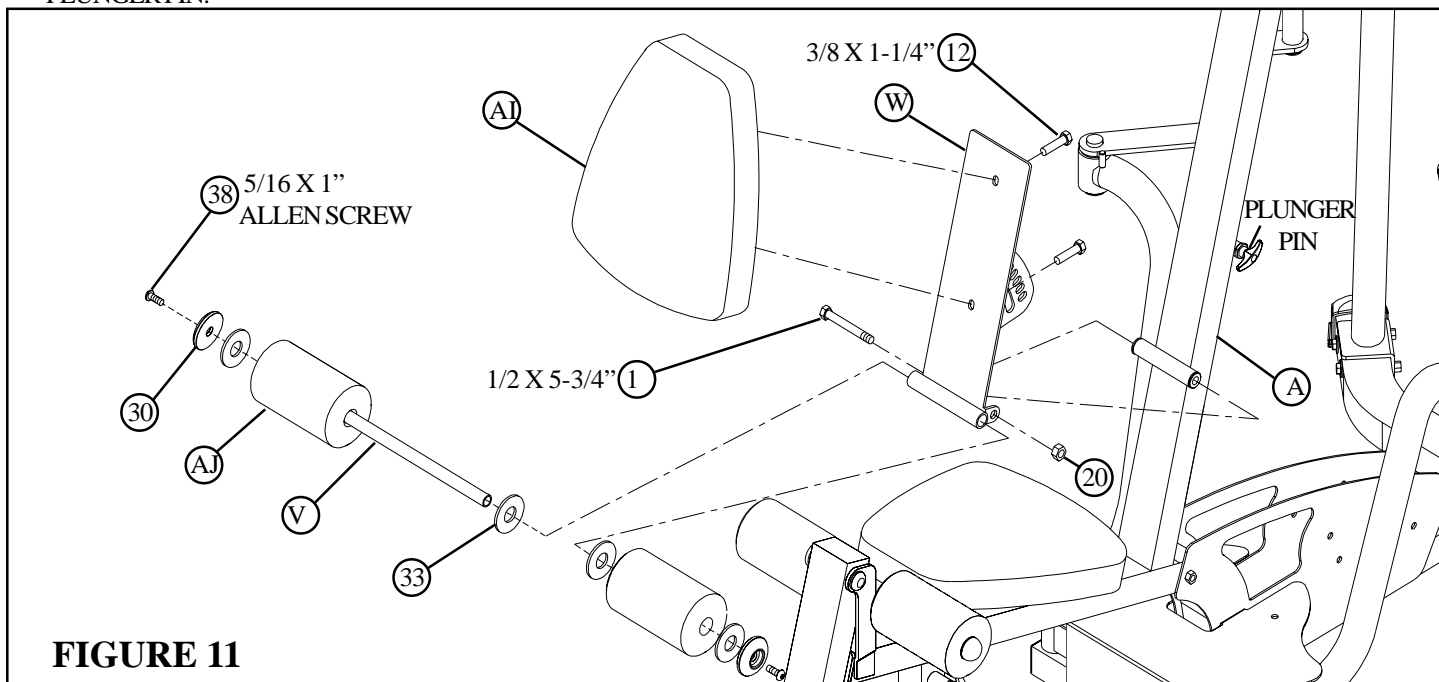
- Assemble the LEG PEDESTAL (K) to the FRAME (A) using two RH CAPS (32), one 1/2 X 104mm BOLT (2), two 1/2" SHIM WASHERS (13), and one 1/2" LOCK NUT (20). (**Note: Tighten this connection enough to remove excess play yet allow the LEG PEDESTAL to rotate freely.**)
- Assemble two ROLLER PADS (AJ) to the LEG PEDESTAL (K) using one 3/4 X 17-3/8" TUBE (T) four PLASTIC WASHERS (33) two ROLLER PAD CAPS (30) and two 5/16 X 1" ALLEN SCREWS (38) as shown in FIGURE 9.



**FIGURE 10**

**STEP 10:**

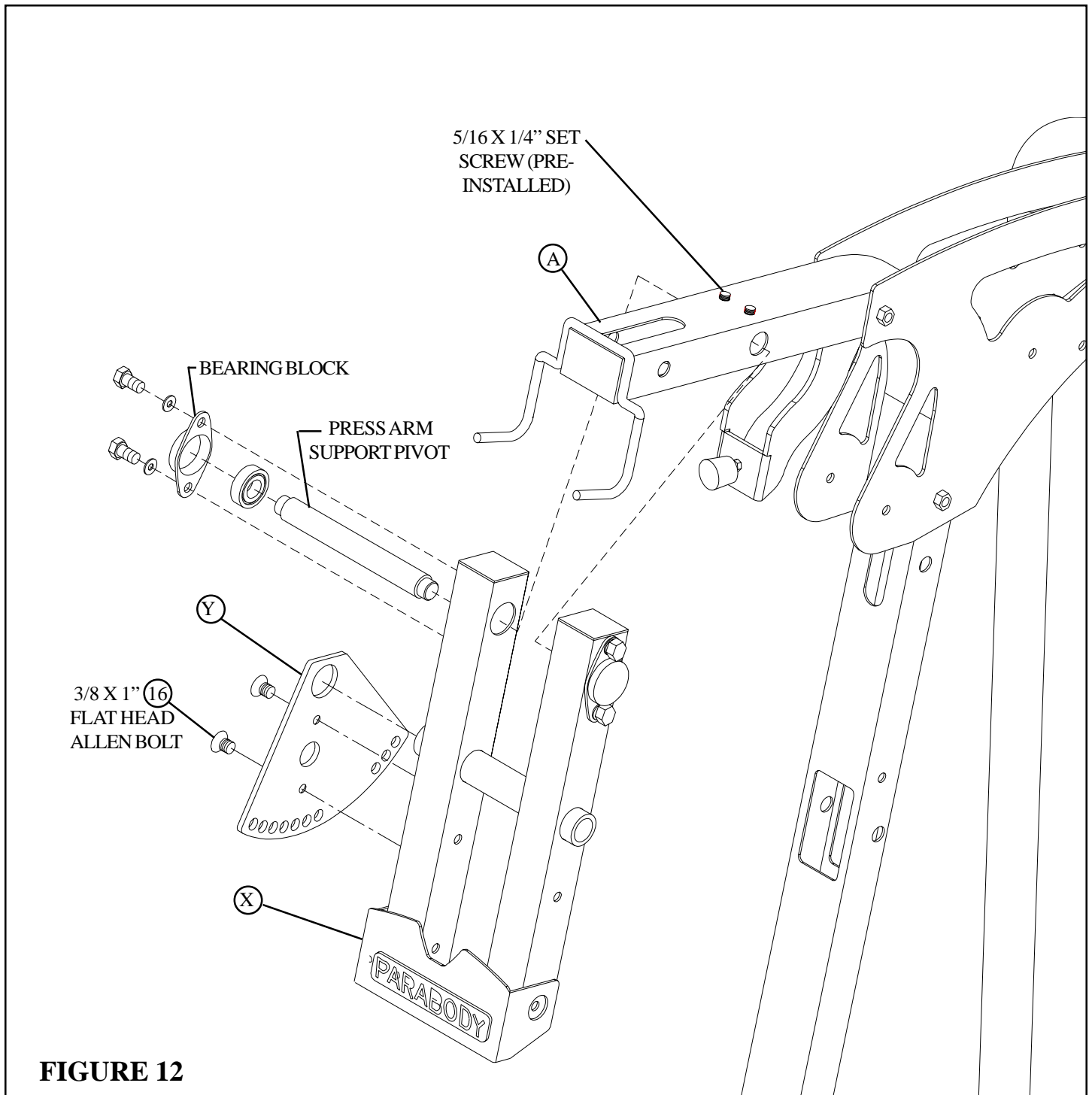
- **SECURELY** assemble one SEAT/BACK PAD (AI) to the SEAT ADJUST (J) using two 3/8 X 2" BOLTS (10) and two 3/8" WASHERS (18).
- Assemble two ROLLER PADS (AJ) to the SEAT ADJUST (J) using one 3/4 X 18-1/8" TUBE (U), four PLASTIC WASHERS (33) two ROLLER PAD CAPS (30) and two 5/16 X 1" ALLEN SCREWS (38) as shown in FIGURE 10.
- **CAREFULLY** insert the SEAT ADJUST ASSEMBLY into the FRAME (A) as shown. The SEAT height can be adjusted using the PLUNGER PIN.



**FIGURE 11**

**STEP 11:**

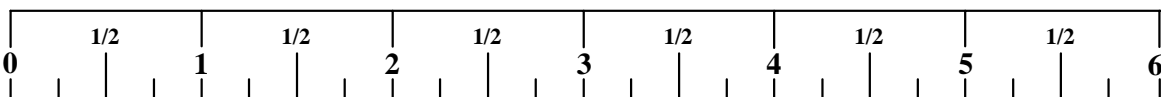
- **SECURELY** assemble one SEAT/BACK PAD (AI) to the BACK INCLINE ADJUST (W) using two 3/8 X 1-1/4" BOLTS (12).
- **SECURELY** assemble the BACK INCLINE ADJUST (W) to the FRAME (A) using one 1/2 X 5-3/4" BOLT (1) and one 1/2" LOCK NUT (20). The BACK PAD angle can be adjusted using the PLUNGER. (**Note: Tighten this connection enough to remove excess play yet allow the BACK INCLINE ADJUST to rotate freely.**)
- Assemble two ROLLER PADS (AJ) to the BACK INCLINE ADJUST (W) using one 3/4 X 20-3/8" TUBE (V), four PLASTIC WASHERS (33) two ROLLER PAD CAPS (30) and two 5/16 X 1" ALLEN SCREWS (38) as shown in FIGURE 11.

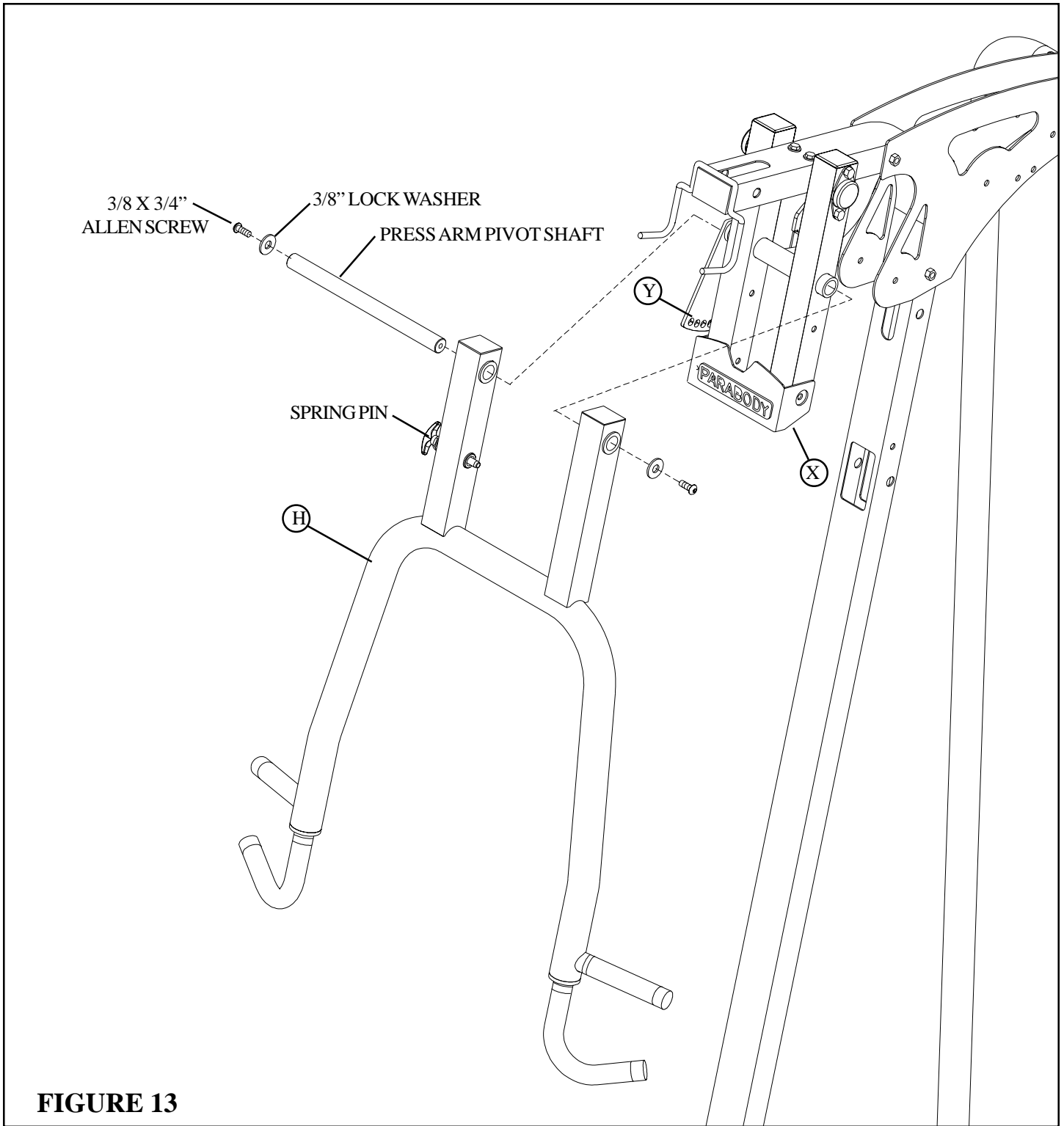


**FIGURE 12**

**STEP 12:**

- Disassemble one of the BEARING BLOCKS from the PRESS ARM SUPPORT FRAME (X) and remove the PRESS ARM SUPPORT PIVOT as shown in FIGURE 12.
- Insert the PRESS ARM SUPPORT PIVOT thru the PRESS ARM SUPPORT FRAME (X) and the FRAME (A). Assemble the BEARING BLOCKS to the PRESS ARM SUPPORT FRAME (X) as shown in FIGURE 12.
- **SECURELY** tighten the two 5/16 X 1/4" SET SCREWS (PRE-INSTALLED) on the FRAME (A) as shown in FIGURE 12.
- **SECURELY** assemble the PRESS ARM ADJUSTMENT PLATE (Y) to the PRESS ARM SUPPORT FRAME (X) using two 3/8 X 1" FLAT HEAD ALLEN BOLTS (16) as shown in FIGURE 12.

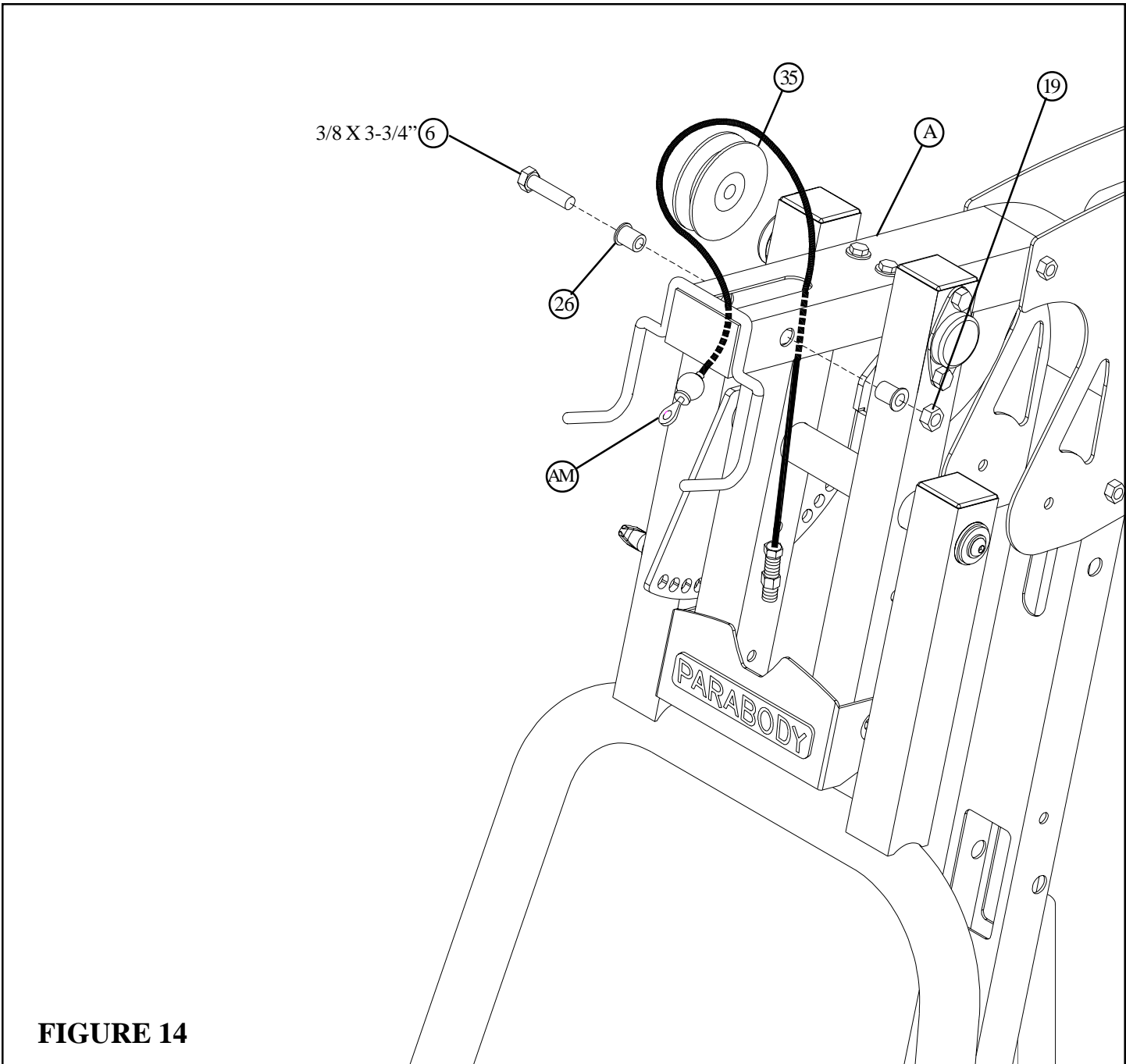




**FIGURE 13**

**STEP 13:**

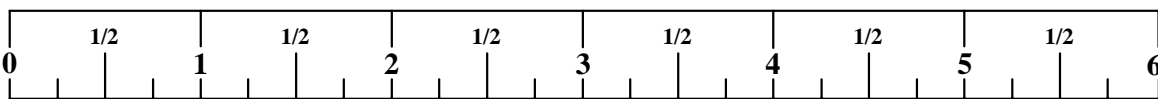
- Disassemble the PRESS ARM PIVOT SHAFT from the PRESS ARM (H) by removing the two 3/8 X 3/4" ALLEN SCREWS and two 3/8" LOCK WASHERS as shown in FIGURE 13.
- Insert the PRESS ARM PIVOT SHAFT thru the PRESS ARM (H) and the PRESS ARM SUPPORT FRAME (X) and the resassemble the 3/8 X 3/4" ALLEN SCREWS and 3/8" LOCK WASHERS to the PRESS ARM PIVOT SHAFT as shown in FIGURE 13. **(Note: Tighten this connection enough to remove excess play yet allow the PRESS ARM to rotate freely.)**
- Pull back on the SPRING PIN and rotate the PRESS ARM (H) until the SPRING PIN connects with the ROM PLATE (Y)

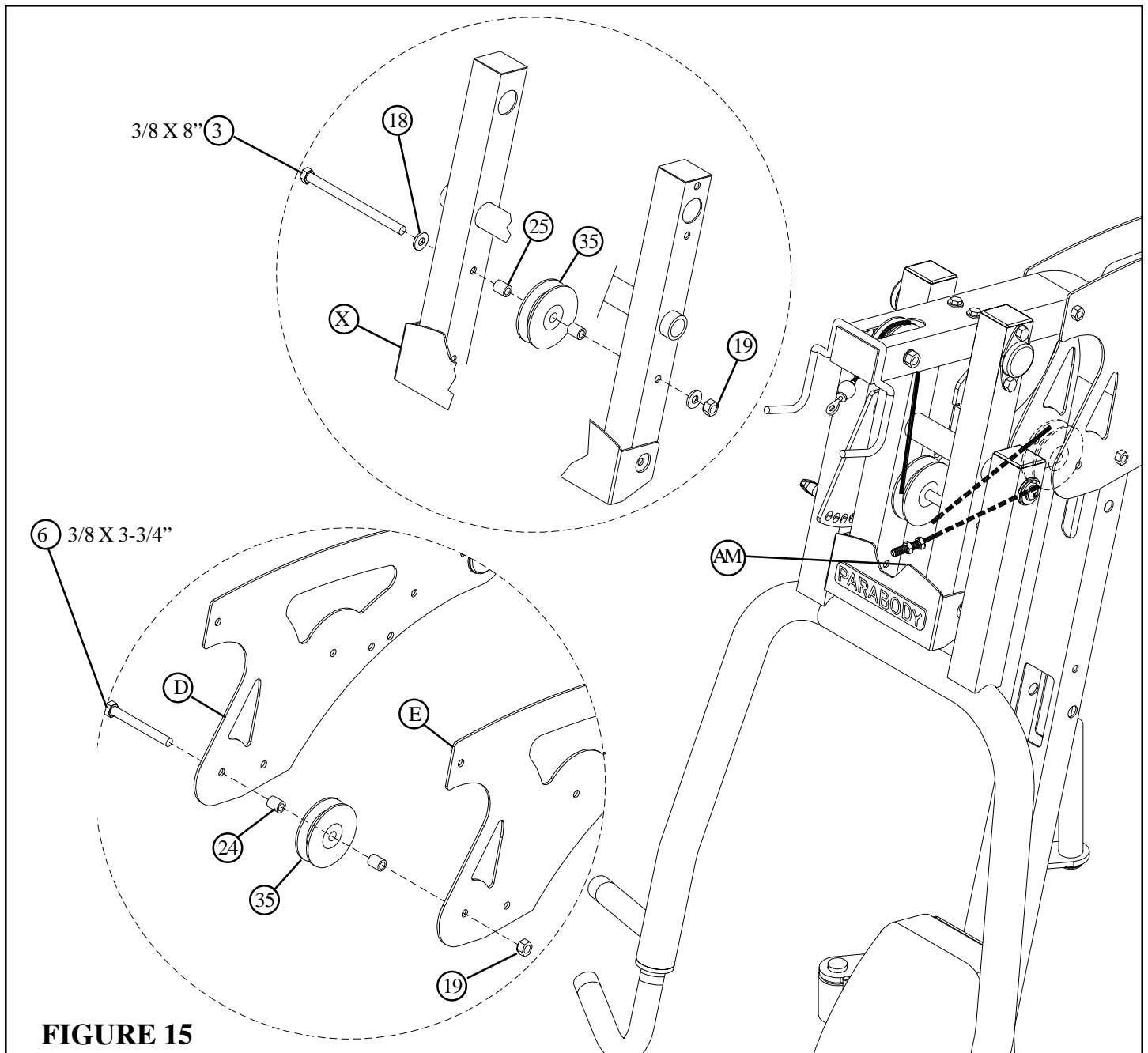


**FIGURE 14**

**STEP 14:**

- Route the LAT CABLE (AM) through the FRAME (A) and assemble one 3-1/2" PULLEY (35) to the FRAME (A) using one 3/8 X 3-3/4" BOLT (6), two 3/8 X 1-1/16" FLANGE SPACERS (26) and one 3/8" LOCK NUT (19). See FIGURE 14.  
**(NOTE: Make sure the cable runs in the grooves of the pulleys.)**



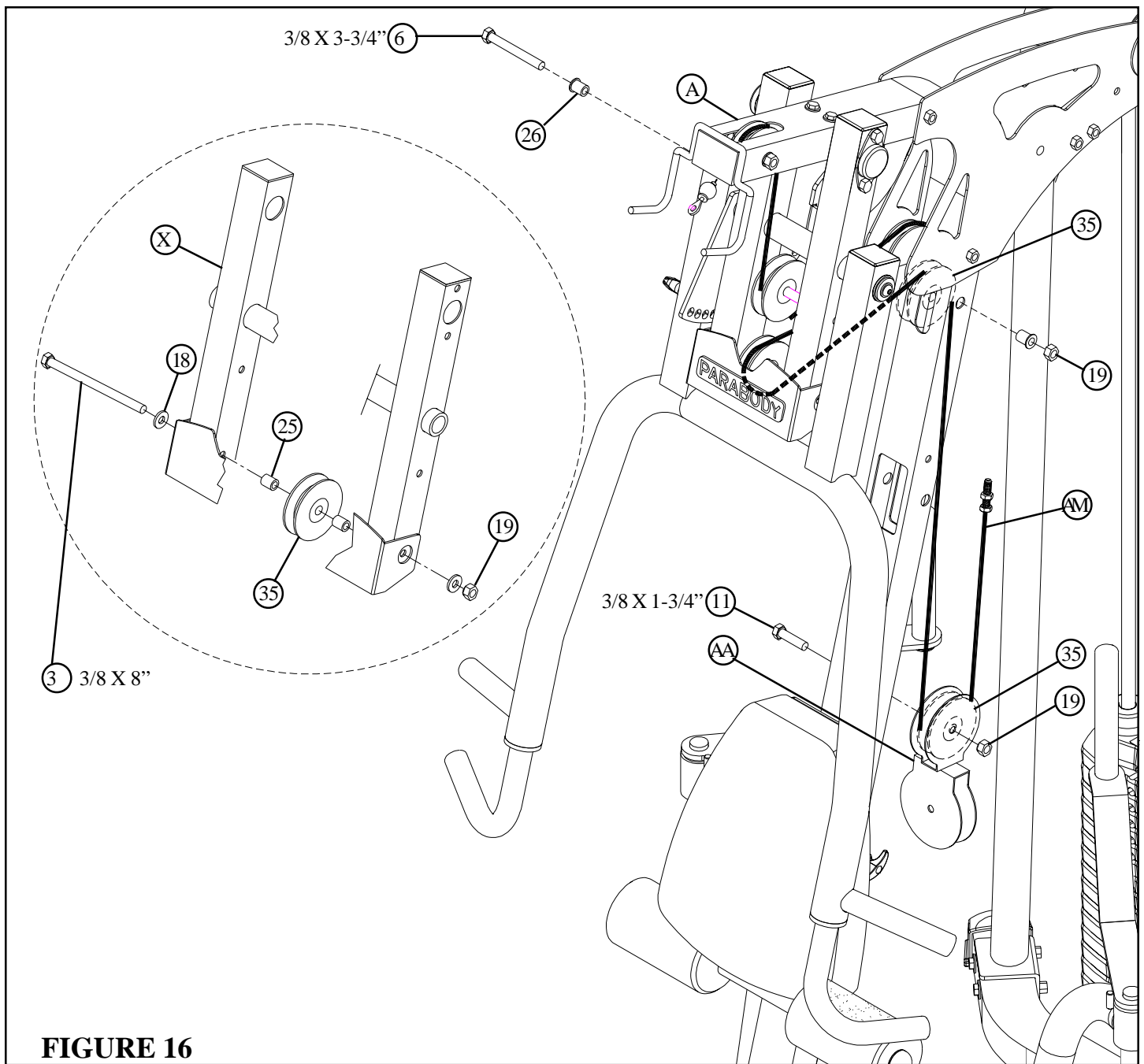


**FIGURE 15**

**STEP 15:**

- Route the LAT CABLE (AM) through the PRESS ARM SUPPORT FRAME (X) and assemble one 3-1/2" PULLEY (35) to the FRAME PRESS ARM SUPPORT FRAME (X) using one 3/8 X 8" BOLT (3), two 3/8" WASHERS (18), two 3/8 X 1-1/4" SPACERS (25) and one 3/8" LOCK NUT (19). See FIGURE 15.
- Route the LAT CABLE (AM) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the LEFT (D) and RIGHT (E) BOOM PLATES using one 3/8 X 3-3/4" BOLT (6), two 3/8 X 15/16" SPACERS (24) and one 3/8" LOCK NUT (19). See FIGURE 15. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**

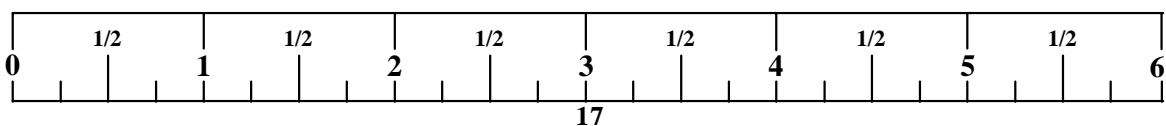


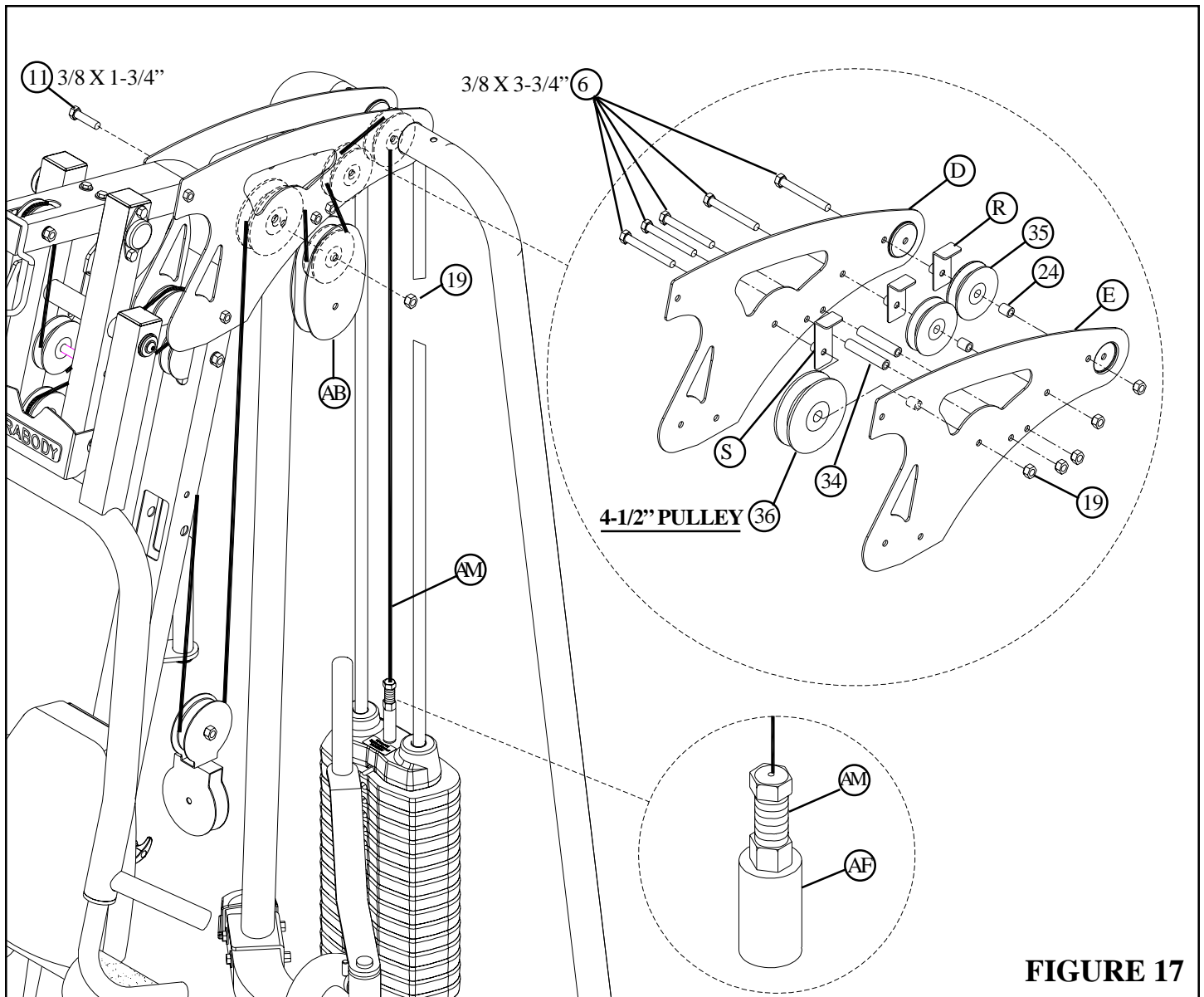


**FIGURE 16**

**STEP 16:**

- Route the LAT CABLE (AM) through the PRESS ARM SUPPORT FRAME (X) and assemble one 3-1/2" PULLEY (35) to the FRAME PRESS ARM SUPPORT FRAME (X) using one 3/8 X 8" BOLT (3), two 3/8" WASHERS (18), two 3/8 X 1-1/4" SPACERS (25) and one 3/8" LOCK NUT (19). See FIGURE 16.
- Route the LAT CABLE (AM) through the FRAME (A) and assemble one 3-1/2" PULLEY (35) to the FRAME (A) using one 3/8 X 3-3/4" BOLT (6), two 3/8 X 1-1/16" FLANGE SPACERS (26) and one 3/8" LOCK NUT (19). See FIGURE 16.
- Route the LAT CABLE (AM) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the DOUBLE FLOATING PULLEY BRACKET (AA) using one 3/8 X 1-3/4" BOLT (11) and one 3/8" LOCK NUT (19). See FIGURE 16. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**

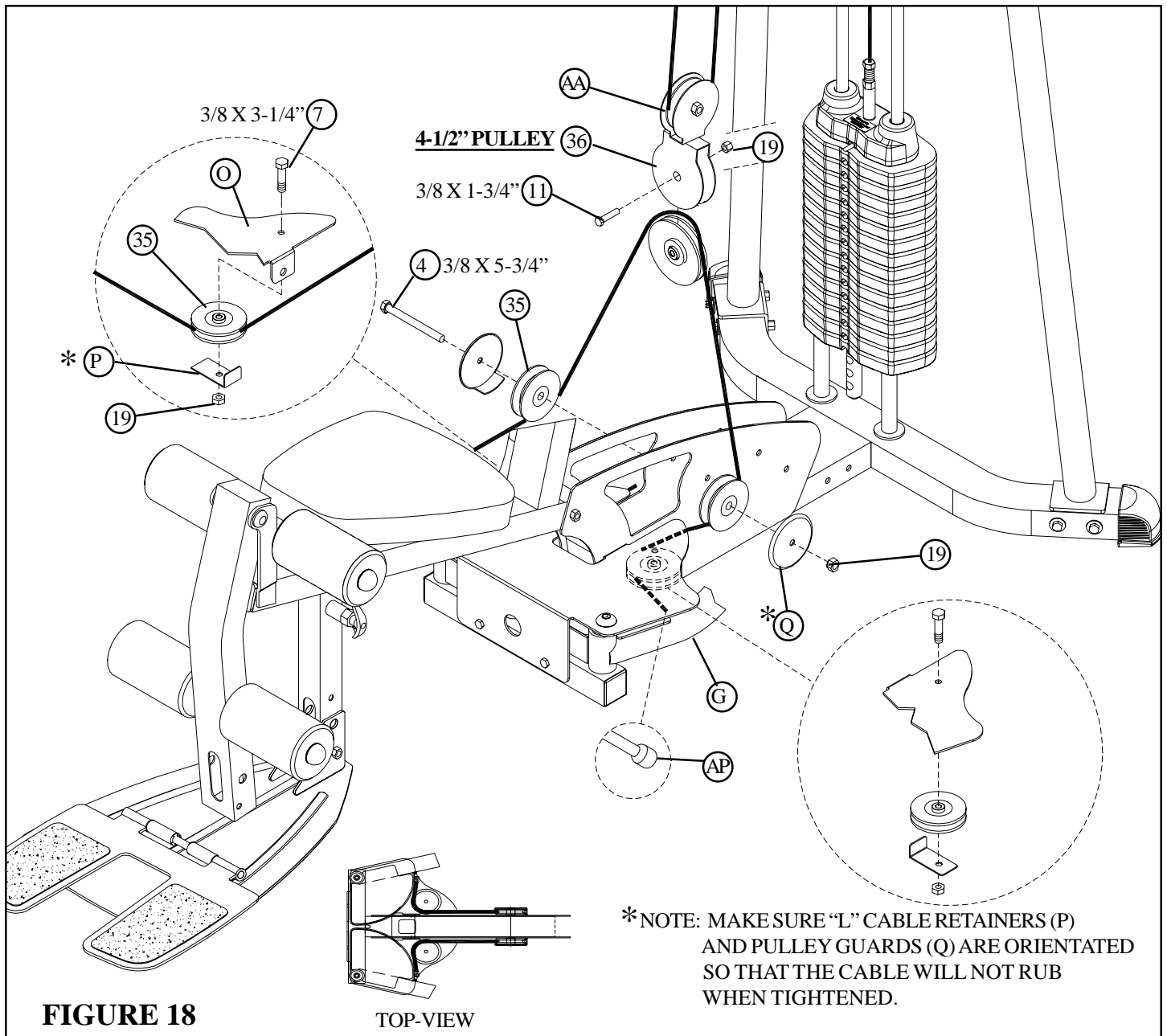




**FIGURE 17**

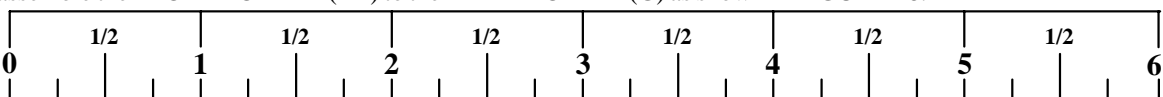
**STEP 17:**

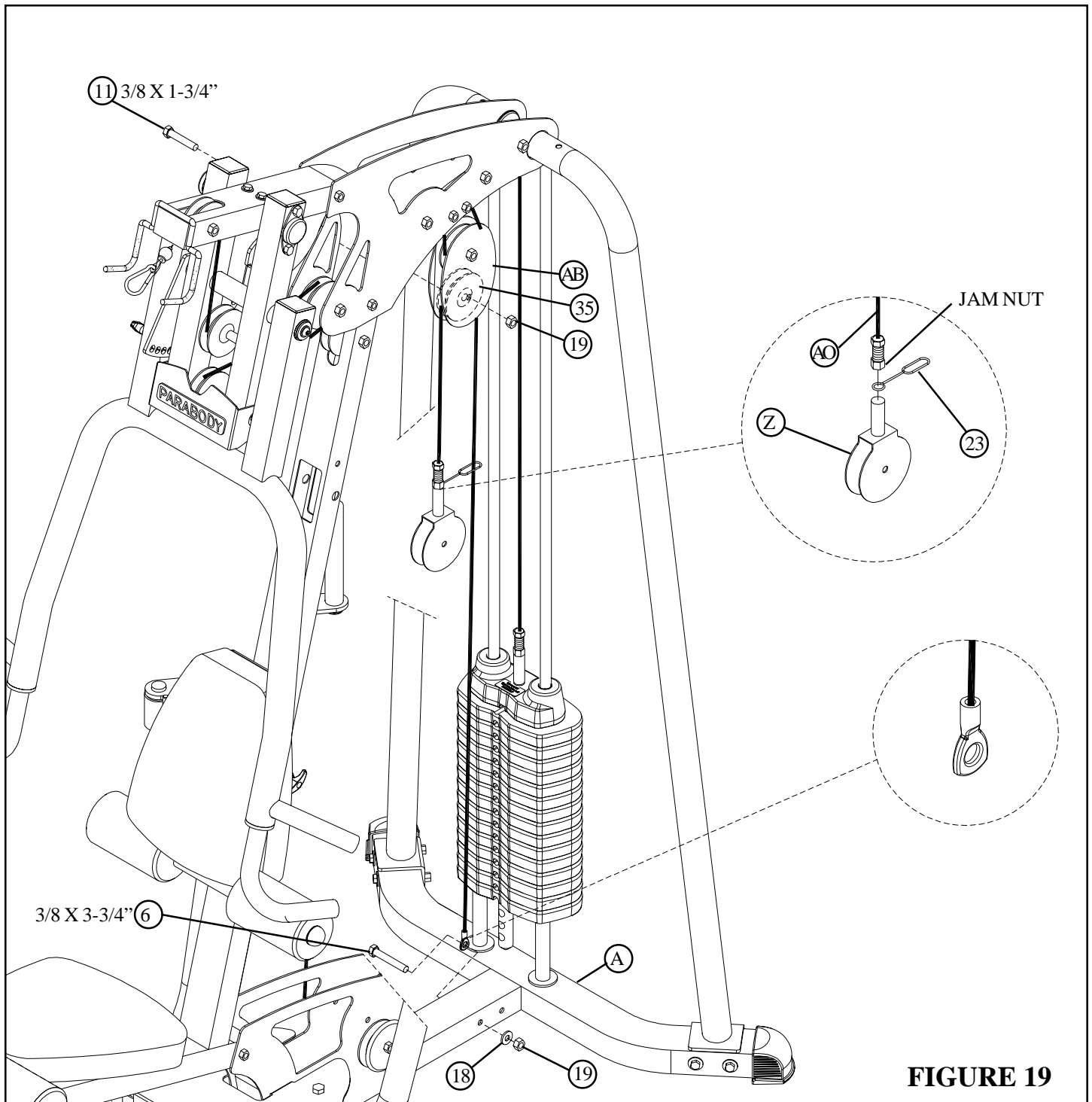
- Route the LAT CABLE (AM) around one **4-1/2" PULLEY** (36) and assemble the PULLEY to the LEFT (D) and RIGHT (E) BOOM PLATES using one 3/8 X 3-3/4" BOLT (6), one LONG "L" CABLE BRACE (S), one 1" SPACER (24) and one 3/8" LOCK NUT (19). See FIGURE 17.
- **SECURELY** assemble two PLASTIC SLEEVES (34) to the LEFT (D) and RIGHT (E) BOOM PLATES using two 3/8 X 3-3/4" BOLTS (6) and two 3/8" LOCK NUTS (19) as shown in FIGURE 17.
- Route the LAT CABLE (AM) around one 3-1/2" PULLEY (35) and assemble two FLOATING PULLEY PLATES (AB) to the 3-1/2" PULLEY (35) using one 3/8 X 1-3/4" BOLT (11) and one 3/8" LOCK NUT (19). See FIGURE 17. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Route the LAT CABLE (AM) over two 3-1/2" PULLEYS (35) and assemble the PULLEYS to the LEFT (D) and RIGHT (E) BOOM PLATES using two 3/8 X 3-3/4" BOLTS (6), two SHORT "L" CABLE BRACES (R), two 15/16" SPACERS (24) and two 3/8" LOCK NUTS (19). See FIGURE 17.
- Screw the threaded end of the LAT CABLE (AM) into the end of the HEAD PLATE ASSEMBLY (AF) .See FIGURE 17.



**STEP 18:**

- Securely assemble the PEC FLY CABLE (AP) to the RIGHT PEC ARM (6) as shown in FIGURE 18.
- Assemble one 3-1/2" PULLEY (35) to the PEC PLATE (O) using one 3/8 X 3-1/4" BOLT (7), one "L" CABLE RETAINER (P) and one 3/8" LOCK NUT (19). See FIGURE 18.(Note: Loop the PEC FLY CABLE (43) around the PULLEY prior to assembling the PULLEY to the PEC PLATE.)
- Assemble two 3-1/2" PULLEYS (35) to the BASE PLATES (C) using one 3/8 X 5-3/4" BOLT (4), two PULLEY GUARD (Q) and one 3/8" LOCK NUT (19). See FIGURE 18.(Note: Loop the PEC FLY CABLE (AP) around the PULLEY prior to assembling the PULLEY to the PEC PLATE.)
- Route the PEC FLY CABLE (AP) around one 4-1/2" PULLEY (36) and assemble the 4-1/2" PULLEY (36) to the DOUBLE FLOATING PULLEY BRACKET (AA) using one 3/8 X 1-3/4" BOLT (11) and one 3/8" LOCK NUT (19). See FIGURE 18.
- Assemble one 3-1/2" PULLEY (35) to the PEC PLATE (O) using one 3/8 X 3-1/4" BOLT (7), one "L" CABLE RETAINER (P) and one 3/8" LOCK NUT (19). See FIGURE 18.(Note: Loop the PEC FLY CABLE (AP) around the PULLEY prior to assembling the PULLEY to the PEC PLATE.)
- Securely assemble the PEC FLY CABLE (AP) to the LEFT PEC ARM (G) as shown in FIGURE 18.

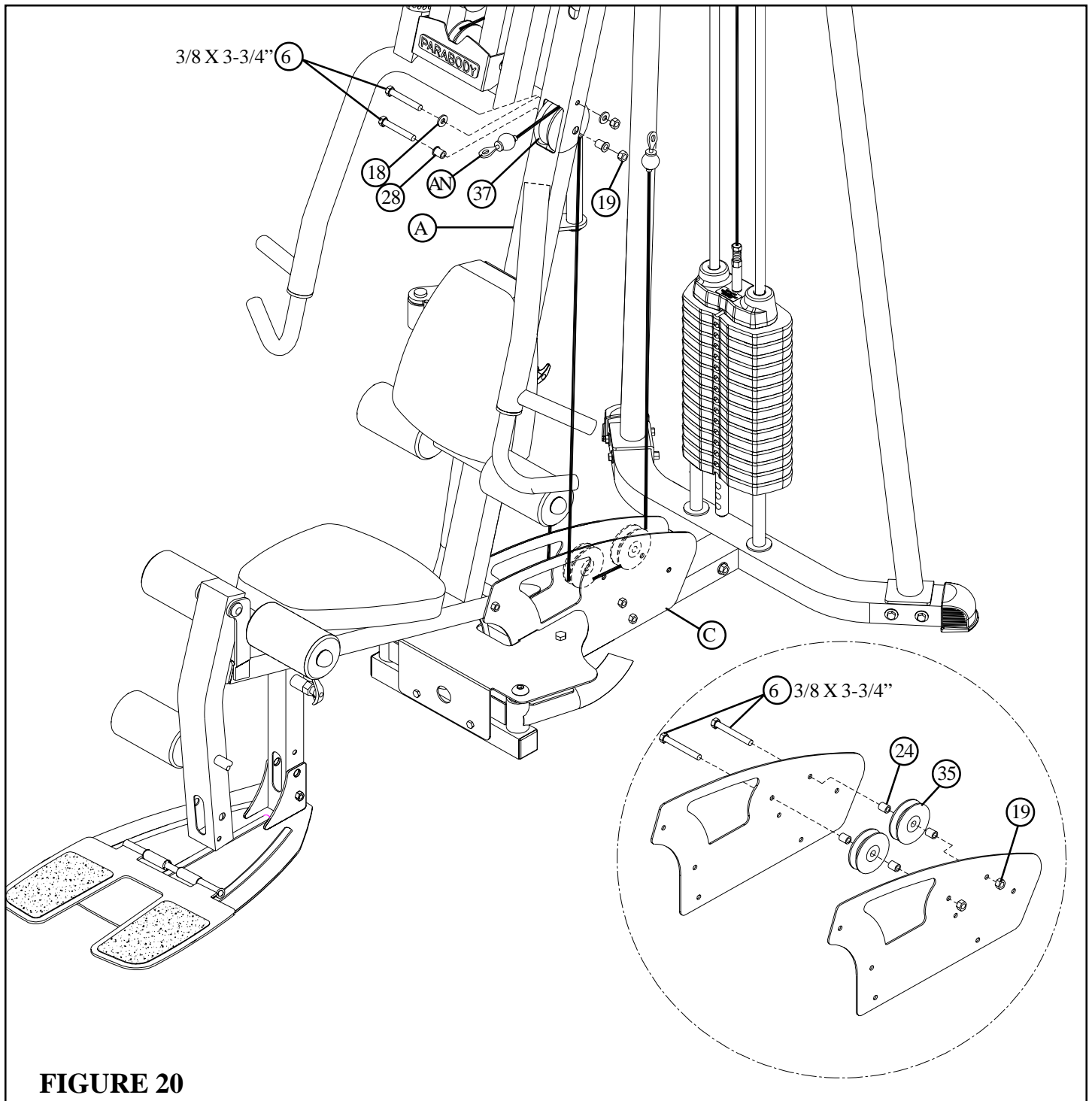




**FIGURE 19**

**STEP 19:**

- Screw the threaded end of the GUIDE CABLE (AO) into the end of the FLOATING PULLEY BRACKET (Z). Secure the CABLE GUIDE (23) in place with the JAM NUT on the GUIDE CABLE. See FIGURE 19.
- Route the GUIDE CABLE (AO) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the FLOATING PULLEY PLATES (AB) using one 3/8 X 1-3/4" BOLT (11) and one 3/8" LOCK NUT (19). See FIGURE 19. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Route the hook end of the GUIDE CABLE (AO) thru the CABLE GUIDE (23) then **SECURELY** assemble the hook end of the GUIDE CABLE (AO) to the BASE using one 3/8 X 3-3/4" BOLT (6), one 3/8" WASHER (18) and one 3/8" LOCK NUT (19) as shown in FIGURE 19.

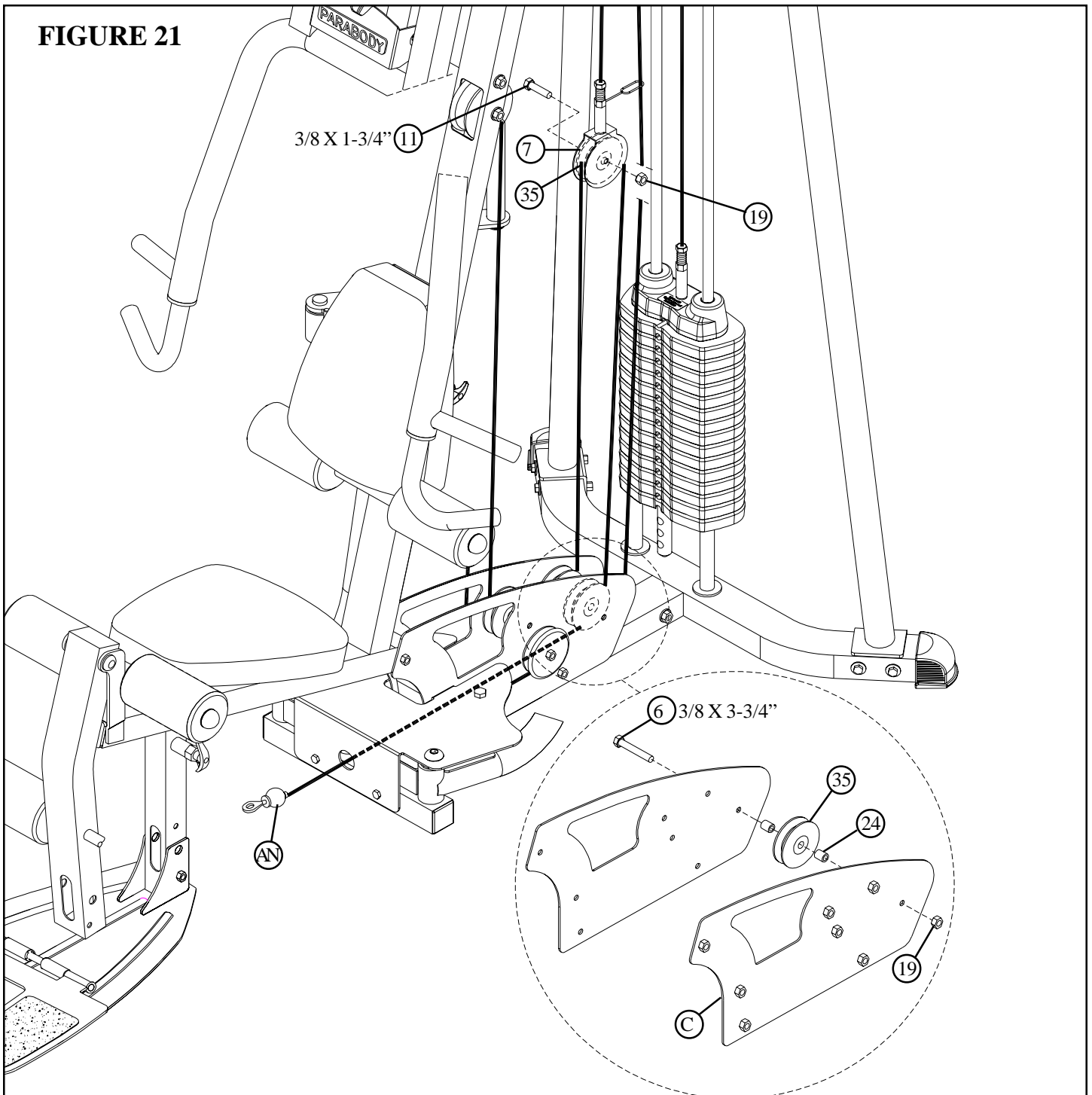


**FIGURE 20**

**STEP 20:**

- Route the large ball end of the LOW CABLE (AN) around one V- PULLEY (37) and assemble the PULLEY to the FRAME (A) using two 3/8 X 3-3/4" BOLTS (6), two 19/32" FLANGE SPACERS (28), two 3/8" WASHERS (18) and two 3/8" LOCK NUTS (19) as shown in FIGURE 20.
- Route the small ball end of the LOW CABLE (AN) through the BASE PLATES (C) and assemble two 3-1/2" PULLEYS (35) to the BASE PLATES (C) using two 3/8 X 3-3/4" BOLTS (6), four 1" SPACERS (24) and two 3/8" LOCK NUTS (19). See FIGURE 20.

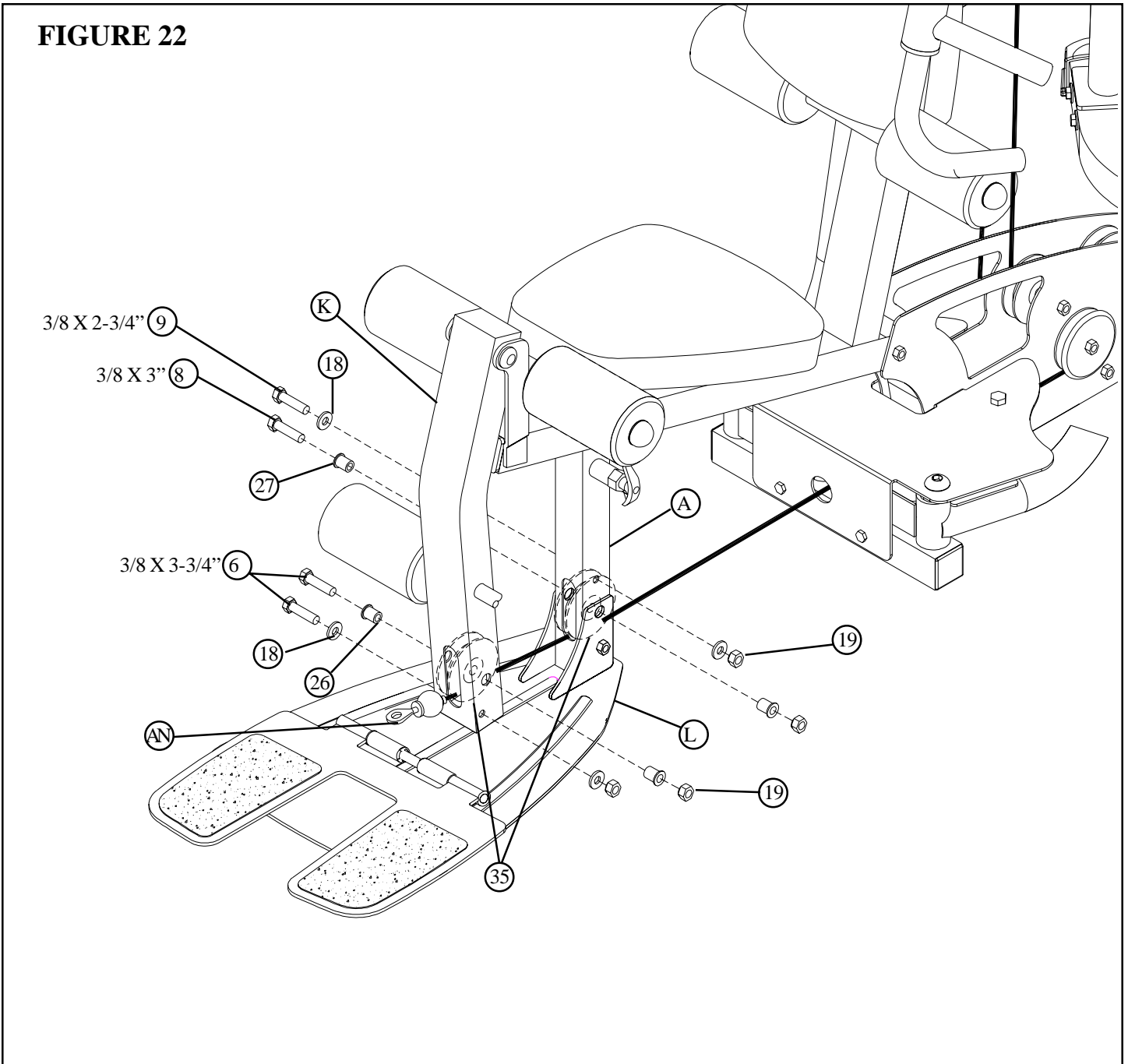
**FIGURE 21**



**STEP 21:**

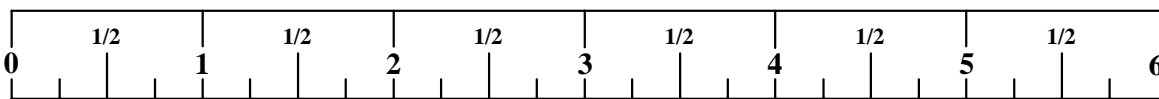
- Route the LOW CABLE (AN) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the PULLEY BRACKET (Z) using one 3/8 X 1-3/4" BOLT (11) and one 3/8" LOCK NUT (19) as shown in FIGURE 21.
- Route the LOW CABLE (AN) through the BASE PLATES (C) and assemble one 3-1/2" PULLEY (35) to the BASE PLATES (C) using one 3/8 X 3-3/4" BOLT (6), two 15/16" SPACERS (24) and one 3/8" LOCK NUT (19). See FIGURE 21.

**FIGURE 22**



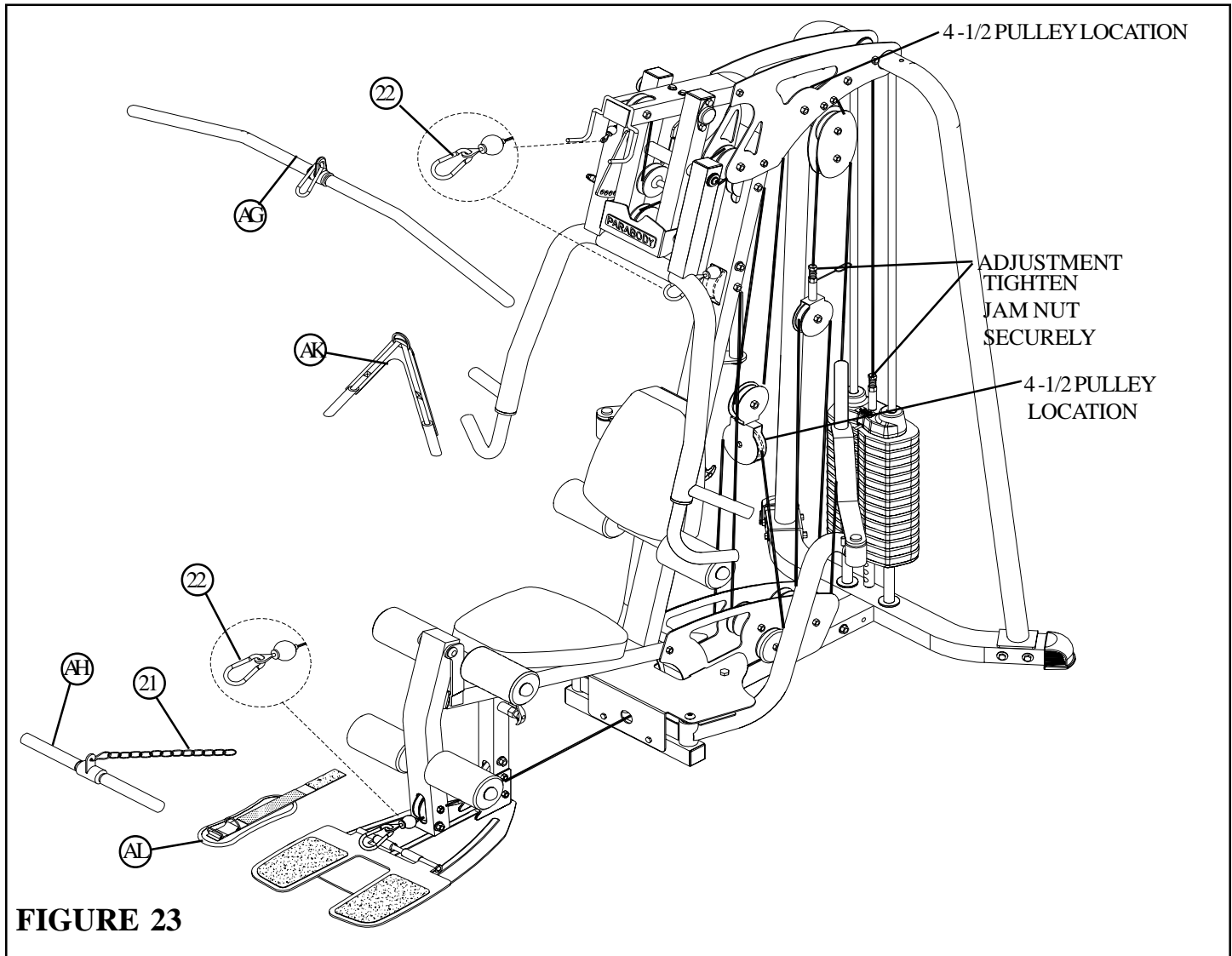
**STEP 22:**

- Assemble one 3-1/2" PULLEY (35) to the FOOT PLATE (L) using one 3/8 X 3" BOLT (8), two STEP SPACERS 11/16" (27) and one 3/8" LOCK NUT (19). See FIGURE 22.
- Assemble one 3/8 X 2-3/4" BOLT (9) to the FRAME (A) using two 3/8" WASHERS (18) and one 3/8" LOCK NUT (19). See FIGURE 22. (NOTE: The LOW CABLE (AN) should be routed under the retaining bolt as shown in FIGURE 22.)
- Route the small ball end of the LOW CABLE (AN) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the LEG PEDESTAL (K) using two 3/8 X 3-3/4" BOLTS (6), two STEP SPACERS 1-1/16" (26), two 3/8" WASHERS (18) and two 3/8" LOCK NUTS (19) as shown in FIGURE 22. (NOTE: The LOW CABLE (AN) should be routed over the retaining bolt as shown in FIGURE 22.)



## TROUBLE SHOOTING

- If the cable lengths seem incorrect, check that the two 4-1/2" PULLEYS (36) are in the correct locations as shown above
- If the cables seem to be rubbing or are making noise, make sure that all the "L" CABLE RETAINERS and PULLEY GUARDS are orientated correctly.



**FIGURE 23**

### STEP 23:

- If upon completion of assembly, the HEAD PLATE (AF) does not sit on top of the first WEIGHT PLATE, push the HEAD PLATE (AF) down, insert the WEIGHT SELECTOR PIN and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (AF) from lifting up. See FIGURE 23.
- If after completing previous step, the HEAD PLATE (AF) still does not sit on top of the first WEIGHT PLATE or if there is excess slack in the cable system, adjust the threaded end of the LAT CABLE (AM) and ADJUSTABLE GLIDE accordingly and retighten the jam nuts. See figure 23.
- For maximum performance, the HEAD PLATE (AF) should just barely sit on the top WEIGHT PLATE
- Attach the LAT BAR (AG) to the ball end of LAT CABLE (AM) using one SNAP LINK (22) as shown in FIGURE 23.
- Attach the ANKLE STRAP (AL) to the 12 LINK CHAIN (21) using one SNAP LINK (22) as shown in FIGURE 23
- Attach the AB STRAP (AK) to the ball end of LOW CABLE (AN) using one SNAP LINK (22) as shown in FIGURE 23.

**Thank you for purchasing the ParaBody GS4 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**



# MAINTENANCE

**Please note:**

- \* 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.
  
- \* Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury
  
- \* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis
  
- \* **PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

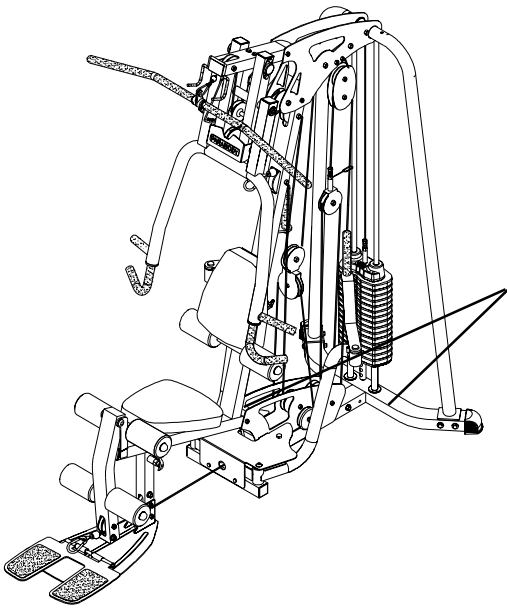
**MODEL #** \_\_\_\_\_

**SERIAL #** \_\_\_\_\_

**DATE OF PURCHASE:** \_\_\_\_\_

**DEALERS NAME:** \_\_\_\_\_

**DEALERS PHONE #** \_\_\_\_\_



SERIAL NUMBER LOCATION  
ON BACK OF BASE AND ON  
FRONT UPRIGHT

**Thank you for purchasing the ParaBody GS4Gym System.**

# LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. **LIMITED WARRANTY ON FRAME AND WELDS.** If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
2. **LIMITED WARRANTY ON PARTS.** If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
3. **LIMITED WARRANTY ON CABLES AND UPHOLSTERY.** If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.
4. **CONDITIONS AND EXCEPTIONS.** Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.
5. **REPLACEMENT AND REPAIR EXPENSES.** ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.
6. **SHIPPING.** If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.
7. **CLAIM PROCEDURES.** If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.
8. **OWNER'S RIGHT.** This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.
9. **LIMITATION OF IMPLIED WARRANTIES.** All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.
10. **DISCLAIMER.** No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

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