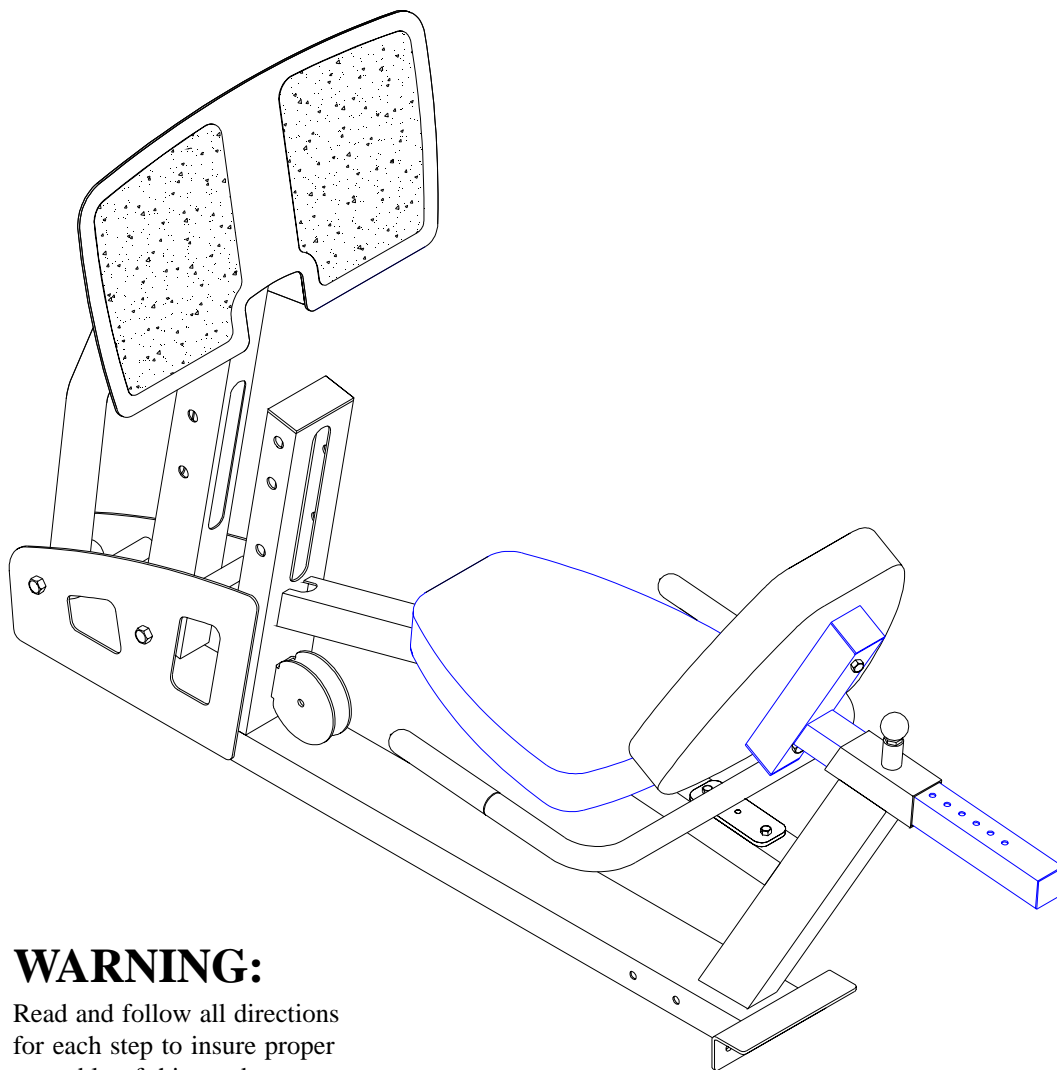


PARABODY®

100 LEG PRESS



WARNING:

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



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

Please note:

* Thank you for purchasing the Parabody 100102 LEG PRESS. 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:

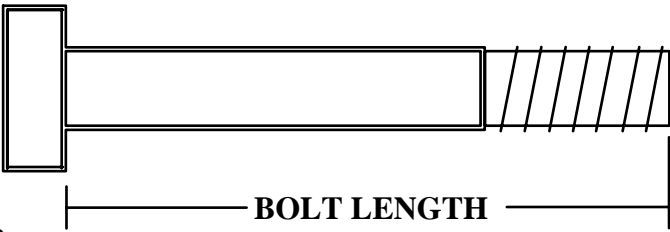
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your 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

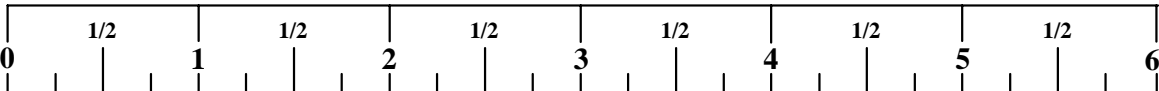
- * 3/4" wrench
- * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * Adjustable wrench
- * Tape measure

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	7140508	FRAME	1		10	3102501	3/8" FLAT WASHER	8
2	7140802	SEATADJUST	1		11	3102802	3/8" LOCK NUT	2
3	6806208	HANDLE	1		12	3102944	1/2 X 5" BOLT	4
4	7140608	MAIN ARM	1		13	3102801	1/2" LOCK NUT	4
5	7140708	SECOND ARM	1		14	3104901	3/4" FLANGE BEARING	8
6	7140908	FOOTPLATE	1		15	6416601	PARAGLIDE (QTY 8)	1
7	7128108	PULLEY BRACKET	1		16	7115201	SPRING PIN	1
8	6994721	PAD	2		17	7128201	3/4 X 4" SHAFT	4
9	3102922	3/8 X 2-3/4" BOLT	6		18	6140701	1" SQ. GLIDE	2

For assembly to the the 220 and 880 Gym Systems .

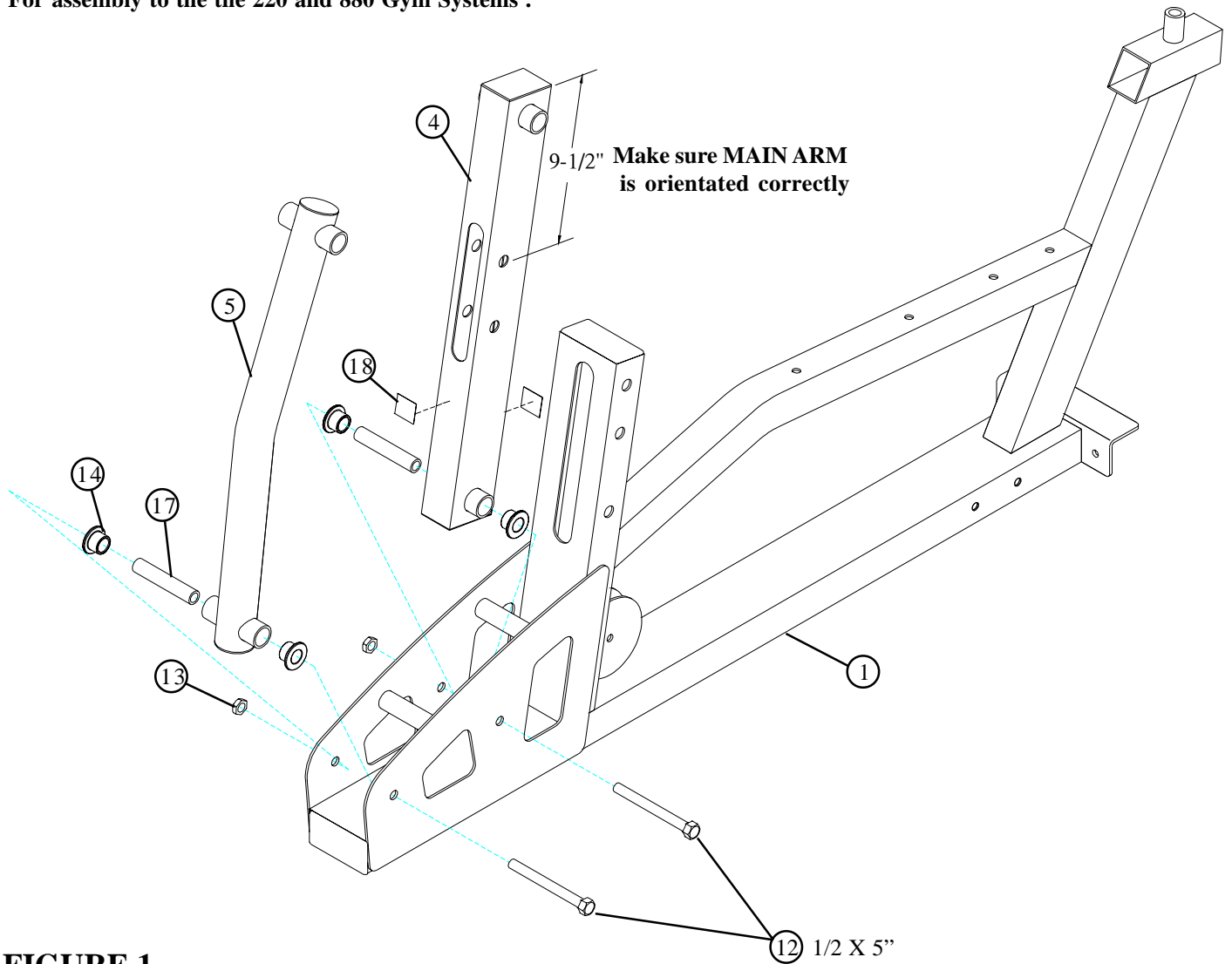


FIGURE 1

STEP 1:

- **NOTE:** Follow STEP 1 for the assembly of the LEG PRESS to the 220 and 880 Gym Systems. If you have the 777 Gym System proceed to STEP 2.
- **SECURELY** assemble the SECOND ARM (5) to the FRAME (1) using one 1/2 X 5" BOLT (12), two 3/4" FLANGE BEARINGS (14), one 3/4 X 4" SHAFT (17) and one 1/2" LOCK NUT (13). See FIGURE 1.
- **SECURELY** assemble the MAIN ARM (4) to the FRAME (1) using one 1/2 X 5" BOLT (12), two 3/4" FLANGE BEARINGS (14), one 3/4 X 4" SHAFT (17) and one 1/2" LOCK NUT (13). See FIGURE 1. (**NOTE: Make sure MAIN ARM is orientated correctly, top hole should be 9-1/2" from the top of arm as shown in FIGURE 1.**)
- **SECURELY** assemble two 1" SQ. GLIDES (18) to each side of the MAIN ARM (4) where the MAIN ARM (4) contacts the FRAME (1) See FIGURE 1.
- **Proceed to to STEP 3.**



For assembly to the the 777 Gym System .

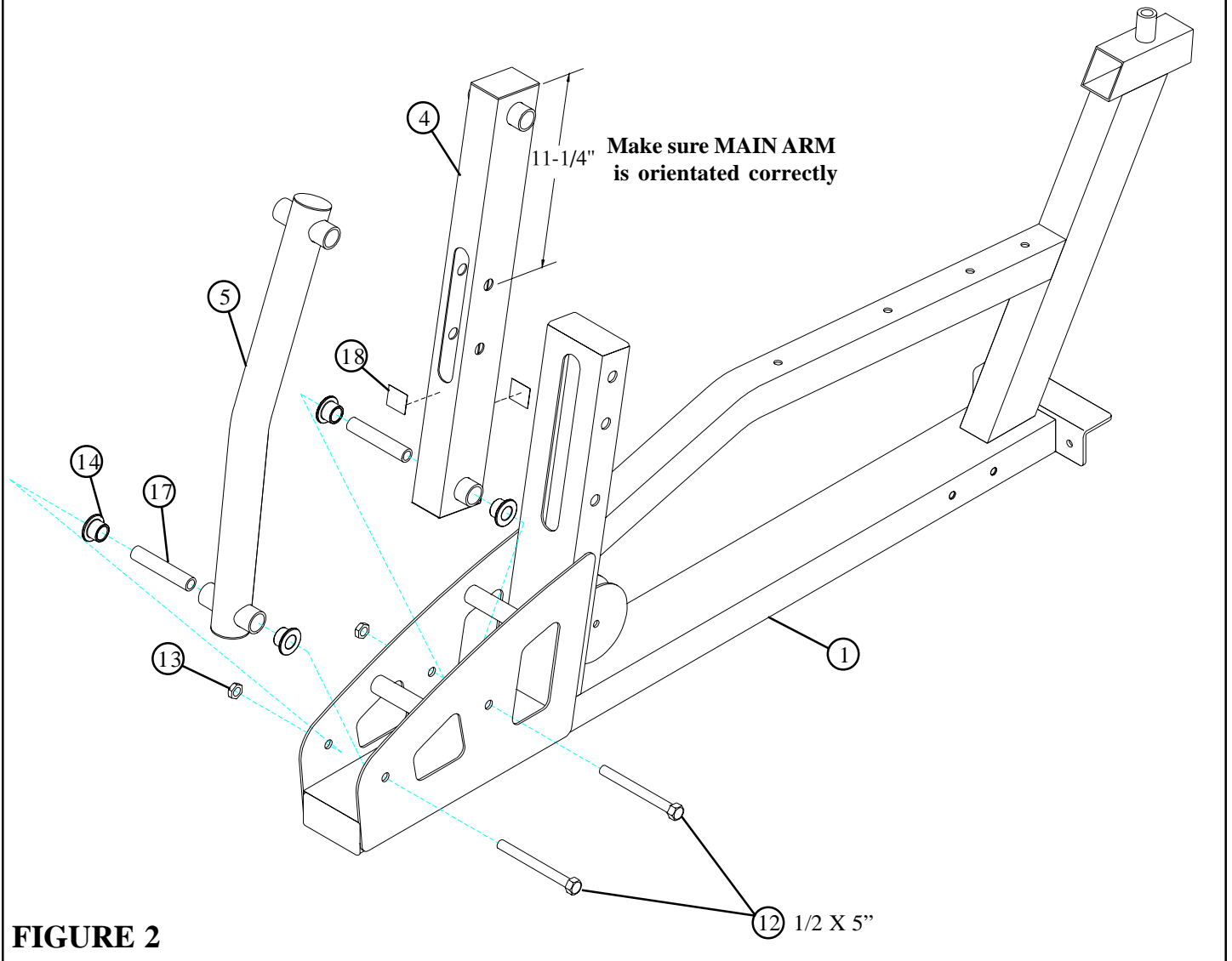


FIGURE 2

STEP 2:

- **NOTE:** Follow STEP 2 for the assembly of the LEG PRESS to the 777 Gym System. If you have the 220 or 880 Gym Systems proceed to STEP 3.
- **SECURELY** assemble the SECOND ARM (5) to the FRAME (1) using one 1/2 X 5" BOLT (12), two 3/4" FLANGE BEARINGS (14), one 3/4 X 4" SHAFT (17) and one 1/2" LOCK NUT (13). See FIGURE 2.
- **SECURELY** assemble the MAIN ARM (4) to the FRAME (1) using one 1/2 X 5" BOLT (12), two 3/4" FLANGE BEARINGS (14), one 3/4 X 4" SHAFT (17) and one 1/2" LOCK NUT (13). See FIGURE 2. (**NOTE: Make sure MAIN ARM is orientated correctly, top hole should be 11-1/4" from the top of arm as shown in FIGURE 2.**)
- **SECURELY** assemble two 1" SQ. GLIDES (18) to each side of the MAIN ARM (4) where the MAIN ARM (4) contacts the FRAME (1) See FIGURE 2.
- **Proceed to to STEP 3.**

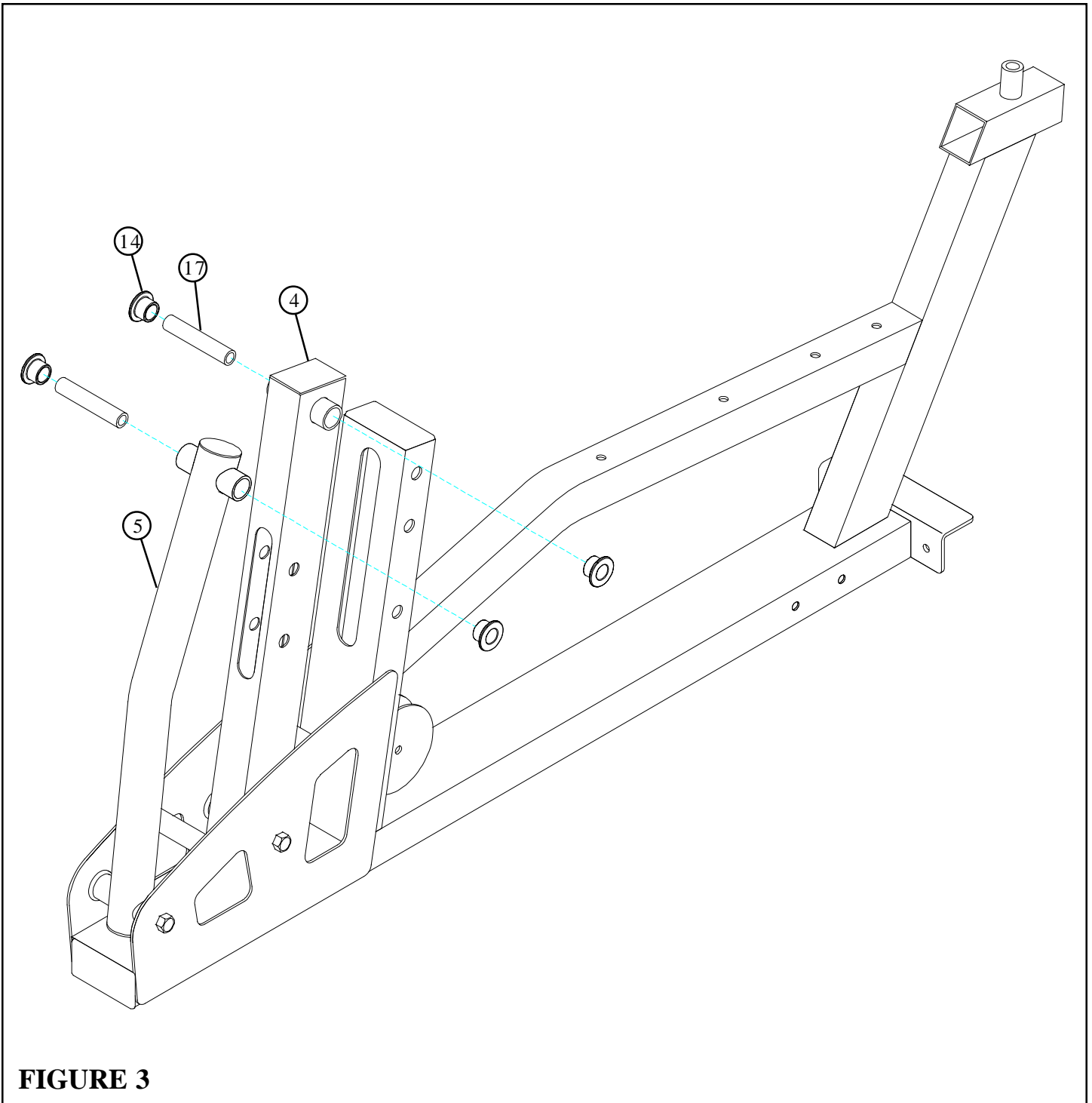
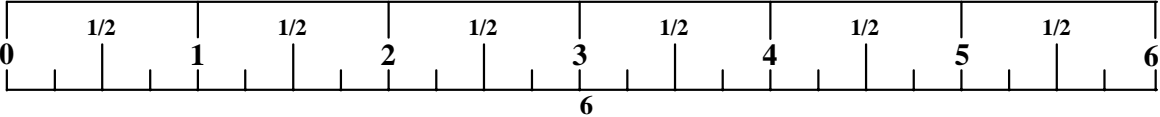
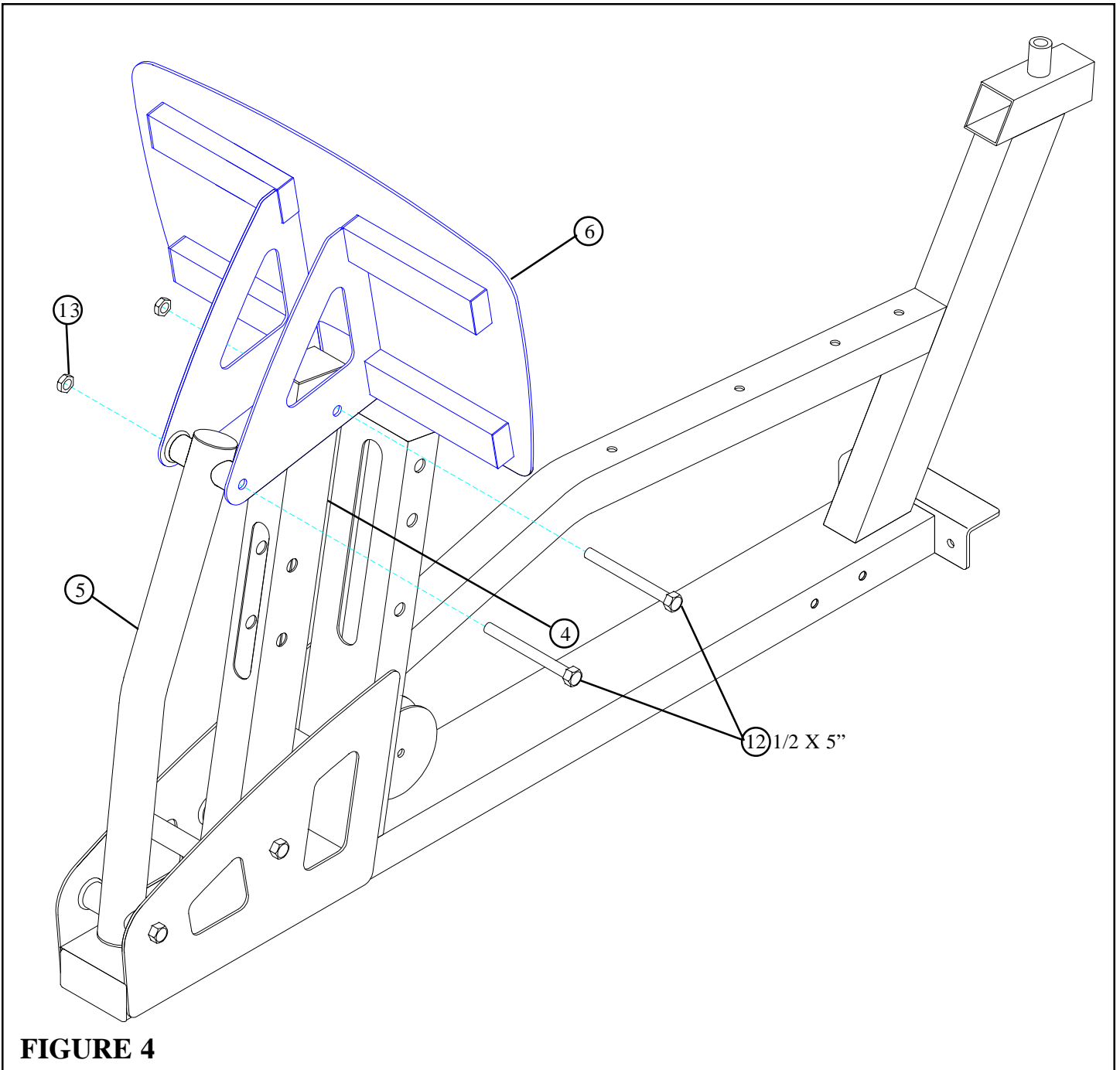


FIGURE 3

STEP 3:

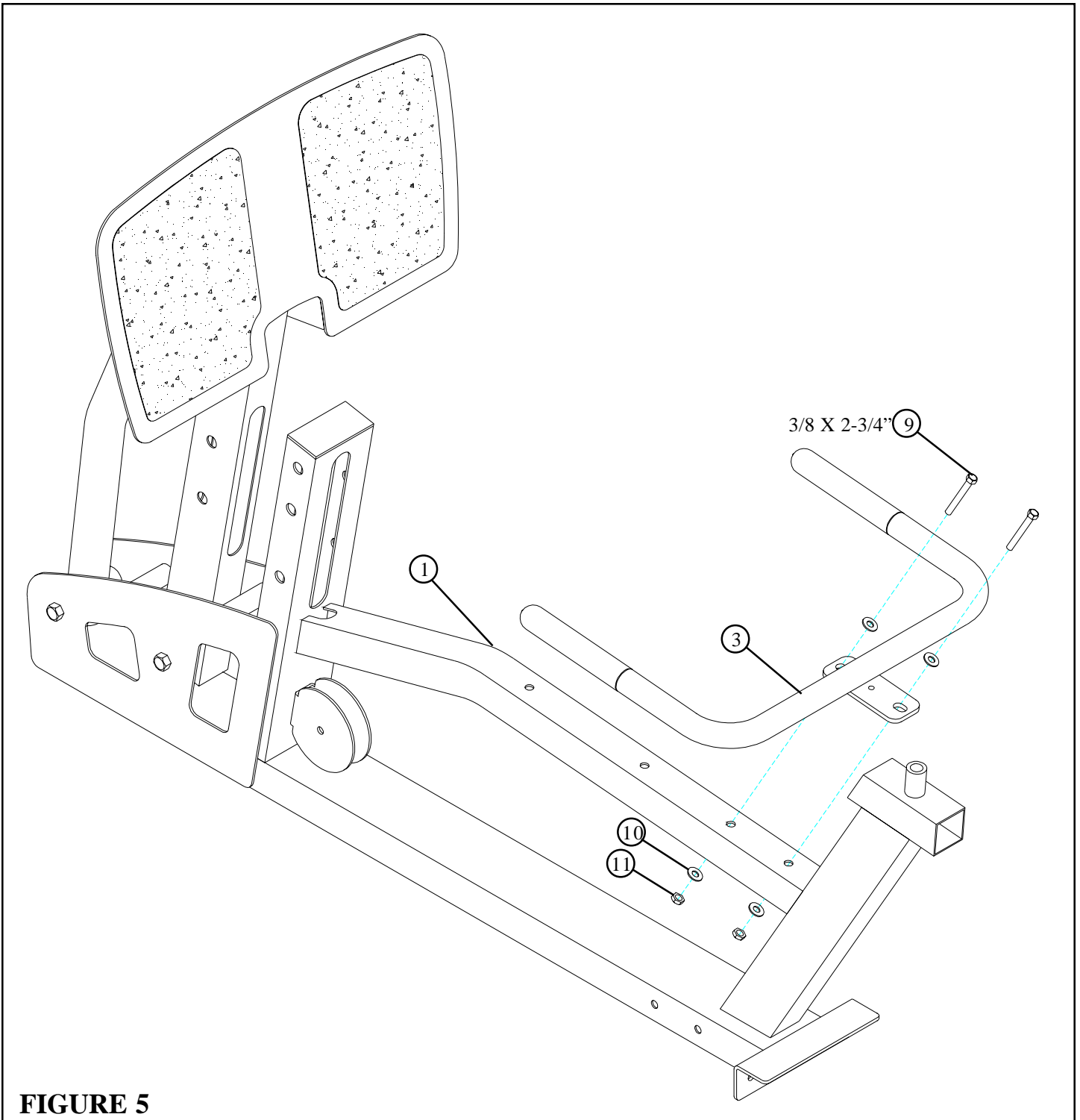
- Insert two 3/4" FLANGE BEARINGS (14) and one 3/4 X 4" SHAFT (17) into the SECOND ARM (5) as shown in FIGURE 3.
- Insert two 3/4" FLANGE BEARINGS (14) and one 3/4 X 4" SHAFT (17) into the MAIN ARM (4) as shown in FIGURE 3.





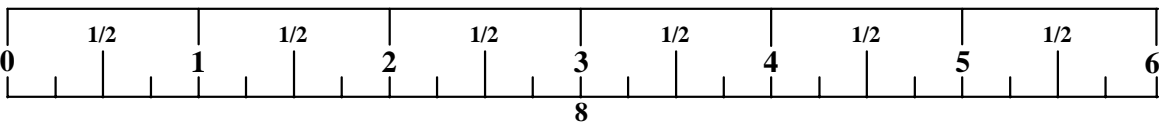
STEP 4:

- **SECURELY** assemble the FOOTPLATE (6) to the SECOND ARM (5) and the MAIN ARM (4) using two 1/2 X 5" BOLTS (12) and two 1/2" LOCK NUTS (13). See FIGURE 4.



STEP 5:

- **SECURELY** assemble the HANDLE (3) to the FRAME (1) using two 3/8 X 2-3/4" BOLTS (9), four 3/8" FLAT WASHERS (10) and two 3/8" LOCK NUTS (11) as shown in FIGURE 5.



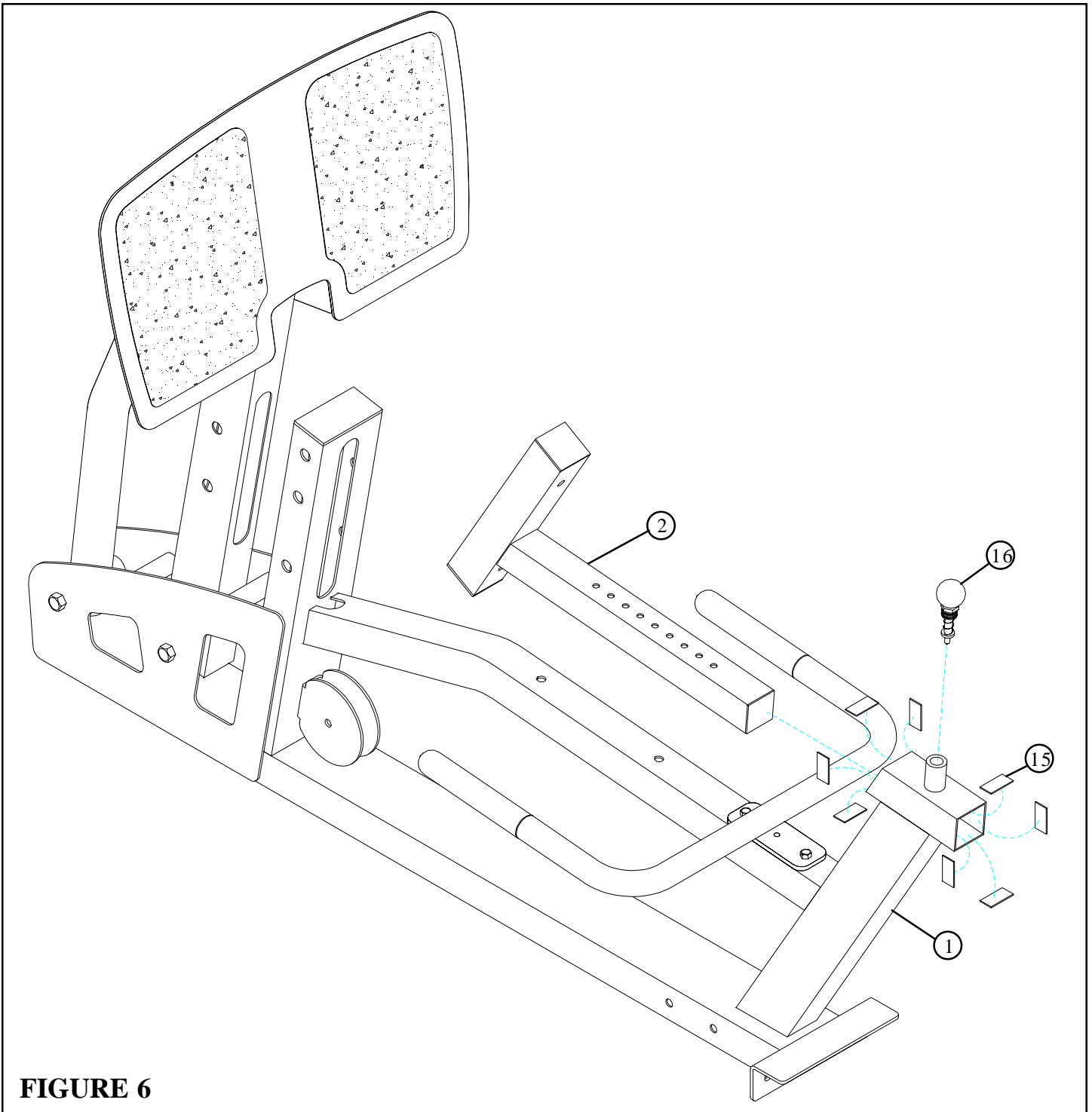
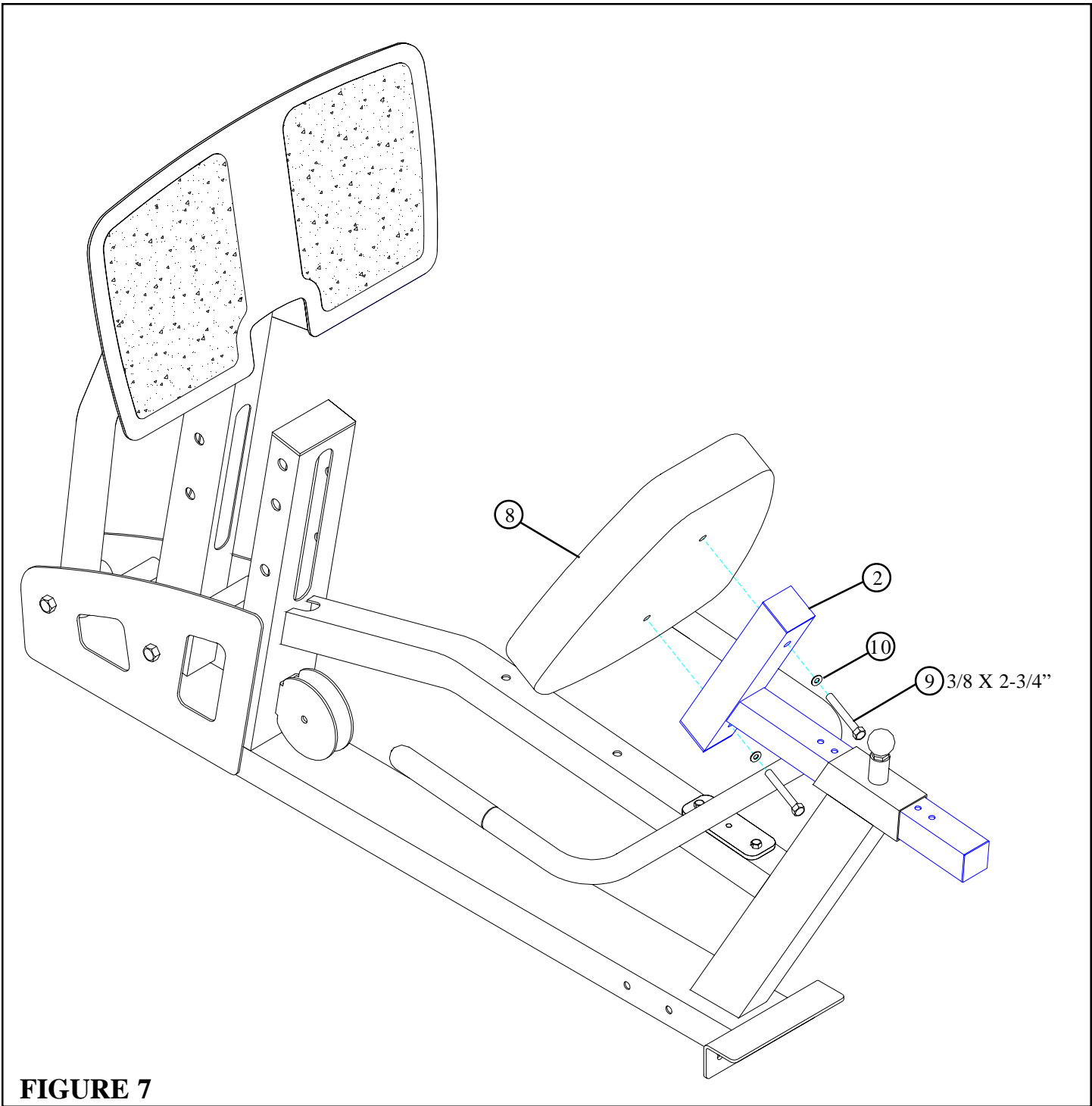


FIGURE 6

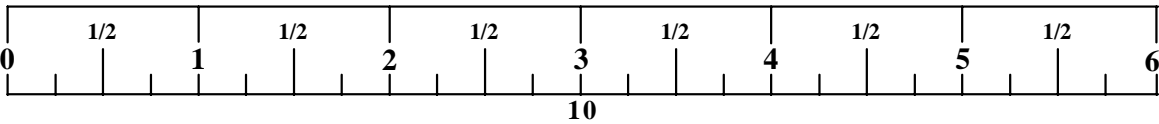
STEP 6:

- Attach eight PARAGLIDE STRIPS (15) to the **inside** of the tube on the FRAME (1) using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS (15) are to be attached.
 - Remove the PARAGLIDE STRIPS (15) from the paper backing and firmly apply them to all shown surfaces.
- **SECURELY** assemble one SPRING PIN (16) to the spring pin barrel on the FRAME (1) as shown in FIGURE 6.
- **CAREFULLY** slide the SEAT ADJUST (2) into the FRAME (1) and engage the SPRING PIN into one of the adjustment holes. See FIGURE 6.



STEP 7:

- **SECURELY** assemble one PAD (8) to the SEAT ADJUST (2) using two 3/8 X 2-3/4" BOLTS (9) and two 3/8" FLAT WASHERS (10) as shown in FIGURE 7.



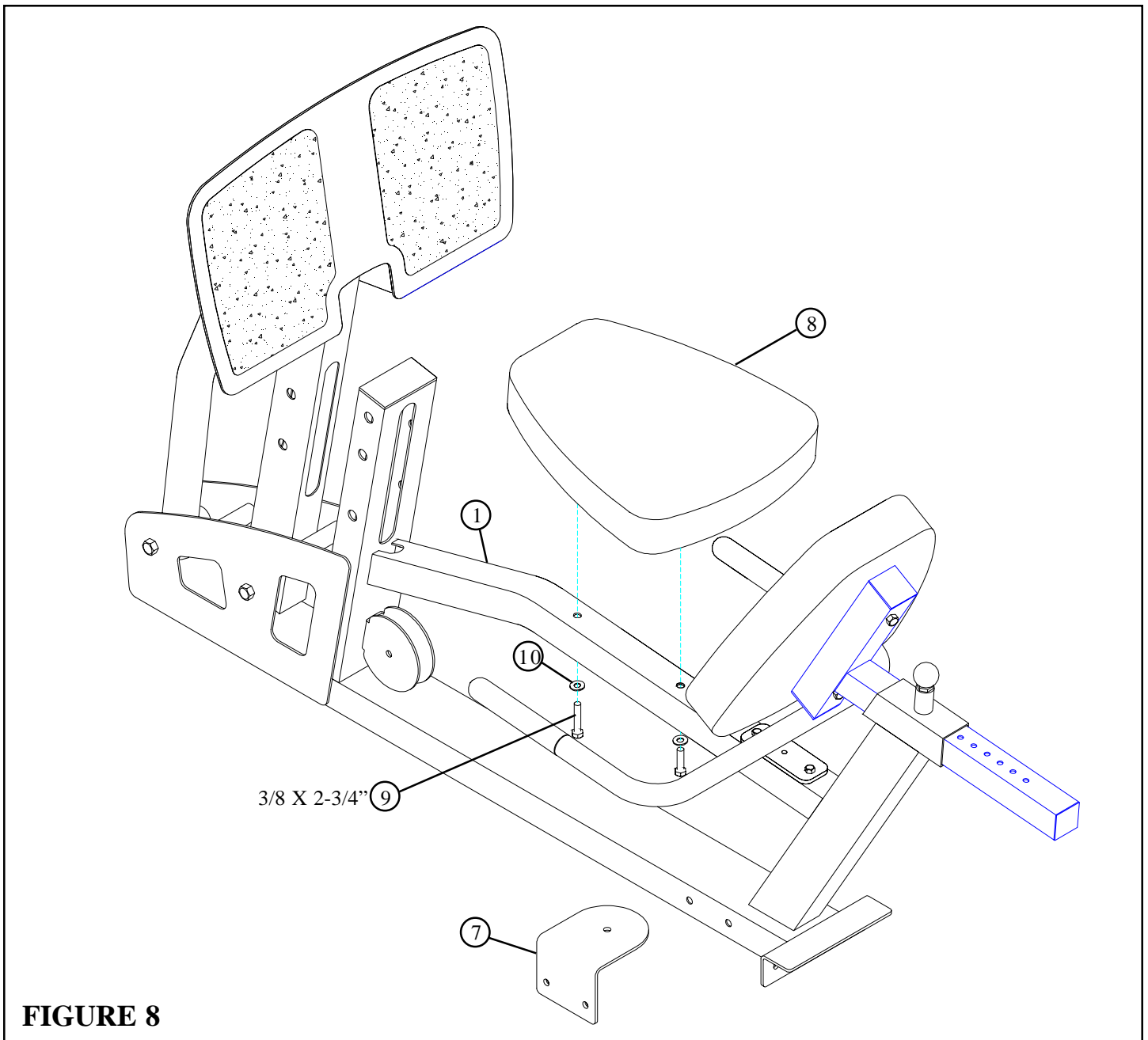


FIGURE 8

STEP 8:

- **SECURELY** assemble one PAD (8) to the FRAME (1) using two 3/8 X 2-3/4" BOLTS (9) and two 3/8" FLAT WASHERS (10) as shown in FIGURE 8.
- Refer to the LEG PRESS ADAPTOR assembly instructions to attach the 100 LEG PRESS to the home gym. The PULLEY BRACKET (7) will be attached at that time.

Thank you for purchasing the Parabody 100 LEG PRESS. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.