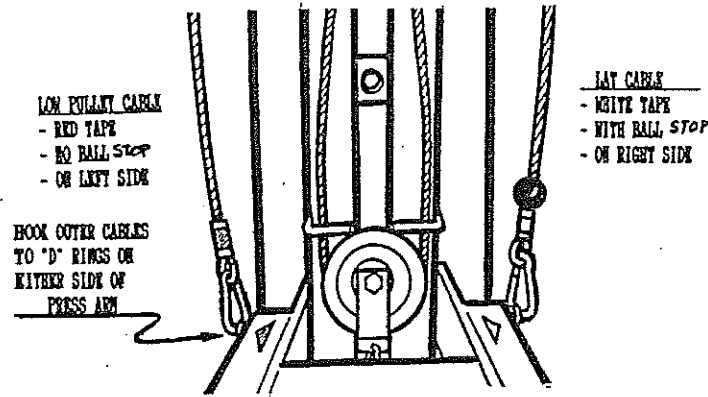




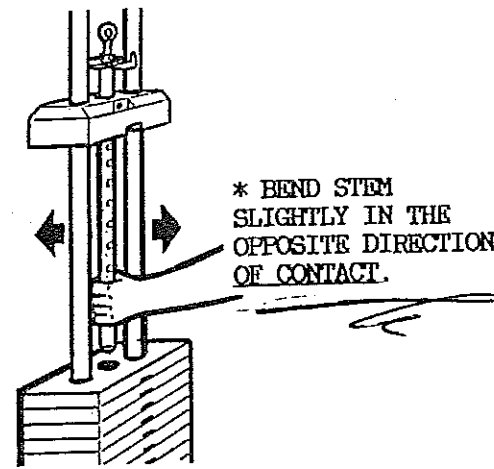
PARABODY, INC.

BODYSMITH KX-1

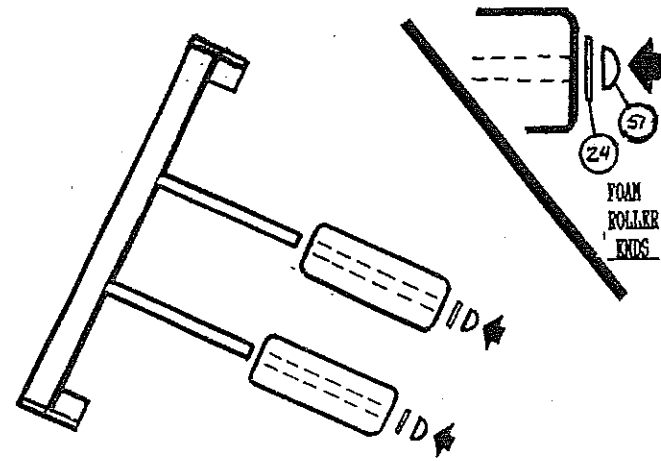
MODEL - 200
NUMBER (MAIN UNIT)



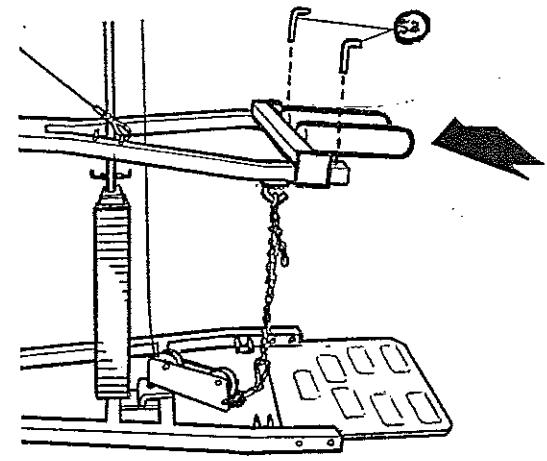
19 Arrange unused cable in the "Cable Ready" positions described above. (If stored Pec Dec pulley obstructs the shoulder press, release it and allow to hang straight down for duration of that exercise).



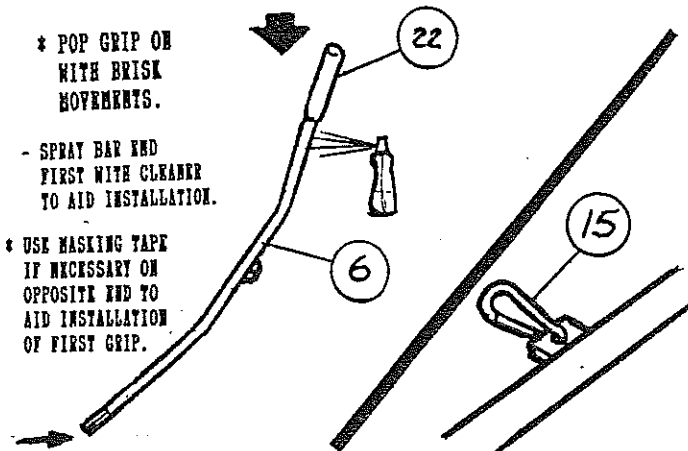
20 If stem assembly isn't quietly reentering the stack, (clanking sound) fine tune it's alignment in manner shown. If trouble persists, do step 7 over again.



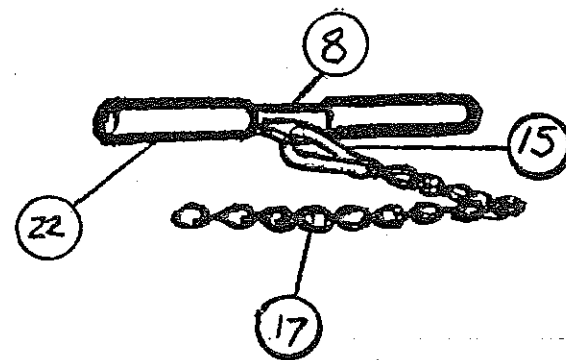
21 Assemble the squat attachment as shown with two: 14" foam roller pads (12), plastic washers (24), and starlock collars (51).



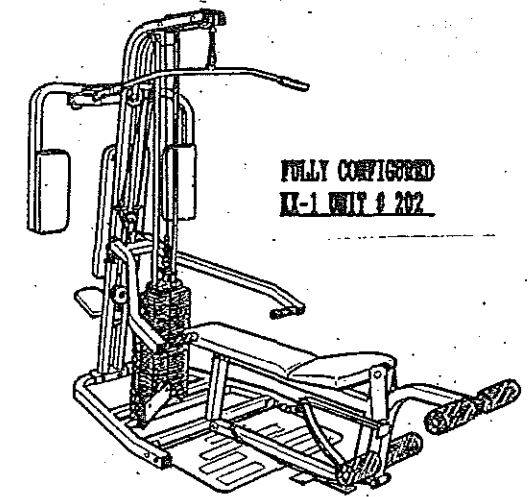
22 Squat attachment properly connected to press arm.



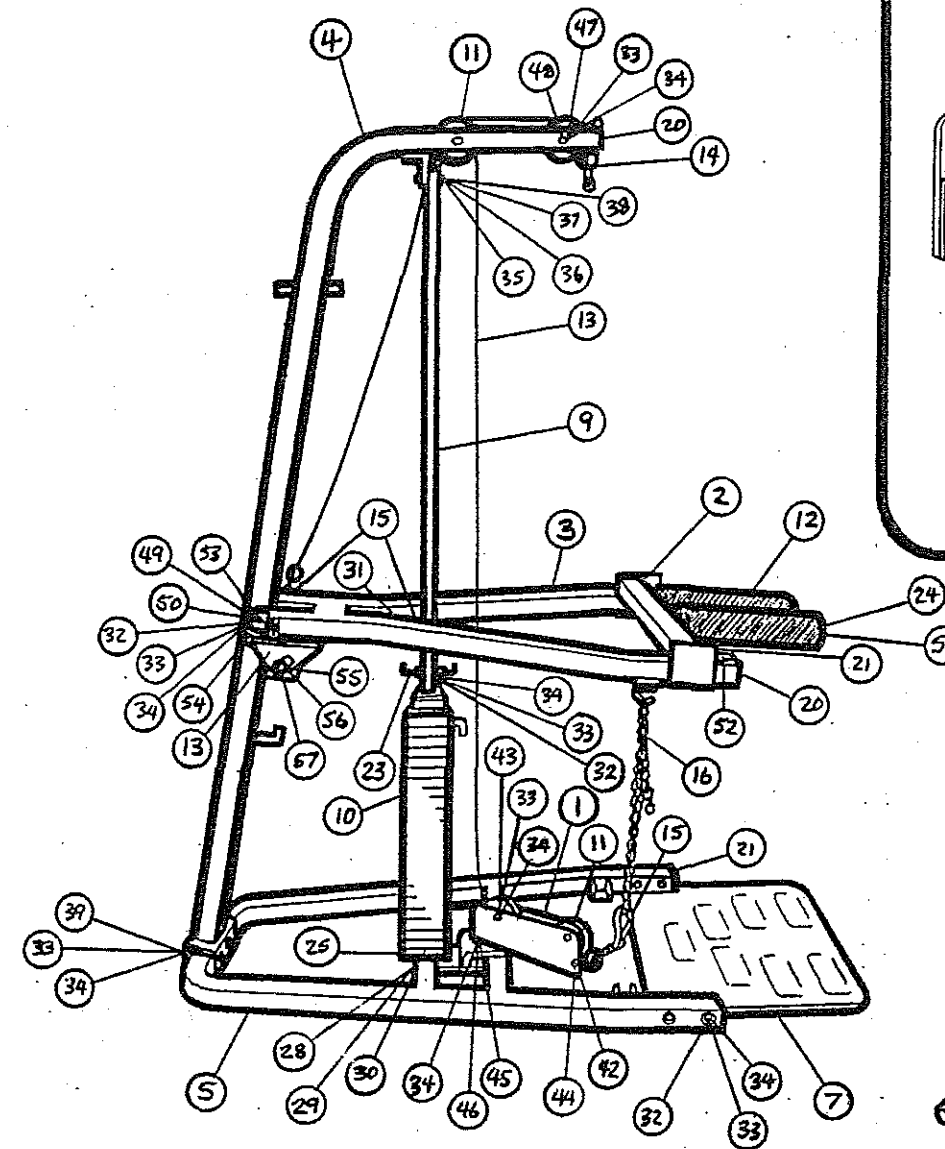
23 Lat Bar Assembly (6) shown above. * For maximum safety do not leave unused lat bar clipped up to machine. Store in an out-of-the-way place below.



24 Assemble grips (22) and snap hook (15) to low row bar in same manner as described in #23. Attach the 20 link chain (17) to the snap hook.



FULLY CONFIGURED
KX-1 UNIT # 202



PARTS LOCATION REFERENCE

TOOLS NEEDED TO ASSEMBLE AND MAINTAIN THE BODYSMITH KX-1 : - MAIN UNIT-

- * PLIERS
- * COMMON SCREW DRIVER
- * COMBINATION WRENCHES: (3/8", 9/16", 5/8", 11/16", 3/4")
- * SOCKET WRENCHES: (9/16", 5/8", 11/16", 3/4")
- * ALLEN WRENCH: (5/16")
- * CLEAR GUARD (SILICONE) SPRAY
- * WINDOW CLEANER
- * MASKING TAPE

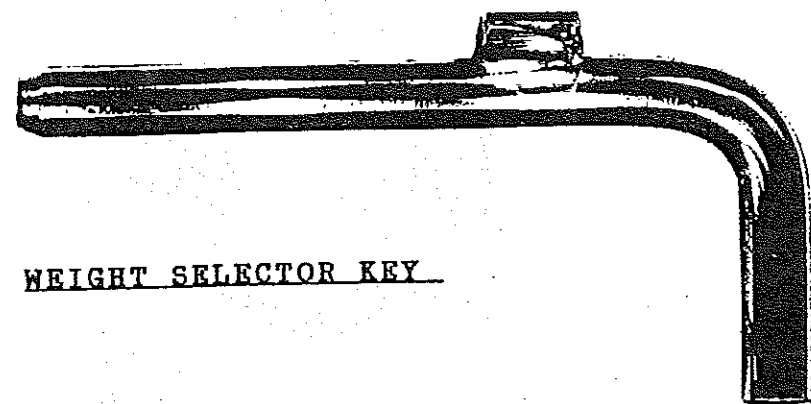
PART NUMBER: PB0903
REVISION: B

* If a Parabody product or part is defective or missing, please contact our Customer Service Department at 1-800-328-9714.

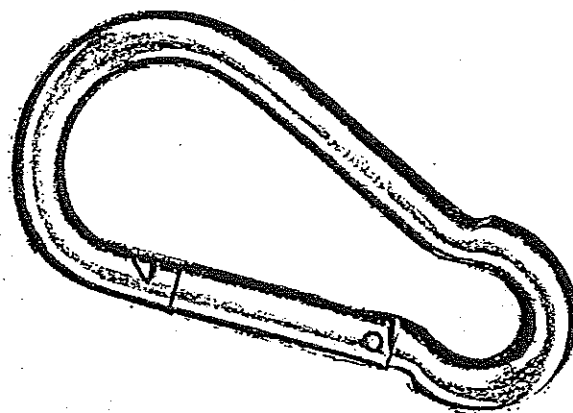
KX-1 HARDWARE :

2

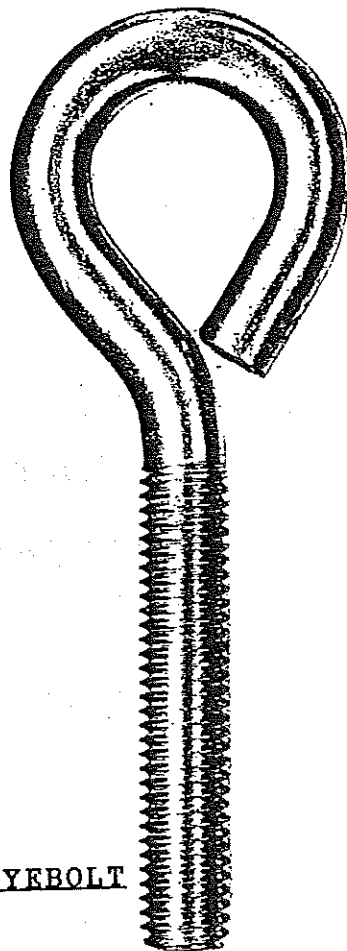
MAIN UNIT AND STAND ACCESSORIES



WEIGHT SELECTOR KEY



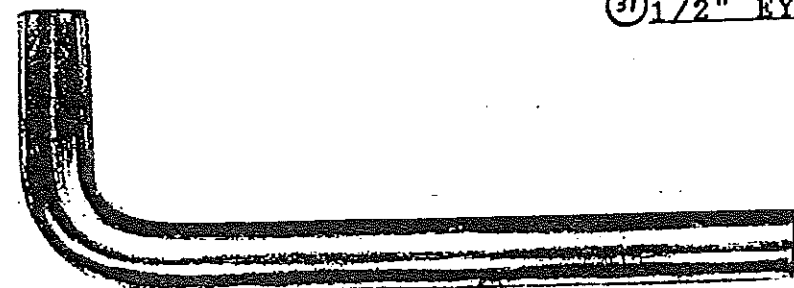
(15) SNAP HOOK



(31) 1/2" EYEBOLT

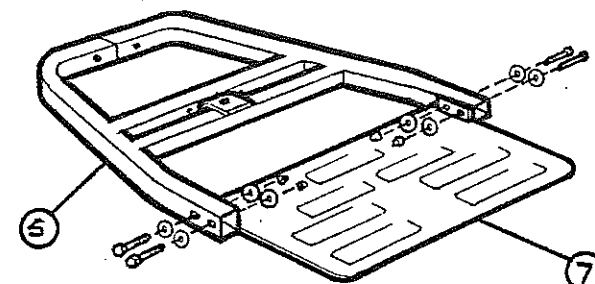


(45) 6" STRIPPER BOLT



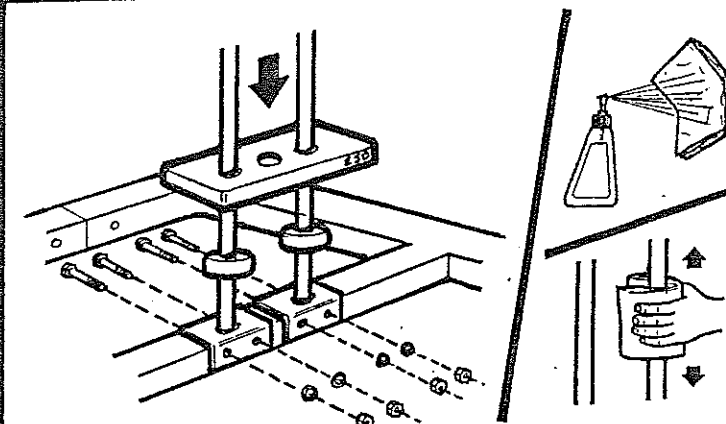
(52) "L" PIN

MAIN UNIT AND ACCESSORIES - ASSEMBLY INSTRUCTIONS

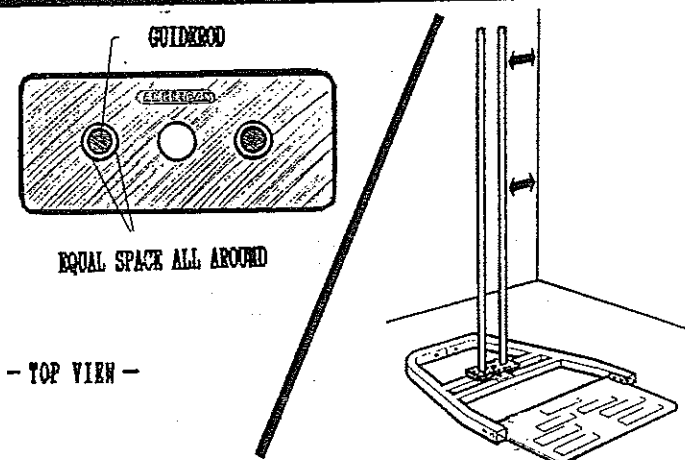


- FRONT -

1 Connect base assembly (5) to foot plate (7) as shown with four: 3/8" X 2-3/4" bolts (40), 3/8" acorn nuts (42), and 3/8" washers.

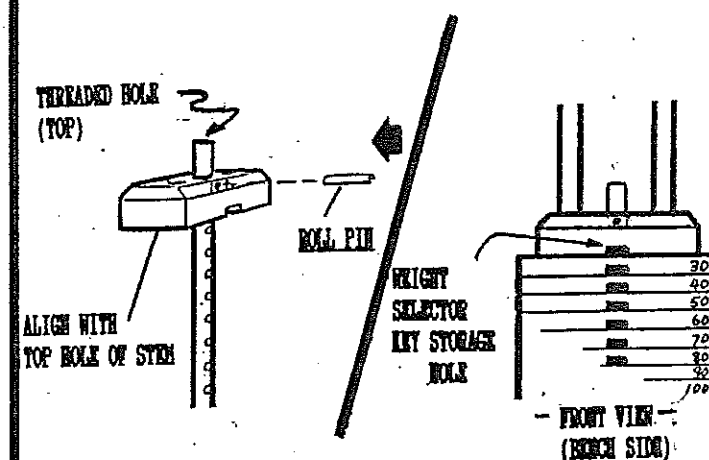


2 Secure both guiderods (9) to base assembly (5) with four: 3/8" x 2-1/2" bolts (28), 3/8" lockwashers (30), 3/8" nuts (29), as shown and torque to finger tight. Wipe both rods down with Clear Guard (silicone) as shown. Slip on a pair of guiderod cushions (25) and the first weight. (250 lb wt)

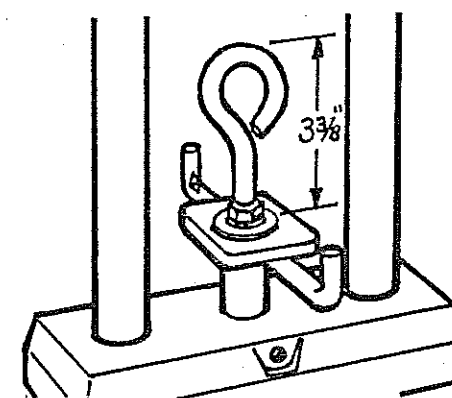


- TOP VIEW -

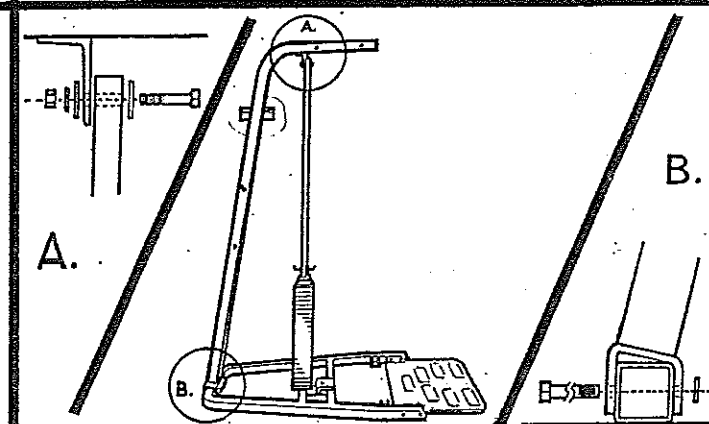
3 Make sure the guiderods are in center of weight bushing holes before tightening them down. Also, make sure guiderods are perpendicular to the base by comparing it's parallel with another reliable vertical in the room.



4 Assemble stem assembly with top weight and roll pin as shown. Slip stack plates on guiderod (keeping consecutive order and stem assembly with "weight key storage hole" in front).



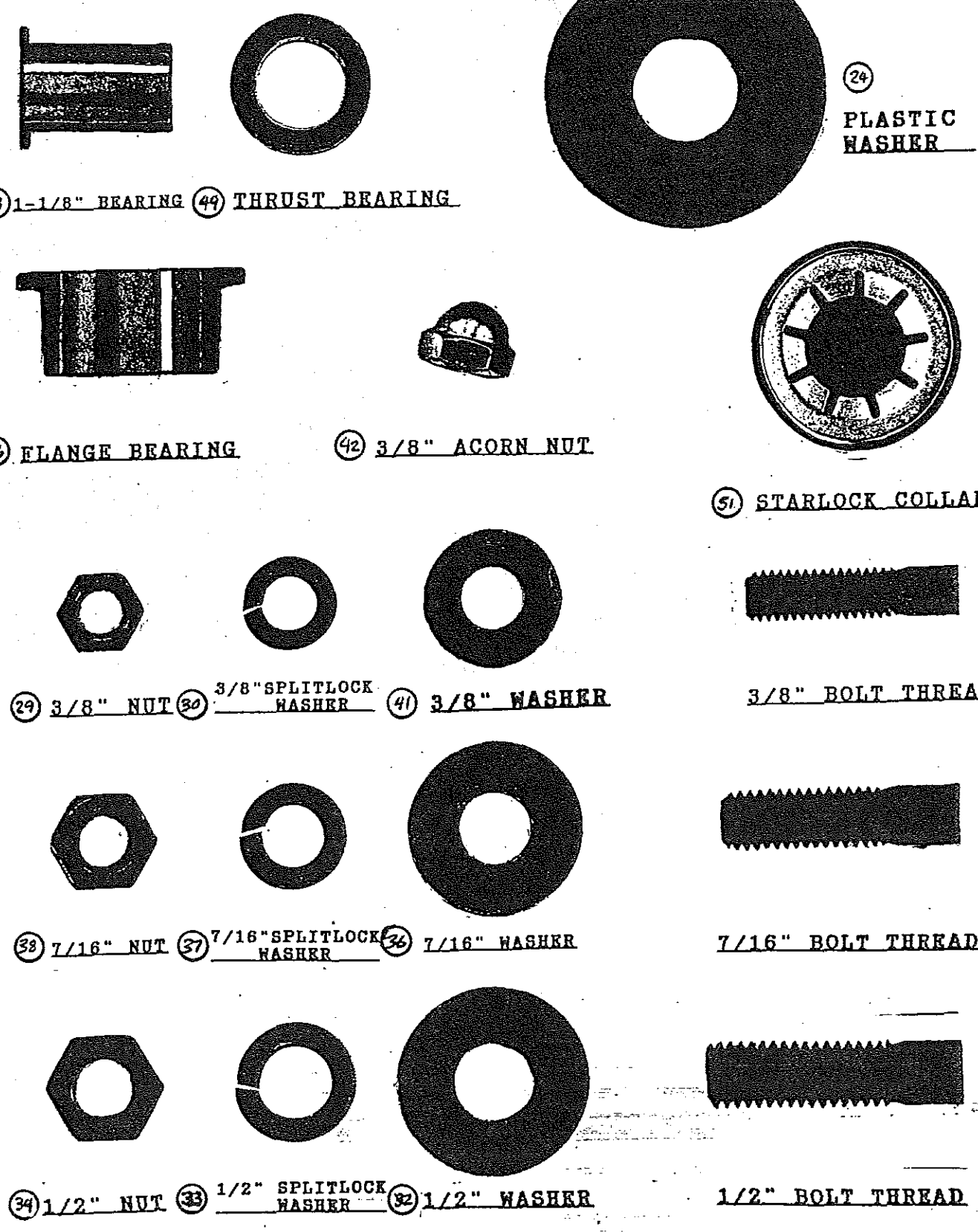
5 Connect eyebolt (31) with 1/2" nut, (34), 1/2" lockwasher (33), 1/2" washer (32), and add-on bracket (23) as shown and tighten to dimension shown. Wipe guiderods down again dimension shown. Wipe guiderods down again with Clear Guard as described in step # 2. (To get maximum life and minimum friction, clean rods with Clear Guard occasionally).



6 Connect vertical main frame (4) to base assembly as shown. Fasten at "A" using two: 7/16" x 2" bolts (35), 7/16" lockwashers (37), 7/16" nuts (38) and four 7/16" washers finger tight only. Fasten "B" using two: 1/2" x 3" bolts (39), 1/2" lockwashers (33), and 1/2" nuts (34). Tighten down SECURELY!

KX-1 HARDWARE :

MAIN UNIT AND
STAND ACCESSORIES



(53) 1-1/8" BEARING (49) THRUST BEARING

(46) FLANGE BEARING (42) 3/8" ACORN NUT

(29) 3/8" NUT (30) 3/8" SPLITLOCK WASHER (41) 3/8" WASHER

(38) 7/16" NUT (37) 7/16" SPLITLOCK WASHER (36) 7/16" WASHER

(34) 1/2" NUT (33) 1/2" SPLITLOCK WASHER (32) 1/2" WASHER

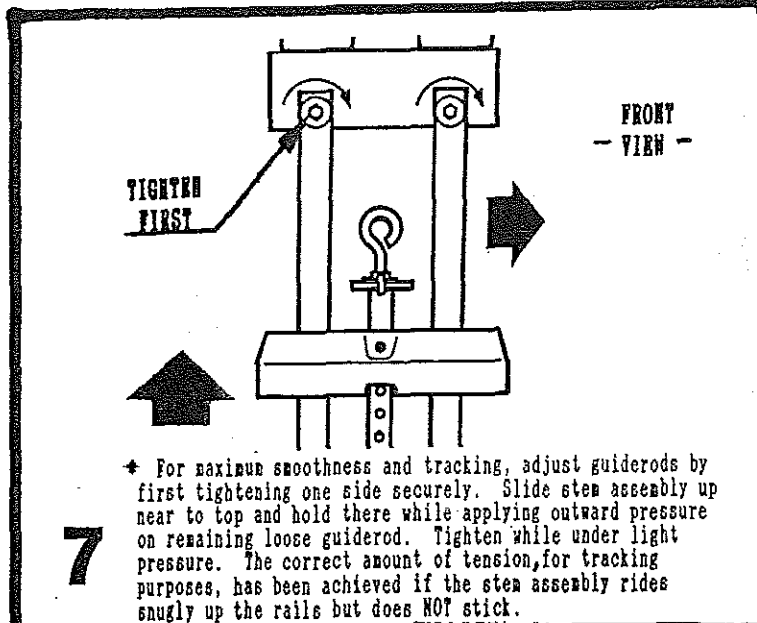
(51) STARLOCK COLLAR

3/8" BOLT THREAD

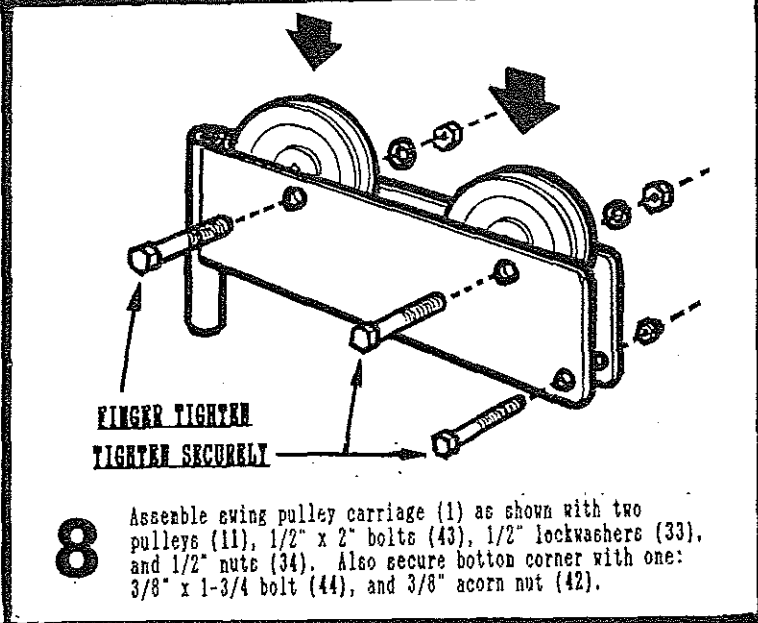
7/16" BOLT THREAD

1/2" BOLT THREAD

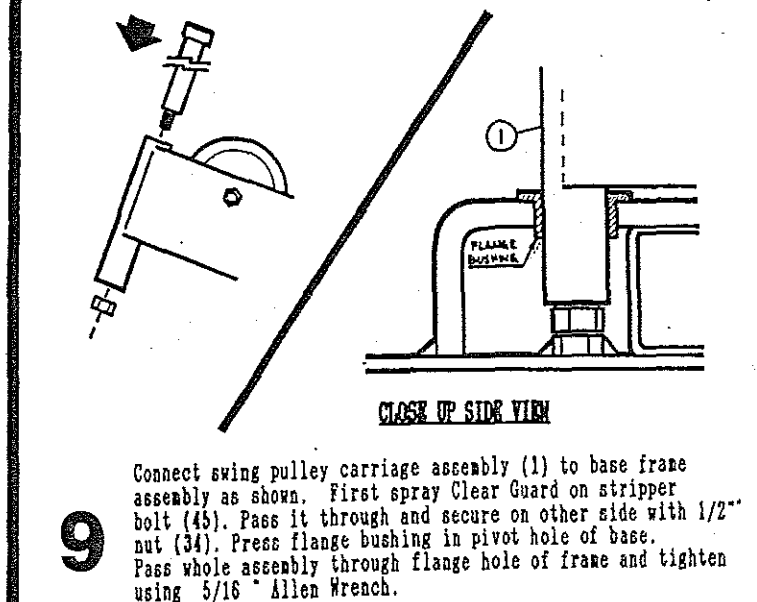
(24) PLASTIC WASHER



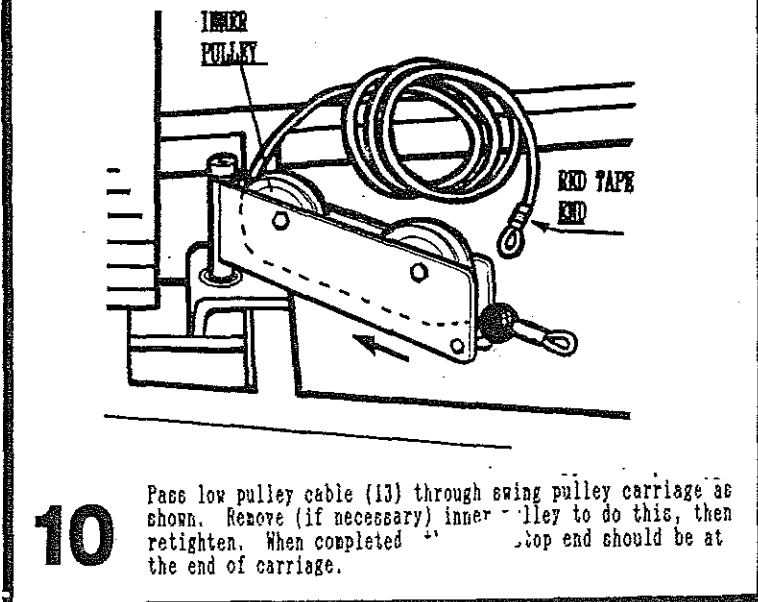
7 * For maximum smoothness and tracking, adjust guiderods by first tightening one side securely. Slide stem assembly up near to top and hold there while applying outward pressure on remaining loose guiderod. Tighten while under light pressure. The correct amount of tension, for tracking purposes, has been achieved if the stem assembly rides snugly up the rails but does NOT stick.



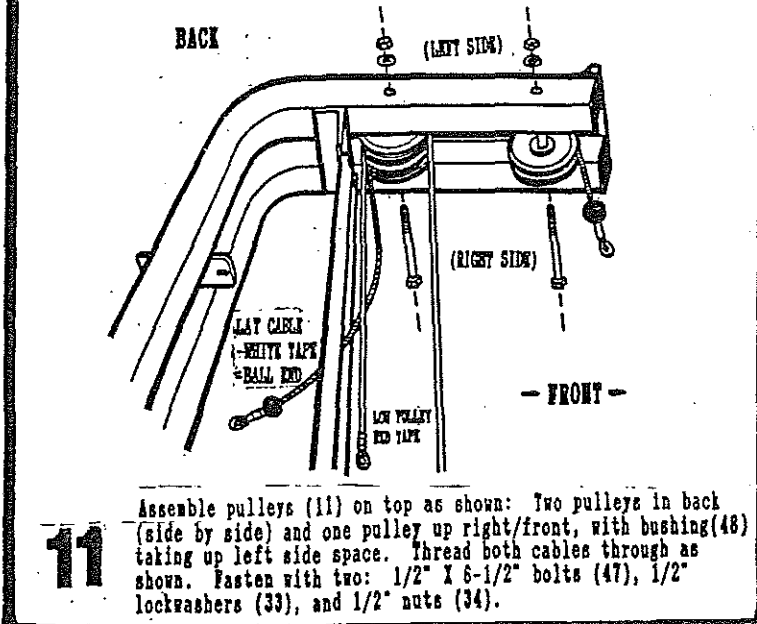
8 Assemble swing pulley carriage (1) as shown with two pulleys (11), 1/2" x 2" bolts (43), 1/2" lockwashers (33), and 1/2" nuts (34). Also secure bottom corner with one: 3/8" x 1-3/4" bolt (44), and 3/8" acorn nut (42).



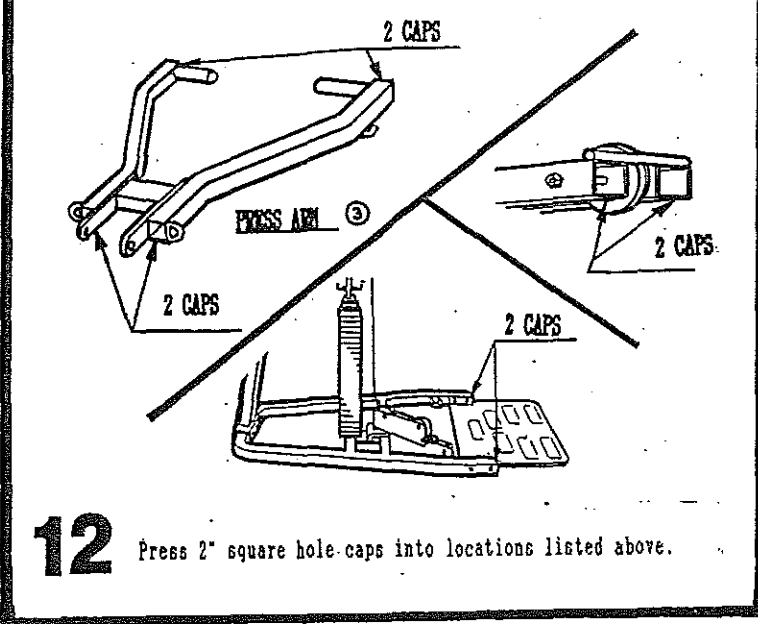
9 Connect swing pulley carriage assembly (1) to base frame assembly as shown. First spray Clear Guard on stripper bolt (45). Pass it through and secure on other side with 1/2" nut (34). Press flange bushing in pivot hole of base. Pass whole assembly through flange hole of frame and tighten using 5/16" Allen Wrench.



10 Pass low pulley cable (13) through swing pulley carriage as shown. Remove (if necessary) inner pulley to do this, then retighten. When completed top end should be at the end of carriage.



11 Assemble pulleys (11) on top as shown: Two pulleys in back (side by side) and one pulley up right/front, with bushing (48) taking up left side space. Thread both cables through as shown. Fasten with two: 1/2" x 6-1/2" bolts (47), 1/2" lockwashers (33), and 1/2" nuts (34).



12 Press 2" square hole-caps into locations listed above.

KX-1

MAIN UNIT PARTS LIST

ITEM#	NAME/DESCRIPTION	PART #	QTY
1.	Swing Pulley Carriage	PB0738-0001	1
2.	Squat Attachment	PB0731-0001	1
3.	Press Bar	PB0735-0001	1
4.	Vertical Main Frame	PB0733-0001	1
5.	Base Assembly, KX-1	PB0729-0001	1
6.	Lat Pull Bar	PB0156-0001	1
7.	Foot Plate Assembly	PB0737-0001	1
8.	Bar, Low Row Pulling Pipe	PB0638-0001	1
9.	Guide Rod Assembly	PB0721-0001	2
10.	Weight Stack Assembly		1
11.	Pulley, 4.5" O.D. x 3-3/4 GRV	PB0636-0001	5
12.	Roller Pad, 3-1/2" x 14"	PB0164-0002	2
13.	Press bar adjustment latch	PB0796-0001	1

BAG # 3			
ITEM#	NAME/DESCRIPTION	PART #	QTY
28.	Bolt, Hex Head, 3/8-16 x 2-1/2	C1029-0003	4
29.	Nut, Hex, 3/8-16	C1027-0001	4
30.	Washer, Splitlock, 3/8"	C1026-0001	4
31.	1/2-13 Eye Bolt x 5" O.A.L.	C1077-0001	1
32.	Washer, 1/2 I.D.	C1025-0002	3
33.	Washer, Splitlock, 1/2 I.D.	C1026-0002	8
34.	Nut, Hex, 1/2-13	C1027-0002	9
35.	Bolt, Hex Head, 7/16-14 x 2	C1029-0021	2
36.	Washer, 7/16 I.D.	C1025-0008	4
37.	Washer, Splitlock, 7/16	C1026-0004	2
38.	Nut, Hex, 7/16-14	C1027-0004	2
39.	Bolt, Hex Head, 1/2-13 x 3	C1029-0010	2
40.	Bolt, Hex Head, 3/8-16 x 2-3/4	C1029-0022	4
41.	Washer, 3/8 I.D.	C1025-0001	8
42.	Nut, Acorn, 3/8-16	C1052-0001	5
43.	Bolt, Hex Head, 1/2-13 x 2	C1029-0023	2
44.	Bolt, Hex Head, 3/8-16 x 1-3/4	C1029-0024	1
45.	Bolt, Stripper, 5/8 x 6	C1030-0005	1
46.	Bearing, Fl. Sw. Pulley Carriage	PB0756-0001	1
47.	Bolt, Hex Head, 1/2-13 x 6-1/2	C1029-0025	2
48.	Bushing, 3/4 O.D. x 1/2 x 1	PB0163-0003	1
49.	Bearing, Thrust 1 x 5/8 x 1/	C1079-0001	2
50.	Bolt, Hex Head, 1/2-13 x 8	C1029-0026	1
51.	Collar, Starlock, 3/4" DIA	C1054-0001	2
52.	Positioning "L" Pin	PB0145-0001	2
53.	Bearing, Fl. SuperOilite 1-1/8	C1078-0001	2
54.	Nut, Hex, Self-locking, 1/2-13	C1028-0001	1
55.	Compression spring	PB0517-0001	1
56.	Plunger, Spring Pin Assembly	PB0504-0001	1
57.	Pull knob	PB0961-0001	1

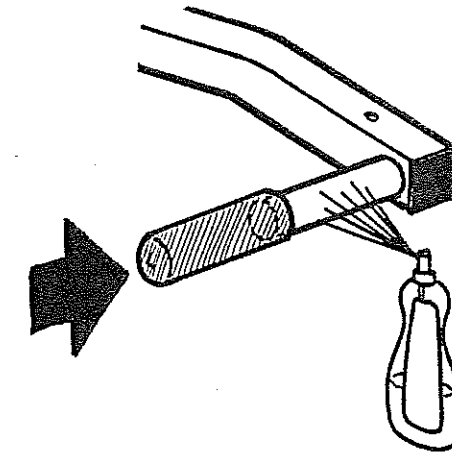
BAG # 1			
ITEM#	NAME/DESCRIPTION	PART #	QTY
13.	Cable, High/Low Pull	PB0726-0001	1
14.	Cable, Lat Pull	PB0725-0001	1
15.	Hook, Snap Style	C1038-0001	5
16.	Chain, Welded, 30 Link	PB0759-0002	1
17.	Chain, Welded, 20 Link	PB0759-0001	1

BAG # 2			
ITEM#	NAME/DESCRIPTION	PART #	QTY
20.	Cap, End 2" SQ x 14 GA.	C1024-0006	8
21.	Grip, Neop 1-5/16 X 7" Clsd End	C1031-0003	2
22.	Grip, Neop .94 X 8" Clsd End	C1031-0002	4
23.	Weight Add-On Bracket	PB0761-0001	1
24.	Washer, 3/4 I.D. Thk Plastic, Blk	C1084-0001	2
25.	Guide Rod Cushions, 3/4" Thick	C1080-0001	2

II. MAIN UNIT, KX-1 HARDWARE LIST (Parts sealed in plastic bags)

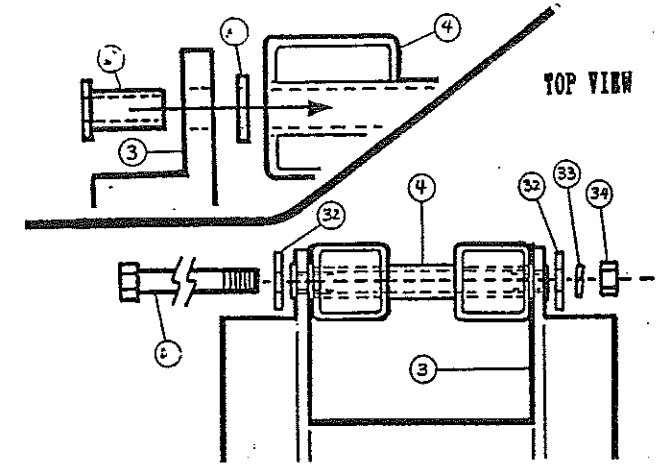
DEALER AVAILABLE ACCESSORIES RECOMMENDED FOR ENHANCING THIS UNITS VERSATILITY:

- * STANDARD 2-1/2 LB. WEIGHTS -- (QTY: 3)
- * ANKLE STRAP
- * SINGLE STIRRUP HANDLE
- * ABDOMINAL CRUNCH STRAP



13

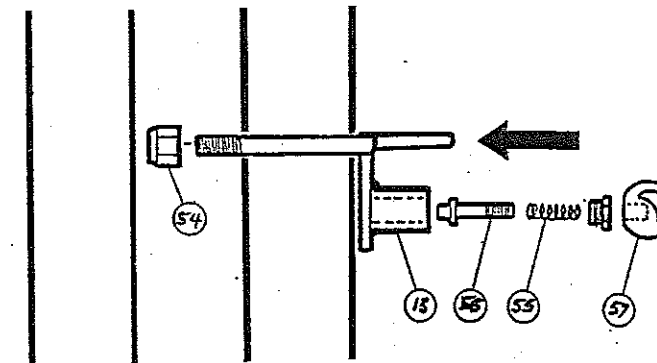
Spray the press bar (3) with window cleaner and slide both 7" foam grips (21) to the ends of the bar. Spraying the bar makes applying grips much easier. Foam grips will secure to bar within 24 hours.



14

Assemble press bar (3) to vertical frame (4) as shown with two: 1-1/8" bearings (53), thrust bearings (49), 1/2" washers (32) and one: 1/2" x 8 bolt (50), 1/2" lockwasher (33) and 1/2" nut (34) and tighten. Do not tighten to the point that it "sticks".

- BACK VIEW -

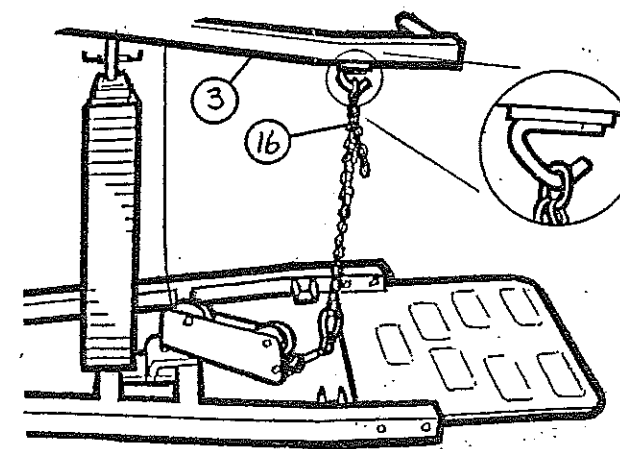


15

Assemble the press bar adjustment latch (13) with the spring pin assembly -- by securing together plunger, (56), spring (55), attached nut, and pull knob (57) as shown. Mount complete assembly to vertical frame as shown with self-locking nut (54).

16

To adjust press bar for different positions, disengage pull knob of press bar adjustment latch and swing to desired angle.



17

For use of press bar (3), connect low pulley connection with it by means of the 30" link chain (16). One Snap hook (15) at one end, on the other end the desired incremental link should be hooked to press arm (as shown) for press exercises.

18

The weight reserve hook-on the vertical frame is designed to hold up to three dealer available 2-1/2 pound standard weights for incremental use on the weight add-on bracket.

