

PBF010A LAT MACHINE ASSEMBLY PARTS LIST

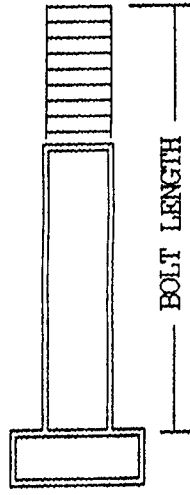
HARDWARE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1	3/8 X 3 IN. BOLT	5
2	3/8 X 2-3/4 IN. BOLT	6
3	3/8 IN. WASHER	16
4	3/8 IN. LOCKWASHER	11
5	3/8 IN. NUT	9
6	1-3/4 IN. SQ. END CAP	1
7	1-1/2 X 2-1/2 IN. END CAP	2
8	2 IN. SQ. END CAP	1
9	3/4 IN. SQ. RUBBER BUMPER	1
10	PARAGLIDE STRIP	16
11	3/4 I.D. BLACK PLASTIC WASHER	2
12	1 X 8 IN. FOAM GRIP	4
13	2-1/2 X 5-1/2 IN. NON SKID STRIP	2
14	1/4 IN. QUICK LINK	3
15	STARLOCK COLLAR	2
16	CABLE SLIP GAIRD (PE2281-1)	1

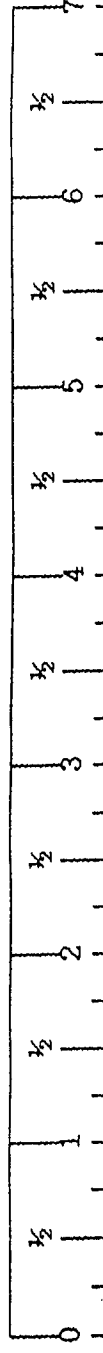
WELLEMENTS/PARTS: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1	BASE SECTION (PB2267-1)	1
2	REAR UPRIGHT (PB2269-1)	1
3	WEIGHT CARRIAGE (PB2272-1)	1
4	FRONT UPRIGHT (PB2275-1)	1
5	PULLEY MOUNT FLAT (PB2276-1)	2
6	LAT BAR (PB1448-1)	1
7	LOW ROW BAR (PB0638-1)	1
8	ROLLER PAD SHAFT (PB1251-1)	1
9	SEAT PAD (PB2282-1)	1
10	4 X 7 IN. ROLLER PAD (PB1946-1)	2
11	LAT PULL CABLE (BLUE)	1
12	LOW PULLEY CABLE (ORANGE)	1
13	3-1/2 O.D. X 1-1/2 IN. BUSHING PULLEY (C1162-2)	3

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



BOLT LENGTH RULER:



PARABODY INC.



LAT MACHINE
PBF010A

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY:
* 9/16 INCH SOCKET
* ADJUSTABLE WRENCH
* HAMMER

REVISION: D

If you experience any problems with the assembly of this product, please contact your dealer or your PARABODY Customer Service representative at:

1-800-328-9714.

PBF010A LAT MACHINE ASSEMBLY INSTRUCTIONS

IMPORTANT:

- * THE BODYSMITH LAT MACHINE MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

*** IMPORTANT ***

KEEP ALL FRAME BOLT CONNECTIONS LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.

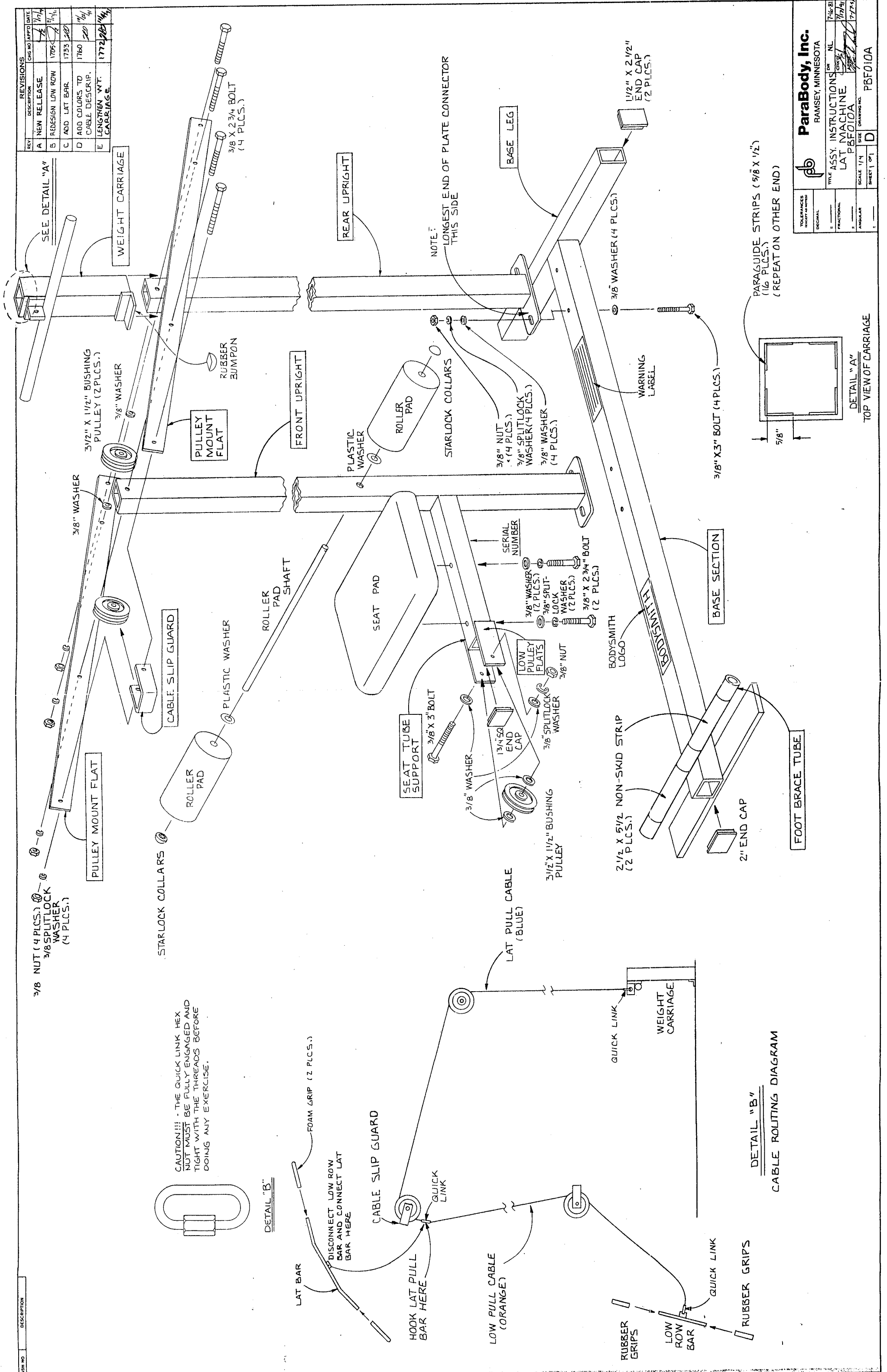
1. Insert one (1) 2 IN. SQ. END CAP into the front end of the BASK SECTION, and two (2) 1-1/2 X 2-1/2 IN. END CAPS into the ends of the BASK LEGS.
2. Apply two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE TUBE, on the BASK SECTION, as shown on drawing.
3. LOOSELY assemble the REAR UPRIGHT to the BASK SECTION, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 NUTS.
NOTE: THE CONNECTOR PLATE ON THE REAR UPRIGHT IS OFFSET FOR THE PURPOSE OF A STOP FOR THE CARRIAGE. THE LONGER END OF THE PLATE SHOULD BE FACING TOWARDS THE FRONT OF THE MACHINE. SEE NOTE ON DRAWING.
4. Attach sixteen (16) PARAGLIDE STRIPS to the WEIGHT CARRIAGE, as shown in (DETAIL A) using the following steps:
 - A. Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached.
 - B. Remove the paper backing from the PARAGLIDE STRIPS, and firmly apply them to all of the shown surfaces (16 places).
5. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the CARRIAGE STOP, on the WEIGHT CARRIAGE.
6. Slide the WEIGHT CARRIAGE down over the REAR UPRIGHT.
7. Insert one (1) 1-3/4 IN. SQ. END CAP into the end of the SEAT SUPPORT TUBE, on the FRONT UPRIGHT.

PBF010A LAT MACHINE ASSEMBLY INSTRUCTIONS

3. LOOSELY assemble the FRONT UPRIGHT, to the BASK SECTION, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
9. SECURELY assemble one (1) 3-1/2 O.D. X 1-1/2 IN. BUSHING PULLEY, between the LOW PULLEY FLATS, on the SEAT SUPPORT TUBE, using one (1) 3/8 X 3 IN. BOLT, four (4) 3/8 IN. WASHERS, one (1) 3/8 IN. LOCKWASHER, and one (1) 3/8 IN. NUT.
10. LOOSELY assemble two (2) PULLEY MOUNT FLATS, to the REAR, and the FRONT UPRIGHTS, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCKWASHERS, and two (2) 3/8 IN. NUTS.
11. AT THIS TIME, TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.
12. SECURELY assemble one (1) 3-1/2 O.D. X 1-1/2 IN. BUSHING PULLEY, between the PULLEY MOUNT FLATS, (ABOVE THE WEIGHT CARRIAGE) using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS, one (1) 3/8 LOCK WASHER, and one (1) 3/8 NUT.
13. LOOSELY assemble one (1) 3-1/2 O.D. X 1-1/2 IN. BUSHING PULLEY, and one (1) CABLE SLIP GAIRD, between the PULLEY MOUNT FLATS, (AT THE TOP) using one (1) 3/8 X 2-3/4 IN. BOLT, one (1) 3/8 IN. LOCKWASHER, and one (1) 3/8 IN. NUT.
14. SECURELY assemble the SEAT PAD, to the SEAT SUPPORT TUBE, on the FRONT UPRIGHT, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCKWASHERS, and two (2) 3/8 IN. WASHERS.
15. Assemble two (2) 4 X 7 IN. ROLLER PADS, to the FRONT UPRIGHT, using one (1) ROLLER PAD SHAFT, two (2) 3/4 I.D. BLACK PLASTIC WASHERS, and two (2) STARLOCK COLLARS.
16. Slide four (4) 1 X 8 IN. GRIPS over the ends of the LAT BAR, and the LOW ROW BAR. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE GRIP WILL WORK THE BEST.)
17. Attach the LAT PULL CABLE (BLUE LABEL) to the WEIGHT CARRIAGE, with one (1) 1/4 IN. QUICK LINK. (SEE DETAIL B FOR CABLE INSTALLATION)
Run CABLE up, and over PULLEY, above the WEIGHT CARRIAGE, to the PULLEY at the top.
Run CABLE over TOP PULLEY, and under the CABLE SLIP GAIRD. (NOTE: REMOVE PULLEY FOR EASE OF INSTALLATION)
18. Attach one 1/4 IN. QUICK LINK, to the end of the CABLE, and then tighten bolt on TOP PULLEY (NOTE: THE CABLE SLIP GAIRD SHOULD BE PARALLEL WITH PULLEY MOUNT FLATS.)
To do LOW PULLEY EXERCISES, attach the LOW PULLEY CABLE (ORANGE LABEL) to the 1/4 IN. QUICK LINK on the LAT PULL CABLE. Run the CABLE down, and around the LOW PULLEY on the SEAT SUPPORT TUBE. Attach one (1) 1/4 IN. QUICK LINK to the end of the CABLE. (SEE DETAIL B FOR CABLE INSTALLATION)

DRAWING NO. DESCRIPTION

REV	DESCRIPTION	DATE	APPROVED
A	NEW RELEASE	7/17/74	
B	REDISEGN LOW ROW	1705	
C	ADD LAT BAR	1733	
D	ADD COLORS TO CABLE DESCRIP.	1760	
E	LENGTHEN W.T. CARRIAGE	1772	



ParaBody, Inc.
RAMSEY, MINNESOTA

TOLERANCES UNLESS OTHERWISE SPECIFIED:
 DECIMAL .005"
 FRACTIONAL 1/32"
 ANGULAR .010"

TITLE ASSY. INSTRUCTIONS ON NL
 LAT MACHINE
 PBF010A

SCALE 1/4" = 1"
 SHEET 1 OF 1

DATE 7-16-81
 DRAWING NO. PBF010A