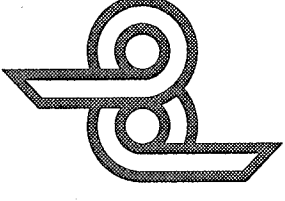


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**PARABODY INC.**



**LEG CURL AND EXTENSION MACHINE  
PBF011A**

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**PRODUCT ASSEMBLY  
INSTRUCTION SHEETS**

**TOOLS REQUIRED FOR ASSEMBLY**

- 9/16 INCH WRENCH or SOCKET
- 3/4 INCH WRENCH or SOCKET
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

**REVISION: G**

**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**

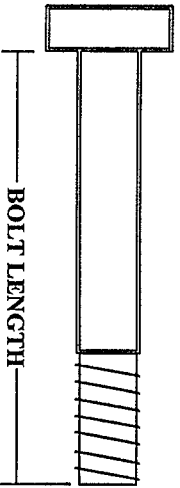
**PBF011A LEG CURL & EXTENSION MACHINE ASSEMBLY PARTS LIST**

**NOTE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY**

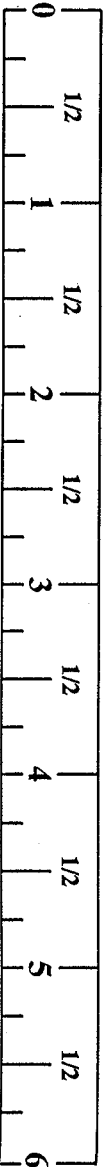
**HARDWARE:**

ITEM	NAME/DESCRIPTION	QTY
1.	1-1/4 IN. SQ. RUBBER BUMPON	1
2.	1-1/2 X 2-1/2 IN. END CAP	4
3.	1/2 X 3-1/4 IN. BOLT	1
4.	1/2 IN. WASHER	4
5.	1/2 IN. LOCK WASHER	4
6.	1/2 IN. NUT	4
7.	8 IN. FOAM GRIP	4
8.	3/8 X 3 IN. BOLT	2
9.	3/8 IN. WASHER	4
10.	3/8 IN. LOCK WASHER	4
11.	3/8 X 3-1/4 IN. BOLT	2
12.	2 IN. SQ. END CAP	4
13.	FLANGE BEARING	2
14.	1/2 IN. LOW HEIGHT LOCK NUT	1
15.	1-1/2 IN. SQ END CAP	4
16.	KNOB	2
17.	PLUNGER	2
18.	SPRING	2
19.	SPACER	2
20.	COTTER PIN	2
21.	PUSH ON COLLAR	6
22.	1/2 X 2-1/2 IN. BOLT	4
23.	BLACK PLASTIC WASHER	4

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



**BOLT LENGTH RULER:**



**PBF011A LEG CURL & EXTENSION MACHINE ASSEMBLY INSTRUCTIONS**

6. Assemble the **SPRING PIN ASSEMBLY** into the **SPRING PIN ASSEMBLY HOUSING** on each end of the **LEG CURL PEDESTAL**, using two (2) **KNOB**s, two (2) **PLUNGERS**, two (2) **SPRINGS**, two (2) **SPACERS**, and two (2) **COTTER PINS**, using the following steps:
  - A. Assemble the **KNOB** to the **PLUNGER**.
  - B. Insert the **PLUNGER** through the first hole of the housing.
  - C. Slip the **SPRING**, and the **SPACER** over the end of the **PLUNGER**. (**IN THAT ORDER**)
  - D. Insert the **PLUNGER** through the second hole of the housing.
  - E. Pull back **SPACER** on the **PLUNGER**, and insert the **COTTER PIN** through the hole.
  - F. (SEE **DETAIL A ON DRAWING**)

**NOTE: ON THE SPRING PIN ASSEMBLY HOUSING CLOSEST TO THE WEIGHT PEG, THE KNOB CANNOT BE ASSEMBLED TO THE PLUNGER BEFORE IT IS INSERTED INTO THE HOLE ON THE SPRING PIN ASSEMBLY HOUSING.**

7. Insert four (4) 1-1/2 IN. SQ. END CAPS into each end of the **SPRING PIN HOUSING** on the **LEG CURL PEDESTAL**.
  8. Disengage the **SPRING PIN ASSEMBLY** on each end of the **LEG CURL PEDESTAL**, and insert two (2) **ADJUSTABLE ROLLER PAD SLEEVES**. (SEE **DRAWING**)
  9. Insert three (3) 2 IN. SQ. END CAPS into each end on the **LEG CURL PEDESTAL**.
  10. Insert two (2) **FLANGE BEARINGS** into the **BUSHING** on top of the **LEG CURL PEDESTAL**.
  11. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPON to the back of the **LEG CURL PEDESTAL** (SEE **DETAIL B**)
  12. Assemble the **LEG CURL PEDESTAL** between the **FLATS** of the **BENCH FRAME**, using one (1) 1/2 X 3-1/4 IN. BOLT, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. Tighten connection so that it rotates smoothly and freely.
  13. Assemble two (2) **ROLLER PADS** on each end of the **LEG CURL PEDESTAL**, (four total) using two (2) **ROLLER PAD SHAFTS**, four (4) **BLACK PLASTIC WASHERS**, and four (4) **PUSH ON COLLARS**.
- NOTE: THE BLACK PLASTIC WASHERS SHOULD BE LOCATED BETWEEN THE ROLLER PAD AND THE LEG CURL PEDESTAL, (1 FOR EACH ROLLER PAD.)**
14. **SECURELY** mount the **BACK PAD** to the **BENCH FRAME**, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
  15. Slip two (2) 8 IN. FOAM GRIPS onto ends of the **LEG EXTENSION HANDLE**. (SEE **NOTE FROM STEP 4**)
  16. Assemble the **SEAT PAD** and **LEG EXTENSION HANDLE** to the **BENCH FRAME**, using two (2) 3/8 X 3-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 WASHERS. (SEE **DRAWING**)
  17. Assemble two (2) **ROLLER PADS** onto the **BENCH FRAME**, using one (1) **ROLLER PAD SHAFT**, and two (2) **PUSH ON COLLARS**.

**PBF011A LEG CURL & EXTENSION MACHINE ASSEMBLY INSTRUCTIONS**

**IMPORTANT:**

- THE BODYSMITH LEG CURL & EXTENSION MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

**\*\*\* IMPORTANT \*\*\***

**KEEP ALL LOOSE FRAME CONNECTIONS**

**LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN**

**PBF011A LEG CURL & EXTENSION MACHINE ASSEMBLY PARTS LIST**

**WELDMENT PARTS:**

ITEM	NAME/DESCRIPTION	QTY
1.	BENCH FRAME ..... (PB2164-1)	1
2.	REAR BASE LEG W/ HANDLES ..... (PB2194-1)	1
3.	REAR BASE LEG ..... (PB2195-1)	1
4.	LEG EXTENSION HANDLE ..... (PB2166-1)	1
5.	LEG CURL PEDESTAL ..... (PB2171-1)	1
6.	ADJUSTABLE ROLLER PAD SLEEVES ..... (PB2396-1)	2
7.	ROLLER PAD SHAFTS ..... (PB1251-1)	3
8.	BACK PAD ..... (PB2183-1)	1
9.	SEAT PAD ..... (PB2178-1)	1
10.	ROLLER PADS ..... (PB1946-1)	6

1. Insert four (4) 1-1/2 X 2-1/2 IN. END CAPS into each end of the REAR BASE LEG W/HANDLES and the FRONT BASE LEG.

2. SECURELY assemble the REAR BASE LEG W/HANDLES to the rear of the BENCH FRAME, using two (2) 1/2 X 2-1/2 IN. BOLTS, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (NOTE: THE HANDLES ON THE REAR BASE LEG SHOULD FACE AWAY FROM THE REAR OF THE BENCH FRAME)

3. SECURELY assemble the FRONT BASE LEG to the front of the BENCH FRAME, using two (2) 1/2 X 2-1/2 IN. BOLTS, two (2) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (SEE DETAIL C)

4. Slip two (2) 3 IN. FOAM GRIPS onto the HANDLES of the REAR BASE LEG. (NOTE: IF A LUBRICANT IS REQUIRED, USE RUBBING ALCOHOL, TO THOROUGHLY COAT THE INSIDE OF THE GRIP)

5. Insert one (1) 2 IN. SQ. END CAP into the end of the tube on top of the BENCH FRAME.

