

PBF011A LEG CURL/EXTENSION MACHINE ASSEMBLY INSTRUCTIONS

10. Insert two (2) 1/2 x 5/8 x 3/4 FLANGE BEARINGS into the BUSHING on top of the LEG CURL PEDESTAL.
 11. Attach one (1) 1-1/4 SQ RUBBER BUMPER 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 BOLT, and one (1) 1/2 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) 3/4 I.D. 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 BOLTS, two (2) 3/8 LOCK WASHERS, and two (2) 3/8 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 BOLTS, two (2) 3/8 LOCKWASHER, 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.

PARABODY INC.



LEG CURL/EXTENSION MACHINE
PBF011A

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY:
* 9/16 INCH SOCKET
* 3/4 INCH SOCKET
* ADJUSTABLE WRENCH
* HAMMER

REVISION: E

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.

PBF011A LEG CURL/EXTENSION MACHINE ASSEMBLY PARTS LIST

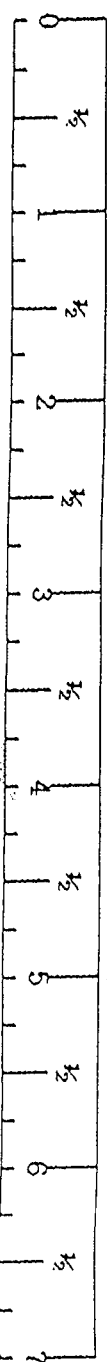
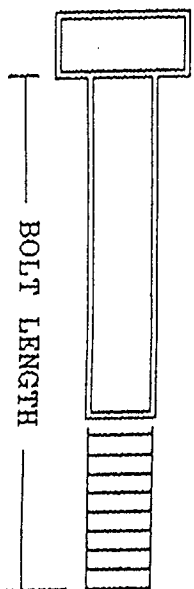
HARDWARE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY
 ITEM NAME/DESCRIPTION QTY

1.	1-1/4 IN SQ RUBBER BUMPER	1
2.	1-1/2 x 2-1/2 END CAP	4
3.	1/2 x 3 LG BOLT	1
4.	1/2 WASHER	4
5.	1/2 LOCK WASHER	4
6.	1/2 NUT	4
7.	8 IN GRIP	4
8.	3/8 x 3 LG BOLT	2
9.	3/8 WASHER	4
10.	3/8 LOCK WASHER	4
11.	3/8 x 3-1/4 LG BOLT	2
12.	2 IN SQ END CAP	4
13.	1/2 x 5/8 x 3/4 LG FLANGE BEARING	2
14.	1/2 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 LG BOLT	4
23.	3/4" I.D. BLACK PLASTIC WASHER	4

WELDMENT PARTS: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY
 ITEM NAME/DESCRIPTION QTY

1.	BENCH FRAME	(PB2164-1)	1
2.	REAR BASE LEG W/ HANDLES	(PB2194-1)	1
3.	FRONT BASE LEG	(PB2196-1)	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

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



PBF011A LEG CURL/EXTENSION MACHINE ASSEMBLY INSTRUCTIONS

IMPORTANT

1. THE LEG CURL / EXTENSION MACHINE, MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
2. Insert four (4) 1-1/2 x 2-1/2 END CAPS into each end of the REAR BASE LEG W/HANDLES and the FRONT BASE LEG.
3. SECURELY assemble the REAR BASE LEG W/HANDLES to the rear of the BENCH FRAME using two (2) 1/2 x 2-1/2 BOLTS, two (2) 1/2 WASHERS, two (2) 1/2 LOCK WASHERS, and two (2) 1/2 NUTS. NOTE: THE HANDLES ON THE REAR BASE LEG SHOULD FACE AWAY FROM THE REAR OF THE BENCH FRAME.
4. SECURELY assemble the FRONT BASE LEG to the front of the BENCH FRAME using two (2) 1/2 x 2-1/2 BOLTS, two (2) 1/2 WASHERS, two (2) 1/2 LOCK WASHERS, and two (2) 1/2 NUTS. (SEE DETAIL C)
5. Slip two (2) 8 IN 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.
6. Insert one (1) 2 IN SQ END CAP into the end of the tube on top of the BENCH FRAME.
7. Assemble the SPRING PIN ASSEMBLY into the SPRING PIN ASSEMBLY HOUSING on each end of the LEG CURL PEDESTAL using two (2) PLUNGERS, two (2) KNOBS, two (2) SPRINGS, two (2) SPACERS and two (2) COTTER PINS (SEE DETAIL A)
 NOTE: ON THE SPRING PIN ASSEMBLY HOUSING CLOSEST TO THE WEIGHT PKG, THE KNOB CANNOT BE ASSEMBLED TO THE PLUNGER BEFORE IT IS INSERTED INTO THE HOLE ON THE SPRING PIN ASSEMBLY HOUSING.
8. Insert four (4) 1-1/2 IN SQ END CAPS into each end of the SPRING PIN HOUSING on the LEG CURL PEDESTAL.
9. Disengage the SPRING PIN ASSEMBLY on each end of the LEG CURL PEDESTAL, and insert two (2) ADJUSTABLE ROLLER PAD SLEEVES. (SEE DRAWING)
10. Insert three (3) 2 IN SQ END CAPS into each end on the LEG CURL PEDESTAL.

