
PARABODY INC.



EX350 BASE UNIT
PBF351

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY:

- * 9/16 INCH SOCKET
- * 3/4 INCH SOCKET
- * ADJUSTABLE WRENCH
- * HAMMER
- * RUBBER Mallet
- * 5/32 INCH HEX KEY

REVISION: 0

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.

PBF351 EX350 BASE UNIT ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 1 3/4 IN. HEX HEAD BOLT	6
2.	3/8 X 3 IN. HEX HEAD BOLT	7
3.	3/8 X 2 IN. HEX HEAD BOLT	2
4.	3/8 X 1-1/2 IN. HEX HEAD BOLT	1
5.	3/8 IN. LOCK WASHER	16
6.	3/8 IN. WASHER	5
7.	3/8 IN. NUT	11
8.	1/2 X 3 1/2 IN. HEX HEAD BOLT	4
9.	1/2 X 3 IN. HEX HEAD BOLT	3
10.	1/2 X 3-1/4 IN. HEX HEAD BOLT	2
11.	1/2 IN. LOCK WASHER	7
12.	1/2 IN. WASHER	14
13.	1/2 IN. NUT	7
14.	1/2 IN. LOW HEIGHT LOCK NUT	2
15.	2 IN. SQ. END CAP	12
16.	1 1/2 IN. SQ. END CAP	2
17.	1/2 IN. FLANGE BEARING	4
18.	3/4 IN. FLANGE BEARING	2
19.	WEIGHT PLATE BUSHING	40
20.	WEIGHT STACK CUSHION	2
21.	RUBBER O-RING	2
22.	1-1/4 IN. SQ. RUBBER BUMFON	2
23.	1-1/4 X 7 IN. GRIP	2
24.	1 X 8 IN. GRIP	4
25.	ROD END COVER	2
26.	PARAGLIDE STRIP	1
27.	CABLE RETAINING "L" CLIP	1
28.	CLEAR GUARD PACKET	1
29.	5/16 X 1/4 IN. SET SCREW	2
30.	STARLOCK COLLAR	6
31.	5/16 IN. SNAP HOOK	5
32.	KNOB	1
33.	PLUNGER	1
34.	SPRING	1
35.	SPACER	1
36.	COTTER PIN	1
37.	THUMSCREW	1
38.	WEIGHT SELECT PIN	1
39.	WEIGHT STACK LABELS (1-20)	1
40.	1-1/4 X 5 IN. GRIP	2
41.	3/8 IN. L-PIN	1
42.	2-1/2 IN. CLEVIS PIN	2

SWIVEL PULLEY HARDWARE/PARTS

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3/4 IN. BOLT	1
2.	5/16 IN. WASHER	2
3.	3/8 IN. LOW HEIGHT LOCK NUT	1
4.	3/8 IN. WASHER	1
5.	SWIVEL PULLEY BRACKET	2

PBF351 EX350 BASE UNIT ASSEMBLY PARTS LIST CONTINUED

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

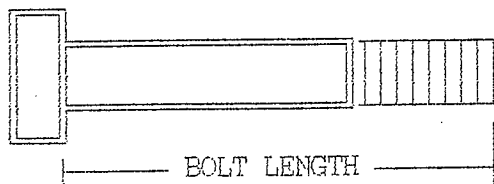
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	WEIGHT STACK SUPPORT BASE (PB2416-1).....	1
2.	MAIN UPRIGHT TOP SECTION (PB2922-1).....	1
3.	MAIN UPRIGHT BOTTOM SECTION (PB2934-1).....	1
4.	SELECT CENTER SHAFT (PB2845-1).....	1
5.	CONNECTOR PLATE (PB2930-1).....	2
6.	BACK/SEAT SUPPORT (PB2927-1).....	1
7.	PRESS ARM (PB2028-1).....	1
8.	LEG CURL ARM ASSEMBLY (PB2022-1).....	1
9.	HEAD WEIGHT PLATE (PB2230-1).....	1
10.	LOW ROW SWIVEL BRACKET (PB1994-1).....	1
11.	PIVOT BAR (PB2026-1).....	1
12.	GUIDE RODS (PB2931-1).....	2
13.	WEIGHT PLATES (PB2145-1).....	20
14.	ROLLER PADS (PB1946-1).....	6
15.	PRIMARY CABLE (PB2932-1).....	1
16.	SECONDARY CABLE (PB2292-1).....	1
17.	ROLLER PAD SHAFT (PB1251-1).....	3
18.	LAT BAR (PB2700-1).....	1
19.	BACK PAD (PB1882-1).....	1
20.	SEAT PAD (PB2089-1).....	1
21.	24 LINK CHAIN (PB0759-5).....	2
22.	ANKLE STRAP (PBF920).....	1
23.	TRICEP/ABDOMINAL STRAP (PBF915).....	1
24.	WALL FOSTER (PB2056-1).....	1
25.	LOW ROW BAR (PBF650).....	1
26.	ADJUSTABLE SEAT SUPPORT (PB2237-1).....	1

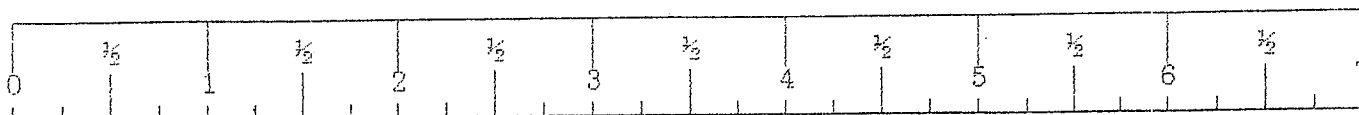
NOTE: PLEASE USE THE PULLEY IDENTIFICATION SHEET INSERTED AT THE FRONT OF THESE INSTRUCTIONS TO AID IN IDENTIFYING THE CORRECT PULLEYS SPECIFIED IN THESE INSTRUCTIONS.

28.	3-1/2 O.D. DIA. W/1 IN. BUSHING PULLEY ..(C1162-1)...	3
29.	4-1/2 O.D. DIA. W/1 IN. BUSHING PULLEY ..(C1161-1)...	5
30.	4-1/2 O.D. DIA. W/2 IN. BUSHING PULLEY ..(C1161-2)...	3

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



BOLT LENGTH RULER:



PBF351 EX350 BASE UNIT ASSEMBLY INSTRUCTIONS CONTINUED

!!! WARNING !!!

MAKE SURE SNAP HOOKS ARE FASTENED BEFORE DOING EXERCISES

!!! WARNING !!!

DO NOT OPERATE THIS MACHINE WITH LAT BAR OFF SAFETY HOOKS EXCEPT DURING HIGH PULLEY EXERCISES. ALSO, LAT BAR IS NOT TO BE USED FOR PULL-UPS.

PLEASE NOTE:

IF UPON ASSEMBLY, THE HEAD PLATE DOES NOT SIT ON TOP OF THE FIRST PLATE, PLEASE PUSH HEAD PLATE DOWN, INSERT THE WEIGHT PIN TO A DESIRED RESISTANCE AND DO A FEW REPS ON ONE OF THE STATIONS. THIS WILL SEAT THE CABLE SYSTEM AND ALLEVIATE THE HEAD PLATE FROM SITTING UP.

PLEASE NOTE:

WE RECOMMEND CLEANING YOUR PRODUCT (PADS AND FRAME) ON A REGULAR BASIS, USING WARM SOAPY WATER. ALSO, TOUCH-UP PAINT CAN BE PURCHASED FROM YOUR PARABODY DEALER OR FROM YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT:

1-800-328-9714

PBF351 EX350 BASE UNIT ASSEMBLY

THE INSTRUCTIONS FOR THIS ASSEMBLY ARE TO BE USED WITH BASE UNIT DRAWING'S SHEETS 1, 2 AND 3

IMPORTANT:

- * THE PARABODY EX350 BASE UNIT MUST BE ASSEMBLED ON A FLAT LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- * PARABODY, INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY !!

*** IMPORTANT ***

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

DRAWING #1 (STEPS 1-24)

1. Bolt HEAD WEIGHT PLATE into the threaded hole at top of SELECT CENTER SHAFT, using (1) 3/8 X 1-1/2 IN. HEX HEAD BOLT, (1) 3/8 IN. LOCK WASHER, and (1) 3/8 IN. WASHER (SEE DETAIL D).
2. Put (7) 2 IN. SQ. END CAPS into ends of tubes on WEIGHT STACK SUPPORT BASE.
3. Attach (1) 4-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING to WEIGHT STACK SUPPORT BASE using (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT, (1) CABLE RETAINING "L" CLIP, (1) 3/8 IN. LOCK WASHER, and (1) 3/8 IN. NUT. (DO NOT TIGHTEN)
4. Insert two (2) 1/2 IN. FLANGE BEARINGS into tube on LOW ROW SWIVEL BRACKET.
5. Attach LOW ROW SWIVEL BRACKET to YOKE on WEIGHT STACK SUPPORT BASE, using (1) 1/2 X 3-1/2 IN. HEX HEAD BOLT, and (1) 1/2 IN. LOW HEIGHT LOCK NUT. Tighten so it swivels freely, yet doesn't wobble.
6. LOOSELY attach one (1) 4-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into LOW ROW SWIVEL BRACKET, using one (1) 3/8 X 2 IN. HEX HEAD BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. (DO NOT TIGHTEN)
7. Attach BACK/SEAT SUPPORT ASSEMBLY to WEIGHT STACK SUPPORT BASE, using one (1) 1/2 X 3-1/2 IN. HEX HEAD BOLT, two (2) 1/2 IN. WASHERS, one (1) 1/2 IN. LOCK WASHER, and one (1) 1/2 IN. NUT. (TIGHTEN ONLY UNTIL SNUG)
8. Attach one (1) 4-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into FRONT "U" PULLEY BRACKET of the BACK/SEAT SUPPORT, using one (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
9. Attach one (1) 4-1/2 O.D. DIA. PULLEY, with 2 IN. BUSHING, between two flats on MAIN UPRIGHT TOP SECTION, using one (1) 3/8 X 3 IN. HEX HEAD BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.

PBF351 EX350 BASE UNIT ASSEMBLY INSTRUCTIONS CONTINUED

10. Slide two (2) ROD END COVERS over PRONGS of LAT BAR HOOK on MAIN UPRIGHT TOP SECTION.
11. Attach one (1) 3-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING, into PULLEY HOUSING on MAIN UPRIGHT TOP SECTION, using one (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. (SEE DETAIL "B" ON DRAWING) (DO NOT TIGHTEN)
12. Insert two (2) 3/4 IN. FLANGE BEARINGS into ends of ROUND TUBE on MAIN UPRIGHT TOP SECTION.
13. Bolt MAIN UPRIGHT BOTTOM SECTION to rear of WEIGHT STACK SUPPORT BASE, using two (2) 1/2 X 3 IN. HEX HEAD BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS. (TIGHTEN ONLY UNTIL SNUG)
14. Bolt MAIN UPRIGHT TOP SECTION to BACK SEAT SUPPORT (FIRST INSERT TAB ON BOTTOM SECTION INTO THE END OF TOP SECTION), using two (2) 1/2 X 3-1/4 IN. HEX HEAD BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS.

NOTE: IF THIS UNIT WILL BE ASSEMBLED WITH A PEC DEC, STOP HERE AND REFER TO STEPS # 1, # 2, AND #3 ON THE PEC DEC ASSEMBLY INSTRUCTIONS. WHEN THIS IS COMPLETED SKIP STEP # 15 AND CONTINUE ON WITH STEP # 16, BELOW, OF BASE UNIT INSTRUCTIONS.
15. To complete connection of the MAIN UPRIGHT TOP and BOTTOM SECTION, use two (2) 1/2 X 3-1/2 IN. HEX HEAD BOLTS, four (4) 1/2 IN. WASHERS, two (2) 1/2 IN. LOCK WASHERS, and two (2) 1/2 IN. NUTS to bolt two (2) CONNECTOR PLATES to either side of TOP and BOTTOM sections. (BE SURE BOTH SECTIONS FIT TOGETHER)
16. Snap two (2) WEIGHT PLATE BUSHINGS into each WEIGHT PLATE twenty (20) (SEE DETAIL A)
17. Place two (2) WEIGHT STACK CUSHIONS over large holes in WEIGHT STACK SUPPORT BASE.
18. Insert each of the two (2) GUIDE RODS through the WEIGHT STACK CUSHIONS and into the WEIGHT STACK SUPPORT BASE. (NOTE: APPLY THIN FILM OF CLEAR GUARD TO GUIDE RODS)
19. USING EXTREME CARE, slide each of the twenty (20) WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK SUPPORT BASE. (PIN HOLE FACING OUT)
20. Slide HEAD WEIGHT PLATE ASSEMBLY down GUIDE RODS onto the WEIGHT STACK. Also slip two (2) RUBBER O-RINGS over the ends of the GUIDE RODS. (SEE DETAIL G)
21. Position the GUIDE RODS under the GUIDE ROD BRACKET of the MAIN UPRIGHT TOP SECTION, and hold in place using two (2) 2-1/2 IN. CLEVIS PINS. (SEE DETAIL G)
22. Position the RUBBER O-RINGS under the GUIDE ROD BRACKET. Also, apply the WEIGHT STACK LABELS to the WEIGHT PLATES. (SEE DETAIL A)
23. Insert one (1) 1-1/2 IN. END CAP into PRESS ARM STOP.
24. Peel backing from one (1) 1-1/4 IN. SQ. RUBBER BUMPER and securely attach to the 1 1/2 IN. END CAP on PRESS ARM STOP.

DRAWING #2 (STEPS 25-37)

25. Attach two (2) 4-1/2 O.D. DIA. PULLEYS with 2 IN. BUSHING, to PRESS ARM using two (2) 3/8 X 3 IN. HEX HEAD BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
26. To attach PRESS ARM to MAIN UPRIGHT TOP SECTION, raise PRESS ARM to align collars with ROUND TUBE on MAIN UPRIGHT TOP SECTION and insert PIVOT BAR. ALIGN two (2) 5/16 X 1/4 IN. SET SCREWS into holes on collars of PRESS ARM AND TIGHTEN. (USE OF A LUBRICANT MAY HELP SLIDE PIVOT BAR)
27. Slide two (2) 1-1/4 X 7 IN. GRIPS on the HORIZONTAL HANDLES of the PRESS ARM, and two (2) 1-1/4 X 5 IN. GRIPS on the VERTICAL HANDLES. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE)
28. Insert two (2) 2 IN. SQ. END CAPS into each end of the LEG CURL/ARM ASSEMBLY.
29. Insert one (1) 2 IN. SQ. END CAP into end of LEG CURL EXTENSION NECK, of the BACK/SEAT SUPPORT.
30. Insert two (2) 1/2 IN. FLANGE BEARINGS into the BUSHING in the LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT.
31. Assemble the LEG CURL ARM ASSEMBLY to the LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT, using one (1) 1/2 X 3 IN. HEX HEAD BOLT and one (1) 1/2 IN. LOW-HEIGHT LOCK NUT. (NOTE: TIGHTEN UNTIL SNUG BUT STILL ABLE TO SWIVEL)
32. Peel away paper backing on one (1) 1-1/4 IN. SQ. RUBBER BUMPON, attach to LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT where LEG CURL ARM ASSEMBLY meet.
33. LOOSELY assemble one (1) 3 1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into PULLEY BRACKET on the LEG CURL ARM ASSEMBLY, Using one (1) 3/8 X 2 IN. HEX HEAD BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
34. Attach two (2) ROLLER PADS to the LEG CURL ARM ASSEMBLY, using one (1) ROLLER PAD SHAFT, and two (2) STARLOCK COLLARS. (NOTE: WHEN USING THE LOW PULLEY OFF THE LEG CURL ARM ASSEMBLY, LOCK IN PLACE BY INSERTING L-PIN INTO BUSHING ON THE LEG CURL EXTENSION NECK)
35. Assemble two (2) ROLLER PADS to the BACK SEAT SUPPORT, using one (1) ROLLER PAD SHAFT, and two (2) STARLOCK COLLARS.
36. Attach one (1) 3-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into REAR "U" PULLEY BRACKET of BACK/SEAT SUPPORT, using one (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.

PBF351 EX350 BASE UNIT ASSEMBLY INSTRUCTIONS CONTINUED

37. Attach BACK PAD to BACK/SEAT SUPPORT, using two (2) 3/8 X 3 IN. HEX HEAD BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (NOTE: HIDDEN WELT CLIP SHOULD BE LOCATED AT BOTTOM)

DRAWING #3 (STEPS 38-52)

38. Assemble two (2) SWIVEL PULLEY BRACKETS, using one (1) 3/8 X 3/4 IN. BOLT, two (2) 5/16 IN. WASHERS, one (1) 3/8 IN. WASHER, and one (1) 3/8 IN. LOW HEIGHT LOCK NUT. (TIGHTEN UNTIL LOCKED, THEN BACK OFF 1/4 TURN) (SEE DETAIL L).
39. Attach two (2) 4-1/2 O.D. DIA. PULLEYS with 1 IN. BUSHING to the SWIVEL PULLEY BRACKET ASSEMBLY, using two (2) 3/8 X 1-3/4 IN. HEX HEAD BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS (SEE DETAIL K) (DO NOT TIGHTEN)
40. Slide four (4) 1 X 8 in. GRIPS over each end of the LAT BAR, and LOW ROW BAR. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE)

NOTE: BEFORE PROCEEDING WITH CABLE INSTALLATION, UNRAVEL CABLE, AND REMOVE AS MUCH SPIRALING AS POSSIBLE.

41. To install the PRIMARY CABLE insert end of CABLE with THREADED FITTING into GROOVE of PULLEY upwards between PULLEY and LAT BAR HOLDER on MAIN UPRIGHT TOP SECTION. (REMOVE PULLEY FOR EASE OF INSTALLATION)

Pull CABLE down until WHITE BALL stops against PULLEY and LAT BAR HOLDER.

Run CABLE down and under TOP PULLEY on PRESS ARM, then over FRONT PULLEY on BACK/SEAT SUPPORT.

Pull CABLE around PULLEY on BACK/SEAT SUPPORT and towards the PRESS ARM. Run CABLE over BOTTOM PULLEY of PRESS ARM and back, through the opening of the BACK SEAT SUPPORT, to the SMALL PULLEY.

While pulling CABLE down over SMALL PULLEY on the back of the BACK/SEAT SUPPORT, insert the CABLE END around one of the PULLEYS of the SWIVEL PULLEY BRACKET ASSEMBLY. (REMOVE PULLEY FOR EASE OF INSTALLATION)

Pull CABLE up to the PULLEY in the PULLEY HOUSING above the WEIGHT STACK on the MAIN UPRIGHT TOP SECTION. Pull CABLE over and down PULLEY to SELECT CENTER SHAFT on HEAD WRIGHT PLATE. (REMOVE PULLEY FOR EASE OF INSTALLATION)

Attach the PRIMARY CABLE to the HEAD WEIGHT PLATE ASSEMBLY, by threading the STUD into the SELECT CENTER SHAFT and TIGHTEN COMPLETELY.

42. To install the SECONDARY CABLE, start by inserting the end of the CABLE into the front of the LOW ROW SWIVEL BRACKET. (REMOVE PULLEY FOR EASE OF INSTALLATION)

Pull the CABLE upward behind the PULLEY until the WHITE BALL stops at the front of the LOW ROW SWIVEL BRACKET.

Run CABLE around the BOTTOM PULLEY of the (SUSPENDED) SWIVEL PULLEY BRACKET ASSEMBLY. (REMOVE PULLEY FOR EASE OF INSTALLATION)

Pull CABLE under PULLEY on WEIGHT STACK SUPPORT BASE towards front of MACHINE. (NOTE: BE SURE TO PLACE CABLE RETAINING "L" CLIP UNDER PULLEY AFTERWARDS)

PBF351 EX350 BASE UNIT ASSEMBLY INSTRUCTIONS CONTINUED

To finish SECONDARY CABLE INSTALLATION, run CABLE under PULLEY on the PULLEY BRACKET of the LEG CURL EXTENSION ARM. (REMOVE PULLEY FOR EASE OF INSTALLATION)

43. TIGHTEN ALL BOLT CONNECTIONS AT THIS TIME. (NOTE: IF PRESS ARM APPEARS TO BE OFF CENTER, ALIGN PULLEYS WITH STOP ON BACK SEAT SUPPORT BEFORE AND DURING TIGHTENING)
44. Attach LAT BAR to PRIMARY CABLE with one (1) 5/16 IN. SNAP HOOK (SEE DETAIL C).

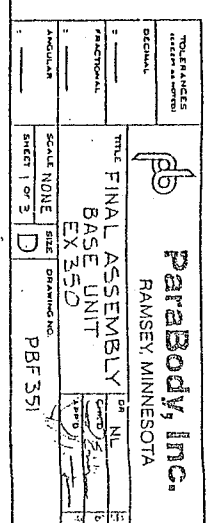
Attach two (2) 5/16 IN. SNAP HOOKS to each end of one (1) 24 LINK CHAIN, and attach it to the CABLE on the LOW ROW SWIVEL BRACKET. (SEE DETAIL E & F)

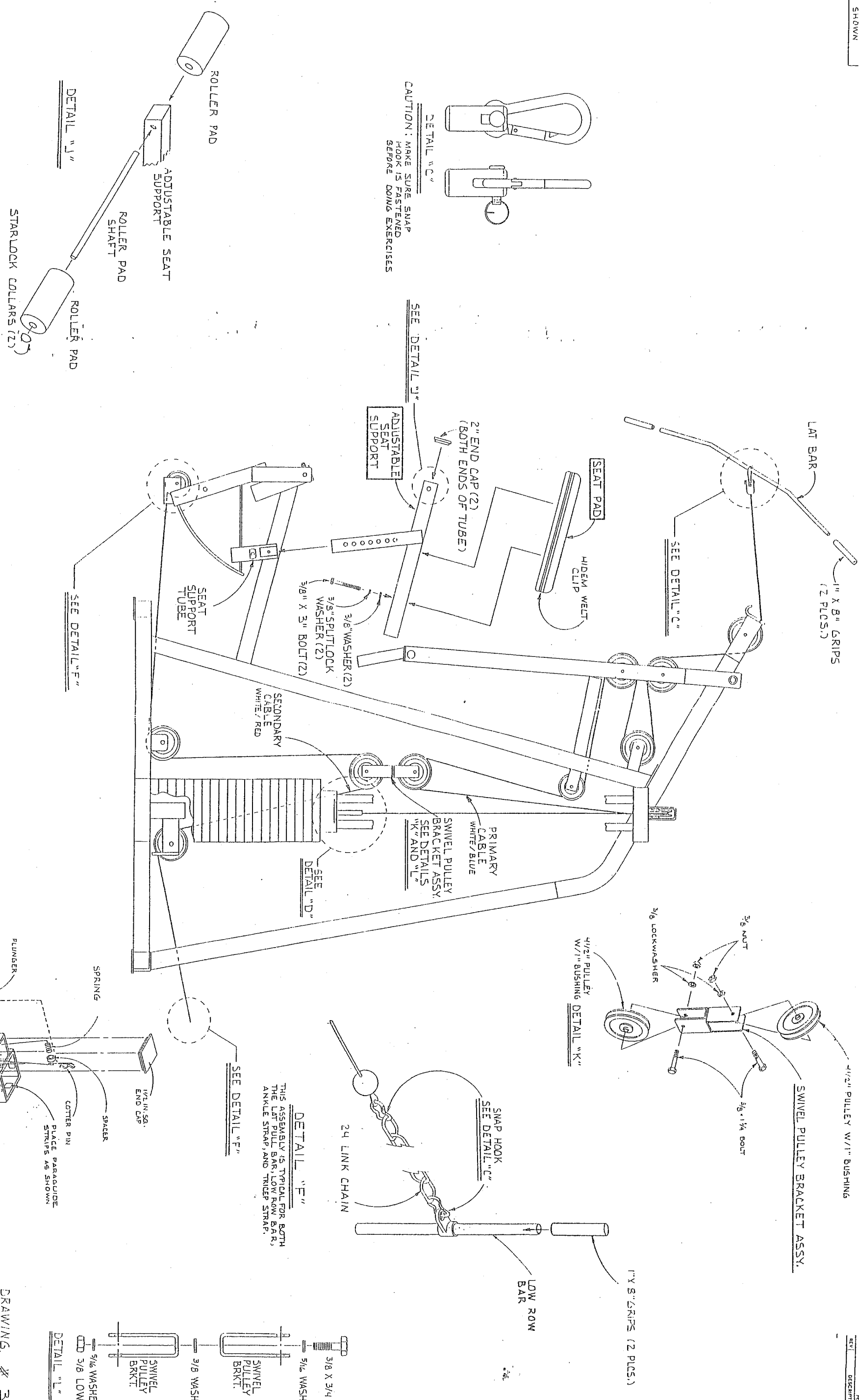
Attach two (2) 5/16 IN. SNAP HOOKS to each end of the second 24 LINK CHAIN. To be used with either the LOW ROW PULLEY on the LEG CURL ARM ASSEMBLY, or the UPPER PULLEY.

NOTE: SEE THE EXERCISE WALL CHART FOR INFORMATION ON THE VARIOUS ACCESSORIES THAT ATTACH TO THE 5/16 IN. SNAP HOOKS.

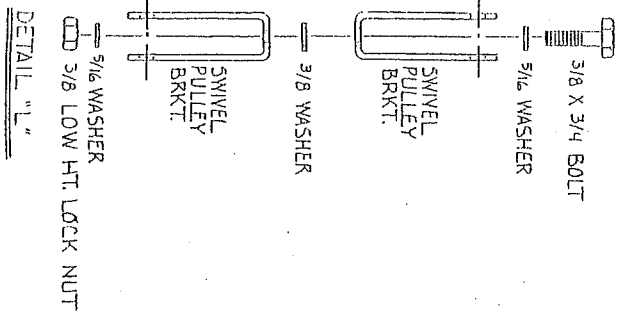
45. Attach eight (8) PARAGLIDE STRIPS to the SEAT SUPPORT TUBE on the BACK SEAT SUPPORT, as shown in (DETAIL H) using the following steps:
- A. Thoroughly clean all inside surfaces where the paraglide strips are to be attached.
 - B. Remove the paper backing from the paraglide strips and firmly apply them to all shown surfaces (8 places).
46. Assemble one (1) SPRING PIN ASSEMBLY to the SPRING PIN ASSEMBLY HOUSING located on the SEAT SUPPORT TUBE using one (1) KNOB, one (1) PLUNGER, one (1) SPRING, one (1) SPACER, and one (1) COTTER PIN. (SEE DETAIL H)
47. Insert one (1) 1 1/2 IN. SQ. END CAP into end of the SPRING PIN ASSEMBLY HOUSING on the SEAT SUPPORT TUBE. (SEE DETAIL H)
48. Insert two (2) 2 IN. SQ. END CAPS into each end of the ADJUSTABLE SEAT SUPPORT.
49. Assemble two (2) ROLLER PADS to the ADJUSTABLE SEAT SUPPORT, using one (1) ROLLER PAD SHAFT, and two (2) STARLOCK COLLARS. (SEE DETAIL J)
50. Attach the SEAT PAD to the ADJUSTABLE SEAT SUPPORT, using two (2) 3/8 X 3 IN. HEX HEAD BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (NOTE: BE SURE TO POSITION THE PAD SO THAT THE HIDDEN WELT CLIP IS FACING THE REAR)
51. Place the ADJUSTABLE SEAT SUPPORT ASSEMBLY into the SEAT SUPPORT TUBE located on the BACK SEAT SUPPORT, by disengaging the SPRING PIN ASSEMBLY until the plunger engages the last adjustment hole.
52. Install one (1) THUMSCREW into the SEAT SUPPORT TUBE. (SEE DETAIL H)

NOTE: IF THIS UNIT IS BEING ASSEMBLED WITH PEC DEC, RETURN TO STEP 3 OF THE PEC DEC ASSEMBLY INSTRUCTIONS.





THIS ASSEMBLY IS TYPICAL FOR BOTH THE LAT PULL BAR, LOW ROW BAR, ANKLE STRAP, AND TRICEP STRAP.



DRAWING NO. 3

TOLERANCES UNLESS OTHERWISE SPECIFIED		ParBody, Inc. RAMSEY, MINNESOTA	
DECIMAL		INCHES	DECIMAL
FRACTIONAL		INCHES	FRACTIONAL
SCALE	NONE	SIZE	EX 350
DRAWING NO.	PBF351		