

PBF405C FLAT/INCLINE BENCH ASSEMBLY INSTRUCTIONS

8. Attach sixteen (16) PARAGLIDE STRIPS to the SWIVEL SLEEVE (ONE IN EACH CORNER, BOTH ENDS) as shown in (DETAIL A) using the following steps:

- Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached.
- Remove paper backing from the PARAGLIDE STRIPS and firmly apply them to all shown surfaces (16 places)

9. Assemble the SWIVEL SLEEVE to the LEFT side of the BENCH FRAME as shown in (DETAIL A) using one (1) 1/2 X 5 IN. BOLT, one (1) 1/2 IN. WASHER, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. (NOTE: TIGHTEN SWIVEL SLEEVE ENOUGH THAT IT SWIVELS FREELY, YET IT DOESN'T WOBBLE)

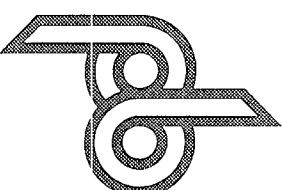
10. Insert two (2) 1-3/4 IN. SQ. END CAPS into each end of the ADJUSTABLE SLIDE.

11. Insert the multiple hole end of the ADJUSTABLE SLIDE into the SWIVEL SLEEVE. (NOTE: BE SURE SWIVEL SLEEVE IS IN THE PROPER POSITION, SEE DRAWING) Attach the other end to the ADJUSTABLE SLIDE MOUNT on the BACK PAD, using one (1) 1/2 X 3 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. (TIGHTEN UNTIL SNUG, THEN BACK OFF 1/4 IN. TURN)

12. To adjust SEAT PAD and/or BACK PAD use the two (2) 3/8 IN. L-PINS. (SEE DRAWING)

13. The extra 3/8 IN. L-PIN, and THUMBSCREW is for securing the BODYSMITH ATTACHMENTS at the front of the FLAT/INCLINE BENCH. (SEE DRAWING)

PARABODY INC.



FLAT/INCLINE BENCH PBF405C

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

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

REVISION: B

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

PBF405C FLAT/INCLINE BENCH ASSEMBLY PARTS LIST

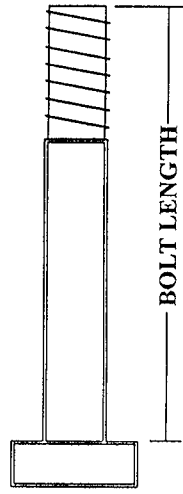
SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 5 IN. BOLT	1
2.	3/8 X 3 IN. BOLT	6
3.	1/2 X 3 IN. BOLT	1
4.	3/8 X 1-1/4 IN. BOLT	6
5.	1/2 IN. WASHER	3
6.	3/8 IN. WASHER	18
7.	3/8 IN. LOCK WASHER	10
8.	3/8 IN. NUT	4
9.	1/2 IN. LOW HEIGHT LOCK NUT	2
10.	3/8 IN. LOW HEIGHT LOCK NUT	2
11.	3/8 IN. L-PIN	3
12.	2 IN. SQ. END CAP	4
13.	1-3/4 IN. SQ. END CAP	2
14.	PARAGLIDE STRIPS	16
15.	THUMBSCREW	1

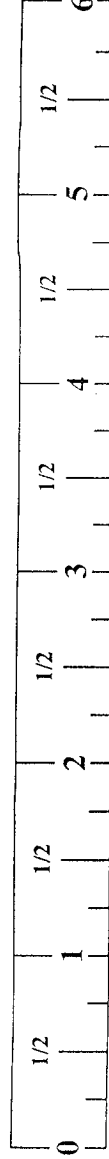
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE LEG (PB2365-1)	1
2.	BENCH FRAME (PB2587-1)	1
3.	ADJUSTABLE SLIDE MOUNT (PB2596-1)	1
4.	ADJUSTABLE SLIDE (PB2590-1)	1
5.	SEAT BRACKET (PB2352-1)	4
6.	SWIVEL SLEEVE (PB2592-1)	1
7.	SEAT PAD (PB3657-1)	1
8.	BACK PAD (PB3656-1)	1
9.	FRONT RUNNER (PB2591-1)	1

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



BOLT LENGTH RULER:



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IMPORTANT:

- THE BODYSMITH FLAT/INCLINE BENCH 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

1. Insert four (4) 2 IN. SQ. END CAPS into each end of the **BASE LEG**, and **FRONT RUNNER**.
2. **SECURELY** assemble the **BASE LEG** to the **REAR CONNECTOR** on the **BENCH FRAME**, 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.
3. **SECURELY** assemble the **FRONT RUNNER** to the **FRONT CONNECTOR** on the **BENCH FRAME**, 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. (SEE DRAWING)
4. Assemble four (4) **SEAT BRACKETS** to the **BENCH FRAME** as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOW HEIGHT LOCK NUTS. (**NOTE: TIGHTEN SEAT BRACKETS ENOUGH THAT THEY SWIVEL FREELY, YET THEY DON'T WOBBLE**)
5. **SECURELY** assemble the **SEAT PAD** to the **FRONT** set of **SEAT BRACKETS**, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
6. **SECURELY** assemble the **BACK PAD** to the **REAR** set of **SEAT BRACKETS**, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
7. **SECURELY** assemble the **ADJUSTABLE SLIDE MOUNT** to the **BACK PAD**, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (**NOTE: THE OFFSETTING FLANGE ON THE ADJUSTABLE SLIDE MOUNT SHOULD BE LOCATED ON THE LEFT SIDE OF THE BACK PAD. SEE DRAWING**)

