

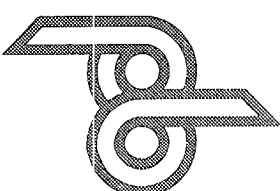
**PBF410A LAT MACHINE ASSEMBLY INSTRUCTIONS**

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18. 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**)

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**PARABODY INC.**



**LAT MACHINE  
PBF410A**

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**PRODUCT ASSEMBLY  
INSTRUCTION SHEETS**

**TOOLS REQUIRED FOR ASSEMBLY**

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

**REVISION: A**

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

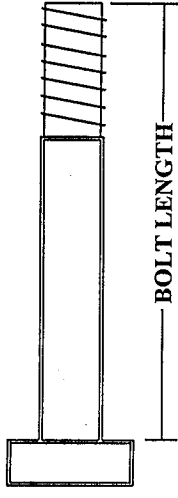
**1-800-328-9714**

## PBF410A LAT MACHINE ASSEMBLY PARTS LIST

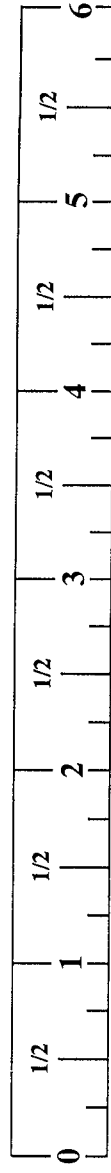
### SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:		
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	12
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 GAURD (PB2281-1)	1
17.	3/8 IN. LG. PULLEY SPACER	4
18.	1/4 IN. LG. PULLEY SPACER	2

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



BOLT LENGTH RULER:



## PBF410A LAT MACHINE ASSEMBLY INSTRUCTIONS

7. Insert one (1) 1-3/4 IN. SQ. END CAP into the end of the SEAT SUPPORT TUBE, on the FRONT UPRIGHT.
8. LOOSELY assemble the FRONT UPRIGHT, to the BASE 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 IN. BUSHING PULLEY, and two (2) 3/8 IN. LG. PULLEY SPACERS, (ONE ON EACH SIDE OF THE 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. (SEE DRAWING)
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 IN. BUSHING PULLEY, and two (2) 3/8 IN. LG. PULLEY SPACERS, (ONE ON EACH SIDE OF THE PULLEY) between the PULLEY MOUNT FLATS, (ABOVE THE WEIGHT CARRIAGE) using one (1) 3/8 X 2-3/4 IN. BOLT, one (1) 3/8 LOCK WASHER, and one (1) 3/8 NUT. (SEE DRAWING)
13. LOOSELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, two (2) 1/4 IN. LG. PULLEY SPACERS, (ONE ON EACH SIDE OF THE PULLEY) and one (1) CABLE SLIP GAURD, between the PULLEY MOUNT FLATS, (AS SHOWN ON DRAWING) 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.  
(NOTE: PLEASE NOTE THAT THERE ARE TWO SETS OF HOLES IN THE FRONT UPRIGHT. ASSEMBLE THE ROLLER PADS TO THE SET OF HOLES THAT GIVES YOU THE MOST COMFORT)
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 GAURD. (NOTE: REMOVE PULLEY FOR EASE OF INSTALLATION)
  - Attach one 1/4 IN. QUICK LINK, to the end of the CABLE, and then tighten bolt on TOP PULLEY (NOTE: THE CABLE SLIP GAURD SHOULD BE PARALLEL WITH PULLEY MOUNT FLATS.)

## PBF410A LAT MACHINE ASSEMBLY INSTRUCTIONS

### IMPORTANT:

- THE PARABODY LAT MACHINE 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 one (1) 2 IN. SQ. END CAP into the front end of the BASE SECTION, and two (2) 1-1/2 X 2-1/2 IN. END CAPS into the ends of the BASE LEGS.
2. Apply two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE TUBE, on the BASE SECTION, as shown on drawing.
3. LOOSELY assemble the REAR UPRIGHT to the BASE 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.

## PBF410A LAT MACHINE ASSEMBLY PARTS LIST

WELDMENTS/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	(PB2753-1) 1
7.	LOW ROW BAR	(PB2744-1) 1
8.	ROLLER PAD SHAFT	(PB1251-1) 1
9.	SEAT PAD	(PB3694-1) 1
10.	4 X 7 IN. ROLLER PAD	(PB1946-1) 2
11.	LAT PULL CABLE (BLUE)	(PB2277-1) 1
12.	LOW PULLEY CABLE (ORANGE)	(PB2279-1) 1
13.	3-1/2 O.D. X 1 IN. BUSHING PULLEY	(C1162-1) 3

