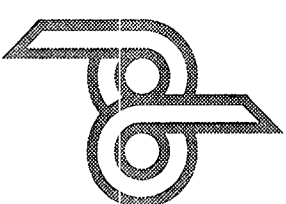

PARABODY INC.



LOW ROW ATTACHMENT

049 / 849

**PRODUCT ASSEMBLY
INSTRUCTION SHEETS**

TOOLS REQUIRED FOR ASSEMBLY:

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

REVISION: A

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.

049 / 849 LOW ROW ATTACHMENT ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

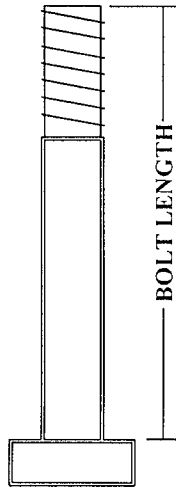
HARDWARE:

ITEM	PART NUMBER	DESCRIPTION	QTY
1.	3102501	WASHER, FLAT 3/8 ID	4
2.	3102502	WASHER, FLAT 1/2 ID	4
3.	3102801	NUT, NYLOCK 1/2-13	2
4.	3102802	NUT, NYLOCK 3/8-16	2
5.	3102918	BOLT, HHG2 1/2-13 X 3-1/4	2
6.	3102942	BOLT, HHG2 3/8-16 X 3-1/2	2
7.	6011401	PIN SADDLE LOCKING 2	1
8.	6177001	STRIP, NON-SKID 2-1/2 X 5-1/2	4
9.	6236701	CAP, END 1 3/4 SQ 10-14GA	1
10.	6405201	CAP, END 2 SQ 10-14 GA	1

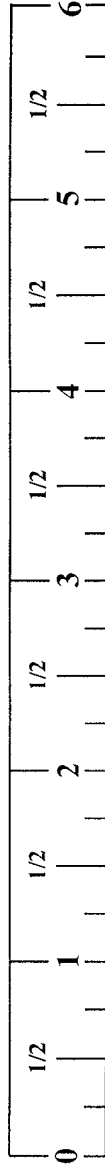
WELDMENTS/PARTS:

ITEM	PART NUMBER	DESCRIPTION	QTY
1.	6013703/04	PLATE, 1/4 X 2 X 5-1/4 WHT/GRAY	1
2.	6215703/04	WLDMT, FOOT BRACE WHT/GRAY	1
3.	6284702/04	WLDMT, ADJUSTABLE TUBE BLK/GRAY	1
4.	6215901	HDWE ASSY, BAG 1/1 LOW ROW ATT	1
5.	6057401	CARD, WARRANTY BODYSMITH	1

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



BOLT LENGTH RULER:



049 / 849 LOW ROW ATTACHMENT ASSEMBLY INSTRUCTIONS

DELUXE LAT MACHINE and ECONO LAT MACHINE (010)

1. Remove the hardware from the assembly of the SEAT SUPPORT to the BASE of the LAT MACHINE, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the ADJUSTMENT TUBE ASSEMBLY.
3. **THE CONNECTOR PLATE IS NOT REQUIRED FOR THIS ASSEMBLY PLEASE DISCARD.**
4. Assemble the ADJUSTMENT TUBE ASSEMBLY to the SEAT SUPPORT and BASE as shown on drawing, using two (2) 1/2 X 3-1/2 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. NYLOCK NUTS. (NOTE: THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP)
5. Insert one (1) 2 IN. SQ. END CAP into the front end of the FOOT BRACE ASSEMBLY.
6. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE ASSEMBLY as shown on drawing.
7. Slide the FOOT BRACE ASSEMBLY over the ADJUSTMENT TUBE ASSEMBLY to the desired hole setting and hold in place with on SAFETY LOCK PIN.

049 / 849 LOW ROW ATTACHMENT ASSEMBLY INSTRUCTIONS

BODYSMITH BENCH WIDE and NARROW

1. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
2. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **FRONT LEG** of the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. NYLOCK NUTS. (NOTE: **THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP**)
3. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
4. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
5. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with on **SAFETY LOCK PIN**.

MULTI-ANGLE BENCH

1. Remove the hardware from the assembly of the **FRONT LEG** to the **BENCH**, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
3. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. NYLOCK NUTS. (NOTE: **THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP**)
4. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
5. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
6. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with on **SAFETY LOCK PIN**.

049 / 849 LOW ROW ATTACHMENT ASSEMBLY INSTRUCTIONS

IMPORTANT:

THE LOW ROW ATTACHMENT WAS DESIGNED TO BE USED ON SEVERAL PARABODY PRODUCTS. PLEASE FOLLOW THE INSTRUCTIONS INTENDED FOR YOUR SPECIFIC PRODUCT:

- FLAT/INCLINE/DECLINE BENCH
- FLAT and INCLINE BENCH
- BODYSMITH BENCH WIDE and NARROW
- MULTI-ANGLE BENCH
- DELUXE LAT MACHINE
- ECONO LAT MACHINE (010)

FLAT/INCLINE/DECLINE BENCH:

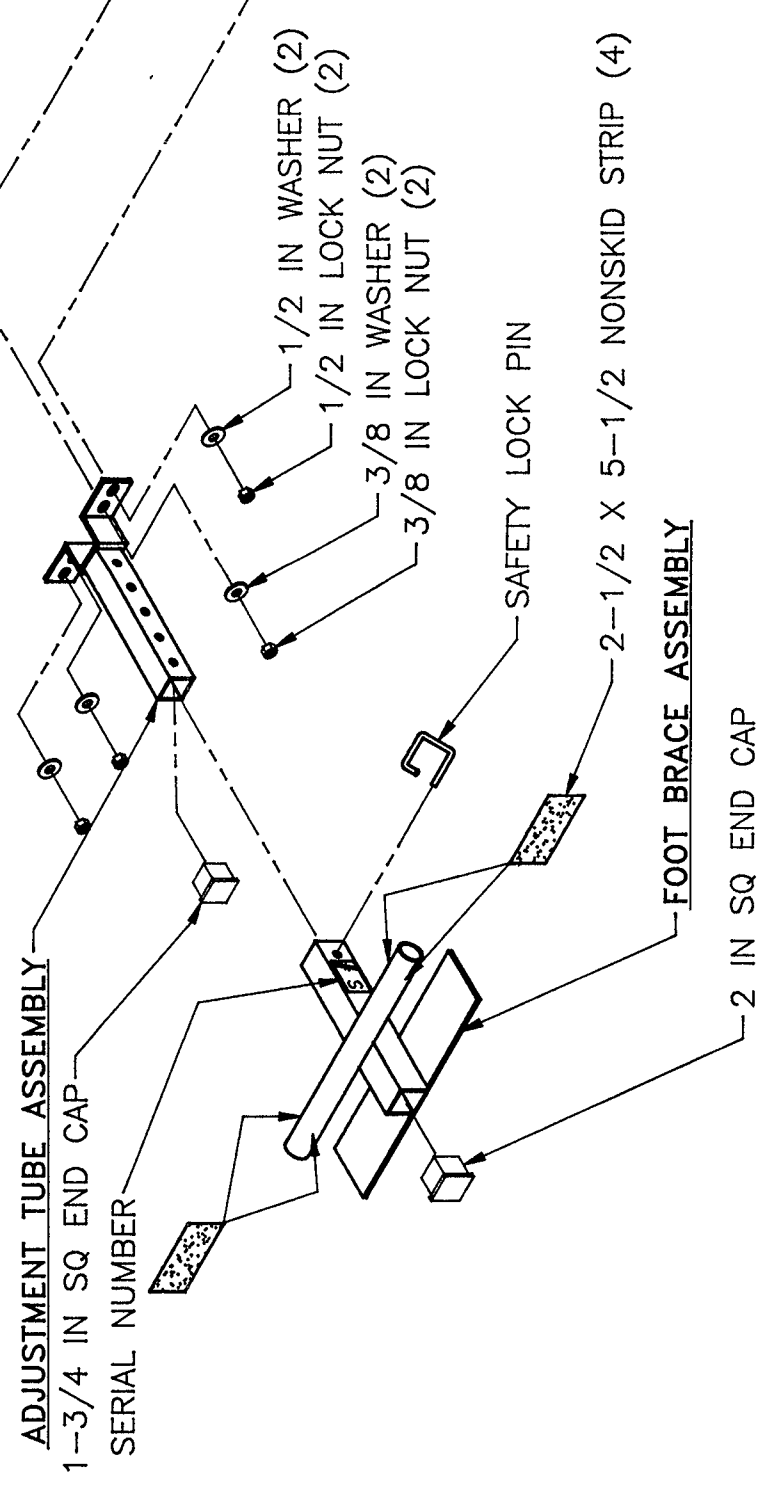
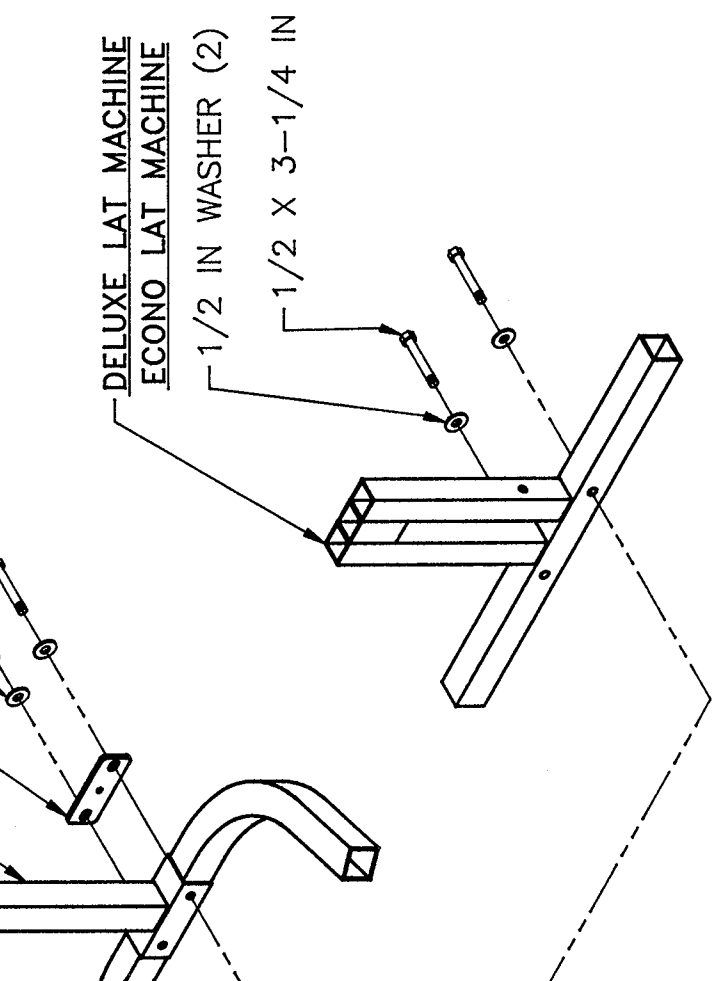
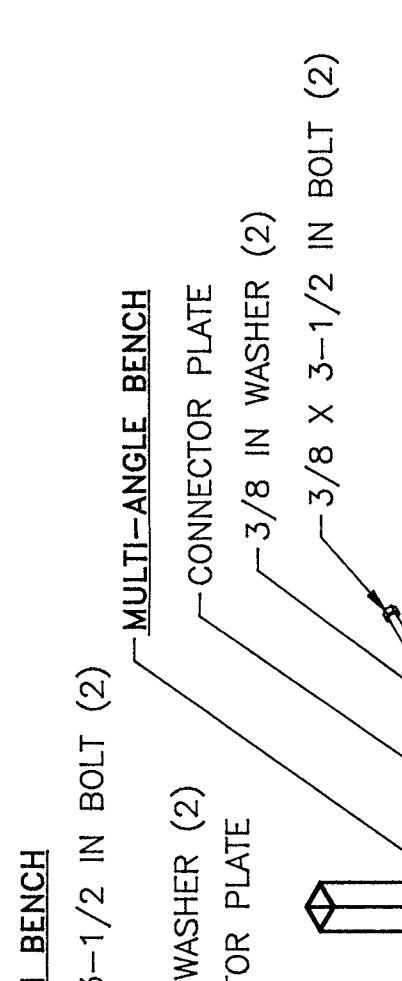
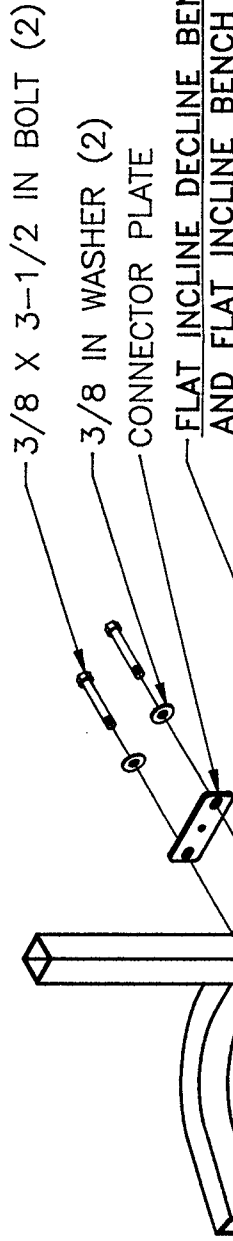
1. Remove the hardware from the assembly of the **FRONT LEG** to the **BENCH**, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
3. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. NYLOCK NUTS. (NOTE: **THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP**)
4. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
5. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
6. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with the **SAFETY LOCK PIN**.


FLAT and INCLINE BENCH

1. Remove the hardware from the assembly of the **FRONT LEG** to the **BENCH**, and discard.
2. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **ADJUSTMENT TUBE ASSEMBLY**.
3. Assemble the **ADJUSTMENT TUBE ASSEMBLY** and the **CONNECTOR PLATE** to the **BENCH** as shown on drawing, using two (2) 3/8 X 3-1/2 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. NYLOCK NUTS. (NOTE: **THE BRACKET ON THE ADJUSTMENT TUBE ASSEMBLY IS FLUSH TO THE TOP OF THE TUBE, PLEASE ASSEMBLE FLUSH SIDE UP**)
4. Insert one (1) 2 IN. SQ. END CAP into the front end of the **FOOT BRACE ASSEMBLY**.
5. Attach four (4) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE ASSEMBLY** as shown on drawing.
6. Slide the **FOOT BRACE ASSEMBLY** over the **ADJUSTMENT TUBE ASSEMBLY** to the desired hole setting and hold in place with on **SAFETY LOCK PIN**.

DASH NO
01 AS SHOWN

REVISIONS			
REV	DESCRIPTION	CHG NO	APP'D DATE
A	NEW RELEASE	2337	DMT 3/94
B	ADDED 049101	2366	DMT 7/94



TOLERANCES (EXCEPT AS NOTED)		 <i>Strength Building Gear</i>	
DECIMAL	~	TITLE ASSY INST, 049101, 849101	
FRACTIONAL	~	SCALE	1/12
ANGULAR	~	SIZE	B
		SHEET	1 OF 1
		DR	JWE
		CHK'D	DMT
		5/94	APP'D
			DMT
			7/94
		DRAWING NO. 64266	