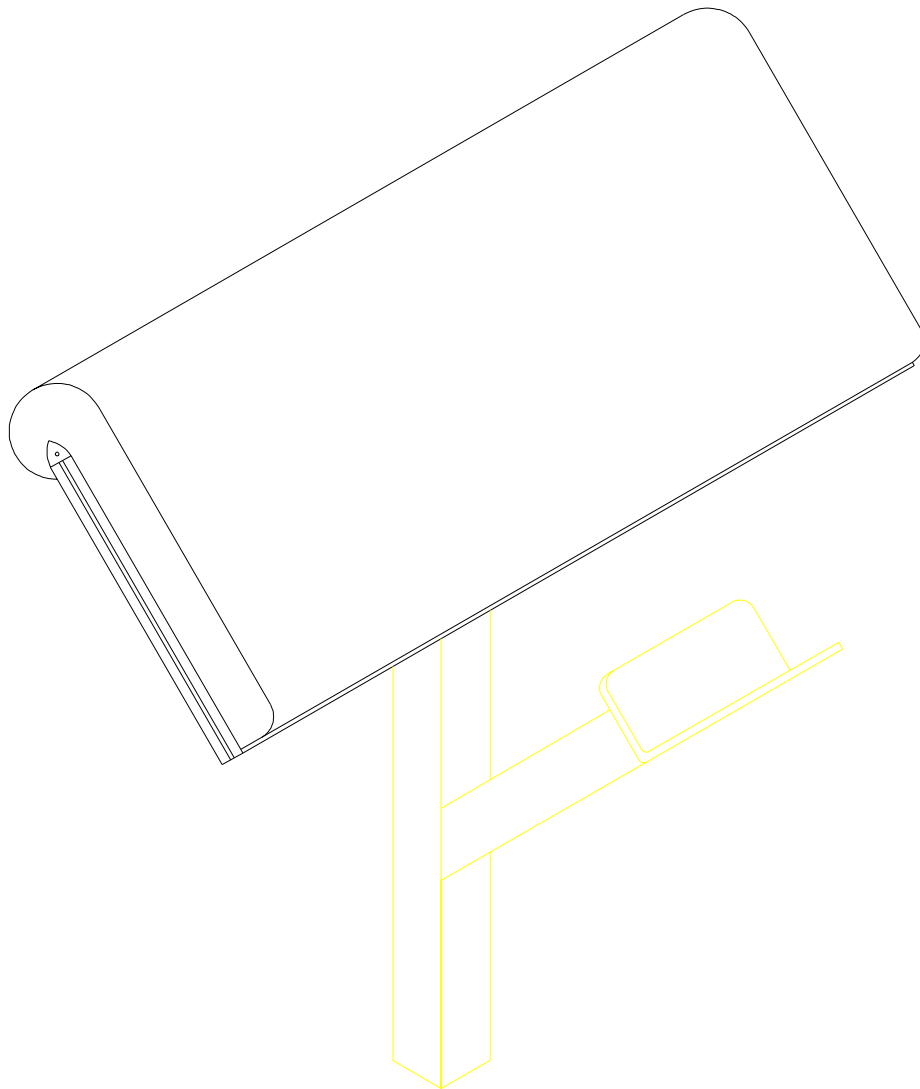




Serious Steel

886101 ARM CURL ATTACHMENT



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF **Serious steel!**

Please note:

- * Thank you for purchasing the Parabody 886101 ARM CURL ATTACHMENT. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

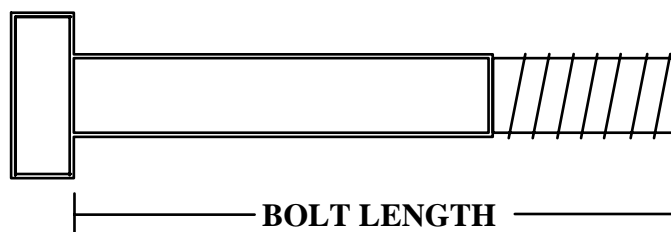
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

Tools Required for Assembly

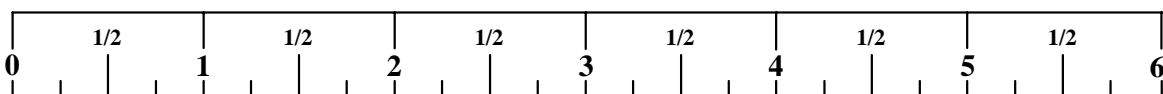
- * Ratchet with 9/16" socket or wrench

Bolt Length Ruler

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



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6418502	ARM CURL FRAME	1
2	6533801	ARM PAD	1
3	3102901	3/8 X 1-1/4" BOLT	2
4	3102501	3/8" WASHER	2
5	3102601	3/8" LOCK WASHER	2

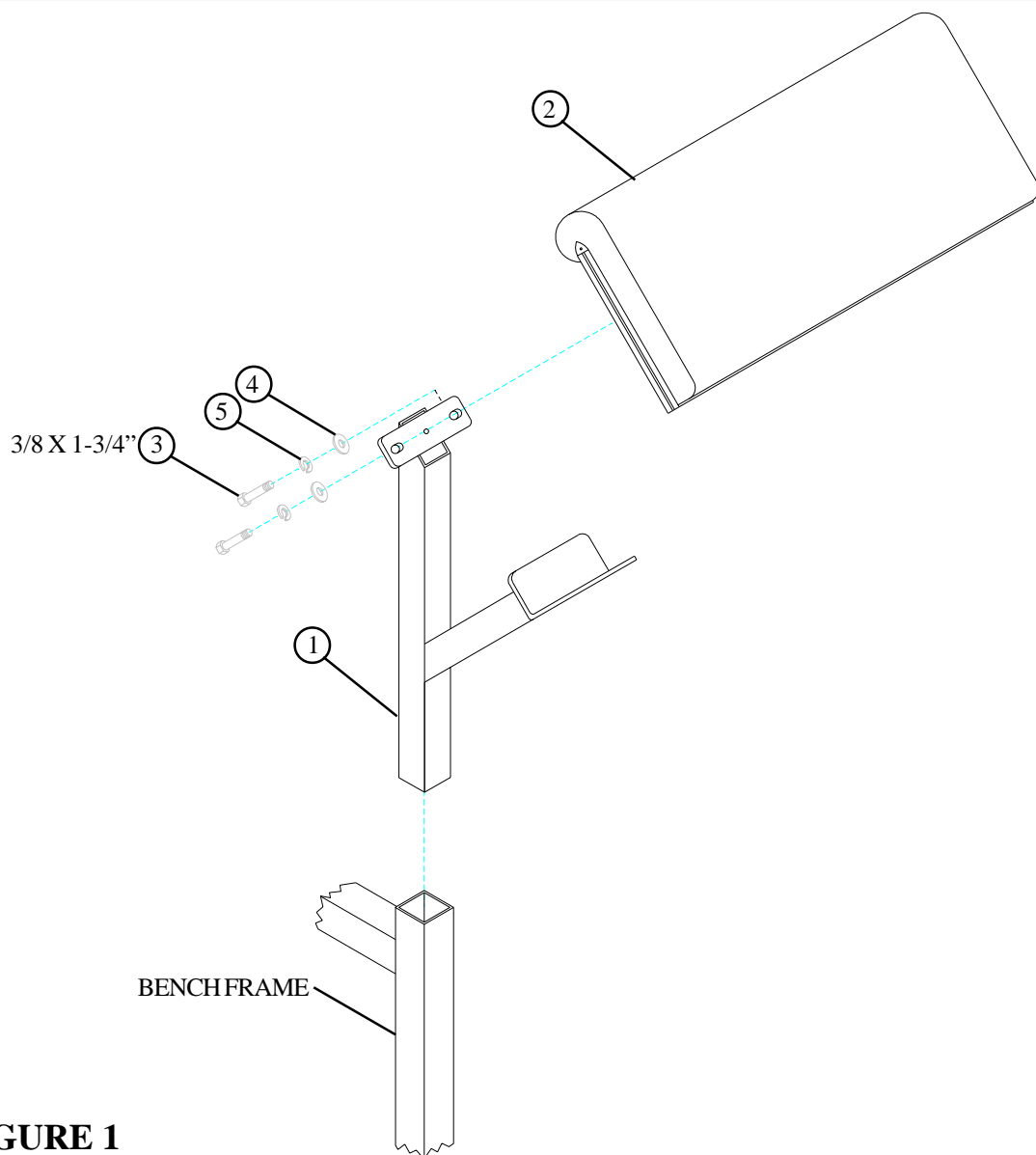


FIGURE 1

STEP 1:

- **SECURELY** assemble the ARM PAD (2) to the ARM CURL FRAME (1) using two 3/8" X 1-1/4" BOLTS (3), two 3/8" LOCK WASHERS (5), and two 3/8" LOCK NUTS (4) as shown in FIGURE 1.
- Insert the ARM CURL ATTACHMENT into the UPRIGHT TUBE of the BENCH FRAME as shown in FIGURE 1, and tighten in place using the THUMBSCREW.

Thank you for purchasing the PARABODY 886101 ARM CURL ATTACHMENT. If unsure of proper use of equipment, call your local PARABODY distributor or call the PARABODY customer service department at (800) 328-9714.