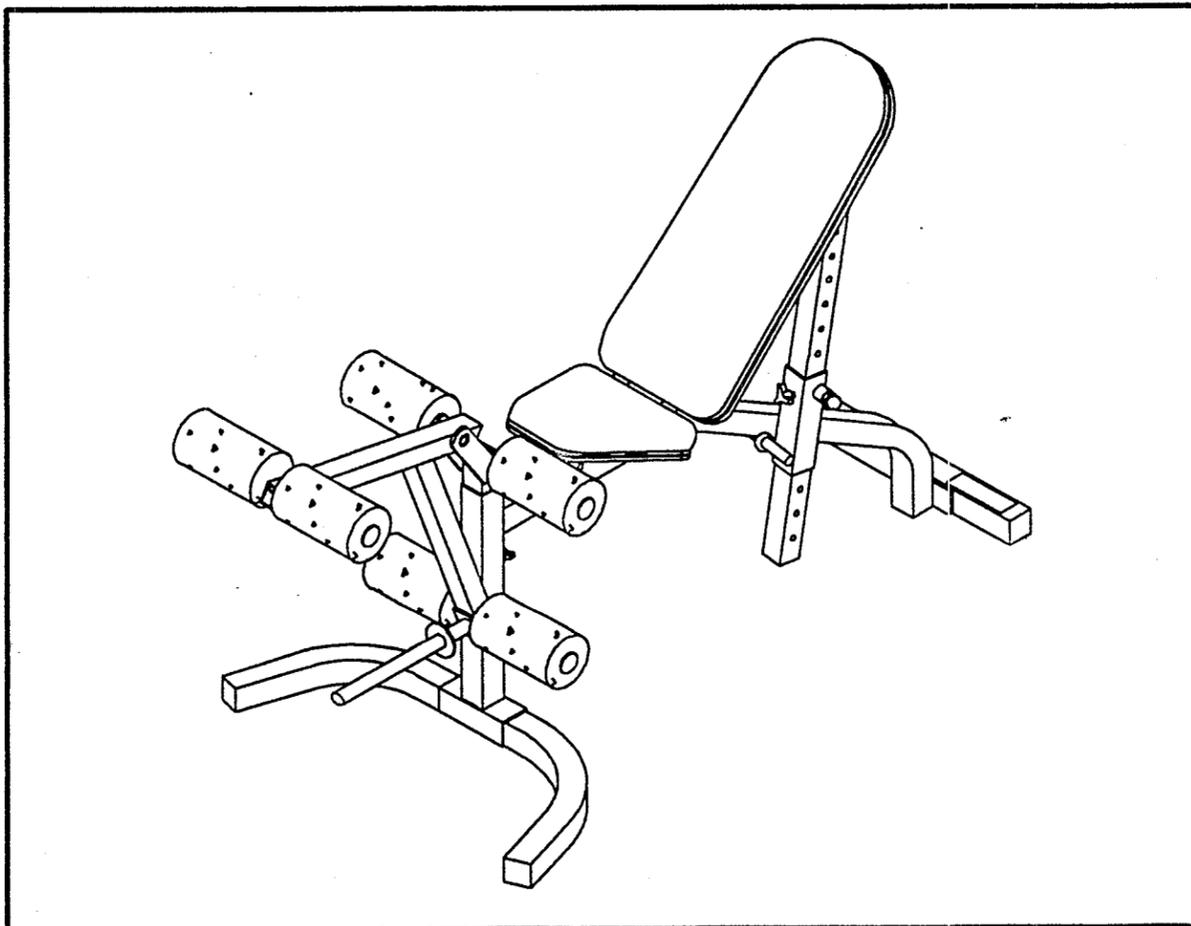




824101
LEG CURL/EXT ATTACHMENT



PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

824101 LEG CURL/EXT ATTACHMENT ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

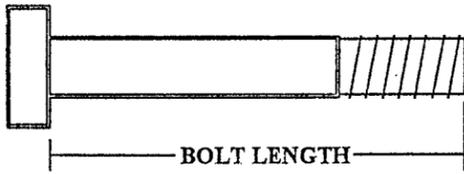
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3 IN. BOLT	1
2.	1/2 IN. WASHER	2
3.	1/2 IN. LOW HEIGHT LOCK NUT	1
4.	1/2 IN. FLANGE BEARING	2
5.	3/4 IN. STARLOCK COLLAR	6
6.	1-3/4 IN. SQ. END CAP	4
7.	3/4 IN. SQ. RUBBER BUMPER	1

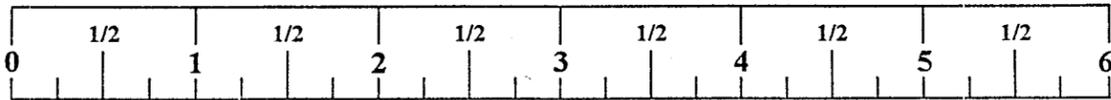
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	LEG EXTENSION WLDMT(6416401)	1
2.	LEG EXTENSION NECK WLDMT(6416301)	1
3.	ROLLER PAD SHAFT(6125101)	2
4.	U-PIN(6406501)	1
5.	ROLLER PAD(6194601)	6

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



BOLT LENGTH RULER:



824101 LEG CURL/EXT ATTACHMENT ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 824101 LEG CURL/EXT ATTACHMENT. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- 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.
- TOOLS REQUIRED: RATCHET, 3/4 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER

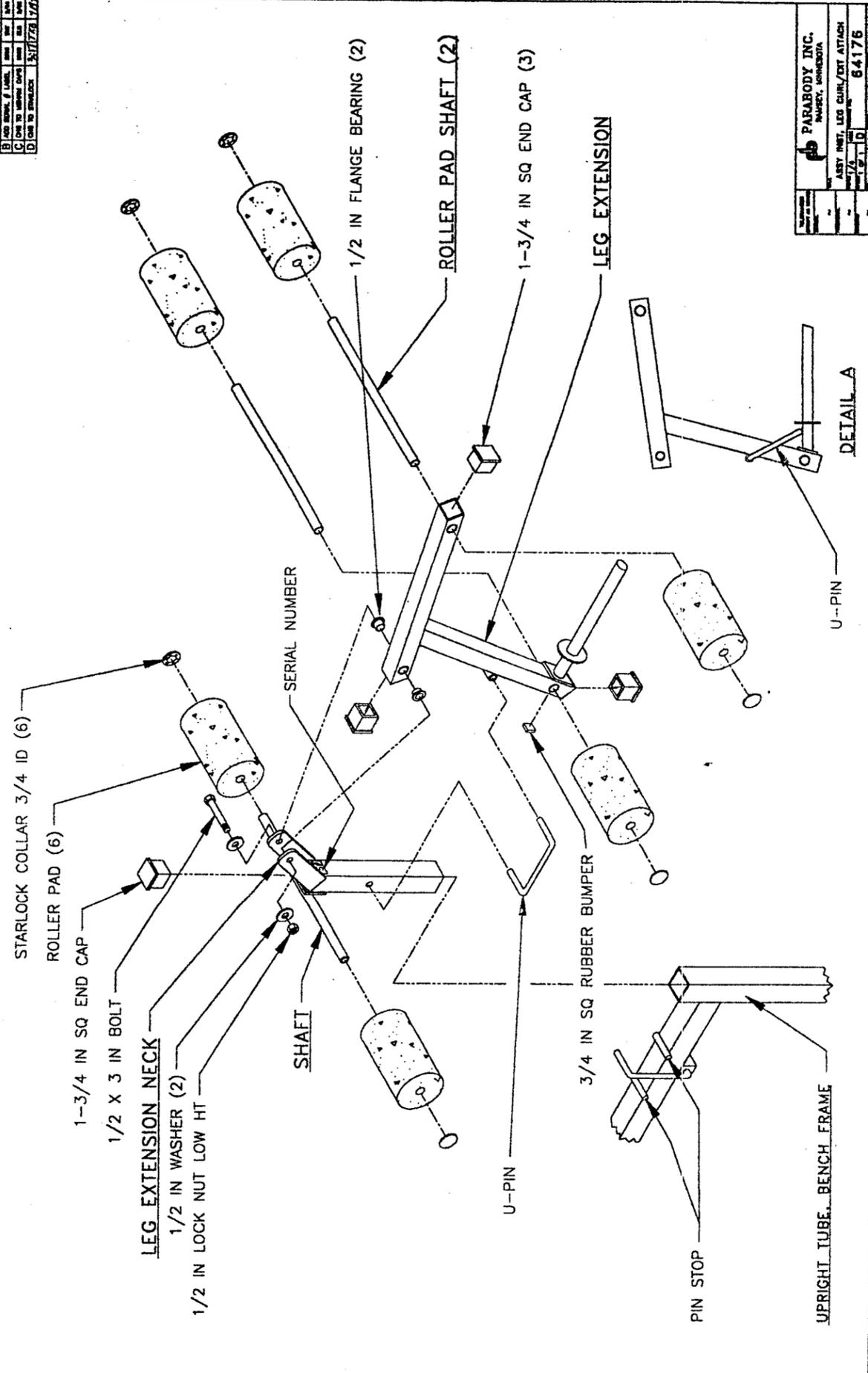
1. Insert one (1) 1-3/4 IN. SQ. END CAP into the top of the LEG EXTENSION NECK as shown on drawing.
2. Slide two (2) ROLLER PADS over each end of the SHAFT of the LEG EXTENSION NECK, as shown on drawing, and hold in place using two (2) 3/4 IN. STARLOCK COLLARS.
3. Insert three (3) 1-3/4 IN. SQ. END CAPS into the ends of the LEG EXTENSION as shown on drawing.
4. Insert two (2) 1/2 IN. FLANGE BEARINGS into the BUSHING on the LEG EXTENSION as shown on drawing.
5. Assemble the LEG EXTENSION NECK to the LEG EXTENSION as shown on drawing, 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 THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG EXTENSION TO ROTATE FREELY)
6. Assemble four (4) ROLLER PADS to the LEG EXTENSION as shown on drawing, using two (2) ROLLER PAD SHAFTS, and four (4) 3/4 IN. STAR LOCK COLLARS.
7. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the LEG EXTENSION approximately where shown on drawing.
8. To perform LEG CURLS or LEG EXTENSION, insert the LEG EXTENSION ASSEMBLY into the UPRIGHT TUBE of the BENCH FRAME as shown on drawing, and tighten in place using the THUMBSCREW. To adjust the SEAT PAD for the LEG EXTENSION position, pull out on the U-PIN. Rotate the U-PIN back pass the FIRST PIN STOP. Release the U-PIN, and allow it to rest up against the FIRST PIN STOP.

824101 LEG CURL/EXT ATTACHMENT ASSEMBLY INSTRUCTIONS

9. To perform **DECLINES** or **AB CRUNCHES**, loosen the **THUMBSCREW**, and pull up the **LEG EXTENSION ASSEMBLY** until the hole in the **LEG EXTENSION NECK** is exposed. Insert the **U-PIN** through the hole in the **NECK** and the **BUSHING** on the **LEG EXTENSION (AT THE SAME TIME)**. Allow the **U-PIN** to rest on top of the **UPRIGHT TUBE**. Re-tighten the **THUMBSCREW**. To adjust the **SEAT PAD** for the **DECLINE** position, rotate the **U-PIN** back to the **SECOND PIN STOP**.
10. When **U-PIN** is not in use, insert it through the **BUSHING** of the **LEG EXTENSION**, and position it behind the **WASHER** on the **WEIGHT PEG** of the **LEG EXTENSION**. (SEE **DETAIL A**)

NOT AS SHOWN

REV	DESCRIPTION	DATE	BY
A	ISSUE RELEASE		
B	ADD SERIAL # LABEL		
C	CHANGE TO IMPROVE CAPS		
D	CHANGE TO STARLOCK	3/17/78	JAT

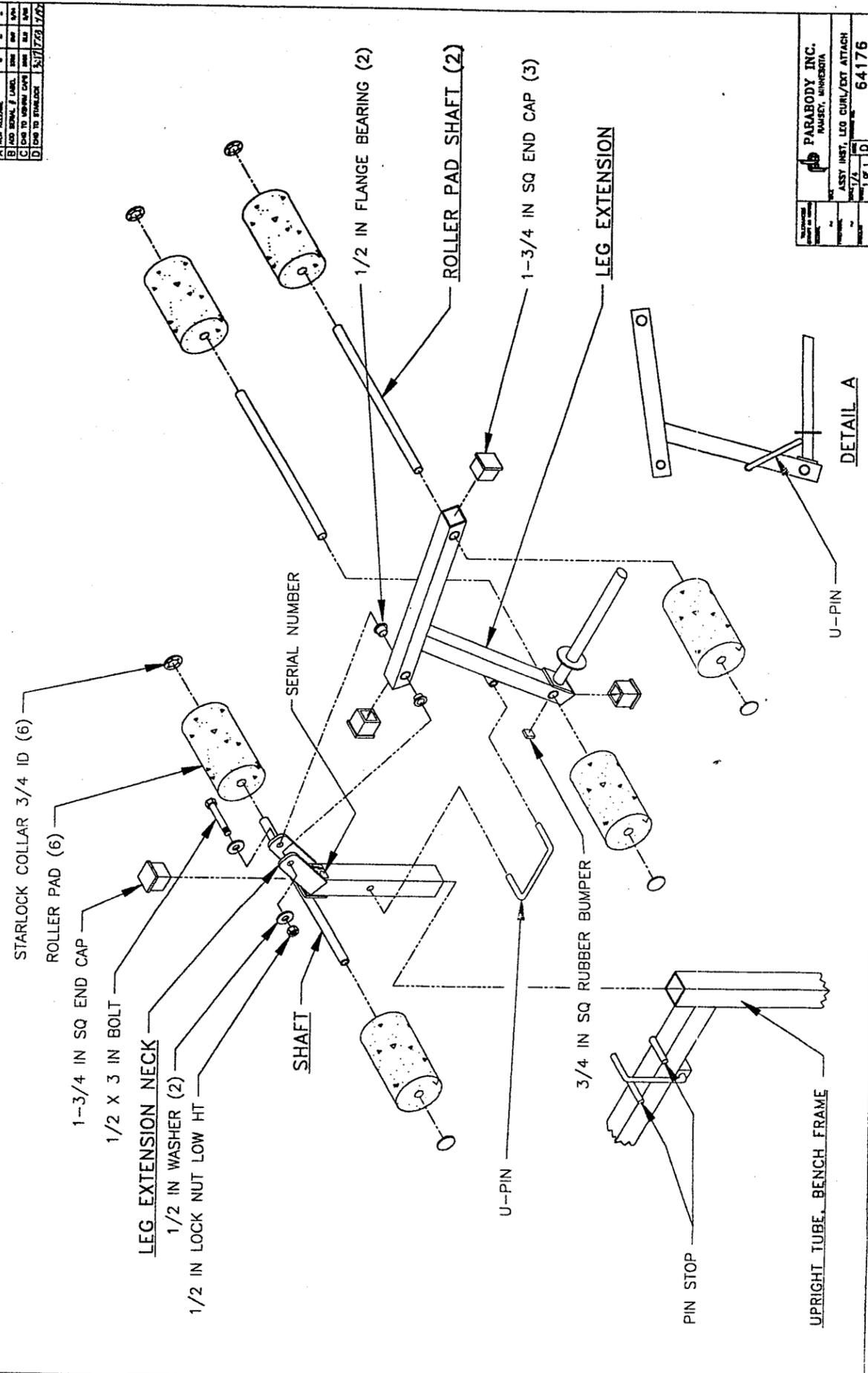


PARABODY INC.	
PARABODY, WASHINGTON	
ASST. INST. LEG. CURL/EXT. ATTACH	64176
DATE	
BY	
CHKD BY	
APP'D BY	

REVISED
01 AS SHOWN

REVISIONS	
A	IMP RELEASE
B	ADD SERIAL # LABEL
C	CHG TO UPRIGHT LEG
D	CHG TO STARLOCK

DATE: 5/17/79
BY: 1722



PARABODY INC. SAFETY, MINNESOTA	
ASSY INST. LEG CURL/EXT ATTACH	64176