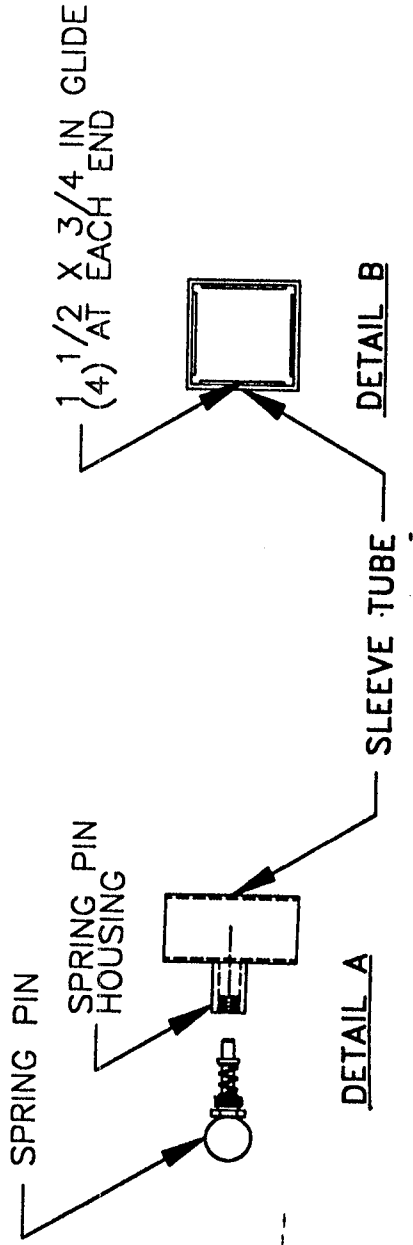
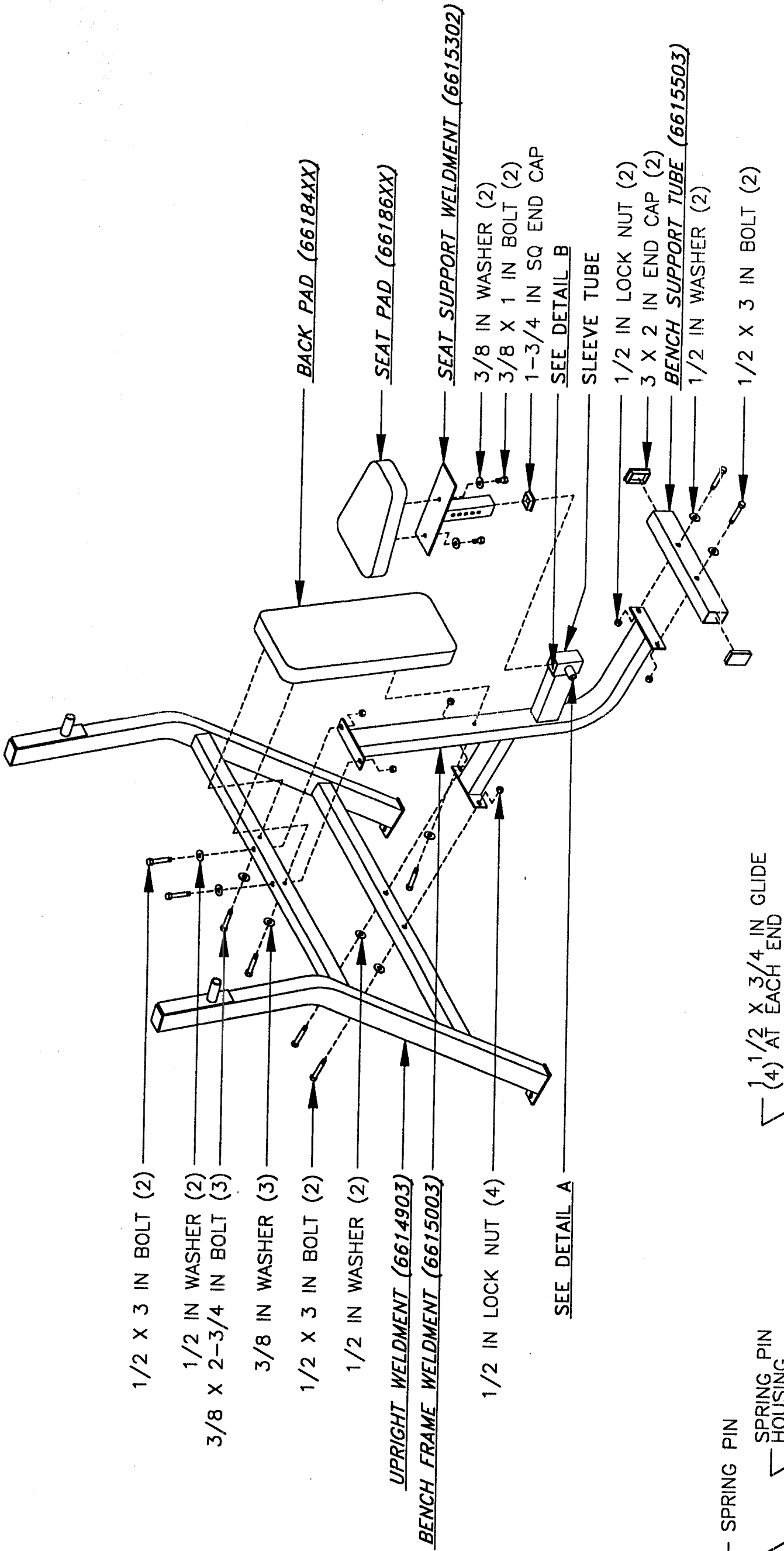


DASH NO	DESCRIPTION
01	AS SHOWN

REVISIONS			
REV	DESCRIPTION	CHG NO	APP'D

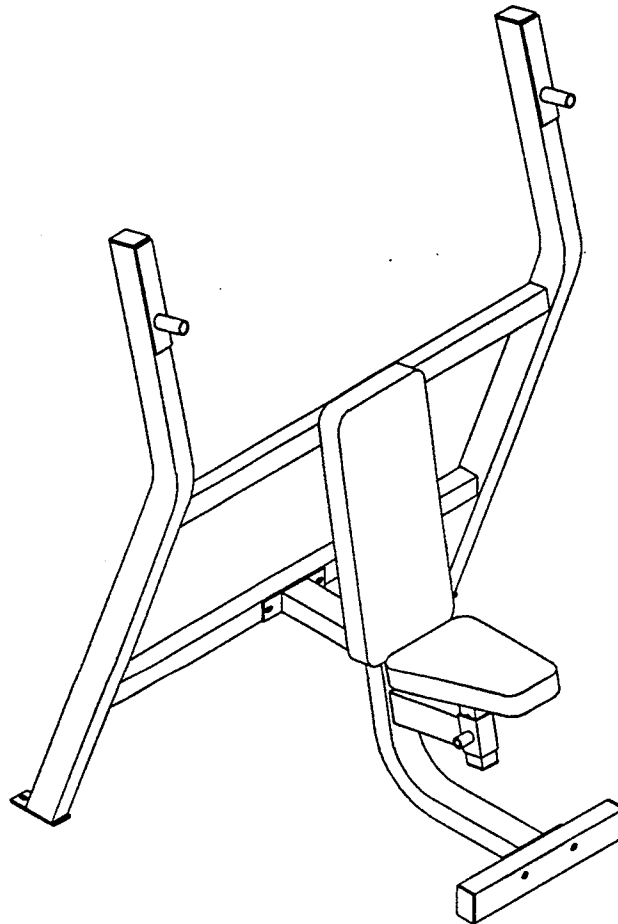


TOLERANCES (EXCEPT AS NOTED)		TITLE	
DECIMAL		ASSY INST, 940101	
FRACTIONAL		SCALE 1/16	DRAWING NO.
ANGULAR		SHEET 1 OF 1	B
DR	MGN	CHK'D	APP'D
		6/96	6/96
PARABODY, INC.			
RAMSEY, MINNESOTA			
66266			



Serious Steel

**940101
SHOULDER PRESS BENCH
ASSEMBLY INSTRUCTIONS**



**ParaBody, Incorporated
14150 Sunfish Lake Boulevard
Ramsey, MN 55303
1-800-328-9714**

THANK YOU

FOR PURCHASING THE 940101 SHOULDER PRESS BENCH. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

*****IMPORTANT*****

- THE 940101 SHOULDER PRESS BENCH MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PEOPLE TO AVOID POSSIBLE INJURY.
- 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 and WRENCH, 9/16 SOCKET and WRENCH, and RUBBER Mallet or HAMMER.

1. SECURELY assemble the **BENCH FRAME WELDMENT** to the **UPRIGHT FRAME WELDMENT** as shown on drawing.
2. Insert two (2) 3 X 2 IN END CAPS into the ends of the **BENCH SUPPORT TUBE**, and SECURELY assemble it to the **BENCH FRAME WELDMENT** as shown on drawing.
3. Attach eight (8) 1-1/2 X 3/4 IN GLIDES to the **SLEEVE TUBE** on the **BENCH FRAME WELDMENT** as shown in **DETAIL B**.
4. SECURELY assemble the **SPRING PIN** to the **SPRING PIN HOUSING** of the **SLEEVE TUBE** as shown in **DETAIL A**.
5. Insert one (1) 1-3/4 IN SQ END CAP into the end of the **SEAT SUPPORT WELDMENT** as shown on drawing.
6. SECURELY assemble the **SEAT PAD** to the **SEAT SUPPORT WELDMENT** as shown on drawing.
7. Pull back the **SPRING PIN** on the **SLEEVE TUBE** of the **BENCH FRAME WELDMENT** and insert the **SEAT SUPPORT WELDMENT**. Release the **SPRING PIN** into the desired hole.
8. SECURELY assemble the **BACK PAD** to the **UPRIGHT FRAME**, and **BENCH FRAME WELDMENTS** as shown on drawing.

940101 SHOULDER PRESS BENCH ASSEMBLY PARTS LIST

Sort and count all parts before beginning assembly

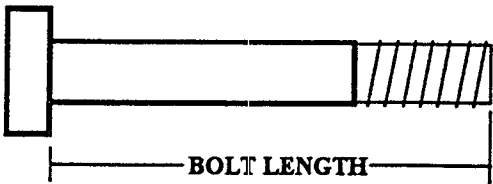
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3 IN BOLT	6
2.	3/8 X 2-3/4 IN BOLT	3
3.	3/8 X 1 IN BOLT	2
4.	1/2 IN WASHER	6
5.	3/8 IN WASHER	5
6.	1/2 IN LOCK NUT	6
7.	SPRING PIN	1
8.	3 X 2 IN END CAP	2
9.	1-3/4 IN SQ END CAP	1
10.	1-1/2 X 3/4 IN GLIDE (8 PER)	1

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	UPRIGHT FRAME WELDMENT(6614903)	1
2.	BENCH FRAME WELDMENT(6615003)	1
3.	SEAT SUPPORT WELDMENT(6615302)	1
4.	BENCH SUPPORT TUBE(6615503)	1
5.	SEAT PAD(66186XX)	1
6.	BACK PAD(66184XX)	1

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



BOLT LENGTH RULER:

