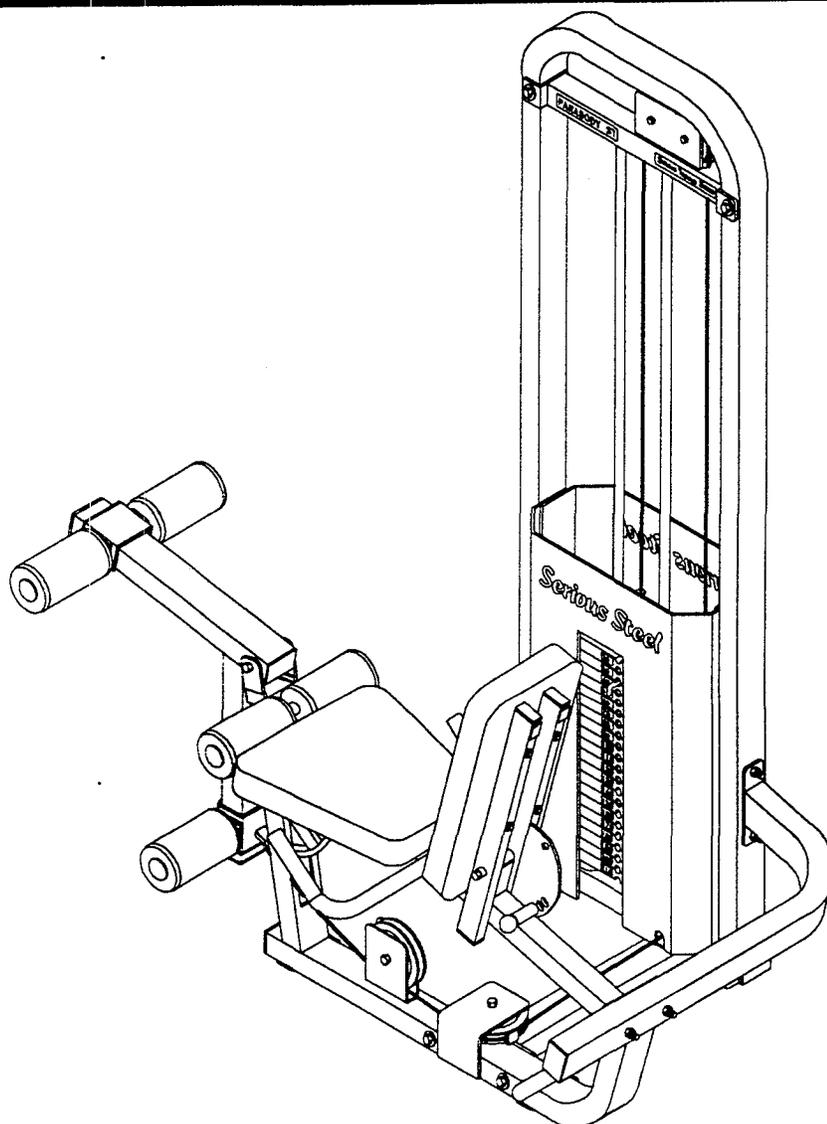


# PARABODY

## *Serious Steel*

### 909101 ST LEG CURL/EXTENSION

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## ASSEMBLY INSTRUCTIONS

## IMPORTANT NOTES

# WELCOME TO THE WORLD OF *Serious Steel!*

### Please note:

- \* Thank you for purchasing the Parabody 909101 ST Leg Curl/Extension. 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:

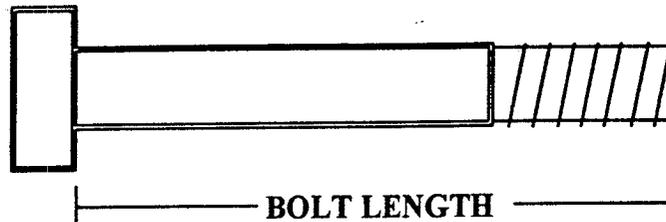
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your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

## Tools Required for Assembly

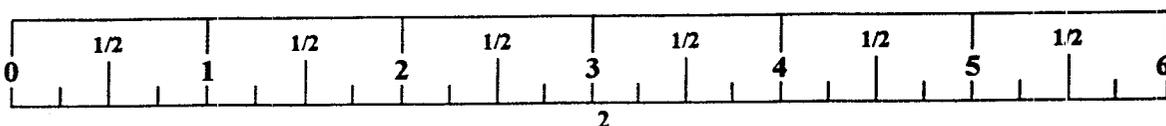
- \* Rubber mallet or hammer
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* 5/32" Allen wrench
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

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



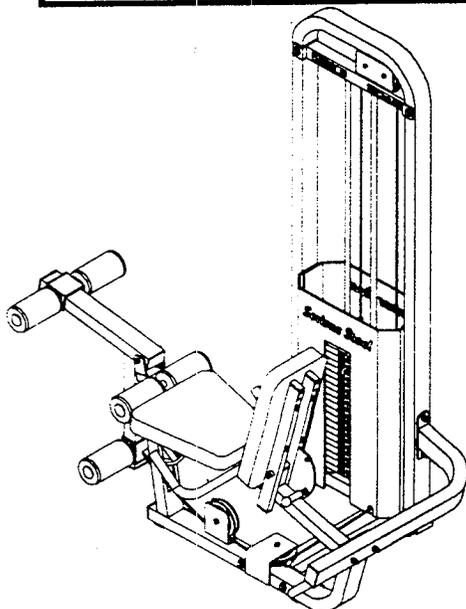
### BOLT LENGTH RULER:



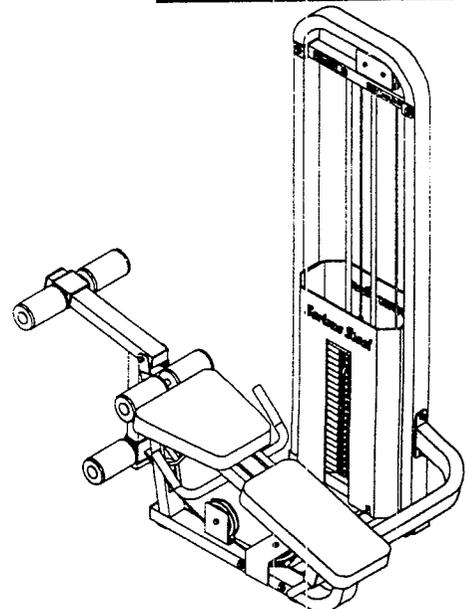
# PARTS LIST

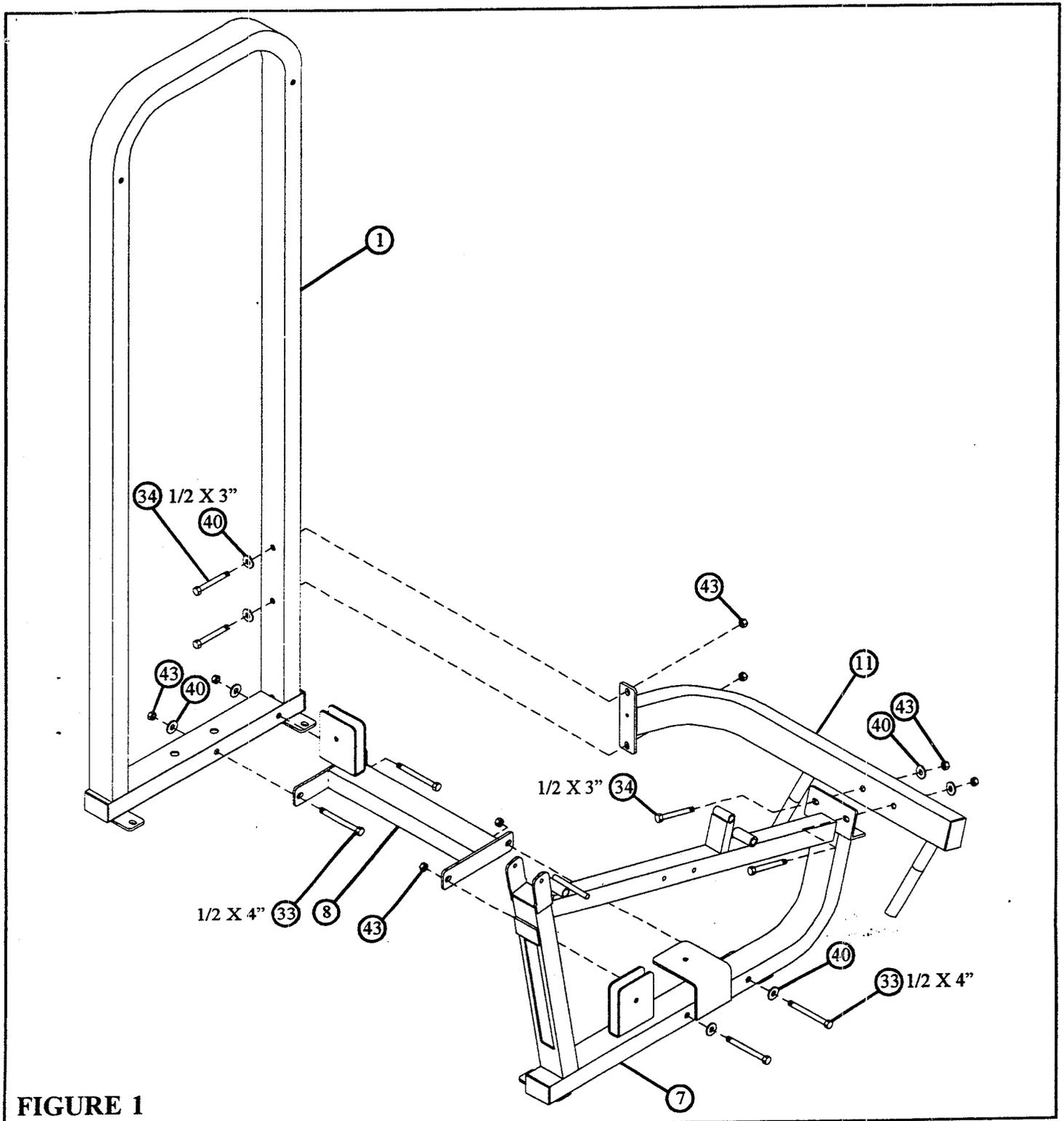
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6697803	TOWER	1	29	6140701	1 X 1" GLIDE	2
2	6662303	LEG EXT HANDLE LEFT	1	30	3102407	3 X 2" END CAP	2
3	6662203	LEG EXT HANDLE RIGHT	1	31	6628302	1/8 X 2 X 8" PLATE	1
4	6705501	4 OD X 7" ROLLER PAD	6	32	3202114	1/2 X 6" BOLT	1
5	6523401	3/4 OD X 72-3/8" GUIDE ROD	2	33	3102917	1/2 X 4" BOLT	6
6	6699302	PAD SLEEVE	2	34	3102910	1/2 X 3" BOLT	4
7	6700303	BENCH FRAME	1	35	3102915	3/8 X 3-1/4" BOLT	2
8	6698003	LOWER CROSS SUPPORT	1	36	3102922	3/8 X 2-3/4" BOLT	4
9	6698903	LEG PEDESTAL	1	37	3102933	3/8 X 2" BOLT	5
10	6698603	TOWER BRACE	1	38	3102909	3/8 X 1" BOLT	7
11	6698303	UPPER CROSS SUPPORT	1	39	3202401	3/8 X 1" BTN HEAD CAP SCREW	5
12	6625502	PAD SUPPORT RIGHT	1	40	3102502	1/2" WASHER	10
13	6693502	PAD SUPPORT LEFT	1	41	3102501	3/8" WASHER	15
14	66373XX	BACK PAD	1	42	3114502	3/8" LOCKWASHER	3
15	66370XX	SEAT PAD	1	43	3102801	1/2" LOCK NUT	11
16	6704101	FRONT SHROUD	1	44	3102802	3/8" LOCK NUT	10
17	6704201	REAR SHROUD	1	45	6406401	HINGE TAB	2
18	6695501	3/4 DIA X 18-1/4" SHAFT	1	46	6466901	1/2" SPRING PIN	1
19	6284501	20 HOLE WEIGHT STACK SHAFT	1	47	6412001	3/8" SPRING PIN	2
20	6628401	HEAD PLATE	1	48	6214401	SELECTOR PIN	1
21	3116101	4-1/2" PULLEY	3	49	3105401	STARLOCK COLLAR	6
22	3116201	3-1/2" PULLEY	2	50	6020601	1/2" FLANGE BEARING	2
23	6695401	175-1/2" CABLE	1	51	6695001	3/4" DIA TAPPED SHAFT	1
24	3108901	2" OD PLASTIC WASHER	8	52	6703801	WEIGHT STACK LABEL LBS.	1
25	6382301	WEIGHT PLATE BUSHING 10 CT	4	53	6703901	WEIGHT STACK LABEL KGS.	1
26	3108002	WEIGHT STACK CUSHION	2	54	6214501	WEIGHT PLATES	20
27	6166701	2-7/8" L BRACKET	1	55	3104901	3/4" FLANGE BEARINGS	2
28	3116001	1-1/4" SQ. RUBBER BUMPER	1				

## LEG EXTENSION



## LEG CURL

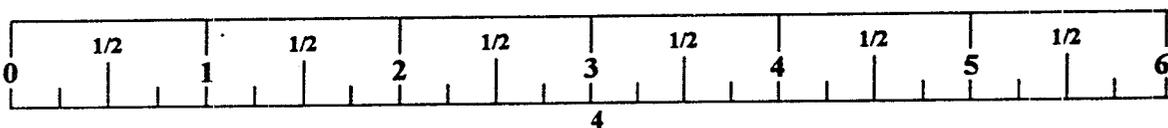


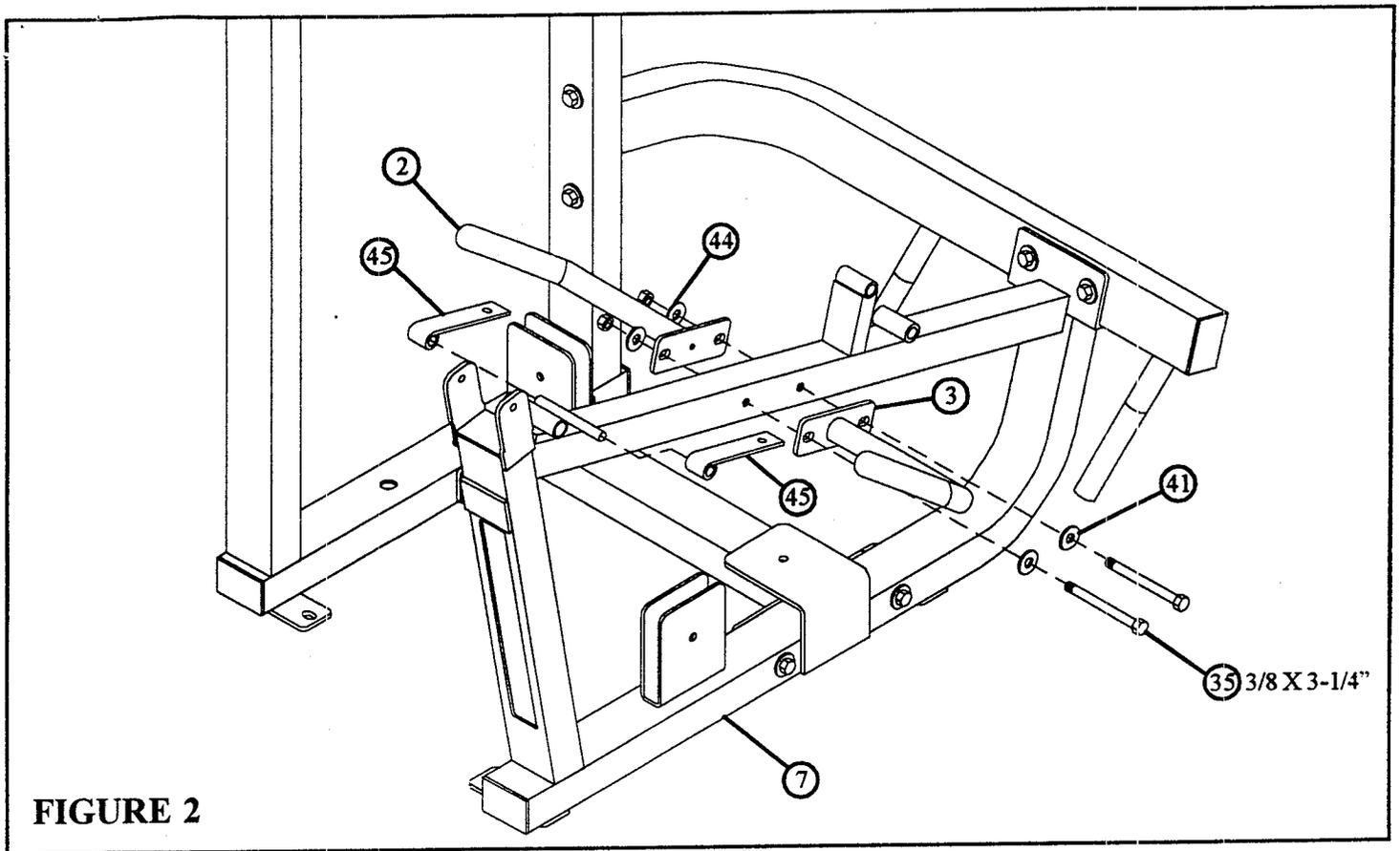


**FIGURE 1**

**STEP 1:**

- **LOOSELY** assemble LOWER CROSS SUPPORT (8) to the TOWER (1) and BENCH FRAME (7) using four 1/2 X 4" BOLTS (33), four 1/2" WASHERS (40) and four 1/2" LOCK NUTS (43). See FIGURE 1.
- **LOOSELY** assemble UPPER CROSS SUPPORT (11) to the TOWER (1) and BENCH FRAME (7) using four 1/2 X 3" BOLTS (34), four 1/2" WASHERS (40) and four 1/2" LOCK NUTS (43). See FIGURE 1.
- **SECURELY TIGHTEN ALL THE CONNECTIONS MADE UP TO THIS POINT.**





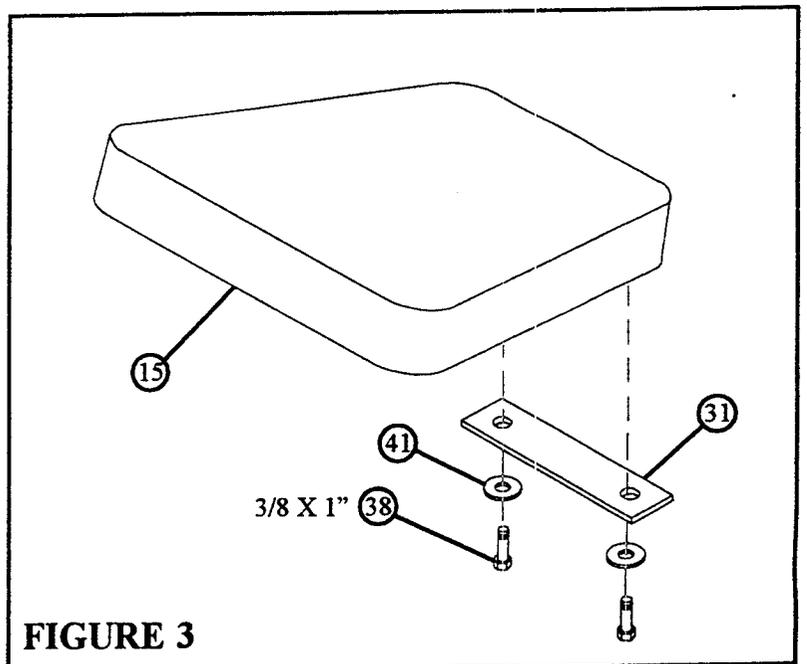
**FIGURE 2**

**STEP 2:**

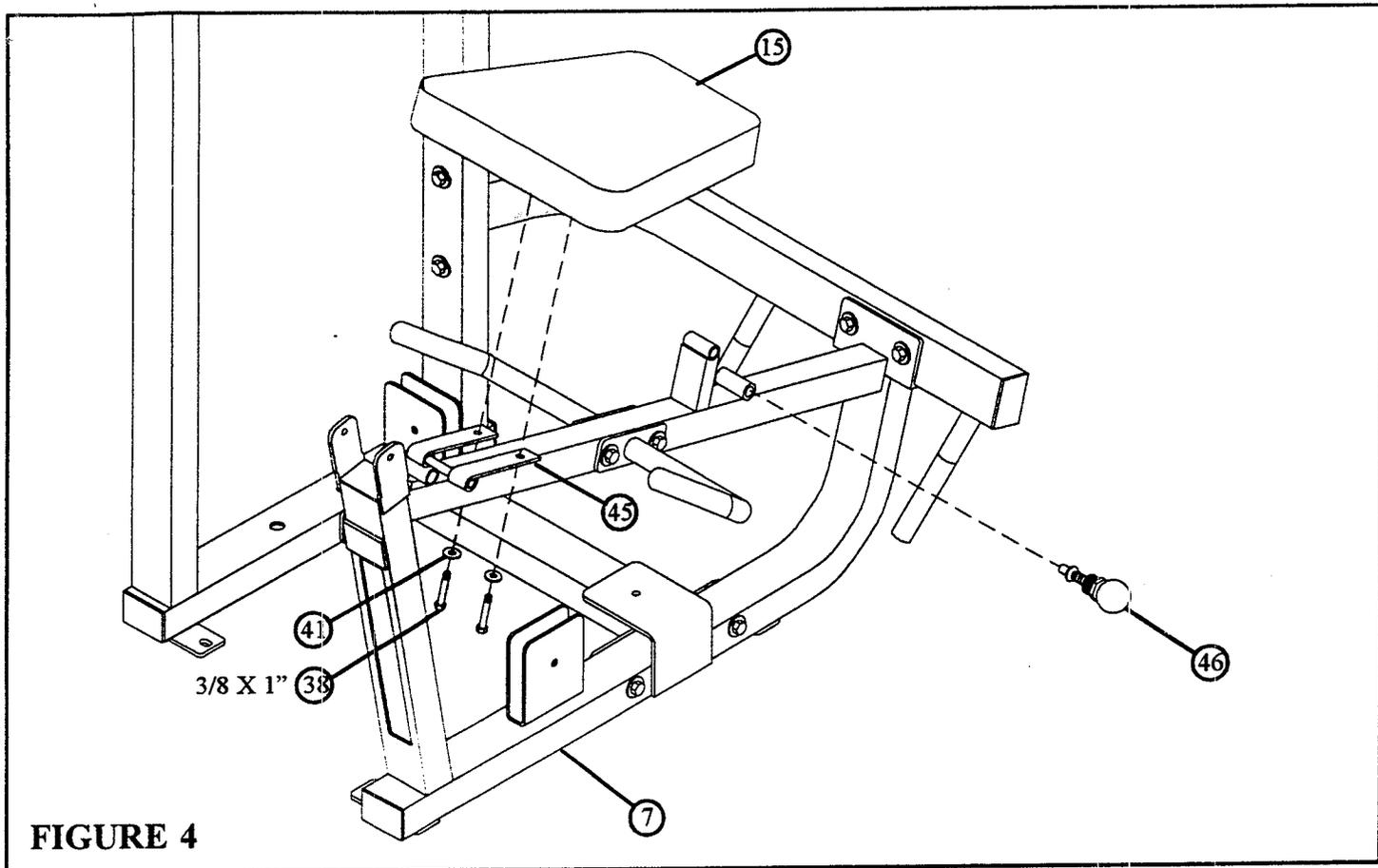
- **SECURELY** assemble the LEFT (2) and RIGHT (3) LEG EXT. HANDLES to the BENCH FRAME (7) using two 3/8 X 3-1/4" BOLTS (35), four 3/8" WASHERS (41), and two 3/8" LOCK NUTS (44). See FIGURE 2.
- Slide two HINGE TABS (45) onto the BENCH FRAME (7) as shown in FIGURE 2.

**STEP 3:**

- **SECURELY** assemble one 1/8 X 2 X 8" PLATE (31) to the SEAT PAD (15) using two 3/8 X 1" BOLTS (38) and two 3/8" WASHERS (41). See FIGURE 3.



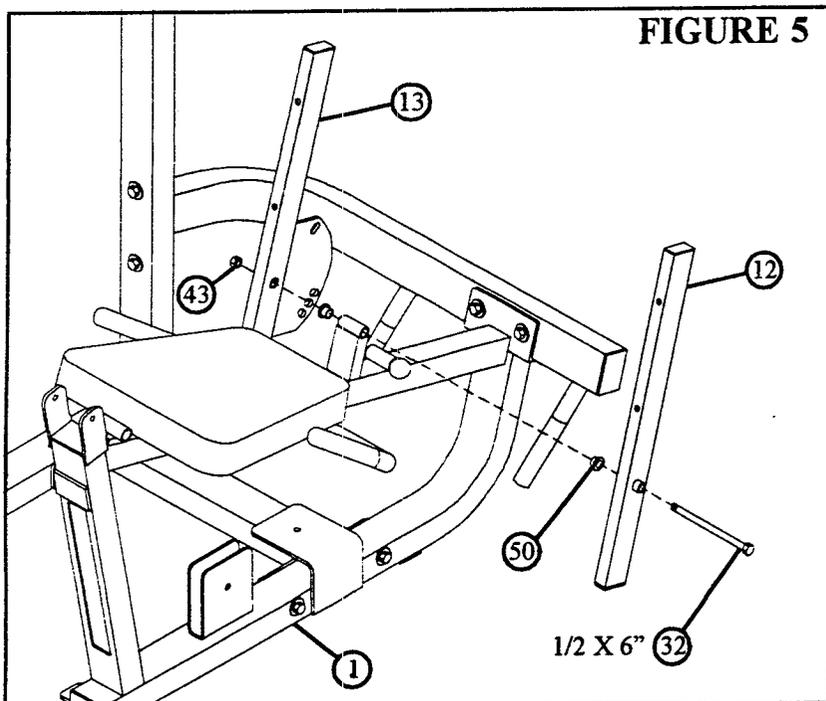
**FIGURE 3**



**FIGURE 4**

**STEP 4:**

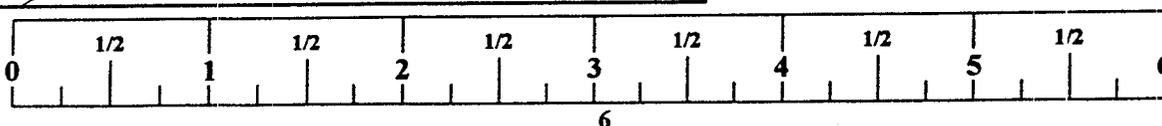
- **SECURELY** assemble SEAT PAD (15) to HINGE TABS (45) using two 3/8 X 1" BOLTS (38) and two 3/8" WASHERS (41). See FIGURE 4.
- **SECURELY** assemble one 1/2" SPRING PIN (46) to the BENCH FRAME (7) as shown in FIGURE 4.

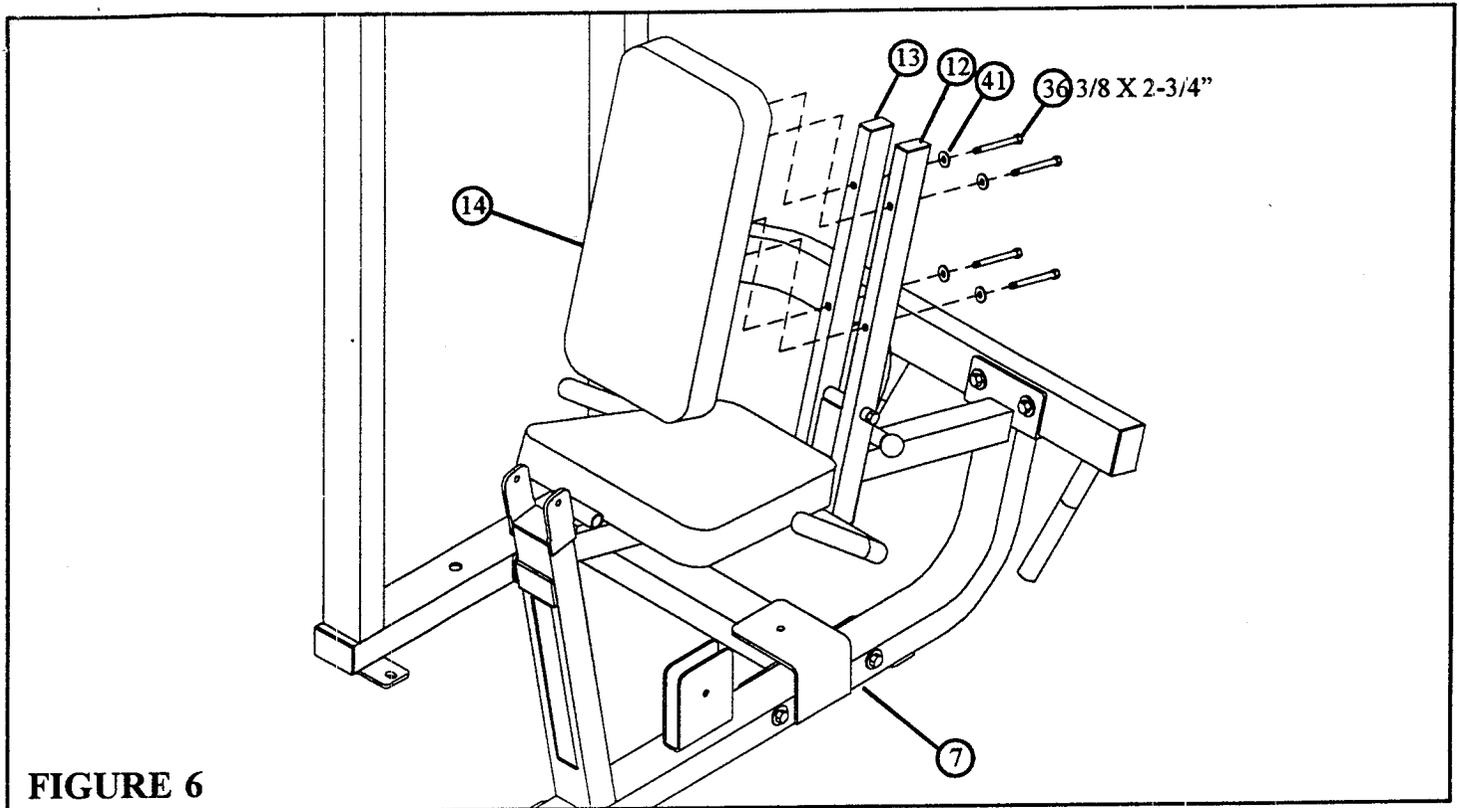


**FIGURE 5**

**STEP 5:**

- Assemble RIGHT (12) & LEFT (13) PAD SUPPORTS to the BENCH FRAME (7) using one 1/2 X 6" BOLT (32), two 1/2" FLANGE BEARINGS (50), and one 1/2" LOCK NUT (43) as shown in FIGURE 5. (NOTE: Securely tighten, then back nut off 1/4 turn to allow the two parts to rotate freely.)

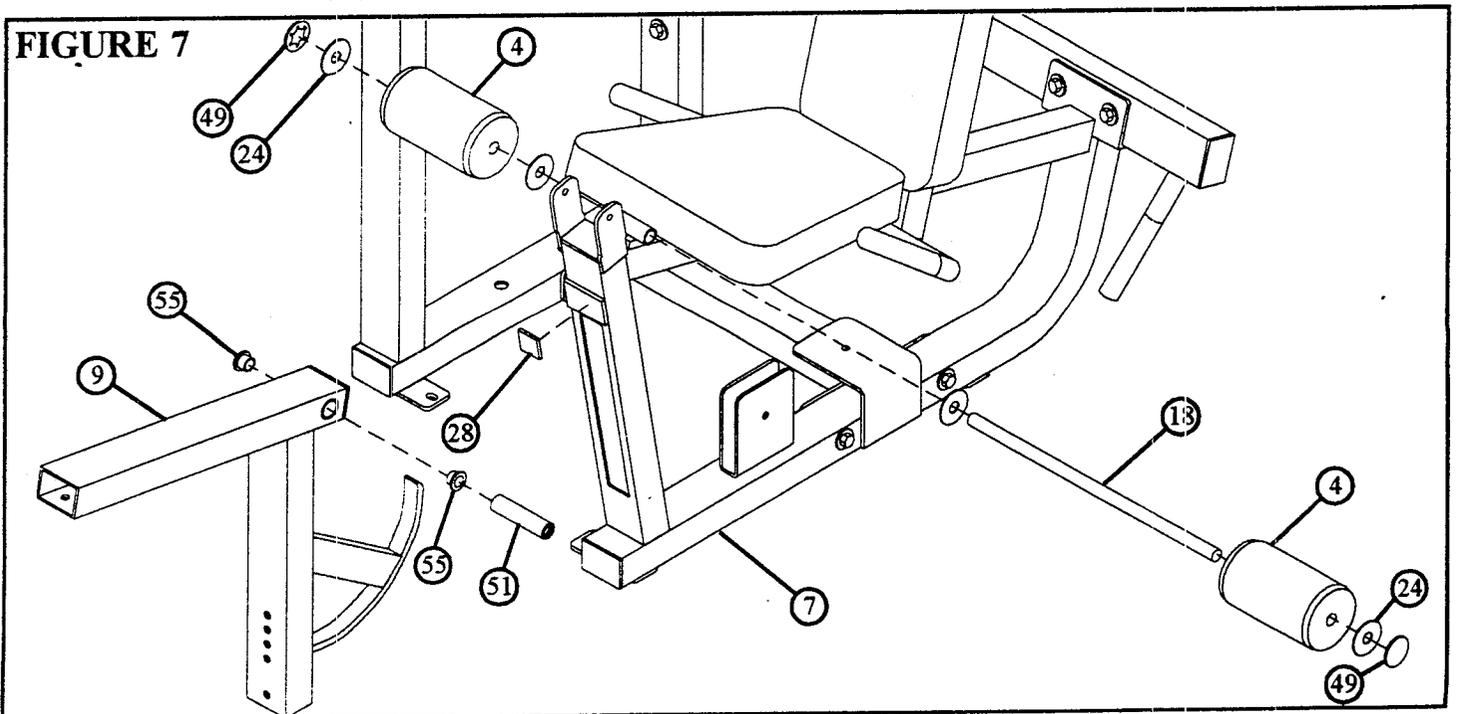




**FIGURE 6**

**STEP 6:**

- SECURELY assemble BACK PAD (14) to the RIGHT & LEFT PAD SUPPORTS (12) (13) using four 3/8 X 2-3/4" BOLTS (36) and four 3/8" WASHERS (41) as shown in FIGURE 6.



**FIGURE 7**

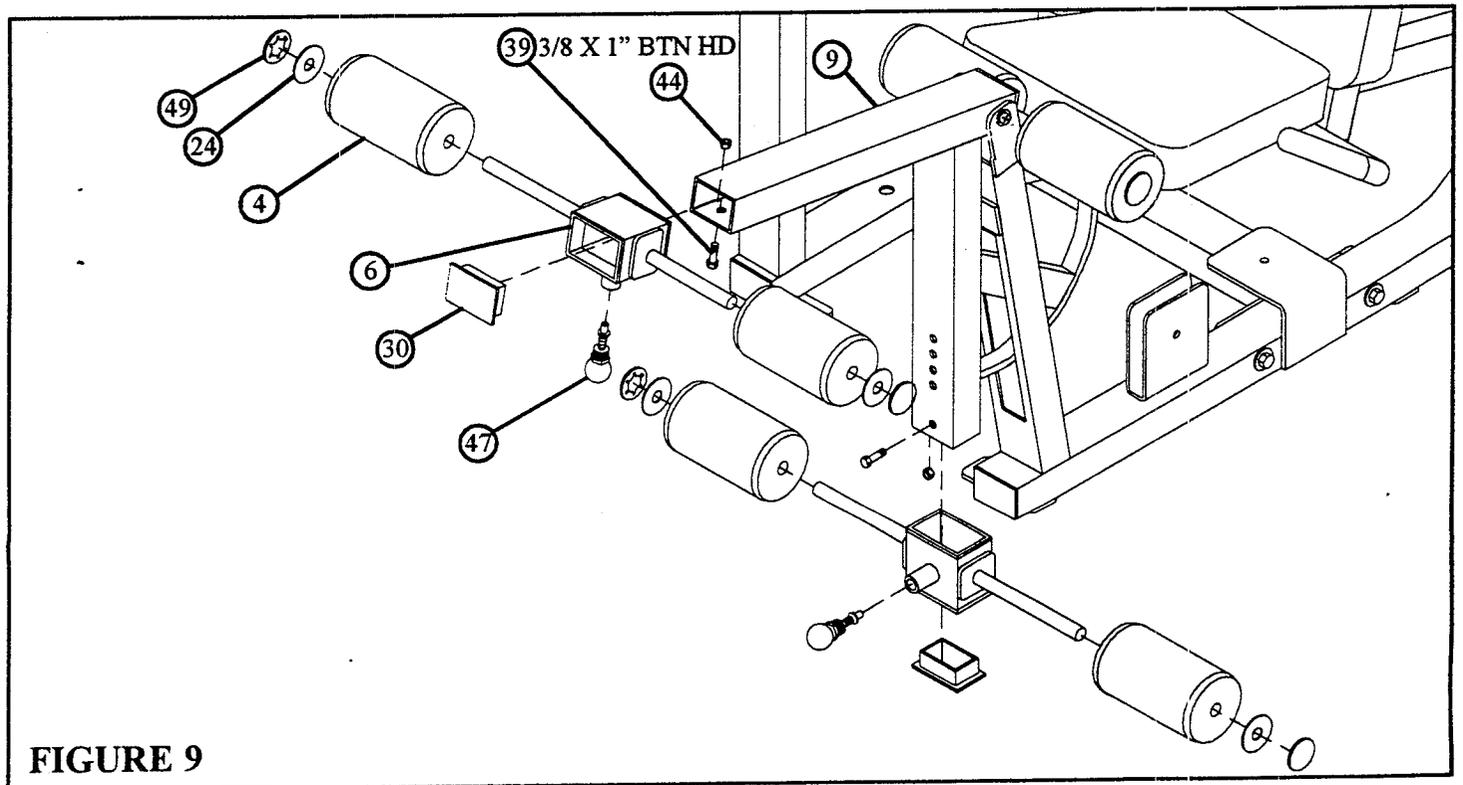
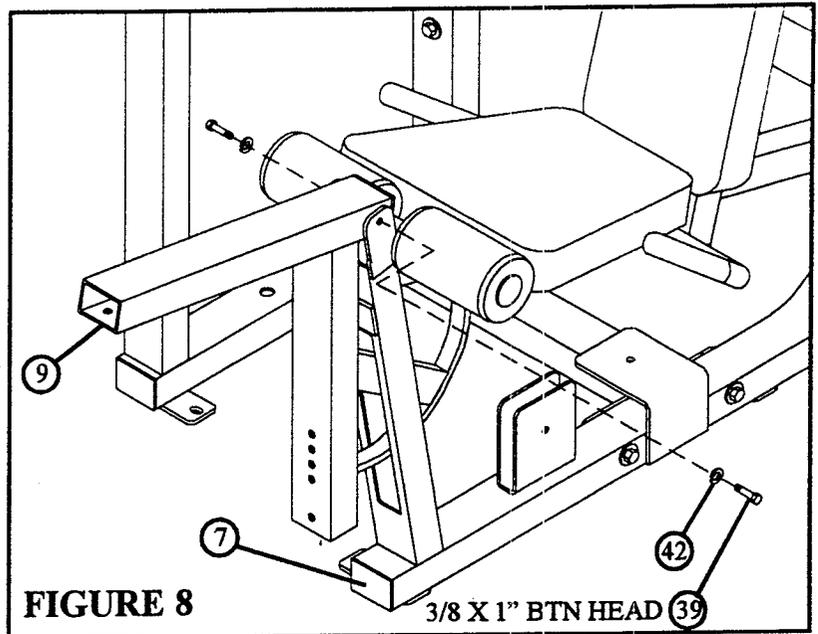
**STEP 7:**

- Assemble two ROLLER PADS (4) to the BENCH FRAME (7) using one 18-1/4" SHAFT (18), four PLASTIC WASHERS (24), and two STARLOCK COLLARS (49) as shown in FIGURE 7.
- Assemble one 1-1/4" RUBBER BUMPER (28) to the middle of the plate on the BENCH FRAME (7) as shown on FIGURE 7.
- Insert two 3/4" FLANGE BEARINGS (55) into the bushing of the LEG PEDESTAL (9), then slide the 3/4" DIA TAPPED SHAFT (51) into the 3/4" FLANGE BEARINGS (55) as shown in FIGURE 7.

### STEP 8:

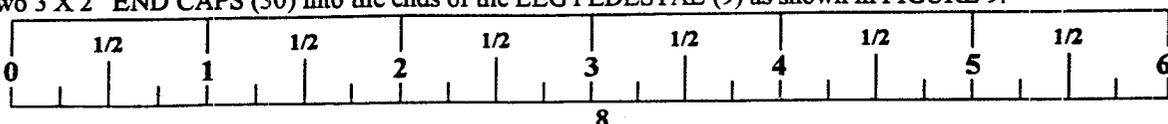
- Attach LEG PEDESTAL (9) to the BENCH FRAME (7) using two 3/8 X 1" BUTTON HEAD CAP SCREWS (39) and two 3/8" LOCKWASHERS (42) as shown in FIGURE 8.

(NOTE: Both button head cap screws must be tightened at the same time using two allen wrenches.)



### STEP 9:

- **SECURELY** assemble two 3/8" SPRING PINS (47) to the PAD SLEEVES (6) as shown in FIGURE 9.
- Assemble four ROLLER PADS (4) to the PAD SLEEVES (6) using four PLASTIC WASHERS (24) and four STARLOCK COLLARS (49).
- Slide PAD SLEEVES (6) over LEG PEDESTAL (9) until the spring pin pops into the holes. See FIGURE 9.
- **SECURELY** assemble two 3/8 X 1" BUTTON HEAD CAP SCREWS (39) and two 3/8" LOCK NUTS (44) to the last holes in the LEG PEDESTAL as shown in FIGURE 9.
- Insert two 3 X 2" END CAPS (30) into the ends of the LEG PEDESTAL (9) as shown in FIGURE 9.



## STEP 10:

- Snap two WEIGHT PLATE BUSHINGS (25) into the "PARABODY" side of all twenty WEIGHT PLATES (54) as shown in FIGURE 10.

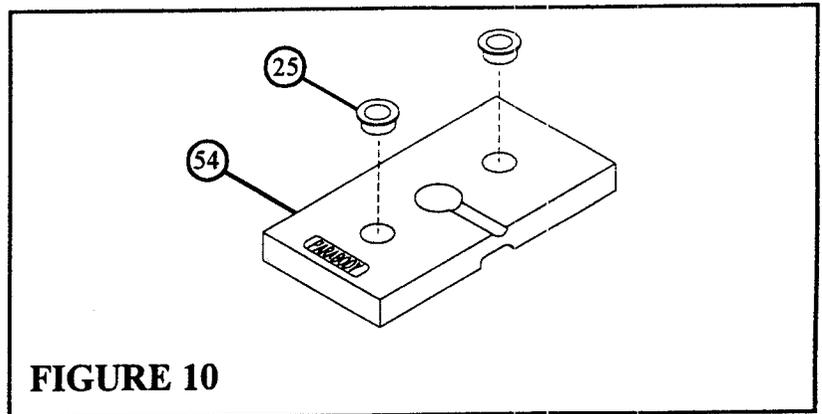


FIGURE 10

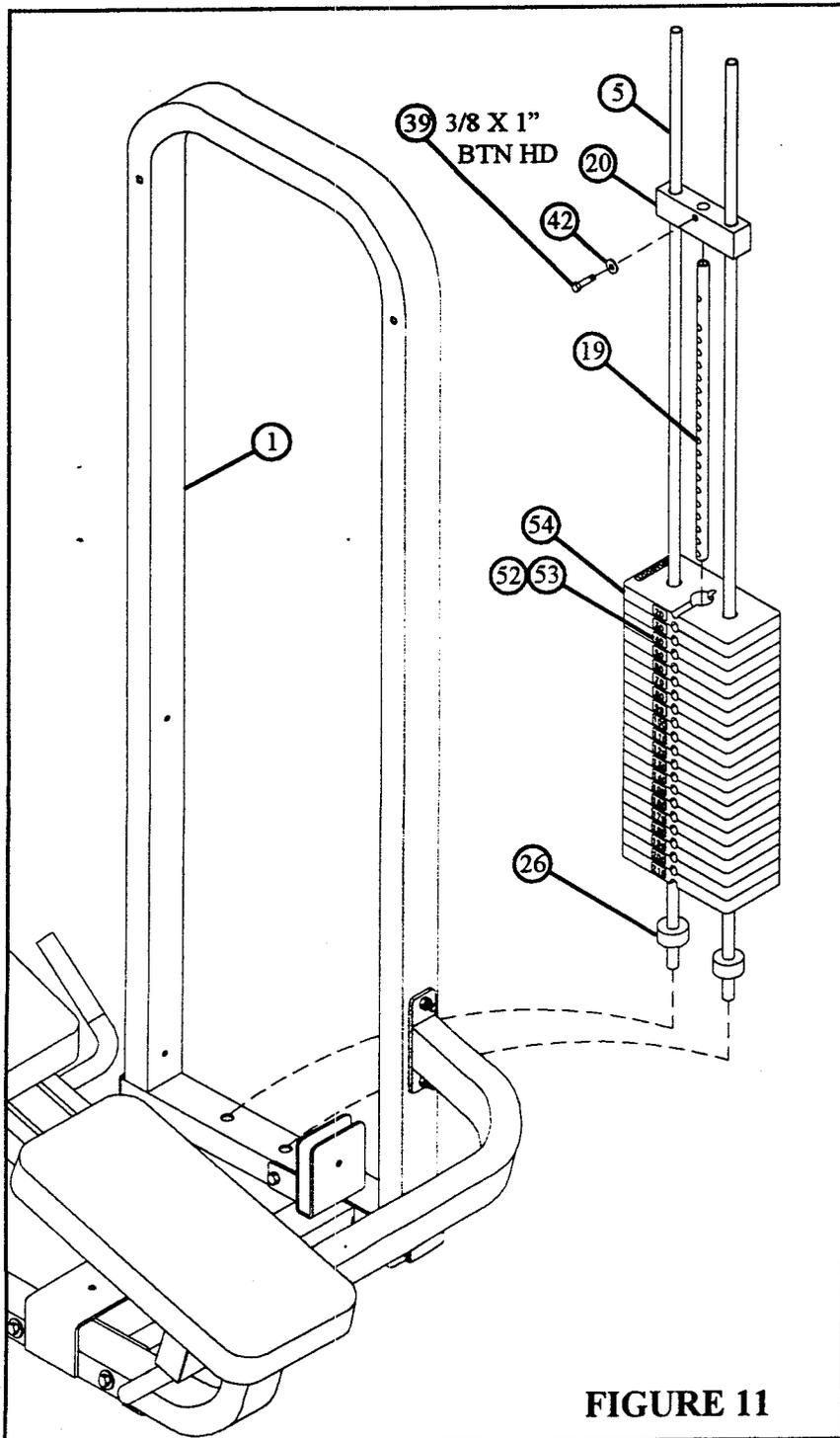


FIGURE 11

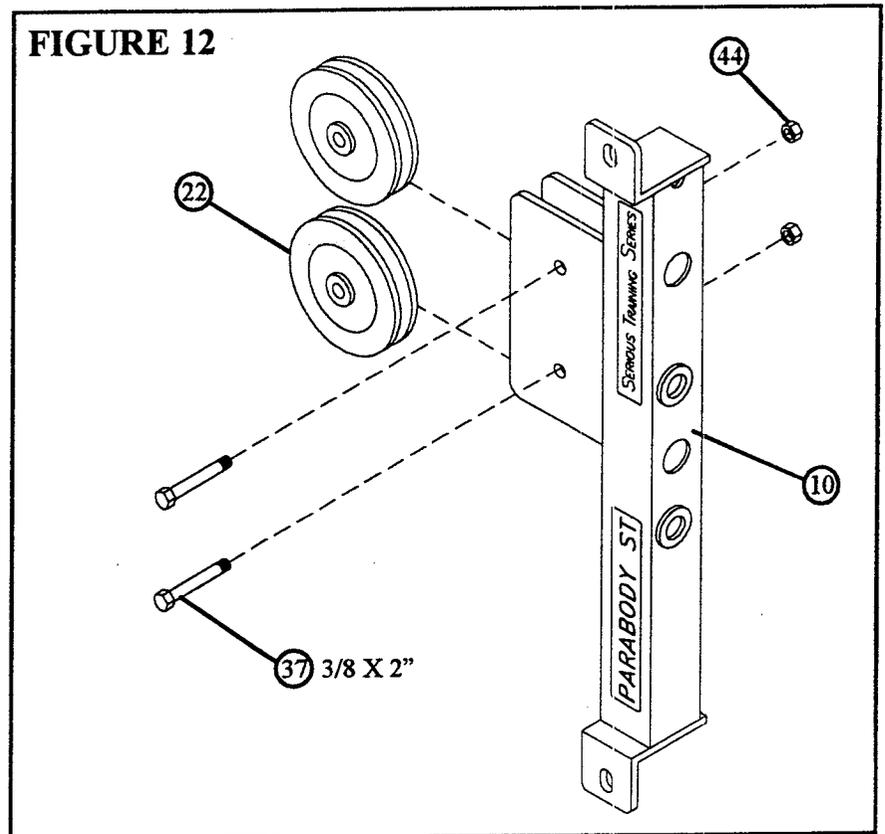
## STEP 11:

- Insert the two GUIDE RODS (5) into the base of the TOWER (1) as shown in FIGURE 11. Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (26) down over the GUIDE RODS (5). See FIGURE 11.
- Using **EXTREME CARE** slide twenty WEIGHT PLATES (54) down over the GUIDE RODS (5) with the "PARABODY" side up and the key-hole facing as shown in FIGURE 11.
- **SECURELY** assemble the WEIGHT STACK SHAFT (19) to the HEAD PLATE (20) using one 3/8 X 1" BUTTON HEAD CAP SCREW (39) and one 3/8" LOCK WASHER (42). (Note: The bolt hole in the HEAD PLATE (39) should be on top.)
- Carefully Slide the HEAD PLATE ASSEMBLY down over the GUIDE RODS (5) onto the weight stack as shown in FIGURE 11.
- Apply one set of WEIGHT STACK LABELS - LBS. OR KGS. (52) (53) to each WEIGHT PLATE (54) as shown in FIGURE 11.

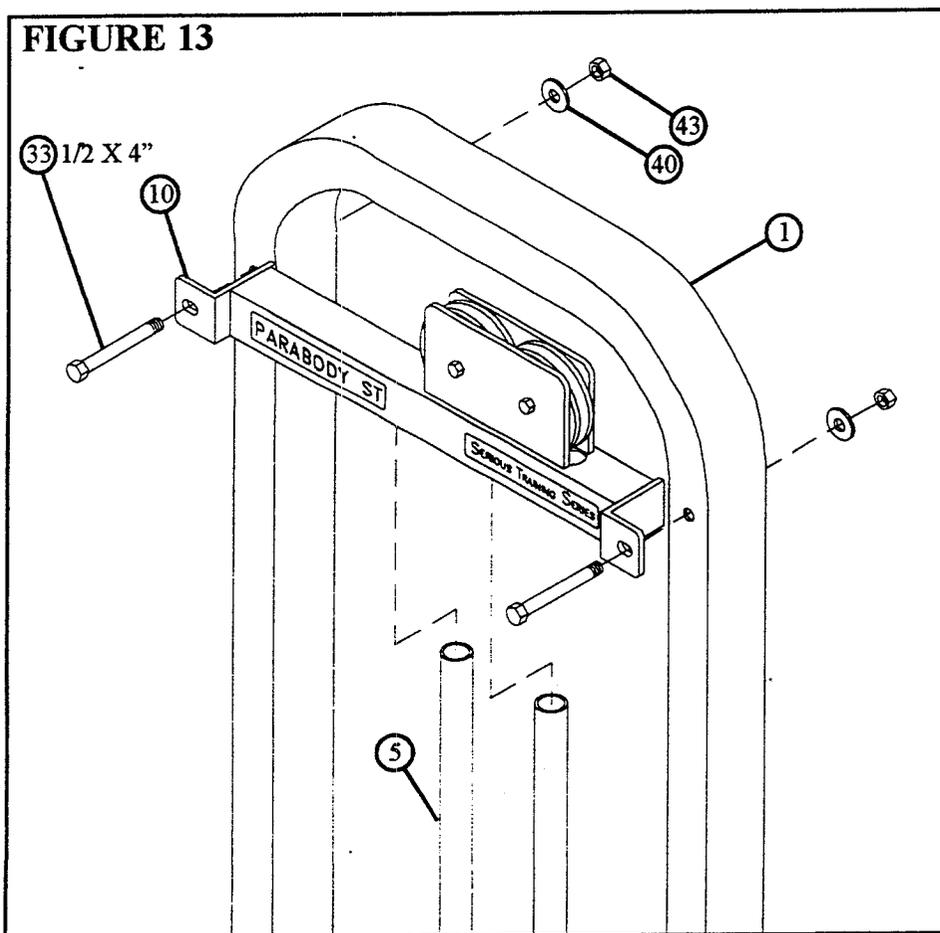
## STEP 12:

- **SECURELY** assemble two 3-1/2" PULLEYS (22) to the TOWER BRACE (10) using two 3/8 X 2" BOLTS (37), and two 3/8" LOCK NUTS (44). See FIGURE 12.

### FIGURE 12

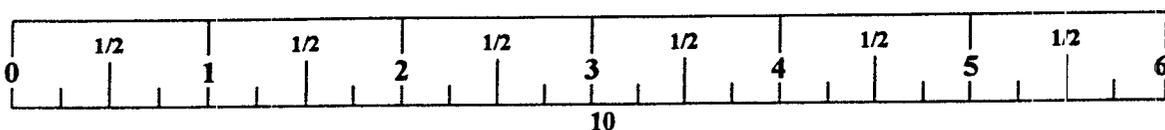


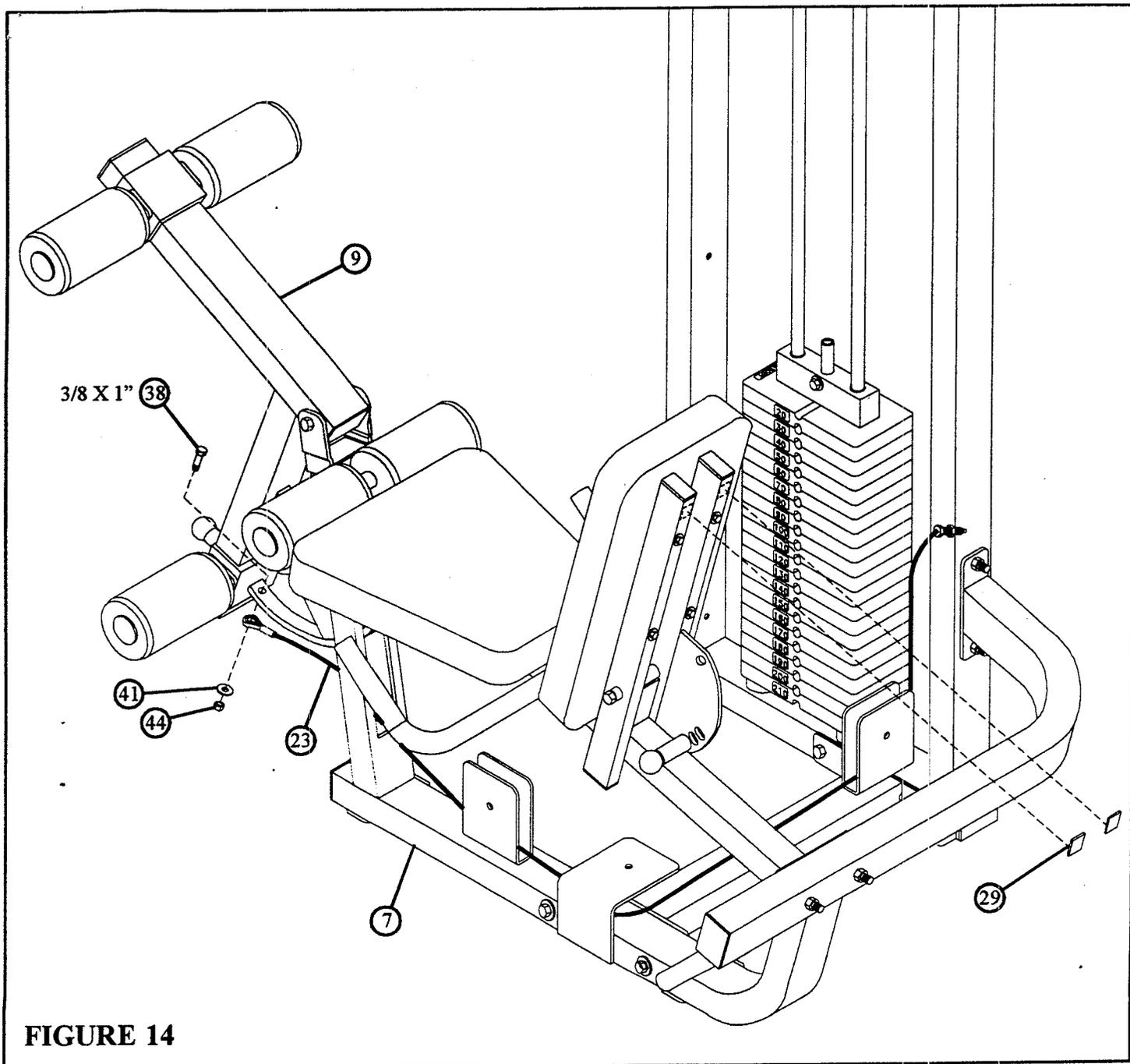
### FIGURE 13



## STEP 13:

- Place TOWER BRACE (10) over the GUIDE RODS (5) and **SECURELY** fasten TOWER BRACE (10) to TOWER (1) using two 1/2 X 4" BOLTS (33), two 1/2" WASHERS (40), and two 1/2" LOCK NUTS (43) as shown in FIGURE 13.

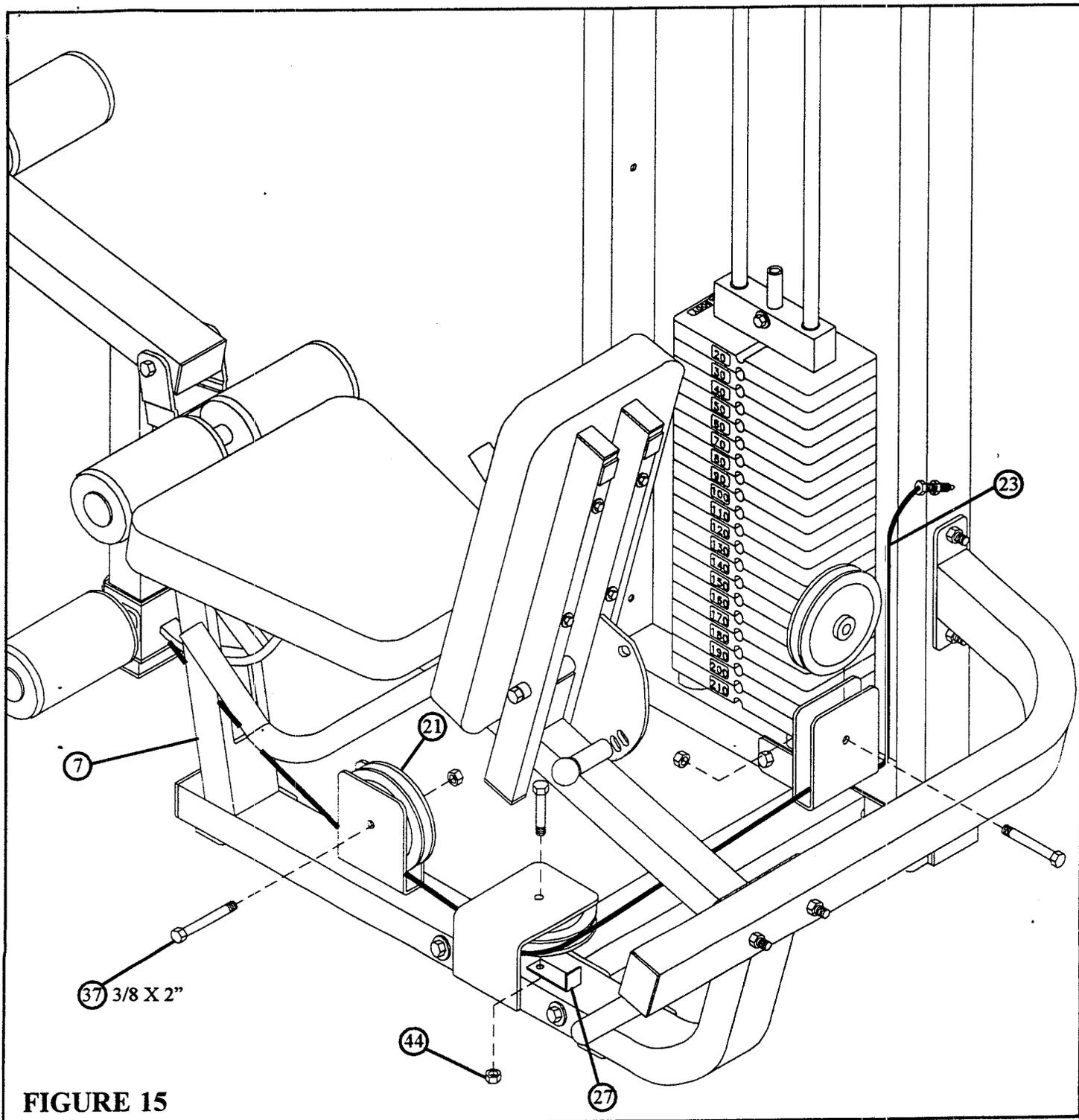




**FIGURE 14**

**STEP 14:**

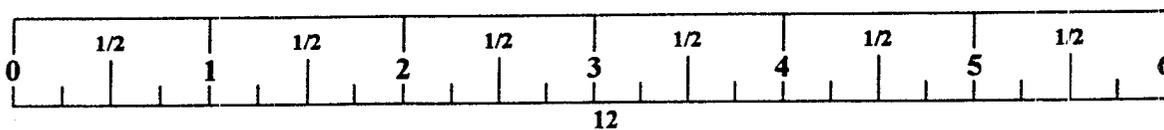
- Attach two 1 X 1" GLIDES (29) to the LEFT & RIGHT PAD SUPPORTS (12) (13) approximately where shown in FIGURE 14.
- **SECURELY** assemble the CABLE (23) to the cam on the LEG PEDESTAL (9) using one 3/8 X 1" BOLT (38), one 3/8" WASHER (41), and one 3/8" LOCK NUT (44). See FIGURE 14.
- Insert threaded end of CABLE (23) through slot of the BENCH FRAME (7) and around LEG CURL/EXTENSION (9) as shown in FIGURE 14.

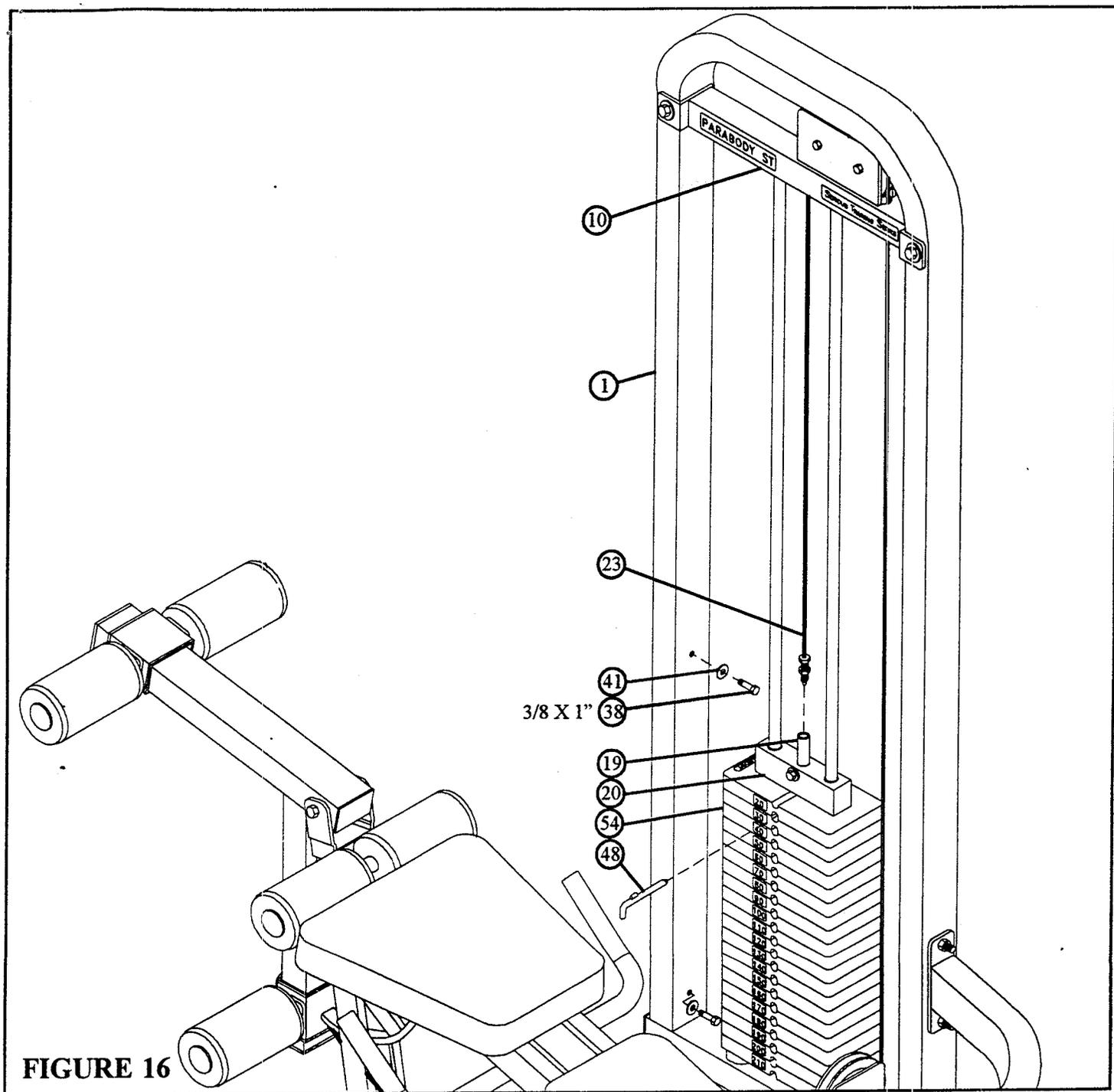


**FIGURE 15**

**STEP 15:**

- **SECURELY** assemble three 4-1/2" PULLEYS (21) to the brackets on the BENCH FRAME (7) and LOWER CROSS SUPPORT (8), using three 3/8 X 2" BOLTS (37), one 2-7/8" L-BRACKET (27), and three 3/8" LOCK NUTS (44) as shown in FIGURE 15.
- Make sure the CABLE (23) is routed around all pulleys as shown in FIGURE 15.

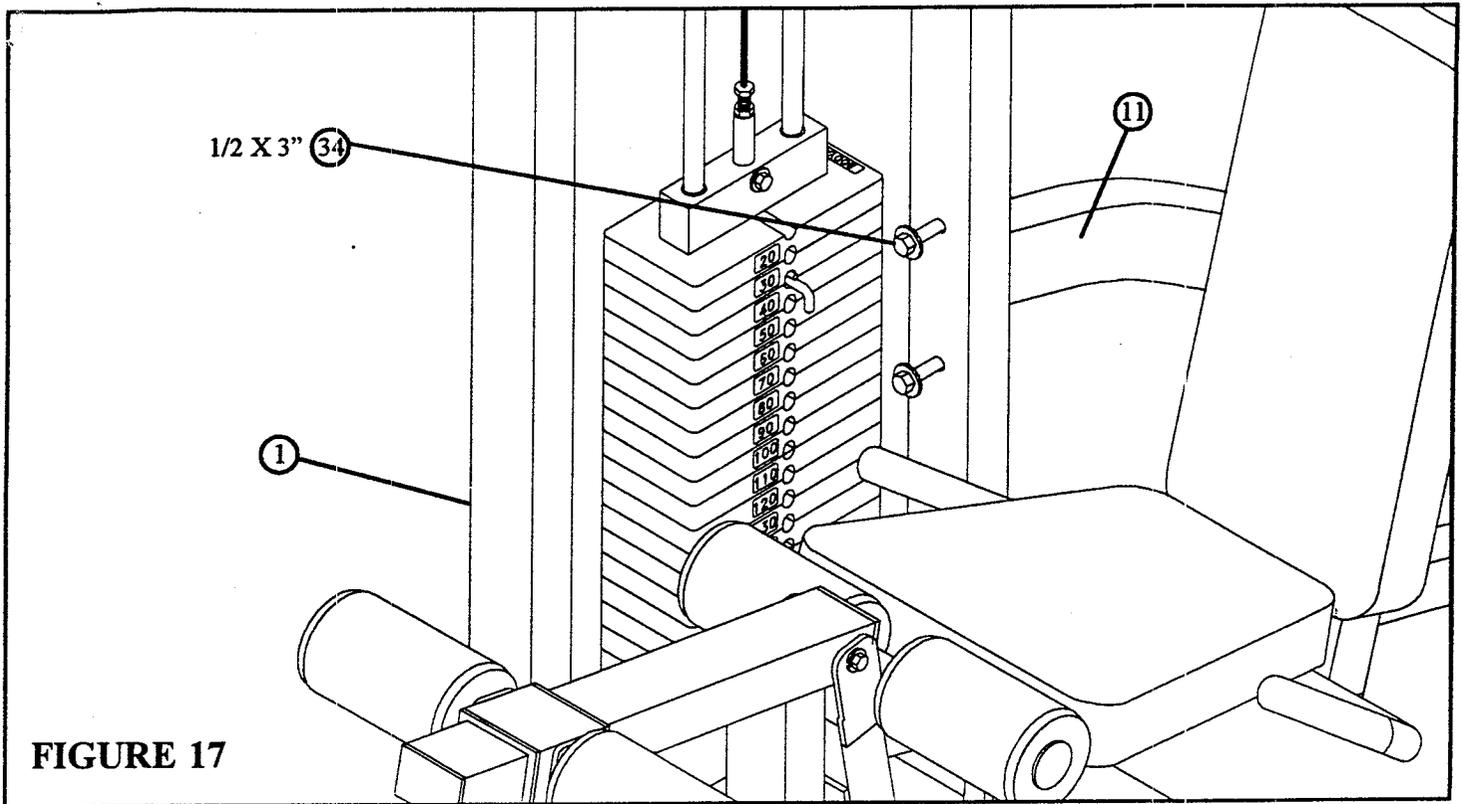




**FIGURE 16**

**STEP 16:**

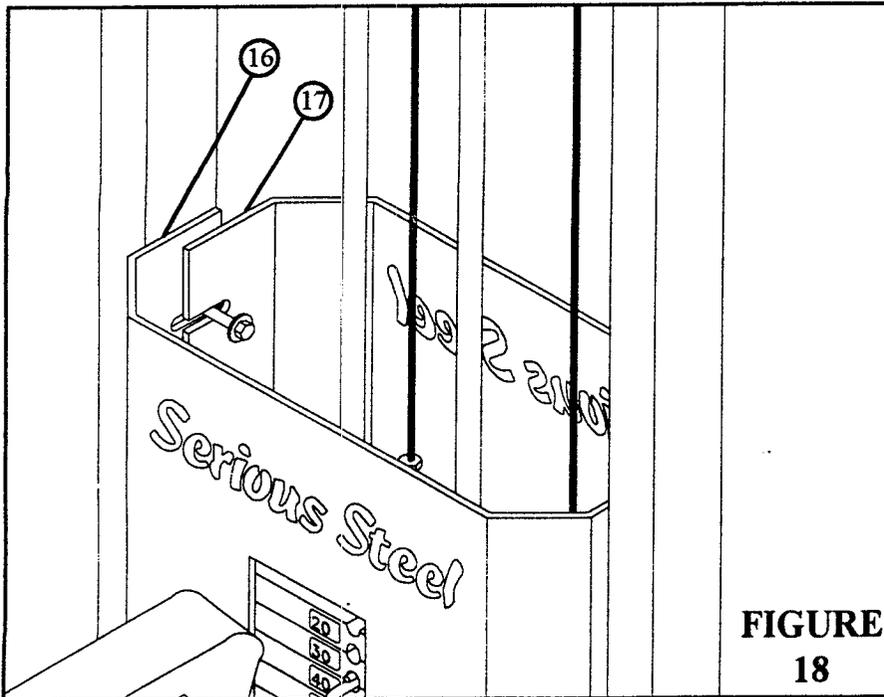
- Loop the threaded end of the CABLE (23) through the holes and around the pulleys in the TOWER BRACE (10) as shown in FIGURE 16.
- Screw the threaded end of the CABLE (23) approximately 3/4" into the end of the WEIGHT STACK SHAFT (19) and tighten jam nut securely. See FIGURE 16.
- If the HEAD PLATE (20) does not sit on top of the first WEIGHT PLATE (54), push the head plate down, insert the SELECTOR PIN (48) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (20) from lifting up.
- If after completing the previous step the HEAD PLATE (20) still does not sit on top of the first WEIGHT PLATE (54) or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.
- Thread two 3/8 X 1" BOLTS (38) and two 3/8" WASHERS (41) one-quarter of the way in to the threaded holes on the TOWER (1) as shown in FIGURE 16.



**FIGURE 17**

**STEP 17:**

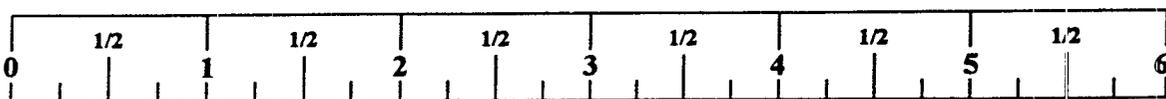
- Loosen the two 1/2 X 3" BOLTS (34) holding the UPPER CROSS SUPORT (11) to the TOWER (1) as shown in FIGURE 17.

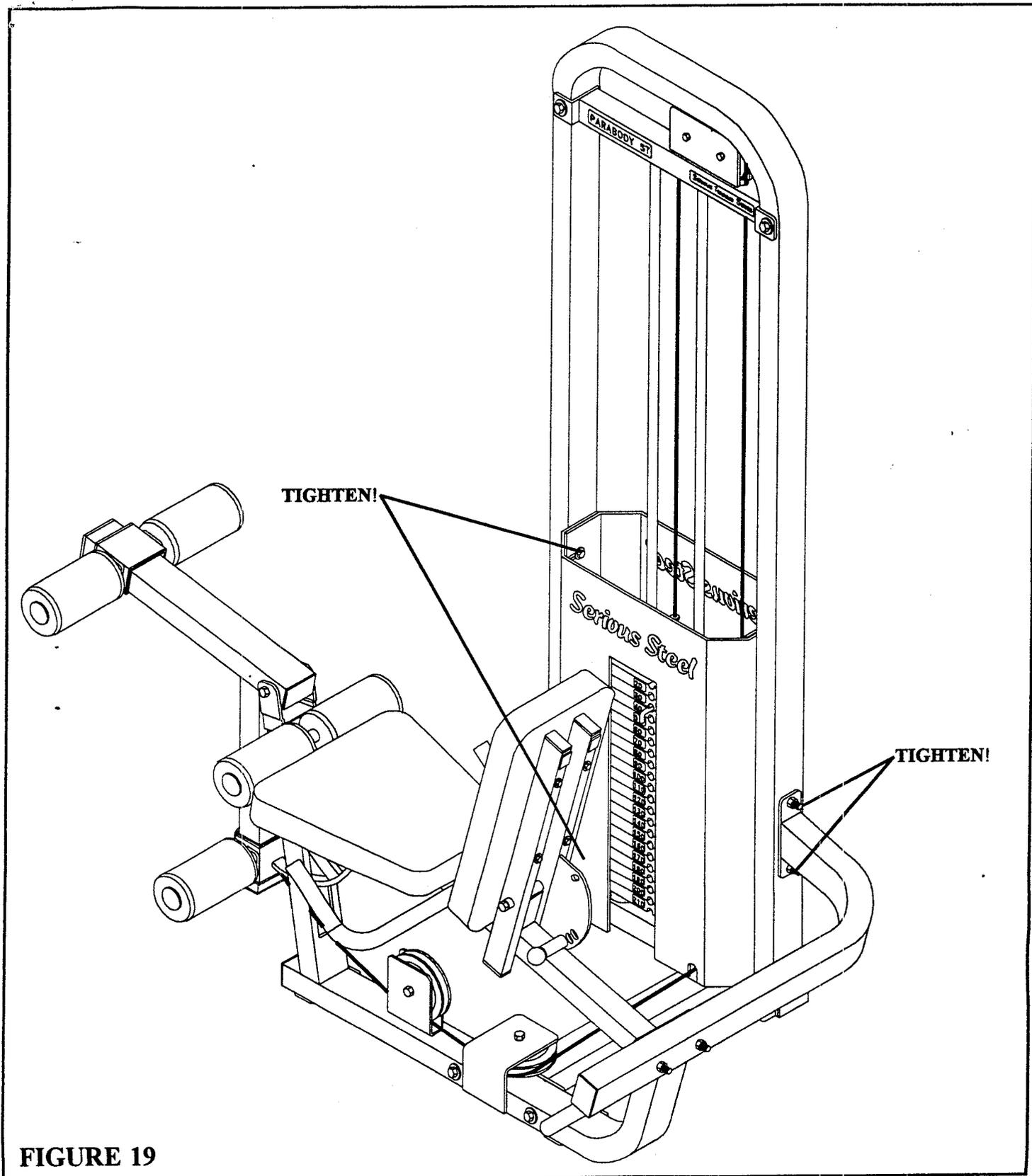


**FIGURE 18**

**STEP 18:**

- Assemble FRONT SHROUD (16) over the protruding bolts, then assemble the REAR SHROUD (17) inside of the FRONT SHROUD (16). (NOTE: Make sure shrouds are underneath the washers.) See FIGURE 18.





**FIGURE 19**

**STEP 19:**

- Securely tighten the bolts holding the FRONT (16) & REAR (17) SHROUDS.

**THIS CONCLUDES THE ASSEMBLY OF THE 909101 LEG CURL/EXTENSION**