

---

PARABODY INC.



PBF203B

BODYSMITH XPRESS

250# WEIGHT PACKAGE UPGRADE INSTRUCTIONS

---

TOOLS REQUIRED FOR ASSEMBLY:

- \* 9/16 INCH SOCKET
- \* 3/4 INCH SOCKET
- \* 1/4 DRIFT PUNCH OR SMALL PHILLIPS SCREWDRIVER
- \* ADJUSTABLE WRENCH
- \* BALL PEEN HAMMER
- \* 3/16 INCH HEX KEY

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.

PRODUCTION JOB NUMBER: FB48-90

YOUR UPGRADE KIT SHOULD INCLUDE THE FOLLOWING PARTS:

- \* (6) 10# WEIGHT PLATES (LABELED 200# TO 250#)
- \* (4) LONG REPLACEMENT COUNTER WEIGHTS
- \* (1) PACKAGE OF FOUR (4) COUNTER WEIGHT GROMMETS
- \* (1) PRODUCT WARRANTY CARD
- \* (1) SET (6 PAGES) OF UPGRADE INSTRUCTIONS

!!WARNING!!

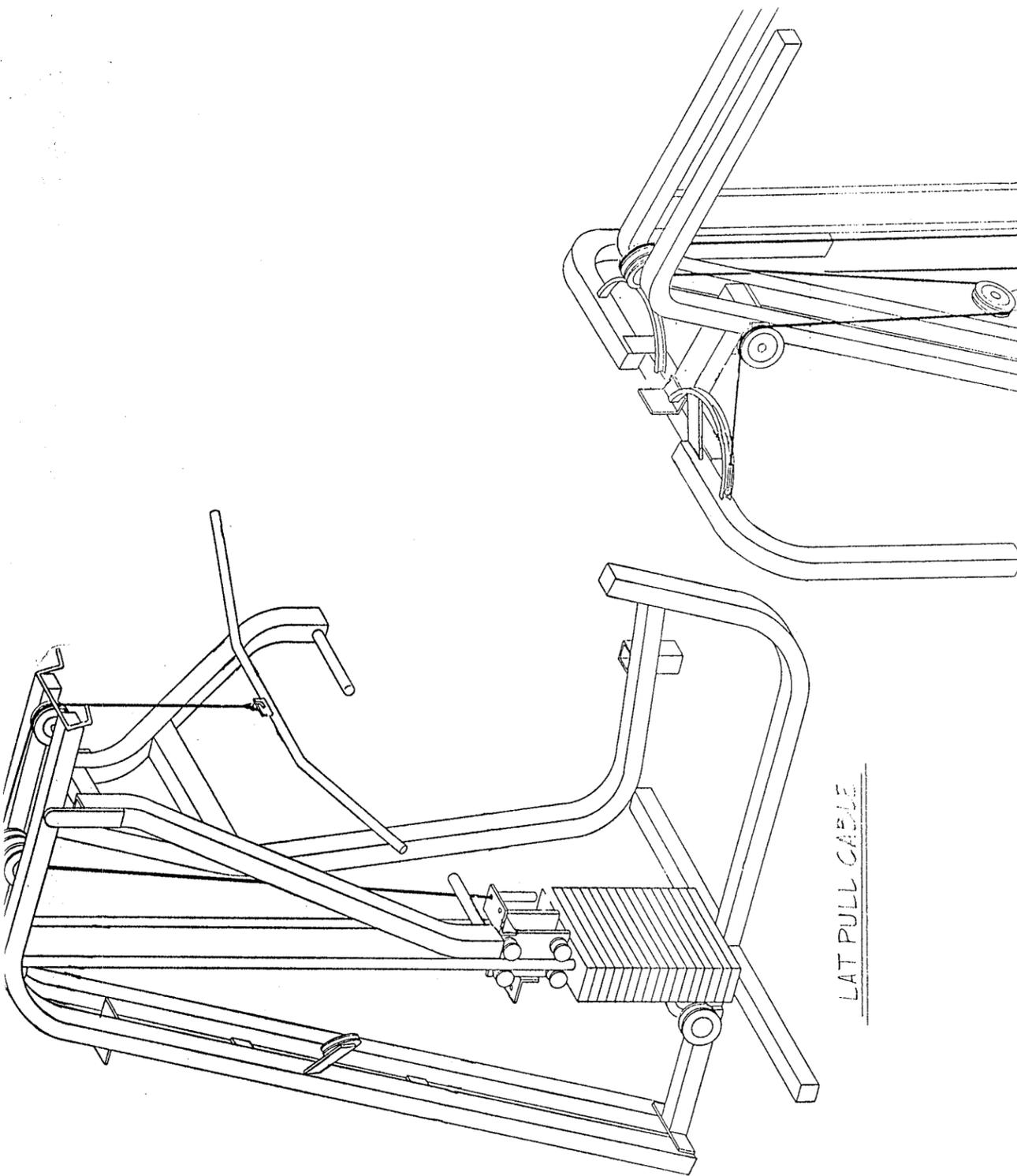
THIS INSTALLATION MUST BE PERFORMED BY TWO (2) PERSONS !!

- STEP#
1. Remove ROLL PINS from all four (4) short COUNTER WEIGHTS, using a 1/4" drift punch or a small phillips screw driver (see detail "A", page #3).
  2. Disconnect and remove all CABLE ASSEMBLIES (see page #3).
  3. Unbolt PEC DEC LOOP CABLE from LEFT and RIGHT PEC DEC ARMS (see detail "B", page #4).  
Unbolt and remove the PEC DEC BEARING HOUSING SUPPORT with ARMS attached (see detail "C", page #4).
  5. Unbolt and remove PRESS ARM (see detail "D", page #4).
  6. Unbolt VERTICAL MAIN FRAME from BENCH SUPPORT FRAME at connections #2 and #3. Also loosen bolts at connection #1, but DO NOT REMOVE!! (see page #5).
  7. Lift the VERTICAL MAIN FRAME off of the BENCH SUPPORT FRAME and GUIDE RODS and carefully set aside. NOTE: BE SURE TO HOLD ONTO THE LOOSE GUIDE RODS WHILE REMOVING VERTICAL MAIN FRAME (see page #5).
  8. Slide ROLLER CARRIAGE ASSEMBLY up and over the top of the GUIDE RODS. (see page #5).
  9. Remove all 17 WEIGHT PLATES by sliding them up and over the top of the GUIDE RODS (see detail "K", page #6).
  10. Remove the WEIGHT STACK SHAFT from the ROLLER CARRIAGE ASSEMBLY and replace it with the longer WEIGHT STACK SHAFT from the 250# upgrade kit, using the same bolt and washers (see detail "F", page #6).
  11. Slide the six (6) additional 10# WEIGHT PLATES from 250# upgrade kit down over the GUIDE RODS onto the WEIGHT STACK CUSHIONS, starting with the plate designated 250# first (on the bottom), moving in reverse order in 10# increments (see detail "K", page #6).
  12. Place the remaining original 17 WEIGHT PLATES back onto the new weight stack plates with the weight designations proceeding in reverse order by 10# increments from 190# back to 30# (see detail "E", page #6).
  13. Slide the upgraded ROLLER CARRIAGE ASSEMBLY (WITH LONG WEIGHT STACK SHAFT) down over the guide rods onto the fully assembled WEIGHT STACK (23 plates) (see detail "E", page #6).

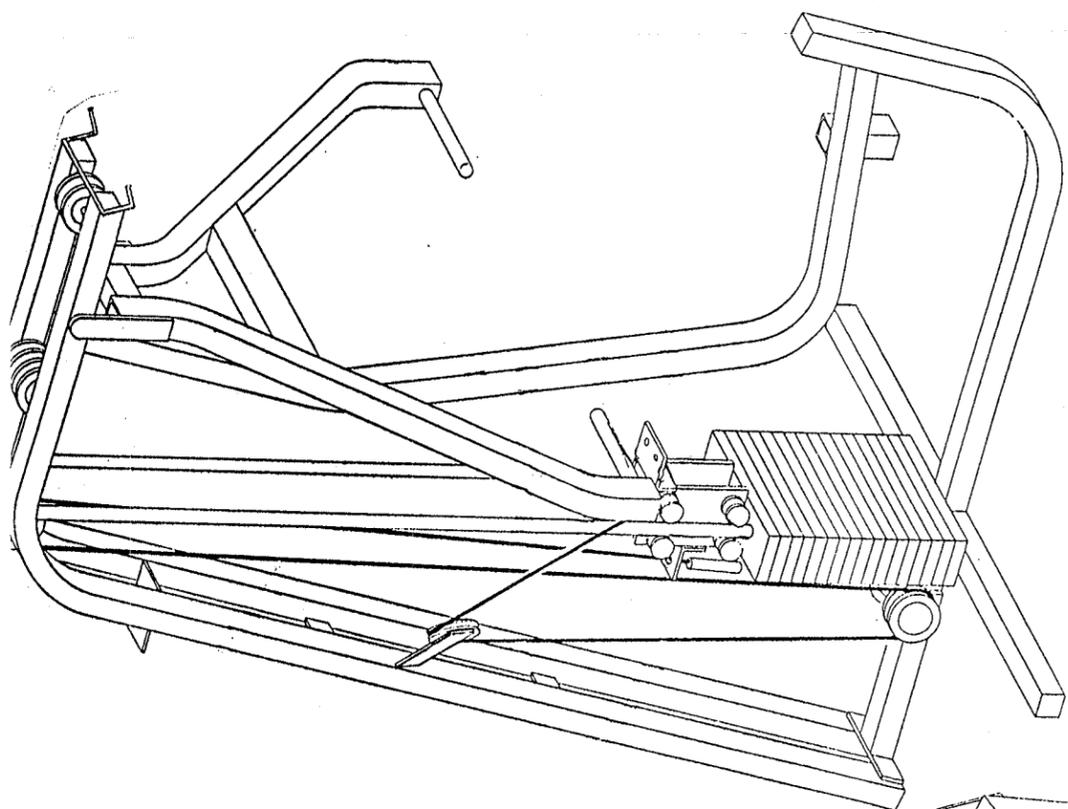
!!WARNING!!

THIS INSTALLATION MUST BE PERFORMED BY TWO (2) PERSONS !!

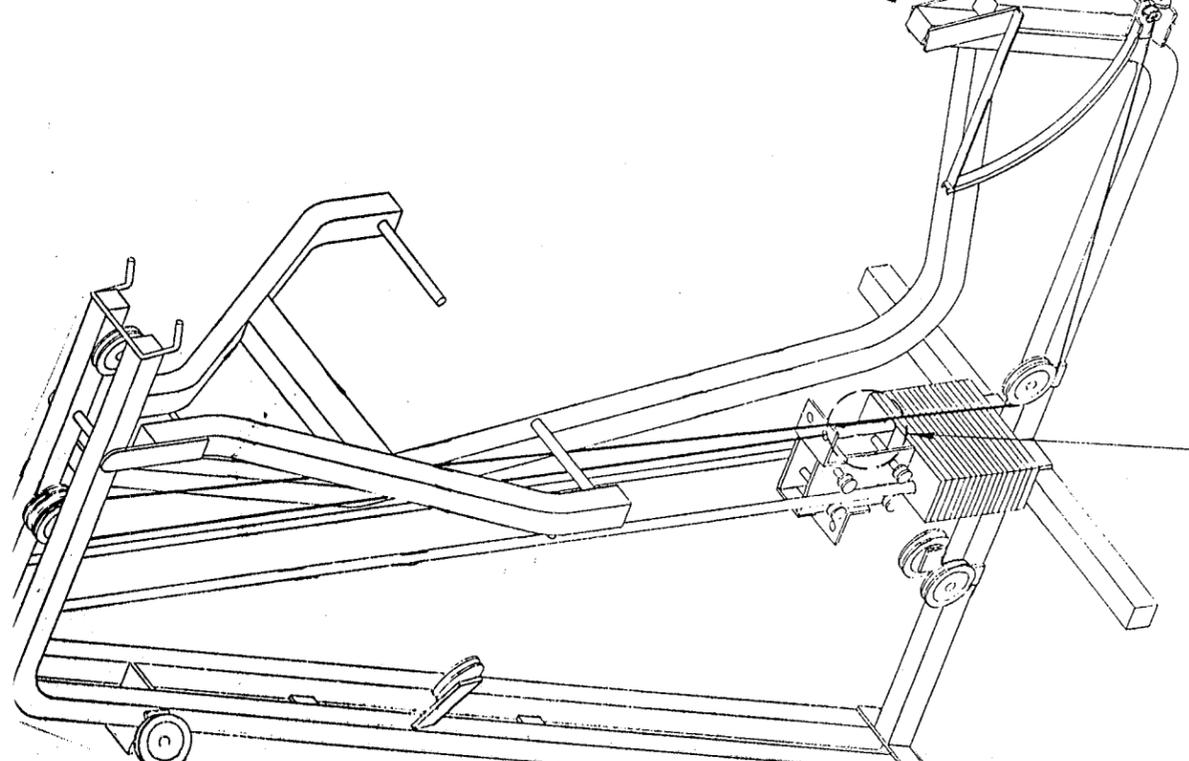
- STEP#
14. Reassemble the VERTICAL MAIN FRAME onto the BENCH SUPPORT FRAME while positioning the GUIDE RODS into the underside of the VERTICAL MAIN FRAME (see page #5).
  15. Bolt VERTICAL MAIN FRAME and BENCH SUPPORT FRAME together at connections #1, #2, and #3, respectively, and tighten securely (see page #5).
  16. Reposition and secure the PRESS ARM to VERTICAL MAIN FRAME (see detail "D", page #4).
  17. Reposition and secure the PEC DEC BEARING HOUSING SUPPORT with ARMS still attached (see detail "C", page #4).
  18. Reconnect PEC DEC LOOP CABLE to cams on PEC DEC ARMS (left and right) (see detail "B", page #4).
  19. Attach CABLE ASSEMBLIES to the four (4) long COUNTER WEIGHTS (see detail "G", page #6).
  20. After COUNTER WEIGHTS are secured to cable ends, use a scissors to cut half way across the four (4) rubber GROMMETS. (see detail "G", page #6).
  21. Push CABLE through slit in GROMMET until it is centered. Then slip the GROMMET down the CABLE into the COUNTER WEIGHT approximately 1/2" deep (see detail "G", page #6).
  22. Reroute all cables (see each assembled view on page #3).



LAT PULL CABLE

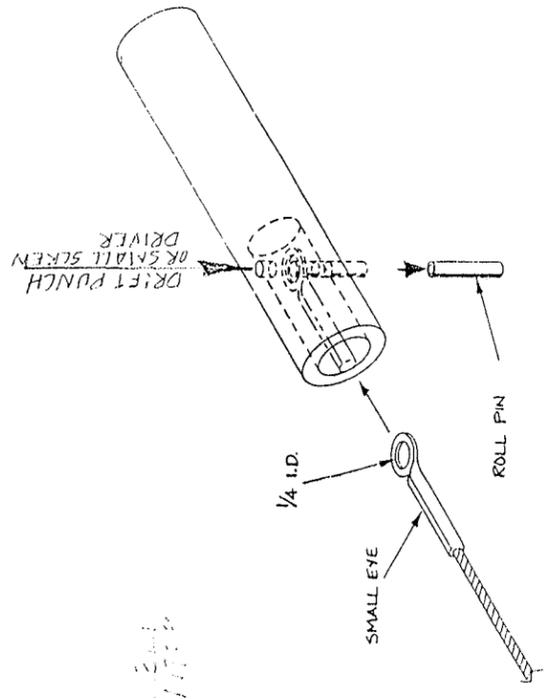


PRESS ARM CABLE



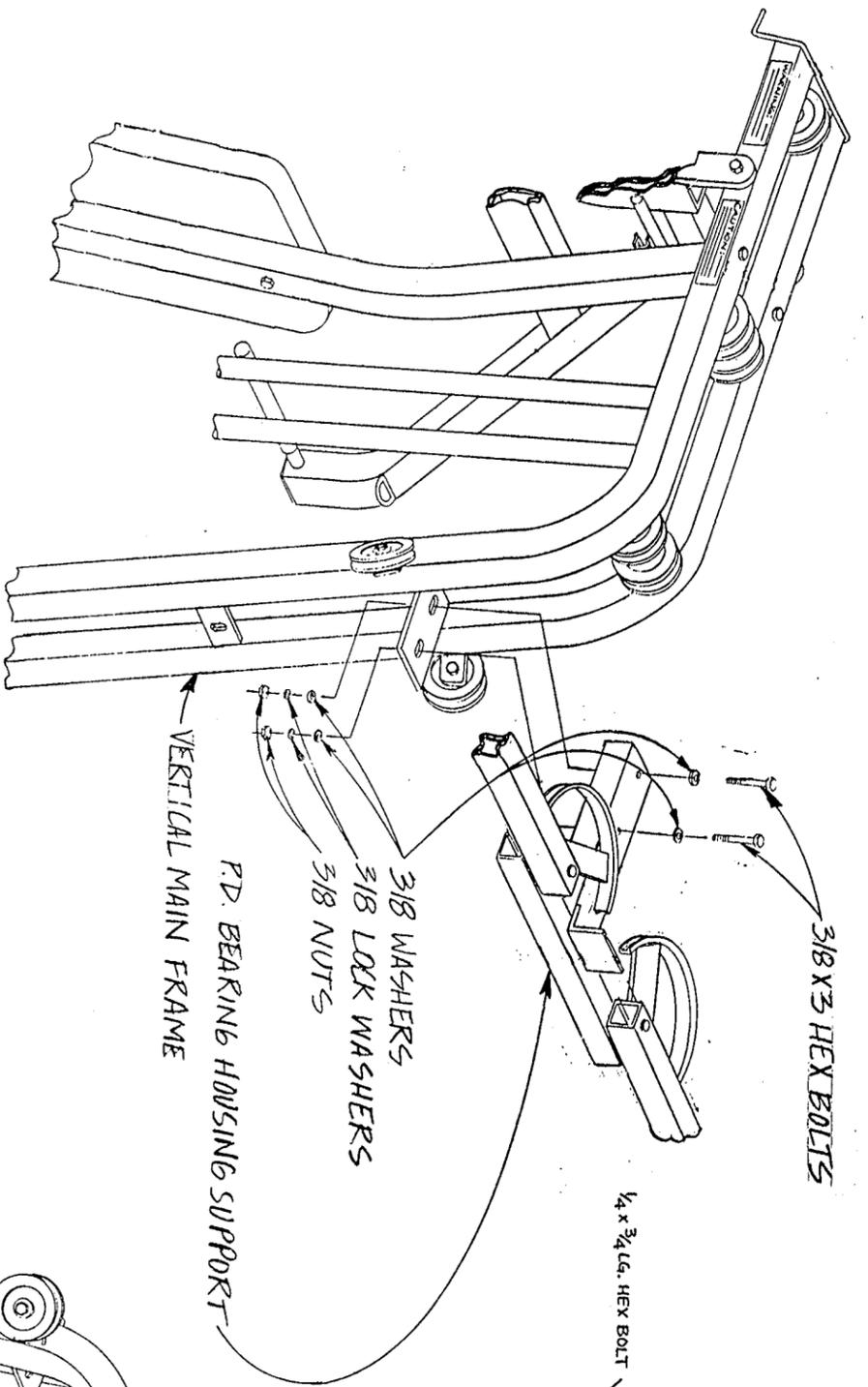
LEG CURL/EXT CABLE

SEE DETAIL "A" FOR CODING OF THE  
 THE REASSEMBLY WITH THE LONGER  
 WEIGHTS.

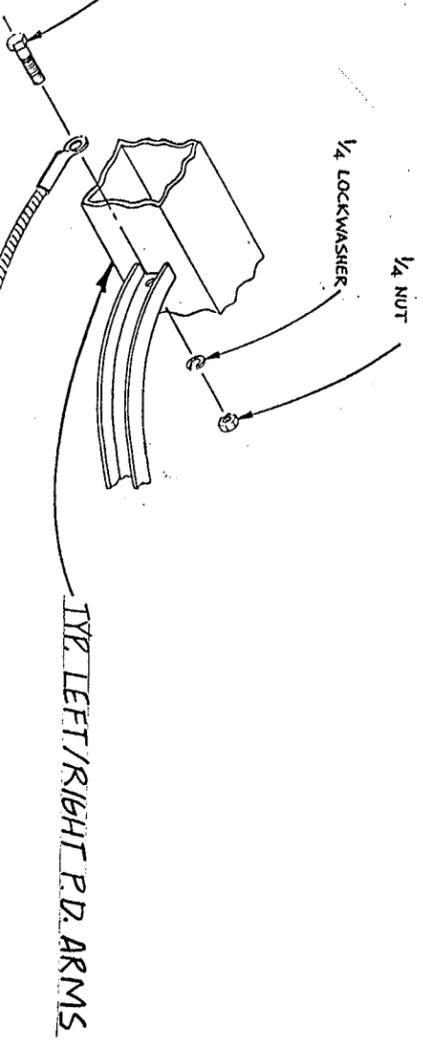


PEC DEC LOOP &  
 ATTACHMENT CABLES

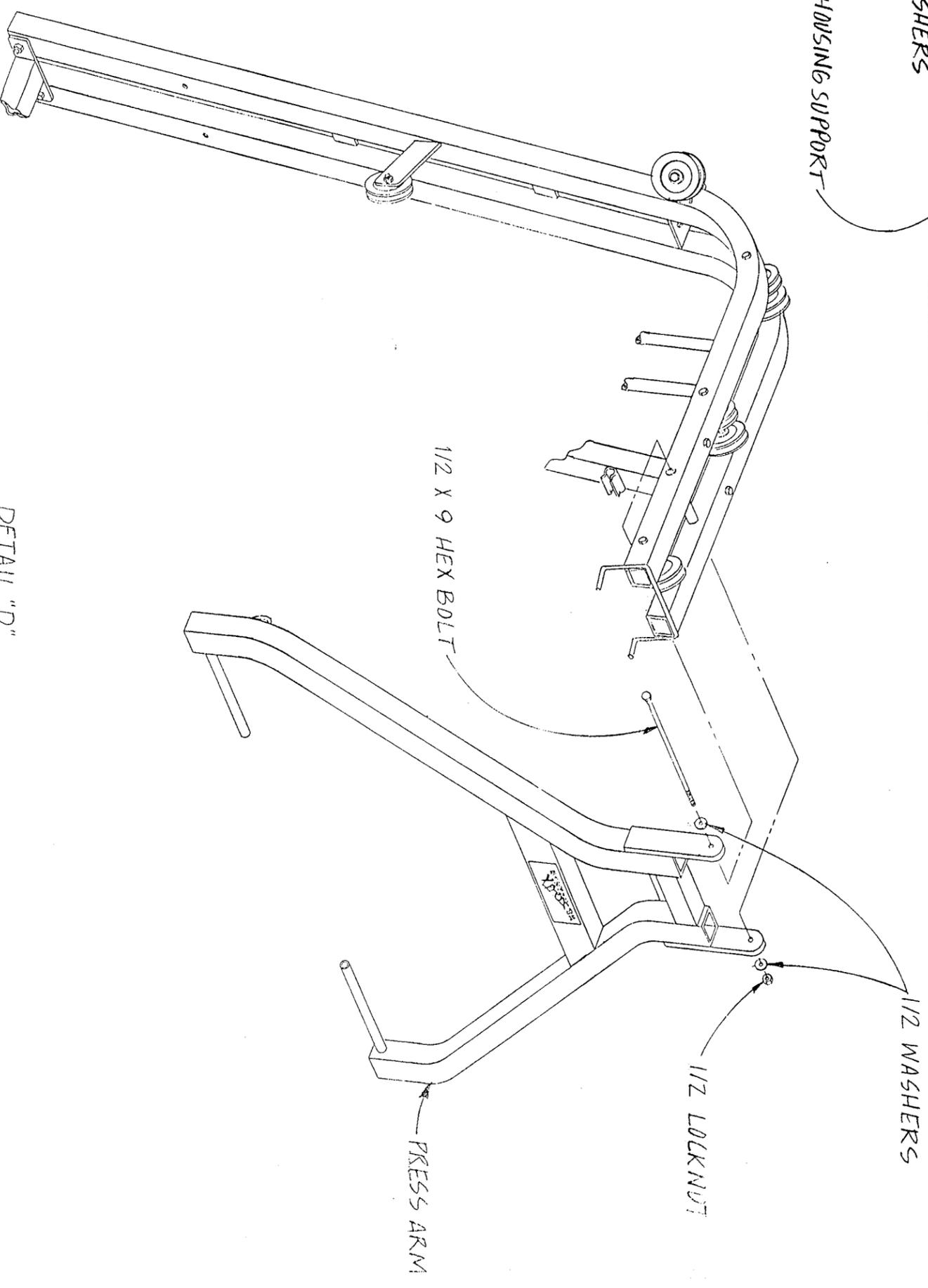
DETAIL "A"



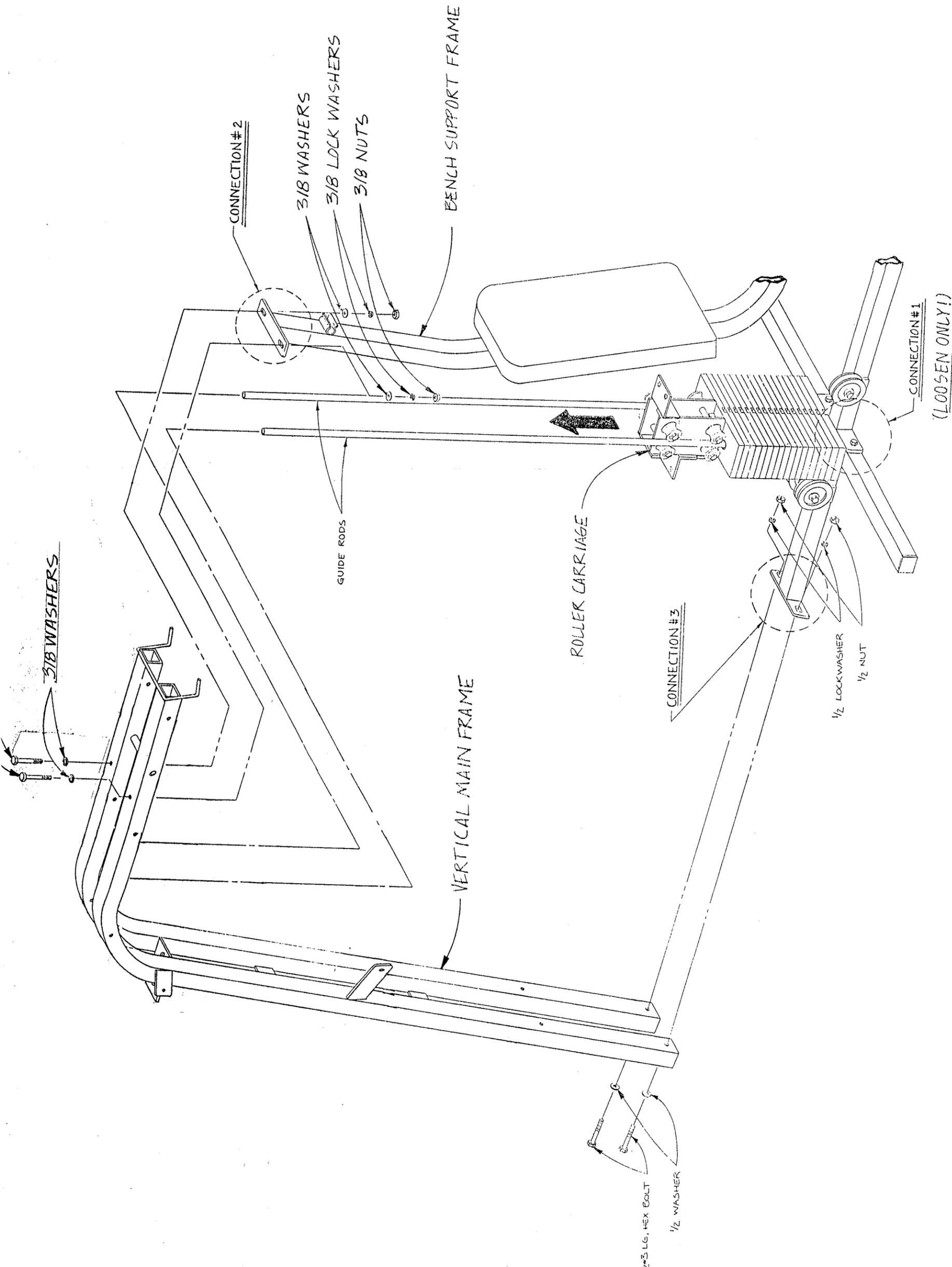
DETAIL "C"

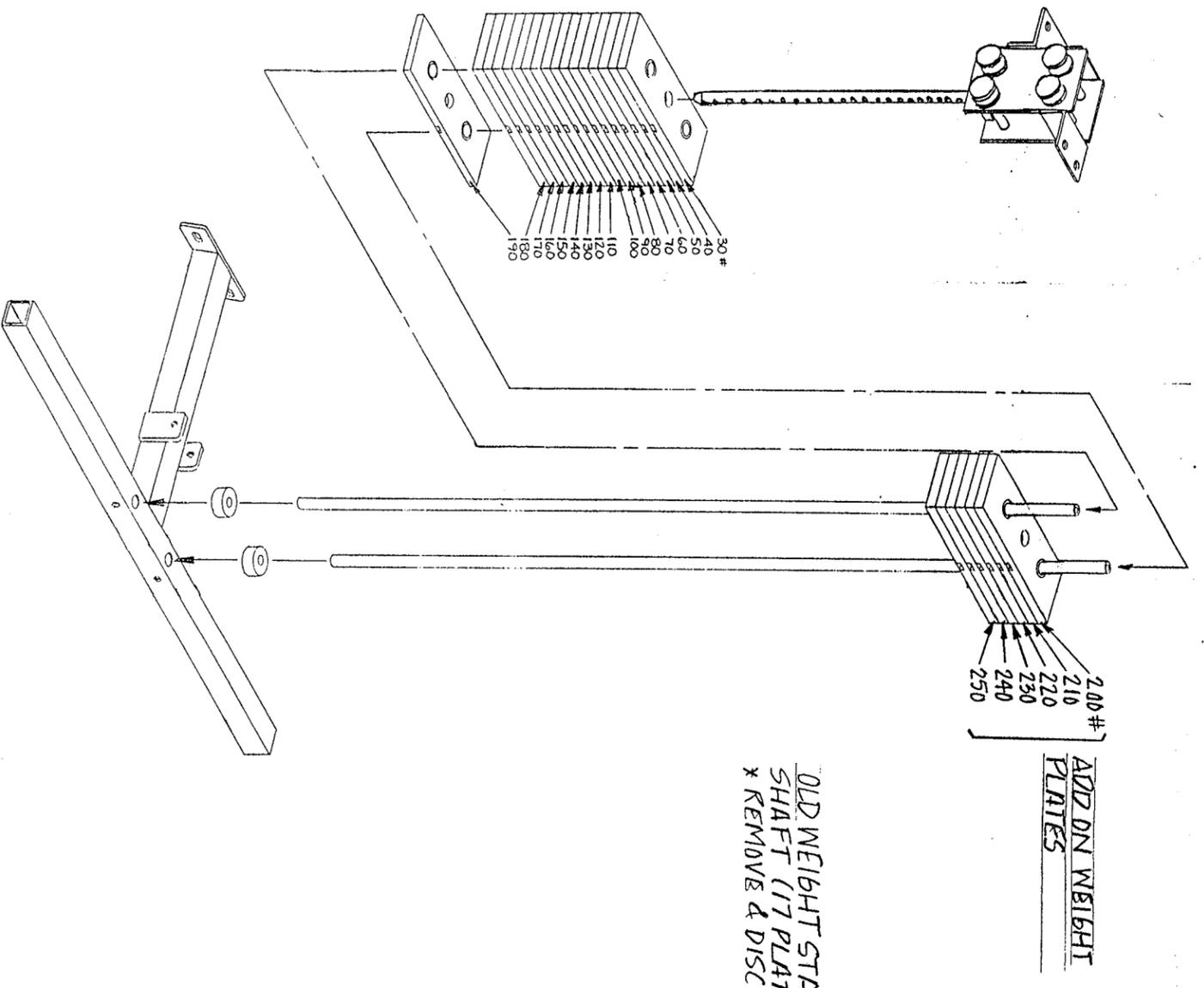


DETAIL "B"

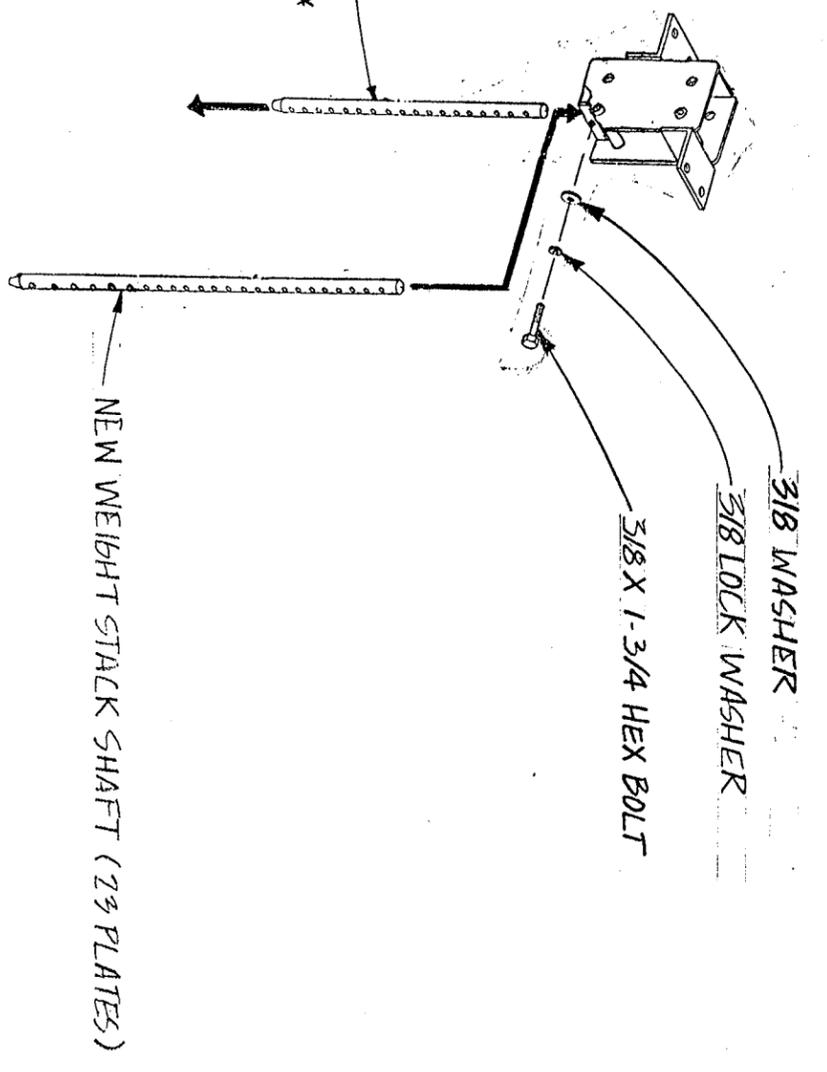


DETAIL "D"

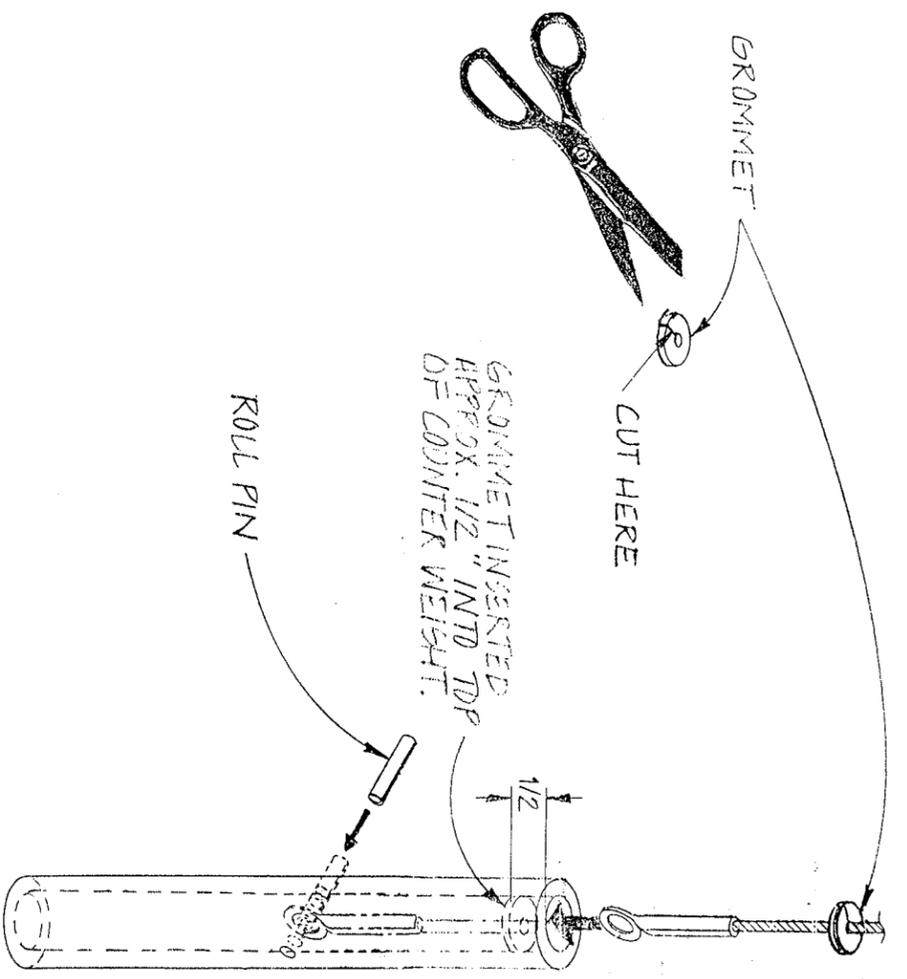




DETAIL "E"



DETAIL "F"



DETAIL "G"