

832101
HOME GYM LEG PRESS OPTION

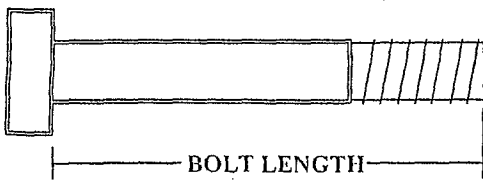
ASSEMBLY INSTRUCTIONS

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

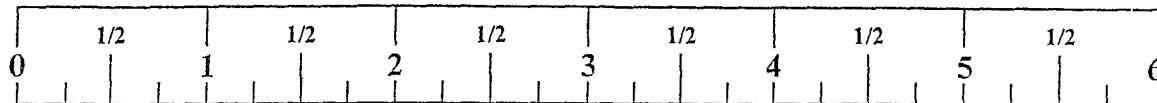
ITEM	NAME/DESCRIPTION	QTY
1.	GRIP, 1 X 8 CLOSED END	2
2.	PULLEY, 3-1/2 OD X 3/8 ID X 1	1
3.	STRIP, NON-SKID 2-1/2 X 5-1/2	8
4.	CAP, END 2 SQ 10-14 GA	14
5.	GLIDE, 1-1/2 X 3/4 UHMWPE QTY 8	1
6.	CAP, COVER 2 SQ PARABODY LOGO	2
7.	WHEEL, 2 OD X 3/8 ID X 1.....	2
8.	WASHER, FLAT 3/8 ID	8
9.	WASHER, LOCK 3/8 ID	4
10.	NUT, NYLOCK 1/2-13	2
11.	NUT, NYLOCK 3/8-16	2
12.	NUT, NYLOCK 1/2-13 LOW HT	2
13.	NUT, NYLOCK 3/8-16 LOW HT	1
14.	BOLT, HHG2 3/8-16 X 3	2
15.	BOLT, HHG2 1/2-13 X 3-1/4	2
16.	BOLT, HHG2 3/8-16 X 2-3/4	2
17.	BOLT, HHG2 1/2-13 X 6-1/2	2
18.	BOLT, HHG2 3/8-16 X 4-1/2	1
19.	BOLT, HHG2 3/8-16 X 1-1/2	2
20.	BEARING, FLANGE 3/4 ID X 1 OD	4
21.	SET SCREW, C PT 5/16-18 X 3/8	4
22.	BEARING, FLANGE 1/2 ID X 5/8 OD	8
23.	SPACER, 3/8 ID X 5/8 OD X 3/8	2
24.	ASSY, SPRING PIN 3/8 DIA	1
25.	SHAFT, 3/4 DIA X 8-1/8	2

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



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BOLT LENGTH RULER:

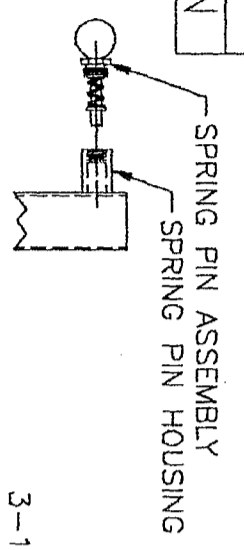


1. Attach two (2) 2 SQ. IN. COVER CAPS onto the **REAR BASE TUBE** as shown on drawing.
2. Insert all 2 SQ. IN. END CAPS into end of tubes as shown in drawing.
3. **SECURELY** assemble the **REAR BASE TUBE** to the **FRAME**.
4. Attach four (4) PARAGLIDE STRIPS to the outside of the **ADJUSTMENT TUBE** and four (4) PARAGLIDE STRIPS to the inside of the **SEAT WELDMENT** as shown in (DETAIL A), and using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
 - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
5. **SECURELY** assemble one (1) 3/8 IN. SPRING PIN ASSEMBLY to the **SPRING PIN HOUSING** of the **SEAT WELDMENT** as shown in (DETAIL B). (**IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY**)
6. Assemble one (1) 3-1/2 X 1 IN. PULLEY, two (2) 2 IN. WHEELS, two (2) 3/8 IN. WASHERS, and two (2) 3/8 IN. SPACERS to the **ADJUSTMENT TUBE** using one (1) 3/8 X 4-1/2 IN. BOLT and one (1) 3/8 IN. LOW HT LOCK NUT.
7. Carefully slide the **ADJUSTMENT TUBE** into the **SEAT WELDMENT** and engage SPRING PIN into one of the adjustment holes.
8. Assemble two (2) LEVER TUBES to the **FRAME**, using two (2) SHAFTS and secure in place with four (4) SET SCREWS. (NOTE: A TIGHT FIT IS NECESSARY TO ENSURE PROPER FUNCTION. THE FRAME MAY HAVE TO BE SLIGHTLY PRIED APART USING THE HANDLE OF A HAMMER OR A SIMILAR INSTRUMENT.) (NOTE: ONLY TWO LEVER TUBES ARE INCLUDED, THE OTHER TWO LEVER TUBES SHOWN IN DRAWING ARE FOR VISUALIZATION ONLY.)
9. Assemble **FOOT PLATE** to the **LEVER TUBES** as shown in drawing. (**DO NOT OVER TIGHTEN BOLTS!**)
10. Carefully attach eight (8) NON-SKID STRIPS to the **FOOT PLATE** as shown in drawing.
11. Attach the **SEAT WELDMENT** to the **LEVER TUBES** as shown in drawing. (NOTE: **DO NOT OVER TIGHTEN NUTS, THE SEAT WELDMENT AND FOOT PLATE SHOULD BE ABLE TO ROTATE FREELY.**)
12. Assemble the **BACK PAD** to the **SEAT WELDMENT**.
13. Assemble the **SEAT PAD** and the **HANDLE** to the **SEAT WELDMENT**.
14. Attach two (2) 1 X 8 IN. GRIPS to the **HANDLE** as shown in drawing.

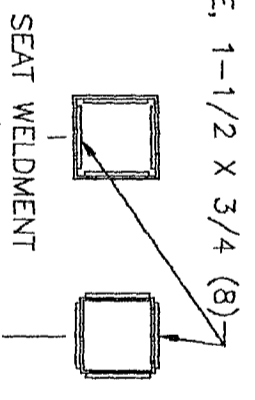
NOTE: TO ATTACH THE ASSEMBLED 832 LEG PRESS OPTION TO YOUR HOME GYM, SEE INSTRUCTIONS INCLUDED IN THE ADAPTER KIT.

DASH NO	DESCRIPTION
-01	AS SHOWN

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2754	DLM	12/95



3-1/2 X 1 IN. PULLEY



DETAIL A

3/8 ID X 5/8 OD X 3/8 IN. SPACER

2 IN. WHEEL (2)

3/8 IN. LOW HT. LOCK NUT

3/8 IN. WASHER (2)

3/8 X 4-1/2 IN. BOLT

2 IN. SQ. END CAP (14)

1/2 X 6-1/2 IN. BOLT (2)

2-1/2 X 5-1/2 IN. NON-SKID STRIP (8)

FOOT PLATE WELDMENT (6575403)

1/2 IN. LOW HT. LOCK NUT (2)

1/2 IN. FLANGE BEARING (4)

LEVER TUBE WELDMENT (6573903) (2)

(SHOWN TWICE IN DRAWING)

5/16-18 X 3/8 SET SCREW (4)

3/4 DIA X 8-1/8 IN. SHAFT (2)

FRAME WELDMENT (6574503)

3/8 IN. LOCKNUT (2)

3/8 IN. FLAT WASHER (4)

2 SQ X 18 IN. TUBE (6575003)

2 IN. SQ. COVER CAP (2)

3/8 X 3 IN. BOLT (2)

3/8 IN. LOCKWASHER (2)
3/8 X 1-1/2 IN. BOLT (2)

LABEL, PARABODY LOGO
LABEL, SERIAL NUMBER
LABEL, RISK/USA
3/8 IN. WASHER (2)

1/2 IN. LOCKNUT (2)
3/8 IN LOCKWASHER (2)
3/8 X 2-3/4 IN. BOLT (2)

1/2 X 3-1/4 IN. BOLT (2)
1/2 IN. FLANGE BEARING (4)

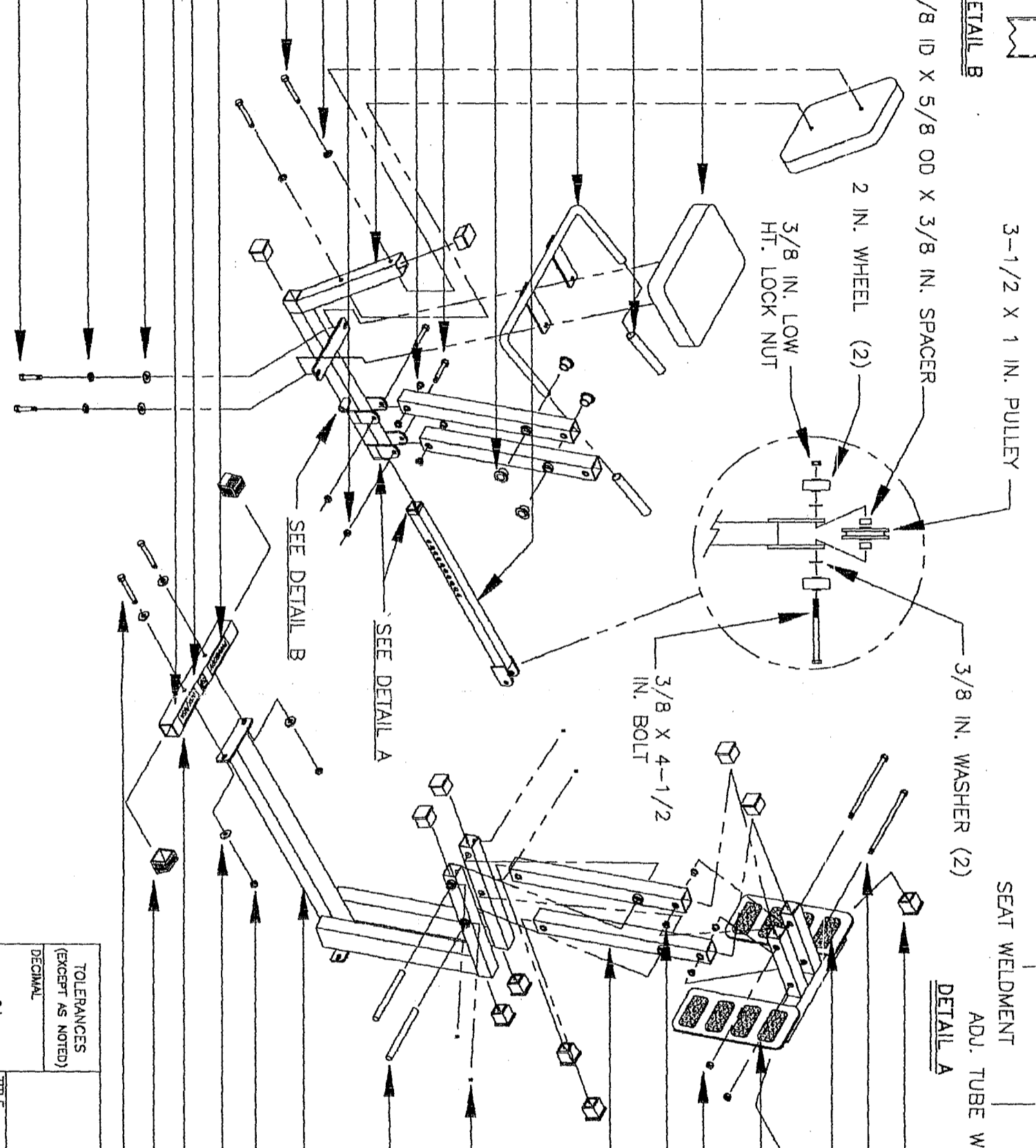
3/4 IN. FLANGE BEARING (4)

HANDLE WELDMENT (6476403)

1 X 8 IN. GRIP (2)

PAD (2) (6457301)

ADJ. TUBE WELDMENT (6575102)



TOLERANCES (EXCEPT AS NOTED)	DECIMAL	2
	FRACTIONAL	2
	ANGULAR	2

TITLE
ASSY INST, 832101
PARABODY INC.
RAMSEY, MINNESOTA

SCALE	1/18	SIZE	B	DRAWING NO.	65781
SHEET	1 OF 1	DR	TKB	CHK'D	TKB
				11/95	12/95
				APP'D	DLM
					12/95