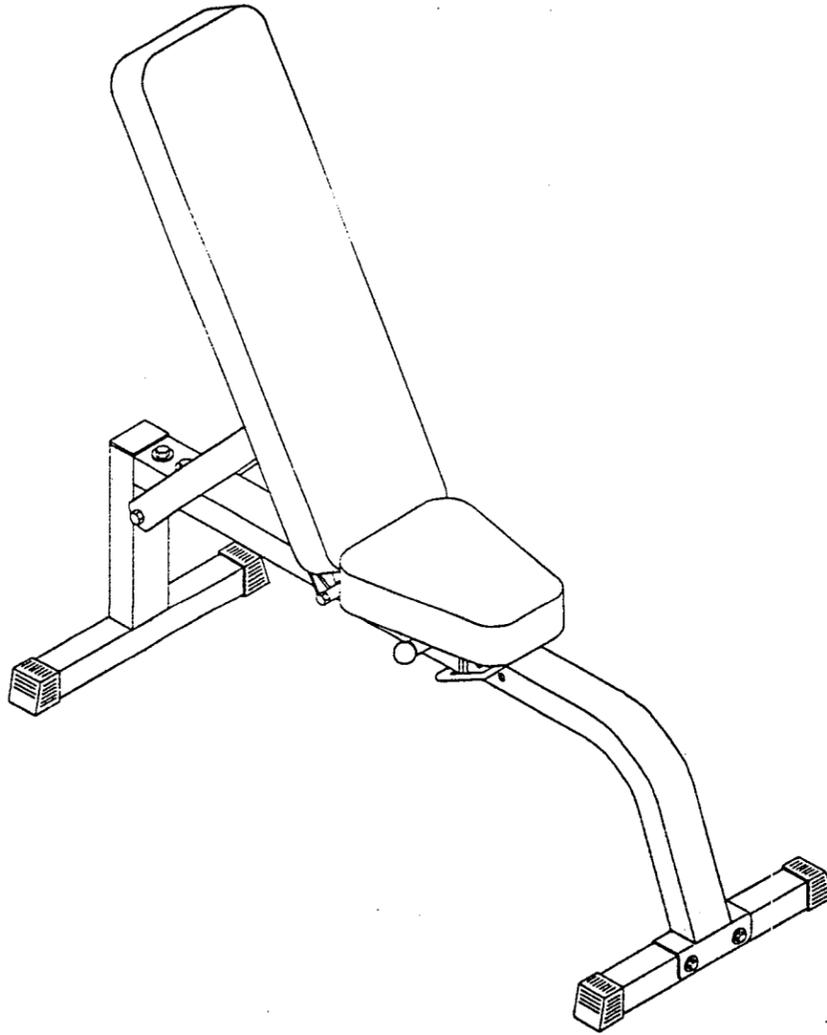


**PARABODY**

*Serious Steel*

**805106 FLAT & INCLINE BENCH**

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**ASSEMBLY INSTRUCTIONS**

## IMPORTANT NOTES

# WELCOME TO THE WORLD OF *Serious Steel!*

### Please note:

- \* Thank you for purchasing the Parabody 805106 FLAT & INCLINE BENCH. 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:

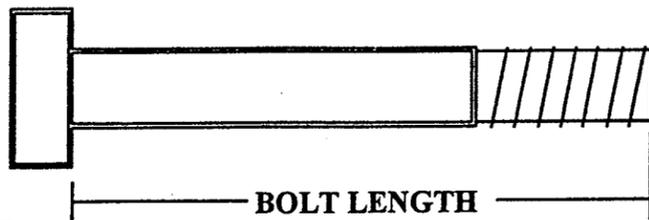
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your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

## Tools Required for Assembly

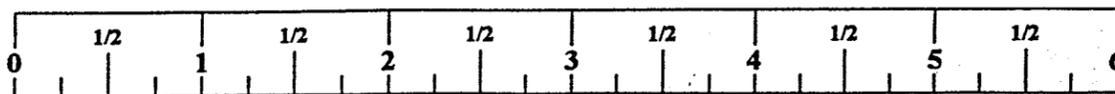
- \* 3/4" wrench
- \* 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* Adjustable wrench
- \* Tape measure

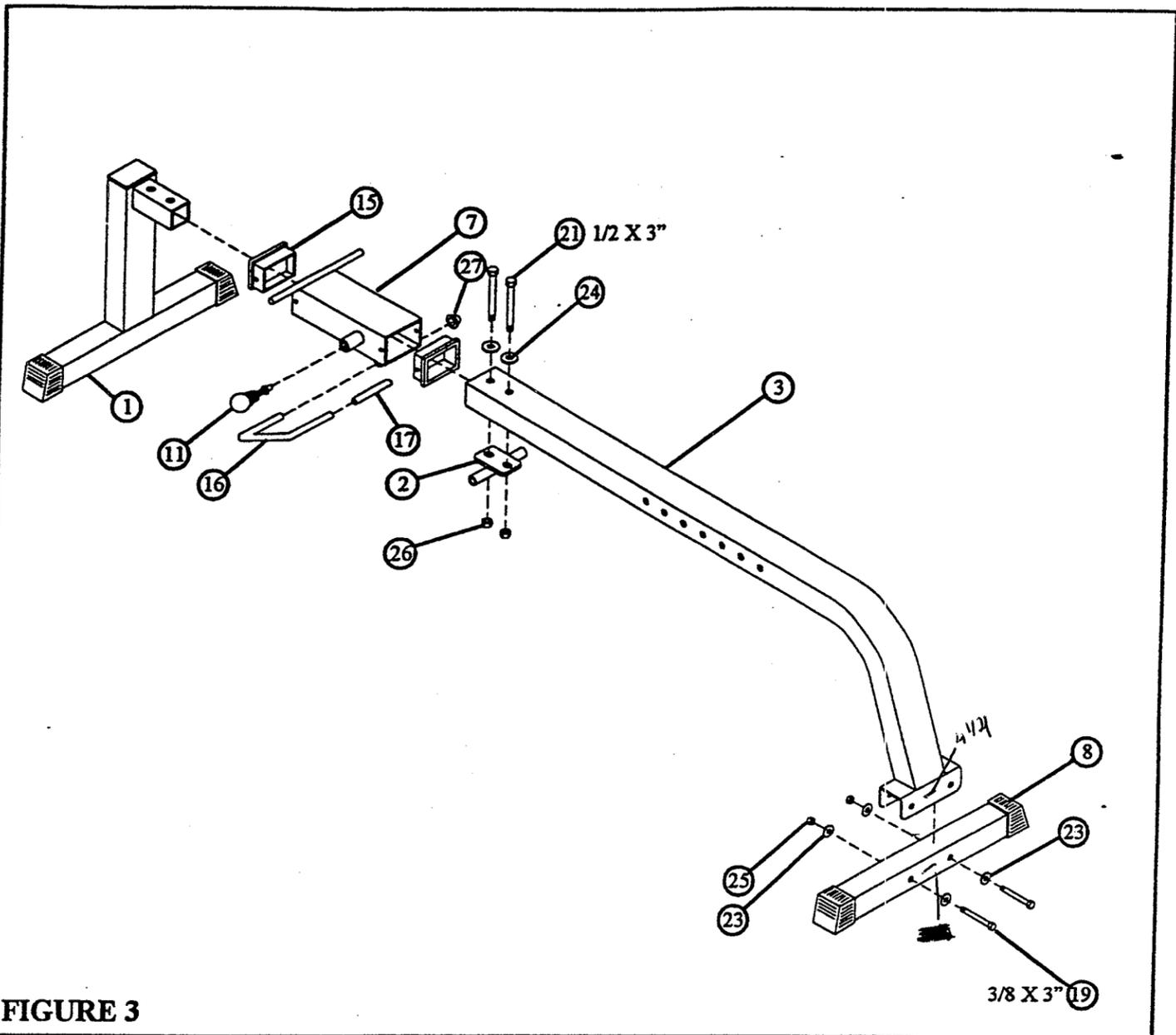
## Bolt Length Ruler

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



**BOLT LENGTH RULER:**

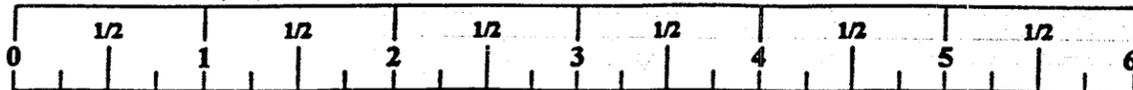




**FIGURE 3**

**STEP 3:**

- Snap two 3 X 2" GUIDE INSERTS (15) into the ends of the WOLFF SLEEVE (7) as shown in FIGURE 3.
- Insert 3/8" SPRING PIN ASSEMBLY (11) into the spring pin barrel on WOLFF SLEEVE (7) and tighten nut securely. See FIGURE 3.
- Slide one 4" VINYL CAP (17) over the U-PIN (16) as shown in FIGURE 3.
- Slide U-PIN (16) through the bushing on WOLFF SLEEVE (7) and attach with PAL-NUT (27)
- Slide the WOLFF SLEEVE (7) over the BENCH FRAME (3).
- Securely assemble the BENCH FRAME (3) to the REAR LEG (1) & the SWIVEL PLATE (2) using two 1/2 X 3" BOLTS (21), two 1/2" FLAT WASHERS (24), and two 1/2" NYLOCK NUTS (26) as shown in FIGURE 3.
- Securely assemble the 2 SQ. X 18" TUBE (8) to the BENCH FRAME (3) using two 3/8 X 3" BOLTS (19), four 3/8" FLAT WASHERS (23), and two 3/8" NYLOCK NUTS (25). See FIGURE 3.



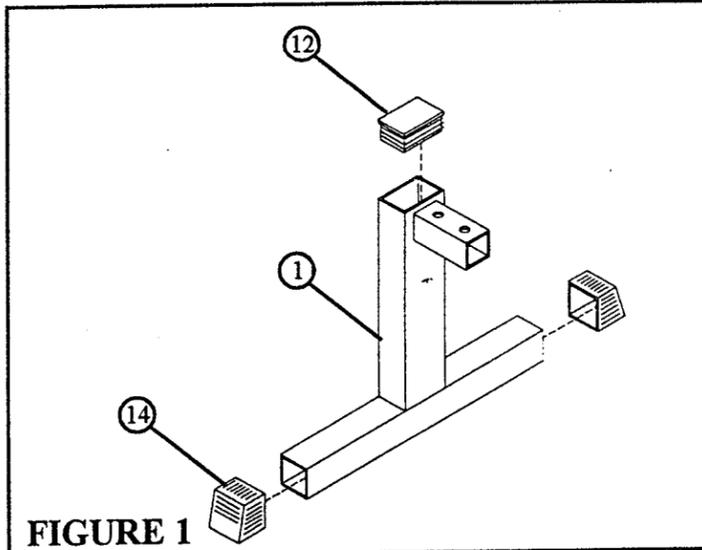
# PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	6706303	REAR LEG	1
2	6706203	SWIVEL PLATE	1
3	6705703	BENCH FRAME	1
4	6681902	1/4 X 2 X 16-1/2" PLATE	2
5	6624202	LEFT BACK PAD ANGLE	1
6	6624302	RIGHT BACK PAD ANGLE	1
7	6623702	WOLFF SLEEVE	1
8	6236503	2 SQ. X 18" TUBE	1
9	6706002	BACK PAD	1
10	6705802	SEAT PAD	1
11	6412001	3/8" SPRING PIN ASSEMBLY	1
12	6692601	3 X 2" END CAP	1
13	6406401	HINGE TAB	2

KEY	PART #	DESCRIPTION	QTY
14	6467001	"PARABODY" LOGO END CAP	4
15	6590801	3 X 2" GUIDE INSERT	2
16	6619301	U-PIN	1
17	3118401	4" VINYL CAP	1
18	3102909	3/8 X 1" BOLT	6
19	3102904	3/8 X 3" BOLT	2
20	3202101	1/2 X 1-1/4" BOLT	2
21	3102910	1/2 X 3" BOLT	2
22	3202107	1/2 X 6-1/2" BOLT	1
23	3102501	3/8" FLAT WASHER	10
24	3102502	1/2" FLAT WASHER	4
25	3102802	3/8" NYLOCK NUT	2
26	3102801	1/2" NYLOCK NUT	5
27	3109602	PAL NUT	1

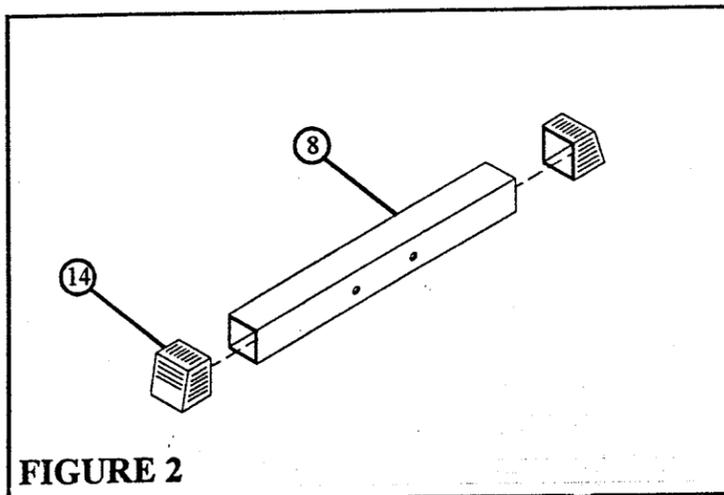
**STEP 1:**

- Insert one 3 X 2" END CAP (12) into top of the REAR LEG (1) as shown in FIGURE 1.
- Slide two "PARABODY" LOGO END CAPS (14) over the ends of the REAR LEG (1). See FIGURE 1.



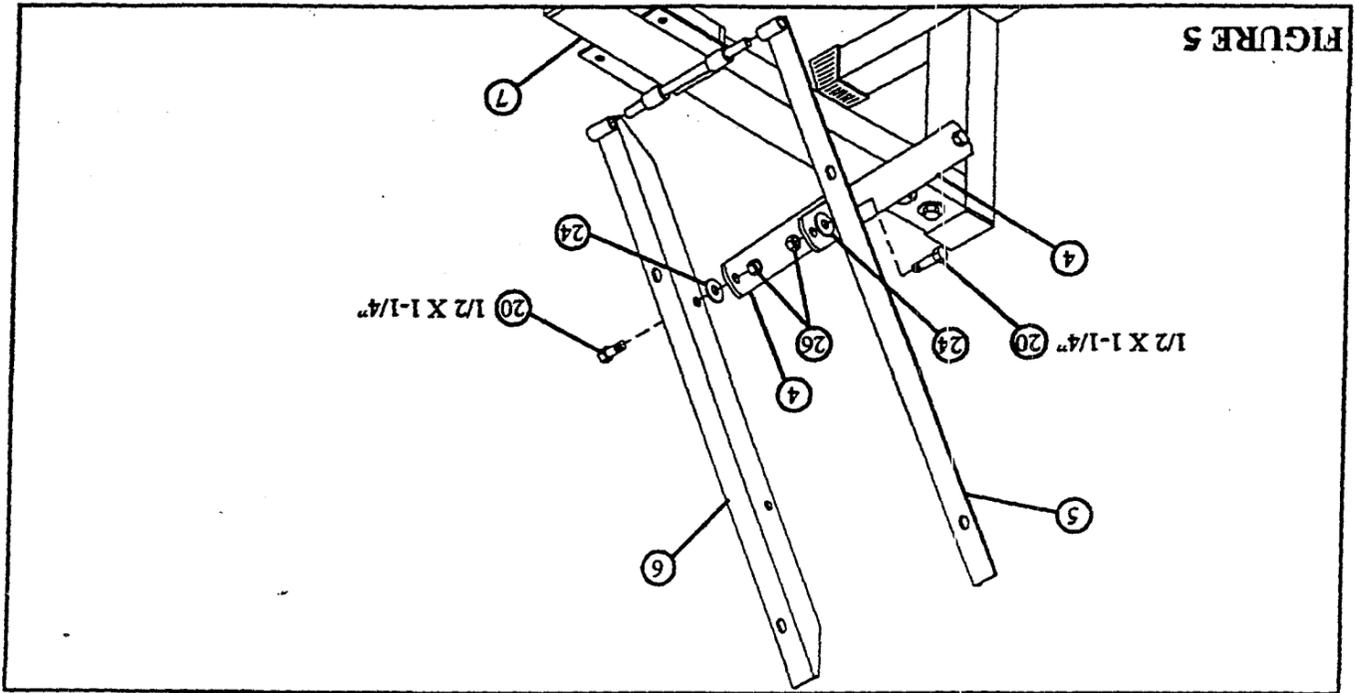
**STEP 2:**

- Slide two "PARABODY" LOGO END CAPS (14) over the ends of the 2 SQ. X 18" TUBE (8). See FIGURE 2.



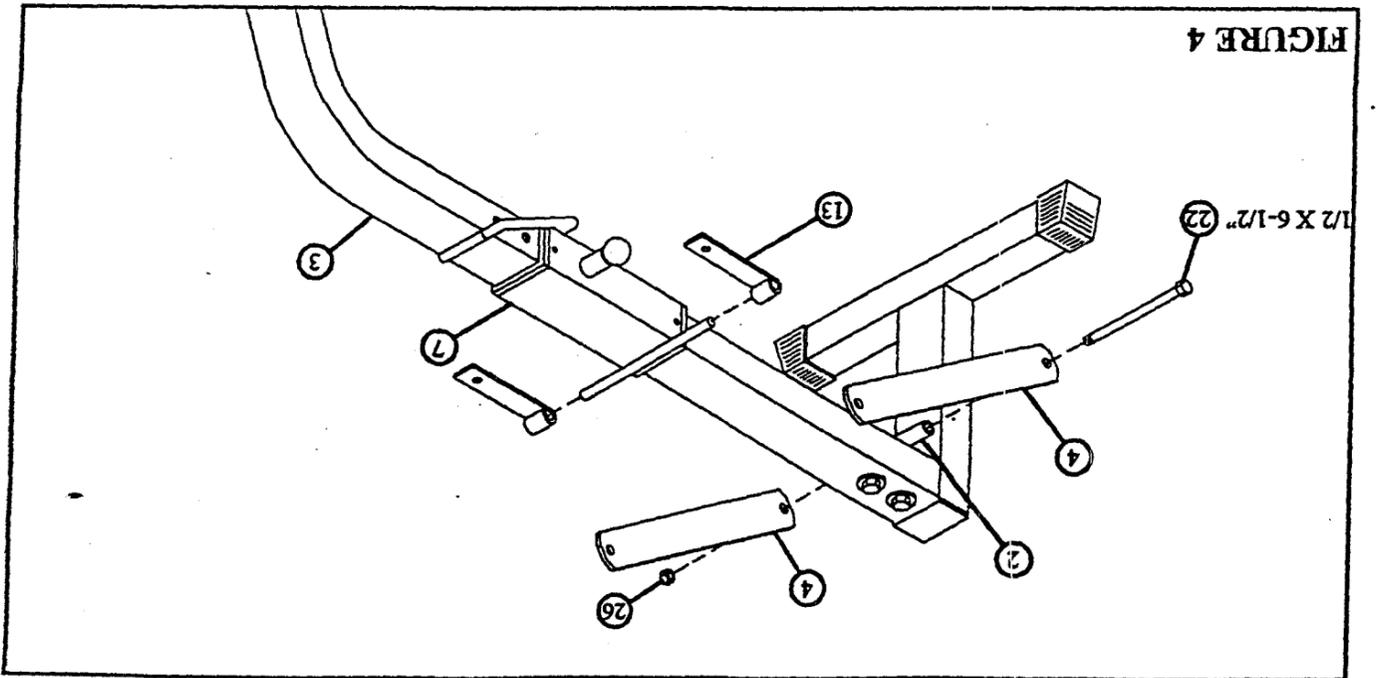
- Attach the LEFT (5) & RIGHT (6) BACK PAD ANGLES to the 1/4 X 2 X 16-1/2" PLATES (4) using two 1/2 X 1-1/4" BOLTS (20), two 1/2" FLAT WASHERS (24), and two 1/2" NYLOCK NUTS (26).
- Slide the LEFT (5) & RIGHT (6) BACK PAD ANGLES over the shaft on the WOLFF SLEEVE (7) as shown in FIGURE 5.

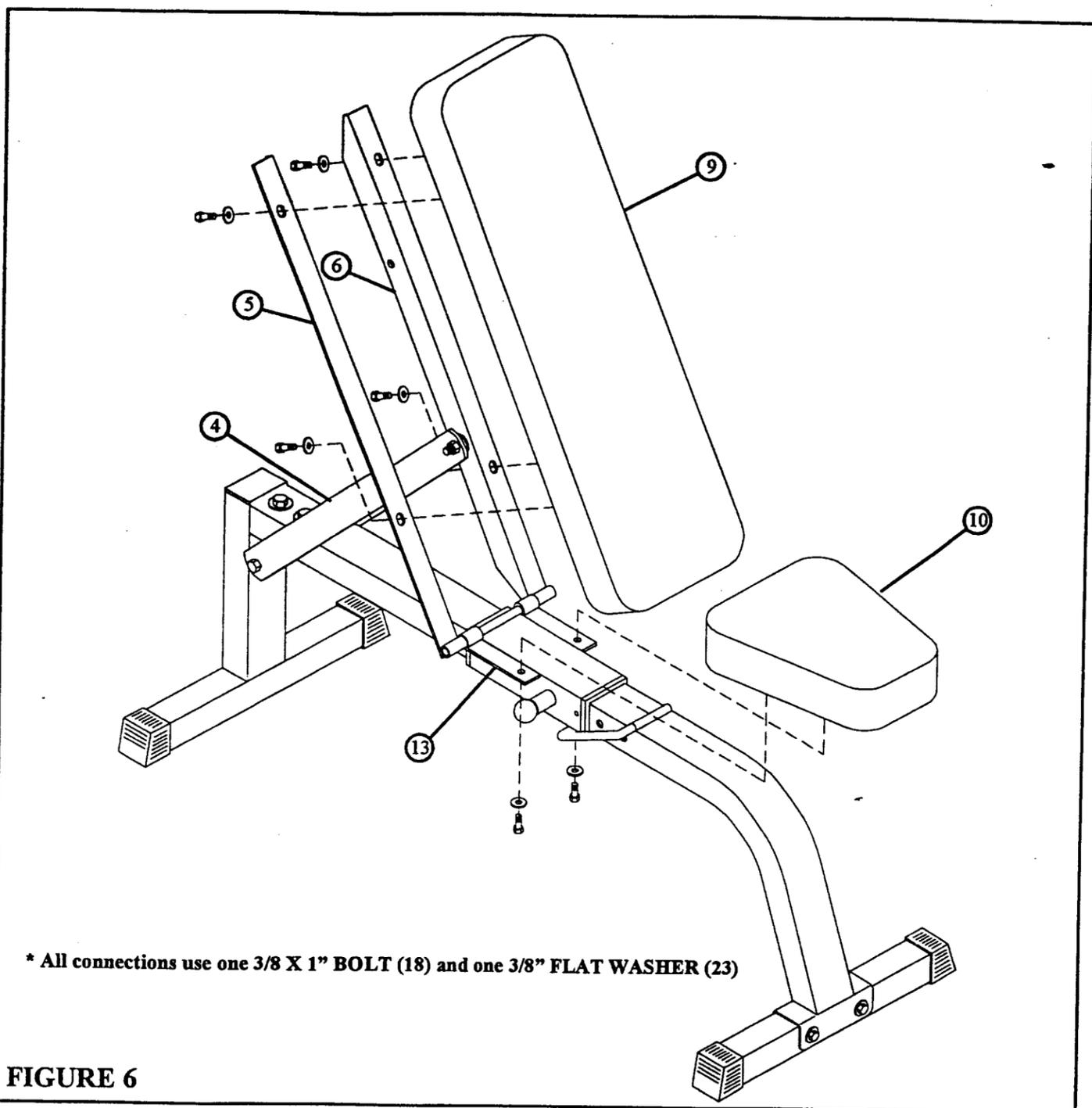
STEP 5:



- Slide two HINGE TABS (13) over the shaft on the WOLFF SLEEVE (7) as shown in FIGURE 4.
- Attach two 1/4 X 2 X 16-1/2" PLATES (4) to the bushing on the SWIVEL PLATE (2) using one 1/2 X 6-1/2" BOLT (22) and one 1/2" NYLOCK NUT (26). See FIGURE 4.

STEP 4:





**STEP 6:**

- Securely fasten the BACK PAD (9) to the LEFT (5) and RIGHT (6) BACK PAD ANGLES using four 3/8 X 1" BOLTS (18) and four 3/8" FLAT WASHERS (23) as shown in FIGURE 6.
- Securely fasten the SEAT PAD (10) to the HINGE TABS (13) using two 3/8 X 1" BOLTS (18) and two 3/8" FLAT WASHERS (23) as shown in FIGURE 6.
- Securely tighten the four connections on the 1/4 X 2 X 16-1/2" PLATES (4), then back nuts off 1/4 of a turn or until the BACK PAD (9) adjusts easily.

**THIS CONCLUDES THE ASSEMBLY OF THE 805106 FLAT & INCLINE BENCH**

