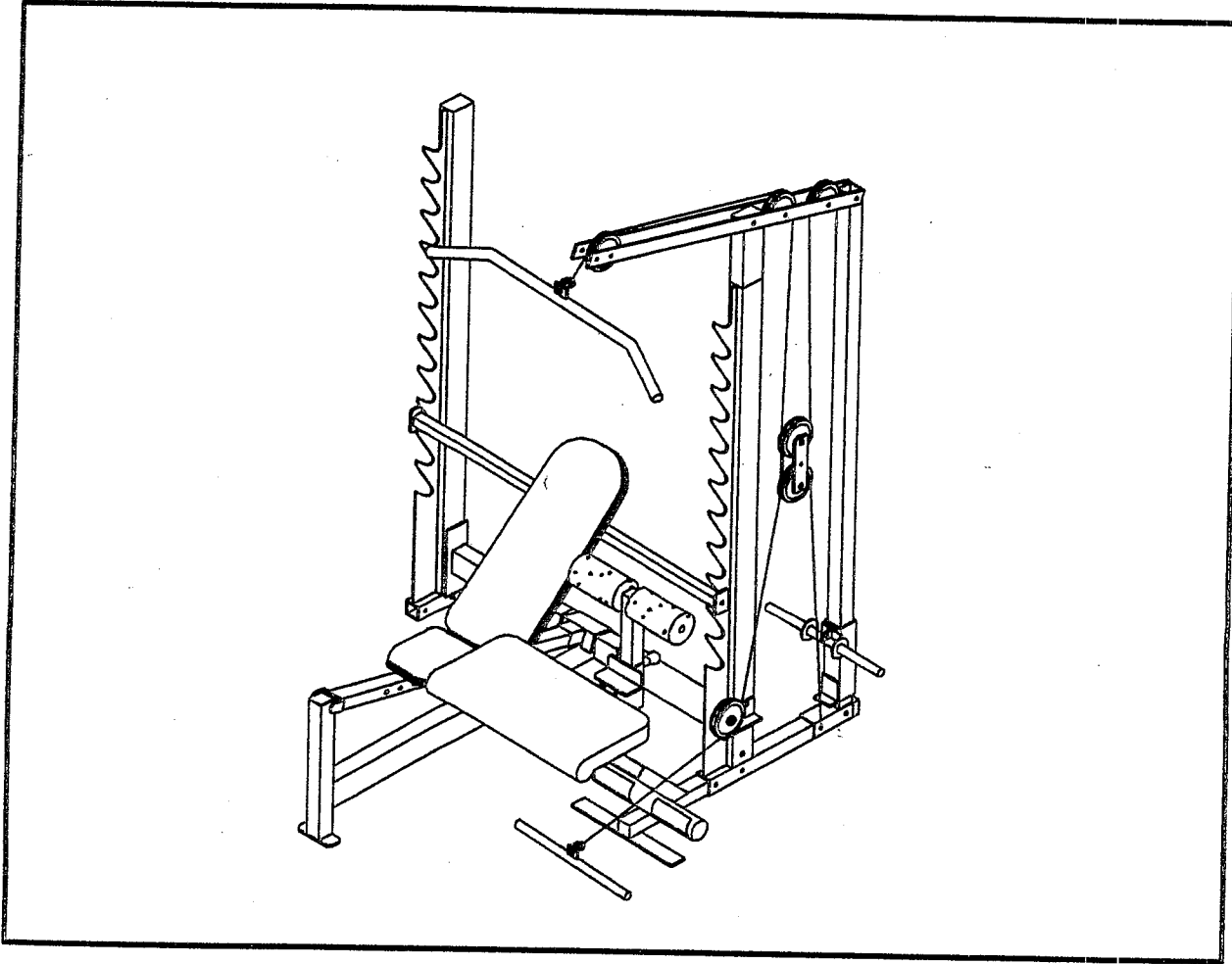


PARABODY

Strength Building Gear

867101
LAT OPTION



**PRODUCT ASSEMBLY
INSTRUCTION SHEETS**

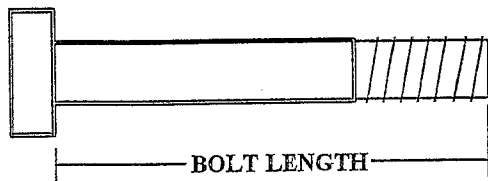
867101 LAT OPTION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

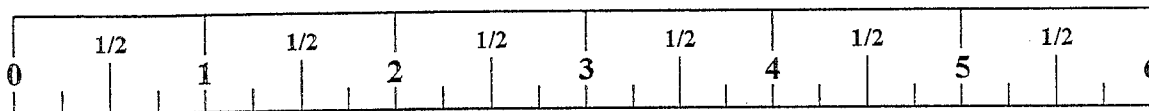
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/2 IN. BOLT	2
2.	1/2 X 3 IN. BOLT	1
3.	3/8 X 3-1/4 IN. BOLT	7
4.	3/8 X 3 IN. BOLT	1
5.	3/8 X 2-3/4 IN. BOLT	1
6.	3/8 X 2-1/4 IN. BOLT	3
7.	1/2 IN. WASHER	4
8.	3/8 IN. WASHER	25
9.	1/2 IN. LOCK NUT	2
10.	3/8 IN. LOCK NUT	12
11.	3/4 X 1/2 X 1-9/16 IN. SPACER	1
12.	5/8 X 3/8 X 1/2 IN. SPACER	6
13.	5/8 X 3/8 X 1/4 IN. SPACER	1
14.	3/4 IN. STARLOCK COLLAR	2
15.	CHAIN	1
16.	5/16 IN. SNAP HOOK	4
17.	SPRING PIN ASSEMBLY	1
18.	THUMBSCREW	3
19.	PARAGLIDE STRIP (8 PER)	1
20.	CARRIAGE GUIDE	10
21.	1-1/4 IN. SQ. RUBBER BUMPER	1
22.	1 X 8 IN. GRIP	4
23.	5-1/2 X 2-1/2 IN. NON SKID STRIP	2
24.	1-3/4 IN. SQ. END CAP	2
25.	2-1/2 IN. OD. END CAP	2

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



BOLT LENGTH RULER:



867101 LAT OPTION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	LAT BASE WLDMT(6474001).....	1
2.	LAT UPRIGHT WLDMT(6431301).....	1
3.	CARRIAGE WLDMT(6432301).....	1
4.	UPRIGHT EXTENSION WLDMT(6431401).....	1
5.	PULLEY MOUNT FLATS(6430101).....	2
6.	LOW PULLEY SUPPORT WLDMT(6431601).....	1
7.	KNEE HOLD DOWN SUPPORT WLDMT(6431801).....	1
8.	KNEE HOLD DOWN TUBE(6431701).....	1
9.	ROLLER PAD SHAFT(6125101).....	1
10.	ROLLER PAD(6194601).....	2
11.	3-1/2 X 3/8 X 1 IN. PULLEY(3116201).....	6
12.	CONNECTOR PLATE(6013701).....	2
13.	119-1/2 IN. CABLE(6432801).....	2
14.	LAT BAR WLDMT(6275301).....	1
15.	LOW ROW BAR WLDMT(6274401).....	1

867101 LAT OPTION ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE *867101 LAT OPTION*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE *867101 LAT OPTION* CAN BE ASSEMBLED TO EITHER UPRIGHT FRAME. THE ASSEMBLY DRAWING ILLUSTRATES A RIGHT SIDE ASSEMBLY
- 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 or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER

1. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the **LAT BASE**, and two (2) 2-1/2 IN. OD. END CAPS into each end of the **FOOT BRACE** on the **LAT BASE** as shown on drawing.
2. Attach two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the **FOOT BRACE** on the **LAT BASE** as shown on drawing.
3. **SECURELY** assemble one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT to the second set of holes in the **BASE** of the **UPRIGHT FRAME** as shown on drawing.
4. Remove the 2 IN. SQ. END CAP from the **BASE** of the **UPRIGHT FRAME** and insert the **LAT BASE** up to the BOLT as shown on drawing and secure it in place, using one (1) THUMBSCREW.
5. **LOOSELY** assemble the **LAT UPRIGHT** to the **BASE** of the **UPRIGHT FRAME** as shown on drawing using one (1) 3/8 X 3 IN. BOLT, two (2) 3/8 IN. WASHERS, and one 3/8 IN. LOCK NUT for the **OUTSIDE HOLE**, and one 3/8 X 3-1/4 IN. BOLT, three (3) 3/8 IN. WASHERS, and one 3/8 IN. LOCK NUT for the **INSIDE HOLE**. (**DO NOT TIGHTEN THE BOLT CONNECTIONS AT THIS TIME**)
6. Attach eight (8) CARRIAGE GUIDES to both ends of the **CARRIAGE** as shown in (**DETAIL A**) using the following steps:
 - A. Thoroughly clean all inside surfaces where the CARRIAGE GUIDES are to be attached.
 - B. Remove the paper backing from the CARRIAGE GUIDES and firmly apply them to all shown surfaces (8 places)
7. Attach one (1) 1-1/4 SQ. IN. RUBBER BUMPER to the center of the **CARRIAGE STOP** on the **CARRIAGE** as shown on drawing.

867101 LAT OPTION ASSEMBLY INSTRUCTIONS

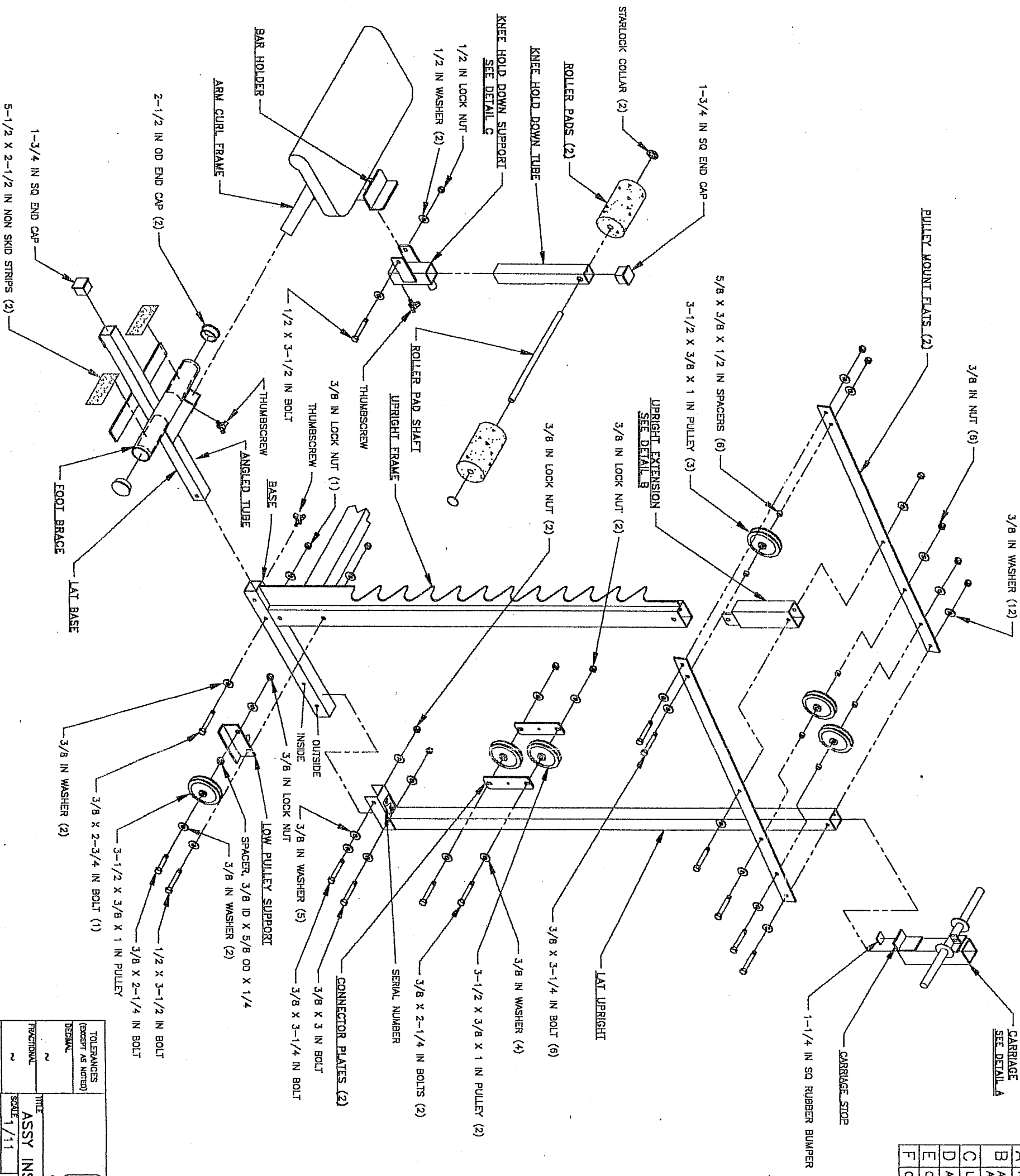
8. Slide the **CARRIAGE** down over the **LAT UPRIGHT** as shown on drawing. **(MAKE SURE THAT THE WEIGHT PEG ON THE CARRIAGE IS FACING TOWARDS THE FRONT OF THE MACHINE)**
9. **SECURELY** assemble the **UPRIGHT EXTENSION** to the top of the **UPRIGHT FRAME** as shown in **(DETAIL B)** using one (1) 1/2 X 3 IN. BOLT, the 3/4 X 1/2 X 1-9/16 IN. SPACER, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. NUT.
10. **LOOSELY** assemble three (3) 3-1/2 X 3/8 X 1 IN. PULLEYS, and six (6) 5/8 X 3/8 X 1/2 IN. SPACERS between the **PULLEY MOUNT FLATS** as shown on drawing using three (3) 3/8 X 3-1/4 IN. BOLTS, six (6) 3/8 IN. WASHERS, and three (3) 3/8 IN. LOCK NUTS. **(DO NOT TIGHTEN THE BOLT CONNECTIONS AT THIS TIME)**
11. **LOOSELY** assemble the two (2) **PULLEY MOUNT FLATS** to the **LAT UPRIGHT**, and the **UPRIGHT EXTENSION** as shown on drawing, using two (2) 3/8 X 3-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. **(DO NOT TIGHTEN THE BOLT CONNECTIONS AT THIS TIME)**
12. Loosen, remove, and discard the top 1/2 X 3-1/4 IN. BOLT that connects the **CROSS BRACE** to the **UPRIGHT FRAME**, and **SECURELY** assemble the **LOW PULLEY SUPPORT** to the **UPRIGHT FRAME** as shown on drawing using one (1) 1/2 X 3-1/2 IN. BOLT, and re-using the two (2) 1/2 IN. WASHERS, and the one 1/2 IN. LOCK NUT.
13. **LOOSELY** assemble one (1) 3-1/2 X 3/8 X 1 IN. PULLEY and one 5/8 X 3/8 X 1/4 IN. SPACER to the **LOW PULLEY SUPPORT** as shown on drawing using one (1) 3/8 X 2-1/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT. **(THIS CONNECTION WILL BE TIGHTENED AFTER CABLE HAS BEEN ROUTED)**
14. **LOOSELY** assemble two (2) 3-1/2 X 3/8 X 1 IN. PULLEYS between two (2) **CONNECTOR PLATES** as shown on drawing using two (2) 3/8 X 2-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. **(THIS CONNECTION WILL BE TIGHTENED AFTER CABLE HAS BEEN ROUTED)**
15. Route the first **CABLE (THE END WITHOUT WHITE BALL)** over the **HIGH PULLEY** of the **PULLEY MOUNT FLATS**. Then assemble one (1) 3/8 X 3-1/4 IN. BOLT two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT to the last hole of the **PULLEY MOUNT FLATS**. **(DO NOT OVER TIGHTEN BOLT) (MAKE SURE THAT THE CABLE IS BETWEEN THE PULLEY AND BOLT)**
 - Pull **CABLE** over and down the **SECOND PULLEY** of the **PULLEY MOUNT FLATS**. Run the **CABLE** around one of the **PULLEYS** assembled to the **CONNECTOR PLATES** from **STEP 14**, and up to the **THIRD PULLEY** of the **PULLEY MOUNT FLATS**.
 - Pull **CABLE** over and down the **THIRD PULLEY**, to the **CARRIAGE**. Attach the **CABLE** to the **CARRIAGE**, using one (1) 5/16 IN. SNAP HOOK.
 - See **CABLE ROUTING DIAGRAM** for help in completing **STEP 15**.

867101 LAT OPTION ASSEMBLY INSTRUCTIONS

16. Route the second **CABLE (THE END WITHOUT WHITE BALL)** under the **LOW PULLEY** attached to the **LOW PULLEY SUPPORT** on the **UPRIGHT FRAME**. **SECURELY** tighten the **PULLEY CONNECTION** after the **CABLE** has been routed.
 - Route the **CABLE** up and around the **SECOND PULLEY** assembled to the **CONNECTOR PLATES** from **STEP 14** and down to the inside bolt connection of the **LAT UPRIGHT**.
 - **SECURELY** assemble the **CABLE END** to the **3/8 X 3-1/4 BOLT** connection of the **LAT UPRIGHT** to the **UPRIGHT FRAME** as shown on the **CABLE ROUTING DIAGRAM**. **(MAKE SURE THAT THERE IS A WASHER ON BOTH SIDE OF THE CABLE END BEFORE TIGHTENING)** **(TIGHTEN THE OTHER BOLT CONNECTION AT THIS TIME)**
 - See **CABLE ROUTING DIAGRAM** for help in completing **STEP 16**.
17. **TIGHTEN ALL LOOSE BOLT CONNECTION FROM STEPS 5,10,11, AND 14.**
18. Attach eight (8) **PARAGLIDE STRIPS** to the **KNEE HOLD DOWN SUPPORT (FOUR ON EACH END)** as shown in **(DETAIL C)** 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.
19. **SECURELY** Assemble one (1) **SPRING PIN ASSEMBLY** to the **SPRING PIN BARREL** of the **KNEE HOLD DOWN SUPPORT**, as shown in **(DETAIL C)**. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
20. Attach two (2) **CARRIAGE GUIDES** to the **KNEE HOLD DOWN SUPPORT** as shown in **(DETAIL C)**.
21. **SECURELY** assemble the **KNEE HOLD DOWN SUPPORT** to the **ARM CURL FRAME** as shown on drawing using one (1) **1/2 X 3-1/2 IN. BOLT**, two (2) **1/2 IN. WASHERS**, and one (1) **1/2 IN. LOCK NUT**. **(BEFORE TIGHTENING MAKE, SURE KNEE HOLD DOWN SUPPORT IS UP TIGHT AGAINST THE BAR HOLDER OF THE ARM CURL FRAME)**
22. Insert the **ARM CURL FRAME** into the **ANGLED TUBE** on the **LAT BASE** as shown on drawing, and secure in place using one (1) **THUMBSCREW**.
23. Insert one (1) **1-3/4 IN. SQ. END CAP** into the top end of the **KNEE HOLD DOWN TUBE** as shown on drawing.
24. Assemble two (2) **ROLLER PADS** to the **KNEE HOLD DOWN TUBE** as shown on drawing using one (1) **ROLLER PAD SHAFT** and two (2) **3/4 IN. STARLOCK COLLARS**.
25. Pull back on the **SPRING PIN** on the **KNEE HOLD DOWN SUPPORT** and insert the **KNEE HOLD DOWN TUBE** down to the desired hole setting and release the **SPRING PIN**. Secure in place with one (1) **THUMBSCREW**.

867101 LAT OPTION ASSEMBLY INSTRUCTIONS

26. Slide four (4) 1 X 8 IN. GRIPS over both ends of the **LAT BAR** and **LOW ROW BAR**. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)
27. To attach the **LAT BAR** or **LOW ROW BAR** to the **HIGH** or **LOW CABLE** use two (2) 5/16 IN. SNAP HOOKS as shown on **CABLE ROUTING DIAGRAM**.
28. To adjust either the **LAT BAR** or **LOW ROW BAR**, attach the **CHAIN** to the **HIGH** or **LOW CABLE**. Using one (1) 5/16 IN. SNAP HOOK to adjust the **LAT BAR** or **LOW ROW BAR** up and down the **CHAIN**.
29. When performing **SQUATS** in the **866 STRENGTH BUILDING SYSTEM** please remove the **LAT BASE ATTACHMENT** from the **UPRIGHT FRAME**.



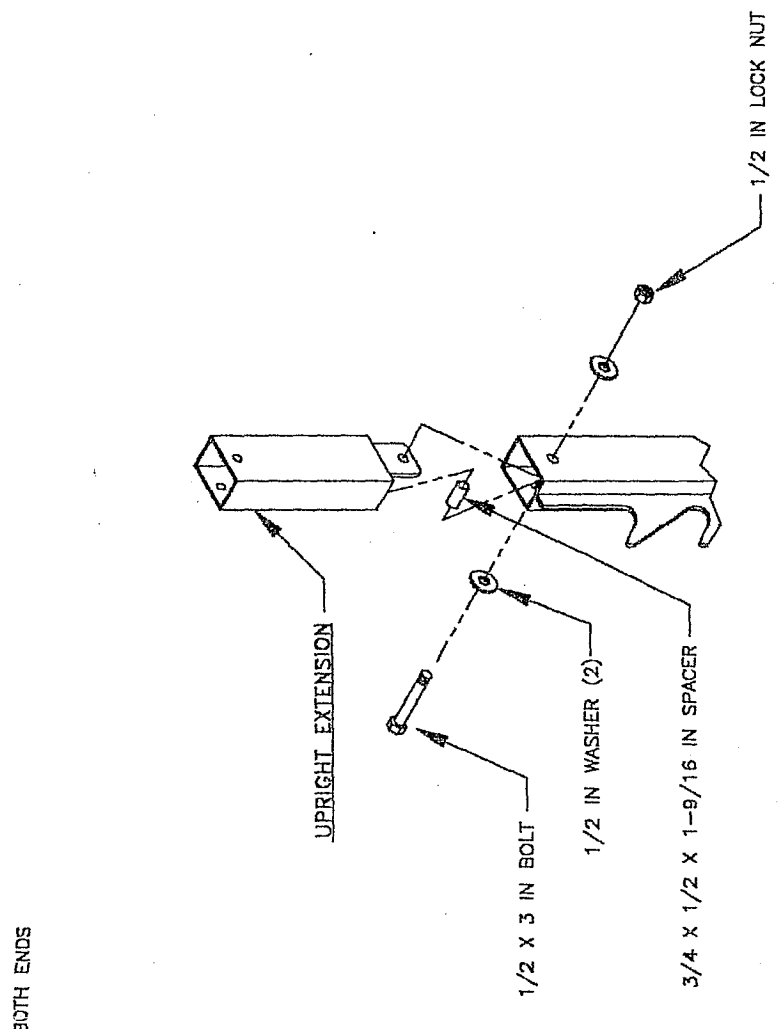
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	2354	DMT	6/84
B	ADDED 1/4 SPACER AND THUMBSCREW	2376	DLM	7/94
C	UPDATE LAT BASE	2439	DMT	9/94
D	ADDED S/N	2488	DLM	11/94
E	CHG TO MSHRM CAP	2587	DLM	3/95
F	CHG TO STARLOCK	3017	TKB	4/97

TOLERANCES (EXCEPT AS NOTED)		TITLE	
DECIMAL	~	ASSY INST, 867101	
ANGULAR	~	Drawing No. 64340	
SCALE 1/11		SHEET 1 OF 2	
DR	JWE	CHK'D	DMT
	6/94		5/94
APPRO'D		MN	
		6/94	

PERBODY
Strength Building Systems

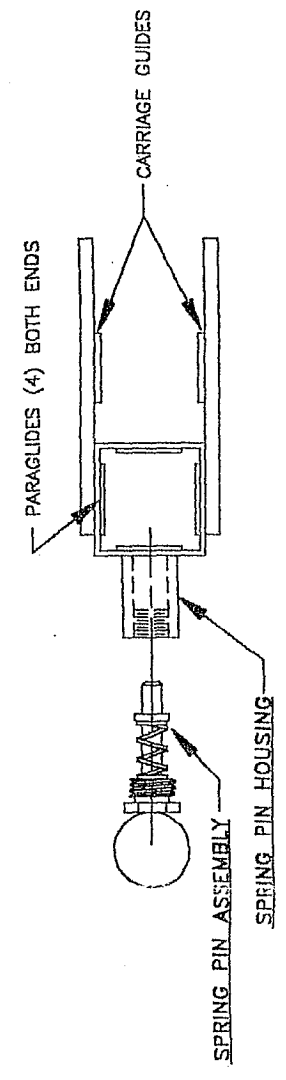
DASH NO	DESCRIPTION
01	AS SHOWN

REVISIONS			
REV	DESCRIPTION	CHG NO	APP'D DATE
F		3017	TTCB 4/97

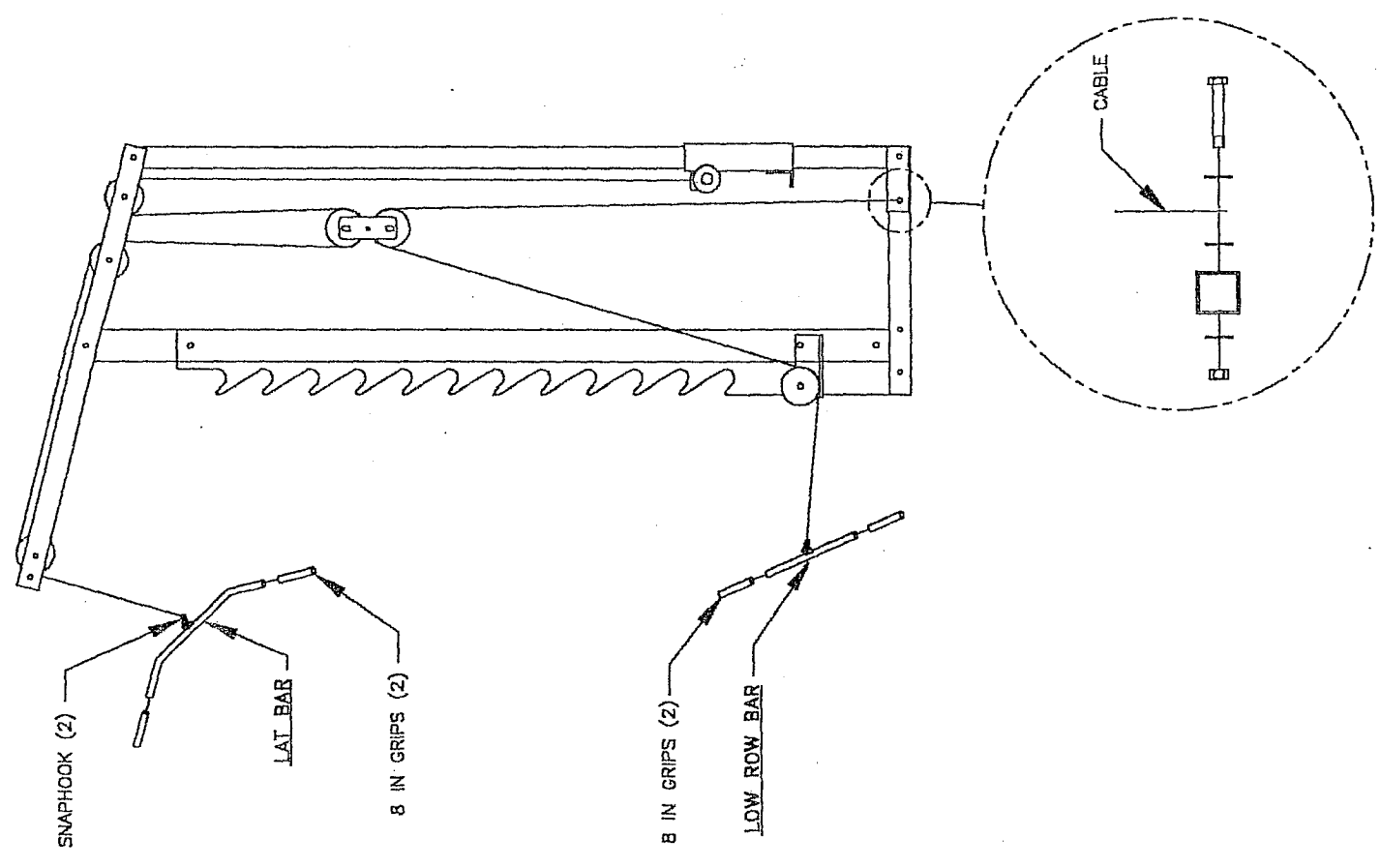


DETAIL A

DETAIL B



DETAIL C



TOLERANCES (EXCEPT AS NOTED)		TITLE	
DECIMAL	2	PARABODY INC. RAMSEY, MINNESOTA	
FRACTIONAL	2	ASSY INST, 867101	
ANGULAR	2	SCALE	1/11
		SIZE	DRAWING NO.
		SHEET	2 OF 2
		DR	JWE
		CHK'D	DMT
		APP'D	MN
			5/84
			64340