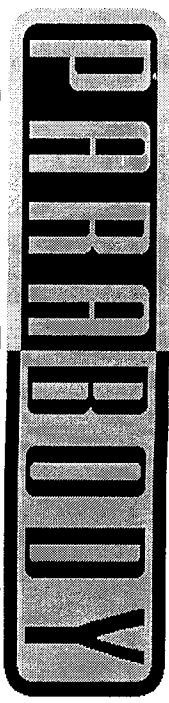


810102 LAT MACHINE ASSEMBLY INSTRUCTIONS

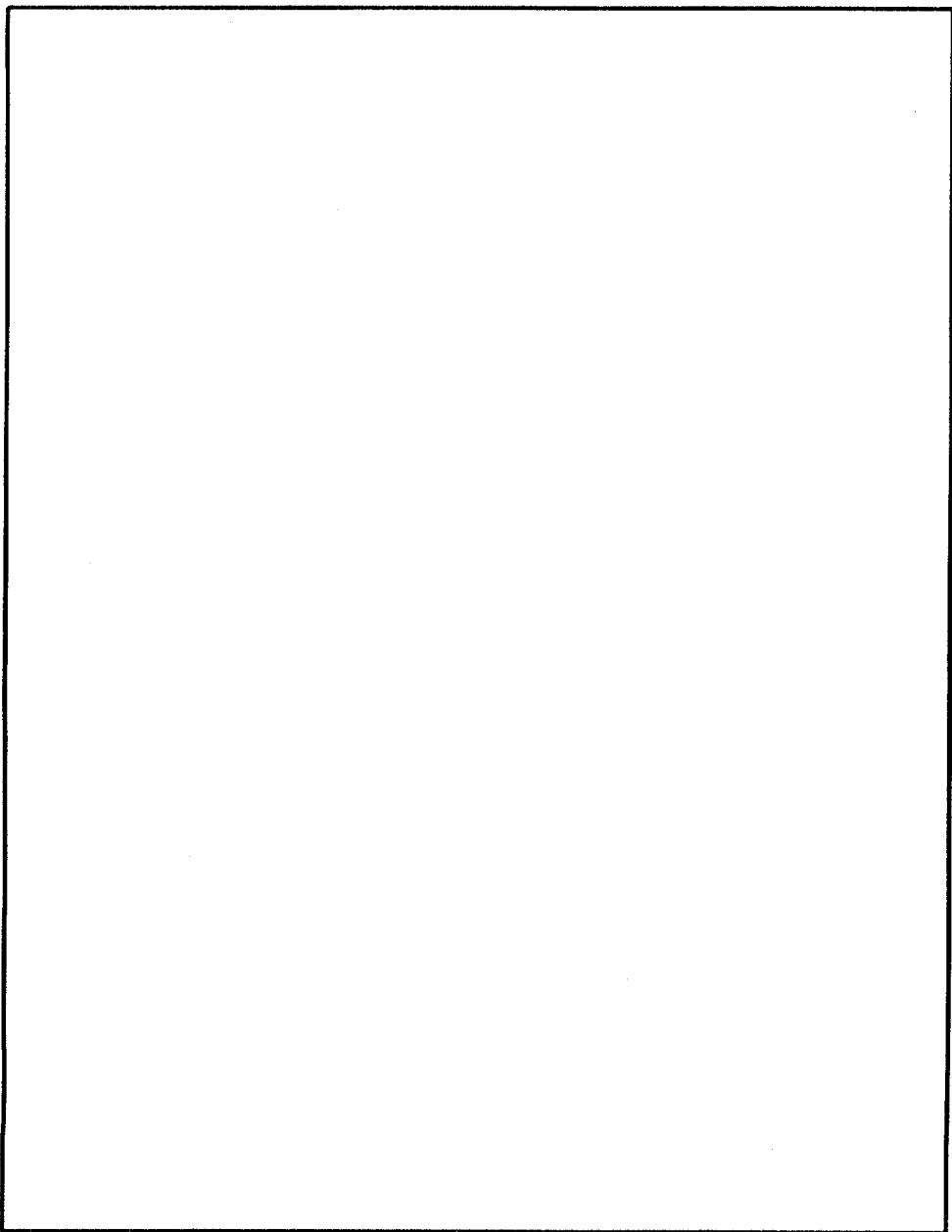
18. To do **LOW PULLEY EXERCISES**, attach the **LOW PULLEY CABLE (ORANGE LABEL)** to the **1/4 IN. QUICK LINK** on the **LAT PULL CABLE**. Run the **CABLE** down, and around the **LOW PULLEY** on the **SEAT SUPPORT TUBE**. Attach one (1) **1/4 IN. QUICK LINK** to the end of the **CABLE**. (SEE **DETAIL B** FOR **CABLE INSTALLATION**)



Strength Building Gear

810102

LAT MACHINE



**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

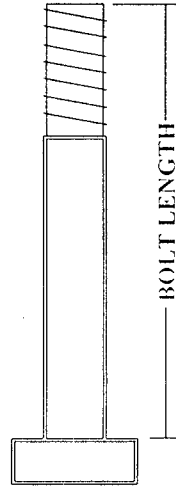
810102 LAT MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

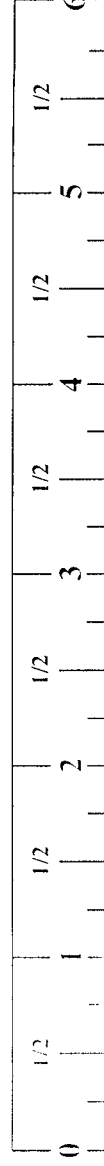
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	5
2.	3/8 X 2-3/4 IN. BOLT	6
3.	3/8 IN. WASHER	12
4.	3/8 IN. LOCK WASHER	11
5.	3/8 IN. NUT	9
6.	1-3/4 IN. SQ. END CAP	1
7.	2 SQ COVER CAP	2
8.	2 IN. SQ. END CAP	1
9.	3/4 IN. SQ. RUBBER BUMPER	1
10.	PARAGLIDE STRIP	16
11.	3/4 I.D. BLACK PLASTIC WASHER	2
12.	1 X 8 IN. FOAM GRIP	4
13.	2-1/2 X 5-1/2 IN. NON SKID STRIP	2
14.	1/4 IN. QUICK LINK	3
15.	9/16 IN. MUSHROOM CAP	2
16.	CABLE SLIP GUARD (6228101)	1
17.	3/8 IN. LG. PULLEY SPACER	4
18.	1/4 IN. LG. PULLEY SPACER	2

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



BOLT LENGTH RULER:



810102 LAT MACHINE ASSEMBLY INSTRUCTIONS

7. Insert one (1) 1-3/4 IN. SQ. END CAP into the end of the SEAT SUPPORT TUBE, on the FRONT UPRIGHT.
 8. LOOSELY assemble the FRONT UPRIGHT, to the BASE SECTION, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
 9. SECURELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, and two (2) 3/8 IN. LG. PULLEY SPACERS. (ONE ON EACH SIDE OF THE PULLEY) between the LOW PULLEY FLATS, on the SEAT SUPPORT TUBE, using one (1) 3/8 X 3 IN. BOLT, two (2) 3/8 IN. WASHERS, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. (SEE DRAWING)
 10. LOOSELY assemble two (2) PULLEY MOUNT FLATS, to the REAR, and the FRONT UPRIGHTS, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.
 11. AT THIS TIME, TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.
 12. SECURELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, and two (2) 3/8 IN. LG. PULLEY SPACERS. (ONE ON EACH SIDE OF THE PULLEY) between the PULLEY MOUNT FLATS, (ABOVE THE WEIGHT CARRIAGE) using one (1) 3/8 X 2-3/4 IN. BOLT, one (1) 3/8 LOCK WASHER, and one (1) 3/8 NUT. (SEE DRAWING)
 13. LOOSELY assemble one (1) 3-1/2 O.D. X 1 IN. BUSHING PULLEY, two (2) 1/4 IN. LG. PULLEY SPACERS. (ONE ON EACH SIDE OF THE PULLEY) and one (1) CABLE SLIP GUARD, between the PULLEY MOUNT FLATS. (AS SHOWN ON DRAWING) using one (1) 3/8 X 2-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT.
 14. SECURELY assemble the SEAT PAD, to the SEAT SUPPORT TUBE, on the FRONT UPRIGHT, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
 15. Assemble two (2) 4 X 7 IN. ROLLER PADS, to the FRONT UPRIGHT, using one (1) ROLLER PAD SHAFT, two (2) 3/4 I.D. BLACK PLASTIC WASHERS, and two (2) 9/16 IN. MUSHROOM CAPS.
- (NOTE: PLEASE NOTE THAT THERE ARE TWO SETS OF HOLES IN THE FRONT UPRIGHT. ASSEMBLE THE ROLLER PADS TO THE SET OF HOLES THAT GIVES YOU THE MOST COMFORT)
16. Slide four (4) 1 X 8 IN. GRIPS over the ends of the LAT BAR, and the LOW ROW BAR. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE GRIP WILL WORK THE BEST.)
 17. Attach the LAT PULL CABLE (BLUE LABEL) to the WEIGHT CARRIAGE, with one (1) 1/4 IN QUICK LINK. (SEE DETAIL B FOR CABLE INSTALLATION)
 - Run CABLE up, and over PULLEY, above the WEIGHT CARRIAGE, to the PULLEY at the top.
 - Run CABLE over TOP PULLEY, and under the CABLE SLIP GUARD. (NOTE: REMOVE PULLEY FOR EASE OF INSTALLATION)
 - Attach one 1/4 IN. QUICK LINK, to the end of the CABLE, and then tighten bolt on TOP PULLEY (NOTE: THE CABLE SLIP GUARD SHOULD BE PARALLEL WITH PULLEY MOUNT FLATS.)

810102 LAT MACHINE ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 810102 LAT MACHINE. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE 810102 LAT MACHINE MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION
- PARABODY INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY
- 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, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER

1. Insert one (1) 2 IN. SQ. END CAP into the front end of the BASE SECTION, and two (2) 2 SQ COVER CAPS on the ends of the BASE LEGS.
2. Apply two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the FOOT BRACE TUBE, on the BASE SECTION, as shown on drawing.
3. LOOSELY assemble the REAR UPRIGHT to the BASE SECTION, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 NUTS.

NOTE: THE CONNECTOR PLATE ON THE REAR UPRIGHT IS OFFSET FOR THE PURPOSE OF A STOP FOR THE CARRIAGE. THE LONGER END OF THE PLATE SHOULD BE FACING TOWARDS THE FRONT OF THE MACHINE. SEE NOTE ON DRAWING.

4. Attach sixteen (16) PARAGLIDE STRIPS to the WEIGHT CARRIAGE, as shown in (DETAIL A) using the following steps:
 - A. Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached.
 - B. Remove the paper backing from the PARAGLIDE STRIPS, and firmly apply them to all of the shown surfaces (16 places)
5. Attach one (1) 3/4 IN. SQ. RUBBER BUMPER to the CARRIAGE STOP, on the WEIGHT CARRIAGE.
6. Slide the WEIGHT CARRIAGE down over the REAR UPRIGHT.

810102 LAT MACHINE ASSEMBLY PARTS LIST

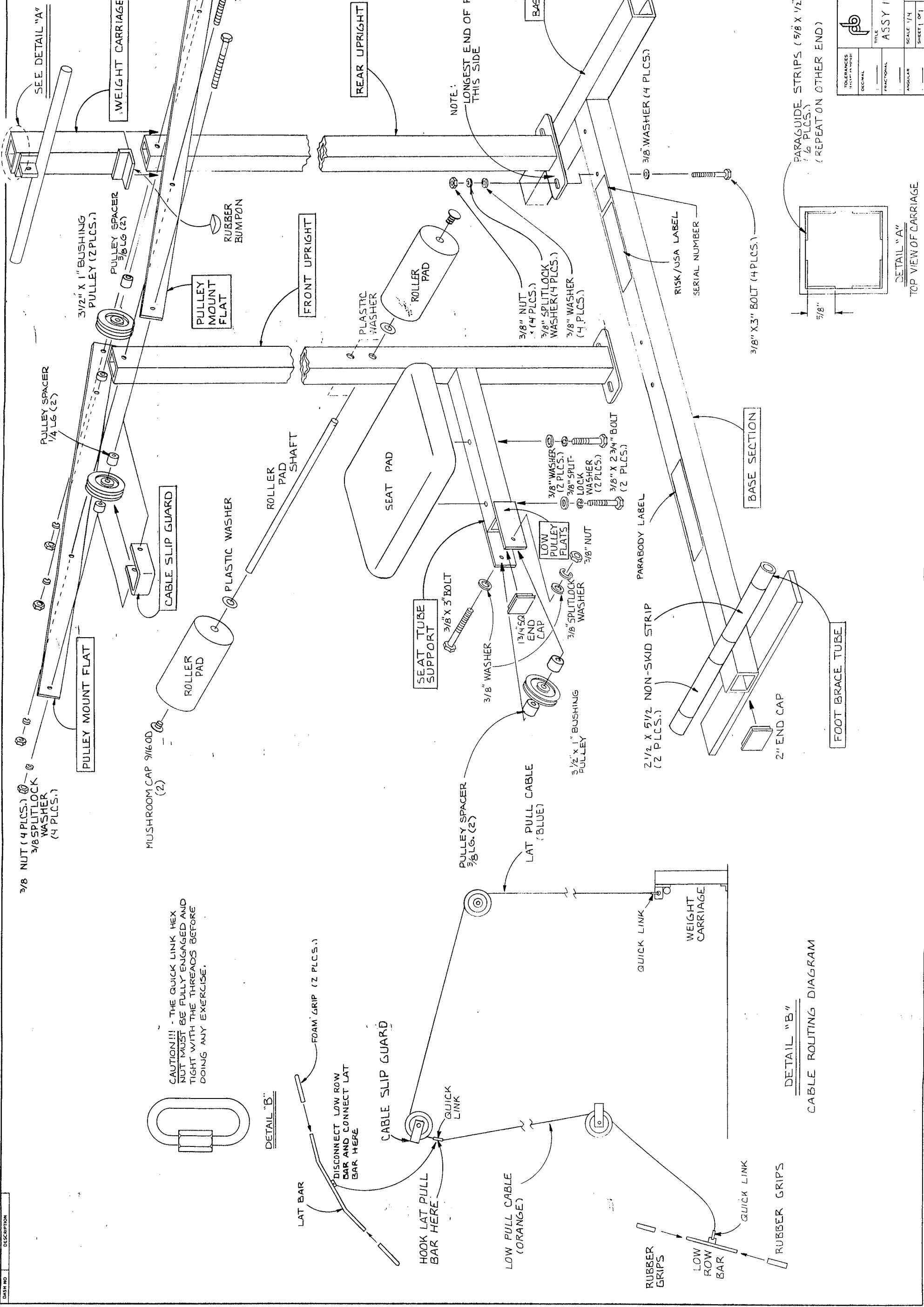
NOTE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE SECTION	1
2.	REAR UPRIGHT	1
3.	WEIGHT CARRIAGE	1
4.	FRONT UPRIGHT	1
5.	PULLEY MOUNT FLAT	2
6.	LAT BAR	1
7.	LOW ROW BAR	1
8.	ROLLER PAD SHAFT	1
9.	SEAT PAD	1
10.	4 X 7 IN. ROLLER PAD	2
11.	LAT PULL CABLE	1
12.	LOW PULLEY CABLE	1
13.	3-1/2 O.D. X 1 IN. BUSHING PULLEY	3

DASH NO DESCRIPTION

REV	DESCRIPTION	CHG NO	APPROV	DATE
F	ADD HOLE TO FRONT UPRIGHT	1840	MD	7/81
G	ADD USA LABEL	1914	MD	7/81
H	ADDED PULLEY SPACERS	2002	MD	7/81
J	UPDATED TO 810101	2410	MD	8/94
K	MOVE S/N	2480	MD	1/94
L	CHG TO MSHRM CAP	2583	MD	2/95
M	CHG TUBING SIZE	2588	MD	2/95



CAUTION!!! - THE QUICK LINK HEX NUT MUST BE FULLY ENGAGED AND TIGHT WITH THE THREADS BEFORE DOING ANY EXERCISE.

DETAIL "B"
CABLE ROUTING DIAGRAM

Parabody, Inc.
RAMSEY, MINNESOTA

TOLERANCES UNLESS NOTED OTHERWISE:
DECIMAL FRACTIONAL ANGULAR

DR: *[Signature]* OR: *[Signature]*
TITLE: ASSY INST, 810102
SCALE: 1/4" = 1" DRAWING NO: 63913
SHEET: 001 OF 1