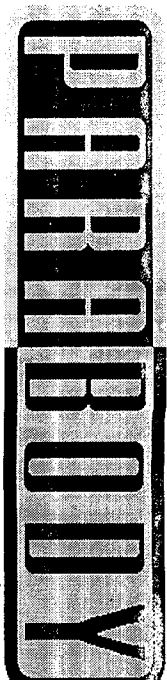


## 805101 FLAT to INCLINE BENCH ASSEMBLY INSTRUCTIONS

7. Assemble one (1) SPRING PIN ASSEMBLY to the SPRING PIN HOUSING on the SWIVEL, as shown in (DETAIL B). **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
8. Insert two (2) 3/4 IN. FLANGE BEARINGS into the BUSHING on the BENCH FRAME as shown on drawing.
9. Insert the SHAFT of the SWIVEL through the 3/4 IN. FLANGE BEARINGS on the BENCH FRAME as shown on drawing, and SECURE in place with one (1) STAR LOCK COLLAR.
10. Insert one (1) 2 IN. SQ. END CAP into the end of the SLIDE MOUNT as shown on drawing.
11. Insert two (2) 3/4 IN. FLANGE BEARINGS into the BUSHING on the SLIDE MOUNT as shown on drawing.
12. Insert two (2) 1-3/4 IN. SQ. END CAP into both ends of the ADJUSTMENT SLIDE as shown on drawing.
13. Slide one (1) 3/4 IN. WASHER over the POST of the ADJUSTMENT SLIDE. Insert the POST of the ADJUSTMENT SLIDE through the 3/4 IN. FLANGE BEARINGS on the SLIDE MOUNT as shown on drawing, and SECURE in place with one (1) STAR LOCK COLLAR.
14. Pull back the SPRING PIN on the SWIVEL, and insert the ADJUSTMENT SLIDE, down to the first adjustment hole. Release the SPRING PIN into the hole.
15. SECURELY assemble the SLIDE MOUNT to the top of the BACK PAD as shown on drawing using three (3) 3/8 X 1-1/4 IN. BOLTS, three (3) 3/8 IN. LOCK WASHERS, and three (3) 3/8 IN. WASHERS. (BEFORE TIGHTENING, ADJUST THE BACK PAD UP AND DOWN TO CENTER THE ADJUSTMENT SLIDE)
16. To adjust the SEAT PAD, pull out on the U-PIN. Rotate the U-PIN back pass the PIN STOP. Release the U-PIN, and allow it to rest up against the PIN STOP.



*Strength Building Gear*

805101

FLAT to INCLINE BENCH

PRODUCT ASSEMBLY  
INSTRUCTIONS SHEETS

# 805101 FLAT to INCLINE BENCH ASSEMBLY PARTS LIST

## SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

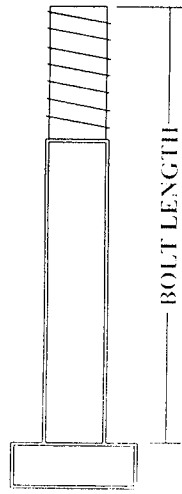
### HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	4
2.	3/8 X 1-1/4 IN. BOLT	7
3.	3/4 IN. WASHER	1
4.	3/8 IN. WASHER	15
5.	3/8 IN. LOCK WASHER	7
6.	3/8 IN. LOCK NUT	4
7.	3/4 IN. FLANGE BEARING	4
8.	STAR LOCK COLLAR	4
9.	SPRING PIN ASSEMBLY	2
10.	1/2 X 1 IN. SPRING	1
11.	PAL NUT	1
12.	2 IN. SQ. END CAP	5
13.	1-3/4 IN. SQ. END CAP	2
14.	PARAGLIDE STRIP (8 PER)	1

### WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BENCH FRAME WLDMT	1
2.	SWIVEL WLDMT (6427501)	1
3.	ADJUSTMENT SLIDE WLDMT (6474901)	1
4.	SLIDE MOUNT WLDMT (6415001)	1
5.	BASE TUBE (6414701)	1
6.	HINGE TAB (6236501)	2
7.	U-PIN (6406401)	4
8.	SEAT PAD (6406501)	1
9.	BACK PAD (6452501)	1
	(6456701)	1

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



BOLT LENGTH RULER:



# 805101 FLAT to INCLINE BENCH ASSEMBLY INSTRUCTIONS

## THANK YOU

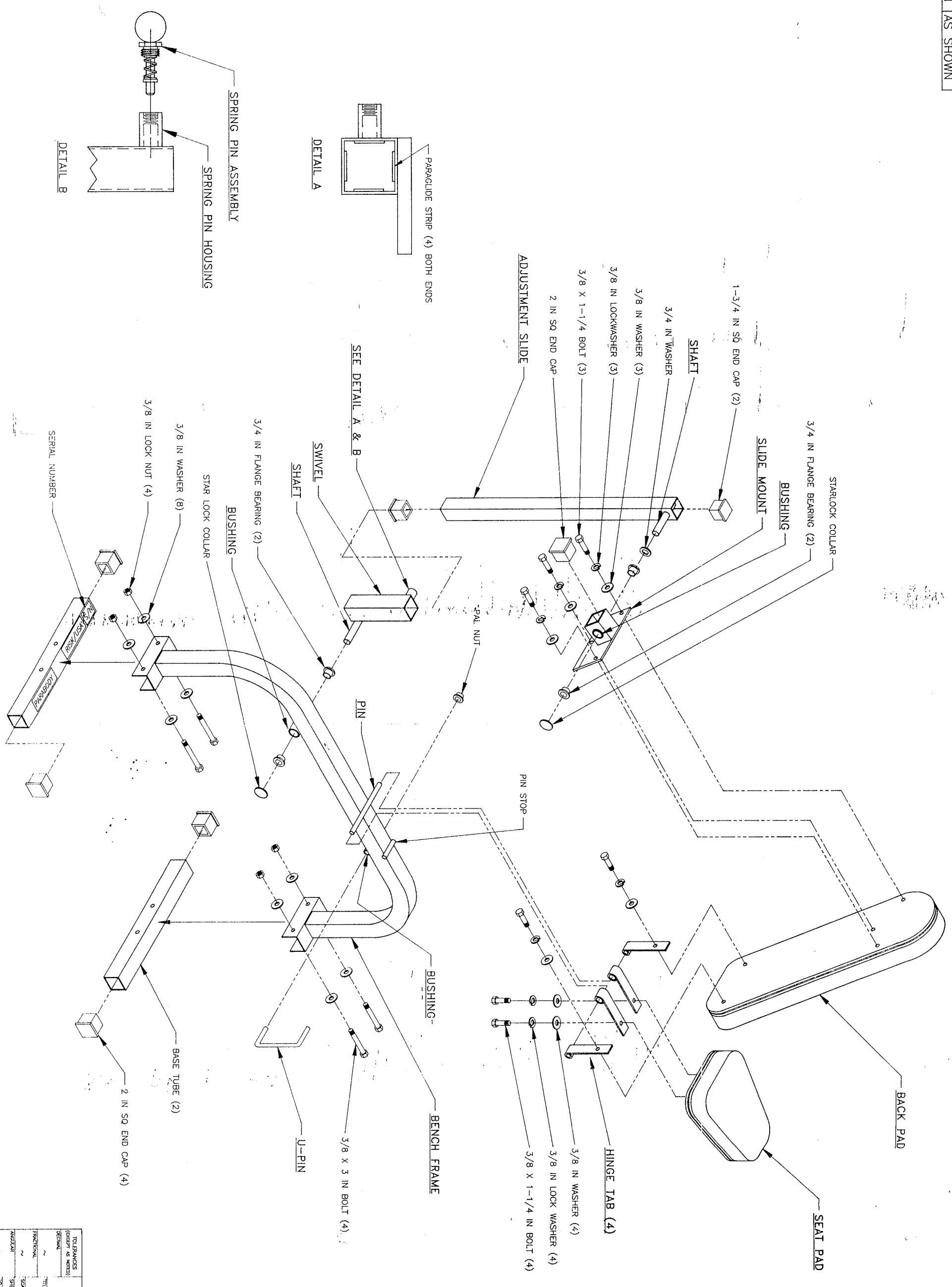
FOR PURCHASING THE *805101 FLAT to INCLINE BENCH*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

### \*\*\*IMPORTANT\*\*\*

- THE *805101 FLAT to INCLINE BENCH* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- 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) U-PIN through the BUSHING on the BENCH FRAME, as shown on drawing. Slide one (1) 1/2 X 1 IN. SPRING over the U-PIN. Attach one (1) PAL NUT to the end of the U-PIN.
2. Insert four (4) 2 IN. SQ. END CAPS into both ends of the BASE TUBES as shown on drawing.
3. SECURELY assemble the BASE TUBES to the BENCH FRAME as shown on drawing, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.
4. To assemble the SEAT PAD to the BENCH FRAME, start by sliding two (2) HINGE TABS over the PIN on the BENCH FRAME (ONE ON EACH SIDE) as shown on drawing, and SECURELY assemble each HINGE TAB to the SEAT PAD using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE THE SEAT PAD IS CENTERED ON THE BENCH FRAME BEFORE TIGHTENING)
5. To assemble the BACK PAD to the BENCH FRAME, slide the two (2) remaining HINGE TABS over the PIN on the BENCH FRAME (ONE ON EACH SIDE) as shown on drawing, and SECURELY assemble each HINGE TAB to the BACK PAD using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE THE BACK PAD IS CENTERED ON THE BENCH FRAME BEFORE TIGHTENING)
6. Attach eight (8) PARAGLIDE STRIPS to both ends of the SWIVEL as shown in (DETAIL A) using the following steps:
  - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
  - Remove paper backing from the PARAGLIDE STRIPS and firmly apply them to all shown surfaces.

REVISIONS				
REV	DESCRIPTION	DATE	BY	APP'D
A	NEW RELEASE	2406	DWT	8/94
B	REMOVED SPRING	2420	WMO	8/94
C	ADDED S/N	2486	DLH	11/94
D	REMOVE THUMBSCREW	2625	DLH	3/95



**PARABODY INC.**  
 RAYSEY, MINNESOTA

ASSEMBLY INSTRUCTIONS, 805101

64364

DATE: 11/94