

Serious Steel

705102

**REGGIE WHITE ALL PRO GYM
ASSEMBLY INSTRUCTIONS**

- THANK YOU for purchasing the REGGIE WHITE ALL PRO GYM!
- PLEASE read these instructions thoroughly and keep them for future reference.
- PARABODY strongly recommends that this product be assembled by two adults. This product must be assembled on a flat, level surface to assure it's proper function.
- TOOLS REQUIRED: Ratchet, 9/16" Socket, 9/16" Wrench, Adjustable Wrench, Tongue & Groove Pliers, Rubber Mallet or Hammer.
- IF you have any problem in the assembly or use of this product, please contact the PARABODY Customer Service Department at 1-800-328-9714.

ParaBody, Incorporated
14150 Sunfish Lake Boulevard
Ramsey, MN 55303
1-800-328-9714

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THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, PLEASE FOLLOW THESE RULES:

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

!!! WARNING !!!

DO NOT OPERATE THIS MACHINE WITH LAT BAR OR LOW ROW BAR CONNECTED TO MACHINE WHEN PERFORMING OTHER EXERCISES.

MAKE SURE SNAP LINKS ARE FASTENED BEFORE DOING EXERCISES.

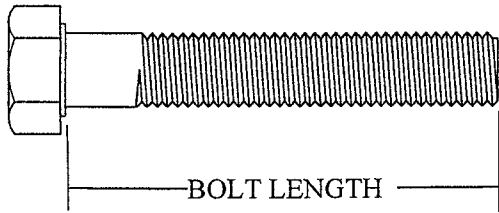
PLEASE NOTE:

IF UPON ASSEMBLY, THE HEAD PLATE DOES NOT SIT ON TOP OF THE FIRST PLATE, PLEASE PUSH HEAD PLATE DOWN, INSERT THE WEIGHT PIN TO A DESIRED RESISTANCE AND DO A FEW REPS ON ONE OF THE STATIONS. THIS WILL SEAT THE CABLE SYSTEM AND ALLEVIATE THE HEAD PLATE FROM SITTING UP.

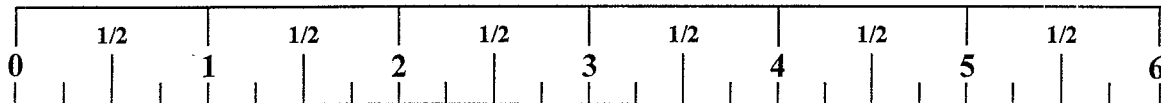
PLEASE NOTE:

**WE RECOMMEND CLEANING YOUR PRODUCT (PADS AND FRAME) ON A REGULAR BASIS, USING WARM SOAPY WATER. ALSO, TOUCH-UP PAINT CAN BE PURCHASED FROM YOUR PARABODY DEALER OR FROM YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT:
1-800-328-9714**

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



BOLT LENGTH RULER:



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PARTS LIST: *PLEASE IDENTIFY ALL PARTS BEFORE BEGINNING ASSEMBLY*****

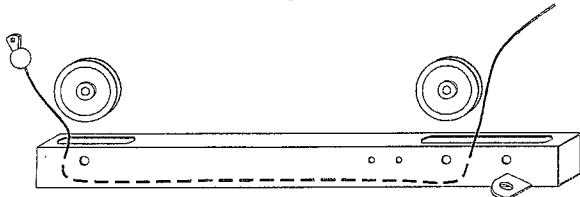
ITEM	PART #	DESCRIPTION	QTY
1.....	6016401.....	ROLLER PAD, 3/4 X 3-3/16 X 7	4
2.....	6266001.....	SHAFT, SELECT 3/4 DIA 15 HOLE	1
3.....	6274402.....	WLDMT, LOW ROW BAR BLK.....	1
4.....	6275302.....	WLDMT, LAT BAR BLK	1
5.....	6485301.....	TUBE, 3/4 OD 14GA X 15-3/4.....	1
6.....	6514401.....	GUIDE ROD, 3/4 OD X 65-3/4	2
7.....	6542403.....	PLATE, 3/16 X 1-3/4 X 5-1/4 WHT	1
8.....	6550902.....	PAD ASSY, 15-1/2 X 10-1/2	2
9.....	6585803.....	WLDMT, UPRIGHT WHT	1
10.....	6561803.....	WLDMT, TOP BOOM WHT.....	1
11.....	6585403.....	WLDMT, BASE WHT	1
12.....	6562403.....	WLDMT, ROLLER PAD SWIVEL WHT.....	1
13.....	6586803.....	WLDMT, SEAT SUPPORT WHT.....	1
14.....	6586403.....	WLDMT, CROSS BRACE WHT	1
15.....	6586003.....	WLDMT, PRESS ARM WHT	2
16.....	6586603.....	WLDMT, LEG EXTENSION WHT	1

HARDWARE LIST: *PLEASE SORT HARDWARE BEFORE BEGINNING ASSEMBLY*****

ITEM	PART #	DESCRIPTION	QTY
1.....	3102415.....	CAP, END 3 X 2 14GA.....	2.
2.....	3103101.....	GRIP, 1-1/4 X 5 CLOSED END	2.
3.....	3103102.....	GRIP, 1 X 8 CLOSED END.....	4.
4.....	3108002.....	CUSHION, WEIGHT STACK 3/4 ID.....	2.
5.....	3116001.....	BUMPER, RUBBER 1-1/4 SQ.	1.
6.....	3201104.....	BOLT, NYLON 3/8-16 X 2 BLK.....	2.
7.....	6405201.....	CAP, END 2 SQ. 10-14 GA	6.
8.....	6467001.....	CAP, COVER 2SQ PARABODY LOGO	2.
9.....	6484101.....	CAP, MUSHROOM 9/16 OD	4.
10.....	3102501	WASHER, FLAT 3/8 ID	17.
11.....	3102601.....	WASHER, LOCK 3/8 ID	5.
12.....	3102802.....	NUT, NYLOCK 3/8-16.....	23.
13.....	3102807.....	NUT, NYLOCK 3/8-16 LOW HT.....	1.
14.....	3102808.....	NUT, NYLOCK JAM 3/4-10	1.
15.....	3102904.....	BOLT, HHG2 3/8-16 X 3	6.
16.....	3102905.....	BOLT, HHG2 3/8 X 3-3/4.....	1.
17.....	3102922.....	BOLT, HHG2 3/8-16 X 2-3/4	16.
18.....	3102924.....	BOLT, HHG2 3/8-16 X 1-3/4	6.
19.....	3102957.....	CAP SCREW, HHG2 3/4-10 X 5	1.
20.....	3103801.....	LINK, SNAP 5/16 DIA	3.
21.....	3104901.....	BEARING, FLG 3/4 ID X 1 OD	2.
22.....	3108102.....	LINK, QUICK DISCONNECT 1/4.....	1.
23.....	6122702.....	SPACER, 3/8 ID X 5/8 OD X 1/2	2.
24.....	6214401.....	PIN, WEIGHT STACK SELECTOR.....	1.
25.....	6480301.....	SPACER, FLANGE 3/8 ID X 5/8 OD	12.
26.....	3116201.....	PULLEY, 3-1/2 OD X 3/8 ID X 1.....	11.
27.....	6075906.....	CHAIN, 12 LINK	1.
28.....	6223001.....	HEAD PLATE 3/4.....	1.
29.....	6382301.....	ASSY, PLATE BUSHING 10 CT.....	3.
30.....	6571001.....	CABLE ASSY, WS-NB,SE 107.....	1.
31.....	6575601.....	CABLE ASSY, SE, NB-SE 178-1/4	1.

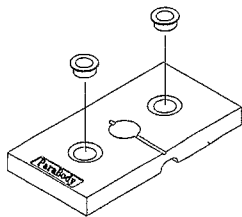
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1. Attach two 2" COVER CAPS and one 2" END CAP to BASE as shown on drawing.
2. Insert one 3 x 2" END CAP into each end of TOP BOOM as shown on drawing.
3. Attach one 2" END CAP and one 1-1/4 x 5" GRIP to each PRESS ARM.
4. Insert one 2" END CAP into each end of LEG EXTENSION as shown on drawing.
5. Insert one 2" END CAP into open end of SEAT SUPPORT. Affix one 1-1/4" Rubber Bumper to SEAT SUPPORT as shown on drawing.
6. LOOSELY assemble the UPRIGHT to the BASE as shown on drawing using two 3/8 X 3 bolts, two 3/8 locknuts and four 3/8 flat washers. **Make sure the edge of the UPRIGHT is flush with the side of the BASE and the bolts are oriented correctly.**
7. LOOSELY assemble one PULLEY to the SEAT SUPPORT as shown in drawing using one 3/8 X 3 bolt, one 3/8 locknut and two 1/2 spacers.
8. LOOSELY assemble the SEAT SUPPORT to the BASE and UPRIGHT as shown in drawing using three 3/8 X 3 bolts, four 3/8 flat washers and three 3/8 locknuts.
9. Route CABLE 6571001 thru inside of TOP BOOM as shown in Detail A. SECURELY assemble two PULLEYS to inside of TOP BOOM using two 3/8 X 2-3/4 bolts, two 3/8 locknuts and four 3/8 flange spacers. **Make sure cable is routed thru groove in pulleys.**



DETAIL A

10. SECURELY assemble TOP BOOM to UPRIGHT using two 3/8 X 2-3/4 bolts and two 3/8 locknuts. **Make sure cable runs over top of bolts.**
11. Insert two WEIGHT PLATE BUSHINGS into each WEIGHT PLATE as shown in Detail B.

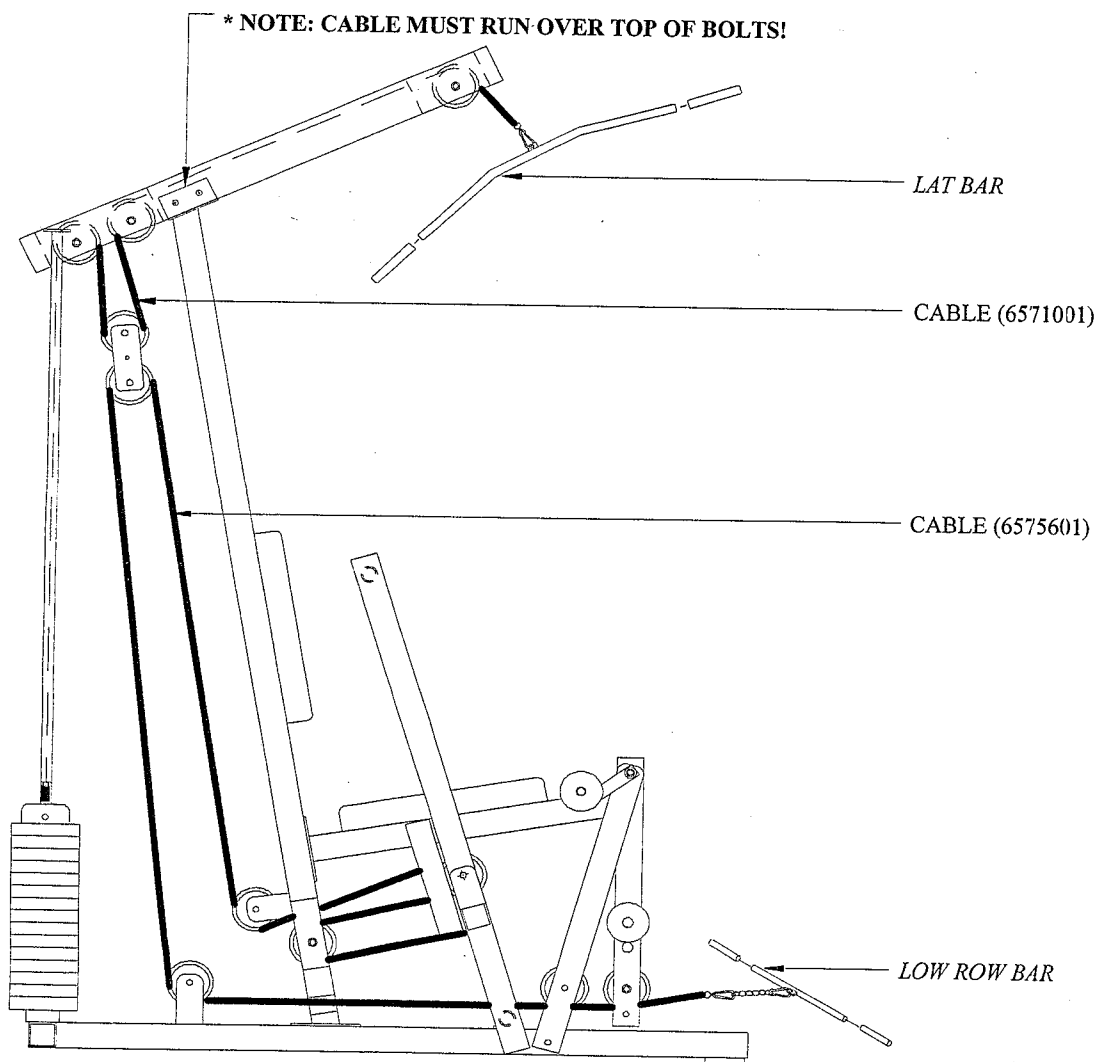


DETAIL B

12. SECURELY TIGHTEN ALL CONNECTIONS AT THIS TIME.
13. Slide WEIGHT STACK CUSHIONS onto GUIDE RODS and then insert into BASE.
14. CAREFULLY slide fifteen WEIGHT PLATES onto GUIDE RODS with keyhole facing towards front of machine.
15. Assemble HEAD PLATE and SELECT SHAFT using one 3/8 X 1-3/4 bolt, one 3/8 lock washer and one 3/8 flat washer. Slide HEAD PLATE onto GUIDE RODS.
16. Attach GUIDE RODS to TOP BOOM using two BLACK NYLON BOLTS.
17. Attach LEG EXTENSION and ROLLER PAD SWIVEL to SEAT SUPPORT as shown in drawing, using one 3/8 X 3-3/4 bolt, one 3/8 low ht. locknut, two 3/8 flat washers and two 3/8 flange spacers. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG EXTENSION TO MOVE FREELY.)
18. SECURELY attach SEAT and BACK PAD to SEAT SUPPORT and UPRIGHT using four 3/8 X 2-3/4 bolts, four 3/8 lockwashers and two 3/8 flat washers.
19. To attach PRESS ARM ASSEMBLY to BASE, follow assembly drawing and these steps:
 - ◆ Insert two 3/4 flange bearings into BASE.
 - ◆ Loosely attach PRESS ARMS to the BASE using one 3/4 X 5 bolt and 3/4 jam nut. (NOTE: Lay arms on floor with grips in front of Leg Extension.)
 - ◆ Rotate one PRESS ARM into place, then LOOSELY attach the CROSS BRACE using two 3/8 X 2-3/4 bolts, two 3/8 flat washers and two 3/8 locknuts. (NOTE: Make sure CROSS BRACE is resting on the RUBBER BUMPER of the SEAT SUPPORT.)
 - ◆ Attach other PRESS ARM to CROSS BRACE using two 3/8 X 2-3/4 bolts, two 3/8 flat washers and two 3/8 locknuts.
 - ◆ **IN THIS ORDER**, tighten the 3/4 X 5 bolt of the PRESS ARMS together, center CROSS BRACE and tighten bolts. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS ARMS TO MOVE FREELY.)

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20. SECURELY assemble two PULLEYS to 5-1/4 PLATE as shown on drawing using two 3/8 X 1-3/4 bolts and two 3/8 locknuts.
21. SECURELY assemble PULLEY to TOP BOOM using one 3/8 X 2-3/4 bolt, one 3/8 locknut and two 3/8 flange spacers. Create a loop with top cable between pulleys and attach pulley plate from step 18 to loop as shown on CABLE ROUTING DIAGRAM.
22. LOOSELY assemble five remaining PULLEYS to the gym as shown on drawing.
23. Route CABLE 6575601 as shown in CABLE ROUTING DIAGRAM and attach end to the CROSS BRACE using one QUICK DISCONNECT LINK.
22. Insert WEIGHT STACK SELECTOR PIN into top WEIGHT PLATE.
23. SECURELY TIGHTEN ALL LOOSE PULLEY CONNECTIONS AT THIS TIME.
24. Connect top CABLE to SELECT SHAFT by tightening the threaded end in until the cables are taught.
25. Attach one 3/8 X 2-3/4 bolt and one 3/8 nut to LEG CURL EXTENSION below the PULLEY as shown on drawing.
26. Insert the 15-3/4 TUBE into the LEG CURL EXTENSION.
27. Attach ROLLER PADS and MUSHROOM CAPS to the 15-3/4 TUBE and to ROLLER PAD SWIVEL.
28. Attach four 1 x 8" GRIPS to LAT BAR and LOW ROW BAR.
29. Attach LAT BAR and LOW ROW BAR to the BOTTOM and TOP CABLES using three SNAP LINKS and one CHAIN.
30. The LAT BAR and LOW ROW BAR should be disconnected from machine when performing other exercises.



CABLE ROUTING DIAGRAM