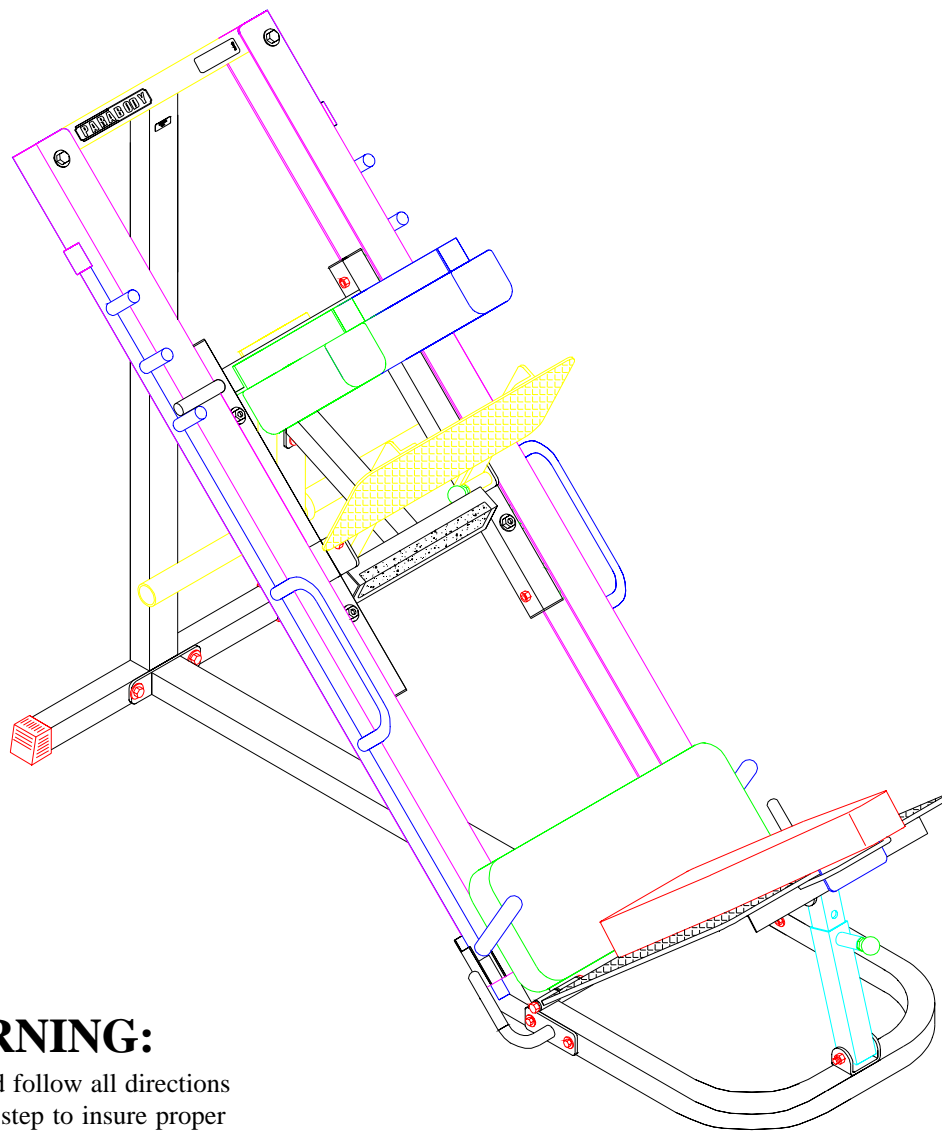


PARABODY®

835 HIP SLED SYSTEM



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.



USER'S GUIDE

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IMPORTANT SAFETY INFORMATION



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

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.
9. Children must not be allowed near this machine. Supervise teenagers.

NOTE: In a continual effort to improve our products, specifications are subject to change
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ParaBody is a trademark of Brunswick Corporation

www.parabody.com

IMPORTANT NOTES

Please note:

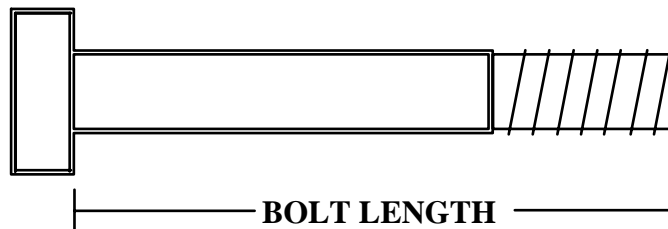
- * Thank you for purchasing the ParaBody 835 Hip Sled System. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * This product must be assembled on a flat, level surface to assure its proper function. **DO NOT** securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

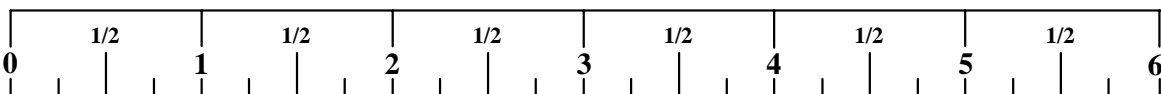
- * 3/4" wrench
- * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * Adjustable wrench
- * Tape measure

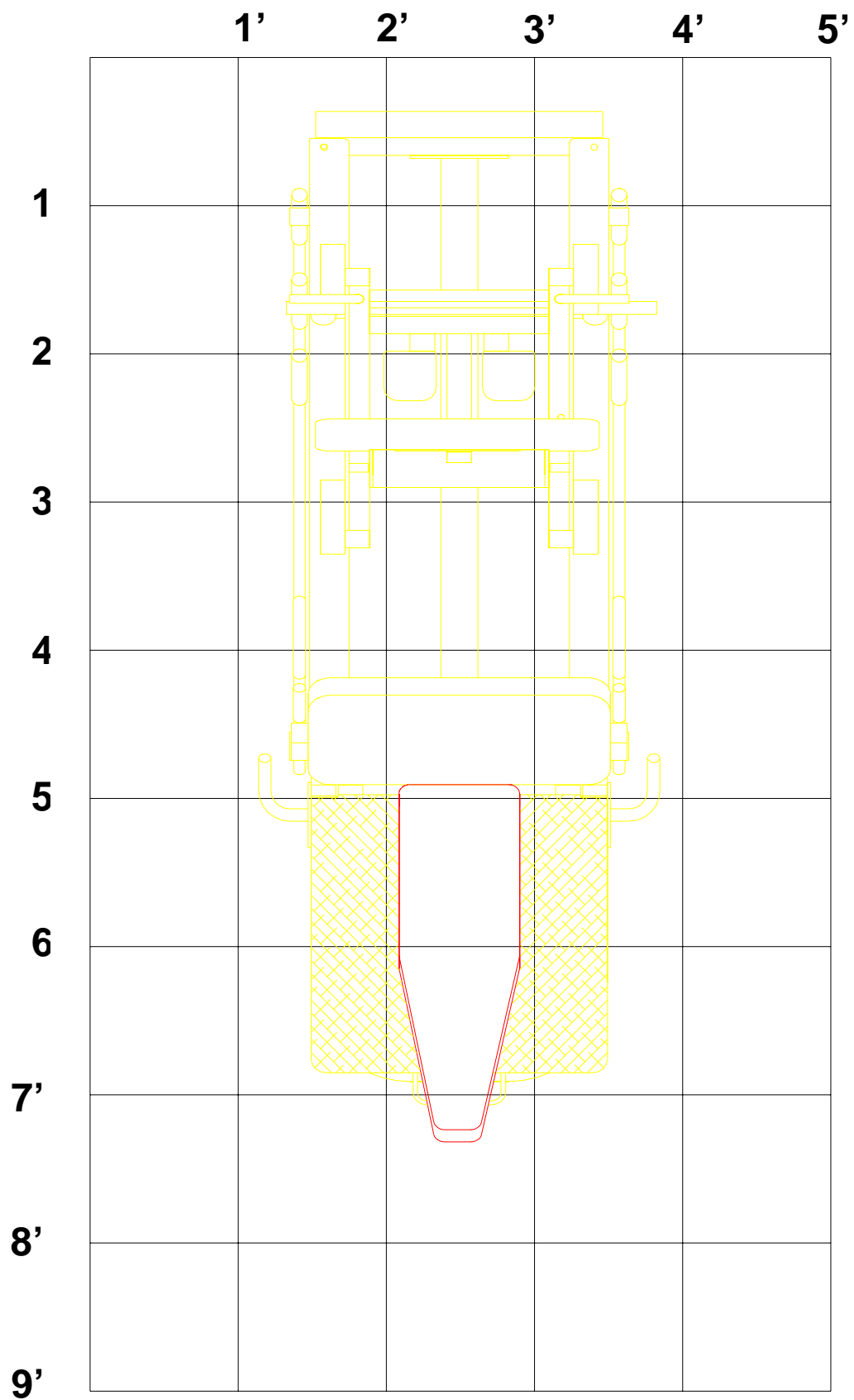
Bolt Length Ruler

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



BOLT LENGTH RULER:





1 Square = 1' X 1'

PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6504908	BASE	1	25	6270501	4 X 14" NON-SKID STRIP	1
2	6506808	PLATFORM SLEEVE	1	26	6405201	2" SQ. END CAP	8
3	6507408	PAD SUPPORT	2	27	6416601	1-1/2" X 3/4" PARAGLIDE	1
4	6507708	RIGHT HANDLE	1	28	6467001	2" SQ. COVER CAP	2
5	6507808	LEFT HANDLE	1	29	3102501	3/8" WASHER	24
6	6667808	REAR UPRIGHT	1	30	3102601	3/8" LOCK WASHER	8
7	6505902	CARRIAGE STOP BAR	2	31	3102802	3/8" LOCK NUT	8
8	6504108	LEFT RAIL	1	32	3102502	1/2" WASHER	32
9	6504208	RIGHT RAIL	1	33	3102801	1/2" LOCK NUT	14
10	6504402	FOOT PLATE	1	34	3102804	1/2" LOW HEIGHT LOCK NUT	8
11	6504702	PLATFORM	1	35	3102909	3/8 X 1" BOLT	2
12	6506602	PLATFORM ADJUSTMENT	1	36	3102933	3/8 X 2" BOLT	4
13	6507002	WEIGHT SUPPORT	1	37	3102904	3/8 X 3" BOLT	8
14	6521202	ADJ. WHEEL BRACKET	2	38	3102935	3/8 X 4-1/2" BOLT	2
15	6534302	PAD STOP	1	39	3202101	1/2 X 1-1/4" BOLT	2
16	6667902	CARRIAGE	1	40	3102953	1/2 X 2-3/4" BOLT	2
17	6509221	SHOULDER PAD	2	41	3102918	1/2 X 3-1/4" BOLT	6
18	6666921	SEAT PAD	1	42	3102917	1/2 X 4" BOLT	2
19	6667321	BACK PAD	1	43	3102937	1/2 X 4-1/2" BOLT	8
20	6500501	3" DIA. WHEEL	4	44	3102944	1/2 X 5" BOLT	2
21	6500601	2" DIA. WHEEL	4	45	3110002	1-1/4" ROLL PIN	2
22	3103101	1-1/4 X 5" GRIP	2	46	6020601	1/2" FLANGE BEARING	8
23	3103104	1 X 5" GRIP	2	47	6466901	1/2" DIA. SPRING PIN	2
24	3116001	1-1/4" SQ. RUBBER BUMPER	2				

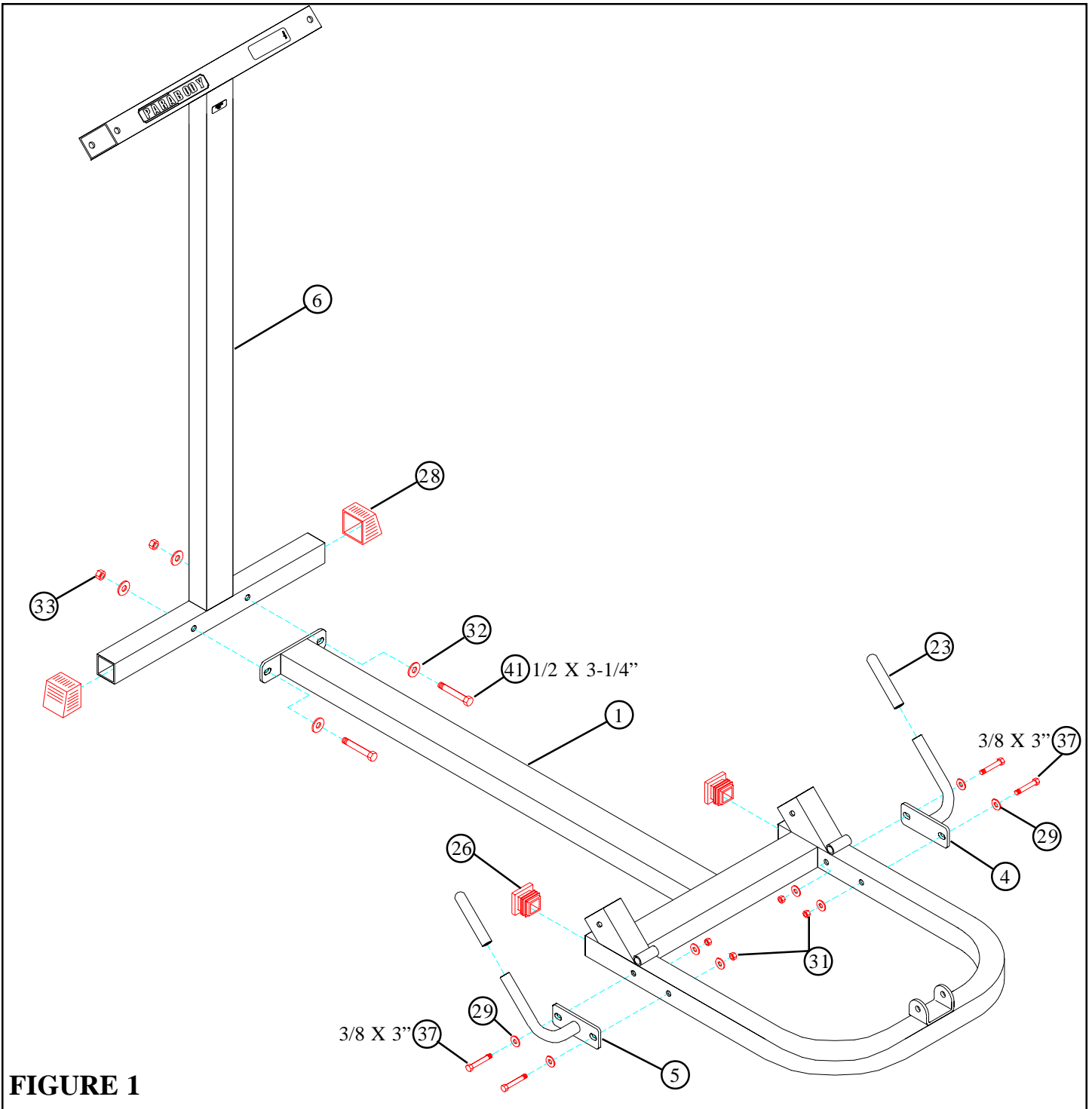
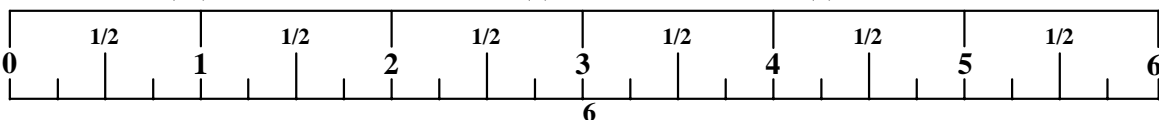


FIGURE 1

STEP 1:

- Insert two 2" SQ. END CAPS (26) into each end of the BASE (1) as shown in FIGURE 1.
- Attach two 2" SQ. COVER CAPS (28) over each end of the base of the REAR UPRIGHT (6).
- **SECURELY** assemble the REAR UPRIGHT (6) to the BASE (1) as shown in FIGURE 1 using two 1/2 X 3-1/4" BOLTS (41), four 1/2" WASHERS (32), and two 1/2" LOCK NUTS (33).
- **SECURELY** assemble the RIGHT (4) and LEFT HANDLES (5) to the BASE (1) on their respective sides using four 3/8 X 3" BOLTS (37), eight 3/8" WASHERS (29), and four 3/8" LOCK NUTS (31).
- Slide two 1 X 5" GRIPS (23) over the ends of the RIGHT (4) and LEFT HANDLES (5) as shown in FIGURE 1.



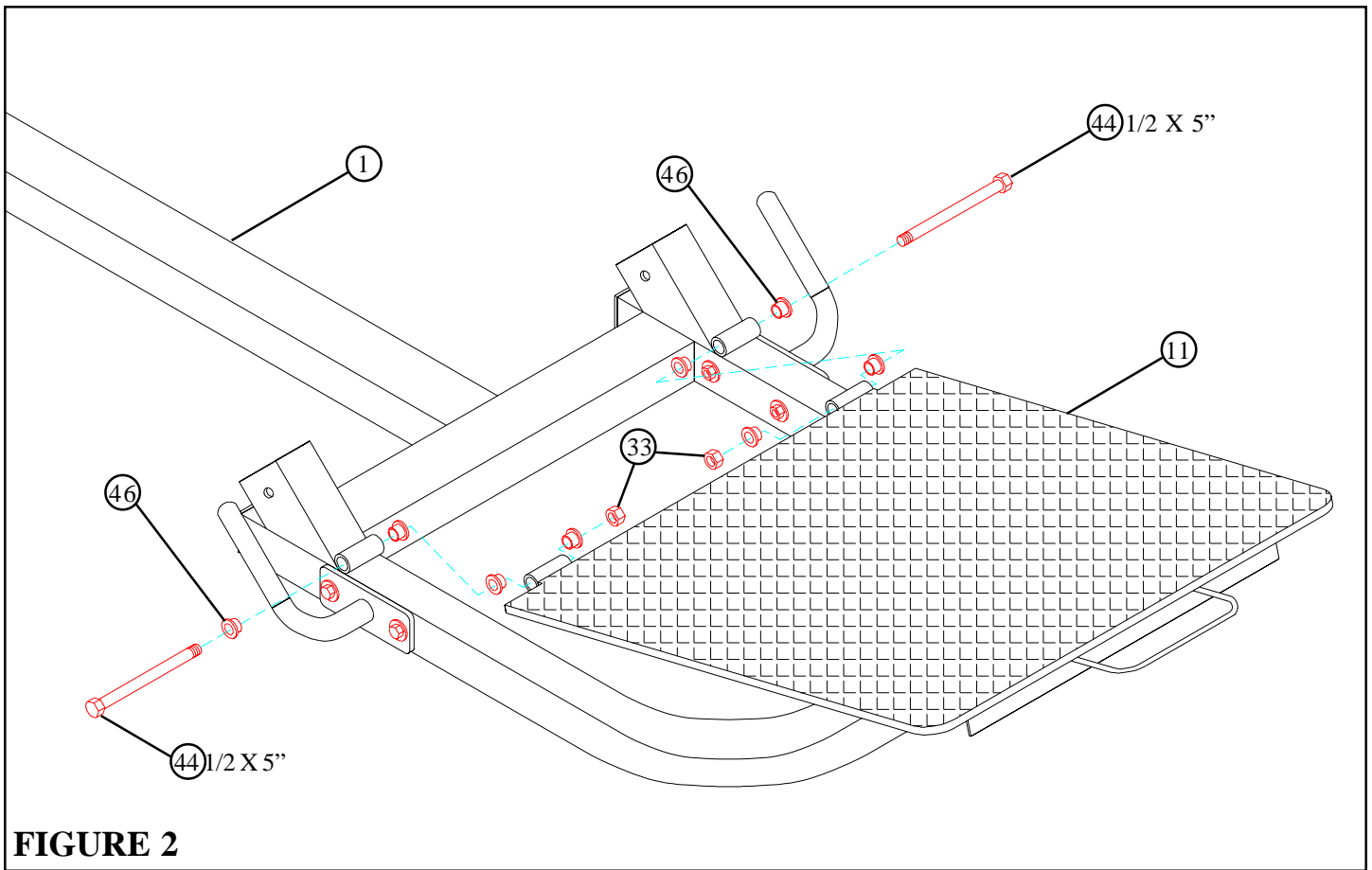


FIGURE 2

STEP 2:

- Insert four 1/2" FLANGE BEARINGS (46) into the BUSHINGS on the BASE (1), and four 1/2" FLANGE BEARINGS (46) into the BUSHINGS on the PLATFORM (11) as shown in FIGURE 2.
- Assemble the PLATFORM (11) between the BUSHINGS on the BASE (1) as shown in FIGURE 2 using two 1/2 X 5" BOLTS (44) and two 1/2" LOCK NUTS (33). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM TO ROTATE FREELY)**

STEP 3:

- Attach four 1-1/2 X 3/4" PARAGLIDE STRIPS (27) to the end of the PLATFORM ADJUSTMENT (12), and four 1-1/2 X 3/4" PARAGLIDE STRIPS (27) to the end of the PLATFORM SLEEVE as shown in FIGURE 3 using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS (27) are to be attached.
 - Remove the PARAGLIDE STRIPS (27) from the paper backing and firmly apply them to all shown surfaces.
- **SECURELY** Assemble one 1/2" DIA. SPRING PIN (47) to the SPRING PIN HOUSING, on the PLATFORM SLEEVE (2) as shown in FIGURE 3. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN SECURELY)**

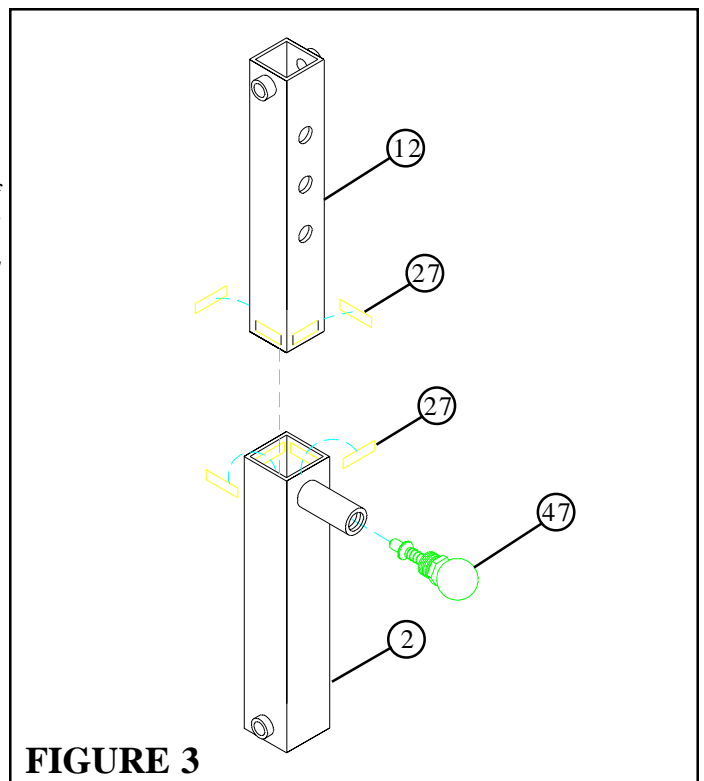


FIGURE 3

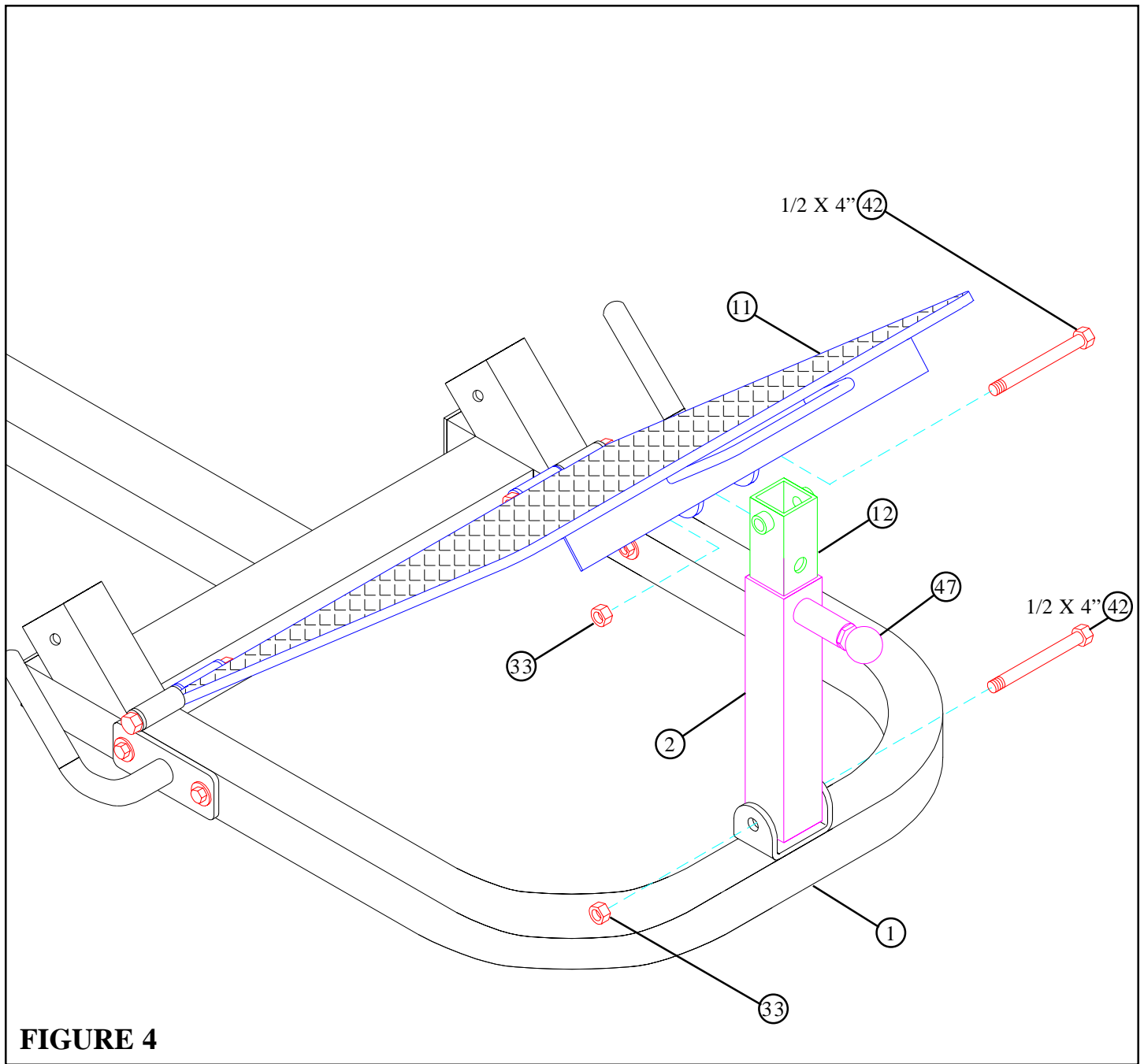
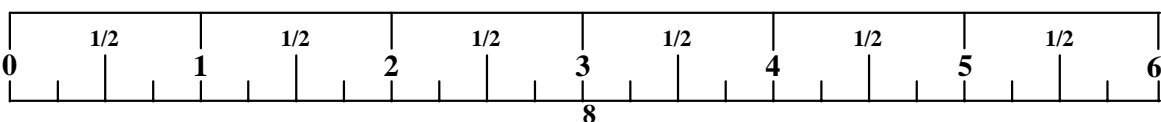


FIGURE 4

STEP 4:

- Assemble the PLATFORM SLEEVE (2) to the BASE (1) as shown in FIGURE 4 using one 1/2 X 4" BOLT (42), and one 1/2" LOCK NUT (33). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM SLEEVE TO ROTATE FREELY)**
- Pull back the 1/2" DIA. SPRING PIN (47) on the PLATFORM SLEEVE (2) and insert the PLATFORM ADJUSTMENT (12) into it. Slide the PLATFORM ADJUSTMENT (12) down to the first adjustment hole and release the SPRING PIN (47).
- Assemble the PLATFORM ADJUSTMENT (12) to the PLATFORM (11) as shown in FIGURE 4 using one 1/2 X 4" BOLT (42), and one 1/2" LOCK NUT (33). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PLATFORM ADJUSTMENT TO ROTATE FREELY)**



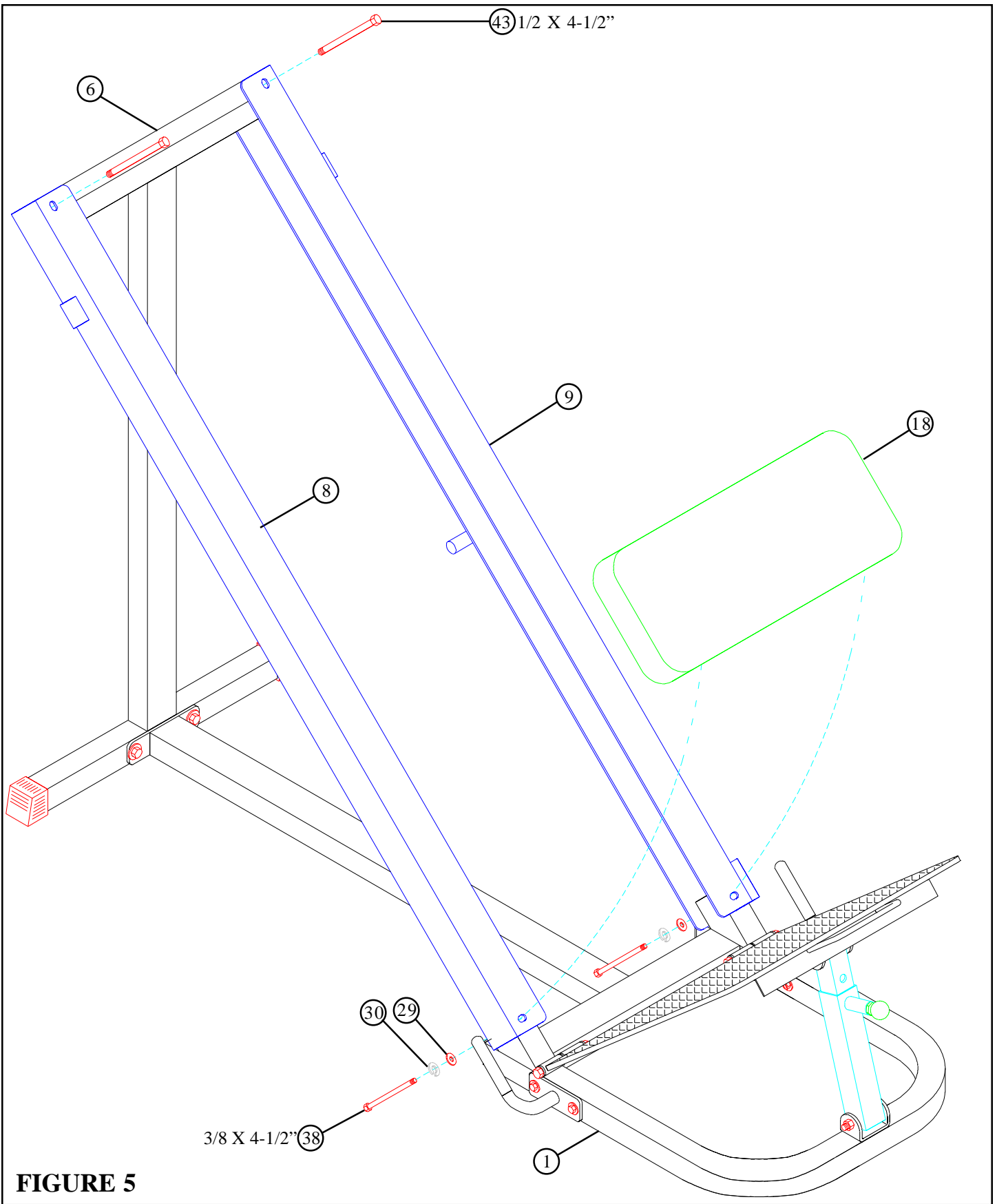


FIGURE 5

STEP 5:

- **LOOSELY** assemble the LEFT (8) and RIGHT RAILS (9), along with the SEAT PAD (18) to the BASE (1) as shown in FIGURE 5 using two 3/8 X 4-1/2" BOLTS (38), two 3/8" LOCK WASHERS (30), and two 3/8" WASHERS (29). Temporarily assemble the RAILS to the REAR UPRIGHT (6) using two 1/2 X 4-1/2" BOLTS (43) to aid in the assembly of this step.

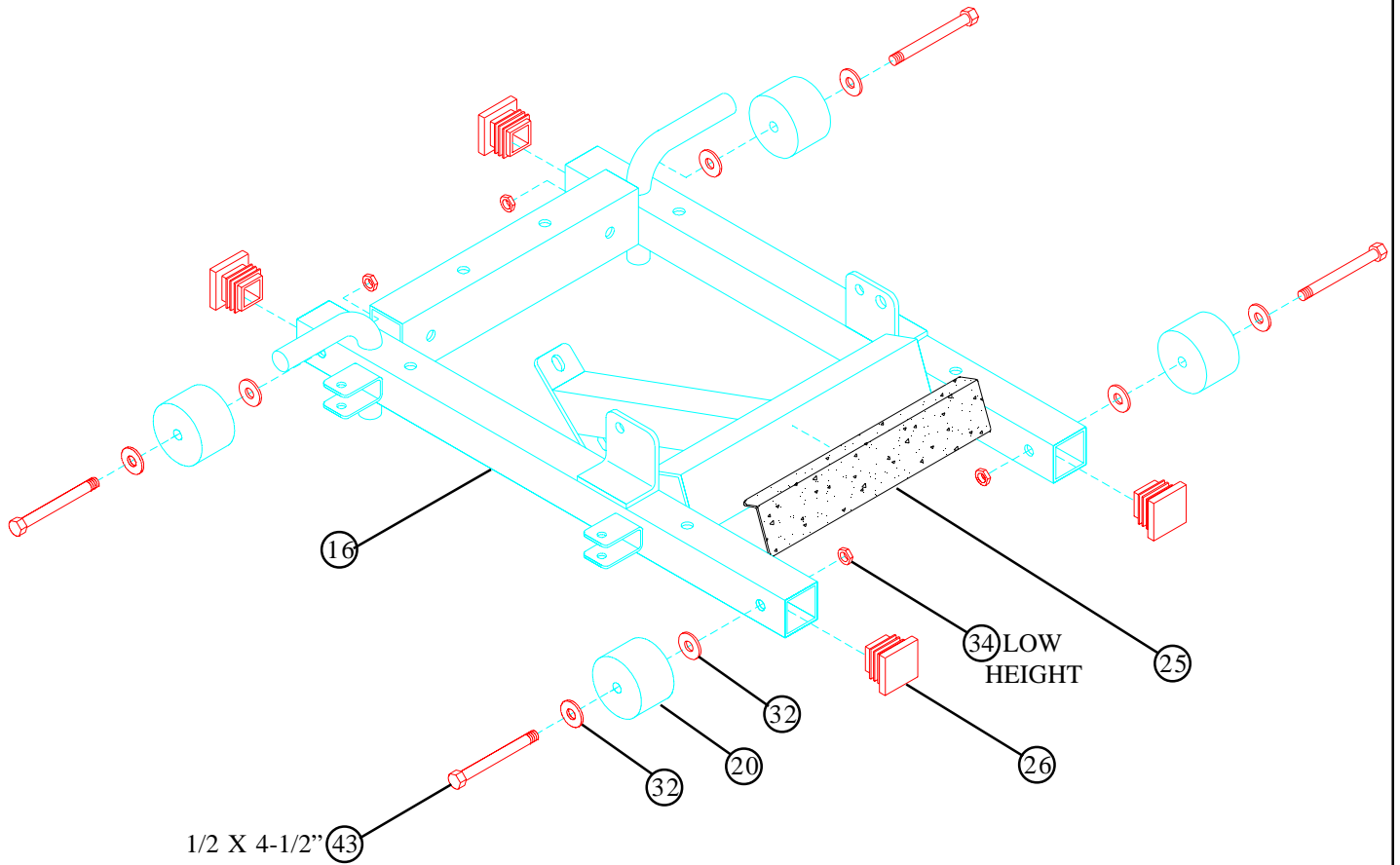
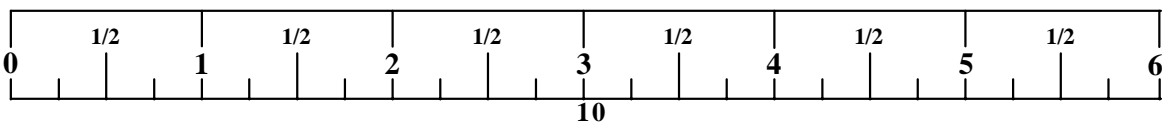


FIGURE 6

STEP 6:

- Insert four 2" SQ. END CAPS (26) into the each end of the CARRIAGE (16) as shown in FIGURE 6.
- **SECURELY** assemble four 3" DIA. WHEELS (20) to the sides of the CARRIAGE (16) as shown in FIGURE 6 using four 1/2 X 4-1/2" BOLTS (43), eight 1/2" WASHERS (32), and four 1/2" LOW HEIGHT LOCK NUTS (34).
- Attach one 4 X 14" NON SKID STRIP (25) to the CARRIAGE (16) as shown in FIGURE 6.



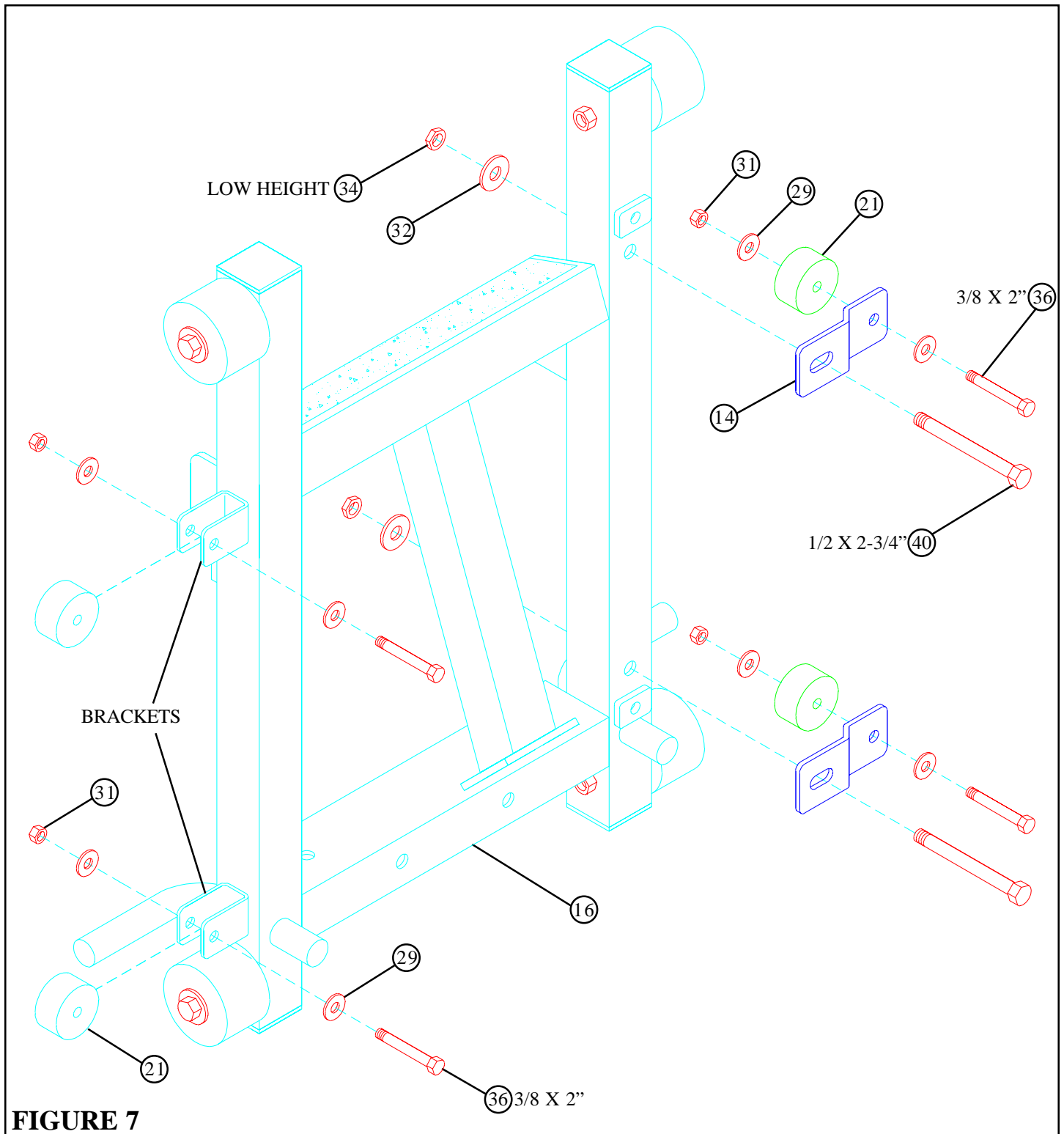


FIGURE 7

STEP 7:

- **SECURELY** assemble two 2" DIA. WHEELS (21) to the BRACKETS on the left side of the CARRIAGE (16) as shown in FIGURE 7 using two 3/8 X 2" BOLTS (36), four 3/8" WASHERS (29), and two 3/8" LOCK NUTS (31).
- Assemble the two ADJ. WHEEL BRACKETS (14) to the right side of the CARRIAGE (16) as shown in FIGURE 7 using two 1/2 X 2-3/4" BOLTS (40), two 1/2" WASHERS (32), and two 1/2" LOW HEIGHT LOCK NUTS (34). (**NOTE: TIGHTEN BRACKETS SECURELY TO THE CARRIAGE, THEN BACK NUT OFF 1/2 TURN TO ALLOW FOR ADJUSTMENT IN A LATTER STEP.**)
- **SECURELY** assemble two 2" DIA. WHEELS (21) to the ADJ. WHEEL BRACKETS (14) on the right side of the CARRIAGE (16) as shown in FIGURE 7 using two 3/8 X 2" BOLTS (36), four 3/8" WASHERS (29), and two 3/8" LOCK NUTS (31).

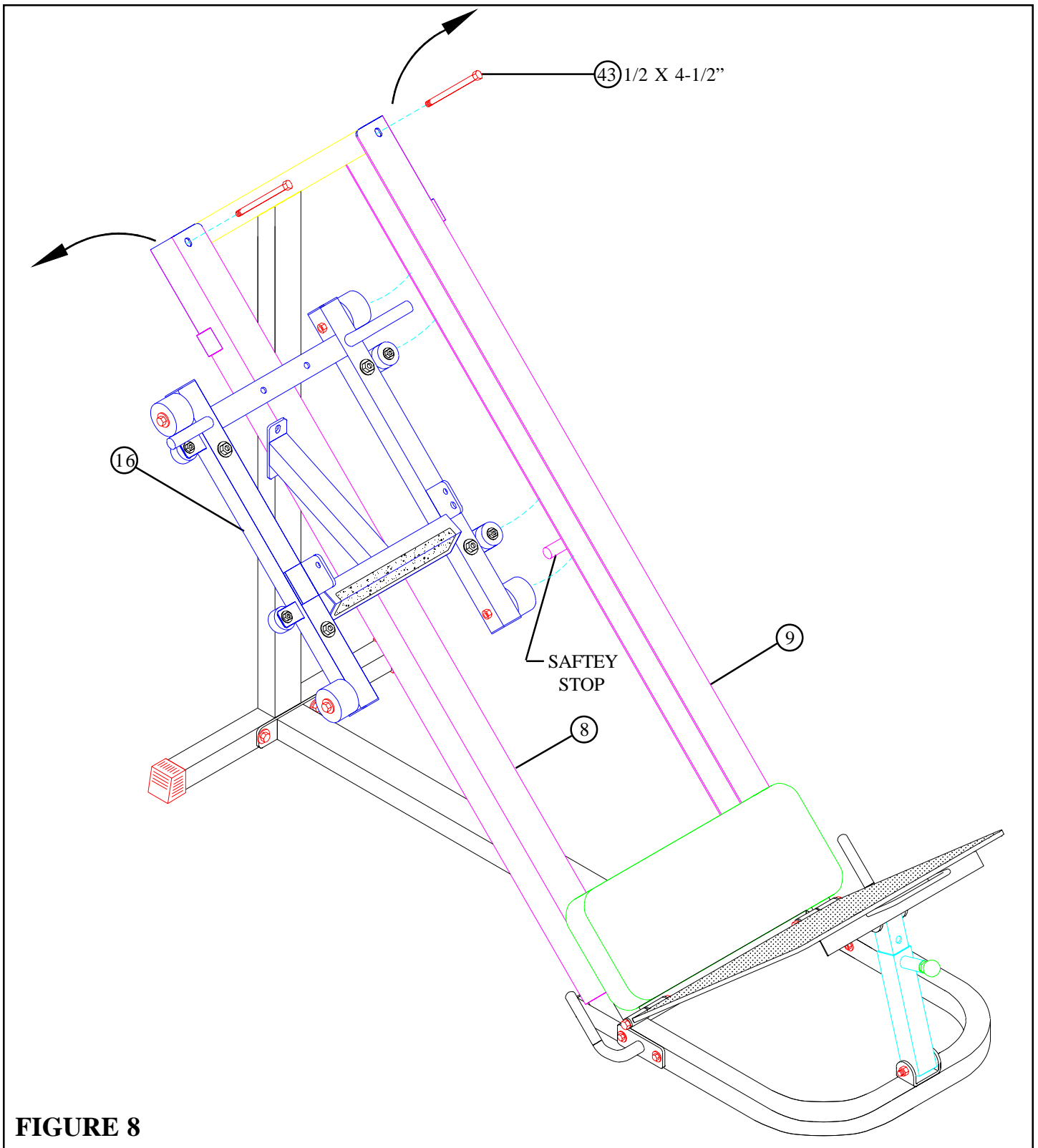
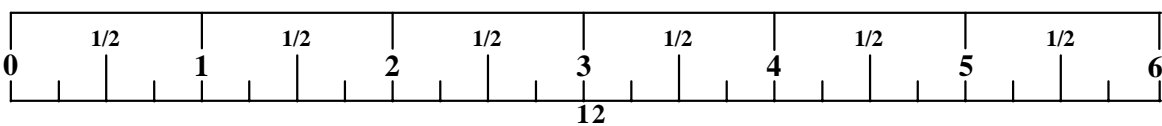


FIGURE 8

STEP 8:

- Remove the two temporary 1/2 X 4-1/2" BOLTS (43) from **STEP 5**.
- Swing the LEFT (8) and RIGHT (9) RAILS out enough to insert the CARRIAGE ASSEMBLY (16) in between them. Allow the CARRIAGE (16) to rest on the SAFETY STOPS underneath the RAILS. See FIGURE 8.



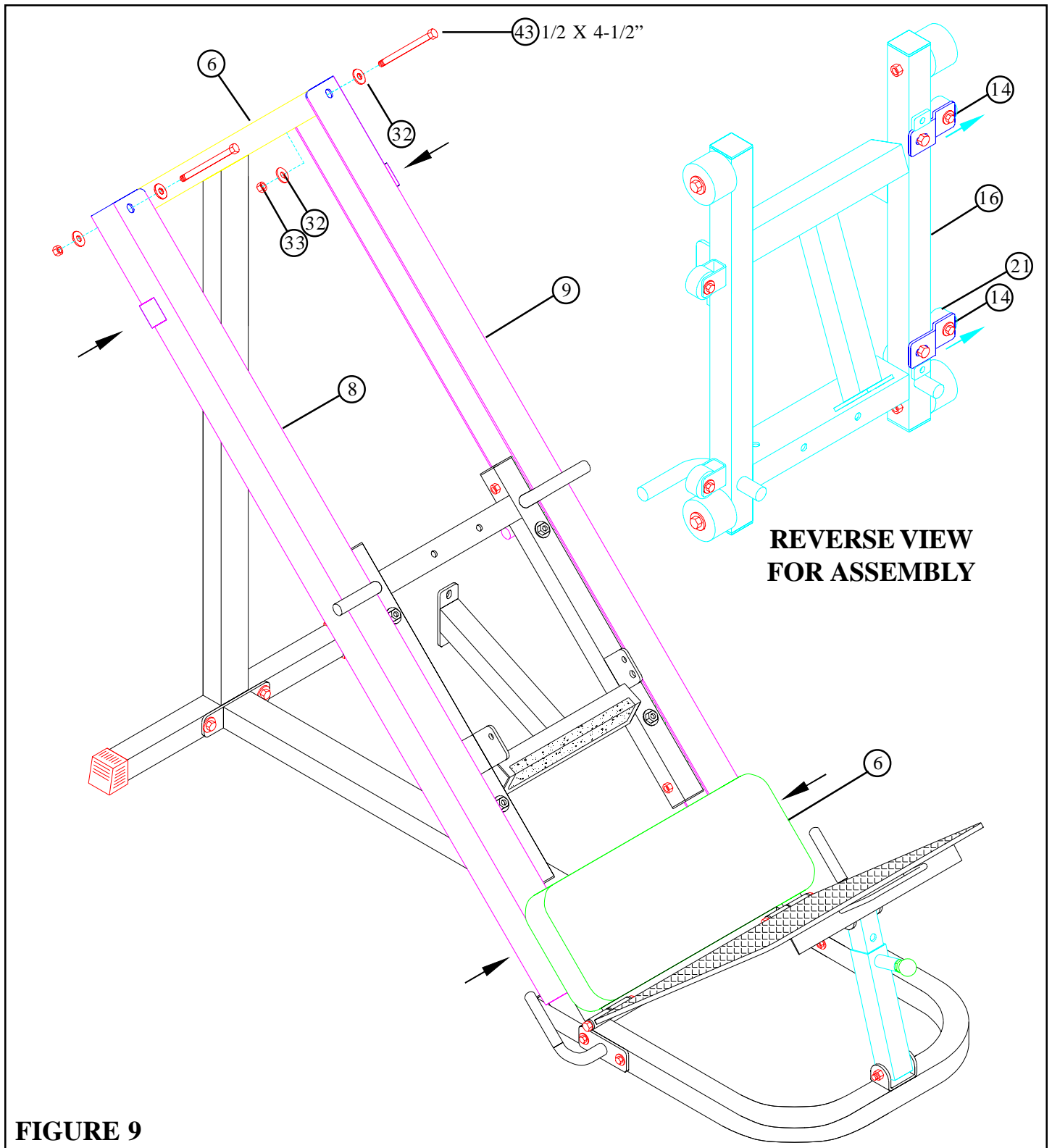


FIGURE 9

STEP 9:

- **SECURELY** reassemble the LEFT (8) and RIGHT (9) RAILS to the REAR UPRIGHT (6) as shown in FIGURE 9 using the two 1/2 X 4-1/2" BOLTS (43), four 1/2" WASHERS (32), and two 1/2" LOCK NUTS (33). **(!!! IMPORTANT !!! BEFORE TIGHTENING MOVE THE RAILS IN AS FAR AS POSSIBLE)**
- **SECURELY** tighten the two 3/8 X 4-1/2" BOLTS (38) holding the SEAT PAD (18) from STEP 5. **(!!! IMPORTANT !!! BEFORE TIGHTENING MOVE THE RAILS IN AS FAR AS POSSIBLE)**
- To adjust the side to side movement of the CARRIAGE (16), start by sliding the CARRIAGE (16) as far to the left as possible inside the RAILS (8 & 9). Adjust the ADJ. WHEEL BRACKETS (14) out until the 2" DIA. WHEELS (21) contact the RIGHT RAIL (9). **SECURELY** tighten bolt connection. See FIGURE 9 and REVERSE CARRIAGE VIEW.

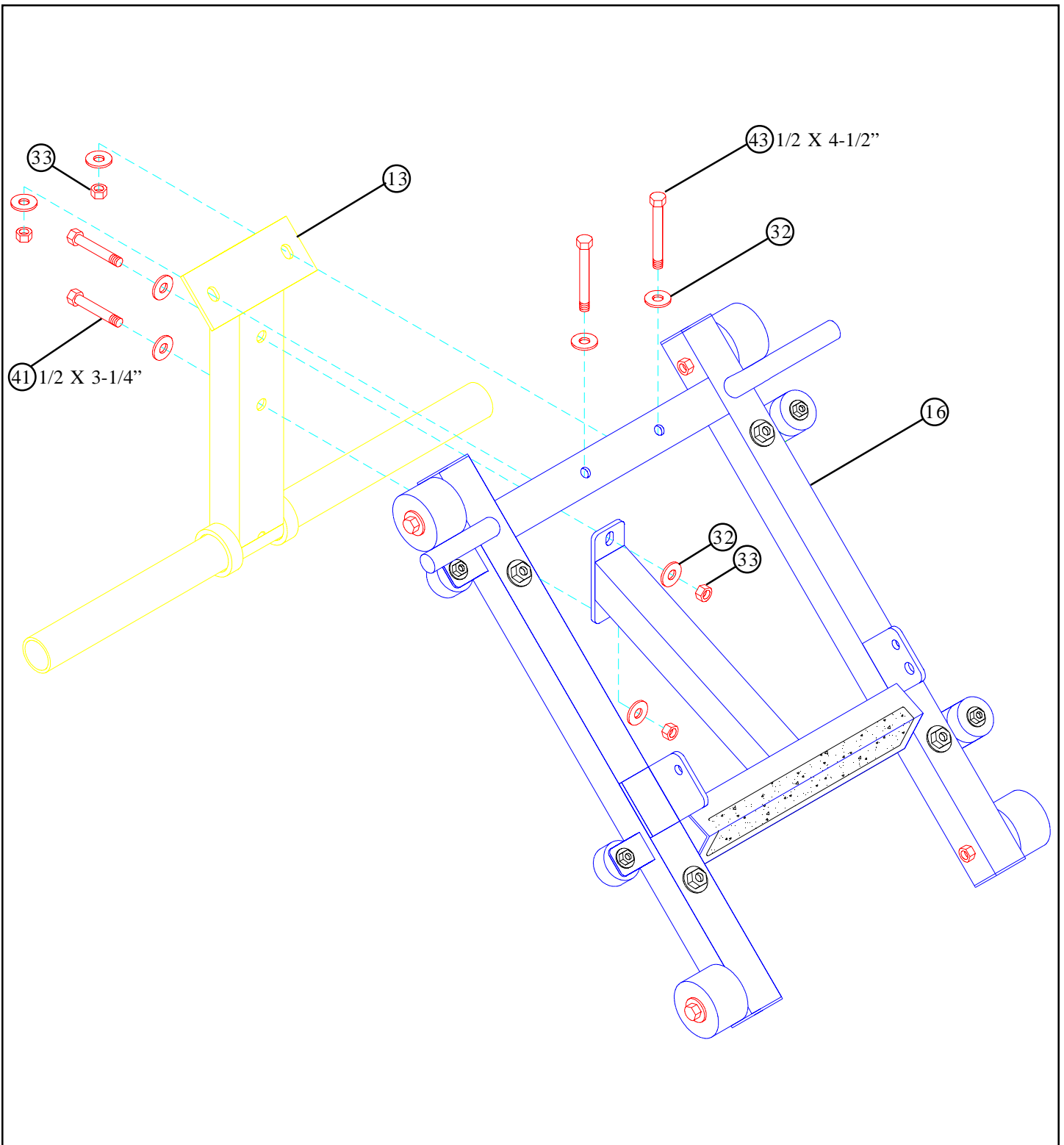
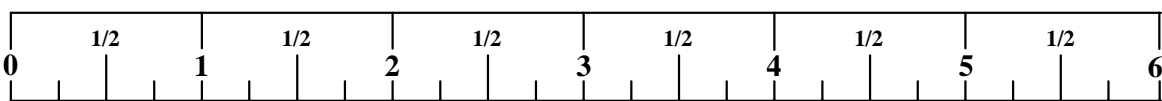


FIGURE 10

STEP 10:

- **SECURELY** assemble the WEIGHT SUPPORT (13) to the CARRIAGE (16) as shown in FIGURE 10 using two 1/2 X 4-1/2" BOLTS (43), two 1/2 X 3-1/4" BOLTS (41), eight 1/2" WASHERS (32), and four 1/2" LOCK NUTS (33).



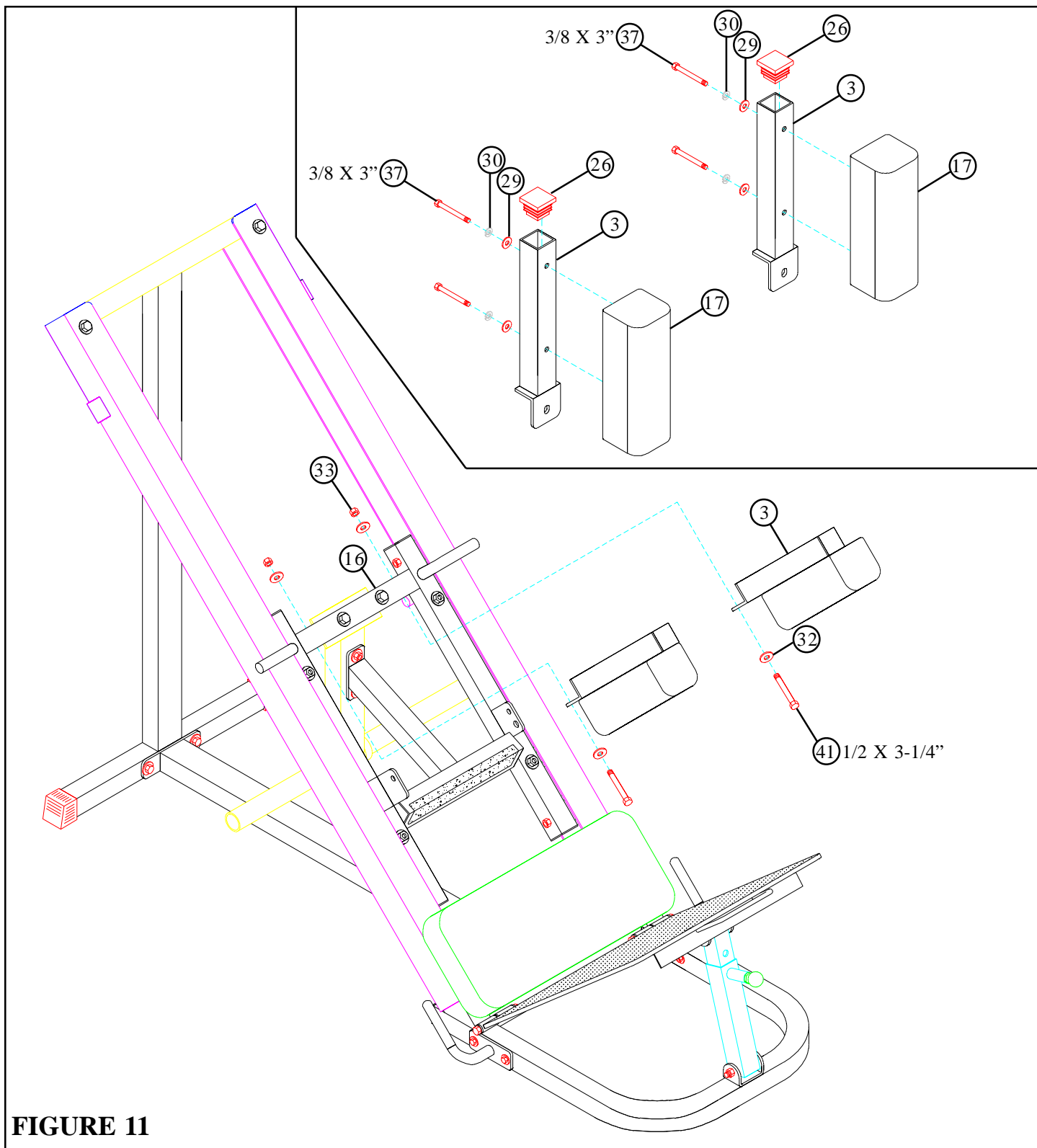


FIGURE 11

STEP 11:

- Insert two 2" SQ. END CAPS (26) into the ends of each PAD SUPPORT (3) as shown in FIGURE 11.
- **SECURELY** assemble the two PAD SUPPORTS (3) to the CARRIAGE (16) as shown in FIGURE 11 using two 1/2 X 3-1/4" BOLTS (41), four 1/2" WASHERS (32), and two 1/2" LOCK NUTS (33).
- **SECURELY** assemble two SHOULDER PADS (17) to the PAD SUPPORTS (3) on the CARRIAGE (16) as shown in FIGURE 11 using four 3/8 X 3" BOLTS (37), four 3/8" LOCK WASHERS (30), and four 3/8" WASHERS (29).

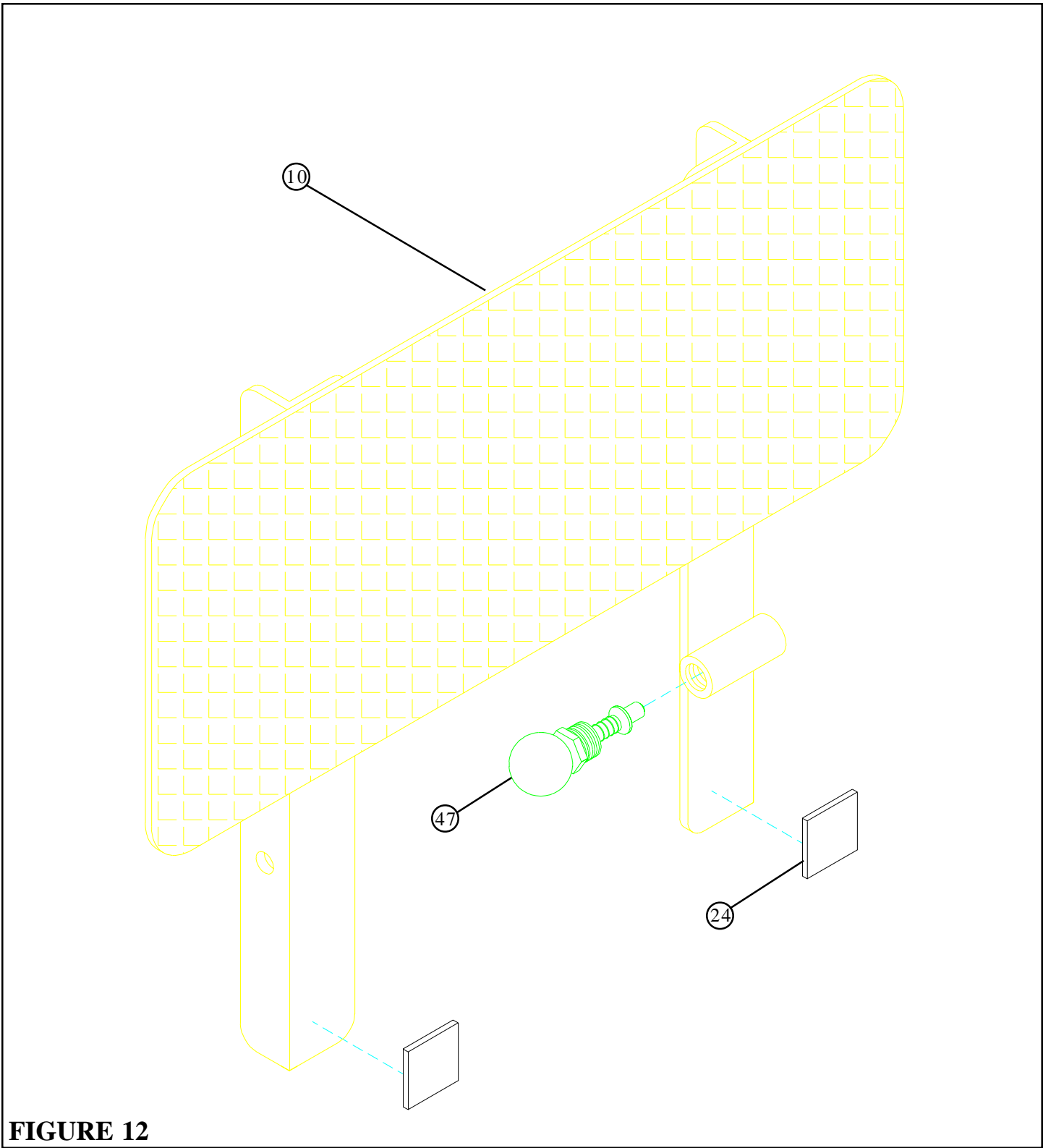
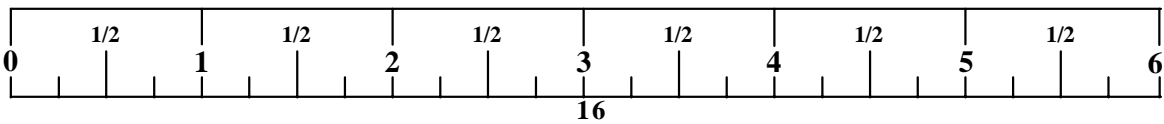
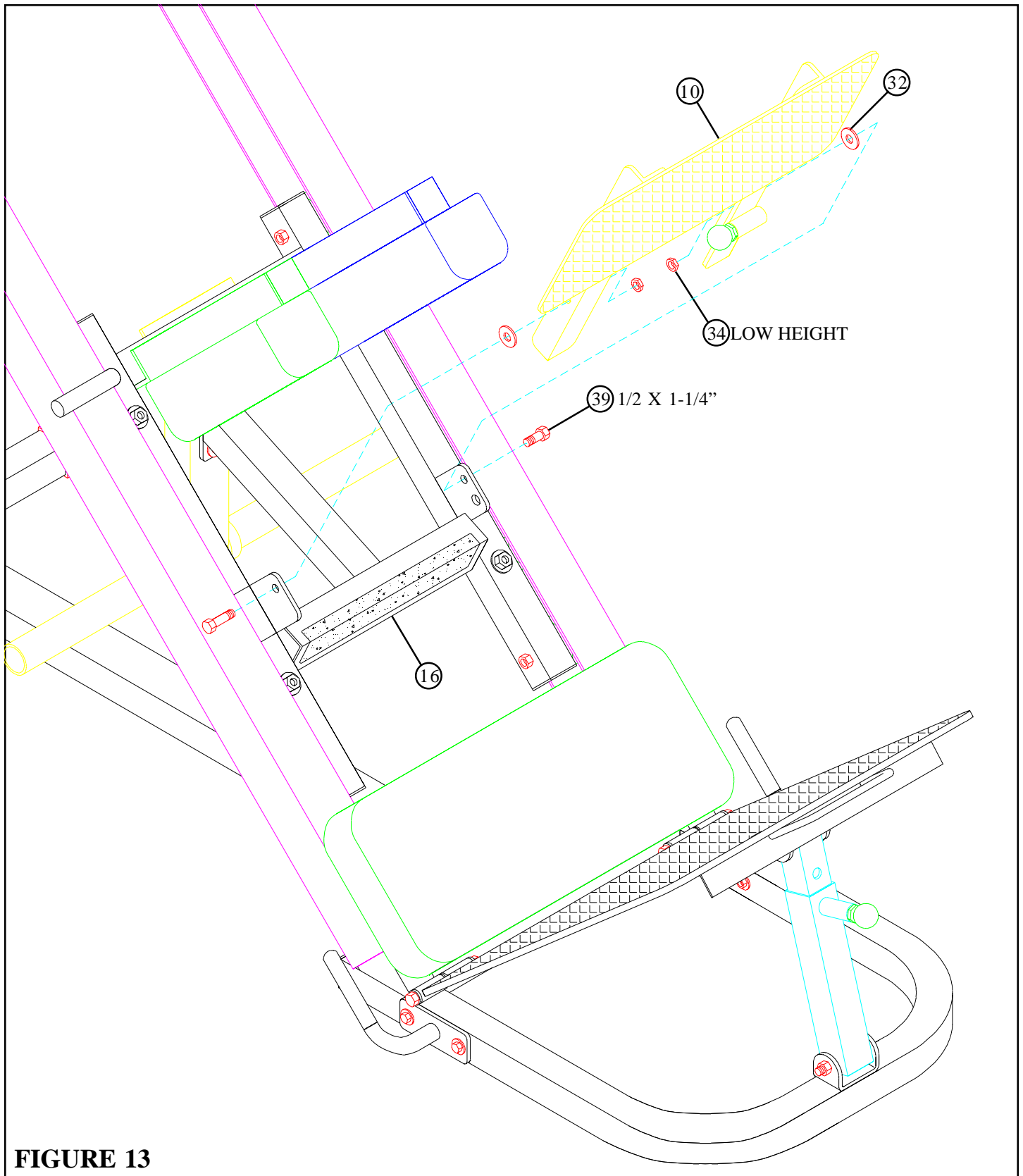


FIGURE 12

STEP 12:

- Attach two 1-1/4" SQ. RUBBER BUMPERS (24) to the ends of the ANGLES of the FOOT PLATE (10) as shown in FIGURE 12.
- **SECURELY** assemble one 1/2" DIA. SPRING PIN (47) to the SPRING PIN HOUSING on the FOOT PLATE (10) as shown in FIGURE 12. (**!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN SECURELY**)





STEP 13:

- Assemble the FOOT PLATE (10) to the CARRIAGE (16) as shown in FIGURE 13, using two 1/2 X 1-1/4" BOLTS (39), two 1/2" WASHERS (32), and two 1/2" LOW HEIGHT LOCK NUTS (34). **(TIGHTEN THE CONNECTION COMPLETELY, THEN BACK THE NUTS OFF 1/4 TURN)**

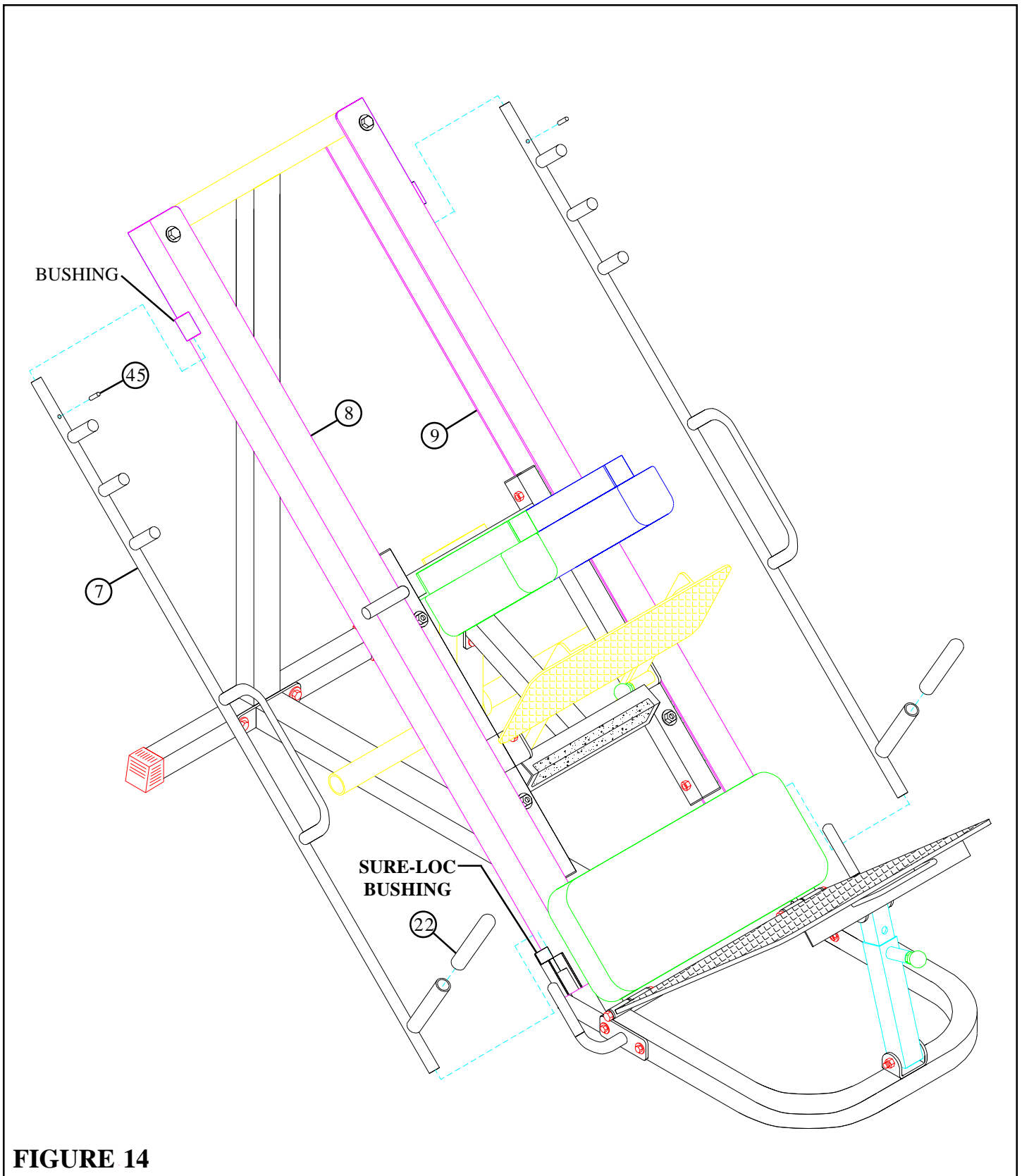


FIGURE 14

STEP 14:

- To assemble the CARRIAGE STOP BAR (7) to the side of the LEFT RAIL (8), start by inserting the top of the BAR (7) into the BUSHING at the top of the RAIL as far as possible, then lower the BAR (7) into the SURE-LOC BUSHING at the bottom of the RAIL. **(MAKE SURE THE STOP PEGS ARE VERTICAL)**, then insert one 1-1/4" ROLL PIN (45) into the hole at the top of the BAR (7). **(DO NOT LET THE ROLL PIN PROTRUDE BENEATH THE BAR)** Repeat this step on the RIGHT RAIL (9).
- Slide two 1-1/4 X 5" GRIPS (22) over the HANDLES on the CARRIAGE STOP BARS (7) as shown in FIGURE 14.

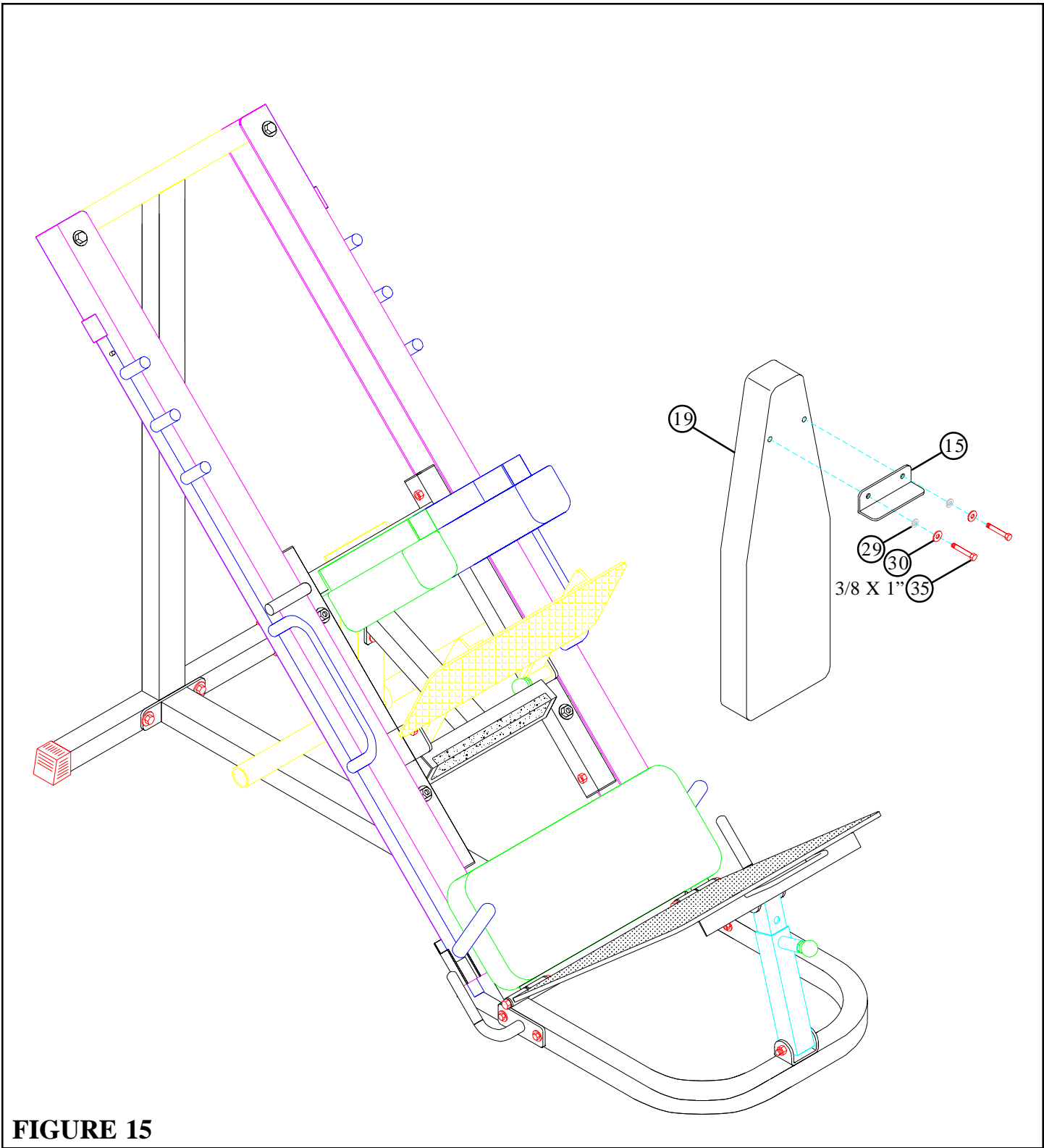


FIGURE 15

STEP 15:

- **SECURELY** assemble the PAD STOP (15) to the BACK PAD (19) as shown in FIGURE 15 using two 3/8 X 1" BOLTS (35), two 3/8" LOCK WASHERS (30), and two 3/8" WASHERS (29).

MAKE SURE ALL CONNECTIONS ARE SECURELY TIGHTENED.

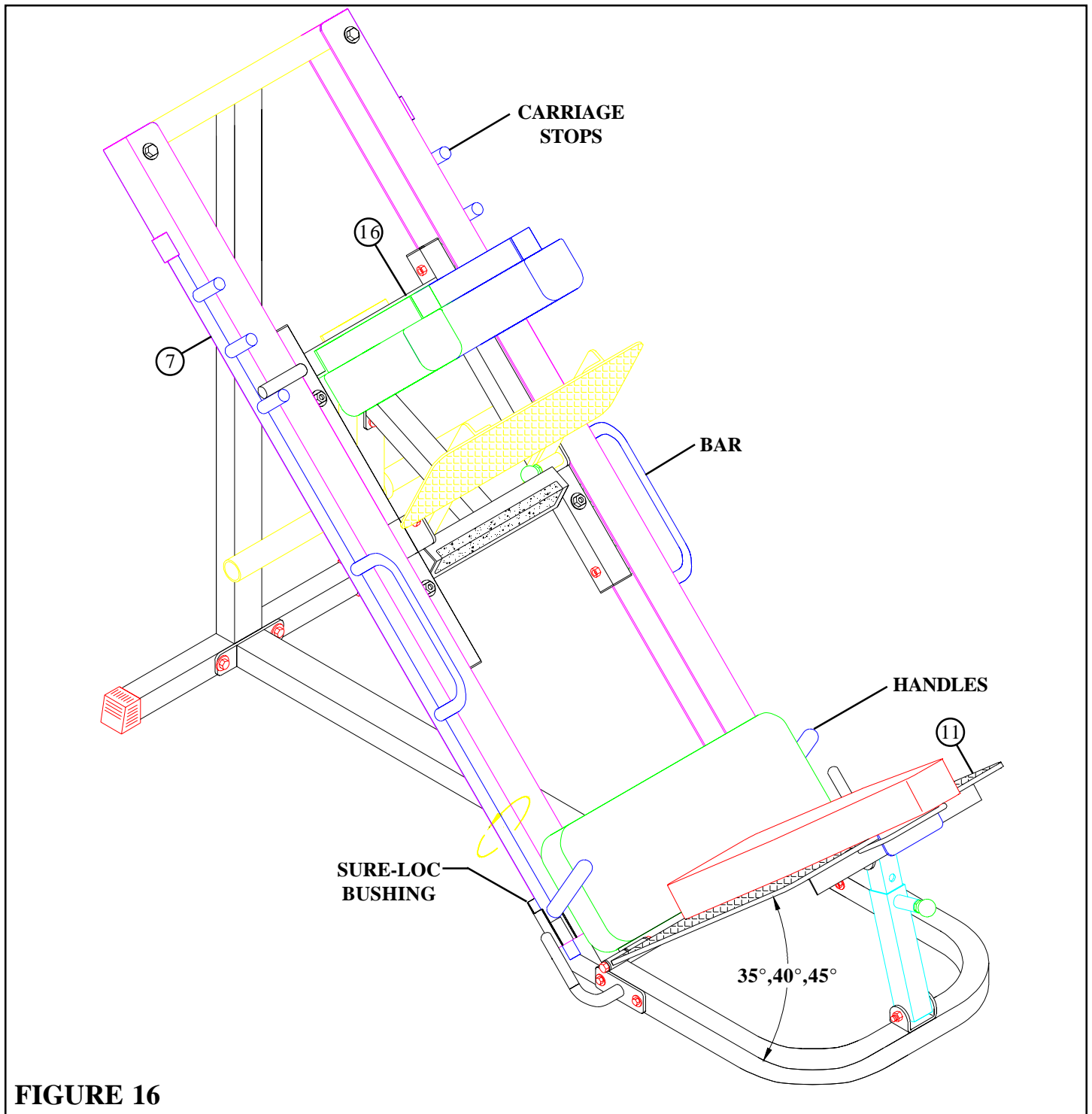
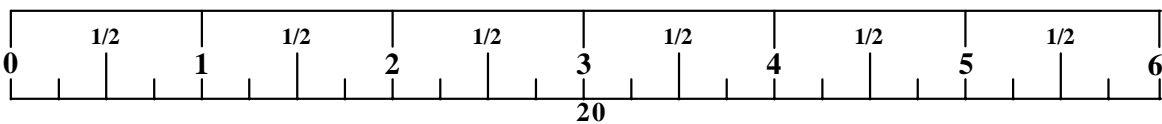


FIGURE 16

STEP 16:

- The PLATFORM (11) can adjust into three positions: 35, 40, and 45 degrees
- The HIP SLED was designed with the SURE-LOC SYSTEM for ultimate safety. To activate the CARRIAGE STOP BARS (7) from either the LEG PRESS or HACK SQUAT position, begin by moving the CARRIAGE (16) up. Grasp the (HANDLES or BAR) on the CARRIAGE STOP BARS (7) and (push or pull) up and rotate them out. Now the stops are out of the way to perform the exercise.
- To stop the CARRIAGE (16) on one of the three carriage stops simply rotate the CARRIAGE STOP BARS (7) back up and allow them to drop down into the SURE-LOC SYSTEM.



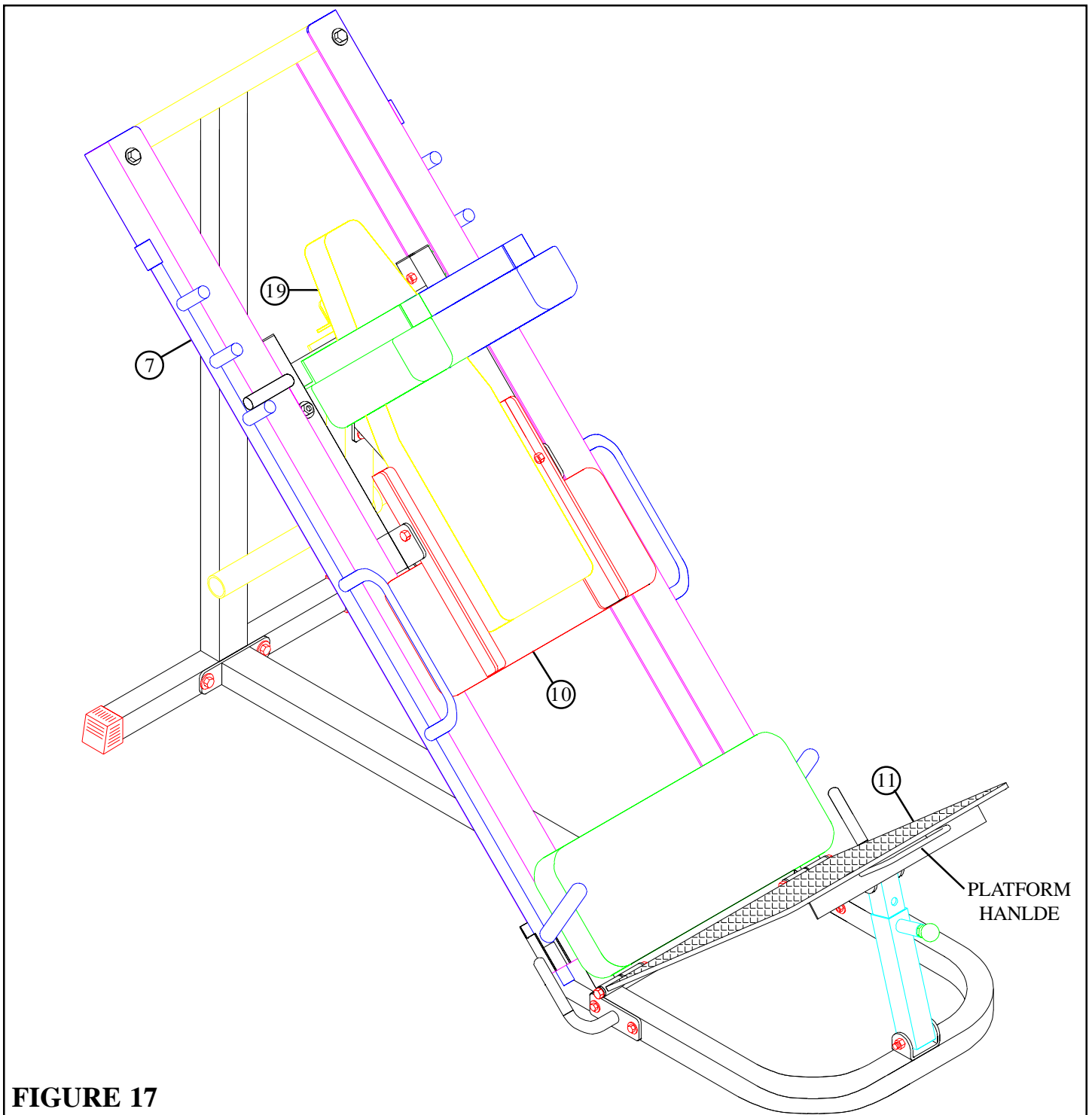


FIGURE 17

STEP 17:

- To perform LEG PRESSES, center the BACK PAD (19) down on top of the PLATFORM (11) and lock the PAD STOP (15) on the back of the BACK PAD (19) behind the PLATFORM HANDLE then rotate the FOOT PLATE (10) on the CARRIAGE (16) up until the SPRING PIN engages the hole
- To perform CALF RAISES, move the CARRIAGE (16) to the top carriage stop of the CARRIAGE STOP BAR (7). Place feet on the HORIZONTAL TUBE of the CARRIAGE (16). **(WHERE THE NON-SKID STRIP IS LOCATED) (DO NOT ROTATE THE CARRIAGE STOP BARS DOWN FOR THIS EXERCISE)**
- To perform HACK SQUATS, make sure that the FOOT PLATE (10) of the CARRIAGE (16) is down. Position the BACK PAD (19) between the SHOULDER PADS of the CARRIAGE (16). **(MAKE SURE THAT THE PAD STOP IS RESTING ABOVE THE CROSS TUBE ON THE CARRIAGE)**

THIS CONCLUDES THE ASSEMBLY OF THE 835 HIP SLED SYSTEM.

MAINTENANCE

Please note:

- * 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.

- * Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury

- * Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

- * **PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

MODEL # _____

SERIAL # _____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE # _____

Thank you for purchasing the ParaBody 835 Hip Sled System.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. **LIMITED WARRANTY ON FRAME AND WELDS.** If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
2. **LIMITED WARRANTY ON PARTS.** If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.
3. **LIMITED WARRANTY ON CABLES AND UPHOLSTERY.** If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.
4. **CONDITIONS AND EXCEPTIONS.** Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.
5. **REPLACEMENT AND REPAIR EXPENSES.** ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.
6. **SHIPPING.** If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.
7. **CLAIM PROCEDURES.** If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.
8. **OWNER'S RIGHT.** This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.
9. **LIMITATION OF IMPLIED WARRANTIES.** All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.
10. **DISCLAIMER.** No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

LIFE FITNESS

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