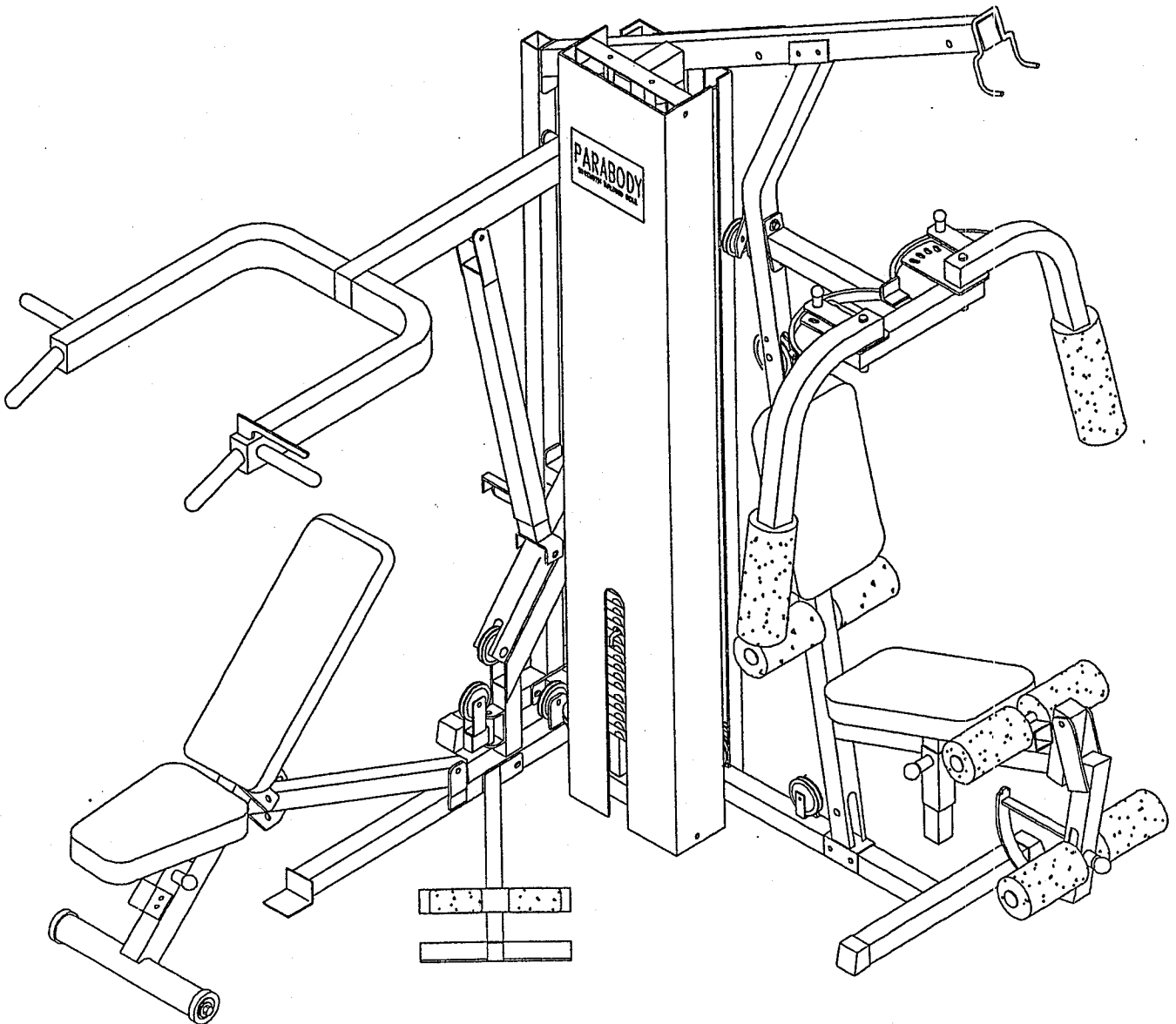


PARABODY

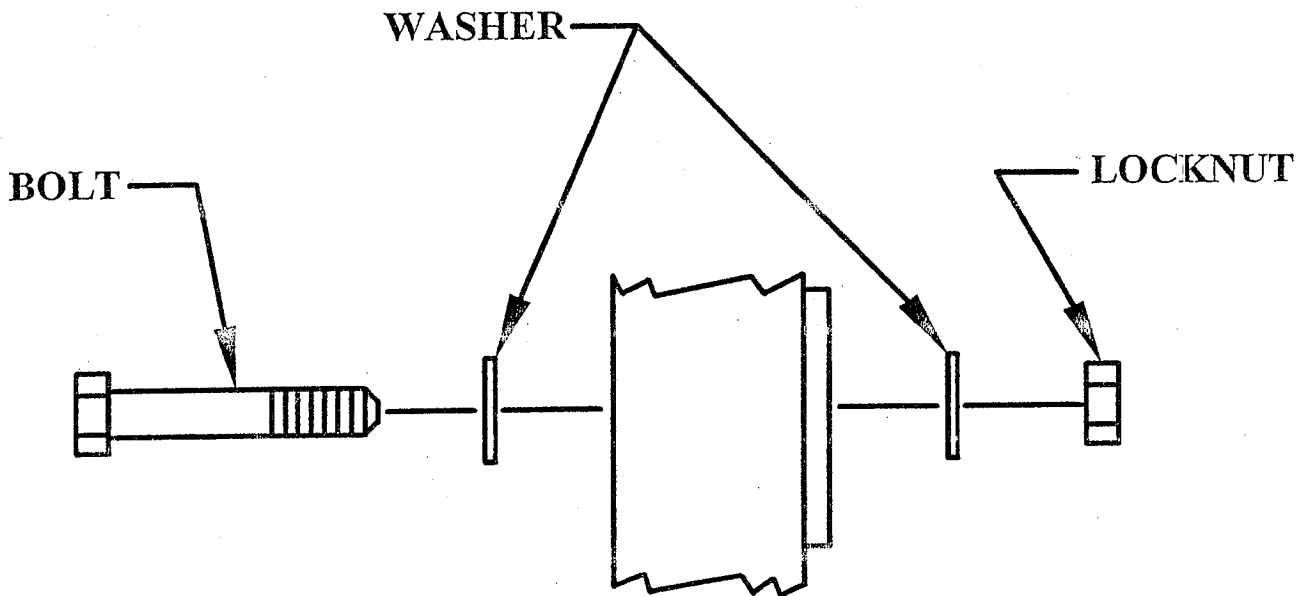
Serious Steel

425 ¹⁰² HOME GYM ASSEMBLY INSTRUCTIONS

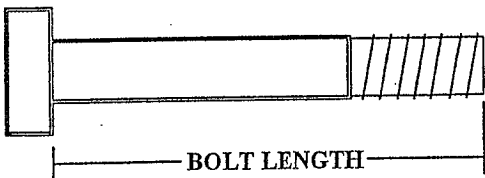


!!! ATTENTION !!!

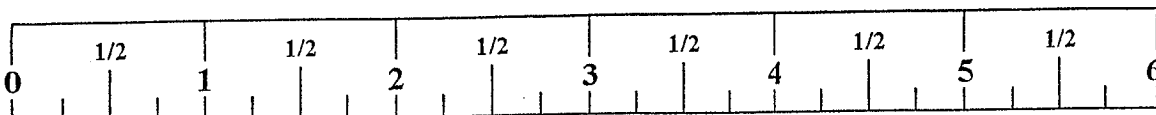
UNLESS OTHERWISE SHOWN, ALL CONNECTIONS WILL CONSIST OF ONE (1) BOLT, TWO (2) WASHERS, AND ONE (1) LOCK NUT.



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



BOLT LENGTH RULER:

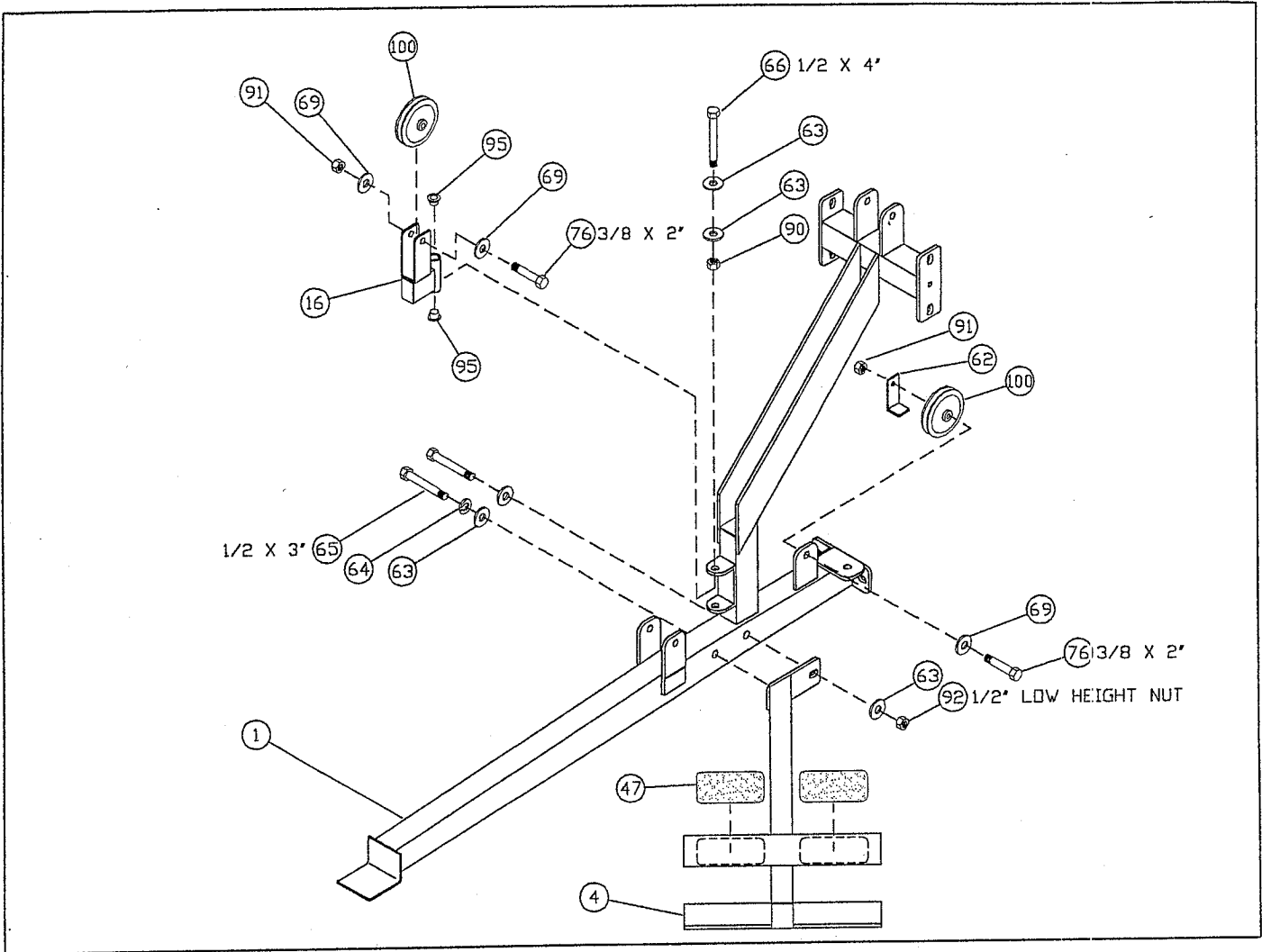


425 Parts List

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6571603	PRESS BASE WHT	1	59	6218401	BRKT PULLEY 3 1/2 X 1 BLK ZN	1
2	6530603	PRESS ARM WHT	1	60	6321201	LEVER CONTROL	1
3	6529303	PRESS BACK SUPPORT WHT	1	61	6427101	CLEVIS KEYHOLE	3
4	6529003	CALF/LOW ROW WHT	1	62	6533501	BRKT L 2-3/8 X 1 X 1	7
5	6532303	TOP BOOM WHT	1	63	3102502	WASHER FLAT 1/2 ID	32
6	6275302	LAT BAR BLK	1	64	3102602	WASHER LOCK 1/2 ID	2
7	6531703	BASE WHT	1	65	3102910	BOLT HHG2 1/2-13 X 3	4
8	6522903	PRESS SUPPORT TUBE WHT	1	66	3102917	BOLT HHG2 1/2-13 X 4	2
9	6529702	PEC CAM BLK	2	67	3102918	BOLT HHG2 1/2-13 X 3-1/4	5
10	6530203	PULLEY BRACKET WHT	1	68	3102943	BOLT HHG2 1/2-13 X 3-1/2	6
11	6530303	MIDDLE UPRIGHT WHT	1	69	3102501	WASHER FLAT 3/8 ID	57
12	6534602	PRESS ADJ TUBE BLK	1	70	3102601	WASHER LOCK 3/8 ID	9
13	6522803	REAR UPRIGHT WHT	1	71	3102902	BOLT HHG2 3/8-16 X 2-1/4	3
14	6528802	PRESS SEAT ADJ BLK	1	72	3102903	BOLT HHG2 3/8-16 X 2-1/2	1
15	6529803	PRESS LEVER WHT	1	73	3102904	BOLT HHG2 3/8-16 X 3	18
16	6501302	SWIVEL PLY BRKT BLK	1	74	3102909	BOLT HHG2 3/8-16 X 1	1
17	6531203	RECEIVING TUBE WHT	1	75	3102922	BOLT HHG2 3/8-16 X 2-3/4	10
18	6527503	BEARING HOUSING WHT	1	76	3102933	BOLT HHG2 3/8-16 X 2	7
19	6532803	PEC ARM LEFT WHT	1	77	3102941	BOLT HHG2 3/8-16 X 1-1/2	1
20	6532903	PEC ARM RIGHT WHT	1	78	3202401	CAP SCREW BTN HEAD 3/8-16 X 1	8
21	6527402	PEC SEAT BLK	1	79	3102503	WASHER FLAT 3/4 ID	2
22	6530003	FRONT UPRIGHT WHT	1	80	3102506	WASHER FLAT 1/4 ID	3
23	6528503	LEG CURL/EXT WHT	1	81	3102710	NUT HEX 1/4-28	4
24	6216703	TUBE 1-3/4 SQ 14GA X 5 BLK	1	82	3106803	SET SCREW C PT 5/16-18 X 3/8	2
25	6375903	TUBE 1.25 SQ 11GA X 4-7/8 BLK	2	83	3117901	RETAINING RING "E"	1
26	6013703	PLATE 1/4 X 2 X 5-1/4 BLK	2	84	3119101	CAP JOINT CONNECTOR 3/8	2
27	6523401	GUIDE ROD 3/4 OD X 72-3/8	2	85	3119201	SCREW PHMS 8-32 X 3/16	2
28	6352302	D-RING BLK	1	86	3119401	WASHER LOCK INT TOOTH #8	2
29	6176201	ROLLER PAD 2 ID X 4 OD X 12	2	87	6535301	CAP NUT 1/4 DIA STUD	2
30	6194601	ROLLER PAD 3/4 ID X 4 OD X 7	6	88	6535401	ADHESIVE CLIP	1
31	6654702	PAD STCH 12 X 9-1/2 T BLK	1	89	3102701	NUT HEX 3/8-16	3
32	6654302	PAD STCH 33-1/2 X 9-1/2 BLK	1	90	3102801	NUT NYLOCK 1/2-13	12
33	6697402	PAD STCH 15-1/2 X 10-1/2 BLK	2	91	3102802	NUT NYLOCK 3/8-16	32
34	6535501	WHEEL 3/8 ID X 3 OD	2	92	3102804	NUT NYLOCK 1/2-13 LOW HT	3
35	6485302	TUBE 3/4 OD 14GA X 15-3/4 BLK	3	93	3104901	BEARING FLG 3/4 ID X 1 OD	6
36	6658301	ASSY INST 425101	1	94	6019701	BEARING THR 3/4 ID X 1-3/4 OD	2
37	6570501	SHROUD ASSY 425301	1	95	6020601	BEARING FLG 1/2 ID X 5/8 OD	14
38	6646801	SHROUD ASSY PARABODY LOGO	1	96	6122704	SPACER 3/8 ID X 5/8 OD X 1/4	2
39	3108002	CUSHION WEIGHT STACK 3/4 ID	2	97	6480301	SPACER FLANGE 3/8 ID X 5/8 OD	10
40	3108901	WASHER PLASTIC 2 OD X .755 ID	2	98	6535001	SHAFT THREADED 3/8-16 X 4-1/2	1
41	3116001	BUMPER RUBBER 1-1/4 SQ	1	99	3116101	PULLEY 4-1/2 OD X 3/8 ID X 1	2
42	3118401	CAP VINYL 7/16 ID X 4	1	100	3116201	PULLEY 3-1/2 OD X 3/8 ID X 1	16
43	3118701	PULLEY DELRIN X 2	3	101	6189501	LABEL WEIGHT STACK 1-25	1
44	3201104	BOLT NYLON 3/8-16 X 2 BLK	2	102	6202601	SHAFT 3/4 DIA X 10-1/4	1
45	6140701	GLIDE 1 X 1	4	103	6223001	HEAD PLATE 3/4	1
46	6145801	KNOB 3 PRONG 3/8-16 X 3/4	2	104	6266001	SHAFT SELECT 3/4 DIA 15 HOLE	1
47	6177001	STRIP NON-SKID 2-1/2 X 5-1/2	2	105	6214501	WEIGHT PLATE	15
48	6271801	CORD ELASTIC 3/16 X 72	3	106	6375801	STRAP AB CRUNCH	1
49	6412001	SPRING PIN 3/8 DIA	5	107	6382301	PLATE BUSHING 10 CT	3
50	6416601	GLIDE 1-1/2 X 3/4 UHMWPE QTY8	4	108	6389701	BAR LOW ROW CHROME	1
51	6466901	SPRING PIN 1/2 DIA	1	109	6409101	STRAP ANKLE STANDARD	1
52	6484101	CAP MUSHROOM 9/16 OD	6	110	6535601	CABLE ASSY BE-BE 77-5/8	1
53	3103801	LINK SNAP 5/16 DIA	4	111	6535801	CABLE ASSY T-NB SE 66-1/4	1
54	3105401	STARLOCK 3/4	2	112	6535901	CABLE ASSY SB-NB SE 153	1
55	3201501	SNAP OPEN SWIVEL	3	113	6536001	CABLE ASSY SB-NB SE 92-3/8	1
56	6075906	CHAIN 12 LINK	1	114	6569001	CABLE ASSY SB-L 103-1/4	1
57	6166701	BRKT L 2-7/8 X 1 X 1	1	115	6568901	CABLE ASSY WS-T 66	1
58	6214401	PIN WEIGHT STACK SELECTOR	1				

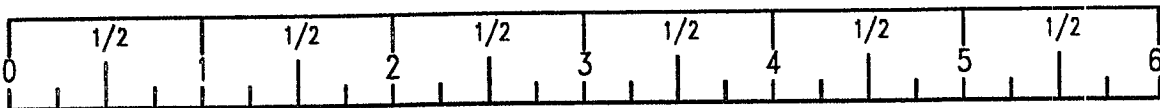
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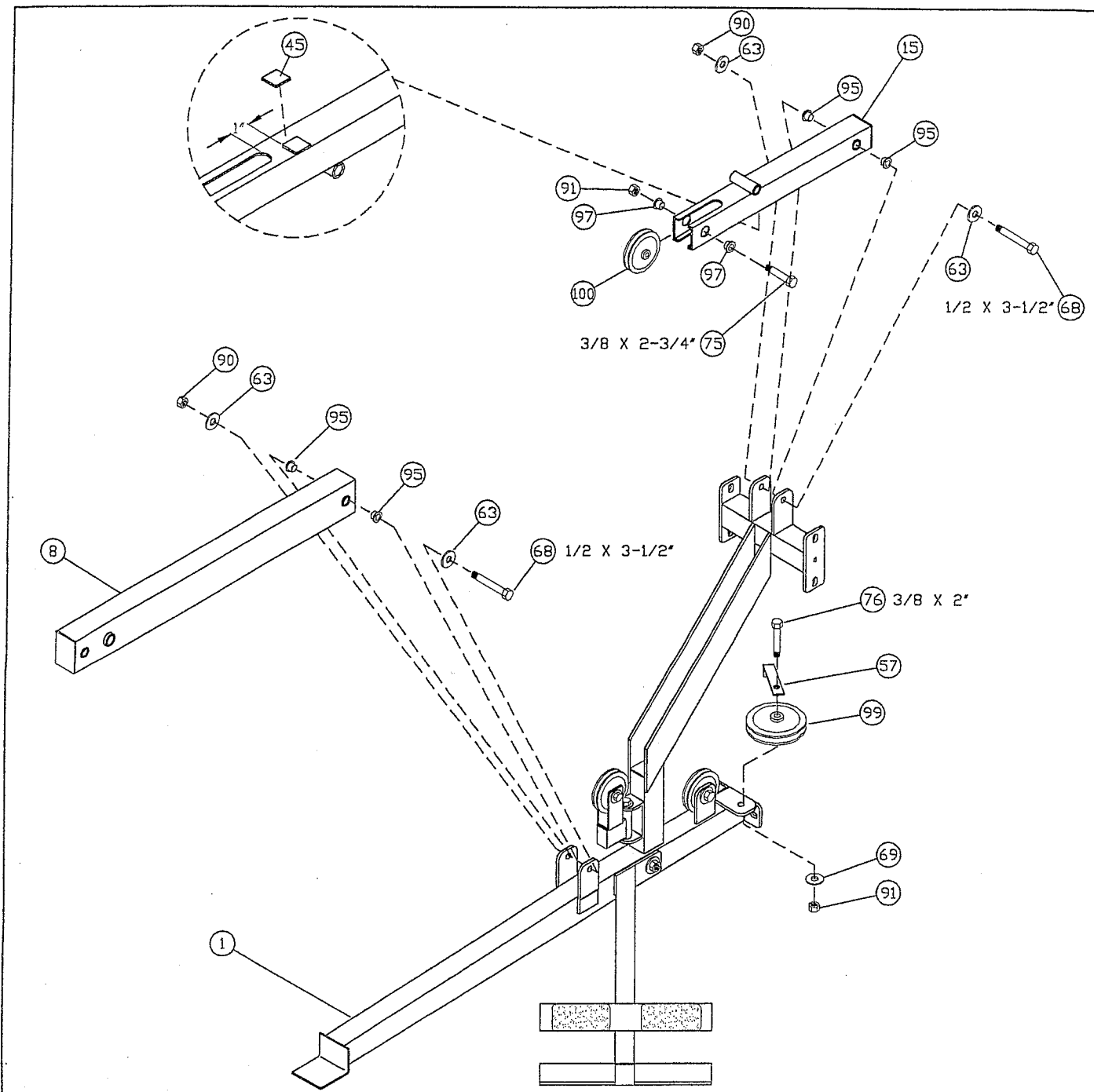
425 Assembly Instructions



Step 1

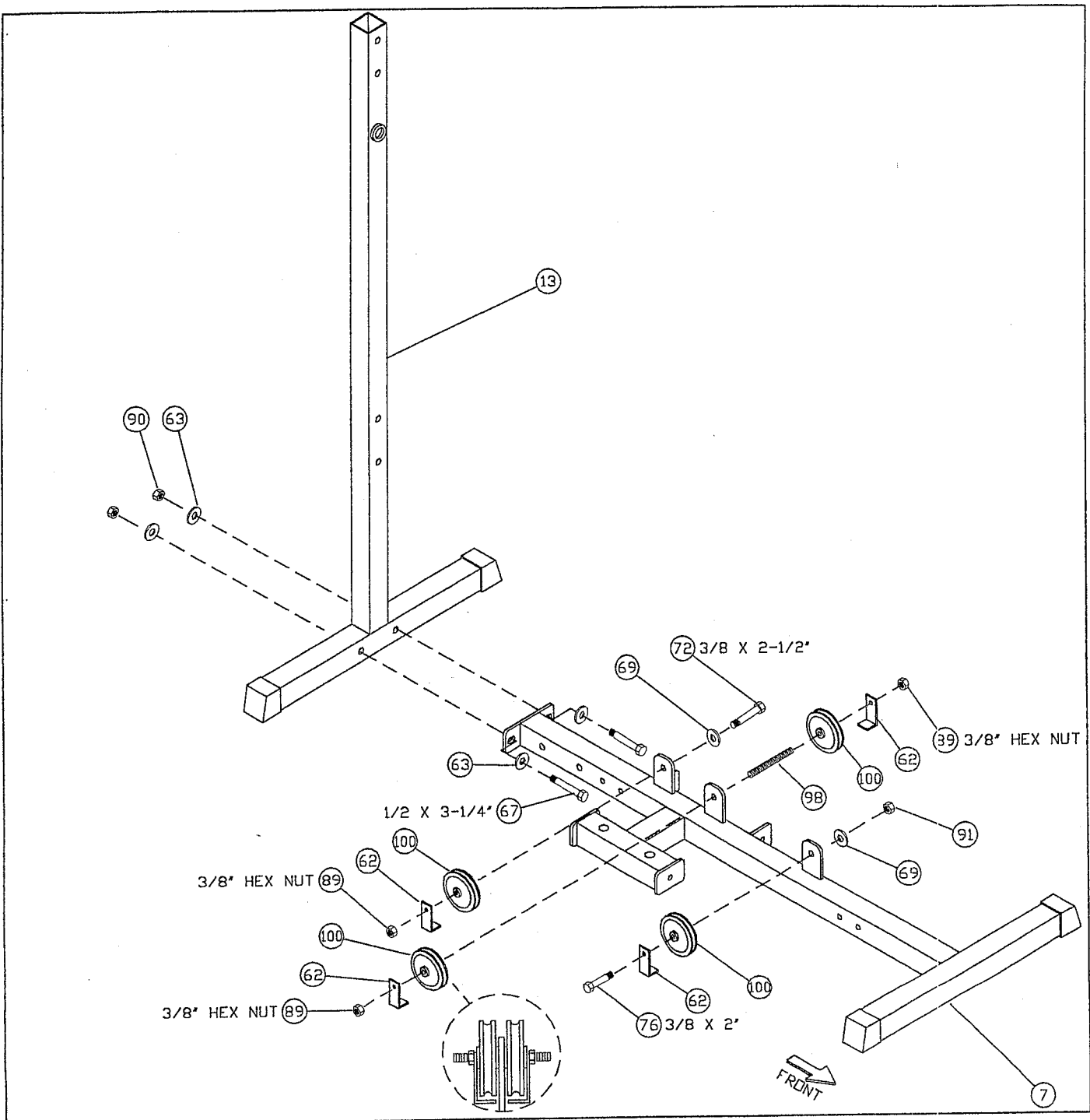
- A. Insert two 1/2 IN. FLANGE BEARINGS (95) into the SWIVEL PULLEY BRACKET (16) as shown on drawing.
- B. Assemble the SWIVEL PULLEY BRACKET (16) to the PRESS BASE (1) as shown on drawing, using one 1/2 X 4 IN. BOLT (66), two 1/2 IN. WASHERS (63), and one 1/2 IN. LOCK NUT (90). (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE SWIVEL BRACKET TO ROTATE FREELY.)
- C. SECURELY assemble one 3-1/2 X 1 IN. PULLEY (100) to the SWIVEL PULLEY BRACKET (16) as shown on drawing, using one 3/8 X 2 IN. BOLT (76), two 3/8 IN. WASHERS (69), and one 3/8 IN. LOCK NUT (91).
- D. SECURELY assemble one 3-1/2 X 1 IN. PULLEY (100) to the rear vertical flat of the PRESS BASE (1) as shown on drawing, using one 3/8 X 2 IN. BOLT (76), one 2-3/8 IN. CABLE RETAINING CLIP (62), one 3/8 IN. WASHER (69), and one 3/8 IN. LOCK NUT (91).
- E. Attach two 5-1/2 X 2-1/2 IN. NON SKID STRIPS (47) to the LOW ROW/CALF RAISE (4) approximately where shown on drawing.
- F. SECURELY assemble the LOW ROW/CALF RAISE (4) to the PRESS BASE (1) using two 1/2 X 3 IN. BOLTS (65), one 1/2 IN. LOCK WASHER (64), three 1/2 IN. WASHERS (63), and one 1/2 IN. LOW HEIGHT LOCK NUT (92).





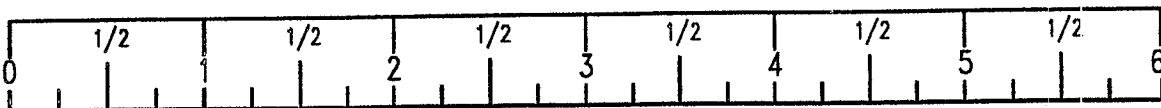
Step 2

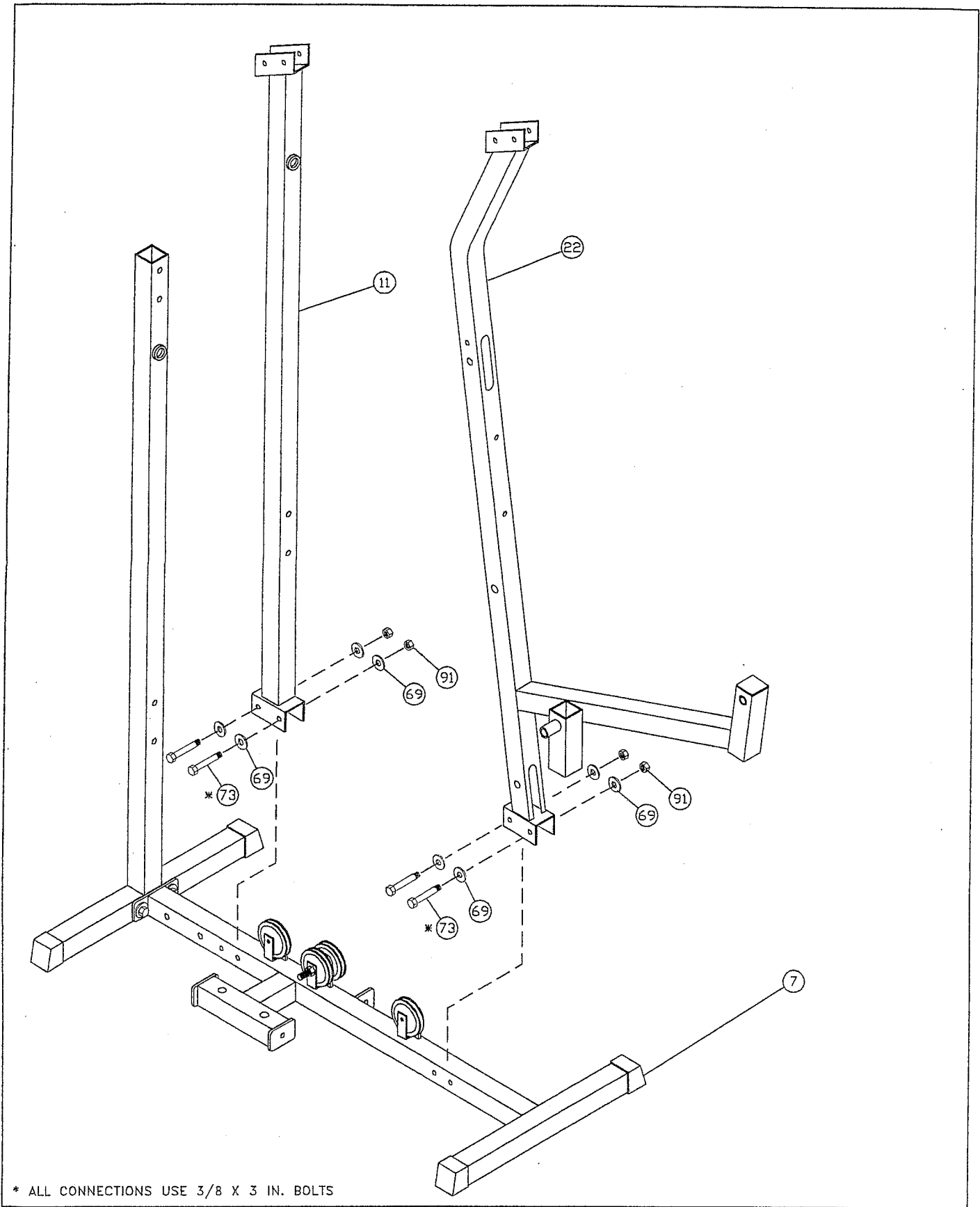
- A. SECURELY assemble one 3-1/2 X 1 IN. PULLEY (100) to the PRESS LEVER (15) as shown on drawing, using one 3/8 X 2-3/4 IN. BOLT (75), two 3/8 IN. FLANGE SPACERS (97), and one 3/8 IN. LOCK NUT (91).
- B. SECURELY assemble one 4-1/2 X 1 IN. PULLEY (99) to the HORIZONTAL FLAT of the PRESS BASE (1) using one 3/8 X 2 IN. BOLT (76), one 2-7/8 IN. CABLE RETAINING CLIP (57), one 3/8 IN. WASHER (69), and one 3/8 IN. LOCK NUT (91).
- C. Attach two 1 X 1 IN. GUIDES (45) to the UNDERSIDE of the PRESS LEVER (15), as shown.
- D. Insert two 1/2 IN. FLANGE BEARINGS (95) into the PRESS LEVER (15) as shown on drawing.
- E. Assemble the PRESS LEVER (15) to the PRESS BASE (1) as shown on drawing, using one 1/2 X 3-1/2 IN. BOLT (68), two 1/2 IN. WASHERS (63), and one 1/2 IN. LOCK NUT (90). (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS LEVER TO ROTATE FREELY.
- F. Insert two 1/2 IN. FLANGE BEARINGS (95) into the PRESS SUPPORT TUBE (8) as shown.
- G. Assemble the PRESS SUPPORT TUBE (8) to the PRESS BASE (1) as shown on drawing, using one 1/2 X 3-1/2 IN. BOLT (68), two 1/2 IN. WASHERS (63), and one 1/2 IN. LOCK NUT (90). (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS SUPPORT TUBE TO ROTATE FREELY).



Step 3

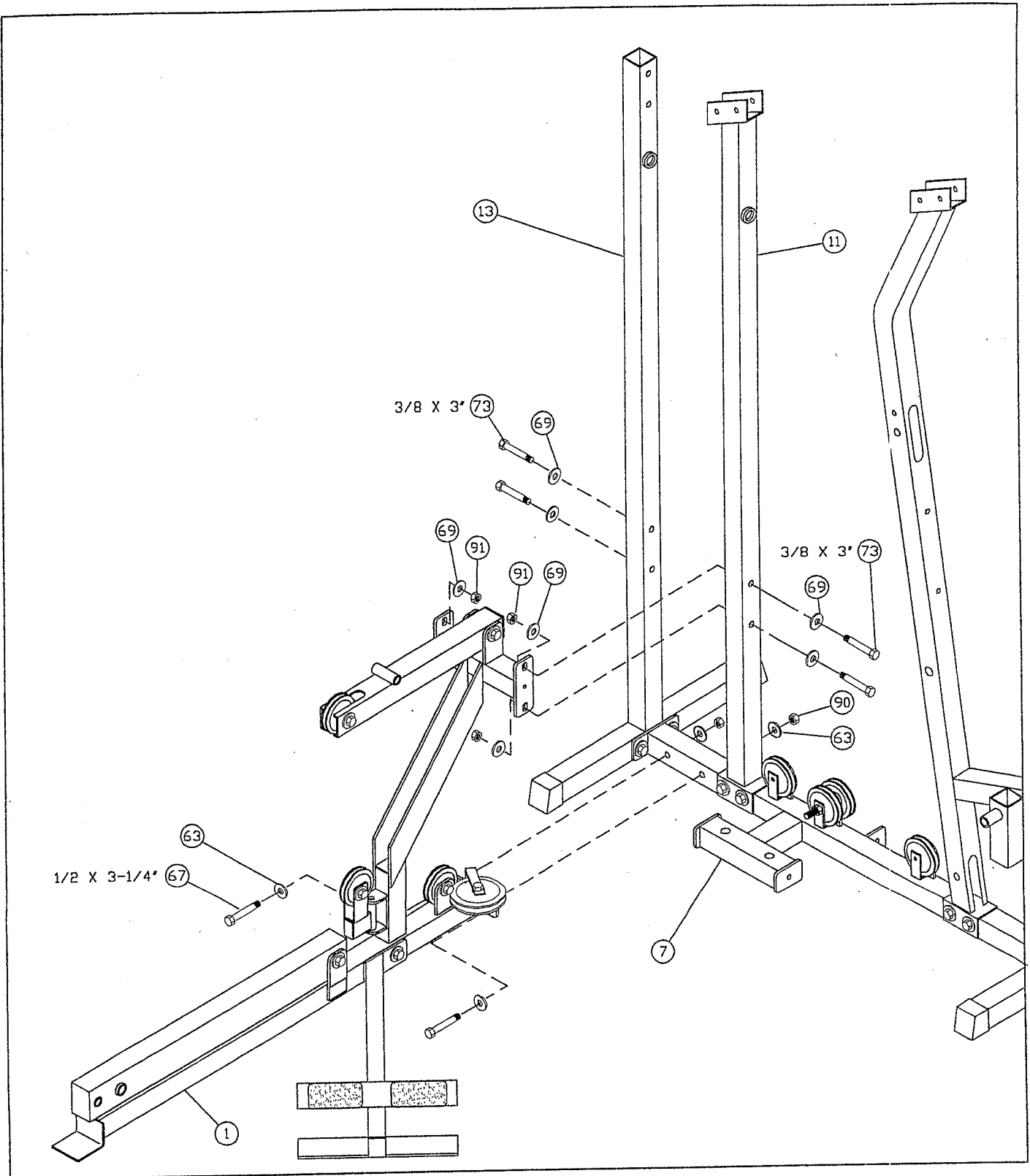
- A. SECURELY assemble one 3-1/2 X 1 IN. PULLEY (100) to the front flat of the BASE (7) as shown on drawing, using one 3/8 X 2 IN. BOLT (76), one 2-3/8 IN. CABLE RETAINING CLIP (62), one 3/8 IN. WASHER (69), and one 3/8 IN. LOCK NUT (91).
- B. SECURELY assemble two 3-1/2 X 1 IN. PULLEYS (100) to the middle flat of the BASE (7) using one 3/8 X 4-1/2 IN. THREADED STUD (98), two 2-3/8 IN. CABLE RETAINING CLIPS (62), and two 3/8 IN. HEX NUTS (89). DO NOT USE LOCK NUTS.
- C. SECURELY assemble one 3-1/2 X 1 IN. PULLEY (100) to the rear flat of the BASE (7) using one 3/8 X 2-1/2 IN. BOLT (72), one 2-3/8 IN. CABLE RETAINING CLIP (62), one 3/8 IN. WASHER (69), and one 3/8 IN. HEX NUT (89). DO NOT USE A LOCK NUT.
- D. LOOSELY assemble the REAR UPRIGHT (13) to the BASE (7) as shown on drawing, using two 1/2 X 3-1/4 IN. BOLTS (67), four 1/2 IN. WASHERS (63), and two 1/2 IN. LOCK NUTS (90).





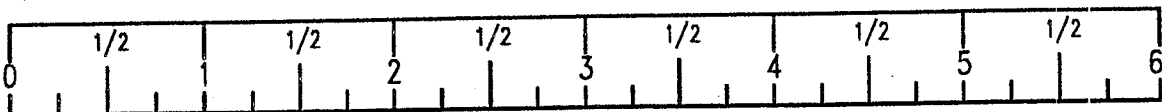
Step 4

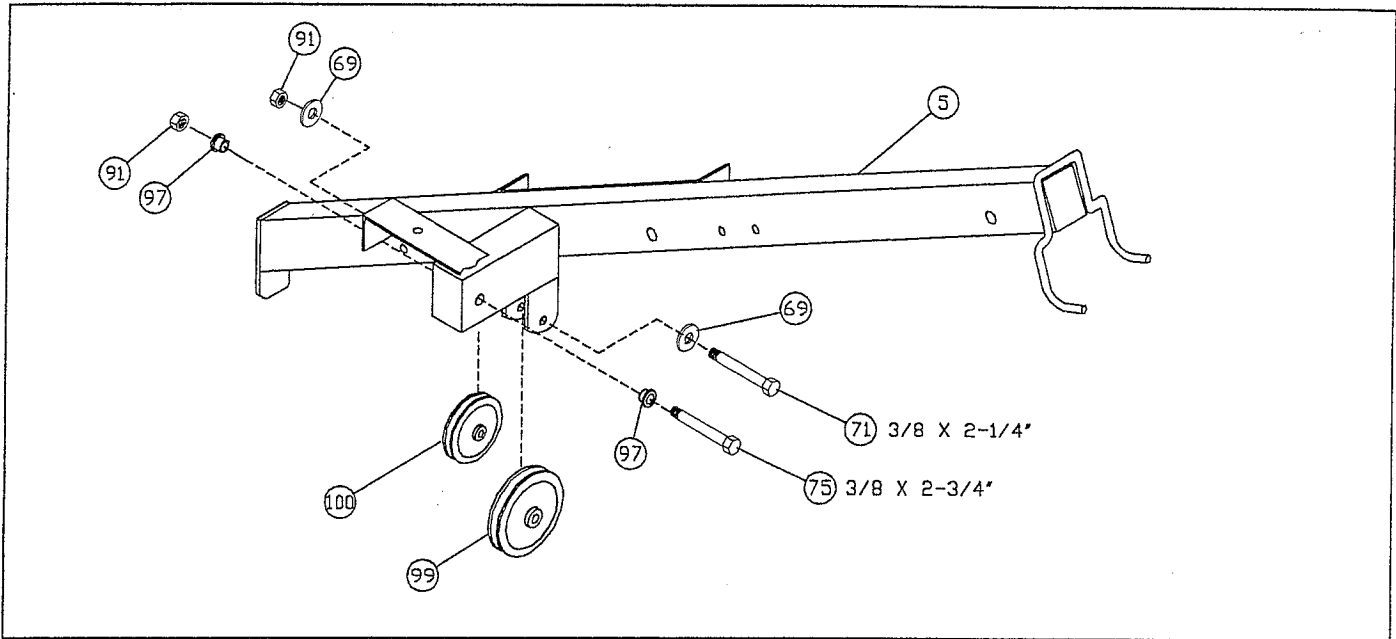
- A. LOOSELY assemble the FRONT (22) and MIDDLE UPRIGHTS (11) to the BASE (7) using four 3/8 X 3 IN. BOLTS (73), eight 3/8 IN. WASHERS (69), and four 3/8 IN. LOCK NUTS (91).



Step 5

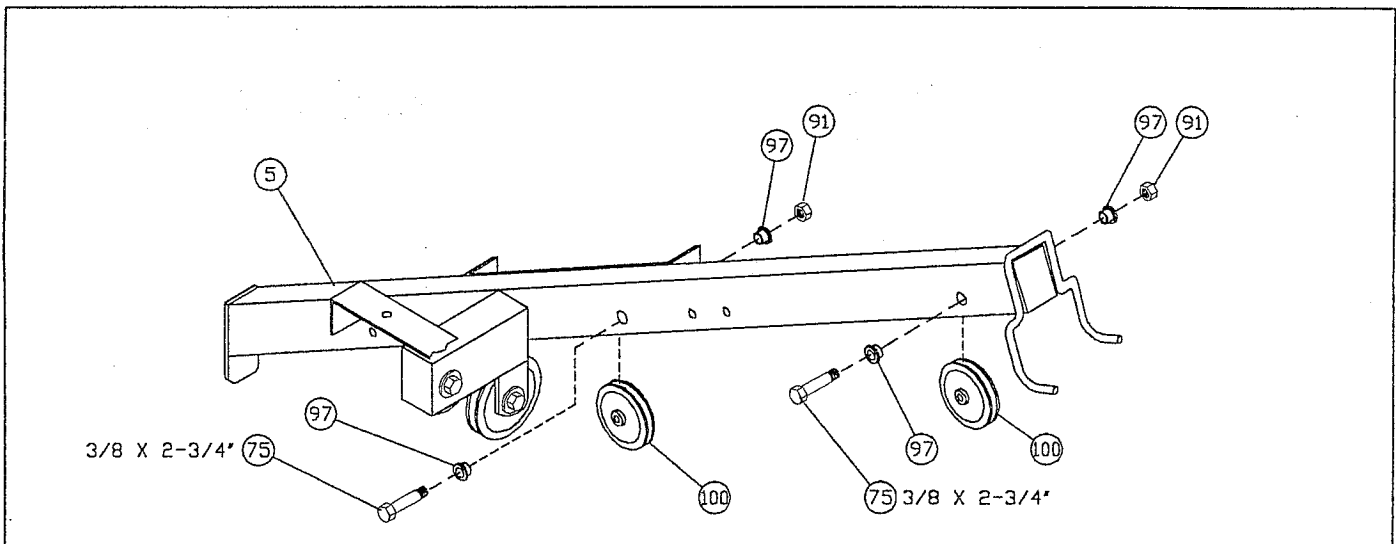
- A. LOOSELY assemble the PRESS BASE (1) to the REAR (13) AND MIDDLE UPRIGHTS (11), using four 3/8 X 3 IN. BOLTS (73), eight 3/8 IN. WASHERS (69), and four 3/8 IN. LOCK NUTS (91).
- B. LOOSELY assemble the PRESS BASE (1) to the BASE (7) using two 1/2 X 3-1/4 IN. BOLTS (67), four 1/2 IN. WASHERS (63), and two 1/2 IN. LOCK NUTS (90).





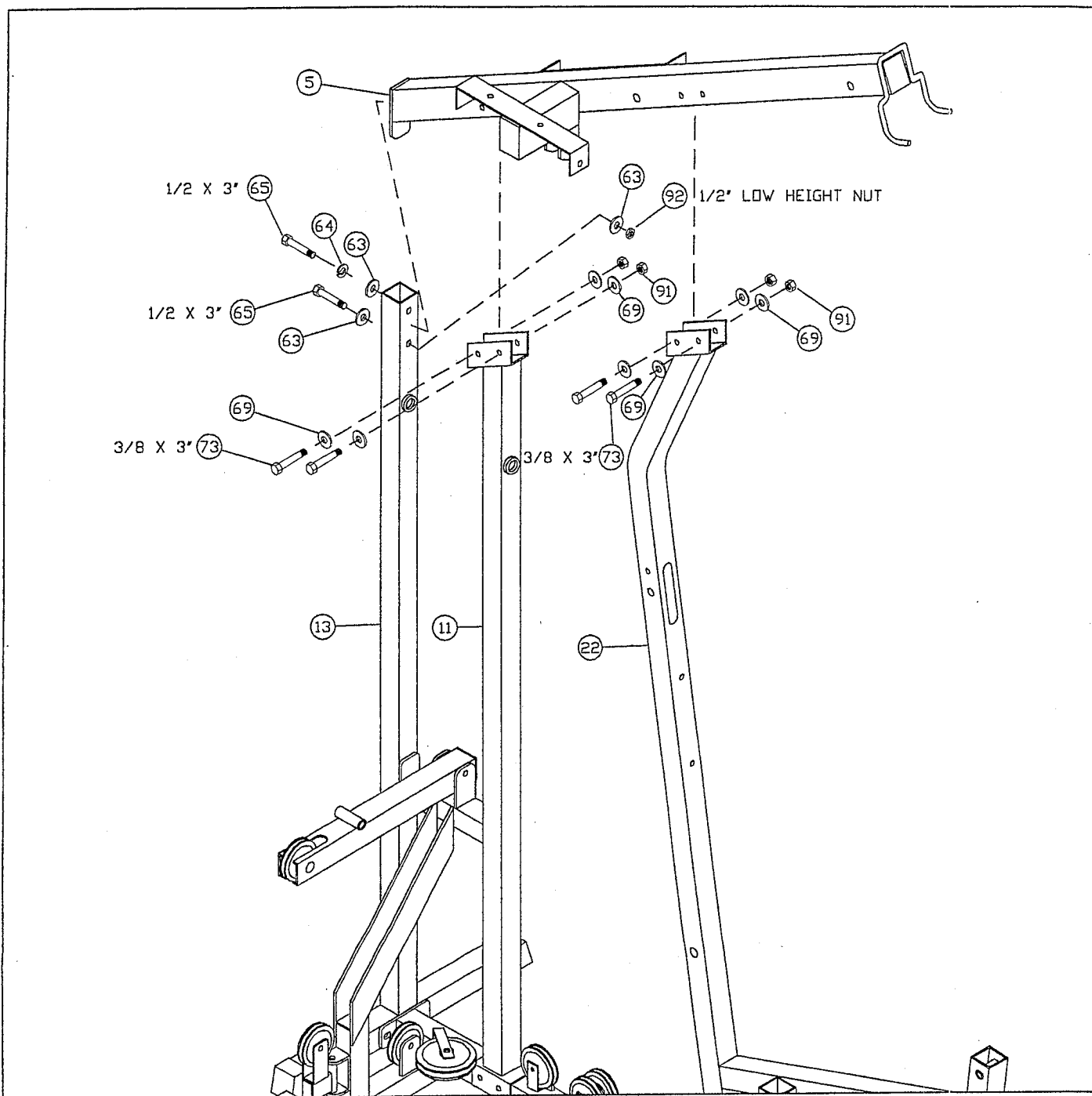
Step 6

- A. LOOSELY assemble one 3-1/2 X 1 IN. PULLEY (100), and one 4-1/2 X 1 IN. PULLEY (99) to the inside of the TOP BOOM (5), using one 3/8 X 2-3/4 IN. BOLT (75), one 3/8 X 2-1/4 IN. BOLT (71), two 3/8 IN. FLANGE SPACERS (97), two 3/8 IN. WASHERS (69), and two 3/8 IN. LOCK NUTS (91).



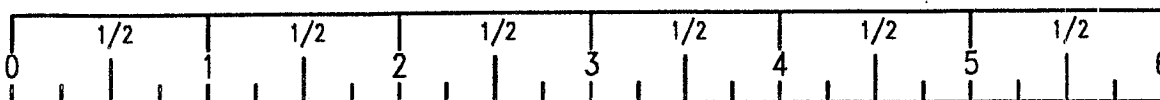
Step 7

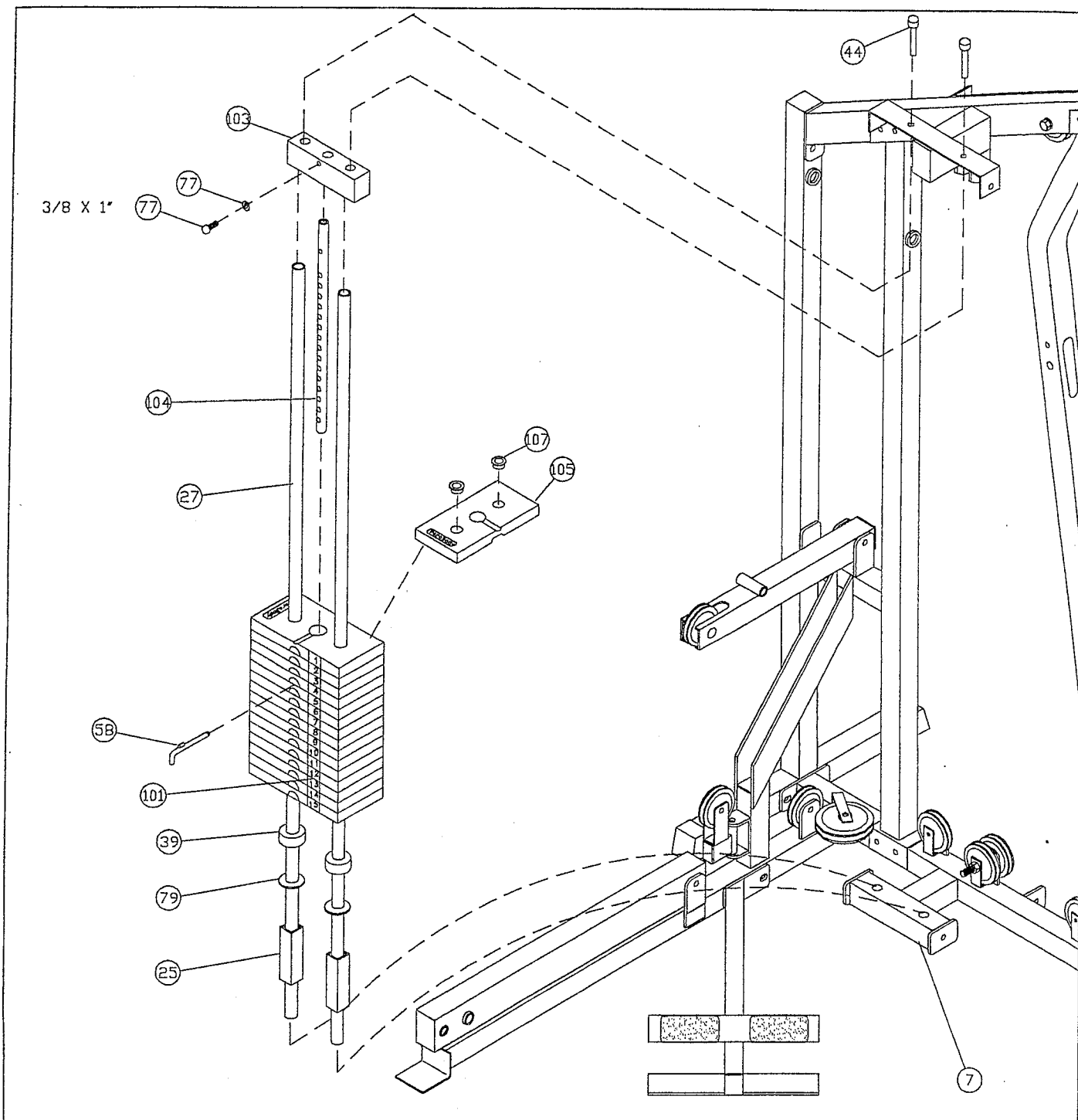
- A. LOOSELY assemble two 3-1/2 X 1 IN. PULLEYS (100) to the inside of the TOP BOOM (5), using two 3/8 X 2-3/4 IN. BOLT (75), four 3/8 IN. FLANGE SPACERS (97), and two 3/8 IN. LOCK NUTS (91).



Step 8

- A. LOOSELY assemble the TOP BOOM (5) to the top of the MIDDLE (11) and FRONT (22) UPRIGHTS using four 3/8 X 3 IN. BOLTS (73), eight 3/8 IN. WASHERS (69), and four 3/8 IN LOCK NUTS (91).
- B. LOOSELY assemble the TOP BOOM (5) to the top of the REAR (13) UPRIGHT using two 1/2 x 3 IN. BOLTS (65), two 1/2 IN. WASHERS (63), one 1/2 IN. LOCK WASHER (64), one 1/2 IN LOCK NUT (90), and one 1/2 IN. LOW HEIGHT LOCK NUT (92).





Step 9

- A. Insert the GUIDE RODS (27) into the BASE (7) as shown on drawing. (NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES).

NOTE: THE TWO WEIGHT STACK SPACERS (25), AND THE TWO 3/4 IN. WASHERS (79) IN STEP B ARE TO BE USED WHEN ASSEMBLING A 150 LB. STACK. IF ASSEMBLING A 200 LB. STACK AT THIS TIME PLEASE DISCARD THESE ITEMS.

- B. Slide two WEIGHT STACK SPACERS (25), two 3/4 IN. WASHERS (79), and two WEIGHT STACK CUSHIONS (39) (RADIUS EDGE FACING UP) (IN THAT ORDER) down over the GUIDE RODS (27).

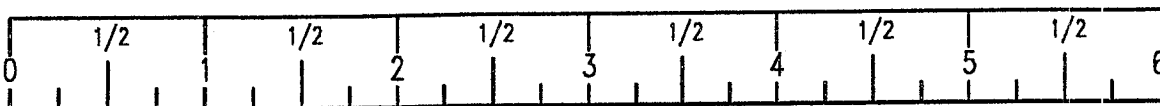
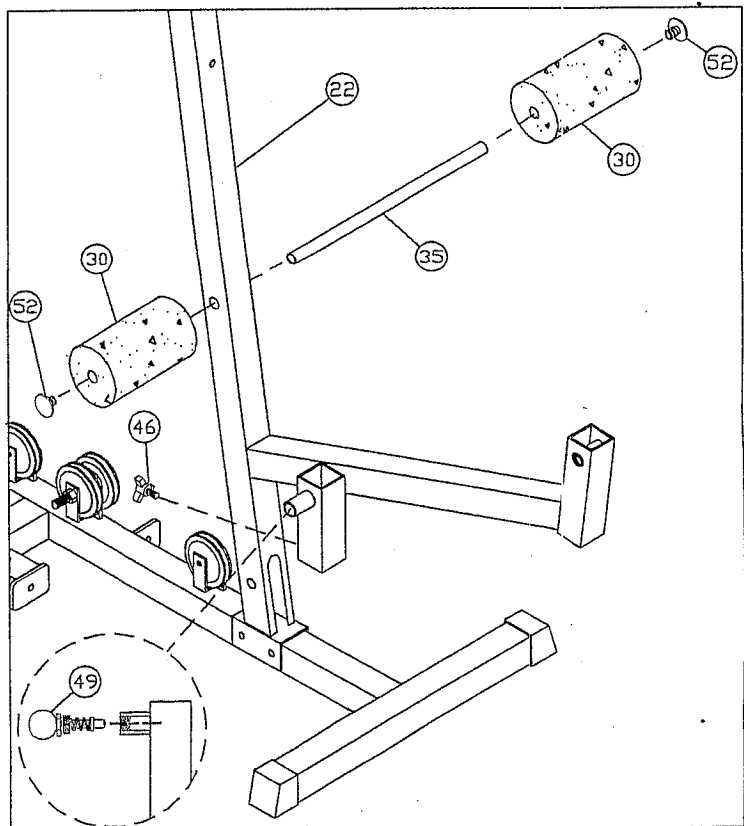
NOTE: THE WEIGHT STACK SHAFT (104) IN STEP C IS TO BE USED WHEN ASSEMBLING A 150 LB. STACK. IF ASSEMBLING A 200 LB. STACK AT THIS TIME PLEASE DISCARD THIS ITEM AND REPLACE WITH THE WEIGHT STACK SHAFT USED IN THE (50 LB. ADD-ON KIT 359101).

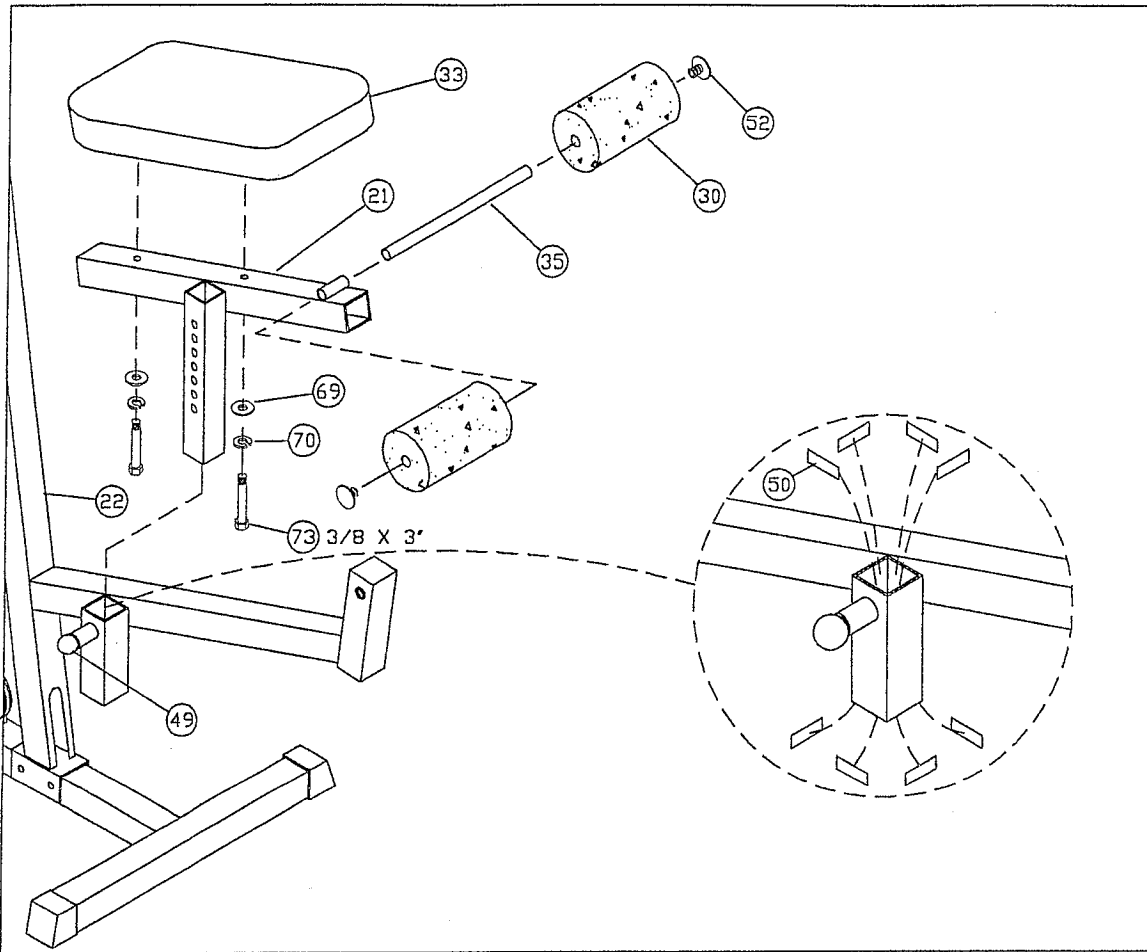
(CONTINUED ON NEXT PAGE)

- C. SECURELY assemble the WEIGHT STACK SHAFT (104) to the HEAD PLATE (103) as shown on drawing, using one 3/8 X 1 IN. BUTTON HEAD CAP SCREW (78) and one 3/8 IN. BLACK LOCK WASHER (77).
- D. Snap two WEIGHT PLATE BUSHINGS (107) each, into fifteen WEIGHT PLATES (105) as shown. (IF ASSEMBLING A 200 LB. STACK AT THIS TIME, SNAP TWO WEIGHT PLATE BUSHINGS (107) EACH INTO THE REMAINING FIVE WEIGHT PLATES (105)).
- E. USING EXTREME CARE slide all fifteen (or twenty) WEIGHT PLATES (105) down over the GUIDE RODS (27) onto the WEIGHT STACK CUSHIONS (39) as shown on drawing. (MAKE SURE THAT THE KEY HOLES OF THE WEIGHT PLATES ARE ALL FACING THE SAME WAY)
- F. Slide the HEAD PLATE ASSEMBLY down over the GUIDE RODS (27) onto the WEIGHT STACK as shown on drawing.
- G. Swing the GUIDE RODS (27) under the TOP BOOM (5) as shown on drawing, and hold in place with two NYLON BOLTS (44).
- G. Attach the WEIGHT STACK LABELS (101) to the WEIGHT STACK as shown on drawing. Also insert the WEIGHT STACK SELECTOR PIN (58) into the first WEIGHT PLATE (105) of the WEIGHT STACK.

Step 10

- A. SECURELY assemble one 3/8 IN. SPRING PIN ASSEMBLY (49) to the SPRING PIN HOUSING, of the FRONT UPRIGHT (22) as shown.
(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
- B. Attach one THUMBSCREW (46) to the FRONT UPRIGHT (22) as shown on drawing.
- C. Assemble two ROLLER PADS (30) to the FRONT UPRIGHT (22) using one ROLLER PAD SHAFT (35), and two 9/16 MUSHROOM CAPS (52).





Step 11

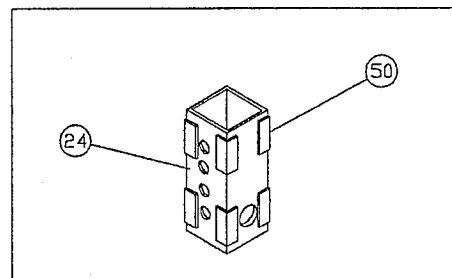
A. Pre-assemble the PEC SEAT (21), using the following steps:

- * SECURELY assemble one of the BACK/SEAT PADS (33) to the PEC SEAT (21), using two 3/8 X 3 IN. BOLTS (73), two 3/8 IN. LOCK WASHERS (70), and two 3/8 IN. WASHERS (69).
- * Assemble two ROLLER PADS (30) to the PEC SEAT (21) as shown on drawing, using one ROLLER PAD SHAFT (35), and two 9/16 MUSHROOM CAPS (52).

B. Attach eight PARAGLIDE STRIPS (50) to the FRONT UPRIGHT (22) using the following steps:

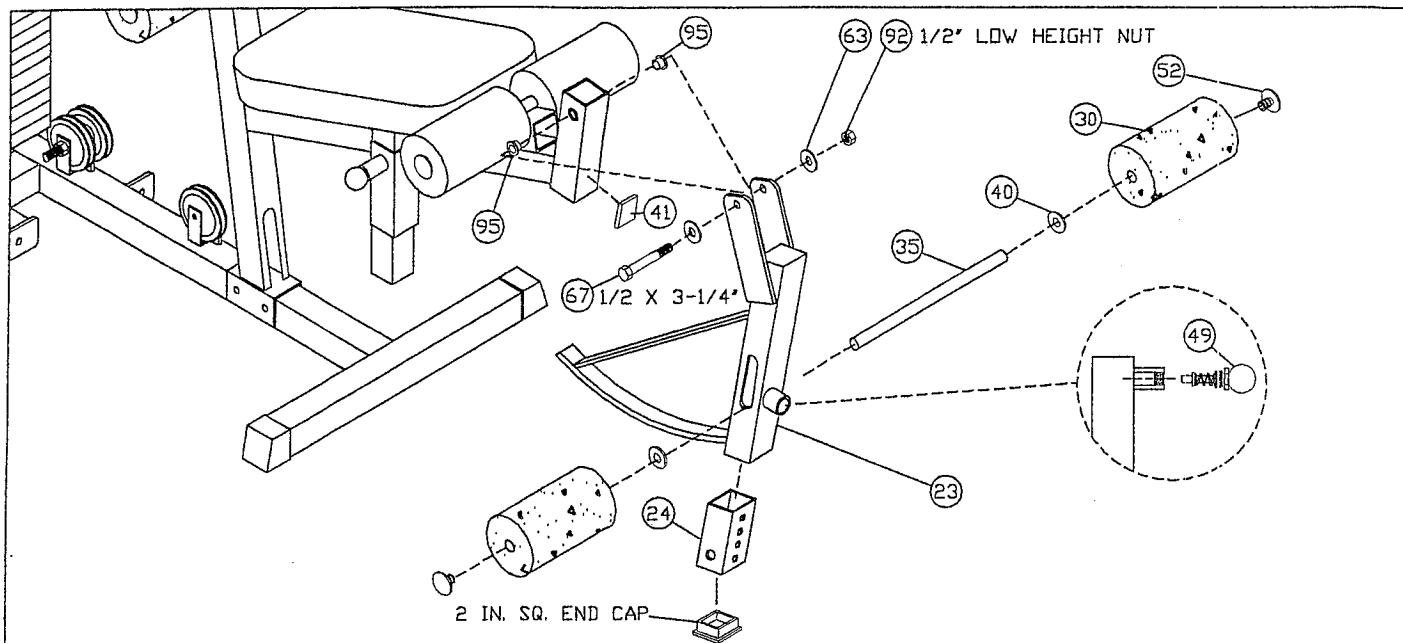
- * Thoroughly clean all surfaces where the PARAGLIDE STRIPS (50) are to be attached.
- * Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to surfaces.

C. Pull back the SPRING PIN (49) on the FRONT UPRIGHT (22) and insert the PEC SEAT (21) down to desired height. Release the SPRING PIN (49) and allow it to engage into the adjustment holes. Use the THUMB SCREW (46) to tighten the PEC SEAT (21) in place.



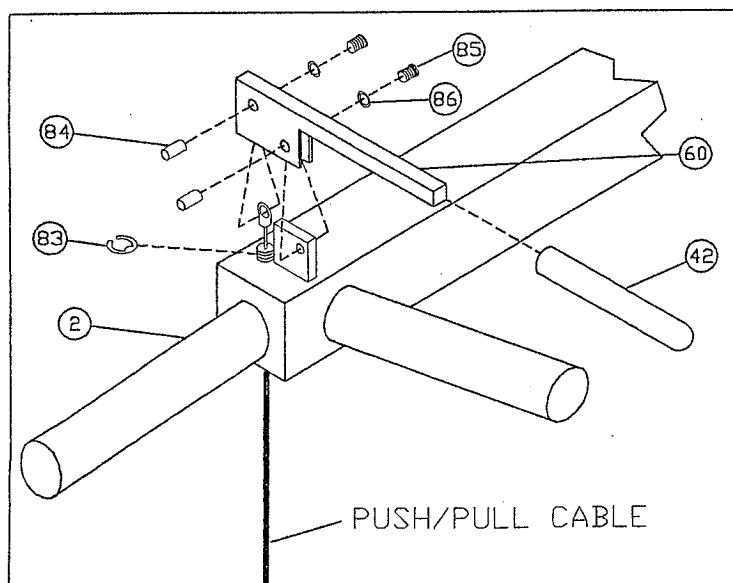
D. Attach eight PARAGLIDE STRIPS (50) to the ADJUSTABLE ROLLER PAD SLEEVE (24) as shown, and using the following steps:

- * Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
- * Remove the PARAGLIDE STRIPS (50) from the paper backing and firmly apply them to surfaces.



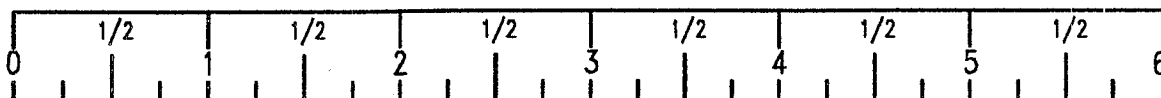
Step 12

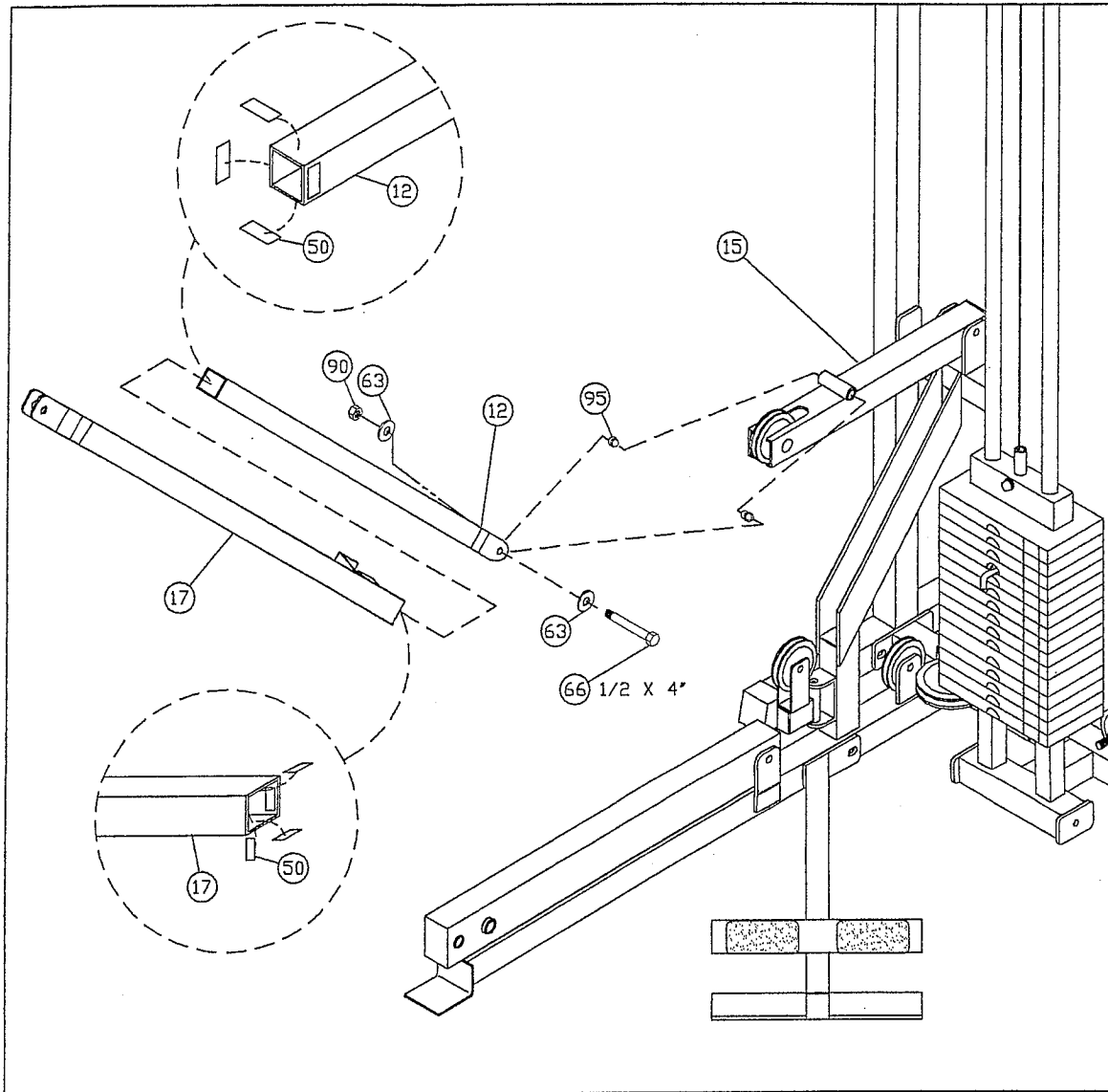
- A. Assemble the LEG CURL/EXTENSION ARM (23) to the FRONT UPRIGHT (22) using the following steps:
 - *Insert two 1/2 IN. FLANGE BEARINGS (95) to the FRONT UPRIGHT (22) as shown on drawing.
 - *Assemble the LEG CURL/EXTENSION ARM (23) to the FRONT UPRIGHT (22) as shown on drawing, using one 1/2 X 3-1/4 IN. BOLT (67), two 1/2 IN. WASHERS (63), and one 1/2 IN. LOW HEIGHT LOCK NUT (92). TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG CURL TO ROTATE FREELY.)
 - *Attach one 1-1/4 IN. SQ. RUBBER BUMPER (41) to the FRONT UPRIGHT (22) where the LEG CURL/EXTENSION ARM (23) makes contact.
- B. SECURELY Assemble one 3/8 IN. SPRING PIN (49) to the SPRING PIN HOUSING, of the LEG CURL/EXTENSION ARM (23) (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY!!!)
- C. Remove the 2 IN. SQ. END CAP from the bottom of the LEG CURL/EXTENSION ARM (23), pull back the SPRING PIN (49), and insert the ADJUSTABLE ROLLER PAD SLEEVE (24) as shown. Release the SPRING PIN (49) into one of the adjustment holes, and reinsert the 2 IN. SQ. END CAP.
- D. Assemble the two ROLLER PADS (30) to the LEG CURL/EXTENSION ARM (23) as shown on drawing using one ROLLER PAD SHAFT (35), two PLASTIC WASHERS (40), and two 9/16 MUSHROOM CAPS (52). (MAKE SURE THAT THE ROLLER PAD SHAFT (35) IS INSERTED THROUGH LARGE HOLE ON THE ROLLER PAD SLEEVE.)



Step 13

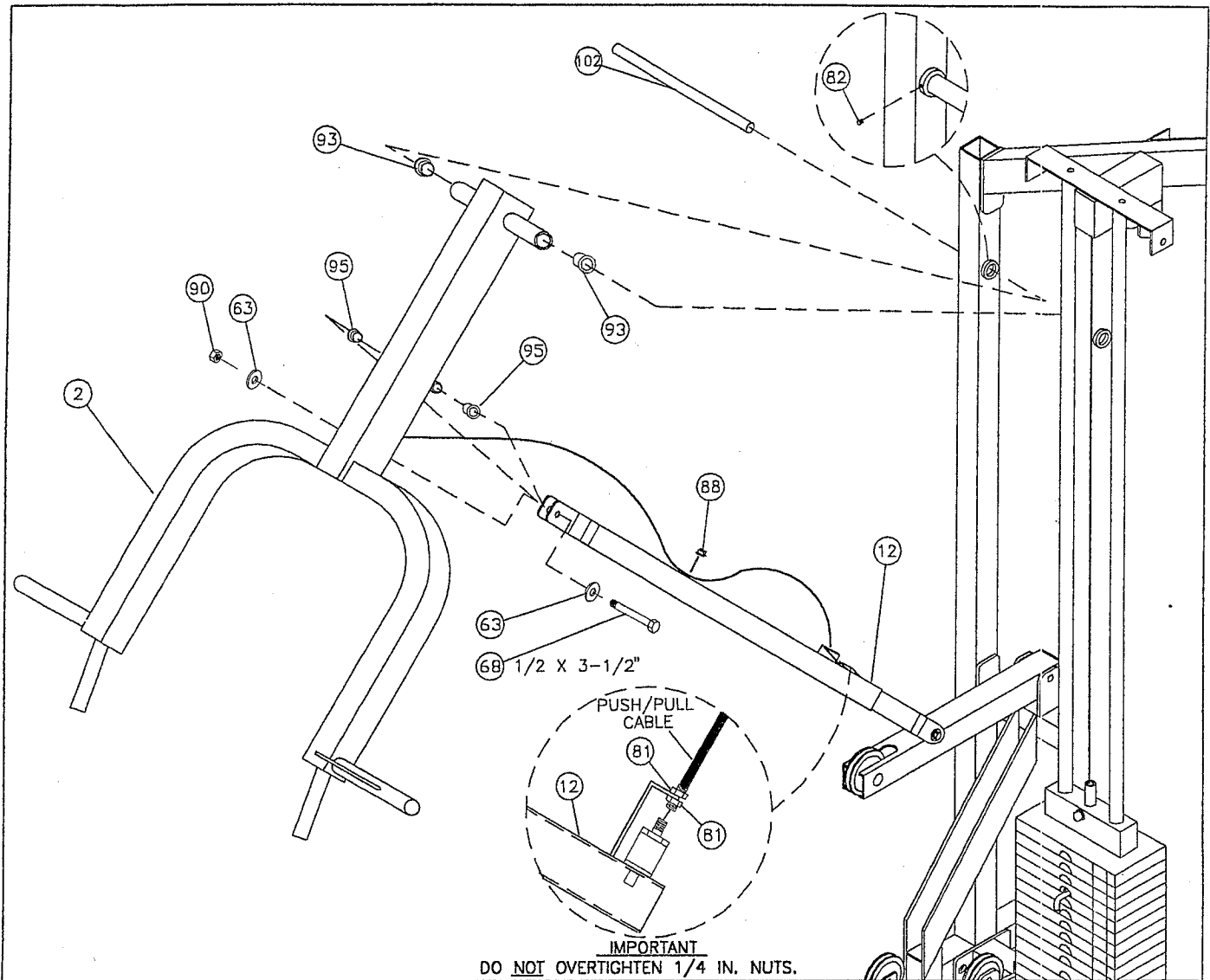
- A. Insert the PUSH/PULL CABLE through the bottom of the PRESS ARM (2) up to the CONTROL LEVER (60) as shown, and hold in place with one E-RING (83).
- B. SECURELY assemble the PUSH/PULL CABLE to the CONTROL LEVER (60) as shown, using one 3/8 IN. JOINT CONNECTOR CAP (84), one #8 INT. TOOTH LOCK WASHER (86), and one 8-32 X 3/16 IN. SCREW (85).
- C. Slide one 4 IN. VINYL SLEEVE (42) over the CONTROL LEVER (60). Then SECURELY assemble the CONTROL LEVER (60) to the TAB on the PRESS ARM (2) as shown, using one 3/8 IN. JOINT CONNECTOR CAP (84), one #8 INT. TOOTH LOCK WASHER (86), and one 8-32 X 3/16 IN. SCREW (85)





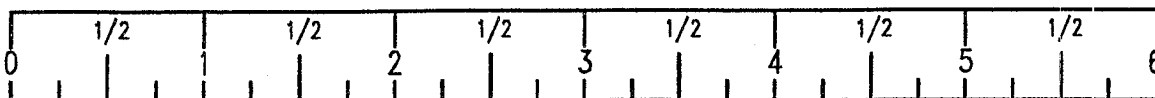
Step 14

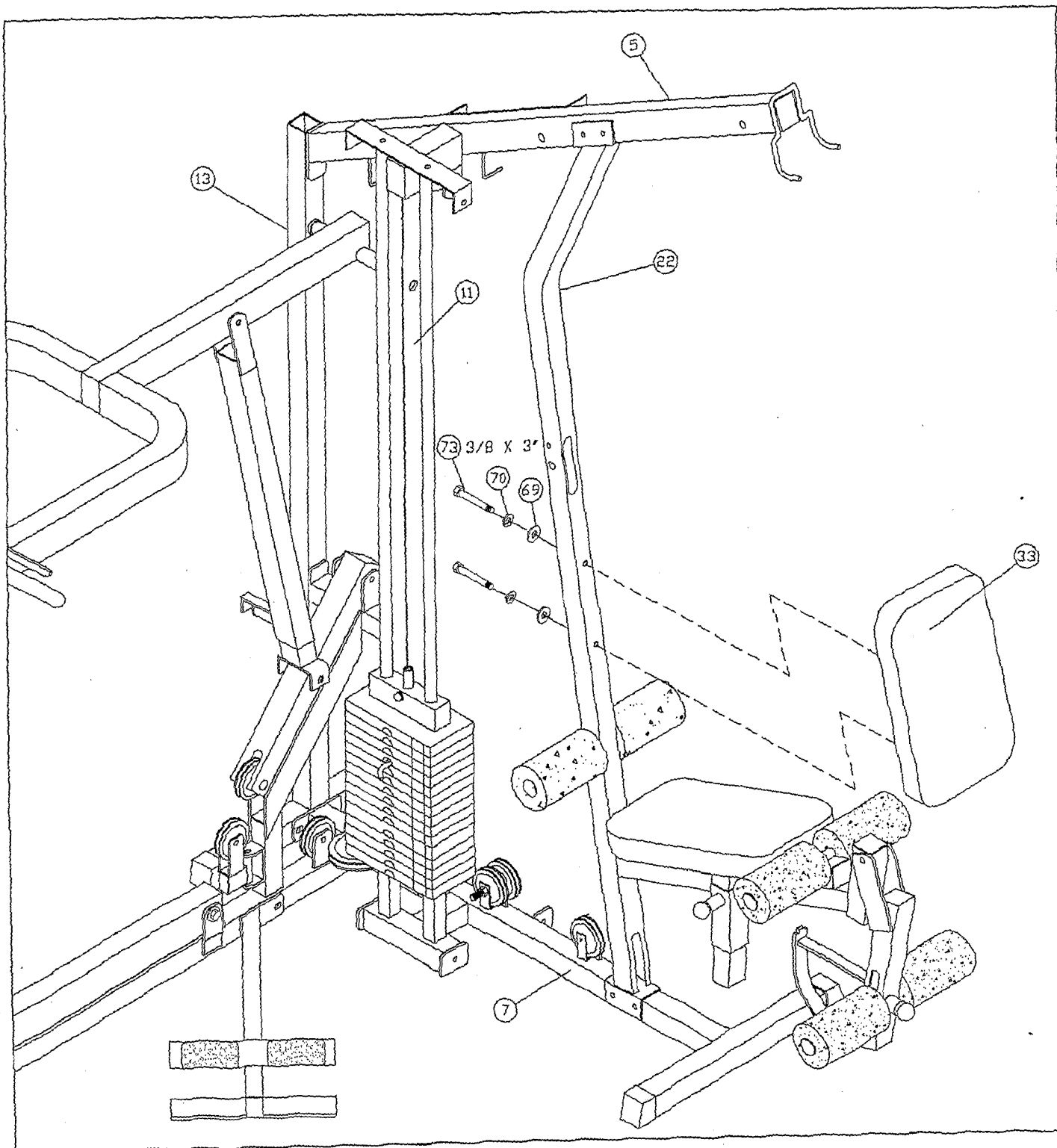
- A. Attach four PARAGLIDE STRIPS (50) inside the end of the RECEIVING TUBE (17), and four PARAGLIDE STRIPS (50) outside the end of the PRESS ADJUSTMENT TUBE (12) using the following steps:
 *Thoroughly clean all surfaces where the PARAGLIDE STRIPS (50) are to be attached.
 *Remove the PARAGLIDE STRIPS (50) from the paper backing and firmly apply them to all shown surfaces.
- B. Carefully slide the PRESS ADJUSTMENT TUBE (12) into the RECEIVING TUBE (17). (MAKE SURE THE SPRING PIN BARREL ON THE RECEIVING TUBE (17) IS ON THE SAME SIDE AS THE HOLES IN THE PRESS ADJUSTMENT TUBE)
- C. Insert two 1/2 IN. FLANGE BEARINGS (95) into the PRESS LEVER (15) as shown on drawing.
- D. Assemble the PRESS ADJUSTMENT TUBE (12) to the PRESS LEVER (15) as shown on drawing, using one 1/2 X 4 IN. BOLT (66), two 1/2 IN. WASHERS (63), and one 1/2 IN. LOCK NUT (90).
(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE RECEIVING TUBE (17) TO ROTATE FREELY)



Step 15

- A. Insert two 3/4 IN. FLANGE BEARINGS (93) into the PRESS ARM (2) as shown on the drawing.
- B. Hold the PRESS ARM (2) between the REAR and MIDDLE UPRIGHTS as shown in on drawing, and slide the 10-1/4 IN. AXLE (102) through the MIDDLE UPRIGHT, the PRESS ARM, and through the COLLAR on the REAR UPRIGHT. To SECURE the AXLE (102) in place, insert two 5/16 X 3/8 IN. SET SCREWS (82), into the COLLARS on the UPRIGHTS and tighten it down onto the AXLE (102).
- C. Insert two 1/2 IN. FLANGE BEARINGS (95) into the PRESS ARM (2) as shown on drawing.
- D. Assemble the RECEIVING TUBE (12) to the PRESS ARM (2) as shown on drawing, using one 1/2 X 3-1/2 IN. BOLT (68), two 1/2 IN. WASHERS (63), and one 1/2 IN. LOCK NUT (90). (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS ARM (2) TO ROTATE FREELY)
- E. Assemble the PUSH/PULL CABLE to the SPRING PIN HOUSING and to the L-BRACKET on the RECEIVING TUBE (12) as shown, using the following steps:
 - *Thread the first 1/4-28 IN. NUT (81) to the bottom of the threaded end of the CABLE. Allow the other 1/4-28 IN. NUT (81) to hang loose on the exposed CABLE until the SPRING PIN ASSEMBLY is attached.
 - *Securely assemble the SPRING PIN ASSEMBLY to the SPRING PIN BARREL. (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
 - *Swing the PRESS ARM (2) up until the SPRING PIN of the PUSH/PULL CABLE engages in one of the adjustment holes.
 - *Thread the second 1/4-28 IN. NUT (81) onto the threaded end of the CABLE, and cinch the two 1/4-28 IN. NUTS (81) around the flat.
 - *Use the extra thread on the end of the CABLE to adjust out slack. (!!! DO NOT ADJUST OUT TO FAR !!! ALWAYS ALLOW SPRING PIN ASSEMBLY TO FULLY ENGAGE)
 - *Attach one ADHESIVE CLIP (88) to the RECEIVING TUBE (12) and snap the CABLE into it.





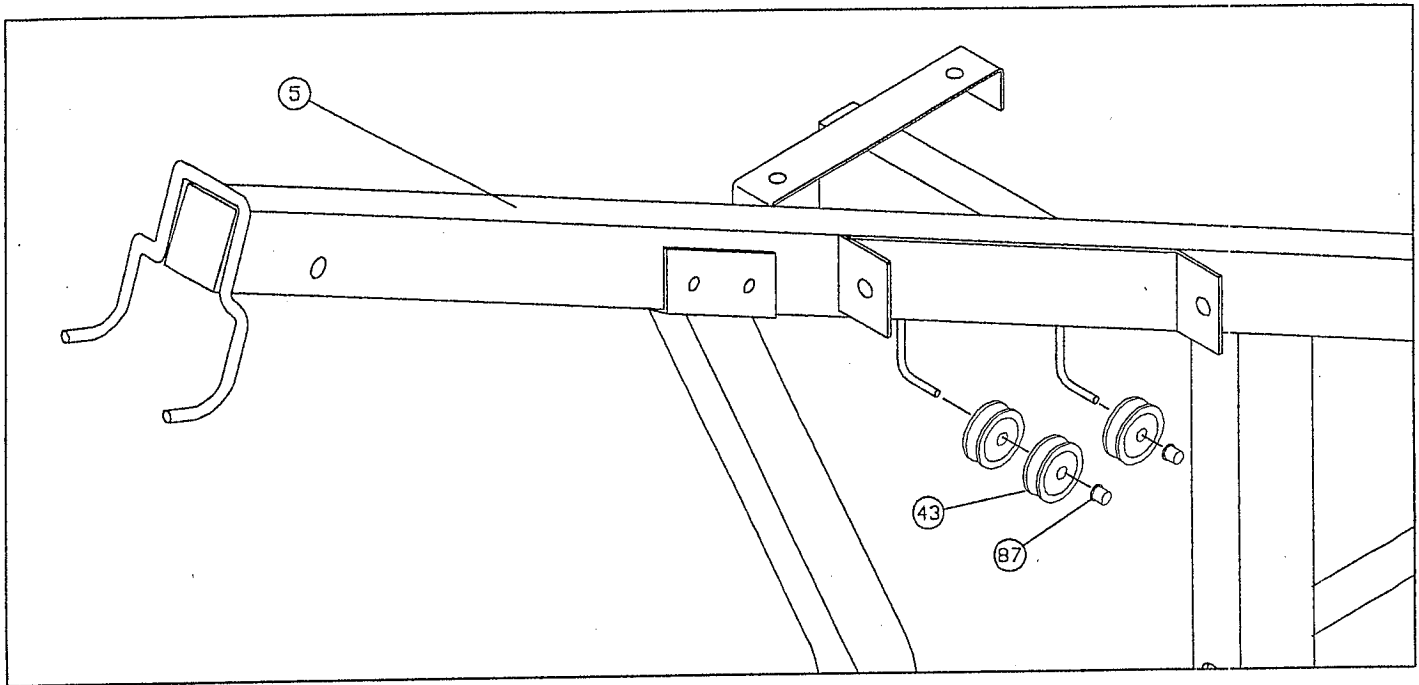
Step 16

A. SECURELY tighten all loose frame connections made to this point. (!!! IMPORTANT !!! TO ASSURE PROPER FUNCTION OF THE 425, THE LOOSE FRAME CONNECTIONS MUST BE TIGHTENED IN THE FOLLOWING ORDER) Tighten the:

- *REAR UPRIGHT (13) to the BASE (7) and to the TOP BOOM (5).
- *PRESS BASE (1) to the REAR (13) and MIDDLE UPRIGHTS (11).
- *PRESS BASE (1) to the BASE (7).
- *MIDDLE UPRIGHT (11) to the BASE (7) and to the TOP BOOM (5).
- *FRONT UPRIGHT (22) to the BASE (7).

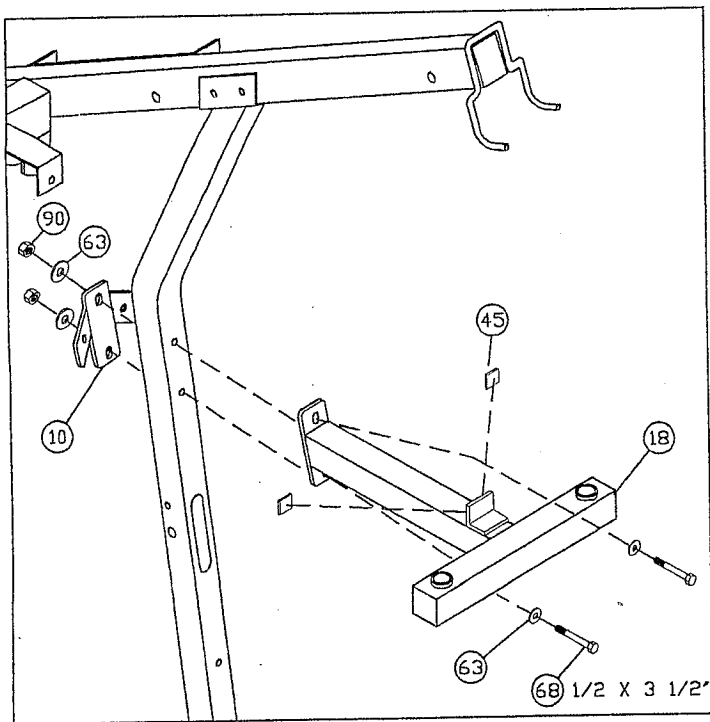
NOTE: DO NOT TIGHTEN THE FRONT UPRIGHT TO THE TOP BOOM AT THIS TIME.

B. SECURELY assemble the other BACK/SEAT PAD (33) to the FRONT UPRIGHT (22) as shown, using two 3/8 X 3 IN. BOLTS (73), two 3/8 IN. LOCK WASHERS (70), and two 3/8 IN. WASHERS (69).



Step 17

- A. Assemble three 2 IN. PULLEYS (43) to the L-HOOKS on the TOP BOOM (5), as shown. and SECURE in place with two 1/4 IN. CAP NUTS (87).

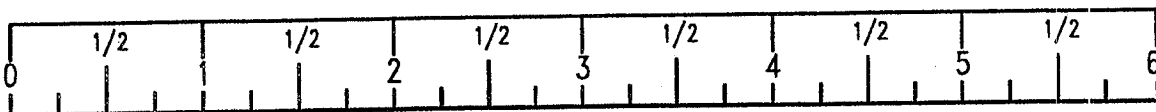


Step 18

- A. SECURELY assemble the BEARING HOUSING (18) and the CENTER PULLEY BRACKET (10) to the FRONT UPRIGHT (22) as shown on drawing, using two 1/2 X 3-1/2 IN. BOLTS (68), four 1/2 IN. WASHERS (63), and two 1/2 IN. LOCK NUTS (90).

(THE CONNECTOR PLATES ON THE BEARING HOUSING AND THE CENTER PULLEY BRACKET HAVE SLOTTED HOLES. SHIFT THE BEARING HOUSING DOWN AND THE CENTER PULLEY BRACKET UP AS FAR AS POSSIBLE)

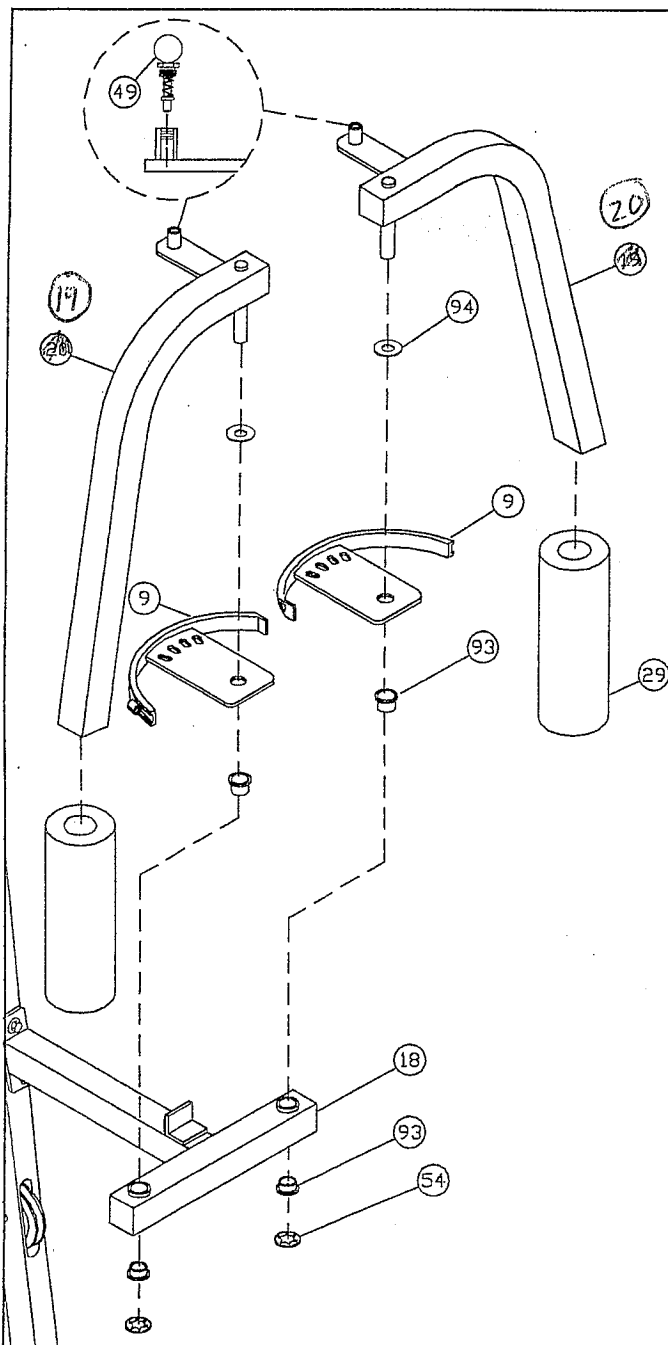
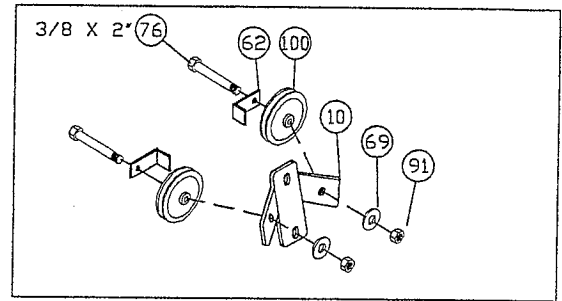
- B. Attach two 1 X 1 IN. GUIDES (45) to the ANGLE on the BEARING HOUSING (18).



Step 19

- A. LOOSELY assemble two 3-1/2 X 1 IN. PULLEYS (100) and two 2-3/8 IN. CABLE RETAINING CLIPS (62) to the CENTER PULLEY BRACKET (10) using two 3/8 X 2 IN. BOLTS (76), two 3/8 IN. WASHERS (69), and two 3/8 IN. LOCK NUTS (91).

(NOTE: THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED)



Step 20

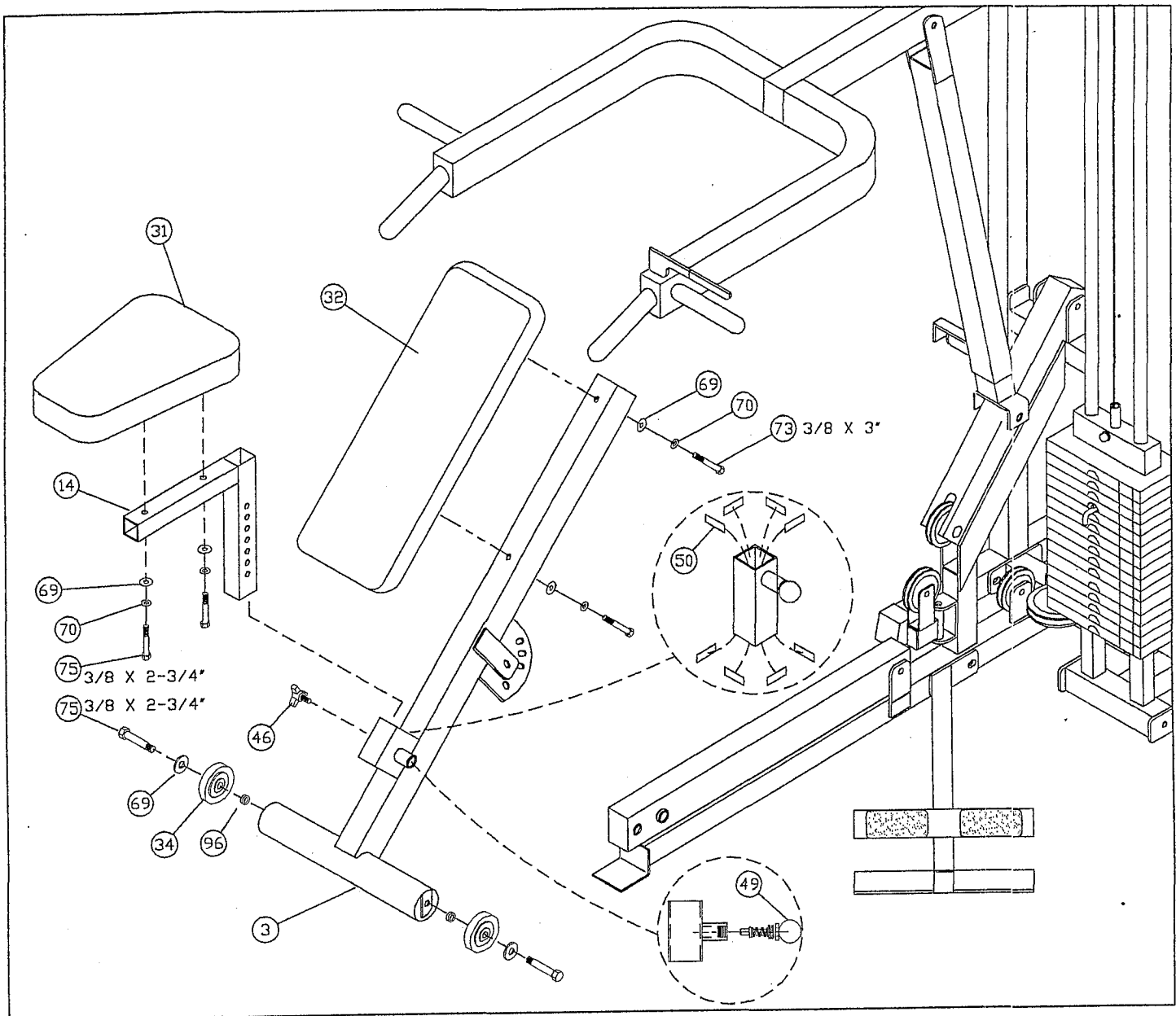
- A. Assemble two 3/4 IN. THRUST WASHERS (94) and two PEC CAMS (9) to the LEFT (19) and RIGHT (20) PEC ARMS, as shown on drawing.
- B. Insert four 3/4 IN. FLANGE BEARINGS (93) into the BUSHINGS of the BEARING HOUSING (18).
- C. Insert the LEFT (19) and RIGHT (20) PEC DEC ARMS through the 3/4 IN. FLANGE BEARINGS (93) in the BEARING HOUSING (18) on their respective sides as shown on drawing, and SECURE them in place with two 3/4 I.D. STAR LOCK COLLARS (54).
- D. Slide two 4 X 12 ROLLER PADS (29) onto the LEFT (19) and RIGHT PEC DEC ARMS (20), until the ROLLER PAD (29) is FLUSH with the bottom of the ARMS.

(NOTE: IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE ROLLER PAD WITH RUBBING ALCOHOL OR WATER. ALSO, ROTATING THE PAD WHILE PUSHING UP WILL HELP TO EASE ASSEMBLY)

- E. SECURELY assemble two 3/8 IN. SPRING PIN ASSEMBLIES (49) to the SPRING PIN BARRELS, of the PEC CAMS.

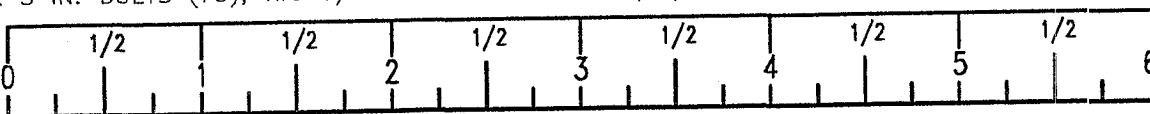
(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)

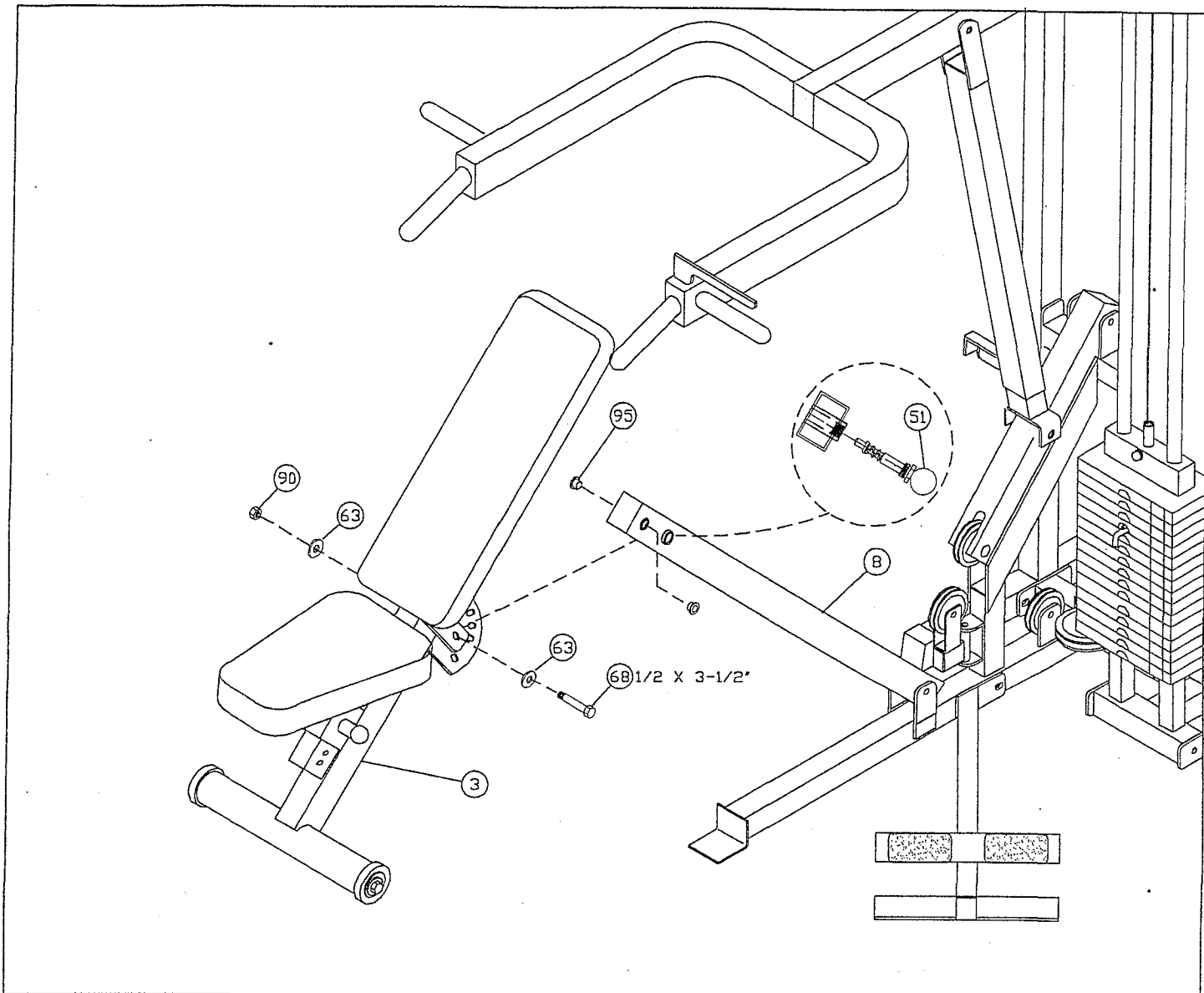
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Step 21

- A. Pre-assemble the PRESS BACK SUPPORT (3) using the following steps:
- *Attach eight PARAGLIDE STRIPS (50) to the PRESS BACK SUPPORT (3) using the following steps:
 - *Thoroughly clean all surfaces where the PARAGLIDE STRIPS (50) are to be attached.
 - *Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to the surfaces.
 - *SECURELY assemble one 3/8 IN. SPRING PIN ASSEMBLY (49) to the SPRING PIN HOUSING, of the PRESS BACK SUPPORT (3) as shown. (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING ASSEMBLY SECURELY.)
 - *SECURELY assemble two 3 IN. WHEELS (34) to the PRESS BACK SUPPORT (3) as shown on drawing, using two 3/8 X 2-3/4 IN. BOLTS (75), two 3/8 IN. WASHERS (69), and two 3/8 X 1/4 IN. SPACERS (96). (IF THE WHEELS DO NOT ROTATE FREELY AFTER THE BOLTS ARE TIGHT, REMOVE WASHERS.)
- B. SECURELY assemble the SEAT PAD (31) to the ADJUSTABLE PRESS SEAT (14) as shown, using two 3/8 X 2-3/4 IN. BOLTS (75), two 3/8 IN. LOCK WASHERS (70), and two 3/8 IN. WASHERS (69).
- C. Pull back the SPRING PIN (49) on the PRESS BACK SUPPORT (3) and slide the ADJUSTABLE PRESS SEAT (14) into the RECEIVING WELL. Engage the SPRING PIN (49) into one of the adjustment holes. Secure the ADJUSTABLE PRESS SEAT (14) in place with one THUMBSCREW (46).
- D. SECURELY assemble the BACK PAD (32) to the PRESS BACK SUPPORT (12), using two 3/8 X 3 IN. BOLTS (73), two 3/8 IN. LOCK WASHERS (70), and two 3/8 IN. WASHERS (69).

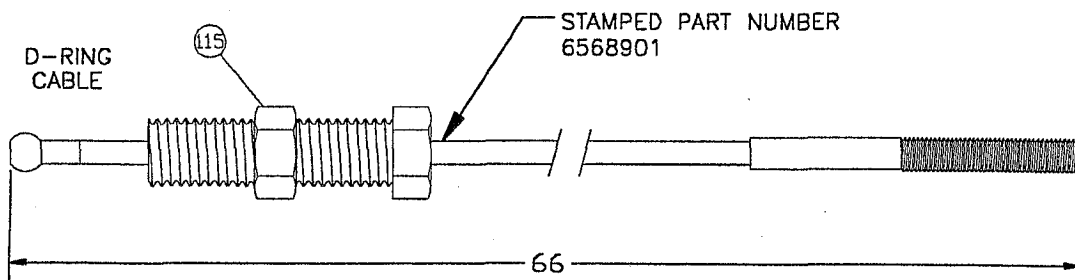
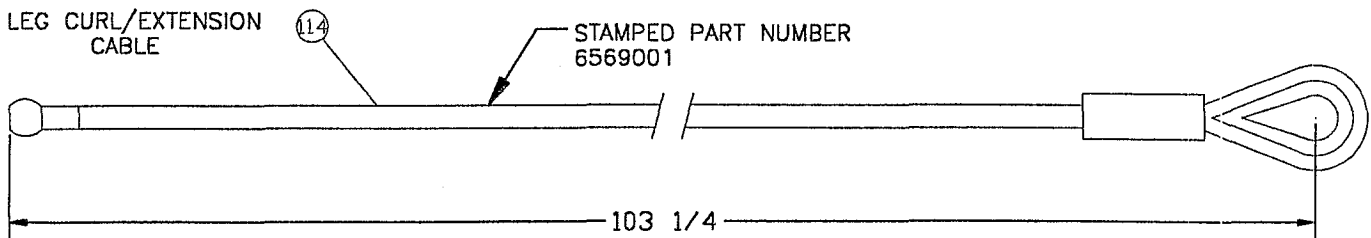
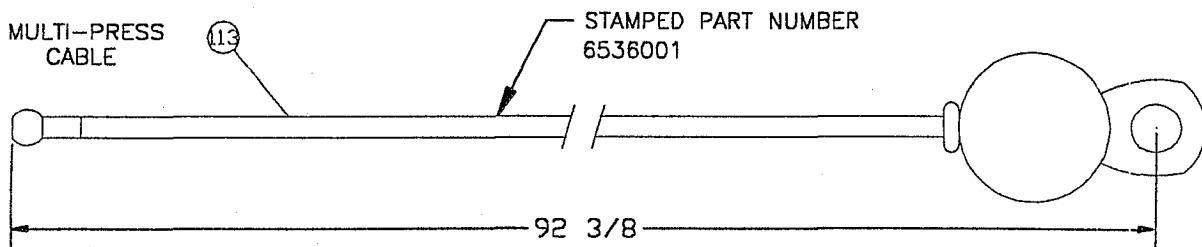
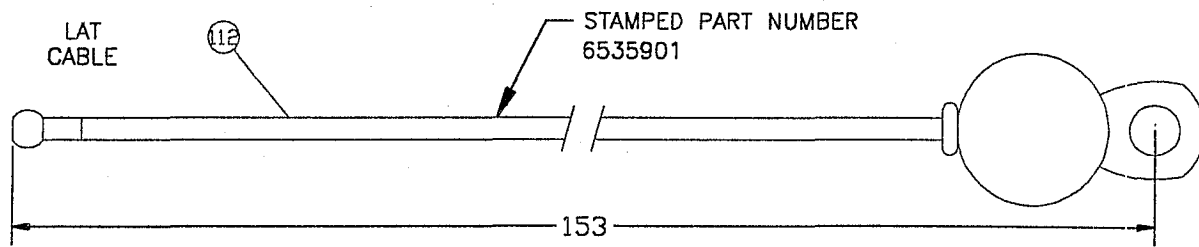
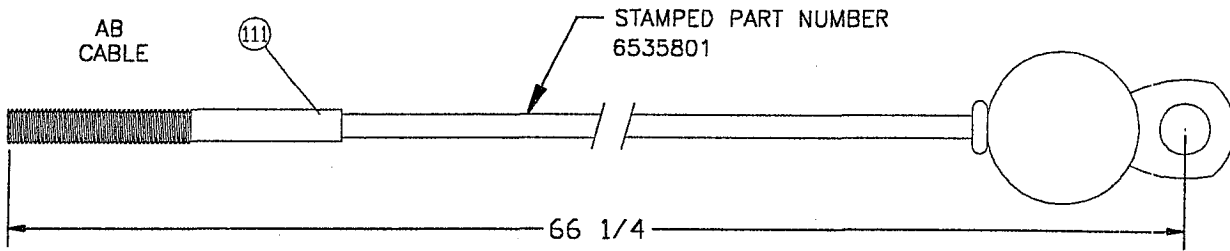
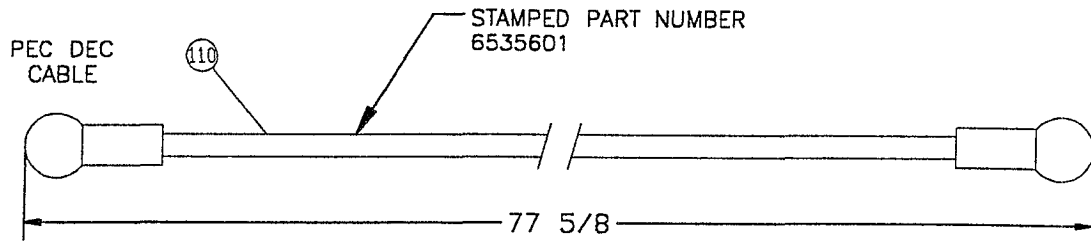




Step 22

- A. Insert two 1/2 IN. FLANGE BEARINGS (95) into the PRESS SUPPORT TUBE (8) as shown.
- B. SECURELY assemble the PRESS BACK SUPPORT (3) to the PRESS SUPPORT TUBE (8) as shown in drawing, using one 1/2 X 3-1/2 IN. BOLT (68), two 1/2 IN. WASHERS (63), and one 1/2 IN. LOCK NUT (90). (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS BACK SUPPORT TO ROTATE FREELY)
- C. SECURELY assemble one 1/2 IN. SPRING PIN ASSEMBLY (51) to the SPRING PIN HOUSING, of the PRESS SUPPORT TUBE (8) as shown. (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)

CABLE GUIDE



Step 1

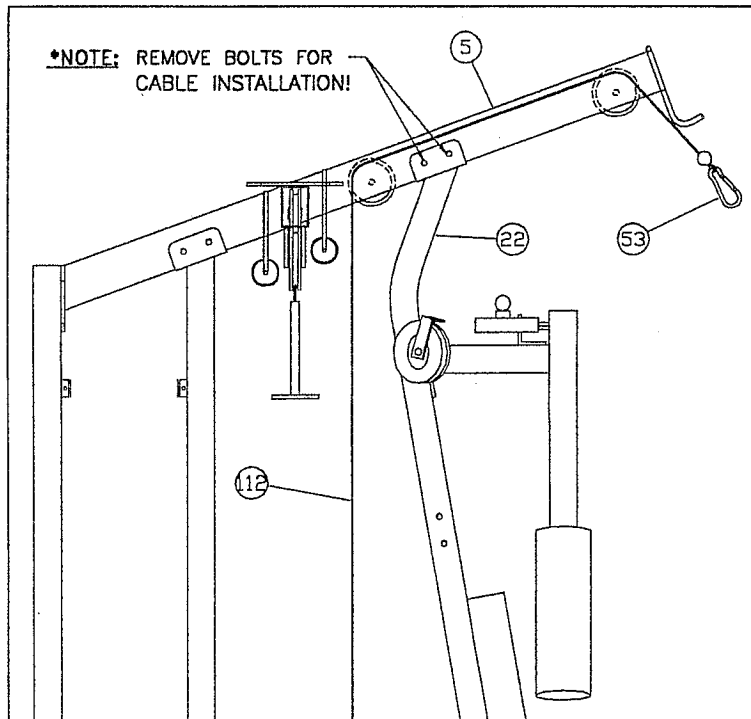
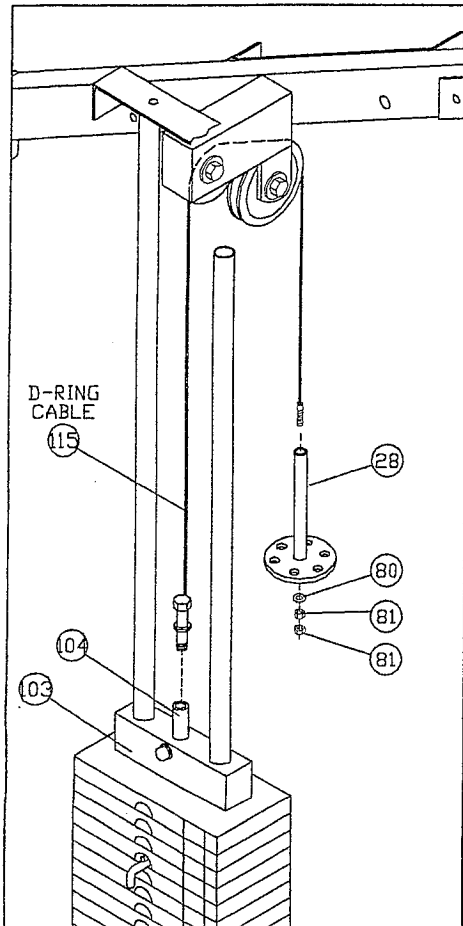
A. To assemble the D-RING CABLE (115), follow the cable routing as shown, and use the following steps:

*SECURELY assemble the D-RING CABLE (115) to the WEIGHT STACK SHAFT (104) of the HEAD PLATE (103) as shown.

*Route the CABLE (115) up and over the two PULLEYS in the LAT BOOM (5) above the WEIGHT STACK. (REMOVE PULLEYS FOR EASE OF INSTALLATION)

*LOOSELY assemble the D-RING (28) to the D-RING CABLE (115) as shown on drawing, using one 1/4 IN. WASHER (80), and two 1/4-28 IN. NUTS (81). (LOCATE 1/4-28 NUTS (81) HALF WAY UP ON THE THREADS OF THE D-RING CABLE (115). DO NOT TIGHTEN NUTS AT THIS TIME)

*SECURELY Tighten the two PULLEY connections from the PREVIOUS STEP.



Step 2

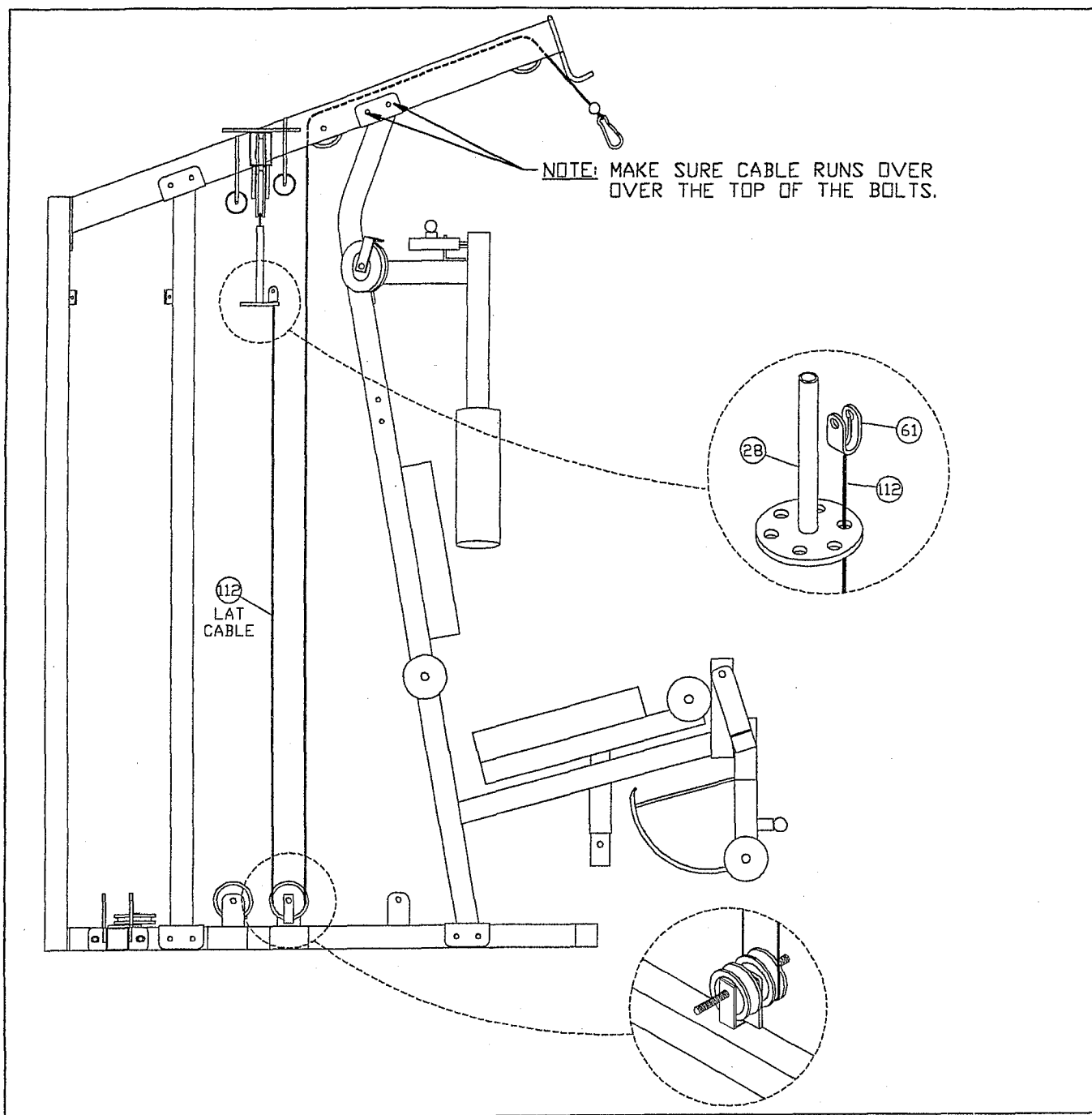
A. To assemble the LAT CABLE (112), follow the cable routing drawing, and use the following steps:

*Attach one SNAP LINK (53) to the ball end of the LAT CABLE (112).

*Remove the two bolts in the FRONT UPRIGHT (22) and TOP BOOM (5) connection.

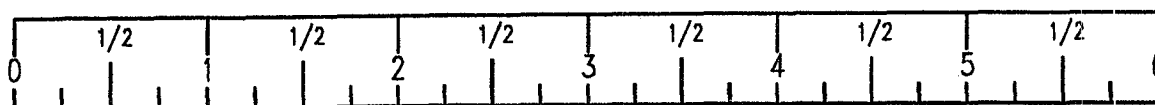
*Route the LAT CABLE (112) as shown on drawing. (REMOVE PULLEYS FOR EASE OF INSTALLATION)

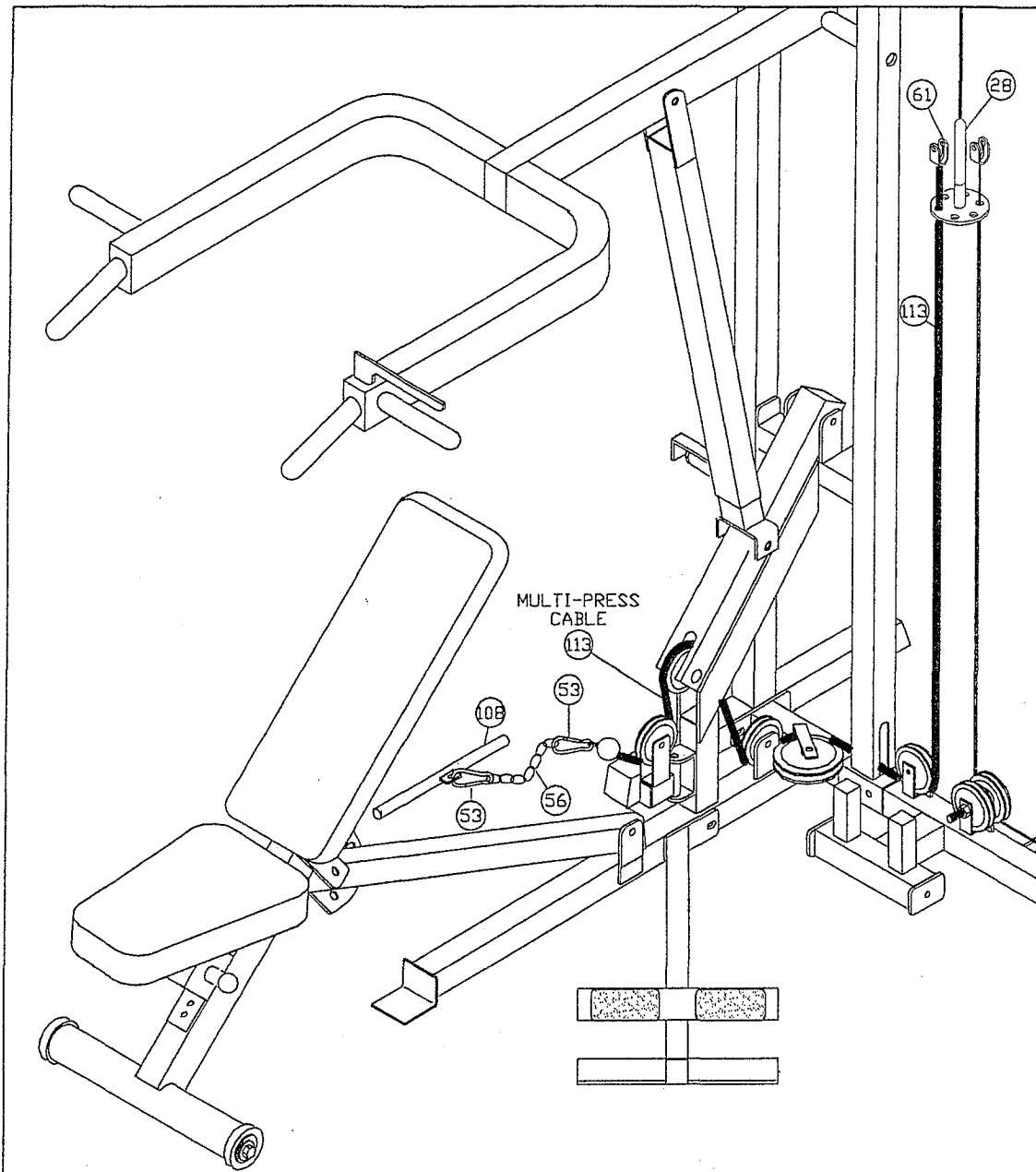
(STEP 2 CONTINUED ON NEXT PAGE)



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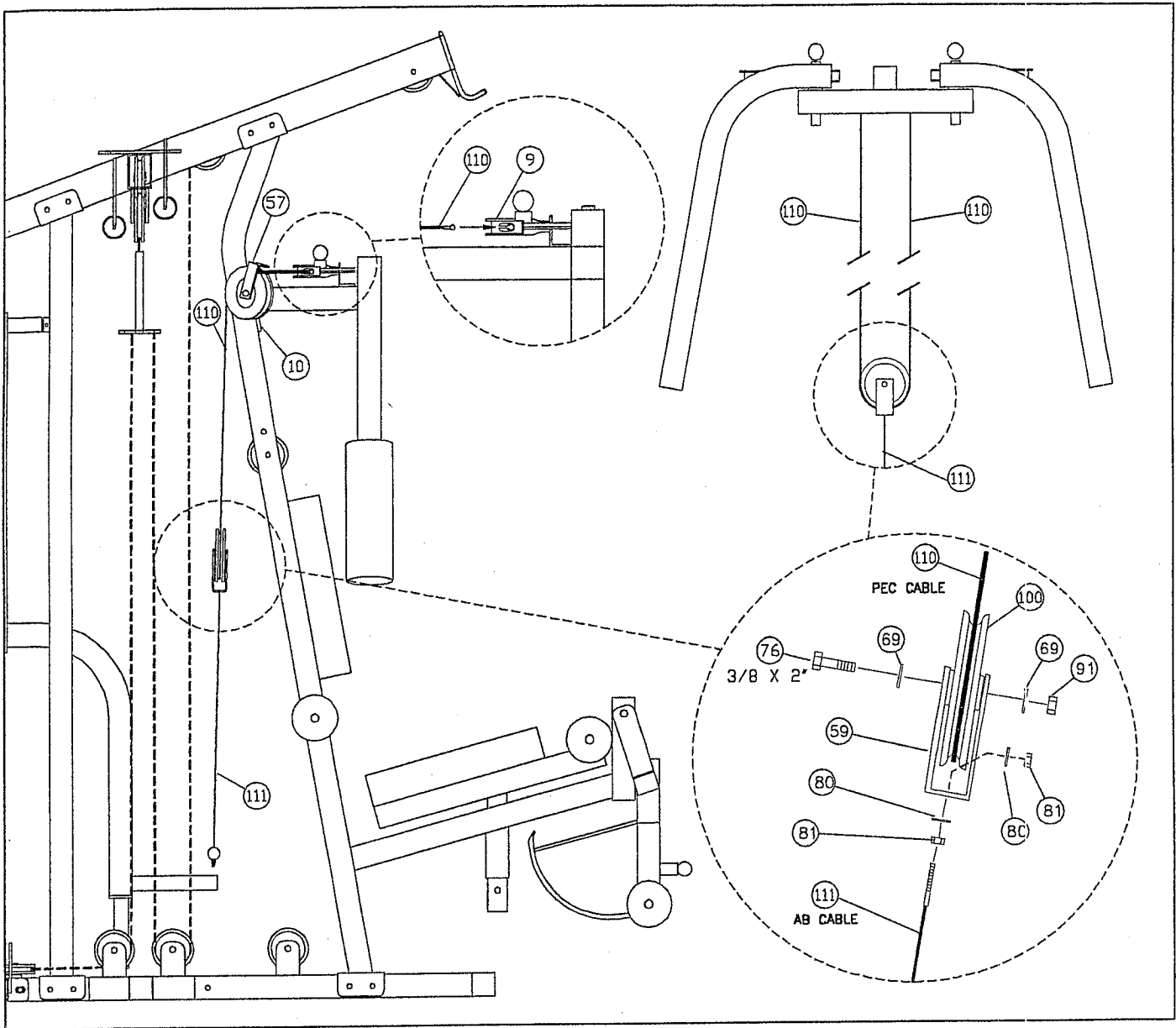
- *Run the LAT CABLE (112) through the BASE PULLEY as shown in drawing detail.
- *Run the LAT CABLE (112) through the hole of the D-RING (28) as shown, and attach one KEYHOLE CLEVIS (61) to the end of the LAT CABLE (112).
- *Replace and SECURELY tighten the two PULLEY and two BOLT connections from the previous steps. (IMPORTANT: MAKE SURE THE LAT CABLE RUNS OVER THE TOP OF THE BOLTS IN THE TOP BOOM !!!)





Step 3

- A. To assemble the MULTI-PRESS CABLE (113), follow the cable routing diagram shown in drawing and use the following steps:
 - *Attach one SNAP LINK (53) to the ball end of the MULTI-PRESS CABLE (113).
 - *Run the MULTI-PRESS CABLE (113) through the hole of the D-RING (28) as shown and attach one KEYHOLE CLEVIS (61) to the end of the MULTI-PRESS CABLE (113).
- B. Attach the CHAIN (56) to the SNAP LINK (53) on the end of the MULTI-PRESS CABLE (113) as shown on drawing.
- C. Attach one SNAP LINK (53) to the desired link on the CHAIN (56) , and attach either the LOW ROW BAR (108) or the ANKLE STRAP (109) to the SNAP LINK.



Step 4

A. To assemble the PEC DEC CABLE (110), follow the cable routing diagram on drawing, and use the following steps:

*Assemble each end of the PEC DEC CABLE (110) to the PEC CAMS (9).

*Drape the CABLE (110) over the PULLEYS on the CENTER PULLEY BRACKET (10). (THIS WILL FORM A LOOP IN THE CENTER OF THE CABLE)

*Position the CABLE RETAINING CLIPS (57) in a 45 DEGREE position over the PULLEYS and the CABLES, and tighten the two PULLEY connections SECURELY.

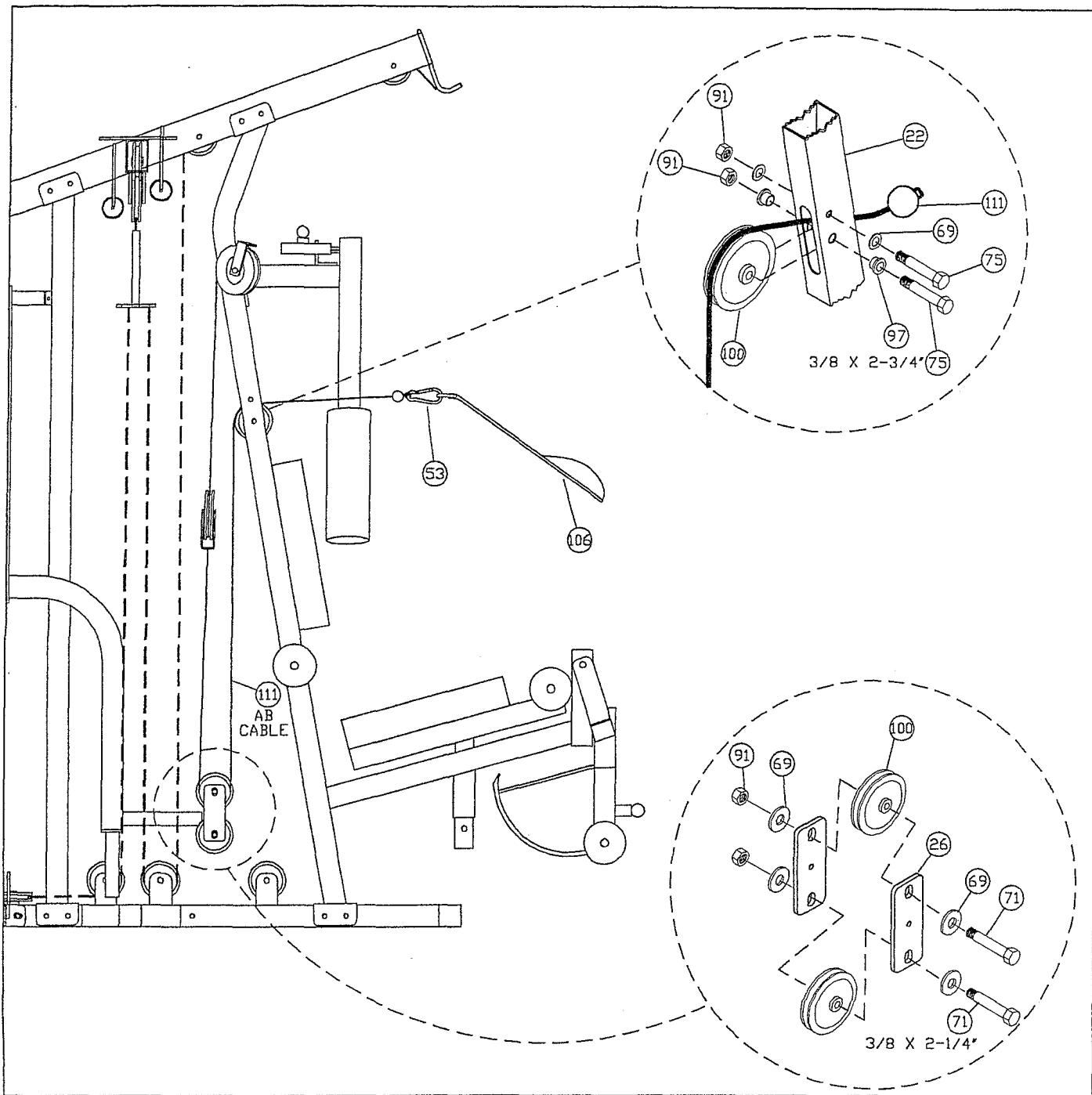
B. To assemble the AB CABLE (111), follow the cable routing diagram on drawing, and use the following steps:

*LOOSELY assemble the PULLEY BRACKET (59) to the AB CABLE (111) as shown in drawing using two 1/4 IN. WASHERS (80), and two 1/4-28 IN. NUTS (81). (LOCATE PULLEY BRACKET (59) HALFWAY UP ON THE THREADS OF THE AB CABLE. DO NOT TIGHTEN NUTS AT THIS TIME)

*Make a loop with the PEC CABLE (110) and attach the PULLEY BRACKET (59) to the PEC CABLE (110) using one 3-1/2 X 1 IN. PULLEY (100), one 3/8 X 2 IN. BOLT (76), two 3/8 IN. WASHERS (69), and one 3/8 IN. LOCK NUT (91).

(CONTINUED ON NEXT PAGE)





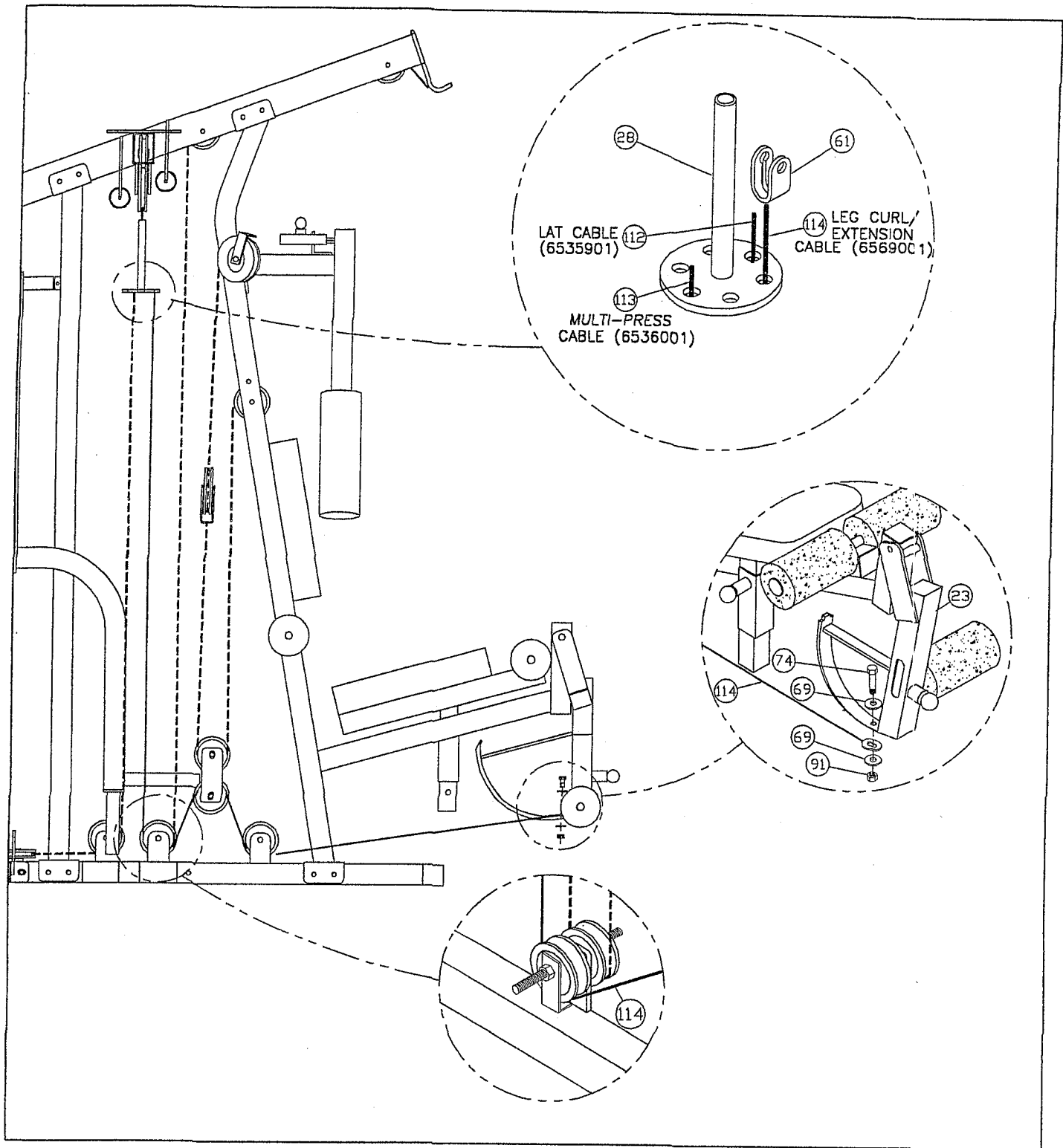
(CONTINUED FROM PREVIOUS PAGE.)

*Make a loop with the AB CABLE (111) and LOOSELY assemble two 5-1/4 IN. PLATES (26) and two 3-1/2 X 1 IN. PULLEYS (100) to the AB CABLE (111) using two 3/8 X 2-1/4 IN. BOLTS (71), four 3/8 IN. WASHERS (69), and two 3/8 IN. LOCK NUTS (91).

*Securely assemble the ball end of the AB CABLE (111) and one 3-1/2 X 1 IN. PULLEY (100) to the FRONT UPRIGHT (22) using two 3/8 x 2-3/4 IN. BOLTS (75), two 3/8 IN. FLANGE SPACERS (97), two 3/8 IN. WASHERS (69), and two 3/8 IN. LOCK NUTS (91). (Note: The AB CABLE should be routed underneath the retaining bolt as shown.)

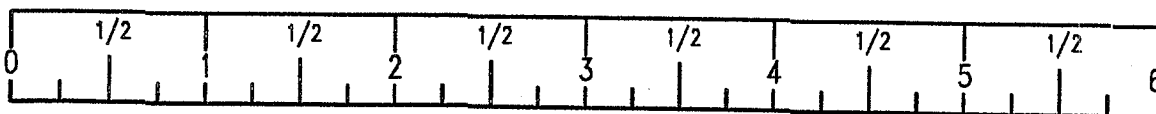
*Attach one SNAP LINK (53) to the ball end of the AB CABLE (111).

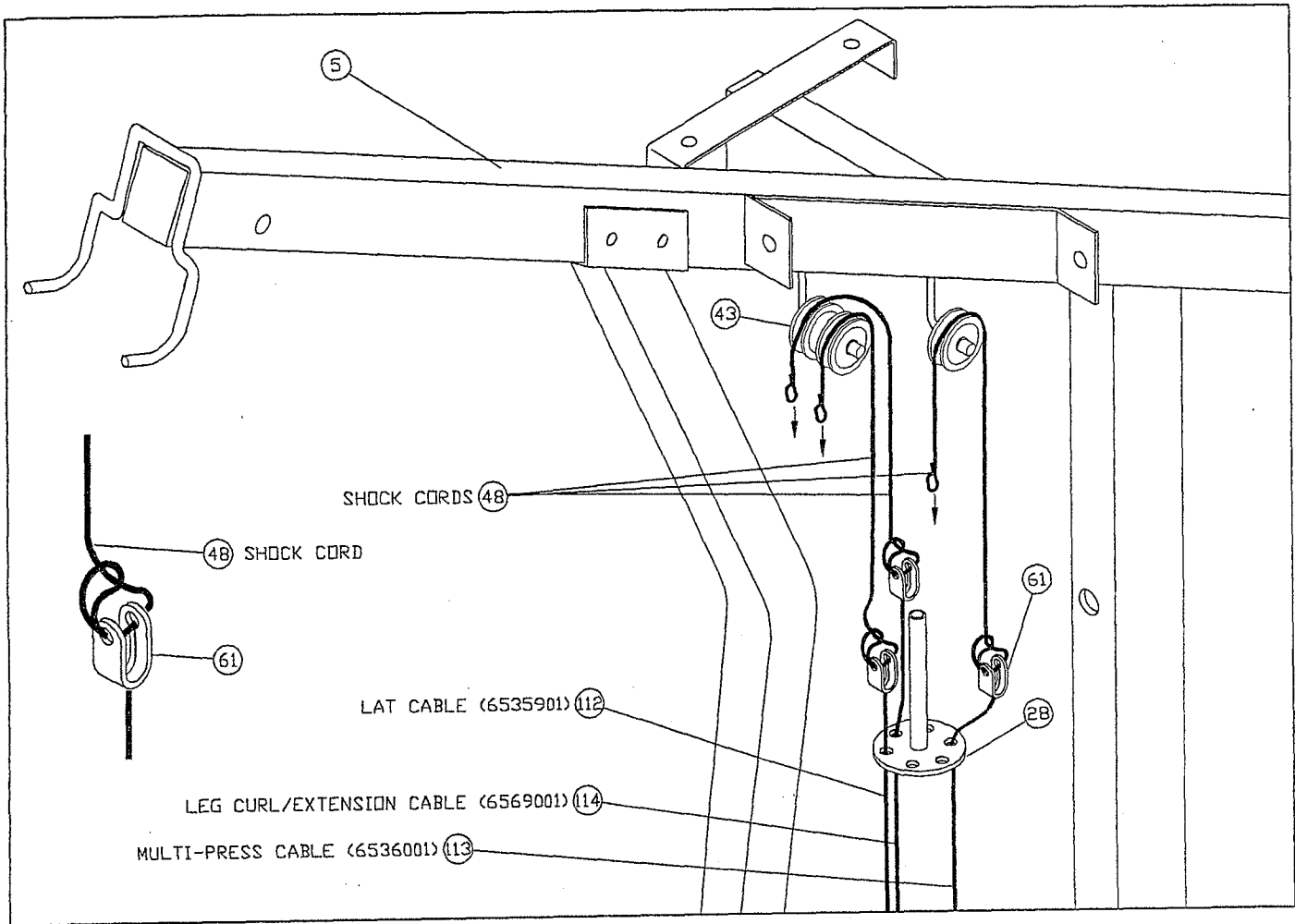
C. Attach the AB STRAP (106) to the SNAP LINK (53) on the end of the AB CABLE as shown on drawing.



Step 5

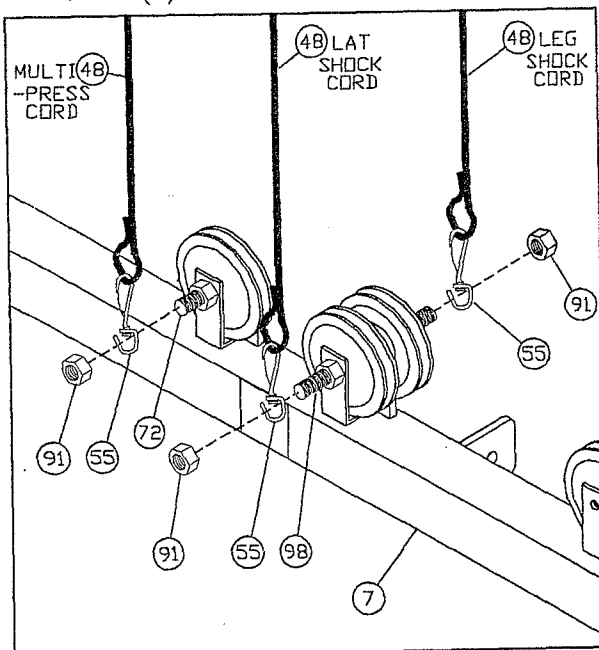
- A. SECURELY attach the LEG CABLE to the LEG CURL/EXT (23) using one 3/8 X 1 IN. BOLT (74), two 3/8 IN. WASHERS (69), and one 3/8 IN. LOCK NUT (91).
- B. Route the LEG CABLE (114) around the pulleys on the base (7) as shown in drawing.
- C. Run the LEG CABLE (114) through the hole of the D-RING (28) and attach one KEYHOLE CLEVIS (61) to the end of the LEG CABLE (114).



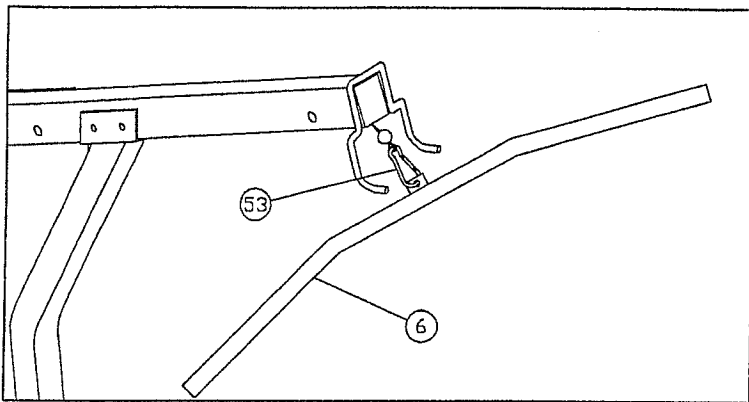


Step 6

- A. Attach three SHOCK CORDS (48) to the KEYHOLE CLEVIS (61) on the end of each CABLE as shown.
- B. Route the SHOCK CORDS (48) up and around the pre-determined 2 IN. PULLEYS (43) above the D-RING (28) and down to the BASE (7).
- C. Attach three SWIVELS (55) to the end of the SHOCK CORDS (48). Slip the end of the SWIVELS (55) for the LEG CABLE (114) and the LAT CABLE (112) over the THREADED SHAFT (98) on the BASE (7), and slip the end of the SWIVEL (55) for the MUTLI-PRESS CABLE (113) over the BOLT (72) on the BASE (7) as shown in drawing.

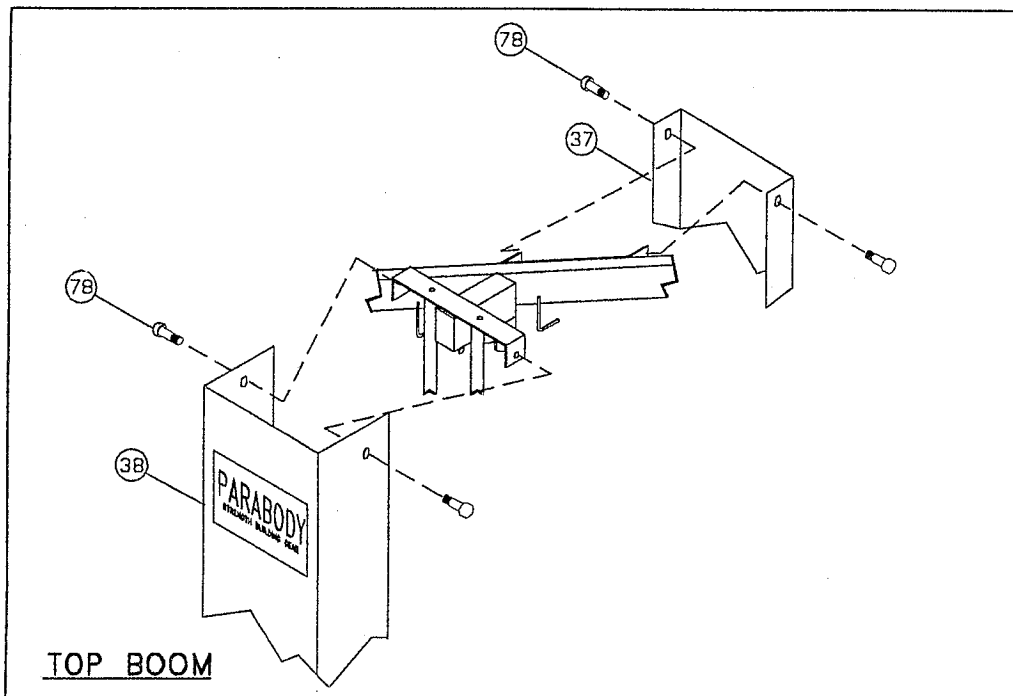


- D. SECURELY attach 3/8 IN. LOCK NUTS (91) to the THREADED SHAFT (98) and the BOLT (72) .
- E. SECURELY tighten any loose BOLT connections made to this point.



Step 7

- A. Attach the LAT BAR (6) to the SNAP LINK (53) on the end of the LAT CABLE (6) as shown on drawing.



Step 8

- A. SECURELY attach the FRONT (38) and the REAR SHROUD (37) to the BASE and the TOP BOOM using eight 3/8 X 1 IN. BUTTON HEAD CAP SCREWS (7B).

THIS COMPLETES THE ASSEMBLY OF THE PARABODY 425 HOME GYM.

