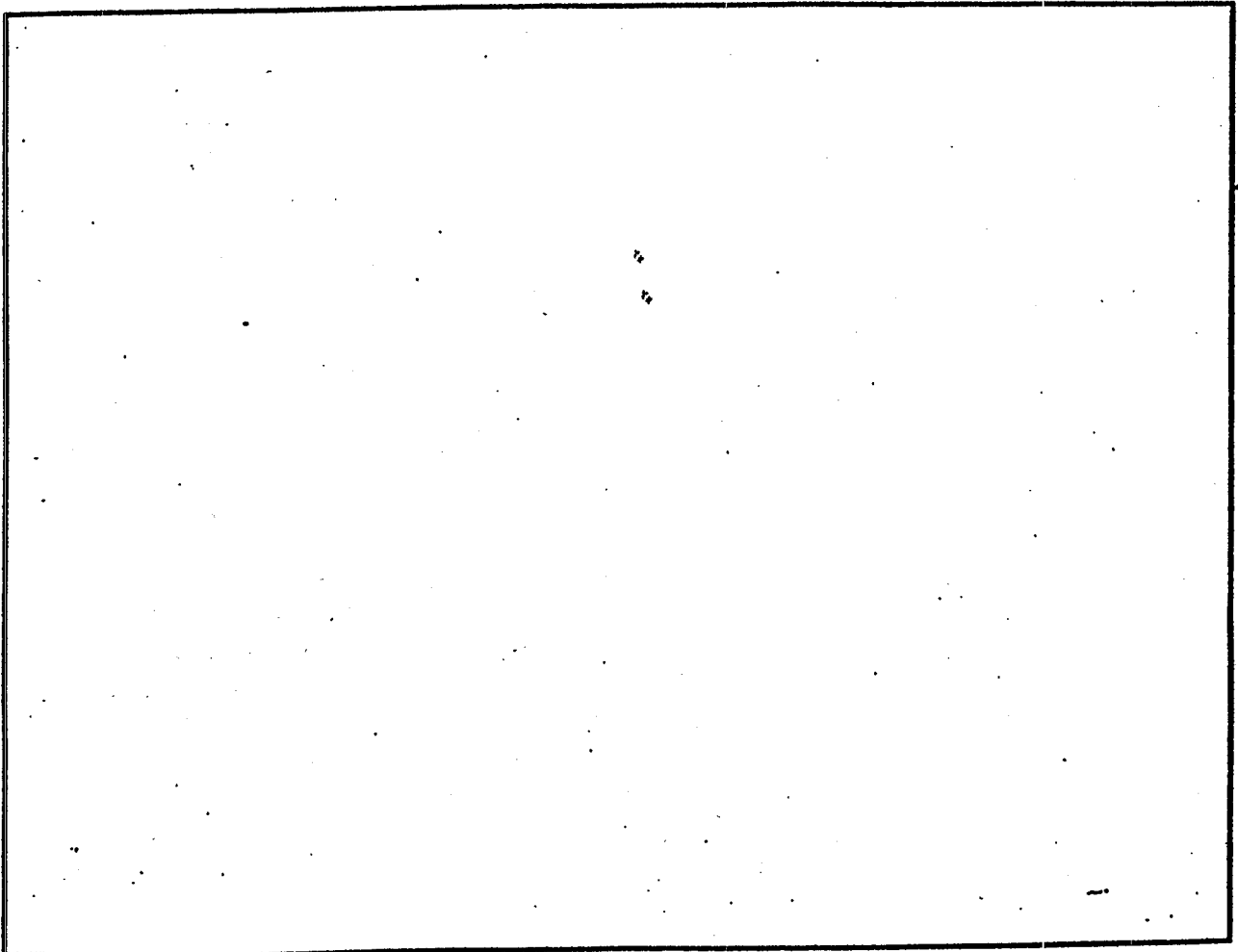




Strength Building Gear

358

EX350 HOME GYM



PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

REVISION C

358 EX350 ASSEMBLY PARTS LIST

Sort and count all parts before beginning assembly

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3 IN. HEX HEAD BOLT	4
2.	1/2 X 3 1/4 IN. HEX HEAD BOLT	4
3.	1/2 X 4 IN. HEX HEAD BOLT	1
4.	3/8 X 1 1/2 IN. HEX HEAD BOLT	1
5.	3/8 X 1 3/4 IN. HEX HEAD BOLT	3
6.	3/8 X 2 IN. HEX HEAD BOLT	8
7.	3/8 X 2 3/4 IN. HEX HEAD BOLT	2
8.	3/8 X 3 IN. HEX HEAD BOLT	9
9.	5/16 X 1 IN. HEX HEAD BOLT	2
10.	1/2 IN. LOCKNUT	9
11.	3/8 IN. LOCKNUT	14
12.	5/16 IN. NUT	2
13.	3/8 IN. WASHER	1
14.	5/16 IN. WASHER	4
15.	3/8 IN. LOCK WASHER	9
16.	5/16 IN. LOCK WASHER	2
17.	WEIGHT STACK CUSHION	2
18.	1-1/4 IN. SQ. RUBBER BUMPON	2
19.	1 1/2 IN. SQ. END CAP	2
20.	1-3/4 IN. SQ. END CAP	1
21.	2 IN. SQ. END CAP	16
22.	CARRIAGE GUIDE	2
23.	CABLE RETAINING "L" CLIP	4
24.	VINYL SLEEVE 3 8 X 7 3 8	2
25.	1 X 8 IN. GRIP	4
26.	1-1/4 X 5 IN. GRIP	2
27.	1-1/4 X 7 IN. GRIP	2
28.	GUIDE ROD PIN	2
29.	PARAGLIDE STRIP	1
30.	THUMBSCREW	1
31.	1 2 IN. ID FLANGE BEARING	4
32.	3 4 IN. ID FLANGE BEARING	6
33.	SPACER	1
34.	STAR LOCK COLLAR	8
35.	COTTER PIN	1
36.	KNOB	1
37.	3 8 IN. L-PIN	1
38.	WEIGHT SELECT PIN	1
39.	PLUNGER	1
40.	QUICK LINK	1
41.	5 16 X 1 4 IN. SET SCREW	2
42.	5 16 IN. SNAP LINK	4
43.	SPRING	1
44.	3 4 IN. ID WASHER	2

358 EX350 ASSEMBLY PARTS LIST

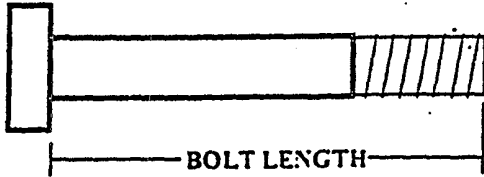
SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

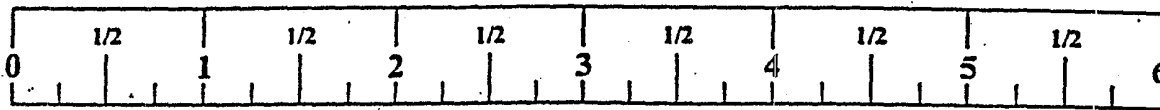
ITEM	NAME/DESCRIPTION	QTY
1.	BEARING HOUSING WLDMT(6293701).....	1
2.	LOW ROW SWIVEL BRACKET WLDMT(6199401).....	1
3.	MAIN UPRIGHT BOTTOM SECTION WLDMT(6382101).....	1
4.	LEFT PEC DEC ARM WLDMT(6327101).....	1
5.	RIGHT PEC DEC ARM WLDMT(6327201).....	1
6.	PULLEY BRACKET SUPPORT WLDMT(6293801).....	1
7.	MAIN UPRIGHT TOP SECTION WLDMT(6292201).....	1
8.	ADJUSTABLE SEAT SUPPORT WLDMT(6385601).....	1
9.	BACK/SEAT SUPPORT WLDMT(6292701).....	1
10.	WEIGHT STACK SUPPORT BASE WLDMT(6241601).....	1
11.	LAT BAR WLDMT(6275301).....	1
12.	LEG CURL ARM WLDMT(6202201).....	1
13.	PRESS ARM WLDMT(6202801).....	1
14.	BACK PAD(6463301).....	2
15.	PRESS SEAT PAD(6463401).....	1
16.	PEC DEC SEAT PAD(6463501).....	1
17.	CENTER PULLEY BRACKET(6260301).....	1
18.	CONNECTOR PLATE(6281401).....	2
19.	GUIDE ROD(6293101).....	2
20.	WEIGHT STACK SPACER(6375901).....	2
21.	WARRANTY CARD(6057401).....	1
22.	EXERCISE WALL CHART(6205601).....	1
23.	WEIGHT PLATE BUSHING(6382301).....	30
24.	PEC DEC LOOP CABLE(6251801).....	1
25.	PRIMARY CABLE(6293201).....	1
26.	SECONDARY CABLE(6229201).....	1
27.	21 LINK CHAIN(6075905).....	2
28.	HEAD WEIGHT PLATE(6223001).....	1
29.	WEIGHT STACK LABELS(6189501).....	1
30.	PRESS ARM PIVOT BAR(6202601).....	1
31.	3-1/2 O.D. DIA. W/1 IN. BUSHING PULLEY(3116201).....	3
32.	4-1/2 O.D. DIA. W/1 IN. BUSHING PULLEY(3116101).....	8
33.	4-1/2 O.D. DIA. W/2 IN. BUSHING PULLEY(3116102).....	3
34.	SELECT CENTER SHAFT 15 HOLE(6266001).....	1
35.	ANKLE TRICEP STRAP(6382401).....	1
36.	LOW ROW BAR(6389701).....	1
37.	7 IN. ROLLER PAD(6194601).....	6
38.	12 IN. ROLLER PAD(6176201).....	2
39.	ROLLER PAD SHAFT(6125101).....	3
40.	WEIGHT PLATES(6214501).....	15

358 EX350 ASSEMBLY INSTRUCTIONS

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



BOLT LENGTH RULER:



358 EX350 ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE EX350 PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- THE EX350 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.
- KEEP ALL FRAME CONNECTIONS LOOSE, UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.
- 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, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, 5/32 ALLEN WRENCH, and RUBBER Mallet or HAMMER

*** REFER TO ASSEMBLY DRAWING #1 FOR STEPS 1 THRU 13 ***

1. Bolt HEAD WEIGHT PLATE into the threaded hole at top of SELECT CENTER SHAFT, using one (1) 3/8 X 1-1/2 IN. HEX HEAD BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER (SEE DETAIL D).
2. Put seven (7) 2 IN. SQ. END CAPS into ends of tubes on WEIGHT STACK SUPPORT BASE.
3. Attach one (1) 4-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING to WEIGHT STACK SUPPORT BASE using one (1) 3/8 X 2 IN. HEX HEAD BOLT, one (1) CABLE RETAINING "L" CLIP, and one (1) 3/8 IN. LOCKNUT. (DO NOT TIGHTEN)
4. Insert two (2) 1 1/2 IN. FLANGE BEARINGS into tube on LOW ROW SWIVEL BRACKET.
5. Attach LOW ROW SWIVEL BRACKET to YOKE on WEIGHT STACK SUPPORT BASE, using one (1) 1 1/2 X 4 IN. HEX HEAD BOLT, and one (1) 1/2 IN. LOCK NUT. Tighten so it swivels freely, yet doesn't wobble.
6. LOOSELY attach one (1) 4-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into LOW ROW SWIVEL BRACKET, using one (1) 3/8 X 2 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT. (DO NOT TIGHTEN)

358 EX350 ASSEMBLY INSTRUCTIONS

7. Attach BACK/SEAT SUPPORT ASSEMBLY to WEIGHT STACK SUPPORT BASE, using one (1) 1/2 X 3-1/4 IN. HEX HEAD BOLT and one (1) 1/2 IN. LOCKNUT. (TIGHTEN ONLY UNTIL SNUG)
8. Attach one (1) 4-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into FRONT "U" PULLEY BRACKET of the BACK/SEAT SUPPORT, using one (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT.
9. Attach one (1) 4-1/2 O.D. DIA. PULLEY, with 2 IN. BUSHING, between two flats on MAIN UPRIGHT TOP SECTION, using one (1) 3/8 X 3 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT.
10. Slide two (2) 7 3/8 IN. VINYL SLEEVES over PRONGS of LAT BAR HOOK on MAIN UPRIGHT TOP SECTION.
11. Attach one (1) 3-1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into PULLEY HOUSING on MAIN UPRIGHT TOP SECTION, using one (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT. (SEE DETAIL "B" ON DRAWING) (DO NOT TIGHTEN)
12. Bolt MAIN UPRIGHT BOTTOM SECTION to rear of WEIGHT STACK SUPPORT BASE, using two (2) 1/2 X 3 IN. HEX HEAD BOLTS and two (2) 1/2 IN. LOCKNUTS. (TIGHTEN ONLY UNTIL SNUG)
13. Bolt MAIN UPRIGHT TOP SECTION to BACK SEAT SUPPORT (FIRST INSERT TAB ON BOTTOM SECTION INTO THE END OF TOP SECTION), using two (2) 1/2 X 3 IN. HEX HEAD BOLTS and two (2) 1 1/2 IN. LOCKNUTS.

*** REFER TO ASSEMBLY DRAWING #4 FOR STEPS 14 AND 15 ***
14. Insert two (2) 2 IN. SQ. END CAPS into each end of the BEARING HOUSING.
15. SECURELY Assemble the BEARING HOUSING and PULLEY BRACKET SUPPORT to the MAIN UPRIGHT, as shown on drawing, using two (2) 1/2 X 3-1/4 IN. HEX HEAD BOLTS and two (2) 1/2 IN. LOCKNUTS. NOTE: MAKE SURE THE TOP AND BOTTOM UPRIGHT FIT TOGETHER BEFORE TIGHTENING.

*** REFER TO ASSEMBLY DRAWING #1 FOR STEPS 16 THRU 26 ***
16. Snap two (2) WEIGHT PLATE BUSHINGS into each of the fifteen (15) WEIGHT PLATES. (SEE DETAIL A)
17. Place two (2) WEIGHT STACK SPACERS over large holes in WEIGHT STACK SUPPORT BASE.
18. Place two (2) 3/4 IN. WASHERS over WEIGHT STACK SPACERS.
19. Place two (2) WEIGHT STACK CUSHIONS over 3/4 IN. WASHERS.
20. Insert each of the two (2) GUIDE RODS through the WEIGHT STACK CUSHIONS and into the WEIGHT STACK SUPPORT BASE. (NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES.)

358 EX350 ASSEMBLY INSTRUCTIONS

21. USING EXTREME CARE, slide each of the fifteen (15) WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK CUSHIONS. (PIN HOLE FACING OUT)
22. Slide HEAD WEIGHT PLATE ASSEMBLY down over the GUIDE RODS onto the WEIGHT STACK.
23. Position the GUIDE RODS under the GUIDE ROD BRACKET of the MAIN UPRIGHT TOP SECTION, and hold in place using two (2) GUIDE ROD PINS. (SEE DETAIL G)
24. Apply the WEIGHT STACK LABELS to the WEIGHT PLATES. (SEE DETAIL A)
25. Insert one (1) 1-1/2 IN. END CAP 12 GA into PRESS ARM STOP.
26. Peel backing from one (1) 1-1/4 IN. SQ. RUBBER BUMPON and securely attach to the 1 1/2 IN. END CAP on PRESS ARM STOP.

*** REFER TO ASSEMBLY DRAWING #2 FOR STEPS 27 THRU 40 ***
27. Attach two (2) 4-1/2 O.D. DIA. PULLEYS with 2 IN. BUSHING, to PRESS ARM using two (2) 3/8 X 3 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCKNUTS.
28. Insert two (2) 3/4 IN. FLANGE BEARINGS into ends of ROUND TUBE on MAIN UPRIGHT TOP SECTION.
29. To attach PRESS ARM to MAIN UPRIGHT TOP SECTION, raise PRESS ARM to align collars with ROUND TUBE on MAIN UPRIGHT TOP SECTION and insert PIVOT BAR. ALIGN two (2) 5/16 X 1/4 IN. SET SCREWS into holes on collars of PRESS ARM AND TIGHTEN. (USE OF A LUBRICANT MAY HELP SLIDE PIVOT BAR)
30. Slide two (2) 1-1/4 X 7 IN. GRIPS on the HORIZONTAL HANDLES of the PRESS ARM, and two (2) 1-1/4 X 5 IN. GRIPS on the VERTICAL HANDLES. (NOTE: IF A LUBRICANT IS REQUIRED, PARABODY RECOMMENDS THOROUGHLY COATING THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)
31. Insert one (1) 2 IN. SQ. END CAP into top end of the LEG CURL/ARM ASSEMBLY.
32. Insert one (1) 2 IN. SQ. END CAP into top end of LEG CURL EXTENSION NECK, of the BACK/SEAT SUPPORT.
33. Insert two (2) 1 1/2 IN. FLANGE BEARINGS into the BUSHING in the LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT.
34. Assemble the LEG CURL ARM ASSEMBLY to the LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT, using one (1) 1/2 X 3 1/4 IN. HEX HEAD BOLT and one (1) 1/2 IN. LOCKNUT. (NOTE: TIGHTEN UNTIL SNUG BUT STILL ABLE TO SWIVEL)
35. Peel away paper backing on one (1) 1-1/4 IN. SQ. RUBBER BUMPON, attach to LEG CURL EXTENSION NECK of the BACK/SEAT SUPPORT where LEG CURL ARM ASSEMBLY meets.

358 EX350 ASSEMBLY INSTRUCTIONS

36. LOOSELY assemble one (1) 3 1/2 O.D. DIA. PULLEY with 1 IN. BUSHING into PULLEY BRACKET on the LEG CURL ARM ASSEMBLY. Using one (1) 3/8 X 2 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT.
37. Attach two (2) ROLLER PADS to the LEG CURL ARM ASSEMBLY. using one (1) ROLLER PAD SHAFT, and two (2) STAR LOCK COLLARS. (NOTE: WHEN USING THE LOW PULLEY OFF THE LEG CURL ARM ASSEMBLY, LOCK IN PLACE BY INSERTING L-PIN INTO BUSHING ON THE LEG CURL EXTENSION NECK)
38. Assemble two (2) ROLLER PADS to the BACK SEAT SUPPORT. using one (1) ROLLER PAD SHAFT, and two (2) STAR LOCK COLLARS.
39. Attach one (1) 3-1 2 O.D. DIA. PULLEY with 1 IN. BUSHING into REAR "U" PULLEY BRACKET of BACK/SEAT SUPPORT. using one (1) 3/8 X 1-3/4 IN. HEX HEAD BOLT and one (1) 3/8 IN. LOCKNUT.
40. Attach BACK PAD to BACK/SEAT SUPPORT, using two (2) 3/8 X 3 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCK WASHERS. (NOTE: HIDE WELT CLIP SHOULD BE LOCATED AT BOTTOM)

*** REFER TO ASSEMBLY DRAWING #3 FOR STEPS 41 THRU 44 ***

41. Attach two (2) 4-1 2 O.D. DIA. PULLEYS with 1 IN. BUSHING to the CONNECTOR PLATES, using two (2) 3/8 X 2 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCKNUTS (DO NOT TIGHTEN)
42. Slide four (4) 1 X 8 in. GRIPS over each end of the LAT BAR, and LOW ROW BAR. (NOTE: IF A LUBRICANT IS REQUIRED, PARABODY RECOMMENDS THOROUGHLY COATING THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)

NOTE: BEFORE PROCEEDING WITH CABLE INSTALLATION, UNRAVEL CABLE, AND REMOVE AS MUCH SPIRALING AS POSSIBLE.

43.
 - To install the PRIMARY CABLE insert end of CABLE with THREADED FITTING into GROOVE of PULLEY upwards between PULLEY and LAT BAR HOLDER on MAIN UPRIGHT TOP SECTION. (REMOVE PULLEY FOR EASE OF INSTALLATION)
 - Pull CABLE down until CLEVIS CONNECTOR stops against PULLEY and LAT BAR HOLDER.
 - Run CABLE down and under TOP PULLEY on PRESS ARM, then over PULLEY on BACK/SEAT SUPPORT.
 - Pull CABLE around PULLEY on BACK/SEAT SUPPORT and towards the PRESS ARM. Run CABLE over BOTTOM PULLEY of PRESS ARM and back, through the opening of the BACK SEAT SUPPORT, to the SMALL PULLEY.
 - While pulling CABLE down over SMALL PULLEY on the back of the BACK/SEAT SUPPORT, insert the CABLE END around one of the PULLEYS of the PULLEY/PLATE CONNECTOR ASSEMBLY.

358 EX350 ASSEMBLY INSTRUCTIONS

- Pull CABLE up to the PULLEY in the PULLEY HOUSING above the WEIGHT STACK on the MAIN UPRIGHT TOP SECTION. Pull CABLE over and down PULLEY and thru hole in MAIN UPRIGHT TOP SECTION to SELECT CENTER SHAFT on HEAD WEIGHT PLATE. (REMOVE PULLEY FOR EASE OF INSTALLATION)
- Attach the PRIMARY CABLE to the HEAD WEIGHT PLATE ASSEMBLY, by threading the STUD into the SELECT CENTER SHAFT and TIGHTEN COMPLETELY.
- 44. • To install the SECONDARY CABLE, start by inserting the end of the CABLE into the front of the LOW ROW SWIVEL BRACKET. (REMOVE PULLEY FOR EASE OF INSTALLATION)
- Pull the CABLE upward behind the PULLEY until the WHITE BALL stops at the front of the LOW ROW SWIVEL BRACKET.
- Run CABLE around the BOTTOM PULLEY of the (SUSPENDED) PULLEY/PLATE CONNECTOR ASSEMBLY.
- Pull CABLE under PULLEY on WEIGHT STACK SUPPORT BASE towards front of MACHINE. (NOTE: BE SURE TO PLACE CABLE RETAINING "L" CLIP UNDER PULLEY AFTERWARDS)
- To finish SECONDARY CABLE INSTALLATION, run CABLE under PULLEY on the PULLEY BRACKET of the LEG CURL EXTENSION ARM. (REMOVE PULLEY FOR EASE OF INSTALLATION)

*** REFER TO ASSEMBLY DRAWING #4 FOR STEPS 45 THRU 58 ***

- 45. LOOSELY assemble two (2) 4-1/2 DIA. PULLEYS with 1 IN. BUSHING. to the PULLEY BRACKET SUPPORT as shown, using two (2) 3/8 X 2 IN. HEX HEAD BOLTS, two (2) CABLE RETAINING CLIPS and two (2) 3/8 IN. LOCKNUTS. (NOTE: DO NOT TIGHTEN)
- 46. Insert four (4) 3/4 IN. FLANGE BEARINGS into the TOP and BOTTOM ends of the BUSHINGS in the BEARING HOUSING.
- 47. Insert four (4) 2 IN. SQ. END CAPS into open ends of LEFT and RIGHT PEC DEC ARMS.
- 48. Insert PIVOT of each ARM into FLANGE BEARINGS in the BEARING HOUSING and secure with two (2) STAR LOCK COLLARS.
- 49. Peel off backing from two (2) 1 IN. SQ. PLASTIC STOPS, attach to ANGLE IRON STOP BRACKET on BEARING HOUSING where ARM CAMS make contact.
- 50. Slide LARGE FOAM ROLLER PADS onto LEFT and RIGHT PEC DEC ARMS. (NOTE: IF A LUBRICANT IS REQUIRED, PARABODY RECOMMENDS THOROUGHLY COATING THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)
- 51. Insert one (1) 1-3/4 IN. END CAP 10-14 GA into open end of MAIN UPRIGHT BOTTOM SECTION.
- 52. SECURELY assemble the SEAT PAD to MAIN UPRIGHT BOTTOM SECTION using two (2) 3/8 X 2-3/4 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCK WASHERS.

358 EX350 ASSEMBLY INSTRUCTIONS

53. SECURELY assemble the BACK PAD to MAIN UPRIGHT using two (2) 3/8 X 3 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCK WASHERS. (HIDEM WELT CLIP SHOULD BE FACING DOWN)
54. • To assemble the PEC DEC LOOP CABLE, start by LOOSELY attaching each end of the CABLE to CAMS of the LEFT and RIGHT PEC DEC ARMS, using two (2) 5/16 X 1 IN. HEX HEAD BOLTS, four (4) 5/16 IN. WASHERS, two (2) 5/16 IN. LOCK WASHERS, and two (2) 5/16 IN. NUTS. (SEE DETAIL C)
- Run CABLE back to the PULLEYS on the PULLEY BRACKET SUPPORT. Drape the CABLE over the PULLEYS on both sides. Position the CABLE RETAINING CLIPS over the top of the CABLE at a 45 degree angle. This will create a LOOP in the center of the hanging CABLE. (SEE DETAIL A)
- LOOSELY assemble one (1) 4-1/2 DIA PULLEY with 1 IN. BUSHING to the CENTER PULLEY BRACKET as shown on (DETAIL D), using one (1) 3/8 X 2 IN. HEX HEAD BOLT, one (1) CABLE RETAINING "L" CLIP, and one (1) 3/8 IN. LOCKNUT.
- Assemble the CENTER PULLEY BRACKET ASSEMBLY over the LOOP CABLE as shown on drawing. Position the CABLE RETAINING CLIP under the CABLE. (SEE DETAIL A)
55. Tighten all LOOSE PULLEY and CABLE connections.
56. Attach the end of one (1) 21 LINK CHAIN to the CENTER PULLEY BRACKET using one (1) 5/16 IN. SNAP LINK. (SEE DETAIL B)
57. Attach the other end of the CHAIN to the end of the CABLE in the LOW ROW SWIVEL BRACKET on the MAIN UNIT using one (1) QUICK LINK.
58. TIGHTEN ALL BOLT CONNECTIONS AT THIS TIME. (NOTE: IF PRESS ARM APPEARS TO BE OFF CENTER. ALIGN PULLEYS WITH STOP ON BACK SEAT SUPPORT BEFORE AND DURING TIGHTENING)

*** REFER TO ASSEMBLY DRAWING #3 FOR STEPS 59 THRU 67 ***

59. • Attach LAT BAR to PRIMARY CABLE with one (1) 5/16 IN. SNAP LINK (SEE DETAIL C).
- Attach one (1) 5/16 IN. SNAP LINK to each end of the second 21 LINK CHAIN to be used with either the LOW ROW PULLEY on the LEG CURL ARM ASSEMBLY or the UPPER PULLEY.
- NOTE: SEE THE EXERCISE WALL CHART FOR INFORMATION ON THE VARIOUS ACCESSORIES THAT ATTACH TO THE 5/16 IN. SNAP LINKS.
60. Attach eight (8) PARAGLIDE STRIPS to the SEAT SUPPORT TUBE on the BACK SEAT SUPPORT, as shown in (DETAIL H) using the following steps:
- Thoroughly clean all inside surfaces where the PARAGLIDE strips are to be attached.
- Remove the paper backing from the PARAGLIDE strips and firmly apply them to all shown surfaces (8 places).

358 EX350 ASSEMBLY INSTRUCTIONS

61. Assemble one (1) SPRING PIN ASSEMBLY to the SPRING PIN ASSEMBLY HOUSING located on the SEAT SUPPORT TUBE using one (1) KNOB, one (1) PLUNGER, one (1) SPRING, one (1) SPACER, and one (1) COTTER PIN. (SEE DETAIL H)
62. Insert one (1) 1 1/2 IN. SQ. END CAP 12 GA into end of the SPRING PIN ASSEMBLY HOUSING on the SEAT SUPPORT TUBE. (SEE DETAIL H)
63. Insert one (1) 2 IN. SQ. END CAP into front end of the ADJUSTABLE SEAT SUPPORT.
64. Assemble two (2) ROLLER PADS to the ADJUSTABLE SEAT SUPPORT, using one (1) ROLLER PAD SHAFT, and two (2) STAR LOCK COLLARS. (SEE DETAIL J)
65. Attach the SEAT PAD to the ADJUSTABLE SEAT SUPPORT, using two (2) 3/8 X 3 IN. HEX HEAD BOLTS and two (2) 3/8 IN. LOCK WASHERS.
66. Place the ADJUSTABLE SEAT SUPPORT ASSEMBLY into the SEAT SUPPORT TUBE located on the BACK SEAT SUPPORT by disengaging the SPRING PIN ASSEMBLY.
67. Install one (1) THUMBSCREW into the SEAT SUPPORT TUBE. (SEE DETAIL H)

!!! WARNING !!!

MAKE SURE SNAP LINKS ARE FASTENED BEFORE DOING EXERCISES.

!!! WARNING !!!

DO NOT OPERATE THIS MACHINE WITH LAT BAR OFF SAFETY HOOKS EXCEPT DURING HIGH PULLEY EXERCISES. ALSO, LAT BAR IS NOT TO BE USED FOR PULL-UPS.

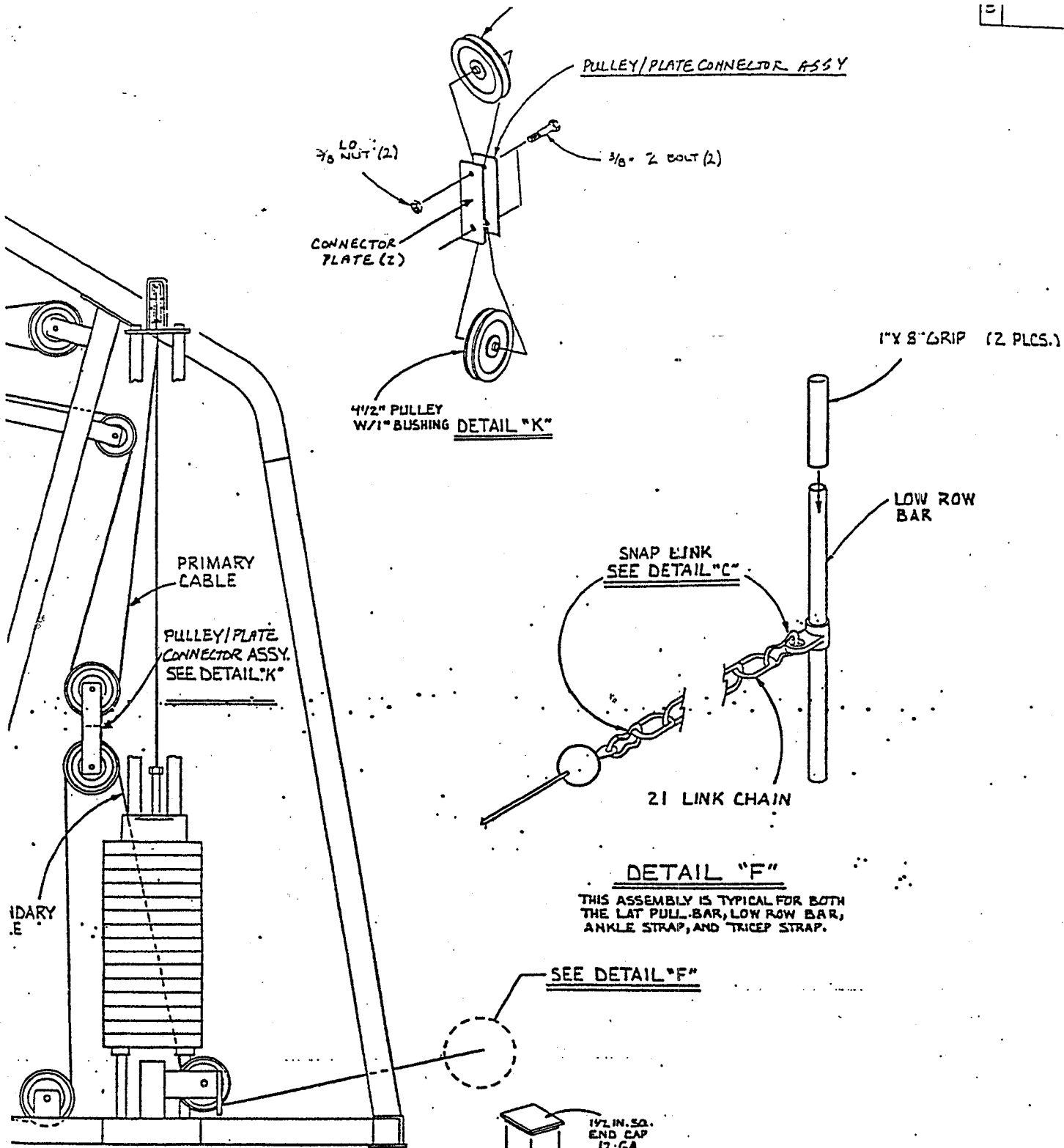
PLEASE NOTE:

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.

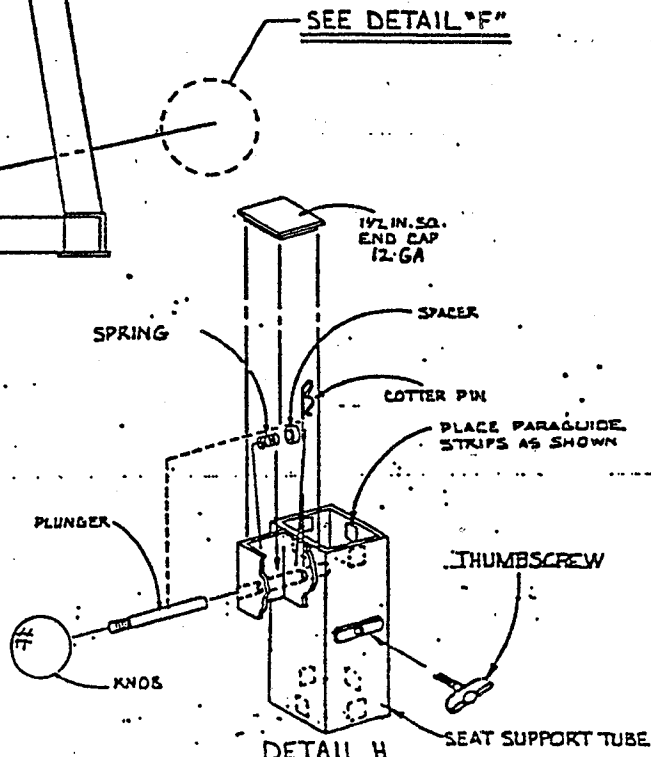
PLEASE NOTE:

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



DETAIL "F"
 THIS ASSEMBLY IS TYPICAL FOR BOTH
 THE LAT PULL BAR, LOW ROW BAR,
 ANKLE STRAP, AND TRICEP STRAP.



DRAWING. # 3

TOLERANCES UNLESS OTHERWISE SPECIFIED		 ParaBody, Inc RAMSEY, MINNESOTA	
DESIGNED BY	DATE	TITLE	SCALE
1. 1/16" ± 0.005 2. 1/8" ± 0.005 3. 1/4" ± 0.005 4. 3/8" ± 0.005 5. 1/2" ± 0.005 6. 3/4" ± 0.005 7. 1" ± 0.005 8. 1 1/4" ± 0.005 9. 1 1/2" ± 0.005 10. 2" ± 0.005 11. 2 1/2" ± 0.005 12. 3" ± 0.005 13. 3 1/2" ± 0.005 14. 4" ± 0.005 15. 4 1/2" ± 0.005 16. 5" ± 0.005 17. 5 1/2" ± 0.005 18. 6" ± 0.005 19. 6 1/2" ± 0.005 20. 7" ± 0.005 21. 7 1/2" ± 0.005 22. 8" ± 0.005 23. 8 1/2" ± 0.005 24. 9" ± 0.005 25. 9 1/2" ± 0.005 26. 10" ± 0.005 27. 10 1/2" ± 0.005 28. 11" ± 0.005 29. 11 1/2" ± 0.005 30. 12" ± 0.005 31. 12 1/2" ± 0.005 32. 13" ± 0.005 33. 13 1/2" ± 0.005 34. 14" ± 0.005 35. 14 1/2" ± 0.005 36. 15" ± 0.005 37. 15 1/2" ± 0.005 38. 16" ± 0.005 39. 16 1/2" ± 0.005 40. 17" ± 0.005 41. 17 1/2" ± 0.005 42. 18" ± 0.005 43. 18 1/2" ± 0.005 44. 19" ± 0.005 45. 19 1/2" ± 0.005 46. 20" ± 0.005 47. 20 1/2" ± 0.005 48. 21" ± 0.005 49. 21 1/2" ± 0.005 50. 22" ± 0.005 51. 22 1/2" ± 0.005 52. 23" ± 0.005 53. 23 1/2" ± 0.005 54. 24" ± 0.005 55. 24 1/2" ± 0.005 56. 25" ± 0.005 57. 25 1/2" ± 0.005 58. 26" ± 0.005 59. 26 1/2" ± 0.005 60. 27" ± 0.005 61. 27 1/2" ± 0.005 62. 28" ± 0.005 63. 28 1/2" ± 0.005 64. 29" ± 0.005 65. 29 1/2" ± 0.005 66. 30" ± 0.005 67. 30 1/2" ± 0.005 68. 31" ± 0.005 69. 31 1/2" ± 0.005 70. 32" ± 0.005 71. 32 1/2" ± 0.005 72. 33" ± 0.005 73. 33 1/2" ± 0.005 74. 34" ± 0.005 75. 34 1/2" ± 0.005 76. 35" ± 0.005 77. 35 1/2" ± 0.005 78. 36" ± 0.005 79. 36 1/2" ± 0.005 80. 37" ± 0.005 81. 37 1/2" ± 0.005 82. 38" ± 0.005 83. 38 1/2" ± 0.005 84. 39" ± 0.005 85. 39 1/2" ± 0.005 86. 40" ± 0.005 87. 40 1/2" ± 0.005 88. 41" ± 0.005 89. 41 1/2" ± 0.005 90. 42" ± 0.005 91. 42 1/2" ± 0.005 92. 43" ± 0.005 93. 43 1/2" ± 0.005 94. 44" ± 0.005 95. 44 1/2" ± 0.005 96. 45" ± 0.005 97. 45 1/2" ± 0.005 98. 46" ± 0.005 99. 46 1/2" ± 0.005 100. 47" ± 0.005 101. 47 1/2" ± 0.005 102. 48" ± 0.005 103. 48 1/2" ± 0.005 104. 49" ± 0.005 105. 49 1/2" ± 0.005 106. 50" ± 0.005 107. 50 1/2" ± 0.005 108. 51" ± 0.005 109. 51 1/2" ± 0.005 110. 52" ± 0.005 111. 52 1/2" ± 0.005 112. 53" ± 0.005 113. 53 1/2" ± 0.005 114. 54" ± 0.005 115. 54 1/2" ± 0.005 116. 55" ± 0.005 117. 55 1/2" ± 0.005 118. 56" ± 0.005 119. 56 1/2" ± 0.005 120. 57" ± 0.005 121. 57 1/2" ± 0.005 122. 58" ± 0.005 123. 58 1/2" ± 0.005 124. 59" ± 0.005 125. 59 1/2" ± 0.005 126. 60" ± 0.005 127. 60 1/2" ± 0.005 128. 61" ± 0.005 129. 61 1/2" ± 0.005 130. 62" ± 0.005 131. 62 1/2" ± 0.005 132. 63" ± 0.005 133. 63 1/2" ± 0.005 134. 64" ± 0.005 135. 64 1/2" ± 0.005 136. 65" ± 0.005 137. 65 1/2" ± 0.005 138. 66" ± 0.005 139. 66 1/2" ± 0.005 140. 67" ± 0.005 141. 67 1/2" ± 0.005 142. 68" ± 0.005 143. 68 1/2" ± 0.005 144. 69" ± 0.005 145. 69 1/2" ± 0.005 146. 70" ± 0.005 147. 70 1/2" ± 0.005 148. 71" ± 0.005 149. 71 1/2" ± 0.005 150. 72" ± 0.005 151. 72 1/2" ± 0.005 152. 73" ± 0.005 153. 73 1/2" ± 0.005 154. 74" ± 0.005 155. 74 1/2" ± 0.005 156. 75" ± 0.005 157. 75 1/2" ± 0.005 158. 76" ± 0.005 159. 76 1/2" ± 0.005 160. 77" ± 0.005 161. 77 1/2" ± 0.005 162. 78" ± 0.005 163. 78 1/2" ± 0.005 164. 79" ± 0.005 165. 79 1/2" ± 0.005 166. 80" ± 0.005 167. 80 1/2" ± 0.005 168. 81" ± 0.005 169. 81 1/2" ± 0.005 170. 82" ± 0.005 171. 82 1/2" ± 0.005 172. 83" ± 0.005 173. 83 1/2" ± 0.005 174. 84" ± 0.005 175. 84 1/2" ± 0.005 176. 85" ± 0.005 177. 85 1/2" ± 0.005 178. 86" ± 0.005 179. 86 1/2" ± 0.005 180. 87" ± 0.005 181. 87 1/2" ± 0.005 182. 88" ± 0.005 183. 88 1/2" ± 0.005 184. 89" ± 0.005 185. 89 1/2" ± 0.005 186. 90" ± 0.005 187. 90 1/2" ± 0.005 188. 91" ± 0.005 189. 91 1/2" ± 0.005 190. 92" ± 0.005 191. 92 1/2" ± 0.005 192. 93" ± 0.005 193. 93 1/2" ± 0.005 194. 94" ± 0.005 195. 94 1/2" ± 0.005 196. 95" ± 0.005 197. 95 1/2" ± 0.005 198. 96" ± 0.005 199. 96 1/2" ± 0.005 200. 97" ± 0.005 201. 97 1/2" ± 0.005 202. 98" ± 0.005 203. 98 1/2" ± 0.005 204. 99" ± 0.005 205. 99 1/2" ± 0.005 206. 100" ± 0.005 207. 100 1/2" ± 0.005 208. 101" ± 0.005 209. 101 1/2" ± 0.005 210. 102" ± 0.005 211. 102 1/2" ± 0.005 212. 103" ± 0.005 213. 103 1/2" ± 0.005 214. 104" ± 0.005 215. 104 1/2" ± 0.005 216. 105" ± 0.005 217. 105 1/2" ± 0.005 218. 106" ± 0.005 219. 106 1/2" ± 0.005 220. 107" ± 0.005 221. 107 1/2" ± 0.005 222. 108" ± 0.005 223. 108 1/2" ± 0.005 224. 109" ± 0.005 225. 109 1/2" ± 0.005 226. 110" ± 0.005 227. 110 1/2" ± 0.005 228. 111" ± 0.005 229. 111 1/2" ± 0.005 230. 112" ± 0.005 231. 112 1/2" ± 0.005 232. 113" ± 0.005 233. 113 1/2" ± 0.005 234. 114" ± 0.005 235. 114 1/2" ± 0.005 236. 115" ± 0.005 237. 115 1/2" ± 0.005 238. 116" ± 0.005 239. 116 1/2" ± 0.005 240. 117" ± 0.005 241. 117 1/2" ± 0.005 242. 118" ± 0.005 243. 118 1/2" ± 0.005 244. 119" ± 0.005 245. 119 1/2" ± 0.005 246. 120" ± 0.005 247. 120 1/2" ± 0.005 248. 121" ± 0.005 249. 121 1/2" ± 0.005 250. 122" ± 0.005 251. 122 1/2" ± 0.005 252. 123" ± 0.005 253. 123 1/2" ± 0.005 254. 124" ± 0.005 255. 124 1/2" ± 0.005 256. 125" ± 0.005 257. 125 1/2" ± 0.005 258. 126" ± 0.005 259. 126 1/2" ± 0.005 260. 127" ± 0.005 261. 127 1/2" ± 0.005 262. 128" ± 0.005 263. 128 1/2" ± 0.005 264. 129" ± 0.005 265. 129 1/2" ± 0.005 266. 130" ± 0.005 267. 130 1/2" 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± 0.005 318. 156" ± 0.005 319. 156 1/2" ± 0.005 320. 157" ± 0.005 321. 157 1/2" ± 0.005 322. 158" ± 0.005 323. 158 1/2" ± 0.005 324. 159" ± 0.005 325. 159 1/2" ± 0.005 326. 160" ± 0.005 327. 160 1/2" ± 0.005 328. 161" ± 0.005 329. 161 1/2" ± 0.005 330. 162" ± 0.005 331. 162 1/2" ± 0.005 332. 163" ± 0.005 333. 163 1/2" ± 0.005 334. 164" ± 0.005 335. 164 1/2" ± 0.005 336. 165" ± 0.005 337. 165 1/2" ± 0.005 338. 166" ± 0.005 339. 166 1/2" ± 0.005 340. 167" ± 0.005 341. 167 1/2" ± 0.005 342. 168" ± 0.005 343. 168 1/2" ± 0.005 344. 169" ± 0.005 345. 169 1/2" ± 0.005 346. 170" ± 0.005 347. 170 1/2" ± 0.005 348. 171" ± 0.005 349. 171 1/2" ± 0.005 350. 172" ± 0.005 351. 172 1/2" ± 0.005 352. 173" ± 0.005 353. 173 1/2" ± 0.005 354. 174" ± 0.005 355. 174 1/2" ± 0.005 356. 175" ± 0.005 357. 175 1/2" ± 0.005 358. 176" ± 0.005 359. 176 1/2" ± 0.005 360. 177" ± 0.005 361. 177 1/2" ± 0.005 362. 178" ± 0.005 363. 178 1/2" ± 0.005 364. 179" ± 0.005 365. 179 1/2" ± 0.005 366. 180" ± 0.005 367. 180 1/2" ± 0.005 368. 181" ± 0.005 369. 181 1/2" ± 0.005 370. 182" ± 0.005 371. 182 1/2" ± 0.005 372. 183" ± 0.005 373. 183 1/2" ± 0.005 374. 184" ± 0.005 375. 184 1/2" ± 0.005 376. 185" ± 0.005 377. 185 1/2" ± 0.005 378. 186" ± 0.005 379. 186 1/2" ± 0.005 380. 187" ± 0.005 381. 187 1/2" ± 0.005 382. 188" ± 0.005 383. 188 1/2" ± 0.005 384. 189" ± 0.005 385. 189 1/2" ± 0.005 386. 190" ± 0.005 387. 190 1/2" ± 0.005 388. 191" ± 0.005 389. 191 1/2" ± 0.005 390. 192" ± 0.005 391. 192 1/2" ± 0.005 392. 193" ± 0.005 393. 193 1/2" ± 0.005 394. 194" ± 0.005 395. 194 1/2" ± 0.005 396. 195" ± 0.005 397. 195 1/2" ± 0.005 398. 196" ± 0.005 399. 196 1/2" ± 0.005 400. 197" ± 0.005 401. 197 1/2" ± 0.005 402. 198" ± 0.005 403. 198 1/2" ± 0.005 404. 199" ± 0.005 405. 199 1/2" ± 0.005 406. 200" ± 0.005 407. 200 1/2" ± 0.005 408. 201" ± 0.005 409. 201 1/2" ± 0.005 410. 202" ± 0.005 411. 202 1/2" ± 0.005 412. 203" ± 0.005 413. 203 1/2" ± 0.005 414. 204" ± 0.005 415. 204 1/2" ± 0.005 416. 205" ± 0.005 417. 205 1/2" 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± 0.005 468. 231" ± 0.005 469. 231 1/2" ± 0.005 470. 232" ± 0.005 471. 232 1/2" ± 0.005 472. 233" ± 0.005 473. 233 1/2" ± 0.005 474. 234" ± 0.005 475. 234 1/2" ± 0.005 476. 235" ± 0.005 477. 235 1/2" ± 0.005 478. 236" ± 0.005 479. 236 1/2" ± 0.005 480. 237" ± 0.005 481. 237 1/2" ± 0.005 482. 238" ± 0.005 483. 238 1/2" ± 0.005 484. 239" ± 0.005 485. 239 1/2" ± 0.005 486. 240" ± 0.005 487. 240 1/2" ± 0.005 488. 241" ± 0.005 489. 241 1/2" ± 0.005 490. 242" ± 0.005 491. 242 1/2" ± 0.005 492. 243" ± 0.005 493. 243 1/2" ± 0.005 494. 244" ± 0.005 495. 244 1/2" ± 0.005 496. 245" ± 0.005 497. 245 1/2" ± 0.005 498. 246" ± 0.005 499. 246 1/2" ± 0.005 500. 247" ± 0.005 501. 247 1/2" ± 0.005 502. 248" ± 0.005 503. 248 1/2" ± 0.005 504. 249" ± 0.005 505. 249 1/2" ± 0.005 506. 250" ± 0.005 507. 250 1/2" ± 0.005 508. 251" ± 0.005 509. 251 1/2" ± 0.005 510. 252" ± 0.005 511. 252 1/2" ± 0.005 512. 253" ± 0.005 513. 253 1/2" ± 0.005 514. 254" ± 0.005 515. 254 1/2" ± 0.005 516. 255" ± 0.005 517. 255 1/2" ± 0.005 518. 256" ± 0.005 519. 256 1/2" ± 0.005 520. 257" ± 0.005 521. 257 1/2" ± 0.005 522. 258" ± 0.005 523			

LAT BAR
1" X 8" LKIP
(2 PLCS.)

SEE DETAIL "C"

SEAT PAD

2" END CAP

SEE DETAIL "J"

ADJUSTABLE
SEAT
SUPPORT

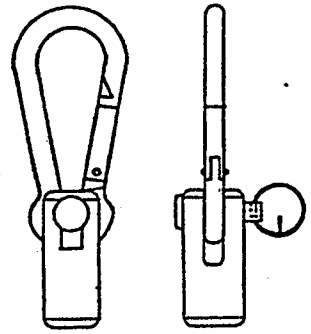
SEE DETAIL "H"

3/8" SPLITLOCK
WASHER (2)

3/8" X 3" BOLT (2)

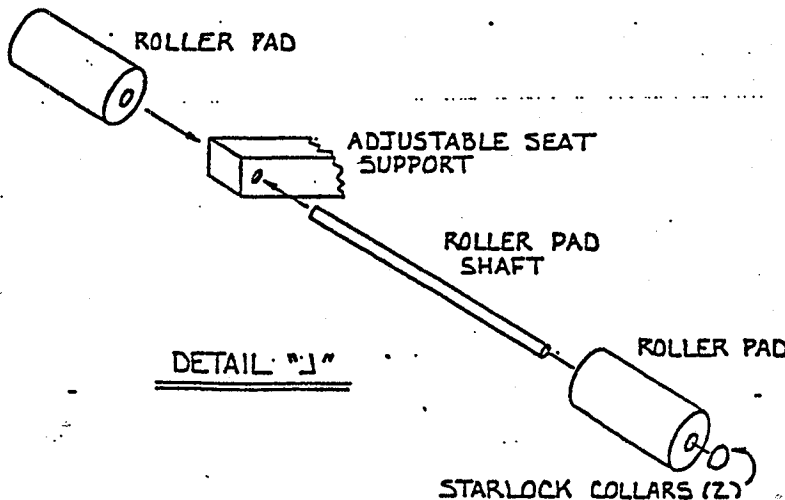
SEAT
SUPPORT
TUBE

SEE DETAIL "F"



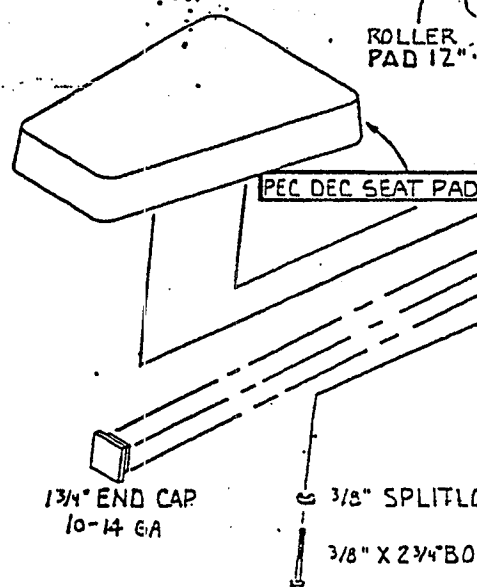
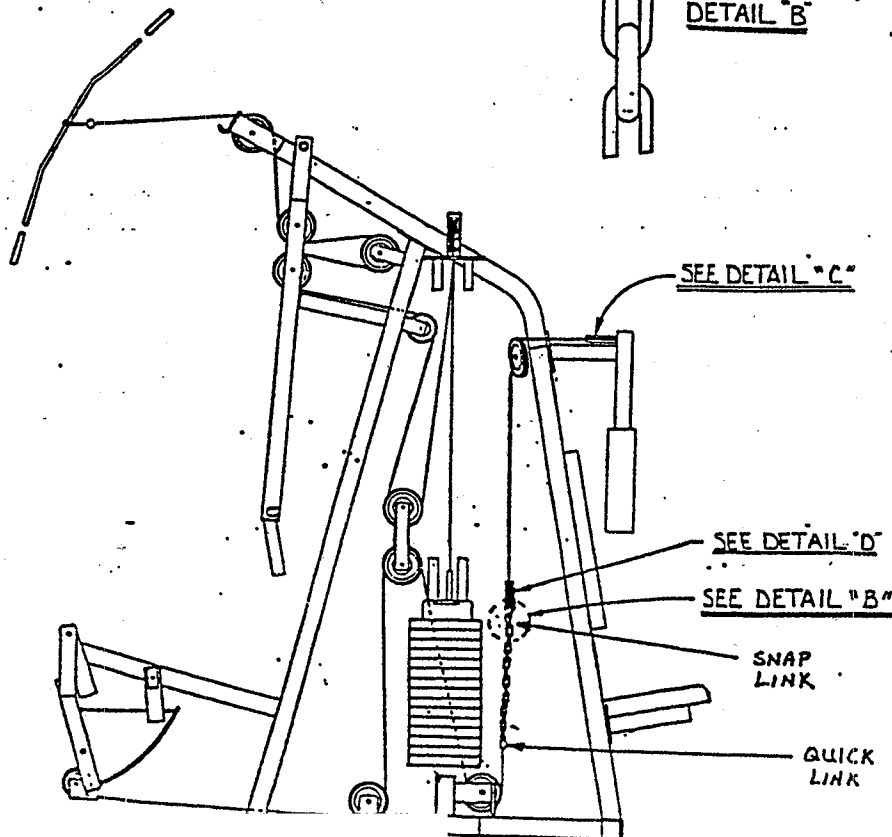
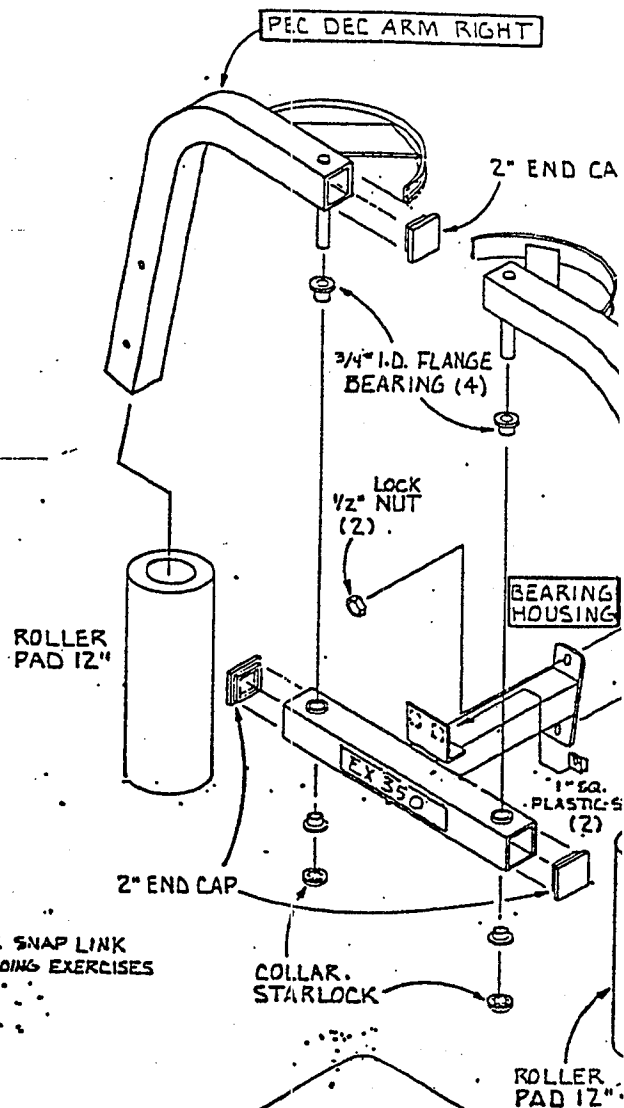
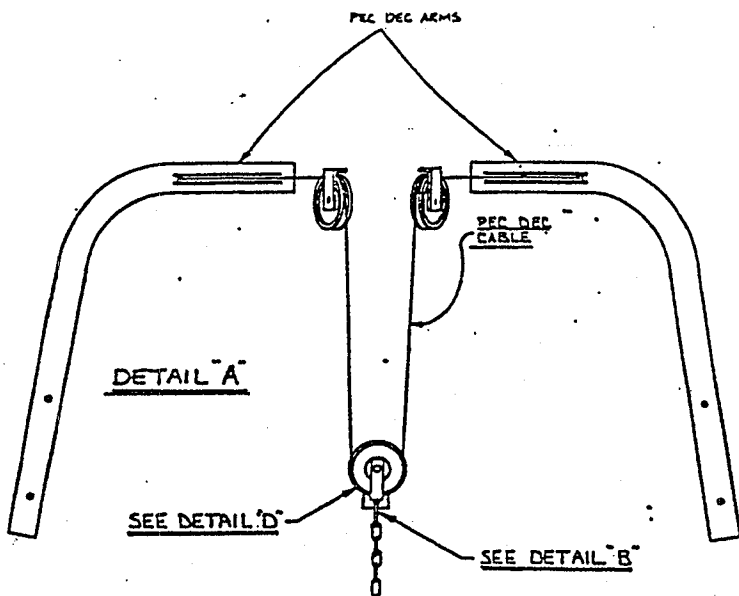
DETAIL "C"

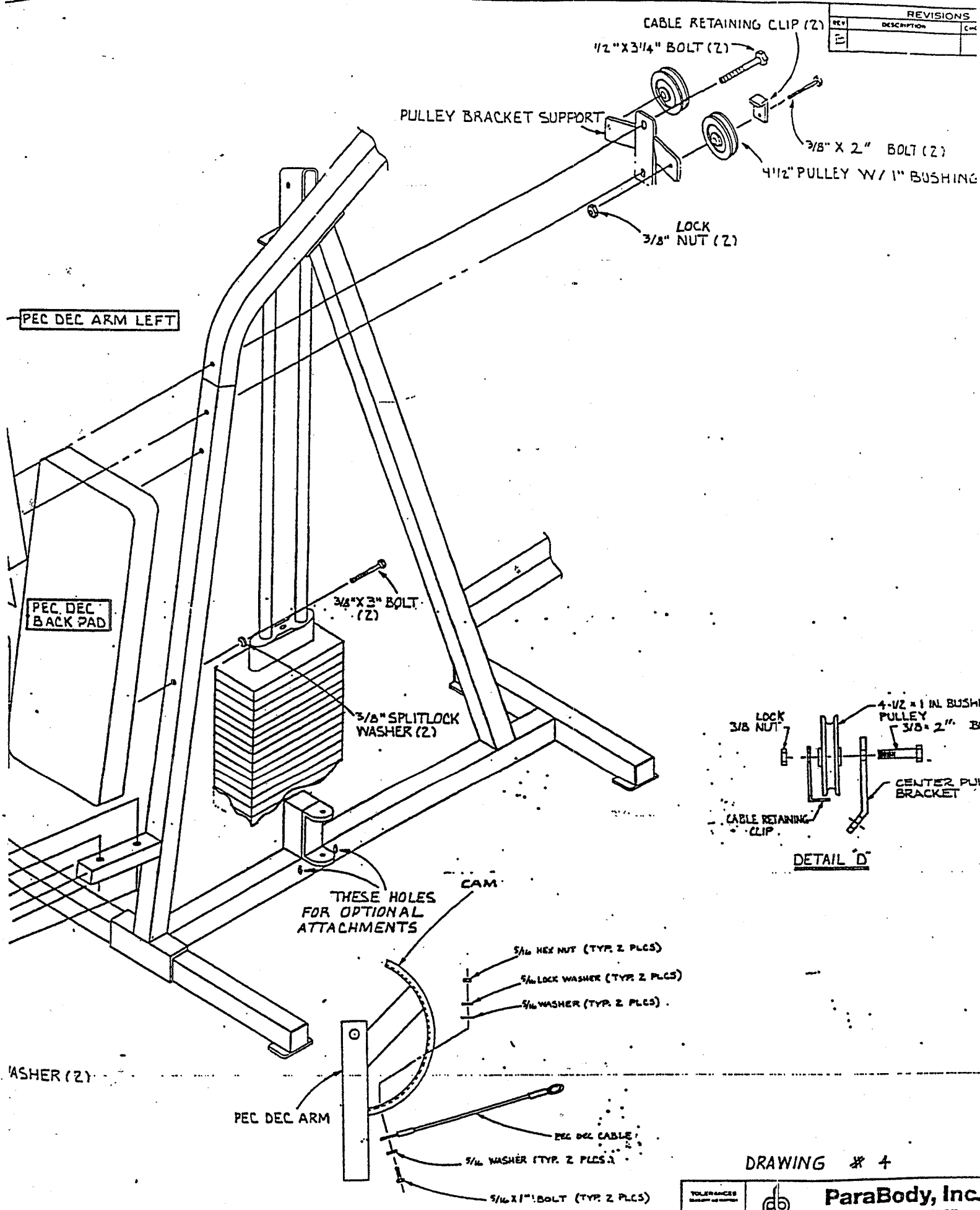
CAUTION: MAKE SURE SNAP
LINK IS FASTENED
BEFORE DOING EXERCISES



DETAIL "J"

Jerry

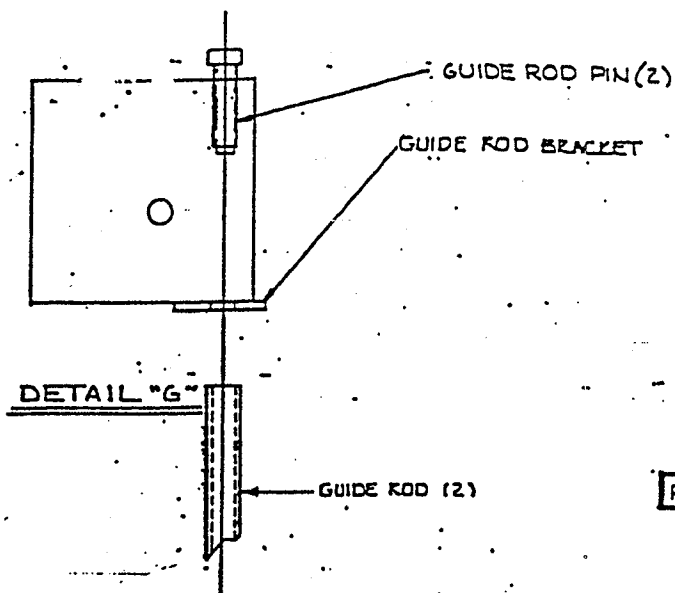




REVISIONS		
REV	DESCRIPTION	CHK
1		

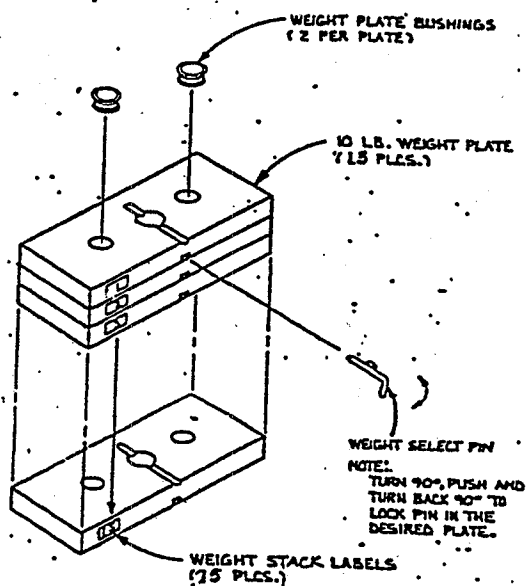
DRAWING # 4

ParaBody, Inc. RAMSEY, MINNESOTA	
TOLERANCES UNLESS OTHERWISE SPECIFIED DECIMAL FRACTIONAL	TITLE ASSY DRAWING

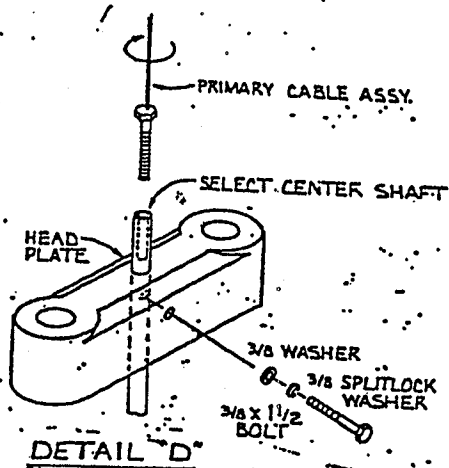


LAT BAR
HOOK COVER
(2)

3/8
BC
3/8



DETAIL "A"



PRESS ARM STOP

LOCK
3/8" NUT

4 1/2" PULLEY
W/1" BUSHING

1 1/2" END
CAP. 12 GA

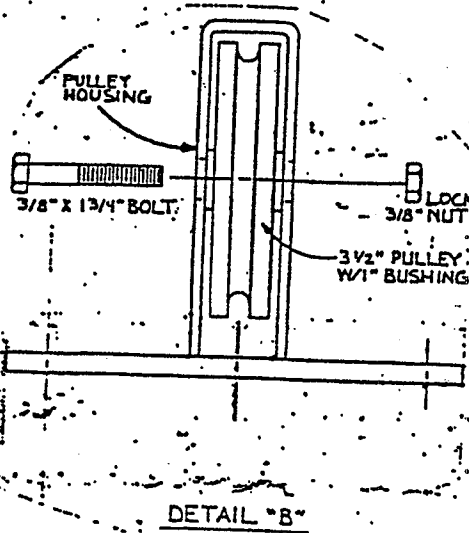
1 1/4" SQ.
RUBBER
BUMPER

1/2" NI

4 1/2" PULLEY
BUSHING

3/8 x 2" B

CABLE F
"L" CI



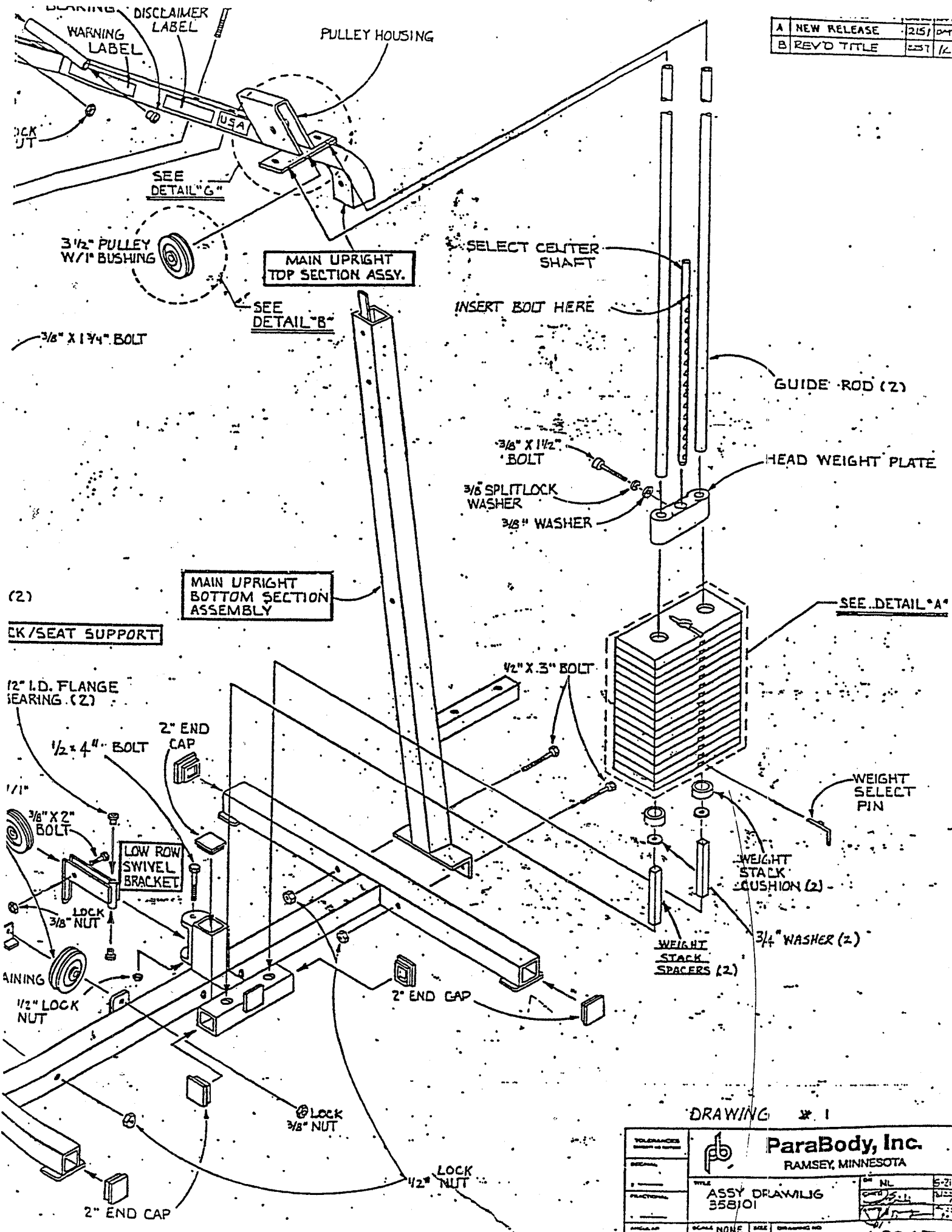
1/2" x 3 1/4" BOLT

SERIAL
NUMBER

2" END
CAP

WEIGHT STACK SUPPORT BASE

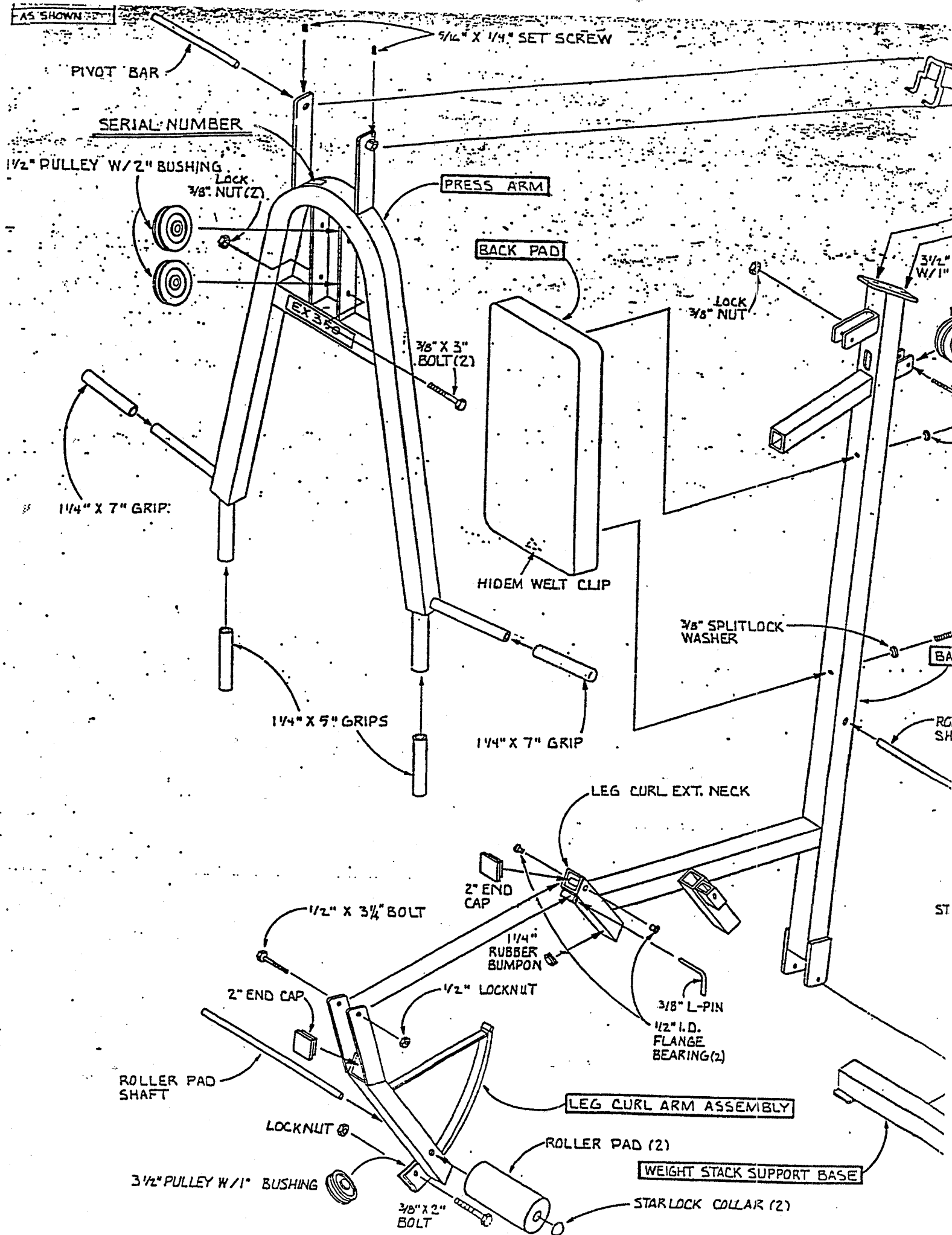
A	NEW RELEASE	2151	04/77	9
B	REV'D TITLE	237	12	11



DRAWING # 1

ParaBody, Inc. RAMSEY, MINNESOTA		5-21-6 12-27-6 1-27-6 2-27-6 3-27-6 4-27-6 5-27-6 6-27-6 7-27-6 8-27-6 9-27-6 10-27-6 11-27-6 12-27-6
TITLE ASSY DRAWING 358101		63967
SCALE NONE	SIZE D	DRAWING NO. 63967

AS SHOWN



REVISIONS			
REV	DESCRIPTION	CHK BY	APPROV DATE
B			

1/8" X 1 3/4" BOLT

1/8" X 3" BOLT

PLIT LOCK
NER

MAIN UPRIGHT
BOTTOM SECTION
ASSEMBLY

1/8" X 3" BOLT


EAT SUPPORT

ROLLER PAD (2)
BOTH ENDS

PAD

COLLAR (2)

DRAWING # 2

 ParaBody, Inc. RAMSEY, MINNESOTA		DATE: 5-21-70 BY: JLV CHECKED: JLV APPROVED: JLV	
TITLE: ASSY DRAWING 358101		SCALE: NONE SIZE: D DRAWING NO.: 12017	