

Optional Shroud Kit

A S S E M B L Y **I** N S T R U C T I O N S

FACTOR 625
B Y P A R A B O D Y

Our Strength Begins With Listening.

FACTOR 625 OPTIONAL SHROUD KIT

IMPORTANT

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KEEP ALL FRAME BOLT CONNECTIONS LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.

- NOTE:**
- The ParaBody Factor 625 base unit must be assembled on a flat, level surface to assure its proper function.
 - ParaBody strongly recommends that this product be assembled by two persons to avoid possible injury.

!!!WARNING!!!

MAKE SURE SNAP HOOKS ARE FASTENED BEFORE DOING EXERCISES.

!!!WARNING!!!

LAT BAR IS NOT TO BE USED FOR PULL-UPS.

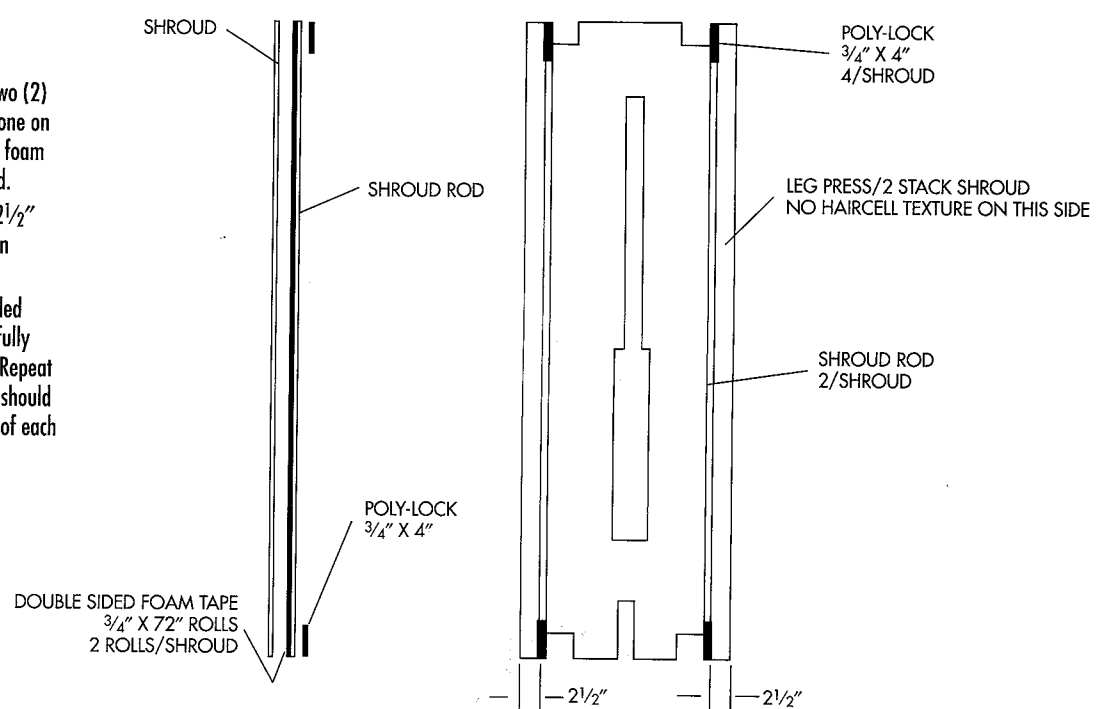
NOTE: We recommend cleaning your product (pads and the frame members) on a regular basis, using warm soapy water. Also, touch-up paint can be purchased from your ParaBody Customer Service Representative at 1-800-328-9714.

OPTIONAL SHROUD PARTS LIST

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY.
1	Optional Shroud (PB3179-01)	5
2	Shroud Rod (PB3189-01)	10
3	Dbl. Sided Foam Tape 3/4" x 72" (C1196-01)	10
4	Poly-Lock 3/4" x 4" (20 pieces in Bag)	1

1. Lay the shroud on a clean/flat/firm surface.
2. Adhere one roll of the double sided foam tape 3/4" x 72" to one of the shroud rods. Secure two (2) of the 3/4" x 4" Poly-locks to the shroud rod (one on each end of the side opposite the double sided foam tape). Do this for the remaining (1) shroud rod.
3. Using a template or tape measure, scribe the 2 1/2" location for the shroud rods on the smooth/non screened side of the shrouds.
4. Remove the backing paper from the double sided foam tape on one of the shroud rods and carefully fasten the shroud rod to the shroud as shown. Repeat this for the second shroud rod. The shroud rod should be applied to the smooth or non screened side of each shroud.



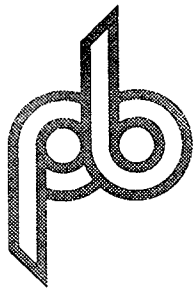
If you have any questions on the proper assembly of equipment,
do not hesitate to call the ParaBody Customer Service Department at
1-800-328-9714



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Do not mark this box!

PARABODY INC.



**FACTOR 625 D-RING RETRO KIT
607/608**

**PRODUCT ASSEMBLY
INSTRUCTION SHEETS**

TOOLS REQUIRED FOR ASSEMBLY

- RATCHET
- 9/16 INCH SOCKET
- 7/16 INCH WRENCH
- ADJUSTABLE WRENCH

REVISION: A

**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

607/608 FACTOR 625 D-RING RETRO KIT ASSEMBLY PARTS LIST

HARDWARE/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	D-RING WDMNT(6352301).....	1
2.	ROTARY CABLE(6406001).....	1
3.	LEG PRESS/ROTARY CABLE(6405701).....	1
4.	PEC/D-RING CABLE(6406101).....	1
5.	MULTI PRESS CABLE(6405801).....	1
6.	LAT CABLE(6405901).....	1
7.	SWIVEL(3201501).....	4
8.	D-RING CABLE CLIP(3200501).....	4
9.	VINYL CAP(3201402).....	1

607/608 FACTOR 625 D-RING RETRO KIT ASSEMBLY INSTRUCTIONS

STEP 1: D-RING INSTALLATION

1. To assemble the new **D-RING** to the **FACTOR 625**, use the following steps:
 - Remove all the **CABLES** from the old **D-RING**.
 - Loosen, and remove the two (2) 1/4-20 **NUTS**, and the 1/4 IN. **WASHER** from the end of the **D-RING CABLE**.
 - Slide one (1) **VINYL CAP** over the end of the new **D-RING**.
 - Remove and discard old **D-RING**, and replace with the new **D-RING**.
 - **LOOSELY** attach the 1/4 IN. **WASHER**, and the two (2) 1/4 IN. **NUTS** to the end of the **D-RING CABLE**. (**POSITION THE 1/4-28 NUTS HALF WAY UP ON THE THREADS OF THE D-RING CABLE UNTIL CABLE INSTALLATION IS COMPLETE. DO NOT TIGHTEN NUTS AT THIS TIME**)

STEP: 2 CABLE INSTALLATION

NOTE: FOR EASE OF CABLE REPLACEMENT THE D-RING END OF THE OLD CABLES MAY BE CUT OFF. IF THIS IS NOT POSSIBLE SOME PULLEYS WILL NEED TO BE LOOSENED AND REMOVED TEMPORALLY IN ORDER TO REMOVE OLD CABLES.

2. To replace the **ROTARY CABLE (6406001)**, or (depending on which **RETRO KIT** being assembled) the **LEG PRESS/ROTARY CABLE (6405701)**, see the drawing, and use the following steps:
 - Remove the **SHOCK CORD** from the **BASE** of the 625, then remove it from the end of the old **ROTARY CABLE**.
 - Remove and discard the old **ROTARY CABLE**, and replace it with the new **ROTARY CABLE**. (**THE CABLE MUST BE ROUTED THE SAME WAY IT WAS REMOVED**).
 - Run the **ROTARY CABLE** through the hole of the **D-RING** shown in (**DETAIL A**) on drawing, and attach one (1) **D-RING CABLE CLIP** around the ball end of the **ROTARY CABLE**.
 - Attach one (1) **SHOCK CORD** to the **D-RING CABLE CLIP** on the end of the **ROTARY CABLE** as shown in (**DETAIL A**).
 - Route the **SHOCK CORD** the same way that it was removed. Attach one (1) **SWIVEL** to the end of the **SHOCK CORD**, and slide the swivel over the **BAR** on the **BASE** as shown in (**VIEW B-B**). Replace the **SHOCK CORD** to its original position on the **BAR**.
 - **IMPORTANT: MAKE SURE THAT THE D-RING CABLE CLIP IS POSITIONED VERTICALLY ABOVE THE D-RING.**

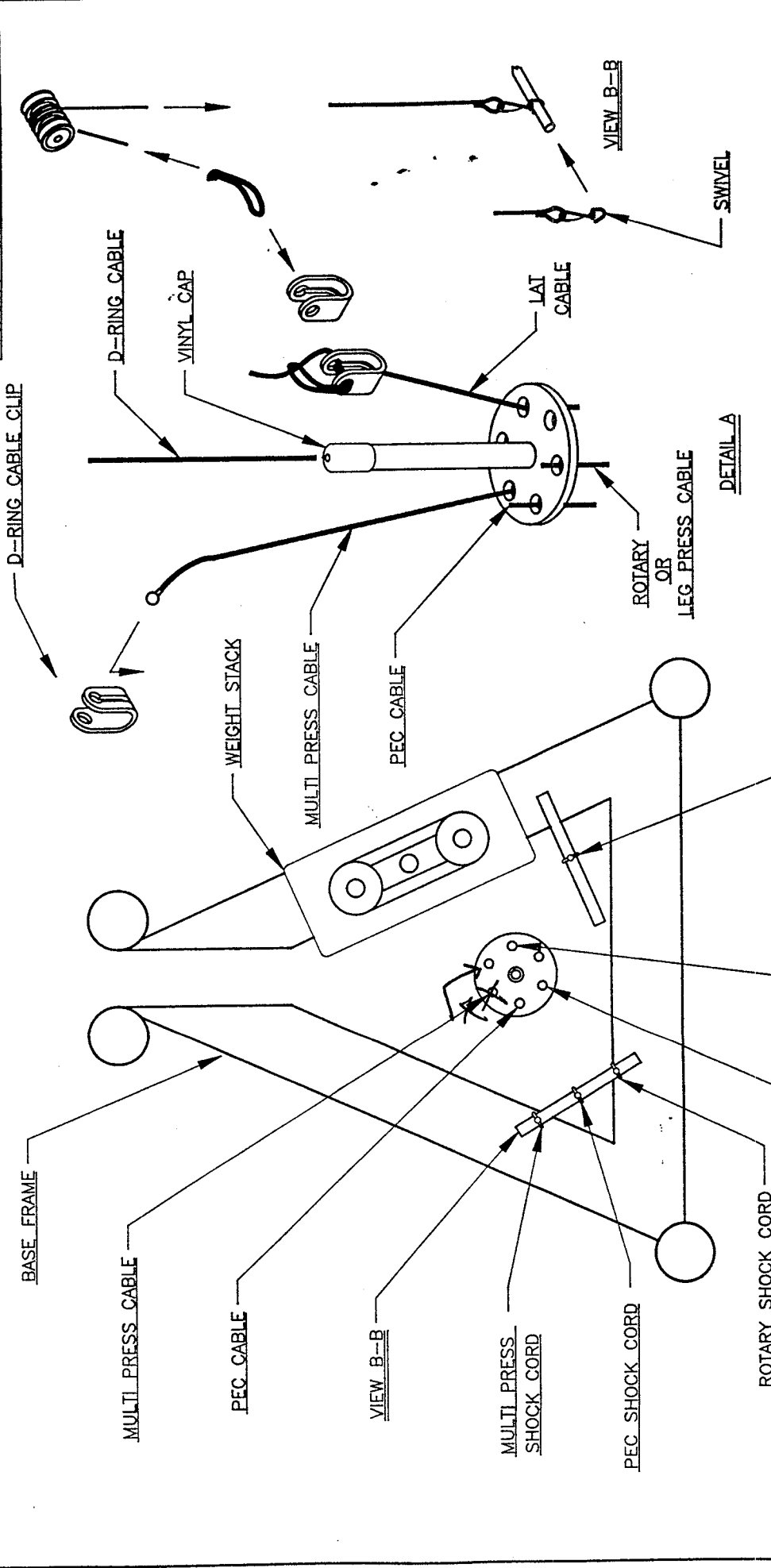
607/608 FACTOR 625 D-RING RETRO KIT ASSEMBLY INSTRUCTIONS

3. Replace the remaining CABLES in the following order using the steps outlined in STEP 2: **(PLEASE REPLACE ONE CABLE AT A TIME, REPLACING IN A CLOCKWISE DIRECTION AROUND THE D-RING. SEE DRAWING)**
 - PEC/D-RING CABLE (6406101)
 - MULTI PRESS CABLE (6405801)
 - LAT CABLE (6405901)

4. When all of the CABLES have been replaced, adjust the height of the D-RING on the D-RING CABLE by raising or lowering the two (2) 1/4-28 IN. NUTS. **(THE D-RING SHOULD REST JUST BELOW THE D-RING CABLE CLIPS ON THE CABLE ENDS)**. When the correct height is obtained **SECURELY** tighten the two (2) 1/4-28 nuts together.

DASH NO DESCRIPTION

REVISIONS			
REV	DESCRIPTION	CHKD NO	DATE
A	NEW RELEASE	280	3/21/74



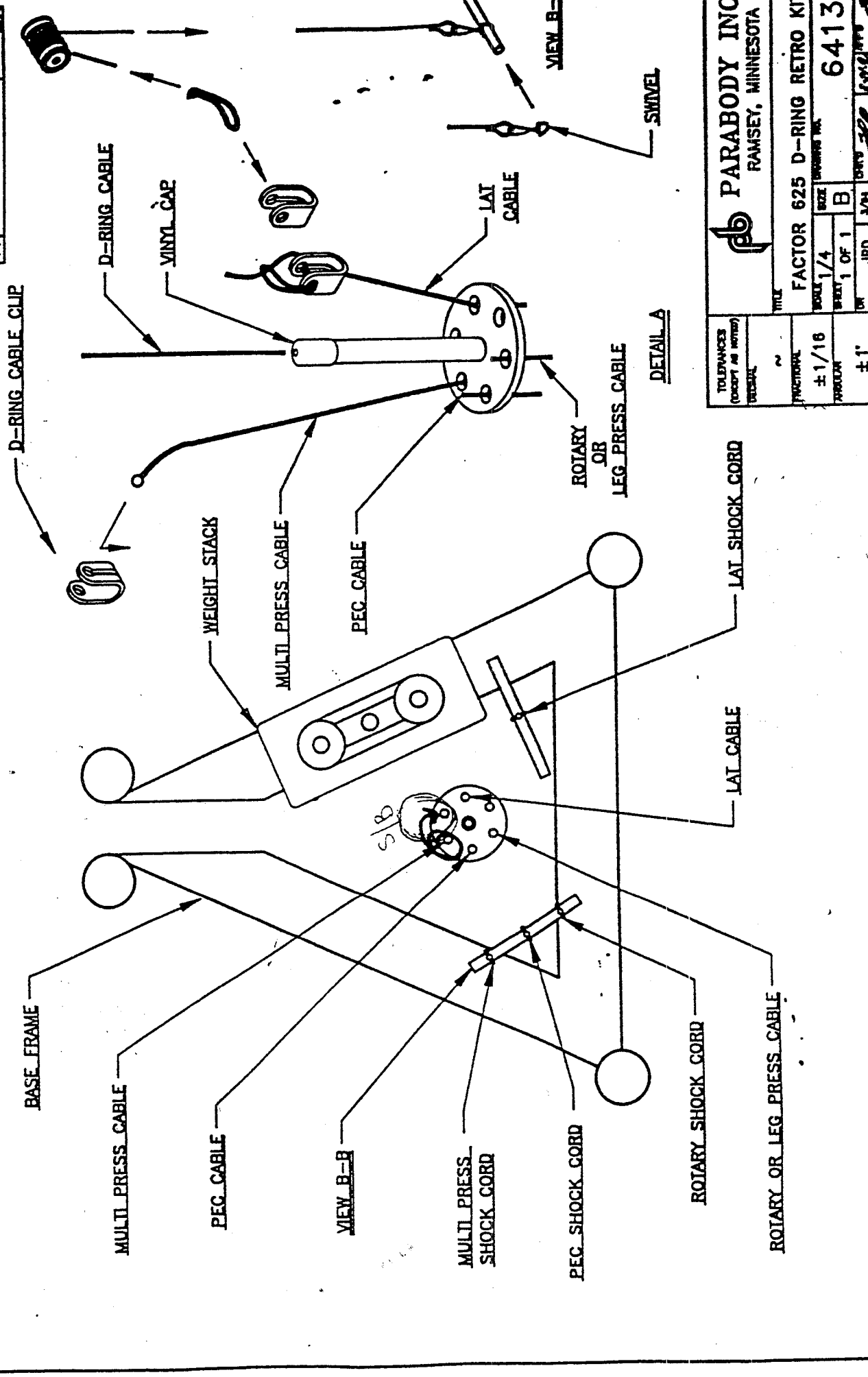
TOLERANCES (EXCEPT AS NOTED)		TITLE	
DECIMAL	~	PARABODY INC. RAMSEY, MINNESOTA	
FRACTIONAL	± 1/16	FACTOR 625 D-RING RETRO KIT	
ANGULAR	± 1°	SCALE	1/4
		SHEET	1 OF 1
		DR	JRD
		CHKD	280
		DATE	3/21/74

DRAWING NO.	
64137	

4/18/95

REVISIONS	
REV	DESCRIPTION
A	NEW RELEASE

DATE	DESCRIPTION



TOLERANCES (EXCEPT AS NOTED)	
FRACTIONAL	DECIMAL
± 1/16	± .015
FRACTION	DECIMAL
± 1"	± .1"

PARABODY INC
 RAMSEY, MINNESOTA
 TITLE: FACTOR 625 D-RING RETRO KIT
 SCALE: 1/4" = 1" (AS SHOWN)
 SHEET: 1 OF 1
 DWG NO: 6413
 DATE: 1/18/95