



Strength Building Gear

425101 HOME GYM ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE 425101 HOME GYM. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

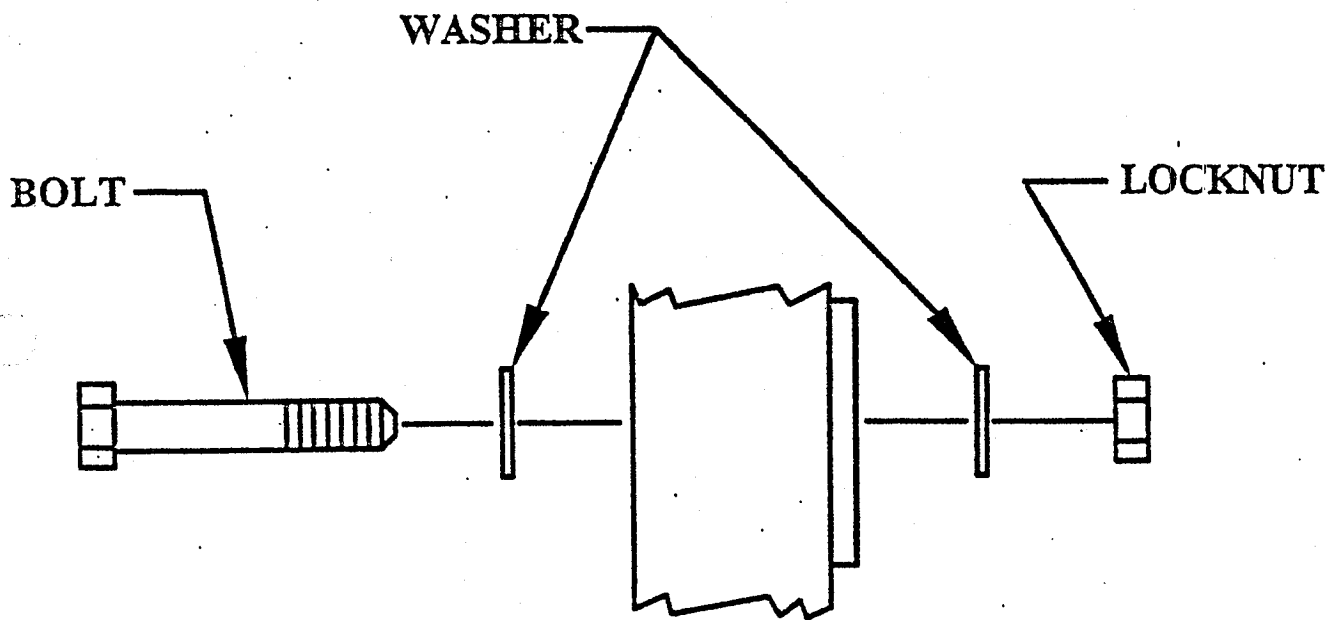
IMPORTANT

THE 425101 HOME GYM MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

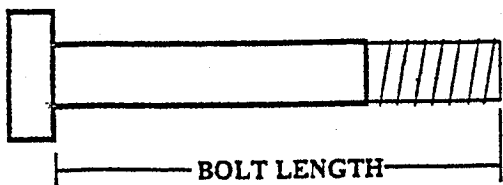
- PARABODY INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.
- KEEP ALL FRAME CONNECTIONS LOOSE, UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, 7/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, PHILLIPS SCREWDRIVER, 5/32 ALLEN WRENCH, 7/32 ALLEN WRENCH, LEVEL, and RUBBER Mallet or HAMMER.

!!! ATTENTION !!!

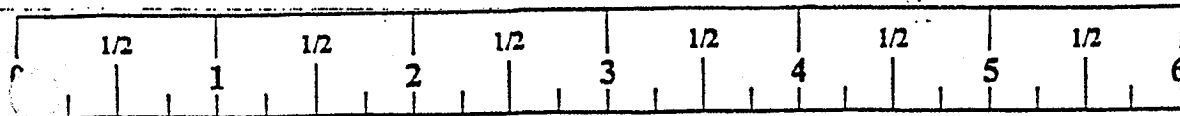
UNLESS OTHERWISE SHOWN, ALL CONNECTIONS WILL CONSIST OF ONE (1) BOLT, TWO (2) WASHERS, AND ONE (1) LOCK NUT.



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



BOLT LENGTH RULER:



425101 HOME GYM ASSEMBLY PARTS LIST (LEVEL 1)

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 4 IN. BOLT	1
2.	1/2 X 3-1/2 IN. BOLT	2
3.	1/2 X 3 IN. BOLT	2
4.	3/8 X 4-1/2 IN. THREADED SHAFT	1
5.	3/8 X 2-3/4 IN. BOLT	1
6.	3/8 X 2-1/2 IN. BOLT	1
7.	3/8 X 2 IN. BOLT	3
8.	1/2 IN. WASHER	9
9.	3/8 IN. WASHER	5
10.	1/2 IN. LOCK WASHER	1
11.	1/2 IN. LOCK NUT	3
12.	1/2 IN. LOW HEIGHT LOCK NUT	1
13.	3/8 IN. LOCK NUT	4
14.	3/8 IN. NUT	3
15.	3/8 IN. FLANGE SPACER	2
16.	1/2 IN. FLANGE BEARING	6
17.	2-3/8 IN. CABLE RETAINING CLIP	5
18.	5-1/2 X 2-1/2 IN. NON SKID STRIP	2
19.	1 X 1 IN. CARRIAGE GUIDE	2

ADDITIONAL COMPONENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE.....(6539501).....	1
2.	PRESS BASE.....(6538601).....	1
3.	SWIVEL PULLEY BRACKET.....(6539101).....	1
4.	LOW ROW/CALF RAISE.....(6539301).....	1
5.	PRESS LEVER.....(6539001).....	1
6.	PRESS SUPPORT TUBE.....(6522903).....	1
7.	3-1/2 X 1 IN. PULLEY.....(3116201).....	7

THE INSTRUCTIONS FOR (LEVEL 1) ARE TO BE USED WITH THE (LEVEL 1) DRAWING.

1. Insert two (2) 1/2 IN. FLANGE BEARINGS into the SWIVEL PULLEY BRACKET as shown on drawing.
2. Assemble the SWIVEL PULLEY BRACKET to the PRESS BASE as shown on drawing, using one (1) 1/2 X 4 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE SWIVEL BRACKET TO ROTATE FREELY)
3. SECURELY assemble one (1) 3-1/2 X 1 IN. PULLEY to the SWIVEL PULLEY BRACKET as shown on drawing, using one (1) 3/8 X 2 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
4. SECURELY assemble one (1) 3-1/2 X 1 IN. PULLEY to the rear vertical flat of the PRESS BASE as shown on drawing, using one (1) 3/8 X 2 IN. BOLT, one (1) 2-3/8 IN. CABLE RETAINING CLIP, one (1) 3/8 IN. WASHER, and one (1) 3/8 IN. LOCK NUT.
5. SECURELY assemble one (1) 3-1/2 X 1 IN. PULLEY to the PRESS LEVER as shown on drawing, using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. FLANGE SPACERS, and one (1) 3/8 IN. LOCK NUT.

6. Attach two (2) 1 X 1 IN. CARRIAGE GUIDES to the underside of the PRESS LEVER, as shown in (DETAIL A).
7. Insert two (2) 1/2 IN. FLANGE BEARINGS into the PRESS LEVER as shown on drawing.
8. Assemble the PRESS LEVER to the PRESS BASE as shown on drawing, using one (1) 1/2 X 3-1/2 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS LEVER TO ROTATE FREELY)
9. Insert two (2) 1/2 IN. FLANGE BEARINGS into the PRESS SUPPORT TUBE as shown on drawing.
10. Assemble the PRESS SUPPORT TUBE to the PRESS BASE as shown on drawing, using one (1) 1/2 X 3-1/2 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS SUPPORT TUBE TO ROTATE FREELY)
11. Attach two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the LOW ROW/CALF RAISE approximately where shown on drawing.
12. SECURELY assemble the LOW ROW/CALF RAISE to the PRESS BASE using two (2) 1/2 X 3 IN. BOLTS, three (3) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT.
13. SECURELY assemble one (1) 3-1/2 X 1 IN. PULLEYS to the front flat of the BASE as shown on drawing, using one (1) 3/8 X 2 IN. BOLT, one (1) CABLE RETAINING CLIP, one (1) 3/8 IN. WASHER, and one (1) 3/8 IN. LOCK NUT.
14. SECURELY assemble two (2) 3-1/2 X 1 IN. PULLEYS to the middle flat of the BASE as shown in (DETAIL B), using one (1) 3/8 X 4-1/2 IN. THREADED STUD, two (2) CABLE RETAINING CLIPS, and two (2) 3/8 IN. NUTS.
15. SECURELY assemble one (1) 3-1/2 X 1 IN. PULLEYS to the rear flat of the BASE as shown on drawing, using one (1) 3/8 X 2-1/2 IN. BOLT, one (1) 2-3/8 IN. CABLE RETAINING CLIP, one (1) 3/8 IN. WASHER, and one (1) 3/8 IN. NUT.

THIS CONCLUDES THE ASSEMBLY OF (LEVEL 1)

425101 HOME GYM ASSEMBLY PARTS LIST (LEVEL 2)

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 2 IN. BOLT	1
2.	3/8 X 2-3/4 IN. BOLT	2
3.	3/8 X 3 IN. BOLT	8
4.	1/2 X 3-1/4 IN. BOLT	4
5.	3/8 IN. WASHER	19
6.	1/2 IN. WASHER	8
7.	3/8 IN. LOCK NUT	11
8.	1/2 IN. LOCK NUT	4
9.	3/8 IN. SPRING PIN ASSEMBLY	1
10.	9/16 MUSHROOM CAP	2
11.	THUMBSCREW	1
12.	3/8 IN. FLANGE SPACER	2
13.	2-7/8 IN. CABLE RETAINING CLIP	1

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	REAR UPRIGHT(6538501).....	1
2.	MIDDLE UPRIGHT(6530303).....	1
3.	FRONT UPRIGHT(6540001).....	1

4.	ROLLER PAD SHAFT	(6485301).....	1
5.	ROLLER PAD	(6194601).....	2
6.	3-1/2 X 1 IN. PULLEY	(3116201).....	1
7.	4-1/2 X 1 IN. PULLEY	(3116102).....	1

THE INSTRUCTIONS FOR (LEVEL 2) ARE TO BE USED WITH THE (LEVEL 2) DRAWING

1. LOOSELY assemble the FRONT and MIDDLE UPRIGHTS to the BASE as shown on drawing, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.
2. LOOSELY assemble the REAR UPRIGHT to the BASE as shown on drawing, using two (2) 1/2 X 3-1/4 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS.
3. LOOSELY assemble the PRESS BASE to the REAR AND MIDDLE UPRIGHTS, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.
4. LOOSELY assemble the PRESS BASE to the BASE as shown on drawing, using two (2) 1/2 X 3-1/4 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS.
5. SECURELY assemble one (1) 3-1/2 X 1 IN. PULLEY to the FRONT UPRIGHT as shown on drawing, using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. FLANGE SPACERS, and one (1) 3/8 IN. LOCK NUT.
6. SECURELY assemble one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT to the FRONT UPRIGHT in the hole above the pulley assembled in STEP 4.
7. SECURELY assemble one (1) 3/8 IN. SPRING PIN ASSEMBLY to the SPRING PIN HOUSING, of the FRONT UPRIGHT as shown in (DETAIL A). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
8. Attach one (1) THUMBSCREW to the FRONT UPRIGHT as shown on drawing.
9. Assemble two (2) ROLLER PADS to the FRONT UPRIGHT as shown on drawing, using one (1) ROLLER PAD SHAFT, and two (2) 9/16 MUSHROOM CAPS.
10. SECURELY assemble one (1) 4-1/2 X 1 IN. PULLEY to the HORIZONTAL FLAT of the PRESS BASE using one (1) 3/8 X 2 IN. BOLT, one (1) 2-7/8 IN. CABLE RETAINING CLIP, one (1) 3/8 IN. WASHER, and one (1) 3/8 IN. LOCK NUT.

THIS CONCLUDES THE ASSEMBLY OF (LEVEL 2)

425101 HOME GYM ASSEMBLY PARTS LIST (LEVEL 3)

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 1-1/2 IN. BOLT	1
2.	3/8 X 2-1/4 IN. BOLT	1
3.	3/8 X 2-3/4 IN. BOLT	3
4.	3/8 X 3 IN. BOLT	6
5.	1/2 X 3 IN. BOLT	2
6.	1/2 X 3-1/4 BOLT	1
7.	3/4 IN. WASHER	2
8.	1/2 IN. WASHER	5
9.	3/8 IN. WASHER	13
10.	3/8 IN. LOCK WASHER	3

10.	1/2 IN. LOCK WASHER	1
11.	3/8 IN. LOCK NUT	8
12.	1/2 IN. LOW HEIGHT LOCK NUT	2
13.	WEIGHT STACK SELECTOR PIN	1
14.	GUIDE ROD PIN	2
	3/8 IN. FLANGE SPACER	6
16.	WEIGHT PLATE BUSHING	30
17.	WEIGHT STACK CUSHION	2
18.	9/16 MUSHROOM CAP	4
19.	1/2 IN. FLANGE BEARING	2
20.	3/8 IN. SPRING PIN ASSEMBLY	1
21.	1-1/4 IN. SQ. RUBBER BUMPER	1
22.	PARAGLIDE STRIP	16
23.	PLASTIC WASHER	2

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	TOP BOOM(6539401).....	1
2.	GUIDE ROD(6523401).....	2
3.	WEIGHT STACK SPACER(6375903).....	2
4.	WEIGHT PLATE(6214501).....	15
5.	WEIGHT STACK SHAFT(6266001).....	1
6.	HEAD PLATE(6223001).....	1
7.	WEIGHT STACK LABELS(6189501).....	1
8.	3-1/2 X 1 IN. PULLEY(3116201).....	3
9.	4-1/2 X 1 IN. PULLEY(3116102).....	1
10.	PAD, 15-1/2 X 10-1/2(6457301).....	1
11.	ROLLER PAD.....(6194601).....	4
12.	ROLLER PAD SHAFT.....(6485301).....	2
	ADJUSTABLE ROLLER PAD SLEEVE.....(6216702).....	1
14.	PEC SEAT.....(6539901).....	1
15.	LEG CURL/EXTENSION(6540101).....	1

THE INSTRUCTIONS FOR (LEVEL 3) ARE TO BE USED WITH THE (LEVEL 3) DRAWING

1. LOOSELY assemble three (3) 3-1/2 X 1 IN. PULLEYS, one (1) 4-1/2 X 1 IN. PULLEY to the inside of the TOP BOOM as shown in (DETAIL A), using three (3) 3/8 X 2-3/4 IN. BOLTS, one (1) 3/8 X 2-1/4 IN. BOLT, six (6) 3/8 IN. FLANGE SPACERS, two (2) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.
2. LOOSELY assemble the TOP BOOM to the top of the REAR, MIDDLE, and FRONT UPRIGHTS as shown on drawing, using four (4) 3/8 X 3 IN. BOLTS, two (2) 1/2 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, three (3) 1/2 IN. WASHERS, one (1) 1/2 IN. LOCK WASHER, four (4) 3/8 IN. LOCK NUTS, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT.
3. Insert the GUIDE RODS into the BASE as shown on drawing. (NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES)

NOTE: THE TWO (2) WEIGHT STACK SPACERS, AND THE TWO (2) 3/4 IN. WASHERS IN STEP 5 ARE TO BE USED WHEN ASSEMBLING A 150 LB. STACK. IF ASSEMBLING A 200 LB. STACK AT THIS TIME PLEASE DISCARD THESE ITEMS.

4. Slide two (2) WEIGHT STACK SPACERS, two 3/4 IN. WASHERS, and two (2) WEIGHT STACK CUSHIONS (RADIUS EDGE FACING UP) (IN THAT ORDER) down over the GUIDE RODS.

NOTE: THE WEIGHT STACK SHAFT IN STEP 6 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).

5. SECURELY assemble the WEIGHT STACK SHAFT to the HEAD PLATE as shown on drawing, using one (1) 3/8 X 1-1/2 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER.
6. Snap two (2) WEIGHT PLATE BUSHINGS each, into fifteen (15) WEIGHT PLATES as shown in (DETAIL B). (IF ASSEMBLING A 200 LB. STACK AT THIS TIME, SNAP TWO (2) WEIGHT PLATE BUSHINGS EACH INTO THE REMAINING FIVE (5) WEIGHT PLATES)
7. **USING EXTREME CARE** slide all fifteen (or twenty) WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK CUSHIONS as shown on drawing. (MAKE SURE THAT THE KEY HOLES OF THE WEIGHT PLATES ARE ALL FACING THE SAME WAY)
8. Slide the HEAD PLATE ASSEMBLY down over the GUIDE RODS onto the WEIGHT STACK as shown on drawing.
9. Swing the GUIDE RODS under the TOP BOOM as shown on drawing, and hold in place with two (2) GUIDE ROD PINS.
10. Attach the WEIGHT STACK LABELS to the WEIGHT STACK as shown on drawing. Also insert the WEIGHT STACK SELECTOR PIN into the first WEIGHT PLATE of the WEIGHT STACK.
11. SECURELY Assemble one (1) 3/8 IN. SPRING PIN ASSEMBLY to the SPRING PIN HOUSING, of the LEG CURL/EXTENSION ARM as shown in (DETAIL C). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
12. Attach eight (8) PARAGLIDE STRIPS to the ADJUSTABLE ROLLER PAD SLEEVE as shown in (DETAIL D), and using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
 - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
13. Remove the 2 IN. SQ. END CAP from the bottom of the LEG CURL EXTENSION ARM, pull back the SPRING PIN, and Insert the ADJUSTABLE ROLLER PAD SLEEVE as shown in (DETAIL E). Release the SPRING PIN into one of the adjustment holes, and reinsert the 2 IN. SQ. END CAP.
15. Assemble the two (2) ROLLER PADS to the LEG CURL EXTENSION ARM as shown on drawing using one (1) ROLLER PAD SHAFT, two (2) PLASTIC WASHERS, and two (2) 9/16 MUSHROOM CAPS. (MAKE SURE THAT THE ROLLER PAD SHAFT IS INSERTED THROUGH LARGE HOLE ON THE ADJUSTABLE ROLLER PAD SLEEVE)
16. Assemble the LEG CURL/EXTENSION ARM to the FRONT UPRIGHT using the following steps:
 - Insert two (2) 1/2 IN. FLANGE BEARINGS to the FRONT UPRIGHT as shown on drawing.
 - Assemble the LEG CURL/EXTENSION ARM to the FRONT UPRIGHT as shown on drawing, using one (1) 1/2 X 3-1/4 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOW HEIGHT LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG CURL/EXTENSION ARM TO ROTATE FREELY)
 - Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the FRONT UPRIGHT where the LEG CURL/EXTENSION ARM makes contact. (SEE DRAWING)
17. Pre-assemble the PEC SEAT, using the following steps:
 - SECURELY assemble one of the BACK/SEAT PADS to the PEC SEAT as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
 - Assemble two (2) ROLLER PADS to the PEC SEAT as shown on drawing, using one (1) ROLLER PAD SHAFT, and two (2) 9/16 MUSHROOM CAPS.
18. Attach eight (8) PARAGLIDE STRIPS to the FRONT UPRIGHT as shown in (DETAIL F), and using the directions followed in step 12.

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

THIS CONCLUDES THE ASSEMBLY OF (LEVEL 3)

425101 HOME GYM ASSEMBLY PARTS LIST (LEVEL 4)

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	2
2.	1/2 X 3-1/2 IN. BOLT	1
3.	1/2 X 4 IN. BOLT	1
4.	3/8 IN. WASHER.....	2
5.	1/2 IN. WASHER.....	4
6.	3/8 IN. LOCK WASHER.....	2
7.	1/2 IN. LOCK NUT	2
8.	CONTROL LEVER	1
9.	3/4 IN. FLANGE BEARING	2
10.	1/2 IN. FLANGE BEARING	4
11.	3/8 IN. JOINT CONNECTOR CAP	2
12.	#8 INT. TOOTH LOCK WASHER	2
13.	8-32 X 3/16 IN. SCREW	2
14.	E-RING	1
15.	5/16 X 3/8 IN. SET SCREW	2
	PARAGLIDE STRIP	8
17.	4 IN. VINYL SLEEVE	1
18.	ADHESIVE CLIP	1

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	PRESS ARM(6538401).....	1
2.	RECEIVING TUBE(6539201).....	1
3.	PRESS ADJUSTMENT TUBE(6534602).....	1
4.	10-1/4 IN. AXLE(6202601).....	1
5.	PAD, 15-1/2 X 10-1/2(6457301).....	1

THE INSTRUCTIONS FOR (LEVEL 4) ARE TO BE USED WITH THE (LEVEL 4) DRAWING.

1. Insert the PUSH/PULL CABLE through the bottom of the PRESS ARM up to the CONTROL LEVER as shown in (DETAIL A), and hold in place with one (1) E-RING.
2. SECURELY assemble the PUSH/PULL CABLE to the CONTROL LEVER as shown in (DETAIL A), using one (1) 3/8 IN. JOINT CONNECTOR CAP, one (1) #8 INT. TOOTH LOCK WASHER, and one (1) 8-32 X 3/16 IN. SCREW.
3. Slide one (1) 4 IN. VINYL SLEEVE over the CONTROL LEVER. Then SECURELY assemble the CONTROL LEVER to the TAB on the PRESS ARM as shown in (DETAIL A), using one (1) 3/8 IN. JOINT CONNECTOR CAP, one (1) #8 INT. TOOTH LOCK WASHER, and one (1) 8-32 X 3/16 IN. SCREW:

Attach four (4) PARAGLIDE STRIPS inside the end of the RECEIVING TUBE, and four (4) PARAGLIDE STRIPS outside the end of the PRESS ADJUSTMENT TUBE as shown in (DETAIL B), using the following steps:

- Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.

- Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
5. Carefully slide the PRESS ADJUSTMENT TUBE into the RECEIVING TUBE. (MAKE SURE THE SPRING PIN BARREL ON THE RECEIVING TUBE IS ON THE SAME SIDE AS THE HOLES IN THE PRESS ADJUSTMENT TUBE)
 6. Insert two (2) 1/2 IN. FLANGE BEARINGS into the PRESS LEVER as shown on drawing.
 7. Assemble the PRESS ADJUSTMENT TUBE to the PRESS LEVER as shown on drawing, using one (1) 1/2 X 4 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE RECEIVING TUBE TO ROTATE FREELY)
 8. Insert two (2) 3/4 IN. FLANGE BEARINGS into the PRESS ARM as shown on the drawing.
 9. Hold the PRESS ARM between the REAR and MIDDLE UPRIGHTS as shown in on drawing, and slide the 10-1/4 IN. AXLE through the MIDDLE UPRIGHT, the PRESS ARM, and through the COLLAR on the REAR UPRIGHT. To SECURE the AXLE in place, insert two (2) 5/16 X 3/8 IN. SET SCREWS, into the COLLARS on the UPRIGHTS and tighten it down onto the AXLE. (SEE DETAIL C)
 10. Insert two (2) 1/2 IN. FLANGE BEARINGS into the RECEIVING TUBE as shown on drawing.
 11. Assemble the RECEIVING TUBE to the PRESS ARM as shown on drawing, using one (1) 1/2 X 3-1/2 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS ARM TO ROTATE FREELY)
 12. Assemble the PUSH/PULL CABLE to the SPRING PIN HOUSING and to the L-BRACKET on the RECEIVING TUBE as shown in (DETAIL D), using the following steps:
 - Thread the first 1/4-28 IN. NUT to the bottom of the threaded end of the CABLE. Allow the
 - other 1/4-28 IN. NUT 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 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 onto the threaded end of the CABLE, and cinch the two (2) 1/4-28 IN. NUTS 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 (1) ADHESIVE CLIP to the RECEIVING TUBE and snap the CABLE into it.
 13. 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 to the BASE and to the TOP BOOM.
 - PRESS BASE to the REAR and MIDDLE UPRIGHTS.
 - PRESS BASE to the BASE.
 - MIDDLE UPRIGHT to the BASE and to the TOP BOOM.
 - FRONT UPRIGHT to the BASE.
- NOTE: DO NOT TIGHTEN THE FRONT UPRIGHT TO THE TOP BOOM AT THIS TIME.
14. SECURELY assemble the other BACK/SEAT PAD to the FRONT UPRIGHT as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.

THIS CONCLUDES THE ASSEMBLY OF (LEVEL 4)

425101 HOME GYM ASSEMBLY PARTS LIST (LEVEL 5)

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

RDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 2 IN. BOLT	2
2.	3/8 X 2-3/4 IN. BOLT	4
3.	3/8 X 3 IN. BOLT	2
4.	1/2 X 3-1/2 IN. BOLT.....	3
5.	3/8 IN. WASHER.....	8
6.	1/2 IN. WASHER.....	6
7.	3/8 IN. LOCK WASHER.....	4
8.	3/4 IN. THRUST WASHER.....	2
9.	3/8 IN. LOCK NUT.....	2
10.	1/2 IN. LOCK NUT.....	3
11.	1/2 IN. FLANGE BEARING	2
12.	3/4 IN. FLANGE BEARING	4
13.	2-3/8 IN. CABLE RETAINING CLIP	2
14.	1/4 IN. CAP NUT.....	2
15.	3/8 IN. SPRING PIN ASSEMBLY	3
16.	1/2 IN. SPRING PIN ASSEMBLY	1
17.	THUMBSCREW	1
18.	PARAGLIDE STRIP.....	8
19.	1 X 1 IN. CARRIAGE GUIDE	2
20.	2 IN. PULLEY.....	3
21.	3 IN. WHEEL	2
22.	3/8 X 1/4 IN. SPACER	2
	3/4 IN. STAR LOCK COLLARS.....	2

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	PRESS BACK SUPPORT(6538801).....	1
2.	ADJUSTABLE PRESS SEAT(6538901).....	1
3.	PEC CAM(6529702).....	2
4.	CENTER PULLEY BRACKET(6530203).....	1
5.	BEARING HOUSING.....(6539601).....	1
6.	LEFT PEC ARM(6539701).....	1
7.	RIGHT PEC ARM.....(6539801).....	1
8.	BACK PAD(6433701).....	1
9.	SEAT PAD(6433501).....	1
10.	3-1/2 X 1 IN. PULLEY(3116201).....	2
11.	4 X 12 IN. ROLLER PADS(6176201).....	2

THE INSTRUCTIONS FOR (LEVEL 5) ARE TO BE USED WITH THE (LEVEL 5 DRAWING)

1. Pre-assemble the PRESS BACK SUPPORT using the following steps:
 - Attach eight (8) PARAGLIDE STRIPS to the PRESS BACK SUPPORT as shown in (DETAIL A), using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
 - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
 - SECURELY assemble one (1) 3/8 IN. SPRING PIN ASSEMBLY to the SPRING PIN HOUSING, of the PRESS BACK SUPPORT as shown in (DETAIL B). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
 - SECURELY assemble two (2) 3 IN. WHEELS to the PRESS BACK SUPPORT as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. WASHERS, and two (2) 3/8 X 1/4 IN. SPACERS. (IF THE

WHEELS DO NOT ROTATE FREELY AFTER THE BOLTS ARE TIGHT, REMOVE WASHERS.)

2. SECURELY assemble the SEAT PAD to the ADJUSTABLE PRESS SEAT as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.

Pull back the SPRING PIN on the PRESS BACK SUPPORT and slide the ADJUSTABLE PRESS SEAT into the RECEIVING WELL. Engage the SPRING PIN into one of the adjustment holes. Secure the ADJUSTABLE PRESS SEAT in place with one (1) THUMBSCREW.
4. SECURELY assemble the BACK PAD to the PRESS BACK SUPPORT as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.
5. Insert two (2) 1/2 IN. FLANGE BEARINGS into the PRESS SUPPORT TUBE as shown on drawing.
6. SECURELY assemble the PRESS BACK SUPPORT to the PRESS SUPPORT TUBE as shown in drawing, using one (1) 1/2 X 3-1/2 IN. BOLT, two (2) 1/2 IN. WASHERS, and one (1) 1/2 IN. LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PRESS BACK SUPPORT TO ROTATE FREELY)
7. SECURELY assemble one (1) 1/2 IN. SPRING PIN ASSEMBLY to the SPRING PIN HOUSING, of the PRESS SUPPORT TUBE as shown in (DETAIL E). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
8. SECURELY assemble the BEARING HOUSING and the CENTER PULLEY BRACKET to the FRONT UPRIGHT as shown on drawing, using two (2) 1/2 X 3-1/2 IN. BOLTS, four (4) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS. (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)
9. Assemble two (2) 3/4 IN. THRUST WASHERS and two (2) PEC CAMS to the LEFT and RIGHT PEC ARMS, as shown on drawing.
10. Insert four (4) 3/4 IN. FLANGE BEARINGS into the BUSHINGS of the BEARING HOUSING, as shown on drawing.
11. Insert the LEFT and RIGHT PEC DEC ARMS through the 3/4 IN. FLANGE BEARINGS in the BEARING HOUSING on their respective sides as shown on drawing, and SECURE them in place with two (2) 3/4 I.D. STAR LOCK COLLARS.
12. Attach two (2) 1 X 1 IN. CARRIAGE GUIDES to the ANGLE on the BEARING HOUSING where the PEC CAMS make contact with the ANGLE.
13. Slide two (2) 4 X 12 ROLLER PADS onto the LEFT and RIGHT PEC DEC ARMS, until the ROLLER PAD is FLUSH with the bottom of the ARMS. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE ROLLER PAD WITH RUBBING ALCOHOL. ALSO, ROTATING THE PAD WHILE PUSHING UP WILL HELP TO EASE ASSEMBLY)
14. SECURELY assemble two (2) 3/8 IN. SPRING PIN ASSEMBLIES to the SPRING PIN BARRELS, of the PEC CAMS as shown in (DETAIL B). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)
15. LOOSELY assemble two (2) 3-1/2 X 1 IN. PULLEYS and two (2) 2-3/8 IN. CABLE RETAINING CLIPS to the CENTER PULLEY BRACKET as shown in (DETAIL D), using two (2) 3/8 X 2 IN. BOLTS, two (2) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. (NOTE: THIS CONNECTION WILL BE TIGHTENED AFTER THE CABLE HAS BEEN ROUTED)
16. Assemble three (3) 2 IN. PULLEYS to the L-HOOKS on the TOP BOOM, as shown in (DETAIL C) and SECURE in place with three (3) 1/4 IN. CAP NUTS.

THIS CONCLUDES THE ASSEMBLY OF (LEVEL 5)
425101 HOME GYM ASSEMBLY PARTS LIST (LEVEL 6)

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/4 IN. WASHER	1
2.	1/4-28 IN. NUT	2
3.	KEYHOLE CLEVIS	2
4.	SNAP LINK	2

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	D-RING(6540301).....	1
2.	D-RING CABLE(6568901).....	1
3.	LAT CABLE(6535901).....	1
4.	MULTI-PRESS CABLE(6536001).....	1

THE INSTRUCTIONS FOR (LEVEL 6) ARE TO BE USED WITH THE (LEVEL 6) DRAWING

- To assemble the D-RING CABLE, follow the cable routing diagram shown in (DETAIL A), and use the following steps:
 - SECURELY assemble the D-RING CABLE to the WEIGHT STACK SHAFT of the HEAD PLATE as shown on drawing.
 - Route the CABLE up and over the two (2) PULLEYS in the LAT BOOM above the WEIGHT STACK. (REMOVE PULLEYS FOR EASE OF INSTALLATION)
 - LOOSELY assemble the D-RING to the D-RING CABLE as shown on drawing, using one (1) 1/4 IN. WASHER, and two (2) 1/4-28 IN. NUTS. (LOCATE 1/4-28 NUTS HALF WAY UP ON THE THREADS OF THE D-RING CABLE. DO NOT TIGHTEN NUTS AT THIS TIME)
 - SECURELY Tighten the two (2) PULLEY connections from the SECOND STEP.
- To assemble the LAT CABLE, follow the cable routing diagram on drawing, and use the following steps:
 - Attach one (1) SNAP LINK to the ball end of the LAT CABLE.
 - Remove the two bolts in the FRONT UPRIGHT and TOP BOOM connection.
 - Route the LAT CABLE as shown on drawing and in (DETAIL B). (REMOVE PULLEYS FOR EASE OF INSTALLATION)
 - Run the LAT CABLE through the hole of the D-RING as shown in (DETAIL B) and attach one (1) KEYHOLE CLEVIS to the end of the LAT CABLE.
 - Replace and SECURELY tighten the two (2) PULLEY and two (2) BOLT connections from the previous steps. (IMPORTANT: MAKE SURE THE LAT CABLE RUNS OVER THE TOP OF THE BOLTS IN THE TOP BOOM !!!)
- To assemble the MULTI-PRESS CABLE, follow the cable routing diagram shown in drawing and use the following steps:
 - Attach one (1) SNAP LINK to the ball end of the MULTI-PRESS CABLE.
 - Run the MULTI-PRESS CABLE through the hole of the D-RING as shown in (DETAIL B) and attach one (1) KEYHOLE CLEVIS to the end of the MULTI-PRESS CABLE.

THIS CONCLUDES THE ASSEMBLY OF (LEVEL 6)

425101 HOME GYM ASSEMBLY PARTS LIST (LEVEL 7)

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 1 IN. BOLT	1
2.	3/8 X 2 IN. BOLT	1
3.	3/8 X 2-1/4 IN. BOLT	2
4.	1/4 IN. WASHER	2
5.	3/8 IN. WASHER	8
6.	1/4-28 IN. NUT	2
7.	3/8 IN. LOCK NUT	4
8.	SNAP LINK	1
9.	KEYHOLE CLEVIS	1
10.	PULLEY BRACKET	1

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	3-1/2 X 1 IN. PULLEY(3116201).....	3
2.	PEC DEC CABLE(6535601).....	1
3.	AB CABLE(6535801).....	1
4.	LEG CABLE(6569001).....	1
5.	5-1/4 IN. PLATES(6013703).....	2

THE INSTRUCTIONS FOR (LEVEL 7) ARE TO BE USED WITH THE (LEVEL 7 DRAWING)

- To assemble the PEC DEC CABLE, follow the cable routing diagram on drawing, and use the following steps:
 - Assemble each end of the PEC DEC CABLE to the PEC CAMS.
 - Drape the CABLE over the PULLEYS on the CENTER PULLEY BRACKET. (THIS WILL FORM A LOOP IN THE CENTER OF THE CABLE)
 - Position the CABLE RETAINING CLIPS in a 45 DEGREE position over the PULLEYS and the CABLES, and tighten the two (2) PULLEY connections SECURELY.
- To assemble the AB CABLE, follow the cable routing diagram on drawing, and use the following steps:
 - Attach one (1) SNAP LINK to the ball end of the AB CABLE.
 - Insert the threaded end of the AB CABLE between the top of the AB PULLEY and the BOLT in the FRONT UPRIGHT.
 - LOOSELY assemble the PULLEY BRACKET to the AB CABLE as shown in drawing using two (2) 1/4 IN. WASHERS, and two (2) 1/4-28 IN. NUTS. (LOCATE PULLEY BRACKET HALF WAY UP ON THE THREADS OF THE AB CABLE. DO NOT TIGHTEN NUTS AT THIS TIME)
 - Make a loop with the AB CABLE and attach the PULLEY BRACKET to the PEC CABLE using one (1) 3-1/2 X 1 IN. PULLEY, one (1) 3/8 X 2 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
- LOOSELY assemble two (2) 5-1/4 IN. PLATES and two (2) 3-1/2 X 1 IN. PULLEYS to the AB CABLE using two (2) 3/8 X 2-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS.
- SECURELY attach the LEG CABLE to the LEG CURL/EXT using one (1) 3/8 X 1 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
- Route the LEG CABLE as shown in drawing.
- Run the LEG CABLE through the hole of the D-RING as shown in (DETAIL A) and attach one (1) KEYHOLE CLEVIS to the end of the LEG CABLE.

THIS CONCLUDES THE ASSEMBLY OF (LEVEL 7)

425101 HOME GYM ASSEMBLY PARTS LIST (LEVEL 8)

COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 1 IN. BUTTON HEAD CAP SCREW	8
2.	3/8 IN. LOCK NUT	3
3.	SNAP LINK	1
4.	SWIVEL	3
5.	SHOCK CORDS	3

WELDMENTS/PARTS:

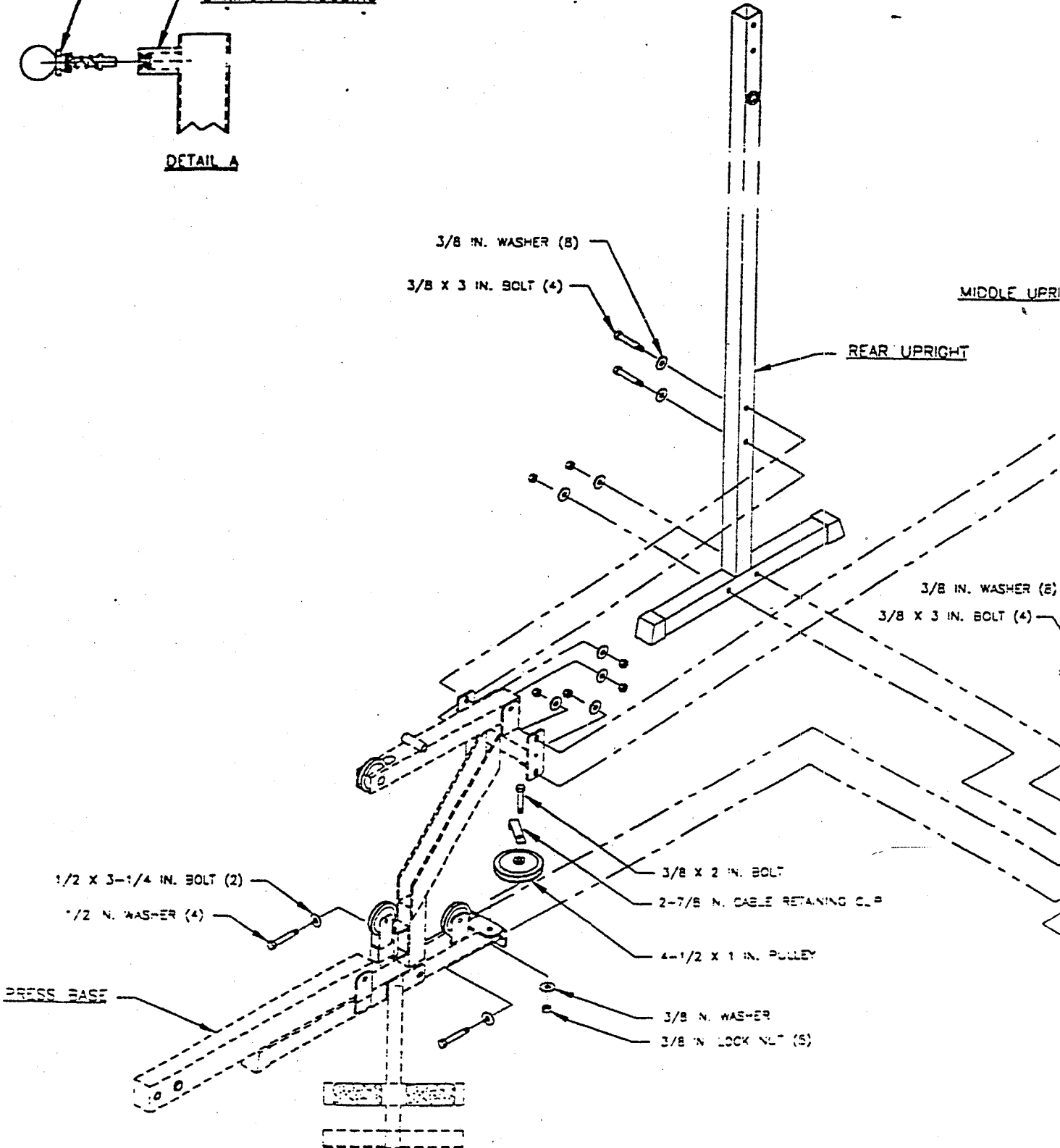
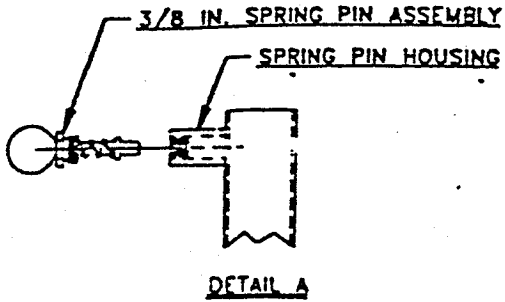
ITEM	NAME/DESCRIPTION	QTY
1.	LAT BAR(6540201).....	1
2.	LOW ROW BAR(6389701).....	1
3.	CHAIN(6075906).....	1
4.	AB STRAP(6375801).....	1
5.	ANKLE STRAP(6409101).....	1
6.	FRONT SHROUD(6533301).....	1
7.	REAR SHROUD(6533401).....	1

~~THE INSTRUCTIONS FOR (LEVEL 8) ARE TO BE USED WITH THE (LEVEL 8) DRAWING~~

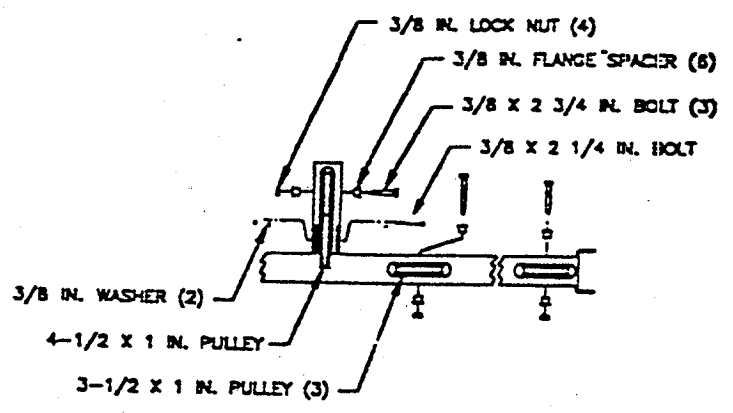
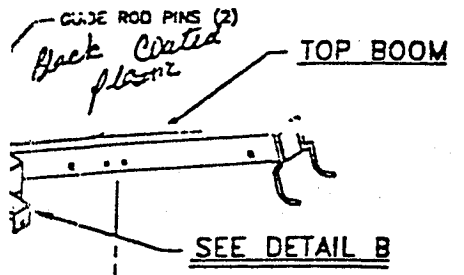
1. Attach three (3) SHOCK CORDS to the KEYHOLE CLEVIS on the end of each CABLE as shown in (DETAIL A).
2. Route the SHOCK CORDS up and around the pre-determined 2 IN. PULLEYS above the D-RING and down to the BASE.

Attach three (3) SWIVELS to the end of the SHOCK CORDS. Slip the end of the SWIVELS for the LEG CABLE and the LAT CABLE over the THREADED SHAFT on the BASE, and slip the end of the SWIVEL for the MUTLI-PRESS CABLE over the BOLT on the BASE as shown in drawing.
4. SECURELY attach three (3) 3/8 IN. LOCK NUTS to the THREADED SHAFT and the BOLT from the previous step.
5. SECURELY tighten any loose BOLT connections made to this point.
6. SECURELY attach the FRONT and the REAR SHROUD to the BASE and the TOP BOOM using eight (8) 3/8 X 1 IN. BUTTON HEAD CAP SCREWS.
7. Attach the LAT BAR to the SNAP LINK on the end of the LAT CABLE as shown on drawing.
8. Attach the CHAIN to the SNAP LINK on the end of the MULTI-PRESS CABLE as shown on drawing.
9. Attach the AB STRAP to the SNAP LINK on the end of the AB CABLE as shown on drawing.
10. Attach one (1) SNAP LINK to the desired link on the CHAIN, and attach either the LOW ROW BAR or the ANKLE STRAP to the SNAP LINK.

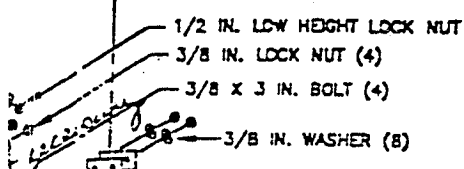
**THIS CONCLUDES THE ASSEMBLY OF (LEVEL 8)
AND THE ASSEMBLY OF THE PARABODY 425 HOME GYM.**



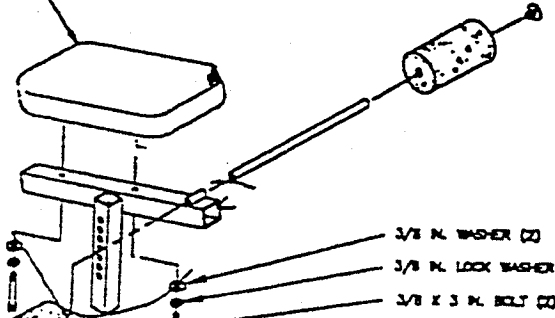
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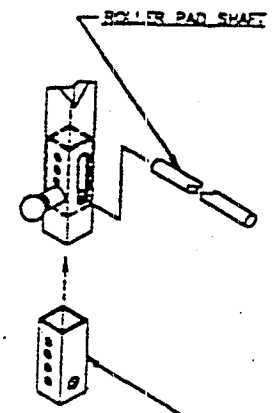
DETAIL A



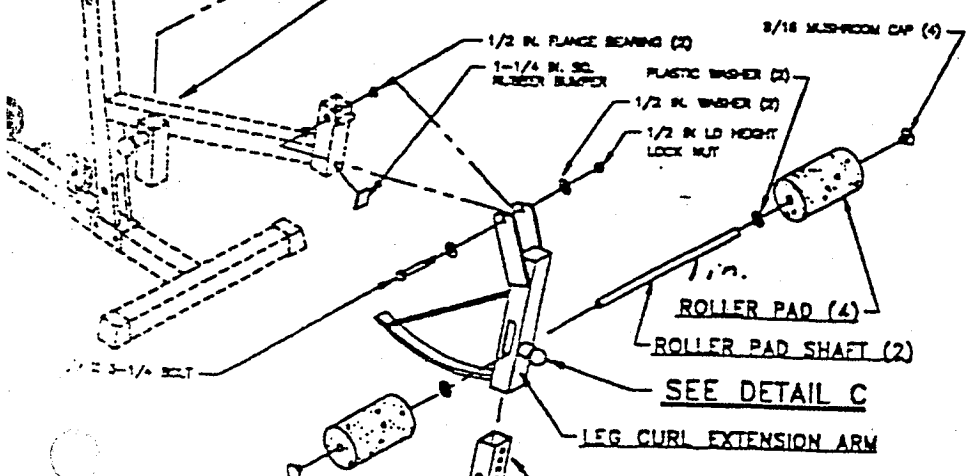
SEAT PAD



SEE DETAIL F



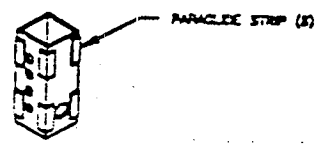
DETAIL E



SEE DETAIL C

SEE DETAIL D & E

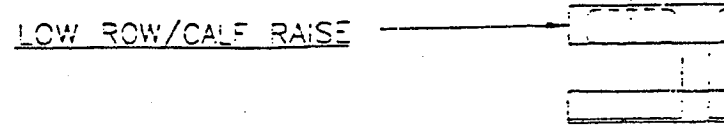
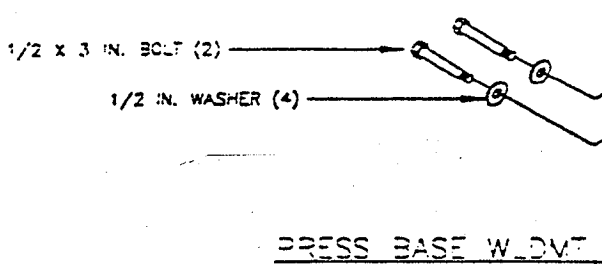
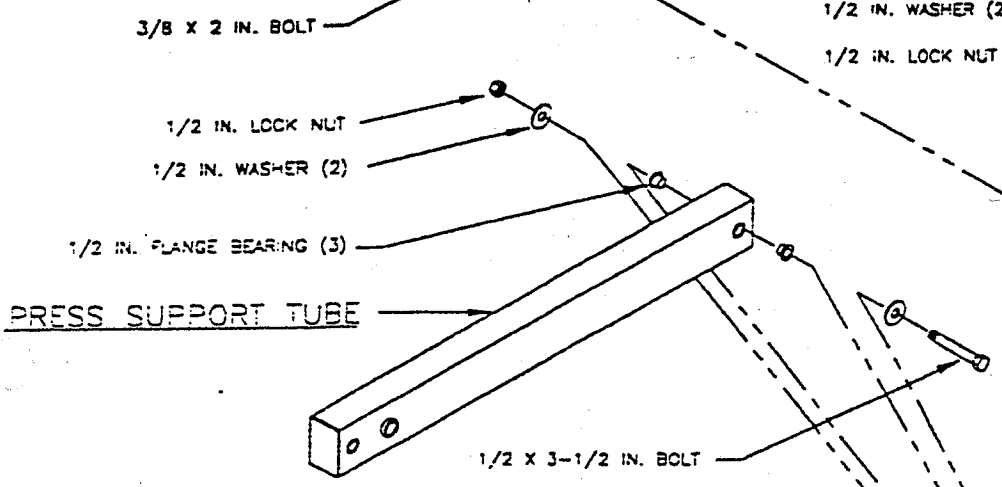
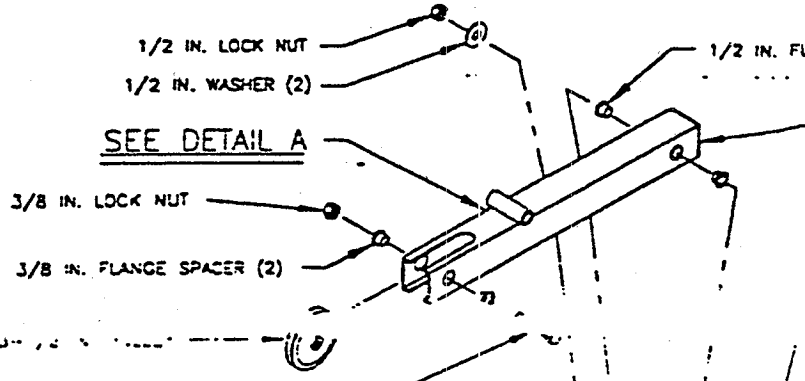
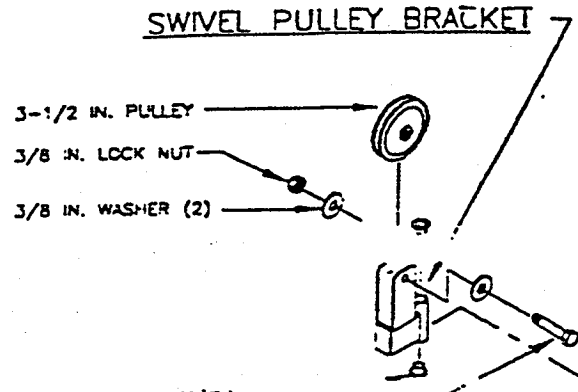
SEE DETAIL B



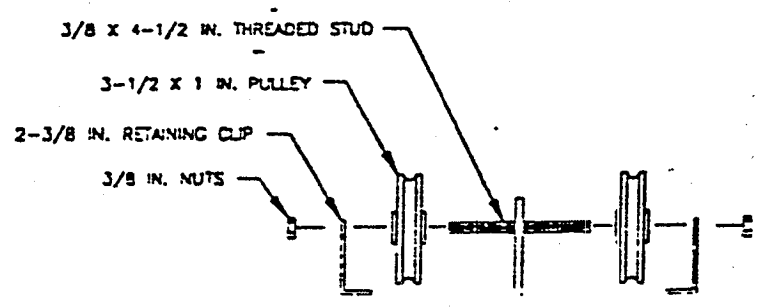
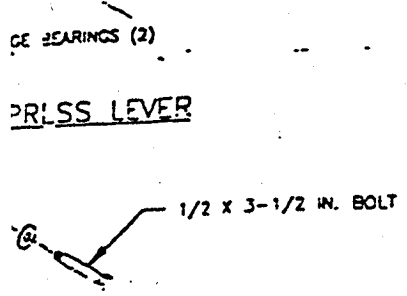
DETAIL D

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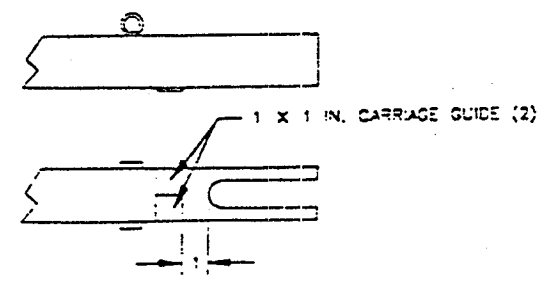
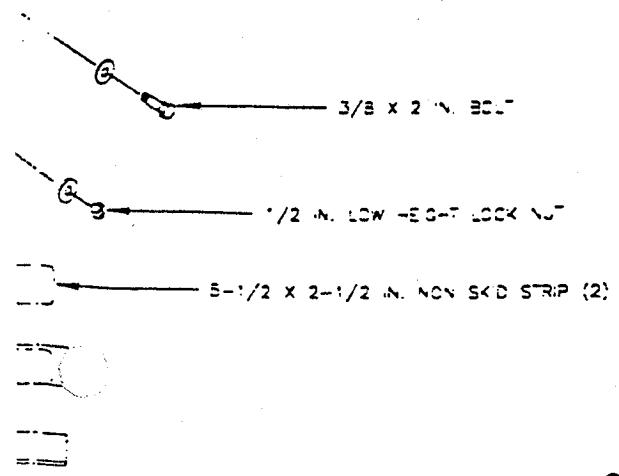
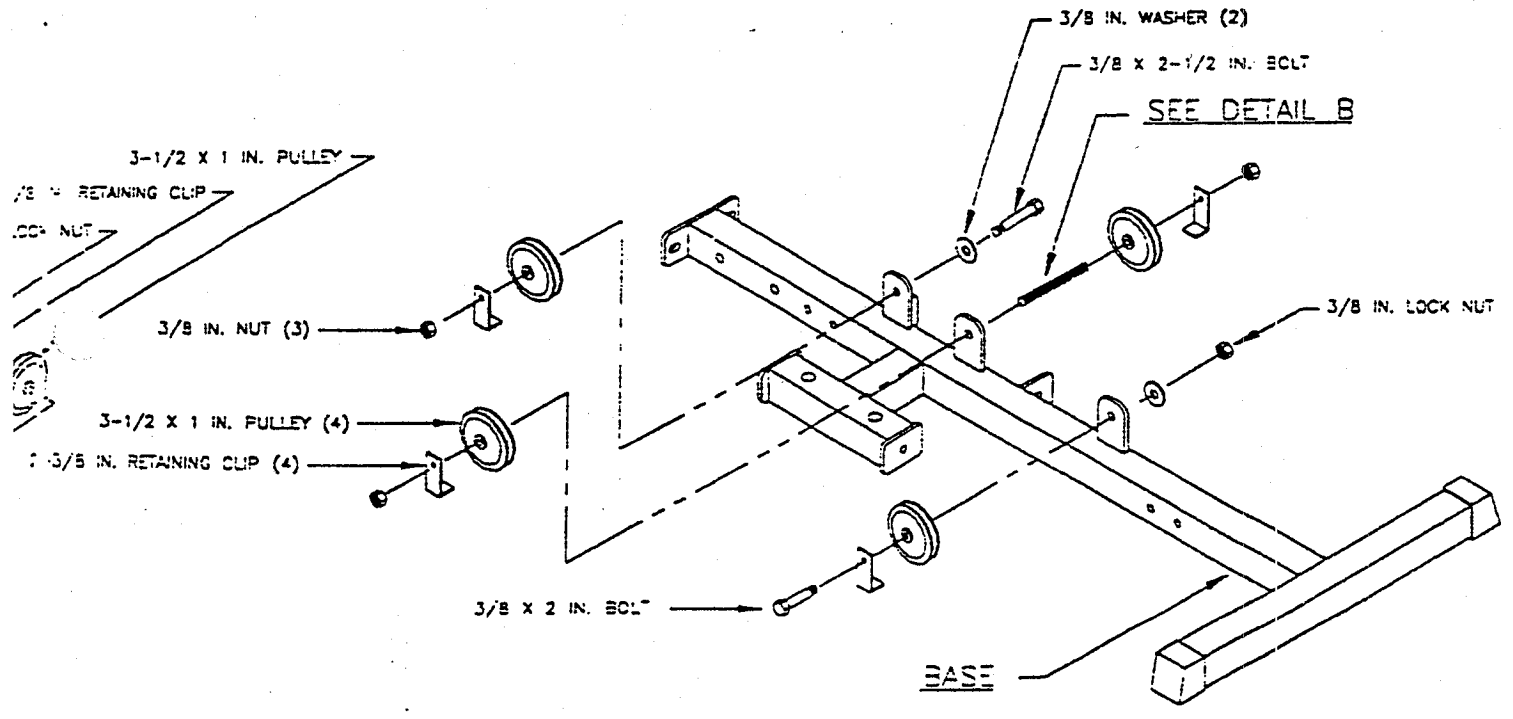
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MODEL	ASSY INST. 425101
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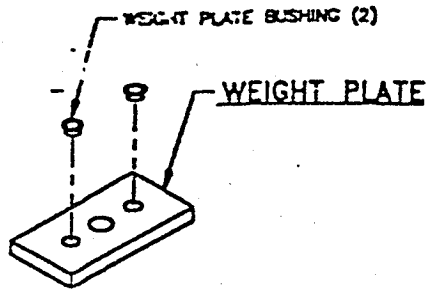


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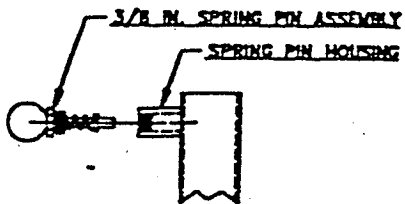


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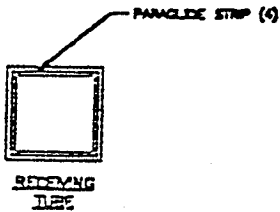
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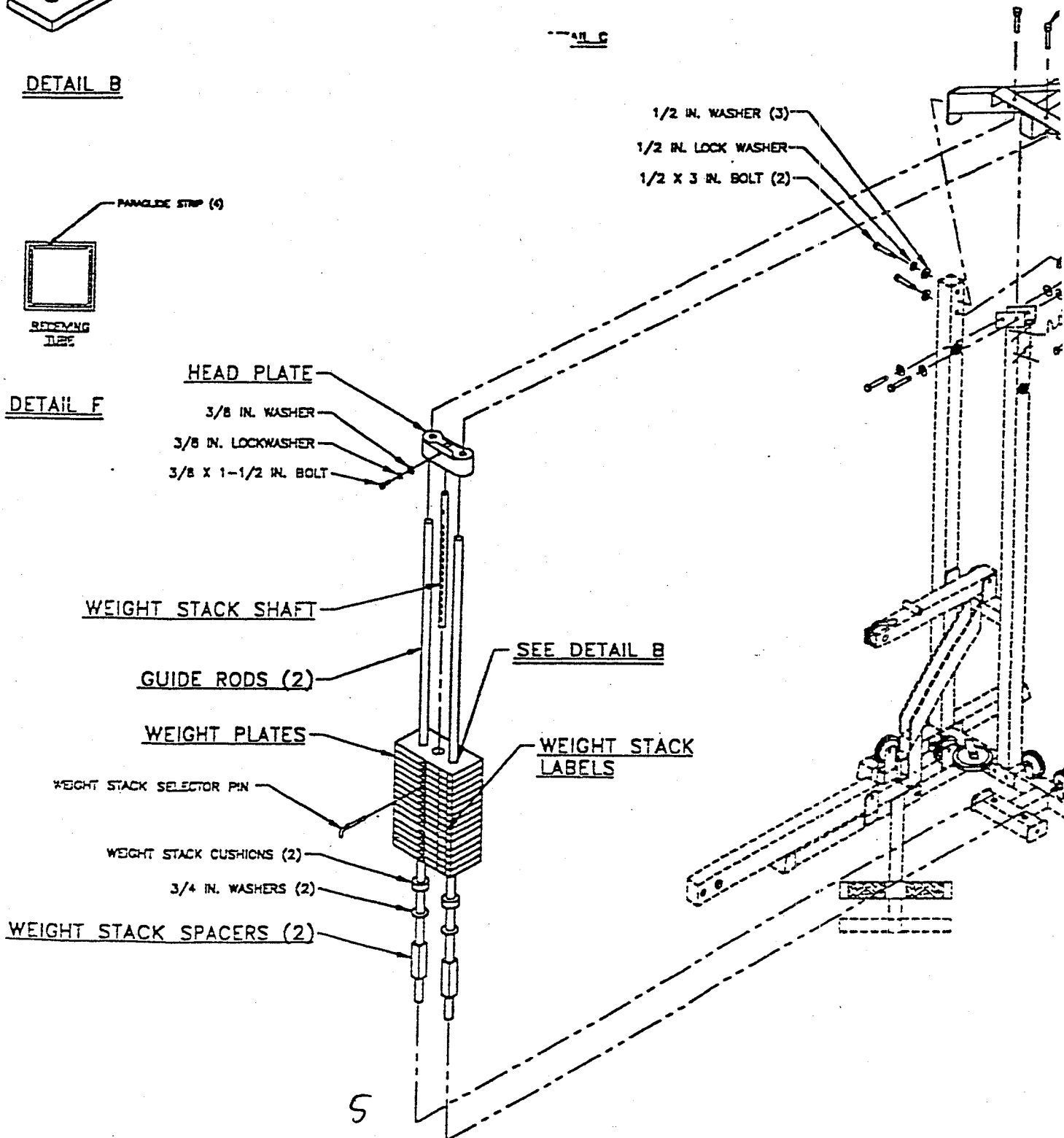
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DETAIL C

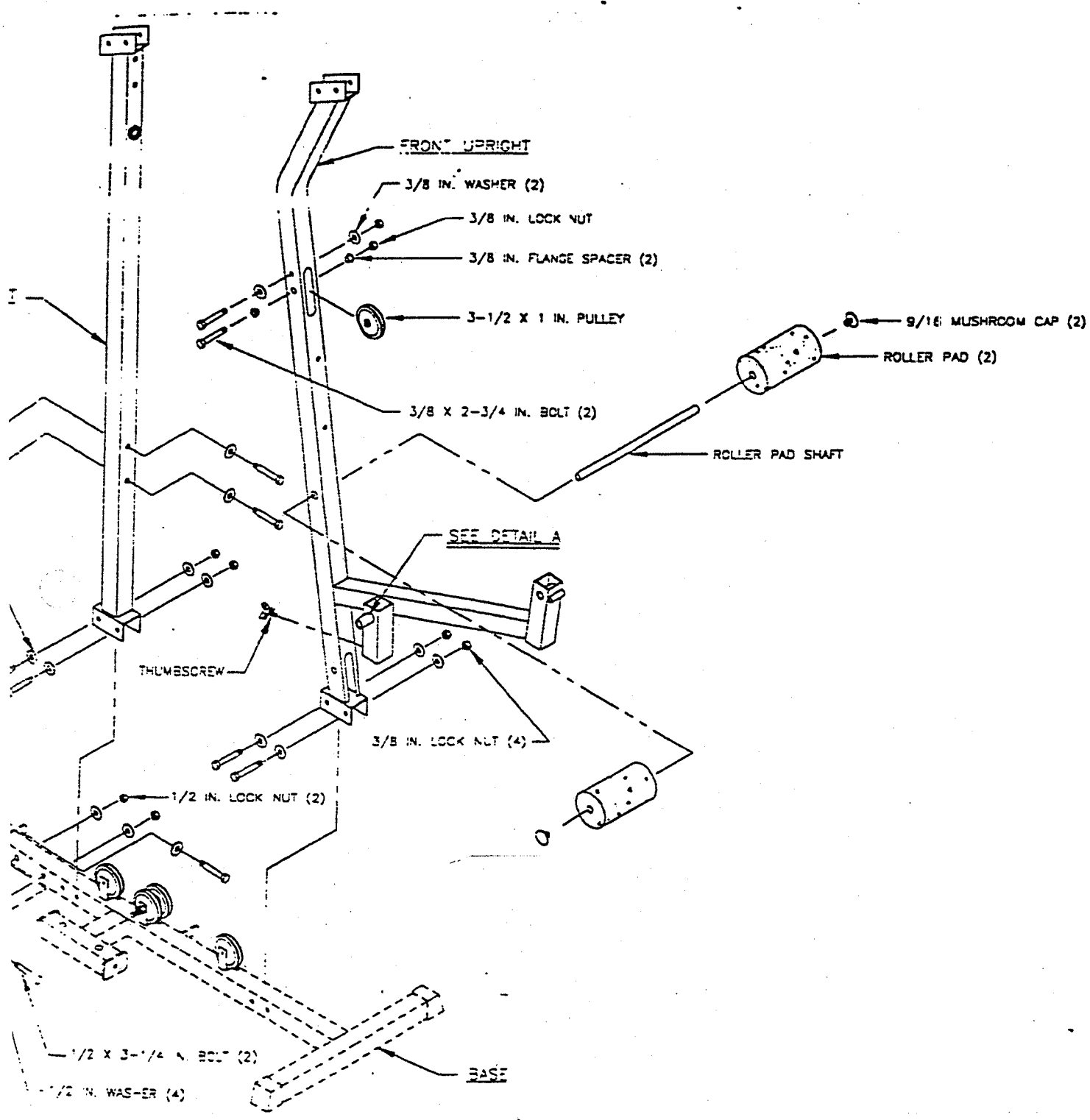


DETAIL F



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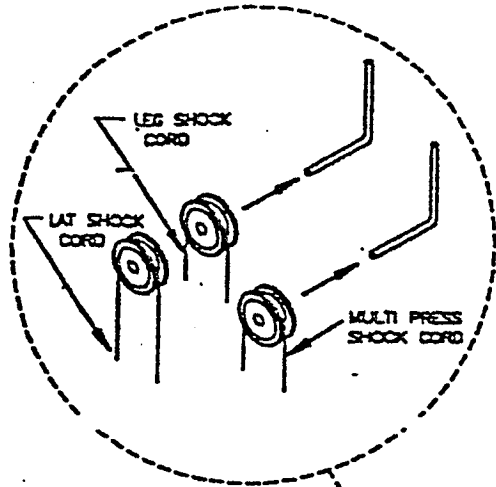
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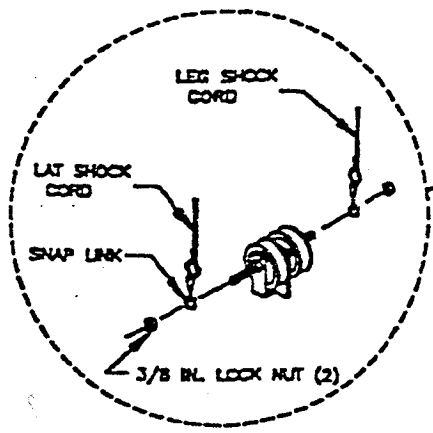
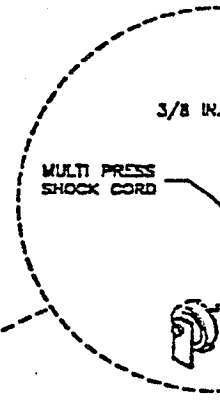
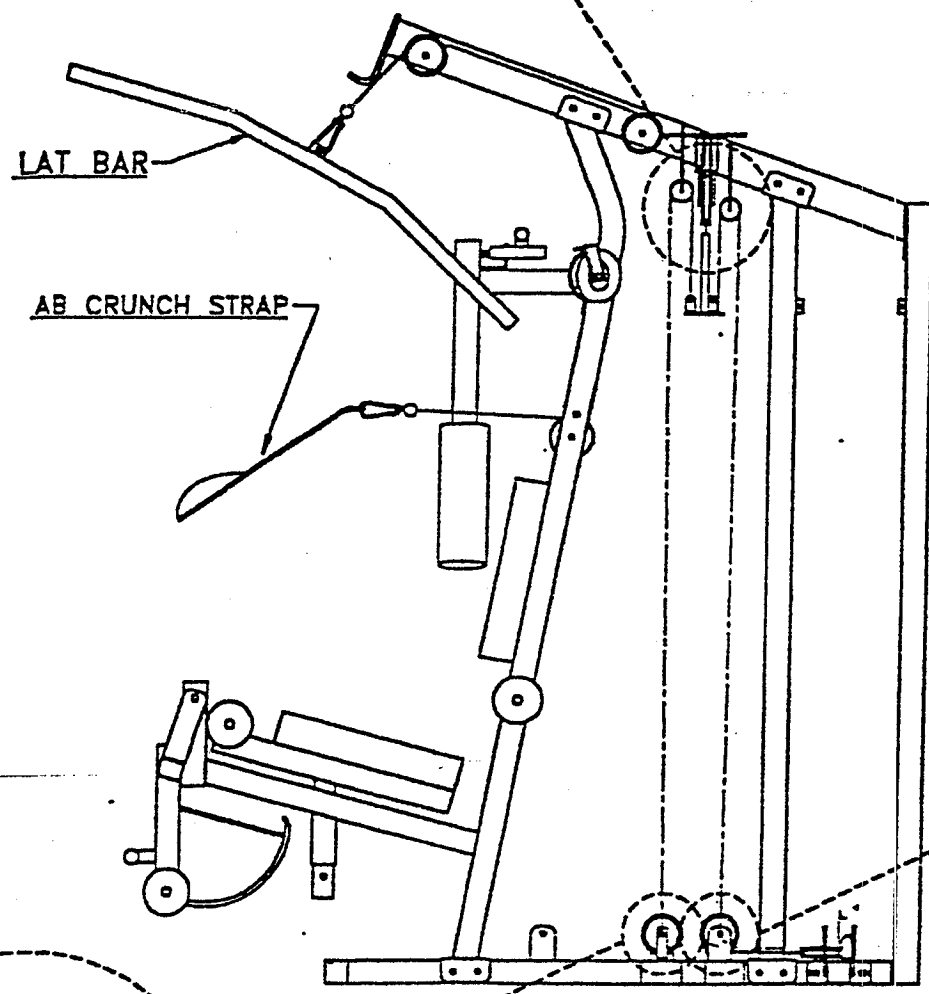
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TOLERANCES (UNLESS OTHERWISE SPECIFIED)	PARABODY, INC.	
	RAMSEY, MINNESOTA	
	ASSY INST, 425101	
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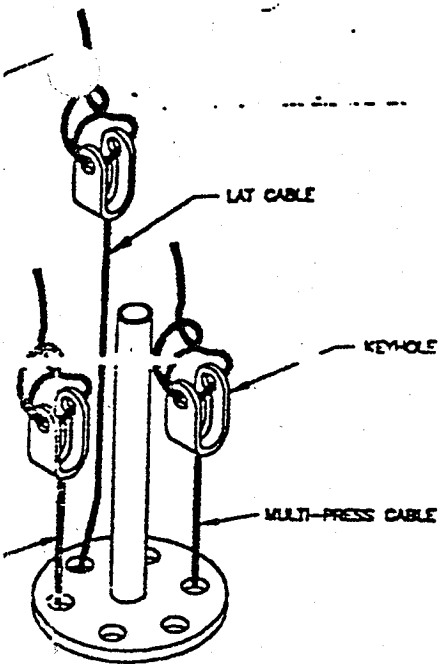


SHOCK CORD

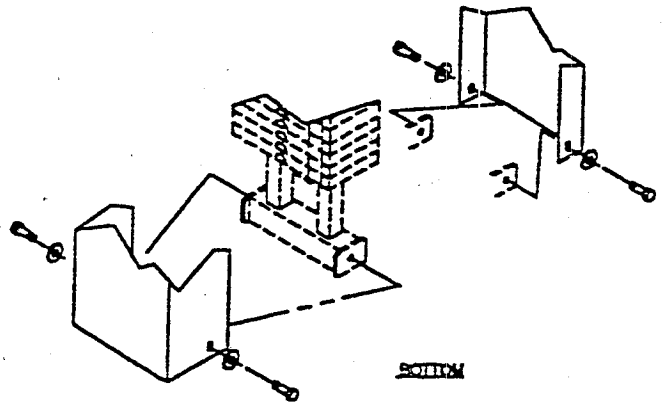
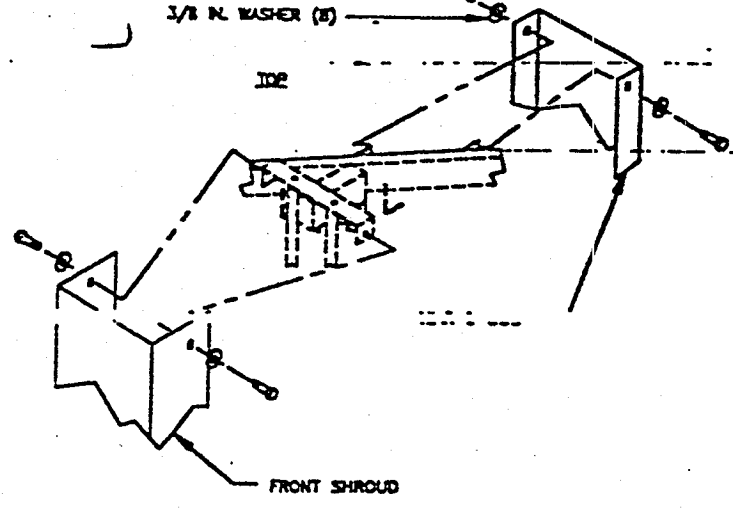


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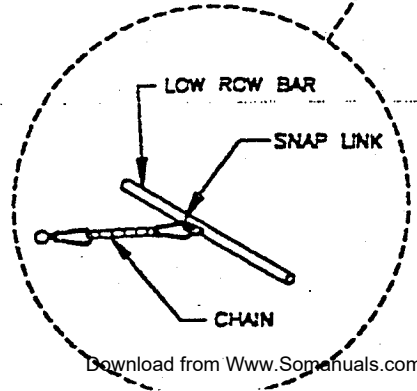
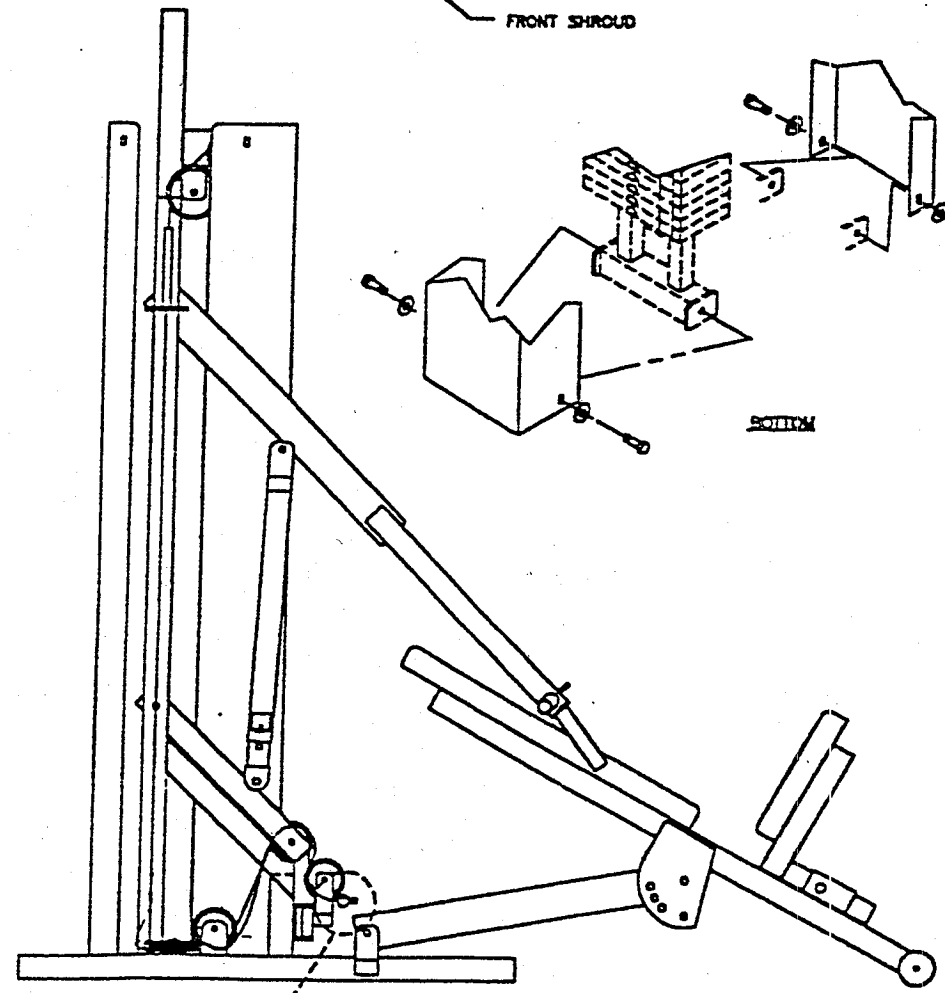
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3/8 X 1 IN. BOLT (5)
 3/8 IN. WASHER (5)



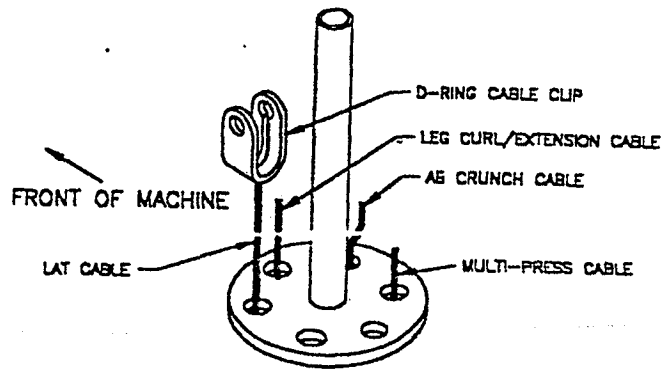
DETAIL E



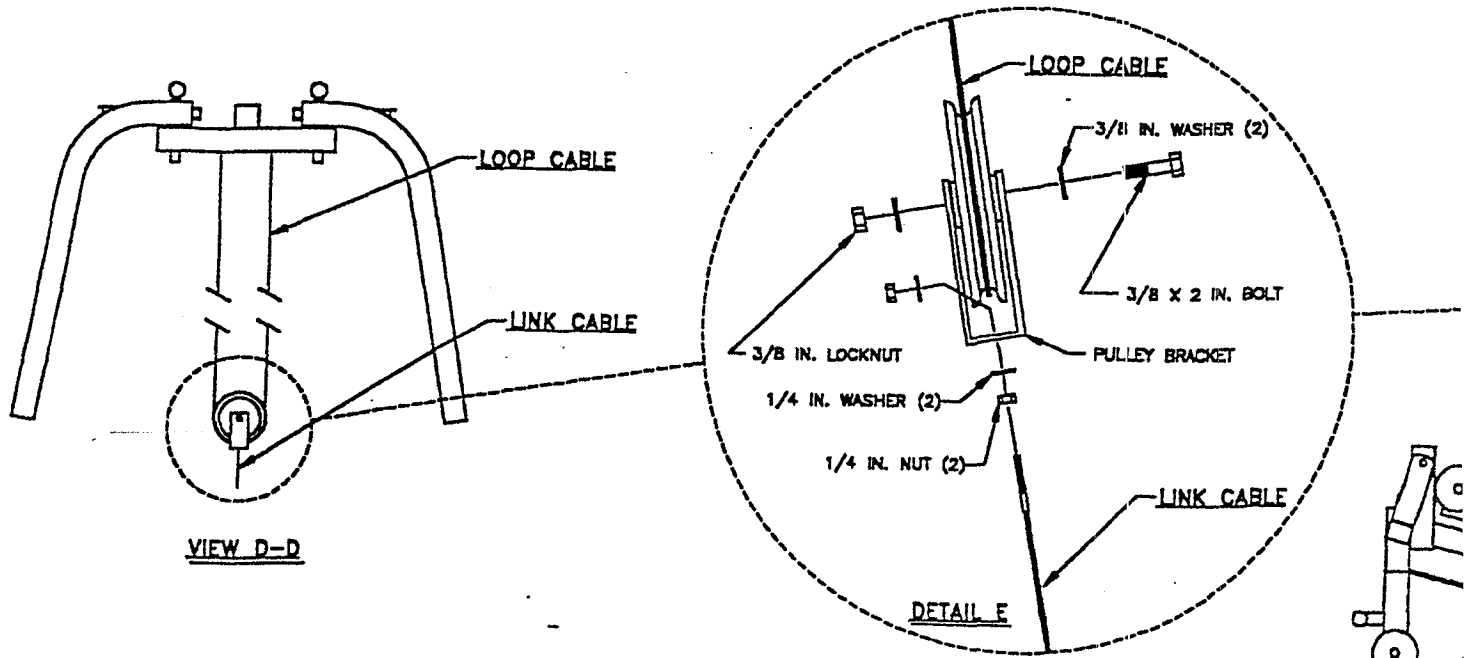
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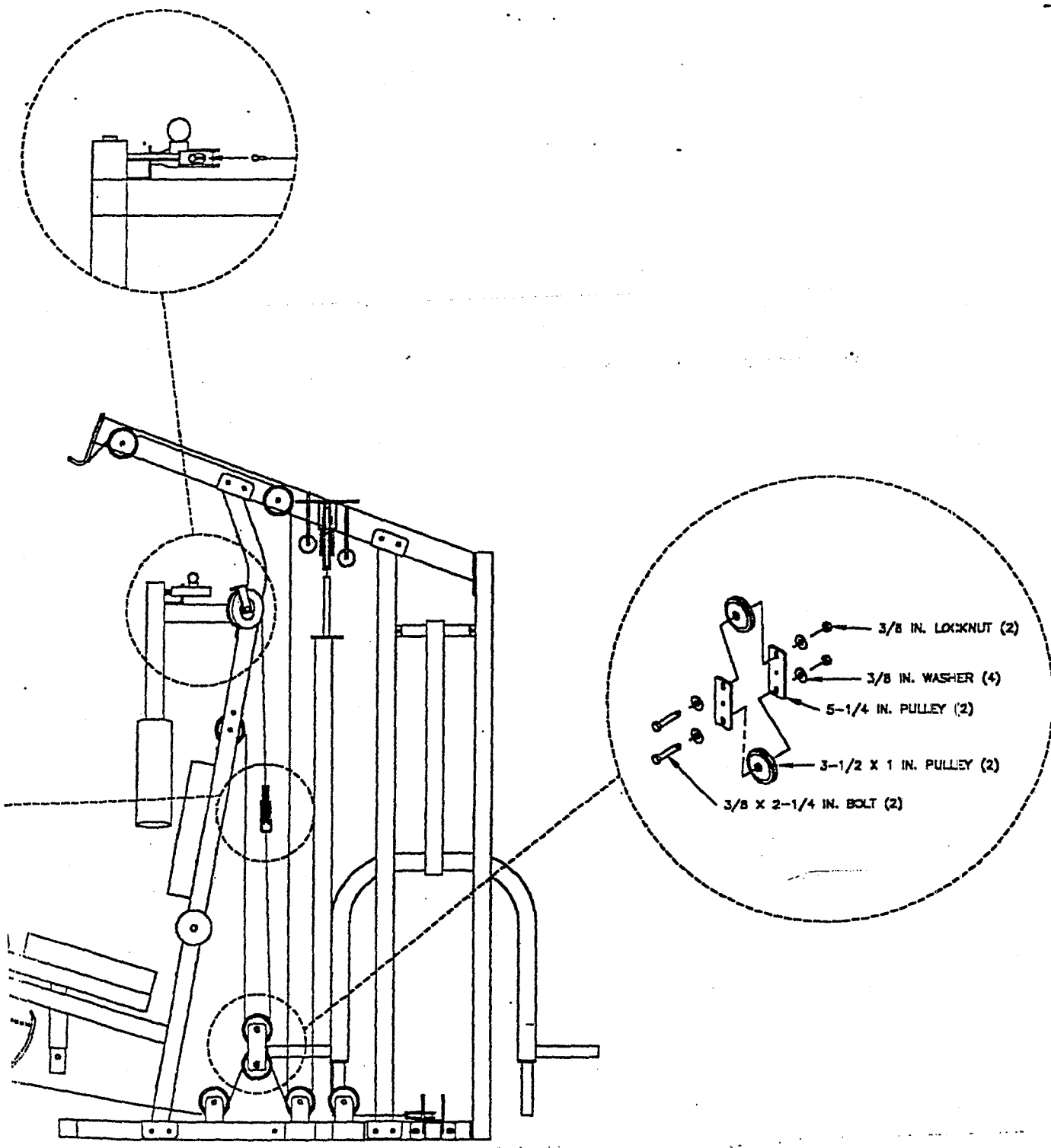
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STATE	ASSY INST. 415101
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DETAIL A



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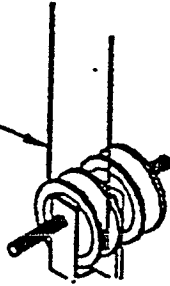


14

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FRONT OF MACHINE

LAT CABLE



DETAIL C

SHOCK CORD

LAT CABLE

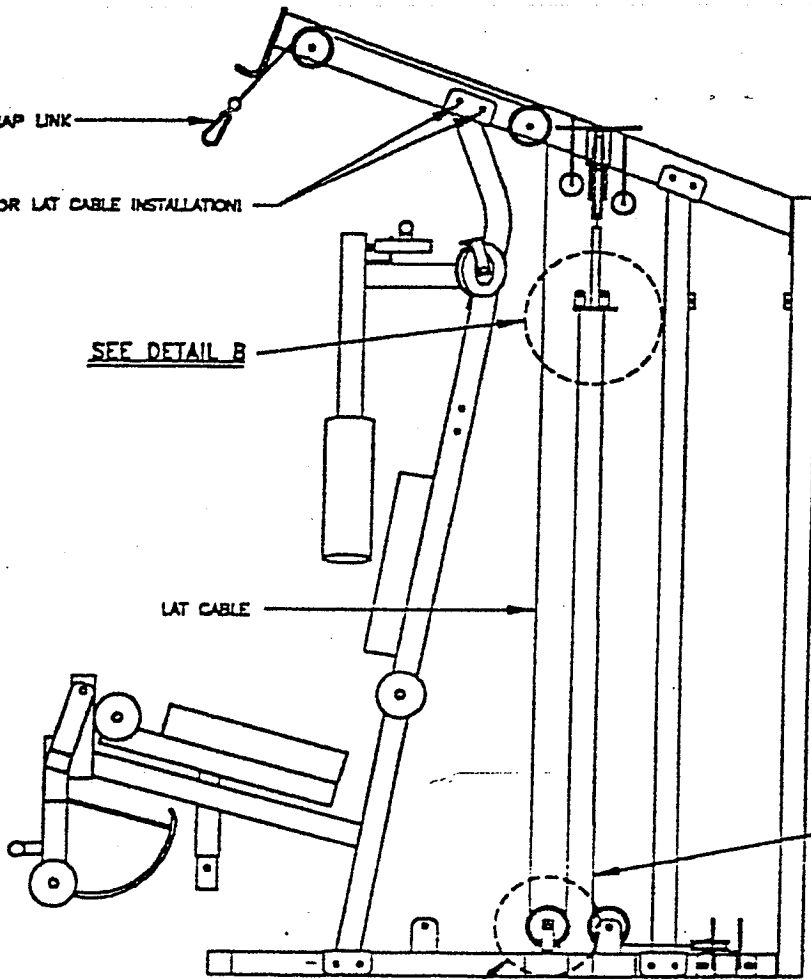


SNAP LINK

NOTE: REMOVE BOLTS FOR LAT CABLE INSTALLATION!

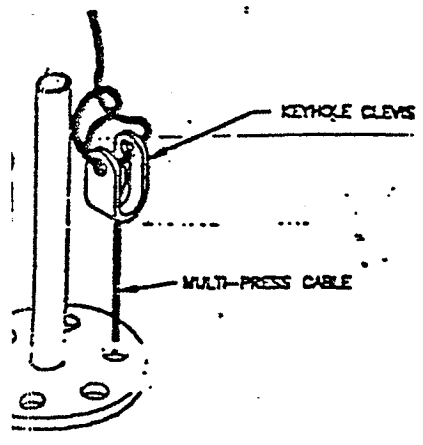
SEE DETAIL B

LAT CABLE

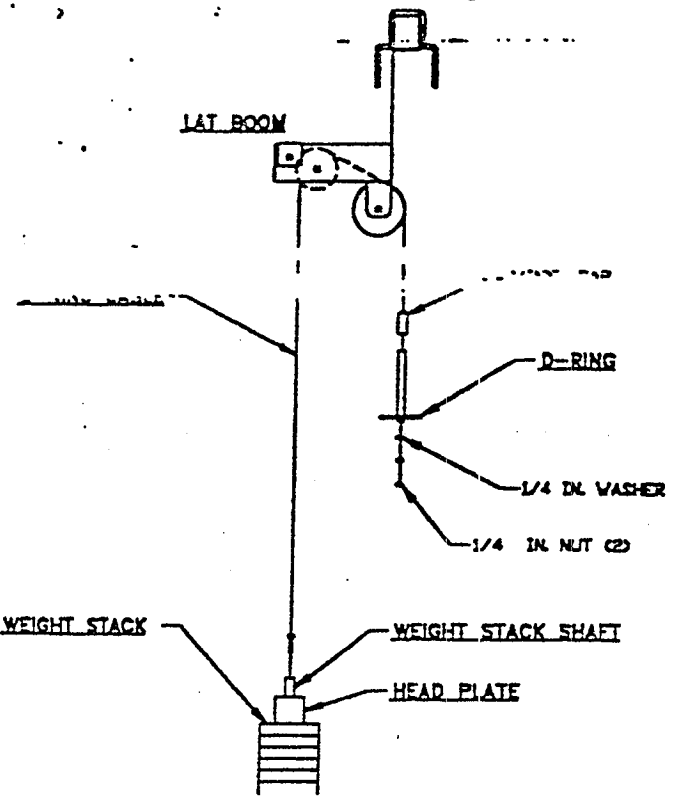


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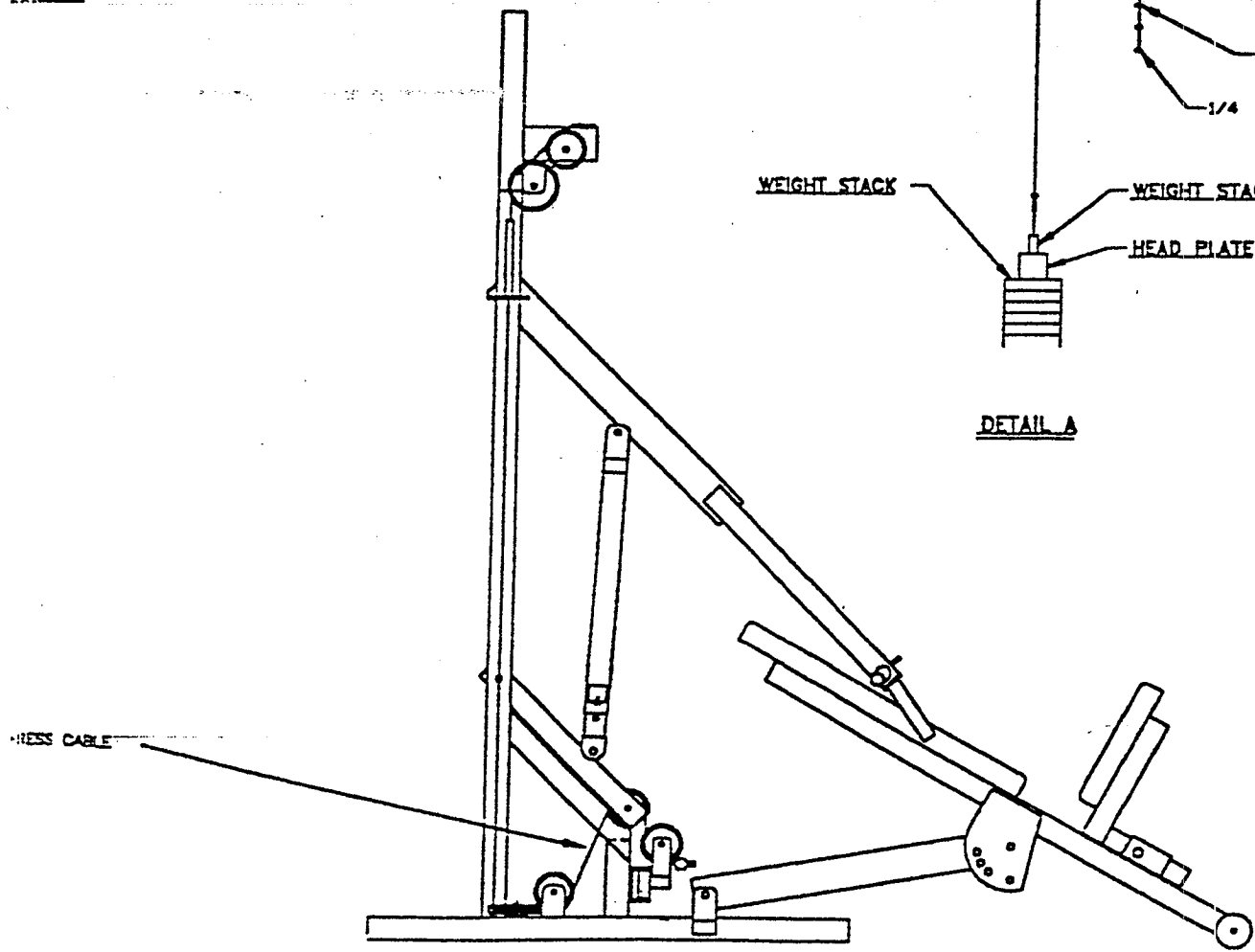
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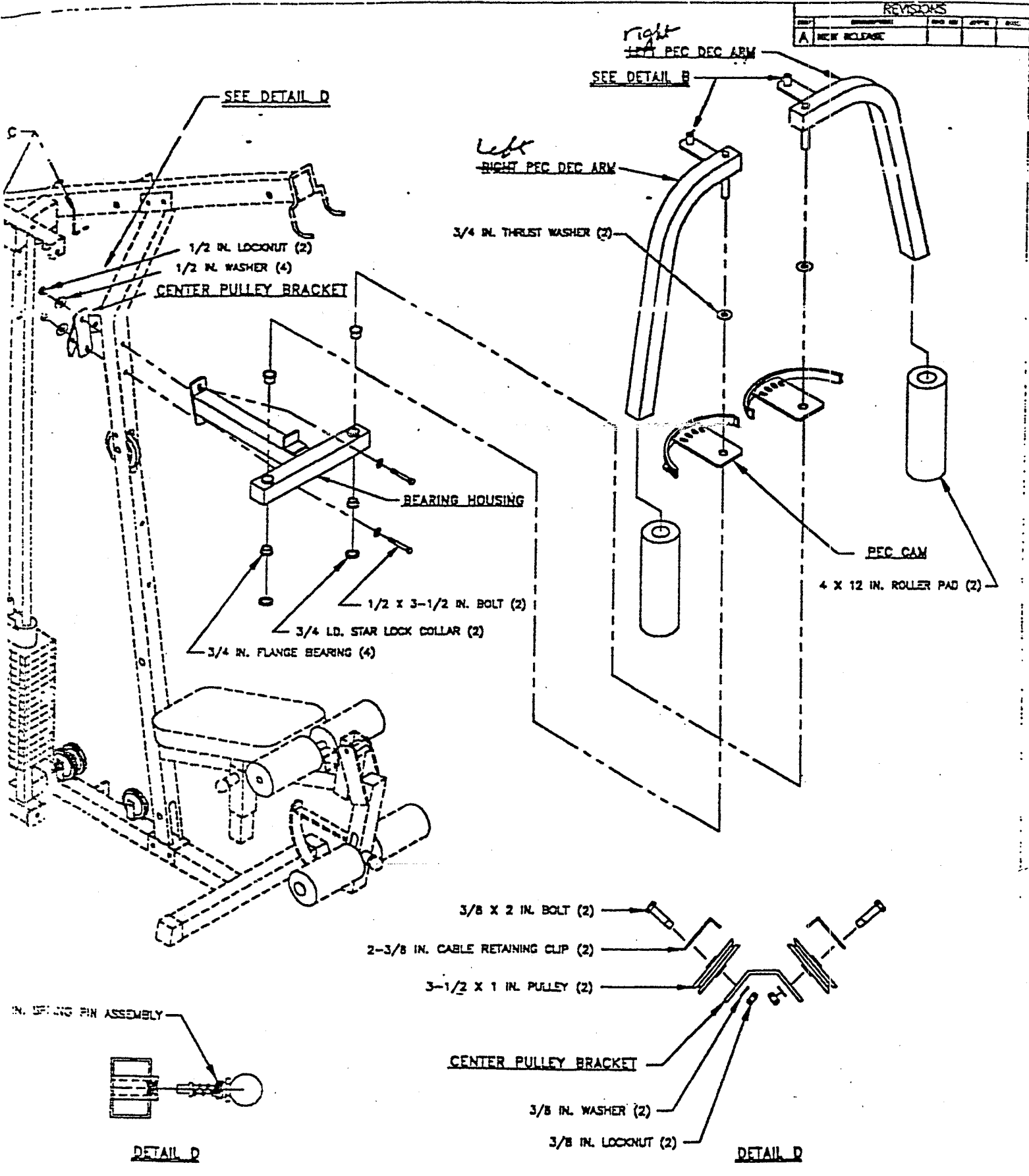


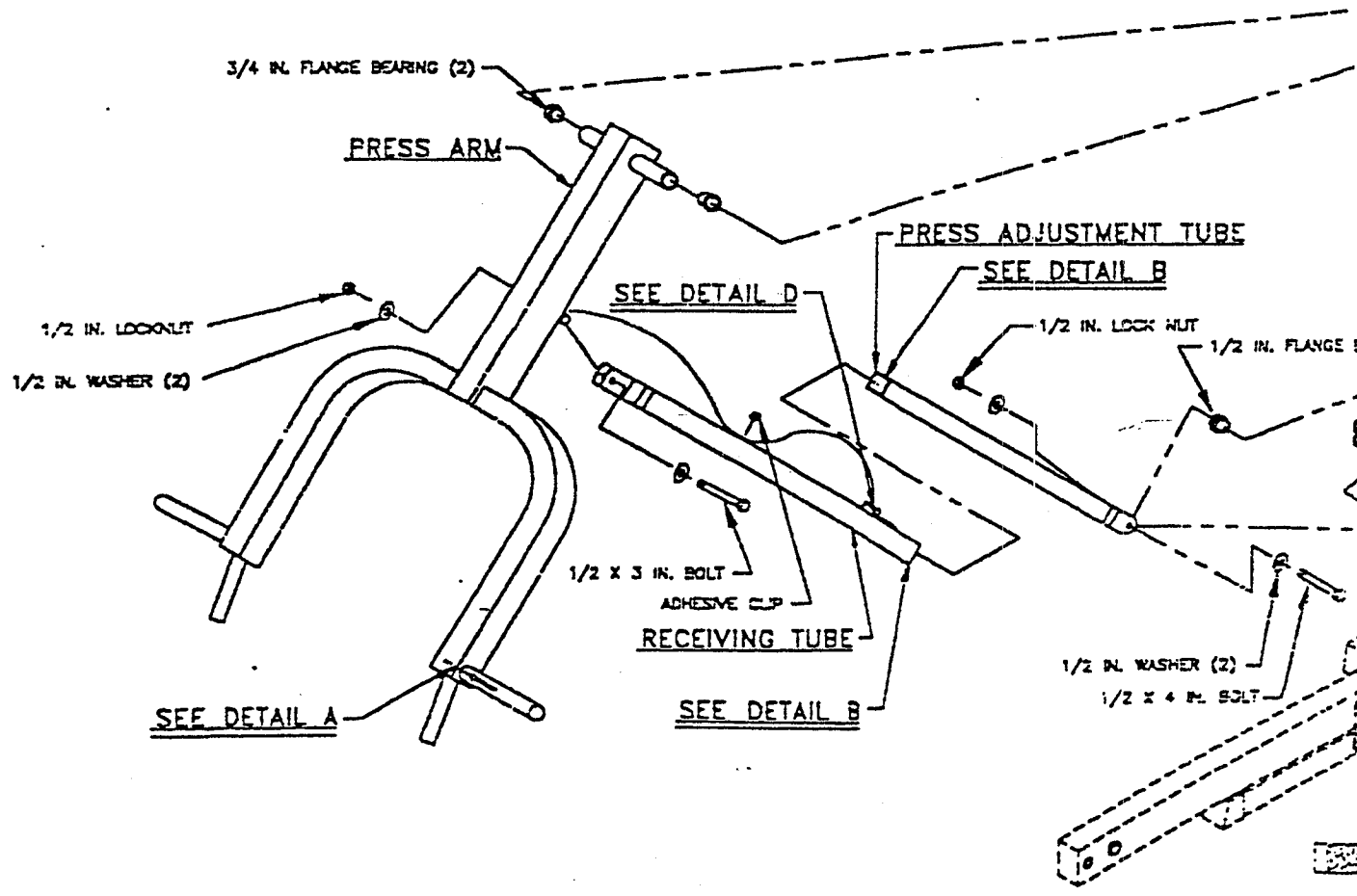
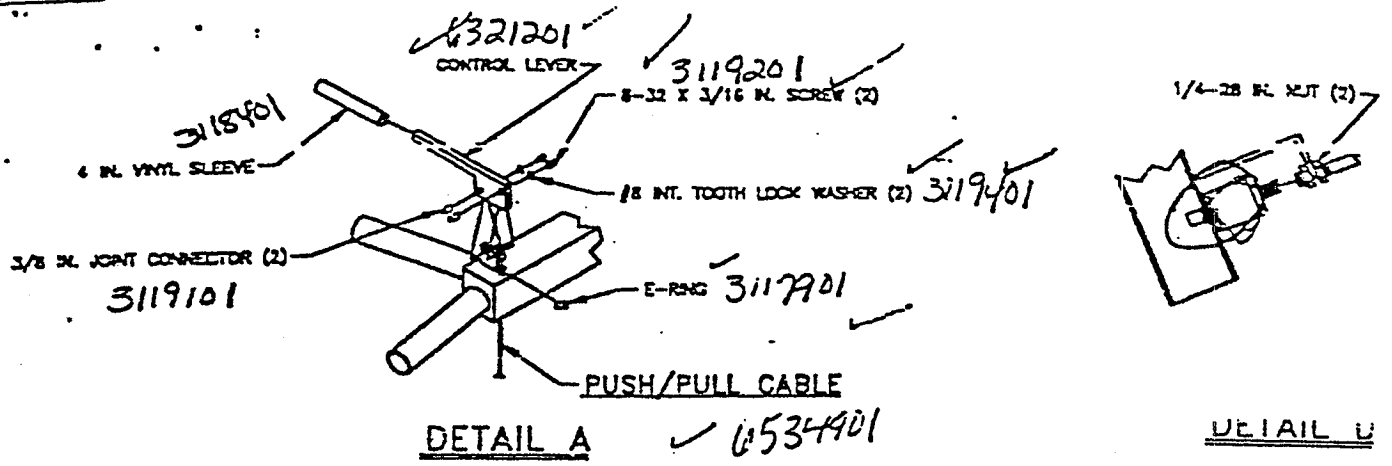
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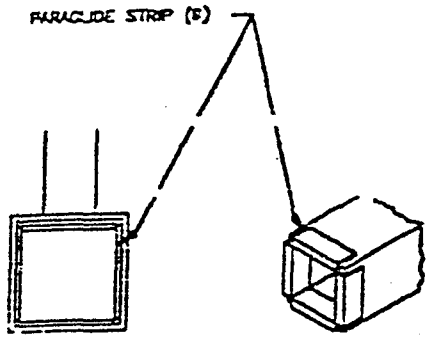
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A	NEW RELEASE			



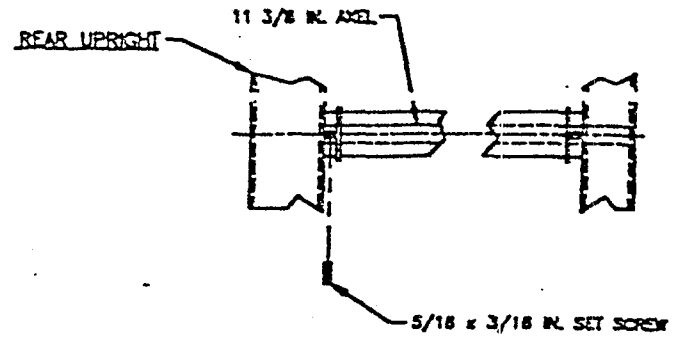


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A	INIT. RELEASE			

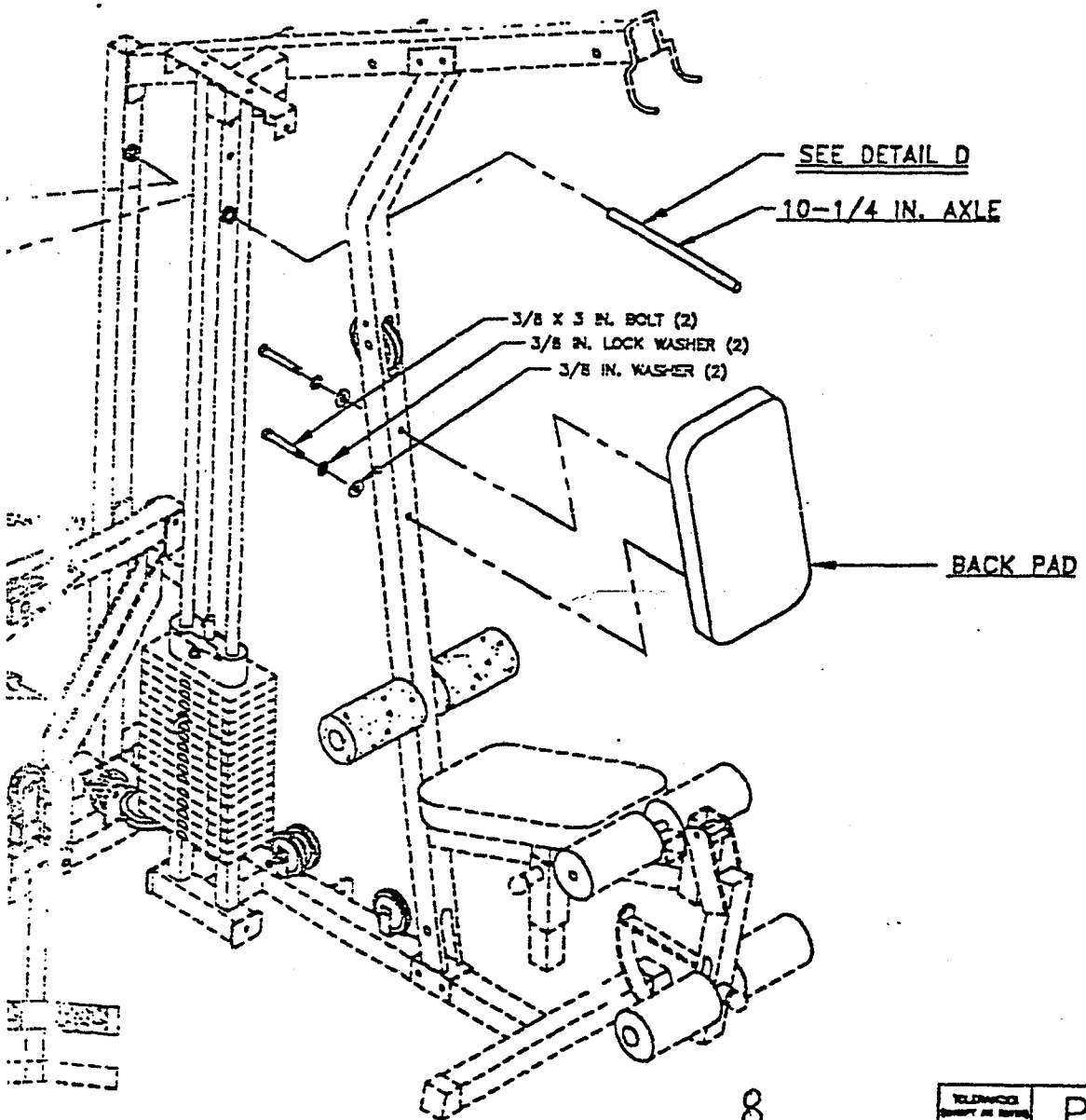


RECEIVING TUBE PRESS ADJUSTMENT TUBE

DETAIL B



DETAIL C



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