

705101
REGGIE WHITE ALL PRO GYM

PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS

THANK YOU

FOR PURCHASING THE *705101 REGGIE WHITE ALL PRO GYM*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

*****IMPORTANT*****

- THE *705101 REGGIE WHITE ALL PRO GYM* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PEOPLE 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, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, 5/32 ALLEN WRENCH, and RUBBER MALLET or HAMMER

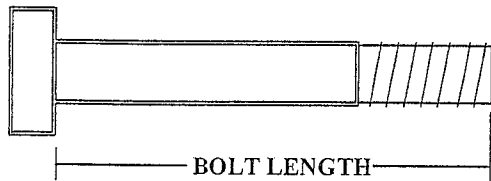
705101 REGGIE WHITE ALL PRO GYM ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

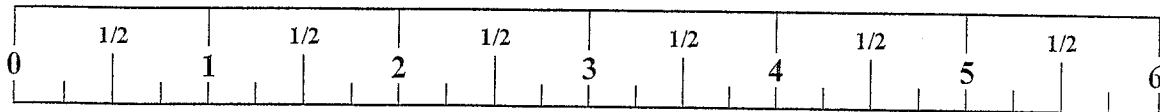
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	WASHER, FLAT 3/8 ID.....	19
2.	WASHER, LOCK 3/8 ID.....	5
3.	NUT, NYLOCK 3/8-16.....	21
4.	NUT, NYLOCK 3/8-16 LOW HT.....	3
5.	BOLT, HHG2 3/8-16 X 2-1/2.....	1
6.	BOLT, HHG2 3/8-16 X 3.....	1
7.	BOLT, HHG2 3/8 X 3-3/4.....	1
8.	BOLT, HHG2 3/8-16 X 2-3/4.....	19
9.	BOLT, HHG2 3/8-16 X 1-3/4.....	6
10.	BOLT, HHG2 3/8-16 X 1-1/2.....	1
11.	LINK, SNAP 5/16 DIA.....	3
12.	BEARING, FLG 3/4 ID X 1 OD.....	2
13.	SET SCREW, C PT 5/16-18 X 3/8.....	2
14.	LINK, QUICK DISCONNECT 1/4.....	1
15.	PIN WEIGHT STACK SELECTOR.....	1
16.	SPACER, FLNGE 3/8 X 5/8 X 9/16.....	12
17.	CAP, END 3 X 2 11GA.....	2
18.	GRIP, 1-1/4 X 5 CLOSED END.....	2
19.	GRIP, 1 X 8 CLOSED END.....	4
20.	CUSHION, WEIGHT STACK 3/4 ID.....	2
21.	BUMPER, RUBBER 1-1/4 SQ.....	2
22.	BOLT, NYLON 3/8-16 X 2 BLK.....	2
23.	CAP, END 2 SQ 10-14 GA.....	6
24.	CAP, COVER 2SQ PARABODY LOGO.....	2
25.	CAP, MUSHROOM 9/16 OD.....	4
26.	PULLEY, 3-1/2 OD X 3/8 ID X 1.....	11
27.	CHAIN, 12 LINK.....	1
28.	HEAD PLATE 3/4.....	1
29.	SHAFT, SELECT 3/4 DIA 15 HOLE.....	1
30.	ASSY, PLATE BUSHING 10 CT.....	3
31.	SHAFT, 3/4 DIA X 9-1/8.....	1

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



BOLT LENGTH RULER:



705101 REGGIE WHITE ALL PRO GYM ASSEMBLY INSTRUCTIONS

the 5-1/4 PLATE assembled in step 17.

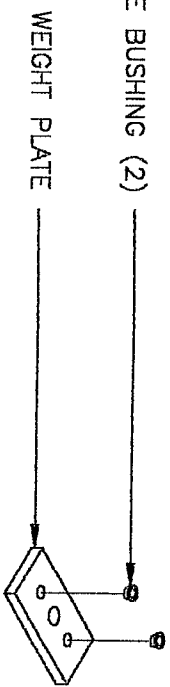
20. Connect the bottom CABLE to the **CROSS BRACE** using one QUICK DISCONNECT LINK.
21. Insert the WEIGHT STACK SELECTOR PIN into one of the WEIGHT PLATES.
22. **SECURELY TIGHTEN ALL LOOSE PULLEY CONNECTIONS AT THIS TIME.**
23. Connect the top CABLE to the WEIGHT STACK SHAFT by tightening the threaded end in until the cables are taught.
24. Attach one (1) 3/8 X 2-1/2 IN. BOLT and one (1) 3/8 IN. NUT to the **LEG CURL EXTENSION** below the PULLEY as shown in DETAIL C.
25. Insert the 15-3/4 IN. TUBE into the **LEG CURL EXTENSION**.
26. Attach ROLLER PADS and MUSHROOM CAPS to the 15-3/4 IN. TUBE and to the **ROLLER PAD SWIVEL**.
27. Attach GRIPS to the PRESS ARM, LOW ROW BAR, and to the LAT BAR.
28. Attach the **LAT BAR** and **LOW ROW BAR** to the BOTTOM and TOP CABLES using three (3) SNAP LINKS and one (1) CHAIN.
29. The **LAT BAR** and **LOW ROW BAR** should be disconnected from machine when performing other exercises.

705101 REGGIE WHITE ALL PRO GYM ASSEMBLY INSTRUCTIONS

1. Slide two (2) 2 IN. SQ. COVER CAPS over the ends of the **BASE** as shown on drawing.
2. Insert all **END CAPS** into the **WELDMENTS** as shown on drawing.
3. **SECURELY** assemble the **UPRIGHT** to the **BASE** as shown on drawing.
 - **BEFORE TIGHTENING CONNECTION MAKE SURE THAT THE UPRIGHT FRAME IS SQUARE TO THE BASE.**
 - **MAKE SURE BOLTS GO THROUGH THE BASE FIRST AND THAT LOW HEIGHT LOCK NUTS ARE USED.)**
4. Attach the **SEAT SUPPORT** to the **BASE** and **UPRIGHT** as shown in drawing.
5. Assemble **PULLEYS** to the inside of the **TOP BOOM** as shown in **DETAIL B** and string **CABLE 6571001** as shown in **CABLE ROUTING DIAGRAM**.
6. Attach the **TOP BOOM** to the **UPRIGHT**. (**MAKE SURE CABLE RUNS OVER TOP OF BOLTS**)
7. Insert two (2) **WEIGHT PLATE BUSHINGS** into each **WEIGHT PLATE** as shown in **DETAIL A**.
8. Insert **GUIDE RODS** and **WEIGHT STACK CUSHIONS** into **BASE**.
9. **CAREFULLY** slide fifteen (15) **WEIGHT PLATES** onto the **GUIDE RODS**.
10. Assemble the **HEAD PLATE** and **WEIGHT STACK SHAFT** and slide it onto the **GUIDE RODS**.
11. Attach **GUIDE RODS** to the **TOP BOOM** using two (2) **NYLON BOLTS**.
12. Attach the **LEG EXTENSION** and **ROLLER PAD SWIVEL** to the **SEAT SUPPORT** as shown in **DETAIL C**.
13. Attach the **SEAT** and **BACK PADS** to the **SEAT SUPPORT** and **UPRIGHT**.
14. Attach two (2) **RUBBER BUMPERS** to the **SEAT SUPPORT** as shown in **DETAIL C**.
15. To attach **PRESS ARM ASSEMBLY** to the **BASE**, follow assembly drawing and these steps:
 - Insert the **SHAFT** and two (2) 3/4 IN. **FLANGE BEARINGS** into the **BASE**.
 - **LOOSELY** attach the **CROSS BRACE** to one of the **PRESS ARMS**.
 - Attach this **PRESS ARM** to the **SHAFT** using a **SET SCREW**.
(NOTE: Make sure that the **CROSS BRACE** is resting on the **RUBBER BUMPER** of the **SEAT SUPPORT** and positioned so that the bottom tab is closer to the rear of the gym.)
 - Attach the other **PRESS ARM** to the **CROSS BRACE** and the **SHAFT**.
 - **IN THIS ORDER**, press the bottom of the **PRESS ARMS** together against the locking collars and **tighten** both **SET SCREWS**, then center **CROSS BRACE** and tighten bolts.
16. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**
17. Assemble two (2) **PULLEYS** to the 5-1/4 **PLATE** as shown on drawing.
18. **LOOSELY** assemble all remaining **PULLEYS** to the gym as shown on drawing.
19. String **CABLE 6575601** as shown in **CABLE ROUTING DIAGRAM**, looping it with the top cable using

DASH NO	DESCRIPTION
01	AS SHOWN

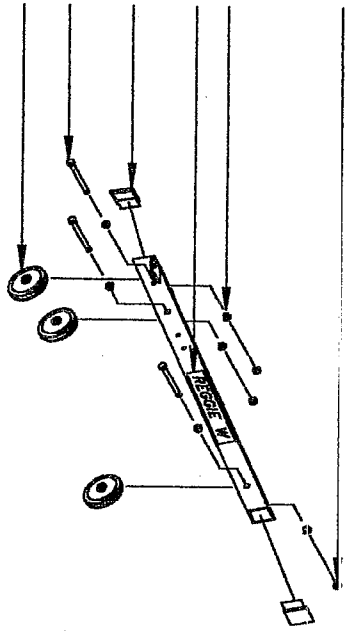
WEIGHT PLATE BUSHING (2)



DETAIL A

3/8 IN. LOCKNUT (3)

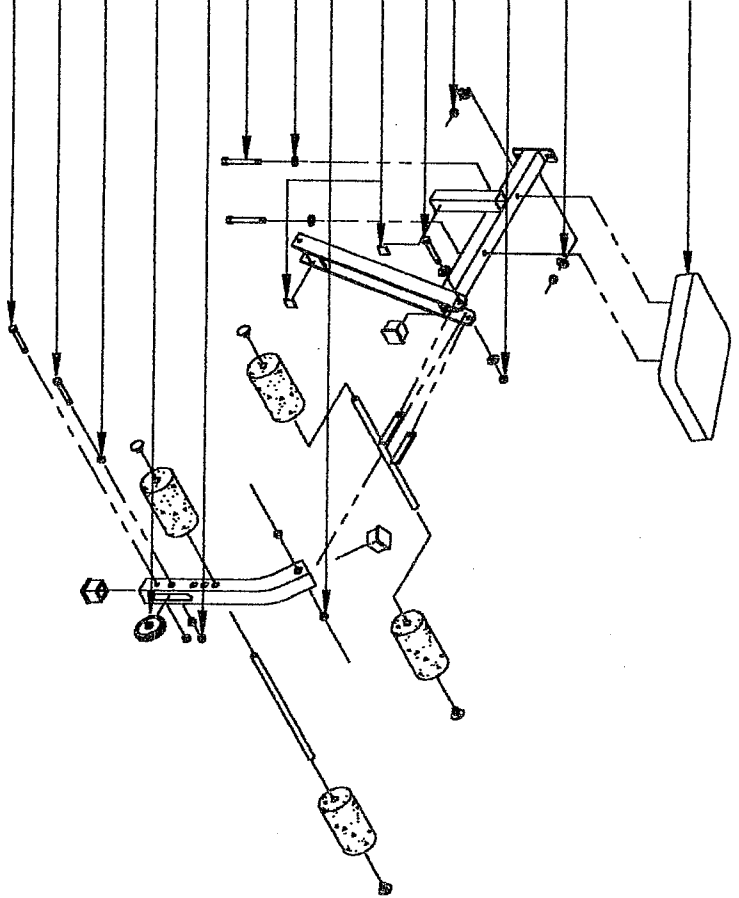
3/8 IN. FLANGE SPACER (6)
REGGIE WHITE LABEL
3 X 2 IN. END CAP (2)
3/8 X 2-3/4 IN. BOLT (3)
3-1/2 X 1 IN. PULLEY (3)



DETAIL B

PAD (6550901)

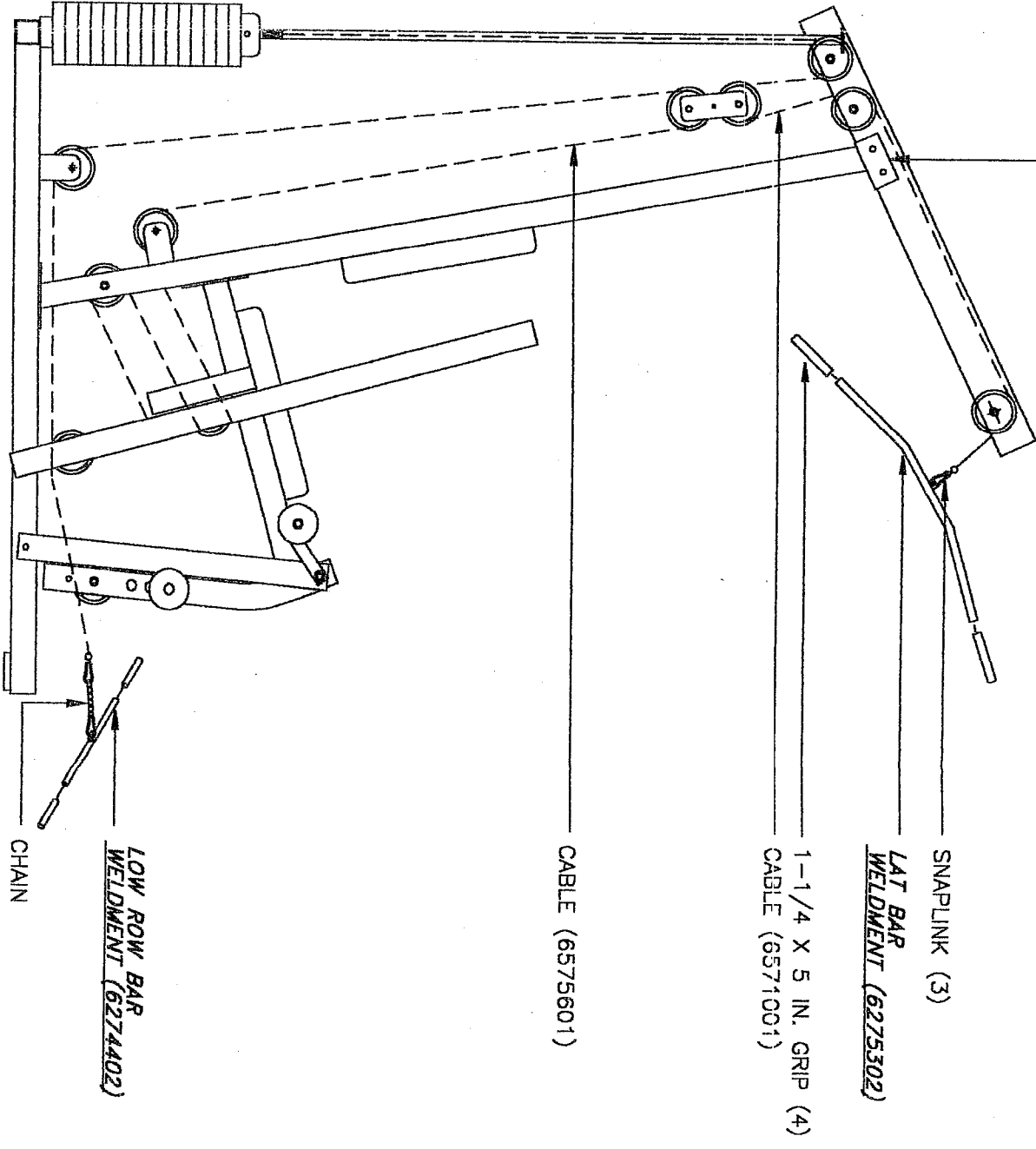
3/8 IN. WASHER (2)
3/8 IN. LOW HT LOCKNUT
3/8 IN. LOCKNUT (2)
3/8 X 3-3/4 IN. BOLT
1-1/4 IN. SQ RUBBER BUMPER
3/8 IN. FLANGE SPACER (2)
3/8 IN. LOCKWASHER (2)
3/8 X 2-3/4 IN. BOLT (2)
3/8 IN. LOCKNUT (2)
3-1/2 X 1 IN. PULLEY
3/8 IN. FLANGE SPACER (2)
3/8 X 2-3/4 IN. BOLT
3/8 X 2-1/2 IN. BOLT



DETAIL C

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
B		2740	DLW	10/95

* NOTE : CABLE MUST RUN OVER TOP OF BOLTS !

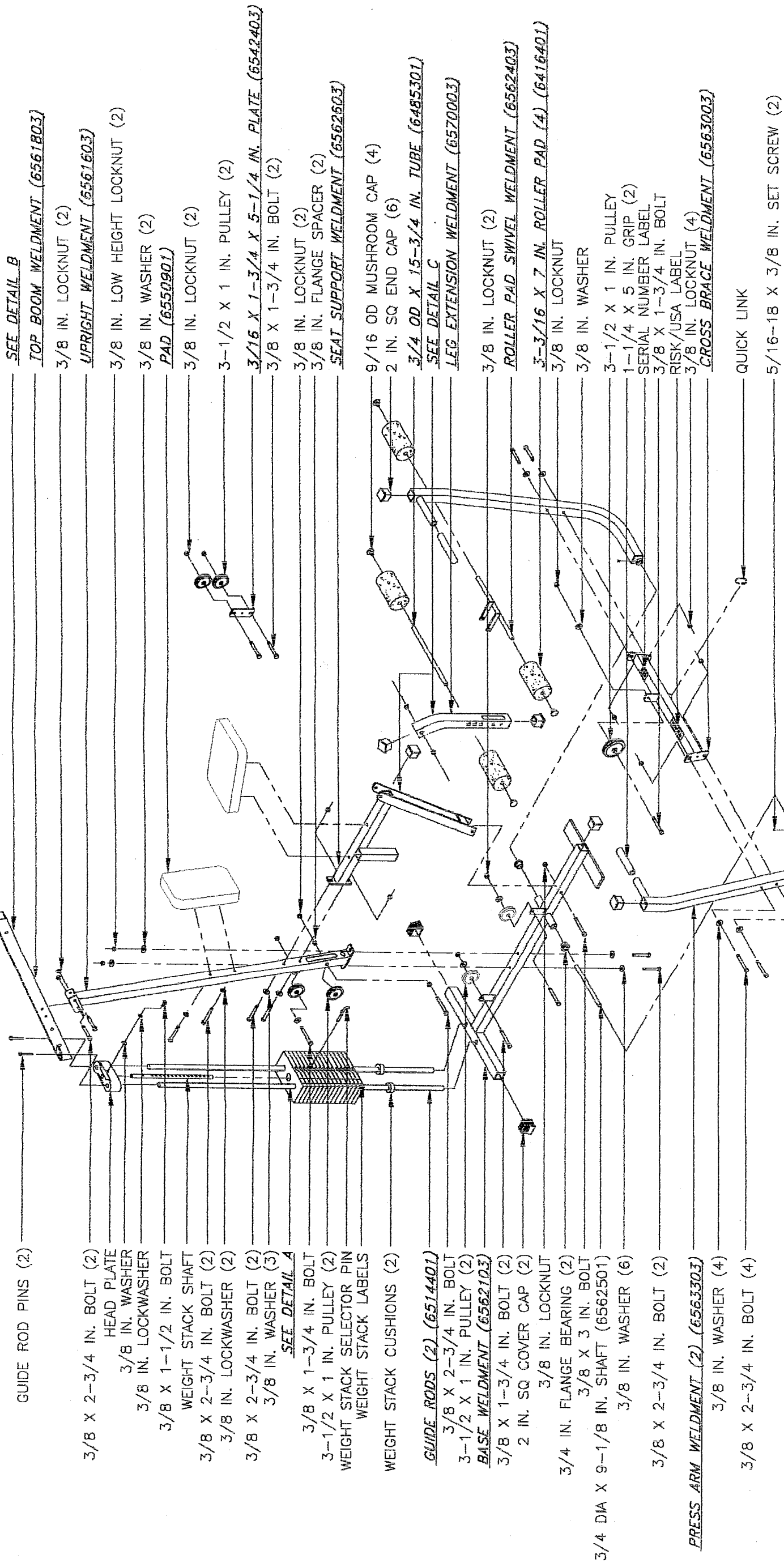


CABLE ROUTING DIAGRAM

TOLERANCES (EXCEPT AS NOTED)	DECIMAL	~
	FRACTIONAL	~
	ANGULAR	~
TITLE ASSY INST, 705101		
PARABODY, INC. RAMSEY, MINNESOTA		
SCALE	1/24	SIZE
SHEET	2 OF 2	B
DR	JRD	10/95
CHK'D	TKB	10/95
APP'D	JRD	10/95
65706		

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
B	ADDED NOTE:	2740	DLM	10/95

DASH NO	DESCRIPTION
01	AS SHOWN



TOLERANCES (EXCEPT AS NOTED)	
DECIMAL	~
FRACTIONAL	~
ANGULAR	~

NOTE: CAREFULLY READ STEP 15 FOR PROPER ASSEMBLY.

PARABODY, INC. RAMSEY, MINNESOTA	
TITLE	ASSY INST, 705101
SCALE	1/24
SHEET	1 OF 2
DR	JRD
CHK'D	TKB
APP'D	JRD
DATE	10/95
DRAWING NO. 65706	

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