

## PBF005B FLAT/INCLINE BENCH ASSEMBLY INSTRUCTIONS

8. Assemble the SWIVEL SLEEVE to the LEFT side of the BENCH FRAME as shown in (DETAIL A) using one (1) 3/8 X 4-1/2 IN. BOLT, one (1) 3/8 IN. WASHER, and one (1) 3/8 IN. LOW HEIGHT LOCK NUT. (NOTE: TIGHTEN SWIVEL SLEEVE ENOUGH THAT IT SWIVELS FREELY, YET IT DOES NOT WOBBLE)
9. Insert two (2) 1-3/4 IN. SQ. END CAPS into each end of the ADJUSTABLE SLIDE.
10. Insert the multiple hole end of the ADJUSTABLE SLIDE into the SWIVEL SLEEVE. (NOTE: BE SURE SWIVEL SLEEVE IS IN THE PROPER POSITION, SEE DRAWING) Attach the other end to the ADJUSTABLE SLIDE MOUNT on the BACK PAD, using one (1) 3/8 X 2-1/2 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOW HEIGHT LOCK NUT. (TIGHTEN UNTIL SNUG, THEN BACK OFF 1/4 IN. TURN)
11. To adjust SEAT PAD and/or BACK PAD use the two (2) 3/8 IN. L-PINS. (SEE DRAWING)

PARABODY INC.



FLAT/INCLINE BENCH  
PBF005B

## PRODUCT ASSEMBLY INSTRUCTION SHEETS

### TOOLS REQUIRED FOR ASSEMBLY:

- \* 9/16 INCH SOCKET
- \* ADJUSTABLE WRENCH
- \* HAMMER

REVISION: B

If you experience any problems with the assembly of this product, please contact your dealer or your PARABODY Customer Service representative at:

1-800-328-9714.

# PRO05B FLAT/INCLINE BENCH ASSEMBLY INSTRUCTIONS

## IMPORTANT:

\* THE BODYSMITH FLAT/INCLINE BENCH MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

\*\*\* IMPORTANT \*\*\*

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

1. Insert four (4) 2 IN. SQ. END CAPS into each end of the two (2) BASE LEGS, and one (1) 2 IN. SQ. END CAP into the top end of the BENCH FRAME.
2. SECURELY assemble the two (2) BASE LEGS to the BENCH FRAME, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, four (4) 3/8 IN. LOCKWASHERS, and four (4) 3/8 IN. NUTS.
3. Assemble four (4) SEAT BRACKETS to the BENCH FRAME as shown on drawing, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOW HEIGHT LOCK NUTS. (NOTE: TIGHTEN SEAT BRACKETS ENOUGH THAT THEY SWIVEL FREELY, YET THEY DON'T Wobble)
4. SECURELY assemble the SEAT PAD to the FRONT set of SEAT BRACKETS, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCKWASHERS, and two (2) 3/8 IN. WASHERS.
5. SECURELY assemble the BACK PAD to the REAR set of SEAT BRACKETS, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCKWASHERS, and two (2) 3/8 IN. WASHERS.
6. SECURELY assemble the ADJUSTABLE SLIDE MOUNT to the BACK PAD, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCKWASHERS, and two (2) 3/8 IN. WASHERS. (NOTE: THE OFFSETTING FLANGE ON THE ADJUSTABLE SLIDE MOUNT SHOULD BE LOCATED ON THE LEFT SIDE OF THE BACK PAD. SEE DRAWING)
7. Attach eight (8) PARAGLIDE STRIPS to the SWIVEL SLAVEE as shown in (DETAIL A) using the following steps:
  - A. Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached
  - B. Remove paper backing from the PARAGLIDE STRIPS and firmly apply them to all shown surfaces (8 places)

# PRO05B FLAT/INCLINE BENCH ASSEMBLY PARTS LIST

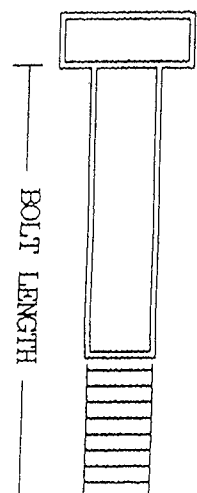
HARDWARE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1	3/8 X 4-1/2 IN. BOLT	1
2	3/8 X 3 IN. BOLT	6
3	3/8 X 2-1/2 IN. BOLT	1
4	3/8 X 1-1/4 IN. BOLT	6
5	3/8 IN. WASHER	21
6	3/8 IN. LOCKWASHER	10
7	3/8 IN. NUT	4
8	3/8 IN. LOW HEIGHT LOCK NUT	4
9	3/8 IN. L-PIN	2
10	2 IN. SQ. END CAP	5
11	1-3/4 IN. SQ. END CAP	2
12	PARAGLIDE STRIPS	8

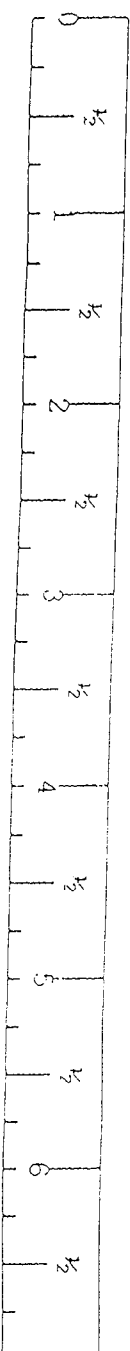
WELDMENTS/PARTS: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1	BASE LEG	2
2	BENCH FRAME	1
3	ADJUSTABLE SLIDE MOUNT	1
4	ADJUSTABLE SLIDE	1
5	SEAT BRACKET	4
6	SWIVEL SLEEVE	1
7	SEAT PAD	1
8	BACK PAD	1

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



BOLT LENGTH RULER:




REVISIONS			
REV	DESCRIPTION	CHG NO	APPD DATE

VER HOLES

**PARAGLIDE STRIPS INSTALLATION INSTRUCTIONS**

1. BEFORE ASSEMBLING THE WOLFF SLEEVE ON TO THE BENCH SECTION YOU MUST ATTACH THE PARAGLIDE STRIPS TO THE INSIDE SURFACES AS SHOWN. (QTY. 8)
2. THOROUGHLY CLEAN ALL INSIDE SURFACES OF BOTH ENDS OF THE WOLFF SLEEVE WITH GLASS CLEANER AND A LINT FREE CLOTH. SURFACES MUST BE CLEAN TO A DEPTH OF ABOUT 1-1/2 INCHES.
3. REMOVE THE PAPER BACKING FROM THE PARAGLIDE STRIPS AND FIRMLY APPLY THEM TO THE INSIDE SURFACES. (CENTERED AS SHOWN IN 8 PLACES)
4. CONTINUE WITH THE REST OF THE ASSEMBLY.
5. FOR REPLACEMENT PARAGLIDE STRIPS, CONTACT A PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714.

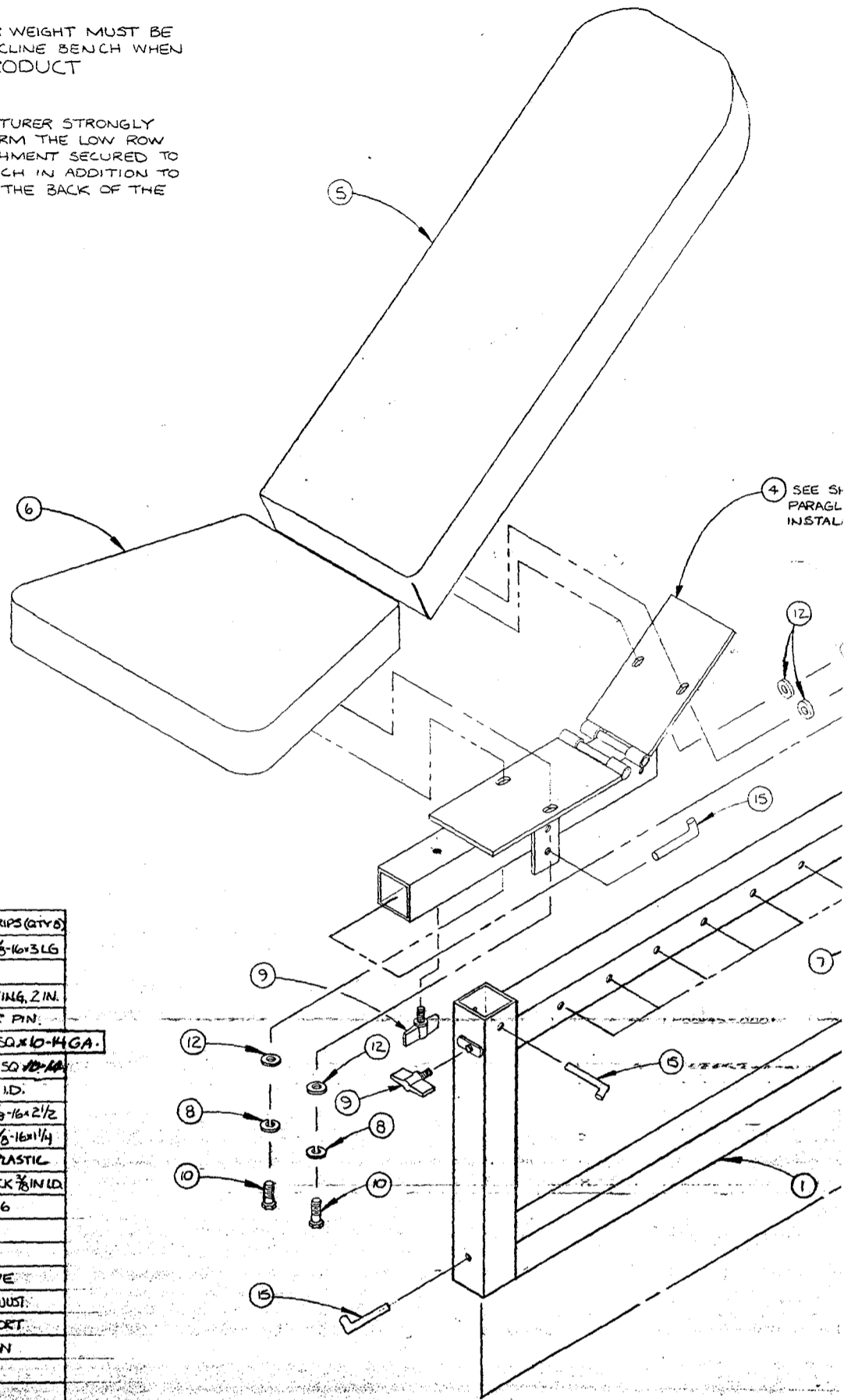
TOLERANCES: UNLESS OTHERWISE SPECIFIED		 <b>ParaBody, Inc.</b> RAMSEY, MINNESOTA	
DECIMAL	±	TITLE <b>FINAL ASSEMBLY,          FLAT / INCLINE</b>	DESIGNED BY <i>[Signature]</i> 1/22/09
FRACTIONAL	±		CHECKED BY <i>[Signature]</i> 1/22/09
ANGULAR	±		APPROVED BY <i>[Signature]</i> 1/22/09
SCALE 1/2" = 1"		SIZE D	DRAWING NO. PBFO05
SHEET 2 OF 2			

DASH NO DESCRIPTION

\*\*\* WARNING \*\*\*

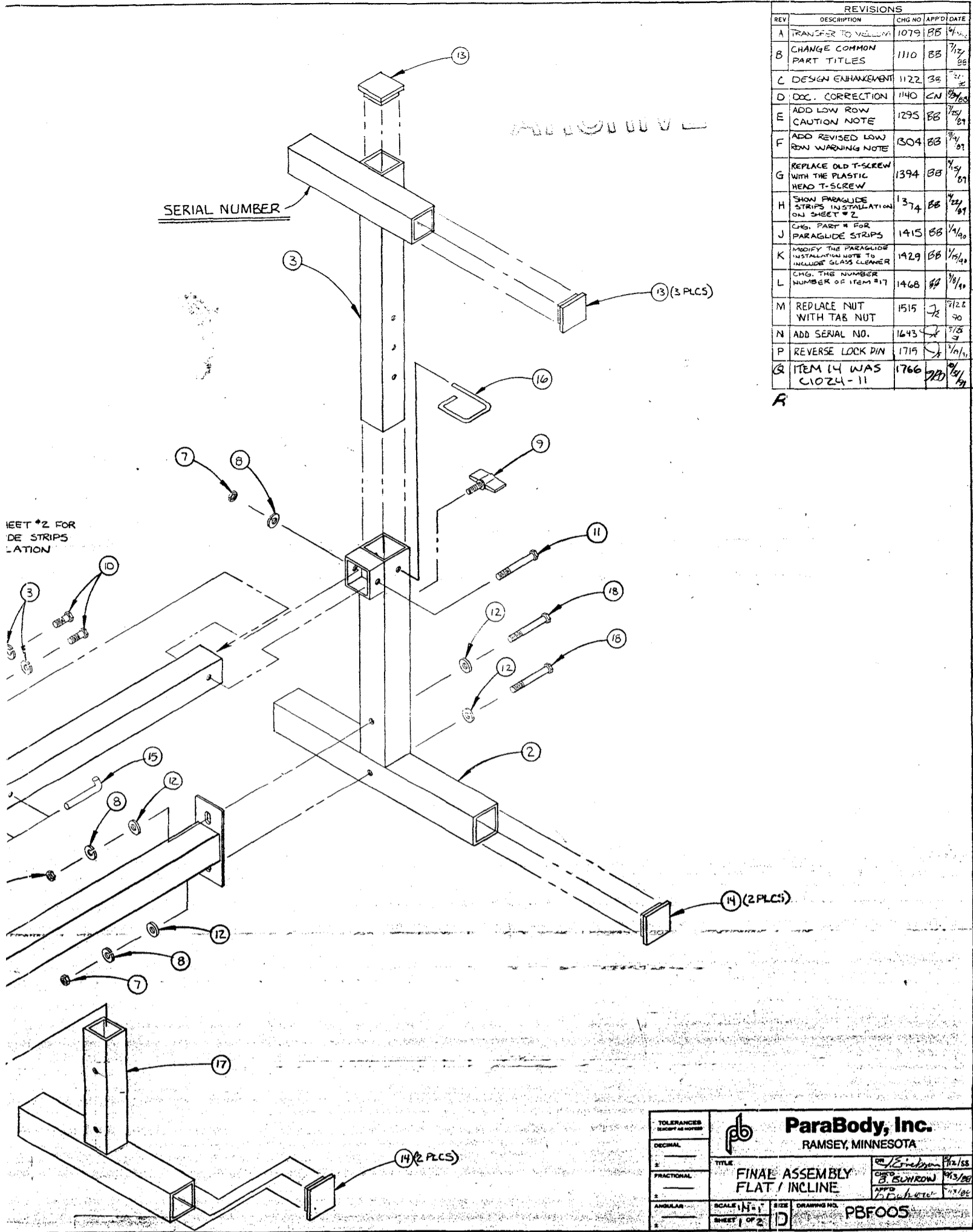
A MINIMUM OF 100 POUNDS COUNTER WEIGHT MUST BE PLACED ON THE BACK OF THE FLAT & INCLINE BENCH WHEN THE LAT ATTACHMENT PRODUCT IS IN USE !!!

PRECAUTIONARY NOTE: THE MANUFACTURER STRONGLY RECOMMENDS THAT THE USER PERFORM THE LOW ROW EXERCISE WITH THE LOW ROW ATTACHMENT SECURED TO THE FRONT OF THE FLAT/INCLINE BENCH IN ADDITION TO THE COUNTER WEIGHT APPLIED ON THE BACK OF THE BENCH.  
(SEE WARNING NOTE ABOVE)



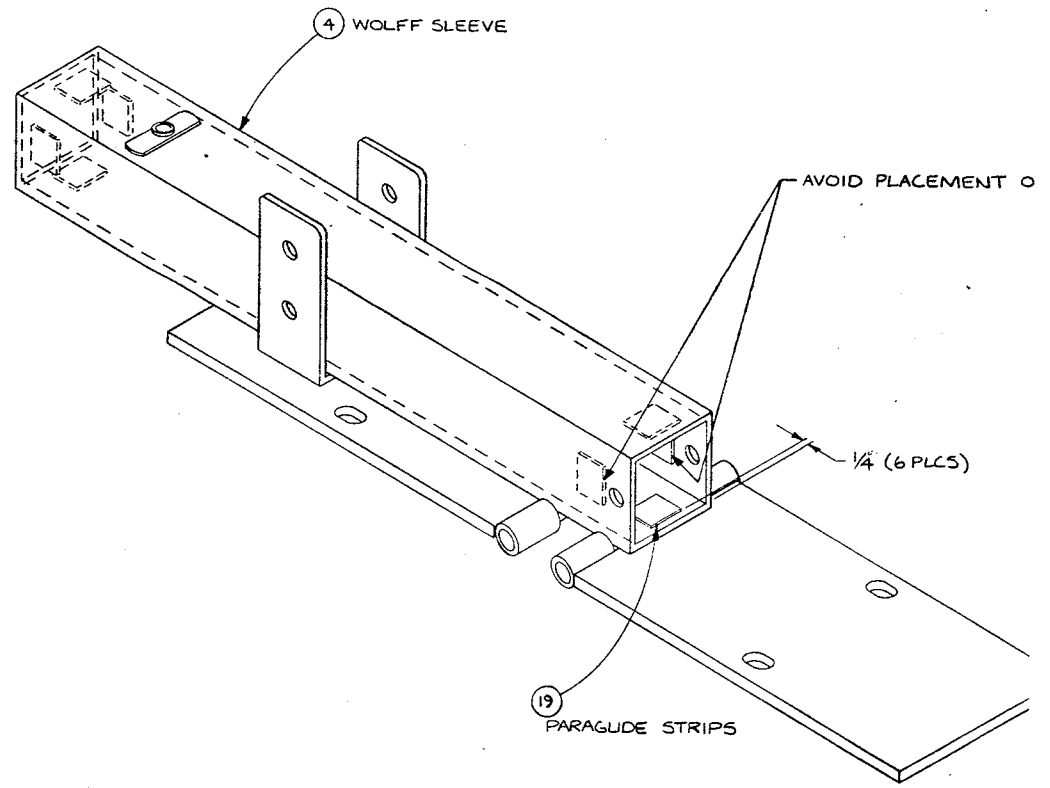
19	1	PB1597-0001	BAG, PARAGLIDE STRIPS (QTY 6)
18	2	C1029-0004	BOLT, HEX HEAD, 3/8-16x3 LG
17	1	PB1734-0001	TEE, FRONT LEG
16	1	PB0114-0001	PIN, SADDLE LOCKING, 2 IN.
15	4	PB0145-0001	POSITIONING "L" PIN
14	4	PB2366-0001	CAP END, 2 IN. SQ X 10-14 GA.
13	3	PB2367-0001	CAP END, 1 3/4 IN. SQ X 10-14 GA.
12	8	C1025-0001	WASHER, 3/8 IN. ID.
11	1	C1029-0003	BOLT, HEX HEAD 3/8-16x2 1/2
10	4	C1029-0001	BOLT, HEX HEAD 3/8-16x1 1/4
9	3	PB1458-0001	THUMBSCREW, PLASTIC
8	7	C1026-0001	WASHER, SPLIT LOCK 3/8 IN ID.
7	3	C1027-0001	NUT, HEX, 3/8-16
6	1	PB0111-0001	PAD, SEAT...
5	1	PB0596-0001	PAD BACK
4	1	PB0106-0001	WOLFF SLEEVE
3	1	PB0591-0001	TEE, HEIGHT ADJUST.
2	1	PB0588-0001	BASE TEE SUPPORT
1	1	PB0590-0001	BENCH SECTION
ITEM	QTY	PART NUMBER	DESCRIPTION

PARTS LIST



REVISIONS			
REV	DESCRIPTION	CHG NO	APP'D / DATE
A	TRANSFER TO YELLOW	1079	BB 4/1/82
B	CHANGE COMMON PART TITLES	1110	BB 1/17/86
C	DESIGN ENHANCEMENT	1122	BB 2/21/86
D	DOC. CORRECTION	1140	CN 8/29/86
E	ADD LOW ROW CAUTION NOTE	1295	BB 7/25/87
F	ADD REVISED LOW ROW WARNING NOTE	1304	BB 8/4/87
G	REPLACE OLD T-SCREW WITH THE PLASTIC HEAD T-SCREW	1394	BB 1/19/87
H	SHOW PARAGLIDE STRIPS INSTALLATION ON SHEET #2	1374	BB 1/22/87
J	CHG. PART # FOR PARAGLIDE STRIPS	1415	BB 1/14/90
K	MODIFY THE PARAGLIDE INSTALLATION NOTE TO INCLUDE GLASS CLEANER	1429	BB 1/15/93
L	CHG. THE NUMBER OF ITEM #17	1468	BB 3/8/99
M	REPLACE NUT WITH TAB NUT	1515	JZ 7/26/90
N	ADD SERIAL NO.	1643	JZ 7/25/99
P	REVERSE LOCK PIN	1719	JZ 1/1/11
Q	ITEM 14 WAS C1024-11	1766	JZ 1/1/11

TOLERANCES EXCEPT AS NOTED		<b>ParBody, Inc.</b> RAMSEY, MINNESOTA	
DECIMAL		TITLE	DESIGNED BY: <i>E. Erickson</i> P12/88 CHECKED BY: <i>B. BURROW</i> P13/88 APPROVED BY: <i>J. Eubank</i> P14/88
FRACTIONAL			
ANGULAR		SCALE: 1/2" = 1"	SIZE: D
		SHEET 1 OF 2	DRAWING NO. <b>PBFOOS</b>



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