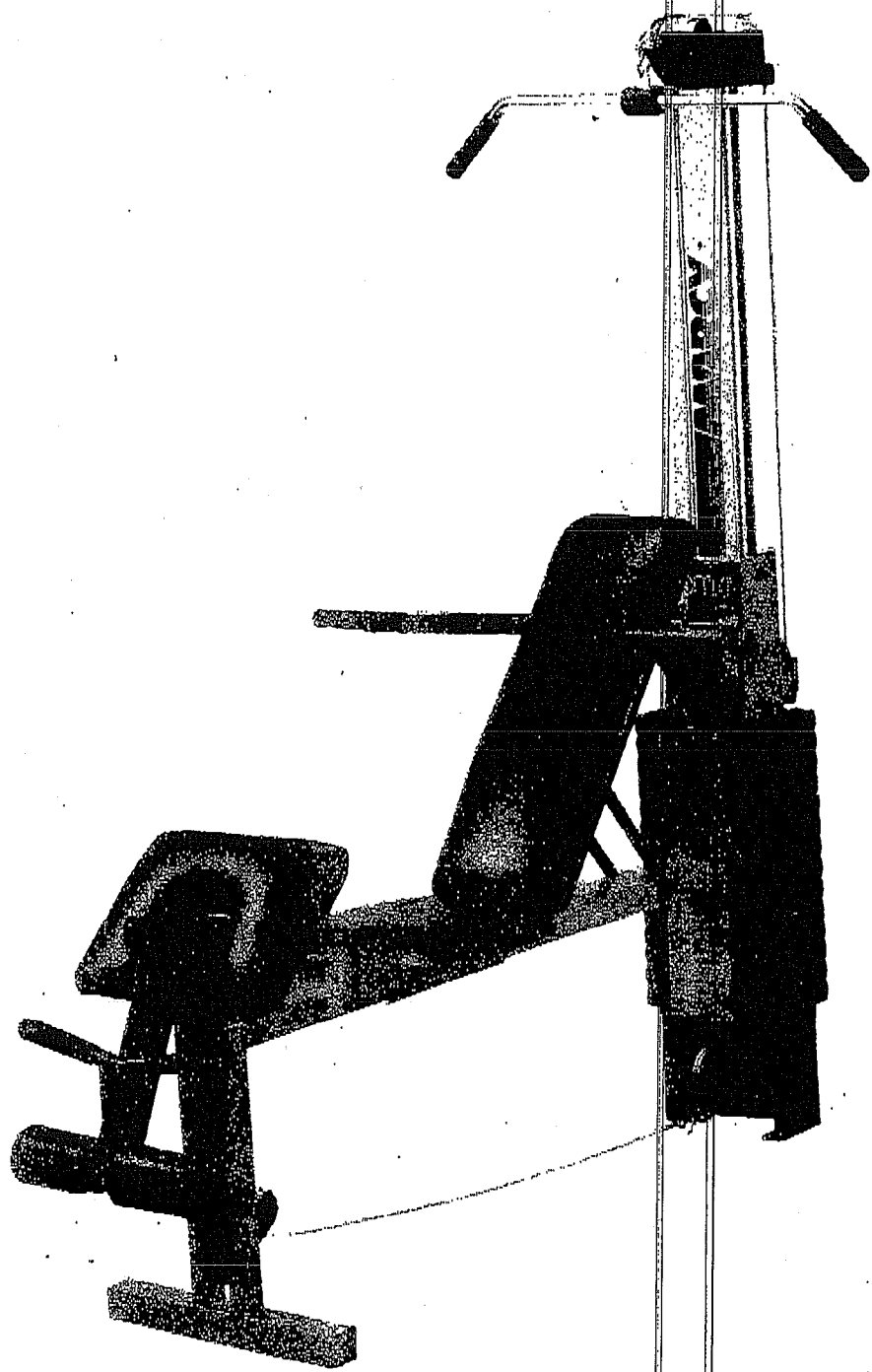


em/1

ASSEMBLY INSTRUCTIONS



P/N 990437A

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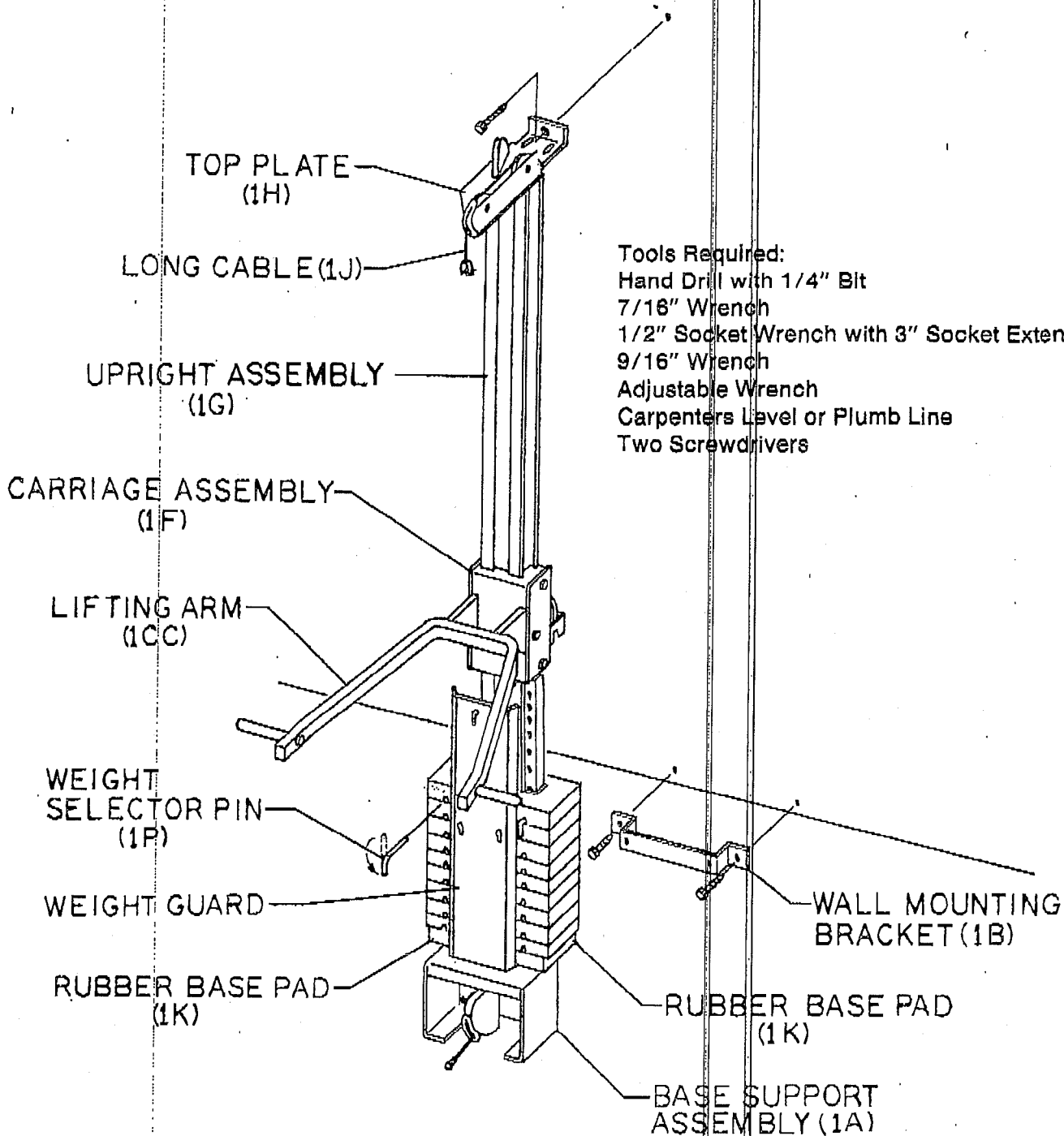
MARCY

FITNESS PRODUCTS

2801 W. Mission Rd.
Alhambra, California 91803

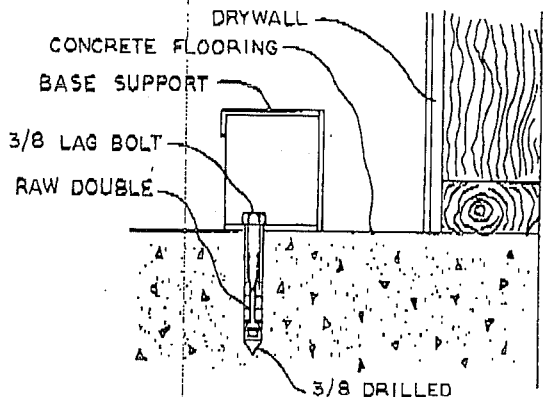
The MARCY em/1 unit features several components, allowing a variety of exercises. It is important to assemble unit in the proper manner for the unit to function smoothly. Follow the assembly instructions carefully, referring to assembly illustrations for part identification. Before beginning separate and identify all components. (NOTE: Some components are shipped already assembled, as indicated in parts list.) Using the parts list at the end of the instructions, check to see that the quantity of each type and size of component is correct.

Because of the size and weight of its parts, assembly of this unit requires two people. **IMPORTANT: ALL BOLTS SHOULD BE ONLY FINGER TIGHT WHEN PRE-ASSEMBLING UNIT UNLESS OTHERWISE INSTRUCTED.** Once installed, frequently check the tightness of ALL bolts, including those securing unit to the wall.

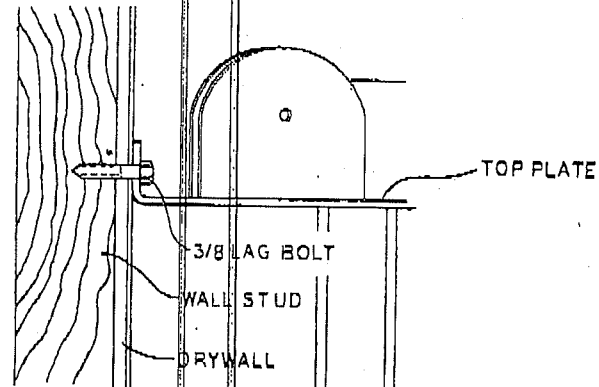


MAIN ILLUSTRATION

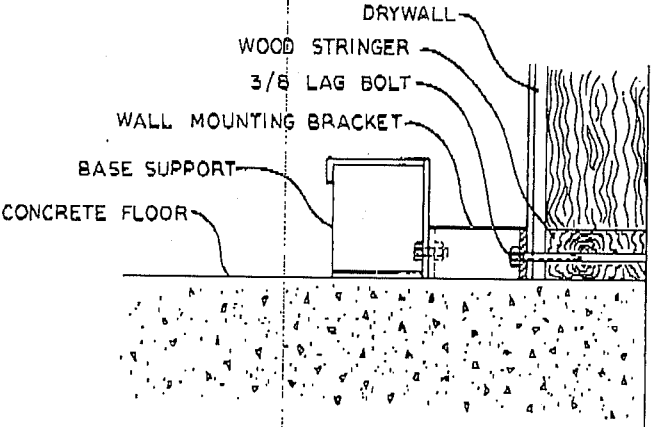
WALL & FLOOR INSTALLATION ILLUSTRATIONS



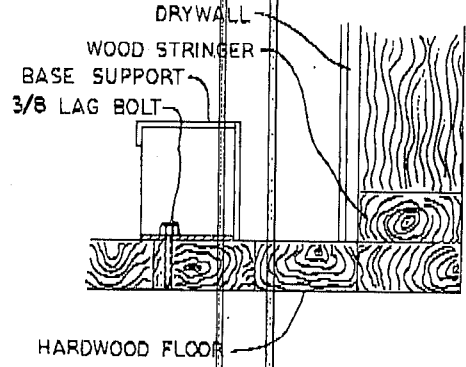
TYPICAL CONCRETE FLOOR INSTALLATION



TYPICAL WALL INSTALLATION



TYPICAL WALL STRINGER INSTALLATION



TYPICAL HARDWOOD FLOOR INSTALLATION

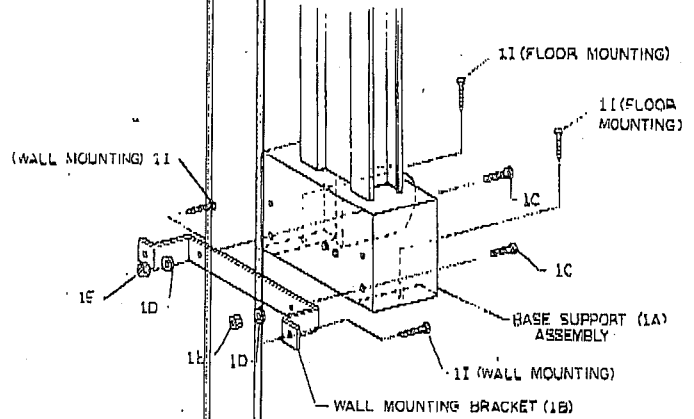
SECTION 1: UPRIGHT ASSEMBLY

Section 1-1: Mounting of unit

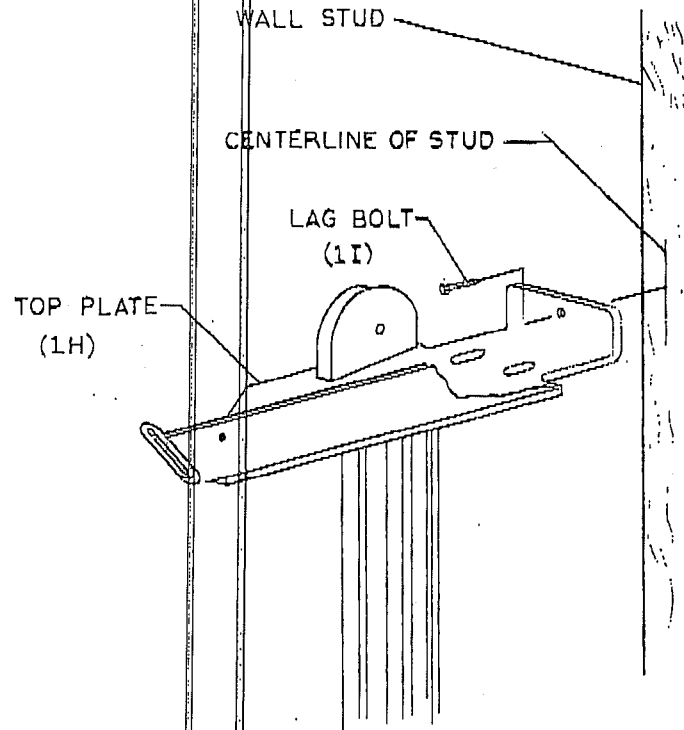
(Section 1-1 instructions apply to units which will be mounted to a wall. If unit will be mounted to an EM/2, FREESTANDING ACCESSORY refer to those assembly instructions at this time.)

The following steps apply to standard wall installation into a wood wall stud and wood floors. Recommended installation into other surfaces are illustrated on the preceding page. No matter what the surface, make certain the unit is firmly secured before use. Do not install the unit in weak surface materials such as wall board.

1. Determine whether base support (1A) will be mounted to the wall or the floor. If base support (1A) will be mounted to the wall, bolt wall mounting bracket (1B) to base support (1A) as shown in Detail 1-1 using 5/16" x 3/4" bolts (1C), 5/16" lockwashers (1D) and 5/16" hex nuts (1E). NOTE: Most walls have 2 x 4 wood stringers running along the base. Often, as in the case of a cement floor, installation will more easily be made into this wall stringer.
2. Locate and mark the center of the wall stud to which unit will be installed.
3. Hold upright assembly (1G) in a vertical, upright position against the wall, centered to the wall stud.
4. With a pencil, mark the position of the top plate's (1H) hole on the wall, centered to the wall stud. NOTE: If the unit is being installed on carpeting, press the unit down while marking hole for top plate. Carefully lay unit down on the floor.
5. With 1/4" bit, drill a pilot hole approximately 2" deep into the center of the wall stud.
6. Place the unit into an upright position and secure it to the wall with 3/8" x 2" lag bolt (1I). DO NOT TIGHTEN BOLT COMPLETELY AT THIS TIME.
7. A primary consideration in mounting the unit is to make certain it is perpendicular in both the front and side planes. Use the carpenter's level or a plumb line to obtain final positioning of the base support (1A).
8. With the unit in proper position, mark the locations of the holes on either the wall or floor, as illustrated in Detail 1-1.
9. Unbolt top plate (1H) from the wall and carefully set EM/1 unit down so that base pilot holes may be drilled. Save hardware for use later.
10. With the 1/4" bit, drill the base pilot holes approximately 2" deep.
11. Reposition base support (1A) over pilot holes. Bolt base support to wall or floor using 3/8" x 2" lag bolts (1I).



DETAIL 1-1



DETAIL 1-2

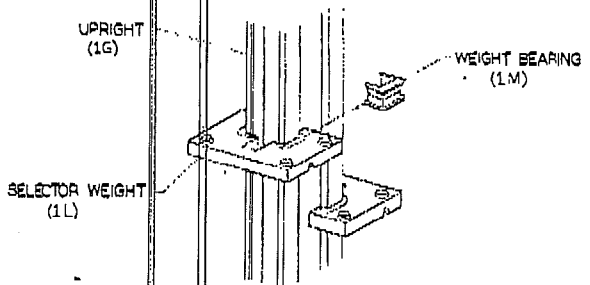
Section 1-2: Assembly of upright

12. Unbolt top plate (1H) from upright (1G) and set aside. NOTE: Cable (1J) must be pulled through hole in top plate (1H) and then allowed to hang down from the top of the upright (1G). Make sure the end of cable does not fall down inside upright (1G). Save hardware for use later.
13. There are two adhesive-backed rubber stops on the front of the upright (1G) just above the carriage (1F). Peel these off and discard.
14. Remove carriage assembly (1F) from the upright (1G) by sliding it up and off the top of the upright (1G). NOTE: The cable must be pulled through carriage and treated in the same manner as in step 12 above.

✓ 15. Check to make sure rubber base pads (1K) are in position on each side of upright (1G) as shown in main illustration.

NOTE: If unit is being mounted to MARCY EM/2 FREESTANDING ACCESSORY, remove the 5/16" x 3/4" bolt securing the top portion of the weight guard to the upright (1G).

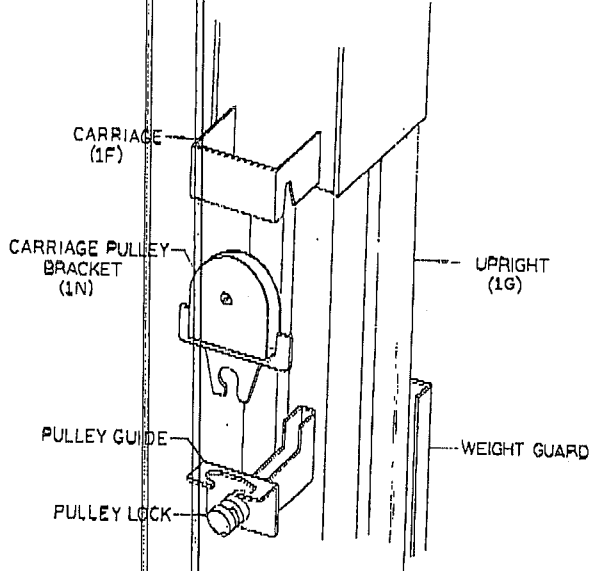
✓ 16. The EM/1 unit uses two stacks of eight 10 pound weight plates (1L). The top, fourth and bottom weight plate (1L) of each stack should be fitted with nylon weight bearings (1M). Make certain that these plates have the bearings (1M) intact as illustrated in Detail 1-3.



DETAIL 1-3

✓ 17. Slide eight weight plates (1L) down each side of the upright (1G), being sure weight bearings (1M) are in the top, fourth and bottom plates (1L). (NOTE: If you have purchased additional weight kits, install them at this time. Install any weight decal included with additional weights to weight guard after completing assembly of upright portion of unit.)

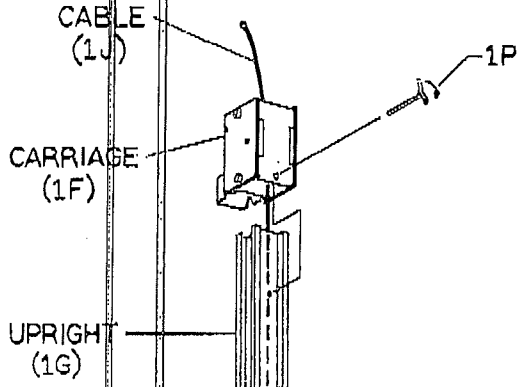
✓ 18. Turn locking handle at front of weight guard to the pulley position. Position carriage pulley bracket (1N) over pulley guide on back side of upright (1G) as shown in Detail 1-4. Insert carriage pulley bracket (1N) down between pulley guide and over pulley lock. Turn locking handle to barbell position.



DETAIL 1-4

✓ 19. Thread end of cable (1J) hanging from top of upright (1G) up through center of carriage assembly (1F) and out top side. With graphics facing forward, slide carriage (1F) down upright (1G) with bearings (inside carriage) riding inside channels on sides of the upright. Align hole at bottom front of carriage (1F) with hole in front side of upright (1G) and lock in place using 7/8" weight selector pin (1P) as shown in Detail 1-5.

✓ 20. Install selector bars (10) one side at a time. The selector bars are fitted with nylon selector bar guides as shown in Detail 1-6 on page 6. To install selector bars, with selector bar guide located at bottom end, hold selector bar (10) parallel to channel on side of upright (1G). Rotate selector bar (10) until selector bar guide can be inserted into channel. With guide riding inside channel, rotate selector bar back to upright, parallel position.



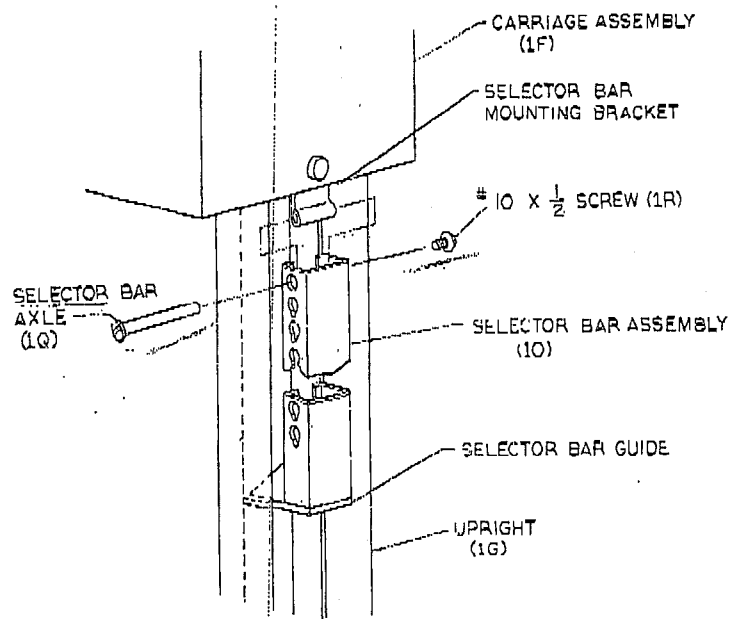
DETAIL 1-5

Check to see that selector bar mounting bracket, mounted at bottom of carriage is hanging straight down. Attach top end of selector bar (10) to carriage (1F) as shown in Detail 1-6. Align round hole at upper end of selector bar with selector bar mounting bracket mounted at bottom of carriage (1F). Secure using selector bar axle (1Q) and #10 x 1/2" slotted screw (1R).

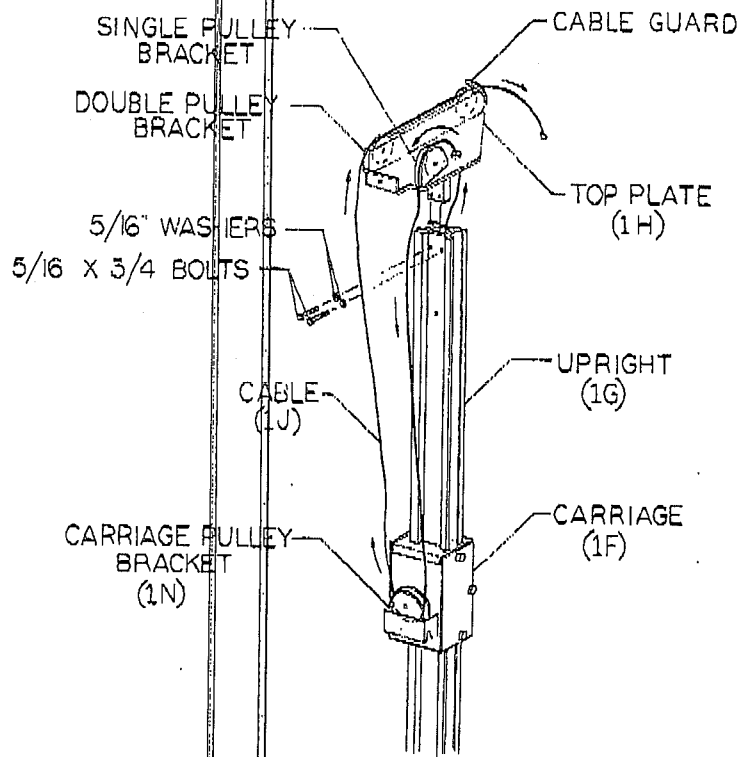
✓ 21. Remove weight pin (1P) holding carriage (1F) and slide carriage down onto pulley guide (shown in Detail 1-4).

- 22. The top plate (1H) has a single pulley bracket and a double pulley bracket. Insert end of cable (1J) up through hole located at front edge of single pulley bracket as shown in Detail 1-7, pulling cable through.
- 23. Position top plate (1H) on upright (1G) and secure using 5/16" x 3/4" bolts and 5/16" lockwashers previously removed.
- 24. Bolt top plate (1H) to wall using 3/8" x 2" lag bolt (1I).

If mounting unit to EM/2 FREESTANDING ACCESSORY, refer to those instructions at this time. Complete assembly of EM/2 as instructed before proceeding with remaining EM/1 assembly.



DETAIL 1-6



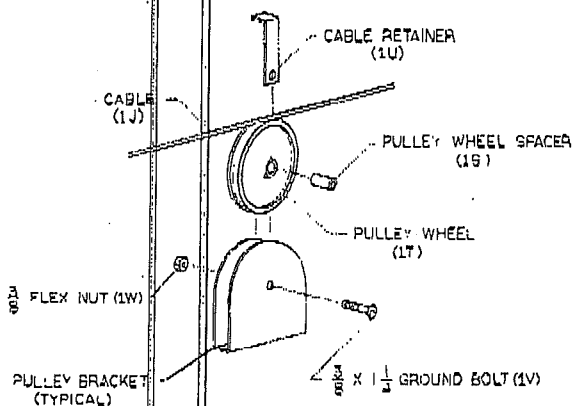
DETAIL 1-7

Section 1-3: Cable Installation

(Refer to Details 1-7 & 1-8 for cable installation)

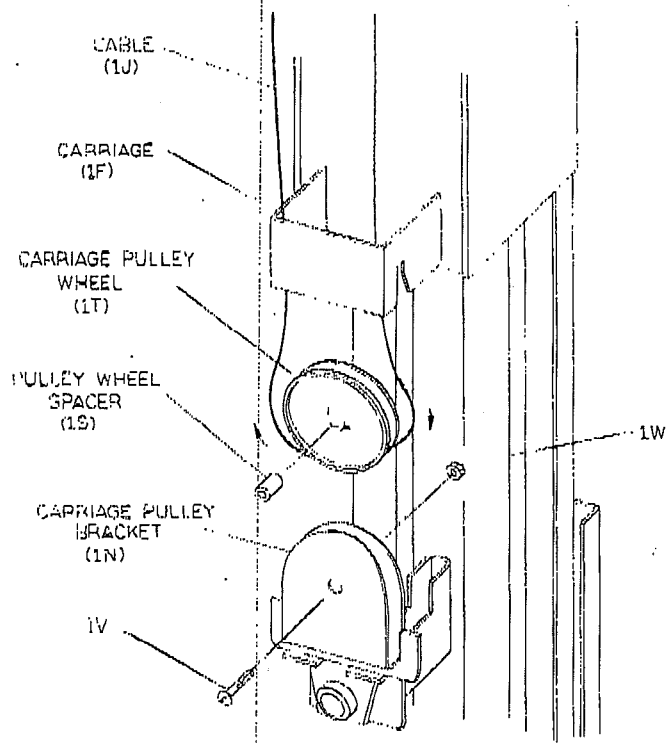
- 25. Insert spacers (1S) into 4 1/2" pulley wheels (1T) as illustrated in Detail 1-8. Position a pulley wheel (1T) with spacer (1S) in single pulley bracket of top plate (1H). Bring cable (1J) over pulley wheel (1T) and down back side of upright (1G). Make sure cable (1J) is riding in groove of pulley wheel (1T). Position top "hook" of cable retainer (1U) over cable (1J) as shown and long side of cable retainer facing center of top plate. Line up hole in cable retainer with hole in pulley bracket. Secure, bolting through pulley wheel (1T) and spacer (1S) using 3/8" x 1 1/4" GROUND bolt (1V) and 3/8" flex nut (1W). Tighten nut, being sure not to overtighten as pulley wheel (1T) must turn easily.

- 26. Bring cable (1J) straight down to carriage pulley bracket (1N). Position 4 1/2" pulley wheel (1T) with spacer (1S) above carriage pulley bracket (1N), with cable (1J) riding in groove at bottom side of pulley wheel as illustrated in Detail 1-9 on page 7. Insert pulley wheel (1T) with spacer (1S) down into carriage pulley bracket (1N). Raise carriage (1F) so selector bars (1O) are out of weight stacks. Fully insert 7 3/8" selector weight pin (1P) into bottom hole in one of the selector bars and lower carriage down. Insert 3/8" x 1 1/4" GROUND bolt (1V) from back side through carriage pulley bracket (1N), checking to make sure cable (1J) is still riding in groove of pulley wheel (1T). Secure using 3/8" flex nut (1W), being sure pulley wheel (1T) turns easily. (NOTE: A cable retainer (1U) is not installed over the carriage pulley bracket (1N).) While holding the carriage (1F), remove selector weight pin (1P) from the selector bar (1O) and lower the carriage completely.

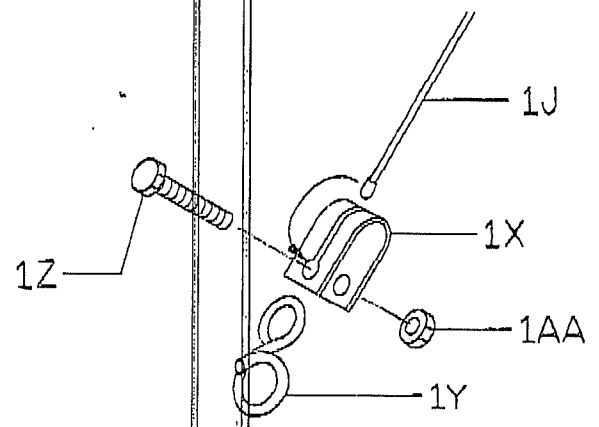


DETAIL 1-8

- 27. Position 4 1/2" pulley wheels (1T) with spacers (1S) in double pulley bracket of top plate (1H). Bring cable (1J) straight up to double pulley bracket, across top side of both pulley wheels (1T) and out through center of cable guard as shown in Detail 1-7. With cable (1J) riding in grooves of pulley wheels (1T), install cable retainers (1U) as instructed in step 25, with long side facing center of top plate. Secure as before using 3/8" x 1 1/4" GROUND bolts (1V) and 3/8" flex nuts (1W).
- 28. Attach u-clip (1X) to end of cable (1J) as shown in Detail 1-10. Position closed end of s-hook (1Y) inside u-clip and secure using 3/8" x 1/4" zinc bolt (1Z) and 3/8" zinc flex nut (1AA).



DETAIL 1-9



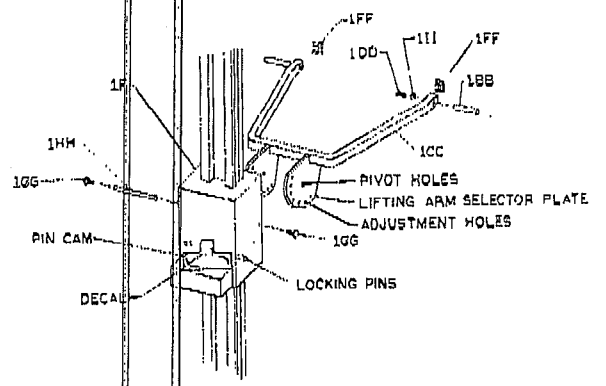
DETAIL 1-10

Section 1-4: Lifting Arm Installation

- 29. Install rotating handle assemblies (1BB) one at a time. Slide ends of rotating handle assemblies (1BB) into lifting arm (1CC) as illustrated in Detail 1-11. Loosely bolt handle (1BB) to lifting arm (1CC) using 3/8" x 3/4" socket screws (1DD) and 3/8" lockwashers (1II) with hex key (1EE) provided. To secure handles, insert screwdriver into end of lifting arm (1CC) and wedge handle (1BB) so that it cannot turn freely. Tighten screw (1DD) securely using hex key (1EE).

- 30. Install 1" x 1 1/2" black plastic plugs (1FF) in ends of lifting arm (1CC) as shown.

- 31. With lifting arm (1CC) positioned with adjustment plates offset toward floor as illustrated (Detail 1-11), fully insert selector plates of lifting arm into slots on front side of carriage (1F). While holding arm (1CC), reach behind carriage (1F) and turn pin cam to "release" position as indicated by pin cam decal. With pin cam turned as far to the side as possible in the "release" position, push lifting arm (1CC) completely into carriage (1F). Turn pin cam back to "lock" position and adjust position of selector plates of lifting arm (1CC) so locking pins lock through lifting arm and carriage (1F). Lifting arm cannot be pulled out when properly locked.



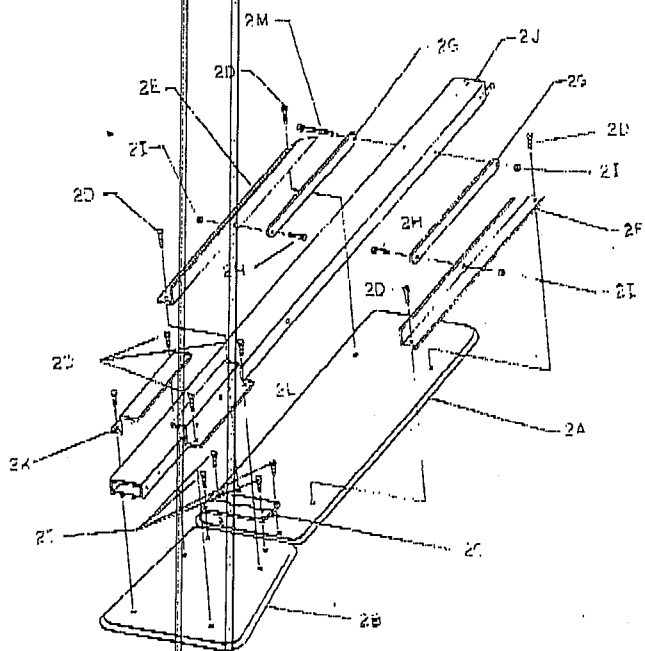
DETAIL 1-11

- 32. Screw a pivot axle knob (1GG) into one end of lifting arm pivot axle (1HH). Align pivot holes of lifting arm (1CC) with corresponding holes in carriage (1F). Insert lifting arm pivot axle (1HH) through carriage (1F) and lifting arm (1CC) and secure with remaining pivot axle knob (1GG) as shown in Detail 1-11.

- 33. Tighten all bolts securely at this time before proceeding with assembly of bench component.

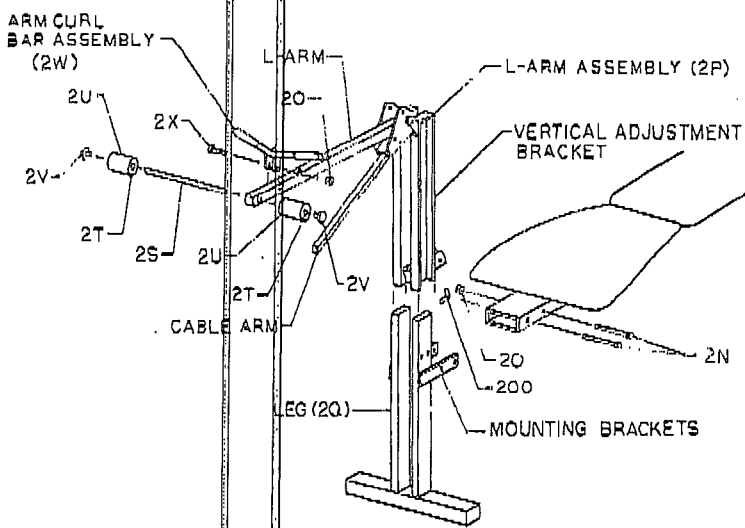
Section 2: Bench Assembly

- ✓ 1. Place upholstered boards (2A & 2B) upholstered side down on a flat surface. With hinge pin facing boards, bolt hinge (2C) to small board (2B) and large board (2A) using 5/16" x 3/4" bolts (2D) as illustrated in Detail 2-1.
- ✓ 2. Position LH and RH large board brackets (2E & 2F) over large board (2A) with diagonally cut ends facing away from the hinge (2C). Be sure brackets (2E & 2F) are positioned as illustrated in Detail 2-1, with bent edges toward the center of board (2A). Secure in place using 5/16" x 3/4" bolts (2D).
- ✓ 3. Attach incline brackets (2G) to RH & LH large board brackets (2E & 2F) using 1/4" x 3/4" bolts (2H) and 1/4" flex nuts (2I). (IMPORTANT: Do not overtighten as brackets must swing easily.)
- ✓ 4. Position seat support (2J) over board assembly. (NOTE: Pins extending out one end of the seat support (2J) should be on the lower side, next to board at end illustrated in Detail 2-1.)
- ✓ 5. Position LH and RH seat brackets (2K & 2L) over seat support (2J) and small board (2B) as illustrated. (NOTE: When seat brackets (2K & 2L) are properly positioned, holes along side of seat support should be offset toward wide end of small board (2B). Loosely attach seat brackets to small board (2B) using 5/16 x 3/4 bolts (2D). Align holes through sides of seat brackets (2K & 2L) with hole in center of seat support (2J). Fully insert 5/4" seat adjustment pin (2GG) through parts. Tighten 5/16 x 3/4 bolts (2D) securing seat brackets at this time. Remove seat adjustment pin (2GG).
- ✓ 6. Reposition seat support so hole at end aligns with incline brackets (2G) as shown in Detail 2-1. Attach ends of incline brackets (2G) to seat support (2J) as shown using 1/4" x 5" bolt (2M) and 1/4" flex nut (2I). (Important: Do not overtighten as brackets must swing easily.) Fully insert 5/4" seat adjustment pin (2GG) through large board brackets (2E & 2F) and seat support (2J). Tighten 5/16 x 3/4 bolts (2D) securing large board brackets (2E & 2F) securely at this time. Remove seat adjustment pin (2GG).



DETAIL 2-1

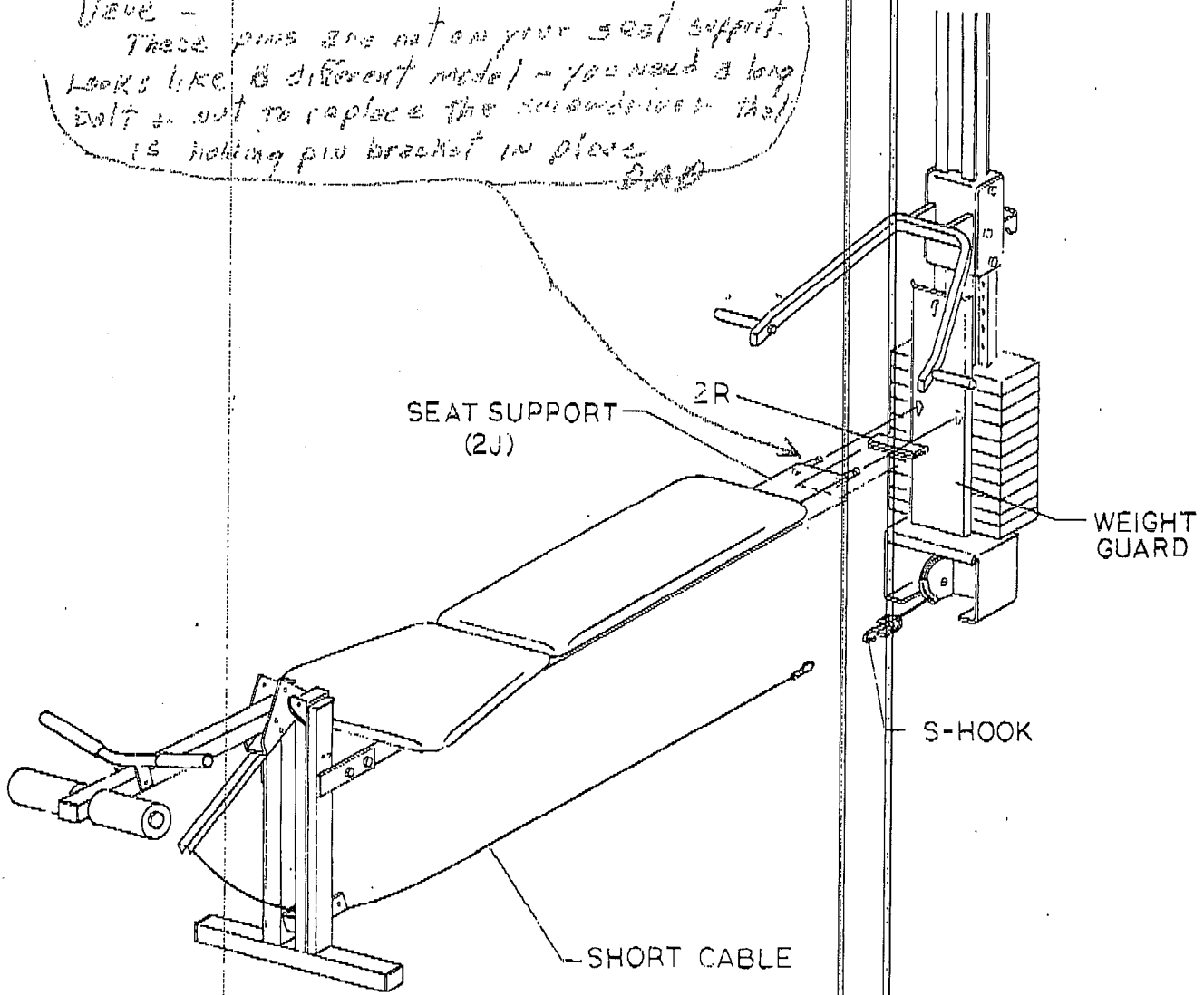
- ✓ 7. Remove L-arm assembly (2P) from leg (2Q). Turn assembly around 180 degrees and reinstall by sliding vertical adjustment bracket of L-arm assembly (2P) down center of leg (2Q) as shown in Detail 2-2 making sure that mounting brackets at top of leg (2Q) face away from the L-arm of the assembly (2P) as illustrated in Detail 2-2.
- ✓ 8. With upholstered boards (2A) and (2B) facing up, position end of seat support (2J) between brackets at top of leg (2Q) as shown in Detail 2-2. Secure using 5/16" x 4 1/2" bolts, (2N) 5/16" wing nut (2OO) and 5/16" flex nut (2O) as shown.
- ✓ 9. Press 3/8" strip of plastic u-channel (2R) over bottom edge at opposite end of seat support (2J), below the pins as illustrated in Detail 2-3.
- ✓ 10. Insert pin at the end of seat support (2J) into keyholes in weight guard as illustrated. Align groove in pins with keyholes and press seat support (2J) down so pins rest on bottom of keyhole slots.
- ✓ 11. Slide crossbar (2S) through L-arm assembly (2P) as shown in Detail 2-2.



DETAIL 2-2

← Problem see next page

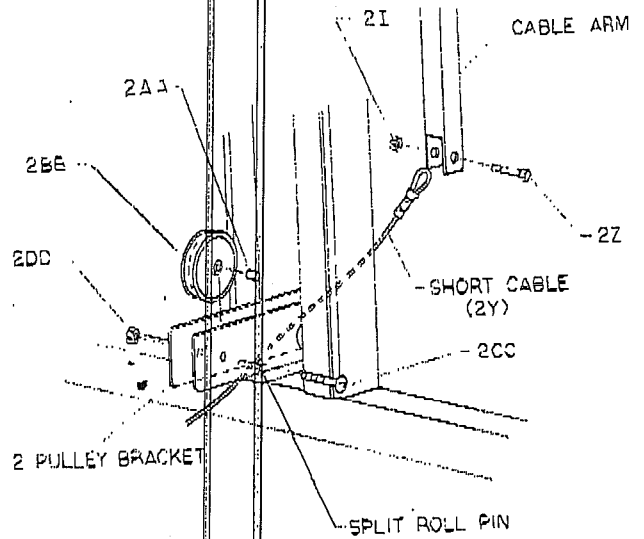
*Beve -
These pins are not on your seat support.
Looks like a different model - you need a long
bolt + nut to replace the screwdriver that
is holding pin bracket in place.*



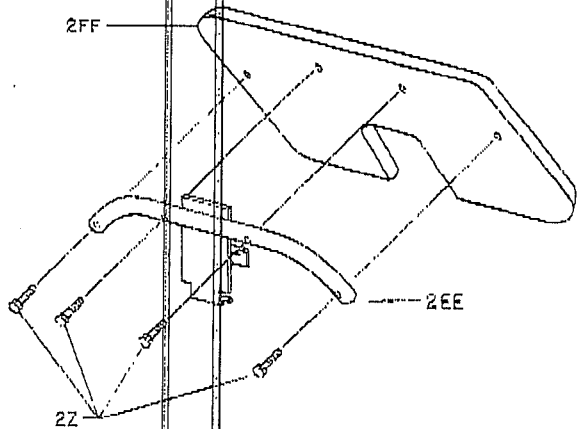
DETAIL 2-3

- ✓ 12. Assemble upholstered rolls by inserting a 5/2" foam tube (2T) inside each 5 1/2" black sleeve (2U).
- ✓ 13. As illustrated in detail 2-2, slide an upholstered roll over each end of crossbar (2S). Secure rolls by installing a 1" round plug with washer head (2V) into each end of crossbar (2S), gently tapping plugs in place with a hammer.
- ✓ 14. Position arm curl bar assembly (2W) over L-arm of L-arm assembly (2P) as shown in Detail 2-2, with plastic locking ball pointing up. Secure arm curl bar (2W) to L-arm using 5/16" x 2 3/4" bolt (2X) and 5/16" flex nut (2O). Do not overtighten as arm curl bar must swing easily.

- 15. Position one end of short cable (2Y) inside end of cable arm of L-arm assembly (2P) as shown in Detail 2-4 and secure using 1/4" x 1 1/2" bolt (2Z) and 1/4" flex nut (2I).
- 16. Insert spacer (2AA) into center of 2 5/8" pulley wheel (2BB). Position pulley wheel (2BB) with spacer (2AA) above 2" pulley bracket of L-arm assembly (2P) as illustrated in Detail 2-4. (NOTE: 2" pulley bracket will be facing weight guard.) Thread cable (2Y) over split roll pin as shown. Insert pulley wheel (2BB) and spacer (2AA) inside 2" pulley wheel bracket with cable riding in groove of pulley wheel (2BB). Secure pulley wheel (2BB) and spacer (2AA) in place using 3/8" x 1 1/4" ground bolt (2CC) and 3/8" flex nut (2DD). Do not overtighten.
- 17. Hook end of cable (2Y) over pigtail-end of S-hook at base of upright component as illustrated in Detail 2-3.
- 18. Attach mounting bracket (2EE) to upholstered arm curl board (2FF) as shown in Detail 2-5 using 1/4" x 1 1/2" bolts (2Z).
- 19. Tighten all bolts securely at this time.



DETAIL 2-4



DETAIL 2-5

Section 3: Use of Marcy EM/1

Unit may be used for barbell exercises or pulley-assisted exercises, including the arm curl exercises and leg exercises. When using the pulley system, the locking handle at the front of the weight guard should be turned to the left. For barbell exercises, the locking handle should be turned to the right. It may be desirable for some pulley-assisted exercises to remove the bench. To remove bench component, unhook short cable (2Y) from pigtail hook and lift seat support (2J) up and out of weight guard. Refer to enclosed exercise course for recommended positioning of components for each exercise.

Section 3-1: Weight Selection

The EM/1 includes 200 pounds of resistance. This consists of sixteen 10-pound weight plates (1L) and the combined 40 pound weight of the carriage assembly (1F) and the lifting arm (1CC). This 40 pounds is the lightest amount of starting resistance when doing barbell exercises. The amount of resistance when using the pulley system is half the amount shown, with a starting resistance of 20 pounds. If lighter resistance is desired when using the pulley system, the lifting arm (1CC), may be removed as instructed in Section 3-2. With the lifting arm removed, the starting resistance is 12 pounds. For resistance of more than 40 pounds refer to resistance markings on weight guard for proper pinning of weight plates.

The selector bars (10) on each side of the upright (1G) have key-shaped holes. To obtain desired resistance, fully insert 7/8" weight selector pins (1P) into weight plates (1L) (as indicated on weight guard) and turn handles of pins into a locked downward position. (Note: weights should always be pinned so that the number of plates pinned to the left of the weight guard is equal to or one more than the number of plates pinned to the right. The number of plates pinned each weight stack should never differ by more than one plate.)

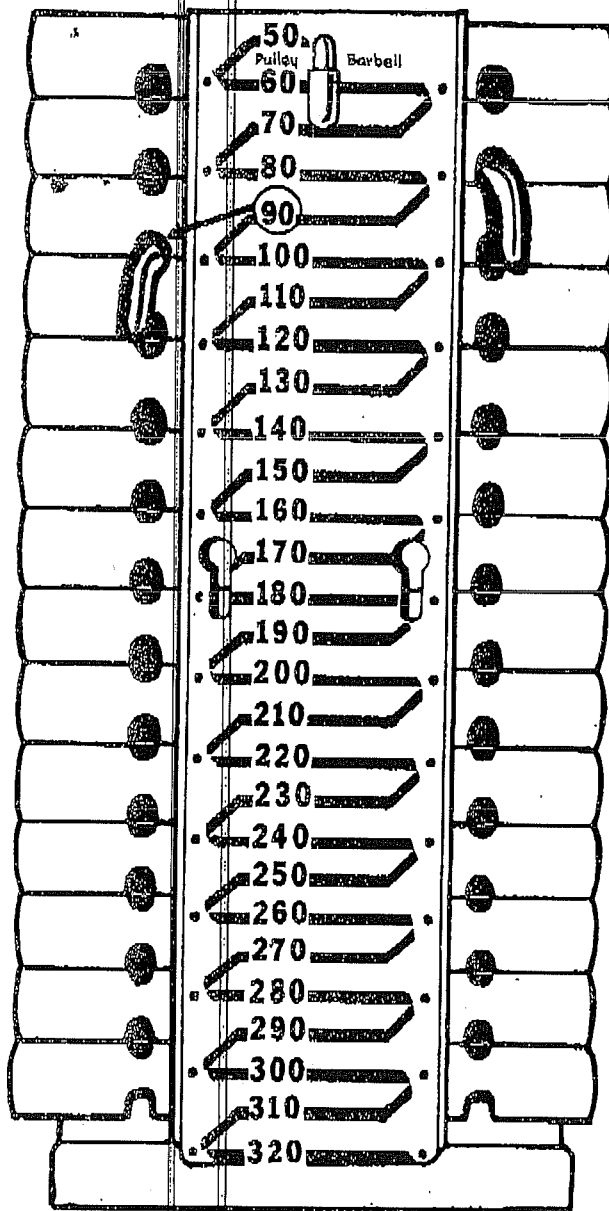
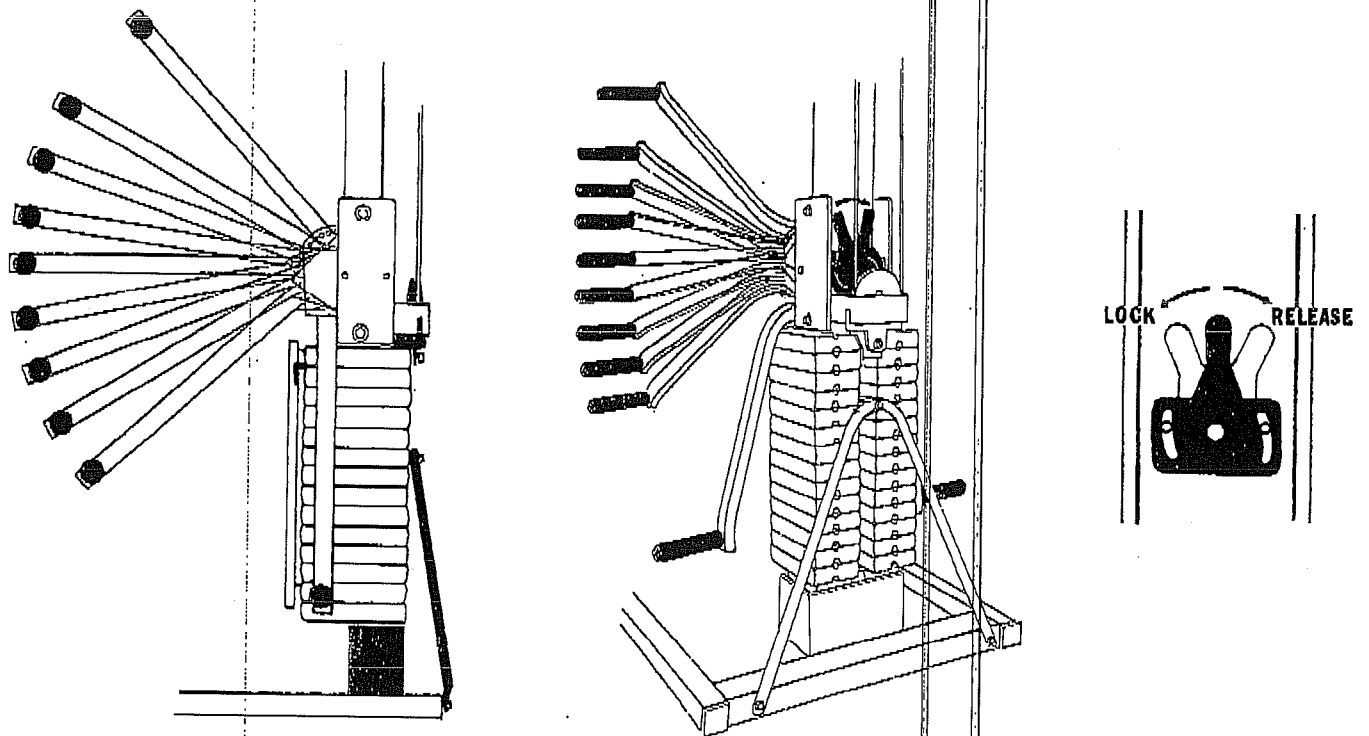


Illustration shows unit with 120 lb. accessory weight kit

To select resistance, identify the desired weight and follow the line to the indicated weight plate and insert pin(s). The drawing shows the correct pin location for 90 lbs. of resistance.

Section 3-2: Positioning of Lifting Arm

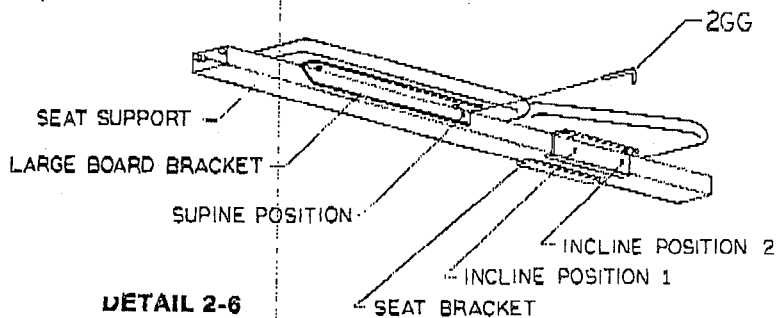
The lifting arm (1CC) may be adjusted to ten different positions. Refer to exercise course for recommended arm position for each exercise, adjusting that position if necessary to accommodate your individual height or comfort. Make certain you maintain a full range of motion so maximum benefit is obtained. To unlock arm, grasp lifting arm (1CC) with one hand and move pin cam (located on back side of carriage) to release position. (Refer to Detail 1-11). Adjust lifting arm (1CC) to desired position. Release pin cam slowly, adjusting lifting arm if necessary so locking pins lock through lifting arm (1CC) and carriage (1F). Lifting arm should be lowered completely to hang vertically out of the way when using the pulley system. To remove lifting arm, lower lifting arm (1CC) completely, unscrew one pivot axle knob (1GG) from end of lifting arm pivot axle (1HH). Hold lifting arm and pull axle completely out of carriage assembly (1F).



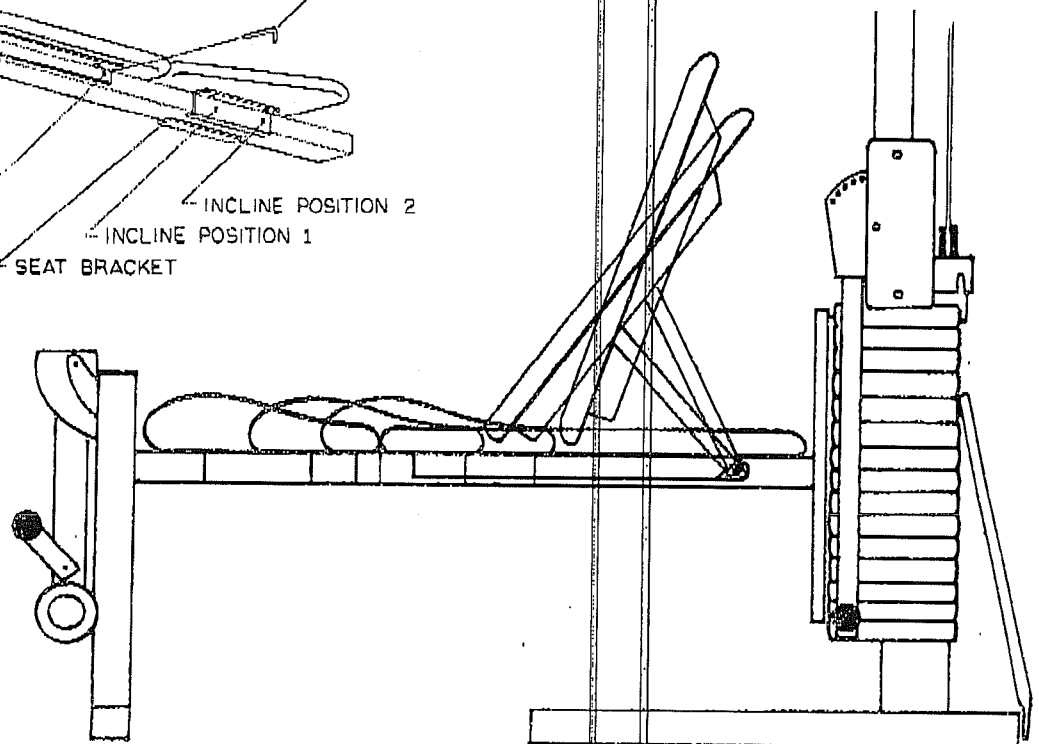
Pull lever to select one of 10 lifting arm positions and release lever to lock.

Section 3-3: Positioning of Seat Assembly

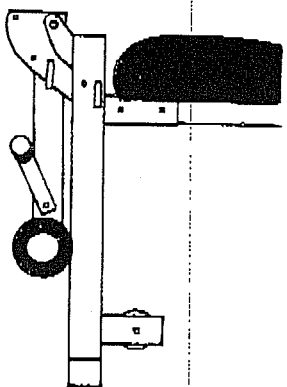
To incline seat assembly, pull up end of large upholstered board (2A) while sliding small upholstered board (2B) toward upright (1G). Align one of the two holes in seat brackets (2K & 2L) with hole in center of seat support (2J). Fully insert 6" seat adjustment pin (2GG) to lock seat position. When using the seat assembly in a flat, supine position insert 6" seat adjustment pin (2GG) through large board brackets (2K & 2L) and seat support (2J).



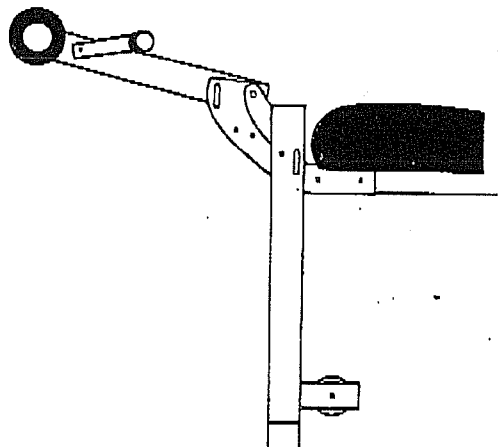
DETAIL 2-6



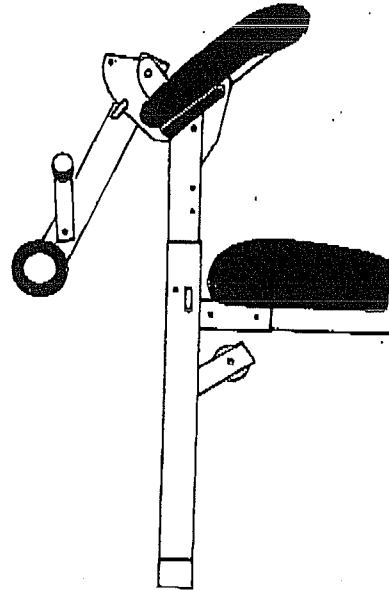
Pull pin to select one of three bench positions.



Abdominal Board and leg flexion station



Leg Curl Station



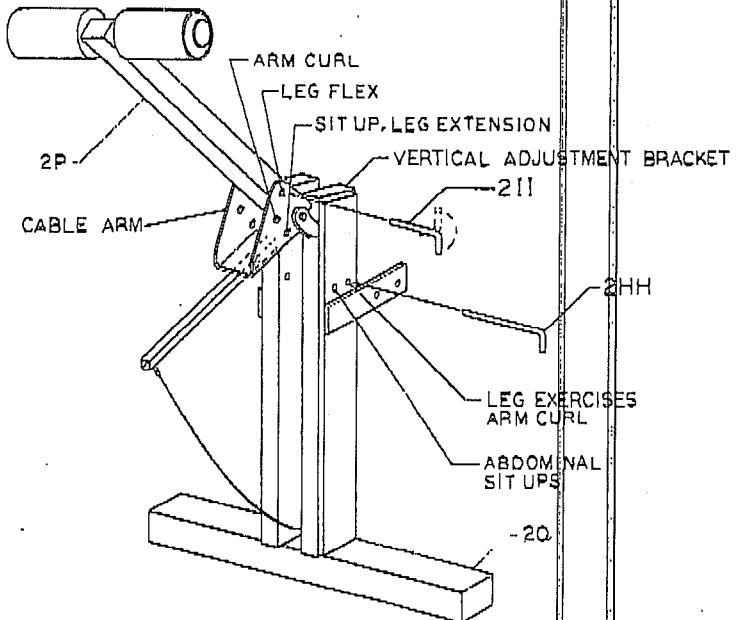
Arm Curl Station

Section 3-4: Positioning of L-Arm Assembly

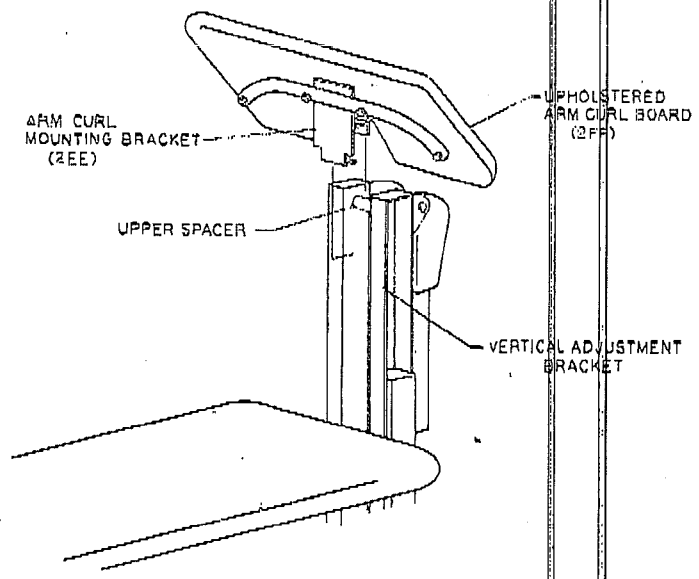
The L-arm assembly (2P) can be adjusted in two places. First, the height of the L-arm's pivot point can be adjusted to two different heights. (Refer to Detail 2-7). For leg exercises, the vertical adjustment bracket should be completely down, locked to the leg (2Q) through hole indicated using 5" height adjustment pin (2HH). For arm curl exercises, the vertical adjustment bracket should be raised and locked to leg (2Q) as indicated in the same manner as before. Be sure that height adjustment pin (2HH) is fully inserted through leg (2Q) and vertical adjustment bracket. The second L-arm assembly (2P) adjustment is the angle of the L-arm. There are three positions: one for leg flexion exercises, one for leg extension exercises and sit-up's and finally one for arm curl exercises. To lock L-arm in desired position, align hole in L-arm to appropriate hole in cable arm. With handle facing up fully insert 3 1/2" L-arm adjustment pin (2II) and turn handle to the locked downward position.

Section 3-5: To Convert Bench to Sit-Up Board

Detach bench component from unit. Lock cable arm to vertical adjustment bracket and leg with height adjustment pin, (2HH) as illustrated in Detail 2-7. Lock L-arm in lowest position using adjustment pin (2II) (Refer to Detail 2-7).



DETAIL 2-7



DETAIL 2-8

Section 3-6: For Arm Curl Exercises

Attach upholstered arm curl board (2FF) to bench by hooking mounting bracket (2EE) over upper spacer in vertical adjustment bracket as shown in Detail 2-8. The arm curl bar (2W) should swing freely during arm curl exercises. Whenever arm curl bar is not being used, bar should be snapped up into L-arm, locked out of the way.

Section 3-7: For Pulley Exercises

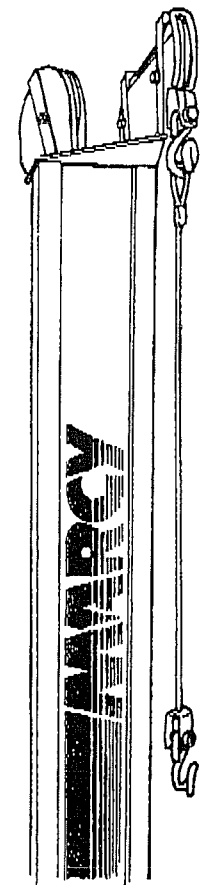
Hook either the single handle assembly (2JJ) or double handle assembly (2KK) to pigtail end of S-hook at either end of long cable (1J). A 2' extension rope (2LL) may be attached by hooking looped end of extension to pigtail S-hook at the end of cable (1J) where a starting point away from unit is desired. The ankle strap (2NN) can be attached to low end of cable (1J) or 2' extension rope (2LL) for various leg exercises.

Section 3-8: For Latissimus Exercises

Hook latissimus bar (2MM) to pigtail end of S-hook at upper end of long cable (1J). Remove latissimus bar (2MM) when not being used.

Section 3-9: For Chinning Exercises

Raise carriage (1F) up so hole in front of carriage (1F) lines up with hole in upright (1G). Lock carriage (1F) by fully inserting one of the weight selector pins (1P) and turning into the locked-down position, being sure pin goes completely through upright (1G). Adjust position of lifting arm (1CC) if necessary.



Pulley Extension Cable

WARNING

CONSULT YOUR PHYSICIAN

For your own safety, do not begin any exercise on this equipment without proper instruction. Children and handicapped persons should NOT use any exercise equipment without a qualified person in attendance. Consult your physician before starting your exercise program.

TRAIN WITH A PARTNER

It is recommended that an individual should not use exercise equipment without a training partner in attendance. Set up your program to accommodate two people and you will be highly motivated!

Parts List

(* Items preassembled to other components)

1 Mounting and upright component parts:

1	105176	1A	*	Base support assembly
1	104996 E	1B		Wall mounting bracket
2	103085	1C		5/16" x 3/4" bolt (black oxide)
2	105116	1D		5/16" Lockwasher (black oxide)
2	103492	1E		5/16" Hex nut (black oxide)
1	105177	1F	*	Carriage assembly
1	105429	1G	*	Upright assembly
1	105689 E	1H	*	Top plate
3	101176	1I		3/8" x 2" Lag bolt (zinc)
1	105047	1J	*	Long cable
2	102488	1K	*	Rubber base pad
16	102478 E	1L		10-pound weight plate
12	102475	1M	*	Weight bearing
1	104975 E	1N		Carriage pulley bracket
2	105179	1O		Selector bar assembly
2	103471 C	1P		7/8" Weight selector pin
2	104149	1Q		Selector bar axle
2	102532	1R		#10 x 1/2" Screw (black oxide)
4	100005	1S		Spacer
4	100627	1T		4 1/2" Pulley wheel w/ bearing
3	105059 E	1U		Cable retainer
4	105347	1V		3/8" x 1 1/4" Ground slotted round head bolt (black oxide)
4	104843	1W		3/8" Flex nut (black oxide)
1	100008 C	1X		U-clip
1	103870 Z	1Y		Pigtail s-hook
1	100226	1Z		3/8" x 1 1/4" bolt (zinc)
1	100190	1AA		3/8" Flex nut (zinc)
2	105180	1BB		Rotating handle assembly
1	105045 C	1CC		Lifting arm
2	105234	1DD		3/8" x 3/4" Socket screw (black oxide)
1	101182	1EE		7/32" Hex Key
2	105151	1FF		1" x 1 1/2" Black plastic plugs
2	105192	1GG		Pivot axle knob
1	105035 O	1HH		Lifting arm pivot axle
2	103357	1II		3/8" lockwasher (black oxide)

2. Bench Component Parts:

1	105054	2A	Large upholstered board
1	105053	2B	Small upholstered board
1	104873	2C	Hinge
12	103085	2D	5/16" x 3/4" Bolt (black oxide)
1	105036 E	2E	LH Large board bracket
1	105037 E	2F	RH Large board bracket
2	104997 E	2G	Incline bracket
2	105120	2H	1/4" x 3/4" bolt (black oxide)
4	104830	2I	1/4" Flex nut (black oxide)
1	105043 G	2J	Seat support
1	105038 E	2K	LH Seat bracket
1	105039 E	2L	RH Seat bracket
1	105121	2M	1/4" x 5" bolt (black oxide)
2	105115	2N	5/16" x 4 1/2" bolt (black oxide)
2	105198	2O	5/16" Flex nut (black oxide)
1	105348	2P	* L-arm assembly
1	105300	2Q	* Leg assembly
1	105182	2R	3 3/8" Plastic U-channel
1	103127E	2S	13" Crossbar
2	104661	2T	5 1/2" Foam tube
2	104827	2U	5 1/2" Black sleeve
2	104733	2V	1" Round plug w/washer head
1	105183	2W	Arm curl bar assembly
1	105114	2X	5/16" x 2 3/4" Bolt (black oxide)
1	105683	2Y	Short cable
5	105122	2Z	1/4" x 1 1/2" Bolt (black oxide)
1	100005	2AA	Spacer
1	104349	2BB	2 5/8" Pulley wheel w/bearing
1	105347	2CC	3/8" x 1 1/4" Ground bolt (black oxide)
1	104843	2DD	3/8" Flex nut (black oxide)
1	105516 G	2EE	Arm curl mounting bracket
1	105517	2FF	Upholstered arm curl board

3. Accessories For Use:

1	105032 O	2GG	6" Seat adjustment pin
1	105031 O	2HH	5" Height adjustment pin
1	105419 O	2II	3 1/2" L-arm adjustment pin
1	101491	2JJ	Single pulley handle assembly
1	105164	2KK	Double handle assembly
1	105169	2LL	2' Extension rope
1	103927	2MM	Latissimus bar
1	183	2NN	Ankle strap
1	105117	2OO	Wing nut