

PA-3 ASSEMBLY STEPS

STEP-1

NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURELY UNTIL YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- Attach **A1** Top Support Frame and **B2** Top Pulley Frame to Vertical Support Pillar of **LA-77**.
- Attach **K** Round Bushings and **C3** and **D4** Pec Arm Frames to **A1** Top Support Frame.
- Attach **E5** Bottom Pulley Frame to Vertical Support Pillar of **LA-77**.

STEP-2

- Attach **G7** Back Pad to Vertical Support Pillar of **LA-77**.

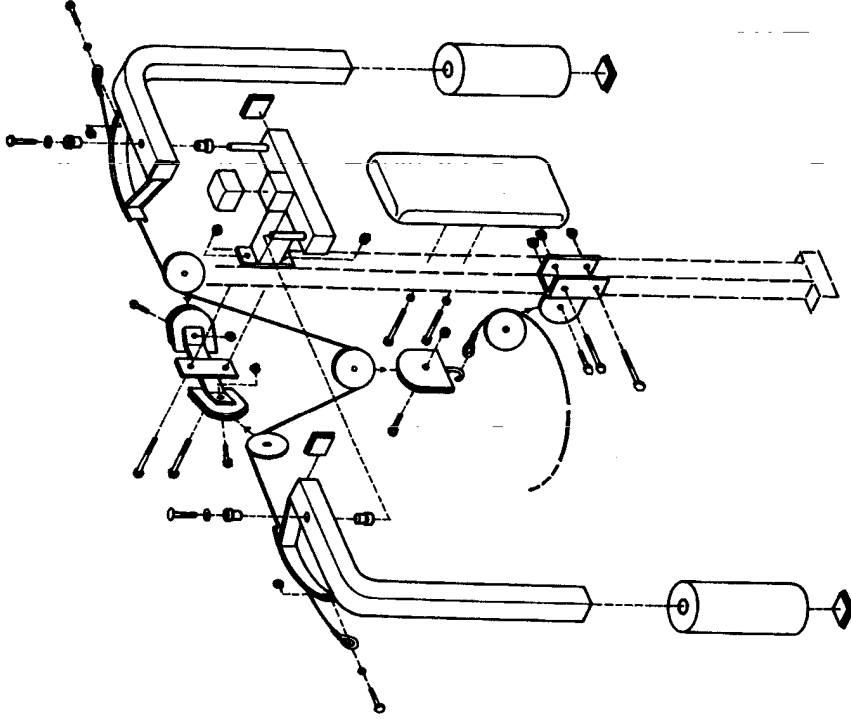
CAUTION: DO NOT OVERTIGHTEN PAD BOLTS. OVERTIGHTENING WILL STRIP T-NUTS IN THE WOOD.

- Attach End Caps and **M** Plastic Cover.
- NOTE:** It is advisable to use glue to help secure End Caps.
- Attach **L** Foam Rollers.

NOTE: It is advisable to spray the inside of Foam Rollers with hairspray to help ease attachment.

STEP-3

- Attach Pulleys and Cables as shown using **F6** Middle Pulley Frame.
- NOTE:** Cables must be threaded around Pulleys before bolting Pulleys into place.
- Attach Cable of **LA-77** to **F6** Middle Pulley Frame.
- TIGHTEN ALL NUTS AND BOLTS SECURELY.



SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your PEC ATTACHMENT.
2. Before use, always check the cables for signs of wear. Replace immediately. Never use machine if a cable is damaged.
3. Keep clear of the cables and all moving parts when the machine is in use.
4. Always make sure the Snap Links are closed when doing any cable / pulley exercises.
5. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
6. It is recommended that you should workout with a training partner.
7. **Warning:** CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

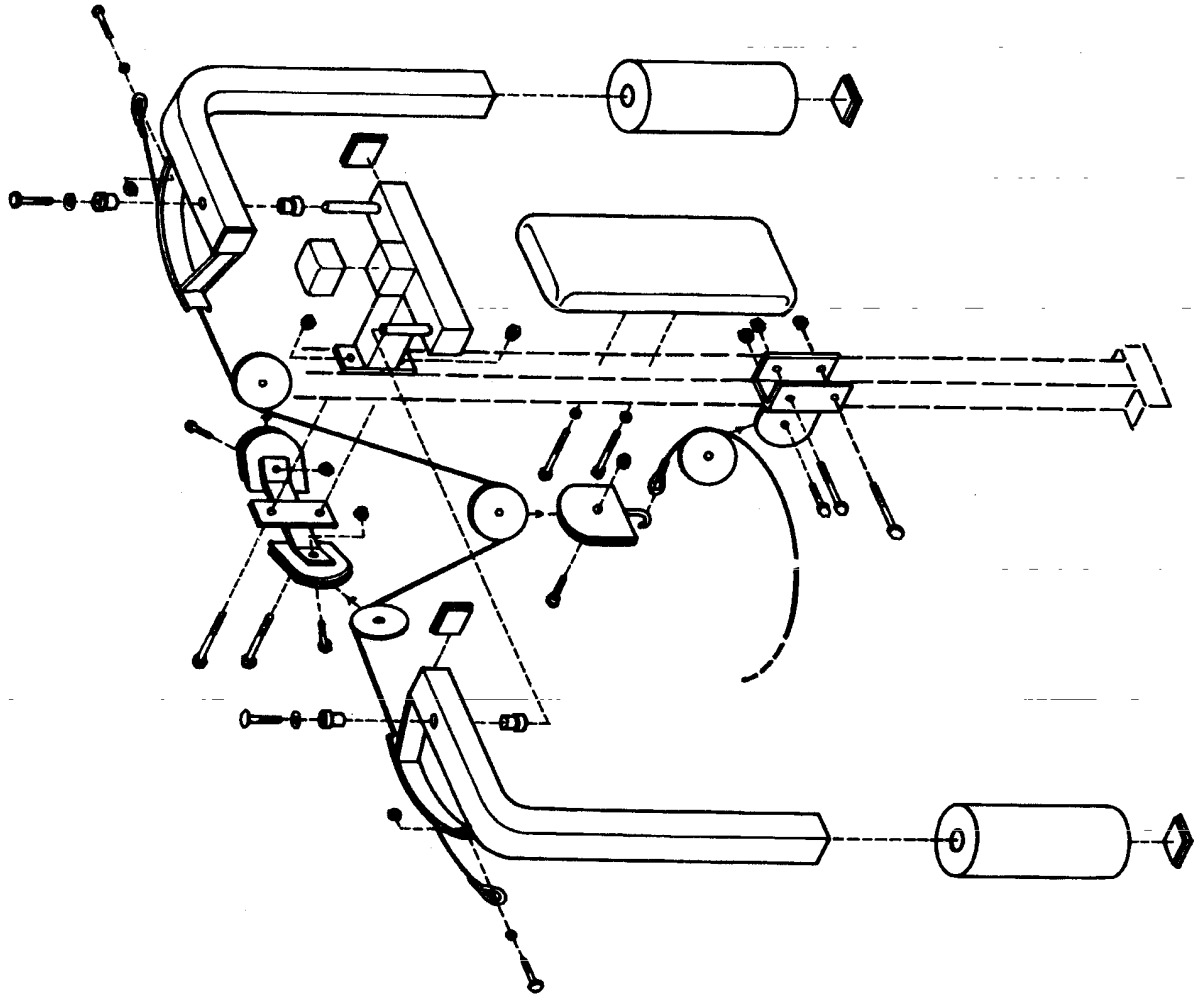
Solid Fitness Equipment reserves the right to change design and specifications when we feel it will improve the product.

PA-3

PEC ATTACHMENT

ASSEMBLY INSTRUCTIONS

(ATTACHES TO VERTICAL SUPPORT PILLAR OF LA-77)



PA-3 HARDWARE ILLUSTRATION SHEET

Part Label	Description	Qty.
B	1/2" x 3 1/4" Hex Head Bolt	4
A	3/8" x 1 3/4" Hex Head Bolt	2
B1	3/8" x 2" Hex Head Bolt	2
C	3/8" x 3/4" Hex Head Bolt	2
D	5/16" x 1" Hex Head Bolt	2
E	5/16" x 2 3/4" Hex Head Pad Bolt	2
F	3/8" (I.D.) Washer	2
G	5/16" (I.D.) Washer	2
H	1/2" Nylon Lock Nut	4
I	3/8" Nylon Lock Nut	4
J	5/16" Nylon Lock Nut	2
K	Round Bronze Bushing	4
L	Foam Roller	2
M	2" x 2" Plastic Cover	1
N	77" Steel Cable	1
O	Pulley Wheel	4
P	2" x 2" End Cap	7

PA-3 PARTS ILLUSTRATION SHEET

Part Label	Description	Qty.
A1	Top Support Frame	1
B2	Top Pulley Frame	1
C3	Right Pec Arm Frame	1
D4	Left Pec Arm Frame	1
E5	Bottom Pulley Frame	1
F6	Middle Pulley Frame	1
G7	Back Pad	1

