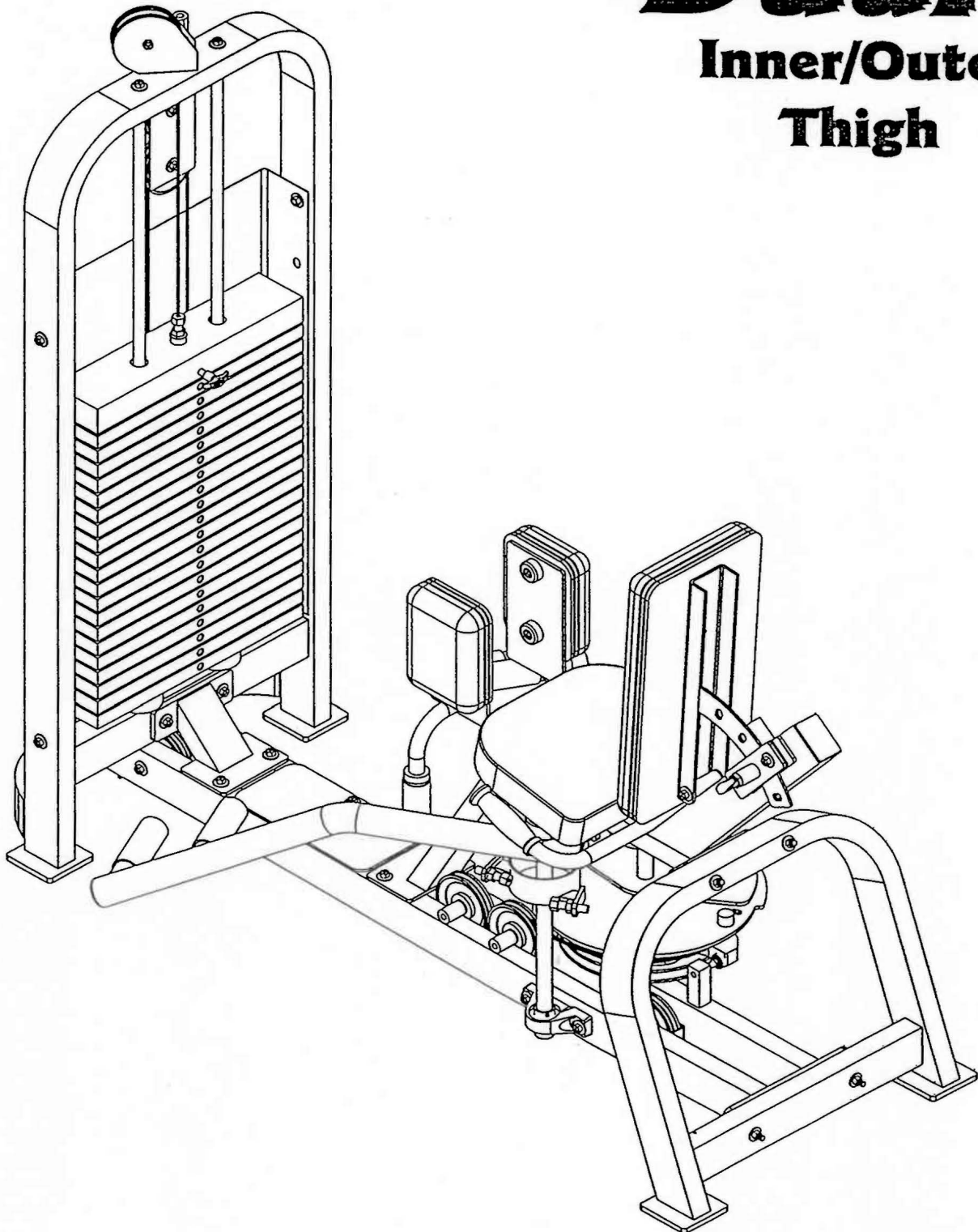


Dual ^S₈

Inner/Outer Thigh



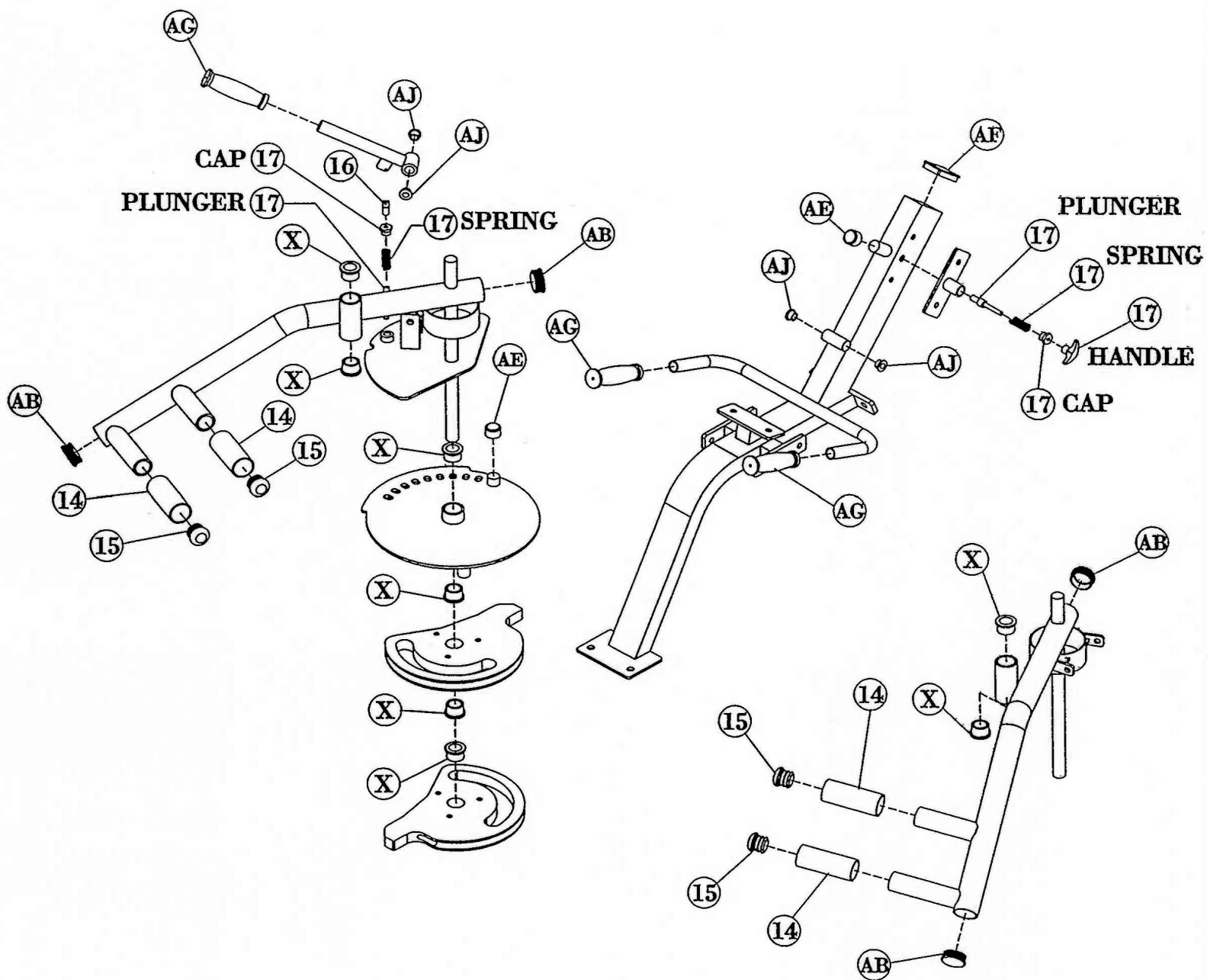
HOLIST[®]
FITNESS SYSTEMS

ASSEMBLY INSTRUCTIONS

June '98

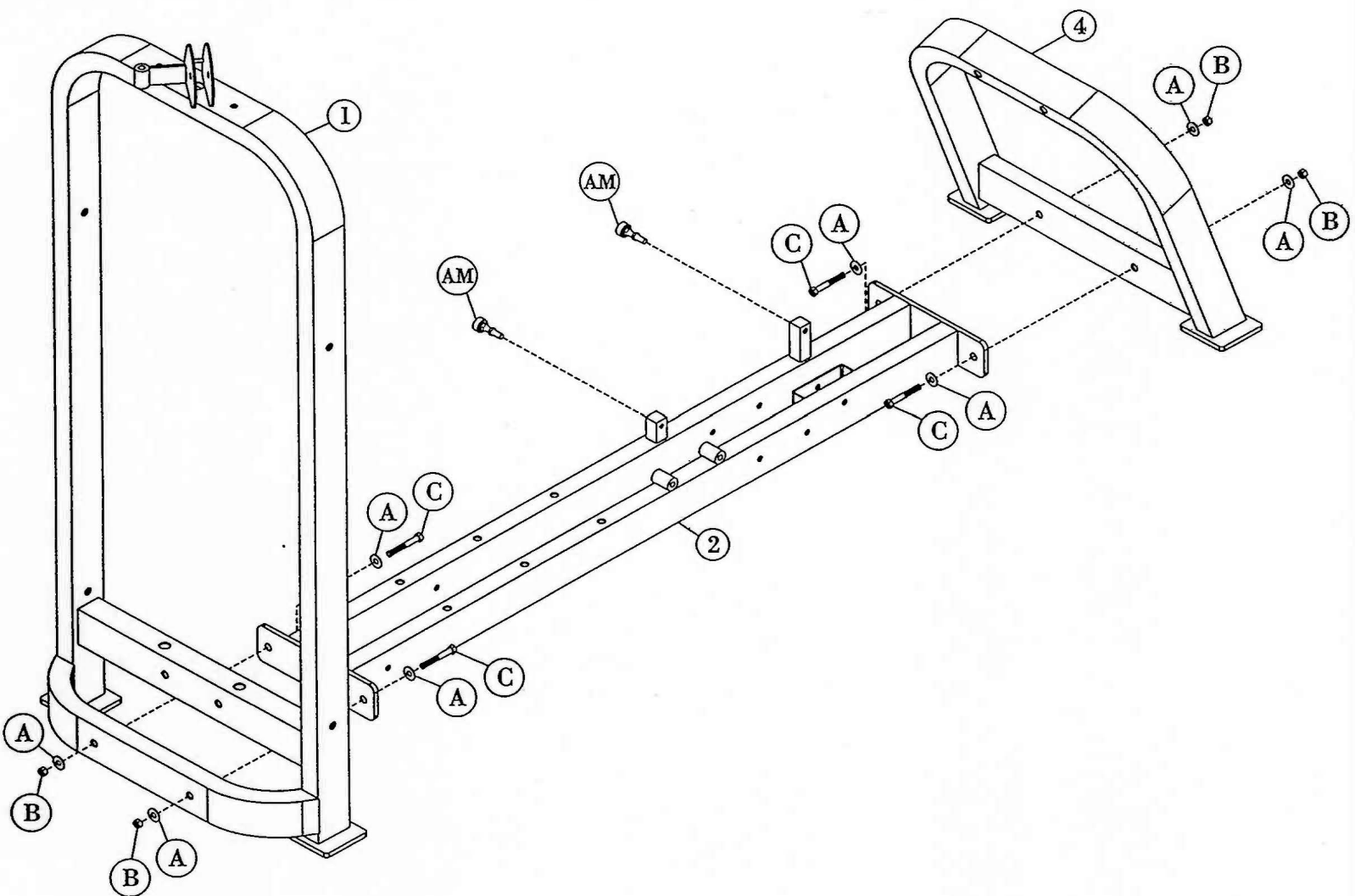
D800

Inner/Outer Thigh



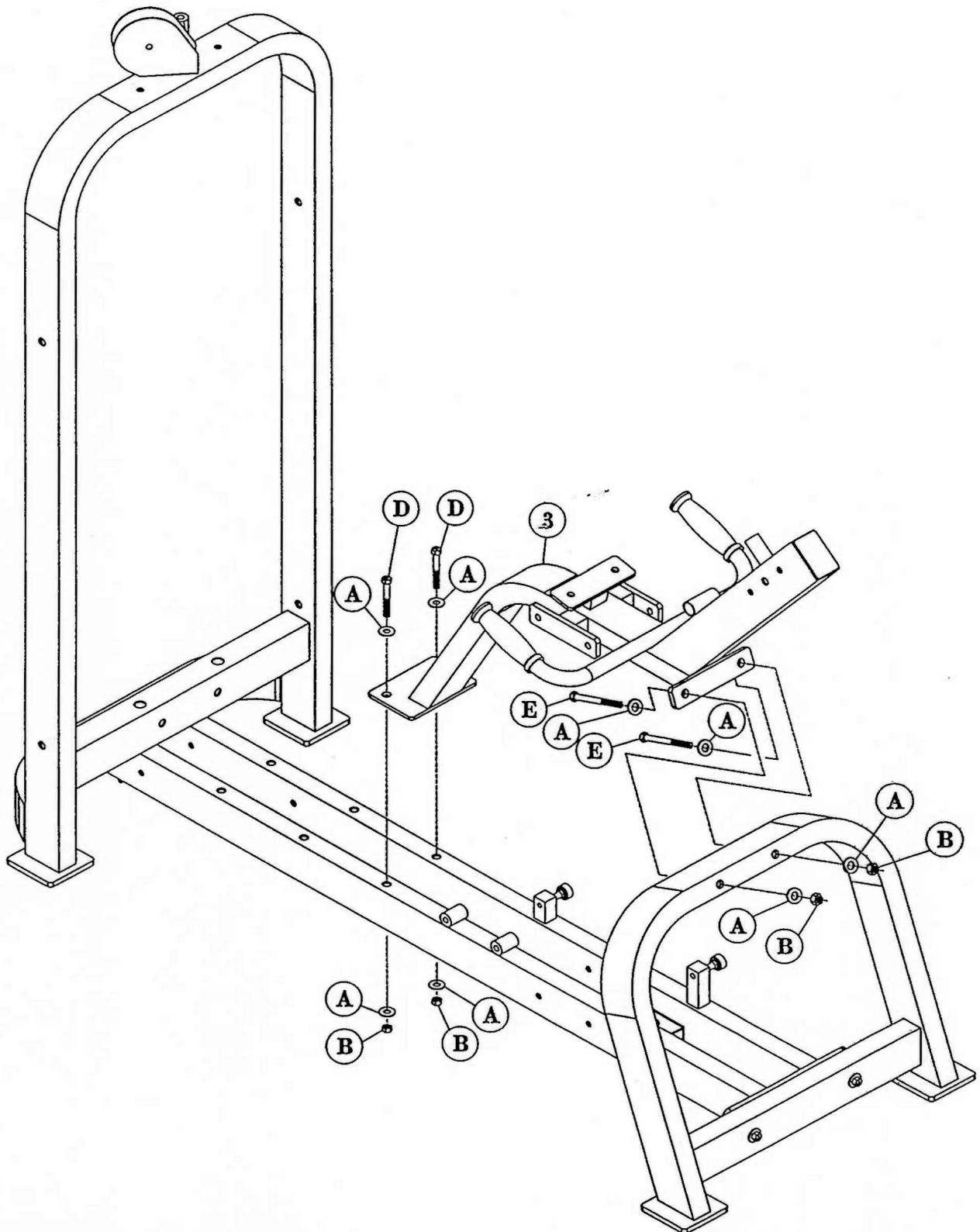
D800

Inner/Outer
Thigh



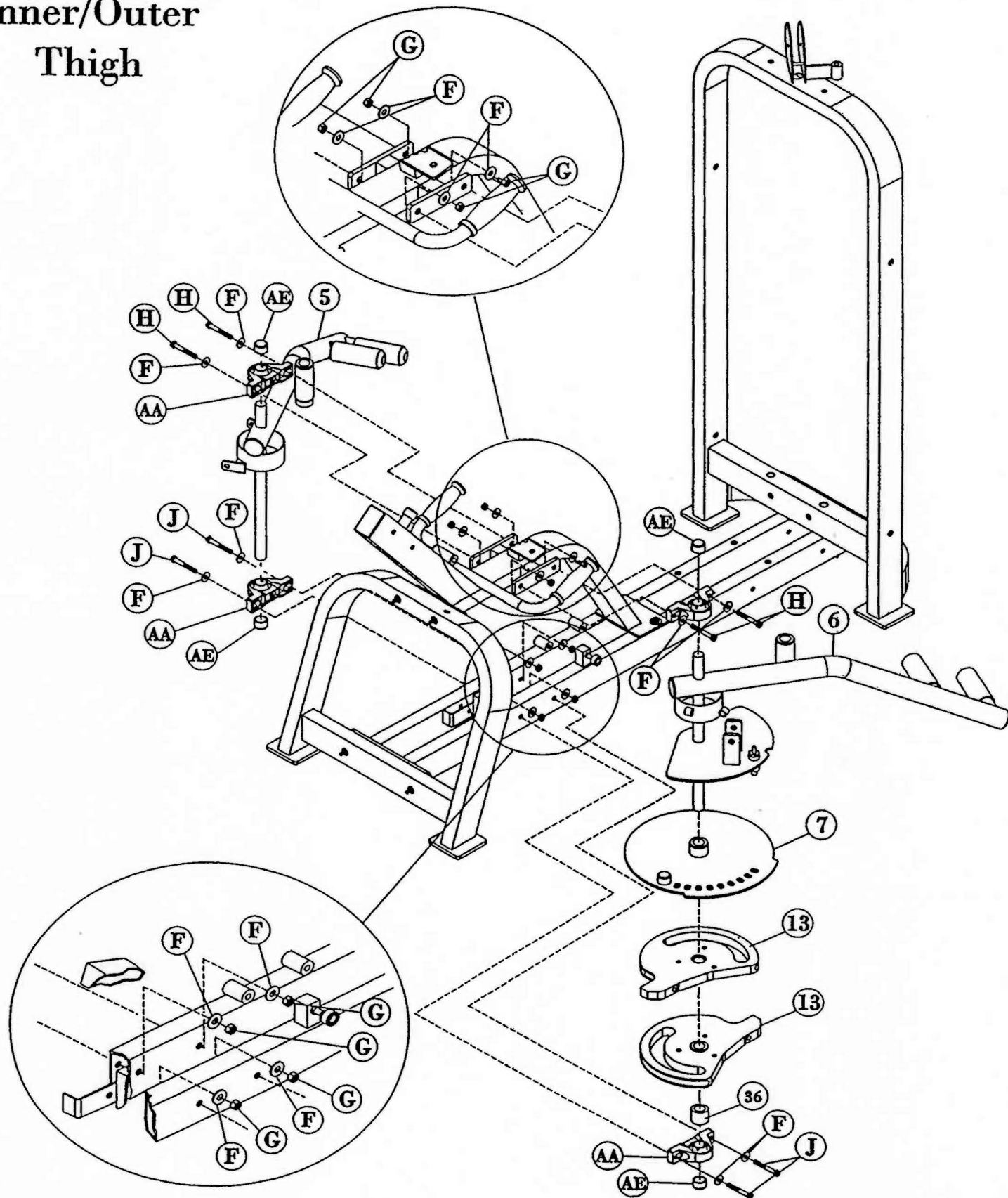
D800

Inner/Outer
Thigh



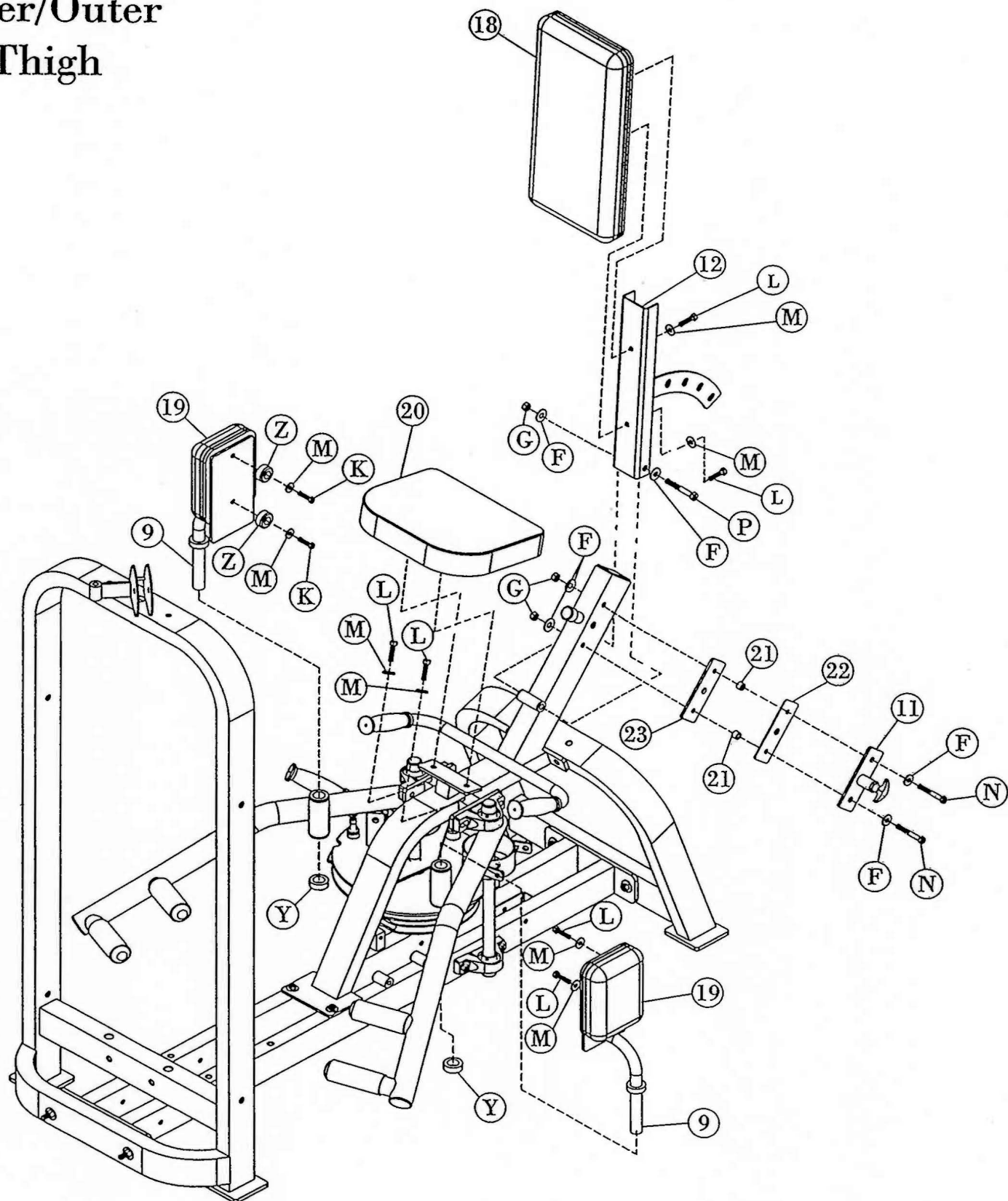
D800

Inner/Outer Thigh



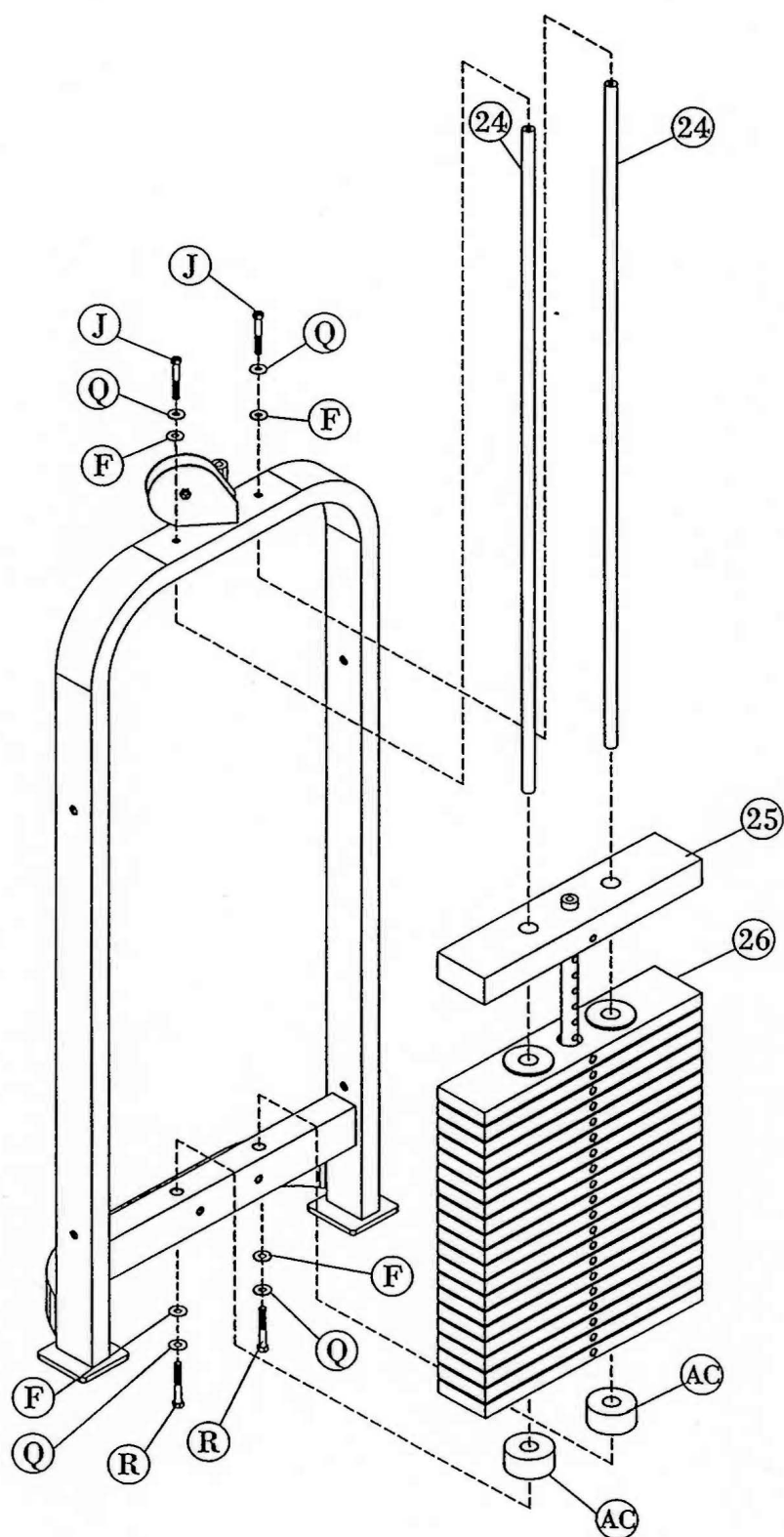
D800

Inner/Outer Thigh



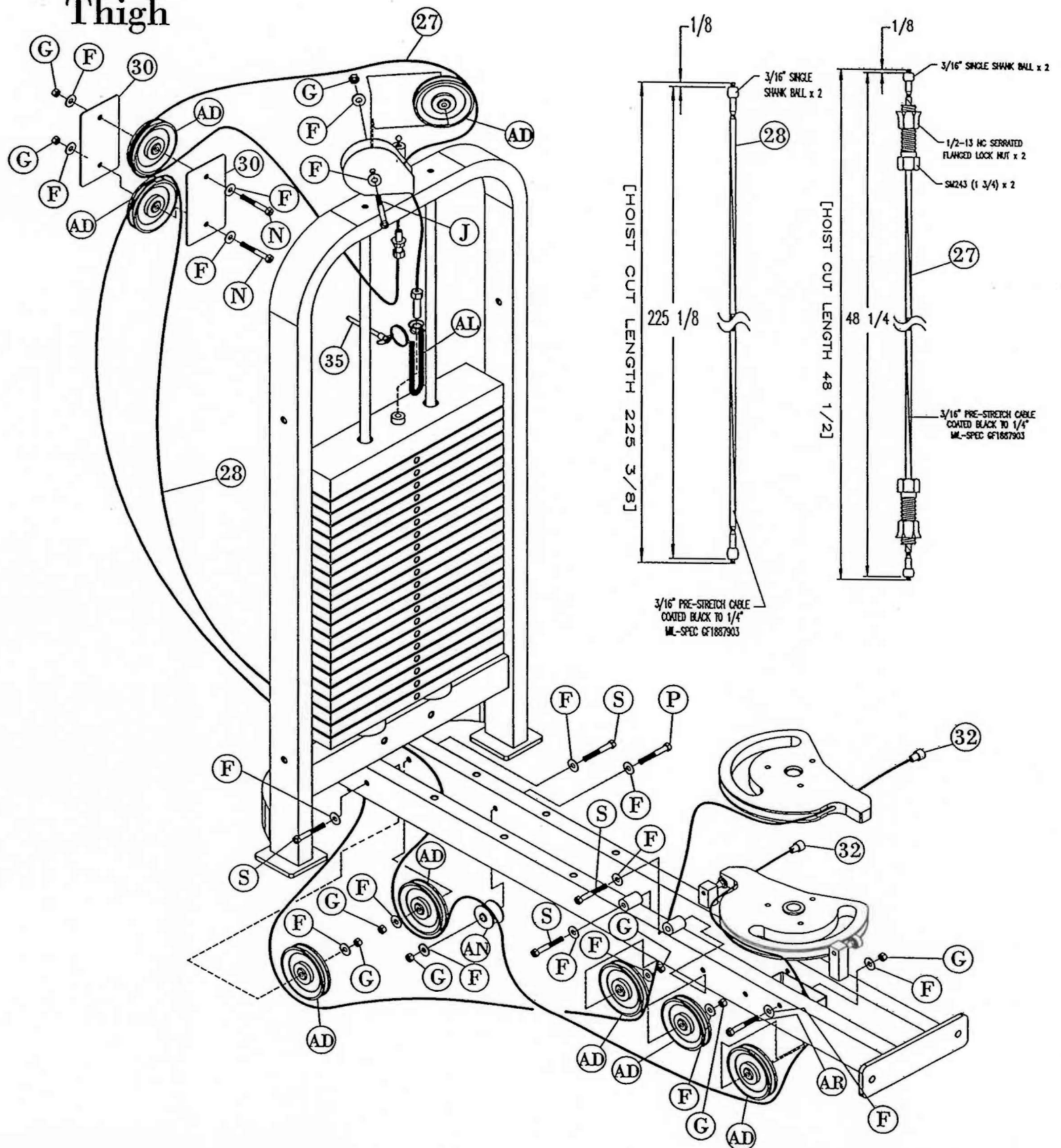
D800

Inner/Outer Thigh



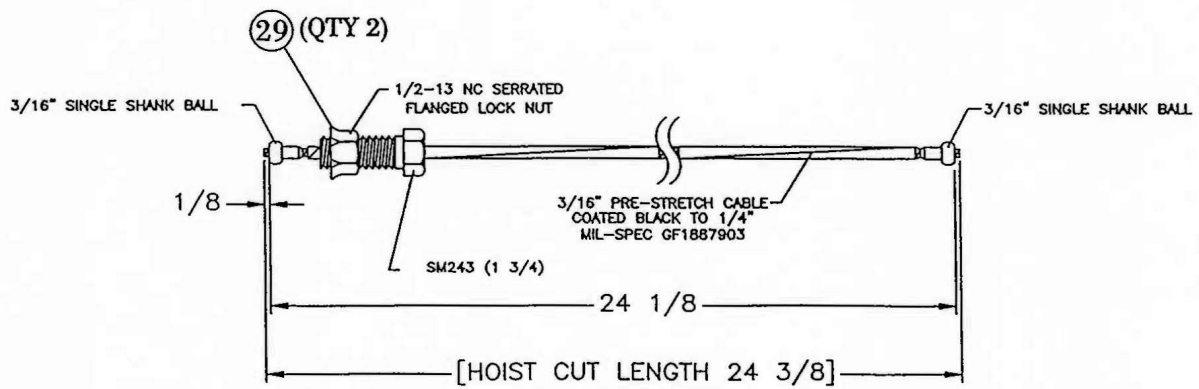
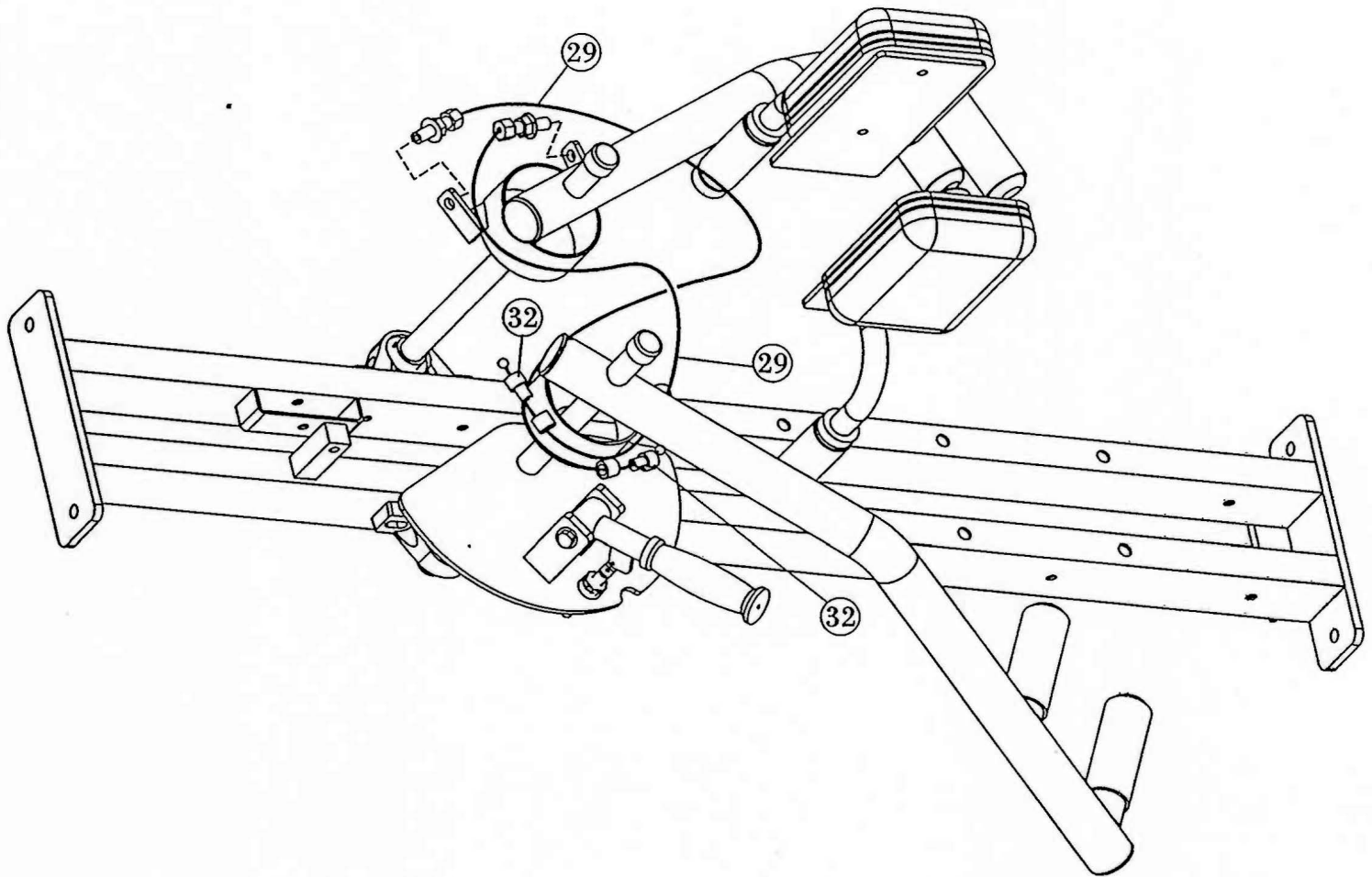
D800

Inner/Outer Thigh



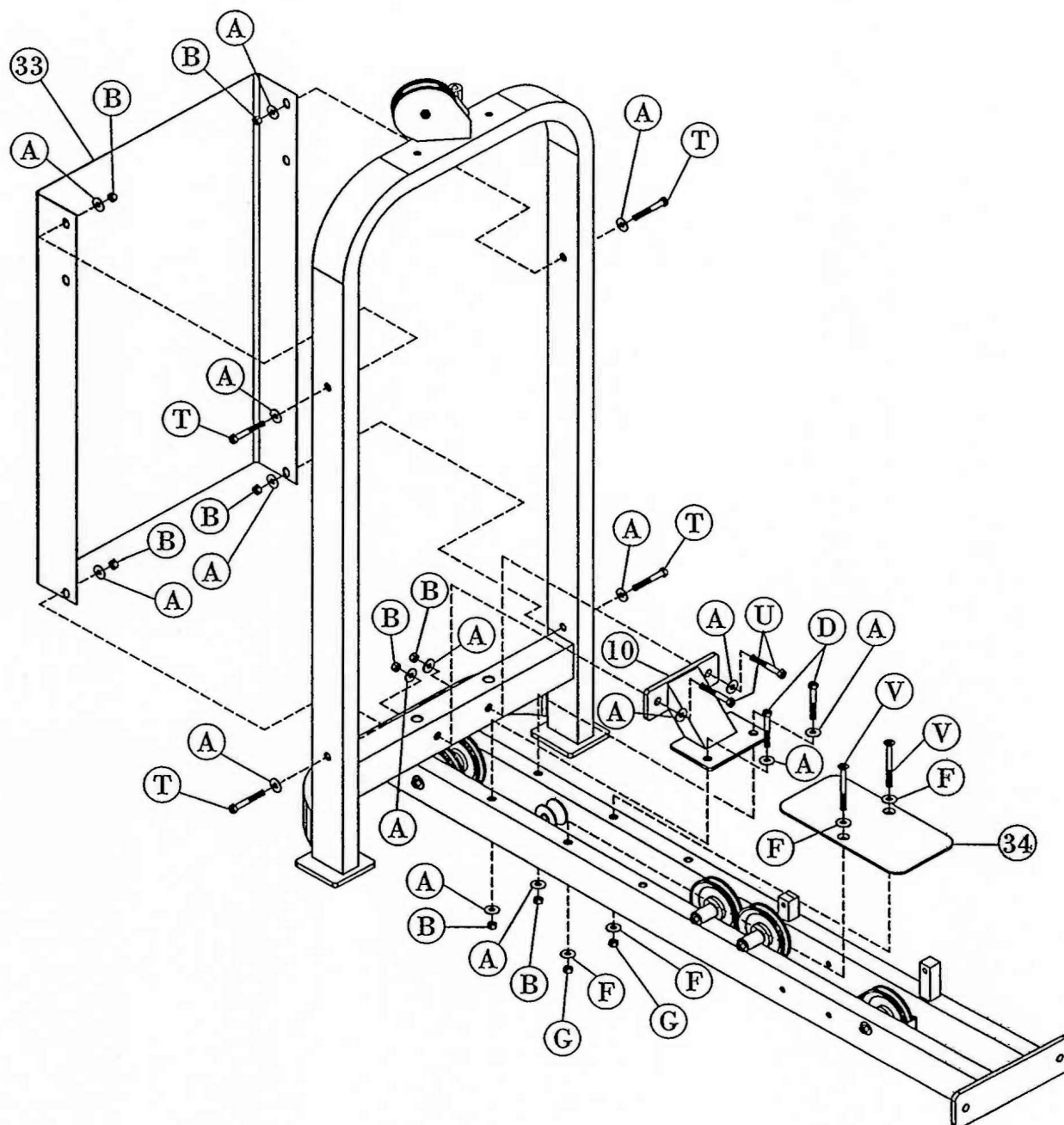
D800

Inner/Outer Thigh



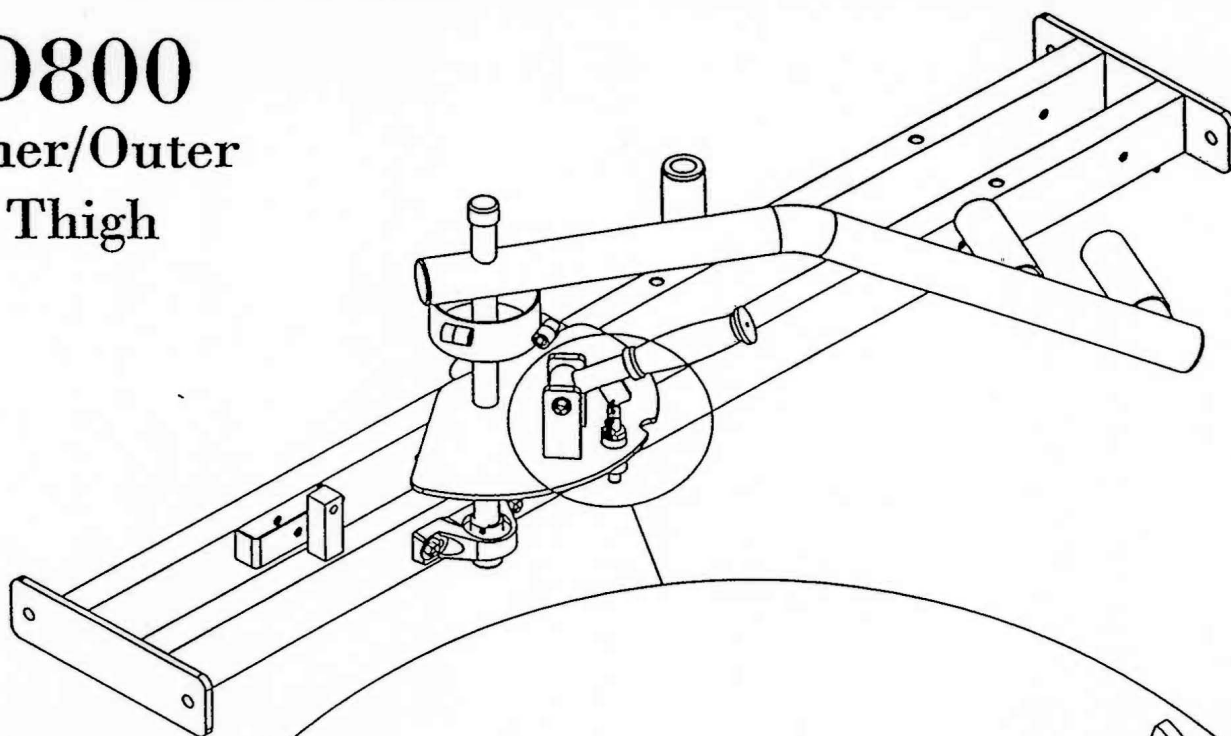
D800

Inner/Outer Thigh



D800

Inner/Outer
Thigh



D800

Inner/Outer
Thigh

PART LIST

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
1	1	35-SUB-D800-01	Weight Cage
2	1	35-SUB-D800-02	Base Assembly
3	1	35-SUB-D800-03	Seat Assembly
4	1	35-SUB-D800-04	Rear Hoop
5	1	35-SUB-D800-05	Left Arm
6	1	35-SUB-D800-06	Right Arm
7	1	35-SUB-D800-07	Range Adjuster
8	1	35-SUB-D800-08	Adjuster Handle
9	2	35-SUB-D800-09	Pad Mount
10	1	35-SUB-D800-10	Brace
11	1	35-SUB-S413-10	Back Rest Pull Pin
12	1	35-SUB-S413-19	Adjuster Back Pad Mount
13	2	26-STD-SA134	1" PVC Cam
14	4	26-STD-PLAS127	Knurled Sleeve x 4 3/4"
15	4	26-STD-PLAS183	End Cap Plug for 1 1/4" Sch. 40
16	1	26-STD-SM209	Pull-Pin to Chain Link Connector
17	2	26-STD-SM128	1/2" Short Pull Pin
18	1	26-STD-SU1020	10" x 20" Upholstery Back with SUB1020
19	2	26-STD-SU608	6" x 8" Upholstery Back with SUB608
20	1	26-STD-SU1114	Upholstery Seat
21	2	26-STD-SM229	Cable Sleeve
22	1	26-STD-PLAS123	.125 x 2 x 6 FLAT BAR
23	1	26-STD-PLAS124	.250 x 2 x 6 FLAT BAR
24	2	26-STD-SG128	Weight Guide Rods
25	1	26-STD-SWTOP-8	40LB Weight
26	20	26-STD-SW104	20LB Weight
27	1	26-STD-SC191	Weight Stack Cable
28	1	26-STD-SC190	Cam Cable
29	2	26-STD-SC192	Arm to Arm Cable
30	2	26-STD-SP160	Double Floating Pulley Plate
32	4	26-STD-SM199	Cable Lock for 1/4"
33	1	26-STD-SSH199	Sheild
34	1	26-STD-SP444	Foot Plate 6 x 2"Plate
35	1	26-STD-SM134	Weight Stack Pin
36	1	26-STD-SM279	Above Bearing Spacer

D800

Inner/Outer

H A R D W A R E L I S T

Thigh

<u>Key #</u>	<u>Qty.</u>	<u>Part Number</u>	<u>Description</u>
A	34	13-FLT-12	1/2" Flat Washer
B	17	12-LOK-12	1/2" Lock Nut
C	5	11-HEX-12212	1/2"-13 x 2 1/2" Hex Bolt
D	4	11-HEX-12334	1/2"-13 x 3 3/4" Hex Bolt
E	2	11-HEX-124	1/2"-13 x 4" Hex Bolt
F	43	13-FLT-38	3/8" Flat Washer
G	22	12-LOK-38	3/8" Lock Nut
H	4	11-HEX-38112	3/8"-16 x 1 1/2" Hex Bolt
J	7	11-HEX-38(16)234	3/8"-16 x 2 3/4" Hex Bolt
K	2	11-HEX-516112	5/16"-18 x 1 1/2" Hex Bolt
L	6	11-HEX-516114	5/16"-18 x 1 1/4" Hex Bolt
M	8	13-FLT-516	5/16" Flat Washer
N	4	11-HEX-38334	3/8"-16 x 3 3/4" Hex Bolt
P	2	11-HEX-38312	3/8"-16 x 3 1/2" Hex Bolt
Q	4	13-LOK-38	3/8" Lock Washer
R	2	11-HEX-381	3/8"-16 x 1" Hex Bolt
S	4	11-HEX-383	3/8"-16 x 3" Hex Bolt
T	4	11-HEX-122	1/2"-13 x 2" Hex Bolt
U	4	11-HEX-12234	1/2"-13 x 2 3/4" Hex Bolt
V	2	11-FLA-38334	3/8"-16 x 3 3/4" Flathead Bolt
X	8	14-TUR-1	1 3/8" O.D. x 1" I.D. Turcite Bushing, Non-Reamed
Y	2	14-SCC-1	1" I.D. Shaft Collar
Z	2	19-BMP-11234516	Rubber Bumper
AA	4	14-BRG-RAD1DILP	Pillow Block Bearing
AB	4	16-CAP-2120	2" End Cap
AC	2	19-WSB-1123	1 1/2" x 3" Weight Stack Bumper
AD	8	18-PUL-412	4 1/2" Pulley
AE	6	16-CAP-1	1" DIA I.D Vinyl Cap
AF	6	16-CAP-23	2"x 3" End Cap
AG	3	19-GRP-78COMFORT	Comfort Grip
AJ	4	14-OIL-12F	1/2" Oilite
AK	1	20-LNK-CONN43	Master Chain Link
AL	1	10-LRD-12	Weight Pin Coil
AM	2	20-GLD-381	Adjustable Stop
AN	1	20-CWL-38ID	3/8" Carriage Roller
AP	1	11-HEX-12314	1/2"-13-3 1/4" Hex Bolt
AR	1	11-HEX-38314	3/8-16 x 3/8 -16 x 3 1/4" Hex Bolt