

ParaBody Product Weight Capacities

Product	Capacity (lbs.)	Capacity (Kg.)
HOME GYMS:		
250 Home Gym	160	73
350 Home Gym	210	95
375 Home Gym	230	104
400 Home Gym	235	107
425 Home Gym	225	102
832 Leg Press Option	315	143
FREE WEIGHT SYSTEMS:		
803 Lat Attachment	250	114
805 Flat & Incline Bench	300	136
807 Body System Wide	250	114
824 Leg Curl & Extension Attachment	250	114
828 Flat Bench	300	136
838 Power System	600	272
841 Selectorized Lat for 843	210	95
842 Dip Attachment for 843	280	127
843 Rack System	600	272
844 Plate Loaded Lat for 843	250	114
848 Deluxe Lat Attachment	250	114
849 Low Row Attachment	250	114
874 Multi Angle Bench	300	136
877 Body System Narrow	250	114
880 Selectorized Lat for 888	210	95
883 Weight Horn Option	300	136
884 Safety Rail Attachment	600	272
886 Arm Curl Attachment	200	91
887 Plate Loaded Lat for 888	250	114
888 Smith System	600	272
893 Pro System	600	272
894 Pec Dec Option	250	114
897 Selectorized Stack for 893	210	95
FREE WEIGHT OTHER:		
808 Arm Curl Bench	200	91
812 Inner/Outer Thigh Machine	250	114
813 VKR/Chin/Dip	280	127
821 Hyperextension/Roman Chair	280	127
822 Adjustable Sit Up Bench	280	127
826 Seated Leverage Calf	250	114
827 Lat Machine	250	114
829 Leg Curl & Extension Machine	250	114
830 Horizontal Dumbbell Rack	1000	454
835 Hip Sled	800	363
855 Ab Crunch Bench	280	127
856 Plate Tree	600	272
870 Vertical Dumbbell Rack	600	272

NOTE: ALL CAPACITIES ASSUME A 200 LB. (91 KG.) USER