

Body-Solid[®]

Built for Life

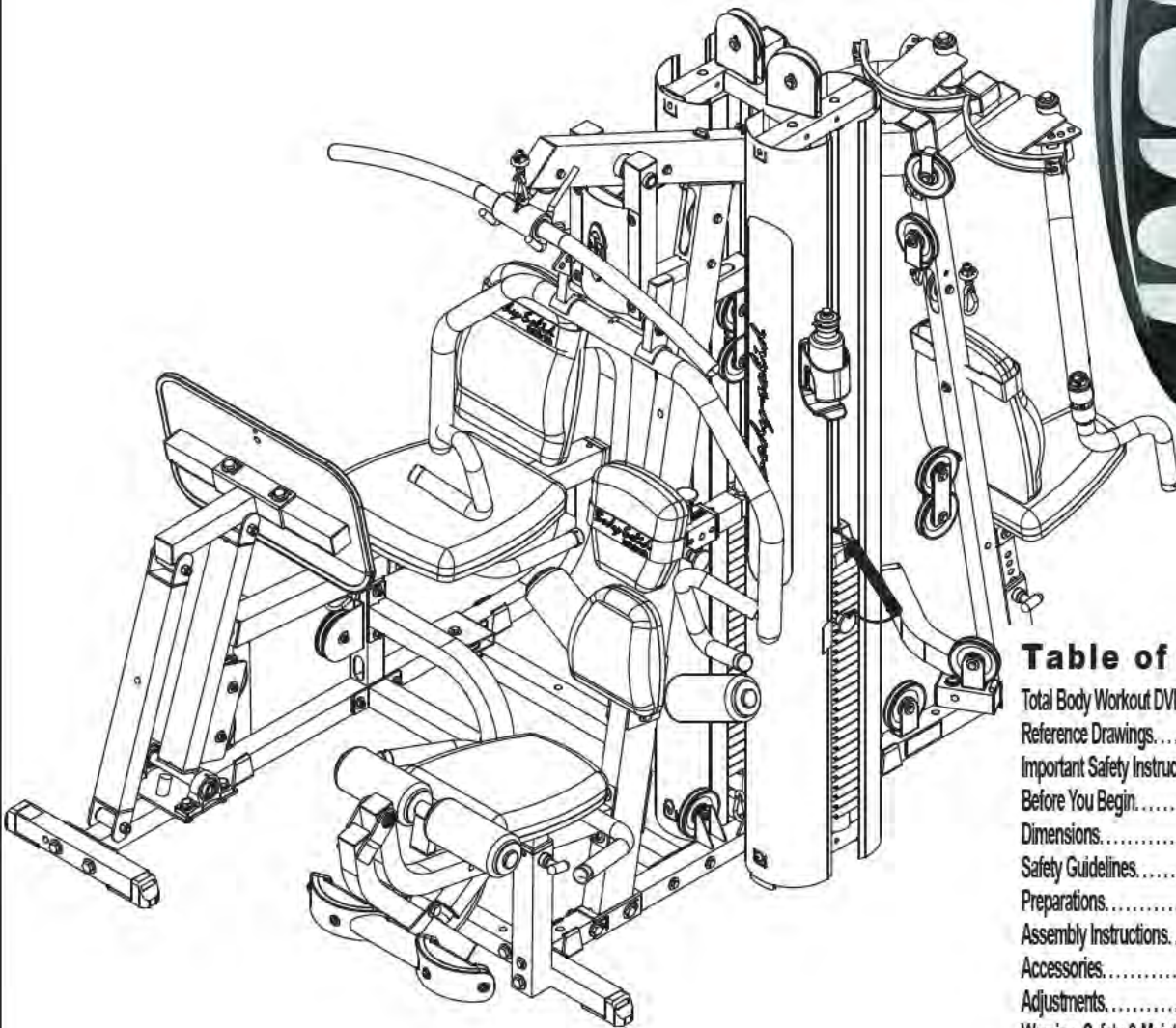


Table of Contents

Total Body Workout DVD.....	p. 2
Reference Drawings.....	p. 3
Important Safety Instructions.....	p. 4
Before You Begin.....	p. 5
Dimensions.....	p. 6
Safety Guidelines.....	p. 7
Preparations.....	p. 8
Assembly Instructions.....	p. 9-53
Accessories.....	p. 54-55
Adjustments.....	p. 56-59
Warning, Safety & Maintenance.....	p. 60-63
Exercise Tips.....	p. 64-86
Weight Ratios.....	p. 87
Mainframe Parts List.....	p. 88-89
Hardware List.....	p. 90-93
Logo List.....	p. 94-101
Hardware (To Scale).....	p. 102-107
Exploded View Diagram.....	p. 108-109
Notes.....	p. 110-111

Assembly & Instructions

OWNER'S & MANUAL

Total Body Workout DVD

Follow the lead of international fitness presenter Geoff Bagshaw as he guides you step by step through a total health and conditioning program. Includes thorough explanations and demonstrations of over 50 exercises targeting all major muscle groups. The Body-Solid Total Body Workout is a “must have” for anyone truly serious about in-home training.



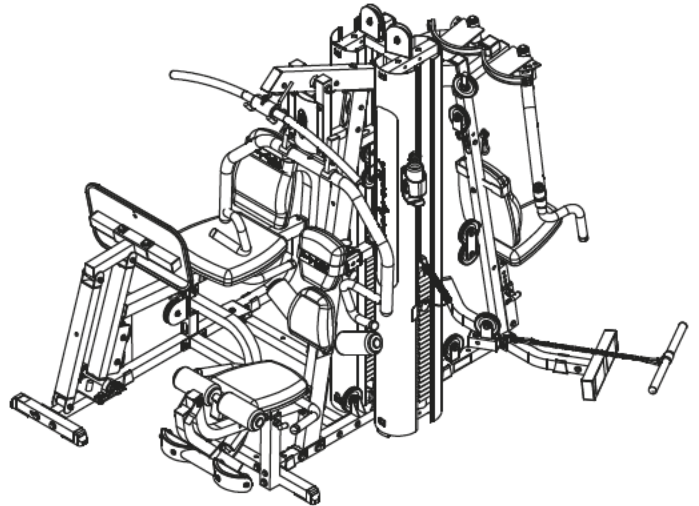
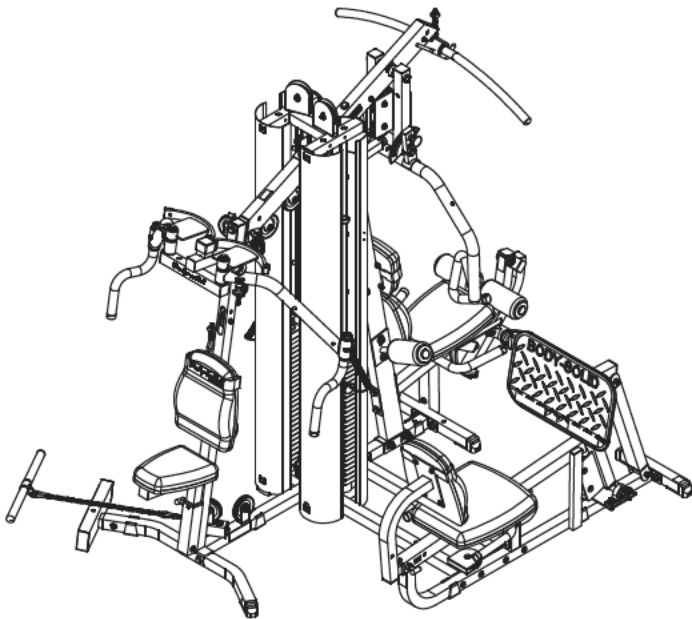
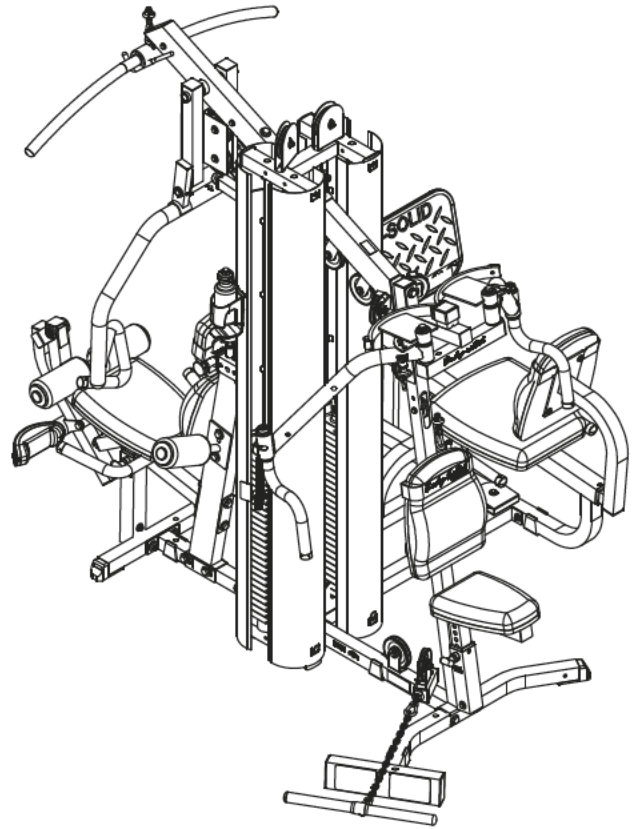
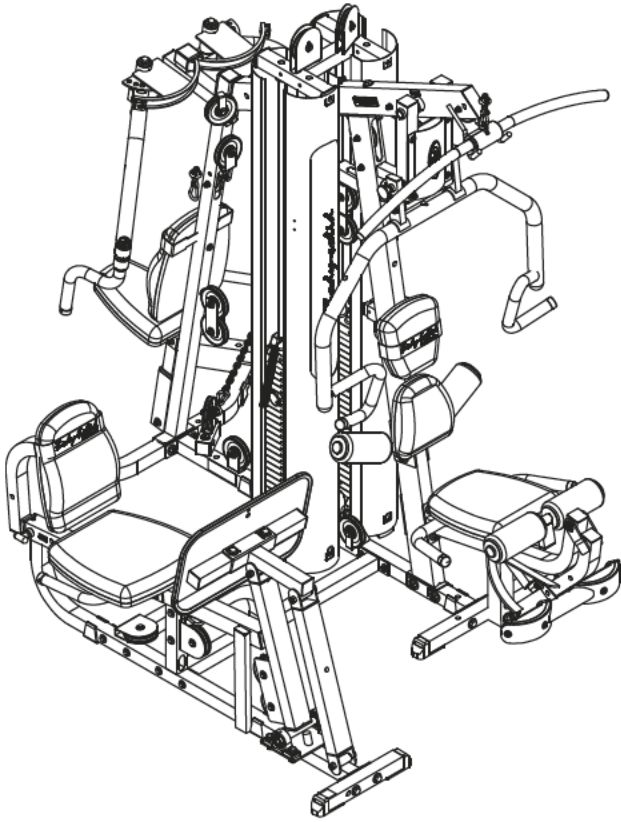
Also includes:

- Complete stretching routine
- Importance of cardio training
- Body-Solid company profile

Body-Solid[®]
Built for Life

Total Body Workout DVD

G 9 U Reference Drawings



Note: Due to continuing product improvements, specifications and designs are subject to change without notice.

Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given.

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice.

Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the G9U. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- It is strongly recommended that a qualified dealer assemble the equipment.
Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the G9U on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The G9U is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Body-Solid G9U.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first re-check the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Body-Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Body-Solid website at www.bodysolid.com or contact an authorized Body-Solid dealer or a Body-Solid factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

Or write to: Body-Solid, Inc.
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. Part numbers are required when ordering replacement parts.

Before You Begin

Thank you for purchasing the G9U. This gym is part of the Body-Solid line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

Unpacking the Equipment

The G9U is carefully tested and inspected before shipment. Body-Solid ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

You will notice that most of the main frame parts are color coded with yellow, red and blue dots on the individual pieces. These colored dots refer to different sides of the gym:

*Yellow Dots = Pec Dec Section
Red Dots = Leg Extension/Chest Press Section
Blue Dots = Leg Press Section*

Pay special attention to the colored dots on the pads. They will help you to quickly place the pads in their correct position.

After you have completely assembled the G9U you can remove all colored dots.

Be careful to assemble all components in the sequence presented in this guide.

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-556-3113 for the dealer nearest you.

OPTIONAL Equipment

Optional equipment that you can purchase through your dealer:

GKR9 - *Vertical Knee Raise Station*
GIOT - *Inner Outer Thigh Station.*

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

Any Questions?
Call (800) 556-3113

Dimensions

The room layout diagram below will help you decide the best placement for your G9U.

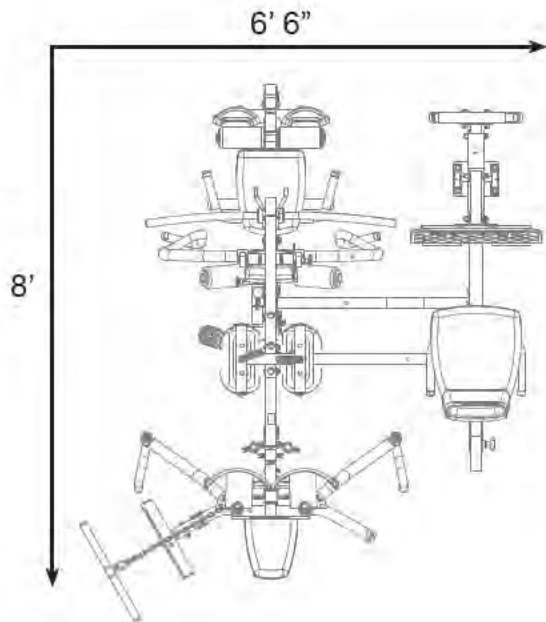
The dimensions of the G9U are: Width 6' 6" X Length 8'. The ceiling height requirement for the G9U is 7'.

The usage space is: Width 9' 6" X Length 11' 10" (The usage space is the overall space needed for operation).

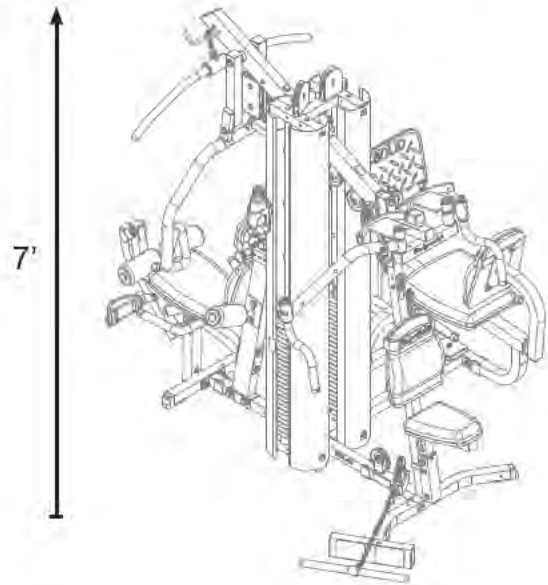
The usage space needed for the G9U could be more, depending on the user. Allow enough room for the Low Row Station.

The diagrams below are without the optional Vertical Knee Raise Station GKR9.

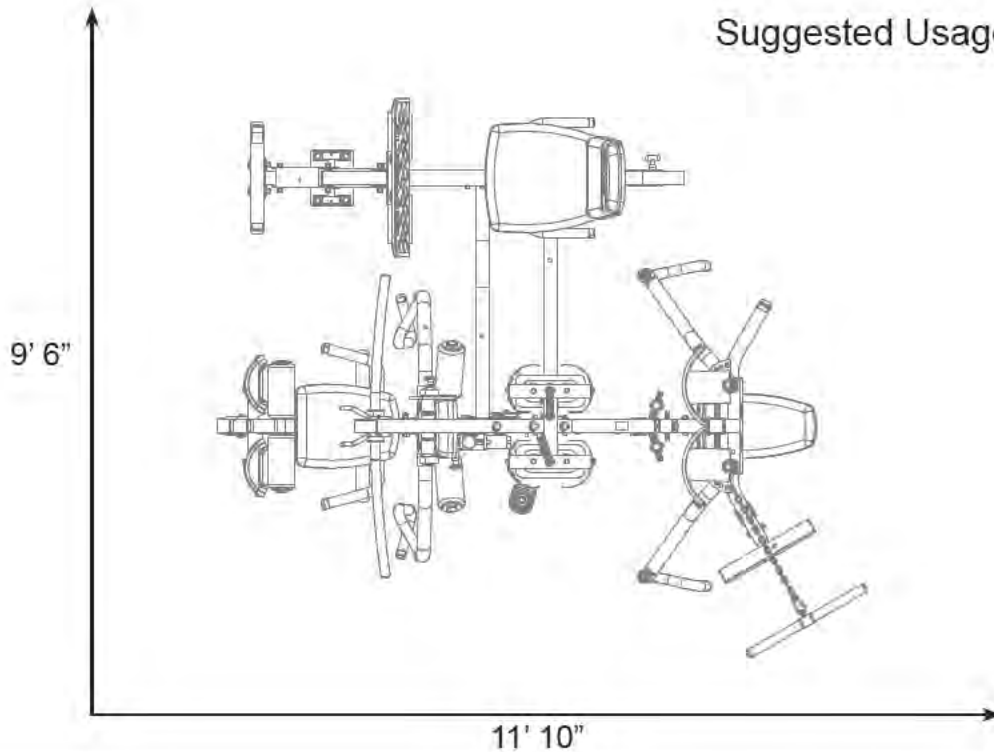
Dimensions



Height



Suggested Usage Space



Safety Guidelines

Successful resistance training programs have one prominent feature in common... safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

- It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.
- Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.
- Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
- Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.
- Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Do not attempt to lift more weight than you can control safely.
- Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

Preparations

CAUTION: To set up this unit, you will need assistance. Do not attempt assembly by yourself.

You must review and follow the instructions in this Owner's Manual. If you do not assemble and use the G9U according to these guidelines, you could void the Body-Solid warranty.

Required Tools

The basic tools that you must obtain before assembling the G9U include but are not limited to:

- Metric Allen Key Set
- Standard Allen Key Set
- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Screwdriver (standard and/or phillips)
- Rubber Mallet
- Silicone Spray Oil

Installation Requirements

Follow these installation requirements when assembling the G9U:

Set up the G9U on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

CAUTION: Obtain assistance! Do not attempt to assemble the G9U by yourself. Review the Installation Requirements before proceeding with the following steps.

The G9U unit comes in seven boxes. Be careful to assemble components in the sequence presented in this guide.

NOTE: With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

Assembly Instructions

Assembly of the G9U takes professional installers about 3-5 hours to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

Professional installers are highly recommended!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

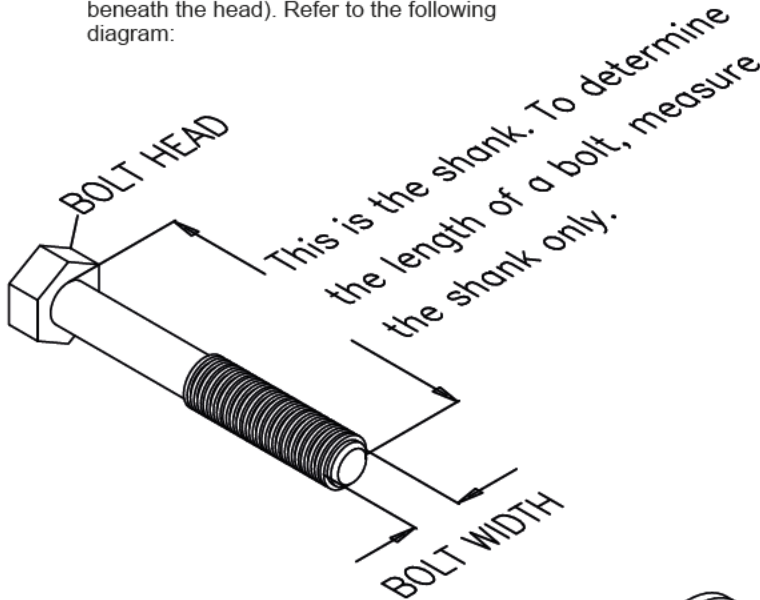
Assembly Tips

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the G9U using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:

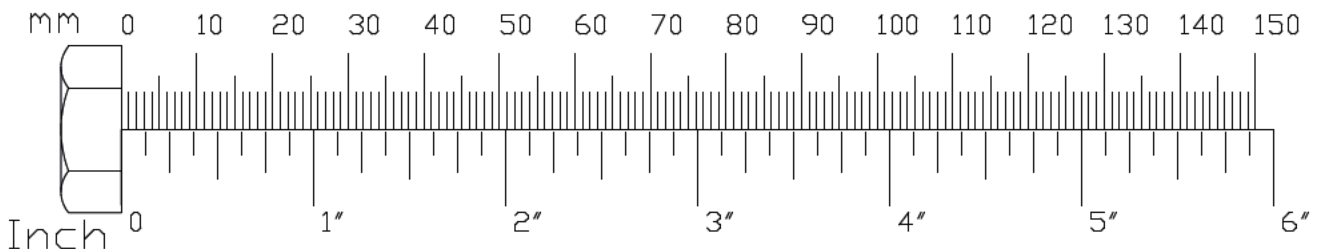
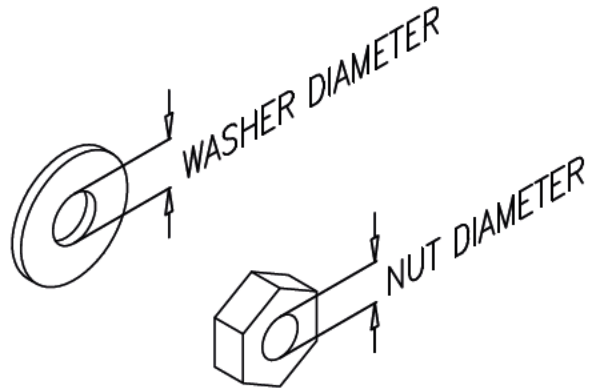


IMPORTANT!

Before you begin you should look at the quick reference guide that shows all hardware parts (in actual size) along with the corresponding key numbers on the assembly instructions.

Do not fully tighten bolts until instructed to do so.

Note: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.



STEP

1

Be careful to assemble all components in the sequence they are presented.

NOTE: Finger tighten all hardware in this step unless otherwise noted. Use the hardware package labeled Step 1 to complete this step. Do Not wrench tighten until Step 5.

- A. Insert two Weight Stack Shims (28) to the bottom of Main Base Frame (A), and two Weight Stack Shims (28) to the bottom of Side Base Frame (B).
- B. Install two Frame Levellers (25) onto Main Base Frame (A) at the positions shown.
- C. Connect Main Base Frame (A) to Side Base Frame (B) using:
Two 73 (3/8" x 2 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon lock nut)

NOTE: Make sure the assembly is on a level surface and wrench tighten Step 1 Section C only. This junction cannot be tightened or retightened during later steps.

- D. Insert two Foot Caps (19) to the ends of Front Base Frame (C).
- E. Connect Front Base Frame (C) to Main Base Frame (A) using:
One 65 (1/2" x 3" hex head bolt)
Two 93 (1/2" washer)
One 90 (1/2" nylon lock nut)

NOTE: Only one bolt (65) is used for this assembly as shown in the diagram. The remaining bolt hole will remain open for installation in Step 5.

- F. NOTE: Depending on how much space you have available, and the configuration of your room, you can assemble the G9 with the low pulley station on either side.

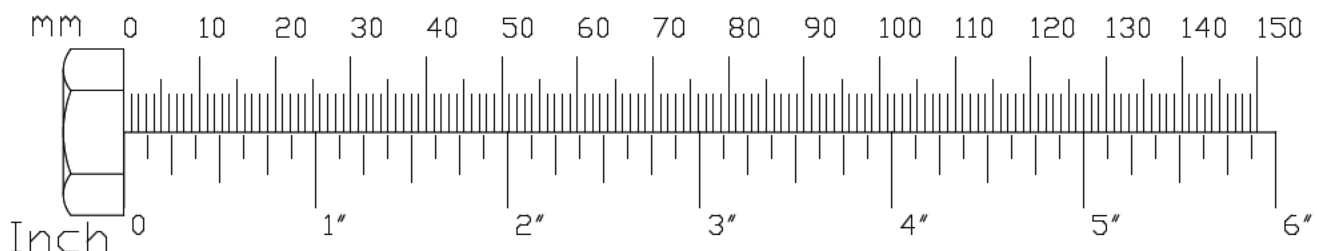
Insert one Foot Cap (19) to one end of Rear Base Frame (D) as shown in the diagram.

- G. Connect Frame Leveler (25) to Rear Base Frame (D) at the position shown.

NOTE: Leave the other side open (depending on which side of the gym will have Low Pulley Station installed).

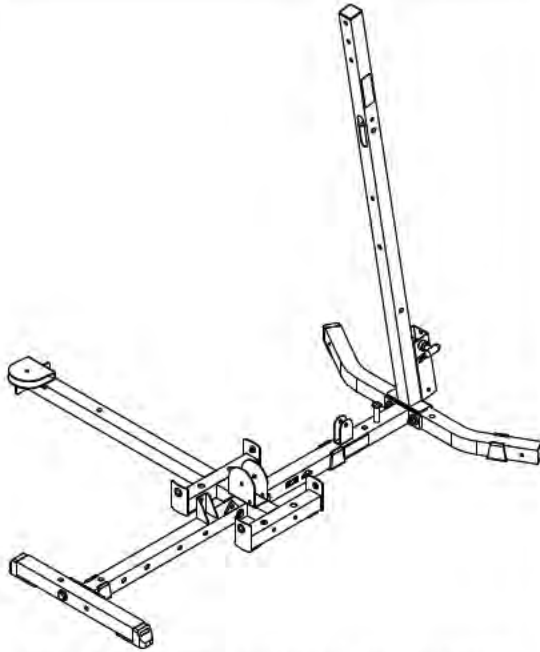
- H. Connect Rear Base Frame (D) and Rear Vertical Frame (E) to Main Base Frame (A) using:
Two 64 (1/2" x 3 1/4" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon lock nut)

- I. Insert End Cap (13) to the top of Rear Vertical Frame (E).

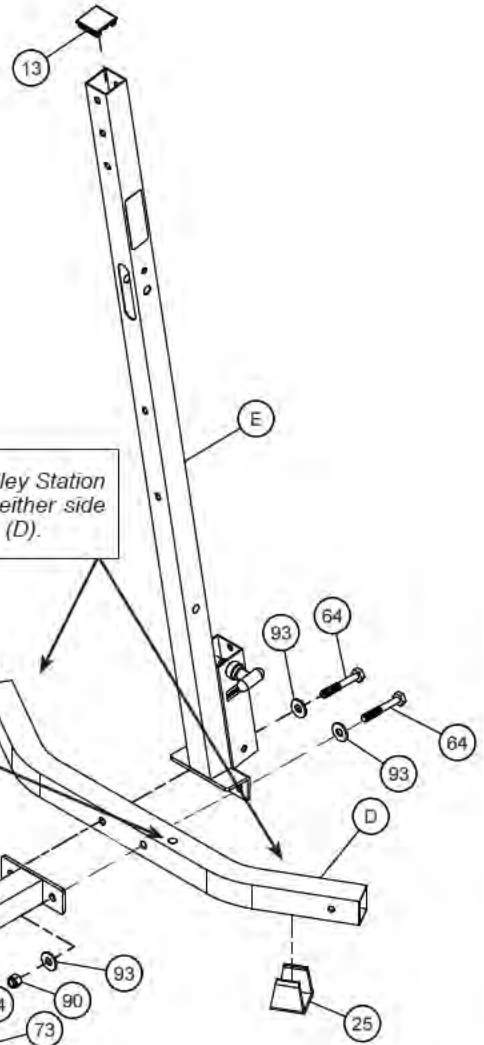


Step 1 - Hardware Bag Contents

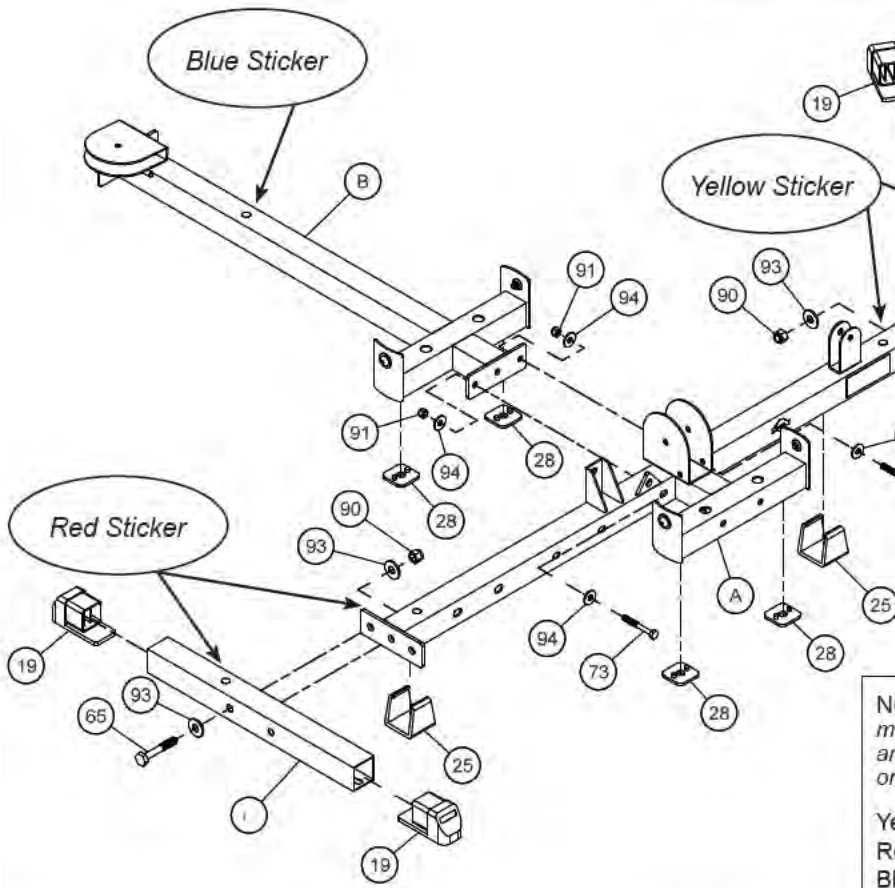
Component	Specification	Quantity
Hex Head Bolt	1/2" x 3"	1
Hex Head Bolt	1/2" x 3 1/4"	2
Hex Head Bolt	3/8" x 2 3/4"	2
Washer	1/2"	6
Washer	3/8"	4
Nylon Nut	1/2"	3
Nylon Nut	3/8"	2



Above shows Step 1 assembled and completed.



NOTE: The Low Pulley Station can be installed on either side of Rear Base Frame (D).



NOTE: The installer will notice that most of the main frame parts are color coded with yellow, red and blue dots on the individual pieces. These colored dots refer to different sides of the gym:

Yellow Dots = Pec Dec Station
 Red Dots = Leg Extension/Chest Press Station
 Blue Dots = Leg Press Station

STEP**2**

Be careful to assemble all components in the sequence they are presented.

NOTE:

**Finger tighten all hardware in this step unless otherwise noted.
Use the hardware package labeled Step 2 to complete this step.
Do Not wrench tighten until Step 5.**

- A. Connect one 4 ¼" Pulley (26) to the narrow pulley flange on Main Base Frame (A) and one 4 ¼" Pulley (26) onto Side Base Frame (B) as shown using for each pulley:
One 76 (⅜" x 1 ¾" hex head bolt)
Two 94 (⅜" washer)
One 91 (⅜" nylon nut)
- B. Connect two 4 ¼" Pulleys (137) to the wide pulley flange on Main Base Frame (A) as shown using:
One 72 (⅜" x 3" hex head bolt)
Two 94 (⅜" washer)
Two 91 (⅜" nylon nut)
- C. Connect one 4 ¼" Pulley (26) and Pulley Cable Guide (7) to the middle of Main Base Frame (A) as shown using:
One 76 (⅜" x 1 ¾" hex head bolt)
Two 94 (⅜" washer)
One 91 (⅜" nylon nut)
- D. Connect Front Vertical Frame (F) to Main Base Frame (A) as shown using:
Two 64 (½" x 3 ¼" hex head bolt)
Four 93 (½" washer)
Two 90 (½" nylon nut)

NOTE: Assistance is required for this assembly.

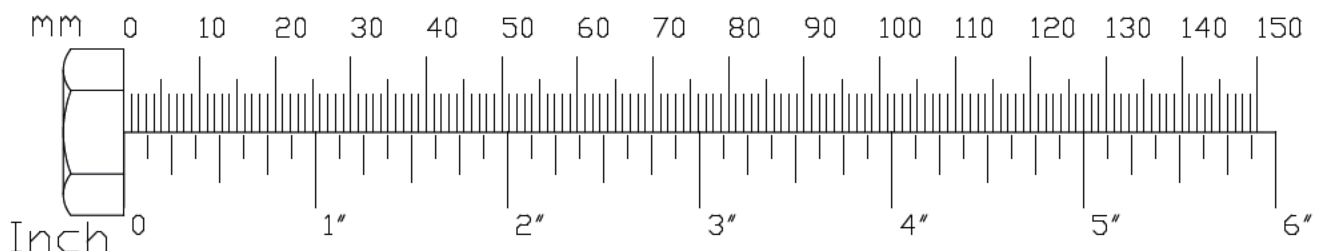
- E. Connect Top Main Frame (G) to Front Vertical Frame (F) as shown using only one bolt:
One 62 (½" x 5" hex head bolt)
Two 93 (½" washer)
One 90 (½" nylon nut)

NOTE: Assistance is required for this assembly.

- F. Connect Top Main Frame (G) and Pec Dec Frame (H) to Rear Vertical Frame (E) using:
One 65 (½" x 3" hex head bolt)
One 64 (½" x 3 ¼" hex head bolt)
Three 93 (½" washer)
One 90 (½" nylon nut)

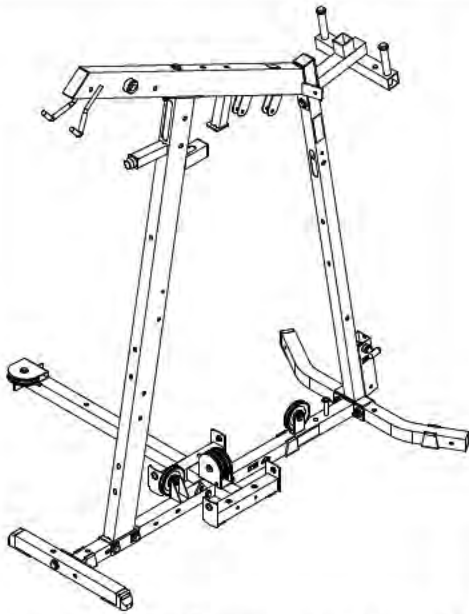
NOTE: Top bolt (65) goes into an internally threaded nut inside Top Main Frame (G).
Assistance is required for this assembly.

- G. Insert End Cap (14) to Front Vertical Frame (F) as shown in the diagram.

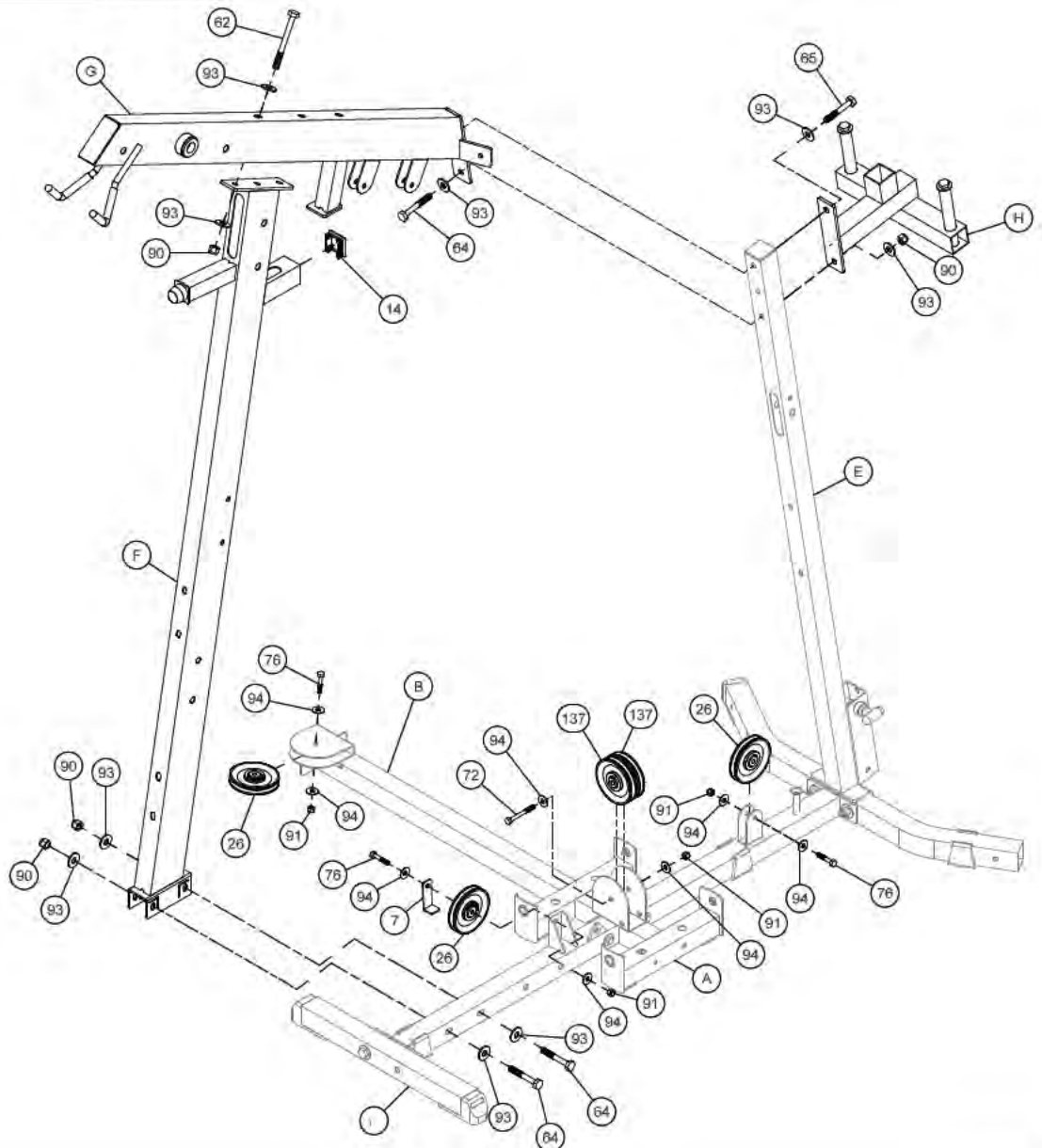


Step 2 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	1/2" x 5"	1
Hex Head Bolt	1/2" x 3"	1
Hex Head Bolt	1/2" x 3 1/4"	3
Hex Head Bolt	3/8" x 3"	1
Hex Head Bolt	3/8" x 1 3/4"	3
Washer	1/2"	9
Washer	3/8"	9
Nylon Nut	1/2"	4
Nylon Nut	3/8"	4



Above shows Step 2 assembled and completed.



STEP**3****Be careful to assemble all components in the sequence they are presented.****NOTE:**

Finger tighten all hardware in this step unless otherwise noted. Use the hardware package labeled Step 3 to complete this step. Do Not wrench tighten until Step 5.

NOTE: For the installation below, use Weight Stack Risers (55) if you have a 210 lb weight stack. If you have a 260 lb weight stack you will not need Weight Stack Risers (55). See the diagrams on the following page.

A. Place two Weight Stack Risers (55) and two Rubber Donuts (31) onto Main Base Frame (A) as shown. Slide two Guide Rods (J) through Rubber Donuts (31), Weight Stack Risers (55), and into Main Base Frame (A).

B. Slide Weight Stack Plates (51) onto two Guide Rods (J). Make sure the opening on each Weight Stack Plate, for Weight Stack Pin (1), is facing outward.

NOTE: Use twenty 10 lb plates for a 210 lb weight stack.
Use twenty-five 10 lb plates for a 260 lb weight stack.

C. Connect Top Plate (8) to Selector Rod (6) on Main Base Frame (A) using:
One 77 ($\frac{3}{8}$ " x 2" flat allen head)
One 100 ($\frac{3}{8}$ " spring washer)

D. Slide Top Plate (8) and Selector Rod (6) onto Guide Rods (J).

E. Place two Weight Stack Risers (55) and two Rubber Donuts (31) onto Side Base Frame (B) as shown. Slide two Guide Rods (J) through Rubber Donuts (31), Weight Stack Risers (55) and into Side Base Frame (B).

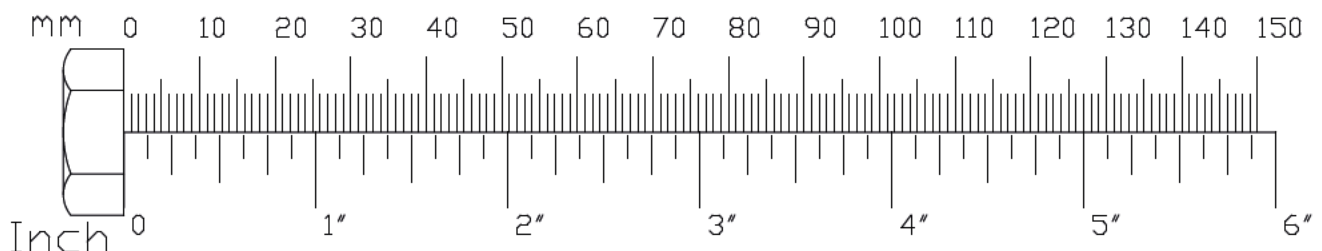
NOTE: Use Weight Stack Risers (55) if you have a 210 lb weight stack.
If you have a 260 lb weight stack you will not need Weight Stack Risers (55).

F. Slide Weight Stack Plates (51) onto Guide Rods (J). Make sure the opening on each Weight Stack Plate, for Weight Stack Pin (1), is facing outward.

NOTE: Use twenty 10 lb plates for a 210 lb weight stack.
Use twenty-five 10 lb plates for a 260 lb weight stack.

G. Connect Top Plate (8) to Selector Rod (6) on Side Base Frame (B) using:
One 77 ($\frac{3}{8}$ " x 2" flat allen head)
One 100 ($\frac{3}{8}$ " spring washer)

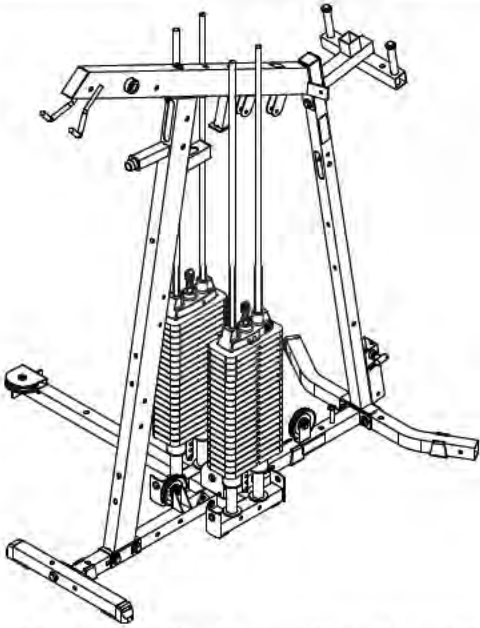
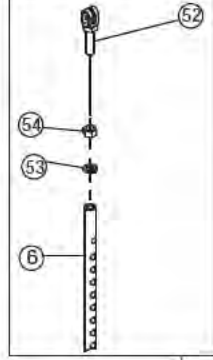
H. Slide Top Plate (8) and Selector Rod (6) onto Guide Rods (J).



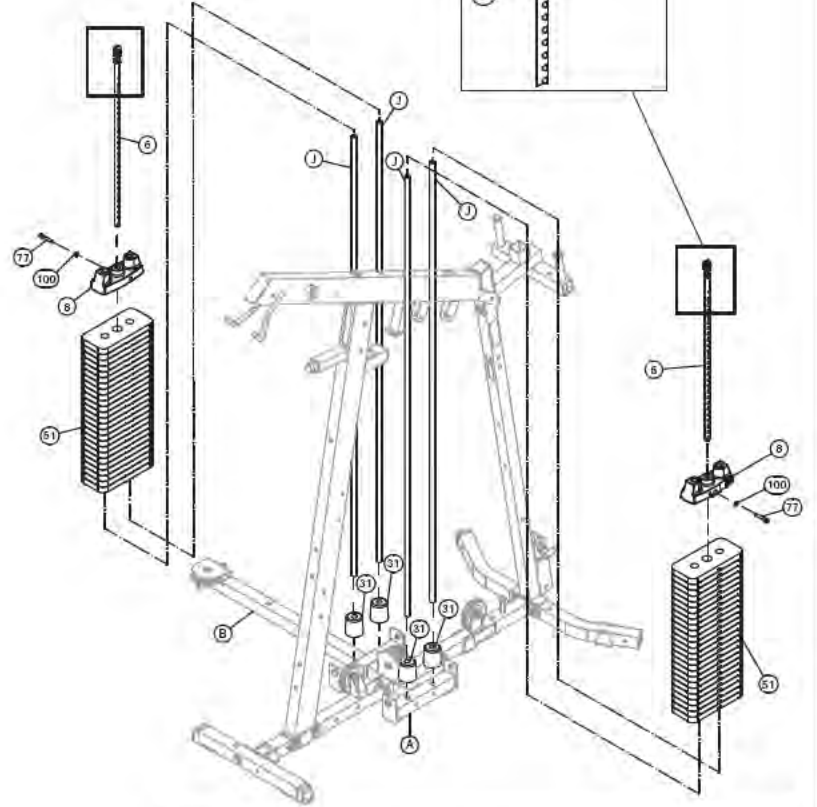
STEP 3

Step 3 - Hardware Bag Contents

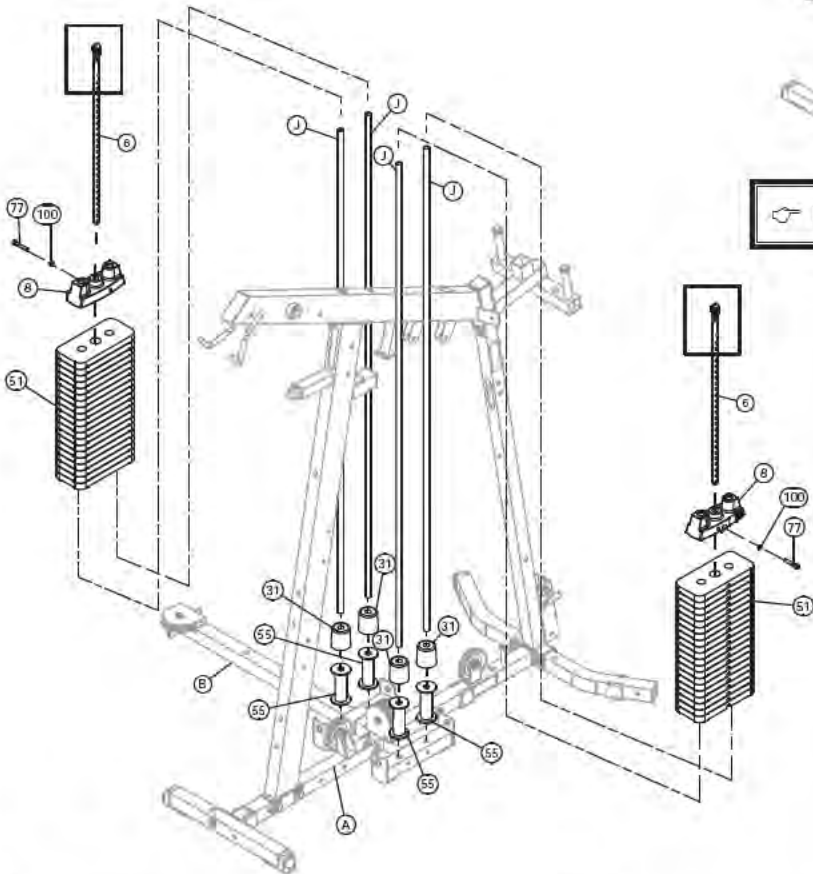
Component	Specification	Quantity
Allen Head Bolt	3/8" x 2"	2
Spring Washer	3"	2



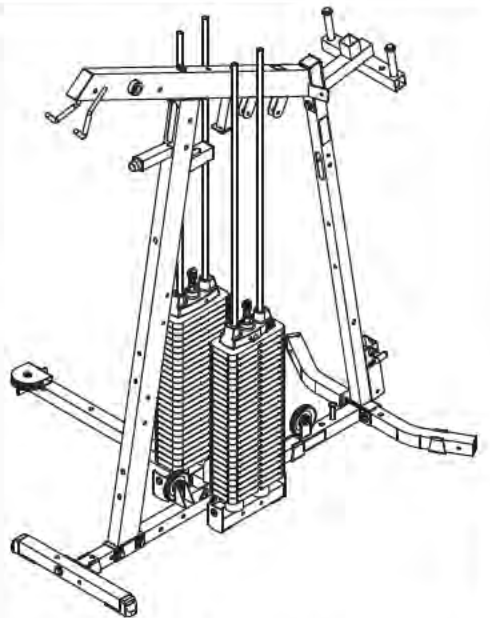
Above shows Step 3 assembled and completed using the 210 Lb Weight Stack.



For 260 lb Weight Omit Weight Stack Risers (55) as shown above.



For 210 lb Weight Use Weight Stack Risers (55) as shown above.



Above shows Step 3 assembled and completed using the 260 Lb Weight Stack.

STEP**4**

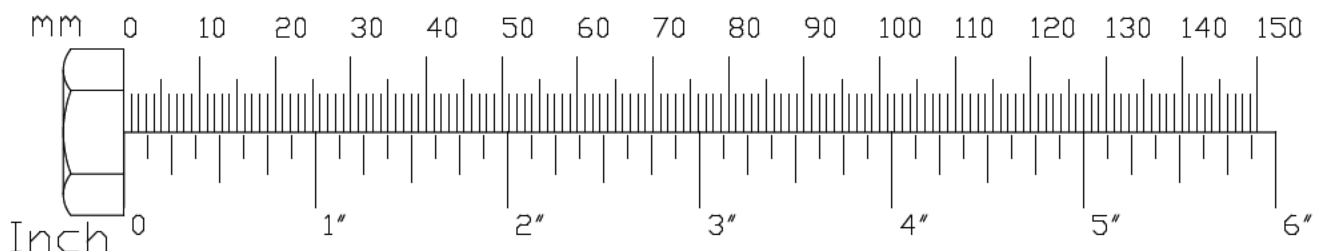
Be careful to assemble all components in the sequence they are presented.

**NOTE: Finger tighten all hardware in this step unless otherwise noted.
Use the hardware package labeled Step 4 to complete this step.
Do Not wrench tighten until Step 5.**

- A. Slide four Shaft Collars (22) onto the top of four Guide Rods (J).
- B. Connect Top Pulley Frame (K) to Top Main Frame (G), Front Vertical Frame (F), and onto Guide Rods (J) as shown using:
One 61 (1/2" x 5 1/4" hex head bolt)
One 62 (1/2" x 5" hex head bolt)
Four 93 (1/2" washer)
Two 90 (1/2" nylon nut)
- C. Insert the top of Shaft Collars (22) into Top Pulley Frame (K) and turn so Shaft Collars (22) do not slide down. Tighten Allen Screws (88) in each Shaft Collar (22).
- D. Insert two 4 1/4" Pulleys (26) into Front Vertical Frame (F) as shown using:
Four 10 (9/16" OD x 3/8" ID x 5/8" L pulley spacer)
Two 73 (3/8" x 2 3/4" hex head bolt)
Two 91 (3/8" nylon nut)
- E. Insert two 4 1/4" Pulleys (26) into Top Pulley Frame (K) using:
Two 76 (3/8" x 1 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon nut)

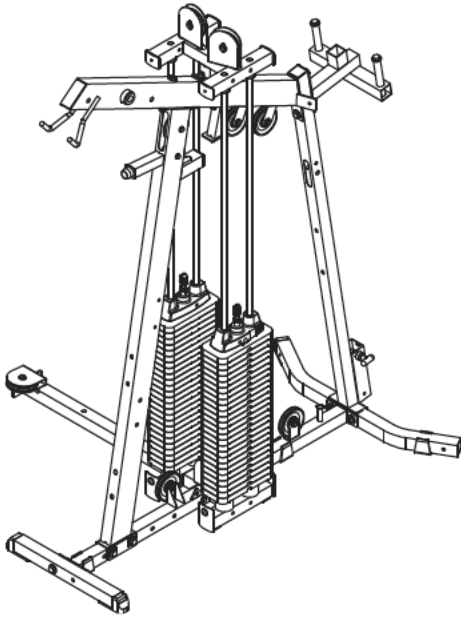
NOTE: The pulleys may be positioned into any of the Top Pulley Frame (K) holes.
The final position may be adjusted later in the Adjustments section of the manual.

- F. Insert two 4 1/4" Pulleys (26) into the pulley covers on Top Main Frame (G) using:
Two 76 (3/8" x 1 3/4" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon nut)

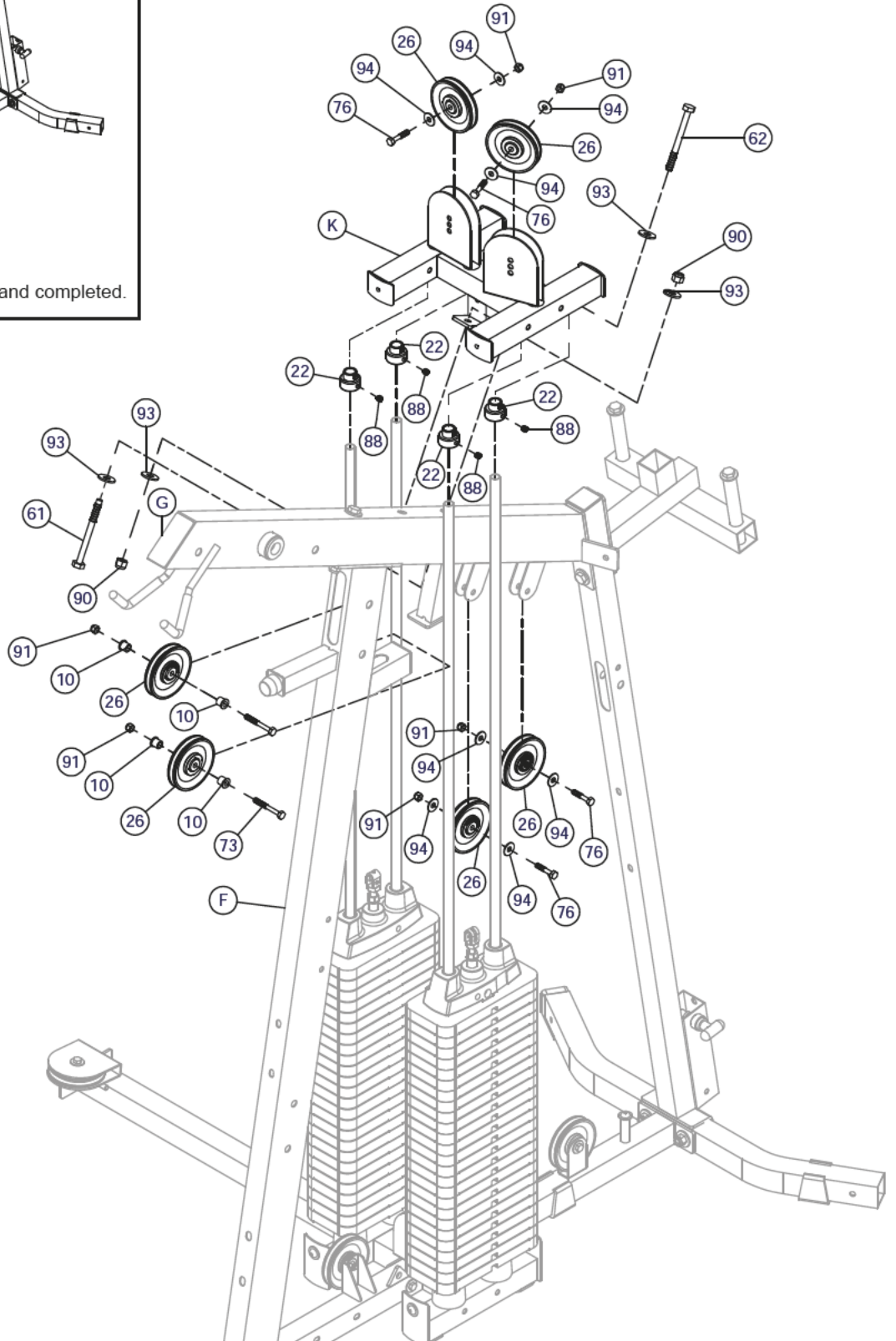


Step 4 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	1/2" x 5 1/4"	1
Hex Head Bolt	1/2" x 5"	1
Hex Head Bolt	3/8" x 2 3/4"	2
Hex Head Bolt	3/8" x 1 3/4"	4
Washer	1/2"	4
Washer	3/8"	8
Nylon Nut	1/2"	2
Nylon Nut	3/8"	6



Above shows Step 4 assembled and completed.



STEP**5**

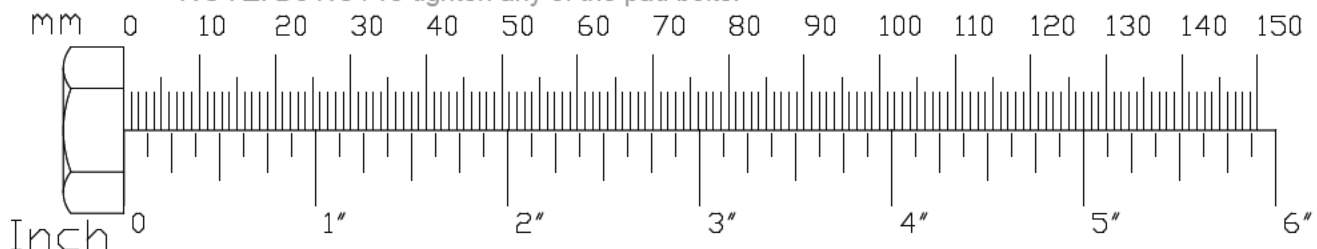
Be careful to assemble all components in the sequence they are presented.

**NOTE: Leg Extension Seat Pad Frame (S) and Leg Extension Frame (L) are pre-assembled as one piece.
Use the hardware package labeled Step 5 to complete this step.**

Most of the Mainframe parts in this step will have RED dots.

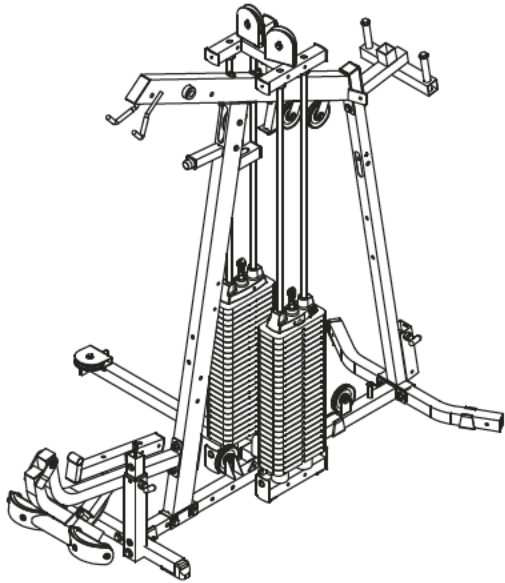
- A. Connect Leg Extension Frame (L) and 2" x 6" Plate (M) to Front Vertical Frame (F) using:
Two 61 (½" x 5 ¼" hex head bolt)
Four 93 (½" washer)
Two 90 (½" nylon nut)
- B. Connect the bottom of Leg Extension Frame (L) to Front Base Frame (C), through the opening left from Step 1 using:
One 60 (½" x 5 ½" hex head bolt)
Two 93 (½" washer)
One 90 (½" nylon nut)
- C. Loosen pre-installed Allen Screws (88) in Leg Extension Frame (L).
- D. Connect Leg Extension Arm (N) to Leg Extension Frame (L) using:
One P (2" shaft) - PREINSTALLED
Two 49 (½" ID x ¾" OD oilite bushings) - PREINSTALLED
Two 97 (M8 washer)
Two 86 (M8x15 round allen head bolt)
- E. Wrench tighten both Allen Screws (88) only, to lock down 2" Shaft (P) in Leg Extension Frame (L).
- F. Insert one End Cap (14) into the top of Leg Extension Frame (L) observing the orientation as shown.
- G. Insert one End Cap (14) into the top of Leg Extension Arm (N).
- H. Insert End Cap (13) into the back of Leg Extension Seat Pad Frame (S).
- I. Insert End Cap (15) into the front of Leg Extension Seat Pad Frame (S).
- J. Connect two Leg Pads (R) to Leg Extension Pad Holder (Q) using:
Four 89 (⅝" x ¾" round bolt)
Four 96 (⅝" spring washer)
Four 95 (⅝" washer)
NOTE: Do Not over-tighten these bolts. Tighten these bolts until the spring washer is flat.
Over-tightening these bolts will cause T-Nuts in pads to strip out.
- K. Connect Leg Extension Pad Holder (Q) to Leg Extension Arm (N) using:
One 63 (½" x 3 ½" hex head bolt)
Two 93 (½" washer)
One 90 (½" nylon nut)
NOTE: Bronze bushing (100) has been pre-installed inside Leg Extension Arm (N).
- L. At this point you must make sure that the gym is level, stable and in the right location. You should now wrench tighten all bolts and nuts on the mainframe unit only. Also, leave all pulley bolts finger-tight until after Step 20.

NOTE: Do NOT re-tighten any of the pad bolts.

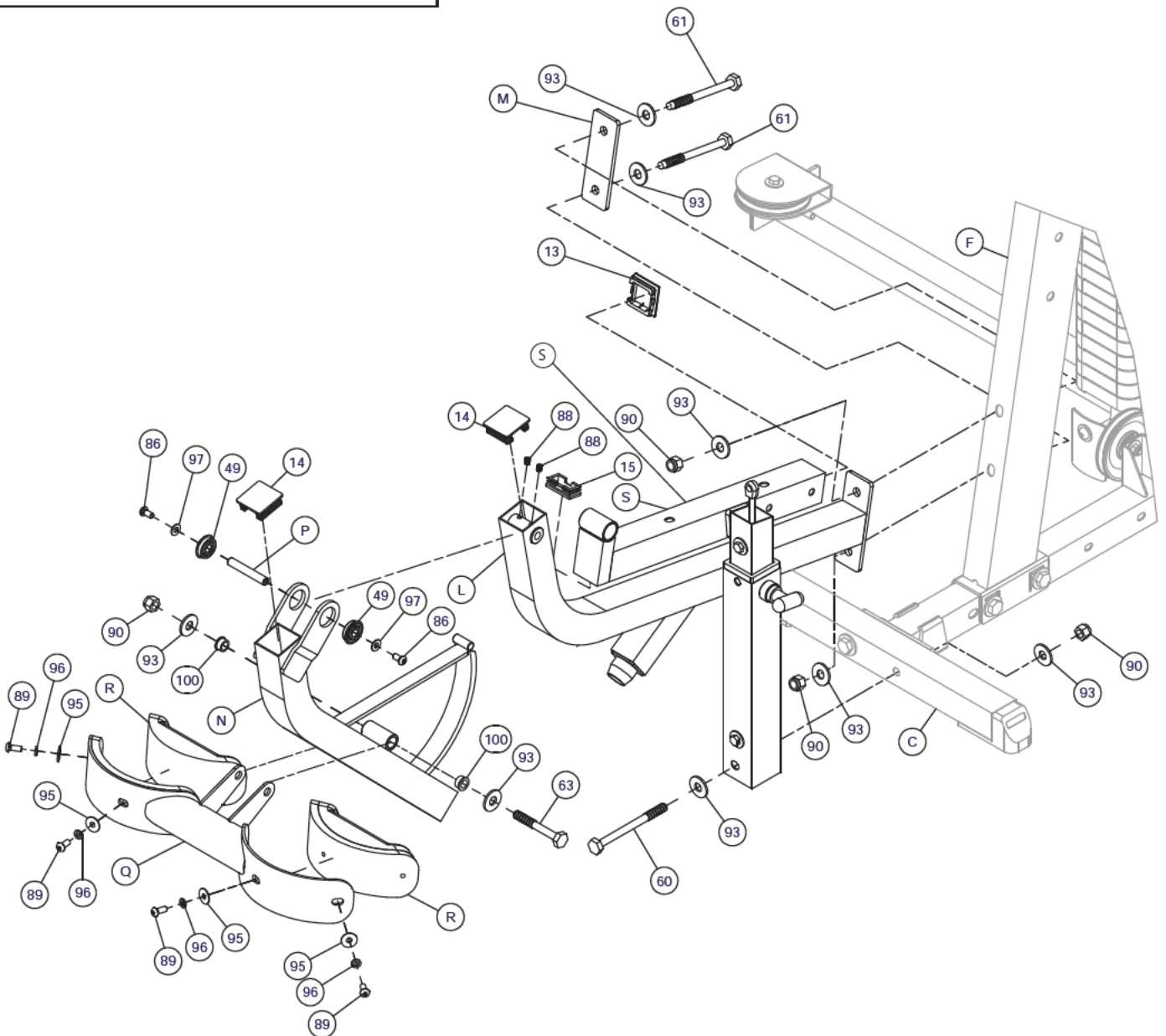


Step 5 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	1/2" x 5 1/2"	1
Hex Head Bolt	1/2" x 5 1/4"	2
Hex Head Bolt	1/2" x 3 1/2"	1
Round Allen Head	5/16" x 3/4"	4
Washer	1/2"	8
Washer	5/16"	4
Spring Washer	5/16"	4
Nylon Nut	1/2"	4



Above shows Step 5 assembled and completed.



STEP**6**

Be careful to assemble all components in the sequence they are presented.

NOTE: Use the hardware package labeled **Step 6** to complete this step.

Most of the Mainframe parts in this step will have RED dots.

- A. Connect both Leg Extension Handles (U) to Leg Extension Seat Pad Frame (S) using:
Two 72 (3/8" x 3" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon nut)

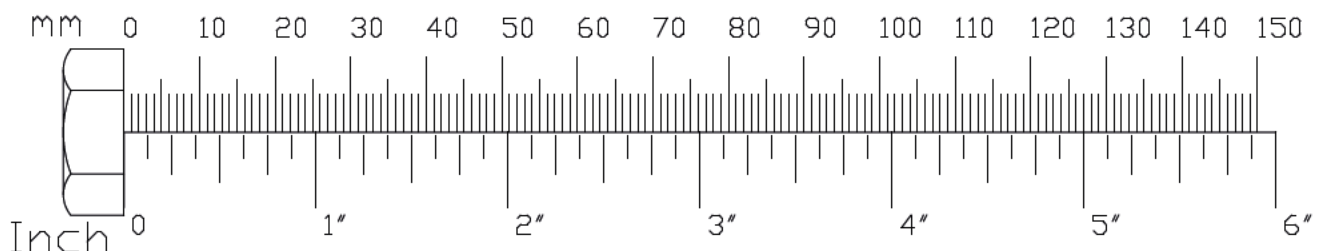
- B. Connect Leg Extension Seat Pad (V) to Leg Extension Seat Pad Frame (S) using:
Two 82 (5/16" x 2 3/4" hex head bolt)
Two 96 (5/16" spring washer)
Two 95 (5/16" washer)

NOTE: Do Not over-tighten these bolts. Tighten these bolts until the spring washer is flat.
Over-tightening these bolts will cause the T-Nuts in pads to strip out.

- C. Slide Foam Roller Bar (W) into Leg Extension Seat Pad Frame (S).
- D. Slide two 3" Plastic Washers (5) onto both sides of Foam Roller Bar (W).
- E. Slide two Foam Rollers (12) onto both sides of Foam Roller Bar (W).
- F. Slide another two 3" Plastic Washers (5) onto both sides of Foam Roller Bar (W).
- G. Secure the Leg Extension assembly in place with two Chrome Roller End Caps (18) placed on the outer ends of Foam Roller Bar (W) as shown.

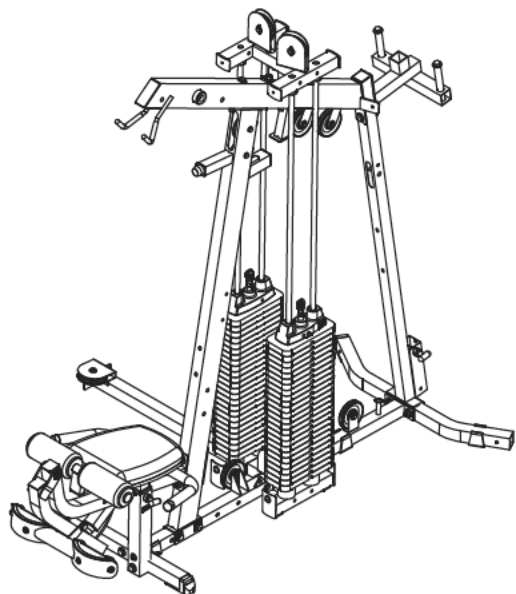
NOTE: A rubber mallet may be used to aid the installation of Chrome Roller End Cap (18).

NOTE: You should now wrench tighten all bolts and nuts on the mainframe unit only.
Do NOT re-tighten any of the pad bolts.
Also, leave all pulley bolts finger-tight until after Step 20.

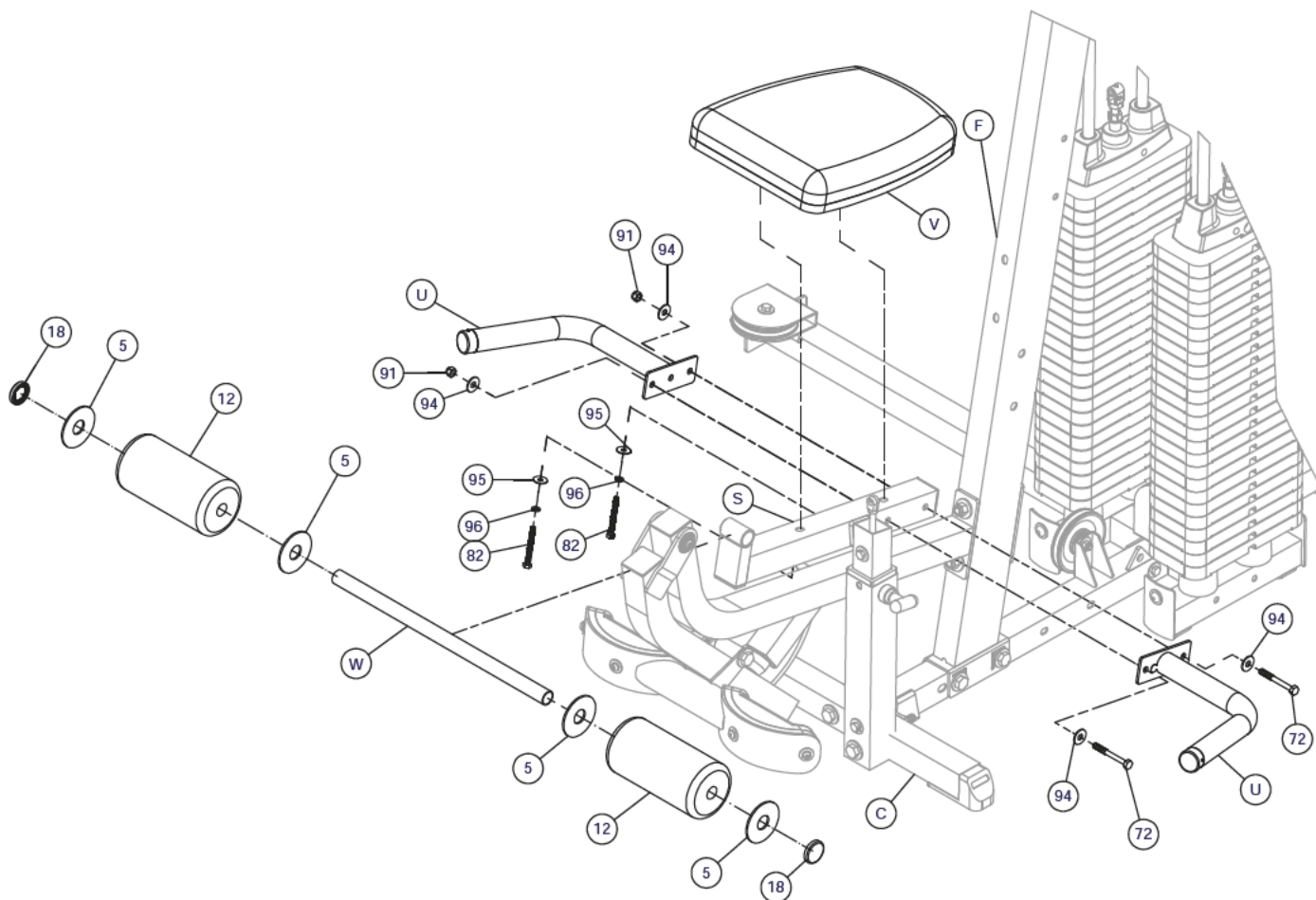


Step 6 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	3/8" x 3"	2
Hex Head Bolt	5/16" x 2 3/4"	2
Washer	3/8"	4
Washer	5/16"	2
Spring Washer	5/16"	2
Nylon Nut	3/8"	2



Above shows Step 6 assembled and completed.



STEP**7**

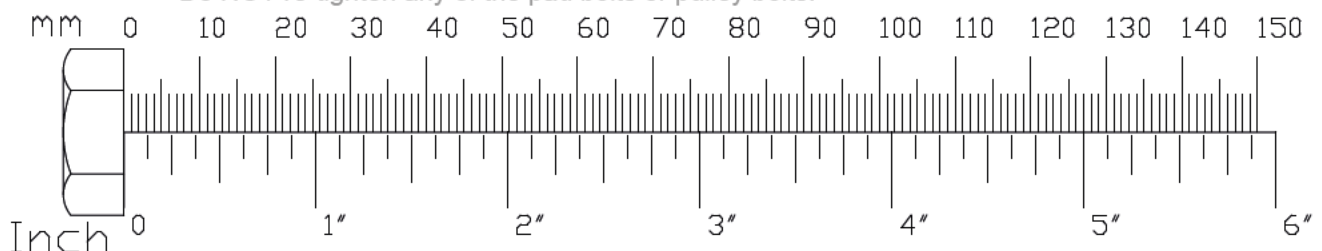
Be careful to assemble all components in the sequence they are presented.

NOTE: Use the hardware package labeled Step 7 to complete this step.

Most of the Mainframe parts in this step will have RED dots.

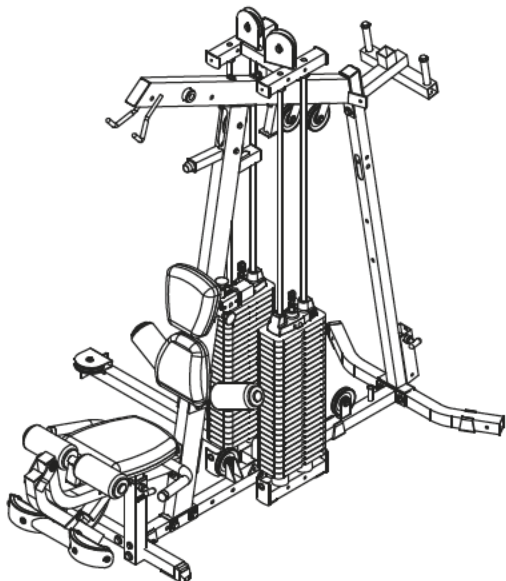
- A. Connect two Leg Hold Downs (X) to Front Vertical Frame (F) using:
Two 64 (½" x 3 ¼" hex head bolt)
Four 93 (½" washer)
Two 90 (½" nylon lock nut)
- B. Slide two Foam Rollers (12) onto both Leg Hold Downs (X).
- C. Slide two 3" Plastic Washers (5) onto both Leg Hold Downs (X).
- D. Slide two Chrome Roller End Caps (18) onto both sides of Leg Hold Downs (X) as shown.
- E. Connect Lower Back Pad (ZC) to Front Vertical Frame (F) using:
Two 80 (⅝" x 5" hex head bolt)*
Two 96 (⅝" spring lock washer)
Two 95 (⅝" washer)
 NOTE: Do not over-tighten these bolts.
 Tighten these bolts until the spring washer is flat.
 Over-tightening these bolts will cause the T-nuts inside the pads to strip out.
- F. Loosen ⅜" x 1" Hex Head Bolt (112) and ⅜" Lock Nut (113) from Back Pad Holder (Y).
- G. Insert two plastic bushings (21) into Back Pad Holder (Y) in the orientation shown for a secure fit.
- H. Connect Back Pad Holder (Y) to Front Vertical Frame (F) using:
Two 73 (3/8" x 2 ¾" hex head bolt)
Four 94 (3/8" washer)
Two 91 (3/8" nylon nut)
- I. Slide Back Pad Adjuster (Z) into Back Pad Holder (Y) and hold in place with Ball Head Pop Pin (56), ⅜" x 1" Hex Head Bolt (112) and ⅜" Lock Nut (113).
 NOTE: Do not over-tighten Hex Head Bolt (112) and adjust Hex Head Bolt (112) so it will stop Back Pad Adjuster (Z) from sliding out, but will not interfere with Back Pad Insert (ZB).
- J. Connect Upper Back Pad (ZA) to Back Pad Insert (ZB) using:
Four 83 (⅝" x 1" hex head bolt)*
Four 96 (⅝" spring lock washer)
Four 95 (⅝" washer)
 NOTE: Do not over-tighten these bolts.
 Tighten these bolts until the spring washer is flat.
 Over-tightening these bolts will cause the T-nuts inside the pads to strip out.
- K. Slide Back Pad Insert (ZB) into Back Pad Adjuster (Z) and secure using Ball Head Pop Pin (56), ⅜" x 1" Hex Head Bolt (112) and ⅜" Lock Nut (113) as shown in the diagram.

NOTE: You should now wrench tighten all bolts and nuts in this step.
 Do NOT re-tighten any of the pad bolts or pulley bolts.

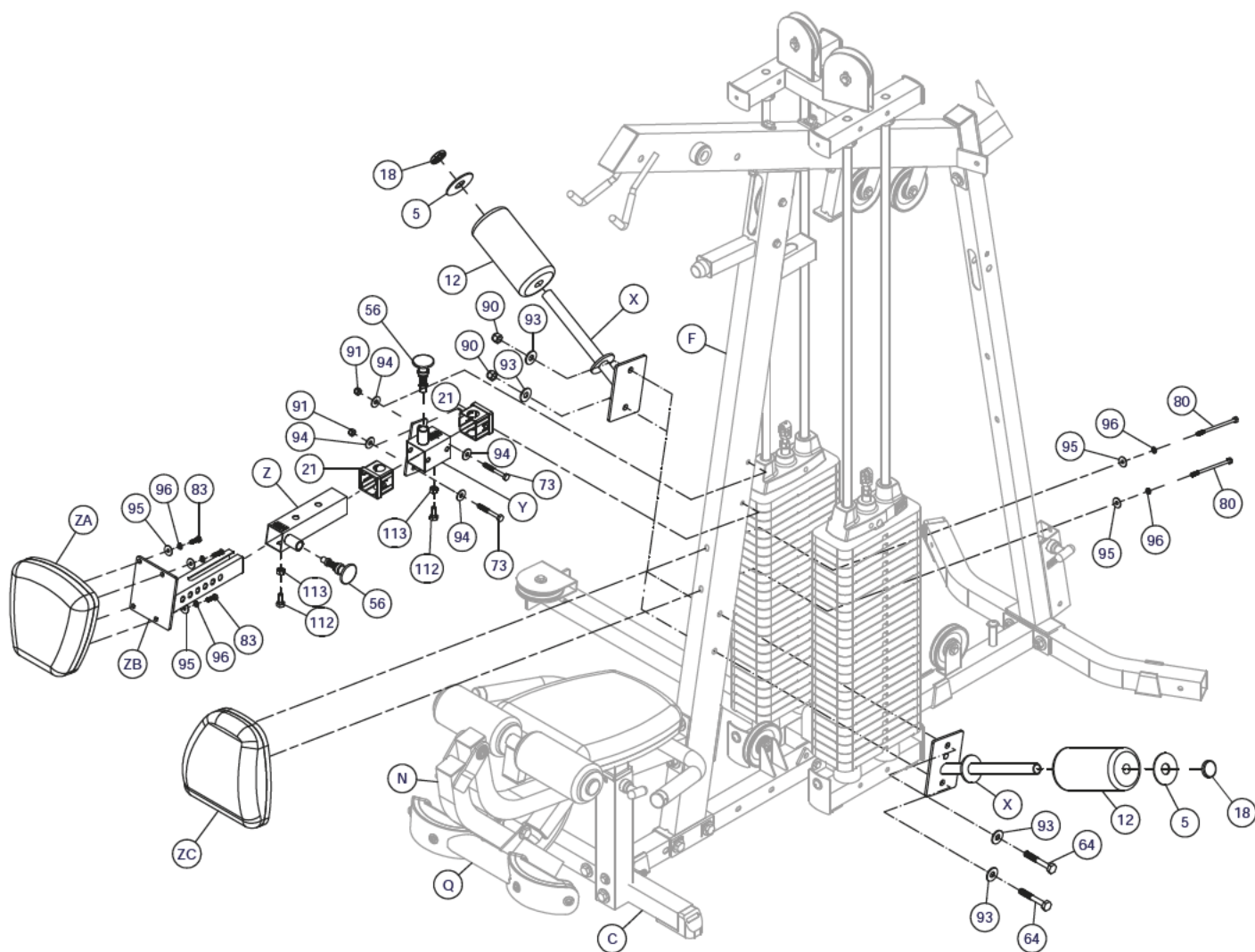


Step 7 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	5/16" x 5"	2
Hex Head Bolt	5/16" x 1"	4
Hex Head Bolt	1/2" x 3 1/4"	2
Hex Head Bolt	3/8" x 2 3/4"	2
Washer	5/16"	6
Washer	3/8"	4
Washer	1/2"	4
Spring Washer	5/16"	6
Nylon Nut	3/8"	2
Nylon Nut	1/2"	2



Above shows Step 7 assembled and completed



STEP**8**

Be careful to assemble all components in the sequence they are presented.

NOTE: Use the hardware package labeled Step 8 to complete this step.

Most of the Mainframe parts in this step will have RED dots.

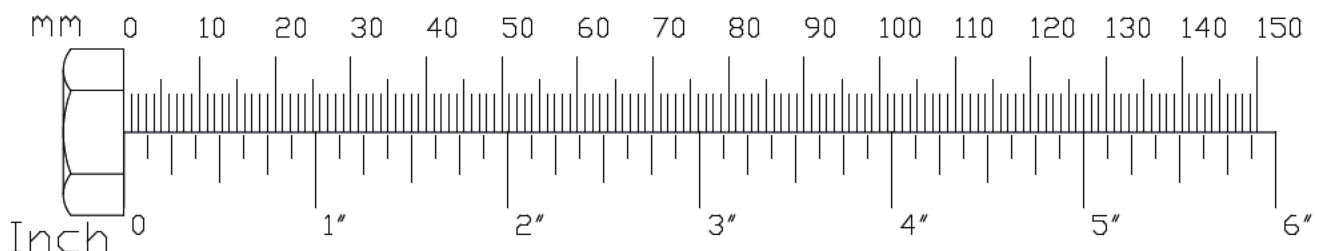
NOTE: You will need to loosen two Allen Screws (88) inside Seated Press Arm Support (AA), in order to remove 9" Shaft (AB).

- A. Connect Seated Press Arm Support (AA) to Top Main Frame (G) with 9" Shaft (AB).
- B. Tighten both Allen Screws (88) in Seated Press Arm Support (AA).
- C. Connect two 4 ¼" Pulleys (26) to Seated Press Arm Support (AA) using:
Two 76 (⅜" x 1 ¾" hex head bolt)
Four 94 (⅜" washer)
Two 91 (⅜" nylon lock nut)

NOTE: You will need to loosen two Allen Screws (88), inside Seated Press Arm (AC), in order to remove 11 ¾" Shaft (AD).

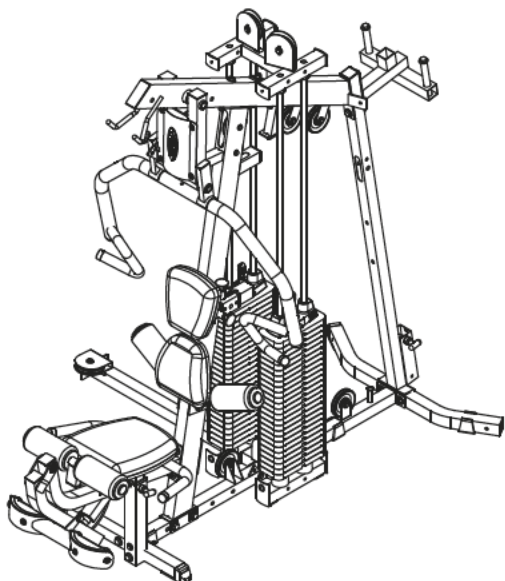
- D. Insert Frame Hole Cap (17) into Seated Press Arm (AC).
- E. Connect Seated Press Arm (AC) to Seated Press Arm Support (AA) with 11 ¾" Shaft (AD).
- F. Tighten both Allen Screws (88) in Seated Press Arm (AC).
- G. Insert two End Caps (14) to the top of Seated Press Arm Support (AA) observing the orientation as shown.
- H. Insert two End Caps (15) to the top of Seated Press Arm (AC).
- I. Insert two End Caps (24) to the bottom of Seated Press Arm (AC).
- J. Connect Small Shroud (AE) to Seated Press Arm Support (AA) using:
Four 86 (⅝" x ⅝" round allen head) (pre-installed)
Four 97 (⅝" washer) (pre-installed)

NOTE: You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.

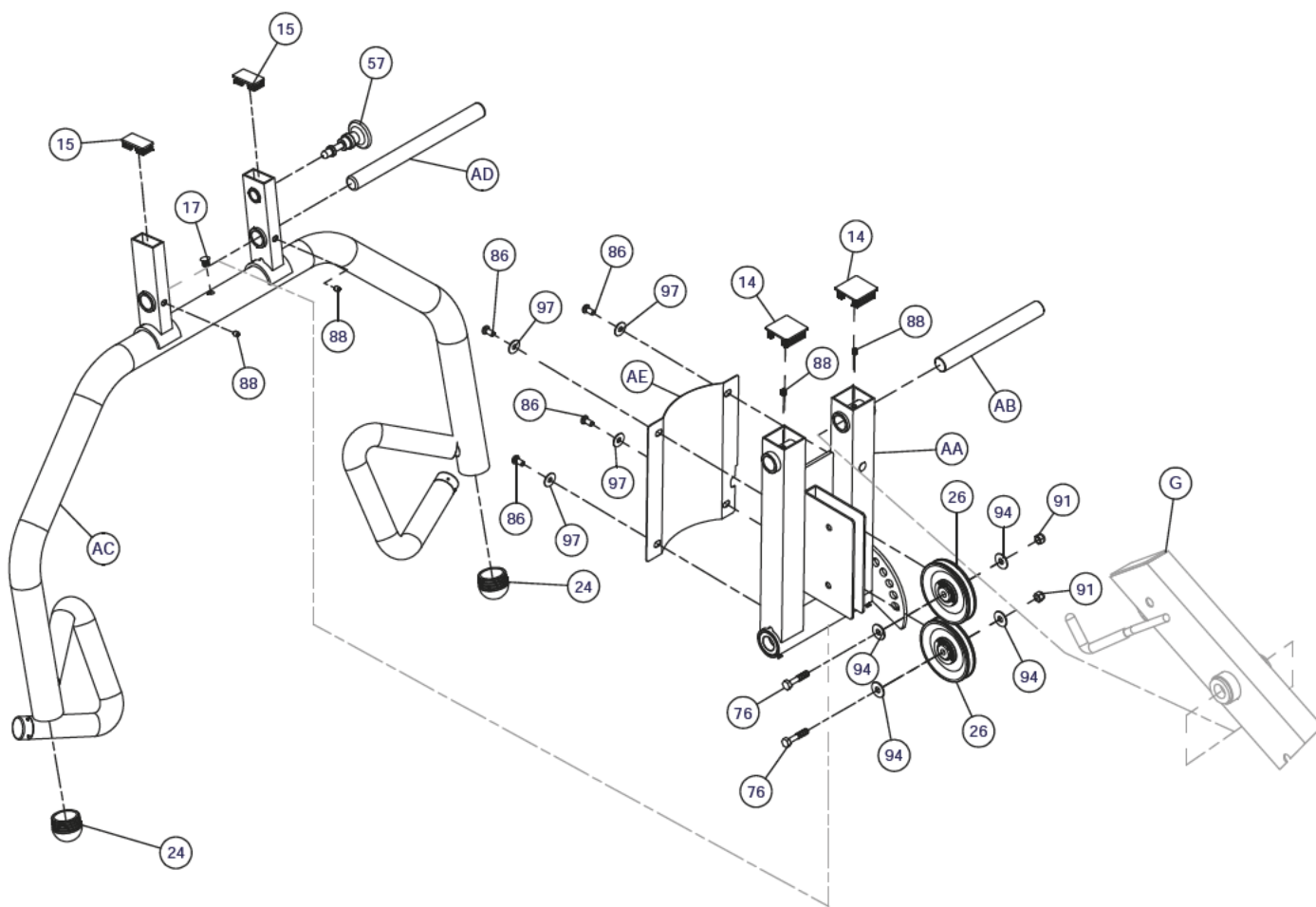


Step 8 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	3/8" x 1 3/4"	2
Washer	3/8"	4
Nylon Nut	3/8"	2



Above shows Step 8 assembled and completed.



STEP**9**

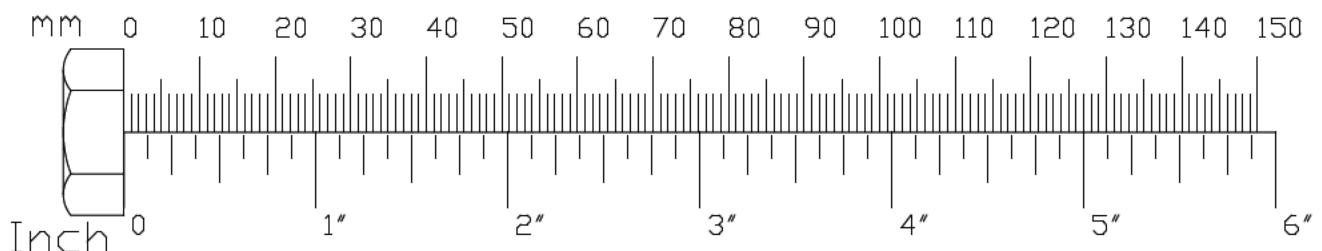
Be careful to assemble all components in the sequence they are presented.

NOTE: Use the hardware package labeled Step 9 to complete this step.

Most of the Mainframe parts in this step will have YELLOW dots.

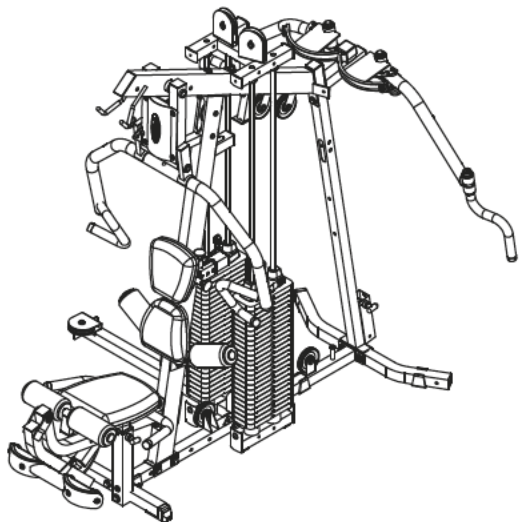
- A. Insert two End Caps (13) to the sides of Pec Dec Frame (H) in the orientation shown for a secure fit.
- B. Insert End Cap (13) to the front of Pec Dec Frame (H).
- C. Insert Square Rubber Cap (32) onto the top of the Pec Dec Frame (H).
- D. Remove Ball Head Pop Pin (50) which is pre-installed onto Right Pec Dec Arm (AK).
- E. Slide Oilite Washer (9), Right Pec Dec Arm (AK) and Left Pec Dec Cam (AL) onto the right side of Pec Dec Frame (H) and secure using:
One 59 (1/2" x 1" hex head bolt) (pre-installed)
One 93 (1/2" washer) (pre-installed)
- F. Re-install Ball Head Pop Pin (50) onto Right Pec Dec Arm (AK).
- G. Remove Chrome Collar (106) from Right Pec Dec Handle (AM) by loosening Allen Screw (88).
- H. Connect Right Pec Dec Handle (AM) to Right Pec Dec Arm (AK) using:
One 85 (5/16" x 3/4" flat allen head) (pre-installed)
One 96 (5/16" spring lock washer) (pre-installed)
 NOTE: Left Pec Dec Handle (AM) should bend out, away from the gym, as shown.
- I. Re-install Chrome Collar (106) onto Right Pec Dec Handle (AM) and tighten Allen Screw (88).
- J. Remove Ball Head Pop Pin (50) which is pre-installed onto Left Pec Dec Arm (AP).
- K. Slide Oilite Washer (9), Left Pec Dec Arm (AP) and Left Pec Dec Cam (AQ) onto the left side of Pec Dec Frame (H) and secure using:
One 59 (1/2" x 1" hex head bolt) (pre-installed)
One 93 (1/2" washer) (pre-installed)
- L. Re-install Ball Head Pop Pin (50).
- M. Remove Chrome Collar (106) form Left Pec Dec Handle (AR) by loosening Allen Screw (88).
- N. Connect Left Pec Dec Handle (AR) to Left Pec Dec Arm (AP) using:
One 85 (5/16" x 3/4" flat allen head) (pre-installed)
One 96 (5/16" spring lock washer) (pre-installed)
 NOTE: Right Pec Dec Handle (AR) should bend out, away from the gym, as shown.
- O. Re-install Chrome Collar (106) onto Left Pec Dec Handle (AR) and tighten Allen Screw (88).

NOTE: You should now wrench tighten all bolts and nuts in this step.
 Do NOT re-tighten any of the pad bolts or pulley bolts.

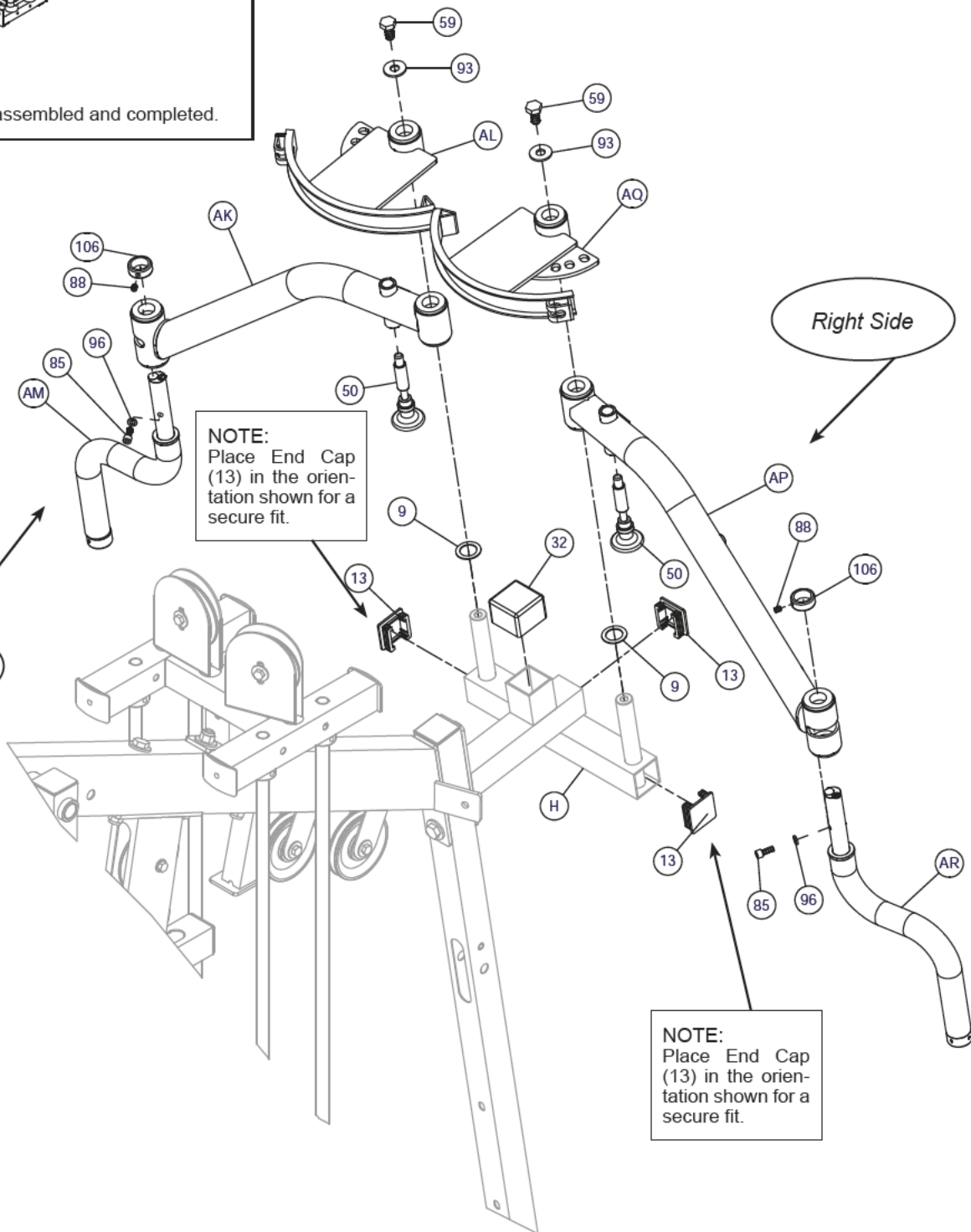


Step 9 - Hardware Bag Contents

There is not a Step 9 Hardware Bag



Above shows Step 9 assembled and completed.



STEP**10**

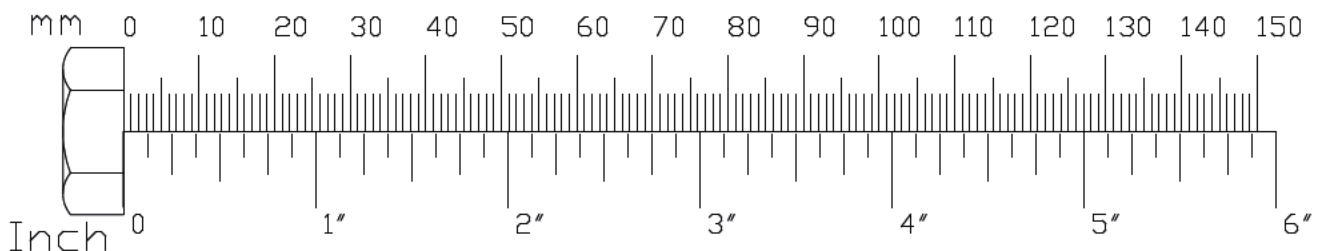
Be careful to assemble all components in the sequence they are presented.

NOTE: Use the hardware package labeled Step 10 to complete this step.

Most of the Mainframe parts in this step will have YELLOW dots.

- A. Remove T-Shaped Pop Pin (48) from the threaded opening in the receptacle at the bottom of the Rear Vertical Frame (E).
- B. Slide Plastic Bushing (23) into the receptacle at the bottom of the Rear Vertical Frame (E) in the orientation shown for a secure fit.
- C. Insert two End Caps (14) to the front and back of Seat Pad Frame (AV).
- D. Connect Hydraulic Seat Adjuster (AU) to Seat Pad Frame (AV) using:
One 74 (3/8" x 2 1/2" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- E. Slide Seat Pad Frame (AV) into the receptacle at the bottom of Rear Vertical Frame (E) and secure Hydraulic Seat Adjuster (AU) using:
One 72 (3/8" x 3" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- F. Insert T-Shaped Pop Pin (48) into the threaded opening in the receptacle at the bottom of the Rear Vertical Frame (E).
- G. Connect Seat Pad (AW) to Seat Pad Frame (AV) using:
Two 82 (5/16" x 2 3/4" hex head bolt)
Two 96 (5/16" spring lock washer)
Two 95 (5/16" washer)
 NOTE: Do not over-tighten these bolts.
 Tighten these bolts until the spring washer is flat.
 Over-tightening these bolts will cause the T-nuts inside the pads to strip out.
- H. Connect Back Pad (AX) to Rear Vertical Frame (E) using:
Two 82 (5/16" x 2 3/4" hex head bolt)
Two 96 (5/16" spring lock washer)
Two 95 (5/16" washer)
 NOTE: Do not over-tighten these bolts.
 Tighten these bolts until the spring washer is flat.
 Over-tightening these bolts will cause the T-nuts inside the pads to strip out.

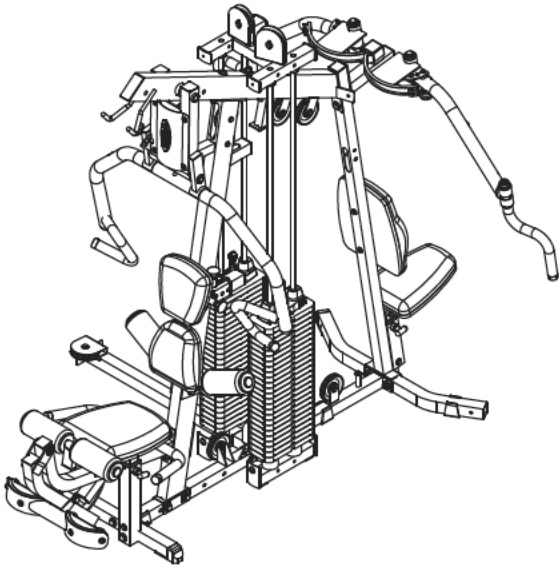
NOTE: You should now wrench tighten all bolts and nuts in this step.
 Do NOT re-tighten any of the pad bolts or pulley bolts.



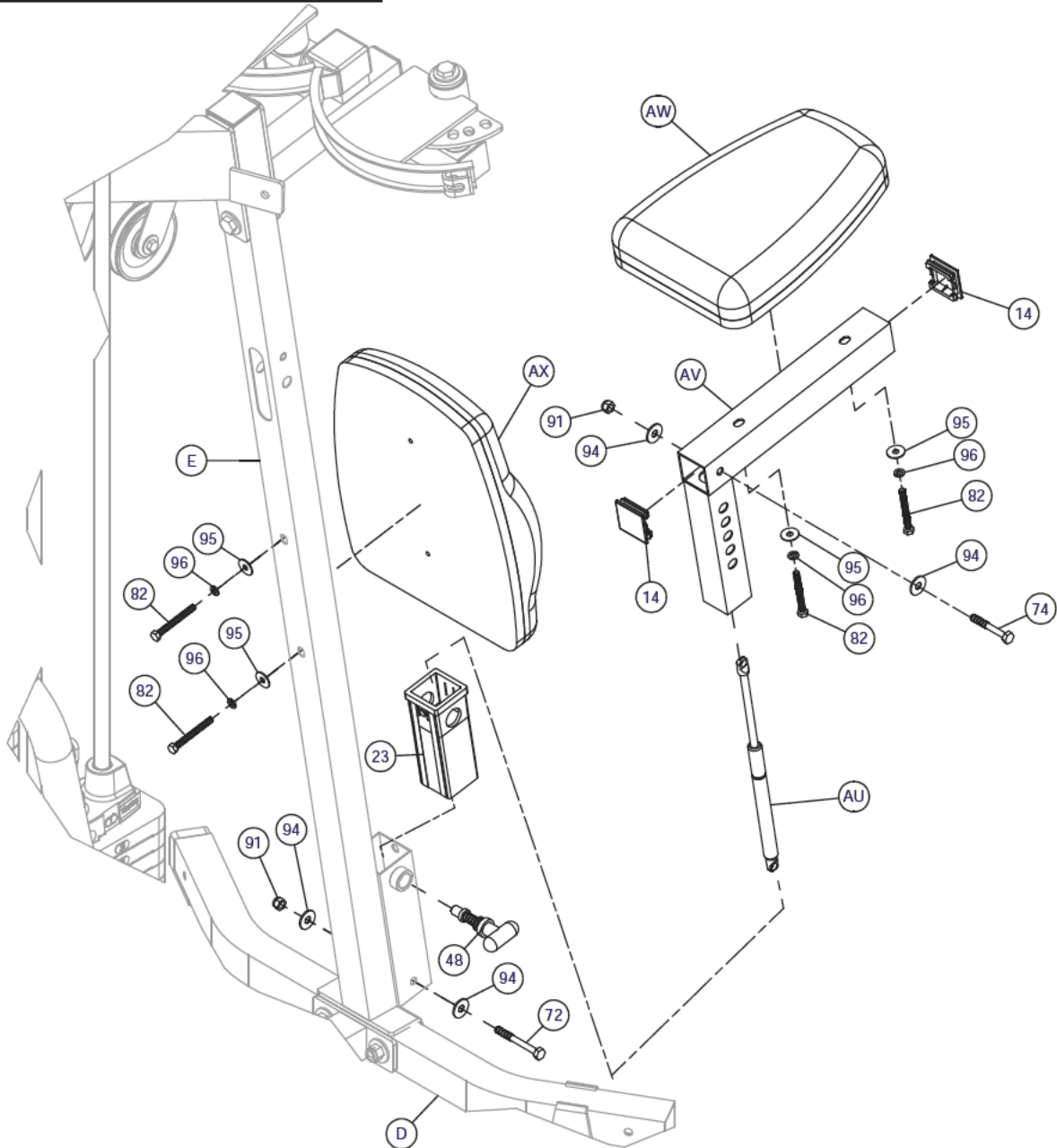
STEP 10

Step 10 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	$\frac{3}{8}$ " x 3"	1
Hex Head Bolt	$\frac{3}{8}$ " x 2 $\frac{1}{2}$ "	1
Hex Head Bolt	$\frac{5}{16}$ " x 2 $\frac{3}{4}$ "	4
Washer	$\frac{3}{8}$ "	4
Washer	$\frac{5}{16}$ "	4
Spring Washer	$\frac{5}{16}$ "	4
Nylon Nut	$\frac{3}{8}$ "	2



Above shows Step 10 assembled and completed.



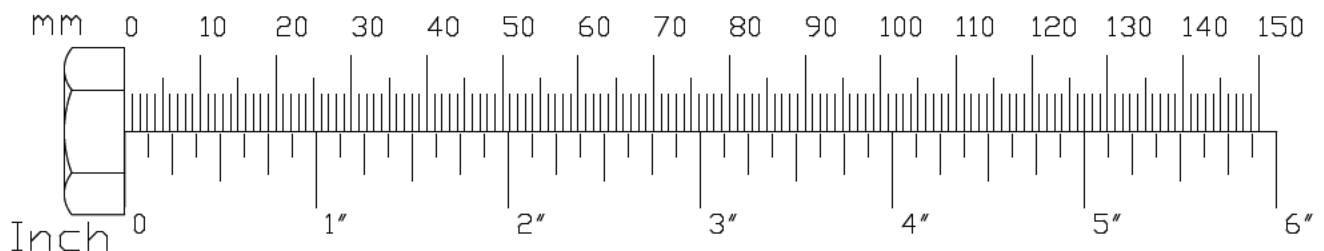
STEP**11**

Be careful to assemble all components in the sequence they are presented.

NOTE: Use the hardware package labeled Step 11 to complete this step.

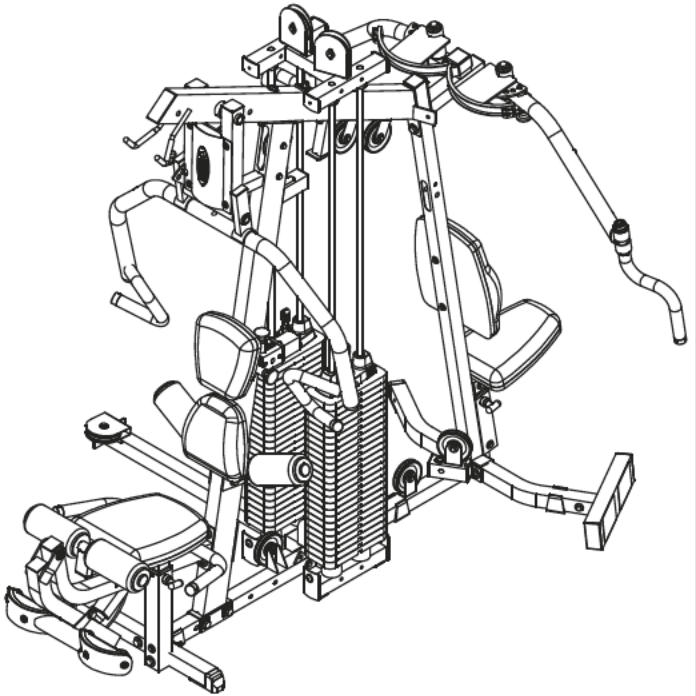
- A. Insert two End Caps (13) to the ends of Low Pulley Frame (AY) in the orientation shown for a secure fit.
- B. Connect Low Pulley Frame (AY) to Main Base Frame (A) using:
One 87 ($\frac{3}{8}$ " x $\frac{3}{8}$ " round allen head) (pre-installed)
One 98 ($\frac{3}{8}$ " washer) (pre-installed)
- C. Insert two End Caps (16) to Foot Brace (AZ).
- D. Attach Grip Tape (33) to Foot Brace (AZ) as shown.
- E. Connect Foot Brace (AZ) to the open side of Rear Base Frame (D) using:
One 73 ($\frac{3}{8}$ " x 2 $\frac{3}{4}$ " hex head bolt)
Two 94 ($\frac{3}{8}$ " washer)
One 91 ($\frac{3}{8}$ " nylon lock nut)
- F. Connect 4 $\frac{1}{4}$ " Pulley (26) to the flange on Low Pulley Frame (AY) using:
One 76 ($\frac{3}{8}$ " x 1 $\frac{3}{4}$ " hex head bolt)
Two 94 ($\frac{3}{8}$ " washer)
One 91 ($\frac{3}{8}$ " nylon lock nut)

NOTE: You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.

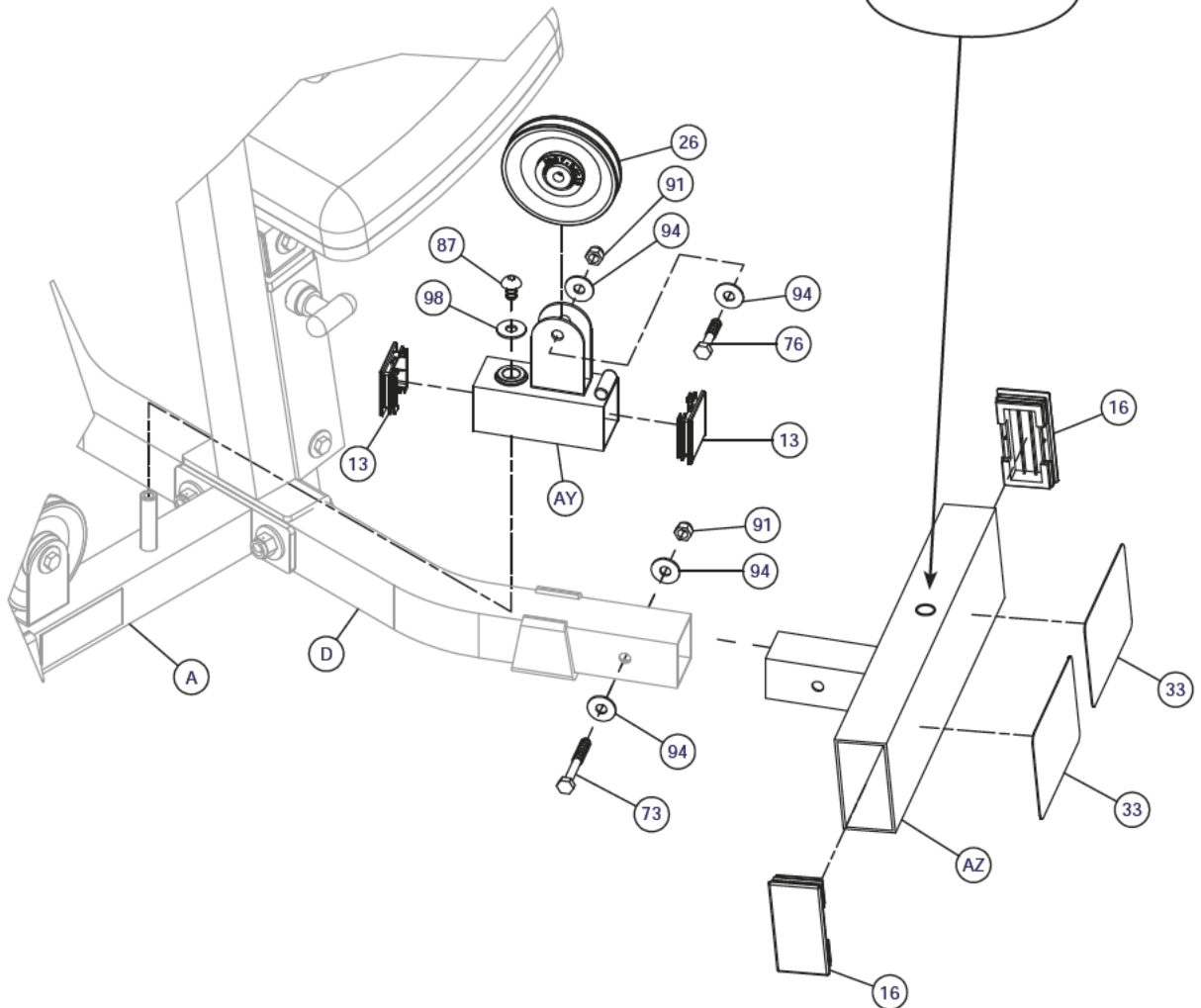


Step 11 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	3/8" x 2 3/4"	1
Hex Head Bolt	3/8" x 1 3/4"	1
Washer	3/8"	4
Nylon Nut	3/8"	2



Above shows Step 11 assembled and completed.



STEP**12**

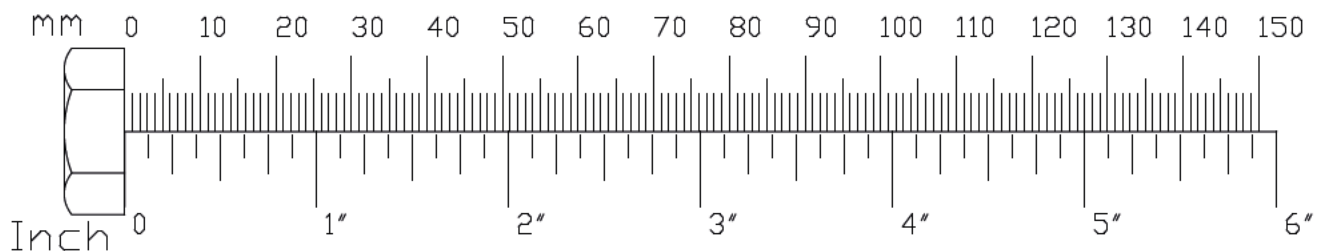
Be careful to assemble all components in the sequence they are presented.

NOTE: Use the hardware package labeled **Step 12** to complete this step.

Most of the Mainframe parts in this step will have BLUE dots.

- A. Connect Leg Press Support (BA) to Main Base Frame (A) using:
Two 73 ($\frac{3}{8}$ " x 2 $\frac{3}{4}$ " hex head bolt)
Four 94 ($\frac{3}{8}$ " washer)
Two 91 ($\frac{3}{8}$ " nylon lock nut)
- B. Insert End Cap (15) into the top of Leg Press Main Frame (BB).
- C. Attach two Frame Levelers (25) to the bottom of Leg Press Main Frame (BB) as shown.
- D. Insert two Foot Caps (20) into each end of the Leg Press Front (BC).
- E. Connect Leg Press Front (BC) to the front of Leg Press Main Frame (BB) using:
Two 65 ($\frac{1}{2}$ " x 3" hex head bolt)
Four 93 ($\frac{1}{2}$ " washer)
Two 90 ($\frac{1}{2}$ " nylon lock nut)
- F. Connect Leg Press Main Frame (BB) to Leg Press Support (BA) using:
Four 73 ($\frac{3}{8}$ " x 2 $\frac{3}{4}$ " hex head bolt)
Eight 94 ($\frac{3}{8}$ " washer)
Four 91 ($\frac{3}{8}$ " nylon lock nut)
- G. Connect Leg Press Main Frame (BB) to Side Base Frame (B) using:
Two 73 ($\frac{3}{8}$ " x 2 $\frac{3}{4}$ " hex head bolt)
Four 94 ($\frac{3}{8}$ " washer)
Two 91 ($\frac{3}{8}$ " nylon lock nut)
- H. Connect 4 $\frac{1}{4}$ " Pulley (26) to the flange on Leg Press Main Frame (BB) using:
One 76 ($\frac{3}{8}$ " x 1 $\frac{3}{4}$ " hex head bolt)
Two 94 ($\frac{3}{8}$ " washer)
One 91 ($\frac{3}{8}$ " nylon lock nut)

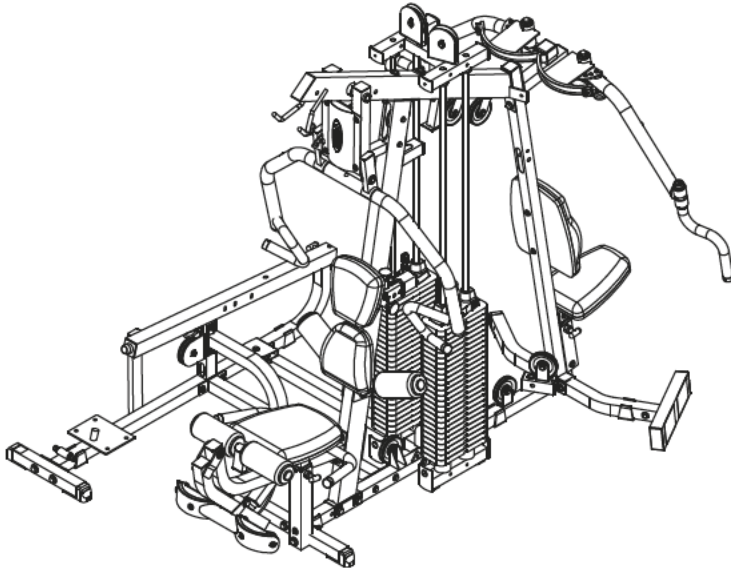
NOTE: You should now wrench tighten all bolts and nuts in this step.
Do NOT re-tighten any of the pad bolts or pulley bolts.



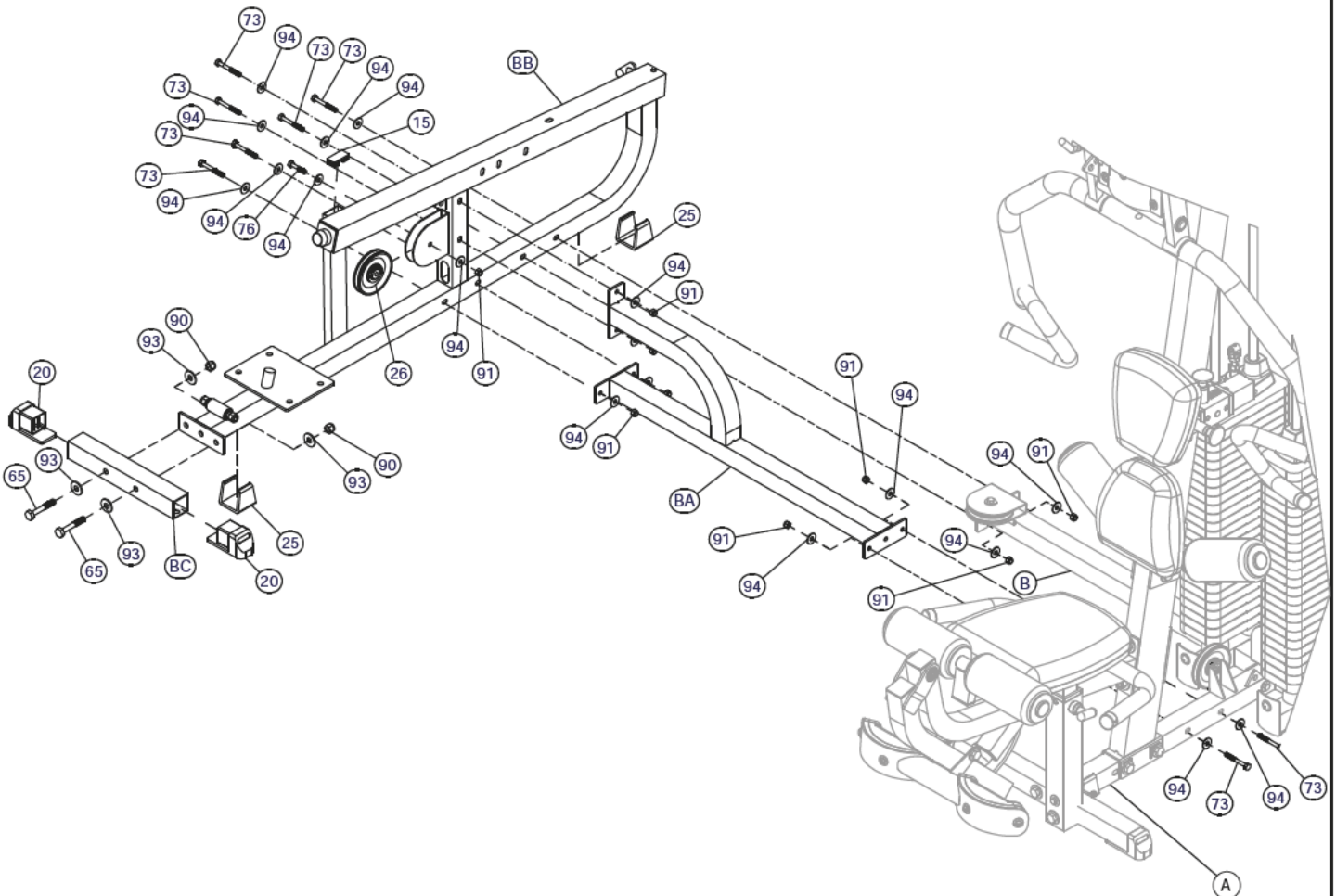
STEP 12

Step 12 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	1/2" x 3"	2
Hex Head Bolt	3/8" x 2 3/4"	8
Hex Head Bolt	3/8" x 1 3/4"	1
Washer	3/8"	18
Washer	1/2"	4
Nylon Nut	1/2"	2
Nylon Nut	3/8"	9



Above shows Step 12 assembled and completed.



STEP**13**

Be careful to assemble all components in the sequence they are presented.

NOTE: Use the hardware package labeled Step 13 to complete this step.
This package may contain extra hardware that may be used in following steps.

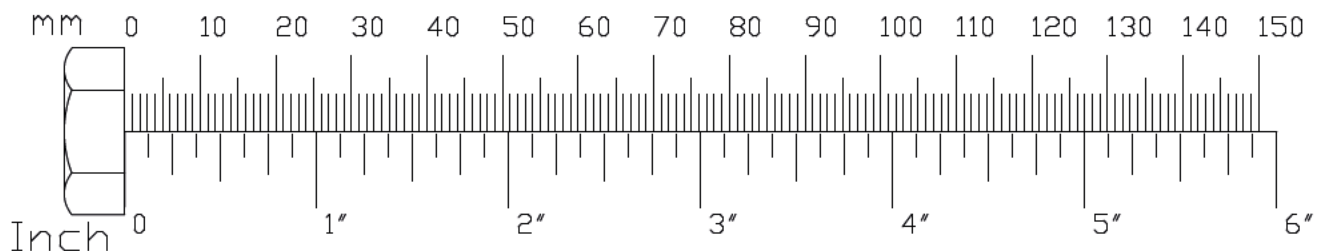
Most of the Mainframe parts in this step will have BLUE dots.

- A. Slide two Pillow Block Bearings (45) onto the lower shaft on Main Leg Press Pivot (BD) and leave the Allen Set Screws loose.

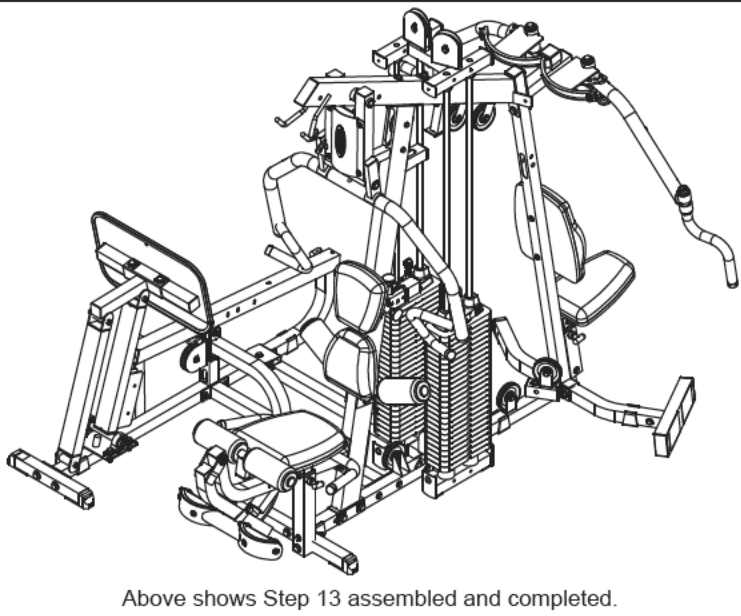
NOTE: The Allen Set Screws in the two Pillow Block Bearings are both connected on the component. See NOTE on following page for detailed information.

- B. Connect two Pillow Block Bearings (45) to the plate at the front of Leg Press Frame (BB) using:
Four 66 (½" x 1 ¾" hex head bolt)
Eight 93 (½" washer)
Four 90 (½" nylon lock nut)
- C. Connect Front Leg Press Pivot (BE) and pre-installed 3" Shaft (BF) to Leg Press Frame (BB) as using:
Two 41 (leg press oilite bushing) (pre-installed)
Two 90 (½" nylon lock nut) (pre-installed)
- D. Connect Foot Plate T-Frame (BG) and pre-installed 3" Shaft (BF) to Front Leg Press Pivot (BE) using:
Two 41 (leg press oilite bushing) (pre-installed)
Two 90 (½" nylon lock nut) (pre-installed)
- E. Connect Foot Plate T-Frame (BG) and pre-installed 3" Shaft (BF) to Main Leg Press Pivot (BD) using:
Two 41 (leg press oilite bushing) (pre-installed)
Two 90 (½" nylon lock nut) (pre-installed)
- F. Connect Foot Plate (BR) to Foot Plate T-Frame (BG) using:
Two 64 (½" x 3 ¼" hex head bolt)
Four 93 (½" washer)
Two 90 (½" nylon lock nut)
- G. Insert one End Cap (14) into left side and one End Cap (14) to the right side of Foot Plate (BR).
- H. Insert End Cap (14) into the front of Foot Plate T-Frame (BG).

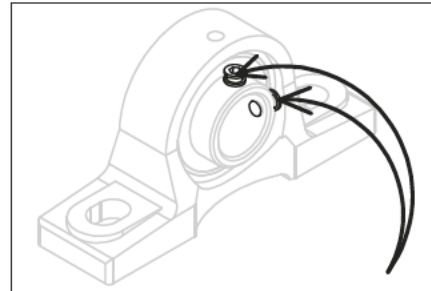
NOTE: You should now wrench tighten all bolts and nuts in this step.
 Do NOT re-tighten any of the pad bolts or pulley bolts.



STEP 13



Above shows Step 13 assembled and completed.

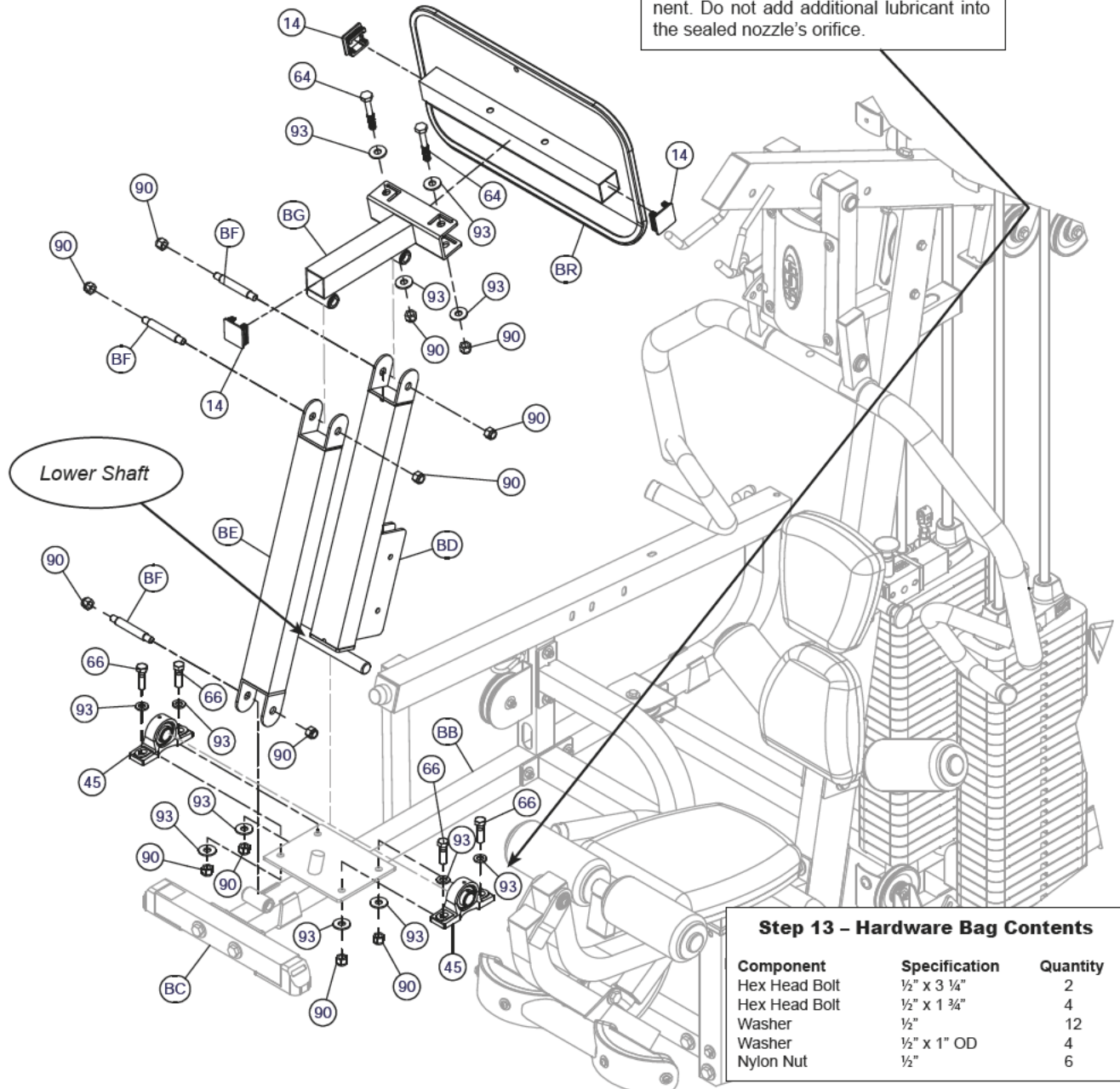


NOTE: There are two small Allen Set Screws in each Pillow Block Bearing (45).

For best alignment of this system, you should loosen all Allen Set Screws before installing Pillow Block Bearings (45).

The final step of the assembly process is to wrench tighten all of the Allen Set Screws in all the Pillow Block Bearings (45).

Pillow Block Bearings (45) are permanently lubricated for the lifetime of the component. Do not add additional lubricant into the sealed nozzle's orifice.



Step 13 – Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	1/2" x 3 1/4"	2
Hex Head Bolt	1/2" x 1 3/4"	4
Washer	1/2"	12
Washer	1/2" x 1" OD	4
Nylon Nut	1/2"	6

STEP**14**

Be careful to assemble all components in the sequence they are presented.

NOTE: Use the hardware package labeled Step 14 to complete this step.

Most of the Mainframe parts in this step will have BLUE dots.

- A. Connect Leg Press Handles (BH) onto Leg Press Frame (BB) using:
Two 71 ($\frac{3}{8}$ " x 3 $\frac{1}{4}$ " hex head bolt)
Four 94 ($\frac{3}{8}$ " washer)
Two 91 ($\frac{3}{8}$ " nylon lock nut)
- B. Connect two Seat Pad Flanges (BL) to Leg Press Frame (BB) using:
One 70 ($\frac{3}{8}$ " x 3 $\frac{1}{2}$ " hex head bolt)
Two 94 ($\frac{3}{8}$ " washer)
One 91 ($\frac{3}{8}$ " nylon lock nut)
- C. Connect Leg Press Seat Pad (BM) to the two Seat Pad Flanges (BL) using:
Two 83 ($\frac{5}{16}$ " x 1" hex head bolt)
Two 96 ($\frac{5}{16}$ " spring lock washer)
Two 95 ($\frac{5}{16}$ " washer)

NOTE: Do not over-tighten these bolts.

Tighten these bolts until the spring washer is flat.

Over-tightening these bolts will cause the T-nuts inside the pads to strip out.

- D. Connect Leg Press Seat Pad (BM) to Leg Press Frame (BB) using:
One 81 ($\frac{5}{16}$ " x 3 $\frac{1}{4}$ " hex head bolt)
One 96 ($\frac{5}{16}$ " spring lock washer)
One 95 ($\frac{5}{16}$ " washer)

NOTE: Do not over-tighten these bolts.

Tighten these bolts until the spring washer is flat.

Over-tightening these bolts will cause the T-nuts inside the pads to strip out.

- E. Remove pre-installed Pop Pin (48).
- F. Slide Plastic Bushing (23) into Leg Press Frame (BB) in the orientation shown for a secure fit.
- G. Slide Leg Press Back Pad Frame (BP) into Plastic Bushing (23) and secure in place by threading T-Shaped Pop Pin (48).
- H. Insert End Cap (14) to the bottom of Leg Press Back Pad Frame (BP).
- I. Connect Leg Press Back Pad (BQ) to Leg Press Back Pad Frame (BP) using:
Four 83 ($\frac{5}{16}$ " x 1" hex head bolt)
Four 96 ($\frac{5}{16}$ " spring lock washer)
Four 95 ($\frac{5}{16}$ " washer)

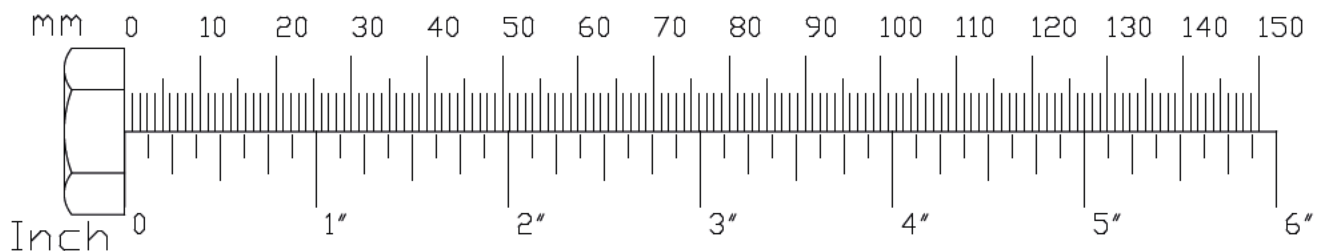
NOTE: Tighten both Hex Head Bolts (83) to secure Leg Press Seat Pad (BM) before securing the assembly to (BB). Do not over-tighten these bolts.

Tighten these bolts until the spring washer is flat.

Over-tightening these bolts will cause the T-nuts inside the pads to strip out.

NOTE: You should now wrench tighten all bolts and nuts in this step.

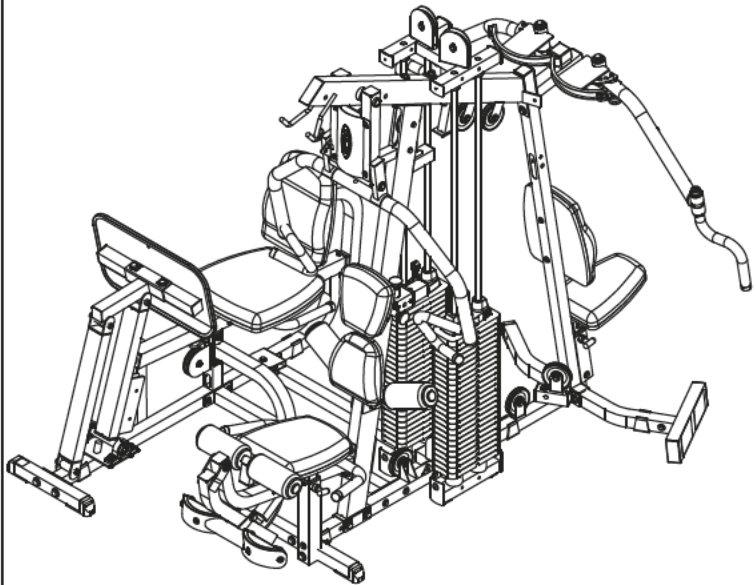
Do NOT re-tighten any of the pad bolts or pulley bolts.



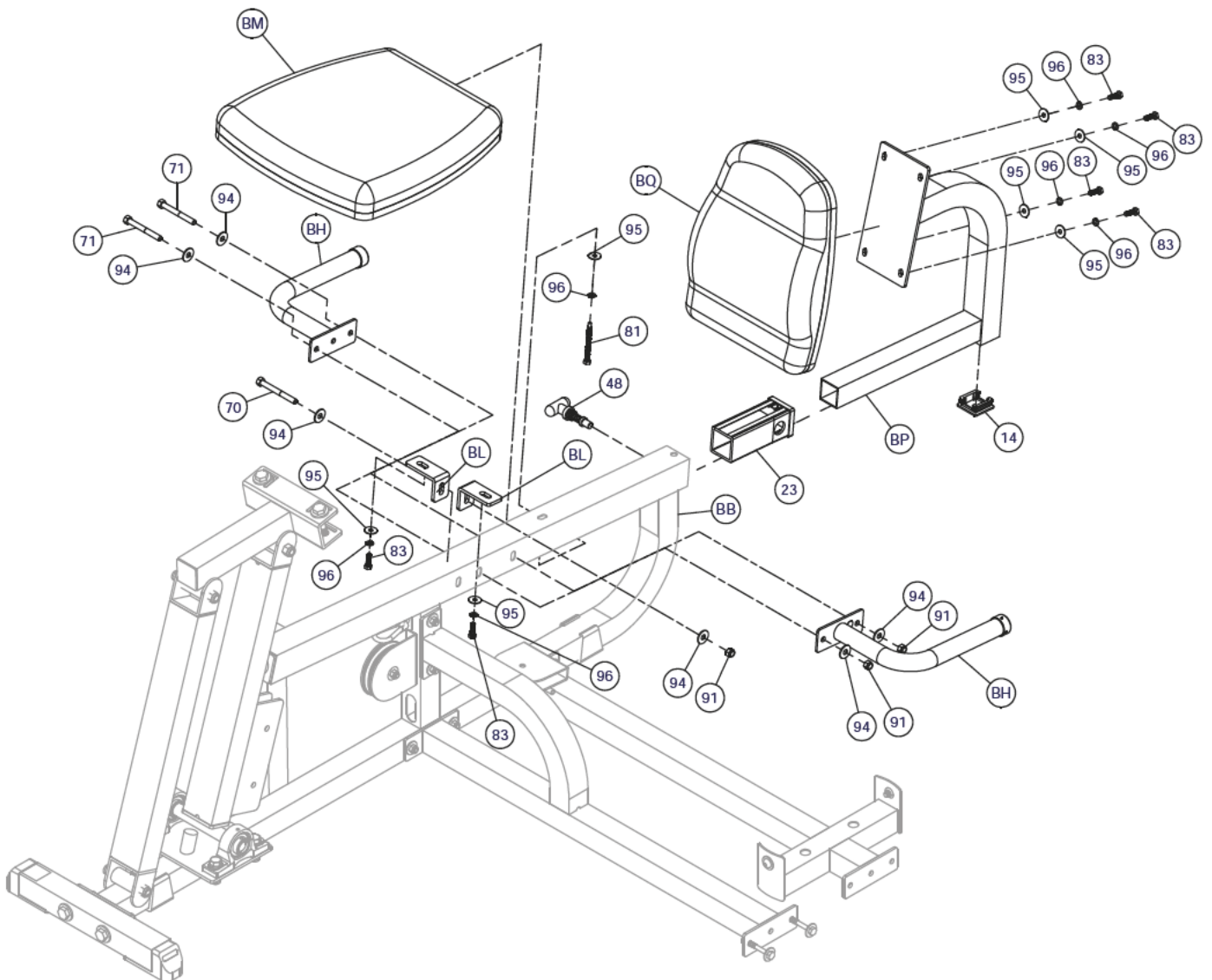
STEP 14

Step 14 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	$\frac{3}{8}$ " x $3\frac{1}{2}$ "	1
Hex Head Bolt	$\frac{3}{8}$ " x $3\frac{1}{4}$ "	2
Hex Head Bolt	$\frac{5}{16}$ " x $3\frac{1}{4}$ "	1
Hex Head Bolt	$\frac{5}{16}$ " x 1"	6
Washer	$\frac{3}{8}$ "	6
Washer	$\frac{5}{16}$ "	7
Spring Washer	$\frac{5}{16}$ "	7
Nylon Nut	$\frac{3}{8}$ "	3



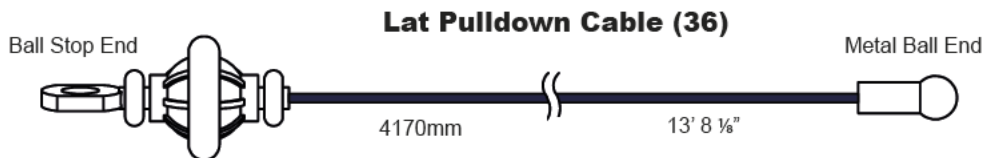
Above shows Step 14 assembled and completed.



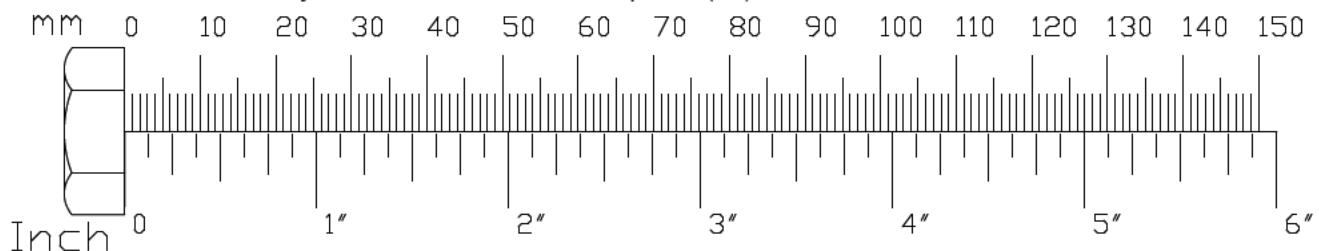
STEP**15**

Be careful to assemble all components in the sequence they are presented.

**NOTE: All pulleys are 4 1/4" diameter, except where noted.
Use the hardware package labeled Step 15 to complete this step.**



- A. Start at the front of the gym. Insert the Metal Ball End of Lat Pulldown Cable (36) into Top Main Frame (G), through the frame and out through the second opening. Pull the entire length of Lat Pulldown Cable (36) all the way through. Install 4 1/4" Pulley (A1) into the first opening, and 4 1/4" Pulley (A2) into the second opening. Be sure that Lat Pulldown Cable (36) rides on top of these pulleys. Install each 4 1/4" pulley using:
One 73 (3/8" x 2 3/4" hex head bolt)
Two 10 (pulley spacer)
One 91 (3/8" nylon lock nut)
- B. Remove 4 1/4" Pulley (A3), route Lat Pulldown Cable (36) inside pulley housing as shown, and re-install 4 1/4" Pulley (A3).
- C. Remove 4 1/4" Pulley (A4), route Lat Pulldown Cable (36) around 4 1/4" Pulley (A4) as shown, and re-install 4 1/4" Pulley (A4).
- D. Remove 4 1/4" Pulley (A5), route Lat Pulldown Cable (36) inside the pulley housing as shown, and re-install 4 1/4" Pulley (A5).
- E. Route Lat Pulldown Cable (36) over 4 1/4" Pulley (A6). Route Cable Lat Pulldown (36) down through the opening in the small arm sticking out of the Front Vertical Frame (F). Pull the entire length of Lat Pulldown Cable (36) through.
- F. Install Rubber Pad (30) onto Double Pulley Holder (130) then, route Lat Pulldown Cable (36) through Double Pulley Holder (130) as shown and install 4 1/4" Pulley (A7) using:
One 76 (3/8" x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- G. Route Lat Pulldown Cable (36) up and over 4 1/4" Pulley (A8) and then down toward weight stack as shown.
NOTE: Leave the bolt going through 4 1/4" Pulley (A8) hand tight until the end of Cable Adjustments in Step 21.
- H. Slide Lat Pulldown Cable (36) through Selector Rod Top Bolt (52). Attach Cable End Shaft (135) and tighten Allen Screw (136). Pull Cable Lat Pulldown (36) tight, so Cable End Shaft (135) fits inside Selector Rod Top Bolt (52). Install Round Allen Head Bolt (79) and Nylon Nut (99) in Selector Rod Top Bolt (52) and wrench tighten to secure the cable assembly.
- I. Connect Weight Stack Pin (1) to the Weight Stack Lanyard using the Large Weight Stack Lanyard Ring. Connect the Small Weight Stack Lanyard Ring to the opposite side of the Weight Stack Lanyard and to Selector Rod Top Bolt (52) as shown.



STEP 15

Start at the High Pulley Station by inserting the Metal Ball End here.

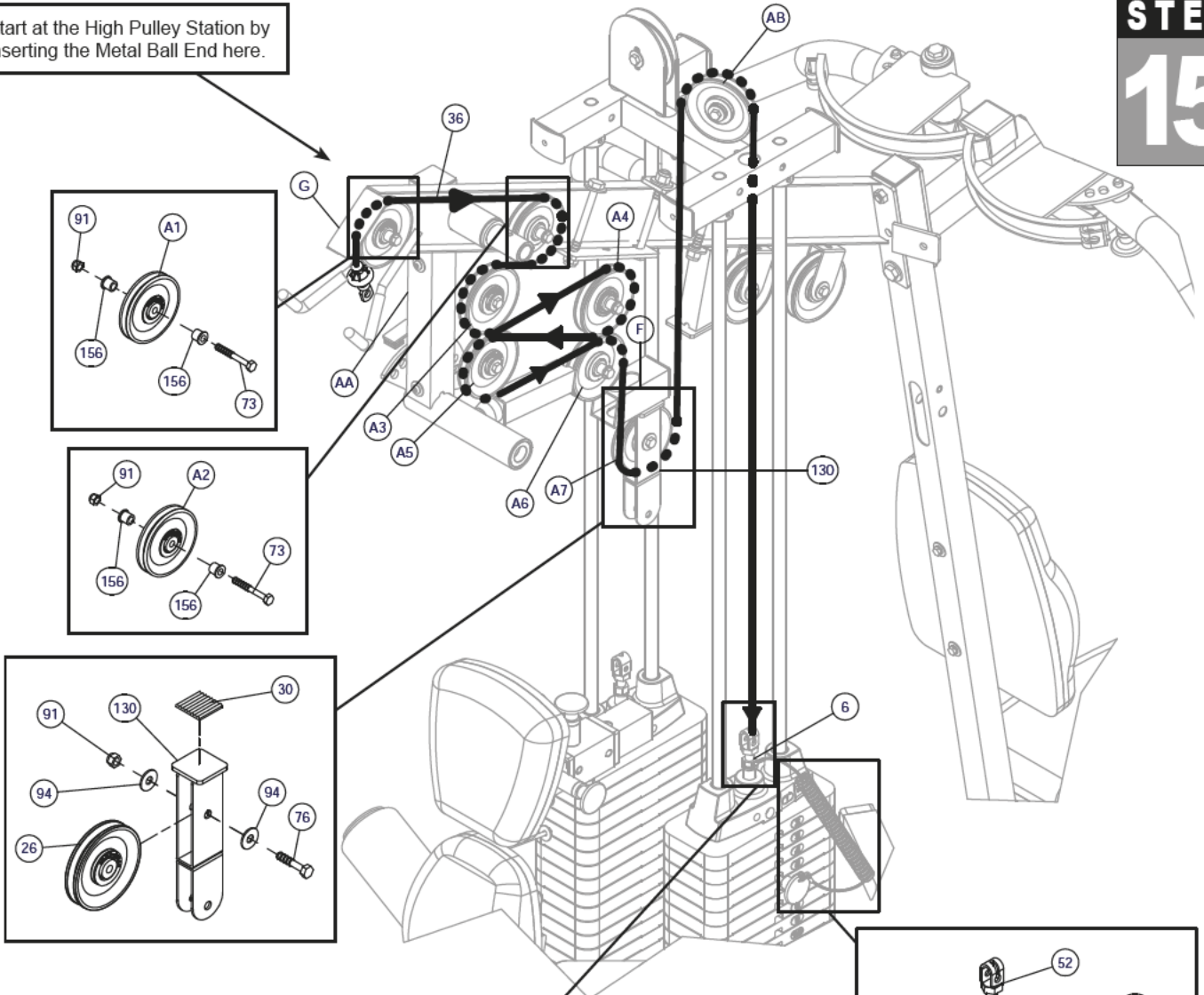
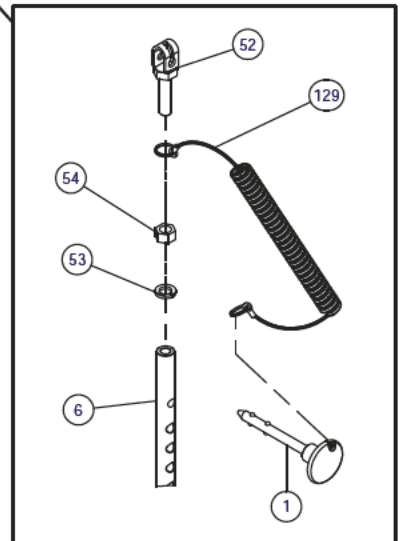
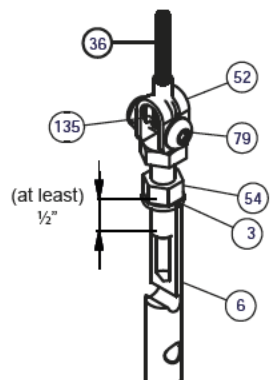
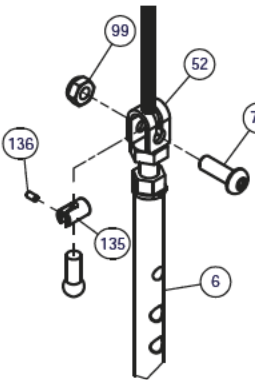


Diagram 1A



Step 15 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	3/8" x 2 3/4"	2
Hex Head Bolt	3/8" x 1 3/4"	1
Round Allen Head Bolt	M10x30	1
Washer	3/8"	2
Nylon Nut	3/8"	3
Nylon Nut	M10	1
Cable End Shaft	3/4"	1
Allen Screw w/ Wrench	1/8" x 1/4"	1
Selector Pin Assembly Kit		1

⚠ WARNING ⚠

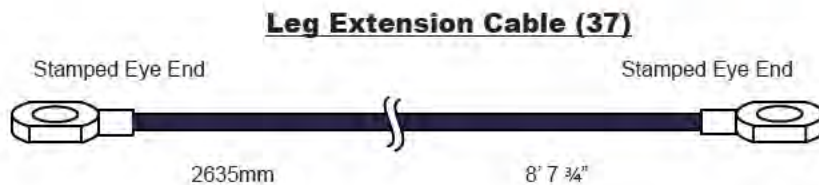
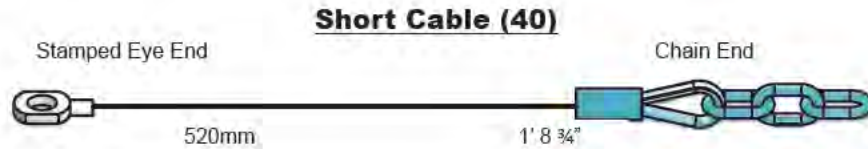
Selector Rod Top Bolt (52) must be threaded a minimum of 1/2" into Selector Rod (6), and Jam Nut (54) tightened securely against Spring Lock Washer (53) to ensure proper connection. Check Jam Nut (54) once a week to make sure it is tight.

STEP**16**

Be careful to assemble all components in the sequence they are presented.

NOTE: All pulleys are 4 1/4" diameter, except where noted.

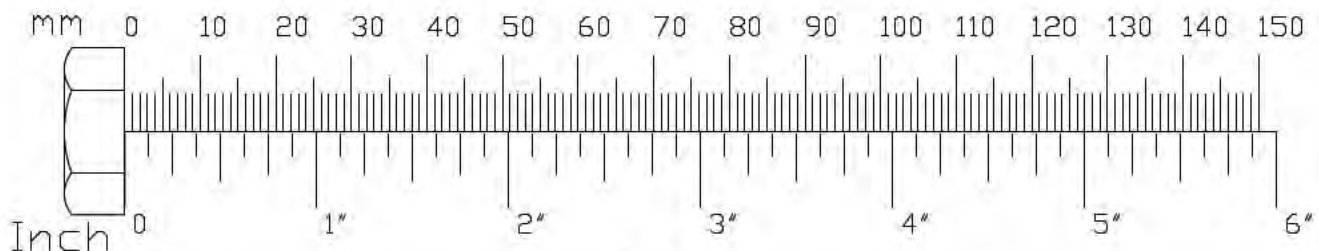
Use the hardware package labeled Step 16 to complete this step.



- A. Connect either Stamped Eye End of Leg Extension Cable (37) to Leg Extension Arm (N) using:
One 84 (5/16" x 1 1/2" flat allen head)
Two 4 (3/4" steel bushing)
One 2 (1/2" steel sleeve)
One 92 (5/16" nylon lock nut)

NOTE: Steel Sleeve (2) is inserted into the Stamped Eye End of Leg Extension Cable (37).
 Steel Bushings (4) overlaps Steel Sleeve (2) on both sides

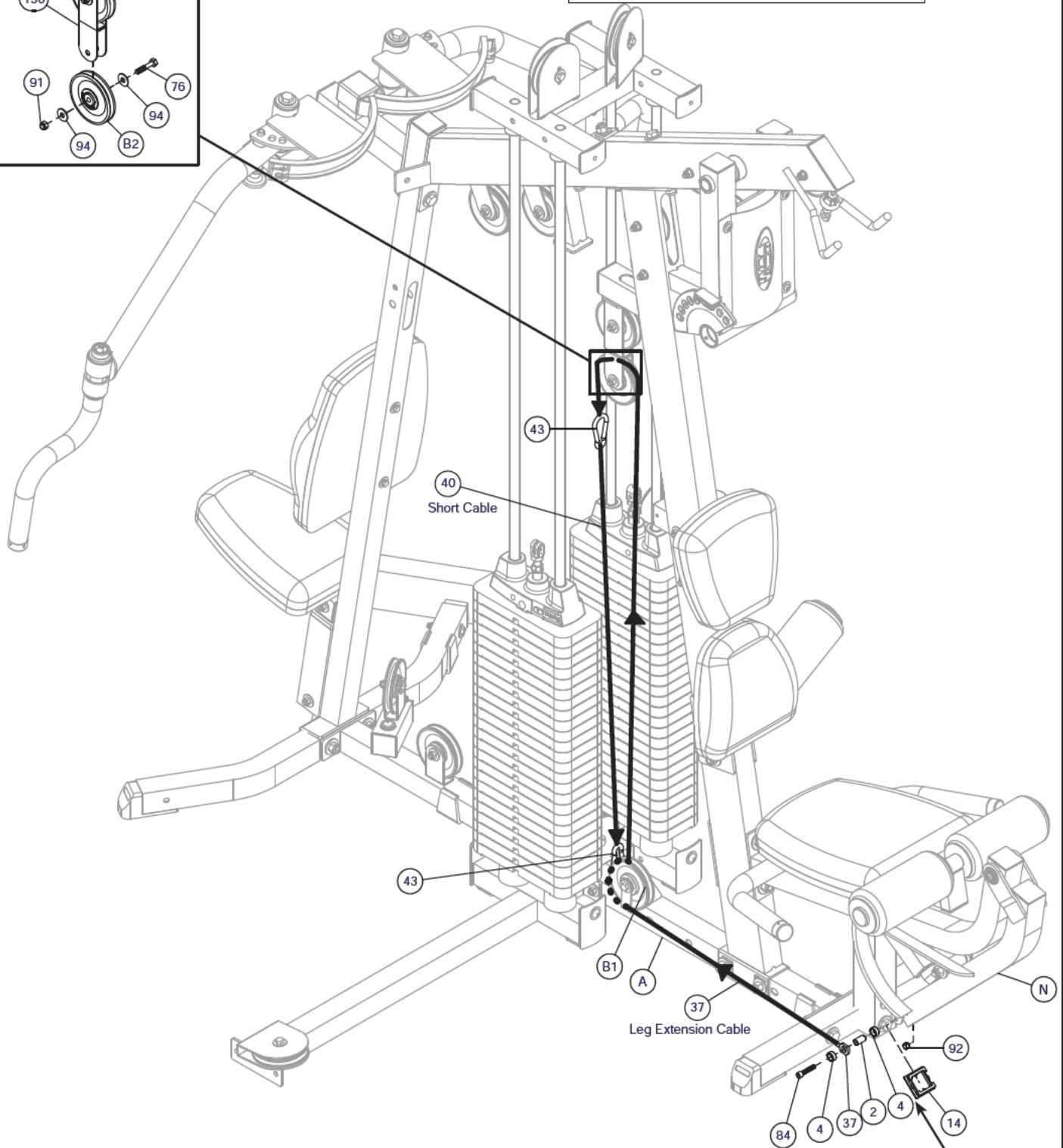
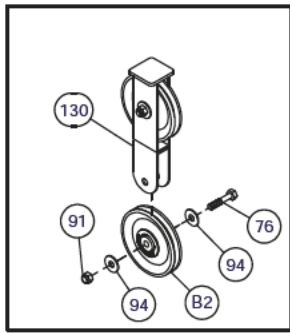
- B. Insert End Cap (14) into Leg Extension Arm (N).
- C. Route Leg Extension Cable (37) under 4 1/4" Pulley (B1) and up toward Double Pulley Holder (52).
- D. Route Leg Extension Cable (37) inside the bottom portion of Double Pulley Holder (132) as shown, and install 4 1/4" Pulley (B2) using:
One 76 (3/8" x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- E. Connect the Stamped Eye End of Short Cable (40) to Leg Extension Cable (37) using Snap Link (43).
- F. Connect the Chain End of Short Cable (40) to Main Base Frame (A) using another Snap Link (43).



STEP 16

Step 16 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	3/8" x 1 3/4"	1
Flat Allen Head Bolt	5/16" x 1 1/2"	1
Washer	3/8"	2
Nylon Nut	3/8"	1
Nylon Nut	5/16"	1
Steel Bushing	5/16"	1



Start at the Leg Extension Arm by inserting the Stamped Eye End here.

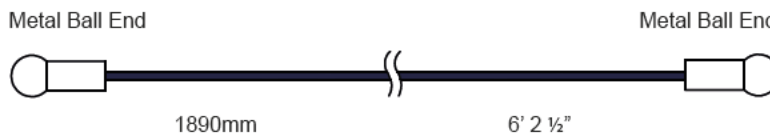
STEP**17**

Be careful to assemble all components in the sequence they are presented.

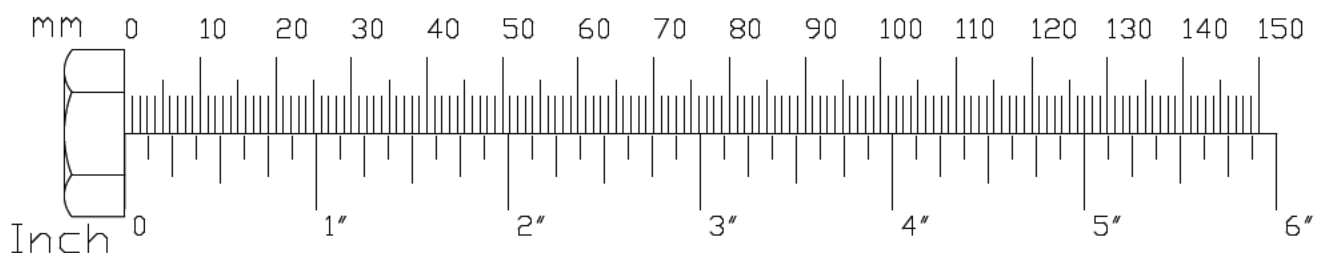
NOTE: All pulleys are 4 1/4" diameter, except where noted

Use the hardware package labeled Step 17 to complete this step.

Pec Dec Cable (38)



- A. Connect a Metal Ball End of Pec Dec Cable (38) to Left Pec Dec Cam (AQ) and route under Top Main Frame (G).
- B. Connect the other Metal Ball End of Cable (38) to Right Pec Dec Cam (AL).
- C. Connect 4 1/4" Pulley (C1) to the flange on Top Main Frame (G) behind Left Pec Dec Cam (AQ) using:
One 76 (3/8" x 1 3/4" hex head bolt)
One 7 (3" pulley cable guide)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- D. Route Pec Dec Cable (38) over 4 1/4" Pulley (C1).
- E. Connect 4 1/4" Pulley (C2) to the flange on Top Main Frame (G) behind Right Pec Dec Cam (AL) using:
One 76 (3/8" x 1 3/4" hex head bolt)
One 7 (3" pulley cable guide)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- F. Route Pec Dec Cable (38) over 4 1/4" Pulley (C2).
- G. Hang Pec Dec Pulley Holder (131) on Pec Dec Cable (38) as shown and install 4 1/4" Pulley (C3) using:
One 76 (3/8" x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)

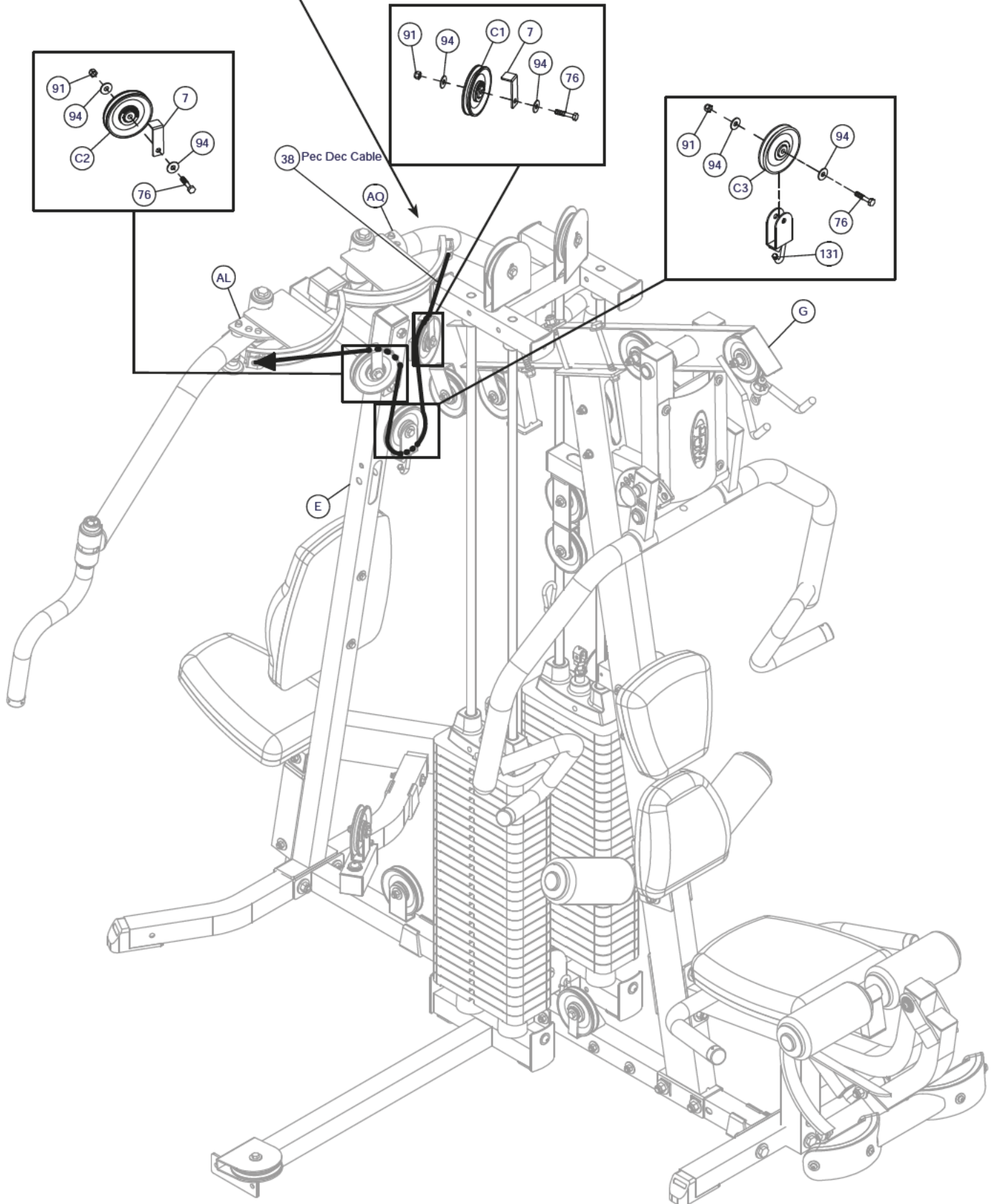


STEP 17

Step 17 - Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	$\frac{3}{8}$ " x 1 $\frac{3}{4}$ "	3
Washer	$\frac{3}{8}$ "	6
Nylon Nut	$\frac{3}{8}$ "	3

Start at the Pec Dec Station by inserting the Metal Ball End here.

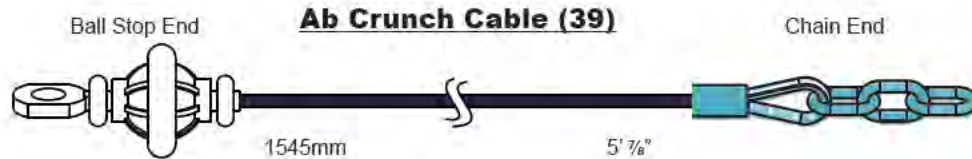


STEP**18**

Be careful to assemble all components in the sequence they are presented.

NOTE: All pulleys are 4 1/4" diameter, except where noted.

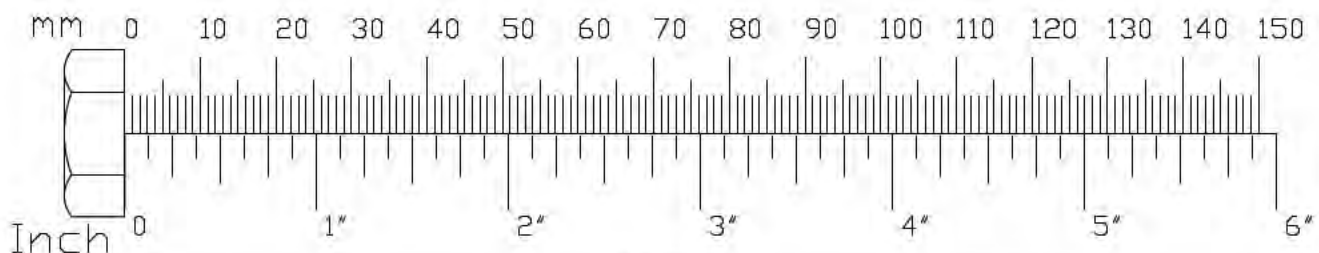
Use the hardware package labeled Step 18 to complete this step.



- A. Insert the Chain End of Ab Crunch Cable (39) into the opening above Back Pad (AX), and pull the entire length through.

NOTE: You will now need 3" diameter Pulley (27) for the next step.

- B. Insert 3" Pulley (27) into Rear Vertical Frame (E) under Cable (39) using:
Two 10 (pulley spacer)
One 73 (3/8" x 2 3/4" hex head bolt)
One 91 (3/8" nylon lock nut)
- C. Connect the Chain End of Ab Crunch Cable (39) to the bottom of Pec Dec Pulley Holder (131) and secure using Acorn Cap Nut (155).
- D. Hang 4 1/4" Pulley (D2) onto Ab Crunch Cable (39) as shown using two Pulley Plates (132) and:
One 76 (3/8" x 1 3/4" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)

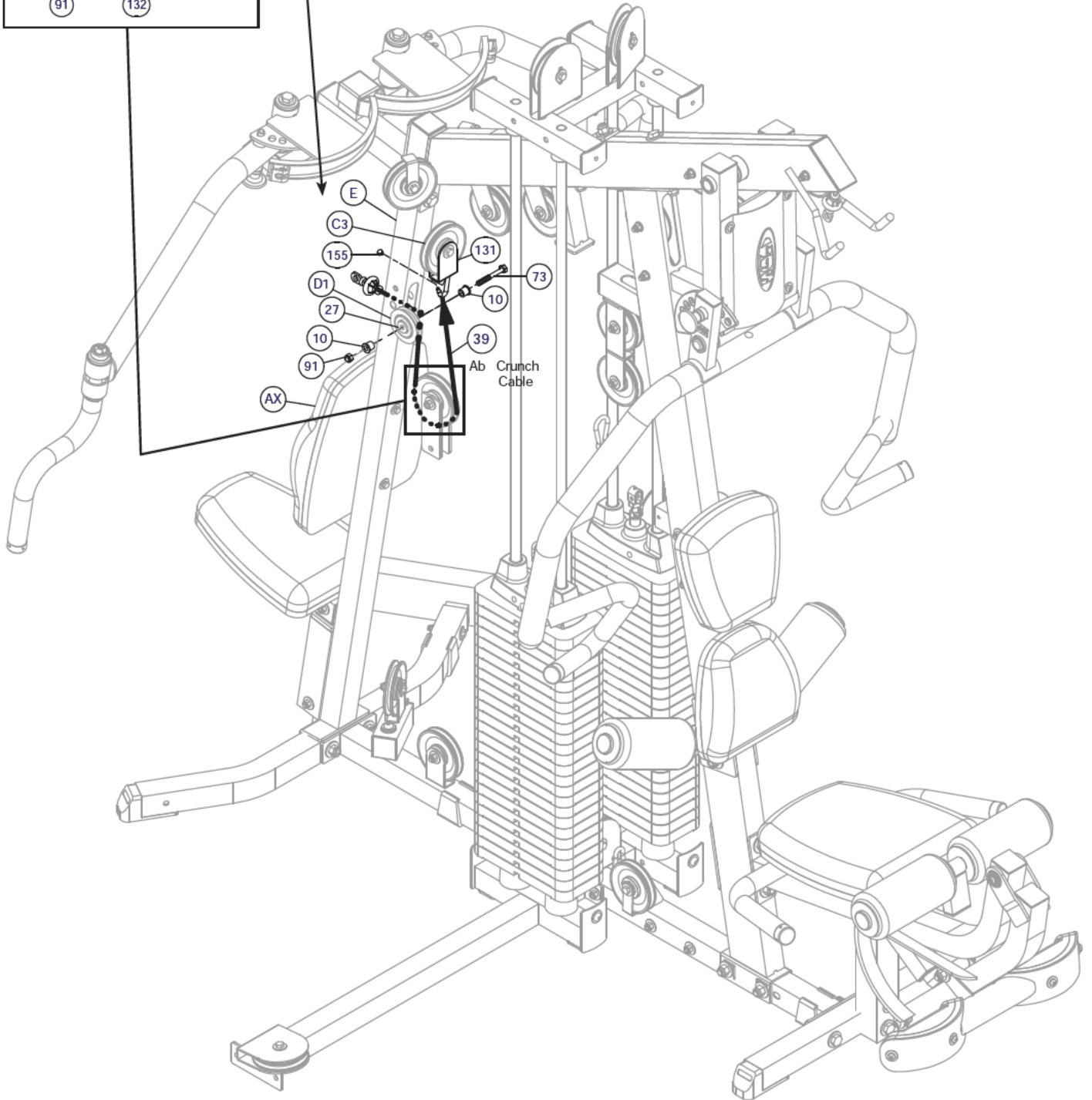
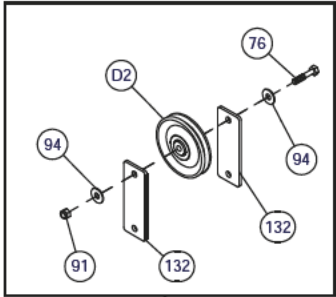


STEP 18

Start at the Ab Crunch Station by inserting the Chain End here.

Step 18 - Hardware Bag Contents

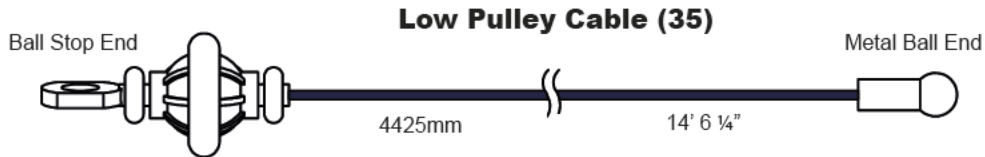
Component	Specification	Quantity
Hex Head Bolt	3/8" x 2 3/4"	1
Hex Head Bolt	3/8" x 1 3/4"	1
Washer	3/8"	2
Nylon Nut	3/8"	2



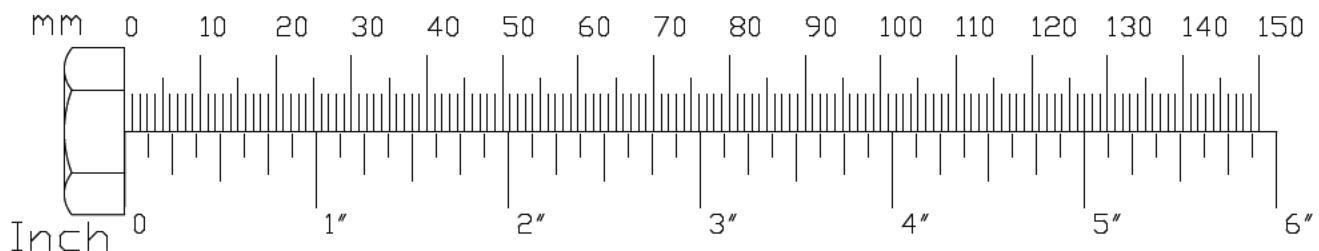
STEP**19**

Be careful to assemble all components in the sequence they are presented.

**NOTE: All pulleys are 4 1/4" diameter, except where noted.
Use the hardware package labeled Step 19 to complete this step.**



- A. Insert the Metal Ball End of Low Pulley Cable (35) at the Low Pulley Frame (AY) position.
- B. Insert the Metal Ball End of Cable (35) under 4 1/4" Pulley (E1).
- C. Route Low Pulley Cable (35) over 4 1/4" Pulley (E2), and attach 4 1/4" Pulley (E2) to the bottom of Pulley Plates (132) using:
 - One 76 (3/8" x 1 3/4" hex head bolt)**
 - Two 94 (3/8" washer)**
 - One 91 (3/8" nylon lock nut)**
- D. Route Low Pulley Cable (35) under 4 1/4" Pulley (E3).
- E. Bring Low Pulley Cable (35) over 4 1/4" Pulleys (E4) and (E5).
- F. Attach Rubber Pad (30) to Pulley Holder With Hook (133).
- G. Route Low Pulley Cable (35) through Pulley Holder With Hook (133).
- H. Install 4 1/4" Pulley (E6) using:
 - One 76 (3/8" x 1 3/4" hex head bolt)**
 - Two 94 (3/8" washer)**
 - One 91 (3/8" nylon lock nut)**
- I. Remove 4 1/4" Pulley (E7) from the pulley housing.
- J. Insert Low Pulley Cable (35) into pulley housing as shown and reinstall 4 1/4" Pulley (E7).
NOTE: Leave the bolt going through 4 1/4" Pulley (E7) hand tight until the end of Cable Adjustments in Step 21.
- K. See Diagram 1A. Slide Low Pulley Cable (36) through Selector Rod Top Bolt (52). Attach Cable End Shaft (135) and tighten Allen Screw (136). Pull Low Pulley Cable (36) tight, so Cable End Shaft (135) fits inside Selector Rod Top Bolt (52). Install Round Allen Head Bolt (79) and Nylon Nut (99) in Selector Rod Top Bolt (52) to secure the cable assembly.
- L. Connect Weight Stack Pin (1) to the Weight Stack Lanyard using the Large Weight Stack Lanyard Ring. Connect the Small Weight Stack Lanyard Ring to the opposite side of the Weight Stack Lanyard and to Selector Rod Top Bolt (52) as shown.



STEP 19

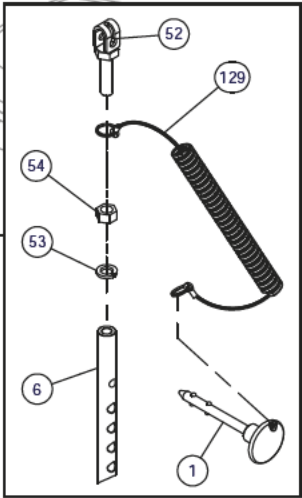
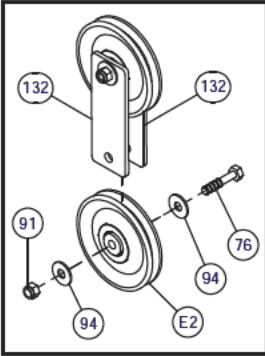
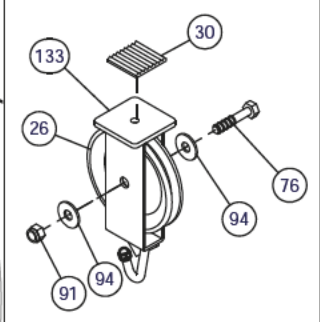
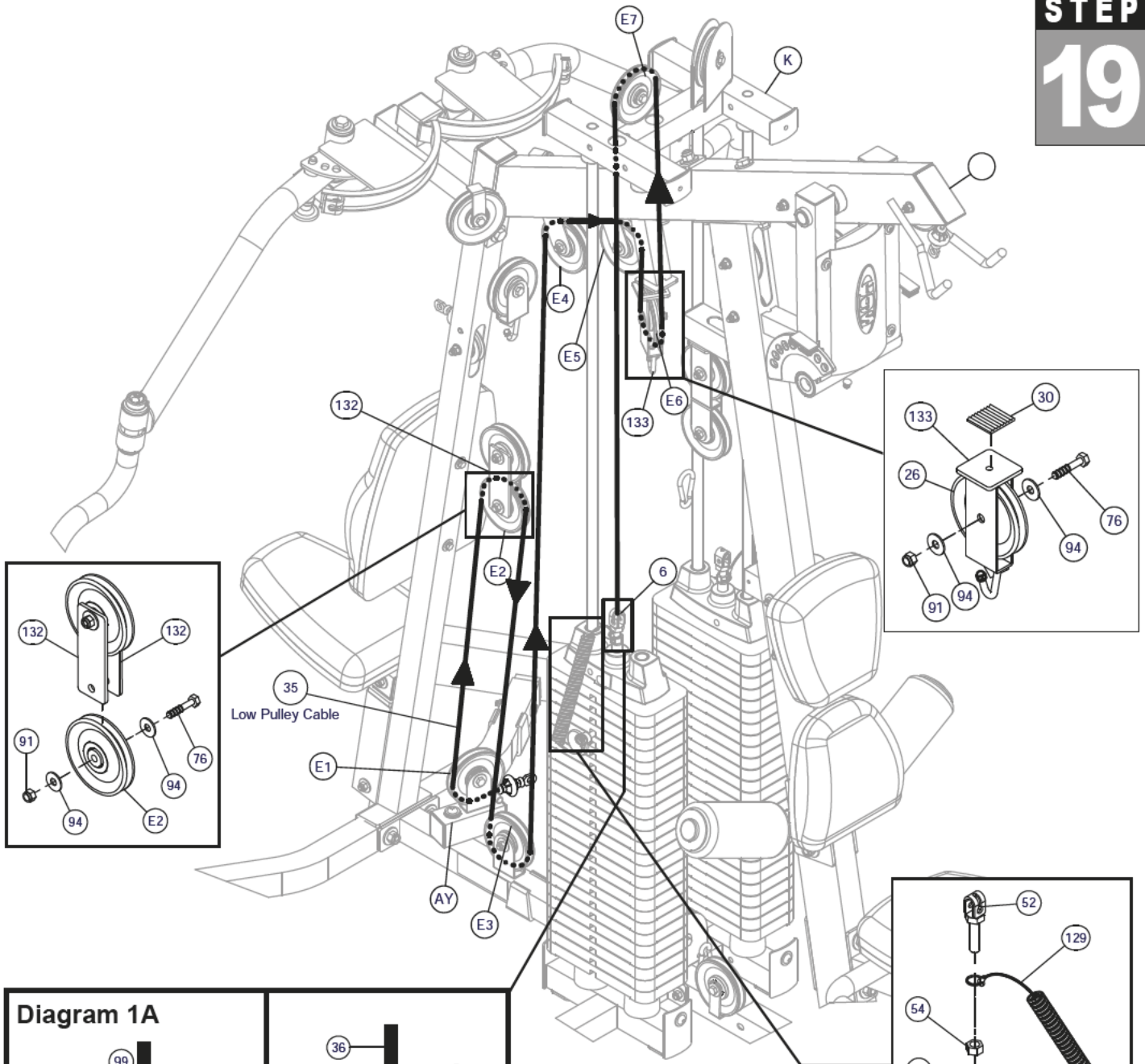
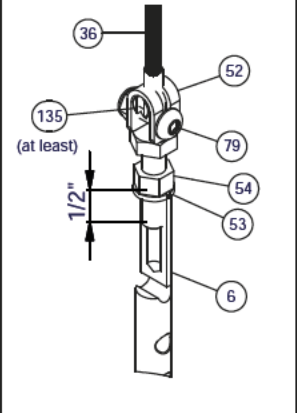
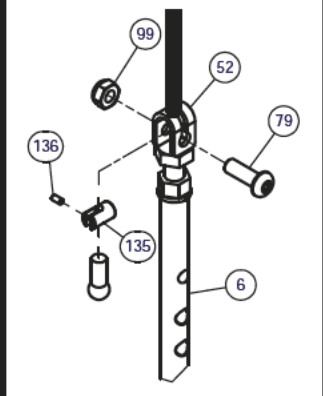


Diagram 1A



⚠ WARNING ⚠

Selector Rod (5) must be inserted a minimum of 1/2" into Selector Rod (6), and Jam Nut (5) should be secured against Spring Lock Washer (53) to ensure proper connection. Check Jam Nut (54) once a week to make sure it is tight.

Step 19 - Hardware Bag Contents

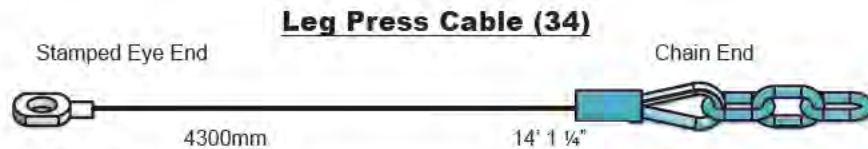
Component	Specification	Quantity
Hex Head Bolt	3/8" x 1 3/4"	2
Round Allen Head Bolt	M10x30	1
Washer	3/8"	4
Nylon Nut	3/8"	2
Nylon Nut	M10	1
Cable End Shaft	3/4"	1
Allen Screw w/ Wrench	1/8" x 1/4"	1
Selector Pin Assembly Kit		1

STEP**20**

Be careful to assemble all components in the sequence they are presented.

NOTE: All pulleys are 4 1/4" diameter, except where noted.

Use the hardware package labeled Step 20 to complete this step.



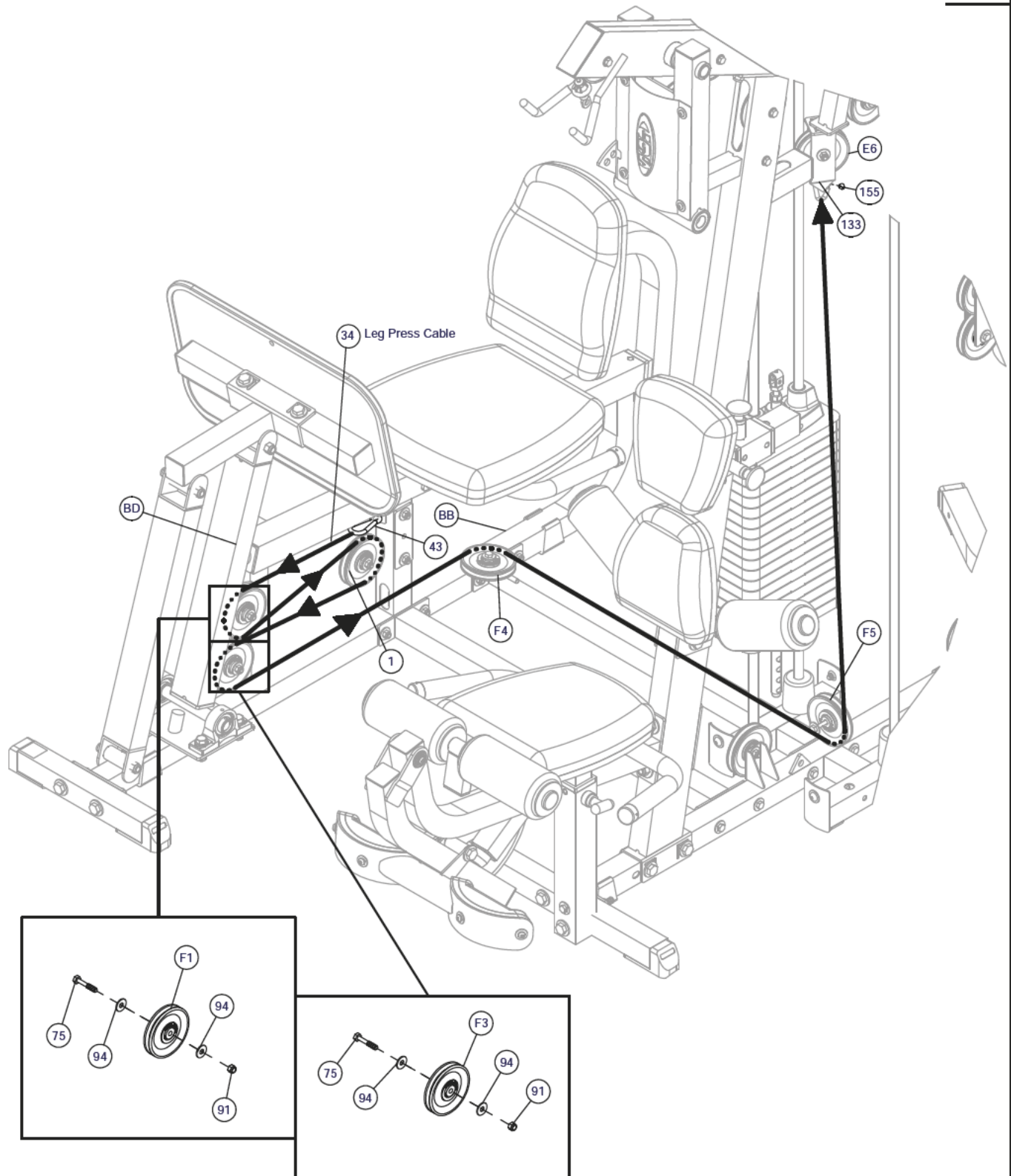
- A. Connect the Chain End of Leg Press Cable (34) to Leg Press Frame (BB) with Snap Link (43).
- B. Route Leg Press Cable (34) into the top pulley housing in Leg Press Pivot (BD) as shown and install Pulley (F1) using:
One 75 (3/8" x 2" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- C. Route Leg Press Cable (34) over Pulley (F2) as shown.
- D. Route Leg Press Cable (34) back into the bottom pulley housing in Leg Press Pivot (BD) and bring Leg Press Cable (34) over Pulley (F3).
- E. Install Pulley (F3) using:
One 75 (3/8" x 2" hex head bolt)
Two 94 (3/8" washer)
One 91 (3/8" nylon lock nut)
- F. Route Leg Press Cable (34) through the opening in the support column of Leg Press Frame (BB) and pull the entire length of Leg Press Cable (34) through.
- G. Route Leg Press Cable (34) around Pulley (F4), toward Pulley (F5) as shown.
- H. Route Leg Press Cable (34) under Pulley (F5) and up to the bottom of Pulley Holder With Hook (133)
- I. Attach Leg Press Cable (34) to Pulley Holder With Hook (133) and secure using Acorn Cap Nut (155).

NOTE: You should now wrench tighten all bolts and nuts.
Do NOT re-tighten any of the pad bolts or pulley bolts.

STEP 20

Step 20 – Hardware Bag Contents

Component	Specification	Quantity
Hex Head Bolt	3/8" x 2"	2
Washer	3/8"	4
Nylon Nut	3/8"	2



CABLE ADJUSTMENTS

After cable installation is complete you must check all cables for proper tension.

Obvious signs that cable tension problems exist include:

- Top Plates (8) do not rest directly on the top of Weight Stack Plates (51).
- The holes in Selector Rod (6) do not line up with holes in Weight Stack Plates (51).
- Cable(s) are sloppy and there is no resistance from the weight stack for the first few inches of the exercise.

There are TEN areas for cable adjustment on the G9U:

- TWO Selector Rod Top Bolts (52).
- THREE Rubber Stops (42).
- THREE Adjustable Chains on Leg Press Cable (34), Ab Crunch Cable (39), Short Cable (40).
- TWO adjustments in pulley housing on Top Pulley Frame (K).

If there is *too much tension*, and Top Plate (8) is not resting directly on the top of Weight Stack Plates (51):

- Turn and tighten Rubber Stop (B).
- Move Snap Link (C) to add a link on any of the Adjustable Chains on Leg Press Cable (34), Ab Crunch Cable (39), Short Cable (40).
- Move pulley down to a lower hole in pulley housing on Top Pulley Frame (K).

If there is *too much play* or excessive slack:

- Turn and loosen Rubber Stop (B).
- Move Snap Link (C) to remove a link on any of the Adjustable Chains on Leg Press Cable (34), Ab Crunch Cable (39), Short Cable (40).
- Move pulley up to a higher hole in pulley housing on Top Pulley Frame (K).
- Screw the Selector Bar Top Bolt (52) farther into the Selector Bar (6) of the Weight Stack.

NOTE: Cables should be inspected daily and adjusted periodically to ensure safe and smooth operation.

Before beginning final cable adjustments, be sure that both of these pulley housings are positioned as close as possible to the welded stops on the frame pieces.

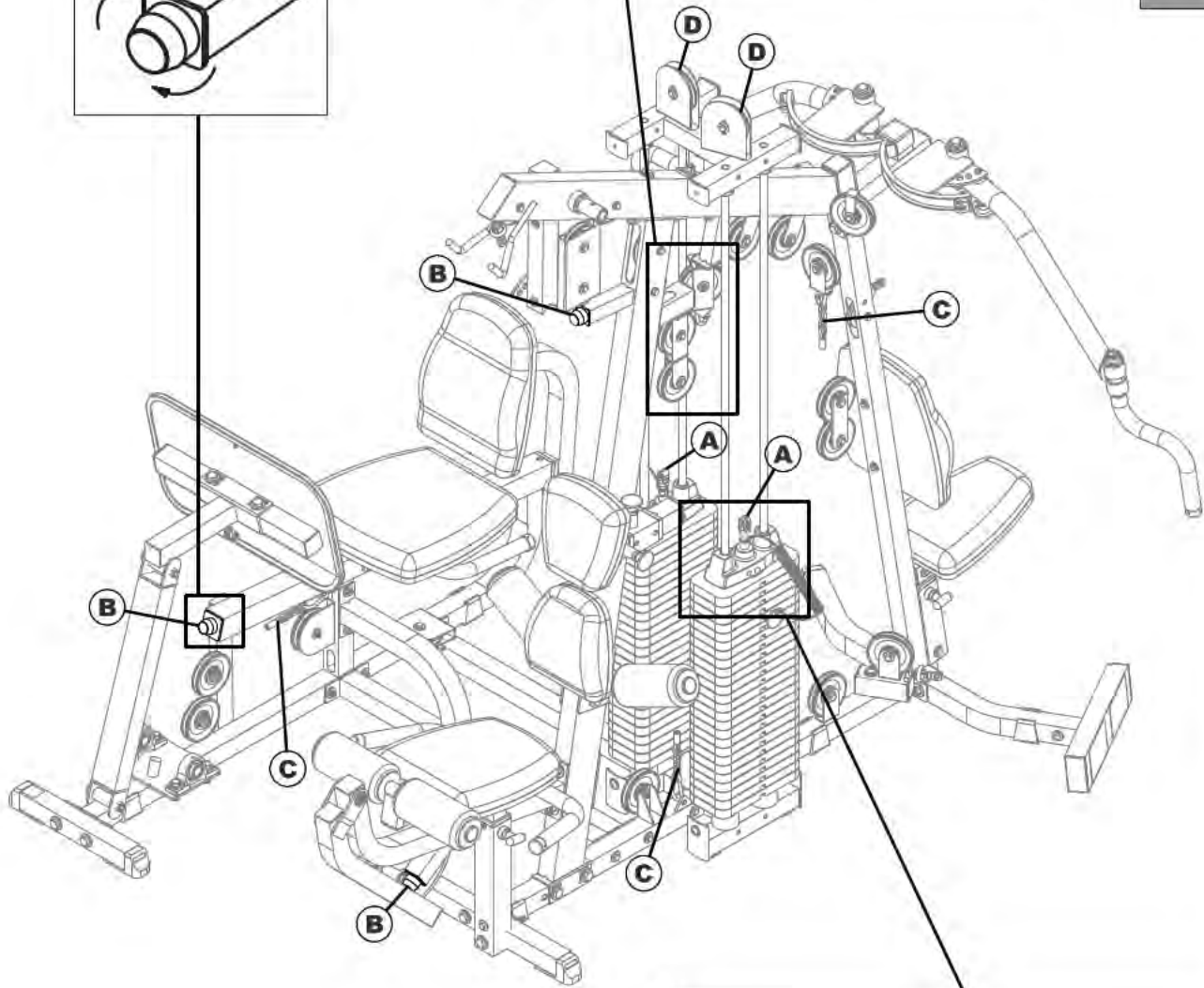
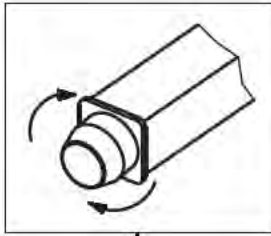
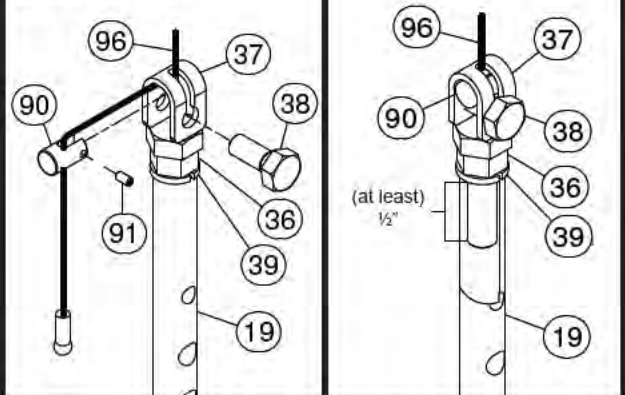


Diagram 1A



! WARNING !

Selector Rod Top Bolt (52) must be threaded a minimum of 1/2" into the Selector Rod (6), and Jam Nut (54) tightened securely against Spring Lock Washer (39) to ensure proper connection. Check Jam Nut (54) once a week to make sure it is tight.

Be careful to assemble all components in the sequence they are presented.

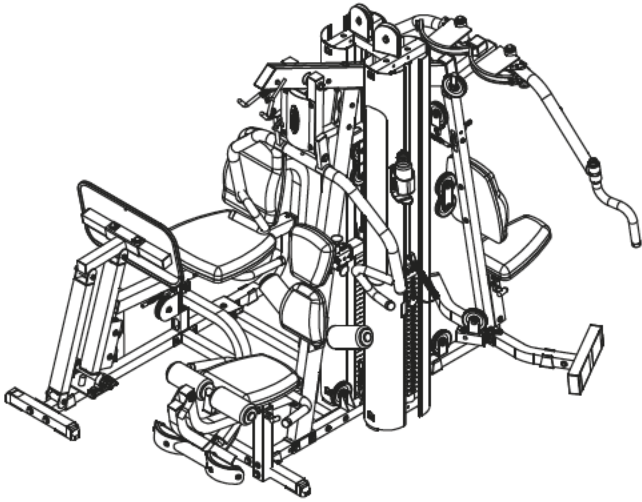
NOTE: Hardware for this step is included with the Water Bottle package.

- A. Apply Weight Stack Stickers (140) to weight stack Top Plate (8) and each Weight Stack Plate (51) as shown. Start at Top Plate (8) with number 1 and continue placing the weight stack stickers in sequential order down through the stack.
- B. Connect Weight Stack Shroud (CA) to the side of the weight stack and secure onto Side Base Frame (B) and Top Pulley Frame (K) using:
Two 87 (3/8" x 5/8" round allen head)
Two 98 (3/8" washer)
- NOTE: Weight Stack Shroud (CA) is pre-assembled with Shroud Insert (CB).
- C. Connect Weight Stack Shroud (CC) to the other side of this weight stack using:
Two 87 (3/8" x 5/8" round allen head)
Two 98 (3/8" washer)
- D. Connect Water Bottle Bracket (145) to Weight Stack Shroud (CD) and secure using:
Two 142 (M4x12 screw)
Four 143 (M4 washer)
Two 144 (M4 lock nut)
- E. Connect Weight Stack Shroud (CD) to the side of the weight stack and secure onto Main Base Frame (A) and Top Pulley Frame (K) Using:
Two 87 (3/8" x 5/8" round allen head)
Two 98 (3/8" washer)
- NOTE: Weight Stack Shroud (CD) is pre-assembled with Shroud Insert (CE).
- F. Connect Weight Stack Shroud (CF) to the other side of this weight stack using:
Two 87 (3/8" x 5/8" round allen head)
Two 98 (3/8" washer)
- G. Insert Water Bottle Holder (146) onto Water Bottle Bracket (145).
- H. Insert Water Bottle (147) into Water Bottle Holder (146).

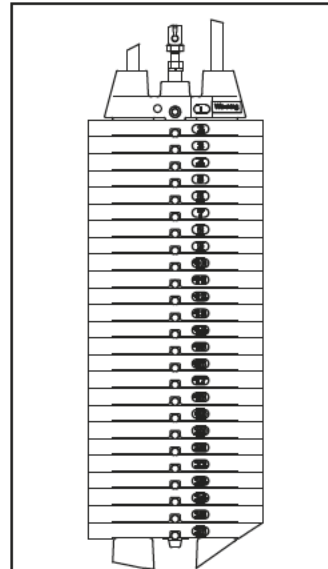
Step 22 – Hardware Bag Contents

Component	Specification	Quantity
Screw	M4x12	2
Washer	M4	4
Nylon Nut	M4	2

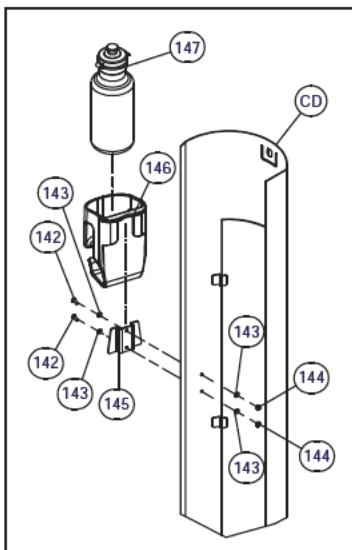
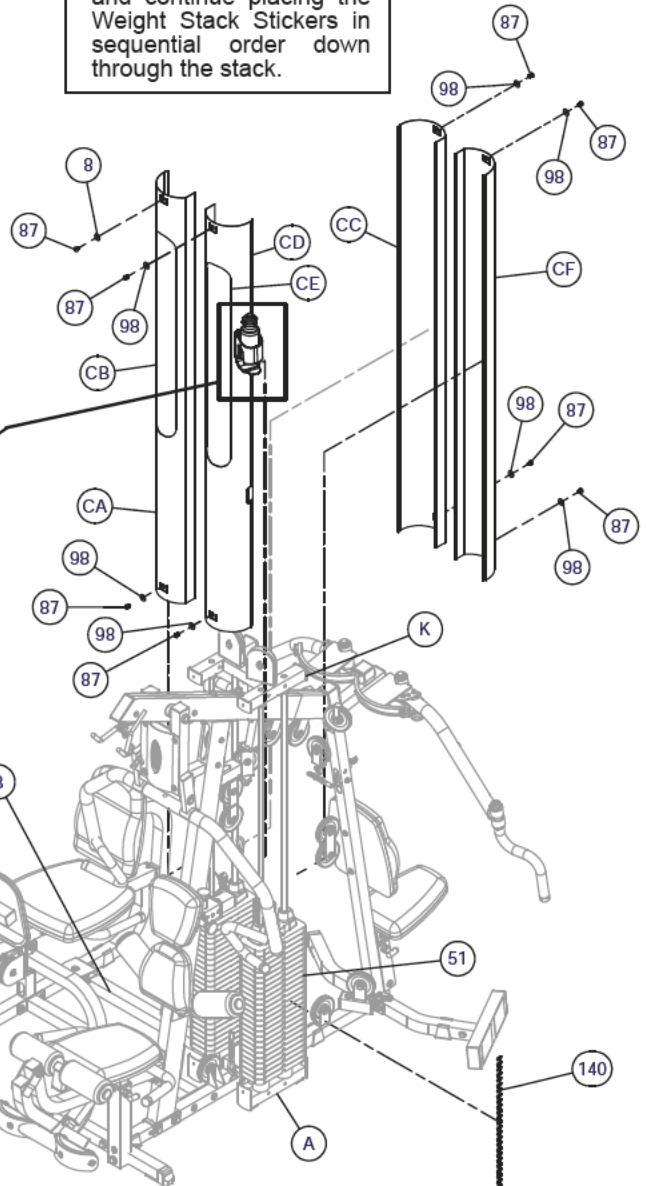
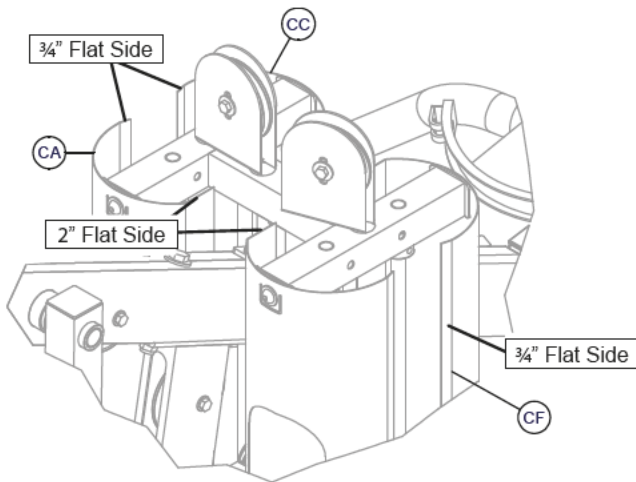
STEP 22



Above shows Step 22 assembled and completed.



Apply Weight Stack Stickers (140) to Weight Stack Plates (51). Start at Top Plate (8) with number 1 and continue placing the Weight Stack Stickers in sequential order down through the stack.



Accessories

Accessory Installation

The G9U comes equipped with 4 accessories:

- 1) Ab/Tricep Strap (123).
- 2) Low Row Bar (121) - Insert End Caps (29) into Low Row Bar (121) as shown in the diagram.
- 3) Lat Bar - Insert End Caps (29) into Lat Bar (120) as shown in the diagram.
- 4) Ankle Strap (122).

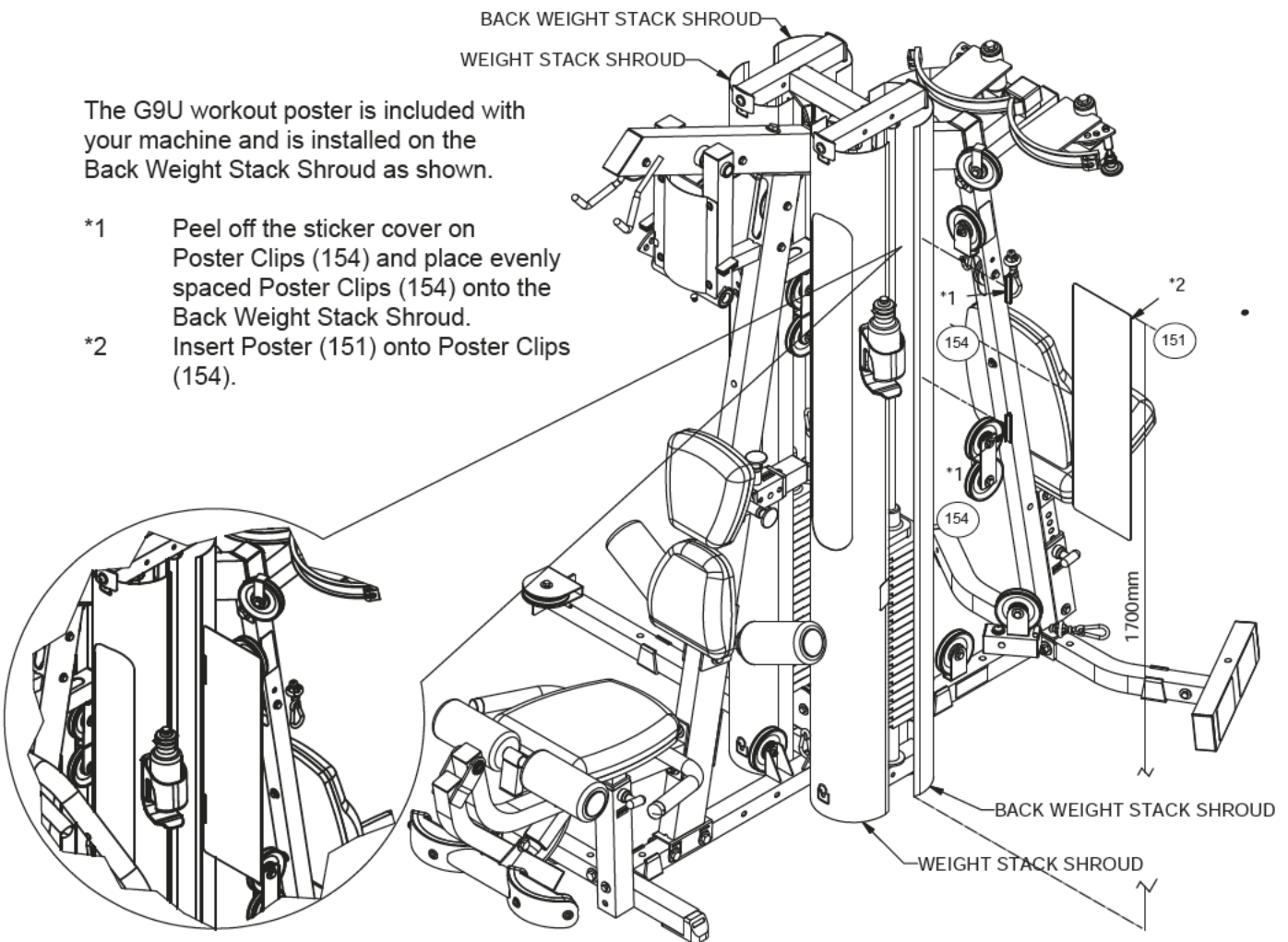
The diagrams on the following page show the proper installation of the above accessories.

Use the provided Snap Links (43) and Chain (3) to properly connect the accessories to your BodySolid gym.

Three BodySolid Seat Bands have also been included with the unit. The BodySolid Seat Band is installed by simply slipping it over the Seat Pad.

The G9U workout poster is included with your machine and is installed on the Back Weight Stack Shroud as shown.

- *1 Peel off the sticker cover on Poster Clips (154) and place evenly spaced Poster Clips (154) onto the Back Weight Stack Shroud.
- *2 Insert Poster (151) onto Poster Clips (154).



Congratulations! You are done. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

NOTE: If any bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

This gym is capable of a variety of different exercises, as well as, smooth and user-friendly adjustment features. The following page of adjustments will help you to familiarize yourself with your new gym. We hope you are completely satisfied with this product and wish you many years of enjoyment.

Accessories

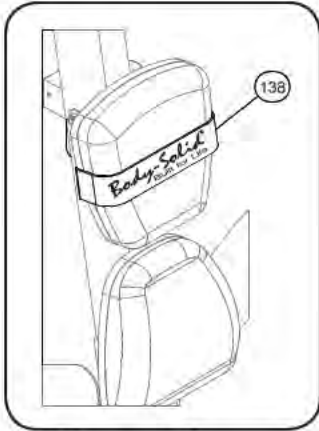


Diagram 1
Bench Press
Seat Band Installation



Diagram 2
Pec Dec
Seat Band Installation

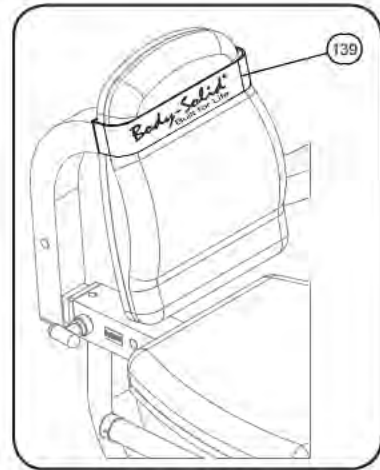


Diagram 3
Leg Press
Seat Band Installation

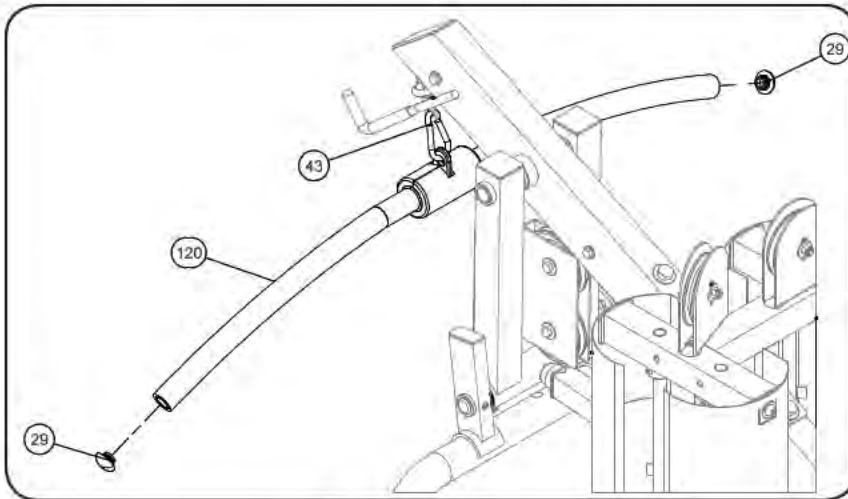


Diagram 4
Lat Bar Installation

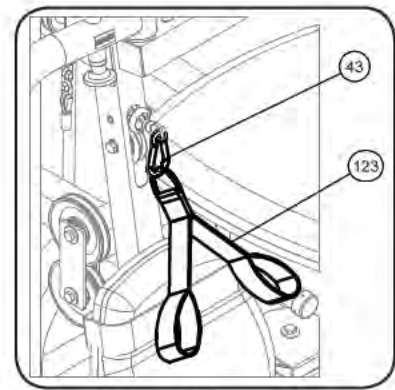


Diagram 5
Ab/Tricep Strap Installation

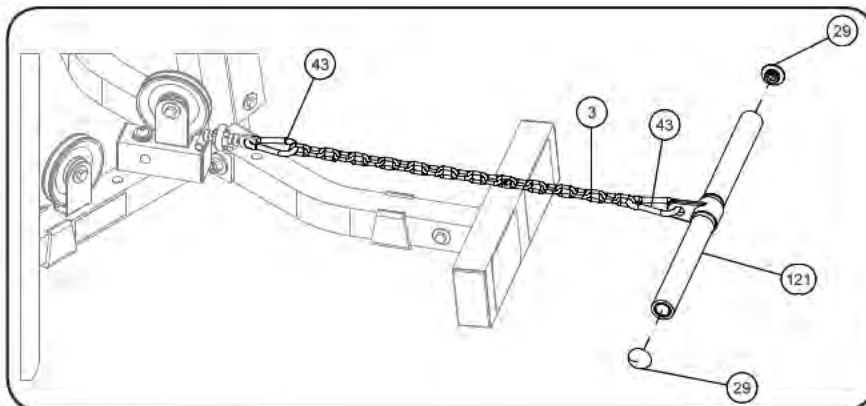


Diagram 6
Low Row Bar Installation

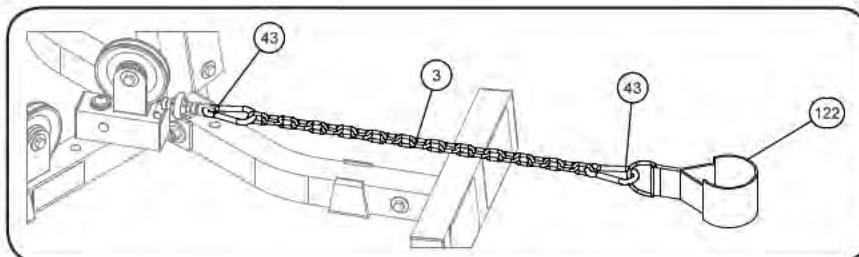


Diagram 7
Ankle Strap Installation

SEATED PRESS ARMS (AC) ADJUSTMENT

- Grasp Seated Press Arm (AC) with your left hand.
- Pull Ball Head Pop Pin (57) with your right hand to release Seated Press Arm (AC).
- Adjust Seated Press Arm (AC) to the desired position (depending on the exercise you are performing).
- Release Ball Head Pop Pin (57), and make sure it is fully engaged into the selector hole.

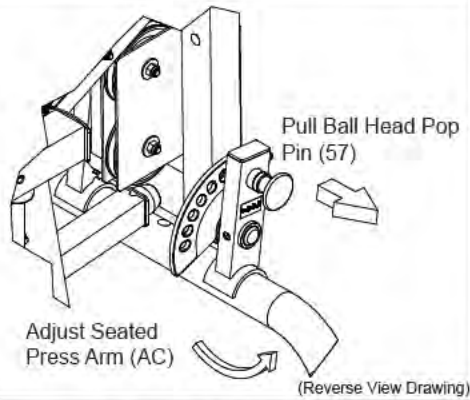
UPPER BACK PAD (ZA) ADJUSTMENT

- Grasp Upper Back Pad (ZA).
- Pull Ball Head Pop Pin (56) on top of Back Pad Holder (Y) to release Back Pad Adjuster (Z).
There are two adjustment positions.
- For certain exercises you may wish to fine tune your adjustment by pulling Ball Head Pop Pin (56) on the side of Back Pad Adjuster (Z), this will release Back Pad Insert (ZB).
There are six additional adjustment positions.
- Adjust Upper Back Pad (ZA) to the desired position.
- Release Ball Head Pop Pin(s) (56) and make sure they are fully engaged into the selector hole(s) of Back Pad Insert(s) (ZB).

LEG EXTENSION SEAT PAD (V) ADJUSTMENT

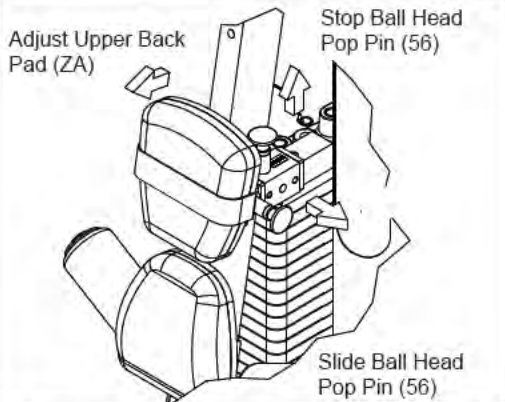
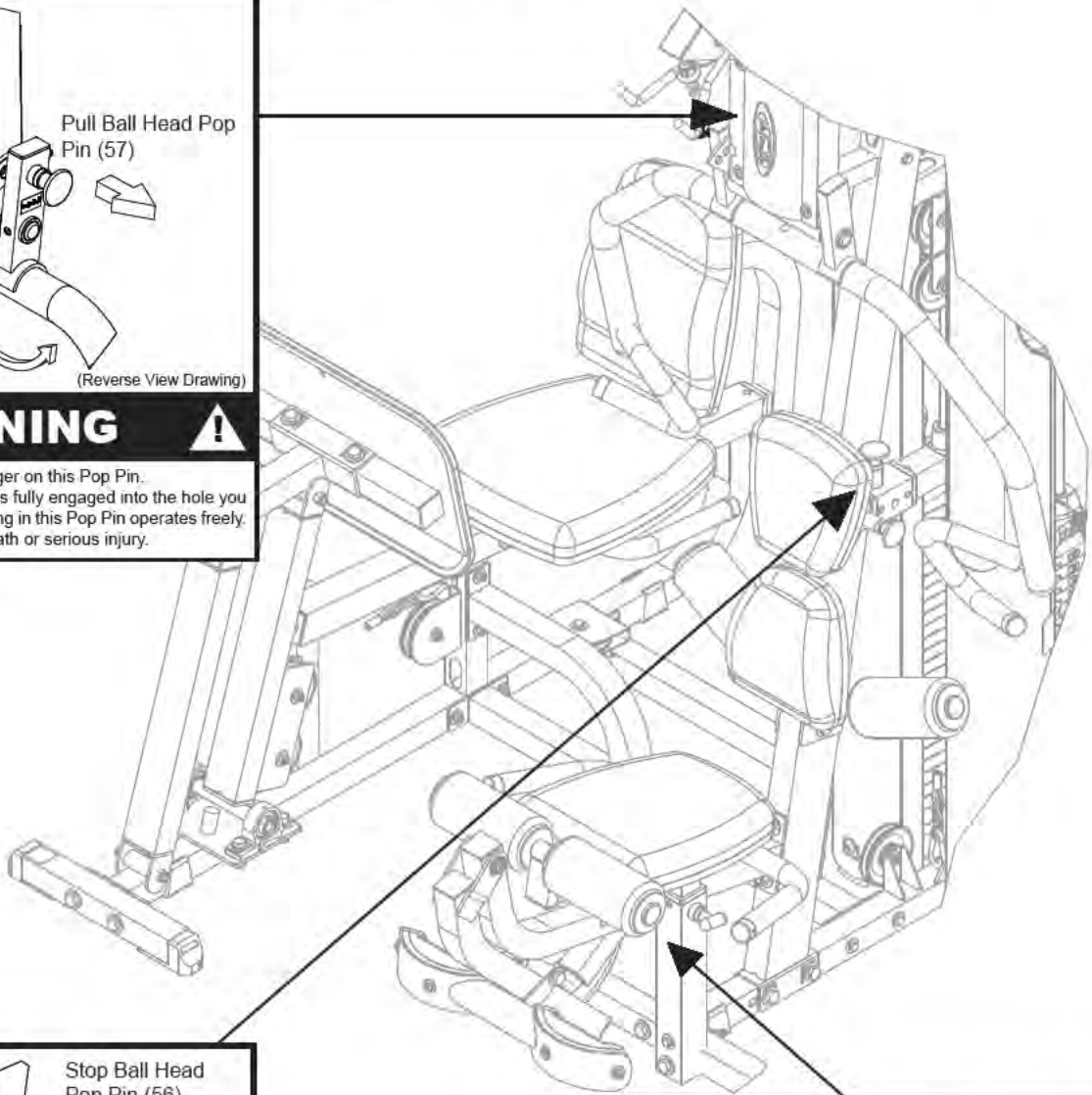
- Grasp Leg Extension Seat Pad (V).
- Turn T-Shaped Pop Pin (48) counter-clockwise to unlock it, and then pull T-Shaped Pop Pin (48) to release Leg Extension Seat Pad (V).
- Adjust Leg Extension Seat Pad (V) to the desired position.
- Release T-Shaped Pop Pin (48) and make sure it is fully engaged into the selector hole of Leg Extension Seat Pad Frame (S). Turn T-Shaped Pop Pin (48) clockwise to lock it in place.

Adjustments



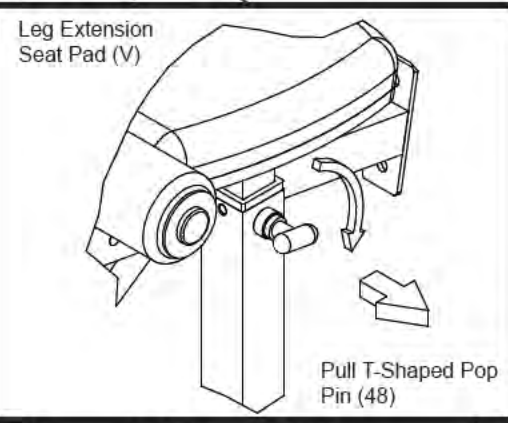
⚠ WARNING ⚠

Pay special attention to the plunger on this Pop Pin. Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in this Pop Pin operates freely. Failure to do so may result in death or serious injury.



⚠ WARNING ⚠

Pay special attention to the plunger on both Pop Pins. Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in both Pop Pins operates freely. Failure to do so may result in death or serious injury.



⚠ WARNING ⚠

Pay special attention to the plunger on this Pop Pin. Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in this Pop Pin operates freely. Failure to do so may result in death or serious injury.

Adjustments

PEC DEC ARM (AK) or (AP) ADJUSTMENT

- Grasp Left Pec Dec Arm (AK) or Right Pec Dec Arm (AP).
- Pull Ball Head Pop Pin (50) to release Left Pec Dec Arm (AK) or Right Pec Dec Arm (AP).
- Adjust Left Pec Dec Arm (AK) or Right Pec Dec Arm (AP) to the desired position.
- Release Ball Head Pop Pin (50) and make sure that it is fully engaged into the selector hole.

PEC DEC SEAT PAD (AW) ADJUSTMENT

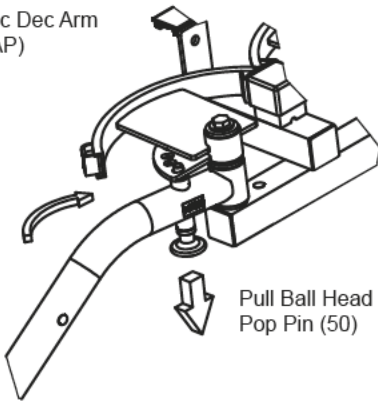
- Grasp Pec Dec Seat Pad (AW).
- Turn T-Shaped Pop Pin (48) counter-clockwise to unlock it, then pull to release Pec Dec Seat Pad (AW).
- Adjust Pec Dec Seat Pad (AW) to the desired position.
- Release T-Shaped Pop Pin (48) and make sure that it is fully engaged into Pec Dec Seat Frame (AV). Turn clockwise to lock T-Shaped Pop Pin (48) in place.

LEG PRESS BACK PAD (BQ) ADJUSTMENT

- Grasp Leg Press Back Pad (BQ).
- Turn T-Shaped Pop Pin (48) counter-clockwise to unlock it, then pull to release Leg Press Back Pad (BQ).
- Adjust Leg Press Back Pad (BQ) to the desired position.
- Release T-Shaped Pop Pin (48) and make sure that it is fully engaged into the selector hole in the Leg Press Back Pad Frame (BP). Turn clockwise to lock T-Shaped Pop Pin (48) in place.

Adjustments

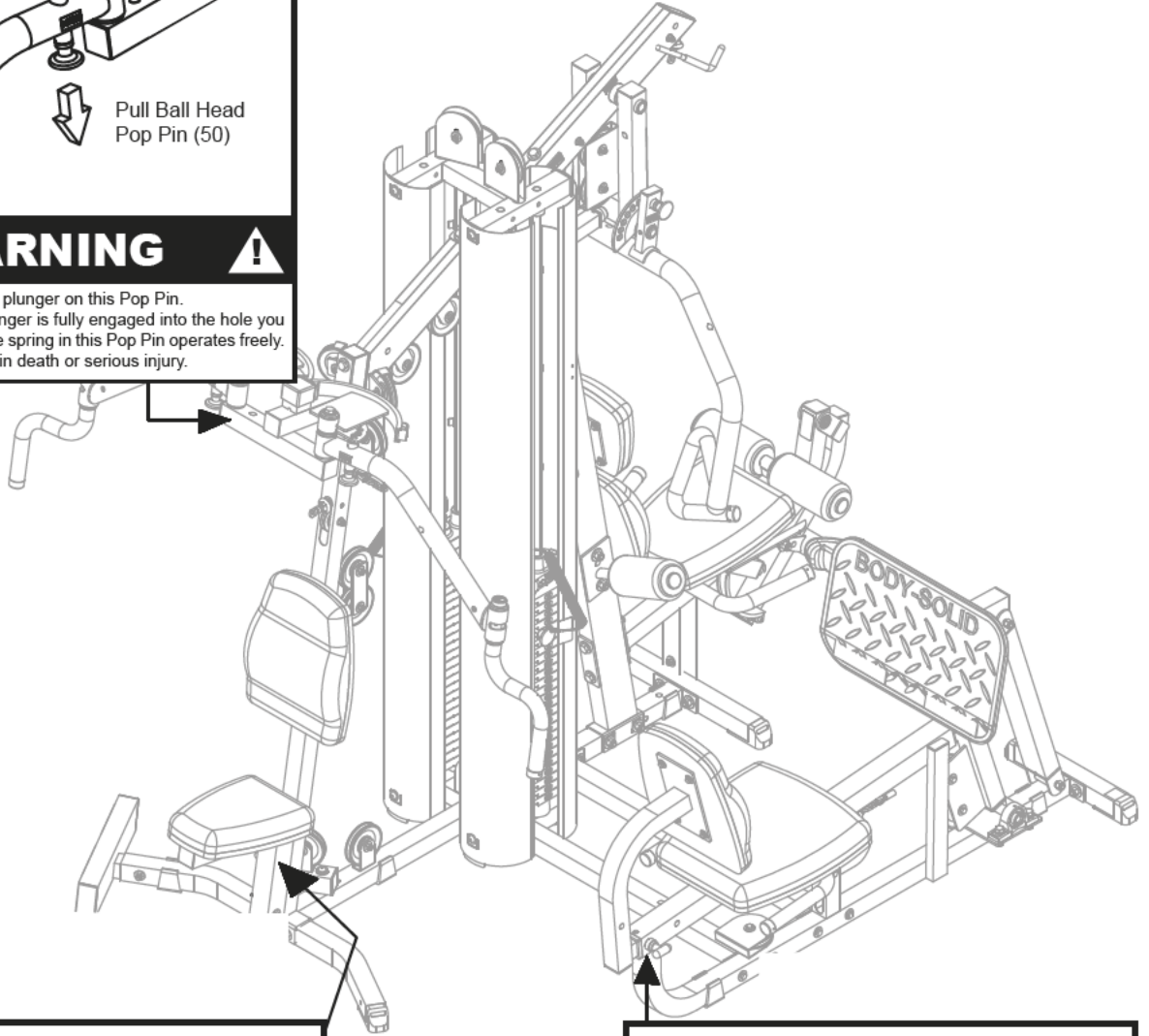
Adjust Pec Dec Arm
(AK) or (AP)



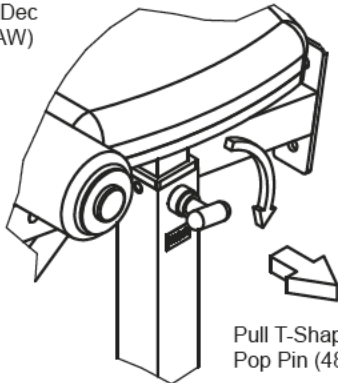
Pull Ball Head
Pop Pin (50)

! WARNING !

Pay special attention to the plunger on this Pop Pin. Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in this Pop Pin operates freely. Failure to do so may result in death or serious injury.



Adjust Pec Dec
Seat Pad (AW)

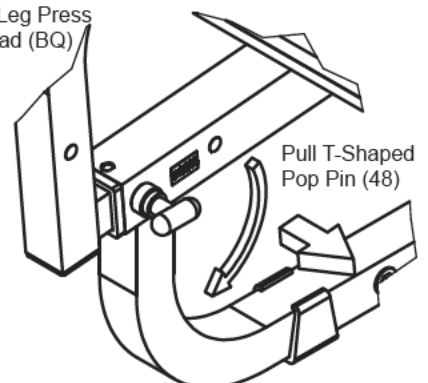


Pull T-Shaped
Pop Pin (48)

! WARNING !

Pay special attention to the plunger on this Pop Pin. Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in this Pop Pin operates freely. Failure to do so may result in death or serious injury.

Adjust Leg Press
Back Pad (BQ)



Pull T-Shaped
Pop Pin (48)

! WARNING !

Pay special attention to the plunger on this Pop Pin. Always be sure that the plunger is fully engaged into the hole you select. Also, be sure that the spring in this Pop Pin operates freely. Failure to do so may result in death or serious injury.

Warning, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact. Replacement Owner's Manuals and warning labels are available from your local Body-Solid dealer.

If you have any questions about the operation, set up or maintenance of this machine please call our customer service department at 1 (800) 556-3113.

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. **FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. RAL8-6-03

Warning Label for Rules

MAINTENANCE SCHEDULE		D	A	I	L	Y	W	E	E	K	L	L	Y
Cables:	Check tension, and fittings, and coating						✓						
	Check that locking nut at weight stack is tight												✓
Upholstery:	Wipe down and dry						✓						✓
	Clean and condition												✓
Frame:	Wipe down and dry						✓						✓
	Polish / Wax												✓
Chrome:	Wipe down and dry						✓						✓
	Polish / Lubricate												✓
Nuts / Bolts / Fasteners:	Tighten and / or adjust as needed												✓
Guide Rods:	Lubricate and clean												✓
Linear Rods:	Lubricate and clean												✓
Seat Sleeves:	Lubricate and clean												✓
Adjustments / Locking Pins / Tightening Knobs													✓
Weight Stack Pins													✓
Warning Instruction Labels													✓
Springs / Pop Pins							✓						
Anti Skid Surfaces													✓
Hand Grips / Rollers													✓

For Body-Solid Customer Service
Call 1-800-556-3113
#VSSTKR000

Warning Label for Maintenance

Warning, Safety & Maintenance

Although Body-Solid provides the highest quality of materials and workmanship in its products, the fact remains that component parts eventually wear out over time and with use. **This is particularly true with reference to pliable moving parts such as cables.** In spite of any expressed and/or implied warranties, intervening factors such as improper use, unusually heavy use, improper installation, improper alignment, poor maintenance, etc. serve to drastically reduce the usable life and safety of cables.

Be advised that dangerous conditions can arise even during warranty periods and that any expressed and/or implied warranties **Do Not Negate** the owner's responsibility to thoroughly, carefully and daily inspect all cables on this machine.

Serious injury can occur if you are struck by falling weights or moving parts. The risk that you assume by using this type of equipment can be reduced by following a few simple steps:

Cable inspection should be performed daily. Inspect all cables, the nylon coating on all cables and the area near the fittings at each end of each cable. **Replace any damaged or worn cables immediately.** Do not allow the machine to be used until damaged or worn cables are replaced.

Important: Cables are wear items. It is your responsibility to prevent unexpected breakage. The actual wire strands, the fittings and the nylon coating itself must all be scrutinized. Using or allowing a machine to be used with a suspect cable can result in death or serious injury.

The nylon coating on a cable is essential for cable life and safety. Visually inspect all cables and pulleys. Look at the cables as they travel around the cams and pulleys. A cable that is wearing may exhibit a "ballooned" or broken coating in the area that passes over the pulley. Damage to the coating is an early warning signal. A cable should be replaced if the nylon coating is missing, is damaged in anyway, has pulled or shrunk from the fittings at the end of the cables, or if it is discolored. Discoloration of the cable coating is an early indication of internal problems such as wear or fraying.

Annual cable replacement (semiannual in multi-user settings) is strongly recommended as an additional precaution. The rate at which cables wear depends on many factors including: number of users, number of repetitions, weight setting, misuse, abuse, etc. Because of this, periodic cable replacement is not a sufficient safeguard against unexpected breakage.

Nothing short of a thorough, careful, daily inspection constitutes an adequate safety program.

WARNING

Safety and Maintenance of Cables

IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected breakage. **Cable inspection should be performed daily.** Inspect all cables, the nylon coating on all cables, and the area near the fitting of each end of each cable. **Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

For Body-Solid Customer Service
Call 1-800-556-3113

Warning, Safety & Maintenance

Precision craftsmanship assures Body-Solid's ability to consistently deliver products of the highest standards. Our products have been carefully designed to ensure safe, efficient long term operation.

However, it must be realized that safe use of this equipment requires that owners carefully read and follow the Body-Solid use recommendations, warnings, and maintenance guidelines in this Owners Manual.

Routine inspection and maintenance is of critical importance to ensure maximum safety and performance. Body-Solid uses the highest quality materials available, but wear is inevitable. Therefore, you must carefully inspect your equipment as outlined in the Maintenance Schedule.

Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine.

Including maintaining the equipment, the owner's responsibility is also to:

- Be sure to always provide adequate supervision to all end-users.
- Be sure to instruct all end-users of proper usage.
- Be sure all supervisors and personal trainers who instruct end-users on equipment use are properly trained and know the function and importance of every adjustment and setting. Also, be sure these trainers provide proper instruction to end-users on the fundamentals of strength training.

CABLES:

- While the machine is not in use, carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.
- Visually inspect the cables for fraying, cracking, peeling or discoloration.
- Check slack in cables and re-adjust cable tension if needed.
- Check that the jam nut on the selector rod top bolt is tight.

UPHOLSTERY:

- Wipe down after every workout.
- Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.
- Keep sharp or pointed objects out of your pockets and clear of all upholstery.

NUTS/BOLTS/FASTENERS:

- Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.
- Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

GUIDE RODS:

- Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:

- Check all pieces for signs of visible wear or damage.
- Check springs in Snap Links and Pop Pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

ANTI-SKID SURFACES:

- Replace if they appear worn or become slippery.

WARNING INSTRUCTION LABELS:

- Inspect and familiarize yourself with all safety warnings and other user information on decals.

Warning, Safety & Maintenance

MAINTENANCE SCHEDULE	DAILY	WEEKLY	LATEST DATE ENTRY						
CABLES: CHECK TENSION, END FITTINGS, AND COATING. CHECK THAT JAM NUT ON THE SELECTOR ROD TOP BOLT IS TIGHT.	✓								
UPHOLSTERY: WIPE DOWN AND DRY CLEAN AND CONDITION.	✓	✓							
FRAME: WIPE DOWN AND DRY POLISH/WAX	✓	✓							
CHROME: WIPE DOWN AND DRY POLISH/LUBRICATE	✓	✓							
NUTS/BOLTS/FASTENERS: TIGHTEN AND/OR ADJUST AS NEEDED		✓							
GUIDE RODS: LUBRICATE AND CLEAN		✓							
LINEAR RODS: LUBRICATE AND CLEAN		✓							
SEAT SLEEVES: LUBRICATE AND CLEAN		✓							
ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS		✓							
WEIGHT STACK PINS		✓							
WARNING INSTRUCTION LABELS		✓							
SPRINGS / POP PINS	✓								
ANTI-SKID SURFACES		✓							
HAND GRIPS / ROLLERS		✓							

FOR BODY-SOLID CUSTOMER SERVICE:
1-800-556-3113

*Make several copies of this page to keep track of your maintenance.
You can print more copies of this page by going to:
<http://www.bodysolid.com/support/docs.html>

Body-Solid[®]
Built for Life

1900 S. Des Plaines Ave.
Forest Park, IL 60130
1 (800) 556-3113
Hours: M-F 8:30 - 5:00

www.bodysolid.com